JANUARY 1987

CALIFORNIA News

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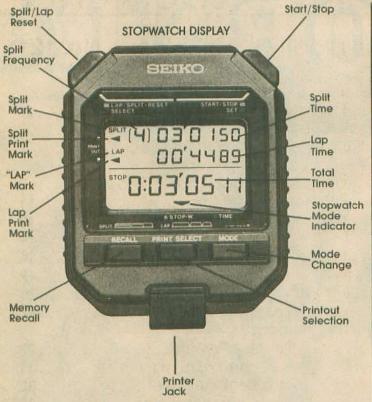


California's Only Track & Running Publication

13th Year

Digital Quartz Stopwatch With Printer, SP11

Special Limited Time Offer: \$175 while supply lasts

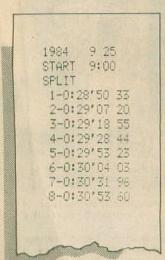


System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP



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

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

Specifications

Time Base & Accuracy:

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

Printout

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

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

Modes:

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

Temperature:

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

Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

Batteries

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

Construction:

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

Standard Accessories:

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

Optional Accessories:

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

Available From:

Jack's Athletic Supply P.O. Box 459 San Carlos, CA 94070 (415) 595-2249

Also a special \$10.00 discount for mentioning that you saw the ad in CT&RN.

CALIFORNIA Track & Running News



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

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

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

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

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

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

MEMBER OF RUNNING USA

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Pictured Above is the Palos Verdes girls varsity cross country team, No. 1 in the state. See ranking on page 31.

photo by Burt Davis

ON THE COVER: Kinney National High School Cross Country Championships, December 13, San Diego. Boys winner Marc Davis crossing the finish line and inset. Girls winner Erin Keogh Inset.

Fine Flicks by Don Gosney

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.

January 3 (Saturday):

Covina: American Heart Association 5 & 10K and Kids' Half-Mile Walk, Inter-Community Medical Center Parking Lot, 8 am/5K, 8:30 am/10K, c/o ICMC Volunteer Office, 303 N. Third, Covina 91723. (818) 331-7331, x2636.

Anaheim: "Three for All" Triathlon Series, 2.5 mile run, 7 mile bike, 125 yd. swim, time & location TBA. Sandy Thomas, 6105 Paseo Rio Azul, Anaheim 92807. (714) 921-1544.

Las Vegas, Nevada: Rainbow 10 Mile, Vail Pittman Elem. School (6333 Fargo), 8:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

San Francisco: The Epiphany Ultra, 36 miles, 9 am. John Medinger, 185 Stanford Ave., Mill Valley 94941. (415) 388-3389.

South El Monte: Legg Lake 4.7 Mile Run, 9:30 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 942-8774.

January 4 (Sunday):

Alta Loma: Winter Warmup Half-Marathon, 5K & Half-Mile, Alta Loma Park, 8 am/half mile, 8:15 am/5K & half marathon. Event Services Co., 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

January 10 (Saturday):

Redding: Redding Marathon & Half Marathon & 10K, Redding Civic Auditorium, 10 am. January 1 Entry Deadline. Steve Davidson, P.O. Box 3564, Redding 96049. The Sports Foot (916) 223-4662.

Ventura: Buena Four Mile Run, San Buenaventura State Beach, 9 am. Steve & Debbie Blum, 705 Utica, Ventura 93004. (805) 659-2699.

Las Vegas, Nevada: LVTC 5 Mile Championship (& 2 mile), Tule Springs (Floyd Lamb State Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496. Fountain Valley: Los Caballeros 5 & 10K and Half-Marathon, 8 am. Los Caballeros Sports Village, 17272 Newhope St., Fountain Valley 92708-9971. (714) 546-8560.

South El Monte: San Gabriel River 5K, Legg Lake, 9:30 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 942-8774.

Phoenix, Arizona: Phoenix City Marathon, 7:30 am. Phoenix City Marathon, P.O. Box 32987, Phoenix, AZ 85064.

Pine Mountain, Georgia: National TAC Masters Marathon Championships, Calloway Gardens, time TBA. Buddy Rogers, Jr., Columbus TC, 4529 Hedingham Ln., Columbus, GA 31907. (404) 568-1625.

Visalia: Brian Sturgeon Run, distance TBA, Mooney Grove Park, 11 am. Kelly Hanson (209) 625-8432.

January 11 (Sunday):

Oakland: Dr. Martin Luther King, Jr. Birthday Runs, 5 & 10K, Lake Merritt (Sailboat House, 568 Bellevue), 9 am. Anthony Charles, 2401 - 67th Ave., Oakland 94605. (415) 632-1537.

West Los Angeles: Westside Family YMCA 5K & 1 Mile Fun Run, West L.A. Veteran's Administration grounds, 8:30 am/1 mile, 9 am/5K. Westside Family YMCA, 11311 La Grange Ave., West Los Angeles 90025. (213) 477-1511.

Valencia: Santa Clarita Runners Women's 8K Run, Pico Canyon, 9 am. Women only. Santa Clarita Runners, P.O. Box 298, Saugus 92404. (805) 252-5904.

San Bernardino; San Bernardino YMCA East Highlands Ranch 5 & 10K and Half-Marathon, Baseline & Church St., 7:30 am/Half Marathon, 7:45 am/5 & 10K. Ken Brock, Uptown YMCA, 808 E. 21st St., San Bernardino 92404. (714) 886-4661.

January 17 (Saturday):

Las Vegas, Nevada: LVTC 30K & 5 Mile, Sunset Park (Eastern Ave. & Sunset Rd.), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Arcata: SRRC Track Ultra, 24-Hour or 100 Mile, Humboldt State Univ. (track), 8 am. Pre-register by Jan. 10. Jim Griggs (707) 443-8051, x511.

South El Monte: San Gabriel River 3 Mile, Legg Lake, 9:30 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Fontana: Fontana Triathlon, 5K run, 15K bike, 100 yard swim. Fontana High School, 8 am. Kit Ledbetter, Fontana Parks & Recr. Dept., 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

Fresno: Brian Sturgeon Runs, 1 mile & 5K, Woodward Park, 8:30 am. Richard Cook (209) 298-2197.

■ January 18 (Sunday):

San Francisco: San Francisco Zoo Run, 7 mile and 3 mile fun run, S.F. Zoo, 8 am/7 mile, 9 am/3 mile. S.F. Zoological Society, Zoo Run, Sloat Blvd. & Great Hwy., San Francisco 94132. (415) 661-7456.

San Diego: Mission Bay Marathon & 10K/2 Mile, Mission Bay Visitors Center, 7 am/Marathon & 7:07 am/10K-2 Mile, Mission Bay Marathon, 11315 Cascada Way, San Diego 92124, (619) 569-7338.

Stockton: California 10. 10 miles, Lincoln High School (Alexandria at Ben Holt), 10 am. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124. Please confirm information.

San Mateo: El Camino Derby Run, 10K & 1 Mile, Bay Meadows Race Track, 8:30 am. American Heart Assoc., Joan Rosa, 1801 Murchison, Dr., Burlingame 94010. (415) 692-1028.

Arcata: Patrick's Point Race, 2 & 6.2 mile, Patrick's Point State Park (Palmer Point), 1 pm/2 mile, 1:45 pm/6.2 mile. Rich Gilchrist (707) 443-1226.

Woodland Hills: Boulevard Run Half-Marathon, Warner Center, 8 am. Bill Lovelace (818) 347-1933.

Goleta: Zonta 10K Run and 5K Walk, Goleta Beach County Park, 8:30 am/5K, 9 am/10K. Judy Cobbs, 3902-C Via Diego, Santa Barbara 93110. (805) 964-1437.

Los Angeles: Coliseum 5 & 10K Runs, 8:30 am. Jr. Achievement, 5303 Lankersheim Blvd., No. Hollywood 91601. (818) 985-5770.

Ventura: SCA-TAC 30K District Championship, San Buenaventura State Beach Park, 8 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

Newport Beach: 5 & 10K Spirit Runs, 7:30 am. No contact info.

Avalon, Santa Catalina: Avalon Hospital 50 Miler, 5 am. January 7 deadline. Marty Thomas, 1142-C 7th St., San Pedro 90731. (213) 514-8172.

Newport Beach: Spirit Runs, 1900 Port Seabourne Way, Newport Beach 92660. (714) 760-3490.

January 24 (Saturday):

Los Altos: Willy's Road Race, 5 mile & 1 mile, St. William School (401 Rosita Ave.), 9:30 am/1 mile, 10 am/5 mile. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

Schedule

Agoura Hills: The Great Race of Agoura, 2K, 5K & 10K, 7:30 am. Dennis & Maryann Kristan, 5716 Fairview, Agoura 91301. (818) 991-7746.

Scottsdale, Arizona: Parada Del Sol, 8K and 2 mile fun run, Eldorado Park, 9 am. Dave Berman, 7403 E. 6th. Ave., Suite 4, Scottsdale, AZ 85251. (602) 949-1633.

Pt. Reyes: Pt. Reyes Marathon & Half-Marathon, Fivebrooks (all dirt trails & fireroads). 200 limit. 9 am. Rick Boas, 378 Marin Ave., Mill Valley 94941. (415) 388-0601.

Pico Rivera: 5K Anniversary Run, Smith Park, 9 am. Ray Gonzales, City of Pico Rivera, P.O. Box 1016, Pico Rivera 90660. (213) 942-2000, x263.

Madera: Brian Sturgeon Run, distance TBA, Town and Country Park, 11 am. Janice Noga (209) 221-8272.

January 25 (Sunday):

La Jolla: March of Dimes Super Run VI, 10K & 2 mile fun run, La Jolla Village Square, 8 am. March of Dimes, 8333 Clairemont Mesa Blvd., Suite 101, San Diego 92111. (619) 576-1211.

Goleta: Sri Chinmoy Run. Santa Barbara Research park, 7 am. Sri Chinmoy, 1024 Laguna # 5, Santa Barbara 93101.

Santa Rosa: Santa Rosa Super Mile, 3rd & "B" Sts., 8:30 am. Mike McGuire, #306-50 Santa Rosa, Santa Rosa 95404. (707) 545-3534.

Castro Valley: Lake Chabot Trail Challenge Half-Marathon, Lake Chabot Marina, 9 am. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255.

Sacramento: Triple Yer Fun Triathlon, ½ mile swim, 3 mile run, 10 mile bike, Rancho Arroyo Racquet Club, 9880 Jackson Hwy., 9 am. Camellia Capital Triathlon Club, 2409 "J" St., Sacramento 95816.

Leggett: Paul Bunyan Relays, 43 mile, 5-person teams (6-10 miles/leg), finish at Fort Bragg, 7 am. Pacific Flyers, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185 or (707) 462-7214.

Santa Barbara: Sri Chinmoy Marathon, Santa Barbara Research Park, one-mile loop, 7 am. Sri Chinmoy Marathon, 200 Entrance Rd., Apt. 3, Goleta 93117. (805) 656-4029.

Redondo Beach: Redondo Beach Super Bowl 10K, Beryl & North Harbor, 8 am. 10K Run Committee, Box 637, Redondo Beach 90277. (213) 372-1171.

Santa Cruz: Super Bowl Sunday 10K Fun Run, AT&T Bldg. on Delaware Ave. near Natural Bridges, 9 am. Special Olympics, 809 Bay Ave., Suite H, Capitola 95010. (408)

Hanford: 10th Avenue 10K, Courthouse Square (Irwin & Lacey Sts.), 8 am. Karl Fike, P.O. Box 1118, Hanford 93232. (209) 584-2701.

January 31 (Saturday):

Paramount: Paramount 10K Run & Special World Masters Division, Progress Park, 8 am. Pre-Registration only by Jan. 25 tor Masters Div. Oscar Rosales, 15734 Paramount Blvd., Paramount 90723. (213) 634-3027.

Las Vegas, Nevada: Heart & Sole 10K/2 mile, location TBA, 8 am. Willie Baer (702) 367-1366 or Bill Stabler (702) 386-6297.

Riverside: Mt. Rubidoux 5 & 10K, Fairmount Park, 8:30 am/5K, 9 am/10K. Race Central, P.O. Box 828, Rialto 92376. (717) 787-4292.

February 1 (Sunday):

Westwood Village: GTE Westwood Village 10K Run, LeConte & Westwood Blve., 8:30 am. Westwood Village 10K, Center Courts, 11866 LaGrange, Los Angeles 90025. Michael McClelland (213) 820-4338.

South El Monte: Legg Lake 2.3 Mile Loop Run, 9:30 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

San Francisco: YMCA Chinese New Year Run, 10K, YMCA, 8 am. Chinatown YMCA, 855 Sacramento St., San Francisco 94108. (415) 982-4412.

February 7 (Saturday):

Las Vegas, Nevada: Las Vegas Marathon, Jean, Nevada (26 miles SW of Las Vegas), 7:30 am. Al Boka, P.O. Box 81262, Las Vegas, NV 89180. (702) 382-3496.

San Juan Bautista: Mission 10, 10 miles, Mission San Juan Bautista, 10 am. Mission 10, Ed Singleton, 811 Carpenter Dr., Hollister 95023. (408) 637-3126, eves.

Trinidad: Trinidad-Clam Beach Run, 8.75 miles, 1 pm(?). Trinidad Chamber of Commerce, P.O. Box 731, Trinidad 95570.

Bakersfield: Budlight-Bakersfield Half-Marathon & 10K, Tenneco West, Inc., 8 am. Anita Foose, 1816 Airport Dr., Oildale 93308. (805) 399-2636.

South El Monte: San Gabriel River 2K Run, Legg Lake, 9:30 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Anaheim: Three For All Triathlon Series, 2.5 mile run, 7 mile bike, 125 yard swim, time TBA. Sandy Thomas, 6105 Paseo Rio Azul, Anaheim 92807. (714) 921-1544.

Huntington Beach: Run for Academic Excellence, 5 & 10K, Huntington Beach Pier, 9 am. Tom O'Brien, 9922 Kings Canyon Dr., Huntington Beach 92646. (714) 968-8406.

Ather Sports and California State University, Hayward Present a Clinic on:

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Instructors

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Ather Sports Injury Clinic
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(415) 828-7212

□ Schedule

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

February 8 (Sunday):

Davis: Davis Marathon & Half Marathon, Davis Sr. High School (14th & Oak Sts.), 9 am. Davis Marathon, c/o Fleet Feet, 132 E St., Suite 2C, Davis 95616. (916) 758-6453.

Hermosa Beach: Sand and Strand 2.5 & 5 mile runs, Hermosa Beach Pier, 8 am. Dept. of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 379-3312.

Irvine: Sweatin' Sweethearts Ten-Mile Twosome (male/female combined times, start together), 8 am. Bob Norton, 16562 Higgins Cir., Huntington Beach 92647. (714) 842-4782.

Newbury Park: "Outback Challenge" 5 & 10K Runs & 5K Walk, 160 Academy, 9 am/5K, 9:45 am/10K. Newbury Park SDA Church, 160 Academy Dr., Newbury Park 91320. Dan Smith (805) 498-2014.

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

Lakewood: McDonald's/Lakewood Half-Marathon, 2735 E. Carson St., Suite B, Lakewood 90712. (213) 920-9707.

Rancho Santa Fe: San Dieguito Half Marathon, 7 am. North Coast YMCA, P.O. Box 907, Encinitas 92024. (619) 942-YMCA.

February 14 (Saturday):

San Francisco: Sweetheart Couple's Relay, 1x5K, 9 am. Pamakid Runners, P.O. Box 17557, San Francisco 94127. (415) 681-2322.

Il Dorado: Lovers Run, Half-Marathon, 10K 1-Mile Kids Run, Poor Red's BBQ (Highway 49), 8:30 am. New Morning Youth & Family Services, 460 Main St., Placerville 9:667. (916) 622-5551.

South El Monte: San Gabriel River 12K Run for Sweethearts, Legg Lake, 9:30 am. Arthur Mirtinez, 9502 Reichling Ln., Pico Rivera 9060. (213) 942-8774.

Plie Valley: Pacific Crest Trail 50-Mile, Cibbets Flat, 5 am. 100 Limit. Jeff Bleyra, 15(25 Paso Del Sol, Del Mar 92014. (619) 48:5725.

Saita Barbara: Valentine's Partners 2x4 Mili Relay (combined age categories), Palm Park, 8:30 am. Ethel Byers, 5079 Rocoso War, Santa Barbara 93111. (805) 967-8822.

South El Monte: Hearthrob 5 & 10K, One Mile & Diaper Dash, Legg Lake Park, 8 am/Mile & Diaper Dash, 8:30 am/5K, 9 am/ 0K. Greater El Monte Girls Club, 3800 Penimar, El Monte 91732. Teresa Mireles (818,350-4029, days.

Las Vegas, Nevada: LVTC Sweatin' Sweethearts 10K & Picnic, Tule Springs (Floyd Lamb State Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

February 15 (Sunday):

Oakland: Valentine Day Run. Lake Merritt (Lakeside Park), 10 am. American Heart Assoc., Valentine Day Runs, P.O. Box 5157, Oakland 94605. (415) 632-9606.

Sacramento: Jedidiah Smith 50-Mile Classic (tentative PA/TAC Championships), Port's Industrial Park, 8 am. Abe Underwood, 4351 Capri Way, Sacramento 95822. (916) 456-9257.

Los Angeles: Wilshire Police 5 & 10K Runs Against Crime, Wiltern Center (3780 Wilshire Blvd.), 8 am. W.C.P.C., Box 19586, Los Angeles 90019. Sgt. Ron Batesole (213) 485-4020.

Yucaipa: "Old Fashion" 4 Mile Run, Calimesa Park, 9 am. 55 & Over only. C.S.A., P.O. Box 337, Yucaipa 92399.

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

Valencia: Valentine's Day 10K, Santa Clarita Park, 9 am. Santa Clarita Runners, P.O. Box 481, Newhall 91321. (805) 298-9268.

Woodland Hills: The Heart Run 5 & 10K, 8 am. Contact(?): Marriott Hotel, Director of Sales, 21800 Oxnard St., Suite 770, Woodland Hills 91367. (818) 887-4800.

February 16 (Monday):

Montecito Heights: Washington's Day 3 & 5K Hill Challenge, Montecito Heights Recr. Center, 8:30 am. Contact (213) 225-1234.

■ February 21 (Saturday):

Durham: Almond Blossom Run, 5 & 10K, Durham High School, 10 am. Durham Sports Boosters, Don McNells, P.O. Box 300, Durham 95938. (916) 895-4675.

Santa Cruz: Clam Chowder Chase, 5 mile, The Boardwalk, 9 am. Santa Cruz Park & Recr., Lisa McGuinnis, 307 Church St., Santa Cruz 95060. (408) 429-3477.

Los Alamitos: Los Alamitos 5K & 10K (and 5K walk), Oak Middle School, 8 am. City of Los Alamitos, 10911 Oak St., Los Alamitos 90721. (213) 430-1073.

Los Angeles: Pulong Sa Bayan 5K Victory Run, Griffith (Merry-go-Round), 8 am. Tony Reyes, 1119 N. Madison Ave., #2, Los Angeles 90029. (213) 662-5789.

Huntington Beach: Great American Adventure Runs, 2.8 & 4.8 mile cross country, Central Park (west), 8 am. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. Oscar Rosales (714) 841-5417 or 634-3027.

Las Vegas, Nevada: LVTC 2 & 5 Mile, Blue Diamond & Industrial Rds., 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Lancaster: Antelope Valley Hospital Medical Center Benefit Run, 5 & 10K plus kiddie kilo, Lane Park, 8:45 am/1 kilo, 9:00/5K, 9:30 am/10K. Running Promotions Unlimited, Box 128, Lancaster 93534. (805) 942-3820.

February 22 (Sunday):

Stockton: Jackets Race, 10K & 2 Mile, Louis Park, 8:30 am. Richard Johnson, 9875 No. Davis Rd., Stockton 95209. (209) 477-0943.

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

Sacramento: Triple Yer Fun Triathlon, 1 mile swim, 3 mile run, 10 mile bike, 9880 Jackson Highway, 9 am. Camellia Capital Triathlon Club, 2409 "J" St., Sacramento 95816.

East Meadow, New York: National TAC Masters 50K Championships, time TBA. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554.

February 28 (Saturday):

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

Seaside, Oregon: Trail's End Marathon (& 8K), 11:30 am. Chamber of Commerce, P.O. Box 7, Seaside, OR 97138. (503) 738-8971.

Pasadena: Red Rose 5 & 10K Runs, Rose Bowl, 8 am. Red Rose Run, 465 E. Union, Suite 205, Pasadena 91101. Mark Graham (818) 449-0330, days.

Las Vegas, Nevada: LVTC 15K Championships & 5 Mile, Sunset Park, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

March 1 (Sunday):

Los Angeles: Los Angeles Marathon, L.A. Coliseum, 9 am. Box 67750, Los Angeles 90067. (213) 879-1987.

San Francisco: Solidarity Run, 5 & 10K, Golden Gate Park Polo Fields, 9 am. AFT #2121, 2940 16th. St. #305, San Francisco 94103. (415) 861-2121.

Ferndale: Foggy Bottoms Milk Run, 4 & 10 mile & 2 mile fun run, Victorian Village, time TBA. Katherine Queen, 110 Grizzly Bluff Rd., Ferndale 95536. (707) 725-2511.

Hornitos: Gold Trail Half Marathon, Hornitos to Snelling, 10 am. David M. Olsen, P.O. Box 3275, Merced 95340. (209) 723-6579 (home), 384-6290 (work).

Looking Ahead

Marathons, Relays, Important Deadlines, Major Events, Etc.

MAR 7. Chico: Bidwell Classic Marathon and Half Marathon, Bidwell Park, 8 am(?). Harold Carling, 1043 Hobart St., Chico 95926. (916) 893-5116.

Schedule

MAR 8. Calistoga: Napa Valley Marathon, 7 am. Napa Marathon, 4516 Dry Creek Rd., Napa 94558. (707) 252-9367.

MAR 8. San Diego: National TAC Masters 15K. Lolita Bache, 4041 Southview Dr., San Diego 92117.

MAR 21. Agoura: Malibu Trail 50 Mile Run. Paramount Ranch, 5 am. Limit 50 runners, 12 hour cut-off. Phil Shattuck, 810 Rancho Rd., Thousand Oaks 91362. (805) 495-2248.

MAR 28. Irvine: 100K Invitational, Irvine High School track, 2 am. Berry Halley, 1619 Calle Los Bolas, San Clemente 92672. (714) 492-8191.

MAR 29. El Cajon: National TAC Masters 20K, Lolita Bache, 4041 Southview Dr., San Diego 92117.

MAR 29. Santa Monica: 50K Track Race, Santa Monica City College, 6 am. 50 runner limit. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

MAR 29. Los Angeles: Jimmy Stewart Marathon Relay, 5 person teams, Griffith Park. No raceday entries. Marathon Relay, St. Johns Hospital, 1328 22nd St., Santa Monica 90404. (213) 829-8968.

MAR 29. Two Harbors, Santa Catalina: Catalina Marathon, 7 am. No raceday registration. Hansf Albrecht, P.O. Box 685, Hermosa Beach 90254.



5th Annual

Turlock Rotary BIATHLON

May 9, 1987 10K Run / 50K Bike

Contact: Darryl Crow, 2100 Geer Road, Suite H, Turlock, CA 95380 • (209) 667-9224

FEB 7: Officials Clinic. Hillsdale High School, San Mateo.

FEB 14-15: Ather Sports "Maximize Performance" Improve Speed and Power, Prevent Injuries Clinic. Dublin, CA. (415) 828-7212.

OFFICIALS CLINICS: In connection with Winter All-Comer meets Officials Clinics will be given as follows: At U.C. Berkeley on January 10, 17, 24, 31, and February 7, 14, 21 beginning at 9:30 am. At Los Gatos High School on January 3, 10, 17, 24, 31, and February 7, 14 beginning at 10:30 am. For information contact The Pacific Association TAC, P.O. Box 1495, Fair Oaks 95628.

JAN 24: Berkeley All Comers. Edwards Field, U.C. Berkeley, 10 am.

JAN 24: Pacific Northwest Bell Indoor. Portland, Oregon. Tom Jordan (503) 683-5635.

JAN 31: Los Gatos All Comers. Los Gatos High School, 11 am.

JAN 31: Cosumnes River Weight Pentathlon/Triathlon. Cosumnes River College, Sacramento.

JAN 31: Mt. SAC All Comers. Mt. San Antonio College. Tentative. (714) 594-5611.

JAN 31: Eugene Indoor. High School, College, Open, Masters. Lane County Fairgrounds. Paul Banta (503) 683-5115.

JAN 31: Berkeley All Comers. Edwards Field, U.C. Berkeley, 10 am.

JAN 31: Times Indoor Games Qualifying Meet. Cal State Long Beach. Ralph Lindeman (213) 498-4666.

FEB 7: Los Gatos All Comers. Los Gatos High School, 11 am.

FEB 7: Berkeley All Comers. Edwards Field, U.C. Berkeley, 10 am.

FEB 7: Mt. SAC All Comers. Mt. San Antonio College. Tentative. (714) 594-5611.

FEB 14: Los Gatos All Comers. Los Gatos High School, 11 am.

FEB 14: Long Beach All Comers. Cal State Long Beach. Ralph Lindeman (213) 498-4666.

FEB 14: Berkeley All Comers. Edwards Field, U.C. Berkeley, 10 am.

FEB 14: Bakersfield Invitational. Cal State Bakersfield, 9 am. Track Office, Cal State Bakersfield, 9001 Stockdale Hwy., Bakersfield 93311-1099. (805) 833-2200.

FEB 20: L.A. Times Indoor. The Forum, Inglewood. Will Kern, Special Events, Los Angeles Times, Los Angeles 90053. (213) 972-5772.

FEB 21: UC Riverside Invitational. (714) 787-5432.

FEB 21: San Francisco Games. Tentative. Jim Terrill, Box 764, Los Altos 94022. (408) 253-0586.

FEB 21: Berkeley All Comers. Edwards Field, U.C. Berkeley, 10 am.

Clinics

JAN 10: San Joaquin Valley Track Clinic. Fresno State University. Bob Fraley (209) 294-4098.

JAN 17: American River Track Seminar. American River College, Sacramento. Al Baeta, American River College, 4700 College Oak Dr., Sacramento 95841.

JAN 17: Converse/Long Beach Track Coaches Clinic. Cal State Long Beach. Mark Reiff (213) 498-4666.

JAN 17-18: National Track & Field Coaches Clinic. Sheraton-Anaheim Motor Hotel. Bob Gaughran, Dept. of Athletics, Rancho Santiago College, 17th and Bristol Sts., Santa Ana 92706.

JAN 18: Reebok/Long Beach Strength Training Clinic. Cal State Long Beach. Mark Reiff (213) 498-4666.

JAN 23-24: Sports Nutrition. AMFAC Hotel, Los Angeles. Nutrition Workshop, 830 Boylston St., Brookline, MA 02167. (617) 232-7720.

JAN 30-FEB 1: Northern California All Sports School. Hyatt House, San Jose. (206) 641-2395 or (206) 747-1511.

College/Open Track & Field

This schedule will be updated each month. Coaches and meet directors please send meet information.

JAN 3: Los Gatos All Comers. Los Gatos High School, 11 am.

JAN 10: Los Gatos All Comers. Los Gatos High School, 11 am.

JAN 10: Berkeley All Comers. Edwards Field, U.C. Berkeley, 10 am.

JAN 16: Sunkist Indoor. Los Angeles Sports Arena. Al Franken, 9171 Wilshire Blvd., Suite 410, Beverly Hills 90210. (213) 278-2030.

JAN 17: Los Gatos All Comers. Los Gatos High School, 11 am.

JAN 17: Berkeley All Comers. Edwards Field, U.C. Berkeley, 10 am.

JAN 24: Los Gatos All Comers. Los Gatos High School, 11 am.

JAN 24: Fresno Weight Pentathlon/Triathlon. Fresno State University. Red Estes (209) 294-4097.

7

Schedule

FEB 22: Michelob Invitational. San Diego Sports Arena. Al Franken, 9171 Wilshire Blvd., Suite 410, Beverly Hills 90212. (213) 278-2030.

FEB 27: USA/Mobil Indoor Championships. Madison Square Garden, New York. (212) 595-9647.

FEB 27-28: NAIA Indoor Championships. Kansas City, MO. Wally Schwartz, 1221 Baltimore, Kansas City, MO 64105. (816) 842-5050.

FEB 28: San Jose State Relays. San Jose State College, 10 am. Marshall Clark, Washington Square, San Jose 95192-0062. (408) 277-2041.

FEB 28: Long Beach Relays. Cal State Long Beach, Community College Division. Ralph Lindeman (213) 498-4666.

MAR 1: Long Beach Relays. University and Open Division. Cal State Long Beach. Ralph Lindeman, Cal State Long Beach, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

MAR 7: Kingsmen Relays. Cal Lutheran University, Thousand Oaks. Don Green, Cal Lutheran, 60 Olsen Rd., Thousand Oaks 91360.

MAR 7: Bud Light Invitational. San Diego.

MAR 14: Warrior Relays. Westmont College, Santa Barbara. Russ Smelley, Westmont College, 955 La Paz Rd., Santa Barbara 93108.

MAR 13-14: NCAA I Indoor Championships. Oklahoma City. (405) 325-8212.

MAR 14: Hornet Invitational. Cal State Sacramento.

MAR 20: Golden State Athletic Conference. Pt. Loma College, San Diego. Jim Crakes, Pt. Loma College, 3900 Lomaland Dr., San Diego 92106.

MAR 27-28: Stanford Invitational. Stanford University.

MAR 28: Bronco Invitational. Pomona.

APR 3-4: Fresno Bee Games. Ratcliffe Stadium. Bob Fraley (209) 294-4098.

APR 4: Sun Angel Track Classic. Tempe, Arizona.

APR 11: Northridge Invitational.

APR 14-15: Fresno Decathlon/Heptathlon. Fresno State University. Red Estes (209) 294-4097.

APR 17: USC Twilight Meet. University of Southern California.

APR 18: Bruce Jenner Track Classic. San Jose City College.

APR 24-26: Mt. SAC Relays. Walnut.

APR 25: Poly Royal Invitational. Cal Poly SLO.

APR 25: Pomona-Pitzer Invitational. Pomona.

MAY 2: Southern California Invitational. U.C. Irvine.

MAY 2: Johnny Mathis Invitational. San Francisco State.

MAY 2: Long Beach Twilight Invitational. Ralph Lindeman (213) 498-4666.

MAY 2: Oregon Invitational. University of Oregon. Includes Decathlon/Heptathlon. Mark Stream, Meet Director, University of Oregon, McArthur Court, Eugene, OR 97403. (503) 686-4481.

MAY 8-9: CCAA Championships. Cal State Northridge.

MAY 8-9: N.A.I.A. District III Championships. Azusa Pacific College.

MAY 8-9: PCAA Championships. U.C. Irvine.

MAY 9: California Relays. Modesto.

MAY 16: Los Angeles Invitational. Cal State Los Angeles.

MAY 16: PA/TAC Championships. Los Gatos High School.

MAY 17: Pepsi Invitational. UCLA.

MAY 18-23: NCAA II National Championships. Missouri.

MAY 21-23: N.A.I.A. National Championships. Arkansas.

MAY 30: Bruce Jenner Bud Light Classic. San Jose City College.

JUN 3-6: NCAA Div. I Championships. LSU, Baton Rouge, Louislana.

JUN 6: Prefontaine Classic. Eugene, Oregon.

JUN 23-24: TAC Decathlon/Heptathlon National Championships. San Jose.

JUN 25-27: USA/Mobil Outdoor Championships. San Jose.

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An Interview With

By GREGOR ROBIN





Front Row (left to right): John Rembao, Chris Katterhagen, Lesley White, Sherri Minkler, Lance Harter, Back Row (left to right): Katy Manning, Gladees Prieur, Carol Gleason, Lori Lopez.

Lance Harter

hen Lance Harter took over the women's track and cross country programs in 1979, the women had just finished 12th in the AIAW cross country nationals. They moved into the NCAA Division 2 ranks and under Harter have won five straight national titles in cross country and four titles in track.

Their most recent title was in the 1986 cross country championships, won at Riverside in November. The Mustang women scored a remarkable 39 points to run away with the title. Cal State Northridge finished second with 93 points. Seattle Pacific was third at 97 points.

Harter will be the first to tell you that it was coach Steve Miller who built the foundation for Cal Poly's distance running success.

Miller, now Athletic Director at Kansas State, coached the Cal Poly men in the late 1970's and into 1980. He coached the womens' team until Harter took over the women's coaching duties. Miller coached Maggie Keyes into national-class stardom in the late 1970's and she continued on under Harter. Running for Athletics West after graduating from Cal Poly, Keyes

became one of the best 5,000 meter runners in the country.

So, if it was Miller who got things started, it's been Harter who's kept the girls running.

Women like Keyes, Eileen Kramer, Amy Harper Avrit, Robyn Root and now Gladees Prieur have all blossomed at Cal Poly. Prieur took the individual title at the nationals at Riverside this year as a junior.

With his runners' success, Harter has accumulated some awards and tributes of his own. He was named the NCAA Division 2 cross country Coach of the Year three times. The 1986 honor is being voted on. He will be the World Cross Country Championships coach for the United States women's team in Poland in March of 1987. He was the World Championship Indoor coach in Paris in 1985.

Harter is 36 years old. He has two children, Jeffrey and Alison. His wife Liz was a national-class sprinter at Cal Poly.

He coached at Colorado State University for two years while working on his graduate degrees under Del Hessel. Harter was the head coach for men and women at Smokey Hills High School in Colorado for five years. Smokey Hills had highly ranked teams and multiple champions under Harter. One of his women's cross country teams at Smokey Hills was considered an All-American team, one of the top 25 in the United States.

Cal Poly's 1986 National Champion team, with finishing place and year in school includes: 1. Gladees Prieur (junior), 5. Lesley White (senior), 6. Kris Katterhagen (junior), 14. Carol Gleason (senior), 29. Sherri Minkler (sophomore), 32. Katy Manning (senior), 41. Lori Lopez (senior).

Prieur is a two-time defending national champion in the 1,500 meters. Her future success in running would probably be greatest in the 3,000, said Harter. After the cross country race, Prieur had minor surgery on her foot to remove a neuroma. She was running with pain in the foot for about a month before the meet. Prieur took three weeks off from running after surgery.

White was fifth in the 5,000 in the TAC meet as a freshman. She will be back for track

track.

Katterhagen is considered the Mustangs' most improved athlete over the last year, said Harter. She is six-feet-tall and Harter

□Interview

thinks she'll excel in track.

Gleason is a multi-time All-American. She was married December 27th. She came back from injuries and time off in a co-op to score in the nationals.

Minkler, the sophomore of the group, missed being an All-American by two spots.

Manning developed a hip injury during the downhill phase of the race. She had to literally limp her way through the race, said Harter.

Lopez also was set back in the nationals with a blood disorder which Harter was not aware of until after the race.

CTRN: What is the difference coaching women instead of coaching men?

HARTER: I coached both in high school. I still feel that women are more enjoyable to coach. They are enthusiastic. They are very highly motivated and are very appreciative of what is done for them where the men take things for granted at times.

CTRN: What draws athletes to Cal Poly?
HARTER: It's a mix-mash of a lot of different items. It's a beautiful place to come and train. The community is supportive. It's an ideal training location as far as climate and terrain. We have good facilities as far as the track and hills. The school is an excellent academic school with a national reputation. The program, in the last five or six years, has established itself as having a positive tradition in developing athletes.

CTRN: What changes have you noticed in women runners over the years?

HARTER: The calibur of talent has definitely risen in the last few years. Judging by the times the kids are running in high school and college, you can see there is a wealth of young talent developing in the high schools.

CTRN: Who was the greatest runner you ever coached?

HARTER: As far as national dominance goes, I would say Maggie Keyes. She was our first and was the founding mother of our distance program as far as putting us on the map. She achieved not only at the collegiate level, but beyond when she was a member of Athletics West.

Amy Harper Avrit was successful at the same levels and had a little bit more range than Maggie did in the collegiate ranks.

And Robyn Root was an internationalists and again had even a wider range, higher distance, the 5,000 and 10,000. She's still training and being very successful today. Amy is getting ready to have a child. Maggie is still running. We're very proud that even our elite athletes, after their collegiate careers, have gone on and prospered. We really are excited that our program is not geared strictly to a four-year concentration. It is a step in their whole development. And the people today are getting better.

CTRN: This season's team was mature and strong. Did you see them maturing together? HARTER: We knew over the last two years that the '86 cross country team could be the best we've had at Cal Poly. And we've had some very successful teams in the past. The reason was we had a lot of maturity and experience return this year. Our young up-and-coming people are very talented but we knew they would have a tough time breaking into the top seven positions. It was kind of a nice mix of veterans and new blood. Whenever you get that and have that wealth of depth, you usually have a very prosperous team.

CTRN: When you came to Cal Poly in 1979 the women had a decent program but not like the dominanating teams now.

HARTER: Womens' cross country had just gained success the year before under the direction of Steve Miller. He, so to speak, was the man who put the program together. They were, I believe, 12th in the AIAW national championships, led by Maggie Keyes.

CTRN: What is the difference now?

HARTER: The development of depth and the increase in overall athletic talent. Obviously Maggle was very talented, but it takes five to score in a national championship. We've definitely had a trend of increasing that talent level over the years.

CTRN: The new "Proturf" track. Who do you thank for that?

HARTER: (Cal Poly) President Warren Baker because he was able to find the funding in the state budget to get us a track. When everybody else told us "No", he was able to find the funding. He realized there was a necessity to get a new surface. Between himself and Athletic Director Ken Walker, the two worked together dilligently to support us and find the funding to get it.

CTRN: Track season is coming up. Who's tough on you team?

HARTER: In track we have probably one of the most balanced teams that we've ever had in the history of our program. That's saying something because in 1982 we had one of the best dual meet teams in the entire United States. We have very good throwers, a very good jump crew. Even though we do very woefully miss Patrice Carpinter, (NCAA 400 champ 1986, eligibili-

and we give them quite a bit of freedom to make decisions by themselves. Sometimes those decisions are influenced by personal reasons, academic situations, so on any given year or season we'll red-shirt a very outstanding athlete. But it gives them a chance to mature and grow wiser as time goes on.

CTRN: What workouts are best for distance runners?

HARTER: We believe in a non-high mileage program. There are a lot of people who run 80 to 100 miles a week for an extended period of time from the time they are very young. We feel there are other routes. More important than that, our whole program is devised on an individualized program. Each individual athlete has a unique blend in training schemes to make them prosper at their maximum potential. Some might prosper at 30 miles a week. Others might be at 70. We also deal with a lot of alternate training.

CTRN: Do you see the Kathy Ormsby, North Carolina State case as common? How do you deal with anorexia and that destructive instinct in women? Note: Ormsby attempted suicide during the NCAA Division 1 track meet in 1986.

HARTER: I don't think it's necessarily just women. I think there is a perfectionist syndrome in males as well as females. If it gets carried to an unrealistic degree, then it can be destructive. I think the Ormsby situation was unique and it was very unfortunate that it happened. But I think it could happen to males as well as females.

CTRN: How do you deal with this? It's no secret that at any college you can see some women on the verge of anorexia on cross country teams. How do you deal with those situations?

HARTER: Well, I think there is a trend to be thin and a lot of the physiological research says that there is an ideal weight to be carried by each individual. It depends on how your exercise physiologist interprets that. Ours interprets it as being between 12 and 14 percent body fat where still others advocate below 10 percent. So we're probably staying on the safe side so to speak and we've really not had a problem

"...Our whole program is devised on an individualized program ... to make them (each individual) prosper at their maximum potential."

ty over) in the ballistic events, we do have good sprint talent and our distance crew is as solid as it's ever been.

CTRN: What's the trick in getting all your cross country runners together and working as a team?

HARTER: I think getting them here in the first place is something. Getting them to understand the program. It's just an idea that we have a group of distance runners

with that type of eating disorder. At least that we know of.

It's not that it couldn't have happened. It was well screened if it did happen. But in most situations I think it depends on how it's presented in the first place by the exercise physiologists that consult a lot of

Interview

these teams. Ours are very thorough about the idea of staying safe rather than sorry.

CTRN: Do you have a wish to move the team to the Division 1 level?

HARTER: I think that is a decisison made by our athletic director and the president, Warren Baker. We already compete on a Division 1 schedule. I don't think there would be much change in our philosophy. Instead of going to the Division 2 nationals we'd go to Division 1.

CTRN: How about you as a coach moving to a Division I school?

HARTER: No, no. Since the referendum was passed at Cal Poly, the student vote came up very positive that they would support additional scholarships and basically a total enhancement of the program.

CTRN: What is the longest workout you have your runners do?

HARTER: As far as a marathon-oriented athlete, 15 miles.

CTRN: Who do you think are some of the best cross country women runners in the world?

HARTER: Zola Budd, is the perpetual world champion in cross country. Lesley Welch and Lynn Jennings have proven themselves as being world class. I think the United States has a very positive effort to be competitive at the World Championships in 1987.

CTRN: About the national cross country meet? How did that go?

HARTER: Anytime we can win a national title, it has to be perfect. To score 39 points



GLADYS PRIEUR wins NCAA Div. II Nationals

photo by Burt Davis

in a national championship is remarkable. I think a lot of people underestimate how unbelievable that score is considering at a national meet there are a lot of elite athletes no matter if it's Division 1, 2, or 3. When you can put that type of chemistry together with five athletes to score on a given day it's incredible. Sheri (Minkler) was pretty much not considered one of our team scorers. But Katy and Lori had problems and Minkler took up the slack. That's what is nice about our team. The responsibility of scoring is totally interchangeable.

CTRN: What are some of the things that your athletes have done that have really inspired you?

HARTER: I think Karin Smith (javelin) making the Olympic team, considering some of the physical setbacks she's had to go through and overcome is one. It's inspiring to see a woman succeed at the highest level and she succeeded even at the Olympic level. That's something that not only inspires the coaching staff, but it inspires the whole team. That can carry you for four years.

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SoCal Diary

BY BILL MINARIK

October 13

Many of the 4-Year College teams were resting this week, however there was action at the Biola Invitational where Cal State Long Beach and Point Loma were easy winners in the men's divisions while San Diego State and Cal State Bakersfield won women's competitions. In a classic dual meet, Eddie Toro's winning time of 25:19.8 was just enough to propel Cal Poly Pomoná past rival Cal Poly SLO 27-29, in a men's on-

ly competition.

In Community College action at the Irvine Invitational, Rancho Santiago (formerly Santa Ana) used its superior depth to get by Orange Coast and Mira Costa 69-82-85 in a men's meet. Frank Grisez of Grossmont was the individual winner in 19:31, however the Griffins were dealt a severe blow when #2 man, Mike Wangler, was determined to have used up his community college eligibility in prior seasons and can no longer compete. There was a time when Grossmont could have absorbed such a loss without consequence, however Coach Mike Whitehead's thinclads will now have to battle with Mira Costa and upstart San Diego CC for the two conference berths in the SoCal Meet. In dual meet action of note, Hancock rolled on toward a men's state championship with wins over Glendale, Ventura, and Cuesta by scores of 17-39, 15-46 and 15-47. The win over Glendale snapped the Vagueros dual meet winning streak at 38. Jose Iniquez continued his individual winning streak with a 20:19 effort on the rugged Cuesta course. This year's version of the Hancock team, which has been bolstered by the addition of 7 foreign nationals, is the best I've ever seen; and that includes the powerhouses on which world class steeplechaser Ivan Huff competed. In the women's meet, Ventura, led by Mimi Baronowski's winning time of 19:31, defeated Cuesta and Glendale by scores of 27-29 and 20-41.

At the High School level, the Palos Verdes Invitational took the spotlight using its scoring format of adding the times for the first 7 runners over a 2.2 mile course. This method of scoring worked out just fine for the home team as the boys time of 82:41 was 50 seconds faster than runner-up Thousand Oaks, while the girl's time of 98:18 was an astounding 5 minutes and 21 seconds faster than second place Vista and was also a course record by almost 2 minutes. At the Serrano Invitational, with a method of scoring which is not quite clear, the boys from Paraclete just edged out Rimof-the-World 15-17, while the Paraclete girls appeared to be easy 8-26 winners over the host Serrano team. At the Dos Pueblos Invitational Long Beach Wilson was a comfortable 58-75-75 winner over Buena and Dos Pueblos.

The Community College version of the Mt. SAC Invitational highlighted last weekends harrier action, and it was a group of men from Central Arizona who highlighted the meet with an astounding team time of 1:41.03 as they easily outdistanced California's best by a 49-70-77-85 count over Hancock, Mt. SAC and Taft respectively in Division I. C.A.'s time works out to about 20:13 per man over what is probably the toughest 4 mile course in the state outside of College of the Canyons. In fact, 2 Division III runners staggered to the finish line with times of 34 and 45 minutes. Mark Roberts of Central was the individual winner in an outstanding time of 19:25 ahead of Taft's Tracy Garrison. In Division II, Jesse Llanes' 1st place finish led Fresno to the team title with 69 points, while San Diego CC's Matt Clayton posted a train length win at 19:43 to lead his team to an easy Division III win with 39 points. On the distaff side, host Mt. SAC was a comfortable 62-82 winner over Santa Monica in Division I as West Valley's Roxanne Bier was the individual winner at 18:11; while Porterville was an easy 74-113 victor over runner-up Grossmont in Division II.

At the Santa Barbara Invitational, the Orange Coast women were lopsided 31-93 winners over the host team as Oxnard's Debra Sharp was the Individual winner in 17:45. The OC men's team was likewise victorious 49-62 over Mira Costa as Grossmont's Frank Gricez had the winning time

On the 4-Year College scene, at the SLO Invitational, the UC Irvine men destroyed the field with a 37-126 romp past runner-up CPSLO while the women from Nebraska scored a tough 66-70-74-85 win over CPSLO, UCLA and UCI with the host team's Gladys Prieur the individual winner at 16:53.

The first ever Conference Meet was held for the new Golden State Athletic Conference with Westmont's men and the surprising women of Fresno Pacific, in their first year of competition, capturing team championships. Individually, Art Castle of Cal Lutheran at 25:23 and Judy Thomas of Azusa-Pacific at 18:31 were first across the

On the Prep scene, County Championships were the order of the day beginning in Ventura where the Thousand Oaks boys and girls were both victorious by scores of 43-85 and 61-71 over runner-up Buena. Individually, Melissa Sutton of Newbury Park destroyed Denise Ball's course record of 17:58 with a devastating 17:26 effort on the Moorpark course.

In the L.A. County Championships at College of the Canyons, it was Palos Verdes, Torrance, Crespi, and Cathedral taking boys divisions while Palos Verdes,

Lakewood, and Bell-Jeff took top girls honors. Individually, Richard Erbes of Glendale was way out ahead of the field at 15:35.

At the Orange County Championships, girls teams from Dana Hills, Laguna Beach, Ocean View and Newport Harbor were the divisional winners as were boys teams from Dana Hills, Corona Del Mar, Valencia and La Habra. At the Alemany Invitational, it was the girls of Alemany, Chino and the Sherman Indian Institute coming away as division winners, while the Alemany, Duarte and Sherman Indian boys were likewise vic-

October 28

Just about every top high school team in the state made its way down to the rugged Mt. SAC course for 2 days of competition this past week-end when it was all over, Orangevale High of Casa Robles had posted a close but decisive 84-93 win over SoCal power Arroyo in boy's competition, while Palos Verdes totally destroyed the girl's field with a 33-112 win and a 4:23 margin over runner-up Thousand Oaks, Individually, Marc Davis of San Diego High School was the boy's winner in 15:08 as Glendale High's Richard Erbes fell going down a hill and finished 10th. The girl's winner was Kira Jorgenson of Vista in 17:59.3 as Newbury Park's Melissa Sutton decided to sit this one out.

Only one invitational on the college scene and that was at Cal Poly Pomona where the San Diego Track and UCLA "B" team were men and women's winners in times of 23:34 and 16:44 respectively.

It seems that there is a budding career now available for some accomplished distance runners. The job title is detective and its purpose is to identify runners who enter long distance races after the start and work their way up for a high finish. Race director Neil Finn of America's Finest City's Half Marathon in San Diego used two such detectives to detect a notorious cheater in its August race. The detectives, who will remain anonymous, start at the head of the pack and gradually drift back, keeping their eyes open for the suspects bib. The suspect was caught entering at the 12th mile.

A major tragedy took place yesterday in McFarland, California when Sylvia Diaz and Herlinda Gonzalez, two members of the McFarland High School cross-country team which was a race winner at Mt. SAC over the week-end, were struck from behind by a car and killed as they were doing a road workout. CT&RN staffers have pointed out, over the past few years, the dangers of sharing running space with autos. The number of autos in the state keeps increas-

☐ SoCal Diary

ing, but the number of roads do not. In addition, peoples driving habits have appeared to me in recent years to be getting worse. Hopefully McFarland High will be able to come back from this tragedy and continue its fine distance running tradition.

November 3

The preps were engaged in League Finals last week with all CIF contending teams ad-

vancing safely.

In Community College Conference Meets, things pretty much went as ex-pected. In the South Coast Conference, it was Mt. SAC's men with an easy 21-56-86 win over El Camino and Long Beach while the El Camino women eased by Mt. SAC and Pasadena 44-49-79. In the Western States Conference the Hancock men outran runner-up Glendale 30-58, while the Santa Monica women were easy 21-49 winners over Moorpark. In the Pacific Coast Conference men's competition, Mira Costa gave Grossmont a rare conference defeat 36-45 with San Diego City 3rd with 67. In the Orange Belt Conference, it was Orange Coast sweeping both men and women's competition by scores of 31-44 over Rancho Santiago and 18-27 over Saddleback.

In 4-Year College finals, the Arizona men were comfortable 49-74-76 winners over Oregon'and Stanford in the Pac-10 Meet, while the Oregon women outdistance UCLA and Stanford 61-78-84. The NAIA District 3 Meet saw Westmont's men ease by Pt. Loma 28-39, while the St. Mary's women were narrow 56-61 winners over Westmont. The PCAA Meet had both the UC Irvine men and women devastate runner-ups New Mexico State and Fresno State by 16-98 and 18-60 counts. In the CCAA, Cal Poly SLO took both divisions by relatively close 37-57 and 30-46 scores over Cal Poly Pomona and C/S Northridge, while at the SCIAC Meet the Oxy men were 33-47 victors over Redlands: but the Oxy women were upset by Claremont-Mudd 33-35 despite a 1-2 finish by Bengal gals Michelle Trimble and Cresey Stewart.

November 10

Hancock continued undefeated against California Community College competition as it used its superior depth to out run the men from Mt. SAC 48-66 in the SoCal CC Championship meet. Individually, San Diego CCs Matt Clayton broke the Mira Costa course record with a 19:53 clocking good for 1st. It was notable that recent state champions Grossmont and El Camino were not among the top 5 teams and thus do not qualify for the state meet. On the distaff side, Mira Costa was an easy 47-72 victor over Orange Coast as MCs Vickie Barrios was the individual winner at 17:44.

At the NCAA Div. II Western Regionals at Riverside it was all Cal Poly SLO as the men outdistanced CS Hayward 41-67 and the women were easy 38-73 winners over runner-up C/S Northridge. Individually, Dave Walsh of C/S Northridge and Gladys Prieur

of CPSLO took home the gold medals.

At the CIF Southern Section preliminaries, girls teams from Palos Verdes, Thousand Oaks, Westlake Village, Arroyo Grande, Lompoc, Norco, Hesperia, Mountain View, Laguna Beach, St. Bernard, Bishop and Maranatha were race winners while boys teams from Dana Hills, Thousand Oaks, Palos Verdes, Arroyo, Hart, Upland, Walnut, Agoura, Valenica, Sherman Indian, Filmore and Cathedral also came in first in their races.

November 17

The mens team from Hancock repeated their winning performance in last weeks SoCal meet to become state champions with a 68-88-108 win over Mt. SAC and Mira Costa. The expected dual with NorCal power Taft fizzled when Taft superstar Tracy Garrison blew up at the 21/2 mile mark, due in part to his attempt to stay with individual winner Matt Clayton of SDCC who set a torrid early pace, with the result that Tracy faded back and became his teams 3rd man. Mira Costa's 3rd place finish was noteworthy considering their #1 man reportedly failed to show up for the meet. In the women's competition, however, things went according to plan as Mira Costa duplicated its previous weeks win over Orange Coast by a 67-85 count. Individually, Anne Hayden of Santa Barbara was the state champ.

At the NCAA Div. I Regionals, Arizona, Oregon and UC Irvine qualified for the mens nationals with scores of 58-67-90 respectively; while in the womens competition, UCLAS Poly Plummer put in one of her infrequent appearances which turned out to be just what the Bruins needed as they finished ahead of Stanford 69-72 with both teams

advancing to the finals.

At the NCAA Div. III Regionals, Oxys mens team got by conference rival Claremont-Mudd 72-88 however, Notre Dame College edged out the Oxy women 55-67 despite a 2-3 finish by the Tigers Michelle Trimble and Cresey Stewart. Only the top team from here goes on to the Div. III nationals.

At the CIF Southern Section Championships, boys teams from Thousand Oaks, Arroyo, Walnut, and Sherman Indian were crowned divisional winners as were girls teams from Palos Verdes, Norco, Hesperia and Maranatha. Individually, Aaron Mascorro of Rosemead had the fastest time of the day in 15:04 in his 3A victory, while Glendale High's Richard Erbes notched his second consecutive 4A win at 15:14. Melissa Sutton of Newbury Park, as expected had the top girls time with a 17:30 performance. The most competitive race of the day had to be the girls 4A where Palos Verdes saw Thousand Oaks finish 2-4-5 ahead of them only to come back with an incredibly tight 6-7-8-10-11 finish to win 42-62 despite Thousand Oaks having the faster team time. Had that been a dual meet. Thousand Oaks would have won the meet before the first Palos Verdes girl had hit the

In the L.A. City Section, dual meets are still being run with Granada Hills and its

fine junior lan Alsen favored to win CIF titles. If the L.A. City Section ever wants to compete in the proposed state cross country meet, they are going to have to radically alter their season scheduling which usually ends in mid December.

November 24

At the NCAA Division II Nationals, Cal Poly SLO kept their women's dynasty going with a 34-53 win over runner-up C/S Northridge which gives SoCal a 1-2 finish for the 2nd straight year as both teams finished in that order last year. Individually SLOs Gladys Prieur was the national champ with Cal State L.A.'s Sylvia Mosqueda in 4th. In the men's race, CPSLO was 4th while Cal Poly Pomona's Ed Toro was 12th individually.

In NCAA Division I, the Arkansas men won with 69 points while UC Irvine was 11th with 281. Arizona's Aaron Ramirez and Matt Guisto went 1-3 individually, but the rest of the team choked in front of a home audience as AU ran 6th with 224 points. The Texas women out-lunged Wisconsin twice at the tape to take their competition 62-64 with UCLA 11th at 216 and Polly Plummer 14th at 17:25.

December 1

At the TAC Nationals in San Francisco, Pat Porter as expected won the men's competition at 30:36 while Lesley Welch was the women's winner at 16:51. Sylvia Mosqueda was a 6th place finisher here, finishing ahead of all the NCAA Div. I finishers in the race.

At the L.A. City CIF Section League Meets, Belmont, Birmingham, and Granada Hills all will go into this weeks prelims as the main championship contenders for boys honors, while El Camino Real leads the girls field.

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TOCK USA

By JOHN MANSOOR

The Grand Finish

isted below are the 1986 Pacific Association Grand Prix winners. The finish for some was quite dramatic as the entire year came down to the final event, the California International Marathon. For instance, in the open men's race, Daniel Gonzlaez held off Miguel Tibaduiza to not only win the Grand Prix but also the marathon itself! The win netted Danny \$1500 for the Grand Prix and \$10,000 for the marathon. Miguel also ran well finishing 2nd in the Grand Prix and 4th in the marathon. In the open women's event, Reno's Terry Puckett capped off a fine year with a respectable marathon to win the Grand Prix, leading from the first event to the last. Peggy Smyth also had a good year and finished 2nd in the Grand Prix while Sharlet Gilbert had an excellent year at the marathon distance and finished 3rd in the Grand Prix. In the masters competition, Bill Sevald stayed consistent throughout his first year as a master and finished far ahead in the Grand Prix, while Jim Gibbons of Ukiah showed his strength at the longer distances to overtake Sal Vasquez in the final event. On the women's side, Fresno's best Margie Timberlake finished up the winner by running well at the longer distances as did Sacramento's Heidi Skaden-Poyser. Joan Uliyot of San Francisco ran very well in the final two events, just missing qualifying for the Olympic Trials at Cal International as did Nelly Wright, though neither ran enough of the Grand Prix races to over-take Margie and Heidi. Finally, in the seniors division, LTC. Colonel Fred Mattos of the California National Guard celebrated his fiftleth birthday this year by winning enough Grand Prix events to win the overall senior title. Meanwhile, Marty Maricle used the double point value at the two longer Grand Prix events to overcome Vicki Bigelow and capture that title. In all it was an exciting year with each Grand Prix event important to the overall outcome. In the next issue of Cal Track & Running News look for the 1987 Championships which will make up the new Grand Prix year with \$20,000 in prize funds at stake. Plan to run all the Championships and share the excitement!

OPEN MEN

Place	Total	Name
1	217	Daniel Gonzalez
2	208	Miguel Tibaduiza
2 3	163	Joseph Green
4	144	Rick Gentry
5	90	Rob Anex
6	87	Derrick May
7	82	Brian Maxwell
8	78	Mark Hoefer
9	72	Jeffrey Shaver
10	70	Domingo Tibaduiza
11	69	Carmelo Rios
12	68	Jeff Adkins
13	67	Jose Pilar Aispurd
14	61	Alan Dehlinger
14	61	Timothy Williams
16	57	Denis O'Halloran
17	55	Bill Sevald
18	52	John Mendoza
19	50	Jay Marden
20	47	Dan Aldridge
20	47	David Francis
20	47	Jim Rentschler
23	46	Thomas Cushman
23	46	Kevin Ostenberg
23	46	Ted Pawlak
23	46	Dennis Rinde
23	46	Joseph Schieffer

OPEN WOMEN

Place	Total	Name
1	243	Terry Puckett
2	224	Peggy Smyth
2 3	201	Sharlet Gilbert
4	131	Heike Skaden
4	131	Sandra Sup
6	102	Chris Iwahashi
7	92	Bev Marx
8	80	Nelly Wright
9	77	Margie Timberlake
10	75	Joan Ullyot
11	74	Sally Edwards
12	72	Hilary Naylor
13	67	Deborah Bispo
14	61	Heidi Perham
15	60	Kathy D'Onofrio
16	58	Ingrid Hemenway
17	52	Patricia Gray
18	51	Eileen Brennan
19	46	Elleen Claugus
19	46	Sue Gyorey
21	40	Joan Reiss
22	39	Laurie Binder
23	38	Judy Leydig
24	36	Heidi Skaden-Poyser
25	35	Anita Johnson
25	35	Diane McKelvey
25	35	Leslie McMullin
25	35	Deborah Waldear

MASTER MEN

Place	Total	Name
1	144	Bill Sevald
2	101	Jim Gibbons
3	94	Sal Vasquez
4	89	Robert Lindsey
5	65	Joe Cavanaugh
6	54	Frank Ruona
7	52	David Rivera
8	42	Martin Jones
9	40	Fritz Watson
10	37	David Tayor
11	30	Bill Clark
11	30	Dana Gard
13	29	Dan Alarid
14	26	Tim Rostege
14	26	Daryl Zapata

photo by Keith Conning



Margie Timberiake



BIII Sevald

MASTER WOMEN

Place	Total	Name
1	109	Margie Timberlake
2	87	Heidi Skaden-Poyser
3	79	Joan Ullyot
4	77	Karen Lanterman
5	64	Kelly Wright
6	60	Joan Reiss
7	56	Joan Colman

PA-TAC Notes

8	53	Sandra Coffey		SE	NIOR MEN		SEN	IOR WOMEN
9	47	Birthe Kirsch Gail Rodd	Place	Total	Name	Place	Total	Name
11	44	Hilary Naylor	1	24	Fred Mattos	1	30	Marty Maricle
12	41	Laury Fisher	2	20	Gard Leighton	2	18	Vicki Bigelow
13	38	Vicki Bigelow	3	14	Slegfried Mattern	3	15	Ruth Anderson
14	32	Juana Stavolone	4	12	Roger Daniels	4	9	Jaclyn Caselli
15	25	Susan Brown	5	10	Morton Gray	4	9	Kit Pickles

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CTRN Around the Bay

By MARK WINITZ

California Track and Running News welcomes any correspondence on S.F. Bay Area running or runners for this column. Please direct your comments to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

As I write January's column, 1986 is almost gone. You read it, and it's 1987. For me, it's nearing the time to close the year's running log, total the miles, put the races in perspective, and make comparisons to past years. I review my running goals set one year ago, and flip through the entries that describe the results of another 3,000-plus training and racing miles. A good year. Not great, but more than pedestrian. No PR's, but also no injuries. Some new races and a lot of traditional ones. More than a few new running friends.

We've both got a running start on the new year by the time you read this. Perhaps you have some new aspirations; most likely you

have a few running plans.

After you've run a few years, you learn to be flexible. Nothing is cast in stone. You may have hard goals, but you learn to temper them easily when it's necessary. There are too many variables in running. You strive for consistency, but adapt to the present conditions. Throughout the year, you monitor and evaluate.

The good runners who stick around the longest are competitive chameleons. They readily change their training and racing regimes-depending upon the season, their fitness, mental preparedness, and other

commitments.

At the beginning of the year, I try to remind myself of the chameleons-Rodgers, Dixon, Shorter, Larrieu-and write down my running goals in pencil. A soft one.

Looking Back

All in all, 1986 was a good year for running in the Bay Area:

- The races were better organized, and more efficiently run, than ever before. The old reliables like the San Jose Mercury News 10K, Stanford Great Race, Bay to Breakers, and Dipsea keep improving. And the new kids on the block put more planning and thought into their races. Experienced race management organizations and race directors seem more in demand, which is a good indicator of the number of quality events taking place.
- Traffic on the Bay Area roads remains congested; however, more alternatives to asphalt became available in 1986. More parklands, open spaces, and trails were acquired and developed by local park agencies. Several local tracks got face lifts. Plus, I've noticed that motorists, in general,

are giving a bit more notice and consideration to road runners.

- More coaches and running clubs for recreational runners sprang up around the Bay. The older coaches and clubs remained strong. Although Converse withdrew its support from the largely Bay Area-based Aggie Running Club, Reebok quickly stepped in.
- Mother Nature was very generous to Bay Area runners in 1986. With the exception of some unusually wet weather late last winter, the climate has been ideal.
- The general population of Bay Area runners remained high-with what seems to be one of the highest ratios of runners per square mile in the country. Several familiar runners from the area achieved national and international prominence. (More on this shortly.)
- Two Bay Area locals, Alan Cranston and Ed Zschau (both runners), vied for a U.S. Senate seat in the November election.

