

FEBRUARY 1992

ISSUE NO. 176

CALIFORNIA

Running News

- ✓ Western Hemisphere Marathon
- ✓ "Will the *Real* Breakfast of Champions Please Stand Up..."
- ✓ "Goals Can Be Powerful, If..."
- ✓ Schedule, Results

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Sunday, March 22, 1992

8:00 a.m. ▲ Castaic Lake Recreation Area
1K Kids Run ▲ 5K Run/Walk ▲ 14K "Killer K" Run

▲ **Course -- 1K:** Fast and flat loop course inside picnic areas on lower lake. **5K:** Fast and flat loop course along shoreline of lower lake with the turnaround point near the base of Castaic Dam. Start and finish line is adjacent to flat grassy meadow. Scenic path follows along swim beach and picnic areas. **14K:** This race is not for the faint at heart. The course begins at the lower lake and runs for two flat miles around the lake, then gains 425' in elevation and travels across the top of Castaic Dam with panoramic views of the entire world. Descends adjacent to the west spillway and through the large drain pipe and repeat the first flat two miles to the finish.

▲ **Awards:** Distinctive awards to the top 3 in each age group. Also, a getaway weekend

provided by Valencia Hilton Garden Inn will be awarded to the top overall male/female finishers.

▲ **Divisions:** 12 & under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 & over.

▲ **T-shirts** guaranteed to pre-registered participants only. Pre-registration: Must be received by March 13, 1992. \$12 includes shirt. \$8 race only. Raceday registration: \$15 with shirt, \$10 race only. Rain or shine. No refunds.

Proceeds benefit the County of Los Angeles Department of Parks & Recreation Volunteer Involvement Program

For more information and/or entry form call (805) 257-4050

CALIFORNIA Running News

Bill Cockerham

Editor & Publisher

Judy Cockerham

Production/Advertising Manager

Elaine Fraley

Production Assistant

Jack Leydig

Schedule Editor

Richard Lee Slotkin

Long Distance Editor

Nancy Clark

Nutrition

PHOTOGRAPHERS: Gene Cohn, Rich Gardner, Kenneth Lee, Kirby Lee, Bill Leung Jr., Elaine Rosentfield, Richard Lee Slotkin.

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

California Running News has an average circulation of 8,000 copies, consisting of paid subscriptions, store sales, and promotional copies.

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

SUBSCRIPTION RATES: 1 year (11 issues) -- \$18.00 (plus \$1.40 CA tax), 2 years (22 issues) -- \$32.00 (+ 2.48), 3 years (33 issues) -- \$43.00 (+3.33). Add \$10 per year for U.S. First Class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

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



4957 E. Heaton Avenue
Fresno, CA 93727
(209) 255-4904

FAX (209) 255-4904

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TABLE OF CONTENTS

FEBRUARY 1992

ISSUE NO. 176

Schedule.....	4
Subscription Form.....	9
The Athlete's Kitchen.....	13
"Will the <i>Real</i> Breakfast of Champions Please Stand Up..."	
Western Hemisphere Marathon.....	14
"Goals Can Be Powerful, If..."	16
Results.....	17
U.S. Olympic Men's Marathon Trials Qualifiers.....	20

FROM THE EDITOR

Where Have All The Boards Gone?

Several of us were making plans for our annual get-together at the February 15, Sunkist Indoor meet (see results in March issue) when this question was raised: "What happened to all of the other California Indoor meets?" Good question! I know I have been to indoor events in San Francisco, Oakland, Inglewood, Anaheim, Long Beach and San Diego. Does anyone know of any others?

Is the demise of these meets just another symptom that our sport may be heading into a state of ill-health? Where are the sponsors? Where are the meet promoters? Where are the athletes? Where are the fans? What happened to all of those wooden ovals? I would like to see more local indoor action. Wouldn't you?

The father and son team of Al and Don Franken must be doing something right with the annual Sunkist Indoor. It was one of the first and is now the last California indoor track and field meet. I remember the excitement of going to the Sunkist meet with my father back when I was a fledgling high school runner in the early 60's. Too bad

there aren't more opportunities for others to experience the kind of excitement that an indoor meet generates.

I would also like to commend the Frankens for hosting an extensive afternoon section of the meet for high school competition. There is one thing more exciting than watching an indoor meet, and that is competing in one. "Thank you," Al and Don, for sticking with it through thick and thin, so that Californians have an opportunity to watch and compete indoors.

Anybody want to dig up those old boards resting in storage and give us another one?

ON THE COVER: Former Californian, **JANINE AIELLO** -- first woman at the Columbus Marathon.

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 15 (Saturday):

San Juan Bautista: Mission 10 Mile, 5K, Mission Plaza, 10 a.m./10 Mi., 10:15 a.m. Jim Pleyte, Hollister Rotary, 514 Monterey, Hollister 95023. (408) 637-1618.

Huntington Beach: The Great American Adventure Run, 2.8 & 4.8 Mi. X-Country, Central Park West, 8 a.m./2.8 Mi., 8:30 a.m./4.8 Mi. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

So. El Monte: Legg Lake Sunset Valentine Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Dragon Run, 5K, Balboa Park, 7:30 a.m. Info: In Motion (619) 268-5882.

Las Vegas, NV: LVTC 2 & 5 Mi., Tule Springs (Floyd R. Lamb State Park), 9 a.m. Info: Las Vegas T.C. (702) 382-3496.

Ft. Cronkhite: Tennessee Valley Waltz, 5 Mi. & 10 Mi., (Coastal Challenge Series), near Rodeo Lagoon, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Porterville: Sweetheart's 10K Run & 5K Run/Walk, Los Robles Elem. School (500 E. Mulberry), 8 a.m. Benny Sorensen, Porterville Parks & Leisure Services, P.O. Box 432, Porterville 93258. (805) 782-7461.

Callente: LAFR 22-Miler, 7:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Boulder Oaks: Pacific Crest Trail 50-Miler

(Southern Calif. Ultra Series), 6 a.m. Trent Small (619) 297-2535.

Woodside: Woodside Marathon, Half Marathon & 5 Mi., Huddart County Park, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Playa del Rey: Sweetheart 5/10K, Vista del Mar, 8 a.m./5K, 8:30 a.m./10K. Women in Sports Promotion, Inc., P.O. Box 385, Manhattan Beach 90266. (213) 322-7787.

Mt. Laguna: Pacific Crest Trail Run, 50 Mi., 6 a.m. Info: Trent Small (619) 284-0896.

February 16 (Sunday):

Oakland: Valentine Day Run/Walk, 5K/10K, Lake Merritt (Sailboat House, Bellevue Ave.), 10 a.m. American Heart Assoc., P.O. Box 5157, Oakland 94605. (510) 632-9606.

So. El Monte: Legg Lake Sweetheart Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Francisco: DSE Roller Coaster Run, 3 Mi. & Kids' Run, Mountain Lake Park (west end), 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 978-0837.

La Selva Beach: Bay View Cross Country 10K, 9:30 a.m. Gary Eggers, c/o Monterey Bay Academy, 783 San Andreas Rd., La Selva Beach 95076. (408) 728-5709.

Palm Springs: Heart of Palm Springs 10K Run, Palm Springs High School (Farrell Dr. & Ramon Rd.), 8 a.m. Keenan Barber, MD, Box 1639, 45-120 San Pablo, Suite 2C, Palm Springs 92261. (619) 346-8109.

Los Angeles: Runs Against Crime, 5 & 10K (& 2K Fun Run for 10 n& Under), Wilshire Blvd. & Western Ave., 8 a.m./2K, 8:15 a.m./5K, 8:30 a.m./10K. Wilshire Community Police Council, P.O. Box 19586, Los Angeles 90019. Sgt. Bailsell: (213) 485-4020.

San Diego: Guys & Gals (couple only) 4 Mile, Santa Fe & Damon, 8 a.m. Info: Kendall Webb (619) 268-1932.

San Dimas: Presidents Day Duathlon, 8K Run, 24K Bike, 4K Run, Bonelli Park, Time TBA. Tri Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

February 17 (Monday):

So. El Monte: Legg Lake President's Run, 660 Yd., 2.7 Mi., 8K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

February 22 (Saturday):

Chino: City of Chino Triathlon, 5K Run, 17K Bike, 75m Swim, Location TBA, 8 a.m. Glenn Benham, City of Chino, 13220 Central Avenue, Chino 91710. (714) 627-7577.

Sun City: Bess James 10K, 8 a.m. Info: Kathy Loper (619) 298-7400.

Las Vegas, NV: LVTC 5K, Sunset Park (Sunset & Eastern), 9 a.m. Info: Las Vegas T.C. (702) 382-3496.

Bakersfield: LAFR 12-Miler, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Pedro: San Pedro Bay 15K Relay and 5K/10K Run, Doubletree Hotel (Cabrillo Marina), 8 a.m. San Pedro Peninsula Hospital Fdn., 1300 W. 7th St., San Pedro 90732. W2 Promotions (310) 828-4123.

So. El Monte: Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.8 Mi. Sunset Rain Run, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Seaside, OR: Trail's End Marathon & 8K Race, 9 a.m./Mara. & 9:10 a.m./8K. ORRC, P.O. Box 549, Beaverton, OR. 97075. (503) 626-2348.

Novato: Indian Valley Biathlon, 3 Mi. Run, 10 Mi. Bike, 2 Mi. Run, Stafford Lake, 10 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Stinson Beach: Cascading Cataracts Trail Marathon, Half Marathon & 7 Mi., Parkside Cafe, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Quartz Hill: Antelope Valley Hospital Medical Center Benefit Runs, 5 & 10K (and Kiddie Kilometer), Mayflower Gardens (West Lancaster), 9 a.m./5 & 10K, 10 a.m./1K. Running Promotions, P.O. Box 128, Lancaster 93534.

Los Alamitos: Los Alamitos 5 & 10K, Oak Street Recr. Center, 8 a.m./5K, 8:45 a.m./10K. Info: Billo Calkins (310) 430-1073.

SCHEDULE

February 23 (Sunday):

So. El Monte: Legg Lake Green Grass Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Mardi Gras 10K, South of Hilton, 7:30 a.m. Info: Dave Thompson (619) 236-0842.

San Francisco: DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry St., 10 a.m. Info: (415) 978-0837.

Oakland: Lake Merritt Joggers & Striders' Couples Relay, 2x5K (Male/Female teams), Lake Merritt (Old Boathouse-1520 Lakeside Dr.), 9 a.m. E. Blair, 3136 California St., Oakland 94602. (510) 601-7887.

Stockton: Jackets Runs, 2 Mi. & 10K, Louis Park (Mt. Diablo Ave.), 9 a.m./10K, 9:30 a.m./2 Mi. Richard Johnson/Jackets Run, 9875 N. Davis Rd., Stockton 95209. (209) 477-0943.

San Mateo: Castaway 5 & 10K, Coyote Point (Castaway Restaurant), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Aptos: Snapperhead Invitational Duathlon, 2.5 Mi. Run, 16 Mi. Bike, 2 Mi. Run, Valencia Elem. School, 8 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072. (Note: Must be Tri-Fed Member).

Newport Beach: Spirit Run, 5 & 10K, Fashion Island (Newport Center), 7:30 a.m./5K, 8:30 a.m./10K. Spirit Run, 900 Goldenrod, Corona del Mar 92625. (714) 640-2568.

Montebello: "Pop" Marty 2, 5 & 10 Mi (& Kiddie 1K), Grand Rea Memorial Park, 8 a.m./2 Mi., 8:15 a.m./1K, 8:30 a.m./5 & 10 Mi. Montebello Parks & Rec. Dept., 1600 W. Beverly Blvd., Montebello 90640. (213) 887-4540.

Los Angeles: Firecracker 5 & 10K Run in

Chinatown, 8:20 a.m./5K, 8:20 a.m./10K. Race Central, P.O. Box 328, Rialto 92377. (213) 351-1533.

Torrey Pines: Pardee Torrey Pines 5K, Torrey Pines H.S., 5K, 8 a.m. Elite Racing, 2431 Morena Blvd., Suite 2H, San Diego 92110.

February 29 (Saturday):

So. El Monte: Legg Lake 099'ers Sprint Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Martinez: Martinez to Port Costa Brickyard Run (and Back), 10 a.m. Rankin Park. 8.4 mile. Luka Sekulich, 1485 Darlene Dr., Concord, CA 94520.

Las Vegas, NV: LVTC 2 Mi., 5 Mi., & 25K, Tule Springs (Floyd R. Lamb State Park), 8 a.m. Info: Las Vegas T.C. (702) 382-3496.

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on America's 500th birthday!!*



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20th IAAF World Cross Country Championships

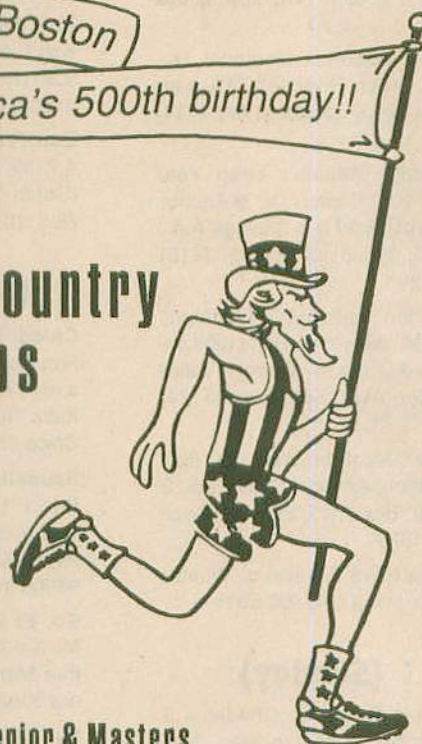
Franklin Park, Boston, MA
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Saturday, November 30, 1991



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

Bakersfield: Hart Park Fun Run + LAFR 10,
8 a.m. Bakersfield T.C., P.O. Box 6581, Ba-
kersfield 93386.

Ojai: Ojai 5 & 10K, Sarzotti Prk (510 Park
Rd.), 8:15 a.m./5K, 9 a.m./10K. Info: (805)
646-7213.

Sierra Del Oro: Chad Zeller Memorial 1K,
5K & 10K, 2600 Green River Rd., 10 a.m.
CARGO, P.O. Box 2800, Corona 91720. (714)
272-9440.

San Mateo: Vintage Athlete's Leap Year
Run/Walk, 8K, J. Hart Clinton Dr. & Anchor
Rd. (Gerry Mon Trail), 8:30 a.m. Vintage A.A.,
P.O. Box 620732, Woodside 94062. (415)
851-2555, 572-9429.

San Jose: Almaden Valley AC Triathlon,
250 Yd. Swim, 10 Mi. Bike, 2 Mi. Run (150 Lim-
it), Almaden Valley AC, 8 a.m. Almaden Valley
A.C., 5400 Camden Ave., San Jose 95124.
(408) 267-3700.

Santa Rosa: The Call of the Wild 10K, Half
Marathon & Marathon, Annadel State Park, 9
a.m. Enviro-Sports, Box 1040, Stinson Beach
94970. (415) 868-1829.

Dana Point: Dana Point Festival of Whales
5K Fun Run, 8 a.m. Info: (714) 496-6895.

March 1 (Sunday):

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

So. El Monte: Legg Lake Sunset Eagle
Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 4 p.m. Ar-
thur Martinez, 9502 Reichling Ln., Pico Riv-
era 90660. (213) 949-0394.

Los Angeles: Los Angeles Marathon, Time
TBA (20,000 Limit, New Entry Proce-
dure... Don't Delay) L.A. Marathon,
11110 W. Ohio Ave., Suite 100, Los Angeles
90025. (213) 444-5544.

Los Angeles: Rogaine 5K (in conjunction
with L.A. Marathon), near Shrine Auditorium,
9:30 a.m. Rogaine 5K, 11110 W. Ohio Ave.,
#100, Los Angeles 90025. (310) 444-5544.

San Francisco: DSE Kennedy Drive Run,
4.7 Mi. (& Kids' Run), Golden Gate Park
(South Side of Polo Fields), 9:30 a.m./Kids'
Run, 10 a.m. Info: (415) 978-0837.

March 7 (Saturday):

Chico: Bidwell Classic Half-Marathon, 3 Mi.
Fun Run & 1/2-Mi. Kid's Run, Bidwell Park, 8
a.m./3 Mi., 9 a.m./Half Marathon, 11:15 a.m./
Kid's Run. Bidwell Classic, P.O. Box 1182,
Chico 95927. (916) 342-9214.

Sausalito: Run for the Seals, 4 Mi., Rodeo
Beach Lagoon (Ft. Cronkhite, Marin Head-
lands), 9 a.m. California Marine Mammal Cen-
ter, GGNRA, Marin Headlands, Sausalito
94965. (415) 331-SEAL.

So. El Monte: Legg Lake 5K, 5.4 Mi., 10
Mi. & 0.8 Mi. Green Grass Run, 9:30 a.m. Ar-
thur Martinez, 9502 Reichling Ln., Pico Riv-
era 90660. (213) 949-0394.

San Jose: Mt. Hamilton Marathon, Half
Marathon & 10K, Joseph Grant County Park
(on Mt. Hamilton Rd.), 9 a.m. Enviro-Sports,
P.O. Box 1040, Stinson Beach 94970. (415)
868-1829.

Gonzales: Gonzales Grape Stampede,
10K, Taylor California Cellars (800 Alta St.),
10 a.m. Grape Stampede, c/o City of Gon-
zales, P.O. Box 647, Gonzales 93926. (408)
675-5000.

Bakersfield: CAHPERD Runs, Location
TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581,
Bakersfield 93386.

San Diego: Sue Krenn 15K, South of Hilton,
7:30 a.m. Info: SDTC. (619) 460-3110.

March 8 (Sunday):

San Francisco: DSE Legion of Honor Run,
4.3 Mi., 34th Ave. & Clement, 10 a.m. Info:
(415) 978-0837.

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

San Jose: San Jose Mercury News 10K (&
5K Walk), Park Ave. & Almaden Blvd., 9:15
a.m. Mercury News 10K, c/o Public Relations,
San Jose Mercury News, 750 Ridder Park Dr.,
San Jose 95190. (408) 920-5851.

Torrance: Tom Sullivan St. Patrick's Day
10K, Elite Racing (714) 548-4897.

Merced: Rascal Creek Run II, 10K & 1 Mi.,
Rahilly Park, 9 a.m. David Zacharias, Merced
T.C., 2634 Reggio Ct., Merced 95340. (209)
723-3911, 722-4428 eves.

So. El Monte: Legg Lake 5K, 5.4 Mi., 10
Mi. Red Fox Run, 9:30 a.m. Arthur Martinez,
9502 Reichling Ln., Pico Rivera 90660. (213)
949-0394.

March 14 (Saturday):

San Francisco: Irish Sprint & Stride, 4.46
Mi., Lake Merced (Sunset Parking Lot), 10
a.m. Info: (415) 953-0793.

So. El Monte: San Gabriel River 10 Mi., 5K
and 1 Mi. USA Run & SCA/TCA 10 Mile District
Championships, 8:30 a.m. Arthur Martinez,
9502 Reichling Ln., Pico Rivera 90660. (213)
949-0394.

San Diego: St. Patrick's Day 10K, South of
Hilton, 7:30 a.m. Info: Jim Cerveney (619) 298-
7400.

Palo Alto: Monte Bello 1/3 Marathon & 5 Mi.
Trail Runs, Monte Bello Open Space (Pagemill
Rd.), 9 a.m. Team Challenge, P.O. Box
20963, El Sobrante 94803. (510) 841-1190.

Stinson Beach: Bolinas Ridge Wild Boar 9

SCHEDULE

Mi., 18 Mi. & Marathon, (Start: Mara/18Mi. at Five Brooks; 9 Mi at Bolinas/Fairfax & Ridgecrest on Mt. Tam), 9 a.m./Mara-18M, 10 a.m./9M. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Fresno: St. Paddy's Day Dash, 10K, 2 Mi. & 1K Kid's Run (9 & Under), Chamillian Stables (Corner of Van Ness Extension & Bluff Ave.), 7:30 a.m./1K, 7:45 a.m./2M, 8 a.m./10K. American Lung Assoc., P.O. Box 11187, Fresno 93772. (800) 367-5864.

Bakersfield Area: (Tentative) Norris Schools Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93376.

Irvine: Run for Hungry Children, 5 & 10K (+1K Kid's Run), South Coast Community Church parking lot (Bonita Canyon), 7:30 a.m./5K. South Coast Community Church, 5120 Bonita Canyon Rd., Irvine 92715. (714) 854-7600, x580.

March 15 (Sunday):

San Francisco: DSE Stern Grove Run, 4 Mi., 33rd Ave. & Wawona, 10 a.m. Info: (415) 978-0837.

Fremont: Run for Recreation, 10K & 2 Mi., Central Park Swim Lagoon (Parking Lot), 8:30 a.m. Liz Mauro, Recreation Dept., 3375 Country Dr., Fremont 94537. (510) 791-4324.

Sacramento: Pocket Pursuit Biathlon, 5K Run, 30K Bike, 5K Run, Individuals & Relays, Promenade Shopping Center, 8 a.m. Promenade Chiropractors, 7485 Rush River, #750, Sacramento 95831. (916) 422-2225.

