

CALIFORNIA

Track & Running News

MARCH 1996

ISSUE NO. 218



96/10
Walt Lange
4920 Oak Leaf Avenue
Carmichael CA 95608

- ✓ 1996 SHOE REVIEW
- ✓ Los Angeles Invitational
- ✓ Reno Air Games
- ✓ All-West & All-California
- ✓ Cross Country Teams
- ✓ Prep T&F Preview

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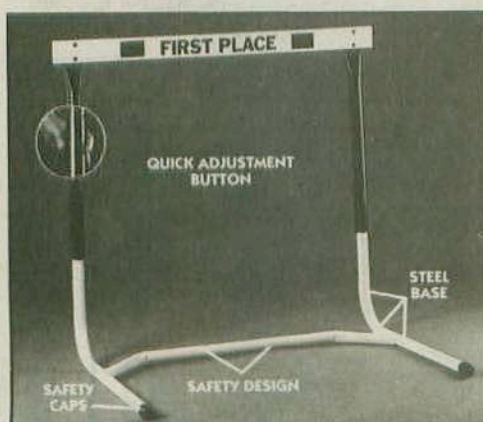
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FROM THE EDITOR

Cyberspace! The Information Superhighway! The Internet! The World Wide Web! What?! These are all new terms to us at *California Track & Running News* and probably to most of our readers, too. These terms all deal with communication and dissemination of information -- the same kind of things CTRN is trying to do. Can CTRN and the Information Superhighway work together? We are about to find out.

As you may or may not know, CTRN is part of the Running Networks organization. This is a consortium of 25 regional and/or specialty running related magazines. Under the leadership of director, Mike Collins, these 25 publications from around the nation have joined forces to establish a joint presence on the Internet's World Wide Web.

What does this mean for you, the reader of CTRN? It means that with a computer, a modem, and an Internet connection you will be able to access each of these running and track related publications for information 24-hours a day. Say, for example, you have a trip planned to the Southern states -- call up the Home Page for the magazine *Southern Runner* and you will get information regarding running in this region. Same thing for New England, the Northwest, etc.

How do you do it? As I mentioned, you need access to a computer with a modem, or one that has a direct Internet link. If you have a computer and a modem but aren't yet on the Internet, see the NetCom ad in this issue. They will take care of that for you in an efficient and inexpensive way. After you are on the Internet you can enter the Running Network area via the *California Track & Running News* home page at the address (technically referred to as a URL) of:

<http://www.RunningNetwork.com/CTR>

See you out in cyberspace.

Bill

ON THE COVER: Los Angeles Invitational action **MARY HUANG** (left Photo by Allison Cockerham); milers (from left) **BALAZS, ALLAN, PACHECO, HESKETT, HARRIS, STEMBER** and eventual winner **SORENSEN** (Photo by Bill Leung, Jr./Geek Media); shot putters **VALEYTA ALTHOUSE** and **JOHN GODINA** (Photos by Bill Leung, Jr./Geek Media). See story beginning on page 77.

SCHEDULE

Please send schedule information...

Cross country and track information--

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

Road Racing information--

Jack Laydig, PO Box 1390,
San Mateo, CA 94401
FAX (415) 348-1862

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

▲ Track & Field Cross Country

High School Track & Field

March 2 (Sat.)

Los Banos: Los Banos Breakfast Lions Track & Field Invitational. 9 a.m. Contact Mike Miller, Los Banos High School, 1966 S. 11th Street, Los Banos 93635 (209) 826-6033.

Sanger: Sanger Spring Classic. 10 a.m.

Long Beach: The Long Beach Poly High School Track & Field Invitational. Long Beach City College Veteran's Stadium. Info: (310) 591-0581 or (310) 671-8006 h.

March 9 (Sat.)

Stockton: Don George Relays. Hosted by Bear Creek High School at the San Joaquin Delta College facility. Contact: Greg Wright, Bear Creek HS, 10555 Thornton Rd., Stockton 95209 (209) 953-8235 or (209) 943-2735 home.

Cupertino: Monta Vista (Girls). Monta Vista HS.

Cupertino: Mount Pleasant Meet. At DeAnza College.

Hayward: Moreau Catholic. At Chabot College.

March 9-10

Boston, MA: National Scholastic Indoor Championships. Reggie Lewis Sports Center. Info: (212) 227-0071.

March 16 (Sat.)

Los Gatos: Kiwanis-Bellarmine Meet. At Los Gatos HS.

Woodland: Woodland Meet. At Woodland HS.

March 22 (Fri.)

Chico: North State Meet. CSU Chico.

March 23 (Sat.)

Long Beach: 8th Annual Long Beach Relays. All relay

events plus individual and steeplechase. Veteran's Stadium, Long Beach City College. 10 a.m. Info: Jim Arquilla, Meet Director, Long Beach Wilson (310) 433-0481.

Azusa: High School Meet of Champions. 1 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

March 29 (Sat.)

Sacramento: Stan Wright/Panther Meet. At Hughes Stadium.

March 29 (Fri.)

Saratoga: West Valley Relays Frosh/Soph Boys. At West Valley College. Contact Bill Campbell (408) 741-2004.

Lemoore: Lemoore Invitational. 4 p.m.

March 30 (Sat.)

Saratoga: West Valley Relays. At West Valley College. Contact Bill Campbell (408) 741-2004. Wolfpack International - Open & masters divisions.

Martinez: Martinez Meet. At Alhambra HS.

April 6 (Sat.)

Oakland: Oakland Meet. At UC Berkeley.

Stockton: Bear Creek Meet. At San Joaquin Delta College.

Gilroy: Gilroy Meet. At Gilroy HS.

Stockton: Bear Creek Invitational. At San Joaquin Delta College facility. Contact Greg Wright, Bear Creek HS, 10555 Thornton Rd., Stockton 95209 (209) 953-8235 or (209) 943-2735 home.

Azusa: San Gabriel Valley Invitational. 10 a.m. Contact Irv Ray (818) 815-6000, ext. 3294.

April 10 (Wed.)

Oakland: OAL Time Trials.

April 12 (Fri.)

Los Gatos: CCS Frosh/Soph Meet. At Los Gatos HS.

Walnut: Mt. SAC Relays AAF Youth Day (JUNIOR/MIDDLE SCHOOL). AAF-Mt. SAC Relays, PO Box 2109, Walnut 91789 (909) 468-3999 FAX (909) 594-4266.

April 13 (Sat.)

Pittsburg: Pittsburg Meet. At Pittsburg HS.

King City: King Meet. At King City HS.

Fresno: Fresno Relays. Ratcliffe Stadium. 10 a.m.

Arcadia: Arcadia Invitational. Arcadia High School. (Rainout date = April 27, 1996) Open--Events begin at 11 a.m. Invitational--Field events begin at 4 p.m., running events begin at 6:30 p.m. Arcadia Invitational, 180 Campus Drive, Arcadia 91007 (818) 445-7507, FAX (818) 445-8564.

Walnut: Mt. SAC Relays AAF Youth Day (ELEMENTARY SCHOOL). AAF-Mt. SAC Relays, PO Box 2109, Walnut 91789 (909) 468-3999 FAX (909) 594-4266.

April 19 (Fri.)

Chico: Chico/West Valley Meet. At CSU Chico.

Sanger: Sanger Metric Classic.

April 20 (Sat.)

San Jose: 6th Annual Hampton Phillips Track & Field

Classic. At San Jose City College. 8 a.m. to 5 p.m. Divisions: Frosh Soph, Women and men, plus selected events for elementary, middle schools and track clubs. Contact Robert Poynter (408) 238-0825 or Frank Slaton (408) 238-9197.

Vallejo: Vallejo Meet. Corbus Field, Vallejo HS.

April 26 (Fri.)

Los Gatos: CCS Top 8. At Los Gatos HS.

April 27 (Sat.)

Union City: Bay Area Top 8. At James Logan HS.

May 3 (Fri.)

Lafayette: Bob Warren Meet. At Acalanes HS.

Fresno: NWYL Championships. Ratcliffe Stadium.

May 4 (Sat.)

Sacramento: Sacramento MOC. At American River College.

May 7 & 9

San Mateo: Peninsula AL. College of San Mateo. Finals on 5/9.

May 8 & 10

Martinez: Mountain Bay AL. Meet. At Alhambra HS. Finals on 5/10.

May 9 (Thurs.)

San Mateo: Peninsula AL Finals. At College of San Mateo.

Fresno: North Area Meet. Ratcliffe Stadium.

May 10 (Fri.)

Clovis: Golden Eagle Relays. Clovis West. Noon.

May 11 (Sat.)

Los Gatos: CCS North Sub-Section. At Los Gatos HS.

May 16 (Thurs.)

Sanger: CIF Valley Championships.

May 18 (Sat.)

San Jose: CCS Semi-Finals. At San Jose CC.

May 20-23 (Mon.-Thurs.)

Oakland: OAL Meet. At Laney College. Field finals at 20. Track trials at 5/21 & 5/22, finals 5/23.

May 24-25 (Fri.-Sat.)

Berkeley: NCS Meet of Champions. At UC Berkeley.

May 31 - June 1

Norwalk: CIF State Meet. At Cerritos College.

June 8 (Sat.)

Sacramento: Golden West. At American River College.

High School Cross Country

August 28 (Wed.)

Los Banos: Warm-up Meet. At San Luis State F. Forebay. Contact Mike Miller, XC Coach, Los Banos 1966 S. 11th St., Los Banos 93635.

SCHEDULE

Sept. 7 (Sat.)

Monterey: Condor Earlybird Invitational.

Sept. 14 (Sat.)

Kingsburg: Kingsburg Invitational.

Fresno: McLane Invitational. Woodward Park.

Irvine: Woodbridge Invitational.

Oakmont: Oakmont Invitational.

Sept. 19 (Thurs.)

Porterville: Monache Invitational.

Sept. 20 (Fri.)

Sanger: Sanger Invitational. Avocado Lake.

Sept. 21 (Sat.)

Grass Valley: Nevada Union Invitational.

San Francisco: Lowell Invitational.

Hawaii: Hawaii Invitational.

Bret Harte: Frog Town Invitational.

Wasco: Wasco Invitational.

September 27 (Fri.)

Hanford: Hanford Invitational. Hickey Park.

Visalia: Mt. Whitney Invitational. Mooney Grove Park.

Sept. 28 (Sat.)

Carson City: Carson Invitational.

Daly City: Westmoor "Ram" Invitational.

Merced: Merced Invitational. Lake Yosemite.

October 3 (Thurs.)

Los Banos: Los Banos Invitational. At San Luis State Park Forebay. Contact Mike Miller, XC Coach, Los Banos HS, 1966 S. 11th St., Los Banos 93635.

October 4 (Fri.)

Visalia: Golden West Invitational. Cutler Park.

Visalia: Mt. Whitney Visalia Invitational. Mooney Grove Park.

October 5 (Sat.)

Half Moon Bay: Half Moon Bay Invitational.

Palo Alto: Stanford Invitational.

Oahu: Hawaii Invitational.

October 9 (Wed.)

Madera: Madera Elks Invitational.

October 12 (Sat.)

Fresno: Clovis Invitational. Woodward Park.

Atascadero: Atascadero Invitational.

San Mateo: Crystal Springs Invitational.

Huntington Beach: Fountain Valley Invitational.

Castro Valley: Castro Valley Invitational.

Hawaii: Hawaii Invitational.

October 18 (Fri.)

Fresno: Roosevelt Rough Rider Invitational. Woodward Park.

Tulare: Tulare Western Invitational.

October 19 (Sat.)

San Luis Obispo: Cal Poly Invitational.

Hayward: Mariner Invitational.

October 22 (Tues.)

Fresno: Madera K of C Invitational. Woodward Park.

October 23 (Wed.)

Mendota: Mendota Invitational.

October 24 (Thurs.)

Reedley: Reedley Invitational.

October 25 (Fri.)

Rocklin: Placer/Sierra Invitational. Sierra College.

October 25 & 26 (Fri-Sat)

Walnut: Mt. SAC Invitational.

October 26 (Sat.)

Soquel: Soquel Invitational.

Alameda: Oakland Invitational.

October 31 (Thurs.)

Kingsburg: John Seaman Invitational.

November 1

Bakersfield: Kern Invitational.

November 8 (Fri.)

Fresno: League Championships. Woodward Park.

November 14 (Thurs.)

Sanger: CIF Central Section Championships. Avocado Lake.

November 21 (Thurs.)

Fresno: Grand Masters Valley Championships. Woodward Park.

November 30 (Sat.)

Fresno: CIF State Meet Championships. Woodward Park.

December 7 (Sat.)

Fresno: 18th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 16 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 16 (Sat.)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 23 Broadway, 4th Floor, New York, NY 10279 (212) 729-3752.

College & Open Track & Field

March 1-2

Carbondale, IL: National Junior College Indoor Championships. Southern Illinois University. Don DeNoon (618) 536-5566.

Atlanta, GA: USA Mobil Indoor Championships. Georgia Dome. Duffy Mahoney (317) 261-0500. (Grand Prix event).

March 8-9 (Fri.-Sat.)

Indianapolis, IN: NCAA I & II Indoor Championships. RCA Dome. Duffy Mahoney (317) 261-0500.

Northampton, MA: NCAA III Indoor Championships. Smith College. Carla Coffey (413) 585-2718.

March 9 (Sat.)

Sacramento: Sacramento Invitational. CSU Sacramento (916) 278-6208.

March 16 (Sat.)

San Luis Obispo: Cal Poly Invitational.

Santa Barbara: Easter Relays.

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SCHEDULE

March 22-23

Palo Alto: Stanford Invitational. (415) 723-2736.

March 23

Northridge: CS Northridge Invitational.

Chico: Wildcat Invitational. CSU Chico. (916) 898-5150.

March 30

Saratoga: West Valley Relays At West Valley College. Contact Bill Campbell (408) 741-2004 or write to Wolfpack International, c/o Marty Krullee, 114 La Vonne Drive, Campbell 95008.

Sacramento: Stan Wright/Panther Invitational. Hughes Stadium. (916) 558-2610.

Turlock: Warrior Invitational. CS Stanislaus. (209) 667-3312.

Azusa: Night of Champions / Evening of Inspiration. 5 p.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

San Diego: UCSD Open. 9:30 a.m. UC San Diego North Track, 9500 Gilman Dr., Dept. 0531, La Jolla 92093-0531. Ted Van Arsdale, phone/FAX (619) 534-0328.

April 1-2 (Mon-Tues)

Fresno: FS Decathlon/Heptathlon. Warmerdam Field. Info: Red Estes (209) 278-4097.

April 6 (Sat.)

San Francisco: Johnny Mathis Invitational. San Francisco State. (415) 338-1561.

April 11-13 (Thurs-Sat.)

Fresno: Fresno Relays. Ratcliffe Stadium. (209) 278-4097.

April 13 (Sat.)

Berkeley: Pierce Golden Bear Challenge. UC Berkeley.

San Diego: UCSD Invitational. 10 a.m. UC San Diego North Track, 9500 Gilman Dr., Dept. 0531, La Jolla 92093-0531. Ted Van Arsdale, (619) 534-0328, FAX (619) 822-0379.

April 18-19

Azusa: Mt. SAC Relays/California Invitational Multi-Events. 10 a.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 19

Pomona: Pomona-Pitzer Invitational.

April 19-21

Walnut: 38th Annual Mt. SAC Relays. April 19--9 a.m.--9 p.m., Community College and Open Distance Carnival; April 20--8 a.m.--8 p.m., High School Relay Carnival, International Distance Carnival 8 p.m.; April 21--University Open Division 9 a.m.--12 noon, Day of Champions 12 noon-6:30 p.m. Mt. SAC Relays, Walnut 91789. (909) 594-5611 ext. 4840.

April 20 (Sat.)

Davis: Woody Wilson Invitational. UC Davis.

April 22

Azusa: BFI International Meet of Champions. 10 a.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 26-27 (Fri-Sat)

Azusa: GSAC Championships. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 26-28 (Fri.-Sun.)

Berkeley: Cal/Nevada Championships.

April 27 (Sat.)

Sacramento: Ken Carmine Classic. CSU Sacramento. (916) 885-5656.

May 4 (Sat.)

Santa Rosa: Pat Ryan Invitational. Santa Rosa CC.

May 10

Stanford: Cardinal Invitational.

May 10-11

Los Angeles: PAC-10 Decathlon/Heptathlon. Championships.

May 11 (Sat.)

Modesto: Modesto Relays. (209) 524-3116.

Eagle Rock: Occidental Invitational.

May 15-17 (Wed.-Sat.)

Albuquerque, NM: WAC Championships.

May 17-18

Los Angeles: Asics Classic. 7 p.m. (213) 730-9617.

May 18 (Sat.)

Davis: Davis Invitational. UC Davis.

May 18-19

Los Angeles: PAC-10 Championships.

May 22 (Wed.)

Salinas: Hartnell Throwers Meet. Gary Shaw (408) 755-6845.

May 23-25 (Thurs-Sat.)

Marietta, GA: NAIA Outdoor Championships.

May 25 (Sat.)

San Mateo: Pacific Association Championships. San Mateo College. (415) 574-6448.

May 30-June 1 (Thurs.-Sat.)

Eugene, OR: NCAA Championships.

June 1 (Sat.)

San Jose: Bruce Jenner Classic. San Jose CC. (408) 298-2181 ext. 3731.

Azusa: Pre-Olympic Invitational. 7 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

June 7 (Fri.)

Fresno: Central Cal USATF Championships. Ratcliffe Stadium. 6 p.m.

June 14-23

Atlanta, GA: US Olympic Trials.

June 29-30

Columbus, OH: USATF Junior National Championships.

July 20-August 4

Atlanta, GA: Olympic Games.

Masters

Track & Field

March 29-31

Greensboro, NC: USATF National Masters Indoor Championships. Ron Foster, Greensboro Sports Commission, PO Box 3222, Greensboro, NC 27402 (800) 289-9009. (Indoor Pentathlon on March 29. Contact Scott Thornton, 18 Colgate Dr., Camp Hill, PA 17011-7624 SASE.)

March 30

Saratoga: West Valley Relays. West Valley College (14000 Fruitvale Ave.), 400m, 100m & 1 mile. "Age graded & condensed." Contact Marty Krullee, Wolfpack

International, 114 La Vonne Drive, Campbell 95008.

San Diego: UCSD Open. 9:30 a.m. UC San Diego North Track, 9500 Gilman Dr., Dept. 0531, La Jolla 92093-0531. Ted Van Arsdale, phone/FAX (619) 534-0328.

April 7 (Sun.)

Los Angeles: Cougars Invitational. LA Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles 90065-3724 (213) 257-1285, FAX (213) 259-0265.

April 13 (Sat.)

San Diego: UCSD Invitational. 10 a.m. UC San Diego North Track, 9500 Gilman Dr., Dept. 0531, La Jolla 92093-0531. Ted Van Arsdale (619) 534-0328, FAX (619) 822-0379.

April 14

Santa Ana: Orange Spring Games (25+) & John Ward Masters Meet. Rancho Santiago College. Al Siddons (714) 564-6936.

April 28

Los Angeles: Crown Valley Senior Games (50+). Occidental College. Christel Miller or Cynthia Vaughn (818) 397-4064.

May 11

Long Beach: Southern California Striders Meet or Champions. CSU Long Beach. Hugh Cobb, 3180 Camine Arroyo, Carlsbad 92009 (619) 436-7696.

May 18

Visalia: Visalia Classic Masters Meet. Bob Higginbotham, 1026 W. Princeton, Visalia 93277 (209) 732-8030.

May 25

Santa Cruz: USATF Pacific Association Weight Pentathlon championships. KELfield. Gary Keimenson, 560 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 26

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Mac McCormick, 52 Via Athena, Aliso Viejo 92656 (714) 586-9942 (eve).

May 30-June 2

Sacramento: California Senior Games State Championships. At Sacramento State University. State Games Hotline: (800) 229-8625 or (916) 277-6190.

June 8

Los Gatos: USATF Pacific Association Masters Championships. Los Gatos HS. HT/JT/WT at KELfield (408-458-0202). SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

June 30

Los Angeles: Trojan Masters Meet. USC. Russ Reabold 1125 N. Stimson, La Puente 91744 (818) 917-6289.

July 6

Los Angeles: SCA Series/Grand Prix All-Comers. LA Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles 90065-3724. (213) 257-1285 FAX (213) 259-0265.

July 20

Norwalk: USATF West Regional Masters Championships. Cerritos College. Marvin Thompson or Doug Wells (213) 380-5409.

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2. Next he/she coaches a group of athletes (beginners, intermediates and advanced) and offers coaching tips for their improvement.

Many of the questions you've had about coaching these events will be answered in these videos.

"COME TO DISCUS PRACTICE"
with Jim Kavanagh, Head Coach at Holy Cross College, Worcester, MA.

"USING WEIGHTS TO DEVELOP THROWING TECHNIQUES"
with Rob Lasorsa, USATF National Throws Coach.

"COME TO JAVELIN PRACTICE"
with Paul Kassabian, Javelin Coach at the Univ. of Rhode Island.

"COME TO SHOT PUT PRACTICE"
with Rob Lasorsa, USATF Nat. Shot Put Development Chairman.

"COME TO HAMMER THROW PRACTICE"
with John Copeland, Head Coach at the Univ. of Rhode Island.

"COME TO POLE VAULT PRACTICE"
with Bill Falk and Mark Strawderman, USATF Elite PV Coaches.

"COME TO HIGH HURDLE PRACTICE"
with Rodney Price, Head Men's Coach at the Univ. of Miami, FL.

"COME TO SPRINTS PRACTICE"
with Rodney Price, Head Men's Coach at the Univ. of Miami, FL.

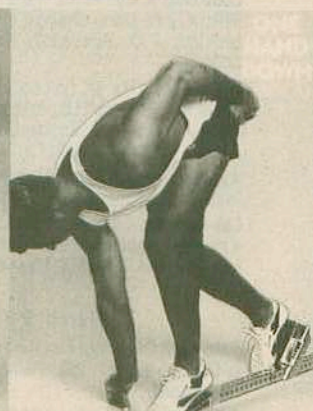
"COME TO WOMEN'S 100m HURDLES PRACTICE"
with Amy Deem, Head Women's Coach at the Univ. of Miami, FL.

"COME TO TRIPLE JUMP PRACTICE"
with Steve Rubin, Jumps Coach at the Univ. of Miami, FL.

"COME TO LONG JUMP PRACTICE"
with Steve Rubin, Jumps Coach at the Univ. of Miami, FL.

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M-F Athletic Company

SCHEDULE

Los Angeles: SCA Series/Grand Prix All-Comers. LA Southwest College. Mary Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles 90065-3724. (213) 257-1285, FAX (213) 259-0265.

August 2

Norwalk: SCA Series/Grand Prix Championships. Cerritos College. Doug Wells (310) 860-2451, ext. 2889.

August 3

Santa Cruz: USATF West Regional Masters Weight Pentathlon Championships. KELfield. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

August 15-18

Spokane, WA: 29th Annual USATF National Masters Championships. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204 (509) 533-3644, FAX (509) 533-4128.

August 31

Seattle, WA: USATF National Masters Weight & Superweight Championships. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116 (206) 932-3923.

September 14

Bozeman, MT: USATF National Masters Weight Pentathlon.

October 27

Long Beach: Sri Chinmoy Masters Games. 40+. Bigalita Egger (310) 645-0271.

All-Comers

March 2 (Sat.)

Berkeley: Berkeley All-Comers.

Los Gatos: All-Comers.

March 9 (Sat.)

Berkeley: Berkeley All-Comers.

July 6, 13, 20, 27

Azusa: Summer Twilight Cross Country Series. 7 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

Camps & Clinics

April 13

Azusa: BFI Azusa Youth Day Track Clinic. 9 a.m. Contact Irv Ray (818) 815-6000, ext. 3294.

June 2-30

Azusa: Sprint Training for Distance Runners. With Coach Scott Wilson. Contact (818) 815-6000, ext. 3294.

June 10

Azusa: Part 2 -- Australian Training Model for Middle & Long Distance Runners. Pre-Comp/Comp Series. Contact Irv Ray (818) 815-6000, ext. 3294.

July 10-15

Azusa: San Gabriel Valley Summer Day Track Camp. Boys & girls, ages 10-18. Contact Irv Ray (818) 815-6000, ext. 3294.

July 31-August 5

August 6-13

Mammoth Lakes: Steve Scott Camp & Workshop. 2 sessions. Contact Irv Ray (818) 815-6000, ext. 3294.

Road Racing

March 2 (Sat.)

Sausalito: Run for the Seals 4M, Rodeo Beach (Marin Headlands near Ft. Cronkhite Beach), 9 a.m. Calif. Marine Mammal Center, GGNRA-Marine Headlands, Sausalito 94965 (415/255-3833).

Gonzales: Gonzales YMCA Grape Stampede 10K/5K, The Monterey Vineyard, 10 a.m. Luke Seward, So. County YMCA, P.O. Box 1106, Gonzales 93960 (408/678-1239).

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93306.

Santa Barbara: Adventours Winter Series, 5K, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

South Gate: The Azalea Festival 5K/10K, Hollydale Park (Century Blvd.), 8 a.m./5K, 8:30 a.m./10K. Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Manhattan Beach: A.M. Good Morning 5K, American Martyrs School, 8 a.m. American Martyrs School, 1701 Laurel Av., Manhattan Beach 90266 (Dick: 310/376-8294).

San Diego: Sue Krann 15K, East Mission Bay Dr. (near Hilton), 7:30 a.m. Info: Hal Goforth (619/697-4467).

Seaside, OR: ORRC Trail's End Marathon, 9 a.m. ORRC, P.O. Box 549, Beaverton, OR 97075 (503/646-7867).

Las Vegas, NV: LVTC 5K/2M, Sunset Park (Sunset & Eastern), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

March 3 (Sun.)

San Francisco: DSE Diamond Heights Run, 2.99M, McAteer H.S. (Portal Dr./O'Shaughnessy Blvd.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Calistoga: Sutter Home Napa Valley Marathon & 5K (RRCA State Mara. Champs; info on 5K below), 7 a.m. SHNVM, P.O. Box 4307, Napa 94558 (707/255-2609).

Napa: Three R's 5K (in conjunction with Napa Valley Marathon), Vintage H.S., 8:15 a.m. Mary Duenow/Reg Harris, Vintage H.S. English Dept., 1375 Trower, Napa 94558 (707/253-3686).

Avalon: Catalina Island Marathon/5K/10K, Time TBA. Info: Calif. Athletic Prods (714/737-1495).

Los Angeles: City of Los Angeles Marathon/5K, 8:40 a.m. Los Angeles Marathon, 11110 W. Ohio Av., #100, Los Angeles 90025 (310/444-5544).

March 9 (Sat.)

Palo Alto: Girl Scout Fun Run, 5K/1K, Baylands Athletic Center, 9 a.m. Info: Palo Alto Rec. Dept. (415/329-2686).

Lompoc: Winter Memorial 5K & 10K. Ryon Park (Ocean Ave. & O St.), 8:30 a.m. & 9:15 a.m. Contact: Leo Aragon (805) 736-6773.

Santa Barbara: Adventours Winter Series, 5K, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

San Diego: Cystic Fibrosis Stairclimb, The Koll Center (501 W. Broadway), 9 a.m. to noon. Info: CF Fndn. (619/234-5880).

San Diego: Nutrition Fuels Fitness-San Diego Dietetic

Assoc. 10K/5K Runs, Mission Bay, 8 a.m. Mary Ryzner 28631 Mountain Meadow Rd., Escondido 92026 (619/749-5336).

Las Vegas, NV: Child Seekers 5K, Location & Time TBA. Info: Jill (702/458-7009).

March 10 (Sun.)

San Francisco: San Francisco Coastal Trail Race II 5K/10K, Merrie Way parking lot (1/8M east of Cliff House), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/2223-5778).

San Francisco: DSE Rainbow Falls 5K & Kids' Run, Golden Gate Park (JFK Dr./Transverse Dr.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Merced: The County Bank Run at RASCAL Creek, 10K/3K/1M Youth Race (RRCA 10K Championships), Rahilly Park, 8:30 a.m./1M, 9:15 a.m./3K, 9:30 a.m./10K. Merced T.C., P.O. Box 3275, Merced 95344 (209/725-4016; 722-4428).

Running Springs: Winter Shootout, 5M X-C Ski & Shoot Biathlon & 5K Novice Ski Race, Rim Nordic X-C Ski Area, 10 a.m./Biathlon, 11 a.m./5K Ski. Stephen Whitmore, 42620 Dogwood Rd., Lake Elizabeth 93532 (805/724-2139).

Cleveland National Forest: WTRS IV Winter Trail Run Series, 4x8K Relay, Lower Blue Jay Campground, 8 a.m. Baz Hawley, 25769 Marguerite Pkwy., #101, Mission Viejo 92692 (714/380-7255).

San Diego: Rainforest 5K Run/Walk, Mission Bay Park (south of Hilton), 7:30 a.m. Rainforest Run, 4060 Morena Blvd., G355, San Diego 92117 (Bill Sweetman 619/551-0874; Breaking 40: 619/272-8316).

March 16 (Sat.)

San Francisco: Irish Sprint & Stride, 4.5 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. Rich Farringer, 1359 Higon St., Manteca 95336 (415/905-0647).

El Sobrante: Lakeridge Triathlon (500yS-10mB-5K R.), Lakeridge A.C., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Boulder Creek: Big Basin Marathon/Half-Marathon/4M, Park HQ, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

San Jose: AVAC Triathlon (400mS-10mB-2mR), Almaden Valley A.C., 8 a.m. AVAC, 5400 Camden Av. San Jose 95124 (408/267-3700).

San Jose: Mustang Classic Ride & Tie, 25M (1 horse, 2 runners alternate running/riding), Time TBA. Dan Barger/California Sports Marketing, P.O. Box 794, Morgan Hill 95037 (408/776-3035).

Santa Rosa: Redwood Empire Track Runs, 12 Hours (4-person teams; each member does 1.5 hours twice; 8 teams total), Santa Rosa J.C. (Bailey Field, tartan track), 8 a.m. Mike McGuire, 3605 Aaron Dr., Santa Rosa 95404 (707/542-6687).

Fort Bragg: Whale Run, 10K/5K, Mackerricher State Park (Haul Rd., 1 Mi. north of Ft. Bragg off Hwy. 1), 8:30 a.m. Soroptimist Int'l., Barbara D'Arezzo, P.O. Box 131, Ft. Bragg 95437 (707/964-0944).

Cool: (ENTRIES CLOSED) Cool Canyon Crawl 50K, a.m. Info: Sierra Express R.C. (916/885-3438).

Fresno: St. Patrick's Day Run, 5M/2M & Kids' 1K Woodward Park (Mtn. View Picnic Area), 6 a.m. CCAPW, P.O. Box 26803, Fresno 93729 (Julia: 209/221-8138).

SCHEDULE

Bakersfield: The "Chris Chavez" Memorial Scholarship Run, 5K, Beach Park, 8 a.m. Maria Chavez, 2809 Noble Av., Bakersfield 93306.

Bradley: Bradley Bulldog 5K/10K Runs, Bradley Community Hall, 9 a.m. Linda Richards, Bradley Union School District, P.O. Box 60, Bradley 93426 (George Erdelyi: 805/472-2310).

Santa Barbara: Adventours Winter Series, 8K, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

Newhall: St. Patrick's Day 5K Run, Pico Canyon/McBean Pkwy., 8:30 a.m. Don Beauvais, 27804 Wakefield Rd., Castaic 91384 (805/294-9455).

Avalon: Catalina Island Marathon, 5K/10K, Two Harbors (finish in Avalon), 8 a.m./10K, 8:10 a.m./5K. Michael Braunstein, Calif. Athletic Productions, 304 Stonecliffe Aisle, Irvine 92715 (714/737-1495).

San Diego: St. Patrick's Day 10K, Balboa Park (President's Way), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Las Vegas, NV: Race for the Cure 5K/1M, Location & Time TBA. Info: Susan Strang (702/898-7866).

March 17 (Sun.)

San Francisco: DSE Little Marina Green Run, 3.8M, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Walnut Creek: Ginder Grinder, 10K/5K, Borges Ranch Ranger Station, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Stockton: Dave's 4 Mile & Team Challenge, Grupe Park (Benjamin Holt exit off I-5), 9:30 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208 (Lloyd Medlin: 209/239-9347).

Sacramento: St. Patrick's Day 10M/5K, Promenade Shopping Ctr., 8:30 a.m. Try All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

Tulare: Max Chobioan Memorial Walk/Run, 6M/2M & 1M Kids' Run, International Agricenter, 11 a.m./6M, 12:30 p.m./2M, 1:15 p.m. Tulare Youth Service Bureau, 327 South K, Tulare 93274 (209/688-2043).

Torrance: Mobil St. Patrick's Day Run for the Blind 10K/5K & Kids' Dash, Del Amo Fashion Center, 8 a.m. Vistas, P.O. Box 700-251, Redondo Beach 90277 (714/374-3200, 619/450-6510).

Lake Mission Viejo: Shamrock 'n Roll 5K/10K/1K, 7:30 a.m./5-10K, 9:30 a.m. Info: Race Pace Promos (714/661-1002).

Temecula: Blind Pig Blarney Classic, 10K/5K & 1M Fun Run, Rancho California Sports Park, 8 a.m. Temecula Jaycees, c/o Kathy Loper Events, 7801 Mission Center Ct., Suite 200, San Diego 92108 (619/298-7400; 909/699-5006).

March 23 (Sat.)

Oakland: Greek Independence Day Run, 5K/10K, Lake Merritt (New Boathouse), 8:30 a.m. George Zuras, 601 Fortress Isle, Alameda 94501 (510/521-3310, after 4 p.m.).

Sacramento: McGeorge School of Law, Run for the Children 5K/10K, 3200 Fifth Av., 9 a.m. Lisa Yu, c/o McGeorge School of Law, 3200 Fifth Av., Sacramento 95817 (916/363-4803).

Crescent City: Redwood Wild River Run, 15K/5K, 10 Mi. NE of Crescent City off Hwy. 199, 11 a.m. Ralph Hirt, 645 Meridian St., Crescent City 95531 (707/464-3779).

Applegate: Applegate 5K Spring Run, Applegate Christian School, 9 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Atascadero: Park to Park 10K & Half-Marathon, Paloma Creek Park, 9 a.m. City of Atascadero, Dept. of Community Services, 6500 Palma Av., Atascadero 93422 (Attn: Park to Park) (805/461-5008).

Santa Barbara: Adventours Winter Series, 10K, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

Las Vegas, NV: LVTC Marathon Relay, Tule Springs (Floyd Lamb State Park), 8 a.m. Info: Carlos Ross (702/459-6957).

March 24 (Sun.)

San Francisco: DSE Roller Coaster Run, 2.92M & Kids' Run, west end of Mountain Lake Park, 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse; Lakeside Dr./14th St.), 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland 94611 (LMJS Hotline: 510/601-7887).

Sausalito: Houlihan's to Houlihan's 12K, shuttle from S.F. Aquatic Park to start in East Ft. Baker; return over Golden Gate Bridge to Aquatic Park, 8 a.m. Info: RhodyCo Prods. (415/664-0532).

San Jose: Mercury News 10K Race/5K Walk, Park Av. & Almaden Av., 9 a.m. Sarah Clish, San Jose Mercury News, 750 Ridder Park Dr., San Jose 95190 (408/920-5755).

Pope Valley: Pope Valley Biathlon (2.5mR-22mB-2.5mR), Pope Valley Farmer's Center (east of Angwin), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Mendocino: Mendocino Trail Marathon/Half-Marathon/10K, Russian Gulch State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Truckee: Schuss Shoe Stride (Giant Slalom-2.5K Snowshoe-7.5K X-C Ski), Winter Triathlon (Indiv. & Teams), Tahoe Donner Ski Area, 9 a.m. Lisa Monroe, 16 Digital Dr., #100, Novato 94949 (510/376-0663).

Fresno: Vital Signs Challenge, 10K/2M, Woodward Park (Min. View Shelter), 7:30 a.m. VMC Foundation, P.O. Box 15189, Fresno 93702 (209/453-4941).

Cleveland National Forest: WTRS IV Winter Trail Run Series, SJT 50K Ultra, Lower Blue Jay Campground, 7 a.m. Baz Hawley, 25769 Marguerite Pkwy., #101, Mission Viejo 92692 (714/380-7255).

March 30 (Sat.)

Pescadero: Artichoke Half Marathon/10K, Duarte's Tavern (Stage Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

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

San Ramon: ClubSport's Triathlon (15min.S-25min.B-20min.R), Indoor Triathlon, 8 a.m. Kevin Tuttle, ClubSport of San Ramon, 350 Bollinger Canyon Ln., San Ramon 94583 (510/735-8500).

Gilroy: Run for the Diamonds 5K/10K, Gavilan College, 8:30 a.m. Info: Dave Fronckowiak, P.O. Box 111, Gilroy 95021 (408/848-3117).

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SCHEDULE

Santa Barbara: Adventours Winter Series, 12K, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

Carpinteria: Carpinteria Orchard to Ocean Runs, 5K/10K & 1M Fun Run, Carpinteria Middle School, 8 a.m./10K, 9 a.m./5K, 9:45 a.m. Marybeth Carty, P.O. Box 299, Carpinteria 93014 (805/684-2783).

Los Angeles: The LMU Run for the Bay, 5K/10K, Loyola Marymount Univ. (7900 Loyola Blvd.), 8 a.m. Info: 310/338-7596.

Los Angeles: The L.A. Philharmonic Run, 5K/10K & Kidie Run, Griffith Park, 8 a.m. Info: W2 Promotions (310/828-4123).

Hemet: Calhulla Heights Ride & Tie, 15/30 Mi. (1 horse, 2 runners alternate running/riding), Time TBA. Info: Arlene Foster, 38230 Lorenzo Ln., Hemet 92544 (909/767-1237).

Carlsbad: Junior Carlsbad (for kids 12 & Under), distances from Toddler Trot (25 Yds.) to 1 Mi., 9 age groups, 7:30 a.m. Elite Racing, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510).

Las Vegas, NV: LVTC 5M 2-Person Relay, Cheyenne H.S. (3200 W. Alexander), 8 a.m. Info: Dr. Rob Gardner (702/656-1040).

March 31 (Sun.)

San Francisco: DSE No. Embarcadero Run, 6.25M, Embarcadero/Berry (Java Cafe), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Stanford: Fifty-Plus Generation Celebration 8K Run/5K Walk (must be 50 years old to compete in 8K; all ages for 5K), Stanford Stadium, 8 a.m./5K, 9 a.m./8K. Fifty-Plus Fitness Assoc., P.O. Box D, Stanford 94309 (415/323-6119).

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

Carlsbad: Carlsbad 5000, 6 events, various start times. Elite Racing, 10509 Vista Sorrento Pkwy., #102, San Diego 92129 (619/450-6510).

April 6 (Sat.)

Woodside: Woodside Trail Half-Marathon & 5M, Huddart County Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Pinole: Three Valleys Half-Marathon/5K, Pinole Valley H.S., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Sacramento: American River 50M, Cal-State Univ. Sacramento to Auburn, 6 a.m. (Mar. 18 entry deadline). Delmar Fralick/Will Roxburgh, 1730 Santa Clara, #3, Roseville 95661 (916/650-8602).

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

Santa Barbara: Santa Barbara Marathon, 8 a.m. San Marcos Pass to East Beach, (800) 967-8758.

Arcadia: Santa Anita Derby Day 5K Run/Walk & Kids' 1 Mi., Santa Anita Park, 8 a.m. Info: Elite Racing, Attn: Santa Anita Derby Day, 19671 Beach Blvd., Suite 204, Huntington Beach 92648 (714/374-3200; 610/450-6510).

El Cajon: El Cajon 20K, Granite Hills H.S., 7:30 a.m. Info: Judi Richardson (619/444-3785).

April 7 (Sun.)

San Francisco: DSE Easter Egg Run, 3M, Riordan H.S.

(175 Phelan Av.), 9 a.m./Kids' Run, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Angel Island: Romancing the Island 12K/25K, Angel Island State Park (ferry from Tiburon only at 8:30 a.m.), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

April 13 (Sat.)

San Francisco: Walk-N-Roll 5K Run/Walk/Inline Skating, Golden Gate Park Music Concourse, 9 a.m. The Buoniconti Fund to Cure Paralysis, P.O. Box 570546, San Francisco 94147 (415/512-1388).

Half Moon Bay: Coastside Blufftop 5K/10K Run/Walk, Ted Adcock Community Center, 8 a.m. Sue Lockyer, 535 Kelly Av., Half Moon Bay 94019 (726-2231, 726-9056).

San Mateo: April Showers FunRun, 5K/10K, Coyote Point Park, 10 a.m. Lois Koenig, P.O. Box 626, Belmont 94002 (415/342-9328).

San Rafael: China Camp Shoreline Marathon/Half-Marathon/10K, Miwok Meadows (China Camp State Park, N. San Pedro Rd. off 101), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Carmichael: 5 Points 5K/10K, 5 Points Shopping Center (Arden/Fair Oaks), 8 a.m. Try It All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

Whiskey Creek: Mountainside Ride & Tie 12/25M (1 horse, 2 runners, alternating running/riding), Time TBA. Chris/Cheryl Knoch, Knochsport, P.O. Box 745, Alturas 96101 (916/233-4553, or Gayle/Mike 916/365-8225).

Fresno: Run for Relief, 10K & 2 Mile Fun Run, Fresno Pacific College, 7 a.m. Information: (209) 638-6911, 638-5007, 458-0535.

Bakersfield: Rio Bravo Valley 10-Mile Run, Lake Ming Rd. at Ruidal Rd. (near Kern River Golf Course), 8 a.m. Bakersfield T.C., 3300 La Costa, Bakersfield 93306 (805/871-9074).

Santa Barbara: Santa Barbara Winery Chardonnay 10M/5K Runs, Leadbetter Beach, 8 a.m. Adventours Outdoor Excursions, Greg Martin/Joe Coito, P.O. Box 215, Santa Barbara 93102 (805/963-2248).

San Juan Capistrano: Capistrano Trail Mix 5K Trail Run & Mtn. Bike Ride, Rancho Capistrano, 8 a.m. Info: Kinane Events (619/434-7706).

Temecula: Callaway's Run Through the Vineyards, 5K/10K, Callaway's Bell Vineyard (10M east of Hwy. 15 on Rancho California Rd.), 7:45 a.m. Temecula Sunrise Rotary, 30520 Rancho California Rd., Suite 107-258, Temecula 92591 (800/334-9077).

Medford, OR: Pear Blossom Run 10M/5K & Mayors Cup 1M/2M, Time TBA. Jerry & Zella Swartsley, P.O. Box 146, Medford, OR 97501 (503/535-1205, eves; 503/772-6293, days).

April 14 (Sun.)

San Francisco: DSE Walt Stack Trail 10K, Dolphin Club (502 Jefferson St.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Francisco: San Francisco Senior Games (50 years & over), track & field, race walking, and other sports. S.F. Senior Games, 450 Stanyan St., San Francisco 94117 (415/750-4952).

Morgan Hill: AAUW Wildflower Run, 10K/5K/2K, Live Oak H.S. (1505 E. Main), 9 a.m. AAUW Run, P.O. Box 451, Morgan Hill 95038 (408/778-3635).

Davis: AMSA Heartbeat Run for the Clinics, 5K/10K (& kids' event), U.C. Davis School of Medicine (Hutchinson Dr. off Rt. 113), 9 a.m. (Kids/10 a.m.). UCD School of Medicine, Office of Student Affairs, Davis 95616 (916/752-3170).

Ukiah: Ukiah Stride 3K/1M Walk, Ukiah Valley Medical Center/Hospital Dr., 8 a.m. Mike Harris/North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/468-5641).

Chico/Durham: Chico Duathlon (1.5mR-15mB-1.5mR), Durham Park, 9 a.m. John Whitehead, 2592 Norte Dome Blvd., Chico 95928 (916/894-8920).

Lompoc: The Laura Stegman Memorial Women's 5K Run/Walk (women only), River Park, 8:30 a.m. Bill Graham, 1309 Palmetto St., Lompoc 93436 (805/736-4696).

Northridge: Devonshire Dash 5K/10K, Cal State Univ. 9 a.m. Ruben Lopez/PALS, P.O. Box 7446, Northridge 91327 (818/756-8270).

Coronado: GOP Stampede 8K Run & 4M Walk, 10th & Glorietta (8K), Tidelands Park (4M), 7:30 a.m./8K, 8 a.m. GOP Stampede, 7801 Mission Center Ct., Suite 200, San Diego 92108 (619/298-7400, Kathy Loper).

April 15 (Mon.)

Hopkinton, MA: 100th Annual Boston Marathon (qualifying times req'd.), noon (entries closed on Dec. 31). BAA, Box 1996, Hopkinton, MA 01748 (508/435-6905).

April 20 (Sat.)

San Francisco: Ruth Anderson 100K (Ultra Grand Prix event), Lake Merced (Sunset Blvd. parking lot), 6:30 a.m. Dick Collins, Bay Area Ultra Runners, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

Pinole: "Bit of the Bears" Biathlon (5K/15mB-5K/15mB), Ellerhorst Grammar School (Pinole Valley Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Los Gatos: Run & Walkathon for Lupus 5K, Vasona Lake Park, 9 a.m. Bay Area Lupus Fdn., 2635 No. First St., #206, San Jose 95134 (408/954-8600).

Yountville: Rotary Run to Literacy 5K/10K Runs (& 1M Fun Run), 6548 Yount St., 8:30 a.m. Frances Houser, Carol Stein, 580 Coombs St., Napa 94559 (707/253-4283).

Calistoga: Napa Valley Trail Marathon/Half-Marathon 10K, Napa Valley State Park (Hwy. 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Carmel Valley: The Wild Boar Stampede 5K/10K, Garland Ranch Regional Park, 9 a.m. The Cypress Group, 215 W. Franklin, Ste. 214, Monterey 93940 (408/373-1839).

Columbia: Old Mill Run, 10K/2M, Columbia State Park, 8 a.m. Dan Ryan, P.O. Box 323, Jamestown 95327 (209/984-4308).

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

Pismo Beach: Pismo Pier 10K Beach Run, 9 a.m. Joar Holt, Recr. Div., City of Pismo Beach, 760 Mattie Rd. Pismo Beach 93449 (805/773-7049).

Redding: RSVP Run Earthday Arboretum Trail Run



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5K/10K/Jr. Mile, Caldwell Park, 8 a.m./5-10K, 9:15 a.m./Mi. Betty Brass/Kim Stempian, 1670 Market St., Suite 300, Redding 96001 (916/255-5803).

Irvine: UCI Zot Trot 5K & Kid's 1K Tiny Trot, UC Irvine Campus, 7:30 a.m. Info: Coach Sumner (714/476-7076) or Rita Yee (714/824-2725).

San Diego: Downtown YMCA Health Net Breakers 10M/5K, Relay & Sr. Challenge, Mission Beach (Belmont Park near Great Dipper Roller Coaster), 7 a.m. YMCA Health Net Breakers Event, 78701 Mission Center Ct., Suite 200, San Diego 92108 (619/232-7451 or 619/298-7400).

April 21 (Sun.)

San Francisco: Gimme Shelter 5K Run/1M Walk for the Homeless (USATF Championship), downtown (Yerba Buena Ctr.), 9 a.m. Gimme Shelter, Rhodyco Productions, 1417 Irving St., San Francisco 94122 (415/564-0532).

San Francisco: DSE Kennedy Dr. Run, 4.7 Mi., Golden Gate Park (south side of Polo Fields), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 415/978-0837).

Stanford: Challenge for Charity Race, 10K/5K, Stanford Stadium, 8:30 a.m. Kristin Feitzinger, 1335 Hopkins Av., Palo Alto 94301 (415/322-6932).

San Francisco: Brickyard Run, 8M/4M, Municipal Park (Tart/Buckley Sst.), 8:30 a.m. Diablo R.R., P.O. Box 1236, Walnut Creek 94598 (510/906-8880).

Discovery Bay: Rally Around the Lake 5K, Athletic Club

(Discovery Bay Blvd.), 9:30 a.m. Lions Club, c/o Phil Paulson, 5514 Marlin Ct., Discovery Bay 94514 (510/634-6654).

Vacaville: Spring Fling (1.5K/5K-10K/1K/20K-5K), Lake Solano, 8 a.m./Long, 8:30 a.m./Short. High Valley Promos, 2926 Yulupa Av., Santa Rosa 95403 (408/327-9223).

Shingle Springs: Marshall MASH Run, 5K/10K, Ponderosa H.S., 9 a.m. Jenna Hasenour/Cardiac Rehab, Marshall Hospital, Marshall Way, Placerville 95667 (916/626-2766).

Visalia: End of the Trail Run, Distance TBA, 8 a.m. Dennis John, 3945 W. Hemlock Av., Visalia 93277.

Valencia: Run for the Health of It 5K, Henry Mayo Newhall Memorial Hospital, 9 a.m. Lori Tompkins, 23845 McBean Pkwy., Valencia 91355 (805/253-8082).

Fallhook: Guacamole Grande 10M/20M/50M, Fallhook H.S., 7:30 a.m./50M, 9 a.m./20M, 10 a.m./10M. Randy, 12300 E. Washington Blvd., #W, Whittier 90606 (310/943-9440).

Laguna Beach: Laguna Beach Classic, 5K/10K (& 1K Kids Run), Laguna Canyon (Sawdust Festival Grounds), 7:45 a.m./5K, 8:15 a.m./10K, 9:15 a.m./1K. Info: Kinane Events (714/494-6811, 619/434-7706).

Encino, CA: The L.A. Dog Jog, 2 Mi. Run & 1 Mi. Walk (all participants must enter with their canine best friend!), Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

Los Angeles: Jimmy Stewart Relay Marathon, Griffith

Park (near Merry-Go-Round), 8 a.m. Laurie Andrews, 1328 - 22nd St., Santa Monica 90404 (310/829-8968).

Redlands: A Run Through Redlands 5K/10K/Half-Marathon, Redlands Mall, 7:30 a.m./H-M, 7:45 a.m./5K, 8 a.m./10K. Norm Lynde, P.O. Box 1702, Redlands 92373 (909/335-2791).

San Diego: San Diego Internat'l. Duathlon (5K/25K-5K) & 25K Cycling Time Trial, Sabre Spring Business Park, 7:30 a.m. Koz Enterprises, P.O. Box 421052, San Diego 92142 (619/528-8111).

April 27 (Sat.)

San Francisco: Escape to Land's End 10M/5M, Crissy Field (Presidio of S.F.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Santa Rosa: California 50 Mile Endurance Run, Annade State Park, 6 a.m. (150 Limit). Info: Tom & Nancy Crawford (707/526-0661).

Lake Berryessa: Lake Berryessa Quadrathlon (0.5mS-16mB-4mR-5mB), Putah Creek Resort (north end of lake), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Elk Grove: Laguna Fun-N-Fast 5K/10K, Laguna West Community Ctr. (Laguna Blvd. btwn. I-5 & Franklin), 8 a.m. Try It All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

Georgetown: Gold Rush 50K/100K(2 days) (two different 50K courses...run either or both), El Dorado Forest, 8:30 a.m. (No Raceday Entries; Entries Limit-

SCHEDULE

ed. Paul Reese, 308 Forest Ct., Auburn 95603 (916/823-0276).

Angels Camp: Paint the Town Red 5K/10K, Bergantz Nursery on Hwy 49 (1M north of Hwy 4/49 Xing), 9 a.m. On Your Mark, Box 2061, Arnold 95223 (209/795-7832).

Chinese Camp: Red Hills Day Trail Run 12K/4K, Red Hills Rec. Area (2M east of Chinese Camp), 9 a.m./4K, 10 a.m. Tuolumne County Trails Council, Box 313, Columbia 95310 (Chuck Knowles: 209/532-2954; Mike Sullivan: 209/529-8341).

Nevada City: Nevada City Spring Run, 5K/10K, Mill & Spring Sts. (behind church), 8:30 a.m. Nevada City United Methodist Church, 433 Broad St., Nevada City 95959 (916/265-2797).

Santa Barbara: Law Day USA, 15K & 3x5K Relay, Palm Park, 8:30 a.m. Joe Howell, Santa Barbara Bar Assoc., 1111 Garden St., #106, Santa Barbara 93101 (805/962-3443).

South Pasadena: Road Runner Classic, 5K/10K/1K, 7:30 a.m./5-10K, 9 a.m./1K. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123, 818/799-9119).

Placencia: Placencia Earth Week "The Dash Against Trash" Run/Walk, 5K/10K/1K, Placencia Town Center, 8 a.m. John Fraser/Steve Pischel, 401 E. Chapman Av., Placencia 92670 (714/993-8117).

April 28 (Sun.)

San Francisco: May Day Run, 5K/10K/1K Kids' Run, Golden Gate Park (Band Shell), 8:30 a.m. American Heart Assoc., 120 Montgomery St., Ste. 1650, San Francisco 94104 (415/433-2273).

San Francisco: DSE Beach Esplanade Run, 5.6M, Sloat Blvd. & Great Hwy., 9:30 a.m. DSE Runners, P.O. Box 210483, San Francisco 94121 (415/978-0837).

Oakland: LMJS Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland 94611 (510/394-3604, 510/601-7887/Hotline).

Livermore: Livermore Fitness Days 5K/10K, The Barn (3131 Pacific Av.), 8:30 a.m. LARPD, Sheryl Hardin/Brian Tibbets, 71 Trevano Rd., Livermore 94550 (510/373-5723).

Saratoga: Run to the Stars 3K/8K, Christa McAuliffe Elem. School (Titus & Prospect), 8:30 a.m. Chris Feltenz, 5018 Amondo Dr., San Jose 95129 (408/255-4811).

Big Sur: Big Sur International Marathon/5K & 5-person Marathon Relay (finishes in Carmel), 7 a.m./Marathon & Relay, 7:30 a.m./5K. Joe Sweeney, P.O. Box 222620, Carmel 93922 (408/625-6226).

Stockton: Stockton Asparagus Festival 5K Fun Run, Oak Grove Regional Park, 8:30 a.m. GAMUT Promotions, 1132 No. Hunter, Stockton 95202 (209/466-6674).

Georgetown: Gold Rush 50K/100K (see Apr. 27 information).

Hornitos: Indian Gulch to Hornitos Run, 5M/10M, downtown Hornitos Community Park, 8:30 a.m. Merced T.C., 3139 Kingsland, Merced 95340 (Kevin Olds: 209/723-0972; Arnie Cervajal: 209/385-7507).

La Jolla: La Jolla Shores 5K, La Jolla Cove Park, 7:30 a.m. (No Raceday Reg.). La Jolla Shores 5K, P.O. Box

1664, La Jolla 92038 (Jerry Gottlieb: 619/454-1262).

Del Mar: La Jolla Half-Marathon, 7:30 a.m. (No Raceday Reg.). La Jolla Half Marathon, P.O. Box 1664, La Jolla 92038 (Jerry Gottlieb: 619/454-1262).

May 4 (Sat.)

Angel Island: Angel Island Run/Walk, 4.5M (ferry service from S.F. & Tiburon), 12:30 p.m. The Guardsmen, 115 Sansome St., #310, San Francisco 94104 (415/781-6785).