1986 brought little on the down side to the Bay Area running community:

- The Oakland Marathon seemed to find a resurgence, but was cancelled due to lack of funding, and an abundance of government red tape. (I still mourn the loss of the old Paul Masson Marathon.)
- Bob Anderson, former publisher of Runner's World, dropped out of the running community after selling the Mountain Viewbased magazine (in 1985) to Rodale Press in Pennsylvania. However, Anderson has played a huge role in popularizing running, and he put an extraordinary amount of energy into the sport, More than a few of today's writers covering our sport (including myself) got their start working for Bob--and he demanded as much from them as he always has from himself.
- After a lot of promotional hype, a team of seven top Russian athletes failed to show up for May's Bruce Jenner Bud Light Classic track and field meet at San Jose City College-greatly diminishing the impact of the U.S.'s biggest outdoor international meet of 1986.

A lot of Bay Area runners and races grabbed attention during 1986. The ones that were foremost in my memory (in no particular order) are:

 Over 3,000 women competed in San Francisco's 9th Annual Bonne Bell 10K last March. Only New York's L'Eggs Mini Marathon and Boston's Tufts Women's Run had more female participants. The fact that most of the ladies competing at Bonne Bell are local, speaks for the strength of women's running in the Bay Area.

- Carmelo Rios edged Danny Gonzalez by an inch at the San Jose Mercury News 10K in one of the best Mercury races I can remember.
- Kathy D'Onofrio of Menlo Park, 21, grabbed a spot in the sun as she won the women's division of that tough endurance test--the Western States 100. In 1985 she had to settle for second while overcoming some knee trouble.
- Attracted by a quarter-mile long stretch of post-race goodies tables on the beach, 10,000 runners showed up for the Santa Cruz to Capitola Wharf to Wharf-despite an odd course advertised at 5.8 miles and of questionable accuracy. (Just think what they'd get if they converted to a certified 10K!)
- Four of the top five winning spots were taken by women at the 76th Dipsea race over Mount Tam (1250 finishers). Under a new handicapping system, four-time winner Sal Vasquez took third.
- Two images remain from the 1986 Bay to Breakers: Winner Ed Eyestone blazing down the backside of the Hayes Street Hill in route to a new course record. (I've never seen a runner as aggressive on the downhill as Eyestone.) And the Aggie men's centipede slithering in distress across the finish just behind women's winner Grete Waitz who calmly took it all in stride.
- The TAC National Cross Country Championships in Golden Gate Park was a highspot. (See the details elsewhere in this issue.)

People-1986

Who were the most notable Bay Area runners in 1986? I haven't had time to take a formal poll, but here are my impressions. Since they're purely subjective, you're welcome to question my choices.

e Biggest Bay Area Winners: No contest here, among both the males and females. Berkeley's Bill Donakowski won both the New Jersey Water-front and Twin Cities Marathons in '86 after years of impressive performances in international track and cross country. His 2:10:41 at Twin Cities qualified him for the U.S. team going to the World Track and Field Championships in Rome. As of November, Bill had won \$50,000 in prize money in '86-third male on the NRDC's international list. Although



Winitz is a columnist and feature writer for California Track and Running News and has been the Bay Area Editor for Running Scene Magazine.

"Mark Winitz's RunCal is my kind of publication. It uses my favorite format, the no-nonsense newsletter, to cover running in one of my favorite states. I look forward to each issue."

-Joe Henderson, Acclaimed Running Writer

"I love training in California and the way Mark Winitz covers our sport. Luckily, California—particularly the Bay Area—can benefit from Mark's unusual talent as a writer and devoted runner."

-Nancy Ditz

"I look forward to receiving RunCal. I'll depend on it to keep me up to date on California's running scene when I'm in New Zealand."

-Rod Dixon

"This guy is finely in tune with California running. In his newsletter he takes the time to investigate what's really going on,"

-Coach Peanut Harms, Aggie Running Club

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Around the Bay

Donakowski was born and raised in Michigan, he now works as an aerospace

engineer at U.C. Berkeley.

Nancy Ditz of Woodside came home with some big wins in '86, including top female at the inaugural City of Los Angeles International Marathon, and a gritty second at Twin Cities (also qualifying her for the team going to the World's in Rome and to the World Cup Marathon next April in Seoul, South Korea). She'd won \$32,300 in prizes over the calendar year as of last November, placing her 10th on the world big checkbook list.

• Bay Area Local Top Hounds: Sharlet Gilbert of Richmond was not only prolific on the roads in '86; she was also consistent. Sharlet, seemingly, raced almost everyweekend, and either won or placed in the top three at the biggest Bay Area races. She got almost as many PR's as trophies. In her marathons, she steadily improved, placing 7th at the New Jersey Waterfront Marathon (2:41:18) in May, 3rd at San Francisco (2:39:42), and was first American woman at the New York Marathon (2:38:24) last October before losing a bit of the edge at Cal International (2:42:27, 4th).

Janine Alelio and Peggy Smythe get my votes for runnerup female top hounds: Alelio performed well at Portland's Cascade Runoff, second at S.F. Marathon (2:39:29 PR), and was repeat winner of a unique off-road race--up the stairs of the Empire State Building. Smythe was runnerup to PA-TAC Grand Prix winner Terry Schmidt

Puckett who hails from Reno.

The male top hound wasn't an easy choice-until last month's Cal International Marathon. There were a lot of excellent performances among Mountain View's Dan Gonzales, Fremont's Carmelo Rios and Jay Marden, Pacifica's John Moreno, and Oakland's Brad Hawthorne, among others. As an all-around choice, however, Gonzales emerged as a runaway. He barely missed the limelight in some important 5K and 10K races before getting it at the Clarksburg/Pepsi 30K championships and 20-miler last November. Then he followed up with a spectacular win at Cal International, whipping some world class competitors in an extraordinary 2:13:20. (See details of Clarksburg and Cal International elsewhere in this issue). He was also the first Californian at the cross country na-

- Bay Area Track Whizz: Ex-Stanford trackster PattiSue Plumer, is training again in the Bay Area after spending a successful summer on the European Track Circuit-competing at, or near, the top with the world's best in the 3,000 and 5,000 meter events. PattiSue narrowly missed last summer's IAAF Mobil/Grand Prix 5,000 overall title to the Soviet Union's Svetlana Guskovabut her second was good for \$8,000.
- Bay Area Age Group Stars: In the men's masters (40-49) category, San Francisco's

Bill Sevald and Alameda's Sal Vasquez dueled hard for first-place finishes in a host of races in '86. Bill edged Sal in many events in the first half of the year, but Sal came back in the second half (after inner ear surgery) and soundly thumped his rival in some important ones. However, Vasquez' 2:50 at Cal International couldn't compare to Sevald's 2:39, as Sevald eclipsed his rival in the PA-TAC's Grand Prix running. The popular vote could go to Vasquez for '86-especially since he was competing against a master several years his junior. You pick.

Women's master's honors go to Mill Valley's Eve Pell (2nd overall at Dipsea, 1st master at Alameda Run for the Parks), San Jose's Juana Stavalone (1st master at Pacific Sun and Bacardi Rum Run 5K), and San Francisco's Joan Ullyot (1st master at Hoy's Sports). Hands-down to Pell (she's

49)

San Lorenzo's Vicki Bigelow, who is now competing in the younger end of the 50-59 division, overshadowed some of the glory held by Ruth Anderson and Marion Irvine over the last several years. Bigelow received honors as the age-group national 10K champion with a 40:25 at the Ashbury Park 10K, New Jersey.

Jaclyn Caselli, 65, was outstanding in the Bay Area's women's over-60 category. Starting off the year with a 37:25 60+ win at Willy's 5-mile race in January, she proceeded to vacuum in honors, including new American and world age groups records on

the track.

Let's not forget the East Bay's Dino Danlels, 12, in the under-14 division. Training on 70-mile weeks, Dino displayed his youthful flexibility with performances like 36:59 at Alameda's 10K and 2:13 at the Clarksburg/Pepsi 20.

- Bay Area Ultra Crazies: Special recognition goes to the aforementioned Kathy D'Onofrio for winning Western States and to Portola Valley's Ruth Ann Bortz, 55, who completed Western States in 24 hours, 34 minutes. Ruth narrowly missed becoming the first woman over 50 ever to run that race under 24 hours. (She would have done it on the old course.)
- Bay Area's Sapling Slug Along: None other than San Francisco's Walt Stack who's motto is "start slowly and taper off."
- Bay Area's Sell Your Sole Award: Peter Churney of Berkeley, who is trying to live down his reputation as a track pacer and alias "Peter Rabbit." (I promise to have more on Pete, who is spending part of the winter training with Rod Dixon and John Walker in New Zealand.)
- Bay Area's "Trl" Harder Runner: I can get away with this because Palo Alto's Joanne Ernst isn't only a runner. (She's an ironwoman, namely, a world-class triathlete) who doesn't quit. The 1985 Ironman champ returned in '86 and lost a 5-minute lead going into the marathon-as she ran a 3:36:21 final leg (marathon), and watched three women pass her. However, Ernst improved her overall Ironman time (10:00:06). She announced future plans to concentrate on bicycling-and making the 1988 Olympic team in that sport-but recently said she

wasn't abandoning the triathlon. We hope you don't stop running Joanne!

That's it for my 1986 notables. Granted, I've left some gaps, but please write in and set me straight on my oversights.

Looking Ahead

What to expect out of running around San Francisco Bay in 1987?

- A strengthening of off-road races as more Bay Area road runners turn to cross country, trail, and track running for a change of pace from the roads.
- Even better road races with more prize money for the winners and goodies for those finishing behind. A few of the weaker races will be replaced by motivated newcomers. Overall, more, and varied kinds, of races will be available for area runners.
- More successes by the Bay Area's elite runners, however we'll still have a noticeable lack of world-class athletes in proportion to our total number of runners. (It's just too expensive for most serious fulltime runners to live here.)

If these details don't seem spectacular, don't despair. We'll continue to have one of the strongest running communities in the nation.

At the Races

Bay Area runners and teams fared well at the races rounding out 1986. I've already mentioned Sharlet Gilbert's 10th place and PR at the New York City Marathon on November 2nd (2:38:24)-good for \$2,000 in prize money. This was only the start of a 3-week whirl for the 35-year old woman from Richmond, as she went on to wins at the PA-TAC 10K Cross Country Championships and the combined Clarksburg Pepsi 20-Mile Run and 30K Championships on the weekends that directly followed.

Gilbert's (37:09) clocking at the PA-TAC cross country final was followed by Melissa Martel (37:37) and Peggy Smythe (38:16). On the men's side, Carmelo Rios (31:02) sprinted home just ahead of his Fremont roommate Jay Marden (31:03). Danny Gonzalez (31:07) followed for a close third. Sal Vasquez (33:12) and Hillary Naylor (41:04) took the master's honors. (Of course, the TAC Cross Country nationals was the biggie. See the rundown of that race elsewhere

in this issue.)

Also on November 9th, Nancy Ditz finished 26th in a tough international field at the IAAF Women's World 15K Road Championships in Lisbon, Portugal. Nancy's 51:39 was a PR for her at 15K. Portugal's Aurora Cunua (48:31) won the race for the third consecutive time.

And California State Junior College Cross Country Championships were run at Fresno on November 11th. Top Bay Area teams: Men's - West Valley (5th, 122), San Mateo (7th, 171) and Foothill (8th, 172); Women's - West Valley (4th, 113), and Diablo Valley (9th, 203). Pessimistically optimistic coach Peanut Harms of Foothill commented about his team's performance,

The Athlete's Kitchen

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



Not Just A Skinny Kid

"I get scared when I see Alicia. She's nothing but skin and bones, covered up with a baggy sweat suit. I rarely see her eat anything but diet soda and lettuce topped with catsup for salad dressing. She never joins in with postmeet parties ... she always has to study, so she says. I think she's anorexic ... What should I do?"

here's a fine line between being a skinny kid and an anorexic athlete. While the anorexic's goal is to frantically exercise from fear of gaining weight, the athlete's goal is to train hard, with hopes of improving athletic performance. Both push themselves to perfection - to be perfectly thin and/or the perfect athlete. Often the two are intertwined, according to studies which indicate that 24% of anorexics are avid exercisers. At least 50% of anorexics also binge eat and then purge themselves of the abnormally gluttonous amounts of food. Excessive exercise is one means to get rid of unwanted calories, as is vomitting, abusing laxatives, diuretics and/or diet

This drive to perfection can be more than just a food problem. It can endanger the athlete's physical and mental health and well-being, as well as their life. Unfortunately, too many friends, parents, coaches and teammates overlook the devastating stressfulness of this self-imposed struggle to be perfectly thin. After all, how can anyone be "sick" if he or she is training so much and seeming so happy.

If you suspect that your friend, training partner, child or teammate has a problem with food, what can - and should - you do to help? According to Dr. Judith Perlman, PhD, eating disorders specialist in Brookline, MA, you should keep looking past their seemingly happy facade. You may notice that the anorexic-type is wearing bulky clothes to hide the abnormal thinness; that his/her food consumption is abnormally restrictive and spartan in comparison to the energy expended. (A runner, for example, may eat a banana every other day, while "training" ten miles every day.) Perhaps you'll never see them eating in public. Both at home and with friends, they'll find some excuse for not joining at meal time. Or, if they do, they push the food around on the plate to fool you into thinking that they're

eating. You may also see other compulsive behaviors, such as excessive studying or

Confront the anorexic (or borderline anorexic), telling them that you care about them and their health. Explain that it's obvious they have a problem balancing food and exercise. Ask if they want to talk about it. If they're truly anorexic, they'll probably deny the problem - they're "perfectly fine", they insist. However, they may be concerned about the loss of concentration, lightheadedness or chronic fatigue. These health changes are more likely to be stepping stone for accepting help, since the anorexic-type clings to food and exercise for control and stability. After all, they take pride in their perfect thinness and perfect training schedule.

As a friend and teammate, don't expect yourself to be able to resolve the problem. It's more complex than food and exercise. Life is the problem. Share your concerns with others — but don't deny the existence of a problem simply because the "athlete" is training well and setting records. As a coach, you may have to require that the athlete stop training with the team until they show some improvement. Rather than monitoring weight (which an anorexic can easily alter by drinking lots of water prior to weigh-in), require that they get medical clearance from a physician.

As a parent, you may have difficulty telling if your child's thinness is anorexic or simply "lean and mean" and appropriate for high-caliber athletic performance. You'll be better able to tell by abnormal eating behaviors, such as being obsessive about calories, eating tiny portions and using

"I've already eaten" or "I'm not hungry" as excuses for skipping meals, when you know that they've eaten inadequate food to support their level of exercise. Also recognize that you may be over-reacting. Maybe there's not an eating disorder. But maybe there is. Insist that the anorexic-type get evaluated by a mental health professional. Make the appointment youself and bring them there. Only then will you get an unbiased opinion of the degree of danger, if any. The therapist may simply tell you to go home and stop worrying. Maybe they'll recommend counselling. Or maybe they'll detect misery and suicidal tendencies and encourage immediate care.

Keep remembering that you, as a concerned individual, have little power. You alone can't resolve a potentially life-threatening problem with concern and good intentions. Rather, call upon community resources and health professionals. Don't let the "perfect smile" erase you doubts about the person's whole health. The overwhelming stress that surrounds the constant self-imposed drive for perfection can result in suicide. Help them!

Nancy Clark, MS, RD, nutritionist at Bostonarea's Sports Medicine Brookline, specializes in sports nutrition, wellness and eating disorders. Her popular book, The Athlete's Kitchen, (Simon and Schuster; Bantam Paperback) is available by asking for it at Dalton Bookstores. For a reading list on anorexia, send a self-addressed, stamped envelope to Nancy at Sports Medicine Brookline, 830 Boylston St., Brookline, MA 02167.

Sport for Understanding

Cal State Bakersfield Cross-Country and Track coach Bob Coons will lead sixteen 14-18 year old athletes on a track and field tour of Finland this summer, under the auspices of Sport for Understanding, a non-profit sports exchange program.

During the four week program, June 20 to July 18, Coach Coons and his team will stay with host families, thereby experiencing the country's lifestyle firsthand. The team's time will be divided between training and competitions with the host and other Fin-

nish clubs, cultural activities and sightseeing, and host family activities.

Sport for Understanding's goal is to bring the experience of international sports to any teenager actively involved in sport, with a desire to discover the world. Teams are filled on a first-come, first-served basis. Participants must have at least a 2.0 grade point average. The price of the track and field trip is \$2075, and the application deadline is April 1.

For more information and an application to join the track and field team please write SFU, 3501 Newark Street N.W., Washington, D.C. 20016.

Medical Notes for Runners

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

Proper Shoe Fit

Proper shoe fit is an important yet overlooked consideration in regard to comfort and function for everyday activities, as well as for sports. There are a variety of different foot types and shapes, which require correspondingly different shoe types and shapes. Likewise different activities and sports require correspondingly different foot gear function.

FOOT TYPES - SHAPES

There are three broad classifications of the shapes of feet. The first is the high arch C shaped foot. It has a considerable amount of depth to it, especially at the instep. There is a very high arch, and the forefoot is intoed upon the rearfoot. There may be claw toes or hammertoes developing, and there is usually a tight plantar fascia. The foot is generally a poor shock absorber, has a limited range of motion at the subtalar joint - the rearfoot, and is predisposed to excessive wear on the outside of the heel and, oftentimes, under the big toe or the first metatarsal head. This type of foot is stiff and, oftentimes, associated with sprained ankles due to the imbalance within the foot itself, which forces the weight to the outside of the ankle. The foot is poorly adapted to long distance running but is a fast foot for shorter distances and often good for multidirectional sports, such as soccer or football.

SHOE REQUIREMENT

The shoe requirement for this type of cavus foot is one with a compliant outsole with material that absorbs shock but does not fatigue. An ideal material would be polyurethane midsole and additional padding under the metatarsal heads with ethylvinylacetate - the usual outsole of the shoe - would be helpful. The shoe might need an outrigger at the heel - extra material at the outside of the heel to prevent sprains. Extra depth is oftentimes required due to the volume of the foot, and a C-shaped or intoed last is preferred. Depending upon the shape of the forefoot, an oblique toe box may be necessary.

FUNCTIONAL C-SHAPED FOOT

As one runs faster and goes from heelfoot-toe to running on the ball of the foot, the foot normally becomes more rigid, and the forefoot in-toes on the rearfoot. This is a functional flexible high arch or cavus type foot, and racing shoes are therefore made with the forefoot in-toed on the rearfoot. This same foot, however, when the athlete is running slow, might be a straighter foot, and a different type shoe would be required. Thus shoes for running fast on the ball of the foot are inappropriate for long slow distance running in many instances.

THE RECTUS FOOT

The next category is that of the straighter shaped foot, where the forefoot and rearfoot are in alignment. This may be a normally straight or rectus feet with a relatively normal arch, or it could, likewise, be the result of a hypermobile or more rigid flat foot. Usually, as the foot become flatter and is more flexible, there is an out-toeing of the forefoot on the rearfoot. This is called abduction of the forefoot on the rearfoot in contradistinction to the cavus type foot, which has adduction or intoeing of the forefoot on the rearfoot. Thus the anatomically normal rectus foot or the acquired straight lasted foot needs a shoe that is straight lasted. The last, of course, is the mold that the shoe is built over. The rectus foot needs a straight last to have appropriate fit and, depending upon the shape of the forefoot, may need an oblique toe box or extra depth, depending upon the type of toe deformity present or the total volume of the foot. An acquired rectus foot or hypermobile flat foot would also need a straight last shoe to have more support under the medial longitudinal arch and also to fit the foot. This shoe also might do well with polyurethane to absorb shock over a long period of time without the fatigue problems that ethylvinylacetate has. The new viscous polymers, made out of polyurethane (*Viscolas) are most helpful in the heel to attentuate shock and, likewise, under the ball of the foot for metatarsal head problems.

THE MORE NORMAL FOOT

The third foot type is the slightly in-toed forefoot upon the rearfoot or more normal foot. The normal foot with the heel perpendicular has the forefoot in-toed twelve to fifteen degrees. This is the more conventional last, which allows for the mild amount of intoeing of the forefoot on the rearfoot in the average human foot and has less material under the medial longitudinal arch.



HOW DO YOU TELL WHAT SHAPE OF SHOE TO GET?

It is rather simple. Simply place your foot on a piece of paper and trace it, and then put your shoe over the tracing. It will become obvious whether or not the shoe shape corresponds to the foot shape.

WHAT ABOUT SIZING?

Sizing is a real problem. Most people's street shoes are one half to one size too short, and most people's athletic shoes are one and one-half to two sizes too short. This depends, of course, upon the foot type. A stiffer cavus type foot might correspond more in regard to the athletic shoe to the everyday shoe in requirements for total length and volume. A more flexible foot will elongate even more so during sports, and the shoe should be longer to accommodate for this. Almost every patient who comes into my office has inappropriate street shoes and, even more so, inappropriate athletic shoes. Loafer type shoes without an elastic strap under the tongue invariably are too tight. Otherwise, they won't stay on the feet. Women persist in getting pointed toed shoes when the actual shape of their foot is rectangular or square. This causes hammertoes, bunions, ingrown toenails, and multiple postural and acquired foot deformities. Men and women, walking on hard unyielding surfaces, wear shoes made out of noncompliant material. These do not absorb shock and transfers the shock to the rest of the body. Compliant midsoled and outsoled shoes made of polyurethanes and other types of materials may attenuate shock. The utilization of viscoelastic innersoles* are also most helpful to attenuate shock and decrease the jarring to the remainder of the body.

COST OF SHOES

Cheaper shoes are made with cheaper materials. There is a great amount of difference in the quality of leather and how the

Medical Notes for Runners

leather will conform to the foot and likewise wear. This is most true for street shoes in regard to the upper. The same, however, holds true for the materials, components, and construction of the midsole and the outsole. You generally get what you pay for, but not always, especially in the athletic shoe industry where the advertising costs are passed on to the cost of the shoe; and, in effect, you may be getting a mediocre shoe that has a high price tag associated with it to support the advertising, as well as to support those runners who are endorsing the shoes. It is no secret that many of the same brand shoes are made in the same factory on alternating days in the Orient.

WHAT ABOUT FIT?

The most important factor in fit is, first, the shape of the shoe, or last, as it corresponds to the shape of the foot. The second is the length between the heel and the first metatarsal phalangeal joint - the ball joint - where the great toe meets the first metatarsal. With the inappropriate length, there is inappropriate bending of the shoe during propulsion and additional strains throughout the foot and leg. A major cause of Achilles tendinitis and/or pain at the back of the heel, as well as plantar fascitis is improper shoe fit in regard to the above.

The next most important fit is from the first metatarsal phalangeal joint to the end of the longest toe. There must be onequarter inch to three-eighths inch length between the end of the longest toe and the end of the shoe.

The next factor is the shape of the toe box itself. A more anatomical toe box or oblique toe box is needed for more people although many shoes are made, assuming that the second or third toe is the longest and that the shape of the forefoot is rounded rather than oblique, rectangular, or square. This causes mulitple forefoot problems, which may become acquired, and static deformities: in particular are hammertoes and bunions, as well as callosities underneath metatarsal heads.

WHAT ABOUT WOMEN?

Women usually have a narrow heel and wide forefoot. They need a combination last shoe, using the term "combination" the way a shoemaker would. A combination last has a narrow heel and wide forefoot with an oblique toe box. Recently, running shoe manufacturers have used the term, combination last, to mean that the shoe is board lasted at the rearfoot and slip lasted at the forefoot. This allows for some stability at the rearfoot and more comfort at the forefoot. It, however, is not a true anatomical last.

WHAT IS AN ANATOMICAL LAST?

An anatomical last is one which has a suspended foot bed. The last is rounded and conforms to the outside of the bottom of the foot, rather than the conventional last, which is flat. Putting a rounded heel and a rounded forefoot into a shoe that has a flat bottom creates multiple problems, such as Inappropriate dispersion of the fat pad at the bottom of the heel, pending appropriate fit. The anatomical last suspends the foot within the midsole. The foot then becomes part of the shoe, and they function together as one unit. When orthotics are necessary or used, they are undercut in such a way as to fit within the midsole of the anatomical lasted shoe so the foot orthotic-shoe becomes one functional biodynamic unit. The best anatomical lasted shoe on the market today is made by

To be continued in February issue...

Around the Bay

Continued from page 18:

"If we continue to improve on a yearly basis as we have been, we'll be state champions

At the NCAA District 8 CC Champion-ships on November 15th, Stanford's women's cross country team gained a spot in the NCAA Division I Championships for the fourth time in the last five years. (They failed, however, to place in the top ten there on November 24.) Although the Stanford men's team was favored to gain a spot in the NCAA's, they failed to do so.

The Summit Marathon on November 16th was a lot tougher this year, due to a new course that went up to the Summit midway between Los Gatos and Soquel, and then back. In previous years, the course was a tamer point-to-point all the way over to the coast. Michael Duncan (2:46:10) of San Mateo led all the way, followed by Sunnyvale's Joe Mangan (2:46:49). San Jose's Christine Morella (3,31:52) finished on top in both the women's overall and master's categories.

I must mention Palo Alto Castilleja High School's Katy McCandless. She won a close Kinney Western Regional Cross Country meet in Fresno on December 6th, qualifying for the National Championships in San Diego (see results in this issue). Presentation's (San Jose) Mary Mendoza placed seventh, also making it to the nationals.

Of course, the California International Marathon last December 7th had a strong Bay Area contingent. Mountain View's Reebok Aggie Danny Gonzalez wasn't even mentioned in most of the pre-race hype. But those in tune to his recent breakthroughs believed he could take it all-and he did in his first serious marathon (details in results section).

The Nike-San Francisco Half Marathon (December 7th) was won by Michigan's Gerard Donakowski (brother of Berkeley's Bill Donakowski) in 1:04:01. That broke his own course record from last year by thirty seconds. John Moreno (1:04:41) followed for second. Robyn Root (1:15:43) broke the tape first for the women, while Meg Cooke (1:17:00) grabbed the next spot. Hilary Naylor (1:26:45) and James Williams (1:16:38) headed the Master's in a field of 2,400 finishers.

Here's some good Bay Area races to do more than think about in January:

- January 11-Dr. Martin Luther King Jr. Birthday Run (5K and 10K) (Oakland).
- January 18-San Francisco Zoo Run (7 miler and 3 miler).
- January 18-El Camino Derby Run (10K) and 1 mile) (San Mateo).
- January 24-Willy's Road Race (1 mile and 5 miler) (Los Altos).

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Dean Reinke on Running

BY DEAN REINKE

The "Bright" Side of the Big Apple

uring the weekend of the Mercedes 5th Avenue Mile in New York City, a summit was held on a boat in New York Harbor that made the Reagan-Gorbachev meetings seem like a church social. Included in the triumvirate were three marathon heavyweights. Bob Bright of Chicago, Fred Lebow of New York and newcomer David D'Alessandro of Boston. The subject? The Increasing price tag for athletes and control of that coveted space across an athlete's chest, the "billboard". Getting those three together was not unlike a reunion of the Beatles. There were glaring differences but one constant remained. They all agree as to who writes the checks and controls that coveted billboard space - they do!

Welcome once again to the 1986 version of the "Fall Marathon Wars". The world record-setting performances and dramatic finishes of only a few years ago have been replaced this fall by sponsor battles, highstakes athlete bidding, blood doping allegations, pacing controversies and race director power struggles. For the record, Billy "40 hour a week engineer" Donakowski and Kim "mother of a 6-year-old" Rosenquist will lead the USA charges in Rome next year off of their less than world class times at Twin Cities in Minneapolis. Toshihiko "the runner, not the watch" Seko and Ingrid "\$40,000 to show" Kristlansen surprised no one with their wins in Chicago while Grete Waitz plugged it in one more time for her record-tying eighth New York City Marathon crown while Gianni Poli led the Italian Stallion brigade over an overraced Rob "\$70,000 to show" de Castella and a cast of

Probably the most heated controversy and the only issue ever to unite Lebow and Bright was the "billboard" battle waged with Mazda. Mazda has decided to put its substantial sponsorship dollars into athletes rather than events through its "Mazda Track Club" featuring the like of de Castella and Kristiansen. Mercedes, a ma-Jor sponsor of New York, and Beatrice, the lame duck sponsor of Chicago, were not enthused that Mazda, for significantly less dollars would obtain higher visibility gracing the chests of the potential favorites as they strode to victories on ABC and CBS television, respectively. For some unknown reason, both parties avoided the issue and it came down to literally the eleventh hour the night before Chicago before a compromise was reached. Mazda Track Club is

a legitimate club and has followed the established guidelines of the IAAF (International Amateur Athletic Federation) in billboarding its athletes. An event also has the right to extend invitations to whom it chooses and then to negotiate a relationship with an athlete, including what they wear. "It all boils down to sensitivity," the feisty Bright said, "I don't care about the logo, but its the size. These athletes have been well taken care of in the past and they are paid well now."

The situation became so tense in Chicago that Bright threatened to yank Ingrid off the starting line if an agreement could not be reached. Kristiansen reluctantly compromised and showed her appreciation by saying, "I'll never run another Chicago as long as Bob Bright is involved." Bright bluntly countered, "They may say he's an SOB and hard to get along with, but we are getting our money's worth." Beatrice is phasing out of its sponsorship in Chicago but Bright and founder Lee Flaherty are confident a sponsorship will be found to maintain the race's stature. Said a weary Lebow, who after the race looked like a man who had slept marathon week face down on a pool table, "Chicago is no longer a long-term threat." Countered Bright, "If you want an event, go to New York, if you want a footrace, go to Chicago."

Italian Gianni Poli's victory was somewhat tarnished by the allegations by ABC and USA Today of blood doping by the Italian runners. Blood doping is also referred to as blood boosting. The runner's blood is stored well in advance of a race, pumped with oxygen, than transfused back in just before competition, raising the oxygen carrying capacity. There is no scientific evidence but many believe blood doping enhances performance. Certainly, Italy has seen an unusual resurgence among its marathoners placing four among this year's top nine finishers in New York in addition to Orlando Pizzolato's victories the past two years. Rather than jumping on the Blood Doping bandwagon I submit the following. de Castella ran a not surprisingly poor race. He had no legs. New York was his 3rd major marathon (Boston and Commonwealth Games) in the last 6 months. It was a "cashflow" marathon for him. And the reason for the Italians success? In 1984, Pizzolato defeated a woefully weak field in the slowest winning time in 9 years. But he nonetheless still "shined the Big Apple" and became a hero in Italy. Others followed his lead, trained hard and the added incentive of Rome hosting the World Championships next year boosted the Italians.

The other major controversy that will come to a boil at the year-end TAC Convention in Tampa is "Pacing." marathons including last year's Pittsburgh (women's winner Laura Fogli and pace car Giuseppe Rosetti) and 1983 Boston (Joan Benoit and unauthorized pacer Kevin Ryan), along with numerous other incidents have stirred considerable debate. At Twin Cities, runnerup Nancy Ditz was accused of receiving assistance from her husband and 1983 New York Marathon champ Rod Dixon, Dixon, who last year wore the "George Jetson helmet-camera" for ABC at the New York City Marathon, coaches Ditz and became overzealous in his coaching and exhortations during the race. Meanwhile in Chicago, Ingrid Kirstiansen was given pills. presumably sucrose, throughout the race by her coach, Johan Kaggestad. Certainly, precedents have been established in other sports regarding improper assistance and let's hope that a meeting of the minds will establish some order in the immediate

A casualty of the Marathon Wars was Twin Cities race director Jack Moran. Five years ago, Moran conceived the Idea of merging the then two seperate marathons in Minneapolis and St. Paul. Twin Cities was born, Pillsbury poured its "dough" into the new event and Fred, Bob and the Columbus (Bank One) Marathon had to make room on the fall calendar. But Moran, the University of Minnesota engineering professor had one too many disputes with his board of directors and will have to share the leadership hat with a committee of four in the future. Moran will now focus his energy on the athlete's field which was helped considerably by Twin Cities designation this year as the USA World Team qualifier. With Moran out, Beatrice exiting, Columbus on the rise and Fred, who recovered this year from a beating from the Windy City the past two years, still sitting in the Big Apple, things should remain Interesting with room now available for others to join the orchard.

Dean Reinke is a sports marketing and fitness consultant and the President of Reinke & Associates. He resides in Orlando, FL where he writes a monthly column for Running Times Magazine, authors running and triathlon newsletters and works with major running and triathlon events as an announcer/commentator/consultant.)

California Interscholastic Federation

By KEITH CONNING

Invitationals

4	Girls Individuals - Small S Agnes Lumsdaine (Cab)	19:22.2
2	Kim Toney (Atasc)	19:29.3
3	Tami Dobel (Nordhoff)	19:31.6
4	Nancy Krell (Atasc)	19:37.2
5	Karen Zellman (Cab)	19:59.1

1. Nordhoff 63; 2. Atascadero 65; 3. Dos Pueblos 69; 4. Cabrillo 71; 5. McFarland

	Girls Individuals - Large Sci	ROOIS
4	Jamie Park (SB)	17:56.1
2	Lisa Lechner (Valhalla)	19:19.4
3	Julie Caufield (E. Baksf)	20:01.1
4	Anne Morgan (BHS)	20:33.0
5	Dee McKinney (West BHS)	20:46.3
Te	em Scores:	
	Malhalla 24 2 Most Bakerel	ald 87- 3

 Valhalia 34; 2. West Bakersfield 87; 3.
 East Bakersfield 134; 4. Royal 139; 5. South Bakersfield 145.

	Boys Individuals - Small Schools		
1	Thomas Valles (McFar)	15:34.8	
2	David Diaz (McFar)	15:53.0	
3	Mark Bocock (Cabrillo)	16:03.2	
4	Danny McGahey (Cab)	16:07.0	
5	Tom Wooff (Nordhoff)	16:08.0	
Te	am Scores:		

McFarland 33; 2. Cabrillo 40; 3. Nor-dhoff 69; 4. Paso Robles 107; 5. St. Joseph 130; 6. North County Christian 179.

	Boys Individuals - Medium	Schools
1	Mike Contos (Valhalla)	15:39.1
2	Sam Richards (Atasc)	15:56.8
3	DeWenter (Dos Pueb)	16:19.7
4	John Ellis (Valhalla)	16:21.8
5	Jim Buchmiller (Valhalla)	16:30.7
7	nem Coorner	

1. Valhalia 30; 2. Dos Pueblos 43; 3. Atascadero 81; 4. San Marcos 92; 5. Santa Maria 104.

	Boys individuals - Large 30	noois
1	Damian Lopez (East BHS)	16:09.7
2	David Romero (BHS)	16:37.4
3	Aaron Meares (BHS)	16:37.6
4	Brad Hibbard (BHS)	16:47.5
5	Richard Rockenbach(SB)	16:51.6
Te	am Scores:	

Bakersfield High 26; 2. West Bakersfield 76; 3. Royal 80; 4. East Bakersfield 105; 5. Santa Barbara 111.

☐ Mt. Carmel/City Firefighter Cross Country invitational Oct. 4. Mt. Carmel H.S.

Boys Course-3 Miles; Girls Course-2.3 Mi. Fast times and good competition marked the fifth annual edition of this meet. Southern Section 2A powerhouse Hesperia traveled south to meet last years #2 ranked Vista and the best of the San Diego Section. When the racing was over the powerhouse Panthers had lost their first San Diego Meet in over 2 years. Coach Joe Gomez's girls placed 2, 3 and 6 to score 48 points to the Panthers 60. Their team time of 73:59 was 50 seconds slower than the record set by last years Vista team that ended up winning the sweepstakes at Mt. SAC along with their #2 state ranking. The Vista boys gained a measure of revenge as they won the boys sweeps race with 68 points. Host Mt. Carmal was 2nd with 88 points

In addition to the team races individual

competition was also top notch. With returning Kinney finalist Kira Jorgensen of Vista, Torrey Pines' Nicole Nugent, and Hesperia's Robby Bryant entered a fast race certainly seemed in order. That pace was assured by fast starting Nicole Houle of Hesperia. However Houle surprised everyone by staying in front until the last 200 meters. Here Nugent overtook her to run a very fast 13:38, #2 time in course history. Houle finished strong to run 13:42, #3 all-time. Bryant followed in 14:00, #7 all-time, and with Jorgensen #9 all-time in 14:08. On the boys side San Diego's Marc Davis continued his hot running with a very easy, solo 15:45, #10 all-time. Ramona's Jorge Castro won the sweepstakes race with a 16:04.

Division Winners - Boys Sweepstakes: 1. Vista 68; 2. Mt. Carmel 88; 3. Mission Viejo 98. Individuals: 1. Castro, Ramona 16:04, 2. A. Davis, Henry 16:09, 3. Yarborough, Monte Vista 16:12, 4. Clift, Mt. Carmel 16:18, 5. Rodriguez, Vista 16:23.

Large Schools: 1. Canyon 52; 2. Helix 79; 3. Orange Glen 87.

Individuals: 1. Drummond, Helix 16:23, 2. Risco, Canyon 16:39, 3. Westfront, El Cap tian 16:44, 4. Higuera, Mt. Miguel 17:00, 5. Garcia, Chula Vista 17:14.

Medium School: 1. Hilltop 64; 2. Bonita

Vista 66; 3. El Camino 104.

Individuals: 1. Tadese, Crawford 16:21, 2. Callan, Bonita Vista 16:39, 3. Penman, Carisbad 17:05, 4. Bourland, El Camino 17:14, 5. Lopez, Hilltop 17:18.

Small Schools: 1. Salpointe, Ariz. 36; 2. San Diego 49; 3. La Jolla 68.

Individuals: 1. Davis, San Diego 15:45, 2. Decker, La Jolla 17:10, 3. Delgado, Sal-pointe 17:33, 4. Silva, Salpointe 17:46, 5. Conteras, Clairemont 17:52.

Division Winners - Girls Sweepstakes: 1. Hesperia 48; 2. Vista 60; 3. Pt. Loma 79.

Individuals: 1. Nugent, Torrey Pines 13:38, 2. Houle, Hesperia 13:42, 3. Bryant, Hesperia 14:00, 4. Jorgensen, Vista 14:08, 5. Dugger, Coronado 14:12.

Large Schools: 1. Mission Viejo 56; 2. El

Capitan 62; 3. Mira Mesa 87. Individuals: 1. Anderson, Poway 15:00, 2. Kubis, Mission Viejo 15:15, 3. Bradley, El Capitan 15:20, 4. McFayden, Mira Mesa 15:21, 5. Burruel, Mission Viejo 15:34. Medium Schools: 1. Orange Glen 46; 2. Ar-

royo 46; 3. Crawford 100.

Individuals: 1. Del Rio, Crawford 15:04, 2. Naranjo, Hoover 15:05, 3. Portio, Orange Glen 15:38, 4. Perez, Arroyo 15:53, 5. Hernandez, Arroyo 16:01.

Small Schools: 1. Hilltop 66; 2. Bonita

Vista 73; 3. Ramona 96. Individuals: 1. Karcher, Ramona 14:37, 2. Quisada, Salpointe 15:27, 3. Longyear, Villa Park 15:36, 4. Beardsley, La Julia 15:37, 5. Gifford, Kearny 15:51.

☐ Mariner Invitational

October 18. Garin Park, Hayward-Coach Phil Wilder (Moreau, Hayward) hosted another very successful invita-tional at one of the East Bay regional

On Friday night preceeding the meet Moreau High School has a cross country clinic and dinner. The speakers this year read like a Who's Who of Northern California cross country coaches. The featured speaker was Walt Lange (Jesuit, Carmichael), the coach of the Mastalin

twins. We also heard from coach Willie Harmatz (Los Gatos), coach Terry Ward (Bellarmine, San Jose), and coach Howard Edelman (Beverly Hills).

The invitational on Saturday is also unusual because it includes a coaches'

Moreau won the large school boys team competition with 95 points. Castro Valley was second with 130 and El Cerrito was third with 136. Senior Shawn Noonan (Moreau)

defeated John Mora (Beverly Hills) by 11.1 seconds-16:42.7 to 16:53.8. Senior Chris

Burger (Berkeley) was third in 16:54.8. Half Moon Bay won the small school boys' team race with 48 points. Burbank was second with 70 and Healdsburg third

Todd Trask (Healdsburg) turned in the fastest time of the day with his 16:25.9. Mike Stone (Las Lomas, Walnut Creek) placed second in 16:44.4 and Todd Lewis (Burbank) was third in 17:04.5. It should be pointed out that the small school race was held in the morning when the temperature was considerably more advantageous.

Mission San Jose (Fremont) won the large school girls' team competition with 46 points. Carondelet (Concord) was second with 58 and Berkeley third with 83.

Tammy Foley (Mission San Jose) defeated Veli Lehman (El Cerrito) by 33.8 seconds-19:59.1 to 20:32.7. Sheri Gutlerrez (Washington, Fremont) placed third in

Sonoma Valley won the small school girls' team competition with 41 points. Bishop O'Dowd of Oakland was second with 50 and Half Moon Bay third with 69.

Kathy Dalton (Sonoma) ran the fastest time of day in 19:57.4. Kirsten Lyders (Pacific Grove) was second in 21:34.9 and Petra Rodriguez (Bishop O'Dowd) was third in 21:49.2.

Overall Results - Boys Large School Teams:

130

Moreau (Hayward)

Castro Valley

3 El Cerrito

4	Beverly Hills	150
5	Serra (San Mateo)	155
6	Berkeley	169
7	Montgomery (Santa Rosa)	188
8	Homestead (Sunnyvale)	202
9	Mission San Jose (Fremont)	206
10) Santa Rosa	220
11	San Leandro	273
12	2 Livermore	278
13	3 De La Salle (Concord)	318
1	Logan (Union City)	324
15		327
11	Washington (Fremont)	369
1	7 Granada (Livermore)	384
L	arge School Individuals:	
1	Shawn Noonan (Moreau)	16:42.7
2	John Mora (Berverly Hills)	16:53
3	Chris Burger (Berkeley)	16:54
4	Brian Rivers (Moreau)	17:11
5	Kevin Smith (Montgomery)	17:13
6	Dennis Hernandez (Mission SJ)	17:23
7	Parker Kelly (Serra)	17:23
8	Tom Harp (Berverly Hills)	17:26
9		1) 17:32
1		17:32
1		17:36
1		17:38
1		17:40
1		17:41
1		17:42
1		17:43
	7 Morgan McLarty (El Cerrito)	17:45
-1	8 Marcus Luck (Castro Valley)	17:46

19 Mark Slocum (Homestead)	17:48
20 Brandon Stanislaus (Logan)	17:50 17:50
21 Jayson Higgins (CastroVIy) 22 Brent Halvonik (Berkeley)	17:52
23 Eric Bellamy (Moreau)	17:52
Small School Teams:	
1 Half Moon Bay	48
2 Burbank	70
3 Healdsburg	101
4 Corcoran 5 Encinal (Alameda)	161
6 Tennyson (Hayward)	154
7 Bishop O'Dowd (Oakland)	170
8 Miramonte (Orinda)	179
9 St. Joseph (Alameda)	238
Small School Individuals: 1 Todd Trask (Healdsburg)	16:25
1 Todd Trask (Healdsburg) 2 Mike Stone (Las Lomas)	16:44
3 Todd Lewis (Burbank)	17:04
4 Jonathan Smith (Miramonte)	17:04
5 Scott Hamilton (HalfMoonBay)	17:21
6 Donite Nelson (Foothill)	17:25
7 Fernando Villegas(HalfMoonB) 8 Al Lewis (Burbank)	17:32
8 Al Lewis (Burbank) 9 Manuel Zepeda (Corcoran)	17:35
10 Mike Moreno (Tennyson)	17:39
11 Paul Fortune (HMB)	17:53
12 Robert Lopez (Burbank)	17:57
13 Chuck Mullane (Arroyo)	17:58
Goaches' Race: (2 Mile)	10:23
1 Larry Guinee (Hayward) 2 Butch Alexander (Sonoma)	10:50
3 Kevin Searles (Carondelet)	11:12
4 Marc Puppo (Moreau)	11:20
5 Ed Lopez (Burbank)	11:34
6 Tom Torlakson (antioch)	11:43
7 Rich Antal	11:52 11:54
8 Raoul Perez (CastroViy) 9 Robert Gomez (St. Elizabeth)	12:03
10 Jon Hoffman (TerraLinds)	12:03
21 Barbara Hosking (Tamalpais)	12:58
25 Susan Hawthorne (Hayward)	13:19
28 Helen Lehman (ElCerrito)	13:42
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau)	
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Girls	13:42
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Girls Large School Teams:	13:42 18:20
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Girls	13:42
28 Helen Lehman (ElCerrito) 43 Keily Judd (Moreau) Overall Results - Girls Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley	13:42 18:20 46 58 83
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Girls Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa	13:42 18:20 46 58 83 108
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Girls Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills	13:42 18:20 46 58 83 108
28 Helen Lehman (ElCerrito) 43 Keily Jud (Moreau) Overall Results - Girls Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa)	13:42 18:20 46 58 83 108 111 126
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley	13:42 18:20 46 58 83 108
28 Helen Lehman (ElCerrito) 43 Keily Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals:	13:42 18:20 46 58 83 108 111 126 155
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ)	13:42 18:20 46 58 83 108 111 125 175
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito)	13:42 18:20 46 58 83 108 111 125 175 19:59 20:32
28 Helen Lehman (ElCerrito) 43 Keily Jud (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutlerrez (Washington)	13:42 18:20 46 58 83 108 111 126 155 175 19:59 20:32 20:58
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Girfs Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutierrez (Washington) 4 Kathi Force (Santa Rosa)	13:42 18:20 46 58 83 106 111 126 155 175 19:59 20:32 20:58 21:14
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutlerrez (Washington) Kathi Force (Santa Rosa) 5 Kim Lawier (Mission SanJose)	13:42 18:20 46 58 83 108 111 125 155 175 19:59 20:32 20:58 21:54 21:23
28 Helen Lehman (ElCerrito) 43 Keily Jud (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutierrez (Washington) 4 Kathi Force (Santa Rosa) 5 Kim Lawler (Mission SanJose) 6 Stephanie Kasa (Carondelet)	13:42 18:20 46 58 83 106 111 126 155 175 19:59 20:32 20:58 21:14
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutierrez (Washington) 4 Kathi Force (Santa Rosa) 5 Kim Lawler (Mission SanJose) 6 Stephanie Kasa (Carondelet) 7 Catherine Payne (Berkeley) 8 Kris Rardon (Washington)	13:42 18:20 46 58 83 108 111 126 155 175 19:59 20:38 21:14 21:23 21:27 21:27 21:27
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau)	13:42 18:20 46 58 83 108 111 125 175 19:59 20:32 20:58 21:14 21:23 21:27 21:23 21:45 22:04
28 Helen Lehman (ElCerrito) 43 Keily Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutierrez (Washington) 4 Kathi Force (Santa Rosa) 5 Kim Lawler (Mission SanJose) 6 Stephanie Kasa (Carondelet) 7 Catherine Payne (Berkeley) 8 Kris Rardon (Washington) 9 Nicole Fischer (Montgomery) 10 Marisa Gardella (ElCerrito)	13:42 18:20 466 58 83 108 111 125 175 19:59 20:32 20:58 21:14 21:23 21:27 21:26 22:45 22:12
28 Helen Lehman (ElCerrito) 43 Keily Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutierrez (Washington) 4 Kathi Force (Santa Rosa) 5 Kim Lawler (Mission SanJose) 6 Stephanie Kasa (Carondelet) 7 Catherine Payne (Berkeley) 8 Kris Rardon (Washington) 9 Nicole Fischer (Montgomery) 10 Mariss Gardella (ElCerrito) 11 Lisa Bradford (Carondelet)	13:42 18:20 466 583 108 155 175 20:32 20:58 21:14 21:23 21:27 21:45 22:18
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Girfs Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutierrez (Washington) 4 Kathi Force (Santa Rosa) 5 Kim Lawler (Mission SanJose) 6 Stephanie Kasa (Carondelet) 7 Catherine Payne (Berkeley) 8 Kris Rardon (Washington) 9 Nicole Fischer (Montgomery) 10 Mariss Gardella (ElCerrito) 11 Lisa Bardford (Carondelet) 12 Lisa Harris (Beverly Hills)	13:42 18:20 46 56 63 108 11:11 12:6 155 17:5 20:32 20:58 21:14 21:23 21:27 21:26 21:45 22:21 22:18 22:21 22:21
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau)	13:42 18:20 46 58 63 108 111 126 155 20:32 20:58 21:14 21:23 21:27 21:45 22:14 22:14 22:14 22:14 22:14 22:14 22:14 22:14
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau)	13:42 18:20 46 58 83 108 111 126 155 175 19:59 20:32 20:58 21:14 21:23 21:27 21:26 22:14 22:14 22:14 22:14 22:14 22:21 22:21 22:21 22:24
28 Helen Lehman (ElCerrito) 43 Keily Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutierrez (Washington) 4 Kathi Force (Santa Rosa) 5 Kim Lawler (Mission SanJose) 6 Stephanie Kasa (Carondelet) 7 Catherine Payne (Berkeley) 8 Kris Rardon (Washington) 9 Nicole Fischer (Montgomery) 10 Marisa Gardella (ElCerrito) 11 Lisa Bradford (Carondelet) 12 Lisa Harris (Beverly Hills) 13 Jamie Leeds (Beverly Hills) 14 Gretchen Hill (Mission SJ) 15 Cristie McCall (Santa Rosa) 16 Wendy Behrend (Carondelet) 17 Cristie McCall (Santa Rosa) 18 Wendy Behrend (Carondelet)	13:42 18:20 46 583 108 111 112 155 175 19:59 20:58 21:14 21:23 21:27 21:29 21:45 22:18 22:12 22:12 22:40 22:45 22:
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau)	13:42 18:20 46 58 63 108 111 126 155 20:32 20:58 21:14 21:23 21:27 21:26 22:14 22:14 22:14 22:40 22:45 22:45 22:45 22:45 22:45 22:45
28 Helen Lehman (ElCerrito) 43 Keily Judd (Moreau)	13:42 18:20 46 583 108 111 112 155 175 19:59 20:58 21:14 21:23 21:27 21:29 21:45 22:18 22:12 22:12 22:40 22:45 22:
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau)	13:42 18:20 46 58 83 106 111 126 20:32 20:58 21:14 21:23 21:27 21:26 22:16 22:21 22:21 22:45 22:
28 Helen Lehman (ElCerrito) 43 Keily Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutierrez (Washington) 4 Kathi Force (Santa Rosa) 5 Kim Lawier (Mission San Jose) 6 Stephanie Kasa (Carondelet) 7 Catherine Payne (Berkeley) 8 Kris Rardon (Washington) 9 Nicole Fischer (Montgomery) 10 Marisa Gardella (ElCerrito) 11 Lisa Bradford (Carondelet) 12 Lisa Harris (Beverly Hills) 13 Jamie Leeds (Beverly Hills) 14 Gretchen Hill (Mission SJ) 15 Cristie McCall (Santa Rosa) 16 Wendy Behrend (Carondelet) 17 Pam Brands (Mission SJ) 18 Sarah Conning (Berkeley) 19 Julie Balley (Carondelet)	13:42 18:20 46 58 83 108 11:26 155 175 20:58 21:14 21:23 21:45 22:14 22:18 22:14 22:21 22:40 22:45 22:
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutlerrez (Washington) 4 Kathi Force (Santa Rosa) 5 Kim Lawler (Mission SanJose) 6 Stephanie Kasa (Carondelet) 7 Catherine Payne (Berkeley) 8 Kris Rardon (Washington) 9 Nicole Fischer (Montgomery) 10 Marisa Gardella (ElCerrito) 11 Lisa Bradford (Carondelet) 12 Lisa Harris (Beverly Hills) 13 Jamie Leeds (Beverly Hills) 14 Gretchen Hill (Mission SJ) 15 Cristle MoCall (Santa Rosa) 16 Wendy Behrend (Carondelet) 17 Pam Brands (Mission SJ) 18 Sarah Conning (Berkeley) 19 Julie Bailey (Carondelet) 20 Catherine Zinn (Berkeley) Small School Teams: 1 Sonoma Valley	13:42 18:20 46 58 83 106 111 126 20:32 20:58 21:14 21:27 21:26 22:40 22:12 22:40 22:41 22:45 22:45 22:55 22:56
28 Helen Lehman (ElCerrito) 43 Keily Judd (Moreau) Overall Results - Giris Large School Teams: 1 Mission San Jose (Fremont) 2 Carondelet (Concord) 3 Berkeley 4 Santa Rosa 5 Beverly Hills 6 Montgomery (Santa Rosa) 7 Castro Valley 8 San Leandro Large School Individuals: 1 Tammy Foley (Mission SJ) 2 Vill Lehman (El Cerrito) 3 Sheri Gutierrez (Washington) 4 Kathi Force (Santa Rosa) 5 Kim Lawler (Mission SanJose) 6 Stephanie Kasa (Carondelet) 7 Catherine Payne (Berkeley) 8 Kris Rardon (Washington) 9 Nicole Fischer (Montgomery) 10 Marisa Gardella (ElCerrito) 11 Lisa Bradford (Carondelet) 12 Lisa Harris (Beverly Hills) 13 Jamie Leeds (Beverly Hills) 14 Gretchen Hill (Mission SJ) 15 Cristie McCall (Santa Rosa) 16 Wendy Behrend (Carondelet) 17 Pam Brands (Mission SJ) 18 Sarah Conning (Berkeley) 19 Julie Bailey (Carondelet) 20 Catherine Zinn (Berkeley) 2 Bishop O'Dowd (Oakland)	13:42 18:20 46 583 108 111 112 155 175 19:59 20:58 21:14 21:23 21:27 21:22 21:45 22:18 22:12 22:40 22:42 22:42 22:42 22:43 23:43 23:43 24:
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau)	13:42 18:20 46 58 83 108 111 126 155 175 19:59 20:32 20:58 21:14 21:23 21:27 21:26 22:14 22:14 22:14 22:14 22:14 22:24 22:24 22:45 22:54 22:55 22:56
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau)	13:42 18:20 46 58 83 106 11:26 155 175 19:59 20:32 20:58 21:14 21:27 21:27 22:48 22:18 22:21 22:45 22:45 22:55 22:55 22:56
28 Helen Lehman (ElCerrito) 43 Kelly Judd (Moreau)	13:42 18:20 46 58 83 108 111 126 155 175 19:59 20:32 20:58 21:14 21:23 21:27 21:26 22:14 22:14 22:14 22:14 22:14 22:24 22:24 22:45 22:54 22:55 22:56

1	- U. Davis at the distriction	
an	all School Individuals:	
1	Kathy Dalton (Sonoma)	19:57
2	Kirsten Lyders (Pac.Grove)	21:34
3	Petra Rodriguez(BishopO'Dowd)	21:49
4	Amy Clemens (HMB)	22:12
5	Carrie O'Conner (Moreau)	22:14
6	Quesqueya Rodriguez(O'Dowd)	22:15
7	Tasha Fein (BishopO'Dowd)	22:26
8	Kim Vandersyde (HMB)	22:33
9	Marisa Cross (Sonoma)	22:48
10	Minii Moultrie (Notre Dame A)	22:46
11	Hannah Norup (Sonoma)	22:54
12	Gall Payne (Sonoma)	22:58

2 Mile Postal

November 1. Los Gatos HS--Junior Dennis Hernandez (Mission Jan Jose, Fremont) defeated senior Rob Meinhardt (Bellarmine, San Jose) by three and one-half seconds-9:15.2 to 9:18.7-in the annual two-mile postal competition on the track Senior Shawn Noonan (Moreau, Hayward) edged senior Steve Lopez-9:24.0 to 9:25.3-for third place.

The Bellarmine boys' team of Meinhardt, junior Torre Pena 9:54.0, junior Scott Robinson 9:54.9, sophomore Ed Engler 9:51.8, and junior Kevin Vergho 9:54.6 won the team competition in 48:48.

Geraldo Hernandez (Del Mar, San Jose) led the first lap in 1:04.4 and the second lap in 2:14.8. Steve Lopez led the third lap in 3:26.8 and the fourth lap in 4:38.1. Dennis Hernandez came through the mile in 4:38.9. He led the remainder of the way in 5:49.1, 7:01.5, and 8:13.3.

Junior Katy McCandless (Castilleja, Paio Alto) defeated Tammy Foley (Mission San Jose, Fremont) by 3.7 seconds-10:42.6 to 10:46.3 Angela Stearns (Santa Teresa, San Jose) placed third in 11:18.2. There was a close race for fourth between Lori Andeen (Menio-Atherton, Atherton) and Jennifer Ashe (Leland, San Jose)-11:21.0 to 11:22.0.

Mission San Jose won the girls' team race with a time of 59:39. The team included Foley, Kim Lawler 11:52.6, Pam Brands 12:34.8, Gretchen Hill 12:51.9, and Teresa Chase 12:55.8.

Tammy Foley led the first six laps in 1:14.2, 2:33.1, 3:53.7, 5:14.8, 6:38.2, and 8:02.7. Katy McCandless led the seventh lap in 9:24.3.

Overall Results - Boys

1	Bellarmine (San Jose)	48:48
2	Moreau (Hayward)	49:23
3	Mission San Jose (Fremont)	50:34
4	Gunderson (San Jose)	51:04
5	Carlmont (Belmont)	52:20
8	Fremont (Sunnyvale)	53:18
7	Livermore	53:22
8	Leigh (San Jose)	53:25
9	Saratoga	54:37
10	Overfelt (San Jose)	56:26
11	Leland (San Jose)	56:38
12	Berean Christian (Martinez)	57:01
13	Watsonville	57:59
14	Santa Teresa (San Jose)	58:30
Fre	osh/Soph Teams:	
1	Los Gatos	52:17
2	Bellarmine (San Jose)	52:23
3	Watsonville	54:05
4	Santa Teresa (San Jose)	56:12
5	Leigh (San Jose)	56:39
6	Monte Vista (Cupertino)	56:40
7	Ploneer (San Jose)	58:16
8	Overfelt (San Jose)	58:20
	lividuals (Studs) Race 4:	
1	Dennis Hernandez (MissionSJ)	9:15
2	Rob Meinhardt (Bellarmine)	9:18
3	Shawn Noonan (Moreau)	9:24
4	Steve Lopez (Hill)	9:25
5	Eric Woodland (Gunderson)	9:37
6	Brian Rivers (Moreau)	9:37
7	Geraldo Hernandez (DelMar)	9:48
8	David Kopec (Independence)	9:48
B	Eric Bellamy (Moreau)	9:50
	Sandeep Randhawa (Mission SJ)	
11	Joe Amendt (Lick)	9:53
12	Torre Pena (Bellarmine)	9:54

13 Louis Offiz (Lincon)	Parison.
14 Scott Robinson (Bellarmine)	9:54
15 Jim Strachan (Lick) 9:58	
16 David Cardenas (Logan)	10:00
17 Craig Schlicher (Livermore)	10:09
18 Ian Champeny (Bellarmine)	10:33
Individuals (Race 6):	
1 Kevin Vergho (Bellarmine)	9:51
2 Ed Engler (Bellarmine)	9:54
3 Markus Luck (Castro Valley)	9:56
4 Zoldak (Bellarmine)	10:08
Individuals (Race 8):	
1 Brent Mack (Carlmont)	9:46
2 Eric Arnesen (Carlmont)	9:47
3 Brandon Stanislaus (Logan)	10:12
Individuals (Race 10):	
1 Marshall (Santa Cruz)	10:07
2 Denery (Saratoga)	10:08
Overall Results - Girls	
Teams:	
1 Mission San Jose (Fremont)	59:39
2 Fremont (Sunnyvale)	64:03
3 Carlmont (Belmont)	64:05
4 Santa Teresa (San Jose)	65:40
5 Moreau (Hayward)	66:41
6 Overfelt (San Jose)	70:57
Individuals (Race 5):	
1 Katy McCandless (Castilleja)	10:42
2 Tammy Foley (MissionSanJose)	10:46
3 Angela Stearns (SantaTeresa)	11:18
4 Lori Andeen (Menlo-Atherton)	11:21
5 Jennifer Ashe (Leland)	11:22
6 Phoung Sites (Fremont)	11:40
7 Shannon Skillman (Gilroy)	11:44
8 Janet Bowie (Woodside)	11:46
9 Kerry Stivaletti (Mitty)	11:59
10 Becky Kozak (Gunderson)	12:06
11 Kim Coyne (Independence)	12:10
12 Dina Farage (Gunderson)	12:13
40 Calava (Overlali)	17.16

13 Louie Ortiz (Lincoln)

9:54

12:16

12:38

12:47

11:52

12:00 12:16

12:19

11:59

Southern Section Invitationals

By Doug Speck

Costa Mesa Invitational

13 Celaya (Overfeit) 14 Lori Homer (Leland)

Individuals (Race 7):

Individuals (Race 9):

1 Mahaffey (Carlmont)

15 Harpreet Kaur (Gilroy)

Kim Lawler (MisisonSanJose)

Andrea Meinhart (Los Gatos)

Eve Barry (Santa Teresa)

Bartholomeu (Fremont)

October 4, TeWinkle Park-This predominantly Orange County school meet featured some good competition. A fine Ocean View women's varsity and young Corona Del Mar men's group headlined the show. Finest individual effort was a Course Record 15:01 run by CDM soph Eddie LaVelle. The precoclous star broke a 15:08 CR from 1983 by Dave Anderson (CDM), who was a 4:14 miller. LaVelle's young teammates backed him up nicely against local rivals Costa Mesa to take the team title 59-75. Corona Del Mar is possibly the State's team of the future, with four sophs and a juntor making up their top five for Coach Bill Sumner. Huntington Beach nipped Paramount 70-75 in the other men's division, with Roger Nava, fine soph from Santa Ana the individual winner at 15:05 over the 15:13 of junior Shannon Winkelman of Marina (Huntington Beach).

Coach Beth Chilicott has a very special women's group at Ocean View (Huntington Beach), and they certainly showed it here, totaling only 19 points in their easy team victory against some respectable people. Karen and Shannen Karpel were split at 1st (18:47) and 3rd (19:05) by fine Huntington Beach frosh Natalie Adam (18:52). Kirstin Harkins (La Quinta, Garden Grove), at 18:38, was the day's quickest in her Div. I win, with Newport Harbor the team victors with 39 points.

continued on next page...

"Join Us For The Inauguration Competition On Our New Nine Lane All-Weather Facility in 1987"

20th Arcadia Invitational

Track and Field Meet for High School Men & Women

Saturday Evening APRIL 11, 1987

"Come Run With the Best in the West"

- ★ 1986 Meet featured entries from 15 of the 16 California State Male Champions in their individual and relay events. (5 state champs did not win their event at Arcadia).
- * 1986 Meet featured entries from 14 of the 15 California State Female Champions in their event. (Again 5 eventual state champs did not win their event at Arcadia).
- ★ Five National Records in the last decade in competition at Arcadia.
- * Sanctions applied for all California Sections, Arizona, Oregon, and Nevada schools.

MEET RECORDS:

Men: 10.40 - 20.79 - 46.79 - 1:49.9 - 4:07.7 - 8:45.2 -14.04 - 36.42 -41.16 - 3:13.1 - 10:13.6(DMR) - 7'1" -24'10" - 16'5" - 66'10'4' -204'11" - 50'11'4".