So El Monte: Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.8 Mi. St. Patrick's Day Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Santa Rosa: Ilsejo Classic 10 Mile, Howarth Park (Summerfield Dr.), 9 a.m. Alec Isabeau, 1506 Woodlake Dr., Santa Rosa 95405. (707) 578-3025.

Soquel: Anybody's Triathlon, 3 Mi. Run, 12 Mi. Bike, 500 Yd. Swim, Soquel High School, 8 a.m. (Must be Tri-Fed member). Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072, Patrick Gilbert.

Stockton: Stockton 4 Mi. & Team Challenge, Grupe Park, 9:30 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208. Dave Valentine: (209) 951-8941.

Torrance: St. Patrick's Day 10K Run for

Blind Children, Del Amo Fashion Center, 8 a.m. Vistas, P.O. Box 7000-251, Redondo Beach 90277. (714) 548-4897, Elite Racing.

March 21 (Saturday):

So. El Monte: Legg Lake 5K Jack Bishin 91st Birthday Run & 5K SCA/TAC District Championship, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Carmel: Serra's Run, 10K, Carmel Mission, 9 a.m. John Donnelly, 2992 Lausen Dr., Carmel 93923. (408) 626-1142.

Boulder Creek: Big Basin Marathon, Half Marathon & 5 Mile, Big Basin Park HQ, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Oroville: Dollars for Scholars, 5 & 10K, Municipal Auditorium, Time TBA. Bill Gibson, 2211 Washington Ave., Oroville 95965. (916) 533-8777.

March 22 (Sunday):

San Francisco: DSE Beach Esplanade Run, 6 Mi., Balboa & Great Hwy., 10 a.m. Info: (415) 978-0837.

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

Fairfield: NorCal Duathlon Series #1, 5K Run, 30K Bike, 5K Run, Individuals & Relay. Solano College, 8 a.m. A. Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

So. El Monte: San Gabriel River 5K, 10K & 1 Mi. 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, Old Boat-house (14th & Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

Daly City: San Bruno Mtn. Wildflower Runs, 5 & 10K, San Bruno Mtn. State/County Park (Guadalupe Pkwy.) 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

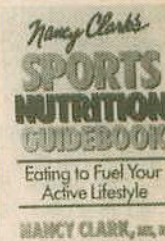
✓ **Castaic Lake:** Castaic Dam Run, 5K/14K and 1K Kid's Run, Castaic Lake Rec-

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SCHEDULE

recreation Area, 8 a.m. (Reg. by 3/13). Co. of Los Angeles, Dept. of Parks & Recreation, P.O. Box 397, Castaic 91310. (805) 257-4050.

San Diego: Spring Sprint Duathlon, 5K Run, 25K Bike, 5K Run, 7:30 a.m., Mission Bay. KOZ Enterprises, 862 Gable Way, El Cajon 92020. (619) 441-7844.

March 28 (Saturday):

Morgan Hill: Wildflower Run, 5 & 10K (& 2K for 12 & Under), Live Oak High School (1505 E. Main), 9 a.m. Info: Marilyn (408) 779-1345.

So. El Monte: Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.8 Mi. Sport Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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

Redwood City: Wildflower Wilderness Run, 4 & 7 1/2 Mi., Edgewood County Park (Edgewood Rd. off I-280), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Walnut Creek: Mt. Diablo Marathon and Half Marathon, Northgate H.S., 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Bakersfield: CSUB Road Run 'N Ride, Distance & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 831-5900.

March 29 (Sunday):

San Francisco: DSE Double Lake Merced Run, 9.2 Mi. (& Kids' Run), Sunset Blvd. Parking Lot, 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 978-0837.

San Francisco: Houlihan's to Houlihan's 12K. PA/TAC Championships, (to S.F. Aquatic Park), Time TBA. RhodyCo Productions,

3929 California St., San Francisco 94118. (415) 387-2178.

So. El Monte: Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.8 Mi. Wolf Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Carlsbad: World Championship Stage Biathlon (held over 2 dates: 3/29-Carlsbad 5000; 4/5-15K Cycling Time Trial). Elite Racing: (619) 275-5440.

April 3 (Friday):

So. El Monte: Legg Lake 5K, 0.8 Mi. & 5.4 Mi. Sunset April Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 4 (Saturday):

Sacramento: American River 50 Mile, 6 a.m. Fleet Feet, 1730 Santa Clara Dr., #3, Roseville 95661. (916) 537-7177.

Sausalito: Golden Gate Headlands Marathon, Half Marathon & 7 Mi., Rodeo Ranch (Marin Headlands/Ft. Cronkhite), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Berkeley: MBA Challenge for Charity Fun Run, 5 & 10K, UC Berkeley (Campanile), 9 a.m. Doug Fontaine, 2045 Ashby Ave., Berkeley 94703. (510) 540-6962.

Modesto: Run for Health, 5 & 10K and 1 Mi. Fun Run, Moose Park (along Dry Creek, off La Loma Ave.), 8:30 a.m. Run for Health, c/o John Warwick, 830 Scenic Dr., Modesto 95350. (209) 525-7000.

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

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

San Juan Capistrano: Follow the Swallow

5 & 10K Runs (& 1 Mi. Kid's Fun Run), 7:30 a.m./10K, 8:30 a.m./5K, 9 a.m./1 Mi. San Juan Capistrano 5/10K Run, 31421 La Matanza St., San Juan Capistrano 92675. (714) 493-5911.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Water Cup Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

El Cajon: El Cajon 20K, 4th & Madison, 7:30 a.m. Info: Judi Richardson (619) 444-3785.

April 5 (Sunday):

San Francisco: DSE Presidio Gate Run, 3.3 Mi., Little Marina Green, 10 a.m. Info: (415) 978-0837.

San Francisco: Kimochi Cherry Blossom Run, 5 Mi. & 2 Mi. Walk, Golden Gate Park (41st ave. & Martin Luther King Dr. to Japan Town), 9 a.m. Kimochi Sr. Citizen's Center, 1840 Sutter St., #208, San Francisco 94115. (415) 931-2294.

San Jose: Spartan Gold Rush Run, 5 Mi., Hellyer Park, 9 a.m. Sonya Bradley, 8001 Surrey Ln., Oakland 94605. (510) 636-1503.

Corralitos: Big Head Duathlon (2 Mi. Run, 18 Mi. Bike, 2.5 Mi. Run), Bradley Elem. School, 8 a.m. (Must be Tri-Fed member). Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072, Patrick Gilbert.

Napa: Run to Literacy, 5 & 10K and 1 Mi., Napa City-County Library, 9 a.m. Project Upgrade/Napa City-County Library, 1150 Division St., Napa 94559. (707) 253-4283.

Sacramento: "1040K and 1040EZ - Rapid Refund Run", 5 & 10K, Capitol Mall, Time TBA. Chris Little, Events Int'l., 4308 D Street, Sacramento 95819. (916) 455-3520.

Bakersfield: BTC Rio Bravo 10-Miler, Location and Time TBA. Bakersfield T.C., P.O.

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SCHEDULE

Box 6581, Bakersfield 93386. (805) 872-9554.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Fitness Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Luis Obispo: Cuesta 50K Biathlon, 10K Run, 40K Bike, 8 a.m., Cuesta College. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403. (805) 546-3207.

April 10 (Friday):

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Fish Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 11 (Saturday):

Pinole: Three Valleys Half Marathon & 5K, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

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

Medford, OR: Pear Blossom Run, 2 Mi. &

10 Mi. (& Mayor's Cup Mile), Time TBA. Pear Blossom Run, P.O. Box 146, Medford, OR. 97501. (503) 772-6293.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Fisherman Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Bakersfield: Cancer Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 327-2424.

Irvine: Run for the Hills, 8K, Mason Regional Park, 8 a.m. OCFED, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

San Dimas: L.A. Triathlon Series, Distances TBA, Bonelli Park, Time TBA. Info: (818) 331-0169.

Columbus, OH: U.S. Men's Olympic Trials, Columbus, Ohio, 10 a.m. (US male residents, age 18 & Over, who have run a sub-2:20 marathon on a TAC-certified course between Nov. 11, 1990 and March 31, 1992, may compete for a spot on the 1992 Olympic Team.). 1992 U.S. Men's Olympic Marathon Trials, Douglas Thurston, Race Director, 6660 Doubletree Ave., No. 8, Columbus, OH 43229. (614) 433-0395. FAX (614) 433-0330.

April 12 (Sunday):

San Francisco: Bonne Belle Women's

Classic, 5 & 10K, Golden Gate Park (Academy of Sciences), Time TBA. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

San Francisco: DSE Alamo Square Run, 7 Mi., Golden Gate Park (Spreckels Lake, Kennedy Dr. & 36th Ave.), 10 a.m. Info: (415) 978-0837.

Modesto: Modesto Marathon & Half Marathon, Blue Gum & Carpenter Rds., 7:30 a.m. Joann Hull, P.O. Box 3605, Modesto 95351. (209) 578-4575.

Milpitas: LSI Logic Run, 5 & 10K Run/Walk, Oak Creek Business Park (1501 McCarthy Blvd), 9 a.m. LSI Logic, 1551 McCarthy Blvd., Milpitas 95035. (408) 433-7995.

Sacramento: Nor Cal Duathlon Series #2, 5K Run, 30K Bike, 5K Run, Discovery Park, 8 a.m. A Change of Pace, 221 G St., Suite 205, Davis 95616. (916) 757-6017.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Fishnet Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 16 (Thursday):

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Stride Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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Shoreline Blvd. (No. off Hwy. 101), 9 a.m. Norman Shaskey, 600 Rainbow Dr., Suite 166, Mtn. View 94041. (415) 964-6367.

San Jose: Almaden Triathlon Challenge, 8 Mi. Run, 23 Mi. Bike, 20 Mi. Horseback (Individual & Team entries), Carlero Park, Time TBA. Skip Lightfoot, 970 Blossom Hill Rd., San Jose 95123. (408) 226-0745, 770-4243 eves.

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

Sausalito: California 49'er Double Marathon, Marathon & 30K, (Start: Double at Limantour Beach, Pt. Reyes; Mara./30K at Pantoll Ranger Sta./Mt. Tam), 6 a.m./Double, 9 a.m./Mara.-30K. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Chico: Chico Masters 4 Miler, Bidwell Park, 9 a.m. Walt Schafer, Enloe Stress & Health Center, 5th Ave. & Esplanade, Chico 95926. (916) 891-7411.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Carrera de Pascua, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 19 (Sunday):

San Francisco: DSE Easter Sunday Egg Run 3 Mi., Mt. Davidson (Riordan H.S., 175 Phelan), 10 a.m. Info: (415) 978-0837.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Easter Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 20 (Monday):

Hopkinton, MA: Boston Marathon, noon. Boston Marathon, P.O. Box 1992, Hopkinton, MA 01748. (508) 435-6905. **Qualifying Times.**

April 23 (Thursday):

So. El Monte: Legg Lake, 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Pace Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 25 (Saturday):

San Francisco: Ruth Anderson 100K, Lake Merced (Sunset Blvd. Parking Lot), 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oak-

land 94602. (510) 530-6634.

Treasure Island: Nimitz Run, 5 & 10K, 9:30 a.m. Race Central, P.O. Box 828, Rialto 92376. (510) 642-9335.

Larkspur: Madrone Canyon Race, 5K Run & 3K Walk, Doliver Park (Magnolia/Madrone), 9 a.m. Larkspur Rec. Dept., 400 Magnolia Ave., Larkspur 94939. (415) 927-5031.

Kelseyville: Earth Day 5 & 10K, Clear Lake State Park (swimming beach), 8 a.m. Clear Lake State Park Interpretive Assoc., Val Nixon, 5300 Soda Bay Rd., Kelseyville 95451. (707) 279-4293.

Fort Bragg: Mendocino Lost Coast Trail Marathon, 25K and 10 Mi., USAL Creek Campground at south end of Sinkyone Park, 9 a.m. (Pre-reg. only). Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Sunset Woodchuck Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Big Water, Utah: Lake Powell Marathon & 10K (10K run entirely in Page, AZ), 7 a.m./Mara., 8:30 a.m./10K. Lake Powell Marathon, P.O. Box 3148, Page, AZ. 86040. (800) 835-4671.

April 26 (Sunday):

✓ **Carmel:** Big Sur International Marathon, Pfeiffer Big Sur State Park to Carmel (on Hiway 1), 7 a.m. BSIM, Box 222620, Carmel 93922. (408) 625-6226.

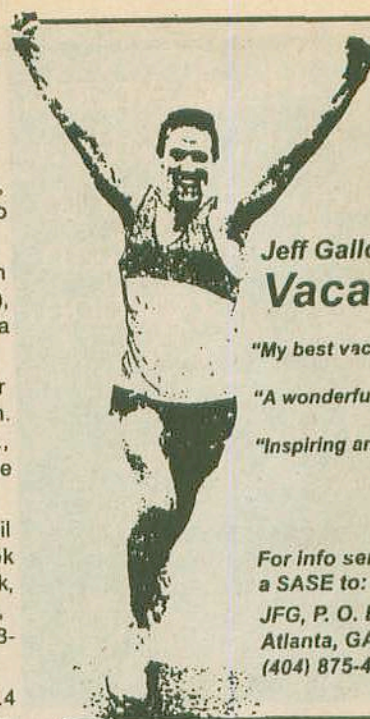
San Francisco: DSE Polo Field 5 & 10K Runs & 0.875 Mi. Kid's Run, Golden Gate Park (south side of Polo fields), 9:30 a.m./Kid's Run, 10 a.m. Info: (415) 978-0837.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th & Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

Pleasanton: Pleasanton Run to Benefit United Cerebral Palsy, 5K, Rose Pavilion, 8:30 a.m. Fleet Feet Sports, 4247 Rosewood, Pleasanton 94588. (510) 847-9255.

San Jose: The Tortoise & Hare 10K Run/5K Walk, Union Middle School, 8:30 a.m. Info: (408) 559-2555.

Byron: Rally Around the Lake 5K, Swim & Tennis Club (Discovery Bay Blvd.), 9:30 a.m. Phil Paulson (Lions Club), 5514 Marlin Ct., Byron 94514. (510) 634-6654.



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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.

Napa: Vichy Alternative School Hill-to-Hill Run, 2 & 5 Mi., William Hill Winery (1761 Atlas Peak Rd), 9 a.m. (Limit 500). Thom (Race Director), Hill to Hill Run, 3261 Vichy Ave., Napa 94558. (707) 252-8450, Marie.

Yountville: Rotary's Napa Valley 5 & 10K, Yountville Park, 8:30 a.m. Info: (707) 257-2488.

Shingle Springs: Marshall M*A*S*H Runs, 5 & 10K and 1/2-Mi. Kid's Run, Ponderosa H.S., 8:30 a.m./Kids, 9 a.m. Public Relations, Marshall MASH Run, Marshall Hospital, Marshall Way, Placerville 95667. (916) 626-2874.

Davis: Nor Cal Duathlon Series #3, 5K Run, 30K Bike, 5K Run, Greenbelt (14th & Oak Sts), 8 a.m. A Change of Pace, 221 G St., Suite 205, Davis 95616. (916) 757-6017.

Stockton: Asparagus Festival Fun Run, 3 Mi., Oak Grove Regional Park (I-5 and 8 Mile Rd., 5 Mi. north of Stockton), 8:30 a.m. Stockton Asparagus Festival, 1132 No. Hunter, Stockton 95202. (209) 466-6674.

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SCHEDULE

Merced Area: Indian Gulch to Hornitos
Runs, 5 & 10 Mi., 8:30 a.m. Jean Schwisow,
629 El Portal, Merced 95340. (209) 722-
8385.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4
Mi. & 10 Mi. Wild Flower Run, 8:30 a.m. Ar-
thur Martinez, 9502 Reichling Ln., Pico Riv-
era 90660. (213) 949-0394.

April 30 (Thursday):

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4
Mi. & 10 Mi. Sunset Runner Run, 6 p.m. Ar-
thur Martinez, 9502 Reichling Ln., Pico Riv-
era 90660. (213) 949-0394.

May 3 (Sunday):

Weott: Avenue of the Giants Marathon &
10K. Avenue of the Giants Marathon, Dept.
R, 281 Hidden Valley Rd., Bayside 95524.

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Looking Ahead

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

May 9 (Sat.): San Jose: Mike Po-
polizio Quicksilver 50K/50M, Quicksil-
ver County Park, 6 a.m. Steve Tietz,
6363 Firefly Dr., San Jose 95120. (408)
268-1683.

May 10 (Sun.): Washington,
DC: Nike Women's Race, 8K, West Po-
tomac Park, 8 a.m. (May 8 Deadline
or 4000 entrants), Nike Women's
Race, Box 20090, Alexandria, VA
22320. (703) 780-3037.

May 17 (Sun.): San Francisco:
Examiner Bay to Breakers 12K, Howard
& Spears Sts., 8 a.m. Bay to Breakers,
P.O. Box 7260, San Francisco 94120.
(415) 777-7773.

THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.



Will the *Real* Breakfast of Champions Please Stand Up. . .

We all know that breakfast is the *meal* of champions that fuels you up for a high energy day, helps you to either recover from your pre-breakfast exercise, or prepares for your afternoon workout. Ideally, you should eat a king-sized breakfast that contains about one-third of your daily calories: 500-600+ calories for dieters; 600-700+ calories for active women, and 800-1000+ calories for active men. If you skip and/or skimp on this energy-enhancing meal, you're likely to pay the price later on: ravenous hunger, sweets cravings, food binges, junk food diets, weight gain -- to say nothing of poorly fueled muscles that hinder your performance.

What is *The Breakfast of Champions*??? Cereal is what I recommend. It is quick 'n easy to fix, low in fat, rich in carbohydrates and an excellent source of fiber, calcium, iron, B-vitamins and numerous other nutrients depending on the brands you eat and how much lowfat milk, fruit and juice accompany the cereal. Choosing the best cereals can be a challenge: Is any one cereal the best? Are sugared cereals bad for you? How much high fiber cereal is enough? Are low sodium cereals the healthiest choices? Here's some food for thought.

SODIUM: Shredded wheat, puffed wheat and puffed rice are but a few of the low sodium cereals that are good choices for sedentary folks with high blood pressure. Sportsactive people generally have low blood pressure, hence can eat sodium -- especially the amount of sodium that's in cereal -- without health-fears since 1) sodium does not *cause* high blood pressure and 2) you need to replace sodium lost in sweat (~1,000 mg/two-hour workout). Even the highest sodium brands (Cherrios, Wheaties, Kellogg's Corn Flakes) have only 270-290 milligrams sodium/serving. A 2-ounce bowlful with a cup of low-fat milk contains ~700 milligrams sodium -- about one-third of the 2,000 milligrams sodium that health professionals consider to be a very low sodium diet for a person with high

blood pressure. Three thousand milligrams sodium is considered to be an acceptable target for the general population; sweaty athletes can rightfully consume more. Hence, if the lowest sodium brands seem blah and tasteless, feel free to disregard sodium content when cereal shopping.

SUGAR: Cap'n Crunch is one of the most popular cereals on college campuses. Frosted Flakes and Honey-Nut Cheerios fare well, too. We could certainly debate whether these 36-40% sugar choices are *cereal* or *dessert*. But, we can't debate the fact that the sugar-calories do fuel the muscles and are unlikely to be a health culprit if you brush your teeth after eating. I'd rather see athletes eat sugary cereals than greasy bacon 'n eggs.

The American Dietetic Association acknowledges that 10% of calories can appropriately come from refined sugar. Hence, if you eat 2,000 calories/day, you can budget 200 sugar-calories (50 grams sugar)/day. A double serving (2 oz) of Cap'n Crunch has 24 grams, an acceptable amount given low-sugar choices the rest of the day.

FAT: Grapenuts tout "fat-free" on their label. Shredded Wheat and Puffed Rice are other popular no-fat cereals. Are these preferable to Raisin Bran (1 gram fat/oz), Cheerios (2 gm), Cracklin Oat Bran (3 gm), or Quaker 100% Natural (6 gm)? A healthy sports diet targets 25% of the calories from fat. That's 500 fat-calories (55 grams fat) for the athlete who eats 2,000 calories/day. By paying attention to your fat budget, you can sprinkle a handful of granola on top of the shredded wheat and still have some fat left for other meals.

FIBER: If you're choking down a bowlful of All-Bran (10 gm fiber, 70 cal/oz), you'll get the recommended 25-35 gms fiber/day. But, you may end up with diarrhea or inadequate calories. To meet the minimal 500+ calorie breakfast target, you'd need 1 cup milk (100 cal),

1 medium banana (100 cal) and 4 oz/1.3 cups (300 cal) of All Bran. That's a lot of fiber! You might want to mix the All-Bran with 40% Bran Flakes (5 gm fiber, 90 cal/oz), Fruit 'n Fibre (5 gm fiber, 120 cal-oz) or Raisin Bran (5 gm fiber, 120 cal/oz) for a more palatable breakfast.

