

MARCH 1992

ISSUE NO. 177

CALIFORNIA

Running News

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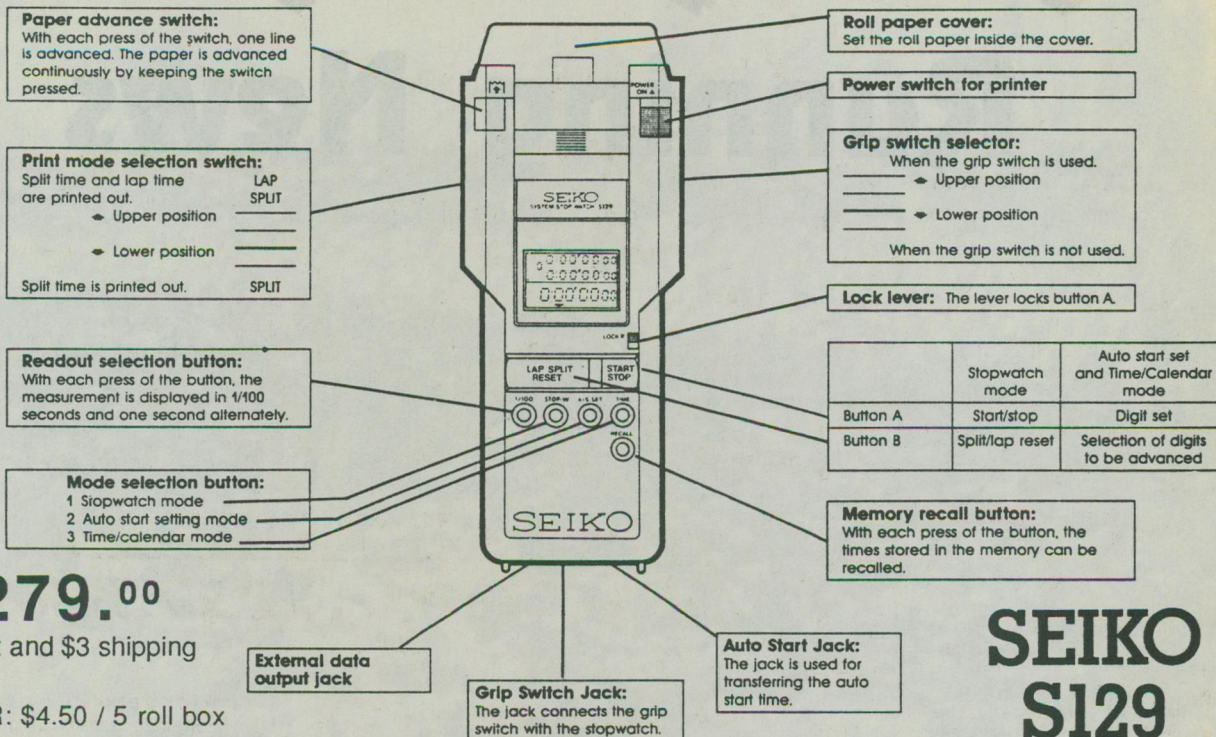
California's Road Racing Magazine

Eighteenth Year

\$2.25

Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION



\$279.00

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PAPER: \$4.50 / 5 roll box

**SEIKO
S129**

System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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

Weight: 12 ounces with batteries, paper and cord

Batteries:

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

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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CALIFORNIA Running News

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FROM THE EDITOR

The View is Great

A popular t-shirt on campus sports the saying,
"Life's a Beach." The beach is only a three-hour drive
from where I live. However, if I go in the opposite direc-
tion, I can be in the mountains in less than one hour. This
is a big difference, because, to me life isn't a beach --
Life is a Mountain.

I don't know when I first developed this love of the
mountains. It probably has its roots in the family sum-
mer camping trips of my childhood--a tradition I am
continuing with my own family. My first backpacking ex-
perience was a two week stint on the John Muir Trail as
a high school junior. This trip sealed my preference for
the mountains; I haven't missed many summer high coun-
try excursions since.

Usually associated with each backpacking trip is a
climb to the top of the highest peak in search of the ul-
timate view. On other occasions I have driven in the
mountains and experienced sights of equal beauty from
the comfort and luxury of an air-conditioned automo-
bile. But, somehow, the sights were never as good as
the views gained through the struggle of the climb. The
experience after the drive was hollow by comparison.

For me the value of the view goes beyond the view it-
self. In other words, the view isn't the major end of the
climb. The real value is in the hike to get to the view.
That hike gives the view meaning and value. Without the
hike, the value of the view is small. The climbs (and the
resulting views) that I remember the most are those
which provided the biggest challenges--they were
steeper, tougher and more difficult. These were the
ones where everyone in the party had to work together
and help each other. After hours and hours of struggle
and effort against all kinds of physical obstacles we'd

make it to the top. The view would be great!

Something happens during the struggle. I develop a
sense of respect for, appreciation of, and bonding be-
tween God's creation and one another. Growth takes
place. I always feel better and stronger because I
climbed. Maybe I am better and stronger *because* I
climbed.

The past two years my climb up life's trail has ex-
perienced some new ridges. Both accident and illness
have provided formidable bumps to an otherwise
smooth journey up the trail. No one likes the difficult
times in life. We don't like pain, discomfort, setbacks,
or disappointments. However, rather than thinking of
these obstacles as unfortunate mishaps, we can recog-
nize their value in providing some additional challenges
to the climb. As with climbing excursions, the more chal-
lenging ones are the better ones. The obstacles make all
the difference.

Because of the obstacles on the journey, my life
has been blessed in ways that would have been missed
on a super highway. I have seen, first hand, that God's "
... power is made perfect in my weakness." (2 Cor.
12:9). When we climb the really big ones, we see who
carries us. It's very strengthening.

In climbing life's mountain it may be that the easy way
and the fast way are not the best way. Actually, if you
encounter some obstacles and difficulties, REJOICE--
the view will be great!

Bill

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 7 (Saturday):

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

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

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

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

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

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

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

Pinole: Three Valleys Biathlon, 5K Run, 12

Mi. Bike, 5K Run, Ellerhorst School (Pinole Valley Rd.), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Fullerton: Save Your Vision Run, Distance TBA, Cal-State Fullerton, Time TBA. Contact: Caroline Nibler (714) 993-6443.

Riverside: Green Belt 5K/15K Run & Racewalk, Arlington High School, 8 a.m. Athletic Express T.C., P.O. Box 56473, Riverside 92517. Roger Brownlow (714) 796-0836.

Fresno: Blossom Trail Run, 10K & 2 Mi. Run/Walk, 1K Kid's run, 7:30 a.m. Info: (209) 266-1800.

March 8 (Sunday):

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

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

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

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

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

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

San Rafael: BAOC Orienteering Meet, China Camp (4 Mi. NE of San Rafael), Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Gary Kraght (415) 383-4429.

March 14 (Saturday):

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

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

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

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

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

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

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

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

Monterey: Devil Hill 10K, 1200 Augajiot Rd., 8:30 a.m. Randy Hynes, American Treasure Chest, P.O. Box 16015-238, Monterey 93940. (408) 373-2261, (408) 647-2528.

Saugus: Knights of Columbus 5 Mi. Run, Location TBA, 8:30 a.m. John Rockford, 28113 Stonington Ln., Saugus 91350. (805) 297-3141.

March 15 (Sunday):

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

Fremont: Run for Recreation, 10K & 2 Mi.,

SCHEDULE

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

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

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

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

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

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

Torrance: St. Patrick's Day 10K Run for Blind Children, Del Amo Fashion Center, 8 a.m. Vistas, P.O. Box 7000-251, Redondo Beach 90277. (714) 548-4897, Elite Racing.

March 21 (Saturday):

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

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

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

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

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

Catalina Island: Catalina Island Marathon, 7 a.m. California Athletic Productions,

21 39th Pl., Long Beach 90803. (310) 433-4557.

Virginia Beach, VA: TAC/USA National Masters 8K Road Championships. Jerry Boccie, 2308 Maple St., Virginia Beach, VA. 23451. (804) 481-5090.

March 22 (Sunday):

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

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

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

So. El Monte: San Gabriel River 5K, 10K & 1 Mi. Spring Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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

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

✓ **Castaic Lake:** Castaic Dam Run, 5K/14K and 1K Kid's Run, Castaic Lake Recreation Area, 8 a.m. (Reg. by 3/13). Co. of Los Angeles, Dept. of Parks & Recreation, P.O. Box 397, Castaic 91310. (805) 257-4050.

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

Vallejo: Orca-Cinco 5K, Marine World Africa USA, 8:45 a.m. Orca-Cinco, c/o Total Race Systems, 80 Mitchell Blvd., San Rafael 94903. (415) 695-3923, (415) 989-7342.

Los Angeles: Cacique Run to Save the Children, 5K/10K, Griffith Park, 8 a.m. (Kid's 1K at 10 a.m.). Race Central, P.O. Box 828, Rialto 92377. Buenanueva Foundation (800) 288-6536.

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Rialto: Rialto Rotary "Run for DARE", Distance TBA, City Hall, 8 a.m. Rialto Rotary Club, P.O. Box 828, Rialto 92377.

Canoga Park: Edwin Moses Run for Hope, Distance TBA, Topanga Plaza, 8:30 a.m. Info: Jerry Kvasnicka (213) 626-4611.

Irvine: Run for Hungry Children, 5K/10K and 1K Run for Kids, So. Coast Community Church, 7:30 a.m./5K, 8:30 a.m./10K, 9:30 a.m./1K (8 & Under). So. Coast Community Church, 5120 Bonita Canyon Dr., Irvine 92715. (714) 854-7600, x580.

Catalina Island: Catalina Island 5K/10K, 9 a.m. California Athletic Productions, 21 39th Pl., Long Beach 90803. (310) 433-4557.

March 28 (Saturday):

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

So El Monte: Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.8 Mi. Sport Run, 8:30 a.m. Arthur Marti-

SCHEDULE

nez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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

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

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

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

Atascadero: Park to Park, Half Marathon & 10K, 9 a.m., Paloma Creek Park. City of Atascadero, Community Services Department, Park to Park, 6500 Palma Ave., Atascadero 93422. 461-7611.

Fremont: BAOC Sunol Wilderness Orienteering Meet, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Dan Clarke (408) 729-1960.

Beaumont: Cherry Blossom Festival Runs, 5K/10K, Cherry Valley Grange Community Center (10478 Beaumont Ave.), 8 a.m. Beaumont-Cherry Valley Recreation & Park Dis-

trict, P.O. Box 490, Beaumont 92223. (714) 845-9555.

Glendora: Pride of the Foothills Spring Run, Half-Marathon, 5 & 10K, and 2K Run/Walk, Foothill Presbyterian Hospital, 8 a.m. Info: (818) 963-6243.

March 29 (Sunday):

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

San Francisco: Houlihan's to Houlihan's 12K. PA/TAC Championships, (to S.F. Aquatic Park), Time TBA. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

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

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

Columbus, OH: TAC/USA National Masters 50-Mile Championships. John White, 4865 Arthur Place, Columbus, OH. 43220. (614) 459-2547.

April 3 (Friday):

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

April 4 (Saturday):

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

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

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

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

✓ **Fresno:** Run for Relief. 10K and 2 mile Fun Run. Fresno Pacific College. 7 a.m. Run for Relief, 4957 E. Heaton, Fresno 93727 (209) 638-691.

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

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

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

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

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

San Mateo: April Showers Fun Run & Walk, 5K & 1 Mi. Kids Run, Coyote Point Park (near Castaway Restaurant; beach parking lot), 10 a.m. Lois Koenig, P.O. Box 626, Belmont 94002. (415) 342-9328, eves.

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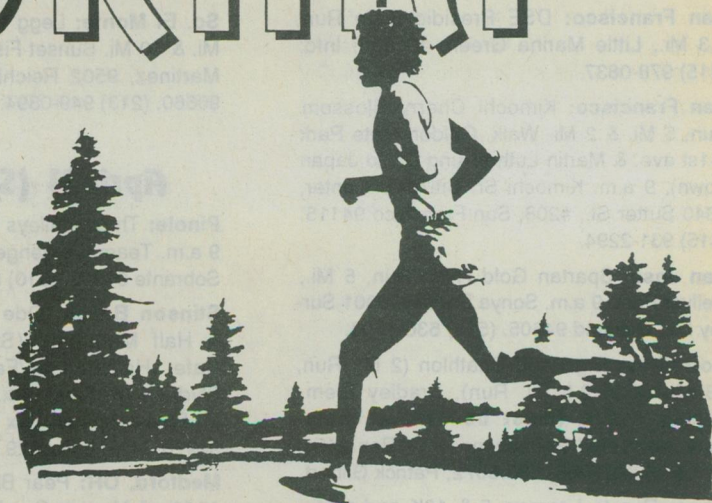
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SCHEDULE

April 5 (Sunday):

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

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

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

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

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

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

Bakersfield: BTC Rio Bravo 10-Miler, Location and Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 872-9554.

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

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

Palo Alto: Spring Forward 5K Run, Oak Creek Apts. (1600 Sandhill Rd.), 9:30 a.m. Tom Osborne, c/o Palo Alto Recr., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Livermore: Livermore Fitness Day 5K Run/Walk & 10K Run, The Bam (300 Pacific Ave.), 8:30 a.m. Rich Lange, c/o LARPD, 2305 So. Vasco Rd., Livermore 94550. (510) 373-5700.

Angel Island (S.F. Bay): Romancing the Island, 12K & 25K, 10 a.m. (ferry service from Tiburon at 9:15 only), 10 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

April 10 (Friday):

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

April 11 (Saturday):

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

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

Medford, OR: Pear Blossom Run, 2 Mi. & 10 Mi. (& Mayor's Cup Mile), Time TBA. Pear Blossom Run, P.O. Box 146, Medford, OR. 97501. (503) 772-6293.

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

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

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

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

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

Danville: BAOC Las Trampas A-Meet (Orienteering), Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Mark Blair (510) 422-4266. **2 Day Meet.**

✓ **Firebaugh:** Rotary River Run, 3 & 6 Mi. (1 Mi. for 12/under), Firebaugh H.S. (football stadium), 8 a.m. Dr. Ron Sani, 2107 N. Harrison, Fresno 93704. (209) 233-0009, eves.

April 12 (Sunday):

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

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

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

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

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

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

Stinson Beach: Mt. Tam Tri-Bi-Athlon, 1K Swim or 5K Run, 14 Mi. Bike, 5 Mi. Run, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94863, El Sobrante 94803. (510) 841-1190.

Los Gatos: Holy City Dash, 10K, Alma Bridge to Los Gatos H.S. track, 9:15 a.m. (reg. at H.S., bus to start). Athletic Performance, 55 W. Main St., Los Gatos 95030. (408) 354-7365.

Sebastopol: Apple Juice Run, 2 Mi. & 10K, Analy H.S., 8 a.m. Attn: Teresa, Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95473. (707) 823-3032.

April 13 (Monday):

Fresno: Harry Harder's 75th Birthday Run. Woodward Park. 5 pm to 10 pm. Benefit for Habit for Humanity. (209) 638-5007 or (209) 439-2333.

April 16 (Thursday):

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

SCHEDULE

April 18 (Saturday):

Mountain View: Shoreline Park 5 Mile, Shoreline Blvd. (No. off Hwy. 101), 9 a.m. Norman Shaskey, 600 Rainbow Dr., Suite 166, Mtn. View 94041. (415) 964-6367.

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

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

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

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

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

Saratoga: Villa Montalvo 10K Run/2.5 Mi. Walk, Villa Montalvo, 8 a.m. Runners Factory, 51 University Ave., Los Gatos 95030. (408) 395-4311.

Antioch: Golden Triangle Triathlon, 0.5 Mi. Swim, 16 Mi. Bike, 4 Mi. Run, Contra Loma Regional Park, Time TBA. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

El Dorado Hills: Mother Lode Biathlon, 6 Mi. Run, 28 Mi. Bike, Business Park (off El Dorado Blvd. (south)), 9 a.m. Tom Faulkner, Fleet Feet, 1730 Santa Clara Dr., Suite 3, Roseville 95661. (916) 783-4558.