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

Metric Distances
Accutrack Timing
New Nine Lane All-Weather Facility

For Meet Information:
Doug Speck
Arcadia High School
180 Campus Dr. • Arcadia, CA 91006
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Results: (Women) (I)Teams: 1. Newport Harbor 39, 2. La Quinta 62. Individuals: 1 Harkins (LQ) 18:38, 2. Benavides (Estan-cia, CM) 18:49, 3. Robinson (NH) 18:49, 4. cia, CM) 18:49, 3. Hobinson (NH) 18:49, 4. Cannon (LO) 18:59. (II) Teams: 1 Ocean View 19, 2. Chino 70, 3. Humington Beach 95. Individuals: 1. K. Karpel (OV) 18:47, 2. Adam (HB) 18:52, 3. Karpel (OV) 19:05. Results: (Men) (I) Teams: 1. Corona Dal Mar 39, 2. Costa Mesa 75, 3. Katella (Anaheim) 96. Individuals: 1. Lavelie (Ananelm) 5-01. 2. Shryock (CDM) 15-22, 3. Avila (Santiago) 15:34, 4. Moreno (CM) 15:42 (II) Teams: 1. Huntington Beach 70, 2. Paramount 75. Individuals: 1. Nava (SA) 15:05, 2. Winkelman (Marina) 15:13, 3. Sabra (Ocean View) 15:37, 4. Kash (Westminster) 15;39.

☐ Fountain Valley/Huntington Beach Invit October 11, Central Park (HB)-An interesting clash between top young men's squads from Upland and Corona Del Mar and women's groups from Buena (Ventura) and Ocean View (Huntington Beach) highlighted this large (three division)

Orange County affair.
Coach Bob Loney (Upland) and Bill Sumner (Corona Del Mar) both featured men's varsity squads where sophs make up the majority of the scorers and they are still very, very tough, in their Division Il race there was not a senior in the top five of the top-quality run, with Upland soph Pete Burks (15:26) handling the CDM soph duo of Eddle LaVelle (15:33) and Greg Shryock (16:42) and leading Highlander teammates to a 41 (80:35)-59 (80:54) win over the beach city school. The above trio had the top three times of the day, with junior Shannon Winkelman (Marina, Huntington Beach) next best at 15:46 in his Div. III win and Haissam Sabra (Ocean View, Huntington Beach) a 15:50 Div. I victor.

Coach Steve Blum's Buena (Ventura) women's group, led by Michelle Lewis, a 4:57 1600m runner rebounding from in-Juries, was a narrow winner over Ocean View in the women's top race 44 (99:20)-53 (100:47). OV was without one of its top five for the competition. Lewis (18:34) was the day's fastest over the twin duo of Shannen (18:59) and Karen (19:03) Karpel of OV, with Bonnie McKlernan (Las Vegas High of Nevada) 18:42 racing well in her Div. II win, and Karen Karcher (Ramona, San Diego Section) 19:02 in a Div. III vic

Women's Results: (I) 1. Lewis (Bu) 18:34 2. S. Karpel (OV) 18:59, 3. K. Karpel (OV) 4. Dietz (Bu) 19:27, 5. Royer (OV) 19:30. Team Scores: 1. Buena 44 (99:20), 2. Ocean View 53 (100:07), 3. Fountain Valley 89 (104:30). (II) 1. McKiernan (LV) 18:42, 2. Keim (San Pasqua), Escondido) 19:36. Team Scores: 1. Norco 49 (101:36), 2. San Pasqual 58 (101:44), 3. Huntington Beach 99 (104:38). (III) 1. Karcher (Ram) Cannon (La Quinta, Garden Grove) 19:17, 3. Mejla (LQ) 19:21. Team Scores; 1. La Quinta 64 (104:49).

Men's Results: (I) 1. Sabra (OV) 15:50, 2 Knos (FV) 16:03 Team Scores; 1, Fountain Valley 48 (83:55), (II) 1, Burks (Upl) 15:26, 2, LaVelle (CDM) 15:33, 3, Shryock (CDM) T5:42, 4 Hesselfine (Upi) 15:51, 5 Prestwich (Hemet) 15:59. Team Scores: 1. Upland 41 (80:35), 2. Corona Del Mar 59 (80:54), 3. Huntington Beach 95 (82:42), 4. Hernet 108 (83:20). (III) 1. Winkelman (Marina) 15:46, 2. Berko (Covina) 16:05, 3. Koinva (Sherman Indian) 16:15. Team Scores: 1. Covina 39 (82:14).

October 11, Mt. SAC-Wainut High School showed its dominance of the east and of the San Gabriel Valley with its men's and women's team victories and victories in 8 of 10 Individual races (#1's run against #1'a, #2's against #2's from a

team, and so on through 5 per squad). Some amazing young stars continued their steady improvement this season, with South Hills (Covina) frosh Karer Hecox winning a girl's #1 race at 18:36 over fellow frosh Suzanne Castruita (West Covina) 18:54. Castrulta is an agegrouper from a ways back, with Hecox a relative novice to the running scene. Walnut soph Sandra Acosta recorded a fine 18:37 in the #2 women's run. On the side it was Scott Hempel, Walnut soph, racing to the day's quickest, a 15:50 win over La Puente junior Tim Morse (16:10) in their #1 race. Again, Walnut squads, the men's an all-underclass group, took 8 of the 10 races on the way to 82:12 and 100:46 team time victories. Women's Results: (Combined) 1. Hecox (So.Hills) 18:36, 2. Acosta (Walnut) 18:37, 3. Castruita (W.Covina) 18:54, 4. Howden (So.Hills) 19:30, 5. Gunn (Walnut) 19:32. Team Scores: 1. Walnut 100:46, 2. South Hills 103:56, 3. Wilson 104:49.

Men's Results: 1. Hempel (Walnut) 15:50, 2. Morse (LaPuente) 16:10, 3. Walker (Walnut) 16:13, 4. Hernandez (Gladstone, Covina) 16:17. Team Scores: 1. Walnut 82:12, 2. La Puente 83:58, 3. Diamond Bar

Buena Park Invitational

October 11, Buena Park HS-Some super individual races highlighted Coach Dan Hirsch's Buena Park Invitational this Melissa Sutton (Newbury Park) brought her act to town and raced an amazing time in her women's win, with Chris Lugo (Valencia, Placentia) and soph Roger Nava (Santa Ana) battling to the wire in the men's fastest run of the day.

Sutton, undefeated this Fall with some amazing runs, continued that trend today, blasting a 16:49 Course Record run in her Div. III run, winning by 1:50 over teammate Amy Nesbitt, who had the day's second fastest time with her 18:39. Newbury was easily the day's quickest women's team, with a 94:44 team time to go along with its 35 points in victory, Chris Lugo has been undefeated against all competition this year, but this week when it came down to a sprint at the finish it was amazing Roger Nava, a soph from Santa Ana, who was able to just edge ahead of Chris, with both recording fine 14:57 clockings. Valencia was the team winner in that race with 35 points (79:11), with La Habra the day's fastest squad with its 78:51 (32 points) win over Newbury Park 79:30 (42). Very impressive Newbury Park soph, Mike Esparza, was the winner in Div. II at 15:13. La Habra is performing at a very high level without 4:18 1600m performer Sam Williams, who has been out with an injury

Women's Results: (I) 1. C. Peck (Wood-Woodbridge, Ivine) 19:10. Team Scores: 1. Woodbridge 28 (161:24). (III) 1. Frankot (tr-vine) 18:59, 2. Stramler (Warren, Downey) 19:14. Team Scores: 1. Santa Ana 33 (99:53), 2. Irvine 50 (101:55). (III) 1. Sutton (NP) 16:49, 2. A. Nesbitt (NP) 18:39, 3. Jones (LaHabra) 18:50, 4. Hodgdon (NP) 5. Vargas (Santa Ana VIy) 19:05. Team Scores: 1. Newbury Park 35 (94:44), 2. La Habra 60 (99:59).

Men's Results: (I) 1. Holmes (Whittier) 15:58. Team Scores: 1. Woodbridge 41 (82:11), (II) 1. Esparza (NP) 15:13, 2. Mahon (LH) 15:19, 3. Garcia (LH) 15:27, 4. Avila. (Santiago) 15:33. Team Scores: 1. Newbury Park 42 (79:30). (III) 1, Nava (SA) 14:57, 2, Lugo (Val) 14:57, 3, Baratti (BP) 15:36. Team Scores: 1, Valencia 35 (79:11), 2. Buena Park 44 (81:20).

Serrano Invitational

October 11-in this smaller schools meet where athletes run in a race against those from other teams who correspond to their position (#1 against #1, #2 against #2, and so on) Paraclete (Lancaster) showed its team strength against the smaller squads from this area of the Section with victories in both the men's and the women's divisions. Serrano's Tanya Thayer was again the day's star, recording an 18:43 individual #1 runner's race victory over fellow frosh Jean Harvey (Paraclete) 20:23. Paraclete's ladies took every race except for this #1 run with Thayer in it. John Edgar (Rim of World, Lake Arrowhead) was the day's fastest in the men's races, recording a 16:53 #1 vic-tory over Andrew Boudreau (Village Christian) 17:24. Dale Wahl (Serrano) was next best with a 17:12 win over Hesperia Chris-tian's Will Laird (17:16). Paraclete was an easy winner on the men's side also.

☐ Arlington Invitational

October 11-Elsinore and Palm Springs were the victors in the men's division in this mainly Riverside-San Bernardino County meet, with Colton and Etiwanda taking the women's varsity runs. Coach Larry Allen's improving men's Lake Elsinore group is led by fine soph, David Haskell (5th here), and the growing school features only two seniors on its varsity winning men's squad (with 51 points over Ontario's 91) from Div. I. Soph Armando Hulzar (Ontario) continued his fine season with an individual Div. I win at 16:29. Palm Springs was an easier winner in Div II, as the underclass dup of Josh (1st-17:06) and Jeff (2nd-17:14) Pauley led that school to a victory with only 23 points. Coach Don Braden at Barstow has an outstanding soph-frosh men's group, with Aaron Atsye leading that squad to an easy F/S win with the day's #2 overall men's time at 16:34. Golton, a good 4A section women's team, gapped 35 sec conds between 1 and 5, with soph Carrie Chavez leading the team to their 30 point total with her 20:45 for 2nd behind soph Monika Montiel (Chaffey, Ontario), who won in the day's quickest at 19:53. Etiwanda took the Div. II women's title with 36 points, with Jennifer Rigney (Ca-jon, San Bernardino) the winner at 20:07. Women's Results: (I) 1. Montiel (Chaff) 19:53, 2. Chavez (Colton) 20:45, 3. Sjorson (Corona) 20:49, 4. Wood (Colton) 20:51. Team Scores: 1. Colton 30, 2. Corona 68, 3. Chino 94. (II) 1. Rigney (Cajon) 20:07, 2. Prioto (Rubidoux, Riverside) 21:02. Team Scores: 1. Etiwanda 36, 2. Palm Springs

Men's Results: (I) 1. Hulzar (Ontar) 16:29, 2. Polonski (Rediands) 16:39, 3. Reyna (Coachella Valley) 16:50, 4. Arce (Corona) 16:53, 5. Haskell (Elsinore) 16:54, 6. Rakholdin (Els) 16:58. Team Scores: 1. Elsinore 51, 2, Ontario 91, 3. Chino 94. (II) 1. Josh Pauley (Palm Springs) 17:06, 2. Jeff Pauley (PS) 17:14, 3. Loustaneau (NorteVista, Riverside) 17:30. Team Scores: 1. Palm Springs 23, 2. North River-

Atascadero Invitational

October 11-Teams traveled from some distance for this Invitational held at one of the Northernmost schools in the Southern Section. Some Interesting comparisons could be drawn from the results of the competition between schools from around the state. Central Section schools McFarland and Madera took the two men's team titles, with Lemoore and hometown Atascadero collaring the women's championships. The Lompoc due of Tom Campbell (16:13.0) and Susan Carey (18:49.5) had the day's quickest clockings with their large school wins, with Lompoc a close second, with 47, to Madera's 44 in the men's, and at 44 with Simi behind Atascadero's 42 point total in winning the large school women's run. Moorpark's April Beaver took the small school women's run at 20:39.2.

Women's Results: (Large) 1. Garey (Lompoc) 18:49, 2. Bryan (Simi) 20:32, 3. C. Barber (Atasc) 20:36. Team Scores: 1. Atascadero 43, 2. Simi Valley and Lompoc 44. (Small) 1. A. Beaver (Moorpark) 20:39, 2. Jolly (Paso Robles) 21:24. Team Scores: 1: Lemoore 50, 2. McFarland 58, 3. Cabrillo 62, 4. Moorpark 65.

Men's Results: (Large) 1, Campbell (Lompoc) 16:12, 2, Liu (Madera) 16:34, 3, Briggs (Simi) 16:37, 4, Warnock (Lompoc) 16:49, 5. Bibbs (Simi) 16:50. Team Scores: 1.

Madera 43, 2. Lompoc 47, 3. Simi 77. (Small) (individuals unintelligible) Team Scores: 1. McFarland 47, 2. Cabrillo (Lom-

Dos Pueblos Invitational

October 11, Dos Pueblos HS-A very improved Long Beach Wilson program was the winner in both the men's and women's division of this "by-grade" meet. Jamie Park (Santa Barbara) continued her very successful sophomore season of running with an 18:07 Course Record run in a 10th grade race. Bret Kim-ple (Carpinteria) had the day's quickest men's time with his 15:36 senior level win. Amazing frosh athletes Shawn Goetzinger (Camarillo) and Andrew Wignot (Dos Pueblos) battled in their grade race with Goetzinger emerging victorious in a grade course record 16:08.

Women's Results: (9th) 1. Tressler (San Marcos,SB) 20:28. (10th) 1. Parks (Santa Barbara) 18:07 (Class and Course Record). (11th) 1. Lauchengco (Wilson, LB) 19:17, 2. Prucker (W,LB) 19:18. (12th) 1. Skiphill (W,LB) 21:21

Men's Results: (9th) 1. Goetzinger (Cam) 16:08, 2. Wignot (DP) 16:12. (10th) 1. Mai (W,LB) 16:40. (11th) 1. Counseller (Carn) 16:11. (12th) 1. Kimple (Carp) 15:36, 2. McMillan (SanMarcos) 15:54, 3. Eldred (W,LB) 15:56, 4. Pena (Buena, Ventura)

Fine Flicks by Don Gosney



Dave Scudamore

☐ Palos Verdes Invitational October 11, Palos Verdes HS-The home team took both team titles in this meet where athletes run #1 vs. #1 from other teams, and so on through #7 vs. #7 on this "mountain-goat" course. The PV women were very impressive once again, taking down the old team course record through seven runners by nearly two minutes in its 98:19 five minute win over Vista (103:39). Kinney National Finalists Kira Jorgensen (Vista-12:55) and Christy Farrell (Thousand Oaks-13:15) ran 1-2, with PV putting five within a minute of Farrell led by frosh Julie Crooks (13:29). David Scudamore (PV) had the day's quickest male clocking of 11:14 over South Torrance's John Federoff (11:30). Women's Results: 1. Jorgensen (Vista) 12:55, 2. Farrell (TO) 13:15, 3. Crooks (PV) 13:29, 4. Leichter (PV) 13:34, 5. Ashl. Black (PV) 13:37, 6. Hamilton (So.Torrance) 13:54, 7. Goodrich (PV) and Lovell (TO) 13:58, 9. Haggenmiller (TO) 14:04, 10. Sublett (PV) 14:16. Team Scores: 1. Palos Verdes 98:19, 2. Vista 103:39, 3. Thousand Oaks 105:17, 4. Los Gatos 106:11, 5. Pilo Mesa (Oxnard) 112:08, 6. Mira Costa (Manhatten Beach) 113:59. Men's Results: 1. Scudamore (PV) 11:14,

 Federoff (So.Torrance) 11:30, 3. Mc-Carter (TO) 11:33, 4. Rogers (TO) 11:34, 5. Watkins (Torrance) 11:36, 6. Perez (RioMesa) 11:39, 7. Cravatt (PV) 11:41, 8. Piper (PV) 11:42, 9. Primera (Burroughs, Burbank) 11:45, 10. Sashuajle (Burr Burb) 11:45 Team Scores: 1. Palos Verdes 82:41, 2. Thousand Oaks 83:31, 3. Los Gatos 86:07, 4. Burroughs, Burbank 86:07, 5. Vista 87:03, 6. Torrance 87:23, 7. Rio Mesa 87:23, 8. Rolling Hills 88:49.



Melissa Sutton leads Ventura County Championships.

☐ Ventura County Championships

October 17, Moorpark College-The very tough Ventura County of the State's Southern Section gathered on Friday, October 17th, at Moorpark College for their championship competition. A number of very tough squads and individuals grace this area and they were all combined in the one Varsity race run each in the men's and women's divisions. Melissa Sutton (Newbury Park) continues on her tear this Fall, winning the women's race in a Course Record 17:26. Coach Jack Farrell's Thousand Oaks teams are peaking very nicely as usual for the last month of the season, as they scored a very low 43 points in winning the men's title, and came in ahead of strong Buena (Ventura) and Newbury Park groups 61-71-72 in the women's division. The women's division in Ventura County is especially tough, with 4th place Westlake (Westlake Village) probably among the top 6 to 8 teams in the entire state.

Individually, up front in the men's race, thin, smooth-striding Anthony Williams (Heuneme, Oxnard) was a solid winner at 15:20, with frosh Bryan Dameworth (Agoura) 2nd at 15:29 and Matt Thomson

(Agoura) 3rd at 15:39. Behind Sutton in the women's race Kinney National finalist Christy Farrell (Thousand Oaks) was 2nd at 18:01, with Michelle Lewis (Buena) coming around after early season problems at 18:12 for 3rd. Buena is looking much stronger as a team with Lewis up-front, scoring 71 behind TO's 61, with Newbury Park 72 in 3rd and Westlake in 4th at 84.

Women's Results: 1. Sutton (NP) 17:26, 2 Farrell (TO) 18:01, 3. Lewis (Buena) 18:12, 4. Rossbach (Ventura) 18:42, 5. Haggenmiller (TO) 18:46, 6. Dietz (Buena) 18:51, 7. Feller (Westl) 18:55, 8. Kochel (Vent) 18:58, 9. Butler (Westl) 19:01 Team Scores: 1. Thousand Oaks 61, 2. Buena (Ventura) 71, 3. Newbury Prk 72, 4. Westlake (Westlake Village) 84, 5. Rio Mesa (Oxnard) 157.

Men's Results: 1. Williams (Heuneme, Oxnard) 15:20, 2. Dameworth (Agoura) 15:29, Thomson (Agoura) 15:39, 4. McCarter
 (TO) 15:48, 5. Rogers (TO) 15:51, 6. Pena (Buena) 15:56, 7. Perez (RioMesa) 15:56, 8. Gibby (TO) 15:59, 9. Goetzinger (Camarillo) 16:01, 10. Esparza (NP) 16:04, Team Scores: 1. Thousand Oaks 43, 2. Buena 85, 3. Agoura 94, 4. Camarillo 130, 5. Newbury Park 131. ☐ Alemany Invitational

October 18, Cal State Northridge-Coach Randy Smith's host Alemany High (Mission Hills) men's squad was easily the strongest in this very flat three-mile course run around the Cal State Northridge campus, with the Alemany women's group having the day's #3 time overall. Bret Kimple (Carpinteria), one of the Section's better 1A runners had the day's quickest male clocking, at 15:57 in winning the small schools' division, with Jose Haro (Alemany) a medium winner at 16:00. Siobhain O'Reilly (Alemany) was the only female under 20:00 with her 19:53 large schools' win. Coach Ron Arnold and Mike Ramos' Duarte High group marked a continued building of their compete Track and Field and Cross Country programs with a medium school men's win here. Chino had the day's top women's team time, as the steadily improving Cowboys were the medium school race winners with 35 points and 106:05 total over a very improved St. Bernard (Playa Del Rey) group (46-106:52)

Women's Results: (Small) 1. James (Sher-manind) 20:15. Team Scores: 1. Sherman Indian (Riverside) 35 (111:35). (Medium) 1 Deliamonica (Calabasas) 20:10, 2. Talamantes (St.Bernard) 20:25. Team Scores: 1. Chino 35 (106:05), 2. St. Bernard 46 (106:52). (Large) 1. O'Reilly (Alem) 19:53, 2. Ross (Hawthorne) 20:11, 3. Alemany 39 (107:48).

Men's Results: (Small) 1. Kimple (Carp) 15:57, 2. Loinva (Shermind) 16:28. Team 15:57, 2. Loinva (Snermino) 16:28. Feam Scores: 1. Sherman Indian (Riverside) 23 (84:27), 2. Chaminade (Canoga Park) 61 (83:51). (Medium) 1. Bowden (Duarte) 16:21. Team Scores: 1. Duarte 23 (83:55), 2. Chino 55 (86:20). (Large) 1. Haro (Alem) 16:00, 2. Reyes (SantaMonica) 16:04, 3. Jones (Alem) 16:09. Team Scores: 1. Alemany 36 (82:40), 2. Downey 68 (85:10), 3. Hauthore, 77 (85:40). 3. Hawthorne 77 (86:05).

Los Angeles County Championships October 18, College of the Canyons-With Orange and Ventura Counties having very complete county championship runs, Coach Steve Spraker of Saugus, the prime mover in the drive for a State Cross Country Championship in the sport, continues to try to build up a County Meet for the huge Los Angeles area. It is working, as participation grew greatly in just the sesond year over a very challenging course at Valencia's College of the Canyons, Spraker has designed a course with three very challenging hill sections

that makes it similar in difficulty to the Mt. SAC facility used during the next month for Sectional Championship com-petition. There were a number of large and competitive races, and it looks as if this meet will become a growing fixture in the area invite circuit. This was an SAT test weekend, so that held back participation from some teams.

Palos Verdes, possibly the Section's top men's and women's power, dropped in and solid team races at the Sweepstakes level were assured. The PV women's group was awesome, as usual, racing to seven of the top nine spots in their Sweepstakes Race, while the PV men (51 points) won over Wainut 64 and Hart (Newhall) 67. Ashley Black (1st-18:50), Tracy Leichter (2nd-19:03), and Julie Crooks (3rd-19:11) all squeezed in front of defending Section 3A Champion, Sandra Acosta (Walnut) 4th-19:26, 5:08 1600m runner Jamie Gunn (Walnut) was the only other athlete who could break up PV's top seven in 7th place. In the men's Sweeps Richard Erbes (Glendale) continued undefeated in a big way, pulling away strongly over the last half mile over Walnut soph, Scott Hempel, in his 15:35-15:58 win. An exciting team race in the women's Medium Schools division had Bell-Jeff (Burbank) once again edge Maranatha (Sierra Madre) by a narrow margin, 36-43. San Marino's Diane Pettit took that race at 19:49, with the Titans' Erik Penn also the men's Medium winner at 16:44. Maranatha's David Wester took the Small School men's Varsity run at 16:59, with Cathedral (L.A.) an easy winner at 33 points without first man John

Women's Results: (Sweeps) 1. Black (PV) 18:54, 2. Leichter (PV) 19:03, 3. Crooks (PV) 19:11, 4. Acosta (Walnut) 19:26, 5. Sublett (PV) 19:32, 6. Goodrich (PV) 19:37,



Anthony Williams

7. Gunmn (Walnut) 19:53, 8. Hourigan (PV) 19:58 Team Scores: 1, Palos Verdes 17 (96:19), 2 Walnut 58 (103:55), 3. Bishop Montgomery (Torrance) 96 (110:15). (Medium) 1. Pettit (San Marino) 19:49, 2. Cutler (Bell-Jeff) 20:25. Team Scores: Bell-Jeff (Burbank) 36 (109:34), 2

Maranatha (Sierra Madre) 43 (109:52), (Large) 1. Stramler (Warren, Downey) 20:44. Team Scores: 1. Lakewood 45

(113:50).

Men's Results: (Sweeps) 1. Erbes (Glendale) 15:35, 2. Hempel (Walnut) 15:58, 3. Scudamore (PV) 16:03, 4. Alsen (Granada Hills) 16:07, 5. Bans (Hart, Newhall) 16:16, 6. Walker (Walnut) 16:21, 7. Flores (Harl) 16:22, 8. Patti (Hart) 16:23. Team Scores: 16:22, B. Patti (Hart) 16:23. Team Scores;
1. Palos Verdes 51 (82:29), 2. Walnut 64 (83:07), 3. Hart (Newhall) 67 (83:20), 4. Anteiope Valley 108 (85:40), 5. Granada Hills 108 (91:02), (Small) 1. Wester (Maranatha) 16:59, 2. Reyes (Cathedral, LA), 17:99; Team Scores; 1. Cathedral 33 (88:13), (Medium) 1. Penn (San Marino) 16:44, 2. Lopez (Norwalk 16:54, 3. Arizmendi (Azusa) 16:58, 4. Crespi (Encino) 51 (89:12). (Large) 1. Watkins (Torrance) 16:13, 2. Flynn (W.Torr) 16:34, 3. Cole (W.Torr) 16:38. Team Scores: 1. Torrance 63 (87:00)

Orange County Championships

October 18, Irvine Park-The very strong Orange County portion of the Southern Section met for its annual Championship meet at Irvine Park on October 18th. There were some interesting matchups and results during the morning. Coach Mike Cummins' fine 2A Section level power Valencia men's group came out with the top team time of the day for that portion of the meet, and that school's Chris Lugo won his matchup with his only conqueror this season, Roger Nava (San-ta Ana). Coach Beth Chilcott's Ocean View women's group continued their rise to prominence with the day's quickest team time, with Kathy and Shannen Karpel of OV having the day's quickest time of 19:01 in their 1-2 finish.

Roger Nava (Santa Ana), a very talented soph who ran 4:27.8 as a frosh for 1600m last spring, ran Lugo, the defending Section 2A Cross Country Champ, down at the finish in a 14:57 flat 3 mile last week at the Buena Park Invite handing Chris his first defeat of the Fall, so their matchup today would be interesting. The two mild hills during the race today would seem to favor Lugo, who has run quite a few miles over the last couple of years and should have the ability in his postprep career to move up in racing distance with ease. Chris stated his plan here was to attack the hills, and it was over the two on this course that the Valencia star pulled away from Nava to edge away to his 15:26 win, with talented Marina (Hun-tington Beach) Junior Shannon Winkelman also slipping ahead of Roger 15:40-15:45. Super soph Eddie LaVelle (Corona Del Mar) handled Kurt Depfyffer (Laguna Beach) 15:39-15:44 in the other fast individual race. Lugo's teammates the Section 2A runner-ups last fall backed Lugo up well and emerged with a race win and 80:59 fastest of day team time. Corona Del Mar, featuring no seniors in the top seven, won its race with 81:36, with an improving Dana Hills squad an 81:38 win-

Ocean View (Huntington Beach) has put together a number of strong races so far this fall, and their strong performance this morning showed they are the best in the County, the first time that school has approached such a position. Coach Beth Chilcott has a very talented fivesomethat scored a miniscule 36 points in their race with a 98:34 team time. Newport Harbor was the only squad also under 100:00 at 99:49, with Laguna Beach next at 101:44 and Dana Hills 101:49. Kathy and Shan-nen Karpel were the day's quickest with their 19:01 1-2 finish ahead of Cooper (El Dorado, Placentia) 19:11, Cathi Peck (Woodbridge, Iwine) 19:13, and Beth Rosipajia (El Dorado) 19:18. Junior Kathy Cannon (La Quinta, Garden Grove) took Women's Results: (R-1) 1. Quigley (PH) 19:24, 2. Benayides (Estancia, Costa Mesa) 19:32, 3. Petrina (Fountain Viv) 19:35, 4. Eck (PH) 19:41, Team Scores: 1.

continued on next page. ..

Dana Hills 50 (101:49), 2. Santa Ana 81 (104:40). (R·2) 1. W. Petersen (LagBch) 19:52, 2. K. Petersen (LB) 19:55. Team Scores: 1. Laguna Beach 35 (101:44), 2. Tustin 61 (104:34). (R-3) 1. K. Karpel (OV) 19:01, 2. S. Karpel (OV) 19:01, 3. Cooper (ED) 19:11, 4. C. Peck (Wdbrdge) 19:13, 5. Rosipajla (ED) 19:18, 6. Jones (LaHabra) 19:36, 7. Cashion (CDM) 19:38, 8. Royer (OV) 19:44. Team Scores: 1. Ocean View 36 (98:34), 2. Woodbridge (Irvine) 76 (103:14), (R-4) 1. Cannon (LQ) 19:19, 2. Harkins (LQ) 19:32, 3. Robinson (Newport Harb) 19:37, 4. Dudley (NH) 19:36, 5. Dahour (NH) 19:41, 6. Garcia (Kennedy, LaPalma) 19:44. Team Scores: 1. Newport Harbor 31 (99:49), 2. LaQuinta 59 (102:41). Men's Results: (R-1) 1. Hobson (Costa Mesa) 15:57, 2. Baratti (Buena Park) 16:06, 3. G. Sanchez (BP) 16:06. Team Scores: 1. Dana Hills 49 (81:38), 2. Buena Park 86 (83:17), 3. Costa Mesa 102 (83:24). (R-2) 1. LaVelle (CDM) 15:39, 2. Deptyffer (LagBch) 15:44, 3. Shryock (CDM) 15:52, 4. Loomer (Cypress) 16:05, 5. Pierce (Orange) 16:06. Team Scores: 1. Corona Del Mar 45 (81:36), 2. Laguna Beach 71 (83:03). (R-3) 1. Lugo (Valencia) 15:26, 2. Winkelman (Marina) 15:40, 3. Nava (Santa Ana) 15:48, 4. Longyear (Villa Park) 15:58, 5. Behour (Tustin) 16:09. Team Scores: 1. Valencia 43 (80:59), 2. Laguna Hills 80 (83:05), 3. Villa Park 91 (83:21). (R-4) 1. Sabra (Ocean View) 15:52, 2: Lamb (Mission Viejo) 15:55, 3: Garcia (La Habra) 15:58, 4: Mahon (LH) 15:59, 5: Jones (Brea) 16:11. Team Scores: 1. La Habra 68 (82:11), 2. Mission Viejo 80 (83:21).

☐ Lutheran Invitational

October 18, Elsenhower Park-Orange Lutheran sponsored and was the winner in both the men's and women's division of this competition for schools of Lutheran or parochial affiliation. Mary McKiernan of the hosts led her squad to an easy 24 point victory in the women's race with a 21:40 win. Corey Baden (Orange Lutheran) took the men's run at 18:21 over Daveld Scheurman (LaVerne Lutheran) 18:47.

Women's Results: 1. 21:40, 2. Sonderman (OL) 22:24, 3. Daudel (St.Lucy's, Glendora) 22:43. Team Scores: 1. Orange Lutheran 24, 2. San Diego Lutheran 49

Men's Results: 1. Baden (OL) 13:21, 2 Scheurman (LV L) 18:47, 3. Brown (LV L) 19:02. Team Scores: 1. Orange Lutheran 44, 2. LaVerne Lutheran 46, 3. Los Angeles Lutheran 49.

☐ Mt. SAC Invitational

Oct. 24-25, Mt. SAC--On Friday and Saturday, October 24th and 25th, the Mt. San Antonio College facility became the focus of California prep Cross Country with its 38th Annual Invitational competition. Just about all of the important individual and team stars in the Golden State were present and it was another super show. The battle for State team supreamacy continued in an interesting way in the men's competition, the Palos Verdes women's group continued its magical season, and a number of fine individuals in both the men's and women's division made the two days quite interesting. Friday afternoon, for Division I school (1099 or less students) the weather was perfect, with the conditions faced by Division II (1100-1299) a bit warmer Saturday after 11:30 (Saturday's high was in the low 90's in the area), while Saturday morning Division III (1300+ enrollment) weather was nice and cool. The Sweepstakes competitions, held on Saturday between 10:00 and 11:30 had weather that became quite warm and some of the athletes commented on it.

The men's team sweepstakes was to feature Bellarmine Prep (San Jose), Casa

Roble (Orangevale), Palos Verdes, Arroyo (El Monte), and Hart (Newhall). Casa Roble edged Bellarmine at Clovis on the 6th man rule, with PV close behind, with Arroyo a narrow Stanford winner over Casa Roble. Bellarmine never showed up, held back with car trouble in San Jose, but the others were on the course with a fine supporting case of Southern Section squads. A classic team struggle it was, with the margin again very close. The relatively flat first mile at Mt. SAC usually lends itself to a rip-roaring pace, with the final athletes in the field of 100 usually coming by at about 4:50. This year it was quite different, as the leaders came by at 4:55 with everyone in very close tow. Arroyo and Casa Roble were in very good position from early on. Arroyo had some illness during the week, but Casa Roble had the most devestating break when 9:19.5 3200m star (and first man) Robbie Roberts had to drop out after about a 1320 due to injury. CR hung very tough without Roberts, placing 7-8-14-21-34-84 (80:13) to nip Arroyo 5-9-15-28-36-93 (80:18), with Palos Verdes 3-20-22-23-31-99 (80:24) in at 3rd.

Mt. SAC is a very tough course, Arroyo went on the road to win at Stanford, but Casa Roble's effort here without Roberts was truly remarkable. Plugging Roberts in at about where he usually is timewise would have given CR a team time of about 79:20, ranking somewhere in the top ten team performances ever in the invite. The individual race in this Team Sweeps was interesting, as Walnut soph Scott Hempel (this is his home course) finally tried to break out after the mile over the steep switchback loop, racing down off that steep climb with a 20 yard lead over Paul Thomas (Jesuit, Sacto) as the race started the steep climb up "Poop out" hill. After a rolling half-mile and steep climb up "Reservoir" hill Thomas had passed and pulled away from Hempel and the pack by 40 yards, maintaining that margin into the finish to win at 15:22. Jason Lienau (Clovis) 15:28 and David Scudamore (Palos Verdes) 15:36 also edged past Hempel (15:41).

photo by Doug Speck



Scott Hempel

In the men's individual Sweepstakes race the country's highest returning Kin-ney National Championship placer at 8th, Marc Davis (San Diego), really came to

run against a top field. Undefeated competitors included Aaron Mascorro (Rosemead), the Stanford winner, and Richard Erbes (Glendale), who had torn everyone apart in the LA area in runs so far. Davis led by 10 yards after a 440, by 20 yards after an 880, and had about a 7 second lead at the mile in 4:40. A large pack followed Davis-Erbes, Agoura frosh Bryan Dameworth, Ian Alsen (Granada Hills), Mason Myers (Vacaville), Robbie Lopes (Monte Vista, San Diego), and Chris Lugo (Valencia, Placentia) led Davis's pursuers. Through the switchback loop Davis continued a big lead, with Mascorro breaking away to come within 30 yards as the run started up "poop out" hill. Davis refused to come back, though, maintaining his margin over the top of Reservoir Hill, and actually lengthening it a bit during the quarter mile flat "run-in," winning at 15:08 over Mascorro's 15:17, with Mason Myers rac-ing a very fast last mile to move up to 15:19 in 4th, and Lopes, just off a stress fracture, finishing a surprising 4th at 15:20. Dameworth recorded the #4 frosh time ever, back in 13th at 15:52 at the finish, with Glendale's Erbes the victim of a fall during the switchback loop. Top Friday races went to John Trefecanty (Cathedral, LA), with a 15:39 to handle rival Bret Kimple (Carpenteria) 16:03, and Jorge Castro (Ramona, San Diego area)

Saturday's Team Sweeps for women featured one of the finer team performances every by a Southern California group in the Palos Verdes Sea King effort. Having taken apart the Northern half of the state in a big Clovis Invitational victory, here they would face the best from down South. A contest it was not, as the flock of little flyers from the beach school destroyed the best that could be gathered, placing 5 in the top 10 and scoring a ridiculously low 33 points (93:42) team time). Not since the nationally topranked University of Irvine squad of 1981 which scored 44 (95:32) in this race has a team so dominated a big race in these parts. PV is among the top couple of teams in the nation and the group that could handle them would have to be very. very special. That 1981 Uni group set a still standing CR team time of 92:25 in the Sectional Finals, so PV still has things to alm at. 19:00 is a super time for a prep on this course. PV has five under that time. Individually in that race Kinney National Finalists Kira Jorgensen (Vista) and Christy Farrell (Thousand Oaks) were the favorites. Jorgensen pulled the same runaway tactic fellow San Diegan Marc Davis used on the guys in his race, with the Vista soph having a 10 yard lead after a 440, 30 yards after an 880, and 50 yards by the mile (at 5:30). Kira was able to maintain that margin until the run-in off the last hill, where she stretched the margin out to over 100 yards in her 17:59-18:21 win over Christy, with Tracy Leichter starting the PV parade at 18:30 in

In the women's individual Sweeps a new area star really came out. Brigid Freyne put together a number of fine Track races last spring, with 5:15.9 and 11:27.27 bests by June. Since then she has obviously done a great deal of work, because she has put together some super races already this Fall, and popped a very solid one here. Against a super group that included two-time Kinney National finalist Tracy Williams (Mt.View, El Monte), undefeated Nicole Nugent (Torrey Pines), Suzette Basore (Pasadena), and talented newcomer Jamie Park (Santa Barbara), Freyne simply raced away from the group by 20 yards through the mile at 5:22. Through the switchback loop the strong Riverside star stretched her lead to 70 yards over Park, with Nugent 10 yards back of the Santa Barbaran. Hitting the Water Tank mark at the top of the last Reservoir Hill at 15:20 (the same as Jorgensen in her race) Brigid cruised in to

comfortably win at 18:03 over Parks' 18:15, Nugent's 18:19, with Basore 4th at

In Friday's women's competition amazing Serrano frosh, Tanya Thayer, showed she does not shy away from the hills. Rac-ing against the best athletes area 1A schools could offer (and Megan Warner of Del Oro of Loomis, a 4:57 1600m type), the thin desert star simply rocketed away from the field to a 50 yard lead after a mile at 5:30, and continued to show real intensity all the way through to the finish in recording a super 18:10 (#3 All-Time on the course for 9th graders).

Fine Flicks by Don Gosney



Kira Jorgensen

Karen Hecox (South Hills, Covina) also proved herself on the hills, as the pert frosh local star bounced up and down over the course to a fine 18:24 2A school level Friday race win (by 40 seconds over some good folks).

Women's Results: (Race results combined) (I) 1. Thayer (Serrano) 18:10, 2. Hecox (South Hills) 18:24, 3. Duggar (Coronado) 19:00, 4. Karcher (Ramons, SD) 19:04, 5. Howden (South Hills) 19:13. Team Scores: 1. South Hills 103:31, 2. El Camino (Oceanside) 105:33, 3. Nordhoff (Oial) 106:59, 4. Coronado 108:15, 5. Maranatha (Sierra Madre) 108:31.

Men's Results: 1. Trafecanty (Cathedral) 15:39, 2. Castro (Ramona) 15:50, 3. Kimple 16:03, 4. Stolz (Miraleste, PV) 16:08. Team Scores: 1. McFarland 85:09, 2. Trabuco Hills 85:34, 3. Sherman Indian 85:42, 4. Fillmore 86:07.

Saturday (II & III Combined):

Women's Results: 1. Jorgensen (Vista) 17:59, 2. Freyne (Riverside Poly) 18:03, 3. Park (Santa Barbara) 18:15, 4. Nugent (Torey Pines, Del Mar) 18:19, 5. Farrell (ThouOaks) 18:21, 6. Lelchter (PV) 18:30, 7. Acosta (Walnut) 18:32, 8. Crooks (PV) and Basore (Pasadena) 18:39, 10. Rossbach (Ventura), Black (PV) and Sublett (PV) 18:48, 13. T. Williams (Mt.View) 18:55. Team Scores: 1. Palos Verdes 93:42, 2. Thousand Oaks 98:05, 3. Vista 100:39, 4. Arroyo Grande 100:49, 5. Ocean View (Huntington Beach) 101:38, 6. Buena (Ventura) 101:41, 7. Dana Hills 102:03, 8. Norco 102:35, 9. Walnut 102:42, 10. Bella Vista (Fair Oaks) 102:48.

Men's Results: 1. Davis (San Diego) 15:08, Mascorro (Rosemead) 15:17, 3. Myers (Vacaville) 15:19, 4. Lopes (Monte Vista, SD) 15:20, 5. Thomas (Jesuit, Sacto) 15:22, 6. Lienau (Clovis) 15:28, 7. Alsen (Granada Hills) 15:30, 8. Serratos (Moreno Valley) 15:35, 9. Scudamore (Palos Verdes) 15:36, 10. Lugo (Valencina, Placentia) 15:40, 11. S. Hempel (Walnut) and Lopez (Hill, San Jose) 15:41. Team Scores: 1. Casa Roble 80:13, 2. Arroyo 80:18, 3. Palos Verdes 80:24, 4. Hart (Newhall) 80:45, 5. Walnut 80:51, 6. Thousand Oaks and Vacaville 81:23, 8. Dana Hills 81:58, 9. Clovis 82:07, 10. Agoura 82:17, 11. Upland 82:20.

Area/Sections

	Northern	Section	Cross	Country
Ch	ampionship	18		
	November 8			

	Varsity Boys	
1	Kevin Munoz (Lassen)	16:35
2	Tom Hilzer (Chico)	17:06
3	Bob Quick (Lassen)	17:09
4	Jason Galter (Enterprise)	17:13
5	Neil Haggard (Paradise)	17:17
6	Jeremy Pastre (Lassen)	17:32
7	Scott Rose (Quincy)	17:38
В	Jeff Vandermate (Chico)	17:40
9	David Weathers (Red Bluff)	17:43
10	Jeff Law (Lassen)	17:44
Te	am Scores: 1. Lassen 27, 2. Ch	ico 51, 3.
Sh	asta 83, 4. Red Bluff 105, 5. E.	nterprise
12	4, 6. Anderson 157, 7. Centra	al Valley
19		

	Varsity Girts	
1	Tina Gorbet (Lassen)	19:58
2	Mary Flinchum (Lassen)	20:07
3	Becky Collens (West Valle)	20:26
4	Shannon Hanlon (Yreka)	20:39
5	Christy Oliveira (West Valle)	20:49
6	Denise Wall (Lassen)	21:13
7	Cynthia Carlson (Chico)	21:26
8	Darcy Bevins (Lassen)	21:35
9	Jenny Peterson (Central Valley)	22:02
10	Julie Stal (Chico)	22:04
Te	am Scores: 1, Lassen 22, 2, Chico	49, 3.
Yn	eka 63, 4. Red Bluff 112, 5. Ente	rprise
12	2.	

☐ North Coast Section 3A Nov. 15, Garin Reg. Park, Hayward Boys

1	Steve Zirkelbach (Concord)	16:26
2	David Cardenas (Logan)	16:34
3	Dennis Hernandez (Mission SJ)	16:38
4	Brian Rivers (Moreau)	16:52
5	Don Strong (Concord)	16:53
6	Greg Archuleta (SantaRosa)	16:54
7	Sam Johnson (SanLeandro)	16:56
8	Chris Burger (Berkeley)	17:06
9	Dan Gabor (AmadorVIy)	17:11
10	Kevin Smith (Montgomery)	17:11
Tai	am Scores: 1. Clayton Valley (Co	ncord)
138	6, 2. San Ramon (Danville) 1	43, 3.
Be	rkeley 160, 4. Moreau (Hayward)	164, 5.
Co	llege Park (Pleasant Hill) 198, 6.	El Cer-
rite	229.	
	OUT	

	Girls	
1	Jenny Walsh (Ygnacio Valley)	19:44
2	Jennifer Sells (Antioch)	20:04
3	Suzanne Daley (Granada)	20:30
4	Kathi Force (Santa Rosa)	20:41
5	Vell Lehman (El Cerrito)	20:42
6	Robin Constantinides (ClaytonV)	20:52
7	Missi Hurlow (California)	20:59
8	Pee Wee Lemus (Montgomery)	21:03
9	Melissa Pardini (Northgate)	21:07
10	Jeanene Manasewitsch (Northg)	21:09
Te	am Scores: 1. California (San Ra	amon)
11	3, 2. Mission San Jose (Fremont)	114, 3.
	trondelet (Concord), 4. College	
	leasant Hill) 139, 5. Northgate (V	/alnut
Cr	eek) 142, 6. El Cerrito 181.	

North Coast Section 2A South Nov. 15. Hidden Valley Park, Martinez.

	Boys	
1	Mike Stone (Las Lomas)	15:35
2	Jonathan Smith (Miramonte)	15:40
3	Chris Mihm (Acalanes)	16:09
4	Corey Trovinger (Acalanes)	16:10
5	Lance Nunes (Tennyson)	16:32
6 7	Ian Phillips (Acalanes)	16:33
7	Paul Butler (Mt. Eden)	16:33
8	Marcus Luck (CastroValley)	16:33
9	Matt Boone (Encinal)	16:33
10	Scott Sutch (Acalanes)	16:49
Te	em Scores: 1. Acalanes (Lafaye	ette) 29,
2.	Las Lomas (Walnut Creek) 74, 3.	Castro
	lley 91, 4. Campolindo (Moraga	

Tennyson (Hayward) 133, 6. Encinal (Alameda) 135, 7. Albany 179, 8. Piedmont 200, 9. Bishop O'Dowd (Oakland) 203, 10. Arroyo (San Lorenzo) 207

1	Lisa Gunther (Campolindo)	18:43
2	Maria Ravazza (Acalanes)	19:23
3	Karen Klier (Acalanes)	19:44
4	Courtney Clark (Las Lomas)	20:09
5	Kathy Maxwell (Acalanes)	20:33
6	Jodi Rempel (CastroVIy)	20:36
7	Petra Rodriguez (O'Dowd)	20:39
8	Rebecca Custer (Miramonte)	20:39
9	Tasha Fein (O'Dwod)	20:43
10	Guisqueya Rodriguez (O'Dowd)	20:43
Te	am Scores: 1. Acalanes (Lafayet	te) 41,
2.	Bishop O'Dwod (Oakland)	63, 3.
Mi	ramonte (Orinda) 75, 4. Camp	olindo
	oraga) 84, 5. Castro Valley 92,	
Jo	seph's (Alameda) 174, 7. Ten	nyson
(Ha	ayward) 205.	

☐ North Coast Section 2A North Nov. 15, Indian Valley College.

	Boys	
1	Todd Trask (Healdsburg)	13:05
2	Derek Bloomquist (Analy)	13:38
3	John Litzenberg (Sonoma)	13:44
4	Cliff Kerr (San Marin)	13:46
5	Ted Judah (Analy)	13:52
6	Brian McKay (Petaluma)	13:56
7	Paul Dachauer (Drake)	14:01
8	Reed Elmore (Arcata)	14:03
9	Nate Pile (Healdsburg)	14:09
10	David Cook (San Marin)	14:16
Te	am Scores: 1. Healdsburg 66, 2	2. Arcata
91	3. Analy (Sebastopol) 100,	4. Drake
(Sa	an Anselmo) 103, 5. Terra Lin	ida (San
Ra	fael) 105, 6. San Marin (Novato	0) 113, 7.
So	noma 115, 8. Redwood (Larks)	our) 166.
	Olde	THE REAL PROPERTY.

	MILLO	
1	Kathy Dalton (Sonoma)	15:39
2	Lila Litts (San Marin)	16:48
3	Nina Clark (Drake)	16:55
4	Carolina Allen (San Rafael)	16:56
5	Alissa Difranco (Redwood)	17:01
6	Jenny Dempsey (Analy)	17:08
7	Carolyn Higgins (San Rafael)	17:12
8	Marisa Cross (Sonoma)	17:21
9	Sarah Grundman (Fortuna)	17:24
10	Kathy Hiatt (Redwood)	17:38
11	Mendy Tuhtan (Analy)	17:42
12	Nicole Ballard (Healdsburg)	17:47
	am Scores: 1. San Rafael 59, 2.	
	3. Redwood (Larkspur) 81,	
	in Anselmo) 87, 5. Analy (Set	
	6. San Marin (Novato) 120, 7.	
140		

☐ North Coast Section A Nov. 15, Lower Lake.

	Boys	
1	Sean Pyorre (Ft.Bragg)	16:32CF
2	Dan Timms (Ft.Bragg)	16:52
3	Dan Tell (Ft.Bragg)	17:02
4	Victor Dunlap (Ft.Bragg)	17:03
5	Marco Gonzales (University)	17:20
6	Fred Funsess (Lower Lake)	17:28
7	Jason Roberts (Middletown)	17:28
8	M. Metzger (University)	17:29
9	Jack Stentz (Ft.Bragg)	17:35
10	Morgan Slain (Branson)	17:40
Te	am Scores: 1. Fort Bragg 19, 3	2. Univer
	y (S.F.) 58, 3. Branson (Ross) 8	
die	stown 100, 5. Lower Lake 128, 6	6. St. Ber
na	rd (Eureka) 136, 7. McKinleyvi	lle 152.
	Olde	

	Girls	
1	Jeanise Eisenman (Calistoga)	19:24
2	Jonette Vollmer (Ft.Bragg)	20:14
3	Amy McConnell (University)	20:33
4	Nell Smith (University)	20:33
5	Abby Washburn (University)	20:55
6	Tara Meador (Ft. Bragg)	21:10
7	Danny Hobson (University)	21:13
8	Heather Weisel (Branson)	21:15
9	Monika Vech (University)	21:28
10	Alex Weinstein (University)	21:30
Te	am Scores: 1. University (San	Fran-
Cit	sco) 23, 2. Fort Bragg 49, 3. Br	anson
(R	oss) 65, 4. Middletown 112.	

□ North	Coast	Section	Meet	of Cham-	
pions					

Nov. 22. Monte Vista HS, Danville.

	Boys	
1	Todd Trask (Healdsburg)	16:12
2	Jon Smith (Miramonte)	16:21

3 David Cardenas (Logan)	16:23
4 Steve Zirkelbach (Concord)	16:32
5 Dennis Hernandez (MissionSJ)	16:37
6 Chris Burger (Berkeley)	16:38
7 Cory Trovinger Acalanes)	18:42
8 Chr Mihm (Acalanes)	16:47
9 Mike Stone (Las Lomas)	16:48
10 Chris Herbert (ClaytonViy)	16:50
Team Scores: 1. Acalanes (Lafayet	te 79.
2. San Ramon (Danville) 88, 3. M	oreau
(Hayward) 117, 4. Clayton Valley	(Con-
cord) 130, 5. Castro Valley 161, 6. Be	rkeley
162, 7. El Cerrito 207, 8. College	Park
(Pleasant Hill) 210, 9. Fort Bragg 22	26, 10.
Las Lomas (Walnut Greek) 228	3, 11.
Healdsburg 264, 12. Arcata 281, 13.	Analy
(Sebastopol) 293, 14. Campo	lindo
(Moraga) 326, 15. Drake (San Ans	elmo)
353.	

	Girls		
1	Lisa Gunther (Campolindo)	19:14	
2	Jenny Walsh (Ygnacio Valley)	19:33	
3	Jennifer Sells (Antioch)	19:36	
4	Tammy Foley (Mission SanJose)	19:43	
5	Vell Lehman (El Cerrito)	19:45	
6	Kathy Dalton (Sonoma)	19:53	
7	Maria Ravazza (Acalanes)	20:14	
8	Missi Hurlow (California)	20:22	
9	Jeanise Elsenman (Calistoga)	20:28	
10 Suzanne Daley (Granada) 20:34			
Team Scores: 1. California (San Ramon)			
129, 2. University (S.F.) 141, 3. Mission			

San Jose (Fremont) 144, 4. Carondelet (Concord) 172, 5. Acalanes (Lafayette) 176, 6. Miramonte (Orinda) 181, 7. Bishop O'Dowd (Oakland) 184, 8. El Cerrito 189, 9. Sonoma 201, 10. San Rafael 202, 11. Norhttpate (Walnut Creek) 226, 12. College Park (Pleasant HIII) 231, 13. Campolindo (Moraga) 252, 14. Drake (San Anselmo) 276, 15. Fort Bragg 285, 16. Redwood (Larkspur) 351.

☐ Central Coast Section Region I Meet Nov. 19, Crystal Springs, Belmont. Boys

(Top five teams and top five individuals not on a qualifying team qualify for CCS) 1 Peter O'Driscoll (El Camino) 15:17 Fernando Villegas (HalfMoonB) 15:26 Rob Meinhardt (Bellarmine) Scott Robinson (Bellarmine) 15:28 15:32 Brett Mack (Carlmont) 15:35 Erik Arvesen (Carlmont) 15:46 15:51 Parker Kelly (Serra) Hamilton (HalfMoonBay) 15:53 John Tanner (Hillsdale) 9 John Tanner (Hillsdale) 15:54
10 Kevin Vergho (Bellarmine) 15:54
Team Scores: 1. Bellarmine (San Jose) 45,
2. Half Moon Bay 71, 3. Serra (San Mateo)
96, 4. St. Francis (Mt.View) 103, 5. St. Ignatius (S.F.) 173, 6. San Mateo 182, 7.
Mills (Millbrae) 195, 8. Woodside 222, 9.
Westmoor (Daly City) 233, 10. Carlmont (Belmont) 250, 11. Burlingame 265, 12.
Aragon (San Mateo) 291.
Girls

	Girls		
1	Katy McCandless (Castilleja)	17:08	
2	Mary Mendoza (Presentation)	17:57	
3	Janet Bowie (Woodside)	18:00	
4	Laurie Andeen (Menlo-Atherton)	18:11	
5	Cindy Mahaffey (Carlmont)	18:49	
8	Patty Pender (Westmoor)	19:33	
7	Meade (Carlmont)	19:40	
8	Jenny Hampton (HalfMoonBay)	20:07	
9	Anderson (Capuchino)	20:20	
10	Kim Vandersyde(HalfMoonBay)	20:42	
Te	am Scores: 1. Half Moon Bay	68, 2.	
We	estmoor (Daly City) 93, 3.	Mills	
	ilibrae) 100, 4. Burlingame 1		
Aragon (San Mateo) 110, 6. Woodside 121,			
7. Notre Dame (Belmont) 126, 8. San			
Mateo 161, 9. Presentation (San Jose)			
210	0.		

Central Coast Section Region II Nov. 18, Crystal Springs, Belmont.

CT	Boys op four teams and top five ind	lividuals
	t on a qualifying team advance	
1	Ted Barram (Homestead)	15:54
2	Peter Cazalet (Los Altos)	15:58
3	Garth Utter (Lynbrook)	15:59
4	Jordan Carroll (MontaVista)	16:04
5	Louis Ortiz (Lincoln)	16:05
6	Carlos Carrillo (Leland)	16:06
7	Brian Tesfazghi (Gunn)	16:07

8 Jeff Dukes (Gunn)	16:08
9 Foster (Gunderson)	16:08
10 Jeff Kohne (Gunn)	18:14
Team Scores: 1. Gunn (Palo Alto) 53, 2
Homestead (Sunnyvale) 78, 3. L)	
(San Jose) 94, 4. Monta Vista (Cui	
143, 5. Mountain View 160, 6. Lo	
168, 7. Gunderson (San Jose)	
Leland (San Jose) 199, 9. Linco	
Jose) 242, 10. Palo Alto 245, 11. Si	
260, 12. Saratoga 292, 13. Wilcox	(Santa
Clara) 319.	

Clara) 319.		
Girls		
1 Joann Arnold (Palo Alto)	18:30	
2 J. Roller (Mt.View)	18:40	
3 Jennifer Ashe (Leland)	18:41	
4 Phuong Sites (Fremont)	19:14	
5 Beth Bartholomew (Fremont)	19:27	
6 Kathie Rogers (Leland)	19:31	
7 Barbara Tiefert (Mt. View)	19:35	
8 Roslyn Mack (St. Francis)	19:37	
9 Becky Kozak (Gunderson)	19:39	
10 Tegan Anderson (Leland)	19:52	
Team Scores: 1. Leland (San Jose) 58, 2.		
Mountain View 96, 3. Palo Alto 112, 4. Fre-		

mont (Sunnyvale) 117, 5. Gunn (Palo Alto) 125, 6. St. Francis (Mt.View) 130, 7. Willow Glen (San Jose) 177, 8. Gunderson (San Jose) 177, 9. Wilcox (Santa Clara) 201, 10. Homestead (Sunnyvale) 217, 11. Lincoln (San Jose) 247

Central Coast Section Region III Crystal Springs, Belmont. Boys

(First four teams and the first five in-

dividual not on a qualifying te	am au		
vance)			
1 Steve Lopez (Hill)	14:59		
2 Gerard Hernandez (Del Mar)	15:39		
3 Joe Amendt (Lick)	15:42		
4 Brian Williams (Westmont)	15:47		
5 Kevin Balko (Los Gatos)	15:50		
6 David Kipec (Independence)	15:57		
7 Jim Strachan (Lick)	16:03		
8 Keith Deisner (Los Gatos)	16:16		
9 Andy Hanchey (Los Gatos)	16:21		
10 Son Tran (Santa Teresa)	16:25		
Team Scores: 1. Los Gatos 47,	2. Leigh		
(San Jose) 93, 3. Lick (San Jose) 9	98, 4. In-		
dependence (San Jose) 124, 5. I	Del Mar		
(San Jose) 126, 6. Santa Teresa (Sa	an Jose)		
127, 7. Westmont (Campbell)	151, 8.		
Overfelt (San Jose) 176, 9. Mt. F	leasant		

(San Jose) 231, 10. Oak Grove (San Jose)

photo by Burt Davis



Steve Lopez

	Giris	
1	Reina Felix (Oak Grove)	17:50
2	Angela Stearns (Santa Teresa)	18:35
3	Kim Coyne (Independence)	18:46
4	Kerry Stivaletti (Mitty)	19:04
5	Evie Barry (Santa Teresa)	19:29
8	Andreen Alvarenga (Mitty)	19:38

continued on next page...

Central Coast Section Varsity Nov. 25, Crystal Springs, Belmont.

	Doys	
1	Steve Lopez (Andrew Hill)	14:50
2	Peter O'Driscoll (El Camino)	15:15
3	Rob Meinhardt (Bellarmine)	15:20
4	Joe Amendt (Lick)	15:21
5	Fernandeo Villegas (HalfMoonB)	15:29
6	Scott Robinson (Bellarmine)	15:30
7	Brett Mack (Carlmont)	15:31
8	Brian Williamson (Westmont)	15:33
9	Erik Arvesen (Carlmont)	15:35
10	Torre Pena (Bellarmine)	15:38
11	John Tanner (Hillsdale)	15:39
12		15:41
	Kevin Balko (Los Gatos)	15:42
	David Kopec (Independence)	15:42
	Kevin Vergho (Bellarmine)	15:49
	am Scores: 1. Bellarmine 29, 2.	Gunn
	3, 3. Serra 135, 4. St. Francis 1	
He	mestead 158, 6. Los Gatos 167, 7	, Half
Mic	oon Bay 191, 8. Lynbrook 201, 9.	ames
110	ck 229, 10. Leigh 234, 11. Live Oa	k 265.
12	Independence 285, 13. Holliste	r 302.
14	St. Ignatius 323, 15. Monta Vist	a 325.
	North Monterey 455, 17. Aptos	
	Identity monitored tool	

Varsity Girls

	varsity cities	
1	Katy McCandless (Castilleja)	17:12
2	Laurie Andeen (MenloAtherton)	17:49
3	Janet Bowie (Woodside)	17:53
4	Mary Mendoza (Presentation)	18:03
5	Reina Felix (Oak Grove)	18:10
6	Angela Stearns (SantaTeresa)	18:11
7	Joann Arnold (Palo Alto)	18:18
8	Phuong Sites (Fremont)	18:40
9	Cindy Mahaffey (Carmont)	18:42
10	Jennifer Ashe (Leland)	18:48
11	Evie Barry (Santa Teresa)	19:07
12	Kim Coyne (Independence)	19:08
13		19:11
14		19:12
15	Kathle Rogers (Leland)	19:13
Te	am Scores: 1. Leland 73, 2. Los	Gatos
	3. Fremont 135, 4. Palo Alto	
Sa	nta Teresa 149, 6. Archbishop	Mitty
	5, 7. Half Moon Bay 194, 8. Mt	
	6, 9, Westmoor 249, 10. Gilroy 2	
	inn 260, 12. Westmont 276, 13	
	game 281, 14. North Monterey 3	
	Ils 322, 16. Live Oak 344.	ACCEPTANCE OF
HEID		

Oakland Section Nov. 19, Josquin Miller Park.

Boys (One team and two individuals qualify for

23.11	o recomment		
1	Redfield (Skyline)		14:32
2	Victor Nodal (Oakland)		14:53
3	Jon Herring (Oakland)		15:05
4	Rich Mann (Oakland)		15:08
5	Blehs (Skyline)		15:14
6	Ghebriwhet (Oakland)		15:20
7	Lynch (Oakland)		15:21
8	Zamora (Fremont)		15:25
9	McNutt (Skyline)		15:30
10	Cervantes (Fremont)		15:30
Te	am Scores: 1. Oakland	22, 2.	Skyline
(0	akland) 40, 3. Fremont	(Oakla	and) 68
C	astlement (Oakland)	inco	mplete
O	skland Technical, Incomp	olete.	

	Girls	100
1	Woo (Skyline)	12:59
2	Susung (Skyline)	13:39
3	Wong (Oakland)	14:20
4	Norton (Skyline)	14:37
5	Cordova (Oakland)	14:41
6	McArtor (Skyline)	14:50
7	Scott (Oakland)	16:10

8 Sanders (Castlemont) 9 Comelo (Oakland) 17:01 17:58 18:01 10 Murphy (Castlemont) Team Scores: 1. Skyline (Oakland) 15, all other incomplete.

photo by Burt Davis

Mason Myers

Laurie Andeen (MenloAtherton) Janet Bowie (Woodside) Tina Gorbet (Lassen) 17:50 18:00 Tammy Foley (MissionSanJose) 18:06 Kathy Dalton (Sonoma) 18:11

photo by Burt Davis



Katy McCandless

□ Northern California Championships Nov. 29, Sierra College, Rocklin.

	Boys	
1	Mason Myers (Vacaville)	14'50
2	Scott Cole (Yosemite)	14:56
3	Kevin Munoz (Lassen)	14:57
4	Reggie Williams (River City)	14:57
5	Todd Trask (Healdsburg)	15:00
6	Jason Llenau (Clovis)	15:06
7	Steve Lopez (Andrew Hill)	15:13
8	Jonathan Smith (Miramonte)	15:15
9	Peter O'Driscoll (El Camino)	15:17
10	Scott Smoot (Vacaville)	15:23
11	Brian Peterson (Casa Roble)	15:24
12	Chris Burger (Berkeley)	15:25
13	Steve Zierkelbach (Concord)	15'25
14	Ramon Lui (Madera)	15:27
15	Carey Travinger (Acalanes)	15:30
16	Brian Rivers (Moreau)	15:30
17	Jon Amandt (Lick)	15:32
18	Fernando Villegas(HalfMoonB)	15:32
19		15:34
20	Kevin Blazona (CasaRoble)	15:35
21	Rob Meinhardt (Bellarmine)	15:35
22	Mark Kropf (Madera)	15:35
23	Ben ayers (ChristianBros)	15:37
	Bob Quick (Lassen)	15:39
	Chris Bray (Nevada Union)	15:39
	am Scores: 1. Vacaville 80, 2. Ca	
	83, 3. Madera 100, 4. Bellarmine	
	l Campo 129, 6. San Ramon	
	ınn 221, 8. Moreau 223, 9. Lasse	
	. Golden West 229, 11. Acalane	
	. Serra 249, 13. Clovis West 25	
	ico 415, 15. Washington 43	0, 16.
Of	ikland 474.	