CALORIES: Special K may claim to be the dieters' breakfast, but a one-ounce serving has 110 calories -- just like most brands. Most people eat cereal by the bowlful -- and an average bowl (1 cup, 1 oz) of Special K has fewer calories than heavier Grapenuts (110 cal/oz, 1/4 cup), Raisin Bran (120 cal/oz, 3/4 cup) and Familia (105 cal/oz, 1/4 cup). One ounce of Special K is too skimpy for dieting athletes who should target 3 oz. for ~500+ calories/breakfast. If you want Special K, simply eat tubfuls to prevent the hungry horrors later on. The same goes for Puffed Wheat, Cheerios, Rice Krispies and Corn Flakes.

ALL-NATURAL: Oatios, Amaranth Crunch, other Health Valley cereals and many granolas claim to be "all natural". Although many athletes seek out these lightly processed foods, they miss-out on the iron added to "enriched" and "fortified" brands. The solution: select iron-rich foods at other meals.

CONCLUSION: Any cereal is better than no cereal! Since no one cereal is the perfect choice, your best bet is to mix-and-match brands. Why not stock 8-12 boxes of cereal in your cupboard and enjoy a veritable smorgasboard of flavors, textures and nutrients depending on your mood for the day.

Nancy Clark, MS, RD is nutritionist at Boston-area's SportsMedicine Brookline. Her books *The Athlete's Kitchen* ('81; \$7.50) and *Nancy Clark's Sports Nutrition Guidebook* ('90; \$16.50) are available through NESF, P.O. Box 252, Boston 02113.



ROAD RACE SPOTLIGHT

By Richard Lee Slotkin

Western Hemisphere Marathon

November 24. Culver City.

Sometimes I think I have created a monster.

Really.

I'm talking about the Jefferson Jinx, of course. Jefferson Boulevard. That's where miles 23, 24 and 25 are. And that's where strong men suddenly become weak. Running tigers are magically -- and tragically -- transformed into limping pussycats. Right before your eyes. Happens every year.

This year, though, was more dramatic than usual with an unexpected twist.

Ted Cotti of Ojai had gone out to an early lead and seemed to be getting stronger as the race went on, building a huge lead as his miles dropped from 5:30s to 5:15s and finally, at mile 7, a 5:09. That was as good as it got for Cotti and by mile 12 he was just under 6 minutes. By 17 miles Cotti was visibly slowing, and hurting, and at 19 miles he was down to a 6:39, looking quite beat up and for the first time, had someone coming after him.

"I'm dying, a lot," Ted Cotti said to me just past the 20 mile mark as I sat mounted backwards on a motorcycle putt-putting alongside him.

A little while earlier, at the 15-mile mark, coach Dan Ashimine, still headed out on the out-and-back course, had called out to a clump of his Gardena Valley Runner speedsters that the leader, this same Cotti, had only a 5 minute lead, was hurting and they should go after him. Only one of them, Angel Roman, took the challenge seriously.

By the time Cotti reached 20 miles, he was dying alright. Having done all the work from the start and feeling the strain since 17 miles Cotti was in trouble as the earlier pace teamed up with a warm dry wind to drain the strength out of him. And now, he had just struggled through a 7:05 mile. Meanwhile Roman, a Venezuelan hoping to make his country's delegation to Barcelona next summer, had moved to within a block and a half back and was coming on with a string of 5:30s.

Less than four minutes later, Roman pulled

alongside Cotti, tapped him on the arm and said, "Good effort!"

And kept on going.

That was at 2:00:10. Exactly 2 minutes and 28 seconds later Roman passed the 21 mile marker and was already more than a block ahead of the wailed-out Cotti.

And he was hardly even sweating.

The race was over now as Roman continued to cruise at a 5:40 pace and Cotti continued to fade. In fact, Cotti ended up 7th. He lost 5 more places in the last 5 miles. Wow!



TED COTTI at 12 miles

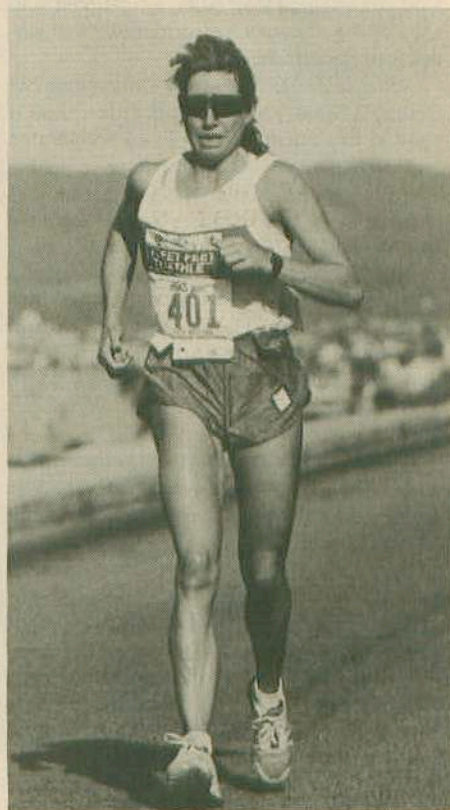
"So Far, so good."

Photo by Richard Lee Slotkin

It wasn't quite over for Roman, either, as it turned out.

You see, he was now on Jefferson Boulevard.

Yet he was running almost machine-like and just past the 25 mile mark he would be off Jefferson and, one would think, home free. But, you can't fool the Jefferson Jinx. Just yards before the turn on to Sepulveda--and off Jefferson--the bottom suddenly fell out of Roman's race. It took Roman over 9 minutes to finish the last mile and a quarter. And



PAMELA HASKELL at 12 miles

"Ditto."

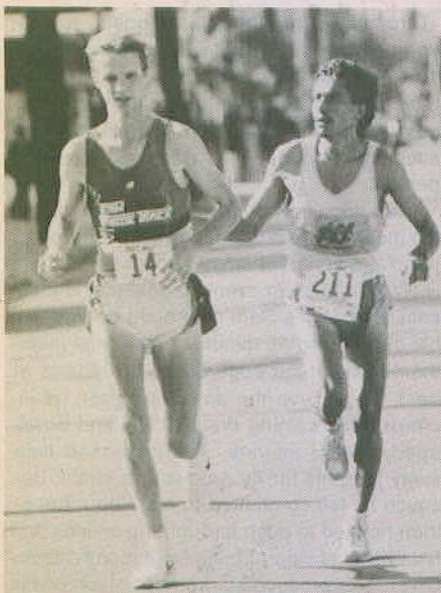
Photo by Richard Lee Slotkin

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ROAD RACE SPOTLIGHT

where he got there, he wobbled through the finish chute and had to lie down in the medical tent for about a half an hour. Double wow!

I suppose it was ok because even with a



ANGEL ROMAN (right) taking the lead from TED COTTI--"Good effort!"

Photo by Richard Lee Slotkin

2:34:22 finish he was four minutes ahead of his closest chaser but, still, what happened? "Mile 25. Just like: BOOM!" was how Roman described it. Watching him in the finish chute, it was hard to believe this was the same guy who, up until mile 25, looked as though he was running a 15 mile workout.

What does he care? The 30-year-old Venezuelan who, incidentally, competed for Long Beach City College will soon see his name joining the 43 others on the permanent plaque in front of the Culver City Veterans Memorial Building as the winner of the world's second oldest continuously run marathon. And, Roman's victory is the third in a row at Culver City for the Gardena Valley Runners.

The women's race was a lot less dramatic. Iron Man veteran Pamela Haskell ran unchallenged for the whole 26.2 miles. When she crossed the finish line--in 3:07:03--she had better than 11 minutes cushion on her closest competitor. Like Cotti, Haskell was also bothered by the heat and at 22 miles leg cramps added to her discomfort. By that time, though,

she was too close to the end and too far ahead of any competition to let up. And, the Jefferson Jinx never seems to hit the women. Apparently, it's never heard of Equal Opportunity and Political Correctness.

Be that as it may (now there's an expression that everyone understands but no one can define) the name Pamela Haskell joins Miki Gorman, Jacqueline Hansen and Julie Brown on the permanent plaque of women's winners at the Western Hemisphere Marathon. She's in good company.

For the past two years, in conjunction with the Students Run L.A. program, a half marathon open to high school students has been run along with the marathon. They have drawn a nice size crowd of youngsters and although many of them have to do a lot of walking before they reach the finish, everyone seems to have a good time. A few of them received a somewhat nasty surprise this year. The halfers line up with the full marathoners and for about 7 miles they run together. Around seven miles there is a turnaround for the halfers but--oh boy! Was there ever a "but"--although there was a sign at the turnaround, there were no attendants to inform the halfers and no police to provide traffic control for the required street crossing.

You can guess what comes next.

I'll tell you anyway.

At the turnaround for the marathon, some 12 1/2 miles from the start, there were a few young faces with that where-the-hell-is-the-end-of-this-thing look. Welcome home, *Marathoner!* That's right. If you want to get to the finish line, you will be a marathoner when you get there.

Fortunately, thanks to a motorcycle cop's radio, they got someone out there before some 500 high schoolers found themselves at a beach party--without refreshments--in Playa Del Rey. One youngster tried to tough it out, though. He said, as he wobbled along, that he really intended to run the whole thing all along. He was wearing a half marathon number plate and turning rather pale. But, he was game; you had to give him that.

He finished, too.

Overall Results

1. Angel Roman (29) 2:34:22, 2. Genaro Tavares (30) 2:38:14, 3. Brian Nelson (34) 2:38:40, 4. Douglas Allen (36) 2:44:38, 5. Tom Lowry (39) 2:45:11, 6. Jaime Ortiz (30) 2:45:58, 7. Ted Cotti (29) 2:46:24, 8. John Adams (33) 2:47:46, 9. John Araujo (33) 2:48:21, 10. Rodolfo Arellano (25) 2:52:41.

11. Richard Krevolin (26) 2:54:16, 12. Craig Davidson (37) 2:55:34, 13. Richard Riccio (19) 2:26:12, 14. Echo Edmonson (49) 2:58:34, 15. Ken Moffitt (39) 2:59:29, 16. Jerry Davila (41) 2:59:36, 17. Ricardo Gutierrez (27) 3:01:43, 18. Dana Gemme (37) 3:06:13, 19. Edwin Lucie (36) 3:06:18, 20. Pamela Haskell (33 F) 3:07:03.

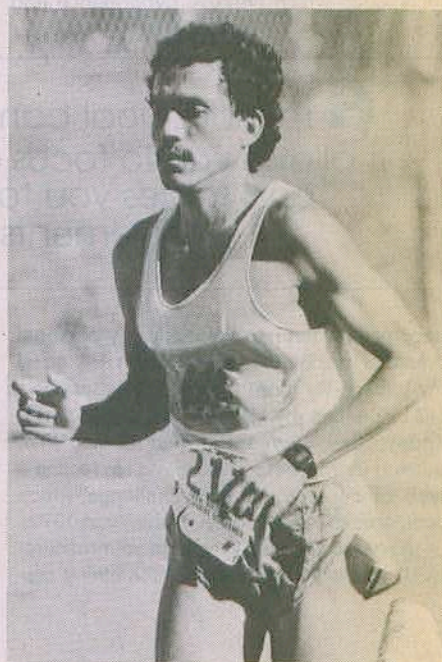
21. Manuel Mendes (29) 3:08:41, 22. Tony Amos (29) 3:08:57, 23. Mark Marcelli (32) 3:09:28, 24. Jeffrey Mintz (42) 3:09:55, 25. Andre Tocco (57) 3:10:57, 26. William Lovelace (44) 3:13:30, 27. James Herrick (39) 3:13:37, 28. Abe Valdez (50) 1st 50-54 3:15:07, 29. Bren Conner (29) 3:16:26, 30. Adolfo Carrillo (37) 3:16:29.

31. Ric Munoz (33) 3:17:53, 32. Craig Chambers (42) 3:18:05, 33. Merle Heimberg (41) 1st 40-44 3:18:19, 34. Pat Ireland (35) 3:18:27, 36. Bill Frick (48) 3:22:14, 37. Leroy Kim (56) 3:23:05, 38. Jim Barnett (39) 3:23:13, 39. David Budell (29) 3:23:31, 40. David Castenholz (37) 3:23:32.

41. Tom Perry (46) 3:23:42, 42. Bob Ulloa (42) 3:25:22, 43. Teofilo Morales (23) 3:25:28, 44. Rachel Ryerson (31F) 3:25:44, 45. David Saenz (44) 3:45:14, 46. Andre Unittiedt (37) 3:26:48, 47. Jim Flanagan (42) 3:26:56, 48. Pete Hanson (40) 3:28:01, 49. Leigh Murphy (36) 3:28:28, 50. John Limone (36) 3:28:37.

72. Eufemio Contreras (18) 1st M18u 3:42:25, 74. Fred Nagelschmidt (67) 1st M65-69 3:43:54, 77. Kelly Duenkel (F25) 1st F19-29, 98. Maggie Butterworth (F45) 1st F45-49 3:55:11, 109. Eugene Cook (60) 1st M60-64 4:02:47, 141. Pam Nagami (F37) 1st F35-39 4:27:05, 163. Clyde Alling (74) 1st M70+ 4:45:28, 180. Ronald Brown 1st Wlkr 4:55:04, 182. Maria Weekes (F52) 1st F50-54 4:56:19.

Wheelchair: 1. Keith Dysert 1:52:23, 2. David Cornelsen 1:52:58.



ANGEL ROMAN
"Jefferson Jinx? Aw, c'mon!"

Photo by Richard Lee Slotkin

Goals Can Be Powerful, If. . .

By Jeff Galloway

Sam had been running socially for many years when he joined a marathon training group. He was a popular member and seemed to come alive with the challenge. It surprised everyone—including Sam—when he easily ran 3:45 in his first attempt. When the group met a week later for their party, the normally affable Sam was getting on everyone's nerves. He couldn't stop talking about how he was going to break 3 hours in his next marathon—which he had already entered.

Sadly, many runners have goals that are at least slightly unrealistic—and this gets them into trouble. Sam's goal of a 3 hour marathon might be possible in two years, but it's unlikely that he could drop 45 minutes in one 6 month training period. I tried to tell him this when we sat down for a training consultation, but he had too many stars in his eyes to see or hear anything else.

I'm not against goals, dreams and mental visualization—indeed, there are powerful new techniques which improve performance and

nificant and forces you to prioritize the various elements of your life. Somehow, it makes you feel more alive, and in touch with a little flame inside that may not have burned brightly for years. When a realistic goal is balanced with a manageable training program and other responsibilities, your energy and motivation will positively affect other areas of life. Improved confidence and drive will improve the quality of your work and can help improve your relationships at home.

But too often we become so taken with the dream that we lose touch with our roots, family, and career. Instead of working within ourselves and our unique capabilities, we may pursue some glorified version of what we'd like to be (or what others would be impressed with). Unfortunately, it's a common story to hear of triathletes, or ultramarathoners who so totally immerse themselves in climbing their own Everest that they let family and career leave them behind.

The most successful people are those who

Through a series of realistic goals, you set yourself up for success. If you achieve a 10K goal half-way through the season, you have time for one of more goals. Each success gives you momentum toward the next success. You become a very successful person.

Too often, however, we choose to pursue the moon. While a dramatic goal may impress people, a series of small successes is more likely to lead to an eventual goal that is more satisfying. While Sam may have been capable of dropping 45 minutes in the next marathon it was at the edge of his capabilities at best. To achieve the ambitious goal, he increased his training dramatically and developed several injuries. The increased time away from his family produced a strain. Because he felt committed to his 3 hour marathon he tried to push through the injuries and finally had to stop running for 3 months to recover. This produced a dramatic strain on his marriage, a loss of self-respect, and a deterioration in the quality of his work.

Sam should have pursued a 15 minute improvement, and then another. With the modest increase in training, he could have balanced family life and career with running. He would have almost certainly been more successful than he predicted. What a great problem to have!

My greatest joys have come through working through many little problems; I learned to enjoy the struggle. When we grow through challenges, we can improve our running and virtually every other area of life.

Note: Olympic distance runner Jeff Galloway has written the nation's best-selling running book: Galloway's Book on Running. Through his seminars, vacations and readers comments, he is working on a book about running in the 21st century. He encourages your comments or interest: Jeff Galloway, P.O. Box 76843, Atlanta, GA 30358.

A realistic goal can mobilize your resources. It allows you to focus on something significant and forces you to prioritize the various elements of your life.

happiness when used properly. My personal dream of making the Olympic team energized my training for more than two decades—and still influences my life in many positive ways. Today, after 32 years of "just running", I'm training for my first triathlon; and I'm feeling a type of commitment and challenge which compares to my approach to Munich in 1972.

A realistic goal can mobilize your resources. It allows you to focus on something sig-

become athletes at any age. Those who stay within the boundaries of their personal strengths and weaknesses and blend the best of family and career in their dreams. Frank Shorter once said that he never dreamed specifically of winning an Olympic medal—nor of even making an Olympic team. At each level of performance, Frank was determined to do his best and then rise to the next level when it was possible.

RESULTS

MEET DIRECTORS . . . Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

San Gabriel River Grizzly Bear Run

November 9, So. El Monte, 2K, 5K & 10K.

Overall Results - 2K

1. Arthur Martinez (44) 7:36, 2. Bobby Brown (49) 9:12, 3. David Williams (3) 20:17.

Overall Results - 5K

1. Juan Graciano 17:06, 2. Juan Guajardo 17:25, 3. Gerald Werner 19:57, 4. Sandra Rodriguez 20:13, 5. Kenneth Ganezer 20:38.

Overall Results - 10K

1. Dick Belliss 43:30, 2. Dutch Benedotti 53:22.

Legg Lake Veterans Day Run

November 10, So. El Monte, 5K & 8 Mile.

Overall Results - 5K

1. Steve Ware 16:38, 2. Nick Trozzi 19:16, 3. Eric Hubbard 25:12, 4. Tom Kutrosky 26:35, 5. Steve Pillman 28:23.

Overall Results - 8 Mile

1. Arthur Martinez, 2. Bobby Brown, 3. Marilyn Brown.

Big Sur Trail Runs

Nov. 9, Big Sur, Marathon, Half & 10K.

Overall Results - Marathon

1. David Nakashima (44) Salinas 4:39:35, 2. Bill Reschke (27) San Francisco 4:59:19, 3. Thomas Rolander (43) Pacific Grove 5:11:20, 4. Jim Wholey (44) Saratoga 5:31:30, 5. Ellen Troth (45) Castro Valley 5:31:30, 6. Al Adams (60) Bakersfield 6:15:32.

Overall Results - Half Marathon

1. Robert Guzikowski (29) San Jose 1:50:46, 2. Oskar Vuskalns (31) Salinas 1:57:12, 3. Thomas Biggs (32) Pacific Grove 1:57:25, 4. Edward Creighton (34) Alameda 2:01:57, 5. Savvas Tsolias (26) Santa Monica 2:01:57, 6. John Snyder (43) San Jose 2:02:30, 7. David Gross (28) San Jose 2:03:15, 8. Joe Woods (38) Sacramento 2:04:12, 9. Jefferson Seay (37) Del Rey Oaks 2:06:50, 10. Kevin Frantz (25) Sunnyvale 2:09:16.

Overall Results - 10K

1. Brad Holbrook (24) Pacific Grove 31:30, 2. Alisdair McGregor (38) Walnut Creek 37:45, 3. Jeff Arnett (42) Santa Cruz 42:26, 4. Rick Kepple (35) Los Gatos 43:48, 5. Jose Guerrero (44) Monterey 45:06, 6. Francisco Ramirez (26) Watsonville 45:22, 7. Warren Haber (42) Pebble Beach 46:30, 8. Calvin Mehler (63) Camp Connell 47:00, 9. Robin Juster (26) Los Gatos 47:25, 10. Carolyn Krieg (29) Fremont 48:18.

11. Mike Carl (29) Palo Alto 48:18, 12. Lorna Thornton (27) Palo Alto 49:30, 13. James Kopenhaver (39) Ft. Ord 50:05, 14. Robin Peterson (37) Felton 50:05, 15. Khoi Nguyen (48) Apple Valley 50:50.

Home Aid Runs

Nov. 9, Irvine, 5K & 10K.

Overall Results - 10K

Men: 1. Paul Stamat (Tustin) 34:02.

Women: 1. Valerie McCutchan (Costa Mesa) 41:34.

Overall Results - 5K

Men: 1. Kevin O'Hara (Tustin) 16:40.

Women: 1. Kathy Johnson 41:34.

San Juan Trail 50 Mile

November 9, Cleveland Nat'l Forest.

How could we have had a better weekend? Top notch meal and some laughs at the Lazy W on Friday night. Lovely weather for race day, the course was in splendid shape, yes some did drop out, but 132 made it through the tough 50 miles under 12 hours.

Tom Cheese was the local hero, he took the lead at Blue Jay, closely followed by some hungry runners. He managed to race down Trabuco, when I told him to go slow! Increased his lead at every aid station to finish in 6:55. He didn't have to comment, it was written on his face. First time 50 mile Dale Capewell had the run of his new ultra career coming in just 12 minutes after Tom. Nice guy, John Cave, was closing fast to finish third only seconds behind Dale. Twenty-two year old Ben Hian just keeps improving. Old farts like Hal Winton keep the young ones on their toes.