April 19 (Sunday):

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

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

Fresno: Easter Celebration Jog. Woodward Park. Dawn. 1 mile walk, 2 mile jog, 3 mile run. No entry fee. Contact Harry Harder (209) 638-5007.

April 20 (Monday):

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

April 23 (Thursday):

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

April 25 (Saturday):

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

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

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

Kelseyville: Earth Day 5 & 10K, Clear Lake State Park (swimming beach), 8 a.m. Clear Lake State Park Interpretive Assoc.,

Val Nixon, 5300 Soda Bay Rd., Kelseyville 95451. (707) 279-4293.

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

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

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

Lake Berryessa: Lake Berryessa Quadrathlon, 0.5 Mi. Swim, 16 Mi. Bike, 4 Mi. Run, 5 Mi. Bike, Putah Creek Resort (north end of Lake), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

April 26 (Sunday):

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

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

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

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

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

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SCHEDULE

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

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

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

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

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

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

St., Suite 205, Davis 95616. (916) 757-6017.

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

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

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

Carmel: The 5K, The "Cross Roads" (by Big Sur Marathon finish), 8 a.m. The 5K, P.O. Box 222620, Carmel 93922. (408) 625-6226.

Stanford: MBA Challenge for Charity, 5K/10K, Stanford Stadium, 8 a.m. John Vonk, 408 Wilkie Way, Palo Alto 94306. (415) 857-0702.

Palo Alto: Dog's Best Friend Run/Walk, 5K, Baylands Athletic Center (Geng & Embarcadero Rds.), 9 a.m. Tom Osborne, Palo Alto Recr., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Hayward: Wally Wickander Trail Run, 5.5 Mi., Memorial Park (Hayward Plunge), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Healdsburg: Fitch Mountain Footrace, 3K/10K, Plaza Park (downtown), 8 a.m. Healdsburg Parks & Recr., P.O. Box 578, Healdsburg 95448. (707) 431-3301.

April 30 (Thursday):

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

May 2 (Saturday):

Corralitos: Sole Savers 10K Run for Youth, Holy Eucharist Church (527 Corralitos Rd.), 9 a.m. Michael Jordan, 14 Eileen St., Watsonville 95076. (408) 724-2962.

Ben Lomond: Ben Lomond's Cinci De Mile-O, 5.1 Mi., St. Andrew's Church, 8 a.m. St. Andrew's Church, P.O. Box 293, Ben Lomond 95005. (408) 336-5994.

Fair Oaks: Tramp for Camp 5K, Irv Gums's Pumpkin Farm (5415 Kenneth Ave.), 8:30 a.m. Marjorie Esteve, San Juan U.S.D., P.O.

Box 477, Carmichael 95629. (916) 971-7185.

Sacramento: Maranatha Half-Marathon & 10K (& 1/2 Mi. & 1 Mi. Kid's Races), Goethe Park, Nick Vogt, Christian R.A., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Palo Alto: May Fete Mile, University & Emerson, 8 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Lake San Antonio: Wild Flower Festival International Triathlon, 0.5 Mi. Swim, 20 Mi. Bike, 4.5 Mi. Run, Time TBA. Terry Davis, P.O. Box 5279, Salinas 93915. (408) 755-4899.

Turlock: Turlock Rotary Clubs' Biathlon, 10K Run, 50K Bike (**Limit 280; 85 teams**), Turlock High School (Canal Dr. & Berkeley Ave.), 7:30 a.m. (**No Raceday Reg.**) Turlock Rotary Biathlon, c/o Larrie Sweet, P.O. Box 1985, Turlock 95381. Bob Schmidt (209) 632-9931.

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

Bakersfield: Carrera del Ano, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

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

Los Cabos, Mexico: Cabo San Lucas Half-Marathon & 5K, San Jose del Cabo, 7 a.m. Los Cabos Clinic Foundation, P.O. Box 60371, Bakersfield 93386.

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

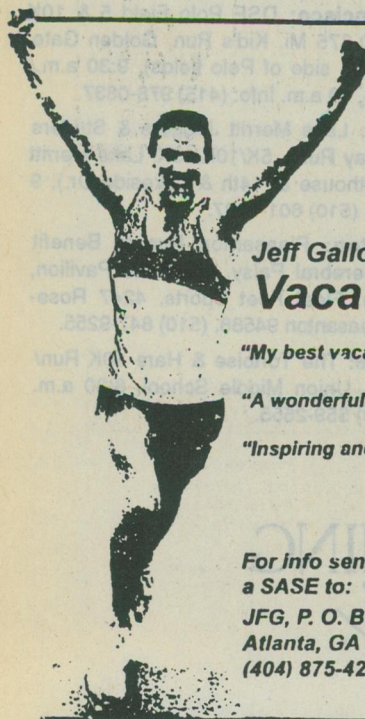
San Dimas: Los Angeles Triathlon Series, Distance TBA, Bonelli Park, Time TBA. Info: (818) 331-0169.

San Diego: Fiesta Island Masters 10K, West Fiesta Island, 7:30 a.m. San Diego T.C., P.O. Box 7853, San Diego 92107. (619) 275-6542.

May 3 (Sunday):

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

San Francisco: DSE Potrero Hill Run, 4.5 Mi., 17th St. & Arkansas, 10 a.m. Info: (415) 978-0837.



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SCHEDULE

San Francisco: May Day Run, 5K/10K & Children's Fun Run, Golden Gate Park (Polo Field), 9 a.m. American Heart Assoc., 120 Montgomery St., Suite 1650, San Francisco 94104. (415) 433-2273.

Los Gatos: Los Gatos Scholastic Classic, 10K & 2 Mi., Los Gatos H.S., 8:30 a.m. Gillian Cichowski, P.O. Box 352, Redwood Estates 95044. (408) 353-1991.

Saratoga: Run to the Stars 3K/8K, Christa McAuliffe Elem. School (Prospect & Titus), 9 a.m./3K, 9:30 a.m./8K. Hank Lawson, 12375 Farr Ranch Rd., Saratoga 95070. Charmaine Morris (408) 255-4326.

San Jose: San Jose Nihon Machi Run, 8K & 1 Mi. Fun Run/Walk, 6th & Jackson Sts., 9 a.m. Yu-Ai-Kai, 565 No. Fifth St., San Jose 95112. (408) 294-2505.

Sausalito: Sausalito Scenic Bay Run/Walk, 3.95 Mi., entrance to tunnel at Ft. Cronkhite, 9 a.m. Sausalito Recr. Dept., 420 Litho St., Sausalito 94965. (415) 289-4125.

Danville: Devil Mountain Run, 10K & 2.8 Mi., Town & Country Center, 8 a.m. Devil Mountain Run, P.O. Box 93, Pleasanton 94566.

Napa: Vichy Spring Run, 5 Mi. & 2.5 Mi. Walk, William Hill Winery (1761 Atlas Peak Rd.), 8:30 a.m. (Limit 500). Vichy Spring Run, 3261 Vichy Ave. Napa 94558. (707) 252-8450.

Lake San Antonio: Wild Flower Festival Triathlon Challenge, (Short: 0.25 Mi. Swim, 10 Mi. Bike, 2 Mi. Run; Long: 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run), Time TBA. Terry Davis, P.O. Box 5279, Salinas 93915. (408) 755-4899.

Chico: Butte Biathlon, 4 Mi. Run, 30 Mi. Bike, 4 Mi. Run (or 1.5 Mi. Run, 15 Mi. Bike, 1.5 Mi. Run), 9 a.m. Exchange Club, 2500 Zarella Way, Ste. A, Chico 95928. (916) 894-8920.

Stockton: Cinco de Mayo 5K Run & 2 Mi. Walk, Stockton Waterfront, Time TBA. Tara-humara R.C., P.O. Box 8422, Stockton 95208. Rudy (209) 948-0938.

Folsom: BAOC Folsom Lake Orienteering Meet, Distances TBA, Doton's Pt., Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Doug Brown (916) 663-2781.

Pismo Beach: Pismo Pier 10K Fun Run, Pismo Pier, 9 a.m. Pismo Beach Recreation Dept., Fun Run, 1000 Bello St., Pismo Beach 93449. (805) 773-4658.

So. El Monte: Legg Lake 8K, 660 Yds. & 2.3 Mi. Spike Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

May 6 (Wednesday):

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

May 7 (Thursday):

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

May 9 (Saturday):

San Jose: Mike Popolizio Quicksilver 50K/50M, Quicksilver County Park, 6 a.m. Steve Tietz, 6363 Firefly Dr., San Jose 95120. (408) 268-1683.

San Francisco: Angel Island 5 Mi. Run/Walk, Time TBA. The Guardsmen, 115 Sansome St., #310, San Francisco 94104. (415) 781-6785.

San Francisco: Ocean Beach 5K, Balboa St. & Great Highway, 11:15 a.m. (on sand at low tide). Ocean Beach 5K, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

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

Marin County: Human Race, Distance, Location & Time TBA. Volunteer Center, 70 Skyview, San Rafael 94903. (415) 479-5660.

Pleasant Hill: 24-Hour Heartbeat Challenge, Marathon, 6-Hr., 12-Hr. & 24-Hr. (individuals & teams), Diablo Valley College (track), 9 a.m. Jack Riley, c/o American Heart Association, P.O. Box 6181, Concord 94524. (510) 827-1600.

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

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

Sacramento: "Y Not Run" 5K/10K, North-east YMCA (3127 Eastern Ave.), 8:30 a.m.

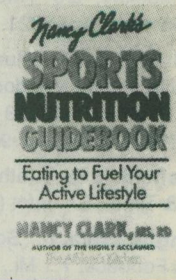
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SCHEDULE

Dave Mackey, c/o YMCA, 3127 Eastern Ave., Sacramento 95821. (916) 452-5451.

Fort Bragg: Sunset Run, 5K Run/Walk & Kids' Mile, 6 p.m. Mendocino Coast Recreation & Park District, 213 E. Laurel St., Fort Bragg 95437. (707) 964-9446.

Bakersfield: BBL Triathlon, Distance, Location & Time TBA. Info: (805) 392-2000.

Huntington Beach: Southern California Dipsea Footrace, 7.1 Mi., Central Park West, 8 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

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

May 10 (Sunday):

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

San Francisco: DSE Right to Assemble Run, 7.45 Mi., Howard & Spear to beach, 8 a.m. Info: (415) 978-0837.

San Jose: BAOC Orienteering Meet, Distance TBA, Joe Grant Park, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. (408) 729-1960.

Bakersfield: Tri-4-Kids Triathlon, Distance, Location & Time TBA. Info: (805) 323-6460.

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

May 14 (Thursday):

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

May 16 (Saturday):

Ft. Cronkhite: Bobcat Biathlon, 4.5 Mi. Run, 12.8 Mi. Mountain Bike, Rodeo Lagoon (off Bunker Rd.), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Geyserville: Icebreaker Triathlon, 0.5 Mi. Swim, 5K Run, 14 Mi. Bike, Lake Sonoma (Marina boat ramp), 8 a.m. (May 4 entry deadline; 400 limit). Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

Colfax: Slice 100K Run (50K on Sat. from Colfax to Foresthill; 50K on Sun. from Georgetown to Coloma). Time TBA. Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.

Shafter: Run Shafter Runs, Distances, Location & Time TBA. Info: (805) 393-0866.

Tustin: Run for the Family, 5K Run/Walk & 1K Youth Dash, Tustin Market Place (El Camino Real & Jamboree), 7:30 a.m. City of Tustin, Community Services Dept., 15222 Del Amo Ave., Tustin 92680. (714) 544-8890, x220.

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

May 17 (Sunday):

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

San Carlos: San Carlos Rotary Fun Run, 5 & 10K Runs and 5K Walk, Burton park, 9 a.m. Sue Tenerowicz, 1612 Laurel St., San Carlos 94070. (415) 593-8425.

Oakland: Tilden Tough Ten, 10 Mi., Tilden Park (Inspiration Point), Time TBA. Info: (510) 601-7887.

Hughson: Endangered Species Run, 5K/10K & Kid's Mile, Hughson Fruit & Nut Festival, 9 a.m. Endangered Species Education Trust, P.O. Box 1504, Pleasanton 94566. (510) 846-8126.

Sacramento: Old Sacramento Triathlon, 0.3 Mi. Swim, 13 Mi. Bike, 3 Mi. Run, Front & "J" Sts., 9 a.m. Bill Kelly, Fleet Feet Sports, 2408 J St., Sacramento 95816. (916) 442-RACE.

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

Kansas City, MO.: TAC/USA National Masters 10K Championship. Jerry Morrison, 5617 N. Adrian Ave., Kansas City, MO. 64151. (816) 741-2314.

May 20 (Wednesday):

Davis: Humpday 5K Run/10K Rollerblade, UC Davis Campus, 6 p.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

San Diego: One-Hour Run, Balboa Stadium, 5:30 p.m. Info: Peter Stern (619) 272-5380.

May 21 (Thursday):

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

May 23 (Saturday):

Vacaville: Gold Medal Triathlon, 0.5 Mi. Swim, 10 Mi. Bike, 3.8 Mi. Run, Lagoon Valley Park, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Morgan Hill: Mushroom Mardi Gras 10K & 2 Mi., Live Oak H.S., 8:30 a.m./10K, 8:45 a.m. Mitch Brenncise, 16857 Gallop Dr., Morgan Hill 95037. (408) 256-2533.

San Dimas: Los Angeles Triathlon Series, Distance TBA, Bonelli Park, Time TBA. Info: (818) 331-0169.

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

May 24 (Sunday):

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

Pinole: Pinole Spring Festival 4 Mi. & 1K Kids' Run, 10 a.m. (Raceday Reg. only). Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Aptos: Renee's Bakery Women's Duathlon, 2.5 Mi. Run, 15 Mi. Bike, 2 Mi. Run, Valencia Elem. School, 8 a.m. (Limit 150). Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

Cotati: Smartass Race, 3K & 10K, 8 a.m. Smartass Race, Cotati Chamber of Commerce, P.O. Box 592, Cotati 94931. (707) 795-5508.



Run For Relief

10K Race and 2 Mile Fun Run
April 4, 1992 • 7:00 a.m.

Start and Finish at Fresno Pacific College • 1717 S. Chestnut

COURSE: Both the 10K and 2 Mile courses start and finish at the Fresno Pacific Soccer Field.
10K Course: One flat loop consisting of asphalt roads, gravel roads, canal bank and grass.
2 Mile Course: One flat loop consisting of asphalt roads.

STARTING TIME: Both races start together at 7:00 a.m.

ENTRY REGISTRATION: Pre-registration deadline is March 27. Late registration day of race only -- 6:00-6:45 a.m.

ENTRY FEE: Must accompany entry blank. Make checks payable to West Coast Mennonite Relief Sale, Inc.

Pre-Registration: \$10 postmarked before March 27, 1992.

Late Registration: \$12 after March 27, 1992 - enter on day of race.

CHECK-IN: Pick-up running number at Fresno Pacific College Soccer Field from 6:00-6:45 a.m.

T-SHIRTS: T-shirts to first 150 entrants.

DIVISIONS: **2 Mile Fun Run:** Time prediction -- no watches.

10K Race: The following age groups for both men and women: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 Plus.

AWARDS: **2 Mile Fun Run:** Based on predicted time - 15 plaque awards.

10K Race: Beautiful handcrafted mugs to first three in each division.

AID STATION: Water at approximately 3.5 miles.

BREAKFAST: Following the race, a pancake breakfast or baked goods can be purchased.

OTHER ACTIVITIES: West Coast Mennonite Relief Sale including quilt and antique auction. Family fun.

SHOWERS: Available at the Fresno Pacific College gym -- bring own locks and towels.

PROCEEDS go to assist the world relief, development, and service projects of Mennonite Central Committee.

FOR MORE INFORMATION: (209) 638-6911 or (209) 638-5007 or (209) 456-0535.