	Girls	
1	Katie McCandless (Castilleja)	17:13
2	Mary Mendoza (Presentation)	17:37
3	Lisa Gunther (Campo Lindo)	17:45

Anne Kuphaldt (Bella Vista) 18:12 Angela Stearns (Santa Theresa) 18:15 11 Jennifer Walsh (YgnacioVly) 12 Jennifer Ashe (Leland) 18:17 18:22 Vell Lehman (El Cerrito) 18:31 14 Melanie Hlatt (Davis) 18:34 15 Mary Lopez (Madera) 16 Reina Felix (Oak Grove) 18:39 18:44 Maria Ravazza (Acalanes) 18:45 Phuong Sites (Fremont) 18:47 19 Becky Collens (WestValley) 20 Mary Flinchum (Lassen) 18:47 18:51 Jennifer Sells (Antioch) 18:53 Kathie Rogers (Leland) 18:56 23 Missi Hurlow (California) 19:00 Shannon Hanlon (Yreka) 19:02 25 Patrice Myers (Vacaville) 19:08 Team Scores: 1. Leland (San Jose) 97, 2. Madera 101, 3. Lassen 114, 4. Los Gatos 119, 5. Bella Vista 183, 6. Vacaville 185, 7. Fremont 202, 8, California 211, 9, El Dorado 231, 10, Mission San Jose 242, 11, Clovis West 245, 12, Mt. Whitney 265, 13, University 303, 14. Chico 335, 15. Skyline 335, 16. Lowell 388.

☐ Southern Section Cross Country Final November 8 & 15th. Mt. SAC.-On November 8th and 15th the Southern Section gathered at Mt. San Antonio College for its Section Prelims and Finals. The usual number of very fine teams and individuals graced the mornings of competition. Melissa Sutton (Newbury Park) handled her challenge from newcomer Brigid Freyne (Riverside Poly) in winning her third consecutive individual title (and being the first in Section history to do it). Possibly the nation's finest Prep

Women's team, Palos Verdes, had Thousand Oaks go 1-2-3 on them, as they both raced to team times that rank with the best in Southern California history. Nicole Houle and Robbyn Bryant of Hesperia raced to a quick and surprising 1-2 in the women's 2A race, and their team performed at a much higher level than any other 2A team in Section history. Top individual men were Aaron Mascorro (Rosemead), 15:04 in his 3A win, and Chris Lugo (Valencia, Placentia) 15:06 in his 2A run. Sherman Indian (Riverside) raced to its seventh team title in nine years in the men's 1A division.

Women's 4A-This division features a

number of the top prep women's teams and individuals in the Nation. Palos Verdes had completed a magical regular season that had them score no more than 37 points in a meet in conquering all of the best the west could offer. They had proven to be one of the top handful of squads in Section history, and only run one senior on their top seven. There are a trio of squads from out of the Maramonte League-Thousand Oaks, Westlake (Westlake Village), and Newbury Park that are also at a very high level. Melissa Sutton (Newbury Park) was 5th last year in the Kinney National Finals and is a two-time defending champion in this division-no athlete has ever won three straight titles in the Section. Christy Farrell (Thouand Oaks) has been a Kinney National Finalist, Brigid Freyne (Riverside Poly) had put together a super season (including a quick 17:45 Prelim race victory), and others such as super soph Jamie Park (Santa Barbara) and Michelle Lewis (Buena, Ventura) were along for the ride individually. PV appeared untouchable before the finals with over a minute on everyone as a team during a leisurely prelims heat victory, and the duel between Sutton and Freyne would be interesting (they had not met during the regular season).

The Finals was a very interesting event to watch. Up front Sutton and Freyne broke away from the pack early and cruised by the flat first mile at 5:18. It was on the run over the challenging switchback loop that the two-time defending champion charged aggressively and pulled away to a slight lead. The yellow-clad Sutton edged away from any contact with Freyne during this second mile, and had a time at the two and one-half mile Reservoir Hill crest that would put her among the top couple of times ever run here with a strong finish. But Melissa seemed very fatigued over the final half mile, with Freyne actually gaining back a bit of the margin that had built up. Sutton recorded a 17:30 (#6 all time on course), with Freyne 17:42 (#10 AT). Sutton had run a number of very high quality races this fall and later indicated she felt extra pressure today with her championship record string possibilities. Farrell raced her best ever at 17:51 in 3rd (#13 AT), with Park 17:55 in 4th (#18 AT, #4 soph ever). In the team struggle Thousand Oaks, brought to another fine peak by Coach Jack Farrell, really came to run, having Christy Farrell, Jena Haggenmiller, and Angle Lovell all ahead of PV's pack through the mile, finishing with a 10 second gap (18:37-18:47) for 1-5 in scoring 42 points for the win. Surprisingly, they never caught the front TO trio, as 11:15.63 3200m runner Haggenmiller raced to an 18:11 in 6th, and 5:20.3 1600m runner Lovell was 18:21 in 7th, TO drops back a bit to reality for numbers 4 and 5, so their score was 62. Team times were in-teresting, as TO's totalled 93:22, the se-cond fastest ever on the course behind University of Irvine's 92:25 CR from 1981 with Polly Plumer and crew. Unl is felt by many to be the top group of prep female distance runners ever. They established a National Distance Medley Relay record in the spring of that school year and Polly

set the National Mile Record. PV ran 93:32 basically running along as a group, the #3 time ever here. PV and TO should be ranked among the nation's top five teams. Westlake put together a good team run to record a 95:26 (#11 AT team) and 89 points in 3rd. The team that could defeat Coach Rod Flager and Joe Killy's Palos Verdes group of Julie Crooks (frosh-18:37), Ashley Black (soph-18:39), Tracy Leichter (soph-18:42), Dana Sublett (soph-18:47), Traci Goodrich (soph-18:47), Kellie Hourigan (senior-19:17), and An-drea Black (junior-19:55) would have to be very, very special. With so many people back a trip back east during the 1987 CC campaign for a run against the best from the east at New York's Van Cortland Park would be quite interesting. Women's Results: 1. Sutton (NP) 17:30, 2

Freyne (RivPo) 17:42, 3. Farrell (TO) 17:51, 4. Park (SB) 17:55, 5. Lewis (Buena) 18:04 Haggenmiller (TO) 18:11, 7. Lovell (TO) 18:21, 8. Crooks (PV) 18:37, 9. Black (PV) 18:39, 10. Leichter (PV) 18:42, 11. A. Nesbitt (NP) 18:45, 12. Sublett (PV) 18:47, 13. Goodrich (PV) 18:47, 14. K. Karpel (Ocean View) 18:49, 15. Feller (Westlake)

Team Scores: 1. Palos Verdes 42, 2. Thousand Oaks 62, 3. Westlake (Westlake Village) 89, 4. Newbury Park 147, 5. Ocean View (Huntington Beach) 156, 6. Newport Harbor 166, 7. Dana Hills 173, 8. Buena (Ventura) 174, 9. Canyon (Anaheim) 193, 10. Irvine 251, 11. Wilson (Long Beach) 260, 12. Colton 278.

Men's 4A--in the men's large school division it was the same actors in the Team race, as Palos Verdes had been #1 ranked all season long, and had defeated #2 ranked Thousand Oaks a number of

photo by Burt Davis



Melissa Sutton

times, TO actually raced 5 seconds faster than PV in the prelims, with the Maramonte League school putting 3 ahead of PV's second runner off prelim times. Individually, 9:05.19 3200m star and defending division CC champion Richard Erbes (Glendale) was undefeated this Fall except for a spill-marred Mt. SAC Invite effort. Erbes had a course PR 15:16 prelims run, with Anthony Williams (Hueneme, Oxnard), a thin, smooth-strider looking to be a threat in a comfortable 15:30 prelims heat victory.

In the team struggle David Scudamore (PV) led the leading powers with his 15:40 for 4th overall, but TO had their first two in before PV's #2 and #3, with TO adding their #3 and #4 before PV's #4. Anyway, it was a classic struggle, with TO totalling 63 (80:36) to PV's 67 (80:30). Two schools with super traditions battled to the wire with Coach Jack Farrell's uncanny ability to peak his athletes in an amazing way just making the difference. PV returns 5 of its top 7 so they will be the big favorite next season. A huge shock in 3rd in the team scoring was an all underclass Camarillo High group, which steadily im-proved over the length of the season, dropping on this course from an 85:14 three weeks ago in the ML SAC invite to 81:38 here (and 106 points), led by super frosh Shawn Goetzinger (15:54-#4 AT on Course as 9th grader) and junior Erik Counseller (15:55). Camarillo is all underclass, as is the 4th place (127-82:09) Corona Del Mar squad, with 4th placers Dana Hills (131-82:26) having 5 back

Erbes, peaked superbly by Coaches Jim Jordan and John Barnes once again, raced through the mile in the day's quickest (4:43) time, then steadily pulled away to a 15:14 win, with Williams finishing out a good season in 15:23 for 2nd. 3rd was a surprise, as Newbury Park soph Mike Esparza charged the race of his life in 15:34 (#5 soph time ever here). Men's Results-1. Erbes (Glend) 15:14, 2. Williams (Hueneme) 15:23, 3. (NP) 15:34, 4. Scudamore (PV) 15:40, 5. Hall (San Clemente) 15:45, 6. Watkins (Torrance) 15:46, 7. Gibby (TO) 15:51, 8 LaVelle (CDM) 15:53, 9. Berg (AntelVIy) 15:54, 10. Goetzinger (Cam) 15:54. Team Scores: 1. Thousand Oaks 63, 2. Palos Verdes 67, 3. Camarillo 106, 4. Corona Del Mar 127, 5. Dana Hills 131, 6. Newbury Park 161, 7. Buena (Ventura) 167, 8. Antelope Valley 192, 9. Capistrano Valley 205, 10. Wilson (Long Beach) 226, 11. Huntington Beach 236, 12. Mission Viejo 301. Women's 3A-This Division featured a team race that became very interesting right near the end of the season. Arroyo Grande had been ranked #1 all season long with a number of very high quality races (Large Schools Stanford winner, etc.), and Coach Greg DeNike's team was the two-time defending division cham-pion. Norco, under Coach Larry Nugent, was a very young team that had come around slowly but steadily to offer a legitimate threat by Finals time. Nugent has a reputation of taking a group a long ways in a short time, as his 1980 men's unranked squad came out of the blue to take the Section 3A title. AG had 98:57 from the Pretims, with Norco a heat winner at 99:42 (down from 102:35 three weeks before in the Mt. SAC Invite), In-dividually here last year's division runnerup Heather Scobie (Saugus) had been on crutches three weeks before, but charged a super 18:16 Prelims run to take over the favorite position from Montebello's fine soph, Rayna Cervantes (18:25 prelims).

In the Finals Norco continued it relentless improvement, with its team all dropping its times from 10:35 seconds, recording a 98:08 team time led by sophs Persephone Lowery (5th-18:44) and Tish Bennett (10th-19:22). This effort split up AG's front duo of Barbara Barcelona (8th-19:17) and Sharon Plante (14th-19:47) and good back-up brought Norco another title 58-75 (99:44). AG's tradition must be noted, as they have been no worse than 2nd in their division for the last four vears.



Rayna Cervantes

Individually Scoble raced out as usual like a bat out of hell, with a wide margin through the mile. During the tough se cond mile segment Cervantes worked close, than as Scoble became very fatigued the strong Montebello soph rac ed away to an excellent 18:07 (#7 soph AT at Mt. SAC) win (with Heather 2nd at 18:30). Cervantes came forth with an 11:07.9 3200m last spring in Track as a 9th grader and could be one of the real area

distance stars in the future. Women's Results: 1. Cervantes(Mt) 18:07, 2. Scoble (Saug) 18:30, 3. Carey (Lompoc) 18:43, 4. Casillas (El Rancho) 18:44, 5. Lowery (Norco) 18:44, 6. Rosipajla (El Dorado, Placentia) 18:53, 7. Jones (LaHabra) 19:07, 8. Watson (Upland) 19:12, 9. Barcelona (AG) 19:17, 10. Bennett (Nor-co) 19:22. Team Scores: 1. Norco 58, 2. Arroyo Grande 75, 3. Montebello 100, 4. Lompoc 131, 5. Bishop Montgomery (Torrance) 158, 6. Corona 172, 7. Saugus 174, 8. La Habra 179, 9. El Rancho (Pico Rivera) 180, 10, Hart (Newhall) 198, 11, Wilson (Haclenda Heights) 209, 12. Schurr (Montebello) 252

Men's 3A-Coach Tim O'Rourke's Arroyo High group had put together a near perfect season, being undefeated against Southern Section schools, winning at Stanford, with the only blemish statewide on its record a close 2nd to Casa Roble (Orangevale) at Mt. SAC. In the Prelims they recorded the #11 team time ever on the course at 79:14. The Knights lead with four juniors, so watch out next Fall! Hart (Newhall) and Upland also feature fine squads, Upland with only one senior in the top 5. Individually this division featured the Section's best in Aaron Mascorro (Rosemead), a 9:00.10 3200m star who won at Stanford and had only one loss, to the top returning athlete in the nation from the Kinney Cross Country Championships, Marc Davis (San Diego



Aaron Moscarro

HS), at Mt. SAC. Aaron had the Prelim's quickest time of 15:10 in his heat victory. Raul Serratos (Moreno Valley) has raced 1:53.38m-4:11.15m and was a former Mission Valley League-mate of Mascorro before a move.

After a near-perfect season the roof nearly caved in on Arroyo the week before the finals, with illness and injury holding enough of the crew back to be significant It was not real pretty, but Arroyo took home the title, recording 59 points and a 79:59 team time, with Hart (85-80:56) edging Upland (92-81:05) for 2nd. Up front in diviudally Mascorro really charged the third mile in moving away from Serratos to win at 15:04 (= #14 AT Southern Section here), with Raul 2nd at 15:25 and Montebello's Richard Nava finishing a fine season at 3rd in 15:37

Men's Results: 1. Mascorro (Rosm) 15:04, Serratos (MorVly) 15:25, 3. Nava (Monteb) 15:37, 4. Powers (Arroyo) 15:39, 5. Hesseltine (Upl) 15:41, 6. Bans (Hart) 15:45, 7. Oceguera (Rubidoux, Riv) 15:48, 8. Burks (Upl) 15:50, 9. Perez (Rosem) 15:50, 10. Flores (Hart) 15:51. Team Scores: 1. Arroyo 59, 2. Hart 85, 3. Upland 92, 4. La Habra 134, 5. Loyola (LA) 142, 6. Rosemead 154, 7. Rubidoux (Riverside) 164, 8. Hemet 197, 9. Alemany (Mission Hills) 199, 10. El Rancho (Pico Rivera) 223, 11. Buena Park 224, 12. Rowland 297.

Women's 2A-Hesperia was the defending champion squad here, with Coach Joe Gomez moving people around, racing here and not there during the year, but showing glimpses of a very powerful squad. The way they ran here showed that he had a careful plan in mind. The only group that seemed to have a chance to run with Hesperia, Walnut was held back

Fine Flicks by Don Gosney



Nicole Houle

with late season injury problems. This division was loaded individually, with two-time defending champion and twotime National Kinney finalist Tracey Williams (Mt.View,ElMonte) coming back off some serious illness in the middle of the season. Section 3A individual champion Sandra Acosta (Walnut) had been dropped to this level along with her team, frosh Karen Hecox (South Hills, Covina) had improved to 18:10 here in a League Finals run, and the Hesperia duo of Nicole Houle and Robbyn Bryant (#3 returnee in nation at mile with 4:49.60m best) showing nicely in selected races during the year.

Hesperia really came to run in the Finals. After the large group of individuals battled during the first two miles, the front Hesperia duo of Houle and Bryant really floored it and raced far away from their pursuers. Houle dropped 48 seconds from the Prelims to record a 17:45 (=#10 AT here), with Bryant close behind at 17:46 (she had an 18:43 the previous week). Super frosh Nicole Rob bins dropped to 18:55 for Hesperia and they dominated the show with 56 points (and 95:10 team time). This makes them the #9 team ever on the course and is about 4 full minutes faster than any 2A squad had ever run before. The squad had better get ready for the inevitable move up a division after 2 consecutive cham-pionships, with their match-up next year with Norco at the 3A level something that could be interesting. Tracey Williams ran her best race of the year in 18:10 for 3rd, with Sandra Acosta 4th at 18:27. Hecox had been bothered by illness the week of the Finals and ran out of gas over the

Women's Results: 1. Houle (Hesp) 17:45, Bryant (Hesp) 17:46, 3. (Mt.View) 18:10, 4. Acosta (Walnut) 18:27, 5. Pettit (San Marino) 18:52, 6. Robbins (Hesperia) 18:55, 7. Dobel (Nordhoff, Olai) 19:11, 8. Orton (Morro Bay) 19:16, 9. L. Williams (Mt.View) 19:25, 10. Barnett (Laguna Beach) 19:25. Team Scores: 1. Hesperia 56, 2. Mountain View (El Monte) 115, 3. Morro Bay 120, 4. Laguna Beach 123, 5. Walnut and Atascadero 131, 7, La Quinta (Garden Grove) 137, 8. Nordhoff (Ojal) 190, 9. South Hills (Covina) 191, 10. Chino 211, 11. South Pasadena 224, 12. Woodbridge (Irvine) 246.

Men's 2A-Another good team race and some fine individuals graced this divi-sion. Walnut had been ranked #1 all season long, with its super young group of last season continuing to improve for Coach Jim Polite, recording an excellent 80:18 and taking the first four places in its Prelims Heat. Super soph Scott Hempel (9:22.90m for 3200m on the track as a frosh) led Walnut with a 15:38 heat win. Agoura's Bryan Dameworth led his squad to an 81:18 heat win with a ninth grade course record of 15:32 in the Prelims, with defending Individual Champion Chris Lugo (Valencia) likewise for his school (81:50) during his 15:37 heat victory.

Walnut was just not to be denied, as they fell off a touch in the Finals to 80:58 (77 points), but no one else could improve to challenge them. Valencia ended up 2nd at 115 (82:10), with Lompoc moving up to 3rd in the Finals at 116 (82:55). Lugo really comes to run in the Finals, and his wellpaced charge during the third mile last year and this carried him away from his challengers with momentum no one is capable of going with. Here he raced a super 15:06 to win over Hempel's 15:23 (a new soph course record), with Dameworth 3rd at 15:35.

Men's Results: 1. Lugo (Valencia) 15:06, 2 S. Hempel (Walnut) 15:23 (Soph CR), 3. Dameworth (Agoura) 15:35, 4. Hobson (Costa Mesa) 15:39, 5. Thomson (Agoura) 15:51, 6. Polite (Walnut) 15:58, 7. Camp-bell (Lompoc) 16:06, 8. Moreno (Costa Mesa) 16:09, 9. Stolz (Miraleste, PV) 16:09. Team Scores: 1. Walnut 77, 2. Valencia (Placentia) 115, 3. Lompoc 116, 4. Laguna Beach and Costa Mesa 132, 6. Laguna Hills 136, 7. Agoura 138, 8. Cabrillo 198, 9. Hills 136, 7. Agoura 138, 8. Cabrillo 198, 9. Arroyo Grande 210, 10. Covina 216, 11. Elsinore 222, 12. Magnolia (Anaheim) 225. Women's 1A-An interesting division during the year had Alemany (Mission Hills), Bell-Jeff (Burbank), and Maranatha (Sierra Madre) slugging it out, with B-J and Maranatha having a couple of exciting team Invitational races along the way. Alemany was without #1 runner. way. Alemany was without #1 runner Slobhain O'Reilly for the Section title race, which eliminated them from contention for the title. Maranatha was a heat winner without #1 runner, Janice Wester, and appeared to be the favorites with her

present. Coach Ken Cronquist always peaks his Sierra Madre group nicely, and they did that once again here, comfor-tably winning with 73 points (107:51), and almost two minutes on all the followers as a team. Wester is probably at least a minute better when healthy than the 21:16 she raced in the Finals, so their margin would have been once larger than it was. The teams who finished in 2nd and 3rd were a bit of a surprise, as St. Bernard (Playa Del Rey) finished off a fine season with a leap-frog over a couple of teams to 113 points (110:12). Moorpark, under Coach Dale Smith, featured a frightening-ly talented crew that came as close as they have during the season to putting it

all together with 119 points (109:31).
Individually, this division features
possibly the Section's real star of the future, as Tanya Thayer (Serrano) had raced a totally solo 18:10 back in the Mt. SAC Invite. Thayer is an age-grouper from a ways back, having recorded equivelent bests of under 5:10 for a mile and under 11:00 for two miles as an 8th grader. Here, she raced away very early (as usual) and recorded an 18:08 (#3 frosh ever behind some pretty select people like Tracey Williams and Laura Cattivera (Mira Costa))

Women's Results: 1. Thayer (Serrano) 18:08, 2. Garcia (Gladstone, Covina) 19:34, 3. Harvey (Paraclete, Lancaster) 19:34, 4. Snider (29 Palms) 19:38, 5. Cutler (Bell-Jeff, Burbank) 19:52, 6. Waters (Bishop) 19:56, 7. James (Sherman Indian, River-side) 20:11, 8. Pearson (Flintridge Prep. La. Canada) 20:18, 9. A. Beaver (Moorpark) 20:22, 10. McElhinney (Linfield Christian, Temecula) 20:40. Team Scores: 1. Maranatha (Sierra Madre) 73, 2. St. Bernard (Playa Del Rey) 113, 3. Moorpark 119, 4. Bell-Jeff (Burbank) 133, 5. Paraclete

(Lancaster) 140, 6. Sherman Indian (Riverside) 158, 7. Bishop 160, 8. Alemany (Mission Hills) and Azusa 194, 10. Webb (Claremont) 203, 11. Pasadena Poly 226, 12. 29 Palms 237.

Men's 1A--Sherman Indian (Riverside) was going after its 7th title in the last nine years here, with Cathedral (LA) and Fillmore close enough during the year to keep them honest. SI was upset last year by a fine Atascadero group, and un-doubtedly had a little bit of revenge on their mind this Fall. The Indians ran as expected, scoring 63 points (84:10). The big surprise was in 2nd with Webb Schools of Claremont, a school of 375 students who raced probably the fastest ever team time here for a school of under 400 students with their 86:13 and shocking 2nd at 99 points. Cathedral ended up 3rd with 104

(85:14), with Fillmore 4th (109-85:55). Individually the first three places were the same as last year, with John Trefecanty (Cathedral, LA) starting conservatively, then racing away from rival Bret Kimple (Carpinteria) 15 40-16:02, with Lucion Koinva leading the Sherman

charge in 3rd at 16:04.

Men's Results: 1. Trafecanty (Cathedral, LA) 15:40, 2. Kimple (Carpint) 16:02, 3. Koinva (Sherman Indian) 16:04, 4. Ochs (Mission College Prep, SLO) 16:09, 5. Arizmendi (Azusa) 16:13, 6. Viramontes (Fillmore) 16:18, 7. Reyes (Cathed) 16:24, 8. Hernandez (Gladstone, Covina) 16:28, 9. Parchorn (Sherm) 16:30, 10. Wester (Maranatha) 16:36. Team Scores: 1. Sherman Indian (Riverside) 63, 2. Webb (Claremont) 99, 3. Cathedral 104, 4. Fillmore 109, 5. Village Christian (Sun Valley) 165, 6. Sierra Vista (Baldwin Park) 182, 7 Azusa 192, 8. Paraclete (Lancaster) 196, 9. Thacher (Ojai) 203, 10. Serrano 207, 11. Bishop 223, 12. Whittier Christian 259.

California High School **Top 10 Cross Country Teams**

Women

- Palos Verdes
- Thousand Oaks Hesperia
- Westlake (Westlake Village)
- Newbury Park
- Vista
- Norco
- Leland (San Jose)
- 9 Madera 10 Lassen (Susanville)
- 10 Ocean View (Huntington Beach)

Honorable Mention alphabetically): Arroyo Grande, Bella Vista (Fair Oaks), Buena (Ventura), California (San Ramon), Canyon (Anaheim), Dana Hills, Laguna Beach, Lompoc, Los Gatos, Montebello, Moun-tain View (El Monte), Newport Harbor, San Pasqual (Escondido), Vacaville.

Palos Verdes may very well be the best team in the nation, with their highest point total this season 42 in winning the Southern Section 4A title in the nation's most competitive area. Thousand Oaks peaked in unbelievable style, finishing second to PV in the Section Finals with 52 points, going 1-2-3 on PV, and recording the #2 All-Time Team time ever at M1. SAC with their 93:22. Only the University of Irvine team of 1981 led by National Mile Record Holder Polly Plummer has run faster. PV had a 93:32 team time in that meet. TO has to be among the top five teams in the nation. Hesperia, under Coach Joe Gomez, has won two consecutive Southern Section 2A titles, with their 1986 Divisional peak fantastic. Their 95:10 at Mt. SAC is the fastest team time ever run at that level by about four minutes. Had 4:49 1600m runner Robbyn

Bryant not dropped a weight on her foot the week prior to the Kinney Regional the Scorpions would have placed 3 in the top 15 at Fresno. Nicole Houle was 6th at Fresno, with frosh Nicole Robbins improving to a shocking 14th in that race. Westlake (Westlake Village) and Newbury Park are the next two squads (behind Thousand Oaks) out of the frightening Maramonte League. Westiake is very solid depthwise, 3rd at Southern Section 4A at 95:26, with Newbury, led by the super Melissa Sutton, 4th in the Section 4A race at 96:58. The Maramonte League is probably the toughest in the nation. Vista, San Diego's best, raced at Mt. SAC with a prominent team member, and put together super races at the end of their Sectional title race. Norco, under Coach Larry Nugent, improved a shocking amount over the last month of the season, and was an upset Southern Section 3A titlest. Leland (San Jose) was the Northern California Champion. Madera and Lassen (Susanville) were next in order in that competition, with Ocean View (Huntington Beach) the 5th place squad out of the tough Southern Section 4A division.

- Casa Roble (Orangevale)
- Vacaville
- Thousand Oaks
- Bellarminer (San Jose)
- Palos Verdes
- Hart (Newhall)
- Madera Walnut
- 10 Upland-Vista

Honorable Mention (Listed Alphabetically): Acalanes (Lafayette), Agoura, Camarillo, Corona Del Mar, Dana Hills, Del Campo (Fair Oaks), Golden West (Visalia), Granada Hills, Gunn (Palo Alto), La Habra, Lassen (Susanville), Loyola, Moreau (Hayward), Poway, Rosemead, San Ramon (Danville), Valencia. The battle for first was difficult to

figure out. Arroyo traveled north to Stan-ford and nipped Casa Roble. Casa Roble came south for the Mt. SAC Invite, had their first man drop out, yet defeated an ill Arroyo group. The score runs 1-1. What happened the rest of the year? Arroyo was undefeated, romping over everyone for the rest of the year, finishing the season as the Southern Section's best. Casa Roble still ranked second over their conqueror in the Northern California Championships, Vacaville. Coach Mike Larson should be congratulated for bringing his Vacaville squad around in fine style over the last half of the season. Thousand Oaks peaked nicely (as usual) to nip Palos Verdes for the Southern Section 4A title, with Bellarmine (San Jose) tleing with Casa Roble at Clovis (lust ahead of PV) and winning the Central Coast Section with 29 points. Hart (Newhall) put together a fine season during statewide travels, with Madera 3rd in the Northern California Championships. Wainut was the Southern Section 2A titlests (with an all underclass group), with Upland 3rd in the Southern Section 3A Meet behind Arroyo and Hart. Vista raced superbly near the end of the season, taking the San Diego Section ti-



Western Regional

Notes on the Kinney Western Regional

By Keith Conning

Four cross country runners from Northern California-Katy McCandless, Mary Mendoza, Mason Myers, and Paul' Thomas-qualified for the Kinney National Cross Country Championships by placing in the top eight at the Kinney Western Regional

Junior Katy McCandless (Castilleja, Palo Alto), the Central Coast Section and Northern California champion, won in 17:21.9

Senior Mary Mendoza (Presentation, San Jose), fourth in the Central Coast Section and second in Northern California, placed seventh in 17:48.

Senior Mason Myers (Vacaville), the Sac-Joaquin Section and Northern California champion, placed second in

Senior Paul Thomas (Jesuit, Carmichael), a resident of Rancho Cordova who competed in the TAC National Junior Championships in San Francisco the same day as the Northern California meet, placed fifth in 15:13

Freshman Tina Gorbet (Lassen, Susanville), the Northern Section champion and sixth in Northern California,

Junior Tammy Foley (Mission San Jose, Fremont), fourth in the North Coast Section Meet of Champions and seventh in Northern California, placed nineteenth in

Senior Kathy Dalton (Sonoma), sixth in the North Coast Section Meet of Champions and eighth in Northern California, placed 22nd in 18:23.

Freshman Reina Felix (Oak Grove, San Jose), fifth in the Central Coast Section and sixteenth in Northern California, placed 24th in 18:26.

Senior Todd Trask (Healdsburg), the North Coast Section champion and fifth in Northern California, placed

Junior Scott Cole (Yosemite, Oakhurst), the Central Section champion and second in Northern California, placed 11th in 15:24.3

Senior Chris Bray (Nevada Union, Grass Valley), second in the Sac-Joaquin Section and 25th in Northern California, placed 12th in 15:29.2.

Senior Steve Lopez (Hill, San Jose), the Central Coast Section champion and seventh in Northern California. placed 14th in 15:30.

Senior Rob Meinhardt (Bellarmine, San Jose), third in the Central Coast Section and 21st in Northern California, placed 18th in 15:33.2

Junior David Cardenas (Logan, Union City), third in the North Coast Section and 32nd in Northern California, placed 21st in 15:34

Junior Steve Zirkelbach (Concord), fourth in the North Coast Section and 13th in Northern California, won the Junior Boys Unseeded race in 15:48.3

Sophomore Chris Flanders (Casa Roble, Orangevale), fourth in the Sac-Joaquin Section and 29th in Northern California, won the Frosh/Soph boys unseeded race in

Katy McCandless Passes Up Kinney National

December 10, San Jose-Junior Katy McCandless (Castilleja, Palo Alto), the Kinney Western Regional cham-pion, has decided to run in the TAC Junior Olympics at UC Irvine instead of the Kinney National.

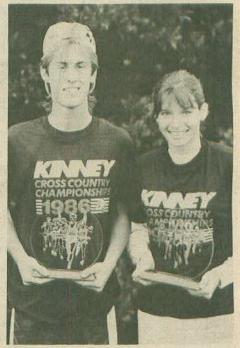
On Sunday, December 7, the day after the Kinney Western Regional, McCandless won the TAC Junior Olympics qualifying race over the same course.

McCandless is a member of the Woodside Striders. If her team qualified for the Nationals she decided that she would run with them. They did and she will.

December 6, 1986 5000 Meters Woodward Park Fresno, CA

All Kinney photos: Fine Flicks by Don Gosney

1986 Western Winners



Marc Davis

Katy McCandless

este)So

Oaks)So

From Doug Speck

 Women's winner Katy McCandless (Castilleja HS) had a great quote after the race. Stating that she was knocked down at the start of the race here last year (where she finished 22nd), her goal this year in the competition was. "to stay vertical."

 Melissa Sutton (Newbury Park) had run a number of very, very hard races during the season, feeling extra pressure as her squad only ended up 3rd in League (but with a 5th place team ranking statewide!). The Newbury ace had not shown quite the snap she did earlier in the season in the last couple of weeks.

- Brigid Freyne (Riverside Poly), a junior was the find of the Fall season. A good runner as a soph, she has obviously put in a great deal of work since then. A 5:15 miler and 11:27 3200m runner as a soph, she will obviously run much faster as a senior, and was the person forcing the pace in the middle of the competition at Fresno. The 5-8, 110 pound Riverside area star was only defeated by Nicole

Nugent, Sutton, and McCandless this fall.

Tracey Williams was a solidly trounced 3rd in her Section 2A Finals run (by 25 seconds) after suffering from a serious mid-season illness, but showed her class at Fresno with a very determined race, leading the first mile at 5:12, and finishing with an effort that had her qualify for

her third consecutive Kinney National Finals.

Nicole Houle (Hesperia) has improved about a minute over most of her big-meet times from last year, and certainly showed her big meet toughness with a national finals qualifying performance here. Teammate Robbyn Bryant, the nation's 3rd ranked returning miler off her 4:49.60 for 1600m last spring, is usually quite close to Nicole, and it would have been interesting to see how she would have done had Robbyn not dropped a 100 pound lead plate on her foot during the previous week and not being able to run.

Jamie Fallon (Klamath Falls, OR) is the third member of her 1000 student body school's cross country program to make the Kinney national finals in the last four years (along with Tracy Garrison and Marnie Mason). The Oregon State Cross-Country and 800m champion in track is currently a member of the school basketball team, arising early each morning to continue training for cross-

country in addition to round-balling.

Marc Davis's 14:38.2 Course Record men's run win was obviously as impressive a Prep race ever seen on this course. Marc was the winner over Mason Myers by 22 seconds here, with the previous record for margin of victory 8 seconds in the Western Regional by Calvin Gaziano in his 1984 14:49 win over Brad Hudson. No one has ever gone out in 4:26 for the first mile as Davis did at Fresno! Christopher Schurz (Westwood, Mesa, Az) is the first soph ever to qualify for the Kinney Nationals from the Western team with his 6th place at Fresno, but he had his act upstaged a bit by Bryan Dameworth (Agoura) who became the first frosh athlete ever to qualify for the Kinney men's Finats from any area of the nation with his 8th here. An age-group national champion at 5000m and at the 2000m steeplechase distance on the Track, Dameworth showed fine promise over the summer with a number of fine All-Comer track races, capped by an 8:49.0 3000m (which adjusts to under 9:30 for two miles-as an eighth graderl). Both athletes are 15 with Schurz having a 1/9/71 birthdate and Dameworth 12/26/70.

Race #1 - Frosh/Soph Boys Unseeded

1	Chris Flanders (Citrus Hts/CasaRobles)So.
2	Alfredo Crisanto (PicoRivera/El Rancho)So
3	Pat Hubbard (Henderson, NV/Basic)So
4	Mike Rattary (Canyon Co/Canyon)So
5	Gary Stolz (RanchoPalosVerdes/Miraleste)
6	Francis O'Nelll (Escondido/San Pasqual)So
7	Don LeFeure (La Puente/Nogales)So
8	Tim Farrell (Thousand Oaks/Thousand Oaks
9	Tony Gibney (Laguna Hills/Laguna Hills)So
10	John Fugler (Carmichael/Del Campo)So
11	Cole Packwood (Boise, ID/Borah)So

Corey Young (Escondido/Orange Glen)So Tony Castellon (La Puente/La Puente)So

Joseph Robles (Tucson, AZ/Amphitheater)So Cory Davis (Vacaville/Vacaville)So

Peter DeLaCerda (Sylmar/Alemany)So Art Martin (Lakeside/El Capitan)So Bobby Dax Baca (Grass Valley/Bear River)So 16:38 16:38 16:42 16:45 16:45 16:46

16:00

16:00

16:09

16:10

16:15

16:20

16:27

16:29

18:32

16:34

16:36

16:37

□ Kinney

19	Blake Boggess (Palos Verdes Est./PV)So	16:46
20	Chris Gilbert (Wasilla, AK/Wasilla)So	16:47
21	Robert Hibl (Modesto/Bever)So	16:48
22	Roy Alvarez (Tucson, AZ/Sunnyside)So	16:53
23	Dave Welsh (Meadow Vista/Colfax)So	16:54
4	David Crain (Laguna Beach/Laguna Bch)Fr	16:54
51	finishers	

■Race #2 - Frosh/Soph Girls Unseeded

1	Amy Nesbitt (Newbury Park/NewburyPk)So	18:58
2	Sara Herman (Phoenix, AZ/Shadow Mt.)So	19:09
3	Jennifer Dancer (Phoenix, AZ/Shadow Mt.)So	19:16
4	Sherish Harris (San Diego/Serra)So	19:31
5	Julie Berkey (Eugene, OR/So. Eugene)So	19:31
6	Almee Edwards (ThousandOaks/ThousOaks)Fr	19:33
7	Suzanne Daley (Livermore/Granada)So	19:43
8	Mandy Kossoris (Thousand Oaks/ThousOaks)So	19:51
9	Joni Wareham (Springfield, OR/Thurston)Fr	19:53
10	Deborah O'Brien (Westmintster/OceanView)So	19:56
11	Viviana Reza (Coronado/Coronado)Fr	19:58
12	Carrie Chavez (Colton/Colton)So	19:59
13	Shelley Spoon (FairOaks/BellaVista)So	20:00
14	Kelly Howard (San Diego/Serra)So	20:04

3	John Ellis (El Cajon/Valhalla)Jr	16:04
4	Carlos Lomeli (Tucson, AZ/Sunnyside)Jr	16:05
5	Dennis Bourland (Oceanside/El Camino)Jr	16:08
6	Kenneth Cope (LosAlamos,NM/LosAlamos)Jr	16:09
7	Andy Kashuba (Orangevale/Gomes)Jr	16:10
8	Mike Friesen (Carmichael/DelCampo)Jr	16:12
9	Jaime Orteaga (El Monte/Arroyo)Jr	16:16
10	Brian Kelley (Springfield, OR/Thurston)Jr	16:20
11	Jeff Gerken (Grass Valley/Bear River)Jr	16:20
12	Edgar Montes (LaPuente/Nogales)Jr	16:24
13	Thomas Simon (Alpine/Santana)Jr	16:24
14	Erik Counseller(Camarillo/Gamarillo)Jr	16:25
15	Peter Oviatt(Agoura/Agoura)Jr	16:25
16	Massalchi Hasegawa(RanchoPalosVerdes/PV)Ji	16:29
17	Kyle Durick (Santee/Santana)Jr	16:29
18	Kelly Dodge (CarsonCity,NV/CarsonCity)Jr	16:33
19	Nathaniel Mora (JemezPueblo, NM/JemezVly)Jr	16:33
20	Tim Julian (Ashland, OrlAshland) Jr	16:34
21	Damian Capozzola (Palos Verdes/PalosV)Jr	16:30
22	Mark Koepke (Concord/ClaytonVly)Jr	16:36
23	Brooke Edson (Springfield, OR/Thurston)Jr	16:37
24	Tim Morse (La Puente/La Puenta)Jr	16:41
181	finishers	

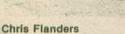
17	Cheryl Lyken (Fontana/Fontana)Jr	20:12
18	Catherine Payne (Berkeley/Berkeley)Sr	20:16
19	Connie McCarty (Ventura/Buena)Sr	20:17
20	Staci Brunton (Martinez/Alhambra)Jr	20:19
21	Jessica Craven (Camarillo/Camarillo)Jr	20:20
22	Terri Wilson (Springfield, OR/Springfield)Jr	20:23
23	Kimberly Snip (LagunaBeach/LagunaBeach)Sr	20:24
24	Chrystal Wells (Clovis/Clovis West)Sr	20:24

145 linishers

■Race #5 - Senior Boys Unseeded

1	Bryan Gibby (Thousand Oaks/ThousOaks)Sr	16:00
2 3	Mike Conover (LaCrescenta/CrescentaValley)Sr	16:05
3	Mark Kropf (Madera/Madera)Sr	16:09
4	Juan Oribe (Vista/Vista)Sr	16:14
5	Kevin Fest(Temple City/Arroyo)Sr	16:14
6	Bruce Farr, Jr.(Escondido/Orange Glen)Sr	16:16
7	Roger Davis (Townsend, MT/Broadwater Co)Sr	16:18
8	Greg Zahalka (Chandler, AZ/Dobson)Sr	16:19









Amy Nesbitt



Steve Zirkelbach





Amy Halseth





Bryan Gibby

15	Kimberly Johnson (Fontana/Fontana)So	20:06
16	Lena Dahbour (NewportBeach/NewportBch)So	20:00
		THE REAL PROPERTY.
17	Becky Kozak (San Jose/Gunderson)So	20:12
18	Jocelyn Neal (Los Alamos, NM/Los Alamos)So	20:14
19	Kirsten Rozenko (Escondido/Escondido)So	20:16
20	Teresa Sandoval (Montebello/Montebello)So	20:19
21	Persephone Lowery (Corona/Norco)So	20:22
22	Samantha Hodgdon (NewburyPk/NewburyPk)So	20:24
23	Teresa Meza (Citrus Hts/BellaVista)So	20:27
24	Tish Bennett (Norco/Norco)So	20:27
100	State by house	

■Race #3 - Junior Boys Unseeded

1	Steve Zirkelbach (Concord/Concord)Jr	15:48
2	Mike Contos (El Cajon/Valhalla)Jr	15:55

■Race #4 - Junior/Senior Girls Unseeded

1	Amy Halseth (Oceanside/El Camino)Sr	19:17
2	Kim Dougherty (Springfield, OR/Thurston)Sr	19:26
3	Catherine Rico (Santee/Santana)Jr	19:39
4	Lisa Seger (Oceanside/Vista)Sr	19:47
5	Robin Constantinides(Concord/ClaytonVIv)Jr	19:49
6	Lisa Pierce(Eugene, OR/So. Eugene)Sr	19:50
7	Cathy Severn(Newbury Park/Newbury Park)Sr	19:53
8	Lisa Vanderburg (Walnut/Walnut)Sr	19:5€
9	Lara Nesbitt (Newbury Park/Newbury Park)Sr	19:56
10	Debbie Phillips (Escondido/SanPasqual)Jr	19:57
11	Lisa Quijada (Tucson, AZ/Salpointe Cath)Sr	19:57
12	Roxanne Umanzor (SanGabriel/Montebello)Sr	20:00
13	Tina Oldenburg (Mesa, AZ/Dobson)Sr	20:01
14	Dia Rounds (Ventura/Buena)Jr	20:02
15	Typhanny Tucker (KlamathFalls, OR/KlamathF).	
16	Anna Howard (Camarillo/Rio Mesa)Sr	20:11

9	Rick Penman (Carsbad/Carsbad)Sr	16:20
10	John Rogers (Thousand Oaks/ThousOaks)Sr	16:21
11	Sean Stehman (Madera/Madera)Sr	16:22
12	Chip Anderson (Orangevale/Casa Roble)Sr	16:23
13	Daniel Dizal (Naco, AZ/Bisbee)Sr	16:24
14	Jose Rodriguez (Vista/Vista)Sr	16:25
15	Kevin Allen (Ventura/Buena)Sr	16:25
16	Kevin Ledwith (Ramona/Ramona)Sr	16:25
17	Carlos Castelo (Stockton/Tokay)Sr	16:26
18	Ron Meade (El Monte/Arroyo)Sr	16:26
19	Kelly Macone (NewburyPark/NewburyPark)SR	16:27
20	Scott Thomas (Ventura/Buena)Sr	16:33
21	Mike Pettengill (YubaCity/YubaCity)Sr	16:35
22	Steve Lunn (Simi Valley/SimiValley)Sr	16:38
23	Bobby Thomas (LemonGrove/Helix)Sr	16:39
24	Justin Whitehead (Ramona/Ramona)Sr	16:42
158	finishers	

continued on next page...

□ Kinney

Race #6 - Girls Seeded

FIR	ST TEAM ALL WESTERN USA	
1	Katy McCandless (Portola Valley/Castilleja)	17:21
2	Melissa Sutton (Newbury Park/Newbury Park)	17:23
3	Brigid Freyne (Riverside/Riverside Poly)	17:24
4	Kira Jorgensen (Vista/Vista)	17:36
5	Tracey Williams (So. El Monte/Mt. View)	17:42
6	Nicole Houle (Hesperia/Hesperia)	17:46
7	Mary Mendoza (San Jose/Presentation)	17:48
8	Jamie Fallon (Klamath Falls, OR/Klamath Un)	
O	Jamie Pallon (Klamath Palls, Ort/Klamath On)	17:49
	OND TEAM ALL WESTERN USA	
8	Rayna Cervantes (Montebello/Montebello)	17:53
10	Monique Ecker (Albuquerque, NM/El Dorado)	17:54
11	Karen Hecox (West Covina/South Hills)	18:10
12	Christy Farrell (Thousand Oaks/ThousOaks)	18:12
13	Ashley Black (Palos Verdes Estates/PV)	18:13
14	Nicole Robbins (Hesperia/Hesperia)	18:14
15	Tina Gorbet (Susanville/Lassen Union)	18:15
16	Michele Lewis (Ventura/Buena)	18:17
THE	RD TEAM ALL WESTERN USA	
17	Karen Packham (Meridian, ID/Kuna)	18:19
18	Jena Haggenmiller (ThousandOaks/ThousOaks)	
19	Tammy Foley (Fremont/Mission San Jose)	18:20
20	Nicole Nugent (Del Mar/Torrey Pines)	18:21
21	Heather Scobie (Saugus/Saugus)	18:22
22	Kathy Dalton (Sonoma/Sonoma Valley)	
23	Sarah Smith (Eugene, OR/South Eugene)	18:23 18:24
24	Reina Felix (San Jose/Oak Grove)	18:26
2.7	Heria Felix (Gall Goder Can Grove)	10.20
Plac	es 25-58 are only speculative as the result board	was
	in from the posting area before being perman	
	orded. Hopefully video and photos, in time, will be	
	Il in most of the holes. Any helpful information w	
grat	efully appreciated. Sent it to CTRN, 4957 E. He	aton,
	ano, CA 94727.	
25	Laurie Andeen (Menio Pk/Menio Atherton)Jr	18:30
26	Lisa Hill (Nampa, ID/Nampa) Fr	18:30
27		18:32
28	Jennifer Walsh (Walnut Ck/Ygnacio Valley)Sr	18:33
29	Christi Davis (Albuquerque, NM/Rio Grande)Sr	18:35
30	Lisa Gunther (Moraga/Campolindo)Jr	18:36
31	Shamen Dugger (Coronado/Coronado)Jr	18:37
32	Michelle Brown (Boise, ID/Borah)Fr	18:37
33	mishale brown (barae, tarbotary)	18:38
34	Jeanise Eisenman (Calistoga/Calistoga)Sr	18:39
35	Melanie Hiatt (Davis/Davis Sr.)Sr	18:42
36	Shannen Karpel (Hunt. Beach/Ocean View)Sr	18:43
37	and the partition of th	18:44
38		18:44
39		18:45
40		18:45
41		18:45
42		18:46
43		18:51
44		18:51
44	Kathy Karpel (Hunt, Beach/Ocean View)Sr	10:52

Tracy Leichter (Rch Palos Verd/PV)Jr Heldi Ackerly (Bigfork/Flathead)Fr Rachel Rossbach (Ventura/Ventura)Sr

Dana Sublett (PV Estates/PV)So

Rose Schneider (Ashland, OR/Ashland)Jr

Traci Goodrich (RanchoPalosVerdes/PV)So Kami Howden (San Dimas/South Hills)Sr Kim Robinson (NewportBeach/NewportHarb)Fr Rachel Brennan (Tucson,AZ/Amphitheater)Jr

Shannon Hanlon (Yreka/Yreka)Jr Christine Hamilton (Lomita/So. Torrance)Sr Lupe Casillas (Pico Rivera/El Rancho)Sr

Tracy Jaster (APO NY/Baumholder Amer)So Diane Pettit (San Gabriel/San Marino)Sr

Julie Dyson (Orangevale/CasaRobie)Sr

Lisa Williams (So.El Monte/Mt.View)Sr

Kris Kochel (Ventura/Ventura)Sr

Michelle Keim (Escondido/SanPasqual)So Ashley Orton (Los Osos/Morro Bay)Sr

Shannon Kiley (OregonCity,OR/Gladstone)Jr Juliet Caufield (Bakersfield/East)Jr

Akerni Royer (HuntingtonBch/Ocean View)Sr Kristin Dunlap (Honolulu,HI/Punahou)Sr



Katy McCandless



■Race #7 - Boys Seeded

18:52 18:55

18:57 18:58 18:59

19:00 19:03 19:04

19:05 19:08 19:09 19:11

19:12

19:13

19:15 19:16

19:17 19:18 19:22

19:22 19:23

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19:24 19:28

19:31

19:32 19:35

FIR	ST TEAM ALL WESTERN USA	
1	Marc Davis (San Diego/San Diego)Sr	14:38
2	Mason Myers (Vacaville/Vacaville)Sr	15:00
3	Aaron Mascorro (Rosemead/Rosemead)Sr	15:01
4	Robert Lopes (La Mesa/Monte Vista)Sr	15:11
5	Paul Thomas (RanchoCordova/Jesuit)Sr	15:13
6	Christopher Schurz(Scottsdale, Az/Westwood)Sc	
7	Dave Scudamore(PalosVerdes/PalosVerdes)Jr	15:15
8	Bryan Dameworth (Calabasas/Agoura)Fr	15:18
SEC	COND TEAM ALL WESTERN USA	
9	Matt Young (LosAlamos,NM/LosAlamos)Sr	15:23
10	Todd Trask (Healdsburg/Healdsburg)Sr	15:24
11	Scott Cole (Oakhurst/Yosemite)Jr	15:24
12	Chris Bray (NevadaCity/NevadaUnion)Sr	15:29
13	Jon Peterson (GigHarbor, WA/GigHarbor)Sr	15:29
14	Steve Lopez (San Jose/Andrew Hill)Sr	15:30
15	Daniel Mass (SantaFe,NM/SantaFePrep)Sr	15:31
16	John Trafecanty (L.A./Cathedral)Sr	15:32
THI	RD TEAM ALL WESTERN USA	
17	Enrique Ryan (Honolulu, HI/Farrington)Jr	15:32
18	Rob Meinhardt (LosGatos/Bellarmine)Sr	15:33
19	Jorge Castro (Ramona/Ramona)Sr	15:33
20	Richard Erbes (Glendale/Glendale)Sr	15:33
21	David Cardenas (Union City/JamesLogan)Jr	15:34
22	Peterson Long (Mentmore, NM/Gallup)Jr	15:35
23	Gerardo Puentes (ElMonte/Arroyo)Jr	15:35
24	Jesse Taylor (Los Alamos, NM/Los Alamos) Jr	15:36
24	Jesse raylor (Losalamos, NM/Losalamos)Jr	15:30
25	Matt Messner (CoosBay, OR/Marshfield)Sr	15:38
26	Michael Esparza (NewburyPark/NewburyPk)So	15:39
27	Chip Smith (Albuquerque, NM/Sandia)Jr	15:40
28	Darryl Jewell (Visalia/Mt.Whitney)Sr	15:41
29	Raul Serratos (MorenoValley/MorenoVly)Sr	15:42
30	Jason Lienau (Fresno/Clovis)Sr	15:43
31	Scott Smoot (Vacaville/Vacaville)Jr	15:43
32	Trevor Drummond (LaMesa/Helix)Sr	15:43
33	Kurt Depfyffer (LagunaBeach/LagunaBch)Sr	15:45



Marc Davis

	34	Pete Burks (Upland/Upland)So	15:45
	35	Andy Davis (SanDiego/PatrickHenry)Sr	15:46
	36	Mike Regis (Vista/Vista)Sr	15:46
	37 38	Scott DeLong (Spokane, WA/GonzagaPrep)So Kevin Holbrook (Vacaville/Vacaville)So	15:47 15:47
	39		15:47
	40	Derrick Powers (TempleCity/Arroyo)Jr	15:48
	41		15:48
	42		15:50
	43		15:51
	44		15:51
	45		15:52 15:53
	47	Peter Prichett (Portland, OR/Benson)Sr	15:53
	48	Brian Petersen (CitrusHts./CasaRoble)Sr	15:54
	49	Todd Klein (Albuquerque, NM/ElDorado)Jr	15:54
	50	Bret Kimple (Carpinteria/Carpenteria)Sr	15:56
	51	Scott Hempel (Walnut/Walnut)So	15:57
15	52	Trevan Householder(Mesa, AZ/Westwood)Sr	15:57
	53		15:58
	55		15:58 15:59
	56		16:00
	57		16:00
	58	David Shuley (Orem, UT/Orem)Sr	16:01
	59		16:01
	60		16:01
	61		16:02
	63		16:02
	64		16:03
	65		16:03
	66	Greg Flynn (Torrance/West Torrance)Sr	16:03
	67	Scott Robinson (San Jose/Bellarmine)Sr	16:04
	68	Ray Andrade (Tucson, AZ/Desert View)Jr	16:04
	69 70		16:06 16:06
	71		16:07
	72		16:08
	73	Will Kemper (Boise,ID/Boise)Jr	16:08
	74		16:09
	75		16:09
	76		16:09
	78		16:12
	79		16:13
	80		16:13
	81		16:14
	82		16:15
	83		16:15
	85		16:16
	86	Haissam Sabra (HungtingtonBch/Ocean View)Jr	
	87	Cory Healey (Fillmore, UT/Millard)Sr	16:18
	88		16:18
	89		16:18
	90		16:19
	92		16:20
	93		16:21
	94	John Fedoroff (RedondoBch/So.Torrance)Sr	16:22
	95		16:23
	96		16:23
	97 98		16:24
	99	Douglas Fairman (ThousandOaks/ThousOaks)Sr Damian Lopez (Bakersfield/East)Sr	16:26
	100		16:26
		finishers	

48 47 48

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66 67

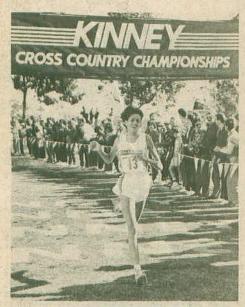
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National Championships

December 13, 1986 5000 Meters Balboa Park San Diego, CA



Kira Jorgensen, top Californian in Kinney Girls National Championships.



Western Boys win National Championship team title: 98-Bryan Dameworth, 95-Paul Thomas, 93-Aaron Mascorro, 96-Chris Schurz, 91-Marc Davis, 94-Robert Lopes, 97-David Scudamore. Mason Myers obscured from view.

Erin Keogh of McLean, Virginia became the first runner in the eight year history of the Kinney Cross Country Championships to twice earn national title, winning the 5000 meter National Final by 22 seconds.

In the boys event, hometown favorite Marc Davis captured the title in similar fashion, finishing 100 yards ahead of his nearest competitor.

Keogh, who finished in 16:55.7, took control about one mile into the race when the runners encountered the first of two large hills on the course. She then breezed to victory ahead of the next two finishers, Kim Kauls of Forest Lake, MN and Wendy Neely of Fairfax Station, VA. The first place time was slower than

The first place time was slower than the 16:36.8 clocking that Keogh recorded in winning last year as a junior. In that race she came within one-tenth of a second from the meet record.

"There was a lot more pressure this year," Keogh said, "I was asked many more questions by the press, and everyone expected me to win. I just tried not to let it all affect me."

For Davis, the race was on familiar turf a few mies from San Diego High School. Like Keogh, he ran away from the pack of lead runners on the first hill to win in a time of 14:38.1.

Davis was followed by Todd Williams of Monroe, MI who was clocked at 14:49.8 and Robert Kennedy of Westerville, OH in 15:05.

"I wanted to hang back in the pack," said Davis, a senior. "But the race started slowly and after a while, I said "No more. I can take it. This is my hill. I own it."

The top eight boy and girl finishers in each of four regional championships across the country were flown to San Diego by Kinney Shoes to compete in the national championship. The Kinney Cross Country Championships are the first national championship in all of high school sports.

GIRLS RESULTS

1 Frin Keogh (McLean VA)

	2	Kim Kauls (Forest Lake, MN)	17:18
	3	Wendy Neely (Fairfax Stn, VA)	17:19
1	4	Kira Jorgensen (Vista, CA)	17:30
	5	Liz Brenden (Mamaroneck, NY)	17:39
1	6	Brigid Freyne (Riverside, CA)	17:39
	7	Kara Parker (Olivia, MN)	17:42
1	В	Denise Bushallow (Auburn, NY)	17:45
3	9	Tracey Williams (Fl Monte CA)	17-45

	ore observed from view.	
10	Kristin Salt (Dearborn, MI)	17:48
11	Katrina Price (Riverside, IL)	17:49
12	Nnenna Lynch (New York, NY)	17:51
13	Mary Mendoza (San Jose, CA)	17:52
14	Laura Duffy (Kennebunk, ME)	17:55
15	Sara Roberson (Bettendorf, IA)	18:01
16	Michelle Scholtz (Tulsa, OK)	18:06
17		18:06
18		18:07
19	Jamie Fallon (Klamath Falls, OR)	
20		18:11
21	Wendy Nelson (Lebanon, PA)	18:15
22	Megan Thompson(Florisant, MO)	
23	Melissa Sutton (Newbury Pk, CA)	
24	Nicole Houle (Hesperia, CA)	18:22
25		18:28
26		18:34
27	Wendy Frazier (Lexington, KY)	18:35
28	Gabrielle Pohlmann (Alex, VA)	18:49
29		18:55
30		18:59
31	Karen Sanfacon (Vienna, VA)	19:11
DN	IF Rayna Cervantes (Montebello,	CA)

BOYS RESULTS

1	Marc Davis (San Diego, CA)	14:38
2	Todd Williams (Monroe, MI)	14:49
3	Robt. Kennedy (Westerville, OH)	15:05

4	Paul Vandegrift (Gwyn, Vly., PA)	15:08
5	Mason Myers (Vacaville, CA)	15:08
6	Chris Schurz (Scottsdale, AZ)	15:12
7	Rob Heen (Williston, ND)	15:14
8	Dan Middleman (Westbury, NY)	15:15
9	Aaron Mascorro (Rosemead, CA)	15:17
10	Carlos Martins (Newark, NJ)	15:17
11	T.J. McArdie (Garden City, NY)	15:18
12	Jim Westphal (Oak Park, IL)	15:19
13	Travis Grindstaff (Wdstck, GA)	15:21
14	Michael LaValle (Lauderhill, FL)	15:24
15	David Scudamore (P. Verdes, CA)	15:24
16	Cliff Dwelle (Lake Orion, MI)	15:25
17	Charlie Kern (Amherst, NY)	15:26
18	Jason DiJoseph (Haddonfid, NJ)	15:28
19	Bryan Dameworth (Calabas, CA)	15:28
20	Jimmy Hearld (Bowling Gr, KY)	15:32
21	Jeff Pajak (Annadale, VA)	15:34
22	Eric Henry (Woodlands, TX)	15:38
23	Joe McKown (Fremont, OH)	15:38
24	Robert Lopes (La Mesa, CA)	15:40
25	Kerry Fly (Lockport, NY)	15:43
26	David Honea (Chandler, NC)	15:48
27	Chris Tolonen (Plymouth, MI)	15:48
28	Nathan Wright (Laporte, CO)	15:50
29	Robert Colvin (Cent. Sq., PA)	15:50
30	George Kersh (Pearl, MS)	15:54
31	Ken Gamber (Winter Park, FL)	16:23
32	Paul Thomas (Rancho Cor., CA)	16:40

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Racing Report

By Mark Winitz

Record Fast Field at Penofin 10K

here's a new word on the world road racing scene lately: "Ukiah." As in Ukiah, California. That laid back lumbering, wine country town that, maybe, you've heard of, but probably passed by for more familiar towns like Eureka on the north or Santa Rosa in the other direction. But on October 19th, Ukiah was hardly lumbering. It was speed. Sheer speed. And it was host to what was, perhaps, the greatest 10K road race ever run. That's right. I hope you believe me now.

Last year I waxed enthusiastic about an inaugural race called Penofin-carried on in this very same Ukiah, but under substantially different racing conditions. What was touted as an extremely fast course was not truly tested by the flock of elite runners and a good crowd of slightly less gifted (such as myself) in 1985.

A very out-of-the ordinary headwind on race morning had slowed everyone last year. Still, the point-to-point course through the center of the aforementioned town yielded some more than sprightly times (24 men went under 30 minutes), and a lot of enthusiasm.

I saw the potential. So did a few others, although, perhaps, only the connoisseurs truly took note. A few of the national running magazines subsequently rated the Penofin 10K among the top road races in the world-based on a single first-year success. The TAC chose the 1986 Penofin as the place for the U.S. National 10K Championships for open men.

At least one California running magazine (the one I was writing for at the time) dedicated a substantial amount of space trying to convince California runners that they truly had, finally, a world-class race here. And not only a race for world classers. The average runner could come here and be treated like Grete Waitz or Paul McCloy. Mc-who? (If the name doesn't ring a bell, you'll know why shortly.)

In any case, it was pretty much established last year that if you wanted a 10K PR, and were located anywhere within flying distance of Ukiah, that you should get there in 1986. You know, PR. PERSONAL RECORD. PRINCIPLE REASON. PLEASE RESPECT me now. Fast times. Not only

that. Just rewards-to the tune of \$36,000 plus incentives-to those fit and brave enough to compete in the front. Surprisingly, this last October only about 450 enlightened trotters took Penofin up on their offer. 450 starters for the premier California road race of the year!

OK. Maybe you're the rational type. You've probably only got a certain number of races in you a year. You stopped briefly in Ukiah, maybe, for gasoline on your way to Eureka or Santa Rosa, the redwood forests, or the big city. You never thought of Ukiah as a destination. However, maybe you'll believe me now.

When you're making your race plans for 1987, take another look at these statistics:

- Seven men ran under 28 minutes. Twenty-four ran under 29 minutes. Forty-seven ran under thirty minutes. No 10K race on the roads has ever yielded such impressive overall results. Just compare those numbers to the fact that the bulk of quality 10K road races around here are won in 30-plus minutes.
- Two women ran under 32 minutes. Five ran under 33 minutes.
- New American 8K and 10K road records for women were announced (although 10K record later disproved by the National Running Data Center).
- A world master's 10K record for men was set
- According to race director Steve San Filippo, probably 250 of the 450 runners ran PR's that day. That's on a carefully certified course, mind you--measured to exact standards by TAC.

Ukiah, itself, is a town of contrasts. With a population around 13,000, it is hardly a large metropolis. It's a quiet easygoing place; the citizens work at a slower, more determined pace than those in, say, Silicon Valley. Yet there is a definite sense of progress here. This is no sleepy, little farm

Across from the very modern and blushingly reasonable Lu-Ann Motel--where my wife and I put up both this year and last-a modern supermart has sprung up. It has everything, from those rows of bins filled with carob cookies and an assortment of pastas and grains, to vitamin C crystals. At the checkout counter, an electronic voice bleeps the price of every grocery item as the clerk rolls the price tag over the magic detector. When all is checked, you hand over your cash and the cierk verbally announces the amount to an electronic accountant. The computer makes your change. Now that's progress!

Yet, hunger is a fact of life in Ukiah. Unemployment is high and the number of Native Americans and elderly is one of the highest in the state. Sub-standard housing is double the state average. Many are victims of the sagging lumbering industry. Another big industry in the region, winemaking, flourishes. Lush vineyards and modern winetasting cellars dot the pretty countryside around Ukiah.

It is in this town of contrasts where the world's best runners gather to vie for glory and riches. It is here where race founder and Performance Coatings, Inc. president John Mayginnes has built a race in two short years that rivals, and in many respects surpasses, the world's greatest road races. The Performance Coatings Running Festival is what it's all dubbed-an expression of the wood finish company and its employees who are principally responsible for organizing the Penofin 10K. Mayginnes loves to describe how the town has embraced the Festival. It lets the world know that there's a place called Ukiah, at least for a day.