Karyn Kroljic surprised a few people coming in 19th overall and beating women's favorite, Lynn O'Malley, by eight minutes. Cathy Fitzgerald was super happy with her third place finish. The twins, Angelika and Barbara, bettered both their previous times and still looked lovely crossing the finish line.

Overall Results

1. Tom Cheese (32) 6:55:30, 2. Dale Capewell (28) 7:07:31, 3. John Cave (31) 7:07:40, 4. Ben Hian (22) 7:25:38, 5. Dave Scott (34) 7:42:04, 6. Gary Roberts (34) 7:52:58, 7. Jim Gensichen (42) 7:55:47, 8. Thomas Sneddon (45) 8:02:44, 9. Richard Tufts (48) 8:13:28, 10. Chris Wooley (32) 8:20:40.

11. David Roth (38) 8:20:40, 12. Joe Frankak (30) 8:21:28, 13. Robert Robak (39) 8:37:23, 14. John Metz (48) 8:37:52, 15. Richard Hillestad (49) 8:39:28, 16. Lou Martin (39) 8:41:59, 17. Will Pittenger (40) 8:42:51, 18. Mike Martin (43) 8:46:33, 19. Karyn Kroljic (32) 8:48:27, 20. Jason Stephens (49) 8:49:43.

21. Robert Whyte (39) 8:49:59, 22. Kent

Cries (40) 8:54:06, 23. Lynn O'Malley (41) 8:55:59, 24. Jack Nosco (29) 9:04:09, 25. Don Hoogerhyde (37) 9:04:35.

Columbus Marathon

November 10, Columbus, OH.

Overall Results - Men

1. Bill Reifsnnyder (29) Albuquerque, NM (\$43,300) 2:12:39, 2. Chris Fox (33) Hagerstown, MD (\$31,300) 2:14:48, 3. Keith Brantly (29) Gainesville, FL (\$26,300) 2:15:15, 4. Ivan Huff (32) Paso Robles (\$8,300) 2:15:24, 5. Chad Bennion (27)



JANINE AIELLO

Murray, UT (\$6,300) 2:16:28, 6. Thom Hunt (33) Coronado (\$4,300) 2:17:02, 7. Tom Stevens (35) Middleton, MD (\$3,800) 2:17:30, 8. Mike Keohane (26) New York, NY (\$2,800) 2:17:58, 9. Scott Bagley (28) Mendon, NY (\$2,300) 2:18:38, 10. Chris Chatin (27) Boulder, CO (\$1,800) 2:18:42.

Masters: 1. Ken Sparks (46) Chagrin Falls, OH (\$1,000) 2:28:39, 2. Don Gammie (60) Centerville, OH (\$750) 2:53:21, 3. Fred Schaffstein (43) Mt. Vernon, IN (\$250) 2:33:40.

Wheelchair - Open: 1. Kenny Carnes (35) Morningside, MD (\$1,000) 1:39:40, 2. Scott Hollenbeck (22) Champaign, IL (\$750) 1:42:26, 3. Jimmy Green (36) Loganville, GA (\$375) 1:49:16, 4. Tony Iniguez (21) Champaign, IL (\$200) 1:59:17, 5. Eric Maxwell (32) Peachtree City, GA (\$100) 2:03:10.

Wheelchair - Quad: 1. Wiley Clark (35) Pascagoula, MS (\$1000) 2:13:22, 2. Bert Burns (30) Marietta, GA (\$750) 2:23:20, 3. James Lewellyn (35) Centerville, OH (\$375) 3:00:50.

Overall Results - Women

1. Janine Aiello (31) Taos, NM (\$13,000) 2:37:34, 2. Barbara Moore (34) Boulder, CO (\$10,000) 2:38:48, 3. Lutzia Belaeva (34) Moscow, USSR (\$7500) 2:40:04, 4. Irene Rouban (29) Moscow, USSR (\$5000) 2:40:19, 5. Ella Willis (34) Detroit, MI (\$3000) 2:42:21, 6. Mary Level-Menton (28) Coral Springs, FL (\$2,500) 2:43:59, 7. Terry Schmidt (35) Reno, NV (\$2000) 2:44:19, 8. Ann Boyd (28) Ann Arbor, MI (\$1000) 2:45:05, 9. Jenny Glapinski (29) Atlanta, GA (\$800) 2:47:21, 10. Christine Nichols (22) Marysville, OH (\$600) 2:49:15.

Masters: 1. Marie Burleson (42) Columbus, OH (\$1000) 3:03:00, 2. Whayong Semer (63) Fremont, OH (\$750) 3:29:56, 3. Karen Bestul (49) Lincoln, NE (\$250) 3:06:27.

Wheelchair - Open: 1. Ann Walters (22) Champaign, IL (\$1000) 2:00:12, 2. Jean Driscoll (24) Champaign, IL (\$750) 2:05:20, 3. Maura McVann (20) Champaign, IL (\$375) 2:26:00, 4. Diana McClure (44) Charleston, WV (\$200) 2:29:23, 5. Amy Gregson (27) Champaign, IL (\$100) 2:30:23.

Fresno Half Marathon

November 10, Fresno.

Division Results - Men

15-17: 1. Chris Cooper 1:26:31, 2. Brian Spangler 1:27:42, 3. Nathan Freeland 1:30:51. 18-29: 1. Tom Counts 1:17:48, 2. John Coffey 1:21:55, 3. John Rodriguez 1:23:33, 30-34: Alberto Salazar (Guest) Eugene, OR 1:05:01, 1. Brian Russell 1:11:55, 2. Michael Young 1:14:11, 3. Al Lara 1:15:20, 35-39: 1. Steve Jawor 1:12:09, 2. Albert Lomeli 1:16:02, 3. Donald Gregory 1:20:18. 40-44: 1. Steven Levy 1:20:19, 2. Terry Nephew 1:21:15, 3. Stephen Wyer 1:21:26. 45-49: 1. Bob Lindsey 1:22:09, 2. Mark Haymond 1:24:05, 3. Bill Woody 1:24:32. 50-59: 1. Kenneth Schwisow 1:26:15, 2. Frank Delgado 1:27:00, 3. Joe Delgado 1:31:22. 60-69: 1. Leonard Brent 1:50:41, 2. David Fung 1:55:50, 3. Franz Weinschenk 2:00:07.

Division Results - Women

15-17: 1. Chrissy Guadagnini 1:45:48. 18-29: 1. Liza York 1:31:44, 2. Kate Jennings 1:32:39, 3. Laura Duquette 1:35:33. 30-34: 1. Nellie Gonzales 1:36:50, 2. Melissa Ortiz 1:37:35, 3. Heidi Ryan 1:39:46. 35-39: Francie Larrieu-Smith (Guest) 1:16:22, 1. Robin Cadmus 1:27:52, 2. Lisa Hunter 1:32:05, 3. Mary Louise LeClair 1:32:55. 40-44: 1. Rosa Medina 1:31:49, 2. Carol Alsdorf 1:37:49, 3. Karen Lynch 1:39:32. 45-49: 1. Margie Lindsey 1:34:30, 2. Jean Schwisow 1:44:38, 3. Suzanne Sobenes 1:50:48. 50-59: 1. Deborah Schwartz 1:54:04, 2. Julie Wilson 2:07:43, 3. Lily Viveros 2:17:40. 60-69: 1. Liz DeMonte

RESULTS

1:58:32. Walker: 1. Mae Rogers 2:27:02, 2. Janet Smith 2:28:25, 3. Jeanne Arakelian 2:28:49.

Pescadero Half Marathon

November 10, La Honda.

Overall Results - Half Marathon

1. Pat Buzbee 1:35:57, 2. Marty Kruger (35) 1:39:39, 3. Rob Newman (28) 1:41:15, 4. Michael Lawrence (31) 1:42:25, 5. Alan Chisam (39) 1:43:14, 6. Ramon Castro (34) 1:43:42, 7. John Ingram (29) 1:43:54, 8. Ray Umeda (37) 1:49:02, 9. Matt Furher (24) 1:49:09, 10. Ken Cicinelli (25) 1:49:59, 11. Kevin Thompson (37) 1:50:09, 12. Troy Overton (29) 1:50:28, 13. Steve Murphy (300) 1:51:13, 14. Rich Herms (32) 1:51:38, 15. John McMullin (38) 1:52:13, 16. Michael Schulz (30) 1:55:00, 17. Tom Staff (29) 1:59:28, 18. Mark Robinson (33) 1:59:33, 19. Suzanne Bryan (29) 1:59:58, 20. Jerry Mills (40) 2:01:15.

Overall Results - USA Endurance Team 5 Mile Course

1. Sean Layne, Los Altos 31:10, 2. Neil Gebium (40) Cupertino 31:18, 3. Michael Dean (22) Modesto 32:40, 4. Devon Johnson (26) San Francisco 35:39, 5. John Alfonzos (39) Mt. View 35:55, 6. Adam Hughes, Sunnyvale 36:16, 7. Cheryl Herms (34) Newark 39:31, 8. Lissa Floyd (25) Fremont 42:51, 9. Betty Chang (27) Menlo Park 43:46, 10. Cyd Halbersteler (31) Monterey 46:35.

Exercise Your Options

November 10, Golden Gate Park, San Francisco, 5K.

Overall Results - Run

1. Donna Hinshaw 18:49, 2. Christin Jacobs 18:56, 3. Shere McCarroll 19:15.

Overall Results - Racewalk

1. Laura Cribbins 29:33, 2. Sandy Womacy 30:45, 3. Vickie Cortez 33:29.

Veteran's Day Challenge

November 11, Porterville, 5K & 10K.

Overall Results - 10K

1. Dean Rinde (27) 32:07, 2. Juan Sanchez (19) Oelano 32:37, 3. Joe Carnegie (24) 35:48, 4. Bill Enoch (34) 36:13, 5. Stacey Bueh (25) 37:41, 6. Brenda Villanueva (31) Bakersfield 37:49, 7. Elen Sanchez (21) Porterville 40:04, 8. Gil Meachum (43) Springville 40:33, 9. Bill Peck (51) Wasco 40:34, 10. Leslie King (39) Bakersfield 40:44.

11. Bruce Kelly (37) Porterville 41:38, 12. Bob Lewis (39) Porterville 41:47, 13. Leo Marquez (52) Bakersfield 42:00, 14. Gillian Drummo (26) Porterville 43:02, 15. Chris Ross (33) Porterville 43:04, 16. Paul Anderson (28) 43:17, 17. Rick Mitchell (38) Springville 43:20, 18. Paul Anderson (28) Bakersfield 43:21, 19. David Burciaga (44) Bakersfield 43:51, 20. Dyann Graber (35) 43:58.

Overall Results - 5K

1. Jose Luis (25) Delano 16:50, 2. Arnold Rivas (31) 17:25, 3. Pi Beadle (15) Bakersfield 18:20, 4. Dennis Parrott (37) Bakersfield 18:27, 5. Terrence Keller (32) Hanford 18:31, 6. Roger Drummond (30) Porterville 18:56, 7. Robert Tafuya (41) Bakersfield 19:10, 8. Juan Sanchez (48) Porterville 19:17, 9. Richard Christenson (39) Porterville 19:22, 10. Michael Moser (39) Bakersfield 19:51.

Fay Hobbs Memorial Runs

November 16, Santa Barbara, 10K & 5K Walk

Overall Results - Men's 10K

1. Michael Smith (27) Santa Barbara 31:51, 2. Matt Messner (23) Santa Barbara 31:56, 3. Pedro Gutierrez (22) Santa Barbara 32:34, 4. Peter Hopkins (28) Santa Barbara 33:07, 5. George Pierce (32) Thous.Oaks 33:46, 6. Mark Williamson (26) Buellton 34:42, 7. Jim Kornell (40) Santa Barbara 35:29, 8. Sean Gabally (18) Oxnard 35:51, 9. Paul Shiels (28) Wailuku, HI 35:54, 10. Howard Brittain (36) Ventura 36:04.

11. Ryan Meyers (15) Solvang 36:21, 12. John Ferro (34) Richmond 37:24, 13. David Odell (24) Santa Barbara 37:26, 14. Joseph Banach (43) Santa Barbara 37:40, 15. Kenneth Johnson (26) Santa Barbara 37:55, 16. Larry Savage (42) Santa Barbara 38:11, 17. Baxter Losano (34) Santa Barbara 38:42, 18. Jim Kennett (51) Goleta 38:42, 19. Wolfgang Emmerich (56) Frankfort 39:25, 20. Kevin McAndrews (33) Santa Barbara 39:51.

21. Brian Tharp (40) Santa Barbara 39:52, 22. Stuart Sato (34) Santa Barbara 40:04, 23. John Shields (20) Goleta 40:08, 24. Mike Hobbs (29) Oxnard 40:11, 25. Steve Bushey (41) Carpinteria 40:33, 26. Joseph Padilla (29) Lompoc 41:05, 27. Danny Guerra (35) Lompoc 41:31, 28. Aaron Young (43) Santa Barbara 41:33, 29. Thomas Fuller (26) Santa Barbara 43:14, 30. Richard Hartman (36) Santa Barbara 43:21.

31. Ray Laub (57) Ojai 43:27, 32. Richard Brooke (36) Agoura 43:31, 33. John Shynk (35) Goleta 43:37, 34. Charles Feyh (50) Ventura 43:43, 35. Mike Kelly (38) Santa Barbara 43:46, 36. John Johnston (48) Ojai 43:53, 37. James Felts (26) Santa Barbara 43:54, 38. Fred Clayton (39) Santa Barbara 44:06, 39. George Cady (49) Goleta 44:16, 40. Colin McCollough (31) Santa Barbara 44:22.

Overall Results - Women's 10K

1. Ruth Vomund (33) Ventura 35:56, 2. Debra Sharp (37) Port Hueneme 36:37, 3. Janet Norem (34) San Luis Obispo 38:30, 4. Anne Hayden (37) Santa Barbara 39:19, 5. Melissa Marsted (26) Carpinteria 40:05, 6. Kristen Peers (25) San Luis Obispo 40:11, 7. Misty Allen (25) Santa Barbara 40:14, 8. Chris Newsham (33) Santa Barbara 40:37, 9. Bonnie Feeley (27) Santa Ynez 40:51, 10. Shelly Calvert (23) Lompoc 40:57.

11. Mimi Baranowski (43) Ventura 42:03, 12. Cheri Savage (36) Santa Barbara 42:34, 13. Tina Caprai (24) Santa Barbara 42:45, 14. Lisa Kincheloe (27) Santa Barbara 43:45, 15. Kathy Chomeau (29) Ventura 45:06, 16. Cindy Butler (34) Santa Barbara 45:47, 17. Linda McCullough (30) Santa Barbara 45:57, 18. Rebecca Schmidt (24) Ventura 46:06, 19. Sally Rogers (42) Ventura 46:25, 20. Kate Bilsbury (47) Santa Barbara 47:28.

Overall Results - 5K Walk

1. Margaret Miller (65) Thous.Oaks 34:44, 2. Gretel Emmerich (55) Frankfort 34:44, 3. Peggy Kuchin (38) Goleta 35:36, 4. Cheri Hartmann (22) Lompoc 37:00, 5. Sheelah Henry (48) Oxnard 37:31, 6. Amy Kornell (7) Santa Barbara 37:49, 7. Veronica Hanlon (63) Santa Barbara 38:07, 8. Katherine Johnston (49) Ojai 43:28, 9. Shirley Wolf (54) Thous. Oaks 44:45, 10. Wayne Scott (54) Camarillo 45:17.

Skyline to the Sea Trail

November 16, Boulder Creek, 50 Mi, Marathon, 30K.

Overall Results - 50 Mile

1. Mark Samuelson (38) Cool 7:37:10, 2. Jim Sullivan (27) Woodside 7:56:25, 3. Mark Falcone (34) Gilroy 8:46:02, 4. Wolfgang Polak (41) Sunnyvale 9:53:23, 5. Michael Taylor (29) Scotts Valley 8:58:22.

Overall Results - Marathon

1. Tim Sheepar (28) Redwood City 3:48:30, 2. Chris Knoch (26) Martinez 3:49:30, 3. Steve Christian (41) San Jose 3:50:41, 4. Todd Critchfield (28) Aptos 4:08:35, 5. Daniel Martin (43) Boulder Creek 4:11:40, 6. Leonard Fischer (31) Suisun City 4:15:34, 7. Mark Rivard (33) San Francisco 4:21:20, 8. Cynthia Nesvig (37) Hillsborough 4:25:43, 9. James Hult (44) Hillsborough 4:25:43, 10. Rob Byrne (34) Morgan Hill 4:34:10.

Overall Results - 30K

1. Stig Nybo (28) Menlo Park 2:02:25, 2. Tony Reate (30) Sunnyvale 2:08:16, 3. Joe Hurtado (50) Sunnyvale 2:14:40, 4. Holly Nybo (28) Menlo Park 2:14:45, 5. Vince Digneo (28) Portola Valley 2:17:43, 6. Damon Lease (30) Mt. View 2:18:08, 7. Peter Bianchi (34) Cupertino 2:19:11, 8. Frank Lafon (38) Fremont 2:21:14, 9. Todd Zeman (28) San Jose 2:22:30, 10. Rob Berkeland (27) San Jose 2:22:30.

11. Alan Bell (43) San Jose 2:22:58, 12. John Schuck (39) Palo Alto 2:23:50, 13. Dan Clark (28) Boulder Creek 2:24:30, 14. Annamaria Hagans (31) Mt. View 2:24:32, 15. Josh Allen (22) Palo Alto 2:24:35.

Stevens Creek Run

November 16, Los Altos, 12K.

Overall Results - Men

1. Terence Boynton (Cupertino) 45:15, 2. Tim O'Rourke (Menlo Park) 48:55, 3. Pat Buzbee (San Jose) 49:20, 4. Tim Kurreck (Cupertino) 50:09, 5. Andy Robles (Santa Clara) 50:58, 6. Tony Whitmore (Lake Elizabeth) 51:02, 7. Brian Shunfield (Mt. View) 51:04, 8. Nikos Mourtos (San Jose) 51:23, 9. Eric Johnson (Los Altos) 51:24, 10. Neil

Gebum (Cupertino) 51:46.

Overall Results - Women

1. Susie Blake (San Jose) 53:19, 2. Annie Gladue 56:25, 3. Sharlet Gilbert (Richmond) 58:52, 4. Lori Ansell (Lake Elizabeth) 1:01:16, 5. Ivy Wi (San Jose) 1:06:46, 6. Robyn Shaver (Los Gatos) 1:07:17, 7. Holly Hawsman (Cupertino) 1:09:32, 8. Babe Welch (Milpitas) 1:09:57, 9. Cheryl Herms 1:11:05, 10. Jody Galloway (Sunnyvale) 1:12:57.

San Gabriel Turkey Trot

November 16, San Gabriel, 5K & 10K.

Division Results - Men's 5K

Overall Winner: 1. Ramon Estrada 15:56, 13 & Under: 1. Steven Mullen, 14-18: 1. Casey Chamberlain, 19-24: 1. Alex Delgado, 25-29: 1. Ronald Gray, 30-34: 1. Ramon Estrada, 35-39: 1. Francisco Garcia, 40-49: 1. Tony Guajardo, 50-59: 1. Booker Washington, 60 & Over: 1. Ray Thorne.

Division Results - Women's 5K

Overall Winner: 1. Rosie Duenas 18:22, 13 & Under: 1. Lisa Miller, 14-18: 1. Linnea Stull, 19-24: 1. Sandra Rodriguez, 25-29: 1. Pamela Donnelly, 30-34: 1. Rosie Duenas, 35-39: 1. Beatrice Luna, 40-49: 1. Mickey Cruz, 50-59: 1. Muriel Cipov.

Division Results - Men's 10K

Overall Winner: 1. Arthur Van Veen 32:47, 19-24: 1. Carlos Carrillo, 25-29: 1. Arthur Van Veen, 30-34: 1. Abel Contreras, 35-39: 1. Ed Chaidze, 40-49: 1. David Mergie, 50-59: 1. John Mackae.

Division Results - Women's 10K

Overall Winner: 1. Tori Pleasant 36:49, 14-18: 1. Flor Sanchez, 19-24: 1. Tori Pleasant, 25-29: 1. Angela Lucero, 30-34: 1. Heather Dibdin, 35-39: 1. Rochelle Foster, 50-59: 1. Carole Davis.

Big Game Run

November 17, Berkeley, 5K.

Overall Results - Men

1. Mike Roach 15:55, 2. Alex Ramirez 16:32, 3. Don Strong 16:45, 4. Rich Morai-ba 17:16, 5. Stefan Hinderberger 17:27.

Overall Results - Women

1. Sharlet Gilbert 19:26, 2. Kristin Smith 20:39, 3. Monica Stone 21:11, 4. Karen Ribbie 22:17, 5. Adrienne Modafferi 22:34.

Merced Track Club Turkey Trot

November 17, Merced, 10K.

Rain and wind were blamed for the inoperation of the race clock, but the elements did not dampen the spirits of 80 enthusiastic runners as the 17th annual Merced Track Club Turkey Trot was run.

