

JULY 1990

ISSUE NO. 160

# CALIFORNIA

## *Track & Running News*



1990 CIF / Reebok  
State Meet

An Interview  
with Ron Tabb

Schedule,  
Results, more...

BULK RATE  
U.S. POSTAGE  
PAID  
Fresno, CA 93706  
Permit No. 629

90/08

Walt Lange  
4920 Oak Leaf Avenue  
Carmichael, CA 95608 \*



*California's Only Track & Running Publication*

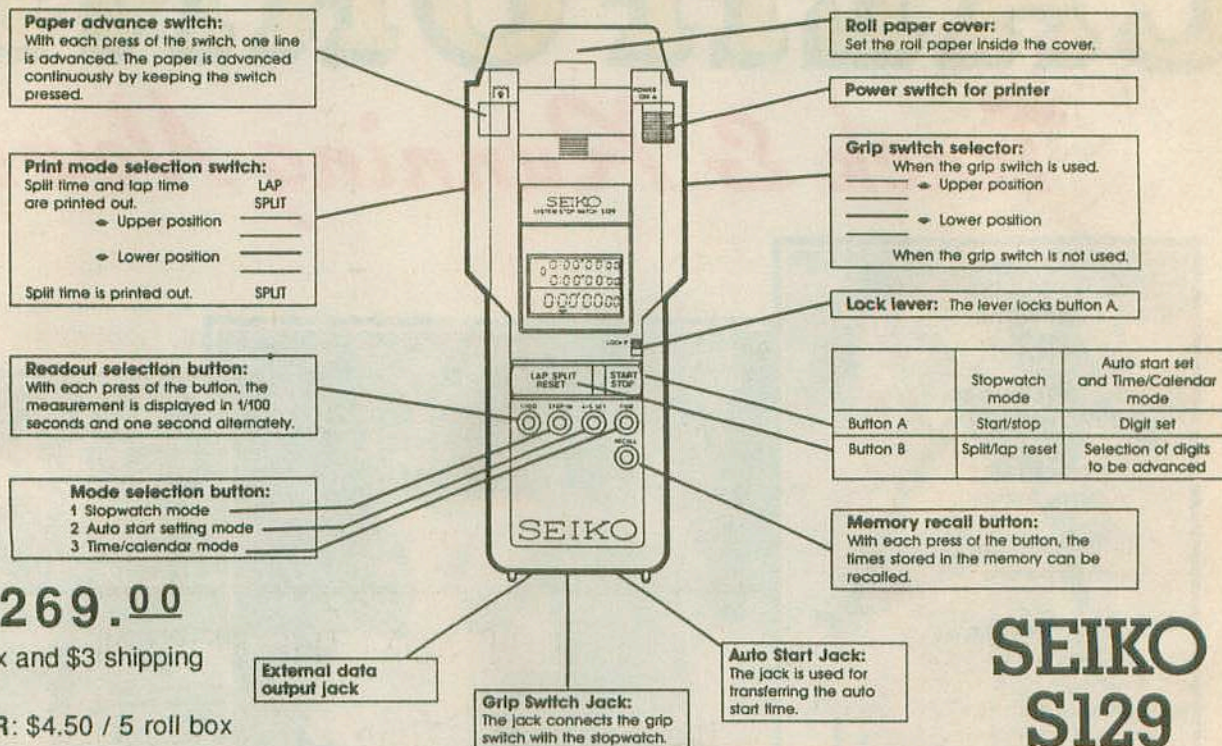
Sixteenth Year

\$2.25



# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION



**\$269.00**

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

**SEIKO  
S129**

## System Printer

The following data is printed permanently on tape:

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

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

1989 3 28  
START 17:06  
SPLIT

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

1989 3 28  
START 17:07  
SPLIT / LAP

1-0:00'07 06  
0:00'07 06  
2-0:00'09 03  
0:00'01 97  
3-0:00'11 11  
0:00'02 08  
4-0:00'13 15  
0:00'02 04

## Applications

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

## Specifications

### Time Base and Accuracy:

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

### Printout:

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

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

### LCD Stopwatch Display:

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

### Modes:

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

### Temperature:

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

### Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

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

### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

**JACK'S ATHLETIC SUPPLY**

P.O. Box 459, San Carlos, CA 94070 • (415) 595-2249



# CALIFORNIA

Track & Running News



**Bill Cockerham**  
Editor & Publisher

**Judy Cockerham**  
Production/Advertising Manager

**Elaine Fraley**  
Production Assistant

**Keith Conning**  
High School Editor

**Jack Leydig**  
Scheduling Editor

**Mark Winitz**  
Features Editor

**Richard Lee Slotkin**  
Long Distance Editor

**Gregor Robin**  
Central Coast Features Editor

PHOTOGRAPHERS: Gene Cohn, Keith Conning, Bill Cottles, Burt Davis, Jim Engle, Rich Gardner, Don Gosney, Mike Lambert, Bill Leung, Jr., Elaine Rosenfield, Richard Lee Slotkin, Doug Speck and Mark Winitz.

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

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

California Track & Running News has an average circulation of 8,000 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) \$18; 2 years (22 issues) \$32; 3 years (33 issues) \$43. Add \$10 per year for U.S. first class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

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

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

MEMBER OF RUNNING INTERNATIONAL

## TABLE OF CONTENTS

JULY 1990

Issue No. 160

Schedule.....	4	Prep Notes.....	41
Keeping Pace.....	18	SoCal Diary.....	46
"I Left My Heart In..."		Calif. T&F / X-C Coaches Alliance News.....	47
The Athlete's Kitchen.....	21	Track Spotlight	
"Calorie Concerns"		Jack-in-the-Box.....	48
An Interview With Ron Tabb .....	22	Jenner Classic.....	49
CIF / Reebok California H.S. State Meet.....	29	Results.....	51

## FROM THE EDITOR

### It's Feedback Time

It's been more than 10 years since we've polled our readers. If you are a regular subscriber you should have a Reader Interest Questionnaire inserted in this issue. If you are not a subscriber, or if you didn't receive one in this issue and would like to give us your input, please contact us and we will send a questionnaire out to you.

Our sport is constantly changing. The rules change, the meets change, the people change -- new things come and some things go. Here at CT&RN, we want to keep up with these changes and adjust with them so as to serve the California track and running community in the best possible way.

We want to find out what you like and what you don't like about CT&RN. How well do we meet your needs in a regional track and running magazine? How can we do better? What are your favorite features? What are you least favorite? What do

you want more of? Less of?

We want to be your track and running magazine and need your feedback as to how we can best accomplish this. We have our ideas. Let's hear yours.

Be hearing from you.

**ON THE COVER:** This year's double winners at the CIF/Reebok California High School State Meet surround the BAKERSFIELD HIGH SCHOOL team, winners of the girl's team championships. Top point-getters for Bakersfield include: MELISA WEIS (left) and DAWN DUMBLE holding the winner's plaque and JANICE NICHOLS (seated, second from right). See complete results beginning on page 29. CIF double winners include: FELICE LIPSCOMB -- 100H & 300H (top left), NAPOLEON KAUFMAN -- 100m & 200m (top right), JULIANA YENDORK -- LJ & TJ (bottom left), and MARION JONES -- 100m & 200m (bottom right). All photos taken are Fine Flicks by Don Gosney.



# SCHEDULE

By JACK LEYDIG

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

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

## July 4 (Wednesday):

**Milpitas:** Milpitas Firecracker 10,000, Civic Center, 8:30 a.m. Milpitas Parks & Leisure Services, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

**San Ramon:** Run San Ramon Independence Day Classic, 5 & 10K Run and 3K Walk, 8:30 a.m./3 & 5K, 8:40 a.m./10K. Rick Reed, Parks & Community Services Dept., P.O. Box 5148, San Ramon 94583. (415) 275-2311.

**Moraga:** The Fourth in Moraga, 2 & 5 Mi. (+ Kids' 1K), Moraga Rd. & St. Mary's Rd., 8:30 a.m./1K, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Palo Alto:** "The Great Chili Chase" Run/Stride, 5K, Mitchell Park (3800 Middlefield Rd.), 8:30 a.m. Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Santa Cruz:** Firecracker 10K, Harvey West Park, 8:30 a.m. Lisa McGinnis, c/o Santa Cruz Rec. Dept., 307 Church St., Santa Cruz 95060. (408) 427-3477.

**San Rafael:** Marin County Fair Race, 10K & Kids' Mile, Marin County Fairgrounds, San Rafael 94903. (415) 499-6400.

**Kenwood:** Kenwood Footrace, 10K & 3K Fun Run/Walk, 7:30 a.m. Kenwood Footrace, c/o Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Fairfield:** Run for Independence, 5 & 10K, Laurel Creek Park, 8 a.m. Dennis Good, 2767 Woodmont Ct., Fairfield 94533. (707) 425-8135.

**Benicia:** Race/Fun Walk, 1.5 Mi., City Park, 8:30 a.m. Pam Lambert, Napa Valley Bank, 940 Adams St., Benicia 94510. (707) 746-7820.

**Atwater:** Run for Independence, 2 & 5 Mi., Ralston Park, 8 a.m./2 Mi., 8:10 a.m. Dave Kelley, 1690 Sierra Madre Dr., Atwater 95301. (209) 357-3297, eve.

**Goleta:** Semana Nautica 15K, San Marcos High School, 8 a.m. Semana Nautica 15K, Box 6616, Santa Barbara 93160. John Brenand: (805) 964-2591.

**Huntington Beach:** 4th of July Parade Run, 8K, Yorktown & Main St. (Civic Center), 8 a.m. March of Dimes, P.O. Box 3980, Costa Mesa 92628. (714) 631-8700.

**La Palma:** La Palma ADP 5 & 10K Run/Walk Celebration, Central Park, 7:30 a.m. Don Fromknecht, La Palma Rec. & Community Services, 7821 Walker St., La Palma 90623. (714) 522-6740.

**Laguna Niguel:** Taylor Woodrow 5 & 10K Run and 3K Walk, Crown Valley Community Park, 7 a.m. Tom Ashen, South Coast YMCA, 29831 Crown Valley Pkwy., Laguna Niguel 92677. (714) 495-0453.

**Torrance:** Spirit of America 5K and Kiddy K Run, Wilson Park (At Jefferson . . . North Parking Lot), 8 a.m. Nancy Fernas, Torrance YMCA, 2320 W. Carson St., Torrance 90504. (213) 320-2255.

**Newhall:** Santa Clarita Runners Independence Day 5K Classic, Newhall Park, 9 a.m. Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380. Gene Blankenship: (818) 367-7050, days, or Hotline: (805) 274-0400.

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

**San Diego:** Scripps Ranch 10K & 2 Mi., Red Cedar Dr., 7 a.m. Info: Harry Hunter. (619) 271-1282.

**Coronado:** Coronado Independence Day 5K, Navy Amphibious Base, 6:30 a.m. Info:

Kathy Loper (619) 437-4667.

**Truckee:** Truckee Mile (downhill course at 5,000 ft.), Time TBA. Mark Cardin: (916) 587-1192.

**Delano:** Delano Lions 5K, Location & Time TBA. Info: (805) 725-2209.

## July 5 (Thursday):

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

## July 7 (Saturday):

**Clovis:** Race to Riches, (July 7th, 10 a.m.-7 p.m.; July 8th 11 a.m.-6 p.m.) Sierra Vista Mall. Registration at the Sierra Vista Mall, Shaw and Clovis Avenue entrance.

**Santa Rosa:** The Wildman Biathlon, 10K Run, 800 Yd. Swim, 5K Run, Annadel State Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sacramento:** Tri for Fun, 1K Swim, 20K Bike, 5K Run, Time TBA. Will Roxburgh, Fleet Feet Sports, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Modesto:** Can to Can, Distance TBA, 10 a.m. Carl Peterson, 3908 Trillium Ave., Modesto 95356. (209) 527-2646.

**Mammoth Lakes:** Mammoth Lakes Lions Club Road Race, 5 & 10K and 5K Walk, McDonald's 8 a.m. David Moss, P.O. Box 17, Mammoth Lakes 93546. (619) 934-4168.

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

**Las Vegas, NV:** "Jensen's Jog", 2 & 5 Mi., Tule Springs (Floyd Lamb State Park), 7 a.m. Info: The Running Store (702) 878-8414.

**Bakersfield:** Hart Park Fun Run, Distance & Location TBA, 7 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**Morro Bay:** Morro Bay to Cayucos 6 Mile Run, Morro Rock (on beach), beach run to Cayucos Pier, 8:30 a.m. Morro Bay Recreation Dept., 1001 Kennedy, Morro Bay 93442. (805) 772-1214 x 229.



# Jack's Athletic Supply

Imprinted Sportswear Specialists  
Since 1977

Call or write for quotes on:

T-shirts, tank tops, caps, bags,  
jackets, sweats, aprons and more.

We also offer timing equipment, traffic control items, ribbons,  
medals, embroidered emblems, race numbers, etc.

Free race equipment rentals with shirt purchases.

Jack Leydig: Box 459, San Carlos, CA 94070  
Phone (415) 595-2249



## July 8 (Sunday):

**Castro Valley:** Lake Chabot Trail Challenge Half Marathon, Lake Chabot Marina (dirt trails, hilly), 8 a.m. Ron Grabowski, P.O. Box 2144, Castro Valley 94546. (415) 829-8503.

**Aptos:** Life Style Triathlon #2. 1 Mi. Swim, 48 Mi. Bike, 9 Mi. Run. La Selva Beach to Nisene Marks State Park (ocean swim), 7:30 a.m. Northwind Promotions, PO Box 2451, Aptos 95001 (408) 688-6072.

**Benicia:** Benicia Swamp Run, 5 Mi. Run/Stride, Benicia State Park, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Pleasanton:** Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, Hacienda Business Park, 7:30 a.m. Hamilton Events, P.O. Box 236, Lake Oswego, OR 97034. (415) 387-2178.

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

**Carlsbad:** Carlsbad Triathlon, 1K Swim, 25K Bike, 5K Run, Carlsbad State Beach, Time TBA. Jill Prichard, 1200 Carlsbad Village Dr., Carlsbad 92008. (619) 434-2835.

**Gardena:** Star Festival 5K (SPA/TAC District Championship), Pacific Square Plaza on Redondo Beach Blvd., 8 a.m. Ken Nakaoka Realty, 1630 Redondo Beach Blvd., Gardena 90247. (213) 323-0163.

**Ventura:** DARE 10K Run, San Buenaventura State Beach, 8 a.m. John Garner, P.O. Box 3150, Ventura 93004. (805) 654-7700, eve; (805) 647-3611.

## July 10 (Tuesday):

**Bakersfield:** NBRPD Biathlon (1 1/2 Mi. Run, 10 Mi. Bike, 1 1/2 Mi. Run) and 5K Run, 7 p.m. Info: Paul Mackie (805) 392-2000.

**Oxnard:** 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

## July 12 (Thursday):

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. No Pre-Entries.

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. (No Pre-Entry). Gene

Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

## July 13 (Friday):

✓ **Ashford, WA:** Rainier to The Pacific 176-Mile Relay (11-person teams), 3-10 p.m. (250 Team Limit). Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA 98107. (206) 782-6547.

## July 14 (Saturday):

**Los Altos Hills:** Foothill College Run from Drugs 5K Run & 2 Mi. Walk, Foothill College, 8:30 a.m. Marshall Sperbeck, Foothill College (P.E. Dept), 12345 El Monte Rd., Los Altos Hills 94022. (415) 949-7248.

**Brisbane:** Marine Run/Walk, 5K & 1 Mi., Sierra Point Marina (at Unysis Bldg.), 9 a.m. Jane Brown, Brisbane Recr. Dept., 44 Visacion Ave., Brisbane 94005. (415) 467-6330.

**Rio Vista:** Brannan Island "Out & Back Triathlon", 900 Yd. Swim, 10 Mi. Bike, 3.8 Mi. Run, No Teams (No. California Short Course Championships), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sacramento:** Tri For Fun, Distance TBA, Rancho Seco Park, 8 a.m. Fleet Feet Sports, Attn: Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Ventura State Beach:** Gold Coast Triathlon Series, 0.25 Mi. Swim, 10 Mi. Bike, 3Mi. Run, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

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

**Fountain Valley:** Run for the Hills, Distance TBA, Mile Square Park, Time TBA. OC-FED, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

**Vacaville:** Health & Fitness Expo Run, Time TBA. Info: Meribeth Midilying (707) 446-0200.

**San Diego:** Crystal Pier 9K, Pacific Beach, 7:45 a.m. Info: Mary Wilding (619) 483-6666.

## July 15 (Sunday):

**Ontario:** National Biathlon Championship, 5 Mi. Run, 20 Mi. Bike, Clarion Hotel, Time TBA. Rob Hogan, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

**Pleasanton:** Triathlon For Fun, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 8 a.m. Fleet Feet, 4247 Rosewood, Pleasanton 94566. (415) 847-9255.

**Hayward:** Sertoma Classic, 10K & 2 Mi. Fun Run, Location & Time TBA. Inv Ford, 583 Monarch Ridge Dr., Walnut Creek 94596. (415) 935-6122.

**Newport Beach:** Bastille Day 8K, Le Meridien Hotel, Time TBA. United Cerebral Palsy Assoc. 8K, 3020 West Harvard, Santa Ana 92704. (714) 557-5100.

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

**San Diego:** Project Wildlife 10K & 2 Mi., Balboa Park, 7:10 a.m./2 Mi., 7:30 a.m. Project Wildlife, 9103 Reagan Rd., San Diego 92126. (619) 236-0842.

**Las Vegas, NV:** Mt. Charleston Notch Run, 4 Mi. (& Kids Run), Kyle Canyon (North on U.S. 95 to Kyle Canyon Junction), 8 a.m.



# SCHEDULE

Info: Vito Locatelli (702) 456-8740.

**Anaheim:** Freedom 5K, Anaheim General Hospital, 7:30 a.m. Freedom 5K/AGH, P.O. Box 828, Rialto 92377. (714) 548-4897, (619) 275-5440.

**San Francisco:** DSE Kennedy Drive Run, 4.7 Mi., Golden Gate Park (South side of Polo Field), 10 a.m. Info: (415) 343-RUNS.

**Occidental:** Occidental Country Run, 10K & 3K Run/Walk, Bohemian Hwy. & Graton Rd., 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Bakersfield:** Ultimate Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**Santa Barbara:** Chuck's Beach Run, Distance TBA, Leadbetter Beach, 9 a.m. Info: (805) 687-4417.

**La Mirada:** Gene Haskell Memorial 2-Person 14-Mile Relay, 2-Person teams alternate 1.4 Mi. laps, 7:30 a.m. Ken Ganezer, 2216 Camden Ave., Los Angeles 90054. (213) 396-5333.

## July 17 (Tuesday):

**San Diego:** Three Mile Race, Hospitality Point, 6:15 p.m. San Diego T.C. News, P.O. Box 7853, San Diego 92107.

**Oxnard:** 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A Street, Oxnard 93030. (805) 647-3611.

**Bakersfield:** BTC Handicap #4, Distance TBA, 7 p.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

## July 19 (Thursday):

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

**Los Angeles:** Manufacturers Hanover Corporate Challenge, 3.5 Mi., Griffith Park, 7 p.m. Manufacturers Hanover Corporate Challenge, Box 828, Rialto 92376. (714) 874-5870.

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. (No Pre-Entries).

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. (No Pre-Entry). Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

## July 21 (Saturday):

**Vacaville:** Vaca Valley Fun Run, 5 & 10K and Munchkin Run, Vaca Valley Hospital (Nut

Tree Rd. west of Elmira Blvd.), 7 a.m./Munchkin, 7:30 a.m. NorthBay Health-Care Fndn., 1800 Pennsylvania Ave., Fairfield 94533. (707) 429-7791.

**Davis:** Doggie Dash, 1 & 2 Mile. UC Davis Recreation Hall, 8 a.m. Pam Walker, Fleet Feet Sports, 517 Second St., Davis 95616 (916) 758-6453.

**Geyserville:** Lake Sonoma Triathlon (Series Championships), 1 Mi. Swim, 10K Run, 25 Mi. Bike (No Teams), 7:30 a.m. Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Red Bluff:** Run to the Sun 8K & 3K Run/Walk, Sun Country Fair Grounds (650 Antelope Blvd.), 7:30 a.m./3K, 8 a.m. Sun Country Fair, P.O. Box 70, Red Bluff 96080. (916) 527-5920.

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

**Las Vegas, NV:** "Reago's Rally", 10K & 2 Mi., Silver Bowl (near Tropicana & Boulder Hwy.), 7 a.m. Info: The Running Store (702) 878-8414.

**Walnut Creek:** Seven C's 5K Run, Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Reno, NV:** Air Board Fun Run, Distance & Time TBA. Info: Ken Shoop (702) 788-4571.

**Sacramento:** Eppie's Great Race, 5.82 Mi. Run, 12.5 Mi. Cycle, 6.35 Mi. Paddle, William Pond Bike Trail (American River Pkwy), 8 a.m. The Great Race, c/o Sacramento County Parks & Rec. Dept., 3711 Branch Center Rd., Sacramento 95827. (916) 366-2940.

**Bakersfield:** BTC 12-Hour Run, Location & Time TBA. Info: (805) 834-9130.

**Cypress:** Cypress 5 & 10K, starts at 5700 Orange, 7:30 a.m. Tony Wyatt, Cypress Recreation & Park District, 5700 Orange, Cypress 90630. (714) 229-6780.

**Miramar:** Top Gun 10K & 2 Mi., NAS Miramar, 7:30 a.m. Info: Ron Vogel (619) 537-4127.

## July 22 (Sunday):

✓ **Santa Cruz:** Wharf to Wharf Race, 6 Mi., Santa Cruz Wharf to Capitola, 8:30 a.m. (pre-reg. only - 12,000 Limit). Wharf to Wharf Race, Box 307, Capitola 95010. (408) 475-2196.

**Palo Alto:** Bay to Breakfast Run, 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rd.), 8 a.m./5K, 8:15 a.m. Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Mill Valley:** Mill Valley 5K, Middle School

(Camino Alto & Sycamore Ave.), 8:30 a.m./Men, 9:15 a.m./Women (Free). Jim Myers, P.O. Box 1731, Corte Madera 94942. (415) 383-3961.

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

**Truckee:** Donner Lake Triathlon, 1.5K Swim, 40K Bike, 6.5 Mi. Run, West End Beach (Donner Lake), 8:30 a.m. A Change of Pace, 1260 Lake Blvd., Suite 248, Davis 95616. (916) 757-2012.

**Carlsbad:** Fiesta 5000, 5K Run/Stride, 8 a.m. San Clemente Chamber of Commerce, 1100 No. El Camino Real, San Clemente 92672. (714) 492-1131, Todd Miller. (Note: Elite Invitational Race follows at 9:15 a.m.).

**Oxnard:** Oxnard Bud Light Triathlon, 1.5K Swim, 40K Bike, 8K Run, Oxnard State Beach Park, Time TBA. Rob Fukutomi, 325 So. A Street, Oxnard 93030. (805) 984-4643.

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

**Norden:** Alpenglou Lake Tahoe Series, 5 & 10K, Donner Ski Ranch, 9 a.m. Mark Cardin (916) 587-1192.

**San Francisco:** DSE Single & Double Muni Pier Runs, 1.25 & 2.47 Mi. (plus Kids' Run), Jefferson & Hyde, 9:30 a.m. (Kids' Run), 10 a.m. Info: (415) 343-RUNS.

**Merced:** Red Cross Courthouse Run, 5 & 10K & 1 Mi., West 21st & "N" Sts., 7:30 a.m./1 Mi., 7:45 a.m. Info: (209) 383-2150.

## July 24 (Tuesday):

**Bakersfield:** NBRPD Triathlon (10 Mi. Bike, 5K Run, 400m Swim) & 5K Run, 6 p.m./Triathlon, 7 p.m./Run. Info: Paul Mackie (805) 392-2000.

**Oxnard:** 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 647-3611.

## July 26 (Thursday):

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. (No Pre-Entries).

**Valencia:** College of the Canyons 5K Cross



## SCHEDULE

Country Series, 7 p.m. (No Pre-Entry). Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

### July 28 (Saturday):

**San Francisco:** Giants/Gatorade Run to Homeplate 5K Fun Run, Candlestick Park, 10:30 a.m. S.F. Giants, Candlestick Park, San Francisco 94124. (415) 468-3700, x1715.

**Antioch:** Tri-For-Fun, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Contra Loma Regional Park, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

**Mendocino:** Mendocino Classic IV, 8K, Van Damme State Park, Time TBA (Pre-reg. only). Mendocino Classic, P.O. Box 1564, Mendocino 95460. (707) 937-0639.

**Johnsville:** Gold Rush 50K, 25K & 12K (50K is PA/TAC Championships), Plumas Eureka State Park (8 a.m.). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Quincy:** Triathlon Fever, 0.5 Mi. Swim, 6 Mi. Run, 17.5 Mi. Bike, Bucks Lake (Lake Shore Lodge), 9 a.m. Roger Stewart, Central Plumas Recreation Dept., P.O. Box 1551, Quincy 95971. (916) 283-3278.

**Gilroy:** Gilroy Garlic Festival 10K Run, 5K Run/Walk, Hecker Pass, 7:30 a.m./10K, 7:45 a.m. Gilroy Garlic Festival, PO Box 2311, Gilroy 95021 (408) 842-1625.

**Mammoth Lakes:** Mammoth/Snowcreek Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Tim Standifer, P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

**So. El Monte:** San Gabriel River 12K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**El Cajon:** Heartland Harriers 10K & 2 Mi., 7:30 a.m. Info: Kathy Loper (619) 437-4556.

**Las Vegas, NV:** Summer Heat Run, 5 Mi. & Picnic, Tule Springs (Floyd Lamb State Park), 7 a.m. Info: The Running Store (702) 878-8414.

**Arcata:** Humboldt Tri-Kids Triathlon, (7-10: 100y Swim, 3 Mi. Bike, 0.5 Mi. Run; 11-14: 200y Swim, 6 Mi. Bike, 1 Mi. Run), Arcata Community Pool, 8:30 a.m. Susie Matson, 580 Bayside Rd., Arcata 95521. (707) 822-2168.

**Coto de Caza:** Arvidas Mid-Summer Nights Dream 5K & 12K, Hunt Lodge, 5 p.m./5K, 6 p.m. Dream Run, P.O. Box 828, Rialto 92377. (714) 548-4897, (619) 275-5440.

**Camarillo:** Mission Oaks High-Tech Trek, 5 & 10K & 1.25 Mi. Fun Run/Walk, Santa Rosa

Rd. & Adolfo, 7:30 a.m./10K, 8:30 a.m./5K, 9:30 a.m. Rufo Quemuel, 4911-F Nautilus St., Oxnard 93035. Inside Track (805) 643-1104.  
**Coronado:** Coronado Optimist 10K, Glorietta Park, 7 a.m. Info: Dave Blumenthal (619) 522-8900.

### July 29 (Sunday):

**San Francisco:** Takara Cable Car Chase, 5 Mi., Fisherman's Wharf (Aquatic Park), 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2187.

**Courtland:** Pear Fair 5 & 10 Mi., Elementary School, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

**Sparks, NV:** Community Fun Relay 20K, 3-Person Teams, Cottonwood Park, 7:30 a.m. The Arthritis Foundation, 1280 Terminal Way, #41, Reno, NV 89502. (702) 348-0088.

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

**Fremont:** Fitness to Festival Run, 5K Run/Stride, 10K Run, 3411 Capitol Ave., 8:30 a.m. Schoeber's Athletic Club, Attn: Ann Curry, 3411 Capitol Ave., Fremont 94538. (415) 791-6350.

**Coronado:** Coronado Optimist Triathlon. Info: Dave Blumenthal (619) 522-8900.

**Tahoe City:** Lake Tahoe Series, Distance & Time TBA. Info: Denis O'Halloran (916) 581-5119.

**Santa Barbara:** Fiesta Point to Point 20K, Goleta Beach State Park, 8:30 a.m. Second Sole, 3959-A State St., Santa Barbara 93105. (805) 967-2614.

### July 31 (Tuesday):

**Bakersfield:** BTC Handicap #5, Distance TBA, 7 p.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**Oxnard:** 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 647-3611.

### August 1 (Wednesday):

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

### August 2 (Thursday):

**So. El Monte:** Legg Lake 5K Evening Fish Hook Run, 6 p.m. Arthur Martinez, 9502 Re-

ichling Ln., Pico Rivera 90660. (213) 949-0394.

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. (No Pre-Entries).

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. (No Pre-Entry). Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

### August 3 (Friday):

**Orange:** Orange County 12 & 24 Hour Solo or Relay, Fred Kelly Stadium (440 Yd. track), 6 p.m. (up to 10 runners/team). Don Pycior, 17352 Grovemont, Santa Ana 92705. (714) 538-8338.

### August 4 (Saturday):

**San Rafael:** Marin Triathlon, 600 Yd. Swim, 5K Run, 10 Mi. Bike. McNears Beach County Park. Time TBA. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

**Felton:** Turbo 10K, Henry Cowell Redwoods State Park, 9 a.m. Bill Convis, Borland International, 1600 Green Hills Rd., Scotts Valley 95066. (408) 439-1629.

**Napa:** The Vineman Triathlon, 2.4 Mi. Swim, 112 Mi. Bike, 26.2 Mi. Run, Lake Sonoma, 7 a.m. Cruzo Corp., P.O. Box 655, Windsor 95492. (707) 838-8228.

**Dixon:** Lambsdown, USA Fun Run, 5 & 10K, downtown, 8 a.m. Dixon District Chamber of Commerce, 201 So. First St., Dixon 95620. (916) 678-2650.

**Sacramento:** Tri For Fun, 1K Swim, 20K Bike, 5K Run, Rancho Seco Park, 8 a.m. Will Roxburgh, Fleet Feet Sports, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Hayward:** Bay Area Ultrarunners 24-Hour Track Run, (200m track), noon (Limit 25 runners). Jim Skophammer (415) 994-6128.

**Squaw Valley:** Squaw Valley USA Mountain Run, 3.6 Mi., base of ski lift (6,200 to 8,200 feet uphill run), 9:15 a.m. Holly Beatie Farr, Image Promotions, Ltd., P.O. Box 2575, Olympic Valley 95730. (916) 426-9559.

✓ **Bass Lake:** Run Thru the Pines Half Marathon and 4.5 Mile. Around Bass Lake (near Oakhurst). 8 a.m. Run Thru the Pines, 4957 E. Heaton Ave., Fresno 93727 (209) 255-4904.

**So. El Monte:** Legg Lake 099'ers 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Irwindale:** L.A. Sprint Triathlon, 200 Yd. Swim, 9 Mi. Bike, 3 Mi. Run, Santa Fe Dam,



# THE SCIENCE OF GATORADE

## The Sports Performance System

The new Gatorade Sports Performance System provides three scientifically-formulated training table products for athletes. Developed by sports scientists and nutritionists, Gatorade, GatorLode and GatorPro offer a variety of benefits to help you achieve peak performance during training and competition.

**Gatorade® Thirst Quencher** is formulated to rapidly replace fluids and electrolytes, and provide carbohydrates that help athletes work longer and harder.

**GatorLode® Drink Mix** is a convenient, concentrated source of carbohydrates for greater endurance.

**GatorPro™ Sports Nutrition Supplement** is a well-balanced addition to an athlete's diet, providing vitamins, minerals, carbohydrates for working muscles, and high-quality protein for muscle growth and development.

All three products are formulated for effectiveness and great taste. The Science of Gatorade is the Sports Performance System. Ask your sporting goods dealer for Gatorade, GatorLode and GatorPro, or call 1-800-634-5086 for the dealer nearest you.

### The recommended usage of Gatorade Sports Performance products.

	BENEFIT	EXERCISE			With or Between Meals
		Before	During	After	
GATORADE	Replaces fluids, carbohydrates and electrolytes to improve performance.	■	■	■	■
GATORLODE	High in carbohydrates for greater endurance.	■	■	■	■
GATORPRO	Balanced supplement for better nutrition.	■	■	■	■

Recommended consumption 1-3 hours before activity: 12 ounces GatorLode; 8 ounces GatorPro.



© S-VC 1990

Time TBA. Rob Hogan, Esco, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

**Las Vegas, NV:** Mt. Charleston Forest Challenge, 18 Mi., Kyle Canyon, 6 a.m. Info: (702) 878-8414.

**San Luis Obispo:** RRCA Women's 5K Distance Festival, Laguna Lake Park, 8:30 a.m. (No Pre-Entry). San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406. (805) 544-9320.

**Newhall:** Rugo's Twilight 5K Run, Pico Canyon, 7 p.m. Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380. (818) 367-7050. Gene Blankenship (days), or (805) 274-0400 (Hotline).

### August 5 (Sunday):

**Union City:** Gladiola Run. 5 & 10K. Civic Center (Royal Ann & "H" St.). 8 am/5K, 8:10 am. Gladiola Festival Run, 34009 Alvarado Niles Rd., Union City 94587 (415) 471-3232, x600.

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

**Larkspur:** Asher Clinic Couples Relay, 2x2 Mi., Asher Clinic, Larkspur Landing, 10 a.m.

**Asher Clinic,** 1601 Larkspur Landing Cir., Larkspur 94939. (415) 461-8233.

**San Leandro:** Skyline 50K, Lake Chabot Marina, 7 a.m. Sunny Plouvier, 461 Diehl Ave., San Leandro 94577. (415) 562-4629.

**Westlake Village:** Dick Durand 8K Trail Run, Westlake Elementary School, 8 a.m. (No Pre-Entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

### August 7 (Tuesday):

**Bakersfield:** NBRPD Biathlon (1 1/2 Mi. Run, 10 Mi. Bike, 1 1/2 Mi. Run) and 5K Run, 7 p.m. Info: Paul Mackie (805) 392-2000.

**Oxnard:** 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 647-3611.

### August 9 (Thursday):

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. (No Pre-Entries).

**Valencia:** College of the Canyons 5K Corss Country Series, 7 p.m. (No Pre-Entry). Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

### August 11 (Saturday):

**Mill Valley:** Mt. Tam Five & Dime, 5 & 10K, Mtn. Theatre, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Mountain View:** Castro Street Celebration 5K Run. Eagle Park (Shoreline & Church). Time TBA. El Camino YMCA, Doug Nakashima, 2400 Grant Rd., Mountain View 94040 (415) 969-9622.

**Lodi:** City of Lodi Triathlon, 1,000 Yd. Swim, 5 Mi. Bike, 5K Run, Lodi Lake, 9 a.m. Lodi Triathlon, 801 S. Fairmont Ave., #5, Lodi 95240. (209) 334-2021.

**So. El Monte:** 12K San Gabriel River Antelope Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Dimas:** Steamboat Tri-al, 500 Yd. Swim, 14 Mi. Bike, 2 Mi. Run, Bonelli Park, Time TBA. Tri Events, Inc., 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Las Vegas, NV:** American Podiatry Association 5K, Univ. of Nevada, 7 a.m. Info: The



# SCHEDULE

Running Store (702) 878-8414.

**Emigrant Gap:** Eagle Mountain 50K & 10 Mi., 35 Min. East of Auburn, Trail Run, Time TBA. Delmar Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 783-4558.

**Reno, NV:** Championship Dry Run, 5 & 15K, Time TBA. Info: Ski Pisarski (702) 849-0419.

**Huntington Beach:** Distance Derby, 1.5, 3 & 10 Mi., Huntington Beach Pier, 7:30 a.m. Bob Werth, Community Services, 2000 Main St., Huntington Beach 92648. (714) 536-5486.

**San Diego:** MADD Run for Fiscal Fitness, 2 Mi. & 10K, Balboa Park, 7:30 a.m. Info: Toni Deal (619) 272-8316.

## August 12 (Sunday):

**Covelo:** Blackberry Festival Footrace, 5 & 10K, Commercial & Howard Sts., 8:10 a.m. Friends of the Public Library, P.O. Box 620, Covelo 95428. (707) 983-6736.

✓ **Alameda:** Alameda Run for the Parks, 10K Run, 2 Mi. Walk, Southshore Shopping Center, 9 a.m. Alameda Recr. & Park Dept., City Hall, Room 201, Alameda 94501. (415) 522-4100.

**Quincy:** Feather River Classic, 5K & 10 Mi., Pioneer Community Park (Fairgrounds Rd.), 8:30 a.m. Central Plumas Recr. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

**Healdsburg:** River of No Return Pentathlon, 800 Yd. Swim, 10 Mi. Canoe, 1/3 Mi. Portage, 15K Run, 20 Mi. Bike. Vineyard Shopping Center (Mill St.), 8 a.m. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

**San Jose:** Danskin Women's Triathlon Series, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Time TBA. CAT Sports, Inc., 5966 La Place Ct., Suite 100, Carlsbad 92008. (619) 221-5555.

**Green Valley Lake:** Hot August Days Green Valley Lake Triathlon, 0.25 Mi. Swim, 10.5 Mi. Bike, 3.5 Mi. Run, Time TBA. Jim Allison, 33180 Green Valley Lake Rd., Green Valley Lake 92341. (714) 867-7757.

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

**San Francisco:** DSE Twin Peaks Loop, 3.6 Mi., Portola at Twin Peaks Blvd., 10 a.m. Info: (415) 343-RUNS.

**Kyburz:** El Dorado Gold 50K & 50 Mi., 7 a.m. (Pre-Reg. Only). Info: Charlie Konen (Fleet Feet) (916) 622-9526.

**Irvine:** Village of Northwood 1K, 5K & 10K Runs, Bryan & Yale Ave., 8 a.m. Make a Wish, Northwood Run, 4970 Irvine Blvd.,

Suite 105, Box 254, Irvine 92720. (714) 642-6601.

**Los Angeles:** Lincoln Heights 5K Library Run, Lincoln Park (Mission & Main), 7:30 a.m. Henry de Guevara, P.O. Box 31531, Los Angeles 90031. (213) 728-0430, eves.

## August 14 (Tuesday):

**San Diego:** Three Mile Race, Hospitality Point, 6:15 p.m. Info: SDTC News, P.O. Box 7853, San Diego 92107.

**Oxnard:** 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 South A St., Oxnard 93030. (805) 647-3611.

## August 15 (Wednesday):

**San Francisco:** Manufacturers Hanover Corporate Challenge, 3.5 Mi., Justin Herman Plaza, 7 p.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

## August 16 (Thursday):

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mile Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. (No Pre-Entries).

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. (No Pre-Entry). Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

## August 17 (Friday):

**Palo Alto:** T.G.I.F. Summer Fun Run, 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rd.), 6:30 p.m./5K, 6:45 p.m. Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

## August 18 (Saturday):

**Antloch:** Golden Triangle Triathlon, 3/4 Mi. Swim, 16 Mi. Bike, 6.4 Mi. Run, Contra Loma Regional Pk., 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Petaluma:** Stride For Life, 10K Run & 2 Mi. Run, Walnut Park ("D" St. & Petaluma Blvd. South), 8 a.m. Petaluma Valley Hospital Fndn., 1360 N. McDowell Blvd., Petaluma 94954. (707) 778-7441.

**Sacramento:** Rainbow Ironkids Triathlon Series for Children (2 days), (7-10: 100m

Swim, 5K Bike, 1K Run; 11-14: 200m Swim, 10K Bike, 2K Run), Time TBA. Traksports Management Group Int'l., P.O. Box 69096, St. Louis 63139. (314) 241-8100.

**San Jose:** Back to Back 10K, South Bay Chiropractic, 9 a.m. Beatrice Tapia, 5440 Thornwood Dr., Suite F, San Jose 95123 (408) 578-0548.

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

**Las Vegas, NV:** LVTC "Callanan's Country" 2 & 5 Mi., Silver Bowl, 7 a.m. Info: (702) 878-8414.

**Sacramento:** Susan B. Anthony 5K Run/Walk (PA/TAC Championships), Women Only, Glen Hall Park, 8 a.m. Joanne Hollister, Buffalo Chips R.C., P.O. Box 19908, Sacramento 95819. (916) 454-6131.

**Los Angeles:** Tetrack Trail Run, 8 Mi., Griffith Park (Riverside/Los Feliz entrance), 7:30 a.m. (No Pre-Entry). Sport Shoe, 3216 Los Feliz, Los Angeles 90039. (213) 668-0709.

**Signal Hill:** Signal Hill 5 & 10K Runs, Hinchshaw Park (across from 2175 Cherry Ave.), 8 a.m. Signal Hill Rotary, Box 6540, Long Beach 90806. (213) 437-1279.

**Ventura:** American Style 4K & 8K Cross Country, Arroyo Verde Park, 8:30 a.m./4K, 9 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

**Rancho Palos Verdes:** Run by the Sea, 2K & 10K, 6610 Palos Verdes Dr., 8 a.m. Community Forum, Inc., 30940 Hawthorne Blvd., Rancho Palos Verdes 90274. Scott Goodrich: (213) 541-8114.

## August 19 (Sunday):

**El Sobrante:** The El Sobrante Hot One, 5K, Castro Ranch & Hillside Dr., 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Redwood City:** Redwood Shores Biathlon, 4 Mi. Run, 400m Swim, 350 Marine World Pkwy., Time TBA. Big Bros./Big Sisters, 944 Ralston Ave., Belmont 94002. (415) 592-2354.

**San Francisco:** Presidio 10 Mile, Presidio Parade Grounds, 9 a.m. The Guardsmen, 115 Sansome St., Suite 310, San Francisco 94104. (415) 781-6785.

**Pleasanton:** Triathlon for Fun, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run), Shadow Cliffs Regional Park, 8 a.m. Fleet Feet, 4247 Rosewood, Pleasanton 94588. (415) 847-9255.

**Hayward:** Hayward Zucchini Run, 2 Mi. & 10K, San Lorenzo Community Park, 8:30 a.m./



## SCHEDULE

2 Mi., 9 a.m. Roxann, c/o Eden YMCA, 951 Palisade St., Hayward 94542 (415) 582-9614.  
**Scotts Valley:** Bean Creek 10K & Kids Fun Run, Kings Village Shopping Center (Mt. Hermon Rd.), 8:30 a.m. Scotts Valley Chamber of Commerce, P.O. Box 66928, Scotts Valley 95067. (408) 438-1010.

**Bear Valley:** Bear Foot Race, 10K, 9:30 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 96120. (916) 694-2475.

**Carson City, NV:** Celebrate Summer '90, 8K & 2 Mi., Carson City H.S. (Hwy. 50 & Saliman Rd.), 8:30 a.m./2 Mi., 9 a.m. Fleet Feet, 3771 S. Carson St., Carson City, NV. 89701. (702) 883-3361.

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

**San Clemente:** Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA. CAT Sports, 5966 La Place Ct., Suite 100, Carlsbad 92008. (619) 221-5555.

**San Diego:** America's Finest City Half Marathon, Pt. Loma, 7 a.m. Info: American Lung Assoc. (619) 297-3901.

**Daly City:** DSE Daly City Scenic Run, 6.8 Mi., Colma School (E. Market & Hillsdale), 10 a.m. Info: (415) 343-RUNS.

**Goleta:** McConnell's 5 & 10K, Goleta Beach (bikepath route), Time TBA. Info: Kevin Young, 119 Cooper Rd., Santa Barbara 93109. (805) 963-7524.

**Los Angeles:** Samurai Nisei Week 5K Run, First & Central (Japanese Village Plaza), 8 a.m. Samurai 5K, 2700 W. 182nd St., Suite 200, Torrance 90504. (213) 450-1212.

### August 21 (Tuesday):

**Bakersfield:** NBRPD Triathlon (10 Mi. Bike, 5K Run, 400m Swim) & 5K Run, 6 p.m./Tri, 7 p.m. Info: Paul Mackie (805) 392-2000.

**Oxnard:** 5 Mile Evening Fun Run, Oxnard Beach State Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 647-3611.

### August 23 (Thursday):

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mile Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. (No Pre-Entries).

### August 25 (Saturday):

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

**So. Lake Tahoe:** World's Toughest Triathlon, 2 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run, Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (916) 577-5073.

**Las Vegas, NV:** LVTC "Coach Plasco's 2 & 5 Mi." & Picnic, Tule Springs (Floyd Lamb State Park), 7 a.m. Info: (702) 878-8414.

**Yreka:** Wild Goose Chase, Distance, Location & Time TBA. Gary Hawke, KSYC Radio, 316 Lawrence Ln., Yreka 96097. (916) 842-4158.

**Mount Baldy:** Baldy Peaks 50K Run, Ice House Canyon, 7 a.m. (limited to 93 entrants). John Davis, 1941 Radford, Claremont 91711. (714) 626-7965 or (213) 649-1670.

### August 26 (Sunday):

**Oakland:** Time Is On Your Side Run, 5 & 10K Runs & 5K Walk (Time Prediction Runs), 9 a.m. Lake Merritt Joggers & Striders, 3136 California St., Oakland 94602. (415) 530-9151.

**Livermore:** Wente's Cellar to Cellar Run, 10K, 8:30 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**Bodega Bay:** Bodega Bay to Breakers 8K, Bodega Marine Laboratory, 9 a.m. Phil Hertzler, P.O. Box 247, Bodega Bay 94923. (707) 875-2046.

**Davis:** The Great North Triathlon, 1K Swim, 40K Bike, 10K Run, Stonegate Country Club, 8 a.m. A Change of Pace, 1260 Lake Blvd., Suite 248, Davis 95616. (916) 757-2012.

**Washoe Valley, NV:** Silver State Half Marathon & 10K, Bowers Mansion State Park (18 Mi. South of Reno on US-395), 7 a.m. The Arthritis Foundation, 1280 Terminal Way, #41, Reno, NV. 89502. (702) 348-0088.

**Big Bear Lake:** Big Bear Triathlon, 0.5 Mi. Swim, 15.5 Mi. Bike, 4 Mi. Run, Time TBA. Go Sports, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

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

**Manitou Springs, CO:** Pikes Peak Marathon, 7 a.m. Nancy Hobbs, Box 38335, Colorado Springs, CO 80937. (303) 473-2625.

**San Francisco:** Hook & Ladder 10K, Golden Gate Park (Rainbow Falls & Kennedy Dr.), 9 a.m. Jim Gallagher, 1671 - 16th Ave., San Francisco 94122. (415) 753-0880.

**San Francisco:** DSE Women's Festival Legion of Honor Run, 4.3 Mi., North of Clement & 34th Ave., 10 a.m. Info: (415) 343-RUNS.

**Tahoe City:** Lake Tahoe Series, Distance, Location & Time TBA. Denis O'Halloran (916) 581-5119.

**Santa Monica:** Santa Monica 5K, Half Marathon & Marathon, Santa Monica City College, 7 a.m. Dept. of Parks & Recreation, 2600 Ocean Park Blvd., Santa Monica 90405. (213) 458-8311.

### August 28 (Tuesday):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard Beach State Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 647-3611.

### August 29 (Wednesday):

**San Jose:** Union Bank Heart of the City 5K Run, Union Bank, 6:30 p.m. Union Bank, 99 Almaden Blvd., San Jose 95113. (408) 297-7746.

### August 30 (Thursday):

**Huntington Beach:** Sunset in the Park, 2.8 & 4.8 Mi. X-Country, Central Park West, 6 p.m./2.8 Mi., 6:30 p.m. (High School Age Team Challenge Races: 5:25 p.m./Boys, 5:30 p.m./Girls). Oscar J. Rosales, The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. (No Pre-Entries).

### September 1 (Saturday):

**Ft. Cronkhite:** Puffin Power, 3.6 & 6.7 Mi., Rodeo Lagoon (Old Park HQ), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sausalito:** Headlands Wolf Ridge Classic Marathon, Half Marathon & 5 Mi., Rodeo Beach, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7005.

**So. El Monte:** San Gabriel River 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Lompoc:** Park to Park 8 Mile Run, Miguelito State Park (4 Mi. north of downtown on "I")



# SCHEDULE

St.), 8 a.m. Joe Carey, 901 E. Cherry, Lompoc 93436. (805) 735-4513.

**San Diego:** 4 Mile Cross-Country, Balboa Park, 7 a.m./Women, 7:30 a.m./Men. Info: Keith Jeffers (619) 452-7382.

## September 2 (Sunday):

**San Jose:** Menehune Run, Distance & Time TBA. Info: Jane Alvarado (408) 296-0217.

**Eureka:** Mad River Ultra Run, 50K & 50 Mi., hilly trails, 6 a.m. Info: Daphne Hodgson (707) 444-8437.

**Crescent City:** Crescent City Triathlon, 1/2 Mi. Swim, 12 Mi. Bike, 4 Mi. Run, Time TBA. Info: Mike Mathews (707) 464-3976.

**Pasadena:** Pasadena NAACP Run for Education, Distance TBA, Rose Bowl, 8 a.m. Michael Harrison, 528 W. Hammond St., Pasadena 91103. (818) 797-0582.

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

## September 3 (Monday):

**Pinole:** Miniman Triathlon, 250 Yd. Swim, 2.1 Mi. Run, 8 Mi. Bike, Pinole City Pool (Simas Ave.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Lodi:** Run for the Square, 5 & 10K, Hutchins St. Square Field, 8:30 a.m. Field & Fair Day HQ, 125 So., Hutchins St., Suite A, Lodi 95240. (209) 333-7863.

**Auburn:** "Average Joe" Biathlon (6.1 Mi. Run, 7.45 Mi. Bike) and 10.48 Mi. Run, Bowman Elementary School, 8 a.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Mt. Shasta:** Lake Siskiyou Tinman Triathlon, 740 Yd. Swim, 10 Mi. bike, 4.5 Mi. Run, Lake Siskiyou, 8:30 a.m. Info: Donna Hurlburt (916) 926-3600.

**Ventura:** Labor Day 2x5K Couples Relay (male/female couples only), Holiday Inn, 8:30 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

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

**Mount Baldy:** Mt. Baldy Run-to-the-Top, 8 Mi., Mt. Baldy Ski Lifts (6000 ft.), 9 a.m. Mt. Baldy Run-to-the-Top, P.O. Box 681, Mt. Baldy 91759. (714) 981-9790.

## September 4 (Tuesday):

**Oxnard:** 5 Mile Evening Fun Run, Oxnard Beach State Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks

& Rec., 325 South A Street, Oxnard 93030. (805) 647-3611.

## September 7 (Friday):

**Tahoe City:** Pepsi of Reno - Tahoe 72, Commons Park (No Raceday Reg.), 6 a.m. Toni Belaustegui, 75 Mt. Rose, Reno, NV 89509 (702) 329-6696.

## September 8 (Saturday):

**Lake Berryessa:** Berryessa Biathlon, 1.25 Mi. Swim, 22 Mi. Bike, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Gilroy:** Mt. Madonna Challenge, 6K & 12K, Sprig Lake (Mt. Madonna State Park), 8 a.m./6K, 9 a.m. Lynn Lockhart, 7664 Los Podres Ct., Gilroy 95020. (408) 842-4732.

**Truckee:** Kingsbury Summer Biathlon Series (Running & Shooting), Distance TBA, Time TBA. Chuck Lyda, Auburn Ski Club Training Center, P.O. Box 829, Soda Springs 95728. (916) 426-3313.

**Santa Barbara:** Santa Barbara Triathlon, 1 Mi. (ocean) Swim, 32 Mi. Bike, 10 Mi. Run, Time TBA. Info: (805) 683-2011.

**Fresno:** Rainbo Ironkids Triathlon Series for Children, (7-10: 100m Swim, 5K Bike, 1K Run; 11-14: 200m Swim, 10K Bike, 2K Run), Time TBA. TrakSports Management Group International, P.O. Box 69095, St. Louis, MO 63139. (314) 241-8100.

**Ventura:** Gold Coast Triathlon Series, 1/4 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Ventura State Beach, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

**So. El Monte:** Legg Lake 099'ers 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

**Irvine:** Pridemark Realtors "Say No to Drugs" 5 & 10K and 1 Mi. Fun Run, Sky Park Blvd. South & Main St., 7:30 a.m./10K, 8:20 a.m./5K, 9:30 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417 or (213) 634-3027.

**Santa Ana:** YMCA New Horizons 5K & 12K Runs, Centennial Park, 7:30 a.m. YMCA New Horizons, 205 W. Civic Center, Santa Ana 92701. Larry Herschler: (714) 547-4121.

**Long Beach:** Long Beach Low Tide One & Four Mile Runs, Ocean Blvd. & Junipero Ave., 4 p.m./1 Mi., 4:30 p.m. Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804.

**San Diego:** Penasquitos Town Center 5K, near Mt. Carmel H.S., 7:30 a.m. Info: Dennis McClanahan. (619) 437-4556.

## September 9 (Sunday):

**Albany:** People Chase 5K & 1 Mi. Kids Run, Golden Gate Fields, 9 a.m. Info: (415) 527-6195.

**Stinson Beach:** Mt. Tam Biathlon II, 5K Run, 14 Mi. Bike, 5K Run, Parkside Cafe, Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Alamo:** Golden Hills 50K Trail Relay & 10K Trail Run, Monte Vista High School, 5-Person Teams, 8 a.m./Relay, 9 a.m. Brian Moyer, c/o Danny Foundation, 3160 Danville Blvd., Suite F, Alamo 94507. (800) 833-2669.

**Oakland:** Aztec Run for Education 5 & 10K, Lake Merritt (Boathouse) (568 Bellevue Ave.), 9 a.m. Spanish Speaking Citizen's Fndn., 1900 Fruitvale Ave., Suite 1-B, Oakland 94601. (415) 261-7839.

**Sunnyvale:** Sunnyvale Run, 5 & 10K, Twin Creek Sports Complex (Lawrence Expwy. & Hwy. 237), 9 a.m. Park & Rec. Dept., Box 3707, Sunnyvale 94086. (408) 730-7350.

**Santa Rosa:** Annadel Loop 7 Mile, Annadel State Park (Cobblestone trailhead on Channel Dr.), 8 a.m. (Age-Handicapped). Alec Isa-beau, 2900 St. Paul Dr., #219, Santa Rosa 95405. (707) 525-1808.

**Sacramento:** Sacramento International Triathlon, 1.5K Swim, 40K Bike, 10K Run, Capitol steps, Time TBA. Steve Cippa, Fleet Feet Sports, 2408 "J" St., Sacramento 95816. (916) 442-3338.

**Kirkwood:** Kirkwood 10K, Hwy 88, 9 a.m. Norbert E. Rupp, P.O. Box 295, Kirkwood 95646. (209) 258-6000.

**La Grange:** Don Pedro Triathlon, 1.5K Swim, 35K Bike, 10K Run, Blue Oaks Recr. Area (Don Pedro Lake), 8 a.m. Don Pedro Recr. Agency, 31 Bonds Falt Rd., P.O. Box 160, La Grange 95329. (209) 852-2396.