If there's one thing a serious runner appreciates early on race morning, it's a complimentary cup of coffee in the motel room. One has enough worries about rising at the appointed hour, getting the plumbing going, making it to the start, the weather, etc. If you're a reporter who also happens to be running, you can double the concerns. Camera, tape recorder, notebook, pre-race interviews and photos all must be planned for and available along with that crucial cup of brew. Miss the coffee and nothing ever seems to fall into place. Even the weather never seems quite right for racing.

This morning I had my coffee, and the weather followed right along. Bright, in the mid 40's, and still. Not a hint of wind that slowed last year's race. Like last year, I planned to run this baby, plus cover it with the assistance of my trusty reporter mate (and wife), Fran. More logistics are involved than merely feeding the cats on an idle Sunday morn-but we're finally getting pretty good at this kind of thing.

The elite women's field of twenty-one runners took off a half hour before the elite men and open field. It didn't take long for Texan Brenda Webb and Australian-via-

continued on next page...

☐ Racing Report

Arizona's Lisa Martin to make it a twowoman race, both breaking away before the half mile point.

Martin (coming off the fifth fastest marathon ever by a woman at this year's Commonwealth Games, and headed for the New York Marathon in two weeks) said later, "In a small women's field each woman has to fend for herself--and I think it's high time women learned to do that, instead of relying on men. I wish there were a lot more separate women's races."

Indeed, Martin made a battle of it as she and Webb matched elbows for five miles down the straight course that has several gentle inclines and one 90-degree turn 200 yards from the finish. Obviously, Webb-who ran almost three minutes slower here last year after a wearying track season-was more rested for this one as she kept on a pace that would take her within ten seconds of Ingrid Kirstiansen's world road 10K best.

Finally, with about a mile to go, Webb Inched ahead of Martin and maintained her lead to the finish banner, crossing in 31:37.83. Mathematically, that tied Mary Decker's National record of 31:37.77 because both marks are rounded up to 31:38. However, Decker's record remains intact since hers was set on a loop course (no net elevation change). Penofin is a point-topoint course that has a net drop of 50 feet, which is within TAC's certification standards. However, it's still point-to-point, so Webb's time will be officially marked "aided."

Nevertheless, Webb, who like Martin has made the transition from the track to the roads, added a spectacular performance to a successful road year in which she also grabbed a major victory at Continental Homes. Martin, who finished only about 50 feet behind, commented that although the pace was as fast as she could handle at the pace was as fast as she could have maintained it and "kept going" (due to the strength achieved during marathon training, which, unfortunately also compromises some leg speed).

Carol Keller topped all California women with an excellent 33:27 for eighth overall. In fact, a host of Californians did well. (See CTRN Around the Bay elsewhere in this issue for more details.)

One of the problems of being a runner/journalist in a major race is that you don't get to see the leaders finish. In fact, in cases like mine, you don't get to see the leaders at all except while toeing the starting line. Luckily, I'd gotten a chance to talk to many of them at the special Sponsor's Banquet the evening before-over Fall harvest gourmet cuisine that, incredibly, outdid last year's excellent dinner.

One runner I didn't talk to was Paul McCloy-the second ranked Canadian runner at 10,000 meters who had taken fourth at the Commonwealth Games' 10,000. I'd barely heard of this big guy from Newfoundland. There were guys like Bruce Bickford, Joseph Kipsang, and Ibrahim Hussein around for dinner who were more

familiar. After McCloy blew them all away at the finish the next day, I took notice.

Another fellow who didn't get much prerace attention was Dirk Lakeman—an Oregonian who has won some races in the Northwest, and who passed out with heat stroke nearing a fifth place finish at last summer's prestigious Falmouth road race. Who thought that he would break his PR by over a minute in route to becoming the National TAC champ at Penofin?

In any case, if somehow I could have miraculously shaved my usual six-flat miles to four-and-a-halves, I would have seen a full ten men at maximum throttle for almost six miles. No surging or playing around here. Said Bickford, track specialist and ranked #1 in the 10,000 last year, "We were running so fast that nobody could make a move."

Get a load of these splits: 4:22 at one mile; 13:54 at 5K. By the time the front pack streaked by four miles at 18:01, I was a full mile behind. And, I must admit, I haven't quite got the tools to even approach the 4:20 last mile that these standouts put in.

In addition to a prize structure that worked down ten places from the \$5,000 for first, Director Mayginnes was offering performance incentives (\$500 for sub-28 minutes, \$250 for sub-28:30, etc.) plus unique "Dash for Cash" incentives for the men leading at 2 miles, 5K, 4 miles, and 5K, each grabbing additional dough up to \$400. So, no doubt, these guys were incensed.

The sharp right turn at the end of State Street which merges into Stipp Lane and the 200 yard finish should be nicknamed "Step on It" Corner. It's here where seven of the lead men arrived almost simultaneously. And the way each runner was positioned going into this corner was critical.

The guys who got the jump going around, were able to hold it to the finish. McCloy as well as Lakeman were in good position. Gerardo Alcala of Mexico, who defeated a strong field at the Mt. SAC 10,000 last Spring, lost a few meters as he was pushed wide.

"I was boxed in at the corner," said Kenyan Joseph Kipsange, "and the way we made the turn was about how we finished."

Bickford, who followed fractions-of-asecond behind Lakeman at the finish-(thus giving the TAC National Championships to him), lamented that he hadn't been first into the now-notorious turn.

In any event, Paul McCloy was the man of the hour as he put down the accelerator to the banner. Shoelace flailing, running with a rough unorthodox style that may eventually become his trademark, McCloy broke the tape in an extraordinary 27:47-setting a new Canadian national record. Alcala, timed at 27:47, nabbed second. Lakeman, Bickford and Kipsang followed, all at 27:48 and odd fractions. Kenyan Gabriel Kamau and Briton Mike O'Reilly rounded out the top seven who broke 28 minutes.

English master's runner Mike Hurd, 40, added another notch in this race. After 22 years in the Royal Air Force, he retired and immediately set out on the U.S. road racing circuit this year. "I thought we'd give it a go and see if it was financially possible" (to compete in the states), said Hurd, who subsequently received support from a major airlines sponsor. His 2:19 masters win at Boston last April was preceded a week earlier by a 29:47 10K on the roads.

continued on next page...



Elite Women's Start.

Racing Report

Sticking to that formula for success, Hurd flew into California to give Penofin a go a week before competing in America's Marathon in Chicago. Without further ado, Hurd seared the fast course in 29:39, a new master's world record by three seconds. And true to form, Hurd went onto score a 2:19:40 at Chicago exactly seven days later.

In fact, it seemed that an unusual number of runners were using Penofin as a "check" and blowout just prior to a marathon effort. The October 19th date was timely for final preparations for a Fall 26-miler.

Lisa Martin went onto a 2:29 effort and second at New York behind Grete. Alcala had a DNF at Chicago. Hussein, 10th at Penofin, evidently saved some-as he grabbed 5th with a 2:12 at New York. Kigen was pointing toward the Columbus Bank One Marathon. Terry Puckett (10th woman and a PR 33:38 at Penofin) was preparing for Cal International.

As for Bickford, he was planning a peak for the Cross Country Nationals in late November. "This was incredible," raved Bickford. "Running this fast, now... I don't know what to do in the next few weeks."

I wish I had those kinds of problems. But problems aside, maybe now you're starting to see it my way. Maybe you'll consider



Paul McCloy

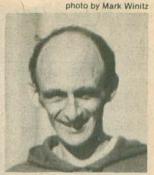


Brenda Webb

:46

47

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Mike Hurd

coming on out to Ukiah next year. Attend the banquet. Rub elbows with the world's elite runners. Run a PR. Get a multi-color, high quality, long sleeve, hooded, pocketed warmup jersey with an attractive logo of a red-tailed hawk. It's the commitment to quality that has made the Performance Coatings Running Festival a success.

"Ukiah" comes from the Indian word "Yokayo" which means "Deep Valley." In runner's jargon, "Deep Field" could easily be applied. It certainly was the case this year, Just wait until next!

Overall Results - Men

Paul McCloy, \$5,500	27
Gerardo Alcala, \$3,500	27
Dirk Lakeman, \$4,000	27
Bruce Bickford, \$2,500	27

5	Joseph Kipsang, \$2,000	27:48
6	Gabriel Kamau, \$2,050	27:49
7	Mike O'Reilly, \$1,600	27:52
8 .	Paul Rugat, \$750	28:01
9	Sam Sitonik, \$500	28:02
10	Ibrahim Hussein, \$550	28:04
	Overall Results - Women	
1	Brenda Webb, \$5,500	31:38
2	Lisa Martin, \$3,500	31:46
2	Kellie Cathy, \$2,650	32:40
4	Lorraine Moller, \$2,150	32:52
5	Susan Tooby, \$1,650	32:59
6	Sue Lee, \$1,000	33:07
7	Deborah Raunig, \$850	33:11
8	Carol Keller, \$600	33:27
9	Cyndie Welte, \$300	33:37
10	Terry Puckett, \$250	33:38

Fresno Bee Relays April 3-4, 1987

Track & Field returns to Fresno's famed Ratcliffe Stadium with it's new all-weather track

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Masters Track & Field

Club West Masters

October 4. Santa Barbara. Men's Results

100m: (30-34) 1. A. Lewis 11.8, 2. R. Thoman 11.8, 3. F. Demby 12.2. (35-39) 1. B. McKenzie 11.9, 2. E. Bryant 12.0, 3. F. Reilly 12.6, (40-44) 1. T. Craddock 12.4, 2. M. Morris 13.1. (45-49) 1. B. Kinoke 11.9, 2 F. Neidermeyer 12.0. (50-54) 1. T. Woodring 13.2, 2. Dods 13.7. (55-59) 1. W. Robinson 13.1, 2. B. Stevens 13.2, 3. M. Wallace 14.2 (60-64) 1. G. Harte 13.4, 2. J. Warren 15.2 (65-69) 1. C. Killion 14.4, 2. P. Fetter 14.5 (70-74) 1. M. Miller 14.3.

200m: (30·34) 1. A. Lewis 23.3, 2. M. Black 23.4, 3. R. Thoman 24.8. (35·39) 1. E. Bryant 24.2, 2. B. McKenzie 24.3, 3. F. Reilly 25.0. (45-49) 1. B. Kinocke 23.6, 2. F. Niedermeyer 25.8. (50-54) 1. T. Woodring 27.1. (55-59) 1. W. Robinson 27.2, 2. B. Stevens 27.9, 3. D. Douglass 28.7. (60-64) 1. G. Harte 27.2, 2. J. Warren 31.2. (65-69) 1. C. Killion 29.6. (70-74) 1. H. Miller 35.6, 2. C. Johnston 37.7

4x100m Relay: (35-39) 1. San Francisco

4x400m Relay: (35-39) 1. San Francisco



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400m: (30-34) 1. M. Biack 52.1, 2. A. Lewis 54.8, 3. S. Biersmith 59.0. (35-39) 1. B. Turner 1:00.1, 2. R. Rook 1:00.6. (40-44) 1. W. Savilla 1:07.2. (45-49) 1. B. Knocke 54.2, 2. F. Niedermeyer 55.3. (55-59) 1. W. Robinson 1:01.0, 2. B. Stevens 1:03.0. (60-84) 1. G. Harte 1:01.6, 2. J. Warren 1:12.7. (70-74) 1. P. Ganahi 1:11.4, 2. F. McMinn 1:40.1. 800m: (30-34) 1. B. Haynes 2:24.1. (35-39)

1. M. Easterly 2:13.7. (40-44) 1. J. Patter-son 2:15.5, 2. R. Larsen 2:16.8, 3. M. Lalum

2.42.4. (50-54) 1. L. McGuire 2:23.3. (60-64) 1. W. Cole 2:37.3. (70-74) 1. P. Ganahl 2:47.6, 2. J. Lopes 2:53.6. 1500m: (30-34) 1. T. Reguero 4:41.5, 2. J. Reynolds 5:09.3. (40-44) 1. T. Brock 4:59.6, 2. M. Lalum 5:09.3. (45-49) 1. W. Graham 4:40.5. (60-64) 1. B. Jacques 5:28.3. (70-74) 1. E. Stotsenberg 6:04.8, 2. R. Mahannah 6:25.3. (75-79) 1. S. Madden 7:34.3.

5000m: (40-44) 1. M. Lalum 22:22.8. (45-49) 1. W. Graham 18:11.5. (50-54) 1. J. Brennand 16:44.0. (60-64) 1. B. Jacques 18:33.6, 2. R. Gil 20:03.9. (70-74) 1. J. Holdubek 21:41.8

110m Hurdles: (30-34) 1. A. Hecker 18.1, 2. F. Reilly 20.6. (45-49) 1. G. Miller 18.1, 2. P. Rowe 24.5. (50-54) 1. D. Gray 23.4, 2. C Coutts 23.5. (55-59) 1. D. Douglass 19.3.

Long Jump: (35-39) 1. F. Reilly 18-11/2. (40-44) 1. Carldon Collins 18-31/2, 2. W. Sevilla 13-2. (45-49) 1. P. Rowe 14-31/2. (50-54) 1. E. Martin 14-81/2, 2. B. Dods 14-2½, (55-59) 1. D. Douglass 14-11½, (60-64) 1. J. Johnson 14-3¾, 2. K. Mitchell 13-2½, (65-69) 1. P. Fetter 13-9, 2. B. Morales 11-2. (70-74) 1. M. Miller 13-91/4, 2. J. Damski 12-8 1/4. (75-79) 1. A. Vesco 9-0 1/4. (80-84) 1. W. McFadden 10-2 1/4. 2.

Javelin: (35-39) 1. F. Reilly 169-3, 2. R. Rook 120-10, 3. G. Klemenson 86-11. (45-49) 1. L. Higgins 161-9, 2. C. Collins 131-7, 3. W. Sevilla 86-9. (50-54) 1. E. Martin 115-10, 2. C. Coutts 104-3, 3. B. Dods 91-2. (55-59) 1. D. Pickerts 164-9, 2. R. Hudson 161-1, 3. T. Allison 118-8. (60-64) 1. A. Lombardi 127-3, 2. K. Mitchell 86-5. (65-69) 1. B. Morales 145-9, 2. P. Fetter 121-0, 3. B. Stone 109-3. (70-74) 1. J. Angelman 81-6. 75-79) 1. B. McConaghy 81-4, 2. A. Puglizevich 72-4, 3. A. Vesco 55-6. Hammer: (35-39) 1. F. Reilly 141-6, 2. G. Klemenson 138-9. (40-44) 1. L. Higgins

153-1 (45-49) 1. J. White 109-7 (55-59) 1. D. Douglass 128-7. (60-64) 1. B. Bangert 118-3, 2. E. Grimm 47-6. (65-69) 1. J. Minah 121-4, 2. D. Aldrich 117-2, 3. B. Stone 116-7. (75-79) 1. A. Vesco 98-0. (85-89) 1. J. Whittemore 43-7.

High Jump: (35-39) 1. C. Rader 5-9, 2. F. Reilly 4-6. (40-44) 1. Carldon Collins 4-10, M. Morris 4-0. (45-49) 1. J. Dobroth 5-10,
 D. Thoreson 5-6, 3. G. Miller 4-8. (50-54)
 E. Martin 4-0, 2. D. Gray 3-10. (55-59) 1. H. Wyatt 5-9, 2. D. Douglass 4-4, 3. H. Wallace 4-0. (60-64) 1. J. Johnson 3-10. (65-69) 1. W. Dahlin 4-0, 2. J. Vernon 3-10. (70-74) 1. J. Damski 3-8, 2. C. Johnston 3-6, 3. P. Ganahi 3-6. (75-79) 1. T. Hatlen 3-6, 2. A. Puglizevich 3-2, 3. A. Vesco 3-0. (80-84) W. McFadden 3-4.

1. W. McFadden 3-4.
Triple Jump: (30-34) 1. A. Hecker 35-7.
(35-39) 1. R. Rook 31-6/2. (45-49) 1. Carldon
Collins 37-8. (50-54) 1. T. Langenfield
36-1/2. (60-64) 1. B. Ellas 29-5. 2. J.
Johnson 28-11, 3. K. Mitchell 27-8. (65-69)
1. C. Mercurio 23-3. (70-74) 1. H. Miller
27-4/5, 2. J. Damski 26-9, 3. E. Seigel 23-101/2. (75-79) 1. A. Vesco 17-111/2. (80-84) 1. W. McFadden 22-9, 2. H. Van

Shot Put: (35-39) 1. F. Reilly 44-3, 2. G. Klemenson 36-71/2, (40-44) 1, W. Sevilla 27-8, (45-49) 1, J. White 35-21/2, (50-54) 1, E. Martin 32-4, 2. B. Dods 30-0. (55-59) 1. M. Wallace 37-11, 2. D. Douglass 35-81/2 (60-64) 1. B. Bangert 42-11/4, 2. D. Douglass 35-81/2, 3. A. Lombardi 34-51/2. (65-69) 1. E. Castaneda 43-11, 2. D. Aldrich 49-5, 3. J. Minah 39-0. (70-74) 1. R. Carter 44-71/2, 2. F. McMinn 26-11. (75-79) 1. V.Cheadle 35-11, 2. G. Hall 31-7, 3. A. Puglizevich 29-9. (80-84) 1. M. VanGelder 18-1014. (85-89) 1. J. Whittemore 20-6.

Discus: (35-39) 1. F. Reilly 159-10, 2. G Klemenson 103-9. (40-44) 1. L. Higgins 170-9, 2. W. Sevilla 115-4. (45-49) 1. A. Brown 115-4, 2, J. White 102-0. (50-54) 1. B. Humphrey 160-6, 2. E. Van Pelt 139-9, 3. E. Martin 113-3. (55-59) 1. M. Wallace 114-10, 2. D. Douglass 100-9. (60-64) 1. B. Bangert 129-4, 2. K. Mitcehil 115-7, 3. J. Silsdorf 82-5. (65-69) 1. R. Castaneda 133-4, 2. D Aldrich 130-8, 3. Stone 127-5. (70-74) 1. R. Carter 130-6, 2. F. McMinn 48-3. (75-79) 1. V. Cheadle 96.9, 2. A. Vesco 71-1, 3. J. Puglizevich 61-9. (80-84) 1. W. McFadden 75-11, 2. M. Van Gelder 34-3. (85-89) 1. J. Whittemore 57-1

Pole Vault: (30-34) 1. L. Roach 13-6. (35-39) 1. R. Ying 11-6. (40-44) 1. M. Morris 12-6, 2. B. Perkins 11-6. (45-49) 1. M. Con-

nelly 13-0, 2, G, Miller 11-0, (50-54) 1, T. Woodring 12-0, 2, D, Gray 9-0, (55-59) 1, M, Wallace 9-6, (60-64) 1, J, Johnson 8-6. (65-69) 1. J. Vernon 10-0, 2. R. Biesemeyer 9-6. (70-74) 1. C. Johnson 9-6, 2. E. Siegel 8-6. (75-79) 1. B. McConaghy 7-0. Women's Results

100m: (30-34) 1. C. Alam 17.6 (35-39) 1. P. Gilkey 13.2 (50-54) 1. C. Miller 14.7, 200m: (30-34) 1. C. Alam 36.7 (35-39) 1. P. Gilkey 27.5

400m: (30-34) 1. C. Alam 1:24.5. (70-74) 1.

D. Stotsenberg 1:58.3. 800m: (50-54) 1. G. Snyder 2:44.6. (70-74) 1. D. Stotsenberg 4:27.0.

Long Jump: (30-34) 1. C. Alam 10-10. (50-54) 1. C. Miller 12-9 4. (55-59) 1. S. Kinsey 11-61/2. (75-79) 1. E. Mendyka

Javelin: (30-34) 1. J. Stratton 104-11. (55-59) 1. S. Kinsey 76-6. (75-79) 1. E. Mendyka 59-2.

Hammer: (30-34) 1. White 52-6. Triple Jump: (50-54) 1. C. Miller 25-4. Shot Put: (30-34) 1. J. Stratton 40-111/2 (75-79) 1. E. Mendyka 24-81/2

Discus: (30-34) 1. J. Stratton 123-3, 2. White 62-4. (55-59) 1. S. Kinsey 75-1.

College Open X-Country

Chapman College **Cross Country** Invitational

Sept. 20. Sentiago Oaks Reg. Park

-	Overall Results - Men's	5 Mile
1	Art Castle, CL	22:30
2	Mike Scott, CMS	22:35
3	Mike Kennedy, Chap	22:48
4	Carl Berg, CMS	23:01
5	Dave Harden, Red	23:06
6	Phil Duncan, Masters	23:15
7	Dave Withers, Biola	23:21
8	Mike Heberbrand, Blola	23:24
9	Dan Elliot, Biola	23:28
10	Jim Price, Red	23:38
11	Rob Hellyer, CMS	23:41
12	Danny Morse, ULV	23:43
13	Felipe Gonzales, FP	23:44
14	Dan Ash, Red	23:47
15	Pete Sena, FP	23:57
16	Peter Wood, USD	24:10
17	Doug Willy, CMS	24:12
18	Ray Campbell, Chap	24:16
	Tim Braatz, CL	24:18
20		24:19
21	John Dennis, CMS	24:19
22	Clay Bond, Red	24:17
23		24:33
24	Chris Rodriguez, FP	24:34
	Dave Rohan, Red	24:40
26	Troy Brown, Red	24:44
27	John Gehring, Cal-Tech	24:45
	Curt Schlegel, Biola	24:45
	James Overland, WC	24:47
30	Steve Barrett, CMS	24:48

31	John Growe, WC	24:52
	Dick Vicain, ULM	24:54
	Matt Demaria, ULM	24:55
	Joe Antonelli, CMS	24:58
	Steve Steck, UCSD	25:03
	Jeff Gregg, UCSD	25:07
	Mark Steuer, Red	25:14
	Eric Crump, CL	25:17
39	Kelly Beck, CMS	25:20
	Brad Phillips, CSSB	25:22
-		

Claremont-Mudd-Scripps 54; 2. University of Redlands 74; 3. Biola 98; 4. Chap-man College 126; 5. Cal Lutheran 145; 6. University of San Diego 185; 7. Fresno Pacific 192; B. U.C. San Diego 214; 9. Loyola-Marymount 265; 10. Cai Tech 266; 11. Whittler Gollege 268; 12. La Verne 290; 13. The Masters College 310; 14. Christ

College Irvine 334; 15. Pepperdine 379.
Overall Results - Women's 3 Miles
1 Brigid Stirling, CMS 18: Lori Morgan, USD 19:54 Liane Kiuela, CMS Andia Ogden, Red 20:11 20:48 Tammy Wold-Volk, LMU 20:51 Lisa Bennett, FP 21-02 Laura Douglas, UCSD 21:09 Lori Zackula, CL Carrie Graves, FP 21:16 10 Pam Reed, Red 21:25 11 Sheilagh Boyle, CMS 12 Kristy Armstrong, CMS 21:30 21:34 Rebecca Hodde, CSSB 21:37 14 Carla Figueroa, Chap 21:38 15 Cathy Stierling, Biola 21:45 16 Rhoda Roberts, CMS 21:57 17 Nicole Rainey, UCSD 18 Michelle Nauyokas, USD 22:13 22:14 19 Michelle Crawford, Red 22:49 20 Gisele English, UCSD 21 Cathy King, CSSB 22 Andrea Friesn, CCI 22:51 22:58 22:59 23 J'ne Furrow, CL 23:01 24 Cynthia Morgan, Masters 23:03 25 Laurie Rocky, FP 26 Marcia Rigney, CSSB 23:10 23:12 27 Shannon Sheldrew, SCC 23:18 28 Karen Korn, Red 23:19 29 Gretchen Werch, CSSB 23:23 30 Angel Dresser, Pep 23-25 23:28 31 Lisa Harris, CMS 32 Belinda Smith, USD

33	Carla Welch, ULV	23:35
34	Trish Taplac, FP	24:05
35	Gina Willy, FP	24:09
36	Sandra Scheibler, WC	24:19
37	Dedra Lowe, Chap	24:22
38	Renee Crewz, SCC	24:28
39	Bonnie Phelan, LMU	24:39
40	Michile Whitlanbrink, Red	24:41
700	- Constant	

1. Claremon-Mudd-Scripps 36; 2. University of Redlands 76; 3. Fresno Pacific 82; 4. Cal State San Bernadino 104; 5. University of San Diego 123; 6. Loyola-Marymount 137; 7. Pepperdine 165; 8. Chapman Col-lege 174; 9. The Masters College 187; 10. Cal Tech 258.

Biola Invitational

October 11. La Mirada. Overall Results - Men's 5	Sall a
1 Tim Watson, UCR	24:52
2 Mandalakuneng, CSB	25:00
3 Art Castel, CLU	25:15
4 Schumacher, CSULB	25:31
5 Mark Castro, UCR	25:33
6 Leonard Aceues, CSB	25:34
7 Denis Kiely, PL	25:42
8 Ellis Del Sol, USIU	25:48
9 Cam Matson, PL	25:46
10 Ree, CSULB	25:55
11 Mike Smith, CLU	25:58
12 Herber Saravia, UCR	25:59
13 Hakeman, CSULB	26:07
14 Cohee, CSULB	26:09
15 Phillip Duncan, MC	26:16
16 Leary, CSULB	26:17
17 Troy Curran, Unat.	26:20
18 Dave Withers, BU	26:21
19 Arriola, CSULB	26:24
20 Kurt Cook, Unat.	26:25
21 Butala, CSULB	26:29
22 Chris Carswell, PL	26:30
23 Jose Medina, CSB	26:33
24 Sean Dolan, USIU	26:41
25 Mac Williamson, PL	26:47
26 King, CSULB	26:50
27 Moudakis, CSULB	26:54
28 Darryl Martin, UCR	26:58
29 Mitch Dougan, CSUF	27:02
30 Mike Heberand, BU	27:02
31 Matt Forstie, UCR	27:03
32 Steve Friebus, WC	27:11
33 Eric Crump, CLU	27:13
34 Dan Elliott, BU	27:16
35 Merrell Hora, UCSD	27:20
36 Miller, CSULB	27:30 27:31
37 Rich Gostin, UCR 38 Brannstrom, CSULB	
38 Brannstrom, CSULB 39 J.K. Strandberb, PL	27:31 27:36
40 Tom Davis, WC	27:37
41 Chris McNull, UCSD	27:40
42 Anderson, CSULB	27:49
43 Jan Borglowski, UCSD	27:53
44 Jeff Gregg, UCSD	27:53
45 Rick Schwab, WC	27:53
45 Mick Schwab, WO	07.55

50 B. Harris, USD Team Scores - NAIA Division Team Scores - NAIA Division
1. Pt. Loma 43; 2. Biola 83; 3. Bakerstield
Cal State 93; 4. UCSD 99; 5. Cal Lutheran
123; 6. Westmont 137; 7. Azusa Pacific
169; 8. USD 171; 9. Masters College 227.
Team Scores - NCAA Division
1. CSULB 31; 2. UCR 38; 3. USIU 76.

Overall Basilis, Morrest

27:55

27:55 27:56

27:57

28:05

46 Greg Buckner, BU

47 Glenn Wurster, AP 48 Daye Sims, AP

Kevin Gilson, PL

	Overall Results - Women	
1	Renee Berecy, USIU	18:00
2	Mona Lopez, SDSU	18:0
3	L. Morgan, USD	18:2
4	Cindi Sullivan, SDS	18:24
5	Mary Kenny, CSUF	18:27
6	Sabrina Jensen, UCSD	18:29
7	Lie Lehenbaur, USIU	18:32
8	Shannon Battles, CSB	18:39
9	Missy Levine, USIU	18:40
10	Susan Noorgard, USIU	18:40
41		

11 Stacia Larson, WC	18:43
12 Jennifer Sheflo, SDS	18:43
13 Barbara Rohman, CSUF	18:47
14 Lisa Cooper, CSB	18:51
15 Judy Thomas, AP	18:57
16 Susan Pheasant, CSUF	18:58
17 Tamsin Valdez, SDS	19:03
18 Lori Zackula, CLU	19:06
19 Lisa Allen, SDS	19:06
20 Becky Soto, CSB	19:07
21 Bessel, CSULB	19:13
22 Pam Kureger, USIU	19:18
23 Gisele English, UCSD	19:21
24 Pauline Esquibel, SDS	19:21
25 Cathy Guevana, USIU	19:24
26 Rosa Medina, CSB	19:24
27 Diane Marshall, CSB	19:29
28 Shelby Rahilly, CSB	19:45
29 Morgan, CSULB	19:46
30 Brenda Myers, PL	19:50
31 Ann James, CSF	19:53
32 Dixon, CSULB	19:56
33 Laura Douglas, UCSD	19:57
34 Brodie, CSULB	19:58
35 Yost, CSULB	20:05
36 M. Nauyokas, USD	20:05
37 Kathy Stirling, BU	20:07
38 Jennie Peters, WC	20:28
39 Ellen Sachs, BU	20:33
40 Andrea Veatch, UCSD	20:44
41 Bercus, CSULB	20:44
42 Susan Nusseak, SDS	20:45
43 Hogan, CSULB	20:57
44 Heather Wright, UCR	20:58
45 Shannon Egau, Unat.	21:01
46 Michelle Ferro, Mt. St. Marys	21:05
47 Jill Hatfield, WC	21:12
48 Wong, CSULB	21:16
49 Cynthia Morgan, MC	21:22
50 Monica Johnson, WC	21:31
Team Scores - NAIA Division	on
1, Cal State Bakersfield 37; 2.	UC San
Diego 73; 3. Westmont 94; 4. Poi	nt Loma
110 5 LIST 108 & Azues Pacific	196-7

119; 5. USD 128; 6. Azusa Pacific 136; 7. Mt. St. Mary's 179; 8. Masters College

Team Scores - NCAA Division

1. San Diego State 28; 2. Cal State Fullerton 58; 3. USIU 58; 4. Cal State Long Beach 80.

Northridge **Cross Country** Invitational

October 11. Northridge.	
Overall Results - Men's 5 Mi	
1 Ralph Garibaldi, UC Irvine	24:36
2 Dave Walsh, CS Northridge	24:44
3 Gus Mujurro, Reebok	24:45
4 Joe Nitti, UCLA B	25:03
5 Roman Gomez, USC	25:22
6 Micky Testa, USAF	25:26
7 Mike Fox, USAF	25:29
8 Vinny Losfetter, USAF	25:30
9 Dane Costley, CS Northridge	25:30
10 Dave Fresella, USAF	25:31
11 J.P. Hale, Unat.	25:31
12 Beat Ammann, UCLA B	25:33
13 Wilbert James, CS Northridge	25:37
14 Christian Murray, UCLA B	25:38
15 Derik Vett, CS Northridge	25:41
16 Caesar Garduno, USAF	25:42
17 Shawn Sandaval	25:43
18 Dan Rattary, UCI B	25:52
19 Craig Ingram, CS Northridge	26:01
20 Doug Sullivan, CS Northridge	26:05
21 Bill Lynn, UCI B	26:15
22 Craig Deboni, USAF	26:27
23 Gary Puhek, USAF	26:35
24 Greg Imlay, Unat	26:41
Team Scores:	
1. U.S. Air Force 41; 2. CS Northri	dge 50.
3. UCLA "B" 76; 4. UCI "B" 79; 5. L	
118.	
Overall Results - Women's 500	00m
1 Darcy Areola, CSUN	17:30
2 Denise Ball, UCLA	17:47
3 Julie Seleine, USC	17:48
4 Nancy Bowman, CSUN	17:52
5 Dehbie Williams UCLA	17:59

Anne Kendrick, UCLA Tina Cheney, CSUN

Katherine Riddle-Nichols, UCLA 18:13

-	9	Kim Stewart, UCLA	18:15
	10	Becky Van Zant, UCI "B"	18:16
		Kim Sterton, CSUN	18:17
		Nicole Ritchot, UCI "B"	18:23
		Elise Lyon, USC	18:28
		Shannon Clark, USC	18:32
		Heather Houston, CSUN	18:35
		C'za Azcueta, UCLA	18:42
		Pam Thompson, UCLA	18:43
		April Quacker, UCI "B"	18:44
		Teresa Poy, CSUN	18:48
		Beth Bates, Unat.	18:54
		Heather Brookes, CSUN	18:57
		Judy McLaughlin, UCI "B"	19:01
		Kiki Laborteaux, UCLA	19:02
			19:10
	24		19:19
		Leslie Noll, USC	19.18
		am Scores:	20. 2 1100
		UCLA 30, 2. CS Northridge	38, 3, 050
	13	4. UCI "B" 86.	

SCA-TAC District 5K **Cross Country** Championships

Oct. 12. Valencia. Division Results

AP GE	a onder.	
1	Steve Blum (1 30-34)	17:06
2	Tim Hampton (2 30-34)	17:17
3	Chuck Pontius (1 19-29)	17:37
4	Joe Carlson (1 35-39)	17:50
5	Inlin Johnston (2 19-29)	18:01
6	Mark Dawson (3 30-34)	18:07
7	Robert Gleeson (3 19-29)	18:11
8	Ed North (4 19-29)	18:12
9	Steve Durand (4 30-34)	18:17
10	Hugh Schenkel (5 19-29)	18:32
15	Mike MacLean (1 19&U)	19:25
29	Rita Stumps (1F 19-29)	22:34
35	Karen Callahan (1F 30-34)	23:57
37	Roberta Dill (1F 35-39)	26:20
40	& Over:	
1	Andre Tocco (1 50-54)	18:45
2	Charlle Pondella (1 45-49)	18:59
3	Don Thomas (1 40-44)	19:06
4	Glenn Deines (2 40-44)	19:23
5	Bill Crum (2 50-54)	19:43
6	Roy Pellerin (3.50-54)	19:52
7	Don McLean (3 40-44)	20:07
8	Carlos Balbona (4 40-44)	20:12
9	Ray Parker (5 40-44)	20:31
10	Denis Trafecanty (6 40-44)	20:43
16	Gina Faust (1F 45-49)	21:30
17	Gunnar Brickner (1 60-69)	21:33
19		22:17
21	Bill Stowell (1 55-59)	22:53
27	Marjorle Gilmore (1F 50-54)	23:54
46		30:20
	am Results:	
	en (29 & Under) 1. Santa Clari	
ne	rs 52:40. Masters (40-49) 1.	Santa

Clarita Runners Team A 60:13. Masters Women (40-49) 1. Culver City Athletic Club 72:55. Seniors (50-59) 1. Santa Clarita Runners 64:23. Senior Seniors (60-69) 1. Senior Track Club 74:12.

Arizona Invitational

Oct. 13. Tucson, AZ. Overall Results - Men's 8,400m Mark Roberts, Cen. Ariz 25:45 25:49 25:56 Marc Olesen, Stanford Harry Green, Texas Matt Giusto, Arizona 26:02 Chuck Trujillo, Colorado 26:06 Chris Morgan, Arizona Steve Taylor, Virg. Tech Richard Ede, Kentucky 26:13 26:21 26:21 David Halle, Illinois 26:21 10 Patrick Sang, Texas 11 Todd Weinke, Colorado 26:24 26:25 Aaron Ramirez, Arizona 26:29 13 Mike McGowan, N. Carolina 14 Jeff Cannada, Arizona 15 Tony Williams, Virg. Tech 16 John Aalberg, Utah 17 Joseph Cheleigo, Texas 26:31 26:32 26:33 26:37

18 Jeff Jacobs, Illinois

19 Noel Byrne, Texas

26:44

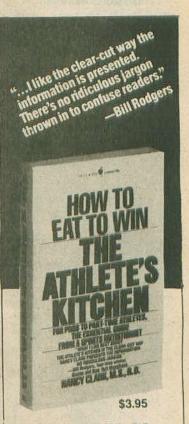
26:44

28:47

20 Jim Farmer, N.Carolina	26:47
21 Mark Junkermann, UCLA	26:51
22 Joe Leuchtmann, Illinois	26:51
23 Parris Allaire, S. Alabama	26:51
24 Ryan Stoll, Stanford	26:52
25 Tom Glass, New Mexico	26:59
Team Scores:	
Arizona 74: 2 Colorado 11	1 3 Toyas

113; 4. Illinois 131; 5. Stanford 145; 6. Virg. Tech 165; 7. N. Arizona 225; 8. N. Carolina

continued on next page...



By Nancy Clark, M.S., R.D., Nutritionist, Sports Medicine Resource, Inc. Boston, MA

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227; 9. UCLA 235; 10. New Mexico 270; 11. Navajo CC 312; 12. S. Alabama 337; 13. Weber State 346; 14. Utah 347; 15. Ken-Weber State 340; 14. Utan 347; 15. Ken-tucky 351; 16. Ft. Lewis 451; 17. Cen. Ariz. 453; 18. Marquette 472; 19. New Mex St 512; 20. NM Highl. 540; 21. Glendale 572; 22. Pima CC 612; 23. Mesa CC 668; 24. Im.

0.	11	Daniella.	- Women'	- FOOOm

1	Liz Natale, Texas	17:22
2	Annie Schweizter, Texas	17:26
3	Carol Roybal, New Mexico	17:32
4	Sandi Blakeslee, Texas	17:34
5	Trina Leopold, Texas	17:41
6	Lisbeth Brax, UTEP	17:46
7	Julia Zimmer, Marquette	17:59
8	Carol Gray, Stanford	18:01
9	Gwen Roller, Virg. Tech	18:02
10	Lisa Breiding, Kentucky	18:06
11	Marilyn Davis, Cal	18:07
12	Kelly Champagne, Texas	18:09
	Chris McNamara, Colorado	18:15
	Patricia Padorno, Kentucky	18:18
	Angela Chalmers, No. Ariz	18:21
16	Laura McCracken, No. Ariz	18:23
17	Camilla Harron, Arizona	18:29
18	Kathy Smith, Stanford	18:31
19	Audrey Pierce, Kentucky	18:31
20	Maggle Lasaga, Virg. Tech	18:33
21	Brenda Steenhof, Stanford	18:33
22	Eileen Donaghy, Minnesota	18:35
23	Celsa Bowman, Utah	18:39
	Michelle Green, Weber State	18:39
	Kim Stevens, Stanford	18:42
Te	am Scores:	
	AND RESIDENCE OF THE PROPERTY OF THE PARTY O	STATISTICS OF STREET

108 3 Colors: 1. Texas 23; 2. Kentucky 93; 3. Stanford 106; 4. New Mexico 140; 5. Colorado 144; 6. Virg. Tech 181; 7. No. Ariz 186; 8. Minnesota 192; 9. Arizona 217; 10. UTEP 226; 11. Utah 238; 12. Marquette 361; 13. Phoenix CC 392; 14. New Mex St 427; 15. S. Alabama 448; 16. Navajo CC 460; 17. Glendale 500; 18. Ft. Lewis 522; 19. Loy. Mary. 563; 20. Pima CC 586.

GSAC **Cross Country** Championships

Oct. 18. Woodward Park, Fresno.

	Overall Results - Men's 5 Mile	
1	Art Castle, CL	25:23
2	Cam Matson, PL	25:32
3	Bob Shisler, AP	25:49
4	Gus Hermes, W	25:57
5	Denis Kiely, PL	26:14
6	Mike Smith, W	26:28
7	Bill Baugh, W	26:32
8	Jim Mattson, W	26:38
9	Jim Knox, W	26:51
10	Chris Carswell, PL	27:02
11	Mac Williamson, PL	27:04
12	Eric Crump, CL	27:15
13	David Sims, AP	27:29
14	Felipe Gonzalez, FP	27:31
15	Chris Rodriquez, FP	27:42
Te	am Scores:	
1,	Westmont 34; 2. Point Loma	45; 3.
A	ore Dealth of a Call the	mai m

Azusa Pacific 85; 4. Cai Lutheran 90; 5. Fresno Pacific 122; 6. Southern Calif. 167.

	Overall Results - Women's	5000m
1	Judy Thomas, AP	18:31
2	Stacia Larsen, W	18:56
3	Lori Zackula, CL	19:08
4	Brenda Myers, PL	19:36
5	Lisa Bennett, FP	19:45
6	Carrie Graves, FP	20:09
7	Jill Hatfield, W	20:43
8	Laurie Rocker, FP	20:58
9	Angle McReynolds, FP	21:00
10	Amanda Houlton, PL	21:01
11	Rachel Porter, W	21:08
12	Monica Johnson, W	21:25
13	Stacey Glassburner, AP	21:28
14	Kim Ellis, PL	21:30
15	Kristin Farrand, PL	21:35
To	am Scores:	

1. Fresno Pacific 47; 2. Westmont 58; 3 Point Loma 65; 4. Azusa Pacific 79; 5. Cal Lutheran 104; 6. Southern Calif. 136.

Cal Poly SLO Cross Country Invit.

October 18. San Luis Obispo. 5 Mile.

	Overall Results	
1	Kevin Jones, Team Etonic	24:37
2	Jim Sterling, Anteater tC	24:39
3	Gus Quinonez, Irvine	24:48
4	Richard Graves, Irvine	24:47
5	Raiph Garibaldi, Irvine	24:56
6	Joe Rubio, Anteater TC	24:50
7	Paul Greer, SDSU	25:00
8	Juan Naranjo, SDSU	25:0
9	Jose Vega, SDSU	25:00
10	Rod Curry, Irvine	25:07

photo by Elaine Rosenfield



Kevin Jones

1	1	Michael Miner, CPSLO	25:09
1	2	Eddie Toro, CPP	25:11
	3	Mandala Kunene, Bakersfld	25:11
	4	Mike Livingston, CPSLO	25:12
	5	Rick Welhalm, Irvine	25:14
	6	Leo Lenting, Aggie RC	25:15
	7	Christopher Craig, CPSLO	25:17
	8	Pete Sweeney, Aggle RC	25:18
	9	Martin Sandoval, Jamul Toads	25:20
	0	Jim Hardimon, Fresno State	25:21
	1	David Loud, CPP	25:22
	2	Gary Borbon, Unat.	25:24
	3	Steve Perez, Unat.	25:25
	4	Erik Farien, CS Fullerton	25:28
	5	Steve Imlay, Irvine	25:30
	6	Robert Lusitana, Jamul Toads	25:33
	7	Greg Houlgate, Irvine	25:34
	89	Ellis De Sol, USIU	25:37
	0	Joe Green, Aggle RC	25:38
	1	Dave Schumacher, LongBchSt Danny Martinez, Reebok	25:39
	2	Pete Vicencio, Unat.	25:42
	3	Rick Dodson, Anteater TC	25:42
	4	Brent Griffiths, Unat.	25:43
	5	Tim Penwell, SDSU	25:44
	6	Glen Charanduk, Fresno St	25:45
	7	Dave Eagle, Unat.	25:46
	8	Ricky Martinez, Unat.	25:46
3		Robin DeSota, CPSLO	25:47
4		M. Walker, Unat.	25:47
4	1	Angel Roman, CPP	25:48
4	2	Kevin Broady, Unat.	25:48
4	3	Erich Ackermann, CPSLO	25:49
4	4	Eric Ree, LongBchSt	25:51
4	5	Jim Chaney, CPSLO	25:52
4	6	Leonard Aceves, Bakersfld	25:52

47 Gary Daily, Fullerton	25:53
48 Bobby Adams, Unat.	25:54
49 Paul Glanetto, CPP	25:56
50 Norberto Avile, Reebok	25:58
Team Scores	

1. UC Irvine 37; 2. Cal Poly SLO 124; 3. San Diego State 127; 4. Cal Poly Pomona 212; 5. Jamul Toads 212; 6. Aggie Running Club 225; 7. Fresno State 239; 8. Anteater Track Club 261; 9. Reebok Racing Club 273; 10. Long Beach State 294; 11. Cal State Fullerton 374; 12. UC Irvine "B" 438; 13. Occidental College 477; 14. UC Santa Barbara 511; 15. Cal Poly SLO "B" 520; 16. Cal State Bakersfield 538; 17. San Jose State 554; 18. Stanford Freshmen 588; 19. US International Univ. 649; 20. Long Beach City College 651.

CCAA **Cross Country** Championships

November I. Car Poly San Luis Obispo.				
Overall Results - Men				
1	Dave Walsh, CS Northridge	25:10		
2	Eddie Toro, CPP	25:27		
3	Tim Watson, UC Riverside	25:28		
4	Christopher Craig, CPSLO	25:36		
5	Mike Livingston, CPSLO	25:38		
6	Will James, CS Northridge	25:48		
7	David Loud, CPP	25:50		
8	Michael Miner, CPSLO	25:53		
9	Doug Twilleager, CPSLO	25:53		
10	Tony Young, CSLA	26:03		
11	Erich Ackermann, CPSLO	26:08		
12	Paul Gianetto, CPP	26:14		
13	Mandala Kunene, CS Bakersfle	eld26:18		
14	Hebert Saravia, UC Riverside	26:20		
15	Angel Roman, CPP	26:23		
16	Derrick Vett, CS Northridge	26:27		
17	Mark La Plant, CSLA	26:30		
18	Mark Castro, UC Riverside	26:30		
19	Doug Sullivan, CS Northridge	26:33		
20	Robin DeSoto, CPSLO	26:39		
21	Shawn Sinclair, CPP	26:49		
22	Dane Costley, CS Northridge	26:55		
23	Mike Kennedy, Chapman Col	27:01		
24	Don Reynolds, CPSLO	27:13		
25	Craig Ingram, CS Northridge	27:17		
Te	am Scores:			
1. Cal Poly San Luis Obispo 37; 2. Cal Poly				

Pomona 57; 3. Cal State Northridge 64; 4. UC Riverside 98; 5. Cal State Los Angeles 123; 6. Cal State Bakersfield 164; 7. Chap-

man College 166. Overall Results - Women

1	Sylvia Mosqueda, CSLA	16:54
2	Gladees Prieur, CPSLO	17:06
3	Darcy Arreola, CS Northridge	17:43
4	Lori Lopez, CPSLO	17:45
5	Nancy Bowman, CS Northridge	17:47
6	Kris Katterhagen, CPSLO	17:50
7	Gretchen Lohr, CSLA	17:53
8	Carol Gleason, CPSLO	17:58
9	Sherrie Roach, CPP	18:08
10	Sherri Minkler, CPSLO	18:21



Sylvia Mosqueda

11 Tina Cheney, CS Northridge	18:30
12 Tricia Molina, CPP	18:35
13 Kim Sterton, CS Northridge	18:38
14 Teresa Poy, CS Northridge	18:40
15 Colleen Donovan, CPSLO	18:42
16 Shannon Battles, CS Bakersfield	18:44
17 Heather Brookes, CS Northridge	18:51
18 Tori Pleasant, CSLA	19:03
19 Kim Ojeda, CSLA	19:06
20 Michele Miginnis, CS Bakersfld	19:11
21 Leigh Gracey, CPP	19:22
22 Rosa Medina, CS Bakersfield	19:26
23 Diane Marshall, CS Bakersfield	19:40
24 Gina Placencio, CPP	19:45
25 Heather Houston, CS Northridge	
Team Scores:	
1. Cal Poly San Luis Obispo 30: 4	Cal

State Northridge 46; 3. Cal State Los Angeles 71; 4. Cal Poly Pomona 93; 5. Cal State Bakersfield 110; 6. Chapman College 183; 7. UC Riverside 188.

PCAA Cross Country Championships

November 1. Woodward Park, Fresno.

	Overall Results - Men	
1	Ralph Garlbaldi, UC Irvine	30:52
	Gus Quinonez, UC Irvine	31:02
2 3 4	Richard Graves, UC Irvine	31:05
4	Rod Curry, UC Irvine	31:15
5	Art Escobedo, NM St.	31:23
6	Steve Imlay, UC Irvine	31:33
7	Rick Wilhelm, UC Irvine	31:39
8	Boyd Prince, Utah State	31:41
9		32:01
10	Richard Perez, NM State	32:05
11	Robert Styler, UC SantaBarb	32:16
12	Erik Farien, CS Fullerton	32:22
13	Greg Houlgate, UC Irvine	32:28
14	Dave Schumacher, CSULB	32:31
15	Robert Armendariz, NM State	32:37
16	Eric Ree, CSULB	32:39
17	Dave Cattanach, FSU	32:42
18	John Powell, Utah State	32:56
19	Bill Lybeer, FSU	32:59
20	Tim Williams, San Jose St	33:15
21	Neff McGhie, FSU	33:16
22	Rudy Miranda, NM State	33:18
23	Steve Leary, CSULB	33:19
	Scott Hakeman, CSULB	33:20
25	Lamberto Esparza, UCSB	33:25
	am Scores:	
4	UC Irving 16: 2 New Maxico State	98-3

Cal State Long Beach 103; 4. Cal State Fullerton 117; 5. Fresno State 120; 6. UC Santa Barbara 131; 7. Utah State 163; 8. San Jose State 190.

	Chaigh Hearing - Momen	
1	Jill Harrington, UC Irvine	17:09
2	Beth McGrann, UC Irvine	17:19
3	Kelly Buzza, FSU	17:23
4	Jennifer Abraham, UC Irvine	17:38
5	Amy Dabul, UC Irvine	17:42
6	Buffy Rabbit, UC Irvine	17:42
7	Stacey McAfee, FSU	17:45
8	Maureen Bradley, SDSU	17:46
9	Lori Wilson, UC Irvine	17:52
10	Janine Ogas, FSU	17:54
11	Keeley King, UC Irvine	17:56
12	Jenni Scott, CS Fullerton	18:10
14	Eileen Dyer, FSU	18:24
15	Judy Mazowiechi, CS Fullerton	18:33
16	Dianne Fairman, FSU	18:36
17	Mary Kenney, CS Fullerton	18:46
	Lisa Allen, SDSU	18:51
19	Jennifer Sheflo, SDSU	18:54
	Jacqueline Love, UNLV	18:56
21	Anne James, CS Fullerton	18:57
22	Debbie Cuttitta, UCSB	19:00
	Gina Montie, FSU	19:01
	Susan Pheasant, CS Fullerton	19:02
25	Tamsin Valdez, SDSU	19:05

Team Scores: 1. UC Irvine 18; 2. Fresno State 50; 3. San Diego State 82; 4. Cal State Fullerton 90; 5. UC Santa Barbara 146; 6. Nevada, Lai Vegas 177; 7. Cal State Long Beach 205; 8. Hawaii 208; 9. Pacific 278.

PAC-10 **Cross Country** Championships

	The state of the s	
N	ovember 1. Stanford.	
	Men's Results - 10,000m	
1	Aaron Ramirez, Arizona	30:23
2	Chris Morgan, Arizona	30:27
3	Marc Olesen, Stanford	30:42
4	Dan Fisher, ASU	30:46
5	Steve Preston, ASU	30:48
6	Curt Corvin, U of W	30:49
7	Mark Junkerman, UCLA	30:56
8	Ryan Stoll, Stanford	30:59
9	Shami Sabag, Oregon	31:07
10	Jeff Canada, Arizona	31:24
111	Brandon Maylek, USC	31:33
12	Dub Myers, Oregon	31:35
13	Brad Hudson, Oregon	31:41
14	Roman Gomez, USC	31:42
15		31:43
	Daniel Bell, U of W	31:45
	James Maxwell, Arizona	31:48
18		31:50
	Simon Gutierrez, Arizona	31:54
	Charles Alexander, Stanford	32:00
21		32:04
22		32:04
23		32:10
. 24		32:11
25		32:11
26		32:12
27		32:15
28		32:19
25		32:26
21	Loff Smith ASII	32-31

1. Arizona 49, 2. Oregon 74, 3. Stanford 76, 4. Washington 100, 5. ASU 108, 6. UCLA 114, 7. USC 160, 8. OSU 203, 9. WSU 204, 10. Cal 237.

Women's Results - 5,000m 1 Penny Graves, Oregon

BA ISS	Penny Graves, Oregon	10.01
2	Laurie Chapman, UCLA	16:56
3	Carol Gray, Stanford	16:58
4	Camilla Harron, Arizona	17:20
5	Liz Wilson, Oregon	17:25
6	Clare Feit, Arizona	17:31
7	Patricia Ley, WSU	17:32
8	Sally Wood, Cal	17:33
9	Peggy Murri, OSU	17:35
10	Kathy Smith, Stanford	17:36
11	Laura LaMena, ASU	17:39
12	Lisa Johnson, Oregon	17:43
13	Marilyn Davis, Cal	17:45
14	Lisa Braun, WSU	17:47
15	Kathy Kiernan, UCLA	17:51
16	Cory Schubert, Stanford	17:53
17	Laura Chapel, UCLA	17:54
18		17:56
19	Zenoma Kohler, WSU	17:58
20	Mary Dore, Arizona	18:01
21	Deanna Schiedler, Oregon	18:05
22	Karen Rayle, Oregon	18:05
23	Kim Van Horn ASU	18:05
24	Julie Seleine, USC	18:09
25	Kim McKay, ASU	18:12
26	Denise Ball, UCLA	18:13
27	Kim Stevens, Stanford	18:13
28	Christa Curtin, Stanford	18:14
29	Dawn Arrigoni, AZU	18:16
30		18:17
Te	am Scores:	

NAIA District III Championships

1. Oregon 61, 2. UCLA 78, 3. Stanford 84, A Arizona 99, 5. Arizona State 121, 6. Washington State 129, 7. Cal 146, 8. Oregon State 207, 9. Washington 212, 10. USC N.S.

N	ovember 1. La Mirada Park.	
	Overall Results - Men	
1	Cam Matson, Pt.Loma	25:28
2	Denis Kiely, Pt. Loma	25:34

3	Jim Knox, Westmont	25:41
4	Gus Hermes, Westmont	25:54
5	Bob Shisler, Azusa	26:02
6	Jim Mattson, Westmont	26:03
7	Mike Smith, Westmont	26:14
8	Bill Baugh, Westmont	26:26
9	Art Castle, CLC	26:39
10	Mac Williamson, Pt. Loma	26:56
11	David Withers, Biola	27:06
12	Chris Carswell, Pt. Loma	27:11
13	Curtis Schlegal, Biola	27:17
14	Terry Bishop, Pt. Loma	27:25
15	Michael Gomez, Azusa	27:27
16	Dan Elliot, Biola	27:34
	Mike Hebebrand, Biola	27:47
18	Pete Sena, Fresno Pacific	27:48
	Felipe Gonzalez, Fresno Pacific	27:49
20	Chris Rodriguez, Fresno Pacific	27:57
21	Steve Freibus, Westmont	28:00
22	Tom Davis, Westmont	28:07
	Eric Crump, CLC	28:13
24	Scott Grinsteinner, Pt.Loma	28:24
	Glen Wurster, Azusa	28:46
	am Scores:	
1.1	Westmont 28; 2. Point Loma 39; 3.	Biola
	4. Azusa 98; 5. Cal Lutheran 1	
Fre	sno Pacific 148; 7. Christ Colleg	e 201;

Overall Results - Women's 5000m 1 Sheri Opp. St. Marv's 18

	Sharropp, or mary a	10.20
2	Judy Thomas, Azusa	18:27
3	Stacia Larsen, Westmont	18:59
4	Lori Zackula, CLC	19:13
5	Brenda Myers, Pt. Loma	19:29
6	Lisa Bennett, Fresno Pacific	19:51
7	Connie Buckler, St. Mary's	19:54
8	Jennie Peters, Westmont	20:04
9	Jill Hatfield, Westmont	20:18
10	Carrie Graves, Fresno Pacific	20:27
11	Kathy Stirling, Biola	20:34
12	Renee Klemm, St. Mary's	20:57
13	Kim Ellis, Pt. Loma	20:58
14	Angie McReynols, Fres Pacific	21:01
15	Rachel Porter, Westmont	21:15
16	Loretta Giustino, St.Mary's	21:21
17	Ellen Sachs, Biola	21:27
18	Angrea Friesan, Christ	21:30
19	Laurie Rocker, Fresno Pacific	21:50
20	Margaret Wood, Pt. Loma	21:53
21	Amy Rico, CLC	21:55
22	Kris Farrand, Pt. Loma	21:58
23	Laura Godknecht, Azusa	22:12
24	Deanna Lietz, Azusa	22:13
25	Ann Griffith, St. Mary's	22:18

1. St. Mary's 56; 2. Westmont 61; 3. Fresno Pacific 74; 4. Pt. Loma 76; 5. Azusa 105; 6. CLC 144; 7. SCC 170. CCl and Biola, no

SCA-TAC X-Country Championships

November 9. Griffith Park, L.A. 10K. Overall Results

	O do tan inosumo	
1	Steve Bishop (27) W.Covina	35:24
2	James Treidler (22) Pasadena	37:31
3	Pete Magill (25) LaCanada	37:42
4	Dave VanHouten (27) S.Monica	37:55
5	Mike Gottardi (19) Pasadena	38:15
6	Ted Cotti (24) L.A.	38:27
7	Tom-Wilkinson (21) Burbank	39:02
8	Manny Tinoco (20) L.A.	39:13
9	Steve Durand (30) CanyonCo	39:24
10	Steve Crouch (40) Canyon Co	39:48
11	Ken Lemus (29) Glendale	39:58
12	David Bower (31) Torrance	40:28
13	Andre Tocco (51) SanPedro	40:35
14	Ed Lopez (27) Burbank	40:50
15	Todd Lewis (15) Burbank	41:50
16	Mike Sheehan (24) BeverlyHills	41:56
17		42:34
18		43:07
19	Bill Crum (51) Moreno Vly	43:11
20		43:56
21	Jose Salas (17)	44:37
22		44:40
23		44:59
24		45:23
25		45:42
26		45:42
27		45:50
28		45:50
29	Bob Arellanes (29) L.A.	46:12

30	Richard Belliveau (50) Northrdg	46:13
31	Antonio Sequeira (35) Glendale	46:16
32	Jim Armantrout (50) GranadaHI	46:28
33	Philip Cohen (30) L.A.	47:16
34	Keith Johnson (48) Culver City	47:24
35	Mike Segovia (14) Burbank	48:13
36	Gary Hefner (27) Long Beach	48:37
37	Gina Faust (49) WoodlandHills	48:44
38	Ron Nisbet (51) SanPedro	48:44
39	Dave Waco (54) Culver City	48:55
40	Peter Faust (50) WoodlandHills	49:04
41	Patrick Riley (42) Chino	49:26
42	Joe Volk (24) L.A.	49:44
43	Ray Gil (62) Lompoc	49:50
44	Pat Devine (58) SanPedro	50:04
45	Otto Hefner (53) SouthGate	50:12
46	Rita Stumps (24) L.A.	50:18
47	Bob Whaley (32) Long Beach	52:25
48	Larry Mendoza (15) L.A.	52:35
49	Steve Glantz (39) Santa Monica	52:35
50	Jackie Burhans (25) L.A.	55:43

PA-TAC **Cross Country** Championships

November 9, San Francisco, 10K.		
4	Overall Results - Men	31:02
1	Continue in the day	31:03
2		31:07
3	Dan Gonzalez (20-24) Aggle	31:30
4	Jeffrey Adkins (25-29) Suby	
5	Rick Gentry (30-34) PFlyers	31:52
6	David Frank (20-24) Stanford	32:05
7	Joe Green (25-29) Aggle	32:12
8	Jeff Shaver (25-29) Aggle	32:14
9	Jonathon Stokka (25-29) PFlyers	32:20
10	Leo Lenting (25-29) Aggle	32:20
11	Matt Yeo (30-34) Aggie	32:22
12	Kevin Ostenberg (25-29)	32:23
13	Peter Sweeney (30-34) Aggie	32:24
14	Dan Stefanisko (25-29) BohoRC	32:26
15	Miguel Tibaduiza (25-29) PFlyers	32:43
16	John Barrett (16) BohoRC	32:43
17	Jose Aispuro (25-29) Aggies	32:45
18	Nick Whiteside (20-24) EBS	32:48
19		32:48
20		32:49
21	Scott Buttinghausen(30-34)	32:50
22	Steve Haase (25-29) Tiger	32:53
23	Casey Reinking (25-29)	32:57
24	Jeff Atkinson (20-24) Stanford	33:00
25	Larry Guinee (20-24) Aggle	33:03
26	Dann Brown (30-34) EBS	33:06
27	David Francis (20-24) PFlyers	33:07
28	Sal Vasquez (45-49)	33:12
29	Brian McGuire (25-29) GSFTC	33:14
30	John Whiteside (25-29)	33:18
31		33:23
32		33:27
33		33:31
	Damien Curry (20-24) EBS	33:32
35	Thom Trimble (25-29) EBS	33:35
36	William Graham (25-29) Stanford	33:38
37		33:42
38		33:46
39	Paul Thomas (19&U) Jesuit	33:47
40		33:48
4		34:06
41		34:11
4:		34:12
4		34:15
	Scott Forest (20-24)	34:17
48		34:19
4		34:19
	Steve Strangio (25-29)	34:26
4	Bill Sevald (40-44) Reebok	34:33
5		34:37
5		34:45
5		34:50
	3 Joe Schleffer (35-39) EBS	34:58
5		35:02
5		35:06

56 Charles Thompson(35-39)GSFTC 35:27 57 Robert Anderson (20-24) BohoRC 35:28

35:29

35:33

35:35

35:42

35:58

35:58

58 Doug Butt (40-44) WVTC 59 David Austin (25-29) 60 Gene Dangel (35-39) EBS

61 George Green (35-39) ETC 62 Jim Hampton (40-44) 63 Helmer Aslaksen (25-29) EBS

65 Daryl Zapata (40-44) GSFTC

64 Lester Devoe (35-39)



Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to:

CT&RN 4957 E. Heaton Fresno, CA 93727

66	Chris Nunez (30-34) WVJS	36:00
	Dete Kraus (40-44) WVJS	36:01
68	Glenn Carpenter (30-34)	36:04
69		36:06
	Joe Cavanaugh (40-44) EBS	36:07
	Bill Clark (40-44) Aggle	36:11
	Dennis Tracy (40-44)	36:16
73		36:20
74		36:24
	Frank Ruona (40-44) WVJS	36:32
	Division Results - Men	

19 & Under: 1, Paul Thomas 33:47, 20-24: 19 & Under: 1, Paul Thomas 33:47, 20-28:
1, Jay Marden 31:03, 2, Dan Gonzalez
31:07, 3, David Frank 32:05, 25-29: 1
Carmel Rios 31:02, 2, Jeffrey Adkins
31:30, 3, Joe Green 32:12, 30-34: 1, Rick
Gentry 31:52, 2, Matt Yeo 32:22, 3, Peter
Sweeney 32:24, 35-39: 1, James Tracy
34:12, 2, Ernie Rivas 34:19, 3, Chris 34:12, 2. Ernie Rivas 34:19, 3. Chris Thomas 34:45. 40-44: 1. Bill Sevaid 34:33, 2. Jim Gibbons 35:02, 3. Doug Butt 35:29, 45-49: 1. Sal Vasquez 33:12, 2. Bill Meinhardt 36:20, 3. MacPherson 36:57, 50-59: 1. Fred Mattos 39:07, 2. Morton Gray 39:37, 3. Robert Malain 40:23, 60-69; 1. Karl Bollipper 46:11, 3. William Tulisales 1. Karl Bollinger 46:11, 2. Willem Tuinzing

51:42, 3. Howard Powers 52:02. 70 & Over:			
	Mel Shine 58:13.		
100	Overall Results - Women		
1	Sharlet Glibert (35-39)	37:09	
	Melissa Martel (25-29) Aggle	37:37	
2	Melissa Marter (20-20) Aggre	38:16	
3	Peggy Smyth (30-34) PFlyers	38:32	
4	Heldi Perham (25-29) GSFTC		
5	Terry Puckett (30-34) PFlyers	38:34	
6	Debbi Waldear (35-39)	38:47	
7	JIII Perry (20-24)	38:53	
8	Eileen Burger (30-34)	39:10	
9	Heather Sullivan (20-24) GSFTC	39:36	
10	Laurie Binder (35-39)	39:38	
11	Heike Skaden (20-24) PFlyers	39:40	
12	MaryAnn Scannell (25-29) GSFTC	39:48	
13	Bev Marx (30-34) PFlyers	39:55	
14	Ingrid Hemenway (30-34)	40:19	
		40:34	
15	Ellegii Dietitian (20 20) Apple	40:43	
16	Teresa Hicks (25-29) Aggie	40:49	
17			
18	Sue Brusher (30-34) Reebok	40:53	

19 Hilary Naylor (40-44) Impala 20 Julie Houston (30-34) Aggie 21 Laura Silva (20-24) 41:34 41:40 Vicki Bigelow (50-59) Aggle 23 Karen Lanterman (40-44) WVTC 24 Jackie Chen (20-24) Impala 41:51 41:56 25 Darcy Plymire (25-29) Impala 42:17 Joan Ullyot (45-49) WVTS 27 Linda Mantynen (35-39) Aggie 28 Susan Locke (25-29) Tamaipa 42:27 42:47 29 Peggy Lauelle (25-29) Impala 30 Laury Fisher (40-44) WVTC 43:03 31 Kathleen Costello (25-29)Reebok 43:12 32 Cathy Douglas (25-29) Impala 43:38 33 Heldi Poyser (45-49) PFlyers 43:39 34 Margle Timberlake(40-44)PFlyers 43:40 35 Kathyrn Crooker (25-29) Aggie 36 Kathy Walsh (25-29) Impala 43:50 37 Susan Putney (20-24) Aggie 38 Carrie Walters (30-34) Aggle 39 Anne Mott (30-34) GSFTC 44:04 44:26 40 Mary Gail Dunphy(30-34)Aggle Division Results - Women

Shannon Sisling 46:14, 20-24: 1, Jill Perry 38:53, 2, Heather Sullivan 39:36, 3, Heike Skaden 39:40. 25-29: 1. Melissa Martel Skaden 39:40. 25:29: 1. Melissa Martel 37:37, 2. Heldl Perham 38:32, 3. Mary Anne Scannell 39:48. 30-34: 1. Peggy Smyth 38:16, 2. Terry Puckett 38:34, 3. Elleen Burger 39:10. 35:39: 1. Sharlet Gilbert 37:09, 2. Debbie Waldear 38:47, 3. Laurie Binder 39:38:40-44: 1. Hillary Naylor 41:04, 2. Karen Lanterman 41:51, 3. Laury Fisher 43:03:46:91, 1 Jean Hillary A. 2. Karen Lanterman 41:51, 3. Laury Fisher 43:03:46:91, 1 Jean Hillary A. 2. Karen Lanterman 41:51, 3. Laury Fisher 43:03:46:91, 1 Jean Hillary A. 20. 2. Medicine 20:20. 43:03. 45-49: 1. Joan Ullyot 42:20, 2. Heldi Skaden-Poyser 43:39, 50-59: 1. Vicki Bigelow 41:45, 2. Marty Marcille 47:27, 3. Ruth Anderson 48:13. 60 & Over: 1. Jaclyn Caselli 52:28, 2. Kit Pickles 56:10.

