

FEBRUARY 1993

ISSUE NO. 187

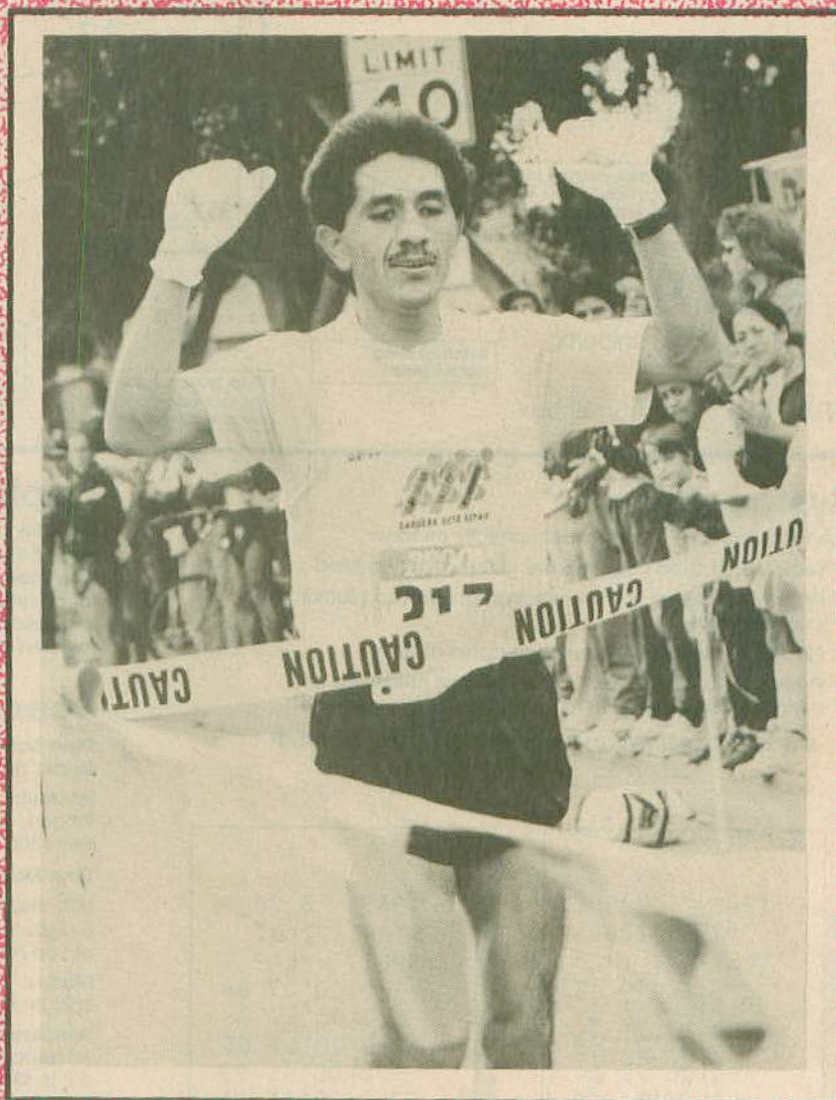
# CALIFORNIA

## Running News

93/09

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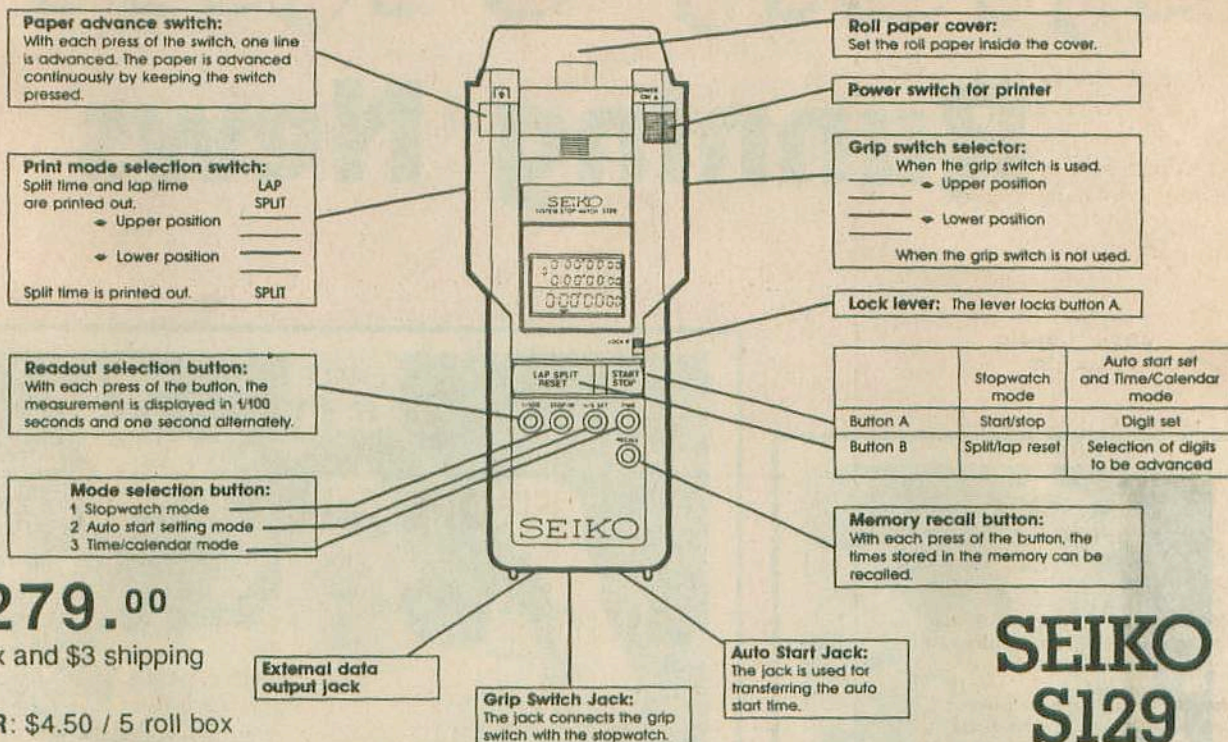
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\$2.25



# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION



**\$279.00**

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

**SEIKO  
S129**

## System Printer

The following data is printed permanently on tape:

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

### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
```

## Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

## Specifications

### Time Base and Accuracy:

Quartz oscillator,  $\pm 0.5$  seconds (24 hours/70°F)

### Printout:

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

### Time Measurement: 1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

### Modes:

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

### Temperature:

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

### Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).  
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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# CALIFORNIA Running News

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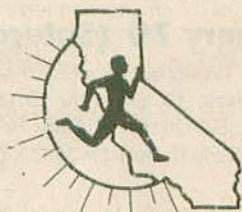
**California Running News** is published 11 times per year -- one issue per month, except December which is combined with November. Each issue is mailed about the first of the month.

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## FROM THE EDITOR

### BIGGIES

Two of California's biggest marathon events are coming up in the next two months: (1) The March 7, City of Los Angeles Marathon, and (2) the April 25, Big Sur International Marathon. Although training time is short, there is still time to enter, however, neither event accepts race day entries, so, plan ahead. Please refer to the schedule section of this issue of CRN for information on obtaining entry forms for these, as well as hundreds of other California running events.

If you haven't been training for the full 26-miles, 385-yard distance, you can still be part of the excitement and competition at each of these major marathon events. Both Los Angeles and Big Sur feature 5K-same-day-events. In Los Angeles the 5K is named the Rogaine 5K and features an exciting finish on the floor of the historic Los Angeles Coliseum. Last year the Rogaine 5K/LA was one of the most competitive races held in the U.S. with Khalid Skah winning in a record time of 13:28 and Sonia O'Sullivan finishing in the time of 15:24.

The Big Sur 5K on Monterey's picturesque peninsula features the same beauty and finish line as the ever-popular Big Sur International Marathon. The Big Sur 5K will also serve as the Pacific Association Championship for all divisions.

In addition to marathon and 5K races, each of these events features running,

health, and fitness expos the day before the races, so, there is something for everyone. Each of these have become family events for the Cockerhams. See you there--I'll be the one trying to keep up with two young daughters.

We've just learned that the 1994 Los Angeles Marathon has been selected as the site for the United States Men's National Marathon Championships. Most recently, the USA Championships were conducted at the Columbus Marathon from 1990 to 1992, and this year's host will be the Twin Cities Marathon in October. Then Los Angeles is the site.

If you would like to compete in a marathon without running 26-miles, The Jimmy Stewart Relay Marathon set for March 28 in Los Angeles' Griffith Park might be just the thing. Some 5,000 runners comprising 1,000 relay teams are expected to compete in the 12th annual version of this event. Each person on the five-member teams runs one-fifth the marathon distance on a loop course. See schedule section for contact.

*Bill*

**ON THE COVER:** It was "PR City" for **MARY BUTTON**, women's winner at Culver City's Western Hemisphere Marathon. Men's winner **JOSE ORTIZ PINA** didn't need any help from his friends to race first to the finish line. Don't miss Richard Slotkin's story on page 12.

Photos by Richard Lee Slotkin



# 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 13 (Saturday):

**Campbell:** Valentine Fun Run, 10K Run/5K Walk, Pruneyard Shopping Center (west parking lot), 9 a.m. John Araujo or Annabell Holland, #1 W. Campbell Ave., #C-31, Campbell 95008. (408) 866-2105.

**Cathedral City:** Desert Princess Duathlon Series, Long Course: 10K Run, 62K Bike, 10K Run; Fun N' Sprint Course: 3K Run, 15K Bike, 3K Run; Doubletree Hotel, Time TBA. Klein & Clark Sports Production, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

**Las Vegas, NV:** LVTC SWEATIN' Sweethearts 10K, Silver Bowl (near Russell Rd. & Boulder Hwy.), 9 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV 89180. (702) 252-7249.

**Sacramento:** Jedediah Smith Ultra Classic 50K & 100K (10 Hr. Limit for 50K; 13 Hr. Limit for 100K), Gibson Ranch, 8 a.m./100K, 8 a.m./50K. Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

**Bakersfield:** Hart Park Fun Run, 15 Mi., Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Santa Barbara:** Valentine's 2x4 Mile Couples Relay: 2 2-mile loops. Palm Park near Santa Barbara beach. John Brennand, Box 6616, Santa Barbara 93160 (805) 964-2591.

**Playa del Rey:** Sweetheart Runs, 5K/10K, Vista del Mar St. & Imperial Hwy., 8 a.m./5K, 8:30 a.m./10K. WISPI, P.O. Box 385, Man-

hattan Beach 90266. (213) 322-7787 or (310) 546-7887.

**Muir Beach:** Breakers to Breakers 5K, 7.2 Mi. (Coastal Challenge Series), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

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

**Pt. Mugu:** Sweetheart Run 10K. (805) 989-8317.

**San Diego:** Chinese New Year Dragon Run, 5K & 1 Mile Run and Wok, 7:30 a.m., Pan American Plaza (Off of Park Blvd. and President's Way, Balboa Park. David Seid (619) 578-1282.

**Eureka (13th & 14th):** Redwood Curtain Stage Race, Stage 1: Redwood Curtain Road Race, 57 mi; Stage 2: Table Bluff Individual Time Trial; Stage 3: Ave. of the Giants Road Race, 65 Mi., 8:45 a.m. at CR north parking lot on Tompkins Hill Rd., 6 miles south of Eureka. RSVP Racing Team, P.O. Box 275, Eureka 95502. (707) 839-8296/(800) 995-VELO.

**Stockton:** Rough & Ready 4 Miler, Rough & Ready Island, 9 a.m. Paul Field, Navy Communications Station, Code 016, Stockton 95203. (209) 944-0208.

**So. El Monte:** Sunset Valentine Run, 5K & 10K, San Gabriel River, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (310) 949-0394.

**Riverside:** Riverside Outreach Assistance Run (ROAR). 5K/8:30 a.m. Tom Lance (909) 274-2509 days.

**Irvine:** Fleet Feet Irvine 5K Run/Walk for Tomorrow. The Irvine Marketplace. (714) 854-3338.

## February 14 (Sunday):

**Palm Springs:** Heart of Palm Springs. 5K/7:30 a.m. & 10K/8:15 a.m. 2 mile walk/8:30 a.m. Palm Springs High School. Contact Keenan Barber at Palm Springs High.

**San Francisco:** DSE South Embarcadero Run, 6.25 Mi., Dolphin Club (502 Jefferson), 9:30 a.m. Info: (415) 978-0837.

**Sacramento:** Jedediah Smith Ultra Classic 50 Mile (10 Hr. Limit), Gibson Ranch, 8 a.m. Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

**Oakland:** American Heart Association Valentine Day Run/Walk, 5K/10K, Lakeside Park (Boathouse on Bellevue Ave.), 10 a.m. American Heart Assoc., 11200 Golf Links Rd., Oakland 94605. (510) 632-9606.

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

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

**Ventura:** Team Inside Track 30K, Ventura Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**Temescal Canyon:** Healthy Heart Run, Time & Distance TBA, Temescal Canyon H.S. Ortega Trail RPD (909) 674-2047.

**Oakdale:** Runs for the Library, 5K & 1 Mi., Yosemite & F Sts., 9 a.m./1 Mi., 9:30 a.m./5K. Mary Moore, Oakdale Library, 151 So. First NE, Oakdale 95361. (209) 847-4204.

**So. El Monte:** Sweetheart Run, 1 Mi., 5K & 10 Mi., Legg Lake, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (310) 949-0394.

**San Diego:** Guy/Gals Couples Run, 4 Mi., Rose Canyon, 8 a.m. Info: Kendall Webb (619) 268-1932.

## February 20 (Saturday):

**San Juan Bautista:** Mission 10 Mile & 5K, Mission Plaza, 10 a.m./10K, 10:15 a.m./5K (400 limit). Bill Littany, Hollister Rotary, 550 Monterey, Suite D, Hollister 95023. (408) 637-0071.

**Sacramento:** Eagle Mountain Showshoe 10K Series, Eagle Mtn. Ski Resort (on Hwy 50, 45 Mi. east of Sacto), Time TBA. Delmar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661 (916) 783-4558.

**Los Alamitos:** Los Alamitos 10K/5K run & 5K Health Walk. 5K/8 a.m. 10K/8:45 a.m. Contact Bill Calkins (310) 430-1073.



# SCHEDULE

**Huntington Beach:** The Great American Adventure Run, 2.8 Mi. & 4.8 Mi., 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.

**Santa Monica:** Hurricane 5K. Airport Museum of Flying, 8 a.m. (310) 392-8822.

**Las Vegas, NV:** Full Moon Duathlon, Distance TBA, Desert Shores (US 95 & Smoke Ranch Rd.), 8 a.m. Info: Ilene Girardi (702) 792-4202.

**Calistoga:** Calistoga Marathon, Half-Marathon, 10K, Bothe-Napa State Pk. (Hwy 29), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

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

**Chino:** City of Chino Triathlon, 5K Run, 17K Bike, 75 Mi. Swim, 8:30 a.m. Chino Recreation Office, 13219 Central Ave., Chino 91710.

**Los Angeles:** Sheriff's Youth Athletic League Run, 10K, 8 a.m., Whittier Narrows Recreation Area, S. El Monte. Deputy Alfred Reed Jr. or Herman Small (213) 586-6531.

**Seaside, OR:** Trail's End Marathon & 8K, Time TBA. Gordon Lovie, ORRC, Box 549, Beaverton, OR. 97075. (503) 531-0133.

**So. El Monte:** L.A. Sheriff's Youth Athletic League 10K Run, Whittier Narrows Recreation Area, 8 a.m. L.A. Sheriff's A.L., 7807 S. Compton Ave., Los Angeles 90001. (Deputy Alfred Reed: (213) 586-6531.

**Palos Verdes:** Ed 'n' Med Fun Run, 5K/10K, Palos Verdes Intermediate School, 8 a.m. Peninsula Education Fndn., P.O. Box 2632, Palos Verdes Penin. 90274. (310) 378-2278.

**San Diego:** Setting the Pace Through Education Run. 5K Run/Walk. Univ. of California San Diego. Third College. (619) 534-4390.

## February 21 (Sunday):

**Santa Clara:** Run for Hope 5K/10K, James Lick Mansions, 8 a.m. Charmiel Teresi, 554 Mansion Park Dr., Santa Clara 95054. (408) 980-9801.

**Loma Linda:** Cancer Buster Run. 5K & 10K. Contact Dean Kinsey (714) 824-1807.

**Los Angeles:** Run Against Crime. 5K & 10K. 4700 Wilshire Blvd. Contact Sgt. Ron Batesole (213) 485-4020.

**San Francisco:** DSE Rainbow Falls 5K (& Kids' 0.875 Mi.), Golden Gate Park (Transverse & Kennedy Dr.), 9 a.m./Kids, 9:30 a.m. Info: (415) 978-0837.

**Calistoga:** Indian Springs Triathlon, 400 Yd. Seim, 17 Mi. Bike, 5K Run, Indian Springs Resort, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Woodland Hills:** Heart Walk, 5K/10K, Warner Center Park (Califa & Owensmouth), 8 a.m./5K, 8:45 a.m./10K. Barry & Assoc., Attn: Christine Tinsley, 21550 Oxnard St., Suite 400, Woodland Hills 91367. Heart Ass'n.: (800) 698-1156.

**Aptos:** SnapperHead Invitational Duathlon, 2.4 Mi. Run, 15 Mi. Bike, 2.4 Mi. Run, Valencia Elem. School, 8:15 a.m. **(100 Limit)**. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

**Dana Point:** Festival of Whales, 5K, 8 a.m., Bluff Park Bike Trail. Buck Henderson (714) 496-6895.

**So. El Monte:** Green Grass Run, 5K & 10 Mi., Legg Lake, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (310) 949-0394.

**San Diego:** Mardi Gras 10K & 2 Mi., Mission Bay Park, 7:30 a.m. Info: (619) 236-0842.

## February 25 (Thursday):

**San Francisco:** California Vertical (35 flights of stairs), 345 California State Bldg. lobby, 6:30 p.m. International Sports Marketing Group, 250 World Trade Center, Suite 201, San Francisco 94111. (415) 455-9342.

## February 27 (Saturday):

**Las Vegas, NV:** LVTC 2 Mi. & 5 Mi., Silver Bowl (near Russell Rd. & Boulder Hwy.), 8 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV. 89180. (702) 252-7249.

**Martinez:** Martinez to Port Costa Brickyard Run, 8.4 Mi., Municipal Park, 10 a.m. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (510) 685-5185.

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

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# SCHEDULE

**Millbrae:** Castaway 5K/10K, Castaway Restaurant (Coyote Pt.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Ripon:** Ripon-Almond Blossom Run, 1 Mi. & 8K, Mauvis Stouffer Pk. (Manley Rd.), 8:30 a.m./8K, 8:45 a.m. Chamber of Commerce, 420 Oak, Ripon 95366. (209) 599-7519.

**Visalia:** St. John's River Run, 5K Walk/Run, Golden Oak School, 1700 N. Lovers Lane, 8 a.m./1K Kid's Run, 8:30 a.m./5K. Info: (209) 734-7293.

**Northern Santa Barbara County:** "Lean on Beef" 5K/10K Runs, Janet Kraus (805) 344-6125 or Judy Miller, 513 Pine St., Solvang, 93463.

**Torrey Pines:** Pardee Torrey Pines H.S. 5K Run/Walk, Torrey Pines H.S., 8 a.m. Torrey Pines High School 755-0125 x 224.

**New York, NY:** 100K National Championships (top 3 male & female finishers on U.S. teams, other 3 by committee. . .to 100K World Challenge in Belgium on Aug. 8). Rich Innamorato, P.O. Box 1239, Long Island City, NY 11101. (718) 361-7970.

**Lompoc:** L.V.D.C. Memorial Winter Runs, tent. 5K/10K, La Purisima Mission, Time TBA. Leo Aragon, LVDC, P.O. Box 694, Lompoc 93438. (805) 736-6773.

**So. El Monte:** 099'ers Sprint Run, 5K & 10 Mi., Legg Lake, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (310) 949-0394.

No. Davis Rd., Stockton 95209. (209) 477-0943.

**Santa Maria:** Women's Week 5K/10K, Hancock College, 9 a.m. Debbie Franzman (805) 922-6966, x3523.

**So. El Monte:** Sunset Eagle Run, 1 Mi., 5K & 10K, San Gabriel River, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (310) 949-0394.

**Montebello:** "Pop" Marty Runs, 5 & 10 Mi. Fun Run & Kiddie K, Grant Rea Park, 8 a.m. Parks & Rec. Dept., 1600 W. Beverly Blvd., Montebello 90640. (213) 887-4540.