**Carson City, NV:** Jim Frank Classic, 2 Mi. & 8K, Carson Station Hotel/Casino (\$4000+ prize money), 9 a.m. Fleet Feet, 3771 So. Carson St., Carson City, NV. 89701. (702) 883-3361.

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

**Valencia:** Magic Mountain 5 & 10K Runs, 8 a.m. Bob Endress, Box 656, Newhall 91322. (805) 259-9182, (818) 362-8081, (800) 344-8299.

## September 11 (Tues.):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard Beach State Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks



## SCHEDULE

& Recr., 325 South A Street, Oxnard 93030.  
(805) 647-3611.

### September 12 (Wed.):

**Chico:** Humpday 5K - The Sequel, Bidwell Park, 6 p.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 575-2012.

### September 15 (Sat.):

**Stockton:** Park to Park 1 & 5 Mi., Louis Park, 8 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208. Dave Valentine: (209) 951-8941.

**Walnut Grove:** Walnut Grove Jubilee 5 Mil-er, Paul Barns Park, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

**San Diego:** Balboa Park 3 & 8 Mi., 7 a.m. Info: Bill Gookin (619) 578-9456.

**Squaw Valley:** Pacific Crest Trail 50K, 50K Relay, 25K & 12K, Squaw Valley Inn, 8 a.m.

Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

### September 16 (Sunday):

**Los Gatos:** Ron's YSI Wildlife Run, 5 & 10K, Vasona Park, 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030. (408) 356-4945.

**San Jose:** Willow Glen Founders Day 10K, Lincoln & Minnesota (Willow Glen Elem. School), 8 a.m. Steve Murphy, P.O. Box 8644, San Jose 95155. (408) 286-3012.

**Palo Alto:** Run for the Animals, 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rd.), 9 a.m./5K, 9:15 a.m. Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Pleasanton:** Pasta Festival "Run for Rigatoni" 10K & 5K Walk, Hacienda Business Park (Rose Pavilion), 8 a.m./5K, 8:30 a.m. Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94588. (415) 847-9255.

**Monterey:** Monterey Bay 10K Run for the Beacon, Lover's Point Park, 9 a.m. Will Franke, c/o Beacon House, P.O. Box 301, Pacific Grove 93950. (408) 372-2334.

**Sacramento:** Buffalo Stampede, 3 & 10 Mi., Rio Americano H.S., 8 a.m. Byron Lee, Buffalo Chips R.C., P.O. Box 19908, Sacramento 95819.

**Reno, NV:** Canyon to Canyon 10 Mi. Run/Walk, Galena Creek Park, Time TBA. Silver State Striders, P.O. Box 21171, Reno, NV 89515. Bruce Susong: (702) 356-1401.

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

**Malibu:** Bikesport Malibu Triathlon, 1/2 Mi. Ocean Swim, 18 Mi. Bike, 5 Mi. Run, Zuma Beach, 8 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91372. (818) 880-4915.

**Huntington Beach:** Huntington Beach Triathlon Championship, 1K Swim, 30K Bike, 8K Run, Time TBA. Pacific Sports Management,

## CHEAP PRINTED T-SHIRTS

Factory "Seconds"  
Minor "Misprints"  
Production Overruns

Specify size(s) and preferred color(s)  
...various running events, etc. If not  
satisfied, return for refund, less shipping  
charges.

2 for \$5 • 5 for \$10 • 12 for \$20  
Shipping Included  
Add \$1/shirt for long sleeves

## SAFETY PINS

For Runners

\$12.50 per box  
\$10.50 per box for 10-19 boxes  
\$9.50 per box for 20+ boxes  
10 gross / 1,440 pins

### RACE SUPPLIES

- ✓ Race Numbers
- ✓ Traffic Cones
- ✓ Safety Vests
- ✓ Banners, et.



IF YOU ARE  
MOVING...

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



## JACK'S ATHLETIC SUPPLY

P.O. Box 459, San Carlos, CA 94070 (415) 595-2249



## California Track & Running News: READER INTEREST SURVEY

Please return ASAP to CTRN, 4957 E. Heaton, Fresno, CA 93727

Zip Code \_\_\_\_\_

Age \_\_\_\_\_

Sex: M or F

What other track / running publications do you subscribe to?:

Primary Involvement in Sport:

☐ Fan - why?

☐ Coach - what sport(s)?

☐ Participant - what events?

Rank CTRN features in Order of Importance to you (1 = most important)

\_\_\_\_ road racing schedule  
\_\_\_\_ high school track and field schedule  
\_\_\_\_ college/open track and field schedule  
\_\_\_\_ masters track and field schedule  
\_\_\_\_ high school cross country schedule  
\_\_\_\_ college/open cross country schedule  
\_\_\_\_ masters cross country schedule  
\_\_\_\_ triathlon schedule  
\_\_\_\_ fitness walking schedule  
\_\_\_\_ bicycle racing schedule  
\_\_\_\_ road racing results

\_\_\_\_ profiles/interviews on coaches  
\_\_\_\_ profiles/interviews on athletes  
\_\_\_\_ technique and training articles  
\_\_\_\_ physical fitness articles  
\_\_\_\_ equipment articles and evaluations  
\_\_\_\_ diet/nutrition articles  
\_\_\_\_ features on big road races  
\_\_\_\_ features on big track meets  
\_\_\_\_ prep notes  
\_\_\_\_ prep season previews  
\_\_\_\_ news/information thru features



☐ high school track and field results  
☐ college/open track and field results  
☐ masters track and field results  
☐ high school cross country results  
☐ college/open cross country results  
☐ triathlon results  
☐ bicycle racing results  
☐ profiles on teams

☐ editorials  
☐ letters to the editor  
☐ road rankings  
☐ track and field rankings  
☐ all-time lists  
☐ road race entry blanks  
☐ Athletes of the Year

Other things you would like to see in a regional track and running magazine.

Things you would like to see eliminated from CTRN.

Ideas, suggestions and ways we can serve you better (use the back).

There's been some thought to dividing into two publications: (1) California Track & Field News, covering state-wide track and cross country at all levels; and (2) California Running and Fitness News, covering state-wide road racing, triathlons and fitness related topics. What do you think? Which one would you subscribe to:

- ☐ California Track & Field News  
☐ California Running & Fitness News  
☐ Both  
☐ Neither  
☐ Prefer CTRN format now - track & field and running combination



# SCHEDULE

P.O. Box 30005, Suite 618, Laguna Niguel 92677. (714) 546-9041.

**San Francisco:** San Francisco 10,000 Meter Classic, Golden Gate Park (Stow Lake Dr. & JFK Dr.), 9 a.m. S.F. 10K, 306 Santa Ana, San Francisco 94127. (415) 587-3227.

## September 18 (Tues.):

**Oxnard:** 5 Mile Evening Run, Oxnard Beach State Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 647-3611.

## September 22 (Sat.):

**Prunedale:** Prunedale Fitness Festival 5 & 10K, Prunedale Fitness Center, 9:30 a.m. Carolyn Heins, 17760 Moro Rd., Salinas 93907. (408) 663-0685.

**Carmichael:** Carmichael Classic 10K (& 5K Walk), Carmichael Elementary School (6141 Sutter Ave.), 8 a.m. Tracy Kerth, Carmichael Rec. & Park District, 5750 Grant Ave., Carmichael 95608. (916) 485-5322.

**Wrightwood:** Angeles Crest 100 Mile Endurance Run, 5 a.m. (\$110 Fee). Ken Hamada, 370 W. Colorado St., Arcadia 91006 (818) 447-0584.

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

**San Dimas:** San Dimas 5 & 10K Runs, 245 E. Bonita, 7:30 a.m. San Dimas Runs, City Hall, 245 E. Bonita, San Dimas 91773. (714) 592-4344, Ken Duran.

**West Covina:** 1. City of West Covina Festival 5 & 10K Runs, 1444 W. Garvey, 7:30 a.m. Scott Smilowitz, City of West Covina, 1444 W. Garvey Ave., Room 208, West Covina 91793. (818) 814-8420.

**Pico Rivera:** Pico Rivera Sunset 5 & 10K, Smith Park (8110 Mines Ave.), 5 p.m./5K, 5:30 p.m. Mike Collier, P.O. Box 1016, Pico Rivera 90660. (213) 949-5648.

**San Diego:** Rancho San Diego 5K, Jamaica & Fury Ln., 7:30 a.m. Info: Kathy Loper (619) 437-4556.

**San Diego:** Bury the Habit 10K, South of Hilton, 7:30 a.m. Info: In Motion (619) 268-5882.

## September 23 (Sunday):

**Walnut Creek:** Walnut Festival 5 & 10K, Heather Farms Park, 8:30 a.m. Walnut Festival Ass'n., P.O. Box 3408, Walnut Creek 94598. (415) 935-6766.

**Oakland:** Lake Merritt Joggers & Striders

4th Sunday Runs, 5K, 10K & 15K, Old Boat-house (14th & Lakeside Dr.), 9 a.m. LMJS, 3136 California St., Oakland 94602. (415) 530-9151.

**Davis:** Davis Triathlon, 1K Swim, 34K Bike, 10K Run, Stonegate Country Club, 8 a.m. Brenda Lazzaroni, Davis Aquadarts, 221 Jalisco Place, Davis 95616. (916) 758-3859.

**Simi Valley:** Simi Valley Days 5 & 10K (& 1 Mi. Fun Run), Madera Rd. & Los Angeles Ave., 8 a.m./5K, 8:30 a.m./10K, 8:35 a.m. Doug Crosse, Rotary Club, P.O. Box 524, Simi Valley 93062. (805) 527-0400.

**Ventura:** Ventura Half Marathon, Mission Park, 8 a.m. Inside Track, 1410 E. Main st., Ventura 93003. (805) 643-1104.

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

**San Diego:** Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, 6:45 a.m. CAT Sports, 5966 La Place Ct., Suite 100, Carlsbad 92008. (619) 221-5555.

**So. San Francisco:** Italian Games 10K, Location TBA, 8:30 a.m. (part of Italian American Games). Info: (415) 871-9278.

## September 25 (Tues.):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard Beach State Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 647-3611.

## September 29 (Sat.):

**Woodside:** Wunderlich Wilderness Wrun, 4 1/4 & 10.2 Mi., Wunderlich Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Jose:** Run Under the Sun, 2 Mi. & 10K, 8 a.m. Jubilee Christian Center, 110 No. Nor-tech Pkwy., San Jose 95134. Mary Alexander (408) 243-2740.

**Grass Valley:** "Bear Fair Races" & Quadrathlon (all events for quadrathlon), 100m, 400m, 1500m (all on track) & 5K Cross Country, Bear River High School, 5 p.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Sacramento:** Kingsbury Summer Biathlon Series (Running & Shooting), Time TBA. Chuck Lyda, Auburn Ski Club Training Center, P.O. Box 829, Soda Springs 95728. (916) 426-3313.

**Reno, NV:** Reno Gazette-Hournal Jog, 8K, Reno YMCA, Time TBA. Info: Dee McKim (702) 356-2024.

**Morro Bay:** Morro Bay Triathlon, 1/2 Mi. Swim, 25 Mi. Bike, 10K Run, 8:30 a.m. Recreation & Parks Dept., 1001 Kennedy, Morro Bay 93442. (805) 772-1214 x229.

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

**Watts:** 5K & 10K Run and 3K Celebrity Walk for Health, 103rd & Compton, 8 a.m. Watts Health Foundation, 3405 W. Imperial Hwy., #401, Inglewood 90303. (213) 671-3465, X359 or 360.

## September 30 (Sun.):

✓ **El Toro:** Run of the Runways, 5K, 10K & Half Marathon. Info: MWR Dept., Run of the Runways, Marine Corps Air Station, MCAS, El Toro. (714) 726-2571.

**Portland, OR:** Portland Marathon & 5 Mi., S.W. Fourth & S.W. Columbia, 8 a.m. Les Smith, P.O. Box 4040, Beaverton, OR 97076. (503) 226-1111.

**San Francisco:** Bridge to Bridge Run, 5K & 8 Mi., Ferry Bldg., 9 a.m. Bridge to Bridge, c/o KNBR-68, 1700 Montgomery St., Suite 400, San Francisco 94111.

**Oakland:** Run/Walk/Stride 5 & 10K, Lake Merritt (568 Bellevue Ave., boathouse), 9 a.m. Oakland Parks & Rec., 1520 Lakeside Dr., Oakland 94612 (415) 273-2290.

**Newark:** Run for Education 5 & 10K, Coyote Hills Regional Park, 9 a.m. Leona Schneck, 36428 Worthing Dr., Newark 94560. (415) 797-0196.

**Santa Clara:** Carousel to Coaster 10K Run/5K Stride, Great America, 9 a.m. Parks & Rec. Dept., 1500 Warburton Ave., Room 103, Santa Clara 95050. (408) 984-3223.

**Santa Cruz:** Santa Cruz Sentinel Triathlon, 1 Mi. Swim, 23 Mi. Bike, 10K Run, 7 a.m. (1,100 Limit, Deadline of 9/24). Alice Helmer, Santa Cruz Sentinel Triathlon, Box 638, Santa Cruz 95061. (408) 423-4242 x301.

**Woodland:** Fall Mall 10 Miler & 5K Fun Run/Walk, County Fair Mall (Hwy. 113 & Gibson Rd.), 8 a.m. Mary Hein, Woodland Parks & Rec., 1017 Main St., Woodland 95695. (916) 661-5880.

**Fresno:** Big Fresno Fair Cross-City Race, 2 Mi. Run/Walk, 10K Run, Time TBA. Fresno Fair Cross-City Race, 1121 Chance Ave., Fresno 93702. (209) 453-3247, days.

**Lake Isabella:** Dam Tough Run, 38.6 Mi. Relay & Ultra-Marathon, 45 Mi. east of Bakersfield on Hwy. 178, 7 a.m. Lake Isabella Chamber of Commerce, P.O. Box 567, Lake Isabella 93240. (619) 379-5236.

**So. El Monte:** San Gabriel River 10 Mi.



## SCHEDULE

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

**San Diego:** RunningWild 10K & 2 Mi., Wild Animal Park, 7:30 a.m. Info: Larry Taylor (619) 437-4556, 437-4667.

### Looking Ahead

#### Marathon, Relays & Important Deadlines, Major Events, Etc.

**Oct. 6 (Sat.): Visalia:** 24-Hour Fun Raiser, 8 a.m., on new Sunkist Stadium track. \$40 pre entry. 24 Hours of continuous activity. Tammy Bohanan, 208 W. Main, Visalia 93277.

**Oct. 6 (Sat.): St. George, Utah:** St. George Marathon, Time TBA (Entries close Sept. 27). St. George Marathon, 86 So. Main St., St. George, UT. 84770. (801) 634-5850.

**Oct. 6 (Sat.): Burney:** Burney Classic Marathon. 5K & 10K. McArthur-Burney Falls State Park. 9 a.m. Dave Podbielski, Burney Lions Club, PO Box 217, Dept. M, Burney 96013 (916) 335-2768.

**Oct. 13 (Sat.): Castro Valley:** Fire Trails Fifty, 50 Mi., Lake Chabot Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

✓ **Oct. 14 (Sun.): Minneapolis / St. Paul:** Twin Cities Marathon. SASE to: Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480.

**Oct. 14 (Sun.): Burlingame:** Sri Chinmoy 12-Hour Race, Burlingame H.S. (dirt track), 7 a.m. Venu Riggio, Sri Chinmoy Marathon Team, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

**Oct. 20 (Sat.): Las Vegas, NV:** Nat'l. USTS Bud Light Triathlon Championships, 1.5K Swim, 40K Bike, 10K Run, Time TBA. CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

**Oct. 21 (Sun.): Clayton:** Mt. Diablo Relay, 48 Mi. (7 Legs, 5-10 Mi. Each), downtown, 7:30 a.m. John Mercurio, 1430 Bel Air Dr., Concord 94521. (415) 676-4151.

**Oct. 21 (Sun.): Weott:** Humboldt Redwoods Marathon & Half Marathon (H-M is PA/TAC Championships), Humboldt Redwoods State Park, 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570. (707) 442-6463, 2-4 p.m. weekdays.

**Oct. 27 (Sat.): American River Canyon:** Sierra Nevada Endurance Run, 52.4 Mi. (99% Trail), Time TBA. Delmar Fralick, P.O.

Box 5299, El Dorado Hills 95630. (916) 676-4910.

**Nov. 4 (Sun.): New York City:** New York City Marathon, 10:45 a.m. Marathon Entries, P.O. Box 1388 GPO, New York, NY 10116. (212) 860-4455. Send as soon as possible (#10 Size) and check for \$3 payable to "NYC Marathon", 23,000 accepted (12K 1st entries, 4K lottery, 7K international).

**Nov. 10 (Sat.): Morro Bay:** Morro Bay Relay, Distance(s) TBA, Morro Bay State Beach, 8:30 a.m. Morro Bay Rec. & Parks Dept., 1001 Kennedy, Morro Bay 93442. (805) 772-1214, x229.

**Nov. 11 (Sun.): Columbus, OH:** Columbus Marathon (Nat'l. TAC Men's Championships & site of 1992 Men's Olympic Trials). Columbus Marathon, 6290 Busch Blvd., #30, Columbus, OH 43229. (614) 433-0395.

**Nov. 17 (Sat.): Oakland:** Sri Chinmoy 24-Hour Race, one-mile loop on Edgewater Dr., 8 a.m. Venu Riggio, Sri Chinmoy Marathon Team, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

**Nov. 18 (Sun.): Los Gatos:** Summit Marathon & Half-Marathon, Los Gatos H.S. (track) out and back courses, 8 a.m. Runners Factory, 51C University Ave., Los Gatos 95030. (408) 395-4311.

### Track Schedule

**July 2-31:** L. A. Unified All-Comers. (Ages 5 & up). July 2, 9, 16, 23, 30-Pierce College; July 3, 10, 17, 24, 31-LA Southwest College; July 11, 18, 25-Birmingham High School; July 5, 12, 19, 26 & Aug. 2-Bell High School; July 6, 13, 20, 27-Santa Monica College; July 6, 13, 20, 27-West Los Angeles College. (818) 904-2164. LA Unified, Youth Services, 5607 Capistrano Ave., Woodland hills, CA 91367.

**July 12-15 (Thurs. - Sat.): Minneapolis, NM:** U.S. Olympic Festival '90, Twin Cities Festival Organizing Committee, Inc., 1290 Minnesota World Trade Center, 30 East Seventh St., St. Paul, MN. 55101.

**July 20-Aug. 6: Seattle, WA:** 2nd Goodwill Games. USA/Mobil Outdoor Championships.

**July 21-26 (Sat.-Thurs.): Seattle, WA:** Goodwill Games (Track & Field), TAC/USA, P.O. Box 120, Indianapolis, IN. 46206. (317) 261-0500.

**July 22 (Sun.): Los Angeles:** L.A. P.O.C. Grand Prix Finals. Site TBA. Sub-

masters and masters grand prix finalists only. L.A. Patriots Int'l. T & F Committee, 2301 Hy-perion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

**Jul 27-29 (Fri. - Sun.): Lincoln, NB:** U.S. Junior Olympic Championships, Mark Kostek, Ath. Dept., Univ. of Nebraska, Lincoln, Nebraska (402) 472-3644.

**Aug. 1-3:** Los Angeles Unified All-Comers. (Ages 5 and up.) Aug. 1-Birmingham High School; Aug. 2-East Los Angeles College; Aug. 3-Santa Monica College; Aug. 3-West Los Angeles College. (818) 904-2164. LA Unified, Youth Services, 5607 Capistrano Ave., Woodland Hills, CA 91367.

**Aug. 11, 12 (Sat. & Sun.): Wailuku, Maui:** 2nd Annual Hawaiian T & F Festival. War Memorial Stadium, Wailuku, Maui. Youth, Open, Novice, sub-masters and masters. L.A. Patriots Int'l. T&F Committee, 2301 Hy-perion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

### Meetings, Clinics, etc.

**July 23-27: San Luis Obispo:** Sky Jumpers National Pole Vaulting Camp. (See Apr. 7-11).

**Aug. 5-10: Yosemite:** Yosemite Cross Country Camp, Yosemite Running Camp, 835 Modoc St., Merced 95340. (209) 722-2384.

**Aug. 5-10: LakeTahoe:** USC, UCLA Runner's Workshop, Summer Running Camps. Mark Celestin, P.O. Box 817, Huntington Beach 92648. (714) 969-8703.

**Aug. 12-17: Yosemite:** Yosemite Cross Country Camp. (See Aug. 5-10).

**Aug. 19-24: No. San Diego:** USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 5-10).

**Aug. 20-24 (Mon.-Fri.): Grouse Ridge:** 20th Annual High Altitude Running Camp & Clinic, near Nevada City, \$30 per Person. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Aug. 28-Sept. 4: Catalina Island:** USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 19-24).





19th Annual

HALF MARATHON & 4.5 MILE



# BASS LAKE RUN THRU THE PINES

August 4, 1990 • 8:00 a.m.



**DISTANCE:** 13.3 miles & 4.5 mile. **AID STATIONS:** Approximately 5, 7.5 and 10 miles. **SPLIT TIMES:** 5 mile & 10 mile splits. **ENTRY FEE:** \$10.00 pre-registration, if received by July 26, 1990. \$15.00 after July 26 and on race day. Checks payable to California Track & Running News. No refunds. **REGISTRATION & CHECK-IN:** 7:00 a.m. at the Pines Village. **DESCRIPTION:** Half marathon, once around the lake, starting and finishing at the Pines Village. 4.5 mile a smaller loop. Mostly paved, some dirt roads. Many rolling hills first eight miles, several longer hills last five miles. Some shade. **CAUTION:** Runners should be well conditioned because of the difficulty of this course. Run on left hand side of road, facing traffic. **MEET DIRECTOR:** Bill Cockerham (209) 255-4904.

**DIVISIONS (both races):**

**MEN:** Junior (under 19), Open (19-29), 30-39, 40-49, 50-59, 60 & Over.

**WOMEN:** Junior (under 19), Open (19-29), 30-39, 40-49, 50 & Over.

**AWARDS (both races):**

First place plaque to winner of each division. Additional plaques will be given if pre-entries warrant. One award for every 5 pre-entries per division (example: 30 pre-entries in Men's 40-49 means 6 awards will be given in Men's 40-49.)

**T-SHIRTS:**

Race T-shirts to all participants.

**SITE SPONSOR:**

Bass Lake Chamber of Commerce

**HOSTED BY:**

California Track & Running News

**TITLE SPONSOR:**

Donaghy Sales

**REFRESHMENTS:**

Beverages for all runners

For entry form / information, write to:  
California Track & Running News, 4957 E. Heaton Ave., Fresno, CA 93727  
or call (209) 255-4904.



# Keeping Pace

By MARK WINITZ



## I Left My Heart In...

IT WAS A WET AND RAINY MORNING...the first one on Bay to Breakers' day in over 50 years. A \$107,000 prize package was on the line, the first time prize money was offered in 79 years of Breakers running. Accordingly, a new spate of big guns did their warmup strides on the cool morning, gliding smoothly through the intermittent showers. Arturo Barrios was there, trying to get warm after spending several weeks in 80° Mexico City. He was going after his fourth straight B to B title. A young East German woman with a movie-screen smile and fast credentials was there, watching 70,000 runners, revelers, rowdies, and rain rabbits line up as she prepared to compete in only her third race in the Western World. Another quick lady from England, a cross country and track standout, but with virtually no road experience, tested the slick pavement. It was her kind of weather. As it was native Irishman John Doherty's. The fastest locals were there, reawakened by the race's renewed open arms policy extended to our best. The favored insects (centipedes) squirmed around the puddles—Reebok Aggies, Powerbar-men, and Tamalpans—uneasily eyeing each other. The Runny Nose was there, as well as a lot of Ninja Turtles. The Dolly Parton look-alikes trotted around, their bulging upper halves sopping wet but their racing flats absolutely dry.

And I was there, running in this event for the first time since 1980. An hour before the start, I sat huddled under the freeway overpass in the secured area just in front of the starting line. I was trying to keep dry in a layer of old lumberjack shirt, tattered sweat bottoms, frayed knit cap, topped by the customary olive-colored trash bag with cutout arms (planning to shuck all for charity at the appropriate moment). Indeed an incongruous figure, a guest among the mostly-faster-than-I seeded runners. One race volunteer, commissioned

to keep the seeded area seeded (and doing an excellent job of it) and, perhaps, unfamiliar with the average runner's practical affinity for plastic garbage bags, strode up, mistaking me for one of San Francisco's unfortunate street people. Perhaps she thought I was the Arturo Barrios of panhandlers, or something similar. Eyeing my neon racing flats, she asked a little suspiciously of Fran (my wife, wearing a volunteer's slick rain parka), "Is he running?"

Yes. And planning to do it with a modicum of decency, thank you (despite the fluorescent-colored flats and shorts underneath those deceptive, tattered outer layers). Welcome back to B to B. This is great.

Actually, people were asking the same question about Barrios up until race day: Is he running? After all, everybody knows who he is.

Arturo had something to prove. For several months, since B to B's prize structure was announced and appearance fees negated, there had been some speculation. Would Barrios—always in demand, and with the track season on its way—choose to return? Even some of the 10,000-meter world record holder's close friends in the City by the Bay were wondering a little when Arturo didn't appear at the pre-race press conference. There had been talk of slipping on ice in his training town of Boulder, CO weeks before, an accompanying injury, and speculation about his shape. Not to worry ladies and gentleman. Mr. Barrios did appear, without fanfare in his quiet-but-determined manner, and blew away a truly superior men's field who were seriously out for—all appearances aside—bucks distributed by place. Arturo proved his point. He can beat 'em almost any way you cut it.

Anyway, shortly after my reception by the inquisitive race volunteer—Fran, having wandered off to do some journalistic assistant du-

ties (like talking one of the drivers of the BMW lead vehicles into giving her a ride to the finish)—the singular, young East German woman whom I have referred to, Uta Pippig, wandered up in her spiffy warmup suit with "Stuttgart-something-or-other" lettered on the back, set down her tote bag, and plopped herself a foot or so to my right. Obviously, she had made arrangements—or had them made for her—to get her sweats to the finish.

Well, I had wanted to introduce myself to Uta at the press conference before the race at the Hyatt Regency, at that time dressed rather more formally in my suit and tie. I'd heard of her unexpected second place at Boston in her second race outside of Eastern Europe, having enjoyed that privilege with the falling of The Wall. However, I'd not heard about her engaging personality and (frankly) good looks. I admit that I have a very curious longtime soft spot for young German *frauleins* (the details or roots of which I won't bore you with). But Uta had gotten away from the press conference before I could impress her with my halting *Deutsch*.

So, now, here was the soon-to-be second place woman at B to B, sitting next to the only bearded street bum in San Francisco in the seeded area, with my press pass and (I admit) *courtesy* seeded number (I'm fast, but not *that* fast) packed beneath my frayed throwaway lumberjack shirt and garbage bag. Should I introduce myself? Strike up a gallant conversation and mention that I'd be disappointed with anything other than a top-five finish?

Uta was a little surprised when this huddled pavement sitter struck up a brief conversation in German with her. Figured she'd be even more astonished when I peeled off my hobo outers to reveal bright orange shorts and RunCal singlet. She wasn't. My guess is that Runny Nose and The World's Longest

*continued next page...*



## Keeping Pace

Condom centipede had already prepared her for many kinds of surprises at Breakers. Or else someone had prompted her that the bum seated over there was the editor of *RunCal*, and the guy who helped fuel this prize money thing a while back.

But let me tell you, after the race was over, when Uta Pippig, recognizing me as her starting line conversationalist, smiled my way and waved to me across the hospitality tent, my heart...well...skipped a beat or two. Almost as many as when finish line announcer Mike Fanelli called out my name as I crossed the line out by the ocean, alas no, not in the top five, but 429th. (Could there have been, maybe, 425 or so course crashers in front of me?)

"There are many more people on the streets here," Pippig told post-race onlookers through a microphone in charming English. "And they are happier than in Germany. Thanks for the many people on the streets," she said in gratitude. I beamed. An understanding woman, given the hundreds of 10 to 12 minute joggers who jumped out in back of the lead men at Moscone Center, clogging these same streets for the honest runners.

Anyway, what are your racing plans from here, Uta? Suddenly I'm figuring out how to get over for the Berlin Marathon.

Perhaps, after all, I shouldn't be making such a big deal about this German gal, since it was the English lass who won, although not

by much. Pippig was gaining, even on post-Boston Marathon legs. But Jill Hunter, who added a Bay to Breakers win to her Silver medal at 10,000 meters in this year's Commonwealth Games, ran a superb race and captured her share of young gentlemen's hearts. To wit: During the festive awards ceremony at post-race Footstock, when Jill was awarded her spanking new BMW 318is, and admitted that she didn't drive—hundreds of male hands immediately sprang up, volunteering to chauffeur this new 23-year-old up-comer around town.

As for Barrios, will he keep his fourth Beamer awarded him here (this one a convertible for breaking Ed Eyestone's course record)?

*continued next page...*

# PUT TAC'S *RunCal*



## INTO YOUR RUNNING LIFE !

*RunCal* is published by the Pacific Association of The Athletics Congress  
and is edited by Mark Winitz

☐ ALL RIGHT! Start sending me the magazine that gives me all there is to know about the runners, races, and the best in long distance running and track and field from all over the state. I have enclosed \$12 for 6 issues. *RunCal* is published every other month. It is free if you live within the Pacific Association's boundaries and you join PA/TAC. But you'll want to subscribe even if you don't. *RunCal* has received accolades from subscribers all over the country.

Name \_\_\_\_\_ Organization/Club \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone \_\_\_\_\_

☐ Send me a brochure and membership form that tells me about PA/TAC. Annual membership fee is \$12.

Send form with payment to Pacific Association/RunCal, 800 Bonita Drive, Folsom, CA 95630



## Keeping Pace

He and his wife, Joy, thought they would. Should be fine once the weather warms up in Boulder.

Special congratulations to Jay Marden (7th overall) and to Nancy Ditz (5th overall) who repeated as first Californians. They were in the top-10 prize money and collected round-trip domestic air tickets for two from Delta, as well, for their accomplishments. Also to the additional CA and PA/TAC athletes who finished in the prize money (10 in all!).



**Examiner Examiner 1**



**JILL HUNTER**

Photo by Kim Komenich/San Francisco Examiner

The Powerbar men and Reebok Aggie women won a good centipede race, as the women's 'pede, along with Tamalpa's Crystal Geyser runnerup lady bug, both slinked over the course intact, in record time.

Domingo Tibaduiza and Laurie Binder were fastest masters, winning \$500 each.

"Fifteen years ago I got second place here in the closest finish ever, but didn't receive anything for it," Tibaduiza reminded us. "Now, I won the masters, ran 2-1/2 minutes slower, and received something for it. That's kind of nice."

As for Laurie, who has her share of bygone Breakers wins to her credit, but whose accomplishments were lost to all but B to B afi-

cionados when the race sought a deeper international-caliber field in recent years—was especially pleased. "I feel very good about the race this year," she said. Of course, I'd like to see more masters recognition awarded. That's what I'll have to work on. The Bloomsday 12K has six-deep prize money for masters. Eventually, I hope, we'll see that here."

As for this newly turned master (and feeling it a bit), the 1990 Bay to Breakers holds a lot of special memories. Call it Spring fever in the City (dirty old man!). Or the dream to be young and free and truly fleet once more, closer on the heels of the hard-to-catch ladies than I am today. I think my wife, whom I wouldn't trade for the world or a movie-star smile (but maybe for a 36-minute 10K again), will understand.

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Features Editor for California Track and Running News and he is chief cook and bottle washer of the popular RunCal Magazine on California running. He also announces, publicizes and helps promote running events. Subscriptions to RunCal are \$12 for 6 bimonthly issues. (Members of Pacific Association/TAC receive it as a service.) Mailing Address: RunCal, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

### Bay to Breakers-RESULTS

May 20, San Francisco.

#### Overall Results - Men

1. Arturo Barrios (Boulder, CO) 34:31, 2. John Doherty (W. Warwick, RI) 34:38, 3. Steve Monaghetti (Australia) 34:50, 4. Martin Pitayo (Boulder, CO) 35:00, 5. Kip Kimeli (Albuq., NM) 35:19, 6. Mark Curp (Lee's Summit, MO) 35:41, 7. Jay Marden (Folsom, CA) 35:51, 8. Tom Wood (Truckee, CA) 35:52, 9. Derek Froude (Boulder, CO) 36:07, 10. Dan Aldridge (Santa Rosa, CA) 36:14.

11. Daniel Grimes (Santa Rosa, CA) 36:31, 12. Alvaro Palacios (Salt Lk, UT) 36:48, 13. Bill Donakowski (Richmond, CA) 37:03, 14. Pedro Ortiz (Colombia) 38:01, 15. Miguel Tibaduiza (Reno, NV) 38:19, 16. Domingo Tibaduiza (Reno, NV) 38:19, 17. Andrew Leach (San Mateo, CA) 38:20, 18. Alfredo Santos (Colombia) 38:22, 19. John Morse (Walnut Crk, CA) 38:24, 20. Brad Hawthorne (Oakland, CA) 38:26.

21. Rich McCandless (Oakland, CA) 38:26, 22. Kevin Jones (Oakland, CA) 38:26, 23. Dennis Rinde (Oakland, CA) 38:26, 24. Dale Seavey (Oakland, CA) 38:26, 25. Hal Schultz (Oakland, CA) 38:26, 26. John Schell (Oakland, CA) 38:27, 27. Joaquin Leano (Oakland, CA) 38:28, 28. John Moreno (Oakland, CA) 38:28, 29. Rony Maoz (Oakland, CA) 38:28, 30. Don Paul (Oakland, CA) 38:28.

31. Dave Ottaway (Oakland, CA) 38:29, 32. Marc Oleson (Oakland, CA) 38:38, 33. Alejandro DeBere-

za (Santa Clara, CA) 38:39, 34. James Platake (SF) 38:47, 35. David Mulian (Elberon) 38:50, 36. Carmelo Rios (Los Altos, CA) 38:51, 37. Randy Accetta (Los Altos, CA) 38:51, 38. Jose Rubio (Los Altos, CA) 38:51, 39. Charles Alexander (Los Altos, CA) 38:51, 40. Stephen Schadler (Los Altos, CA) 38:52.

41. Jeff Stein (Los Altos, CA) 38:52, 42. Rob T. Anex (Los Altos, CA) 38:52, 43. Peter G. Sweeney (Los Altos, CA) 38:52, 44. Kay Oh Ostenberg (Los Altos, CA) 38:53, 45. Jeff Shaver (Los Altos, CA) 38:53, 46. Gary Lewis (Los Altos, CA) 38:53, 47. Luiz Coutinho (SF) 38:53, 48. Steve Brandt (SF) 38:53, 49. Charles Thompson (SF) 38:53, 50. Robert Rendon (Santa Monica, CA) 39:04.

#### Overall Results - Women

1. Jill Hunter 39:19, 2. Uta Piggig 39:25, 3. Janis Klecker 39:46, 4. Aurora Cunha 40:28, 5. Nancy Ditz 41:35, 6. Terry Schmidt-Puckett 41:51, 7. Jani Johnson 42:45, 8. Rosa Gutierrez 43:05, 9. Anne Hare 43:12, 10. Eileen Bickard-Brown 43:24.

#### Masters Winners

Men: 1. Domingo Tibaduiza 38:21. Women: 1. Laurie Binder 45:10.

#### Centipede Winners

Men: 1. Power Bar Racing Team 38:26, 2. Reebok Aggies 38:51. Women: 1. Reebok Aggies 47:38.

## RUNNER TYPES

From the San Francisco Examiner

36% First Year Running

3% Centipede


0.4% Seeded Runners

9% Run in Costume

62% Train for Race

THE AMERICAN HEART  
ASSOCIATION  
MEMORIAL PROGRAM



 American Heart Association

This space provided as a public service.



# The Athlete's Kitchen

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

## Calorie Concerns

What do four cups of Cheerios, an hour's walking at a moderate pace, and 1.5 ounces of fat have in common? All are similar from an energy standpoint, and represent about 350 calories. Calories are a measure of heat: one calorie (more technically, *Kilocalorie*) raises the temperature of a liter of water by 1 degree centigrade. Humans spend lots of calories simply heating their body to 98.6... a temperature considerably higher than the standard 65-70 degrees room temperature. Hence, even when sleeping, we burn calories. In fact, about 60-70% of calorie needs are related to our resting metabolic rate; that is, the amount of energy needed to simply stay alive, be warm, breathe, grow hair and pump blood.

Calories come from carbohydrates, protein, alcohol and fat, but not from vitamins or minerals. Some athletes mistakenly take vitamin pills "for energy". They'd be better off eating carbohydrates instead. Carbohydrates are not only the best source of energy for the muscles, but also are less fattening than other sources of calories. Whereas it costs the body only 3 calories to convert 100 calories of excess dietary fat into body fat, it costs 23 calories to turn 100 calories of excess carbohydrate into body fat. Plus, the body prefers to burn off carbohydrates and store the excess fat calories instead.

Researchers have verified that excess fats are indeed more fattening than excess carbohydrates. Subjects who over-ate a standard diet required seven months and about 120,000-180,000 excess calories from all types of foods to increase their body weight by 20-25%. In comparison, the subjects who ate the basic diet plus extra calories from fatty foods gained the same amount of weight in only three months with only 20,000-40,000 excess calories. The moral of the story is, if you're going to overeat, choose jelly bean (carbohydrates) instead of peanuts (fats), pretzels instead of chips, or nonfat frozen yogurt instead of ice cream.

Inevitably, when I counsel sports-active

people, they want to know how many calories they need in a day. Some ask out of curiosity: "I eat like a pig. I often wonder how many calories I'm eating per day...". Others ask out of frustration: "I eat hardly anything compared to my friends--I've starved myself on 800 calorie diets and have barely lost weight...". For the most part, you should have little need to know how many calories you require. If you want to lose weight, you eat a little less fat than your current intake. If you want to gain weight, you eat more of a variety of wholesome foods, including the heart-healthier fats such as in peanut butter, sunflower seeds and olive oil. For those who want to maintain weight, you simply need to trust that Mother Nature will do a wonder job of adjusting your appetite to your caloric requirements. For example, if you think of the number of times that athletes over-eat and under-eat in a year (or the number of days they over or under exercise), you can clearly see that Mother Nature appropriately adjusts the appetite and caloric intake to maintain body weight within a certain "set point" range. For the most part, it takes a concerted effort to lose or gain weight over the course of time.

When it comes to determining caloric needs, nutrition professionals can only *estimate* your requirements since each person varies widely in caloric needs. For example, per each 1,000 calories, two "normal" people might vary by 20%. That is, one person might need 800 calories, another 1,200. Dieters who restrict calories often need fewer calories than might be expected to lose weight, because they've become more energy efficient. Their resting metabolic rate may have declined by 15%, requiring about a 1,000 calorie diet to lose weight whereas a 1,200 calorie diet had once done the job. On the other hand, fidgeters who pace and wiggle a lot can burn an extra 100-800 calories and get away with eating an addition meal.

One true way to determine caloric needs is to spend time in a calorimeter, a large insulat-

ed chamber in which researchers can accurately measure how much heat you generate, oxygen you consume and hence calories you expend. Since calorimeters are few and far between, you can roughly calculate your calorie needs by multiplying your weight by 13 if you're sedentary throughout the day; 15 if moderately active. Then, add on more calories for additional exercise and training:

Activity	Body Weight			
	110	130	150	170 lb.
Biking, 13 mph	8.5	10.0	11.5	13
				Cal./min.
Running, 8 min/mile	10.8	12.5	14.2	16
Squash	10.6	13.1	14.4	17
Swimming, hard	7.8	9.2	10.6	12
Walking, normal pace	4.0	4.7	5.4	6

Theoretically, a 110 lb. accountant who sits most of the day would need about 1,430 calories (110 lb x 13 cal/lb) to maintain her weight, plus an extra 255 calories for jogging three times per week (30 minutes x 8.5 cal/minute). A 150 lb. clerk who has a more active job might need 2,250 calories (150 x 15), plus another 864 calories for playing an hour of squash (14.4 x 60). In reality, these calorie-estimates are rarely this clear-cut, with some people burning more than others due to metabolic differences. You may have peers who eat like horses, as well as others who eat like birds. When it comes to calories, life simply isn't as mathematical as we'd like it to be.

Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, designs personal diet plans for sportsactive people. Her popular books *The Athlete's Kitchen* ('81; \$5) and *Nancy Clark's Sports Nutrition Guidebook* ('90; \$15) are available through New Eng. Sports Publications, P.O. Box 252, Boston, MA 02113.



An Interview With...

# ////// Ron Tabb //////////////////////////////////



Photo by Karl Maldon

IF RON TABB HAD BEEN A BOXER, he'd have been a mauler. If he were a football player, the animal-like linebacker position would have suited him just fine.

Tabb became a runner in 1970 and his competitive nature spurred him on to become one of the top marathoners in the world in the early 1980's.

Now, after two years in retirement from competitive running, the naturally-gifted athlete is making a comeback. And again he's showing his aggressive behavior. To raise awareness to the drug problem in America and also to get fit, Tabb set up a grueling 33-days of high mileage for himself.

Tabb, 35, ran from Sacramento to San Diego -- 718 miles -- in 33 days. That's a 21 mile-per-day average and a 147 mile-per-week average. And like a thoroughbred, Tabb blasted out of the starting gate, covering 193 miles in the first week.

Tabb didn't just bounce out of retirement and start running the mega-mileage. While retired, he still ran, but the 5-foot-6 runner ended up putting on 15 pounds, getting up to 132. In December 1989 he made a New Year's Resolution to get back in shape. After a few months of training he clocked 2:25.20 at the Las Vegas Marathon and was ready to begin planning for his incredible journey. Tabb ended up getting back to his racing weight of 118 pounds.

The Sacramento to San Diego run began on May 11 and finished on June 12 at Jack Murphy Stadium right before the San Diego Padres and San Francisco Giants game got underway.

Tabb organized the run to raise awareness to the Bury the Habit Foundation, a non-profit organization dedicated to the prevention of drug abuse and rehabilitation. Tabb is the organization's personal relations director.

"I'm the one to be blamed for the crazy idea of the run," said Tabb.

Tabb hopes to qualify for his fourth Olympic Trials marathon and although not expecting to get back into his top shape, he feels he can be a factor again on the world scale in marathon-ing.

////// By GREGOR ROBIN //////////////////////////////////



Tabb certainly was a factor in 1983.

In the 1983 Boston Marathon, after a steady rise to world class status, Tabb clicked off what remains as the fifth fastest time ever for an American in the marathon. Placing second to Greg Meyer, Tabb clocked 2:09.31. A testament to his fitness as well as his competitiveness on that day was his last mile, a blistering 4:37.

Tabb had already become known for his ability to recover quickly. He ran numerous quality marathons, many within one or two weeks of each other. Just five weeks after Boston, Tabb clocked 2:10.53 to win the Sydney Marathon.

In 1983 Tabb ran five world class marathons, winning two. He broke 2:11 three times in a span of just five months that year. But after falling victim to injuries, Tabb never returned to that form and in 1988, after placing 41st in the Olympic Trials marathon, Tabb retired.

He's come out of retirement with a bang. He said he's very happy with the way the Sacramento to San Diego run went. He had one 17-miler that was done at 5:20 per-mile pace and his last run of the event was a 10-miler at 5:10 to 5:15 pace.

Tabb had a support crew along the way. He'd stay at motels for two to three days at a time, driving back after each leg of the run. He mainly doubled, running mostly 10 to 15-milers. His fiancée, Tracy Harvey accompanied him on parts of the journey.

Tabb lives in Pacific Beach in San Diego.

He grew up in Missouri. He started running as a junior at Lexington High School in Missouri. He ran 4:42 for the mile and 9:56 for two-miles in high school, placing third in the two-mile in the 1972 Missouri State Meet as a senior.

While enjoying a scholarship at Central Missouri State, a Division 2 college, Tabb was a four-time cross country and track All-American and set school records from the mile to the 10,000. He clocked 4:11 for the mile, 13:51 for three-miles and 29:30 (he estimates) for six miles. Tabb also held all the cross country records from three-miles to 10,000 meters on the Central Missouri State course.

Tabb's marathon exploits had a humble beginning. He ran his first two 26.2-milers while in college. His first was a 3:19. In his second marathon, he was on sub-2:30 pace, but ended up running 2:59.

"It was because I fell asleep that I didn't win the race," said Tabb. "I actually lay down

on the side of the road (at 23 miles) and took a nap for about 15 minutes. I was just so fatigued and so hungry. Everyone laughs about it now. All my teammates (who were there) still laugh today about that. I had to have my Pepsi fix. I said, 'You guys have to buy me some ice cream or Pepsi or something. I'm dying out here. I can't finish.' They said, 'You're only three miles from the finish.' I said, 'I can't do it. You guys have got to find me some food.'"

Tabb went on to run over 20 sub-2:20 marathons and won over 10 world class races.

Tabb currently trains with the "B Team" in San Diego. He was reached for the interview on Friday, June 15, three days after he completed the 718-mile run.

**CTRN:** After your shaky start marathoning with your first two in college, you quickly found out you had talent in the event.

**Tabb:** I realized in 1976 that I was really a lot stronger at the long distance events, at 10,000 meters and above. I won a 15K and a half-marathon the summer after my "first" senior year. I was on the five-year program and felt that I'd have some real strength and talent in the marathon because I was beating some good local people.

I was mentioning my coach, Bob Busbee, I think he was ninth in the 1976 Olympic Trials (marathon). I was basically hammering him into the ground in workouts. So I felt like there was potential as far as the marathon was concerned. I decided to, in 1977, give the marathon some serious effort.

**CTRN:** Were you a big fan of Frank Shorter and Bill Rodgers at the time?

**Tabb:** I didn't pay that much attention to those guys. I was just out there doing it and enjoying being competitive. I certainly didn't have any aspirations to be an Olympian or anything of that nature. I took my career much farther than I ever thought I would. My times certainly would never have led anyone to believe that I had the potential to do what I ended up doing with my career.

I took it one step at a time and competed at the level I was capable of competing at which was more local races. In 1977 and '78 I wasn't ready to compete in the Bostons or New Yorks.

I've always been a real competitive person and ran out of my league at times. I was as good as the competition. I always seemed to rise to the level of my competition. When I got to the national level and was able to run in Boston, New York, St. Louis and Houston, I

was able to compete at that level. I had a lot of confidence once at that level. I believed that I was as good as Shorter and Rodgers, or believed I could be.

I tried to hang with them as long as I could and a lot of times I paid the price for it. But I wasn't afraid to go out there and toe the line even though sometimes I was out of my league.

**CTRN:** To backtrack, after college you moved to Houston. Why there?

**Tabb:** In 1977, when I moved down there, Houston's economy, because of the oil market, was very strong. I thought it would be an ideal place to find a job conducive to running. I took a job doing construction, even though I was offered a job doing public relations, simply because it gave me the time needed to train and to go to the races that I wanted to go to.

**CTRN:** And quickly you had some breakthrough marathons.

**Tabb:** My first serious effort in the marathon, was a marathon in Corpus Christi in 1977. Texas can be very hot for six to eight months of the year. I found this race in Corpus, that wasn't a high caliber race, but the first place finisher won a trip, all expenses paid, to Boston.

I ran 2:44 and got second. In that race they moved the finish line during the race, adding a couple more miles on at the end because they had made a mistake and turned us around too soon.

Then a couple of weeks later I went to Louisiana and ran a marathon down there. A lot of guys had used that race prior to the 1976 Olympic trials to get a qualifying time because it was flat. So I cut 15 minutes off that first time, running 2:29. Then I ran another one in the first week of December, still in 1977 and knocked off another seven minutes. I ran 2:22. So, that was real exciting. At that time it put me in, I think, the top 30 marathons ever in the U.S. That's kind of laughable now, but back then that was a real exciting event for me. I finished third.

**CTRN:** So boom, boom, boom. What happened next?

**Tabb:** Well, I had been running some real good (shorter) races. In January of 1978 I decided to run Houston. I felt like it was my first opportunity to win a marathon. I'd finished second, third and third in my first three (serious) attempts. I felt like I was getting in good enough shape to win Houston. My breakthrough there was a 2:17 and I won it. I broke Jeff Wells' course record by a minute or so.

continued next page...



I'm competitive in everything I do. Success is very important. I have been criticized for my running style. I'm a front runner. If I go out and am very aggressive and I don't finish, I get criticized for that. But, I don't see a point in going out and not giving 100 percent.

I ran that 2:17 at Houston, then a week later I ran a 2:22 and three weeks later I ran 2:16 at St. Louis. I ran three marathons in five weeks and I went from 2:44 to 2:16 in a matter of four months. That's when they tabbed me, "Marathon Man."

**CTRN:** Were you getting noticed nationally?

**Tabb:** Yeah, I was getting some national recognition for the fact that I was putting those races so close together. One article came out saying I had the most incredible series of improvements in a short period of time. But then, I got indoctrinated to the real world of marathoning. I went to Boston in April 1978 and just got destroyed.

I was out there, it was my first race with the big boys. I went out with the world's best and they just ate me up and spit me out. I went out like a bat out of hell.

**CTRN:** With the leaders?

**Tabb:** Actually I was leading. One of the problems I had was I was so used to leading my races. At Boston I was in a different league. I had moved up from Triple A baseball to the majors in a real short period of time. And there were some good people back in those days.

**CTRN:** Nobody on the side was saying, "Now Ron, be careful." You had no mentors? You didn't want anybody?

**Tabb:** It wasn't that. Knowing what I know now, I needed someone to direct me. I had no sense of direction. But I didn't know everything that I know now. Obviously I wouldn't have put all those marathons back to back like that. I would have been more like Rob DeCastella and run two or three planned races a year.

**CTRN:** So you get in there running with the leaders and you're looking around.

**Tabb:** Bill (Rodgers) was there, Frank (Shorter) was there, everyone was there. It was an unbelievable year for Boston. It was like a who's who in marathoning. I remember I was No. 15. I saw my name in *Track & Field*

*News* and I had the two fastest times of the year going into the race. I wasn't cocky. I was pretty proud of what I was accomplishing because I never expected to be in that position. I was real proud to look at that 2:16 and put myself in with the elites.

**CTRN:** So you're running along with the guys. Do you remember where you blew up?

**Tabb:** I think it was at 17 or 18 miles where I bit the big one. I fogged, walked. I didn't go through the chute. I do remember it was a cold damp day. I do remember it was under three hours.

**CTRN:** Did you talk to Rodgers or Shorter while in Boston?

**Tabb:** I was more or less introverted. I was quiet and kept to myself. I wasn't staying where the athletes were. I didn't know the running circuit. That was my first indoctrination to big-time marathon running.

Another thing that happened was I lost my job before I went up there and wasn't able to focus. It was a few months before I was able to get my routine back to some normality. At that time I wasn't getting appearance money or prize money. I was pretty naive about it to begin with. I didn't know there was appearance money out there, under the table payments. There wasn't prize money in those days.

**CTRN:** You got a job managing a running store in Houston over the next three years.

**Tabb:** They gave me the time to concentrate on my running and (after a while) I was able to start coming into my own. I went to New York and had kind of a tough time there. I ran 2:29. I got picked up by Adidas, and went to the Sports Festival in 1978 and kind of bombed out there.

2:16 stayed my PR until 1980. I ran into some injury problems. I really worked hard to make the business successful. I wanted to qualify for the Olympic Trials. Boston of 1979 was the first race you could qualify for the Olympic Trials. But I was real inconsistent with my training. I added up all the days of

training I missed in 1978 and I missed like a third of the year. In 1979 I got real serious. I decided I'd keep a diary, an accurate log. What I ate, what I drank, push-ups, sit-ups, mileage, type of mileage. This way I could look back and see what I was doing right or wrong.

In Boston in 1979, up until 23 miles I was running in the top-10. I blew up again. I was still learning about the marathon. I was on 2:12 or 2:13 pace at that point. But you talk about the big nose dive. It was like a 747 running out of fuel. I dehydrated. I went from running 2:12 to 2:13 pace to a 2:19, but qualified for the trials.

I started also recognizing that there was money in this and I started negotiating deals. Frank Shorter was very instrumental in helping me get into some races and get some money. I'd beaten him a couple of times in the Houston and New Orleans area. He gave me some pointers on what I could do.

I met Marty Liquori and John Gregorio. So I was starting to mingle and learn a lot from the big guys, the guys who had been around for a long time.

**CTRN:** So the 1980 trials come around and you had your best finish (fourth) in your three attempts.

**Tabb:** I ran 2:12.39. I had 11 qualifying times. Between April of 1979 and May of 1980 I had 11 marathons under 2:19. I even ran a couple of other (marathons) for appearance money and prize money and won them.

**CTRN:** So it came around to the 1980 Olympic Trials and you ran well, but just didn't have enough for top-3? Kyle Heffner was just under 2:11 for third (2:10:55). I guess you ran so many marathons leading up to the trials that you were a little burned out?

**Tabb:** I chose to do (all those marathons) because we announced the boycott and I said, "Well, I may as well capitalize and make as much money as I can." I recognized that the publicity running Boston would be more valuable than winning the trials. I ran for the bucks then. I learned the way to negotiate with the race directors.

The week before (the trials) I ran 20 miles of the Cleveland/Revco Marathon and I got a \$1,500 appearance fee there. I started having problems with heel spur. I think the injury I had before Cleveland was a real injury. A lot of people thought I intentionally dropped out. Like I went there, took the money and dropped out because I was going to run the trials the next week. But I was trying to find some shoes to wear at the Olympic Trials be-



cause my foot was so sore. I had a bone spur and plantar fasciitis. I ultimately ended up having surgery on it.

I don't know why I was able to run the trials. I guess it was because it was on television and people were watching and a little bit of pride was involved in it.

**CTRN:** In the trials, what happened?

**Tabb:** I was leading up until 17 miles, I think, and I got tired and dropped back to 15th or 20th place. You know, a lot of racing. I was competing a lot. And also, before the trials I moved from Houston driving to (Eugene) Oregon. I didn't take the trials seriously.