Returning for his third victory, Lemoore's Nestor Ayala was the first across the finish line in an estimated 32 minutes. Trailing by less than a minute were Merced's Gary Gril-lot and Fresno's Joe Carnegie. Atwater's Michael Fuller was the top runner in the Heavyweight division, created for runners weighing in at over 185 pounds.

RESULTS

The first three places in the women's side of the event were three Merced runners: Marilyn Arguelles winning in an estimated and wind hampered 45:30. Close behind Arguelles in second place was Pam Royer, followed by Carrie Olsen.

In the 1.9 mile event, Daniel Garcia crossed the finish line in 9:25 in the men's event, and Liz Larrosa was first in the women's event with a 12:08 time.

Division Results - Men

17 & Under: 1. Fabian Mills 18:29; 1. G. Grilliot, 2. J. Carnegie, 3. Robert Avila. 30-39: 1. N. Ayala, 2. Dan Rusk, 3. Mark Nilsson. 50-59: 1. Willia Galarneau. 60-69: 1. Richard Fosse, 2. Vic Lyons. Heavyweights: 1. M. Fuller, 2. John Olsen, 3. Chris Lampe.

Division Results - Women

18-29: 1. Carrie Olsen, 2. Cheryl Ramirez. 30-39: 1. Marsha Lyall, 2. Cheryl Nilsson, 3. Trene Murman. 40-49: 1. M. Arguelles, 2. Pam Royer, 3. Linda Casebier.

Feline Fun Run

November 23, Bakersfield, 8K.

Division Results - Men's 8K

Overall Winner: 1. Jose Medina 29:16. 12 & Under: 1. Mark Friesen 32:16, 2. Pete Mononez, Jr. 36:11, 13-19: 1. Michael Moronez 29:54, 2. Corey Bennett 30:45, 3. Jerry Moronez 31:16. 20-29: 1. Jose Medina 29:16, 2. Dean Bertey 31:31, 3. Alan Mattlin 33:50. 30-39: 1. Carl Hatley 31:55, 2. Dennis Parrot 32:01, 3. Bruce Deeter 32:18. 40-49: 1. Rick Cooper 30:21, 2. David Burciaga 35:12, 3. Hector Menchacha 35:20. 50-59: 1. Nick Riesz 33:13, 2. Bill Peck 33:31, 3. James Lipford 34:30. 60-69: 1. Bob Small 38:57.

Division Results - Women's 8K

Overall Winner: 1. Leslie King 33:29. 13-19: 1. Tiffany Yochum 38:42, 2. Kirsten McGorman 39:10, 3. Britt Howard 56:39. 20-29: 1. Brady Bloor 36:51, 2. Debra Fletcher 38:02, 3. Donna Hernandez 45:48. 30-39: 1. Leslie King 33:29, 2. Kathy Sharum 33:57, 3. Kacey Hinsberg 39:05. 40-49: 1. Kathy Sweo 35:57, 2. Susan Lucas 39:18, 3. Yolanda Gay 40:50. 50-59: 1. Emma Williams 42:27, 2. Elizabeth Saba 44:06, 3. Becky Whitehead 44:27.

Kid's Fun Run

Boys: 1. Beau Howard 7:11, 2. Jamey Sweo 7:19, 3. Jacob Roland 10:09.

Girls: 1. Katie Benham 7:58, 2. Jenny Pearson 8:52, 3. Dominique Gonzales 9:33.

City of Pico Rivera

Turkey Trot

November 23, Pico Rivera. 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Elias Machuca 20:27, 2. Samuel Machuca 20:45, 3. Michael Despain 22:57. 13-18: 1. Julio Falcon 16:40, 2. Michael Rojas 16:49, 3. Rick Ramirez 17:20. 19-24: 1. Charles Wandell 17:04, 2. Ignacio Torres 18:50, 3. Andres Casillas 19:17. 25-29: 1. Roman DeSota 16:27, 2. Miguel Rodriguez 17:07, 3. Benjimen Crouch 17:36. 30-39: 1. Joel Sanchez 15:52, 2. Carl Allen

18:04, 3. Fidel Diaz 18:35. 40-44: 1. Jesus Figueroa 17:01, 2. David Saenz 18:37, 3. Santiago Rios 19:11. 45-49: 1. Victor Saldivar 17:52, 2. Bill Theriault 18:15, 3. Gabe Velez 21:07. 50-59: 1. Booker Washington 18:04, 2. Richard Pacheco 23:43, 3. George Merino 27:06. 60 & Over: 1. Ruben Esqueda 20:48, 2. Jesus Ranger 21:31, 3. Mel Hansen 27:40.

Division Results - Women's 5K

12 & Under: 1. Kim Kattari 22:57, 2. Melina Alquiay 31:02, 3. Monique Galvan 33:42. 13-18: 1. Norma Lopez 19:52, 2. Carmen Sandoval 21:30, 3. Christina Sandoval 22:05. 19-24: 1. Carmen Ramirez 22:09, 2. Rosa Cuellar 31:43, 3. Emma Chavez N.T. 25-29: 1. Cecily Arellano 19:50, 2. Rosa DeLaTorre 23:04, 3. Diane Saks 25:31. 30-39: 1. Selina Hough 22:29, 2. Julie Ream 24:25, 3. Rene Martinez 26:14. 40-44: 1. Barbara Spatz 22:31. 45-49: 1. Raquel Magana 24:33. 50-59: 1. Mary Salinas 28:56. 60 & Over: 1. Lillian Esqueda 28:59, 2. Hortense Carrillo 30:20.

Division Results - Men's 10K

12 & Under: 1. Miguel Figueroa 47:55. 13-18: 1. Jimmy Ramirez 39:03, 2. Enrique Felix 43:43. 19-24: 1. Steve Morales 40:14, 2. Tim Vargas 48:55, 3. Abundio Navarro 50:44. 25-29: 1. Daniel Kemp 40:37, 2. Esteban Agonder 41:17, 3. Frank Dunagan 43:23. 30-39: 1. Nicolas Hernandez 36:21, 2. Edward Rubio 37:25, 3. John Martinez 37:55. 40-44: 1. Jesus Chavez 38:55, 2. Camilo Gregorio 40:56, 3. David Saenz 43:55. 45-49: 1. Bill Theriault 40:42, 2. Ruben Nunez 49:22, 3. Juan Vargas 49:53. 50-59: 1. Raul DeLaSota 39:42, 2. Franil Vasquez 42:12, 3. Dick Belliss 44:19. 60 & Over: 1. Larry Banuelos 52:48, 2. Lloyd Marchand 55:01, 3. John Guzman N.T.

Division Results - Women's 10K

12 & Under: 1. January Figueroa 52:29. 13-18: 1. Mira Lopez 48:07. 19-24: 1. Sharda Broyles 49:29, 2. Esther Mejia 1:01:29. 25-29: 1. Jacqueline Navarrete 51:04, 2. Jennifer Lawrence 53:14. 30-39: 1. Jacinta Deian 45:17, 2. Lupe Najera 49:31, 3. Laura Murga 51:55. 40-44: 1. Diane Buckman 55:52. 45-49: 1. Tonya Gates N.T.

Purissima Redwood Run

November 23, Woodside. 10 Mile & 10K.

Overall Results - 10 Mile

1. Nikos Mourtos (34) 1:12:51, 2. Neil Geiblum (40) 1:13:07, 3. Alfred Bogenhober (52) 1:14:53, 4. Derril Stepp (29) 1:15:49, 5. Ken Cicinelli (25) 1:16:51, 6. Mark Smith (37) 1:20:04, 7. Michael Schultz (30) 1:23:28, 8. Rich Wilder (35) 1:24:31, 9. James Sherril (31) 1:26:21, 10. Anil Tiwari (32) 1:27:32. 11. David Warren (55) 1:28:00, 12. Michael Dove (33) 1:30:00, 13. Doug Kuehn (35) 1:32:09, 14. Dave Mason (48) 1:33:32, 15. Mort Weisberg (34) 1:34:15, 16. Robert Field (40) 1:36:40, 17. Gene French (45) 1:36:52, 18. Michael Flint (53) 1:39:32, 19. John Demaree (47) 1:39:34, 20. Bob Tsubamoto (50) 1:40:47.

Overall Results - 10K

1. Ray Baculi (23) 50:34, 2. Steven Griset

(29) 51:45, 3. C. Blevins (35) 52:37, 4. Calvin Mehlert (63) 54:39, 5. Robert Fox (48) 1:01:43, 6. Greg Miranda (42) 1:03:33, 7. Anita Heider (43) 1:12:50, 8. Gary Myers (42) 1:13:07, 9. Don Fornier (31) 1:14:53.

Turkey Trot

November 23, Davis. 5K & 10K.

Division Results - Men's 5K

Overall Results: 1. Brian Abshire 13:52, 2. Jim Sapienza 13:53, 3. Jay Marden 13:53. 14 & Under: 1. Joe Podoll 17:33, 2. Michael Blair 18:02, 3. Gordon Abbott 18:43. 15-18: 1. Greg Tademy 16:32, 2. James Wright 17:09, 3. Noah Marcus 17:15. 19-24: 1. Mike Stone 14:01, 2. Mark Mastalir 14:17, 3. John Gaziano 14:28. 25-29: 1. Brian Abshire 13:52, 2. Jim Sapienza 13:53, 3. Jay Marden 13:53. 30-34: 1. Dan Grimes 14:09, 2. Alan Dehlinger 14:30, 3. Kevin Osterberg 14:34. 35-39: 1. Don Aldridge 14:28, 2. Brad Hawthorne 14:42, 3. Miguel Tibadiza 14:43. 40-44: 1. Domingo Tibadiza 14:40, 2. James Milton 15:25, 3. Don Paul 15:26. 45-49: 1. David Furst 15:50, 2. Ewar Gordillo 15:52, 3. Dennis Tracy 16:37. 50-54: 1. Sal Vasquez 15:38, 2. Don Spickelmier 16:42, 3. Jon MacPherson 16:46. 55-59: 1. Darryl Beardall 17:19, John Finch 18:03, 3. Jim Moore 18:12. 60-64: 1. Carl Ellsworth 18:37, 2. Mort Ward 20:12, 3. Peter Yuen 23:26. 65-69: 1. Vic Lyons 25:12, 2. Charles Lewis 29:13, 3. Hans Beetz 34:54. 70 & Over: 1. Lyman Glenn 24:29, 2. Paul Camerer 27:03, 3. Larry Viglenzone 35:57.

Division Results - Women's 5K

Overall Winners: 1. Jennifer Thatcher 16:19, 2. Sabrina Han 16:19, 3. Laurie Binder 16:37. 14 & Under: 1. Nhan Nguen 20:36, 2. Tressa Emplitt 22:29, 3. Heather Kelly 24:36. 15-18: 1. Dawn Bi Ac 19:31, 2. Saskia Cornes 20:01, 3. Jamie Itmore 20:35. 19-24: 1. Sabrina Han 16:19, 2. Andrea Byers 17:46, 3. Lorena Ferreira 18:51. 25-29: 1. Jennifer Thatcher 16:19, 2. Lisbet Engberg 17:19, 3. Pam Allie-Morrill 17:30. 30-34: 1. D. Nelson Fitzpatrick 16:49, 2. Christine Boyd 16:59, 3. Michelle Nielsen 17:11. 35-39: 1. Terry Schmidt 17:37, 2. Bev Marx 17:44, 3. Christine Wahashi 18:10. 40-44: 1. Laurie Binder 16:37, 2. Leslie McMullin 17:59, 3. Linda Mantynen 18:11. 45-49: 1. Gail Rodd 20:01, 2. Laury Fisher 20:16, 3. Cynci Calvin 20:20. 50-54: 1. Shirley Matson 18:17, 2. Barbara Miller 19:32, 3. Joan Ulyot 19:49. 55-59: 1. Myra Rhodes 22:45, 2. Leona Nenow 24:35, 3. Ardy Belden 26:59. 60-64: 1. Marion Irvine 20:23, 2. Ruth Anderson 24:24, 3. Joan Moses 29:55. 65-69: 1. Kit Pickles 26:40, 2. Po Adams 27:35, 3. Grace Gammill 28:41. 70 & Over: 1. Xanthia Warren 44:45.

Division Results - Men's 10K

Overall Winners: 1. Roger Dix 30:37, 2. Thomas Cushman 31:30, 3. Dave Mackey 32:23. 14 & Under: 1. Jim Britts 38:43, 2. Matt McGraw 41:07, 3. Charlie Corrasa 51:53. 15-18: 1. Timothy Poiela 33:38, 2. Tom Rennie Jr. 33:59, 3. Jason Perscheid 34:09. 19-24: 1. Roger Dix 30:37, 2. James Warnover 33:44, 3. Robert Avila 35:11. 25-

29: 1. Shawn Smallwood 32:39, 2. Michael Collins 33:33, 3. Vincent Fong 33:47. 30-34: 1. Dave Mackey 32:23, 2. William Langhout 32:37, 3. Louis Garcia Jr. 33:05. 35-39: 1. Thomas Cushman 31:30, 2. Dane Hart 33:49, 3. Ken Cox 33:53. 40-44: 1. Tim Shannon 34:20, 2. Chris Enlante 34:58, 3. Tim Fawley 35:25. 45-49: 1. Doug Butt 34:06, 2. Gary Walton 36:06, 3. Craig Newport 36:40. 50-54: 1. Bruce Piner 40:05, 2. Wes Hurlburt 40:13, 3. Ben McCoy 40:17. 55-59: 1. Michael McGie 39:16, 2. Jene Stewart 45:35, 3. Gerry Cryderman 45:58. 60-64: 1. Bill Wood 43:13, 2. Paul Brady 45:39, 3. Irwin Herlitz 46:22. 65-69: 1. Bob Burns 48:44, 2. Jim Eymann 49:16, 3. Jim Sullivan 52:15. 70 & Over: 1. Hans Van Ardenne 1:04:09.

Division Results - Women's 10K

Overall Winners: 1. Jeannie Urness 36:00, 2. Jill Newman 37:11, 3. Kathy Ward 37:13. 14 & Under: 1. Jody Carlsen 42:36, 2. Jennifer Siragusa 47:27, 3. Dawnna Salisbury 56:26. 15-18: 1. Susan Steiner 41:55. 19-24: 1. Jill Newman 37:11, 2. Michele Rodda 39:58, 3. Sonja Visscher 41:12. 25-29: 1. Jeannie Urness 36:00, 2. R. Cardenas-Tibadiza 37:17, 3. Linda Casillas 39:25. 30-34: 1. Peggy Lavelle 38:03, 2. Consuelo Garcia 39:07, 3. Barbara Heiler 42:25. 35-39: 1. Kathy Ward 37:13, 2. Christine Iwashashi 37:37, 3. Tina Q Toona-Kellam 38:24. 40-44: 1. Lyn Liuzzi 42:44, 2. Anne Rundstrom 45:41, 3. Kathy Rohn 46:20. 45-49: 1. Cynci Calvin 41:57, 2. Marijke Valencia 43:49, 3. Susan Condon 46:09. 50-54: 1. Louise Walters 46:51, 2. Khartoon Tudhope 48:37, 3. Audrey Veirs 50:47. 55-59: 1. Sharon Sedlar 58:20, 2. Nova Poff 1:00:06. 60-64: 1. Jean LaFever 53:51, 2. Marian McKone 54:28.

Turkey Trot 10K

November 24, Las Vegas, NV.

Overall Results

1. Art Castle (26) Las Vegas 31:39, 2. Frank Plasco (31) Henderson, NV 32:16, 3. Dave Chairez (32) Henderson, NV. 32:34, 4. Dan Winterroth (31) Las Vegas 32:37, 5. Rick Gosse (29) N. Las Vegas 33:18, 6. Rob Yasek (29) Henderson, NV. 33:23, 7. Carlos Munoz (43) N. Las Vegas 33:32, 8. Justin Findlay (16) Henderson, NV. 33:57, 9. Danny Murphy (25) Las Vegas 34:06, 10. Bruce Balch (29) Las Vegas 34:07. 11. Guy Anderson (30) Las Vegas 34:10, 12. Joe Carter (28) Las Vegas 34:14, 13. Mike Yoeman (18) Henderson, NV. 34:15, 14. Stan Polkowski (39) Plymouth 34:21, 15. Dahn Shaulis (30) Las Vegas 34:22, 16. Manuel Peralles (18) Las Vegas 34:41, 17. Cowboy Craig Harrison (37) Las Vegas 34:49, 18. Curt Wildemann (35) Las Vegas 35:04, 19. Brad Weekes (17) Las Vegas 35:06, 20. John DeMarco (25) Las Vegas 35:06. 21. Chris Henderson (17) Las Vegas 35:08, 22. Scott Abrams (35) Las Vegas 35:17, 23. Chris Watness (38) Pahump, NV. 35:22, 24. Steve Jennings (31) Las Vegas 35:23, 25. Steven Rausch (26) Las

RESULTS

Vegas 35:28.

Teams

Men: 1. Elite Team (Castle, Plasso, Winterroth, Findlay) 2:10:29, 2. Sharpshooters (Gosse, Henderson, Henderson, Green) 2:21:50, 3. Jock Shop Roadrunners (Yeoman, Perrales, Weekes, Sinderson) 2:25:22.

Women: 1. Bonanza Sub Club I (Aten, Wright, Offord, Gabluch) 3:07:30, 2. Team Ooga Booga (Wintermute, Buchta, Woolsey, Riddle) 3:15:09, 3. Lawyers Team B (Vera, Milko, Polksza, Davis) 5:25:13.

Mixed: 1. Team Four Aces 2:26:09, 2. Universal Distributing (Lucero, Fitzgerald, Sowash, Grossman) 3:42:44, 3. Lawyers Team A (Franky, Ring, McFarland, Johnson) 5:51:20.

Turkey Trot

November 28. Adelanto. 5K & 10K.

Division Results - Men's 5K

Overall winners: 1. Alfredo Rosas 16:52, 2. Shannon Horn 16:53, 3. Louie Alvarez 17:08. **14 & Under:** 1. Marcus Castro 17:13, 2. Antonio Arca 17:49, 3. Brett Saari 18:31. **15-19:** 1. Shannon Horn 16:53, 2. Louie Alvarez 17:08, 3. Juan Menez 17:33. **20-24:** 1. Troy Emerson 18:57, 2. Thomas Walker 19:49, 3. Bob Sharp 21:29. **25-29:** 1. George Stiffe 21:54, 2. Scott Priester 22:03, 3. Murray Day 23:36. **30-34:** 1. Alfredo Rosas 16:52, 2. John Lunt 17:19, 3. Zoke Baker 17:46. **35-39:** 1. Rick Garrison 17:38, 2. Tony David 18:11, 3. Jeff Fay 19:22. **40-44:** 1. Jose Verdin 17:55, 2. Kenneth Wertz 18:39, 3. John Allen 18:46. **45-49:** 1. Paul Akiyama 19:57, 2. Jack Clark 20:00, 3. Pat Klootwyk 20:03. **50-54:** 1. Richard Depue 21:02, 2. Fred Glover 21:38, 3. Jerrold Hoover 25:30. **55-59:** 1. Jim Andres 20:55, 2. Angelo Alvarez 22:13, 3. James Harvey 22:47. **60 & Over:** 1. Martin Hicks 22:06, 2. Harold Willis 23:06, 3. Ralph Furness 26:21.

Division Results - Women's 5K

Overall Winner: 1. Kathy Britcli 19:07, 2. Sandy Robbins 19:18, 3. Margi Stroh 21:25. **14 & Under:** 1. Salina Diaz 23:02, 2. Jacqueline Patton 24:14, 3. Jennifer Norton 25:20. **15-19:** 1. Stephanie Patton 21:31, 2. Kathleen Castruita 21:39, 3. Leah Gardner 25:50. **20-24:** 1. Wendy Arevalo 26:27, 2. Laurissa Wetzig 26:32, 3. Annmarie Juarez 34:26. **25-29:** 1. Sue Thorne 22:57, 2. Heidi Rued 23:03, 3. Angie Anguiano 23:29. **30-34:** 1. Margi Stroh 21:25, 2. Laurie Pulver 26:13, 3. Patricia Holt 27:11. **35-39:** 1. Kathy Britcli 19:07, 2. Liz Sundberg 22:01, 3. Bonnie Barnes 26:55. **40-44:** 1. Sandy Robbins 19:18, 2. Ruth Coates 21:40, 3. Janis Brams 27:56. **45-49:** 1. Susan Speiser 26:18, 2. Tonya Gates 31:27, 3. Dale Ruisch 31:33. **50-54:** 1. Rose Castro 31:53, 2. Mary Grover 38:01, 3. Gerri Trahan 42:39. **55-59:** 1. Jean Harrie 41:05, 2. Carla Babb 45:47. **60 & Over:** 1. Dorothy Schoepner 37:16, 2. Margaret Burdick 42:38, 3. Anne Hallenbeck 43:07.

Division Results - Men's 10K

Overall Winners: 1. Alfredo Rosas 30:14, 2.