ENTRY FORM AND WAIVER (Please Print)

Mail entry blank and fee to: Run for Relief, 4957 E. Heaton, Fresno, CA 93727

Name _____ Age on Race Day _____

Street Address _____ Male Female (circle)

City _____ State _____ Zip _____ T-shirt size: S M L XL Lg-Youth

Circle Division: (circle only one)

2 Mile Fun Run: 2 Mile Predicted Time _____

10K Race: 19 & Under	20-24	25-29	30-34	35-39	40-44
45-49	50-54	55-59	60-64	65-69	70-74
					75 & over

WAIVER (Must Be Signed): I, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights I may have against the Run for Relief Race Committee, West Coast Mennonite Relief Sale, Inc., West Coast Mennonite Central Committee, Fresno Pacific College, the City and County of Fresno, and any and all sponsors and officials, their agents, representatives, successors, or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Run for Relief on April 4, 1992.

Signature (parent if under 18) _____ Date _____

SCHEDULE

Daly City: DSE San Bruno Mountain 5K/10K & Half Marathon, San Bruno Mtn. State Park (atop Guadalupe Canyon Pkwy), 10 a.m. Info: (415) 978-0837.

Bolinas: BAOC 6 Hour Rogaine Orienteering Meet, (tentative), Distance & Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr. Oakland 94611. Gary Kraght (415) 383-4429.

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

Clarksburg: Delta Duathlon Sprint Series, 1.8 Mi. Run, 11.5 Mi. Bike, 1.8 Mi. Run, Delta H.S., 8:30 a.m. Race Ready Race Management, P.O. Box 1295, West Sacramento 95605. (916) 372-7367.

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

May 25 (Monday):

Kentfield: Pacific Sun 10K & 2.5 Mi. (PA/TAC 10K Championships with age-graded scoring for Masters), College of Marin, 8 a.m. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903. (415) 472-RACE.

Pinole: Miniman Triathlon, 250 Yd. Swim, 2.1 Mi. Run, 8 Mile Bike, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Concord: Concord Memorial Hill Run, 5K, Newhall Park, 9 a.m. LeRoy Pacheco, 11 Asbury Way, Pittsburg 94565. (510) 458-3978.

Grass Valley: Grass Valley Memorial Run, 8K & 3K Walk, Memorial Park, 8:30 a.m. Gary Loucks, 116 High St., Grass Valley 95945. (916) 273-9268.

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

May 28 (Thursday):

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

May 30 (Saturday):

San Bruno: San Bruno Memorial Cross Country Run, 4 Mi., San Bruno City Park (Crystal Springs Rd. & Oak Ave.), 8:30 a.m. Mike Sullivan, P.O. Box 4680, Sonoma 95370. (209) 532-1910; Don Conklin: (415) 952-8127 or 952-6454.

Aptos: Aptos Marathon, Half Marathon & 10K, Forest of Nisene Marks State Park, 8 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

So. El Monte: San Gabriel River 5K & 10K Memorial Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

May 31 (Sunday):

San Francisco: DSE Ferry Building Biathlon, 3.83 Mi. Run, 0.5 Mi. Swim, (in Bay), Dolphin Club (Foot of Hyde St.), 10 a.m. Info: (415) 978-0837.

Fremont: Ohlone Wilderness Trail Run, 50K, end of Stanford Ave., 7 a.m. John Vonnhoff, Bay Area Ultra Runners, 4438 Gibraltar Dr., Fremont 94536. (510) 797-8169.

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

Oakland: (Tentative): Oakland Double 10K & 5K Express, Jack London Waterfront, 8 a.m. Festival at the Lake, 1630 Webster St., Oakland 94612.

Davis: Davis Street Faire 5 Mi. Run & 3 Mi. Walk, Davis Train Depot (east end of 2nd St. near "G" St.), 8:30 a.m. Kathie Skrabo, P.O. Box 447, Davis 95617. (916) 756-7542.

So. El Monte: San Gabriel River 5K & 10K Brendal Pup Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

California's most
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**SUBSCRIBE TO CRN
TODAY!!**

Looking Ahead

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

Jun 6 (Sat): Aptos: Forest of Nisene Marks Marathon, Half Marathon & 5K, Nisene Marks State Park, 8 a.m. Santa Cruz Host Lions Club, P.O. Box 477, Santa Cruz 95061. (408) 458-9984.

✓ **Jun 6 (Sun): Moscow:** Moscow International Peace Marathon & 10K. For information contact Nicole W. Green, Murdock Jensen Baron 1-800-333-2060, or write to 139 East South Temple, Suite 2003, Salt Lake City, UT 84111.

Jun 7 (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, c/o North Coast Opportunities, 413 N. State St., P.O. Box 204, Ukiah 95482. (707) 462-1950.

Jun 14 (Sun): Lompoc: Valley of the Flowers Marathon & Half Marathon, Lompoc High School (515 W. College Ave.), 7 a.m./Mara., 7:30 a.m./H-M. Lompoc Valley D.C., 716 E. Ocean Ave., Lompoc 93436. (805) 735-3255.

Jun 14 (Sun): Mill Valley: Dipsea Race, 7.1 Mi., handicapped, 9 a.m. (**Send S.A.S.E. for entry-all entries mailed out Apr. 1 only - race filled on first come basis only**). Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

Jun 21 (Sun): San Francisco: (Tentative date): City of San Francisco Marathon - more info in future issues.

Jun 27 (Sat): Squaw Valley: Western States 100 Mile Endurance Run, 5 a.m. (Entries limited and determined by lottery on 11/30/91 - qualifying standards). Helen & Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

Jul 10 (Fri): Ashford, WA: Mt. Rainier to the Pacific Relay, 160 Mi. (11-person teams), Ashford to Ocean Shores (250 team limit), Time TBA. Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA. 98107. (206) 782-6547.

Aug 22 (Sat): Flint, MI: TAC/USA National Masters 10 Mile Championships. Lois Craig, P.O. Box 981, Flint, MI. 48501. (313) 235-3396.

Your Year-Round Training Program

By Jeff Galloway

John had read all of the running books and magazines, and had incorporated the essential components into his training--but he wasn't improving. When he increased the intensity of key workouts, his times actually got worse. So frustrated was he when he asked me for help that he was ready to quit racing entirely.

When I analyzed John's program, it was obvious that he didn't build his training around any goal. Consequently, the components which may have helped him if they were in sequence, were keeping his body tired or out of rhythm. He wasn't able to take advantage of the hard work he was doing.

By organizing your training around one or two goals, you can build your physical and mental components into a team. Your mind

efficiency--which will help you run better during the following endurance season.

The following are my suggestions for setting up a program that will coordinate your goals and your workouts. Most runners use a calendar or a log book to schedule these components. At first, pencil in the items, tracing over in ink as your goal gets closer and your commitment more firm.

1. Designate a few key races in each season and plan your training around them. Don't put all of your eggs into only one race--have several upon which to fall back.

2. Set up your long runs. Whether you're training for a marathon, half marathon or much shorter event, you should run your last

4. Insert the speed workouts. In the speed season, speed workouts should be done once a week (usually Tuesday or Wednesday) during the last 8 weeks before your key races. Speedwork for distance races (marathon or half-marathon) is best done on non-weekends, alternating with races.

5. Hill training conducted during the other weeks. Hill training will strengthen the lower leg muscles--helping you to improve your running for both short and long events. The time between seasons is ideal for hillwork. These sessions are conducted once a week (usually on Tuesday or Wednesday) leading up to the start of speedwork in each season.

6. Time off between seasons? If you need it, take 1-3 weeks off from running between seasons. Most runners recover faster by jogging slowly every-other-day during this "recovery phase". If you need time completely off--whether physically or mentally--take it. Cross training is recommended for those times when you need to stop running.

Each of the components of a year-round schedule can help you improve. When you put them together, however, you'll continue to receive benefits for an extended period. John had a 3 year period of improvement--before he started racing every weekend.

Note: Olympian Jeff Galloway has written the nation's best-selling running book Galloway's Book on Running and conducts marathon training clinics and fitness seminars throughout the country. Information: JPG, P.O. Box 76843, Atlanta, GA 30358. (404) 255-1033.

By organizing your training around one or two goals, you can build your physical and mental components into a team.

will become focused at the same time.

A popular and beneficial pattern is to have 2 goals in mind: a distance race in the Fall and a series of shorter races in the Spring. Not only can you plan for both, it's possible that each program will complement the other. The endurance from the fall will allow the runner to have a better "plumbing system" and more stamina in the Spring. Speedwork and races improve your running mechanics and

long run 2-3 weekends before. Every other weekend leading to that last long one should be set aside for long runs--which gradually increase in length.

3. Schedule other races. On the non-long-run weekends, plan as many short races as possible. Even if you're into a marathon training program. 5Ks are great for improving form and getting into the "racing mode."

THE ATHLETE'S KITCHEN

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



On Donuts and Other Dietary Dilemmas

THE POOR DONUT commonly gets the brunt of nutritional criticism. Health food eaters malign this sinful ring of grease, sugar and flour as being the ultimate in dietary disasters. Nutrition connoisseurs smack of superiority as they delight in their whole wheat toast with all-natural peanut butter. Little do they acknowledge their seemingly healthier choice resembles the profile of the donut (discounting health value): one glazed, raised Dunkin' Donut has 200 calories, 9 grams fat, with 40% of its calories coming from fat. One slice whole grain toast (Peppe-ridge Farm's Hearty Slices) with one tablespoon of peanut butter is also about 200 calories, 9 grams fat. . .

Does the fact that peanut butter toast and donuts have a similar calorie and fat profile mean this breakfast alternative is also worthy of being maligned? No. There's no such thing as a good or a bad food. Rather, there are good and bad eating habits. If you have the habit of eating donuts for breakfast, then hopefully you will salvage your health by eating wholesome lower fat foods the rest of the day. You simply need to think in terms of a daily budget for fat and calories that you are entitled to spend as your taste buds desire. Even donuts can fit into most budgets.

Sportsactive people should be concerned not only about their fat intake, but also about carbohydrates. An athlete in hard training should target about 3-5 grams CHO per pound body weight. Optimally, this translates into at least 360 grams CHO for a 120 pound woman and 450 grams CHO for a 150 pound man. (Note chart below.)

Based on this limited approach to eating that looks at only calories, fat and carbohydrate, and overlooks the protein, vitamin, mineral and health value of a food, you can eat whatever you want, as long as it fits into your overall daily nutrition budget. If desired, you can spend 800 calories of your budget on four glazed donuts for breakfast. You will simultaneously spend at least half of your fat budget for the day (36 grams fat) yet cheat yourself of carbohydrates (only 104 gm CHO). Despite this much goo for breakfast, you can still salvage the rest of the day with bananas, orange juice, potatoes, pasta and other wholesome, vitamin-packed lowfat choices.

Now, taking that glazed Dunkin' Donut as standard of comparison for other foods (vitamins, minerals and healthfulness aside), let's see how other choices stack-up.

✓ For the same 200 calories and just one more gram of fat, you could have a Dunkin' Donuts chocolate donut cookie instead of the glazed yeast donut. Both have 25 grams carbohydrate. Mmmm. . . sounds like a simple way to rationalize cookies for breakfast. . . ?!

✓ For 250 calories and 11 grams of fat, you could revel in an apple-filled donut. (And rationalize that you're fulfilling the fruit requirement for the day??) The filling adds about 7 grams CHO, too few to qualify for "carbo-loading". . .

✓ The plain cake donuts have 270 calories and 17 grams of fat. Think again before choosing the seemingly more nutritious (but glazed) whole-wheat donut. That "healthier" ring has 330 calories and 18 grams of fat, which is similar to the glazed chocolate donut

(325 calories, 21 grams fat). Yet, all can fit into your nutrition budget if that's how you choose to spend your calories and fat for the day.

✓ Croissants, although viewed as nutritionally preferable to grease-filled donuts, are actually higher in fat. The Dunkin' Donuts plain croissant (310 cals, 19 gm fat) gets 55% of its calories from fat. The chocolate croissant (440 cals, 29 grams fat) is 59% fat. The glazed donut is 40% fat. If you want a high carbohydrate recovery food after your morning workout, all are a poor source of carbs (26-38 grams CHO, with the chocolate croissant the highest).

✓ If you want some carbohydrates, Dunkin' Donuts' muffins (60-65% CHO) are the better bet than donuts (35-50% CHO) or croissants (35% CHO). Their muffins average about 50 grams CHO, 300 calories and 10 grams fat.

✓ McDonald's offers a similar variety of grease and goo. Their apple danish is the calorie/fat equivalent of two glazed Dunkin' Donuts, their apple pie similar to a cake donut and their sausage biscuit has the same profile as a chocolate croissant. At least there, you can find carbohydrates: a pancake breakfast (400 calories, 9 gm fat, 75 gm. CHO).

Fast Food Calories

Although fast foods are often loaded with fat, they are never-the-less convenient and popular with eat-and-runners. If you routinely eat fast foods, you should at least try to "balance out" the rest of your day's intake with low fat fruits, vegetables and fiber-rich breads and cereals. For example, if you'll be having a hamburger with fries for lunch, plan to eat bran cereal for breakfast and pasta with tomatoe sauce for dinner.

Daily calorie, fat and carbohydrate targets

	Calories	Fat *gm	CHO gm
Men 150 lb.	2,400-3,000+	65-85	450+
Women 120 lb	1,800-2,400+	50-65	360+

*Based on 25% fat diet.

continued next page...

THE ATHLETE'S KITCHEN

Target calorie and fat budgets for sportsactive people are:

Men: 2,400-3,000+ calories/day, 65-85 gms fat/day -- This comes to 800-1,000 cal/meal, with fat budgeted as desired.
Women: 1,800-2,200+ calories/day, 45-60 grams fat/day -- This comes to 600-700+ cal/meal, with fat budgeted as desired.

McDonald's	Cal.	Fat (gm)
Hamburger	260	10
McLean Deluxe	310	10
Quarter-pounder	410	21
Quarter-pounder w/cheese	520	29
Big Mac	560	32
McDLT	580	37
McChicken	490	29
Chicken McNuggets (6)	290	16
Sauce, sweet-n-sour	60	0
Fillet-o-fish	440	26
French Fries, small	220	12
Garden salad, plain	110	7
Chef salad, plain	230	13
Chicken oriental salad, plain	140	3
Oriental dressing, 2 oz.	50	0
Blue Cheese dressing, 2 oz.	140	14
1000 Island dressing, 2 oz.	155	15
Apple Pie	260	15
McDonaldland cookies	290	9
Hot fudge sundae	240	3
Egg McMuffin	290	11
Apple bran muffin	190	0
Blueberry Muffin	170	0
English Muffin w/butter	185	5
Biscuit w/butter	260	13
Biscuit w/sausage	440	29
Cinnamon raisin danish	440	21
Hotcakes w/butter, syrup	410	9
Hash Browns	130	7
Orange Juice	80	0
Milk, 2%	120	5
Cola, 12 oz.	130	0
Vanilla lowfat shake	290	1
Chocolate lowfat shake	320	2
Burger King	Cal	Fat(gm)
Double bacon cheeseburger	515	31
Whopper	630	36
Whopper w/cheese	705	43
Chicken specialty sandwich	685	40
Ocean Catch filet	490	25
Onion Rings	300	16
Pizza	Cal.	Fat(gm)
Veggie pizza, 2 slices Domino's	500	18
Pepperoni personal pan pizza	675	29
Pizza Hut		
Large slice cheese, standard	200-250	5-10
Kentucky Fried	Cal	Fat(gm)
Original recipe, breast	285	15
Extra crispy, breast	340	20
Buttermilk biscuit	235	12

Corn on the cob	175	3
Taco Bell	Cal	Fat(gm)
Taco	185	11
Tostada w/red sauce	245	11
Beef burrito w/red sauce	400	17
Taco salad without shell	520	31
Dunkin Donuts	Cal	Fat(gm)
Glazed, raised-type	200	9
Apple-filled	250	11
Plain, cake-type	270	17
Glazed chocolate	325	21
Oat bran muffin	330	11
Blueberry muffin	280	8
Bran muffin	310	9
Croissant	310	19
Chocolate chunk cookie	200	10
Coffee w/cream, sugar	70	5
Deli: Sandwich fixings	Cal	Fat(gm)
Bread, 2 slices standard	140-200	2-3
Syrian, 1/2 8" pocket	120	1
Bulky roll	160	2
Bagel	200-250	1-2
Submarine roll, large	460	8
Butter, 1 Tbsp	110	12
Mayonnaise, 1 Tbsp. Hellman's	100	11
Light mayonnaise, 1 Tbsp Hellman	50	5
Mustard, 1 Tbsp	10	0
Catsup, 1 Tbsp	15	0
Turkey breast, 3 oz.	120	3
American Cheese, 2 slices(1.5 oz)	180	14
Roast bef, lean, 3 oz.	150	6
Ham, lean, 3 oz.	120	4
Tuna salad, 1 scoop	300	20
Peanut butter, 2 Tbsp	180	16
Ice Cream	Cal	Fat(gm)
McDonald's soft serve cone 3 oz	140	5
Breyer's, vanilla 4 oz. small scoop	150	8
Dairy Queen, regular 5 oz.	240	7
Haagen Dazs, vanilla, 4 oz.	290	19

Compiled in Jan., 1992 by Nancy Clark, MS, RD; SportsMedicine Brookline, Brookline, MA 02167. Reprint permission granted with proper credit.

Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, helps active people balance fast foods with good nutrition. Her popular books *The Athlete's Kitchen* ('81, \$7) and *Nancy Clark's Sports Nutrition Guidebook* ('90, \$16.50) are available through NESF, P.O. Box 252, Boston, MA 02113.

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

Project Projimo 5K

September 15, San Francisco.

Division Results - Men

Overall Winners: 1. Ramsey Thomas 16:59, 2. Alan Reynolds 17:05, 3. Luis Montano 17:12. **16 & Under:** 1. Chris Sacks 18:41, 2. Keyin Chin 21:18, 3. Steeve Donnelly 28:57. **17-20:** 1. Jason Maintzer 17:29, 2. Marco Wieser 17:29. **21-29:** 1. Alan Reynolds 17:05, 2. Luis Montano 17:12, 3. John Hyun 17:51. **30-39:** 1. Marco Hellman 17:44, 2. Antonio Corgas 17:47, 3. David Rissmiller 17:48. **40-49:** 1. Ramsey Thomas 16:59, 2. Jeff May 17:40, 3. Jason Marsh 18:42. **50-59:** 1. Gerald Gowan 20:14, 2. Arthur Curry 23:04, 3. Calvin Moore 24:48. **60-69:** 1. Lee Jones 23:23, 2. George Kniese 23:39, 3. Wally Raposo 24:33. **70-79:** 1. William Main 22:48, 2. Ary Elderkamp 24:29, 3. Fred Ullner 27:38.

Division Results - Women

Overall Winner: 1. Lourdes Livingston 21:15, 2. Laura Faucett 21:56, 3. Nelda Williams 22:01. **16 & Under:** 1. Angelica Alvarez 43:32, 2. Brittany Shepard 58:44, 3. Cecilia Perez 63:17. **20-29:** 1. Laura Faucett 21:56, 2. Antonella Aste 22:10, 3. Nina Bell 24:08. **30-39:** 1. Robin Tanner 20:19, 2. Lourdes Livingston 21:15, 3. Helena Sears 24:07. **40-49:** 1. Nelda Williams 22:01, 2. Sherry Gaskin 24:10, 3. Christine Yee 25:25. **50-59:** 1. Cecile Wilden 23:26, 2. Louisa Jansen 23:42, 3. C.S. Hall 25:08. **60-69:** 1. Liese Rapozo 29:32, 2. Elsie Palmer 56:57. **70-79:** 1. Mary Chu 32:13, 2. EM Helgeson 53:28.

Christmas Classic

December 22, No City Available. 5K & Miracle Mile.

Division Results - Men's 5K

Overall Winners: 1. Chris Bloxson 15:48, 2. Paul Ghidossi 16:04, 3. Chris Kitzler 16:06. **16 & Under:** 1. Jon DeLaurentis 19:40, 2. Garrett Fogel 19:41, 3. Michael Kearney 19:44. **17-20:** 1. Matt Metzger 16:10, 2. Martin Smith 17:10, 3. Jeffrey Cole 17:22. **21-29:** 1. Chris Bloxson 15:48, 2. Paul Ghidossi 16:04, 3. Chris Kitzler 16:06. **30-39:** 1. Mark Daniel 16:06, 2. Henry Wigglesworth 16:54, 3. Didier Diaz 16:57. **40-49:** 1. David Barry 17:22, 2. Ron Darling 17:58, 3. Jeff May 18:00. **50-59:** 1. John Finch 18:41, 2. Richard Rodriguez 18:48, 3. Bill Catanese 19:44. **60-69:** 1. John Gregson 21:47, 2. Lee Jones 22:31, 3. Frank Crabbe 23:24. **70-79:** 1. Don Wilgus 25:42, 2. Albert Jarschke 28:02, 3. John Guinee 28:55.

Division Results - Women's 5K

Overall Winners: 1. B.Z. Churchman 18:42, 2. Linda Jannelli 19:03, 3. Carey Garis 19:30. **16 & Under:** 1. Tegan Firth 22:16, 2. Sarah Pitts 22:16, 3. Rachel

Pitts 29:02. **17-20:** 1. Theresa McCarthy 21:30, 2. Kerry Williams 29:07. **21-29:** 1. Carey Garis 19:30, 2. Jocelyn Finch 20:40, 3. Li Miao 22:35. **30-39:** 1. B.Z. Churchman 18:42, 2. Linda Jannelli 19:03, 3. Marty Mattox 20:48. **40-49:** 1. Lois Markovich 22:28, 2. Nan Collet 24:09, 3. Marianne O'Connell 25:03. **50-59:** 1. Geraldine Barry 24:43, 2. C.S. Hall 25:32, 3. Mary Mettler 28:43. **60-69:** 1. Liese Rapozo 29:53, 2. Dorothy Dempsey 48:13. **70-79:** 1. Jessie Mickle 43:09.

Division Results - Men's Miracle Mile

Overall Winners: 1. Ben Turman 4:04, 2. Joe Amendt 4:08, 3. Adam Ozarski 4:12. **16 & Under:** 1. Adam Ozarski 4:12, 2. Chris Lunny 4:45, 3. Andrew Bokmeyer 6:06. **17-20:** 1. Michael Smith 4:12, 2. Eric Putnam 4:26, 3. Sylvester Coons 4:33. **21-29:** 1. Ben Turman 4:04, 2. Joe Amendt 4:08, 3. Noah Hinkston 4:16. **30-39:** 1. Brian Davis 4:13, 2. Malcolm Carruthers 4:23, 3. Steven Howard 4:27. **40-49:** 1. Jim Hampton 4:20, 2. Bill Dunn 4:28, 3. Stan Yasuhara 4:47. **50-59:** 1. Chuk Winters 4:42, 2. Richard Rodriguez 4:58, 3. Hank Newell 5:48. **60-69:** 1. John Gregson 5:43, 2. David Cole 6:26, 3. Cal Morris 7:29. **70-79:** 1. Albert Jarschke 7:41.

Division Results - Women's Miracle Mile

Overall Winners: 1. Catherine Venables 5:15, 2. L.J. Allen 5:38, 3. Kambridge Hribar 6:17. **16 & Under:** 1. Catherine Venables 5:15, 2. Kambridge Hribar 6:17, 3. Aileen Delaney 6:23. **30-39:** 1. Judy Ace 5:33, 2. L.J. Allen 5:38. **40-49:** 1. Frances Massey 6:53, 2. Hilda Ayala 7:05, 3. Joanne Lapinski 7:47. **50-59:** 1. Charlene Schmitz 8:17, 2. Mary Taylor 8:20, 3. Rita Abelardo 9:19. **60-69:** 1. Dorothea Cole 9:28.

European Cross Country

December 22, Ventura. 2.2 Mile & 6.6 Mile.

Overall Results - 2.2 Mile

1. Steve Brown (19-34) 12:48, 2. Tom Graber (19-39) 13:16, 3. Ryan Myers (18&U) 13:27, 4. Gary Tuttle (40-49) 13:39, 5. Chris Jimenez (18 & U) 13:47, 6. Gildardo Mendez (18&U) 13:52, 7. Ian Myers (18 & U) 14:06, 8. Kevin Silk (19-39) 14:11, 9. Ethan Schaeffer (18&U) 14:29, 10. Ron Misner (19-39) 14:34. 20. Mimi Baranowski (40&O) 16:46, 28. Allyson MacIntosh (18&U) 18:26, 36. Leigh Anderson (19-39) 22:13.

Overall Results - 6.6 Mile

1. Barry Molony (40-49) 42:07, 2. Tom Graber (19-34) 42:21, 3. Pete Feldman (19-39) 43:19, 4. Art Jimenez (40-49) 43:56, 5. Roger Henderson (19-39) 44:24, 6. Al Sanchez (40-49) 44:29, 7. Ryan Myers (18&U)

44:33, 8. Craig Godwin (19-39) 45:35, 9. Larry Thompson (19-39) 46:01, 10. R.A. Yanez (19-39) 46:48.

17. Anne Hayden (19-39) 50:32, 28. Mimi Baranowski (40&O) 58:33.

Paramount 10K Run

(With Special World Masters Divisions)

January 11, Paramount.

Division Results - Men

Overall Winners: 1. Ed Randall 29:51, 2. Christian-Cushing Murray 29:55, 3. Danny Reed 30:06. **13 & Under:** 1. Hollis Zeigler 58:04. **14-17:** 1. Edgar Valdelamar 36:13, 2. Gilbert Ochoa 36:13, 3. Alonzo Ramirez 38:33. **18-23:** 1. Michael Sloan 30:36, 2. Jeff Schiebier 30:37, 3. Mike Nootebos 32:13. **24-29:** 1. Ed Randall 29:52, 2. Christian-Cushing Murray 29:55, 3. Danny Reed 30:06. **30-34:** 1. Jim Triplett 31:08, 2. John Agnew 31:40, 3. Steven Bishop 31:45. **35-39:** 1. Sam Sitonic 30:17, 2. Mark Luevano 30:18, 3. Harold Ketting 32:59. **40-44:** 1. John McAndrew 34:22, 2. Ben Martinez 35:45, 3. Richard Saltzman 36:43. **45-49:** 1. Ken Desmet 35:11, 2. Terry Martin 35:51, 3. L.D. Baca 36:17. **50-54:** 1. Gamma Chavez 37:44, 2. Pat Wickens 38:49, 3. Byron McIntosh 39:16. **55-59:** 1. Frank Vasquez 41:58, 2. Rogelio Lara 42:16, 3. Ben Bernal 43:28. **60-64:** 1. Albert Nobuto 41:04, 2. Russ Peltz 43:46, 3. Milo Sather 44:40. **65-69:** 1. Stanley Neufeld 47:56, 2. Jack Greene 49:52, 3. Fred Lovell 57:59. **70 & Over:** 1. Ed Hornung 53:10, 2. Bill Dietrich 54:18, 3. Scott Warwick 67:41. **Wheelchair:** 1. Eric Neitzel 25:14, 2. Roymond Stewart 25:15, 3. Keith Dysert 26:01. **(Special World Masters Division) 40-44:** 1. James Press 33:16, 2. Donald Ocana 33:35, 3. Barry Schaeffer 33:43. **45-49:** 1. Peter Stern 34:08, 2. Don McCarthy 34:42, 3. Ron Roman 34:45. **50-54:** 1. Dan McCaskill 34:42, 2. Jim Chenoweth 35:19, 3. Charles McClung 36:35. **55-59:** 1. John Brennan 35:23, 2. Bill Crum 36:50, 3. John Finch 37:42. **60-64:** 1. Paul Saucedo 39:59, 2. Patrick Devine 40:38, 3. Curt Brownfield 42:41. **65-69:** 1. Ray Gil 43:47, 2. Ray Stewart 44:30. **75-79:** 1. Eddie Lewin 48:41, 2. Dutch Benediti 51:25, 3. Fraser MacMinn 54:59. **80-84:** 1. Chick Dahlsten 51:14, 2. Mel Shine 58:51. **85-89:** 1. Willard Benton 65:31, 2. Zacarias Horta 83:48. **90 & Over:** 1. Paul Spangler 92:34, 2. Jacob Bishin 100:35. **Racewalk:** 1. Allen James 42:09.

Division Results - Women

Overall Winners: 1. Janis Klecker 32:46, 2. Kathlene Bowan 33:24, 3. Jamie Park 34:42. **14-17:** 1. Marisa Avendano 41:38, 2. Josie Franco 47:55, 3. Maribel Jimenez 48:27. **18-23:** 1. Jamie Park 34:43, 2. Kelly

Coster 38:34, 3. Linda Gallardo 42:22. **24-29:** 1. Kathleen Smith 35:34, 2. Lesley White 37:21, 3. Martee Little 43:12. **30-34:** 1. Janis Klecker 32:46, 2. Kathlene Bowman 33:24, 3. Annetta Luevano 34:52. **35-39:** 1. Kim Hipsher 37:01, 2. Kim Stockdale 40:43, 3. Jeanne Cole 40:49. **40-44:** 1. Leslie Caldera 37:51, 2. Terri Goodreau 42:49, 3. Peggy Sullivan 44:48. **45-49:** 1. Linda King 43:56, 2. Sharon Greiner 46:49, 3. Maria Rodriguez 47:38. **50-54:** 1. Joe Ann Goltra 43:25, 2. Roberta Lamping 46:38, 3. Bobbi Gold 49:06. **55-59:** 1. Atsuko Fujimoto 52:39, 2. Delores Vega 57:52. **60-64:** 1. Chris Cromer 52:15, 2. Pinky Fisher 53:45, 3. Sumiye Leonard 58:35. **70 & Over:** 1. Lois Edds 60:52. **(Special World Masters Division) 40-44:** 1. Sherri Hall 36:48, 2. Elaine Triplett 38:15, 3. Michele Tiff 38:36. **45-49:** 1. Wendy Watson 40:39. **55-59:** 1. Tami Graf 45:55, 2. Mae Horn 46:15. **75-79:** 1. Judy Simon 61:16, 2. Lucy Adney 87:44. **Racewalk:** 1. Francere Bustos 50:04.

Cal-10 Race

January 12, French Camp. 10 Mile.

Division Results - Men

18 & Under: 1. Robert McBlair 58:37, 2. Brent Barnum 58:44, 3. Billy Flowers 65:00. **19-29:** 1. Jay Marden 48:27, 2. John Litschert 55:16, 3. Richard Johnson 56:31. **30-34:** 1. Michael Slavin 52:04, 2. Andrew Ferguson 53:39, 3. Dave Mackey 54:33. **35-39:** 1. Antoni Niemczak 51:55, 2. Robert Schug 52:13, 3. Dan Anderson 54:25. **40-44:** 1. Gabriel Sandoval 56:32, 2. Bill Seaver 56:45, 3. Chris Enfante 57:34. **45-49:** 1. Doug Butt 57:21, 2. Mike Ammon 57:59, 3. Martin Jones 60:15. **50-59:** 1. Sal Vasquez 54:43, 2. Tim Rostage 58:34, 3. Robert Seldner 63:39. **60-69:** 1. Frank Fragoza 68:42, 2. Frank Cunningham 74:35, 3. Rick Thomas 84:56. **70 & Over:** 1. Ernie Klann 112:11.

Division Results - Women

18 & Under: 1. Jennifer Verhalen 84:26. **19-29:** 1. Lisbet Engberg 59:18, 2. Miriam Lyell 79:16, 3. Ellen Banaghan 90:56. **30-39:** 1. Lynn Nelson 56:22, 2. Diana Nelson-Fitzpatrick 56:38, 3. Robin Cadmus 65:55. **40-49:** 1. Laurie Binder 56:46, 2. Deedee Grafius 66:23, 3. Patty Jacques 75:05. **50-59:** 1. Khartoun Tudhope 80:26, 2. Dina Fields 84:09, 3. Marlene Kinser 92:21. **60 & Over:** 1. Margaretthe Styskel 81:06, 2. Jean LaFever 90:20.