**CTRN:** You dropped back to 20th and then you gathered yourself?

**Tabb:** I got my composure and started picking people off and feeling real strong. I was with a bicycle guy and he was following me telling me, "You've got another one and another one. You're moving up. I think you might make the team." At that time they only took one alternate. Now they take two.

**CTRN:** You moved to Eugene with a 2:11.00 PR set at the 1980 Mardi Gras Marathon.

**Tabb:** Eugene was an amazing atmosphere. It was like who's who in *Track & Field News* and *Runner's World*. The number of elite athlete, gosh, I felt like a peon up there, especially because I was in Nike country and I was an Adidas athlete. I was the only Adidas athlete in Eugene at that time. Everyone wore Nikes except me. But no one really cared.

Everyone was on shoe lists, too. Nike was giving shoes to anyone who could walk. It was unbelievable. If you could run a 40 minute 10K you were on the Nike shoe list.

At that time I was an Adidas athlete making \$20,000 a year which was a lot of money. That was more than the Olympic gold medalists were making with Nike at that time, like Mac Wilkins, and some other Olympic athletes. Their stipend was at \$15,000. There was a lot of jealousy. I was driving around in a Porsche and owned a home while these guys were living four to an apartment trying to make ends meet.

I had done well for myself because I was doing well racing and negotiating contracts. They were just getting trips (to meets). I was making money out there. I saw running from the business standpoint. Running was a business now.

From 1980 to 1983 I had a lot of injuries. I had surgery two times for plantar fasciitis. I met Mary (Decker). I started coaching and

training her and helping her with her career and helping her negotiate. Running was her compulsion. She didn't care about the money. Well, obviously she did, but she didn't know how to use it to her advantage from the marketing standpoint. From my standpoint, I was probably making more money that I should have been compared to some of the other athletes if they had had a good agent and marketed themselves well.

I was able to capitalize on my accomplishments whereas Mary hadn't because she was being exploited. They were like a bunch of wolves out there and Mary was pretty helpless from that standpoint and had no idea about how to go about getting deals that were

best for herself.

When I came along I made a lot of people angry because I came in playing hardball and getting what she rightfully deserved.

**CTRN:** She must have really appreciated that.

**Tabb:** Yeah. I say that facetiously. So we started running together. I helped her. She had some injury problems. I had the same shin splint problem while I was in college and I gave her a couple of ideas to do to help it and it actually did help. In fact I don't think she's had shin splints since then.

Running is, and I think always will be, her life. Everything else in her life, I think, comes second to her.

*continued next page...*

## Ron Tabb -- Career Highlights

1974/76	Four time NCAA All-America honors in Track and Cross Country.
1979	Gulf AAU Long Distance Runner of the year; member of the United States World Cup Team.
1980	Member of the United States Olympic Team competing in the Marathon.
1982	Two-time recipient of the Award of Recognition by the U.S. Senate for outstanding career.
1983	Member of the World Championship Team.
1984	Ran the third fastest qualifying time for the U.S. Olympic trials.
1986	Member of U.S. Goodwill Games Team competing in the USSR.
1988	Qualified for third Olympic Trials.
1989	Ranked fifth on the all-time US Marathon List.

## Notable Performances

1978	Houston Marathon	2:17:11	1st/Record
1978	Mardi Gras Marathon	2:22:41	1st
1978	St. Louis Olympic Mem.	2:16:35	1st/Record
1979	Montreal World Cup	2:17:14	1st/American
1980	Houston Marathon	2:13:35	1st/Record
1980	Mardi Gras Marathon	2:11:00	1st/Record
1980	Boston Marathon	2:14:48	3rd
1980	US Olympic Trials	2:12:39	4th
1980	Toronto Marathon	2:16:56	2nd
1981	Paris Marathon	2:11:44	1st/Record
1982	Did not compete due to injury		
1983	Boston Marathon	2:09:31	2nd
1983	Sydney Marathon	2:10:53	1st/Record
1983	World Championships	2:13:38	1st/American
1983	Beijing Marathon	2:18:51	1st
1983	New York City Marathon	2:10:46	3rd
1984	Withdrew from US Olympic trials due to injury		
1984	Antigua 1/2 Marathon	1:10:34	1st
1985	New Jersey Marathon	2:19:11	4th
1985	Rio de Janeiro Marathon	2:16:16	1st/Record
1986/87	Did not compete due to injury		
1988	Houston Marathon	2:19:38	2nd/American
1988	US Olympic Trials	2:26:00	41st
1990*	Las Vegas Marathon	2:25:20	14th

\* 1st race since coming out of retirement.



**CTRN:** You got married in September of 1981. Was it a big Eugene wedding?

**Tabb:** It was a pretty big wedding. All the runners were there. In fact, I ran a marathon the next day. We got married on a Saturday and my friend in Montreal wanted me there. He was even going to fly in a private jet for me to get me up to the race. I flew all night to get up there. They had a limousine pick me up at the airport. They had a special way to get me through customs. They drove me to the starting line of the race. I changed clothes in the limo. It's a pretty neat story. Amby Burfoot was in the limo doing a story on Mary and I on the way there.

**CTRN:** What happened in the race?

**Tabb:** I think I ran a 2:27 or 2:26 and got a real nasty letter from Adidas. They didn't like the idea that I finished so far back. I said, "If you understood the circumstances, I think you'd appreciate this more."

**CTRN:** When did you hook up with Alberto Salazar?

**Tabb:** I got to be pretty good friends with Salazar and that was because, more or less, Mary was good friends with Alberto to start off with. We got to be good friends, just talking. For some reason I was stuck at that 2:11. I won a marathon in Paris in 1981 and ran 2:11.44 there. You reach that point, like the 2:15, I couldn't break that barrier. Then it was the 2:11 barrier. My workouts indicated that I was good enough to run with anyone.

At the time in 1980, 2:08.34 was the world record that Derek Clayton had, and that was not an official time either. I recognized what Gerard Nijboer ran (2:09.01) and that was the fastest time since 1967. He and I were real good friends. My gut feeling was the 2:09.01 was the world record in 1980 and I felt I could run that fast. I could go out for the longest time and run five-minute miles and it was no effort at all. Salazar said, "What you need to do is get out there and run 4:30 repeat miles in your workout and you'll have a better chance of doing that. That was in 1981 and 1982."

**CTRN:** Were you under Oregon coach Bill Dellinger at the time?

**Tabb:** Well, when Mary and I split -- I started seeing that we were going in different directions in our lives -- I approached Dellinger with the possibility of taking me under his wing. He was with Adidas and I was with Adidas. I recognized I needed something different. He was coaching Salazar and had success coaching so many distance runners. I thought he might enlighten me with things I

could do.

We tried it on a trial basis. These guys were just hammering me to start off with. But it took me nine weeks of being under his wing before I clipped off my 2:09.31. It was just getting on the track with the right people.

**CTRN:** At the starting line at Boston 1983, where you ran your 2:09.31, what were your thoughts? Was there any goal in mind?

**Tabb:** My whole concern at Boston in 1983 was I wanted to make the World Championship team to go to Helsinki. The top three. It was an incredibly deep field. Everyone that was anyone was at Boston in 1983. I hadn't done anything for such a long time, I went in there completely unnoticed. I ran 2:15 at Nike in September and that was the last one before Boston in April.

**CTRN:** That's a long break for Mr. Tabb.

**Tabb:** Yeah. I didn't have a time in mind. I had one goal and that was to finish 1, 2, or 3. As the race began to develop, I began to rec-

## On the 1980 Marathon Trials...

"I ran 2:12.39. I had 11 qualifying times. Between April 1979 and May of 1980 I had 11 marathons under 2:19."

ognize that I was pretty much in control. At 20 miles I started making a real strong move toward the finish line. I was able to move up on Benji Durden and caught him at 25 miles. Had I recognized earlier that I was in as good a shape as I was I would have probably started moving a little earlier. Maybe I missed my chance at winning Boston. I ran the last mile in 4:37. Again, though, my objective was top three. (Note: Greg Meyer won in 2:09.00).

**CTRN:** Five marathons that year. That actually doesn't sound too incredible after hearing about your lead-up to the 1980 Olympic Trials.

**Tabb:** What's really amazing about it was three were under 2:11 and I did it in five

months. April, June and September or October. Then I ran into anemia and sciatica problems.

**CTRN:** You started the 1984 Olympic trials but had to drop out with the sciatica.

**Tabb:** Sciatica's a nerve that goes the entire length of the leg. It bothered me all the way to 1988. I took the two-year layoff when I decided to quit competing and doing track workouts -- I didn't stop running. I stopped competing -- with the layoff it's healed on its own. I haven't gone through physical therapy.

Before, I went through a ton of physical therapy. Doctors, acupuncture, chiropractors, massage therapists, you name it I tried it. Voodoo, black magic, gypsies. I tried everything. I could get to a certain point. I ran some decent races. I won some marathons, actually. But it was always bothering me.

I never could relax. I couldn't sit for a period of time. I was always in pain and discomfort. I just didn't enjoy in any more. I was mentally fatigued from all the stress that my body was going through. I just didn't want to do it anymore. I decided after 1988 I didn't have what it took anymore to continue. Plus I lost all my sponsorship. I didn't have any sponsorship. It just didn't make sense to keep pounding away.

Then when I got up to 133 pounds I decided it was time to get on a strict diet and watched my weight. I've got my weight back down to about 117 pounds. Then I ran a 2:25 marathon in February at Las Vegas. It was no problem. I had zero problems. I ran even splits.

**CTRN:** Did it feel like the old days?

**Tabb:** Well, obviously I wasn't running five-minute pace. Basically you're out there running 5:30's. There is a huge difference between a 5:30 mile and a five minute mile, especially when you're going over 26 miles. But I didn't have any problems and I haven't had any problems since I've been on the track. I felt at the 1989 L.A. Marathon I was ready to break the 2:15 barrier. My workouts indicated I was in shape to go under 2:15. But my feet hadn't calloused up and they weren't racing tough. You have to have that racing toughness on your feet. My feet are pretty sensitive anyway. I lost a toenail during the race. It just ripped out. And I had serious blister problems. I ran 2:27 or 2:28 there. I was getting appearance money and felt I had an obligation to finish the race.

**CTRN:** Then you go out and run 718 miles in 33 days.

**Tabb:** Listen. If I had any injury problems,



# Tabb

any little injuries, this would have definitely pointed them out to me. I had some excellent training days during this 33 days.

**CTRN:** Now what's your training consisting of?

**Tabb:** This week I'm dropping my mileage back. I'm going to aim for a fall marathon and I'd like to qualify for the trials and just see how far I can take the running, enjoy my running and just not put so much pressure on myself. I can take running and enjoy it. I don't have to be at this race or that race. I can pick and choose. If I'm not ready for a race completely I don't have to go to it.

**CTRN:** If you were running today like you were in 1983, you would be America's top marathoner.

**Tabb:** Without a doubt. Of course, so would Rodgers, Shorter, (Tony) Sandoval. The generation we have now of marathoners, they're a bunch of pussies. I'm sorry. Compared to what the old guard was.

**CTRN:** Do you think there's somebody out there as talented as you were who could be doing the same thing?

**Tabb:** I'm sure there are, but they just don't want to make the sacrifices without the sponsorship. It's really tough to work 40 hours a week and go out there and put the mileage in, make the sacrifices. The sport has changed so much in the past seven years. We discourage our athletes from going out there and doing it.

I have no doubt that there are athletes talented enough. But are they willing to go out there without the sponsorship? You're asking an awful lot of an individual. I don't know exactly what the solution is. I'm sure I have a certain gift and talent, but there are others out there with the same ability and talent. I fortunately had sponsorship with Adidas for seven years.

**CTRN:** So you're saying now the sponsors aren't as helpful as they were back then?

**Tabb:** Oh yeah. You have to be a world record holder, an American record holder or a gold medalist. There are even Olympians who do not have contracts right now.

There's prize money out there, but if you're not running well, there's going to be periods where you're not on top of the game. So what do you do? Unless you have a sponsor who's willing to carry you for 12 months, and not have to worry about it... that's another thing, if you have to worry about your obligation to that sponsor and for that sponsor getting the necessary publicity and recognition... It's a

Catch-22.

**CTRN:** Do you feel under-rated? Rodgers, Shorter and Salazar come up in every sentence.

**Tabb:** In 1983 I recognized that a name carries a lot of weight. That year, I had a very successful year, maybe more than any other American at any time in marathon running. I won two marathons, and these were international races where they were bringing in elite athletes. I was second at Boston and third at New York. The only thing that hurt me was I didn't win Boston.

**CTRN:** Greg Meyer won Boston and was ranked the No. 1 marathoner in the U.S. Salazar was fifth at both Rotterdam and Fukuoka and was ranked second while you were ranked third.

**Tabb:** Before the rankings came out, the massage therapist for Athletics West asked Salazar "Alberto, who's going to be ranked No. 1?" Salazar told him "Tabb should be ranked No. 1, I'll probably be No. 2 and Meyer will be No. 3"

Meyer won Boston, then went to Chicago and ran 2:17 and was 20th or something like that. But I think because I never won Boston and New York...

I think I was under-rated at the peak, but I don't think I'm under-rated now. I don't think I'm over-rated. I don't think I'm rated (chuckle). But I don't think I got the respect I think I earned.

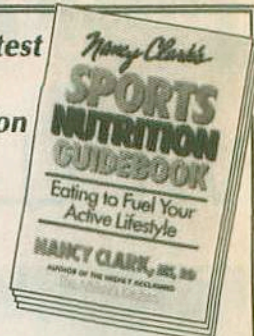
**CTRN:** What do you think is your key ingredient. Your natural ability, your competitiveness?

**Tabb:** My competitiveness. I'm competitive in everything I do. Success is very important. I have been criticized for my running style. I'm a front runner. If I go out and am very aggressive and I don't finish, I get criticized for that. But I don't see a point in going out and not giving 100 percent. If breaking 2:25 was my goal, I'd have 50 or 60 sub-2:25 marathons. I went out to win races. Winning races was what I enjoyed doing.

Ron Tabb was born on August 7, 1954. His personal bests from the marathon down are: Marathon 2:09.31; half-marathon 1:03.45 (on way to a marathon); 20K 1:01; 10K 28:30trk; 8K 22:40; 5Ktrk 13:48; two-mile 8:39 (on way to 5,000); 3,000 8:09; mile 4:06; 800 1:52; 400 51.0 (relay).

Gregor Robin is a sportswriter at the Santa Barbara News-Press.

**The Latest Sports Nutrition Best Seller:**



"Nancy Clark is THE sports nutrition expert for any of your food questions. Her book is tops!"

— Jeff Galloway, former U.S. Olympian and coach

"An excellent resource with practical, easy-reading advice for anyone who cares about food for health and performance." — New England Runner

Nancy Clark, RD  
Sports Nutritionist

Sports Medicine Brookline  
Boston, MA 02167



If you liked *The Athlete's Kitchen*, you'll love *Nancy Clark's Sports Nutrition Guidebook*.

It's filled with the latest tips on—

- Sports nutrition
  - Eating healthfully on the run
  - Losing weight while having energy to train
  - Handling athlete's eating problems
- ... Plus more than 100 quick and easy recipes for your winning sports diet.

**Nancy Clark's Sports Nutrition Guidebook carries on from where *The Athlete's Kitchen* left off—you may want both!**



— — — ORDER FORM — — —  
Enclosed is \$\_\_\_\_\_ for sending me:

- copies Nancy Clark's Sports Nutrition Guidebook @ \$15.00 per book.
- copies *The Athlete's Kitchen* @ \$7.00 per book.

Mass. Residents add 5% sales tax.  
Price includes postage and handling.

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Make check payable to  
New England Sports Publications  
and mail to PO Box 252, Boston, MA 02113.



# TRACK & FIELD NEWS

## WE'LL PUT YOU IN THE PICTURE.



We'll deliver the news about all your favorite track athletes to your home each month.

And in addition to all the major track news, U.S. and worldwide, each issue will bring you interviews, profiles, action photos, performance lists, and everything else you need to keep abreast of the total track scene.

If you like track, you'll LOVE Track & Field News.

**Subscription rates:** USA, 1 yr., \$31.00; 2 yrs., \$59.00; 3 yrs., \$86.00. First-class mail, 1 yr., \$44.50. Foreign air rates on request.

---

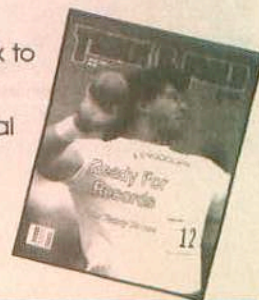
**SUBSCRIBE**  
**1-800-356-2200**

---

Charge to your Visa or MasterCard

---

Or send your check to  
Track & Field News  
2570 El Camino Real  
Suite 606  
Mountain View  
CA 94040



THE BIBLE OF THE SPORT SINCE 1948



**Unstable Air Has Been Known  
To Do Some Serious Damage.**





# Introducing Etonic StableAir™

## Finally, One Technology That Combines Cushioning And Stability For The Power To Help Prevent Injury.

A running shoe that can actually help prevent injury.

That's the raw power of this new air technology from Etonic. It's also the reason our StableAir™ Series is taking both runners and the competition

by storm.

Because in a conventional air system, a type of "waterbed" effect takes place when the

foot strikes the ground. The air moves away from the impact area to other parts of the system.



*Basic Etonic StableAir™ technology adapted for overpronation.*



*DRP Plus™ plate incorporated into Etonic StableAir™ provides additional control.*

*Larger volume cells for cushioning.*

*Higher, perimeter cells for stability. Together with lower, inner cells, form an anatomically-contoured fit.*



*Patented multi-cell design combines cushioning and stability in one lightweight device.*

*Ambient air in each cell can't leak.*

*Runners use only the cells they need for more stability.*

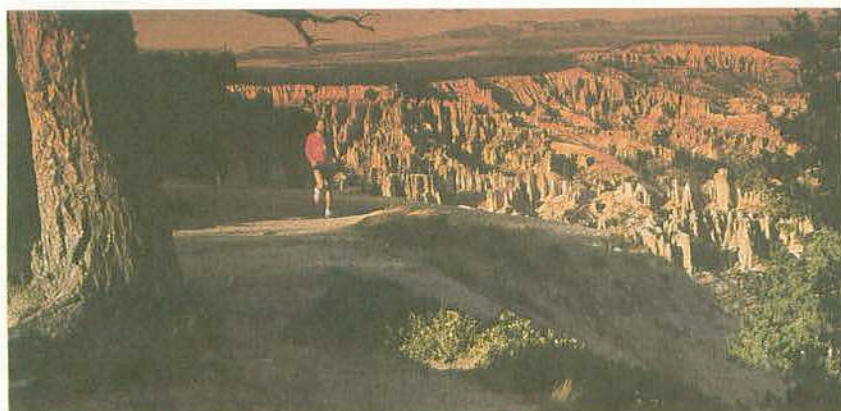
*Memory keeps cell intact even if punctured.*



And although cushioning is provided, this displaced air causes instability throughout the shoe.

Our technology differs in the respect that it is a series of independent cells filled with ambient air. So, when the foot strikes the ground, cushioning is provided at the area of impact; but because the cells react independently from each other, air is not displaced throughout the system. And because air is not displaced, the shoe remains stable.

The end result is a totally integrated cushioning and support system with the power to help prevent injuries.



Just as important, we've adapted the basic StableAir™ technology to the specific needs of individual running styles. So you can be sure it will work for you no matter what kind of runner you happen to be.

And for those who prefer additional control, we have combined Etonic StableAir™ with our exceptionally light DRP Plus™ graphite composite plate.

Etonic StableAir.™ It is the premier air technology on the market today. Because the way it helps prevent injuries can give you a feeling of unlimited power.



*StableAir NR is for runners with few biomechanical problems.*



*StableAir OS is an exceptionally light trainer for oversupinators.*



*StableAir Plus OP gives overpronators maximum control.*



*StableAir Plus NR offers maximum control for neutral-gait runners.*



*StableAir Plus OS gives oversupinators maximum control.*

**Etonic®**  
**Built So You Can Last.**



# Etonic StableAir™ - The One Technology That Combines Cushioning and Stability for the Power to Prevent Injury

Runners will now have the advantage of a new dimension in technology with the creation of Etonic StableAir™ - the running shoe innovation that combines cushioning and stability in one technology for the power to prevent injury.

Introducing Etonic StableAir™. This technology will be highlighted in a new line of nine Etonic running shoes, part of the Etonic Injury Prevention System.

Etonic StableAir™ provides the correct balance of cushioning and motion control runners need to help prevent injuries associated with both shock and instability.

In a conventional air system, a type of "waterbed" effect takes place when the foot strikes the ground. The air moves away from the impact area to other parts of the system. Although cushioning is provided, this displaced air in a conventional air system causes instability throughout the shoe.

Our technology differs in the respect that it is a series of independent cells filled with ambient air. When the foot strikes the ground, cushioning is provided at the area of impact; but, because the cells react independently from each other, air is not displaced throughout the system. Because air is displaced, the shoe remains stable. The end result is a totally-integrated cushioning and support system with the power to help prevent injuries.

Furthermore, each of the nine shoes in the Injury Prevention System features the StableAir™ technology specifically designed for both men and women, that compensates for those runners who are overpronators, over-supinators or have a neutral gait.

For those who prefer an even firmer and more stable ride, Etonic has combined the Etonic StableAir™ technology with the ultra-light DRP Plus™ graphite composite plate made of TL-61 for extra support and stability. This added feature can be found in the "Plus" shoes of the system.

"Each of the shoes in the Etonic Injury Prevention System is designed to automatically tune itself to the wearer and compensate for the way a person is most prone to injury," explained Bob Bogaty, Etonic's director of research and development. "Each shoe provides the specific comfort and control different runners want along with the protection they need. No other technology provides this combination in one shoe."

The Etonic Injury Prevention System consists of the following shoes:

The StableAir™ NR is designed for the individual with a neutral gait and few biomechanical problems. Ideal for heel strikers, it is constructed with a semi-curved anatomical slip last with a rearfoot Etonic StableAir™ unit. The CMEVA/PU midsole provides lightweight cushioning and stability. The StableAir™ NR is an extremely versatile, everyday training shoe available in medium and wide widths.

The StableAir™ OS is a lightweight trainer for everyday mileage or speed workouts. It is an ideal shoe for mid-to-forefoot runners, and for those who prefer lightweight cushioning without compromising superior stability. The shoe features independent Etonic StableAir™ units suspended in a CMEVA midsole: a laterally-extended anti-supination unit in the rearfoot and a separate unit in the forefoot. The StableAir™ OS provides excellent flexibility with a curved anatomical slip last for a glove-like fit.

The StableAir™ Plus OP—the most technically advanced shoe ever produced by Etonic—is designed for overpronators to provide optimal stability with a high degree of cushioning. An anti-pronation Etonic StableAir™ unit with an encapsulated DRP Plus™ graphite composite TL-61® plate in the heel unit offers superior cushioning and stability in one device. The forefoot StableAir™ unit provides excellent cushioning during toe off. Other features of the shoe include a straight slip last and a CMEVA/PU midsole for resilience and cushioning.

The StableAir™ Plus NR is a neutral shoe for the runner with few biomechanical problems. It features a neutral StableAir unit in the rearfoot with an encapsulated neutral DRP Plus™ plate of TL-61® for additional shock dispersion and flexibility. It also features a forefoot StableAir™ unit for extra cushioning during toe off. StableAir™ Plus NR offers a light yet extremely resilient CMEVA/PU midsole. A semi-curved anatomical slip last provides lightweight cushioning. StableAir™ Plus NR is available in medium and wide widths.

The StableAir™ Plus OS, a lightweight training shoe, provides maximum cushioning and stability to the rigid gait or high-arched runner. An anti-supination Etonic StableAir™ unit is located in the heel. Encapsulated within this device is a special anti-supination DRP Plus™ plate which is ideal for the runner who requires optimal shock dispersion with stability. Also, in the forefoot there is a StableAir™ pad. Additional features of the StableAir™ Plus OS include a curved anatomical slip last with a CMEVA/PU midsole, and provides additional flexibility, stability and optimal shock dispersion. Available in a men's model only, the StableAir™ Plus OS is well suited for the high mileage runner who places a premium on lightweight yet supportive shoes.

All of the shoes, with the exception of StableAir™ Plus OS, are available in men's and women's models. Each of the women's models feature a specially-designed women's last. Also, each shoe in the system features EVER-DURE™ high abrasion rubber outsoles for longer wear. Used in the sockliner of each shoe is a new material called Textra, a cross-weaved scrim which is bonded to a highly-resilient Dynasponge foam. This design promotes excellent ventilation and prevents a heat build-up in the shoe.

"Last year, we made quite an impact with the introduction of the Etonic Stability System, a line of running shoes specifically designed to aid in the prevention of injury," said Tom Elwell, general manager of the Etonic Athletic Division. "Due to the magnitude in which runners accepted this introduction, sales of running products increased 117% over 1988. It was phenomenal! With this year's introduction, we feel we'll be offering runners the best of both worlds, a line of running shoes that combines stability and cushioning—a revolutionary approach to injury prevention."

**Etonic®**  
**Built So You Can Last.**





# 1990 CIF / REEBOK California HIGH SCHOOL STATE MEET

On a beautiful Southern California weekend the Reebok/California Prep State Track Meet was held once again at Cerritos College. The usual great action on the track was viewed by a crowd of over 8,000 on Friday, and 10,000 on Saturday evening with the usually pesky winds dying down for a basically very calm Saturday evening finals of very, very hot action on the track and in the field.

There were the usual "come-throughs" by the favorites and just enough upsets on the form charts to rivet one's attention to the fine action taking place.

The qualifying formula used for the prelims to finals was that the 100, 200, 400, 800, hurdles, and relays would have four heats, with the heat winner assured a spot in the finals, with the other five best times moving on to Saturday. In the 1600 there were two heats, with the top three placers in each heat moving on. The top nine marks or highest placers in the field events qualified for Saturday.

## Boys

By DOUG SPECK

### 100 Meters:

The state was once again graced with a fine group of sprinters from the far North to San Diego, and they all showed up here with the interesting results that always mark this event area that is so important in the team championship struggle. From way up north came Willie Clark of Wheatland, the Notre Dame bound footballer, who had raced 10.4 (100), 21.2 (200), and 48.0 (400) up through a lap, with rumors of an attempt at a state meet triple. Keith Jones (Edison, Fresno) was impressive, with 10.51w-10.73 clockings, and fast improving soph Riley Washington (Southwest, Chula Vista) had blasted 10.53 in the San Diego Section Finals. L.A. section star Donovan Burks (Washington, L.A.) looked very good with a 10.60 best, with Southern Section flyers led by Andre Green (Poly, Long Beach) 10.57 and Napoleon Kaufman (Lompoc) 10.57w-10.60 definite factors.

The Prelims on Friday always tell an inter-

esting tale. In Heat One Tim Martin, a San Clemente junior, put together a solid start



**NAPOLÉON KAUFMAN--100/200m**

Photo by Bill Cockerham

and raced in a meter ahead of Jones (Edison, Fresno) 10.68-10.78 with a legal 1.89 meters per second of wind aiding. Heat Two was a showdown between Andre Green and Willie Clark. Green, a footballer bound for Long Beach State has been racing very well lately, here giving Clark a slight margin out of the blocks, then edging up to the northern star down the track before leaning in to win by inches 10.58-10.59 with .89 mps of wind aiding. Riley Washington (Southwest) had rocket acceleration out of the blocks in Heat Three, with L.A. Washington's Sylvester Green helping the General's point outlook as he closed on the San Diego champion to come in at 10.72 behind Riley's 10.66 (+1.92 mps wind). Heat Four had flyers Napoleon Kaufman and Donovan Burks facing each other. An important part of the weekend's

story on the Men's side would be told here, as Kaufman was out well, with the tall, loose-striding Burks moving up to and easing past before Kaufman executed a well-timed lean that had the Lompoc junior come in ahead 10.56-10.58 (+1.15 mps.). Right after the finish it was noted in the press box that Burks was limping slightly. This would foretell of big problems in the Washington drive for the team title.

As the Finalists lined up Saturday much more of the team story had been told. Burks had run his 200 Heat the night previous heavily bandaged, not qualified, and to more than figuratively add insult to injury, was disqualified for running on the lane line. In Saturday's 4x100 relay Burks eased off noticeably 70 meters into his anchor leg, and did not show up to his lane 4 here at the starting line. Across the track it was Washington in Lane 3, Kaufman in 5, Green in 6, Clark in 7, and Tim Martin in 8. Interestingly, Kaufman had complained of a sore groin after Friday's prelims, with the 24-5 Long Jumper passing on the Finals competition there after qualifying. Kaufman, an all-world running back who should be right there among the nation's best in next Fall's pigskin campaign, broke out of the blocks with a very, very slight edge at the gun. Willie Clark, on Kaufman's outside, and Washington, to the inside, mounted challenges as the race flew down the track. At the 80 meter point Kaufman mounted a second attack, edging away from there to a full one meter margin at the tape 10.57-10.66 over Clark, with Washington 3rd at 10.70 and Andre Green next at 10.74. With L.A. Washington no longer a team factor Kaufman's win here would take real on real significance, as any combination of two wins or three high placings appeared to be the road to the title this year. Green was one in that boat as he would come back in the 200 and the Jackrabbits had a 4x400 relay in the Final.

#### Finals:

1 Napoleon Kaufman (Lompoc)	10.57
2 Willie Clark (Wheatland)	10.66
3 Riley Washington (Southwest)	10.70
4 Andre Green (Long Bch Poly)	10.74
5 Tim Martin (San Clemente)	10.75
6 Sylvester Green (Wash, LA)	10.88
7 Terrance Hill (Oak Grove)	10.89
8 Erik Mitchell (Los Alamitos)	11.02

Heat 1: (wind +1.89): 1. Tim Martin (San Clemente) 10.68, 2. Terrance Hill (Oak Grove) 10.78, 3. Keith Jones (Edison) 10.79, 4. Lawrence (Morse) 10.88, 5. Goldsmith (Lanolin, SF) 11.07, 6. Steve Miller

(Northgate) 11.09, 7. Kevin Hicks (Crenshaw) 11.13. Heat 2: (wind +.89): 1. Green (Long Beach Poly) 10.58, 2. Clark (Wheatland) 10.59, 3. Mitchell (Los Alamitos) 10.77, 4. John Lewis (Hiram Johnson, SF) 10.90, 5. Marlon Smiley (Benicia) 11.14. Heat 3: (wind +1.92): 1. Washington (Chula Vista Southwest) 10.66, 2. Green (Washington, LA) 11.72, 3. Lawryer (Santa Barbara) 10.80, 4. Jacobi Williams (Antioch) 10.94, 5. Larry Douglas (Edison) 10.95, 6. Derrick Riley (Fairfield) 11.01, 7. Gerald Rankin (Riordan) 11.12. Heat 4: (wind +1.15): 1. Kaufman (Lompoc) 10.56, 2. Burks (Washington LA) 10.58, 3. Robinson (Kelseyville) 10.85, 4. John Rushing (Merced) 10.87, 5. Butler (Tulare) 10.90, 6. Fields (San Mateo) 11.24.

### 200 Meters:

The 200 Meters would be a great event, with a flock of flyers peaking here at the end of the season when the time was right. The L.A. Washington act had come apart on Friday when Donovan Burks raced in Heat 3 heavily bandaged, was obviously at far from top speed, failed to qualify either time or placewise, then was dq'd for racing on the lane line. It was a frustrating end of the season for the one of the loosest prep sprinters at top speed that this writer has ever seen. In qualifying, Andre Green (Poly, Long Beach) cranked the turn in Heat 1, emerging onto the straight a meter ahead of Jason Goss (Washington, L.A.), and holding that margin to the finish at 21.49-21.59 (wind -.02 mps). Heat 2 had Eric Mitchell (Los Alamitos), a great turn runner, enter the straightaway with a lead over John Thomas (San Bernardino). Thomas, continuing to come back from a mid-season injury, was impressive in rocketing by Mitchell in the last 20 meters to win at 21.57, with Keith Jones (Edison, Fresno) also edging in ahead of Mitchell 21.71-21.75 (wind -.01 mps). Heat 3 brought together a frightening crew which was deflated some with Bank's injury. Napoleon Kaufman (Lompoc) looked better than at any point in the season in edging Willie Clark (Wheatland) 21.35-21.39 (+0.01 mps). Impressive late season bloomer, junior Ricky Carrigan (Compton) took Heat 4 at 21.46 (0 wind).

The lane draw for the Finals was a classic, with nothing decided at that point in the Meet in the contest for a team champion. Under perfect weather conditions, 80 degrees and totally calm winds, John Thomas was in 3, Ricky Carrigan in 4, Kaufman in 5, Clark in 6, Green in 7, and out in Lane 9 was Eric Mitchell. Green and Mitchell enjoy really

continued next page...



# CIF / Reebok California State Meet

blasting the turn, giving others something to base their first half of the race on, with Eric racing a couple of amazing efforts in the last season or two from a lane way on the outside. Kaufman had the best reaction to the gun, a factor in this closely matched a field, with Napoleon the only athlete in the field appearing to consciously lean into the turn as the group traversed the first 100 meters. Dave Archibald, a 47.0 440 star at Leuzinger High in Lawndale way back in 1961 is now based in the Lompoc area, and has assisted Coach Jim Warrick with the sprinters. Kaufman has appeared to take a number of good lessons to heart. Entering the straight and passing the 100 meter starting line at 10.8 the Lompoc junior had a slight lead, a margin he held until Willie Clark, a lane outside of the Lompoc star, closed in the final 30 meters. Kaufman later commented on cramping a bit the final 20 meters of the event. It was close enough to require a close reading of the photo, with the Southern Section star emerging the victor 21.15-21.16. Kaufman had indicated a sore groin muscle after Friday's qualifying, with no one arguing with his efforts this evening in the two sprint events.

## Finals:

- 1 Napoleon Kaufman (Lompoc) 21.15
- 2 Willie Clark (Wheatland) 21.16
- 3 John Thomas (San Bernardino) 21.35
- 4 Andre Green (Long Beach Poly) 21.54
- 5 Ricky Carrigan (Compton) 21.58
- 6 Eric Mitchell (Los Alamitos) 21.73
- 7 Sylvester Green (Wash., LA) 21.74
- 8 Scott Hammond (Lincoln) 21.84
- 9 Keith Jones (Edison) 21.85

Heat 1: (wind -.02): 1. Green (Long Beach Poly) 21.49, 2. Goss (Washington, LA) 21.59, 3. Hammond (Lincoln, San Diego) 21.75, 4. Rushing (Merced) 21.99, 5. Newsom (Albany) 22.09, 6. Fields (San Mateo) 22.63, 7. Wheaton (Oakland) 22.85. Heat 2: (wind -.01): 1. Thomas (San Bernardino) 21.57, 2. Jones (Edison, Fresno) 21.71, 3. Mitchell (Los Alamitos) 21.75, 4. Green (Washington) 21.91, 5. Goldsmith (Lincoln, SF) 22.41, 6. Volson (Merced) 22.84. Heat 3: (wind +.01): 1. Kaufman (Lompoc) 21.35, 2. Clark (Wheatland) 21.39, 3. Washington (Southwest, SD) 21.92, 4. Banks (Hawthorne) 23.00. Heat 4: (wind +.01): 1. Carrigan (Compton) 21.46, 2. Miller (Northgate) 22.15, 3. Butler (Tulare) 22.17, 4. Samuels (Ca. Sch. for the Deaf) 22.26, 5. Woods (Locke) 22.45.

## ■ 400 Meters:

The 400 had a group of athletes with fine potential. Jerrald McCladdie (Centennial, Compton) had raced 47.44 early in the season, with Lamont Warren (Dorsey, L.A.), the L.A. City Football Player of the Year (and a basketball star) looking very strong in a season that had him record 47.51 in an Arcadia Invite win. John Floyd of Locke had raced 47.39 in City qualifying, with Curtis Shearer (Silver Creek, San Jose) 47.78 and Dingane Newsom (Albany) 47.83 very proven athletes. The interesting story in the event was Merrill Samuels of California School for the Deaf in Fremont, who in his 5th effort ever over one lap had recorded a National Prep Deaf Record of 47.77 in taking the North Coast Title.

In Friday's Heat 1 Shearer took it out

through a 22.7 first 200, with surprising Ruben Benitez (Taft, Woodland Hills) racing the straight best to win at 48.10-48.13 with Samuels lagging way back before closing to a 48.28 qualifier in 3rd. Dustin James (Ontario) raced 48.65 in Heat 2 to edge Floyd (48.66), with Newsom a surprising non-qualifier. In Heat 3 Derek Shepard, a soph



MIKE SULCER -- 400m

Fine Flicks by Don Gosney

from Lincoln in San Francisco who had raced 48.77 earlier this season, charged the 3rd 100 to catch leader Jerrald McCladdie and held on to take the Centennial junior at the tape 48.37-48.40. Mike Sulcer (Muir, Pasadena) looked very, very impressive in moving away from Lamont Warren over the final 100 meters in a Heat 4 Personal best 47.79 win (Warren 48.14).

Sulcer's qualifying effort took on real significance in light of his Mustang team's 41.61 4th in the 4x100 relay on Saturday in the Finals and the team's quickest qualifying effort in the 4x400 event on Friday at 3:15.17. Mike had to deal with a number of very talented performers in the flat one lap event! Floyd was in Lane 1, McCladdie in 2, Samuels in 3, Shearer in 4, Sulcer in 5, Benitez in 6, and Warren, who likes to gun his opposition down near the end, out of position to view a developing race, in Lane 7.

The group was out evenly through 100 meters, with the surprising upstart Benitez the slight leader at 200 meters in 22.7. Benitez is an interesting story, having moved back and forth between Taft in Woodland Hills and Trona over the last two years, with a soph best of 49.88 in 1989 at the small Southern Section desert school. Through the 300 meter point you could throw a blanket over two-thirds of the field, with Benitez still the slight leader at 34.7. The race simply boiled down to how they explain it in the sprint textbooks, the athlete who slows down the least at the end will win, with the amazing Sulcer (he had a 48.21 best before this weekend) looking very, very good through the tape as he raced to a 47.54 victory. Warren tried to mount a head of steam down the stretch to overtake the Muir star, but just could not muster the

momentum necessary, finishing a close second at 47.60. Out of Lane 1 John Floyd (Locke) closed very strongly over the final 100 meters for 3rd at 47.83. Quick addition put Muir at 24 points with a win in the 4x400 event, so Sulcer could hardly relax to enjoy his win here.

## Finals:

- 1 Mike Sulcer (Muir) 47.54
- 2 Lamont Warren (Dorsey) 47.60
- 3 John Floyd (Locke) 47.83
- 4 Curtis Shearer (Silver Creek) 48.10
- 5 Merrill Samuels (Ca. Sch. Deaf) 48.13
- 6 Jerrald McCladdie (Centennial) 48.17
- 7 Ruben Benitez (Taft) 48.39
- 8 Dustin James (Ontario) 48.85

Heat 1: 1. Benitez (Taft, Woodland Hills) 48.10, 2. Shearer (Silver Creek, San Jose) 48.13, 3. Samuels (Fremont School for the Deaf) 48.28, 4. Turner (Valley) 49.11, 5. Hensley (Temple City) 49.60, 6. Ogams (Tulare) 50.54, 7. Young 51.23. Heat 2: 1. James (Ontario) 48.65, 2. Floyd (Locke) 48.66, 3. Newsom (Albany) 48.89, 4. Hernandez (Montgomery) 49.61, 5. Daniels (East Union, SF) 50.52, 6. Teeter (Lassen) 51.03, 7. Marquez (Central) 51.54. Heat 3: 1. Shepard (Lincoln, S.F.) 48.37, 2. McCladdie (Compton Centennial) 48.40, 3. Gregory (Patrick Henry, SD) 50.26, 4. Templeton (Crenshaw) 50.54, 5. Leggett (Athwater) 50.70, 6. Byrde (Gunn) 50.78, 7. Dowling (College Park) 51.88. Heat 4: 1. Sulcer (Muir) 47.79, 2. Warren (Dorsey) 48.14, 3. Wesley (Kalela) 48.90, 4. Grace (DeAnza) 50.00, 5. Cahill (Mira Mesa) 50.01, 6. Danking (Homestead) 50.21, 7. James (Oakland) 51.87.

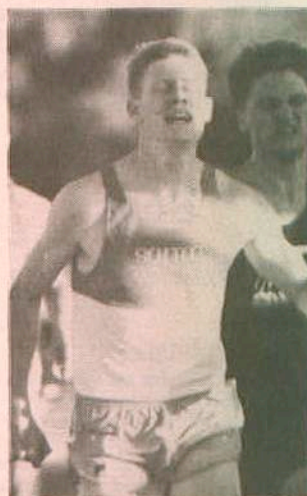
## ■ 800 Meters:

You need to jump ahead to the 1600 meter race to enjoy a discussion of the two lapper. A strong group in the 800 was led by a very special young man, Coley Candaele of Carpinteria, who was attempting to become the first in modern history to take an 800-1600 double in this meet. A quick glance at the Finals schedule has forty minutes between the 1600 final and 800 championship run in Saturday evening's meet, a very short length of time when one realized the effort that it would probably take to handle Louie Quintana of Arroyo Grande over four laps. A good group would try to stand between Candaele and his double. Coley and the Golden State's finest had hooked up in early April at Arcadia with Steve Adderley (Atlantic HS, Delray Beach, FL) along for the ride. Steve had clocked 1:50.00 in 1989 to record the nation's top prep time, with a 1:49.60 in late May of this year at the Golden South Meet. In the Arcadia race both Candaele and Craig Magness (Santa Teresa, San Jose) took Adderley, with Candaele closing very strongly over the final 200 meters in a 1:51.12 win with Magness 1:51.93 in 2nd. Egan Titus (Clovis) 1:52.43 (4th) and Jason Jenkins (Eisenhower, Rialto) 1:52.78 (5th) followed the 3rd place Adderley at Arcadia. Dan Held (Santa Rosa) was impressive in a North Coast 1:53.05 win.

Heat 1 on Friday had Magness winning at 1:53.70 with soph Greg Robeson (Mt. Carmel, San Diego) very impressive in his 1:54.59 2nd place effort. Candaele, who had raced 4:12.44 to win his 1600 heat some two hours previous, took Heat 2 in 1:53.86

over Garry Martin (Oroville) 1:54.39. Egan Titus ran tough to the finish at 1:53.74 to hold off junior Mike Terry (El Modena, Orange) 1:53.80 and Dan Held (1:54.08) in Heat 3, with Tyler Robbins (DeLaSalle, Concord) surprising with a 1:53.20 Heat 4 win over Jason Jenkins (1:53.26).

Thirty four minutes after the 1600 meter event finished on Saturday evening all eyes were on Coley Candaele in Lane 8 as they lined up for the Finals in the 800. Candaele had to run 1:59.3 for the final 800 with a 57.7 3rd 400 meters to take Quintana in a 4:06.28 1600 triumph, with most in the stands pulling for this special young man to complete his double. Coley would prove to be mortal. As the race cut for the pole after one hundred meters at the start of the backstretch Candaele had already lost contact with the field, with the fatigue brought on by the 1600 leaving legs too heavy to move with the early pace. Craig Magness and Garry Martin led the event through a 25.6 first 200, with Dan Held holding a narrow lead through a 53.9 400. After one lap Candaele was 15 meters behind the pack, and he was never able to establish contact with the race, an understandable fact based upon his four lap event covered at 61.5 second per 400 some 35 minutes before toeing the line here. At 1:22.4 for 600 meters Held



CRAIG MAGNESS

Fine Flicks by Don Gosney

still held a narrow lead. Magness struck around the south turn, racing the 7th 100 meters in 14.6 to lead through the 700 at 1:37.0. Magness, Held, and Jenkins were 1-2-3 as the final 100 meter sprint started, with the trio staying in exactly that order through the tape, each recording a personal best in this race. Magness was 1:51.6, Held 1:51.86, and Jenkins 1:52.21. Candaele came in at 1:58.82 and was very gracious in post-race interviews where he gave Quintana credit for taking it all out of him in forcing the Carp star to the edge to win the 1600 event.

continued next page...



# CIF / Reebok California State Meet

## Finals:

1 Craig Magness (Santa Teresa)	1:51.66
2 Dan Held (Santa Rosa)	1:51.86
3 Jason Jenkins (Eisenhower)	1:52.21
4 Egan Titus (Clovis)	1:52.75
5 Gary Martin (Oroville)	1:53.54
6 Greg Robeson (Mt. Carmel)	1:53.89
7 Tyler Robbins (DeLaSalle)	1:55.12
8 Mike Terry (El Modena)	1:55.89
9 Coley Candaele (Carpinteria)	1:58.82

Heat 1: 1. Magness (Santa Teresa, San Jose) 1:53.70, 2. Robeson (Mt. Carmel, San Diego) 1:54.59, 3. Sanchez (Madera) 1:55.05, 4. Price (El Cerrito) 1:55.59, 5. Choukai (Washington) 1:58.03, 6. Avalos (San Mateo) 1:58.54, 7. Mitchell (Crenshaw) 1:59.81. Heat 2: 1. Candaele (Carpinteria) 1:53.86, 2. Martin (Oroville) 1:54.39, 3. Yerton (Eureka) 1:55.09, 4. Johnson (Jesuit) 1:56.55, 5. Whitehead (Fremont) 1:56.68, 6. Luna (Poway) 1:56.96, 7. Hingosa (Clovis West) 1:59.62. Heat 3: 1. Titus (Clovis) 1:53.74, 2. Terry (El Modena) 1:53.80, 3. Held (Santa Rosa) 1:54.06, 4. Robinson (Santa Barbara) 1:55.87, 5. Alweiss (Downey) 1:58.01, 6.



**COLEY CANDAELE--1600m**

*Fine Flicks by Don Gosney*

Waigman (North Hollywood) 1:58.23, 7. Simpson (Washington) 1:58.38. Heat 4: 1. Robbins (DeLaSalle, Concord) 1:53.20, 2. Jenkins (Eisenhower) 1:53.26, 3. Kemist (Aragon) 1:55.72, 4. Steuber (Jesuit) 1:56.68, 5. Sanchez (Castle Park) 2:01.70, 6. Collins (Castlemont) 2:09.31.

## 1600 Meters:

One of the great focuses of the sport at the prep level this year had been the build-up

to this race involving two very special athletes, Coley Candaele (Carpinteria) and Louie Quintana (Arroyo Grande). Both exhibited tremendous abilities while separated in races all spring long, with their showdown here certain to be something special. They did not let anybody down. In the Southern Section divisional two weekends previous Quintana had doubled in the 2A division at 4:07.20 (1600) and 1:51.90 (800), with Candaele 4:06.58 and 1:50.87 at the 1A level, as both athletes went with about two hours rest between races. In the Section State Qualifier the duo had met over 1600 meters, with Candaele winning at 4:09.63-4:09.87 with a 56.8 final 400. Coley came back in that meet with a comfortable 1:53.16 800 win with the same 40 minute rest as in the State Meet. There were no Friday Heats the day before that effort, though. Pre-race thoughts the week of the State affair centered on how Quintana, who had been 3rd in the Kinney National Cross Country Finals and was noted for his ability to push the third lap at under 62 seconds, would have to take the kick out of Candaele if he were to win. Louie had taken Brian Gastelum (Birmingham, Van Nuys) 4:09.82-4:09.87 at Arcadia, with Brian looking good in an L.A. City Finals win.

In Heat 1 on Friday Candaele followed Derek Kite (Camarillo) through 61.8-2:06.2 and 3:11.4 lap splits before racing 30.1 for the final 200 meters in winning at 4:12.44. Matt Ringer (Homestead, Sunnyvale) was 2nd at 4:13.06, Kite 3rd at 4:13.32, and quite unknown junior, Robert Walker (San Pasquel, Escondido) the 4th qualifier here with a 4:14.05. Heat 2 had Brian Gastelum absolutely smoke the final 100 meters in going from 7th to first place to win at 4:12.82 and look very dangerous. Interesting pony-tailed junior, Hector Hernandez (Mar Vista, Imperial Beach) was 2nd at 4:12.95, with Quintana looking good at 4:13.01 in 3rd. Junior Ben Mesten (Venice) was surprising in 4th at 4:13.04, with Damon Chamberlain (Casa Roble, Orangevale) the final qualifier at 4:13.33. This was some pretty tough qualifying running, with 4:14.33 not making it out of Heat 1 and 4:14.38 watching from the sidelines on Saturday in Heat 2.

Saturday's Finals run was a classic. It had all the exciting elements of the best of a distance event with two superb, courageous, and very intelligent athletes with slightly contrasting styles of running meeting in an event that had a good supporting cast. At the gun everyone was very controlled, with Gastelum and Candaele at the front through a 30.5 first 200. Kite took over the lead at 250 meters, and led a tight pack at 62.9. At 1:35.9 at 600 meters the pack was still dangerously bunched. At 1:52.3 at 700 meters, and 16.4 for that last 100 meters, not a change in pace (65.6 for a full 400m), Quintana had finally had enough. Louie immediately dropped things a gear or two and took off. The 8th 100 meter segment took 14.8 seconds (59.2 400 pace), with the duo of Quintana and Candaele gone from the pack as they came by the 800 at

2:07.0. Quintana did not back off a bit, racing 14.3, 14.4, 14.5, and 14.7 segments for the next lap, an amazing 57.9 for the third 400 meters of the event. No prep in U.S. history has ever gone so fast for this portion of a four lap event, with the rest of the field unable to deal with the radically upped tempo. The tempo did not slacken a bit as Louie flew into the last lap with Candaele still maintaining contact at 14.6 for the first 100 meters of the last lap. It was on the backstretch of the final circuit that Candaele made his move, coming up beside Quintana and actually cutting the Arroyo Grande junior off as he moved into the pole. Louie recovered quickly as they raced past the 1400 post at 3:34.3 (last 100m 15.0), with Candaele edging away ever so slightly over the final half lap (covered in 32.0) to a 4:06.26 win. Quintana courageously finished in 4:08.29, racing his final half lap in 34 seconds and basically leaving knowing he had done all that he could ever do to beat the very tough Carpinteria star. Interestingly, when Quintana started moving at 600 meters, the next two laps (until the half lap to go point) through 1400 meters, were covered in an amazing 1:58.1. The event was all that anyone could have ever asked for. Back in the pack, Damon Chamberlain survived the feeling best of having a duo rocket away from you in the middle of some tough running, finishing 3rd at 4:12.02.

## Finals:

1 Coley Candaele (Carp.)	4:06.26
2 Louie Quintana (Arroyo Gr)	4:08.29
3 Damon Chamberlain (CasaRob)	4:12.02
4 Derek Kite (Camarillo)	4:13.67
5 Hector Hernandez (Mar Vista)	4:14.47
6 Ben Mesten (Venice)	4:14.47
7 Robert Walker (San Pasquel)	4:18.78
8 Matt Ringer (Homestead)	4:19.15
9 Brian Gastelum (Birmingham)	4:26.94

Heat 1: 1. Candaele (Carpinteria) 4:12.44, 2. Ringer (Homestead, Cupertino) 4:13.06, 3. Kite (Camarillo) 4:13.32, 4. Walker (San Pasquel, Escondido) 4:14.05, 5. Harris (Glendale) 4:14.33, 6. Guerini (Santa Rosa) 4:15.00, 7. Moreno (Venice) 4:17.70, 8. Murphy (Leland) 4:18.02, 9. Santiago (Madera) 4:18.70, 10. Redding (Central Valley) 4:19.17, 11. Johnson (Jesuit) 4:22.58, 12. Nahlonis (Oak Ridge) 4:24.92. Heat 2: 1. Gastelum (Birmingham) 4:12.82, 2. Hernandez (Imperial Beach, Mar Vista) 4:12.95, 3. Quintana (Arroyo Grande) 4:13.01, 4. Mesten (Venice) 4:13.04, 5. Chamberlain (Casa Roble, Orangevale) 4:13.33, 6. Boulet (Sir Francis Drake) 4:14.38, 7. Goodrich (Dos Pueblos) 4:16.52, 8. Bidde (Mt. Carmel) 4:17.15, 9. Sanchez (Madera) 4:18.40, 10. Sanchez (Delano) 4:19.47, 11. Mamo (Berkeley) 4:24.55, 12. Rodriguez (San Lorenzo Valley) 4:25.38, 13. Sandes (Castlemont) 4:30.15.

## 3200 Meters:

Bryan Dameworth (Agoura) has had a spectacular prep distance running career. He has been the nation's quickest in his grade at the end of the track season over 3200 meters nationally each year since his frosh season, he is still the only ninth grade male athlete to qualify for the Kinney National Finals in Cross Country, and except for a shoe that was tripped off his foot by another athlete his soph year, he would have been the only four-time prep qualifier in that prestig-

ious December event. Bryan had courageously handled the field in the Kinney Nationals this past Cross Country season, and had put together a good track season. His second place to Andy Maris (White River,



**BRYAN DAMEWORTH--3200m**

*Fine Flicks by Don Gosney*

Buckley, WA.) at Arcadia over 3200 meters 9:53.78-8:53.85 was the #2 time nationally this spring, with impressive seasonal dominance over a good Golden State group of 8 lappers. Interestingly, an able rival emerged over the last couple of weeks. Sophomore Angel Martinez (San Gabriel) had a spectacular 9th grade running season last spring which had him finish as the country's fastest at that grade level over 3200m at 9:17.16. After a good Cross Country season in which he was the Section 3A titlist, academic ineligibility befell the soph star through mid-April. A good 8:40.86 for 3000 meters at Mt. SAC indicated a quick return, but it was in late May that Angel really was sharp. Featuring a new-found wicked kick, Martinez raced close to 30 flat in the Section 3A Finals 3200 to win at 9:07.90, then shocked by racing away from a good pack and closing in on Dameworth in the State Qualifier 8:54.70-8:56.48. In that race Angel finished with a 62.4 final 400 meters. The state had most of the top times in the nation coming into the meet, with Eliazar Herrera (Hoover, Glendale) 9:00.29, Abe Valdez (Camarillo) 9:01.00, and improving junior, James Menon (San Luis Obispo) 9:02.00 forcing junior Dave Hartman (Canyon, Canyon Country) to sit at home with the state's sixth fastest time in his 9:06.28 in that Southern Section Qualifier. Jeremy Seven (DeLaSalle, Concord) was the fastest from the rest of the state off his 9:09.38 against the Southern juggernaut at Arcadia. Dameworth, strong, but without an ability to quickly change gears in a final sprint could not afford to give Martinez a sense of contact with a lap to go in the State affair.