Alan Dehlinger 30:19, 3. Ralph Garcia 30:30. **14 & Under:** 1. Roy Johnston 37:17, 2. Joel Onofrio 41:37. **15-19:** 1. Jesus Luna 35:04, 2. Rick McCray 36:08, 3. Eduardo Nunez 38:13. **20-24:** 1. Ralph Garcia 30:30, 2. Erick McBride 32:41, 3. Raymo Harr 42:48. **25-29:** 1. Vernon Morris 32:55, 2. Gary Grillot 33:08, 3. Robert Gwizdala 36:26. **30-34:** 1. Alfredo Rosas 30:14, 2. Alan Dehlinger 30:19, 3. Rob Fairley 35:18. **35-39:** 1. Keith Withauer 32:38, 2. Leroy Sena 36:31, 3. Fidel Diaz 38:47. **40-44:** 1. Howard Sundberg 37:22, 2. Jose Verdin 37:54, 3. Michael Patterson 40:55. **45-49:** 1. Rich Cooper 37:06, 2. Terry Martin 37:08, 3. Ronald Chrzan 44:53. **50-54:** 1. Nick Riesz 40:16, 2. Frank Freyne 41:06, 3. Fred Chavez 41:56. **55-59:** 1. Bill Crum 39:49, 2. David Dehlinger 45:57, 3. Don Valentine 46:50. **60 & Over:** 1. Henderson Cleaves 45:52, 2. Mel Grahitham 55:01.

Division Results - Women's 10K

Overall Winners: 1. Carol Carrigan 37:28, 2. Jennifer Henderson 38:13, 3. Pat Contreras 40:54. **15-19:** 1. Stier Thorey 50:27. **20-24:** 1. Torie Pleasant 42:57, 2. Melissa Gundersen 1:01:26. **25-29:** 1. Andvea Johnson 42:11, 2. Nancy Galarneau 43:26, 3. Lupe Mora 44:57. **30-34:** 1. Carol Carrigan 37:28, 2. Jennifer Henderson 38:13, 3. Pat Contreras 40:54. **35-39:** 1. Kathy Smith 50:40. **40-44:** 1. Rosemarie Green 50:15, 2. Char Abeyta 52:07, 3. Marlene Ripple 1:01:01. **50-54:** 1. Karen Morris 55:34.

Dana Point Turkey Trot

November 28. Dana Point. 10K.

Division Results - Men

Overall Winners: 1. Randy Hall 30:25, 2. Joey Gomez 30:31, 3. Mark Smith 31:06. **12 & Under:** 1. Ryan Downey 42:19, 2. Wade Andrews 46:03, 3. Michael Jordan 46:50. **13-15:** 1. John Biondillo 36:23, 2. Jim Lindeman 37:20, 3. Matt Huss 37:37. **16-18:** 1. Matthew Taylor 34:25, 2. Sky Peterka 34:49, 3. Jose Garcia 35:09. **19-24:** 1. Randy Hall 30:25, 2. Steve Frisone 31:49, 3. Brandon Dederich 32:27. **25-29:** 1. Mark Smith 31:06, 2. Rikie Martinez 31:36, 3. Anthony Williams 31:40. **30-34:** 1. Joey Gomez 30:31, 2. Lindsay Brown 31:23, 3. Rich Meddellin 32:23. **35-39:** 1. Dave Parsel 31:13, 2. Enrique Alvarez 31:56, 3. Paul Cook 33:20. **40-44:** 1. Roger Seymour 33:55, 2. John McAndrew 34:05, 3. Steve Kellmyer 35:39. **45-49:** 1. Mike Eck 35:22, 2. Tom Carras 36:02, 3. Maurie Bousquet 36:17. **50-54:** 1. Manuel Rojas 36:53, 2. Mickey Pleasant 37:30, 3. Shel Nankin 37:43. **55-59:** 1. Juvenal Herrera 38:57, 2. Buddy Belshe 41:00, 3. Frank Vasquez 41:56. **60 & Over:** 1. Reginald Van Sleet 36:21, 2. John Holladay 49:07, 3. Chuck Smilie 49:44.

Division Results - Women

Overall Winners: 1. Heather Killen 35:58, 2. Rose Monday 36:42, 3. Sue Davis 36:54. **12 & Under:** 1. Kipp Downey 48:35, 2. Laurel Valencia 53:53, 3. Teryll Hooper 57:53. **13-15:** 1. Tiana Fenske 44:25, 2. Candi Robson 48:52, 3. Erin Stewart 48:53. **16-18:** 1. Heather Killen 35:58, 2. Noel Landreth.

U.S. Men's Olympic Marathon Trials QUALIFIERS

The following California men have qualified as of January 1, 1992 to run in the U.S. Men's Olympic Marathon Trials race on April 11, 1992, in Columbus, Ohio. Qualifying continues through March 31, 1992.

Top 10 Times

Qualifier	Time	Age	State
1 Ken Martin	2:12:06	33	NM
2 Bob Kempainen	2:12:12	25	MN
3 Steve Spence	2:12:17	29	PA
4 Mark Curp	2:12:38	33	MO
5 Bill Reifsnnyder	2:12:39	29	NM
6 Don Janicki	2:13:07	31	CO
7 Brad Hudson	2:13:24	25	OR
8 Steve Taylor	2:13:57	26	VA
9 Matt Clayton	2:14:04	NA	CA
10 Chris Fox	2:14:58	32	MD

California Qualifiers

Qualifier	Time	Age
Mark Conover	2:15:03	30
Ivan Huff	2:15:24	32
Daniel Martinez	2:15:31	24
Bill Donakowski	2:16:26	35
Dan Grimes	2:16:34	31
Rich McCandless	2:16:36	36
Jerry Marsh	2:16:54	28
Thom Hunt	2:17:02	33
Daniel Gonzalez	2:17:51	29
Steve McCormack	2:18:06	31
Joe Rubio	2:18:08	29
David Frank	2:18:36	NA
Robert Anex	2:18:42	28
John Barrett	2:18:53	28
Joseph Nitti	2:18:53	25
Brent Griffiths	2:19:26	28
Tyrus Deminter	2:19:30	28
Alfredo Rosas	2:19:49	32
Matt Ebner	2:19:50	30



BILL DONAKOWSKI
Photo by Richard Lee Slotkin



JOE NITTI
Photo by Richard Lee Slotkin



MATT CLAYTON
(front) and IVAN HUFF
Photo by Bill Laung, Jr.



DAN GRIMES
Photo by Gene Cohn

RESULTS

42:28, 3. Anissa Brindley 42:28, 19-24: 1. Christy Gimsley 39:24, 2. Kim Espinoza 39:55, 3. Marni Rytli 42:17, 25-29: 1. Sue Davis 36:54, 2. Denise Hertsch 38:30, 3. Nancie Long 40:21, 30-34: 1. Rose Monday 36:42, 2. Mary Button 37:02, 3. Victoria Mills 38:09, 35-39: 1. Marina Jones 39:31, 2. Janice Sellon 41:12, 3. Dawn Braund 41:29, 40-44: 1. Alfreda Iglehart 38:36, 2. Joan Robert 42:39, 3. Anna Knowles 43:03, 45-49: 1. Ellen Todd 46:56, 2. Cheryl Hinchman 48:43, 3. Wendy Hultquist 50:32, 50-54: 1. Joan Jeter 43:48, 2. Sandy Waddell 44:31, 3. Marlene Zoratti 50:00, 55-59: 1. Mickie Perry 54:42, 2. Kaye Howell 57:21, 60 & Over: 1. Julie Jarvis 48:05.

Thanksgiving Fun Run

November 28, So. San Francisco, 4.3 Mile.

Overall Winners

Men: 1. Eddie Lanzarin 22:40.
Women: 1. Cheng-Er Mehmedbasich 30:59.

Ginder Grinder

November 29, Walnut Creek, 5K & 10K.

Overall Results - 5K

1. Eric Dunn (15) 18:01, 2. Carlos Siqueiros (33) 21:04, 3. Steve McClutlan (31) 21:43, 4. Wall Hillesheim (46) 22:50, 5. Carlos Siqueiros (10) 22:55, 6. Steve Mooney (37) 23:16, 7. Clyde Burch (41) 23:29, 8. Steve Tuszynski (25) 23:54, 9. Gary Landberg (31) 25:28, 10. Rancil O'Neil (17) 25:32, 11. Atheno Caase (31) 26:27, 12. Steve Agazzi (34) 26:28, 13. Alan Henry (34) 26:54, 14. Brooks Lawdin (41) 27:03, 15. Kevin Carson (31) 27:05, 16. Terrance Hall (15) 27:30, 17. Lisa Kow (13) 27:41, 18. Dan Smith (44) 27:47, 19. Frank Lozano (44) 28:16, 20. M. Hillesheim (12) 28:25.

Overall Results - 10K

1. Noah Dye (13) 37:28, 2. Mark Mehler (29) 37:43, 3. Daniel Rosenthal (26) 38:07, 4. Ghirmhy Paulos (13) 40:26, 5. David Klein (44) 40:43, 6. Greg Whrateil (35) 41:14, 7. Gene Woske (17) 41:29, 8. Russell Glough (49) 42:32, 9. Dave Huason (43) 42:47, 10. Sharlet Gilbert (40) 43:34.

Duathlon World Championships

November 30, Cathedral City, 10K-62K-10K, run-bike-run.

Almost 900 elite and age-group competitors competed in the Duathlon World Championships. The 10K-62K-10K run-bike-run format showcased the best duathlete field in the history of the sport.

Dr. Mathew Brick (TePuke, New Zealand) used the day's second fastest bike split to win the World Championships in a time of 2:51:34. Second through fourth place spots were filled by Americans. Jeff Devlin (West Chester, PA) had the day's fastest run split and finished second in 2:52:39. Shane Cleveland (Albuquerque, NM) was third in 2:54:05 and defending Duathlon World Champion Kenny Souza (Boulder, CO) was

fourth in 2:54:54.

On the Women's side former Ironman winner Erin Baker, a Kiwi native living in Boulder, CO, destroyed her competition by over eight minutes. Baker had the fastest splits in all three legs of the event to win in a time of 3:13:13. American Donna Peters (Seattle, WA) was second in 3:21:27. Thea Sybesma of Almelo, Holland won the bronze with a time of 3:23:30.

The United States dominated the team competitions by winning both the elite men's and women's trophies as well as the men's and women's age-group trophies. In the elite men's competition the U.S. had team members place second, third, and fourth overall. The elite American women finished second, fourth, and fifth overall. Cross-country scoring was used for each country's top three finishers.

Winds gusting over 45 mph tore through Palm Springs and Cathedral City on race morning. A powerline was blown down causing the amateurs to cycle only 27 miles rather than the scheduled 38.6 miles. The powerline was removed before the start of the elite race but howling winds sandblasted most competitors. Times were over 20 minutes slower than the previous year.

The Duathlon World Championships are believed to be the first time a South African team has competed in the U.S. since the International Olympic Committee lifted the ban on the country this year. The South Africans wasted no time in establishing themselves as a new power in the sport. The South African women's National Team finished second overall in the team competition while the South African age-group men's team also finished second.

Team Results:

Elite Men: 1. U.S.A. 9 points, 2. New Zealand 28 points, 3. France 44 points.

Elite Women: 1. U.S.A. 16 points, 2. South Africa 35 points, 3. Holland 39 points.

Age-Group Men: 1. U.S.A. 5 points, 2. South Africa 7 points, 3. New Zealand 38 points.

Age-Group Women: 1. U.S.A. 5 points, 2. New Zealand 26 points, 3. Canada 33 points.

5K & 10K Gallop

November, Buena Park, 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Angel Roman 15:35, 2. Abel Mota 17:22, 3. David Butler 17:35. (No Age-group Times Available) 12 & Under: 1. Jeffrey Hewitt, 13-17: 1. Jody Cap, 2. Ben Griffith, 3. James Sewell, 18-24: 1. David Butler, 2. Alex Flores, 3. Louis Pedroza, 25-29: 1. Angel Roman, 2. Abel Mota, 3. Alex Schneider, 30-34: 1. Pablo Fernandez, 2. Mark Frantz, 3. Mike Serna, 35-39: 1. Carl Allen, 2. Mark Jocham, 3. Christopher Garcia, 40-44: 1. Jim Brown, 2. John Barnes, 3. Mike Marco, 45-49: 1. Bill Theriault, 2. Paul Akiyama, 3. Art DeTomaso, 50-59: 1. John Kerns, 2. Phil Talamantes, 3. Dago Berto Fuentes, 60-69: 1. Ruben Esqueda, 2. John Mooshagian, 3. Paul Saucido.

Division Results - Women's 5K

Overall Winners: 1. Norma Martin 19:46, 2. Teresa Hilliker 20:09, 3. Leslie Lehman 20:23. (No Age-group Times Available) 12 & Under: 1. Anna Swift, 2. Jenilee Seidl, 3. Sabrina Seidl, 18-24: 1. Norma Martin, 2. Vanessa Gomez, 3. Elizabeth Hren, 25-29: 1. Marcia Estes, 2. Marion Beaubien, 3. Debbie Loyo, 30-34: 1. Teresa Hilliker, 2. Leslie Lehman, 3. Debbie Duarte, 35-39: 1. Lorraine Gersitz, 2. Nancy Swensen, 3. Bonnie Barnes, 40-44: 1. Carolyn Slade, 2. Sue Dawson, 3. Sherrill Yidony, 45-49: 1. Susan Spisser, 2. Kathy Dunkle, 3. Jean Gitterman, 50-59: 1. Dolores Vega, 2. Helen Holt, 3. Rosemary Castaneda, 60-69: 1. Lillian Esqueda, 70 & Over: 1. Mary Schudy, 2. Debra Rowley.

Division Results - Men's 10K

Overall Winners: 1. Tony Williams 31:14, 2. Angel Roman 31:58, 3. Jesus Padilla 33:49, 12 & Under: 1. Tim Callahan, 18-24: 1. Jose Del Carmen, 2. Baldo Madrigal, 3. Ray Williams, 25-29: 1. Tony Williams, 2. Angel Roman, 3. Kevin Dexter, 30-34: 1. Jesus Padilla, 2. Oscar Longoria, 3. Victor Valenzuela, 35-39: 1. Bruce Guter, 2. John Rinse, 3. Dan Jorgensen, 40-44: 1. Gene Martin, 2. Norm Daven, 3. Jerry Krook, 45-49: 1. Allen Gamble, 2. Paul Akiyama, 3. Jose Gutierrez, 50-59: 1. Ben Bernal, 2. Bernie Brenes, 3. Vaughn Estrick.

Division Results - Women's 10K

Overall Winner: 1. Patricia Gallegos 37:44, 2. Theresa Hilliker 44:17, 3. Robin Stross 45:07, 18-24: 1. Robin Stross, 25-29: 1. Patricia Gallegos, 30-34: 1. Theresa Hilliker, 2. Sandra Delgado, 35-39: 1. Barbara Moses, 40-44: 1. Sue Wilson, 45-49: 1. Linda Dobson, 50-59: 1. Sue Cummings.

ITU Exceed/Desert Princess Duathlon World Championship

November 30, Cathedral City.

Fierce winds rocked Southern California on World Championship weekend, making what is already one of the toughest duathlons in the world, a challenge beyond anyone's imagination. The only thing that were stronger than the brutal winds, were the spirit and determination of the athletes and the incredible competition on hand.

The professional race was stacked with the best of the best from the U.S. and 21 countries. The International field was so strong that only six Americans finished in the top twenty for the men and six in the top eighteen for women.

New Zealand's Matt Brick battled the wind and a strong performance from Shane Cleveland on the bike and finally took a small lead going into the final 10K run. Brick, digging deep, held on to win the World Championship by just over one minute. Jeff Devlin who just came off a third place finish at the Ironman, Hawaii had the fastest second 10K run to overtake Cleveland for second. Duathlon king, Ken Souza was in second place on the bike until he was literally blown off his bike back into sixth place. Souza, regained

his momentum and finished very strong for fourth place. A surprising Rod Cedaro of Australia finished fifth and Scott Tinley finished sixth.

For the women it was Erin Baker all the way as she destroyed a very strong field including Donna Peters, Thea Sybesma, Liz Downing, Maddy Tormoen and a host of others. Baker with an incredible 33:52 first 10K, lead by nearly three minutes heading out on the bike and proceeded to ride the fastest bike split and run the fastest second 10K to win by over eight minutes. It was a truly awesome performance. Peters with a gutsy bike ride finished second, Sybesma third, Downing fourth, and Tormoen fifth.

The age group competition was highlighted by a very enthusiastic and competitive South African team. Allison Moonie of South Africa won the women's overall age group World Championship with Team USA member Amy Williams finishing second, and Nancy Reidel from California third. The men's overall World Champion, Greg Watson of Team USA, held off a handful of South Africans to win by 14 seconds in a very exciting finish. Piet Mare was second, Pascal Pau third, Pieter Uys fourth and 42 year old Masters World Champion Hennie Wentzel fifth, all from South Africa. Diane Ito of Team USA won the Masters World Championship for the women.

In the country competition Team USA won four of the five divisions, Professional men, Age Group men and women and the Klein and Clark Cup, South Africa won the women's professional division. The U.S. and South Africa were highly challenged by strong teams from New Zealand, France, Holland, Switzerland, Germany & Canada.

Team Results

Professional Men: 1. USA 9 points, 2. New Zealand 28 points, 3. France 44 points.

Professional Women: 1. South Africa 35 points, 2. Canada 37 points, 3. Holland 39 points.

Age Group Men: 1. USA 5 points, 2. South Africa 7 points, 3. New Zealand 38 points.

Age Group Women: 1. USA 5 points, 2. New Zealand 26 points, 3. Canada 33 points.

Overall Results - Men's Professional

1. Matthew Brick (29) NZ 2:51:34, 2. Jeff Devlin (24) West Chester, PA 2:52:39, 3. Shane Cleveland (26) Albuquerque, NM 2:54:05, 4. Ken Souza (26) Boulder, CO 2:54:54, 5. Rod Cedaro (29) Belconnen 2:56:02, 6. Scott Tinley (35) Del Mar 2:56:51, 7. Andreas Rudolph (34) France 2:58:24, 8. Bruno Ferrat (25) France 3:00:06, 9. Miguel Sanchez (29) France 3:00:58, 10. Greg Fraine (29) NZ 3:01:22.

Overall Results - Women's Professional

1. Erin Baker (30) Boulder, CO 3:13:13, 2. Donna Peters (29) Seattle, WA 3:21:27, 3. Thea Sybesma (31) Holland 3:23:30, 4. Liz Downing (33) Vancouver, WA 3:24:44, 5. Maddy Tormoen (29) Colorado Springs, CO 3:27:27, 6. Katinka Willeburg (32) Holland 3:30:45, 7. Virginia Lafargue (25) France 3:31:56, 8. Renee Scott (29) RSA 3:32:29, 9. Gail Viola (27) Rock Island, IL 3:35:12, 10. Carolyn Hubbard-Brougham (24) Van-

RESULTS

couver, Can. 3:35:48.

Overall Results - Men

1. Greg Watson (25) Fall Church, VA. 2:25:38, 2. Piet Mare (34) RSA 2:25:52, 3. Pascal Pau (26) RSA 2:28:30, 4. Pieter Uys (25) RSA 2:28:46, 5. Hennie Wentzel (42) RSA 2:28:55, 6. Jamie Hunt (19) NZ 2:28:59, 7. Ben Jansen Van Vuuren (29) RSA 2:29:52, 8. Tomas Davies (31) GBR 2:30:04, 9. Steve Pyle (33) Riverside, CT. 2:30:18, 10. Randy Thrasher (35) Rockville, MD. 2:30:58.

Overall Results - Women

1. Allison Moonie (30) RSA 2:48:19, 2. Amy Williams (35) Denver, CO. 2:54:23, 3. Nancy Riedel (28) Oceanside 2:54:46, 4. Melissa Domenick (23) San Antonio, TX. 2:54:59, 5. Laura Peschio (23) East Setauket, NY. 2:55:17, 6. Laura Stuart (26) Del Mar 2:55:34, 7. Nancy Thomas (31) Cincinnati, OH. 2:55:54, 8. Keren Stokes (24) Long Beach 2:57:45, 9. Robin Steele (31) Scottsdale, AZ. 2:58:23, 10. Esther Zbinden (29) Vancouver, Can. 2:58:51.