San Francisco: What-Mi-Wok Trail 100K, Rodeo Lagoon (Marin Headlands), 5 a.m. (16 Hr. cutoff). Bay Area Ultra Runners, Kellie Sheehan, 6 Gerke Alley, San Francisco 94133 (415/291-8772).

San Jose: Quicksilver Ride & Tie (Pro/Am), 11/23M (1 horse, 2 riders, alternating running & riding), Time TBA. Wayne & Robin Hinrichs, 1865 Indian Valley Rd., Novato 94947 (415/897-9044).

Santa Cruz: Berry Creek Falls Half-Marathon/10K, Highway 1 at Waddell Creek (10M north of Santa Cruz), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Monterey County: Wildflower Long Course Triathlon (1.2mS-56mB-13.1mR), Lake San Antonio, 8 a.m. (40 Ironman qualifying slots). Tri-California Events, P.O. Box 51116, Pacific Grove 93950 (408/373-0679).

Monterey County: Wildflower Mountain Bike Triathlon (0.25mS-10mMB-2mR), geared to novice & youth (11-17), also elite open division, 9 a.m. Tri-California, P.O. Box 51116, Pacific Grove 93950 (408/373-0679).

Roseville: Foothills Fun Run 5K (& Kids' 1M/0.5M), Woodcreek H.S., Time TBA. Karen Darst, 7501 Foothills Blvd., Roseville 95747 (916/789-4652).

Colfax: Colfax Record Run/Walk, 5K/10K & 0.5M Kids' Run, downtown, 8:30 a.m./Kids, 9 a.m. Janis Quinn, Soroptimist Intl., P.O. Box 1036, Colfax 95713 (916/637-4878).

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

Santa Barbara: UCSB Spring Runs 5K & 10K. UCSB Campus Lagoon. (805) 893-3908.

Inglewood: The Crippled Children's Run, 5K/8K, 8 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

Manhattan Beach: Manhattan Mile/5K/10K/15K, Live Oak Park, 7:30 a.m./5K, 8 a.m./10K races: every 15 min. do mile heat (23 repeats). Erika Stevens/MB Track Club, P.O. Box 3431, Manhattan Beach 90266 (310/376-8460).

May 5 (Sun.)

San Francisco: Ocean Beach 5K/10K (run at low tide), Time TBA. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

San Francisco: DSE South Embarcadero Run, 6.25M, Dolphin Club (502 Jefferson), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Palo Alto: JCC Health & Fitness Fun Triathlon (440yS-11.4mB-5kR), ALS Jewish Community Ctr., 8:30 a.m. Rosan Comperts, 655 Arastradero Rd., Palo Alto 94306 (415/493-6702).

Cupertino: Tandem's Up & Running 10K/2M (& Kids' 1M Run (7-12 Yrs.)), 19333 Valico Pkwy., 9 a.m./10K-2M, 10 a.m./Kids. Up & Running, c/o Rhodyco Prod.,

1417 Irving St., San Francisco 94122 (415/564-0532).

San Jose: Nihonmachi Run 5K, 4th/Jackson St. (Japan town), 9 a.m. Yu-Ai Kai Community Center, 588 No. Fourth St., San Jose 95112 (408/294-2505).

Danville: Devil Mountain Run, 5K/10K/Kids' 200m & 400m (3-8 Yrs.), Town & Country Village S.C., 8 a.m. 5-10K, 9:30 a.m. DMR, P.O. Box 93, Pleasanton 94566 (510/426-1435).

Los Banos: Los Banos PAL May Day Run, 5K/1M, Tuttle Creek Campground, 9 a.m./Kids' 1M, 9:20 a.m./1M Elite, 9:50 a.m./5K. Gregg Wilson, 945 Fifth St., Los Banos 93635 (209/827-0603).

Monterey County: Wildflower Olympic Distance Triathlon (0.93mS-24mB-6.2mR), Lake San Antonio, 9 a.m. Tri-California, 1105 David Av., Pacific Grove 93950 (408/373-0679).

Napa: Vichy Springs Run, 5M/2.5M, William Hill Winery (1761 Atlas Peak Rd.), 9 a.m. Vichy Springs Run 2429 Stonehouse Ct., Napa 94558 (707/252-4456).

Boonville: Boontling Classic 5K, Anderson Valley Elem. School (Hwy 128 north of Boonville), 10 a.m. Mike McDonald/North Coast Striders, P.O. box 1556, Ukiah 95482 (707/895-2701).

Fair Oaks: Sun Run 5M (& 0.5M Kids' Run), Community Clubhouse (7997 California), 8:30 a.m. Marsha Karley, Fair Oaks Chamber of Commerce, P.O. Box 352, Fair Oaks 95628 (916/967-2903).

Weott: 25th Annual Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, 9 a.m. Ken Yonasko, 281 Hidden Valley Rd., Bayside 95524 (707/443-1226).

Lone Pine: Wild Wild West Marathon, 10M/3M Fun Run Tuttle Creek Campground, 7 a.m. Lone Pine Chamber of Commerce, P.O. Box 749, Lone Pine 93545 (619/876-4444).

Studio City: Studio City 5K/10K, near Laurel Canyon Ventura Blvd., 8 a.m./5K, 8:30 a.m. Sondra Frohlich 12153 Ventura Blvd., #100, Studio City 91604 (818/980-3811).

San Diego: Get Movin' San Diego 5K/10K, Torrey Pines Beach/Hwy 101, 8 a.m. Info: 619/736-1001.

San Diego: San Dieguito River Park Trail Events, 6M 4M, 8 a.m. Info: 619/235-5445.

Vancouver, BC (Canada): Vancouver International Marathon & Half-Marathon, BC Place Stadium, 7 a.m. Gordon Rogers, P.O. Box 3213, Vancouver, BC, V6B 3X8 Canada (604/872-2928).

May 11 (Sat.)

Larkspur: The Human Race, 5M, Larkspur Ferry Terminal, 8 a.m. Dianne Faw, The Volunteer Center, 650 Las Gallinas, San Rafael 94903 (415/479-5660).

San Mateo: The Human Race 10K/5K, Coyote Point Park, 8:30 a.m. Lois Koenig, P.O. Box 626, Belmont 94002 (415/342-9328).

Pleasanton: Human Race 10K/5K, 4400 Rosewood Dr., 8:30 a.m. The Volunteer Center, 333 Division St. Pleasanton 94566 (510/462-3570).

Lodi: Walk for the Health of It 5K/1M Walk/Roll, Lodi Memorial Hospital, 9 a.m. Joanne Barkley, 149 So. Fairmont Av., Lodi 95240 (209/339-7582).

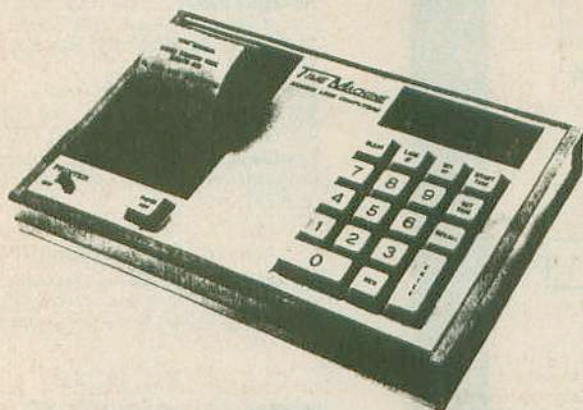
Sacramento: Sacramento Race for the Cure 5K, State Capitol, 9 a.m. Race for the Cure, 918 Second St., #200, Sacramento 95814 (916/443-6223).

Truckee: Donner Lake 7M/14M, Donner Lake State

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SCHEDULE

Park (east end of Lake), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Bakersfield: Bakersfield Bud Light Triathlon, Distance Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Century City: Revlon Run/Walk for Women 5K (men's & women's divisions), Fox Studios (backlot), 9 a.m. Info: 818/759-9522.

Huntington Beach: Southern California Hillsea 7.57M. Central Park West, 8 a.m. The Finish Line Internat'l., 7846 Connie Dr., Huntington Beach 92648 (714/641-5417).

Solana Beach: Fiesta del Sol Triathlon (500mS-15kR-5kR), Fletcher Cove, 7:30 a.m. Koz Enterprises, P.O. Box 421052, Solana Beach 92142 (619/528-8111).

San Diego(?): Native Americans Running the Red Road, 5K/10K, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

May 12 (Sun.)

San Francisco: DSE "Right to Assemble" Run, 7.46M Howard/Sparks Sts., 8 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/897-0837).

May 18 (Sat.)

Davenport: Big Creek Ride & Tie, 30M (1 horse, 2 runners alternating riding/running), Time TBA. Barbara McCrary, 330 Swanton Rd., Davenport 95017.

Oakland: Port of Oakland's Run for the Cranes, 5K 10K, Jack London Square (Water/Washington Sts.), 6 a.m. Richard Mathews, c/o MCM, 161 John St., Oakland 94611 (510/601-7095).

Antioch: Skip to Skips 10 Mile Challenge Run/Mtn. Bike, 7 a.m./Bike, 8 a.m./Run. Darryll Whaley, P.O. Box 824 Clayton 94517 (510/672-5286).

Benicia: Benicia Young Life 5K Run/Walk, Ninth Street Park (9th & West K), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Davis: Mutt Strut 5K (run with dog only), UCD Health Sciences Bldg., 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Merced: Pancake Run, 2M/10K, Lake Yosemite, 8:30 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

May 19 (Sun.)

San Francisco: Examiner Bay to Breakers, 12K, Howard & Spear Sts. to Ocean Beach, 8 a.m. (Elite field must qualify & enter by 4/15; others must enter by 5/1). EXBB, P.O. Box 429200, San Francisco 94142 (415-808-5000, x2222 or 510/808-5000, x2222 or 408-808-5000, x2222).

San Carlos: San Carlos Rotary 5K/10K, Burton Park 8:30 a.m. George Stafford, 700 Chestnut St., San Carlos 94070 (415/594-5199).

So. San Jose: Power Bar-South Bay Triathlon I\ (0.75mS-17mB-5mR), Uvas Reservoir, 8 a.m. J&A Prods., 1032 Hacienda Av., Campbell 95008 (408-866-8848).

Berkeley: Tilden Tough Ten, 10M, Tilden Park (Inspiration Point, parking lot off Wildcat Canyon), 9 a.m. LMJS, 12001 Broadway Terr., Oakland 94611 (510-601-7887).

Fremont: Ohlone Wilderness 50K Trail Run, Time TBA John Vonhof, 4438 Gibraltar Dr., Fremont 94537 (510/797-8169).

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SCHEDULE

Newport Beach: Bach Bay Classic 8K/Half-Marathon/
2K Minuet, Back Bay, 8 a.m./H-M, 8:10 a.m./8K. Info:
Hope House (714/776-7490).

San Diego: Over the Bay Bridge, 4M, 8 a.m. Info:
Breaking 40 (619/272-8316).

May 25 (Sat.)

San Bruno: San Bruno Memorial Cross Country Run, 4M,
San Bruno City Park, 8:30 a.m. Runners Inn, 486 San
Mateo Av., San Bruno 94066 (Don Conklin: 415/952-
8127; Mike Sullivan: 209/529-8341).

Pinole: Pinole Spring Festival 4M/1K Kids' Run, Fer-
nandez City Park, 9 a.m. Sky High, P.O. Box 20963, El
Sobrante 94803 (510/223-5778).

Sierra Madre: Mt. Wilson Trail Race, 8.6M, Kersting
Cl., 7:30 a.m. (Pre-Reg. Only, May 13 Deadline; 300
Limit). Parks & Rec. Dept., City of Sierra Madre,
232 W. Sierra Madre Blvd., Sierra Madre 91024 (818/
355-7135, x255).

May 26 (Sun.)

San Francisco: DSE Walt Stack Trail 25K/10K, Dol-
phin Club (502 Jefferson), 8 a.m. DSE Runners, P.O.
Box 210482, San Francisco 94121 (415/978-0837).

Oakland: LMJS Fourth Sunday Runs, 5K/10K/15K,
Lake Merritt (Old Boathouse at 14th St. & Lakeside
Dr.), 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland
94611 (510/601-7887).

San Ramon: Wind Breaker 5K Run/Inline, Bishop Dr./
Camino Ramon, 8:30 a.m./Inline, 8:45 a.m./Run. Steve
Pierol, City of San Ramon, 12501 Alcosta Blvd., San
Ramon 94583 (510/275-2308).

Grass Valley: Grass Valley Memorial Run 8K, Memorial
Park, 8:30 a.m. Sierra Trailblazers R.C., P.O. Box
1811, Cedar Ridge 95924 (916/265-4387).

Incline Village, NV: I Can Run For Drug Free Youth, Dis-
tance, Location & Time TBA. Fleet Feet, P.O. Box
5792, Incline Village, NV 89450 (702/831-0668).

Arroyo Grande: Strawberry Stampede 10K/5K, start
at gazebo, 8 a.m. Ben Horner, P.O. Box 456, Arroyo
Grande 93421 (800/439-6878).

May 27 (Mon.)

Kentfield: Pacific Sun Races, 10K/2.5M/YMCA Youth
Track Races, College of Marin, 8 a.m. TRS, 80 Mitchell
Blvd., San Rafael 94903 (415/472-RACE).

El Sobrante: MiniMan Triathlon (250yS-10mB-2mR),
Lakeridge A.C. (San Pablo Dam Rd./Castro Ranch
Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante

94803 (510/223-5778; 510/222-2500).

Clayton: Memorial Day Classic, Distance, Location &
Time TBA. Hank Stratford, P.O. Box 30, Clayton
94517 (510/672-9200).

Santa Cruz: Memorial Day Race for Knowledge, 5K-
10K, Natural Bridges State Park entrance (Delaware
St.), 8:30 a.m./3K, 9 a.m./10K. Tom Brakka, 101-F
Frederick St., Santa Cruz 95062 (408/458-9631).

LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major
Events, etc.)

June 1 (Sat.)

Aptos: Forest of Nisene Marks Marathon/Half-
Marathon/5K, Park HQ, 8 a.m. Harry Taub, Lions Club,
P.O. Box 1676, Soquel 95073 (408/479-5483).

June 2 (Sun.)

Nevada City: Gold Country Trail Marathon/Half-
Marathon/10K/5K, Pioneer Park, 7:30 a.m. Nick Vogt,
Christian Runner's Assoc., 1025 Grange Rd., Meadow
Vista 95722 (916/878-0697).

June 8 (Sat.)

So. Lake Tahoe: Capt. Robert De Celle II Tahoe Mem-
orial Relay, 72M (7-person teams), Hwys. 50/89, 7 a.m.
Robert E. DeCelle, P.O. Box 1606, Alameda 94501
(510/523-2264 or 510/521-9626).

Palos Verdes: Palos Verdes Marathon, 3-Person Relay
& 5K (& Kids' Runs - 10 & Under), 7 a.m. W2 Prom-
otions, 1501 Glenavon Av., Venice 90291 (310/828-
4123).

June 9 (Sun.)

Mill Valley: 86th Annual Dipsea Race, 7.1M, 8:30 a.m.
Dipsea, Box 30, Mill Valley 94942 (415/331-3550).
(send SASE for entry; all forms mailed out on Apr. 1
only...fills in 1 week).

June 16 (Sun.)

Soda Springs: High Sierra Marathon/Half-Marathon,
Serene Lakes Lodge, 8 a.m. Sky High, P.O. Box 20963,
El Sobrante 94803 (510/223-5778).

June 29 (Sat.)

Squaw Valley: Western States 100 Mile Endurance Run,
5 a.m. Norm & Helen Klein, 11139 Mace River Ct., Ran-
cho Cordova 95670 (916/638-1161) (entries
closed...entries must be received by Nov. 15 & pre-
quality...determined by lottery).



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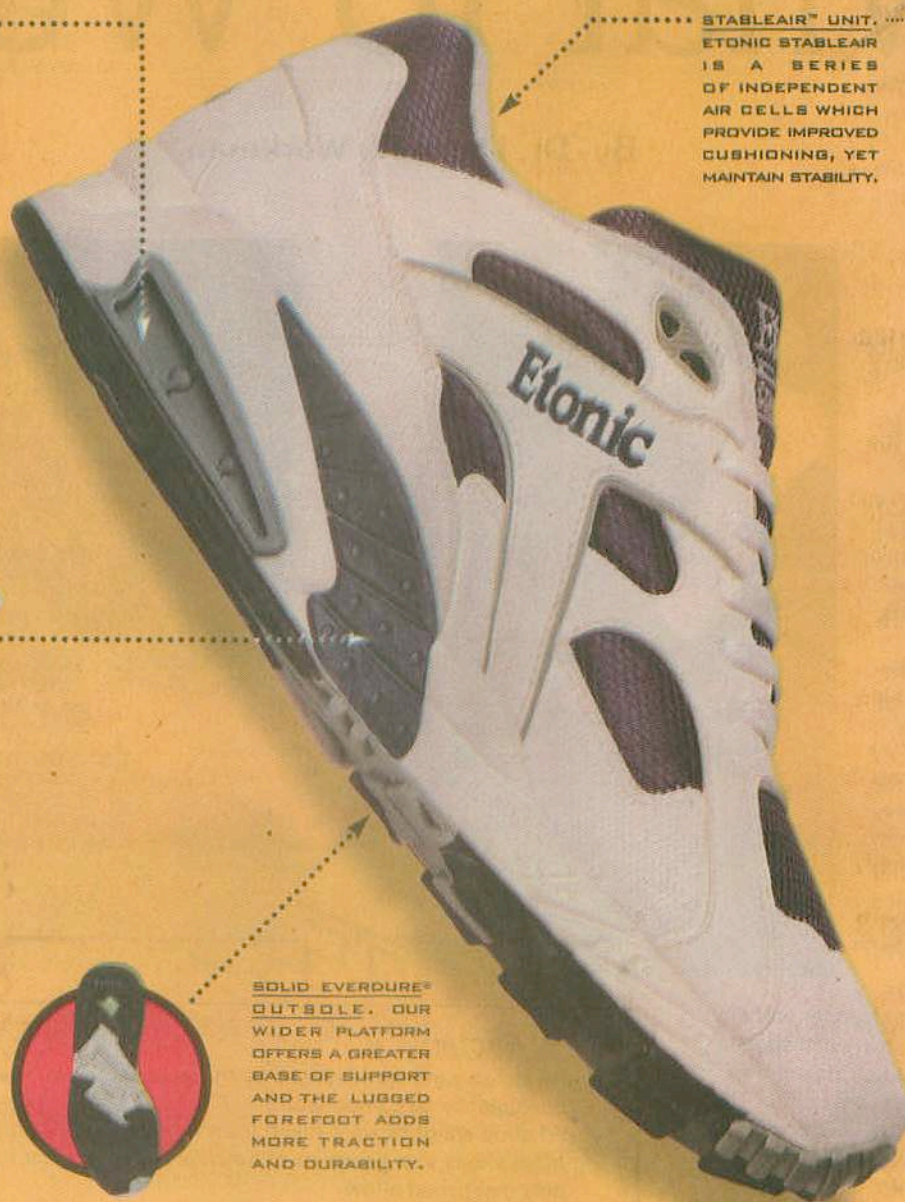
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CALIFORNIA
Track & Running
News

And THE RUNNING
Network

Presents

Dr. Workman's Shoe Review...

What to Wear

By Dr. Darin W. Workman

The 1996 Spring shoe review is brought to you by California Track & Running News and The Running Network.

The reviewing team and I have consulted with the retailers and the running community to find out what you, the runners, are interested in.

Ten companies were invited to participate in the review by sending at least two models of shoes (new models, or improved standard models) selected by us. These shoes were then photographed, studied and taken on the road to be evaluated.

Anna Thompson (an experienced high level runner of many years), and I have run in each shoe in the review to give you an idea of how they feel after they are broken in. This review is written to give you an idea what the shoes would feel like if **you** were to take them for a run. We write from a runner's point of view for runners. Along with the review comes a little health advice. Let's get started.



The Facts:

- ✓ All shoes were **wear tested** by the same man and the same woman for consistency of comparison.
- ✓ All shoe **weights** were taken from women's size 7 and men's size 9.
- ✓ Most shoes use **grooves** or notches in the forefoot to increase flexibility, we only mentioned a few.
- ✓ The shoes may be available in more **colors** than those mentioned. By the way, we found that colors were generally more conservative this season.

continued next page

Shoe Review

▲ NIKE



Air Max Light

Price: \$125.00 (w), \$130.00 (m)
Colors: White/Purple-Oxidized Green (women), White/Black/Navy Blue (men)
Wt: 10.7 oz. (women) 12.2 oz. (men)
Last: Semi-curved slip last.

Outstanding Features: Lightweight Phylon midsole with visible Air-Sole units under the heel (25psi lateral and medial to the heel and 5psi directly under the heel). Separate forefoot Air-Sole unit. Durable Nike REGRIND outsole (recycled materials).

ROAD TEST: I see the Air Max Light as Nike's strong trainer -- very stable, comfortable and able to take the mileage (like an off-road luxury car). I thought that the Air-Sole units were more solid than the Skylon Triax and Structure Triax. Anna gave the shoe positive marks for comfort, movement and stability. The Air Max Light is a stable and dependable distance trainer.



Air Skylon Triax

Price: \$85.00 (w), \$85.00 (m)
Colors: White/Rave Pink/Light ultramarine (women), White/Black/Dark spruce (men)
Wt: 9.4 oz. (women) 10.9 oz. (men)
Last: Semi-curved slip last.

Outstanding Features: One-piece vamp and tongue construction for custom fit. Uni-directional nylon webbing eyestay straps to avoid shoelace pressure to the top of the foot. Phylon midsole with separate fore and rearfoot Air-sole units. Nike REGRIND outsole.

ROAD TEST: I saw very little of this shoe following my road evaluation (one of the other testers felt the need to "keep trying it"). I would say that is a high compliment. The Air Skylon Triax is an excellent high mileage light-weight trainer. The entire forefoot is very flexible, and has serious cushioning on heel strike. It seems to become part of the foot.

Honorable Mention: The Air Structure Triax was also reviewed. What a marvelous mix of the Skylon comfort and solid medial anti-pronation support-much improved support over last year's model. Sharper looking, too. Look into this one!

▲ REEBOK



Avenger

Price: \$84.99
Colors: White/Navy/Deep Fuchsia (women), White/Black/Royal/Red (men)
Wt: 9.3 oz. (women) 11.8 oz. (men)
Last: Semi-curved full slip last

Outstanding Features: Reebok/Es patented shock absorbing system: Forefoot Hexalite, rearfoot Ultra Hexalite and rearfoot Vertical Hexalite. Medial post for anti-pronation.

ROAD TEST: The Avenger is a brand new shoe with a catchy design to match it's name. Overall, this is a solid, comfortable and roomy trainer. The midsole Hexalite inserts absorb energy well and guide the foot nicely through the gait cycle. The vertical inserts seem to keep the heel from drifting to either side. The upper does well in cooler weather. Very versatile trainer.



Aztrek

Price: \$69.99
Colors: White/Biker Blue/Electric Pink (women), White/Black/Dark Teal (men)
Wt: 9.8 oz. (women) 10.9 oz. (men)
Last: Semi-curved full slip last.

Outstanding Features: Ultra Hexalite inserts and Eclipse 5000 midsole with a medial post.

ROAD TEST: The Aztrek has some key high points: Comfortable upper with sturdy forefoot strapping (holds the toes nicely) and firm midsole that provides non-negotiable stability while maintaining adequate cushioning. Higher ankle fit (good for orthotics), snug upper and strong support qualify it for off-road excursions, but it is best on the road. The Aztrek really moves well.

continued next page.

Shoe Review

▲ MIZUNO



Evolution

Price: \$84.95

Colors: White/Grape/Steel (women), White/Pine/Slate (men)

Wt.: 10.8 oz. (women) 11.9 oz. (men)

Last: Semi-curved slip last.

Outstanding Features: Internal F3 foam heel counter that molds to the heel for a custom fit. Full length outer and midsole Groove technology to accommodate foot motion.

ROAD TEST: The Evolution is very similar to the Revolution-- Mizuno's flagship. The Evolution boasts the F3 foam heel cup. It really does mold to the heel well for a custom fit, but you must wear the shoe a few minutes before this process happens. I was most surprised with the engineering of the shoe. The upper conformed well to the entire foot. It absorbs shock and guides the foot nicely providing more control than the Control.

FYI... There is no "best shoe", the key is finding one that best fits your foot and running style.

FYI... Torsion between the rear and forefoot is a natural foot movement. When a shoe allows the foot to freely move, it decreases stress and fatigue (which are major contributors to injury).



Mondo Control

Price: \$79.95

Colors: White/Lavender/Mint (women), White/Aquamarine/Navy/Sunkist (men)

Wt.: 11.7 oz. (women) 12.8 oz. (men)

Last: Combination last

Outstanding Features: Internal sock fit collar for snug comfort. Dual density midsole with extended medial plug for anti-pronation control.

ROAD TEST: Wow! Occasionally the engineering of a shoe is just right for someone. This one was for me and the others who tested it -- maybe you should try it. Mondo Control has a surprising feel for Mizuno with mondo cushioning and flexibility. Oh, and the comfortable upper! Keep in mind that the Control runs a little small for it's posted size. We think that you'll like this shoe.

Honorable Mention: The Mondo Revolution has a few minor changes, but remains as a high quality high mileage stable trainer. It feels good from heel strike to toe off - for as many miles as you can go (\$99.95).

▲ ADIDAS



Response Cushion

Price: 59.99 (w) \$64.99 (m)

Colors: White/Toxic-Gaucho (women), White/Cardinal-Porto (men)

Wt.: 10.2 oz. (women) 10.5 oz. (men)

Last: Semi-curved slip last.

Outstanding Features: Adidas Torsion system for independent fore and rear foot motion. Adiprene insert in rear-foot for cushioning.

ROAD TEST: The Response Cushion takes a few miles to break in and demonstrates a more support feel than you would expect for a flexible shoe. The upper is well-padded with a snug and stable heel. The midsole is more sturdy and allows less torsion than the Response Support. It is best for those with neutral gait -- seeming not to push the foot in any certain direction. Response Cushion is a good moderate mileage trainer.



Response Support

continued next page

Shoe Review

Price: \$64.99 (w) \$69.99 (m)
Colors: White/Marine-Ritual (women), White/Marine-Azul (men)
Wt.: 10.6 oz. (women) 11.8 oz. (men)
Last: Unavailable.

Outstanding Features: Dual-density midsole with adiprene insert for medial support and cushioning.

ROAD TEST: We concur that the Response Support is a great shoe. However, "Anti-pronator Cushion" is a better suited name. It has a strong medial post for anti-pronation and soft cushioning from heel to toe in the midsole. The upper has plenty of room and allows torsion like no other shoe. Response Support flows very well with the foot, adding dependable medial support. (800) 448-1796

▲ ASICS



GEL-DS Trainer

Price: \$95.00(w) \$100.00 (m)
Colors: White/Midnight/Apple Red (women), White/Midnight/Apple Red (men)
Wt.: 8.0 oz. (women) 10.0 oz. (men)
Last: Combination slip last.

Outstanding Features: Mono-Sock fit system for custom comfort. Dual-density molded EVA midsole with T-GEL cushion in the rearfoot and P-GEL (porous GEL) cushion in the forefoot. Attractive DuoSole outsole technology.

ROAD TEST: Asics GEL-DS Trainer (DST) has a "closer to the road" feel without loss of cushioning. We were

pleased with the straight ahead motion of the shoe and the way it helps one maintain form. The upper has a wrap around tongue (which would be easier to put on with loops on the heel and tongue) and maintains stability while leaving plenty of room for the heel and forefoot. This is another excellent light weight trainer.



GEL-KAYANO

Price: \$115.00 (w) \$120.00 (m)
Colors: Midnight/Apple Red/White (women), Midnight/Apple Red/White (men)
Wt.: 11.0 oz. (women) 13.0 oz. (men)
Last: Combination slip last.

Outstanding Features: MONO-TONGUE fit system upper for custom fit. Dual-density molded EVA midsole with visible T-GEL cushion in the rearfoot and P-GEL (porous GEL) cushion in the forefoot..

ROAD TEST: GEL-KAYANO is part of the Asics Core series - meaning high stability and all the Asics bells and whistles. If you find that most running shoes are too narrow, this is the shoe you should consider. It has plenty of room in the upper, is highly padded and is highly shock absorbent throughout. It runs like a dream. Great shoe for any distance on hard or soft terrain.

Honorable Mention: Asics has the new 2010. We hear it's a great shoe, but it was unavailable at the time of the review. You may want to check it out.

▲ PUMA



Trinomic Control

Price: \$80.00 (men only)
Colors: Navy/White/Black
Wt.: 11.3 oz.
Last: Straight combination last.

Outstanding Features: Dual-density CM-EVA for control and rearfoot Trinomic inserts for cushioning.

ROAD TEST: Puma as a company fits nicely to the foot. The Control is a wonderfully cushioned shoe with stability features that silently guide the foot through a neutral cycle from heel strike to toe off. The obvious stability features are in the midsole EVA medial post and the heel cup. The toe box is snug, but not tight. They feel very natural and run comfortably at long distances.



Trinomic Concept

continued next page.

Shoe Review

Price: \$75.00

Colors: White/Plum/Ocean (women), Plum/Ocean/White (men)

Wt.: 10.6 oz. (women) 12.3 oz. (men)

Last: Soft canvas board last.

Outstanding Features: High mileage trainer featuring visible New Trinomic Cell technology midsole framed in durable polyurethane.

ROAD TEST: The Concept takes a few runs to break in. Even then, it is a sturdy (almost rigid) shoe. However, it glides smoothly from heel to toe. The Concept has a comfortable cushioned upper that contours well to the foot. The midsole is a sharp looking design of polyurethane surrounding the Trinomic insert. Puma is making a good move in the market with this sharp looking, well fitting shoe.

Honorable Mention: Puma has a full new line of running products lately. We tested many, these are just a couple of the outstanding ones. The Trinomic Cushioning (only \$55.00!!) is as good a cushion shoe as any in this review (seriously). This one is a great buy. The Trinomic Light Weight (\$70.00) is another good choice, mostly for tempo runs, speed work and long races. I don't suggest it for long runs or those requiring extra stability.

By the way....

Puma is proud to announce the new PUMA North American CEO Herb Elliott. Perhaps you have heard of him-- he had a stunning career as an undefeated world class mile and 1500m runner in the 50's and 60's. He has led PUMA Australia to the number three footwear position and is now focusing his energy on our market. We anxiously look forward to Puma's near future.

▲ ETONIC



Blur

(Available 6-15-96)

Price: \$84.99

Colors: White/Black/Plum (women), White/Black/Forest Green (men)

Wt.: 9.2 oz. (Women) 11.1 oz. (men)

Last: Semi-curved slip last.

Outstanding Features: TPU external heel clips for stability. Dual-density CMEVA with forefoot and rearfoot StableAir units for cushion and stability. Visible Dynamic Reaction Plate of carbon fiber to increase stability and midsole life.

ROAD TEST: The Blur is faster in looks and design than the Guard. It is light feeling, smooth moving from heel to toe and contoured more to the shape of the foot. The rearfoot is the stability part of the shoe with a rock solid heel counter and wide base midsole. The Blur laces up lower than most to accommodate ankle motion. The heel squeaks a little, but this is a great trainer -- definitely underrated.



GUARD

Price: \$84.99 (men only)

Colors: White/Navy/Grey/Black

Wt.: 12.3 oz.

Last: Straight slip-last.

Outstanding Features: Dual-density CMEVA with forefoot and rearfoot StableAir units inserted for control with added cushioning. Dynamic Reaction Plate to increase stability.

ROAD TEST: The Guard has a large dense EVA post to form a solid guard against pronation - very effective. The Guard has a soft, spacious upper with a wide, well rounded toe box. I feel that this shoe has a similar feel to the New Balance 700 (close to the road with a wide stable foundation). The word best describing this shoe is "dependable".

Honorable Mention: The Pro III is still Etonic's best seller and still maintains a position as a strong training shoe in our opinion. The Contour is another strong trainer from Etonic.

continued next page.

GLOSSARY OF TERMS:

ABZORB - Material designed for shock absorbency and compression resistance (used in trains).

Air-Sole unit - Very large molecule air encapsulated in large durable plastic membranes to provide maximal cushioning protection.

C-CAP - Lightweight pressure molded EVA (the higher numbers are harder density).

CMEVA - Compression molded EVA.

Double Action - Rubber elastomer designed to absorb heel impact and rebound forefoot impact.

Eclipse 5000 - Trademark EVA of high quality consistency and performance.

ENCAP - EVA surrounded by polyurethane walls.

EVA - (Ethyl Vinyl Acetate) Foamy shock absorbent midsole material.

Shoe Review

▲ NEW BALANCE



850

Price: \$84.95
Colors: White/Navy/Raspberry (women), White/Royal/Black (men)
Wt.: 9.87 oz. (women) 13.6 oz. (men)
Last: SL-1 combination last.

Outstanding Features: ABZORB technology in the midsole provides increased shock absorbency in the fore and rearfoot while maintaining flexibility in the forefoot. Graphite Rollabar and TPU medial post increase stability and pronation control.

ROAD TEST: This is a whole new feel for New Balance. The 850 is definitely a different breed--narrow base, rides higher and very much anti-pronation supporting both medial and lateral arches of the foot. It also looks different -- faster and more aggressive. The 850 rocks well, taking the miles and rebounding energy to the foot for a lively feel. If New Balance hasn't been your type of shoe, do yourself a favor and try the 850.

GEL - Semisolid silicone based gel.

Groove Technology - A visible cut out in the outsole and midsole forming a channel of less resistance to guide the foot.

Hexalite - Lightweight honeycomb shaped cushioning material.

HydroFlow - Cushioning that acts as hydraulic shock absorber moving silicone from one channel to another.

P-GEL - Porous, non-encapsulated GEL (like foam).

StableAir - A series of independent thermoplastic air-filled cells of various sizes.

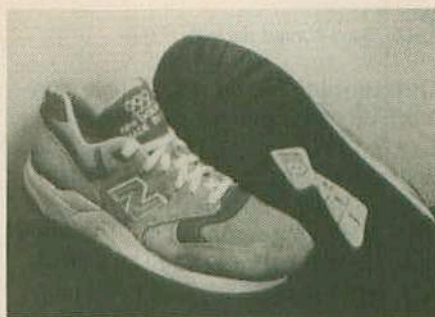
T-GEL - Touch GEL. Visible to the naked eye.

Torsion - Apparatus allowing independent forefoot and rearfoot movement taking place around the arch.

Trinomic - Various sizes of hexagonal cells that offer stability, cushion and flexibility.

Ultra Hexalite - Larger, thicker and denser hexalite absorbing 25% more impact.

Vertical Hexalite - Hexalite position in a vertical plane.



999

Price: \$110.00 (w) \$125.00 (m)
Colors: White/America Blue (women), Grey/Charcoal (men)
Wt.: 10.2 oz. (women) 12.0 oz. (men)
Last: SL-1 slip last.

Outstanding Features: Pigskin leather upper is breathable, durable and comfortable. ABZORB technology in the rearfoot with an ENCAP heel wedge (polyurethane around an EVA core) and a metatarsal pad in the forefoot.

ROAD TEST: Don't let the understated appearance of the 999 fool you, it has the technology to provide a good run (fast or slow, long or short) and thus prevent injury. It fits comfortably, conforming to the foot in a natural way. Impact at heel strike is virtually non-existent, and the medial post design keeps the foot on track. Obviously, this shoe is designed for the conservative runner demanding a quality product. (Also available in white/blue.)

NOTE: All New Balance shoes are available in a range of widths.

▲ BROOKS



Cheetah

Price: \$74.95
Colors: Yellow Oxide/Black/White
Wt.: 6.5 oz. (women) 8.5 oz. (men)
Last: Curved slip last.

Outstanding Features: Lightweight trainer/racer with super ventilated upper. Midsole is low profile molded EVA with forefoot HydroFlow cushioning.

ROAD TEST: Wow! Brooks Cheetah is completely different from the Beast or the Vanguard. This is a fast moving lightweight trainer for the elite runner with a close to neutral gait. They come out of the box, on the foot and to the road -- no stiffness and no blisters (no kidding). The upper reserves plenty of space for the toes. The midsole moves freely, is highly cushioned and provides lively rebound. We loved this shoe.



Vanguard

continued next page.

Shoe Review

Price: \$79.95

Colors: White/Blue Ocean/Charcoal (women), White/New Blue/Silver (men)

Wt.: 11.0 oz. (Women) 13.0 oz. (men)

Last: Curved California slip last.

Outstanding Features: Water resistant mesh and textured wet PU upper with looped bellows tongue to help keep out the elements. CMEVA in a podular design with rearfoot HydroFlow to allow for cushioning and natural foot movement. Nested construction frames the foot for added stability.

ROAD TEST: The Vanguard is well-suited for on or off road. The outsole design allows the foot freedom in toe off. This shoe looks heavy and rigid, but it is moderately light and very flexible. The upper conforms very well to the foot and softly wraps it to prevent excess movement, and it is relatively water resistant. Very natural shoe capable of heavy training. Moves smoothly and laces evenly for a comfortable fit.

Honorable Mention: The New beast is highly cushioned throughout the midsole, sturdy construction and roomy. The lacing system is remarkably comfortable. Excellent shoe--especially for those requiring stability.

▲ DIADORA



Mythos

Price: \$79.95

Colors: White/Cranberry/Cobalt (men only)

Wt.: 8.11 oz.

Last: Semi-curved slip last.

Outstanding Features: Triple density EVA midsole with a Competition Comfort Bridge positioned in the plantar arch area. Double Action inserts in the midsole of the forefoot and rearfoot. Light breathable mesh upper. This shoe is one of the many designed by Gelindo Bordin -- 1992 Olympic gold medalist in the marathon for Italy. Bordin is heavily involved in the material selection and design of Diadora's running line.

ROAD TEST: This shoe is either a super lightweight trainer or a supportive racer. I see it best suited for tempo runs, racing and speed work. The most impressive aspect of the Mythos is the midsole design. It rides close to the road, but the triple density EVA supports the foot naturally and Double Action adds life to the midsole. The Mythos feels quick, light and cool.



Imperium

Price: \$69.95 (men only)

Colors: White/Black/Dark Red

Wt.: 11.29 oz. (men)

Last: Straight board last.

Outstanding Features: Uni-tongue fit system for a snug fit. Bi-density high elasticity EVA midsole with Double Action inserts in the heel and forefoot.

ROAD TEST: The Imperium has a smooth and centered motion with an upper that is roomy without being loose. I am impressed with its cushioning and re-

bound. This is a Diadora stability shoe, but it demonstrates stability subtly. The Double Action system absorbs shock well at the heel and rebounds actively on toe off. It performs well at any mileage on or off the road.

▲ Author's Biography

Any shoe review is a culmination of the author's understanding and experience.

Many things need to be considered when dealing with the body (especially in the athlete). Dr. Workman makes his living healing the human body. His background includes physics, biomechanics (body move-



ment), gait analysis (walking and running form) and years of indepth human anatomy. For this reason, his reviews consider the effects that shoes have on the feet and everything resting on them.

Dr. Workman is also a long time runner achieving a high level of success at an early age. He has been doing shoe reviews and researching performance and technology for years. Having a neutral gait enables him to evaluate shoes from a middle of the road perspective. Also, working with runners of abnormal gait gives him an appreciation for what an athlete needs in shoes.

Should you have any comments on a particular running shoe or company, we would like to hear from you.

Write to:

Dr. Workman's Shoe review
c/o Houstonian Medical Specialists
111 N. Post Oak Ln.
Houston, TX 77024
Fax # (713)680-2303

MOSTLY SHOES

By Cregg A. Weinmann

The Olympic Games were born in Greece about 776 BC. They flourished for centuries until their pagan roots caused the banishment of the Olympics near the end of the Roman Empire. This unique event was the epitome of Greek sport, and a source of pride for Greeks when mentioned in a historical context. A little more than 100 years ago, after four years of effort, planning, and coordination, a French Baron, Pierre de Coubertain, successfully resurrected the Olympic Games. Appropriately, the first Olympic Games of the modern era were held in the Greek capitol of Athens. 285 individuals represented thirteen nations, including the ten man team from the United States. Based on recent strength, it should not surprise track fans that many of the medals were awarded to athletes from the U.S. The Greeks, reveling in past glory, expected their athletes to prevail, especially in "their" events, the javelin and the discus throw. They were disappointed with those results, as both events were captured by foreign throwers...

Running shoes occupy the number four spot in the athletic footwear category. Basketball is the leader with 25 percent, followed by Fitness/Cross training--19%, Walking--13%, Running--10%, Tennis--8%, Outdoor/Hiking--7%, Aerobics--6%, Cleated--4%, Golf--3%, Other Court (Volleyball, Racquetball, etc.)--4%. Fourth isn't bad, considering that a recent study placed Track & Field and Cross Country (combined) as the only the 17th most popular sports in the U.S. This is the same position which the Running category has held since 1989. The difference is that in 1989 it was fourth behind Basketball, Fitness and Tennis. The sales of Running shoes has had an overall decline since then, from 13 percent to 10 percent. This may be about to change.

The Athletic Footwear Association is a

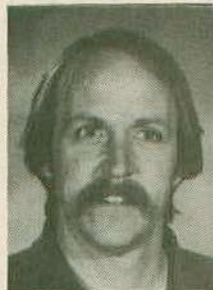
group of manufacturers and marketers which numbers about 100 members. They are concerned about reversing a small decline in total sales of athletic shoes. Running has experienced a 3 percent drop over the past 7 years. This may seem to be almost insignificant, but it is 3 percent of \$80,500,000. I can hear the wheels turning, and yes that is \$2,415,000. Just a little more than I make on this column, but definitely worth trying to recapture. What will help to attract more consumers? Advertising, sponsorship of events, television, the Internet? The AFA plans to utilize all of these. They are hoping this is not an irreversible trend, but it is a trend.

There are other trends. One is expansion, another is resuscitation. Trends seem to spur more trends. For instance, soccer has carved a sizeable niche for itself in the U.S. Age group club soccer has huge numbers of players. Several companies have benefited greatly as the ability of players has risen, and those players have demanded better and better quality soccer shoes. Diadora, Patrick, Lotto, Puma, Lanzeria, and Kelme are all soccer shoe makers who have found a market in America. Soccer shoes are not mall friendly. Their cleats make them suitable for field use only. Soccer players don't spend all of their time on the field, and don't even spend all of their training time on the field. Because of this, they need some other training shoes. For years the soccer makers have built "soccer flats," court-like shoes which resembled their field shoes. These are becoming increasingly passé, as the players began to wear first, cross trainers, then running shoes. What to do? Expand. Lotto, Diadora, Kelme, and Puma all make running shoes as well, so a natural move is to market them to the soccer crowd as well as the running crowd. This is good, as it widens the choices of shoes available,

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and keeps the pressure on to keep improving the product. As for resuscitation, there are at least four companies which are attempting to reinsert themselves into the U.S. market. One time New York Marathon sponsor Ellese is again developing running shoes, as are French owned LeCoq Sportif, Canadian backed KangaRoos and Korea's biggest brand Pro Specs. Keep an eye out for additional choices, and look for the best shoe you need, not any particular brand. Can Running rebound against Basketball? Derail Cross-training? Stride past Walking?

The 1896 Greek Olympic hosts were quite distressed that they might fail to win gold. The prospects for the final event, the Marathon, did not raise their hopes very high. 25 runners toes the mark, and the lead changed nearly every mile, as one by one, runners dropped off the pace or dropped out completely. Reports trickled back to the Olympic Stadium that Greek shepherd Spiridon Loues was near the leaders. Loues kept the pace and finally took the lead at the 32 kilometer mark of the 40 kilometer race. The excitement mounted as word announced his lead. A huge cheer erupted from the stadium as Spiridon entered and claimed victory. He received many rewards from Greek merchants, but no Greek shoe company capitalized on his achievement.



Cregg A. Weinmann, an ardent fan and long-time participant in the sport of track and road racing, is a teacher living and working in Bakersfield, CA. Cregg's E-mail address is: shuz2run@lightspeed.net

Second Annual Reno Air Games

by Keith Conning

Reno Livestock Events Center, Reno, Nevada, February 9, 1996

The Reno Air Games provided a very entertaining evening of indoor track. There was never a dull moment from the time the athletes arrived aboard big Harley-Davidson motorcycles to an enthusiastic audience response, to the world and American records set in the sprints. The setting in the Livestock Center is like a minor league baseball park. There were showgirls cavorting around without many clothes, a man with puppets, and a Elvis Presley look-a-like on stilts. There was a professional announcer to add interest; Bob Hersh, the Olympic Games announcer, announced the track events.

The Reno Air Games is another important stop on the prestigious USA Mobil Indoor Grand Prix. They also return as part of the Powerade Indoor Track & Field Series of televised competitions.

Gambling was allowed on the races. Bob Murphy from Cork, Ireland, who interviewed the winners after the race, had a bet on Marcus O'Sullivan. However, Marcus apologized to the audience for not being able to run due to an injury.

The Bill Cosby Track is a 200 meter banked-board

track. The altitude in Reno is 1,369 meters. Therefore, the shorter running events and jumps are aided.

Donovan Bailey (Adidas/Canada) set a new world record in the 50 meter dash of 5.56. The old record of 5.61 was set by Manfred Kokot (GDR) in Berlin on February 4, 1973 more than 23 years ago. James Sanford (USA) tied the record on February 20, 1981 in San Diego.

50 Meters All-Time World List

5.56	Donovan Bailey (CAN) 96
5.61	Manfred Kokot (GDR) 73
5.61	James Sanford (USA) 81
5.62	Emmil King (USA) 86
5.62	Andre Cason (USA) 92

I was sitting next to Jon Hendershott, the Associate Editor of *Track & Field News*. We both thought that Bailey had false-started. The starter was Robert Podkaminer and the recall starter was Ron Lee. I think that they should only recognize world records when the starting blocks are wired. There is just too much chance for human error in the sprints.

Gwen Torrence (Atlanta, Georgia) set a new American record in the 50 meter dash of 6.07. The old record of 6.10 was set by Gail Devers in Los Angeles on

February 20, 1993. Torrence is the third best performer of all-time in the world with the equal 7th best performance. (See the table below.)

50 Meters All-Time World List

5.96	Inna Privalova (RUS) 95
6.00	Merlene Ottey (JAM) 94
6.01	Privalova 94
6.03	Privalova 94
6.04	Privalova 93
6.05	Privalova 93
6.07	Privalova 94
6.07	Gwen Torrence (USA) 96

Brandon Rock (Powerade) won the 800 meters in 1:46.81, the fastest time in the world this year. He is the sixth best American performer of all-time.

800 Meters All-Time U.S. List

1:45.00	Johnny Gray 92
1:45.85	Ocky Clark 89
1:45.90	George Kersh 92
1:46.06	Ray Brown 89
1:46.28	Mark Everett 90
1:46.81A	Brandon Rock 96
1:46.84	Mark Dailey 96

Jackie Joyner-Kersey (Honda), the defending cham-

continued next page.

Los Angeles Indoor Invitational

By Doug Speck

February 24th. L.A. Sports Arena
PREP SECTION

With the assistance of the Los Angeles Sports and Entertainment Council, the Sports Arena, Home Depot, and United Airlines, Al and Don Franken made the decision to continue the L.A. Indoor Invitational Meet after concern over its future in the last year. It was a great decision, with the meet the best in many, many years at the prep level. The prep competition had some great field event results early on, setting the tone for a number of events that had great competition and quality of marks. It was a very, very enjoyable day for all present. It is a great year for Golden State preps with many of them shining on this late February Saturday in downtown L.A.



Al Franken

A number of performances far up the all-time national prep lists and one national best ever for the 160 yard banked board track at the Sports Arena graced the day's ac-

tion. Interestingly, the actual track set-up featured an effort to reinforce the underside wooden supports of the track in a special manner this year, a move that appeared to give the runner's back some of their momentum through their strides around the board oval.

Michael Granville continued his great local career with a great 500 yard run. Michael Stember and Julia Stamps competed against open athletes in the Mile runs, with great relay running from a number of the strong Golden State squads highlighted by a "best ever" prep performance by a young Long Beach Poly Girls 4x440 group. Angela Williams in the Open 500 Yard event, Nicole Hoxie in the Hurdles and Clarence Scott in the Long Jump had very special efforts.

Michael Granville continued his great L.A. Indoor career that had started with national ninth and tenth grade efforts in 93 (60.01) and 94 (57.7) followed by an unfortunate slip while going around the first turn last year. Michael more than made up for that this year, racing a very controlled 57.3 that equalled the #2 prep performance ever. Keep in mind that back east the serious indoor season goes from mid-December until March, with most records held by athletes who have had ten or so meets under their belt by time our "rookies on the boards" get to the February L.A. Indoor meet. Granville appears set up for a great senior spring season which should have the student with a GPA that is far over 4.0 challenging the national Prep 800m

record of 1:46.58 by George Kersh from 1987.

Michael Stember and Julia Stamps challenged the Open Mile Fields. Stember's run was interesting, lagging behind the leaders through a 3:10.7 1320, then charging 56.4 for the final 440 to record a 4:07.10 for fourth (winner Jim Sorenson 4:04.59), the #3 prep time ever under cover, interestingly a tad quicker than Jim Ryan's 4:07.2 prep best. Sitting back early on, Michael worked his way up to the lead pack during the final 440, but the experienced leaders pulled away near the end. Stember later commented on how he has become used to cruising early in races against prep fields on the track, and he has to learn to maintain more contact at the Open level, especially if he is to get close to 4:00, a goal he and Coach Walt Lange feel comfortable discussing.

Julia Stamps was in a Women's field that went out in 71 seconds for the first 440, with the prep star probably not comfortable there taking over and pushing the pace. As eventual Indoor National Senior Champ Stephanie Best led the field's acceleration over the final 880 to a 4:40.63 win, Julia finished fifth in 4:53.86, commenting later that her emphasis this year was on preparation for the longer 5000 meter event, hoping for an Atlanta Olympic Trials qualifying effort along the way this Spring.

Kim Mortensen was very impressive in the Prep Mile

continued next page.

INDOOR SPOTLIGHT

Reno...

pion, won the 50 meter hurdles in 6.73, the best time in the world this year. It was also the second best American performance ever. Only her victory here last year was faster.

50 Meter Hurdles All-Time World List

6.58	Cornelia Oschkenat (GDR) 88
6.64	Gloria Siebert (GDR) 88
6.65	Lyudmila Narozhilenko (RUS) 93
6.67	Jackie Joyner-Kersey 95
6.73	Julie Baumann (SUI) 93
6.73	Yuliya Graudyn (RUS) 95

Dave Dopek (Powerade) won the 200 meters in 20.73, the American leading mark this season.

Suzi Hamilton (Reebok) won the 800 meters in 2:02.72, the American leading mark this season. She is the seventh best American performer ever. Amy Wickus, the fourth all-time American, was second in 2:04.12. Regina Jacobs (Mizuno), the world indoor 1,500 meter champion, faded to fifth in 2:10.26.

800 Meters All-Time U.S. List

1:58.9	Mary Slaney 80
1:59.61	Meredith Rainey 95
1:59.85	Joetta Clark 95
2:01.65	Amy Wickus 94
2:02.0	Delisa Walton-Floyd 86
2:02.26	Diana Richburg 89
2:02.72	Suzi Hamilton 96

Shana Williams (Eugene) won the long jump at 6.64m (21-9 1/2), the American leading mark this season. She equals the fifth best American performer. Sheila Hudson (Reebok) was second at 21-8 1/4.

Calvin Harrison (Unattached/North Salinas High School), who won the 1993 California State Meet 400 meters, made a startling comeback with his big victory in 46.56. He looked trim and fit like he did in high school. Tom McGuirk (ex-Cal/Ireland) placed second in 47.65. (See story about McGuirk in Prep Notes.)

Results—Men

50 Meter Dash:

1. Bailey, Donovan, Adidas/CAN 5.56 WR; 2. Powell, Donovan, Jamaica 5.70; 3. Green, Maurice, Powerade 5.71; 4. Neal, Henry, Nike 5.71; 5. Laynes, Jeff, Goldwin 5.72; 6. Marsh, Mike, SMT 5.79.

200 Meter Dash:

1. Dopek, Dave, Powerade 20.73 (AL); 2. Long, Todd, Nike/Raleig 21.07; 3. Bronson, Bryan, Houston, TX 21.29; 4. Lyles, Kevin, Adidas 21.52; 5. Watkins, Slip, Atlanta, GA 21.63; Bridgewater, Brian, Los Angeles, DC.

400 Meter Dash:

1. Harrison, Calvin, Unattached 46.56; 2. McGuirk, Tom, Ireland 47.65; 3. McCladdie, Gerald, Bakersfield 48.20; 4. Kusleika, Dent, Unattached 48.48; 5. Samuels, Marvin, Bakersfield 49.34; 6. Spatz, Marc, Unattached 51.40.

800 Meter Run:

1. Rock, Brandon, Powerade 1:46.81; 2. Kiptoo, David, Nike/KEN 1:47.09; 3. Tengelei, Joseph, Nike/KEN 1:49.06; 4. Redwine, Stanley, Broken Arrow 1:49.51; 5. Kersh, George, Reebok 1:49.94; 6. Parrilla, Jose, Knoxville, TN 2:01.26.

1 Mile Run:

1. Bruton, Niall, Ireland 4:04.16; 2. Baker, Brian, New Balance 4:05.24; 3. Keino, Martin, Nike/KEN 4:06.29; 4. Pyrah, Jason, Provo, UT 4:07.05; 5. Davis, Marc, Unattached 4:12.18; 6. Lemora, Shannon, Eugene 4:17.78; 7. Dailey, Mark, Bethlehem, P 4:22.98.

50 Meter Hurdles:

1. Crear, Mark, Reebok 6.48; 2. Knight, Derrick, Los Angeles, 6.50; 3. Swift, Eugene, Richmond, CA 6.55; 4. O'Brien, Dan, Foot Locker 6.56; 5. Harrington, Larry, Fresno, CA 6.59; 6. Kingdom, Roger, Foot Locker 6.60.

4x200 Meter Relay:

1. Fresno State 1:28.03; 2. University o 1:28.15; 3. Bakersfield 1:28.16; 4. City College 1:32.51; 5. UC Davis 1:33.20; - Fresno State "B" DQ.

High Jump:

1. Jenkins, Randy, Knoxville, TN 2.25m (7-04.50); 2. Noj, Rick, SSTC 2.25m (7-04.50); 3. Barton, Tony, Adidas 2.20m (7-02.50); 4. LeFrancis, Charles, Canada 2.20m (7-02.50); 5. Thompson, Ian, Mizuno/BAR 2.15m (7-00.50); 5. Smith, Stephen, Nike 2.15m (7-00.50).

Pole Vault:

1. Manson, Pat, Goldwin 5.50m (18-00.50); 2. Cox, David, Fresno State 5.35m (17-06.50); - Thorson, Jay, Fresno, CA NH; - Drath, Jim, Fresno, CA NH; - Bright, Tim, Milwaukee, OR NH; - Hysong, Nick, SSTC NH; - Payne, Bill, Asics NH.