Willy's Road Race

January 18, Los Altos. 5 Mile.

Just as there were many familiar faces in the Happy Hoofers and Macho Mile, the same can be said for the five mile race.

RESULTS

Once a person runs Willy's, he tends to keep coming back. This year's winner was Dan Gonzalez, a long time Willy's veteran. Dan ran 23:48 and was all alone at the finish. Placing second in 24:23 was another long time competitor, Charles Alexander. Another very familiar face but with an unfamiliar name was John (used to be Calvin) Gaziano who placed 3rd overall in 24:31. Jose Garcia won the 40-49 master's division in 26:57. Tim Rostege took the 50-59 category with his 28:16 and Richard Lane found that his biggest competitor was Sister Marion Irvine. Richard ran 33:33 to Sister's 33:42. The oldest finisher was 80 year old Joe Goodman who ran 55:03.

The women's field at Willy's was faster than ever. Nancy Ditz, age 37, broke her own course record of 26:47 set in 1987 to run 26:32. She placed 19th overall. Second place was 21-year-old Janet Bowie in a time of 28:03. On the master's scene, Jona Harnett won the 40-49 division with a 32:43 and Sandra Vours won the 50-59 division in 38:01. Sister Marion Irvine was the 60 & Over division winner with her time of 33:42.

Division Results - Men's 5 Mile

18 & Under: 1. Stewart Ellington 25:51, 2. Tyson Thomas 28:06, 3. Randy Stone 28:28. **19-29:** 1. Dan Gonzalez 23:48, 2. Charles Alexander 24:23, 3. John Gaziano 24:31. **30-39:** 1. Dave Frank 24:33, 2. Jeff Stein 24:54, 3. Jim Kaspari 25:08. **40-49:** 1. Jose Garcia 26:57, 2. Charlie Veruat 28:00, 3. Bill Seaver 28:00. **50-59:** 1. Tim Rostege 28:16, 2. Bill Meinhardt 28:32, 3. Brian Vickery 29:38. **60 & Over:** 1. Richard Laine 33:33, 2. Bob Farrington 34:24, 3. Ray Stewart 34:33.

Division Results - Women's 5 Mile

18 & Under: 1. Michelle Ruiz 34:20, 2. Rachel Gibson 35:32, 3. Marla Pleyte 36:56. **19-29:** 1. Janet Bowie 28:03, 2. Betsy Swan 28:45, 3. Becki Kriege 29:36. **30-39:** 1. Nancy Ditz 26:32, 2. Linda Janelli 29:15, 3. Honor Feterson 29:20. **40-49:** 1. Joan Harnett 32:43, 2. Gail Rodd 32:49, 3. Maureen Luca 33:41. **50-59:** 1. Sandra Vours 38:01, 2. Rita Kerr 40:37, 3. Conception Sanchez 41:21. **60 & Over:** 1. Sister Marion Irvine 33:42, 2. Jaclyn Caselli 45:17.

Division Results -

Boy's Happy Hooper Mile

7 & Under: 1. Ben Buck 7:35, 2. Stephan Pitts 7:46, 3. Brian Simoni 8:05. **8-10:** 1. Jonathon Ratti 6:45, 2. Mark Mindigo 6:47, 3. Stephan Barry 6:51. **11-13:** 1. Beebe Rutledge 5:09, 2. Ryan Mindigo 6:09, 3. David Zander 6:44.

Division Results -

Girl's Happy Hooper Mile

7 & Under: 1. Rachel Pitts 6:49, 2. Jessica Lund 10:26, 3. Denise Ferguson 11:55. **8-10:** 1. Sarah Pitts 6:21, 2. Lauren Cleaves 7:09, 3. Courtney Walton 7:15. **11-13:** 1. Andrea Rutledge 6:02, 2. Daniela Garcia 6:25, 3. Meghan Hooper 7:14.

Division Results - Boy's Macho/ Machette Mile

14-18: 1. Tyson Thomas 4:41, 2. Kevin Breit 4:48, 3. Doug Ellington 4:57. **19 & Over:** 1.

Rick Reitz 4:31, 2. Andy Bupp 4:35, 3. Don Strong 4:36.

Division Results - Girl's Macho/ Machette Mile

14-18: 1. Marla Pleyte 5:39, 2. Elena Garcia 6:16, 3. Kathy Kelly 6:22.

Redondo Beach Super Bowl Sunday Run

January 26, Redondo Beach, 10K.

Matt Giusto of Portola Valley, and Jill Hunter of England showcased the talent they hope will take them to the Barcelona Olympics this summer as they won the 14th annual Redondo Beach Super Bowl Sunday 10K Run.

Giusto ran away from a tenacious front pack and then eased up to coast across the finish line in 29 minutes flat. At 4 miles he had been running at a pace that could have broken the 28:30 course record set in 1990 by John Treacy.

Hunter did lower the women's course mark by 24 seconds to 32:24, wiping off the mark set by Sylvia Mosqueda two years ago.

In the men's race, there was a pack of 15 tightly bunched at 4 miles. Leaders up to then had been Dan Streble, Thom Hunt, Kevin Broady and Sam Sitonik, with the tall head bobbing in the second row belonging to Steve Scott.

Carl Thackery of England, who finished 2nd in 29:13, surged, and Giusto went with him. Giusto picked up momentum and quickly put 50 meters on Thackery before the last hill. It was all over.

"At five miles I could see he was struggling on an uphill," Giusto said. "I went hard and broke away, then jogged in the last 200 meters."

The 1988 NCAA 5000 meter winner has been concentrating on mile runs and training with Jeff Atkinson and Ray Brown in his Olympic training up to this race. He plans to try out for a berth on the U.S. team in the 5000.

Hunter, training at altitude in Albuquerque, is concentrating on the 10,000 in the Olympics, she said. She led all the way Sunday.

The sponsoring Redondo Beach Chamber of Commerce staged two invitational one-mile runs in celebration of the city's 100th birthday. Winners were two people who are aiming toward making the U.S. team in the 1500m run--Paul Greer of Solano Beach, and Darci Arreola of Northridge. They won their races in 4:08 and 4:44, respectively.

Division Results - Men's 10K

Overall Winners: 1. Matt Giusto 29:00, 2. Carl Thackery 29:13, 3. Dan Gonzalez 29:23. **14 & Under:** 1. Scott Floyd 39:58, 2. Masafumi Aoyama 40:05, 3. Ticy Kubiassi 44:21. **15-18:** 1. Cesar Guerrero 33:02, 2. Andresord Nes 34:49, 3. Todd Culbertson 36:28. **19-24:** 1. Jim Ortiz 30:35, 2. Mitchel Sloan 30:39, 3. Mark Mastalir 30:58. **25-29:** 1. Dan Streble 30:19, 2. Brent Griffiths 30:54, 3. Roberto Porfiro 30:58. **30-34:** 1. Richard Lee 30:28, 2. Joey Gomez 30:44, 3. Hans Koeleman 31:01. **35-39:** 1. Sam Sitonik 29:52, 2. Dr. John Koningh 30:50, 3. Har-

U.S. Men's Olympic Marathon Trials QUALIFIERS

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

Top 10 Times

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

California Qualifiers

Qualifier	Time	Age
Mark Conover	2:15:03	30
Ivan Huff	2:15:24	32
Daniel Martinez	2:15:31	24
Bill Donakowski	2:16:26	35
Dan Grimes	2:16:34	31
Rich McCandless	2:16:36	36
Jerry Marsh	2:16:54	28
Thom Hunt	2:17:02	33
Daniel Gonzalez	2:17:51	29
Steve McCormack	2:18:06	31
Joe Rubio	2:18:08	29
David Frank	2:18:36	NA
Robert Anex	2:18:42	28
Charles Alexander	2:18:46	28
John Barrett	2:18:53	28
Joseph Nitti	2:18:53	25
Brad Hawthorne	2:18:57	36
Brent Griffiths	2:19:26	28
Tyrus Deminter	2:19:30	28
Alfredo Rosas	2:19:49	32
Matt Ebner	2:19:50	30



MARK CONOVER
Photo by Elaine Rosenfield



THOM HUNT
Photo by Richard Lee Slotkin



BRAD HAWTHORNE
Photo by Gene Cohn

RESULTS

old Ketting 32:43. 40-44: 1. Nolan Smith 32:08. 2. Barry Schaeffer 33:07. 3. Jose Verdin 32:25. 45-49: 1. Jesse Rascon 34:31. 2. Mike Mahler 34:36. 3. Don McCarthy 34:55. 50-54: 1. Joe Gassman 37:32. 2. Luis Gorordo 38:38. 3. Cecil Smith 38:57. 55-59: 1. Andre Tocco 38:36. 2. John Rudberg 39:09. 3. Frank Benco 40:31. 60-64: 1. Bob Trujillo 42:35. 2. Albert Nobuto 42:52. 3. K.E. Elmajian 44:00. 65-69: 1. Murray Cohen 45:25. 2. Stanley Newfield 49:06. 3. Dan Sayer 50:47. 70-74: 1. Tom Button 53:17. 2. Marvin Rosenburg 1:09:03. 3. Edwin Hagelberg 1:09:52. 75-79: 1. Fred Kight 48:42. 2. John Hales 54:19. 3. Jon Baldwin 57:55. 80 & Over: 1. Johnny Luster 54:55. 2. John Zentmyer 1:07:55. **Wheelchair:** 1. Keith Dysert 28:06. 2. David Cornelsen 28:11. 3. Richard Radford 38:58.

Division Results - Women's 10K

Overall Winners: 1. Jill Hunter 32:24. 2. Wilma Van Onna 32:52. 3. Sue Lee 34:22. 14 & Under: 1. Shalynn Fullove 40:51. 2. Megan McGowan 42:22. 3. Kristin Deatherage 51:24. 15-18: 1. Stacy Robinson 43:37. 2. Jodi Dailey 45:26. 3. Michelle Studley 48:57. 19-24: 1. Jenn Briggs 38:16. 2. Gloria Barron 39:20. 3. Norma Martin 40:20. 25-29: 1. Sue Beatty 38:11. 2. Marilyn Broady 38:51. 3. Diane Kresl 39:05. 30-34: 1. Karen Samsonoff 38:45. 2. Sherry Simmons 39:44. 3. Mag Valente 41:34. 35-39: 1. Suzanne Pearson 42:22. 2. Jennie Cole 42:23. 3. Claudia Velletri 42:52. 40-44: 1. Elaine Triplett 38:36. 2. Barbara Varon 42:11. 3. Annette Miller 42:45. 45-49: 1. Wendy Watson 42:48. 2. Linda King 42:50. 3. Susan Stolz 45:42. 50-54: 1. Joanna Galbraith 42:58. 2. Mariana McMullen 44:32. 3. Roberta Lamping 47:19. 55-59: 1. Jeanne Hoagland 47:01. 2. Shirley Blush 48:12. 3. Atsuko Fujimoto 51:45. 60-64: 1. Miyoko O'Hara 1:01:07. 2. Margaret Smith 1:03:22. 3. Patricia Bursching 1:03:24. 65-69: 1. Anna Griffith 1:29:01. 70-74: 1. Sarah London 1:16:21. 2. Ann Kostello 1:21:14. **Wheelchair:** 1. Ellen Stohl 1:01:01.

U. S. Women's Olympic Marathon Trials

January 26. Houston, TX.

Top Ten Times

1. Janis Klecker (Reebok RC) 2:30:12. 2. Cathy O'Brien (Team New Balance) 2:30:26. 3. Frannie Larrieu-Smith (Team New Balance) 2:30:39. 4. Lisa Weidenbach (Team New Balance) 2:33:32. 5. Christine McNamara (Unat., Okayama, JPN) 2:34:35. 6. Joy Smith (Nike Texas) 2:35:09. 7. Maria Trujillo (Nike) 2:35:21. 8. Gordon Bloch (Moving Comfort RC) 2:35:30. 9. Jane Weizel (Moving Comfort RC) 2:35:55. 10. Janice Ettie (Unat., St. Paul, MN) 2:36:49.

Top Californians

15. Julie Isphording-Boaz (Reebok RC) 2:39:47. 16. Linda Somers (Pacific Flyers)

2:39:50. 20. Ruth Vomund (Team Inside Track) 2:41:30. 21. Rosa Gutierrez (Ryan's Sports Shop) 2:42:19. 25. Leslie Lewis (Unat. Torrance) 2:43:17. 27. Diana Nelson-Fitzpatrick (Impala RC) 2:43:22. 31. Kathleen Smith (Unat., Irvine) 2:44:12. 42. Lisbet Engberg (Impala RT) 2:46:29. 43. Suzanne Morris (Unat., Leucadia) 2:47:26. 49. Kimberly Bruyn (Unat. Lake Tahoe) 2:50:48. **Qualified, did not start:** Julie Brown (Unat.), Janine Aiello (Impala RT), Kristy Johnston (Nike Oregon Int'l.), Lisa Mills (Unat.).

Las Vegas International Marathon

February 1. Las Vegas, NV.

Overall Results - Men

1. Artemio Navarro (42) Mex. 2:16:53. 2. Kjell-Erik Stahl (45) Swe. 2:17:27. 3. Juan Ramirez (26) Az. 2:18:34. 4. David Mullan (32) Pa. 2:18:41. 5. Charles Alexander (28) CA. 2:18:46. 6. Luis Lopez (42) CRC. 2:18:48. 7. Domingo Tbaduiza (42) Nv. 2:18:51. 8. Kevin Ruch (27) Pa. 2:19:07. 9. Matt Rothermel (25) Mt. 2:19:43. 10. Michael Harrison (25) Va. 2:19:50.

Overall Results - Women

1. Gail Kingma (31) Wa. 2:46:48. 2. Annette Craighead (30) Co. 2:46:55. 3. Jeanie Umess (29) Ca. 2:47:28. 4. Sharlet Gilbert (40) Ca. 2:50:27. 5. Deanna Schiedler (27) Or. 2:51:28. 6. Jane Hutchison (46) Mo. 2:52:53. 7. Janet Braggans (38) MN 2:56:57. 8. Loreen McRae (25) Mt. 2:58:46. 9. Micaela Brandt (27) Ca. 2:59:23. 10. Merle Heimberg (41) Ca. 2:59:44.

Top 75 California Finishers

4. Charles Alexander (28) Mt. View 2:18:46. 14. Alan Scharus (31) San Diego 2:21:42. 20. Jim Cairns (27) La Jolla 2:23:53. 22. Rich Hanna (27) Sacramento 2:24:21. 25. Mark Junkerman (26) Gardena 2:26:09. 26. David Ronco (28) Seal Beach 2:26:10. 36. Isaac Silva (32) Anaheim 2:29:25. 37. Keven Brody (30) Gardena 2:29:28. 38. Andrew Ferguson (31) Mather AFB 2:29:29. 45. Harold Ketting (36) Gardena 2:31:54. 48. Keith Witthauer (36) Apple Valley 2:32:23. 54. Eddie Goldberg (35) LaJolla 2:33:58. 59. Peter Stern (47) San Diego 2:34:48. 66. Michael White (28) San Jose 2:35:53. 78. Doug Allen (36) Culver City 2:39:30. 87. Donald Ocana (41) Placentia 2:42:02. 88. Eoin Fahy (32) San Diego 2:42:28. 91. Gary Silva (42) Santa Maria 2:43:32. 95. David Hall (24) Torrance 2:44:55.

106. Tim Sheeper (28) Redwood City 2:47:17. 109. Jeannie Umess (29) Mather AFB 2:47:28. 110. Patrick Frederick (29) Gardena 2:47:44. 114. Peter Gregory (30) Chula Vista 2:48:10. 118. Guy LaRoque (32) Montclair 2:49:03. 122. David Olds (30) Santa Monica 2:49:46. 124. Sharlet Gilbert (40) Richmond 2:50:27. 129. Michael Schutten (35) Highland 2:51:27. 131. Joe Hurtado (51) Sunnyvale 2:51:36. 133. Ken Desmet (47) Long Beach 2:51:50. 135. Jeff Gifford (18) Cathedral City 2:52:06. 142.