California **Community College** State Meet

No	vember 15. Woodward Park, F	resno.
	Overall Results - Men	
1.	Matt Clayton, SanDiego	19:27
2	Jose Iniquez, Hancock	19:34
3	Francis Grisez, Grossmont	19:46
4	David Ottoway, Lassen	19:49
5	Dean Miller, Mt. SAC	19:52
6	Chris Hoepkner, Foothill	19:54
7	Dale Richard, WestValley	19:56
8	John Groulx, M.Costa	19:57
9	Ray Griffith, Taft	19:58
10	Tom Sera, Taft	19:59
11	Ian Leitch, Hancock	19:59
12	Mike Laird, M.Costa	20:03
13	Brock Regan, Mt. SAC	20:04
14	John Vance, Mt. SAC	20:05
15	Ryan Gilliam, S.Rosa	20:05
16	David Naranjo, Fresno	20:07
17	Henry Chio, M. Costa	20:09
18	Adolpho Lopez, Hancock	20:10
19	Roger Dix, Sierra	20:11
20	Tracy Garrison, Taft	20:11
21	Emerito Nava, San Diego	20:13
22	Jose Alcarez, OrangeCoast	20:13
23	Peter Williamson, Hancock	20:17
24	Rod Haskett, West Valley	20:18
25	Henry Morton, Oxnard	20:19
26	Tony Hernandez, Glendale	20:19
27	David Parsel, Orange Coast	20:20
28	Sal Alcaraz, Orange Coast	20:20
29	Steve Roach, Hancock	20:21
30	Alberto Gomez, San Mateo	20:22
31	Mike Anderson, San Mateo	20:23
32	Bobby Rivera, Modesto	20:26
33	Rodney Coker, AmericanRive	r 20:27
34	Jake Furber, Redwoods	20:28
35	Augie Guterrez, Saddleback	20:29
36	Jesse Llanez, Fresno	20:31
37	Mike Kriege, Foothill	20:32
38	Joe Sanders, WestValley	20:33
39	Pedram Aram, San Mateo	20:34
40	Roque Matagulay, San Jose	20:37
41	Tom Cupp, Mt. SAC	20:38
42	Richard Sanchez, Pasadena	20:38

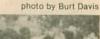
photo by Burt Davis



Ann Hayden



Ma	iteo 171, 8. Foothill 172, 9. Fresn	o 183
	San Diego 186.	
	Overall Results - Women	
1	Anne Hayden, S.Barbara	17:48
2	Teresa Barrios, M.Costa	17:55
3	Krista Wendt, West Valley	18:06
4	Harolene Walters, OrangeCoast	18:14
5	Roxanne Bier, West Valley	18:18
6	Midge Arteaga, S. Monica	18:1
7	Anne Towse, M.Costa	18:17
8	Patty Almendariz, S.Monica	18:2
9	Kim Currie, El Camino	18:25
10	Elleen Ebiner, Mt. SAC	18:27
11	Debra Sharp, Oxnard	18:3
12	Ilka Gillette, Trade T.	18:3
13	Lois Curl, OrangeCoast	18:33
14	Loratta Cruz, COS	18:34
15	Kris Slentz, M.Costa	18:34
16	Pat Story, S. Monica	18:35
17	Rhonda Ribar, Moorpark	18:40
18	Deirdre Vaughan, Saddleback	18:41
19	Laura Tavernier, Sacto	18:43
20	Patti Woodside, Chaffey	18:44
21	Tassie Norton, Taft	18:46
22	Tricia Arbogast, Diablo Valley	18:48
	Christine McGee, S.Rosa	18:47
24	Karen Courter, Grossmont	18:49
	Heather Hollahan, Shasta	18:51
26	Lili Gonzales, El Camino	19:01





Matt Clayton

27	Carol Bagley, DeAnza	19:04
	Laura Segarra, Sierra	19:05
29	Lisa Cobb, Shasta	19:10
30	Minnie Baranowski, Ventura	19:12
31	Anna Vargas, Pasadena	19:13
32	Delinda Patino, OrangeCoast	19:13
33	Susie Vaughn, M.Costa	19:14
34	Ginny Gamez, Mt.SAC	19:14
35	Linda Doniak, Shasta	19:15
36	Tiffany Shaw, Fresno	19:16
37	Jill Hoffman, El Camino	19:16
38	Tracy Woods, Ant. Valley	19:18
39	Tammy Neugent, Mt.SAC	19:19
40	Rivera Valinda, SanDiego	19:20
41	Michelle Foster, WestValley	19:21
42	Tracy Wright, OrangeCoast	19:22
43	Debble Lies, OrangeCoast	19:23
44	Barbara Frank, Gavilan	19:24
45	Barbara Crowley, Cosumnes	19:26
	Sue Nehse, Foothill	19:32
47	Toril Wold, Foothill	19:33
	Robin Eager, M.Costa	19:35
	A. clemenshaw, M.Costa	19:38
	Debbie Barron, S.Monica	19:43
Te	m Scores: 1. Mira Costa 67, 2. O	range
	ast 85, 3. Santa Monica 94, 4.	
	lley 113, 5. El Camino 133, 6. Mt	
	3, 7. Shasta 149, 8. Santa Rosa 1	
Die	iblo Valley 203, 10. Sequoias 209).



NCAA Region 8 Championships

November 15. Woodward Park, Fresno. Overall Results - Men

	Overall results - Mell	
1	Aaron Ramirez, Arizona	30:21
2	Matt Giusto, Arizona	30:22
3	Curt Corvin, Washington	30:24
4	Karl Van Calcar, Oregon St	30:27
5	Jeff Cannada, Arizona	30:28
6	Mark Junkermann, UCLA	30:30
7	Marc Olesen, Stanford	30:35
3	Richard Graves, UC Irvine	30:35
9	Shemi Sabag, Oregon	30:44
10	Art Escobedo, NM St.	30:47
11	Steve Preston, Arizona St	30:50
12	Dub Myers, Oregon	30:51
13	Harold Kuphaldt, Oregon	30:55
14	Ryan Stoll, Stanford	30:57
15	Ralph Garibaldi, UC Irvine	31:01
16	James Maxwell, Arizona	31:03
17	Doug Ihmels, Washington	31:07
18	Chad Bennion, Oregon	31:08
19	Will Kimball, Oregon	31:09
20	Jim Reinke, Washington	31:10
21	Rod Curry, UC Irvine	31:12
22	Fredson Maylek, USC	31:17
23	Gus Quinonez, UC Irvine	31:23
24	Matt McGuirk, Oregon	31:24
25	Dan Bell, Washington	31:25
26		31:27
	Tom Grewe, UCLA	
27	Victor Santamaria, UCLA	31:27
28	Jeff Smith, Arizona St	31:28
29	Steve Imlay, UC Irvine	31:29
30	Charles Alexander, Stanford	31:31
31	Brent Felt, Portland	31:32
32	Chris Cameon, Arizona St	31:32
33	Jason Flamm, California	31:35
34	Gary Daily, CS Fullerton	31:35
35	Rick Wilhelm, UC Irvine	31:36
36	Aaron Ellison, Washington	31:37
37	Steve Schadler, Stanford	31:38
38	Simon Gutierrez, Arziona	31:39
39	Adam McAboy, California	31:51
	James Alborough, Stanford	31:55
41	Glen Charanduk, Fresno St	31:57
42	Richard Perez, NM St	31:58
43	Brad Hudson, Oregon	32:00
44	Rob Styler, UCSB	32:01
45	Paul Jaspers, UCLA	32:02
46	Jim Ortiz, UCLA	32:06
47	Dave Schumacher, CSULB	32:13
48		32:14
49	Roman Gomez, USC	32:19
50	Bruce Stirling, Washington	32:20
	am Scores:	
1.	Arizona 58, 2. Oregon 67, 3. U	C Irvine

90, 4. Washington 94, 5. Stanford 118, 6. UCLA 134, 7. Arizona State 183, 8. Oregon State 233, 9. Fresno State 245, 10. CSU Long Beach 279, 11. CS Fullerton 280, 12.

Portland 299, 13. Santa Clara 347.			
	Overall Results - Women		
	Penny Graves, Oregon	16:41	
2	Polly Plumer, UCLA	16:44	
3	Carol Gray, Stanford	16:45	
1	Laurie Chapman, UCLA	16:46	
1	Marilyn Davis, California	16:53	
5	Jill Harrington, UC Irvine	16:57	
7	Cathy Smith, Stanford	17:01	
3	Kathy Kiernan, UCLA	17:09	
9	Lisa Johnson, Oregon	17:14	
10	Cory Schubert, Stanford	17:15	
11	Clare Felt, Arizona	17:16	
12	Peggy Murri, Oregon St	17:17	
13	Liz Wilson, Oregon	17:17	
14	Lisa Braun, WashingtonSt	17:18	
15	Buffy Rabbitt, UC Irvine	17:18	
16	Beth McGrann, UC Irvine	17:20	
17	Patricia Ley, Washington St	17:21	
18	Christa Curtin, Stanford	17:23	
19	Kelly Buzza, Fresno St	17:24	
20	Laura Lamena, Arizona St	17:25	
21	Mary Dore, Arizona	17:27	
22	Jennifer Abraham, UC Irvine	17:28	
23	Denise Ball, UCLA	17:29	
24	Janine Ogas, Fresno St	17:29	
	Jane Harron, Arizona	17:31	
26	Jennifer Van Horn, Arizona St	17:31	
	Libby Tyson, Oregon	17:32	
	Keeley King, UC Irvine	17:38	
	Amy Dabul, UC Irvine	17:38	
30	Deanna Schiedler, Oregon	17:39	

31	Susan Long, Oregon	17:40
32	Annie Seawright, UCLA	17:41
33	Lori Wilson, UC Irvine	17:42
34	Brenda Steenhof, Stanford	17:43
35	Stacey McAfee, Fresno St	17:44
36	Michelle Swanson, Washington	17:44
37	Tracy Bowers, Arizona St	17:46
38	Kim Stevens, Stanford	17:50
39	Laura Chapel, UCLA	17:57
40	Zenovia Koehler, Washington St	17:58
41	Macy Moring, California	17:59
42	Kim McKay, Arizona St	17:59
43	Carrie Lautner, UCLA	18:01
44	Karen Rayle, Oregon	18:01
45	Sabrina Han, California	18:02
48	Sherri Smith, Arizona	18:02
47	Jenni Scott, CS Fullerton	18:04
48	Lori Morgan, San Diego	18:04
49	Carlene Urrutia, Washington	18:06
	Julie Mullin, Portland	18:07
	am Scores:	
	ICI A CO O Clanford 70 O Com-	- 00

1. UCLA 69, 2. Stanford 72, 3. Oregon 80, 4. UC Irvine 87, 5. Arizona 153, 6. Arizona State 176, 7. Washington State 179, 8. Fresno State 198, 9. California 220, 10. Washington 284, 11. CS Fullerton 305, 12. Oregon State 313, 13. Portland 347, 14. US International 353, 15. Hawaii 446.

photo by Burt Davis

14 Brooks Boyd, Davis

15 Mike Lotter, Open 16 David Reese, Stanford 17 Ashley Probart, UCSC

19 Christopher Jones, UCSC 20 Pete Sena, Fresno Pacific

Mark Goralka, Stanford

22 Scott Schneider, Davis 23 Joe VanDeNater, Stanford

Chip Bartlett, Stanford

26 Dan Fisher, CND 27 Mike Sullivan, Unat. 28 Eric Schoen, Santa Clara

30 Jeff Kostoff, Stanford 31 Larry Morales, UCSC

Arne Hanson, Davis

33 Dave McFadden, CND

34 Rich Lucas, St. Marys 35 David Wurfel, UCSC

Matt Gough, Unat.

40 William Moore, Davis

Greg Orchard, UCSC

45 Ted Tucker, Davis 46 Ken Mock, Davis

Team Scores:

Sean Jones, Davis

37

Mike Mendoza, Santa Clara

Mick Bobroff, UC Santa Cruz

38 Pat Devine, Stanford 39 Mark Hermstein, Stanford

41 Scott McCallum, Davis 42 Andy Chittum, Santa Clara

44 Russ Delaney, Santa Clara

Troy Liddi, Santa Clara

49 Ed Ornelas, Stanford 50 Dante Rodriquez, Stanford

1. Davis 38; 2. Stanford 53; 3. College of Notre Dame 96; 4. Santa Clara 111; 5. UC Santa Cruz 139; 6. Fresno Pacific 166; 7.

Overall Results - Women Linda VanHousen, CND Sheri Opp, St. Marys

Julie Castello, Cal, Berkeley

Carolyn Wollenberger, UCSC Mary Regnito, Santa Clara

Karen Lucy, UCSC Bridget Cunningham, Cal Berk.

Kathy D'Onofrio, Open

Lorraina Ferriera, CND

Wendy Logsdon, Cal Berk.

Linda Caluo, Davis Sandrine DeMarvel, CND

Jennifer Simpson, Davis

15 Valerie Bluett, Unat. 16 Connie Buckler, St. Marys

Joan Crowley, Stanford

Karie Gravis, Fresno Pacific Elena Spight, Cal Berkeley Louise Fox, USF

Liz Derecktor, Mills Susan Horstmeyer, CND Roberta Eccles, Cal Berkeley

Molly Burke, Unat.

19 Kathy Hopkins, Menlo

Kim Himinez, CND

Cheryl Thomas, Davis

Valerie Jensen, Hayward

Shannon Lucas, Santa Clara Karin Haase, Davis

Christine Kendrick, Stanford

Lisa Bennett, Fresno Pacific Laura Wilson, Stanford

Joanne Kelley, Cal Berkeley Frances Cole, UOP

Melody Hillier, Hayward

Michelle Jarman, Davis

Tanya Peacock, Mills Heather Pieraldi, USC

Victoria Osman, Menio

48 Tina Toona, Mills 49 Judith Rosario, Hayward

Carol Clark, UOP

Laurie Rocker, Fresno Pacific

Nancy Nard, Davis

Brita Kroabel, Davis Namh O'Flaherty, Santa Clara

20 Susie Noe, Unat. 21 Valerie Guth, Mills

23

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45

20:47

20:48

Jo Barry, Cal Berkeley

Pat More, CND

18 Felipe Gonzalez, Fresno Pacific

20:53

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21:43



Aaron Ramirez nips Matt Glusto

Notre Dame Invitational

November 25. College of Notre Dame. Overall Results - Mon 1 Rico Apariclo, CND 19 19:41 Mark Callon, Stanford Bill Quirk, Santa Clara Scott Forrest, Stanford 20:06 20:12

Paul Blodgett, Davis 20:21 Mike Anthony, Davis 20:29 Sean Fain Davis 20:30 Brandon Smith, Davis 20:30 Ron Forsell, Santa Clara 20:31 10 Derrek Stordahl, Stanford 20:39

Chris Rodriguez, Fresno Pacific Robert Brown, Davis 13 Dave Bachler, CND

50 Janice Keen, Stanford Team Scores: Team Scores:

1. UC Berkeley 59; 2. College of Notre
Dame 72; 3. David 150; 4. St. Marys 182; 5.
Stanford 191; 5. Mills 191; 7. Santa Clara
204; 8. Hayward 245; 9. Fresno Pacific
260; 10. USF 267; 11. UOP 312.

U.S. Cross Country National Champs.

By Mark Winitz

November 29, Golden Gate Park, S.F.

It is hard to describe the unique beauty of herds of sleek cross country athletes as they gallop across the sun-drenched Polo Fields in Golden Gate Park. Yet it oc-curred numerous times during five separate races at this prestigious cross country event last November.

The weather was hardly your cross country stereotypical as Northern California's Indian Summer extended well into late Fall. But both the 5K (actually 5.175 kilometers) and the 10K (10.35 kilometers) courses were moderately challenging with hills, rough spots, open meadow running, narrow trails through forested groves, a one-half mile dirt "horse" track,

and a log obstacle.

The All-Comers 5K got things going as Berkeley's Peter Churney decided to try a cross country effort, and won easily in 16:36. (Churney, 29, a 1:47 half-miler, would have nabbed only 16th in the Junior Men's race that followed-but he's only recently taken up road and trail.) Minnesota's Diane Stoneking topped all-

comer women with a 20:06.
In the Junior Men's 5K, John Nuttall (a freshman at Iowa State and an Englishman), planned to sit and kick since he was the fastest miler in the field (4:02). That's exactly what he did, as he passed Jerome Gusman of Adams State in the last 100 yards to claim a 15:54 victory. However, Gusman's 15:58 second place gave him the U.S. championship (as the first U.S. Citizen). He also led the Adams State College (Alamosa, Colorado) team to victory in the team scor-

The Junior Women's 5K had a small field of 22 starters. Karen Rayle, a freshman at the Univerity of Oregon, over-took Ohio State's Carolyn Moore in mile two and held on for a 19:01 victory. Moore was passed with 150 meters left by Berkeley's Nina Liahjell, who nabbed second. (Rayle, who attends U of O on an academic scholarship finished sixth at the California International Marathon on the next weekend in 2:44.)

When the Senior Women got going on 5K route next, Massachusette's Leslie Welch was expected to give defending champ Lynn Jennings some trouble. Welch had defeated Jennings at the New England TAC Cross Country Champion-ships the week before. "It's not an am-bypamby gold course," Jennings had commented before the race, in anticipation of the battle.

Yet Welch proved her superiority by taking it out from the start, and was never challenged. Her 16:51 was a substantial margin over second-placer Suzanne Girard's 17:09. Jennings eventually outkicked Leslie Seymour for third.

Pat Porter is nicknamed "The Panther" after the black cat's tattoo that he carries on his hip. He ended up entirely in the black in the Senior Men's 10K race, as he demolished a strong international field for his fifth consecutive national title.

It wasn't even close as the lithe Porter's only challenge came from a stitch in his side that he developed at the 2-mile point. Otherwise, he led all the way, kicking it in at 30:36. Welshman Steve Jones (former marathon record holder and his country's cross country champion nine times) out-kicked 1986 NCAA 10,000 meter champ Keith Hanson for second.

Jones, who finished 10 seconds behind Porter, was only shooting for the top ten.
"I've been in the States the last two weeks and got off the board a bit," said, "I've lost some direction, Still, there's probably only one or two people in the world who could take Porter in the TAC championships."

And Porter seems to know it: "You don't take anything for granted. But if they want to let me go early, it's their business. I'm mentally prepared for any kind of race. If it comes down to out-kicking someone else at the finish-fine, I can do it."

Porter, and the first two American women finishers (Welch and Suzanne Girard-Eberle) gained spots on the U.S. cross country team going to the World Championships in Warsaw, Poland next

Top California men included Dan Gonzalez (34th, 31:47), Jay Marden (36th, 31:49), and Jeff Adkins (47th, 32:02).

photo by Mark Winitz





Pat Porter

Overall Results - Men			
1	Pat Porter, OR	30:36	
2	Steve Jones	30:46	
3	Keith Hanson, WI	30:47	
4	Richard O'Flynn	30:55	
5	Arthur Bolleau, OR	30:59	
6	Chris Fox, OR	31:00	
7	Paul Donovan	31:02	
8	Marcus O'Sullivan	31:06	
9	Thom Hunt, OR ·	31:09	
10	John Treacy	31:11	
11	Danny Henderson, OR	31:13	
12	Brian Abshire, AL	31:16	
13	Tim Hacker, OR	31:18	
14	David Swain	31:21	
15	George Nicholas	31:22	
16	Paul Craig, RI	31:23	
17		31:24	
18		31:27	
	Kris Herdt, VA	31:28	
	Kevin Ryan, OR	31:29	
21		31:30	
22		31:31	
23		31:33	
24		31:35	
25		31:37	
26	Scott Jenkins, WI	31:38	
27	Brent Barnhill	31:38	
28	Jim Cooper, NC	31:41	
29		31:41	
	Daniel Dillon, MA	31:43	
31	Charlie Bevier	31:44	
32	Paul Gompers, MA	31:45	

44

33	Steve Pinard, VA	31:47
		31:47
35	Aaron Ramirez	31:48
36	Jay Marden, CA	31:49
37	Noel Harvey, WI	31:50
38	John Esquibel, CO	31:51
39	Ken Halla, MA	31:53
40	Mark Keller, RI	31:54
41	Alan Scharsu, OR	31:54
42	Paul Aufoemberge, MI	31:55
43	Barnaba Korir, IA	31:56
44	Greg Lautenslager, MA	31:56
	Jim Klein, AZ	31:56
46	Curt Corvin, WA	31:59
47	Jeff Adkins, CA	32:02
48	Arnie Schraeder, WI	32:03
49	Tony Williams, VA	32:04
50	Matt Ebiner	32:07
65	Matt Guisto	32:31
67		32:32
88	Benito Cruz, CA	32:33
	Paul Greer, CA	32:38
83	Michael Pope, CA	32:44
87 97	Alfredo Rosas, CA	32:46
91	Harold Kuphaldt, OR Overall Results - Women	32:54
1	Lesley Welch, MA	16:51
2	Suzanne Girard	17:09
3	Lynn Jennings, OR	17:17
4	Leslie Seymour, MN	17:18
5	Sabrina Dornhoefer, OR	17:22
6	Sylvia Mosqueda, CA	17:23
7	Margaret Thomas, TN	17:25
8	Caroline Mullen, MI	17:33
9	Sue Addison	17:42
10	Kathy Pfeiffer	17:45
11	Patricia Matava, VA	17:49
12	Christine Vanatta, KS	17:50

	Janine Alello	17:51
14	Sue Schroeder	17:53
15	Julia Kirtland, MN	17:54
16	Nan Davis, OR	17:55
17	Suzanne Youngberg, IA	17:58
18	Maureen Custy	18:01
19	Carol Keller	18:07
20	Michelle Hallett, MA	18:10
21	Julia Zimmer	18:13
22	Lesley White, CA	18:15
23	Beth Metcalf, CA	18:19
24	Celsa Bowman, UT	18:19
25	Unknown	18:20
26	Sandy Forsythe, TN	18:22
27	Donna Donakowski, MI	18:23
28	Ann Manning, OR	18:24
29	Laurie King, MN	18:24
30	Leann Warren, OR	18:26
31	Adrianne Lorvick, WA	18:26
32	Lynn Nelson	18:28
33	Jody Dunston, TX	18:29
34	Marguerite Skello, OH	18:30
35	Shella Raiston, CA	18:31
36	Melissa Martel, CA	18:34
37	Liz Downing, OR	18:35
38	Maria Medina, TX	18:35
39	Lauri Sax, ID	18:37
40	Gina Vanisar, MI	18:38
41	Kris Katterhagen, CA	18:38
42	Carol Roybal	18:39
43	Ann Bond, TX	18:39
44	Bonnie Sons, MN	18:40
45	Janine Ogas, CA	18:41
46	Annetta Weber, CA	18:42
47	Susan Gregg, WA	18:42
48	Teresa Mayer, MN	18:43
49	Sharlet Gilbert, CA	18:45
50	Kelly Krijell, MN	18:47
51	Gretchen Lohr, CA	18:49
53	Sherrie Roach, CA	18:50
54	Peggy Smyth, CA	18:51
56	Joann Howard, CA	18:56
61	Kathy Kanes, CA	18:59



Lesley Welch

68 Heldi Perham, CA	19:06
70 Anne Hayden, CA	19:07
72 Jill Perry, CA	19:09
73 Mary Tracey, CA	19:10
86 Mary Ann Scannell, CA	19:24
90 Eileen Burger, CA	19:30
92 Heather Sullivan, CA	19:33
99 Rae Ann Stiger, CA	19:41
100Nanette García	19:45
101Jolie Houston, CA	19:50
Overall Results - Jr. Me	NT.
1 John Nuttall, IA	15:54
2 Jerome Gusman, CO	15:58
3 Jess Lianez, CA	16:01
4 Tom Bessal	16:07
5 Victor Santamaria	16:12
6 Eric Ashton, OH	16:13
7 Robin Card	16:13
8 Dror Vaknin, FL	16:16
9 Pat Melgares, CO	16:18
10 Jerry Fresenko, OH	16:19
11 Paul Thomas, CA	16:24
Overall Results - Jr. Won	nen
1 Karen Rayle, OR	19:01
2 Nina Liahjell, CA	19:25
3 Carolyn Moore, OH	19:26
4 Laura Romero, NM	20:00
5 Jodie Shay, MI	20:01

Road Racing

Kenwood Footrace

	-
Kenwood, 10K.	
Overall Results	
1 Kevin Jones (25) SLO	31:06
2 Colin Davidson (26) Rohnert Pk	33:54
0 T-4 P-1-1 100 P-1-1-101	1000000

Daniel McCullough (29) Sonoma 34:53 Stephen Miller (19) SantaRosa 35:11 Ron Smith (39) Healdsburg 35:24 Mark Richtman (31) Novato 35:35 9 Tim Harvey (31) S.F. 10 Bryan Mackay (17) Petaluma Division Results - Men

12 & Under: 1. David Benedetto 51:28, 2 Michael Dennis 54:12, 3. Jeff Taylor 1:08:36, 13:15: 1. Ryan Jay 44:24, 2. Michael Alexander 44:36, 3. Mark Michael Alexander 44:36, 3. Mark Cederberg 51:49. 16:18: 1. Tom Macken 34:33, 2. Bryan Mackay 35:42, 3. John Litzenberg 35:46. 19:24: 1. Stephen Miller 35:11, 2. Alec Isaberu 36:42, 3. Guy Van-natta 36:54. 25:29: 1. Kevin Jones 31:06, 2. Colin Davidson 33:54, 3. Daniel Mc-Cullough 34:53, 40-44: 1. Brendan Hutchinson 36:55, 2. Art Banos 37:55. 45-49: 1. Jon MacPherson 35:49, 2. Darryl Beardall 36:51, 50-54; 1. Craig Roland 36:30, 55-59; 1. Tom Dubay 43:19, 2. Leo Steneck 44:02, 60 & Over: 1. Herm Jensen 47:57,

Run For The Kids

Menlo Park, 10K.

Men's Results Under 40: 1. William Wagstaff 32:34. Over 40: 1. John Cobourn 34:03. Women's Results Under 40: 1. Lynn Macy 37:47, Over 40: 1. Carol Crocker 43:27.

Watermelon Run

Doug Twilleager (18-29)

3	Danny Valdez (18-29)	34:11
4	Charles Pittel (18-29)	35:20
5	Daniel Garcia (30-39)	36:16
6	Jim Weathers (30-39)	36:36
7	David Garcez (18-29)	36:44
8	Phil Brown (13-17)	36:45
9	Barney Eredia (30-39)	37:03
10	Curt Royer (30-39)	37:06
13	Gerry Holmes (40-49)	37:55
21	Nancy Galarnau (18-29F)	39:11
24	Frank Russell (50-59)	40:24
32	Stacy Wainwright (18-29F)	43:23
37	Don Lundberg (60-69)	44:13
40	Jane Russell (30-39F)	45:05
	Overall Results - 1.5 Mile	
1	Richard Johnson (18-29)	8:08
2	John Byfield (18-29)	8:29
3	George Ortega (18-29)	8:45
4	Bill Schwartz (30-39)	8:51
5	Kenneth Valentine (40-49)	9:10
6	Ron Burton (13-17)	9:46
7	Seth Kepner (30-39)	9:49
8	David Nelson (40-49)	9:53
9	Javier Aguilar (30-39)	9:58
10	Jim Branch (18-29)	10:24
14	Enrique Aguilar (50-59)	11:06
21	Kathy William (13-17)	11:57
22	Lisa Wade (13-17)	12:11
28	Mimi Graves (30-39)	12:41
30	Marlene Hinman (30-39)	12:44

Legg Lake **Evening Run**

AL	igust 30. Leg Lake. 5K.	
	Overall Results	
1	Arron Mascorro (17)	15:3
2	Jose Luis Hinojosa (23)	15:49
3	Refugio Astrad (22)	15:50
4	Juan Ramirez (20)	16:00
5	Aurelio Trujillo (18)	16:08
6	Bernie Brizvele (30)	16:06
7	Joaquin Rojas (19)	16:10
8	Paul Sandoval (27)	16:12
9	Rob Slick (30)	16:16
	Troy Smith (16)	
11		16:19
	Melchor Lopez (20)	16:23
12		16:26
	Abe Varughess (20)	18:30
14	Gilberto Ortega (21)	16:39
15	Jose Rodriguez (32)	16:55
29	Fred Mascorro (45)	17:41
	Richard Flores (51)	18:18

August 24. Merced. 10K & 1.5 Mile. Overall Results - 10K

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- Hal Higdon, Senior Writer, The Runner.

with the inside story of running should subscribe - George Sheehan, M.D.

32:35 John Wright (18-29)

continued on next page.

41	Carrie Garritson (9F)	18:18
48	Bob Landry (57)	19:01
75	Hella Ramirez (18)	21:20
79	Daniel Lujan (63)	21:45
86	Margaret Shields (47)	22:40
87	Barbara Reukema (40)	22:45
92	Jane Pops (50)	23:04
95	Heather Carritson (5F)	23:42

Westwinds Triathlon

Sept. 1. McFarland.

(1/2 mile swim, 18 mile bike, 6 mile run) Overall Results

1	John Kraetsch (29) Bkfld	1:39:57
2	Eric Chapman (21) Bkfld	1:40:43
3	Louis Gamino (25) Bkfld	1:42:19
4	Ron Lessley (29) McFarland	1:42:30
5	Bryan Timmerman (21) Bkfld	1:42:50
6	Nancy Vallance (21F) IslaVs	1:43:42
7	Philip Jordan (26) Bkfld	1:44:16
8	Andrew Gouane (22) Goleta	1:45:25
9	Jan Barglowski (19) Rdgcst	1:45:39
10	Rich Ursin (27) Bkfld	1:46:44
	Division Results - Men	

14 & Under: 1. J. Middleton, 2. Ronnie Nadal. 15-18: 1. Sloan Reap, 2. Joost DeMost, 3. Steve Derkse. 19-24: 1. Eric Chapman, 2, B. Timmerman, 3, A. Kouane, 25-29: 1. John Kratsch, 2. Paul Gamino, 3. Ron Lessiey, 30-34: 1. Jim Mitchell, Mike Tolland, 3. Jeff Lessley. 35-39: 1 Alan Bradley, 2. Bob McDonough, 3. Jerry Lessley, 40-44: 1. Ron Rodman, 2. Don White, 3. Bruce Geddes, 45-49: 1. Gary McCain, 2. A. Buchnan, 3. Waiter Brown 50 & Over: 1. Jack Eberly, 2. Don Williams, 3. Howard Knost.

Division Results - Women

19-24: 1. Nancy Valance. 25-29: 1. Lara Lowe, 2. A. Gonzalez, 3. Kathy Welsh. Lowe, 2. A. Gonzalez, 3. Kathy Welsh. 30-34: 1. Donna Lyles. 35-39: 1. Judi Thompson, 2. Vicky Rigby, 3. Martha Miller. 40-44: 1. Susan Lucas, 2. Jane Granskog. 45-49: 1. Elizabeth Saba.

photo by Mike O'Havei



Nancy Vallance

Bay to Breakfast

Sept. 7. Palo Alto. 10K. Overall Results Doug McLean (32) 33:10 David Foglesong (28) 33:12 Peter Winjum (26) 34:40 Richard Stiller (41) 35:17 Bob Henderson (38) 35:28 Abel Ramirez (21) 35:39 John Unterrener (27) 35:41 Ray Klacik (31) Manuel Ramirez (24) 35-48 35:55 Ian Mathews (35) 36:30 Ken Benjamin (42) 36:37 Nikos Mourtos (28) 36:51 Jeff Wildfogel (36) 36:56 Scott Minor (29) 36:59 15 Larry Berg (28) 37:00 Timothy Larson (30) Jack Pigott (32) 16 37:14 37:16 David Ripp (34) 37:21 19 William Johnston (37) 37:22 20 Marc Frodyma (34) 37:27 Lynn Macy (31) 37:33 Artie Alvidrez (35) 38:15 23 Doug Beyerlein (35) 38:23 Judy Leydig (35) Mark Winitz (36) 38:24 38:36 Randy Bailey (36) 38:38 Jim Peterson (16) 38:42 Heidi Hansen (26) 38:48 Gary Peichoto (36) 38:50 Floyd Gray (34) Ronald Cote (44) 30 38:56 39:08 Tom Manley (44) Lee Tomasello (39) 39:21 39:23 Brad Barton (27) Steven Duvall (30) Gary Chamberlain (39) 39:33 39:35 39:38 Don Ertel (52) 39:37 John Delarios (40) Tom McGeechan (41) 39:39 39:40 Bob Joplin (38) 39:41 John Geer (40) Suzanne Cornely (24) 39:49 42 39:52 Ashvin Saxena (17) 39:53 Sten Mawson (44) 39:55 45 Michael Noonan (33) 46 Big Al Kirkman (52) 39:58 39:57 Tim Maher (36) 39:58 Joel Hwak (33) 40:03 Michael Marsman (36) Jerry Ockerman (40) 49 40:05 50 40:07 70 Van Venable (29) 41:16 Debra Beauchamp (26) 41:30 Vudella Guerrero (23) 42:01 Toni Lovol (32) 42:39 Nancy Lane (32) 42:44 103Betsy Fraser Smith (48) 113David Weber (62) 43:06 43:30

Man-Hanover Run

46:57

Sept. 17. Griffith Park, L.A. 3.5 Mile. Overall Results

214Bob Ross (60)

300Harriet Anderson (50)

	O COLONIA LIBOURIUS	
1	Steve Bishop (27) Rockwell	16:28
2	Gary Gregory (26) Nike Inc	17:03
3	Patrick Ewing (25) Hughes	17:06
4	Joe Fabris (29) IBM	17:26
5	Joseph Young (27) LA PubWks	17:27
6	Bill McDermott (35) Rockwell	17:37
7	Michael Durkin (27) Hughes	17:40
8	Chris Spitz (22) Rockwell	17:44
9	Stephen Chipman (26) Rockwell	17:47
10	Greg Gawlik (34) Rockwell	17:52
11	Jim Ulvestad (31) JetPropLab	17:52
12	Mark Eisenmenger(23)Hughes	17:56
13	William Jordan (22) Gibson, Dunn	18:06
14	Brent Swanson (28) Hughes	18:08
15	John Letourneau(24) Hughes	18:09
16	John Araujo (28) Rockwell	18:15
17	Thomas Burns (28) TRW	18:15
18	David Silva (34) US Postal	18:16
19	Ben Wilson (38) Hughes	18:18
20	Tim Gump (28) EdmoDist	18:20
21	Paul Sandoval (27) Lockheed	18:21
22	Frank Carroll (31) Nike, Inc.	18:23
23	Steve Bitterly (30) Rockwell	18:23
	Gary Shapiro (35) Northrop	18:24
25	Eric Jensen (27) ParkerHann	18:25
2000	The state of the s	

26	Steven Durand (29) Rockwell	18:26
27	Robert Wilson (32) TRW	18:31
28	Chris Meivin (33) Kaiser Hos	18:33
29	David Graham (26) Northrop	18:37
30	Charles Hubbard (24) Geo/Sys	18:38
31	Joe Falcone (45) US Postal	18:39
32	Peter Mogg (31) Security Pac	18:41
33	Carl Maravilla (26) TRW	18:43
34	Bill Sumner (37) GtWestn	18:45
35	James Misener (26) USAF/RPL	18:50
36	Jeff Hacker (26) CocaCola/LA	18:50
37	T. Dennis Joe (40) City Nati	18:53
38	Marty Schwartz (37) Int.Mkt.Mg	18:56
39	Raymond Meyers (29) TransAmL	f18:59
40	William Read (29) JetPropLab	19:00
41	Phil Stinson (29) HiltonHot	19:00
42	George Tobar (24) TheatreVis	19:04
43	Rob Bancroft (30) Northrop	19:04
44	George Arellano (33) Raytheon	19:06
45	Jim Hughes (20) DataProd	19:06
46	Gary McGraw (27) Aerospace	19:09
47	Stan Bratt (23) USAF/RPL	19:16
48	Bob Parker (33) Nike	19:19
49	Juan Cabeza (43) VOIShanCorp	19:20
50		19:21
	Team Results - Men	
	Rockwell Int'l #1 1:27:51, 2. Hugh	108 #2

1:30:23, 3. Northrop Corp., #3 1:35:06, 4. Nike, Inc. #4 1:35:23, 5. Security Pacific #5

Team Results - Women

1. Jet Propulsion Lab #6 1:04:16, 2. Hughes #7 1:07:53, 3. Northrop Corp. #8 1:12:35, 4. First Interstate #9 1:15:02, 5. TRW #10 1:15:47.

Team Results - Coed

1. Hughes Aircraft #11 1:17:54, 2. TRW #12 1:21:17, 3. Parker Hannifin #13 1:22:10, 4. Jet Propulsion Lab #14 1:24:50, 5. Rockwell Int'l, #15 1:27:30.

St. Paul/Southfork

Sept. 20. Southfork Ranch, Dallas, Tx.

Southfork Ranch, location for the popular TV series "Dallas", became the setting for a showdown among many of the top stars of the road racing world, and when the dust had settled it was John Doherty and Lorraine Moller winning top honors and \$6,000 each in this year's St. Paul/Southfork 10K.

Doherty, Michael Musyoki, Don Janicki and Thom Hunt led a pack of 13 through the first mile of the race in 4:31, a pace that suffered from hot, muggy conditions. The pack stayed together until three miles, when Englishman Doherty, winner of this year's Peachtree Road Race, broke from the crowd and opened a slight lead on Kenyan native and Dallas resident Paul Rugut, with Michael Musyoki close behind.

I knew if I went out at three miles," said Doherty later, "that no one else would. So that's what I did."

The ploy didn't quite work, though, as Rugut caught Doherty shortly afterward, then traded the lead with the British runner before surging ahead with 200 meters to go. As the two neared the finish, though, in front of the stately white ranch house that is home to TV's Ewing family, Doherty turned the tables, sprinting past Rugut to a 29:02 victory, one second ahead of Rugut. Musyoki and fellow Ke-nyan Gabriel Kamau finished close behind to take third and fourth.

The women's race proved equally exciting, as local Dallas runner Mary Knisely set the early pace with a 5:13 first mile, then tried to steal the race during the next two miles. By three miles Knisely had a 20 yard lead on Anne Audain, with Austin resident Brenda Webb and Lorraine Moller close behind. The humid conditions took their toll on Knisely shortly afterward, though, and Audain moved into the lead, followed closely by Webb and Moller. With a mile to go Audain was tir-ing, and it was Miller's turn to surge.

I could see myself coming up on Anne," said Moller, "I thought if I was going to pass her I had better do it there."
That she did, moving quickly past her frequent New Zealand rival and racing to a 33:36 victory, seven seconds ahead of

"It's always harder to be the hunted than the hunter," noted the runner-up.

Audain was followed by Webb in 34:02, with Kim Rosenquist, Kellie Cathey, Maureen Custy and Sue Jackson taking the next four spots in a close contest. Overall Results - Men

1	John Doherty, GB, \$6000	29:02
2	Paul Rugut, Kenya, \$3000	29:03
3	Mike Musyoki, Kenya, \$2000	29:16
4	Gabriel Kamau, Kenya, \$1500	29:21
5	Paul Williams, Canada, \$1000	29:29
6	Don Janicki, Tucson, Az, \$500	29:33
7	Thom Hunt, SanDiego, \$400	29:38
8	Ibrahim Hussein, Kenya, \$300	29:40
9	Brian Sheriff, Zimbabwe, \$200	29:41
10	Sam Ngatia, Kenya, \$100	29:49
11	Sam Sitonik, Kenya	29:51
12	Geoff Smith, GB	29:59
13	Amo Masong, Tanzania	30:07
14	Arega Abraha, Ethiopia	30:20
15	Randy Reina, Arkansas	30:38
16	Jose Joao da Silva, Brazil	30:47
17	Steve Plasencia, Eugene, Or	31:07
18	Todd Harbour, Waco, Tx	31:11
19	Mark Nenow, Kentucky	31:13
20	Doug Tolson, Austin, Tx	31:19
	Overall Results - Women	
1	Lorraine Moller, NZ, \$6000	33:36
2	Anne Audain, NZ, \$3000	33:43
3	Brenda Webb, Austin, Tx, \$2000	34:02
4	Kim Rosenquist, Spokane,\$1500	34:36
5	Kellie Cathey, Colorado, \$1000	34:42
6	Maureen Custy, Ft. Collins, \$500	34:43
7	Sue Jackson, Dallas, Tx, \$400	34:50
8	Catherine Saxon-Nelson, Tx, \$300	
9	Julie Foster, Ft.Collins,\$200	36:40
10	Karen Cramond, Edmond, \$100	36:51
11	Marybeth Spencer, Austin, Tx	37:15
12	Bette Poppers, Colorado	38:50

Ultimate Runner

Sept. 20. Jackson, Michigan.

"Deuces" may be wild for George Mason when he visits this southern lower Michigan community.

The administrative law judge from El Cerrito, CA., returned here for his second effort in the Ultimate Runner – a unique road-racing affair which includes five events in one day for all participants: the 10K, 400 meters, 100 meters, mile and marathon.

Mason finished second in the Masters Division competition during his first visit in 1984, finishing with 1,597 points, 212 behind the leader, Frank Bozanich of Bothell, WA. This year he returned to finish second again, but with a high point total-1,645-behind David Oropeza's 2,004. Oropeza, 40, of Phoenix, AZ, making his

first Ultimate Runner appearance.

Mason, 42, finished first in both the 400 meter and 100 meter events; tied for fourth in the 10K; finished third in the mile; and 13th in the marathon.

Points are awarded based on a person's time and how close that time is to that event's world record.

Mason's efforts were worth \$550

Another Californian, Carlos Arellanes 30, of Montebello, finished 24th in the men's Open Division with 1,209 points. Roger Soler, 26, of San Antonio, Tx, was declared the Ultimate Runner male with 2.461 points.

Arellanes, running in his third Ultimate Runner, finished 21st last year with 1,224 points. He was 23rd the year before with

Overall, 94 runners from 21 states and five countries entered the fourth annual Ultimate Runner. Eight-eight finished - 77

men and all 11 women who started.

Detroit's Ella Willis, 28, won her third consecutive Ultimate Runner Female title with 1,297 points.

Walnut Festival Run

Se	pt. 21. Walnut Creek. 5K.	
	Overall Results	
1	Bryan Mayberry (22-29)	15:18
2	Steve Zirkelbach (14-17)	15:28
3	Mark Gregor (22-29)	15:46
4	Allan Smith (22-29)	15:52
5	Richard Salazar (18-21)	15:57
6	Richard Whitewater (40-49)	16:20
7	Mike Hutten (30-39)	16:27
8	Rick Reitz (14-17)	16:35
9	Jim Reitz (40-49)	16:36
10	Rick Maralda (22-29)	16:41
11	Eric Smith (14-17)	16:43
12		16:44
13	Paul Skokowski (30-39)	16:46
14	Mike Mahoney (14-17)	16:48
15	Tom Powell (18-21)	16:58
16	Ernie Morua (22-29)	17:31
17	Steve Knied (14-17)	17:42
18	Bernie Keary (22-29)	17:51
19	Richard Rodriquez (50-59)	17:55
20	Pat Mahoney (14-17)	17:57
21	Trent Speedzen (14-17)	17:58
22	Todd Stevens (14-17)	18:05
23	Malcolm Scotchler (40-49)	18:12

Division Results - Men 10 & Under: 1. Michael Scott 20:55, 2. Jon Sargent 21:43, 3. Scott Pierce 22:38. 11-13: 1. Paul Ward 18:27, 2. Shawn Wattles 18:44, 3. John Downing 18:55, 14-17: 1 Steve Zirkelbach 15:28, 2. Rick Reitz 16:35, 3. Erie Smith 16:44. 18-21: 1. Richard Salazar 15:57, 2. Tom Powell 16:58, 3. Dunn Euedle N.T. 22-29: 1. Bryan Mayberry 15:18, 2. Mark Gregor 15:46, 3. Allan Smith 15:52. 30-39: 1. Mike Hutten 16:27, 2. Paul Skokowski 16:46, 3. Carl Anderson 18:22. 40-49: 1. Richard Whitewater 16:20, 2. Jim Reitz 16:36, 3. Malcolm Scotchier 18:12. 50-59: 1. Richard Rodriquez 17:55, 2. Warren Perry 20:45, 3. James Worley 20:53, 60 & Over. 1. Mac Osborn 20:54, 2. Robert De Cherere 21:04, 3. Theodore Fick 23:45.

18-18

24 Earnon Cook (40-49)

25 Carl Anderson (30-39)

Division Results - Women 10 & Under: 1. Colleen Plimier 25:45, 2. Nicole Ruiz 26:34, 3. Jodie Horn 26:41. 11-13: 1. Nika Horn 19:09, 2. Lisa Scott 22:09, 3. Bridget Foley 22:41. 14-17: 1. Staci Brunton 20:02, 2. Kelly Beles 23:32, 3. De Sur Fallas 27:34. 18-21; 1. Amemarie Hofer 30:01. 22-29: 1. Robyn Root 16:44, 2. Darcy Plymire 19:09, 3. Shelley Matthews 22:34. 30-39: 1. Barbara Reid 19:27, 2. Susan Lancaster 20:37, 3. Cheng-Er Mehmadbasich 21:15. 40-49: 1. Camile Creanze 22:42, 2. Nancy Pelayo 23:23, 3. Sybll Byrnes 25:59. 50-59: 1. Maryanne Perry 22:59, 2. Irene Obesa 24:30, 3. Velta Gill 24:35. 60 & Over: 1. Betty Todd 34:29.

Pacific Crest Trail Ultramarathon

-		_
Se	ptember 21. Squaw Valley.	
all.	Overall Results - 14.2 Miles	
1	Marty Higginbotham(30)Visalia	a 2:24:40
2	John Cobourn (40) Soda Spr	2:31:00
3	Michael Johnson (35) Truckee	2:42:05
4	Nikos Mourtos (28) Sunnyvale	2:42:53
5	David Mahan (28) Reno	2:47:06
6	Steve Smith (40) Incline Vig	2:47:23
7	Will Thomas (28) Novato	2:58:04
8	Clifford Snowman (33) Mill VIV	3:00:02
9	John Green (38) Reno	3:00:02
10	Rick Simonsen (25) Orangevale	3:00:02
	Overall Results - 28.4 Miles	
1	Jim King (29) Grass VIy	4:49:58
0	Crain Moore (33) Placemille	E-00-00

Michael Duncan (36) SanMateo 5:10:30 Tom Eckert (27) TahoeCity

5:29:54

- 945,0	Brace For Borotolla Tracella	D. C		
6	Pat Whyte (38) Cool	5:37:55		
7	Alfred Bogenhuber(46)SanMat	5:49:15		
8	Robert Sobsey (35) Reno	6:12:12		
9	Eric Evers (37) Newcastle	6:22:35		
10	Larry Geisinger(35)PebBch	6:22:35		
	Overall Results - Relays			
1	O'Halloran, Townsend	4:34:44		
2	Jones, Alexander	4:43:37		
3	Purcell, Daniels	4:52:34		
4	Dykhouse, Iventosch	4:55:22		
5	Wright, Miles	4:57:09		
6	Leighton, Larson	5:03:23		
7	Mellor, Burger	5:04:40		
8	Waller, Chevaller	5:13:11		
9	Bunnell, Bunnell	5:26:26		
10	Thibeault, Coburn	5:28:08		
Division Results - Men's Half				
16-	16-29: 1. Nikos Mourtos 2:42:53. 30-39: 1.			

5 Bruce Von Borstel/41)Georgin 5:34:44

Marty Higginbotham 2:24:40. 40-49: 1. John Cobourn 2:31:00. 60 & Over: 1. Ralph Pidcock 4:48:19.

Division Results - Women's Half 16-29: 1. Cathle Chavez 3:00:27, 30-39: 1. Jackle Walker 3:30:30.

Division Results - Men's Ultra 16-29: 1. Jim King 4:49:58. 30-39: 1. Craig Moore 5:06:02. 40-49: 1. Bruce Von Borstel 5:34:44. 50-59: 1. Ron Ogilvie 7:09:15.

Division Results - Women's Ultra 30-39: 1. Pam Rowland 7:46:28. 40-49: 1. Edith Bogenhuber 7:30:11.

Division Results - Relays Men's Open: 1. Denis O'Halloran, Jeff Townsend 4:34:44. Men's Masters: 1. Brian Purcell, Roger Daniels 4:52:34. Women's Open: 1. Wink Luskin, Rebecca Sarah Dixon 5:49:52. Coed Open: 1. Bernie Mellor, Elleen Burger 5:04:40. Coed Master's: 1. Jean Spirlock, Bob Suter

Founders Day 10K

Sept. 21. San Jose.			
	Overall Results		
1	Allen Neel (30)	32:44	
2	Efrain Aguilar (18)	32:44	
3	Richard Flores (30)	32:45	
4	David Garcia (30)	33:46	
5	Tim Rostege (40)	34:46	
6	Patrick Mulligan (18)	34:51	
7	Michael Arevallo (18)	34:52	
8	Steve Cote (18)	34:52	
9	Andrew Zoldake (17)	34:54	
10	Michael Brown (30)	34:57	
11	Steve Tietz (30)	35:15	
12	Larry Dunham (18)	35:21	
13	Eric Pugh (30))35:21	
14	Wolfgang Shawer (30)	35:25	
15	Norm Gould (30)	35:37	
16		35:41	
17	Roger Zolldan (30)	35:41	
18	Donald Klentzy (30)	35:43	
19	Ken Benjamin (40)	35:44	
20	Lou Armstrong (18)	36:42	
21	Randy Simmons (30)	36:43	
22	Gregory Martin (40)	38:53	
23	David Fergus (18)	37:09	
24	Bill Mack (30)	37:12	
25	Nektarios Butterfield (18)	37:19	
26	C.J. Prone (17)	37:26	
27	Les Glasgow (30)	37:29	
28	Geary Edward (30)	37:43	
29	Stephen Butcher (18)	37:45	
30	Unknown Runner	37:49	
31	Michael Dilalio (18)	38:12	
32	Bill Bengiverno (40)	38:16	
33	Digger O'Brien (30)	38:22	
34	John Bulash (40)	38:24	
35	Ray Clemo (30)	38:25	
38	Judi Shade (40F)	38:28	
37	Dan Bingham (17)	38:35	
38	Edward Engler (30)	38:38	
39	Fernando Siqueiros (18)	38:48	
40	Rick Paul (30)	38:56	
41	Stephen Houck (18)	39:04	
42	Gregory Miller (30)	39:05	
43	Greg Bostrom (30)	39:05	
44	Carlos Sinqueiros (30)	39:09	
45	David Wytok (40)	39:14	
48	Tom Worrell (40)	39:25	
47	Karen Munoz (18F)	39:36	
48	Craig Eldridge (18)	39:38	
49	Bruce Victorine (18)	39:40	
40	Dides Alctoring (10)	39.40	

50 Dennis Minato (30)	39:40
58 Victor Versteeg (50)	40:25
65 Rosemary Siegfried (30F)	41:18
67 Kristine Morella (40F)	41:32
69 Bill Barclay (50)	41:44
71 William Schwartz (50)	41:56
92 Barbara Zolldan (30F)	42:59
111George Carroll (60)	43:45
148Diane Bromstead (50F)	47:06
165Jaclyn Caselli (60F)	48:34

Simi Valley Bank Round-Up Runs

from Barbara Williamson

Sept. 27. Simi Valley, 5K & 10K. Division Results - Men's 5K 12 & Under: 1. B. Tessman, 2. S. Walden, 3. M. Voell. 13-19: 1. J. Haggenmiller, 2. B McLanna, 3. M. Hatch. 20-29: 1. B. Caro, 2. M. Westerline, 3. E. Kitchen, 30-39: 1. J. Calhoun, 2. J. Fox, 3. R. Golding. 40-49: 1.

Eino, 2. J. Jacobsen, 3. N. Duarte. 50-59: 1. K. Nelson, 2. L. Ruiz, 3. Friedman, 60 & Over: 1. E. Stotsenberg, 2. D. Miller; 3. S. Nuefeld. Handicapped: 1. C. Peterson. Division Results - Women's 5K 12 & Under: 1. M. Johnson, 2. R. Feit, 3. M.

Bishop, 13-19; 1. B. Duarte, 2. S. Maben, 3. S. Tobeck. 20-29: 1. K. Sherman, 2. G. Hoover, 3. L. Fisher. 30-39: 1. M. Tiff, 2. F. Vargas, 3. L. Keegan. 40-49: 1. D. Chilcote, 2. C. Forster, 3. S. Murphy. 50-59: 1. J. Stuart, 2. I. Krans, 3. Y. Maloney. 60 & Over: 1. D. Wong, 2. J. Frankman, 3. D. Stotsenberg.

Division Results - Men's 10K 13-19: 1. Haggenmiller, 2. T. Martinez, 3. R. Karayan, 20-29: 1. R. Hollister, 2. R. R. LeDesma, 3. A. Van Veen. 30-39: 1. J. Hushes, 2. J. Hiroshima, 3. K. Gerry. 40-49: 1. B. Milain, 2. D. LaRon, 3. T Sumner, 50-59: 1. D. Hosek, 2. F. Vasquez, 3. Medina. 60 & Over: 1. P. Simon, 2. J. Gonzales. Handlcapped: 1. P. Manocchio, 2. D. Caron, 3. D. Moran

Division Results - Women's 10K 20-29: 1. M. Bullock, 2. T. Ingram, 3. K. Ireland. 30-39: 1. E. Triplett, 2. T. Hom, 3. Hickle. 40-49: 1. J. Momita, 2. C. Ohlrich, 3. S. McCoy. 50-59: 1. L. Hurrell.



Tokay Triathlon

From Ken Israel

Sept. 27. Lodi.

100	Overall Results	om swim,	
1	Brett Greene (17)	13:14	
2	Jonathan Smit (24)	13:22	
3	Alberto Lopez (21)	14:25	
4	Dave Trombino (33)	14:28	
5	Mike Gaisford (30)	14:29	
6	Justin Redfearn (15)	14:30	
7	Jeff Siddle (20)	15:07	
8	Mike Pearson (14)	15:11	
9	David Alonzo (14)	15:32	
	Andy Steinheimer (14)	15:33	
11	Bill Gillingham (42)	15:44	
	Ronald Calaza (28)	15:53	
13	John Hunt (25)	15:54	

14	Corey Jara (15)	15:5
15	Heath Glernon (14)	15:58
17	Jack Riley (54)	16:1
23	Kathy Kraham (34)	16:30
	Kelli Emerick (16)	16:33
	Debbie Dahlhauser (16)	16:45
33	Elizabeth Hatch (27)	17:02
	Jennifer Qualls (14)	17:24
	Vic Lyons (61)	19:55
		10000

Indian Summer Run

Sept. 27. Atascadero, 10K.

	Overall Results	
1	Matthew Armbruster	33:15
2	Chuck Marble	38:03
3	Kenneth Trapp	39:54
4	Don Jones	42:16
5	Cindy Williams	46:20
9	Mary Stallard	52:14
10	Joanie Virgii	58:46

San Bruno Mountain Elfin Run

Sept. 27. Mt. San Bruno. 7.2 Mile.

	Overall Results	
1	Mike Sullivan (26) San Bruno	46:25
2	Nikos Mourtos (26) Sunnyvale	46:54
3	Mark Pacelli (31) Daly City	46:57
4	Marc Frodyma (34) Menlo Park	50:20
5	Ken Knaus (29) Cupertino	50:25
6	Ron Tanaka (40) San Jose	50:31
7	Mike Guerrero (23) S.S.F.	51:46
8	Mark Ritchey (36) Oakland	52:01
9	James Hult (39) San Mateo	52:17
10	Ed Willard (35) S.F.	52:28

Division Results - Men 29 & Under: 1. Mike Sullivan 46:25, 30-39: 1. Mark Pacelli 46:57, 40-49: 1. Ron Tanaka 50:31. 50-59: 1. Dick Collins 1:00:30. 60 & Over: 1. Karl Bollinger 58:47.

Division Results - Women 29 & Under: 1. Kathleen Hopkins 59:59. 30-39: 1. Kim Rupert 52:28. 40-49: 1. Carolyn Thompson 1:04:51, 50-59: 1, VI vian Rodriguez 1:20:05.

Born To Run

September 27. Legg Lake. 2 Mile.

The 2nd annual Born to Run 2 Miler was a little bigger and lots faster this year than last. Six men went sub ten, all under the course record of 10:14 set by German Alonso, who returned this year to defend his title and ran a very fast 9:53 but this would only place him 4th. In front of German was Paul Sandoval in 3rd, 9:46, Ben Wilson 2nd in 9:41 and John R. Nomura who posted mile one in 4:42 and finished strong for a final time of 9:30. Rob Slick ran a fine 9:54 for 5th place and George Dinsmore placed 6th in a fast 9:57. Kieran Sheriock (10:04) 7th place and David Nunez (10:11) 8th place didn't make it under ten flat but did break the old course record.

A new course record was also set in the women's side as Erica Lansdown and Lorena Ramirez finished a very close 1st and 2nd with Erica winning out in the end 11:58 to 12:02. Kathy Hoover was the 3rd woman in 14:06.

The Kid's division was once again "HOT" as Team Aztlan lead the way just as last year. Lucio Ocampo and Maria Sara Flores both last years winners and both from Team Aztlan were top finishers once again. Lucio's time of 11:06 placed him 15th overall. In 2nd place was Mickey Fortie, 11:44, followed by Jorge Martinez in 11:51. Maria was 28th overall in 12:20 with Teffany Smith in at 12:59 and Norma Pantoja taking 3rd for the girls division in 13:27



Scott Molina

Bud Light U.S. **Triathlon Series**

Sept. 27. Hilton Head Island, S.C.

Scott Molina is still the only man ever to win a Bud Light U.S. Triathion Series

(USTS) National Championship. For the fourth year in a row, Molina walked away with the national title in winning the Bud Light USTS season finale at Hilton Head Island, S.C. on Sept. 27. Molina's winning time of 1 hour, 49 minutes and 23 seconds marked his 27th career win on the Bud Light USTS circuit half of the USTS races held since the Series began in 1982.

Four-time Bud Light Ironman champion Dave Scott, 32, of Davis, Calif., ran the fastest 10K of the day to take second place. Scott's finish time of 1 hour, 50 minutes and 11 seconds beat his Hawaii rival, Scott Tinley, 29, of Encinitas, Calif., by 48 seconds. The two meet on Oct. 18 in Kona for the 10th running of the Bud Light Ironman World Championship triathion.

Victory was especially sweet for 25-year-old Kirsten Hanssen of Denver, Colo. In winning the National Champion-ship - which she did with a margin of more than three and a half minutes -Hanssen also earned the most points in the AT&T National Pro Rankings to win the Coca-Cola Grand Prix as the #1 woman of the 1986 Bud Light USTS national circuit. Her finish time was 2 hours, 2 minutes and 27 seconds.

The youngest pro in the women's field, Beth Mitchell of Haslett, Mich., took second place in 2 hours, 6 minutes and 5 seconds. Now 22, Mitchell won the '84 Bud Light USTS national title when she was only 20.

It was her strength on the run that won the race in 1984 and it was that same strength that brought Mitchell to the finish line in 2nd place in '86. Out of the water 21/2 minutes in back of the leaders, Mitchell came off the bike 4 minutes behind Hanssen and caught 5 runners on the 10K course.