Triple Jump:

1. Carter, Lamark, Powerade/ Sh 16.69m (54-09.25); 2. Rogers, Charles, U.S. Army 16.67m (54-08.25); 3. Angello, Ivory, Asi 16.63m (54-06.75); 4. Walder, Eric, Fayetteville 16.51m (54-02); 5. Scott, Tyrone, Indianapolis 16.44m (53-11.25); 6. Cannon, Robert, Long Beach, 16.10m (52-10); 7. Etheridge, Clifton, Ashville, NC 15.73m (51-07.25).

Shot Put:

1. Godbehere, Matt, Unattached 17.98m (59-0); 2. Christer, Rod, Unattached 16.59m (54-05.25); 3. Dossey, Jason, Fresno State 16.01m (52-06.50); 4. Eubanks, Marcus, Bakersfield 15.74m (51-07.75); 5. O'Brien, Scott, Col San

continued next page...

Los Angeles...

event, with the national prep cross-country champion racing a 2:17.8 880 earlier in the day in the 4x880 event. In the Prep Mile, Mortensen led by ten yards after a 2:26.4 880, then steadily pulled away to the fastest high school time of the year at 4:53.27, with Kristin Gordon recording a fine 5:01.19 in second.

Great girls relay teams will compete in California this spring at the high school level. Wilson (Long Beach) had run two number two all-time prep clockings a week previous at the Simplot Games in Idaho (see story elsewhere in this issue), with Long Beach Poly shocking here in the 4x440 event. Running a team of soph Teona Johnson, frosh Deetra King, soph Burri Ogunleye, and senior Shavont Williams the Jackrabbits held off Logan (Union City) with Carla Estes blazing 55.3 on the anchor to win 3:52.6-3:53.3.

Poly's winning time is a National prep best for this 160 yard sized track! Poly has four other 400m athletes who return this year with bests from 55.57 and 57.5 outdoors that could have run on the record team, with a sub 3:50 indoors, which only four prep teams (including Poly's group from last year) an afterthought with most of the rest of the crew on board.

The record-setting Wilson (Long Beach) girls were here—racing a come from behind 2:29.03 Meet Record 8x160 relay to win over Poly (2:30.28) and Logan (2:30.63). Logan equalled the Meet Record with a 1:12.7 4x160 win, with Poly a 9:46.4 4x880 win. The three teams will have some titanic races this spring!!!

Mir, which set two National Records at the Simplot Meet (story elsewhere in this issue) played it a bit

low-key here, having problems at the second hand-off after Oba Moore blasted a 15.4 160 yard second leg in the 4x160 event and ending up disqualified there. The 15.4 leg is very, very significant, as it is well under 10.0 100 yard pace with a flying start on this tight 160 yard track. Henry Thomas is the only local prep in memory who could pull the sub-16.0 trick, barely slipping under that effort in his prime prep days (which included a 10.27 100m, 20.4 200m, and 45.06 400m during his local high school career). Moore and the Muir crew later returned to take down a ten year old 8x160 record (held by Muir) of 2:10.1 with a 2:09.63 effort that is two 1:04.8's in the 4x160 event back to back (the all-out one time record there is 1:04.2 in this meet).

Clarence Scott, the nation's top returning Long Jumper (25-04.5) was pushed in his event by Gerald Williams, who happens to be the nation's top returning Triple Jumper (50-10.75). It is too early for Gerald to three-leap, so he concentrated on the single Jump event here, with 23-07.5 and 23-03 efforts early on that inspired Scott to huge fouls on his first two efforts. Scott got with it to 24-06.5 on his third jump, with Williams some eight inches behind the board on a 24-02.75 final jump. Later Williams had the day's quickest 50 meter race win at 5.90.

Nicole Hoxie appears to be another hot hurdler following Joanna Hayes' footsteps at North of Riverside, with the improved junior racing 7.44 in the 50 meter Hurdles event for prep history's #8 electronically timed effort ever.

Angela Williams, last year's National Junior 100m champ (11.24 #4 US Prep ever) and State 400m champ, moved up to the Open 500 Yard event here. Probably not intending to lead, Angela was kind of

forced into that position when the others in the field lagged early on. Our soph star was introduced to the niceties of indoor running with a lap and a half to go while running on the first lane line when veteran Tanya Dooley blasted by on the inside, throwing Williams a bit off-stride. Recovering, Angela came by 440 yards at 55.9 (one of the best prep times of the year), then finished third in 1:06.66, the #14 prep time ever in the event.

As mentioned above, there was some great field event action. In the High Jump, Henry Jenkins (Paso Robles), who uses a very casual run-up in the spirit of Jeff Nadeau a couple of years back, took Kevin Wilkinson on misses in the Boys High Jump at 6-10 for both. Statuesque Liz Giltner was 5-8 to win the Girls' event. Bridget Pearson, the top junior high vaulter in U.S. history, is a ninth grader at Hoover in Glendale, and quickly established a U.S. Indoor National frosh record with her 10-06 win here. Steve Michels took the Boys' event at a fine 16-00.75. Ty Anderson won the Triple Jump at 49-02. The Outdoor Shot Put at USC had Jason Hammons (60-02) take super sophs Van Mounts, who joined the 60-00 club right at that figure, and Oregon's Chris Sprague (57-05.75).

Stephanie Jones was a very pleasant surprise in the Long Jump, with the 19 foot plus jumper from two years ago suffering a severe knee injury that required surgery last year. The first step on her comeback here was very impressive, with an 18-10.75 win over Ashley Bethel (18-06.25).

Utah's Mary Huang (Provo HS), coached by former Pomona HS great hurdler, Mark Low (13.8 and 18.5 180LH 1969) who went on to a good BYU career, raced an impressive nation-leading two mile at 10:52.1, helped along by the spirited crowd.

continued next page.

INDOOR SPOTLIGHT

Reno...

Male 14.58m (47-10); 6. DeVault, Damon, Long Beach S 14.58m (47-10).

Women

50 Meter Dash:

1. Torrence, Gwen, Atlanta, GA 6.07AR; 2. Guidry, Carlette, Adidas 6.15; 3. Gaines, Chryste, Powerade 6.29; 4. Ball, Juan, S. Cal Cheet 6.30; 5. Taplin, Cheryl, Los Angeles 6.40; 6. Jones, Esther, Atlanta, GA 6.40.

400 Meter Dash:

1. Miles, Jearl, Reebok 53.22; 2. Jones, Camara, Powerade 53.83; 3. Graham, Kim, Asics 54.17; 4. Buford Bailey, Tonja, Nike 54.30; 5. Warren, Yolanda, Baton Rouge, 54.65; 6. Stevens, Rochelle, Unattached 55.00.

800 Meter Run:

1. Hamilton, Suzy, Eugene 2:02.72 (AL); 2. Wickus, Amy, Nike 2:04.12; 3. DiMuro, Michelle, Eugene 2:06.46; 4. McMullen, Jill, Asics 2:07.84; 5. Jacobs, Regina, Mizuno 2:10.26; 6. Thorsett, Sarah, Powerade 2:11.67; 7. Jakubcak, Anna, Poland 2:17.87.

1 Mile Run:

1. Jones, Suzy, UC Davis 4:53.66; 2. Myles, Lisa, Sacramento T 5:00.11; 3. Samuel, Bigna, St. Vincent 5:04.50; 4. Lopez, Lisa, Cal Berkeley 5:06.27; 5. Nelson, Danielle, Fresno State 5:10.19; 6. Whipple, Dianne, Unattached 5:12.57.

50 Meter Hurdles

1. Joyner-Kersey, Jackie, Honda 6.73 (WL, AL); 2. Freeman, Michelle, Reebok/JAM 6.75; 3. Bowles, Dawn, Foot Locker 6.94; 4. Martin-Florez, Lovonna, Reebok 6.96; 5. Dickey, Cheryl, NikeS/ Houst 6.97; 6. Tashlin, Lesley, Canada 7.00.

4x200 Meter Relay:

1. Fresno State "B" 1:39.96; 2. Seattle P. 1:42.12; 3. Fresno

State 1:42.24; 4. City College 1:49.37; - Bakersfield DNF.

1,600 Mtr Sprint Medley:

1. Fresno State 4:03.54; 2. Bakersfield 4:07.65; 3. U o 4:10.42; 4. West Valley 4:33.67.

Long Jump

1. Williams, Shana, Eugene 6.64m (21-09.50) (AL); 2. Hudson, Sheila, Fayetteville 6.61m (21-08.25); 3. Edwards, Jackie, Oakland, CA 6.60m (21-08); 4. Guthrie-Gresham, Dianne, Fairfax, VA 6.51m (21-04.25); 5. Veltman, Marieke, Los Angeles, 6.42m (21-00.75); 6. Brown, Jacqui, Chicago, IL 6.04m (19-09.75); 7. Blair, Kelly, Eugene 6.04m (19-09.75).

Shot Put:

1. Hampton, Misako, Bakersfield 13.90m (45-07.25); 2. Morrison, Rebecca, Col San Mate 13.37m (43-10.50); 3. Gilbert, Kerrie, U o 12.38m (40-07.50).

Boys / 4x200 Meter Relay Midjet:

1. Team A 2:01.59; 2. Team B 2:06.94.

Girls / 4x200 Meter Relay Midjet:

1. Team A 2:02.54; 2. Team B 2:05.98; 3. Team C 2:07.73; 4. Team D 2:12.36.

1,600 Mtr Sprint Medley Midjet:

1. Team A 5:03.09; 2. Team B 5:38.72; - Team C DNF.

Regarding BRANDON ROCK

RENO AIR GAMES PROGRAM, February 9-10 Less than four years ago, as a promising 800-meter runner for Taft (California) Community College, **Brandon Rock** suffered a kidney infection. The steroid prednisone was prescribed. The side effects were drastic, however. His weight ballooned, gaining 37 pounds in five or six weeks. But that was not the worst effect.

"I almost died from the medication," Rock told the New York Track Writers Association recently. "The

doctors said if I took it another week, my heart would have busted."

Rock quit the medication and lost the weight in three weeks. Doctors said the infection came from drinking too much soda pop. Rock was drinking 6 to 12 cans a day. He told the writers that he hasn't had a drink of soda in two years, preferring now water or cranberry juice.

Rock left Taft for the University of Nevada. But when the Reno school dropped its track program, Rock ended up at track powerhouse Arkansas. In his junior year in 1994, Rock placed 8th in both the NCAA's (1:48.60) and the U.S. Championships (1:47.44).

Last year at Arkansas he won the USA/Mobil and NCAA 800-meter titles. He finished fifth in the world championships. He also won the London Grand Prix meet, lowering his career best to 1:44.97.

Still leaving the event at age 23, he is a strong favorite to make this year's Olympic team. He'll be going up against many of the sports best, including **Johnny Gray, Mark Everett, Jose Parilla, Brad Sumner, Rich Kenah, and George Kerst.**

Rock was born in Las Vegas, Nevada. He remains a student at Arkansas.

"This is an Olympic year," Rock said. "A lot of people are coming out of the woodwork--grandpas, grandmas, uncles, and aunts. So making the team isn't guaranteed."

"When I was sick, it was a very scary time in my life. My goal this year is 1:42.5, an American record. A lot of people think I'm crazy, but if you're in my shoes, if you went through what I did, you probably would understand."

Los Angeles...

Ajani Brown raced a fine 1:57.6 880 to win his race, with **Joe Naivaku** taking a very strong 50 Meter High Hurdles field in a Meet Record 6.79.

The Franken family and support crew deserve a great deal of credit for their efforts in helping continue the meet another year. It was a tremendous day for high schoolers, with the excitement level and spirit of events probably higher than any of these affairs in the last decade. It is certainly hoped that a sponsor will be found to continue this fine activity.

OPEN PORTION

The thirty-seventh annual Los Angeles Invitational Open Division had a local flavor, with many of the local athletes who have a good chance to compete for spots on the U.S. Olympic team. The competition was capped by the UCLA Shot crew of **Coach Art Venegas** and **Bob Larsen**, with **Valeyta Althouse** establishing a new Collegiate Indoor Record record and **John Godina** taking a good competition on the Men's side from **Randy Barnes**.

Althouse, a Missouri native, had earlier this winter set a NCAA mark in the Shot at 59-00, with a strong series here of 57-06.5, 58-10, foul, 59-1.5, and 59-03.5, and a foul to twice better her old standard. Randy Barnes set the World Record here in 1989, with one of the great local moments in the sport when the meet was shut down for that event that year, with Barnes responding with the titanic effort. This day Godina, the World Champion in the event, opened at 69-02.5, then extended to 69-8 on his second throw, with Randy out to 65-7, a foul, then 68-7.75. Godina was 67-10.25, 67-04, and two fouls to complete his throwing, with Barnes three fouls to finish the day.

Both athletes later commented that this is a long Olympic year, that there was a great deal of improvement to come, with all who watched still amazed at the raw power of these huge athletes.

Former California prep females were successful. **Juan Denise Ball**, a Compton HS athlete of few honors who went on to star in **Coach James Williams' Humboldt State** program, continues to improve as a member of the Southern California Cheetahs, here 6.25 in winning the 50 meter dash. **Tanya Dooley**, former Bret Harte (Altaville) and Fresno State star took the 500 yard event at 1:04.58, showing good conditioning. **Stephanie Best** of Montana took the Mile at 4:40.63 with a strong build-up over the final 880, an event with special interest with the presence of prep **Julia Stamps**, who finished 5th at 4:53.86.

On the Men's side, **Johnny Gray** looked super in a 1:49.79 880 yard win, with **Jim Sorensen** a strong finish to take **Jamey Harris** 4:04.59-4:04.93 in the Mile. Prep **Michael Stember** was fourth in the race at 4:07.10, the #3 prep time ever run. **Marc Davis** looked very strong over the 3000 meter distance, racing 8:04.6 in showing a very good kick. **Eugene Swift** was 6.60 to win the 50 Meter Hurdles, with **David Cox** 18-04.5 in the Pole Vault. **Marty Beck** finished strong and took the 500 Yard event at 57.32. **Jon Drummond** took the Men's 50 Meter dash over former USC star **Jeff Laynes**, with **Marques Holwell**, the nation's leading prep last year at 10.33 for 100 meters now at USC eligible at the Collegiate level next year.

RESULTS

Female

The Home Depot Girls 50 meters--National HS Indoor Record: 6.39, Aspen Burkett (Denver [CO] East), 1994 and Kisha Jett (Columbia [MD] Hammond), 1994 Meet Record: 6.41. LaKeisha Backus (Long Beach Wilson), 1995 Race One:

1. LaTroya Mucker, Hamilton 6.6 hand 2. Miesha Withers Morningside 6.63. Sharika Higgins, Channel Islands 6.74. Jonquil David, Charter Oak 6.7 Race Two: 1. Virginia Williams, Dominguez 6.70 2. Zahalea Showe, Long Beach Poly 6.70 3. Tiffany Freew, San Diego Morse 6.75 4. Sunny Butler, Morningside 6.92 Race Three: 1. Regan Hill, Redlands 6.97 2. Tranisha Holmes, Palmdale 6.99 3. Shelly Fopiano, Fallbrook 7.05 4. LaTanya Collier, Wilmington Banning 7.80 Race Four: 1. Brianna Glenn, La Mirada 6.74 2. Demesha Craig, St. Francis 6.75 3. Shamira DeJurnett, Las Vegas Lutheran 6.78 4. Atrina Higgins, Chino 6.81 5. Unnika Stewart, Morningside 6.81 6. Adrianna Gallardo, Saddleback 6.98

KNX Radio Women's 500 yards--World Indoor Best: 1:02.29, Diane Dixon (USA), 1986 American Indoor Record: 1:02.29, Diane Dixon (Atoms), 1986 Meet Record: 1:02.64 Sandie Richards (Jamaica), 1995 1. Tanya Dooley, Athletes in Action 1:04.58 2. Lade Akinrem, Nigeria 1:05.96 3. Angela Williams, Chino High School 1:06.66 **Girls 500 yards**--National HS Indoor Best: 1:04.0, Chewakili Knighten (Los Angeles [CA] Locke), 1985 (twice) Meet Record: 1:04.0, Chewakili Knighten (Locke), 1985 Race One: 1. Lana Garner, San Diego Morse 1:07.82. Kadrina Coffee, Palmdale 1:07.83 Miesha Williams, Long Beach Poly 1:09.04. Tammy Wallace, Pomona 1:13.7 Race Two: 1. Aisha Washington, Long Beach Poly 1:08.52 2. Nicole Thomas, Morningside 1:09.5 Race Three: 1. Veronica Carter, Cajon 1:08.12. Zandi Smith, Beverly Hills 1:10.9 3. LaTroya Mucker, Hamilton no time Race Four: 1. Nikeola Bacogun, Westchester 1:13.12. Melissa Guanella, Santa Rosa 1:13.43. Andrea Leipt, Palmdale 1:16.1 L.A. Cellular

Girls 880 yards--National HS Indoor Best: 2:02.4, Mary Decker (Orange [CA]), 1974 Meet Record: 2:10.8, Kerri Zaleski (Long Beach Millikan), 1985 Race One: 1. Summer Shaw, Santa Ana Calvary Chapel 2:24.52. Kristin Branson, Encinitas Torrey Pines 2:28.53. Sharron Rhett, Long Beach Poly 2:32.54. Wendy Reed, Canyon Springs 2:39.9 Race Two: 1.

continued next page

INDOOR SPOTLIGHT

Los Angeles...

Vicki Whiteside, Yucaipa 2:26.0 2. Maribel Delgado, Santa Ana Valley 2:26.2 3. Amy Cameron, Fresno Edison 2:28.1 4. Cars Motter, Brawley 2:29.5 5. Peggy Hall, Trabuco Hills 2:30.3 6. Erika Batiz, Vista 2:31.4 7. Gabby Martinez, Saddleback 2:33.3 **The Home Depot Women's Mile:** World Indoor Record: 4:17.14, Doina Melinte (Romania), 1990 American Indoor Record: 4:20.5, Mary Decker (Athletics West), 1982 Meet Record: 4:24.6, Mary Decker (Athletics West), 1982.1. Stephanie Best, Mountain West 4:40.63 2. Anna Jacobczak, Poland 4:41.77 3. Grasyana Penc, USC (Poland) 4:41.98 4. Darcy Arreola, unattached 4:43.18 5. Julia Stamps, Santa Rosa High School 4:53.86 **Ralph's Girls Seeded Mile:** National HS Indoor Best: 4:38.5, Debbie Head (La Mirada [CA] Neff), 1972 Meet Record: 4:52.50, Angela Froese (Canada Valley Royal), 1994 1. Kim Mortensen, Thousand Oaks 4:53.27 2. Kristen Gordon, Con. Coronado 5:01.19 3. Tara Rohatinsky, Provo (Utah) 5:07.83 4. Heather Cuthbertson, Huntington Beach Marina 5:13.45 5. Shalynn Fullove, Louisville 5:14.04 6. Shelby Hogan, Temescal 5:14.81 7. Julie Rysdon, El Cajon 5:15.14 8. Jennifer Burris, Ayala 5:18.92 9. Sarah Schmidt, San Diego Scripps Ranch 5:26.32 10. Heather Miller, Klammath Falls Henley (Oregon) 5:28.74 11. Jennifer Spahr, Huntington Beach 5:31.17 12. Ashley Macy, Portland Jesuit 5:33.48 **Girls Rated Mile:** National HS Indoor Best: 4:38.5, Debbie Head (La Mirada [CA] Neff), 1972 Meet Record: 4:59.9, Michelle Mason (Buena), 1981 Race One: 1. Alyson Marquand, Irvine University 5:23.3 2. Lanesha McPherson, San Jose Silver Creek 5:24.4 3. Larissa Gregorson, Lakewood El Capitan 5:26.4 4. Jaymie Harper, Santee Santana 5:27.4 5. Lindsay Dubose, Apple Valley 5:29.6 6. Hannah Miller, La Salle 5:30.0 7. Jinna Rohde, Fallbrook 5:31.78, Sunny Shaffer, Temescal Canyon 5:40.9 9. Kristina Stasko, San Diego Scripps Ranch 5:43.2 Race Two: 1. Karen Nilsson, Ayala 5:17.8 2. Trina Cox, Santa Rosa 5:21.5 3. Jennifer Ewing, Castro Valley 5:24.5 4. Deborah Bleisch, San Jose Silver Creek 5:25.3 5. Maria Alba, Hawthorne 5:27.0 6. Gabby Hernandez, West Covina 5:30.4 7. Stacey Young, Pacifica 5:34.3 8. Autumn Glynn, Grass Valley Nevada Union 5:37.9 9. Tricia Mattson, Fallbrook 5:44.8 10. Siobhan Elster, Morro Bay 5:48.9 11. Michelle Marquez, Castro Valley 5:50.3

TDI Girls 2 Mile: National HS Indoor Best: 9:55.92, Melody Fairchild (Boulder [CO]), 1991 Meet Record: 10:30.2, Julia Stamps (Santa Rosa), 1994 1. Mary Huang, Provo (Utah) 10:52.1 2. Jen Schindler, Shingle Springs Ponderosa 11:06.8 3. Kim Welsh, Yucaipa 11:16.0 4. Josie Sepulveda, Long Beach Poly 11:16.4 5. Heather Garritson, Buena Park 11:16.9 6. Angie Winkler, Fountain Valley 11:25.9 7. Jennifer Smith, Chino 11:42.6 8. Emily Larson, Fresno Clovis West 11:44.9 9. Mindy Brown, Yucaipa 11:54.7 10. Rachae McCauley, Canyon Springs 11:59.0 11. Danielle Day, Quartz Hill 12:07.8 12. Erin Jensen, Grass Valley Nevada Union 12:23.8 **The Home Depot Girls 50-meter Hurdles:** National HS Indoor Best: 6.6, LaVonne Neal (Philadelphia [PA] Girls), 1972 Meet Record: 7.33, Felice Lipscomb (Santa Monica) 990 Race One: 1. Natasha Neal, Union City Logan 7.68 Ashley Bethel, Mission Viejo 7.69 3. Rori Kelly, Morningside 8.4 4. Michelle Perry, Quartz Hill 7.90 5. Loren Parker, Bakersfield 8.94 Race Two: 1. Nicole Hoxie, Riverside North 7.44 Chante Jones, Long Beach Jordan 7.82 3. Katie Chukle, Santa Rosa 7.91 4. Odessa Balumba, Union City Logan 8.06 Race Three: 1. Janae Hunt, Westchester 7.93 Katrina Brookes, Etiwanda 8.17 3. Robin Leafblatt, Arlington 8.44 4. Susan Pettus, Huntington Beach Marina 8.74 Race Four: 1. Bridie Hatch, Northridge 8.15 2. Zunilda Ogarr, glewood St. Mary's 8.16 3. Monique Stinson, West Covina 8.14 Salute O'Reilly, Hemet 8.45 5. Lisa Honaker, Simi Valley 8.4 hand

Girls 4 x 160-yard Relay: Meet Record: 1:12.7, Hawthorne, 87 Race One: 1. Union City Logan #1 1:12.7 (equals meet

record) 2. St. Bernard 1:14.5 Race Two: 1. Woodlands Hills Taft 1:18.4 2. Pomona 1:18.8 3. Union City Logan #2 1:20.1 Race Three: 1. Wilmington Banning 1:20.22 Birmingham 1:20.6 3. Santa Rosa 1:21.0 Race Four: 1. Chula Vista Hilltop 1:19.0 2. Huntington Beach Marina 1:21.3 3. Crenshaw 1:22.3 Race Five: 1. El Modena 1:18.6 2. Saddleback 1:18.9 3. Riverside Poly 1:19.6 Race Six: 1. Quartz Hill 1:21.3 2. Inglewood 1:24.3 **KNX Radio Girls Seeded 8 x 160-yard Relay:** Meet Record: 2:30.4, Long Beach Poly, 1992 1. Long Beach Wilson 2:29.03 (new meet record) 2. Long Beach Poly 2:30.28 3. Union City Logan 2:30.63 4. Morningside 2:33.88 **TDI Girls Rated 8 x 160-yard Relay:** Meet Record: 2:34.8, Oakland Skyline, 1992 Race One: 1. Dorsey 2:36.55 2. Palmdale 2:40.20 3. Santa Ana Valley 2:40.96 4. Dominguez 2:43.26 Race Two: 1. Mission Viejo 2:42.23 2. Saddleback 2:42.29 3. Crenshaw 2:48.70 4. Yucaipa 2:48.71 **AMC Girls 4 x 440-yard Relay:** National HS Indoor Best: 3:46.59, Seat Pleasant [MD] Central, 1982 Meet Record: 3:54.19, Morningside, 1993 Race One: 1. Long Beach Poly 3:52.6 (new meet record; best ever on 160y track) 2. Union City Logan #1 3:53.3 3. St. Bernard 3:56.5 Race Two: 1. Palmdale 4:10.8 2. Muir 4:11.3 3. Dorsey 4:11.6 4. Westchester 4:12.3 5. San Jose Silver Creek 4:32.4 6. Centennial Compton 4:42.5 Race Three: 1. Morningside 4:13.0 2. Dominguez 4:15.9 3. Alemany 4:22.9 4. Union City Logan #2 4:31.5 5. Quartz Hill 4:43.3 Race Four: 1. Hilltop Chula Vista 4:18.3 2. Yucaipa 4:23.3 3. Cerritos 4:29.1 4. Thousand Oaks 4:38.1

TDI Girls 4 x 880-yard Relay: National HS Indoor Best: 9:14.43, Graterford [PA] Perkiomen Valley, 1982 Meet Record: 9:37.3, Foothill, 1983 Race One: 1. Long Beach Poly 9:46.4 2. Esperanza 9:49.8 3. Yucaipa 9:56.9 4. Canyon Country Canyon 9:57.9 5. Saugus 9:58.6 6. Thousand Oaks 9:58.9 7. Union City Logan 10:11.9 8. Torrey Pines 10:12.4 9. El Modena 10:16.4 10. Palisades 10:34.9 11. Ayala 10:35.2 Race Two: 1. Vista 10:16.3 2. Santa Ana Foothill 10:22.8 3. Corona del Mar 10:29.5 4. Westlake 10:31.5 5. San Diego University 10:37.2 6. Mission Viejo 10:37.6 7. Bishop Amat 10:41.6 8. Northridge 10:43.9 9. Hawthorne 10:46.1 10. Lakewood St. Joseph 10:53.0 11. Quartz Hill 11:06.0 Race Three: 1. Long Beach Wilson 10:17.1 2. Rio Mesa 10:28.3 3. Simi Valley 10:37.4 4. Alemany 10:37.8 5. Woodland Hills Taft 10:39.6 6. El Toro 10:50.8 7. Righetti 10:52.3 8. Birmingham 11:05.6 9. Saddleback 11:10.7 10. La Mirada 11:14.6 11. Los Angeles University 11:16.7

Girls High Jump: National HS Indoor Best: 6-3, Lisa Bernhagen (Wood River [ID] Hailey), 1984 Meet Record: 5-10, Julie Jenkins (Danville San Ramon), 1992 1. Liz Giltner, Chaminade 5-8.2 Shavent Williams, Long Beach Poly 5-4 3. Natalie Shaw, Simi Valley 5-4 4. Joy Gertsch, San Pasqual 5-4 5. Shellie Davis, Ayala 5-2 6. tie, Melissa Grubb, Atwater and Melissa Guanella, Santa Rosa 5-0 8. Michelle Mahike, Marymount 5-0 9. Michelle Komrosky, Ayala 5-0 10. Jessica Wright, Rohnert Park Rancho Cotate 4-10 **Girls Pole Vault:** National HS Indoor Best: 12-3 1/2, Melissa Feinstein (Weston [MA] HS), 1996 Meet Record: 12-2, Melissa Price (Kingsburg [CA] HS), 1995 1. Bridget Pearson, Hoover 3:20m 10-6 2. Denise Warner, Shingle Springs Ponderosa 3:05m 10-0 3. Kim Wyatt, West Torrance 3:05m 10-0 4. Kyla Pavlina, Kingsburg 2:90m 9-6 1/4 5. tie, Carolina Geissler, Palmdale and Francie Pieth, Burbank Burroughs 2:60m 8-6 1/4 4 7. Catherine Azar, Kingsburg 2:60m 8-6 1/4 8. tie, Karen Seidman, Granada Hills and Dalarie Manda, Chaminade 2:45m 8-0 1/2 **Girls Long Jump:** National HS Indoor Best: 21-7 1/2, Carol Lewis (Willingboro [NJ]), 1981 Meet Record: 19-10 1/2, Juliana Yendork (Walnut), 1990 1. Stephanie Jones, Walnut 18-10 3/4 (1, 18-4 1/2, 18-2 1/2, 18-10 3/4) 2. Ashley Bethel, Mission Viejo 18-6 1/4 3. Bunni Ogunleye, Long Beach Poly 17-10 4. Michelle Perry, Quartz Hill 17-7 1/2 5. Laren Parker, Bakersfield 17-7 1/4 6. Monique Harris, Cerritos 16-11 7. Kera Walker, Muir 16-9 3/4 8. Rosalyn

Grant, Ganesha 16-11/2 9. Montegua Sergeant, Union City, Logan 15-8 1/2

Girls Triple Jump: National HS Indoor Best: 43-11 1/2, Juliana Yendork (Walnut [CA]), 1991 Meet Record: 42-11 1/2 Juliana Yendork (Walnut), 1991 1. Kelly O'Connor, Esperanza 37-9 3/4 (34-10 1/4, 37-9 3/4, 36-7 1/2) 2. Erica Dickson, Mission Viejo 36-11 1/2 3. Darnesha Griffith, Trabuco Hills 36-9 4. Latanya Collier, Wilmington Banning 36-0 5. Desiree Woodman, Fontana 35-0 3/4 6. Taryn Foster, Riverside Poly 34-10 1/2 7. Ebony Poe, Cerritos 34-7 1/2 8. Rosalyn Grant, Ganesha 34-6 **Girls Shot Put:** (held outdoors at USC) National HS Record: 16.35 m (53-7 3/4), Natalie Kaaiwahia (Fullerton [CA]), 1983 Meet Record: 42-2 1/4, Chelsea Stephens (Atwater), 1993 1. Tanisha Hunter, Locke 12.25 m 40-2 1/4 2. Cheree Hicks, Little Rock 12.20 m 40-0 1/2 3. Chanique Ross, Elk Grove Laguna Creek 11.90 m 39-0 1/2 4. Julie Beachler, Bakersfield East 11.81 m 38-9 5. Christy Tolson, Fountain Valley 11.76 m 38-7 6. Cynthia Ademiluyi, Long Beach Poly 11.68 m 38-4 7. Jamie Ervin, Kingsburg 11.12m 36-5 3/4 8. Emily Lewis, Bloomington 11.08m 36-3 1/2 9. Tofi Togagao, Los Angeles 35-4 10. Stephanie Moses, Mission Viejo 33-2 3/4 11. Jenny Patterson, Banning 31-6 12. Marlena Godbolt, Mission Viejo 29-6 **Girls Discus:** 10:00 a.m. (held outdoors at USC) National HS Record: 57.40 m (188-4), Suzy Powell (Modesto [CA]), 1994 Meet Record: 141-1, Nadia Lopez, Arroyo Grande 1995 1. Mandy Buckey, Bakersfield 133-5 2. Chanique Ross, Elk Grove Laguna Creek 130-11 3. Christina Magana, Fallbrook 122-5 4. Katrina Crouch, Lakewood El Capitan 113-9 5. Carrie Axton, Los Amigos 112-6 6. Cheree Hicks, Little Rock 109-8 7. Marlena Godbolt, Mission Viejo 108-6 8. Larissa Godkin, Carpinteria 107-6 Julie Beachler, Bakersfield East no mark

Male

AMC Boys 50 meters National HS Indoor Best: 5.69 Bryan Howard (Canyon Springs [CA]), 1994 Meet Record: 5.69, Bryan Howard (Canyon Springs), 1994 Race One: 1. Gerald Williams, Lynwood 5.90 2. Vince Williams, San Diego University 5.94 3. Miguel Fletcher, Alemany 6.06 4. DeAngelo Stewart, Muir 6.10 5. Dante Burks, Sacramento Kennedy 6.13 6. Emon Thomas, Bakersfield 6.16 Race Two: 1. Clarence Scott, Dorsey 6.06 2. Sultan McCullough, Muir 6.09 3. Tim Fitzgerald, Santa Margarita 6.31 4. Larry Cooper, Hawthorne 6.63 Race Three: 1. Kareem Kelly, Long Beach Poly 6.02 2. Adrian Logan, Upland 6.04 3. Ivan Boyton, Crenshaw 6.18 4. Bobby Miller, Dorsey 6.19 5. Sam Elmore, Banning 6.25 6. Timberlane Olenduff, Manual Arts 6.28 Race Four: 1. Damon Anderson, Westchester 6.20 2. Lavar Mahoney, Manual Arts 6.25 3. Kevin Brown, Sylmar 6.29 4. Marcel Jamison, Hawthorne 6.34 5. Kinny Nelson, Palmdale 6.49 6. Jameel Taylor, Pomona 6.50 **The Daily News Boys Football 50 meters** Race One: 1. Brice Montgomery, Gardena Serra 6.01 2. Patrick McCall, Carson 6.14 3. Freddie Lee, Locke 6.16 4. Dennis Northcutt, Dorsey 6.19 Race Two: 1. Chidi Iwuoma, Pasadena 6.12 2. Jermaine Lewis, Antelope Valley 6.23 3. Shannon Williams, West Torrance 6.38 4. Deonce Whittaker, Rancho Cucamonga 6.39 Boys

500 yards: National HS Indoor Best: 55.15, Clinton Davis [PA] Steel Valley), 1983 Meet Record: 57.8, Henry Williams (Carson), 1976 Race One: 1. Michael Granville, Bell Gardens 57.3 (new meet record; equal second performance all-time HS) 2. Tim Brown, Oakland McClymonds 58.5 Race Two: 1. George Williams, Franklin 58.32 2. Glemo Macias, Bishop Amat 58.9 3. Eddie Levine, Merced Golden Valley 59.2 4. Ray Carter, San Diego, Merced 59.8 5. Marques Anderson, Long Beach Poly 1:00.9 Race Three: 1. Kevin Griswold, Garden Grove 1:00.0 2. Kendall Pinson, San Diego Merced 1:01.3 Race Four: 1. Frank Rice, Gardena Serra 58.8 2. Darrell Logan, Wilmington Banning 1:00.9 3. Jermaine Love lace, Los Angeles Fremont 1:01.3 4. Mark Zaragoza, Ayala 1:04.3 United Airlines **Boys Rated 880 yards:** National HS Indoor

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INDOOR SPOTLIGHT

Los Angeles...

Best 1:51.26, Georgia: Karsh (Pearl [MS]), 1987. Meet Record: 1:53.9, MacArthur Osbourne (Crenshaw), 1982 Race One: 1. Ajani Brown, San Diego Crawford 1:57.6 2. James Levine, Merced Golden Valley 1:59.2 3. Man Blasdel, Santa Margarita 2:03.1 4. Nick Tuttle, San Jose Leland 2:04.4 5. Mark Hassell, Barstow 2:04.6 6. Sal Gallagos, St. John Bosco 2:06.5 7. Jess Strutzel, Huntington Beach 2:08.7 Race Two: 1. Garrick Goods, Dorsey 2:01.0 2. Xavier Savant, Muir 2:01.4 3. Victor Gonzalez, West Covina 2:01.6 4. Jan Maynard, Huntington Beach Marina 2:01.7 5. T.W. Burchmore, Morro Bay 2:01.7 6. William Zamora, Baldwin Park 2:01.9 7. Jacob Ekins, Fresno Bullard 2:03.2 Race Three: 1. Sheldon Salvary, Long Beach Poly 2:02.5 2. John Jeffrey, Woodridge 2:02.6 3. Zach Raffray, Dos Pueblos 2:04.2 4. Brett Weaver, Fairbrook 2:04.6 5. Dylan Glatt, Huntington Beach Edison 2:05.2 6. Nathan Herbert, Yucaipa 2:05.5 7. Jon Castejon, San Diego Mira Mesa 2:05.8 8. Robert Sanchez, Fresno Edison 2:12.4

United Airlines Boys Seeded Mile: National HS Indoor Best: 4:02.7, Thom Hunt (San Diego [CA] Patrick Henry), 1976 Meet Record: 4:10.5, Andi DiConti (La Canada), 1980 Place Name Mark 1. Dan Sikric, San Jose Leland 4:23.8 2. Larry Henderson, San Diego Mira Mesa 4:29.1 3. Chad Schmidt, Bakersfield North 4:31.8 4. Dan Bercht, Petaluma 4:32.3 5. Billy Harper, Junction City (Oregon) 4:34.0 6. Jesse Barragan, Long Beach Wilson 4:34.7 7. Amadu Kamara, Santa Rosa 4:44.4 hand 8. Travis Kirtley, Poway 4:50.1 **Boys Rated Mile:** 12:30 p.m. National HS Indoor Best: 4:02.7, Thom Hunt (San Diego [CA] Patrick Henry), 1976 Meet Record: 4:10.6, Sal Peralta (Santa Fe), 1976 Race One: 1. Sean Phillips, Dos Pueblos 4:26.2 2. Andrew Wulf, San Jose Bellarmine 4:26.4 3. Steve Hackworth, Grass Valley Nevada Union 4:29.6 4. Brent Bolton, San Diego Scripps Ranch 4:30.6 5. Todd Disney, Thousand Oaks 4:30.9 6. Galan Field, San Diego Ramona 4:32.1 7. Jason Nyberg, Irvine 4:32.4 8. Rodriguez, Taft 4:32.8 9. Tyler Berdake, Corona del Mar 4:36.9 10. Chris Gabriel, Encinitas San Dieguito 4:38.5 11. Felipe Montoro, Glendale Hoover 4:39.0 12. Matt Gonzales, Bakersfield 4:41.3 13. Mark Gleason, Mission Viejo 4:42.7 14. Alphonso Ibarra, Arlington 4:44.6 15. Eduardo Trujillo, Bell 4:45.6 16. Uziel Gray, Los Angeles Polytechnic 4:48.1 Race Two: 1. Omar Cordero, Saddleback 4:26.2 2. Brad Garland, Nevada Union 4:32.9 3. Michael Murray, Santa Margarita 4:33.4 4. Ed Pollick, El Toro 4:34.2 5. Daniel Whiffington, Santa Margarita 4:35.6 6. James Adams, Riverside Ramona 4:36.2 7. Erik Landrez, Santa Barbara 4:36.8 8. Tom Coffey, Tustin 4:38.3 9. Chad Foster, Union City Logan 4:39.7 10. Corey Creasey, Nevada Union 4:40.2 11. Jose Lopez, Belmont 4:41.1 12. David Jackson, Rim of the World 4:41.8 13. Mike Bilsborough, Bartstow 4:42.5 14. Daniel Embeyo, Union City Logan 4:43.2 15. James Perez, Rosemead 4:45.0 16. Diamond Todd, Long Beach Wilson 4:48.8 **The Ralphs Mile:** World Indoor Record: 3:49.78, Eamonn Coghlan (Ireland), 1983 American Indoor Record: 3:51.8, Steve Scott (SubA TC), 1981 Meet Record: 3:52.9, Eamonn Coghlan (Ireland), 1980 Place Name Mark 1. Jim Sorenson, Athletes in Action 4:04.5 4. Michael Stember, Sacramento Jesuit High School 4:07.10 ASICS Boys Two Mile National HS Indoor Best: 8:40.0, Gerry Lindgren, (Spokane [WA] Rogers), 1984 Meet Record: 8:55.1, Jeff Nelson (Burbank), 1979 1. Sean Clendaniel, Yucaipa 9:30.21 2. David Lopez, Glendale Hoover 9:35.85 3. Will Bernardo, Northcott 9:35.85 4. Kevin Koepfer, St. Francis 9:38.24 5. David McQuitty, La Mesa Grossmont 9:40.19 6. Tony Trueba, Huntington Beach 9:41.31 7. Eddie Sanchez, Garfield 9:48.52 8. Ross Venook, Woodbridge 9:53.54 9. Efrain Garcia, Fillmore 9:54.61 10. Ronnie Buchanan, Righetti 10:02.44 11. Luis Manuel Estrada, Santa Ana Valley 10:03.61 12. Daniel Smith, Tustin 10:04.53 13. Mike Gam-

boa, Righetti 10:17.61 14. Dan Gaston, Huntington Beach 10:17.76

Ralphs Boys 50-meter Hurdles: National HS Indoor Best: 6.73, Kristen Lightbourne (Uniondale [NY]), 1994 Meet Record: 6.80, Charlie Davidson (Saddleback), 1992 Race One: 1. Joe Naivalu, Sunnyvale Fremont 6.79 (new meet record) 2. Sharif Paxton, Crenshaw 6.80 3. Makio Haywood, Muir 6.93 4. Dominique Degramont, Tustin 6.99 5. Jake Kurtz, Encinitas Torrey Pines 7.14 Race Two: 1. William Moore, Paramount 7.09 2. Mike Smith, El Toro 7.15 Race Three: 1. Pat Swanson, Esperanza 6.98 2. Adrian Logan, Upland 7.04 3. Reginald DePass, Chula Vista Montgomery 7.25 4. Robbie Hughes, Hawthorne 7.72 Race Four: 1. Andrew Sun, Northview 7.2 hand (only entrant)

Boys High Jump: National HS Indoor Best: 7-5, Gail Olson (Sycamore [IL]), 1978 Meet Record: 7-0, Maurice Crumby (San Francisco BaBoa), 1982 1. Henry Jenkins, Paso Robles 6-10 2. Kevin Wilkinson, Arroyo Grande 6-10 3. Ron Nelson, La Mirada 6-6 4. Elliott Parks, El Toro 6-4 5. Bobby Olson, El Monte Arroyo 6-2 6. John Barton, Cerritos 6-2 7. Mitch Naber, Arroyo Grande 6-0 8. Kevin Brown, Baldwin Park 6-0

Boys Pole Vault: National HS Indoor Best: 17-6 1/2, Pat Manson (Aurora [CO] Central), 1986 Meet Record: 16-8, Wayne Gundry (Orange Field [TX]), 1992 Place Name Mark 1. Steve Michaels, Cypress Brethren Christian 16-0 3/4 2. Joe Lindenteiser, Lemoore 14-4 3. Joel Kriwinski, Arroyo Grande 14-4 4. Ammon Stark, Porterville 14-0 5. Nick Paramo, Lemoore 13-6 6. Jeremiah Johnson, Union City Logan 13-6 7. Merlin DeMartino, Harvard-Westlake 13-0 8. tie, Willie Deltchman, Shingle Springs Ponderosa and Jeff Gilbert, Mariposa 12-6 Joassih Douglas, Murietta Valley no height Jeff Schneider, Murietta Valley no height Mark Muzeta, Lemoore no height Alex Page, Spring Valley Monte Vista no height Alfredo Llamas, South Gate no height Dan Ortiz, La Puente no height **Boys Long Jump:** National HS Indoor Best: 26-6 1/2, Dion Bentley (Pittsburgh [PA] Penn Hills), 1989 Meet Record: 25-10 1/2, Jerry Proctor (Pasadena Muir), 1967 1. Clarence Scott, Dorsey 24-6 1/2 (f, f, 1, 24-6 1/2, f) 2. Gerald Williams, Lynnwood 24-2 3/4 (f, 23-7, 23-3, 24-2 3/4) 3. Anthony Sanford, San Diego Lincoln 22-7 1/2 4. Peter Slater, Chico Pleasant Valley 22-3 3/4 5. Brian Merchain, Rancho Cucamonga 21-9 3/4 6. B.J. Stewart, Norco 21-8 7. Dwayne Ross, San Diego Scripps Ranch 21-6 1/2 8. Lafayette Bailey, Little Rock 20-11 3/4 9. Jimmy Lejay, Ayala 20-9 10. Ronnie Jenkins, Hueneme 20-9 11. Hasan White, Oakland McClymonds 20-2 1/2 12. Ricardo Lavender, Oakland McClymonds 19-6 1/2 1/2 Henry Jenkins, Paso Robles no mark Ryan Pierce, Bakersfield no mark

AMC Boys Triple Jump: National HS Indoor Best: 52-7 1/2, Keith Holley (Virginia Beach [VA] Bayside), 1988 Meet Record: 50-5 3/4, Freeman Miller (Fremont), 1980 Place Name Mark 1. Ty Anderson, Long Beach Poly 49-2 2. Derick Evans, Muir 48-5 1/2 3. Anthony Sanford, San Diego Lincoln 47-8 1/2 4. Peter Slater, Pleasant Valley 47-0 1/2 5. Tim Brown, Montclair 47-3 1/2 6. Alvin Puma, Torrey Pines 44-8 3/4 7. Ray Warhop, Arlington 44-7 1/2 8. B.J. Stewart, Norco 44-0 1/2 9. Jarrell Meier, Righetti 43-11 1/2 10. Max Saddler, Banning 43-8 1/2 11. Mike Alvirez, El Modena 42-7 1/4 Kevin Wilkinson, Arroyo Grande no mark Nathaniel Jackson, Inglewood no mark Ryan Pierce, Bakersfield no mark **Boys Shot Put:** National HS Record: 24.78 m (81-3 1/2), Michael Carter (Dallas [TX] Jefferson), 1979 Meet Record: 59-1, Wade Tift (Newport Harbor), 1994 Place Name Mark 1. Jason Hamiltons, Fowler 18.35 m 60-2 1/2 (new meet record) 2. Van Mounts, Bakersfield 18.31 m 60-0 3. Chris Sprague, South Eugene (Oregon) 17.52 m 57-5 3/4 4. John Badovinac, Sacramento Jesuit 17.15 m 56-3 1/4 5. Mike Lopez, El Monte Arroyo 15.43 m 50-7 1/2 6. Kaniel Baker, Los Angeles Fremont 15.35 m 50A 1/2 7. Broddie Reidrich, Huntington Beach Edison 15.24 m 50-0 8. Dan Noll, El Toro 15.24m 50-0 9. John McMahon, Pacencia El Dorado 44-0 10. Chris

Fox El Dorado 43-11 1/2 11. Griffin Wayne, Esperanza 43-12 Lucas Mirando, Hemet 43-6 **Boys Discus:** National Record: 68.64 m (225-2), Kami Keshmiri (Reno [NV]), 1967 Meet Record: 183-5, Chris DeMartini (St. Ignace), 1994 Place Name Mark 1. Jeff Beadle, Bakersfield Highland 166-0 2. Scott Moser, Huntington Beach 166-8 3. John Bello, Rancho Cucamonga 165-6 4. Jason Hammond, Fowler 164-1 5. Abe Mendoza, Mission Viejo 162-4 6. Lance Jauron, Reno McQueen 181-6 7. John Gagnon, Brethren Christian 159-8 8. Chris Sprague, Bakersfield South 159-2 9. Griffin Wayne, Esperanza 154-1 10. John Badovinac, Sacramento Jesuit 150-10 11. Jacob Abney, Bakersfield South 150-4 12. Lucas Miranda, Hemet 149-5 13. Mike Lopez, El Monte Arroyo 148-11 14. Jason Carpenter, Katella 137-7 15. Rolando Terrazas, Bell Gardens 133-10 16. Jim Norum, Brea Olinda 129-4 17. Van Mounts, Bkld 120-8 18. Henry Stephens, Banning 119-3 19. John Dagata, Paraclete 115-1

Open Men

50m: 1. Drummond (Nike) 5.68 2. Laynes (Gold) 5.70 Hollwell (un) 5.81 4. Smith (Nike) 5.86 5. Bridgewater (Nike) 5.88 6. Barnes (un) 5.89 **500y:** 1. Beck (Nike) 57.32 2. Hester (NewEra) 57.63 3. Ekpenyong (USC/Nigeria) 57.81 4. Washington (Miz) 59.60 5. Southy (New Era) 60.07 **800y:** 1. Gray (SMTC) 1:49.79 2. Ngidhi (Zimb) 1:50.13 Clair (Jam) 1:53.81 4. Sandford (Cal Cst) 1:56.71 5. Kell (SMTC) 1:57.12 6. Turner (USC) 1:57.81 **Mile:** 1. Sorenson (AIA) 4:04.59 2. Harris (Reeb) 4:04.93 Bile (NoAZ/Somal) 4:05.98 4. Stember (Jesuit Sac) 4:07.10 (third fastest performer and performance all-time, high school) 5. Pacheco (USC) 4:10.99 6. Haskell Reer 4:12.61 7. Allan (Oxy) 4:19.79, Balazs DNF **3,000m:** 1. Davis (Nike) 8:04.6 (ht) 2. Siba (Moroc) 8:05.0 3. Olesen (Can) 8:06.13 4. Tim Martin (NoAZ) 8:06.33 5. Howell (NoAZ) 8:10.85 6. Dameworth (Future TC) 8:11.54 Kite (Future TC) 8:14.08 8. A. Martinez (AZPac) 8:27.7 **50Mh:** 1. Swift (InSport) 6.60 2. Aladefa (USC) 6.68 3. B. noy (SpringCo) 6.69 4. Russo (un) 6.88 5. R. Holmes (un) 7.01

Corporate Co-ed Relay: 1. Glendale Federal Bank 8:25.8 2. Toyota Motor Sales 9:10.3 3. Aerospace Corp. 9:41.8 4. American Honda Motors 10:45.4 5. The Home Depot 13:03.4

PV: 1. Cox (un) 18-4 1/2 2. Slover (UCLA) & Hysong (un) 18-0 1/2 4. Walker (No Limits), Somers (un) & Babbitt (Chicago TC) 17-2 3/4 6. Drath (SoCal Cheetahs) 17-2 3/4 8. Berstford (un) Krupinski (NoAmPV), Thorson (un), Morris (un) & Payne (Asics) NH

SP: 1. Godina (Reeb) 69-8 (69-2 1/2 69-8, 67-10 1/4, 67-4 1/2, f) 2. Barnes (Gold) 68-7 3/4 3. Parlin (UCLA) 64-2 4. Ogden (UCLA) 60-0 1/4 5. Haynes (UCLA) 60-0 1/4 6. Tr (UCLA) 57-10 1/2

Open Women

50m: 1. Ball (SoCal Cheetahs) 6.25 2. Gaines (Nike) 6.39 3. A. Anderson 6.46 4. Edwards (USC) 6.47 5. Gibson (USC) 6.60 6. Grant (UCLA) 6.64

500y: 1. Dooley (AIA) 1:04.58 2. L. Akinreme (Nigeria) 1:05.96 3. A. Williams (Chino HS) 1:06.66 4. Sheffield (Sheff Elite) 1:07.64 5. Buck (New Era) 1:08.30

800y: 1. DiMuro (Nike) 2:06.23 2. Fletcher (Nev LV) 2:07.83 3. Runyan (US Blind Ath) 2:07.84 4. Noll-Mayne (Asics) 2:11.92 5. Lowery (Cal Cst) 2:14.97 6. Lucas (UCLA) 2:15.28 7. Stewart (UCLA) 2:15.28

Mile: 1. Best (Mtn West) 4:40.63 2. Jacobezak (PC) 4:41.77 3. Penc (USC/Pol) 4:41.98 4. Arreola (un) 4:43.15 5. Stamps (Santa Rosa HS) 4:53.86 6. Garcia (un) 4:59.92

SP: 1. Althouse (UCLA) 59-3 1/2 (collegiate record old mark) 59-0, Althouse, UCLA 1996) (57-6 1/2 58-10 1/2 59-1 1/2 59-3 1/2, f) 2. Dumble (Reeb) 57-3 3/4 3. Kwar (UCLA) 51-7 1/4 4. Noble (UCLA) 51-0 1/4 5. Brown (SoCal Cheetahs) 49-11 1/4

SoCAL DIARY

By Bill Minarik

SoCal Track Preview

Pac-10 Men

This will be an especially strong conference in '96 and an especially strong corps of foreign throwers is likely to dilute UCLA's strength in that area. However, I'll still give the Bruins a slight edge here in front of Arizona which is loaded. USC was able to offset graduation losses with some good recruits, but doesn't appear to be enough this year.

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

Pac-10 Women

Here, also, almost every team is stronger than last year, with a well-balanced UCLA team still in the lead. Oregon still has enough points for second with 5 teams bunched closely behind.

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

Big West Men

There doesn't appear to be much change from last year in a conference which is exceptionally weak. Utah State's depth will keep them ahead of sprint-heavy Cal State Long Beach.

- | | |
|------------------|-------------------|
| 1. Utah St. | 4. New Mexico St. |
| 2. CS Long Beach | 5. CS Fullerton |
| 3. UCSB | 6. UC Irvine |

Big West Women

Last year's champ Utah St. had the best recruiting of any of the teams, while runner-up Nevada will be hard pressed by UNLV to hold its place.

- | | |
|-------------|-------------------|
| 1. Utah St. | 5. UC Irvine |
| 2. Nevada | 6. CS Long Beach |
| 3. UNLV | 7. New Mexico St. |
| 4. UCSB | 8. CS Fullerton |

CCAA Men

Last year's surprise conference champ, CS Bakersfield, appears to have been out-recruited by CSLA this year, so I'll go with the Golden Eagles. UCSD appears ready to take third.

- | | |
|-------------------|--------------------|
| 1. CS Los Angeles | 4. Cal Poly Pomona |
| 2. CS Bakersfield | 5. UC Riverside |
| 3. UCSD | |

CCAA Women

Cal State L.A. would have been the favorite here had it not been for their X-C program disaster, so I'll go with CS Bakersfield.

- | | |
|--------------------|-----------------|
| 1. CS Bakersfield | 4. UCSD |
| 2. CS L.A. | 5. UC Riverside |
| 3. Cal Poly Pomona | |

American West Men

In what may be the last year for this conference, last year's champ CS Northridge has decided to redshirt most of the their seniors in anticipation of joining the Big Sky next year. This leaves Cal Poly SLO as the favorite. Southern Utah should edge CS Sacramento for third.

- | | |
|------------------|------------------|
| 1. CPSLO | 3. Southern Utah |
| 2. CS Northridge | 4. CS Sacramento |

American West Women

Cal Poly should take it here based on CSUN's redshirt strategy with CS Northridge a solid second and CS Sacramento third.

- | | |
|------------------|------------------|
| 1. CPSLO | 3. CS Sacramento |
| 2. CS Northridge | 4. Southern Utah |

SCIAC Men

Claremont-Mudd still has the bulk of the big points with nearby Pomona-Pitzer second. However, Oxy had one of its best recruits in years, lead by former Glendale High Sprint whiz Craig Harzman, who appears to be over the injuries which have nagged his career.

- | | |
|-------------------|-------------|
| 1. Claremont-Mudd | 5. Laverne |
| 2. Pomona-Pitzer | 6. Whittier |

- | | |
|-------------|-----------------|
| 3. Oxy | 7. Cal Lutheran |
| 4. Redlands | 8. Cal Tech |

SCIAC Women

I'll take Pomona-Pitzer front line strength over Claremont-Mudd's depth here with the rest of the spots up for grabs.

- | | |
|-------------------|-----------------|
| 1. Pomona-Pitzer | 5. Whittier |
| 2. Claremont-Mudd | 6. Redlands |
| 3. Oxy | 7. Cal Tech |
| 4. Laverne | 8. Cal Lutheran |

SoCal Community College Men

With no community college other than Long Beach showing significant point potential, I'll take the Vikings again with Mt. SAC as the only potential threat.