Thomas Nielsen (32) San Diego 2:54:06. 147. Mickey DePalo (45) Burbank 2:54:35. 148. Don Howard (40) Irvine 2:54:45. 155. Brian Stansauk (39) Reseda 2:55:48. 156. Kim Hipsher (36) Long Beach 2:56:17. 161. Jon Hiroshima (39) Torrance 2:56:56. 170. Robert Chavez (33) Whittier 2:57:50. 175. Shel Nankin (50) South Laguna 2:58:16. 184. Harold Sainz (41) Chula Vista 2:59:05. 185. Micaela Brandt (27) Brawley 2:59:23. 187. Bill Kissell (39) San Dimas 2:59:33. 188. Bruce Thomson (31) Los Angeles 2:59:40. 189. Clyde Matsumura (32) Santa Monica 2:59:41. 190. Merle Heimberg (41) Los Angeles 2:59:44. 195. Jeffrey Bristow (43) S.J. Capistrano 3:00:19. 198. Carol Carrigan (31) Riverside 3:00:47.

202. Andre Tocco (56) Gardena 3:01:05. 202. Donald Lassig (40) Temecula 3:01:30. 204. Jane Lauscher (45) Burbank 3:01:42. 205. Fred Reeves (46) Burbank 3:01:43. 206. Chip Keyes (29) Ridgecrest 3:01:44. 208. Brett Heers (31) Olivenhain 3:01:55. 211. Brian Grehm (36) La Crescenta 3:02:21. 212. Craig Cocchi (26) Irvine 3:02:22. 214. David Hatfield (29) La Mesa 3:02:40. 215. Rob Weaver (32) Olivenhain 3:02:54. 217. Stan Rosenfield (44) SLO 3:03:13. 218. Jeffrey Mintz (42) Los Angeles 3:03:20. 219. Richard VanderStucken (52) Torrance 3:03:28. 221. Michael Anderson (34) El Cajon 3:04:03. 224. Randy Kuwahara (22) Gardena 3:04:23. 226. Michael Matsui (33) Inglewood 3:04:24. 227. Duke Bartoo (39) Riverside 3:04:25. 228. Dan Ashimine (48) Gardena 3:04:28. 231. Daniel Takahashi (35) Torrance 3:04:31. 234. Perry Petschar (38) Los Angeles 3:05:03. 235. Jim Rucker (43) Walnut 3:05:12. 236. Jim Longwith (46) Kelseyville 3:05:30. 237. Randy Rutten (37) El Centro 3:05:39. 239. Dorsh Sanders (49) Bakersfield 3:06:03. 240. Lydia Escobar (36) San Jose 3:06:08. 243. John Lunt (30) Highland 3:06:29. 246. Ron Wall (37) Rialto 3:06:53. 251. Bruce Urquhart (36) San Diego 3:07:12. 252. Howard Sundberg (41) Lancaster 3:07:46.

Limantour Split

February 1. Pt. Reyes. 10 Mile & 10K.

Overall Results - 10 Mile

1. Carmelo Rios (32) 59:00. 2. Bruce LinScott (33) 1:02:22. 3. Michael Lopez (34) 1:03:44. 4. Ronald Brown (37) 1:03:57. 5. Richard Gentry (34) 1:04:19. 6. Frank Ruona (46) 1:04:43. 7. Bradford Bryon (34) 1:04:45. 8. Nick Nichols (32) 1:05:20. 9. Gordon Abbott (47) 1:05:32. 10. Paul O'Brien (33) 1:05:39. 11. Babak Kadkhodayan (25) 1:05:54. 12. Kurt Ryan (34) 1:06:21. 13. Vincent Fausone (30) 1:06:47. 14. Tony Fong (32) 1:07:16. 15. Peter Franks (45) 1:07:42. 16. Scott Ames (33) 1:07:55. 17. Ken Gregorich (33) 1:08:46. 18. Donn DeAngelo (45) 1:09:06. 19. Dave Hanaford (41) 1:09:11. 20. Gene Sandwina (28) 1:09:27.

Overall Results - 10K

1. Alm Reynolds (28) 38:59. 2. Todd Nunan (36) 39:59. 3. Greg Slogan (18) 42:50. 4. Brent Barnum (18) 43:12. 5. Nicholas Ratti (19) 43:20. 6. Popo Fairchild (30)

45:52. 7. Brandon Rose (19) 46:08. 8. Nick Vogt (41) 46:21. 9. Jim Williams (50) 46:40. 10. Jon Beechick (18) 47:37.

Orient Express

February 1. Chinese Camp. 1 Mile & 4 Mile.

Division Results - Men's 4 Mile

Overall Winners: 1. John Hancock 21:00. 2. Darren Holman 21:20. 3. Stephen Overgaard 21:32. 13 & Under: 1. Mark Mendoza 27:36. 2. Rudy Huerfina 27:38. 3. Jeremy Lariosa 31:54. 14-19: 1. Darren Holman 21:20. 2. Bill Flowers 24:26. 3. Dan Carl 25:19. 20-29: 1. John Hancock 21:00. 2. Stephne Overgaard 21:32. 3. Richard Johnson 22:51. 30-39: 1. Daniel Rusk 21:53. 2. John Caughey 21:59. 3. Fred Villegas 23:06. 40-49: 1. Karl Bacon 23:35. 2. John Evans 24:00. 3. Louis Phillips 24:10. 50-59: 1. Kenneth Schwisow 24:58. 2. Dick Shorman 26:41. 3. Richard Rogers 29:16. 60-69: 1. Bob Stokes 27:07. 2. Bill Ferrell 27:12. 3. Gene Pumphrey 28:10. 70 & Over: 1. Don Lundberg 34:41. 2. Harry Harder 35:24. 3. Malcolm Stewart 51:34.

Division Results - Women's 4 Mile

Overall Winners: 1. Carrie Tacheira 26:38. 2. Denise Biachi 27:32. 3. Laura Duquette 28:14. 13 & Under: 1. Liz Lariosa 32:52. 2. Melissa Lancaster 35:06. 3. Jill Bothun 37:45. 14-19: 1. Carrie Tacheira 26:38. 2. Sara Morse 29:13. 3. Anne Carota 32:02. 20-29: 1. Laura Duquette 28:14. 2. Amanda Murray 32:10. 3. Krista Lawrence 32:16. 30-39: 1. Denise Bianchi 27:32. 2. Heidi Ryan 28:19. 3. Maruen Forney 31:11. 40-49: 1. Pam Royer 29:23. 2. Jean Schwisow 30:49. 3. Ginny Seibert 31:37. 50-59: 1. Marjorie Mikael 33:59. 2. Barbara Ryan 35:58. 3. Karen Diekmeyer 36:55. 60-69: 1. Paulette Parson 44:11. 2. Joy Scott 48:44. 3. Jean Brien 51:21.

Overall Results - 1 Mile Fun Run

1. Daniel Palhegye 6:46. 2. Daniel Huie 7:26. 3. Paul Berezay 7:34. 4. Jimmy Veschagin 7:35. 5. Kimberly Anderson 7:39. 6. Mike O'Brien 7:43. 7. Laurie Bartel 7:44. 8. Chad Azevedo 7:56. 9. Karen Thompson 8:06. 10. Shirley Azevedo 8:08.

Davis Stampede

February 2. Davis. 5K, 10K & Half Marathon.

Division Results - Men's 5K

Overall Winners: 1. Steve Lopez 14:34. 2. John Scott 15:30. 3. Phil Peterson 15:51. 4. Tim Shannon 15:56. 14 & Under: 1. Mike Stanley 18:47. 2. David DePiazza 19:10. 3. Nick Piellusch 19:14. 15-19: 1. Richard Landrum 16:35. 2. Brian Buscay 16:42. 3. Joe Podoll 17:45. 20-24: 1. Steve Lopez 14:34. 2. Richard Cromwell 18:02. 3. Tim Landrum 19:52. 25-29: 1. Samuel Harvell 16:41. 2. Scott Kostka 18:01. 3. Kurt Keilman 18:09. 30-34: 1. John Scott 15:30. 2. Phil Peterson 15:51. 3. Tom Wilhelm 16:14. 35-39: 1. Greg St. Pierre 17:21. 2. Flyin' Brian 18:08. 3. Paul Simmons 18:24. 40-44: 1. Tim Shannon 15:56. 2. Richard Sonne 17:22. 3. Phil Eubanks 19:34. 45-49:

RESULTS

1. Bill Clark 16:52, 2. Sammy Trujillo 18:21, 3. Tom Petty 18:41, 50-54: 1. John Heath 19:58, 2. Michael Otten 20:23, 3. Robin Ward 21:07, 55-59: 1. Alex Derieux 18:17, 2. Rudy Schneider 19:09, 3. Bill Won 21:48, 60-64: 1. Paul Brady 21:43, 2. Ray Helm 22:23, 3. Robert Miller 23:07, 65 & Over: 1. David Cole 24:42, 2. Don Webb 25:28, 3. Bob Burns 27:00.

Division Results - Women's 5K

Overall Winners: 1. Krissy Look 17:30, 2. Stacey Moseley 17:45, 3. Tama Fox 17:51, 4. Darcy Plymire 18:28, 14 & Under: 1. Jami Urban 19:24, 2. Sarah Duclos 20:22, 3. Nicole Hartley 20:40, 15-19: 1. Krissy Look 17:30, 2. Stacey Moseley 17:45, 3. Cybelle McFadden 18:45, 20-24: 1. Lisa Wisner 22:47, 2. Lynda Reynoso 24:42, 3. April Fallon 24:52, 25-29: 1. Tama Fox 17:51, 2. Cheryl Westhafer 19:18, 3. Sarah Marshall 20:24, 30-34: 1. Darcy Plymire 18:28, 2. Colleen Prather 19:24, 3. Jill Cartwright 19:33, 35-39: 1. Linda Belton 22:26, 2. Jane Garofalo 22:57, 3. Sharon Lambton 23:42, 40-44: 1. Cathy Rohm 22:00, 2. Diane Repulles 23:24, 3. Maria Richter 25:03, 45-49: 1. Nancy Chadwick 21:22, 2. Bonnie Sonnenburg 22:42, 3. Darlene Simonaro 24:26, 50-54: 1. Barbara Johnson 23:56, 2. Linda Parmer 27:16, 3. Marilyn Won 28:50, 55-59: 1. Ardy Belden 27:03, 2. Dickie Robberson 30:16, 3. Mae Cryderman 31:16, 60-64: 1. Vivian Carpenter 41:20, 65 & Over: 1. Grace Gammill 28:53, 2. Marianne Brannock 35:41, 3. Dorothea Cole 47:46.

Division Results - Men's 10K

Overall Winners: 1. Miguel Tibaduiza 31:59, 2. Brian Robinson 32:45, 3. Shawn Smallwood 32:50, 4. Run Richardson 33:12, 14 & Under: 1. Nat Chadwick 44:52, 2. Sam Maehler 54:13, 15-19: 1. Matthew Pyle 37:38, 2. Steve Fitzgerald 37:53, 3. Bill Allison 44:13, 20-24: 1. Brian Robinson 32:45, 2. Carlos Gonzalez 35:31, 3. Christ Suttmeier 38:57, 25-29: 1. Shawn Smallwood 32:50, 2. Jonathan Brooks 33:22, 3. Robert Hepler 33:43, 30-34: 1. Manuel Kalt 33:33, 2. Tony Kowalski 34:40, 3. Ed Harris 35:19, 35-39: 1. Miguel Tibaduiza 31:59, 2. Run Richardson 33:12, 3. Bruce Aldrich 35:11, 40-44: 1. Daniel Donahoue 35:13, 2. Michael Larsen 35:58, 3. Jeff May 36:11, 45-49: 1. Tim Quinn 37:34, 2. Michael Minietta 39:04, 3. Thomas Donat 41:19, 50-54: 1. Don Spickelmier 36:24, 2. Ben McCoy 39:42, 3. Bruce Piner 40:55, 55-59: 1. Everett Riggie 40:30, 2. Howard Neyens 49:53, 3. Duane Shaffer 51:57, 60-64: 1. Don Lucero 46:54, 2. Keith Bayne 50:36, 3. John Donovan 58:36, 65 & Over: 1. Jim Eyemann 50:41, 2. Bill Ballantine 51:58, 3. Mel Shine 58:56.

Division Results - Women's 10K

Overall Winners: 1. Susan Latshaw 36:07, 2. Chris Lindstrom 37:50, 3. Pmelanie Murray 38:05, 4. Catherine Dubay 38:37, 14 & Under: 1. Kristen Williamson 43:16, 15-19: 1. Chris Lindstrom 37:50, 2. Shannon Reed 43:41, 3. Christine Adams 46:35, 20-24: 1. Mari Lang 39:48, 2. Ellen Wallace 43:04, 3. Jennifer Horn 46:13, 25-

29: 1. Catherine Dubay 38:37, 2. Johanna Reneke 38:54, 3. Trisha Dalldorf 42:02, 30-34: 1. Susan Latshaw 36:07, 2. Pmelanie Murray 38:05, 3. Gina Berry 40:18, 35-39: 1. Lindsay Grady 47:39, 2. Stanene Hickey 48:10, 3. Laurie Piner 48:35, 40-44: 1. Lyn Liuzzi 41:59, 2. Anne Rundstrom 45:08, 3. Sue Knafele 48:14, 45-49: 1. Suzanne Chan 49:57, 2. Sue Ann Shurtliff 54:05, 3. Patricia Edgington 54:53, 50-54: 1. Diane Hall 58:20, 55-59: 1. Nancy Woodward 1:06:41, 60-64: 1. Barbara Neyens 57:10, 65 & Over: 1. Kit Pickles 54:56.

Division Results - Men's Half Marathon

Overall Winners: 1. Jeff Edwards 1:09:44, 2. Richard McCann 1:11:09, 3. Josh Rains 1:11:43, 4. Thomas Cushman 1:11:44, 14 & Under: 1. Johnny Pizzo 1:39:23, 2. Devon Abbott 1:43:52, 3. Richard Betsworth 1:58:32, 15-19: 1. Josh Rains 1:11:43, 2. Edward Miao 1:29:36, 3. Chris Duclos 1:30:21, 20-24: 1. Anthony Brantley 1:27:00, 2. J. Lindberg 1:33:56, 3. Joshua Summit 1:34:00, 25-29: 1. Jeff Edwards 1:09:44, 2. Joseph Brunetti 1:13:43, 3. Michael Collins 1:16:07, 30-34: 1. Richard McCann 1:11:09, 2. William Langhout 1:13:01, 3. Dwight Miller 1:13:20, 35-39: 1. Thomas Cushman 1:11:44, 2. Jeff Clark 1:13:11, 3. Gil Machado 1:15:05, 40-44: 1. Daniel Ortiz 1:20:27, 2. Ronald Cunningham 1:25:54, 3. Brian O'Neill 1:27:51, 45-49: 1. Doug Butt 1:19:48, 2. Jim Howe 1:21:29, 3. Craig Newport 1:21:31, 50-54: 1. Darrell Champion-Fritz 1:32:26, 2. Kef Chadwick 1:33:38, 3. Bob Tarozzi 1:33:52, 55-59: 1. Fred Kiddy 1:24:50, 2. Michael Megie 1:27:44, 3. Paul Mitchell 1:34:58, 65 & Over: 1. George Billingsley 1:58:23, 2. Grant Eldridge 2:04:40, 3. Vic Lyons 2:13:30.