The Finals race on Saturday was nothing special early-on, as the group of twenty-

*continued next page...*



# CIF / Reebok California State Meet

seven snaked around the Cerritos oval. Dameworth was the designated "everything," as usual, tugging the group through 68.5 and 2:15.3 lap splits before upping the ante with a 31.8 fifth 200 and 33.6 up to the 1200 point (65.4 3rd lap) at 3:20.7. At the 1200 Hector Hernandez (Mar Vista, Imperial Beach), who had been 5th earlier in the 1600, suddenly charged into the lead with a "mini-move" that Dameworth reined in during the back-stretch. Eliazar Herrera was closest through the 1600, with Angel Martinez expending a lot of energy moving in the out of the pack and nearly tripping and falling at least two times. At the 1600 at 4:27.8 Dameworth surged, racing 32.9 for the next 200, having 3 meters back to Herrera, and a full 20 to Abe Valdez and the rest of the pack. By the end of five laps Martinez had lost all contact with the first place runner, with his efforts today focused on a high place in the pack. Lap five took 66.9, with a 68.2 bringing Bryan up to 6:42.7 with two to go. Certainly a runner with great experience and a feel for what is needed when the time is right, Dameworth pushed all of lap 7, racing 32.8 and 33.3 200m segments (66.1 400), coming by the bell at 7:48.8 with a 20 meter lead. Running through the 3000m mark at 8:20.6 (national leader), the Agoura star finished his local interscholastic career in usual spectacular fashion, powering through the finish at 8:53.26. The steady Herrera, UCLA-bound, stayed tough, racing 8:58.97 for 2nd, with James Menon improving to 8:59.05 in 3rd. Tough Obed Aguirre (San Fernando) was 9:01.11 in 4th, with Martinez completing a fine soph season at 9:02.70 in 5th. Abe Valdez put together a season of as many sub-9:10 3200's as anybody in California history with his 9:05.78 in 6th.

## Finals:

1	Bryan Dameworth (Agoura)	8:53.26
2	Eliazar Herrera (Hoover)	8:58.97
3	James Menon (San Luis Ob)	8:59.05
4	Obed Aguirre (San Fernando)	9:01.11
5	Angel Martinez (San Gabriel)	9:02.70
6	Abe Valdez (Camarillo)	9:05.78
7	Martin Morales (Wilson, LA)	9:07.15
8	Jeremy Seven (DeLaSalle)	9:07.80
9	John Hannon (Woodside)	9:08.25
10	Derek Waxman (San Mateo)	9:08.25
11	Kevin Berkowitz (Hayward)	9:09.65
12	Damon Chamberlain (CRB)	9:15.52
13	Christopher Dawson (Shas)	9:16.82
14	Eric Taylor (Grant)	9:22.09
15	Jeff Aschbrenner (Calif)	9:22.61
16	Todd Coulston (DeLaSalle)	9:24.54
17	Robert Cardenas (Sanger)	9:30.70
18	Brian Singleton (Brett-Harte)	9:32.16
19	Javier Lozano (Helix)	9:32.17
20	Dan Zoldak (Bellarmine)	9:33.44
21	Hector Hernandez (MarVist)	9:35.81
22	Pasqual Morales (Wash)	9:36.01
23	Tom Bache (Univ.)	9:46.93
24	Jose Trujillo (Golden West)	9:49.24
25	Ryan Winn (Narbonne)	9:49.77
26	David Sandies (Castlemt)	10:02.98
27	Gabriel Donohoe (Lowell)	10:59.76
	Brian Gastelum	DNR

## 110 M High Hurdles:

When Greg Greene (Garey, Pomona), the Arcadia winner at 14.29, did not show at the starting line in the Southern Section State Qualifier due to an ankle injury, the favorites here were from the North. Rocky Morris (Hill, San Jose) 14.08, still wearing a cast from a mid-season broken wrist, Steve Warren (Clayton Valley, Concord) 14.24, and Irwin Lincoln (DeAnza, Richmond) 14.32 all had Accutrack clockings better than anyone else in the state.

The Heats offer a good preview of the Finals run. Terrance Campbell (Banning, Wilmington), the brother of World Class timber-topper Tonie, had a great start in Heat 1, with Morris racing him down over the final four flights with the Central Coast star barely winning 14.49-14.59 (wind +1.17 mps). Amazing Hawthorne soph Demond Smith steadily pulled away from Steve Warren in Heat 2, racing 14.57 to Warren's 14.78 (wind +0.56 mps). Chris Jones (Morse, San Diego) took Heat 3 into a pesky headwind (-3.41 mps) at 14.81, with Robert Primo (Ygnacio Valley 14.82 probably cost close to half a second in a comparison with the nice aiding zephyrs from the first race, the tough luck non-qualifier of the event in second. The bizarre breezes here turned around in Heat 4, with the legal +1.85 mps reading assisting a super looking Curtis Hawkins (Banning, Wilmington) to a fine 14.34 win over Isaac Carson (Jefferson, Daly City) (14.49) and Irwin Lincoln (14.55).



CURTIS HAWKINS--110H

Fine Flicks by Don Gosney

Hawkins and Campbell of Banning, and Morris, the 300 hurdle favorite, were racing with important team points in mind in the Finals. At 6:35 p.m. the group lined up, with Hawkins in Lane 5, Morris in 6, Carson in 4,

Smith in 3, and Warren in 2. The event was really kind of bizarre over the first three flights, with everyone in the middle of the track responding to the gun exactly even and the contest appearing more a work of art than athletic competition as the favorites all had exactly the same rhythm and were virtually inseparable place-wise for the first third of the event. It was Morris who was able to slightly separate from the pack in the middle of the race, but the Andrew Hill HS star hit three of the last four hurdles to destroy his chances for a win. While Morris first ticked barrier number seven, Curtis Hawkins mounted the charge for a furious final bid, sailing from out of the pack over flight number eight and racing past Morris, who butchered hurdles nine and ten, and watched the pack race by. Hawkins ended up the winner at 14.41 (wind -0.21 mps), with Isaac Carson 2nd at 14.50 and Warren 3rd at 14.53.

## Finals:

1	Curtis Hawkins (Carson)	14.41
2	Isaac Carson (Jefferson)	14.50
3	Steve Warren (Clayton Valley)	14.53
4	Irwin Lincoln (De Anza)	14.65
5	Rocky Morris (Andrew Hill)	14.68
6	Terrance Campbell (Banning)	14.70
7	Chris Jones (Morse)	14.90
8	Andre Devezin (Muir)	14.96
9	Demond Smith (Hawthorne)	14.99

Heat 1: (wind +1.17): 1. Morris (Hill, San Jose) 14.49, 2. Campbell (Banning, LA) 14.59, 3. Wynn (Westlake) 14.81, 4. Thomas Smith (Pittsburg) 14.83, 5. Devon Borsch (Torrey Pines) 15.23, 6.



ROCKY MORRIS--300H

Fine Flicks by Don Gosney

Josh Fillion (East Nicolaus) 15.29. Heat 2: (wind +.56): 1. Smith (Hawthorne) 14.57, 2. Warren (Concord, Clayton Valley) 14.78, 3. Devezin (Muir) 14.78, 4. Higgins (Fairfield) 14.93, 5. Kyle Beck (Chatsworth) 15.04, 6. Wally Marks (McLane) 15.09, 7. George Casey (Bellarmine) 15.63. Heat 3:

(wind -3.41): 1. Jones (Morse, San Diego) 14.82, 2. Robert Primo (Ygnacio Valley) 14.86, 3. Stuart Corbett (Del Oro) 15.23, 4. Chris Youngblood (Corcoran) 15.27, 5. Wilson (McClymond) 16.04, 6. Ryan Keeling (Crespi) 16.45. Heat 4: (wind +1.85): 1. Hawkins (Carson) 14.34, 2. Carson (Daly City) 14.49, 3. Lincoln (De Anza, Richmond) 14.55, 4. Eric Bell (Castle Park) 14.87, 5. Hughes (Alhaur) 15.06, 6. Corey Settles (Lowell) 16.84.

## 300 M Inter. Hurdles:

Some athletes just seem to have the body type, muscle structure, and perfect rhythm for an event. Rocky Morris is such an athlete in the 300 Intermediate Hurdles. Rocky was 2nd in last year's State Finals run, and is one of the nation's best, with his progress this season held back a bit by a broken wrist (he wore a brace here). Rocky led the state coming into this weekend at 37.47, with Charles Johnson (Cajon, San Bernardino) dangerous at 37.60.

Showing a very disciplined step pattern, Morris was an easy Heat 1 winner on Friday, racing 37.64 to easily take improving Kyle Beck (Chatsworth) 38.45. Charles Johnson was the Heat 2 winner at 38.30 over Thomas Smith (Pittsburg) 38.53, with Morris 12.1-24.3 for the first two 100 meter segments of the Heat and Johnson 12.2 and 24.7. Keith Williams (Escondido) was out quick at 12.3 and 24.8 in Heat 3, with Demond Smith (Hawthorne) finishing nicely to win 38.07-38.26. Jabari Reynolds (Nogales, La Puente) edged his local rival Keadrick Washington (Rowland, Rowland Heights) 38.37-38.64 in Heat 4 (12.1-24.6 along the way).

In the Finals it was Washington and Beck who took the event out, racing 12.2 through 100 meters. Around the south turn Morris purred steadily along, the definite leader as the race passed the 100 meter starting line (24.5 at 200). During the run down the homestretch Morris continued to hold the lead, maintaining just enough momentum to duck into the tape ahead of the fast charging Johnson 37.46-37.53, with Washington racing the effort of his life in 3rd at 37.63. After the difficulties this season with the broken wrist and all Morris had to be a very happy winner.

## Finals:

1	Rocky Morris (Andrew Hill)	37.46
2	Charles Johnson (Cajon)	37.53
3	Keadrick Washington (Rowland)	37.63
4	Demond Smith (Hawthorne)	37.90
5	Jaban Reynolds (Nogales)	37.93
6	Keith Williams (Escondido)	38.29
7	Thomas Smith (Pittsburg)	38.67
8	Eric Wilborn (Los Banos)	38.73
9	Kayle Beck (Chatsworth)	39.39

Heat 1: 1. Morris (Hill, San Jose) 37.64, 2. Beck (Chatsworth) 38.45, 3. David Fair (El Toro) 38.72, 4. Benny Lewis (Mira Mesa) 38.94, 5. Ken Jett (St. Mary's) 39.01, 6. Wilson (McClymond) 43.06. Heat 2: 1. Johnson (Cajon) 38.30, 2. Smith (Pittsburg) 38.53, 3. Wilborn (Los Banos) 38.67, 4. Josh Fillion (East Nicolaus) 39.12, 5. Dan Bingham (McLane) 39.16, 6. Tim Baxter (Bellarmine) 39.75, 7. Roderick (Van Nuys) 42.63. Heat 3: 1. Smith (Hawthorne) 38.07, 2. Williams (Escondido) 38.26, 3. Robert Scott (James

continued next page...



# CIF / Reebok California State Meet

Logan) 38.90, 4. Jason Jaques (Woodland) 39.28, 5. Terrance Campbell (Banning) 39.33, 6. Higgins (Fairfield) 39.34, 7. Medrano (Madera) 41.03. Heat 4: 1. Reynolds (Nogales) 38.75, 2. Washington (Rowland) 38.64, 3. Shields (Santa Cruz) 40.35, 4. Vanburen (Ygnacio Valley) 39.96, 5. Jones (Morse) 39.97, 6. Singleton (Crenshaw) 40.35, 7. Spencer (McTeer) 40.91.

## 400 Meter Relay:

This opening running event in both the Prelims on Friday and Saturday's Finals was very important in the individual and team



**ANTHONY SMITH anchor for SAN BERNARDINO HIGH - 4x100 Relay**

Photo by Kirby Lee

struggles this weekend. A group of five Southern Section and L.A. squads were under 41.50—Washington (L.A.) 41.06, Crenshaw 41.14, Muir 41.16, San Bernardino 41.29, and Locke 41.44, with interesting challenges from sections around the state. Fairfield was 41.52, San Diego Lincoln 41.69, Johnson of Sacramento 41.82, and Edison (Fresno) 41.86.

Who was for real was worked on Friday in the heats. L.A. Washington looked super in riding Jason Goss's 9.7 backstretch 2nd leg, Sylvester Green's 10.2 around the South turn, and Donovan Burk's 9.7 homestretch anchor flyer on the way to a new state leading 40.95 Heat 1 win. Andre Green anchored Long Beach Poly's 41.76 2nd place effort with a 9.7 leg. Washington obviously looked sharp here in their run for the team title Muir (Pasadena) was 41.71 in winning Heat 2. San Bernardino looked sharp in Heat 3 with John Thomas racing the backstretch in 9.8 and Anthony Smith 9.8 down the homestretch in the Cardinals 41.21 12 meter win. Locke took the final Heat in 41.78.

A lengthy story had been told by time the teams lined up for Saturday evening's Finals. Washington had gone from the heights to the depths with an injury to Donovan Burks at the end of the 100 heats on Friday, with the General star showing up for Saturday's relay with a taped hamstring. That situation

put a whole lot of teams and individual athletes capable of bringing their school the team title. In the Finals race Muir, in Lane 4, and San Bernardino, in 6, had good starts, with Berdoo's John Thomas screaming the backstretch on leg 2 to put the Cards in the lead. Carson had a great south turn third leg, with Anthony Smith starting the homestretch for San Bernardino with a slight lead. Anthony, at his third school in a year (he raced a leg on Hawthorne's 40.24 team last year and jumped over 24' in the Long Jump, and attended Upland for a time this Fall), raced down the homestretch like a man possessed, taking a big leap at the finish line to celebrate his team's 41.05 win. Burks had started the anchor leg 3 meters down for Washington, looked very good for 70 meters, then slowed, his leg problems obviously very serious in nature. Carson ended up 2nd at 41.40 with Washington 3rd at 41.48, and Muir 4th at 41.61. The team picture was far from clear, with the high placing squads all having athletes here in other areas.

### Finals:

1	San Bernardino	41.05
2	Carson	41.40
3	Washington	41.48
4	Muir	41.61
5	Long Beach Poly	41.77
6	Locke	42.20
7	Lincoln	42.34
8	Morse	42.38
9	Dominguez	42.41

Heat 1: 1. Washington (L.A.) 40.95, 2. Long Beach Poly 41.76, 3. Morse (San Diego) 42.28, 4. Lemoore 43.00, 5. Oakland 43.25, 6. Johnson 43.43, 7. DeAnza 43.50. Heat 2: 1. Muir (Pasadena) 41.71, 2. Lincoln (San Diego) 41.98, 3. Carson 42.02, 4. Wheatland 43.08, 5. Independence 43.56, 6. Benicia 43.60. Heat 3: 1. San Bernardino 41.21, 2. Crenshaw 42.29, 3. Rubidoux 42.30, 4. University City 42.60, 5. Grant 43.29, 6. Homestead 43.38, 7. El Cerrito 44.45. Heat 4: 1. Locke (L.A.) 41.78, 2. Dominguez 41.80, 3. Rordan, SF, 42.35, 4. Bakersfield 42.61, 5. Lincoln 43.12.

## 1600 Meter Relay:

The Hawthorne Cougars, winners of this event six of the last seven years and with the same statistics as a team on the Men's



**MUIR HIGH - 1600 Relay**

Photo by Bill Cockerham

side, have established a tradition of this event as a key to team success. That tradition would continue here with another school.

In Friday's Heats John Muir of Pasadena, running a team of Marquette Ennis (49.8), Vincent Grant (48.9), Hassan McCullough (49.7), and Mike Sulzer (46.9) recorded a fine 3:15.17 in taking Locke, who closed with 47.7 legs from James Fuller and a 48.4 by John Floyd, in their 3:16.96. Lamont Warren of Dorsey started his anchor leg in third place in Heat 2, with a 46.9 effort (3:16.52) gunning down Mira Mesa (3:17.07) and Valley (Sacramento) (3:17.20). Jerry Hadnot raced a 47.9 3rd leg to bring Jerrald McCladdie within two meters at the start of the anchor leg in Heat 3 against Long Beach Poly, with McCladdie racing 48.4 to win by five meters at 3:17.58. Northern powers Vallejo and James Logan (Union City) hooked up in Heat 4, with Vallejo narrowly winning 3:17.80-3:17.87.

At the end of a long weekend of Track and Field at 8:10 p.m. Saturday evening nine teams toed the starting line in this event with the state title there for the Muir team to win or lose in this event. With 14 points the Mustangs needed more than six points (1st or 2nd) to overcome the 20 points that Lompoc had accumulated off Napoleon Kaufman's two sprint wins. Muir was the favorite but they had to get out of the track and do it. Valley of Sacramento led through the first leg at 49.3, with Marquette Ennis running a fine 49.5 Muir lead-off leg. Vallejo had very strong second leg and took the lead during that lap. Vincent Grant had Muir in good shape with his 49.0, with Dorsey closing in off a 48.3 2nd leg. Hassan McCullough was the difference for Muir, racing a fine 48.3 third leg for Muir and giving State 400 Champ Mike Sulzer a lead as he took off on the anchor lap. Hadnot had closed Centennial down with a 47.6 third leg, with Lamont Warren of Downey about 15 meters back as they started the final go-round. Sulzer has matured very, very quickly in his first season in the sport, powering a 46.9 split that left the field eight meters behind with a 3:14.00 win. McCladdie raced 47.8 to bring Centennial in 2nd at 3:15.12, with Warren closing down with a 46.9 anchor and was just out-leaned by the Centennial junior in the Don's 3:15.13 for 3rd. With the win Muir had 24 points, with the Mustangs total bringing them their fifth State title for Coach Clyde Turner's crew with as rich a tradition as any in the nation.

### Finals:

1	Muir	3:14.00
2	Centennial	3:15.12
3	Dorsey	3:15.13
4	Valley	3:15.84
5	Locke	3:16.34
6	Vallejo	3:17.04
7	Mira Mesa	3:17.66
8	Long Beach Poly	3:19.16
9	James Logan	3:19.62

Heat 1: 1. Muir (Pasadena) 3:15.17, 2. Locke (L.A.) 3:16.96, 3. Fairfield 3:19.35, 4. Poway 3:22.10, 5. Silver Creek 3:22.47, 6. Madera 3:23.23, 7. Bishop O'Dowd 3:32.49. Heat 2: 1. Dorsey 3:16.52, 2. Mira Mesa (San Diego) 3:17.07, 3. Valley (Sacramento)

3:17.20, 4. Eisenhower 3:20.09, 5. San Lorenzo 3:24.51, 6. Yerba Buena 3:25.12, 7. Corning 3:26.45. Heat 3: 1. Centennial (Compton) 3:17.58, 2. Long Beach Poly 3:18.16, 3. Banning 3:18.88, 4. Morse 3:20.13, 5. Santa Rosa 3:25.77, 6. Oakland 3:29.64, 7. Lemoore 3:30.33. Heat 4: 1. Vallejo 3:17.80, 2. Logan (Union City) 3:17.87, 3. Dominguez 3:20.85, 4. Washington 3:26.74, 5. Bakersfield 3:30.51, 6. McTeer 3:30.65, 7. Santa Theresa 3:31.70.

## High Jump:

The event became very respectable in the state off performances here. Junior Kevin Carlson (Katella, Anaheim) had the state's best mark coming in at 6-11 3/4, with Ruben Hendrix (So., Bakersfield) 6-10 1/2 and Avery Anderson (No., Riverside) 6-10. Before the weekend was over we would have two seven-footers and two others over 6-11! A new, huge apron here at Cerritos, we



**KEVIN CARLSON-High Jump**

Photo by Bill Cockerham

assume in preparation for the Senior TAC in mid-June, probably added to the power athletes developed during their run-up.

All of the favorites passed on from Friday's prelims, with 6-6 on less misses the lowest qualifier.

The bar started at 6-4 on Saturday, with Niko King of Clovis West (Fresno) the only athlete with a miss before his second attempt clearance. Interestingly, everyone jumped at this opening height, with all but King clearing on their first attempt. At 6-6 everyone cleared, with King and Tim Rucks (Milpitas) one miss prior to a second attempt clearance. At 6-8 King and David Bass (Chowchilla) missed three times and were out of the competition. From here it would be one inch at a time. At 6-9 Devon Spruill (Wilson, Long Beach) and Dano Hervey (Centennial) missed three times, with Bobby Robinson (Cabrillo), Tim Rucks, and Avery Anderson all clearing on their first attempt. Kevin Carlson and Ruben Hendrix interestingly passed here. With five left and the bar at 6-10 Robinson was unsuccessful in all three tries, with Hendrix and Anderson continuing without a miss on their first attempt clearances, and Rucks and Carlson over on their second trial. At 6-11 Carlson passed again, exhibiting supreme confi-

continued next page...



# CIF / Reebok California State Meet

dence, while Hendrix and Anderson both took two efforts to clear here, and Rucks shocked with a third attempt clearance (Tim's best before this weekend was a reported 6-6). With the bar at 7-0 Rucks and Hendrix went out with three misses. Carlson ticked the bar on his second attempt, but it remained on the standards, and he jumped off the pit to hug teammate Martha Pinto, who had just finished a very pleasing second in the 3200. The 7-0 clearance is a new Orange County record. Anderson, also a fine hurdler, powered over on his third try at the 7-0 barrier, with the fact that neither athlete was able to negotiate the next height of 7-1 not detracting from a super event in the least.

**Finals:**

1	Kevin Carlson (Katella)	7-0
2	Avery Anderson (No., Riverside)	7-0
3	Ruben Hendrix (So., Bakersfield)	6-11
4	Tim Rucks (Milpitas)	6-11
5	Bobby Robinson (Cabrillo)	6-9
6	Devon Spruill (Wilson, Long Bch)	6-8
7	D. Hervey (Centennial)	6-8
8	David Bass (Chowchilla)	6-6
9	Niko King (Clovis West, Fresno)	6-6

**Finalists:** Anderson (Riverside North), Hendrix (Bakersfield South), Carlson (Katella), Hervey (Compton Centennial), Bass (Chowchilla), Rucks (Milpitas) 6-7; Robinson (Cabrillo), Spruill (Long Beach Wilson), King (Fresno, Clovis West) 6-6.  
**Non-Qualifiers:** Mabry (Gardena), Duffield (Vista) 6-4; Krebs (San Diego University City), Cannon (Woodland Hills, Taft), Tracy (Jordan, L.A.), Rodenick (Van Nuys) 6-2; Stokes (Pt. Loma, San Diego) no height, Ratliff (Oakland) 6-2, McCaslin (Red Bluff) 6-4, Tucker (South Fork) 6-4, Siegal (DeLa Salle) 6-4, Carson (Lynbrook) 6-4, Settles (Lowell) 6-4, Cummings (H. Johnson) did not compete, Hadgans (Ponderosa) 6-2, Jamison (Oakmont) 6-4, Fekete (Los Lomas), Walker (Hayward) & Pryor (Aragon) no mark available.

## Pole Vault:

The Vault at Cerritos is always a very interesting event. The relatively calm zephyrs on Saturday evening made for the best set of clearances in recent memory in this competition. Usually it is totally crash and burn time in this affair, with the wind switching from 5-7 miles per hour aiding to 5-7 miles per hour in your face within just a few seconds, making step and plant timing very interesting. Steady Ed Lasquette (Mt. Pleasant, San Jose) had been easily the state's best vaulter this spring, recording a number of efforts between 15-6 and his best of 16-0 1/2. Junior Matt McCauley (Nevada Union, Grass Valley) 15-9 and Shane Wool (Modesto) 15-7 had the next best marks, with thirteen in the field with pr's of 15-0 or better.

Qualifying on Friday often takes its toll with McCauley and 15-footers Bill Tanner (Oakmont, Roseville), David Cox (Hoover, Fresno), and Darren Fraley (Lemoore) non qualifiers with 14-8 the height necessary the first day to earn the chance to come back again.

Saturday was a great day for anything, vaulting included. Again, the winds were not nearly as strong and erratic as usual, with conditions later in the competition nearly



## LASQUETTE--Pole Vault

Photo by Bill Cockerham

ideal. At the opening 13-8 height Wes Stephens (Orange Glen, Escondido) along with Gary Silverman and Jason Henlon (Both of Upland) were the only athletes who vaulted, with Silverman over on his second attempt and the other duo on their third try. At 14-2 Silverman and Henlon passed. Southern Section champ Eric Stone (Monrovia), who shocked with a 15-0 clearance to win in that meet, missed three times at 14-2 to go out. Stephens and Lasquette were over on their first efforts, with Sean Buckley, 15-4 vaulter from St. Francis in Mountain View and Paul Friedenbach, part of a very good Santa Cruz team, over on their second jumps there. At that 14-2 height Shane Wool and 15-6 star, Chris Daily (Ygnacio Valley, Concord), took three attempts to be successful. At 14-8 Friedenbach became only the event's second casualty as he could not clear. Seven athletes are usually not left when the bar gets to 15-2 here, but it was even more shocking when Silverman was the only athlete to go out at that height. Stephens, Henlon, Lasquette (who had yet to experience a miss), Buckley, Wool, and Daily would all move up to 15-6. Lasquette, the Mt. Pleasant star, continued a perfect evening sailing over on his first effort, as did Wool showing impressive cool at this level. That duo was the only ones in the field who could negotiate the 15-6 height, with the bar now going to 15-10. Lasquette continued his super season with a 2nd effort clearance. Wool could not get over the bar there, with Ed shutting the pit down after three trials at 16-2.

**Finals:**

1	Ed Lasquette (Mt. Pleasant)	15-10
2	Shane Wool (Modesto)	15-6
3	Jason Henlon (Upland)	15-2
3	Chris Daily (Ygnacio Valley)	15-2

5	Wes Stephens (Orange Glen)	15-2
6	Sean Buckley (St. Francis)	15-2
7	Gary Silverman (Upland)	14-8
8	Paul Friedenbach (Santa Cruz)	14-2
9	Eric Stone (Monrovia)	N.H.

**Finalists:** Daily (Concord Ygnacio Valley), Wood (Modesto), Friedenbach (Santa Cruz), Buckley (Mt. View, St. Francis), Lasquette (San Jose, Mt. Pleasant), Stone (Monrovia), Henlon (Upland), Silverman (Upland), Stephens (Escondido, Orange Glen) 14-8; **Non-Qualifiers:** Crumrine (Camarillo), Marston (Temple City) 14-4; Roth (San Diego Mt. Carmel) 14-0; Aubuchon (Fallbrook) 13-8; Vonapase (Woodland Hills Taft), Schrier (Birmingham), 13-4; Galaz (Garfield), Connolly (LA Poly) no height, Montalvo (McAteer) did not compete, Williamson (Castlemont) no height, Olson (Logan) 13-8, Bru-near (Willits) no height, Lenzen (Logan) 13-4, Abel



## JEROME PRICE--Long Jump

Photo by Bill Cockerham

(Weed) 13-4, Garcia (Coalinga) no height, Cox (Hoover), Fraley (Lemoore) & Tanner (Oakmont) no mark available.

## Long Jump:

It had been a good spring in this horizontal

jumping event. Ever since Jerome Price (University City, San Diego) got it rolling at Arcadia with a wind assisted 25-8 1/2 leap, the San Diego Section star who seemed to spend a half an hour hanging in the air during his better efforts, was good for a 25-footer any weekend. Jerome had a good supporting cast here to back him up. Jason Duff (El-wanda) had amazing spring, taking off from all around the area of the board and planting his feet at about 27 feet, only to fall back into the range of mortals, with 25-5 1/2w and 25-0 1/4 legal bests. Napoleon Kaufman (Lompoc) 24-5w (24-3 1/2), Anthony Smith (San Bernardino) 24-4 1/4w (24-1 1/4), Khyuann Woods (Locke, L.A.) 24-3w, and soph Scott Hammond (Lincoln, San Diego) 24-4 1/2w/24-2 all had fine entering marks.

In Friday's qualifying Kaufman opened up in his flight with a 23-11 1/2 effort, with Anthony Smith (24-5 1/2) and Jason Duff (24-8 1/2) starting the show off in the final group. Jerome Price sandwiched in a 24-4 3/4 qualifier between two fouls on Friday. Smith and Kaufman would be jumping with team points in mind on Saturday, as Kaufman was one of the sprint favorites, with Smith the anchor on the quick San Barnardino 4x100 meter relay.

Napoleon Kaufman scratched from the Finals on Saturday, with a sore groin muscle. It was a shame as his 23-11 1/4 in qualifying along with two sprint wins from Saturday would have brought his squad 26 points. Price, jumping seventh out of nine, had the first good effort of the Finals, stretching out to 24-0 3/4 on his first jump., Jason Duff provided four towering fouls to lead off his end of the Finals, with Marcus Reed (Canoga Park) surprising with a 23-8 third effort. Price continued steadily with 24-11 3/4, 24-9 1/4, 23-4, and 24-3 1/2, while no one else could really get untracked. Finally, Duff put



## POUPHET SINGBANDITH--

Triple Jump Fine Flicks by Don Gosney

together two fair efforts on his fifth (24-0 3/4) and sixth (24-1) jumps to move into second. Fully 1/3 of the forty-eight attempts in Saturday's finals were passes or fouls, with Steve Moore (Branham, San Jose) passing after a first attempt foul there.

continued next page...



# CIF / Reebok California State Meet

## Finals:

1 Jerome Price (Univ City)	25-3 1/4
2 Jason Duff (Etiwanda)	24-1
3 Marcus Reid (Canoga Park)	23-8
4 Ken Stephenson (Gilroy)	23-1 1/2
5 Rogue Balina (Mt. Carmel)	23-1
6 Anthony Smith (San Bern)	22-8
7 Jon Baker (Foothill)	22-2 1/4

Finalists: Duff (Etiwanda) 24-8 1/2, Smith (San Bernardino) 24-4 3/4, Price (San Diego University City) 24-4 3/4w, Kaufman (Lompoc) 23-11 1/2, Balina (San Diego Mt. Carmel) 23-4 1/2, Moore (San Jose Branham) 23-3 1/4w, Stephenson (Gilroy) 23-2, Reed (Canoga Park) 23-0 3/4, Baker (Bakersfield Foothill) 22-6 3/4. Non-qualifiers: Williams (Valencia) 22-6, Vaughn (Mayfair) 22-3 1/4, Hammond (San Diego Lincoln) 22-1 3/4, Sims (Carson) 21-8 3/4, Perkins (Carson) 21-6 1/4, Woods (Locke) did not jump, Estes (Skyline) 21-1, Thornton (Encinal) 20-9 1/2, Leonhardt (Pleasant Vly) 21-3 1/2, Barkley (Lincoln) 21-2 1/4, Boddie (Cordova) 22-5 3/4, Madu (McAteer) 21-2 1/4, Grayer (Montgomery) 21-1 1/2, Kermorian (Campolindo) 21-8 1/2, D'Agostini (Amador) 22-2 1/4, Dominici (Logan), Kaufman (Lompoc), Baker (Foothill), Wilson (Washington) Jones (Santa Cruz), Cummings (Lemoore), & Moore (Branham) no mark available.

## Triple Jump:

Pouphet Singbandith, the Laos native at Magnolia of Anaheim, had been interesting all season. After an exciting 51-0 3/4 Meet Record season opener at Arcadia, he had obliged invitational commitments with a towering opening leap, then retired to give a sore foot a chance to rest until the next weekend. Billy Ivey (Nogales, La Puente) 49-0 1/4, Offord Rollins (Wasco) 48-7 1/2w/48-2 1/2, Clayton Tharington (Esperanza, Anaheim) 48-6 1/4w/48-1 1/4, Jon Baker (Foothill, Bakersfield) 48-3 1/2w/48-3, and Gabe Higa (Quartz Hill) 48-2 were others who came in with good marks.

In Qualifying Mike Walker (California, San Ramon) improved from his pre-meet 46-11 3/4 to 49-3 3/4, with Singbandith leaping 48-8 and 49-10 3/4 to lead. Tharington was 48-6 1/4 with Rollins 48-2 1/2 on Friday.

On Saturday Wasco's Rollins opened up with 47-9 1/4 for easily the best jump in the first round, that is until Singbandith stepped on the runway. Bounding 50-4 on his opener, Singbandith, who is headed for the University of Nebraska, effectively ended the competition. While no one else in the field had a fair effort in the second round, Singbandith powered a super 51-7 3/4 (wind +.97 mps). With nothing to lose the Magnolia star fouled on three of his last four efforts, passing on his fourth jump, with his winning mark less than a foot behind Ken Frazier's Meet Record of 52-4 3/4 from way back in 1981. Rollins improved to a lifetime best of 48-8 1/2 (0 wind) on his fifth jump, with Jason Duff a fine 48-4 3/4 for third.

## Finals:

1 Pouphet Singbandith (Mag)	51-7 3/4
2 Offord Rollins (Wasco)	48-8 1/2
3 Jason Duff (Etiwanda)	48-4 3/4
4 Billy Ivey (Nogales)	47-9 3/4
5 Clayton Tharington (Esper)	47-6 1/4
6 Mike Walker (California)	47-1 1/4
7 Jon Baker (Foothill)	46-6 1/4

8 Craig Price (Salinas)	45-10 1/2
9 Daniel Johnson (Banning)	45-4 1/2

Finalists: Singbandith (Magnolia) 49-10 3/4, Walker (San Ramon California) 49-3 3/4, Tharington (Es-



## BRENT NOON-Shot Put

Fine Flicks by Don Gosney

peranza) 48-6 1/4, Rollins (Wasco) 48-2 1/2, Price (Salinas) 47-9 3/4, Duff (Etiwanda) 47-5, Baker (Bakersfield, Foothill) 47-3, Johnson (LA Banning) 47-1 1/4, Ivey (Nogales) 47-0. Non-qualifiers: Higa (Quartz Hill) 46-5, Sourry (LA Washington) 46-3 1/2, Carter (Woodland Hills Taft) 45-6 1/2, Johnson (Chula Vista Castle Park) 45-0 1/4, Durr (El Camino Real) 44-8 1/4, Lundy (San Diego Morse) 43-10 3/4, Smith (El Cajon, Granite Hills) 39-5, Holmes (Skyline) 41-0 3/4, Perkins (Biggs) 45-7 3/4, Leung (Washington) 43-7 3/4, Campbell (Edison) 45-7, Olson (Logan) 46-0 3/4, Green (Fairfield) 45-7 1/2, Haywood (St. Marys) 46-10, Terrell (Logan) 45-9 3/4, McCann (Tokay) 45-11 3/4, Baxter (Bellarmine) no mark, Adkins (Westmoor) & Martin (Tulare Western) no marks available.

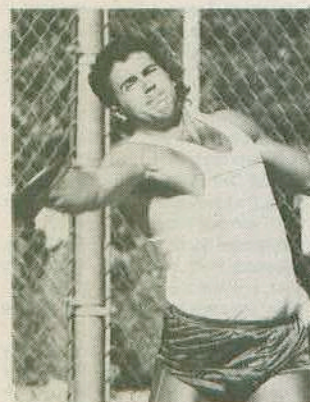
## Shot Put:

The presence of Brent Noon (Fallbrook) made this a showcase event. The 265 pound San Diego Section athlete had been a headliner all spring long, becoming the first California prep ever over 70 feet in this event, and improving all the way out to 76-2 before the Section competitions. The whole show became nationwide news when Randy Barnes accepted an invitation from the Noons to spend a little time in Fallbrook around Mt. SAC time, with Randy's new World Record of 75-10 1/4 at the Jack in the Box Meet at UCLA credited much by Barnes to the Noor's training situation in North San Diego County. This State competition would be Brent's last to take down Michael Carter's 77-0 National Federation Best (Michael's 81-3 1/2 prep best ever was recorded in the non-federation sanctioned Golden West Invitational). Noon had strained a hamstring while sprinting as part of a training session, with his recovery seemingly fairly complete based upon recent

marks.

Brent did not wait long to crank it up here, blasting his first qualifying toss on Friday out to 73-6. The Old State Meet Record of 68-4 by Brian Blutreich (Capistrano Valley) from 1985 was history. 68-1 1/2 and 72-3 1/4 throws finished Friday's action. Mark Parlin, fine Esperanza (Anaheim) junior, was 2nd in qualifying at 60-7.

Brent had to approach the weekend a bit different than he had planned, when with potential team champions disintegrating on the track, two field event wins could possibly bring home a team title. Not having really practiced the discus in a while, Noon was forced to approach that event very seriously, slightly restraining his hamstring. But it was still "let it all hang out" time in the Shot on Saturday evening, with Brent really going for broke. Fouls on throws 1-5 and 6 were sandwiched with 72-11 1/4, 72-2 1/4 and 74-4 3/4 throws that were more than a little amazing to watch, but you could sense the touch of frustration as the record chase against Mr. Carter wound down. Noon is truly in another world when compared to other prep competitors, with his domination and performances so impressive that there are few preps that ever come to mind in the field events that have ever been in his league. Athletes such as Jerry Proctor, who Long Jumped 26-0 3/4 for Muir in the later 60's, and Kamy Keshmiri of Reno, Nevada, who made California a second home his senior year, with a 225-2 National Record in the Discus along the way, are about the only two make prep athletes who come to mind with such amazing total domination of the competition in a field event. Team Esperanza went 2-3 in the event, with Mark Parlin putting together a series of four throws over 60 feet with a fine 62-9 best. Mark Kinney was 3rd for Esperanza at 58-3 1/4, with Coach Bill Pendleton to be saluted on his group's performances this season.



## ROB POWELL-Discus Throw

Fine Flicks by Don Gosney

## Finals:

1 Brent Noon (Fallbrook)	74-4 3/4
2 Mark Parlin (Esperanza)	62-9
3 Mark Kinley (Esperanza)	58-3 1/4

4 Jon Frank (Bakersfield)	57-9 1/2
5 David Parlin (Mayfair)	57-9 1/4
6 Matt Loggins (Moreau)	55-4 1/2
7 Matt Jordan (Dana Hills)	54-4 3/4
8 Rick Asbell (Manteca)	52-5 1/2
9 Aaron Thurman (Riverbank)	51-10

Finalists: Noon (Fallbrook) 73-6, Parlin (Esperanza) 60-7, Frank (Bakersfield) 58-3 1/2, Jordan (Dana Hills) 57-6, Kenney (Esperanza) 57-4 1/2, Parlin (Mayfair) 57-4, Asbell (Manteca) 55-8, Thurman (Sacramento Riverbank) 55-1. Non-qualifiers: Martz (Escondido Orange Glen) 54-9 1/2, Willis (Cabrillo) 53-8 1/2, Cienega (Escondido) 53-5 1/2, Gardley (Canoga Park) 53-0, Bernard (Woodland Hills Taft) 50-4 3/4, Payton (LA Banning) 47-7 3/4, Freeman (Van Nuys) 45-10 1/4, Pollard (Lincoln) 40-11, MacDonald (Red Bluff) 51-0, C. Asbell (Monte Vista) 49-9, Cooper (Castlemont) 49-8, Freeland (Amador Vly) 50-2 1/4, Rodriguez (Oakdale) 51-4, Munoz (Antioch) 53-11, Karsevar (Clovis) 53-2, Dale (Leland), Gardner (Lincoln), & Gutierrez (Mt. Whitney) no mark available.

## Discus:

The season was rolling along very nicely in this event, with California having a number of fine throwers, led by Brent Noon of Fallbrook, who as an after-thought had tossed the platter 199-7 when finished with the Shot. Noon was undefeated in both weight events during the regular season, with a neat "come from behind" final winning effort against most of the state's best at Arcadia. The form chart took a turn the week or two prior to this competition, when Rob Powell of Redwood HS in Visalia boomed a 202-1 effort in the Central Section Finals under some very favorable wind conditions in Fresno. Andy Marrone (Dana Hills) had improved to 192-1, with six others over 180' to keep things hopping.

There were a couple of significant casualties in Friday's qualifying. Kevin Duffy (Arcagon, San Mateo), with a 189-1 best, and Greg Hodel (Don Lugo, Chino) only recently recovered from serious injury, but with a 185-1 PR, were non-qualifiers. Noon opened with a 193-6 on Friday, with Powell only pulling out a qualifying throw (after 135-8 and 155-9 efforts) of 198-1 on his final effort. Marrone was 183-7, with Jason Sisneros (Logan, Union City) 181-2.

On Saturday the Discus was held on the field west of the main stadium at 5:00, with Noon aware that two individual wins could possibly take the Team trophy home, as a lot of sprint teams were disintegrating around the oval. The Finals was a classic competition, with the two favorites steadily improving to some very impressive performances. Matt Karsevar (Clovis), the eventual 3rd placer at 179-4, opened up at 174-9, with Jim Freeland (Amador Valley, Pleasanton) out to 175-8, his best throw that would be good for 9th here. Noon was only 171-10 on his first throw, with Powell 180-3. Karsevar had his best toss in the second round, with Noon spinning to 190-1 on his 2nd toss. Powell answered with only 176-9. Sisneros was 179-0 in the third round, with Noon continuing steady improvement, to 192-3 on toss number three. Powell was still downhill, now to 161-7. The fourth round saw

continued next page...



# CIF / Reebok California State Meet

Noon with a big lifetime best of 200-6. Powell astoundingly responded with a 203-4 throw to take the lead. Both athletes had two throws left, with Noon 200-8 on number 5. Powell was 193-3. It was "go for broke" for both athletes on their final toss, with Noon going first, a foul, and Powell duplicating the mistake with an inability to remain in the circle. It was a classic competition that would have been more complete if only it could somehow have been held on the main field before the other running events.

**Finals:**

1 Rob Powell (Redwood)	203-4
2 Brent Noon (Fairbrook)	200-8
3 Matt Karsevar (Clovis)	179-4
4 Jason Sisneros (J. Logan)	179-0
5 Andy Marrone (Dana Hills)	178-3
6 Jon Frank (Bakersfield)	177-6
7 Brad Bowers (Bellarmine)	177-4
8 David Partin (Mayfair)	176-1
9 Jim Freeland (Amador Valley)	175-8

**Finalists:** Powell (Redwood, Visalia) 198-1, Noon (Fairbrook) 193-6, Marrone (Dana Hills) 183-7, Sisneros (Union City, Logan) 181-2, Frank (Bakersfield) 179-2, Freeland (Piesanton, Amador Valley) 178-8, Karsevar (Clovis) 177-2, Partin (Mayfair) 174-9, Bowers (San Jose, Bellarmine) 173-10. **Non-Qualifiers:** Hodel (Don Lugo) 172-9, Avila (Loara) 169-7, Martz (Escondido Orange Glen) 169-0, Parlin (Esperanza) 162-5, Graham (San Diego Mira Mesa) 154-11, Payton (LA Banning) 107-8, Josefat (LA Banning) 103-3, Peniche (Birmingham) 96-9, Ortega (LA Lincoln) 86-8, Britton (McAteer) 118-6, Spahr (Lower Lake) 153-6, Fulkerson (Summerville) 153-3, Bagwell (Yreka) 155-4, Blakefield (St. Patrick's) 151-7, Bruschi (Roseville) 172-7, Martz (Orange Glen) 169-0, Garcia (Logan) 140-8, Swanson (Hollister) & Duffy (Aragon) no mark available.

## Team Scores:

When they added it all up Muir emerged the winner with 24 points, with Napoleon Kaufman's two sprint wins giving Lompoc 2nd with 20 points. Carson and Brent Noon (Fairbrook) had 18, with San Bernardino 17, and Esperanza (Anaheim) and Wheatland (Willie Clark) 16.

### Overall Results - Boys

1. Muir 24, 2. Lompoc 20, 3. Carson 18, 3. Fairbrook, 5. San Bernardino 17, 6. Wheatland 16, 6. Esperanza 16.

## Girls

By KEITH CONNING

### 100 Meters:

The state meet record of 11.42 was set by Sharon Ware (Berkeley) in 1980. The national record of 11.29 was set by Barbara Bell (Trimble Tech, Fort Worth, Texas) in 1981.

The leading qualifiers were: senior Inger Miller (Muir, Pasadena), second in the 1989

state meet at 11.46, the 1990 national leader and number 10 all-time U.S. high school performer at 11.48; freshman Marion Jones (Rio Mesa, Oxnard), tied for third in the nation at 11.64; and junior Latasha McKinney (Monte Vista, Spring Valley) 11.90.



MARION JONES - 100 & 200

Photo by Kirby Lee

The heat winners advanced to the finals along with the five non-winning runners with the fastest times.

Jones, the Southern Section champion in 11.64, won heat one in 11.62 (wind +1.98), the second fastest time in the nation. Sophomore Tanisha Johns (Luther Burbank, Sacramento), the Sac-Joaquin Section champion in 12.28, placed second in 12.01.

Miller, second in the Southern Section in 11.65, won heat two in 12.04 (+0.86).

Senior Dee Dee Small (Dorsey, Los Angeles), the Los Angeles Section champion in 12.27, won heat three in 12.05 (+0.33).

Sophomore Santisha Arnold (Morningside, Inglewood), fourth in the Southern Section in 12.12, won heat four in 11.99 (-0.02).

Miller scratched from the final with an ankle injury.

"The pain was so excruciating after my race (Friday)," said Miller to Mike Glaze (Los Angeles Times). "I may not have won a state championship but so what? I'm looking forward to the future."

"It wasn't only my decision," Miller said to Jeffrey Parenti (Star News). "My mom, my dad and my coaches thought it was in my best interest not to run. I have many years of this (pain) and of running. I guess it's not that bad."

Miller ended her career without an individual state title. "It wasn't meant to be," she said. "If it was, I would have had one. What is a state championship compared to an Olympic gold medal?"

"I think everybody suffered with her so much," Leo Davis, her personal coach, said to Parenti. "It was a wise decision. There are bigger and better things in life."

Jones won the final by .29 over Arnold--11.67 to 11.96 (+1.58). Johns placed third in 12.05.

"I still would have run the same race I ran if she (Miller) had run," said Jones to Glaze.

"She ran great," Rio Mesa co-coach Brian Fitzgerald said of Jones to Glaze. "I can tell by looking at her that she's really tired. She's been under a lot of pressure but she came back like a seasoned veteran."

**Finals:**

1 Marion Jones (Rio Mesa)	11.67
2 Santisha Arnold (Morningside)	11.96
3 Tanisha Johns (Sacramento)	12.05
4 Dee Dee Small (Dorsey)	12.06
5 Angela Kimmey (SD Univ City)	12.10
6 Tike Jackson (Bakersfield)	12.12
7 Taminka Terry (Muir)	12.24
8 Lesa Parker (Oak, Bish O'Dowd)	12.26
9 Inger Miller (Muir)	did not run

**Heat 1:** (wind +1.98): 1. Jones (Rio Mesa) 11.62, 2. Johns (Sacramento) 12.01, 3. Parker (Oakland Bishop O'Dowd) 12.09, 4. Ferguson (Independence) 12.52, 5. Howard (San Fernando) 12.53, 6. Dixon (Pleasant Valley) 12.82. **Heat 2:** (wind +.86): 1. Miller (Muir) 12.04, 2. Kimmey (San Diego University City) 12.10, 3. Brice (Tokay) 12.23, 4. Young (Tulare) 12.56, 5. Baldwin (James Logan) 12.66, 6. Bitner (Leigh) 12.76. **Heat 3:** (wind +.33): 1. Small (Dorsey) 12.05, McKinney (Monte Vista) 12.20, 3. Bradford (Dominguez) 12.21, 4. Allensworth (Washington) 12.43, 5. Criswell (Fresno) 12.45, 6. Holmes (Albany) 12.51, 7. Ellison (Mt. Pleasant) 12.75. **Heat 4:** (wind -.02): 1. Arnold (Morningside) 11.99, 2. Terry (Muir) 12.08, 3. Jackson (Bakersfield) 12.18, 4. Frost (Locke) 12.33, 5. Stewart (Yuba City) 12.37, 6. Tanner (Holy Moses) 12.66, 7. McClendon (Castlemont) 12.89.

### 200 Meters:

The state meet record of 23.19 was set by Sherri Howard (Kennedy, Granada Hills) in 1980. The national record of 23.0 was set by Wendy Vereen (Trenton, New Jersey) in 1983.

The leading qualifiers were: senior Inger Miller (Muir, Pasadena), second last year in 23.86 and the national leader at 23.57; freshman Marion Jones (Rio Mesa, Oxnard), third in the nation at 23.70; and sophomore Alison Dring (Mt. Carmel, San Diego) 24.43.

Jones, the Southern Section champion in 23.70 (national age 14 record), won heat one in 23.78 (+0.43).

Miller, second in the Southern Section in 24.27, won heat two in 24.23 (-0.02).

Senior Latina Jones (St. Anthony, Long Beach), fifth in the Southern Section in 24.61, won heat three in 24.45 (+0.01).

Southern Santisha Arnold (Morningside, Inglewood), fourth in the Southern Section in 24.60, won heat four in 24.35 (-0.01). Senior Dee Dee Small (Dorsey, Los Angeles), the Los Angeles Section champion in 24.64,

placed second in 24.46.

Jones won the final by .54 over Arnold--23.71 to 24.25 (+1.23). Small placed third in 24.48.

**Finals:**

1 Marion Jones (Rio Mesa)	23.71
2 Santisha Arnold (Morningside)	24.25
3 Dee Dee Small (Dorsey)	24.48
4 Latina Jones (St. Anthony)	24.67
5 Tanisha Johns (Sacramento)	24.68
6 Taminka Terry (Muir)	24.69
7 Tike Jackson (Bakersfield)	24.75
8 Lania Brice (Lodi Tokay)	24.98
9 Inger Miller (Muir)	did not run

**Heat 1:** (wind +.43): 1. Jones (Rio Mesa) 23.78, 2. Small (Dorsey) 24.46, 3. Criswell (Fresno) 25.17, 4. Ferguson (Independence) 25.56, 5. Tanner (Holy Names) 25.74, 6. Davis (Abrazer) 26.23. **Heat 2:** (wind -.02): 1. Miller (Muir) 24.23, 2. Jackson (Bakersfield) 24.74, 3. Henderson (San Diego Morse) 25.16, 4. Ragland (Carson) 25.60, 5. Baldwin (James Logan) 25.64, 6. Nurisso (St. Francis) 25.75, 7. Phillips (Enterprise) 26.47. **Heat 3:** 1.



JANICE NICHOLS-400 m

Fine Flicks by Don Gosney

Jones (St. Anthony) 24.45, 2. Johns (Burbank, Sacto) 24.88, 3. Dring (Mt. Carmel) 25.11, 4. Lesa Parker (Bishop O'Dowd) 25.98, 5. Parish (Wilcox) 26.06, 6. Bradshaw (Gallatin) 26.65. **Heat 4:** (wind -.01): 1. Arnold (Morningside) 24.35, 2. Terry (Muir) 24.58, 3. Brice (Tokay) 24.75, 4. Howard (San Fernando) 25.54, 5. Holmes (Albany) 25.60, 6. Harris (Edison) 26.06.

### 400 Meters:

The state meet and national record of 52.39 was set by Denean Howard (Kennedy, Granada Hills) in 1980.

The leading qualifiers were: sophomore Alison Dring (Mt. Carmel, San Diego), second in the nation at 54.29; sophomore Janice Nichols (Bakersfield), ninth last year in 57.43 and third in the nation at 54.43; and

continued next page...



# CIF / Reebok California State Meet

senior Shanequa Campbell (Alta Loma) 54.78.

Tanya Dooley (Bret Harte, Altaville), second in the state meet in 1988 and 1989, did not qualify this year. She stepped in a hole at Hughes Stadium during the Sac-Joaquin Section trials and her ankle swelled up.

Dring, the San Diego Section champion in 54.29, won heat one in 55.55.

Campbell, the Southern Section champion in 54.78, won heat two in 57.59.

Freshman Lashawn Stringer (Morningside, Inglewood), third in the Southern Section in 55.63, won heat three in 56.49.

Sophomore Janice Nichols (Bakersfield), the Central Section champion at 55.50, won heat four in 55.30.

Nichols won the final in 53.89, the leading time in the nation. Campbell placed second in 54.63. Dring placed third in 55.07.



**KIM TONEY--800m**

*Fine Flicks by Don Gosney*

## Finals:

- |                                  |             |
|----------------------------------|-------------|
| 1 Janice Nichols (Bakersfield)   | 53.89       |
| 2 Shanequa Campbell (Alta Loma)  | 54.63       |
| 3 Alison Dring (SD Mt. Carmel)   | 55.07       |
| 4 Lashawn Stringer (Morningside) | 55.86       |
| 5 Latima Jones (St. Anthony)     | 56.18       |
| 6 Rene Walker (Dorsey)           | 56.33       |
| 7 Melissa Mannion (San Leandro)  | 57.56       |
| 8 Dina Moore (Santa Cruz Harbor) | 58.55       |
| 9 Katrina Bugg (SD/PHenry)       | did not run |
- Heat 1: 1. Dring (SD Mt. Carmel) 55.55, 2. Alexander (Crenshaw) 57.99, 3. Smith (Paramount) 58.21, 4. Murphy (Loretto) 58.93, 5. Johnson (Antioch) 59.32, 6. Rice (Paradise) 60.05. Heat 2: 1. Campbell (Alta Loma) 56.15, 2. Bugg (SD Henry) 57.59, 3. Moore (Santa Cruz Harbor) 57.93, 4. Johnson (Kennedy, Richmond) 58.50, 5. Robertson (No Bakersfield) 58.72, 6. Pleasant (Locke) 59.53, 7. Purdue (Valley) 59.70. Heat 3: 1. Stringer (Morningside) 55.64, 2. Jones (St. Anthony) 55.64, 3. Walker (Dorsey) 56.49, 4. Mannion (San Leandro) 57.89, 5. Dudley (Archbishop Mitty) 58.94, 6. Brown (Merced) 59.20, 7. Molding (Lowell) 62.00. Heat 4: 1. Nichols (Bakersfield) 55.30, 2. Nurisso (St. Fran-

cis) 59.08, 3. Montgomery (Granada Hills) 59.67, 4. Ball (Compton) 60.18, 5. Wilson (Berkeley) 61.70.

## 800 Meters:

The state meet record of 2:04.91 was set by Trena Hull (Compton) in 1984. The national record of 2:04.5 was set by Joetta Clark (Columbia, Maplewood, New Jersey) in 1980.

The leading qualifiers were: senior Kim Toney (Atascadero), the defending champion at 2:08.11; junior Nicole Teter (West Valley, Cottonwood), fourth last year in 2:11.86, at 2:12.3; and junior Nikki Shaw (Fillmore) at 2:12.98.