- | | |
|---------------|----------------|
| 1. Long Beach | 4. Bakersfield |
| 2. Mt.SAC | 5. Moorpark |
| 3. Riverside | |

SoCal Community College Women

Here again I don't see much change from last year as only a handful of the large schools have any big point potential.

- | | |
|---------------|--------------|
| 1. Long Beach | 4. El Camino |
| 2. Riverside | 5. Mt.SAC |
| 3. S.D. Mesa | |

GSAC Men

- | | |
|----------------------|-----------------------|
| 1. Azusa Pacific | 5. Biola |
| 2. Westmont | 6. Fresno Pacific |
| 3. Pt. Loma Nazarene | 7. So. Calif. College |
| 4. Cal Baptist | 8. Concordia |

GSAC Women

- | | |
|----------------------|-----------------------|
| 1. Azusa Pacific | 5. So. Calif. College |
| 2. Westmont | 6. Cal Baptist |
| 3. Pt. Loma Nazarene | 7. Biola |
| 4. Fresno Pacific | 8. Concordia |

THE ATHLETE'S KITCHEN

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

START YOUR ENGINES: The ABC's of Sports Nutrition

Always eat breakfast! Be sure to fuel-up so you'll have plenty of energy to exercise and enjoy a high energy day.

Beer is a poor source of carbohydrates; it also has a dehydrating effect. If you are destined to drink beer after exercise, first drink 2-3 glasses of water to quench your thirst and eat some carbohydrates to refuel your muscles.

Carbohydrates are essential to fuel-up and refuel your muscles. eating carbs within 2 hours and after exercise helps you perform better and recover faster. Good choices include juices, bananas, raisins, cereal, pasta.

Dehydration needlessly slows you down, so be sure to drink plenty of fluids before you exercise. Because the kidneys require about 45-90 minutes to process fluids, drink in advance, pee, then tank-up beforehand.

E is one vitamin that is hard to get through your diet in doses large enough to protect your health. A daily supplement of 200-400 IUs may be a wise nutritional investment--and may even enhance recovery from injuries.

Food is *fuel*--not a "fattening enemy" as some weight-conscious athletes might believe. If you obsess about food weight, call 1-800-366-1655 (American Dietetic Assoc.) for a referral to a local sports nutritionist.

Gatorade and other sports drinks are designed to be used by athletes during exercise that lasts longer than 60 to 90 minutes. Water is fine during ordinary exercise that lasts less than an hour--and much less expensive!

Hypoglycemia--as characterized by light-headedness, fatigue, and inability to concentrate--is preventable. Be sure to eat enough before you workout, perhaps 200 to 400 calories as tolerated in the hour or two beforehand.

Invest in a microwave oven and a freezer, so you can quickly enjoy dinners with minimal fuss and clean-up.

Junk food can be a legitimate part of legitimate part of your sports diet as long as you eat in small amounts. That is, it's OK to enjoy a few cookies after eating a wholesome dinner, but don't try to rationalize eating several cookies instead of dinner.

Keept track of calories (not just grams of fat) if you want to lose weight. You'll reduce body fat only if you create a calorie deficit. Even excess carbohydrates can be fattening when you eat too many jelly beans and bagels.

Lifting weights is the key to building muscles. For energy to lift weights, you need extra carbohydrates plus adequate (but not excessive) protein to support muscular growth. Target 0.5-0.75 grams protein/lb. body weight.

Meats such as beef, pork, and lamb can be a good addition to your sports diet--as long as they are lean. Red meats are among the best sources of iron (helps prevent anemia) and zinc (aids with muscular growth and healing).

Never eat anything different or unusual before an important competition. You may discover, much to your dismay, that the food or fluid settles poorly and hurts your performance. Always experiment with sport-food during training.

Olive oil is heart-healthy oil to include in a sports diet. Although excess calories from oil and other fats can be fattening, a little bit of fat balances your diet, adds taste and contributes to satiety (a pleasant full feeling).

Protein is an important part of a sports diet, needed for muscles and hormones. Female athletes who eat too little protein may stop menstruating. This enhances their risk of stress fractures and other injuries.

Quick energy sources are important during exercise that lasts more than 90 minutes. Target amount 200 to 300 calories/hour after the first 90 minutes of exercise. Try sports drinks, diluted juice, sports bars--even gummy bears!

Rest is an important part of a training program; your muscles need time to recover. Plan one or two days off per week. Expect to feel hungry; your depleted muscles will be busy refueling by storing carbohydrates.

Sweet cravings are a sign that you have gotten too hungry. Experiment with having a bigger breakfast and lunch, to see if that alleviates the problem--as well invests in higher energy during the day and a better quality sports diet.

Thinner is not always better. If the cost of attaining your desired thinness is too few calories and too little food, be forewarned that injuries will likely take their toll. Good weight goals are to be fit and healthy--not just sleek and slim.

Urine that is a pale yellow indicates that you've had enough to drink. Dark concentrated urine indicates that you need to keep drinking! Don't rely on your thirst to determine if you've had enough fluids--drink extra to be sure.

Vegetarian athletes need to add plant proteins and not just subtract animal foods. Chili with beans, tofu, hummus and peanut butter are just a few suggestions for non-meat eaters who want to eat a balanced vegetarian diet.

Weight is more than a matter of willpower; genetics plays a significant role. To determine an appropriate weight for your genetics, compare yourself to your family members. The apple doesn't fall too far from the tree!

Xtra vitamins are best found the "all natural" way: in dark, colorful vegetables such as broccoli, spinach, peppers, tomatoes and carrots, or in fresh fruits such as oranges, grapefruit, cantaloupe, strawberries and kiwi. Chow down!

Yes, even you can optimally fuel your engines. The trick is: Don't get too hungry. When too hungry, you'll be less likely to care about what you choose and simply grab the handiest food around--but perhaps not the healthiest.

Zippy and zingy--that's how you'll feel when you fuel yourself with premium nutrition. Eat well. Enjoy your energy!

Nancy Clark, RD, is author of her popular Sports Nutrition Guidebook (\$18) and her nutrition guide for endurance athletes, The NYC Marathon Cookbook (\$23). Send a check to Sports Nutrition Materials, 830 Boylston St., Brookline, MA 02167.



PREP NOTES

By KEITH CONNING



■ High School Track Results Wanted

Please send results to the following locations:
Northern California--Keith Conning, 2235
Browning Street, Berkeley, CA 94702; fax (510)
849-3342; e-mail conning@aol.com.

Southern California--Doug Speck, 563 N. Wil-
lowgrove, Glendora, CA 91740.

Central Section--CTRN, 4957 E. Heaton Ave-
nue, Fresno, CA 93727; e-mail
CTRN@aol.com; fax (209) 255-4904.

■ Web Site

I now have a home page on the world wide
web: <http://www.best.com/~jcon/keith>. My
oldest son James, 30, who makes computerized
maps for ETAK, set it up for me.

The web site will contain Northern California
high school track and cross country results.
Now you'll be able to see results as soon as I put
them on the web.

If you can e-mail me results, then I won't have
to rekey them.

■ Ollie Matson (George Washington High School, San Francisco, 1948)

Recently I went for a run from my home to the
Berkeley Marina. I saw a large man, who was
wearing an "Atlanta 1996" baseball type cap,
walking near the Marriott Hotel. I asked him if
he was going to the Olympic Games next sum-
mer in Atlanta. He said, that he hadn't planned
to, but that he had been in the Olympics.

I asked him what his name was. He said,
"Ollie Matson." Well, for those of you who
haven't heard of Ollie Matson before, I'll give you
some information.

Ollie was born on May 1, 1930 in Trinity, Tex-
as. He was an outstanding football player and
track star at George Washington High School in
San Francisco in 1948.

At the California State Track and Field Meet
on May 29, 1948 at Edwards Stadium in Berke-
ley, Matson placed third in the 100-yard dash.
Bill Fell (Compton) won in 9.7. Howard Bugbee
(Redondo) placed second for the second year in
a row. Matson also placed third in the 220-yard
dash. John Bradley (Glendale, Hoover) defend-
ed his title in 21.5 and Fell was second.

Just seven days later on June 5, 1948 Ollie
placed second in the 440-yard dash around one
turn in 47.1 at the Pacific AAU meet in Berkeley.
That was the fastest high school performance of
all-time. The previous best was 47.6 by John
Quigley (De La Salle High School, New York,
New York) at the Princeton Invitational at
Princeton, New Jersey on June 17, 1939. Mat-
son's record lasted almost eight years. Jerry

White (Corcoran High School) won the Califor-
nia State Meet 440-yard dash in 46.7 at Chico
on June 2, 1956.

Fred Thompson (Jordan, Los Angeles) won
the 1948 State Meet 440-yard dash in 49.2.
Matson was a whopping 2.1 seconds under that
mark. John McCarthy (Fairfax, Los Angeles)
set the State Meet record of 48.7 in 1931.

Matson obviously chose the wrong events at
the State Meet!

Matson also won the high school 100-yard
dash in 9.6 on June 5, 1948 in Berkeley. That
was only two-tenths of a second off the National
Interscholastic Record of 9.4 set by Jesse Ow-
ens (East Technical High School, Cleveland,
Ohio) at the Chicago Interscholastic on June 17,
1933.

Matson missed making the 1948 Olympic
team by a slim margin.

However, at the 1952 Olympic Games in Fin-
land he placed third in the 400 meters in 46.95
and was a member of the 4x400, which placed
second in 3:04.19. He is a member of both the
college and professional football hall of fames.

(Sources: 1956 HIGH SCHOOL TRACK &
FIELD ANNUAL, Dick Bank; High School
Sports History California Track & Field by
Bruce McIntosh, Rick Obrand, Bill Peck; THE
CALIFORNIA STATE TRACK MEET, Donn B.
Kirk, David M. Cooper.)

Ollie Matson Runs Second in Fastest Quarter Mile--46

La Beach's Sprint Shadowed By 'Man

Who Kept Promise'

By Art Rosenbaum
San Francisco Chronicle

Edwards Stadium, Berkeley, June 5--The
mercurial spikes of Herb McKenley, Jamaican
quarter-miler, today jabbed deeply into what
was once an exclusive Bay Area world record
property.

McKenley, keeping a promise to run the 440
yards in 46 seconds flat in today's Pacific Asso-
ciation track meet, did exactly that to better his
own world record of :46.3 made on this same
track last year. By lowering that standard,
McKenley helped erase forever the two greatest
of Bay Area quarter-milers, Ben Eastman of
Stanford and Grover Klemmer of California,
both of whom had previously sped the distance
in :46.4.

But even as McKenley moved easily and
swiftly through his new standard, his bounding
heels were being nipped at by the Bay Area man
of the future--the youth whose winged feet may
one day overtake the currently incomparable
McKenley.

MATSON RUNS :47.1

Only eight yards to the rear of the most blis-
tering quarter-mile ever run was another col-
ored boy, Ollie Matson of Washington High

School. Matson was unofficially timed in :47.1,
a performance which must be listed as note-
worthy but unrecognized.

Because Matson didn't win, his mark does not
break the national interscholastic 440-yard
mark, which is currently but unofficially rated
somewhere under 48 seconds. The official
record book mark is :48.2, made by Frank Slo-
man of Poly High, San Francisco, in 1915, and
Herb Moxley of Columbus, Ohio, in 1928.

However, it was perhaps the second or third
quarter-mile he had ever run, and he'll have
plenty of future opportunity to better his perfor-
mance. Matson has competed in the sprints un-
til now, but his running style and power, very
much like that of Archie Williams of California
(world record holder at :46 of the 400-meter
dash), makes him a natural quarter-miler.

STYLE DECEPTIVE

He proved it today--but he also proved he
could streak through 100 yards when he won the
high school dash in :09.6. Everyone was skepti-
cal about Ollie's clocked speed in the early
sprint, but his "loafing" style is deceptive.

Dink Templeton, noted dissenter, caught Mat-
son in :09.7, while the Bulova photo-timer, being
tested for the first time, caught him in :09.74.
The photographs in almost every instance were
one-tenth second slower than the official time-
pieces, indicating that the mechanical device
picked up the sound of the starting gun before
the human timers could react to the sight of the
first smoke.

KEPT HIS PROMISE

No phototiming was done in the quarter-mile,
where a 2.3 mile per hour wind was blowing.
McKenley, in the first lane, was out immediately
to keep his promise. Two weeks ago, when he
accepted the invitation to appear here, he said

"I love that track! Tell the folks I'm going to
shoot for 46 seconds flat."

Four watches caught him in :46 even, one
stopped at 45.9. There was never any question
about McKenley. The surprise was Matson,
who started from a center position and was fair-
ly close to McKenley's sizzling :21 for the 220.
As they turned the first curve, with McKenley
moving farther and farther forward, Matson
seemed to sense that not only was he close
enough for pursuit, but he wasn't even tired.

Matson actually gained on McKenley through
the final 100 yards of the race, closing the dis-
tance from 14 yards to 8 as the bemused
Jamaican broke the string.

The meet, won as usual by the Olympic Club
with 62 2/3 points, against San Jose's 46 1/4,
California's 27 and Stanford's 16, was highlight-
ed by fine performances in this final showing of
the season.

McKenley's great performance shunted the
:09.4 100-yard dash of Lloyd La Beach, repre-

continued next page

PREP NOTES

sending the Oakland Bittners, to a place way down here in the umpteenth paragraph of this story.

The swift Panamanian, pursuer of Mel Patton this season, equalled the accepted world mark but was one-tenth second slower than Patton's celebrated and disputed :09.3 at Fresno.

HOW TIMES VARY

To indicate how times can vary, dissenter Templeton caught La Beach in :09.5, while the phototimer read :09.55. La Beach won the 200-yard dash in :20.6, three-tenths of a second above Jesse Owens' best.

Besides, the wind velocity of 3.2 miles per hour was two-tenths above the accepted limit for La Beach's performance in the shorter sprint.

100-YARD DASH--1, La Beach (Oakland Bittners); 2, Ewell (unattached), 3 yds.; 3, Smalley (San Jose), 2 yds.; 4, Bingham (San Jose), 1 in.; 5, Smith (Stanford), 2 in. 0:09.4 (New meet record; old mark, 0:09.6, by Harold Davis, California, 1942; equals world record by Owens, Davis, Jeffries, Joubert, Wykoff.)

100-YARD DASH: (High Schools): 1--Matson (Washington); 2--Lax (San Mateo), 2 yards; 3--Don Waldon (Washington), 2 yards; 4--Simmons (McClymonds), 6 inches. Time: :09.6 (new meet record, old mark :10.4 by Simmons, Hoover, Oakland.)

ALL-TIME BEST HIGH SCHOOL PERFORMERS THROUGH 1948

440 YARD DASH

- 47.1n Ollie Matson (Washington, San Fran, CA) 48
- 47.6 John Quigley (De La Salle, New York, NY) 39
- 48.0 Gene Cole (Lancaster, OH) 48
- 48.2 Frank Sloman (Polytechnic, San Fran, CA) 15
- 48.2 Herb Moxley (Central, Columbus, OH) 28
- 48.2n Fred Thompson (Jordan, LA, CA) 48
- 48.3 Myrel Gillett (Central, El Centro, CA) 33
- 48.6 John McCarthy (Fairfax, Los Angeles, CA) 31

WITH WIND

- 47.0 Frank Sloman (Polytechnic, San Fran, CA) 15
- (Prep Editor: **Gene Cole** (Lancaster, Ohio) won the State A in Columbus on May 22, 1948 in 48.0. He went on to make the 1952 Olympic team in the 400 meters and placed second in the 4x400 in 3:04.0.

Frank Sloman (Polytechnic, San Francisco, California) ran his 47.0 wind-aided mark at the National AAU Junior in San Francisco on August 6, 1915. His 48.2 was run at the Pan-Pacific Exposition in San Francisco on October 16, 1915.

Sources: 1957 High School Track & Field Annual, by Dick Bank; America's Best, by Hal Bateman.)

Hal Harkness (North Hollywood) 1956

Hal Harkness (North Hollywood 1956), the current State Track and Field Meet Director, placed fourth in the 1956 State Meet mile in 4:21.6. He became the 12th all-time California performer and =21st all-time United States performer.

Ron Larrieu (Palo Alto), who finished 24th in the 1964 Olympic Games 10,000 meters and the older brother of **Francie Larrieu** (Fremont, Sunnyside 1970), won in 4:20.1. He became the 2nd

best all-time California performer and the 8th best United States performer.

Grady Neal (Fullerton) placed second in 4:20.5, 4th all-time California performer and 11th all-time U.S. performer. **Bob Monzingo** (Hoover, San Diego) was third in 4:20.7, 5th all-time California performer and 13th all-time U.S. performer. **Bob Holland** (St. Monica) was fifth in 4:21.6. **Herb Cloe** (El Cerrito) was sixth in 4:22.5.

ALL-TIME BEST HIGH SCHOOL PERFORMERS THROUGH 1956 ONE MILE RUN

- 4:16.1 Jim Bowers (DeKalb, IL) 56
- 4:17.8n Deacon Jones (Boys Town, NE) 54
- 4:18.5n Max Truex (Warsaw, IN) 54
- 4:19.1 Ron Gregory (Sumner, St. Louis, MO) 56
- 4:19.5 Tom Skutka (Morris Hills, Rockaway, NJ) 55
- 4:20.0 Carl Joyce (Commerce, Boston, MA) 47
- 4:20.0 Tod White (Newport Harbor, NBCh, CA) 55
- 4:20.1 Ron Larrieu (Palo Alto, CA) 56
- 4:20.4n Chesley Unruh (El Monte, CA) 25
- 4:20.5n George Fullerton (Ashland, OR) 46
- 4:20.5n Grady Neal (Fullerton, CA) 56
- 4:20.7 Vic Zwolak (Salesianum, Wilmington, DE) 56
- 4:20.7n Bob Monzingo (Hoover, San Diego, CA) 56
- 4:21.0 Bob Seaman (Reedley, CA) 53
- 4:21.2 Louie Zamperini (Torrance, CA) 34
- 4:21.2n Danny Schweikart (Whittier, CA) 53
- 4:21.2n Ray Hale (Downey, Modesto, CA) 55
- 4:21.4 Roland Sink (S. Pasadena, CA) 43
- 4:21.4 Jerome Walters (Compton, CA) 48
- 4:21.4 Cliff Cushman (Central, Grd Forks, ND) 56
- 4:21.5 Don Luisi (Rockland, MA) 56
- 4:21.5 Hal Harkness (N. Hollywood, CA) 56

(Prep Editor: **Deacon Jones** (Boys Town, Nebraska) ran 4:17.8n at the National AAU in St. Louis, Mo. on June 18, 1954. He went on to make two Olympic teams in 1956 and 1960 in the steeplechase.

Max Truex (Warsaw, Indiana) ran 4:18.5 behind Jones. Truex went on to USC and also made two Olympic teams in 1956 and 1960 in the 10,000 meters. He was sixth in Rome in 28:50.2.

Chesley Unruh (El Monte, California) ran 4:20.4n at the Southern Pacific AAU in Los Angeles on May 16, 1925. I wonder if he was any relation to Jesse Unruh, one of the most powerful legislators in California history?

Vic Zwolak (Salesianum, Wilmington, Delaware) won the Collegiate T&F in Philadelphia on May 30, 1956 in 4:20.7. He made the 1964 Olympic team in the steeplechase.

Louis Zamperini (Torrance, Calif.), who won the Southern Section mile in 4:21.2 in Los Angeles on May 19, 1934, competed in the 1936 Olympic Games in Los Angeles while still attending Torrance High School. He placed eighth in the 5,000 meters in 14:46.8.

Jerome Walters (Compton, Calif.) won the mile at the Compton Invitational in Compton on June 4, 1948 in 4:21.4. He made the 1956 Olympic team in the 1500. He was a former world record holder in the 4x880y (twice), both in 1956.

Sources: 1956 and 1957 High School Track and Field Annual by Dick Bank.)

An Exciting Track Year Ahead

This should be an exciting track year in California. All you have to do is look at the athletes that have already made the top performers of all-time list in the United States, who will be competing this season.

Men:

400 meters--junior **Obea Moore** (Muir, Pasadena) #2 all-time California performer and the #4 all-time United States performer at 45.14.

800 meters--senior **Michael Granville** (Bell Gardens) #3 all-time California performer and the #4 all-time U.S. performer at 1:47.96; junior **Obea Moore** (Muir, Pasadena) 12th all-time California performer and the 26th all-time U.S. performer at 1:49.16.

1,500 meters--senior **Michael Stember** (Jesuit, Carmichael) #2 all-time California performer and the #10 all-time U.S. performer at 3:46.65.

Mile--senior **Michael Stember** (Jesuit, Carmichael) #6 all-time California performer and #25 all-time U.S. performer at 4:05.43+.

Women:

100 meters--sophomore **Angela Williams** (Chino) #2 all-time California performer and the #4 all-time U.S. performer at 11.24; senior **Jernae Wright** (Logan, Union City) =12th all-time California wind-aided performer and the =21st all-time U.S. wind-aided performer at 11.50w.

200 meters--sophomore **Angela Williams** (Chino) 7th all-time California wind-aided performer and the =17th all-time U.S. wind-aided performer at 23.44w.

3,000 meters--junior **Julia Stamps** (Santa Rosa) #2 all-time California and the #8th all-time U.S. performer at 9:21.99.

Two Mile--junior **Julia Stamps** (Santa Rosa) #7 all-time California performer and the #19 all-time U.S. performer at 10:18.87.

5,000 meters--junior **Julia Stamps** (Santa Rosa) #1 all-time California performer and the #4 all-time U.S. performer at 16:31.2.

100 hurdles--junior **Daveetta Shepherd** (Salesian, Richmond) #2 all-time California wind-aided performer and the #10 all-time U.S. wind-aided performer at 13.72.

High jump--senior **Tara Flaming** (Immanuel, Reedley) 10th all-time California performer and the =27th all-time U.S. performer (6-0).



Tara Flaming

Photo by Bill Cockerhan



Jernae Wright

Photo by Bill Cockerhan

continued next page

PREP NOTES

Long jump--senior **Jernae Wright** (Logan, Union City) =4th all-time California performer and the #14 all-time U.S. performer (20-9 3/4).
Heptathlon--sophomore **Ashley Bethel** (Mission Viejo) #3 all-time California performer and the #29 all-time U.S. performer (4836).

FIVE CURRENT CALIFORNIANS ON TOP 10 U.S. ALL-TIME LIST

Five current Californians are among the top ten of all-time in their respective events.

Men's All-Time Outdoor List

400 METERS

- 44.69 Darrell Robinson (Wilson, Tacoma, WA) 82
- 45.01 Jerome Young (Pri Tech, Hanford, CT) 95
- 45.09 Henry Thomas (Hawthorne, CA) 85
- 45.14 ***OBEA MOORE (Muir, PASA) 95**
- 45.17 William Reed (Central, Philadel, PA) 87
- 45.25 Calvin Harrison (NSalinas, Salinas, CA) 93
- Chris Nelloms (Dunbar, Dayton, OH) 90
- Marlon Ramsey (WBrk, Beaumont, TX) 94
- 45.48A Michael Cannon (S OkCliff, Dallas, TX) 83
- 45.51 Bill Green (Cubberley, Palo Alto, CA) 79

Drug suspension:

- 45.07 Calvin Harrison (N Salinas, Salinas, CA) 93

800 METERS

- 1:46.58 George Kersh (Pearl, MS) 87
- 1:47.31 Pete Richardson (Berkeley, CA) 81
- 1:47.9+ Dale Scott (El Cerrito, CA) 72
- 1:47.96 ***MICHAEL GRANVILLE (BARD) 95**
- 1:48.09 Doug Herron (Bartlett, Anchorage, AL) 85
- 1:48.20 Jeff West (Crenshaw, Los Angeles, CA) 79
- 1:48.2+ Richard Joyce (Sierra, Whittier, CA) 65
- 1:48.3+ Dave Ayoub (Central, Peoria, IL) 77
- 1:48.40 Aaron Richburg (Logan, Union City, CA) 95
- 1:48.4+ Clark Mitchell (Bakersfield, CA) 65

1,500 METERS (=enroute to longer distance)

- 3:39.0 *Jim Ryan (East, Wichita, KS) 64
- 3:43.4 Matt Centrowitz (Power Mem, NY, NY) 73
- 3:44.43 John Quade (Woodinville, WA) 85
- 3:44.66 Gerry Lindgren (Rogers, Spok, WA) 64
- Vince Draddy (Iona Pr, New RochNY) 79
- 3:45.5e Jason Pyrah (Willard, MO) 87
- 3:45.6e Marty Liquori (Essex Cath, Newark, NJ) 67
- 3:46.4 Paul Medvin (University, LA, CA) 79
- 3:46.5 Reuben Reina (Jay, San Antonio, TX) 86
- 3:46.65 ***MICHAEL STAMPER (JESUIT) 95**

Women's All-Time Outdoor List

100 METERS

- 11.13 *C. Cheeseborough (Rib, Jacksonville, FL) 76
- 11.14 *Marion Jones (Thousand Oaks, CA) 92
- 11.17A *Wendy Vereen (Trenton Cent, Tr, NJ) 83
- *****ANGELA WILLIAMS (CHINO) 95**
- *Angela Burnham (Rio Mesa, Oxnard) 88
- 11.29A Margaret Bailes (Churchill, Eugene, OR) 68
- 11.34 *Sharon Ware (Berkeley, CA) 80
- 11.35A Caryl Smith (Washington, Denver, CO) 87
- *Zundra Feagin (Cocoa, FL) 90
- 11.36 Danielle Marshall (Lk Wash, Kirk, WA) 92
- A Aspen Burkett (East, Denver, CO) 94

3,000 METERS

- 9:08.6 Lynn Bjorklund (Los Alamos, NM) 75
- 9:11.80 Cory Schubert (Del Mar, San Jose, CA) 83
- 9:13.56 Mary Shea (Card Gibbons, Raleigh, NC) 79
- 9:15.3 Cathy Shiro (Dover, NH) 85
- 9:15.4 Julie Shea (Card Gibbons, Raleigh, NC) 77
- 9:19.67 *Kim Gallagher (UpDublin, Ft. Wash, PA) 81
- 9:21.0 Ceci Hopp (Greenwich, CT) 81
- 9:21.99 ****JULIA STAMPS (SROSA, CA) 95**
- 9:22.3 *Vickie Cook (Alemany, Mission Hills, CA) 81
- 9:22.57 *Sarah Schwald (Rogers, Spok, WA) 90

5,000 METERS

- 16:00.4# Cathy Shiro (Dover, NH) 85
- 16:13.7 Mary Shea (Card Gibbons, Raleigh, NC) 79
- 16:14.69 *Erin Keogh (Langley, McLean, VA) 87
- 16:31.2 ****JULIA STAMPS (SROSA, CA) 95**
- 16:34.7 ***Kim Gallagher (3Tuns, Jr, M Glen, PA) 79
- 16:43.47 ***Erin Davis (Saratoga Springs, NY) 93
- 16:44.9 Irene Griffith (Port Townsend, WA) 78
- 16:45.6 Betty Springs (Baysh, Bradenton, FL) 79
- 16:46.2 **Debbie Quatler (Edmonds, WA) 74
- 16:49.5 Rebecca Chamberlain (Leigh, S Jose, CA) 86

(Source: High School Track 1996, by Jack Shepard.)

HIGH SCHOOL TRACK 1996

As usual Jack Shepard has produced an invaluable book for high school track fans.

I recommend it highly. It helps put current performances into a historical perspective. It includes selected meet results, men's lists, and women's lists. He lists the top performers of 1995 and of all-time in the United States.

Send \$6.00 to Jack Shepard, 14551 Southfield Drive, Westminster, CA 92683.

Tom McGuirk and Kevin Keane Use Irish Ancestry for Olympic Games

Tom McGuirk (St. Ignatius, San Francisco/Cal 94) set the Irish national record of 50.56 in the 400 hurdles in 1994. Tom's father was born in Ireland. McGuirk placed fifth in the 1989 state meet 300 hurdles in 38.04.

McGuirk placed second in the 400 meters at the Reno Air Games in 47.65 on February 9.

Calvin Harrison (Unattached), the former California State Meet champion, won in 46.56.

His Cal teammate **Kevin Keane** (De La Salle, Concord) is number 2 on the all-time Irish list in the high jump at 2.22 meters (7-3 1/4). Kevin's grandfather was born in Ireland. He had a best of 7-2 1/2 as a senior at Cal. He placed second in the 1988 state meet at 6-10 and third in the 1989 state meet at 6-10.

They are both eligible to compete for a place on the 1996 Irish Olympic Team.

Keane is training at Cal with **Mike Harris** (Fairfield High School 1985/California 1990).

California High School Qualifiers for the 1996 U.S. Olympic Team Trials

Two California high schoolers have already automatically qualified for the U.S. Olympic Team Trials to be held at the Olympic Stadium in Atlanta, Georgia on June 14 to 23 -- junior **Obea Moore** (Muir High School, Pasadena) in the men's 400 meters and sophomore **Angela Williams** (Chino High School) in the women's 100 meters based on their performances in 1995.

California high school athletes posted 14 provisional standards last year. Six of those marks were within the field size permitted in the Trials: **Michael Granville** (Bell Gardens) and **Aaron Richburg** (Logan, Union City) in the men's 800; **LaKeisha Backus** (Wilson, Long Beach) and **Andrea Anderson** (Poly, Long Beach) in the



Angela Williams

Photo by Bill Cockerham



Obea Moore

Photo by Bill Cockerham

women's 100 meters; **Joanna Hayes** (North, Riverside) in the women's 100 hurdles; and junior **Jernae Wright** (Logan, Union City) in the women's long jump.

Note: The time or distance in parenthesis after the field size is the mark it would have taken to qualify in 1995 based on the field size.

Men

400--Automatic Standard 45.40, Provisional Standard 46.10, Field Size 32 (45.88)
 Automatic Qualifier:

- 45.14 **Obea Moore (Muir, Pasadena) 76 (9th on U.S. List)

800--Automatic 1:47.50 FAT, 1:47.5 Hand; Provisional 1:48.40 FAT, 1:48.4 Hand; Field Size 32 (1:48.40)
 Provisional Qualifiers:

- 1:47.96 *Michael Granville (Bell Gard) 78 (23rd U.S.)
- 1:48.40 Aaron Richburg (Logan, Union City) 76 (32nd U.S.)

Women

100--Automatic 11.40, Provisional 11.60; Field Size 32 (11.50)

Automatic Qualifier:

- 11.24 ***Angela Williams (Chino) 80 (10th U.S.)

Provisional Qualifiers:

- 11.47 LaKeisha Backus (Wilson, L Beach) 76 (=29th U.S.)
- 11.50 Andrea Anderson (Poly, Long Beach) 77 (=32 U.S.)
- 11.55 Kelli White (Logan, Union City) 77 (=37th U.S.)
- 11.56 *Jernae Wright (Logan, Union City) 78 (=40th U.S.)
- 11.60 Aminah Haddad (Poly, Long Beach) 78 (=49th U.S.)

200--Automatic 23.00, Provisional 23.60; Field Size 32 (23.47)

Provisional Qualifiers:

- 23.49 Kelli White (Logan, Union City) 77 (=34th U.S.)
- 23.54 LaKeisha Backus (Wilson, Lg Beach) 76 (39th U.S.)
- 23.58 Aminah Haddad (Poly, Long Beach) 78 (41st U.S.)
- 23.60 Andrea Anderson (Poly, Long Beach) 77 (44th U.S.)

400--Automatic 52.50, Provisional 53.25; Field Size 32 (53.07)

Provisional Qualifier:

- 53.27 **Carla Estes (Logan, Union City) 79 (36th)

100H--Automatic 13.30, Provisional 13.55; Field Size 32 (13.48)

Provisional Qualifier:

- 13.38 Joanna Hayes (North, Riverside) 76 (=25th)
- Long Jump Automatic 6.42m (21-0 3/4), Provisional 6.30m (20-8); Field Size 24 (20-9 1/4), Provisional Qualifier:

- 20-9 3/4 *Jernae Wright (Logan, Union City) 78 (=21st)

Qualifying standards must be met between January 1, 1995 and June 9, 1996. Wind-aided marks may not be used to qualify for the Olympic Trials or Olympic Games.

continued next page

PREP NOTES

Note: The women's 3000m Steeplechase, Pole Vault, and Hammer will be conducted as exhibition events. Entries will be comprised of the top 12 athletes selected by the Women's Track & Field Chair.

Funeral Notice

DENIKE, MILENA--46 of Arroyo Grande died Saturday, January 6, 1996, at her home. She was born in San Francisco, California, on December 3, 1949 and moved to Arroyo Grande twenty years ago. Mrs. DeNike was a national coach for A.Y.S.O. She was deeply committed to the youth of this community and the nation thru the American Youth Soccer Organization. She was a member of St. Patrick's Catholic Church in Arroyo Grande.

Mrs. DeNike is survived by her husband of twenty four years, **Greg DeNike** of Arroyo Grande; her son, Vic DeNike of Arroyo Grande; her daughter, Vanessa DeNike of Arroyo Grande; her parents, Osvaldo and Caesarina Gnusti of Fremont; one brother and two sisters and their respective families.

In lieu of flowers, memorials in her honor may be sent to the Milena DeNike Girl's Soccer Scholarship Fund, (which will annually benefit an Arroyo Grande High School Girl's Soccer Player), c/o Arroyo Grande High School Athletic Department, 495 Valley Road, Arroyo Grande, CA 93420.

(Prep Editor: Greg DeNike is the cross country and track coach at Arroyo Grande High School. Greg, you are in our thoughts.)

Greg coached middle-distance great Louie Quintana (Arroyo Grande High School 1991) and Villanova 1995. Quintana had high school bests of 1:50.2 in the 800 meters, 3:50.3 in the 1,500 meters, 4:08.65 in the 1,600 meters, and 9:11.8 in the 3,200 meters.)

Louie Quintana (Arroyo Grande 1991) Ruled Ineligible

Louie Quintana (Arroyo Grande 1991), 22, a seven-time NCAA All-American at the mile and 800 meters, has been barred from NCAA competition because he modeled clothes for a commercial enterprise last fall.

USATF Weekly Notes

January 8, 1996

✓ **GRAVELLE INELIGIBLE**: Discus thrower **Mike Gravelle** (St. Ignace High School, San Francisco 1983) has been declared ineligible for a four-year period. Gravelle, 30, of San Francisco, tested positive for excessive testosterone. His ineligibility runs through Nov. 8, 1998. The test was conducted by the IAAF. Gravelle won the 1994 U.S. discus title.

(Prep Editor: testosterone, n. 1. Biochem. the sex hormone secreted by the testes, that stimulates the development of masculine characteristics. 2. Pharm. a commercially prepared synthetic form of this compound. [testosterone (comb. form of TESTES) + STER(OL) + ONE]. (Source: The Random House College Dictionary, 1975))

✓ **VOLS. LADY LONGHORNS HIT RECRUITING JACKPOTS**: The big winners in the recruiting wars are Tennessee and Texas, according to *Track & Field News*. The magazine's February issue likes Tennessee newcomers **Desmond Johnson** (400), **Dawayne Wallace** (110H/400H) and **Gabe Garrett** (decathlon).

TFN's survey says the Lady Longhorns came up with a Texas-size talent catch, snaring sprint sensations **LaKeisha Backus**,

Nanceen Perry, **Kim McGruder** and **Aminah Haddad**, along with JC transfers **Sabrina Kelly** (100/200) and **Lacena Golding** (LJ heptathlon). The top five recruiting classes: Men - 1. Tennessee; 2. Texas A&M; 3. Arizona; 4. Arizona State; 5. Arkansas. Women - 1. Texas; 2. UCLA; 3. LSU; 4. Tennessee; 5. North Carolina.

continued next page

NORTHERN CALIFORNIA HIGH SCHOOL TRACK SCHEDULE

Northern California is composed of the following six sections: Central Coast, North Coast, Northern, Oakland, Sac-Joaquin, and San Francisco.

*=Meets that Keith Conning will be announcing

DATE	MEET	SITE
3/02	Cal All-Comers	U.C. Berkeley
3/09	Cal All-Comers	U.C. Berkeley
3/09	Dom George	San Joaquin Delta College, Stockton
3/09	Monta Vista Girls	Monta Vista HS, Cupertino
3/09	Moreau Catholic	Chabot College, Hayward
3/09	*Mount Pleasant	De Anza College, Cupertino
3/16	Kiwanis-Bellarmine	Los Gatos HS
3/16	Woodland	Woodland HS
3/22	North State	CSU Chico
3/22	Stanford	Stanford University
3/23	Stanford	Stanford University
3/29	Stan Wright/Panther	Hughes Stadium, Sacramento
3/29	Leigh/West Valley	West Valley College, Saratoga
3/30	Leigh/West Valley	West Valley College, Saratoga
3/30	Martinez	Alhambra HS, Martinez
4/06	*Oakland	U.C. Berkeley
4/06	Bear Creek	San Joaquin Delta College, Stockton
4/06	Gilroy	Gilroy HS
4/10	OAL Time Trials	Laney College, Oakland
4/12	CCS Frosh/Soph	Los Gatos HS
4/13	Pittsburg	Pittsburg HS
4/13	King City	King City HS
4/19	*Woody Wilson	U.C. Davis
4/19	Chico/West Valley	CSU Chico
4/20	*Vallejo	Corbus Field, Vallejo HS
4/20	Hampton-Phillips	San Jose City College
4/26	CCS Top 8	Los Gatos HS
4/27	*Bay Area Top 8	James Logan HS, Union City
5/03	Bob Warren	Acalanes HS, Lafayette
5/04	*Sacramento MOC	American River College, Sacramento
5/07	Peninsula AL Trials	College of San Mateo
5/08	Mountain Bay AL Tr.	Alhambra HS, Martinez
5/09	Peninsula AL Finals	College of San Mateo
5/10	Mountain Bay AL Fnl	Alhambra HS, Martinez
5/11	CCS North Sub-Sec.	Los Gatos HS
5/11	Modesto	Modesto JC
5/18	CCS Semi-finals	San Jose City College
5/20	OAL Field Finals	Laney College, Oakland
5/21	OAL Track Trials	Laney College, Oakland
5/22	OAL Track Finals	Laney College, Oakland
5/23	CCS Finals	San Jose City College
5/24	NCS MOC Trials	U.C. Berkeley
5/25	NCS MOC Finals	U.C. Berkeley
5/31	State Meet Trials	Cerritos College, Norwalk
6/01	State Meet Finals	Cerritos College, Norwalk
6/08	Golden West	American River College, Sacramento



Aminah Haddad

Photo by Kirby Lee

PREP NOTES

[Prep Editor: Desmond Johnson (St. Augustine's, New Orleans, LA) placed third in the 400 at Golden West in 46.11, second at National Scholastic in 46.42, and third at the USATF Junior in 46.37. Dawayne Wallace (Mt. Vernon, Alexandria, Virginia) placed second in the 110 hurdles at the National Scholastic in 13.96. Gabe Garrett (River Ridge, Olympia, Washington) placed ninth in the decathlon at the USATF Junior with 6,356 points.

LaKeisha Backus (Wilson, Long Beach) placed fourth in the 200 meters at the Golden West in 24.1. Nanceen Perry (Fairfield, Texas) had bests of 11.50 and 23.49.

Kim McGruder (North Shore, Houston, Texas) placed fifth in the 100 meters at the USATF in 11.58. Aminah Haddad (Poly, Long Beach) placed sixth in the 100 meters at USATF behind McGruder in 11.64, and second in the 200 in 23.58. Haddad won the National Scholastic in 11.75.

✓ JACOBS WEDS: Regina Jacobs (Argyll Episcopal Academy, North Hollywood 1981), winner of the 1500m at last year's IAAF World Indoor Championships and U.S. outdoor 1500m champ, married her coach, Tom Craig, in mid-December.

(Prep Editor: Jacobs ran 2:06.47 for the 800m, 4:25.0 for the 1500m while in high school.)

✓ THEY SAID IT: "I still love the track. I'll never retire from running. Never."

Francie Larrieu Smith, 43, who hopes to run the 10,000 at next June's U.S. Olympic Track and Field Trials. Quoted in *Runner's World* for January.

(Prep Editor: Francie Larrieu (Fremont High School, Sunnyvale) set the California high school record of 4:16.8 for the 1,500 meters in 1969.)

■ Nicole Teter (West Valley High School, Cottonwood 1991) and Charles Rogers (Baldwin Park High School, 1988)



Nicole Teter

Photo by Elaine Rosenfield

SASKATOON, Saskatchewan, Jan 14 (Reuters) - Results from the Saskatoon indoor Grand Prix athletics meeting on Sunday:

Men's triple jump

1. LaMark Carter (U.S.) 16.56 metres (54-4)
2. Ivory Angello (U.S.) 16.40 (53-9 3/4)
3. Charles Rogers (U.S.) 16.11 (52-10 1/4)

Women's 800 metres

1. Julie Jenkins (U.S.) 2 minutes 6.52 seconds
2. Nicole Teter (U.S.) 2:06.59
3. Jane Brooker (U.S.) 2:07.52

(Prep Editor: Nicole Teter (West Valley High School, Cottonwood) won the 1991 State Meet

800 meters in 2:08.14. Charles Rogers (Baldwin Park High School 1988/UCLA 1993) placed seventh in the triple jump at the 1992 NCAA.)

Weekly Notes USATF January 22, 1996:

✓ SALUTE TO OWENS: To commemorate the 60th anniversary of Jesse Owens four gold medals at the 1936 Games, the 11 Olympic 100 meter champions from the 1948-1992 Games have been invited to the Jesse Owens International Trophy Award dinner on Feb. 6 in New York.

The Olympic 100 meter champs since Owens are: 1948-Harrison Dillard (USA); 1952-Lindy Remigino (USA); 1956-Bobby Morrow (USA); 1960-Amin Hary (Germany); 1964-Bob Hayes (USA); 1968-Jim Hines (McClymonds High School, Oakland, California); 1972-Valeriy Borzov (USSR); 1976-Hasely Crawford (Trinidad & Tobago); 1980-Alan Wells (Great Britain); 1984 and 1988-Carl Lewis (USA); 1992-Linford Christie (Great Britain).

(Prep Editor: Eddie Hart (Pittsburg High School) was favored to win the 1972 Olympics, but he didn't get to run in his heat. His Olympic team sprint coach had the wrong time schedule. He did win a gold medal in the 4x100 and anchored against Borzov.)

✓ CONNOLLY ENTERS TRIALS

Jim Connolly (Culver City High School 1981/UCLA 1987), a javelin thrower whose parents were both Olympic champions in 1956, has entered the U.S. Olympic Track and Field Trials, June 14-23 in Atlanta. Harold Connolly was the Olympic hammer throw gold medalist in Melbourne and Olga Fikatoeva won the women's discus throw for Czechoslovakia. Their Olympic village romance was the story of the games. Olga eventually became an American citizen and competed for the U.S. She competed in five Olympics and Harold competed in four. The Connollys divorced in 1973.

USAir Invitational

Johnson City, Tenn., January 27--Ramona Pagel (Schurr High School, Montebello 1979), Adidas, won the shot put at 18.34 meters (60-2).

Julia Stamps (Santa Rosa High School) runs 5k in 16:19!!!

San Francisco Bay Area, January 27--Julia Stamps (Santa Rosa High School) was the first woman finisher in the Home Depot 5k road race in 16:19. Ben Turman, 26, of Emeryville, won the men's race in 15:32. Turman graduated from Berkeley High School and the University of California. He was a two-time Pac-10 finalist in the 1,500 meters, while at Cal.

Last year Stamps had a 5k best on a track of 16:31.2, the best high school mark in the nation.

The 1996 U.S. Olympic Team Trials 5,000 meters automatic standard is 15:45.00 and the provisional standard is 16:10.00. The field size is 24.

Last year the 24th best U.S. woman's mark was 16:01.29. However, this is the Olympic

year, so I would expect the 24th and last qualifier to run under 16:00.

Stamps' goal is to qualify for the Olympic Trials in the 5,000 meters.

Marion Jones Hurt

Wire service reports indicate that Marion Jones will miss the indoor season after injuring her left foot during practice. Jones was fourth in the 200m at the 1992 Olympics Trials as a 16-year-old California prep. As a U. of North Carolina freshman two years ago, she played for an NCAA championship team.

Jones, who suffered a broken foot last August is redshirting in basketball this year to concentrate on the sprints and long jump. She is likely to be restricted to pool and bike workouts for around six weeks.

(Source: USATF)

Coach Teaches Inner-City Teen Girls to Make Strides

By Frances Dinkelspiel
Mercury News Staff Writer

OAKLAND, Feb. 1 -- Darrell Hampton knows what it's like to stumble and fall.

A former high school wrestling star, he spent time in prison for robbery. Years later, as director of a community center in one of Oakland's toughest neighborhoods, Hampton went to jail again after a police officer mistook him as a menace during a fight at the center.

But Hampton also knows what it feels like to pick himself up and persevere -- and that's the message he is preaching to inner-city youths with stunning success.

For the past nine years, Hampton has devoted his life to a group of teen-age girls who make up the Acorn Community Center track team, working 70 hours a week to train them, shuttling them to meets around the country and even spending his own money on shoes and uniforms.

The result: In a neighborhood where many girls are on welfare or are pregnant, his runners are on the honor roll or are in college. Many are national champions recruited by coaches around the country. And two of them -- including a 14-year-old Union City girl -- may qualify for the Olympic trials this summer.

"I try to lead by example," said Hampton, 33, whose cramped office in the Acorn housing project in West Oakland is lined with trophies and recruitment letters stapled on the walls. "I got into trouble when I was young. But I did not give up. Now I'm doing quite well."

It's not easy going from marginal to first-class. Joining the Acorn track club is like joining a religion. There are lots of rules. Participants have to be willing to run six days a week and show up on time at practice. They must maintain a B average in school and aren't permitted to sit in the back of class. Drugs are banned; junk food is out. And all the girls must perform about five hours of community service a week.

"It's like your parents," said Aisha Margain, who travels from Cesar Chavez High School in Union City to train with Hampton. "There's never time to do anything wrong. You're always

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busy. You go to school. You go to track practice. You go home. You do your homework. You go to sleep."

The girls do it, Hampton said, because they know the alternative is worse.

"Each of them knows someone who started running track and quit," said Hampton, a muscular man who always wears a digital stop watch around his neck. "One girl who quit came back and had so many scars on her she looked like a zipper. A lot of others are involved with the drug trade or are teen-age mothers, continuing the cycle of poverty. But if you do it my way, you end up with an opportunity to be productive."

When Hampton started the track club in 1987, he had no assurances he could make a difference in people's lives. He only knew he had to work hard to overcome his own missteps and thought that lesson could serve others well.

Trouble started at 18 Hampton grew up in nearby Richmond, and his parents worked multiple jobs to provide a comfortable life. He did well in high school -- he got good grades and was a triple-jumper and a wrestling star -- but got into trouble after graduation. At 18, he was convicted of robbing a bank teller machine and served a year in jail in 1982.

"I wasn't paying attention," said Hampton, who insists he was framed. "Instead of the value being to help others and give back to the community, my philosophy was to be out in the streets, partying."

But instead of giving up after his release, he became more determined.

That stubbornness served him well while developing the track team. At first, Hampton had to beg girls to join. When they trained, they ran past decaying, boarded-up "crack" cocaine houses. On one run, a dealer confronted Hampton with a gun and demanded that the club steer clear of his turf. In a brazen move, Hampton wrestled the gun to the ground -- earning the respect of the homeboys in the project. They soon supported the runners, eventually even yelling, "Make way. Make way. The track team is coming, the track team is coming."

In time, the girls developed confidence and became stronger runners. But that wasn't enough. Sometimes they couldn't focus on practice because there wasn't enough food at home or because domestic violence turned their thoughts elsewhere.

A father figure

So Hampton assumed a larger role for the girls and eventually forged a new kind of family. He scrounged up the girls' first "uniforms" -- baggy shorts and shirts from a surplus store -- and eventually persuaded friends to sew hot-pink spandex team uniforms. (Reebok, a team sponsor, now supplies shoes and clothes.)

He instituted endless fund-raisers, from bake sales to crab feasts to recycling drives, to raise enough money to take the team to meets across the country. He insisted the girls do well in school and even required them to hand in their report cards. He became a surrogate father, thinking nothing of rushing out in the middle of the night to intervene in a crisis.

"For a lot of kids down there (at Acom), Darrell is like a safe haven," said Oakland police Officer Margaret Dixon, who enlisted Hamp-

ton in 1987 to help with the Police Athletic League's track club. "They look up to him. They can lay their problems on him. They may have a dysfunctional home, but there's someone else who cares."

The whole program almost fell apart in 1990. Hampton was trying to break up a fight inside the community center when a number of Oakland police cars sped through the complex. Hampton, pool cue in hand, went outside to warn the cops that there were children playing. One officer, however, viewed Hampton as menacing and roughed him up and jailed him.

The arrest outraged residents of the housing project, who denounced the police department. The arresting officer was censured by a police review panel, and a court later ruled that Hampton's civil rights were violated. He received a sizable settlement from the city.

Driven to succeed

But the arrest took a toll, Hampton said. He threw himself even harder into his work, to show the world he was not a criminal and to prove his track team was the best. It apparently worked: His 400-meter relay team won national high school titles in 1993 and 1994. But his personal life suffered. He broke up with his girlfriend and saw his small daughter less than he wanted. He was burned out.

His students' enthusiasm pulled him through and continues to motivate him.

On one recent rainy day, the team gathered for leg-strengthening exercises in the cavernous gym at Skyline High School, where Hampton also works as a track coach. They lined up next to the bleachers and started to skip, jump and walk. During their rest periods, they pored over a Reebok catalog, talked about which math class they preferred, and giggled.

Then they crowded into the team's aging van -- which former Oakland A's player **Dave Stewart** sold to Hampton for \$1 -- and rode back to the community center to lift weights and do more drills.

"He's not just like a track coach," team member **Ryan Peters** said. "Most track coaches like you to be the fastest on the team. I'm not the fastest, but I'm loyal, and that's what Darrell looks for. Even if I don't make it in track, I'll make it to college."

It's a description Hampton agrees with.

"That's what our program is about," he said. "It's not about running fast. It's about education and getting a second chance. If all I can offer them is some medals and a memory, that's no good. I've basically used them."

■ Poly Star Rambo Out of Hospital

By Rachel D'Oro and Steve Irvine
Staff writers

Cerritos (Long Beach Press Telegram)—Poly High football star **Kenyon Rambo** was released from a Long Beach Hospital Friday after doctors removed the bullet that pierced his side during a street attack in Artesia. The 17-year-old wide receiver and track athlete was shot as he sat in his parent's Mercedes-Benz outside the US Donut shop on Pioneer Blvd. about 1 p.m. Thursday. The wound turned out to be superficial, and not expected to affect his track perfor-

mance this spring.

Reached at his Cerritos home, Rambo spoke briefly about his harrowing experience. He was heading west on Artesia toward the doughnut shop to get something to drink when he noticed a brown Buick with two teen-age boys and a girl inside. He thought they were trying to ram into him, he said. The trio followed Rambo into the lot of the doughnut shop, and pulled up beside him. He said he didn't recognize them.

"What's up, homey?" Rambo recalled one of them asking.

"What's up, man?" he replied, shifting the car in reverse.

But before he could get away, the teen sitting behind the driver got out and approached the driver's side of the Mercedes. The teen mumbled something and reached into his waistband. Out came a handgun, either a .22- or .25-caliber semiautomatic pistol, Rambo said. It was aimed right at him.

"I said, 'It's cool, man,'" recalled Rambo. "He had the gun. He had the power. Then he shot me."

Lt. Dennis Werner of the Lakewood Sheriff's Station said there was no clear motive for the assault.

Anyone with information should call the Lakewood station at (310) 866-9061, and ask for the watch commander.

Rambo's mother said deputies asked if her son was a gang member.

"They automatically think a young black person is in a gang," Juanita Rambo said. "Anybody that knows Kenyon, knows that's not the case."

Juanita Rambo said that many people-- friends, relatives, Poly staff--expressed concern for her son, as well as relief that he will be all right. "The reaction has been amazing. Sometimes you don't know how people feel about you until something happens."

Poly High football coach Jerry Jaso stated, "He probably grew more as a person this year than any other kid on our team," he said. "He's been a great worker for us (and) is probably the hardest worker in practice that we have. Kenyon can't stand for one second not to be on the top of the mountain. The unfortunate thing is that anybody can be a victim," the coach said. "This certainly appears to be a random thing. You'd have to say he is very fortunate."

(Prep Editor: Rambo placed second in the 1995 Southern Section 300 intermediate hurdles in 37.24 as a sophomore. He won heat three of the State Meet in 37.72, the third fastest qualifying time. In the final he fell early and did not finish. He had the fourth fastest 300 intermediate hurdles time in California last year at 37.18. He was also the fastest sophomore in the country. He was the third fastest underclassman hurdler in the U.S.)

■ Reno Air Games

Reno, February 9--Calvin Harrison (North Salinas 1993), who won the State Meet 400 meters in 1993, won the 400 meters indoors in 46.56. He looked very good in his return to top flight competition. **Tom McGuirk** (St. Ignatius) was second in 47.65. (See story above.)

Mark Crear (Rowland, Rowland Heights

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1987) won the 50 meter hurdles in 6.48. Eugene Swift (Berkeley 1982) placed third in 6.55.

■ Northern California Olympic Developmental Track & Field Clinic

JAMES LOGAN HIGH SCHOOL, February 3, 1996--The Northern California Olympic Developmental Track and Field Clinic featured some of Northern California's finest coaches and athletes.

This clinic was a learn by doing clinic, which incorporated all track and field skills. Saturday's session included a special part for the beginners in the sport of track and field. This section introduced the beginning athletes to the skills of sprinting, throwing, jumping, and lifting mechanics. Margaret Davis (Oakland Police Athletic League) lead this group.

The distinguished speakers were: Jeff Atkinson, Dr. Harmon Brown, Willie Davenport, Margaret Dixon, Harvey Glance, Larry Guinee, Jim Guscette, Mike Harris, Al Hernandez, Bernie Holloway, Rod Jett, Robyne Johnson, Ray Kimble, Dave Knolte, Remi Korchemi, Bob McGuire, Ed Miller, Steve Nelson, Vince O'Boyle, Bob Olson, Ladislav Pataki, John Powell, Mark Reiff, Jeff Rogers, Ed Seese, Dave Shrock, Jay Silvester, Aaron Thigpen, Berny Wagner, Mike Walsh, Dr. Tommie Lee White, Willie White, Don Wilson, Randy Ziraldo, Lee Webb.

■ Redskins Re-sign Henry Ellard

February 17--The Washington Redskins today re-signed wide receiver **Henry Ellard**, the sixth leading receiver in NFL history.

A 13-year veteran, Ellard led the Redskins last year with 56 receptions for 1,005 yards, his sixth 1,000-yard season. In two seasons in Washington, he has caught 130 passes for 2,402 yards, an average of 18.5 yards per catch, which is the best in the league during that span. The 34-year-old Ellard began his career in 1983 with the Los Angeles Rams and played there for 11 seasons.