Division Results - Men

19 & Under: 1. Jamie Hunt 2:28:59, 2. Greg VonHoldt 2:31:32, 3. Peter DeLaCorda 2:35:57, 20-24: 1. Giovanni Nicolaci 2:35:35, 2. Andy Liebert 2:35:52, 3. Andy Mergler 2:37:20, 25-29: 1. Greg Watson 2:25:38, 2. Pascal Pau 2:28:30, 3. Pieter Uys 2:28:46, 30-34: 1. Piet Mare 2:25:52, 2. Tomas Davies 2:30:04, 3. Steve Pyle 2:30:18, 35-39: 1. Randy Thrasher 2:30:58, 2. Hennie Van Niekirk 2:36:37, 3. Jim Pollard (2:37:27, 40-44: 1. Hennie Wentzel 2:28:55, 2. Roland Jochem 2:33:36, 3. Rob Benedetti 2:36:02, 45-49: 1. Dennis Kasischke 2:41:58, 2. Bill Sublette 2:45:17, 3. Larry Czelusta 2:45:52, 50-54: 1. Hans Dieben 2:51:44, 2. Vincent Boyle 2:52:19, 3. Max Vey 2:53:15, 55-59: 1. Ron Smith 2:58:11, 2. Tom Purkiss 3:04:26, 3. Gene Wilkinson 3:07:35, 60-64: 1. Dick Robinson 3:17:37, 2. Al Treichel 3:20:46, 3. Finn Gulbrandsen 3:35:15, 65-69: 1. Bill Schweizer 3:42:46, 2. Bill Larson 3:48:03, 3. Bill Bell 4:25:30, 70 & Over: 1. Tom Miller 4:00:38, 2. Norton Davey 4:20:55.

Division Results - Women

19 & Under: 1. Heidi Alexander 3:03:45, 2. Heather White 3:27:06, 3. Denise Mueller 3:36:10, 20-24: 1. Melissa Domenick 2:54:59, 2. Laura Peschio 2:55:17, 3. Keren Stokes 2:57:45, 25-29: 1. Nancy Riedel 2:54:46, 2. Laura Stuart 2:55:34, 3. Esther Zbinden 2:58:51, 30-34: 1. Allison Moonie 2:48:19, 2. Nancy Thomas 2:55:54, 3. Robin Steele 2:58:23, 35-39: 1. Amy Williams 2:54:23, 2. Kris Skiles 3:15:08, 3. Debbie Brunelle-Tirrito 3:16:05, 40-44: 1. Diane Ito 3:04:46, 2. Anne Weeden 3:05:32, 3. Karen Smith-Rohrborg 3:16:15, 45-49: 1. Janis Dvorak 3:20:26, 2. Tiare Lund 3:21:49, 3. Annattje Kruger 3:24:37, 50-54: 1. Judith Flannery 3:18:31, 2. Sigrid McAllister 3:25:59, 3. Frances Steinfeld 3:32:04, 55-59: 1. Diane Stuart 4:17:56, 2. Peggy Drayglass 4:21:05, 65-69: 1. Raye Johnson 4:39:51.

Airport Runway Runs

December 1. Ontario. 5K & 10K.

Four hundred and forty-eight runners and walkers participated in the First Annual Ontario Airport 5K & 10K despite high winds and stinging dust flurries, according to Friends President G. Michael Milner.

The 1991 Airport 5K/10K winners included Joe Hope, fastest male athlete, with a time of 29:59, and Robyn Strauss, fastest female athlete, with a time of 43:01. Edith Kaptain, 75, of Claremont, won the award for the oldest finishers.

Dinosaur Dash

December 1. Tustin. 5K.

Division Results - Men

Overall Winner: 1. Bryan Postman 15:22, 2. Kevin Broady 15:34, 3. Dan Arsenault 15:51, 8 & Under: 1. Adon Garcia 25:19, 2. Tommy Marks 29:15, 3. Mark Saethre 29:29, 9-10: 1. Liam McDougall 23:35, 2. Braden Burden 24:38, 3. Jason Lin 25:03, 11-12: 1. Anthony Fontane 20:34, 2. Kevin Kelley 21:11, 3. Jarrod Heath 21:53, 13-15: 1. Brad Peters 18:11, 2. Michael Gavar 18:25, 3. Nicolas Faure 19:18, 16-18: 1. Mike Bradford 16:51, 2. Jeremy Palmer 17:26, 3. Ryan Ackerman 18:21, 19-24: 1. Gumby 15:55, 2. Charlie Yu 16:12, 3. Peter Clegg 16:14, 25-29: 1. Bryan Postman 15:22, 2. Dan Arsenault 15:51, 3. Eric Ree 16:00, 30-34: 1. Kevin Broady 15:34, 2. Antonio Munoz 16:03, 3. Angelo Decolibus 16:24, 35-39: 1. Bill Foley 17:45, 2. Jeff Davis 17:56, 3. Michael Hoover 18:02, 40-44: 1. John McAndrew 16:28, 2. Bill Sumner 16:43, 3. Mark Hamphill 17:04, 45-49: 1. Dan Morales 17:48, 2. Don Collins 18:43, 3. Randall Shelley 19:10, 50-54: 1. Terry Jones 18:40, 2. Bill Carter 20:14, 3. Ron Walters 20:51, 55-59: 1. Bruce Lin 19:16, 2. Merle Lauderdale 20:33, 3. Hark Munoz 21:36, 60-69: 1. Paul Saucedo 19:55, 2. Charles Kachadooria 20:26, 3. Mel Elliott 21:30, 70 & Over: 1. Bob Sattler 29:14, 2. Ken Ihara 31:08, 3. Burke Leonard 31:18.

Division Results - Women

Overall Winner: 1. Marilyn Broady 18:26, 2. Andrea Steinberger 18:50, 3. Carla Figueroa 19:35, 8 & Under: 1. Heather Blecker 23:31, 2. Maria Aguirre 27:46, 3. Heather Skaggs 29:00, 9-10: 1. Kipp Downey 24:35, 2. Bonnie Johnson 30:23, 3. Alicia Blecker 31:38, 11-12: 1. Natalie Forsyth 20:38, 2. Katie Nuanes 21:37, 3. Laura Dooly (24:50, 13-15: 1. Andrea Steinberger 18:50, 2. Meghan Mayes 20:32, 3. Allison Reagle 21:32, 16-18: 1. Bretchen Brugman 20:50, 2. Jami Bickley 20:52, 3. Jessica Monty 22:18, 19-24: 1. Pam Barstowsimmerma 19:48, 2. Melanie Sulphen 23:37, 3. Kelly MacKenzie 24:17, 25-29: 1. Marilyn Broady 18:26, 2. Carla Figueroa 19:35, 3. Angela Chavez 20:20, 30-34: 1. Jeanne Kawashima 21:08, 2. Leslie Lehman 21:38, 3. Kim Mening 21:41, 35-39: 1. June Gessner 20:40, 2. Kathryn Landreth 21:38, 3. Ursula Hill 21:57, 40-44: 1. Linda Meier 22:50, 2. Linda Hunter 23:01, 3. Ann Lockwood 23:43, 45-49: 1. Sue Reinhardt 20:39, 2. Kathie Litch-

field 26:11, 3. Elaine Noster 27:26, 50-54: 1. Arlene Moore 28:43, 2. Carol Kirkbride 28:19, 3. Judy Whiteleok 28:45, 55-59: 1. Amy Goldstein 25:40, 2. Mary Askey 36:28, 70 & Over: 1. Delores Rowley 44:08.

Sammy Davis Memorial Run

December 7. Las Vegas, NV. 5K.

Division Results - Men

10 & Under: 1. Ryan Horn (Henderson) 19:50, 2. Matthew Fisher 21:09, 3. Patric Nowacki 21:14, 11-13: 1. Justin Nathans 19:15, 2. Jeremy Brown 20:35, 3. Chris Woolf 21:06, 14-16: 1. Jason York 18:40, 2. Kelly Rusk 19:06, 3. Frankie Villegas 20:29, 17-20: 1. Adam Chan 17:01, 2. Vince D'Angelo 17:51, 3. Casey Perce 20:54, 21-25: 1. Conrado Dunga, Jr. 17:55, 2. Phillip Fuentes 18:03, 3. Timothy Pyle 18:15, 26-30: 1. David Sievert 17:09, 2. Frank Fuentes 18:07, 3. Eric Fusch 18:41, 31-35: 1. Dave Chairez 16:32, 2. Jeff Demeny 17:28, 3. Dan Musgrove 17:47, 36-40: 1. Craig Harrison 17:17, 2. Steve Minagil 17:45, 3. Larry Pardee 18:08, 41-45: 1. Ed Preciado 18:00, 2. Fred Doubell 18:16, 3. Michael Naylor 19:16, 46-50: 1. Tony Pryatel 18:30, 2. Daniel Ashimine 18:52, 3. Patrick Little 19:33, 51-55: 1. Michael Reago 20:00, 2. Richard Thompson 21:01, 3. Al Yard 21:19, 56-60: 1. Roy Nelson 20:44, 2. Roger Hammond 21:37, 3. Don Van Giesen 24:29, 61-65: 1. Harrie Hess 21:10, 2. Ken Campbell 23:52, 3. Robert Bronke 24:04, 66 & Over: 1. Kent Hansen 23:51, 2. Menas Tashjian 25:19.

Division Results - Women

10 & Under: 1. Julie Kyriacou 19:44, 2. Sunny Knell 26:34, 3. Ida Hansen 41:52, 11-13: 1. Erika Hanson 21:29, 2. Julianna Stewart 24:34, 3. Trayse Broadhead 25:01, 14-16: 1. Michelle Crossley 22:32, 2. Julie Broadhead 23:43, 3. Jennifer Holley 23:59, 17-20: 1. Patricia Beck 29:12, 2. Ethelinda Abagat 29:27, 3. Colleen Ryan 30:27, 21-25: 1. Debra Stefanik 25:14, 2. Susan Folwell 32:02, 3. Alexandra Vera 40:36, 26-30: 1. Dahn Shaulis 17:02, 2. Christi Barry 22:29, 3. Sandy Moore 22:43, 31-35: 1. Virginia Valentine 21:11, 2. Ernie Rambo 22:31, 3. Phyllis Palmer 23:02, 36-40: 1. Terri Busby 18:29, 2. Clarisse Mayer 23:03, 3. Debbie Salas 23:06, 41-45: 1. Constance Blain 23:40, 2. Gail Garnas 24:12, 3. Debbie Pryatel 33:16, 46-50: 1. Nancy Yeager 26:44, 2. Pat Malburg 35:30, 56-60: 1. Maxine Brown 28:09, 2. Mary Louise Crain 37:29, 3. Edith Fischer 39:05, 61-65: 1. Helen Olivas 33:19.

California International Marathon

December & Folsom.

Division Results - Men

Overall Winner: 1. Bruce Deacon 2:15:16, 2. Fraser Clyne 2:16:58, 3. Hanryk Jankowski 2:17:26, 18 & Under: 1. Thomas Rennie 2:50:53, 2. Edward Meyer 3:06:57, 3. Philip Deacon 3:25:18, 19-24: 1. Juan Romero

2:30:25, 2. Jeff Taylor 2:30:57, 3. Stephen Barton 2:38:21, 25-29: 1. Bruce Deacon 2:15:16, 2. Hanryk Jankowski 2:17:26, 3. Daniel Gonzalez 2:17:51, 30-34: 1. Doug Cronkite 2:18:34, 2. Don Steams 2:18:43, 3. Matt Ebner 2:19:50, 35-39: 1. Fraser Clyne 2:16:58, 2. John Lodwick 2:26:50, 3. Leonard Hill 2:27:07, 40-44: 1. James Milton 2:26:27, 2. Joseph Schieffer 2:30:36, 3. David Standliffe 2:32:04, 45-49: 1. Ewar Gordillo 2:38:43, 2. Denis Trafecanty 2:47:06, 3. William Sharp 2:47:45, 50-54: 1. Jon MacPherson 2:40:50, 2. Tim Rostege 2:41:54, 3. Don Spickelmier 2:47:09, 55-59: 1. Fred Kiddy 2:56:08, 2. Michael McGie 3:13:20, 3. Val Wiethorn 3:16:16, 60-64: 1. Ephraim Romesberg 3:17:51, 2. Richard Laine 3:19:23, 3. Harry Kittleman 3:27:52, 65-69: 1. Morris Fraser 3:44:32, 2. Harrison Smith 3:45:11, 3. George Billingsley 3:54:34, 70 & Over: 1. Grant Eldridge 4:47:07.

Division Results - Women

Overall Winner: 1. Sally Eastall 2:29:29, 2. Michele Bush-Cuke 2:37:41, 3. Kimberly Bruyn 2:42:00, 18 & Under: 1. Michelle Winnicki 4:57:37, 2. Angela Lagneaux 5:00:58, 19-24: 1. Kerri Winters 3:09:35, 2. Diane Hartwick 3:17:24, 3. Jennifer Hom 3:22:28, 25-29: 1. Sally Eastall 2:29:29, 2. Jeannie Urness 2:45:57, 3. Ruth O'Hara 2:49:10, 30-34: 1. Michele Bush-Cuke 2:37:41, 2. Kimberly Bruyn 2:42:00, 3. Holly Ebert 2:45:05, 35-39: 1. Horor Feigherston 2:48:34, 2. Barbara Walz 2:48:37, 3. Litzrenberger 2:50:39, 40-44: 1. Sharlet Gilbert 2:54:40, 2. Linda Mantynen 2:58:49, 3. Wanda Kelley 2:59:28, 45-49: 1. Nelly Wright 2:59:24, 2. Cyni Calvin 3:10:05, 3. Laury Fisher 3:24:18, 50-54: 1. Barbara Miller 3:24:34, 2. Barbara Valastro 3:35:52, 3. Jean Shuler 3:36:20, 55-59: 1. Sandra Kiddy 3:05:48, 2. Myra Rhodes 3:36:04, 3. Gloria Dake 3:52:06, 60-64: 1. Jean LaFever 4:27:46, 2. Lois Cook 4:52:26, 65 & Over: 1. Po Adams 4:41:29.

Gem of the Desert Run

December 8. La Quinta. 10K.

Overall Results (No Times Available)

1. Jeff Vannini, 2. Luis Escanvela, 3. Habacuc Arraga Cruz, 4. Frank Lemos, 5. Brian Michael, 6. Jennifer Henderson, 7. Ed Schiller, 8. Chad Thomas, 9. Kevin Healy, 10. Doug Slater.

Division Results - Men

12 & Under: 1. Michael Royal, 2. Sean Liagawa, 3. Jason Borba. 13-15: 1. Josh Slater. 16-18: 1. Frank Lemos, 2. Chad Thomas. 19-24: 1. Luis Escanvela, 2. Ismael Cruz, 3. Ed Sander-Cederlof. 25-29: 1. Ed Schiller, 2. Alan Rasmussen, 3. Michael Chantry. 30-34: 1. Jeff Vannini, 2. Habacuc Arraga Cruz, 3. Brian Michael. 35-39: 1. Doug Slater, 2. Steve Pokin, 3. Manuel Jarvis. 40-44: 1. Bill Sayers, 2. Jeff Thompson, 3. Tim Reynolds. 45-49: 1. Kevin Healy, 2. Greg Burke, 3. Maurice Beidler. 50-59: 1. Joaquin Ganado, 2. Dean Riley, 3. Bill Noyes. 60-69: 1. Gerry Hopkins, 2. James Franklin, 3. Ollie Harker. 70 & Over: 1. Earl Rippee.

Division Results - Women

12 & Under: 1. Amy Sontgerath. 16-18: 1.

RESULTS

Sonya Melendez 19:24; 1. Kim McDaniel 25:29; 1. Linda Favuzza, 2. Lorrie Schmidt, 3. Mary Paz Lopez 30:34; 1. Jennifer Henderson, 2. Terri Dickneider, 3. Stephany Elkins 35:39; 1. Stephanie Mapelli, 2. Susan Larson, 3. Joy Sayers 40:44; 1. Kenzie Thompson, 2. Aurora Tenorio-Keer, 3. Dolores Hadley 45:49; 1. Pam Galbraith, 2. Caroline Phaneuf, 3. J. Dianne Callahan 50:59; 1. Nancy Cohee, 2. Betty Ross 60:69; 1. Nancy Asaoha.

Hunter S. Thompson Fear & Loathing Runs

December 14. San Francisco. 50K & 50 Mile.

Overall Results - 50K

1. Gary Neal (37) 4:19:44, 2. Allan Kaplan (36) 5:09:33, 3. Bill Thomey (34) 5:09:33, 4. Bill Firelli (40) 5:38:20, 5. John Mortell (57) 5:44:20, 6. Brice Hammerstein (40) 5:44:20, 7. Hollis Henderson (44) 5:47:47, 8. George Mitchell (29) 5:48:19, 9. Joan Szarfinski (53) 6:00:30, 10. Ron Perkins (52) 6:14:43.

Overall Results - 50 Mile

1. Larry Butler (45) 7:33:48, 2. Rob Byrne (34) 8:34:10, 3. Dave Woody (54) 9:05:25, 4. Audley Chason (41) 9:05:25, 5. Dave Damas (43) 9:13:56, 6. Tim Carr (46) 9:35:31, 7. Bob Longwell (53) 9:36:51, 8. Gary Czerwinski (43) 9:36:51, 9. Tom Pang (35) 10:50:21, 10. Tony Stratia (60 &) 17:13:30.

Las Vegas Half Marathon

December 21. Las Vegas.

Overall Results

1. Paul Pikinton (Roy, UT) 1:03:32, 2. David McMillan (Salt Lake City, UT) 1:03:37, 3. Sam Sironik (Albuquerque, NM) 1:04:29, 4. Gordon Christie (Santa Barbara) 1:05:29, 5. John Mirth (Englewood, CO) 1:06:08, 6. Brad Ingram (Mansfield, OH) 1:06:50, 7. Chris LaRoche (Lake Havasue, AZ) 1:07:20, 8. Treg Scott (Phoenix, AZ) 1:08:25, 9. David Mirth (West Lafayette, IN) 1:10:14, 10. Vernon Morris (Daggeh, CA) 1:10:37.

11. Michael Cahill (Salt Lake City, UT) 1:10:42, 12. Steve Greenspan (Phoenix, AZ) 1:11:48, 13. Dave Chairez (Henderson, NV) 1:11:52, 14. James Zint (Phoenix, AZ) 1:11:58, 15. Dan Winterroth (Las Vegas, NV) 1:12:00, 16. Russell Bennett (Salt Lake City, UT) 1:12:39, 17. Rob Yasek (Henderson, NV) 1:12:56, 18. Fred Hoffman (Roy, UT) 1:13:24, 19. Larry Ingram (Grand Junction, CO) 1:13:35, 20. Jane Welzel (Fort Collins, CO) 1:13:45.

Division Results - Men

18 & Under: 1. Vince D'Angelo 1:23:30, 2. A.J. Conway 1:23:48, 3. Aaron Magnuson 1:28:08, 19:24; 1. Chris LaRoche 1:07:20, 2. Timothy Pyle 1:21:54, 3. Ramon Amirkhanian 1:30:22, 25:29; 1. John Mirth 1:06:08, 2. Treg Scott 1:08:25, 3. David Mirth 1:10:14, 30:34; 1. Gordon Christie

1:05:29, 2. Michael Cahill 1:10:42, 3. Steve Greenspan 1:11:48, 35:39; 1. Brad Ingram 1:06:50, 2. Cowboy Craig Harrison 1:14:39, 3. Officer Curt Wildemann 1:16:28, 40:44; 1. Dennis Swick 1:18:27, 2. Steve Minagil 1:18:40, 3. Gebreyes Getachien 1:20:22, 45:49; 1. Tony Gerardi 1:15:56, 2. Mike Scott 1:17:31, 3. Donald Schultz 1:18:04, 50:54; 1. Richard Greene 1:17:55, 2. Kent Padovich 1:19:14, 3. Richard Wootton 1:23:05, 55:59; 1. Jim Way 1:18:11, 2. Oleg Morozov 1:20:41, 3. Bob Rice 1:25:44, 60:64; 1. Battista Locatelli 1:32:24, 2. Harrie Hess 1:33:15, 3. Bernie Bly 1:47:39, 65:69; 1. John Keston 1:23:16, 2. Leonard Sirota 1:46:23, 3. Kent Hansen 1:52:09, 70 & Over: 1. Herschel McCord 1:56:42, Wheelchair: 1. Louis Antonio 44:06, 2. Joe Todisco 44:07, 3. Paul Phelan 44:14.

Division Results - Women

18 & Under: 1. Erin Aien 1:28:15, 2. Julie Kyriacou 1:39:39, 3. Lisa Cornett 1:41:33, 19:24; 1. Morgan Kleve 1:32:20, 2. Laura Lopez 1:36:20, 3. Theresa Raundeville 1:37:47, 25:29; 1. Janell Burgon 1:16:45, 2. Lesley White 1:18:52, 3. Jacqueline Love 1:24:25, 30:34; 1. Kathy Robinson 1:17:06, 2. Suzi Morris 1:17:23, 3. Jennifer Henderson 1:18:36, 35:39; 1. Leslie Lewis 1:17:41, 2. Terri Lee Busby 1:21:59, 3. Virginia Bax-Valentine 1:31:19, 40:44; 1. Yoko Eichel 1:35:42, 2. Lynn Crammer 1:36:55, 3. Robin Stevens 1:37:01, 45:49; 1. Charleen Stripe 1:42:02, 2. Janet Boughner 1:42:42, 3. Julie Hart 1:45:07, 50:54; 1. Mary Cullen 1:47:57, 2. Becky Whitehead 1:50:22, 3. Karen Keith 1:53:44, 55:59; 1. Mary Ann Cotten 1:50:53, 2. Atsuko Fujimoto 1:53:57, 3. Genie Salerno 2:01:08, 65:69; 1. Julia Hart 1:45:07, 2. Debbie Paul 1:45:17, 3. Susan Bost 2:10:02.