Teter, the Northern Section champion at 2:19.12, won heat one in 2:13.08.

Sophomore Janet Ekstrom (Newark Memorial, Newark), second in the North Coast Section in 2:15.22, won heat two in 2:15.86.

Toney, the Southern Section champion at 2:08.11, won heat three in 2:14.88.

Senior Latoya Polk (Hamilton, Los Angeles), the Los Angeles Section champion at 2:13.72, won heat four in 2:15.68.

Toney led the final from start to finish. Her first lap was in a very fast 1:00.5 and her second lap in 1:05.6 for 2:06.13, the fastest time in the nation. Teter placed second in 2:10.27 (1:01.3, 1:08.9). Freshman Celeste Buchanan (Archbishop Mitty, San Jose), second in the Central Coast Section in 2:15.95, was third in 2:11.50.

## Finals:

- |                              |         |
|------------------------------|---------|
| 1 Kim Toney (Atascadero)     | 2:06.13 |
| 2 Nicole Teter (West Valley) | 2:10.27 |
| 3 Celeste Buchanan (Mitty)   | 2:11.50 |
| 4 Latoya Polk (Hamilton)     | 2:11.59 |
| 5 Sheria Moses (Ramona)      | 2:12.88 |
| 6 Trina Bindel (Eureka)      | 2:13.45 |
| 7 Nikki Shaw (Fillmore)      | 2:14.57 |
| 8 Tania Acosta (Crenshaw)    | 2:15.40 |
| 9 Janet Ekstrom (Newark Mem) | 2:18.77 |
- Heat 1: 1. Teter (Cottonwood West Valley) 2:13.08, 2. Shaw (Fillmore) 2:13.65, 3. Bindel (Eureka) 2:14.34, 4. Acosta (Crenshaw) 2:15.77, 5. Austin (Del Campo) 2:20.95, 6. Schoene (La Jolla) 2:24.07.



**BECKY SPIES--1600m**

*Fine Flicks by Don Gosney*

7. Alemi (Oakland) 2:38.34. Heat 2: 1. Ekstrom (Newark) 2:15.86, 2. Miller (North Bakersfield) 2:16.73, 3. Stowell (Mt. Carmel) 2:16.78, 4. Hamel (Merced) 2:17.13, 5. Phillips (Locke) 2:18.47, 6. Tobias (Upland) 2:19.19. Heat 3: 1. Toney (Atascadero) 2:14.88, 2. Moses (Riverside Ramona) 2:15.98, 3. Buchanan (San Jose Mitty) 2:15.99, 4. Chilton (Golden Sierra) 2:16.89, 5. Grogg (Clovis West) 2:18.47, 6. Woolheater (Casa Grande) 2:20.20, 7. Dear (Birmingham) 2:20.69. Heat 4: 1. Polk (Hamilton) 2:15.68, 2. Pena (Washington) 2:16.07, 3. Cohan (Salinas) 2:17.30, 4. Shu (San Marino) 2:18.56, 5. Scott (Mt. Carmel) 2:18.57, 6. Ibarra (Bishop O'Dowd) 2:18.68, 7. Cuellar (Redwood) 2:22.23.

## 1600 Meters:

The state meet and national record of 4:39.92 was set by Polly Plumer (University, Irvine) in 1982.

The leading qualifiers were: senior Karen Hecox (South Hills), third last year in 4:56.48 and second in the nation at 4:52.04; senior Beth Bartholomew (Fremont, Sunnyvale), second last year in 4:51.59, at 4:54.15; and sophomore Shelley Taylor (Edison, Huntington Beach) at 4:54.44.

The top three finishers in each heat along with the three non-placing runners with the fastest times advanced to the finals.

Senior Rosetta Hunter (Locke, Los Angeles), fourth last year in 4:58.26 and the Los Angeles Section champion in 5:00.28, won heat one in 4:59.11. Taylor, second in the Southern Section in 4:55.50, placed second in 4:59.90.

Junior Becky Spies (Livermore), the North Coast Section champion in 4:57.27 and second in the nation in the 1500 meters in 4:29.0, won heat two in 5:00.41. Senior Karen Hecox (South Hills, Covina), third in the Southern Section in 4:55.82, placed second in 5:01.35.

Bartholomew led the first two laps of the final in 1:11.9 and 2:27.5 (1:15.6). Spies made her move with 500 meters remaining. Spies came by the third lap in 3:39.2 (1:11.7). The 1500 splits were: Spies 4:31.1; Hecox 4:31.2, the third best in the nation; Bartholomew 4:36.0; Taylor 4:36.7; and Hunter 4:38.7. Spies ran her last 400 meters in 1:09.3.

Spies, third in the state meet 800 last year, won the final in 4:48.74, the second fastest time in the nation this year. Sarah Schwald (Rogers, Spokane, WA.) leads the nation at 4:48.54. Hecox placed second in 4:49.44, and Hunter was third in 4:55.05.

"I'm so happy with my mile," said Spies to Matt Schwab (*The Valley Herald*). "I loved my mile. Everything about it went well. My strategy (to go out with 500 left) worked perfectly. Hecox is known for her kick, so that's why I took it out at 500. The thing you see is her shadow, I didn't even hear her. When she came on my shoulder I said 'Oh shoot, she's going to pass me,' but I wouldn't let it happen."

"It's such a weird spot to take it out," said Spies to Vince Golla (*The Times*). "But I knew I was strong enough after three laps to take it out from there. I noticed nobody went with me. And Hecox tried to catch me, but she didn't have it. I was strong enough to

hold her off."

"I just couldn't go with her," said Hecox to Golla. "I wasn't surprised (with Spies move). She went out to take away my kick. It worked."

Becky Spies' older sister Jessica, who also attended Livermore, placed second in the state's 800 meters in both 1981 and 1982.

## Finals:

- |                                  |         |
|----------------------------------|---------|
| 1 Becky Spies (Livermore)        | 4:48.74 |
| 2 Karen Hecox (South Hills)      | 4:49.44 |
| 3 Rosetta Hunter (Locke)         | 4:55.05 |
| 4 Beth Bartholomew (Snyl, Frmt)  | 4:55.07 |
| 5 Shelley Taylor (HBCh, Edison)  | 4:57.20 |
| 6 Erica Sumi (Long Beach Wilson) | 5:00.69 |
| 7 Amy Davidson (Altav, BHarte)   | 5:00.72 |
| 8 Sarah Riley (Moraga Campol)    | 5:05.34 |
| 9 Suzanne Castruita (WCovina)    | 5:14.75 |
- Heat 1: 1. Hunter (Locke) 4:59.11, 2. Taylor (Huntington Beach Edison) 4:59.90, 3. Castruita (West Covina) 5:03.11, 4. Freeberg (California) 5:04.95, 5. Spenset (Mission San Jose) 5:09.49, 6. Luna (Walsonville) 5:10.68, 7. Schiebel (Orange Glen) 5:10.83, 8. Franco (Delano) 5:13.55, 9. Ferguson (La Jolla) 5:14.10, 10. Gorbet (Lassan) 5:17.23, 11. Kall (San Lorenzo Valley) 5:22.78, 12. McFadden (St. Francis) 5:23.60, 13. Stewart (Locke) 5:40.07. Heat 2: 1. Spies (Livermore) 5:00.41, 2. Hecox (South Hills) 5:01.35, 3. Bartholomew (Sunnyvale Fremont) 5:01.91, 4. Sumi (Long Beach Wilson) 5:02.97, 5. Davidson (Altaville Bret Harte) 5:03.13, 6. Riley (Moraga Campolindo) 5:03.22.

## 3200 Meters:

The state meet record of 10:08.14 was set by Cory Schubert (Del Mar, San Jose) in 1983. The national record of 10:03.07 was set by Erin Keogh (McLean, Langley, Virginia) in 1987.

The leading qualifiers were: junior Becky Spies (Livermore), third in the nation in the 3000 at 9:59.6, at 10:31.7; senior Karen Hecox (South Hills, Covina), the 1988 state champion in 10:16.14, at 10:41.99; and junior Deena Drossin (Agoura), third last year in 10:36.67, at 10:42.39.

There were no heats in the 3200 meter run.

Senior Alva Dancel (Mills, Millbrae), eighth last year at 10:58.53 and second in the Central Coast Section in 10:57.4, led the first three laps in 1:12.8, 2:33.0 (1:20.2), and 3:56.5 (1:23.5). Junior Jeannie Rothman (Westlake), fourth in the Southern Section in 10:50.48, led at 1600 meters in 5:19.9 (1:23.4). Junior Martha Pinto (Kataela, Anaheim), seventh last year in 10:56.13 and fifth in the Southern Section in 10:51.29, led at 2,000 meters in 6:40.7 (1:20.8). Drossin led the remainder of the way in 7:55.2 (1:14.5), 9:10.9 (1:15.7). The 3000 splits were: Drossin 9:50.5, the second fastest time in the nation, Pinto 10:09.5, sophomore Tanya Brix (University, Irvine), third in the Southern Section in 10:50.17, 10:12.7. Drossin ran the last 1,600 in 5:09.7.

Drossin, third last year and the State Division I cross country champion in 1987 and 1989, won in 10:29.60, a personal best and the fastest time in the state this year. Pinto placed second in 10:42.51 and then went over to give teammate Kevin Carlson a

*continued next page...*



# CIF / Reebok California State Meet

bear hug after he high jumped 7-0. Brix was third in 10:49.17.

"(The win) really meant a lot because I've never really proved myself on the track," Drossin said to Tim Martinez (*Daily News*). "I've done really good in cross country, so



**DEENA DROSSIN-3200m**

*Fine Flicks by Don Gosney*

this meant a lot. I wanted to stick back for the first half of the race. Then with four laps to go, I wanted to get up with the leaders and then with three laps, I just started sprinting. I was pretty shocked. I don't know how far ahead I was, but I thought someone was going to be coming up on my shoulder."

## Finals:

1 Deena Drossin (Agoura)	10:29.60
2 Martha Pinto (Katella)	10:42.51
3 Tanya Brix (University)	10:49.17
4 Jeannie Rothman (Westlake)	10:54.29
5 Becky Spies (Livermore)	10:56.19
6 Ramona Pena (Wash, SF)	10:58.70
7 Milena Glusac (Fallbrook)	11:00.10
8 Neve Zwagerman (Tampalpais)	11:03.19
9 Sonja Vischer (Elk Grove)	11:07.75
10 Elice Patterson (CastroVly)	11:09.40
11 Alysh Armstrong (SanDiego)	11:10.69
12 Kate Sweeney (Leigh)	11:10.97
13 Cybelle McFadden (St.Fran)	11:11.17
14 Mary Martinez (Foothill)	11:11.20
15 Patty Villarreal (La Jolla)	11:13.73
16 Krissy Look (Shasta)	11:15.31
17 Judy Petty (Golden West)	11:15.60
18 Becky Kopchik (Northgate)	11:25.02
19 Maurita DeLaTorre (Roosev)	11:27.64
20 Chris Lindstrom (Lincoln)	11:34.57
21 Diana Harlick (Mills)	11:37.62
22 Alva Dancel (Mills)	11:48.55
23 Lorenza Gabriel (Lincoln)	11:58.18
24 Maria Roman (HuntPark)	12:07.96
25 Sandra Hernandez (Wilson)	12:22.01
26 Aziza Said (Oakland)	12:31.52
Karen Hecox (South Hills)	DNR
Rosetta Hunter (Locke)	DNR

## 100 Meter Hurdles:

The state meet record of 13.34 was set by Janeene Vickers (Pomona) in 1987. The national record of 13.33 was set by Dawn Bowles (Neptune, So. Plainfield, NJ) in 1988.

The leading qualifiers were: senior Felice Lipscomb (Santa Monica), the national leader at 13.74 and the defending champion at 13.69; junior Keri Sanchez (Santa Teresa, San Jose), third last year at 14.07, at 14.02w, and senior Kwani Stewart (Yuba City), second last year at 13.76, at 14.04. Lipscomb won heat one in 13.61 (+1.39). Stewart won heat two in 14.33 (+1.86).

Senior Tanya Smith (Cordova, Rancho Cordova) won heat three in 14.27 (+0.89).

Senior Kim Dill (Poway) won heat four in 14.17 (+2.77).

Lipscomb defeated Stewart, who closed fast in the final, by .21--13.58 to 13.79. Smith placed third in 13.99.

## Finals:

1 Felice Lipscomb (Santa Monica)	13.58
2 Kwani Stewart (Yuba City)	13.79
3 TanyaSmith (RanchCord,Cord)	13.99
4 Kam Warner (Bakersfield West)	14.17
5 Kim Dill (Poway)	14.19
6 Jackie Foreman (Locke)	14.42
7 Keri Sanchez (Santa Teresa)	14.57
8 Tanya Lazar-Lea (SF McAfee)	14.62
9 ElinorTolson (LaQuinta)	15.99

Heat 1: (wind +1.39): 1. Lipscomb (Santa Monica) 13.61, 2. Warner (Bakersfield West) 14.27, 3. Lazar-Lea (San Francisco McAfee) 14.35, 4. Burnside (Westchest) 14.79, 5. Hanf (Ygnacio Valley) 15.22, 6. Proffler (Santana) 15.41, 7. Gabrielson (Monte Vista) 15.77. Heat 2: (wind +1.86): 1. Stewart (Yuba City) 14.33, 2. Molette (LA Banning) 14.57, 3. Blunt (Escondido San Pasqual) 14.60, 4. Nickson (Morningside) 14.61, 5. Coleman (Branham) 14.73, 6. Hannon (Granada) 14.93, 7. Adams (Oakland) 15.74. Heat 3: 1. Smith (Cordova Rancho Cordova) 14.27, 2. Sanchez (San Jose Santa Teresa) 14.30, 3. Foreman (Locke) 14.31, 4. Tolson (La Quinta) 14.51, 5. Schaff (San Ramon) 15.53, 6. Montgomery (Clovis West) 15.54, 7. McClung (Fall River) 15.84. Heat 4: 1. Dill (Poway) 14.17w, 2. Barnes (Fontana) 14.58, 3. Johnson (Vacaville) 14.59, 4. Sims (Lompoc) 14.70, 5. Boyd (Foothill) 15.48, 6. Gardner (Sierra) 15.57, 7. Lewis (Dorsey) 16.15.

## 300 Meter Hurdles:

The state meet record of 40.26 was set by Janeene Vickers (Pomona) in 1987. The national record of 40.18 was set by Leslie Maxie (Mills, Millbrae) in 1984.

The leading qualifiers were: sophomore Twila Sims (Lompoc), the national leader at 42.29 and the defending champion at 42.54; senior Felice Lipscomb (Santa Monica), second in the nation at 42.30; and senior Tanya Smith (Cordova, Rancho Cordova), third in the nation at 42.4 and fourth last year at 43.60.

Sims, the Southern Section champion in 42.29, won heat one in 43.47.

Lipscomb, second in the Southern Section in 42.30, won heat two in 44.67.

Senior Nikki Jackson (Esperanza, Anaheim), fourth in the Southern Section in 44.37, won heat three in 42.84.

Smith, the Sac-Joaquin Section champion in 43.46, won heat four in 43.96.

Lipscomb won the final in 41.69, the fastest

time in the nation. Sims placed second in 41.76, the second fastest time in the nation. Senior Kaci Keffer (Woodbridge), third in the Southern Section in 42.98, placed third in 43.07.

## Finals:

1 Felice Lipscomb (Santa Monica)	41.69
2 Twila Sims (Lompoc)	41.76
3 Kaci Keffer (Woodbridge)	43.07
4 Nikki Jackson (Esperanza)	43.45
5 Tanya Smith (RanCord,Cordova)	43.49
6 Keri Sanchez (SantaTeresa,SJ)	43.80
7 Erion Blunt (Escond San Pasq)	43.95
8 Tonia Coleman (Branham,SJ)	44.41
9 Staci Mikelson (Placer)	46.60

Heat 1: 1. Sims (Lompoc) 43.47, 2. Coleman (San Jose, Branham) 44.71, 3. Boyd (Foothill) 44.84, 4. Stewart (Yuba City) 45.46, 5. Sperting (Clovis



**FELICE LIPSCOMB--100HH & 300H**

*Photo by Bill Cockerham*

West) 46.47, 6. Luhaling (Washington) 47.82, 7. Mercer (Pleasant Valley) 47.96. Heat 2: 1. Lipscomb (Santa Monica) 43.28, 2. Mikelson (Auburn Placer) 44.67, 3. Hakerson (Clayton Valley) 45.61, 4. Proffler (Santana) 45.62, 5. Codely (Roosevelt) 46.74, 6. Mack (Oakland) 51.84. Heat 3: 1. Keffer (Woodbridge) 42.84, 2. Sanchez (San Jose, Santa Teresa) 43.68, 3. Jackson (Esperanza) 44.43, 4. Watt (Northgate) 46.37, 5. Dill (Poway) 46.69, 6. Anderson (Polytechnic, LA) 48.39, 7. Harris (South, Bakersfield) 49.27. Heat 4: 1. Smith (Cordova Rancho Cordova) 43.96, 2. Blunt (Escondido San Pasqual) 44.05, 3. Peterson (Palm Springs) 45.17, 4. Jenkins (San Ramon) 45.68, 5. Jamieson (Fremont) 46.32, 6. Means (Van Nuys) 47.07, 7. Dougherty (Lowell) 49.05.



**BAKERSFIELD HIGH'S 400 R Team**

*Photo by Bill Cockerham*

## 400 Meter Relay:

The state meet record of 45.13 was set by Berkeley in 1981. The national record of 45.11 was set by Hawthorne in 1985.

The leading qualifiers were: Muir (Pasadena), the defending champion at 46.46, and the national leader at 46.07; Morningside (Inglewood), third in the nation at 46.73; and Bakersfield 47.0.

Muir, the Southern Section champion in 46.73; and Bakersfield 47.0.

Morningside, second in the Southern Section in 46.73, won heat two in 46.90.

Bakersfield, the Central Section champion in 47.65, won heat three in 46.93. Hawthorne, third last year at 47.42 and third in the Southern Section in 47.27, placed second in 46.94.

Tio Mesa, fifth in the Southern Section in 47.64, won heat four in 47.07. St. Bernard (Playa del Rey), fourth in the Southern Section in 47.42, placed second in 47.12.

Bakersfield won the final in 46.49, the second fastest time in the nation. Hawthorne placed second in 46.59, the third fastest time in the nation. St. Bernard placed third in 46.78.

## Finals:

1 Bakersfield	46.49
2 Hawthorne	46.59
3 St. Bernard	46.78
4 Muir	46.80
5 Cordova	48.61
6 Locke	48.62
7 Rio Mesa	53.20

Heat 1: 1. Muir 47.01, 2. Washington 48.19, 3. Mt. Carmel 48.87, 4. Silver Creek 48.92, 5. Edison 48.98, 6. Holy Names 49.20, 7. George Washington 49.60. Heat 2: 1. Morningside 46.90, 2. Locke 48.00, 3. Morse 48.37, 4. St. Francis 49.13, 5. Vallejo 49.88, 6. San Ramon 50.19, 7. Hoover 50.27. Heat 3: 1. Bakersfield 46.93, 2. Hawthorne 46.94, 3. Oakland Bishop O'Dowd 48.15, 4. Cordova Rancho Cordova 48.16, 5. Granada Hills 48.26, 6. Los Gatos 48.94, 7. West Valley 49.86. Heat 4: 1. Rio Mesa 47.07, 2. St. Bernard 47.12, 3. Lincoln Prep 48.95, 4. Tokay 49.20, 5. Clayton Valley 49.66, 6. Fremont 50.33.

*continued nextpage...*



# CIF / Reebok California State Meet

## 1600 Meter Relay:

The state meet record of 3:37.71 was set by Kennedy (Granada Hills) in 1981. The national record of 3:37.69 was set by Pasadena in 1985.

The leading qualifiers were: Morningside (Inglewood), second in the nation at 3:44.79; Muir (Pasadena), second last year in



**MORNINGSIDE's 4x400 Relay Team**  
Fine Flicks by Don Gosney

3:47.04, in 3:46.42; and Hawthorne, the two-time defending champion at 3:46.59, at 3:46.61.

Morningside, the Southern Section champion in 3:44.79, won heat one in 3:50.52.

Bakersfield, the Central Section champion in 3:59.32, won heat two in 3:53.01.

Hawthorne, second in the Southern Section in 3:46.61, won heat three in 3:48.76.

Long Beach Poly, third in the Southern Section in 3:52.36, won heat four in 3:52.42.

Morningside won the final in 3:44.16, the second fastest time in the nation, with freshman Lashawn Stringer running 54.3. Hawthorne placed second in 3:44.93, the third fastest time in the nation, with Adams running 53.9. Muir placed third in 3:50.02.

## Finals:

1	Morningside	3:44.16
2	Hawthorne	3:44.93
3	Muir	3:50.02
4	Bakersfield	3:50.44
5	Long Beach Poly	3:51.19
6	Richmond Kennedy	3:52.41
7	Dorsey	3:54.22
8	Esperanza	3:54.73
9	Concord, Carondelet	3:56.15

Heat 1: 1. Morningside 3:50.52, 2. Esperanza 3:53.97, 3. Dorsey 3:54.43, 4. Los Gatos 3:56.35, 5. El Cerrito 4:01.93, 6. Redwood 4:04.28, 7. Merced 4:04.29.

Heat 2: 1. Bakersfield 3:53.01, 2. Muir 3:54.76, 3. Concord Carondelet 3:55.81, 4. West Valley 4:00.81, 5. Lincoln Prep 4:01.05, 6. Turlock 4:04.43.

Heat 3: 1. Hawthorne 3:48.76, 2. Richmond, Kennedy 3:52.62, 3. Mt. Carmel 3:56.27, 4. Archbishop Mitty 3:68.23, 5. Carson 4:06.49, 6. Oakland 4:14.90.

Heat 4: 1. Long Beach Poly 3:52.4, 2. San Pasqual 3:56.39, 3. Bishop O'Dowd 3:57.05, 4. Granada Hills 4:00.88, 5. Calico 4:23.91.

## High Jump:

The state meet record of 6-2 was set by Latrese Johnson (Clovis) in 1985. The national record of 6-2 3/4 was set by Johnson in 1985.

The leading qualifiers were: junior Chi Johnson (Menlo-Atherton, Atherton) 5-9 1/2; senior Cindy Harmon (Oak Ridge, El Dorado Hills), fourth last year at 5-8, at 5-9; and senior Tanya Smith (Cordova, Rancho Cordova) 5-8.

The nine competitors with the best marks qualified for the finals. Marks recorded in the trials were not carried over to the finals.

Four competitors cleared 5-5 in the preliminaries without missing: senior Clarissa Moulton (Trona), second in the Southern Section



**CHI JOHNSON - High Jump**

Photo by Bill Cockerham

at 5-4; sophomore Tanya Lazar-Lea (McAteer, San Francisco), the San Francisco Section champion at 5-6; junior Trina Bindel (Eureka), the North Coast Section champion at 5-7; and Johnson, the Central Coast Section champion at 5-9 1/2.

Johnson won the final at 5-8. Johnson

cleared 5-2 and 5-4 on her first jump, missed once at 5-6 and 5-7, cleared 5-8 on first jump, and missed three times at 5-10. Moulton and Smith, second in the Sacramento Section at 5-6, placed second at 5-7.

## Finals:

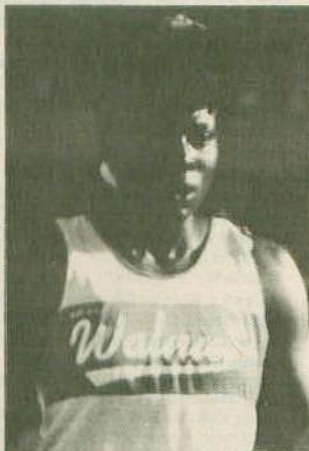
1	Chi Johnson (Menlo-Ather)	5-8
2	Tanya Smith (Cordova)	5-7
3	Clarissa Moulton (Trona)	5-7
4	Cindy Harmon (Oak Ridge)	5-7
5	Trina Bindel (Eureka)	5-7
6	Tanya Lazar-Lea (McAteer)	5-7
7	Karyn Armstrong (TorrPines)	5-6
8	Janea Oliveira (Lemoore)	5-4
9	Krystal Kirkland (Hesperia)	5-2

Finalists: Moulton (Trona), Lazar-Lea (SF, McAteer), Bindel (Eureka), Johnson (Atherton, Menlo-Atherton), Harmon (El Dorado Hills Oak Ridge), Smith (Cordova, Rancho Cordova), Oliveira (Lemoore) 5-5; Armstrong (Encinitas, Torrey Pines), Kirkland (Hesperia) 5-4; Non-Qualifiers: Weeks (San Diego, Madison) 5-4, Mertes (Chatsworth) 5-3, Bryon (Villa Park), Pakkie (Buena), Gibbs (Glendora), White (Woodland Hills, Taft), Beauchamp (Granada Hills) 5-2, Barnes (El Cajon Granite Hills) 5-0, Foreman (Locke) no height, Hausvick (Monte-rey) 5-0, Shavies (Oakland Tech) no height, Jurnila (Antioch) 5-4, Salmon (Live Oak) 5-4, Anderson (Clovis) 5-2, Pruitt (West Vly) 5-0, Gardner (Sier-ra), ht. unknown, Johnson (Vacaville) ht. unknown, Jenkins (San Ramon) ht. unknown, Hannon (Granada) ht. unknown.

## Long Jump:

The state meet record of 20-9 3/4 was set by Wendy Brown (Woodside) in 1984. The national record of 22-1 3/4 was set by Kathy McMillan (Raeleford, NC) in 1976.

The leading qualifiers were: junior Juliana



**JULIANA YENDORK-Long/Triple Jump**

Photo by Bill Cockerham

Yendork (Walnut), the defending champion at 20-2 1/2, and third in the nation at 19-9 1/2; junior Amy Mitchell (Rancho Cotate, Rohnert Park), fifth last year at 18-5 1/4, at 19-6 1/2; and sophomore Kam Warner (West, Bakersfield) at 19-0 1/2.

Yendork, the Southern Section champion

at 19-4, jumped 20-5 3/4 in the preliminaries, the best jump in the nation. Mitchell, the North Coast Section champion at 19-5 3/4, was second at 19-8 and senior Stacy Peterson (Dos Pueblos, Goleta), second in the Southern Section at 17-11, was third at 18-6 3/4.

Yendork won the final at 20-1 1/2. Her series: foul, 19-8 3/4, foul, 20-1 1/2, foul, 19-2 1/2. Mitchell placed second at 19-3 3/4, and Peterson was third at 18-10 1/2.

## Finals:

1	Juliana Yendork (Walnut)	20-1 1/2
2	Amy Mitchell (Rancho Cotate)	19-3 3/4
3	Stacy Peterson (Dos Pueblos)	18-10 1/2
4	Kam Warner (W. Bakersfield)	18-4 1/2
5	Keri Sanchez (San Ter, SJ)	17-11 1/4
6	Tammel House (Hoover, Fresno)	17-9
7	Lisa Collett (Lynbrook, SJ)	17-8 1/2
8	Melissa McDonald (Mat Dei)	17-5 1/2
9	Nitra Young (Tulare)	17-1 1/2

Finalists: Yendork (Walnut) 20-5 3/4, Mitchell (Rohnert Park, Rancho Cotate) 19-8, Peterson (Dos Pueblos) 18-6 3/4, Young (Tulare) 18-5 3/4, Warner (Bakersfield, West) 18-5 3/4, McDonald (Mat Dei) 18-3 1/4, Collett (San Jose, Lynbrook) 18-0 1/2, Sanchez (San Jose, Santa Teresa) 18-0 1/4, House (Fresno, Hoover) 17-11, Non-Qualifiers: Burnham (Rio Mesa) 17-8, Tully (Torrence) 17-6 1/2, Bryant (LA Banning) 17-5, Terry (Granada Hills, Kennedy) 17-4, Williams (Gardena) 17-0 1/4, Means (Van Nuys) 16-11, Crisell (Fallbrook) 16-9, Conston (Oceanside) 16-3 1/2, Woodard (Stagg) 16-4 3/4, Lewis (Mesa Verde) 17-10 1/4, Scott (Cordova) 16-10, Guthrie (Tulalake), Eagles (Skyline), Parker (Logan), Spragon (Logan), Horn (Alafales), Ellison (Mt. Pleasant) Gang (San Pasqual), Ferguson (Washington) -no mark available.

## Triple Jump:

The state meet and national record of 42-10 1/2 was set by Wendy Brown (Woodside) in 1984.

The leading qualifiers were: junior Juliana Yendork (Walnut), the defending champion at 41-10, and second in the nation at 42-1; senior Lisa Fager (Mission Viejo) at 40-10w; and senior Angela Sims (Oceanside) 39-6w.

Yendork, the Southern Section champion at 42-1, triple jumped 41-3 3/4 in the preliminaries. Fager, second in the Southern Section at 38-5 3/4, was second at 39-1 1/4. Sophomore Kam Warner (West, Bakersfield), the Central Section champion at 38-4 1/2, was third at 38-5 1/4.

Yendork won the final at 42-0 1/4. Her series: foul, foul, 41-9 3/4, 41-5 3/4, 41-3 3/4, 42-0 1/4. Sims placed second at 38-2 1/4. Junior Tamara Hawthorne (Cordova, Rancho Cordova), the Sacramento Section champion at 38-6 3/4, was third at 38-1 1/2.

## Finals:

1	Juliana Yendork (Walnut)	42-0 1/4
2	Angela Sims (Oceanside)	38-2 1/4
3	Tamara Hawthorne (Cord)	38-3 1/2
4	Kathy Hannon (Granada)	37-11 1/4
5	Lisa Fager (Mission Viejo)	37-6 3/4
6	Kam Warner (WBakersfield)	37-4 3/4
7	Lynette Parker (Logan)	36-10
8	Katina Harrison (Mt. Miguel)	36-5
9	Stefanie Harf (YgnValley)	36-2 1/2

continued next page...



# CIF / Reebok California State Meet

**Finalists:** 1. Yendork (Walnut) 41-3 3/4, Fager (Mission Viejo) 39-1 1/4, Warner (Bakersfield, West) 38-5 1/4, Hannon (Granada) 38-4, Hanf (Concord, Ygnacio Valley) 38-3, Sims (Oceanside) 38-0 3/4, Hawthorne (Cordova, Rancho Cordova) 37-11 1/4, Parker (Union City, Logan) 37-4 1/4, Harrison (Spring Valley, Mt. Miguel) 37-3 1/4. **Non-Qualifiers:** Graham (Mission Viejo) 37-2 1/4, Kirkland (Hesperia) 37-2, Sutherland (Muir) 37-1 1/4, Andrews (Encinitas, Torrey Pines) 35-8 3/4, Johnson (Dorsey) 35-2 1/2, Byron (Locke) 33-8 1/4, Moreno (LA Lincoln) 33-6 3/4, Means (Van Nuys) 33-5 3/4, Anderson (McAteer) 34-11 1/2, Hicks (Fremont) 34-10, Joyner (Chico) 34-2 1/4, Lee (Palo Alto) 35-3 3/4, Cochran (Blackford) no mark, Sweet (Mitty) 35-7 1/2, Renton (Downey) 34-9 3/4, Horn (Acalanes) 36-11 1/4, Montgomery (Clovis West) 36-4 1/2, Lewis (Mesa Verde) 36-3 3/4, Kate Haller (Garces) no mark available.

## Shot Put:

The state meet record of 52-7 1/2 was set by Natalie Kaaiwahia (Fullerton) in 1983. The national record of 53-7 3/4 was set by Kaaiwahia in 1983.

The leading qualifiers were: senior Dawn Dumble (Bakersfield), the 1988 state champion at 48-2 1/2, and second in the nation at 50-11 3/4; senior Melisa Weis (Bakersfield), the defending champion at 44-1, at 49-2; and senior Happy Timo (Twentynine Palms) at 44-10 3/4.



**DAWN DUMBLE-Shot Put**

*Fine Flicks by Don Gosney*

Dumble, the Central Section champion at 49-7 1/2, put the shot 49-3 1/2 in the preliminaries. Weis, second in the Central Section at 49-1 1/2, was second at 47-1 3/4. Senior Danyel Mitchell (Vallejo), the Sacramento Section champion at 43-4 1/4, was third at 45-5.

Dumble won the final at 49-3 1/2. Her series: 48-1, 48-7, 46-5 1/2, 46-8 3/4, 47-6 1/4, 49-3 1/2. Weis placed second at 47-1 3/4, and Mitchell was third at 44-2 1/4.

### Finals:

1 Dawn Dumble (Bakersfield)	49-3 1/2
2 Melisa Weis (Bakersfield)	47-1 3/4
3 Danyel Mitchell (Vallejo)	44-2 1/4
4 Myra Smith (Workman)	42-4 1/4

5 Happy Timo (29 Palms)	42-1
6 Mika Hilaire (Pittsburg)	41-10 1/2
7 Nicole Logan (Novato)	41-3 1/2
8 Tanisha Huddleston (Merced)	39-9 1/2
9 Rene Hopkins (Burbank, Sact)	38-11

**Finalists:** Dumble (Bakersfield) 48-4 1/4, Weis (Bakersfield) 47-4 1/4, Mitchell (Vallejo) 45-5, Hilaire (Pittsburg) 40-8 1/2, Timo (Twentynine Palms) 40-4 3/4, Smith (Workman) 40-4, Logan (Novato) 40-3 1/2, Huddleston (Merced) 39-8 1/2, Hopkins (Sacramento Burbank) 39-4. **Non-Qualifiers:** Houston (Chula Vista, Montgomery) 39-2 3/4, Stricklin (Arroyo Grande) 38-4 3/4, Dunn (Mission Viejo) 38-1 1/4, Bryant (Bell) 36-8, Alo (Santa Ana Valley) 36-8, Bailey (Ramona, San Diego Sec.) 36-5 1/4, Woodard (Granda Hills Kennedy) 35-8 1/2, Wright (Narbonne) 32-6 3/4, Aversano (Granada Hills) 31-4, Beers (Poway) did not compete, Trujillo (Lowell) 30-2 1/4, Long (Fremont) did not compete, Halcrow (Novato) 36-5 1/2, Garcia (Amador Vly) 35-6 1/2, Maldada (Pioneer) 38-6, Flagg (Anderson) 37-11, Wirtz (Leland) 37-11 1/2, Stephany (Hoover) & Molnar (Carlmont) no mark available.

## Discus:

The state meet record of 172-11 was set by Leslie Deniz (Gridley) in 1980. The national record of 176-4 was set by Cindy Johnson (Chandler, AZ) in 1982.

The leading qualifiers were: senior Melisa Weis (Bakersfield), the two-time defending champion at 168-0, and the national leader at 176-10; senior Dawn Dumble (Bakersfield), the 1987 state champion at 144-10, and second in the nation at 171-2; and junior Celeste McVey (Redlands) at 150-3.

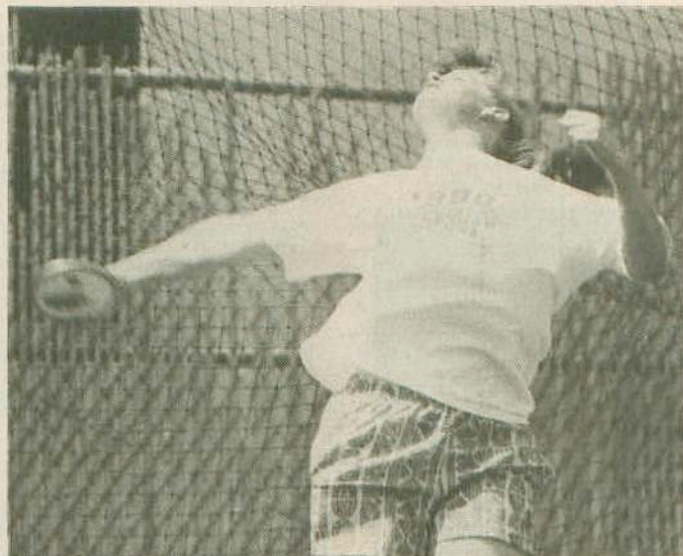
Weis, the Central Section champion at 176-10, threw 172-3 in the preliminaries. Dumble, second in the Central Section at 171-2, was second at 157-7. Sophomore Mindy Wirtz (Leland, San Jose), the Central Coast Section champion at 144-1 1/4, was third at 154-5.

Weis won the final at 169-11. Her series: 159-9, 163-10, 169-11, 152-11, 160-10, 163-6. Dumble placed second at 157-9, and McVey was third at 145-5.

### Finals:

1 Melisa Weis (Bakersfield)	169-11
2 Dawn Dumble (Bakersfield)	157-9
3 Celeste McVey (Redlands)	145-5
4 Mindy Wirtz (Leland)	145-1
5 Danyel Mitchell (Vallejo)	142-4
6 Jodie Warr (Rubidoux)	141-9
7 Jessica Aldeman (Miss, SJ)	135-1
8 Kathleen Bihis (Mt. Carm)	133-6
9 Debbie Hargrove (Estancia)	133-5

**Finalists:** Weis (Bakersfield) 172-3, Dumble (Bakersfield) 157-7, Wirtz (San Jose Leland) 154-5, McVey (Redlands) 149-6, Bihis (San Diego Mt. Carmel) 139-6, Hargrove (Estancia) 137-2, Aldeman (Fremont Mission San Jose) 136-6, Mitchell (Vallejo) 136-0. **Non-Qualifiers:** Arrington (Palm-dale) 135-7, Midland (Estancia) 131-4, Wadington (El Cajon Granite Hills) 118-9, Moreno (LA Marshall) 109-8, Allen (Lakeside El Capitan) 109-2, Byrde (Galileo) 84-7, Schueter (Yreka) 129-9, Yacorski (Rancho Cotate) 114-9, Templeton (South Fork) 121-8, Wagner (Lynbrook) 127-0, Jost (Immanuel) 134-0, Dumas (Mt. Pleasant) 134-4, Garcia (Amador Vly) 128-3, Kailiwa (Loretto) 135-2, Huddleston (Merced) 132-5.



**MELISA WEIS-Discus**

*Fine Flicks by Don Gosney*

## Team Scoring:

Bakersfield, the Central Section champion with 68 points, won their second team title with 61 points, they tied for the title with Rio Mesa (Oxnard) in 1988. Morningside (Inglewood) placed second with 30 points. There was a three way tie for third among Walnut, Santa Monica, and Rio Mesa at 20 points.

1. Bakersfield 61 points--18 Dumble (1st SP, 2nd DT), 18 Weis (1st DT, 2nd SP), 10 Nichols (1st 400), 10 (1st 400 relay), 4 (4th 1600 relay), 1 Jackson (6th 100).
2. Morningside 30 points--16 Arnold (2nd 1

00, 2nd 200), 10 (1st 1600 relay), 4 Stringer (4th 400).

3. Walnut 20 points--20 Yendork (1st LJ, 1st TJ).

3. Santa Monica 20 points--20 Lipscomb (1st 100 LH, 1st 300 LH).

3. Rio Mesa 20 points--20 Jones (1st 100, 1st 200).

### Overall Results

1. Bakersfield 61, 2. Morningside 30, 3. Cordova 23, 4. Walnut, Santa Monica, and Rio Mesa 20, 7. Hawthorne 16.

## BACK ISSUES AVAILABLE...

...Beginning with issue No. 1 (Sept./Oct. 1974) all issues (except No. 36--June 1979) are still available.

The cost is \$3.00 each (including postage and handling). Order 10 or more and we pay the postage (ie. \$2.25 each). Order by volume number or date



CT&RN • 4957 E. Heaton Ave. • Fresno, CA 93727



# PREP NOTES

By KEITH CONNING

## Southern Section Divisional Championships

May 19, Cerritos College.

### Boys

#### 100 Meters:

4A: 1. Green (Long Beach Poly) 10.79, 2. Martin (San Clemente) 10.84, 3. Levy (Lynwood) 10.86.  
3A: 1. Lawyer (Santa Barbara) 10.98, 2. Mitchell (Los Alamitos) 11.16, 3. Hargraves (Bishop Montgomery) 11.25. 2A: 1. Kaufman (Lompoc) 10.80, 2. Harding (San Dimas) 11.07, 3. Moore (Pomona) 11.17. 1A: 1. Lindsay (Cabrillo) 11.42, 2. Alexander (Temecula Valley) 11.43, 3. Creshon (Temecula Valley) 11.47.

#### 200 Meters:

4A: 1. Green (Long Beach Poly) 21.27, 2. Carrigan (Compton) 21.32, 3. Thomas (San Bernardino) 21.62. 3A: 1. Michielli (Los Alamitos) 21.65, 2. Lawyer (Santa Barbara) 21.65, 3. Fleming (Canyon Springs) 22.26. 2A: 1. Kaufman (Lompoc) 21.69, 2. McCladde (Compton, Centennial) 22.05, 3. Harding (San Dimas) 22.32. 1A: 1. Richter (Oak Park) 22.58, 2. Hart (Brethren) 22.75, 3. Tribelhorn (Moorpark) 22.83.

#### 400 Meters:

4A: 1. Sulzer (Muir) 48.53, 2. Hale (Simi Valley) 49.28, 3. Hughes (Rubidoux) 49.37. 3A: 1. James (Ontario) 48.96, 2. Sims (Esperanza) 48.57, 3. Wesley (Kalamita) 48.96. 2A: 1. McCladde (Centennial, Compton) 48.34, 2. Hensley (Temple City) 49.43, 3. Gordon (Bolsa Grande) 50.46. 1A: 1. Richter (Oak Park) 49.00, 2. Prestidge (Santa Maria, St. Joseph) 50.32, 3. Lee (Atascadero) 50.32.

#### 800 Meters:

4A: 1. Jenkins (Eisenhower) 1:53.72, 2. Fairman (Eisenhower) 1:55.04, 3. Tyner (Cerritos) 1:55.46. 3A: 1. Terry (El Modena) 1:55.05, 2. Robinson (Santa Barbara) 1:55.83, 3. Gladwell (Norco) 1:58.01. 2A: 1. Quintana (Arroyo Grande) 1:51.91, 2. Bartsch (Los Angeles) 1:57.43, 3. Chalk (Northview) 1:58.44. 1A: 1. Candaele (Carpinteria) 1:50.87, 2. Putta (Carpinteria) 1:55.43, 3. Lewis (Webb) 1:55.75.

#### 1600 Meters:

4A: 1. Kile (Camarillo) 4:15.20, 2. Harris (Hoover) 4:17.02, 3. McCallery (Marina) 4:17.30. 3A: 1. Goodrich (Dos Pueblos) 4:16.67, 2. Lepkin (Hart) 4:17.10, 3. Thibault (Newport Harbor) 4:18.19. 2A: 1. Quintana (Arroyo Grande) 4:07.20, 2. Rigal (Loyola) 4:18.90, 3. Garcia (Northview) 4:20.63. 1A: 1. Candaele (Carpinteria) 4:06.58, 2. Darnworth (Agoura) 4:12.64, 3. Bergman (Whittier Christian) 4:21.10.

#### 110 Meter High Hurdles:

4A: 1. Reynolds (Nogales) 14.47w, 2. Anderson (Riverside North) 14.54, 3. Smith (Hawthorne) 14.59. 3A: 1. Green (Garey) 14.61, 2. Ballo (Damien) 15.45, 3. Allford (Foothill) 15.46. 2A: 1. Kiehl (Crespi) 14.66, 2. Smith (South Torrance) 14.87, 3. Rasmus (San Dimas) 15.00. 1A: 1. Alexander (Temecula Valley) 15.38m, 2. Castillo (Agoura) 15.42, 3. Loguidice (Miraleste) 15.64.

#### 300 Meter Intermediate Hurdles:

4A: 1. Johnson (Cajon) 37.60, 2. Reynolds (Nogales) 37.87, 3. Washington (Rowland) 38.98. 3A: 1. Richardson (Esperanza) 39.61, 2. Schwartz (Bishop Montgomery) 39.63, 2A: 1. Kiehl (Crespi) 39.03, 2. DeBerry (San Dimas) 39.32, 3. Rasmus (San Dimas) 39.43. 1A: 1. Alexander (Temecula Valley) 39.85, 2. Deardon (Morro Bay) 40.02, 3.

Coffman (Western Christian) 40.48.

#### 400 Meter Relay:

4A: 1. Muir 41.16, 2. San Bernardino 41.29, 3. Dominguez 41.71. 3A: 1. Esperanza 42.90, 2. Ontario 43.13, 3. Oxnard 43.30. 2A: 1. Lompoc 42.72, 2. Morningside 43.10, 3. Pomona 43.15. 1A: 1. Cabrillo 43.24, 2. Temecula Valley 43.87, 3. Harvard 44.09.

#### Long Jump:

4A: 1. Smith (San Bernardino) 24-1 1/4, 2. Abawi (Marina) 22-5, 3. Johnson (Apple Valley) 22-4. 3A: 1. Duff (Etiwanda) 25-5 1/2w, 2. Lawyer (Santa Barbara) 23-6w, 3. Thompson (Santa Barbara) 23-1 1/4. 2A: 1. Kaufman (Lompoc) 23-6 3/4, 2. Singbandith (Magnolia) 23-2 1/2w, 3. Williams (Valencia) 22-11 1/2w. 1A: 1. Robinson (Cabrillo) 22-4 1/4, 2. Kelley (Tehachapi) 22-2 3/4, 3. Harle (Brethren) 22-1 3/4.

#### Discus:

4A: 1. Marrone (Dana Hills) 192-1, 2. Parrott (Blair) 168-2, 3. Calvin (Ridgecrest Burroughs) 167-1. 3A: 1. Hodel (Don Lugo) 184-11, 2. Bustamante (Schurr) 174-3, 3. Haghighi (University) 173-5. 2A: 1. Parin (Mayfair) 182-3, 2. Cowen (Western) 159-10, 3. Farbaniec (Trabuco Hills) 154-2. 1A: 1. Willis (Cabrillo) 170-8, 2. Degnan (Atascadero) 162-11, 3. Blakemore (Santa Ynez) 161-7.

### Girls

#### 100 Meters:

4A: 1. Miller (Muir) 11.55, 2. Bradfield (Dominguez) 12.03, 3. Terry (Muir) 12.14. 3A: 1. Jones (Rio Mesa) 11.79, 2. Woods (Duanle) 12.52, 3. Peterson (Dos Pueblos) 12.68. 2A: 1. Arnold (Morningside) 12.47, 2. Williams (Blair) 12.52, 3. Brooks (Pius X) 12.65. 1A: 1. Frank (Oak Park) 12.62, 2. Shuntay Taylor (Western Christian) 12.81, 3. Hunter (Brethren) 12.84.

#### 200 Meters:

4A: 1. Miller (Muir) 24.16, 2. Terry (Muir) 24.97, 3. Bradfield (Dominguez) 25.14. 3A: 1. Jones (Rio Mesa) 24.02, 2. Campbell (Alta Loma) 24.93, 3. Wood (Duanle) 25.57. 2A: 1. Jones (St. Anthony) 24.82, 2. Arnold (Morningside) 24.91, 3. Arnold (Morningside) 24.91. 1A: 1. Shuntay (Western Christian) 25.74, 2. Hunter (Brethren) 25.75, 3. Toney (Atascadero) 25.88.

#### 400 Meters:

4A: 1. Smith (Paramount) 56.46, 2. Prothro (Long Beach Poly) 56.55, 3. Ball (Compton) 56.74. 3A: 1. Campbell (Alta Loma) 55.61, 2. Haynes (Bishop Montgomery) 56.23, 3. Arguelles (Corona) 56.80. 2A: 1. Jones (St. Anthony) 55.19, 2. Stringer (Morningside) 55.35, 3. Keffler (Woodbridge) 56.72. 1A: 1. Toney (Atascadero) 56.43, 2. Sacora Taylor (Western Christian) 59.85, 3. Herdman (Cabrillo) 60.29.

#### 800 Meters:

4A: 1. Taylor (Edison) 2:15.57, 2. Moses (Ramona) 2:17.10, 3. Robinson (Muir) 2:17.85. 3A: 1. Miller (Kalamita) 2:15.80, 2. Tobias (Upland) 2:17.02, 3. Thomas (Newport Harbor) 2:18.33. 2A: 1. Hsu (San Marino) 2:18.42, 2. Johnson (Morningside) 2:19.74, 3. Pacheco (Glenn) 2:19.86. 1A: 1. Toney (Atascadero) 2:11.27, 2. Shaw (Fillmore) 2:14.12, 3. McNulty (Santa Ynez) 2:20.57.

#### 1600 Meters:

4A: 1. Taylor (Edison) 4:59.17, 2. Sumi (Long Beach Wilson) 5:01.36, 3. Castruita (West Covina) 5:04.09. 3A: 1. Thrasher (Villa Park) 5:02.10, 2. Flathers (Mater Dei) 5:04.32, 3. Dahlberg (El Modena) 5:08.74. 2A: 1. Heoz (South Hills) 5:12.38, 2. Griffith (Walnut) 5:06.87, 3. Robles (Woodbridge) 5:07.47. 1A: 1. Drossin (Agoura) 5:18.73, 2. Shaw (Fillmore) 5:31.91, 3. Lacovara (Morro Bay) 5:07.32.

#### 100 Meter Hurdles:

4A: 1. Lipscomb (Santa Monica) 14.06, 2. Sutherland (Muir) 14.72, 3. Barnes (Fontana) 14.72. 3A: 1. Jackson (Esperanza) 15.08w, 2. Robinson (Santa Ana Valley) 15.23, 3. Malone (Claremont) 15.33. 2A: 1. Sims (Lompoc) 14.35w, 2. Tolson (La Quinta) 14.44, 3. Nickerson (Morningside) 14.58. 1A: 1. Brooks (Atascadero) 14.97, 2. Lewis (Maranatha) 15.30, 3. Wright (Orange Lutheran) 15.31.

#### 300 Meter Low Hurdles:

4A: 1. Lipscomb (Santa Monica) 43.97, 2. Bernard (Nogales) 45.31, 3. Peterson (Palm Springs) 45.54. 3A: 1. Young (Corona del Mar) 45.42, 2. Jackson (Esperanza) 45.53, 3. Martinez (Bishop Montgomery) 46.67. 2A: 1. Sims (Lompoc) 43.18, 2. Keffler (Woodbridge) 44.49, 3. Tolson (La Quinta) 54.91. 1A: 1. Wright (Orange Lutheran) 46.35, 2. Brooks (Atascadero) 47.29, 3. Kameya (Agoura) 47.45.

#### 400 Meter Relay:

4A: 1. Muir 48.20, 2. Hawthorne 47.69, 3. Long Beach Poly 48.43. 3A: 1. Rio Mesa 47.65, 2. Duarte 49.10, 3. Alta Loma 49.46. 2A: 1. St. Bernard 47.92, 2. Morningside 47.96, 3. Blair 49.12. 1A: 1. Western Christian 50.02, 2. Oak Park 50.92, 3. Santa Margarita 51.18.

#### Long Jump:

4A: 1. Axtell (Mission Viejo) 17-11 3/4, 2. Tully (Torrance) 17-7 3/4, 3. Jones (Fontana) 17-3 3/4. 3A: 1. Peterson (Dos Pueblos) 17-9 3/4, 2. Burnham (Rio Mesa) 17-1 1/4, 3. McDonald (Mater Dei) 17-7. 2A: 1. Yandok (Walnut) 19-7 1/2, 2. Leslie (Morningside) 17-6 3/4w, 3. Harris (Morningside) 17-3 3/4. 1A: 1. Traver (Santa Clara) 16-9 1/4, 2. Paik (Cerritos Valley Christian) 16-6 1/4, 3. Brooks (Atascadero) 16-5 1/4.

#### Shot Put:

4A: 1. Arrington (Palmdale) 40-0 1/2, 2. Dunn (Mission Viejo) 40-0, 3. Atwell (Arcadia) 39-10. 3A: 1. Alo (Santa Ana Valley) 39-9, 2. Obemator (Estancia) 37-6 3/4, 3. Schulte (Upland) 37-9. 2A: 1. Stricklin (Arroyo Grande) 40-9 1/4, 2. Smith (Workman) 39-0 1/4, 3. Fisher (West Torrance) 38-0 3/4. 1A: 1. H. Tim (Twentynine Palms) 41-7 1/2, 2. Fisher (Calabasas) 35-1 1/2, 3. Kleinans (Santa Paula) 34-11 3/4.