(Prep Editor: Henry Ellard (Hoover, Fresno) won the 1979 state meet triple jump at 49-2 1/2. He was the leading high school triple jumper in the U.S. in 1979 at 52-6. After the 1979 season he was the second best all-time California high school triple jumper and third best all-time in the U.S. He currently ranks 4th on the California all-time list and 12th on the U.S.)

California All-Time Triple Jump List

53-6 1/2	Joe Richardson (Pasadena) 84
52-10 1/2	Charles Mayfield (Muir, Pasadena) 80
52-6 1/4	Dave Tucker (San Joaquin Memorial, Fresno) 70
52-6	Henry Ellard (Hoover, Fresno) 79
52-5 3/4	Marcus Hooks (Lakewood) 86
52-4 3/4	*Ken Frazier (Mission, San Francisco) 81
52-3 1/2	Randy Williams (Edison, Fresno) 71
52-0	Von Ware (Rancho Buena Vista, Vista) 94
51-11	Joel Smith (Cordova, Rancho Cordova) 87
51-8 3/4	MacArthur Anderson (Bakersfield) 87

51-8 Mike Woods (Manual Arts, Los Angeles) 63
51-7 3/4 Phouphet Singbandith (Magnolia, Anaheim) 90

■ What Others Are Saying

A sampling of opinion from newspapers around the world.

Dallas Morning News

Drugs and shoes: Sadly, substance abuse among American youth is once again rising. That only makes it all the more troubling that Adidas, which sells a lot of shoes to a lot of young people, has decided to name its latest product after a group of vegetable crops that is synonymous with street slang for marijuana.

Adidas insists its motives have been misunderstood. Its new line of unisex footwear, known as "the Hemp," is merely a way of meeting a growing demand for environmentally friendly footwear by using "natural and recyclable" materials from 30 or more kinds of vegetable crops known as "hemp." But that ignores the real issue.

Adidas has the right to call its new line of footwear whatever it wishes, including Acapulco Gold. Just because an action is legal doesn't mean it is responsible.

(Source: San Francisco Examiner, February 19, 1996)

■ Upcoming Meets

✓ Dom George Relays and the Bear Creek Invitational

Bear Creek High School in Stockton will host the 1996 Dom George Relays on Saturday, March 9, 1996, and the Bear Creek Invitational on Saturday, April 6, 1996. Both events will be run on the San Joaquin Delta College all weather facility.

Bear Creek High School will host the Dom George Relays independently this year and the event will run rain or shine. We will bring you the relay format but may run the open 1600 and 3200 rather than the 4 x 1600 if there is a consensus amongst coaches.

The Bear Creek Invitational has unfortunately been moved this year to April 6, 1996 due to a conflict in scheduling with San Joaquin Delta College. This is leap year and the calendar is off a weekend this year. The Asparagus Festival used Delta College's parking lots for but shuttles and the college will not allow two major events on the same weekend. So we will try to make the April 6th date a little more enticing for you. In addition to the invitational schedule, we will have Football 40 Meter Dash and an Old Timers 100 Yard Dash. There will be a small and large school division for scoring.

Contact: Greg Wright, Bear Creek High School, 10555 Thornton Road, Stockton, CA 95209, (209) 953-8235 school, (209) 943-2735 (home).

✓ 44th Martinez Relays

Since its birth in 1931 the Martinez Relays has featured the best track and field talent in Northern California. The Martinez Relays will be held at Alhambra High School on March 30.

Their goal is to limit entries to 27 schools with 3 full heats for all events. All events will be relays with medals going to the top five teams.

This year they will add some frosh-soph girls events to the schedule. The medals will have the official Martinez Relays logo on a square medallion. Team trophies will be presented to the first three teams in each division.

This year they are working with Dwayne "Peanut" Harms of Team Reebok to help sponsor the Martinez Relays. Peanut is originally from John Sweet High School in Crockett and was the 1994 international coach for the United States in the World Cross Country Championships. Venue Sports will also be on hand to sell shoes and apparel.

Their letterhead has the following saying: "OLDEST HIGH SCHOOL RELAYS IN CALIFORNIA."

Contact: Tim Bruder and Bill Wamosh, Alhambra High School, 150 E. Street, Martinez, CA 94553, day phone 313-0439.

(Prep Editor: I ran in this meet in 1958 for Abraham Lincoln High School of San Francisco when the meet was held on the old dirt track. They now have a new all-weather nine lane track.)

✓ The 17th Annual Oakland Invitational Relays

The Oakland Public Schools will host the annual Oakland Invitational Relays at Edwards Stadium in Berkeley on Saturday, April 6, 1996.

Over eighty high schools from throughout California and other states have been invited to participate. The meet provides an opportunity for young track athletes to visit the University of California and compete in one of the best track stadiums in the country. This meet is one of the top high school track and field meets in Northern California each year.

Muir High School (Pasadena) with running sensation Obea Moore has already entered the meet. Last year Moore won the 400 meters in the California Interscholastic Federation State Track and Field Meet. He had a best time of 45.14, which is the second fastest in California high school history.

Other teams planning to participate this year include Ashland (Oregon), Hawthorne, Jefferson (Rockford, Illinois), James Logan (Union City), Long Beach Poly, McClymonds (Oakland), Morningside (Inglewood), J. W. North (Riverside), Reed (Sparks, Nevada), Santa Rosa, Skyline (Oakland), and Wilson (Long Beach).

All proceeds from the meet go to the Oakland Public Schools Athletic Department.

Contact: Ralph Belany at McClymonds High School in Oakland.

(Prep Editor: I will be announcing the track meet from the finish line again this year, so that I can introduce the athletes and teams and give fast results from the Accutrack.)

✓ Hampton Phillips Track & Field Classic

The Sixth Annual meet to honor our alumni and former Olympians Millard Hampton (1976) and Andre Phillips (1988) of Silver Creek High School on the newly renovated world famous San Jose City College Track on Saturday, April 20, 1996 at 8:30 a.m. to 5:00 p.m.

Contact Robert Poynter or Frank Slaton at (408) 238-0825 or (408) 238-9197.

1996 CALIFORNIA HIGH SCHOOL TRACK & FIELD PREVIEW

by Keith Conning

The following California athletes were listed in **HIGH SCHOOL TRACK 1996** by Jack Shepard. They were among the national leaders in their event in 1995. I have included their all-time ranking in California and the United States, and their place in the State Meet.

ELIGIBILITY--All California high school athletes who competed in recognized competitions may qualify so long as they have not received a diploma from previous attendance in high school and have not reached their 20th birthday. Team affiliation is not a prerequisite for the inclusion of an athlete's marks, however foreign athletes must compete for their school's track team during their California schooling. Athletes considered ineligible by local rules will be carried if they conform to **T&FN** policies. The list contains marks from Sept. 1, 1994 to Aug. 31, 1995. Spring graduates remain eligible for the lists until Aug. 31 of their graduating year. An exception is made for international competitions after August 31, if the athletes school has not yet begun Fall classes.

(Special Note: Thus, Obea Moore's 400 meter mark of 45.14 in Santiago, Chile in September is included.)

RECORDS--**Track & Field News** national high school records do not necessarily conform with those of the National Federation of State High School Athletic Associations. The differences are based upon five points. **T&FN** accepts: 1) marks from meets with less than five teams (including dual meets); 2) marks from the entire year, not just the Spring semester; 3) non-winning marks; 4) marks from all high schools, not just NFHSAA member schools; 5) marks from any authorized competition, not just interscholastic competition.

National Federation records must have been made in a meet:

1. Sanctioned by a state high school association; 2. Involving five or more schools; and 3. In an event limited to high school contestants who are representing their respective high schools.

Abbreviations: A=mark made at altitude (above 1000m); AR=American Record as recognized by **Track & Field News**; NF=National Federation Record; CR=California Record (we use the **Track & Field News** standards); e=mark made enroute to a longer distance; +=converted from yards to meters; #=oversized track; *=junior; **=sophomore.

Men

100 Meters

AR-10.13 Derrick Florence (Ball, Galveston, TX) 76
NF-9.9 Henry Neal (Greenville, TX) 90
CR-10.25 Henry Thomas (Hawthorne) 85

10.56 *Bryan Harrison (Dana Hills, Dana Point) 3rd State
10.60 Vince Williams (Univ City, San Diego) 4th State
10.62 *Tierre Sams (Edison, Fresno)
10.67 Minimum standard

Wind-aided

10.42 *Bryan Harrison (Dana Hills, Dana Point)
10.57 Daunte Burks (Kennedy, Sacramento)
10.58 Vince Williams (University City, San Diego)
10.60 *Demetrius Guidry (Bear Creek, Stockton)
10.61 Philip Pipersburg (Santa Barbara)
10.62 *Larry Cooper (Hawthorne)
10.63 R.J. Soward (Fontana) 8th State
10.64 E.J. Jackson (Beyer, Modesto)
10.67 *DeAngelo Steward (Muir, Pasadena)
10.67 Minimum standard

Hand-timed:

10.4 Michael Granville (Bell Gardens)
10.4 Minimum standard

Wind-aided:

10.3 Michael Granville (Bell Gardens)
10.3 Felton Charles (McClymonds, Oakland)
10.4 R.J. Soward (Fontana)
10.4 Minimum standard

200 Meters

AR-20.13 Roy Martin (Roosevelt, Dallas, TX) 85
NF-20.0 Roy Martin (Roosevelt, Dallas, TX) 85
CR-20.50A Quincy Watta (Taft, Woodland Hills) 87
21.10 *Bryan Harrison (Dana Hills, Dana Point) 1st State
21.10 *Obea Moore (Muir, Pasadena) 2nd State
21.23 *Demetrius Guidry (Bear Crk, Stockton) 6th State
21.29 Clarence Scott (Fremont, Los Angeles)
21.31 Vince Williams (Univ City, San Diego) 5th State
21.33 Leon Callen (De La Salle, Concord)
21.55 *Jamal Green (Oceanside)
21.58 Minimum standard

Wind-aided:

20.82 *Bryan Harrison (Dana Hills, Dana Point)
20.89 Felton Charles (McClymonds, Oakland) 8th State
20.95 *Obea Moore (Muir, Pasadena)
20.96 *Demetrius Guidry (Bear Creek, Stockton)
21.18 Vince Williams (University City, San Diego)
21.40 Jerome Burrell (Palm Springs)
21.41 Michael Granville (Bell Gardens)
21.58 Kevin Griswold (Garden Grove)
21.58 Minimum standard

400 Meters

AR-44.69n Darrell Robinson (Wilson, Tacoma, WA) 82
NF-45.5 Anthony Ketchum (Needville, TX) 81, Roddie Haley (Texarkana, TX) 84, Deon B. Minor (Paris, TX) 91
CR-45.09 Henry Thomas (Hawthorne) 85
45.14 *Obea Moore (Muir, Pasadena) #2 All-time CA; #4 All-time U.S.; 1st State
46.15 Michael Granville (Bell Gardens)
46.97 Damian Allen (Damien, La Verne)
47.07 Lydell Burston (Morse, San Diego) 6th State
47.67 Ray Carter (Morse, San Diego) 7th State
47.77 Minimum standard

800 Meters

AR-1:46.58 George Kersh (Pearl, MS) 87

NF-1:47.31 Pete Richardson (Berkeley) 81

CR-1:47.31 Pete Richardson (Berkeley) 81

1:47.96 Michael Granville (Bell Gardens) #3 All-time CA
#4 All-time U.S.; 2nd State
1:49.16 *Obea Moore (Muir, Pasadena) #12 All-time CA
#26 All-time U.S.

1:50.29 Michael Stember (Jesuit, Carmichael)
1:51.75 Jess Strutzel (Huntington Beach) 9th State
1:52.17 Jeremy Lyon (Hesperia) 6th State
1:52.53 *James Levine (Golden Valley, Merced) 4th State
1:52.6 Daniel Sikiric (Leland, San Jose)
1:53.39 Minimum standard

1,500 Meters

AR-3:39.0n Jim Ryun (East, Wichita, KS) 64
CR-3:46.4 Paul Medvin (University, Los Angeles) 79
3:46.65 Michael Stember (Jesuit, Carmichael)
#2 All-time CA; #10 All-time U.S.
3:54.0e Larry Henderson (Mira Mesa, San Diego)
3:55.5e Michell Jones (Livermore)
3:57.9e Minimum standard

1,600 Meters

AR-3:55.3 (mile) Jim Ryun (East, Wichita, KS) 65
NF-3:58.8 Jim Ryun (East, Wichita, KS) 65
CR-3:59.4 (mile) Tim Danielson (Chula Vista) 66
4:04.00 Michael Stember (Jesuit, Carmichael)
#6 All-time CA; #25 All-time U.S.; 1st State
4:09.58 Larry Henderson (Mira Mesa, San Diego) 3rd State
4:11.94 Michell Jones (Livermore) 5th State
4:13.78 Daniel Sikiric (Leland, San Jose)
4:15.11 *Tom Prindville (De La Salle, Concord)
4:15.25 Minimum standard

Mile

AR-3:55.3 Jim Ryun (East, Wichita, KS) 65
CR-3:59.4 Tim Danielson (Chula Vista) 66
4:08.51 Mike Stember (Jesuit, Carmichael)
4:15.31 Brandon Pacheco (Brethren Christian, Cypress)
4:16.12 Minimum standard

2,000-meter steeplechase

AR-5:43.9 Steve Guerrini (Santa Rosa) 91
CR-5:43.9 Steve Guerrini (Santa Rosa) 91
5:59.40 Jeremy Lyon (Hesperia)
6:07.91 Minimum standard

3,000 Meters

AR-8:05.8 John Trautmann (Central Valley, NY) 86
CR-8:07.60 Eric Mastalir (Jesuit, Carmichael) 86
8:34.5e David McQuitty (Grossmont, La Mesa)
8:36.8e Minimum standard

3,000-meter Steeplechase

AR-8:50.1 Jeff Hess (South Eugene, Eugene, OR) 79
CR-9:10.8 *Dave Daniels (San Geronimo, San Bernardino) 76
9:30.2 Jeremy Lyon (Hesperia)
9:54.4 Minimum standard

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3,200 Meters

AR-8:36.3 (2 miles) Jeff Nelson (Burbank, CA) 79
 NF-8:41.5 (2 miles) Steve Prefontaine (Coos Bay, OR) 69
 CR-8:33.3+ Jeff Nelson (Burbank) 79
 9:02.36 Michael Stember (Jesuit, Carmichael) 8th State
 9:09.27 Michael Jones (Livermore)
 9:10.44 David McQuilty (Grossmont, La Mesa) 3rd State
 9:15.60 Minimum standard

110 Hurdles (39")

AR-13.30 Chris Nelloms (Dunbar, Dayton, OH) 90
 NF-12.9 Renaldo Nehemiah (Scotch Plains, NJ) 77
 CR-13.41 Steve Kerho (Mission Viejo) 82
 13.99 Sharif Paxton (Crenshaw, Los Angeles)
 14.19 Jake Kuritz (Torrey Pines, Encinitas) 8th State
 14.27 Minimum standard
 Other State Meet finalists:
 2. *Kenyon Rambo (Poly, Long Beach), 4. *Dominic DeGrammont (Tustin), 6. Mark Roman (Central), 7. Eric Patterson (Poly, Long Beach)

300 Hurdles

AR-35.32 George Porter (Cabrillo, Lompoc, CA) 85
 NF-35.32 George Porter (Cabrillo, Lompoc, CA) 85
 CR-35.32 George Porter (Cabrillo, Lompoc) 85
 37.18 *Kenyon Rambo (Poly, Long Beach) DNF State (fell)
 37.50 Makio Haywood (Muir, Pasadena) 5th State
 37.92 Jake Kuritz (Torrey Pines, Encinitas) 7th State
 37.92 Minimum standard

4 X 100

AR-40.09 Jasper, TX 91
 NF-39.9 Jasper, TX 91
 CR-40.24 Hawthorne 89

4 X 400

AR-3:07.40 Hawthorne, CA 85
 NF-3:07.40 Hawthorne, CA 85
 CR-3:07.40 Hawthorne 85

High Jump

AR-7-6 Dethel Edwards (Cedar Shoals, Athens, GA) 83
 NF-7-5 1/4 Dethel Edwards, Jr. (Ced Shis, Atla, GA) 84
 CR-7-4 1/2 Maurice Crumby (Balboa, San Fran) 83
 6-10 1/4 Minimum standard

Pole Vault

AR-18-2 Brandon Richards (San Marcos, SBarb, CA) 85
 NF-17-9 1/2 Joe Dial (Marlow, OK) 81
 CR-18-2 Brandon Richards (San Marcos, SBarbara) 85
 15-9 Steve Michels (Brethren Christian, Cypress) 7th State
 15-4 Minimum standard

Long Jump

AR-26-9 1/4 Dion Bentley (Penn Hills, Pittsburgh, PA) 89
 NF-26-4 3/4 James Stallworth (Tulare, CA) 89
 CR-26-4 3/4 James Stallworth (Tulare) 89
 25-4 1/2 Clarence Scott (Fremont, LA) 1st State
 24-1 Ronnie Jenkins (Hueneme, Oxnard) 7th State
 23-10 3/4 James McGee (Sacramento)
 23-8 1/2 Minimum standard
 Wind-aided:
 25-2 Scott
 23-9 Minimum standard

Triple Jump

AR-53-9 1/4 Brian Tabor (Clarke Central, Athens, GA) 89
 NF-52-10 1/2 Charley Mayfield (Muir, Pasadena, CA) 81
 CR-53-6 1/2 Joe Richardson (Muir, Pasadena) 84

50-10 3/4 Gerald Williams (Lynwood) 3rd State
 48-11 3/4 Ty Anderson (Poly, Long Beach) 2nd State
 48-1 3/4 Derrick Evans (Muir, Pasadena) 5th State
 48-0 3/4 Minimum standard
 Wind-aided:
 48-7 1/2 Derrick Evans (Muir, Pasadena)
 48-7 Peter Slater (Pleasant Valley, Chico) 7th State
 48-0 3/4 Minimum standard

Shot

AR-81-3 1/2 Mike Carter (Jefferson, Dallas, TX) 79
 NF-77-0 Mike Carter (Jefferson, Dallas, TX) 79
 CR-76-2 Brent Noon (Fallbrook) 90
 61-7 3/4 J.D. Martin (Madera) 2nd State
 61-2 Jason Hammond (Fowler) 5th State
 61-2 *Brian Chase (Card Newman, SRosa) 3rd State
 59-8 **Van Mounts (Bakersfield) 4th State
 59-3 1/2 Minimum standard

Discus

AR-225-2 Kamy Keshmiri (Reno, NV) 87
 NF-224-3 Kamy Keshmiri (Reno, NV) 87
 CR-210-8 Brian Blufreich (Capistrano Vly, Mission Viejo) 85
 184-5 J.D. Martin (Madera) NQ State
 179-1 Minimum standard
 Other State Meet finalists:
 3. Jason Hammond (Fowler), 8. Jon Mayhew (Wilson), 9. David Herrick (Mt. Carmel)

Decathlon

AR-7359 Craig Brigham (South Eugene, Eugene, OR) 72
 CR-6970a Tom Richards (San Marcos, Santa Barbara) 86
 5678a David Kuhn (Calvary Chapel, Santa Ana)
 5033 Minimum standard

Women

100 Meters

AR-11.13 *Chandra Cheeseborough (Jacksonville, FL) 76
 NF-11.14 *Marion Jones (Thousand Oaks, CA) 92
 CR-11.14 *Marion Jones (Thousand Oaks) 92
 11.24 **Angela Williams (Chino)
 #2 All-time CA; #4 All-time U.S.
 11.56 Jermae Wright (Logan, Union City) 2nd State
 11.82 *Malika Edmonson (St. Bernard, Playa del Rey)
 11.84 *Akiba McKinney (M Vista, Spring Vly) 7th State
 11.89 **Miesha Withers (Morningside, Inglewood)
 11.92 *Daveetta Spegher (Salesian, Richmond)
 11.99 Minimum standard
 Other State Meet finalists:
 8. LaTroya Mucker (Grant)
 Wind-aided:
 11.50 Jermae Wright (Logan, Union City)
 #12 All-time CA; #22 All-time U.S.
 11.82 **Miesha Withers (Morningside, Inglewood)
 11.86 *Michelle Perry (Quartz Hill)
 11.90 Jonquil David (Charter Oak, Covina)
 11.99 Minimum standard
 Hand-timed wind-aided:
 11.7 Virginia Williams (Dominguez, Compton)
 11.7 Minimum standard

200 Meters

AR-22.58 *Marion Jones (Thousand Oaks, CA) 92
 NF-22.67 *Marion Jones (Thousand Oaks, CA) 92
 CR-22.58 *Marion Jones (Thousand Oaks) 92
 23.81 *Malika Edmonson (St. Bernard, Playa del Rey)
 24.27 **Angela Williams (Chino)
 24.32 **Miesha Withers (Morningside, Inglewood)



Michael Stember

Photo by Bill Leung, Jr./Geek Media

24.38 *Kinchasa Davis (Wilson, Long Beach)
 24.45 **Theodessa Rivers (Rancho Verde, MorVly)
 24.49 *Carla Estes (Logan, Union City)
 24.51 *Akiba McKinney (M Vista, Spring Vly) 9th State
 24.52 Minimum standard
 Other State Meet finalists:
 7. Lana Garner (Morse)
 Wind-aided:
 23.44 **Angela Williams (Chino) #7 All-time CA
 #17 All-time U.S.
 24.07 **Miesha Withers (Morningside, Inglewood)
 24.33 *Kinchasa Davis (Wilson, Long Beach)
 24.50 La Troya Mucker (Hamilton, Los Angeles) 5th State
 24.50 Minimum standard
 Hand-timed:
 24.0 **Angela Williams (Chino)
 24.3 Minimum standard
 Wind-aided:
 24.1 Jonquil David (Charter Oak, Covina)
 24.3 Minimum standard

400 Meters

AR-50.87 Denean Howard (Kennedy, Granada Hills) 82
 NF-52.39 Denean Howard (Kennedy, Granada Hills) 82
 CR-50.87 Denean Howard (Kennedy, Granada Hills) 82
 53.27 *Carla Estes (Logan, Union City) 2nd State
 53.40 **Angela Williams (Chino) 1st State
 53.96 **Kadrina Coffee (Palmdale)
 54.40 **Theodessa Rivers (Rancho Verde, Moreno Valley)
 54.44 Lana Garner (Morse, San Diego) 4th State
 54.59 *Malika Edmonson (St. Bernard, Playa del Rey) 6th State
 54.62 *Kinchasa Davis (Wilson, Long Beach) 5th State
 54.86 **Julia Gray (North, Riverside) 3rd State
 55.55 *Regina Caruthers (St. Bernard, Playa del Rey)
 55.57 Miesha Williams (Poly, Long Beach)
 55.98 Minimum standard
 Other State Meet finalist:
 9. *Seneik Saavedra (El Cerrito)

800 Meters

AR-2:00.07 Kim Gallagher (Upper Dublin, Ft. Washington, PA) 82
 NF-2:04.5 Joetta Clark (Maplewood, Columbia, NJ) 80
 CR-2:02.29 **Mary Decker (Orange) 74
 2:12.34 Marina Ze (Livermore) 2nd State
 2:12.81 Sherron Rhetta (Poly, Long Beach) 9th State
 2:12.89 *Julia Stamps (Santa Rosa)
 2:13.06 *Angie Milner (Modesto) 3rd State
 2:13.13 Amanda Boice (Folsom)
 2:13.39 Tina Bowen (San Ramon Valley, Danville)
 2:13.46 *Nicole Campbell (Ventura) 4th State
 2:13.64 Minimum standard

continued next page

PREP NOTES

1,500 Meters

AR-4:16.6e Kim Gallagher (Upper Dublin, Ft. Washington, PA) 82
CR-4:16.8 *Francie Larrieu (Fremont, Sunnyvale) 69
4:29.48 *Julia Stamps (Santa Rosa)
4:34.5e Annie Ebner (St. Lucys, Glendora)
4:36.5e *Kristen Gordon (Carondelet, Concord)
4:38.1e *Shelby Horgan (Temescal Canyon, Elsinore)
4:40.0e Kim Mortensen (Thousand Oaks)
4:41.97 Sarabeth Schweitzer (Home School, Marysville)
4:42.0 Minimum standard

1,500 Meters

AR-4:35.24 (mile) Polly Plumer (University, Irvine, CA) 82
NF-4:39.4 Laura Matson (Andover, Bloomfield Hills, MI) 85
CR-4:35.24 (mile) Polly Plumer (University, Irvine) 82
4:45.30 *Julia Stamps (Santa Rosa)
4:53.03 Annie Ebner (St. Lucys, Glendora) 3rd State
4:54.97 *Kristen Gordon (Carondelet, Concord) 5th State
4:56.85 *Shelby Horgan (Temescal Canyon, Elsinore) 8th State
4:59.23 Kim Mortensen (Thousand Oaks)
5:00.48 *Jennifer Spahr (Huntington Beach)
5:00.65 Minimum standard

Mile

AR-4:35.24 Polly Plumer (University, Irvine, CA) 82
CR-4:35.24 Polly Plumer (University, Irvine) 82
4:48.08 *Julia Stamps (Santa Rosa)
5:01.78 Minimum standard

3,000 Meters

AR-9:08.6 Lynn Bjorklund (Los Alamos, NM) 75
CR-9:11.80 Cory Schubert (Del Mar, San Jose) 83
9:21.99 *Julia Stamps (Santa Rosa) #2 All-time
10:06.5e Kim Mortensen (Thousand Oaks)
10:09.3e *Kristen Gordon (Carondelet, Concord)
10:11.2e Annie Ebner (St. Lucys, Glendora)
10:12.4e *Tracy Cohn (Stockdale, Bakersfield)
10:13.80 Minimum standard

3,200 Meters

AR-10:03.5 (2 mile) Mary Shea (Card Gib, Raleigh, NC) 79
NF-10:03.07 Erin Forrest Keogh (Langley, McLean, VA) 87
CR-10:07.6 (2 mile) Cory Schubert (Del Mar, San Jose) 83
10:15.27 *Julia Stamps (Santa Rosa) #7 All-time CA;
#19 All-time U.S.; 1st State
10:42.85 Kim Mortensen (Thousand Oaks) 4th State
10:47.03 Annie Ebner (St. Lucys, Glendora)
10:47.1 *Tracy Cohn (Stockdale, Bakersfield) 6th State
10:47.8 *Kristen Gordon (Carondelet, Concord)
10:54.01 *Anne Gunnison (McClatchy, Sacra) 7th State
10:54.83 Deborah Bleisch (Silver Crk, San Jose) 8th State
10:55.0 Minimum standard
Other State Meet finalist:
9. Veronica Sanchez (Wasco)

5,000 Meters

AR-16:00.44 Cathy Schiro (Dover, NH) 85
CR-16:31.2 *Julia Stamps (Santa Rosa) 95
16:31.2 *Julia Stamps (Santa Rosa) #1 All-time
17:50.9e Minimum standard

100 Hurdles (33")

AR-12.95 *Candy Young (Beaver Falls, PA) 79
NF-13.33 Dawn Bowles (Neptune, NJ) 88
CR-13.38 Joanna Hayes (North, Riverside) 95
14.05 *Daveetta Shepherd (Sal, Richmond) 4th State
14.06 Ayanna Grant (Bishop O'Dowd, Oakland)
14.18 Rori Kelly (Morningside, Inglewood) 2nd State

14.18 **Ashley Bethel (Mission Viejo) 3rd State
14.25 **Janee Mitchell (El Cerrito)
14.36 *Michelle Perry (Quartz Hill)
14.49 Tina Watkins (South, Bakersfield)
14.51 Minimum standard

Other State Meet finalist:

7. Ayana Grant (Bishop O'Dowd, Oakland)
Wind-aided:
13.72 *Daveetta Shepherd (Salesian, Richmond)
#2 All-time CA; #10 All-time U.S.
13.83 **Ashley Bethel (Mission Viejo)
14.07 Rori Kelly (Morningside, Inglewood)
14.12 **Janee Mitchell (El Cerrito)
14.14 **Natasha Neal (Castro Valley)
14.41 Kerry O'Bric (Edison, Huntington Beach)
14.46 Minimum standard

300 Hurdles

AR-40.18 *Leslie Maxie (Mills, Milbrae, CA) 84
NF-40.18 *Leslie Maxie (Mills, Milbrae, CA) 84
CR-40.18 *Leslie Maxie (Mills, Milbrae) 84
42.90 *Daveetta Shepherd (Sales, Richmond) 3rd State
43.12 Nichole Thomas (Morningside, Inglewood) 5th State
43.97 Stacy Hebert (Buena, Ventura)
44.05 *Katie Schukle (Santa Rosa) 8th State
44.09 Minimum standard

400 Hurdles

AR-55.20 *Leslie Maxie (Mills, Milbrae, CA) 84
CR-55.20 *Leslie Maxie (Mills, Milbrae) 84
1:01.16 *Daveetta Shepherd (Salesian, Richmond)
1:01.56 **Natasha Neal (Castro Valley)
1:02.92 Minimum standard

4 X 100

AR-45.11 Hawthorne, CA 85
NF-45.11 Hawthorne, CA 85
CR-45.11 Hawthorne 85

High Jump

AR-6-4 Amy Acuff (Catalien, Corpus Christi, TX) 93
NF-6-3 *Amy Acuff (Catalien, Corpus Christi, TX) 92
CR-6-2 3/4 Latrese Johnson (Clovis) 85
6-0 Tara Fleming (Immanuel, Reedley)
#6 All-time CA; #16 All-time U.S.; 1st State
5-9 *Tayyiba Haneef (Laguna Hills)
5-8 Linnea Housewright (Rosary, Fullerton)
5-8 Shavert Williams (Poly, Long Beach) 4th State
5-8 *Liz Giltner (Chaminade, Canoga Park) 6th State
5-8 Minimum standard
Other State Meet finalist:
8. Tait Holden (Wood, Vacaville)

Pole Vault

AR-13-1 3/4 Melissa Price (Kingsburg, CA) 95
NF-12-6 Melissa Price (Kingsburg, CA) 95
CR-13-1 3/4 Melissa Price (Kingsburg) 95
10-10 ***Bridgett Pearson (Glendale)
10-7 **Allison Knobe (Kingsburg)
10-6 1/4 Shannon Flett (Acalanes, Lafayette) 6th State
10-2 Denise Warner (Pond, Shingle Springs) 5th State
10-0 **Amanda Sweeten (Tokay, Lodi)
10-0 *Laura Eckley (Yreka)
10-0 *Kolby Keiser (Sanger)
9-10 *Breanna Haut (Harbor, Santa Cruz)
9-10 *Maria Lopez (Newark)
9-10 Kim Pickup (Chatsworth) NH State
9-10 Minimum standard

Long Jump

AR-22-3 Kathy McMillan (Hoke County, Raeford, NC) 76
NF-22-1 3/4 Kathy McMillan (Hoke County, Raeford, NC) 76
CR-22-0 1/2 Marion Jones (Thousand Oaks) 93
20-9 3/4 Jernae Wright (Logan, Union City)
#5 All-time CA; #12 All-time U.S.; 1st State
19-8 1/4 Tisha Ponder (Del Mar, San Jose)
19-3 1/4 **Ashley Bethel (Mission Viejo) 5th State
19-2 1/2 *Carla Estes (Logan, Union City) 3rd State
19-2 *Erin Stovall (Woodbridge, Irvine)
19-0 3/4 *Akiba McKinney (M Vista, Spring Vly) 8th State
18-10 1/2 Minimum standard
Other State Meet finalists:
7. **Bunmi Ogunleye (Poly, Long Beach). 9. Richelle Perkins (Bishops)
Wind-aided:
20-9 1/2 Wright (Logan, Union City)
19-5 1/2 *Carla Estes (Logan, Union City)
19-5 1/4 *Akiba McKinney (Monte Vista, Spring Valley)
19-0 1/2 *Reynda King (St. Marys, Inglewood)
18-11 Minimum standard

Triple Jump

AR-44-0 1/2 Juliana Yendork (Walnut, CA) 91
NF-44-0 1/2 Juliana Yendork (Walnut, CA) 91
CR-44-0 1/2 Juliana Yendork (Walnut) 91
40-6 1/2 Kelly O'Connor (Esperanza, Anaheim) 1st State
39-11 3/4 Tisha Ponder (Del Mar, San Jose)
38-11 1/4 **Damesha Griffith (Trab Hills, Miss Viejo) 2nd St.
38-11 Kerry O'Bric (Edison, Huntington Beach) 3rd State
38-8 1/2 Minimum standard
Other State Meet finalists:
7. Julie Tinker (Valley, Sacramento). 8. Andrea Lacson (Logan, Union City)
Wind-aided:
39-9 1/2 Connie Smith (Modesto) 4th State
39-2 1/2 **Damesha Griffith (Trabuco Hills, Mission Viejo)
39-0 3/4 Kerry O'Bric (Edison, Huntington Beach)
38-8 1/2 Minimum standard

Shot

AR-53-7 3/4 Natalie Kaaiawahia (Fullerton, CA) 83
NF-53-7 3/4 Natalie Kaaiawahia (Fullerton, CA) 83
CR-53-7 3/4 Natalie Kaaiawahia (Fullerton) 83
44-8 **Chaniqua Ross (Lag Crk, Elk Grove) 4th State
43-9 1/2 Darlene Tulua (Carmel)
43-0 1/2 *Kristin Bryden (Anderson) 6th State
43-0 Minimum standard
Other State Meet finalists:
7. Sarah Cisneros (Rubidoux). 9. Maria Philman (Edison) 39-6

Discus

AR-188-4 Suzy Powell (Downey, Modesto, CA) 94
NF-179-1 Suzy Powell (Downey, Modesto, CA) 94
CR-188-4 Suzy Powell (Downey, Modesto) 94
156-7 Mandy Buckley (Bakersfield) 2nd State
151-4 **Chaniqua Ross (LagCreek, Elk Grove) 6th State
150-4 Darlene Tulua (Carmel) 3rd State
145-8 *Kristin Bryden (Anderson)
145-3 **Cecilia Barnes-Mileham (Clov W, Fresno) 4th State
142-7 Minimum standard

Heptathlon

AR-5237 Sharon Hatfield (Fountain Valley, CA) 82
CR-5237a Sharon Hatfield (Fountain Valley) 82
4836 **Ashley Bethel (Mission Viejo) #3 All-time CA
#29 All-time U.S.
4799 *Liz Giltner (Chaminade, Canoga Park)
4791 Kerry O'Bric (Edison, Huntington Beach)
4161 Minimum standard

PREP NOTES

ALL-WESTERN UNITED STATES CROSS COUNTRY TEAM

By Keith Conning

The Western United States is composed of twelve states: **Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming.** The following runners were chosen on the basis of their performance at the **Foot Locker West Regional.** I have also included results from the state meets, as well as the **Foot Locker National Championships.** The boys' team includes eight state meet champions. Eight states were represented on the boys' team: California (14), Washington (3), Arizona and Oregon (2), Idaho, Montana, New Mexico, and Utah (1).

The girls' team includes seven state meet champions. The four states were represented on the girls' team: California (14), Utah (8), Washington (2), and New Mexico (1).

Freshman **Lisa Whiting** (Mountain View High School, Orem, Utah) was the only runner to break into the top 25 times from another race. She won the freshman girls race by 29 seconds.

I would like to thank Foot Locker West Regional announcer Bob Womack for mailing me the out-of-state results.

TOP 25 BOYS

- Isaac Hawkins**, Jr, Spokane, WA--Joel E. Ferris High School, Spokane, WA
14:40 1) Washington AAA
15:16 1) West
15:33 12) National
- Jeffrey Hopkinson**, Sr, South Jordan, UT--Bingham High School, South Jordan, UT
15:15.9 1) Utah 5A
15:16 2) West
15:26.1 3) National
- Billy Herman**, Sr, Boise, ID--Centennial High School, Meridian, ID
15:52.41 1) Idaho A-1
15:17 3) West
15:27 6) National
- Daniel Sikiric**, Sr, San Jose, CA--Leland High School, San Jose, CA
15:23 1) California DII
15:20 4) West
DNF) National

- Tom Prindiville**, Jr, Antioch, CA--De La Salle High School, Concord, CA
15:50 9) California DII
15:22 5) West
15:42 15) National
- Rhy Reynolds**, Jr, Newport, OR--Newport High School, Newport, OR
15:58.5 2) Oregon Class 3A
15:24 6) West
16:16 28) National
- Will Bernaldo**, Sr, Ojai, CA--Nordhoff High School, Ojai, CA
15:45 3) California DIII
15:24 7) West
15:49 22) National
- Matt Twiest**, Sr, Albuquerque, NM--Albuquerque Academy, Albuquerque, NM
15:56 1) New Mexico AAA
15:27 8) West
15:32.7 11) National
- Larry Henderson**, Sr, San Diego, CA--Mira Mesa High School, San Diego, CA
15:41 1) California DI
15:30 9) West
- Brad Treat**, Sr, Kalispell, MT--Kalispell High School, Kalispell, MT
15:33 5) Montana Class AA
15:31 10) West
- Aaron Gillen**, Sr, Yreka, CA--Yreka High School, Yreka, CA
15:51 1) California D4
15:34 11) West
- Michael Kasahun**, Jr, Fresno, CA--Fresno High School, Fresno, CA
15:49 5) California DI
15:35 12) West
- Michael Murray**, Jr, Mission Viejo, CA--Santa Margarita High School, Rancho Santa Margarita, CA
15:41 5) California DII
15:36 13) West
- Grant Robison**, Jr, McMinnville, OR--McMinnville High School, McMinnville, OR
16:01.4 3) Oregon Class 4A
15:38 14) West
- Mike Wojciechowski**, Sr, Concord, CA--Clayton Valley High School, Concord, CA
15:37 2) California DIII
15:40 15) West
- Ronnie Buchanan**, So, Santa Maria, CA--Ernest Righetti High School, Santa Maria, CA
15:45 7) California DII
15:41 16) West

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ALL-CALIFORNIA CROSS COUNTRY TEAM

By Keith Conning

The All-California High School Cross Country Team is selected on the basis of the best time at **Woodward Park, Fresno** in the **State Meet** or the **Foot Locker West Regional.**
Symbols: - = senior, * = junior, ** = sophomore, *** = freshman. Abbreviations: DNF=did not finish. Sections: CCS=Central Coast, NCS=North Coast, NS=Northern, SDS=San Diego, SJS=Sacramento, SS=Southern.

TOP 25 BOYS

- Daniel Sikiric** (Leland, San Jose)
16:13 9) De La Salle/Caro 09/23
11:47 6) Artichoke 10/08
15:29 6) Mt. SAC #44 10/21
15:36 1) CCS DII 11/11
15:23 1) State DII 11/25
15:20 4) West 12/02
DNF) National 12/09
- Tom Prindiville** (De La Salle, Concord)
15:23 2) De La Salle/Caro 09/23
16:13 8) Stanford DI 09/30
16:10 1) Castro Valley 10/14
15:14 2) Mt. SAC #44 10/21
15:35 1) NCS DII 11/18
15:50 9) State DII 11/25
15:22 5) West 12/02
15:42 15) National 12/09
- Will Bernaldo** (Nordhoff, Ojai)
17:58 4) Morro Bay 09/09
16:00 2) Rotary West Ojai 09/16
15:38 2) Blue Lagoon 09/23
16:12 3) Stanford DIII 09/30
15:34 1) SS DIII 11/18
15:45 3) State DIII 11/25
15:24 7) West 12/02
15:49 22) National 12/09
- Michael Stember** (Jesuit, Carmichael)
11:28 1) Artichoke Large 10/08
15:13 1) Mt. SAC #44 10/21
15:50 1) SJS DII 11/11
15:29 2) State DII 11/25
- Larry Henderson** (Mira Mesa, San Diego)
10:20 1) Vaquero Stamp 09/02
10:15 1) Bronco Round-up 09/09
14:41 1) Mt. Carmel 09/16
15:15 1) Laguna Hills 09/23
15:16 2) Mt. SAC #45 10/21
15:54 1) SDS DI 11/18

- | | | |
|-------|-------------|-------|
| 15:41 | 1) State DI | 11/25 |
| 15:30 | 9) West | 12/02 |
- David McQuitty** (Grossmont, La Mesa)
10:28 2) Vaquero Stamp 09/02
10:43 7) Bronco Round-up 09/09
15:25 3) Mt. Carmel Comb 09/16
15:08 3) Dana Hills 09/30
15:29 4) Mt. SAC #45 10/21
16:14 2) SDS DII 11/18
15:31 3) State DII 11/25

- Aaron Gillen** (Yreka)
15:53 CR 1) Yreka 09/09
15:05 1) Mt. SAC #45 10/21
15:33 1) NS 11/11
15:51 1) State D4 11/25
15:34 11) West 12/02

- Michael Kasahun** (Fresno)
17:18 2) Morro Bay 09/09
14:52 1) Madera Elks 10/05
15:56 12) Mt. SAC #45 10/21
16:18 3) CS DI 11/11
15:49 5) State DI 11/25
15:35 12) West 12/02

- Michael Murray** (Santa Margarita, Rancho Santa Margarita)
15:46 3) SS DII 11/18
15:41 5) State DII 11/25
15:36 13) West 12/02

- Joe Smith** (Livermore)
10:44 2) Ed Sias 09/16
15:52 6) De La Salle/Caro 09/23
15:28 3) NCS DIII 11/18
15:37 1) State DIII 11/25

- Mike Wojciechowski** (Clayton Valley, Concord)
15:37 4) De La Salle/Caro 09/23
15:59 2) Stanford DIII 09/30
16:25 2) Castro Valley 10/14
15:41 3) Mt. SAC DIII Swp 10/20
15:24 2) NCS DIII 11/18
15:37 2) State DIII 11/25
15:40 15) West 12/02

- Ayub Abdusalam** (Hoover, San Diego)
14:45 2) Mt. Carmel Comb 09/16
15:50 1) Stanford DI 09/30
15:09 1) Central Park DI 10/07
15:17 3) Mt. SAC #45 10/21
15:57 1) SDS DI 11/18
15:39 4) State DI 11/25

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PREP NOTES

ALL-WEST

17. **Rey Vasquez**, Sr, Yuma, AZ
-Kofa High School, Yuma, AZ
15:58.7 12) Arizona Class 5A
15:42 17) West
18. **Juwan Nuvayokua**, Jr, Ky-
kotsmivi Village, AZ--Hopi High
School, Keams Canyon, AZ
14:56.4 1) ArizClass 1A/2A
15:43 18) West
19. **Jeremy Lyon**, Sr, Hesperia,
CA--Hesperia High School, Hesperia
16:11 15) California DI
15:44 19) West
20. **Kyle Smita**, Jr, Bellevue,
WA--Newport High School, Bellevue, WA
15:17 11) Washington AAA
15:45 20) West
21. **Dan Gaston**, Jr, Huntington
Beach, CA
15:45 21) West
22. **Todd Disney**, Sr, Thousand
Oaks, CA--Thousand Oaks High
School, Thousand Oaks, CA
15:47 3) California DI
15:47 22) West
23. **Elwood Blues**, Sr, Sacramento, CA
15:48 23) West
24. **Sean Clendaniel**, Sr, Yucaipa,
CA--Yucaipa High School, Yucaipa, CA
15:45 6) California DI
15:49 24) West
25. **Cary Stidham**, Sr, Seattle,
WA--Nathan Hale High School, Seattle, WA
15:03 2) Washington AA
15:50 25) West

TOP 25 GIRLS

1. **Julia Stamps**, Jr, Santa Rosa,
CA--Santa Rosa High School, Santa Rosa, CA
16:45 1) California DI
16:45 1) West
DNF) National
2. **Kim Mortensen**, Sr, Thousand
Oaks, CA--Thousand Oaks
High School, Thousand Oaks, CA
17:25 2) California DI
17:12 2) West
3. **Annie Ebner**, Sr, West Covina,
CA--St. Lucy's Priory High
School, Glendora, CA
17:51 1) California DI
17:26 3) West
4. **Elaine Canchola**, So, Ojai,
CA--Nordhoff High School, Ojai, CA
17:36 1) California DI
17:39 4) West
5. **Kimi Welsh**, So, Yucaipa, CA
-Yucaipa High School, Yucaipa, CA
17:56 2) California DI
17:55 5) West

6. **Amy Swier**, Jr, Aztec, NM
-Aztec High School, Aztec, NM
18:26 1) New Mexico AAA
(course record)
17:58 6) West
7. **Katie Nuanes**, Jr, Santa Ana,
CA--Santa Margarita High
School, Rancho St Margarita, CA
18:05 3) California DI
18:00 7) West
8. **Emily Allison**, Sr, San Jose,
CA--Leland High School, San Jose, CA
18:11 4) California DI
18:01 8) West
9. **Tara Rohatinsky**, Jr, Provo,
UT--Provo High, Provo, UT
18:27.4 4) Utah 4A
18:07 9) West
10. **Heather Garrison**, So, Fullerton,
CA--Buena Park High
School, Buena Park, CA
18:21 3) California DI
18:17 10) West
11. **Heather Wallace**, Sr, Clayton,
CA--Clayton Valley High
School, Concord, CA
18:30 4) California DI
18:17 11) West
12. **Ann Ramsey**, Jr, Seattle,
WA--Lakeside High School, Seattle, WA
17:45.6 1) Washington AA
18:19 12) West
13. **Sarah Gardiner**, Jr, Salt
Lake City, UT--East High School,
Salt Lake City, UT
17:52.7 2) Utah 4A
18:21 13) West
14. **Kristen Koppes**, Sr, Redding,
CA--Foothill High School, Redding, CA
18:31 6) California DI
18:22 14) West
15. **Lisa Whiting**, Fr, Orem, UT
Mountain View High School,
Orem, UT
18:14.8 3) Utah 5A
18:24 1) West Freshman
16. **Lauren Adams**, Sr, Park
City, UT--Park City High School,
Park City, UT
18:16.6 1) Utah 3A
18:26 15) West
17. **Jennifer Smith**, Jr, Spokane,
WA--Joel E. Ferris High
School, Spokane, WA
17:56 7) Washington AAA
18:32 16) West
18. **Mary Huang**, Sr, Provo, UT
18:33 17) West
19. **Elizabeth Jackson**, Sr, Salt
Lake City, UT--East High School,
Salt Lake City, UT
17:40.0 1) Utah 4A
18:35 18) West
20. **Allyson Marquand**, Fr, Irvine,
CA--University High
School, Irvine, CA
18:17 5) California DI

ALL-CALIFORNIA

13. ***Ronnie Buchanan**
(Righetti, Santa Maria)
15:23 1) Seaside So 09/02
16:04 3) Stanford DI 09/30
15:34 6) Mt. SAC #45 10/21
15:47 4) SS DI 11/18
15:45 7) State DI 11/25
15:41 16) West 12/02
14. **Jeremy Lyon**
(Hesperia)
16:38 1) Rim Run Large 09/16
15:40 9) Mt. Carmel Comb 09/16
14:59 3) Nogales 09/23
15:58 14) Mt. SAC #45 10/21
15:47 7) SS DI 11/18
16:11 15) State DI 11/25
15:44 19) West 12/02
15. **(tie) Sean Clendaniel**
(Yucaipa)
15:04 4) Woodbrid Comb 09/16
15:19 2) Laguna Hills 09/23
14:54 1) Dana Hills 09/30
15:13 CR 1) Yucaipa DI 10/07
15:25 4) Mt. SAC #44 10/21
15:42 1) SS DI 11/18
15:45 6) State DI 11/25
15:49 24) West 12/02
15. **(tie) Dan Gaston**
(Huntington Beach)
14:12 2) Las Vegas Large 09/09
15:26 19) Woodbrid Comb 09/16
15:22 1) La Mirada Roadrun 09/23
15:31 2) Central Park DI 10/07
16:10 3) Riverside Co DI 10/14
16:00 13) SS DI 11/18
15:45 21) West 11/25
17. ***Ryan Deane**
(Peninsula, Rolling Hills Estates)
15:16 11) Woodbrid Comb 09/16
16:10 5) Stanford DI 09/30
16:04 5) Kenny Staub DI 10/07
16:15 4) San Luis Obispo DI 10/14
15:35 9) Mt. SAC #44 10/21
15:40 4) SS DI 11/18
15:46 2) State DI 11/25
18. **(tie) Scott Abbott**
(Jesuit, Carmichael)
16:32 1) John Crognen Mem 09/09

- 16:07 4) Stanford DI 09/30
11:42 5) Artichoke Large 10/07
15:31 7) Mt. SAC #44 10/21
15:58 2) SJS DI 11
15:47 8) State DI 11/25

18. (tie) Todd Disney

- (Thousand Oaks)
14:58 3) Seaside Sr 09/02
15:28 4) Mt. Carmel Comb 09/16
15:26 5) Laguna Hills 09/23
15:28 3) Central Park 10/07
15:44 14) Mt. SAC #44 10/21
15:49 1) Ventura County 10/27
15:35 2) SS DI 11/18
15:47 3) State DI 11/25
15:47 22) West 12/02

20. (tie) Matt Wickersham

- (Mater Dei, Santa Ana)
15:07 5) Woodbrid Comb 09/16
15:34 3) La Mirada Roadr 09/23
16:11 6) Stanford DI 09/30
15:30 5) Orange Co #13 10/21
15:32 1) SS DI 11/18
15:48 4) State DI 11/25
15:54 33) West 12/02

20. (tie) Elwood Blues

- (Sacramento)
15:48 23) West 12/02

22. Kevin Koeper

- (St. Francis, La Canada)
14:56 2) Seaside Sr 09/02
15:11 1) Rosemead jr-sr 09/16
15:49 3) Kenny Staub DI 10/07
15:26 1) Mt. SAC DI Swp 10/20
15:35 2) SS DI 11/18
15:50 4) State DI 11/25
16:03 46) West 12/02

23. Omar Vega

- (Nordhoff, Ojai)
16:12 4) Rotary West Ojai 09/16
16:05 4) Blue Lagoon 09/23
16:22 8) Stanford DI 09/30
16:02 6) Mt. SAC DI Swp 10/20
16:01 2) Ventura County 10/27
16:14 10) SS DI 11/18
15:50 5) State DI 11/25

continued next page

- 18:37 19) West
21. **Andrea Neipp**, Jr, Palm-
dale, CA--Highland High School,
Palmdale, CA
18:12 3) California DI
18:37 20) West
22. **Shae Messersmith**, So,
American Fork, UT--Lehi High
School, Lehi, UT
18:54.1 2) Utah 3A
18:38 21) West
23. **Angie Winkler**, Sr, Huntington
Beach, CA--Fountain Valley
High School, Fountain Vly, CA

- 18:52 9) California DI
18:38 22) West
24. **Jessica Corbin**, Sr, Irvine,
CA--Irvine High School, Irvine,
CA
18:31 5) California DI
18:39 23) West
25. **Anique Monfrooy**, Sr, Salt
Lake City, UT--East High
School, Salt Lake City, UT
18:37.9 7) Utah 4A
18:39 24) West

PREP NOTES

ALL-CALIFORNIA

24. *Alfonso Ibarra

(Arlington, Riverside)

Note: Listed as a junior in the state meet results, but as a senior in Southern Section results.