Division Results - Women's Half Marathon

Overall Winners: 1. Theresa McCourt 1:24:01, 2. Christine Iwahashi 1:26:22, 3. Mercedes Amaya 1:28:42, 4. Connie Kondo 1:28:54, 15-19: 1. Sonja Visscher 1:38:44, 20-24: 1. Carol Rewick 1:28:55, 2. Angela Soito 1:39:23, 3. Stefi Rosztoczy 1:43:17, 25-29: 1. Linda Casillas 1:30:48, 2. Carol Parise 1:37:09, 3. Frances Homans 1:38:14, 30-34: 1. Theresa McCourt 1:24:01, 2. Connie Kondo 1:28:54, 3. R. Gutierrez 1:32:56, 35-39: 1. Christine Iwahashi 1:26:22, 2. Mercedes Amaya 1:28:42, 3. Nancy Howe 1:37:28, 40-44: 1. Diane Wimberley 1:36:04, 2. Toni Belaustegui 1:37:58, 3. Victoria Fisci 1:38:39, 45-49: 1. Meredith Ford 1:50:11, 2. Susan Vogt 1:55:31, 3. Judy Covin 1:57:38, 50-54: 1. Rusty Barnett 1:41:08, 2. Lorelle Ray 2:03:49, 3. Sandra Pegram 2:05:25, 55-59: 1. Sandra Kiddy 1:34:20, 60-64: 1. Jean LaFever 2:02:29, 65 & Over: 1. Po Adams 2:13:49.

Legg Lake Runs Christmas Runs

December 24. So. El Monte. 5K.

Overall Results

1. Ray Olivas 17:04, 2. Bruce Odou (64) 22:50, 3. Mark Saethro (8) 29:06, 4. Tom

Saethro 29:08, 5. Ford Augustus (71) 32:16.

Red Nose Reindeer Runs

December 25. So. El Monte. 5K.

Overall Results

1. Steve Ware 16:33, 2. Moises Hernandez 17:11, 3. Bob Staley (44) 19:16, 4. Rudy Padilla 22:41, 5. Mike O'Haver (46) 23:01.

Fin De Ano Run

December 28. So. El Monte. 5K.

Overall Results

1. Arturo Huizar (25) 20:54, 2. Alex White (59) 23:24, 3. Don Martinez (35) 24:18.

Resolution Run

December 29. So. El Monte. 5K.

Overall Results

1. Peter Oviatt (22) 16:30, 2. Pete Saultz (52) 20:27, 3. Ted Oviatt 21:14, 4. Alex White (59) 22:59, 5. Oscar Betancourt (14) 23:16.

San Gabriel River New Year's Eve Run

December 31. So. El Monte. 5K.

Overall Results

1. Catarino Gonzalez 17:55, 2. Salvador Gonzalez 18:49, 3. Abel Contreras (34) 20:46, 4. Ben Bernal (57) 21:37, 5. Alex White (59) 22:40.

San Gabriel River New Year Run

January 1. So. El Monte. 5K.

Overall Results

1. Bill King (43) 21:28, 2. Alex White (59) 22:29, 3. Wally Rothbart (58) 23:03, 4. Rao Paladuzu (63) 23:46, 5. Sumiye Leonard (63) 28:12.

Cougar Run

January 4. So. El Monte. 5K.

Overall Results

1. Miguel Figuere (12) 22:51, 2. Alex White (59) 22:56, 3. Bruce Odou (64) 23:49, 4. Sheila Mathews (28) 23:55, 5. Horiguchi Chiye (44) 24:18.

Bass Run

January 5. So. El Monte. 10K.

Overall Results

1. Bruce Guter (37) 37:37, 2. Lorraine Gersitz (37) 42:52, 3. Judy West (42) 47:01.

Fox Run

January 11. So. El Monte. 5K.

Overall Results

1. Bill O'Donnell (57) 20:14, 2. Bruce Odou (64) 22:35, 3. Jon Doug McIntosh (53) 25:16, 4. J.R. Smith (74) 32:27.

L.A. County Run

January 12. So. El Monte. 5K.

Overall Results

1. Arthur Martinez (44) 20:41, 2. Joe Mulhoro (50) 23:06.

San Gabriel River Runs

January 18. So. El Monte. 5K.

Overall Results

1. Darren Parker (22) 20:02, 2. Mr. Parker (48) 20:03, 3. Mike LaLum (47) 24:49, 4. J.R. Smith (74) 29:25.

January 19. So. El Monte. 5K.

Overall Results

1. John Tuttle (34) 16:49, 2. Christopher Garcia (35) 19:05, 3. Arthur Martinez (44)

20:25, 4. Wally Taylor (65) 23:41, 5. Daniel Cano (14) 25:26.

Martin Luther King Runs

January 20. So. El Monte. 5K.

Overall Results

1. Bob Dennis 18:30, 2. Arthur Martinez (44) 20:43, 3. Daniel Cano (14) 25:28, 4. George Esquer 26:48, 5. Al Cano 26:48.

Sunset Loop Runs

January 25. So. El Monte. 8 Mile.

Overall Results - 8 Mile

1. Arthur Martinez (44) 4:39, 2. Brandy Price, 2. Brandy Price (19) 5:25.

Overall Results - 5K

1. Ed Reyes (16) 17:45, 2. Daniel Solorzano (Open) 22:28, 3. Bruce Odou (64) 22:40, 4. Mike LaLum (47) 24:54, 5. Thomas Kurosky (56) 27:31.

Pico Rivera Anniversary Runs

January 26. So. El Monte. 5K.

Overall Result

1. Armando Hernandez (40) 17:44, 2. Bruce Geddes (47) 18:54, 3. Anthony Guzman (Open) 19:39, 4. Gerald Werner (45) 20:11, 5. Joe Englebregt (42) 20:18.

Sharon Kerson's 50th Sunset Birthday Run

February 1. So. El Monte. 5K.

Overall Results

1. Earl Anderson 17:58, 2. Naranjo Lupe (18) 18:48, 3. Pedro Monales 19:41, 4. Jose Anda (41) 20:28, 5. Jose Chuidez (17) 20:29.

Dancing Crane Run

February 2. So. El Monte. 5K.

Overall Results

1. Naranjo Guadalupe 18:47, 2. Carlos May 19:01, 3. Christopher Garcia (35) 19:23, 4. Jose Chadez 20:04, 5. Arthur Martinez (44) 20:05.

Falcon Run/Walk

February 8. So. El Monte. 5K.

Overall Results

1. Kerry Schutt (15) 19:07, 2. Sarah Krakoff (27) 19:31, 3. Greg Kuhl (37) 20:59, 4. Iroy Vasquez 21:35, 5. Reben Esqueda (61) 21:37.

Crow Run

February 9. So. El Monte. 5K.

Overall Results

1. Louis Warner (19) 18:26, 2. Dennis James (38) 21:16, 3. Wiley Nelson (69) 28:13, 4. Eilenn Wiseman (43) 44:11.

SPATAC District 30K

February 2. Ventura.

Overall Results

1. Steve Brown (20-29) 1:40:50, 2. Mario Gutierrez (20-29) 1:44:07, 3. Gregg Horner (35-39) 1:44:31, 4. Glen Madden (30-34) 1:44:36, 5. Pedro Gutierrez (20-29) 1:44:44, 6. Chris Ray (20-29) 1:47:47, 7. Barry Malony (40-44) 1:47:48, 8. Mike Gottardi (20-29) 1:48:10, 9. Scott Hirst (30-34) 1:49:41, 10. Peter Park (20-29) 1:50:02.

18. Debra Sharp (35-39) 1:57:54, 29. Beth Milewski (30-34) 2:02:38, 32. Janet Norem (30-34) 2:02:48, 57. Alfreda Iglehart (40-44) 2:10:41, 65. Sheila Logan (20-29) 2:13:54.

RESULTS

Death Valley Trail Marathon

February 8. Titus Canyon, Death Valley.

Overall Results - Marathon

1. Michael Ellis (28) Solana Beach 3:11:05, 2. Jesse Smith (38) Monrovia 3:14:10, 3. Mark Marcelli (33) San Diego 3:16:51, 4. Peter Prodis (31) Carmel 3:35:39, 5. Gregory Hansen (26) LaJolla 3:39:13, 6. John Foley (26) Danville 3:43:38, 7. Gary Breen (30) Alamo 3:44:06, 8. Tane Abbott (28) San Francisco 3:44:36, 9. Steve McCormick (47) Boulder, CO. 3:48:25, 10. Steve Corona (31) Harbor City 3:50:36.

11. Suzie Lister (27) Pleasanton 3:52:35, 12. Frank Lafon (38) Fremont 3:53:04, 13. Mark Shields (32) San Diego 3:55:13, 14. Vince Sciortino (39) Santa Cruz 3:58:06, 15. Larry Pollo (35) Sierra Madre 4:02:15.

Overall Results - Half Marathon

1. Scott Abrams (35) Beatty 2:10:40, 2. Richard Kaufman (42) Los Angeles 2:22:12, 3. Roger Shahnazakian (31) San Diego 2:25:30, 4. David Carney (43) Felton 2:27:20, 5. George Prodis (25) San Jose 2:31:47, 6. Eric DeLaurentis (36) Boulder Creek 2:31:55, 7. Mary Lopez (45) SLO 2:33:27, 8. Kevin Campbell (32) Carmel 2:34:00, 9. David King (45) Cuamonga 2:39:10, 10. Hans Tjian (52) Berkeley 2:42:04.

Breakers to Breakers

February 8. San Francisco. 7 Mile & 5K.

Overall Results - 7 Mile

1. Carmelo Rios (32) 46:44, 2. Bruce Linscott (33) 49:04, 3. Bradford Bryon (34) 50:14, 4. Richard Gentry (34) 50:29, 5. Ronald Brown (37) 50:47, 6. Mike Lopez (34) 51:13, 7. Kurt Ryan (34) 51:24, 8. Guy Palmer (33) 51:55, 9. Babak Kadkhodayan (25) 52:28, 10. Vincent Fausone (30) 52:46.

11. Paul O'Brien (33) 53:43, 12. Ken Gregorich (33) 54:06, 13. Nickos Mourtos (34) 54:20, 14. Thomas Schwaninger (27) 54:48, 15. Gene Sandwina (28) 55:09, 16. Peter Franks (45) 55:39, 17. Gibson Cooper (28) 57:12, 18. Tomas Pastalua (46) 58:03, 19. Jim Crumpler (44) 58:06, 20. Ron Calhoun (27) 58:58.

Overall Results - 5K

1. Daniel Rosenthal (26) 22:59, 2. David Thorton (25) 26:33, 3. Steve Tuszyński (25) 27:00, 4. Rob Zeszotarski (22) 28:42, 5. Greg Dawn (28) 28:59, 6. Steve Gaster (32) 29:20, 7. Michael Ward (31) 29:36, 8. Marilyn Nolan (41) 29:36, 9. David Hicks (27) 31:00, 10. Athena Chase (31) 31:33.

New Morning Youth & Family Services Lover's Run

February 8. Placerville. 5K, 10K & Half Marathon.

Division Results - Men's Half Marathon

(No Times Available) 20-29: 1. Noah Bodt, 2. Jim Leonard. 30-39: 1. Curt Feenstra, 2. Ronnie Cobitac, 3. Gary Ceragioli. 40-49: 1. Pat Whyte, 2. Ronald Nageotte, 3. Brett Ferguson. 50-59: 1. John Onliu, 2. Gary Richie, 3. Chairpuller M'Bongo.

Division Results - Women's Half Marathon

20-29: 1. Angie Chen, 2. Sylvia Aguire, 3. Jiffy Miramontes. 30-39: 1. Kathy Ceragioli, 2. Barbara Schoener, 3. Loretta Cundith. 40-49: 1. Donna Brown, 2. Jami Harrison, 2. Christine Powell-Miller.

Division Results - Men's 10K

(No Times Available) 19 & Under: 1. Sonny Quinn. 20-29: 1. Thom Pearman, 2. Scott Kostka, 3. Mark Ragsdale. 30-39: 1. Richard Govi, 2. Gregory Coit, 3. Ken Takao. 40-49: 1. Milton James, 2. Phil Murphy, 3. Morrien Caron. 50-59: 1. Walt Spiller, 2. David Ragsdale, 3. Michael Galkasian. 60 & Over: 1. Jack Tregoe, 2. Paul Frye.

Division Results - Women's 10K

19 & Under: 1. Angela Lagneau, 2. Deanna Bluemel. 20-29: 1. Julie Henderson, 2. Alison Cairns, 3. Gabrielle Marehine. 30-39: 1. Joan Gregg, 2. Tina Helm, 3. Cindy Rogers. 40-49: 1. Cynthia Hayes, 2. Denise Walker, 3. Lucy Blumel. 50-59: 1. Marylu Burchard, 2. Jean Sutton. 60 & Over: 1. Charlotte Walker.

Division Results - Men's 5K

(No Times Available) 19 & Under: 1. Benjamin Carignan, 2. Tim Hodnett, 3. Drake Ceragioli. 20-29: 1. Kenny Brown, 2. Scott Pierce, 3. Richard Johnson. 30-39: 1. Grant Irwin, 2. Kevin Couch, 3. John McBath. 40-49: 1. Russ Hodnett. 40-49: 1. Jerry Galloway, 2. Tom Bacigaluppi. 50-59: 1. John Ball, 2. Rafice Ward, 3. Robin Hudson. 60 & Over: 1. Robert Miller, 2. Clancy Meyer.

Division Results - Women's 5K

19 & Under: 1. Kristie Williams, 2. Shasta Ceragioli, 3. Rebecca Theis. 20-29: 1. Patty Smith, 2. Susan Vaughn, 3. Cathleen Crilly. 30-39: 1. Margaret Erwin, 2. Cheryl Warhol, 3. Karen Barrow. 40-49: 1. Gwynne Bacigaluppi, 2. Sharon O'Neill, 3. Darlene Pearson. 50-59: 1. Alicia Meyer, 2. Dickie Robberson, 3. Alice Tregoe. 60 & Over: 1. Grace Gammill.

Long Beach Marathon

February 9. Long Beach.

Division Results - Men

Overall Winners: 1. Alfredo Rosas 2:18:40, 2. Sam Rotich 2:19:13, 3. Doug Kurtis 2:19:26. 24 & Under: 1. Tom Piazza 2:36:16, 2. Robert Dennis 2:36:59, 3. Don Franken 2:41:30. 25-29: 1. Yingbing Mu 2:23:42, 2. Dan Streble 2:26:39, 3. Rame-shon Murugiah 2:30:42. 30-34: 1. Alfredo Rosas 2:18:40, 2. Sam Rotich 2:19:13, 3. Julio Hernandez 2:22:44. 35-39: 1. Doug Kurtis 2:19:26, 2. Tom Birnie 2:20:53, 3. Sam Sironik 2:21:04. 40-44: 1. Gabriel Sandoval 2:44:02, 2. Gary Julin 2:48:36, 3. Joseph Rizza 2:52:04. 45-49: 1. Mike Sanchez 2:52:24, 2. Wayne Mitchell 2:52:57, 3. David Allaun 2:55:49. 50-54: 1. David Bud-dington 2:46:40, 2. Abe Valdez 2:50:06, 3.

Victor Gonzalez 3:00:42. 55-59: 1. Gordon Waston 3:06:05, 2. Leroy Kim 3:15:08, 3. Jim Scott 3:15:29. 60-64: 1. Ed Foat 3:28:05, 2. Bill Turley 3:29:13, 3. Hugh McHugh 3:32:42. 65-69: 1. Raymond Penkert 3:20:53, 2. Donald Jones 3:25:40, 3. Bob Koch 3:36:47. 70 & Over: 1. Walt Kuetzing 4:19:43, 2. Dutch Benedetti 4:21:00, 3. Ed Hornung 4:34:14. Wheelchair: 1. Jim Knaub 1:44:47, 2. Raymond Stewart 1:48:44, 3. Doug Wight 1:49:30.