2. Sanchez (Madera) 1:57.76  
3. Hinojosa (Fresno Clovis West) 1:58.22

#### 1600 Meters:

1. Sanchez (Madera) 4:20.61  
2. Sanchez ("Delano) 4:22.02  
3. Santiago (Madera) 4:23.79

#### 3200 Meters:

1. Cardenas (Sanger) 9:37.91  
2. Trujillo (Fresno Golden West) 9:38.93  
3. Morales (Easton Washington) 9:39.08

#### 110 Meters High Hurdles:

1. Youngblood (Corcoran) 14.46w  
2. Carter (Bakersfield South) 14.53w  
3. Marks (Fresno McLane) 14.84w

#### 300 Meter Intermediate Hurdles:

1. Bigham (Fresno McLane) 39.43  
2. Arriola (Golden West, Visalia) 40.05  
3. Carter (Bakersfield South) 41.09

#### 400 Meter Relay:

1. Fresno Edison 41.86  
2. Bakersfield 42.30  
3. Lemoore 42.39

#### 1600 Meter Relay:

1. Bakersfield 3:22.73  
2. Lemoore 3:23.27  
3. Medrano (Madera) 3:23.88

#### High Jump:

1. Hendrix (Bakersfield South) 6'8  
2. Bass (Chowchilla) 6'8  
3. King (Fresno Clovis West) 6'4



JON FRANK

Photo by Bill Cockerham

## CIF SECTION CHAMPIONSHIPS

### BOYS

#### Central Section

#### 100 Meters:

1. Jones (Fresno Edison) 10.51w  
2. Butler (Tulare) 10.51w  
3. Douglas (Fresno Edison) 10.67w

#### 200 Meters:

1. Jones (Fresno Edison) 21.72w  
2. Butler (Tulare) 21.78w  
3. Adams (Bakersfield) 21.92w

#### 400 Meters:

1. Ogans (Tulare) 49.99  
2. Young (Fresno) 50.52  
3. Marquez (Fresno Central) 50.60

#### 800 Meters:

1. Titus (Clovis) 1:55.89

#### Pole Vault:

1. Cox (Fresno Hoover) 15'0  
2. Fralry (Lemoore) 15'0  
3. Garcia (Coalinga) 14'0



# PREP NOTES

## Long Jump:

1 Cummings (Lemoore)	23-6w
2 Wilson (Easton Washington)	23-3w
3 Douglass (Fresno Edison)	23-0 1/2w

## Triple Jump:

1 Rollins (Wasco)	48-7 1/2w
2 Baker (Bakersfield Foothill)	48-3 1/2w
3 Martin (Tulare Western)	47-11w

## Shot Put:

1 Frank (Bakersfield)	57-2 1/2
2 Gutierrez (Visalia Mt. Whitney)	55-10
3 Karsevar (Clovis)	51-7 1/2

## Discus:

1 Powell (Reedley)	202-1
2 Karsevar (Clovis)	186-6
3 Frank (Bakersfield)	178-5

## Central Coast Section

### 100 Meters:

1 Hill (San Jose Oak Grove)	10-97
2 Fields (San Mateo)	11-13
3 Rankin (San Francisco Rioridan)	11-17

### 200 Meters:

1 Hill (Oak Grove)	22-20
2 Fields (San Mateo)	22-31
3 Jones (Santa Cruz)	22-32

### 400 Meters:

1 Scheerer (SJ Silver Creek)	48-36
2 Byrnoe (Palo Alto Gunn)	48-71
3 Dawkins (Cupertino Homestead)	49-34

### 800 Meters:

1 Magness (SJ Santa Teresa)	1-53.79
2 Kemist (San Mateo Aragon)	1-55.22
3 Avalos (San Mateo)	1-56.15

### 1600 Meters:

1 Ringer (Cup. Homestead)	4-15.5
2 Waxman (San Mateo)	4-17.4
3 Rodriguez (San Lorenzo Valley)	4-19.6

### 3200 Meters:

1 Hannon (Woodside)	9-15.4
2 Waxman (San Mateo)	9-20.7
3 Zddak (SJ Bellarmine)	9-30.9

### 110 Meter High Hurdles:

1 Morris (SJ Hill)	14-08
2 Carson (Daly City Jefferson)	14-75
3 Casey (SJ Bellarmine)	14-88

### 300 Meter Intermediate Hurdles:

1 Morris (SJ Hill)	37-47
2 Baxter (SJ Bellarmine)	38-46
3 Shields (Santa Cruz)	38-45

### 400 Meter Relay:

1 SF Rioridan	41-94
2 SJ Independence	42-82
3 Cup. Homestead	42-70

### 1600 Meter Relay:

1 SJ Santa Teresa	3-23.54
2 SJ Yerba Buena	3-23.71
3 SJ Silver Creek	3-23.83

### High Jump:

1 Prior (SM Aragon)	6-6
2 Rucks (Milpitas)	6-6
3 Carson (SJ Lynbrook)	6-4

### Pole Vault:

1 Lasquetie (SJ Mt. Pleasant)	16-0 1/2
2 Buckley (Mt. View, St. Francis)	15-4
3 Friedenbach (Santa Cruz)	15-0

### Long Jump:

1 Stevenson (Gilroy)	23-9 3/4
2 Moore (SJ Branhan)	23-8 1/2
3 Jones (Santa Cruz)	23-5 3/4

### Triple Jump:

1 Atkins (San Bruno Westmoor)	47-8 1/2
2 Price (Salinas)	47-4 1/4
3 Baxter (SJ Bellarmine)	46-9 1/4

### Shot Put:

1 McMahon (SJ Bellarmine)	57-11 1/2
2 Gardner (SJ Lincoln)	56-1
3 Dale (SJ Leland)	56-0 1/2

### Discus:

1 Duffey (SM Aragon)	189-1
2 Swanson (Hollister)	178-1
3 Bowers (SJ Bellarmine)	176-8

## Los Angeles Section

### 100 Meters:

1 Burks (Washington)	10-80
2 Jefferson (Carson)	10-99
3 Green (Washington)	11-00
4 Hicks (Crenshaw)	11-04

### 200 Meters:

1 Burks (Washington)	21-39
2 Goss (Washington)	21-71
3 Woods (Locke)	21-91
4 Green (Washington)	21-91

### 400 Meters:

1 Warren (Dorsey)	47-72
2 Benitez (Taft)	47-89
3 Templeton (Crenshaw)	48-19
4 Floyd (Locke)	48-21

### 800 Meters:

1 Mitchell (Crenshaw)	1-55.46
2 Simpson (Washington)	1-56.40
3 Whitehead (Fremont)	1-56.66
4 Weisman (North Hollywood)	1-57.39

### 1600 Meters:

1 Gastelum (Birmingham)	4-11.78
2 Jordan (Venice)	4-20.38
3 Meston (Venice)	4-20.86
4 Moreno (Venice)	4-22.97

### 3200 Meters:

1 Aguirre (San Fernando)	9-23.41
2 Morales (Wilson)	9-26.32
3 Gastelum (Birmingham)	9-26.65
4 Wren (Harbome)	9-29.72

### 110 Meter High Hurdles:

1 Campbell (Banning)	14-47
----------------------	-------

### 1600 Meter Relay:

1 Dorsey	3-16.23
2 Washington	3-16.74
3 Locke	3-18.66
4 Banning	3-19.70

### High Jump:

1 Mabry (Gardena)	6-5
2 Cannon (Taft)	6-4
3 Roderick (Van Nuys)	6-2
4 Tracy (Jordan)	6-2

### Pole Vault:

1 Schrier (Birmingham)	13-6
2 Galaz (Garfield)	13-0
3 Van Aspe (Taft)	13-0
4 Connolly (Poly)	13-0

### Long Jump:

1 Woods (Locke)	22-8
2 Reed (Canoga Park)	22-6
3 Sims (Carson)	22-4 1/2
4 Perkins (Carson)	22-0 3/4

### Triple Jump:

1 Sourry (Washington)	45-7
2 Carter (Taft)	45-3 1/4
3 Johnson (Banning)	45-1 1/2
4 Durr (El Camino Real)	44-2 1/4

### Shot Put:

1 Bernard (Taft)	53-4 1/2
2 Gardley (Canoga Park)	52-0
3 Freeman (Van Nuys)	49-3 3/4
4 Patton (Banning)	47-2

### Discus:

1 Signeros (UC Logan)	178-11
2 Freeland (Pleasant Amador Valley)	173-6
3 Garcia (UC Logan)	168-3
4 Spohr (Clear Lake Lower Lake)	154-8

### 1600 Meter Relay:

1 Held (Santa Rosa)	1-53.06
2 Robbins (Concord De La Salle)	1-54.27
3 Yerton (Eureka)	1-54.43
4 Price (El Cerritos)	1-54.44

### High Jump:

1 Berkowitz (Hayward)	4-18.47
2 Boulet (San Anselmo Drake)	4-19.15
3 Guernini (Santa Rosa)	4-19.67
4 Mamo (Berkeley)	4-22.26

### 3200 Meters:

1 Seven (Concord De La Salle)	9-10.50
2 Coulston (Con. De La Salle)	9-24.85
3 Ashbrenner (San Ramon Calif)	9-25.27
4 Berkowitz (Hayward)	9-26.60

### 110 Meter High Hurdles:

1 Warren (Clayton Valley)	14-24
2 Lincoln (Rich. De Anza)	14-32
3 Primo (Con. Ygnacio Valley)	14-50
4 Smith (Pittsburgh)	14-69

### 300 Meter Intermediate Hurdles:

1 Scott (Union City Logan)	38-43
2 Jett (Berkeley St. Mary's)	38-68
3 Smith (Pittsburgh)	38-72
4 Van Buren (Con. Ygnacio Vly)	39-03

### 400 Meter Relay:

1 UC Logan	42-72
2 Rich. De Anza	43-30
3 Benicia	43-32
4 El Cerritos	43-45

### 1600 Meter Relay:

1 UC Logan	3-18.88
2 Oakland Bishop O'Dowd	3-21.15
3 Santa Rosa	3-22.91

### High Jump:

1 Walker (Hayward)	6-4
2 Fekete (WC Las Lomas)	6-4
3 Tucker (Mirada South Fork)	6-2
4 Siegal (Con. De La Salle)	6-2

### Pole Vault:

1 Daily (Con. Ygnacio Valley)	15-3
2 Olson (UC Logan)	13-0
3 Bruneau (Willits)	13-0
4 Lenzen (UC Logan)	13-0

### Long Jump:

1 Dominid (UC Logan)	22-10 1/2
2 Kermolan (Moraga Campo)	22-1 1/2
3 Gray (Santa Rosa Montgo)	22-1
4 Thornton (Alameda Encinal)	21-8 1/2

### Triple Jump:

1 Walker (San Ramon Calif)	46-11 3/4
2 Terrell (UC Logan)	46-1 3/4
3 Haywood (Berkeley St. Mary's)	46-0 3/4
4 Olson (UC Logan)	45-5 1/2

### Shot Put:

1 Loggins (Hay. Moreau)	56-5
2 Munoz (Antioch)	54-2 1/4
3 Freeland (Pleasant Amador Vly)	52-6
4 Asbell (Danville Monte Vista)	52-0 3/4

### Discus:

1 Signeros (UC Logan)	178-11
2 Freeland (Pleasant Amador Valley)	173-6
3 Garcia (UC Logan)	168-3
4 Spohr (Clear Lake Lower Lake)	154-8

## North Coast Section

### 100 Meters:

1 Robinson (Kelseyville)	10-87
2 Williams (Antioch)	10-87
3 Miller (Walnut Creek Northgate)	11-11
4 Smiley (Benicia)	11-15

### 200 Meters:

1 Newson (Albany)	21-99
2 Miller (WC Northgate)	22-40
3 Samuels (CSD Fremont)	22-49
4 Banks (Healdsburg)	22-52

### 400 Meters:

1 Samuels (Fremont CSD)	47-77
2 Newson (Albany)	47-83
3 Grace (Richmond De Anza)	49-41
4 Dewing (Pleasant Hill College Park)	49-44

### 800 Meters:

1 Held (Santa Rosa)	1-53.06
2 Robbins (Concord De La Salle)	1-54.27
3 Yerton (Eureka)	1-54.43
4 Price (El Cerritos)	1-54.44

### 1600 Meters:

1 Berkowitz (Hayward)	4-18.47
2 Boulet (San Anselmo Drake)	4-19.15
3 Guernini (Santa Rosa)	4-19.67
4 Mamo (Berkeley)	4-22.26

### 3200 Meters:

1 Seven (Concord De La Salle)	9-10.50
2 Coulston (Con. De La Salle)	9-24.85
3 Ashbrenner (San Ramon Calif)	9-25.27
4 Berkowitz (Hayward)	9-26.60

### 110 Meter High Hurdles:

1 Warren (Clayton Valley)	14-24
2 Lincoln (Rich. De Anza)	14-32
3 Primo (Con. Ygnacio Valley)	14-50
4 Smith (Pittsburgh)	14-69

### 300 Meter Intermediate Hurdles:

1 Scott (Union City Logan)	38-43
2 Jett (Berkeley St. Mary's)	38-68
3 Smith (Pittsburgh)	38-72
4 Van Buren (Con. Ygnacio Vly)	39-03

### 400 Meter Relay:

1 UC Logan	42-72
2 Rich. De Anza	43-30
3 Benicia	43-32
4 El Cerritos	43-45

### 1600 Meter Relay:

1 UC Logan	3-18.88
2 Oakland Bishop O'Dowd	3-21.15
3 Santa Rosa	3-22.91

### High Jump:

1 Walker (Hayward)	6-4
2 Fekete (WC Las Lomas)	6-4
3 Tucker (Mirada South Fork)	6-2
4 Siegal (Con. De La Salle)	6-2

### Pole Vault:

1 Daily (Con. Ygnacio Valley)	15-3
2 Olson (UC Logan)	13-0
3 Bruneau (Willits)	13-0
4 Lenzen (UC Logan)	13-0

### Long Jump:

1 Dominid (UC Logan)	22-10 1/2
2 Kermolan (Moraga Campo)	22-1 1/2
3 Gray (Santa Rosa Montgo)	22-1
4 Thornton (Alameda Encinal)	21-8 1/2

### Triple Jump:

1 Walker (San Ramon Calif)	46-11 3/4
2 Terrell (UC Logan)	46-1 3/4
3 Haywood (Berkeley St. Mary's)	46-0 3/4
4 Olson (UC Logan)	45-5 1/2

### Shot Put:

1 Loggins (Hay. Moreau)	56-5
2 Munoz (Antioch)	54-2 1/4
3 Freeland (Pleasant Amador Vly)	52-6
4 Asbell (Danville Monte Vista)	52-0 3/4

### Discus:

1 Signeros (UC Logan)	178-11
2 Freeland (Pleasant Amador Valley)	173-6
3 Garcia (UC Logan)	168-3
4 Spohr (Clear Lake Lower Lake)	154-8

## Northern Section

### 100 Meters:

1 Clark (Wheatland)	10-90
2 Clark (Wheatland)	22-30
3 Clark (Wheatland)	49-30

### 200 Meters:

1 Martin (Oroville)	1-55.76
1 Redding (Central Valley)	4-25.55

### 3200 Meters:

1 Dawson (Redding Shasta)	9-45.98
---------------------------	---------

### 110 Meter High Hurdles:

1
---



# PREP NOTES

<b>300 Meter Intermediate Hurdles:</b>	
1 Wilson (McClymonds)	40.13
<b>400 Meter Relay:</b>	
1 Oakland	43.10
<b>1600 Meter Relay:</b>	
1 Oakland	3:29.76
<b>High Jump:</b>	
1 Ratliff (Oakland)	5-10
<b>Pole Vault:</b>	
1 Williams (Castlemont)	120
<b>Long Jump:</b>	
1 Estess (Skyline)	21-6 1/4
<b>Triple Jump:</b>	
1 Holmes (Skyline)	41-4 1/4
<b>Shot Put:</b>	
1 Cooper (Castlemont)	52.2

## San Francisco Section

<b>100 Meters:</b>	
1 Estevan Goldsmith (Lincoln)	10.95
<b>200 Meters:</b>	
1 Goldsmith (Lincoln)	22.19
<b>400 Meters:</b>	
1 Derrek Shepard (Lincoln)	50.68
<b>800 Meters:</b>	
1 Yusef Choukiri (Washington)	1:58.46
<b>1600 Meters:</b>	
1 Kahassai Tasese (McAteer)	4:38.75
<b>3200 Meters:</b>	
1 Gabriel Donohoe (Lowell)	10:16.03
<b>110 Meter High Hurdles:</b>	
1 Corey Sattles (Lowell)	15.78
<b>300 Meter Intermediate Hurdles:</b>	
1 Sattles (Lowell)	41.0
<b>400 Meter Relay:</b>	
1 Lincoln	44.4
<b>1600 Meter Relay:</b>	
1 McAteer	3:37.6
<b>High Jump:</b>	
1 Sattles (Lowell)	6-4
<b>Long Jump:</b>	
1 Frank Nadu (McAteer)	21-10 1/2
<b>Triple Jump:</b>	
1 Craig Leung (Washington)	43-9
<b>Discus:</b>	
1 Jevon Britton (McAteer)	129.6
<b>Shot Put:</b>	
1 Donald Pollard (Lincoln)	40-6 1/2
<b>Pole Vault:</b>	
1 Eric Montavio (McAteer)	11-0

## Sac-Joaquin Section

<b>100 Meters:</b>	
1 Rushing (Merced)	11.00
2 Riley (Fairfield)	11.05
3 Lewis (Sacramento Johnson)	11.06
<b>200 Meters:</b>	
1 Rushing (Merced)	22.10
2 Riley (Fairfield)	22.27
3 Lewis (Sac. Johnson)	22.43
3 Volson (Merced)	22.43
<b>400 Meters:</b>	
1 Turner (Sac. Valley)	49.15
2 Daniels (Manitoba East)	49.32
3 Liggitt (Atwater)	49.40
<b>800 Meters:</b>	
1 Johnson (Sac. Jesuit)	1:56.29
2 Stember (Sac. Jesuit)	1:56.45
3 Alweis (Modesto, Downey)	1:56.98
<b>1600 Meters:</b>	
1 Chamberlain (Casa Robles)	4:15.64
2 Johnson (Sac. Jesuit)	4:19.36
3 Matulonis (Oak Ridge)	4:21.26
<b>3200 Meters:</b>	
1 Chamberlain (Orangeville Casa Rbt)	9:20.0
2 Taylor (Sac. Grant)	9:27.05
3 Singleton (Altaville Bret Harle)	9:27.59
<b>110 Meter High Hurdles:</b>	
1 Higgins (Fairfield)	14.64
2 Corbitt (Loomis Del Oro)	14.71

3 Hughes (Atwater)	14.73
<b>300 Meter Intermediate Hurdles:</b>	
1 Higgins (Fairfield)	38.36
2 Wilburn (Los Banos)	38.38
3 Jacques (Woodland)	38.75
<b>400 Meter Relay:</b>	
1 Fairfield	41.52
2 Sac. Johnson	41.82
3 Sac. Grant	42.00
<b>1600 Meter Relay:</b>	
1 Sac. Valley	3:18.17
2 Fairfield	3:18.38
3 Vallejo	3:18.86
<b>High Jump:</b>	
1 Cummings (Sac. Johnson)	6-4
2 Hudgens (Ponderosa)	6-4
3 Jamison (Oakmont)	6-4
<b>Pole Vault:</b>	
1 McCauley (GrassVly Nev Union)	15.9
2 Tanner (Roseville Oakmont)	15.3
3 Wool (Modesto)	15.3
4 Hoffman (Sac. Jesuit)	15.3
<b>Long Jump:</b>	
1 D'Agostini (Amador)	22.5
2 Boddie (Cardova Rancho Cord)	21.9
3 Barkley (Stock, Lincoln)	21.6
<b>Triple Jump:</b>	
1 McCann (Lodi Tokay)	46-7 1/4
2 Green (Fairfield)	45-9
3 Campbell (Stock, Edison)	45-2 3/4
<b>Shot Put:</b>	
1 Thurmond (Sac. Riverbank)	56-1 1/2
2 Asdell (Manitoba)	55-6
3 Rodriguez (Oakdale)	53-8
<b>Discus:</b>	
1 Bruchi (Roseville)	162-11
2 Blakefield (Vallejo St. Patrick's)	159-8
3 Fulkerson (Summersville)	157-7

## San Diego Section

<b>100 Meters:</b>	
1 Washington (ChuVista SW Soph)	10.53
2 Scott (SD Keary)	10.69
3 Lawrence (SD Morse)	10.70
<b>200 Meters:</b>	
1 Scott (SD Keary)	21.49
2 Washington (CV Southwest)	21.57
3 Hammond (SD Lincoln)	21.65
<b>400 Meters:</b>	
1 Cahill (SD Mira Mesa)	48.89
2 Gregory (SD Henry)	48.98
3 Hernandez (CV Montgomery)	49.00
<b>800 Meters:</b>	
1 Robeson (SD Mt. Carmel)	1:54.49
2 Luna (Poway)	1:54.80
3 Sanchez (CV Castle Park)	1:56.49
<b>1600 Meters:</b>	
1 Hernandez (Imp Bch Mar Vista)	4:17.26
2 Walker (Esc. San Pasqual)	4:19.41
3 Biddle (SD Mt. Carmel)	4:20.23
<b>3200 Meters:</b>	
1 Bache (SD University)	9:25.78
2 Lozano (La Mesa Hix)	9:28.80
3 Hernandez (IB Mar Vista)	9:38.41
<b>110 Meter High Hurdles:</b>	
1 Jones (SD Morse)	14.38
2 Bell (CV Castle Park)	14.43
3 Bosch (Encinitas Torrey Pines)	14.95
<b>300 Meter Intermediate Hurdles:</b>	
1 Jones (SD Morse)	37.89
2 Lewis (SD Mira Mesa)	38.39
3 Williams (Escondido)	38.71
<b>400 Meter Relay:</b>	
1 SD Lincoln	41.69
2 SD Morse	41.84
3 SD University City	41.92
<b>1600 Meter Relay:</b>	
1 SD Morse	3:18.7
2 SD Mira Mesa	3:19.1
3 Poway	3:20.6
<b>High Jump:</b>	
1 Stokes (SD Pl. Loma)	6-6

2 Krebs (SD University City)	6-4
3 Duffield (Vista)	6-4
<b>Pole Vault:</b>	
1 Stephens (Escondido OrangGlen)	15-0
2 Roth (SD Mt. Carmel)	14-0
3 Aubuchon (Fallbrook)	13-6
<b>Long Jump:</b>	
1 Price (SD University)	25-4 1/2
2 Hammond (SD Lincoln)	24-2
3 Balina (SD Mt. Carmel)	23-10 1/4
<b>Triple Jump:</b>	
1 Johnson (CV Castle Park)	46-11 1/4
2 Smith (El Cajon Granite Hills)	45-9 3/4
3 Lundy (SD Morse)	45-8 3/4w
<b>Shot Put:</b>	
1 Noon (Fallbrook)	74-10 1/2
2 Martz (Esc. Orange Glen)	56-2 1/2
3 Cienega (Escondido)	54-8 1/2
<b>Discus:</b>	
1 Noon (Fallbrook)	189-1
2 Fleming (SD Mission Bay)	165-6
3 Martz (Esc. Orange Glen)	165-5

## Southern Section

<b>100 Meters:</b>	
1 Green (Long Beach Poly)	10.57
2 Kaufman (Lompoc)	10.60
3 Marin (San Clemente)	10.70
4 Mitchell (Los Alamitos)	10.71
5 Lawyer (Santa Barbara)	10.75
<b>200 Meters:</b>	
1 Green (Long Beach Poly)	21.26
2 Mitchell (Los Alamitos)	21.34
3 Carrigan (Compton)	21.46
4 Thomas (San Bernardino)	21.61
5 Kaufman (Lompoc)	21.74
<b>400 Meters:</b>	
1 McCladdie (Compton Centennial)	47.69
2 Sulzer (Muir)	48.21
3 James (Ontario)	48.63
4 Wesley (Kaliella)	48.78
5 Hensley (Temple City)	49.25
<b>800 Meters:</b>	
1 Candaele (Carpinteria)	1:53.16
2 Jenkins (Eisenhower)	1:54.10
3 Terry (El Modena)	1:54.29
4 Robinson (Santa Barbara)	1:55.23
5 Tyner (Cerritos)	1:55.41
<b>1500 Meters:</b>	
1 Candaele (Carpinteria)	4:09.63
2 Quintana (Arroyo Grande)	4:09.87
3 Kite (Camarillo)	4:15.02
4 Goodrich (Dos Pueblos)	4:15.18
5 Harris (Hoover)	4:16.72
<b>3200 Meters:</b>	
1 Dameworth (Agoura)	8:54.70
2 Martinez (San Gabriel)	8:56.48
3 Herrera (Hoover)	9:00.29
4 Valdez (Cabrillo)	9:01.77
5 Menon (San Luis Obispo)	9:02.00
<b>110 Meter High Hurdles:</b>	
1 Derazin (Muir)	14.47
2 Smith (Hawthorne)	14.51
3 Hall (Long Beach Wilson)	14.61
4 Keeling (Crespi)	14.63
5 Wynn (Westland)	14.68
<b>300 Meter Intermediate Hurdles:</b>	
1 Johnson (Cajon)	37.67
2 Smith (Hawthorne)	37.84
3 Reynolds (Nogales)	38.16
4 Fair (El Toro)	38.46
5 Washington (Rowland)	38.48
<b>400 Meter Relay:</b>	
1 Muir	41.46
2 San Bernardino	41.53
3 Dominguez	41.93
4 Long Beach Poly	42.06
5 Rubidoux	42.17
<b>1600 Meter Relay:</b>	
1 Muir	3:15.52
2 Compton Centennial	3:17.28
3 Dominguez	3:17.42

4 Long Beach Poly	3:18.17
5 Eisenhower	3:18.56
<b>High Jump:</b>	
1 Carlson (Kaliella)	6-9 3/4
2 Robinson (Cabrillo)	6-8
3 Anderson (Riverside North)	6-8
4 Harvey (Compton Centennial)	6-8
5 Sprull (Long Beach Wilson)	6-8
<b>Pole Vault:</b>	
1 Stone (Monrovia)	15-0
2 Silverman (Upland)	15-0
3 Henlon (Upland)	14-0
4 Marston (Temple City)	14-8
5 Crumrine (Camarillo)	14-0
<b>Long Jump:</b>	
1 Duff (Elizavinda)	25-0 1/4
2 Smith (San Bernardino)	24-4 1/4w
3 Kaufman (Lompoc)	22-10 3/4
4 Williams (Valencia)	22-7 3/4
5 Vaughn (Mayfair)	22-6
<b>Triple Jump:</b>	
1 Singbandith (Magnolia)	49-8 1/2
2 Tharrington (Esperanza)	48-0 1/4
3 Duff (Elizavinda)	47-10
4 Ivey (Nogales)	47-7 1/4
5 Higa (Quartz Hill)	47-6 1/2
<b>Shot Put:</b>	
1 Parlin (Esperanza)	60-3 1/2
2 Parlin (Mayfair)	58-3
3 Kinney (Esperanza)	55-8 3/4
4 Jordan (Dana Hills)	55-5 1/2
5 Willis (Cabrillo)	55-0
<b>Discus:</b>	
1 Marrone (Dana Hills)	184-1
2 Hodel (Don Lugo)	183-4
3 Parlin (Mayfair)	175-11
4 Parlin (Esperanza)	175-4
5 Avila (Loara)	170-8

## GIRLS

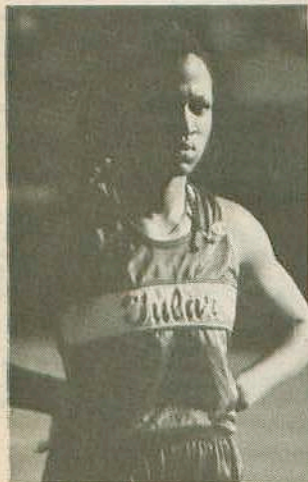
### Central Section

<b>100 Meters:</b>	
1 Jackson (Bakersfield)	12.10w
2 Criswell (Fresno)	12.11w
3 Young (Tulare)	12.24w
<b>200 Meters:</b>	
1 Jackson (Bakersfield)	24.78w
2 Criswell (Fresno)	25.08w
3 Harris (Fresno, Edison)	25.70w
<b>400 Meters:</b>	
1 Nichols (Bakersfield)	55.50
2 Wyatt (Hanford)	58.71
3 Robertson (Bakersfield North)	59.04
<b>800 Meters:</b>	
1 Cuellar (Visalia Redwood)	2:19.0
2 Miller (Bakersfield North)	2:20.4
3 Grogg (Fresno Clovis West)	2:21.0
<b>1600 Meters:</b>	
1 Cuellar (Visalia Redwood)	5:07.15
2 Martinez (Bakersfield Foothill)	5:08.31
3 Miller (Bakersfield North)	5:13.64
<b>3200 Meters:</b>	
1 Martinez (Bakersfield Foothill)	11:19.37
2 Delatorre (Fresno Roosevelt)	11:21.43
3 J. Petty (Golden West Visalia)	11:43.05
<b>100 Meter Low Hurdles:</b>	
1 Warner (Bakersfield West)	14.51
2 Montgomery (Fresno Clovis West)	14.92
3 Gardner (Tollhouse Sierra)	14.96
<b>300 Meter Low Hurdles:</b>	
1 Sperling (Fresno Clovis West)	45.56
2 Cooley (Fresno Roosevelt)	46.05
3 Harris (Bakersfield South)	47.36
<b>400 Meter Relay:</b>	
1 Bakersfield	47.85
2 Fresno Edison	49.08



# PREP NOTES

3 Fresno Hoover	49.26
<b>1600 Meter Relay:</b>	
1 Bakersfield	3:59.32
2 Fresno Edison	4:03.99
3 Visalia Redwood	4:05.57
<b>High Jump:</b>	
1 Gardner (Tollhouse Sierra)	56
2 Oliveira (Lemoore)	55
3 Anderson (Clovis)	54
<b>Long Jump:</b>	
1 Warner (Bakersfield West)	18-11 1/4
2 Young (Tulare)	18-6 1/2
3 House (Fresno Hoover)	17-11 1/2w
<b>Triple Jump:</b>	
1 Warner (Bakersfield West)	38-3 1/4w



**NITRA YOUNG**

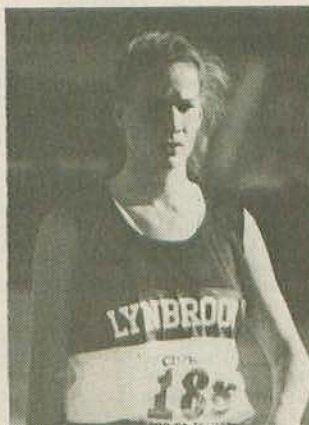
Photo by Bill Cockerham

2 Hailer (Bakersfield Garces)	37-4 1/2w
3 Montgomery (Clovis West)	37-3 1/2w
<b>Shot Put:</b>	
1 Dumble (Bakersfield)	49-7 1/4
2 Weis (Bakersfield)	49-1 1/2
3 Stephaney (Fresno Hoover)	40-7 1/2
<b>Discus:</b>	
1 Weis (Bakersfield)	176-10
2 Dumble (Bakersfield)	171-2
3 Jost (Reedley Immanuel)	130-0

## Central Coast Section

<b>100 Meters:</b>	
1 Ferguson (San Jose Indep)	12.44
2 Bitner (SJ Leigh)	12.62
3 Ellison (SJ Mt. Pleasant)	12.67
<b>200 Meters:</b>	
1 Nurisso (Mt. View St. Francis)	25.32
2 Ferguson (SJ Independence)	25.33
3 Parish (Santa Clara Wilcox)	25.79
<b>400 Meters:</b>	
1 Nurisso (MV St. Francis)	57.51
2 Moore (Santa Cruz Harbor)	58.23
3 Dudley (SJ Mitty)	58.69
<b>800 Meters:</b>	
1 Bartholomew (Sunny Fremont)	2:15.59
2 Buchannon (SJ Mitty)	2:15.95
3 Cohan (Salinas)	2:16.25
<b>1600 Meters:</b>	
1 Bartholomew (Sun. Fremont)	5:03.4
2 Luna (Watsonville)	5:12.8
3 Keil (San Lorenzo Valley)	5:13.4
<b>3200 Meters:</b>	
1 Sweeney (SJ Leigh)	10:51.9
2 Dancel (Millbrae Mills)	10:57.4
3 Harlick (Mill Mills)	11:09.3

<b>100 Meter Low Hurdles:</b>	
1 Sanchez (SJ Santa Teresa)	14.09
2 Coleman (SJ Branham)	14.67
3 Gabrielson (Cuper Monte Vista)	14.88
<b>300 Meter Low Hurdles:</b>	
1 Sanchez (SJ Santa Teresa)	43.44
2 Coleman (SJ Branham)	44.15
3 Jamieson (Sun. Fremont)	44.72
<b>400 Meter Relay:</b>	
1 MV St. Francis	48.76
2 SJ Silver Creek	48.79
3 Los Galos	49.03
<b>1600 Meter Relay:</b>	
1 SJ Mitty	3:59.35
2 Los Galos	3:59.74
3 Santa Cruz	4:01.65
<b>High Jump:</b>	
1 Johnson (Atherton Menlo-Atherton)	5-9 1/2
2 Salmon (Morgan Hill Live Oak)	5-4
3 Hausvick (Monterey)	5-2
<b>Long Jump:</b>	
1 Sanchez (SJ Santa Teresa)	18-7 3/4



**LISA COLLETT**

Photo by Bill Cockerham

2 Collett (SJ Lynbrook)	18-4 1/2
3 Ellison (SJ Mt. Pleasant)	17-7 3/4
<b>Triple Jump:</b>	
1 Sanchez (SJ Santa Teresa)	38-0 1/2
2 Sweet (SJ Mitty)	35-10
3 Cochran (PA Blackford)	35-9 1/2
<b>Shot Put:</b>	
1 Molnar (Belmont Carlmont)	40-8 1/2
2 Wirtz (SJ Leland)	39-5 3/4
3 Maloata (SJ Pioneer)	38-7
<b>Discus:</b>	
1 Wirtz (SJ Leland)	144-1
2 Dumas (SJ Mt. Pleasant)	135-7
3 Wagner (SJ Lynbrook)	129-9

## Los Angeles Section

<b>100 Meters:</b>	
1 Small (Dorsey)	12.27
2 Frost (Locke)	12.47
3 Howard (San Fernando)	12.56
4 Walker (Dorsey)	12.76
<b>200 Meters:</b>	
1 Small (Dorsey)	24.64
2 Howard (San Fernando)	25.28
3 Frost (Locke)	25.29
4 Ragland (Carson)	25.81
<b>400 Meters:</b>	
1 Pleasant (Locke)	56.36
2 Alexander (Crenshaw)	57.06
3 Walker (Dorsey)	57.65
4 Montgomery (Granada Hills)	58.11

<b>800 Meters:</b>	
1 Polk (Hamilton)	2:13.78
2 Dear (Birmingham)	2:17.92
3 Acosta (Crenshaw)	2:18.50
4 Phillips (Locke)	2:20.32
<b>1600 Meters:</b>	
1 Hunter (Locke)	5:00.28
2 Snowback (Palisades)	5:16.27
3 Segal (Birmingham)	5:25.32
4 Stewart (Locke)	5:29.47
<b>3200 Meters:</b>	
1 Hunter (Locke)	11:26.37
2 Roman (Huntington Park)	11:58.0
3 Hernandez (Wilson)	12:00.36
4 Gabriel (Lincoln)	12:01.68
<b>100 Meter Low Hurdles:</b>	
1 Foreman (Locke)	14.4
2 Mallette (Banning)	14.8
3 Burnside (Westchester)	14.9
4 Lewis (Dorsey)	15.3
<b>300 Meter Low Hurdles:</b>	
1 Foreman (Locke)	45.76
2 Means (Van Nuys)	46.60
3 Anderson (Poly)	47.09
4 Whaling (Washington)	47.22
<b>400 Meter Relay:</b>	
1 Locke	47.74
2 Granada Hills	48.22
3 Washington	48.50
4 Dorsey	48.61
<b>1600 Meter Relay:</b>	
1 Locke	3:51.46
2 Dorsey	3:56.34
3 Granada Hills	3:56.48
4 Carson	4:01.81
<b>High Jump:</b>	
1 Mertes (Chatsworth)	5-4
2 Beauchamp (Granada Hills)	5-3
3 White (Taft)	5-3
4 Foreman (Locke)	4-11
<b>Long Jump:</b>	
1 Bryant (Banning)	18-0 3/4w
2 Terry (Kennedy)	17-7w
3 Williams (Gardena)	17-3 3/4w
4 Means (Van Nuys)	17-2 1/2w
<b>Triple Jump:</b>	
1 Johnson (Dorsey)	36-0
2 Means (Van Nuys)	35-7
3 Byron (Locke)	35-1
4 Moreno (Lincoln)	35-0 1/2
<b>Shot Put:</b>	
1 Bryant (Bell)	38-8 3/4
2 Woodard (Kennedy)	37-6 1/2
3 Wright (Narbonne)	35-8
4 Aversano (Granada Hills)	34-11

## North Coast Section

<b>100 Meters:</b>	
1 Parker (Oakland Bishop O'Dowd)	12.14
2 Baldwin (UC Logan)	12.38
3 Tanner (Oak. Holy Names)	12.43
4 Holmes (Albany)	12.44
<b>200 Meters:</b>	
1 Parker (Oak. Bishop O'Dowd)	25.14
2 Baldwin (UC Logan)	25.24
3 Holmes (Albany)	25.72
4 Tanner (Oak. Holy Names)	25.94
<b>400 Meters:</b>	
1 Manion (San Leandro)	57.10
2 T. Johnson (Rich. Kennedy)	57.72
3 S. Johnson (Antioch)	57.92
4 Wilson (Berkeley)	58.27
<b>800 Meters:</b>	
1 Bindel (Eureka)	2:14.52
2 Extrum (Newark)	2:15.22
3 Wooltheater (Petala Casa Grand)	2:15.70
4 Yberra (Oak. Bish. O'Dowd)	2:15.72
<b>1600 Meters:</b>	
1 Spies (Livermore)	4:57.27
2 Freeberg (SR California)	4:59.81
3 Riley (Mor. Campolindo)	5:00.57
4 Spenset (Fremont Miss San Jose)	5:03.93

<b>3200 Meters:</b>	
1 Spies (Livermore)	10:52.20
2 Zwagerman (Mill Valley Tamal)	10:58.56
3 Patterson (Castro Valley)	11:01.00
4 Kopchik (WC Northgate)	11:16.67
<b>100 Meter Low Hurdles:</b>	
1 Hannon (Livermore Granada)	14.59
2 Boyd (Pleasanton Foothill)	14.83
3 Scharff (Danville San Ramon)	14.96
4 Hant (Con. Ygnacio Valley)	14.97
<b>300 Meter Low Hurdles:</b>	
1 Hekerson (Con. Clayton Valley)	45.14
2 Boyd (Pleasanton Foothill)	45.40
3 Jenkins (Dan. San Ramon)	46.14
4 Wait (WC Northgate)	46.71
<b>400 Meter Relay:</b>	
1 Oakland Holy Names	49.05
2 Oak. Bishop O'Dowd	49.17
3 Con. Clayton Valley	49.55
4 Dan. San Ramon	49.82
<b>1600 Meter Relay:</b>	
1 Rich. Kennedy	3:53.39
2 Oak. Bishop O'Dowd	3:53.84
3 Con. Carondelet	3:55.33
4 El Cerrito	3:59.16
<b>High Jump:</b>	
1 Bindel (Eureka)	57
2 Jenkins (Dan. San Ramon)	56
3 Hannon (Liver. Granada)	56
4 Junilla (Antioch)	53
<b>Long Jump:</b>	
1 Mitchell (Rohn Park Ran. Cot)	19-5 3/4
2 Horn (Lafayette Acalanes)	17-6
3 Spragan (UC Logan)	17-2 3/4
4 Parker (UC Logan)	17-2w
<b>Triple Jump:</b>	
1 Hannon (Liv. Granada)	38-11
2 Parker (UC Logan)	37-3 3/4
3 Hant (Con. Ygnacio Valley)	36-8 3/4
4 Horn (Laf. Acalanes)	36-7 1/4
<b>Shot Put:</b>	
1 Hiliare (Pittsburgh)	43-5 1/2
2 Logan (Novato)	41-6 1/4
3 Garcia (Amador Valley)	37-10 3/4
4 Halcrow (Novato)	37-7
<b>Discus:</b>	
1 Alderman (Fre. Mission San Jose)	140-7
2 Garcia (Plea. Amador Valley)	138-4
3 Templeton (South Fork)	119-4
4 Yacoboski (RP Rancho Cotato)	118-5

## Northern Section

<b>100 Meters:</b>	
1 Dixon (Pleasant Valley)	12.96
<b>200 Meters:</b>	
1 Phillips (Redding Enterprise)	26.29
<b>400 Meters:</b>	
1 Rice (Paradise)	58.84
<b>800 Meters:</b>	
1 Teter (West Valley)	2:19.12
<b>1600 Meters:</b>	
1 Gorbet (Susanville Lassen)	5:18.46
<b>3200 Meters:</b>	
1 Look (Shasta)	11:14.59
<b>100 Meter Low Hurdles:</b>	
1 McClung (McArthur Fall River)	15.64
<b>300 Meter Low Hurdles:</b>	
1 Mercer (Pleasant Valley)	46.03
<b>400 Meter Relay:</b>	
1 West Valley	50.33
<b>1600 Meter Relay:</b>	
1 West Valley	4:04.19
<b>High Jump:</b>	
1 Pruitt (West Valley)	5-4
<b>Long Jump:</b>	
1 Guthrie (Tule Lake)	16-9
<b>Triple Jump:</b>	
1 Joyner (Chico)	35-5 1/2
<b>Shot Put:</b>	
1 Flagg (Anderson)	39-2 1/2
<b>Discus:</b>	
1 Schleuter (Yreka)	117-11



# PREP NOTES

## Oakland Section

100 Meters:	
1 McClendon (Castlemont)	13.20
200 Meters:	
1 McClendon (Castlemont)	27.35
400 Meters:	
1 Montgomery (Oakland)	61.79
800 Meters:	
1 Alemu (Oakland)	2:35.48
1600 Meters:	
1 Said (Oakland)	5:48.39
3200 Meters:	
1 Said (Oakland)	12:54.26
100 Meter Low Hurdles:	
1 Adams (Oakland)	15.35
300 Meter Low Hurdles:	
1 Mack (Oakland)	49.33
400 Meter Relay:	
1 Fremont	50.54
1600 Meter Relay:	
1 Oakland	4:14.90
High Jump:	
1 Shavies (Oakland Tech)	52
Long Jump:	
1 Eagles (Skyline)	17-1 3/4
Triple Jump:	
1 Hicks (Fremont)	34-3 3/4
Shot Put:	
1 Long (Fremont)	30-2 1/2

## San Francisco Section

100 Meters:	
1 Erica Allensworth (Washington)	126
200 Meters:	
1 Biona Bradshaw (Galileo)	26.92
400 Meters:	
1 Alicia Dougherty (Lowell)	58.97
800 Meters:	
1 Ramona Pena (Washington)	2:19.96
1600 Meters:	
1 Lisa Lopez (Balboa)	5:18.10
3200 Meters:	
1 Pena (Washington)	11:33.0
100 Meter Low Hurdles:	
1 Tanya Lazar-Lea (McAteer)	14.50
300 Meter Low Hurdles:	
1 Lazar-Lea (McAteer)	45.6
400 Meter Relay:	
1 Washington	49.79
1600 Meter Relay:	
1 Galileo	3:37.1
High Jump:	
1 Lazar-Lea (McAteer)	56
Long Jump:	
1 Shena Ferguson (Wash)	17-10 1/4
Triple Jump:	
1 Michele Anderson (McAteer)	34-3 1/2
Discus:	
1 Hilary Byrde (Galileo)	103-10
Shot Put:	
1 Zynthia Trujillo (Lowell)	29-2

## Sac-Joaquin Section

100 Meters:	
1 Johns (Sacramento Burbank)	12.28
2 Brice (Lodi Tokay)	12.44
3 Stewart (Yuba City)	12.53
200 Meters:	
1 Johns (Sac. Burbank)	24.79
2 Brice (Lodi Tokay)	25.06
3 Davis (Atwater)	26.01
400 Meters:	
1 Murphy (Sac. Loretto)	57.83
2 Purdue (Sac. Valley)	58.74
3 Brown (Merced)	58.78
800 Meters:	
1 Chilton (Garderville Gold Sierra)	2:15.78
2 Austin (Oroville Del Campo)	2:16.15

3 Lynette (Vacaville)	2:16.56
1600 Meters:	
1 Hamel (Merced)	5:05.38
2 Davidson (Altaville Bret Harle)	5:06.08
3 McFadden (Sac. St. Francis)	5:05.66
3200 Meters:	
1 Visscher (Sac. Oak Grove)	11:10.87
2 McFadden (Sac. St. Francis)	11:19.45
3 Lindstrom (Stock. Lincoln)	11:20.36
100 Meter Low Hurdles:	
1 Stewart (Yuba City)	14.0
2 Smith (Rancho Cordova Cordov)	14.1
3 Johnson (Vacaville)	14.6
300 Meter Low Hurdles:	
1 Smith (Cordova)	43.46
2 Stewart (Yuba City)	44.04
3 Mikaelson (Auburn Placer)	44.24
400 Meter Relay:	
1 RC Cordova	48.63
2 Vatejo	49.05
3 Lodi Tokay	49.07
1600 Meter Relay:	
1 Vallejo	4:02.16
2 Merced	4:05.37
3 Turlock	4:06.00
High Jump:	
1 Harman (Sac. Oak Ridge)	59
2 Smith (RC Cordova)	56
3 Johnson (Vacaville)	56
Long Jump:	
1 Scott (RC Cordova)	18-6
2 Lewis (Sac. Mesa Verde)	18-0 3/4
3 Woodward (Stock. Stagg)	17-10 3/4
Triple Jump:	
1 Hawthorne (RC Cordova)	38-6
2 Lewis (Sac. Mesa Verde)	37-3 3/4
3 Rendon (Modesto Downey)	36-6 3/4
Shot Put:	
1 Mitchell (Vallejo)	43-4 1/4
2 Huddleston (Merced)	40-7
3 Hopkins (Sac. Burbank)	38-11 1/2
Discus:	
1 Mitchell (Vallejo)	142-1
2 Huddleston (Merced)	135-8
3 Kailhawa (Sac. Loretto)	131-11

## San Diego Section

100 Meters:	
1 Kimmy (SD University City)	12.13
2 Henderson (SD Morse)	12.27
3 McKinney (Spring Valley Monte Vista)	12.33
200 Meters:	
1 Dring (SD Mt. Carmel)	24.38w
2 Henderson (SD Morse)	24.63
3 Kimmy (SD University City)	24.77
400 Meters:	
1 Dring (SD Mt. Carmel)	54.29
2 Freeman (SD Crawford)	55.26
3 Bugg (SD Henry)	56.73
800 Meters:	
1 Stowell (SD Mt. Carmel)	2:13.49
2 Scott (SD Mt. Carmel)	2:13.92
3 Schoone (La Jolla)	2:15.77
1600 Meters:	
1 Glusac (Fallbrook)	5:04.05
2 Ferguson (La Jolla)	5:05.97
3 Faye (Escondido San Pasqual)	5:06.57
3200 Meters:	
1 Glusac (Fallbrook)	11:10.79
2 Villareal (La Jolla)	11:15.46
3 Armstrong (Esc. San Pasqual)	11:23.54
100 Meter Low Hurdles:	
1 Dill (Poway)	14.19
2 Blunt (Esc. San Pasqual)	14.26
3 Proffer (Santana)	14.80
300 Meter Low Hurdles:	
1 Blunt (Esc. San Pasqual)	43.10
2 Proffer (Santee, Santana)	43.94
3 Dill (Poway)	45.27
400 Meter Relay:	
1 SD Mt. Carmel	47.92

2 SD Lincoln	48.06
3 SD Morse	48.09
1600 Meter Relay:	
1 SD Mt. Carmel	3:53.7
2 Esc. San Pasqual	3:58.1
3 SD Lincoln	4:01.1
High Jump:	
1 Weeks (SD Madison)	56
2 Barnes (El Cajon Granite Hills)	5-4
3 Armstrong (Encin Torrey Pines)	5-4
Long Jump:	
1 Sims (Oceanside)	18-1
2 Gang (Esc. San Pasqual)	17-9 1/2
3 Conston (Oceanside)	17-1 1/2



ALISON DRING

Photo by Bill Cockerham

Triple Jump:	
1 Sims (Oceanside)	38-3 3/4
2 Andrews (Enc. Torrey Pines)	37-3 3/4
3 Harrison (Sprg Vly. Mt. Mig)	36-11 1/4
Shot Put:	
1 Beers (Poway)	39-1
2 Houston (CV Montgomery)	38-9 1/4
3 Bailey (Ramona)	38-6 1/2
Discus:	
1 Bhis (SD Mt. Carmel)	131-9
2 Allen (Lakeside El Capitan)	131-6
3 Wadlington (EC Granite Hills)	127-3

## Southern Section

100 Meters:	
1 Jones (Rio Mesa)	11.54
2 Miller (Muir)	11.65
3 Bradford (Dominguez)	12.00
4 Arnold (Morningside)	12.12
5 Terry (Muir)	12.16
200 Meters:	
1 Jones (Rio Mesa)	23.70
2 Miller (Miller)	24.27
3 Terry (Muir)	24.48
4 Arnold (Morningside)	24.60
5 Jones (St. Anthony)	24.61
400 Meters:	
1 Campbell (Alta Loma)	54.78
2 Jones (St. Anthony)	55.22
3 Stringer (Morningside)	55.63
4 Smith (Paramount)	56.67
5 Ball (Compton)	57.47
800 Meters:	
1 Toney (Alascadero)	2:08.11
2 Moses (Ramona)	2:15.34
3 Shaw (Fillmore)	2:15.38

4 Hsu (San Marino)	2:16.06
5 Tobias (Upland)	2:16.18
1600 Meters:	
1 Drossin (Agoura)	4:54.71
2 Taylor (Edison)	4:55.50
3 Hecox (South Hills)	4:55.82
4 Castruita (West Covina)	4:59.53
5 Shaw (Fillmore)	5:00.63
3200 Meters:	
1 Hecox (South Hills)	10:41.99
2 Drossin (Agoura)	10:42.40
3 Brix (University)	10:50.10
4 Rothman (WestVlg Westlake)	10:50.48
5 Pinto (Katella)	10:51.29
100 Meter Low Hurdles:	
1 Lipscomb (Santa Monica)	13.97
2 Barnes (Fontana)	14.51
3 Sims (Lompoc)	14.55
4 Tolson (La Quinta)	14.56
5 Nickson (Morningside)	14.81
300 Meter Low Hurdles:	
1 Sims (Lompoc)	42.29
2 Lipscomb (Santa Monica)	42.30
3 Keller (Woodbridge)	42.98
4 Jackson (Esperanza)	44.37
5 Peterson (Palm Springs)	44.47
400 Meter Relay:	
1 Muir	46.23
2 Morningside	46.73
3 Hawthorne	47.27
4 St. Bernard	47.42
5 Rio Mesa	47.64
1600 Meter Relay:	
1 Morningside	3:52.93
2 Hawthorne	3:46.61
3 Long Beach Poly	3:52.36
4 Esperanza	3:52.93
5 Muir	3:53.65
High Jump:	
1 Byron (Villa Park)	56
2 Moulton (Trona)	5-4
3 Kirkland (Hesperia)	5-4
4 Pallik (Buena)	5-4
5 Gibbs (Glendora)	5-4
Long Jump:	
1 Yendork (Walnut)	19-4
2 Peterson (Dos Pueblos)	17-11
3 McDonald (Mater Dei)	17-9
4 Burnham (Rio Mesa)	17-8 3/4
5 Tully (Torrance)	17-7 1/4
Triple Jump:	
1 Yendork (Walnut)	41-1 1/4
2 Fager (Mission Viejo)	38-5 3/4
3 Sutherland (Muir)	38-4
4 Kirkland (Hesperia)	38-1 1/4
5 Graham (Mission Viejo)	37-8
Shot Put:	
1 Timo (Twentynine Palms)	42-2 1/2
2 Smith (Workman)	41-10 1/4
3 Alo (Santa Ana Valley)	41-7 3/4
4 Stricklin (Arroyo Grande)	40-9
5 Dunn (Mission Viejo)	40-9
Discus:	
1 McVey (Redlands)	150-3
2 Warr (Rubidoux)	145-0
3 Hargrove (Estancia)	143-10
4 Arrington (Palmdale)	138-8
5 Midlands (Estancia)	133-10

**SUBSCRIBE TO**  
**CALIFORNIA**  
**Track & Running News**  
 ...be informed



# SoCAL DIARY

By BILL MINARIK

## May 21

C.I.F. tracksters got down to real business last week with the L.A. City Section semis and the Southern Section Division Finals. In the L.A. Section, the boys from Washington with their awesome sprint strength and the girls from Locke with their all-around depth appear to be clear favorites for next week's finals.

At the Southern Section competition, boys teams from Muir, Esperanza, Lompoc, and Cabrillo captured divisional titles as did girls teams from Muir, Rio Mesa, Morningside, and Atascadero. Next week's State Meet qualifying should provide an interesting showdown between Muir's Inger Miller and Rio Mesa's Marion Jones both of whom were triple winners in leading their teams to titles.

The State Community College Championships saw the men from Taft and Long Beach take the meet right down to the 1600 meter relay, with the score tied. On the 2nd leg with the teams almost even, the Vikings' Bryan Bridgewater, who had been a tower of strength in the shorter races, tied up the last hundred yards and took LBCC out of it as the final score of 96-90 would indicate. Mt. SAC, which lost a sure 10 points when they dropped the stick in the 400m relay qualifying, saw any hopes for victory disappear when both Ezinwa Brothers pulled muscles in the 200 and were then dropped from the 1600 relay. While the Mounties never realized their men's team potential, the Mt. SAC Ladies certainly did as they again made runner-ups of Long Beach CC by a 85-74 margin.

At the PAC-10 Meet, an injury-riddled UCLA men's team was no match for a potent Oregon Duck squad as the Bruins settled for 3rd behind Washington St. in a 141-102-98 count. The Lady Bruins, however, came on strong in the last few events to overtake the Ducks by a 116-103 score. Janeene Vickers with 4 solid efforts in the Hurdles and Relays and Tracy Millett with a 53-9, 190-2 PR weight double highlighted the Westwooders success.

Randy Barnes probably wishes the Olympics were this summer instead of '92 as he used the Jack-In-The-Box Invitational at UCLA to set a world shot-put record of 75-10

1/4. The record entitled him to a \$50,000 bonus put up by the sponsor.

## May 29

The Washington High School General boys lived up to everyone's expectations in the L.A. City Section Finals as their 1-3-5 and 1-2-4 finishes in the 100 & 200 were just about all they needed enroute to an 80-41 victory over runner-up Taft. The Locke High girls continued their lock on the championship with a 101-70 win over Dorsey thanks to 7 first place finishes.

At the Southern Section qualifying meet, the big sprint showdown between Muir's Inger Miller and Rio Mesa's Marion Jones went to the freshman by times of 11.64-11.65 and 23.70-24.27.

The NCAA Division II men's meet saw St. Augustine overpower the field with 111 points; however C/S Northridge, Cal Poly SLO, and C/S Los Angeles distinguished themselves in a 2-4-5 place finish with scores of 60, 53, and 49 points respectively this meet marked the end of a distinguished career for C/S L.A. coaching legend John Tansley who is retiring to private enterprise.

The Ladies of Cal Poly SLO ran away with another National Title, 116-72 over runner-up Norfolk St., to continue one of the most amazing dynasties in Collegiate sports.

As a side note to the men's competition, CPSLO qualified 6 pole vaulters over 16 feet and took 5 of the top 8 positions. Even Abiline Christian in it's heyday never was able to accomplish a feat like that.