16:43	2) Rim Run Large	09/16
15:03	1) Woodbridge	09/16
15:28	2) Yucaipa DII	10/07
16:34	2) Riverside Co DI	10/14
15:54	6) SS DII	11/18
15:51	10) State DII	11/25

25. -Manuel Andrade

(Coachella Valley, Thermal)

14:09	1) Las Vegas Small	09/09
14:52	1) Bell-Jeff DII	09/16
15:23	1) Yucaipa	10/07
15:32	5) Mt. SAC #45	10/21
15:42	5) SS DI	11/18
15:52	6) State DI	11/25
16:01	42) West	12/02

TOP 25 GIRLS

1. *Julia Stamps

(Santa Rosa)

16:59	1) Aggie	09/23
17:19	1) Stanford DI	09/30
16:56 CR	1) Mt. SAC #47	10/21
16:49 CR	1) NCS DI	11/18
16:45 =CR	1) State DI	11/25
16:45 =CR	1) West	12/02
	DNF) National	12/09

2. -Kim Mortensen

(Thousand Oaks)

16:35 CR	1) Seaside Jr	09/02
14:54	1) Mt. Carmel Comb	09/16
16:49	1) Laguna Hills	09/23
17:41	2) Stanford DI	09/30
17:02 CR	1) Central Park DI	10/07
17:14	2) Mt. SAC #47	10/21
17:34 CR	1) Ventura Co	10/27
17:17	1) SS DI	11/18
17:25	2) State DI	11/25
17:12	2) West	12/02

3. -Annie Ebner

(St. Lucy's Priory, Glendora)

18:25	1) Bronco	09/09
17:17	1) Woodbridge DIII	09/16
18:30	2) DLS/Car	09/23
17:53	1) San Gabriel Valley	10/07
17:40	3) Mt. SAC #47	10/21
17:25	1) SS DII	11/18
17:51	1) State DII	11/25
17:26	3) West	12/02

4. **Elaine Canchola

(Nordhoff, Ojai)

21:28	1) Morro Bay	09/09
18:36	1) Rotary West Ojai	09/16
18:30	1) Blue Lagoon	09/23
18:22	2) Stanford DII	09/30
17:56	1) Mt. SAC DIII Swp	10/20
18:20	2) Ventura County	10/27
17:35	1) SS DIII	11/18
17:36	1) State DIII	11/25
17:39	4) West	12/02

5. **Kimi Welsh

(Yucaipa)

17:45	3) Woodbridge Comb	09/16
17:53	3) Laguna Hills	09/23
17:37	4) Dana Hills	09/30
17:37 CR	1) Yucaipa DII	10/07
18:04	5) Mt. SAC #47	10/21
17:56	3) SS DII	11/18
17:56	2) State DII	11/25
17:55	5) West	12/02

6. *Katie Nuanes

(Santa Margarita, R St Margarita)

18:53	3) Bronco	09/09
18:12	10) Woodbrid Comb	09/16
17:59	5) Laguna Hills	09/23
18:06	9) Dana Hills	09/30
18:05	7) Mt. SAC #47	10/21
18:20	4) SS DII	11/18
18:05	3) State DII	11/25
18:00	7) West	12/02

7. -Emily Allison

(Leland, San Jose)

18:37	3) De La Salle/Caro	09/23
13:41	1) Artichoke Large	10/08
18:00	1) Mt. SAC #46	10/21
17:47	1) CCS DII	11/18
18:11	4) State DII	11/25
18:01	8) West	12/02

8. (tie) *Kristen Gordon

(Carondelet, Concord)

18:16	1) De La Salle/Caro	09/23
18:22	1) Stanford DIII	09/30
18:00	4) Mt. SAC #47	10/21
18:17	1) NCS DIII	11/18
18:12	2) State DIII	11/25
19:12	56) West	12/02

8. (tie) *Andrea Neipp

(Highland, Palmdale)

18:45	8) Seaside Jr	09/02
17:53	1) Yucaipa DI	10/07
18:38	1) Mt. SAC #59	10/21
17:53	2) SS DI	11/18
18:12	3) State DI	11/25
18:37	20) West	12/02

10. (tie) ***Allyson Marquand

(University, Irvine)

18:10	9) Woodbrid Com	09/16
17:29	2) Dana Hills	09/30
17:55	2) Central Park DI	10/07
18:54	1) Orange County #8	10/21
17:38	2) SS DI	11/18
18:17	5) State DII	11/25
18:37	19) West	12/02

10. (tie) **Heather Garrison

(Buena Park)

17:59	4) Woodbrid Comb	09/16
18:38	1) Sonora DI	09/23
18:45	4) Mt. SAC DIII Swp	10/14
18:42	3) SS DIII	11/18
18:21	3) State DIII	11/25
18:17	10) West	12/02

10. (tie) -Heather Wallace

(Clayton Valley, Concord)

18:58	6) De La Salle/Caro	09/23
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19:07	4) Stanford DI	09/30
18:12	8) Mt. SAC #47	10/21
18:30	2) NCS DIII	11/18
18:30	4) State DIII	11/25
18:17	11) West	12/02

13. (tie) *Jen Schindler

(Ponderosa, Shingle Springs)

18:40	1) Stanford DI	09/30
18:13	2) Mt. SAC #46	10/21
18:19	1) SJS DI	11/18
18:22	4) State DI	11/25

13. (tie) -Kristen Koppes

(Foothill, Redding)

15:30	2) Yreka	09/09
10:49	1) Chico	09/23
18:32	1) Roughrider Small	10/13
17:59	1) NS	11/18
18:31	6) State DII	11/25
18:22	14) West	12/02

15. -Jessica Corbin

(Irvine)

17:42	2) Woodbrid Comb	09/16
17:49	2) Laguna Hills	09/23
17:27	1) Dana Hills	09/30
18:29	11) Mt. SAC #47	10/21
18:19	6) SS DI	11/18
18:31	5) State DI	11/25
18:39	23) West	12/02

16. *Nancy Zhang

(Rowland, Rowland Hills)

20:00	6) Bronco	09/09
18:18	11) Woodbrg Comb	09/16
17:40	1) Nogales	09/23
18:54	3) San Gabriel Valley	10/07
18:32	5) Mt. SAC #46	10/21
18:27	7) SS DI	11/18
18:32	6) State DI	11/25

17. *Shelby Horgan

(Temescal Canyon, Elsinore)

18:53	4) Bronco	09/09
???	4) Mt. Carmel Comb	09/16
18:09	1) Yucaipa DIII	10/07
18:27	1) Riverside Co DI	10/14
18:34	3) Mt. SAC DIII Swp	10/20
18:26	2) SS DIII	11/18
18:34	5) State DIII	11/25
18:49	32) West	12/02

18. -Angie Winkler

(Fountain Valley)

15:06	1) Las Vegas Large	09/09
17:28	1) Sonora DI	09/23
17:33	3) Dana Hills	09/30
17:55	3) Central Park DI	10/07
18:04	1) Orange County #6	10/21
18:13	4) SS DI	11/18
18:52	9) State DI	11/25
18:38	22) West	12/02

19. -Shalynn Fullove

(Louisville, Woodland Hills)

19:41	5) Bronco	09/09
18:07	8) Woodbrid Comb	09/16
19:09	3) Stanford DIII	09/30
18:19	2) Mt. SAC DIII Swp	10/20
18:31	1) SS DIV	11/18

18:39	1) State DIV	11/25
19:34	80) West	12/02

20. -Mindy Brown

(Yucaipa)

18:00	5) Woodbrid Comb	09/16
18:11	7) Laguna Hills	09/23
17:40	6) Dana Hills	09/30
18:27	4) Yucaipa DII	10/07
18:25	9) Mt. SAC #47	10/21
18:40	5) SS DII	11/18
18:40	7) State DII	11/25
18:54	34) West	12/02

21. **Jennifer Burris

(Ayala, Chino Hills)

18:50	2) Bronco	09/09
19:28	1) Sunny Hills So	09/16
18:23	1) Chaffey District	09/23
19:03	3) Stanford DI	09/30
18:05	6) Mt. SAC #47	10/21
18:09	3) SS DI	11/18
18:41	7) State DI	11/25
19:01	45) West	12/02

22. *Breanne Schweitzer

(Saugus)

18:06	2) Seaside Jr	09/02
18:12	1) Rosemead Jr-sr	09/16
17:55	1) Dana Hills	09/30
18:39	1) Kenny Staub DI	10/07
18:52	17) Mt. SAC #47	10/21
18:56	11) SS DI	11/18
18:42	27) West	12/02

23. (tie) -Devon Straitiff

(Torrey Pines)

12:36	2) Bronco Round-up	09/09
15:49	2) Mt. Carmel Comb	09/16
19:21	3) Stanford DI	09/30
19:30	1) San Luis Obis DI	10/14
15:10	1) SDS DI	11/18
18:43	8) State DI	11/25

23. (tie) *Deborah Osteen

(Clayton Valley, Concord)

19:07	7) De La Salle/Caro	09/23
19:20	7) Stanford DI	09/30
18:27	10) Mt. SAC #47	10/21
19:00	3) NCS DIII	11/18
18:59	11) State DIII	11/25
18:43	28) West	12/02

25. (tie) *Terrah Chapin

(Nordhoff, Ojai)

21:36	2) Morro Bay	09/09
19:39	2) Rotary West Ojai	09/16
19:24	2) Blue Lagoon	09/23
19:31	10) Mt. SAC DIII Swp	10/20
19:37	4) Ventura County	10/27
18:51	4) SS DIII	11/18
18:48	6) State DIII	11/25
19:08	53) West	12/02

25. (tie) *Anne Gunnison

(McClatchy, Sacramento)

19:29	5) Stanford DI	09/30
19:24	12) Mt. SAC #46	10/21
19:27	1) SJS DI	11/18
19:11	20) State DI	11/25
18:48	31) West	12/02

PREP NOTES

Simplot Indoor Games

By Doug Speck

February 15-17, Pocatello, Idaho (Holt Arena - 200 meter banked board track).

With the continued support of one of the Rocky Mountain area's most successful businesses, the J.R. Simplot Company, spirited Meet Directorship of **Carol Lish** and **Greg Burch**, and a ton of the best volunteers you will find anywhere, the Simplot Games continue to get better and better. The 1996 Meet, held on the quick 200 meter banked board facility which sits inside huge Holt Arena on an indoor Football field, was another great one in which California athletes, competing unattached or for a local running club, played a very prominent part.

Super relay action, from which **Muir** (Pasadena) and **Wilson** (Long Beach) walked away from with some of the great prep times in history, and strong individual efforts from **Michael Granville** and **Clarence Scott** were California highlights. Muir had come here last year and shocked with a National Prep Sprint Medley Record of 3:27.90, which they hoped to take down this year, and in 1995 here had run 3:18.01 and later in the winter 3:16.97 in the indoor 4x400 event to hold the prep national standard there also. Early in the day, in the Sprint Medley **Malik Haywood** (400-49.6), **DeAngelo Steward-Holmes** (200-22.4), and **Sulton McCullough** (200-22.5) handed off to **Obea Moore**, with the 800 leg needing 1:53.3 for a new record. Moore was excited, going out in 51.1, and struggling a bit the last lap (my goodness at altitude to go out that hard even Obea will feel pain), finished at 1:53.3 for a 3:27.80 time and first record of the day. In the 4x200 event **Jucorie Tyron**, **Holmes-Steward**, **Devin Myrick**, and **McCullough** raced 1:28.64 in finishing second to an all-star group from the Long Beach/South Bay area, the Muir's time the #4 prep clocking ever! The day closed with the 4x400, with **Xavier Savant** (50.2), **Haywood** (48.4), and **Shaheed McCullough** (49.4) leaving Moore needing 48.9 for a new 4x400 standard. Obea simply responded with a blazing 46.8, with their 3:14.84 blowing away anything ever done indoors by a prep team. It was a staggering day, the best single day series of relay performances ever by a high school team.

Wilson (Long Beach) was not far behind on the Girls side, with an all-underclass group (three frosh- in the 4x400 **Veronica Calloway** (57.3), **Latrice Borders** (56.8), and **Joni Smith** (55.2) getting the baton to junior **Kinchasa Davis**, who responded with a 57.0 to record a 3:46.36 clocking that is the #2 prep time ever run for that

event). The age-groupers had credentials, but their performances here were mind-boggling! In the 4x200 it was more of the same, with Calloway (25.2), Smith (24.1), Borders (24.4) and Davis (24.6) to record a 1:38.25, the #2 prep clocking ever for that event! It was unreal, with no young team ever making such an impact in their first competition of the year. In the 4x200 event Kinchasa Davis could see a stadium scoreboard as she raced down the homestretch, throwing her arms up about 20 meters out and possibly costing her team the national record. **Coach Terry Kennedy**, was not bothered a bit by that, simply responding, "We'll come back next year and get the record, they're all back!" The Wilson athletes starred in individual events, with Borders a quick 7.19 in the 55 and Smith clocking a fine 24.72 to win the second section of the 200.

Michael Granville was out after a 1:50.10 Atlanta Senior 800 meter Indoor National qualifier, but had no real competition here. Leading from the very first step, he never heard footsteps to keep himself honest, blasting 25.0 (200)-53.0 (400) and 1:22.4 (600m) splits on the way to a fine 1:51.18 800m time that was short of his goal, but still a time that only two high schoolers in history have ever run faster than. Clarence Scott came in the Long Jump, with surprising competition from **Jim McGee**, who emerged in last summer's Junior Olympic competition, with Scott winning at 24-08.5 to 24-07.25. Scott's mark is the leading mark in the nation this year and the #3 Californian ever indoors in that event.

Carla Estes blazed 55.37 for third in the 400 meter event, with **Tisha Ponder** a double horizontal jump winner in the LJ (18-06.25) and TJ (37-00.75). Muir athletes competed other than in the Relays, with **Derrick Evans** taking the Triple Jump at 48-04.75 and **DeAngelo Steward-Holmes** following **Vince Williams'** second in the 55m (6.53) with a third at 6.57. **Frank Rice** took the 200 (22.41) with Williams third (22.56). Sacramento Jesuit's **John Badovinac**, quickly becoming the top all-around thrower in the nation, took the Weight Throw at 62-11, with a 56-10 in the Shot Put for third.

RESULTS

Thursday Feb 15, 1996 to Saturday Feb 17, 1996 Pocatello, Idaho. Holt Arena, Idaho State University. 200 meter banked board track. Altitude 1361 meters. ALL QUALIFYING RACES RUN IN FLATS (QUALIFYING IN ALL BUT 1600M ON FRI 2/16, 1600M & WEIGHT THROW 2/15, ALL OTHER FINALS 2/17). Below Results for American High School Athletes in attendance and for relay teams believed to be from the same high school. Qualifying in all

field events is done by jumping a certain height, throwing, or jumping past a certain point (HJ 4-11 and 6-0, LJ 16-00 and 21-00, SP 33-00 and 43-00, TJ 32-00 and 41-00, PV 13-03 Boys). (? = unknown information about school affiliation or if relay members from same school)

Women

55 METER DASH: (H-1) Kenise Bocage (Washington, Denver, Co.) 7.01. (H-5) Jernae Wright (Logan, Union City, Ca.) 7.31. (H-12) Aleisha Latimer (Palmer, Colorado Springs, Co.) 6.96. (H-13) Alexis Joyce (Hill MS, Denver) 7.15. (F) (S-1) Latrice Borders (Wilson, Long Beach, Ca.) 7.19; 2. Brandi Bernert (Poudre, Fort Collins, Co.) 7.31. 3. Dishia Page (Muir, Pasadena, Ca.) 7.32. (S-2) Latimer 6.96, Bocage 7.03. Joyce 7.12. Wright 7.24, Kim Vanbekom (MS, Ut.) 82.7.26. 200: (H-2) Kinshasa Davis (Wilson, Long Beach, Ca.) 25.87. (H-3) Dominique Calloway (South, Denver, Co.) 25.04. (H-7) Heather Hanchak (Ellis, Pittsburgh, Pa.) 25.34. (H-9) Whitney Renfurm (Lovett, Atlanta, Ga.) 26.09. (H-13) Asya Muhammad (Washington, Denver, Co.) 25.74. (H-16) Joni Smith, (Wilson, Long Beach, Ca.) 25.99. (H-17) Coguesse Renfro (Washington, Denver) 25.43. (H-20) Tiffany Jones (Rangeview, Aurora, Co.) 26.25. Finals (S-1) Smith 24.72, Renfurm 24.96, Jones 25.87, Amanda Busenbark (Bear River, Garland, Ut.) 29.25.92. (S-2) Crystal Cox (Pine Forest, Fayetteville, NC) 24.12, Hanchak 24.20. Calloway 25.08, Renfro, 25.09, Muhammad 26.07.

400: (H-4) Carla Estes (Logan, Union City, Ca.) 57.32. (H-5) Foster 58.11. (H-7) Hanchak 57.84. (H-8) Melonie Barrow (Washington, NYC, NY) 58.54. (H-10) Gina Harris (Gratz, Philadelphia, Pa.) 59.43. (H-13) Angle Poulsen (Roy, Ut.) 59.75. (F) (S-1) Renfurm 58.11, Debbie Ogden (Council, Id.) 58.13, Funmi Okunbolade (Eaglecrest, Aurora, Co.) 59.41, Sally Vail (Vallivue, Caldwell, Id.) 78.59.73, Heidi Sonntag (Woods Cross, Ut.) 59.90. (S-2) Hanchak 54.14, Foster 55.23, Estes 55.37, Poulsen 56.31, Barrow 57.49, Harris 59.02. **800:** (H-6) Sarah Pardue (Overland, Aurora, Co.) 2:16.43. (H-8) Candace Nicholson (Beaumont, Cleveland Hts, Oh) 2:14.63. (H-9) Tara Mendozza (Eaglecrest, Aurora, Co.) 2:14.40. (F) (S-2) Mendozza 2:08.20, Nicholson 2:09.00. Tamiela Grizzle (Washington, NYC, NY) 2:10.73, Pardue 2:14.77. **1,600:** (H-1) Adrienne Sorenson (Mountain View, Ore.) 5:08.29. (H-3) Kerry Dugan (Boulder, Co.) 5:13.19. (F) (S-2) Tara Rohatinsky (Provo, Ut.) 5:01.34, Sorenson 5:06.20. Elizabeth Jackson (East, Salt Lake City, Ut.) 5:06.56, Kelly Rice (Gillette, Campbell County, Wyo.) 5:12.67, Dugan 5:13.78. **3,200:** Mary Huang (Provo, Ut.) 11:15.39, Kirsten Mathison (Worland, Wyo.) 11:26.64, Sarah Gardiner (East, Salt Lake City, Ut.) 11:26.71.

55 Meter Hurdles: (H) Emetta Johnson (? , ? , Co.) 8.60. (H) Natasha Neal (Logan, Union City, Ca.) 8.62. (H-6) Dominique Calloway (South, Denver, Co.) 8.08. (H-8) Rachel Joy (Harrison, Colorado Springs, Co.) 8.53.



Carla Estes

Photo by Bill Cockerham

(H-9) Joyce Bates, Simon Gratz 8.10. (H-10) Lakeya Williams (Jamaica, Queens, NY) 8.41. (H-11) Char Foster (Clearwater Central Catholic, Fl.) 8.42. (F) (S-2) Neal 8.46, Ayana Grant (O'Dowd, Oakland, Ca.) 8.51. (S-3) Joyce Bates, Simon Gratz 7.86. (MEET RECORD - 1996 PREP NAT'L LEADER), Calloway 7.96, Williams 7.97, Foster 8.00, Joy 8.35, Johnson 8.50. **4X200:** (H-1) Muir (Pasadena, Ca.) 1:46.34. (H-4) Logan (Union City, Ca.) 1:46.91. (H-7) Wilson "B" (Long Beach, Ca.) 1:46.81. (H-9) Wilson-Long Beach, Ca. 1:42.66. (H-11) Washington, Denver, Co. 1:41.77. (F) (S-1) Logan 1:42.34. (S-2) Wilson (Long Beach) 1:38.25. Washington (Denver) 1:42.74, Wilson "B" (Long Beach) 1:43.13, Muir (Pasadena) 1:43.54. **4X400:** (H-3) Gratz (Philadelphia, Pa.) 3:55.93. (H-5) Wilson (Long Beach, Ca.) 3:59.50. Finals (S-1) Muir (Pasadena, Ca.) 4:07.63. (S-2) Wilson (Long Beach, Ca.) 3:46.36. (#2 AT US Prep Team), Gratz 3:52.78, Wilson "B" (Long Beach) 4:02.52. **4X800 RELAY:** 1. Leduc Track (Canadian Club) 9:34.86. 2. Mountain View (Orem, Ut.) 9:38.48. Pocatello (Id.) 9:45.34, Mountain View "B" (Orem, Ut.) 9:48.54. East (SLC, Ut.) 9:50.41. **1,600 MTR SPRINT MEDLEY:** (H-3) Mountain View (Orem, Ut.) 4:25.28. (H-4) Pocatello (Id.) 4:16.81. (H-5) Logan (Union City, Ca.) 4:25.52. Fairview (Boulder, Co.) 4:28.54. (H-9) Gratz (Philadelphia, Pa.) 4:17.34. Finals (S-1) Logan 4:23.93. (S-2) Zodiacs Track (All-Star group) 3:56.40, Gratz 4:09.62.

HIGH JUMP: Analee Carter (Twin Falls, Id.) 5-05. 2. Becky Blackburn (Rigby, Id.) 5-05. **POLE VAULT:** Almee Crabtree (Pocatello, Id.) 10-09, Shannon Agee (Helena, Mt.) 10-03, Melissa Bullard (Davis, Kaysville, Ut.) 09-09, Laura Daniel (Ab-sarokee, Mt.) 9-03, Megan Kimberling (Taft, Lincoln City, Or.) 9-03. **LONG JUMP:** Tisha Ponder (Del Mar, San Jose, Ca.) 18-06.25, Jernae Wright (Logan, Union City, Ca.) 18-03.50. **TRIPLE JUMP:** (F) Tisha Ponder (Del Mar, San Jose, Ca.) 37-00.75. 2. Nicole McAlister (Granite Hills, El Cajon, Ca.) 37-0, Sheri Smith (Washington, NYC, NY) 36-00.25, Julie Phipps (Barlow, Gresham, Or.) 36-0. **SHOT PUT:** (F) Cathy Fuailemaa (East Salt Lake City, Ut.) 39-04.50, Maureen Griffin (Pocatello, Id.) 39-04, Michelle Simmons (Highland, Pocatello, Id.) 38-10. **WEIGHT THROW:** Maureen Griffin (Pocatello, Id.) 50-03.

MEN

55 METER DASH: (H-5) Aaron Sal-huddin (Tooele, Ut.) 78.63. Finals (S-1) Mike Harte (Central, Greeley, Co.) 6.59.

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PREP NOTES

(S-2) Salahuddin 6.44. Vince Williams (University City San Diego, Ca) 6.53. De'Angelo Holmes (Muir, Pasadena, Ca) 6.57. Darren Dubois (Bountiful, Ut) 6.62. **200 METER:** (Finals) (S-2) Frank Rice (Sierra, Gardena) 22.41. Jonathan Prather (? , Co) 22.45. Vince Williams 22.56. Melvin Johnson (Wilson, Long Beach, Ca) 22.56. **400 METER:** (H-14) Brandon Pliska (Barlow, Gresham, Or) 78.50.98. (H-16) Chris Wylie (Myers Park, Charlotte, NC) 49.97. (Fi) (S-2) Wylie 48.36. Brian Ely (West, Salt Lake City, Ut) 78.49.37. 3. Trent Pierce (Barlow, Gresham, Or) 79.49.38. Adam Lefson (Orem, Ut) 49.44. Pliska 49.49. **800 METER RUN:** (H-1) Andrei Radu (? , Co) 1:58.83. (H-7) Michael Granville (Bell Gardens, Ca) 1:58.72. (Fi) (S-1) Timothy Dunne (Jerome, Id) 79.1:59.17. (H-2) Granville 1:51.18. Dominic Patillo (Judge, Salt Lake City, Ut) 1:57.03. Radu 1:58.45. Mark Van Orden (Highland, Pocatello, Id) 1:59.06.

1,600 METER RUN: (H-8) Justus Talley (Bingham, South Jordan, Ut) 4:28.65. (H-11) Jeff Hopkinson (Bingham, South Jordan, Ut) 4:24.69. Jason Hunt (Fremont, ? , Ut) 4:29.69. (S-2) Scott Cummings (Lehi, Ut) 4:20.84. Hopkinson 4:20.89. Mitch Zundel (Boxelder, Ut) 4:26.19. Joe Metcalf (Russell, Great Falls, Mt) 4:27.43. Nic Evans (Bingham, So Jordan, Ut) 4:28.16. Larry Henderson (Mira Mesa, San Diego, Ca) 4:29.86. **3,200M:** Brad Treat (Kalispell, Mt) 9:41.35. Kurt Stevens (Roy, Ut) 79.9:48.69.

55 METER HURDLES: (Fi) (S-2) Mike Harte 7.58. Guy Emry (Palmer, Monument, Co) 7.66. **4X200 RELAY:** (H-5) Muir (Pasadena, Ca) 1:31.39. (Fi) (S-2) Teekay Track Club (All-Star group) 1:28.61. Muir 1:28.64. Viking Track (? HS Bountiful, Ut) 1:32.53. **4X400 RELAY:** (H-2) Muir (Pasadena, Ca) 3:21.75. (Fi) (S-1) Davis (Kaysville, Ut) 3:30.14. Harrison (Colorado Springs, Co) 3:30.32. (S-2) Muir 3:14.84. **(NATIONAL RECORD - OLD RECORD 3:16.97 BY MUIR 1995), Viking Track (? HS Bountiful, Ut) 3:30.26. 1,600 MTR SPRINT MEDLEY:** (H-2) Boxelder (Ut) 3:44.72. (H-5) Mountain View (Orem, Ut) 3:41.71. (H-7) Viking (? HS Bountiful, Ut) 3:39.76. (H-8) Muir (Pasadena, Ca) 3:38.75. (Fi) (S-1) East (Salt Lake City, Ut) 3:41.27. Dixie Dasher (? HS Leeds, Ut) 3:41.67. (S-2) Muir 3:27.80. **(NATIONAL PREP RECORD - OLD RECORD 3:27.90 MUIR HS 1995), Boxelder (Ut) 3:38.15. Mountain View (Orem, Ut) 3:39.63. 4X800 METER RELAY:** Bingham (South Jordan, Ut) 7:56.77. Pine Forest (Fayetteville, NC) 7:57.53. Mountain View (Orem, Ut) 8:08.75.

HIGH JUMP: Daniel Parkinson (Pleasant Grove, Ut) 6-07. **POLE VAULT:** Jacob Davis (Orangefield, Tx) 16-0. Erik German (Interlake, Bellevue, Wa) 14-09. Spencer Schumacher (Cherry Creek, Co) 14-03. **LONG JUMP:** (Fi) Clarence Scott (Dorsey, L.A., Ca) 24-08.50. Jim McGee (Sacramento HS, Ca) 24-06.25. **TRIPLE JUMP:** (Fi) Derrick Evans (Muir, Pasadena, Ca) 48-04.75. Julius Tribble (Wilson, Long Beach, Ca) 45-08.50. **SHOT PUT:** (Fi) Ben Lindsey (Lynnwood, Ca) 61-08. Daniel Arrhenius (Mountain View, Orem, Ut) 57-02. John Badovinac (Jesuit, Sacramento, Ca) 56-10. 4. Steiner Ingrim (Lakeridge, Lake Oswego, Or) 54-07.50. **WEIGHT THROW:** John Badovinac (Jesuit, Sacramento, Ca) 62-11. Taylor Arrigo-Jones (Judge, Salt Lake City, Ut) 52-05.75.

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Part I

Training Your Horizontal Jumpers

By ED LUNA

UC Riverside Coach & AAF/CIF Instructor



I WILL BE THE first to tell you that never in my dreams did I ever think that I would be sitting in front of a computer writing to my coaching peers about the art of

training horizontal jumpers. In my competitive days, I was a thrower and was given the head track job because nobody else wanted it. I was young, energetic, and stupid. During my search for assistant coaches, I was able to cover all areas except the jumps. Being the head coach, I appointed myself; I had to educate myself on these events quickly. I purchased every book, magazine, and video available. I attended every clinic and seminar, and talked to every coach in the Western Hemisphere. Then, I searched our campus for anybody that would listen and who I could persuade to try coming out for the track team.

A Philosophy for Coaching the Horizontal Jumps

First, you'll need to develop a training program that emphasizes the fundamentals of speed, power and rhythm for all of your athlete's ability levels. Technical execution should increase as your athletes acquire basic jumping skills. Establish the most important factor in long and triple jump performances--**HORIZONTAL VELOCITY**. In both events, the athlete seeks to convert run-up speed into the longest **FLIGHT** possible. An accurate and consistent **APPROACH RUN** is essential for suc-

cess. Fouling at the take-off is the result of poor preparation. Sound fundamentals, good sprint mechanics, rhythm and repetition will produce consistent approach runs. Fouling is simply a waste of good effort.

Principles of Training for the Horizontal Jumps

There are some general principles of training we need to address first before getting into the specific principles for the long and triple jump.

Individuality -- Adjusting the training program to the age, sex and strength differences of your athletes. This is the most important and most difficult job for the coach. You can't base your training program according to your best jumper. You'll need to develop a fundamental training program and adjust it to each athlete.

Progressive Overload -- The **SPECIFIC ADAPTATION TO IMPOSED DEMANDS**, also known as the **SAID** principle. In order to increase an athlete's physical capacity, their system must be subjected to stress or overload. The body's adaptation to this stress results in increased capacity. This cycle of stress and adaptation is the foundation of all training.

Specificity -- Training for the horizontal jumps must specifically address the requirements, strengths and skills needed to perform these events. The body adapts to specific demands placed upon it.

Repetition -- The neuromuscular patterns of technique needs to be enforced through repetition of movement, **MUSCLE MEMORY**. This usually cur-

tails dissecting the jump into its components and performing them repeatedly with proper technique.

Recovery -- Jumpers cannot jump every day and expect to perform well in competition. Jumpers cannot take numerous full approach practice jumps during a work-out and expect to perform well in competition. This doesn't mean you can't train through a meet or competition. Since much of the training they do is quite demanding, jumpers require plenty of rest even though they may not **FEEL** tired or worn out. Jumpers need ample recovery for their legs to be **FRESH**. Generally, 48 hours is required to recover from a strenuous workout.

In addition to the general principles of training, there are certain principles that apply specifically to the long and triple jumps.

Speed, Accuracy and Consistency -- The single most important factor in long and triple jump performance is the execution of a fast, accurate, and controlled approach run. These events also require consistent execution of an identical run-up over repeated attempts. Accuracy and consistency are the foundation upon which jumping skills and technique are constructed.

Rhythm -- Expressions of power through rhythm. Rhythm provides a reference for the control of speed and power. Rhythm also allows the athlete to relax while exerting tremendous effort and provides a cadence for that effort.

Explosiveness and Acceleration -- The body needs to have the ability to explode off the ground. The body becomes a projectile accelerated by its

continued next page.

own power. The training of jumpers needs to specifically develop this explosiveness through weight training, PLYOMETRIC TRAINING, and jumping.

Body Control (Kinesthetic Awareness) -- The athlete must develop the ability to control the position and posture of their body while in motion, both on the ground and in the air. The athlete needs to have a feel for their body and how it moves. Drills and repetition refines this awareness.

Mechanics of the Horizontal Jumps

In biomechanical terms, the long and triple jumps are rapid accelerations followed by a vertical impulse in order to achieve the greatest possible distance in flight. The triple jump is actually three separate jumps in the form of a hop, a step and a jump. Each phase is controlled by technique to maximize the sum of the three jumps.

Long Jump Mechanics -- Horizontal velocity is the overwhelming determinant of performance in the long jump. The speed of the approach and the need to preserve horizontal velocity make it impossible for the athlete to achieve the optimum angle of projection of approximately 45 degrees. In reality, the normal take-off angle is closer to 25 degrees.

The take-off angle is determined by the approach velocity and by the lowering of the center of mass on the penultimate (or next-to-last) step, which is followed by full extension of the leg at take-off. Vertical impulse is also attained by driving the free leg and opposite arm through the take-off stride. Trying to gain vertical impulse (height) by slowing to GATHER for the take-off will shorten the length of the jump. Maintaining forward velocity is the critical factor in long jumping, not gaining height.

Forward rotation is created at take-off by eccentric thrust and the checking of forward momentum by the take-off foot. This requires the athlete, while airborne, to counteract the rotation in order to

achieve extended landing. The HANG and HITCH-KICK styles have developed over time as the predominant methods in long jumping. The hang slows rotation through extension of the limbs away from the body. The hitchkick counters forward rotation by creating counter rotation through cycling the arms and legs.

The trajectory of the jumper's center of mass is established at take-off. Technique is used to counter forward rotation and optimize the jumper's position relative to their center of mass at landing. A landing position with the arms swept to the back, and the head and chest dropped forward, allows the feet to be extended far beyond the center of mass without the jumper falling back into the pit.

Triple Jump Mechanics -- The triple jump is a series of three consecutive jumps following a fast approach run. Like the long jump, horizontal velocity is the most influential element of performance but must be preserved over three consecutive jumps. Technique, plays a far greater role in the triple jump.

The take off angle in the triple jump is less than in the long jump (approximately 20 degrees) in order to decrease the amount of deceleration upon landing in each phase. The arms and free leg drive vigorously, but BLOCK in the first two phases (hop and step). This action increases vertical reaction off the ground with minimal slowing of horizontal velocity.

A unique feature of the triple jump is the action of the landing foot at the end of each phase. A PAWING motion of the foot creates a backward velocity of the landing leg helping maintain forward horizontal velocity of the body.

In the final jump phase, the athlete uses a hang position to counter rotation. The landing position in the triple jump is similar to the long jump, with the head and chest dropped forward and the arms swept back.

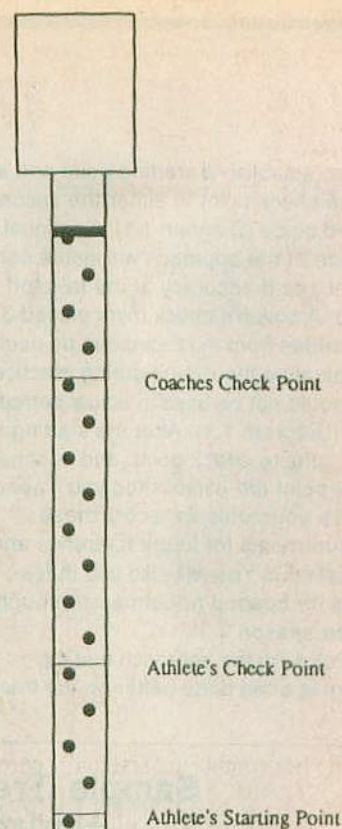


Diagram 1.1

Teaching the Long Jump and Triple Jump

The Approach Run -- The aim of the approach for the long jump and triple jump is to generate the maximum amount of speed which can be converted effectively into a jump. The acceleration of the approach should be gradual, rhythmic, and controlled. An all-out uncontrolled sprint into the take-off results in a poor jump.

The length of the approach should be 12 to 18 strides for high school athletes (two steps equal one stride). The exact number depends on the strength and speed of the athlete. Your athlete should use a stationary start to achieve consistent foot placement at take-off. Jogging or skipping into the approach is not recommended. Fouling at take-off is a waste of training and preparation time. Your athlete needs to start their approach with the same foot every time, preferably their jump foot. Consistency is the key. Most run-up problems originate in the first 3 strides of the accelera

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California Track and Cross Country COACHES ALLIANCE

tion, so establish a starting point and an athlete check point at either the second or third stride (Diagram 1.1). Continual practice of the approach will insure consistency and accuracy at the take-off board. A coach's check mark placed 3 to 4 strides from the board can be useful in evaluating the run-up during practice, but should not be used in actual competition (Diagram 1.1). After the starting point, athlete check point, and coaches check point are established you'll need to have your athletes record these measurements for future reference and competitions. You will also use these marks for needed adjustments throughout the season.

Developing the approach and its rhythm is often done better on the track

than the jump runway. Practicing the approach on the track removes the distraction of the take-off board and landing pit. When the athlete has learned rhythmic acceleration and achieving good body position at the take-off transfer the approach onto the jump runway.

The approach itself is a gradual acceleration to the greatest speed the athlete can convert into the jump. Training should focus on increasing the athlete's sprint speed and ability to convert that speed into a well-executed jump. Over the last 4 to 6 strides, the jumper should be running at nearly full speed with an upright body position and high knee lift. The athlete should be running tall and relaxed and have their eyes focused on the rear of the pit. When a coach notices

a decrease in speed in the final strides of the approach, the run-up is either too long or the athlete has accelerated too quickly and cannot maintain that speed throughout the approach. In the final strides, the athlete should attempt to increase their stride turnover and accelerate into the jump while maintaining this tall sprint position. We would concentrate 75% of our training time on the approach. My philosophy on the approach distance is I would rather be a little too short than too long; too long will defeat everything gained by a good approach run.

The Long Jump -- The most difficult aspect of the long jump is performing the transition of the take-off of the jump. In the penultimate stride, the body's center of mass must be lowered in order to attain the optimum position for the take-off. This must be done with a minimum loss of speed.

As the take-off foot contacts the board, the shoulder should be slightly behind the hips with the leg extended almost fully, about 170 degrees. The contact of the foot is FULL-FOOTED to transfer horizontal velocity into vertical lift more efficiently. It is often helpful to have your athletes envision RUNNING OFF THE BOARD and accelerating into the take-off. Have your athletes thinking UP AND OUT at take-off. Do not tell your athletes to PLANT their take-off foot on the board, this will cause them to settle on the board and lose horizontal velocity.

Upon contact of the take-off foot, the jump is initiated with the free leg and opposite arm driving forward and upward, fast and forcefully. The foot of the free leg should be pulled through above the knee of the support leg in order to preserve horizontal velocity throughout the jump. The jump or extension of the take-off leg should be as fast and explosive as possible. The drive leg and opposite arm block (stop abruptly) as the thigh comes parallel to the ground and the hand comes to eye level. The feel of the

Sample Training Patterns for Horizontal Jumpers

Sprinters/ Long Jumpers

	<u>Pre-Season</u>	<u>Mid-Season</u>	<u>Peak Season</u>
Bounding/Plyometrics	Mon/Thurs	Mon	Mon
Sprint repetitions	Tues	Tues	Tues
Approaches	Wed/Fri	Wed/Fri	Wed/Thurs
Starts	Wed	Wed	Wed
Exchanges	Fri	Fri	Thurs
Long Jump drills	Sat	Mon	Mon
Competition	N/A	Thurs/Sat	Sat
Rest	Sun	Sun	Fri/Sun

Long & Triple Jumpers

	<u>Pre-Season</u>	<u>Mid-Season</u>	<u>Peak Season</u>
Bounding/Plyometrics	Mon/Thurs	Mon	Mon
Sprint repetitions	Tues	Tues	Tues
Approaches	Wed/Fri	Wed/Fri	Wed/Thurs
Exchanges	Fri	Fri	Thurs
Long Jump drills	Sat	Mon	Mon
Triple Jump drills	Wed	Wed	Wed
Competition	N/A	Thurs/Sat	Sat
Rest	Sun	Sun	Fri/Sun

Triple & High Jumpers

	<u>Pre-Season</u>	<u>Mid-Season</u>	<u>Peak Season</u>
Bounding/Plyometrics	Mon/Thurs	Mon	Mon
Sprint repetitions	Tues	Tues	Tues
Approaches	Wed/Fri	Wed/Fri	Wed/Thurs
Exchanges	Fri	Fri	Thurs
High Jump drills	Sat	Mon	Mon
Triple Jump drills	Wed	Wed	Wed
Competition	N/A	Thurs/Sat	Sat

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Horizontal Jumps, continued

take-off should be both forward and up. The stride off the take-off board should be a continuation of the approach. Having your athletes focus their eyes on the rear of the pit will prevent chopping and reaching at the take-off board.

The purpose of in flight arm and leg action is to counteract forward rotation, maintain balance, and put the jumper into the optimum position at landing with the feet extended well beyond the athlete's center of mass. Long jumpers should adopt the in flight technique that best preserves the speed established during run up, while enabling them to land efficiently.

The Hang -- The HANG style employs lengthening the body's long axis to slow forward rotation. When the athlete leaves the ground, the drive leg is dropped almost perpendicular to the ground. The take-off leg then pulls even to the drive leg, and the knees are flexed to approximate right angles. The arms drop, then circle overhead, having the hands reach for the sky. The hips and upper body are extended so the body is in an upright or inverted "C" position. The jumper should maintain this position for about half the flight of the jump. Landing position is achieved by piking the body to raise and extend the legs forward. Upon landing, the hands are swept backward to move the body forward through the sand. The key to successful landings is to get your athletes to reach for the sand and getting their bottoms dirty.

The Hitchkick -- The HITCHKICK style is the most complex technique of long jumping. It counteracts forward rotation by creating secondary axes of rotation that work in opposition to the forward rotation. The cycling motion of the arms and legs keep the body upright and balanced throughout the jump. The 1 1/2 stride hitchkick is better suited to high

SPRINTS . . . Training the Energy Systems

By Tony Veney, Co-Chair
USATF Women's Sprint Development

AT THE BEGINNING of each track season, you sit down and evaluate the returning and the incoming talent. The thoughts eventually shift to the top sprinters and the expectations we both have for the upcoming season. If girls or boys ran 12.5 or 11.0 last year, you just assume that they will improve through maturation. But sometimes our expectations are not always met with the hoped for results. If you eliminate the distractions of approaching graduation, boy and girlfriends, jobs, parental pressure, etc., your kid should run better (the good ones are able to manage all of the other static, which includes the coach as well). And running better is what I am the most concerned with. Getting the sprinter to run faster than ever before through a systematic approach to the energy systems needed to produce the needed performance.

Start off first by knowing just a little about the physical patterning of your sprinter. Do you know what your sprinter's stride length is? Do you know what your sprinter's stride frequency is? If not, then you're playing a game (and some of you very successfully) of sprinter's roulette. Don't have your sprinters running fast in spite of your training; it should be in conjunction with as much of your training and speed development as possible.

Aerobic training has nothing to do with sprinting, and should never be used to make your sprinter faster. Aerobic training is good for the development of the cardiovascular

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school athletes. Upon take-off, the legs continue cycling forward as in sprinting. The arms cycle overhead in balance with the legs. The arms are extended while moving backward, and then are shortened as they move in front of the body. On landing, the take-off leg comes forward first, followed by the drive leg that has cycled 1 1/2 times after take-off. As with other styles, the head and chest are dropped forward and the arms swept back as the feet touch the sand. Again the athlete needs to reach for the sand and get their bottom dirty to have a successful landing. If the athlete is not jumping more than 21 feet, the hitchkick is not recommended.

The information in the Coaches' Corner column is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. George Payan (Head Cross Country

and Track coach at Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.

California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443.

In addition, please send any information you have on California coaching clinics. Thank you!



To be continued. Don't miss Part II of "Training Your Horizontal Jumpers" in the next issue.

system to enable you to recover from the tough workouts and helps in the development of running more reps and learning to run rounds. But there is nothing about a 1000 breakdown, or 5-10 miles of running that will enable your sprinter to improve from 12.5 to 12.2.

You need to know what the body is affected by when you sprint, and you need to train those areas and perfect them so that when it's time to "punch" it, they "punch it" like a *Top Fuel Funny Car* and not like the neighborhood garbage truck. But that is what you are doing when you go outside of the energy system requirements preset in the sprint.

The following chart outlines the duration of effort, the energy system it touches, the use of either power or capacity, and the training effect. If you are doing starts, it is clear that you're working in the 0.0 to 5.0 second range. So what? Well, you need to know a little about the biochemistry of the body which states:

The legs have stored ATP (look it up) in them and lasts for 2 muscle contractions. During that moment...

- 0.0-.20 equals reaction to the stimulus of the gun
- 0.0-.20 equals the first push from both legs
- 1.0-2.0 equals the energy stored in the legs (block exit)
- 2.0-5.0 equals the pushing phase of the acceleration pattern
- 5.0-15.0 equals maximum flying speed

Each one of these areas has an energy system that you can tie into which lets you know what distances you should be covering because you have the duration that the system is available to you. If you are a 200 meter girl, and wish to train your speed endurance, you must touch on the 15-30 second range which allows you to run very fast, at a very high percentage of your maximum effort. Do not train speed endurance at less than 90% or you will lock in a slower muscular recruitment and thereby get a slower muscular response. Want to run fast? Train fast.

"But she's got to get strong," you say. If your girls run 10 x 200 at 75% with short recovery, they'll be strong as sin. But when they run against my girls, who have run 1 x 250 in 30 sec. with 20 mins. and 1 x 180 in 21.6, I win. That's because my girls can endure at the tar-

TRAINING ENERGY SYSTEMS

Duration of Session Effort	Energy System(s)	Power/Capacity	Training Effect
0 to 0.2 sec.	Nervous	---	Reaction
0 to 0.2 sec. (per leg)	Alactic	Power	Initial Thrust
0 to 0.1 sec.	Alactic (Cp system)	Power	Single leg thrust at top speed
1 to 2.0 sec.	Alactic (nervous + stored ATP + Cp)	Power	Starts
2 to 5.0 sec.	Alactic (Cp system)	Power	Acceleration
5 to 15.0 sec.	Alactic (Cp system)	Power	Maximum speed (Flying start)
15 to 30.0 sec.	Alactic (extended CP system)	Capacity	Speed endurance (ability to hold > 95%)
30 to 45.0 sec.	Lactic	Power	Ability to produce energy without O2 or CP
45 to 90.0 sec.	Lactic	Capacity	As above, plus ability to tolerate lactic acid
90 to 300.0 sec.	Lactic with aerobic support	Aerobic Power Lactic Capacity	Ability to use O2 to hold up pace as lactic acid accumulates
5 to 10.0 min.	Aerobic with minor lactic	Aerobic Power	Max O2 rate
10 to 12.0 min.	Aerobic	Power capacity	Raise anaerobic threshold
20 to 60.0 min.	Fuel: glycogen	Capacity	Ability to maintain steady pace
Above 1 hour	Aerobic Fuel: glycogen + fat	Capacity	Ability to maintain steady pace for the marathon

get pace of the run, while yours can run a whole bunch of them, but slower than sin! Of course this is not all I do all year, and you may think that 10 x 200 is necessary in the beginning; it has its place, but not to make her fast. If it is an aerobic workout, call it that, but do not call it speed. If my boy is a 50 flat boy, and I run 3 x 500 fast with good recovery, then I'm working the lactic capacity (the ability to tolerate lactic acid which deadens the muscle's ability to maintain the power needed to go fast).

- 3 x 3 x 60 meters on the fly Alactic Power
- 1 x 600 @ 95% 90 sec.
1x200 @ race pace Lactic Capacity
- 10 x 30 meters starts Alactic Power

Try not to run more than 150 to 175 seconds worth of actual running on the track. It works

out to a lot of running very fast if you go up that high.

1000-800-600-400 Lactic with Aerobic Support***

***Be careful here because you have to ask yourself, what is it about a 400 in 49 or 54 seconds that has anything to do with needing aerobic support. But this system does let you know what areas to train your 800-1600-3200 kid when it comes to what system will make you a more capable runner.

Finally, train for speed first and you will be able to run at a reduced percentage of that speed for a longer distance. But if you start slow and try to run fast off the slower velocity, you will more often than not find yourself on the raw end of someone's kick.

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California Track and Cross Country Coaches Alliance

Why Should I Join The Coaches Alliance?

Now in its sixth year, the CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The COACHES ALLIANCE directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the COACHES ALLIANCE is involved with clinics in San Diego, Los Angeles, Fresno, and San Francisco.

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COACHES ALLIANCE members will receive a year's editions of **California Track & Running News**, the official publication of the ALLIANCE. Each month, members will be kept current with happenings around the state in the COACHES ALLIANCE section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings are organized around the State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

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1995 California High School "Team Power Rankings"

By Ray Scofield and Doug Speck

ONCE AGAIN, as a different way of looking at team strength in the sport, we took the top fifty marks in the state in each event (verified wind-legal performances only, with Fully Automatic Electronic Timing only up through 200 meters) and gave 50 points for the top performance, 49 for the second mark, all the way down to 1 point for the fiftieth best mark in an event. The goofy fractions result from the twenty-way, or so, vertical jump ties along the way. This is a little more a complete way of measuring the strength of a program than the end of season championship competitions, which typically include only a handful of athletes from an entire section.

BOYS

On the Boys side, **John Muir of Pasadena** was a big winner, with **Coach Clyde Turner** winning once again, with **Obea Moore** leading the group with the fabulous eleventh grader closing his soph year with a national class record of 45.14 for 400 meters. Along the way Moore was 10.71 for 100m, 21.10 for 200m, and 1:49.16 for 800m besides anchoring 41.18 and 3:12.44 relay teams! Hurdler **Makio Haywood** (14.44-37.50) led five other Muir athletes who scored for the school with one of the nation's great track and field traditions. A surprise for some was the second place finish of **Bear Creek** (Stockton), with **Coach Greg Wright** quietly building a very strong Sac Joaquin section squad, led by super eleventh grader **Demetrius Guidry**, who was 10.71 (100m), 21.23 (200m), and 49.11 (400m), with 15-1 vaulter **Corby Wright** leading **Terence Davis** (23-5 LJ) and a flock of others who made up a super dual squad.

Traditional powers filled out most of the rest of the top ten, with **Coach Bobby Pope** doing a super job to bring **Berkeley** up strong once again in sixth place, and **Coach Marc Christensen** having a solid **McAteer** (San Francisco) group at eighth place overall.

- 476.00 Muir (Pasadena)
- 331.50 Bear Creek (Stockton)
- 321.00 Poly (Long Beach)
- 285.00 Bakersfield
- 275.50 Morningside (Inglewood)
- 258.50 Berkeley
- 250.00 University City (San Diego)
- 247.00 McAteer (San Francisco)
- 239.00 Los Altos
- 229.00 Grant (Sacramento)
- 221.25 Loyola (L.A.)
- 208.25 Rancho Bernardo (San Diego)
- 208.00 Jesuit (Sacramento)
- 197.00 Arroyo Grande
- 192.00 Fremont (L.A.)
- 190.50 Morse (San Diego)
- 186.50 El Camino (Oceanside)
- 184.75 Logan (Union City)
- 176.00 Pasadena
- 174.00 Thousand Oaks
- 167.00 Livermore

- 164.50 De la Salle (Concord)
- 163.00 Alta Loma
- 161.50 Crenshaw (L.A.)
- 155.00 Bellarmine Prep (San Jose)
- 155.00 Milpitas
- 154.00 Barstow
- 153.00 Skyline (Oakland)
- 152.00 Westchester
- 149.00 Torrey Pines (Encinitas)
- 148.00 Esperanza (Anaheim)
- 145.00 Ventura
- 142.50 Brethren Christian (Cypress)
- 141.50 Mt. Carmel (San Diego)
- 139.00 St. Mary's (Berkeley)
- 136.50 Madera
- 133.00 Oceanside
- 133.00 Canyon Springs (Moreno Valley)
- 132.50 Dorsey (L.A.)
- 132.50 Dana Hills (Dana Point)
- 129.50 Wilson (Long Beach)
- 129.50 Seaside (Monterey)
- 126.50 Mira Mesa (San Diego)
- 125.00 Napa
- 123.50 Leland (San Jose)
- 118.00 Downey (Modesto)
- 117.50 Damien (La Verne)
- 116.50 Gardena
- 112.80 Cleveland (Reseda)
- 112.50 Silver Creek (San Jose)
- 111.50 Capistrano Valley (Mission Viejo)
- 110.00 Lynwood
- 109.00 Huntington Beach
- 108.00 Los Banos
- 106.00 West Bakersfield
- 106.00 University (Irvine)
- 100.00 Ponderosa (Shingle Springs)
- 100.00 Burroughs (Ridgecrest)
- 99.00 BEI Gardens
- 99.00 Manual Arts (L.A.)
- 99.00 San Fernando
- 98.00 Tustin
- 98.00 Los Gatos
- 97.00 Ramona (Riverside)
- 95.00 La Sierra (Riverside)
- 94.50 North Hollywood
- 93.00 South Bakersfield
- 92.50 Rancho Buena Vista (Visalia)
- 92.50 Ramona
- 92.00 Palmdale
- 91.50 Banning (Wilmington)
- 91.00 Rancho Cotate (Rohnert Park)
- 91.00 Valjejo
- 91.00 San Diego
- 89.00 San Jose
- 87.75 Golden West (Visalia)
- 87.50 Granite Hills (El Cajon)
- 87.00 Serra (Gardena)
- 87.00 Pittsburg
- 84.00 Yreka
- 83.00 Pleasant Valley (Chico)
- 83.00 Hoover (Fresno)
- 83.00 Fowler
- 82.50 Fremont (Sunnyvale)
- 82.00 Camarillo
- 81.00 Chino
- 81.00 San Pasqual (Escondido)
- 81.00 Hart (Newhall)
- 81.00 Scripps Ranch (San Diego)
- 77.50 Oak Ridge (El Dorado Hills)
- 77.00 South Torrance
- 77.00 Crescenta Valley (La Crescenta)
- 76.00 Bishop O'Dowd (Oakland)
- 75.50 Valley (Sacramento)
- 75.00 Christian Brothers (Sacramento)
- 74.00 Lynbrook (San Jose)
- 73.00 Edison (Huntington Beach)
- 71.50 Rancho Cucamonga
- 71.50 Poly (Riverside)
- 65.00 West Covina

GIRLS

On the Girls' side the two best teams in the nation battled, with the twosome of **Long Beach Poly** and **Logan** (Union City) among the best prep teams ever, anywhere, at any time! Poly scored in a shocking twenty-three different spots, Strength in some events for Poly was

frightening, with six athletes racing 57.5 or better in the open 400m, with that group not including 41.89 300m low hurdler **Naeemah Withey** or 23.58 200m runner **Aminah Haddad**. Poly's "B" 4x400m relay team raced 3:49.80, the fifteenth fastest time in the entire nation last spring!!!

Coach Don Norford's State Champ Jackrab-bit crew just edged another frightening team, **Logan** (Union City). **Coach Lee Webb's** crew scored in twenty different spots, with the sprint/jump crew of **Kelli White** (11.55-23.49), **Jernae Wright** (11.56-24.75 and 20-09.75 LJ), and **Carla Estes** (12.25-24.49, 53.27 400m and 19-02.5 LJ) leading another of prep history's great groups.

Back in "reality-land" **Esperanza** (Anaheim) was a super group out of Orange County, with many traditional names among the top ten. Famed **Centennial** (Compton) **Coach Charles Leathers** has thrived with his move to **North** (Riverside), with **Joanna Hayes** gone, but **Julia Gray** (54.86 400m) and **Nicole Hoxie** (14.67 HH and 18-01.5 LJ) around two more years.

- 758.50 Poly (Long Beach)
- 742.50 Logan (Union City)
- 526.50 Esperanza (Anaheim)
- 430.00 Muir (Pasadena)
- 380.60 Wilson (Long Beach)
- 373.50 Morningside (Inglewood)
- 371.00 North (Riverside)
- 340.00 Woodbridge (Irvine)
- 312.70 Foothill (Santa Ana)
- 285.00 Bishop O'Dowd (Oakland)
- 275.10 Edison (Huntington Beach)
- 263.00 Valley (Sacramento)
- 252.00 Arroyo Grande
- 247.00 St. Bernard (Playa del Rey)
- 246.00 Mission Viejo
- 240.00 Palmdale
- 229.10 Santa Rosa
- 227.00 Mission San Jose (Fremont)
- 222.00 Central (Fresno)
- 205.10 Morse (San Diego)
- 199.00 Temescal Canyon (Elsinore)
- 191.50 Carondelet (Concord)
- 184.50 Clovis West
- 179.00 El Cerrito
- 174.93 Chino
- 174.50 Silver Creek (San Jose)
- 172.00 Canyon Springs (Moreno Valley)
- 171.00 Kingsburg
- 167.00 Monte Vista (Spring Valley)
- 167.00 Skyline (Oakland)
- 166.00 Pomona
- 163.00 Modesto
- 158.00 Vallejo
- 157.10 Huntington Beach
- 149.50 Quartz Hill
- 147.00 Wasco
- 143.00 Del Mar (San Jose)
- 135.00 Salesian (Richmond)
- 133.00 Carmel
- 131.50 Marina (Huntington Beach)
- 126.50 Newport Harbor (Newport Beach)
- 126.38 Foothill (Bakersfield)
- 125.10 South Bakersfield
- 124.00 Washington (L.A.)
- 117.00 Rio Mesa (Oxnard)
- 117.00 Rancho Verde (Moreno Valley)
- 110.50 Rancho Buena Vis-

continued next page.

ta (Vista), 48. 109.10 Bakersfield, 49. 108.00 Kennedy (Sacramento),

50. 105.00 San Ramon Valley (Danville), 51. 103.50 Jefferson (Daly City), 52. 103.00 Eisenhower (Rialto), 53. 101.10 St. Lucy's (Glendora), 54. 99.00 Dorsey (L.A.), 55. 98.00 Peninsula (Rolling Hills), 56. 97.60 Mira Mesa (San Diego), 57. 97.50 West Covina, 58. 97.00 Agoura, 59. 95.00 Laguna Creek (Elk Grove), 60. 91.50 Grant (Sacramento), 61. 89.50 Anderson, 62. 88.50 Torrey Pines (Encinitas), 63. 87.00 Thousand Oaks, 64. 86.50 Fountain Valley, 65T 86.00 Cerritos, 65T 86.00 St. Francis (Mountain View), 67. 84.50 Trabuco Hills (Mission Viejo), 68. 82.00 Madera, 69. 81.50 Cate (Carpinteria), 70T 80.50 Los Gatos, 70T 80.50 Los Amigos (Fountain Valley), 72. 80.00 Stockdale (Bakersfield), 73. 75.00 San Juan (Citrus Heights), 74. 74.50 Nevada Union (Grass Valley),

75T 74.00 Chaminade (Canoga Park), 75T 74.00 Newark, 75T 74.00 El Capitan (Lake-side), 78. 73.50 Laguna Hills, 79. 73.10 Aca-lanes (Lafayette), 80T 73.00 Gardena, 80T 73.00 St. Francis (Sacramento), 82. 72.50 Red-wood (Visalia), 83T 71.00 Ponderosa (Shingle Springs), 83T 71.00 Livermore, 85T 70.00 Presentation (San Jose), 85T 70.00 Channel Is-lands (Oxnard), 87. 68.10 Poway, 88. 68.00

McClatchy (Sacramento), 89. 67.50 Fallbrook, 90T 67.00 Bishops (La Jolla), 90T 67.00 Bret Harte (Altaville), 90T 67.00 San Benito (Hollis-ter), 93. 66.10 San Clemente, 94. 66.00 Little-rock, 95. 65.50 Hanford, 96. 65.00 Nordhoff (Ojai), 97. 61.50 Ganesha (Pomona), 98T 61.00 Amador Valley (Pleasanton), 98T 61.00 St. Ignatius (San Francisco), 98T 61.00 Beacon (Oakland)

Boys Individuals

(total points scored all individual events)

1.	183	Obea Moore (Muir, Pasadena)
2.	146	Mike Stember (Jesuit, Sac)
3.	118	Dan Nord (Los Altos)
4.	116.5	Ronald Stewart (Gardena)
5.	115.5	Clarence Scott (Fremont, L.A.)
6.	112	Chris McAlister (Pasadena)
7.	110	Gerald Williams (Lynwood)
8.	109	Larry Henderson (MMesa, SD)
9.	108	Robert Kyle (Los Banos)
10.	100	Marques Holliwell (West, Bkfd)
11T.	99	Michael Granville (Bell Gard)
11T.	99	Steve Williams (San Fernando)

Girls Individuals

(total points scored all individual events)

1.	155	Angela Williams (Chino)
2.	150.5	Carla Estes (Logan, Union City)

3.	145	Kelli White (Logan, Union City)
4.	144	Julia Stamps (Santa Rosa)
5.	143	Joanna Hayes (North, Rivsd)
6.	140	Courtney Pugmire (Esp. Ana)
7.	139	Andrea Anderson (Poly, LBch)
8.	135	Daveetta Shepard (Sales, Rich)
9.	134.5	Ashley Bethel (Mission Viejo)
10.	131	Malika Edmonson (St. B, PlRey)
11.	128.5	Kadrina Coffee (Palmdale)
12.	128	Jemae Wright (Logan, UnCity)

COMBINED BOYS/GIRLS TEAM SCORES:

1.	1079.5	Poly (Long Beach)
2.	927.25	Logan (Union City)
3.	906	Muir (Pasadena)
4.	674.5	Esperanza (Anaheim)
5.	649.	Morningside (Inglewood)
6.	449.	Arroyo Grande
7.	418	Valley (Sacramento)
8.	410.1	Wilson (Long Beach)
9.	394.1	Bakersfield
10.	371.	North (Riverside)
11.	367.6	Morse (San Diego)
12.	361.	Bishop O Dowd (Oakland)
13.	349.7	Foothill (Santa Ana)
14.	348.1	Edison (Huntington Beach)
15.	340.	Woodbridge (Irvine)

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RESULTS

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▲ Track & Field

All-Comers Track and Field Meet

January 13, 1996. Edwards Stadium, Berkeley. All distances in meters. Note: Times in hundredths were taken by the FinishLynx system.