**Chino Hills:** Kiwanis of Chino Hills Run for the Hills. 10K run, 5K run/walk. (714) 597-2091.

## February 28 (Sunday):

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

**San Francisco:** DSE Twin Peaks Loop, 3.63 Mi., Portola & Twin Peaks Blvd., 9:30 a.m. Info: (415) 978-0837.

**Newport Beach:** Golden State Bank Spirit Run, 5K/10K & 1 Mi. Kids' Run, Fashion Island (Edwards Big Newport Theater Parking Lot), 7:30 a.m./10K, 8:45 a.m./5K, 9:45 a.m./Kids Run. Spirit Run, 1900 Port Seabourne Way, Newport Beach 92660. (714) 640-2203.

**Oakland:** LMJS Couples Relay, 2x5K, Lake Merritt, 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland 94611. (510) 601-7887.

**Daly City:** San Bruno Mtn. Wildflower Runs, 5K/10K, Guadalupe Pkwy., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Pasadena:** Rose Bowl Triathlon, 3 Mi Run, 10 Mi Bike, 400m Swim, 8 a.m. Info: (818) 585-2324.

**Los Angeles:** Chinatown Runs, 5K & 10K, 8:20 a.m./5K, 8:30/10K, 9:40 a.m./1K Kiddie Run, Middle of Chinatown on N. Broadway near College St. L.A. Chinatown Firecracker Run (213) 621-3049.

**Rancho Cucamonga:** Winterfest '93, Coyote Canyon Park. Tom Burrellson, Chaffey College (909) 941-2330.

**Stockton:** Jackets Run, 10K & 2 Mi., Louis Park, 9 a.m. Andy/Richard Johnson, 9875

## March 6 (Saturday):

**Chico:** Bidwell Classic Half Marathon, 2 Mi. Fun Run & Half-Mile Kids' Run, Bidwell Park, 8 a.m./2 Mi., 9 a.m./H-M, 11:15 a.m./1/2 Mi. David Welch, P.O. Box 1182, Chico 95927. (916) 342-9214.

**Bakersfield:** CAHPERD Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

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

**Mill Valley:** Mt. Tamalpais Marathon/Half-Marathon/7 Mi., Mtn. Theatre/Rock Springs, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**Davis:** AMSA Heart Beat 5K/10K, UC Davis (School of Medicine, W. Health Sciences Dr.), 9 a.m. Adam Bock, 1880 Cowell Blvd., #121, Davis 95616. (916) 753-3568.

**Irvine:** Fleet Feet Triathlete Irvine Sprint Duathlon Series. 3K/15K/3K. 8 a.m. Santa Margarita High School, 22062 Antonio Pkwy. (909) 466-0952 or (714) 854-FEET.

**So. El Monte:** Sunset Hawks 1 Mi., 5K & 10K Runs, San Gabriel River, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (310) 949-0394.

**San Diego:** Sue Krenn 15K, Fiesta Island, 7:30 a.m. Info: Cori Brown (619) 272-6319.

## March 7 (Sunday):

**Los Angeles:** City of Los Angeles Marathon (also "Rogaine/LA 5K"), 9 a.m./Mara.,

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# SCHEDULE

9:30 a.m./5K. Bill Burke, 11110 W. Ohio Ave., Suite 100, Los Angeles 90025. (310) 444-5544.

**San Jose:** San Jose Mercury News 10K Run/5K Walk, Park Ave. & Almaden Blvd., 9:15 a.m. Susan Zellers, c/o Mercury News, 750 Rider Park Dr., San Jose 95190. (408) 920-5533.

**San Francisco:** DSE Golden Gate Promenade, 7.13 Mi., Dolphin Club (502 Jefferson), 9:30 a.m. Info: (415) 978-0837.

**So. El Monte:** Sunset Red Fox 1 Mi., 5K & 10K Runs, San Gabriel River, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (310) 949-0394.

## March 13 (Saturday):

**San Francisco:** Irish Sprint, 4.5 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. Info: Andy Higgins (415) 953-0793.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Lompoc:** LVDC 5K/10K Memorial Runs. Ryon Park (Ocean & O Streets), 9 a.m. Leo Aragon, LVDC, PO Box 694, Lompoc 93438 (805) 736-6773.

**Riverside:** Green Belt Runs, 5K & 15K, Arlington H.S. Jim Ament (714) 788-9178.

**Irvine:** Run for Hungry Children, 5K/10K/1K, 6 a.m./5K, 8 a.m./10K, 9:30 a.m./1K. South Coast Community Church, Bonita Canyon Rd. Bob Hogue, Race Director (714) 854-7600 x 580.

**Pico Canyon:** 13th Annual St. Patrick's Day Run, 5 Mile, 8:30 a.m. S.A.S.E. 28113 Stonington Ln., Saugus 91350. Fosh Rochford (805) 297-3141.

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

**San Diego:** St. Patrick's Day 10K, 4 Mi. & 2 Mi., Mission Bay Park, 7:30 a.m. Info: Kathy Loper (619) 298-7400.

## March 14 (Sunday):

**Calistoga/Napa:** Sutter Home Napa Valley Marathon, Rosedal Ln. & Silverado Trail, 7 a.m. Napa Valley Marathon, 1325 Imola West, Napa 94559.

**San Francisco:** DSE Potrero Hill Run, 4.5 Mi., 17th St. & Arkansas, 9:30 a.m. Info: (415) 978-0837.

**Sacramento:** Pocket Pursuit Biathlon (5K Run, 30K Bike, 5K Run), Promenade Shopping Ctr., 8 a.m. American River Bike, 6391 Riverside Blvd., Sacramento 95831. (916) 427-6199.

**Merced:** Rascal Creek Run III, 10K & 1 Mi., Rahilly Park, 9 a.m./Mi., 9:15 a.m./Kids' Mi., 9:30 a.m./10K. Rascal Creek Run, 3241 Nashville Ct., Merced 95348. Dave: (209) 723-3911 or 722-4428.

**Mission Viejo:** Shamrock & Roll 5K, Saddleback College, 8 a.m. Info: Race Pace (714) 661-6062.

**Torrance:** Mobil St. Patrick's Day 10K, 5K & 1/2 Mi., 8 a.m. Info: Elite Racing, Inc. (714) 548-4897 or (619) 275-5440.

**Napa:** Napa Valley Marathon, Silverado Trail from Calistoga to Napa. Info: (707) 255-2609.

**Northridge:** 2nd Annual "Pals" Run for Youth, 5K & 10K, 9 a.m., Cal State Univ., Northridge. (818) 989-8270.

**Soquel:** Anybody's Triathlon, 3 Mi. Run, 10 Mi. Bike, 400 Yd. Swim, Soquel H.S., 8:15 a.m. (100 Limit). Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

**Pinole:** MiniMan Biathlon, 2.5 Mi. Run, 12 Mi. Bike, 2.5 Mi. Run, Ellerhorst School (Pinole Valley Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

## March 20 (Saturday):

**Sacramento:** Eagle Mtn. Snowshoe 10K Series, Eagle Mtn. Ski Resort (Hwy 80), (snow-shoe rentals available), Time TBA. Delmar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661. (916) 783-4558.

**Bakersfield:** Camp Fire Foot Fest, 5K/10K, Beach Park, 7:30 a.m./5K, 8 a.m./10K. Camp Fire, Linda Ivins, 508 18th St., Bakersfield 93301. (805) 327-7567.

**Arroyo Grande:** St. Patrick's 20K Great Race, 9 a.m. Lopez Lake. Steve Harris (805) 489-4729 or Jim Sousa (805) 481-3462, or St. Patrick's Church, 501 Fair Oaks, Arroyo Grande 93421 (805) 489-2680.

**Two Harbors (Catalina Island):** Catalina Island Marathon (500 Limit), Time TBA. California Athletic Productions, 21 - 39th Place, Long Beach 90803. (310) 433-4557.

**Boulder Creek:** Big Basin Marathon/Half-Marathon/5 Mi., Big Basin State Pk. HQ, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**Woodside:** Fifty-Plus Fitness Association Duathlon, 34K Bike, 8K Run, Canada Rd. near

Jefferson, 8 a.m. Lee Haskell, P.O. Box D, Stanford 94309. (415) 321-6160.

**San Jose:** Santa Teresa Wilderness Run, 5K/12K, Santa Teresa County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Virginia Beach, VA:** USATF Nat'l. Masters 8K Championships, Time TBA. Jerry Boccie, 2308 Maple St., Virginia Beach, VA 23451. (804) 481-5090.

## March 21 (Sunday):

**San Francisco:** DSE Kennedy Dr. Run, 4.7 Mi. (& 0.875 Mi. Kids' Run), Golden Gate Park (So. side of Polo Fields), 9 a.m./Kids, 9:30 a.m. Info: (415) 978-0837.

**Stanford:** Fifty-Plus Runners Assoc. 8K Run & 5K Run/Walk (50-and-over only), Stanford Stadium, 8 a.m. Lee Haskell, P.O. Box D, Stanford 94309. (415) 323-6160.

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

**Avalon (Catalina Island):** Catalina Island 5K/10K, Time TBA. California Athletic Productions, 21 - 39th Place, Long Beach 90803. (310) 433-4557.

**So. Calif.:** March Hare Sport Run, 2K/5K/10K, Location N/A, Time TBA. Info: Ginny Hoover (818) 348-0816.

**Los Angeles:** Cicique "Run to save the children", 5K/10K & Kiddie-K Fun Run/Walk, 8 a.m./5K, 8:30 a.m./10K, 10 a.m./Kiddie-K, Griffith Park, Info: (310) 828-4123 or (818) 961-3399.

**Ventura:** Run for the Music 10K, Ventura State Beach Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**Ontario:** Ontario 5000m & Half Marathon. Info: Ontario Chamber of Commerce (909) 984-2458.

**Fullerton:** Save Your Vision Run/Walk, 5K, 8 a.m., CSU Fullerton Campus, Lot G. Thelma (714) 879-3750 or 870-7226.

**Glendale:** Carpe Diem 5/10K. Verdugo Park. (818) 548-3797.

**Irvine:** Duathlon in Exile Spring Series, 5K Run, 20K Bike, 5K Run, 8:30 a.m. Info: SBR Sports (714) 733-2727.

**San Diego:** Spring Sprint Biathlon. East Mission Bay Park. 7:30 a.m. 5K run/ 25K bike/5K run.



# SCHEDULE

**Tucson, AZ:** Blue Cross Blue Shield of Arizona Tucson Marathon. (also marathon relay & 5K run.) (602) 326-9383.

## March 27 (Saturday):

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

**Redwood City:** Wildflower Wilderness Run, 4 Mi. & 7.5 Mi., Edgewood County Park (Edgewood Rd. & Crestview Dr.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Morgan Hill:** Wildflower Run, 2K/5K/10K, Live Oak H.S., 9 a.m. Carol Holzgrafe, 2710 Thomas Grade, Morgan Hill 95037. (408) 779-3563.

**Carlsbad:** Jr. Carlsbad 12 & Under Runs, 1/4 Mi., 1/2 Mi. & 1 Mi., Village of Carlsbad, 7:45 a.m. Elite Racing, Inc., 2431 Morena Blvd., Suite 2H, San Diego 92110. (619) 175-5440, (714) 548-4897.

**Redwood City:** South Bay Biathlon, 5 Mi. Run, 14 Mi. Bike, Canada College, Time TBA. J&A Productions, 2435 South Dr., Santa Clara 95051. (408) 244-8856.

**Fremont:** Beat the Peak 5K Walk, Ohlone Community College, 8 a.m. Mary Evans, The Property Professional, 39812 Mission Blvd., Fremont 94539. (510) 651-6500.

**Camarillo:** Camarillo Kiwanis 10K, Community Park, Time TBA. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**Atascadero:** Park to Park Half Marathon & 10K. Paloma Creek Park. Paula Anton, Atascadero Community Services, 6500 Palma Ave., Rm. #106, Atascadero 93422 (805) 461-5002.

**Crescent City:** Redwood Wild River Run, 15K & 5K, 11 a.m., ten miles northeast of Crescent City. RWRR, 645 Meridian, Crescent City 95531. Ralph Hirt (707) 464-3779.

**Huntington Beach:** Sea & Sun Run, 5K & 10 Mi., near Huntington Beach Pier, 8 a.m. Sea & Sun Run, P.O. Box 1984, Costa Mesa 92628. (714) 841-5883.

**Malibu:** Stotsenberg Race. 10K/5K. Pepperdine University. (310) 456-4115.

**Carpinteria:** Orchard to Ocean Run and Walk. 10K run/5K run-walk. Carpinteria High School. (805) 684-4544.

## March 28 (Sunday):

**San Francisco:** DSE Stern Grove Run, 4 Mi., 33rd Ave. \* Wawona, 9:30 a.m. Info: (415) 978-0837.

**Sausalito:** Houlihan's to Houlihan's 12K, Sausalito to S.F. (Aquatic Park), Time TBA. RhodyCo Productions (415) 668-2243.

**San Luis Obispo:** Cuesta 50K Biathlon, 10K Run, 40K Bike, Cuesta College, 8 a.m. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403.

**Carlsbad:** Carlsbad 5000, 5K, Village of Carlsbad, 7:30 a.m. (1st race. . . many divisions thru 9:50 a.m./Invit.). Elite Racing, Inc., 2431 Morena Blvd., Suite 2H, San Diego 92110. (619) 275-5440, (714) 548-4897.

**Los Angeles:** Jimmy Stewart Relay Marathon (5-person teams), Griffith Park, 8 a.m. Jimmy Stewart Relay Marathon, 1328 - 22nd St., Santa Monica 90404. (310) 829-8968.

**Oakland:** LMJS Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (14th & Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

## April 2-4 (Friday-Sunday):

**Catalina:** Catalina Clean Air Challenge. 50 Mile. (714) 640-0232.

## April 3 (Saturday):

**San Francisco:** Nimitz Run, 5K/10K, Treasure Island Naval Base, 9:30 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

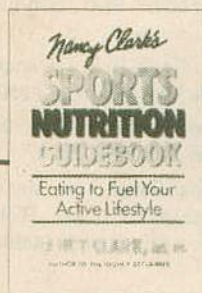
**Woodside:** Woodside Marathon/Half Marathon/5 Mi., Huddart County Park (off Kings Mtn. Rd.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**Sacramento:** American River 50 Mile, Time TBA (400 Limit). Delmar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661 (916) 783-4558.

**Bishop:** Hospice of the Owens Valley Benefit Run, 10K & 5K "Predict Your Time", Brown's Schober Lane Park (near US 395 & Schober Ln.), 9 a.m. Hospice Run, c/o Herm Spencer, Northern Inyo Hospital, 150 Pioneer Ln., Bishop 93514.

**San Luis Obispo:** Run to Beat Cancer, 5K. Cal Poly (Mott Gym). American Cancer

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# SCHEDULE

Society, 767-A Foothill Blvd., San Luis Obispo 93405.

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

**Fountain Valley:** Mission Run '93, 10K/5K/2 mile fun run. (714) 291-3404.

**Seal Beach:** Seal Beach 10K, Marina Center (1st & Marina Ave.), 8 a.m. Rick Hardy, P.O. Box 3209, Long Beach 90803. (310) 439-7769.

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### April 4 (Sunday):

**San Francisco:** DSE Beach Esplanade Run, 5.6 Mi., Balboa & Great Hwy., 9:30 a.m. Info: (415) 978-0837.

**San Jose:** Spartan Gold Rush Run, 5 Mi. (& 2 Mi. Walk), Hellyer Park, 9 a.m. Spartan Gold Rush, P.O. Box 720724, San Jose 95172. (408) 288-6951.

**Oakland:** Misty Redwood 5K/10K, Canyon Meadow Parking Lot, 9 a.m. American Lung Assoc., Sally Swope, 295-27th Ave., Oakland 94612. (510) 893-5474.

**Palo Alto:** Oak Creek Spring Forward Run, 5K, 1600 Sand Hill Rd., 8:30 a.m. Tom Osborne, City of Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Los Gatos:** Holy City Dash, 10K, near Alma Bridge, 9:15 a.m. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos 95030. (408) 324-7365.

**Sacramento:** NorCal Duathlon #2, 5K Run, 30K Bike, 5K Run, Discovery Park, 8 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

### April 10 (Saturday):

**San Francisco:** Ocean Beach 5K, Balboa & Great Hwy., 8:30 a.m. Ocean Beach 5K, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

**San Francisco:** Rabbit Run 5K, Golden Gate Park (Polo Fields), 9 a.m. South Park Race Productions, P.O. Box 77681, San Francisco 94107. (415) 665-3397.

**Sausalito:** Golden Gate Headlands Marathon, Half-Marathon & 7 Mi., Ft. Cronkhite (Rodeo Beach), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

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

**Marina:** Marina 5-Miler & 1 Mi., 3200 Del Monte, 9 a.m. Don Garl, Marina Recreation Dept., 211 Hillcrest Ave., Marina 93933. (408) 384-4636.

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

**Irvine:** Fleet Feet Irvine Run Your Bunnies Off. 5K. Irvine Marketplace. (714) 854-3338.

**Irvine:** Orange County Stride. Mason Re-

gional Park. 8 a.m. 8K or 2 mile nature walk. Charlotte Clarke, OCFED, Box 9118, Fountain Valley 92708 (714) 963-1430.

### April 11 (Sunday):

**San Francisco:** DSE Easter Sunday Egg Run (Mt. Davidson), 3 Mi. & 0.5 Mi. Kids' Run, Riordan H.S. (175 Phelan), 9 a.m./Kids', 9:30 a.m. Info: (415) 978-0837.

### April 17 (Saturday):

**San Francisco:** Ruth Anderson 100K, Lake Merced (Sunset Blvd. Parking Lot), 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (510) 530-6634.

**San Mateo:** CSM Distance Carnival, 800m, 1500m, 5K, 10K, Steeple, Open & JC Divisions, Time TBA. Info: Dave Shrock (415) 574-6448.

**San Jose:** Almaden Triathlon Challenge, 8 Mi. Run, 23 Mi. Bike, 20 Mi. Horse, Calero Park, Time TBA. Info: Skip Lightfoot (408) 226-0745 or (208) 779-4243.

**Antioch:** Golden Triangle Triathlon, 1/2 Mi. Swim, 16 Mi. Bike, 4 Mi. Run, Contra Loma Regional Park, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Ft. Bragg:** Mendocino Los Coast Trail Marathon, 25K & 10 Mi., USAL Creek Campground at So. end of Sinkyone Wilderness State Park, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**Chico:** Chico Masters 4 Mile, Bidwell Park, 9 a.m. Chris Langseth, c/o Enloe Hospital/Stress & Health Center, 5th Ave. & Esplanade, Chico 95926. (916) 891-7411.

**El Dorado Hills:** Mother Lode Biathlon, 6 Mi. Run, 28 Mi. Bike, El Dorado Hills Blvd., 8 a.m. Tom Faulkner, Fleet Feet Sports, 1730 Santa Clara Dr., #D3, Roseville 95661. (916) 783-4558.

**Rio Bravo:** Rio Bravo 10-Miler, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Temecula:** Calloway Vintage Run. 10K/5K. Temecula Wine Country. (800) 800-4038.

**Irvine:** Fleet Feet Triathlete Irvine Sprint Duathlon Series. 3K/15K/3K. 8 a.m. Santa Margarita High School, 22062 Antonio Pkwy. (909) 466-0952 or (714) 854-FEET.

**Lake Powell, Page, AZ:** Lake Powell Marathon & 10K. 6 a.m./Mara., 8:30 a.m./



# SCHEDULE

10K, begins in Big Water, Utah and ends in the City of Page. Info: (800) 835-4671.

## April 18 (Sunday):

**San Francisco:** DSE U.S.S.S.F. Monument to Baker Beach Run, 6.5 Mi. (parking lot above Clement & Wl Camino del Mar, 48th Ave.), 9:30 a.m. Info: (415) 978-0837.

**Pescadero:** Duarte's Artichoke Half-Marathon (flat) & 10K, 202 Stage Rd., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**San Francisco:** San Francisco Women's Classic (Bonne Bell) 5K/10K, Golden Gate Park (Academy of Sciences), 8:30 a.m. Pamakid Runners: (415) 681-2323.

**Palo Alto:** IAMS Dog's Best Friend Run, 5K, Baylands Athletic Ctr. (Geng & Embarcadero), 9 a.m. Tom Osborne, Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Livermore:** Livermore Fitness Day 5K/10K, The Barn (3000 Pacific Ave.), 8 a.m. Rich Lang/Sheryl Hardin, L.A.R.P.D., 70 Trevano Rd., Livermore 94550. (510) 373-5700.

**Byron:** Rally Around the Lake 5K, Discovery Bay Swim & Racket Club, 9 a.m. Phil Paulson, 1601 Discovery Bay Blvd., Byron 94514. (510) 634-6654.