Azusa-Pacific had hopes of continuing it's men's NAIA dynasty, however with most of it's top runners ineligible and at Community Colleges Coach Terry Franson's crew found out that they needed more big points than Ade Olukoji's 60-2, 210-4, 180-0 weight triple and a cadre of decathletes as they took second to Oklahoma Baptist 57-53 with upstart Point Loma 4th at 45. The A-P Women were the highest SoCal finisher with 16 points.

## June 4

The John Muir High boys continued a long tradition of success at the State Prep Championships by capturing another title with a

scant 4 points. Thanks to the efforts of Mike Sulcer, who won the 400, anchored the 1600 relay to victory, and helped a 4th place 400 Relay effort, the Mustangs finished 4 points ahead of Lompoc. Lompoc's Napoleon Kaufman, who won both the 100 & 200, could have won it for his team with a 23-9 long jump (he has a 24-5 PR) but opted to scratch from the event.

The girls competition was strictly no contest as Bakersfield's Dawn Dumble and Melissa Weis accumulated enough points from their 1-2 efforts in the Shot and Discus to clinch the title, however their team racked up 61 total points--more than double that of runner-up Morningside. The eagerly awaited rematch between Muir's Inger Miller and Rio Mesa's Marion Jones failed to materialize as Miller scratched in the finals due to a nagging injury that was just too painful to continue.

At the NCAA Division I Championships, LSU won both the men's and women's titles. UCLA's men's team was 10th with 22 points, which was not surprising considering every top athlete on the team was injured at some time during the season. Even weight Coach Art Venegas, considered indestructible by those that know him, had to sit out a couple of meets this season after being hit in the head by a wild discus throw at the Oxy Invitational. Steve Lewis with a winning 45.19 in the 400 and Brian Blutreich with a 190-3 third place discus throw lead the Bruin effort. USC's Mark Crear with a 13.65 high hurdle effort good for 3rd topped the Trojan performances. Quincy Watts, who looked like he was ready to contend for the 200 title fell victim to another hamstring injury and pulled up in the semis. George Porter was another Trojan who appeared to be ready for a 400 hurdle title when he succumbed to an aggravating condition and DQ'ed in the semis. Things have got so bad in recent years with star sprinters being continually injured, that the so-called "jinx" at USC has been up-graded to a "curse".

The UCLA women continue to be the bridesmaid and not the bride in a 53-46 2nd place finish which was even closer than the score would indicate. In fact, the Bruins missed the title by .06 seconds. That's the difference that would have moved Janeene Vickers from 4th in the 100 hurdles to 2nd

*continued next page...*



# California Track and Cross Country Coaches Alliance News

From DOUG SPECK

As the State Prep Track and Cross Country Coaches Alliance looks to the future, it is hoped that interest in this organization will continue to grow. During the first year of operation, the Alliance, with the assistance of Reebok shoes, included a newsletter, get-togethers at the State Cross Country and Track & Field Championship weekends, and a winter Bay Area Track & Field Clinic at San Mateo.

In looking to the next school year the Alliance is formulating plans for the group to further and better the support for these fine prep sports activities.

Ties to the State Cross Country and Track & Field Championship weekends, which are natural times to bring together those interested in bettering the sport, will be continued. Social gatherings, meetings of steering committees, and small clinics can fit nicely into the time spaces between travel into town, evenings before competitions and the time between Friday's Prelims and Finals at the State Track Meet. Any individuals interested in serving on a steering committee representing their portion of the state, and who have not been a part of the Alliance organizational meetings in the past, would be welcome to

call Dennis McClanahan (619) 748-4270. If a Coach or supporter of the sport would be interested in providing some input to the Alliance and gathering input from Coaches in their area, please consider involvement with this Steering Committee. This committee will meet during the Cross Country and Track Championship weekends.

Bill Cockerham of *California Track and Running News* has been good enough to lend the use of the prep portion of his publication as the official voice of the Track and Cross Country Coaches Alliance. As a vehicle for publicizing issues of importance to members, the magazine will also serve the Alliance through its general communication of Cal track and running news. Members of the Alliance will be given a subscription to the publication as a bonus for their membership fee to the organization.

The Coaches Alliance will become affiliated with a small number of clinics in the different areas of the state, with reduced rates from membership and a chance for general meetings at these gatherings.

With the goal of improving the sports of Cross Country and Track & Field at the prep levels in California, membership in the Coaches Alliance should be a responsibility for each person involved with a team. Isolated voices of frustration or the complaints that we all have will not be deal with individually. The only way to bring about change and improve the sports are to speak through the consensus of a group such as the Coaches Alliance. Communication through the Alliance was a very significant factor in the State of California adding a fourth division in the State Championship Cross Country Meet. Now, an equal number of schools statewide in the four divisions will grace the late November Championship races in Fresno. Past Championship Cross Country affairs featured three divisions with many more schools statewide under the old Large School enrollment division.

Many states have very effective Coaches organizations in the sports of Track and Cross country--groups that have brought about great progress in the quality of their sports. It is hoped that California will continue to develop a good unit to provide effective leadership for our sports.

## SoCal Diary, continued

ahead of 2 LSU runners with a resulting 8 point differential. Janeene's time of 13.05 was a PR for her and when added to her 400 hurdles win along with two strong relay legs, it equals an outstanding performance. Also outstanding was the performance of Tracy Millett who notched a 53-7, 183-9 double weight win. USC's Janice Selmon completed a sweep of the weights for SoCal schools by winning the Javelin at 186-3.

Former UCLA strongman, John Frazier, a certified member of the 65 foot club, has just been named Assistant Track Coach at C/S Northridge. This should give the Matadors their best weight program since Frazier's former mentor, Art Venegas, was the CSUN Coach.

## BOOKS...

- ☐ **All About Road Racing -- \$5.00**  
Tom & Janet Heinonen. 1979.  
128 pgs. Illustrated.
- ☐ **Basic Track & Field Biomechanics -- \$11.50**  
Tom Ecker. 1985. 208 pgs.  
Illustrated.
- ☐ **Ed. Fern's Flight School -- \$8.00**  
Ed. Fern. 72 pgs. Illustrated.  
Ready August 1990.
- ☐ **Getting Started in Track & Field -- \$6.50**  
A Coaching Manual. R. S. Parker.  
1976. 128pgs. Illustrated.
- ☐ **High School Cross Country -- \$5.00**  
Joseph McLaughlin. 1983. 96  
pgs. Illustrated.
- ☐ **How High School Runners Train -- \$5.00**  
ed. by Frank P. Calore. 2nd ed.  
1982, 128pgs. Illustrated.
- ☐ **Peak When It Counts: Periodization for American Track & Field -- \$12.00**  
William H. Freeman. 1969. 111  
pgs. Illustrated.

✉ **TO ORDER** -- Send in this form, or listing of books requested, along with your check to: CT&RN, 4957 E. Heaton, Fresno, CA 93727.

Be sure to include postage/handling fees. For orders:

- under \$10, add \$1.75
- \$10 to \$20, add \$2.95
- \$20 or more, add 14%

Please allow 4-6 weeks for delivery.  
Thank you.



# Jack In The Box Invitational

By Doug Speck



RANDY BARNES

Fine Flicks by Don Gosney

May 20. UCLA.

On Sunday, May 20th, Al Franken put together another fine outdoor Track & Field show with his "Jack in the Box Invitational" held at UCLA on a beautiful Southern California afternoon. A number of very competitive and exciting events were headlined by Randy Barnes' big World Record effort in the Shot. The former Texas A & M star, a 300 plus pounder who has to be the best athlete in the world at his size, has a real affection for these Franken-run affairs. Locals remember well his 74-4 3/4 World Indoor best from the 1989 Sun-kist Indoor Meet, an effort that took place with the entire meet stopped and a good crowd concentrating on Randy's every move. The same attention here did not go unrewarded for observers, as Barnes went seriously after the \$50,000 offered for a mark past the 75-8 effort by Ulf Timmermann of East Germany. A number of other fine events kept the crowd's attention, with the Meet one of the TV ESPN series for the year. Joe Falcon looked super against a strong Mile field, Danny Everett ran a very strong 400, Roger Kingdom put in a rare appearance outdoors in the West in the Highs, Pattisue Plumer marked another win over Paula Ivan in the Mile, and Mike Powell pulled out a good win in the Long Jump.

Randy Barnes has been living in the Fallbrook area north of San Diego recently, working out with the Noon family, whose son Brent has thrown 76-2 this year with the prep 12 pound ball. With the most recent *Track & Field News* cover of Barnes titled, "ready for records" after his 73-1 1/4 effort at Mt. SAC, big things were hoped for here. Randy did not wait around, tossing the first in his series out to 71-10, then lofting one out to a distance that had him leaping with joy and making all

aware in the crowd that it was a very, very special effort! A stretching of the tape revealed this put to be 75-10 1/4, bringing the World Mark in this event back to the U.S. for the first time in a while. Barnes was not finished, with his 73-11 1/4, 73-7 1/2, 73-3 1/2, and 74-8 1/4 final four throws making this the best series ever in the event's history, with Randy having five efforts here farther than his previous outdoor personal best. Barnes has a truly wholesome nature to his demeanor and personality that make him great for the sport.

In the Men's Mile the nation's next great distance runner made no small statement to that end. A good group for the event included Doug Padilla, Steve Scott, Jeff Atkinson, and Joe Falcon. Maurice Scott (Reebok) took the pack through the first 440 at a comfortable 59.2, with a tight pack joining the former Adams State star through 2:01 at the 880. Falcon was 2nd after two laps, with Scott and Atkinson next. During the fifth 220 of the race the pace continued to lag, with the 1110 yard mark reached at 2:32.6. From that point on Joe Falcon really went to town, blasting the next 660 yards in a truly amazing 1:23.7. Number seven 220 took 28.1 (1320 at 3:00.7), with Padilla the closest pursuer at 10 meters back as Falcon seemed to effortlessly accelerate into the backstretch with 260 yards to go. 26.9 and 28.3 final 220's made for a 3:56.22 finish for the former University of Arkansas star, with Scott closing best in second at 3:57.22. Falcon's effort was as impressive as any by an American distance runner in recent years, with it good to see a new face arriving on the scene in a big way.

On the Women's side in the Mile, Pattisue Plumer would meet Paula Ivan, the 4:15.61

World Record holder who was undefeated last year over 1500 meters and the mile distance. Ivan's appearance locally in the Sun-kist included dropping out after tripping on the wooden curb and wearing the incorrect length spikes. After the recent troubles in her home country of Romania, one had to wonder about Ivan's level of conditioning, but she was here. Ceci Hopp took the event out with a 33 first 220, with Pattisue and Teena Colebrook (CPSLO) up front through a 67 first 440. At the 880 Plumer and Colebrook led at 2:17.4, with 10 yards back to Darcy Arreola and Ivan. At the start of the third lap Ivan began to fade, with Plumer continuing to lead through the 1320 at 3:25.2 before charging a 64.0 final 440 to win by 10 meters at 4:29.54 over Colebrook's 4:30.92. Ivan ended up 5th at 4:38.82.

Roger Kingdom raced against Tonie Campbell and Arthur Blake in the Highs, with the World Record Holder and Olympic Champion doing a good job in his first race outdoors this year. Kingdom blasted hurdle number one when the race started, with Campbell holding as much as a two meter lead early in the event. With the style that he is famous for Roger started a charge after the fifth hurdle that had him run Campbell down and race in to a one meter triumph in 13:37-13.47. Blake was 3rd at 13.57.

Danny Everett had Bert Cameron edge away from him early in the 400 meters, with the Jamaican veteran charging the first 200 in 21.1. Everett moved the 3rd 100 in these familiar surroundings, with the Olympic silver medalist even at the head of the straightaway before powering away to a very impressive looking 44.72-45.67 win.

Mike Powell showed some real heart in the

*continued next page...*



# Bruce Jenner Bud Light Classic

By Mark Winitz

## San Jose City College, May 28.

For top veterans on the international track and field circuit, outdoor seasons smack dab in the middle between Olympic years are often hard to focus on clearly. The last bit of leftover adrenaline from the last Games is gone; yet the next Big One is still a little too far off on the horizon to see clearly. Even the World Championships are still a year away. Off year for a lot of the vets. Time to recoup, back off a little, let the nagging little injuries heal a bit instead of pounding through them.

But, at the same time, it's years like this when the young, new crowd seizes their op-

portunities. Time to get a little more notice. Make a statement. Build up their credentials before the experienced guns kick back in.

So, an hour before the meet, you see guys like Steve Scott laying back on the grass underneath a shady tree. With 127 sub-4:00 miles in his soles, a top American ranking 10 times in the 1,500, and winner of this event at Jenner for the last eight years, you wonder what will happen when he steps out in the sun once more. He's relaxed, chatting with fellow 1988 Olympian Jeff Atkinson, who's decked out in one of those micro lawn chairs. Jeff's still slowly making his way back from an ex-

tended ankle injury incurred last November. A few yards off, young ex-Arkansas U. phenom Joe Falcon is sitting by himself. He's the guy to watch today. Falcon and John Quade, fresh out of Arizona. Joe who? John who? Shortly, they would go 1-2 in Jenner's metric mile. Falcon's 3:38.95 gave him the top two U.S. times so far this season. Scott and Atkinson would go 8-9 in the same race. Say it ain't so, Steve!

Billowy, white clouds attenuated brilliant, blue skies as today's only U.S. stop on the IAAF Mobil Grand Prix began. The wind would kick up a bit, and gray clouds start moving in before the meet was over. No, Jenner wouldn't be the high point of the Mobil Circuit this year, which traditionally heats up when the European meetings kick in. A lot of top athletes just didn't make it. We missed seeing 8-foot high jumper Javier Sotomayer and 800-meter sensation Ana Quirot as their Cuban squad got stalled in San Paulo, Brazil (after competing in the season kickoff G.P. meet), the victims of a visa delay. Jackie Joyner-Kersey stayed home with an injury. Dawn Sowell didn't show.

*continued next page...*

## JACK IN THE BOX, continued

Long Jump, hurting himself early in the competition, then putting together a determined final effort to win at 27-4w. Fine University City HS star, Jerome Price, from San Diego continued his fine season with a 25-1 1/4w for fourth while competing unattached.

In the Women's 100, Michelle Finn (Atoms TC, New York) edged away from Tina Iheadwam (Nigeria) over the last 50 meters to win in 11.41-11.62. Marion Jones, the amazing Rio Mesa HS frosh star, competed unattached and was not intimidated the least, racing to a fourth place at 11.67. Michael Marsh duplicated Finn's tactics on the Men's side, edging away from Jeff Williams and the field over the final 50 to win 10.33-10.50.

In the Women's 800 meters Joetta Clark raced by Julie Jenkins down the homestretch to win 2:02.89-2:03.59, with Brian Abshire racing a controlled 8:32.59 to take the Steeplechase.

### Men's Results

100m: 1. Marsh (SMTC) 10.33, 2. J. Williams (S&S) 10.50, 3. Nwankno (S&S) 10.58. 200m: 1. J. Williams (S&S) 20.75, 2. Nwankno (Nigeria) 21.38, 3. O. Daniels (Biola) 21.50. 400m: 1. D. Everett



**JOETTA CLARK and JULIE JENKINS**  
leading the 800m straightaway

*Photo by Ed Richards*

(SMTC) 44.72, 2. Cameron (Jamaica) 45.67, 3. Dixon (CSLB) 47.97. Mile: 1. Falcon (Tiger) 3:56.22, 2. Scott (Tiger) 3:57.22, 3. Padilla (Nike Int'l) 3:57.42. 110m HH: 1. Kingdom (Mazda) 13.37, 2. Campbell (Bee Fit) 13.47, 3. Blake (Mazda) 13.57. 3000m SC: 1. Abshire (Nike Int'l) 8:32.59, 2. Huff (Reebok) 8:36.69, 3. Smith (Unat.) 8:42.94. PV: 1. Huffman (Mazda) 18-8 1/4, 2. Duplantis (Reebok) 18-4 1/2, 3. Fraley (PCC) 18-4 1/2. LJ: 1. Powell (Footlocker) 27-4w, 2. Boulware (Unat.) 25-7 1/4w, 3. Laine (FloJo) 25-5 1/4. SP: 1. Barnes (Mazda) 75-10 1/4, 2. Doebling (Reebok) 66-11, 3. McKee (All Amer) 60-10 1/2.

### Women's Results

100m: 1. Finn (Atoms) 11.41, 2. Iheadwam (Nigeria) 11.62, 3. Cuthbert (Unat.) 11.64. 200m: 1. Pachiano (Unat.) 24.61, 2. Hodnett (Unat.) 24.86, 3. Gutowski (Unat.) 26.19. 400m: 1. Kaiser (SoCal Cheetahs) 51.83, 2. Bakare (SoCal Cheetahs) 52.61, 3. Sheffield (San Diego TC) 52.99. 800m: 1. Clark (Nike Int'l) 2:02.89, 2. Jenkins (Reebok) 2:03.59, 3. Taylor (SoCal Cheetahs) 2:04.65. Mile: 1. PS Plumer (Nike Int'l) 4:29.54, 2. Colebrook (CPSLO) 4:30.92, 3. Arreola (Nike Cst) 4:33.91. 100m H: 1. Harrison-Helmer (Nike Cst) 13.85, 2. McGee-Hamilton (LBTC) 14.16, 3. Tyree (Nike Cst) 14.59. LJ: 1. Williams (Nike Cst) 20-1 1/2, 2. Simmons (SoCal Cheetahs) 20-1, 3. Loud (S&S) 19-11 3/4. SP: 1. Larson (Nike Cst) 45-10, 2. R. Brown (CPSLO) 45-1, 3. Tyree (Nike Cst) 43-7.



## TRACK SPOTLIGHT

### JENNER, continued

In fact, the high points of the meet came on the field, not on the track. U.S. high jump recordholder Hollis Conway set stadium and meet records at 7-8, and then took several good tries at 7-10 1/2, barely missing his AR 7-10. New world recordholder Randy Barnes grunted into the microphone set up to catch the shot putters' bellows, and heaved the metal ball 75-9 1/2, less than an inch short of his WR-smashing 75-10 1/4 he notched at Jack in the Box the week before.

In other Jenner action:

- Utah's Doug Padilla (who grew up in Hayward, CA) topped a good field in the men's 3,000, outkicking Algerian and Riverside Community College student Nourredine Morcelli, 7:59.02 to 7:59.81. CA's Harry Green (8:10.17) was 7th and Jay Marden (8:28.13) 8th. Marden was tripped from behind and fell with more than half the race completed after being closely in contention.

- Brian Diemer (8:25.25) closely trailed leader-from-the-gun Brian Abshire (8:33.50) in the 3,000 steeple before decisively making a break with a lap to go. "I don't like running like that," said Abshire, referring to his role as point man, "but the other guys just want to go out too slow for me. I've had this virus which has really affected me, so I felt weak and couldn't hold Diemer off. Before this, I was ready to go sub-8:20."

SLO's Ivan Huff (8:34.50) was 4th, Carmelo Rios (9:06.1) 8th.

- Top rated Soviet 1,500-meter runner Svetlana Kitova (who was ranked 3rd in the world last year) dominated the women's 1,500, winning in a meet record 4:05.96, over three seconds ahead of Villanova grad Gina Procaccio. CA residents Gladees Prieur (a native of France) and Lori Bearson were 7th and 8th respectively with no time recorded.

- Second ranked American at 800 meters (in 1989) Ocky Clark (1:46.71) of San Diego won the two-lapper. Local Ray Brown (1:47.68) was a close second going into the last turn, but was edged, finishing 4th.

- Pattisue Plumer won a relatively slow women's 3,000 in 9:00.99, pulling away from Eugene's Annette Hand Peters, who had led for most of the race, with 400 to go. Admittedly, Plumer had other things on her mind. And it wasn't Romanian 1,500-meter Olympic gold medalist and 3,000 silver medalist, Paula Ivan (whom Plumer had defeated in the 3K once last year, the only woman to do so). Ivan had commented before the meet that she was de-

liberately planning a "light" year, and was coming off a recent foot injury. Meanwhile Plumer was waiting for the results of her California state bar exam, which she knew would be arriving in the mail the morning of the meet. The big envelope came, Pattisue found out she passed, and then she and her husband Steve Lavere sped off to the track, forgetting her track spikes.

"I really wasn't into the race today, waiting for the (bar) results," said Plumer. "So I decided to take it slow and let some of the others do the work. I'd planned to wait until the last lap."



**PATTISUE PLUMER**

*Fine Flicks by Don Gosney*

Now the Stanford grad gets to plan dual professional careers. She says that she would like to concentrate on the track, but the law firm that she works for may not see it that way.

Although Ivan finished the race last, and was never a factor, the Romanian who has a PR of 8:27.15 got a big ovation from the estimated 6,000 spectators as she crossed the finish.

"No one was able to train or live normally (in my country) during the revolution," said the Bucharest resident through an interpreter. "At first it (the revolt) brought an immense feeling of joy, but then people started to be killed," said Ivan. Acquaintances of hers were shot a block away.

Sure, this year's meet was a little disappointing for meet director Bert Bonanno, who struggles with the same obstacles every year: early season tentativeness on the part of some athletes who just aren't in top shape yet, the unwillingness of most top Europeans and other foreign athletes to come to San Jose for a single Mobil Grand Prix race before the focus shifts to the Continent, and the lack of a big audience in the sport.

Yet it is a privilege to see some of the world's best competing on home turf, and certainly encouraging to see the Eastern Europeans, especially, allowed new freedoms so we can watch them in person.

## RESULTS

### Men

**100m:** 1. J. Williams 10.42, 2. Bridgewater 10.56, 3. Surin (Canada) 10.60. **800m:** 1. Clark 1:46.71, 2. Armour 1:47.29, 3. Maton 1:47.39. **1500m:** 1. Falcon 3:38.95, 2. Quade 3:41.41, 3. Marsala 3:43.08. **3000m:** 1. Padilla 7:59.02, 2. Morcelli (Algeria) 7:59.81, 3. Williams (Canada) 8:02.14. **3000m Steeplechase:** 1. Diemer 8:25.25, 2. Abshire 8:33.50, 3. Reese 8:33.50. **400m H:** 1. Page 49.37, 2. Henderson 49.49, 3. Cordero (Puerto Rico) 50.48. **High Jump:** 1. Conway 7-8, 2. Kemp (Bahamas) 7-6 1/2, 3. Carter 7-6 1/2. **Shot Put:** 1. Barnes 75-9 1/2, 2. Doebling 68-8 3/4, 3. Backes 66-1. **Hammer:** 1. Flax 254-4, 2. Gustafsson 253-11, 3. Logan 247-1.

### Women

**200m:** 1. Young 22.89, 2. Jackson (Jamaica) 22.91, 3. Finn 23.20. **400m:** 1. Figueiredo (Brazil) 51.17, 2. Stevens 51.42, 3. Richardson (Canada) 51.51. **1500m:** 1. Kitova (USSR) 4:05.96, 2. Procaccio 4:08.25, 3. Hill 4:11.36. **3000m:** 1. PS Plumer 9:00.99, 2. Hand-Peters 9:04.19, 3. Murphy 9:04.56. **100m H:** 1. Martin 12.89, 2. Young 13.12, 3. Waller 13.36. **400m H:** 1. Williams 56.03, 2. Freeman 56.71, 3. Fulcher 57.31. **Discus:** 1. Costian (Australia) 196-9, 2. Neer 182-6, 3. Garrett 177-4.

Subscribe to  
**CT&RN**



# RESULTS

## TRACK & FIELD

### J.C. State Championships

Santa Barbara CC.

#### Men

**100 Meters:** 1. D. Ezinwa (Mt. SAC) 10.36, 2. O. Ezinwa 10.38, 3. Bridgewater (Long Beach) 10.54, 4. Love (Taft) 10.54, 5. Laynes (Meritt) 10.57, 6. Nwanko (Mt. SAC) 10.58.

**200 Meters:** 1. Bridgewater (Long Beach) 20.56, 2. D. Ezinwa (Mt. SAC) 20.66, 3. Smith (East LA) 20.94, 4. Laynes (Meritt) 21.11, 5. Bennett (Long Beach) 21.16, 6. Scott (Taft) 21.28.

**400 Meters:** 1. Roberts (Bakersfield) 46.14, 2. Monroe (Sacto) 46.99, 3. Tate (Mt. SAC) 47.45, 4. Samuels (Chabot) 47.50, 5. Flewellen (San Francisco) 47.60, 6. Wright (Meritt) 47.85.

**800 Meters:** 1. Smoot (Am River) 1:51.54, 2. Sorkness (Santa Rosa) 1:52.05, 3. Forehand (Mira Costa) 1:52.34, 4. Maye (Taft) 1:52.64, 5. Pride (Sacramento) 1:52.87, 6. Long (El Camino) 1:53.89.

**1500 Meters:** 1. Morcelli (Riverside) 3:47.55, 2. Montes (Mt. SAC) 3:53.58, 3. Rober (Am. River) 3:54.87, 4. Pappadakis (San Jose) N.T., 5. Vendepol (Diablo Valley) 3:55.68, 6. Demontighy (El Camino) 3:56.18.

**5000 Meters:** 1. Morcelli (Riverside) 14:13.45, 2. Trask (Santa Rosa) 14:20.51, 3. Sierra (East LA) 14:25.27, 4. Montes (Mt. SAC) 14:28.30, 5. Archuleta (Santa Rosa) 14:41.79, 6. Galindo (Ventura) 14:52.41.

**10,000 Meters:** 1. Sierra (East LA) 29:54.49, 2. Reed (Riverside) 29:58.38, 3. Gonzales (Long Beach) 30:05.30, 4. Micheli (Am. River) 31:26.20, 5. Capeloutto (Orange Coast) 31:36.26, 6. Kennedy (Meritt) 31:41.51.

**110 Meter High Hurdles:** 1. Harrington (Taft) 13.87, 2. Foster (Taft) 13.89, 3. Smith (Riverside) 14.52, 4. Conner (Contra Costa) 14.59, 5. Woods (Riverside) 14.64, 6. Hatt (Shasta) 14.73.

**400 Meter Intermediate Hurdles:** 1. Sanders (Taft) 51.06, 2. Buck (Glendale) 51.22, 3. Gibson (Long Beach) 51.80, 4. Dallas (Pasadena) 52.63, 5. Speer (Hartnell) 52.64, 6. Ayers (Cerritos) 52.87.

**3000 Meter Steeplechase:** 1. Baptist (Mt. SAC) 8:56.94, 2. Woods (Hancock) 9:05.56, 3. Haskell (El Camino) 9:10.64, 4. Sierra (East LA) 9:11.67, 5. Trovinger (Diablo Valley) 9:22.61, 6. Herr (SD Mesa) 9:27.57.

**400 Meter Relay:** 1. Taft 39.77, 2. Long Beach 40.09, 3. Meritt 40.34, 4. Sacramento 40.63, 5. El Camino 40.88, 6. Rancho Santiago 41.19.

**High Jump:** 1. Sprattling (Hartnell) 6-11 3/4, 2. Swanson (Glendale) 6-11 3/4, 3. Thompson (Contra Costa) 6-9 3/4, 4. Woods (Riverside) 6-9 3/4, 5. Mower (East LA) 6-9 3/4, 6. Scatliffe (Compton) 6-9 3/4.

**Long Jump:** 1. Holley (Taft) 25-10 3/4, 2. Nash (East LA) 24-2 1/4, 3. Foster (Taft) 24-1 3/4, 4. Anthony (Cerritos) 24-1 3/4, 5. Johnson (Fresno) 24-1w, 6. Thomas (Fresno) 24-0 3/4.

**Triple Jump:** 1. Holley (Taft) 50-4 3/4, 2. Stanford (Long Beach) 49-10, 3. Boyd (San Joaquin Delta) 49-6 1/4, 4. Rogers (Mt. SAC) 49-3 3/4, 5. Mich-

ell (El Camino) 49-3, 6. Morrison (Hartnell) 48-3 1/2.

**Shot Put:** 1. Kirksey (Bakersfield) 57-0 3/4, 2. Harrisay (San Jose) 55-4 1/4, 3. Kirchoff (Saddleback) 54-2 1/2, 4. Smiderle (Yuba) 52-0 1/2, 5. Khozam (Rancho Santiago) 50-9 1/4, 6. Fua (San Joaquin Delta) 50-8.

**Discus:** 1. Absher (Long Beach) 167-6, 2. Frazee (Riverside) 162-4, 3. Johnson (Mt. SAC) 156-6, 4. Wagner (DeAnza) 156-0, 5. Kirchoff (Saddleback) 153-6, 6. Moore (Taft) 153-1.

**Hammer:** 1. Kellogg (SD Mesa) 184-6, 2. Lunde (Sacramento) 166-8, 3. Neal (Modesto) 166-9, 4. McCormick (Porterville) 164-7, 5. Farrell (Sacto) 162-7, 6. Abandonato (Sierra) 160-10.

**Javelin:** 1. Weston (Sierra) 205-6, 2. Cummings (SD Mesa) 198-5, 3. Sanchez (Mt. SAC) 193-0, 4. Woods (Long Beach) 191-5, 5. Carrillo (Moorpark) 189-9, 6. Dooley (Shasta) 186-10.

**Decathlon:** 1. Langston (Shasta) 7091, 2. Shelton (Long Beach) 6917, 3. Neumann (Sierra) 6781, 4. Herman (Santa Barbara) 6678, 5. Carrillo (Moorpark) 6359, 6. Rapoza (Ventura) 6269.

#### Women

**100 Meters:** 1. Opara (Citrus) 11.78, 2. Iheagwham (Citrus) 11.95, 3. Stiles (Compton) 12.19, 4. Prevost (Valley) 12.31, 5. Jackson (Taft) 12.31, 6. Hill (San Francisco) 12.35.

**200 Meters:** 1. Irving (Long Beach) 23.88, 2. Opara (Citrus) 24.12, 3. Stiles (Compton) 24.17, 4. Cain (Ventura) 24.23, 5. Henderson (Mt. SAC) 24.59, 6. Garner (Taft) 25.06.

**400 Meters:** 1. Irving (Long Beach) 53.54, 2. Henderson (Mt. SAC) 53.55, 3. Cain (Ventura) 55.36, 4. Ellis (Taft) 56.86, 5. Grant (Riverside) 57.04, 6. Braden (Modesto) 58.76.

**800 Meters:** 1. Garcia (El Camino) 2:11.63, 2. Grayson (Saddleback) 2:14.21, 3. Ronnerman (Mt. SAC) 2:15.51, 4. Killinger (Shasta) 2:15.99, 5. Smith (Mira Costa) 2:18.84, 6. Gordo (Long Beach) 2:19.87.

**1500 Meters:** 1. Garcia (El Camino) 4:37.23, 2. Ronnerman (Mt. SAC) 4:42.68, 3. Peterson (Hancock) 4:44.30, 4. Snyder (Grossmont) 4:45.08, 5. Talamantes (Mt. SAC) 4:45.49, 6. Salas (El Camino) 4:45.53.

**3000 Meters:** 1. Verke (Am. River) 10:01.31, 2. Tracy (El Camino) 10:02.56, 3. Boyles (Bakersfield) 10:11.10, 4. Talamantes (Mt. SAC) 10:14.68, 5. Kessecker (Santa Rosa) 10:15.86, 6. Chunovich (Mt. SAC) 10:18.69.

**5000 Meters:** 1. Tracy (El Camino) 17:05.05, 2. Verke (Am. River) 17:21.64, 3. Kessecker (Santa Rosa) 17:25.24, 4. Boyles (Bakersfield) 17:31.34, 5. Talamantes (Mt. SAC) 17:36.45, 6. Dyson (Am. River) 17:38.8.

**100 Meter Hurdles:** 1. Guialdo (Mt. SAC) 14.37, 2. Hale (Riverside) 14.41, 3. Alger (San Mateo) 14.68, 4. Hall (Cerritos) 14.93, 5. Silva (Sacramento) 14.95, 6. Redmon (Contra Costa) 14.99.

**400 Meter Relay:** 1. Taft 46.72, 2. San Diego Mesa 47.74, 3. Long Beach 47.85, 4. Mt. San Antonio 48.15, 5. El Camino 48.54, 6. Fullerton 49.35.

**High Jump:** 1. Bauer (Orange Coast) 5-5 3/4, 2. Matthews (Santa Barbara) 5-3 3/4, 3. Sandberg (Chabot) and Lakata (Am. River) 5-1 3/4, 5. West (Grossmont) 5-1 3/4, 6. Tyler (Long Beach) 5-1 3/4.

**Long Jump:** 1. Opara (Citrus) 21-3 1/2, 2. Holmes (El Camino) 19-5 1/4, 3. Hale (Riverside) 19-4, 4. Jackson (Taft) 19-2w, 5. Bass (Solano) 18-5 3/4, 6. Whare (Long Beach) 17-9 3/4.

**Triple Jump:** 1. Giles (Glendale) 37-3 1/4, 2. West (Grossmont) 36-11 1/2, 3. Bass (Solano) 36-9 1/2, 4. Suthem (El Camino) 36-7 1/2, 5. Ammonds

(Kings River) 35-10 3/4, 6. Mallard (Shasta) 35-8 3/4.

**Shot Put:** 1. Apiafi (Mt. SAC) 55-3 3/4, 2. Crawford (Southwestern) 44-11, 3. Mahan (San Mateo) 43-8 1/2, 4. Seiler (Sierra) 41-7 3/4, 5. Cortez (Bakersfield) 41-7 1/4, 6. Rodriguez (Hartnell) 41-3 3/4.

**Discus:** 1. Apiafi (Mt. SAC) 160-9, 2. Crawford (Southwestern) 143-2, 3. Anderson (SD Mesa) 140-2, 4. Seiler (Sierra) 136-0, 5. Franke (Fullerton) 135-4, 6. Cole (Fresno) 130-0.

**Heptathlon:** 1. Clarke (Valley) 5034, 2. Ammonds (Kings River) 4698, 3. Lee (Long Beach) 4528, 4. Foster (San Diego City) 4359, 5. (te) Gilles (Glendale) and Iwankovitch (Hartnell) 4033.

### Pacific 10 Championships

May, Seattle, WA.

#### Men

**100 Meters:** 1. Bates (AZ) 10.45, 2. Mahorn (Cal) 10.47, 3. Ogbeide (Washington St.) 10.65, 4. Knox (A) 10.68, 5. Bullock (A) 10.74.

**200 Meters:** 1. Bates (A) 20.92, 2. Mahorn (C)



GEORGE PORTER

Fine Flicks by Don Gasney

20.95, 3. Watts (USC) 21.22, 4. Knox (A) 21.32, 5. Ogbeide (WS) 21.77.

**400 Meters:** 1. Lewis (UCLA) 46.10, 2. Hannah (USC) 46.23, 3. Joubert (WS) 48.61, 4. Stevenson (UCLA) 47.73, 5. Bryant (W) 47.76.

**800 Meters:** 1. Strang (Stanford) 1:49.38, 2. Vincent (UCLA) 1:50.65, 3. Laffer (W) 1:51.08, 4. Wisnovsky (UCLA) 1:51.28, 5. Cobb (A) 1:54.16.

**1500 Meters:** 1. Crowley (Stan) 3:47.79, 2. Peterson (O) 3:48.39, 3. Williams (C) 3:49.66, 4. Cobb (A) 3:49.96, 5. Shouman (W) 3:50.42.

**5000 Meters:** 1. Fuo (WS) 14:24.15, 2. Lopez (O) 14:25.70, 3. E. Mastali (S) 14:27.93, 4. Leahy (W) 14:31.45, 5. Haller (O) 14:32.64.

**10,000 Meters:** 1. Fonseca (O) 29:41.00, 2. Guo (WS) 29:55.35, 3. Santamaria (UCLA) 30:04.91, 4. Hudson (O) 30:06.56, 5. Johnson (W) 30:18.60.

**110 Meter High Hurdles:** 1. Li (WS) 13.91, 2. Crow (USC) 13.94, 3. Knight (UCLA) 14.02, 4. Gray (O) 14.15, 5. Hall (W) 14.22.

**400 Meter Intermediate Hurdles:** 1. Porter (USC) 51.17, 2. Wright (O) 51.49, 3. Knight (UCLA) 51.88, 4. MacDonald (WS) 52.19, 5. Rucker (AS) 52.22.

**3000 Meter Steeplechase:** 1. Lopez (O) 8:38.1, 2. Stroschein (WS) 8:39.2, 3. Hill (WS) 8:42.9, 4. Master (O) 8:45.7, 5. Lewis (AS) 8:54.1.

**400 Meter Relay:** 1. Arizona (Olivier, Knox, Bates, Bullock) 39.56, 2. Washington 40.03, 3. USC 40.29, 4. California 40.32, 5. Washington State 40.46.

**1600 Meter Relay:** 1. Washington (Bryant, McKay, Morrill, Leffler) 3:06.92, 2. Washington State 3:07.72, 3. Oregon 3:09.54, 4. UCLA 3:11.38, 5. Stanford 3:11.49.

**High Jump:** 1. Noj (W) 7-2 1/2, 2. Rogers (C) 7-0 1/2, 3. Shuller (WS) 6-10 3/4, 4. Harris (C) 6-10 3/4, 5. Hopkins (S) 6-10 3/4.

**Pole Vault:** 1. Cullen (O) 17-0 3/4, 2. Vanderville (O) 17-0 3/4, 3. Rynearson (UCLA) 16-8 3/4, 4. Stoum (UCLA) 16-8 3/4, 5. Borrick (UCLA) 16-8 3/4.

**Long Jump:** 1. Berry (O) 26-2 3/4, 2. Rogers (C) 25-6 1/4, 3. Smith (C) 25-5 1/2, 4. Hickerson (S) 25-3 1/4, 5. Knox (A) 24-2 1/2.

**Triple Jump:** 1. Harris (C) 54-2 1/2, 2. Williams (O) 53-11 3/4, 3. Frank (C) 51-7 3/4, 4. Berry (O) 50-10 1/4, 5. Taylor (O) 47-7 1/4.

**Shot Put:** 1. Collins (AS) 62-3 3/4, 2. Bergreen (UCLA) 59-2 1/4, 3. Bluteich (UCLA) 58-2, 4. Trahan (A) 58-1 1/4, 5. Anderson (C) 58-1.

**Discus:** 1. Buttsch (UCLA) 188-10, 2. Wilson (W) 187-8, 3. Faider (W) 178-4, 4. Thompson (UCLA) 177-6, 5. Lavine (WS) 172-11.

**Hammer:** 1. McGee (O) 225-1, 2. J. Knight (UCLA) 215-4, 3. Beberthaler (A) 207-6, 4. Schimmels (WS) 196-6, 5. Anastasiades (O) 193-7.

**Javelin:** 1. Wikstrom (WS) 244-6, 2. Skipper (O) 231-9, 3. Roberson (W) 228-3, 4. Johansen (W) 211-2, 5. McPeters (A) 208-7.

**Final Team Scores:** 1. Oregon 141, 2. Washington State 102, 3. UCLA 98, 4. Arizona 72, 5. California 98, 6. Washington 70, 7. USC 39, 8. Stanford 38, 9. Arizona State 20.

#### Women

**100 Meters:** 1. Gaines (S) 12.05, 2. Burnham (UCLA) 12.15, 3. Williams (O) 12.38, 4. Randolph (A) 12.52, 5. Hutchins (C) 12.69.

**200 Meters:** 1. Malone (S) 23.24, 2. Burnham (UCLA) 23.55, 3. Williams (O) 23.60, 4. Simmons (C) 23.93, 5. Mack (C) 24.85.

**400 Meters:** 1. Malone (AS) 51.93, 2. Sedwick (UCLA) 54.49, 3. Holmes (AS) 55.25, 4. Jones (AS) 55.29, 5. Alvarenga (C) 56.28.

**800 Meters:** 1. N'Drin (WS) 2:04.05, 2. Carpenter (WS) 2:06.36, 3. Hutson (O) 2:10.05, 4. Clark (USC) 2:10.17, 5. Della Morica (UCLA) 2:12.57.

**1500 Meters:** 1. Block (S) 4:24.2, 2. Smyth (A) 4:25.3, 3. Eymann (WS) 4:31.3, 4. DeNascimento (WS) 4:35.1, 5. Williams (C) 4:35.9.

**3000 Meters:** 1. Wilson (O) 9:26.19, 2. Robertson (WS) 9:29.07, 3. Han (C) 9:29.56, 4. Peterson (W) 9:34.93, 5. Draughon (W) 9:38.78.

**5000 Meters:** 1. Han (C) 16:25.41, 2. Wilson (O) 16:31.50, 3. Wessell (O) 16:42.42, 4. Gillette (W) 16:45.39, 5. Draughon (W) 16:46.64.

**10,000 Meters:** 1. Wesson (O) 34:25.42, 2. Buresh (W) 35:29.09, 3. Saul (O) 35:29.79, 4. Ashe (UCLA) 35:48.86, 5. Cordell (AS) 35:50.96.

**400 Meter Hurdles:** 1. Vickers (UCLA) 58.76, 2. Ducoux (USC) 60.23, 3. Tanker (W) 60.82, 4. R. Mack (C) 61.52, 5. Mullan (W) 61.97.

**400 Meter Relay:** 1. UCLA (Vickers, Burnham,



# RESULTS

Sedwick, Hopper) 45.26, 2. Arizona State 45.43, 3. California 46.29, 4. Washington 46.65, 5. Stanford 47.15.

**1600 Meter Relay:** 1. Arizona State (Holmes, Jones, Williams, Malone) 3:38.13, 2. UCLA 3:43.13, 3. California 3:43.84, 4. Washington State 3:45.20, 5. Oregon 3:46.24.

**High Jump:** 1. Boughton (A) 5-10 3/4, 2. Prince (W) 5-8 3/4, 3. Coleman (UCLA) 5-8 3/4, 4. (6e) Roberts (O) and Odita (S) 5-8 3/4.

**Long Jump:** 1. Johnson (AS) 20-9 3/4w, 2. Sedwick (UCLA) 20-9 3/4, 3. Simmons (C) 20-9 1/4, 4. Hudson (C) 20-7, 5. Edwards (S) 20-5 1/4w.

**Triple Jump:** 1. Hudson (C) 42-2 1/4w, 2. Moses (UCLA) 40-4 1/4w, 3. Tasker (W) 39-11 1/4, 4. Henlon (S) 39-10 1/2w, 5. Edwards (S) 39-2 1/2.

**Shot Put:** 1. Millett (UCLA) 53-9 3/4, 2. Reed (WS) 51-11 3/4, 3. Malueg (S) 47-9, 4. Whelchel (UCLA) 47-3 1/2, 5. White (W) 46-3 1/4.

**Discus:** 1. Millett (UCLA) 190-2, 2. Pugh (A) 170-5, 3. Whitlock (W) 170-0, 4. Dandenault (W) 168-8, 5. Smith (O) 160-11.

**Javelin:** 1. Berry (O) 178-1, 2. Selman (USC) 176-2, 3. Hyatt (O) 175-3, 4. Perreault 161-4, 5. Smith (O) 154-9.

**Final Team Scores:** 1. UCLA 116, 2. Oregon 103, 3. Arizona State 73, 4. California 71, 5. Washington 66, 6. Stanford 51, 7. Washington State 50, 8. Arizona 38, 9. USC 21.

## NCAA Championships Division I

June 2, Durham, N.C.

### Men

**100 Meters:** 1. Burrell (Houston) 9.94w, 2. Cason (Texas A&M) 10.19, 3. Fredericks (BYU) 10.23, 4. Adoniken (Texas El Paso) 10.23, 5. Trapp (Clemson) 10.23.

**200 Meters:** 1. Johnson (Baylor) 20.31, 2. Fredericks (BYU) 20.32, 3. Adoniken (Texas El Paso) 20.43, 4. Braunschil (NC St) 20.49, 5. Little (Drake) 20.59.

**400 Meters:** 1. Lewis (UCLA) 45.19, 2. Fagan (Auburn) 45.37, 3. Luke (Rice) 45.44, 4. Molnar (Nebraska) 45.68, 5. O'Connor (George Mason) 45.89.

**800 Meters:** 1. Everett (Florida) 1:44.70, 2. Kersh (Mississippi) 1:45.69, 3. Davis (Baylor) 1:45.98, 4. Kenah (Georgetown) 1:46.70, 5. Maru (TCU) 1:46.74.

**1500 Meters:** 1. Kennedy (Indiana) 3:40.42, 2. Mullane (Providence) 3:40.59, 3. Boakes (Arkansas) 3:40.76, 4. Evans (Providence) 3:41.28, 5. Vandegh (William & Mary) 3:41.62.

**5000 Meters:** 1. Trautman (Georgetown) 14:07.47, 2. Nuttall (Iowa St) 14:09.07, 3. Reina (Arkansas) 14:10.99, 4. Hanes (NC St) 14:12.32, 5. Gargiulo (SMU) 14:13.65.

**10,000 Meters:** 1. Butler (Montana St) 28:38.45, 2. Thornton (LSU) 28:39.37, 3. Koech (Iowa St) 28:40.67, 4. Williams (Tennessee) 28:41.97, 5. Fry (Wisconsin) 28:44.59.

**110 Meter High Hurdles:** 1. Lancaster (Indiana St) 13.45, 2. Brown (Wake Forest) 13.60, 3. Crear (USC) 13.65, 4. Ellis (Pittsburgh) 13.73, 5. Li (Washington St) 13.76.

**400 Meter Intermediate Hurdles:** 1. Neal (Texas Arlington) 49.23, 2. Neal (Manhattan) 49.89, 3. Carter (Auburn) 50.09, 4. Wright (Oregon) 50.23, 5. Steele (Eastern Illinois) 50.24.

**400 Meter Relay:** 1. Alabama (Beattie, Nava, McCaig, Wright) 38.87, 2. Arizona 38.89, 3. Baylor 38.98, 4. Texas A&M 39.03, 5. TCU 39.38.

**1600 Meter Relay:** 1. Baylor (Fredericks, Thompson, Miller, Johnson) 3:01.86, 2. Auburn 3:03.72, 3. Nebraska 3:04.20, 4. Florida 3:04.62, 5. Washington 3:04.73.

**3000 Meter Steeplechase:** 1. Broghan (Ohio St.) 8:36.19, 2. Lopez (Oregon) 8:36.86, 3. Gibson (Yale) 8:40.21, 4. Bergstrom (Wisconsin) 8:41.55, 5. Graham (Nebraska) 8:44.11.

**High Jump:** 1. Austin (SW Texas St) 7-7 3/4, 2.

Barton (George Mason) 7-6 1/2, 3. Noji (Washington St.) 7-6 1/2, 4. Guidry (SD Woulsiana) 7-4 1/4, 5. Brown (NW Louisiana) 7-3.

**Pole Vault:** 1. Bagrula (George Mason) 18-4 1/2, 2. Riley (Arkansas St) 18-0 1/2, 3. Arkell (New Mexico) 18-0 1/2, 4. (tie) Smith (Texas) and Holloway (Florida) 18-0 1/2.

**Triple Jump:** 1. Floreal (Arkansas) 56-6 1/2, 2. Iginoghene (Mississippi St) 54-2 3/4, 3. Green (Ohio St) 53-10 1/4, 4. Jackson (Fresno St) 53-3, 5. Green (Boise St) 53-2 1/4.

**Shot Put:** 1. Collins (Arizona St) 66-3 1/4, 2. Hunter (Penn St) 63-11, 3. Williams (LSU) 61-5 1/2, 4. Reynolds (TCU) 61-3 1/2, 5. Hoff (SMU) 60-5 3/4.

**Discus:** 1. Keshmiri (Nevada Reno) 207-1, 2. Nichols (LSU) 195-11, 3. Blutreich (UCLA) 190-9, 4. Washington (Syracuse) 190-4, 5. Williams (LSU) 186-9.

**Hammer:** 1. McGee (Oregon) 217-8, 2. Morales (UC Irvine) 215-11, 3. Karlsson (BYU) 212-2, 4. Ryan (Manhattan) 211-6, 5. Knight (UCLA) 210-9.



STEVE LEWIS

SHEILA HUDSON

Fine Flicks by Don Gasney

**Javelin:** 1. Boden (Texas) 261-10, 2. Labosky (Kansas) 256-0, 3. Mathiasson (Alabama) 245-8, 4. Pukstys (Florida) 242-8, 5. Guillory (NE Louisiana) 239-4.

**Decathlon:** 1. Fucci (SW Texas St) 7922, 2. Brophy (Tennessee) 7779, 3. Barker (Texas A&M) 7762, 4. Fritz (Kansas St) 7729, 5. Jariso (LSU) 7589.

**Final Team Scores:** 1. SLU 44, 2. Arkansas 36, 3. Baylor 34, 4. Florida 33 1/2, 5. Oregon 27, 6. BYU 25, 7. Auburn, George Mason and SW Texas St. 24, 10. UCLA 22, 23. Alabama, Texas A&M, and Tennessee 21, 26. Texas 19 1/2, 27. Georgetown and Nebraska 17, 29. Arizona, Iowa St. and Ohio St. 16, 32. Arizona St., Manhattan, TCU, and Providence 13. Others Included: Washington 10, USC 9, UC Irvine 8, Fresno St. and Washington St. 6, California 4, Stanford 1.

### Women

**100 Meters:** 1. Jones (LSU) 11.14w, 2. Mondie-Milner (Illinois) 11.22, 3. Utundu (Texas Southern) 11.45, 4. Dillard (Clemson) 11.48, 5. Tate (Morgan St) 11.53.

**200 Meters:** 1. Jones (LSU) 22.49, 2. Guidry (Texas) 22.62, 3. Mondie-Milner (Illinois) 22.66, 4. Thomas (Alabama) 23.35, 5. Mackey (North Carolina) 23.41.

**400 Meters:** 1. Malone (Arizona St) 51.13, 2. Dunrod (Alabama) 51.25, 3. Watson (Oklahoma) 51.41, 4. Restrepo (Nebraska) 51.64, 5. Holmes (Arizona St) 52.30.

**800 Meters:** 1. Favor (Wisconsin) 1:59.11, 2. Jones (Tennessee) 2:00.24, 3. Rainey (Harvard) 2:00.48, 4. Bennett (Villanova) 2:02.49, 5. N'Drin (Washington St) 2:04.05.

**1500 Meters:** 1. Favor (Wisconsin) 4:08.26, 2. Jones (Tennessee) 4:09.45, 3. Best (Cornell) 4:09.85, 4. Glerum (Iowa St) 4:11.78, 5. Franey (Villanova) 4:12.49.

**3000 Meters:** 1. O'Sullivan (Villanova) 8:56.27, 2. Mary Hartzheim (Wisconsin) 9:04.10, 3. Maureen Hartzheim (Wisconsin) 9:05.37, 4. VanOnna (Texas El Paso) 9:08.23, 5. Wiegand (Tennessee) 9:10.73.

**5000 Meters:** 1. McGovern (Kentucky) 15:45.72, 2. Gomez (NC St) 16:02.69, 3. Ball (Appalachian St) 16:13.20, 4. Hinton (Wisconsin) 16:15.56, 5. Bessel

(CS Long Beach) 16:16.82.

**10,000 Meters:** 1. Haskin (Kansas St) 33:49.72, 2. Stone (Baylor) 33:51.50, 3. Constantin (Georgetown) 33:55.57, 4. Jones (Harvard) 34:00.05, 5. Gadowski (Nebraska) 34:08.09.

**100 Meter Hurdles:** 1. Tolbert (Arizona St) 12.84w, 2. Sheffield (LSU) 13.00, 3. Stanley (LSU) 13.03, 4. Vickers (UCLA) 13.05, 5. Johnson (Colorado) 13.11.

**400 Meter Low Hurdles:** 1. Vickers (UCLA) 55.40, 2. Batten (Florida St) 55.45, 3. Edeh (Rice) 56.25, 4. Webster (Florida) 56.57, 5. Comadore (Southern) 56.91.

**400 Meter Relay:** 1. LSU (Stanley, Bowles, Sheffield, Jones) 43.99, 2. Illinois 44.15, 3. UCLA 44.30, 4. Florida St. 44.43, 5. North Carolina 44.63.

**1600 Meter Relay:** 1. Florida (Mitchell, Howard, Webster, Downing) 3:30.41, 2. Alabama 3:30.99, 3. North Carolina 3:32.17, 4. UCLA 3:32.58, 5. Pittsburgh 3:34.48.

**High Jump:** 1. Bradburn (Texas) 6-2 3/4, 2. Welty (Idaho St) 6-2 3/4, 3. Kelly (Florida St) 6-0 1/2, 4. Teaberry (Kansas St) 5-11 1/4, 5. Hines (Texas A&M) 5-11 1/4.

**Long Jump:** 1. Hudson (Cal) 22-1, 2. Boone (Virginia) 20-7 3/4, 3. Smith (NE Louisiana) 20-7 1/4, 4. Andrews (Prairie View) 20-6 1/4, 5. Utundu (Texas Southern) 20-5 1/4.

**Triple Jump:** 1. Hudson (Cal) 46-0 3/4, 2. Crumely (St. Joseph's) 44-8 3/4, 3. Wills (Army) 43-6 1/2, 4. Hyacinth (Alabama) 43-2 1/2, 5. Jackson (LSU) 42-6 3/4.

**Shot Put:** 1. Millett (UCLA) 53-7, 2. Barrett (Indiana St) 53-2 3/4, 3. Koch (Indiana) 51-1 1/2, 4. Hodgkinson (Syracuse) 50-8 3/4, 5. Hacker (SMU) 50-7 1/2.

**Discus:** 1. Millett (UCLA) 183-9, 2. Lewis (Minnesota) 165-5, 3. James (BYU) 164-11, 4. Parker (Northern Arizona) 164-8, 5. Schleusener (Minnesota) 162-8.

**Javelin:** 1. Selman (USC) 186-3, 2. Berry (Oregon) 174-9, 3. Rockenbauer (Nebraska) 172-8, 4. Herceg (Florida) 167-2, 5. Perreault (Arizona) 164-8.

**Hepathlon:** 1. Johnson (Arizona St) 6132, 2. Nathan (Indiana) 5855, 3. McNear (Purdue) 5799, 4. Kaljuand (BYU) 5642, 5. Lee (Tennessee) 5510.

**Final Team Scores:** 1. LSU 53, 2. UCLA 46, 3. Wisconsin 42, 4. Arizona St. 40, 5. Alabama 29, 6. Tennessee 28, 7. Indiana 26, 8. Villanova, Florida and Texas 25, 11. California 23, 12. Illinois 22, 13. Florida St. 21, 14. North Carolina 19, 15. Kansas St. 18, 16. Nebraska 17, 17. Texas Southern 13, 18. Minnesota, BYU and Oregon 12, 21. Harvard 11, 22. USC and Kentucky 10. Others Included: Nevada, Las Vegas 6, Arizona 5, Washington St. 4, Fresno St. and Stanford 2.