Open Men

55-Dwan Vance 6.8. 400-Jesse Wilson (Cal) 50.2. 800-Tim Brown (McClmonds HS) 1:58.22. 1,500-Bolota Asmerom 4:11.1. 3,200-Noah Marcus 10:19.5. 55HH-Tony Amerson 8.0. 300IH-Peter Grimes 42.0. 4x100-SVTA 42.4. 4x400-SVTA 3:32.3. HJ-Tony Carruthers (Cal) 6-8. PV-Brent Burns 5.50 (18-0 1/2). LJ-Adam Powell (SVTC) 22-7 3/4. TJ-Damian Bryant (SVTC) 13.68 (44-10 3/4). DT-Mike Mielke (U.S. Army) 55.70 (182-9). JT-John Lally 58.46 (191-9).

Open Women

200-Jackie Edwards 25.32. 400-Grace Dinkins 57.85. 800-April Powers 2:21.67. 1,500-April Powers 4:45.2. 55HH-Peggy Odila 8.1. 300IH-Monique Dale 51.3. HJ-Amy Tan (Cal) 5-4. LJ-Jackie Edwards (Unat) 18-5 3/4. DT-Laura DeSnoo (U.S. Army) 49.76 (163-3). JT-Nicole Carroll (SMAC) 52.78 (173-2).

High School Boys

55-Heat 1-Sam Burns (Hogan) 6.6. 55-Heat 2-Genna Abramenko (Castro Valley) 6.6. 200-Mike Nixon (McClmonds) 23.28. 400-Jody Charles (McClmonds) 49.1. 800-Jason Bouey 2:04.76. 1,500-Daniel Embaye (Logan) 4:24.1. 3,200-Terrence Frost (Hogan) 11:55.2. 4x400-Hogan 3:54.2. HJ-Bobby Frick (Redwood) 6-2. PV-D. J. Heckler (San Rafael) 13-6. LJ-Jim McGee (Sacramento) 23-4. TJ-Sam Burns (Hogan) 12.88 (42-3 1/4). SP-Lance Javron 13.19 (43-3 1/4). DT-Lance Javron 52.64 (172-8). JT-Chip Lillenthal (Napa TC) 56.68 (185-11).

High School Girls

55-Heat 1-Turshika Bennett (Bishop O'Dowd) 7.4. 55-Heat 2-Natasha Neil (Logan) 7.4. 200-Carla Estes (Logan) 25.68. 400-Seneik Saavedra (Dr. Kings TC) 59.77. 800-Tina Bowen (San Ramon Valley) 2:22.12. 1,500-Michelle Muela 5:41.8. 55HH-Tasha Neil (Logan) 8.4. 4x100-Logan 49.0. 4x400-El Cerrito 3:58.5. HJ-Ashley Feinberg (Reno) 4-10. PV-Ashley Feinberg (Reno) 8-6. LJ-Nikila Flagg (Mt. Eden) 15-7 3/4. SP-Candace Webb (Bishop O'Dowd) 10.48 (34-4 3/4). TJ-Andrea Lac-

son (Logan) 10.47 (34-4 1/4). JT-Adrienne Lindsay (Napa TC) 30.78 (101-0).

Masters Men

LJ-Jim Holister (10.56) 17-10 3/4. TJ-Jim Holister 34-7 3/4.

Age-Group Boys

55-Charles Thompson 8.1. 200-Charles Thompson 29.9.

Age-Group Girls

55-Raqueta Margain 7.9. 200-Lakeisha Spencer 27.6. 400-Spring Dawson 1:04.3. 800-Spring Dawson 2:29.32.

USATF Pole Vault Summit

January 19-20. Reno, NV.

Men

Elite Invitational: 1. Dean Starkey 18-8 1/4. 2. Scott Henning 18-4 1/2. 3. Jeff Hartwig 18-4 1/2. 4. Philippe D'Encausse (France) 18-0 1/2. 5. Andre Swartsoz 18-0 1/2. 6. Nick Hysong 18-0 1/2. **Jr High:** 1. Rey Serrano 9-6. 2. Chris Chappell 9-0. **High School Beginner:** 1. Robbie Pratt 11-7. 2. James Stiles 11-1. 3. Ben Tawney 10-7. **High School Intermediate:** 1. Jon Henley 12-3. 2. David Swasey 11-9. 3. Daniel Cho 11-9. **High School Intermediate II:** 1. Bill Patterson 13-9. 2. Tyler Eikenberry 13-3. 3. Eric Eschbach 13-3. **High School Advanced:** 1. Joe Leidenfelse 14-9. 2. Ammon Stark 13-9. 3. Sam Crowe 13-9. **High School Elite:** 1. Jacob Davis 16-6 3/4. 2. Steve Michaels 16-2. 3. Travis Spencer-Coye. **Masters I:** 1. Brian Stevenson 13-6. 2. Roy Willis & Kevin Stang 13-0. **Masters II:** 1. Earl Bell 16-0. 2. Michael McGinnis 14-0. 3. Steve Morris 14-0. **Univ/Open I:** 1. Brooks Morris 17-0. 2. Luke Walker, Vince Berestford & Lon Badaux 17-0. **Univ/Open II:** 1. Jeff Truman 15-0. 2. Eric Stanfield 15-0. **Univ/Open III:** 1. Travis Majors 16-0. 2. Pete Kovacs 15-6. 3. Bill Jones 15-6. **Univ/Open IV:** 1. Mike Hernandez 15-2. 2. Bob Olsen 15-2. 3. Mike Kuoppamaki 14-8. **Univ/Open V:** 1. Ryan Stevenson 14-9. 2. Borya Orloff 14-9. 3. Greg Thueringer 13-6. **Univ/Open Elite:** 1. Jay Thorson 18-0 1/2. 2. Garth Willard 18-0 1/2. 3. Mike Drummy 18-0 1/2.

Women

Elite Invitational: 1. Christina Adams (Germany) 13-3 1/2. 2. Andrea Mueller (Germany) 13-1 1/2. 3. Stacy Dragila (Idaho SI) 13-1 1/2. 4. Melissa Price (Fresno State) 13-1 1/2. 5. Kelly Suttle (Ark St.) 12-5 1/2. 6. Amadine Homo (France) 11-9 3/4. 7. Marie Polsonnier (France) 11-9 3/4. 8. Celine Polsonnier (France) 11-3 3/4. **High School Beginner:** 1. Kyla Pavlina 9-0. 2. Christy Clark 8-6. 3. Vivian Yip 8-0. **High School Intermediate:** 1. Shannon Agee 10-0. 2. Maria Lopez 9-6. 3. Ashley Feinberg 9-0. **High**

School Open I: 1. Melissa Feinstein 12-3 1/2. 2. Jennifer Candipan 11-5 3/4. 3. Jocelyn Chase 11-1 3/4. **High School Open II:** 1. Glanda Smith 10-2. 2. Susana Quesado 9-6. 3. Julie Patton, Lorena Espinoza, Jacqueline Kelly 9-0. **Open II:** 1. Catherine Miller 6-0. 2. Tara Clancy 5-6.

All-Comers Track and Field Meet

January 20, 1996. At Edwards Stadium, Berkeley. (Distances in meters. Automatic timing by FinishLynx for races reported in hundredths of a second.)

Open Men

55-Eugene Swift 6.82. 400-Anthony Jones 52.20. 800-Tim Brown (McClmonds HS) 1:59.75. 1500-Ryan McNalley 4:18.6. 3000-Ben Rodefer 10:25.1. 55HH-Rod Jett 7.5. 300IH-Peter Grimes 40.3. 4x100-City College of San Francisco 44.0. 4x400-City College of San Francisco 3:29.4. HJ-Greg Walker 6-10 1/4. LJ-John Edwards 23-4. PV-Terry 14-0. SP-Martin Perkins (U.S. Army) 50-9 1/4. DT-Mike Mielke (U.S. Army) 184-10. JT-Mikel Schmidt 235-9.

Open Women

55-Tricia Jacinto (Chabot College) 7.88. 200-Rene Mantredi 27.64. 400-Grace Dinkins 56.5. 800-Tiffany White (Dr. King's TC) 2:34.73. 1500-Daetra Dear 5:28.64. HJ-Karis Gardner 5-4 1/2. SP-Peggy Odila 39-11 1/4. DT-Laura DeSnoo (U.S. Army) 160-1. JT-Nicole Carroll (CSM) 175-4.

High School Boys

55-Sam Burns III (Hogan) 6.98. 200-Tim Brown (McClmonds) 23.65. 400-Jody Charles (McClmonds) 49.34. 800-Dan Brecht (Petaluma) 2:06.52. 1500-Enrique Henriquez (San Leandro) 4:20.5. 3000-Terrence Frost 10:54.7. 4x100-Hogan no time. 4x400-McClmonds 3:28.8. LJ-Anthony Ratcliff (McAteer) 19-1. SP-Steven Parker (McAteer) 48-1 1/4. DT-Steve Parker (McAteer) 137-9. JT-Chip Lillenthal (Napa TC) 181-0.

High School Girls

55-Paula Thomas (Fremont) 8.49. 200-Lakesha Willis (Dr. King's TC) 30.99. 1500-Michelle Muela 5:32.50. 4x100-Dr. King's TC no time. 4x400-Dr. King's TC 4:00.4.

World's Finest Dirt Track Relays

February 10. Claremont McKenna. Mudd Scripps College, Claremont.

Men

4x1m R: 1. Pt. Loma 43.86. DMR: 1. Claremont Mudd 10:43.0. HT: 1. Rob McIntosh (CMS) 130-6. HJ: 1. Aaron Masters (SCC) 6-4. 110mHH: 1. Quang Leba (CMS)

15.94. PV: 1. Jason Rice (Biola) 15-0. JT: 1. Quang Leba (CMS) 182-11. Mile: 1. Matt Newman (CMS) 4:44.53. SprMed R: 1. Clare-Mudd 3:41.41. LJ: 1. Aaron Masters (Pt. Loma) 21-1/2. SP: 1. Sean Andrews (COD) 45-7. 2 Mile: 1. Jason Schaeffer (SCC) 9:53.49. 4x4m R: 1. Pt. Loma 3:27.80. TJ: 1. Eric Jones (CMS) 47-3 1/4. DT: 1. Sepher Sharifi (CMS) 164-4.

Women

4x1m R: 1. Clare-Mudd 52.48. DMR: 1. So. Calif. Coll. 13:00. Mile: 1. Catlin Henderson (Cal Tech) 5:37.52. HT: 1. Kiyoni Panish (Pom. Pitt) 171-11. DT: 1. Amy Colton (CMS) 112-4. 100mH: 1. Kathie Nielsen (Cal Luth) 17.51. LJ: 1. Sara Lorci (Pt. Loma) 16-2 3/4. Spr Med R: 1. Pt. Loma 1:55.03. 4x400m R: 1. Pt. Loma 4:14.65. 2 Mile: Catlin Henderson (Cal Tech) 12:24.46. SP: 1. Amy Colton (CMS) 36-10. JT: 1. Kasey Richer (CMS) 97-5. HJ: 1. Tara Thomas (Cal Luth) 5-0. TJ: 1. Janine Molin (FresPacif) 33-6 1/2.

Quadrangular in San Diego

February 17. At San Diego State.

Women

HT: 1. Tara Monaghan (UCSD) 156-4. 2. Amy Colton (CMS) 129-11. 3. Kristin Danielson (SDSU) 128-9. JT: 1. Kristin Danielson (SDSU) 110-0. 2. Nicole Gallagher (PLNC) 95-9. 3. Kim Matheny (SDSU) 95-7. LJ: 1. Milinda Forest (SDSU) 18-3/4. 2. Sara Louci (PLNC) 16-1/4. 3. Paulauskas (UCSD) 15-7. 4x100m R: 1. San Diego State 47.65. 2. UCSD 51.84. 3. Claremont 52.54. 1500m: 1. Traneca Hicks (PLNC) 4:57.61. 2. Jen Davis (CMS) 4:59.82. 3. Louise Tench (CMS) 4:59.91. HJ: 1. Heather Winberry (UCSD) 5-4. 2. Sabrina Nielson (UCSD) 5-0. 3. Joelle Marty (CMS) 5-0. 100mH: 1. Sunshine Peterson (SDSU) 14.50. 2. Felicia Stone (SDSU) 14.66. 3. Carrie Vickery (PLNC) 16.04. 400m: 1. Rachel Parrish (SDSU) 58.88. 2. Monahar (UCSD) 59.58. 3. Jennifer Cullley (CMS) 1:00.25. SP: 1. Jannita Blanco (SDSU) 35-4 1/2. 2. Monica Biagi (SDSU) 38-4 1/2. 3. Kim Matheny (SDSU) 37-8 1/2.

100m (combined): 1. Malika Freeman (SDSU) 12.34. 2. Melinda Forest (SDSU) 12.61. 3. Felicia Stone (SDSU) 12.64. 800m: 1. Dwire (UCSD) 2:19.66. 2. Shantia Cox (SDSU) 2:19.68. 3. Herskowitz (UCSD) 2:20.77. 200m (combined): 1. Malika Freeman (SDSU) 25.39. 2. Felicia Stone (SDSU) 25.51. 3. Rachel Parrish (SDSU) 25.70. TJ: 1. Shepard (UCSD) 36-11. 2. Amy Conole (SDSU) 35-5 1/2. 3. Melinda Forest (SDSU) 35-1/4. 400mH (combined): 1. Sunshine Peterson (SDSU) 1:03.76. 2.

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RESULTS

Carrie Vickery (PLNC) 1:06.38. 3. Katerkamp (UCSD) 1:08.36. 3000m: 1. Amy Ward (CMS) 10:29.94. 2. Shoshane Ziblat (CMS) 10:50.09. 3. Jen Stuart (CMS) 10:53.76. 4x400mR: 1. San Diego State 3:51.48. 2. UCSD 4:06.71. 3. Point Loma 4:11.53. DT: 1. Juanita Blanco (SDSU) 130-3. 2. Kristin Danielson (SDSU) 122-10. 3. Angie Allen (UCSD) 122-10.

Team Results: 1. San Diego St 92. 2. UCSD 46. 3. Claremont 26. 4. Pt Loma 17.

Men

HT: 1. Magnus Stranquist (PLNC) 175-8. 2. Greg Arcenio (CMS) 164-8. 3. Buehler (UCSD) 155-3. SP: 1. Magnus Stranquist (PLNC) 39-11. 2. Alex Sutton (CMS) 34-7. 3000mSC: 1. Matt Newman (CMS) 9:47.93. 2. Chris Jimenez (PLNC) 10:21.43. 3. Jeff Liebert (CMS) 11:28.41. 4x100mR: 1. Point Loma (PLNC) 43.63. 2. Claremont A 44.00. 3. UCSD 44.94. 1500m: 1. Klinger (UCSD) 4:07.55. 2. Aaron Archer (PLNC) 4:11.30. 3. Constantine (UCSD) 4:15.70. 110mH: 1. Olie Svensson (PLNC) 15.20. 2. Sean Martin (PLNC) 15.64. 3. Bennett (UCSD) 16.10. 100m: 1. Magdardoj (UCSD) 11.19. 2. Brett Comfort (CMS) 11.31. 3. Felix Wong (CMS) 11.52. 400m: 1. Stefan Letzelter (PLNC) 47.79. 2. Marsh (UCSD) 51.57. 3. Ryan Grover (CMS) 52.71. 800m: 1. James Uwins (CMS) 1:57.85. 2. Wallace (UCSD) 1:58.90. 3. Pat Farley (CMS) 1:58.94.

JT: 1. Quang Leba (CMS) 170-7. 2. Sean Eisbernd (CMS) 146-4. 3. Sepher Sharifi (CMS) 137-5. LJ: 1. Aaron Masters (PLNC) 21-10. 3/4. 2. Felix Wong (CMS) 20-6. 3/4. 3. Rex Sheridan (PLNC) 19-4. HJ: 1. Eric Jones (CMS) 6-6. 2. Aaron Masters (PLNC) 6-2. 3. Derek Bennett (UCSD) 6-0. 200m (combined): 1. Stefan Letzelter (PLNC) 22.27. 2. Magdardoj (UCSD) 22.83. 3. Jimmy Pham (CMS) 23.02. 400mH: 1. Sean Martin (PLNC) 54.63. 2. Miller (UCSD) 55.79. 3. Prudence (UCSD) 56.81. TJ: 1. Eric Jones (CMS) 44-10. 3/4. 2. Aaron Masters (PLNC) 44-11. 2. 3. Olander (UCSD) 41-5. 4x400mR: 1. UCSD 3:26.70. 2. Claremont A 3:30.52. 3. Claremont C 3:33.84. 3000m: 1. Castner (UCSD) 8:39.39. 2. Lindsey (UCSD) 8:54.11. 3. Leek (UCSD) 8:54.57. b1. D. Spector (UCSD) 14-6. 2. Starkey (UCSD) 14-0. 3. Alex Sutton (CMS) 10-6. DT: 1. Sepher Sharifi (CMS) 154-6. 2. Seefeld (UCSD) 130-11. 3. Magnus Strandquist (PLNC) 123-6.

Team Results: 1. Claremont 72. 2. UCSD 66. 3. Point Loma College 60.

Cal All-Comers Track & Field Meet

February 17, 1996. Edwards Stadium, Berkeley. All distances in meters.

Men

55--Dave Patterson 6.4. 200--Shaun Williams (CCSF) 21.4. 400--Shawn Williams (CCSF) 48.3. 800--James Robinson 1:57.2 (41 years old). 1500--Steve Hansen (Cal) 3:57.5. 3200--Brian Richter 9:37.2. 55 High

Hurdles--Ross Bomben (Cal) and Keith Moten (Cal) 7.4. 300H--John Johnson 38.2. High Jump--Weldon (Unattached) 1.97m (6-5 1/2). Pole Vault--Chris Huffins 13-6. Long Jump--Dooney Jones (Unattached) 6.21m (20-4 1/2). Triple Jump--Ray Kimball (Unattached) 15.53m (50-11 1/2) (42 years old). Shot Put--Matt Loggins (Cal) 15.28m (50-1 3/4). Discus--John Wirtz (Reebok) 58.62m (192-4). Hammer--Ryan Carcione (Cal) 56.90m (186-8). Javelin--Ralph Howe (Unattached) 65.98m (216-6).

Women

55--Latasha Gilliam (Cal) 7.0. 200--Latasha Gilliam (Cal) 24.3. 400--Deetra Dear 60.4. 800--Lisa Lopez (Cal) 2:15.4. 1500--Diana Whipple (Unattached) 4:43.8. 3200--Genevieve DeBose 10:25.2. 55 High Hurdles--Mika Hilaro (Cal) 8.2. Long Jump--Lisa Hale (Unattached) 5.65m (18-6 1/2). Shot Put--Rebecca Morrison (College of San Mateo) 13.13m (43-1). Discus--Laura DeSnoo (US Army) 52.32m (171-8). Hammer--Nadia Lopez (Cal) 41.34m (135-7). Javelin--Nicole Carroll (Unattached) 54.38m (178-5).

High School Boys

55--Chris Castro (St. Ignatius) 6.8. 200--Tim Brown (McClymonds) 22.2. 400--Felton Charles (McClymonds) 47.9. 800--Enrique Henriques (San Leandro) 2:05.9. 1500--Daniel Sikiric (Leland) 4:00.1. 3200--Bolota Asmerom (McAteer) 9:35.9. 55 High Hurdles--Mike Sturgeon (Elsie Allen) 8.5. 4x100--St. Ignatius 46.6. 4x400--McClymonds (Dewarte Williams) 53.0. Tim Brown 48.8. Felton Charles 49.0. Mike Nixon 52.4. 3:23.2. High Jump--Jermaine Hightower (James Logan) 1.82m (5-11 1/2). Pole Vault--Peter DeLucchi (St. Ignatius) 11-0. Long Jump--Marcus Land (James Logan) 6.24m (20-5 3/4). Triple Jump--Ryan Hollister (Turlock) 12.27m (40-3 1/4). Shot Put--Mick Donavel (St. Ignatius) 13.12m (43-0 1/2).

High School Girls

55--LaKeeja Roberts (St. Ignatius) 7.4. 200--Tori Parsons (Northern Lights) 26.8. 800--Shana Driscoll 2:33.3. 1500--Laura Sandoval (St. Ignatius) 5:10.3. 3200--Logan Hiroshima (James Logan) 12:05.2. 55 High Hurdles--Carrie McGraw 9.8. 300 Hurdles--Carrie McGraw 49.5. 4x100--St. Ignatius 56.5. High Jump--Alanna Deely (St. Ignatius) 1.47m (4-9 3/4). Long Jump--Lakeeja Roberts (St. Ignatius) 4.77m (15-7 3/4). Triple Jump--Lakeeja Roberts (St. Ignatius) 9.61m (31-6 1/2).

Masters Men

200--Mel Brooks 23.3. Triple Jump--Jim Hollister 11.21m (36-9 1/2).

Masters Women

1500--Barbara Robben 7:09.5. 3200--Barbara Robben 14:35.5.

Los Gatos All-Comers

February 20, 1996. Los Gatos High School, Los Gatos

Open

60--Wright 6.36. 100--Bryant 11.33. 200--Wright 22.56. 400--Pryor 48.93. 800--Beste 2:01.5. Mile--Beste 4:34.8. 2 Mile--

Sealy 10:29. 70HH--Garrison 9.13. HJ--Hodson 5-7. LJ--Hodson 16-4. PV--Drew 14-6. SP--McKee 53-3 1/2.

Women

60--Diaz 7.86. 100--Diaz 13.85. 400--Ponder 1:00.8. 800--Bleich 2:23.0. Mile--Guevara 5:58.0. 2 Mile--Bleich 12:19.1. 60LH--Diaz 9.8. 300LH--Diaz 49.9. HJ--McDonald 4-2. LJ--Stratton 11-7. TJ--Diaz 281-7.

High School

60--Bryant 6.76. 400--Hocker 54.6. 800--Silkirc 2:01.3. Mile--Kinsey 4:48.9. 2 Mile--Kinsey 10:43.0. 70HH--Hooker 10.02. 400R--Silver Creek 47.0. Mile R--Silver Creek 3:47.0. HJ--Sanders 5-4. LJ--Sanders 17-11. TJ--Sanders 37-7. SP--Goldstein 42-5.

Masters

60--Raymond 7.32. 100--Raymond 12.66. 200--Covington 25.96. 400--Durante 57.8. 800--Bordoni 2:08.6. Mile--Conroy 5:11.0. 2 Mile--Burgess 10:59.8. 400R--West Valley TC 50.3. HJ--Wood 4-8. LJ--Wood 14-0. TJ--Wood 31-4.

Mobil Invitational

February 24, Fairfax, VA.

Men

60: 1. Donovan Bailey (adidas-Can) 6.60. 400m: 1. Michael Johnson (Nike) 45.32. 800m: 1. Brandon Rock (Powerade) 1:47.24 (meet record, old mark 1:47.57. Joseph Tengele, 1995). Mile: 1. Julius Achon (Geo Mason) 3:57.66. 3000m: 1. Bob Kennedy (Nike Int) 7:42.29 (meet record, old mark 7:45.34. Kennedy 1995). 60mH: 1. Allen Johnson (Nike) 7.54. 800mR: 1. Norfolk St. (Watts, Ahmed, Clay, Duncan) 1:27.53. 1600mR: George Mason (McDonald, Abrahams, Duncan, Arpas) 3:12.48. HJ: 1. Randy Jenkins (Nike) 7-5 3/4. PV: 1. Pat Manson (Goldwin TC) 18-6 1/2.

Women

60: 1. Gwen Torrence (Mazda) 7.02 (meet record, old mark, 7.10. Torrence 1995). 200m: 1. Carlette Guidry (adidas) 23.25. 400m: 1. Malcol Malone (Asics) 51.80. 800m: 1. Joetta Clark (Foot Locker) 2:01.43. Mile: 1. Kathy Franey (Nike-Boston) 4:31.53. 60mH: 1. Michelle Freeman (Reeb-Jam) 7.82. 800mR: 1. West Virginia (Dawkins, Itanyl, Valentine, Johnson) 1:39.79. 1600mR: 1. Essex College (Tyson, Clark, Jones, Piere) 3:42.98. HJ: 1. Tisha Waller (Goldwin TC) 6-5.

Road Racing

Run For The Sun

November 11, Woodward Park, Fresno

Division Results-10K Men

Overall: 1. Jacob Ekins, 33:40. 0-18: 1. Martin Urroz, 41:50. 19-24: 1. Pete Munoz 41:55. 30-34: 1. Glenn Takubo, 44:24. 35-39: 1. Jose Gonzalez, 35:05. 40-44: 1. Gary

Lawrence, 39:23. 45-49: 1. Jeff Burdick 40:09. 50-54: 1. Alex Orsco, 40:42. 55-59: 1. Juan Sobenes, 45:43. 60-64: 1. Ernest Malagon, 43:44.

Division Results-10K Women

Overall: 1. Constance Boyd, 42:54. 19-24: 1. Amy James, 51:33. 25-29: 1. Lisa Barry, 44:52. 30-34: 1. Angelica Malagon, 45:17. 40-44: 1. Linda Sweeney, 47:44. 45-49: 1. Christie Ballard, 54:01. 55-59: 1. Joan Jeter, 45:51.

Division Results-2 Mile Men

Overall: 1. Kenny Rhoad, 10:05. 0-9: 1. Eric Atil, 18:05. 10-12: 1. Austin Zimmermar, 12:42. 13-15: 1. Bryce McGhie, 11:21. 16-18: 1. Martin Urroz, 10:37. 19-24: 1. Roberto Lora, 10:35. 25-29: 1. James Preston, 13:44. 30-34: 1. Sergio Stanziale, 11:52. 35-39: 1. Dan Granham, 12:20. 40-44: 1. Mario Martinez, 11:54. 45-49: 1. Bill McCarthy, 12:16. 50-54: 1. Alfred Lea, 12:00. 55-59: 1. Dale Sprinkle, 14:35. 60-64: 1. Mickey Kallangian, 13:28. 65-69: 1. Rafael Silva, 15:14. 70 & 0: 1. Bob Musser, 16:14. Walker: 1. Chet Hansen.

Division Results-2 Mile Women

Overall: 1. Shola Lynch, 10:55. 0-9: 1. Lindsay Geil, 17:23. 10-12: 1. Aimee Spray, 14:47. 13-15: 1. Kimmie Schmidt, 13:41. 16-18: 1. Rheanna Francesconi, 19:17. 19-24: 1. Cathy Urroz, 15:58. 25-29: 1. Diana Tockhe, 15:21. 30-34: 1. Maia Pucay, 12:56. 35-39: 1. Claudia Hooten, 18:07. 40-44: 1. Jan Garcia, 15:40. 45-49: 1. Sharon Mayr, 14:45. 50-54: 1. Mary Ann Barroso, 14:54. 55-59: 1. Heidi Fialho, 19:18. 60-64: 1. Arnette Calhoun, 28:43. 65-69: 1. Faye Hmarant, 70 & 0: 2. Dorothy Thomas, 17:06. Walker: 1. Tammie Reinhart, 26:02.

Clarksburg Runs

November 12, Clarksburg.

Overall Results-30K

1. Brent Griffiths (32) Morro Bay, 1:37:29. 2. Jeff Hacker (35) San Francisco, 1:37:41. 3. Jose Aspuro (34) Watsonville, 1:38:16. 4. Chris Houde (36) Carmichael, 1:38:18. Wh Chair, 5. Andrew Boudreau (25) Berkeley, 1:39:23. 6. Chuck Mcavoy (46) Rancho Cordova, 1:39:49. Whl Chair, 7. Joe Rubil (32) SLO, 1:40:08. 8. Mark Conover (35) SLO, 1:42:18. 9. David Adams (34) Redon do Beach, 1:42:32. 10. Ken Keyte, 32 Windsor, 1:43:45. 11. Scott Kennedy (26) Alameda, 1:44:29. 12. Miguel Tibaduiza (39) Reno, NV, 1:44:49. 13. Eric Bohn (29) Rohnert Park, 1:46:05. 14. Jerry Hernandez (31) Harbo City, 1:46:41. 15. Lloyd Stephenson (41) San Francisco, 1:47:04. 16. Brock Hinzmar (42) Palo Alto, 1:47:29. 17. Mike Gottard (28) Sacramento, 1:48:35. 18. John Samore (45) Albuquerque, NM, 1:48:52. 19. Brad Lael (30) Sacramento, 1:49:50. 20. Charles Thompson (45) San Francisco, 1:50:07.

Division Results-30K Men

15-19: 1. Ian WV, (16) Sacramento, 2:09:22. 20-24: 1. Philip Williams (24) San Ramon, 2:45:33. 25-29: 1. Andrew Boudreau (25) Berkeley, 1:39:23. 30-34: 1. Brent Griffiths (32) Morro Bay, 1:37:29. 35-

RESULTS

39: 1. Jeff Hacker (35) San Francisco, 1:37.41. 40-44: 1. Lloyd Stephenson (41) San Francisco, 1:47.04. 45-49: 1. John Samore (45) Albuquerque, NM., 1:48.52. 50-54: 1. Frank Ruona (50) Novato, 1:56:36. 55-59: 1. Sal Vasquez (55) Suisun, 2:02:32. 60-64: 1. Carl Ellsworth (64) Nevada City, 2:18:57. 65-69: 1. Patrick Devine (67) Rancho Palos Verdes, 2:18:33. 70-74: 1. George Billingsley (73) Loomis, 2:59:41. **Wheelchair:** 1. Chris Houde (36) Carmichael, 1:38:18. **Heavy Weight:** 1. Ron Parrett (49) Carmichael, 2:16:00.

Division Results-30K Women

20-24: 1. Julie Oehlschlaeger (24) Madera, 2:10:58. 25-29: 1. Meg Svoboda (29) Sacramento, 2:05:28. 30-34: 1. Laura Sanchez (34) Salinas, 2:03:04. 35-39: 1. Maria Trujillo (36) Marina, 1:51:44. 40-44: 1. Christine Kennedy (40) Cupertino, 1:58:06. 45-49: 1. Cynci Calvin (49) Auburn, 2:17:52. 50-54: 1. Pamela Horton (52) Santa Rosa, 2:23:45. 55-59: 1. Barbara Miller (56) Modesto, 2:13:28. 60-64: 1. Myra Rhodes (63) Sacramento, 2:30:42. 65-69: 1. Bernice Brucker-Vincent (68) Berkeley, 3:44:45. 70-74: 1. Po Adams (71) Carmichael, 3:40:53.

Overall Results-10K Men

1. Bob Korock (28) Acampo, 37:03. 2. Michael Edling (45) Carson City, NV., 37:40. 3. Alfredo Ortiz (30) Stockton, 38:19. 4. Craig Newport (49) Orangevale, 38:38. 5. Malia Dinell (33f) Berkeley, 38:55. 6. Jean-Claude Legras (30) Grass Valley, 39:32. 7. Ken Noel (57) San Jose, 41:02. 8. Kent Parnell (34) Fair Oaks, 41:40. 9. Peter Hollenback (39) Sacramento, 42:18. 10. Martin Jaime (32) Sacramento, 42:34.

11. Mitch Kaplan (38) San Francisco, 42:56. 12. Scott Taggart (39) Pine Grove, 43:28. 13. Stewart Warren (40) Walnut Creek, 43:09. 14. Julie Duffek (33f) Pine Grove, 43:28. 15. Frank Clary (16) Sacramento, 43:53. 16. Mary Kinney (33f) Walnut Creek, 43:55. 17. Bill Krierin (51) Carmichael, 44:06. 18. Mark Ortega (36) Sacramento, 44:13. 19. Tom Ramos (40) Sacramento, 44:16. 20. Michael Stebbins (35) Sacramento, 44:17.

Division Results-10K Men

13-14: 1. Abel Rodriguez (13) Courtland, 51:30. 15-19: 1. Frank Clary (15) Sacramento, 43:53. 20-24: 1. James Baldwin (20) Elk Grove, 44:57. 25-29: 1. Bob Korock (25) Acampo, 37:03. 30-34: 1. Alfredo Ortiz (30) Stockton, 38:19. 35-39: 1. Peter Hollenback (35) Sacramento, 42:18. 40-44: 1. Stewart Warren (40) Walnut Creek, 43:09. 45-49: 1. Michael Edling (45) Carson City, NV., 37:40. 50-54: 1. Bill Krierin (50) Carmichael, 44:06. 55-59: 1. Ken Noel (55) San Jose, 41:02. 60-64: 1. Frank Tisch (60) Byron, 59:42. 65-69: 1. Bill Wood (65) Rancho Cordova, 50:46. **Walker:** 1. Fred Belt (55) Placerville, 1:00:57. **Walker Master:** 1. Stephen Norton (41) Sacramento, 1:06:32.

Division Results-10K Women

15-19: 1. Andrea Allen (15) Sacramento, 1:03:01. 25-29: 1. Lorie Souza (25) Sacramento, 48:25. 30-34: 1. Malia Dinell (30) Berkeley, 38:55. 35-39: 1. Susanna La Viola (35) Lodi, 46:26. 40-44: 1. Deborah Kan-

ner (40) Sacramento, 52:50. 45-49: 1. Debbie Vandebroek (45) Dublin, 56:21. 50-54: 1. Ann Hardman (50) Mill Valley, 49:16. 55-59: 1. Chung Stoval (55) Stockton, 1:14:06. 60-64: 1. Leona Nenow (60) Carmichael, 53:02. 70-74: 1. Paulette Parsons (70) Newark, 1:09:05.

Overall Results-5K

1. Leonard Sperandio (35) Orangevale, 16:01. 2. Mark Shaw (33) Elk Grove, 16:50. 3. Jon Terrazas (24) Chico, 17:12. 4. Tim Williams (41) Elk Grove, 17:13. 5. Mike Ammon (50) Carmichael, 17:16. 6. Karl Bacon (46) Stockton, 17:41. 7. Bob Whitehead (46) Sacramento, 17:45. 8. Ken Cox (39) Woodland, 17:55. 9. Neal Chappell (55) Stateline, NV., 18:36. 10. Ron Mills (35) Carmichael, 18:54.

11. Mike Shriver (35) Sacramento, 19:09. 12. Keith Daviar (37) S. Lake Tahoe, 19:11. 13. Deedee Grafius (46f) Modesto, 19:19. 14. Karin Kuffel (32f) Oakland, 19:29. 15. Heidi McKenna (28f) Vacaville, 19:35. 16. Bryce Hori (46) Salinas, 19:40. 17. Mike Cronk (52) Aptos, 19:55. 18. Bob Tabler (35) Palmdale, 19:58. 19. Ricardo Guidolin (57) Stockton, 20:01. 20. Ralph Harms (60) Santa Rosa, 20:02.

Division Results-5K Men

0-12: 1. Brent Parsons (12) Newark, 23:11. 13-14: 1. Edson Martinez (14) Fremont, 21:26. 15-19: 1. Matthew Jutovsky (15) Carmichael, 21:02. 20-24: 1. Jon Terrazas (24) Chico, 17:12. 25-29: 1. Chris Neumann (29) Elk Grove, 21:46. 30-34: 1. Mark Shaw (33) Elk Grove, 16:50. 35-39: 1. Leonard Sperandio (35) Orangevale, 16:01. 40-44: 1. Tim Williams (41) Elk Grove, 17:13. 45-49: 1. Karl Bacon (46) Stockton, 17:41. 50-54: 1. Mike Ammon (50) Carmichael, 17:16. 55-59: 1. Neal Chappell (55) Stateline, NV., 18:36. 60-64: 1. Ralph Harms (60) Santa Rosa, 20:02. 65-69: 1. Mort Ward (65) Quincy, 22:07. 70-74: 1. Bob Burns (70) Carmichael, 25:50. **Walker Master:** 1. Darwin Degroot (44) W. Sacramento, 30:05.

Division Results-5K Women

0-12: 1. Wendy Rogers (11) Sacramento, 22:52. 13-14: 1. Sarah Russell (13) Sacramento, 33:35. 15-19: 1. Catherine Brown (17) Chico, 20:50. 20-24: 1. Kristi Bryte (23) Folsom, 43:42. 25-29: 1. Heidi McKenna (28) Vacaville, 19:35. 30-34: 1. Karin Kuffel (32) Oakland, 19:29. 35-39: 1. Gary Craig (38) Esparto, 20:44. 40-44: 1. Peggy Herrington (43) Fair Oaks, 24:59. 45-49: 1. Deedee Grafius (46) Modesto, 19:19. 50-54: 1. Marianne Hawkes (54) Reno, NV., 25:50. 55-59: 1. Nancy Zielinski (57) Sacramento, 32:33. 60-64: 1. Char Davis (63) Davis, 35:50. 65-69: 1. Adela-Angle Girven (66) Lodi, 34:26.

San Juan Trail 50 Mile Run

November 12, San Juan Capistrano

Overall Results-50 Miles

1. Ben Hian (26) 6:58:24. 2. Tom Nielson (36) 7:25:02. 3. Gabriel Flores (29) 7:45:09. 4. Bill McDermott (44) 8:08:21. 5. Evelyn Marshall (33f) 8:09:52. 6. Ben Smith (33)

8:11:59. 7. Doug Spencer (37) 8:12:35. 8. Bill Kee (38) 8:35:34. 9. Candy Hower (26f) 8:41:16. 10. June Gessner (42f) 8:55:39.

22nd Annual Thanksgiving Runs

November 18.

Overall Results

1. Eddie Lanzarin, 26:49. 2. Tony Fong, 27:38. 3. Jose Castaneda, 27:50. 4. Rolf Nebelung, 30:15. 5. Roger Zoldan, 30:20. 6. Lucio Perez, 30:42. 7. Kurt Imperial, 30:49. 8. Ron Tanaka, 30:57. 9. Dan Moreno, 30:58. 10. Alison Freeman (f) 30:59. 26. Celina Lee (f) 34:00. 30. Cheng-er Mehmedbasich (f) 34:37. 32. Sueh-nan Lew (f) 35:57. 38. Barbara Zoldan (f) 36:54.

Davis Turkey Trot 5K & 10K Run

November 18, Davis

Overall Results-10K

1. Jedd Hildebrandt (35) 30:30. 2. Andy Bupp (23) 31:15. 3. Benjamin Ayers (25) 31:47. 4. Rob Anex (36) 32:00. 5. Gregg Morin (36) 32:16. 6. Leonard Sperandio (35) 32:25. 7. Patrick Rainey (30) 32:30. 8. Patrick Kornder (31) 33:17. 9. James Wright (22) 33:24. 10. Ty Strange (34) 33:47.

11. Steve Gerhart (34) 34:16. 12. Mark Drake (39) 34:29. 13. Michael Tuppy (33) 34:41. 14. John Eschmann (24) 34:49. 15. Nick Bingham (24) 34:51. 16. Mika Jakabsons (29) 35:00. 17. Shawn Young (21) 35:04. 18. Joseph Fiori (36) 35:40. 19. Thom Pearman (33) 35:45. 20. Steven Yee (42) 35:49.

21. Bob Sharman (39) 36:09. 22. Mike Deatherage (41) 36:13. 23. Doug Reed (33) 36:14. 24. Mark Goettel (28) 36:21. 25. Pam Runquist (32f) 36:32. 26. Richard Ratliff (46) 36:36. 27. Matt Duffy (26) 36:47. 28. Kiko Bracker (27) 36:47. 29. Phil Graves (49) 36:50. 30. Chris Duquette (28) 36:53.

31. Ken Cox (39) 36:53. 32. Ed Schelegle (41) 37:02. 33. Robert Fournier (37) 37:03. 34. Barry Turner (42) 37:07. 35. Gary Walton (53) 37:13. 36. Brian Williams (31) 37:18. 37. Vince McDonald (42) 37:33. 38. Anthony Hopkins (35) 37:35. 39. Jeff Adams (38) 37:39. 40. Dennis Prizmich (28) 37:40.

41. Gary Barnett (39) 37:41. 42. Gary Barnett (39) 37:41. 43. Erick Jorgensen (21) 37:57. 44. John Cleckler (28) John Cleckler (28) 38:00. 45. Ramon Jaime (30) 38:03. 46. BJ Runquist (36) 38:04. 47. Kate Sweetman (31) 38:07. 48. Christine Iwahashi (40) 38:17. 49. Ernest Johnson (18) 38:22. 50. Peggy Lavelle (35f) 38:26. 61. Connie Kondo (37f) 39:16.

Overall Results-5K

1. Danny Aldridge (39) 15:08. 2. Scott Kennedy (26) 15:21. 3. Alan Dehlinger (34) 15:29. 4. Ty Strange (34) 15:33. 5. Ryan Moore (21) 15:38. 6. San Yohannes (21) 15:49. 7. Jimmy Sanchez (16) 15:56. 8. Michael Collins (29) 15:59. 9. Michael Larsen

(30) 16:13. 10. Jeff Clark (40) 16:17. 11. Marc Dube (21) 16:18. 12. Sergio O'Cadiz (29) 16:18. 13. Josh Adams (16) 16:38. 14. Sean Keegan (22) 16:41. 15. Alec Tune (17) 16:53. 16. Randy Sturgeon (43) 16:57. 17. Tim Shannon (46) 17:08. 18. Erik Dube (21) 17:12. 19. Salvador Zepeda (23) 17:16. 20. Shane Hall (18) 17:18.

21. Carlos Moraver (32) 17:19. 22. Brian Woodhouse (40) 17:29. 23. Wayne Linse (39) 17:31. 24. Kathy Ward (41) 17:34. 25. David Taylor (51) 17:39. 26. Justin Coates (16) 17:40. 27. Linda Gill (37f) 17:43. 28. Karl Wurzbach (29) 17:46. 29. Jen Schindler (16f) 17:48. 30. Erik Vieira (25) 17:52.

31. Raul Piedrahita (41) 17:54. 32. Jeremy Stone (16) 18:03. 33. Ty Nelson (54) 18:04. 34. Kenneth Kraebel (28) 18:06. 35. Jim Flanigan (46) 18:07. 36. Tim Rostage (55) 18:11. 37. Jon Shelgren (55) 18:11. 38. Mark Oslund (31) 18:14. 39. Jim Souza (51) 18:18. 40. Miguel Piedrahita (16) 18:30.

41. Rob Stark (36) 18:35. 42. Shawn Smallwood (32) 18:37. 43. Paul Smith (29) 18:39. 44. Melissa Freeberg (22f) 18:41. 45. Joshua Morejohn (16) 18:47. 46. Andrew Dougherty (14) 18:48. 47. Richard Cole (37) 18:50. 48. Snag Cadillac (36) 18:52. 49. Teresa Aldridge (35f) 18:52. 50. Gregon Hunte (45) 18:53.

54. Megan Sheehy (25f) 18:55. 56. Bev Marx (41f) 19:00.

Jet To Jetty 5K & 10K

November 18, Playa Del Rey.

Division Results-10K Men

Open Men: 1. Sven Haug (26) 31:20. 2. Arapfredson Maywek (29) 31:41. 3. Chris Jagers (34) 33:36. **Masters Men:** 1. Frank Tai (40) 35:49. 2. Takashi Yagisawa (41) 35:58. 3. Irwin Merin (45) 37:09. 11-14. 1. Francisco Reyes (12) 1:02:15. 15-18: 1. Ismael Hernandez (17) 35:39. 19-24. 1. Christopher Fosse (22) 41:08. 25-29. 1. Swen Haug (26) 31:20. 30-34: 1. Chris Jagers (34) 33:36. 35-39: 1. Brian Nelson (38) 34:17. 40-44: 1. Frank Tai (40) 35:39. 45-49: 1. Irwin Merin (45) 37:09. 50-54. 1. Ken Desmet (51) 37:53. 55-59: 1. Howard Brown (55) 44:37. 60-69: 1. Horst Lutz (60) 39:47.

Division Results-10K Women

Open Women: 1. Keena Carstensen (35) 37:20. 2. Denise Winner (34) 42:28. 3. Terri Rocha (29) 43:14. 19-24. 1. Amy Rush (23) 45:03. 25-29: 1. Terri Rocha (29) 43:14. 30-34: 1. Denise Winner (34) 42:28. 35-39. 1. Kenna Carstensen (35) 37:20. 40-44. 1. Jennie Cole (40) 45:25. 45-49: 1. Yoko Eichel (48) 43:40. 50-54: 1. Sandy Shue (51) 43:51. 55-59: 1. Sylvia Daugherty (57) 49:22. 60-69: 1. Chieko Allwein (62) 53:46. 70 & 0: 1. Betty Keel (71) 1:21:47.

Division Results-5K Men

Open Men: 1. David Kunselman (29) 14:59. 2. Mike Graham (28) 15:04. 3. Cooper Tomlinson (37) 15:30. **Master Men:** 1. Merle Spaulding (40) 17:10. 2. Bill Sampson (49) 17:14. 3. John Gonzalez (51) 18:00. 11 & U: 1. Douglas Browers (10) 20:57. 11-14: 1. John Evans (11) 22:01. 15-18: 1. Sean Righter (18) 16:43. 19-24: 1. Martin Gulsar

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(23) 29:13. 25-29: 1. David Kunselman (29) 14:59. 30-34: 1. Tracy Baskin (31) 15:58. 35-39: 1. Cooper Tomlinson (37) 15:30. 40-44: 1. Merle Spaulding (40) 17:10. 45-49: 1. Bill Sampson (49) 17:14. 50-54: 1. John Gonzalez (51) 18:00. 55-59: 1. Ted Noller (55) 18:28. 60-69: 1. Aldo Morh (60) 18:48. 70 & 0: 1. Steve Bathias (71) 26:27.

Division Results-5K Women

Open Women: 1. Jean Destine (22) 15:09. 2. Bobbjo Carlovsky (25) 17:05. 3. Dawna Brown (30) 18:06. **Masters Women:** 1. Bonnie Frankel (50) 20:23. 2. Tobey Macquoid (46) 20:53. 3. Loretta Bronk (47) 21:33. 11 & U: 1. Denise Broers (8) 23:21. 11-14: 1. Julie Rosso (14) 23:11. 15-18: 1. Vanessa Hernandez (17) 20:59. 19-24: 1. Jean Destine (22) 15:09. 25-29: 1. Bobbjo Carlovsky (25) 17:05. 30-34: 1. Dawna Brown (30) 18:06. 35-39: 1. Helen Moreno (35) 18:45. 40-44: 1. Sylvia Edgar (42) 23:40. 45-49: 1. Tobey Macquoid (46) 20:53. 50-54: 1. Bonnie Frankel (50) 20:23. 55-59: 1. Susan Treddick (59) 23:53. 60-69: 1. Atsuko Fujimoto (60) 24:44. 70 & 0: 1. Ruth Cleland (72) 48:54.

MTC Turkey Trot

November 18, Merced

Overall Results-8K

1. Louie Servin, 25:08. 2. Tim Wyman, 27:24. 3. Enrique Rodriguez, 29:25. 4. George Shoemaker, 29:31. 5. Gary Hogan, 30:32. 6. Dan Murray, 30:34. 7. Mike Boyer, 30:46. 8. Gerry Holmes, 30:51. 9. Randall Maple, 31:16. 10. Kenneth Schwisow, 31:20.

8TH Annual Fay Hobbs Memorial 10K

November 19, Santa Barbara

Overall Results-10K

1. Pedro Gutierrez (26) 32:41. 2. Michael Smith (31) 32:45. 3. Barry Molony (44) 32:52. 4. Gregg Horner (41) 33:18. 5. Ted Cotti (33) 33:21. 6. Ramiro Aguirre (28) 33:23. 7. David Peterson (38) 35:21. 8. Aaron Goldschmidt (33) 35:24. 9. David Saunders (29) 35:34. 10. David Holt (38) 35:21. 11. Matthew Pelascini (19) 36:27. 12. Corey Welles (32) 36:30. 13. Efrain Robles (32) 36:40. 14. Paul Marcel (46) 36:49. 15. Steven Jones (33) 36:52. 16. Matthew Fisher (35) 37:13. 17. Hans Van Koppen (40) 37:20. 18. Meg Barbour (26) 37:25. 19. Paul Kleine (39) 37:29. 20. Sai Natarajan (24) 37:36.

27. Erika Coble (34) 38:40. 39. Susan Petronio (32) 39:59. 44. Shannon Battles (29) 40:31. 48. Verity Allen (29) 41:20.

Division Results-10K Men

18 & U: 1. Nieko Biskner (12) 44:11. 19-24: 1. Matthew Pelascini (19) 36:27. 25-29: 1. Pedro Gutierrez (26) 32:41. 30-34: 1. Michael Smith (31) 32:45. 35-39: 1. David Peterson (38) 35:21. 40-44: 1. Barry Molony (44) 32:52. 45-49: 1. Paul Marcel (46) 36:49. 50-54: 1. Gene Ball (50) 38:29. 55-59: 1. Tim McCollum (58) 43:39. 60 & 0: 1.

Ronald Schenone (64) 44:08.

Division Results-10K Women

18 & U: 1. Vanessa Wilson (12) 55:36. 19-24: 1. Katie Watson (23) 44:06. 25-29: 1. Meg Barbour (26) 37:25. 30-34: 1. Erik Coble (34) 38:40. 35-39: 1. Petra Kemper (39) 41:30. 40-44: 1. Cecelia Ramos (44) 43:38. 45-49: 1. Pat Lindsey (46) 45:35. 50-54: 1. Patsy Dorsey (50) 52:40. 60 & 0: 1. Helga Carden (70) 1:07:52.

Quadruple Dipsea

November 25, Mill Valley

Overall Results-28.4 Miles

1. Mike Gottardi (28) Buffalo Chips, 4:16:00. 2. Brian Purcell (39) Tamalpa, 4:16:32. 3. Dave Scott (37) 4:23:20. 4. Rick Stuart (38) Strapped Jock, 4:23:59. 5. Geoff Vaughan (31) Tamalpa, 4:25:52. 6. Bruce Mace (36) Tamalpa, 4:26:18. 7. John Edgecomb (37) Tamalpa, 4:26:44. 8. Greg Nacco (35) Tamalpa, 4:32:55. 9. Mark Marcelli (36) 4:34:52. 10. Alfred Bogenhuber (56) Bay Area Ultra, 4:35:54. 11. Tim Twietmeyer (36) Sierra Express, 4:37:48. 12. Dow Mattingley (44) 4:39:09. 13. Rick Simonsen (34) 129, 4:39:29. 14. Dan Barger (30) 4:40:29. 15. John Lundy (32) Tamalpa, 4:44:33. 16. Evelyn Marshall (37) 4:45:01. 17. Errol Jones (45) Sierra Express, 4:47:22. 18. Sul Pascale (47) 4:58:41. 19. Richard Clark (57) 4:58:41. 20. Michael Duncan (46) 4:59:46. 21. Guy Palmer (36) Tamalpa, 5:02:38. 22. Karen Brown (32) 5:04:49. 23. Bruce Linscott (37) Tamalpa, 5:04:50. 24. David Innes (47) 5:05:20. 25. Curt Ringstad (44) 5:05:33.

Division Results-28.4 Miles Men

Open Men: 1. Mike Gottardi. 2. Brian Purcell. 3. Dave Scott. **Masters:** 1. Dow Mattingley. 2. Errol Jones. 3. Syl Pascale. **Seniors:** 1. Alfred Bogenhuber. 2. Richard Clark. 3. Martin Jones. 60 & 0: 1. Gard Leighton. 2. Dwaine Batt. 3. Stephen Gaal. **Team:** 1. Tamalpa (Purcell, Vaughan, Mace) 13:08:42. 2. Sierra Express (Twietmeyer, Jones, Windsparger) 15:04:05. 3. Buffalo Chips (Gottardi, Hernandez, Hambrick) 16:12:14.

Jones Division: 1. Errol. 2. Martin. 3. Richard. **Greg Moore Division:** 1. Greg Moore. 2. Greg Moore. 3. Cupertino. **Crimson Cheetah Division:** 1. Rick Spady. 2. Laura Vaughan. 3. Fat Jack. **Scalpel Division:** 1. Howard Klein, MD. 2. Stephen Gaal, MD. 3. Richard Gillespie, MD. 4. Howard Daniel, MD.

Division Results-28.4 Miles Women

Open: 1. Evelyn Marshall. 2. Karen Brown. 3. Laurie Riebeling. **Masters:** 1. Penny DeMoss. 2. Nancy Huber. 3. Kathy Welch. **Seniors:** 1. Noel Relyea. 2. Joan Szarlinski. 3. Eldridh Gosney. **Team:** 1. B.

Coit Tower Run

November 26.

Overall Results-3 Miles

1. Randy Anderson, 15:47. 2. Steve Stephens, 15:52. 3. Dave Picariello, 16:56. 4. Patrick Lee, 17:02. 5. Collin Lee, 17:59. 6. Gregory Bown, 19:01. 7. Kenneth Fong,

19:07. 8. Kimberly Rodrigues, 19:27. 9. Thomas Stephens, 19:30. 10. Andrew Benz, 19:46.