Division Results - Women

Overall Winners: 1. Olga Appell 2:30:43, 2. Maria Trujillo 2:35:40, 3. Maureen Custy-Roben 2:41:54. 24 & Under: 1. Sally Wood 3:13:27, 2. Bridget Brunick 3:16:27, 3. Carolyn Kyle 3:22:58. 25-29: 1. Olga Appell 2:30:43, 2. Betsy Swan 2:52:05, 3. Sue Davis 3:15:26. 30-34: 1. Maria Trujillo 2:35:40, 2. Suzi Morris 2:42:51, 3. Carrie Booth 2:47:19. 35-39: 1. Maureen Custy-Roben 2:41:54, 2. Kathy Britchcliffe 3:05:02, 3. June Gessner 3:07:45. 40-44: 1. Colleen Stephens 2:57:34, 2. Kathleen Swenson 3:12:42, 3. Marygail Brauyer 3:22:18. 45-49: 1. Nancy Buchanan 3:40:17, 2. Valerie Henning 3:40:45, 3. Sue Reinhardt 3:45:34. 50-54: 1. Mariana McMullen 3:26:50, 2. Patricia Brumalow 3:27:39, 3. Maree Field 3:28:33. 55-59: 1. Irene Oberz 3:27:20, 2. Khartoon Tudhope 3:45:11, 3. Lorraine Seidmeyer 3:56:49. 60-64: 1. Pinkie Fisher 4:11:43, 2. Yukie Mochida 4:20:39, 3. Florence Seely 5:56:49. 65-69: 1. Antoinette Hill 4:10:44, 2. Beverly Smith 4:50:35. 70 & Over: 1. Lucile Adney 6:35:20. Wheelchair: 1. DeAnna Sodoma 2:53:03, 2. Mary Thompson 3:10:33.

Heart Run

February 9. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Michael Conover 15:59, 2. Tommy Leon 16:05, 3. Michael Yomtob 16:21. 12 & Under: 1. John Getskows Jr. 18:52, 2. Luis Hennigar 21:22, 3. Kellen McLaughlin 21:51. 13-18: 1. Michael Yomtob 16:21, 2. Javier Folla 16:48, 3. Juan Camacho 17:44. 19-24: 1. Michael Conover 15:59, 2. David Butler 17:09, 3. Pasto Portillo 18:48. 25-29: 1. Tommy Leon 16:05, 2. Roberto Leonardo 16:58, 3. Nacho Fonseca 16:59. 30-34: 1. Steven Duarte 16:54, 2. Bob Caro 17:05, 3. Robert Barraza 17:35. 35-39: 1. Steve Wulf 17:01, 2. Abel Ibarra 17:05, 3. Rick Livingood 17:44. 40-49: 1. Jon Sutherland 16:52, 2. Terry Martin 17:06, 3. Jack Getskow 18:32. 50-59: 1. Douglas Rowlett 19:27, 2. Ron Baumsteiger 19:57, 3. Mike Lohnberg 20:07. 60 & Over: 1. Jerry Withers 21:12, 2. Emilio Chaves 21:48, 3. Tom Sturak 21:55.

Division Results - Women's 5K

Overall Winners: 1. Christi Bengston 18:04, 2. Heidi Ullmann 19:47, 3. Anne English 20:14. 12 & Under: 1. Kimberley Uttersen 22:20, 2. Heather Robertson 24:50, 3. Jade Klawer 28:31. 13-18: 1. Samantha Read 21:18, 2. Beth Caster 21:56, 3. Estela Sanchez 23:24. 19-24: 1. Jenise Bickle 22:34, 2. Laura Deslauriers 22:51, 3. Maria

Gallardo 23:26. 25-29: 1. Christi Bengston 18:04, 2. Heidi Ullmann 19:47, 3. Anne English 20:14. 30-34: 1. Fay Nykerk 20:23, 2. Tracy Jenkins 22:40, 3. Claudia Stanojev 23:14. 35-39: 1. Janet Cunningham 21:53, 2. Marisa Wolgast 23:31, 3. Jan Mannon 23:37. 40-49: 1. Yoko Eichel 20:58, 2. J. Glickman 22:44, 3. Judith Saenz 23:35. 50-59: 1. Jo Ellen Sanders 25:37, 2. Liz Bennett 26:44, 3. Judy Demenno 26:55. 60 & Over: 1. Mickey Gintz 35:27, 2. Betty Rayfield 37:53, 3. Ann Herbst 44:30.

Division Results - Men's 10K

Overall Winners: 1. Mario Gutierrez 32:18, 2. Andy Dunn 33:19, 3. Steve Schuman 33:26. 12 & Under: 1. Colin Robertson 56:14. 13-18: 1. Michael Krentzin 34:44, 2. Arnold Seto 37:33, 3. E. Martin Del Campo 39:33. 19-24: 1. Alfredo Martinez 34:09, 2. Jose Olivas 34:47, 3. Matthew Tillis 37:20. 25-29: 1. Mario Gutierrez 32:18, 2. Andy Dunn 33:19, 3. Steve Schuman 33:26. 30-34: 1. Clyde Matsumura 33:30, 2. Jess Perez 34:23, 3. Johnny Omara 35:40. 35-39: 1. Michael Molling 36:59, 2. Jose Nuno 38:11, 3. Ron Romero 38:15. 40-49: 1. Jussi Hamalainen 34:54, 2. Philip Yardy 36:43, 3. Alex Meade 37:47. 50-59: 1. Ben Inez 40:25, 2. Richard Narvarez 44:05, 3. Wilt Rubin 44:33. 60 & Over: 1. Larry Banuelos 45:52, 2. Stan Block 46:02, 3. Al Friedman 47:15.

Division Results - Women's 10K

Overall Winners: 1. Christina Lightfoot 40:03, 2. Y Zysrae La Costa 40:36, 3. Shalynn Fullove 41:09. 13-18: 1. Shalynn Fullove 41:09, 2. Bobbie Myers 48:34, 3. Lilian Lai 48:45. 19-24: 1. Heidi Stitt 49:48, 2. Pamela Faul 51:21, 3. Shawn Thomason 51:30. 25-29: 1. Christina Lightfoot 40:03, 2. Tammy Burns 43:13, 3. Annmarie Castro 45:31. 30-34: 1. Y Zysrae La Costa 40:36, 2. Patty Balding 45:34, 3. Connie Avila 46:24. 35-39: 1. Michelle Singleton 46:10, 2. Cindy Neale 46:54, 3. Terry Marino 47:49. 40-49: 1. Teri Goodreau 41:38, 2. Sally Simpson 43:07, 3. Sharon Diemert 45:53. 50-59: 1. Dorothy Malavotti 50:37, 2. Barbara Camp 50:59, 3. Jennifer Mangum 54:24.

Together With Love 10K

February 9. Monterey.

Division Results - Men

Overall Winners: 1. Brian Moody 31:44, 2. Jim Scattini 33:00, 3. Sean Drake 33:41. 6-18: 1. Evan Hughes 36:08, 2. Ryan Bartlett 36:40, 3. Cameron Hall 37:21. 19-24: 1. Sean Drake 33:41, 2. Luis Sanchez 34:45, 3. Brad Holbrook 34:52. 25-29: 1. Brian Moody 31:44, 2. Jim Scattini 33:00, 3. Matthew Wilkinson 34:31. 30-34: 1. Peter Churney 33:57, 2. Rick Baca 35:58, 3. Brian Schonfeld 36:01. 35-39: 1. Scott Peters 34:49, 2. Jim Poulos 35:05, 3. Timothy Dwyer 36:10. 40-44: 1. Jose Garcia 34:21, 2. Mike Marotta 39:23, 3. Manuel Maggda-leno 39:25. 45-49: 1. Marc Lieberman 36:00, 2. Jan Valencia 36:23, 3. Gene Bath 38:50. 50-54: 1. Tom Kaiser 38:58, 2. Rich-

RESULTS

ard Mayers 41:13, 3. James Allen 42:32. 55-59: 1. Dick Shorman 40:50, 2. Jerry Dietrich 41:53, 3. George Brookthlow 42:09. 60-64: 1. Bill Googins 47:26, 2. Malcolm Weintraub 49:56, 3. Jack Hadley 52:41. 65-69: 1. Howard Powers 50:12, 2. Dave McCarthy 56:30, 3. Otto Leidreiter 1:35:08. 70 & Over: 1. Donald Dilworth 48:09, 2. George Kuska 52:59, 3. Pierre Delfausse 56:15.

Division Results - Women

Overall Winners: 1. Carol Boyd 37:38, 2. Noreen Kelly Cullen 38:45, 3. Lil Trimboli 39:35. 6-18: 1. Liz Leigh-Wood 44:19, 2. Melissa DeLaCruz 51:52, 3. Gabaiela Pelayo 55:38. 19-24: 1. Carol Boyd 37:38, 2. Sheryl Allen 45:29, 3. Eileen Warner 45:51. 25-29: 1. Alejandra Aguirre 40:19, 2. Michelle Perry 41:02, 3. Catherine Croonquist 43:29. 30-34: 1. Lil Trimboli 39:35, 2. Karen Uemura 41:28, 3. Brenda Cranford 41:28. 35-39: 1. Noreen Kelly Cullen 38:45, 2. Annie Conneau 43:21, 3. Liese Adams 45:19. 40-44: 1. Diana Henderson 41:51, 2. Susan Love 43:35, 3. Kaye Provini 45:39. 45-49: 1. Juana Stavolone 40:26, 2. Pamela Horton 46:27, 3. Barbara Eisinger 48:21. 50-54: 1. Judith Hooper 50:41, 2. Cindy Hutcherson 53:09, 3. Carolee Wheeler 53:52. 55-59: 1. Gloria Dake 51:42, 2. Anna Violini 1:24:06, 3. Yoshiko Santell Benz 1:26:43. 60-64: 1. Frances Sackerman 49:09, 2. Lynn Swerrie 1:30:43, 3. Claire Miller 1:38:18. 65-69: 1. Dorothy Collins 1:43:38. 70 & Over: 1. Fumiye Kodani 1:27:27, 2. Marguerite Faller 1:32:08, 3. Laura Deerinck 1:41:34.

Mission 10 Run

February 15. San Juan Bautista. 5K & 10 Mile.

Division Results - Men's 10 Mile

13-18: 1. Esteban Garcia 1:01:92, 2. Randy

Stone 1:02:36. 19-29: 1. Brian Moody 52:09, 2. Mel Gonzalez 54:20, 3. Floyd Gerhardt 55:11. 30-39: 1. Rich McCandless 48:49, 2. Jeff Shaver 54:43, 3. Dan Buntmen 55:07. 40-49: 1. Jim Press 55:03, 2. Jose Garcia 57:12, 3. David Garcia 58:39. 50-59: 1. Joe Hurtado 1:02:36, 2. Kenneth Schwishon 1:04:30, 3. Joe Russell 1:13:43. 60-69: 1. Dick Yager N.T., 2. Howard Powers N.T., 3. Ron P. N.T. 70-79: 1. Pierre Delfausse N.T.

Division Results - Women's 10 Mile

19-29: 1. Gretchen Yoder 1:30:01. 30-39: 1. Laura Sanchez 1:02:39, 2. Karen Rowen 1:04:09, 3. Eileen Brown 1:06:21. 40-49: 1. Sharlet Gilbert 1:04:06, 2. Jean Schwisow 1:18:42, 3. Karen Yinger 1:19:46. 50-59: 1. B.J. Empey 1:26:24, 2. Gloria Dake 1:26:47, 3. Lamar Dodson 1:27:23.

Division Results - Men's 5K

12 & Under: 1. Paul Neves 20:32, 2. Billy Glass 20:37, 3. Bob Crompton 20:53. 13-18: 1. Josh Padron 16:14, 2. David Mathieson 18:29, 3. Seth Haines 18:57. 19-29: 1. Jaime Sandoval 15:49, 2. Brad Hollbrook 16:10, 3. Jason Crandall 17:18. 30-39: 1. Gilbert Munoz 15:43, 2. David Jenkins 16:37, 3. David Ridlo 17:24. 40-49: 1. Jim Gorman 16:18, 2. Jeff May 16:53, 3. William Kunz 16:58. 50-59: 1. William Flodburg 19:37, 2. Fernando Leon 20:09, 3. Wallace Starbuck 22:44. 60-69: 1. Don Lucero 22:28, 2. Dion Dow 23:46, 3. Don Anhorn 24:33. 70-79: 1. Albert Jarschee N.T., 2. Lawrence Viglienzon N.T., 3. Gilbert Sweet N.T.

Division Results - Women's 5K

12 & Under: 1. Daniella Garcia 25:24, 2. Tami Midstokki 28:20, 3. Laura Shaskey 30:03. 13-18: 1. Elena Garcia 25:23. 19-29: 1. Michelle Perry 19:19, 2. Kerry Casey 20:04, 3. Carole Luna 23:42. 30-39: 1. Sue Anne Francis 20:19, 2. Carmen Hayas

20:22, 3. Beck McIntosh 21:31. 40-49: 1. Diana Henderson 19:56, 2. Georgia Riley 24:06, 3. Jan Wilson 24:09. 50-59: 1. Sandy Vaur 22:33, 2. Sharon Ruiz 30:38, 3. Marvele Taylor N.T. 60-69: 1. Kay O'Neill 30:16, 2. Silvia Sweet 30:25, 3. Lynn Swerrie N.T.

Sweethearts Run

February 15. Porterville. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. John Rodriguez 18:30, 2. Louis Gamino 18:46, 3. Roger Drummond 19:14. 12 & Under: 1. Rolando Aguirre 20:24. 13-19: 1. Glade Roper 22:12. 25-29: 1. John Rodriguez 18:30, 2. Leo Castille 23:25, 3. Richard Bailey 28:34. 30-34: 1. Louis Gamino 18:46, 2. Roger Drummond 19:14, 3. Brian Blecker 22:12. 35-39: 1. Richard Christenson 20:14, 2. Don Crocker 20:27, 3. Ken McArthur 22:29. 40-44: 1. Donald Casares 19:37, 2. Donald Lappegaard 20:48, 3. Rick Schmid 24:10. 45-49: 1. Juan Sanchez 21:30, 2. Jess Rodriguez 22:44, 3. Rob Boulton 24:24. 55 & Over: 1. Mel Elliott 21:56, 2. Jim Davison 29:57, 3. Piercy Turner 33:53.

Division Results - Women's 5K

Overall Winners: 1. Gillian Drummond 20:30, 2. Heather Heal 23:37, 3. Heather Blecker 24:01. 12 & Under: 1. Heather Blecker 24:01, 2. Alicia Blecker 29:43, 3. Brook Roper 32:55. 13-19: 1. Heather Heal 23:37, 2. Janet Enciso 24:20, 3. Elisa Castaneda 29:38. 25-29: 1. Gillian Drummond 20:30, 2. Kimberly Turner 53:20. 30-34: 1. Theresa Giannetto 53:21, 2. Cindy Osowski 36:35. 35-39: 1. Julie Salazar 25:05. 50-54: 1. Marjorie Turner 29:47. 55 & Over: 1. Mary Mersel 33:43.

Division Results - Men's 10K

Overall Winners: 1. Gil Meachum 43:25, 2. Bobby Powell 43:39, 3. Pedro Segura 43:49.

13-19: 1. Dustin Powell 1:02:19. 35-39: 1. Pedro Segura 43:49, 2. Kent Miller 45:07, 3. Alan Osowski 52:26. 40-44: 1. Gil Meachum 43:25. 45-49: 1. Bobby Powell 43:39, 2. David Burciaga 47:43. 50-54: 1. Forge Garcia 48:57, 2. Richard Morris 49:16, 3. Hal Williams 50:57. 55 & Over: 1. Jack Aaron 48:43, 2. Lee Miller 50:22, 3. Mel Kindel 50:22.

Division Results - Women's 10K

Overall Winners: 1. Yolanda Gay 53:43, 2. Cheryl Spencer-Williams 55:08. 40-44: 1. Yolanda Gay 53:43. 45-49: 1. Cheryl Spencer-Williams 55:08.

Valentine Day Run & Walk

February 16. Oakland. 5K & 10K.

Overall Results - 5K

Men:

1. Mike McManus (San Francisco) 14:49, 2. Michael Smith (Redwood City) 14:50, 3. Joseph Karnes (San Francisco) 15:14.

Women:

1. Sabrina Han (Oakland) 16:38, 2. Carol Keller (San Francisco) 16:56, 3. Laurie Binder (Oakland) 17:05.

Overall Results - 10K

Men:

1. Carmelo Rios (Hayward) 31:25, 2. Vavir Naranjo (Watsonville) 31:49, 3. Brendon Smith (San Francisco) 32:30.

Women:

1. Marica Narloch (San Francisco) 33:45, 2. Rae Stiger (Oakland) 35:19, 3. Susan Latshaw (Oakland) 36:48.

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