**Corralitos:** Bighead Duathlon, 2 Mi. Run, 12 Mi. Bike, 2 Mi. Run, Bradley Elem. School, 8 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95501. (408) 688-6072.

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

**Pollock Pines:** Run of the Pines 10K/5K, Sierra Ridge Middle School (2700 Amber Trail), 9 a.m. Bruce Boom, 6126 Dolly Barden St., Pollock Pines 95726. (916) 644-5908.

**Modesto:** Modesto Marathon & Half-Marathon, Blue Gum & Carpenter Rd., 7:30 a.m. Info: Joann Hull (209) 578-4575.

**Irvine:** UCI Zot Trot. 5K. University of California Irvine. (714) 661-6062.

**Upland:** San Antonio Hospital 5K/10K. Memorial Park. (909) 985-2811 ext 3997.

**Laguna Beach:** Laguna Classic Run. 10K, 5K, 1K. Laguna Beach Sawdust Festival Grounds. (714) 494-3980.

**San Diego:** Rainforest Run. 5K Run/Walk, 1 mile Walk. Mission Bay Park. (619) 272-8316.

## April 19 (Monday):

**Hopkinton, MA:** Boston Marathon, Time TBA. Boston Marathon, P.O. Box 1993, Hopkinton, MA 01748. (508) 435-6905. Qualifying Times Req'd.

## April 24 (Saturday):

**Lake Berryessa:** Berryessa Triathlon, 1/2-Mi. Swim, 16 Mi. Bike, 4 Mi. Run, 5 Mi. Bike, Putah Creek Resort, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**San Bruno:** Band On The Run 5K/10K, Capuchino H.S. (1501 Magnolia), 9 a.m. Don Conkling, 416 Acacia, San Bruno 94066. (415) 952-6454/Wk, (415) 952-8127/H.

**Sausalito:** California 49'R Double Marathon, Marathon & 30K, (Dbl: Limantour Beach; Mara. & 30K: Pantoll Ranger Sta.), 6 a.m./Dbl., 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**Milpitas:** LSI Logic Classic, 5K/10K, 1501 McCarthy Blvd., 9 a.m. LSI Logic Classic 5K/10K, 1501 McCarthy Blvd., Milpitas 95035. (408) 433-8525.

**Sacramento:** Not So Taxing 5K & 5 Mi., Glen Hall Park, 8 a.m. Carolyn Burns, 8930 Lismore Dr., Elk Grove 95624. (916) 685-3439 or 451-9217.

**Arvin:** Arvin Wildflower Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Taft:** Taft Westside Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Pismo Beach:** Pismo Pier 10K Run. 9 a.m. Ernie de la Cruz, Pismo Beach Recreation Dept., Box 3, Pismo Beach 93448.

**South Pasadena:** YMCA Road Runner Classic. 5K/10K. 7:30 a.m. 1K "Kiddie K" at 8:45 a.m. Through South Pasadena and San Marino. Call YMCA (818) 799-9119.

**San Diego:** Cuyamaca 50K Trail Run. Cuyamaca State Park east of San Diego. (619) 788-4828.

**Anchorage, AK:** USATF Nat'l. Masters 5K Championships, Location & Time TBA. Roy Reisinger, 2630 Forest Park Dr., Anchorage, AK 99517. (907) 277-7279.

**Cabo San Lucas:** Cabo San Lucas International Half Marathon & 5K. Los Cabos Committee, P.O. Box 60371, Bakersfield 93386. (805) 871-4288.

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## April 25 (Sunday):

**San Francisco:** DSE Parnassus Heights Run, 3.24 Mi., Clarendon at 7th Ave. & Laguna Honda Blvd., 9:30 a.m. Info: (415) 978-0837.

**Eureka:** HCAR Ride, Run, & Roll, Ferndale to Arcata, 51 miles. HCAR-Event Registration, P.O. Box 3154, Eureka 95502. Ross Jantz, Event Coordinator 443-8317.

**San Francisco:** Kimochi Cherry Blossom Run, 5 Mi. (& 2 Mi. Walk), 41st Ave. & Martin Luther King Dr. (Golden Gate Park), 8 a.m. Kimochi Administration, 1840 Sutter St., #208, San Francisco 94115. (415) 931-2294.

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

**Pleasanton:** Dog Days Family Run & Ride, various distances, Hacienda Business Park, 9 a.m. Kaleidoscope Activity Center, 7425 Lark Dale Ave., Dublin 94568. (510) 828-8857.



# SCHEDULE

**Stanford:** Challenge for Charity Race, 5K/10K, Stanford Stadium, 8 a.m. Info: Runner's High (415) 325-9432.

**Los Gatos:** The Tortoise & The Hare 10K Run/5K Walk, downtown, 8:30 a.m. The Good Samaritan League (408) 559-2555.

**Healdsburg:** Fitch Mountain Footrace, 3K & 10K, Plaza Park, 8 a.m. Mark Graham, Healdsburg Park & Rec., P.O. Box 578, Healdsburg 95448. (707) 431-3301.

**Yountville:** Rotary's Napa Valley 5K/10K, Yountville Park, 8:30 a.m. Info: Ed (707) 252-7177.

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

**Davis:** NorCal Duathlon #3, 5K Run, 30K Bike, 5K Run, Davis Community Parks, 8 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

**Carmel:** Big Sur International Marathon & 5K, Pfeiffer Big Sur State Park to Carmel (on Hwy 1), 7 a.m. BSIM, Box 222620, Carmel 93922. (408) 625-6226.

**Stockton:** Stockton Asparagus Festival Fun Run, 3 Mi. X-C Run/Walk, Oak Grove Regional Park, 8:30 a.m. Stockton Asparagus Festival, 1132 No. Hunter St., Stockton 95202. (209) 466-6674.

**Hornitos:** Indian Gulch to Hornitos 5 & 10 Mi., 7:30 a.m. Info: Jean Schwisow (209) 722-8385.

**Lompoc:** Laura Stegman Memorial Women's 5K Run, River Park. Bill & Mary Graham, Box 694, Lompoc 93438 (805) 736-4696.

**Pierce College:** Crespi Classic 5K/10K Runs, football stadium, Time TBA. Info: (818) 881-4578, (818) 345-1672.

**La Jolla:** La Jolla Half Marathon. La Jolla Shores 5K & WindanSea 5 Mile Stride. 7:30 a.m. (619) 454-1262.

## Looking Ahead

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

**May 1 (Sat.): San Jose:** Mt. Hamilton Marathon, Half-Marathon & 10K, Joseph Grant County Park (Mt. Hamilton Rd.), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-2611.

**May 2 (Sun): Weott:** Avenue of the Giants Marathon & 10K, Dyerville Bridge, Time TBA. Ken Yonasko, 281 Hidden Valley Rd., Bayside 95524. (707) 443-1226.

**May 8 (Sat.): Stinson Beach:** Bolinas Ridge Wild Boar Marathon, 9 Mi. & 18 Mi., Five Brooks (Mara. & 18 Mi.), Bolinas/Fairfax & Ridgecrest on Mt. Tam (9 Mi.), 9 a.m./Mara. & 18 Mi., 10 a.m./9 Mi. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.


**May 9th (Sun.): Ferndale:** Tour of the Unknown Coast, Humboldt County Fairgrounds, 10 Mi/9 a.m.; 20 Mi/8:45 a.m.; 50 Mi./8:00 a.m.; 100 Mi./7 a.m. RSVP/TUC '93, P.O. Box 275, Eureka 95502.

**May 16 (Sun.): San Francisco:** Examiner Bay to Breakers 12K, Howard & Spears Sts., 8 a.m. (Elite Field must qualify by 4/15). EXBB, P.O. Box 42000, San Francisco 94142. (415) 777-7773.



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# ROAD RACE SPOTLIGHT

Story and Photos by Richard Lee Slotkin

## Western Hemisphere Marathon

### December 6. Culver City.

After winning the Saint George Marathon just a month ago with a 2:20:50 PR, it must have felt like a brisk workout for Jose Ortiz Pina as he cruised comfortably to a 2:27:43 win here. "Here" being Culver City and the 45th running of the Western Hemisphere Marathon.

How comfortable was it? Well, a 2:28 is about a 5:39 pace, not much of an effort for an elite runner, especially on a cool, almost cold, overcast morning. And from 16 miles on, almost all of the miles were over 5:45. But who cares if no one is even in sight behind you?

Which is exactly how it was by mile 18; and exactly how it stayed. Ortiz took over the lead from an I'm-only-in-it-for-20-miles Alfredo Rosas between miles 10 and 11. Luckily, for Ortiz, Rosas wasn't in marathon shape because Rosas won here a few years ago with a 2:25 and some change. He wasn't in top shape then either, having run a 2:22 just two weeks before that.

But, that was then and this was Ortiz's day. Funny, though; this race is never close. Soon or later, someone, year after year after year, takes over the lead at some point and finishes unchallenged despite the fact that some of the winners have finished the last mile or two just a breath away from total collapse.

Ortiz wasn't hurting at all, though. He finished with a 2 minute lead on second place Pete Kaplan, the 4th year in a row in which a Gardena Valley Runner has won this race. Kaplan had been running in second place when, unexpectedly, the leader left the road at the six mile mark. He wore a Gardena Valley Runners singlet but no number and I never did make a positive identification. As we neared the 6 mile mark an official ordered the pace car to fall back and lead the first runner with a number, which was Kaplan. By that time, the GVR had opened up a substantial lead only to exit the race just as the official challenged him. But this clown--yeah, that's exactly what I think of him--took a few people along on a 5:30 to 5:35 pace.

It seems to me that if someone is going to run 6 miles of a marathon and do it all from the front, he owes it to those running with him to tell them what he's up to. Otherwise, he ought

to stay out of the way. Better yet, find a 10K to use up all that energy. Unless, of course, the idea is to burn out the early leaders so that one of your teammates can reel in the dead meat at his leisure.

Fortunately, it didn't quite work out that way. In fact, when Rosas took the lead at 7 miles, he demonstrated some real speed, knocking off a few 5:17's and :18's. While Rosas was temporarily looking good, Kaplan more or less disappeared. But when it was all over and Rosas was gone and Pina had won, Pete K. was the second one to cross the finish line, the second time he's done that here, and he did it under 2:30. 2:29:40 to be exact. For Culver City, that's not bad at all. Last year the race was won in 2:34. Third place did better than that this time, Steve Berry finishing in 2:33:36.

Kaplan said the unknown-unnamed anyway-GVR didn't bother him at all. In fact, the pace was just what he had planned. Rosas' 5:17s were a whole 'nother story. He just stayed with his 5:35-45 pace.

The women's race was possibly even more impressive. Tracey Varga came to the race with a 2:47 PR and, sadly, a bad cold. That still got her a 2:53:47, a very good time for Culver City, and not too bad in most places.



MARY BUTTON

For 18 miles she had the lead but she was being tailed by Mary Button, who not only didn't have a cold, but was feeling good enough to get a PR. Passing the suffering, but persevering Varga at 18 miles, she kept extending the gap until it was 2 minutes and 45 seconds when she broke the tape with a best ever 2:51:02.

That put her 16th overall; Varga was 20th. I'd call that a pretty good showing. It was a while, though, before the next F showed up, Abby Grennell in 3:07:43. That would have gotten her 2nd place last year, only 40 seconds behind the winner.

It's coming slowly but it is coming. This race has had some new blood injected into it in the past few years and it's doing a good job. It did serve as the Olympic Trials once. Who knows? Maybe one day. . .

*continued next page...*



# BOOK REVIEW

## The Heart Rate Monitor Book



JOSE ORTIZ PINA -- "Home Free"

### Overall Results - Men

1. Jose Ortiz Pina (29) 2:27:43, 2. Pete Kaplan (36) 2:29:40, 3. Steven Berry (34) 2:33:36, 4. Kevin Herbert (28) 2:34:30, 5. Brian Nelson (35) 2:34:37, 6. Cesar Vasquez (29) 2:37:07, 7. Armand Crespo (24) 2:38:42, 8. Mark Courtney (36) 2:39:49, 9. Stephen Brown (28) 2:41:13, 10. Brant Cochran (36) 2:41:16, 11. Richard Hellman (27) 2:43:53, 12. John Adams (34) 2:43:59, 13. Craig Davidson (39) 2:46:40, 14. Tom Vojacek (32) 2:48:11, 15. Kirk Hinsey (29) 2:50:16, 16. Button 2:51:02, 17. James Herrick (40) 2:53:14, 18. Ben Smith (30) 2:53:17, 19. Bren Conner (30) 2:53:39, 20. Varga 2:53:47, 21. Ken Belliveau (39) 2:53:53, 22. Ken Moffitt (42) 2:56:43, 23. Bill Entz (38) 2:57:32, 24. Bob Streets (40) 2:57:47, 25. Simon Rubin (50) 2:57:53.

### Overall Results - Women

1. Mary Button (33) 2:51:02, 2. Tracey Varga (29) 2:53:47, 3. Abby Grenell 3:07:43, 4. Elizabeth Usher 3:16:06, 5. Rachel Ryerson 3:21:19, 6. Yvette Lavigne 3:23:18, 7. Galia Pistotnik 3:23:46, 8. Lorraine Gersitz 3:25:40, 9. Judy Oman 3:27:09, 10. Francisco Fabian 3:30:36.

In 1991, Sally Edwards, at 44 years of age, won the Masters Division of the Ironman Triathlon. Not only was she at the top of the age bracket for that group, 40-44, but also she started the marathon in 4th place, behind by 25 minutes. She's a remarkable woman and elite competitor, but even so that performance was exceptional. She credits her win to the assistance of a gadget which isn't new but is high-tech: a heart rate monitor. So convinced is she of the value of the information the monitor provides that she has written a book on the subject, aptly named *The Heart Rate Monitor Book* (1992, Polar Electro Oy, \$12.95).

With unabashed enthusiasm, Sally, in her personal, chatty style, describes all the benefits of using a monitor for exercisers of any age or ability. Although she has been athletic most of her life and is comfortable with intense competition, the monitor provides specific information she uses to improve her performance in training and racing. If it can help someone so highly trained, one can't but feel it would be valuable for the average athlete.

Most of us do our workouts on either the perceived exertion scale or pulse rate. If we want precise feedback, however, and maximum benefit from each session, both these methods are very imprecise. Perceived exertion is a function of the mind and can be influenced by too many variables, such as fatigue, stress, financial worries. Pulse rate, in clinical studies, has varied by as much as 17 beats per minute from heart rate. In non-research situations, like your daily run or bike ride, taking your pulse to judge exertion is even more erroneous. A heart rate monitor measures individual cardiovascular and physiological response to exercise. In beats per minute it indicates the efficiency of your body, how much energy is required to pump the blood through the heart. Because response to training is individual, what is a high level of intensity for one person might be moderate for their training partner. The monitor allows each person to pick the intensity desired for any given day and achieve that, whether in a group or exercising alone.

Sally feels that "racing with a wireless telemetry heart rate monitor can be worth milliseconds in a sprint, minutes in a marathon, and hours in an ultra. Training with a heart rate monitor can mean hundreds of calories burned, many pounds of fat lost, and shorter, more motivated and enjoyable workouts. They provide the means to accelerate

the athlete's learning curve of self-understanding and fine-tune their ability to consciously adjust their body rhythms."

It directly links the mind with the body, by providing feedback to the mind on how the body is doing. The monitor gives constant measurements of the heart's response to physiological variables such as caffeine, moods, attitudes, stress. If your heart rate increases to maintain a set pace, because the weather is hot or you are fatigued, you'll know immediately if you are exceeding your training limits and can adjust your intensity accordingly.

This is great news. You can compete in any group or activity yet be constantly aware of how you personally are doing. Sally's experience in the Ironman gives us a fine example of this strategy. She finished the swim exactly in the time of her race plan. She kept steady on the bike at 155-160 bpm, even though many cyclists passed her. As she changed to running shoes and moved the monitor from the handlebars to her wrist, she took off at a 172 bpm pace for the marathon in 4th place. By the half way point, she was in 2nd place but still 10 minutes behind. That meant Edwards would have to run almost a minute per mile faster than the second place runner to catch her. By mile 21, her mind began to issue negative thoughts. Her monitor showed 155 bpm - she had allowed her mind to slow her down. Painfully she picked up that pace to 172 bpm and took the lead at mile 22. "I did it. I won. It (the heart rate monitor) allowed me to monitor the status of my mental attitude and physical stamina, to control it and coax myself towards victory."

Why does Sally, at 44, care about winning, her heart rate, a trophy? This book is her statement of the meaning of life for her, a champion masters athlete. "...experience it for yourself. Go feel what it's like to reach so deeply inside that you brush against your core Self. Go win and go lose, but never stop learning about the world, and about yourself." And take your heart rate monitor with you.

--Barbara T. Erskine, Books for Runners

For information or a free catalog, contact her at The CAVU Company, 386 Portlock Road, Honolulu, HI. 96825-2027.



# THE ATHLETE'S KITCHEN

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

## Revisiting Vitamin C in 1993

TWENTY YEARS AGO, Linus Pauling made seemingly outrageous claims that megadoses of vitamin C could be a cure-all -- especially for cold sufferers. The medical profession severely criticized his advice with skepticism. Today, the tables have turned. Vitamin C may indeed be the touted cure-all. Although improving athletic performance and reducing colds are still not among the benefits (C may reduce the symptoms of the cold, but not reduce the number of colds per se), vitamin C may prolong life by lessening the risk for heart disease and cancer.

Vitamin C (ascorbic acid) has many functions in the body. It is an anti-oxidant that protects cells from being damaged. It boosts immunity, helps with wound healing, and increases the absorption of iron from vegetables and grains. As humans, we can't make vitamin C, so we have to eat it.

How much vitamin C do we need to optimal health? That is the big question. Here's some of what is known.

✓ The Recommended Daily Allowance (RDA) for vitamin C is 60 milligrams per day. Given that 10 mg. per day eliminates deficiency symptoms, the RDA includes a large safety margin.

✓ If you consistently eat the RDA, you'll have body stores of about 900 mg. C, enough to prevent the deficiency disease scurvy for four weeks if you were to eat a diet containing no vitamin C during that time (unlikely, even among people who eat few fruits and vegetables). Consuming 200 mg. or more of C per day maximizes body stores at 3,000 mg.

✓ Eating 200 mg. C, an amount easily attainable through fruits and vegetables, seems a reasonable recommendation for the health-conscious person who wants to boost body stores and not impose a threat of toxicity.

As regards cancer, Vitamin C has been shown to delay the onset of cancerous tumors, delay tumor growth, prolong survival, reduce toxicity as a result of treatment and increase the efficiency of treatment. People

who eat lots of vitamin C-rich fruits and vegetables tend to have a lower risk of getting some types of cancer (esophagus, mouth, stomach and pancreas), but it's debatable whether or not the vitamin C is the protective factor or other nutrients in the fresh produce. You certainly can't go wrong with eating the recommended five or more servings per day of fruits and veggies and most studies, to date, suggest that generous servings of fresh produce (rather than pills) pave a safe route to optimizing health.

Vitamin C is absorbed from natural food better than from pills. Plus, fresh fruits contain many more potentially protective nutrients than just vitamin C (i.e., fiber, beta-carotene). Oranges, for example, have bioflavonoids, substances that enhance vitamin C absorption. In study where subjects were given vitamin C in the form of a citrus extract vs. ascorbic acid pills, those given the citrus extract absorbed 35% more.

To boost your C intake: have cereal with strawberries or other fruit, when thirsty, drink extra juices instead of soda or sports drinks, smother pasta with generous amounts of tomato sauce, choose pizza loaded with peppers, stock a week's supply of oranges at work so they are conveniently available, eat piles of broccoli when you do eat a cooked dinner, and at the salad bar, fill the bowl with colorful veggies (tomatoes, peppers, spinach, broccoli).

Broccoli, ckd, 1 med. stalk	160
Green pepper, 1/2, raw	50
Tomato, raw, 1 medium	30
Spaghetti sauce, 2/3 c	15
Cantaloupe, 1/4 medium	70
Orange, navel, 1 medium	65
Orange juice, 1/2 cup	60
Grapefruit, 1/2 medium	40
Strawberries, 1 cup	85
Kiwi, 1 medium	75
Banana, medium	10
Potato, baked, 1 large	30

Although the RDA for C is adequate, is it enough to protect future health? Debatable. In a study comparing people who ate 1) less than 50 mg. C/day, 2) >50 mg. C from dietary sources or 3) >50 mg. + Vitamin C pills, a ten-year follow-up survey showed that the men who consumed the higher amounts of vitamin C experienced 35% fewer deaths than predicted--deaths from heart disease were 42% lower; from cancer, 22% lower.

What stands out in this study is the suggestion that taking supplements may be beneficial, even if you are eating more than the RDA in your daily diet. Perhaps the high doses enhance the vitamin's anti-oxidant properties and help protect against damage in the artery walls. Until more studies are done, we cannot be confident that taking supplements will be beneficial, but there is little reason to believe modest supplementation will be harmful.

Will higher doses of C hurt you? More than 21% of the population habitually takes vitamin C supplements of >300 mg. without having developed toxic reactions to date. The long-term risks, if any, are unclear but may include nutrient imbalances, kidney stones, reduced B-12 levels and worsening of gout. People who choose to self prescribe megadoses should do so knowing they may create future problems. However, no harm is associated with eating generous portions of fruits and vegetables. Five a day may keep the doctor away!



Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, teaches people how to eat for health. Her popular Sports Nutrition Guidebook is filled with suggestions. Ask for it at your local bookstore or send \$16.50 to NESP, P.O. Box 252, Boston 02113.



# RESULTS

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

## American Discovery Trail Marathon

Sept. 2. Muir Woods, Mill Valley.

### Overall Results - Marathon

1. John Clark (50) Citrus Heights 5:00:50, 2. Joan Risse (42) Santa Rosa 5:10:10, 3. Richard Gillespie (45) Santa Rosa 5:10:10.

### Overall Results - 25K

1. Richard Parker (46) San Francisco 2:38:20, 2. Stan Jensen (39) Moss Beach 3:08:00, 3. Wilma (42) Mill Valley 3:22:10, 4. Paul Eisenberg (48) Oakland 3:26:30, 5. George Lough (44) Hayward 3:27:00.

## Trail of the Giants Marathon

Sept. 19. Redwood State Park, Weott.

### Overall Results - Marathon

1. Ron Howard (41) Ukiah 3:24:35, 2. Ken Masick (47) Bloomingdale, IL 3:27:30, 3. Andrew Kotulski (52) Danville 3:39:12, 4. Ed Willard (40) San Francisco 3:44:46, 5. Richard Parker (46) San Francisco 3:46:00.

### Overall Results - Half Marathon

1. Robert Scanlon (45) San Anselmo 1:38:55, 2. Geoff Espin (31) Oakland 1:38:55, 3. Colin Smith (37) Fremont 1:39:30.

## Muir Beach Trail Marathon

Sept. 26. Muir Beach, Marathon/Half Marathon.

### Overall Results - Marathon

1. Polak Wolfgang (42) Sunnyvale 4:04:29, 2. Eldrich Gosney (51) Vallejo 4:34:50, 3. Mark Johnson (35) Antioch 4:36:50, 4. Jennifer Varno (25) Mt. View 4:36:50, 5. Howard Daniel (59) Oakland 4:54:30, 6. John Clark (50) Citrus Heights 4:55:59, 7. Jennifer Jolly (21) San Francisco 4:59:26, 8. David Hoewisch (44) Campbell 4:59:45, 9. Eric Gould (34) Mt. View 5:04:41, 10. Ellen Troth (45) Castro Valley 5:05:29.

### Overall Results - Half Marathon

1. Guy Palmer (33) San Rafael 1:32:24, 2. Rodney Paplow (24) Vallejo 1:43:55, 3. Jim Bystrek (41) San Rafael 1:46:05, 4. Jack Sayers (29) Fairfax 1:46:35, 5. Kimo Bailey (35) San Francisco 1:48:28, 6. Philip Ginsburg (25) San Francisco 1:56:45, 7. Sue Chen (40) San Leandro 1:57:15, 8. Deane Day (38) Oakland 2:00:17, 9. Don Kaiser (45) San Anselmo 2:00:55, 10. Jon Creek (46) Richmond 2:00:55.

## Portola Valley Trail Marathon

October 10. Portola Valley.

### Overall Results - Marathon

1. Richard Parker (46) San Francisco 1:42:20, 2. Andrew Kotulski (52) Danville 1:55:35, 3. Paul Levy (37) Portola Valley 2:00:18.

### Overall Results - Half Marathon

1. Andrew Gage (26) Palo Alto 1:27:38, 2. Patrick Schuck (28) Mt. View 1:37:32, 3. Neil O'Sullivan (35) Half Moon Bay 1:40:16, 4. Peter Bianchi (35) Cupertino 1:42:56, 5. Katie Scott (39) Santa Cruz 1:43:30, 6. Richard Mainz (30) Redwood City 1:44:25, 7. Wayne Bennett (35) Palo Alto 1:44:30, 8. Elizabeth Simpson (34) Oakland 1:44:37, 9. Jim Green (42) Portola Valley 1:44:45, 10. Susan Willis (24) Los Altos 1:44:46.

### Overall Results - 9 Mile

1. Curt Riffle (37) Los Altos 1:19:30, 2. Phil Darnall (48) San Jose 1:22:09, 3. Jill Shenkel (21) Stanford 1:23:10.

## Aptos Creek Trail Marathon

October 24. Nisene Marks State Park, Aptos.

### Overall Results - Marathon

1. Robert Stogsdlil (39) Nipomo 3:49:55, 2. Robert Schmidt (45) Springfield 3:50:12, 3. George Hall (41) Aptos 3:53:18, 4. Wolfgang Polak (42) Sunnyvale 3:58:15, 5. Thomas O'Connell (41) San Jose 4:02:22.

### Overall Results - Half Marathon

1. Bob Ebert (38) Santa Cruz 1:23:32, 2. David Baker (19) Santa Cruz 1:31:34, 3. Tane Abbott (29) San Francisco 1:36:02, 4. Quinn Wildman (31) Felton 1:37:19, 5. Sundar Nagarathnam (30) San Jose 1:38:27, 6. Dennis Hartley (53) Scotts Valley 1:38:47, 7. Michael Lavelle (27) Capitola 1:39:02, 8. Debbie Holst (32) Morgan Hill 1:41:00, 9. Mark Neiman (37) Watsonville 1:41:45, 10. Jerry Hills (41) Aptos 1:44:20.

### Overall Results - 10K

1. Fernando Loza (28) Santa Cruz 40:00, 2. Luis Chacon (16) Santa Cruz 42:00, 3. Tom Baker (39) Aptos 42:50, 4. Jerry Dietrich (58) Scotts Valley 45:45, 5. Randy Mahoney (38) Los Altos 48:15.

## Clarksburg Fun Runs

November 15. Clarksburg. 5K & 30K.

### Division Results - Men's 5K

**Overall Winners:** 1. Ernie Freer 14:57, 2. Mel Petersen 15:26, 3. Thom Trimble 16:20. **Masters:** 1. Jim McElroy 17:39, 2. Jim Mudd 19:01, 3. Dennis Lloyd 19:18. **12 & Under:** 1. Michael Seebeck 24:09, 2. Christopher Zarzana 26:42, 3. Corey Stipp

28:02, 13-14: 1. Kyle Royer 19:48, 2. David Hunn 23:23, 15-19: 1. David Evans 17:52, 2. Brent Barnum 18:29, 3. Eric Lay 20:28. **20-24:** 1. Jose Loza 17:35, **25-29:** 1. Ernie Freer 14:57, 2. Mel Petersen 15:26, 3. Paul Blodgett 16:27, **30-34:** 1. Thom Trimble 16:20, 2. Eduardo Cardenas 16:37, 3. Popo Fairhop 17:49, **35-39:** 1. Tim Williams 16:32, 2. Patrick Nelson 18:03, 3. Jeffery Bell 20:53, **40-44:** 1. Jim McElroy 17:39, 2. Dennis Lloyd 19:18, 3. Mike Hipsher 19:32, **45-49:** 1. Jim Mudd 19:01, 2. Butch Stratton 20:00, 3. Jon Thomas 20:14, **50-54:** 1. Charles Conway 19:30, 2. Bob Guenther 19:40, 3. Robin Hudson 20:30, **55-59:** 1. Tony Austin 20:50, 2. Gary Hollinger 21:42, 3. Bill Won 22:16, **60 & Over:** 1. Everett Riggie 20:00, 2. Lloyd Anderson 22:17, 3. Bob Burns 24:25.

### Division Results - Women's 5K

**Overall Winners:** 1. Joanne Kelley 19:06, 2. Beth Weiger 21:16, 3. Cathy Cunliffe 21:37. **Masters:** 1. Cathy Rohm 21:39, 2. Marijke Valencia 23:02, 3. Chiyo Shingu 24:11. **12 & Under:** 1. Rachel Evenson 27:40, 2. Gillian Sandusky 32:32, 3. Sarah Dubos 54:17, 13-14: 1. Heidi Reed 22:24, 15-19: 1. Leilani Nisperos 31:22, 2. Julie Jordan 31:41, **20-24:** 1. Joanne Kelley 19:06, 2. Nicole Garcia 27:33, 3. Irma Garcia 32:02, **25-29:** 1. Beth Weiger 21:16, 2. Hillary Olson 23:47, 3. Alice Stebbins 24:37, **30-34:** 1. Cathy Cunliffe 21:37, 2. Elizabeth Lundeen 23:26, 3. M.J. Schuh 25:23, **35-39:** 1. Linda Zarzana 23:00, 2. Deborah Hawke 23:46, 3. Janet Pedrotti 23:47, **40-44:** 1. Cathy Rohm 21:39, 2. Jennifer Ekstedt 24:31, 3. Mary Spicher 26:01, **45-49:** 1. Marijke Valencia 23:02, 2. Betty Root 24:29, 3. Dorothy Brown 24:32, **50-54:** 1. Chiyo Shingu 24:11, 2. Ruby Hurtado 25:37, 3. Karen Diekmeyer 26:10, **55-59:** 1. Marvella Taylor 36:06, 2. Darlene Kehr 38:05, 3. Ruth Elred 43:34, **60 & Over:** 1. Chris Cleveland 31:05, 2. Charlotte Walker 36:28, 3. Barbra Farren 40:23.

### Division Results - Men's 30K

**Overall Winners:** 1. Chris Hood (Wheelchair) 1:30:23, 2. Jerry Deets (Wheelchair) 1:32:41, 3. Rich McCandless 1:35:42. **Masters:** 1. Jerry Deets 1:32:41, 2. Leonard Hill 1:39:26, 3. James Milton 1:43:18, 15-19: 1. Bob Cogburn 2:51:01, 2. Christopher Ralentine 2:51:02, **20-24:** 1. Edmund Burke 1:46:25, 2. Torrance Tand 1:49:05, 3. Chuckie V 1:50:25, **25-29:** 1. Joseph Karnes 1:39:46, 2. Mike McManus 1:40:38, 3. Joe Carnegie 1:49:03, **30-34:** 1. Chris Hood 1:30:23, 2. Jose Pilar Aispuro 1:41:58, 3. Robert Anex 1:42:17, **35-39:** 1. Rich McCandless 1:35:42, 2. Dennis Kurtis 1:43:10, 3. Nathan Smith III 1:49:15, **40-44:** 1. Jerry Deets 1:32:41, 2. Leonard Hill 1:39:26, 3. James Milton 1:43:18, **45-49:** 1. Ewar Gordillo 1:52:01, 2. Frank Ruona

1:53:33, 3. Gabriel Sandoval 1:54:55, **50-54:** 1. Jon McPherson 1:53:42, 2. Tim Rostegge 1:56:04, 3. Dan Preston 2:00:39, **55-59:** 1. Bob Barber 2:03:34, 2. Philip Hager 2:07:44, 3. Bernie Hollander 2:08:20, **60-64:** 1. Carl Ellsworth 2:08:54, 2. John Russell 2:20:01, 3. Ephraim Romesberg 2:24:02, **65-69:** 1. Jimmy Low 2:47:59, 2. Vic Lyons 3:43:26, 3. Robert Herrera 4:04:13, **70-74:** 1. George Billingsley 2:43:12, 2. Troy Grove 3:52:25, **75-79:** 1. Paul Reese 2:43:13.

### Division Results - Women's 30K

**Overall Winners:** 1. Maria Trujillo 1:50:43, 2. Jeannie Umess 1:53:51, 3. Ann Trason 1:54:17. **Masters:** 1. Sue Francis 2:04:55, 2. Robin Cadmus 2:08:08, 3. Deedee Grafius 2:08:37, **20-24:** 1. Carol Rewick 2:15:11, 2. Brigitte Voigt 2:38:28, 3. Amanda Bolvin 3:03:05, **25-29:** 1. Lorena Ferreira 2:07:43, 2. Betsy Swan 2:07:49, 3. Sheri McCarroll 2:12:05, **30-34:** 1. Maria Trujillo 1:50:43, 2. Jeannie Umess 1:53:51, 3. Ann Trason 1:54:17, **35-39:** 1. Cindy Scott 2:03:30, 2. Mercedes Amaya 2:11:18, 3. Lydia Escobar 2:11:30, **40-44:** 1. Sue Francis 2:04:55, 2. Robin Cadmus 2:08:08, 3. Deedee Grafius 2:08:37, **45-49:** 1. Cynici Calvin 2:20:32, 2. Jessie Stratton 2:23:18, 3. Anita Setamo 2:34:03, **50-54:** 1. Barbara Miller 2:12:14, 2. Joan Ulyot 2:17:51, 3. Ann Grove 2:32:37, **55-59:** 1. Kharoon Tudhope 2:46:29, 2. Dina Fields 2:59:02, **60-64:** 1. Myra Rhodes 2:29:57, 2. Jean Laffever 3:07:08, 3. Lois Cook 3:43:33, **65-69:** 1. Bernice Brucker-Vincent 3:16:25, 2. Po Adams 3:35:19, 3. Adele Marks 5:38:52, **70-74:** 1. Elizabeth Vinerman 4:33:16.

## Davis Turkey Trot

November 21. Davis. 5K & 10K.

### Division Results - Men's 5K

**Overall Winners:** 1. Jeff Atkinson 14:19, 2. Marc Olesen 14:21, 3. Eric Mastalir 14:22. **14 & Under:** 1. Beebe Rutledge 16:53, 2. Devon Abbott 20:24, 3. Kevin Dougherty 23:07, **15-18:** 1. Nick Niles 15:26, 2. Jason Perscheid 15:30, 3. Ryan Moore 15:40, **19-24:** 1. Eric Mastalir 14:22, 2. Steve Lopez 14:50, 3. Martin Smith 14:58, **25-29:** 1. Jeff Atkinson 14:19, 2. Marc Olesen 14:21, 3. Roger Dix 14:31, **30-34:** 1. Leon Shordon 14:26, 2. Alan Alexander 14:34, 3. Robert Anex 14:38, **35-39:** 1. Dan Aldridge 14:30, 2. Dennis Kurtis 15:25, 3. Mark Piccillo 15:31, **40-44:** 1. James Milton 15:12, 2. Charles Thompson 15:27, 3. James Tracy 15:30, **45-49:** 1. Gabriel Sandoval 16:38, 2. Dennis Tracy 16:44, 3. Jim Hampton 16:50, **50-54:** 1. Jon MacPherson 16:34, 2. Jim Williams 16:49, 3. Tim Rostegge 17:00, **55-59:** 1. Philip Hager 19:03, 2. Dave Bauer 20:00, 3. Aaron Knight 22:05, **60-64:** 1. Carl Ellsworth



# RESULTS

18:53, 2. Everett Riggles 19:29, 3. John Russell 19:52. **65-69:** 1. Jim Sullivan 24:32, 2. Visc Lyons 25:27, 3. Herman Romero 25:37. **70 & Over:** 1. David Cole 24:45, 2. Paul Camerer 30:26.

## Division Results - Women's 5K

**Overall Winners:** 1. Linda Somers 16:15, 2. Christine Boyd 16:32, 3. Rae Stiger 16:38. **14 & Under:** 1. Trina Olson 23:25, 2. Heather Kelly 24:08, 3. Lauren Castro 25:02. **15-18:** 1. Jamie Whitmore 29:06, 2. Dawn Cabitac 19:13, 3. Amy Miller 20:52. **19-24:** 1. Patricia Stone 17:22, 2. Christine Olen 18:01, 3. Andrea Byers 18:20. **25-29:** 1. Rae Stiger 16:38, 2. Robyn Berry 16:43, 3. Jennifer Thatcher 17:02. **30-34:** 1. Linda Somers 16:15, 2. Christine Boyd 16:32, 3. Shannon Sweeney 17:05. **35-39:** 1. Bonnie Zapata 18:24, 2. Bev Marx 18:36, 3. Anne Jeffrey 19:28. **40-44:** 1. Melinda Villar 18:15, 2. Linda Mantynen 18:53, 3. Beckie Simmie-Kesecker 18:58. **45-49:** 1. Laurie Binder 18:49, 2. Valentine Pisarski 19:49, 3. Marie Billing 21:33. **50-54:** 1. Jutta McCormick 20:35, 2. Madelyn Moon 21:08, 3. Nadine O'Connor 21:47. **55-59:** 1. Patricia Miller 26:38, 2. Bobbie King 28:38, 3. Mae Cryderman 32:24. **60-64:** 1. Patricia Pingle 28:50, 2. Margie Sedillo 30:46, 3. Adela Girven 30:57. **65-69:** 1. Kit Pickles 25:52. **70 & Over:** 1. Ellen VanArdenne 37:57, 2. Dorothea Cole 50:07, 3. Esther Ann Piner 1:01:27.

## Division Results - Men's 10K

**Overall Winners:** 1. Leonard Sperandio 31:22, 2. Mel Petersen 31:25, 3. Darrin Rohr 31:27. **14 & Under:** 1. Brian Maul 38:48, 2. Stefin Pioso 41:17, 3. James Reid 47:22. **15-18:** 1. Daniel Pereira 34:03, 2. Dan Lilof 35:09, 3. Robbie Campion 36:22. **19-24:** 1. David Goodrich 31:46, 2. Andrew Boudreau 31:56, 3. Parker Kelly 32:24. **25-29:** 1. Mel Petersen 31:25, 2. Darrin Rohr 31:27, 3. Chris Gould 32:37. **30-34:** 1. Leonard Sperandio 31:22, 2. Dennis Rinde 32:30, 3. Alec Isabeau 33:35. **35-39:** 1. Fred Wayman 33:59, 2. Bob Rogers 33:59, 3. Don Jedlovac 34:37. **40-44:** 1. Kitt Flynn 34:06, 2. Daniel Ortiz 35:14, 3. Tim Frawley 35:44. **45-49:** 1. Joel Contreras 37:54, 2. Bill Garnder 38:01, 3. Stephen Topper 39:09. **50-54:** 1. Skip Houk 35:52, 2. Gary Walton 38:06, 3. Roof Nebelung 38:51. **55-59:** 1. Michael McGie 38:28, 2. Joel McCladde 46:31, 3. Mayo Jack 48:39. **60-64:** 1. Irv Faria 45:53, 2. Hal Brown 48:01. **65-69:** 1. Bob Burns 48:59, 2. Jimm Low 49:25, 3. Jim Eymano 51:48. **70 & Over:** 1. Gordon McHugh 58:47, 2. Hans VanArdenne 1:06:38.

## Division Results - Women's 10K

**Overall Winners:** 1. Jeannie Urness 35:18, 2. Kathy Wood 36:17, 3. Jill Newman 36:31. **14 & Under:** 1. Susie Conley 49:27, 2. Rebecca Phillips 51:36, 3. Laura Shaskey 1:06:34. **15-18:** 1. Kim Tardif 41:11, 2. Stefani Bosch 46:17, 3. Cristine Bushey 52:53. **19-24:** 1. Jill Newman 36:31, 2. Alexandra Reck 38:59, 3. Corinne Okada 41:23. **25-29:** 1. Kathy Wood 36:17, 2. Debbie Martin 38:01, 3. Terri Handy 39:25. **30-34:** 1. Jeannie Urness 35:18, 2. Debbie

Bottomley 39:53, 3. Julie Brendel 42:28. **35-39:** 1. Pat Newberry 40:42, 2. Lydia Escobar 41:14, 3. Anne Veling 41:20. **40-44:** 1. Klay Bolla 41:37, 2. Nelda Williams 43:43, 3. Toni Mounts 45:05. **45-49:** 1. Patricia Falsone 41:16, 2. Pamela Horton 42:56, 3. Ingrid Bond 43:26. **50-54:** 1. Audrey Velrs 49:30, 2. Cynthia Hayes 49:53, 3. Carolyn Ward 54:14. **55-59:** 1. Nova Poff 58:14, 2. Margie Edgington 1:01:34. **60 & Over:** 1. V Jean LaFever 57:15.

## Jet to Jetty

**November 21. Playa del Rey. 5K & 10K.**  
**Division Results - Men's 5K**

**10 & Under:** 1. Mark Batres 22:08, 2. Darren Davis 23:18, 3. Aaron Morris 27:10. **11-14:** 1. Devon Murray 18:21, 2. Chris Smith 20:43, 3. Nelson Chiang 20:44. **15-19:** 1. James Garrison 16:07, 2. Greg Field 17:01, 3. Luis Robles 17:13. **20-24:** 1. Jorge Castro 15:03, 2. Damion Capozzola 15:11, 3. Brian Godsey 15:14. **25-29:** 1. Mark Laplanat 14:44, 2. Thomas Schumann 15:31, 3. William Jordan 15:44. **30-34:** 1. Angel Roman 15:01, 2. David Monroe 15:32, 3. Ron Roberts 15:43. **35-39:** 1. Takashi Yagisawa 16:21, 2. David Smith 16:23, 3. Time Geraghty 17:38. **40-44:** 1. Scott Minium 17:02, 2. Adalberto Mendoza 17:07, 3. Murray Greenberg 18:32. **45-49:** 1. Michael Mahler 16:56, 2. J. McDowell 17:21, 3. Daniel Ashimine 18:05. **50-54:** 1. Neil Doherty 17:22, 2. Ken Price 18:28, 3. Bernard Davis 21:01. **55-59:** 1. John Gains 18:26, 2. Frank Greene 20:14, 3. Mike Ishikama 21:00. **60-69:** 1. Gunnar Linde 19:03, 2. Leroy Carter 20:58, 3. John Van Egmond 21:05. **70 & Over:** 1. Eddie Lenin 22:28, 2. Vincent Malizia 26:27, 3. Fred Shanley 28:27.

## Division Results - Women's 5K

**10 & Under:** 1. Jennifer Halsworth 22:05, 2. Katie Harrison 29:40, 3. Cherilyn Hales 31:09. **11-14:** 1. Erin Spaulding 21:04, 2. Monica Hernandez 23:07, 3. Jamie Wanke 33:13. **15-19:** 1. Carrie Barratson 17:20, 2. Christina Wanke 22:04, 3. Kerri Webb 22:36. **20-24:** 1. Jenn Briggs 17:11, 2. Christine Morgan 17:39, 3. Liz Zaragoza 17:40. **25-29:** 1. Tania Fischer 17:03, 2. Annie Sewawright 18:07, 3. Nancy Scharf 19:36. **30-34:** 1. Elizabeth Milewski 17:29, 2. Rosie Duenas 17:43, 3. Donna Chadwell 17:59. **35-39:** 1. Katie Cunningham 17:58, 2. Rose Diaz 21:04, 3. Denise Smith 22:22. **40-44:** 1. Barbara Spatz 22:11, 2. Jane Wasserman 22:25, 3. Cheryl Anker 23:32. **45-49:** 1. Wendy Watson 20:56, 2. Pamela Donsesley 23:19, 3. Roberta Sharp 24:53. **50-54:** 1. Helen Geoffrin 26:29, 2. Sally Osborn 29:31, 3. Linda Dozal 30:29. **55-59:** 1. Lillie Grossman 26:11, 2. Dolores Vega 26:30, 3. Erica Hersh 28:34. **60-69:** 1. Helen Dick 23:41, 2. Nelly Williams 27:28, 3. Verlan Bruce 29:16. **70 & Over:** 1. Evelyn Williams 36:32, 2. Margaret Coalter N.T.

## Division Results - Men's 10K

**10 & Under:** 1. William Chan 59:19. **11-14:** 1. Eduardo Vega 40:19, 2. Michael Hales 48:07. **15-18:** 1. Craig Rowtham 36:37, 2.

Jason English 39:41, 3. Gabriel Garduno 41:50. **19-24:** 1. C. Murray-Cushing 29:52, 3. Jason Piumarta 33:26. **25-29:** 1. Joe Nitti 30:32, 2. Mart Stroschein 31:00, 3. Jesus Gutierrez 31:11. **30-34:** 1. Alberto Paredes 30:38, 2. Antonio Olvera 33:00, 3. John Adams 33:05. **35-39:** 1. Jesse Smith 32:51, 2. Dale Frank 34:10, 3. Bill Baller 35:24. **40-44:** 1. St Schlendering 38:47, 2. Jose Nuno 38:20, 3. M. Pietraszkiewicz 38:43. **45-49:** 1. Jon Hunter 35:34, 2. Jack McDowell 36:50, 3. Sam Van Wagner 38:39. **50-54:** 1. Landa Heriberto 35:26, 2. Rubin Simon 37:55, 3. John Pagliano 39:52. **55-59:** 1. Sonny Monioz 37:09, 2. John Rudberg 38:24, 3. Leroy Kim 39:55. **60-69:** 1. Bob Peart 37:44, 2. Edward Berman 43:01, 3. Rex May 44:26. **70 & Over:** 1. Peter Lang 53:44, 2. George Feinstein 56:02.

## Division Results - Women's 10K

**15-18:** 1. Denise Dupetit 45:25, 2. Kristal Kingi 50:17, 3. Maggie Edwards 50:30. **19-24:** 1. Laurie Chapman 34:27, 2. Heidi Heitschmidt 41:28, 3. Teresa Reyes 45:01. **25-29:** 1. Claudett Groenendaal 35:26, 2. Denise Hertsch 36:26, 3. Mary Truscillo 42:48. **30-34:** 1. Annetta Luevano 35:19, 2. Mary Button 36:19, 3. Anita Correa 38:49. **35-39:** 1. Diana Tracy 35:40, 2. Seran Gillett 45:28, 3. Debra Schrotz 46:54. **40-44:** 1. Merle Heimberg 39:57, 2. Janice Gannon 42:03, 3. Peggy Sullivan 43:30. **45-49:** 1. Cherie Grunfield 45:02, 2. Joann Lieberman 50:12, 3. Pat Martin 57:56. **50-54:** 1. Raquel Magana 53:50, 2. Elizabeth Rather 56:52, 3. Alice Williams 59:55. **55-59:** 1. Elsa Canin 49:30, 2. Lorraine Seidman 49:54. **60-69:** 1. Bee Jay Keel 59:50, 2. Babbette Peyser 66:55, 3. Betty Keel 70:53.

## North Embarcadero Run

**November 22. San Francisco. 6.25 Mile.**

### Overall Results

1. P. Gebbie 35:27, 2. Anthony Beron 36:17, 3. George Sobiesk 36:35, 4. Tyler Abbott 37:32, 5. Ron Long 37:46, 6. Donna Okino 38:04, 7. Jose Portillo 38:54, 8. John Weidinger 39:03, 9. Tony Varnhagen 39:13, 10. Bob Nowell 40:44.

## Thanksgiving Fun Run & Stride

**November 23.**

### Overall Results - Run

1. Eddie Lanzarin (40-49) 23:21, 2. Jim Misener (30-39) 24:54, 3. Nick Nichols (30-39) 24:56, 4. Ralph Gamez (40-49) 25:03, 5. David Piazza (30-39) 26:05, 6. Lucio Perez (30-39) 26:28, 7. Roberto Mendez (30-39) 26:40, 8. David Rissmiller (40-49) 27:07, 9. Jose Portillo (20-29) 27:13, 10. John Hyun (30-39) 27:22. 11. Roger Zoldan (40-49) 27:37, 12. Jason McCann (16-19) 27:53, 13. Larry Wuerstle (30-39) 28:24, 14. John Weidinger (50-59) 28:32, 15. John Masters (30-39) 28:58, 16. Steven Deschler (40-49) 29:07,

17. Brendan Renault (15 & Under) 29:28, 18. Anthony Lee (20-29) 29:33, 19. Richard Patane (40-49) 29:38, 20. Brian Mulry (15 & U) 29:54.

### Overall Results - Stride

1. Massimo Fonda (40-49) 50:17, 2. Richard Hannon (50-59) 50:59, 3. Tom Fazendin (60 & O) 55:08, 4. Linda Herda-Camacho (30-39) 1:03:24, 5. Gianna Giusti (15 & U) 1:03:24.

## Legg Lake Runs

**San Gabriel River Run**

**November 28. So. El Monte. 5K.**

### Overall Results

1. Nick Trozzi (32) 19:36, 2. Mike Kent (14) 20:38, 3. Gerald Warner (46) 20:49, 4. Bruce Odou (64) 23:38, 5. Mike Lalum (Open) 24:10.

### Blue Gill Run

**November 29. So. El Monte. 5K.**

### Overall Results

1. Eduardo Diaz (Open) 16:55, 2. Richard Roybal (Open) 17:02, 3. Thomas Deckum (Open) 17:44, 4. Brian Kihn (15) 19:31, 5. David Diaz (41) 21:45.

### Sunset Stream Run

**December 5. So. El Monte. 5K.**

### Overall Results

1. Britta Lenz (40) 20:54, 2. Bruce Odou (65) 23:42, 3. Thomas Kutrosky (56) 26:29, 4. Beverly Shamana (53) 34:35, 5. Mike Lalum (48) 34:51.

### Rainbow Trout Run

**December 6. So. El Monte. 5K.**

### Overall Results

1. Don Peterson (42) 20:02, 2. Bill Kins (44) 22:04, 3. Mario Vasquez (50) 23:04, 4. Juanita Tavera (23) 23:53, 5. Dutch Benedetti (77) 27:29.

### George Guerrero Run

**December 12. So. El Monte. 5 Mile.**

### Overall Results

1. Sergio Gonzalez (30) 31:20, 2. Daniel Mendoza (15) 37:14.

### Missile Tow Run

**December 13. So. El Monte. 5K.**

### Overall Results

1. Peter Diaz (13) 21:00, 2. Tony Garcia (13) 24:00, 3. Mike Lalum (48) 24:59, 4. Anthony Ramirez (13) 27:25, 5. Robert Norman (23) 28:39.

### Feliz Navidad Run

**December 19. So. El Monte. 5K.**

### Overall Results

1. Bruce Odou (65) 23:24, 2. Mario Vasquez (50) 23:59, 3. Mike Lalum (48) 25:11.

### Santa's Run

**December 20. So. El Monte. 5K.**

### Overall Results

1. Jose Reyes (34) 19:24, 2. Willie Carter (49) 20:57, 3. Bill Holt (61) 24:30, 4. Mike Lalum (48) 24:52, 5. Dutch Benedetti (77) 25:21.

### Christmas Eve Run

**December 24. So. El Monte. 5K.**

### Overall Results

1. Andy Blackburn (36) 15:58, 2. Jay Blackburn (30) 18:18, 3. Bruce Odou (65) 23:08, 4. Donna Blackburn (37) 30:13, 5. Augustus Ford (72) 35:51.



# RESULTS

## Red Nose Reindeer Run December 25. So. El Monte. 5K.

### Overall Results

1. Nick Korcek (13) 21:53. 2. Bobby Brown (50) 27:56. 3. Augustus Ford (72) 36:59. 4. Sherry Korcek (38) 37:00. 5. Renee Montgomery (38) 41:00.

## Sunset Fin De Ano Run December 26. So. El Monte. 5K.

### Overall Results

1. Diego Ramirez (Open) 18:27. 2. Antonio Ramirez (Open) 19:10. 3. Alberto Olamdo (Open) 20:43. 4. Bob Gollshugh (49) 20:47. 5. Froy Vasquez (Open) 23:03.

## Resolution Run December 27. So. El Monte. 5K.

### Overall Results

1. Rogelio Sanchez (15) 21:26. 2. Mario Vasquez (50) 24:32. 3. Dutch Benedetti (77) 25:45. 4. Bob Stroble (62) 27:02. 5. Sherry Korcek (38) 35:53.

## San Gabriel River New Year's Eve Run December 31. So. El Monte. 5K.

### Overall Results

1. Richard Moore (60) 22:49. 2. Bruce Odou (65) 23:34. 3. Glen Gould (Open) 24:41. 4. Dutch Benedetti (77) 25:26. 5. Mark Saeher (9) 27:13.

## San Gabriel River New Year Run January 1. So. El Monte. 5K.

### Overall Results

1. Bill King (44) 21:50. 2. Wally Rothbart (59) 22:53. 3. Bobby Brown (50) 28:45. 4. Bob Strobel (62) 27:24. 5. Mike Lakum (48) 27:29.

## San Gabriel River Cougar Run January 2. So. El Monte. 1 Mile.

### Overall Results

1. John Wallace (28) 5:22. 2. Arthur Martinez (45) 6:08. 3. Bruce Odou (65) 6:22. 4. Coach Moore (60) 6:29.

## Sunset Bass Run January 3. So. El Monte. 5K.

### Overall Results

1. Howard Brown (52) 21:42. 2. Gerald Tyner (53) 22:21. 3. Bruce Odou (65) 23:01. 4. Woody Lunsford (69) 23:03.

## San Gabriel River Sunset Fox Run January 9. So. El Monte. 5K.

### Overall Results

1. Jerry Cox (48) 21:25.  
San Gabriel River L.A. Co. Sunset Run  
January 10. So. El Monte. 5K.

### Overall Results

1. Jim Cera (17) 18:01. 2. John Nehls (15) 18:08. 3. Luns Ford (69) 23:31.

## All Sport Races

### No Date Available. American River Track, Sacto.

Despite stormy conditions and continuous rain, Jan Levet, 41, of Camino, clocked 2:31:13 for 30K on the American River College track, Sacramento. She established a new women's 40-45 record for the distance. Levet took 5 minutes off her time, a record last year.

Levet's was the only record-breaking performance of the day.

### Division Winners

#### Men's 10K:

Open: 1. Phil Deacon 37:02. 50-54: 1. Gary

Waldsmith 54:01. 65-69: 1. Vic Lyons 55:02.

#### Women's 10K:

Open: 1. Sabine Reese 51:21. 40-44: 1. Kay Germolus 59:41.

#### Men's 20K:

50-54: 1. Frank Ives 1:32:19. 70-74: 1. George Billingsley 1:55:15.

#### Men's 30K:

Open: 1. Hans Mauth 2:24:03.

#### Women's 30K:

40-44: 1. Jan Levet 2:31:13.

#### Men's Marathon:

40-44: 1. Rae Clark 2:55:36. 60-64: 1. Marche Booth 4:51:59.

#### Men's 50K:

40-44: 1. Eric Poulsen 4:25:35. 2. Doug Huff 4:43:00.

## Ginder Grinder

### November 27. Walnut Creek. 10K & 5K.

#### Overall Results - 10K

1. Edward Parrot (22) 37:28. 2. Jeff Cowling (33) 38:17. 3. Dan Anderson (40) 39:26. 4. Dave Riddle (40) 41:56. 5. Dana Albrecht (31) 43:39. 6. Jerry Camp (35) 43:44. 7. Jason Curry (21) 45:05. 8. Talavera (50) 45:25. 9. Alan Curtis (47) 45:47. 10. Alisdair McGregor (39) 45:55.

#### Overall Results - 5K

1. Ruben Carrillo (21) 17:55. 2. Nick Nickols (32) 18:27. 3. Ralph Gamez (44) 19:25. 4. Richard Easton (37) 19:50. 5. Nikos Mourtos (35) 20:04. 6. Jerry Ingleclue (49) 23:06. 7. Carlos Siqueiros (11) 23:19. 8. Sonya Patton (19) 23:23. 9. Fernando Siqueiros (33) 24:04. 10. Brooks Landin (42) 24:10.

## Desert Princess Duathlon

### November 28. Cathedral City.

#### Division Results - Men's Long Course

Overall Winners: 1. Jeff Devlin 2:35:29. 2. Chris Skinner 2:39:04. 3. George Pierce 2:39:44. 4. Richard Verney 2:39:52. 5. Greg Von Boldt 2:40:41. 6. Stephen Crowley 2:42:11. 7. Michael Smith 2:42:38. 8. Greg Watson 2:43:17. 9. Athol Murray 2:43:57. 10. Steve McMurdo 2:44:30. 19 & Under: 1. Josiah Jones 2:51:04. 2. John Whitney 3:01:18. 3. Rocky Sanchez 3:11:53. 20-24: 1. Steve Nester 2:45:03. 2. Richard Algrow 2:46:54. 3. Rick Kalinowski 2:48:57. 25-29: 1. Darrin Rohr 2:44:50. 2. Andrew Tuovinen 2:45:29. 3. Andy Libert 2:46:06. 30-34: 1. Rob Bistodeau 2:46:30. 2. Robert Kielbowicz 2:47:03. 3. Martin Stiegmann 2:48:14. 35-39: 1. Stephen Crowley 2:42:11. 2. Greg Brown 2:49:12. 3. Nathan Smith 2:54:28. 40-44: 1. Rob Benedetti 2:48:42. 2. Scott Bullfinch 2:51:31. 3. Wayne Buckingham 2:53:25. 45-49: 1. Dennis Kasischke 2:50:16. 2. Richard Nordquest 2:58:30. 3. Richard Allen 3:03:36. 50-54: 1. Donald Ardell 3:05:55. 2. Hans Dieben 3:07:07. 3. Conrad Will 3:09:49. 55-59: 1. John Brenand 3:09:44. 2. Richard Rodriguez 3:24:48. 3. Eduardo Irazabal 3:26:07. 60-64: 1. Dick Robinson 3:27:40. 2. Art Fredericks 3:29:50.

3. Jack Speer 4:06:40. 65-69: 1. Bill Robson 3:50:41. 2. Bill Larson 4:10:54. 70 & Over: 1. Norton Davey 4:37:20.

#### Division Results - Women's Long Course

Overall Winners: 1. Susan Latshaw 2:53:44. 2. Nancy Riedel 2:56:29. 3. Lynn Carney 2:59:23. 4. Gina Simon 3:01:16. 5. Sheila Kealey 3:03:18. 6. Chantal Knapp 3:04:12. 7. Laura Lowe 3:09:30. 8. Diane Ito 3:12:58. 9. Stacia McInnes 3:17:43. 10. Leigh Anne Cox 3:19:06. 20-24: 1. Valerie Vicia 4:14:19. 2. Jennifer Bailey 4:31:51. 25-29: 1. Chantal Knapp 3:04:12. 2. Stacia McInnes 3:17:43. 3. Wendy Becker 3:19:33. 30-34: 1. Lynn Carney 2:59:23. 2. Laura Lowe 3:09:30. 3. Leigh Anne Cox 3:19:06. 35-39: 1. Julie Oh 3:28:26. 2. Kathleen McAuliffe 3:33:31. 3. Janet Carle 3:35:57. 40-44: 1. Susan Shafer 3:19:40. 2. Christa Flynt 4:06:32. 45-49: 1. Diane Ito 3:12:58. 2. Ellouise Morse 3:32:07. 3. Bonnie Merlin 3:33:01. 50-54: 1. Mardi Briggs 3:42:16. 2. Bonnie Gabriel 4:13:55. 3. Irene Holly 5:05:06. 55-59: 1. Gina Faust 3:50:21. 2. Terry Ives 4:26:18. 3. Margaret Speer 4:39:17. 60-64: 1. Betty Skipp 4:40:40.

#### Division Results - Men's Fun 'N' Sprint

Overall Winners: 1. Jeff Kitchen 41:28. 2. Mark Williamson 42:04. 3. Michael Frick 42:58. 14 & Under: 1. Greg Sudbury 49:00. 2. Cord Johnson 52:02. 3. Andrew Bro 54:28. 15-19: 1. Jeff Kitchen 41:28. 2. Jesse Kimball 44:22. 3. Josh Slater 44:28. 20-24: 1. Michael Frick 42:58. 2. Lance Rankin 43:12. 3. Robert Kaiser 45:26. 25-29: 1. Mark Williamson 42:04. 2. Bill Howard 43:17. 3. Steve McKibban 43:21. 30-34: 1. Scott Binder 44:38. 2. Lee Armon 45:47. 3. Guy Larocque 46:00. 35-39: 1. Don Faulhaber 43:19. 2. Mark Acitelli 44:06. 3. John McPhillips 45:46. 40-44: 1. Lyle Freeman 43:33. 2. Doug Slater 44:22. 3. Jose Aponte 46:18. 45-49: 1. Joe Jacobson 43:23. 2. Jim Noonan 47:20. 3. Ken Moody 49:02. 50-54: 1. Don Garsh 49:59. 2. Andrew Bailey 51:10. 3. J.R. Short 51:52. 55-59: 1. Peter Faust 47:44. 2. Pete Newman 49:06. 3. Virgil Shrauncer 52:46. 60-64: 1. Remy Burkel 54:11. 2. Chris Christlieb 57:33. 3. Norte Oliver 1:00:19. 70-79: 1. Tom Miller 58:59.

#### Division Results - Women's Fun 'N' Sprint

Overall Winners: 1. Thea Fox 47:45. 2. Linda Pavvzza 48:10. 3. Nancy Scharf 48:53. 14 & Under: 1. Heather White 59:35. 20-24: 1. Kirsten Mehlin 52:53. 2. Barb Goldstein 53:46. 3. Alison Oliver 58:24. 25-29: 1. Linda Favvzza 48:10. 2. Nancy Scharf 48:53. 3. Sheryl Ball-Garcia 49:29. 30-34: 1. Kelly Dyrema 50:30. 2. Ruth Oyakawa 51:55. 3. Kathy Barton 52:09. 35-39: 1. Thea Fox 47:45. 2. Camille Breneman 51:28. 3. Patti Ewing 51:53. 40-44: 1. Lynn Mirassou 55:00. 2. Donna Waggoner 55:39. 3. Nancy Cook 1:01:15. 45-49: 1. Marvis Friesen 54:20. 2. Christine Lucey 57:39. 3. Sue Robbins 58:22. 50-54: 1. Mardi Briggs 55:24. 2. Karen Long 1:04:42. 3. Helen Geoffrion 1:05:57.