## NCAA Championships Division II

Hampton, Va.

### Men

**100 Meters:** 1. Hendrix (CS Northridge) 10.50, 2. Brokenburr (St. Augustine's) 10.52, 3. R. Love (CSLA) 10.58.

**200 Meters:** 1. Warren (Hampton) 20.67, 2. Brokenburr (St. Augustine's) 20.70, 3. Hendrix (SCSN) 20.87.

**400 Meters:** 1. Barnes (Hampton) 45.41, 2. Burnett (NY Tech) 45.60, 3. Reed (Morehouse) 45.95.

**800 Meters:** 1. McBride (CSN) 1:49.34, 2. Mahamed (St. Augustine's) 1:49.77, 3. Boyette (UC Davis) 1:50.21.

**1500 Meters:** 1. Hempel (CPSLO) 3:47.61, 2. Nunez (CW Post) 3:48.36, 3. Shaeffer (Northern Colorado) 3:49.89.

**5000 Meters:** 1. Rivera (Edinboro) 14:35.63, 2. Heard (SE Missouri) 14:38.85, 3. Lowe (Shippensburg St) 14:43.10.

**10,000 Meters:** 1. Rivera (Edinboro) 30:24.44, 2. Finegan (NW Missouri St) 30:32.00, 3. Gutierrez

(CSLA) 30:33.53.

**110 Meter High Hurdles:** 1. Johnson (St. Augustine's) 13.68, 2. Fortune (Hampton) 14.00, 3. Saffio (Morehouse) 14.11.

**400 Meter Intermediate Hurdles:** 1. Morrison (St. Augustine's) 49.90, 2. Barnes (Hampton) 50.65, 3. Johnson (St. Augustine's) 50.75.



SCOTT HEMPEL

Photo by Kirby Lee

**3000 Meter Steeplechase:** 1. Neubaum (CPSLO) 8:54.94, 2. Kles (Michigan Tech) 8:58.21, 3. Knaple (UC Davis) 9:00.54.

**400 Meter Relay:** 1. St. Augustine's (Williams, Carpenter, Johnson, Brokenburr) 4:04.04, 2. Abilene Christian 4:02.1, 3. Morehouse 4:02.4.

**1600 Meter Relay:** 1. St. Augustine's (Morrison, Williams, Callum, Brokenburr) 3:04.44, 2. New York Tech 3:04.50, 3. Hampton 3:08.12.

**High Jump:** 1. Moore (St. Augustine's) 7-1 3/4, 2. Brown (Morehouse) 7-0 1/2, 3. Bedford (Abilene Christian) 7-0 1/2.

**Pole Vault:** 1. Rankin (SLO) 17-8 1/2, 2. Fisher (CSLA) 17-0, 3. Arnett (SLO) 17-0.

**Long Jump:** 1. Perry (CSN) 25-6 3/4w, 2. Carpenter (St. Augustine's) 25-4 3/4, 3. Browne (Abilene Christian) 25-3 1/2.

**Triple Jump:** 1. Browne (Abilene Christian) 54-1 3/4, 2. Donaldson (St. Augustine's) 52-0 3/4, 3. Brown (Hampton) 50-4 3/4.

**Shot Put:** 1. Cochran (Ferris St) 58-2, 2. Burian (North Dakota) 55-11, 3. Marion (North Dakota St) 55-1.

**Discus:** 1. Cochran (Ferris St) 181-7, 2. Onuaguluhi (NW Missouri St) 175-11, 3. Hayward (NE Missouri St) 171-4.

**Hammer:** 1. Adelman (UC Davis) 200-4, 2. Cole (Angelo St) 180-8, 3. Albers (CSN) 180-6.

**Javelin:** 1. Neri (Indiana, PA) 227-11, 2. Schamber (Ferris St) 216-2, 3. Johnson (CSLA) 216-0.

**Decathlon:** 1. Babrak (Indiana, PA) 7292, 2. Green (Angelo St) 7242, 3. Burton (CSN) 6739.

**Final Team Scores:** 1. St. Augustine's 111, 2. CS Northridge 60, 3. Hampton 56, 4. Cal Poly SLO 53, 5. CS Los Angeles, 6. Abilene Christian 41, 7. Ferris St. 33, 8. Morehouse 32, 9. New York Tech 30, 10. Missouri St. and Edinboro 29. Others Included: CS Bakersfield 9.

### Women

**100 Meters:** 1. Straughn (Abilene Christian) 11.77, 2. Royster (Norfolk St) 11.86, 3. Nwajeri (Alabama A&M) 11.88.

**200 Meters:** 1. Straughn (Abilene Christian) 23.40, 2. Royster (Norfolk St) 23.83, 3. Lawrence (Norfolk St) 23.97.

**400 Meters:** 1. Lawrence (Norfolk St) 54.04, 2.



# RESULTS

Royal (Norfolk St.) 54.20, 3. Welsh (Alabama A&M) 54.42.

800 Meters: 1. Colebrook (SLO) 2:02.48, 2. Fordham (South Dakota St.) 2:06.24, 3. Morgan (Alabama A&M) 2:07.12.

1500 Meters: 1. Colebrook (SLO) 4:19.78, 2. Hiatt (SLO) 4:28.66, 3. Long (SLO) 4:28.69.

3000 Meters: 1. Calhoun (Air Force) 9:34.48, 2. Thibert (Edinboro) 9:36.14, 3. Barrett (SLO) 9:42.80.

5000 Meters: 1. Calhoun (Air Force) 16:31.61, 2. Thibert (Edinboro) 16:45.84, 3. Park (SLO) 16:57.28.

10,000 Meters: 1. Park (CPSLO) 34:43.44, 2. Knepper (NE Missouri) 34:54.24, 3. Nelson (St. Cloud) 35:43.88.

100 Meter Hurdles: 1. Williams (CPP) 13.47, 2. Aladela (Alabama A&M) 13.77, 3. Williams (Hampton) 13.91.

400 Meter Low Hurdles: 1. Hester (NE Missouri) 59.84, 2. Colvin (CS Hayward) 59.97, 3. Milton (St. Augustine's) 1:00.16.

400 Meter Relay: 1. Norfolk St. (Foyster, Knox, Robb, Lawrence) 45.20, 2. St. Augustine's 45.60, 3. Hampton 45.91.

1600 Meter Relay: 1. Norfolk St. (Knox, Lawrence, Royster, Royal) 3:40.69, 2. Abilene Christian 3:42.70, 3. South Dakota 3:42.71.

High Jump: 1. Alor (Abilene Christian) 5-10, 2. Way (East Stroudsburg) 5-10, 3. Flynn (CSN) 5-7.

Long Jump: 1. Badgett (St. Augustine's) 20-6 1/4, 2. Hutchins (Alabama A&M) 20-4 1/2, 3. Pile (CSN) 19-11 1/2.

Triple Jump: 1. Browne (Abilene Christian) 54-1 3/4, 2. Donaldson (St. Augustine's) 52-0 3/4, 3. Brown (Hampton) 50-4 3/4.

Shot Put: 1. Greene (Ashland) 49-2 1/2, 2. Ikoni (Alabama A&M) 48-10 1/4, 3. Taylor (Norfolk St.) 47-9.

Discus: 1. Hom (CS Sacramento) 164-6, 2. Dixon (Abilene Christian) 150-1, 3. McClelland (Angelo St.) 147-4.

Javelin: 1. Davies (Seattle Pacific) 163-2, 2. White (SLO) 158-3, 3. Taylor (Seattle Pacific) 150-1.

Heptathlon: 1. Alford (East Texas St.) 5266, 2. Lauve (Seattle Pacific) 5220, 3. Diehl (San Francisco St.) 5062.

Final Team Scores: 1. Cal Poly SLO 116, 2. Norfolk St. 72, 3. Abilene Christian 62, 4. Alabama A&M 56, 5. CS Northridge 44 1/2, 6. St. Augustine's 44, 7. Seattle Pacific 33, 8. South Dakota 26, 9. Air Force 20, 10. NE Missouri 19 1/2. Others included: Cal Poly Pomona 19, CS Bakersfield 5, CS Los Angeles 2.

## NAIA Championships

Stephenville, Texas.

### Men

100 Meters: 1. Spiva (Malone) 10.38, 2. Hawkins (SW Minn.) 10.44, 3. Pope (Western Oregon) 10.57.

200 Meters: 1. Spiva (Malone) 21.00, 2. Hawkins (SW Minn.) 21.24, 3. Solomon (Wayland Baptist) 21.25.

400 Meters: 1. Solomon (Wayland Baptist) 46.96, 2. Jennings (SW Kansas) 47.19, 3. Boda (Oklahoma Baptist) 47.47.

800 Meters: 1. Hussein (Lubbock Christian) 1:48.67, 2. Johns (Adams St.) 1:49.90, 3. Christie (Prairie View) 1:50.18.

1500 Meters: 1. Hussein (Lubbock Christian) 3:46.90, 2. Maas (Adams St.) 3:48.27, 3. Bertia (Simon Fraser) 3:49.97.

5000 Meters: 1. Cogo (Lubbock Christian) 14:27.83, 2. Runion (Anderson, Ind.) 14:28.74, 3. Roberts (Adams St.) 14:29.39.

10,000 Meters: 1. Roberts (Adams St.) 31:01.71, 2. Padese (PLN) 31:05.18, 3. Schouw (Oklahoma Baptist) 31:27.39.

10,000 Meter Walk: 1. Fournier (Wis. Parkside) 45:12.93, 2. Cole (Wis. Parkside) 45:18.45, 3. Martner (Wis. Parkside) 45:48.36.

Marathon: 1. Murray (Harding, Ark.) 2:33.22, 2.

Beek (Southern Oregon) 2:33.50, 3. Filling (Cedarville) 2:35.05.

110 Meter High Hurdles: 1. Payne (High Point) 14.15, 2. Lelou (Ok. Baptist) 14.25, 3. Moore (PLN) 14.25.

400 Meter Intermediate Hurdles: 1. Lelou (OK Baptist) 51.16, 2. German (Missouri Baptist) 51.73, 3. Johnson (Florida Memorial) 52.02.

3000 Meter Steeplechase: 1. Kipello (Emporia St.) 9:04.07, 2. Herr (Pacific Lutheran) 9:16.22, 3. Schouw (OK Baptist) 9:17.07.

400 Meter Relay: 1. Ouachita Baptist 41.19, 2. Point Loma Nazarene 41.29, 3. Southern (New Orleans) 41.32.

1600 Meter Relay: 1. Prairie View 3:09.04, 2. Hastings 3:11.27, 3. Tarleton St. 3:11.57.

High Jump: 1. Martinez (Southern Colorado) 7-1 1/2, 2. Raates (PLN) 7-1 1/2, 3. Hagen (George Fox) 6-11.

Pole Vault: 1. Kelly (Malone) 16-11 1/2, 2. Kitzman (Concordia, Neb.) 16-11 1/2, 3. McDonald (Baker) 16-3 1/2.

Long Jump: 1. Drayton (Ark. Morris) 25-5 1/2, 2. Gaines (Ouachita Baptist) 24-11 1/2, 3. Dikoid (PLN) 24-7 1/4.

Triple Jump: 1. Otudor (Missouri Baptist) 52-9 3/4, 2. Dwyer (Central St., Ohio) 51-8 1/2, 3. Okundaye (OK Baptist) 51-1 1/4.

Shot Put: 1. Olukoju (AP) 60-2, 2. Baumann (Doane) 55-8 3/4, 3. Last (Baker) 53-9 1/4.

Discus: 1. Olukoju (Azusa-Pacific) 210-4, 2. Baumann (Doane) 163-1, 3. Phillips (Central Washington) 161-5.

Hammer: 1. Olukoju (AP) 180-0, 2. Lydum (Western Oregon) 174-9, 3. Daniel (AP) 170-0.

Javelin: 1. Whelham (Whitworth) 211-11, 2. Moritt (Simon Fraser) 210-3, 3. Laging (Carson-Newman) 203-9.

Decathlon: 1. Psychigoda (Hilldale) 7174, 2. Cahman (AP) 7066, 3. Shinkle (Chadron St.) 6879.

Final Team Scores: 1. Oklahoma Baptist 57, 2. Azusa Pacific 53, 3. Malone (Ohio) 46, 4. Point Loma Nazarene 45, 5. Adams St. 38. Others included: Westminster 4, Biola and Fresno Pacific 1.

### Women

100 Meters: 1. Bailey (Concordia, Neb.) 11.60, 2. Kidd (Missouri Baptist) 11.69, 3. Amajali (Missouri Baptist) 11.72.

200 Meters: 1. Bailey (Concordia, Neb.) 23.78, 2. Kidd (Missouri Baptist) 23.94, 3. Clayton (Prairie View) 24.07.

400 Meters: 1. Lampkin (Prairie View) 54.56, 2. Wallace (Central St., Ohio) 54.62, 3. Evans (Missouri Baptist) 54.82.

800 Meters: 1. S. Smith (Central St., Ohio) 2:07.03, 2. B. Smith (Prairie View) 2:09.31, 3. Shy (Prairie View) 2:10.77.

1500 Meters: 1. Howell (Simon Fraser) 4:25.04, 2. Misley (Pacific Lutheran) 4:30.80, 3. Montoya (Pacific Lutheran) 4:31.59.

3000 Meters: 1. Howell (Simon Fraser) 10:04.05, 2. Tarasio (Western Oregon) 10:09.06, 3. Waldborg (Western Washington) 10:10.84.

5000 Meters: 1. Silkman (Wisconsin Parkside) 17:29.77, 2. Lucas (Pacific Lutheran) 17:30.38, 3. Villareal (Adams St.) 17:33.82.

10,000 Meters: 1. Villareal (Adams St.) 36:50.57, 2. Hoffmann (Midland Lutheran) 37:21.84, 3. Lucas (Pacific Lutheran) 37:37.89.

Marathon: 1. Farrar (North Florida) 3:03.07, 2. Valenzuela (West Florida) 3:06.12, 3. Weir (AP) 3:09.23.

100 Meter Hurdles: 1. Johnson (Arkansas Pine Bluff) 13.73, 2. Banks (Ark. Pine Bluff) 13.80, 3. Sterling (Central St., Ohio) 14.00.

400 Meter Low Hurdles: 1. Simmons (Graceland) 60.42, 2. Ford (Prairie View) 62.57, 3. Harris (Missouri Baptist) 62.70.

400 Meter Relay: 1. Missouri Baptist 46.12, 2. Arkansas Pine Blue 46.20, 3. Prairie View 46.45.

1600 Meter Relay: 1. Central St. (Ohio) 3:42.17, 2. Prairie View 3:44.41, 3. Missouri Baptist 3:45.56.

High Jump: 1. Johnson (AP) 6-0 1/2, 2. Kayler

(Wayland Baptist) 5-10 3/4, 3. Williams (Missouri Baptist) 5-8 1/2.

Long Jump: 1. Andrews (Prairie View) 21-3 3/4w, 2. Rhodes (Western St.) 20-5 1/4w, 3. Sterling (Central St., Ohio) 20-2 3/4w.

Triple Jump: 1. Rhodes (Western St., Colo.) 41-10, 2. Williams (Prairie View) 41-6, 3. Stephney (Missouri Baptist) 41-2 1/4.

Shot Put: 1. Pielig (Willamette) 48-11 3/4, 2. Gunn (Emporia St.) 46-4 1/4, 3. Gottberg (Western Oregon St.) 46-2 1/4.

Discus: 1. Pielig (Willamette) 167-4, 2. Gottberg (Western Oregon) 164-8, 3. Gunn (Emporia St.) 157-2.

Javelin: 1. Carlson (Dickinson St., S.D.) 156-5, 2. Vanderhook (Simon Fraser) 150-10, 3. Volpatti (Simon Fraser) 150-1.

Heptathlon: 1. Simmons (Graceland, Iowa) 5312, 2. Vanderhook (Simon Fraser) 5171, 3. Matheson (Simon Fraser) 5080.

Final Team Scores: 1. Prairie View 103, 2. Simon Fraser 94, 3. Missouri Baptist 80, 4. Central St. (Ohio) 40, 5. Pacific Lutheran 39. Others included: Azusa Pacific 16, Point Loma Nazarene 6, Southern Cal College 4, Biola 2, Fresno Pacific 1.

## ROAD RACING

### Fontana Days

April 21. Fontana. 5K & Half Marathon.

Cool, foggy weather and competitive fields converged at the 35th Fontana Days Half-Marathon and 5K Roadraces. Both men's races were decided by one-second margins and the only one new course record effort belonged to a woman.

Canadian Commonwealth marathoner Gordon Christie returned to defend his Half-Marathon crown, and found Mexican athlete Mario Bueno in the way. Bueno and Christie worked their way to the front during the second mile, and raced side-by-side along the Lytle Creek Wash. Christie said he knew nothing about Bueno, in the U.S. for a spring marathon, "He was breathing easier than I was. For all I knew he was a 2:10 marathoner." Christie finally surged in the last 100 meters, recording a one-second victory in 1:01.53.

In the 5K, Kenyan Sam Obwacha also defended his title with a one-second victory. Obwacha only decided to enter the day before, interrupting his Long Beach Marathon preparation. So rushed was Obwacha that he left his shoes behind and had to borrow a pair from Ron Kurrie, a former Southern Pacific AAU Long Distance Athlete of the Year. Even so, Obwacha missed his course record by one-second as he powered away from Gardena Valley teammate Benito Cruz and Mexico's Alfredo Uruyous. Obwacha was timed in 13:26, Cruz in 13:27 and Uruyous in 13:29.

Ken's 5K record held by World Cup Marathon champion Sue Marchiano. Johnson destroyed a strong field, including 1989 Fontana Days winner Suzi Morris and Gretchen Lohr Cruz. Johnson finished in 15:40, tying Marchiano's record for a \$500 bonus. Morris was second in 15:43.

The women's Half-Marathon race was dominated by Las Vegas' Karla Ely, who was too strong for Juliette Christie. Ely's 1:14:24 was the fastest in five years, although nearly six minutes off Sue Benenda's course record. Ely looked ready for a late Spring marathon, running a controlled race and winning by one minute 40 seconds.

Master's winners included Harolene Walters (1:20:31) and Michael Mahler (1:09:06) in the Half-Marathon; and Stephen Keyes (14:35) and Jane

Lauscher (17:51) in the 5K. Lauscher narrowly defeated Gina Faust, while 61-year-old Patrick Devine's 1:19:14 placed him ninth in the Master's competition and 32nd overall.

### Division Results - Men's Half Marathon

Overall Winners: 1. Gordon Christie 1:01:53, 2. Bueno Mario 1:01:54, 3. Keith Withi 1:05:23, 10 & Under: 1. Mark Savel 1:37:58, 11-14: 1. James Uwing 1:31:27, 2. Manuel Olivaréz 1:48:03, 3. Jacob Booney Atascadero's Jani Johnson went after the women.



JANI JOHNSON

1:50:48, 15-19: 1. Jason Hanetti 1:19:43, 2. John Hinkelman 1:20:14, 3. Fernando Lamontes 1:31:48, 20-24: 1. Medardo Escalante 1:07:39, 2. Elvin Vargas 1:10:54, 3. John Lemar 1:11:55, 25-29: 1. Gordon Christie 1:01:53, 2. Bueno Mario 1:01:54, 3. Ted Cotti 1:05:33, 30-34: 1. Keith Withi 1:05:23, 2. Alex Miranda 1:06:51, 3. Philip Nichols 1:07:33, 35-39: 1. Harry Pelschar 1:16:40, 2. Scott Davis 1:20:00, 3. Dan Sanders 1:20:21, 40-44: 1. Steven Cornish 1:16:38, 2. Sam Gorsline 1:17:23, 3. Juan Gomez 45:49, 1. Michael Mahler 1:09:06, 2. Mike Scott 1:10:29, 3. Wayne Mitchell 1:17:39, 50-54: 1. Raoul DeLaSola 1:23:03, 2. Don Steinko 1:25:30, 3. Phil Porretta 1:27:26, 55-59: 1. Ken Calvin 1:25:30, 2. Eugene Black 1:26:51, 60-64: 1. Patrick Devine 1:19:14.

### Division Results - Women's Half Marathon

Overall Winners: 1. Karla Ely 1:14:24, 2. Juliette Christie 1:16:04, 3. Carol Carrigan 1:20:17, 10 & Under: 1. Christine Linver 1:56:38, 11-14: 1. Sheri Savel 1:34:35, 2. Dawn Alberts 1:38:45, 20-24: 1. Francine Byrne 1:26:41, 2. Maribel Perez 1:29:44, 3. Lisa Askins 1:29:56, 25-29: 1. Juliette Christie 1:16:04, 2. Carol Carrigan 1:20:17, 3. Jackie Burhans 1:33:23, 30-34: 1. Karl Ely 1:14:24, 2. Marie Perez 1:23:13, 3. Charmella Secrest 1:24:12, 35-39: 1. Christine Grundy 1:28:09, 2. Robin Hale 1:28:50, 3. Sandi Gomez 1:37:07, 45-49: 1. Harolene Walters 1:20:31.

### Division Results - Men's 5K

Overall Winners: 1. Sam Obwacha 13:26, 2. Benito Cruz 13:27, 3. Alfredo Uruyous 13:29, 10 & Under: 1. Derrick Van Ousen 23:10, 2. Fabian Utomi 23:11, 3. Wyler Homan 23:46, 11-14: 1. James Garrison 15:56, 2. Jarrod Garrison 17:15, 3. Nathan Lalimer 17:28, 15-19: 1. Conrad Chadler 15:49, 2. Eric Strand 16:57, 3. Dan Codrell 16:59, 20-24: 1. Benito Cruz 13:27, 2. Fredson Haylek 13:55, 3. Matt Put 16:28, 25-29: 1. Alfredo Uruyous 13:29, 2. Jose Andres 14:02, 3. Art Castle 14:21, 30-34: 1. Josey Gomez 14:09, 2. Eoin Fahy 14:18, 3. Sam Silonik 14:20, 35-39: 1. Sam Obwacha 13:26, 2. Nicolas Hernandez 15:00, 3. Gary Shapiro 15:12, 3. Dan Ocan 15:28, 40-44: 1. Stephen Keyes 14:35, 2. Terry Martin 16:02, 3. Salvador Gonzalez 16:52, 45-49: 1. Fred Peeves 15:33, 2. Catalino Gonzales 15:49, 3. Ray Crawford 18:16, 50-54: 1. Joaquin Granado 17:11, 2. Peter Faust 17:18, 3. Juvenal Henera 17:42, 55-59: 1. Bob Rice 17:59.



# RESULTS

## Division Results - Women's 5K

Overall Winners: 1. Jani Johnson 15:40, 2. Suzi Morris 15:49, 3. Gretchen Lohr Cruz 16:05. 10 & Under: 1. Heather Garrison 18:31, 2. Marcy Hemer 22:46, 3. Sara Veronick 25:51. 11-14: 1. Carrie Garrison 16:08, 2. Anne Klaassen 18:11, 3. Sharon Rohde 22:22. 15-18: 1. Grace Vilagomez 20:08, 2. Megan Kevin 20:24, 3. Joanne Cox 21:25. 20-24: 1. Jodi Peyton 18:58, 2. Karen Schultz 21:50, 3. Jamie Apodaca 24:59. 30-34: 1. Jani Johnson 15:40, 2. Suzi Morris 15:49, 3. Gretchen Lohr Cruz 16:05. 50-54: 1. Gina Faust 17:54.

## Division Results - Men's 5K Walk

Overall Winners: 1. Keith Ward 22:13, 2. Roberto Pena 24:34, 3. R. Ted Greiner 24:57. 11-14: 1. Adam Henderson 30:10. 30-34: 1. Roberto Pena 24:34. 35-39: 1. Noel Kedzierski 28:56. 40-44: 1. Keith Ward 22:13. 45-49: 1. Richard Horton 37:27. 50-54: 1. Michael Dempsey 28:15. 55-59: 1. R. Ted Greiner 24:57. 60-64: 1. Ralph Hannibal 32:35. 65-69: 1. Mel Grantham 25:43. 70 & Over: 1. Tony Darons 34:39.

## Division Results - Women's 5K Walk

Overall Winners: 1. Victoria Herazo 22:02, 2. Jill Latham 25:44, 3. Eleanor Alguire 26:21. 20-24: 1. Francine Avellaneda 36:12. 25-29: 1. Jenny Disbrow 36:50. 30-34: 1. Victoria Herazo 22:02. 35-39: 1. Virginia Hernandez 34:34. 40-44: 1. Linda Hiltunen 33:30. 45-49: 1. Christine Eppard 31:11. 50-54: 1. Jill Tatham 25:44. 55-59: 1. Eleanor Alguire 26:21. 60-64: 1. Mary Genwing 37:55. 70 & Over: 1. Ruth Youngren 42:21.

## Legg Lake Sport Run

April 21. So. El Monte. 5K

### Overall Results

1. G. Ronald Larieu 17:23, 2. Joe Calhoun (42) 17:28, 3. Ed Russell (31) 17:36, 4. Tony Magallanes (17) 17:44, 5. Jesus Figueroa (38) 17:45, 6. Jose Quinones (16) 17:53, 7. Roland August (31) 18:06, 8. Roger Lopez (16) 18:41, 9. Trent Martinez (24) 18:49, 10. Tony Ochoa (14) 18:59.

## Legg Lake Wolf Run

April 22. So. El Monte. 5K

### Overall Results

1. Kevin Dexter (27) 17:51, 2. Josua Ruvalcaba (40) 18:35, 3. Bruce Geddes (45) 18:44, 4. Trent Martinez (24) 18:46, 5. Don Peterson (40) 19:18, 6. Joe Engelbrecht (40) 19:32, 7. Tony Del Castillo (17) 20:01, 8. Fred Enriquez (24) 20:20, 9. Martin Valenzuela (39) 21:05, 10. Mike Lalum (45) 21:57.

## Run To Literacy

April 22. Napa. 5K & 1 MI.

### Overall Results - Men

1. John Mumm 15:39, 2. David Amster 15:58, 3. Armond Moreno 16:31, 4. Bill Allman 16:39, 5. Andrew Hansen 16:42, 6. John Fernandez 16:50, 7. John McIntosh-King 16:50, 8. Jim McMullen 17:32, 9. Vince Martinez 17:46, 10. John Galletta 17:59.  
11. Gary Czerwinski 18:11, 12. Aaron Agnew 18:17, 13. Dustin Gasser 18:32, 14. Geoff Smyth 18:41, 15. Edwin Wilkerson 18:44, 16. Brian Reynolds 18:51, 17. John Zarembki 18:55, 18. Shinsuke Shiga 18:55, 19. Zsolt Telegdy 19:01, 20. Stan Smith 19:02.

### Overall Results - Women

1. Ginger Bryan 20:21, 2. Laura McGuinn 20:27, 3. Bethann McIntosh-King 20:45, 4. Nouria Harris 21:10, 5. Denise Thompson 21:11, 6. Libby Nance 21:41, 7. Amy Warren 21:51, 8. Carol Barner 22:00, 9. Maribeth McDonald 22:08, 10. Siri Goldmeyer 22:42.

## Humpday I

April 25. Chico. 5K

### Division Results - Men

Overall Winners: 1. Roger Dix 15:10, 2. Tom Cush-

man 15:35, 3. Patrick Komder 15:51. 12 & Under: 1. Dylan Savage 18:42, 2. Chuck Hallbauer 20:43, 3. David Alkin 22:53. 13-17: 1. Phil Rocheleau 16:50, 2. Josh Litrel 19:33, 3. Robert Pickering 20:00. 18-24: 1. Roger Dix 15:10, 2. Bob Johnston 16:49, 3. Dave Liotta 16:55. 25-29: 1. Patrick Komder 15:51, 2. Bryan Noelle 16:40, 3. Brad Lael 17:05. 30-34: 1. Raul Higgins 15:55, 2. Andy Harris 16:29, 3. Don Hicks 16:30. 35-39: 1. Tom Cushman 15:35, 2. Toni Ruggle 17:14, 3. Michael Zygaczenko 17:18. 40-44: 1. Kent Draper 18:04, 2. Rashid Alayla 18:57, 3. Warren Hallbauer 19:35. 45-49: 1. Skip Lees 18:26, 2. Frank Condon 18:45, 3. Peter Hutchins 20:57. 50-54: 1. Walt Schaefer 19:07, 2. Michael Ross 21:16, 3. Don Richey 21:21. 55-59: 1. Everett Riggie 18:30, 2. Fritz Steppat 22:21.

## Division Results - Women

Overall Winners: 1. Susie Hansen 18:31, 2. Brooks Hill 19:22, 3. Joann Beasley 20:35. 12 & Under: 1. Brooks Hill 19:22, 2. Chessa Rasmussen 24:45, 3. Yolanda Ma Le 24:46. 13-17: 1. Sara Gates 21:01, 2. Sarah Wingale 24:32, 3. Molly Long 24:34. 18-24: 1. Susie Hansen 18:31, 2. Lisa Brilhart 21:40, 3. Chris Ferguson 21:54. 25-29: 1. Kristy Cox 23:06, 2. Suzi Fremming 24:56, 3. Cynthia Rush 24:58. 30-34: 1. Liz Kaye 22:01, 2. Dale Burniak 22:03, 3. Carolyn Neves 22:11. 35-39: 1. Joann Beasley 20:35, 2. Peggy Prestidge 22:36, 3. Debbie Powers 25:15. 40-44: 1. Joan Keeney 21:14, 2. Janice Folan 24:32, 3. Pat Sasser 24:43. 45-49: 1. Malika Valencia 21:19, 2. Susan Condon 22:20, 3. Beth Watterberg 25:42. 50-54: 1. Betty Best 25:10, 2. Sandy Becker 25:59, 3. Arlene Bidwell 31:15. 55-59: 1. Joanna Cowden 30:14, 2. Beverley George 34:06. 60-64: 1. Roxie Jarrett 30:24.

## Life Style Series

April 28. San Gregorio. (3 MI. Run, 15 MI. Bike, 3 MI. Run)

### Overall Results

1. Eric Mason 1:20:06, 2. Douglas Salesky 1:26:21, 3. David Delucchi 1:27:06, 4. Jeff Anderson 1:29:19, 5. Scott Patterson 1:29:56, 6. Rick Ferrell 1:31:04, 7. Chris Zeman 1:35:41, 8. Jerry Mills 1:36:04, 9. Travis McGregor 1:36:13, 10. Dana Dajka 1:38:52.

## Costas 10K Classic

April 28. Palm Desert.

Samson Obowcha edged out Benito Cruz at the wire to win the Second Annual Costas 10K Classic. Obowcha passed Cruz at the six mile mark, but had to hold off Cruz's final surge to win with a 29:07.61 to Cruz's 29:07.83. The disputed holder of the Road 5K World Record, Obowcha battled the flu, the heat and 240 runners to win.

Three runners entered times of under 30 minutes in less than ideal conditions.

"The times didn't really reflect the conditions of the course or of the day. It was about 75 degrees when the race started and about 85 when it was over. The course is designed to be challenging, but still Obowcha, Cruz, and Tyrus Deminter ran great times all things considered," he said.

Susan Berenda won the Women's Division with a 34:22.86 with Kathleen Smith second (35:28.48) and Anita Johnson (37:19.65) in third.

Berenda was more affected by the heat, but said the course is perfectly suited for her style of running.

"It was really hot out there, but the hills are really my forte and I used them to my advantage. I wasn't sure how I would do since this is early in the season for me, but I felt good and really felt comfortable with my performance," she said.

Plans are under way for next year's race that promises to be larger in the number of runners and reputation.

### Overall Results - Men

1. Samson Obowcha 29:07, 2. Benito Cruz 29:07, 3. Tyrus Deminter 29:28, 4. Ramon Diaz 30:14, 5. Alfredo Rosas 30:52, 6. Jesus Lopez 31:28, 7. Tommy Leon 31:31, 8. Louie Terrones 32:34, 9. Jeff Clark 33:34.

## Overall Results - Women

1. Susan Berenda 34:22, 2. Kathleen Smith 35:28, 3. Anita Johnson 37:19, 4. Cynthia Nagel 38:00, 5. Roseanne Gilmore 43:54.

## Grundfos 5K Classic

April 28. Clovis.

### Division Results - Men

10 & Under: 1. Chris Rojas 19:48, 2. C.J. Nakayama 19:50, 3. Steve Hawk 20:02. 11-12: 1. Jeff Michaelson 18:40, 2. Blair Newman 19:08, 3. Matt Ormy 19:20. 13-14: 1. Paul Alves 20:08, 2. Michael Quiroz 22:22. 15-19: 1. Mark Lawson 16:39, 2. Vern Kelzer 18:22, 3. Rod Freeland 18:47. 20-29: 1. Jesus Pintero 15:56, 2. David Lennon 16:07, 3. Erin Woody 17:00. 30-34: 1. John Avila 15:40, 2. Ari Vellegas 16:59, 3. Robert Kiegl 17:13. 35-39: 1. Al Lomeli 16:09, 2. David Williams 17:31, 3. Mike Brooks 17:53. 40-49: 1. Wayne Campbell 18:19, 2. Bill Woody 18:29, 3. Bob Hilly 18:41. 50-59: 1. Frank Delgado 18:05, 2. Tom Alfred 18:35, 3. Rick Zamaripa 18:43. 60 & Over: 1. David Fung 22:48, 2. Hal Brandon 25:54, 3. George Leavitt 26:35. Wheelchair: 1. Tisler Yang 16:39.

### Division Results - Women

10 & Under: 1. Kristen Fairly 22:45, 2. Lindsey Howler 23:09, 3. Julie Lawson 23:18. 11-12: 1. Emily Lawson 20:05, 2. P.J. Carman 20:27, 3. Kathy Hurley 21:45. 13-14: 1. Mari Lawson 20:16. 15-19: 1. Mary Fernandez 23:16. 20-29: 1. Melanie Meneses 19:21, 2. Sandy Perales 22:29, 3. Suzanne Lyons 22:34. 30-34: 1. Rebecca Hall 19:38, 2. Katie Lowe 20:11, 3. Cindy Montgomery 24:51. 35-39: 1. Tish Driano 24:47, 2. Rhonda Waters 24:56, 3. Mary Bork 26:16. 40-49: 1. Karen Lynch 21:00, 2. Darlene Kincaid 25:46, 3. Susan Newman 27:47. 50-59: 1. Mary Aubrey 28:33, 2. Sydney Loo 28:41. 60 & Over: 1. Georgia Stepp 23:49.

## Madrone Canyon Race

April 28. Larkspur. (Unlimited Event)

### Overall Results

Men: 1. Wayne Linse (Corte Madera). Women: 1. Stacy White (Santa Cruz).

## Nimitz Run

April 28. San Francisco. 5K & 10K

### Division Results - Men's 5K

Overall Winners: 1. Eugene Tung 15:08, 2. Leon Shordon 15:13, 3. Pedram Aram 15:32. 12 & Under: 1. Chris Floyd 25:49, 2. Matt Smith 26:59, 3. Kevi Hades 30:29. 13-18: 1. Louis Lee 17:56, 2. Brian Dembrowicz 18:31, 3. Jessie Guerrero 18:45. 19-29: 1. Eugene Tung 15:08, 2. Leon Shordon 15:13, 3. Pedram Aram 15:32. 30-39: 1. Mark Piccolo 16:09, 2. Mike Thomas 16:31, 3. Steven Chavez 16:42. 40-49: 1. Franklin Harvey 16:39, 2. Tim Postage 17:03, 3. Tim Quinn 17:34. 50-59: 1. John Swyers 17:48, 2. Robert Haro 21:47, 3. George Spindler 21:54. 60 & Over: 1. Ross Smith 18:08, 2. Arnold DeLaRosa 20:46, 3. Gary Taji 22:14.

### Division Results - Women's 5K

Overall Winners: 1. Annmarie Hagans 17:51, 2. Honor Fetherston 18:26, 3. Joan Colman 18:55. 12 & Under: 1. Melanie Kienzie 27:59, 2. Karla Wozniak 33:26, 3. Kelsi Bashor 43:14. 13-18: 1. Angelica Tobar 21:16, 2. Chandra Ayling 23:40, 3. Tracy Delaney 24:37. 19-29: 1. Annmarie Hagans 17:51, 2. Christine Noll 19:21, 3. Kelli Noone 21:26. 30-39: 1. Honor Fetherston 18:26, 2. Joan Case 20:44, 3. Barbara Ginos 21:43. 40-49: 1. Joan Colman 18:55, 2. Jeanne Kraft 20:57, 3. Estella Stanton 22:36. 50-59: 1. Barbara Robben 24:13, 2. Averil Carmona 25:45, 3. Kay Lyons 27:12. 60 & Over: 1. Kay Yamamoto 32:46, 2. Marilyn White 36:39, 3. Iva Shanks 37:23.

### Division Results - Men's 10K

Overall Winners: 1. Andrew Leach 33:35, 2. Luiz Coutinho 34:40, 3. Ernest Stanton 35:29. 12 & Under: 1. Jeremy Wadley 55:38. 13-18: 1. Ken Rhoades 35:58, 2. Peter Johnson 39:05, 3. Andrew Pendley 40:44. 19-29: 1. Andrew Leach 33:35, 2. Ernest Stanton 35:29, 3. Kelly Thompson 36:33. 30-39: 1.

Luiz Coutinho 34:40, 2. Steve Noll 35:46, 3. Tony Fong 37:44. 40-49: 1. Les Ong 38:33, 2. Nicole Stern 37:10, 3. Rich Siller 40:28. 50-59: 1. David Woody 42:37, 2. Robert Horton 44:33, 3. Dan Harrison 44:54. 60 & Over: 1. Bruce Oliver 47:23, 2. Robert DeChene 49:57, 3. Jesse Harvey 57:00.

### Division Results - Women's 10K

Overall Winners: 1. Pat English 39:53, 2. Amara Gonzalez 40:56, 3. Tina McCandless 41:34. 13-18: 1. Neve Zwageman 44:40, 2. Shelly Bryant 53:43. 19-29: 1. Amara Gonzalez 40:56, 2. Tina McCandless 41:34, 3. Tracey Sumits 43:09. 30-39: 1. Pat English 39:53, 2. William Burgis 46:20, 3. Dawn East 46:51. 40-49: 1. Marilyn Acquistapace 44:43, 2. Miriam Gomez 46:27, 3. Diane Reber 52:30. 50-59: 1. Yoka Zwetsloot 48:25, 2. Peggy Kang 50:35, 3. Gingerur Burrola 54:05. 60 & Over: 1. Dorothy Griggs 56:26.

## Nevada City Spring Run

April 28. Nevada City. 5K & 10K

### Overall Results - 10K

1. Matt Yeo 34:10, 2. Bob Spalliera 36:09, 3. Donald Hicks 36:34, 4. Randy Marx 37:31, 5. Bruce Chetwynd 39:11, 6. Craig Soderqvist 40:19, 7. Philip DesJardins 40:28, 8. George Olive 41:52, 9. Gregory Sharp 41:54, 10. Jeffery Hill 41:56.  
11. David Ragsdale 42:01, 12. Mark Cardin 42:35, 13. Jim Otto 42:45, 14. Feld Pausch 42:51, 15. Bob Ellis 43:13, 16. Rod Gillespie 43:30, 17. William Stephenson 43:47, 18. Tim Smith 44:13, 19. Steve Delaney 44:41, 20. Tim Alexander 44:44.

### Overall Results - 5K

1. Andy Harris 17:30, 2. Philip Storms 17:44, 3. Nelsen Cobb 18:10, 4. Shawn Rasmussen 18:46, 5. Aaron Bell 18:59, 6. Caleb Anderson 19:38, 7. Carl Ellsworth 19:45, 8. Michael Garcia 19:46, 9. Doug Nelson 19:56, 10. Patricia Smith 20:44.  
11. Mark Bauman 20:53, 12. Dave Duddleston 21:00, 13. Mortan Ward 22:02, 14. Jose Martinez 22:15, 15. Vince Alcantar 22:26, 16. Ron Wetzel 22:48, 17. Jason Thomas 22:50, 18. Christine Denn 23:00, 19. Ray Winter 23:01, 20. Ed Barry 23:18.

### Overall Results - 5K Walk

1. Janet Sahi 40:27, 2. John Sept 40:27, 3. Diane Chase 45:45, 4. Bernadette Sylvester 46:30, 5. Deanna Delaney 46:31, 6. Sandra Hansen 48:06, 7. Henry Hansen 48:25, 8. Taurv Ellsworth 48:27, 9. Bonnie Sept 48:35, 10. Crystal Collins 48:43.

## Butte Biathlon

April 28. Butte Co.

### Overall Results - Full Course

(No Times Available)

1. Dave Joliet, 2. Dea Nason, 3. Charles Bird, 4. John Lischert, 5. Ken Soldavini, 6. Dwight Miller, 7. Christopher Ranney, 8. Jim Terry, 9. Gary Beck, 10. John Knight.

### Overall Results - Short Course

1. Tom Hale, 2. Jim Gard, 3. William Whitney, 4. Kimberly Finck, 5. Bill Ripke, 6. David Liotta, 7. Gregory Lutz, 8. Alex Greer, 9. Al Masterson, 10. David Millsaps.

## Fitch Mountain Footrace

April 29. Healdsburg. 3K & 10K

### Division Results - Men's 10K

Overall Winners: 1. Tom Borschel 32:20, 2. Scott Pierce 34:00, 3. Armond Moreno 34:46. 12 & Under: 1. Carl Sackett 1:25:53. 13-18: 1. Judah Thomas 35:33, 2. Brian Fige 41:55, 3. Ben Mori 42:23. 19-29: 1. Scott Pierce 34:00, 2. Jim Noonan 35:30, 3. Alex Isabeau 35:46. 30-34: 1. Tom Borschel 32:20, 2. Armond Moreno 34:46, 3. Louis Garcia 34:48. 35-39: 1. Richard Schram 37:19, 2. Eddie Freyer 38:50, 3. Gwin Straum 39:05. 40-44: 1. Ron Smith 34:49, 2. Robert Harold 39:17, 3. Tadesse Gebrehawariat 39:25. 45-49: 1. Brendan Hutchinson 37:35, 2. Walt Boles 40:29, 3. Roger Sharp 40:50. 50 & Over: 1. Bruce Kalsmeier 44:41, 2. A.L. Bolton 44:36, 3. Scott Bruce 47:10.



# Pacific Sun 10K

By Mark Winitz

● Kentfield, May 28th

If you've never run Pacific Sun, well, you're letting a ray of brilliant sunshine escape from your racing schedule. In its 13th year of running, this Memorial Day fixture just keeps getting better. This year was no exception, although it looked for awhile that the "Sun's" trusted beginning of summer sun wasn't going to come through this time. Heavy rain the evening before the race had the race organizers and runners wondering.

"We've got a lot of product out there this year," commented race director Kees Tuinzing of Total Race Systems, no doubt referring to both the array of product sponsors' goodies and the sizeable field of local running talent. Rain just wouldn't do.

"I had a dream last night that I was running through ankle-deep mud," said eventual men's winner, Dan Grimes.

But race morning dawned partly cloudy. By the time

the last of the competitors appeared on the College of Marin's track for the final sprint to the finish, old Pacific Sun was streaming down as dandy as can be.

A fast pace had schoolteacher (and 2:15 marathoner) Grimes, aerospace engineer (and 2:10 marathoner) Bill Donakowski, and recent-Cal stand-out Calvin Gaziano negotiating 5K of the fast, nearly flat course in 14:30.

"After that Gaziano let go and Bill and I ran together," Grimes described. "Then he (Donakowski) started inching back and I had maybe 15 yards on him when we hit the wooden bridge at about four miles. The bridge was pretty slippery (from the rain) and he fell."

Thus the full-time high school teacher from Santa Rosa motored to an unpressed finish, his swift 29:31 nevertheless off Jay Marden's 29:09 CR (1989), but good for \$350. Donakowski (29:49; \$200) held on for second; Gaziano (30:11, \$100) took third.

41-year-old Kiwi, Ian Cousins,

competing in his second race in a tour of the States, finished 7th overall in a fine 31:56. "I never run well in the mornings," said the New Zealander. Watch Cousins. 81-year-old Mel Shine had another day in the sun, running 53:24.

Jani Johnson of Atascadero (San Luis Obispo area) is making a more visible showing in Northern California races this year. She should inject another element of interest in the women's local racing scene. Johnson (34:35, \$350), outran back-on-the-racing-scene April Powers (35:07, \$200) and Christine Hardman (35:44; \$100).

Laurie Binder (4th overall, 36:21) had a big weekend. She won the the National Masters 10K Championship in Salt Lake City on Saturday and then topped Monday's masters at Pacific Sun by over a minute. Jackie Caselli, 69, topped the 65-69 division in a notable 50:25.

## Division Results - Men

Overall Winners: 1. Dan Grimes 29:31, 2. Bill Donakowski 29:49, 3. Calvin Gaziano 30:11, 4. John Litschert 31:04, 5. Hal Schultz 31:42, 6. Richard Hanna 31:56, 7. Ian Cousins 31:56, 8. Andy Ferguson 31:58, 9. Thom Trimble 32:03, 10. Chris Jagers 32:19.

4 & Under: 1. Alexander Wines 47:32, 5-12: 1. Donny Biro 43:54, 2. Michael Monti 46:53, 3. Jake Musser 49:42, 13-18: 1. Paul Markin 33:40, 2. Peter Johnson 35:41, 3. Kurt Rouser 36:08, 19-29: 1. Calvin Gaziano 30:11, 2. John Litschert 31:04, 3. Richard Hanna 31:56, 30-34: 1. Dan Grimes 29:31, 2. Bill Donakowski 29:49, 3. Hal Schultz 31:42, 35-39: 1.

Mark Richtman 33:02, 2. David Garcia 33:08, 3. Frank Noto 33:27.

40-44: 1. Ian Cousins 31:56, 2. David Furst 33:18, 3. Les Ong 34:03, 45-49: 1. Tim Rostegge 34:28, 2. Daryl Zapata 35:24, 3. Stephen Lyons 35:26, 50-54: 1. John Swyers 35:50, 2. Robert Barber 36:18, 3. Darryl Beardall 36:53, 55-59: 1. Everett Riggle 38:23, 2. Tom Guldman 38:55, 3. Alex Derieux 39:03.

60-64: 1. Link Lindquest 45:02, 2. Robert Drude 46:18, 3. Gordon Creswell 47:14, 65-69: 1. Gary Toji 46:41, 2. Don Wilgus 49:38, 3. Howard Powers 50:06, 70-79: 1. Fred Ullner 57:07, 2. Don Ross 57:39, 3. Albert Jarschke 1:00:14, 80 & Over: 1. Mel Shine 53:24.

## Division Results - Women

Overall Winners: 1. Jani Johnson 34:35, 2. April Powers 35:07, 3. Christine Hardman 35:44, 4. Laurie Binder 36:21, 5. Robyn MacSwain-Berry 36:29, 6. Leslie McMullin 36:57, 7. Laura Bruess 37:05, 8. Beckie Simmie-Kesecker 37:19, 9. Joan Colman 37:30, 10. Tamara Gonzalez 37:33.

5-12: 1. Michelle Kiyono 40:59, 2. Moriah Underhill 47:25, 3. Michael Haramati 1:07:45, 13-18: 1. Mia Genau 42:06, 2. Wendy Beardall 45:19, 3. Shekinah Underhill 54:33, 19-29: 1. Christine Hardman 35:44, 2. Robyn MacSwain-Berry 36:29, 3. Laura Bruess 37:05, 30-34: 1. Jani Johnson 34:35, 2. April Powers 35:07, 3. Ingrid Smith 38:04, 35-39: 1. Leslie McMullin 36:57, 2. Beckie Simmie-Kesecker 37:19, 3. Honor Fetherston 38:01.

40-44: 1. Laurie Binder 36:21, 2. Linda Mantynen 38:26, 3. Valerie Coppes 43:08, 45-49: 1. Joan Colman 37:30, 2. Gail Rodd 41:17, 3. Joan Ulliot 41:40, 50-54: 1. Kay Willoughby 44:18, 2. Katie Martin 46:56, 3. Margaret Johnson 49:52, 55-59: 1. Barbara Rubben 49:16, 2. Marjorie Macris 53:42, 3. Rogene Rawlins 1:02:03.

60-64: 1. Dorothy Griggs 53:53, 2. Liese Rapozo 58:54, 3. Jeanne Leffers 1:02:19, 65-69: 1. Jaclyn Caselli 50:25, 2. Els Tuinzing 55:19, 3. Annabel Marsh 1:05:39, 70-79: 1. Evelyn Kionig 59:40.

## Division Results - Women's 10K

Overall Winners: 1. Mary Cilley 42:45, 2. Tori Strong 42:59, 3. Karen Kenney 43:51, 19-29: 1. Ann DuBay 48:51, 2. Carolyn DuBay 50:16, 3. Debbie Park 51:15, 30-34: 1. Mary Cilley 42:45, 2. Tori Strong 42:59, 3. JoAnn Nickel 46:03, 35-39: 1. Beth Ann MacIntosh 47:04, 2. Sue Olive 47:29, 3. Teresa Somers 49:44, 40-44: 1. Karen Kenney 43:51, 2. Ruth Grimes 48:01, 3. Sue Wagers 48:30, 45-49: 1. Pamela Horton 49:07, 2. Thea Goldstone 50:50, 3. Hannah Pena 52:23, 50 & Over: 1. Cici Zerbi 58:10, 2. Lois Cook 1:00:15, 3. Gail Jones 1:00:21.

## Division Results - Men's 10K

Overall Winners: 1. Ben Rosales 9:48, 2. Ray Cataldo 9:50, 3. Andrew Hidas 9:53, 12 & Under: 1. Shelley Dorbin 14:39, 2. Tyler Suacci 15:33, 3. Richard Kubo 16:52, 13-18: 1. John Gannon 10:54, 2. Justin Connolly 11:44, 3. Zachary Carroll 16:51, 19-29: 1. Scott Okano 15:58, 2. Wayne Seamons

17:43, 3. John Tomkins 19:50, 30-34: 1. Ben Rosales 9:48, 2. Vince Martinez 10:02, 3. Tim Gilligan 14:03, 35-39: 1. Andrew Hidas 9:53, 2. Al Sanchez 11:33, 3. Brian Bailey 13:04, 40-44: 1. Ray Cataldo 9:50, 2. Larry Kubo 11:44, 45-49: 1. David Sjostedt 10:29, 2. Russell Teves 12:15, 3. Steve Minkin 13:11, 50-59: 1. James Erbes 10:15, 2. Carl Jackson 11:24, 3. Stanford Dorbin 10:10, 60 & Over: 1. David Cole 14:47, 2. Mike Reid 19:33, 3. Matt Walker 19:49.

## Division Results - Women's 5K

Overall Winners: 1. Sally Cataldo 10:34, 2. Chari Murphy 12:15, 3. Koni Johnson 12:31, 12 & Under: 1. Alison Mackie 12:45, 2. Kim Adams 15:29, 3. Brianna Suacci 17:21, 13-18: 1. Jackie Fournier 12:37, 2. Devon Zoppi 13:54, 3. Lupe Aleman 18:47, 19-29: 1. Chari Murphy 12:15, 2. Leslie Randall 13:36, 3. Otari Carol 15:34, 30-34: 1. Kim Seamons 17:42, 2. Linda Pleasing 19:05, 35-39: 1. Sally Cataldo

10:34, 2. Koni Johnson 12:31, 3. Ellie Ensland 14:46, 40-44: 1. Mona Andrews 21:06, 2. Sandy Dalbee 26:37, 45-49: 1. Diane Dann 17:37, 2. Barbara Young 23:25, 3. Lee Zulman N.T. 50:58, 1. Millie Ann Cambell 16:13, 2. Doris Morabito 17:21, 3. Kathryn Hamm 18:48, 60 & Over: 1. Doris Simpson 18:48.

## Rally Around the Lake

April 28, Discovery Bay, 5K

## Division Results - Men

Overall Winner: 1. Michael Thomas 16:02, 12 & Under: 1. Chris Hussey 26:18, 2. Jeff Young 32:34, 3. Michael Hussey 37:42, 13-18: 1. Kris Corles 19:19, 2. Shane Carol 20:14, 3. Brian Whitlock 26:32, 20-29: 1. Michael Amorosa 16:12, 2. Richard Johnson 16:40, 3. Jimenez Danilo 17:07, 30-39: 1. Michael Thomas 16:02, 2. Charles Hoan 16:53, 3. Mike Holton 17:38, 40-49: 1. Thomas Ramsay 16:31, 2. Phil Murphy

17:22, 3. Gil Garcia 17:45, 50-59: 1. Keith Wallace 18:01, 2. Bob Myers 19:40, 3. John Meyers 19:49, 60 & Over: 1. Phil Paulson 21:46, 2. John Nyser 22:49, 3. Luka Sekulich 32:54.

## Division Results - Women

Overall Winner: 1. Trisia Wisner 20:32, 12 & Under: 1. Ramona Johnson 42:17, 13-19: 1. Angie Thomas 29:35, 20-29: 1. Anita Sanchez 22:04, 2. Kristina Wiese 25:50, 3. Jackie Meiers 25:59, 30-39: 1. Trisia Wisner 20:32, 2. Changer-Mehmedbayich 21:08, 3. Auletta Muner 22:50, 40-49: 1. Dorothy Davis 25:47, 2. Danette Jolly 27:05, 3. Gloria Baker 27:18.

Look for more results next issue.



# California Track & Running News

California's ONLY  
Track & Running  
Magazine



Now in its sixteenth year, California Track & Running News is devoted exclusively to California long distance running and track & field coverage. California Track & Running News is a vital and important source of information — high school, college, open, masters, cross country and road racing.

✓ RESULTS    ✓ SCHEDULE    ✓ PHOTOS  
✓ RANKINGS    ✓ INTERVIEWS    ✓ SPECIAL FEATURES

----- **Subscribe Today!** -----

Yes, I'd like to subscribe. Please start sending **California Track & Running News** to me at the address indicated below. My check is enclosed.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

- ☐ \$18. for one year (11 issues)
- ☐ \$32. for two years (22 issues)
- ☐ \$43. for three years (33 issues)

SEND TO: California Track & Running News  
4957 E. Heaton  
Fresno, CA 93727