Though 28-year-old Carol Beck of Dallas, Texas, competed as an amateur in the women's 25-29 age-group division, her finish time of 2 hours, 6 minutes and 27 seconds was fast enough to take 3rd place overall among the pros. Jane Newell of Reston, Va., another competitor in the 25-29 division, took 8th place overall.

More than 1,500 specially invited amateur and professional triathletes from throughout the country competed in the National Championship.

Water conditions were excellent; the day-time high hit 97 degrees with high humidity, breaking regional weather records set in 1900. Distances: 1,500 meter swim, 24.4-mile bike (a 180-degree turn was eliminated from the original 40K course), and 10K run.

Overall Results - Men 1 Scott Molina, Boulder, CO

2	Dave Scott, Davis, CA	1:50:1
3	Scott Tinley, San Diego	1:50:59
4	George Hoover, Boulder, CO	1:52:00
5	Richard Wells, Cardiff, CA	1:52:35
6	Curtis Alitz, NewPortNews, VA	1:52:42
7	Harold Robinson, Ithaca, NY	1:52:58
8	Ken Glah, Newtown Sq.,PA	1:53:57
9	Clark Campbell, Coffeyville, KS	1:54:10
10	Mike Pigg, Arcata, CA	1:55:00
11	Jim Riccitello, Tucson, AZ	1:55:20
12	John Zullhof, Houston, TX	1:55:29
13	Mac Martin, Pittsburgh, PA	1:55:3
14	Bruce Silvano, Litehouse Pt, PA	1:55:53
15		1:56:28
16	Robert Roller, Tallahasse,Fl	1:56:49
16		1:56:49
18	Steve Fitch, W.Chester, PA	1:57:23
19	Bryan Fahrenbach, Clovis, Ca	1:57:2
20	Edward Boggess, Clarksvil, MD	1:57:3
21	Richard Browne, TorntoOnt, CN	1:57:59
22	Chris Roberts, Huntsville, AL	1:58:0
23	David Denney, Sarasota,FL	1:58:10
24	John Nagel, Eugene, OR	1:58:2
25	Bob Reuther, Newark, DE	1:58:27
26	Nick Taylor, Ontario	1:58:40
27	James Brady, Austin,TX	1:58:47
28	Jeffrey Cuddeback, Apopica, FI	1:59:00
29	Perry Toles, Roswell, NM	1:59:16
30	Mark Hinson, Columbia, SC	1:59:3
31	Joel Thompson, Amarillo, Tx	1:59:5
32	Bob White, Truckee, CA	2:00:2
33	John Devere, BassLake,CA	2:00:26
33	Stewart Holm, Washington, DC	2:00:20
35	Murray Banks, Bethel, VT	2:00:29
36	Jay Wall, Columbus, OH	2:00:39
37	Rick Kiddle, LaJolla,CA	2:00:4
38	Greg Smyers, W.Acton, MA	2:00:44
39	Kevin Moats, Atlanta, GA	2:00:48
40	Jeff Moffit, Fresno, CA	2:00:49
41	Craig Casten, Euclid, OH	2:00:50
42	Wally Buckingham, PacBch, Ca	
43	Richard Andrew, Tampa, FL	2:00:58
44	Duncan Thomas, S. Barbara, CA	
44	Paul Laymon, Charleston,SC	2:01:08
46	Bradford Rex, Lexington, KY	2:01:00
47	John Simnril, HighPoint, NC	2:01:2
48	Peter Cazalet, LosAltosHI,CA	2:01:24

	Bradioid Flori Loving Collins	Married Everber
47	John Simnril, HighPoint, NC	2:01:22
48	Peter Cazalet, LosAltosHI,CA	2:01:24
49	Jeff Storie, Corvallis, OR	2:01:26
50	Rob Mackle, Bloomington, IN	2:01:30
	Overall Results - Women	
1	Kirsten Hanssen, Denver, Co	2:02:27
2	Beth Mitchell, Haslett, MI	2:06:05
3	Carol Beck, Dallas, TX	2:06:27
4	JIII Hernandez, Chico, CA	2:07:31
5	Jann Girard, Austin,TX	2:07:45
6	Debbie Kauziarich, Boulder	2:08:16
7	Jan Ripple, BatonRouge,LA	2:08:27
7	Jane Newell, Reston, VA	2:08:27
9	Karleen Crowell, Ft.Land, FI	2:09:44
10	Elizabeth Bulman, Columb, MD	2:10:03

11	Karen Smyers, Somerville, MA	2:10:33
12	Marguerite Meyer, Las Lomas	2:11:06
13	Nancy Harrison, Bellevue, WA	2:11:12
14	Linda Webster, Austin, TX	2:11:30
15	Paula Johnson, Tallahassee, FI	2:11:34
16	Laurie Samuelson, Sofield, MI	2:11:49
17	Kimberly Ginder, Somervil, MA	2:12:02
18	Rives Girard, The Woodland, Tx	2:12:05
19	Karen McKeachie, Ann Arbor, Mi	
20	Karen Maney, Edina, MN	2:13:03
21	Susan Kammer, Bellevue,WA	2:13:15
22	Pam Wolters, Arlinton, VA	2:13:17
23	Missy Uhl, W Lafayette, IN	2:13:28
24	Kimberly Mosley, StoneMt.GA	2:13:34
25	Kristina Lipe, Cincinati,OH	2:13:43
26	Liz Downing, Portland, OR	2:13:53
27	Kathy Curtiss, Livonia, MI	2:14:12
28	Julie Billingsley, Washing, DC	2:14:26
29	Beth Lutz, San Diego	2:14:39
30	Anne McDonnell, Minneapolis	2:15:18
31	Donna Lange, Riverside, CA	2:15:27
32	Heidi Winters, Evanston, IL	2:15:54
33	Laura Harrington, DaytonaBch	2:16:06
34	Beth Schlener, Bethlehem, PA	2:16:24
35	Mary Orr, Dallas, Tx	2:16:30
36	Diane Gulp, Golden Vly, MN	2:16:41
37	Sherri Andrews, Norman, OK	2:16:47
38	Jane Snyder, BatonRouge, LA	2:16:48
39	Treva McLean, BannerElk,NC	2:16:59
40	Lisa Laiti, Clifton, VA	2:17:12
41	Shawn Fredricks, Janeville, WI	2:17:15
42	Karen Baney, Bloomington, IN	2:17:27
43	Vickie Morrison, CampHill, PA	2:17:29
44	Sonya Booth, W.PalmBch,FL	2:17:39
45	Jan Mossel, Littleton, CO	2:17:48
48	Barbara Aja, Indianapolis,IN	2:17:52
47	Claire McCarty, So.LkeTahoe	2:18:05
48	Leslie Aaron, Naples, FI	2:18:12
49	Terri Haber, Cincinnati,OH	2:18:13
50	Paula Ehrle, Springfield, OH	2:18:15

Women's Challenge Triathlon

Sept. 28. Antioch. (1 Mile Swim, 7 Mile Run, 22 Mile Bike)

	Overall Results	
	Liz Black Team, Ukiah	2:16:23
2	Dianne Garcia Team, Mill Vly	2:17:10
3	Judy Sambrallo, Menlo Park	2:19:57
1	Carolyn Kovacevic, San Jose	2:23:51
5	Mo Begley Team, Santa Clara	2:24:01
3	Cynthia Nesvig, San Mateo	2:27:53
7	Nancy Stover, Berkeley	2:30:12
3	Stephanie Danzig, Walnut Crk	2:33:10
)	Laura Macniel, Pt. Richmond	2:36:31
10	Joanne Flynn, Berkeley	2:43:07
	Division Results	

19 & Under: 1. Pica Lockwood 2:55:23. 20-29: 1. Judy Sambrailo 2:19:57. 30-39: 1 Carolyn Kovacevic 2:23:51. 40-49: 1. Carole Mawson 2:44:56. 50-59: 1. Vinnie

City to Port Run

from Vicki Fisher

Sept. 28. San Luis Obispo.

- 171	Overall Results	
1	Steve Flynn (30-39) Aggle	58:12
2	Danny Kereckman(18-29)F Flyer	s58:12
3	Juan Garcia (30-39) Visalia	59:33
4	Elmer McPhail (30-39) SLO	1:00:21
5	John Henley (18-29) SLO	1:02:17
6	Brad Curry (18-29) SLO	1:03:11
7	Richard Quintero(30-39)Orcutt	1:03:33
B	Andrew Estrada (18-29) SLO	1:03:33
9	Dennis Grossini(30-39)Lompoc	
10		1:06:03
11	Bobby Wright (18&U)Bakersfld	1:06:08
12	Stephen Wyer (30-39) SLO	1:07:04
13		1:07:07
14		
15	John Blair (30-39) Atascadero	1:07:27
	Division Results - Men	

18 & Under: 1. Bobby Wright 1:06:08, 2. David Hindler 1:44:24. 18-29: 1. Danny Kereckman 58:12, 2. John Henley 1:00:02, 3. Brad Curry 1:00:03. 30-39: 1. Steve Flynn 58:12, 2. Juan Garcia 59:33, 3. Richard Ouintero 1:00:21, 40-49: 1, Joseph Bird 1:07:27, 2, Larry Jamison 1:07:50, 3, Dor-nish 1:08:05, 50-59: 1, Don Magyari

1:12:06, 2. Bill Winstanley 1:12:44, 3. Garry Brown 1:13:02. 60-69: 1. Jack Kirkpatrick 1:24:15, 2. Walt Erickson 1:32:53, 3. Joe Norris 1:35:01. Wheelchair: 1. Peter Brooks 53:39, 2. Rory Cooper 53:40, 3. Fred Tomkins 1:15:00.

Fred Tomkins 1:15:00.

Division Results - Women

18 & Under: 1. Misty Moore 1:24:26, 18-29;
1. Shannon Dial 1:15:53, 2. Laurie
Gladstone 1:18:30, 3. Pam Boyles 1:19:01,
30-39; 1. Dana Tryde 1:12:17, 2. Rebecca
Wyer 1:16:31, 3. Carrie Walters 1:17:33. 40-49: 1. Velma Bowden 1:29:46, 2. Jill Carlson 1:31:42, 3. Kari Barrett 1:33:19. 50-59: 1. Pat Winstanley 2:00:53. Wheelchair: 1. Candace Brooks 54:12.

Lake Merritt J & S Fourth Sunday Run

16:12

September 28. Oakland. 5/10/15K. Overall Results - 5K 1 Colin Cooper (22) Berkeley

2	Andrew (18) Berkeley	16:22
3	Gary Chan (27) Sunnyvale	17:38
4	Richard Harris (26) SanJose	18:12
5	Lee Groyon (48) ElSobrante	18:38
6	Bill Floberg (52) S.Maria	18:44
7	Javier Avila (34) SanJose	18:49
8	Kellin Cooper (19) Berkeley	18:49
9	Julie Giacomini (22)	19:11
10	Chris Stevenson (15) Oakland	19:23
	Overall Results - 10K	
1	Joe Schieffer (35) Oakland	32:54
2	Bill Auld (29) Alameda	37:27
3	Paul Panichelli (25) SanRafael	37:35
4	Roger Sharpe (45) Berkeley	38:44
5	Jack Zakarian (34) Vallejo	38:57
6	Don Hildebrand (54) Orinda	40:10
7	Mark Ikemoto (28) PaloAlto	40:57
8	Sylvia Catin (30) Alameda	44:00
9	Terry Wright (34) Oakland	48:07
10	Gary Gerhard (42) Alameda	48:21
	Overall Results - 15K	
1	Jacque Pitter (40) Fremont	55:43
2	Searcy Barnett (39) Oakland	57:37
3	Tom Rose (45) Oakland	59:03
4	Chris Robinson (17) Oakland	63:49
5	Anthony Ison (38) Berkeley	64:45
6	Jim Sichel (56) S.F.	65:10
7	Andy Flessel (23) Hollister	65:12
8	Ralph Bowles (50) PleasantH	65:18
9	Lee Jones (56) S.F.	65:45
10	Birthe Kirsch (47) Kensington	66:13

Gateway To Yosemite Triathlon

(6.2 Mile Run, 22 Mile Bike, 800m Swim) Division Results - Men's Short Course 17 & Under: 1. Jason Cleckler 35:59. 18-29: 1. Kit Grattan 33:25. 30-39: 1. Paul Morris 35:49, 40-49: 1. Larry Taylor 36:16, 50-59: 1. Dick Sherman 41:09.

Division Results - Women's Short Course 17 & Under: 1, Aria Johnston 52:13, 18-29: 1. Therese Croft 42:18, 30-39: 1, Vicki Belton 44:26. 40-49: 1. Rebecca Clecker 44:22. 50-59: 1. Pat Loring 51:48.

Division Results - Men's Long Course 17 & Under: 1. Mike Sperak 2:09.47. 18-29: 1. John Holbeck 1:49.19. 30-39: 1. Larry Johnston 1:56.54. 40-49: 1. Jack Sorenson 2:06.50. 50-59: 1. Chris Denny 2:18.31. 70+: 1. Dan Lundberg 2:33.09.

Division Results - Women's Long Course 30-39: 1. Peggy Philip 2:21.09. 40-49: 1. Jean Schwisow 2:30.57.

Division Results - Relay

29 & Under: 1. McKinstry, Villanueva, Tan-zillo 1:42.52. 30-39: 1. Rench, Gardner, Corman 1:49.36. 40-49: 1. Bree, Matherly, Corman 1:49:30: 40-49: 1. Bree, Mainerry, Silera 2:20-19, 50-59: 1. Rodgers, Loring, Carlsgard 2:06.54, 80 & Over: 1. Fagan, Gardner, Beanes 2:36.06. Familly Relay: 1. Baladed Familly 1:57:18. Company/Club Relay: 1. World Color Press (Miranda, Christian, Lindsay) 1:48.33. Mixed Sex: 1. Gonzates, Snell, Shroder 1:45.49. Female Mixed: 1. Faucett, Mederios, Spevak 2:28.59. Male Mixed: 1. Phelan 33, Tuttle 30, Hahn 19, 1:40,43,

Point to Point Charity Fun Run

00	ctober 4. San Francisco. 5K. Overall Results	
1	Andy Takaha (1 30-39)	16:01
	Michael Guerrero (1 20-29)	17:06
2 3	Ron Tanaka (1 40-49)	17:16
4	Philip Hager (49)	18:15
5	Tim Mascheroni (27)	18:47
6	Laurie Rogers-Reed (1F 20-29)	18:58
7	Steven Forney (33)	19:01
8	Clinton Soo (20)	19:05
9	David Jones (48)	19:13
10	Leal Reinhart (1F 30-39)	19:13
18	Wallace Rothbart (1 50-59)	21:02
21	Sebu Locario (1 15&U)	21:21
23	Geri McDonald (1F 40-49)	21:46
27	Gina Dellanina (1F 16-19)	22:23
45	Roberta Carlson (1F 50-59)	24:45

Apple Ridge Run

46 Ginnle Walsmith (1F 15&U)

Overall Results - 5 Mile Scott Blackburn (20-29) Nell Haggard (15-19) 28:35 Ed Byers (20-29) 29:06 Ray Darwin (40-49) 29:13 Brett Barham (35-39) 29:29 James Moore (20-29) 29:40

October 4. Paradise, 5 Mile & 3 Mile.

Alan Woolard (20-29) 29:43 James Ballantyne (40-49) Bill Gardner (40-49) 29:55 10 Duncan McClish (20-29) 30:07

Division Results - Men's 5 Mile

15-19: 1. Nell Haggard 28:35, 2. Mark Mavis 34:25, 3. David Bradley 37:52. 20-29: 1. Scott Blackburn 27:58, 2. Ed Byers 29:06, 3. James Moore 29:40. 30-34: Jerry Slick 30:57, 2. Bill Bradshaw 33:30, 3. Bill Binsmore 34:09. 35-39: 1. Brett Barham 29:29, 2. Warren Coleman 31:43, 3. Doug Govan 32:11. 40-49: 1. Ray Darwin 29:13, 2. James Ballantyne 29:51, 3. Bill Gardner 29:55. 50 & Over: 1. Bob Malain 30:47, 2. Harold Carling 30:48, 3. Bob Thomas 34:26. SPX: 1. Allen Robertson 35:35, 2. Andy Crowe 36:19, 3. David Shobring 41:49.

Division Results - Women's 5 Mile 20-29: 1. Tina Batara 36:42, 2. Sherri Thompson 44:04. 30-34: 1. Pam Bjornberg 38:04, 2. April Carter 39:32, 3. Triss Carter 39:33. 35-39: 1. Vicky Fisci 34:44, 2. Sandi Anderson 41:17, 3. Autumn Hutchins 49:29. 40-49: 1. Carol Serrano 37:28, 2. Mary Nevin 52:51. 50 & Over: 1. Marcia

Worden 42:41. Overall Results - 3 Mile Seth Roberts (20-29) 16:16 Terry Ybarra (30-34) 16:55 Andy Hafer (15-19) 17:44 Michael Rivas (30-34) 18:25 David Hanley (35-39) Steve Wattenberg (35-39) 18:36 18:44 Jim Sentner (20-29) 19:08 Fletcher Waggoner (20-29) 19:35 Tim Foley (20-29) Jean Chevrier (30-34) 19:36 Division Results - Men's 3 Mile

14 & Under: 1. Joshua Hubbard 20:26, 2. Josh Boam 22:21, 3. Michael Richerson 23:02 15-19: 1. Andy Hater 17:44, 2. Glen Jorden 23:49: 20-29: 1. Seth Roberts 16:16, 2. Jim Sentner 19:08, 3. Fletcher Waggoner 19:35. 30-34: 1. Terry Ybarra 16:55, 2 Michael Rivas 18:25, 3. Jean Chevrier 19:18. 35-39: 1. David Hanley 18:36, 2. Steve Wattenberg 18:44, 3. Ken Tietz 20:17. 40-49: 1. Nick Pizzica 20:00, 2. Walt Schaffer 20:59, 3. Lynn Hubbard III 21:22. 50 & Over: 1. Jim Flood 24:36, 2. Charles Wels 26:47, SPX: 1. Skip Fricke 21:36, 2.

Mike Schafer 21:40, 3. Chris Hammond

Division Results - Women's 3 Mile 14 & Under: 1. Daisy Stanhope 23:09, 2. Cora Wattenberg 24:41, 3. Sheila Peppas 27:42. 15-19: 1. Sherry Swenson 25:35. 20-29: 1. Dale Darrow 20:29, 2. Lore James 21:23, 3. Staney White 21:25. 30-34: 1. Terisa Kludt 20:59, 2. Marilyn Myers 22:56, 3. Carol Witwer 24:18. 35-39: 1. Joan Keeney 23:23, 2. Kathleen Gabriel 25:08. 3. Sue Tietz 27:39. 40-49: 1. Cheri Brandt 26:27, 2. Beth Wattenberg 27:11, 3. Sharon Gore 31:16, 50 & Over: 1, Laurene Feingold 25:03, 2. Mary Malain 26:30, 3. Maxine Adams 33:53. SPX: 1. Tina Pierce 29:21, 2. Cheryl Gentry 33:27, 3. Billie Jo Latka 37:17.



Ray Williams

The Ray Williams **Memorial Race**

October 4. UC Santa Barbara. 5000m.

The second annual Ray Williams Memorial Race of 5000m for ages 60 plus was held Oct. 4, and won by Dr. Boyce Jacques, 60, of Reno, Nevada.

This event was added last year to the Club West annual TAC sanctioned meet traditionally held the first Saturday of October on the track of the University of California Santa Barbara. It entails a perpetual trophy to be permanently displayed at Santa Barbara City College, the winner also receiving a take-home replica. Last year's winner was 71 year old Ed Stotsenberg of Malibu, Calif. But at this year's meet it was decided that whenever anyone wins this race three times, the perpetual becomes his to keep along with the replica; and an identical new perpetual with all inscriptions to date will perpetually replace it in the Col-lege display case. The ruling is retroactive.

It is noteworthy that within this Memorial 60 plus bracket, each individual age win is graded according to its proximity to the world record for that age. Therefore there is no disadvantage as the years progress beyond 60, as can be seen by the Stotsenberg victory of last year.

Ray Williams took a prominent part nationally and internationally in the Masters for a number of years before his death three years ago at the age of seventy-six in Solvang, Calif., where he had made his home the latter part of his life. He won numerous titles in the mile, 1500, and 5000, as well as his first and only long jump. As a physicist he had a long career with the U.S. Government: first, as a

forecaster for the U.S. Weather Bureau; later, as founder and director of the Atmospheric Studies Branch of the Naval Ordinance Test Station at China Lake. Calif., where rockets were developed and tested; and finally, as advisor to the Air Force in Washington, D.C. His publica-tions included articles in the Encyclopedia Britannica, the Scientific Encyclopedia, and meterological journals. After retirement, along with running, he taught a course of science at Westmont

Gazette-Journal Jog

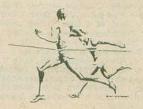
October 4. Reno, Nv. Overall Results

Adrian Callan	23:12
Miguel Tibaduiza	23:21
Larry Lawson	23:32
Alan Dehlinger	23:45
David Parish	23:53
Joaquin Leano	24:03
	24:14
Matt Huber	24:19
Denis O'Halloran	24:36
David Minter	24:54
Daniel Lucas	24:55
Bill Knapp	25:07
Jerry Jobski	25:42
Dave Carlson	25:47
Pat McGuire	26:04
Andy Klages	26:19
Mark Nash	26:26
Martti Rizzo	26:29
Dale Magnin	26:32
Terry Schmidt-Puckett	26:49
David Amster	27:03
Elleen Claugus	27:26
Gary Ceragoili	27:29
Chris Bolduc	28:06
Timothy Sullivan	28:43
Division Results - Men	
	Miguel Tibaduiza Larry Lawson Alan Dehlinger David Parish Joaquin Leano Rick Gentry Matt Huber Denis O'Halloran David Minter Daniel Lucas Bill Knapp Jerry Jobski Dave Carlson Pat McGuire Andy Klages Mark Nash Martti Rizzo Dale Magnin Terry Schmidt-Puckett David Amster Elleen Claugus Gary Ceragoili Chris Bolduc Timothy Sullivan

9 & Under: 1. Steve Clausen 30:57, 2. Roger Hobson 33:06, 3. Jeffrey Lawrence 33:18. 10-14: 1. Shawn Carter 27:49, 2. Townsell 29:14, 3. Richie Panelli 29:37. 15-18: 1. Daniel Scott Mahe 28:09, 2. Frank Towle 28:12, 3. Steve Sloan 29:12 19-25: 1. Robert Story 27:22, 2. Jack Robb 29:12, 3. Kevin Truax 30:26. 26-35: 1. Jeff Rahn 27:05, 2. Mike Lienhard 27:16, 3. Andre Anderson 27:24. 38-45: 1. Ken Adams 25:56, 2. Dave Lincicome 26:31, 3. John Gobourn 27:37, 45-55: 1. Jim Bevins 28:08, 2. Anthony LaMorte 29:28, 3. Steve Parker 31:13. 58-61: 1. Ted Ponseti 35:37, 2. Clint Burdick 39:19, 3. Wally Taylor 40:35. 62 & Over: 1. Joseph Berry 39:25, 2. Paul Tholl 41:20, 3. Jack Frost 43:04.

Division Results - Women

9 & Under: 1. Heather DeLong 37:31, 2. Audry Townsell 37:41, 3. Katheryn Hawkins 39:38. 10-14: 1. Shannon Martin 34:36, 2. Gretchen Sauer 34:46, 3. Lori Crawford 36:23. 15-18: 1. Darcy Bevins 33:27, 2. Julie McDonald 35:04, 3. Therese Delisie 35:43. 19-25: 1. Suzanne Sevenau 33:35, 2. Joyce Young 34:25, 3. Teri Dolan 34:49. 26-35: 1. Alice Klages 32:09, 2. Nancy Berdrow 32:24, 3. Sherri Elcano 32:42. 36-45: 1. Elaine Duffy 32:27, 2. Rhoann Ponseti 35:39, 3. Gerry Corey 35:43. 46-55: Kitty Brown 39:23, 2. Barbara Martin 39:42, 3. Carmen Burkhart 40:12. 56-61: 1. Carola Hutcherson 40:18. 2. Barbara Durham 43:55, 3. Charlotte Dennis 50:31. 62 & Over: 1. Millie Johnson 59:04.



Great Race

October 5. Palo Alto. 10K. 1800 Great Racers of all ages and abilities joined in the fun at Stanford on Sunday, Oct. 5th in the ninth annual Great Race, a 10K (6.2 miles) run around the University campus.

This year, Pattisue Plumer, the 24 year old former Stanford track star, dominated the strong women's field of runners as she swiftly crossed the finish line in 34:25.66 to grab the first place honors and trophy. Defending champion Nancy Ditz, 32, Woodside, sprinted in right behind the victorious Plumer, finishing with an impressive time of 34:33.68. 35 year old Sharlet Gilbert from Richmond took third place with a quick time of 35:34.77.

Jay Marden, 23, Fremont, led the men's

field in 29:18.58, running a 4:43.01 minute mile. Kevin Jones, a 26 year old Team Etonic member from San Luis Obispo, tled his personal 10 kilometer best time of 29:27.61 to finish second. Marden's fellow racer from Fremont, Carmelo Rios, 26, came in a close third in 29:45.81.

Jaclyn Caselli, 65, San Jose, was awarded the top prize in the master's category, 60-99 years of age, after breezing across the finish line on the Stanford Stadium field in 47:26.60. Los Altos resident John Gilkey, 64, ran the scenic course in 42:38.93 to win the men's master's division.

All proceeds from the annual Great Race benefit the Cardinal Club, the fundraising group for women's athletic scholarships at Stanford.

Santa Cruz Sentinel **Tin Man Triathlon**

October 5. Santa Cruz. (1 Mile Swim, 23 Mile Bike, 10K Run)

	Overall Results - Men	
1	Dean Harper, Walnut Creek	1:52:14
2	Nick Kurtz, Davis	1:52:14
3	Roger Wolfe, Aptos	1:53:41
4	Don Seymour, Pleasant Hill	1:54:26
5	Rick Shand, Walnut Creek	1:55:24
6	Dave Joseph, Costa Mesa	1:56:09
7	Kurt Fouts, Santa Cruz	1:56:48
8	Jeremy Gilbert, Aptos	1:59:06
9	Kem Akol, Dixon	2:01:24
10	Kyle Ditzler, Houston, Tx	2:01:29
	Overall Results - Women	
1	Margurite Meyer-Christianson	2:06:20
2	Terry Schneider, Gilroy	2:07:31
3	Barbara Hoskins, San Rafael	2:09:34
	THE RESERVE OF THE PARTY OF THE	I DITUIT TO S

Jane Grypma, Morgan Hill Amy Haberman, Capitola 2:13:20 Patti Henry, Palo Alto 2:14:35 Debble Ingram, Redwood City Dorrie Stallings, Corralitos Rochelle Pettus, Santa Cruz 2:14:47 2:14:53 10 Robin Barnato, Capitola 2:18:10 Division Results - Men

19 & Under: 1. Diaz 2:13:44, 2. Hattery 2:15:47, 3. Hiles 2:18:19. 20-29: 1. Kurth 1:52:15, 2. Seymour 1:54:26, 3. 1:55:24, 30-39; 1. Harper 1:52:14, 2. Wolfe 1:53:41, 3. Joseph 1:56:09, 40-49; 1. Parker Laskier 2:10:55, 3. 2:15:29. 50 & Over: 1. Russell 2:24:23, 2 Kidder 2:25:16, 3. Riley 2:27:47.

Division Results - Women 20-29: 1. Meyer-Christensen 2:06:20, 2 Schneider 2:07:31, 3. Hoskins 2:09:34. 30-39: 1. Haberman 2:13:20, 2. Ingram 2:14:47, 3. Pettus 2:17:19. 40-49: 1. Reidinger 2:33:06, 2. Mawson 2:41:33, 3.

Troth 2:48:52

Division Results - Teams Open Men: 1. Deming, Marks, Munoz 1:45:54, 2. Alspuro, Bley, Bennett 1:46:54, 3. Smith, Melton, Price 1:47:23. Coed: 1. Battin, Scovel, Brock 1:51:30, 2. Rostein, Dick, Neville 1:52:55, 3. Miles, Glovinazzi, Jenkins 1:57:52. Open Women: 1. Davis, Moss, Myers-Acosta 1:56:43, 2. Colangelo, Basegio, Howe 2:14:57.

Sacramento Half Marathon

October 5. Sacramento.			
Overall Results			
1 Timothy Powell (25)	1:09:44		
2 Tom Davis (21)	1:10:37		
3 Don Hicks (26)	1:11:25		
4 Mark Williams (34)	1:13:10		
5 Thom Pearman (24)	1:13:41		
6 Kevin Pedrotti (30)	1:14:17		
7 George Simons (31)	1:14:42		
8 Bruce Fujimoto (30)	1:16:13		
9 Quirino Enfante Jr. (34)	1:17:52		
10 Mike Ammon (41)	1:17:59		
11 Steve Tredway (38)	1:18:05		
12 Frank Garcia (31)	1:18:10		
13 Mike Deatherage (32)	1:18:15		
14 Gary Lotspeich (38)	1:18:17		
15 Barry Turner (33)	1:18:48		
16 Bruce Parr (24)	1:18:55		
17 Wendell Haase (27)	1:19:02		
18 Lyle Lutton (40)	1:19:22		
19 Larry Miranda (31)	1:19:24		
20 Matrin Person (31)	1:19:57		
21 John Plerson (27)	1:20:24		
22 Karl Yamauchi (38)	1:20:27		
23 John Aldrich (35)	1:20:28		
24 James F. Bossler (43)	1:20:35		
25 Pat Whyte (38)	1:20:41		
26 Christopher Hamer (27)	1:20:57		
27 James Vande Erve (34)	1:21:00		
28 Jim McElroy (35)	1:21:09		
29 Ken Campbell (29)	1:21:09		
30 Bev Marx (32)	1:21:19		
31 Dkk Ratuff (37)	1:21:28		
32 Jim Otto (31)	1:22:02		
33 Gene Thibeault (40)	1:22:10		
34 Tim Propeck (39)	1:22:19		
35 Robert Judge (25)	1:22:31		
36 Rick Simonsen (25)	1:22:37		
37 Karen Coe (35)	1:22:45		
38 Don Duffy (33)	1:22:52		
39 Brian Peterson (36)	1:22:58		
40 Colleen Sweet (36)	1:23:01		
41 Steven Brooks (33)	1:23:20		
42 Clay Campbell (37)	1:23:26		
43 Gil Moore (35)	1:23:26		
44 Jim Sanders (32)	1:23:32		
45 George Parrott (42)	1:23:34		
46 Thomas Kim (27)	1:23:47		
47 John Stacey (40)	1:24:11		
48 Dennis Scott (38)	1:24:15		
49 Andy Harris (27)	1:24:21		
50 Thomas Tabor (35)	1:24:22		
Distalan Denuite Man			

Division Results - Men 1:49:06. 13-15: 1. Kenny Locke 1:48:55, 2. Danny Kearns 1:48:57, 3. Robert Miller 1:49:24. 16-18: 1. Daniel Wolters 1:29:45, 2. Greg Struthers 1:40:10, 3. Corey Brooks 1:41:18. 19-29: 1. Timothy Powell 1:99:44, 2. Tom Davis 1:10:37, 3. Don Hicks 1:11:25, 30-39: 1. Mark Williams 1:13:10, 2. Kevin Pedrotti 1:14:17, 3. George Simons 1:14:42, 40-49: 1. Mike Ammon 1:17:59, 2. Lyle Lutton 1:19:22, 3. James Bossier 1:20:35, 50-59: 1. Jerry O'Hanion 1:25:01, 2. Jeremiah Russell 1:27:18, 3. Paul Mitchell 1:29:33. 80 Ever: 1. Jimmy Low 1:31:15, 2. Paul Reess 1:34:05, 3. Bob Burns 1:43:01.

Division Results - Women 12 & Under: 1. Danielle Vigilone 1:28:18, 2. Shannon Reed 1:46:05, 16-18; 1. Kris Skulis 1:54:13, 2. Nikki Head 2:15:59, 19-29; 1. Theresa McCourt 1:25:53, 2. Cathle Chavez 1:27:40, 3. Georgiana Warden 1:31:41, 30-39; 1. Bev Marx 1:21:19, 2. Karen Coe 1:22:45, 3. Colleen Sweet 1:23:01; 40-49; 1. Joan Reiss 1:29:45, 2. Wijdan Cadura 1:42:00, 3. Peggy Grow 1:42:56, 50-59; 1. Kathy Iseri 1:48:04, 2. Liz DeMonte 1:52:41, 3. Peggy Ewing 2:02:33, 60 @ Ower: 1. Mary Storey 1:45:02, 2. Po Adams 2:09:44

| Wheelchair Division | 1 | Robert Qualis (36) | 2:56:45 | 2 | Dana Scanlon (37) | 1:30:26

Harbor Sprint Triathlon

October 5. Morro Bay. (1/4 Swim, 13 Mile Bike, 21/2 Mile Run) Overall Results

	CARLEII LIRRALITE	
1	Chris Hinshaw (23)	58:17
2	Brad Hinshaw (21)	59:05
3	Dave Furbee (28)	1:01:18
4	Pierre Deyo	1:02:58
5	Mike Larbic (26)	1:03:20
6	Dave Labarbera (22)	1:03:42
7	Walter Morris (23)	1:05:20
8	Robert Lynde (22)	1:05:36
9	Ken Kinsell (32)	1:05:46
10	Bob Frank (29)	1:06:35
11	Steve Dornish	1:06:53
12	Butch Stinton (34)	1:07:03
13	Steve Schmidt (25)	1:07:47
14	Dave Olcott	1:07:49
15	Dave Howell (45)	1:07:52
16	Dave Farmer (40)	1:07:55
17	Pat Meaney (28)	1:08:20
18	Rene Ruiz (43)	1:08:52
19	Terry Jarrett (34)	1:09:37
20	Brad Hair (31)	1:09:47
21	Blake Chaffee (29)	1:09:49
22	Ron Hoffman (27)	1:10:17
23	Tri Linholm (28)	1:10:25
24	Garrett Essres (32)	1:10:28
25	Bill Hartshorn (23)	1:10:54
34	Joane Schmitz	1:12:25
64	Jeanna Glessinger (18)	1:16:53
79	Tracy Olson (25)	1:18:55
88	Anne Barber (25)	1:20:41
89	Tracy Gaston (24)	1:20:42
10	4Kathleen Holloway (24)	1:23:12
10	5Dana Van Wyk (25)	1:23:19
11	6Barbara Stoat (19)	1:24:30
12	0Edd McSorley (56)	1:25:06
12	3Cindy Tarter (24)	1:25:24
14	OBIII James (50)	1:28:12
	2Vaughn Castle (52)	1:30:08
18	7Charlene Rossignol (47)	1:41:52
	8Tom Hampson (64)	1:54:40
22	3Elizabeth Baker (61)	1:57:16

Corona Firefighter's Run For Fire Safety

Oct. 5. Corona, 5K & 10K.

Davidson 22:32.
Division Results · Women's 5K
9-14: 1. Cristina Pickering 22:03. 15-18: 1.
Margaret Holmes 32:32. 19-24: 1. Krisa
Solomon 21:14. 25-29: 1. Linda Vidergai
21:33. 30-34: 1. Roxann Eriksen 22:32.
35-38: 1. Sandy Robbins 19:02. 40-44: 1.
Harolene Walters 18:26. 45-49: 1.
Margaret Shields 22:24. 50-59: 1. Carmen
Watson 28:57. 60 & Over: 1. Nyla Cook

Division Results - Men's 10K 9-14: 1. Ricky Delgado 447-16. 15-18: 1. Randy Wilson 36:10. 19-24: 1. Joquin Rojas 34:52. 25-29: 1. Henry Ninez 35:12. 30-34: 1. John Mills 36:58. 35-39: 1. Paul Orozca 38:39. 40-44: 1. Wayne Mitchell 37:16. 45-49: 1. Fred Glover 40:07. 50-59: 1. Bud Harris 35:36. 60 & Over. 1. Fred Lovell 50:30. Fira/Police: 1. Steve Knueven 38:53. Over 200 lbs.: 1. Ron Knueven 47:51.

Division Results - Women's 10K 9-14: 1. Shelly Tibbets 55:35. 15-18: 1. Laura West 1:13:54. 25-29: 1. Tamara Moreles 43:10. 30-34: 1. Laura Gray 47:39. 35-39: 1. Michelle Tiff 38:58. 40-44: 1. Maria Rodriguez 51:17. 45-49: 1. Elaine Murphy 46:42.

Mt. Burdell Challenge

October 5. Novato, 5K & 10K.
Division Results - Men's 5K

14 & Under: 1. Mecan Jacobson 21:19, 2. John Riley 23:33, 3. Grant Spilman 24:33. 15-19: 1. Willie Guerro 17:06, 2. Scott Lieberman 18:13, 3. Jay Ryan 18:36. 20-29: 1. Oren Frederic 17:22. 30-39: 1. Spencer Scheer 18:54, 2. Ed Rudloff 20:14, 3. Sam Long 20:26. 40-49: 1. Walt Venum 18:15, 2. Jerry Colletto 18:44, 3. Joe McNern 21:41. 50 & Over: 1. John Lemke 21:25, 2. Bob Graham 22:18, 3. Emil Peroni 22:40.

Division Results - Women's 5K 14 & Under: 1. Amanda Mongomery 21:48, 2. Mia Perachiotti 24:47, 3. Jeanine Siliman 25:05. 15:19: 1. Tania Bevis 23:25, 2. Tara Weaver 29:52, 3. Kim Bullock 32:23. 20:29: 1. Tamara Gonzales 19:23, 2. Sally Fiatland 23:19, 3. Rose Johnson 23:31, 30:39: 1. Susie Van Buskirk 20:38, 2. Catherine Moody 23:14, 3. Patti Vandis 23:54. 40-49: 1. Boni Mahoney 25:43, 2. Suzy Foster 27:48, 3. Sue Potter 27:48. 50 & Over: 1. Cynthia Lash 34:12, 2. Sheila Walsh 39:25.

Division Results - Men's 10K

20-29: 1. Bruce Phinney 39:43, 2. Alec Sabeau 40:05, 3. Greg Johnson 40:29, 30-39: 1. Mark Ritchman 39:40, 2. Philip Slobody 41:33, 3. Don Scioli 44:42, 40-49; 1. Peter Franks 42:03, 2. Don Modronich 44:13, 3. Don De Angelo 44:21, 50 & Over 1. Patrick Cunnean 49:01, 2. Salvino Gonzales 50:10, 3. George Johnstone 51:07.

Division Results - Women's 10K 14 & Under: 1. Monika Zech 55:47. 15-19: 1, Kathy Hiatt 52:01, 2. Dana Cotton 53:22, 3. Desiree Crunelle 57:56. 20-29: 1. Kathi Krause 51:15, 2. Nancy Kamdnoff 56:53, 3. Susanne Calson 57:55, 30-39: 1. Linda Lee 50:52, 2. Melanie Pervier 55:07, 3. Merideth Misakian 55:39. 40-49: 1. Katle Martin 55:37, 2. Kathy Colletto 59:45, 3. Jan Haas 1:02:39. 50 & Over: 1. Barbara Wein 1:17:40.

Great Grape Run

October 11. Delano. 5K & 10K. Division Results - Men's 5K

13 & Under: 1. Hugo Menchaka 18:56, 2. Jimmy Castro 19:03, 3. Chris Gill 19:11. 14:20: 1. Roque Guerrero 16:09, 2. George Ortiz 16:17, 3. Sammy Valdez 16:28. 21:29: 1. Richard Gonzales 16:53, 2. Bill Tauchen 17:42, 3. John Wenger 19:27, 30-39: 1. Jesus Guzman 17:07, 2. Bruce Greenway 17:30, 3. Ted Beardsley 17:51, 40-49: 1. Arnold Buchbanan 18:04, 2. Leo Marquez 19:02, 3. Francisco Nuno 19:31, 50-59: 1. Tony Salazar 22:29, 2. Bill May 23:20, 3. Kenneth Jones 25:17, 80 & Over: 1. Richard Mashburn 29:01, 2. Donato DeCastro 51:25.

Division Results - Women's 5K
13 & Under: 1. Anita Genel 20:58, 2. Amy
Mabon 21:24, 3. Damukio Owens 21:40.
14-20: 1. Diana Delgado 20:28, 2. Bambi
Lopez 21:26, 3. Carmen Haime 23:32.
21:29: 1. Lorraine Meiendez 21:25, 2. Libby
Reid 22:22, 3. Debbie Raygoza 22:41.
30:39: 1. Lupe Eberly 19:28, 2. Barbara
Forenti 21:47, 3. Joan Watson 23:26.
40-49: 1. Martha Gilleland 23:53, 2. Emma
Williams 24:37, 3. Ola Buchanan 26:04.
50:59: 1. Socorro Salazar 26:24, 2. Carol
Lapham 29:22, 3. Margaret Castro 32:59.
60 & Over: 1. Fermina DeCastro 51:23.

Division Results - Men's 10K
13 & Under: 1. Christian Garcia 46:40, 2.
Jose Melendez 51:52, 3. Eric Morony
59:07. 14:20: 1. James Kruger 34:01, 2.
Kevin Riley 34:53, 3. Daniel Guerrero
37:33. 21:29: 1. Terrence Keller 37:02, 2.
Jim Griffith 42:36, 3. Richard Beyer 44:08.
30:39: 1. Thomas Quinn 35:49, 2. Judd
Johnston 36:33, 3. Charles Mendenhall
37:47. 40-49: 1. Frank Padilla 34:54, 2. Ray
Maranda 35:27, 3. John Forenti 37:44.
50:59: 1. Richard Ramirez 37:36, 2. Gil Hinzo 41:03, 3. Tony Bush 42:44, 60 & Over: 1.
Harry Harder 46:27, 2. Jim Nagatani 52:28.

3. Joseph Gonzales 1:00:36.

Division Results - Women's 10K 13 & Under: 1. Mary Mabon 45:12, 2. Monica Samaniego 58:51, 21-29: 1. Tanis Leyendekker 39:07, 2. Brenda Villanueva 39:34, 3. Parnela Boyles 40:52, 30-39: 1. Lee Denham 48:38, 2. Kay Ridgley 49:15, 3. Alice Rodriquez 54:14, 40-49: 1. Jane Granskog 46:42, 2. Susie Olivarez 49:43, 3. Judy McDole 50:51, 50-59: 1. Aurora Perez 54:50.

Bridge to Bridge

from Jennifer Vennery

October 11. Colusa. 5/10 Mile. Division Results - Men's 5 Mile

Division Results - Men's 5 Mile
12 & Under: 1. Nick Stine 41:54, 2. Brian
Smith 43:40, 3. Eric Steidmayer 46:05,
13-19: 1. Tim Orton 38:05, 2. Scott Wilson
42:16, 3. Peter Mayberry 42:18, 20-29: 1.
Eddie Teague 27:56, 2. Greg Smith 28:59,
3. Barry Eberling 32:26, 30-39: 1. Steve
Bordin 30:06, 2. Lowell King 33:15, 3. Larry
Sylva 37:05, 40-49: 1. Rod Cooper 30:09, 2.
Pete Vennery 33:38, 3. Ken Mickelsen
34:11, 50-59: 1. Vern Regler 43:28, 2. Frank
Bergen 45:25, 3. Al Deabel 45:26.

Division Results - Womem's 5 Mile 12 & Under: 1. Laura Cooney 61:45, 2. Toni Ann Tucker 61:45, 3. Nicole Vennery 61:45, 13-19: 1. Daisy Stanhope 40:45, 2. Catherine Ellis 42:27, 3. Linda Tiahrt 49:27, 20-29: 1. Katrina Davis 34:43, 2. Virginia Graham 43:35, 3. Michelle Davis 44:41, 30-39: 1. Pam Bjornberg 35:50, 2. Clindy Gobel 42:34, 3. Karen Pinnt 43:33. 40-49: 1. Marlene Hansen 48:15, 2. Paula Allen 52:18, 3. Betty Thompson 59:20. 50-59: 1. Beverly Thayer 48:10, 2. Barbara Allen 68:11, 3. Eleanor Reckers 68:35. 60 & Over: 1. Fran Lindquist 68:50.

Division Results - Men's 10 Mille
12 & Under: 1. Adam Shifflett 100:32.
13-19: 1. John Fouch 97:49. 20-29: 1. Steve
Wagner 53:32, 2. Daniel Branham 66:33, 3.
Steve Weibel 76:16. 30-39: 1. Kent Draper
62:04, 2. Bruce Mauldin 64:14, 3. Charles
Potoski 64:26. 40-49: 1. David Ragsdale
62:44, 2. Ken Gaal 63:19, 3. Dennis Doris
65:07. 50-59: 1. Keith Branham 71:45, 2. Cy
Weagle 74:37, 3. Doug White 89:01.
Division Results - Women's 10 Mile

Division Results - Women's 10 Mile 30-39: 1. Jackle Walker 71:44, 2. Vicky Fisci 75:01, 3. Mary Hays 83:31, 40-49: 1. Cinda Low 81:55, 2. Rita Allen 86:02, 3. Jacqueline Lindsey 110:18.

Sutter Shuffle

October 11. Davis. 5K & 10K.

Division Results - Men's 5K 12 & Under: 1. Eric Supnet, 2. Nathan Turner. 20-29: 1. Jeff Parkhurst, 2. Daniel Silva, 3. David Otsubo. 30-39: 1. Tim Shannon, 2. Paul Beisser III, 3. Richard Sonne. 40-49: 1. Bob Curtis, 2. Tom Pettey, 3. Glenn Destatte. 50-59: 1. Carter Keane, 2. George Mahnke, 3. Michael Gass.

Division Results - Women's 5K
12 & Under: 1. Amber Paulus. 13-19: 1.
Kristle Shadoan. 20-29: 1. Alice Peters, 2.
Joan Gregg, 3. Amy Amann. 30-39: 1.
Denise Frampton, 2. Caryn Maroni, 3. LayLee Randall. 40-49: 1. Claire Wood, 2.
Agnes Sawyer, 3. Linda Winter. 50-59: 1.
Joan Moses, 2. Johanna Stek, 3. Ming
Wong.

Division Results - Men's 10K
13-19: 1. Michael Toma, 2. Aaron Paulus.
20-29: 1. Mauricio Silva Maia, 2. Nick
Wurth, 3. Vic Kallakin, 30-39: 1. Bruce
Brazelton, 2. Alan Shima, 3. Stave
McGuire, 40-49: 1. Rick Edson, 2. Rick
Goyette, 3. John Russell. 50-59: 1. Joseph
O'Flaherty, 2. John Camacho, 3. Vigitus
Asmundson. 60 & Over: 1. John Waddell.

Division Results - Women's 10K 13-19: 1. Kristen Heist, 2. Heather Libke. 20-29: 1. Janet Gahagan, 2. Carol Hillhouse, 3. Robin Kaminski, 30-39: 1. Marnelle Gleason, 2. Kathleen Skinner, 3. Diane Sommers, 40-49: 1. Jo Ann Wampler, 2. Lorna Beiden, 3. Louise Brown, 60 & Over, 1. Grace Gammill.

Learn Not To Burn

from Tony Didomenico

October 11. Playa Del Rey. 5K & 10K. Division Results - Men's 5K

14 & Under: 1. Ricardo Barba 20:22, 2. Andrew Essex 20:36, 3. Scott Anderson 20:37. 15-18: 1. Darryl DeLaVega 17:29, 2. Shawn Madden 17:58, 3. Edie Ochoa 18:28. 19-24: 1. Eugene Cruz 14:26, 2. Rick Dodson 15:04, 3. Mr. Elgin 15:52. 25-29: 1. Gilbert Cortez 15:27, 2. Phil Smith 15:59, 3. Steve Moreno 18:22. 30-34: 1. Mark Luevano 14:14, 2. Bernie Brizuela 15:49, 3. Roland August 17:21. 35-39: 1. Stephen Keyes 16:24, 2. Salvador Gonzalez 17:00, 3. Wayne Douglas 18:03. 40-44: 1. Catarino Gonzalez 16:20, 2. Roy Burleson 17:34, 3. Woody Studenmund 18:15. 45-49: 1. Eino Eino 17:19, 2. Gary Smith 18:12, 3. Luis Varga 19:46. 50-59: 1. Sonny Monioz 18:33, 2. Ted Oviatt 18:52, 3. Bruce Lin 19:35. 60 & Over: 1. Avery Bryant 19:54, 2. Bill Fitzgerald 20:03, 3. Tom Matheus 20:07.

Division Results - Women's 5K
14 & Under: 1. Megan Acuna 24:10, 2. Lisa
Logan 25:00, 3. Susannah Monk 27:47.
15:18: 1. Wendy Wibbels 20:47, 2. Laura
McIndoe 21:37, 3. Andrea Bruno 23:32.
19:29: 1. Jeanne Johnson 16:25, 2. Helen
Lopez 18:09, 3. Jeanne Kawashima 19:28.
30:39: 1. Michele Tiff 18:07, 2. Debbie
Hathaway 19:36, 3. Nancy Lovendosky
20:21, 40:49: 1. Jan Archibald 20:37, 2.
Lynn Walton 25:00, 3. Rowena Stoughton
28:59, 50 & Over: 1. Atsuko Fujimoto
28:59, 50 & Over: 1. Atsuko Fujimoto
28:22; 2. Ginle Mains 24:53, 3. Sue Hyde
26:34.

Division Results - Men's 10K
14 & Under: 1. Ryan Winn 38:28, 2. Joseph
Cantu 54:31, 15-18: 1. Paul Vidmar 41:55,
2. Alexis Goeller 43:31, 3. Shad Solis
44:20. 19-24: 1. Wayne Matsumura 33:14,
2. Chris Monroe 33:23, 3. Sergio Torres
33:41, 25-28: 1. Tim Dougherty 32:27, 2.
Clyde Matsumura 32:43, 3. Richard Watts
34:05. 30-34: 1. Larry Montag 32:48, 2.
Herb Tanzer 33:56, 3. Ric Hatch 33:58.
35-38: 1. Ron Gee 30:47, 2. Mark Hines
33:50, 3. Phillip DeLaCerda 34:44. 40-44: 1.
Bruce Geddes 35:29, 2. John Mossbacher
36:01, 3. John Stevenson 36:25. 45-49: 1.
Ted Nelson 37:47, 2. John Puorto 37:53, 3.
Peter Hermann 38:52. 50-59: 1. Aldo Mora
36:15, 2. Gary Sutter 36:27, 3. Frank
Greene 37:49, 60 & Over: 1. Larry
Banuelos 41:01, 2. Bry Thorne 43:03, 3. Ed
Hornung 43:31.

Division Results - Women's 10K 15-18: 1. Kathy Ferrall 46:48, 2. Rebecca Currle 48:13, 3. Jodi Salvaryn 51:48. 19-29: 1. Julieanne Harmatz 39:44, 2. Cherie Boufford 40:46, 3. Karen Samsonoff 41:07. 30-39: 1. Terri Goodreau 38:23, 2. Teresa Hom 39:27, 3. Aine Lynam 39:56. 40-49: 1. Sue Reinhardt 42:29, 2. Joyce Momita 42:42, 3. Rita Gilmore 43:32. 50 & Over: 1. Helen Dick 43:40, 2. Marjorle Gilmore 43:50, 3. Jeanne Hoagland 44:22.

Primo's to Primo's

From Mac Osborn

Oc	tober 12. Danville/San Rar Overall Results - Half M	
1	Brad Hawthorne (30)	1:06:45
2	Michael Gama (27)	1:12:33
3	Dwight Hendrix (32)	1:12:29
4	Steve Gregory (30)	1:12:45
5	Ken Olsen (28)	1:13:24
8	Michael Arevalo (27)	1:18:05
7	Theodore Wong (37)	1:19:14
8	E. Almsworth (33)	1:21:02
9	Rich Couillard (36)	1:21:30
10	George Savatgy (40)	1:21:32

11 Bruce Neuschwander (34)	1:22:10
12 Eddie Campbell (40)	1:22:13
13 Eric Pugh (35)	1:22:28
14 Jim Beuselinck (28)	1:22:33
15 Sue Gyorey (28)	1:22:57
16 Al Michael (30)	1:24:11
17 Ron Polon (33)	1:24:16
18 Andrew Rosebrook (16)	1:24:21
19 Eamon Cooke (43)	1:24:24
20 Don Demaria (47)	1:24:40
21 Rick Paul (36)	1:24:40
22 Richard Sorbo (33)	
	1:24:48
23 Patrick Williams (33)	1:25:01
24 Timothy Finnigan (31)	1:25:30
25 Theodore Anderson (48)	1:25:32
Division Results - Men's Half I	
The state of the s	

Division Results - Men's Half Marathon 9-13: 1. Reed Birnbaum 1:49:02. 14-18: 1. Andrew Rosebrook 1:24:21, 2. Kenrick Mock 1:25:47, 3. Todd Miller 1:49:11. 19-29: 1. Michael Gama 1:12:33, 2. Ken Olsen 1:13:24, 3. Michael Arevalo 1:18:05, 30-39: 1.8rad Hawthorne 1:08:45, 2. Dwight Hendrix 1:12:39, 3. Steve Gregory 1:12:45, 40-49: 1. George Savatgy 1:21:32, 2. Eddle Campbell 1:22:13, 3. Eamon Cooke 1:24:24, 50-59: 1. Jerry O'Hanion 1:25:55, 2. Mel Hatch 1:29:07, 3. Richard Mensing 1:29:13. 60 & Over: 1. Robert Dechene 1:40:54, 2. Frank Rodriguez 1:50:16, 3. Ulysses Rattl 1:50:23.

Division Results - Women's Half Mara. 14-18: 1. Becki Wester 1:58:17. 19-29: 1. Sue Gyorey 1:22-57, 2. Catherine Porter 1:27:52, 3. Grace Pierson 1:28:43, 30-39: 1. Mary Beisheim 1:28:33, 2. Barbara Reid 1:29:05, 3. Marti Menz 1:29:59. 40-49: 1. Jean Shuler 1:29:12, 2. Sue Goddard 1:31:31, 3. Barbara Shubert 1:31:46, 50-59: 1. Margaret Houston 1:46:55, 2. Margaret Morrad 1:58:51, 3. Helen Gallagher 2:41:00.

Overil Results - 10K

1	Rick Reitz (16)	34:05
2	Jan Lassabian (25)	34:24
3	Tim Rostege (46)	34:41
4	Craig Whichard (28)	34:59
5	Chris Baker (28)	35:00
6	Wally Macor (32)	35:08
7	Jim Reitz (42)	35:28
8	Neil Arrieta (17)	35:33
9	William King (38)	35:46
	Dante Vitale (35)	36:12
11	Las Ong (36)	36:31
12	Jim Davis (34)	36:34
13	Kelth Wallace (46)	36:41
14	Steve Otto (21)	37:01
15	Damian Stocking (19)	37:11
16	John Clary (40)	37:33
	Brad Barton (29)	37:40
	Kev Lange (24)	37:42
19	Richard Mattingly (35)	37:57
	John Andersen (42)	37:57
21	Tim Weber (14)	38:13
22	John Murillo (45)	38:18
23	Frank Esparaza Jr. (38)	38:19
24	Dino Daniels (12)	38:23
25	Skip Perry (37)	38:24

Division Results - Men's 10K
Under 9: 1. Tony Martinez 50:58, 2. Brandon Blue 1:01:20, 9-13; 1. Dino Daniels
38:23, 2. Jon Ferguson 41:17, 3. Roger
Penny 43:03, 14-18: 1. Rick Reitz 34:05, 2.
Neil Arrieta 35:33, 3. Tim Weber 38:13,
19-29; 1. Jan Lassabian 34:24, 2. Craig
Whichard 34:59, 3. Chris Baker 35:00,
30-39; 1. Wally Macor 35:08, 2. William
King 35:46, 3. Dante Vitale 36:12, 40-49: 1.
Tim Rostege 34:41, 2. Jim Reitz 35:28, 3.
Keith Wallace 36:41, 50-59; 1. Ron
Grabowski 36:09, 2. Colin Keleher 42:53,
3. Curtis Tom 43:05, 80 & Over; 1. Peter
Picard 48:36, 2. Theodore Fick 52:23, 3.
Maurg Burke 55:14.

Division Results - Women's 10K 9-13: 1. Melissa Freeberg 52:17, 2. Veronica Cruz 52:25, 3. Mercedes Munoz 55:12. 14-18: 1. Tracey Smith 54:01, 2. Cheri Faine 57:26, 3. Jill Gregerson 1:00:02. 19-29: 1. Judy Pickett 40:32, 2. Stephanie Danzig 41:36, 3. Elizabeth Young 44:03. 30-39: 1. Leslie Vitale 40:50, 2. Sue Quiad 42:32, 3. Ellen Mastros 44:15. 40-49: 1. Sue Dessayer 44:41, 2. Camilie Creange 48:42, 3. Diane Handley 46:57. 50-59: 1. Anita Wall 56:11, 2. Lorraine Sharman 58:05, 3. Geeti Ghose 1:11:38.

Bell Race

October 12. Merced. 15K & 3K. Overall Results - 15K Fred Villegas 49:03 Daniel Rusk Tom Davidson 53:45 Curt Royer Leon Casas, Jr. 55:50 56:52 Tom Diehl 57:03 Greg Wilson 57:16 Bruce Hesse 57:22 Clyde Dilg 57:49 10 Dick Domant 58:06 John Minney 58:23 12 Paul Rench 58:27 Michael Rench 58:32 14 Ken Schwisow 58:52 15 Larry Johnston 59:01 16 Peter Larson 59:29 Barry Irwin 18 Frank Russell 60:44 19 Tom Parker 60:52 20 Charles Cadoret 60:58 Overall Results - 3K David Garcez Greg McKinstry 9-10 9:45 John Byfield 9:58 Don Steiner 9:58 Randy Avellar 10:04 Frank Miranda 10:20 Mark Haymond 10:21 George Ortega T.U.R.D. 10 Dick Shorman 11:08 Division Results - Men's 15K

17 & Under: 1. David Box 65:02, 2. Smauel Box 78:29, 3. Daniel Box 88:06, 18-29; 1. Fred Villegas 49:03, 2. Dan Rusk 51:08, 3. Tom Davidson 53:45, 30-39; 1. Curt Royer 55:50, 2. Leon Casas Jr. 56:52, 3. Tom Diehl 57:03, 40-49; 1. Ken Schwisow 58:52, 2. Tom Parker 60:52, 3. Charles Cadoret 60:58, 50-59; 1. Frank Russell 60:44, 2. Charlle Rodgers 61:14, 3. Fred Pereira 73:07, 70 & Over: 1. Don Lundberg 67:30.

Division Results - Women's 15K 18-29: 1. Tiffany Shaw 65:25, 2. Tone Nichols 66:26, 3. Dariene Larson 83:55. 30-39: 1. Maurie Potts 66:09, 2. Charlene Enoch 73:22, 3. Peggy Philip 73:49: 40-49: 1. Pat Kaufman 81:11, 2. Bonnie Plus 82:38. 50-59: 1. Sylvia Ouellette 92:59. Division Results - Men's 3K

12 & Under: 1. Read Andersen 12:14, 13-17: 1. Danny Zacharias 11:59, 18-29; 1. David Garcez 18:29, 30-39: 1. Don Steiner 9:58, 40-49; 1. Mark Haymond 10:21, 50-59: 1. Dick Shorman 11:08, 60-69; 1. Payson Taylor 14:07, 70 & Over; 1. Ray Mahannah 14:28.

Division Results - Women's 3K 12 & Under: 1. Kelly Schwisow 13:02, 13-17: 1. Aria Johnston 16:09, 18-29: 1. Noel Foster 13:32, 30-39: 1. Jane Johnson Russell 12:36, 40-49: 1. Barbara Miller 11:50, 50-59: 1. Marvele Taylor 17:31.

Carousel to Coaster

October 12. Santa Clara. 10K.

Julios Ratti, age 36, was overall winner in the "Carousel to Coaster" 10 kilometer race on Sunday, Oct. 12, at Great America. The winning time was 33:16.6. Some 1,400 runners and striders competed in this annual event.

Gail Allen, age 35, was the top woman competitor, with a time of 38:51.7.

Division Results - Men

16 & Under: 1. Steven Brusig, 2. John Zowin, 3. Tuka Gafari. 17-29: 1. Michael Matthews, 2. Steven Lewis, 3. Gilberto Maldonado, 30-39: 1. Julios Rattl, 2. Joe Lambert, 3. Bob Dalton. 40-49: 1. Richard Herzog, 2. Rod MacKiniay, 3. Greg Burke. 50 & Over: 1. Homer Zugelder, 2. William Barclay Sr., 3. Anthony Granera.

Division Results - Women 16 & Under: 1. Klmik Anderson, 2. Kishi Anderson, 3. Celeste Buchanan. 17-29: 1. Consuelo Garcia, 2. Monika Moeschi, 3. Dena DeAngelo, 30-39: 1. Gail Allen, 2. Connie Miks, 3. Janice Beach. 40-49: 1. Judi Shade, 2. Madelyn Vassigh, 3. Jeri Lee. 50 & Over. 1. Diane Bromstead, 2. Ann Sievert, 3. Georgene Laub.

Breakers and Butterflies 10K

October 12. Pacific Grove.

Division Results - Men
12 & Under: 1. Matt Dusa 55:00, 2. Chris
Dusa 62:23. 13-17: 1. Jay Donaldson 42:22,
2. Mark Breimhorst 43:53. 16-29: 1. Tim
Minor 31:20, 2. No Name 35:52, 3. Kevin
Ketchmark 38:50. 30-39: 1. Emil
Magailanes 33:38, 2. Jim Poulos 33:41, 3.
Ronald Parravano 34:43. 40-49: 1. John
Elliott 36:11, 2. Richard Leutzinger 37:08,
3. Byron Chong 37:54. 50-59: 1. Glynn
Wood 36:47, 2. Joe Russell 42:31.

Division Results - Women
12 & Under: 1. Windy Vining 46:09, 2. Carrie Krapf 63:28, 13-17: 1. Melinda Banta
52:00, 2. Lara Donaldson 67:53, 18-29: 1.
Laura Sanchez, 37:01, 2. Janice Minor
42:18, 3. Elizabeth Sotoodeh 42:56, 30-39:
1. Patty Selbicky 38:48, 2. Betty Albritton
40:05, 3. Mary Alice Curtiss 46:54, 40-49: 1,
Nellie Wright, 38:39, 2. Shirley, Faxon
50:50, 50-59: 1. Carolyn, Beard, 51:36, 2.
Kathryn Walters 54:24.

Run for the Animals

From Tricia Foster

October 12. Palo Alto. 5K & 10K. Division Results - Men's 5K

14 & Under: 1. Sterling Lanier 21:30, 2. Mason Waxman 22:23, 3. Frank Lin 22:59. 15:19: 1. Andy Bullock 16:39, 2. Mike Orth 18:00, 3. Dov Tamler 18:40, 20-29: 1. Don Looby 17:21, 2. Pat Munsch 18:14, 3. Jon Eakin 19:38, 30-39: 1. Ron Kiyono 17:54, 2. Kim Walker 18:05, 3. Bo Crane 18:44, 40-49: 1. Robert Fowler 20:34, 2. Richard Roche 20:59, 3. Peter McMillian 21:17. 50-59: 1. Charles Botsford 20:54, 2. Don Kruse 23:05, 3. Carl Grame 23:14, 60 & Over: 1. Warren Weinstock 30:37, 2. Mel Stefan 23:43.