#### Division Results - Boys Super Kids Duathlon

Overall Winners: 1. Justin Marrujo 28:49. 2. Mark Friesen 29:52. 3. David Dunbar 30:51. 7 & Under: 1. Deret Gould 43:56. 2. Michael Fiesuras 45:01. 3. David Edwards 46:30. 8-9: 1. Russell Lowrie 34:17. 2. Stephen Stein 35:53. 3. Jack Brierton 37:31. 10-11: 1. Jack Dickson 32:42. 2. Jonathan Dunbar 33:53. 3. Ryan Harrison 34:38. 12-13: 1. Mark Friesen 29:52. 2. David Dunbar 30:51. 3. Chris Smith 30:58. 14-15: 1. Justin Marrujo 28:49. 2. Paul Granger 32:09. 3. Michael Mares 35:10.

#### Division Results - Girls Super Kids Duathlon

Overall Winners: 1. Brandy Bounds 32:38. 2. Katherine Niblett 33:00. 3. Salina Diaz 34:13. 7 & Under: 1. Christie Farson 41:27. 2. Laura Johnson 45:04. 3. Kelly Woodbury 46:16. 8-9: 1. Kerstin Edwards 36:32. 2. Kathleen Crandall 38:23. 3. Jessica Ford 38:25. 10-11: 1. Brandy Bounds 32:38. 2. Katherine Niblett 33:00. 3. Leah Bingham 37:16. 12-13: 1. Salina Diaz 34:13. 2. Christy Thompson 36:48. 3. Karen Romeo 36:11. 14-15: 1. Kristen Stevens 36:50. 2. Jamie Rosson 40:01.

## Single Lake Merced Run

### November 29. San Francisco. 4.6 Mile.

#### Overall Results

1. Anthony Beron 25:11. 2. Al Stanbridge 25:17. 3. Mike Bolgatz 27:03. 4. Ron Long 27:18. 5. Tyler Abbott 27:27. 6. John Weidinger 27:34. 7. Tony Varnhagen 28:05. 8. Peking Duck 28:38. 9. Don Elsener 28:40. 10. Scott McBride 28:51.

## Inverness Ridge Christmas Half Marathon

### December 5. Pt. Reyes National Seashore. Half Mara. & 25K.

#### Overall Results - Half Marathon

1. Geoff Vaughn (28) San Francisco 1:31:00. 2. Donn Deangelo (46) Forest Knolls 1:35:40. 3. Greg Fernbacher (30) Orinda 1:41:20. 4. Greg Brown (29) Modesto 1:41:40. 5. Chris Knoch (28) Martinez 1:42:25. 6. Leonard Fischer (31) Suisun City 1:43:26. 7. Jamie Wendel (36) San Francisco 1:43:39. 8. Chuck Cooper (41) Omaha, NB. 1:44:20. 9. Kevin Hume (Los Gatos) 1:45:30. 10. Tracy Miller (28) Los Gatos 1:45:42.

#### Overall Results - 25K

1. Aaron Anderson (28) Berkeley 1:48:10. 2. Doug Bond (29) San Francisco 1:48:10. 3. Vince Digneo (29) Menlo Park 1:50:40. 4. Rob Kidwell (26) San Francisco 1:50:48. 5. Josh Allen (Los Altos) 1:52:05. 6. Steve Reinertsen (29) Bolinas 1:55:55. 7. George Mitchell (30) San Francisco 2:07:35. 8. Robert Haas (44) Oakland 2:08:25. 9. Wayne Hinrichs (44) Novato 2:10:25. 10. Scott Love (33) Santa Rosa 2:11:00.



# RESULTS



DAVID NARANJO

Photo by Bill Cockerham



STEVE LEVY

Photo by Bill Cockerham

## Dairy Bowl Run

December 5, Fresno. 10K & 2 Mile.

### Division Results - Men's 10K

Overall Winner: 1. David Naranjo 30:42, 2. Jay Farrior 30:48, 3. Barry Proctor 30:34, 4. Steve Levy 33:54, 5. Scott Curtis 34:16. 19-24: 1. Scott Curtis 34:16. 25-29: 1. Whit Rambach 37:05. 30-34: 1. Jay Farrior 30:48. 35-39: 1. Don Gregory 35:04. 40-44: 1. Steve Levy 33:54. 45-49: 1. Bill Schwartz 40:09. 50-54: 1. Isaac Melo 39:46. 55-59: 1. Frank Delgado 39:44. 60-64: 1. Ric Zamarripa 39:38. 65-69: 1. Bob Stout 46:40. 70 & Over: 1. Lee Thomas 51:47. Wheelchair: 1. Dean Vanderpool 40:50.

### Division Results - Women's 10K

Overall Winner: 1. Tanis Wilgenburg 38:02, 2. Daniela Chuhlantseff 38:37, 3. Marge Lindsey 41:14, 4. Melissa Ortiz 41:23, 5. Katie Lowe 42:05. 19-24: 1. Daniela Chuhlantseff 38:37. 25-29: 1. Kimberly Crockett 46:11, 30-34: 1. Melissa Ortiz 41:23. 35-39: 1. Patricia Derolan-Stoehr 58:00. 40-44: 1. Carol Alsdorf 42:34. 45-49: 1. Sharon Mayo 46:18. 50-54: 1. Marge Lindsey 41:14. 55-59: 1. Heidi Fialho 1:01:28. 60-64: 1. Sydney Loo 1:01:40. 65-69: 1. Dorothy Thomas 53:19.

### Division Results - Men's 2 Mile

Overall Winners: 1. John Robinson 10:35, 2. Brian O'Clair 10:36, 3. Jason Stemer 10:56. 10-12: 1. Brian Roth 11:57. 13-15: 1. Vagel Sascha 11:04. 16-18: 1. Brian O'Clair 10:36. 19-24: 1. Lawrence Shaw 11:01. 25-29: 1. Jay Geary 11:07. 30-34: 1. Jack Loyko 11:07. 35-39: 1. Pat Phillips 11:19. 40-44: 1. Gary Bluth 11:08. 45-49: 1. Gordon Keller 11:26. 50-54: 1. Earl Bradford 13:05. 55-59: 1. Mickey Kaitangian 13:46.

60-64: 1. Al Smith 15:25. 65-69: 1. Bob Musso 14:24. Walker: 1. Bob Oden 27:54.

### Division Results - Women's 2 Mile

Overall Winners: 1. Jessie Flores 13:05, 2. Joelyn Keller 13:23, 3. Kathy Sanchez 13:34. 9 & Under: 1. Jamie Hahn 14:17. 10-12: 1. Kristen Fairley 13:51. 13-15: 1. Jocelyn Keller 13:23. 16-18: 1. Angela Sisk 14:32. 19-24: 1. Jaycee McGee 16:21. 25-29: 1. Nicole Nugent 14:22. 30-34: 1. Kathy Sanchez 18:59. 35-39: 1. Ann Phillips 13:54. 40-44: 1. Sharon Madsen 15:07. 45-49: 1. Susan Wienlewski 18:19. 50-54: 1. Patricia Caffrey 20:13. 55-59: 1. Louise Rhoan 20:38. 60-69: 1. Marilu Lindsey 24:35. 70 & Over: 1. Lucy Faretta 30:40. Walker: 1. Beverly Rosenoa 23:36.

## Holiday Runs

December 5, Antioch 10K & 3 Mile.

### Overall Results - 10K

1. Brad Hawthorne (37) 33:40, 2. Linda Somers (31) 35:38, 3. Karl Bacon (43) 36:37, 4. C.J. Cowling (33) 36:52, 5. Thomas Arbuckle (31) 36:52, 6. George Wilson (37) 37:09, 7. John Kevner (40) 37:58, 8. Chris Suttmeier (24) 38:37, 9. John Cummins (45) 39:23, 10. Doug Naverson (44) 39:25.

### Overall Results - 3 Mile

1. Brian White (20) 15:38, 2. Phil France (17) 16:14, 3. Fergal Flanagan (16) 16:18, 4. Nick Nickols (32) 16:31, 5. John Dishong (15) 17:28, 6. Tom Torlakson (43) 17:40, 7. Bill Duzon (30) 18:07, 8. Eric Nagy (15) 18:31, 9. Steve Alexander (15) 19:04, 10. Bob Guenther (50) 19:19. 11. Bill Parr (16) 19:52, 12. Gus Marin (18) 19:58, 13. Tim Turner (43) 20:33, 14.

Amber McCrea (12) 20:39, 15. Mike Sevier (13) 20:40.

## Jingle Bell Run for Arthritis

December 5, Sacramento. 5K & 10K.

### Division Results - Men's 5K

Overall Winner: 1. Leonard Sperandeo 15:45. 19 & Under: 1. Andrew Pettit 17:19, 2. Carlos Carr 18:57, 3. Tim Schrader 22:09. 20-29: 1. Freddy Cohan 17:39, 2. Dan Landry 18:36, 3. Kevin Petersen 19:48. 30-39: 1. Leonard Sperandeo 15:45, 2. Gregg Morin 15:51, 3. Curt Feenstra 16:10. 40-49: 1. Tim Shannen 17:17, 2. Del Barbray 17:27, 3. Craig Ottersen 17:33. 50-59: 1. Gary Hollinger 21:16, 2. Michael Otten 21:30, 3. Gary Jugum 22:18. 60-69: 1. Ron Dona 26:14.

### Division Results - Women's 5K

Overall Winner: 1. Marie Billings 21:49. 19 & Under: 1. Ann Bachs 36:27. 20-29: 1. Giuna Lancry 25:08, 2. Carol Berryman 26:14, 3. Elizabeth Hausenleek 27:08. 30-39: 1. Marilyn Farley 21:59, 2. Robyn Boyd 22:01, 3. Nicole Orr 25:06. 40-49: 1. Marie Billings 21:49, 2. Glenda Laird 25:24, 3. Becky Bieglow 26:16. 50-59: 1. Connie Brown 31:57, 2. Norma Marhn 32:46, 3. Anne Richards 33:55.

### Division Results - Men's 10K

Overall Winner: 1. Mel Petersen 32:21. 19 & Under: 1. Tim Hodnett 38:26, 2. Sergio Paramo 49:41. 20-29: 1. Mel Petersen 32:21, 2. James Fiori 34:09, 3. Eric Smiuth 35:57. 30-39: 1. Rick Simonsen 37:37, 2. Ray Davis 39:05, 3. Manuel Reyes 39:36. 40-49: 1. Sylvester Franklin 37:18, 2. Joseph Sventek 37:23, 3. Russ Hodnett 43:10. 50-59: 1. David Ragsdale 39:39, 2. Ben McCoy 41:27, 3. Vic Mounts 45:50.

### Division Results - Women's 10K

Overall Winner: 1. Barbara Hood 38:51. 20-29: 1. Jennifer Miramontes 47:23, 2. Dawn Eyston 49:48, 3. Maria Tyler 51:46. 30-39: 1. Barbara Hood 38:51, 2. Anna Collins 46:32, 3. Brenda Nakamoto 46:58. 40-49: 1. Kathy Hood 55:37, 2. Connie Pacheco-Low 58:04, 3. Kathleen Motz 58:29. 50-59: 1. G. Naschak 55:15, 2. Estell Jones 1:03:50.

## California International Marathon

December 6, Sacramento.

### Division Results - Men

Overall Winners: 1. Steve Placencia 2:14:14, 2. Keith Brantly 2:14:15, 3. Lucketz Swartbooi 2:14:22. 18 & Under: 1. Khakendra Pun 3:28:51, 2. Daniel Kiekmann 3:36:49, 3. Bob Cogburn 4:00:16. 19-24: 1. Matthew Messner 2:28:23, 2. William Langhout 2:36:09, 3. Eric Krawitt 2:42:30. 25-29: 1. Lucketz Swartbooi 2:14:22, 2. Mark Lee Boynton 2:22:30, 3. Darrell General 2:22:51. 30-34: 1. Keith Brantly 2:14:15, 2. Nivaldo Filho 2:17:11, 3. Udo Reeh 2:19:18. 35-39: 1. Steve Placencia 2:14:11, 2. Rich McCandless 2:18:37, 3.

Fraser Clyne 2:20:43. 40-44: 1. Pierre Levisse 2:15:35, 2. Raynall Laberge 2:33:35, 3. Joseph Schieffer 2:33:36. 45-49: 1. Gabriel Sandoval 2:43:00, 2. Marc Lieberman 2:46:35, 3. Charles Nak 2:48:05. 50-54: 1. Jon MacPherson 2:42:26, 2. Howard Ferris 2:57:28, 3. Joseph Staats 2:59:36. 55-59: 1. Philip Hager 2:58:34, 2. Bernard Hollander 3:06:03, 3. Donald Van Dyke 3:10:47. 60-64: 1. Robert Fletcher 3:11:07, 2. Al Becken 3:20:42, 3. Ephraim Romesberg 3:33:49. 65-69: 1. Ruben Vigil 3:18:34, 2. Charles Deards 3:52:32, 3. Randy Schachtli 4:01:14. 70 & Over: 1. George Billingsley 4:19:34, 2. Arthur Marquez 4:26:20.

### Division Results - Women

Overall Winners: 1. Kathlene Bowman 2:35:20, 2. Lucy Smith 2:38:29, 3. Kimberley Webb 2:38:49. 18 & Under: 1. Claire Heyman 4:55:38, 2. Melissa Goehrig 4:55:38. 19-24: 1. Tamera Lave 3:02:03, 2. Laurie Andeen 3:17:01, 3. Carol Rewick 3:38:22. 25-29: 1. Lucy Smith 2:38:29, 2. Kimberley Webb 2:38:49, 3. Elizabeth Jones 2:48:08. 30-34: 1. Kathleen Bowman 2:35:20, 2. Ann Trason 2:39:15, 3. Jeannie Urness 2:41:08. 35-39: 1. Maureen Griffith 2:46:36, 2. Cindy New 2:50:42, 3. Jan Cole 2:51:40. 40-44: 1. Cecelia Niemczyk 3:08:02, 2. Sue Francis 3:12:11, 3. Robin Cadmus 3:14:13. 45-49: 1. Christina Olson 3:14:26, 2. Cyncl Calvin 3:21:50, 3. Gloria Jansen 3:23:44. 50-54: 1. Barbara Miller 3:12:31, 2. Rusty Barnett 3:31:14, 3. Patty Lee Parmalee 3:31:43. 55-59: 1. Wen-Shi Yu 3:40:45, 2. Dina Fields 4:11:50, 3. Juliane Scheberies 4:56:42. 60-64: 1. Myra Rhodes 3:36:32, 2. Jean Lafever 4:53:15, 3. Lois Cook 5:07:20. 70 & Over: 1. Helen Klein 4:24:27.

## Roy Campanella Runs

December 6, Northridge. 5K & 10K.

### Division Results - Masters Men's 5K

Overall Winners: 1. Norbert Berenyi 15:19, 2. Craig Ingram 15:55, 3. Daniel Barry 16:00. 35-39: 1. Daniel Barry 16:00, 2. Takashi Yagisawa 16:47, 3. Kelly Current 17:47. 40-44: 1. Tim Knappen 17:39, 2. Willie Cannon 18:46, 3. John Nelson 21:38. 45-49: 1. Roger Weingartner 18:37, 2. Jack Getskow 18:53, 3. Walter Bodan 20:33. 50-54: 1. Ted Holler 19:54, 2. Stan Baker 20:43, 3. Robert Petrovich 21:47. 55-59: 1. Paul Freidin 22:26, 2. Don Siegel 23:13, 3. Scott Barchy 23:42. 60-64: 1. Robert MacGregor 23:05, 2. Dave Simon 23:24, 3. Ralph Furness 24:51. 65-69: 1. Louis Beadle 23:49, 2. Stanley Neufeld 24:22, 3. Donald Panec 26:18. 70 & Over: 1. Eddie Lewin 23:12, 2. Jack Mehlman 26:22.

### Division Results - Masters Women's 5K

Overall Winners: 1. Tracy Rose 17:34, 2. Denise Dearborn 17:50, 3. Helen Moreno 19:08. 40-44: 1. Nora Dickerson 25:28, 2. Vicky Brabant 29:28, 3. Gayle Steinlauf 29:46. 45-49: 1. Yoko Eichel 21:01, 2. Nancy Breuer 28:24, 3. Cathy Hackett 29:51. 50-54: 1. Carol Gilson 26:40, 2. Juanita



# RESULTS

Gonzalez 31:14, 3. Charlotte Gills 36:57, 55-59: 1. Barbara Whitebitch 30:40, 60-64: 1. Marjorie West 28:36, 2. Selma Mehlman 32:33, 65-69: 1. Doris Gordon 27:48.

**Division Results - Masters Men's 10K**  
Overall Winners: 1. Mark Laplant 32:02, 2. Roberto Leonardo 34:04, 3. Ron Jones 34:45, 35-39: 1. Joseph Cribben 37:17, 2. Mike Christ 37:43, 3. Jerry Esses 37:46, 40-44: 1. Jose Nuno 39:57, 2. Bill Niemi 40:32, 3. Greg Peel 40:37, 45-49: 1. Bill Sampson 43:56, 2. Howard Loeb 46:33, 3. Alvin Saige 47:04, 50-54: 1. Bill Little 42:10, 2. Charles McTaggart 42:45, 3. Jose Munos 42:51.

**Division Results - Masters Women's 10K**  
Overall Winners: 1. Linda Hinckson 42:59, 2. Pauline Campbell 43:37, 3. Diane Warren 44:54, 40-44: 1. Christina Zeidel 45:16, 2. Kathy Housel 45:26, 3. Judy Sherman 51:59, 45-49: 1. Lynn McTaggart 45:40, 2. Helen Warren 48:57, 3. L. Daniels-Hernandez 49:50, 50-54: 1. Barbara Camp 49:54, 2. Ellen Frost 57:48, 3. Marge Rudofsky 59:54, 55-59: 1. Diane Warren 44:54, 2. Erica Hersh 1:01:04, 3. Mary Plazony 1:05:07.

**Overall Results - 5K Walk**  
Men:  
1. Steven Colman 32:32, 2. Kent Palmer 35:26, 3. Jerry Silberger 36:36.  
Women:  
1. Carol Ferris 36:29, 2. Cathy Rehfeld 38:24, 3. Mary Imai 40:07.

## Double Bay Run

December 6, Emeryville Aquatic Park, 5 Mile.

**Overall Results**  
1. Dan Savers (41) 27:20, 2. Dan Anderson (40) 27:56, 3. Nick Nickols (32) 28:21, 4. Michael Gama (33) 28:30, 5. William Salacuse (24) 30:35, 6. Richard Hahn (26) 31:13, 7. William Lasher (31) 31:24, 8. John Weidinger (51) 32:09, 9. Jay Wendelburg (23) 33:46, 10. Matthew Poole (15) 35:09.

## Twin Peaks Loop

December 6, San Francisco, 3.63 Mile.

**Overall Results**  
1. Anthony Beron 21:10, 2. Jim Misener 21:21, 3. Kevin Brady 21:52, 4. Mike Bolgatz 22:18, 5. Ron Long 22:31, 6. Demian Smiley 22:44, 7. Tyler Abbott 22:54, 8. Jose Portillo 23:27, 9. Juan Bailon 23:37, 10. Larry Wuerstle 23:52.

## Harbor Bay Biathlon

Dec. 12, Alameda.

**Overall Results**  
1. Brad Hillebrandt (25) 57:23, 2. Erik Bost (19) 58:08, 3. Dan Savers (41) 58:38, 4. Guy McKenzie (42) 59:05, 5. Wade Gunter (34) 1:00:18, 6. Michael Lotter (39) 1:00:25, 7. Eric Gilson (28) 1:00:33, 8. Curran/Winterfield (Team) 1:01:15, 9. Charles Seebold (31) 1:01:17, 10. Dana Aubrecht (31) 1:01:22.  
11. MacDonald/Huckins/Lee/Bruce (Team) 1:01:23, 12. Blake Taylor (17)

1:02:02, 13. Bruce Barrell (36) 1:02:02, 14. Michael Schultz (31) 1:02:20, 15. Bill Stone (24) 1:02:29, 16. Inglis (Team) 1:02:37, 17. Richard Herms (33) 1:03:07, 18. Joseph Svntek (40) 1:03:13, 19. Kaihanu Matsuda (18) 1:03:18, 20. Mike Enyel (28) 1:03:45.  