Relays

Men: 1. Bonanza Sub 19 Club 1:19:04, 2. Team Firefighters 1:27:24, 3. Team R R J M 1:40:48.
Women: 1. Team Eldorado 1:39:14, 2. Bonanza Sub 23 Club 1:39:52, 3. 1028 Running Cousins 1:42:17.
Mixed: 1. Suzanne's Striders 1:19:31, 2. Team Rams 1:23:04, 3. Team Lizards 1:33:28.
Corporate: 1. Lite All-Stars 1:44:44.

Campbell's Soups First Run

January 1. Crissy Field, San Francisco. 2 Mile.

Division Results - Men

Open (18-39): 1. Greg Whiteley 8:46, 2. Brian Abshire 8:46, 3. David Welsh 9:01.
Master (40+): 1. Jeff May 10:44, 2. Neil Doherty 10:47, 3. Searey Barnett 11:06.

Division Results - Women

Open (18-39): 1. Nancy Ditz 10:23, 2. Eryn Forbes 10:24, 3. Rae Stiger 10:28. Master (40+): 1. Marian Lyone 14:14, 2. C. Chase 14:40, 3. Susan Stavish 14:46.

The Charlotte Observer Marathon

January 4. Charlotte, NC. Marathon & 10K.

Until half a mile remained, John Trautmann stayed the course. Then he sprinted away, found no one with him, and won the Open 10K race in The Charlotte Observer Marathon.

Trautmann, who finished four seconds in front with a 28:46, joined Lynn Jennings in winning The Athletics Congress 1992 National 10K Championships. Jennings took an early lead in her race and never let up.

In the Marathon, with the field depleted by steady rain and defections to the 10K championships, John Steinberg, 2:26:00, and Nancy Beiger, 2:55:57, won in times woefully short of 1991's course records of 2:16:21 (Ric Sayre) and 2:43:53 (Lisa Presedol).

Easily the day's strongest performance was Englishman Nick Rose's 29:57 in the men's masters 10K.

"It's like back home," he said. "It was raining when I left Wednesday and I expect it'll be raining when I get back."

Rose turned 40 just five days before the race and flirted with a world record before wind and a largely uphill course in the second half of the race slowed him. He broke the course record of 30:08 set by Bill Rodgers in 1990.

Trautmann's 28:46 performance came against a field that included John Gregorek, second in 28:50; Jeff Jacobs, 28:52; John Treacy, 28:46; Aaron Ramirez, 29:05; Chris Fox, 29:21; Steve Taylor, 29:24; and other major names. Most stayed relentlessly bunched, trying to wear one another down, until Trautmann moved.

It was the first road race for the graduate student at Washington's American University.

"My strategy was to stick behind the leader the entire way until the bridge," he said.

"With a half mile to go, when I got to the bridge, I just put it in high gear and made a break for it. I thought people would go with me more, but they didn't."

Trautmann was a track specialist in college, winning the NCAA 5,000-meter outdoor championship last June.

Jennings, racing for the first time in six weeks, wanted to get a feel for her conditioning. She was pleased.

"It's a challenging, challenging course," said the 1991 national 8K champion. "This is not an easy, flat course. This is one of the tougher courses on the circuit."

Marathon Results

Men:

1. John Steinberg (32) Grand Rapids, MI 2:26:00 (\$3300), 2. Barney Klecker (40) Minnetonka, MI 2:32:02 (\$4000), 3. Todd Smoot (29) Marietta, GA 2:32:41 (\$1000).

Women:

1. Nancy Beiger (33) Stockton, NJ 2:55:57 (\$3300), 2. Cheryl Silverio (40) Trafford, PA 3:03:41 (\$4000), 3. Debbie Davis (34) Decatur, GA 3:11:33 (\$1000).

Men's Masters 10K

1. Nick Rose (40) Bristol, England 29:57

(\$2500), 2. Domingo Tibaduiza (42) Reno, NV 30:43 (\$1000), 3. Gary Romesser (41) Indianapolis, IN 30:54 (\$500).

Women's Masters 10K:

1. Nancy Grayson (41) Columbia, SC 36:48 (\$2000), 2. Nancy Oshier (43) Rush, NY 37:22 (\$1000), 3. Catherine Lempesis (40) Columbia, SC 37:54 (\$500).

Men's Open 10K:

1. John Trautmann (23) Washington, DC 28:46 (\$8000), 2. John Gregorek (31) Seekonk, Mass 28:40 (\$5000), 3. Jeff Jacobs (27) Roscoe, IL 28:52 (\$3000), 4. John Treacy, Ireland 28:56 (\$750), 5. Aaron Ramirez (27) Albuquerque, NM 29:05 (\$1600), 6. Chris Fox (32) Hagerstown, MD 29:21 (\$1300), 8. Ivan Huff (32) Paso Robles, CA 29:25 (\$900).

Women's Open 10K:

1. Lynn Jennings (31) Newmarket, NH 32:42 (\$8000), 2. Francie Larrieu Smith (39) Dallas, TX 32:59 (\$5000), 3. Janis Klecker (31) Minnetonka, MI 33:33 (\$3000), 4. Libbie Johnson (26) Ft. Collins, CO 33:41 (\$1750), 5. Lynn Nelson (29) San Francisco, CA 34:05 (\$1500).

The Great Escape

January 4. Richmond. 5 Mile & 2 Mile.

Overall Results - 5 Mile

1. Nick Nicklos (31) 28:49, 2. Mike Kuhl (19) 28:49, 3. Daniel Rosenthal (25) 30:51, 4. Tuan Ho (18) 32:45, 5. Richard Hann (25) 32:48, 6. Mark Richey (41) 32:56, 7. Rolf Nebelung (51) 33:03, 8. Clay Summer (24) 33:33, 9. Jog Edwards (33) 33:45, 10. Thomas Arbackle (30) 33:55.
11. Tim White (23) 34:24, 12. Sharlet Gilbert (40) 34:33, 13. Richard Leath (41) 34:44, 14. Stan Archacki (42) 35:12, 15. Allen Wylly (50) 35:23, 16. Hank Fragoza (61) 35:50, 17. Leroy Kessier (52) 36:20, 18. Bill Longwell 36:51, 19. Mike Silpa (41) 37:01, 20. Ray Brown (44) 37:26.

Overall Results - 2 Mile

1. Jon Delaurentis (16) 14:10, 2. Wolf Hillies (44) 15:16, 3. Eric Desanto (20) 15:39, 4. Laura Kuhl (15) 16:52, 5. John Delaurentis (48) 17:08, 6. Frank Lozano (44) 17:24, 7. Trism McCurpy (39) 18:12, 8. Sharon Lambton (37) 19:25, 9. Linda Cole (43) 20:07, 10. Deborah Lozano (39) 20:18.

Kings Mountain Ascent

January 5. Woodside. Half Marathon & 7 Mile.

Overall Results - Half Marathon

1. Nikos Mourtos (34) 1:44:11, 2. Phil Wright (36) 1:47:59, 3. Archie King (34) 1:49:37, 4. Neil Gelblum (40) 1:49:48, 5. Niel Shepherd (32) 1:52:25, 6. Don Kientzy (41) 1:52:40, 7. Paul Nix (31) 2:06:20, 8. Patti Henry (29) 2:06:25, 9. David Warren (55) 2:07:02, 10. Dave Mason (40) 2:07:24.

Overall Results - 7 Mile

1. Mike Mulkey (37) 52:24, 2. A.J. Murray (33) 58:08, 3. Sharlet Gilbert (40) 1:01:53, 4. David Blythe (30) 1:03:32, 5. Ed Young (35) 1:05:27.

RESULTS

Allsport Track Races

From Paul Reese

January 5. American River College, Sacramento.

The highlight of the Allsport track races January 5, which included distances from 10,000 meters to 50,000 meters, was the record shattering performance of Jan Level, 40, of Camino, who set a new women's age-40 record of 2:36:54 for 30,000 meters on a track. Level went on to be the overall winner of the 50,000 with a time of 4:19:17. She was the only woman in any of the six races held at American River College Track in Sacramento.

Doing a training run for the championship 100K race that he will run in Spain next month, Rae Clark, 39, of Camino, cruised to an easy win in the marathon with a 2:50:39 clocking. He was followed by Barry Stanhope, 31, of Sacramento, in 3:37:16 and Steve Haun, 48, of Sacramento, in 3:41:14. Frank Espinosa, 51, of Sacramento, won the 40m event in 3:30:32.

The 30mm race was won by Hans Mauth, 31, of Sacramento in 2:37:58. Ron Hall, 58, of Sacramento was second in 2:39:11, followed by Tom Marshall, 60, of Carmichael, in 2:40:58 and Gary Waldsmith, 51, of Pilot Hill, in 2:51:41.

Paul Mitchell, 57, of Folsom, finished 20mm 1:28:38 to win that race. Gary Towle, 45, of Fair Oaks, was second in 1:50:02.

The winning time for the 10mm race was 40:51, turned in by Bill Stainbrook, 38, of Sacramento. Ed Berry, 56, of Sacramento was second in 45:35 and Barry Zeitlin, 51, of Fair Oaks, finished third in 1:09:09.

The races were run under cloudy skies with the temperature in the low 50's and with a prevailing wind of 12 mph.

Orange County Half Marathon

January 11. Irvine. Half Mara. 5K.

Division Results - Men Marathon

Overall Winners: 1. Mark Junkeman (Santa Monica) 1:05:30, 2. Jim Hartig (Clovis) 1:08:37, 3. David Loud (Los Angeles) 1:08:47. **17 & Under:** 1. Jaime Gonzalez 1:15:47, 2. Jacob Varela 1:19:06, 3. Danny Garro 1:19:43. **18-24:** 1. Karl Polivka 1:11:05, 2. Pedro Gutierrez 1:11:16, 3. Matt Capeluto 1:14:39. **25-29:** 1. Mark Junkermann 1:05:30, 2. David Loud 1:08:47, 3. Steve Perez 1:09:43. **30-34:** 1. Gary Wersinger 1:09:10, 2. Gordy Hasket 1:10:43, 3. Antonio Munoz 1:11:38. **35-39:** 1. Jim Hartig 1:08:37, 2. Tom Schmiedel 1:11:45, 3. Steve Jawor 1:13:10. **40-44:** 1. Bill Summer 1:16:30, 2. Steve Kellymyer 1:16:56, 3. Don Howard 1:19:01. **45-49:** 1. Mickey Depalo 1:20:07, 2. Maurice Bousquet 1:20:22, 3. Ruben Sandoval 1:21:28. **50-59:** 1. Carlos Valle 1:18:19, 2. Shel Nankin 1:24:10, 3. J. Buskman 1:24:37. **60 & Over:** 1. Francis Petracek 1:30:34, 2. Charles Kachadooria 1:38:59, 3. Henderso Le 1:44:16.

Division Results - Women Half Marathon

Overall Winners: 1. Jane Welzel 1:42:25, 2. Suzi Morris 1:17:07, 3. Sue Davis (Costa Mesa) 1:22:41. **17 & Under:** 1. Stefania Woodmansee 1:40:52, 2. Heather Salisbury 1:41:58, 3. Allison Reigle 1:53:58. **18-24:** 1. Bridget Brunnick 1:27:52, 2. Marni Ryti 1:31:44, 3. Kathie Rogers 1:39:01. **25-29:** 1. Sue Davis 1:22:41, 2. Denise Hertzch 1:27:13, 3. Carla Figueroa 1:31:06. **30-34:** 1. Suzi Morris 1:17:07, 2. Victoria Mills 1:24:14, 3. Stefania Oggiano 1:26:00. **35-39:** 1. Jane Welzel 1:14:25, 2. Mary Ryzner 1:24:23, 3. Diane Rutan 1:24:37. **40-44:** 1. Sharon McGee 1:34:54, 2. Yoko Eichel 1:36:01, 3. Patti Tisone 1:41:55. **45-49:** 1. Margaret Neville 1:32:57, 2. Isadora Johnson 1:36:39, 3. Merrie English 1:46:27. **50-59:** 1. Yvette Lavigne 1:32:14, 2. Dixie Madsen 1:42:48, 3. Cherri Richard 1:43:38.

Division Results - Men's 5K

Overall Winners: 1. Dave Parsell 16:04, 2. Keith Withauer 16:14, 3. Im Gumbly 16:20. **6 & Under:** 1. Trent Andrews 27:05, 2. Ryan VanWagner 40:47, 7-9: 1. Zack Dickson 22:37, 2. Travis Beardslee 24:07, 3. Jeff Olsen 25:02. **10-12:** 1. Miguel Figueroa 20:44, 2. Wade Andrews 21:41, 3. Michael Philpott 28:56. **13-15:** 1. Sergio Ortiz 18:57, 2. Tyler Beardslee 20:42, 3. Patrick Dempsey 21:36.

Division Results - Women's 5K

Overall Winners: 1. Jam Druding 19:21, 2. Jeanne Kawashima 20:26, 3. Amanda Nowakowski 20:36. **6 & Under:** 1. Linnea Eccleston 35:51. **7-9:** 1. Allison Woodmansee 25:37, 2. Ruth Anne Lazzari 28:01, 3. Blossom Brown 28:09. **10-12:** 1. January Figueroa 23:02, 2. Lora Greenfield 25:29, 3. Krista Rojas 32:48. **13-15:** 1. Dresden Howell 21:22, 2. Jenny Fonken 23:21, 3. Mary Keegan 26:22.

Record Searchlight Half Marathon

January 11. Redding. Half, 10K & 2 Mile.

Division Results - Men's Half Marathon

20-24: 1. Roger Dix 1:08:19, 2. Carlos Gonzalez 1:26:31, 3. Christopher Suttmeil 1:31:54. **25-29:** 1. Randy Accetta 1:08:25, 2. Andy Lief 1:14:06, 3. Michael Newton 1:24:25. **30-34:** 1. Ned Anderson 1:26:54, 2. Harold George 1:29:40, 3. Mark Hicks 1:35:10. **35-39:** 1. Steve Webb 1:14:03, 2. Thomas Cushman 1:14:30, 3. Mike Mangas 1:15:11. **40-44:** 1. James Milton 1:10:14, 2. Jim Price 1:14:27, 3. John Diezsi 1:24:44. **45-49:** 1. Jamieson VanEaton 1:23:12, 2. Bill Gardner 1:23:56, 3. Rod Cooper 1:31:26. **50-54:** 1. Ron Ottaway 1:26:59, 2. Alan Richardson 1:31:04, 3. Bob Davis 1:35:03. **55-59:** 1. Michael McGie 1:26:42, 2. Johnny Luzzadder 1:45:56, 3. Larry Dier 1:46:09. **60 & Over:** 1. Harry Daniell 1:40:54, 2. Alfred Acord 1:43:28, 3. Cy Weagle 1:46:13.

Division Results - Women's Half Marathon

15-19: 1. Jollie Porter 1:31:16, 2. Terri Horton 1:48:15. **20-24:** 1. Sabrina Han 1:17:51, 2. Leah French 1:48:10. **25-29:** 1. Rae Stiger 1:19:01, 2. Joannie Ernest 1:21:05, 3. Janet Donohue 1:34:07. **30-34:** 1. Luanne Park

1:22:25, 2. Renee Thomas 1:32:29, 3. Charmon Walsh 1:40:55. **35-39:** 1. Pam Cantelmi 1:31:34, 2. Bernadette Phillips 1:33:36, 3. Beth Milsud 1:53:59. **40-44:** 1. Susan Shaffer 1:29:33, 2. Victoria Fisci 1:42:19, 3. Sherry Mann 1:42:35. **45-49:** 1. Linda Doniak 1:37:07. **50-54:** 1. Marge Dunlap 1:41:50, 2. Rita Allen 2:01:45. **55-59:** 1. Jane Dods 1:52:54.

Division Results - Men's 10K

9 & Under: 1. Steven Springhorn 42:12. **10-14:** 1. Brian Wright 58:17, 2. Kenneth Wright 58:30. **15-19:** 1. Aaron Stephens 36:35, 2. Brian Albrecht 37:35, 3. Gabe Szody 38:18. **20-24:** 1. Loyd Fox 42:04. **25-29:** 1. Patrick Korder 35:49, 2. Steve Leuck 45:01, 3. Eric Prahl 45:09. **30-34:** 1. Al Masterson 35:10, 2. Bert Grunwald 41:25, 3. Keith Hendry 44:31. **35-39:** 1. Bill Joseph 34:02, 2. Michael Zygaczenko 38:47, 3. Keith Malain 39:03. **40-44:** 1. Douglas Naversen 39:08, 2. Dan Russell 40:13, 3. Bill Carlson 40:53. **45-49:** 1. Chuck MacDonald 36:38, 2. Jim Middleton 38:21, 3. Ron Schultz 39:22. **50-54:** 1. Buz Skov 41:45, 2. Glenn Reed 42:21, 3. Jerry Douglass 45:36. **55-59:** 1. Lee Bunnell 43:40, 2. Everett Riggle 45:51, 3. Fred Matthis 48:22. **60 & Over:** 1. Bob Malain 42:53, 2. James Eymann 55:01, 3. Don Rouse 58:16.

Division Results - Women's 10K

10-14: 1. Amy Halbauer 39:49, 2. Kristen Williamson 42:58, 3. Jami Urban 47:13. **15-19:** 1. Nicole Cosindas 46:22, 2. Lara Schultz 51:14, 3. Shelley Harris 52:27. **25-29:** 1. Kim Stempien 40:34, 2. Jody Cooperman 45:10, 3. Sherri Pedersen 49:21. **30-34:** 1. Tonya Geers 43:46, 2. Jill O'Toole 44:53, 3. Caron Hicks 45:40. **35-39:** 1. Rebecca Franco 41:38, 2. Eileen McIntyre 43:15, 3. Diedra Malain 45:06. **40-44:** 1. Virginia Falkowski 43:13, 2. Nancy Ruffner 45:18, 3. Suzan Towlen 45:52. **45-49:** 1. Marijke Valencia 45:51, 2. Lee Macey 50:12, 3. Penny Harris 56:08. **50-54:** 1. Arlene Bidwell 1:03:23. **55-59:** 1. Marie Rouse 57:24, 2.

Betty Best 58:44, 3. Midge Dier 1:24:40. **60 & Over:** 1. Margaret Apecechea 1:02:28, 2. Beverly Forero 1:06:13, 3. Geri Sullivan 1:18:10.

Division Results - Men's 2 Mile

9 & Under: 1. Garrett Dagg 13:31, 2. Michael Sheasly 14:32, 3. Matthew Sartor 16:36. **10-14:** 1. Caleb Anderson 11:13, 2. Chuck Halbauer 11:52, 3. Ricky Paniagua 11:57. **15-19:** 1. Jared Scoules 12:34, 2. Jeff Stansberry 13:10, 3. Jared Carrion 13:12. **20-24:** 1. Gary Towne 10:46, 2. Douglas Young 13:07, 3. Matthew Jorgenson 13:26. **25-29:** 1. Richard Harper 12:59, 2. Steve Westlake 14:22. **30-34:** 1. Leon Andrews 12:42, 2. Robert Farley 13:02, 3. Dean Ward 13:04. **35-39:** 1. Barry Dawson 12:07, 2. Charles Leavitt 12:54, 3. Roger Hillstrom 14:15. **40-44:** 1. Randy Ruesch 13:38, 2. Terry Miller 14:26, 3. Larry Freshour 14:34. **45-49:** 1. Ray Ruiz 12:14, 2. Mac Forbes 13:51, 3. Sherwood Ash 13:57. **50-54:** 1. Robert Galusha 15:02, 2. Gary Gibson 18:09. **60 & Over:** 1. Lawrence Forero 15:19, 2. Jim Sullivan 16:01, 3. Mel Fisher 28:30.

Division Results - Women's 2 Mile

9 & Under: 1. Jennifer Williamson 15:58, 2. Corinna Zubis 16:38, 3. Amanda Goyne 43:53. **10-14:** 1. Sarah Duclos 13:17, 2. Cynthia Cheek 13:38, 3. Naomi Ramos 13:55. **15-19:** 1. Kristine Look 11:35, 2. Jessie Richter 13:13, 3. Renee Perry 13:23. **20-24:** 1. Christie Oliveira 12:20. **30-34:** 1. Cheryl Sellers 22:11, 2. Vickie Wolf 28:30. **35-39:** 1. Gail Jones 13:06, 2. Ginger Ruiz 15:15, 3. Denise Born 15:20. **40-44:** 1. Stephane Posson 14:01, 2. Susan Adams 21:52, 3. Maria Richter 17:07. **45-49:** 1. Mary Schulte 20:16, 2. Merrie Fiddler 31:42, 3. Trude Peterson 31:42. **50-54:** 1. Johanna Rowland 17:13, 2. Mavis Simmons 20:03, 3. Molly Reeves 25:02. **60 & Over:** 1. Betty Head 26:02, 2. Patricia Ryan 32:11, 3. Jackie Worcester 33:35.



IF YOU ARE MOVING...

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

Thank you!