Division Results - Women's 5K
14 & Under: 1. Daniele Ja 23:08, 2. Denise
Santina 25:22, 3. Heidl Millier 25:29. 15-19:
1. Kathleen Hopkins 20:12, 2. Amira Leifer
25:47, 3. Wendy Ewing 25:47. 20-29: 1.
Lauri Lopez 19:13, 2. Laura Switzer 20:43,
3. Sabrina Schreder 23:14. 30-39: 1. Linda
Johnson 21:49, 2. Zaida Rucker 24:17, 3.
Karen Smith 25:14. 40-49: 1. Nancy
Frensley 26:06, 2. Liz Moore 27:41, 3.
Mereda Mack 26:11. 50-59: 1. Arlys
Oesterling 29:54, 2. Betty Black 30:01, 3.
Carol Hamilton 30:14. 60 & Over: 1. Dot
Weinstock 30:32, 2. Pauline Newsom
52:58.

Division Results - Men's 10K
14 & Under: 1. Jim Zaininger 54:29, 2. Anthony Benger 54:47. 15-19: 1. John Siattery 43:08. 20-29: 1. John Good 33:24, 2. Andrew McTaggart 36:20, 3. Fermin Cortez 37:12. 30-39: 1. Jim Moyles 33:31, 2. Jerry Taylor 34:29, 3. Sheldon Hutchinson 36:36. 40-49: 1. Ron Tanaka 36:20, 2. Carl Cull 37:04, 3. Michael Schuh 38:37. 50-59: 1. Warren Yeend 39:11, 2. Paul Kryska 43:33, 3. Carl Tuck 45:04. 60 & Over: 1. Herbert Leiderman 54:56.

Division Results - Women's 10K 14 & Under: 1. Kate Conkiling 54:04: 15-19: 1. Leslie Ford 57:19; 2. Anne Marie Gunning 58:05, 3. Beth Doherty 58:35. 20-29: 1. Karla Pearcy 44:28, 2. Kathryn Belt 45:19, 3. Jan Millier 45:38 30-39: 1. Donna Hinshaw 41:29, 2. Anita Lee 46:19, 3. Roberta Martinez 49:09: 40-49: 1. Betsy Fraser-Smith 43:35, 2. Marge Gerrity 47:45, 3. Karen Meisehelmer 49:30.

Twin Cities Marathon

October 12. St. Paul, MN.

Bill Donakowski and Kim Rosenquist survived chilly temperatures and gusty winds to outclass impressive U.S. Championship competition, as each raced to victory and \$25,000 in the fifth annual Twin Cities Marathon, the sixteenth event of the 1986 ARRA Championship Circuit. Rain that had visited the Twin Cities in

the days preceding the event stopped as the race got under way, but conditions were still numbing for a pack of top U.S. men that included Grey Meyer, Don Janicki, Marty Froelick, Pete Pfitzinger, Terry Cotton, Dean Matthews, Dan Grimes, Dave Gordon, Jon Sinclair and Donakowski. That group shared the lead through five miles in 24:45 and ten miles in 49:21, then passed the halfway mark in 1:05:39 before facing frigid gusts of wind. As the group crossed the Mississippi River from Minneapolis to St. Paul, Donakowski suddenly decided he had had enough of huddling in a group for

"The pack was way too crowded for my taste," the Californian noted later, "so I made my move early.

Donakowski surged to the lead, with Sinclair fighting to hold on as the rest of the field fell back. Running five-minute mile pace and better, last year's New Jersey Waterfront champion continued to build on his lead over the final seven miles, finishing in 2:10:41, the fastest time recorded by an American this year. Don Janicki and Dave Gordon held on to the next two places, thus qualifying for next September's World Championships In Rome.

In the women's competition, pre-race favorite Nancy Ditz went out to an early lead, passing five miles in 28:59, but was followed closely by Rosenquist, Cathle Twomey, Jan Ettle, Connie Prince and Laura Albers. The pack passed Ditz soon afterward, but only Rosenquist stayed ahead for good, as the Spokane, Washington, runner led through the halfway mark in 1:15:23 and continued to build her lead to over two minutes by the

I just felt really good today and took advantage of it," said Rosenquist, who sped to a 2:32:31 course record, the fastest time by an American woman this year. Ditz finished second in 2:34:50, with Connie Prince taking the third spot on the World Championship Team.

The women's competition was somewhat marred by a dispute over whether a support crew was unfairly assisting Ditz at points along the course, and also by an incident in which Laura Albers fell to the pavement after having her foot clipped by a vehicle that strayed onto the race course

In the race among top masters runners in the third section of this year's Twin Cities Marathon, Kjell-Erik Stahl (2:18:31) and Gabriele Anderson (2:40:08) took top honors, with over \$40,000 paid out to masters finishers using the Twin Cities unique age-graded scoring system.

This year's Twin Cities Marathon, which was the TAC/USA National Marathon Championships, was sponsored by the Pillsbury Company, WCCO Radio and First Banks, and included nearly 6,000 entrants. The next event on the 1986 ARRA Championship Circuit is the Penofin 10K on October 19.

Overall Results - Men

1	Bill Donakowski, Alb, \$25,000	2:10:41
2	Don Janicki(26)Tucson,\$20,000	2:11:58
3	David Gordon, Eugene, \$15,000	2:12:08
4	Daniel grimes, Clovdi, \$10,000	2:13:11

5 Marty Froelick, ColSpr, \$7,5	00 2:13:34
6 Gregory Meyer, G. Rapid, \$5, 7 Tom Ratcliffe, Wellesly, \$40	500 2:14:49
7 Tom Ratcliffe, Wellesly, \$40 8 Michael Brady, Spokane, \$3	
9 Bob Hodge, Hopkinton, \$22	
10 Dick Leland, Spokane, \$180	
11 Daniel Caprioglio, NC, \$160	
12 Philip Coppess, Clinton, \$14	100 2:17:04
13 Andy Palmer, Hiram, Me, \$13	200 2:17:42
14 Jeff Rawlins, Vandalla, \$110	
15 Christopher Prior, Vandal,\$	
16 Bruce Ellis, Exeter, NH	2:17:55 2:17:56
17 Craig Holm (32) Leroy, Ny 18 Jon Sinclair(29)Ft.Collins	2:18:49
19 John Mirth(24)Minn.MN	2:19:00
20 Kris Mueller(26)Anchorage	
21 John Wellerding(32)Louisv	
22 Wally Collins(26)Rehoboth	
23 Larry Barthlow(29)Boston,	
24 Steve McCormack(26)S.Die	
25 Terry Cotton(32)Lakeside	2:21:49
Overall Results - Wor	
 Kim Rosenquist,WA,\$25,00 Nancy Ditz,Woodside,\$20, 	000 2:32:31
3 Connie Prince, SixCty, \$15,0	
4 Cathle Twomey, Eugn, \$10,0	
5 Janice Ettle, Freept, Mn, \$75	
6 Laura Albers, G. Rapid, \$550	
7 Katy Laetsch, Atlanta, \$400	0 2:39:00
8 Carol McLatchie, Houstn,\$	
9 Janis Klecker, Hopkins, \$22	
10 Sue Jackson, Dallas, TX,\$16	300 2:41:06
11 Mary Tracey, S. Monica, \$16 12 Tori Neubauer, Minn. MN, \$1	00 2:45:25
13 Elaine Triplett, S. Barb., \$12	
14 Terri Martland, Newport,\$1	
15 Marian Teitsch, Bozemn, \$1	000 2:47:53
16 Natalie Updegrove, St. Col,	
17 Suzanne Wuri(28)GoldnVly	
18 Marie Boyd(26)Alburq.NM	2:51:41
19 Brenda Gray(24)RockSpng	
20 Paulette Goodrich, St. Paul	2:56:40
21 Wendy Norberg, Minn. MN 22 Saily Brent (35) Loveland, Co.	2:58:46
23 Karen Wilbur(26)Leeds, MA	
24 Carolyn Smith, Rockford, IL	
25 Mary Connolly, Ft. Wayne, I	
Age-Graded Award	
1 Margaret Miller, TO, \$3000	3:20:54
2 Joyce Smith, England,\$275	
3 Gabriele Anderson, ID, \$750	
4 Kjell-Erik Stahl, Sweden, \$75 5 Doris Schlosser, FRG, \$5000	
 Doris Schlosser, FRG, \$5000 Barbara Filutze, Erle, PA, \$3 	
7 Dan Conway, Chetek, Wi,\$1	
8 Trevor Wright, NZ,\$5000	2:21:27
9 Michael Heffernan, OR, \$10	00 2:24:55
10 Denise Alfvoet, Belgiu, \$750	
11 Clive Davies, OR, \$500	3:15:47
12 David Clark, England, \$2000	
13 Piet VanAlphen, Netherld, \$	
14 Guenter Mielke,FRG,\$1000 15 Angella Hearn,NewYorkCli	
16 Dic Evans, Wales	2:25:34
17 Gail LaDage Scott, Durange	
18 Benjamin Johns, Ontario	2:34:11
19 Ardel Boes, Golden,Co	2:31:24
20 Patrick Murphy, Ireland	2:28:08
21 Jim O'Neil, LaJolla	
22 Ralph Zimmermann, NY 23 Fritz Mueiler, NY	2:53:58
23 Fritz Mueller, NY 24 Joan Ullyot, S.F.	2:32:02
25 Toshiko D'Elia, NJ	2:32:02 2:36:31
California Finisher	2:32:02 2:36:31 3:02:16
1 Bill Donakowski Albany	2:32:02 2:36:31 3:02:16 3:21:40
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4 Daniel Grimes, Cloverdale	2:32:02 2:36:31 3:02:16 3:21:40 8 2:10:41 2:13:11
25 Steve McCormack, San Die	2:32:02 2:36:31 3:02:16 3:21:40 5 2:10:41 2:13:11 ago 2:21:01
25 Steve McCormack, San Die 27 Terry Cotton, Lakeside	2:32:02 2:36:31 3:02:16 3:21:40 8 2:10:41 2:13:11 2:21:49
25 Steve McCormack, San Die 27 Terry Cotton, Lakeside 51 James Triplett, SantaBarba	2:32:02 2:36:31 3:02:16 3:21:40 8 2:10:41 2:13:11 2:21:01 2:21:49 ara 2:26:32
25 Steve McCormack, San Die 27 Terry Cotton, Lakeside 51 James Triplett, SantaBarba 94 Nancy Ditz, Woodside	2:32:02 2:36:31 3:02:16 3:21:40 6 2:10:41 2:13:11 2:21:09 2:21:01 2:21:04 2:26:32 2:34:50
25 Steve McCormack, San Die 27 Terry Cotton, Lakeside 51 James Triplett, SantaBarbs 94 Nancy Ditz, Woodside 102Roger Depriest, ChulaViste	2:32:02 2:36:31 3:02:16 3:21:40 6 2:10:41 2:13:11 2:21:49 2:21:49 ara 2:26:32 2:34:50 8 2:35:54
25 Steve McCormack, San Die 27 Terry Cotton, Lakeside 51 James Triplett, SantaBarbs 94 Nancy Ditz, Woodside 102Roger Depriest, ChulaVista 107Des Austin, San Diego	2:32:02 2:36:31 3:02:16 3:21:40 6 2:10:41 2:13:11 2:21:09 2:21:01 2:21:04 2:26:32 2:34:50
25 Steve McCormack, San Die 27 Terry Cotton, Lakeside 51 James Triplett, SantaBarbs 94 Nancy Ditz, Woodside 102Roger Depriest, ChulaViste	2:32:02 2:36:31 3:02:16 3:21:40 6 2:10:41 2:13:11 2:21:49 2:21:49 ara 2:26:32 2:34:50 a 2:36:54 2:36:27 2:36:41
25 Steve McCormack, San Die 27 Terry Cotton, Lakeside 51 James Triplett, SantaBarbi 94 Nancy Ditz, Woodside 102Roger Depriest, ChulaVista 107Des Austin, San Diego 110Alan Just, Buena Park 119Christopher Schallert, Cani 191Mary Tracey, SantaMonica	2:32:02 2:36:31 3:02:16 3:21:40 6 2:10:41 2:13:11 2:21:49 2:22:49 2:34:50 1 2:35:54 2:36:27 2:36:41 Pk 2:37:58 2:45:25
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25 Steve McCormack, San Die 27 Terry Cotton, Lakeside 51 James Triplett, SantaBarbi 94 Nancy Ditz, Woodside 102Roger Depriest, ChulaViste 107Des Austin, San Diego 110Alan Just, Buena Park 119Christopher Schallert, Canl 191Mary Tracey, SantaMonica 227Charlotte Thomas, SanDie 229Frederick Kiddy, PalmSprii 239Elaine Triplett, SantaBarba 234Stan Bratt, Lancaster 349John Bidasio, StudioCity 361Randy Saletnik, SanDiego	2:32:02 2:36:31 3:02:16 3:21:40 6 2:10:41 2:13:11 2:21:49 2:21:49 2:21:49 2:34:50 3:23:55 4:236:54 2:36 2:36 2:36 2:36 2:36 2:36 2:36 2:36
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499Mitch Long, San Diego	2:58:11
546Isaac Silva, Anaheim	2:59:19
592Carol Carrigan, Long Beach	3:00:31
629Francis Petracek, AgouraHills	3:01:44
639Joan Ullyot, S.F.	3:02:16
646George Parrott, Sacto	3:02:33
654Sandra Kiddy, Palm Springs	3:02:50
677 Carlos Godoy, Glendale 700 Craig Simmons, Danville	3:04:31
735 Jack Nosco Thous Oaks	3:05:34
735Jack Nosco, Thous Oaks 748David Innes, MillValley	3:06:06
778Laury Fisher, Oakland	3:06:44
815lan Hall Sunnymead	3:07:35
856Steven Teslik, San Diego	3:08:25
856Steven Teslik, San Diego 965Joseph Hunziker, S.F.	3:11:49
1007Brenda Bellanger, NewportBc	3:13:02
1012Gail Rodd, S.F.	3:13:07
1013Chris Dalton, Sacto	3:13:08
1157Karen Lanterman, Hillsboro	3:16:36
1189Phil Tom, San Mateo	3:17:13
1262Jerry Daley, Thous.Oaks 1265Kay Bolla, S.F.	3:18:56
1280Max Grossman, Berkeley	3:19:13
1359Margaret Miller, Thous.Oaks	3:20:54
1406Terrance Murray, El Cajon	3:22:09
1460Mel Arnold, Chatsworth	3:23:25
1496Bruce Bryan, Newhall	3:24:15
1529Larry Fimon, San Diego	3:24:58
1530Craig Chambers, S.Monica	3:25:00
1532Eric Lantto, ChulaVista	3:25:03
1649John Miller, LaMirada	3:27:42
1718Peter Switala, S.F.	3:29:12
1742Robert Blumer, LongBeach 1883Leland Postil, Burbank	3:31:57
1905Ruth Anderson, Oakland	3:32:23
2013Jesse Conrad, SanRamon	3:34:24
2087Ted Davis, Bonita	3:35:45
2149Phil Beaudoin, Irvine	3:37:17
2150David Dixon, SantaAna	3:37:17
2187Cindy Selkkula, PleasHI	3:38:10
2227Michael Brandt, Chatsworth	3:38:53
2298 Jane Janousek, Irvine	3:40:12
2327Clifford Golenor, HaclendaHt	3:40:40
2340Eddie Shore, CanyonCo. 2626Maryanne Hoburg,S.F.	3:40:55 3:47:35
3000Gregory Hol, PlazaDelRey	3:55:19
3026Kathy Kusner, W. Hollywd	3:55:58
3106David Ringler, LagunaHills	3:57:40
3154Richard Quaresma, Hawthor	3:58:51
3156Richard Warner, L.A.	3:58:58
3216Doug Swenson, San Diego	4:00:12
3313Charles Woolsey, Chula Vista	4:03:47
3451Valerie Johnson, SantaCruz	4:08:07
3485Nestor Velasco, FairOaks	4:09:04
3515James Oison, San Mateo	4:09:48
3590John Nippel, Torrance 3747Donald Denny, Orinda	4:17:02
3780Lillian Mahoney, ChulaVista	4:17:51
3821Kit Carson, Fremont	4:19:21
4111Michael Brandt, Chatsworth	4:32:24
4193Wayne Buss, San Jose	4:36:50
4338John Ambrose, RanchoPV	4:46:02
4343Thomas Rozanski,San Jose	4:46:25
4418Witold Marczewski, LongBch	4:52:28
4433Julie Cooper, LosGatos	4:54:28
4497Paul Georges, Lawndale	5:03:03

Berkeley to Moraga

Oc	tober 12. Berkeley, 12.7 Mile.	
	Overall Results - Men	
1	Mike Wheeler (37) Oakland	1:16:23
2	Ernie Rivas (36) Oakland	1:16:39
3	Jim Misener (26) Lancaster	1:16:48
4	Danny Moon (39) Campbell	1:17:50
5	Jim Schratz (38) Petaluma	1:18:48
6	Guillermo Barron (34) Oakland	1:19:20
7		1:21:38
B	Peter White (44) Moraga	1:21:53
9	Eric Deetz (26) Berkeley	1:22:01
10	Arnold Ramos (36) S.Leandro	1:22:20
	Overall Results - Women	
1	Kim Sewell (22) Berkeley	1:38:09
2	Susie Bruder (27) S.F.	1:39:29
3	Jan Smith (40) S.F.	1:45:22
4	Sylvette Orlianges(33)Berk	1:49:09
5	Mary McCraw (35) Oakland	1:49:13
6	Jess Nourse (49) Moraga	1:55:45
7	Fran Smith (42) S.F.	1:56:19
8	Inga Aksamit (28) S.F.	1:56:22
9	Dakota Durkee (23) Oakland	1:58:10
10		1:59:10
	Overall Results - 10K	
1	Alphonzo Jackson (41) Oakland	37:32
2	Jeff Resnick (27) Pinole	38:39

3	Lee Groyon (48) ElSobrante	39:21
4	Unofficial	39:25
5	Bill Riche (36)	42:27
	Overall Results - 15K	
1	Ernie Isaacs (47) Berkeley	66:02
2	Bob Marra (32) Oakland	71:14
3	Bob Dechene (62) Danville	71:59
4	Broch Settlemeir (52)	87:57
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	Humboldt	
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Redwoods Marathon & Half Marathon

From Karn Angel

October 12. Humboldt.

Division Results - Men's Marathon 40-49: 1. David Marvel 2:59:11, 2. Ronald Cote 2:59:45, 3. Terry Mullen 3:03:33, 50-59: 1. George Crandall 3:09:00. 60-84: 1. George Billingsley 3:43:38, 75 & Over: 1 Thomas Cullen 5:21:39.Wheelchair: 1 David Spencer 3:18:00.

Division Results - Women's Marathon 40-49: 1. Cheryl Allen 3:06:25, 2. Jean Spirlock 3:21:14, 3. Cherle Gruenfeld 3:31:58, 50-59: 1. Marty Maricle 3:41:13. 60-64: 1. Betty Gillettee 4:53:03.

Division Results - Men's Half Marathon 40-49: 1. Jim Gibbons 1:13:49, 2. Theodore Jones 1:19:32, 3. Keith Kirkpatrick 1:20:39. 50-59: 1. Siegfried Mattern 1:22:05,. 2. Orlo Keniston 1:22:53. 60-64: 1. Ted Ponsett 1:32:55. Wheelchair: 1. Mel Hunt 1:33:27.

Division Results - Women's Half Mara. 40-49: 1. Dorie Quam 1:29:50, 2. Nouria Harris 1:34:31, 3. Marge Dunlap 1:34:41. 50-59: 1. Beverlee Human 1:45:13. 80-84: 1. Virginia Terry 1:54:14

Running Is For The Birds

from Adrianne Morrison

October 18. Boisa Chica St. Beach. Men's 10K Results

1. Fred Maylek 30:11, 2. Roman Gomez 30:31, 3. Gorden Duff 30:40, 4. Chris Lerade 31:59, 5. Dave Smith 31:59.

Women's 10K Results 1. Natalie Lash 41:14, 2. Vickie Gunderson 41:34, 3. Shelley Briggs 41:57, 4. Jennifer Turner 42:23, 5. Joy Carney 42:28. Men's 5K Results

1. Kevin Dalrympie 16:26, 2. Jim Struffolino 16:28, 3. Paul Jorgensen 16:29, 4. Andres Dominguez 16:38, 5. Ed Russell

Women's 5K Results

1. Kelly Babcock 17:22, 2. Jenna Knight 17:58, 3. Glynn Watt 19:29, 4. Joan Nussell 19:51, 5. (tie) Tina Stough and Deanna Morfoot 20:10

Fresno Golden Valley Masters 10 Mile Run

Division Results - Men Overall Winner: Bob Lindsey 54:49, 40-44: 1. Keith Kirkpatrick 57:05, 2. Bill Woody 59:55, 3. Mark Haymond 61:07. 45-49: 1. Frank Padilla 56:26, 2. Fred Alderete 62:42, 3. Joe Delgado 65:21, 50-54; 1. Frank Delgado 60:20, 2. Dick Cain 60:38, 3. Grant Sharp 72:32, 55-59; 1. Len Thomton 57:58, 2. Tony Bush 68:20, 3. Roger Eastman 72:48. 60-64: 1, Lee Thomas 84:13, 65-69: 1, Harry Harder 74:42, 2, James Martin 1:44:21, 70 & Over: 1, Ray Mahannah 92:30.

Division Results - Women Overall Winner: Margie Timberlake 64:20. 40-44: 1. Carolyn Campbell 68:58, 2. Mary Ann Barroso 77:47, 3. Jennifer Wheeler 86:08, 45-49: 1. Heidl Fialho 79:13, 2. Jill Valeriote 80:18, 60 & Over: 1. Dorothy Thomas 81:14, 2. Virginia Martin 1:44:20.

Cuesta Spirit Biathlon

October 12. San Luis Obispo. (10K Run, 40K Bike)

Several record-breaking times were set during the October running of the biannual Cuesta College Spirit Biathlon.

Casey Kunselman of Arroyo Grande was the overall men's individual winner finishing with a time of 1:37:09.

Susan Griesbach of Fullerton shattered her own previously set April record by nearly five minutes, taking the top women's individual title with a time of 1:42:18.

The men's overall team winners were Mike Landsdon and Jim Fisher, both of San Luis Obispo. They finished the 50K course in 1:30:02.

A new record was set in the women's open division. Carrie Walters and Kim Cashon, both of San Luis Obispo, broke the previous record of 1:46:57, finishing first among women's team entrants with a time of 1:42:20.

Danny Kerelman and Rohanda Shaw, both of Los Osos, won the Mixed Open ti-tle with a new record of 1:37:06.

Other record-breakers include Dave Howell of Los Osos, who broke his own previously set April record of 1:47:01. Howell won the men's 45-54 division with a time of 1:42:11.

In two separate women's divisions, record times were established for the first time ever. Kerry McQueary and Emily Cletsoway, both of San Luis Obispo, recorded the times in the 15 & Under and 55 & Over divisions, respectively.

Elizabeth Saba of Bakersfield took nearly ten minutes off the previously set record in the women's 45-54 division. Saba finished with a time of 2:05.07.

In three different team divisions, new records were also set. Amy Rogers and Dana McQueary, both of San Luis Obispo, blew away the women's Under 35 record of 2:25.41, finishing with a time of 2:06:34. Cade Barker and Heather Duveneck set a new record for mixed team -35 division with a time of 2:21.42. Carol Pappas of Leona Valley and Tommy Green of San Luis Obispo established the first time ever recorded for the mixed team 80+ division. They finished with a time of 2:00.01.

A new record was also set in the Parent/Child division. Warren and Curt Hansen of San Luis Obispo finished with a time of 1:41.32.

	Overall Results	10 miles
1	Kevin Lutz	1:24:45
2	Robert Issacs	1:27:32
3	Enzerink/Henley	1:27:38
4	Evans/Guntherhardt	1:28:32
5	Michael Bennett	1:28:39
6	Clark Brannin	1.28:43
7	David Sjka	1:29:10
8	Jones/Wentz	1:29:18
9	Herreon/Bishop	1:29:27
10	Lansdon/Fisher	1:30:02
11	Armbruster/Matthews	1:30:03
	Dennis Grossini	1:31:02
13	AND AND AND A STATE OF THE STAT	1:31:03
-14		1:31:04
	Jeff Jacobs	1:31:05
	Michael White	1:31:19
17		1:31:50
	Jim Hurley	1:31:59
	Catfish Phelan	1:32:02
20	Don Trout	1:32:11
21	Thomas/	1:32:12
22		1:32:29
	Jason Hafemeister	1:32:42
	Steve Dornish	1:33:03
25	Vedrin/Sullivan	1:35:58
26	Kerelman/Shaw	1:37:06

	Casey Kunselman	1:37:09
28	Bob Macy	1:38:17
29	Ken Kinsell	1:40:11
30	Eulate/Orill	1:40:25
31	David Schachte	1:40:26
32	Chris Bokman	1:40:44
33	Viskocil/Curry	1:40:52
34	Hansen/Hansen	1:41:32
35	Hasson/Crass	1:41:32
36	Dave Howell	1:42:11
37	Eric Benson	1:42:16
	Dahi/Quinlon	1:42:16
39	McLeod/Urguhart	1:42:17
40	R. Dressendorfer	1:42:17
41	McClenethen/Russo	1:42:18
42	Susan Griesbach	1:42:18
43	Rob Gordon	1:42:18
44	Mike Swiderski	1:42:18
	Vidal Arista	1:42:19
46	Hilbun/Luther	1:42:19
47	Stephen Wyer	1:42:19
48	Bob Nanninga	1:42:19
49	Peter Lowes	1:42:20
50	Walters/Cashon	1:42:20
	Division Results - Men	

15-24: 1. Casey Kunselman 1:37:09, 2. Chris Bokman 1:40:44, 3. Eric Benson 1:42:16. 25-34: 1. Ken Kinsell 1:40:11, 2. David Schachte 1:40:26, 3. Peter Lowes 1:42:20. 35-44: 1. Bob Macy 1:38:17, 2. R. Dressendorfer 1:42:17, 3. Rob Gordon 1:42:18, 45-54: 1. Dave Howell 1:42:11, 2. Randall Gold 1:46:05, 3. Mike Renorn 1:49:30, 55 & Over 1. Gus Meinalksonis 1:57:15, 2. Ed McSorley 2:02:46, 3. Delmar Gourley 2:05:47.

Team Results Teams Under 35: 1. Vedrin/Sullivan 1:56:53, 2. Harvey/Hansen 1:59:54, 3. Vedrin/Sullivan 1:35:58. Teams Over 35: 1. Newland/Baynham 1:48:36, 2. Mills/Mar-2:14:50. Teams Open: 1. Lansdon/Fisher 1:30:02, 2. Arm-bruster/Matthew 1:30:03, 3. Thomas/? 1:32:12. Mixed Teams Open: 1.

Kerelman/Shaw 1:37:06, 2. Hasson/Crass 1:41:32, 3. McClenether/Russo 1:42:18. Mixed Teams Under 35: 1. Barker/Doveneck 2:21:42. Mixed Teams Over 35: 1. Pappas/Green 2:00:01, 2. Spiel ing/Spierling 2:00:39. Parent/Child Teams: Hansen/Hansen 1:41:32 2 Smith/Smith 1:48:37, 3. Beltran/Beltran 1:58:02. Women Teams Under 35: 1. Rogers/McQueary 2:06:34, 2. Lybarger/Howard 2:11:44, 3. Kabat/Hernie 2:11:46. Women's Tesms Over 35: 1. Stauard/Shank 2:03:42. Women's Teams Open: 1. Walters/Cashon 1:42:20, 2. Dowle/Pappas

Division Results - Women 15-24: 1. Terri Dowle 1:58:00, 2. Jenna Holbrook 1:59:57, 3. Julie Batterson 2:00:35, 25-34: 1. Susan Griesbach 1:42:18. 2. Catherine Hennelly 1:42:48, 3. Mary Ryzner 1:46:39. 35-44: 1. Corrine Schratz 1:59:08, 2. Christine McQueary 2:08:20, 3. Debbie Dorney 2:11:21, 45-54: 1. Elizabeth Saba 2:05:07, 2. Marilyn Rehorn 2:11:28, 3. Lois Leach 2:12:00. 55 & Over: 1. Emily Cletsoway 2:27:18.

1:45:57, 3. Spotorno/Spotorno 1:52:49

Bud Light Ironman Triathlon World Championship

October 18. Kona, Hawall.

Dave Scott, 32, of Davis, CA., shattered the previous course record en route to winning more than \$17,000 in prize money and clinching his fifth Bud Light Ironman Triathlon World Championship title here Oct. 18

Scott completed the 140.6-mile swimblke-run course in 8:28:37, breaking the world record set by Scott Tinley at the 1985 Ironman event by 22 minutes, 17 seconds. Mark Allen, 28, of Boulder, Colo., also broke the '85 world record with his second place finish time of 8:36:04. Tinley, 29, of Encinitas, CA., took third in a time of 9:00:37.



Dave Scott

In the women's division, Paula Newby-Fraser, of Zimbabwe, broke the world record set by Sylviane Puntous in 1984 by 38 minutes. Finishing in 38th place overall, Newby-Fraser completed the event in 9:49:13. The 24-year-old will receive approximately \$16,000 in cash.

Finishing second was Sylviane Pun-tous, 25, of Kelowna, British Columbia, whose overall time of 9:53:12 eclipsed her 1984 performance by 32 minutes and one

Scott, who led throughout most of the race, finished the event with the fastest bike and run times and the second fastest swim time. Scott captured previous Bud

Light Ironman titles in 1981, '82, '83 and '84. During the 1985 event, he served as the color commentator for ABC's "Wide World of Sports" broadcast of the event. Scott recently published a book on the sport of triathlon.

A record number of participants - 1,039 representing 36 countries and 48 states started the triathlon which features a 2.4-mile swim, a 112-mile bike race, immediately followed by a 26.2-mile marathon run to the finish line. Seventeen percent of this year's entries were women, while the largest age group for both men and women was the 25-29-year-

In celebration of the 10th anniversary of the Bud Light Ironman event, more than \$100,000 in prize money was award-

Overall Results - Man

1	Dave Scott (32) Davis	8:28:37
2	Mark Allen (28) Boudler, CO	8:36:04
3	Scott Tinley (29) Encinitas	9:00:37
4	Klaus Barth (37) West Germany	9:03:42
5	Greg Stewart (29) Australia	9:05:10
6	Ken Glah (22) Westchester, PA	9:09:29
7	Tony Sattler (27) Australia	9:10:24
8	Marc Surprenant (25) Encinitas	9:13:15
9	Mike Pigg (22) Arcata	9:16:43
10	Mac Martin (31) Pittsburgh, PA	9:20:00
	Overall Results . Women	

	Overall Mesuits - Women	
1	Paula Newby-Fraser(24)Zimb	9:49:13
2	Sylviane Puntous (25) BC	9:53:12
3	Joanna Ernst (27) Palo Alto	10:00:06
4	Liz Bulman (27) Columbia, MO	10:07:17
5	Heidi Christensen(27) IL	10:16:20
6	Juliana Brening(26)WA	10:24:09
7	Beth Mitchell (22) Mich.	10:28:37
B	Beth Nelson (32) Mass.	10:34:09
9	Nancy Harrison (26) Wash.	10:36:13
10	Julie Olson (26) St. Paul, MN	10:41:14

San Dimas Runs

from Jerry Salazar

October 18, San Dimas, 5K & 10K. Special Mile

Boys (12 & Under): 1. Manuel Garcia 5:35, 2. Jerry Hernandez 5:48, 3. Daniel Lopez 6:25

Girls (12 & Under): 1. Kathleen O'Daly 5:59, 2. Heather Burton 6:35, 3. Christie Ashmore N.T.

Division Results - Men's 5K 12 & Under: 1. Manuel Garcia 18:40, 2. Brad Haring 19:55, 3. Jeremy Burton 20:35. 13-17: 1. Rickie Kirby 16:59, 2. Mike Narez 18:09, 3. Alan Glasscock 19:18. 18-24: 1. Brock Vaughn 15:24, 2. Jaun Ramirez 16:02, 3. Jaime Mejla 16:11. 25-29: 1. Billy Jones 15:45, 2. Nick Trozzie 17:06, 3. Wesley Miller 17:19. 30-34: 1. Bernie Brizuela 15:59, 2. Adolfo Serrato 17:28, 3. Mike Guardalabene 18:57. 35-39: 1. Al Davis 16:34, 2. Barry Foose 17:32, 3. Joe Hernandez 18:10. 40-44: 1. Glen Deines 17:41, 2. Rubin Navarro 18:16, 3. All Shiaazi 18:33. 45-49: 1. Dave Arntson 18:14. 2. Carl Pytlinski 18:38, 3. Fred Glover 18:58. 50-59: 1. Aldo Mora 17:38, 2. Charles Hanson 18:43, 3. Efram Sanchez 20:09. 60 & Over: 1. Jack Green 21:03, 2. Stanley Newfield 21:54, 3. Fred Lovell 23:27.

Division Results - Women's 5K 12 & Under: 1. Sandra Serratos 23:28, 2. Heather Burton 26:22, 13-17: 1, Jannie Aragon 19:41, 2. Nancy Macias 22:45, 3. Elizabeth McCants 24:48. 18-24: 1. Joanne Howard 17:05, 2. Miste Garcia 18:28, 3. Eva Calderon 19:41. 25-29: 1. Sheeri Roach 17:29, 2. Karen Kirch 21:20, 3. Jacquelyn Pace 23:00. 30-34: 1. Laurie Land 22:39, 2. Carol Corella 24:30, 3. Donie Sinclair 24:51, 35-39: 1. Mary Cortez 21:33, 2. Elizabeth Blair 23:26, 3. Maria Rodriguez 24:44. 40-44: 1. Julie Hart 23:00, 2. Dorothy Dobson 23:22, 3. Linda Copaci 26:53. 45-49: 1. Marg Shields 22:21, 2. Carol Plowman 23:01, 3. Muriel Cipov 24:44. 50-59: 1. Patricia Pruitt 23:27, 2 Irene Olberz 23:47, 3. Shirley Chadwick 26:56.

Division Results - Men's 10K 12 & Under: 1. James Moser 54:40. 13-17: 1. Tom Harris 36:31, 2. Glen Gabriel 44:37, Tony Nadrid 48:20, 18-24: 1, Kenneth Brown 34:33, 2. Jorge Naranjo 36:57, 3. Jack Kahlhammer 38:31. 25-29: 1. Tim Dougherty 33:02, 2. Alex Miranda 33:23, 3. Eugene Musiar 33:50, 30-34: 1. Enrique Musiar 33:50, 2. Bernie Brizuela 33:55, 3. Ed Crawford 35:16. 35-39: 1. Mike Lozoya 34:09, 2. Raul Orozco 36:35, 3. Larry Gatton 37:43. 40-44: 1. Lee Baca 35:45, 2. Shelley Randall 36:12, 3. Wayne Mitchelle 36:24. 45-49: 1. Paul Williams 39:51, 2. Pete Cano 40:15, 3. Eugene Hampton 40:26, 50-59: 1. Eugene Black 38:47, 2. Sam Mayo 38:53, 3. Douglas Shepherd 41:05. 60 & Over: 1. Bry Thorne 42:35, 2. Dick Diener 43:46, 3. Casey Pool 45:02. Division Results - Women's 10K

18-24: 1. Carmen Maldonado 37:22, 2. Mona Masonis 43:17, 3. Denise Severioh 48:54. 25-29: 1. Diana Henchey 44:45, 2. Mary Conger 47:34, 3. Alysa Serdengecti 50:25. 30-34: 1. Cheryl Comstock 44:06, 2. Karen Harbaugh 47:25, 3. Laura Gordon 51:06. 35-39: 1. Claudia Morales 38:49, 2. Judi McKee 49:15, 3. Stephanie Guida 52:13. 40-44: 1. Barbara Ruekema 46:36, 2. Theresa Riley 49:57, 3. Norma Severloh 51:03. 45-49: 1. Cecily Parke 42:29, 2. Margaret Shields 48:27, 3. Audrey Wagner 1:03st0. 50-59: 1. Migiwa Bernard 53:21.

Shoes and Spokes

By Ken Takeuchi

October 18. Roeding Park, Fresno. 6/2 Mi. The 4th Annual Shoes and Spokes Run sponsored by the Local Chapters of Sponsored by the Local Chapters of CAPH (California Association for Physically Handicapped) and OTAC (Oc-cupational Theraphy Association of California) attracted an excellent field of 303 entrants in the two mile, 6 mile and Company Challenge races. The race was held under overcast skies with the temperature a nippy 50 degrees at the

8:00 a.m. starting time.

Overall winners in the featured 6 mile race was Fresno Track Club star, "Ironman" Al Lomell who breezed through the fast 2 mile loop course in 31:49.7. Lomeli finished ahead of Jay Sloane in 33:45.2 and fellow FTC'er Curtis Elia at 33:55.2. Distaff winner was Bicky Gonzales in 41:36.6 edging Nellie Gonzales who turned in a 41:59.7.

Two mile winners were Fresno City College standout Mauri Potts in 12:34.7 and former Fresno State College stalwart, Bryan Foley with a good 9:33.7. Danny Vega of FCC who ran a League Meet the day before finished second in 9:49.9.

The Company Challenge title was won by the 5 fastest runners from the strong

PG&E team. The winning team was paced by Marvin Ashcroft's 10:52. Other team members included Anthony Chevira, Ed Lopez, Robert Scott and Bill Robinson. Tom Kovac's Track Rat Bureaucrats placed seconds with a cumulative time of 60:06.21 against PG&E's time of 59:39.7. The Track Rats also won the participation award with 14 runners entered. Third place went to the Fresno County District Attorney's Office team with a clocking of 67:20.7

Outstanding was the personal and couse record for visually impaired athletes as Douglas Eudaly toured the 2

athletes as Dodglas Eudary founds and amile loop in an outstanding 13:53.2 breaking his own old record of 14:48.1.

Wheelchair winner was Ratael Ybarra with his excellent 30:19.9. Five wheelchair athletes supported this fine

Plans are already underway for Shoes and Spokes V on October 17, 1987.

Division Results - Men's 6 Mile
Novice: 1. Shawn Crosswhite 38:22; 2. Jlm
Crosswhite 47:43; 3. Jeff Crosswhite
47:44: 12 & Under: 1. Rashan Williams
43:21, 13-18: 1. Eric Johnson 35:27; 2.
Chris Rice 43:53, 19-29: 1. Jay Sloane
33:45; 2. Justus Wagner 39:29; 3. Shammah Wagner 39:38, 30-39: 1. Al Lomeli
31:49, 2. Curtis Elia 33:55, 3. Rita Fuentes
34:13, 40-49: 1. David Horg 38:52, 2.
Richard Hoyt 39:14, 3. Ron Zito 39:39,
50-59: 1. Chris Denny 40:49, 2. Merle
Hansen 49:28, 3. Kenneth Sager 56:11.
Wheelchair: 1. Rafael Ybarra 30:19, 2.
Allen Roope 1:19:24.
Division Results - Women's 6 Mile Division Results - Men's 6 Mile

Division Results - Women's 6 Mile 12 & Under: 1. Bicky Gonzales 41:36, 2. Kellie Gonzales 41:59, 3. Susan Mora 43:55, 30-39: 1. Donna Aldrich 44:04, 2.

43:55. 30-39: 1. Donna Aldrich 44:04, 2. Connie Bitter 45:21. 40-49: 1. Faye Daly 48:50, 2. Alice Sager 56:15.

Division Results - Men's 2 Mile Visually Impaired: 1. Douglas Eudaly 13:53. Novice: 1. Derreck Blum 14:08, 2. Ron Enabit 14:20, 3. Jose Ramiro 14:23. 12 & Under: 1. Tony Ramirez 14:05, 2. Jeff Rickels 16:17, 3. Nathan Linsche 19:52. 13-18: 1. Danny Vega 9:45, 2. David Humbias 10:54, 3. Scott Sliver 12:25. 19-29: 1. Bryan Foley 9:33. 2. Tom Kearn 11:16. 3. Bryan Foley 9:33, 2. Tom Kearn 11:16, 3. John Duncan 11:59. 30-39: 1. Bill Schwantz 11:26, 2. Domingo Pena 11:43, 3. Terry Nephew 11:49. 40-49: 1. Tom Flanigan 12:33, 2. Jerry Friesen 13:06, 3.

Fred Schellack 13:22. 50-59: 1. Ric Zamarripa 11:41, 2. Phillip Torres 17:14, 60 & Over: 1. Bob Musso 13:01, 2. Ray Henry (age 74) N.T. Wheelchair: 1. Winsten Johnson 23:56, 2. Humberto Siguireros 24:11, 3. Santos Ramirez 44:19.

Division Results - Women's 2 Mile Novice: 1. Carol Robison 17:00, 2. Kathleen Solano 17:12, 3. Marji Martino 17:35, 12 & Under: 1. Lori Fraijo 14:25, 2. Andrea Sierras 15:57, 3. Sandy Black 16:06. 19-29: 1. Tracy Mohammed 14:35, 2. Maia Pucay 15:00, 3. Jane Greene 15:48. 30-39: 1. Mauri Potts 12:34, 2. Jan Alcock 12:38, 3. Sharon Madsen 13:36, 40-49: 1. Jackie Ryle 14:30, 2. Deborah Schwartz 17:10, 3. Patricia Caffrey 17:16. 50-59: 1. Mary Jo Fitchhorn 18:10.

Visalia Half Marathon

Oc	October 18. Visalia.			
	Overall Results			
1	Marry Ludhurounguit, as as	1:15:13		
2	Gied Decaping (1 For Fo)	1:15:38		
3	Tom Davidson (2 20-29)	1:17:58		
4	Craig Newport (1 40-49)	1:17:9		
5	Ray Hernandez (2 30-39)	1:18:16		
6	Ed Taylor (3 30-39)	1:18:35		
7	Tom McFadden	1:19:17		
8	Faui Gaicia	1:19:56		
9	Rob Stephenson	1:20:11		
10	Alex Hernandez	1:22:5		
12	Robert Taylor (3 20-29)	1:23:24		
13		1:23:32		
14		1:24:38		
17		1:27:25		
25		1:32:47		
26		1:32:53		
31		1:34:57		
32		1:38:02		
36		1:39:52		
4		1:43:23		
5		1:51:47		
55		1:55:32		
6	1 eslie Corcoran (3F 30-39)	1:58:3		
6		1:59:18		
7		2:20:58		
1.50				

Nite Lite SoCal 10K

The second secon	
October 18. Fullerton.	
Overall Results - Men	-
1 Steve Ortiz (27)	29:14
2 Dennis Karamitros (27)	30:36
3 Ron Gee (35)	30:44
4 Robert Arsenault (20)	31:03
5 Gregg Szanto (29)	31:08
6 Beltran Marcial (19)	31:25
7 Enrique Alvarez (33)	31:28
B Tony Young (24)	31:29
9 Rick Csintalan (23)	31;32
10 Rich Medellin (27)	31:38
11 Mark Laplant (22)	31:44
12 Steve Boaz (29)	31:49
13 Frank Duarte (44)	32:05
14 Thomas Bolt (22)	32:07
15 Mark Penn (29)	32:12
16 Wayne Matsumura (24)	32:17
17 Joe Gilboy (27)	32:20
18 Scott Young (23)	32:22
19 John Holton (29)	32:35
20 Michael Guhderaut (24)	32:39
21 Robert Anderson (33)	32:40
22 Mike Serna (25)	32:49
23 Ron Jensen (39)	32:53
24 Ed Mora (30)	32:54
25 Scott Aguirre (24)	32:55
Overall Results - Women	1
1 Carrie Garritson (9)	35:25
2 Lari Bright (25)	35:56
3 Helen Lopez (26)	36:45
4 Tammy Sargeant (28)	37:00
5 Michelle Tiff (35)	37:40
6 Debbie Brown (15)	39:02
7 Susan Griesbach (28)	39:13
8 Adrianne Trader (23)	40:36

Daiva Jusionis (38)

10 Sonya Donaldson (28)

11 Witting (20)

40:39

41:15

41:47

12 Janet Dietzel (22)	41:54
13 Julie Finnegan (27)	42:02
14 Julie Doering (24)	42:06
15 Pat Roion (19)	42:16
16 Dana Daniel (26)	43:21
17 Dorothy Demond (30)	43:41
18 Michelle Friend (17)	43:44
19 Liz Teriquez (21)	43:45
20 Sharon Scloman (29)	43:59
21 Kori Bidetti (15)	44:00
22 Jennifer Buckly (28)	44:00
23 Schery Braunhardt (39)	44:27
24 Cecilia Esquer (34)	44:31
25 Nancy Sobieck (28)	44:34
Division Results - I	Men

14 & Under: 1. James Garritson 33:40, 2. Richard Pacheco 37:34, 3, Jarrod Garrit-son 38:30, 15-17: 1, Tony Winkler 33:58, 2 Sam Chacon 34:28, 3. Chris Pohl 34:35. 18-24: 1. Robert Arsenault 31:03, 2. Beltran Marcial 31:25, 3. Tony Young 31:29. 25-29: 1. Steve Ortiz 29:14, 2. Dennis Karamitros 30:36, 3. Gregg Szanto 31:08. 30-39: 1. Ron Gee 30:44, 2. Enrique Alvarez 30:39: 1. Hon Gee 30:44, 2. Ellindo Avala. 31:28, 3. Robert Anderson 32:40. 40-49: 1. Frank Duarte 32:05, 2. Lee Gilbert 34:11, 3. Frank Duarte 32:05, 2 Lee Glibert 54:11.

Ron Oglinice 34:23, 50-59: 1, Juvenal Herrera 36:46, 2, Robert Mathews 41:12, 60 & Over. 1, Larry Banuelos 40:55, 2, Jack Green 43:19, 3, Delmar Gourley 44:14.

Division Results - Women

15-17: 1, Debbie Brown 39:02, 2, Michelle

Friend 43:44, 3. Kori Bidetti 44:00. 18-24: 1. Adrianne Trader 40:36, 2. Witting 41:47, 3. Janet Dietzel 41:54. 25-29: 1. Lari Bright 35:56, 2. Helen Lopez 36:45, 3. Tammy Sargeant 37:00. 30-39: 1. Michelle Tiff 37:40, 2. Daiva Jusionis 40:39, 3. Dorothy Demond 43:41, 40:49: 1. Patti Kopcho 46:35, 2. Janice Szrick 47:25, **50 & Over:** 1. Melva Whittlesey 1:14:10.



Steve Ortiz

Clarksburg/Pepsi 20-Mile Run & PA-TAC 30K Championships

By Mark Winitz

November 16. Clarksburg.

This year, the 21st running of the Pepsi 20-Mile Run also served as the PA-TAC's 30 kilometer championship race. Over 1,600 runners turned out in the easygoing, scenic town of Clarksburg for races (including a 5-miler) through nearly flat farmlands in the Sacramento River Delta

region.
Dan Gonzalez (Mt.View, CA) and
Sharlet Gilbert (Richmond, CA) won the 30K (18.6 miles) by comfortable margins before continuing on to do the same in the 20-miler.

This was the first attempt by Gonzalez (who normally runs shorter races) at this distance, as he tuned for the California International Marathon (which he won 3 weeks later). Sharlet Gilbert's 1:59:27 for the 20-miler produced a course record.

According to race management, ideal race conditions accounted for nine national age group records in the 30K, and fourteen in the 20 miles. \$4,200 in prize money was distributed, as well as raffled vacations to the Boston and Hawaii marathons.

The Pepsi 20 is a quality race, well sup-ported and run by the Clarksburg com-munity. It offers lot of goodles and a TAC sanctioned and certified out and back course with absolutely no automobile traffic on county roads. It comes highly recommended by this runner, who ran it for the seventh consecutive year.

	Overall Results - 20 Mile	
1	Daniel Gonzalez (24)	1:44:06
	Joseph Green (28)	1:45:48
3	Dennis Rinde (28)	1:46:00
4	Alan Dehlinger (25)	1:46:29
5	Taylor Carey	1:46:56
6	Steve Wagner (18)	1:47:45
7	Thomas Cushman (33)	1:47:48
8	Denis O'Halloran (30)	1:50:08
9	Sal Vasquez (47)	1:50:14
	John Mendoza (25)	1:52:22
	Bill Sevald (40)	1:53:12
	Sean Crom (30)	1:53:41
13	Dwight Hendrix (32)	1:54:31
14		1:54:46
15	Ted Pawlak (32)	1:54:51
16	R. Mark Hoefer (24)	1:55:06
17	Glenn Madden (18)	1:56:27
18		1:56:52
19	Joe Cayanaugh (43)	1:57:31
20		1:58:30
21	Jim Moonan (18)	1:59:03
22	Jim Gibbons (42)	1:59:08
	Tom Souza (27)	1:59:08
24	David Stancliffe (30)	1:59:13
25	Steven Lewis (18)	1:59:15
	Division Desuits . Man	

Division Results - Men 12-14: 1. Dino Daniels 2:13:09, 2. Ken Locke, Jr. 2:49:42. 15 Yrs: 1. Joel Burroughs 2:33:46, 2. Michael Parker 2:51:53, 3. Michael Pearson 3:07:19, 16-17: 1. Ran-dy Stevens 2:03:39, 2. Shane Inman 2:20:54, 3. Michael Mores 2:20:54, 4. Jerry Cook 2:25:06, 5. Fred Carranza 2:34:43. 18-29: 1. Daniel Gonzalez 1:44:06, 2 Joseph Green 1:45:48, 3. Dennis Rinde 1:46:00, 4. Alan Dehlinger 1:46:29, 5. Steve Wagner 1:47:45, 30-39: 1. Thomas Cushman 1:47:48, 2. Dennis O'Halloran 1:50:08, 3. Sean Crom 1:53:41, 4. Dwight Hendrix 1:54:31, 5. Joe Schieffer 1:54:46. 40-49: 1. Sal Vasquez 1:50:14, 2. Bill Sevald 1:53:12, 3. Joe Cavanaugh 1:57:31, 4. Jim Gibbons 1:59:08, 5. Frank Ryona 1:59:18. 50-59:1. Fraderick Mattos 2:10:18, 2. Roger Daniels 2:15:38, 3. Jerry O'Hanlon 2:15:40, 4. Gard Leighton 2:16:41, 5. John Mello 2:18:54, 60-69: 1. George Billingsley 2:31:27, 2. John Norberg 2:32:55, 3. Karl Bollinger 2:35:34, 4. Stephen Woishnis 2:36:34. **70-78**: 1. Don Lunberg 2:36:39 Wheelchair: 1. Taylor Carey 1:46:56, 2. Les Birdsell 3:10:33. Division Results - Women

18-29: 1, Laura McGinn 2:14:18, 2, Theresa McCourt 2:16:18, 3. Debbie Bispo 2:19:13, 4. Georgiana Warden 2:23:46, 5. Jody Williams Garrard 2:24:38: 30-39: 1. Sharlet Gilbert 1:59:27, 2. Terry Schmidt-Puckett 2:01:27, 3. Ellean Chaugus 2:05:06, 4. Peggy Smyth 2:08:25, 5. Christine Iwahashi 2:10:37, 40-49; 1. Nelly Wright 2:12:12, 2. Joan Ullyot 2:13:33, 3. Margie Timberlake 2:16:56, 4. Karen Lanterman 2:19:07, 5. Joan Reiss 2:19:24, 50-59: 1. Ruth Anderson 2:39:03, 2. Marty Maricle 2:42:26, 3. Joyce Zytkoskee 2:58:54, 4. 242:26, 3. Joyce Zyrkoskee 2:06:34, 4. Kathy Iseri 3:13:29, 5. Marian McKone 3:13:29, 60-69: 1. Mary Storey 2:54:00, 2. Jaclyn Caselli 3:02:01, 3. Po Adams 3:30:47, 4. Marjorie Lawson 3:38:48. Overall Results - Men's 5 Mile

Fred Villegas (26) Brandon Smith (13) 25:43 26:16 Mike Ercolini (19) Richard Govi (34) Daniel Rusk (19) 26:49 Overall REsults - Women's 5 Mile 28:05 Robyn Root (26) Laurie Brantingham (27) Anne Kowall (19) 30:29 32:55 Paulakay Robichaud (30) 33:46 Mary Hess (32)

California Int'l Marathon

By Mark Winitz

December 7. Folsom to Sacramento.

Dan Gonzalez of Mountain View, Calif. topped off a great year of running by beating some tough international competitors, as he won in his first "serious" marathon. His 2:13:20 clocking on a cool (mid 40's) but sometimes windy morning, put the lids on some favorites who have run the distance several minutes faster. West Germany's Christa Vahlensleck, a former world record holder, outlasted the rest of the women, scoring a relatively slowish 2:39:31 (she's run 2:33 before).

Although Gonzalez wasn't listed as a top entrant, those in-the-know forsaw great things in this Reebok Aggle's of-ficial marathon debut. All year, he'd finished within seconds (and less) of first

In some shorter prestigious California races before pulling it all together in November and December.

"I think I've had the idea that I could win this thing for awhile," he commented afterward, "I always go into a race thinking that I can win it. I've geared for this all Summer and Fall." He attributes his successes largely to Marshall Clark (who coached him at San Jose State) and Foothill College coach Peanut Harms (who is also his mainstay in the Reebok Aggle Running Club).

Gonzalez stayed with a lead pack that at 20 miles included Denmark's Alan Zachariasen (who finished second last year), Kenya/Albuquerque's Geoffrey Koech, Columbia/Reno's Miguel Tibaduiza, and Scotland's Fraser Clyne. A classic marathon of attrition followed as the leaders dropped off one by one, leaving Gonzalez-who continued running strongly the last 10K--to break the tape in front of Sacramento's Capitol Building. He finished 24 seconds up on secondplacer Zachariasen, who collapsed at the finish with stomach cramps.

It looked like Fair Oaks' Elleen Claugus would follow up her ninth place Boston Marathon last April with a win in this one. At 30K she was in the lead, and on schedule for a 2:35 performance, before a knee (which has been bothering her lately) forced a premature exit. Vahlen-sleck took over from there, outlasting Gabriel Anderson-who also took the master women's title.

photo by Mark Winitz



Danny Gonzalez

Vahlensleck, dissatisfied with her time, said she suffered from tiredness and sore legs throughout the race. Although the course generally has a reputation as a fast one, Vahlensieck called the road "hilly and hard" with a strong headwind." Gonzalez said the course was "nice but not easy." However, both winners made it substantially easier on their pocket-books, as they collected \$10,000 each for

In addition, Gonzalez and Miguel Tibaduiza had the top spot in the PA-TAC LDR Grand Prix purse on the line in this

photo by Mark Winitz



Sharlet Gilbert

	Overall Results - Men	
1	Danlel Gonzalez, Mt.View	2:13:23
2	Alan Zachanasen, Denmark	2:13:44
3	Geoffrey Koech, Albuquerque	2:14:44
4	Miguel Tibaduiza, Reno	2:14:52
5	Moacir Marconi, Anaheim	2:14:59
6	Fraser Clyne, Scotland	2:15:03
7	Domingo Tibaduiza, Reno	2:15:42
8	Peter Flitch, Portland	2:17:04
9	Leonard Hill, KlamathFalls	2:18:22
10	Kenneth Moloney, NZ	2:18:32
11	Rob Anex, MenloPark	2:19:19
12	Ron Gee, L.A.	2:19:48
13	James Sterling	2:20:51
14	Robert Hollister, SantaBarbara	
15	Monte Brothwell, Bellevue	2:21:53
	Bob Gibson	2:22:39
17	Tim Minor, Ventura	2:23:08
18	Dennis Kurtis, San Jose	2:23:22
	Andrew Ferguson, Anchorage	2:24:03
20	John Whitesides, Sacto	2:24:09
21	Fred Villegas	2:24:13
22	Jose Alspuro	2:24:30
23	Michael Condrick, NA	
24		2:26:34
	Mark Hoefer, SoLkTahoe	2:27:08
28	Ted Pawlak, RohnertPk	2:27:28
	Sam Rotich, Albuquerque	2:27:43
	Joseph Scheffer, Oakland	2:27:57
28	Bruce Mortenson, Minnetonka	2:28:42
	Tom Burnett, Durango	2:29:11
	Joseph Green Novato	2:29:21
31	Patrict Moss	2:29:24
32	Bob Walker, Winnipeg	2:30:00
33	Richard Recker, Portland	2:30:30
	Bill Devine, CrystalBall	2:31:01
	Glenn Madden	2:31:06
	Martin Rizzo, Portola	2:31:11
	John Mendoza, Sacramento	2:31:12
	Robert Nelson, SaltLkCity	2:31:55
	Nick Helms	2:32:06
	Bob Boland, GreatFalls	2:32:25
	Brian Maxwell, Berkeley	2:32:45
	Casey Rienking, SantaClara	2:32:48
	Jussi Hamalainen, L.A.	2:33:00
	Mark Williams, Fair Oaks	2:33:01
	Sean Crom, Reno	2:33:41
	Hemilo Guerrero, Clovis	2:33:47
47	Herb Tanzer, Topanga	2:34:23
	Jon Horowitz, Pasadena	2:34:43
	Robb Defraeye, Edmonton	2:35:01
	Ronald Kubokawa, ElCerrito	2:35:02
51	Warren Finke, Portland	2:35:18

52	Mark Eisenmenger, ElSeguna	2:35:49
53	Phillip Jensen, SanLorenzo	2:36:06
54	Bob Lindsey, Fresno	2:36:10
56	Scott Peterson, PleansantHill Mark Hines, PlayaDelMar	2:37:22
57		2:37:31
58	Jim Gibbons, Ukiah	2:38:20 2:38:28
	Martin Jones, Sonoma	2:38:37
60	Martin Jones, Sonoma Kevin Cimini, WestSacto	2:38:49
61	Tim Williams, ElkGrove	2:39:10
62	Bill Sevald, S.F.	2:39:23
63	Brian Purcell, Novato	2:39:23
64	Unofficial	2:40:15
65	Chuck Harris, Antioch	2:40:22
66	Chris Broadley, Fair Oaks	2:40:29
67	Jeffrey Shaver, Sunnyvale	2:41:37
68	Allan Stanbridge, Burlingame	2:41:43
70	Joe Cavanaugh, WalnutCreek Timothy Shannon, Davis	2:41:54 2:41:58
71	Ron Ysais	2:42:02
72	Tim Souza, San Jose	2:42:18
73	Julios Ratti, Oakland	2:42:20
74	Craig Newport, Visalia	2:42:24
75	Ron Parravano, Carmel	2:42:55
76	Guillermo Barron, Oakland	2:43:02
77	Joseph Eder, Mt.View	2:43:13
78	Frank Ruona, San Jose	2:43:16
79	Rudy Mondragon	2:43:34
80	Blake Streng, Orangevale	2:43:50
81	Michael Buzbee, YubaCity	2:43:59
82 83	Doug Willford, Sacto	2:44:10
84	Jon Kaeg, Memphis Michael Schoelz	2:44:30 2:44:52
85	Dana Gard, CitrusHeights	2:45:05
86	Jerry Cuecko	2:45:36
87	Dan Aland, ElkGrove	2:45:56
88	Alex Rodriquez, FosterCity	2:45:58
89	Christopher Connors, SLO	2:46:13
90	Daniel Gifford, Midland	2:48:19
91	Richard Leutzinger, PacificGrv	2:46:22
92	Mike Tavid, Sonoma	2:48:39
93	Ty Nickel, Placerville	2:46:43
94	Bruce Von Borstel, Georgetn	2:46:54
95 96	Michael Georgi, Honolulu Richard Valentine, Sacto	2:47:04
97	John Cossick, Albuquerque	2:47:10 2:47:19
98	Terry Lanbridge, Plymouth	2:47:22
99	Gary Pienkowski, SanFran	2:47:25
	Bob Shappel, Sacto	2:47:29
	Overall Results - Women	
1	Christa Vahlensleck, WG	2:39:31
2	Gabriele Anderson, SunValley	2:41:09
3	Maria Trujillo, Scottsdale	2:42:05
4	Sharlet Gilbert, Richmond	2:42:27
5	Donna Roark, Houston	2:43:00
6	Karen Rayle, Eugene	2:44:11
7	Jeanne Johnson, LasVegas	2:44:56
8 9	Terry Puckett, Reno	2:45:37 2:48:13
10	Carol Barnbury, Calgary	2:46:13
11	Laura Sanchez, Salinas Mary Parker, Montrose	2:46:59
12	Barbara Zimmer, PaloAlto	2:46:59
13	Peggy Smyth, SanAnselmo	2:47:04
14	Tammy Sargeant, Long Beach	2:47:41
15	Julie Foster, Ft.Collins	2:48:08
10	Lina Kindolaa Ballassa	2-40-14

90	Daniel Gifford, Midland	2:46:19
91	Richard Leutzinger, PacificGry	2:46:22
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15	Julie Foster, Ft.Collins	2:48:08
16	Lisa Kindelan, Bellevue	2:48:14
17	Kathy D'Onofrio, MenloPark	2:48:47
18	Annette Sargent, Eugene	2:48:53
19	Ellen Weglarz, Andover	2:49:00
20	Cristine Iwahashi, Sacto	2:49:12
21	Nelly Wright, PacificGrove	2:50:41
22	Sally Edwards, Sacto	2:51:02
23	Joan Ullyot, S.F.	2:51:25
24	Judy Fellhawer, ColoradoSpg	2:51:27
25	Sandra Sup, Fair Oaks	2:51:29
26	Susan Havens, Olympia	2:51:32
27	Susan Lupica, NewtonLowerFI	2:51:43
28	Heike Skaden, Fair Oaks	2:54:22
29	Thersa McCourt, Sacramento	2:55:22
30	Anita Johnson, MenloPark	2:56:21
31	Mary Ryzner, SLO	2:56:47
32	Missy Sheridan, Cohasset	2:57:06
33	Honor Fetherston, MillValley	2:57:08
35	Marcy Schwam, WellesleyHills Margie Timberlake, Fresno	3:00:56
36	Lisa Mills, Fresno	3:01:23
37	Judi Shade, Aurora	3:02:32
38	Shirley Weaver, GreatFalls	3:02:36
39	Kelly Watkins, Bennion	3:02:40
40	Marcia Stomsom, Edmonton	3:02:44
41	Maryann Turitt, S.F.	2:03:01
42	Patty Pennell, Lakewood	3:03:37
43	Leslee Parr, Ashland	3:04:05
44	Tamara Gonzalez, San Rafael	3:04:41
45	Nancy Coury, MammothLks	3:05:08
46	Joan Reiss, Sacto	3:05:59
47	Hazel Wood-Kuttin, MillVly	3:06:14
48	Heldi Skaden-Poyser, Sacto	3:10:22
49	Meighan McGee, NA	3:11:28
50	T.S. Belaustegue, Reno	3:11:43
		55



International Marathon
The Second Presentation
April 26, 1987







Winston and Strawn (Thomas A. Reynolds, Jr.)

For further information, and race registration forms, (available in December, 1986) send a self-addressed, stamped envelope to:

