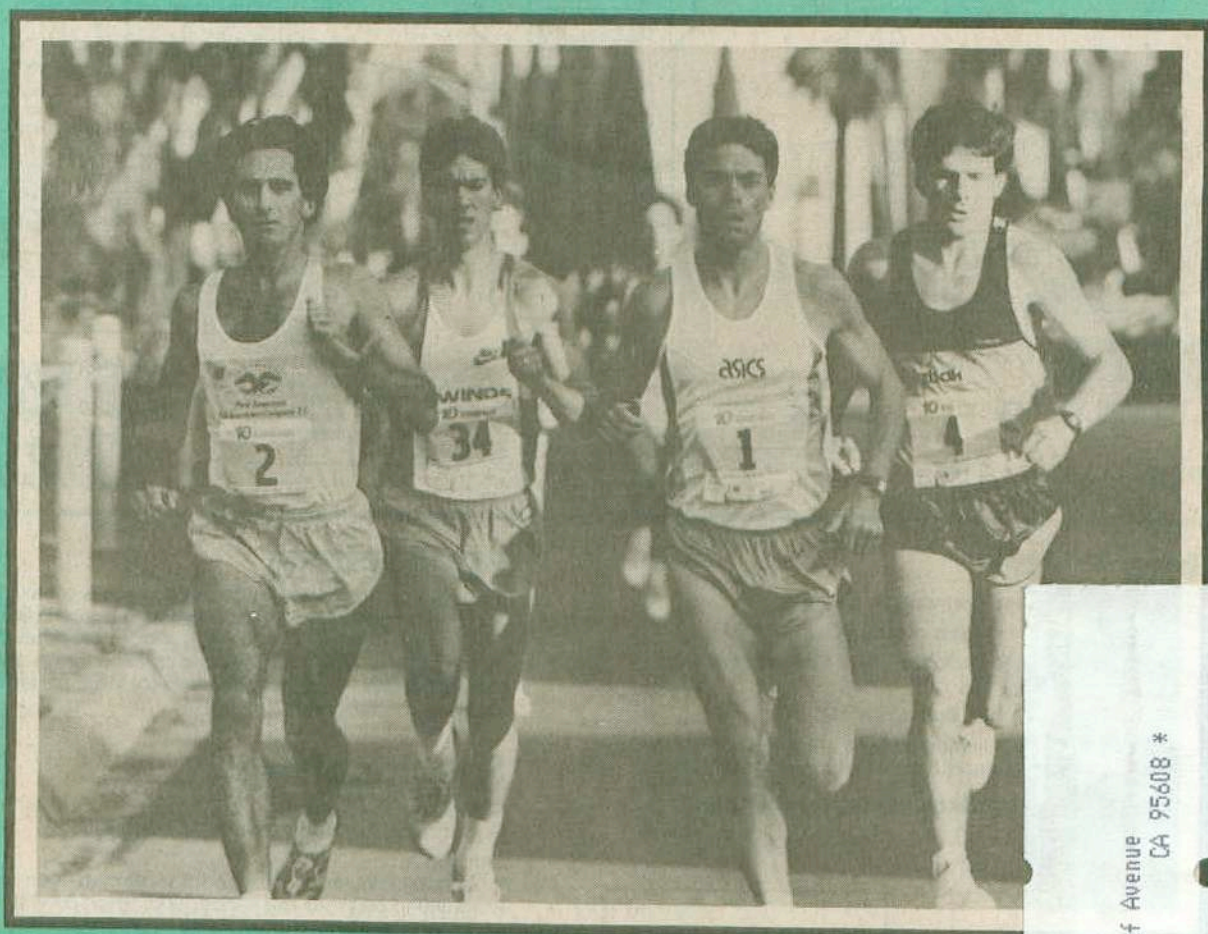


MARCH 1991

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CALIFORNIA

Track & Running News



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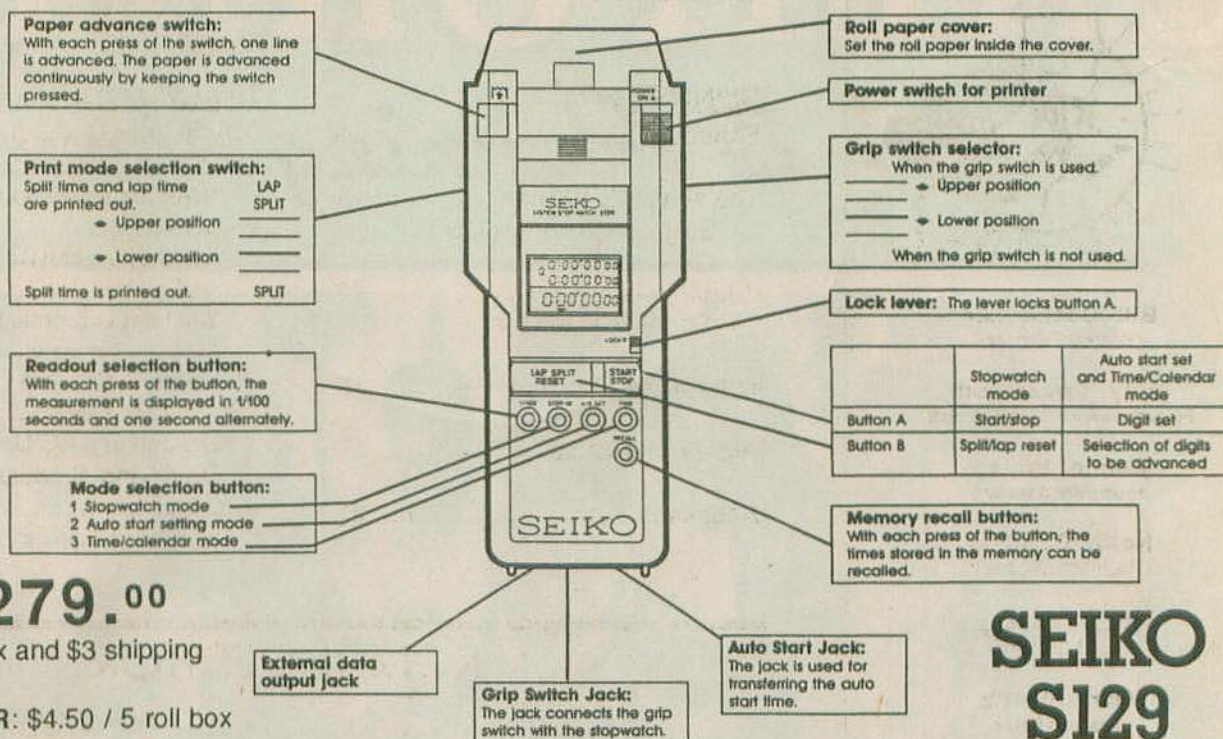
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**SEIKO
S129**

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
2-0:00'23 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, ± 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 845, Duracell MN1500. Will print approx. 10,000 lines.

Construction:
Cases are high impact plastic with Hardlex stopwatch display crystal.

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CALIFORNIA

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FROM THE EDITOR

It seems that for the past two months the media has been dominated by the reports of war. I am sure that no matter where you stand with respect to the situation in the Middle East, you will agree with me that the death of innocent people, for whatever reason, is a tragic thing.

Even though war is in the forefront in the news, I want to share with you some hope. Two current events from our sport give me some hope for peace in a world of war.

The first story of hope comes from my maiden experience in international athletics. Thanks to some good fortune and good friends, I was invited to accompany a team of United States runners to the Ekiden International Relay in Hawaii this past New Year's Eve Day. For one week the US contingent of 16 high school women runners and three coaches lived with runners and coaches from 16 other nations. Language barriers didn't prevent the spirit of friendship and camaraderie from flowing deep the entire time. Even though each nation wanted to win the relay race and the competition was fierce, the oneness we shared as human beings built bonds that will last for a long time. Taped to my computer now is the address for the Russian coach. I now consider Valery a good friend and hope to continue the relationship for years to come. There are many stories of peace and friendship that came from this event. Maybe someday I can tell

them all. For now, they give me hope in a world of war.

The second encouraging vignette comes from a conversation I had some months ago with Kathy Rhodes who is a volunteer with an event called the "Peace Run." The run is another example of peace being promoted and demonstrated through running. For your interest and encouragement I am reprinting a letter from Kathleen Demming that tells more about the Peace Run (look for it in the Around the State column, page 20).

I'll be looking for you at the Los Angeles Marathon, Arcadia Invitational, Mt. SAC Relays and Big Sur International Marathon. In the meantime pray for peace.

Shalom,

ON THE COVER (from left): THOM HUNT, TOM ANSBERRY, PAUL WILLIAMS and IVAN HUFF - leading the way at the Super Bowl Sunday 10K. This photo was taken by Richard Lee Slotkin; Richard's report on the race, along with the results, begins on page 18.

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.

March 9 (Saturday):

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

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

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

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

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

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

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

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

Catalina Island: Catalina 5 & 10K, 9 a.m.

California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 433-4557.

Moorpark: Run for the Earth, 5K & 1 Mi., Moorpark College Gymnasium, 7:30 a.m. David Fee, 2490 E. Phyllis St., Simi Valley 93065. (805) 378-1400, x1635.

March 10 (Sunday):

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

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

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

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

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

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

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

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

Two Harbors, Catalina: Catalina Island Marathon, Time 7 a.m. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 433-4557.

Loma Linda: 20/20 Tour for Sight, 5K Run, Gentry Gym, 8:30 a.m. Loma Linda Eye Bank, 11130 Anderson St., Loma Linda 92354. Betsy: (714) 824-6592.

March 16 (Saturday):

San Francisco: Irish Sprint & Stride, 4.5 Mi., Lake Merced (Sunset Blvd. Parking Lot),

9:30 a.m./Striders, 10 a.m./Runners. Jeff Benes, 347 Keeler Ct., San Jose 95139.

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

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

So. El Monte: San Gabriel River 10 Mi. USA Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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

Riverside: Green Belt 5K & 15K, 7:30 a.m. Athletic Express, P.O. Box 4187, Riverside 92514. (714) 796-0836.

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

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

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

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

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

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

Clovis: St. Paddy's Day Dash, 2 Mi. & 10K (& 1K Kids Run), Clovis High School (Fowler & Barstow Ave.), 7:30 a.m. American Lung Assoc., 234 N. Broadway, Fresno 93701. (209) 266-5864 or (800) 367-5864.

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

Arroyo Grande: St. Patrick's 20K Race,

SCHEDULE

Lopez Lake to St. Patrick's School, 10 a.m. St. Patrick's Church, P.O. Box 860, Arroyo Grande 93421.

Santa Barbara: Santa Barbara Fitness Series 12K, Palm Park, Time TBA. Info: Chris Holmberg. (805) 563-1008.

March 17 (Sunday):

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

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

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

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

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

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

Fullerton: Save Your Vision Runs, 7:30 a.m./5K, 8 a.m. Carol Kelley, 2575 Yorba Linda Blvd., Fullerton 92621. (714) 572-1189.

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

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

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

Long Beach: CSULB 16.2 & 4.1 Mi. Runs, Cal-State Univ., 7 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

Santa Rosa: Ilisanjo Classic, 10 Mi., Howarth Park, 9 a.m. Alex Isabeau, 611 Monroe St., Santa Rosa 95404. (707) 578-3025.

March 23 (Saturday):

Fairfield: On The Edge Tough 5 & 10K, Rockville Inn (Rockville Rd. & Suisun Valley

Rd.), 9 a.m./10K, 9:05 a.m. On The Edge Sportswear, P.O. Box 2702, Fairfield 94533. (707) 427-EDGE.

✓ **Firebaugh:** Firebaugh-Mendota Rotary River Run. 6 mile, 3 mile, 1 mile. Ron Sani, 2107 N. Harrison, Fresno 93704 (209) 233-0009 or Duane Urbanek (209) 659-2911.

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

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

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

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

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

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

Atascadero: Park to Park Half-Marathon & 10K, Paloma Park, 9 a.m. Paula Anton, 6500 Palma Ave., Atascadero 93422. (805) 461-5002.

Murrieta: Murrieta Half Marathon, 5K and 1 Mile, 7:30 a.m. Elite Racing, 2431 Morena Blvd., Suite 2H, San Diego 92110. (619) 275-5440, 548-4897.

March 24 (Sunday):

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

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

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

Stanford: Fifty-Plus Runners Assoc. 8K Run/3 Mi. Walk, Stanford Stadium, 8:30

13th Annual



Firebaugh-Mendota
Rotary River Run

March 23, 1991
6 Mile ~ 3 Mile ~ 1 Mile

CONTACT: Ron Sani
2107 N. Harrison, Fresno, CA 93704
(209) 233-0009
or
Duane Urbanek (209) 659-2911

a.m./Walk, 9 a.m./Run. Fifty-Plus R.A., P.O. Box D, Stanford 94309. (415) 723-9790.

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

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

Fort Bragg: Whale Run, Half-Marathon, 10K & 2 Mi., Recreation Center, 213 E. Laurel St., Ft. Bragg 95437. (707) 964-9446.

Oxnard: Oxnard Spring Duathlon, 5K Run, 25K Bike, 5K Run, Oxnard State Beach Park (1601 S. Harbor Blvd.), 8 a.m. (No Race-day Registration), Lorraine Mercade, Parks & Rec., 325 South A Street, Oxnard 93030. (805) 984-4643.

Long Beach: Beach Charities Ship to Shore 10K, Queen Mary, 8 a.m. Beach Charities, 230 Pine Ave., Suite 1, Long Beach 90802. (213) 436-7727.

SCHEDULE

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Rialto: Rialto Rotary 5K, Rialto City Park,
8:15 a.m. Race Central, P.O. Box 828, Rialto
92377.

March 30 (Saturday):

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

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

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

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

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

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

Westlake Village: Reach Out and Care 5

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

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

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

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

Sacramento: Dragon Run, 8K & 2 Mi.
Walk, 6870 Greenhaven Dr., 8:20 a.m. Asian
Pacific Community Counseling, 5495 Carlson
Dr., Suite D, Sacramento 95819. (916) 452-
7836.

Culver City: Los Angeles 24-Hour Race,
Culver City High School (track), 9 a.m. **(35
Runner Limit)**, Scott Powell, 2265 West-
wood Blvd., #329, Los Angeles 90064. (213)
837-6686.

Las Vegas, NV: LVTC Marathon Relay,
4x5 Mi. plus 1x10K, Tule Springs Park (Floyd
R. Lamb State Park), 8 a.m. Info: The Run-
ning Store (702) 878-8414.

March 31 (Sunday):

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

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

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

Fresno: Easter Celebration Jog. Woodward
Park. Dawn. 1 mile walk / 2 mile jog / 3 mile
run. Harry Harder (209) 638-5007 or Bill Cock-
erham (209) 456-0535.

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

April 2 (Tuesday):

Oxnard: City of Oxnard 5K Evening Run,
Oxnard State Beach Park (1601 S. Harbor
Blvd.), 6 p.m. **(No Raceday Registra-
tion)**, Lorraine Mercado, Parks & Rec., 325
South A Street, Oxnard 93030. (805) 984-
4643.

April 3 (Wednesday):

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

April 4 (Thursday):

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

April 6 (Saturday):

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

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

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

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

SCHEDULE

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

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

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

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

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

Fresno: Run for Relief 10K & 2 Mi Fun Run, 7 a.m., Fresno Pacific College, (1717 S. Chestnut). Run for Relief, 4957 E. Heaton, Fresno 93727. (209) 638-6911, (209) 638-5007, or (209) 255-4904.

Saratoga: Summit Rock Sky Run 11.5 Mi & 4.5 Mi., 10 a.m. Sanborn Skyline County Park. Team Challenge, P.O. Box 963, El Sobrante. 94803-0963. (415) 841-1190.

Berkeley: Power Bar Challenge for Charity Fun Run, 5 & 10K, UC Berkeley (Campanile), 9 a.m. Nancy Stover, Team Challenge, 150 Panoramic Way, Berkeley 94704. (415) 841-1190.

Sausalito: Golden Gate Headlands Marathon, Half-Marathon, 10K, Rodeo Beach (Ft. Cronkhite), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Fresno: Woodward Park Duathlon for Kids, (7-10 Yrs.: 1/4 Mi. Run, 2.2 Mi. Bike, 1/4 Mi. Run; 11-14: 1000y Run, 4 1/2 Mi. Bike, 1000y Run). Info: John Devere (209) 434-6248.

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

Santa Barbara: Chardonnay 10 Mile & 5K, Leadbetter Beach (Shoreline Dr. & Loma Alta Dr.), 8:30 a.m./5K, 8:45 a.m./10 Mi. The Chardonnay, P.O. Box 6616, Santa Barbara 93160. (805) 965-6652.

Seal Beach: Seal Beach 10K Run, First & Marina, 8 a.m. A Running Experience, P.O. Box 3209, Long Beach 90803. (213) 494-2664.

Compton: Compton Cup 5 & 10K and 1 Mi., 1111 Artesia, 8 a.m. Darnell Mitchell, 19003 Clarendon Ave., Carson 90746. (213) 637-2660.

April 7 (Sunday):

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

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

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

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

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

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

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

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

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

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

Angel Island: Romancing the Island 10K, 10 a.m. (9:15 Charter Ferry from Tiburon only). Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

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

Modesto: Modesto Marathon & Half-Marathon, West Campus Business Center (Blue Gum & Carpenter Rds.), 7:30 a.m. Gordon Wilkinson, 3112 Denver Ave., #5, Merced 95348. (209) 384-1727.

Monterey: Laguna Seca Challenge Biathlon, Distances TBA, Time TBA. Frank Yohannan, 215 W. Franklin, Suite 214, Monterey 93940. (408) 373-1089.

Tustin: MCAS Tustin 5 & 10K Run, Harvard & Warner, 8 a.m. Sgt. Patricia Holston, S-4 H+HS, MCAS Tustin 92710. (714) 726-7336.

Orange: Round Orange 5 & 10K, Peralta Jr. High School, 8:15 a.m. Orangewood Children's Foundation, 2 City Blvd. East, Suite 250, Orange 92668. (714) 385-8110.

April 9 (Tuesday):

Burlingame: Magic Sports/Runners Feet Partners 2 Mi., Burlingame High School (on track), Oak Grove & Carolan, 6:15 p.m. Keith Larsen, 1004 Oak Grove Ave., Burlingame 94010. (415) 343-4242.

Oxnard: 3 & 5 Mile Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 South A Street, Oxnard 93030. (805) 984-4643.

April 11 (Thursday):

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

April 13 (Saturday):

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

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

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

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

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

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

San Mateo: April Showers 5K Fun Run/Walk, Kids Mile, Coyote Point Park, 10 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

San Mateo: April Showers 5K Fun Run/Walk, Kids Mile, Coyote Point Park, 10 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

San Jose: The Save the Children Take 5 Relay (5-Person Teams in a 5-Hour Relay), Independence High School (track), noon. Dave Weir, 4671 Albany Cir., #117, San Jose 95129. (408) 246-9347.

SCHEDULE

Inverness: Out Where the Tule Elk Roam, 6 Mi., Tomales Pt. (Pt. Reyes Nat'l. Seashore), 10 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Downey: Union of Disabled Latin Americans 10K Run, Rancho Los Amigos Hospital (Imperial Hwy. & Rives), 9 a.m. Ruben Hernandez, UDLA, 3727 W. Sixth St., Suite 511, Los Angeles 90020. (213) 481-8352, 388-8352.

Montebello: "Born to Run" 1.2 Mi. X-C Run, Grant Rea Park, 7:30 a.m. Jimmy Granados, 2310 Havenbrook St., West Covina 91790. (818) 338-9685.

San Dimas: Los Angeles Triathlon Championship Series, 700m Swim, 30K Bike, 8K Run, Bonelli Park, 8 a.m. Tri-Events, 2654 E. Garvey, West Covina 91791. (818) 331-0169.

April 14 (Sunday):

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

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

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

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

Sebastopol: Apple Juice Run, 2 Mi. & 10K, Analy High School, 8 a.m. Teresa, P.O. Box 178, Sebastopol 95473. (707) 823-3032.

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

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

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

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

Monterey: I Have a Dream 10K, Presidio of

Monterey (Soldiers Field), 9 a.m. Jeffrey Fairbanks, P.O. Box 5838, Presidio of Monterey 93944. (408) 647-5442.

Livermore: Livermore Fitness Day, 5K Run/Walk, 8:30 a.m. Livermore Fitness Day, c/o L.A.R.P.D., 71 Trevano Rd., Livermore 94550. (415) 373-5700.

Stinson Beach: Mt. Tam Tri-Bi-Athlon, 1K Swim or 5K Run, 14 Mi. Bike & 5 Mi. Run, 8 a.m. Enviro-Sports/Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 868-1829.

El Dorado Hills: Motherlode Biathlon, 6 Mi. Run, 26 Mi. Bike, Business Park (Whiterock & Latrobe Rds.), 9 a.m. City Bicycle Works, 2419 K Street, Sacramento 95816. (916) 447-2453.

April 15: (Monday):

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

April 16 (Tuesday):

Oxnard: 3 & 5 Mi. Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 South A Street, Oxnard 93030. (805) 984-4643.

April 18 (Thursday):

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

April 20 (Saturday):

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

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

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

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

Bakersfield: Cal-State Univ. "U-TRI", Distances & Time TBA. Bakersfield T.C., P.O.

Box 42123, Bakersfield 93384. (805) 831-5900.

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

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

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

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

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

Pinole: Three Valleys Half Marathon & 5K Fun Run & Stride, 9 a.m. Pinole Valley High School. Team Challenge, P.O. Box 963, El Sobrante 94803-0963. (415) 841-1190.

Santa Rosa: The Children Take 5 Relay (5-Person Teams for 5 Hours), Santa Rosa J.C., noon. Sue Oaks, 217 Bassett St., Petaluma 94952. (707) 765-1567.

Ft. Bragg: Sunset Run, 5 & 10K and 1 Mi. Kid's Run, Mackerricher State Park logging road, 5:30 p.m./Mi., 6 p.m. Joan Batteiger, 213 E. Laurel St., Ft. Bragg 95437. (707) 964-9446.

Ft. Bragg: Mendocino Lost Coast Trail Marathon, 25K & 10 Mi., Sinkyone Wilderness State Park (Usal Creek), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Sacramento: Dome to Delta 12K, Capitol Mall to William Land Park, 9 a.m. Info: Milt Whaley (916) 448-2145, 446-4058.

Lancaster: Run for Dough, 2K, 5K & 10K, Mayflower Gardens, 8:30 a.m. ACES, P.O. Box 2382, Lancaster 93539. (805) 942-7122, 948-5046/Wk.

La Quinta: Coachella Valley Red Cross Triathlon, 3/4 Mi. Swim, 20K Bike, 5K Run, Lake Cahuilla Park, Time TBA. Bob Schneck, P.O. Box 9435, Palm Springs 92263. (619) 325-4114.

April 21 (Sunday):

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

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

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

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

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

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

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

Lompoc: Laura Stegman Memorial Women's 5K Run, River Park, 9:30 a.m. Bill Graham, 1309 E. Painmetto, Lompoc 93436. (805) 736-9646.

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

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

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

Fremont: Bambino's 5K, swim lagoon, 9 a.m. Joanne Carr, 4707 Mildred Dr., Fremont 94536. (415) 795-8495.

Oakland: Misty Redwood Run, 10K, Redwood Regional Park (parking lot), 9 a.m. American Lung Assoc., 295-27th St., Oakland 94612. (415) 893-5474.

Angwin: Angwin to Angwish Run & Mt. Bike Biathlon, 5 & 10K Runs, 15K Biathlon, Pacific Union College (Gym), 9 a.m. Richard Hardcastle, P.O. Box 626, Angwin 94508. (707) 965-3097.

Walnut: Mt. SAC Relays In-N-Out Burger 5 & 10K Runs, Mt. San Antonio College, 8 a.m. Mt. SAC Relays, 1100 N. Grand Ave., Walnut 91789. (714) 595-1415.

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Long Beach, CA.

Marathon's
San Pedro, CA.

Ski & Sports
Anaheim, CA.

In Stride
San Diego, CA.

Pure Fitness
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Running Center
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Golden Bay Sports
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Canyon Country, CA.

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Beverly Center, CA.
Marina Del Rey, CA.

Fleet Feet Triathletes
Hemlock, CA.

Go-Sport
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SCHEDULE

Laguna Beach: Schoolpower 10K Run, Location TBA, 8 a.m. Sandi Thornton, P.O. Box 19, Laguna Beach 92652. (714) 494-6811.

April 23 (Tuesday):

Oxnard: 3 & 5 Mi. Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

April 24 (Wednesday):

Chico: Humpday 5K, Bidwell Park, 6 p.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

April 25 (Thursday):

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

April 27 (Saturday):

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

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

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

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

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

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

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

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

Altadena: Run for the Sycamores, 1K, 5K &

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

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

Pacific: San Pedro Valley Wildflower Run, 5 & 9 Mi., San Pedro Valley County Park (east end of Linda Mar Blvd. off Hwy. 1), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Jose: Run for Recovery 5 Mi. Run & 5K Walk, Coyote Hellyer Park, 9 a.m. Info: (408) 559-2000.

Davis: Heart Beat 5 & 10K Run/Walk, School of Medicine (W. Health Sciences Dr.), 9 a.m. Am. Medical Student Assoc., UC Davis School of Medicine, Office of Student Affairs, Davis 95616. (916) 753-2458.

Fresno: Tri-Harder Productions, P.O. Box 25610, Fresno 93729. (209) 434-6248.

Vandenberg AFB: Vandenberg A.F.B. Half Marathon & 10K, Fitness Center, 8 a.m./H-M, 9 a.m./10K. Info: Mike Renner (805) 866-3833.

San Pedro: Lasuen Reunion Run, Location TBA, 8 a.m. Pete Mirich, 4342 Admirable, Rancho Palos Verdes 90274. (213) 541-2591.

South Pasadena: Road Runner Classic, 1K, 5K & 10K, So. Pasadena/San Marino YMCA (1605 Garfield Ave.), 7:30 a.m. So. Pasadena-San Marino YMCA, 1605 Garfield Ave., So. Pasadena 91030. (818) 799-9119, (213) 682-2147.

Malibu: Malibu Family Fun Run, 176y to 1 Mi., Malibu Community Center, 8 a.m. Shari Latta, P.O. Box 4116, Malibu 90265. (213) 457-2937.

April 28 (Sunday):

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

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

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

Stanford: MBA Challenge for Charity 5 & 10K, Stanford Stadium, 8 a.m. Bob Fan, 601

Coleman Ave., Menlo Park 94025. (415) 327-0546.

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

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

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

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

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

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

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

Redlands: Run Thru Redlands 5K, 10K, Half-Marathon & 5K Race Walk, Redlands Mall, 7:45 a.m./5K & H-M, 8 a.m./10K & Walk. Run Through Redlands, P.O. Box 1702, Redlands 92373. (714) 793-3721.

Ventura: California Beach Party, 5K, 10K & 1 Mile, Seaside Beach (park at Ventura County Fairgrounds), 8 a.m. Ventura Rec. Dept., P.O. Box 99, Ventura 93001. (805) 658-4726.

Upland: SACH 5 & 10K Runs, Upland Memorial Park, 8 a.m. San Antonio Community Hospital, SACH Race, 999 San Bernardino Rd., Upland 91786. (714) 985-2811, x3998.

San Dimas: Los Angeles Triathlon Championship Series, 700m Swim, 30K Bike, 8K Run, Bonelli Park, 8 a.m. Tri-Events, 2654 E. Garvey, West Covina 91791. (818) 331-0169.

Woodland Hills: Crespi Classic 5 & 10K Fun Runs, Pierce College (football stadium), 8:30 a.m./5K, 9:15 a.m./10K. Crespi Fun Run, 5031 Alonzo Ave., Encino 91316. (818) 345-6701.

April 30 (Tuesday):

Oxnard: 3 & 5 Mi. Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 South A Street, Oxnard 93030. (805) 984-4643.

SCHEDULE

May 2 (Thursday):

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

May 4 (Saturday):

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

Lodi: Crime Prevention Fair 5/10K Run/Walk & Kid's 1/2 Mile, Lodi Lake, 8:30 a.m./Kid's Run, 9 a.m. Lodi Police Dept., 230 W. Elm St., Lodi 95240. (209) 333-6787.

Lakeport: Health & Lifestyle Jamboree Run, 2 & 5.2 Mi. Run, Lake County Fairgrounds, 9 a.m./5.2 Mi., 9:15 a.m. Robert Hahn, Lakeside Community Hospital, 5176 Hill Rd. East, Lakeport 95453. (707) 263-5651.

Turlock: Turlock Rotary Biathlon, 10K Run, 50K Bike, Turlock HS, 7:30 a.m. Darryl Crow, 817 Coffee Rd., Bldg. B, Modesto 95355. (209) 575-3800.

Sacramento: Maranatha Half Marathon, 10K and Mile/Half-Mile Kid's Races, Goethe Park, 8 a.m./Kid's Races, 8:20 a.m./H-M, 8:30 a.m./10K. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Monterey County: Cornnuts Wildflower Triathlon (Short Course), 1/2 Mi. Swim, 20 Mi. Bike, 4.5 Mi. Run, Lake San Antonio, 9 a.m. Terry Davis, P.O. Box 5279, Salinas 93915. (408) 755-4895.

Bakersfield: Hart Park Fun Run, 7 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Bakersfield: Carrera Del Ano, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Taft: Taft West Side Runs, Location & Time TBA. Info: (805) 763-4246.

Canoga Park: Great Rockwell Reservoir 5K, 10K & 1 Mi. Fun Run, 8500 Fallbrook Ave., 7:30 a.m./10K, 9:15 a.m./5K, 10:30 a.m. Steve Polley, Rockwell Reservoir Run, 8500 Fallbrook Ave., West Hills 91304. (818) 710-2145.

Long Beach: Long Beach Plaza 8K Run, Long Beach Plaza, 8 a.m. Long Beach Plaza, 451 Long Beach Blvd., Long Beach 90802. (213) 435-8686.

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

Fountain Valley: 6K Run for the Roses,

Mile Square Park, 9 a.m. Silky Sullivans, 10201 Slater Ave., Fountain Valley 92708. (714) 963-5967.

May 5 (Sunday):

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

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

San Francisco: DSE Golden Gate Bridge Vista Run, 5.04 Mi., Legion of Honor (34th Ave. & Clement), 10 a.m. Info: (415) 585-6048.

Danville: Devil Mountain Run, 10K & 2.8 Mi., Town & Country Center, 8 a.m. DMR, P.O. Box 93, Pleasanton 94566. (415) 846-1159.

Saratoga: Run to the Stars 3K & 8K, McAuliffe Elementary School (Prospect Ave. & Titus), 9 a.m./3K, 9:15 a.m. Hank Lawson, 12375 Farr Ranch Rd., Saratoga 95070. (408) 446-9063.

Santa Cruz: Pacific Peace Run, 5 & 10K, Silicon Systems (2300 Delaware Ave.), 9 a.m. Peace Day Project, 180 Seventh Ave., Suite 107, Santa Cruz 95062. (408) 475-0207.

Chico: Butte Biathlon, 4 Mi. Run, 30 Mi. Bike, 4 Mi. Run (Short Course: 1 1/2 Mi. Run, 15 Mi. Bike, 1 1/2 Mi. Run), 9 a.m. Exchange Club, 2500 Zanella Way, Suite A, Chico 95928. (916) 894-8920.

Fair Oaks: Fair Oaks Fiesta Sun 5 Mi. Run, 2.3 Mi. Walk, & 1/2 Mi. Kids' Run, Community Clubhouse (7997 California Ave.), 8 a.m./Kids' Run, 8:30 a.m./5 Mi., 8:35 a.m. Fair Oaks Rec. & Park District, 4200 Temescal St., Fair Oaks 95628. (916) 966-1036.

Monterey County: Cornnuts Wildflower Long Course Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Lake San Antonio, 8 a.m. Terry Davis, P.O. Box 5279, Salinas 93915. (408) 755-4895.

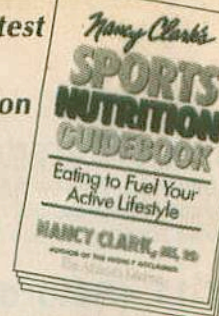
Ventura: Law Day 5K Run & 3x5K Relay, Victoria & Thille, 9 a.m. Steve Henderson, Ventura County Bar Ass'n., 4475 Mark St., Ste. B, Ventura 93003. (805) 653-5252.

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

May 7 (Tuesday):

Oxnard: 3 & 5 Mile Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 South A Street, Oxnard 93030. (805) 984-4643.

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SCHEDULE

May 9 (Thursday):

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

May 11 (Saturday):

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

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

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

San Mateo: Human Race 5 & 10K, Central Park, 8:30 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

San Francisco: Angel Island Fun Run/Stride, 4.8 Mi., Noon (Ferry Service from S.F. & Tiburon). The Guardsmen, 115 Sansome St., Suite 310, San Francisco 94104. (415) 781-6785.

Cupertino: Tandem's Up & Running 10K & 2 Mi., Valco Pkwy. (Tandem HQ), 8 a.m. RhoodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Terra Linda: Human Race 10K Run & 3K Walk, Terra Linda HS (320 Nova Albion Way), 8:30 a.m. Volunteer Center, 70 Skyview Terr., San Rafael 94903. (415) 479-5660.

Gilroy: Run/Walk for the Health of It, Distance TBA, South Valley Hospital, 8:30 a.m. Leah Dowty, So. Valley Hospital Fndn., 9400 No Name Uno, Gilroy 95020. (408) 848-8646.

Sacramento: The Human Race, 10K & 5K Run/Walk, William Land Park, 8:30 a.m. Ann Matz, 8912 Volunteer Ln., Suite 140, Sacramento 95826. (916) 368-3105.

Bakersfield: Bakersfield Bud Light Triathlon, (TriFed/USA S.W. Regional Championship), 0.9 Mi. Swim, 24.8 Mi. Bike, 10K Run, Time TBA. Paul Mackie, c/o 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

Corona: Run for the Crown 5 & 10K, Corona HS, (1150 W. 10th St.), 8 a.m. Corona Parks & Rec. Dept., 815 W. Sixth St., Corona 91720. (714) 736-2241.

Chino: City of Chino 5 & 10K Run/Wheel/Skate, Chino H.S., 7:45 a.m./5K, 8:30 a.m./10K. City of Chino, P.O. Box 667, Chino 91708. (714) 591-9834.

Van Nuys: Human Race 2K, 5K & 10K Run/Walk, Woodley Park, 8 a.m./Walk, 8:30 a.m./Run. Elena Ruiz, Volunteer Center, 8134 Van Nuys Blvd., Suite 200, Panorama City 91402. (818) 908-5066.

Pomona: Human Race 5 & 10K Runs & 10K Walk, Cal-Poly Univ. (football field), 8 a.m. (8:30 a.m./Walk). Volunteer Center, 436 W. Fourth St., Suite 201, Pomona 91766. (714) 623-1284.

Hawthorne: Mother's Day 210K & 2 Mi., Hawthorne Plaza Mall, 8 a.m. Hawthorne YMCA, 12500 S. Ramona, Hawthorne 90250. (213) 679-1146.

Los Angeles: Human Race 5K & 10K Run/Walk, Griffith Park (opposite Ranger Station about one mile inside Riverside/Los Feliz entrance), 8 a.m. Pat Berni, Volunteer Center, 2117 W. Temple St., Los Angeles 90026. (213) 484-2849.

Culver City: Fiesta La Ballona 5 & 10K, Veterans Auditorium (9770 Culver Blvd.), 8 a.m. Dept. of Human Services, 4117 Overland Ave., Culver City 90230. (213) 202-5689.

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

May 12 (Sunday):

San Francisco: DSE Right to Assemble Run, 7.46 Mi., Howard & Spear, 8 a.m. Info: (415) 585-6048.

Ft. Cronkhite: Bobcat Biathlon, 4.5 Mi. Run, 12.8 Mi. Bike, Rodeo Lagoon (Bldg. 1111) (off Bunker Rd.), 8 a.m. (mountain bike only). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190; The Pedaler: (415) 222-3420.

Bakersfield: Tri for Kids (TriFed/USA Western Zone Championship), (7-10: 100m Swim, 3.1 Mi. Bike, 0.6 Mi. Run; 11-14: 200m Swim, 10K Bike, 1.2 Mi. Run), Time TBA. Paul Mackie, c/o 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

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

May 14 (Tuesday):

Oxnard: 3 & 5 Mi. Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

May 16 (Thursday):

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

May 18 (Saturday):

Lodi: Walk for the Health of It, 5K & 1 Mi., Lodi Memorial Hospital, 9 a.m./5K, 9:30 a.m./1 Mi. Penny Jacobi, Lodi Memorial Hospital, 975 S. Fairmont Ave., Lodi 95241. (209) 339-7590.

Geyserville: Ice Breaker Triathlon, 0.5 Mi. Swim, 5K Run, 14 Mi. Bike (No Relays), Lake Sonoma, 8 a.m. (400 Limit). Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

Gridley: Gray Lodge Coot Scoot 4K & 10K, Gray Lodge Wildlife Area (Pennington Rd. entrance), 8:30 a.m. Bruce Forman, Calif. Dept. of Fish & Game, 1701 Nimbus Rd., Rancho Cordova 95670. (916) 355-7130.

Auburn: Auburn Main Street Program, P.O. Box 9171, Auburn 95604. (916) 888-0109.

Shafter: Run Shafter Runs, Distances & Location TBA, Time TBA. Info: (805) 393-2000.

Lompoc: Mission Fiesta 5 & 10K, La Purisima Mission, 8:30 a.m. Ray Gil, Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 736-4233.

Torrance: Armed Forces Day 5 & 10K, Torrance Civic Center (Maple Ave. & Maricopa), 8 a.m. Darin McClelland, 3031 Torrance Blvd., Torrance 90503. (213) 618-2929.

Tustin: 5 & 10K Runs for the Family, Tustin Market Place (El Camino Real & Jamboree), 7:30 a.m. Judi Rowland, Tustin Community Serv., 300 Centennial Way, Tustin 92680. (714) 544-8890.

Fountain Valley: SCA/TAC 50 Mile District Championship, Mile Square Regional Park (16801 Euclid), 6:30 a.m. (12-Hour Limit; May 1 Entry Deadline). Lee Preble, West Coast University, 440 Shatto Pl., Los Angeles 90020. (213) 487-4433.

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

Burbank: Burbank 5K Run for the Hungry, Buena Vista Park (Catalina & Parkside), 8 a.m. Mickey De Palo, Burbank Park & Rec. Dept., Box 6459, Burbank 91510. (818) 953-9506.



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SCHEDULE

May 19 (Sunday):

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

Oakland: Tilden Tough 10-Miler, Tilden Park, 9 a.m. Info: LMJ&S (415) 530-9151.

Sacramento: Old Sacramento Triathlon, 0.3 Mi. Swim, 13 Mi. Bike, 3 Mi. Run, Time TBA (500 Limit). Fleet Feet, 2408 J Street, Sacramento 95816. (916) 442-RACE.

Oxnard: California Strawberry Festival Runs, 2 Mi. & 10K, Channel Islands Harbor, 8 a.m. Fleet Feet, 4269 E. Main St., Ventura 93003. (805) 644-9712.

So. El Monte: Legg Lake 5K Great Western Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 494-0394.

San Carlos: Rotary Fun Run, 5K & 10K & 5K Walk, 9:00 a.m., Burton Park (Chestnut at Arroyo). Terry Andreacchi: (415) 594-9199.

May 21 (Tuesday):

Oxnard: 3 & 5 Mi. Fun Runs, Oxnard State Beach Park (1601 So. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

May 23 (Thursday):

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

May 25 (Saturday):

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

Sierra Madre: Mt. Wilson Trail Race, 7:30 a.m. Kersting Court, Sierra Madre Blvd. City of Sierra Madre, Dept. of Parks & Rec., 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7135.

San Bruno: Memorial 4-Mile Cross-Country Run, San Bruno City Park (Crystal Springs Rd.), 8:30 a.m. Don Conklin, 416 Acacia, San Bruno 94066. (415) 952-8127. Mike Sullivan: (209) 532-5867.

Topanga Canyon: Topanga Canyon 10K Run, 8 a.m. (250 Limit). Jacqueline Hansen, P.O. Box 1336, Topanga 90290. (213) 455-3671.

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

May 26 (Sunday):

San Francisco: DSE Twin Peaks Run, 3.36 Mi., Portola & Twin Peaks Blvd., 9 a.m. Info: (415) 585-6048.

Oakland: Oakland Double 10K & 5K, Jack London Waterfront, Time TBA. Festival at the Lake, 1st District Agricultural Assoc., 1630 Webster St., Oakland 94612. (415) 464-1061.

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

Brentwood: Brentwood 5 & 10K, San Vicente & Barrington, 8 a.m./5K, 8:45 a.m./10K. Brentwood 10K, P.O. Box 49913, Los Angeles 90049. (213) 820-7585.

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

May 27 (Monday):

Pineole: Miniman Triathlon, 250y Swim, 2.1 Mi. Run, 8 Mi. Bike, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Kentfield: Pacific Sun 10K, College of Marin, 8 a.m./Sub-45 Field, 8:05 a.m./2nd Wave. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903. (415) 472-RACE.

Concord: Concord Memorial Hill Run, 5K, Newhall Park, 9 a.m. LeRoy Pacheco, Concord Vietnam Memorial Committee, P.O. Box 272211, Concord 94527. (415) 458-3978.

Grass Valley: Grass Valley Memorial Run, 8K, Memorial Park, 8:30 a.m. Gary Loucks, 116 High St., Grass Valley 95945. (916) 273-9268.

Sacramento: Peace Run '91, 1 Mi., 5K & 10K, Freeport Blvd. near Florin Rd., 10 a.m. Sri Chinmoy Marathon Team, P.O. Box 161698, Sacramento 95816. (916) 448-2360.

La Canada: Fiesta Days 1 Mi., 5K & 10K, Descanso Gardens, 7:30 a.m./1 Mi., 8 a.m. Mike Blackmore, YMCA, 1930 Foothill Blvd., La Canada 91011. (818) 790-0123.

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

Looking Ahead

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

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

June 2 (Sun.): Ukiah: Russian River Marathon, Half-Marathon & 8K, Talmage exit off 101, 6 a.m./Mara. & H-M, 8 a.m./8K. Russian River Run, Steve Proctor, P.O. Box 204, Ukiah 95482. (707) 462-1950.

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

June 9 (Sun.): Foster City: Sri Chinmoy Marathon & Half-Marathon, Sea Cloud Park (1 Mile loop), Time TBA. Amalash Krien, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

June 16 (Sun.): Lompoc: Valley of the Flowers Marathon & Half-Marathon, Time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438 (Jim Small: (805) 735-3255).

June 22 (Sat.): Walnut Creek: Mt. Diablo Relay, 4x4.6 Mi., Shell Ridge Open Space (Marshall Rd. entrance), Time TBA. John Mercurio, 1430 Bel Air Dr., #206, Concord 94521. (415) 676-4151.

June 23 (Sun.): San Francisco: City of San Francisco Marathon, Time TBA. Athlon, 650 Fifth St., Suite 514, San Francisco 94107. (415) 896-1530.

June 29 (Sat.): Squaw Valley: Western States 100 Mile Endurance Run (to Auburn over hilly trails), 5 a.m. (Entries Closed/Lottery). Norman & Helen Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

July 12 (Fri.): Ashford, WA: Mt. Rainier to the Pacific Relay, 160 Miles (11-Person Teams, 5 Mi. at a time), 3 p.m. (wave starts). Mt. Rainier to the Pacific, P.O. Box 17086, Seattle, WA 98107. (206) 782-6547.

COACHES / MEET DIRECTORS ...Please send schedule information to:
CT&RN, 4957 E. Heaton,
Fresno, CA 93727

Thank you!

THE ATHLETE'S KITCHEN

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

Exercise and Weight Control

THE FACT THAT EXERCISE BURNS FAT encourages many weight-conscious athletes to work-out in a frenzy. They commonly ask: Does exercise kill the appetite? Will I lose more weight if I exercise more? Is running more effective than swimming for losing weight? Am I better off doing low intensity "fat burning" exercise as compared to harder work-outs? Will I gain weight if I get injured? ... Try this quiz to test your Exercise and Weight Control IQ.

True or False: Exercise kills your appetite?

False. Exercise may temporarily kill your appetite, but your hunger will catch-up with you within 1-2 hours. Appetite is partially regulated by temperature control. Hence, if you're hot after a hard workout, you may experience a temporary drop in appetite. However, if you're cold, such as after swimming or skiing, you may feel ravenous.

Rat studies suggest that exercise's effect on appetite varies according to gender. Regularly exercising male rats tend to lose their appetite and drop weight; female rats get a bigger appetite, eat more and maintain weight.

True or False: The more you exercise, the more weight you'll lose?

Depends. Research suggests that men who add on exercise are likely to lose more weight than women. In one study with previously sedentary, normal weight men and women who participated in an 18 month marathon training program, the men increased their intake by ~500 calories per day; the women increased only ~60 calories, despite adding on ~50 miles/week of running. The men lost about 5 lbs. fat; the women none (Int'l J Sports Med, Vol 10, Suppl. 1, 1989). Similarly, other studies suggest that normal weight women tend to compensate for the caloric cost of exercise by eating more; obese women, in comparison, tend to eat the same and thereby lose weight.

Research has yet to come up with the definitive answer regarding the effect of exer-

cise on weight loss. For lean athletes, Mother Nature seems to protect and efficiently replenish fat stores to prevent strenuous exercisers from wasting away. Women athletes, in particular, seem to struggle harder than men to lose weight.

True or False: To lose weight, you'll be better off running than swimming?

False. Since competitive runners tend to have less body fat than competitive swimmers, the rumor is that running is a better exercise choice for people who want to lose weight. Recent research at Ball State University in Muncie, IN (Int'l J Sports Med: Vol 2 (6), '90) found no hormonal differences during or after the workouts that would enhance fat deposition in swimmers as compared to runners, assuming they both do equal workouts.

The researchers noted that post-exercise blood sugar levels are lower in swimmers than in runners. Perhaps this stimulates a swimmer's appetite, encourages greater caloric intake and contributes to body fat stores? Or, more simply, perhaps people who genetically have more body fat are attracted to swimming because they are less likely to excel as runners (due to the extra fat) and more likely to enjoy swimming (due to the extra insulation)?

True or False: You'll lose weight fastest if you do low intensity fat burning exercise?

False. Among aerobic exercisers, the buzz words are "fat-burning exercise" -- the low intensity workouts that burn proportionately more fat than carbohydrates (Glycogen). Aerobicisers commonly believe they'll lose more body fat if they burn more fat during exercise. According to Dr. Tremblay and his co-workers at Laval University in Quebec, this theory seems justified if you look only at the physiological adaptations that occur during exercise. His research on 1,366 women and 1,257 men (Am J. Clin Nutr. Feb. '90) suggests that people who do high intensity exercise tend to have less body fat than those who do lower intensity "fat-burning" exercise. He comments that for fat/weight control, you

need to look at the *whole* day's calorie balance -- not just at what you burn during exercise. If, over the course of the whole day, you burn off more calories than you eat, you'll dip into your energy reserves and lose body fat. However, if you consume more calories than you expend (as can easily happen if you reward yourself with treats after a hard workout), you'll end up gaining fat.

The biggest benefit of low impact, fat-burning exercise is that you're less likely to get injured.

True or False: Injured athletes gain weight due to lack of exercise?

False. Weight gained during injury is generally due to *over-eating*, not under-exercising. Injured athletes often continue to habitually eat lumber-jack portions, regardless of their activity level. They ignore the decreased appetite that accompanies decreased exercise. Some injured athletes sit around bored, lonely and depressed. They find short term comfort in food, only to find long term discomfort with weight gain.

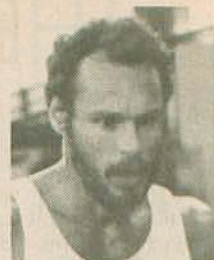
When injured, some *very* thin athletes tend to gain to their natural weight, i.e., the weight that they would naturally maintain without rigorous exercise and restricted calories. Although they may perceive this as becoming obese, they may be simply "catching up" and attaining the physique that's in keeping with their genetics.

Nancy Clark, MS, RD is nutritionist and weight coach at Boston-area's SportsMedicine Brookline. You can buy her books *The Athlete's Kitchen* (\$7.50) and *Nancy Clark's Sports Nutrition Guidebook* (\$15.50) through NESF, P.O. Box 252, Boston 02113.



KEEPING PACE

By MARK WINITZ



Spring is in the Air

HERE'S ANOTHER COLUMN DEADLINE, and I'm writing it at the last minute, trying to get a handle on time that flits quickly by and out of sight like a butterfly on a hazy spring day. There are lots of things to write about, numerous accomplishments, dreams, comebacks to report on in our sport. Too-many-to-mention athletes who deserve an interesting writeup or interview here.

But it's a hazy spring day, allergy season, my head feels like it is inflated like a helium balloon, only with smog. And there is a war going on, or, rather, one which shows some promise of ending, but with little hope of real resolution.

There are deadlines to meet, a column to get written for this magazine, another running magazine to get to the printer, a big trail/open space meeting coming up on Monday which will be attended by a lot of influential people from local city governments and parks agencies—and of which I am one of the main organizers. And there is my job as a technical writing consultant to fulfill, contracts to secure, bread to be put on the table. And, finally, there are miles to run. There is a lot to be done, and this is Friday, my wife is tugging at me to head off to Carmel for the weekend because she needs a break. Yet the promise of a free weekend seems as remote as a quick solution in the Middle East.

There are endless tasks to accomplish—and they all seemed of the utmost importance at one time—but they are all now drowned out in the roar of daily explosions in a far off desert, and reports of who-knows-how-many people being killed and injured for a cause that the majority of Americans say they support, but which they are hard-pressed to qualify. I have a hard time focusing; my head is a whirl of pollen, and images of young men and women hunched in sandy trenches keep disrupting the little concentration that I have.

Despite my asthma, and the flagrant actions of the blooming acacia trees (that are

glaringly bright and beautiful against the hazy, gray sky, yet they disperse trouble for allergy sufferers)—despite my lack of focus, I am grateful to be in robust health. All my body parts are intact, and I can still run continuously at a fair pace for miles and miles. But even the satisfaction and pride of a hard body is lost in guilt during the present times. After all, there are thousands of young (and many not so young) American men and women in Saudi Arabia that have to think about more than merely building their aerobic capacity or dropping their times for their quarter mile intervals a few seconds. They need to worry about how to just keep breathing; and if they will be breathing tomorrow. And probably a good portion of them don't want to be in that uncomfortable far off land, fighting for oil—just as much as I don't want to be. Yet, here I am, having never held a gun, and hoping urgently that I never have to, feeling very guilty.

What happened to all the young men and women of the '60s and '70s who so steadfastly opposed an (at-best) obscure war in Vietnam, while facing the disquieting prospect of, maybe, being called upon to fight in it? Once, no longer of draft age—and most hardly physically fit to serve even if they were drafted—many of my middle-aged companions have seemingly lost their convictions. How convenient. At the same time, a different generation, who has grown up with Rambo, looks on as a volunteer, professional military does the horrific work imposed upon it.

It is a baby boomer guilt that I feel. Or, maybe, it is more of a large disappointment that is bugging me. Going out for a run, a heck of a lot fitter than I was at 20 years old. Disappointed in my peers. Confused by a sudden army of flag wavers, who just as easily roll out the colors as they do banners at a football game. Who root for our youngsters on the bomb-pitted field of the Middle East from their potato chip-crumbed couches with the same fervor that they do for the home team. I

am disgusted with my inability to speak out against this conflict for fear of being labeled unpatriotic—or worse. Because I love my country dearly, and am at the polls for every election, because I know that it was just circumstance that I was lucky enough to be born here, and not somewhere else where voices are not allowed to speak, or pens to write.

And it is a hazy spring day and there is a terrible war going on. I have a running column to finish, but I keep getting interrupted by these other thoughts and emotions that won't go away. The phone rings and a voice asks for the owner of the business. "Why?" I ask. It is a veteran who says that he is with the Marine Assistance Center, and he is selling flags. "Do you have a flag down there?" he wants to know. I hang up. I wonder what all those city officials are going to think on Monday if we don't give them a typed meeting agenda to refer to. What if, instead, I just forget it all, forget this column, and go down to Carmel this weekend, like my wife suggests? Maybe if I just bought a flag and mindlessly set it outside the office. Maybe I could just forget it all and feel better about everything, and not worry about what my country is doing, or who my peers are mindlessly listening to. Maybe a personal model of the old red, white, and blue would just make it all better. Maybe then I could get some work done, or go out for a run without feeling guilty about my little leisure time, my fitness, or the terrible waste and toll that people are imposing upon each other.

Hey, I got a flag out, all you young people over there. I support you. Just do what you have to do and don't hold it against me that I'm over here watching you from my couch. Don't think about the fact that I can go out for a run on a smoggy (whoops, sorry, hazy, they call it) spring day here, while you can't go out for a run where you are, even if there was someplace to run to.

continued next page...

KEEPING PACE

I'm getting foggy again, so I stop trying to write this column (which isn't a column at all) for a minute. I pick up a clip from the local paper that ran in the editorial section a few days back, on President's Day. It wasn't a Bush rah-rah speech that they ran in the clip. Rather, it was a passage from George Washington's farewell address, delivered to his cabinet in 1796.

"The great rule of conduct for us in regard to foreign nations," the Father of Our Country said, "(is) to have with them as little political connection as possible...Our detached and distant situation invites and enables us to pursue a different course. If we remain one people, under an efficient government, the period is not far off when we may defy material injury from external annoyance; when we may take such an attitude as will cause the neutrality we may at any time resolve upon to be

scrupulously respected; when belligerent nations, under the impossibility of making acquisitions upon us, will not lightly hazard the giving us provocation; when we may choose peace or war, as our interest, guided by justice, shall counsel."

An eloquent and wise speech by a president who certainly had known the gruesome intimacies of war. A serious farewell address, yet not, unfortunately, a farewell to arms. And now it is a hazy spring day, the acacias are in bright, full bloom, the flags are lilting in the rainless, stagnant air as I run past rows of them stuck out from houses. I am trying to get this column done before the deadline, the seductive image of a Carmel ocean breeze sits in back of my eyes, and there is this ever-present, overpoweringly looming, war going on. Even with the announcement that there is a hope for an end, I am weighted with

this guilt and shame about something I'm not quite sure of. Every time I fill up with gas, I feel this helpless sourness of dependence, and of contribution to this shameful predicament. My head is heavy with these allergies.

And not even a run in the spring can clear it.

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. 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.

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

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Super Bowl Sunday Runs

Story & Photos by RICHARD LEE SLOTKIN

January 27 ▲ Redondo Beach ▲ 10K & 5K Walk

Thom Hunt always was good. Six time winner of the once prestigious Runner's Den 10K back when it really was one of the premier 10K's in the world; scourge of the Jack-in-the-Box 2 mile--a Jamul Toad who was King of the Road. Yeah, *that* Thom Hunt.

Hunt must have bought some shares of the Fountain of Youth, Inc. because, by golly, there he was, looking like his former self again, at the Super Bowl Sunday 10K, taking control early into the 2nd mile and showing nothing but his backside for the rest of the race.

It wasn't a setup, either. Even though, like Hunt at 32, most of the top talent had seen a 30th birthday or better, top talent there was. Smart money was on Canadian Paul Williams, 34--he was even wearing #1--and he looked the part, til just before 3 miles. There were a bunch of Reebok Aggies, including their two Olympians Carmelo Rios and Mark Conover and their one ought-to-be, Ivan Huff -- all past their 30th birthday. Then there was Tom Ansberry, just a babe at 27--and still looking like the 18 year old *wunderkind* he once was. And, there was a real living legend in the pack, too: You've heard, maybe, of Henry Rono?

Well, thanks to a mob of legals and bandits who poured in from a side street a half block beyond the start line while the starting gun was still echoing, and several sharp turns in the first 1/2 mile, the whole thing began with all the jostling and mayhem of an indoor 800. Or a dark alley mugging. With about 9000 registered and at least a thousand--who knows for sure?--free riders, this is the biggest 10K in Southern California and the chaotic starts, costumed runners and centipedes are making it a mini Bay-to-Breakers. Listen, they

even had 100, that's right, at least one hundred baby strollers taking off with the wheelchairs just before the main event. The official results show 99 *finishers*! And almost a third of the pushers were mamas. Was this a race or the Electric Street Parade at Disneyland?

Fortunately, by the mile, in 4:36, things had settled down considerably, thanks in part to Hunt's calming comments going through the early tight turns where he and Huff were nearly elbowed off the road. Let me describe how bad it was.

Going through the first turn, someone cut the corner so sharply that he was up on the sidewalk, causing Huff to scream at him: Hey! This is a ROAD race! Keep it on the road!

On the next turn, Huff and Hunt were both shoved up onto the sidewalk. That's when Hunt said, "C'mon guys! Relax!"

Meanwhile, Conover, Alfredo Vallejo and Danny Gonzales led the pack, closely tailed by Williams, Hunt, Huff, Ansberry, plus John Koningh, Alfredo Rosas, Sam Sitonik and, somewhere in the pack, the legend, Rono.

A minute later, Hunt, who said this was the best he's felt in a race in a long time and who seemed to have had his fill of the jostling, made his first move and he was followed by Williams, with Conover, Huff, Vallejo and Ansberry. Super Bowl is a hilly, twisty course; at least once or twice every year, including this one, the leaders end up fighting for space with the press truck. It's a challenge, allright.

Well, nearing 2 miles, the *de rigueur* battle with the press truck was out of the way, Vallejo was already gone and Conover was about to fade. Williams was next; he was tailing Hunt in 2nd place, but by 3 miles, in 13:52, Williams had fallen back some 18 yards and had been reeled in by Huff and Ansberry. Four miles in 18:15, Hunt has about a 20 yard lead and Williams has fallen back, so it's just Ansberry and Huff, who admits that he is just hanging on to Ansberry. Between miles 5 and

continued next page...

6, Ansberry, with Huff hanging on for dear life, closed the gap to maybe 5 yards, but Hunt's refusal to fade on the final hill, plus his familiarity with the course and its many tight turns—he's been here before—kept Ansberry, and Huff, still hanging on to Ansberry like a duckling chasing its mama, from pulling even. Hunt surged again and doubled the distance.

That was it. Hunt, a few minutes and two turns later, was waving his arms wildly as he hit the tape in a very satisfying 28:52. Ansberry, by then, had conceded the win and fallen back some but was also under 29 minutes—by one second. And still hanging on, just 10 yards back was Ivan Huff, finishing in 29:01.

And the legend? Ol' Henry, 38 years old—is that all? Seems like he's been around since the Spanish-American War—came in 10th. Tenth! In 30:02, a step ahead of Carmelo Rios. And, he's still not in shape, he admits. As one of the Aggies said, "Henry Rono could fall out of bed and run 30 minutes in a 10K."

Wilma van Onno survived the chaos at the start and led wire to wire, unchallenged, to win the women's share of the race in 33:06. Sylvia Mosqueda moved past Tina Ljungberg at 2 miles to take over second and held it until the 4 mile mark when, to the shock of Ljungberg, who was tailing her, Mosqueda *stopped!* Ljungberg went on to take 2nd behind her former UTEP teammate, Van Onno, in 33:42. Mosqueda, who told Van Onno that she arrived too late to warm up—and apparently too late to even take off her warmup jacket, she was wearing it at the finish—got back into it and finished 3rd, just 8 seconds behind Ljungberg.

Van Onno is Dutch, Ljungberg is a Swede and both still live in El Paso, despite having completed their college careers. They claim they like it there. Have you ever been to El Paso? Stockholm or Amsterdam isn't.

But, you can get a good steak dinner there.

Look, they're happy, they win races in California, what can I say?

As usual, Mosqueda disappeared after the race, not even showing up for her award. It might be interesting to know what happened this time. At this point, though, it's getting hard to care much. Yet, she is a nice person and I really believe that if Sylvia Mosqueda ever gets her act together, she will be the first female to go under 30 minutes in the 10K.

Remember, you heard it here first.

Overall Results - Men's 10K

1. Thom Hunt (Coronado) 28:52, 2. Tom Ansberry (Tucson, AZ) 28:59, 3. Ivan Huff (Paso Robles) 29:01, 4. Mark Conover (SLO) 29:22, 5. Daniel Gonzalez (Mt. View) 29:24, 6. Juan Pablo Juarez (Argentina) 29:25, 7. Alfredo Vallejo (Glendale) 29:27, 8. Paul Williams (Canada) 29:29, 9. David Olds (Santa



WILMA VAN ONNO

Monica) 29:49, 10. Henry Rono (Kenya) 30:02.

Overall Results - Women's 10K

1. Wilma Van Onno (Holland) 33:06, 2. Tina Ljungberg (Sweden) 33:42, 3. Sylvia Mosqueda (Alhambra) 33:50, 4. Maria Trujillo (La Jolla) 34:13, 5. Jeanne Lasee-Johnson (Bonita) 34:18, 6. Claire Lavers (Fayetteville, AR) 34:20, 7. Gladees Prieur (Los Angeles) 34:29, 8. Jamie Park (Fayetteville, AR) 34:43, 9. Angelica de Almeida (Brazil) 35:27, 10. Rosa Gutierrez (San Jose) 35:33.

Division Results - Men's 10K

14 & Under: 1. Joe Blane 36:42, 2. Alex Dederer 39:10, 3. Carlos Griffin 41:41, 15-18: 1. Terrel

Reyes 31:41, 2. Justin Finley 34:37, 3. Ethan Bradley 35:38, 19-24: 1. Zolton Zari 30:43, 2. Fredson Mayiek 31:07, 3. Greg Houlgate 32:19, 25-29: 1. Jesus Gutierrez 30:06, 2. Curt Corvin 30:14, 3. Richard Shelley 30:41, 30-34: 1. Carmelo Rios 30:03, 2. Dr. John Koningh 30:08, 3. Alfredo Rosas 30:11, 35-39: 1. Sam Sitonik 30:38, 2. Tom Moriarty 31:48, 3. George Mason 32:25, 40-44: 1. Nolan Smith 32:53, 2. Joe Alvarado Jr. 34:00, 3. Carmelo Hernandez 35:08, 45-49: 1. Michael Mahler 34:09, 2. Don McCarthy 34:45, 3. Ken Desmet 35:20, 50-54: 1. Joe Gassman 37:48, 2. John Stewart 40:11, 3. Marty Kasindorf 40:35, 55-59: 1. John Rudberg 39:06, 2. Bob Rice 39:54, 3. Ken Calvin 40:48, 60-64: 1. Patrick Devine 39:51, 2. Dale Goering 41:50, 3. Hal Sullivan 42:08, 65-69: 1. Larry Banuelos 42:29, 2. Jack Green 47:37, 3. Richard Yorton 50:22, 70-74: 1. Mike Sanchez 39:53, 2. Eddie Lewin 46:57, 3. John Schmidt 1:00:54, 75-79: 1. John Zentmyer 57:28, 2. Dean Scofield 1:11:07, 80 & Over: 1. Jacob Bishin 56:30, 2. John Edwards 1:27:27.

Division Results - Women's 10K

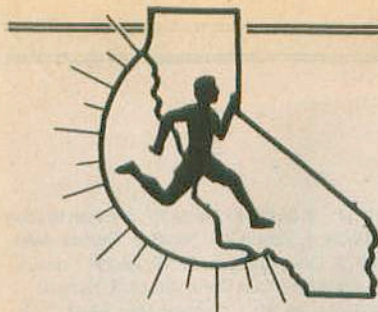
14 & Under: 1. Megan McGowan 43:22, 2. Shalynn Fullove 44:54, 3. Angela Noonan 47:31, 15-18: 1. Nayla Coury 41:59, 2. Joanna Della Gatta 43:07, 3. Katy Donohue 46:51, 19-24: 1. Amanda Marks 35:41, 2. Stacy Ware 36:02, 3. Laurie Chapman 37:28, 25-29: 1. Carrie Booth 35:55, 2. Katie Dunsmuir 36:11, 3. Annie Seawright 36:28, 30-34: 1. Midge Arteaga 36:37, 2. Jennifer Henderson 36:42, 3. Laurie Kulchin 40:35, 35-39: 1. Yolanda Romero 37:33, 2. Barbara Varon 43:40, 3. Darlene Narrison 44:00, 40-44: 1. Alfreda Inglehart 37:51, 2. Lori Coker 39:02, 3. Merle Heimberg 40:36, 45-49: 1. Wendy Watson 41:58, 2. Linda King 42:32, 3. Amerina Nash 44:52, 50-54: 1. Judy Scharf 39:37, 2. Mariana McMullen 44:34, 3. Roberta Lamping 45:19, 55-59: 1. Irene Olberz 45:21, 2. Gloria Gustafson 55:12, 3. Jane Dods 55:50, 60-64: 1. Ruth Bloland 57:16, 2. Sumiye Leonard 57:52, 3. Miyoko Ohara 1:00:38, 65-69: 1. Lisa Narvaez 48:23, 2. Amy Coury 1:07:29, 3. Babs Woodcock 1:08:00, 70-74: 1. Sarah London 1:18:59, 2. Thelma Anderson 1:23:02, 3. Ann Kostello 1:27:18.

Division Results - Men's 5K Walk

49 & Under: 1. Allen James 21:36, 2. Keith Ward 22:51, 3. Enrique Camarena 24:47, 50 & Over: 1. John Elwarner 24:47, 2. Jack Bray 24:53, 3. Dale Sutton 25:34, Wheelchair: 1. Keith Dysert 27:53, 2. David Cornelsen 31:56, 3. Lance Hughson 33:13, Baby Buggy Joggers: 1. Stephen Harris 35:27, 2. Angelo Decolibus 36:02, 3. Chris Woolly 36:12.

Division Results - Women's 5K Walk

49 & Under: 1. Sara Standley 8:03, 2. Francine Bustos 25:59, 3. Brenda Long 26:49, 50 & Over: 1. Barbara Porter 36:00, 2. Thelma Murphy 37:48, 3. Jeanne McPherson 37:48, Baby Buggy Joggers: 1. Diana Tracy-Bruinsma 40:05, 2. Brianne Townsend 46:11, 3. Chris Lombardi 49:30.



Around the State

Peace Run '91

By KATHLEEN DEMMING

Twenty years after their formation, the Sri Chinmoy Marathon Team has garnered a reputation for creating and fulfilling impossible running dreams. First, there was the 700 mile race, then the 1000, and finally the 1300 mile race -- the world's longest sanctioned ultramarathon. But perhaps their most ambitious event is one which is meant to attract, not the greats, but the masses.

The third running of the Sri Chinmoy Oneness Home Peace Run hits Southern California May 23, and will continue up the coast for seven days. The bi-annual global relay carries a torch through some seventy countries, allowing runners of all ages and abilities to grab the torch and run for peace. The event, which is free, non-political, and non-denominational, is the brainchild of its namesake Sri Chinmoy -- the dynamo guru who is as well-known for his athletic undertakings as he is for his efforts towards peace. He envisioned the event some six years ago as an occasion to bring people together in an active, dynamic way to inspire them to seek peace, both in their own lives and on the world front.

This year, Peace Run promises to be a truly unforgettable event. With the cold war behind us, Eastern bloc countries can now participate and are doing so with a fervor. Russia, Hungary, Czechoslovakia, Poland, Romania and others are preparing for thousands of participants. And in some countries, high level officials are taking a personal interest in promoting the run.

Ultramarathoners from Australia will carry the torch along the great Wall of China, and Australian scientists have agreed to run with the torch while on expeditions in Antarctica. Recently, a group of Peace Run enthusiasts from the United States and Germany climbed the 23,000-foot high Mt. Aconcagua in Argentina to light a torch on the summit. Peace Run participants from the running world have included Carl Lewis, Willie Gault, John Walker and Robert de Castella, who will act as patron of this year's running in Australia.

The California leg of the Peace run is traditionally one of the most beautiful and inspiring

courses. Everyone wishing to run any part of the event is urged to contact one of the following Peace Run offices: East Coast (718) 291-6637 or West Coast (619) 282-8780.

1990 Prize Money Total

The Competitive Road Racer reported in its February issue that \$5,577,893 was earned by road racers in 1990. That amount was dispersed over 355 primarily US events. Top individuals in 1990 were Steve Spence for open men with \$66,050, Wanda Panfil for open women \$97,768, John Campbell in masters men with \$75,350 and Laurie Binder \$16,350 as top masters woman.

Olympic Festival Coaches

The Athletics Congress has announced the track and field coaching staffs for this summer's U.S. Olympic Festival in Los Angeles. Festival dates are July 12-21, with the track and field events set for July 18-21. West Team coaches were named as follows: Men's coach -- Ron Mann, Northern Arizona Univ. (Flagstaff, Ariz.). Assistants -- Bob Rush, College of San Mateo; Bob Otrando, Univ. of Washington; James Williams, Humboldt State Univ. Women's coach -- Sally Harmon, Univ. of Oregon. Assistants -- Barbara Ferrell, Univ. of Southern California; Pam Spencer-Marquez, Northridge; Manager -- Daiva Jusonis, Westminster.

High School Postal Cross Country

An inexpensive way to have cross country competition is with a postal event. Doug Rudolf at Mt. Whitney High School in Visalia has been hosting one for years. For information and entry for 1991, write Doug at Mt. Whitney High School, 900 S. Conyer St, Visalia, CA 93277.

New Things

✓ **Clydesdale Runners Association:** a nonprofit organization established to educate athletes about the relationship between age and weight to performance in endurance sports and to promote age-weight recognition. For information contact Clydesdale Runners Association, 1809 Gold Mine Road, Brookeville, MD 20833.

✓ **Runner's Towel:** A runner needs to wipe away bothersome perspiration and maintain peak performance, but carrying a towel was never practical until now. A new product called The Runner's Towel solves the problem fast and easy. Velcro loop sewn on an 11" x 18" natural cotton towel attaches securely to a handy belt clip. The belt clip fits over any waistband and keeps The Runner's Towel at you side for convenient access. Simply peel off the towel and stick it back on. Your hands are always free and the towel dries as you continue to run. Contact: Checkmark Innovations, 327 Chatham Street West, Windsor, Ontario, Canada N9A 5M8.

✓ **Runner's Greeting Cards:** Have you ever looked for a greeting card to send to a runner? Well, look no further! These full color humorous cards are designed especially for runners. For more information and/or order instructions, write: Sport Graphics, 3435 Oak Creek Drive, Colorado Springs, CO 80906.

✓ **High Energy Snack:** The introduction of the chocolate-flavored Sports Bar is the first time EXCEED has offered a solid high-carbohydrate energy source. Other products include EXCEED Fluid Replacement & Energy Drink, EXCEED Sports Nutrition Supplement and EXCEED high Carbohydrate Source. The Sports Bar will provide athletes with a convenient, low-fat source of high-carbohydrate energy. Each 2.9-ounce EXCEED Sports Bar is fortified with B-complex and other vitamins. Seventy-six percent of its calories come from carbohydrate, and it contains less fat than other leading snack bars. For more information contact Stephanie Snider, EXCEED, P.O. Box 1317, Columbus, OH 43216.

RESULTS

Christmas Relays

By Mark Winitz

December 16
San Francisco

The popularity of relay races on the roads is coming back again, as evidenced by the recent proliferation of these events in this country and in international competition. One relay that never lost popularity, and which has seen it all, is San Francisco's own holiday version—the West Valley Track Club Christmas Relays.

Celebrating its 17th year of competition, the race was greeted by a shimmering, cool morning following a much needed spattering of California rain the day before. Appropriately, team names were fashioned around water themes. "Still Thirsty After All These Years," "Young and Thirsty," "Rain-Deer Agglettes," "Team Moist," and others toed the line for four loops around far-from-full Lake Merced.

You'd think that managing almost 200 teams in 15 different divisions might be a chore, however, after almost two decades of experience, race director Jack Leydig and his West Valley cohorts have the organization down to a science. Two "wave" starts, spotters on scaffolds to spot and call out teammates (by number) for you as they near the exchange area, no traffic with the whole

4.464-mile loop run on a paved pedestrian/bike path, monitors that politely direct spectators



CECI ST. GEME hands off to NANCY DIRZ
Photo by Victoria Chase

and waiting runners to their proper areas.

The competition? All in good cheer, in keeping with the season. With a total of \$400 in prize money for top open and masters teams and \$50 CR bonuses available in all divisions for the first time, no one was

staking their livelihood on the race. No appearances fees, no scrooges, no T.V. or hype. Just good, friendly racing.

In 1989, a RunCal Gold open men's foursome set a tough course record to eclipse (1:24:22) for the total 18-mile distance. This time, although only half of the team returned (the other half out due to injury/rehab), top-notch replacements still made the team the one to beat.

RunCal Gold's Tom Wood (Reebok) got the team off to a good start, leading the first 4.464-mile leg in a nifty 20:58—28 seconds up on Olympian Jeff Atkinson (Nike) of Doc Sax's Manorites. Next RC's own Olympian, Brian Abshire (Reebok) outlegged Sax's David Frank (Reebok Aggies), 21:07 to 22:07. The third leg saw RunCal's '88 Cal International Marathon winner Rich McCandless (Ryans RT) put in the fastest men's split of the day, running 20:56. Sax's Steve Schadler (Reebok Aggs, 21:49) kept their team in a solid second. RunCal's anchor loop, run by Dipsea Race scratch-handicap leader Mike McManus (Hoy's) in 21:41 sewed up the RC Gold victory. Their final clocking of 1:24:41 (4:44/mi. pace) missed the CR but defended their title. Doc Sax's Manorites secured second with their anchor man Matt Giusto (Mizuno) running a swift 20:59.

Similarly, the RunCal Gold open women proved unbeatable. What can you say about a team composed of

continued next page...

RESULTS

Midnight Family Fun Run

December 31, Vandenberg Village Shopping Center.

Overall Results - 4.8 Mile

1. Paul Lee (29) 24:08, 2. Richardo Gutierrez (26) 24:16, 3. Luke Roundy (17) 27:35, 4. Al Anzai (24) 28:44, 5. Ron Roundy (47) 29:43, 6. Ed Grand (28) 29:12, 7. Mike Uema (47) 30:18, 8. Ken Murray (30) 32:05, 9. Bob Sewell (49) 32:09, 10. Edward Landen (37) 32:12.

11. Ken Stoneburger (33) 32:46, 12. Larry LaMay (59) 33:06, 13. R. Eatman (44) 34:20, 14. Chuck Greenley (57) 35:10, 15. Stan Williams (46) 36:27.

Overall Results - 1 Mile

1. David Sewell (15) 5:21, 2. Sara Rosenthal (12) 7:07, 3. Joey Larson (9) 7:12, 4. Amy Weston (10) 7:24, 5. Daniel Weston (9) 7:27, 6. Sean Greenward (8) 7:30, 7. Brian Federmann (10) 7:30, 8. Michael Pierce (11) 7:36, 9. Nazareth Lynn (8) 8:34, 10. Jeremy Sherman (9) 10:03.

Exceed Desert Princess Duathlon

January 5, Cathedral City.

Overall Results - Men

1. Mac Williamson (25) Del Mar 1:15:18, 2. Emilio DeSoto (38) San Diego 1:16:47, 3. Terry Sedgewick (27) Los Angeles 1:17:51, 4. Steven Mudgett (33) Denver, CO. 1:18:10, 5. John Holbeck (32) Calimesa 1:18:18, 6. Bruce Balch (28) Las Vegas 1:19:00, 7. Gianni Carpani (43) Culver City 1:19:32, 8. Jonathan Bold (25) Palm Springs 1:19:42, 9. Terry Martin (44) Fontana 1:20:50, 10. Dennis Kasischke (44) San Diego 1:21:18.

Overall Results - Women

1. Madeline Tormoen (29) Berkeley 1:24:54, 2. Melissa Patterson (28) Ventura 1:28:43, 3. Sheryl McMillan (22) Encinitas 1:30:36, 4. Jill Van Bloemenwenders (29) Ventura 1:30:44, 5. Diane Ito (43) Long Beach 1:30:49, 6. Stacia McInnes (23) Santa Barbara 1:31:27, 7. Robin Benicasa (24) La Costa 1:31:48, 8. Jacy Macrey-

nolds (27) Del Mar 1:32:32, 9. Laurie Land (35) Covina 1:33:05, 10. Joan Roehrig (26) Seal Beach 1:34:42.

Overall Results - Relays

1. Pay Day Three (Desert Hot Springs) 1:18:12, 2. Km Scott Funk Shapiro (Claremont) 1:19:19, 3. Souza, Ray & Dugard (Laguna Miguel) 1:19:20, 4. Team Extreme (Isla Vista) 1:21:10, 5. Dirty Desert Dogs (Newport Beach) 1:21:55.

San Gabriel River Run

January 12, So. El Monte, 3 Mile.

Overall Results

1. Harry Hunt (48) 17:49, 2. Steve Morales (15) 17:53, 3. Joseph Valle (24) 18:48, 4. Jeremias Valdez (29) 18:53, 5. Bill O'Donnell (56) 19:02, 6. Bob Nyman 19:06, 7. Frank Ogawa 19:52, 8. Doug Andrews (41) 20:32, 9. Lou Ramirez (45) 21:22, 10. Bruce Odou (63) 21:49.

Christmas Relays continued

Olympian PattiSue Plumer (Nike International), Olympian Nancy Ditz (unatt), former Stanford NCAA All-American Ceci (Hopp)-St. Geme (unatt), and Goodwill Games team member Linda Somers (Nike)? Plumer, leading off with a women's fastest-of-the-day 23:30 (probably the fastest women's leg ever run on this course), left easy work for the almost identically paced loops of St. Geme (25:33), Ditz (25:33), and Somers (25:31). The foursome's 1:40:08 clocking (5:37/mi. pace) was 2:17 up on 2nd-placers Telegraph Chiropractic Women (Angelica de Almeida, Melissa Martel, Maddy Tormoen, Jen Thatcher).

Although ideal conditions prevailed and \$50 incentives notwithstanding, only two other teams set divi-

sional course records: 3 Brothers and Another (Junior Boys) came up with a 1:32:22, breaking the former record by a minute. CCS Posse (Junior Girls) CR was scored in 1:56:52.

The Telegraph Rehab Center team topped the submaster men (1:32:36). Impala Submaster Blues (1:49:31) copped their division.

The masters men's title was defended by a tough Excelsior Masters A (1:35:50; Ferraz, Darling, Gorman, Tracy). Impala Masters Blue (1:51:23) did likewise on the women's side, led by a Binder/Matson combo.

Tamalpa A (1:45:50) led the 50+ men's group; as did the Nor Cal Senior Gold teams on the women's 50+ side. Hewlett Packard (1:34:38) were the perennial open corporate division champs; Somatix Splicers (2:08:45) led the corporate women. Others: Micro Chips (14 & under; 2:12:40), Foot Loose & Fancy Free (200-pounders; 2:30:42), S.F. Firefighters (Law Enforcement; 1:48:06).

Start making plans now for Christmas Relays '91, which will serve as the PA/TAC open men's and women's relay championship on the Grand Prix circuit.

Open Men:

1. Run Cal Gold 1:24:41, 2. Doc Sax's Maronites 1:26:23, 3. Boho A 1:30:17, 4. Strider Dudes 20 1:32:23, 5. Ryans Racing A 1:34:48, 6. Boho B 1:34:53, 7. West Valley J&S 1:35:07, 8. 3 Yanks and a Squirt Return 1:35:09, 9. Four Fun Fellows 1:35:21, 10. Don't Look 1:35:50.

Open Corporate:

1. Hewlett Packard B 1:34:38, 2. LLNL Sons of the Dry Heaves 1:37:49, 3. Cypress Semiconductor A 1:40:20, 4. Syntax A 1:46:18, 5. Rolman Runners 1:46:21, 6. Lawrence Berkeley Lab C 1:48:21, 7. Cypress Semiconductor B 1:50:09, 8. Hewlett Packard A 1:50:39, 9. Syntax B 1:56:57, 10. Surgicenter Info Systems, Inc. 1:59:22.

Junior Boys:

1. Brothers and Another 1:32:21, 2. The Santa Rosa Dream Team 1:38:38, 3. We Barely Made It 1:39:35, 4. CCSF Jr Men 1:41:03.

Junior Girls:

1. CCS Posse 2:15:51, 2. Rehb's 1:58:18, 3. Iron Maidens 2:22:33.

SubMasters Men:

1. Telegraph Chiropractic Rehab Ctr. A 1:32:36, 2. Strider Dudes 30 1:33:00, 3. Reebok Aggie Barbarians 1:33:37, 4. Angell Field Ancients Q Team 1:33:44, 5. Reebok Aggie Red Heaters 1:33:52, 6. Reebok Aggie Predators 1:34:07, 7. Tamalpa D 1:36:45, 8.

San Gabriel River District Championships

January 13, So. El Monte, 15K.

Overall Results

1. Tom Moriarty (35) 49:46, 2. Frank Eblner (31) 50:59, 3. George Mason (35) 51:25, 4. Paul Cook (38) 52:35, 5. Jim O'Brien (37) 52:52, 6. Brad Alexander (24) 53:11, 7. John Araujo (32) 53:54, 8. Joe Alvarado (41) 54:48, 9. George Marquez 55:08, 10. Bill Entz (36) 55:29.

11. Don McCarthy (47) 55:48, 12. Luis Castro (22) 56:12, 13. Mark Hemphill (41) 56:56, 14. Bob McGeough (46) 57:30, 15. G. Letechipia (33) 58:43, 16. Michael Griffith (42) 58:57, 17. Dave Holland (50) 59:08, 18. Sergio Lozano (25) 59:41, 19. Leslie Caldera (39) 60:13, 20. Mauro Rodriguez (49) 60:26.

Golden Bay Runners F-2 1:36:51, 9. Santa Cruz TC 1:40:42, 10. Tamalpa C 1:45:01.

Masters Men:

1. Excelsior Masters A 1:35:49, 2. WVTC A 1:39:35, 3. Tamalpa A 1:39:53, 4. Strider Dudes 40 1:43:22, 5. Tamalpa C 1:45:03.

Men's 50+:

1. Tamalpa A 1:45:49, 2. West Valley J&S 1:47:02, 3. Tamalpa C 1:52:59, 4. WVTC 1:54:35, 5. Freshmen 1:57:18.

Women's Open:

1. Run Cal Gold Women 1:40:07, 2. Telegraph Chiropractic Women 1:43:54, 3. Team SLO 1:45:29, 4. Impala Blues 1:48:03, 5. Ryans Racers 1:49:11.

Masters Women:

1. Impala Master Blues 1:51:23, 2. West Valley Master Gals 1:59:30, 3. Ryans Racing Team 2:05:08, 4. BMW 2:08:46, 5. West Valley Master Slugs 2:08:52.

Women's 50+:

1. Nor Cal Sr Gold 2:19:08, 2. Buffalo Chips Sr. Women 2:30:39, 3. LMJS Women 50+ A 2:33:23.

Corporate Women:

1. Somatix Splicers 2:08:45, 2. Syntax Fast Women 2:10:17, 3. Hewlett Packard Women A 2:15:17.

Submasters Women:

1. Impala Submaster Blues 1:49:31, 2. Tamalpa A 1:53:53, 3. Chips and Dip 1:59:25.

RESULTS

San Gabriel River Martin Luther King Run

January 14. So. El Monte, 3 Mile.

Overall Results

1. Bill O'Donnell (56) 18:58, 2. Mike Lalum (46) 22:02, 3. Kenneth Ganezer (37) 30:00.

Record Searchlight Runs

January 19. Redding, Half Marathon, 10K & 2 Mile.

Overall Results - Half Marathon

1. Ivan Huff (31) Paso Robles 1:04:08, 2. Bill Donakowski (34) El Sobrante 1:05:27, 3. Domingo Tibaduiza (41) Reno 1:08:10, 4. Rob Anex (31) Atherton 1:08:13, 5. Randy Acetta (27) Oakland 1:08:37, 6. Miguel Tibaduiza (34) Reno 1:09:09, 7. Brian Presson (23) Reno 1:09:24, 8. Dennis Pfeiffer (24) Eureka 1:09:39, 9. Jose Pilar Alsipuro (29) Aptos 1:09:40, 10. Tim Minor (32) Reno 1:10:51.

11. Jeff Edwards (24) Sacramento 1:11:05, 12. Jim Kaspari (29) Portola Valley 1:11:28, 13. John Sup (31) Orangeville 1:11:34, 14. Adam Ferreira (40) No. Highlands 1:11:34, 15. Denis O'Halloran (39) Tahoe City 1:11:40, 16. Robert Stolz (26) Eugene, OR. 1:12:12, 17. Roger Dix (27) El Cerrito 1:12:16, 18. Rick Bruess (31) Castro Valley 1:12:31, 19. Dean Rinde (27) Orangevale 1:12:39, 20. Eric Taylor (20) Sacramento 1:13:51.

21. Thom Trimble (31) Concord 1:14:09, 22. Raul Higgins (32) Redding 1:14:20, 23. Ray Cook (28) Reno 1:14:41, 24. Richard Hanna (26) Sacramento 1:14:46, 25. Richard Goul (38) Sacramento 1:14:49, 26. Andy Ferguson (30) El Cerrito 1:15:26, 27. Jeffrey Teeters (31) Berkeley 1:15:29, 28. Terry Schmidt (34) F Reno 1:15:33, 29. John Mendoza (29) Sacramento 1:15:39, 30. Mike Mangas (35) Redding 1:15:41.

33. Stephanie Wessell (21) F Eugene, OR. 1:17:55, 38. Linda Somers (29) F Pleasant Hill 1:20:40, 41. Jeannie Umess (28) Mather AFB 1:22:23, 42. Bev Marx (37) F Fair Oaks 1:22:24, 45. Heike Mansoor (28) Folsom 1:23:10, 47. Christina Iwahashi (35) F Sacramento 1:23:29, 51. Susan Putney (27) F Berkeley 1:25:03, 55. Nicki Hinshaw (36) F San Francisco 1:25:34, 56. Lura Damiano (33) F Fort Bragg 1:25:48.

Division Results - Men's Half Marathon

15-19: 1. Arie Huff 1:16:25, 2. Cory Davis 1:19:20, 3. Adam Beno 1:26:55, 20-24: 1. Brian Presson 1:09:24, 2. Dennis Pfeiffer 1:09:39, 3. Jeff Edwards 1:11:05, 25-29: 1. Randy Acetta 1:08:37, 2. Jose Pilar Alsipuro 1:09:40, 3. Jim Kaspari 1:11:28, 30-34: 1. Ivan Huff 1:04:08, 2. Bill Donakowski 1:05:27, 3. Rob Anex 1:08:13, 35-39: 1. Denis O'Halloran 1:11:40, 2. Richard Goul 1:14:49, 3. Mike Mangas 1:15:41, 40-44: 1. Domingo Tibaduiza 1:08:10, 2. Adam Ferreira 1:11:34, 3. Stephen Freitas 1:18:29, 45-49: 1. Bill Gardner 1:23:03, 2. Frank Krebs 1:24:47, 3. Rod Cooper 1:27:21, 50-54: 1. Larry Warren 1:25:19, 2. Tom Burnham 1:31:55, 3. Harold Hufaker 1:35:58, 55-59: 1. Michael McGie 1:29:12, 2. Scott Hepburn

1:45:36, 3. Richard Estes 1:48:22, 60 & Over: 1. Harry Daniell 1:40:36, 2. Alfred Acord 1:45:48, 3. Ira Stanley 1:53:48.

Division Results - Women's Half Marathon

20-24: 1. Stephanie Wessell 1:17:55, 2. Livia Peras 1:34:00, 25-29: 1. Linda Somers 1:20:40, 2. Jeannie Umess 1:22:23, 3. Heike Mansoor 1:23:10, 30-34: 1. Terry Schmidt 1:15:33, 2. Lura Damiano 1:25:48, 3. Laura Bruess 1:26:31, 35-39: 1. Bev Marx 1:22:24, 2. Christina Iwahashi 1:23:29, 3. Nicki Hinshaw 1:25:34, 40-44: 1. Tonya Prescott 1:43:52, 2. Sherry Mann 1:47:10, 3. Carol Slavik 1:47:31, 45-49: 1. Sharon Hudson 1:58:23, 2. Donna Dalton 2:08:11, 50-54: 1. Marge Dunlap 1:41:02, 2. Heidi Skaden 1:46:20, 3. Lorraine Hashey 1:50:02, 55-59: 1. Betty Best 2:04:22, 60 & Over: 1. Liz Demonte 1:57:39.

Overall Results - 10K

1. Matt McGuirk (26) Eugene, OR. 30:12, 2. James Saplenza (27) Sacramento 30:26, 3. Carmelo Rios (31) Hayward 30:39, 4. Ernie Freer (25) Fresno 31:02, 5. Chuck Trujillo (24) Boulder, CO. 31:10, 6. Darin Slade (24) Sacramento 31:18, 7. David Stancil (40) San Rafael 32:38, 8. Ewar Gordillo (45) Reno 33:10, 9. Jeremy Redding (18) Summit City 33:11, 10. Steve Ferraz (43) San Francisco 33:24.

11. Jim Price (40) Redding 33:42, 12. Timothy Becker (33) Seattle, WA. 34:01, 13. John Price (33) Medford, OR. 35:18, 14. Jimmy Howarth (24) Eugene, Or. 35:42, 15. Rick Morris (35) Klamath Falls, OR. 35:59, 16. David Larabee (24) Chico 36:21, 17. Mark Stinson (29) Red Bluff 36:28, 18. Chris Luckin (30) F Eugene, Or. 36:41, 19. Lyle Freeman (40) Gardnerville, Nv. 37:10, 20. Melissa Martel (29) F Oakland 37:27.

21. Stacey McAfee (24) F Clovis 37:42, 22. Dave Krawson (29) Redding 38:27, 23. Tom Johnson (36) Seaside 38:39, 24. Jim Middleton (44) 38:41, 25. Ronald Schultz (46) Redding 38:43, 26. Lane Carlson (15) Redding 38:45, 27. Royal Hightower (17) Redding 38:45, 28. Megan Sheehy (20) F Redding 38:46, 29. Jamie Damiado (38) Fort Bragg 38:54, 30. Kim Stempien (28) F 38:56.

36. Leann Tumidanski (30) F Red Bluff 39:24, 41. Alyssa Hennessy (28) F Ashland 39:56, 43. Christy Oliveira (20) F Redding 40:21, 45. Ellen Lucas (35) F Gardnerville, Nv. 40:44, 49. Angela Diulio (17) F Anderson 41:02.

Division Results - Men's 10K

10-14: 1. Gabe Szody 40:41, 2. Chuck Hallbauer 42:07, 3. Erik Johnson 42:46, 15-19: 1. Jeremy Redding 33:11, 2. Lane Carlson 38:45, 3. Royal Hightower 38:45, 20-24: 1. Chuck Trujillo 31:10, 2. Darin Slade 31:18, 3. Jimmy Howarth 35:42, 25-29: 1. Matt McGuirk 30:12, 2. James Saplenza 30:26, 3. Ernie Freer 31:02, 30-34: 1. Carmelo Rios 30:39, 2. Timothy Becker 34:01, 3. John Price 35:18, 35-39: 1. Rick Morris 35:59, 2. Tom Johnson 38:39, 3. Jamie Damiado 38:54, 40-44: 1. David Stancil 32:38, 2. Steve Ferraz 33:24, 3. Jim Price 33:42, 45-49: 1. Ewar Gordillo 33:10, 2. Ronald Schultz 38:43, 3. Barney Hope 44:02, 50-54: 1. Jer-

ry Swartsley 42:07, 2. Glenn Reed 43:42, 3. Louie Quiggle 45:45, 55-59: 1. Everett Riggle 40:54, 2. Larry Kier 48:27, 3. Gary Keppen 50:26, 60 & Over: 1. Bob Malain 41:54, 2. Mel Sullens 46:16, 3. Richard Mesinger 46:53.

Division Results - Women's 10K

9 & Under: 1. Kristen Williamson 47:32, 10-14: 1. Sara Gates 44:57, 15-19: 1. Angela Diulio 41:02, 2. Amanda Diulio 41:44, 3. Kristin McDaniel 50:17, 20-24: 1. Stacey McAfee 37:42, 2. Megan Sheehy 38:46, 3. Christy Oliveira 40:21, 25-29: 1. Melissa Martel 37:27, 2. Kim Stempien 38:56, 3. Alyssa Hennessy 39:56, 30-34: 1. Chris Luckin 36:41, 2. Leann Tumidanski 39:24, 3. Eileen McIntyre 43:29, 35-39: 1. Ellen Lucas 40:44, 2. Gail Jones 41:56, 3. Pam Cantelmi 43:50, 40-44: 1. Stephanie Posson 46:05, 2. Leslie Axelrod 47:52, 3. Pris Brut-

wright 20:52, 3. Roy Bonilla 27:14, 30-39: 1. Adrian Juarez 18:22, 2. Bruce Deeter 18:37, 3. Dennis Parrat 19:41, 40-49: 1. Robert Tafoya 18:11, 2. Bob Sciretta 20:40, 3. Hector Menchace 21:00, 50 & Over: 1. Thomas Almborg 22:30, 2. Robert Scales 24:11, 3. John Welsh 25:15.

Division Results - Women's 5K

19 & Under: 1. Janet Enciso 25:36, 2. Kay Mate 31:42, 20-29: 1. Debbie Depetro 21:31, 30-39: 1. Debbie Beasley 23:28, 2. Amy Miller 26:29, 3. Susan James 26:45, 40-49: 1. Kathy Sweo 21:13, 2. Nletra Thomas 29:09, 3. Billie Valdez 29:58.

Division Results - Men's 10K

19 & Under: 1. Bill Wiswal 36:29, 2. Victor Trujillo 38:26, 3. Andrew Boner 49:29, 20-29: 1. Kevin Haney 42:13, 2. Andy Tirado 43:54, 30-39: 1. John Michaels 33:59, 2. Bill Enoch 37:40, 3. Rob Wortman 42:00, 40-



lag 48:44, 45-49: 1. Jessie Stratton 43:31, 2. Marijke Valencia 47:14, 3. Lee Macey 49:17, 50-54: 1. Johanna Rowland 53:32, 2. Marie Rouse 59:09, 3. Arlene Bidwell 1:06:28, 55-59: 1. Ruth Jensen 1:02:06, 2. Joan Sullens 1:14:18, 3. Midge Dier 1:28:59, 60 & Over: 1. Gery Sullivan 1:11:18, 2. Elizabeth Vainerman 1:12:54.

Overall Results - 2 Mile Run/Walk

1. Don Strong (21) Hayward 10:40, 2. Josh Doniak (17) Central Valley 11:00, 3. Dan Krause (15) Chico 11:10, 4. Josh Hubbard (17) Chico 11:21, 5. Jen Thatcher (25) Piedmont 11:29, 6. Ray Ruiz (44) Weaverville 11:47, 7. Clinton Wattenberg (10) Chico 11:56, 8. Amy Halbauer (13) Chico 12:02, 9. Frank Condon (48) Chico 12:03, 10. Jeff Keller (30) Redding 12:07.

"Doing '91 in the Fog"

January 19. Lake Ming, Bakersfield. 5K & 10K.

Division Results - Men's 5K

19 & Under: 1. Steve Miller 20:17, 2. Eric Marein 21:38, 3. Pete Meronez Jr. 20:62, 20-29: 1. Daniel Cruz 17:06, 2. Randy Carl-

1st place finisher BRUCE VERMAAT of the LAPD Eagles team breaks the finish tape as race celebrities cheer.

49: 1. Tom Whygle 37:58, 2. Ted Oliver 42:13, 3. Joe Fowler 43:45, 50 & Over: 1. Ray Myers 44:02, 2. Frank Williams N.T., 3. William McLeon 1:00.

Division Results - Women's 10K

19 & Under: 1. Vanessa Black 46:20, 2. Tracy McAllister 48:50, 20-29: 1. Laura Lowe 43:36, 2. Cindy Schrock 46:20, 30-39: 1. Leslie King 44:33, 2. Coleen Moore 51:08, 40-49: 1. Lee Denham 47:47, 2. Jane Graskog 48:27, 50 & Over: 1. Emma Williams 51:59, 2. Aurora Peres 1:02.

YMCA "High Five" Relay Walk/Run

January 19. Los Angeles. 5K Relay.

"High Five" slaps replaced the traditional passing of a baton in the YMCA "High Five" Relay in Griffith Park, Los Angeles.

100 teams of 5 runners or walkers each, joined together to share in this team compe-

Willy's Road Race

By Mark Winitz

January 19
Los Altos

As I've mentioned before, Willy's is the best kept secret around. Carefully controlled pre-race publicity and promotion is meant to keep the numbers down to a manageable level. Volunteers are cheerfully recruited from local St. Francis High School. Once the racing is over, almost everyone sticks around to collect the numerous raffle prizes—mostly baked goods—donated by supportive locals. But this is no "small" event by any means. National class runners plus a core of experienced and dedicated competitors keep returning year after year. This year a record crowd of 900 turned out for three events.

Following a youth-oriented "Happy Hooper" mile (won by 12-year-old Michelle Kiyono in 5:59.3), a "Macho/Machette" road mile kicked off the competition. 1990 California Mile champion Steve Schadler was accompanied by Charles Alexander through halfway, but then stretched a gap to score the win. Schadler's 4:20.1 on a course that included a half dozen 90° turns and a pass through a

narrow gate, broke Larry Guinee's CR set in 1987 by 4/10th. Nancy Benson won the women's title in 5:20, well off Melissa Martel's standard of 5:02 set last year. Steve Guerini (4:38) of Santa Rosa broke the boy's high school CR—formerly 4:41 held by Willie Clark (son of race directors). Clark, now a H.S. senior, matched his 4:41 this year. Nika Horn (5:31) tied her own Willy's record for high school girls.

Spectators watching the featured 5-mile event cheered a threesome led by three-time winner Rich McCandless and closely followed by former-champ Danny Gonzalez, and Harry Green through the first three miles of the flat, fast two-loop course.

"I made a surge at the three mile mark (14:03) for about 15 or 20 meters and pretty much dropped them," recounted Green, who was sharpening for a go at making a U.S. World Cross Country team for the third time at the U.S. cross trials in two weeks. "I ran miles 3 through 4-1/2 pretty hard, and the bicycle rider just ahead told me he couldn't see them anymore."

1990 TAC road 10K champion Green proceeded to a 23:27 win, seven seconds off Tom Wood's CR set last year.

McCandless (2nd, 23:39) and Gonzalez (3rd, 23:40) "just ran in together" following Green's breakaway. 18-year-old Paul Eley (6th, 24:59) ran one of the fastest 5-milers for his age ever recorded in the U.S. (As a UC-Davis freshman this year, Paul qualified for the NCAA Division II cross country Nationals.)

San Franciscan Diana Nelson, a lawyer just relocated from New York, jumped in front of the women from the gun. Shirley Matson, headed for her second F50-54 AR in as many weekends (see "People"), had Nelson within sights but could not reel her in. Nelson's subsequent 28:48 secured the win, although well off Nancy Ditz's CR (26:47, '87). Matson's second place 29:04 obliterated Sister Marion Irvine's F50-54 division record (30:47, '84), which also served as a long-standing American best in that age group. Linda Janelli (29:21) held off Betsy Swann (29:28) for third. Surprise entrant and '90 Ironman Triathlon women's champion Paula Newby-Fraser grabbed fifth place in 29:33. Teresa Clark (daughter of race directors, and currently of UC-Davis), placed 8th in 29:59.

Master Kent Oglesby (27:09) battled Tim Shannon (27:12) for first as 50-year-old Tim Rostegge (27:44) wasn't far behind. Congrats to Richard Laine (32:28) and Frances Sackerman (38:44), who ran fine times in their respective 60+ divisions.

Thanks to Ellen and Bill Clark, Pastor Matt Sullivan, St. Francis High School, sponsors, and local merchants, who are instrumental in keeping this low-budget race going each year.

Overall Results - 5 Mile

1. Barry Green 23:27, 2. Rich McCandless 23:39, 3. Daniel Gonzalez 23:40, 4. Mike Livingston 24:27, 5. Daniel Gruber 24:43, 6. Paul Eley 24:59, 7. Kevin Osterberg 25:27, 8. Albert DeLaTorre 25:20, 9. Eddie Lanzarin 25:21, 10. Sean Seley 25:29.

11. Rick Brauer 25:31, 12. Charles Alexander 25:43, 13. Jeff Shaver 25:48, 14. Jim Flint 25:49, 15. Hank Lawson 26:16, 16. David Fergus 26:21, 17. Tim O'Rourke 26:26, 18. Paul French 26:33, 19. James Misener 26:39, 20. Rod Johnson 26:50.

21. Bruce Hamilton 26:52, 22. Alex Aguilar 27:05, 23. Jim Bordini 27:06, 24. Kent Oglesby 27:09, 25. Tim Shannon 27:12, 26. Jose Garcia 27:19, 27. Craig Whichard 27:22, 28. Amol Saxena 27:23, 29. Rod Will 27:24, 30. Jim Moller 27:25.

Happy Hooper One Mile

1. Michelle Kiyono 5:59, 2. Elena Garcia 6:03, 3. Robert Battuello 6:04, 4. Ryan Mindigo 6:18, 5. Tom Allen 6:26, 6. Lee Pitts 6:27, 7. Brian Jones 6:33, 8. Nathan Pitts 6:33, 9. Bill Delaney 6:34, 10. Matthew Pollard 6:36.

Division Results - Men's 5 Mile

18 & Under: 1. Paul Eley 24:59, 2. Andy Bupp 27:30, 3. Sean Fitzpatrick 27:55, 19-29: 1. Harry Green 23:27, 2. Daniel Gonzalez 23:40, 3. Mike Livingston 24:27, 30-39: 1. Rich McCandless 23:39, 2. Daniel Gruber 24:43, 3. Kevin Osterberg 25:17, 40-49: 1. Kent Oglesby 27:09, 2. Tim Shannon 27:12, 3. Jose Garcia 27:19, 50-59: 1. Tim Rostegge 27:44, 2. Bill Meinhardt 28:18, 3. Larry Worth 28:52, 60 & Over: 1. Richard Laine 32:28, 2. Dave Stevenson 33:20, 3. Dennis Egley 34:00.

Division Results - Women's 5 Mile

18 & Under: 1. Rachel Gibson 35:32, 2. Enza Aveni 36:24, 3. Michelle Ruiz 36:33, 19-29: 1. Betsy Swann 29:28, 2. Paula Newby-Fraser 29:33, 3. Laura Sanchez 29:54, 30-39: 1. Diana Nelson 28:48, 2. Linda Janelli 29:21, 3. Karen Chequer-Pfeiffer 29:50, 40-49: 1. Sharon Svensson 32:04, 2. Maureen Luca 32:56, 3. Elise Kinder 35:14, 50-59: 1. Shirley Matson 29:04, 2. Ginger Brian 33:45, 3. Betsy Fraser-Smith 35:05, 60 & Over: 1. Frances Sackerman 38:44, 2. Relma Surila 48:35, 3. Georgene Laub 1:00:56.

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RESULTS

Legg Lake Martin Luther King Run

January 21. So. El Monte. 5K
Overall Results

1. Victor Shelton 17:43, 2. Danny Zepeda (27) 17:47, 3. Victor Estrada (21) 18:00, 4. Didier Martin 18:20, 5. Gilbert Castro (13) 18:31, 6. Agustín Gaytan (13) 18:48, 7. Sebastian Cortez (15) 19:09, 8. Vicente Guerrero (13) 19:14, 9. Erick Cifuentes (13) 20:52, 10. John Sculey (13) 21:50.

Legg Lake Loop Run

January 26. So. El Monte. 5K
Overall Results

1. Andrew Roth (22) 17:34, 2. Harry Hunt (48) 18:19, 3. Alan Kim (23) 18:44, 4. Joe Englebrecht (41) 19:52, 5. John Sedia (35) 20:16, 6. Frank Ogawa 20:47, 7. Lou Ramirez (45) 22:20, 8. Bruce Odou (63) 22:55, 9. Ernie Lowder (53) 23:31, 10. Yvette Lavigne 27:18.

Rapp's Triathlon for Youth

January 26. Rinconada Park & Pool, Palo Alto.

Division Results
(No Times Available)

7-8: 1. Anupam Pathak, 2. Ryan Doone, 3. Garrett Dagg, 9-10: 1. Andy Headrick, 2. Christopher Bost, 3. Tom Allen, 11-12: 1. Ross Mcham, 2. Ryan Farley, 3. Garth Wilson, 13-14: 1. Peter Osborn, 2. Tommy Heermance, 3. Brent Anderson, 15-16: 1. Preston Wada, 2. Paul Dribnock, 3. Rick Wilson.

Legg Lake Pico Rivera Anniversary Run

January 27. So. El Monte. 5K
Overall Results

1. Bill Fanselow (24) 17:50, 2. Roy Gardner (47) 18:40, 3. Robert Staley (44) 18:53, 4. Didier Martin (34) 19:14, 5. Terry Huffman (37) 20:25, 6. Nati Carrasco (31) 21:16, 7. Pedro Serafin (27) 21:17, 8. Lou Ramirez (45) 22:27, 9. Thomas Hynds (43) 22:35, 10. George Reed (54) 24:05.

Santa Cruz County Special Olympics Super Bowl Sunday

January 27. Santa Cruz. 10K & 3K
Division Results - Men's 10K

19 & Under: 1. Ian Blair 33:09, 2. Francisco Lopea 36:46, 3. Michael Liberatore 38:17, 20-29: 1. Rafael Ojeda 33:50, 2. Brad Holbrook 34:24, 3. Floyd Gerhardt 34:24, 30-39: 1. Dan Gruber 31:32, 2. Mike Bennett 33:29, 3. Torin Rotstein 34:22, 40-49: 1. Walter Radloff 36:21, 2. Bob Lilly 36:29, 3. Jan Valencia 36:48, 50-59: 1. John McCrillis 41:32, 2. William Flodberg 42:58, 3. Stephen

Lynch 42:22, 60 & Over: 1. Dick Yaeger 45:48, 2. John Uharriet 48:00, 3. Edward Frost 51:54, Wheelchair: 1. Al Talbot 30:32, 2. Jerry Deets 30:35.

Division Results - Women's 10K

19 & Under: 1. Nicole Silva 39:49, 2. Meghan Randall 44:32, 20-29: 1. Karen Rowen 37:30, 2. Kristie Clemens 43:53, 3. Tricia Cobb 45:26, 30-39: 1. Barb Myers-Acosta 36:25, 2. Diane Lerma 39:38, 3. Katie Scott 41:24, 40-49: 1. Gail Goettelmann 43:53, 2. Jeanne Deverell 45:03, 3. Carol Bianconi 45:33, 50-59: 1. Diane Dromstead 50:13, 2. Emily Maloney 51:42, 3. Phyllis Buie 56:18, 60 & Over: 1. Annette Toller 1:01:38.

Overall Results

Men: 1. Jim Scott 9:21, 2. Les Forster 10:17, 3. Dale Rackley 11:19.
Women: 1. Jessica Faus 12:42, 2. Ji McDonald 12:54, 3. Jenny Croghan 13:41.

Jamaica Fun in the Sun Sprint Triathlon

January 27. Negril, Jamaica.

Division Results - Men

Overall Winners: 1. Sergio Sa, 2. Richard Korbi, 3. John Marshall, 16 & Under: 1. Lucho Sutherland N.T. 18-23: 1. Sergio Sa 1:12:39, 2. Scott Giles 1:25:09, 3. Derrick McIntosh 1:26:39, 24-29: 1. John Marshall 1:15:56, 2. Scott Lewis 1:19:30, 3. Scott Romero 1:27:00, 30-34: 1. Richard Korbi 1:13:20, 2. Bee Croft 1:17:55, 3. Brian Brett 1:18:04, 35-39: 1. David Chapman 1:18:42, 2. Baird Blake 1:22:50, 3. Mark Wong 1:24:06, 40-44: 1. Steve Lehman 1:23:31, 2. Gerry Lacabera 1:25:11, 3. Jerry Sutherland 1:27:29, 45-49: 1. Robert Ford 1:27:12, 2. Richard Morgan 1:31:42, 50 & Over: 1. John Nolan 1:34:28, 2. Luther Gales 1:34:29, 3. Brook Nosler 2:30:48.

Division Results - Women

Overall Winners: 1. Tina Mayola, 2. Carol Blattspeller, 3. Polly Witmore, 18-23: 1. Lane Linden 1:52:12, 24-29: 1. Tina Mayola 1:22:30, 2. Jacqueline Duarte 1:40:41, 3. Lori Marshall 1:44:26, 30-34: 1. Dana Paradiso 1:42:45, 2. Polly Witmore 1:44:31, 3. Elizabeth Miles 1:51:57, 35-39: 1. Carol Blattspeller 1:27:25, 2. Elizabeth Chapman 1:51:49, 40-44: 1. Gayle Union 1:47:18, 2. Karen O'Donoghue 1:47:20, 45-49: 1. Barbara Morgan 1:35:14.

Relay Results

1. Tri-Masters 1:33:31, 2. Swept Away 1:38:10.

Las Vegas Marathon

February 2. Las Vegas, NV.

On a near perfect day the Las Vegas Marathon finally broke a long standing barrier... that of exceeding 1,000 finishers. The 25th Annual "shattered" the mark by scoring a 68% increase over the previous year. A total of 1,630 marathoners completed the race. Additionally, 59 five person relay teams participated.

A record 1,994 persons registered for the "Silver Anniversary" running of this event

which has developed the reputation for being "fast" and "very well" organized.

This year the course was made faster than ever before by shifting the start back and up by 3 miles and 300 feet. This was to accommodate the new finish at the host Vacation Village Hotel/Casino. Despite some unforeseen traffic problems at the start (which will be corrected by 1992) the race evolved very well. The new finish area in the parking lot of the host hotel proved to be one of the finest experienced and was very carnival-like. The runner response to the refreshments was very positive.

The temperature at the start was between 35 and 40 degrees and rose to around 60 by noon... a bit warmer than usual.

The open division winners were Sammy Rotich, 33, of Kenya in 2:16:03 and Nadia Prasad, 22, of France in 2:39:10. Nadia, running in only her second marathon bested her PR by 26 minutes. 38 year old Doug Kuris ran his 57th sub 2:20 with the second place 2:16:57 and is rapidly closing in on the world record holder of sub 2:20's, Kjell Eric Stahl. Third place went to Smartex Tambala in 2:17:18 setting a new national record for his native central African homeland of Malawi.

The masters divisions went to Domingo Tibaduiza in 2:21:38 while Mary Wood, 45 of Colorado captured overall woman masters in 2:44:30. Mary ran so well that she gained double prize money by finishing 3rd overall in the women's division.

Ray Stewart of California won the 15 person wheelchair race in a PR time of 1:38:50 while Kathy Hamers was the woman winner in 2:33:05.

The first runner to cross the line was a relay runner from the Gardena Valley Runners Team in 2:13:40.

Division Results - Men

Open Overall: 1. Sammy Rotich 2:16:03, 2. Doug Kuris 2:16:57, 3. Smartex Tambala 2:17:18, Masters Overall: 1. Domingo Tibaduiza 2:21:38, 2. Rick Reimer 2:29:56, 3. Fred Ortega 2:30:08, 29 & Under: 1. John Mirth 2:21:00, 2. Tyrus Deminter 2:22:26, 3. Dan Streble 2:24:36, 30-34: 1. Phil Nicholls 2:18:24, 2. Miguel Tibaduiza 2:18:31, 3. Bob Schwelm 2:25:48, 35-39: 1. Brian Larson 2:21:41, 2. Keith Witthauer 2:30:38, 3. Daniel Black 2:31:36, 40-44: 1. John Ivory 2:31:55, 2. Evan Cook 2:34:37, 3. William Strachan 2:35:37, 45-49: 1. Peter Stern 2:35:35, 2. Larry Ingram 2:38:43, 3. Michael Mahler 2:38:52, 50-54: 1. Bill Radzelovage 2:51:13, 2. Dick Young 2:53:40, 3. Vic Bell 2:55:28, 55-59: 1. Jim Smedema 3:00:01, 2. Douglas Rowlett 3:04:23, 3. Jim Schleisman 3:07:17, 60-64: 1. Jack Horne 3:07:04, 2. Ruben Vigil 3:17:59, 3. Edwin Mighell 3:26:35, 65 & Over: 1. Donald Thomson 3:23:15, 2. Alex Ratelle 3:25:37, 3. Logan McGinness 3:27:00, Wheelchair: 1. Ray Stewart 1:38:50, 2. Michael Trujillo 1:40:49.

Division Results - Women

Open Overall: 1. Nadia Prasad 2:39:10, 2. Christine Gibbons 2:41:15, 3. Mary Wood 2:44:30, Masters Overall: 1. Marcia Stromsmoe 2:59:08, 2. Merle Heimberg 3:03:45,

3. Mary Wood 2:44:30, 29 & Under: 1. Kim Golf 2:46:43, 2. Tracey Snodgrass 2:47:58, 3. Margee Brown 2:48:36, 30-34: 1. Diana Nelson 2:44:40, 2. Shirley Slesby 2:45:07, 3. Claudia Kasen 2:48:07, 35-39: 1. Mary Ryzner 2:59:16, 2. Josita Bear 3:03:04, 3. Robyn Frankowicz 3:06:55, 40-44: 1. Judy Watson 3:04:07, 2. Sharon O'Connor 3:05:58, 3. Charlene Groat 3:15:02, 45-49: 1. Margie Lindsey 3:12:17, 2. Wendy Watson 3:21:07, 3. Sue McLain 3:31:20, 50-54: 1. Yvette La Vigne 3:22:29, 2. Gaby McQuitty 3:29:25, 3. Lorraine Hashey 3:40:50, Wheelchair: 1. Kathy Hammers N.T.

Top 30 Californians

10. Tyrus Deminter (27) Long Beach 2:22:26, 11. Dan Streble (27) Oxnard 2:24:36, 16. Alfred Lara (34) Fresno 2:26:37, 22. Fred Ortega (44) Burbank 2:30:08, 25. Keith Witthauer (35) Apple Valley 2:30:38, 32. Thom Trimble (31) Concord 2:33:32, 33. John Barry (28) Goleta 2:33:35, 35. David Warady (34) Huntington Beach 2:34:34, 39. David Ronco (27) La Quinta 2:35:11, 40. Russell Sportsman (31) San Diego 2:35:20.

42. Peter Stern (46) San Diego 2:35:35, 45. David Hall (23) San Gabriel 2:36:02, 46. Athol Barton (43) San Diego 2:36:19, 49. Mark Montgomery (34) Encinitas 2:36:49, 52. Gary Silva (41) Santa Maria 2:37:07, 53. Steve Flynn (35) San Diego 2:37:35, 54. Rob McNair (36) Huntington Beach 2:37:45, 55. Elfrain Vargas (23) Inglewood 2:38:11, 59. Kevin O'Hara (32) Santa Ana 2:38:41, 61. Christopher Spears (29) Walnut Creek 2:38:50.

62. Michael Mahler (48) Santa Monica 2:38:52, 69. William Cortes (46) Van Nuys 2:40:28, 70. Larry Rhoads (31) Murrieta 2:41:09, 74. William Hibbard (34) El Toro 2:41:37, 78. Terry Nephew (39) Clovis 2:42:16, 82. Randy Kuwahara (21) Gardena 2:43:35, 90. Diana Nelson (32) San Francisco 2:44:40, 95. Clyde Matsumura (31) Santa Monica 2:45:59, 96. Wayne Matsumura (28) Santa Monica 2:46:00, 100. Pablo Navarro (26) San Diego 2:46:24.

121. Jennifer Henderson (32) Barstow 2:49:38.

Legg Lake Carrera de Invierno

February 2. So. El Monte. 5K
Overall Results

1. Gerald Werner (44) 19:03, 2. Luigi Schiavo (48) 21:40, 3. Phil Jones (71) 24:20, 4. Michael Davis (40) 29:58, 5. J. R. Smith (73) 31:10.

Orient Express

February 2. Chinese Camp. 4 Mile.
Overall Results - Men

1. Octavius Clark 21:45, 2. Richard Johnson 22:14, 3. Jim Elam 22:50, 4. Darren Holman 23:01, 5. Charles Pittel 23:02, 6. Steve Tague 23:09, 7. Keith Maurer 23:11, 8. George Shoemaker 23:14, 9. Michael Sullivan 23:30, 10. Robert Martinez 23:53.

RESULTS

tion event. The Overall Winner was The L.A.P.D. Eagles team (law enforcement division) with a winning time of 1:28:37 for the 15.5 mile distance. Second place was the FBI "Raiders", (law enforcement division) with a time of 1:30:55, and third place was the "Faces" team, (a corporate team from Athletic X-Press) a time of 1:32:54 was set by them.

This unusual race required entrants to use both hands and feet to win. Each person of the five member team runs or walks the 5K (3.1 mile) distance and exchanged partners in the exchange chute by doing a High Five. Teams were made up from Corporated, Non-Profit, and Government firms, as well as Jr. & Sr. High School students.

All this energy was to benefit the Los Angeles YMCA's Y-Achievers child development program. Y-Achievers provides enrichment of inner city YMCA preschool programs for early elementary school children, expansion of inner city YMCA latch-key programs, and even inclusion of English language training, literacy, job readiness, parent education and family strengthening programs.

Paramount 10K Run With Special World Masters Divisions

January 19, Paramount.

Division Results - Men's 10K Open

Overall Winners: 1. Benny Cruz (\$300) 29:36, 2. Simon Gutierrez (\$200) 29:58, 3. Greg Domantay (\$100) 30:01. **13 & Under:** 1. Chris Johnson 40:26, 2. Victor Valenzuela 56:39, 14-17: 1. James Garrison 36:04, 2. Gilbert Ochoa, Jr. 36:31, 3. Eric Wellmeyer 36:44, 18-23: 1. Hector Arias 31:58, 2. Jeff Sokol 32:08, 3. Kiernan Morrow 33:07, 24-29: 1. Benny Cruz 29:36, 2. Simon Gutierrez 29:58, 3. Oscar Gonzales 30:07, 30-34: 1. Greg Domantay 30:01, 2. Juan Juarez 30:14, 3. Yehuda Packer 32:21, 35-39: 1. Carey Simon 31:11, 2. Sam Silonik 31:23, 3. Jesus Morales 33:58, 40-44: 1. German Alonzo 33:42, 2. Jack McDowell 34:15, 3. Mark Hemphill 34:52, 45-49: 1. Pablo Drobny 35:27, 2. Lee Baca 36:14, 3. Ken Desmet 36:22, 50-54: 1. Jim Chenoweth 35:49, 2. Dave Arntson 37:30, 3. Gamma Chavez 37:56, 55-59: 1. Leroy Kim 39:22, 2. Donald Boyd 40:22, 3. William O'Donnell 40:34, 60-64: 1. Alberto Nobuto 41:35, 2. Marcel Piraisson 43:16, 3. Glen Stout 46:23, 65-69: 1. Jack Green 46:44, 2. Ed Hornung 47:32, 3. Raymond Thorne 48:19, 70 & Over: 1. Dean Scofield 69:33, 2. Jacob Bishin 105:36. **Wheelchair:** 1. Paul Manocchio (\$100), 2. Monty Zmuda (\$75), 3. Don Caron (\$25).

Division Results - Women's 10K Open

Overall Winners: 1. Carrie Booth (\$300) 34:51, 2. Tracy Rose (\$200) 35:28, 3. Elizabeth Milewski (\$100) 35:50. **13 & Under:** 1. Heather Garrison 39:55, 14-17: 1. Carrie Garrison 38:14, 2. Marisa Avendano 40:19, 3. Noremi Long 43:49, 18-23: 1. Grace Padilla 38:55, 2. Laura Beiswenger 42:51, 3. Dawnell Goergen 44:43, 24-29: 1.

Carrie Booth 34:51, 2. Tracy Rose 35:28, 3. Antoinette Delgado 35:59, 30-34: 1. Elizabeth Milewski 35:50, 2. Janet Norem 38:15, 3. Heather Dibdin 39:21, 35-39: 1. Michele Buchicchio 38:10, 2. Debbie Morrow 39:12, 3. Claudia Velletri 41:42, 40-44: 1. Claudin Morales 43:34, 2. Barbara Spatz 43:35, 3. Terri Goodreau 43:47, 45-49: 1. Wendy Watson 41:32, 2. Linda King 42:52, 3. Cherie Gruenfeld 43:36, 50-54: 1. Joan Jeter 42:08, 2. Joann Goltra 42:59, 3. Cecily Parke 43:09, 55-59: 1. Helen Holt 83:41, 60-64: 1. Pinkie Fisher 53:54, 2. Guadalupe Castaneda 61:47, 3. Lynn Roberts 65:39. **Wheelchair:** 1. Deanna Sodoma (\$50 Bond).

Special World Masters Division - Men

40-44: 1. Doug Bell (\$100) 31:02, 2. Stephen Keyes (\$75) 31:59, 3. Joe Alvarado (\$25) 33:30, 45-49: 1. Peter Stern (\$100) 33:37, 2. Michael Mahler (\$50) 33:49, 3. Robert Beach (\$25) 33:52, 50-54: 1. Charles McClung (\$75) 36:06, 2. Jim Temples (\$25) 37:41, 55-59: 1. John Brennan (\$100) 35:54, 2. Bill Crum (\$75) 36:57, 3. Andre Tocco (\$25) 37:23, 60-64: 1. Patrick Devine (\$100) 39:05, 2. Hugh McHugh (\$75) 40:30, 3. Curt Brownfield (\$25) 41:05, 65-69: 1. Jim O'Neil (\$100) 39:23, 2. Larry Banuelos (\$75) 42:21, 3. Ray Gil (\$25) 42:30, 70-74: 1. Don Dilworth (\$75) 44:52, 2. Eddie Lewin (\$25) 44:57, 75-79: 1. Dutch Benedetti (\$100) 49:47, 2. Ed Stotsenberg (\$75) 52:49, 3. George Feinstein (\$25) 54:05, 80-84: 1. Chick Dahsten (\$75) 51:54, 2. Mel Shine (\$25) 53:25, 85-89: 1. Willard Benton 67:39, 90 & Over: 1. Paul Spangler (\$25) 75:20.

Special World Masters Division - Women

40-44: 1. Alfreda Inglehart (\$100) 37:46, 2. Loi Coker (\$75) 38:22, 3. Merle Heimberg (\$25) 39:46, 45-49: 1. Molly Thayer (\$25) 39:22, 55-59: 1. Irene Oberz (\$25) 45:51, 65-69: 1. Helen Dick (\$75) 48:45, 2. Gerry Davidson (\$25) 54:05, 75-79: 1. Lucy Adney (\$25) 89:50.

San Gabriel River Run

January 19, So. El Monte, 3 Miles.

Overall Results

1. Roman DeSota (26) 16:00, 2. Armando Hernandez (40) 18:02, 3. Raoul DeLaSota (54) 18:24, 4. Kenneth Perry (43) 18:40, 5. Frank Ogawa 19:54, 6. Leonard Waits (62) 20:38, 7. Luigi Schiavo (48) 20:43, 8. Jim Warren (50) 21:34, 9. Mike Lalum (46) 22:44, 10. Bruce Odou (63) 23:10.

East/West Shrine Run

January 20, Stanford University, 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Andy Jeffery 21:23, 2. Peter Bastram 21:46, 3. Kevin Ng 22:20, 13-18: 1. Phu Do 20:16, 2. Nick Bastram 21:41, 3. Mitchell Spahn 22:30, 19-29: 1. Brian Robinson 15:53, 2. Neil Hamilton 17:03, 3. Kevin Koch 17:17, 30-39: 1. Steve Tietz 17:35, 2. Craig Kunitans 19:02, 3. Peter Hess 19:36, 40-49: 1. Greg Burne 17:49, 2. Lance Farmer 18:18, 3. Doug Jennings 19:07, 50-59: 1. Tony Kramet 22:24, 2. Adam Jawarski 22:33, 3. Lawrence Gradis 23:33, 60-69: 1.

Richard Laine 19:40, 2. Jack Hadley 22:32, 3. Ira Harp 22:55, 70 & Over: 1. Don Mullenix 28:37, 2. Larry Voglienzon 35:10.

Division Results - Women's 5K

12 & Under: 1. Vivian Kwok 26:30, 13-18: 1. Thea Roberts 21:38, 2. Diana Wisendund 24:54, 3. Thien Du 29:25, 19-29: 1. Kelly Morgan 23:24, 2. Jill Shimasaki 23:25, 3. Michelle Bolyard 24:44, 30-39: 1. Katie Joseph 22:14, 2. Louise Mayer 22:49, 3. Karen Tietz 23:11, 40-49: 1. Nancy Hawkes 20:36, 2. Peggy Kwok 22:18, 3. Sue Jones 24:49, 50-59: 1. Jeanine Olson 26:06, 2. Roberta Carlson 26:45, 3. Carol Castle 29:03, 60-69: 1. Midge Barber 28:38, 2. Annie Sievert 29:52, 3. Joan Williams 38:17.

Division Results - Men's 10K

12 & Under: 1. Garrett Fogel 44:55, 2. Jeffery Ford 45:25, 3. Nathan Pitts 46:34, 13-18: 1. Alfonso Castillo 39:29, 2. Ryan Kennedy 1:04:46, 3. Sean McQueen 1:09:48, 19-29: 1. Jaime Sandoval 34:01, 2. Ulises Fernandez 34:39, 3. Ole Agesen 35:28, 30-39: 1. Scott Mainunking 36:18, 2. Dan Belarmino 36:28, 3. David Collins 36:31, 40-49: 1. Jorge Arroyo 33:12, 2. Jim Howe 36:58, 3. Ron Hudson 39:27, 50-59: 1. Alex Vaga 39:03, 2. Richard Jackson 39:56, 3. Steve Dumas 42:01, 60-69: 1. Bruce Oliver 45:35, 2. Jesse Nunez 55:32, 3. Jack Friedlander 57:33, 70 & Over: 1. Pierre Deltausser 54:02, 2. Ralph Silver 56:26.

Division Results - Women's 10K

12 & Under: 1. Amber McCreer 46:24, 2. Sarah Pitts 56:50, 3. Ashley McCreer 56:51, 13-18: 1. Jamie Windgasson 52:13, 19-29: 1. Karen Rowen 38:22, 2. Cheryl Catehy 41:24, 3. Marilyn Coren 42:27, 30-39: 1. Audrey Kemp 38:32, 2. Mark Earl 45:30, 3. Cynthia Beckett 47:12, 40-49: 1. Judith



BRIAN ROBINSON

Harmany 47:17, 2. Kaya Johnnelly 47:58, 3. Barbara Bredy 49:02, 50-59: 1. Sylvia Jensen 46:48, 2. Luise Mulick 49:52, 3. Diane Bromstead 51:25, 60-69: 1. Ruth Bortz

49:44, 2. Chris Clelland 1:00:02, 3. Carol Nake 1:12:04.

San Gabriel Fish Creek Run

January 20, So. El Monte, 3 Miles.

Overall Results

1. Robert Leonardo (28) 17:16, 2. Pastor Portillo (21) 17:20, 3. Steve Corona (29) 17:57, 4. Eduardo Gutierrez (14) 18:34, 5. Bill Marks (42) 20:26, 6. Rodrigo Gil (30) 20:43, 7. Nati Carrasco (31) 20:51, 8. Jim Granados 21:09, 9. Mike Ives (34) 21:48, 10. Daniel Montano (40) 21:56.

San Francisco Zoo Run

January 20, San Francisco, 3 & 7 Miles.

Overall Results - Men's 3 Mile

1. Jose-Maria Lizarraga 15:13, 2. Dale Londres 15:15, 3. Kevin Cruikshank 15:17, 4. Brian McGuire 15:24, 5. Don Denny 15:46, 6. Brian Davis 15:50, 7. Michael Rodriguez 15:57, 8. Richard Johnson 16:04, 9. Eric Montalvo 16:07, 10. Mike Lohman 16:09.

Overall Results - Women's 3 Mile

1. Judy McLaughlin 17:58, 2. Lehman 18:02, 3. Nika Horn 19:07, 4. Barb Lewis-Wieler 19:36, 5. Maureen Luca 19:40, 6. Marta Makae 20:35, 7. Angela Lindsay 20:51, 8. Kathy Morse 21:03, 9. Ann Briggs 21:04, 10. Jean Polo 21:14.

Overall Results - Men's 7 Mile

1. Kevin Jones 36:12, 2. Jim Nisener 38:14, 3. Ray Toro 38:27, 4. Richard Kellam 38:29, 5. Tony Fong 38:43, 6. Bruce Phinney 39:03, 7. Mike McLaughlin 39:05.

Overall Results - Women's 7 Mile

1. Robyn Berry 40:25, 2. Suzanne Gyorey 41:55, 3. Anne Hayden 45:04, 4. Carolyn Hollingsworth 45:20, 5. Patricia Stone 45:39, 6. Jannine Cessna 46:37, 7. Victoria Farrell 46:43.

Glinn & Giordano Challenge

January 21, Bakersfield.

Overall Results - Teams

1. Bakersfield Cycling Club 1:13:3, 2. Frugatti's 1:15:3, 3. Cycle-Tech 1:18:2.

Overall Results - Men

1. Ray Webb (29) 1:23:18, 2. Randy Nordell (26) 1:23:26, 3. Scott Rosenlieb (38) 1:16:4, 4. Ron Lessley (34) 1:25:34, 5. Jeff Bender (28) 1:25:37, 6. Jonathan Wykoff (21) 1:25:37, 7. Patrick Taloya (31) 1:27:46, 8. Jim Clarke (21) 1:28:49, 9. George Ross III (17) 1:29:19, 10. Don Brown (26) 1:29:59.

Overall Results - Women

1. Judi Thompson (40) 1:34:37, 2. Susan Lucas (48) 1:46:26, 3. Katie McDonald (30) 1:46:56, 4. Jane Granskog (44) 1:47:48, 5. Kathy Lieberman (27) 1:48:23, 6. Julie Shemeta (30) 1:49:25, 7. Annette Barnett (30) 1:49:31, 8. Debbie Raygoza-Wells (31) 1:51:06, 9. Jacqui Talley (35) 1:51:18, 10. Carol Weston (43) 1:53:39.

RESULTS

Overall Results - Women

1. Anne Wedum 25:02, 2. Patti Scott-Baier 26:26, 3. Jeanette Emery 26:26, 4. Aimee Tolan 26:38, 5. Sonja Visscher 27:42, 6. Doreen Brown 27:53, 7. Mary Clark 29:33, 8. Sara Morse 29:47, 9. Erin Pollen 30:32, 10. Jan Jensen 30:57.

Division Results - Men

13 & Under: 1. Craig Bothur 32:26, 2. Trevor Scheiding 32:34, 3. Jason McMahon 33:49, 14-19: 1. Darren Holman 23:01, 2. Brian Lines 24:08, 3. Adam Aguillo 26:07, 20-29: 1. Richard Johnson 22:14, 2. Jim Elam 22:50, 3. George Shoemaker 23:14, 30-39: 1. Octavius Clark 21:45, 2. Charles Pittel 23:02, 3. Steve Tague 23:09, 40-49: 1. Frank Hagerty 24:16, 2. John Evans 24:19, 3. Louis Phillips 24:44, 50-59: 1. Kenneth Schwisow 25:51, 2. Dick Shorman 26:48, 3. Jim Stewart 28:41, 60-69: 1. Mort Ward 27:16, 2. Len Thornton 27:44, 3. Bill Ferrell 27:59, 70 & Over: 1. Harry Harder 37:37, 2. Don Lundberg 38:51, 3. Don Osborne 42:42.

Division Results - Women

13 & Under: 1. Liz Lariosa 33:16, 14-19: 1. Anne Wedum 25:02, 2. Sonja Visscher 27:42, 3. Sara Morse 29:47, 20-29: 1. Aimee Tolan 26:38, 2. Doreen Brown 27:53, 3. Mary Clark 29:33, 30-39: 1. Patti Scott-Baier 26:26, 2. Jeanette Emery 26:26, 3. Erin Pollen 30:32, 40-49: 1. Jan Jensen 30:57, 2. Ginny Seibert 31:24, 3. Jean Schwisow 32:00, 50-59: 1. Jo Sullivan 31:04, 2. Marjorie Mikael 35:03, 3. Jeanne Hastings 38:15, 60-69: 1. Margaret Stykel 32:52, 2. Gerry Sullivan 46:42, 3. Mary-Ruth Casebeer 57:56, 70 & Over: 1. Shirley Peterson 58:59.

City of Fontana

February 2, Fontana.

Overall Results

1. Jonathan Bold 37:42, 2. James Berklite 37:44, 3. Michael Smith 38:29, 4. Team Laroque 38:54, 5. Peter DeLaCorda 38:59, 6. Bruce Funk 39:10, 7. Terry Martin 39:58, 8. Joe Jacobsen 40:22, 9. Mike Kraemer 40:44, 10. Charles Christensen 40:48, 11. Devin Corcoran 41:05, 12. Jim Lewis 41:31, 13. Marco Arrendons 41:58, 14. John McAndrew 42:26, 15. Randolph Scholl 42:29.

McDonald's / Lakewood Half Marathon

February 3, Lakewood.

Division Results - Men

Overall Winners: 1. Greg Houlgate 1:08:40, 2. Bill Lind 1:09:13, 3. Jeremy Stratton 1:11:57, 14 & Under: 1. Christopher Zepeda 1:28:39, 2. Brian Fraser 1:38:26, 3. Chris Okaniwa 1:48:06, 15-18: 1. Gustavo Nario 1:15:19, 2. Geoff Delananty 1:19:38, 3. Enrique Esparza 1:20:02, 19-24: 1. Greg Houlgate 1:08:40, 2. Bill Lind 1:09:13, 3. Monte Mickle 1:13:24, 25-29: 1. Tony Olvera 1:13:43, 2. Pablo Pintor 1:15:40, 3. Sergi Correa 1:15:46, 30-34: 1. Jeremy Stratton

1:11:57, 2. John Araujo 1:12:30, 3. Jose Fuentes 1:14:02, 35-39: 1. Grant Cochran 1:14:05, 2. Jesus Morales 1:14:33, 3. Takashi Vagisawa 1:15:17, 40-44: 1. Jack McDowell 1:16:31, 2. Daniel Kelly 1:16:58, 3. Mark Hemphill 1:17:38, 45-49: 1. Pablo Drobny 1:16:46, 2. Richard Lewis, 2. Richard Lewis 1:23:21, 3. Don Billman 1:23:33, 50-54: 1. Jim Chenweth 1:17:45, 2. Gamma Chavez 1:23:20, 3. Ron Navarrette 1:25:07, 55-59: 1. Bob Rice 1:27:02, 2. John Ghini 1:27:26, 3. Frank Greene 1:33:20, 60-64: 1. Hugh McHugh 1:29:59, 2. Bob Kohler 1:31:06, 3. George Dornett 1:39:33, 65-69: 1. Larry Banuelos 1:37:25, 2. Robert Kay 1:44:39, 3. David Gorenblin 1:45:32, 70 & Over: 1. Eddie Lewin 1:42:35, 2. Sam Simon 2:25:50, 3. Dick Greenberg 2:29:36.

Division Results - Women

Overall Winners: 1. Julia McKinney 1:25:24, 2. Mary Tracey 1:26:02, 3. Rhonda Davidson 1:26:23, 14 & Under: 1. Stephanie Norberg 1:37:05, 2. Melissa Gehrman 2:35:10, 3. Elsi Bonilla 3:10:33, 15-18: 1. Amy Tiller 2:37:51, 19-24: 1. Beverly Austard 1:27:01, 2. Stacie McInnes 1:27:23, 3. Jenny Warwick 1:37:54, 25-29: 1. Rhonda Davidson 1:26:23, 2. Theresa Hilliker 1:27:15, 3. Denis Bigelow 1:28:58, 30-34: 1. Julia McKinney 1:25:24, 2. Mary Tracey 1:26:02, 3. Helene Van Koppin 1:34:00, 35-39: 1. Debbie Morrow 1:28:07, 2. Leslie Skow 1:37:26, 3. Linda-Lou Natzmer 1:38:01, 40-44: 1. Neva Higgins 2:13:38, 2. Chris Purkiss 1:32:14, 3. Glynn Greening 1:41:04, 45-49: 1. Nancy Buchanan 1:41:55, 2. Margaret Hourgan 1:43:58, 3. Gus Cooper 1:43:59, 50-54: 1. Joann Goltira 1:37:25, 2. Margaret Spear 1:46:56, 3. Hwaja Andrade 1:47:55, 55-59: 1. Irene Olberz 1:38:14, 2. Lorraine Seidmeyer 1:47:00, 3. Audrey Hauth 1:52:32, 60-64: 1. Antoinette Hill 1:58:51, 2. Pinkie Fisher 1:59:17, 3. Jean Windishar 2:33:00, 65-69: 1. Mary Storey 1:52:05, 2. Nyla Cook 2:51:07.

Davis Stampede

February 3, Davis, 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Eric Walker 15:00, 2. James Heady 15:26, 3. Brian McGuire 15:29, 19 & Under: 1. Bob Spalliero 16:51, 2. David Guhin 18:58, 3. Ryan Waterman 19:02, 20-24: 1. Eric Walker 15:00, 2. Michael Pettengill 19:18, 3. Jason Rivers 21:08, 25-29: 1. James Heady 15:26, 2. Brad Lael 16:29, 3. Donald Beaulieu 17:29, 30-34: 1. Brian McGuire 15:29, 2. Nick Nickols 15:58, 3. Dave Royal 16:25, 35-39: 1. Brian Davis 15:41, 2. Mark Drake 17:10, 3. Steven Yee 18:00, 40-44: 1. Tim Shannon 16:06, 2. Max Naegle 18:06, 3. Michael Burke 20:58, 45-49: 1. Mike Hawkes 18:22, 2. Tom Pettie 19:06, 3. John Heath 19:07, 50-54: 1. Fred Mattos 18:23, 2. Bob Longwell 19:32, 3. Michael Otten 20:32, 55-59: 1. Ev Riggie 18:16, 2. Bill Won 22:00, 3. Roland Clements 26:01, 60 & Over: 1. Ray Helm 21:53, 2. Bob Burns 23:11, 3. Gilbert Duran 23:37.

Division Results - Women's 5K

Overall Winners: 1. Linda Somers 17:13, 2.

Tama Fox 18:13, 3. Sara Gats 19:21, 19 & Under: 1. Sara Gats 19:21, 2. Leslee Emplitt 21:12, 3. Chipper Millar 21:14, 20-24: 1. Kim Noonan 21:00, 2. Deborah Eggert 21:37, 3. Karen Haemmig 22:24, 25-29: 1. Linda Somers 17:13, 2. Tama Fox 18:13, 3. Darinda Grice 19:42, 30-34: 1. Mary Gake 22:18, 2. Leslie Ann Gomes 22:56, 3. Kathleen Carter 23:19, 35-39: 1. Nancy Zappas 23:38, 2. Ro Lombardi 25:49, 3. Karen Dotson 25:52, 40-44: 1. Nancy Chadwick 22:25, 2. Maggie Larsen 23:09, 3. Darlene Simonaro 24:55, 45-49: 1. Marjke Valencia 20:36, 2. Arlene Hoagland 23:45, 3. Ann Gunion 27:08, 50-54: 1. Sally Smith 27:24, 2. Chalice Fong 29:17, 3. Sandra Smith 31:06, 55-59: 1. Nancy Molitor 25:01, 2. Ardy Belden 31:44, 3. Mae Cryderman 36:54, 60 & Over: 1. Dorothea Cole 46:18, 2. Marge Wade 54:32.

Division Results - Men's 10K

Overall Winners: 1. Tim Ketron 31:32, 2. Jeff Edwards 31:49, 3. Rick Buess 32:20, 19 & Under: 1. Philip Deacon 41:46, 2. Jeff Boston 49:03, 3. Nat Chadwick 50:22, 20-24: 1. Tim Ketron 31:32, 2. Jeff Edwards 31:49, 3. C. Bryan Graves 36:53, 25-29: 1. Shawn Smallwood 34:37, 2. Ulises Fernandez 34:48, 3. Mike Kinter 35:07, 30-34: 1. Rick Buess 32:20, 2. Greg Mangani 35:25, 3. John Erskine 35:31, 35-39: 1. Bruce Aldrich 35:45, 2. Jim McElroy 35:57, 3. Gregory Coit 36:22, 40-44: 1. Jim Price 33:32, 2. Gary Czerwinski 37:09, 3. Frank Kight 37:36, 45-49: 1. Ben McCoy 40:10, 2. Bruce Hilger 40:42, 3. Bill Thompson 42:15, 50-54: 1. Don Spickelmier 35:58, 2. Bob Curtis 39:30, 3. Wes Hurburt 40:04, 55-59: 1. Don Mittelstaedt 41:19, 2. Irwin Herlihy 45:27, 3. John Erms 49:54, 60 & Over: 1. Jim Eyman 52:07, 2. Paul Camerer 52:12, 3. Bill Ballantine 52:21.

Division Results - Women's 10K

Overall Winners: 1. Shirley Matson 36:11, 2. Laura Buess 37:16, 3. Lura Damiano 37:28, 19 & Under: 1. Jennifer Siragusa 50:41, 2. Amy Agnew 56:43, 20-24: 1. Theresa Grider 43:26, 2. Angie Harrison 47:46, 3. Beth Ryan 50:19, 25-29: 1. Antoinette Marsh 39:07, 2. Gina Berry 40:19, 3. Trisha McAlmond 42:14, 30-34: 1. Laura Buess 37:16, 2. Lura Damiano 37:28, 3. Lisa Boyie 38:06, 35-39: 1. Kathy Siebermann 44:11, 2. Jane Garofalo 46:18, 3. Sue Knafliec 47:52, 40-44: 1. Charlene Bayles 43:08, 2. Lyn Liuzzi 43:16, 3. Cathy Rohm 45:45, 45-49: 1. Julia Yaffee 44:22, 2. Janet Kivner 49:24, 3. Dianna Kelley 54:54, 50-54: 1. Shirley Matson 36:11, 2. Esther Herrera 58:53, 55-59: 1. Marlene Kinser 53:28, 60 & Over: 1. Ruth Anderson 51:37.

Legg Lake Crane Run

February 3, So. El Monte, 5K.

Overall Results

1. Diego Ramirez (21) 17:18, 2. Edgar Delgadillo (25) 17:30, 3. Miguel Rodriguez (28) 17:40, 4. Jose Jaramillo (20) 18:47, 5. Don Peterson 18:51, 6. Jose Vargas (17) 19:41, 7. Victor Gomez (28) 19:46, 8. Kenneth Ganezer (38) 20:51, 9. Arthur Martinez (43) 21:58, 10. Nati Carrasco (31) 22:04.

Santa Clarita Runners Women's 5K

February 3, Santa Clarita, 5K.

Overall Results

1. Pernille Evans (34) 18:50, 2. Leticia Melgoza (29) 19:24, 3. Rebecca Kropp (26) 20:09, 4. Tammy Batterton (30-34) 20:25, 5. Karen Callahan (34) 20:35, 6. Mimi Baranowski (42) 20:56, 7. Vicki Huffman (37) 21:07, 8. Laura Hunter (17) 21:26, 9. Stephanie Woodmansee (10) 21:50, 10. Shirley Kitylo (32) 22:06, 11. Marilyn Nobile (42) 22:31, 12. Cindy Courtemarsh (18) 22:55, 13. Linda Lemieux (35-39) 22:56, 14. Sherrie Smelsberger (35) 23:01, 15. Lillian Lai (14) 23:30, 16. Diane Abato (36) 23:35, 17. Joyce Menta (38) 23:45, 18. Jeanne Abell (30) 23:42, 19. Kay Gagnon (44) 23:55, 20. Lisa Lederman (15) 24:10.

Winter Tri Series #5

February 6, Bakersfield.

Division Results - Triathlon

Men--Open: 1. Randy Nordell 50:54, 2. Jon Wykoff 51:14, 3. Tom Rohrbach 51:32, 40 & Over: 1. Jim Reynolds 56:29, 2. Jack Eberly 59:28, 3. Norm Wykoff 59:28.

Women--Open: 1. Laura Lowe 54:14, 2. Rebecca Arreola 1:00:30, 36 & Over: 1. Jane Granskog 59:28.

Division Results - Biathlon

Men--Open: 1. Ray Webb 44:36, 2. Ryan Olson 45:09, 3. Kyle Lacey 45:17, 40 & Over: 1. Jim Reynolds 49:36, 2. Jack Eberly 50:34, 3. Norm Wykoff 50:42.

Women--Open: 1. Laura Lowe 49:66, 36 & Over: 1. Lupe Eberly 51:24, 2. Jane Granskog 56:22.

Lover's Run

February 9, Placerville, 1/2 Mara, 5 & 10K.

Division Results - Kid's Mile

Boys:

7 & Under: 1. Clint Cleland, 2. Kirk Steed, 3. Matthew Nerf, 8-11: 1. Robert Harris, 2. Ben Young, 3. Chad Horn.

Girls:

7 & Under: 1. Dwan Horn, 2. Michala Brook, 3. Laine Ashker, 8-11: 1. Rosheen Rose, 2. Nicole Lagneaux, 3. Lea Young.

Division Results - 5K Walkers

Men:

19 & Under: 1. Christopher Jenkins, 30-39: 1. Jim Yates, 40-49: 1. Daniel Comstock, 50-59: 1. Robert Robson, 60 & Over: 1. Rene Bourg.

Women:

19 & Under: 1. Charlotte Roberson, 20-29: 1. Betty Jo Patterson, 30-39: 1. Karen Barrow, 40-49: 1. Carolyn Hubbard, 50-59: 1. Arlene Comstock, 60 & Over: 1. Virginia Duncan.

Division Results - Men's 5K

19 & Under: 1. Brandon Rose 16:38, 2. Jason Grieco 24:91, 3. Ryan Dostart 26:05, 20-29: 1. Kenny Brown 15:19, 2. Richard Johnson 16:02, 3. Eric Pine 19:13, 30-39: 1. Richard Falat 18:15, 2. Steve Grogan 20:45, 3. Chris Catterall 20:94, 40-49: 1.

RESULTS

Ken Dyer 20:13, 2. Darrell Reeder 20:19, 3. Frank Blum 25:01. 50-59: 1. Robin Hudson 19:51, 2. Michael Otten 20:52, 3. Donald Velasco 22:35. 60 & Over: 1. Paul Reese 24:06, 2. Donald Wozniak 31:03.

Division Results - Women's 5K

19 & Under: 1. Deborah Albrecht 25:15, 2. Kelly Simpson 27:34, 3. Shasta Geraghty 30:28. 20-29: 1. Patty Smith 19:02, 2. Kim Armstrong 25:59, 3. Ellen McGowan 27:16. 30-39: 1. Cheryl Warchol 23:18, 2. Jana Howard 24:10, 3. Martha Rogel 25:17. 40-49: 1. Sharon O'Neill 26:03, 2. Denise Young 26:15, 3. Darlene Pearson 27:16. 50-59: 1. Frances Mattson 27:35, 2. Mary O'Donnell 33:20, 3. Alice Tregoe 34:30. 60 & Over: 1. Grace Gammill 28:94.

Division Results - Men's 10K

19 & Under: 1. Tom Rennie 36:55, 2. Jake Young N.T., 3. Mark Pine 41:10. 20-29: 1. Ty Nickel 33:32, 2. Mark Rebella 43:45, 3. Bradley Gray 44:57. 30-39: 1. Greg Coit 36:48, 2. Grant Nelson 39:19, 3. Peter Maurer 39:52. 40-49: 1. Walter Spiller 41:48, 2. Dan Jenkins 42:11, 3. Ron Nageotte 42:23. 50-59: 1. John O'Neill 39:99, 2. Art Gorkasian 49:54, 3. Bob Burchard 54:33. 60 & Over: 1. Ray Helm 48:12, 2. Jack Tregoe 53:25, 3. Paul Frye 54:59.

Division Results - Women's 10K

19 & Under: 1. Angelea Lagneaux 53:08, 2. Shawna Poston 1:03:28. 20-29: 1. Lisa Lantsberger 41:06, 2. Andrea Wang 48:25, 3. Allison Cairns 49:14. 30-39: 1. Mary Brook 40:02, 2. Joan Gregg 42:34, 3. Laurel Bartlett 47:14. 40-49: 1. Donna Brown 46:14, 2. Yvonne Nickel 49:32, 3. Bonnie Brown 55:58. 50-59: 1. MaryLu Burchard 1:05:33, 2. Jean Sutton 1:08:09. 60 & Over: 1. Charlotte Walker N.T.

Division Results - Men's Half Marathon

20-29: 1. Tony Wynne 1:30:03, 2. David Sorensen 1:30:19, 3. Bryan Lowe N.T. 30-39: 1. Gary Cergoli 1:24:15, 2. Vance Rogel 1:28:35, 3. Gary Johnson 1:30:84. 40-49: 1. Ray Patterson 1:30:95, 2. Jim Beland 1:31:15, 3. Stephen Topper 1:31:86. 50-59: 1. Gar Harmon 2:02:07, 2. John Muehlbauer N.T.

Division Results - Women's Half Marathon

20-29: 1. Beck Starsky 1:44:23. 30-39: 1. Val Ashker 1:52:23, 2. Barbara Schoenar 1:54:18, 3. Corinne Odineal 1:55:01. 40-49: 1. Linda Martynen 1:28:94.

Sweetheart Run

February 9, Playa Del Rey, 5K & 10K.

Division Results - Men's 5K

10 & Under: 1. Curt Toppel 20:52, 2. Eric Fosterling 21:53, 3. Maxwell Blocker 23:18. 11-14: 1. Carlos Griffin 18:05, 2. Danny Ochoa 20:08, 3. John Huynh 21:26. 15-18: 1. Ryan Winn 14:59, 2. Ricardo Raya 15:22, 3. Shaun Page 16:01. 19-24: 1. Mike Ward 15:19, 2. Edward Haskell 15:21, 3. Rowtham 15:26. 25-29: 1. Eric Renfro 15:33, 2. Eddie Edwards 16:01, 3. Birt Stem 16:29. 30-34: 1. Dean Lofgren 15:36, 2. Doug McKee 15:40, 3. Vick Simonian 16:48. 35-39: 1. Gary Shapiro

16:05, 2. Jesus Morales 16:15, 3. Terry Alkana 17:09. 40-44: 1. Bill Summer 16:19, 2. Charles Haywood 19:40, 3. Philip Gnesin 19:54. 45-49: 1. Neil Doherty 16:40, 2. Donald Gillman 17:42, 3. Miguel Mendez 18:20. 50-54: 1. John Stewart 18:16, 2. Jerry Holland 18:16, 3. John Cosgrove 18:43. 55-59: 1. Andre Tocco 18:02, 2. Leroy Carter 19:42, 3. Frank Greene 20:19. 60-64: 1. Leonard Walts 20:40, 2. Hideyo Takimoto 24:07, 3. Stanley Waller 25:30. 65-69: 1. Jack Gren 22:20, 2. Mel Schene 26:03. 70 & Over: 1. Fred Shanley 26:48, 2. Dean Scofield 32:09.

Division Results - Women's 5K

10 & Under: 1. Kimberly Utterson 23:55, 2. Danielle Beymen 29:28, 3. Stephanie Manalang 29:40. 11-14: 1. Chantelle Rodriguez 24:09, 2. Yukie Nishinaga 25:30, 3. Amy Bennett 26:24. 15-18: 1. Natalie Lupica 21:35, 2. Susie Flynn 26:12, 3. Danielle Ethier 28:32. 19-24: 1. Laura Cattivera 16:18, 2. Tania Acosta 19:20, 3. Nancy Scharr 22:04. 25-29: 1. Eric Pandzic 18:09, 2. Cheryl Anderson 22:16, 3. Caroline Sweet 22:19. 30-34: 1. Rose Monday 17:16, 2. Karen Samsonoff 18:45, 3. Anette Barnett 20:20. 35-39: 1. Cathy Fitzgerald 20:22, 2. Theresa Johnson 20:49, 3. Evelyn Kermath 21:05. 40-44: 1. Lynda Huey 23:31, 2. Jody Karren 24:12, 3. Barbara Wintroub 24:38. 45-49: 1. Carol Dougherty 22:57, 2. Corrine Schratz 22:58, 3. Maria Hargrett 24:41. 50-54: 1. Diana Chronert 22:03, 2. Adrienne Fowler 27:17, 3. Giller 29:29. 55-59: 1. Atsuko Fujimoto 23:49, 2. Louise Smith 32:21, 3. Ray Hoxter 39:06. 60-64: 1. Verlan Bruce 30:15, 2. Dora Vallarta 35:18. 70 & Over: 1. Thelma Anderson 38:25.

Division Results - Men's 10K

10 & Under: 1. Jonathan Schneider 46:23, 2. Michael Hales 47:06. 11-14: 1. Eduardo Gutierrez 40:07, 2. James Uwins 41:33, 3. Samuel Harang 45:32. 15-18: 1. Bobby Fardin 35:46, 2. Jayson Ehlers 41:54, 3. John Hawkins 44:43. 19-24: 1. Harald Graham 30:31, 2. Sari Zoltan 31:13, 3. Fredson Mayiek 31:41. 25-29: 1. David Olds 30:15, 2. Jose Ortiz 30:44, 3. Adolfo Garcia 31:47. 30-34: 1. Juan Juarez 29:30, 2. Alfredo Rosas 30:01, 3. Marty Horan 33:59. 35-39: 1. Mark Luevano 30:39, 2. Paul Robinson 34:15, 3. Mark Gross 35:26. 40-44: 1. Robert Goodwin 34:39, 2. Mark Hemphill 35:00, 3. Tom Williams 35:04. 45-49: 1. Lee Baca 36:54, 2. Roy Gardner 37:48, 3. Greg Kelly 40:05. 50-54: 1. Peter Biche 41:30, 2. John Williams 43:43, 3. Ernie Thury 44:17. 55-59: 1. Kim Leroy 39:30, 2. Claude Bruni 41:15, 3. David Thomas 43:21. 60-64: 1. Oliver Helling 40:35, 2. Lauren Schumaker 44:20, 3. Ellis Reveneg 46:05. 65-69: 1. Larry Bañuelos 43:20, 2. Frisco Yasasaki 49:59, 3. Myer Miller 58:07.

Division Results - Women's 10K

10 & Under: 1. Stephanie Herzog 1:11:45. 11-14: 1. Helen Ramos 51:27, 2. Sara Teitell 1:02:43, 3. Danielle Mosher 1:08:28. 15-18: 1. Amber Whitwell 53:28, 2. Jeanne Rotunno 56:05. 19-24: 1. Kathleen Smith 34:38, 2. Laurie Chapman 36:31, 3. Kelley Booth 43:11. 25-29: 1. Julieanne White 34:41, 2.

Carrie Booth 35:03, 3. Christine McNandro 35:48. 30-34: 1. Cathy Donovan 36:16, 2. Julie Oh 41:19, 3. Georgina Richmond 41:39. 35-39: 1. Charmella Secrest 40:37, 2. Debra Chalmers 41:07, 3. Lorier 44:05. 40-44: 1. Alfreda Iglehart 37:03, 2. Diane Hale 45:12, 3. Diane Lapierre 45:19. 45-49: 1. Linda King 42:51, 2. Cherie Gruenfeld 44:03, 3. Herschrl Snarnoff 46:05. 50-54: 1. Joan Jeter 42:27, 2. Roberta Lamping 46:38, 3. Christina Matso 48:49. 55-59: 1. Kim Leroy 39:30, 2. Sue Hughey 56:08, 3. Nelly Williams 56:17. 60-64: 1. Betty Keel 1:02:05.

Sand & Strand Run

February 10, Hermosa Beach, 2 1/2 Mi. & 5 Mi.

Division Results - Men's 2 1/2 Mile

12 & Under: 1. Jeff Lewis 22:41, 2. Jonathan Schneiderman 23:11, 3. Anthony Lombardi 29:53. 13-15: 1. Kyle Daniels 26:58, 2. David Kleinman 29:03. 16-18: 1. Brian Cody 16:27, 2. Jeff Larson 18:44, 3. Jon Lorraine 21:15. 19-21: 1. Chris Brown 21:10. 22-29: 1. Greg Houlgate 14:07, 2. Rick Dodson 15:28, 3. Dave Brunkon 16:21. 30-39: 1. Dennis Hall 16:25, 2. Chris Spain 16:35, 3. David Nelson 17:22. 40-49: 1. Tom Williams 16:29, 2. Jan Bartosk 17:06, 3. John Gonzalez 17:16. 50-59: 1. Peter Riche 19:12, 2. James Potts 21:30, 3. Gustav Woerner 21:39. 60-69: 1. Bud Gottesman 46:14, 2. Allen Delay 52:49, 3. Al Villalenda 54:13. 70 & Over: 1. Clyde Ailing 44:02.

Division Results - Women's 2 1/2 Miles

12 & Under: 1. Karin Hefington 26:53, 2. Courtney Daniels 27:04, 3. Angela Lombardi 34:50. 13-15: 1. Cira Thompson 25:55, 2. Jen Lombardi 27:05. 16-18: 1. Cindy Courtemarsh 23:14, 2. Seraphine Gott 24:32, 3. Bridget Posluszny 26:31. 19-21: 1. S.A. Payne 32:51, 2. Juliana Lorraine 34:46. 22-29: 1. Anna Seawright 18:21, 2. Dianne Silva 19:24, 3. Sandra Zeile 21:54. 30-39: 1. Pam Haskell 19:01, 2. M.L. Eichel 19:34, 3. Claudia Velletri 19:53. 40-49: 1. Chris Broadhurst 26:13, 2. Jill Cury 28:16, 3. Leah Mirsch 29:39. 50-59: 1. Barb Percromble 28:12, 2. Nina Bergman 32:25, 3. June Pulcini 42:55.

Division Results - Relays

Male/Male: 1. John Cody/Brian 38:05. Female/Female: 1. Jennifer Lombardi/Gloria 57:00. Mixed: 1. Karen Hefinton/Steve 53:50.

Division Results - Men's 5 Mile

12 & Under: 1. Noah Gott 46:45, 2. Tim Anderson 51:28, 3. Eric Trujillo 53:15. 13-15: 1. Mike Park 46:05, 2. Scott Anderson 52:33. 16-18: 1. Jeff Larson 40:09. 19-21: 1. Mike Thom 33:23. 22-29: 1. Greg Houlgate 29:44, 2. Michael Spencer 30:11, 3. D.A. Michael 31:37. 30-39: 1. Steven Balfour 31:44, 2. Bruce Johnson 32:03, 3. Mark Gross 33:13. 40-49: 1. Tom Williams 34:29, 2. Rob Essertier 34:44, 3. Greg Wheeler 36:09. 50-59: 1. Tom Hansen 36:55, 2. Jerry Lloyd 38:04, 3. Don Crowley 38:54.

Division Results - Women's 5 Mile

12 & Under: 1. Zara Gott 50:11. 22-29: 1. Nancy Kostecky 38:06, 2. Kristi Kasper

38:18, 3. Anne Rode 44:49. 30-39: 1. Connie Evans 41:18, 2. Mary Anne Fialkowski 48:16, 3. Kathryn Marshall 48:38. 40-49: 1. Gania Rode 40:29.

Together With Love

February 10, Monterey, 10K.

Division Results - Men

Overall Winners: 1. Alexander Beljaev 31:39, 2. Jim Scattini 32:35, 3. Mark Sullivan 32:38. 18 & Under: 1. Donato Robles 43:06, 2. Ben Nye 47:06, 3. Mark Varardo 49:30. 19-24: 1. Brad Holbrook 33:29, 2. James Orickat 36:43, 3. Phil Hayes 37:44. 25-29: 1. Alexander Beljaev 31:39, 2. Jim Scattini 32:35, 3. Neil Herscy 32:50. 30-34: 1. Mark Sullivan 32:38, 2. Thomas Wuchte 33:19, 3. Steve Watkins 33:38. 35-39: 1. Lupe Vargas 32:57, 2. Gabriel Montero 33:51, 3. Jim Poulos 34:47. 40-44: 1. Michael Segman 32:47, 2. William Kunz 35:39, 3. Rick Nagano 36:28. 45-49: 1. Jan Valencia 36:38, 2. Gerry Holmes 37:50, 3. Gene Bath 38:28. 50-59: 1. Glynn Wood 39:07, 2. Richard Shorman 40:25, 3. George Brookthlow 41:17. 60 & Over: 1. Robert Bonanfant 44:52, 2. Ed Foley 47:17, 3. Jack Hadley 48:31.

Division Results - Women

Overall Winners: 1. Olga Markova 34:23, 2. Joan Colman 37:17, 3. Carol Boyd 37:36. 18 & Under: 1. Irene Orozco 46:29, 2. Georgia Nye 51:01, 3. Elisabeth Knickerbocker 51:07. 19-24: 1. Olga Markova 34:23, 2. Carol Boyd 37:36, 3. Kate Lenno 45:08. 25-29: 1. Blair Tiger 40:37, 2. Laurie Davis 42:54, 3. Michelle Perry 43:49. 30-34: 1. Janet Smith 38:55, 2. Julie Lyonhardt 39:23, 3. Laura Temple 40:49. 35-39: 1. Patty Selbicky 38:11, 2. Michelle Brinsmead 40:30, 3. Katie Scott 41:27. 40-44: 1. Susan Love 42:53, 2. Kaye Provini 45:21, 3. Curtis Hansman 47:10. 45-49: 1. Joan Colman 37:17, 2. Nelly Wright 40:47, 3. Julia Yaffee 43:58. 50-59: 1. Alice Rose 44:38, 2. Janice Beltran 47:14, 3. Margaret Maryk 48:58. 60 & Over: 1. Frances Sackerman 47:53, 2. Bertie Argyris 55:28, 3. Jeanne Leffers 1:03:32.

Division Results

Overall Winners: 1. Alexander Beljaev/Olga Markova 33:01, 2. Steve Ottaway/Joan Colman 36:37, 3. Rick Nagano/Patty Selbicky 37:19. Junior: 1. Alexander Beljaev/Olga Markova 33:01, 2. Jim Scattini/Margaret Scattini 43:33, 3. Pete Halberstadt/Carol Kircher 43:53. Open: 1. Steve Ottaway/Joan Colman 36:37, 2. Rick Nagano/Patty Selbicky 37:19, 3. John Erskir/Janet Smith 37:27. Masters: 1. Jerry Yaffee/Julia Yaffee 42:37, 2. Tim Riley/Georgia Hutchinson 44:03, 3. Wayne Hooper/Judith Hooper 45:19.

✓ RACE DIRECTORS...

Please send results of your event to CT&RN, 4957 E. Heaton Ave., Fresno, CA 93727 or send via fax (209) 255-4904.

CALIFORNIA

Track News



Photos clockwise, starting top left: SAN BERNARDINO HIGH'S 4x100 anchor ANTHONY SMITH (Photo by Bill Cottles Action Photography); SHELLEY TAYLOR (left) and REBECCA SPIES (Photo by Bill Cottles Action Photography); NICOLE TETER (Photo by Kirby Lee); and 4x100 FINALS at 1990 State Meet (teams from left to right) -- MUIR, BAKERSFIELD, MORNINGSIDE and HAWTHORNE (Fine Flicks by Don Gosney).

Cross Country • Track & Field

SCHEDULE

Please send cross country and track information to CT&RN, 4957 E. Heaton Ave., Fresno, CA 93727.

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

College & Open

Mar. 9 (Sat.): Los Angeles: Los Angeles Relays, Jesse Owens Track, Cal State L.A., John Turek, 5151 State Univ. Dr., L.A. 90032. (213) 343-3095. FAX (213) 343-2670.

Mar. 9-10 (Sat. & Sun.): Tempe, AZ: Phoenix Outdoor Invitational, Sun Angel Stadium. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ. 85257. (602) 949-1991.

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

Mar. 16 (Sat.): Pomona: Wendy Invitational, Kellogg Field. Jim Sackett, 3801 W. Temple Ave. Pomona 91768. (714) 869-2831. FAX (714) 869-2814.

Mar. 16 (Sat.): Tempe, AZ: Arizona State Collegiate Open, Sun Angel Stadium, Tempe. Ken Lehman, ASU-ICA-Track, Tempe, AZ. 85287. (602) 965-4313. FAX (602) 965-8219.

Mar. 21-22 (Thurs./Fri.): Tempe, AZ: Sun Devil Invitational, Sun Angel Stadium. Ed Gorman, Az. St. Univ. ICA-507, Tempe, AZ. 85287-2505. (602) 965-5408.

Mar. 23 (Sat.): Berkeley: Golden Bear Meet of Champions, Edwards Stadium, Berkeley. Tony Sandoval, 177 Hearst Gym, Berkeley 94720. (415) 642-9447.

Mar. 23 (Sat.): Long Beach: Long Beach State Collegiate Classic, Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840. (213) 985-4666. FAX (213) 985-8197.

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

Mar. 24 (Fri.): Antwerp, Belgium: IAAF World Cross Country Championships, Antwerp, Belgium. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. (317) 261-0500.

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

Mar. 29-30 (Fri. & Sat.): San Francisco: San Francisco State Decathlon & Heptathlon, Cox Stadium, San Francisco. Harry Marra, Ath. Dept., 1600 Holloway Ave., San Francisco 94132. (415) 338-1561. FAX (415) 338-1967.

Mar., 29-30 (Fri. & Sat.): Santa Barbara: UCSB Decathlon, Pauley Track, Santa Barbara. Sam Adams, UCSB Athletics, Santa Barbara 93106. (805) 893-2133.

Mar. 29-30 (Fri. & Sat.): Stanford: Stanford Invitational, Stanford Stadium, Stanford. Brooks Johnson, Ath., Dept., Stanford University, Stanford 94305. (415) 723-2736.

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

Mar. 30 (Sun.): CS Northridge: Northridge Invitational, 9:00 a.m., CS Northridge. Don Strametz, Ath. Dept., 18111 Nordhoff St., Northridge 91330. (818) 885-3608.

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

Apr. 6 (Sat.): Tempe, AZ: Sun Angel Track Classic, Sun Angel Stadium. Herman Frazier, Arizona St. U-ICA, Tempe 85287. (602) 965-3856. FAX (602) 965-8219.

Apr. 6 (Sat.): Riverside: Riverside Invitational, Highlander Track, Riverside. Chris Rinne, Coach, U of Cal. Riverside 92521. (714) 787-5207.

Apr. 12-13 (Fri. & Sat.): Bakersfield: Bakersfield College Relays, Memorial Stadium. Bob Covey, Ath. Dept., 1801 Panorama Dr., Bakersfield 93305. (805) 395-4340/871-6107.

Apr. 13 (Sat.): Azusa: Azusa Pacific Meet of Champions, Azusa Pacific Univ. 1 p.m. Terry Franson, Ath. Dept. Citrus & Alosia, Azusa 91702. (818) 969-3434 x3290. FAX (818) 969-7180.

Apr. 13 (Sat.): Las Vegas, NV: UNLV Invitational, Partridge Track. Al McDaniels, 31 Rayburn, Henderson, NV. 87014. (702) 739-3256, FAX (702) 739-3079.

Apr. 13 (Sat.): Salinas: Ed Adams Invitational, Hartnell College, Salinas. Gary Shaw, Coach, 156 Homestead Ave., Salinas 93901. (408) 755-6845. FAX (408) 755-6751.

Apr. 13 (Sat.): Davis: Woody Wilson Invitational, Toomey Field. Jon Vochatz, Ath. Dept., UC Davis, Davis 95616. (916) 752-8608/752-1942.

Apr. 13 (Sat.): San Jose: Bruce Jenner JC, San Jose CC. Bert Bonanno, 2100 Moorpark Ave., San Jose 95128. (408) 288-3732.

Apr. 13 (Sat.): Eugene, OR: Pepsi Team Invitational, Univ. of Oregon. Bill Delling, Track Coach, Univ. of Oregon, McArthur Ct., Eugene, OR. 97403. (503) 346-5465.

Apr. 16-17 (Tues. & Wed.): Los Angeles: Occidental Decathlon & Heptathlon, Bill Henry Track, Los Angeles. Bill Harvey, Occidental College, Los Angeles 90041. (213) 259-2608. FAX (213) 341-4993.

Apr. 18-19 (Thurs. & Fri.): Azusa: California Invitational Decathlon & Heptathlon (Mt. SAC Relays Multi), Azusa Pacific Univ. Terry Franson, Citrus & Alosia, Azusa 91702. (818) 969-3434 x3290. FAX (818) 969-7180.

Apr. 18-21 (Thurs.-Sun.): Walnut: Mt. SAC Relays, Mt. San Antonio College. Dan Shrum, Ath. Dept., Mt. SAC, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611 x4840.

Apr. 20 (Sat.): Stanford: Stanford Collegiate Open, Stanford Univ. Brooks Johnson, Track Coach, Stanford Univ., Stanford 94305. (415) 723-1051.

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

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

Apr. 27 (Sat.): Eugene, OR: Oregon Invitational Hep. & Dec. Apr 25/26. Hayward

SCHEDULE

Field, Eugene, OR. Mark Stream, McArthur Ct., U of OR., Eugene, OR 97403. (503) 686-3395. FAX (503) 346-5449.

Apr 27-28 (Sat. & Sun.): Irvine: Irvine Invitational, UC Irvine Stadium. Vince O'Boyle / Danny Williams, Crawford Hall, UCI, Irvine 92717. (714) 856-6342/856-6080. FAX (714) 856-5260.

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

May 1 (Wed.): Tempe, AZ: ASU All Commers, Sun Angel Stadium. Ken Lehman, Arizona St U-ICA, Tempe, AZ 85287. (602) 965-5660. FAX (602) 965-8219.

May 1-3 (Wed-Fri.): San Francisco: Northern Calif., Athletic Conference Championships, San Francisco State Univ. Harry Marra, 1600 Holloway Ave. San Francisco 94132. (415) 338-1561.

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

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

May 4 (Sat.): Tucson, AZ: Wildcat Last Chance, Drachman Track. Dave Murray, McKale Center, U of AZ, Tucson 85721. (602) 521-4829. FAX (602) 621-2681.

May 4: Modesto: S&W Invitational --
NOTE: Date changed to May 11.

May 4 (Sat.): Santa Barbara: Nick Carter Invitational, Pauley Track. Sam Adams, UCSB, Santa Barbara 93106. (805) 893-2133.

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

May 10-11 (Fri. & Sat.): Irvine: Big West Conference Championships, UC Irvine Stadium, Vince O'Boyle, UC Irvine, Irvine 92717. (714) 856-6342. FAX (714) 856-5260.

May 10-11 (Fri. & Sat.): Bakersfield: Calif. Collegiate Athletic Ass'n. Championships, CS Bakersfield. Charlie Craig, 9001 Stockdale Hwy., Bakersfield 93311. (805) 644-2347.

May 11 (Sat.): Modesto: S&W Modesto Invitational (50th Anniversary), Modesto JC Stadium. Tom Moore, P.O. Box 367, Ceres 95307. (209) 537-0411. FAX (209) 572-5641.

May 11 (Sat.): Los Angeles: Occidental Invitational, Bill Henry Track, Occidental College. Bill Harvey, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608. FAX (213) 341-4993.

May 11 (Sat.): Eugene, OR: Oregon Twilight, Hayward Field. Dellinger, McArthur Ct. U of Or, Eugene, OR. 97403. (503) 686-5465. FAX (503) 686-3395.

May 12 (Sun.): Tucson, AZ: Pre Pac-

10 Invitational, Drachman Track. Dave Murray, McKale Center, U of AZ, Tucson 85721. (602) 521-4829. FAX (602) 621-2681.

May 15-18 (Wed-Sat.): San Diego: Western Athletic, San Diego State Univ. Gary Stathers, Ath. Dept., San Diego State Univ., San Diego 92182. (619) 594-5536.

May 17, 18 (Fri/Sat.): Sacramento: JC State Meet, Hughes Stadium. Bob Lanza, Ath. Dept., SCC 3835 Freeport Rd., Sacramento 95822. (916) 449-7305.

May 18 (Sat.): Los Angeles: Los Angeles Invitational, CSLA. John Turek, Ath. Dept., 5151 State Univ. Dr., Los Angeles 90032. (213) 343-3095.

May 18-19 (Sat.-Sun.): Tempe, AZ: PAC-10, Arizona State Univ. Tom Jones, Ath. Dept., Arizona State Univ., Tempe, AZ 85287-2505. (602) 965-5660.

May 22 (Wed.): Eugene, OR: Oregon Last Chance Open, Univ. of Oregon, Bill Dellinger, Track Coach, U of Oregon, McArthur Ct., Eugene, OR. 97403. (503) 686-5465.

May 23 (Thurs.): Fresno: Taco Bell Last Chance Meet at Warnerfield Field, Time TBA.

May 23-25 (Thurs.-Sat.): Stephen-
ville, Texas: NAIA, Tarleton State Univ. Ron Nesome, Tarleton St. Univ., Stephen-

May 23-25 (Thurs.-Sat.): San Angelo,
Texas: NCAA II, Angelo State Univ. Dave Noble, Ath. Dept., 2601 W. Avenue North, San Angelo, TX 76909. (915) 942-2091.

May 23-25 (Thurs.-Sat.): Berea,
Ohio: NCAA III, Baldwin-Wallace. Baldwin-

May 25 (Sat.): San Jose: Bruce Jenner Bud Light Classic, San Jose City College. Bert Bonanno, Ath. Dept., San Jose City College, 2100 Moorpark Ave., San Jose 95120. (408) 288-3732.

May 29-June 1 (Wed.-Sat.): Eugene,
OR: NCAA I, Hayward Field. Univ. of Oregon, Ath. Dept., McArthur Ct., Eugene, OR. 97403. (503) 346-4481.

June 1-2 (Sat.-Sun.): San Jose: IAAF World Cup Race Walk Championships, San Jose. USA Team Trials.

June 2 (Sun.): Irvine: Irvine Elite Classic, Univ. of Calif. Irvine. Danny Williams, Ath. Dept., Crawford Hall, Irvine 92717. (714) 856-6342.

June 7 (Fri.): Fresno: Central California TAC Championships at Ratcliffe Stadium, 5:30 p.m.

June 8 (Sat.): Tucson, AZ: Tucson Elite Classic. Drachman Stadium. Fred Har-

Books...

☐ **Basic Track & Field Biomechanics --**
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Tom Ecker. 1985. 208 pgs. Illustrated.

☐ **Ed. Fern's Flight School -- \$8.50**

Ed. Fern. 72 pgs. Illustrated. Ready August 1990.

☐ **Getting Started in Track & Field -- \$6.50**

A Coaching Manual. R. S. Parker. 1976. 128pgs. Illustrated.

☐ **High School Cross Country -- \$5.00**

Joseph McLaughlin. 1983. 96 pgs. Illustrated.

☐ **How High School Runners Train -- \$5.00**

ed. by Frank P. Calore. 2nd ed. 1982. 128pgs. Illustrated.

☐ **Peak When It Counts: Periodization for American Track & Field -- \$12.00**

William H. Freeman. 1969. 111 pgs. Illustrated.

TO ORDER -- Send in this form, or listing of books requested, along with your check to: CT&RN, 4957 E. Heaton, Fresno, CA 93727.

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SCHEDULE

vey, 1848 S. Augusta Cir., Tucson, AZ 85710. (602) 722-3929.

June 12-13 (Wed.-Thurs.): Randalls Island, New York, NY: TAC National Decathlon, Downing Stadium, Randalls Island, New York. Tracy Sundlun, Met TAC, 57 Reade St. 4th Floor, New York, NY 10007. (212) 227-0071.

June 12-13 (Wed.-Thurs.): Randalls Island, New York, NY: TAC National Heptathlon. Same as above.

June 13-15 (Thurs.-Sat.): New York, NY: TAC/USA/Mobil Outdoor Championships, Downing Stadium, Randalls Island, New York, NY. Tracy Sundlun, Met TAC, 57 Reade St. 4th Floor, New York, NY 10007. (212) 227-0071.

June 21 (Fri.): Eugene, OR: Prefontaine Classic, Univ. of Oregon. Tom Jordan, 2110 Fairmount Blvd., Eugene, OR. 97403. (503) 683-5635.

July 3-11 (Wed.-Thurs.): Havana, Cuba: Pan American Games, Havana, Cuba. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. (317) 261-0500.

July 13 (Sat.): Long Beach: West Elite Meet, Long Beach State Univ. John Mansoor, 800 Bonita Dr., Long Beach.

July 18-21 (Thurs.-Sun.): Los Angeles: U.S. Olympic Festival, Drake Stadium. U.S. Olympic Festival '91 Organizing Committee, 700 S. Flower St., 20th Floor, Los Angeles 90017. (213) 489-1991.

July 19-25 (Fri.-Thurs.): Sheffield, England: World University Games, Sheffield, England. TAC/USA, P.O. Box 120, Indianapolis, IN. 46206. (317) 261-0500.

Aug. 3-11 (Sat.-Sun.): Havana, Cuba: Pan American Games. Havana, Cuba. USA Championships.

Aug. 24-Sept. 1 (Sat.-Sun.): Tokyo, Japan: IAAF World T&F Championships, Tokyo, Japan. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. (317) 261-0500.

Sept. 20 (Fri.): Barcelona, Spain: IAAF/Mobil Grand Prix.

Nov. 25 (Mon.): Tucson, AZ: NCAA I Cross Country Championships, Sheraton El Conquistador Resort, Tucson. Dave Murray, Ath. Dept., McKale Center, Univ. of Arizona, Tucson, AZ. 85721. (602) 521-4829.

Nov. 30 (Sat.): Boston, Massachusetts: U.S. Cross Country Championships, Franklin Park, Boston. NEAC, P.O. Box 1905, Brookline, MA. 02146. (617) 566-7600.

Masters

March 9 (Sat.): Los Angeles, L.A. Relays Meet. Cal State LA. Open and Masters/Relays only. John Turek (213) 343-3095.

March 23-24 (Sat.-Sun.): Blaine, MN: Masters National Indoor T&F, National Sports Center. Dixon Farmer, P.O. Box 34444, Blaine, MN 55434. (612) 785-5600.

March 31 (Sun.): Los Gatos: West Valley TC & Northern California Seniors TC Dual Meet. Masters/sub-masters. 11 a.m. No pre-registration or entry fees.

April 13 (Sat.): Long Beach. Striders Meet. Cal State Long Beach. Hugh Cobb, 2963 Galena Ave., Simi Valley, CA 93065 (805) 527-5471.

May 25 (Sat.): Irvine. Dan Aldrich Memorial / Anteaters Masters Meet. Univ. of California Irvine. David A. Lewis, 505 Begonia Ave., Corona del Mar, CA 92625 (714) 673-2025.

June 2 (Sun.): Portland, OR: The Juniors/Masters Classic (formerly Scholastic / Masters Meet). Mike Monahan, P.O. Box 842, Gresham, OR 97080 (503) 667-1145.

June 8 (Sat.): Los Gatos: Pacific Assoc. / TAC Championships. Willie Harmatz, PO Box 1328, Los Gatos, CA 95030 (408) 354-5660.

June 15 (Sat.): Los Angeles. Southern Pacific Assoc. / TAC Championships. Occidental College. C. Miller, 1740 Grandview Ave., Glendale, CA 91201 (818) 843-2139.

June 22 (Sat.): Eugene, OR: Hayward Classic Masters Championships. Les Castle, 720 East 20th Ave., Eugene, OR 97405 (503) 344-9809 (h) 484-9809 (w).

June 22-23 (Sat.-Sun.): Norwalk. TAC Western Sectional Masters Championships. Cerritos College. Marv Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027 (213) 666-7341.

June 22-23 (Sat.-Sun.): Lincoln, NE: Masters TAC National Decathlon/Heptathlon. Univ. of Nebraska, Lincoln, NE. Ross Great-house, 2826 South 25, Lincoln, NE 68502. (402) 3864 or 475-7712.

June 28-July 3 (Fri.-Wed.): Syracuse, NY. U.S. National Senior Sports Classic Senior Olympics, USNOSO, So. Outer Forty Road, Ste. N360, Chesterfield, MO 63017 (314) 878-4900.

June 30 (Sun.): Los Angeles. Trojan Masters Meet. USC. Bob Strobel, 2017 Vestal Ave., No. 3, Los Angeles, CA 90026 (213) 666-4964 (h) or 977-7492 (w).

July 4-7 (Thurs.-Sun.): Naperville, IL: Masters TAC National Outdoor T&F, North Central College. Dick Green, P.O. Box 6147, Rockford, IL 61125. (815) 332-4743.

July 4-7 (Thurs.-Sun.): Naperville, IL: Masters TAC National Men's Pentathlon, North Central College, Naperville, IL.

September 22 (Sun.): Irvine: Sri Chinmoy Masters Meet. UC Irvine. 50+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034 (213) 855-4143.

October 5 (Sat.): Santa Barbara. Club West Masters Meet. Santa Barbara Community College. Calif. Club West, P.O. Box 1059, Goleta, CA 93117. Lloyd Albright (805) 682-9540.

October 22-25 (Tues.-Fri.): St. George, UT: World Senior Games. 50+. T&F/Road Races (5K 10/23; 5K RW 10/24; 10K 10/25). Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111 (801) 583-6231.

High School

Mar. 23 (Sat.): San Jose: Millard Hampton / Andre Phillips Classic. High School & age group. San Jose City College Stadium. Contact Bob Poynter, Silver Creek High School, 3434 Silver Creek Rd., San Jose 95121.

Mar. 30 (Sat.): Azusa: Meet of Champions Distance Invitational. Azusa Pacific University. 8 a.m. Irv Ray/Tim O'Rourke. (818) 969-3434.

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

Apr. 6 (Sat.): Los Altos Hills: Foothill College/St. Francis High School Track & Field Carnival. Call Joe Mangan (415) 949-7358.

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

Apr. 13 (Sat.): Arcadia. Arcadia Invitational. Doug Speck/Mary Lou Guy (818) 446-0131.

Apr. 20 (Sat.): San Jose: Bruce Jenner HS. San Jose CC, Bert Bonanno, 2100 Moorpark Ave., San Jose 95128. (408) 288-3732.

SCHEDULE

May 31-June 1 (Fri.-Sat.): Cerritos.
CIF / Reebok California State Track & Field Championships. Cerritos College.

June 8 (Sat.): Sacramento: Golden West. CSU Sacramento. Arnie Krough, 8078 Camstock Ct., Citrus Hts., CA (916) 726-1441.

June 21-22 (Fri.-Sat.): Blaine, Minnesota: U.S. Junior Championships, National Sports Center. Dixon Farmer, P.O. Box 34444, Blaine, MN 55434. (612) 785-5600.

June 21-22 (Fri.-Sat.): Blaine, Minnesota: USA Junior Heptathlon. Same as above.

July 3-6 (Wed.-Sat.): Lafayette, LA: Youth Athletics TAC National Outdoor T&F, Cajun Track, Tommy Badon, 201 Reinhardt Dr., Lafayette, LA. 70506. (318) 231-6368.

July 6-7 (Sat.-Sun.): Spokane, WA: USA-Great Britain Jr. T&F Dual Meet I. (USA Junior Championships).

July 13-14 (Sat.-Sun.): Tallahassee, FL: USA-Great Britain Jr. T&F Dual Meet II. (USA Jr. Championships).

July 18-21 (Thurs.-Sun.): Kingston, Jamaica: Pan American Jr. T&F Championships. (USA Jr. Championships).

July 19-21 (Fri.-Sun.): Salamanca, Spain: Eight Nations Jr. T&F Meet. (USA Jr. Championships).

July 25-28 (Thurs.-Sun.): Chapel Hill, North Carolina: U.S. Junior Olympic Championships, Univ. of North Carolina. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

July 23-24 (Thurs.-Sun.): Chapel Hill, NC: Junior Olympic TAC National Decathlon. Same as above.

Camps

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

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

COACHES / MEET DIRECTORS ...Please send schedule information to: CT&RN, 4957 E. Heaton, Fresno, CA 93727. Thank you!

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SoCAL DIARY

By BILL MINARIK

1991 SoCal Track & Field Preview

PAC-10 Men:

The Oregon Ducks have far too much depth for the rest of the field and should easily repeat as champion. Arizona has improved enough to move into the place position, while UCLA slightly weaker than last year, should still have enough strength for 3rd.

- | | |
|-------------------|------------------|
| 1. Oregon | 6. Washington |
| 2. Arizona | 7. Stanford |
| 3. UCLA | 8. USC |
| 4. Washington St. | 9. Arizona State |
| 5. Cal Berkeley | |

PAC-10 Women:

UCLA will have their best shot at a national championship in the history of their program with the addition of Dawn Dumble, Melissa Weis, and Candy Roberts to a weight corps which includes double NCAA champ Tracy Millett; the Bruins have potentially the strongest throwing team in women's inter-collegiate history. And with a coaching wizard the caliber of Art Venegas, it is highly probable they will realize that potential. I'll pick a stronger Arizona St. team over a weaker Oregon team for 2nd.

- | | |
|------------------|---------------------|
| 1. UCLA | 6. USC |
| 2. Arizona State | 7. Stanford |
| 3. Oregon | 8. Washington State |
| 4. Washington | 9. Arizona |
| 5. Cal | |

Big West Women:

Fresno State should, again, stand alone atop a Conference which usually sees the rest of the teams breaking each other up.

- | | |
|-------------------|-------------------------------------|
| 1. Fresno State | 6. UNLV |
| 2. UC Irvine | 7. C/S Fullerton |
| 3. Utah St. | 8. New Mexico St. |
| 4. C/S Long Beach | 9. Utah St. (If they field a team.) |
| 5. UCSB | |

Big West Women:

UC Irvine has an awesome distance crew but UNLV is even more awesome in the short distance and field events. Since there are more of those events, I'll go with the Runnin' Rebels.

- | | |
|--------------------|-------------------|
| 1. UNLV | 5. C/S Long Beach |
| 2. UC Irvine | 6. UCSB |
| 3. San Diego State | 7. C/S Fullerton |
| 4. Fresno State | |

PCAA Men:

There is fairly good balance here, but CPSLO is still the team to beat.

- | | |
|--------------------|--------------------|
| 1. CPSLO | 4. C/S Bakersfield |
| 2. CSLA | 5. UC Riverside |
| 3. Cal Poly Pomona | |

PCAA Women:

CPSLO is in a class by itself here.

- | | |
|--------------------|--------------------|
| 1. CPSLO | 4. Cal Poly Pomona |
| 2. CSLA | 5. UC Riverside |
| 3. C/S Bakersfield | |

SCIAC Men:

Oxy looks like it's on the verge of returning to it's glory days, and should make short work of it's Conference opponents.

- | | |
|-------------------|-------------|
| 1. Oxy | 5. CalTech |
| 2. Claremont-Mudd | 6. Whittier |
| 3. Redlands | 7. LaVerne |
| 4. Pomona-Pitzer | |

SCIAC Women:

The Oxy women, likewise, are clearly the team to beat in an otherwise well balanced conference.

- | | |
|-------------------|-------------|
| 1. Oxy | 5. Whittier |
| 2. Pomona-Pitzer | 6. Cal Tech |
| 3. Claremont-Mudd | 7. La Verne |
| 4. Redland | |

NAIA Men:

Even though Azusa was upset at the national championships last year, they should still have enough tradition going to hold off a very strong Point Loma. After that it's up for grabs.

- | | |
|-------------------|------------------|
| 1. Azusa Pacific | 5. Biola |
| 2. Point Loma | 6. Westmont |
| 3. Cal Lutheran | 7. Christ Irvine |
| 4. Fresno Pacific | 8. Southern Cal. |

NAIA Women:

Point Loma knocked off Azusa last year and should be able to pull it off again. Westmont could be third based on their large successful cross country squad.

- | | |
|-----------------|-------------------|
| 1. Point Loma | 5. Biola |
| 2. Azusa | 6. Fresno Pacific |
| 3. Westmont | 7. Southern Cal |
| 4. Cal Lutheran | 8. Christ Irvine |

Community College Men:

With their distance punch added to their traditionally potent sprint and field crew, Long Beach CC is clearly the team to beat with Mt. SAC solidly in the place position.

- | | |
|------------------|----------------|
| 1. Long Beach CC | 4. Riverside |
| 2. Mt. SAC | 5. Bakersfield |
| 3. El Camino | |

Community College Women:

Mt. SAC will have too much field strength for Conference rival El Camino and should be on top by seasons end.

- | | |
|------------------|-------------------|
| 1. Mt. SAC | 4. San Diego Mesa |
| 2. El Camino | 5. Moorpark |
| 3. Long Beach CC | |

**IF YOU ARE
MOVING...**

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

Thank you!

California Track and Cross Country COACHES ALLIANCE

1990-91 Membership Update:

In its second year, the California Track and Cross Country Coaches Alliance continues to expand its scope and involvement in the improvement of our two sports within the state.

Why Should I Join The Coaches Alliance?

The California Track and Cross Country Coaches Alliance is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

Provides a unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns.

Last year the Coaches Alliance was directly involved in helping to create a change in the State Cross Country meet format from three divisions to four.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the Coaches Alliance sponsored clinics in San Francisco and San Diego for California coaches in the month of January.

What Do I Receive For My Membership?

- ✓ Coaches Alliance members will receive monthly editions of *California Track and Running News*, the official publication of the Alliance. Each month members will be kept current with happenings around the state in the Coaches Alliance section of the magazine. Both cross country and track will be covered.
- ✓ Coaches Alliance meetings organized around the state meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.
- ✓ Discounts at the Coaches Alliance sanctioned clinics held in different locations throughout the state. These clinics are:
 1. San Joaquin Coach of the Year Clinic in Fresno.
 2. California Track and Cross Country Coaches Alliance Clinic in San Francisco.
- ✓ Participation in the Reebok Coaches Clinic (co-sponsored by the Coaches Alliance) to be held on the Saturday morning of the California State Track Meet weekend.
- ✓ \$50.00 off on a coach's registration fee at Skyjumpers Vaulting Camps, 1990-1991. Camp good for coaching certification.

If you would like to join, please fill out the following: (Please Print)

Name: _____

School: _____ Section: _____

Address: _____

City: _____ Zip: _____

Phone: Home (____) _____ School (____) _____

Dues for 1990/91 year (Tax Deductible) **\$25.00** Make out to Coaches Alliance

Send To: Dennis McClanahan-Treasurer, Mt. Carmel High School
9550 Carmel Mt. Road, San Diego, Ca. 92128

PREP NOTES

By KEITH CONNING

● U.S. World Cross Country Team Trials

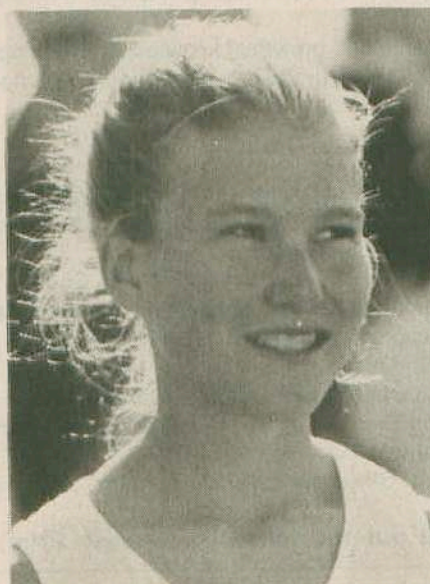
Seminole Golf Course, Tallahassee, Florida--Melody Fairchild (Attitude TC/Boulder HS, Boulder, CO.), the Kinney National cross country champion in 16:39, won the Junior women's 4,000 meter race in 14:06. Pam Hunt (Cornell University) placed second in 14:23, Celeste Susnis (University of Tennessee) was third in 14:44, and Megan Thompson (University of Tennessee) was fourth in 14:46.

Deena Drossin (Unat./Agoura HS), sixth in the Kinney National in 17:53, placed fifth in 14:47. Michelle Lafieur (Unat.) was the sixth and last qualifier for the team in 14:48.

Becky Spies (Livermore), who trailed Drossin by 1:08 at the Kinney Western, made a comeback by placing seventh in 15:05, only

eighteen seconds behind Drossin. Spies, who lead the first mile, will be an alternate on the team. Leanne Burke (Randolph HS, Randolph, MA), fourth in the Kinney National in 17:44, was eighth in 15:11. Deresa Walters (East HS, Rochester, NY), eighth in the Kinney National in 18:03, was ninth in 15:11.

There were only sixteen women in the race.



MELODY FAIRCHILD

Fine Flicks by Don Gosney

● Harold Rucker (Silver Creek HS, San Jose '86) Hit By Hammer

February 6. Univ. of Calif., Berkeley--Senior Harold Rucker (Cal), who was the fourth leading high school triple jumper in the country in 1986 at 50-11 1/2, was accidentally hit in the head by a 16-pound hammer during practice.

He underwent emergency surgery to relieve a skull stress fracture.

As of this writing he remains in a coma at Highland Hospital in Oakland.

● Oakland Invitational Features Zundra Feagin vs Marion Jones

The Oakland Invitational to be held on April 6 at the Univ. of Calif., Berkeley will feature a girls 100 meter race between the two fastest high school girls in the country.

Zundra Feagin (Cocoa, Florida) won the TAC



MARION JONES

Fine Flicks by Don Gosney

Junior 100 meters in 11.35 in Fresno on June 30.

Marion Jones (Rio Mesa, Oxnard) won the California State Meet 100 meters and had a best time of 11.62 in heat one of the State Meet.

● Results Wanted

Please send Northern and Central California track and field results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702 or to Keith Conning, Berkeley High School, 2246 Milvia Street, Berkeley, CA 94704.

Send Southern California results to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.



American Heart Association



PREP NOTES

1991 Prep Track & Field Preview

Northern and
Central California

Compiled by Keith Conning

This list includes the top 10 performers returning from the 1990 season in each event. Also included are the 1990 Section and State Meet results for most Northern and Central California athletes that will return this year.

Symbols: * = junior, ** = sophomore, *** = freshman, ? = high school unknown because the athlete was in junior high school in 1990.

Boys

100 Meters

10.82	Adrian Sykes (Bullard, Fresno)
10.86	Maurice Johnson (Leland, San Jose)
10.87	Charles Jones (Lemoore)
10.87	Jacobbi Williams (Antioch)
10.90	Damon Butler (Tulare)
10.94	*Johnny DeFro (Tulare)
10.94	*Frank Madu (McAteer, S.F.)
11.00	**Marques Holiwell (? , Bakersfield)
11.01	Marcus Dupress (Davis, Modesto)
11.01	Steve Millar (Northgate, Walnut Creek)
11.01	Derrick Riley (Fairfield)

1990 Section 100m Results

Central: 2. Butler 10.51w; North Coast: 2. Williams 10.87, 3. Millar 11.11, 4. Marlon Smiley (Benicia) 11.15; Sac-Joaquin: 2. Riley 11.05.

1990 State Meet 100m Results

Heat 1: 6. Millar 11.09; Heat 2: 5. Smiley 11.14; Heat 3: 4. Williams 10.94; Heat 5: 5. Butler 10.90.

200 Meters

21.91	Damon Butler (Tulare)
22.03	Derrick Riley (Fairfield)
22.08	*Cliff Young (Fresno)
22.15	Steve Millar (Northgate, Walnut Creek)
22.21	**Anthony Volson (Merced)
22.31	Adrian Sykes (Bullard, Fresno)
22.31	*Derrick Shepard (Lincoln, S.F.)
22.32	Marlon Smiley (Benicia)
22.36	*Frank Madu (McAteer, S.F.)
22.41	*Albert Arteaga (Watsonville)

Section 200m Results

Central: 2. Butler 21.78w; North Coast: 2. Millar 22.40; Sac-Joaquin: 2. Riley 22.27, 3. Volson 22.43.

State Meet 200m Results

Heat 2: 6. Volson 22.84; Heat 4: 2. Millar 22.15, 3. Butler 22.17, Riley did not run.

400 Meters

47.58	*Derrick Shepard (Lincoln, S.F.)
48.69	Larry Evans (Vallejo)
48.71	Alex Bynoe (Gunn, Palo Alto)
49.32	Lashawn Daniels (East, Manteca)
49.35	T. D'Agostini (Amador)
49.52	Mark Packett (Redwood, Larkspur)
49.73	Cornel West (Christian Brothers, Sacto)

49.6	*Clifton Young (Fresno)
49.88	Derrick Hentz (Castroville, Belmont)
49.99	Jermaine Ogans (Tulare)

Section 400m Results

Central: 1. Ogans 49.99, 2. Young 50.52, 3. Carlos Marquez (Central, Fresno) 50.60; Central Coast: 2. Bynoe 48.71; Oakland: 1. Durrell James (Oakland) 51.25; Sac-Joaquin: 2. Daniels 49.32; San Francisco: 1. Shepard 50.68.

State Meet 400m Results

Heat 1: 6. Ogans 50.54, 7. Young 51.23; Heat 2: 5. Daniels 50.52, 7. Marquez 51.54; Heat 3: 1. Shepard 48.37, 6. Bynoe 50.78; Heat 4: 7. James 51.87; Final: Shepard disqualified for interfering with runner in lane nine.

800 Meters

1:54.43	Dutch Yerton (Eureka)
1:54.44	Robert Price (El Cerrito)
1:54.6	Jason West (College Park, Pleasant Hills)
1:56.0	Destah Owens (Bellamine, San Jose)
1:56.30	Mike Taylor (San Mateo)
1:56.61	*Mike Katri (Fortuna)
1:56.70	Shawn Wattles (San Ramon, Danville)
1:56.9	Alex Bynoe (Gunn, Palo Alto)
1:56.98	Eric Elwess (Downey, Modesto)
1:57.29	**Brian Wilkinson (Merced)

Section 800m Results

North Coast: 3. Yerton 1:54.43, 4. Price 1:54.44; Sac-Joaquin: 3. Elwess 1:56.98.

State Meet 800m Results

Heat 1: Price 1:55.59; Heat 2: 3. Yerton 1:55.09; Heat 3: 5. Elwess 1:58.01; Heat 4: 7. Nick Collins (Castlemont, Oakland) 2:09.31.

1600 Meters

4:14.38	Richard Boulet (Drake, San Anselmo)
4:15.00	Steve Guerrini (Santa Rosa)
4:18.70	Jose Santiago (Madera)
4:21.26	*Austin Matulonis (Oakridge, El D Hills)
4:22.75	Dan Stoll (College Park, Pleasant Hill)
4:22.8	*Jeff Arnold (York, Monterey)
4:23.44	Ryan Adams (Fairfield)
4:24.28	Pascual Morales (Washington, Easton)
4:25.8	Aaron Kamp (San Lorenzo Valley, Felton)
4:26.2	*Willie Clark (St. Francis, Mt. View)

Section 1600m Results

Central: 3. Santiago 4:23.79; North Coast: 2. Boulet 4:19.15, 3. Guerrini 4:19.67; Oakland: 1. David Sandles (Castlemont, Oakland) 4:36.36; Sac-Joaquin: 3. Matulonis 4:21.26.

State Meet 1600m Results

Heat 1: 6. Guerrini 4:15.00, 9. Santiago 4:18.70, 12. Matulonis 4:24.92; Heat 2: 6. Boulet 4:14.38, 13. Sandles 4:30.15.

3200 Meters

9:16.82	Chris Dawson (Shasta, Redding)
9:27.59	Brian Singleton (Bret Harte, Altaville)
9:28.2	Scott Downs (Leigh, San Jose)
9:30.32	*David Monk (Fairfield)
9:30.70	Robert Cardenas (Sanger)
9:31.00	**J.G. Ochoa (Corcoran)
9:31.50	Jose Santiago (Madera)
9:32.2	James Joyner (Gunderson, San Jose)
9:34.4	Ryan Adams (Fairfield)
9:36.01	Pascual Morales (Washington, Easton)

Section 3200m Results

Central: 1. Cardenas 9:37.91, 2. Jose Trujillo (Golden West, Visalia) 9:38.93, 3. Morales 9:39.08; Northern: 1. Dawson 9:45.96; Oakland: 1. David Sandles (Castlemont, Oakland) 10:25.20; Sac-Joaquin: 1. Singleton 9:27.59.

State Meet 3200m Results

Final: 13. Dawson 9:16.82, 17. Cardenas 9:30.70, 18. Singleton 9:32.16, 22. Morales 9:36.01, 24. Trujillo 9:49.24, 26. Sandles 10:02.98.

110 Meter High Hurdles

14.32	Irwin Lincoln (DeAnza, Richmond)
14.49	Isaac Carson (Jefferson, Daly City)
15.02	*Terry Fulton (Mt. Pleasant, San Jose)
15.04	Ryan Renz (West, Bakersfield)
15.04	Robert Scott (Logan, Union City)
15.09	*Wally Marks (McLane, Fresno)
15.16	Darrel Miles (DeAnza, Richmond)
15.20	Brett Hartley (Montgomery, Santa Rosa)
15.26	Kendall Hoggatt (Hoover, Fresno)

Section 110m High Hurdles Results

Central: 3. Marks 14.84w; Central Coast: 2. Carson 14.75; North Coast: 2. Lincoln 14.32; Oakland: 1. Abu Wilson (McClymonds, Oakland) 15.63; San Francisco: 1. Corey Settles (Lowell, S.F.) 15.78.

State Meet 110m High Hurdles Results

Heat 2: 6. Marks 15.09; Heat 3: 5. Wilson 16.04; Heat 4: 2. Carson 14.49, 3. Lincoln 14.55, 7. Settles 16.84; Final: 2. Carson 14.50, 4. Lincoln 14.65.

Note: Irwin Lincoln has signed with USC in football and is reportedly having a knee operation, which may keep him out of track this season.

300 Meter Intermediate Hurdles

38.43	Robert Scott (Logan, Union City)
38.43	*Chris Redmond (Vallejo)
38.81	Irwin Lincoln (DeAnza, Richmond)
38.97	Isaac Carson (Jefferson, Daly City)
39.0	Pat Denofrio (Dixon)
39.30	*Terry Fulton (Mt. Pleasant, San Jose)
39.31	*Wally Marks (McLane, Fresno)
39.4	Jermund Smith (Redwood, Visalia)
39.67	Abu Wilson (McClymonds, Oakland)
39.74	Jed Boulton (Porterville)

Section 300m Intermediate Hurdles Results

North Coast: 1. Scott 38.43; Oakland: 1. Wilson 40.13; San Francisco: 1. Corey Settles (Lowell, S.F.) 41.0.

State Meet 300m Intermediate Hurdles Results

Heat 1: 6. Wilson 39.67; Heat 3: 3. Scott 38.90, 7. Raoul Medrano (Madera) 41.03.

High Jump

6-11	Tim Rucks (Milpitas)
6-9 3/4	David Bass (Chowchilla)
6-7 1/2	Greg Burk (McFarland)
6-6	Jeremy McCaslin (Red Bluff)
6-6	Mike Jamison (Oakmont, Roseville)
6-6	*Griffin Childers (Woodland)
6-6	*Gerald Walker (Hayward)
6-4	Shullum Cunningham (Madera)
6-4	Jimmy Moore (Lemoore)
6-4	*Calvin Haynes (Western, Tulare)
6-4	Derek Oral (Yuba City)
6-4	Dub McCreary (Atwater)
6-4	*Andre Harrison (Wasco)
6-4	Corey Settles (Lowell, S.F.)

continued next page...

California Track and Cross Country Coaches Alliance

PREP NOTES

25.74, 6. Davis 26.23; Heat 2: 2. Jackson 24.74, 5. Baldwin 25.64, 7. Phillips 26.47; Heat 3: 2. Johns 24.88, 4. Parker 25.98, 5. Parish 26.06, 6. Bradshaw 26.65; Heat 4: 5. Holmes 25.60, McClendon did not finish; Final: 5. Johns 24.68, 7. Jackson 24.75.

400 Meters

53.89 *Janica Nichols (Bakersfield)
55.65 **Tiquisa Hodnett (? Sacto)
56.1 Nicole Teter (West Valley, Cottonwood)
57.49 *Maya Greene (Bishop O'Dowd, Oakland)
57.5 *Tanisha Johns (Burbank, Sacto)
57.72 Tiffany Johnson (Kennedy, Richmond)
57.6 **Sarah-Tyah Wilson (Berkeley)
57.83 ***Kristie Johnston (? Fresno)
57.92 Lanecia Strom (Silver Creek, San Jose)
57.92 Stacey Johnson (Antioch)

Section 400m Results

Central: 1. Nichols 56.50; North Coast: 2. T. Johnson 57.72, 3. S. Johnson 57.92, 4. Wilson 58.27; Oakland 1. *Chaa'ka Montgomery (Oakland) 61.79; Sac-Joaquin: 2. Sheree Purdue (Valley, Sacto) 58.74, 3. Keetha Brown (Merced) 58.78.

State Meet 400m Results

Heat 1: 5. S. Johnson 59.32; Heat 2: 4. T. Johnson 58.50, 7. Purdue 59.70; Heat 3: 6. Brown 59.20, 7. *Heather Meidinger (Lowell, San Francisco) 62.00; Heat 4: 1. Nichols 55.30, 5. Wilson 61.70, Montgomery disqualified for five steps on the line; Final: 1. Nichols 53.89.

800 Meters

2:09.6 Becky Spies (Livermore)
2:10.27 Nicole Teter (West Valley, Cottonwood)
2:11.50 **Celeste Buchanan (Mitty, San Jose)
2:13.45 Trina Bindel (Eureka)
2:15.22 *Janet Ekstrom (Newark Mem., Newark)
2:15.70 *Kerri Woolheater (Casa Gr., Petaluma)
2:15.78 Emily Chilton (Golden Sierra, Garden Vly)
2:16.14 ***Kristie Johnston (? Fresno)
2:16.15 Jennifer Hamel (Merced)
2:16.25 *Aimee Cohan (Salinas)

Section 800m Results

Central: 2. *Lori Miller (North, Bakersfield) 2:20.4, 3. *Sarah Grogg (Clovis West, Fresno) 2:21.0; Central Coast: 2. Buchanan 2:15.95, 3. Cohan 2:16.25; North Coast: 1. Bindel 2:14.52, 2. Ekstrom 2:15.22, 3. Woolheater 2:15.70; Northern: 1. Teter 2:19.12; Oakland: 1. *Amal Alemlil (Oakland) 2:35.48; Sac-Joaquin: 1. Chilton 2:15.78.

State Meet 800m Results

Heat 1: 1. Teter 2:13.08, 3. Bindel 2:14.34, 7. Alemlil 2:38.34; Heat 2: 1. Ekstrom 2:15.86, 2. Miller 2:16.73, 4. Hamel 2:17.13; Heat 3: 3. Buchanan 2:15.99, 4. Chilton 2:16.89, 5. Grogg 2:18.47, 6. Woolheater 2:20.20; Heat 4: 3. Cohan 2:17.30; Final: 2. Teter 2:10.27, 3. Buchanan 2:11.50, 6. Bindel 2:13.45, 9. Ekstrom 2:18.77.

1600 Meters

4:48.74 Becky Spies (Livermore)
4:59.81 Melissa Freeberg (Calif., San Ramon)
5:00.57 Sarah Riley (Campolindo, Moraga)
5:00.72 *Amy Davidson (Bret Harte, Altaville)
5:03.93 Melanie Spent (Miss San Jose, Fremont)
5:05.38 Jennifer Hamel (Merced)
5:06.3c *Kate Sweeney (Leigh, San Jose)
5:07.75 *Lori Miller (North, Bakersfield)
5:08.88 **Cybelle McFadden (St. Francis, Sacto)
5:09.93 Elice Patterson (Castro Valley)

Section 1600m Results

Central: 3. Miller 5:13.64; Central Coast: 2. Martha Luna (Watsonville) 5:12.8, 3. Jenni Keil (San Lorenzo Valley, Felton) 5:13.4; North Coast: 1. Spies 4:57.27, 2. Freeberg 4:59.81, 3. Riley 5:00.57, 4. Spent

5:03.93; Oakland: 1. Aziza Said (Oakland) 5:48.39; Sac-Joaquin: 1. Hamel 5:05.38, 2. Davidson 5:06.08, 3. McFadden; San Francisco: 1. Lisa Lopez (Balboa, S.F.) 5:18.10.

State Meet 1600m Results

Heat 1: 4. Freeberg 5:04.95, 5. Spent 5:09.49, 6. Luna 5:10.68, 8. **Cindy Franco (Delano) 5:13.55, 11. Keil 5:22.78, 12. McFadden 5:23.60; Heat 2: 1. Spies 5:00.41, 5. Davidson 5:03.13, 6. Riley 5:03.22, 10. Lopez 5:15.21, 12. Hamel 5:23.95, 14. Said 5:53.20; Final: 1. Spies 4:48.74, 7. Davidson 5:00.72, 8. Riley 5:05.34.



JANICE NICHOLS

Fine Flicks by Don Gosney

3200 Meters

10:31.7c Becky Spies (Livermore)
10:43.94 Jennifer Owens (So. Lake Tahoe)
10:51.9 *Kate Sweeney (Leigh, San Jose)
10:56.1 *Krissy Look (Shasta, Redding)
10:58.58 Niamh Zwagerman (Tamalpais, Mill Vly)
11:01.00 Elice Patterson (Castro Valley)
11:05.08 Sarah Riley (Campolindo, Moraga)
11:06.6 *Rhonda Mazza (Santa Rosa)
11:09.3 *Diana Harlick (Mills, Millbrae)
11:11.17 **Cybelle McFadden (St. Francis, Sacto)

Section 3200m Results

Central: 2. *Maurita DeLaTorre (Roosevelt, Fresno) 11:21.43, 3. Judy Petty (Golden West, Visalia) 11:43.05; Central Coast: 1. Sweeney 10:51.9, 3. Harlick 11:09.3; North Coast: 1. Spies 10:52.20, 2. Zwagerman 10:58.58, 3. Patterson 11:01.00; Northern: 1. Look 11:14.50; Oakland: 1. Aziza Said (Oakland) 12:54.26; Sac-Joaquin: 2. McFadden 11:19.45.

State Meet 3200m Results

Final: 5. Spies 10:56.19, 8. Zwagerman 11:03.19, 10. Patterson 11:09.40, 12. Sweeney 11:10.97, 13. McFad-

den 11:11.17, 16. Look 11:15.37, 17. Petty 11:15.60, 19. DeLaTorre 11:27.64, 21. Harlock 11:37.63, 26. Said 12:31.52.

100 Meter Low Hurdles

13.99 Tanya Smith (Cordova, Rancho Cordova)
14.17 *Kam Warner (West, Bakersfield)
14.30 Keri Sanchez (Santa Teresa, San Jose)
14.35 *Tanya Lazar-Lea (McAteer, S.F.)
14.52 *Michelle Johnson (Vacaville)
14.83 Christy Boyd (Foothill, Pleasanton)
14.88 *Kerri Gabrielson (Mont Vista, Cupertino)
14.92 *Kayla Montgomery (Clovis West, Clovis)
14.96 Karis Gardner (Sierra, Tollhouse)
14.96 *Ashley Scharff (San Ramon, Danville)

Section 100m Low Hurdles Results

Central: 1. Warner 14.51, 2. Montgomery 14.92, 3. Gardner 14.96; Central Coast: 1. Sanchez, 3. Gabrielson 14.88; North Coast: 2. Boyd 14.83, 3. Scharff 14.96, 4. Stephanie Hanf (Ygnacio Valley, Concord) 14.97; Northern: 1. *Erin McClung (Fall River, McArthur) 15.64; Sac-Joaquin: 2. Smith 14.1, 3. Johnson 14.6; San Francisco: 1. Lazar-Lea 14.50.

State Meet 100m Low Hurdles Results

Heat 1: 1. Warner 14.27, 3. Lazar-Lea 14.35, 5. Hanf 15.22, 7. Gabrielson 15.77; Heat 2: 3. Sanchez 14.30, 5. Scharff 15.53, 6. Montgomery 15.54, 7. McClung 15.84; Heat 3: 3. Johnson 14.59, 5. Boyd 15.48, 6. Gardner 15.57; Final: 3. Smith 13.99, 4. Warner 14.17, 7. Sanchez 14.57, 8. Lazar-Lea 14.62.

300m Intermediate Hurdles

42.4 Tanya Smith (Cordova, Rancho Cordova)
43.44 Keri Sanchez (Santa Teresa, San Jose)
44.72 Hanneke Jamieson (Fremont, Sunnyvale)
44.83 Christy Boyd (Foothill, Pleasanton)
45.14 Lori Hokerson (Clayton Valley, Concord)
45.1 *Lashaunda Crummie (Hogan, Vallejo)
45.58c Alim Udoffia (Leland, S. Jose) (45.84y)
45.62 *Tanya Lazar-Lea (McAteer, S.F.)
45.4 Trina Bindel (Eureka)
45.68 *Julie Jenkins (San Ramon, Danville)

Section 300m Intermediate Hurdles Results

Central: 3. *Danielle Harris (South, Bakersfield) 47.36; Central Coast: 1. Sanchez 43.44, 3. Jamieson 44.72; North Coast: 1. Hokerson 45.14, 2. Boyd 45.40, 3. Jenkins 46.14; Northern: 1. Alicia Mercer (Pleasant Valley, Chico) 46.03; Oakland: 1. Jeanetta Mack (Oakland) 49.33; Sac-Joaquin: 1. Smith 43.46; San Francisco: 1. Lazar-Lea 45.6.

State Meet 300m Intermediate Hurdles Results

Heat 1: 3. Boyd 44.84, 7. Mercer 47.96; Heat 2: 3. Hokerson 45.61, 6. Mack 51.84; Heat 3: 2. Sanchez 43.68, 7. Harris 49.27; Heat 4: 1. Smith 43.96, 4. Jenkins 45.68, 5. Jamieson 46.32; Final: 5. Smith 43.49, 6. Sanchez 43.80.

High Jump

5-9 1/2 Chi Johnson (Menlo-Atherton, Atherton)
5-8 Tanya Smith (Cordova, Rancho Cordova)
5-7 Tiffany Salmon (Live Oak, Morgan Hill)
5-7 Trina Bindel (Eureka)
5-7 *Tanya Lazar-Lea (McAteer, S.F.)
5-6 *Shannon Derr (St. Vincent, Petaluma)
5-6 Karis Gardner (Sierra, Tollhouse)
5-6 *Julie Jenkins (San Ramon, Danville)
5-5 *Janea Oliveira (Lemoore)
5-4 Diane Korbel (Mitty, San Jose)
5-4 *Michelle Johnson (Vacaville)
5-4 **Rana Haughland (Sanger)
5-4 **Reischea Candidate (Clovis W., Clovis)
5-4 Terri Pruitt (West Valley, Cottonwood)
5-4 Heather Anderson (Clovis)
5-4 **Janine Nowell (Clovis)

continued next page...

PREP NOTES

- 6-4 *Clayton Zeidler (Bellarmine, San Jose)
6-4 Brian Hadgens (Ponderosa, Shingle Springs)
6-4 Kedric Herron (South, Bakersfield)

Section High Jump Results

Central: 2. Bass 6-8; Central Coast: 2. Rucks 6-6; North Coast: 1. Walker 6-4; Northern: 1. McCaslin 6-2; Sac-Joaquin: 2. Hadgens 6-4, 3. Jamison 6-4; San Francisco: 1. Settles 6-4.

State Meet High Jump Results

Trials: Bass and Rucks 6-7, McCaslin, Settles, Jamison, and Walker 6-4, Hadgens 6-2. Finals: 4. Rucks 6-11, 8. Bass 6-6.

Pole Vault

- 15-9 Matt McCauley (NewUnion Grass Valley)
15-7 David Cox (Hoover, Fresno)
15-0 Darren Fraley (Lemoore)
14-9 P.J. Chadwick (Woodland)
14-8 Amit Barken (Hillsdale, San Mateo)
14-6 Steve Abvan (Modesto)
14-0 Ryan Peterson (Del Mar, San Jose)
13-6 Robert Rusconi (Tranquility)
13-6 Yutaka DeSilva (St. Francis, Mt. View)
13-6 Stein (El Camino, Sacramento)

Section Pole Vault Results

Central: 1. Cox 15-0, 2. Fraley 15-0; Sac-Joaquin: 1. McCauley 15-9. State Meet Pole Vault Results

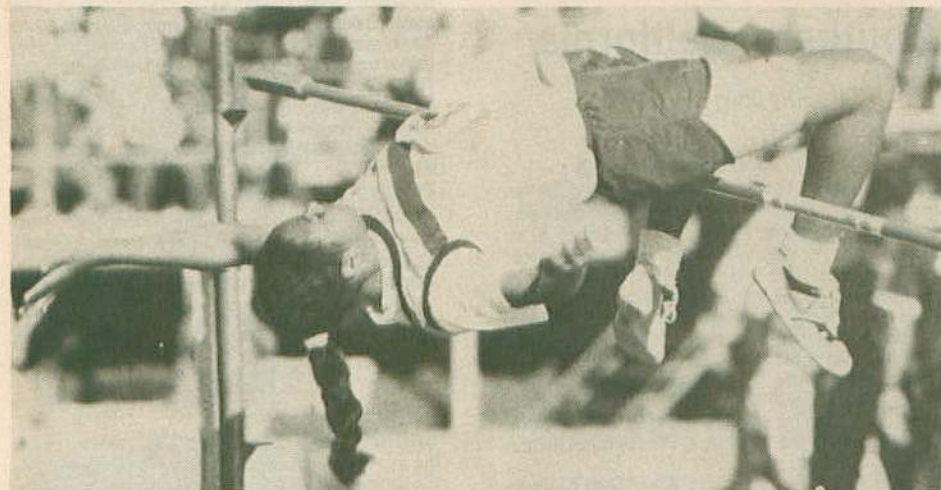
Trials: McCauley 14-0, Fraley 13-8, Cox No Height.

Long Jump

- 22-10 1/4 LaRon Wilson (Washington, Easton)
22-7 *Tom D'Agostini (Amador, Sutter Crk)
22-5 3/4 Damon Boddie (Cordova, Rancho Cord)
22-5 1/2 *A. Groom (Oakdale)
22-4 1/2 *James Kidd (Elk Grove)
22-4 Kendall Hoggett (Hoover, Fresno)
22-3 1/2 *Calvin Haynes (Western, Tulare)
22-3 1/2 Rocky Eckford (Roseville)
22-2 1/4 Littlefield (Roseville)
22-1 1/2 Ian Hatada (Casa Roble, Orangevale)

Section Long Jump Results

Central: 2. Wilson 23-3w; Sac-Joaquin: 1. D'Agostini 22-5, 2. Boddie 21-9; San Francisco: 1. *Frank Madu (McAtee, S.F.) 21-10 1/2.



State Meet Long Jump Results

Trials: Boddie 22-5 3/4, D'Agostini 22-2 1/4, Wilson 21-10, Madu 21-2 1/4.

Triple Jump

- 48-8 1/2 *Offord Rollins (Wasco)
46-10 *Leonard Haywood (St. Mary's, Berk)
46-6 *Oscar Anthony (Bakersfield)
45-9 *Diamond Green (Fairfield)
45-7 Bonner Cunnings (Yosemite, Oakhurst)
45-4 Greg Burk (McFarland)
45-2 Andre Harrison (Wasco)
45-2 Steve Jones (*Tennyson)
45-1 1/2 *Asmani Toomer (DeLaSalle, Concord)
45-1 Rocky Eckford (Roseville)

Section Triple Jump Results

Central: 1. Rollins 48-7 1/2w; North Coast: 3. Haywood 46-0 3/4; Sac-Joaquin: 2. Green 45-9.

State Meet Triple Jump Results

Trials: 4. Rollins 48-2 1/2, Haywood 46-10, Green 45-7 1/2; Final: 2. Rollins 48-8 1/2.

Shot Put

- 57-1 1/2 Matt Loggins (Moreau, Hayward)
56-1 1/2 Aaron Thurmond (Riverbank)
56-1 Scott Gardner (Lincoln, San Jose)
55-10 Bruce Ventura (Yerba Buena, San Jose)
55-10 Frank Fillipone (Oak Grove, San Jose)
55-8 Bobby Towle (Piedmont Hills, San Jose)
55-3 1/2 Kevin Thomas (West, Bakersfield)
55-2 3/4 Jim Freeland (Amador Vly, Pleasanton)
55-1 1/2 Richard Reyna (South, Bakersfield)
53-7 3/4 Renato Grizelj (Hillsdale)

Section Shot Put Results

Central Coast: 2. Gardner 56-1; North Coast: 1. Loggins 56-5, 3. Freeland 52-6, 4. Corey Asbell (Monte Vista, Danville) 52-0 3/4; Oakland: 1. Ramone Cooper (Castlemont, Oakland) 52-2; Sac-Joaquin: 1. Thurmond 56-1 1/2.

State Meet Shot Put Results

Trials: 8. Loggins 55-5 1/2, 9. Thurmond 55-1, Gardner 53-8 1/2, Freeland 50-2 1/4, Asbell 49-9, Cooper 49-8; Final: 6. Loggins 55-4 1/2, 9. Thurmond 51-10.

Discus

- 182-5 *Jeff Buckley (Bakersfield)
178-8 Jim Freeland (Amador Vly, Pleasanton)
178-1 *Pete Swanson (Hollister)
174-2 Kevin Thomas (West, Bakersfield)

- 172-7 Teddy Bruschi (Roseville)
162-3 Frank Fillipone (Oak Grove, San Jose)
161-3 Damon Felice (Palma, Salinas)
160-7 Bruce Ventura (Yerba Buena, San Jose)
159-8 Jeff Blakefield (St. Patrick's, Vallejo)
159-2 *Jason Dossey (Serra, San Mateo)

Section Discus Results

Central Coast: 2. Swanson 178-1; North Coast: 2. Freeland 173-6, 4. Tobin Spohr (Lower Lake) 154-8; Sac-Joaquin: 1. Bruschi 162-11, 2. Blakefield 159-8.

State Meet Discus Results

Trials: 6. Freeland 178-8, Bruschi 172-7, Swanson 164-4, Blakefield 151-7; Final: 9. Freeland 175-8.

Girls

100 Meters

- 12.01 *Tanisha Johns (Burbank, Sacto)
12.09 *Lesa Parker (Bishop O'Dowd, Oakland)
12.12 *Tike Jackson (Bakersfield)
12.21 *Michelle Ferguson (Independ., San Jose)
12.30 **Tiquisa Hodnett (? , Sacramento)
12.37 Kesha Criswell (Fresno)
12.38 **Charlene Baldwin (Logan, Union City)
12.43 Aisha Tanner (Holy Names, Oakland)
12.44 Andrea Holmes (Albany to Berkeley)
12.48 Liz Williams (Madera)
12.48 *Nicole Park (Montgomery, Santa Rosa)

Section 100m Results

Central: 1. Jackson 12.10w, 2. Criswell 12.11w, 3. Nitra Young (Tulare) 12.56; Central Coast: 1. Ferguson 12.44, 2. Lisa Bittner (Leigh, San Jose) 12.62, 3. *Cherise Ellison (Mt. Pleasant, San Jose) 12.67; North Coast: 1. Parker 12.14, 2. Baldwin 12.38, 3. Tanner 12.43, 4. Holmes 12.44; Northern: 1. *Keri Dixon (Pleasant Valley, Chico) 12.96; Oakland: 1. **Nikki McClendon (Castlemont, Oakland) 13.20; Sac-Joaquin: 1. Johns 12.28.

State Meet 100m Results

Heat 1: 2. Johns 12.01, 3. Parker 12.09, 5. Ferguson 12.52, 7. Dixon 12.82; Heat 2: 4. Young 12.56, 5. Baldwin 12.66, 6. Bittner 12.76; Heat 3: 5. Criswell 12.45, 6. Holmes 12.51, 7. Ellison 12.75; Heat 4: 3. Jackson 12.18, 6. Tanner 12.66, 7. McClendon 12.89; Final: 3. Johns 12.05, 6. Jackson 12.12, 8. Parker 12.26. Note: Albany has dropped track. Therefore, Holmes transferred from Albany to Berkeley.

200 Meters

- 24.43 *Janice Nichols (Bakersfield)
24.68 *Tanisha Johns (Burbank, Sacto)
24.74 *Tike Jackson (Bakersfield)
25.13 Kesha Criswell (Fresno)
25.14 *Lesa Parker (Bishop O'Dowd, Oakland)
25.24 **Charlene Baldwin (Logan, Union City)
25.28 **Tiquisa Hodnett (? , Sacramento)
25.50 *Michelle Ferguson (Independ., San Jose)
25.60 Andrea Holmes (Albany to Berkeley)
25.74 Aisha Tanner (Holy Names, Oakland)

Section 200m Results

Central: 1. Jackson 24.78w, 2. Criswell 25.08w; Central Coast: 2. Ferguson 25.33, 3. Rachel Parish (Wilcox, Santa Clara) 25.79; North Coast: 1. Parker 25.14, 2. Baldwin 25.24, 3. Holmes 25.72, 4. Tanner 25.94; Northern: 1. Susan Phillips (Enterprise, Redding) 26.29; Oakland: 1. **Nikki McClendon (Castlemont, Oakland) 27.35; Sac-Joaquin: 1. Johns 24.79, 3. *Tina Davis (Atwater) 26.01; San Francisco: 1. *Diona Bradshaw (Galileo, S.F.) 26.92.

State Meet 200m Results

Heat 1: 3. Criswell 25.17, 4. Ferguson 25.56, 5. Tanner

continued next page...

PREP NOTES

- 5-4 Shanagh Dely (Benicia)
 5-4 Emily Bigge (Independence, San Jose)
 5-4 Amy Chell (Los Altos)

Section High Jump Results

Central: 1. Gardner 5-6, 2. Oliveira 5-5, 3. Anderson 5-4; Central Coast: 1. C. Johnson 5-9 1/2, 2. Salmon 5-4; North Coast: 1. Bindel 5-7, 2. Jenkins 5-6; Northern: 1. Pruitt 5-4, 2. Smith 5-6, 3. Johnson 5-6; San Francisco: 1. Lazar-Lea 5-6.

State Meet High Jump Results

Trials: 1. Lazar-Lea, Bindel and C. Johnson 5-5, 6. Smith 5-5, 7. Oliveira 5-5, Salmon 5-4, Gardner, Jenkins, and M. Johnson 5-3, Anderson (Clovis) 5-2, Pruitt 5-0; Finals: 1. Johnson 5-8, 2. Smith 5-7, 5. Bindel 5-7, 6. Lazar-Lea 5-7, 8. Oliveira 5-4.

Long Jump

- 19-8 Arney Mitchell (Rancho Cot. Rohnert Pk)
 19-0 1/2 Kam Warner (West, Bakersfield)
 18-7 3/4 Keri Sanchez (Santa Teresa, San Jose)
 18-6 1/2 Nitra Young (Tulare)
 18-6 1/2 Angie Scott (Cordova, Rancho Cordova)
 18-4 1/2 Lisa Collett (Lynbrook, San Jose)
 18-3 1/2 Eva Potter (West Valley, Cottonwood)
 18-3 Tashanda Lewis (Mesa Verde, Citrus Hts)
 18-2 Tanel House (Hoover, Fresno)
 17-10 1/4 Shana Ferguson (Washington, S.F.)

Section Long Jump Results

Central: 1. Warner 18-11 1/4, 2. Young 18-6 1/2, 3. House 17-11 1/2w; Central Coast: 1. Sanchez 18-7 3/4, 2. Collett 18-4 1/2, 3. Cherise Ellison (Mt. Pleasant, San Jose) 17-7 3/4; North Coast: 1. Mitchell 19-5 3/4, 2. Darcy Horn (Acalanes, Lafayette) 17-6; Sac-Joaquin: 1. Scott 18-6, 2. Lewis 18-0 3/4; San Francisco: 1. Ferguson 17-10 1/4.

State Meet Long Jump Results

Trials: 2. Mitchell 19-8, 4. Young 18-5 3/4, 5. Warner 18-5 1/2, 7. Collett 18-0 1/2, 8. Sanchez 18-0 1/4, 9. House 17-11, Lewis 17-10 1/4, Ferguson 17-6 1/4, Horn 16-11 1/4, Scott 16-10, Ellison 16-1 1/4; Final: 2. Mitchell 19-3 3/4, 4. Warner 18-4 1/2, 5. Sanchez 17-11 1/4, 6. House 17-9, 7. Collett 17-8 1/2, 9. Young 17-1 1/2.

Triple Jump

- 38-5 1/4 Kam Warner (West, Bakersfield)
 38-4 Tammyra Hawthorne (Cordova, Rancho C)
 38-3 Stefanie Hanf (Ygnacio Vly, Concord)
 38-0 1/2 Keri Sanchez (Santa Teresa, San Jose)
 37-7 1/2 Tanel House (Hoover, Fresno)
 37-7 Kayla Montgomery (Clovis West, Fresno)
 37-0 1/4 Tashanda Lewis (Mesa Verde, Citrus Hts)
 36-11 1/4 Darcy Horn (Acalanes, Lafayette)
 36-10 Sonya Martin (Western, Tulare)
 36-9 Ronette Harrison (Wasco)

Section Triple Jump Results

Central: 1. Warner 38-3 1/4w, 3. Montgomery 37-3 1/2w; Central Coast: 1. Sanchez 38-0 1/2, 2. Nicole Sweet (Mitty, San Jose) 35-7 1/2; North Coast: 3. Hanf 36-8 3/4, 4. Darcy Horn (Acalanes, Lafayette) 36-7 1/4; Northern: 1. Krista Joyner (Chico) 35-5 1/2; Sac-Joaquin: 1. Hawthorne 38-6, 2. Lewis 37-3 3/4, 3. Jessica Renton (Downey, Modesto) 36-5 3/4.

State Meet Triple Jump Results

Trials: 3. Warner 38-5 1/4, 5. Hanf 38-3, 7. Hawthorne 37-11 1/4, Horn 36-11 1/4, Montgomery 36-4 1/2, Lewis 36-3 3/4, Sweet 35-7 1/2, Renton 34-9 3/4, Joyner 34-2 1/4; Final: 3. Hawthorne 38-1 1/2, 6. Warner 37-4 3/4, 9. Hanf 36-2 1/2.

Shot Put

- 43-5 1/2 Mika Hilaire (Pittsburg)
 43-0 Tunisha Huddleston (Merced)
 41-11 Mindy Wirtz (Leland, San Jose)

- 41-6 1/4 Nicole Logan (Novato)
 40-11 Renee Hopkins (Burbank, Sacto)
 40-8 1/2 Laura Molnar (Carlmont, Belmont)
 40-7 1/2 Lisa Stephane (Hoover, Fresno)
 39-5 Kris Bardon (Nevada Union, Grass Vly)
 38-4 Vicki Garcia (Amador Vly, Pleasanton)
 37-9 1/2 Roshelle Stovall (Clovis West, Fresno)

Section Shot Put Results

Central: 3. Stephane 40-7 1/2; Central Coast: 1. Molnar 40-8 1/2, 2. Wirtz 39-5 3/4; North Coast: 1. Hilaire 43-5 1/2, 2. Logan 41-6 1/4, 3. Garcia 37-10 3/4; Sac-Joaquin: 2. Huddleston 40-7, 3. Hopkins 38-11 1/2.

State Meet Shot Put Results

Trials: 4. Hilaire 40-8 1/2, 7. Logan 40-3 1/2, 8. Huddleston 39-8 1/2, 9. Hopkins 39-4, Molnar 38-5, Wirtz 37-11 1/2, Stephane 37-10 1/2, Garcia 35-6 1/2; Final: 6. Hilaire 41-10 1/2, 7. Logan 41-3 1/2, 8. Huddleston 39-9 1/2, 9. Hopkins 38-11.

Discus Throw

- 154-5 Mindy Wirtz (Leland, San Jose)
 151-11 Suzy Powell (Modesto)
 148-7 Jessica Alderman (Miss San Jose, Fremt)
 140-7 Annette Kailihawa (Loretto, Sacto)
 138-4 Vicki Garcia (Amador Vly, Pleasanton)
 135-8 Tanisha Huddleston (Merced)
 129-9 Lisa Stephane (Hoover, Fresno)
 129-9 Michelle Wagner (Lynbrook, San Jose)
 128-0 Laura Molnar (Carlmont, Belmont)
 125-11 Kris Bardon (Nevada Union, Grass Vly)

Section Discus Throw Results

Central Coast: 1. Wirtz 144-1, 3. Wagner 129-9; North Coast: 1. Alderman 140-7, 2. Garcia 138-4, 4. Alicia Jacoboski (Rancho Cotale, Rohnert Park) 118-5; Sac-Joaquin: 2. Huddleston 135-8, 3. Kailihawa 131-11.

State Meet Discus Throw Results

Trials: 3. Wirtz 154-5, 8. Alderman 136-6, Kailihawa 135-2, Huddleston 132-5, Garcia 128-3, Wagner 127-0, Jacoboski 114-9; Final: 4. Wirtz 145-1, 7. Alderman 135-1.

Southern California

By Doug Speck

Women:

Sprints--Marion Jones (Rio Mesa, Oxnard) is the defending State 100 and 200 meter champion and established age-14 national records of 11.62 and 23.70 in those events. Her duels with Inger Miller last year were titanic in nature, with a big April 13th Arcadia Invite showdown scheduled with Zundra Feagin, the *Track & Field News* Prep Athlete of the Year from Cocoa HS in Florida (who Marion defeated in three meetings last year, including Arcadia), and Teresa Foster of Louisiana. Santishia Arnold (Morningside, Inglewood) 11.7-24.25, Latasha McKinney (Monte Vista, Spring Valley) 11.90-24.75, Tamika Bradfield (Dominguez, Compton) 12.03, and Taminika Terry (Muir, Pasadena) 24.48 are other elite dashers.

At 400 Meters Janice Nichols (Bakersfield) 53.89 is the top returnee nationally, with Allison Dring (Mt. Carmel, San Diego) 54.29, and LaShawn Stringer (Morningside, Inglewood) 55.33 among the top ten in the entire country.

Distances--Some new kids on the block will show up over 800 meters, as Kamara Mayberry (Junior HS, Lakewood) 2:10.1 and Shalynn Carr (JHS, La Verne) 2:11.66 recorded their bests shockingly as only eighth graders. Christie Engesser (Ocean View, Huntington Beach) recorded an early 2:12.79 in 1990 before illness struck late in the season, with Sheria Moses (Ramona, Riverside) 2:12.88, and Susan Scott (Mt. Carmel, San Diego) 2:13.92 among the top twenty returnees in the country in this event.

Shelley Taylor (Edison, Huntington Beach) 4:54.44 and Nikki Shaw (Fillmore) 4:59.07 are among the top milers in the nation, with Deena Drossin (Agoura) 4:54.71 the defending State 3200m champion at 10:29.60 (the #2 time back nationally behind Kinney National Cross Country Champion Melody Fairchild of Colorado). Martha Pinto (Katella, Anaheim) 10:42.51 was State runner-up over 3200m, with Erica Sumi (Wilson, Long Beach) 5:00.69-10:56.05, Tanya Brix (University, Irvine) 10:49.17, Kinney National Finals runner-up Jeannie Rothman (Westlake, Westlake Village) 10:50.48, Lucinda Reyes (Lakewood) 10:51.37, and Milena Glusac (Fallbrook) 10:51.52 all among the top twenty prep distance runners nationally.

Hurdles--Twila Sims (Lompoc) is the top 300 meter hurdler in the nation with a 41.76 best, and has clocked 14.55 (14.35w) over the 100 meter 30" barriers. Fine cross country runner Erin Blunt (San Pasqual, Escondido) 14.26-43.10, Elinor Tolson (La Quinta, Westminster) 14.51-44.91, and Shonna Bernard (Nogales, La Puente) 44.7 also return as quality performers.

Jumps--Melissa McDonald (Mater Dei, Santa Ana) is back at a lofty 5-10. Karyn Armstrong (Torrey Pines, Encinitas) 5-7 1/4 and Sarah White (Taft, Woodland Hills) 5-7 return with good marks.

Juliana Yendork (Walnut) can challenge as the best prep female athlete in the nation. Placing 4th in the World Junior Championship in the Long Jump at 21-3 1/4, Juliana has already taken down the best ever legal prep Triple Jump mark with her 42-11 1/2 from the Sunkist Indoors. (Wendy Brown jumped 42-10 1/2 in 1984 for the outdoor legal best). The Walnut senior looks more powerful than ever, with her pursuit of the national outdoor record and Long Jump feats this spring very much worth watching. Outstanding Heph-tathlon candidates Nicole Haynes (Bishop Montgomery, Torrance) 18-09 and Latasha Burnett (Lynwood) 38-09 3/4w, Sonja Bryant (Banning, Wilmington) 18-07 (18-09 1/2w), Akua Sutherland 38-04, and Shareena Harris (Morningside, Inglewood) 38-00 are other top returnees.

Throws--Myra Smith (Workman, City of Industry) at 42-4 1/4 is among the top twenty returnees in the Shot Put nationally, with Teresa Stricklin (Arroyo Grande) 40-9 1/4/133-8 a good weight double. Celeste McVey (Redlands) is the #5 returnee nationally in the Discus at 150-3, with Angie Allen (El Capitan, Lakeside) 133-9 having a good 1990 record.

Men:

Sprints--A solid group of flyers will hook up during the year in some exciting action. Riley Washington (Southwest, Chula Vista) looked great in the Sunkist Indoor over 50 meters, and raced 10.53-21.57 last year as a soph. Napoleon Kaufman (Lompoc) was the State double sprint champ last spring, racing 10.56-21.15 (and with 24-5w, 24-3 1/2 Long Jump credentials), and is coming off an "all-world" football campaign. Tim

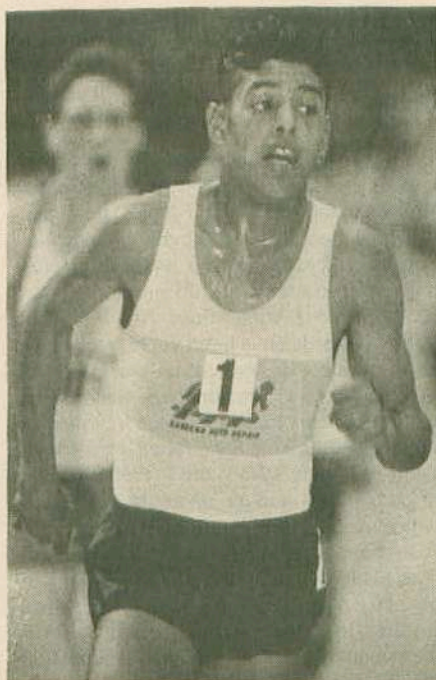
California Track and Cross Country Coaches Alliance

PREP NOTES

Martin (San Clemente) 10.68-21.69, Darnway Scott (Kearney, San Diego) 10.69-21.49, Johnny Thomas (San Bernardino) 21.35, Scott Hammond (Lincoln, San Diego) 10.70-21.65, Teddy Lawrence (Morse, San Diego) 10.70, and Mark Noriega (Pasadena) 21.54 make up a very adequate supporting cast.

In the 400 Meters Jerrald McCladdie (Centennial, Compton) 47.44 and Lamont Warren (Dorsey, L.A.) 47.51 both have the ability to run much faster. Ruben Benitez (Taft, Woodland Hills) 47.89 and Gentry Bradley (Pius X, Downey) 48.0 were impressive as juniors.

Distances-Louie Quintana (Arroyo Grande) dominated the nation this past Fall in Cross Country, taking the Kinney Nationals quite handily, then winning against top fields from across the country indoors over a mile at the Sunkist and Millrose Meets. Louie returns with 1:51.91 (800m) and 4:07.20 (1600m) bests, with hopes somewhere late in the outdoor season for an attempt at a four lapper close to 4:00.0. In the 800 Mike Terry (El Modena, Orange) 1:53.52, Greg Robeson (Mt. Carmel, San Diego) 1:53.89, and Dan Neidnagel (Dana Hills) 1:54.4 return with good clockings. Hector Hernandez (Mar Vista, Imperial Beach) 4:12.95, Ben Mesfen (Venice) 4:13.04, and Robert Walker (San Pasqual, Escondido) 4:14.04 are strong four lappers. The 3200 has some real possibilities. Angel Martinez (San Gabriel) amazed with his improvement last spring to 8:56.48, but the very talented junior has to survive the grading axe, managing to stay in good enough shape during an ineligible Fall to make it to the Kinney Nationals in Cross Country. James Menon (San Luis Obispo) is the #2 returnee in the nation behind Martinez with an 8:59.05 and 9th in the Kinney Nationals. Toughest here may be Dave Hartman (Canyon, Canyon Country), who was 9:06.28



ANGEL MARTINEZ

Photo by Kirby Lee

last spring and 3rd in the Kinney Nationals this past December. Mark Gonzales (La Habra) was 9:07.51 before injury last spring, with Jorge Barajas (Fillmore) 9:19.9.

Hurdles-Eric Bell (Castle Park, Chula Vista) 14.43, Diamond Smith (Hawthorne) 14.57-37.84, Avery Anderson (North Riverside) 14.17w, Adrian Brown (Huntington Beach) 14.44w, Johnny Thomas (San Bernardino) 14.3, and Keith Williams (Escondido) 38.26 are all solid, with Ryan Kielling (Crespi, Encino) 14.63-38.52 winning the Sunkist 50 meter Higs.

Jumps-7-footers Kevin Carlson (Katella, Anaheim) and Avery Anderson (North, Riverside) were 1-2 in State last year, with Bobby Robinson (Cabrillo, Lompoc) next best at 6-9. Fifteen footers Scott Tetreault (Arroyo Grande), Keith Miller (Corona del Mar), Newport Beach), and Heath Fulk (Norte Vista, Riverside) headline the Pole Vault.

The Long Jump will be a strong event. Tyron Edwards (Nogales, La Puente) 24-3 1/2, Napoleon Kaufman (Lompoc) 24-3 1/2-24-5w, Scott Hammond (Lincoln, San Diego) 24-2, and Rogue Balina (Mt. Carmel, San Diego) 23-11 should have some interesting battles. Bobby Robinson (Cabrillo, Lompoc) 46-11 and Vince Church (Kennedy, La Puente) 47-5 1/2w/46-7 lead the Triple Jump.

Weights-Mark Parlin (Esperanza, Anaheim) 62-9/175-4, Donald Willis (Cabrillo, Lompoc) 56-6 1/2/170-8, Patrick Van Scoy (Rio Mesa, Oxnard) 56-5 1/2/165-7, and Junior Cienega (Escondido) 56-2 3/4 are best here.

Arcadia Invitational

Meet organizers of the April 13th Arcadia Invitational are very, very excited once again with the possibility of the best meet ever in the history of that stellar affair. The best athletes from fourteen other states have indicated an interest in attending and competing against California's finest.

The top event match-up will be in the Women's sprint events, where 1990 *Track and Field News* Prep Athlete of the Year, Zundra Feagin (Cocoa, Florida) will return to try to avenge losses last year at Arcadia over 100 and 200 Meters to Marion Jones (Rio Mesa). Jones established National Age 14 year old bests in the sprints last year at 11.62 and 23.70, with Feagin charging to a silver medal in the World Junior Championships in August in Bulgaria at 23.13, and taking the USA/TAC Junior Nationals over 100 Meters at 11.35. Joining the fray will be the other outstanding sprinter nationally, Teresa Foster (Huntington HS, Shreveport, LA.), who raced 11.5 and 23.75 last year outdoors, and took the National Scholastic Indoor 55 meter title in 1990. The Men's sprints will not be far behind, with State Champion Napoleon

Kaufman (Lompoc) 10.56-21.15 and Riley Washington (Southwest, Chula Vista) 10.53 battling State Champions from Washington, Arizona, Oklahoma, and Florida. Phillip Riley (Jones, Orlando, Florida) the nation's top hurdler at 13.59 and 36.93, will showcase his superb talent at Arcadia. Phillip was fourth in the World Junior Championships over the International height High Hurdles.

Relay action will be headlined by William Penn HS of Philadelphia, declared the nation's top Women's prep team for 1990 by *School Marks Magazine*. Penn has already run 3:51.73 for the 4x400 event indoors, with their trip west to meet top competition such as can be provided by Morningside (Inglewood), Muir, and Hawthorne. Penn brings in the nation's top 400 meter hurdler, Radhiya Teagle (61.73) to battle state champion Twila Sims (Lompoc) 41.73 and Tonya Smith (Cordova, Rancho Cordova) 42.4 over the 300 meter distance. Sarah Schwald (Rogers HS, Spokane, WA.), ninth in the World Junior Championships in track over 3000 meters, a 4:43 miler and 10:10 two miler, will come in to battle California's top prep distance runners.

On the Men's side, Louie Quintana (Arroyo Grande) 4:07.20 for 1600m and the Kinney National Cross Country Champion, will battle with the last prep to defeat him, Brad Meyers (Bishop Manogue, Reno, NV.), who raced 3:52.99 for 1500 meters in taking Louie in the 1990 Outdoor TAC Junior Nationals. Jim McCreery (Campbell County, Gillette, Wyoming) has 1:52.14 and 4:16.19 bests. James Menon (San Luis Obispo), the nation's top 3200m runner at 8:59.05, will participate in the distances.

National High School Record setter in the Triple Jump indoors at 42-11 1/2 in January and 4th in the World Junior Championships in the Long Jump at 21-3 1/4, Juliana Yendorck (Walnut), will battle 1990 Arcadia Long Jump titlist, Nichole Irving (Nova, Ft. Lauderdale) 19-10, in her events. Top Pole Vaulter Mario Sategna (Bloomfield, New Mexico) 16-1 3/4 will headline there.

Interest from all across the nation is higher than ever, with more top athletes added each day to the fields making up an annual Golden State spring highlight.

PREP NOTES

California Coaches Alliance News

By Doug Speck

The State CIF has been given permission from the CIF Executive Committee to form a State CIF Track/Cross Country Advisory Committee. With the growth of the State Championships over the last few years the events are receiving an increasing amount of attention from member schools, the media, and the public. The role of this Advisory Committee is described as reviewing all issues pertinent to the sport including rules, safety, sportsmanship, promotion, State Tournament format, and the like. The first meeting of this statewide committee is in early April. If any members of the Coaches Alliance or general fans of the sport at the prep level would like to provide any input, they can through Dennis McClanahan and Doug Speck, who have been invited to attend this first meeting. They can be reached at: Dennis McClanahan, Mt. Carmel H.S., 9550 Carmel Mountain Road, San Diego, CA 92129 or Doug Speck, 563 North Willowgrove, Glendora, CA 91740.

1991 TAC/USA Junior National Championships

The 1991 TAC Junior National Championships in Track and Field, held in Fresno last June, will be held June 21-23 in Blaine, Minnesota, just outside of Minneapolis, at the National Sports Center. The competition is open to male and female athletes born 1972 or later, with the Multi-Events June 21st and 22nd, and the Running and Field competitions June 22nd and 23rd.

This competition will bring together the finest young athletes in the nation. It will be the qualifying competition for the Sixth Pan American Junior Track & Field Championships, in Kingston, Jamaica, July 18-21, and the Eight Nationals Junior Track & Field Meet, in Salamanca, Spain, July 19-21. The team competing in the Eight Nations Meet will also travel to England for the AAA Championships in London, July 26-27. Also scheduled during the summer for the U.S. Junior National team will be International Competitions in Spokane, Washington, July 6th, and Tallahassee, Florida, on July 13th.

The U.S. Junior Championship competition is a highlight of the season for the top high school athletes in the nation. The 1990 Junior

Championship Meet in Fresno, CA, was headlined by the *Track & Field News* High School Athletes of the Year, World Junior Championship gold medalist at 400 meters, Chris Nelloms from Ohio, and World Junior Championship silver medalist at 200 meters, Zundra Feagin from Florida. Four National High School Records have been set in the last two years by athletes involved in the U.S. TAC Junior National Championships. Behind Feagin, the next six female athletes in voting order for 1990 *Track & Field News* Prep Athlete of the Year were stars in the Fresno TAC Junior competition and as members of the U.S. Junior National team in summer meets.

On the male side, seven of the top ten athletes behind Chris Nelloms in voting for Athlete of the Year by *Track & Field News*, participated in the Fresno TAC Junior Championships. The presence at the U.S. Junior Nationals of these top male and female stars shows the importance of that competition in the seasonal plan of top prep athletes. Of the one hundred and eight high schoolers accorded All-American status by *Track & Field News* for 1990, sixty-four competed in the 1990 National Junior Championships in Fresno, CA. Over half of the U.S. Junior National team selected from last year's U.S. Junior National Championship Meet was of High School age. Most College coaches follow the Junior Championships to discover future recruits.

Further information about the Blaine competition during the Spring. For information on the 1991 U.S. Junior Championships write: TAC/USA Junior National Championships, National Sports Center, 1700 105th N.E., Blaine, MN 55434. You can call (612) 78505650. Start your planning now to include this fine athletic experience during the 1991 season!

BE A PART OF THE DECISION-
MAKING... JOIN THE
CALIFORNIA TRACK and
CROSS COUNTRY
COACHES ALLIANCE
... membership information
appears on page 35.

California Coaches Track & Cross Country Coaches Alliance CLINIC SUMMARY

January 12. San Diego--"Developing of Cross Country and Distance Runners".

Coach Dennis McClanahan of Mt. Carmel H.S. and Manny Bautista of San Diego Mesa College put together this clinic aimed at the High School Cross Country and Distance Coach. The Women's Development Committee of The Athletics Congress assisted with financial sponsorship.

The forty attendees heard some very successful Prep Coaches and athletes speak during the day. Dan Schaitel of Poway H.S. spoke on "Off-Season Cross Training Programs." Double State Champion Coach this Fall, Will Wester (San Pasqual H.S., Escondido), whose Girls team ended ranked Fourth nationally by *Harrier Magazine* and the Boys not far behind at Seventh, spoke on the "Unique Aspects of Golden Eagle Cross Country and Distance Running." Coach Dennis McClanahan of Mt. Carmel H.S. in San Diego, whose Girls squad was ranked Eighth in the nation, spoke on "Extras that will benefit your Cross Country and Distance Program." The very low clinic fee of \$20 (\$15 for Coaches Alliance members) included a big Pizza lunch. After lunch a very unique session featured Polly Plumer, currently assisting with coaching at Mesa College, and her sister PattiSue, with the duo speaking on, "Coaching the Female Athlete," a subject rarely discussed from the female perspective to most male clinic audiences. Coach Joe Kelly (Palos Verdes HS), who in the last four Falls has had two unofficial national prep #1 rankings in Girls Cross Country, a #2 listing, and 17th this past Fall, spoke on, "The Palos Verdes Distance Philosophy and Training."

The sessions were very, very informative, with the successes of the above mentioned Coaches and Athletes due to intelligent, well-thought out philosophies and training programs. Many attendees commented on the good organization and good handouts used by speakers during the day. A number of individuals (including this author) commented in clinic evaluations that the day was the best they had ever attended that dealt with the situation of the prep Cross Country and distance coach. Few activities of any kind the first time went as successful, with McClanahan and Bautista already giving thought to next January's edition.

California

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TAC/USA Junior Track & Field Championships

Open to Male and Female Athletes born 1972 and Later
National Sports Center - Blaine, Minnesota
June 21-23, 1991
(Hept/Dec. 21-22) ▲ (Run/Field 22-23)

Qualifying Guidelines:

1. Qualifying marks must be made in (1) TAC sanctioned meets, (2) collegiate meets or (3) high school meets, except dual and triangular meets.
2. Junior qualifying standards must be met from May 25, 1990 through June 16, 1991.
3. Junior multi-event marks must be made from January 1, 1990 through June 16, 1991.
4. Indoor marks made after December 1, 1990 are acceptable for entry into the Junior Championships.
5. A three percent (3%) altitude allowance will be permitted on track events of 1500 meters and longer conducted above 4000 feet.
6. Standards for events of 3000 meters and longer must be met on standard tracks, not on road courses.
7. If fully automatic and manual times are both recorded, only FAT can be submitted. Times submitted in hundredths of seconds must be FAT.
8. 1500-meter, 1600-meter, one mile, 3000-meter, 3200-meter and two-mile qualifying times also qualify for the 5000 Meters and 10,000 Meters for both men and women and the 3000-meter steeplechase for men.

Qualifying Standards - Men

100m	10.64	10.4
100y	9.74	9.5
200m	21.44	21.2
220y	21.54	21.3
400m	47.84	47.7
440y	48.14	48.0
800m	1:52.70	1:52.7
880y	1:53.10	1:53.1
1500m	3:52.80	3:52.8
1600m	4:11.00	4:11.0
1 Mile	4:12.60	4:12.6
3000m SC	9:25.00	9:25.0
2000m SC	6:21.80	6:21.8
3000m	8:29.50	8:29.5
3200m	9:05.20	9:05.2
2 Mile	9:08.20	9:08.2
5000m	14:45.00	14:45.0
3 Mile	14:15.00	14:15.0
10,000m	32:00.00	32:00.0
6 Mile	30:57.00	30:57.0
110m H (42")	14.50	14.3
120 H (39")	14.14	13.9
400m H (36")	54.00	53.8
440y H (36")	54.20	54.0
400m H (30")	53.74	53.6
440y H (30")	53.94	53.8
300m H (36")	37.44	37.3
330y H (36")	37.64	37.5
300m H (30")	36.94	36.8

330y H (30")	37.14	36.9
5K Walk	25:28.00	25:28.0
10K Walk	56:00.00	56:00.0
High Jump	2.11m	6-11
Pole Vault	4.75m	15-7
Long Jump	7.28m	23-10 1/2
Triple Jump	14.82m	48-7 3/4
Shot (16#)	15.71m	51-6 1/2
Shot (12#)	18.33m	60-1 3/4
Discus (2K)	47.24m	155-0
Discus (HS)	54.72m	179-6
Hammer (16#)	42.68m	140-0
Hammer (12#)	48.78m	160-0
Javelin (NEW)	59.44m	195-0
Javelin (OLD)	62.64m	205-6
Decathlon	5950 (Int)	6250 (HS)

Qualifying Standards - Women

100m	12.04	11.8
100y	11.04	10.8
200m	24.64	24.4
220y	24.74	24.5
400m	55.84	55.7
440y	56.14	56.0
800m	2:14.64	2:14.5
880y	2:15.64	2:15.5
1500m	4:44.14	4:44.0
1600m	5:02.94	5:02.8
1 Mile	5:04.14	5:04.0
3000m	10:22.14	10:22.0
3200m	11:02.14	11:02.0
2 Miles	11:07.14	11:07.0
5000m	19:00.14	19:00.0
10,000m	45:00.14	45:00.0
100m H (33")	14.64	14.4
100m H (30")	14.34	14.1
400m H	63.74	63.6
300m H	44.74	44.6
3K Walk	16:00.14	16:00.0
5K Walk	28:30.14	28:30.0
High Jump	1.73m	5-8
Long Jump	5.72m	18-9 1/4
Triple Jump	11.60m	38-0 3/4
Shot (4K)	12.70m	41-8
Discus	42.80m	140-5
Javelin	39.00m	127-11
Heptathlon	4200 FAT	

RESULTS

CROSS COUNTRY

NAIA District 3 Cross Country Championships

November 3, San Diego.

NOTE: Corrected Results. Women's team scores listed (February 1991 issue) are erroneous. Corrected below.

Men's Results

Teams: 1. Point Loma 30, 2. Fresno Pacific 55, 3. Westmont 85, 4. Azusa Pacific 103, 5. Cal Lutheran 114, 6. Biola 181, 7. The Masters 200, 8. SCC 211, 9. CCI 231.

Individuals: 1. Jason Lindholm (FPC) 26:05, 2. Scott Lardner (PLNC) 26:13, 3. Sean O'Hara (PLNC) 26:29, 4. Richard Penman (PLNC) 26:35, 5. Bob Gorman (West) 26:39, 6. Navar Swift (FPC) 26:54, 7. Harrison Njoroge (APU) 26:59, 8. Rich DeLeon (CLU) 27:04, 9. Monte Mickle (West) 27:05, 10. Gustavo Arce (PLNC) 27:18.

11. Jim Michaelian (PLNC) 27:23, 12. Jeff Aschbrenner (CLU) 27:23, 13. Rich Parris (FPC) 27:28, 14. Jose Sanchez (FPC) 27:33, 15. Andy Yeager (TMC) 27:34, 16. Robert Keler (PLNC) 27:39, 17. Tony Bergman (APU) 27:41, 18. Matt Griffin (CLU) 27:51, 19. Gordon Watt (APU) 27:53, 20. Douglas Ravasdy (PLNC) 28:07.

21. Brian Purcell (FPC) 28:13, 22. Ben Beechick (West) 28:15, 23. Tim Delkeskamp (CLU) 28:23, 24. Beto Puita (West) 28:24, 25. Aaron Tabor (West) 28:25, 26. Sean Stehman (FPC) 28:27, 27. Joe Feryn (FPC) 28:28, 28. Troy Bailey (SCC) 28:39, 29. Steve Girard (APU) 28:45, 30. Jeff Fox (West) 28:46.

31. Jason Carney (APU) 28:50, 32. Kevin Miller (FPC) 28:50, 33. Mark Powell (CCI) 29:01, 34. Miguel Lucas (Biola) 29:05, 35. Robert Inglis (Biola) 29:29, 36. Richardo Ramirez (Biola) 29:31, 37. Chris Crabtree (West) 29:35, 38. Ken Cabral (SCC) 29:38, 39. MNicholas Mechikoff (Biola) 29:47, 40. Brian Aschbrenner (CCI) 29:58.

Women's Results

Teams: 1. Westmont 61, 2. Pt. Loma 63, 3. Azusa Pacific 77, 4. Cal Lutheran 95, 5. Biola 108, 6. SCC 125, 7. The Masters 164, 8. Mt. St. Mary's 213.

Individuals: 1. Jenee Ellis (APU) 18:22, 2. Sherri Hall (SCC) 18:27, 3. Vanessa Couch (PLNC) 18:40, 4. Sonya Weir (APU) 18:44, 5. Christy Grimsley (Biola) 18:48, 6. Amber Coley (SCC) 18:55, 7. Patty McNulty (West) 18:55, 8. Beth Mercier (West) 19:04, 9. Sally Sauer (PLNC) 19:12, 10. Margaret Neal (Biola) 19:18.

11. Gretchen Gies (CLU) 19:18, 12. Michelle Lubinsky (West) 19:24, 13. Janelle Tozer (West) 19:33, 14. Heidi Peterson (CLU) 19:45, 15. Jeanetta Charity (APU) 19:45, 16. Sandi Cuevas (PLNC) 19:48, 17. Annette Ronnerman (PLNC) 19:50, 18. Guadalupe Ambritz (PLNC) 19:52, 19. Marlys Newey (TMC) 19:57, 20. Marissa VanDerValk (CLU) 20:06.

21. Colleen Green (West) 20:07, 22. Kimberly Brown (APU) 20:09, 23. Lisa Askins (CLU) 20:16, 24. Bethany Markee (MSM) 20:25, 25. Tabi Bahu (West) 20:32, 26. Meridee Ewert (Biola) 20:40, 27. Patricia Fulmer (CLU) 20:46, 28. Kelly Sailors (TMC) 20:49, 29. Julie Mehrtens (CLU) 20:53, 30. Melissa Mabe (PLNC) 20:59.

31. Jennifer Hendry (Biola) 21:09, 32. Stacey Cabral (SCC) 21:12, 33. Sandy Miller (TMC) 21:22, 34. Christine McComb (CLU) 21:22, 35. Kim McIlwain (APU) 21:32, 36. Amy Hillman (Biola) 21:43, 37. Mindy Wolfe (West) 21:45, 38. Renee Carrol (CCI) 21:53, 39. Kristina Nava (Biola) 21:55, 40. Kim Petway (APU) 21:56.

NCAA Division I Region 8 Cross Country Championships

November 10, Woodward Park, Fresno.

Men's Results

Teams: 1. Arizona 50, 2. Washington 59, 3. Oregon 61, 4. Portland 125, 5. Stanford 137, 6. UC Irvine 165, 7. UC Santa Barbara 175, 8. UCLA 232, 9. (tie) USC and CS Fullerton 254, 11. Fresno State 255, 12. CS Northridge 300.

Individuals: 1. Davis (Arizona) 30:08, 2. Grosso (Arizona) 30:36, 3. Kibiri (Washington State) 30:45, 4. Keino (Arizona) 30:49, 5. Guo (Washington State) 31:03, 6. Leahy (Washington) 31:09, 7. Sloan (USC) 31:22, 8. Johnson (Washington) 31:12, 9. Maris (Oregon) 31:23, 10. Lemore (Oregon) 31:25.

15. Vett (CS Northridge) 31:33, 16. Stolz (Stanford) 31:36, 25. Ayers (UC Irvine) 31:59, 27. Hild (UC Irvine) 32:05, 30. Freebourn (UC Santa Barbara) 32:08.

Women's Results

Teams: 1. Oregon 49, 2. UC Irvine 50, 3. UCLA 109, 4. Washington 110, 5. Arizona 130, 6. Washington St. 131, 7. California 163, 8. Stanford 238, 9. Fresno State 255, 10. CS Northridge 261.

11. CS Fullerton 277, 12. UC Santa Barbara 341, 13. St. Mary's 345, 14. USC 436, 15. Pepperdine 433, 16. USIU 469.

Individuals: 1. Rabbitt (UC Irvine) 16:44, 2. Smyth (Arizona) 16:47, 3. Wilson (Oregon) 16:50, 4. Arreola (CS Northridge) 16:58, 5. Han (California) 16:58, 6. Wessell (Oregon) 17:03, 7. Mikeworth (Arizona) 17:08, 8. Cervantes (UC Irvine) 17:09, 8. Cervantes

(UC Irvine) 17:09, 9. Woodward (Oregon) 17:14, 10. Goodrich (UC Irvine) 17:18.

11. Akra (UC Irvine) 17:21, 15. Hecox (UCLA) 17:37, 17. Jorgensen (UCLA) 17:38, 21. Jones (UC Irvine) 17:46, 23. Nugent (UCLA) 17:47, 28. Bartholomew (UCLA) 17:55, 29. Ashe (UCLA) 17:55.

CCAA Championships

No Date, Bonelli Park.

Men's Results

Teams: 1. Cal Poly SLO 31, 2. Cal Poly Pomona 48, 3. UC Riverside 63, 4. (tie) CS Los Angeles and CS Bakersfield 115.

Individuals: 1. Hempel (CPSLO) 24:01, 2. Franke (CPP) 24:07, 3. Alcaraz (UCR) 24:08, 4. Parrott (CPSLO) 24:14, 5. Winkleman (UCR) 24:31.

Women's Results

Teams: 1. Cal Poly SLO 16, 2. CS Los Angeles 51, 3. Cal Poly Pomona 73.

Individuals: 1. Thatcher (CPSLO) 17:26, 2. Marks (CPSLO) 17:30, 3. Hand (CPSLO) 17:34, 4. Hamilton (CPSLO) 17:36, 5. Poy (CSLA) 17:39.

NAIA National Championships

No Date, Kenosha, Wis.

Men's Results

Teams: 1. Lubbock Christian 33, 2. Adams State 57 (7 time defending champion), 3. Simon Fraser 96, 4. Malone (Ohio) 141, 5. George Fox (Ore.) 279.

12. Pt. Loma Nazarene 390.

Individuals: 1. Bunge (Lubbock Christian) 24:07, 2. Kogo (Lubbock Christian) 24:28, 3. Maas (Adams St.) 24:40, 4. Kibur (Simon Fraser) 24:45, 5. Wentworth (Malone) 24:45.

42. Penman (Pt. Loma Nazarene) 26:03, 62. Doug Ravasdy (Pt. Loma Nazarene) 26:20, 131. Njoroge (Azusa Pacific) 27:00.

Women's Results

Teams: 1. Western St. (Colo) 58, 2. Adams State 70, 3. Pacific Lutheran 100, 4. Hillsdale (Mich) 138, 5. Parkside 180.

11. Westmont 328.

Individuals: 1. Howell (Simon Fraser) 17:44, 2. Lucas (Pacific Lutheran) 17:58, 3. Villarreal (Adams St.) 18:04, 4. Sanchez (North Florida) 18:04, 5. Edgerton (Pacific Lutheran) 18:0.

9. Hall (So Calif College) 18:19, 29. Couch (Pt. Loma Nazarene) 18:43, 39. Grimsley (Biola) 18:55, 45. Ellis (Azusa Pacific) 19:08, 46. McNulty (Westmont) 19:08.

NCAA Division III National Championships

No Date, Grinnell, Iowa.

Men's Results

Teams: 1. Wis. Oshkosh 87, 2. North Central College 100, 3. La Crosse 109, 4. Rochester 129, 5. Occidental 137, 20. UC San Diego 456.

Individuals: 1. McEligott (Havenford) 24:46, 2. Steuermagel (Oshkosh) 24:58, 3. Dunlop (Rochester) 25:00, 4. Livingston (Ithaca) 25:07.

6. Beltran (Occidental) 25:09, 8. Hogan (Occidental) 25:16, 39. Kindreich (Occidental) 25:49, 53. Garcia (Occidental) 26:02, 79. Barnes (Claremont-Mudd) 26:19, 86. Wright (Occidental) 26:25, 87. Wynn (UC San Diego) 26:25, 88. Fox (UC San Diego) 26:25, 101. Henderson (Whittier) 26:24, 140. Stuart (UC San Diego) 27:08.

Women's Results

Teams: 1. Cortland 43, 2. Wis. Oshkosh 48, 3. Williams 96, 4. Simpson 159, 5. Whitewater 168, 10. Occidental 234.

Individuals: 1. Mitchell (Cortland) 17:24, 2. Young (Smith) 17:42, 3. Cross (Simpson) 17:45, 4. Horeis (Oshkosh) 17:46, 5. LaFleur (Cortland).

13. Schuster (Occidental) 18:13, 39. Kopchik (Occidental) 18:45, 43. McFadden (UC San Diego) 18:53, 93. Karamitsos (Occidental) 19:50, 110. Hack (Occidental) 20:21, 114. Eisenman (Occidental) 20:34.

Pacific 10 Conference Championships

No Date, Stanford.

Men's Results

Teams: 1. Oregon 39, 2. Arizona 41, 3. Washington 53, 4. Stanford 115, 5. UCLA 136, 6. Arizona State 156, 7. USC 166, 8. California 211.

Individuals: 1. Davis (A) 23:44, 2. Dalton (O) 23:47, 3. Grosso (A) 24:00, 4. Kibiri (WS) 24:06, 5. Keino (A) 24:20, 6. Haller (O) 24:20, 7. Johnson (W) 24:24, 8. Guo (WS) 24:31, 9. Sloan (USC) 24:32, 10. Metcalf (W) 24:42.

19. Korn (UCLA) 25:23, 28. Herrera (UCLA) 25:37, 30. Candaele (O) 25:51, 31. DeVore (UCLA) 25:53, 32. Valenti (USC) 25:57, 33. Haug (UCLA) 25:59, 35. Polivka (UCLA) 26:02, 37. Higgins (USC) 26:11, 48. Piazza (USC) 27:21, 50. Overstreet (USC) 27:43.

Women's Results

Teams: 1. Oregon 56, 2. Washington 61, 3. Arizona 87, 4. Washington State 110, 5. UCLA 119, 6. California 131, 7. Stanford 160, 8. Arizona State 182, 9. USC 283.

Individuals: 1. Wilson (O) 16:52, 2. Wassell (O) 16:55, 3. Han (C) 17:12, 4. Robertson

RESULTS

(WS) 17:17, 5. Smyth (A) 17:20, 6. Bloch (S) 17:24, 7. Mikeworth (A) 17:27, 8. Woodard (O) 17:29, 9. Moller (W) 17:31, 10. Holtnik (Washington) 17:32.

12. Nugent (UCLA) 17:36, 16. Hecox (UCLA) 17:38, 26. Jorgensen (UCLA) 18:06, 29. Ashe (UCLA) 18:11, Bartholomew (UCLA) 18:16.



DEENA DROSSIN

Fine Flicks by Don Gosney

35:31.

11. Christopher Schille (Nike Boston) 35:31, 12. Andrew Ball (Nike Running Room) 35:34, 13. Robert Kampainen (Nike Boston) 35:45, 14. Stephen Kartalia (Brooks Racing) 35:50, 15. Timothy Gannon (New Balance) 36:01, 16. Brian Harshnan (Nike Running Room) 36:02, 17. Craig Virgin (Front Runner RT)



LAURA CATTIVERA

Photo by All-Sport/Bill Leung, Jr.

(Nike Running Room) 19:47, 6. Trina Painter (Nike Texas) 19:59, 7. Laura Cattivera (Unat.) 20:11, 8. Carmen Ayala-Troncos (Nike Texas) 20:15, 9. Karen Hoffman (Nike South) 20:33, 10. Leslie Seynour (New Balance) 20:41.

11. Kathy Kanes (Liberty AC) 20:51, 12. Victoria Mitchell (Unat.) 21:10, 13. Sylvia



SABRINA HAN

Fine Flicks by Don Gosney

TRACK AND FIELD

Long Beach Winter Decathlon/Heptathlon

Dec. 8, 9, Long Beach.

Division Results Decathlon

University/Open: 1. David Wetzel (Gumby TC, S.F.) 6403, 2. John Walsh (Unat.) 6054, 3. Mark Gilbreth (Claremont McKenna) 5884, 4. Bryon Neuhoff (Occidental College) 5668, 5. Sol Sallos (Claremont McKenna) 5483. Junior College: 1. Eldridge Franklin (Long Beach CC) 6154, 2. Claybourn Halls (Long Beach CC) 5469, 3. Jaime Valdez (Pima JC) 5248, 4. Brian Maxwell (Pima JC) 4295, 5. Jim Barnswick (Pima JC) 4241. High School: 1. Anthony Bartley (Unat./Lynwood HS) 5125, 2. Nick Daniels (Unat./California HS) 4224. Masters: (30-39): 1. David Bryant 1873. (40-49): 1. Dennis Stempel 3823. (50-59): 1. Darrold Skartvedt 2313. (60-69): 1. Boo Morcom 2669. (70-79): 1. Dr. A.U. Ricciardi 2387. (80-89): 1. Stan Thompson 553.

Division Results Heptathlon

University/Open: 1. Claire Look-Yeager (Nike) 5282, 2. Kristi Kautman (UC) 4689, 3. Marieke Veltman (UC) 4047. Junior College: 1. Bernadette Rothenhauser (Pima JC) 2817. High School: 1. Lisa Moxley (Super Sonic TC/HS Div.) 3767, 2. Heather Sterlin (Super Sonic TC/HS Div.) 3400, 3. Michelle Barisdale (Unat/Gahr HS) 3106.

SCIAC Championships

No Date. La Mirada Park.

Men's Results

Teams: 1. Occidental 19, 2. (tie) Pomona-Pitzer and Whittier 81, 4. Claremont-Mudd 84, 5. Redlands 100, 6. CalTech 140.

Individuals: 1. Beltran (o) 25:25, 2. Garcia (O) 25:36, 3. Kindrich (O) 25:37, 4. Hogan (O) 15:40, 5. Barnes (C-M) 25:51.

Women's Results

Teams: 1. Occidental 25, 2. Pomona-Pitzer 35, 3. Whittier 83, 4. Claremont-Mudd 91, 5. CalTech 153.

Individuals: 1. Redfield (PP) 18:26, 2. Schuster (O) 18:41, 3. Kopchick (O) 19:00, 4. McKrell (O) 19:37, 5. Aldeman (PP) 19:46.

U.S. Cross Country Trials

February 2, Tallahassee, Florida.

Overall Results - Senior Men's 12K

1. Aaron Ramirez (Mizuno) 34:47, 2. Ed Eyestone (Reebok) 34:51, 3. Daniel Nelson (AIA) 34:51, 4. Pat Porter (Nike) 34:54, 5. Bill Taylor (Nike North) 35:08, 6. Tom B Wood (Reebok) 35:11, 7. Mack Coogan (Nike Boston) 35:21, 8. Danny Reese (US West TC) 35:23, 9. Rod DeHaven (Nike North) 35:27, 10. Dennis Leck (Reebok)

36:03, 18. Terry Croyle (Nike) 36:08, 19. Milfred Tewawina (Wings of the SW) 36:10, 20. Don Belcourt (Wings of the SW) 36:17.

21. Simon Gutierrez (Team Etonic) 36:17, 22. Marco Ochoa (Reebok) 36:19, 23. Phillip Schoensee (Unat.) 36:23, 24. Eric Morse (Central Mass. Striders) 36:31, 25. Steven Brown (Reebok) 36:40.

Overall Results - Junior Men's 8K

1. Michael Cox (Univ. of Kansas) 26:20, 2. Teddy Mitchell (Univ. of Tennessee) 26:31, 3. Brian Cias (Cornell Univ.) 26:34, 4. Nike McClaran (Brevard College) 26:35, 5. Kyle Armentrout (Wake Forrest Univ.) 26:42, 6. Stuart Burnham (Wake Forrest Univ.) 26:42, 7. Grant Armentrout (Wake Forrest Univ.) 26:43, 8. David Crowe (Penn State Univ.) 27:09, 9. Phillip Castillo (Wings of the SW) 27:16, 10. Shane Garcia (Wings of the SW) 27:23.

11. Chad McLaughlin (Univ. of Houston) 27:31, 12. Patrick Phillips (Wake Forrest Univ.) 27:40, 13. Mark Smith (Unat.) 27:44, 14. Dennis Hearst (Wake Forrest Univ.) 27:56, 15. Richard Byrd (Wake Forrest Univ.) 28:01.

Overall Results - Senior Women's 6K

1. Lynn Jennings (Unat.) 19:22, 2. Shelly Steely (Mizuno) 19:25, 3. Annette Peters (Nike West) 19:40, 4. Gwynneth Coogan (Nike Boston) 19:40, 5. Elaine Van Blunk

Sanchez (Univ. of No. Florida) 21:17, 14. Heidi Allen (Virginia Tech, Univ.) 21:30, 15. Mary Powell (Wake Forrest Univ.) 21:30, 16. Carla Borovicka (Unat.) 21:43, 17. Chryssa Nicholas (Reebok) 21:47, 18. Ramona Platero-Roach (Wings of the SW) 22:21, 19. Karen Mathewson (UNC Wilmington) 22:29, 20. Kelley Wilder (Unat.) 23:11.

Overall Results - Junior Women's 4K

1. Melody Fairchild (Boulder High Altitude TC) 14:06, 2. Pam Hunt (Cornell Univ.) 14:23, 3. Celeste Susnis (Univ. of Tennessee) 14:44, 4. Megan Thompson (Univ. of Tennessee) 14:46, 5. Deena Drossin (Unat.) 14:47, 6. Michelle Lafleur (Unat.) 14:48, 7. Rebecca Spies (Unat.) 15:05, 8. Leanne Burke (Randolph HS) 15:11, 9. Dorena Walters (East HS) 15:11, 10. Jenny Weaver (Penn State Univ.) 15:31.

11. Kristin Beaney (Princeton Univ.) 15:33, 12. Katherine Wesseling (Princeton Univ.) 15:35, 13. Michelle Severance (Unat.) 15:37, 14. Nicole Grappo (Unat.) 17:08, 15. Laura Reback (Florida TC) 18:09.

Fresno City College All-Comers Track & Field Meet

February 9, Fresno.

Men's Results

100m: 1. Terry Bowen (FCC) 10.62, 2. Larry Douglas (FCC) 10.73, 3. Anthony Barnes (Unat.) 10.79, 4. Keith Jones (Unat.) 10.98, 5. Adrian Spikes (Unat.) 10.99.

200m: 1. Terry Bowen (FCC) 22.05, 2. Keshon Johnson (FCC) 22.99, 3. Reggie Calvin (COS) 24.03, 4. Peter Lopez (COS) 24.26, 5. Dennis Duffy (WVTC) 25.84.

400m: 1. Joey Ellis (Unat.) 49.66, 2. Andre Mason (FCC) 50.99, 3. Steve Hardison (WVTC) 51.84, 4. Juan Casias (PC) 53.50, 5. Darryl Rohne (COS) 54.09.

800m: 1. Shawn Ferchand (Unat.) 1:57.81, 2. Brian Weaver (FSU) 1:58.94, 3. Todd Breshears (Unat.) 2:00.74, 4. Juan Sanchez (COS) 2:01.50, 5. Thomas Valles (Unat.) 2:01.58.

1500m: 1. Jason Lindholm (Unat.) 4:04.56, 2. Thomas Valles (Unat.) 4:08.06, 3. Gordon Newman (Unat.) 4:09.61, 4. Jose Sanchez (Unat.) 4:09.98, 5. John Bedmanis (FSU) 4:11.84.

2000m Steeplechase: 1. Richard Martin (COS) 6:40.65, 2. Ramon Lui (FCC)

Californians Active Around the Nation This Winter

Indoors:

January 4-6th. Dartmouth Relays, New Hampshire--Women's SP: 1. Ramona Pagei (Mazda) 59-3

January 12th. Snake River Open, Pocatello, ID.--Men's 55mH: 1. Eddie McElroy (Boise State) 7.53. 55m: 1. McElroy 6.38, 2. Kerry Lawyer (Boise St) 6.46. Women's 55mH: Ada Alger (Boise St) 8.60. Mile: Kathy Karpel (Boise St.) 5:09.48. SP: Jennifer Ruff (Boise St) 40-7.

January 18th. Navy Indoors--Men's 3000m: Francisco Quinonez (Georgetown Univ./frosh) 8:44.5. SP: Kevin McMahon (Georgetown) 49-11.

January 19th. Oregon Indoor, Portland--Men's Mile: 9. Coley Candale (U of Oregon) 4:10.65. 55mH: 2. Dana Hall (U of Washington) 7.34.

January 19th. Kansas State University/Coors Invitational--Women's Mile: 3. Michelle Lewis (Okla St. Univ.) 5:06.9. 100m: 2. Lewis 3:05.3. Women's Pentathlon: 2. Lisa Fager (Kansas St. Univ.) 3203.

January 25-26th. US Air Invitational, Johnson City, TN.--Men's 200m: 5. Brian Bridgewater (St. Augustine's College, NC) 21.76. 400: Maurice Horton (LSU) 47.83 (anchor 46.0 4x400). 35 lb. Weight: 4. Kevin McMahon (Georgetown Univ.) 46-8 1/2. Women's 800: 5. Marlene Harmon (Wilcox) 2:11.86.

January 26th. Provo, Utah--Men's 3000m: David Baca (BYU) 8:40.03.

January 26th. Lubbock, Texas--Men's SP: Ken Lowther (UTEP) 55-3 3/4.

January 26th. Minnesota Invitational, Minneapolis--Women's 200m: 1. Sedwick (UCLA) 24.9 (hand). 400: 1. Vickers (UCLA) 55.61. 55mH: 1. Vickers (UCLA) 7.81, 2. Sedwick 7.99.

January 26th. Terrier Classic, Boston--Men's 3000m: 1. Terrance Mahon (Villanova) 13:54.79.

January 26th. Kansas/Kans St./Missouri Tri--Men's Mile: 3. Todd Trask (Kansas St.) 4:20.98. Women's 55mH: 5. Lisa Fager (Kansas St.) 8.96. TJ: 2. Fager 37-10 3/4.

January 27th. Princeton Relays, New Jersey--Women's Weight: 1.

Melissa Hake (Princeton) 51-6 1/4. Men's 35 lb. Weight: Kevin McMahon (Georgetown) 56-8 1/2

February 1-2. Daily Oklahoman Classic, Oklahoma City--Men's 3000m: Ian Alsen (Arkansas) 8:17.23.

February 2. Tiger Classic, Baton Rouge, LA.--Men's 800: 2. Maurice Horton (LSU) 1:53.95 (46.8 4x400 split). Mile: 2. Mark Mastalir (Stanford) 4:09.70. SP: Ken Lowther (UTEP) 56-9 1/4. 35 lb. Wt.: Lowther 58-5 1/2. Women's SP: 3. Danyell Mitchell (LSU) 46-2.

February 2. Rocky Mountain Cup, Colorado Springs--Women's HJ: 1. Karol Damon (U of Colorado) 6-1.

February 2. Delaware Invitational--3000m: 3. Francisco Quinonez (Georgetown Univ./frosh) 8:39.9.

February 2. Idaho State Triangular--Men's 55m: Eddie McElroy (Boise St) 6.44. 55mH: 1. McElroy 7.46. Women's Mile: Kathy Karpel (Boise St) 5:04.90. 55mH: Ada Alger (Boise St.) 8.3.

February 3. University of Washington--Men's HJ: Phil Cox (Univ. of WA.) 6-10 3/4. TJ: Charles Huff (Univ. of WA) 48-11 1/2.

February 3. Idaho State Invitational--Women's Mile: Becky Sondag (Idaho St. Univ.) 4:59.80.

February 8-9. Husker Invitational, Lincoln, Nebraska--Men's 600: 2. Maurice Horton (LSU) 1:20.27 (heat 1:18.83). Women's 5000m: 2. Jamie Park (Arkansas) 16:26.50. SP: 6. Danyell Mitchell (LSU) 46-5 1/2. LJ: Jackie Anderson (LSU) 17-9.

February 9th. Mountain State Games--Men's 200: Kerry Lawyer (Boise St) 22.18. Mile: Dave Rawlins (BYU) 4:23.00. Women's Mile: Becky Sondag (Idaho St. Univ.) 4:59.21. 3000m: Kathy Karpel (Boise St) 10:13.40.

February 9. Colorado Springs--Men's Mile: Eli Ricca (Air Force Academy) 4:22.63.

February 9. Northern Arizona Univ.--Men's SP: Ken Lowther (UTEP) 58-0 1/2.

February 9. Boston University--Men's Mile: 9. Francisco Quinonez (Georgetown Univ.) 4:14.5. 35 lb. Wt.: 2. Kevin McMahon

RESULTS

6:41.36, 3. Tom Sabatino (FCC) 6:56.14, 4. Ernie Mendiola (Unat.) 7:55.74.

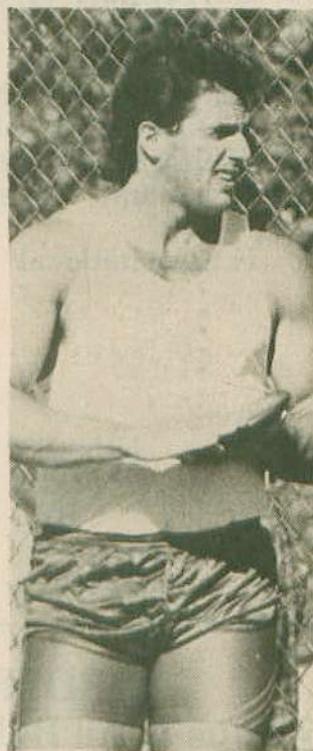
2 Mile: 1. Ernie Freer (Unat.) 8:59.48, 2. Jamie Harris (FSU) 9:16.16, 3. David Naranjo (FSU) 9:28.74, 4. Scott Weber (COS) 9:46.20, 5. Jason Lindholm (Unat.) 9:53.60.

65m HH: 1. Robert Foster (Unat.) 8.53, 2. Richard Holmes (Unat.) 8.63, 3. Tony Tynan (Unat.) 8.91, 4. Dan Bigham (FCC) 9.30, 5. Paul Grenier (UCS) 9.39.

300m IH: 1. Robert Foster (Unat.) 39.10, 2. Dan Bigham (FCC) 39.36, 3. Alonzo Arreda (COS) 40.26, 4. Mikel Osborn (Unat.) 54.41.

4x100m Relay: COS 42.73, 2. FSU (FB) 43.31, 3. COS 45.18, 4. COS 47.33.

4x400m Relay: 1. FCC 3:28.96, 2. Might



ROB POWELL

Fine Flicks by Don Gosney

Miles 3:33.34, 3. COS 3:35.85, 4. Foolish Four 3:38.00, 5. Motley Crew 3:49.09.

Long Jump: 1. Larry Douglas (FCC) 23-9 1/2, 2. Billy Oleman (Unat.) 23-7 1/4, 3. Keshon Johnson (FCC) 22-8, 4. Robert Foster (Unat.) 22-4, 5. Marcus Reed (COS) 20-7 1/2.

Triple Jump: 1. Robert House (FCC) 46-5, 2. Sam Elliot (MC) 45-8 1/2, 3. Mike Lose (CPSLO) 43-6 3/4, 4. Louie Morales (Unat.) 39-10 1/4.

High Jump: 1. Leo Williams (Unat.) 7-0, 2. Dan McNamara (Unat.) 6-8, 3. Patrick Whitfield (COS) 6-2, 4. Tim McHenry (Unat.) 6-0, 5. Tony Tynan (Unat.) 6-0.

Pole Vault: 1. Derek Oliver (FSU) 16-6, 2. Jim Drath (Unat.) 16-6, 3. Steve Hardison (WVTC) 14-6, 4. Chris Thorson (Unat.) 14-0, 5. Andy Dominguez (FCC) 12-0.

Shot Put: 1. Gary Cooper (UCS) 46-7 1/2, 2. Robby Smith (FCC) 46-7, 3. Brad Fleman (Unat.) 45-8 1/2, 4. Ardy Johnson (Unat.) 44-3, 5. Chris Dose (Unat.) 42-1.

Discus: 1. Rob Powell (COS) 152-6, 2. Steve Abandonato (Unat.) 140-11, 3. Rob Smith (FCC) 139-4, 4. Cary Cooper (UCS) 130-10, 5. Andy Johnson (Unat.) 128-2.

Javelin: 1. Darrin Powell (COS) 189-3, 2. Dennis Hooper (Unat.) 165-10, 3. Rayland Elzy (COS) 157-1, 4. Alonzo Arreda (COS) 151-5, 5. Adam Suarez (Unat.) 151-2.

Hammer: 1. Brett Zimmerman (Sie) 168-1, 2. Steve Abandonato (Unat.) 162-3, 3. Erin Woodburn (Unat.) 157-4, 4. Jason Lamontague (Sie) 157-9, 5. Rob Moulton (Unat.) 155-4.

35 lb. Wt: 1. Steve Abandonato (Unat.) 44-10, 2. Robby Smith (FCC) 44-3, 3. Brett Zimmerman (Sie) 43-0 1/2, 4. Erin Woodburn (Unat.) 40-1, 5. Chris Dose (Unat.) 38-6 1/2.

Women's Results

100m: 1. Kasha Criswell (Unat.) 12.1, 2. Keyshay Thomas (Unat.) 12.9, 3. Cindy Wilkinson (MC) 13.2, 4. Alicia Mayshack (FCC) 13.8, 5. Lawana Roberts (FCC) 13.9.

200m: 1. Keyshay Thomas (Unat.) 27.51, 2. Felicia Grisby (FCC) 28.74, 3. Pam Williams (FCC) 32.97.

800m: 1. Shirley Weller (COS) 2:33.76, 2. April Beaver (FSU) 2:37.40, 3. Jennifer Adolfs (PC) 2:37.58, 4. Connie Garcia (FCC) 3:08.89, 5. Lydia Zargosa (FCC) 3:10.73.

1500m: 1. Shirley Weller (COS) 5:09.85, 2. Judy Petty (Unat.) 5:15.19, 3. Kelly Hildebrand (Unat.) 5:16.50, 4. Becky Petty (COS) 5:22.23, 5. April Beaver (FSU) 5:35.40.

3000m: 1. Cindy Amster (FSU) 10:44.92, 2. Betty Chavez (FSU) 10:52.27, 3. Becky Petty (COS) 11:34.15, 4. Marlene Moreno (Unat.) 11:53.85, 5. Heather Lara (FCC) 13:53.35.

55mH: 1. Hanna Fortier (FCC) 11.6, 300m IH: 1. Hanna Fortier (FCC) 63.0.

4x100m Relay: 1. FCC 52.84, 2. COS 55.66.

4x400 Relay: 1. FCC 5:06.31.

Long Jump: 1. Jennifer Adolfs (PC) 15-6 1/2, 2. Cindy Wilkinson (MC) 13-1 1/4.

High Jump: 1. Tonya Mendonca-Olivas (Unat) 5-8, 2. Danielle Boswell (Unat.) 5-2. Shot Put: 1. Nancy Burns (FPC) 37-2 1/4, 2. Tracy Meadows (FPC) 36-5 1/2, 3. Cindy Wilkinson (MC) 35-10 1/2, 4. Essie Moore (COS) 34-1, 5. Nika Shoemaker (Unat.) 33-7 1/2.

Discus: 1. Lacy Barnes (Nike) 185-1, 2. Tracy Meadows (FPC) 133-3, 3. Suzy Jost (FPC) 123-2, 4. Kris McKinnon (FCC) 120-3, 5. Nika Shoemaker (Unat.) 119-6.

Javelin: 1. Nancy Burns (FPC) 117-11, 2. Essie Moore (COS) 109-5, 3. Jennifer Adolfs (PC) 99-9, 4. Yvonne Rodriguez (COS) 85-2, 5. Wendy Hovey (Sie) 85-2.

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