21. Gordon Gould (48) 1:03:52, 22. Michael Jones (38) 1:04:27, 23. Wolf Hille-shelm (47) 1:04:54, 24. Sequeiros (Team) 1:04:56, 25. Dennis Tracy (46) 1:05:06.

## Christmas Runs

Dec. 12, Santa Monica, 5K & 10K.

**Division Results - Men's 5K**  
Overall Winners: 1. Brandon Del Campo 15:40, 2. Bryan Contreras 15:59, 3. Pierce George 16:08, 14 & Under: 1. Mike Kent 18:22, 2. Nelson Chiang 21:00, 3. Mark Montygierd 21:15, 15-18: 1. Nathan Bowen 16:56, 2. Antonio Salgado 18:32, 3. Richard Barrera 19:00, 19-29: 1. Salomon Mendoza 16:10, 2. Moises Hernandez 16:44, 3. Charles Wardell 17:08, 30-39: 1. Jeff Snyder 16:14, 2. Steve Wolf 16:14, 3. Johnny Camacho 16:19, 40-49: 1. Hugo Velazquez 17:39, 2. Michael Hudson 17:42, 3. Timothy Knappen 17:55, 50-59: 1. Ken Price 18:33, 2. John Ghini 18:43, 3. Edward Beryant 19:46, 60-69: 1. Gunnar Lindew 19:21, 2. Dave Thomas 20:13, 3. John Vanegmond 21:17, 70 & Over: 1. Eddie Lewin 22:51, 2. Mel Schewe 27:25, 3. Dean Scofield 35:20.

**Division Results - Women's 5K**  
Overall Winners: 1. Tania Fisher 17:26, 2. Marisol Cossio 18:10, 3. Katie Cunningham 18:30, 14 & Under: 1. Aja Stanman 23:21, 2. Monica Hernandez 23:23, 3. Melissa Myers 25:43, 15-18: 1. Lori Miller 19:12, 2. Jenny Saltzberg 22:58, 3. Raja Lahti 24:36, 19-29: 1. Sandra Krausert 19:22, 2. Nancy Scharf 19:26, 3. Susan Jackson 19:36, 30-39: 1. Nancy Lovendosky 21:04, 2. Laura Radocinski 22:22, 3. Patty Gasso 22:45, 40-49: 1. Linda King 20:36, 2. Judy Kewley 22:04, 3. Sharon Shorer 23:13, 50-59: 1. Roberta Lamping 22:02, 2. Simone King 23:46, 3. Barbara Camp 23:56, 60-69: 1. Helen Dick 23:18, 2. Helen Palmer 30:39, 3. Joan Mills 33:06.

**Division Results - Men's 10K**  
Overall Winners: 1. Joe Nitti 30:36, 2. Ron Roberts 31:56, 3. James O'Connor 32:00, 14 & Under: 1. Nelson Chavarria 42:28, 2. Glen Yamanchi 44:25, 3. Rick Nakamura 45:59, 15-18: 1. Juan Cervantes 33:10, 2. Giovanni Untveros 37:15, 3. Cesar Casarrubias 38:38, 19-29: 1. Sven Haug 32:19, 2. Shawn Pleasants 35:18, 3. Misael Cahuantzi 35:58, 30-39: 1. Gilbert Brook 33:37, 2. Eddie Edwards 33:41, 3. Tony Barth 33:54, 40-49: 1. David Beattie 34:35, 2. Jon Hunter 35:25, 3. Ken Moffitt 35:41, 50-59: 1. Neil Doherty 36:51, 2. Richard Hillestad 36:58, 3. Sonny Munoz 37:28, 60-69: 1. Anders Ljungwe 45:11, 2. Milo Sather 45:36, 3. Luis Marroquin 48:25, 70 & Over: 1. George Feinstein 56:12, 2. Vincent Malizia 57:44.

**Division Results - Women's 10K**  
Overall Winners: 1. Claudette Groenendal 35:52, 2. Karen Samsonoff 38:29, 3. Glady Aquino 38:39, 14 & Under: 1. Alma Robles 58:55, 2. Jessica Wendrick 1:06:54, 3. Yesica Perez 1:08:07, 15-18: 1. Patty Trejo 39:35, 2. Ana Delgado 43:27, 3. Paula Aguirre 46:07, 19-29: 1. Betsy Krueter 40:57, 2. Margaret Blue 42:17, 3. Victoria Aguilera 42:36, 30-39: 1. Jennie Cole 39:45, 2. Jennifer Heaton 40:46, 3. Keri DeSantis 42:47, 40-49: 1. Vicki Eyre 39:12, 2. Joanne McGrath 43:50, 3. Cherie Gruenfeld 45:02, 50-59: 1. Margret Gow 44:16, 2. Marilyn Clark 47:58, 3. Carol Dougherty 48:50, 60 & 69: 1. Sue Hughey 55:00, 2. Siv Ljungwe 1:01:10.

**Distance Carnival**  
December 12, Long Beach State.  
**Men's Results**  
800m: (Open) 1. Nick Collins 2:05.0, 2. Benny Estorga 2:06.8, 3. Joe Gomez 2:07.6, 4. Eric Anderson 2:10.3, 5. Chris Pupplone 2:22.4, 6. Brian Gibson 2:29.5. (Masters) 1. Sid Wing 2:26.4.  
1500m: (H.S.) 1. Eric Seoang 4:22.0, 2. John Hendrickson 4:28.1, 3. Alex Lopez 4:30.5, 4. Jon Nichols 4:30.6, 5. Antonia Uribe 4:32.9, 6. Travis Fisher 4:36.1. (Open) 1. Steve Flynn 4:11.1, 2. Scott Shean 4:13.4, 3. Gilbert Salazar 4:24.5, 4. Alan Grant 4:25.5, 5. Ritz Monterey 4:33.5, 6. Ryan Ackerman 4:36.3.  
3200m: (H.S.) 1. John Orosco 10:00.0, 2. Alex Bruno 10:29.4, 3. Ben Flamm 10:35.5, 4. Travis Fisher 10:36.7, 5. Victor Hernandez 10:55.1, 6. David An 11:04.1. (Open) 1. Ray Butman 9:57.9, 2. Eric Ree 10:07.8, 3. Kelly Beck 10:13.2, 4. Eduardo Corvera 10:14.0, 5. Steve Fong 10:30.4, 6. Joe Gomez 10:34.7.  
5000m: (H.S.) 1. Antonio Uribe 17:18.0, 2. John Hendrickson 17:30.9, 3. Jon Nichols 17:51.8, 4. Erich Phinizy 18:45.0, 5. Joe Cucci 19:01.7. (Open) 1. Ron Long 19:00.4.

## Long Beach Marathon

## Prep Run

December 13, Long Beach State Univ., 16.2 Mile.

**Division Results - Men**  
14 & Under: 1. Jonathan Pedroza 2:39:57, 15-19: 1. Paul Wilson 1:43:39, 2. Christopher Okaniwa 1:59:34, 3. Roger Vergara 2:03:43, 20-24: 1. Alfonso Medina 1:34:25, 2. Bob Dennis 1:34:30, 3. Tim Collins 1:43:44, 25-29: 1. Jim Maynard 1:32:05, 2. Carlos Nava 1:33:36, 3. Brad Alexander 1:34:41, 30-34: 1. Tom Cupp 1:33:22, 2. Antonio Munoz 1:33:54, 3. Scott Dazey 1:36:18, 35-39: 1. Mike Morris 1:37:32, 2. Edward Davis 1:38:05, 3. Robert Kessler 1:41:55, 40-44: 1. Larry Andrews 1:44:50, 2. Mick Victor 1:45:03, 3. Bill Fitzpatrick 1:45:25, 45-49: 1. Daniel Kelly 1:42:14, 2. Wayne Mitchell 1:45:14, 3. Sam Van Wagner 1:52:31, 50-54: 1. Jim Chenoweth 1:38:17, 2. Thomas Avon 1:49:46, 3. Terry Swets 1:53:07, 55-59: 1. Michael Hall 2:00:38, 2. William O'Donnell 2:01:19, 3. Bob Rice 2:02:27, 60-64: 1. William Wall 1:59:08, 2. Pat Devine 1:59:59, 3. Ed Foot 2:02:33, 65-69: 1. Irving Saratoff 2:24:10, 2. Robert Hardaway 2:25:56, 3. John Foster 2:26:30, 70 & Over: 1. Manuel Lara 2:18:24, 2. Ed Homung 2:39:57, 3. Benjamin McDonnell 2:52:35.

**Women's Results**  
800m: (H.S.) 1. Erin O'Keefe 2:31.8, 2. Misty Sanford 2:53.7. (Open) 1. Sam McBride 2:30.7, 2. Steffie Ambrozak 2:34.6, 3. Shannon Chapman 2:50.2.  
1500m: (H.S.) 1. Misty Sanford 6:23.1. (Open) 1. Diane Whipple 4:52.0, 2. Joan Roehrig 5:05.8, 3. Laura Guzman 5:13.3.  
3200m: (Open) 1. Brooke Mabe 11:24.3.

## Honolulu Marathon

December 13, Honolulu, Hawaii.

**Overall Results - Men**  
1. Banson Masya (25) Kenya 2:14:19, 2. Cosmo Ndeti (25) Kenya 2:14:28, 3. David Tsebe (26) South Africa 2:16:45, 4. Myung-Hak Cho (20) Korea 2:18:23, 5. Derek Froude (33) New Zealand 2:18:37, 6. Francis Robert Naail (20) Tanzania 2:18:58, 7. Bong-Ju Lee (20) Korea 2:19:18, 8. Simon Robert Naail (26) Tanzania 2:19:51, 9. Sun-Chun Lee (20) Korea 2:20:03, 10. Abel Moranga Giseмба (23) Japan 2:21:44.  
11. Chen Hui Wang (29) Japan 2:23:54, 12. Yoshita Nobe (28) Japan 2:25:29, 13. Englebert Rob Naail (18) Tanzania 2:25:39, 14. Yaguchi Elchi (23) Japan 2:25:56, 15. Frank Shevlin (32) Australia 2:27:25.  
**Overall Results - Women**

## USSSF Monument to Baker Beach

December 13, San Francisco, 6.5 Mile.

**Overall Results**  
1. Dan Zelinski 32:47, 2. Anthony Beron 32:50, 3. Pete Nowicki 35:01, 4. Ron Long 35:07, 5. Demian Smiley 35:15, 6. Mike



# RESULTS

Bolgatz 35:57, 7. Tyler Abbott 36:07, 8. Theo Jones 37:00, 9. Herman Escajadillo 37:19, 10. Len Garriott 38:23.

## Las Vegas Half Marathon

December 19, Las Vegas, NV.

### Division Results - Men

**Overall Winners:** 1. Paul Pilkington 1:02:54, 2. Driss Dacha 1:04:22, 3. Chad Bennion 1:04:32. **18 & Under:** 1. Alfredo Resendiz 1:19:12, 2. Brett Saari 1:21:28, 3. Ryan Stofa 1:21:29. **19-24:** 1. Jess Llanes 1:05:52, 2. Dennison Yazzie 1:13:47, 3. Steve Duncan 1:16:06. **25-29:** 1. Paul Rosser 1:05:06, 2. David McMillan 1:05:41, 3. James Sheremeta 1:05:42. **30-34:** 1. Vernon Morris 1:09:46, 2. Michael Cahill 1:12:12, 3. Dan Winteroth 1:12:38. **35-39:** 1. Jose Castellanos 1:14:59, 2. Mark Grenier 1:15:57, 3. Mark Davis 1:18:11. **40-44:** 1. Carlos Munoz 1:16:34, 2. Bill Summer 1:18:36, 3. Gerald Kochman 1:20:05. **45-49:** 1. Ronald Jensen 1:15:49, 2. Juan Cabeza 1:16:33, 3. Branch Brady 1:19:40. **50-54:** 1. Tom Curry 1:17:04, 2. Richard Greene 1:20:45, 3. Jim Romero 1:28:35. **55-59:** 1. Walt Wozniak 1:31:26, 2. Roy Nelson 1:33:04, 3. Roger Hammond 1:35:11. **60-64:** 1. Bob Vitale 1:39:28, 2. Art Fredericks 1:40:06, 3. Bernie Bly 1:47:53. **65-69:** 1. Mas Sadahiro 1:54:16, 2. Tom Cornell 1:56:21, 3. Menas Tashjian 2:16:27. **70 & Over:** 1. John Dopierala 2:41:38.

### Division Results - Women

**Overall Winners:** 1. Kathleen Smith 1:13:47, 2. Jane Welzel 1:14:16, 3. Magi Ezzard 1:15:32. **18 & Under:** 1. Lisa Garber 1:36:57, 2. Julie Petersen 1:37:04, 3. Danielle Loomis 1:38:51. **19-24:** 1. Jennifer Kuhlmann 1:25:28, 2. Becky Benjamin 1:35:23, 3. Jennifer Harding 1:49:59. **25-29:** 1. Heidi McMillan 1:22:05, 2. Jacqueline Love 1:22:36, 3. Karen Vaughn 1:28:17. **30-34:** 1. Kellie Archuleta 1:16:14, 2. Jennifer Henderson 1:23:29, 3. Patrice Leddy 1:31:04. **35-39:** 1. Jeanne Lasee-Johnson 1:16:40, 2. Kimberlee Campo 1:18:43, 3. Suzanne Pardee 1:36:13. **40-44:** 1. Linda Bennett 1:36:35, 2. Debra Kovarik 1:40:48, 3. Christa Peterson 1:41:56. **45-49:** 1. Amy Fredericks 1:34:50, 2. Charleen Stipe 1:41:35, 3. Janet Boughner 1:49:24. **50-54:** 1. Becky Whitehead 1:57:41, 2. Barb Bromwelle 1:59:42, 3. D.J. Barrett 2:06:00. **55-59:** 1. Wen-Shi Yu 1:45:13, 2. Atsuko Fujimoto 1:56:59, 3. Genie Salerno 2:09:22. **60-64:** 1. Nessie Hollicky 1:52:22, 2. Mary Ann Cotton 1:57:17, 3. Mary Ehrlich 2:42:02.

### Relay Team

**Men:** 1. The Good Guys 1:15:58, 2. Cheyenne Harriers 1:21:22, 3. Team the Unknown 1:23:20. **Women:** 1. Team Cheyenne 1:34:47, 2. Quad Squad 1:41:23.

## Christmas Relays

December 20, San Francisco. 4x4.464.

### Overall Results

1. Doc Sax Runners (Open) (Matt Giusto, Eric Mastalir, Mark Mastalir, Marc Olesen) 1:26:58, 2. Hoy's Sports A (Open) 1:27:35, 3. Willow Glen Alumni (Open) 1:29:29, 4. Hoy's Sports B (Open) 1:29:58, 5. Sweet and Sour Pork (Open) 1:31:21, 6. NARP Open A 1:32:49, 7. Jennifer's Rules-Not (Open) 1:34:04, 8. Reebok Aggie Girlie Men (Submaster Men) 1:34:10, 9. The Guys (Open) 1:34:12, 10. Fearsome Foursome (Open) 1:34:19.

11. Aggicopia (Open) 1:34:22, 12. Wow-AnotherMug (Open) 1:34:36, 13. Reebok Aggie Elves (Submaster Men) 1:34:41, 14. Quick Feet (Open) 1:35:03, 15. Jesuit Insanity (Jr. Boys) 1:35:38.

41. Excelsior TC A (Masters Men) 1:47:02, 71. Tamalpa A (Men 50 plus) 1:55:04, 80. Impala Open Blue (Women's Open) 1:55:57, 84. Bill's Quackers (Women's Open) 1:56:22, 87. W V Joggers & Striders (Men 50 plus) 1:57:49.

## Diamond Heights

December 20, San Francisco. 2.99 Mile.

### Overall Results

1. Anthony Beron 17:43, 2. Demian Smiley 18:16, 3. Ron Long 18:29, 4. Ron Dorey 19:49, 5. Rick Shea 20:00, 6. Len Garriott 20:21, 7. Dan Schirn 20:27, 8. Don Elsener 20:34, 9. Patrick Lee 20:35, 10. Thomas Pang 21:46.

## Inside Track European Cross Country Race

December 20, Ventura. 6.6 Mile & 2.2 Mile.

### Overall Results - 6.6 Mile

1. Barry Molony (40-49) 42:46, 2. Scott Fickerson (19-39) 43:12, 3. Tom Graber (19-39) 44:07, 4. Bill Tokar (19-39) 44:14, 5. Audres Hernandez (19-39) 45:22, 6. Karl Weis (19-39) 46:55, 7. Gene Ball (40-49) 47:08, 8. Roberto Yanez (19-39) 49:06, 9. Art Jimenez (40-49) 50:48, 10. James Emory (19-39) 51:21.

14. Ray Laub (50 & O) 56:01, 15. Jose Mendez (18&U) 56:59, 18. Terri Werber (40 & O) 1:13:24.

### Overall Results - 2.2 Mile

1. Barry Molony (40-49) 14:51, 2. Billy Paules (18 & U) 14:54, 3. Scott Stiles (18 & U) 15:11, 4. Art Jimenez (40-49) 15:16, 5. Gene Ball (40-49) 15:22, 6. Mason Moore (18 & U) 15:28, 7. Jim Monahan (19-39) 15:35, 8. Jan Taketa (40 & O) 17:04, 9. Paul Rehder (40-49) 17:04, 10. Sean Monahan (19-39) 17:54.

13. Leah Glaser (18 & U) 21:29, 15. Ken Chapman (50 & O) 22:08.

## Christmas Blind Date Relays

December 25, San Francisco. 2x2 Mi.

(1 male/1 female)

### Overall Results

1. Nancy Butler/Ron Long 31:33, 2. Judith Webb/Joe White 32:15, 3. Sandra Seiki/Ted Vincent 34:16, 4. Marie McNulty/Norman Ching 34:18, 5. Doerte Murray/Patrick Reagan 34:18, 6. Liese Rapozo/Ron Dorey 35:25, 7. Normita la Tortuga/Jim Cahill 35:52, 8. Phyllis Nabhan/Dave Picariello 36:10, 9. Ursula Bernhart/Bill Woolf 36:50, 10. Doreen Malaspina/Mitchell aka Fat Banana Man 37:17.

## New Year's Resolution Marathon

January 2, Tamalpais. 31K, 10 Mi. 12K, 4 Mi.

### Overall Results - Marathon

1. Dane Larsen (41) San Rafael 3:40:12, 2. Bob Ulloa (43) Porterville 4:18:51, 3. Robert Burd (32) Campbell 4:19:05, 4. Chuck Cammack (46) Albany 4:25:00, 5. Don Weber (50) Morgan Hill 4:44:33.

### Overall Results - 31K

1. Tom Hale (40) Berkeley 2:30:35, 2. Tane Abbott (29) San Francisco 2:36:10, 3. Rusty Whitham (26) Travis AFB 2:37:00, 4. Tim Wyman (33) Takatsuki-Shi Japan 2:47:55, 5. Leonard Fischer (31) Suisun City 3:03:57.

### Overall Results - 10 Mile

1. Kate McDonald (21) San Francisco 1:28:00, 2. Jan Hampshire (40) Mill Valley 1:33:05, 3. Paul Eveloff (46) San Anselmo 1:33:05.

### Overall Results - 12K

1. Dan Miley (33) Palo Alto 1:01:10, 2. Ron Dorey (32) San Francisco 1:01:50, 3. Penny Demoss (42) Oakland 1:02:02, 4. Lani Haddock (38) Los Gatos 1:05:20, 5. Kirstin Nelson (17) San Rafael 1:06:00.

### Overall Results - 4 Mile

1. Evan Kahn (11) Bolinas 49:30, 2. Andy May Hunt (11) Stinson Beach 1:12:30.

## Hangover Run

January 1, San Francisco. 3.53 Mile.

### Overall Results

1. John Piazza 22:37, 2. Anthony Beron 22:42, 3. Steve Flynn 22:58, 4. Pete Nowicki 23:11, 5. Ron Brown 23:18, 6. Mike Bolgatz 24:12, 7. Juan Bailon 24:45, 8. Ron Long 24:52, 9. Dan Camacho 25:23, 10. Len Garriott 25:24.

11. Alex Derieux 25:27, 12. Ross Morrison 25:34, 13. Larry Wuertle 25:50, 14. Tom McCarthy 26:11, 15. Ron Dorey 26:23, 16. Dave Picariello 26:35, 17. Dan Walsh 26:44, 18. Patrick Lee 26:55, 19. Stuart Ruth 27:08, 20. Dick Parker 27:16.

27. Hilary Naylor 27:50, 34. Denise Valke-ma 28:29, 35. Judith Webb 28:38, 37. Evelyn Seth 28:44, 53. Marian Lyons 30:38.

## The Great Escape

January 2, Richmond. 5 Mi/2 Mi.

### Overall Results - 5 Mile

1. Toby Knepte (27) 28:45, 2. Matthew Green (26) 28:30, 3. Richard Easton (37) 28:45, 4. Mick Nickols (32) 28:53, 5. David Collins (33) 29:18, 6. Nick Ratti (20) 29:47, 7. Daniel Rosenthal (27) 29:52, 8. Dan Purcell (18) 30:49, 9. Julius Ratti (42) 31:00, 10. Ken Cicinelli (27) 31:11.

### Overall Results - 2 Mile

1. John Holmberg (25) 10:09, 2. David Cole (70) 15:18, 3. Michael Raveuchi (26) 17:50, 4. Natalie Acedo (10) 18:28, 5. Brian Block (9) 19:20.

## Orange County Half Marathon & 5K

January 9, Irvine.

### Overall Results - 1/2 Marathon

#### Men:

1. Karl Polivka (22) L.A. 1:08:52, 2. Kevin Broady (31) Anaheim 1:09:39, 3. Keith Wthauer (37) Apple Valley 1:10:55, 4. Dan Arsenault (30) Garden Grove 1:11:13, 5. Shawn Cummins (20) Chino 1:11:55.

#### Women:

1. Kathy Smith (26) Irvine 1:13:49, 2. Marilyn Broady (29) Anaheim 1:20:51, 3. Jennifer Briggs (24) Los Alamitos 1:23:02, 4. Marisol Cossio (28) L.A. 1:23:51, 5. Kara Kelly (28) Laguna Niguel 1:25:46.

### Overall Results - 5K

#### Men:

1. John Koningh (36) 14:39, 2. Jose Ortiz (29) 15:01, 3. Phillip Buckley (26) Newport Beach 15:21, 4. Marty Callahan (27) 15:23, 5. Shawn Sandoval (25) Irvine 15:31.

#### Women:

1. Veronica Swidrah (21) 17:54, 2. Teresa Clark (26) Santa Ana 18:21, 3. Jennie Cole (37) Harbor City 18:34, 4. Gloria Santillan (45) Alhambra 19:22, 5. Claudia Morales (42) 20:12.

## Fiesta Five

January 9, Mission Bay Park, San Diego.

Despite the most rain in one week in seven years, 400 runners, walkers, wheel chair athletes, and striders took a chance and showed up January 9th for the Fiesta 5 Mile at Mission Bay Park. They were blessed with perfect running conditions, outstanding race organization, and a dry course for the only five mile race in Southern California.

The men's race featured a battle between athletes from other countries against some of the best local runners. Joao N'tyamba of Angola, training in San Diego with the Brazilian Olympic team runners, finished in 24:12, just ahead of Mesa College's junior college champion, Gabino Toledo, who was 6 seconds behind. Daniel Nevas, the state high school champion from Helix and Brazil, fin-

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# RESULTS

ished 5th. Matt Clayton finished third with a fine 24:31, edging James Sheremeta by 7 seconds. Terry Cotton, returning to the races after a layoff, showed he still has his old speed with a 24:43 time. The quality of the field was demonstrated by the 7 finishers who ran under 25 minutes. Paul Greer, the SDTC 1992 Open Athlete of the Year, ran a 25:02 which is still a 5 minute mile pace.

Jeanne Lasee-Johnson, the area's top runner, proved it again with a 28:23 time. She beat Jackie Zawertailo by 6 seconds. Laura Stuart, SDTC 1992 Women's Open Athlete of the Year, was third with a 28:40 time.

The Wheelchair race had five competitors with Pres Palma winning with a quick 23:32 time. Dale Sutton won the Racewalk division with a 47:34. With the area's top age group runners competing, there were many familiar names. Oonagh Bruni, Robin Paine, Eileen Pue, Dorothy Stock, and Mary Storey won their age divisions again. Dixie Madsen, who was sponsored by Kool N Fit in the Western States 100 Miller, came back to win her age division with Kool N Fit at the finish line giving out its soothing medication.

## Division Results - Men

**Overall Winners:** 1. Joao N'tyamba (\$200) 24:12, 2. Gabino Toledo (\$100) 24:18, 3. Matt Clayton (\$50) 24:31. **12 & Under:** 1. David Dunbar 32:49, 2. Jonathan Dunbar 37:33, 13-18: 1. Chris Lynch 26:14, 2. Alfredo Resendiz 31:06, 3. Mark Savel 33:54, 19-29: 1. James Sheremeta 24:38, 2. Daniel Nevas 24:39, 3. Allen Klassen 24:58, 30-34: 1. Willy Ayyad 25:39, 2. Marshall Varano 26:18, 3. Placido Coronado 27:05, 35-39: 1. Terry Cotton 24:43, 2. Kevin Heaton 28:30, 3. Kurt Hallock 29:32, 40-44: 1. Marty King 27:50, 2. Ric Ruler 29:00, 3. Richard Saltzman 30:30, 45-49: 1. Gordon Lutes 29:39, 2. Lee Spadoni 29:51, 3. Henry Osgood 30:35, 50-54: 1. Dan McCaskill 30:00, 2. Dale Larabee 32:32, 3. Ken McIntyre 43:26, 55-59: 1. Richard Ramirez 33:18, 2. Warren Osborne 33:43, 3. Gary Peterson 34:40, 60-64: 1. John Terrell 33:47, 2. Dick Robinson 35:23, 3. Char. Kachadoorian 38:10, 65-69: 1. Jim O'Neil 32:56, 2. John Cross 43:27, 3. Jim Trone 54:27, 70 & Over: 1. Jim McCown 33:50, 2. Hal Erick 42:41, 3. Lowell Tozer 46:06. **Racewalk:** 1. Dale Sutton 47:34, 2. David Long 59:56, 3. Bill Thomas 64:11. **Wheelchair:** 1. Pres Palma 23:32, 2. Trevor Myrus 24:12, 3. Bear Beaver 57:41.

## Division Results - Women

**Overall Winners:** 1. Jeanne Lasee-Johnson (\$200) 28:23, 2. Jackie Zawertailo (\$100) 28:29, 3. Laura Stuart (\$50) 28:40, 13-18: 1. Jessica Juarez 37:56, 2. Anita Barba 38:00, 19-29: 1. Regina Hoagland 34:33, 2. Chris Lonnecker 35:06, 3. Jill Gregson 35:20, 30-34: 1. Jamine Daley 30:40, 2. Nancy Ward 37:40, 35-39: 1. Oonagh Bruni 33:05, 2. Leslie Howland 33:10, 3. Debbie Shay 36:33, 40-44: 1. Robin Paine 32:38, 2. Cindy Cohagen 33:16, 3. Ann Richards 34:50, 45-49: 1. Ann Walker 34:29, 2. Julie Freeman 35:41, 3. Karen Peter 48:18, 50-54: 1. Eileen Pue 34:51, 2. Ursula Rains 36:41, 55-59: 1. Dixie Madsen

38:13, 2. Martha Walker 40:16, 3. Marcia Lasher 49:37, 60-64: 1. Dorothy Stock 39:09, 2. Nessie Hollicky 41:30, 65-69: 1. Mary Storey 41:33. **Racewalk:** 1. Lynne Panien 52:27, 2. Mavis McLynn 56:39.

## Summit Rock Sky Run

January 9.

### Overall Results - Sky Run

1. Cris Garvin (30) 1:06:46, 2. Donald Beadle (32) 1:10:23, 3. Rob Fohrman (25) 1:10:51, 4. Whit Flamback (25) 1:10:57, 5. Jess Walker (33) 1:12:00, 6. Ken Cicinelli (27) 1:12:10, 7. Mike Mulkey (38) 1:12:51, 8. Todd Owens (28) 1:14:18, 9. Eric Schuele (30) 1:15:32, 10. Joseph Peterson (30) 1:15:33.

### Overall Results - 4.5 Mile

1. Nick Nickols (32) 34:54, 2. Jeff Breiholz (28) 39:24, 3. Russell Clough (51) 40:46, 4. David Burke (32) 40:46, 5. Larry Martinez (33) 43:22, 6. James Gottesman (31) 48:03, 7. Scott Moyers (29) 48:38, 8. Dan Moore (31) 51:04, 9. Jim Champion (50) 51:18, 10. Cindy Kuethe (32) 51:34.

## Star System Arizona Marathon

January 10, Phoenix, AZ.

### Division Results - Men's Marathon

**19 & Under:** 1. Chris Stalzer (Tempe, AZ) 3:30:23, 20-24: 1. Eric Webdale (Scottsdale, AZ) 2:39:22, 25-29: 1. Martin Aschenbrenner 2:39:43, 30-34: 1. Paul Noseworthy (Peoria, AZ) 2:52:10, 35-39: 1. William Clay (Fontana) 3:33:39, 40-44: 1. Craig Davidson (Phoenix, AZ) 2:54:22, 45-49: 1. Bruce Guter (Fullerton) 3:13:24, 50-54: 1. Richard Davis (New York, NY) 2:59:00, 55-59: 1. Phil Hildebrand (San Diego) 3:55:20, 60-64: 1. Chris Weber (Phoenix, AZ) 3:07:03, 65-69: 1. Bill Rensink (El Toro) 3:24:56, 70-74: 1. Cortland Stark (San Marcos) 4:16:46, 75-79: 1. Andrew Kotulski (Danville) 3:15:25, 80-84: 1. Bill Halsworth (Santa Clarita) 3:35:26, 85-89: 1. John Hafer (San Diego) 3:52:25, 90-94: 1. T.Ged Fisher (Diamond Bar) 4:28:24, 95-99: 1. Dave Vent (Spokane, WA) 3:53:08, 100-104: 1. Bob Bell (Scottsdale, AZ) 3:50:01, 105-109: 1. Lane Blank (Costa Mesa) 4:26:16, 110-114: 1. Tom Edwards (Oceanside) 4:02:59.

### Division Results - Women's Marathon

**20-24:** 1. Paula Stokman (Kenosha, WI) 2:57:20, 25-29: 1. Dianne Kenna (Glendale, AZ) 3:20:07, 30-34: 1. Tana Matthews (Leucadia) 3:30:36, 35-39: 1. Loree Peterson-Strach (Tempe, AZ) 3:14:13, 40-44: 1. Melodee Jones (Mesa, AZ) 2:20:50, 45-49: 1. Lorraine Gersitz (Fullerton) 3:18:04, 50-54: 1. Elaine Perry (Lakeside) 4:09:49, 55-59: 1. Betsy Black (Phoenix, AZ) 4:11:58, 60-64: 1. Cheryl Nelson (Mesa, AZ) 3:54:22, 65-69: 1. Joann Schuster (Scottsdale, AZ) 4:09:46, 70-74: 1. Margaret Speer (Yuma, AZ) 4:40:18.

### Division Results - Men's Half Marathon

**19 & Under:** 1. Vito Lamberti (Tempe, AZ) 1:16:52, 20-29: 1. Eugene Hogue (Farming-

ton, NM) 1:21:51, 30-39: 1. Wayne Knowles (Gilbert, AZ) 1:12:41, 40-49: 1. Frank Kunke (Lakewood, CO) 1:18:30, 50-59: 1. Gordon Foster (Phoenix, AZ) 1:27:33, 60-69: 1. William Bromley (New Berlin, WI) 1:50:13, 70 & Over: 1. Donald Gladding (Sun City West, AZ) 2:23:32.

### Division Results - Women's Half

**19 & Under:** 1. Catherine Salley (Phoenix, AZ) 1:44:05, 20-29: 1. Penny Braatz (Fond Du Lac, WI) 1:33:12, 30-39: 1. Carol Pedretti-Max (Minnetonka, MN) 1:26:56, 40-49: 1. Carrie Kinsey (Oakland) 2:36:47, 50-59: 1. Robi Vaccina (Phoenix, AZ) 1:40:59, 60-69: 1. Kathy Clark (Claremont) 2:16:38, 70-79: 1. Constance Sampson (Corona del Mar) 2:43:32, 80-89: 1. Sue Fletcher (Sierra Vista, AZ) 1:44:56.

## California 10

January 10, Stockton, 10 Mile.

### Overall Results - Men

1. Kenny Brown (23) Rohnert Park 51:29, 2. Steven Lopez (23) San Jose 52:17, 3. Andrew Boudreau (22) Berkeley 52:53, 4. John Hancock (28) Stockton 53:15, 5. Stephen Overgaard (28) Stockton 53:44, 6. John Fernandez (27) San Jose 55:29, 7. Sal Vasquez (53) Suisun 56:00, 8. Kevin Searls (34) Martinez 56:06, 9. Dan Anderson (40) Union City 56:13, 10. Kitt Flynn (40) Grass Valley 56:24.

11. Daniel Rusk (32) Winton 57:42, 12. Robert Rea (39) Sunnyvale 57:46, 13. Mike Deatherage (38) Suisun 58:07, 14. Mike Ercolini (35) Ceres 58:14, 15. Andy Harris (33) Sacramento 58:29.

### Overall Results - Women

1. Jeannie Urness (30) Mather AFB 59:11, 2. Stacey Moseley (20) San Jose 62:46, 3. Melanie Murray (32) San Francisco 64:16, 4. Cindy Scott (37) Sacramento 64:36, 5. Patricia Fanelli (40) Mill Valley 64:46, 6. Joanne Kelley (25) Sacramento 65:26, 7. Alejandra Aguirre (28) Rio Vista 67:22, 8. Randi O'Neill (18) Benicia 67:26, 9. Eva Belt (22) Placerville 68:10, 10. Katie Wood (36) Redwood City 68:11.

## Daly City Scenic Run

January 10, Daly City, 6.8 Mile.

### Overall Results

1. Armen Khachadourian 44:14, 2. Demian Smiley 44:21, 3. Ron Long 45:30, 4. Dick Parker 45:37, 5. Theo Jones 46:14, 6. Rick Shea 47:09, 7. Herman Escadillo 47:58, 8. Larry Wuerstle 48:22, 9. Alan Kipust 48:37, 10. Agt. Org 49:18.

17. Judith Webb 53:56, 21. Marian Lyons 55:44, 27. Elaine Mah 57:17, 31. Debbie Smith 58:12, 32. Liz Norman 58:20.

## Point Reyes Trail Marathon

January 16, Pt. Reyes Nat'l. Seashore, 25K & 7 Mile.

### Overall Results - Marathon

1. Don Mattingly (42) Walnut Creek 3:48:10, 2. Peter Franks (46) Sausalito 4:07:18, 3. Mark Samuelson (39) Cool

4:21:18, 4. Chris Knoch (28) Martinez 4:29:30, 5. Larry Castano (39) Novato 4:37:35.

### Overall Results - 7 Mile

1. Jim Bystrek (41) San Rafael 1:08:05, 2. Kevin Connell (27) San Francisco 1:09:30, 3. Al Perley (43) Greenbrae 1:11:15, 4. Julie Loder (15) San Francisco 1:15:12, 5. Tessa Walsh (32) Stinson Beach 1:15:55.

### Overall Results - 25K

1. Tom Hale (40) Berkeley 2:07:18, 2. Guy Palmer (33) San Rafael 2:15:42, 3. Barrie Graham (41) San Rafael 2:16:06, 4. Steve Gregg (36) Oakland 2:17:23, 5. Kevin Hicks (29) Stockton 2:21:55, 6. Penny Demoss (42) Oakland 2:22:35, 7. Jill Shenkel (22) Stanford 2:25:30, 8. Steve McCaw (26) Davis 2:25:30, 9. Paul Evloff (46) San Anselmo 2:39:20, 10. Ric Lohman (44) Half Moon Bay 2:42:50.

## Paramount 10K Run

January 16, Paramount.

### Division Results - Men

**Overall Winners:** 1. Jesus Gutierrez 30:47, 2. Matt Messner 31:00, 3. Kevin Broady 31:11, 13 & Under: 1. Jan Schneiderman 46:50, 2. Miguel Figueroa 48:25, 3. Chris Mills 50:50, 14-17: 1. Filli Cortez 34:34, 2. Christopher Zepeda 36:36, 3. Joe Zizi 40:10, 18-23: 1. Matt Messner 31:00, 2. Jose Padilla 32:22, 3. Chris Lynch 33:03, 24-29: 1. Jesus Gutierrez 30:47, 2. Jose Ortiz 31:14, 3. Steven Brown 31:26, 30-34: 1. Kevin Broady 31:00, 2. Marty Horan 33:36, 3. Johnny Camacho 33:38, 35-39: 1. Rick Waterman 33:55, 2. Angelo Decolibus 34:18, 3. Javier Lara 34:18, 40-44: 1. Nolan Smith 32:06, 2. Ron Gee 32:50, 3. Barry Molony 32:53, 45-49: 1. Ron Jensen 34:48, 2. Juan Cabeza 35:29, 3. Michael Eck 35:47, 50-54: 1. Catarino Gonzalez 34:15, 2. Richard Greene 36:53, 55-59: 1. John Brennan 36:27, 60-64: 1. Norman Green 35:23, 2. Albert Nobato 41:18, 3. Gunnar Linde 41:32, 65-69: 1. Milo Sather 45:57, 70-74: 1. Tom Edwards 45:24, 75-79: 1. Eddie Lewin 48:36, 2. George Feinstein 56:57, 80-84: 1. Chick Dahlsen N.T., 90 & Over: 1. Paul Spangler 100:21.

### Division Results - Women

**Overall Winners:** 1. Michele Hopper 36:23, 2. Eliz Melewski 36:37, 3. Sheri Hall 37:03, 13 & Under: 1. January Figueroa 54:52, 2. Lizet Lopez 55:34, 3. Diana Vera 56:12, 14-17: 1. Alisha Lopez 42:12, 2. Josie Franco 48:15, 3. Sandra Alba 62:34, 18-23: 1. Linda Gallardo 40:14, 24-29: 1. Marilyn Broady 37:08, 2. Jennifer Briggs 37:25, 3. Jill Delane 41:59, 30-34: 1. Eliz Milewski 36:37, 2. Laura Guzman 38:56, 3. Anita Correa 39:09, 35-39: 1. Michele Hopper 36:23, 2. Jennifer Cole 40:25, 3. Catherine Molina 41:43, 40-44: 1. Lol Coker 38:49, 45-49: 1. Yvette La Vigne 42:21, 50-54: 1. Jeanne Hoagland 45:28, 55-59: 1. Mary Storey 51:14.



# The Fine Line Between Injury and Top Performance

By Jeff Galloway

SOMETIMES I WISH my body could send me the same type of warning signals that often annoy us on the dashboard of newer automobiles. Before the oil gets to a dangerously low level, a message will appear on the dashboard—which has been triggered by sensors strategically placed in the machinery.

When we are performing well . . . we are likely to ignore the danger signs which can indicate a potential injury.

All of us receive the early warning signs of injury. But most runners are not sensitive enough or don't realize the potential risk of "pushing through them". In many ways, runners often treat their bodies the way I used to treat the several "old clunkers" which I drove years ago. I'm ashamed to say that I wouldn't pay them any attention until they wouldn't run at all.

When we are performing well, and are on the edge of our performance limits, we are likely to ignore the danger signs which can indicate a potential injury. Unfortunately, at this stage, we are most likely to push ourselves too far, and become injured. The muscles, tendons, etc. are already stressed, and can be pushed too far, too easily.

## Improvement Through Gradual Increase

Your body is programmed to improve when it is under creative stress. By increasing the level of a speed workout just slightly more than you've done in the last week, the exercising muscles will suffer minor damage from the over-exertion. Your body's damage control systems are designed to rebuild stronger when challenged in small and regular increases—when sufficient rest is provided between stress.

## Dangerous "Breakthrough" Workouts



There's a wide-spread mistaken belief that if a small increase in training intensity will pro-

duce better performances, then a great increase will bring dramatic improvements. Unfortunately, these "breakthrough" workouts often result in "break-downs".



The answer is to run a series of workouts which gradually teaches your exercising muscles to simulate race conditions. The quality and quantity of the rest between workouts will also allow the body to rebound, fresher and stronger than before.

*Note: Olympian Jeff Galloway sets up individualized programs for runners of all ages in his marathon training program, and his fitness vacations. Information: JFG, P.O. Box 76843, Atlanta, GA 30358. (404) 255-1033.*

## JEFF GALLOWAY'S FITNESS VACATIONS


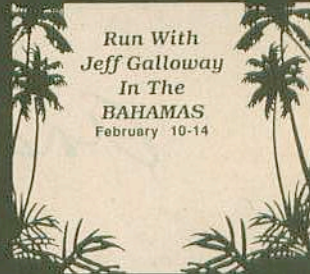


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(404) 255-1033

Phidippides Runners, RRCA





clip out and send to your senator.

Dear Senator \_\_\_\_\_:

I'm pro-running.

And I vote, buddy.

Sincerely,