Run to the Far Side 5K & 10K

November 26, San Francisco

Overall Results-10K Men

1. John Dimoff (24) Portland, OR, 30:53. 2. Hector Perez (34) San Diego, 31:51. 3. Andrew Boudreau (25) 31:57. 4. Darl Anderson (35) 32:07. 5. Ty Strange (34) Ukiah, 32:17.

Overall Results-10K Women

1. Maria Trujillo (36) Marina, 34:49. 2. Magi Ezzard (33) Albuquerque, NM, 35:53. 3. Rosa Gutierrez (32) Sunnyvale, 36:25. 4. Cathy Dubry (31) 37:11. 5. Debbi Beyers (39) 38:36.

Overall Results-5K Men

1. Michael Morin, Oakland, 14:53. 2. Jeff Hildebrandt, Roseville, 15:04. 3. Harold Graham, Portland, OR, 15:06. 4. Douglas Walter, Baltimore, MD, 15:07. 5. Ben Turman, 15:08.

Overall Results-5K Women

1. Pattisue Plumer, 16:11. 2. Elizabeth Zaragoza, Albuquerque, NM, 16:12. 3. Monica O'Reilly, 16:38. 4. Chris Boyd, Santa Rosa, 16:46. 5. Lisa Lopez, San Francisco, 16:47.

California International Marathon

December 3, Sacramento

Overall Results-Marathon Men

1. Bruce Deacon (28) Canada, 2:13:59. 2. Paul Zimmerman (34) Beaverton, OR, 2:14:56. 3. Joel Onwong'A (22) Kenya, 2:15:22. 4. Alejandro Cruz (27) Mexico, 2:17:52. 5. Jeff Morganti (28) Syracuse, NY, 2:18:11. 6. Peter Maher (35) Canada, 2:19:34. 7. Nazredin Akybekov (29) Kyrgyzst, 2:19:34. 8. Miguel Tibaduiza (39) Reno, NV, 2:20:26. 9. Mark Prinzel (32) Goose Creek, TX, 2:20:55. 10. Jeff Hacker (35) San Francisco, 2:21:58. 11. Tony Williams (30) Bellevue, WA, 2:22:01. 12. Brian Cann (28) West Boylston, MA, 2:22:07. 13. Michael Alexander (26) San Diego, 2:22:27. 14. Farley Simon (40) San Diego, 2:22:42. 15. Carl Fritz (26) Sioux Falls, SD, 2:22:54. 16. Peter Williams (34) Bend, OR, 2:23:13. 17. David Frank (33) Palo Alto, 2:24:02. 18. Sean Birren (22) San Diego, 2:24:03. 19. John Hickey (28) Bellingham, WA, 2:24:05. 20. Corey Trowing (27) Santa Cruz, 2:24:28.

Overall Results-Marathon Women

1. Michaela Reger (26) Boca Raton, FL, 2:32:45. 2. Karen MacLeod (37) Scotland, 2:34:23. 3. Maria Trujillo (36) Marina, 2:34:46. 4. Julie Coleby (40) England, 2:38:25. 5. Stephanie Wessell (26) Eugene, OR, 2:41:20. 6. Renee Kruse (28) Sioux City, IA, 2:45:30. 7. Kathy Ward (41) Sacramento, 2:46:41. 8. Bridget Degan (35) Houston, TX, 2:47:36. 9. Janice McCaffrey (36) Calgary AB, 2:47:56. 10. Christine Kennedy (40) Cupertino, 2:48:21. 11. Margee Brown (33) Shoreview, MN,

2:48:39. 12. Charlotte Thomas (38) Bridge water, VT, 2:48:48. 13. Kirsten O'Hara (29) Manhattan, KS, 2:48:50. 14. Kelly Flanagan (30) Boulder CO, 2:49:04. 15. Lisbe Engberg (31) San Francisco, 2:49:11. 16. Connie Kondo (37) Folsom, 2:51:04. 17. Jennifer Clark (28) Truckee, 2:51:37. 18. Theresa Walton (25) Eugene, OR, 2:51:39. 19. Reggy Lavelle (35) San Francisco, 2:51:43. 20. Mollie Starr (36) Portland, OR, 2:51:45.

Division Results-Marathon Men

18 & U: 1. Able Tretten (18) Verdi, NV, 3:06:59. 2. Zachary Schreiber (18) Davis, 3:16:35. 3. Kevin Beaudine (17) Westlake Village, 3:32:05. 19-24: 1. Joel Onwong'A (22) Kenya, 2:15:22. 2. Sean Birren (22) San Diego, 2:24:03. 3. Javier Zavala (23) San Diego, 2:26:04. 25-29: 1. Bruce Deacon (28) Canada, 2:13:59. 2. Alejandro Cruz (27) Mexico, 2:17:52. 3. Jeff Morganti (28) Syracuse, NY, 2:18:11. 30-34: 1. Paul Zimmerman (34) Beaverton, OR, 2:14:56. 2. Mark Prinzel (32) Goose Creek, TX, 2:20:55. 3. Tony Williams (30) Bellevue, WA, 2:22:01. 35-39: 1. Peter Maher (35) Canada, 2:19:34. 2. Miguel Tibaduiza (39) Reno, NV, 2:20:26. 3. Jeff Hacker (35) San Francisco, 2:21:58. 40-44: 1. Farley Simon (40) San Diego, 2:22:42. 2. Joe Schieffe (44) Oakland, 2:32:59. 3. Lloyd Stephenson (41) San Francisco, 2:36:17. 45-49: 1. Kim Lilot (45) San Francisco, 2:45:37. 2. Mark Coleby (47) England, 2:46:00. 3. Sylvester Franklin (45) Daly City, 2:46:18. 50-54: 1. William Scullion (50) 2:48:41. 2. Perry Hayoen (50) Reno, NV, 2:50:31. 3. Frank Ruona (50) Novato, 2:50:36. 55-59: 1. Herb Phillips (55) Burnaby BC, 3:14:25. 2. Robin Rogerson (55) Sacramento, 3:14:25. 3. Rob Nebelung (55) Dublin, 3:14:26. 60-64: 1. Hugo Badgett (61) Bend, OR, 3:05:47. 2. Alfred Dovbish (63) Corte Madera, 3:10:39. 3. Patrick Quinn (62) Spokane, WA, 3:21:55. 65-69: 1. Charles Le Pere (66) E Centro, 3:42:01. 2. Richard Laine (66) San Carlos, 3:52:14. 3. Hal Keniston (66) Seattle, WA, 3:52:45. 70 & 0: 1. Otto Rosenhall (70) Bellingham, WA, 3:52:23. 2. George Billingsley (73) Loomis, 4:18:15. 3. Stan Demartins (73) Saratoga, 4:35:21.

Division Results-Marathon Women

18 & U: 1. Jennifer Rhodes (16) Reno, NV, 4:35:48. 2. Christy La Pierre (16) Gold River, 4:53:19. 3. Brandy Adney (18) Coarsegold (18) 5:31:41. 19-24: 1. Emily Kellmar (22) Tacoma, WA, 3:08:36. 2. Jennifer Devine (24) Sacramento, 3:08:36. 3. Athena Countouriotis (24) Foster City, 3:11:59. 25-29: 1. Michaela Reger (26) Boca Raton, FL, 2:32:45. 2. Stephanie Wessell (26) Eugene, OR, 2:41:20. 3. Renee Kruse (28) Sioux City, IA, 2:45:30. 30-34: 1. Margee Brown (33) Shoreview, MN, 2:48:39. 2. Kelly Flanagan (30) Boulder, CO, 2:49:04. 3. Lisbe Engberg (31) San Francisco, 2:49:11. 35-39: 1. Karen MacLeod (37) Scotland, 2:34:23. 2. Maria Trujillo (36) Marina, 2:34:46. 3. Bridget Degan (35) Houston, TX, 2:47:36. 40-44: 1. Julie Coleby (40) England, 2:38:25. 2. Kathy Ward (41) Sacramento, 2:46:21. 3. Bridget Degan (35) Houston,

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TX, 2:47:36. 45-49: 1. Laurie Binder (48) Tigard, OR, 2:58:43. 2. Kathy Frank (47) Palo Alto, 3:26:52. 3. Toni Belaustegui (48) Reno, NV, 3:28:30. 50-54: 1. Rusty Barnett (53) El Dorado Hills, 3:36:01. 2. Barbara Ella (51) Midesto, 3:42:24. 3. Helene Eisenbud (50) Sacramento, 3:43:49. 55-59: 1. Barbara Miller (56) Midesto, 3:08:37. 2. Eve Pell (58) Mill Valley, 3:29:56. 3. Louise Walters (56) Foresthill, 3:30:10. 60-64: 1. Wen-Shi Yu (610 Kew Gardens, NY, 3:26:24. 2. Myra Rhodes (63) Sacramento, 3:36:54. 3. Willma Maddock (61) Costa Mesa, 3:58:49. 65-69: 1. Margie Withrow (69) Lompoc, 4:52:51. 2. Mary Ehrlich (67) Perris, 5:50:15. 70 & 0: 1. Po Adams (71) Carmichael, 5:11:28.

Saddleback Mountain Trail Marathon

December 3, San Juan Capistrano

Overall Results-Marathon

1. Bill McDermott (44) 3:04:58. 2. Rob McNair (41) 3:05:21. 3. Mike Swan (25) 3:10:52. 4. Sergio Correa (31) 3:17:38. 5. David Warady (38) 3:19:31. 6. Dan Barger (30) 3:30:36. 7. Doug Spencer (37) 3:32:44. 8. Mark Marcelli (36) 3:32:44. 9. Scott McKenzie (41) 3:34:40. 10. Ben Hian (26) 3:34:41. 11. Terry Sedgewick (32) 3:35:38. 12. Jose Gallardo (31) 3:36:39. 13. Keith Gaffaney (23) 3:42:14. 14. Jim Ulvestad (40) 3:45:48. 15. Don Leroy (46) 3:48:14. 16. Bruce Wilson (36) 3:50:14. 17. Greg Talbot (41) 3:51:14. 18. Marc Gallardo (31) 3:53:44. 19. Kyle McNeil (43) 4:01:21. 20. Pete Kirkham (39) 4:02:12. 21. Candy Hower (27) 4:05:21. 30. Ofelia Bermudez (39) 4:19:48. 42. Cindy Busarow (40) 4:35:30. 44. Maureen McGrath (33) 3:37:11. 45. Erika Cronshagen (34) 4:37:22.

Kennedy Drive Run

December 3

Overall Results-4.7 Miles

1. Antonio Corgas, 25:24. 2. Tyler Abbott, 25:36. 3. Gary Ellis, 25:48. 4. Tom Robinson, 27:03. 5. Jim Misener, 27:13. 6. George Rehmet, 29:23. 7. Larry Fine, 30:00. 8. Phil Meiman, 30:03. 9. Don Eisen-er, 30:12. 10. Dave Picariello, 30:16.

CUSH Jingle Bell Walk/Run For Arthritis

December 9, San Diego

Division Results-3K Men

Overall: 1. Mick Gieskes (25) Del Mar, 15:17. 2. Stan Clark (40) 15:28. 3. Richard Barrett (36) 16:04. 1-12: 1. Kevin Schible (11) La Mesa, 18:14. 13-17: 1. Dave Schible (17) La Mesa, 16:20. 18-29: 1. Mick Gieskes (25) Del Mar, 15:17. 30-39: 1. Richard Barrett (36) Los Alamos, 16:04. 40-49: 1. Stan Clark (40) 15:28. 50-59: 1. Allan Milliken (50) 18:33. 60-69: 1. Earl Davis (60) San Diego, 22:30.

Division Results-3K Women

Overall: 1. Genevieve Fox (31) Los Alamos, 18:20. 2. Sarah Schaefer (32) San Diego, 18:25. 3. Jennifer Mills (18) Oceanside, 19:18. 1-12: Laurie O'Connor (12) San Diego, 22:19. 18-29: 1. Jennifer Mills (18) Oceanside, 19:16. 30-39: 1. Genevieve Fox (31) Los Alamos, 18:20. 40-49: 1. Larua Clark (40) 19:54. 50-59: 1. Ellen Michaeli (53) Lake Elsinore, 31:41. 60-69: 1. Muffie McMullen (65) Lakeside, 32:15.

Waikiki Mile

December 9, Waikiki Beach

Overall Results-1 Mile Men

1. Phillimon Hanneck, (\$4,000) (24) 3:59:49. 2. Marcus O'Sullivan, (\$3,000) (33) 3:59:94. 3. Kevin Sullivan, (\$2,000) (21) 4:00:31. 4. Graham Hood (un) 4:00:49. 5. Jeff Atkinson (un) 4:01:28. 6. Anthony Whiteman (un) 4:02:33. 7. Bob Kennedy (25) 4:02:52. 8. Terrence Herrington (29) 4:03:34. 9. Martin Keino (21) 4:03:77. 10. Michal Bartoszak (25) 4:04:16. 11. Whaddon Nieuwoudt (un) 4:04:89. 12. Shannon LeMora (25) 4:06:22. 13. Erik Ne-deau (un) 4:07:21. 14. Marc Davis (25) 4:12:75. 15. Scott MacDonald (22) 4:18:36.

Overall Results-1 Mile Women

1. Regina Jacobs (\$4,000) (32) 4:30:48. 2. Sinead Delahunty (\$3,000) (24) 4:31:19. 3. Suzy Hamilton (\$2,000) (27) 4:32:88. 4. Ruth Wysocki (38) 4:34:42. 5. Leah Pells (30) 4:34:94. 6. Darcy Arreola (27) 4:37:10. 7. Juli Henner (25) 4:37:96. 8. Molly McClimon Watcke (24) 4:38:81. 9. Kristen Seabury (26) 4:39:38. 10. Susan Powers (un) 4:43:46. 11. Patti Sue Plumer (33) 4:44:62. 12. Angela Chalmers (32) 4:45:13. 13. Liz Zarago-za (27) 4:46:10. 14. Karen Harvey (un) 4:47:18. 15. Cathy Palacios (27) 4:48:71.

1995 Lasse Viren 20K

December 10, Pt. Mugu State Park

Overall Results-20K Men

1. Oscar Gonzales (30) 1:08:48. 2. Bryan Dameworth (24) 1:09:07. 3. Steve Brown (31) 1:09:23. 4. Barry Molony (44) 1:14:19. 5. Howard Jacobs (29) 1:15:32.

Overall Results-20K Women

1. Stefania Oggiano (35) 1:25:43. 2. Melissa Patterson (25) 1:26:37. 3. Kim Gonzales (32) 1:30:00. 4. Sherry Kae Johns (40) 1:32:09. 5. Vicky Mathes (28) 1:33:09.

Division Results-20K Men

16-18: 1. James Hipskind, 1:20:34. 19-29: 1. Bryan Dameworth, 1:09:07. 30-34: 1. Oscar Gonzales, 1:08:48. 35-39: 1. Jaro Snoppek, 1:21:52. 40-44: 1. Barry Molony, 1:14:19. 45-49: 1. John Casso, 1:21:30. 50-54: 1. Don McCarty, 1:25:11. 55-59: 1. Harry Pantelas, 1:31:02. 60-69: 1. Horst Lutz, 1:28:52.

Division Results-20K Women

19-29: 1. Melissa Patterson, 1:26:37. 30-34: 1. Kim Gonzales, 1:29:10. 35-39: 1. Stefania Oggiano, 1:25:43. 40-44: 1. Sherry Kae Johns, 1:32:09. 45-49: 1. Gila Schneider, 1:48:57. 50-54: 1. Susan Alton, 2:04:40. 55-59: 1. Yvette LaVigne, 1:40:32.

U.S. Men's 5 Kilometer Race Championship--Palm Desert 5K

December 10, Palm Desert

Overall Results-5K

1. Tim Hacker, Nike North, 13:55. 2. Rod DeHaven, New Balance, 13:56. 3. Tim Gargiulo, Brooks Racing Team, 13:58. 4. Reuben Reina, Foot Locker AC, 14:00. 5. Mark Cogan, Adidas, 14:01. 6. Dan Held, Nike North, 14:09. 7. Aaron Ramirez, Mizuno, 14:11. 8. Ian Alsen, Unatt., 14:12. 9. Jeff Campbell, Unatt., 14:13. 10. David Morris, Nosotros, 14:16. 11. Jason Pyrah, Mizuno, 14:18. 12. Derek Kite, Unatt., Malibu, 13. Mike Bilyeu, Reebok, 14:25. 14. Brad Barquist, Mizuno, 14:34. 15. Steve Ave, Unatt., 14:46.

Presidio Gate Run

December 10

Overall Results-3.3 Miles

1. Antonio Corgas, 18:15. 2. Tyler Abbott, 18:21. 3. Gary Ellis, 18:28. 4. Michael Gam-ma, 18:32. 5. Jim Misener, 20:09. 6. William Galvin, 20:34. 7. John Spriggs, 20:43. 8. Randy Anderson, 20:59. 9. Tomassa Nakamura, 21:17. 10. W.N. Morrison, 21:47.

Sanger Striders TC Pre-Christmas Run

December 16, Madison School, Sanger

Division Results-6 Mile Men

19-29: 1. Ryan Huckabay, 34:13 (Overall Winner). 30-34: 1. John Rodriguez, 37:13. 35-39: 1. Tim Jones, 37:57. 40-44: 1. Michael Castillo, 39:02. 45-49: 1. Gary Hall, 38:34. 50-59: 1. Alfred Leal, 40:23. 60-69: 1. Tony Bush, 48:37.

Division Results-6 Mile Women

35-39: 1. Ann Castillo, 38:06 (Course Record & Overall Winner). 40-44: 1. Ann Phillips, 47:15. 45-49: 1. Margaret Pinuelas, 47:23. 50-59: 1. Maryann Barroso, 47:46.

Overall Results-3 Mile Time Prediction

1. Warren Rosenbaum, 28:25 (1 off). 2. Bryan Jones, 22:35 (5.5 off). 3. Steve Free-land, 23:33 (6.6 off). 4. Richard Morris, 24:38 (12.0 off). 5. Norm Takeuchi, 19:48 (13.8 off).

Christmas Relays

December 17, Lake Merced, San Francisco

Overall Results-4 x 4.46 Mile

1. Algerian National Team (1st open) 1:30:12. 2. Southern Cal Guys, 1:35:12. 3. Excelsior Masters A (1st Master Men) 1:35:50. 4. DSE Subhacks (1st Submasters Men) 1:35:52. 5. Tarahumara Runstingers, 1:35:56. 6. PARC Men A, 1:37:02. 7. Tamalpa A, 1:37:02. 8. MVAL Nads of Steel (1st Jr. Boys) 1:37:20. 9. Tamalpa A, 1:37:48. 10. NARP, 1:37:59.

Blind Date Relays

December 25, 2 x 2 Miles

Overall Results-2 x 2 Miles

1. Andy Chan, Susan Chou, 25:43. 2. Larry

Fine, Denise Leo, 28:55. 3. Ron Dorey, Mar Rogers, 29:22. 4. Randy Andersen, Gwena Davies, 29:40. 5. Mark Hovermale, Joo Saam, 29:54.

New Year's Resolution Runs

December 30, Santa Barbara, 5K & 10K

Overall Results-5K

1. Barry Molony (44) Oxnard, 15:50. 2. Harold Ketting (41) Santa Barbara, 16:05. 3. Quenton Cassedy (22) Santa Paula, 16:16. 4. Scott Coe (35) Lompoc, 16:46. 5. Bob Brennan (34) Federal Way, 16:53. 6. Jose Castellanos (40) No Hollywood, 17:44. 7. Steven Macintosh (46) Ventura, 17:53. 8. Steven Johnson (47) Santa Barbara, 18:25. 9. John Tilford (39) Santa Barbara, 18:58. 10. Frank Renda (56) Goleta, 18:40. 11. Mike Dungan (43) Santa Barbara, 18:58. 12. Ruth Vomund (37) Ventura, 19:01. 13. Steven Ainsley (43) Santa Bar-bara, 19:09. 14. Don Truex (58) Santa Bar-bara, 19:21. 15. Robert Davison (51) Los Angeles, 19:24. 16. Bobby Powers (40) San-ta Barbara, 19:29. 17. Alyson Macintosh (17) Ventura, 19:35. 18. Maurice Heffer-nan (38) Santa Barbara, 19:37. 19. Mike Rouhas (45) Chatsworth, 19:38. 20. Kay Johnson (31) Santa Barbara, 19:45. 21. Terri Werber (43) Ventura, 19:50. 22. Dianna Hall (38) Santa Barbara, 19:56. 29. Susan Morgan (34) Santa Barbara, 21:06. 36. Joanne Ketting (24) Santa Bar-bara, 22:05. 38. Judy Kewley (51) Sim Valley, 22:18. 41. Kim Uttersen (14) West-lake VLG, 22:46. 42. Ann Sanders (45) Goleta, 22:51. 47. Suzanne Picerno (31) Oak View, 23:20.

Overall Results-10K

1. Gregg Homer (41) Santa Barbara, 32:40. 2. Pedro Gutierrez (27) Santa Bar-bara, 32:51. 3. Samuel Morales (26) Ox-nard, 34:27. 4. David Peterson (38) San-ta Barbara, 35:09. 5. David Saunders (29) Santa Barbara, 35:23. 6. Donald Faith (41) Carpinteria, 35:58. 7. David Holt (38) Gole-ta, 36:22. 8. David Larson (36) Santa Bar-bara, 36:26. 9. Angela Orefice (21) Arroyo Grande, 37:02. 10. Todd Hechtman (26) Santa Barbara, 37:20. 11. Gregor Robin (39) Santa Barbara, 38:00. 12. Jon Clark (35) Santa Barbara, 39:07. 13. Vic Birtalan (52) Goleta, 39:14. 14. Chuck Live (34) Santa Barbara, 39:19. 15. Erika Coble (34) Santa Paula, 39:44. 16. Wally Marantette (46) Santa Barbara, 39:57. 17. Jose Luis Gonzalez (34) San-ta Barbara, 40:09. 18. Gary Eigen (27) Ventu-ra, 40:26. 19. Mark Metcalfe (33) Santa Barbara, 40:35. 20. John Hernandez (44) Lompoc, 40:52. 24. Ruth Vomund (37) Ventura, 41:24. 28. Jannay Kennedy (30) Santa Barbara, 42:29. 31. Kay Embrey (34) Newbury Park, 42:50. 34. Carrie Sova (32) Santa Barbara, 43:21. 47. Jill Strause (33) Santa Barbara, 44:40. 46. Susan Cox (34) Bakersfield, 44:43. 49. Sally Brennan (32) Federal Way, WA, 44:58. 53. Marie Hermann (32) Newbury Park, 46:05.

RESULTS

1996 Hangover Run

January 1. 3.35 Miles

Overall Results-3.35 Miles

1. Antonio Corgas, 21:41. 2. Tyler Abbott, 21:48. 3. Peter Hsia, 22:43. 4. Gary Ellis, 22:48. 5. Pete Nowicki, 23:39. /01/R/

Southern California Half Marathon & 5K

January 6, Irvine.

Men-Half Marathon

1. Danny Gonzalez (30) Rancho SM 1:06:12. 2. Alfonso Nunez (31) Corona 1:07:43. 3. Kip Mayeik (29) LA 1:10:14. 4. Jose Ortiz (32) Palmdale 1:10:20. 5. Cisco Kid (23) Dana Hills 1:11:21.

Men-Division Results-Half Marathon

13-17: 1. Ed Pollick (17) Miss Viejo 1:14:36. 18-24: 1. Cisco Kid 1:11:21. 25-29: 1. Kip Mayeik (29) 1:10:14. 30-34: 1. Danny Gonzalez (30) 1:06:12. 35-39: 1. Larry Holland (36) Tustin 1:12:11. 40-44: 1. Keith Withauer (40) 1:12:54. 45-49: 1. Rick Hagin (47) Laguna Bch 1:21:18. 50-54: 1. Wayne Mitchell (51) Silverado 1:23:22. 55-59: 1. Robert Petrovich (55) Eagle Rock 1:40:50. 60-64: 1. William Wall (63) Chino 1:35:06. 65-69: 1. Bob Vitale (66) Palos Verdes 1:46:09. 70-89: 1. Robert K. (70) NewBch 1:45:49.

Women-Half Marathon

1. Jane Welzel (40) Ft. Collins, CO 1:16:35. 2. Lisa Keippa (31) Penn 1:18:19. 3. Jennifer Latham (27) 1:19:26. 4. Laura Stuart (30) Solana Bch 1:21:02. 5. Kristina Dahlberg (20) Orange 1:21:23.

Women-Division Results-Half Marathon

13-17: 1. Letisha Harris (17) 1:21:55. 18-24: 1. Kristina Dahlberg (20) Orange 1:21:23. 25-29: 1. Jennifer Latham (27) LA 1:19:26. 30-34: 1. Lisa Keippa (31) 1:18:19. 35-39: 1. Caroline Heron (33) LA 1:36:54. 40-44: 1. Jane Welzel (40) 1:16:35. 45-49: 1. Julie Lister (48) Glendale 1:36:21. 50-54: 1. Sally Adam (53) Hunt Bch 1:34:35. 55-59: 1. Yvette Lavinghe (55) 1:36:03. 60-64: 1. Chieko Allwein (63) Burbank 2:02:21. 70-89: 1. Curby Edds (75) 2:28:41.

Men-5K

1. Peter Gilmore (18) San Clemente 14:46. 2. Jesus Gutierrez (30) Pasadena 14:48. 3. Jeff McLarty (18) Chino 15:09. 4. Dave Hartman (23) Santa Clarita 15:28. 5. Jed Calvin (20) Santa Clarita 15:43.

Men-Division Results-5K

13-17: 1. Dan Whittington (17) Miss Viejo 16:10. 18-24: 1. Peter Gilmore (18) San Clemente 14:46. 25-29: 1. Wes Bright (28) LA 17:09. 30-34: 1. Jesus Gutierrez (30) Pasadena 14:48. 35-39: 1. Mike Johnson (37) 17:20. 40-44: 1. Kim Uille (40) La Mesa 17:01. 45-49: 1. Fred Shuffelbarger (47) Laguna Bch 16:43. 50-54: 1. John Gonzalez (51) Palos Verdes 18:23. 55-59: 1. Al Shook (56) 19:37. 60-64: 1. Paul Saucedo (64) Anaheim 20:38. 65-69: 1. Bob Berg (Costa Mesa) 28:14. 70-89: 1. Roberg Bergen (71) Spr Vly 24:48.

Women-5K

1. Gail Wehrli (29) So Pasadena 17:19. 2.

Rosalinda Garcia (25) Long Bch 18:03. 3. Kristin Farher (26) Santa Ana 18:11. 4. Sheri Curl (40) Fountain Vly 18:32. 5. Michele Elapence (30) Upland 18:55.

Women-Division Results-5K

13-17: 1. Karen Nilsson (16) Chino 19:11. 18-24: 1. Alison Livermore (19) Irvine 19:18. 25-29: 1. Gail Wehrli (29) So Pasadena 17:19. 30-34: 1. Michele Elapence (30) Upland 18:55. 35-39: 1. Yavol Liu (38) Irvine 18:56. 40-44: 1. Sheri Curl (40) Fountain Vly 18:32. 45-49: 1. Debby Jamieson (46) Newport Bch 19:19. 50-54: 1. Judith Woods (53) Anaheim 16:44. 55-59: 1. Alexandra Demiranda (57) Whittier 25:33. 60-64: 1. Regina Schneider (63) Upland 45:52. 65-69: 1. Louise Martin (66) Whittier 39:12.

Disney World Marathon

January 7, Orlando, FL.

When a marathoner starts seeing cartoon characters offering support along the course, things have usually taken a very bad turn. Not so at the third annual Walt Disney World Marathon. Fireworks, live bands, cheerleaders and a full roster of Disney characters all provided welcome relief to the field of 5,500 runners, roughly 40% of whom were first-timers. With humidity at 86%, but with low temperatures, especially for the 6:30 start, the flat and festive race course was attractive to both novice and veteran alike. For seasoned marathoners such as California's Kees Tuinzing, Disney's appeal extended beyond the fatigue ameliorating entertainment value of the event. A veteran of 45 marathons including the first two Disney World's, Tuinzing said, "In terms of water stations, medical aid and display clocks, I haven't come across a better managed marathon."

For those huffing and puffing in their first marathon endeavor, this year's new and improved race route (for the third time in as many years) offered significantly more attractions/distractions to the toil at hand. Starting with a loop through Epcot, the course then travelled out and through the Magic Kingdom, wound back into Blizzard Beach and passed through the MGM studios before a final foray through Epcot with the finish just outside the park.

With Disney having made the decision to withdraw prize money in defer-

ence to elite athletes pointing towards designated qualifiers for their Olympic teams this year, Disney '96 become very much a "people's" event.

In the men's race, Miguel Upegui of Columbia won his first marathon on U.S. soil with a 2:23:26 effort, but it wasn't until 23 miles that he realized he was in the lead. For the first 18 miles, two-time defending champion and course record holder (2:11:50) Leonid Shvetsov of Russia ran at a steady 5:10 pace with Trinidad's Ronnie Hollasie. While Hollasie will represent his country in Atlanta, Shvetsov needs a 2:10:30 to qualify for the Russian team. "They're stupid," said Shvetsov of the Russian Federation. "It (2:10:30) is stupid. The qualifying time for women is 2:28. No one has run these times. No man ran under 2:11 last year. If none of the men qualify they'll probably pick just one person." Shvetsov, who placed second (2:11:24) at the Chicago Marathon in October, is pointing towards Houston-Tennaco on Jan. 21. He and Hollasie dropped out along the new Blizzard Beach section of the Disney course.

It was shortly before entering Epcot for the second time that Upegui heard in his native tongue that he was leading. Through a translator Upegui explained, "People were yelling at me, but I didn't know what they were saying, so I stuck to my goal [of breaking 2:20]. At 24 miles I knew that wouldn't happen, but I also knew I was in the lead, so it was not so bad." Upegui will be reloading and shooting for his country's 2:15:00 Olympic qualifying mark at the Boston Marathon in April. German runner Robert Langfeld placed second in 2:29:54 with Andy Spaulding of Amherst, MA, finishing third in 2:31:30. British ace Nick Rose was fourth overall and first master in 2:33:50.

Three-time Revco Marathon winner Lyubou Klochko of the Ukraine was also on a training run, albeit for the full marathon distance. Klochko pleased herself and her coach by winning in 2:45:11, a minute ahead of Russia's Alla Doudaeva who had placed second to Hungary's Judit Nagy in the inaugural Disney Marathon. Klochko will run the Olympic Marathon in Atlanta. Nagy, a two-time champion and course record holder at 2:31:54, was also planning a

training run at Disney before her mother encountered visa problems. Mary Level-Menton of Coral Springs, FL, placed third in 2:49:32 and California's Marina Jones ran 2:54:53 to claim master's honors.

One record did fall on the day and it was recorded by wheelchair racer Scott Hollenbeck of Atlanta as he eclipsed Ken Carnes' 1995 standard of 1:47:25 with a 1:46:36 clocking.

Klochko said, "It was a magic course. I wanted to stop sometimes and not because I was tired." For the vast majority who were tired, the pot of gold at the end of the Disney rainbow came in the form of Mickey Mouse medallions placed around the neck of each finisher.

Single/Double Muni Pier Runs

January 7. 1.25 & 2.47 Miles

Overall Results-1.25 Miles

1. Gary Judson, 5:48. 2. James Stratta 6:31. 3. Don Eisener, 6:41. 4. Timothy Mardock, 6:51. 5. Fred Haber, 7:11.

Overall Results-2.47 Miles

1. Tyler Abbott, 12:49. 2. Andy Char 13:16. 3. Dan Shore, 13:44. 4. R. Guerrero 14:15. 5. John Weidinger, 14:50.

Paramount 10K Run

January 13, Paramount.

Division Results-10K Men

Overall: 1. Oscar Gonzalez (31) Placer 31:06. 2. Gus Quinonez (30) Huntington Beach 31:30. 3. Sven Haug (27) Manhattan Beach 31:27. 13 & U: 1. Josh Spiker 34:10. 2. Gabe Hines, 48:57. 3. Jose Arias 50:48. 14-17: 1. Rudy Garcia 38:18. 2. Sergio Quezada, 36:52. 3. Maciano Lara 42:01. 18-23: 1. Alonzo Rameriz 36:16. 2. Edgar Benitez 36:56. 3. Michael Rakauckas 39:26. 24-29: 1. Sven Haug, 31:42. 2. Sziubick Zibi, 32:52. 3. John Eliassor 33:50. 30-34: 1. Oscar Gonzalez, 31:06. 2. Gus Quinonez, 31:30. 3. Trini Robles 35:05. 35-39: 1. Burce Vermaat, 34:55. 2. Jose Fuentes, 35:08. 3. Mark Fish, 35:36. 40-44: 1. Ed Avol, 35:18. 2. Scott Rosenlieb, 35:47. 3. Robert Kessler, 36:16. 45-49: 1. Bill Sampson, 36:58. 2. Don Chadez, 37:27. 3. Gilbert Varela, 37:37. 50-54: 1. Ray Parker 37:22. 2. Peter Scott, 37:39. 3. Lee Baca 38:19. 55-59: 1. Luis Gorordo, 39:37. 2. Andy Anderson, 40:07. 3. Bryan McIntosh 40:32. 60-64: 1. William Wall, 40:21. 2. Robert Lyons, 42:11. 3. Lee Kim, 42:39. 65-69: 1. Hal Sullivan, 44:55. 2. Lew hankins 45:44. 3. Bob Vitale, 46:44. 70 & O: 1. Ray Murano, 53:03. 2. Gilbert Cisneros, 56:27. 3. John Mooshagian, 62:45. Wheelchair: 1. Bob Molinatti, 24:25. Special Word Masters Division: 40-44: 1. Steve Blum, 32:57. 50-54: 1. Garry Kryszak, 36:59. 55-59: 1. Charles Burton, 37:31. 60-64: 1. Andre Tocco, 39:08. 65-69: 1. Gaylon Jorgensen 39:31. 2. Gunnar Linde, 42:38. 3. Patrick Devine, 42:42. 80-84: 1. Ernest Van Leeu-

IF YOU ARE MOVING...

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

Thank you!

RESULTS

wen. 58:40. 2. George Feinstein. 62:49.

Division Results-10K Women

Overall: 1. Annetta Luevano (35) Los Angeles. 34:12. 2. Carrie Kissel (34) Hermosa Beach. 36:11. 3. Rosalinda Garcia (26) Long Beach. 37:43. 13 & U: 1. Ann Marie Garton. 45:39. 2. Vanessa Casarez. 53:36. 3. Maria Abenitez. 53:47. 14-17: 1. Marie Layzer. 41:22. 2. Nancy Pinto. 43:19. 3. Kimberly Bates. 43:32. 18-23: 1. Sandra Macias. 49:09. 2. Tina Knapp. 51:19. 3. Ester Bonales. 56:24. 24-29: 1. Rosalinda Garcia. 37:43. 2. Winnie Gillette. 43:05. 3. Ileana Faria. 57:28. 30-34: 1. Carrie Kissel. 36:11. 2. Jeannie Robinson. 39:41. 3. Adrienne Trader. 41:00. 35-39: 1. Annetta Luevano. 34:12. 2. Nora Fitzgerald. 42:04. 3. Karen Tushiyuki. 44:29. 40-44: 1. Lorraine Gersitz. 40:27. 2. Jeannie Cole. 43:51. 3. Marlene Beringer. 49:32. 45-49: 1. Debby Jamieson. 41:57. 2. Julie Lister. 42:14. 3. Becky Parker. 44:11. 50-54: 1. Teresa Ross. 51:59. 2. Sachiko Lim. 52:05. 3. Sue Cummings. 55:23. 55-59: 1. Dolores Vega. 60:32. 2. Annette Rogers. 61:18. 3. Judy Stevens. 66:42. 60-64: 1. Atsuko Fujimoto. 52:48. 2. Chieko Allwein. 52:55. 65-69: 1. Louise Martin. 83:38. **Special World Masters:** 60-64: 1. Judy Simon. 67:19 (new division record).

Steve Scott Festival of Races Invitational

January 14. Santee.

Men-1 Mile Invitational

1. Edgar De Olivera (26) Brazil \$3,000 3:57. 2. Danny Maas (26) NM \$2,000 3:58. 3. Lioussine Siba (22) Morocco \$1,000 3:59. 4. Jason Pyrah (26) UT \$500 3:59. 5. Jim Sorensen (28) AZ \$400 3:59. 6. Gordon Johnson (24) CA \$300 4:00. 7. Shannon Lemora (25) OR \$200 4:01. 8. David Sydow (25) MI \$100 4:03. 9. Steve Ave (30) OR 4:04. 10. Gilmar Santos (23) Brazil 4:04. 11. Jeff Atkinson (32) CA 4:05. 12. Chris Caton (25) OR 4:06. 13. Randy Moody (20) Canada 4:06. 14. Warren Barker (25) Canada 4:07. 15. Michael Bartoszak (25) Poland 4:08. 16. Steve Scott (39) CA 4:08. 17. Billy Dixon (22) CA 4:08. 18. Wander Moura (25) Brazil 4:09. 19. Paul Marron (24) OR 4:09. 20. Eronildo Almeida (19) Brazil 4:10.

Division Results-Men-1 Mile

40+: 1. Arturo Rodriguez (46) 4:42. 2. Mark Galeazzi (41) 4:43. 3. Nicolas Hernandez (41) 4:49. 39+: 1. Scott Wilson (28) 4:18. 2. Kirk Bradford (26) 4:21. 3. Jaime Bastidas (20) 4:22. 15-18: 1. Ajani Brown (17) 4:21. 2. Larry Henderson (17) 4:24. 3. David McQuitty (18) 4:27. 11-14: 1. Coria Edgar (14) 4:52. 2. Justine Neuroth (13) 4:53. 3. Rafael Roman (13) 5:05.

Women-1 Mile Invitational

1. Laura Mykytko (27) NM \$3,000 4:27. 2. Suzy Hamilton (27) OR \$2,000 4:29. 3. Anna Brezinska (24) Poland \$1,000 4:31. 4. Leah Pells (31) Canada \$500 4:32. 5.

Stephanie Best (26) MT \$400 4:33. 6. Darcy Arreola (27) CA \$300 4:37. 7. Cindy O'Krane (32) Canada \$200 4:39. 8. Elva Dryer (24) CO \$100 4:41. 9. Petra Wassiluk (26) Germany 4:43. 10. Michelle DiMuro (28) OR 4:45.

Division Results-Women-1 Mile

19 & over: 1. Gail Wehrli (29) 5:05. 2. Katherine Kechris (20) 5:09. 15-18: 1. Shalynn Fullove (18) 5:09. 2. Shanon O'Connor (16) 5:28. 3. Michelle O'Connor (17) 5:32. 11-14: 1. Morgan Soule (12) 5:26. 2. Evelin Castillo (13) 5:30. 3. Julie Manson (13) 5:38.

Men-5K

1. Ola Knutsson (24) 15:48. 2. Cisco Kid (23) 15:57. 3. Blair Venables (25) 16:01.

Women-5K

1. Jaymie Harper (16) 19:17. 2. Jennifer Stuart (19) 19:42. 3. Dianne Panelli (33) 20:48.

Windmill Run

January 14. 6.5 Miles

Overall Results-6.5 Miles

1. Gary Judson. 35:30. 2. Tyler Abbott. 35:54. 3. Peter Hsia. 36:21. 4. Gary Ellis. 37:36. 5. Jim Misener. 38:11.

San Diego Marathon & Half Marathon

January 21. Carlsbad

Men-Marathon

1. Aaron Pierson (32) San Fran 2:23:06. 2. Guillermo Morales (26) Boulder, CO 2:24:53. 3. John Jacobsen (32) Carlsbad 2:26:29. 4. Edin Fahy (36) San Diego 2:28:59. 5. Robert Kiebowicz (35) SD 2:35:20. 6. Sal Salmi (41) Temecula 2:37:12. 7. Bryce Jacobsen (24) LA 2:37:24. 8. David Daly (34) Miss Viejo 2:37:56. 9. Sam Hajj (45) SD 2:38:53. 10. Oscar Diego (37) Temecula 2:40:39.

Men-Division Results-Marathon

17+: 1. Bernard McShea (17) Santa Ana 3:19:15. 18-24: 1. Jacobsen 2:37:24. 2. Chad Hawker (22) Carmel Vly 2:44:39. 3. David Giangrande (23) SD 2:48:19. 25-29: 1. Morales 2:24:53. 2. Matt Powers (27) St. Louis, MO 2:48:07. 3. Alex Hess (25) SD 2:51:19. 30-34: 1. Pierson 2:23:06. 2. Jacobsen 2:26:29. 3. Daly 2:37:56. 35-39: 1. Fahy 2:28:59. 2. Kiebowicz 2:35:20. 3. Diago 2:40:39. 40-44: 1. Salmi 2:37:12. 2. Michael Fuller (40) Chesapeake, VA 2:41:40. 3. Rob McNair (40) Oceanside 2:42:46. 45-49: 1. Hajj 2:38:53. 2. Lawrence Cawthon (48) Rio Rancho, NM 2:47:51. 3. Bill Sampson (49) Sylmar 2:53:45. 50-54: 1. Ruben Sandoval (50) Vista 3:00:32. 2. Allan Milliken (50) 3:06:07. 3. Phil Baker (50) La Mesa 3:10:19. 55-59: 1. Larry Barrett (58) Wichita, KS 3:01:36. 2. George McNeil (55) SD 3:25:04. 3. Bob Colton (55) New York 3:27:39. 60-64: 1. John Murphy (62) Cypress 3:07:19. 2. Warren Osborn (61) La Mesa 3:19:21. 3. Phil Porretta (60) Diam Bar 3:36:06. 65-69: 1. Lew Hankins (68)

Pals Verd Pen 3:48:23. 2. Mike Denney (65) Sausalito 4:04:49. 3. Hu Goldstein (67) Hunt Bch 4:20:06. 70-74: 1. Raymond Penkert (71) El Cajon 3:41:53. 2. Ted Horner (71) SD 4:17:15. 3. Charles Rector (70) La Mesa 4:53:36.

Women-Marathon

1. Marion Schoeler (29) Toronto. Can 2:48:17. 2. Betsy Diaz (30) Redwd City 2:53:29. 3. Andrea Lynn (29) SD 3:04:38. 4. Janet Christiansen (34) Poway 3:08:13. 5. Mercedes Gil (33) Ft Collins. CO 3:08:38. 6. Lorraine Gersitz (41) Fullerton 3:09:34. 7. Kristin Jacobs (31) San Jose 3:10:22. 8. Jacqueline Hayes (31) SD 3:12:07. 9. Lana Jochelson (36) SD 3:12:13. 10. Alexandra Desnoo (28) Netherlands 3:13:44.

Women-Division Results-Marathon

18-24: 1. Julie Noffsinger (23) Fallon, IL 3:41:21. 2. Jennifer Lee (22) SD 3:51:23. 3. Meredith Thomason (22) Oakland 3:51:30. 25-29: 1. Schoeler 2:48:17. 2. Lynn 3:04:38. 3. DeSnoo 3:13:44. 30-34: 1. Diaz 2:53:29. 2. Christiansen 3:08:13. 3. Gil 3:08:38. 35-39: 1. Jochelson 3:12:13. 2. Lynne Stephens (37) San Clemente 3:21:32. 3. Lynn Acci-chione (36) SD 3:23:15. 40-44: 1. Gersitz 3:09:34. 2. Kim Meggison (40) Orange 3:14:54. 3. Linda Rasmussen (40) Glendale 3:17:43. 45-49: 1. Diana Ridgway (47) Denver, CO 3:21:46. 2. Nancy Ruffner (47) Redding 3:23:16. 3. Lisa Felder (49) San Leandro 3:33:59. 50-54: 1. Patricia Brumbalow (54) 29 Palms 3:36:38. 2. Gloria McCoy (50) La Jolla 3:39:33. 3. Ann Tack (51) Westminster 3:48:15. 55-59: 1. Suzanne Murphy (58) Cypress 3:26:56. 2. Imme Dyson (59) Princeton 3:41:02. 3. Margaret Speer (58) Yuma 4:21:13. 60-64: 1. Fern Anderson (61) Minneapolis. MN 6:47:07. 65-69: 1. Mary Ehrlich (68) Perns 5:53:01. 2. Lenore Rebeschini (65) LA 6:24:19. 3. Rachel Sandoval (66) Santa Ana 8:09:51.

Men-Half Marathon

1. Rodney DeHaven (29) Madison, WI 1:02:40. 2. Michael Bilyen (30) Eugene, OR 1:03:12. 3. Steve Plascencia (39) Eugene, OR 1:03:37. 4. Danny Gonzalez (31) Ran St Marg 1:03:43. 5. Mark Curp (37) Lees Summit, MO 1:03:53. 6. Tom Ansberry (32) Portland, OR 1:06:58. 7. Jim Hage (37) Lanhan, MD 1:07:24. 8. Don Janicki (35) Louisville, CO 1:08:15. 9. Farley Simon (40) Coronado 1:08:17. 10. Gus Quinonez (30) Los Alamitos 1:08:27.

Men-Division Results-Half Marathon

17+: 1. Mark Savel (16) SD 1:24:29. 2. Paul Holmquist (16) Ft Collins, CO 1:29:38. 3. Bob King (16) SD 1:29:59. 18-24: 1. Travis Grappo (24) Las Vegas 1:08:56. 2. Dennis Jakobsen (24) Carlsbad 1:11:16. 3. J. Quann (24) Carlsbad 1:16:43. 25-29: 1. DeHaven 1:02:40. 2. Rafael Ramos (29) LA 1:11:19. 3. Alexandra Hetherington (28) Vista 1:12:16. 30-34: 1. Bilyen 1:03:12. 2. Gonzalez 1:03:43. 3. Ansberry 1:06:58. 35-39: 1. Plascencia 1:03:37. 2. Curp 1:03:53. 3. Hage 1:07:24. 40-44: 1. Simon 1:08:17. 2. Mark Galeazzi (41) SD 1:13:10. 3. Mark Woods (43) Temecula 1:17:23. 45-49: 1.

Arturo Rodriguez (46) Leucadia 1:15:45. 2. Pete Bolsineau (47) Lag Niguel 1:24:25. 3. Gary Manson (45) SD 1:25:19. 50-54: 1. Alphonzo (50) San Leandro 1:18:57. 2. George Keim (53) Escondido 1:20:54. 3. Bill Hill (51) Carlsbad 1:24:54. 55-59: 1. Hans Dieben (56) SD 1:28:08. 2. Gordon Bushe (56) Long Bch 1:37:17. 3. Isaac Cuevas (56) San Ysidro 1:38:21. 60-64: 1. Oleg Morozov (60) Kansas City, MO 1:21:56. 2. Ramon Sandoval (61) San Ysidro 1:32:40. 3. Ben Bernal (61) LA 1:36:55. 65-69: 1. Patrick Devine (67) Rancho Pal Verdes 1:34:52. 2. George McGaffigan (65) Cor Del Mar 1:39:54. 3. Charles Boston (67) Knoxville, TN 1:42:46. 70-74: 1. Tom Edwards (73) Oceanside 2:12:22. 2. Robert York (70) Azusa 3:04:05. 75-79: 1. Norton Davey (77) Oceanside 2:58:46.

Women-Half Marathon

1. Ann Marie Lauck (26) Manetta. CA 1:11:23. 2. Petra Wassiluk (26) Leucadia 1:13:36. 3. Marie Boyd (36) Albuquerque NM 1:14:35. 4. Trina Robles (32) Placentia 1:14:37. 5. Teresa Barrios (29) Costa Mesa 1:16:35. 6. Jane Weizel (40) Ft Collins, CO 1:17:08. 7. Sharon Stubler (31) Hopkins, MN 1:17:17. 8. Gayle Jacklin (32) Post Falls, ID 1:18:48. 9. Mary Burns-Prine (38) SD 1:19:33. 10. Edie Dubord (37) Waterville, ME 1:19:34.

Women-Division Results-Half Marathon

17+: 1. Tina Rohde (17) Fallbrook 1:34:58. 2. Sarah Schmidt (17) SD 1:42:31. 3. Tricia Mattson (16) Fallbrook 1:47:43. 18-24: 1. Melinda Fibi (23) SD 1:34:27. 2. Jennifer Oullette (23) SD 1:36:20. 3. Lori Walke (23) Carlsbad 1:37:06. 25-29: 1. Lauck 1:11:23. 2. Wassiluk 1:13:36. 3. Barrios 1:16:35. 30-34: 1. Robles 1:14:37. 2. Stubler 1:17:17. 3. Jacklin 1:18:48. 35-39: 1. Boyd 1:14:35. 2. Burns-Prine 1:19:33. 3. Dubord 1:19:34. 40-44: 1. Weizel 1:17:08. 2. Kimberlee Campo (40) SD 1:28:05. 3. Linda Jannelli (40) Cardiff 1:29:35. 45-49: 1. Marilee Ramsay (46) Vista 1:35:16. 2. Jeanne Hjelt (47) Carlsbad 1:36:08. 3. Georgia Gustafson (49) Anchorage, AK 1:39:57. 50-54: 1. Carole Teall (52) De Mar 1:41:30. 2. Darlene Burns (52) El Cajon 1:45:58. 3. Ursula Raines (54) Chula Vista 1:49:04. 55-59: 1. Eileen Puc (55) SD 1:37:35. 2. Una Marie Pierce (57) SD 1:52:01. 3. Marjorie Peterson (58) Tucson AZ 1:56:30. 60-64: 1. Chris Cromer (64) Chula Vista 1:57:15. 2. Amy Goldstein (62) Hunt Bch 2:12:01. 3. Hazel Phillips (62) Vista 2:15:24. 65-69: 1. Donna Wyman (65) Newb Pk 3:00:59. 70-74: 1. Mary Storey (71) Riverside 2:04:48. 2. Blanche Furney (70) Escondido 2:56:18. 3. Pauline Lundel (71) Minneapolis, MN 4:10:01. 75-79: 1. Irene Crane (78) Portland, OR 3:18:20.

Single Lake Merced

January 21. 4.6 Miles

Overall Results-4.6 Miles

1. Tyler Abbott. 24:25. 2. Gary Ellis. 24:34. 3. Mike Gama. 25:12. 4. Gerardo Glay. 25:16. 5. Antonio Corgas. 25:35.

RESULTS

Trackathon

January 21, Sacramento

Trackathon races---consisting of a 10K, 20K, 30K, marathon, and 50K and run January 21 at the American River College all-weather track in Sacramento---failed to produce a national age record. The good news, though, was that the heavy rains forecast failed to materialize; in fact, not a drop of rain fell.

Another unique feature of this year's races was that there were no female entries in any race beyond 10K. This probably resulted from the Jed Smith races being moved from their traditional February date to the day before the Trackathon.

The races drew 25 runners, 23 of whom finished. There was one non-show and one DNF. Finishers by race were:

Overall Results

10K: 1. Hans Mauth (35) Sacramento, 40:36. 2. Mike Ward (32) Elk Grove, 41:52. 3. Scott Atkins (45) Sacramento, 52:14. 4. Gayle Proteau (37) Sacramento, 54:37. 5. Durbin Wood (45) Cool, 56:00.

20K: 1. Walt Pontynen (64) Fair Oaks, 2:04:59. 30K: 1. Stan Wegner (56) Auburn, 2:21:02. 2. Vic Lyons (70) Murphys, 3:52:40. Marathon: 1. Rae Clark (43) Auburn, 2:55:55. 2. Craig Newport (49) Orangevale, 2:58:49. 3. Peter Hollenback (39) Sacramento, 3:44:52. 4. Bruce Hammerstein (44) Manteca, 4:08:44. 5. Bob Sanchez (57) Orangevale, 4:19:47. 6. George Billingsley (74) Loomis, 4:51:55. 50K: 1. Bruce Hoffman (33) Fremont, 3:45:25. 2. Leroy Dalen (47) San Jose, 4:27:54. 3. Ben Byman (45) Sacramento, 4:30:38. 4. Barry Stanhope (35) Sacramento, 4:33:26. 5. Richard Carp (63) Weimar, 4:52:37. 6. Eric Poulsen (440) Sebastopol, 4:54:39.

Great American Adventure Run

February 10, Huntington Beach.

Women--2.5 Mile

13u: 1. Heather Bleecker 21:07. 14-17: 1. Angel McKnight 27:39. 18-23: 1. Thay Nguyen 32:17. 24-29: 1. Elizabeth Van Dalen (25) Santa Monica 19:37. 30-34: 1. Marie Palmer 22:32. 35-39: 1. Dianna Devane 24:8. 40-44: 1. Nancy Simms 21:43. 45-49: 1. Sue Reinhardt 22:02. 50-54: 1. Julie Andolsek 24:30. 55-59: 1. Delores Vega 27:19. Men--2.5 Mile

13u: 1. Chris Moore 19:39. 14-17: 1. Kevin Kelley 16:43. 18-23: 1. Brandon Yamata 16:52. 24-29: 1. Daniel Dozal 16:10. 30-34: 1. Joey Broxmeyer (30) Rialto 15:53. 35-39: 1. Peter Penland 18:20. 40-44: 1. Takashi Yagisawa 16:41. 45-49: 1. Steve Kellmeyer 17:23. 50-54: 1. Wayne Mitchell 16:53. 55-59: 1. Tom Delday 20:11. 60-64: 1. William Wall 19:15. 65-69: 1. Loren Leonard 30:36. 70+: 1. John Mooshagian 29:27.

U.S. Olympic Trials Qualifying Standards

	Men		Women	
100	10.20	10.30	11.40	11.60
200	20.45	20.75	23.00	23.60
400	45.40	46.10	52.50	53.25
800	1:47.50	1:48.40	2:02.50	2:05.50
1500	3:39.90	3:42.00	4:15.50	4:19.00
5000	13:44.00	13:50.00	15:45.00	16:10.00
10,000	28:33.00	29:10.00	33:25.00	34:10.00
Steeple	8:35.00	8:45.00	---	---
		100H	---	---
13.30	13.55			
110H	13.60	13.85	---	---
400H	50.20	51.00	57.80	59.00
LJ	26-9	25-11	21-3/4	20-8
HJ	7-6	7-4 1/4	6-2	6-1/2
TJ	54-1 3/4	53-1 3/4	43-5 3/4	41-10
PV	18-10 1/4	18-1/2	---	---
SP	63-11 3/4	60-8 1/2	53-3 3/4	50-10 1/4
DT	200-1	188-8	180-5	170-7
JT	246-1	229-8	173-11	164-0
HT	229-8	210-0	---	---
Decath	8000	7500	---	---
Heptath	---	---	5600	5350
Walks:				
10K	---	---	49.45	Top 15
20K	1:28:00	Top 15	---	---
50K	4:25:00	Top 15	---	---

Women--4.8 Mile

14-17: 1. Liza Herbst 37:39. 18-23: 1. Michelle Roza 41:59. 24-29: 1. Pam Barston 33:16. 30-34: 1. Staci Schilling (31) Tustin 33:10. 35-39: 1. Sena Hoodman 40:26. 40-44: 1. Sabrina Larkin 38:19. 45-49: 1. Sue Reinhardt 38:55. 50-54: 1. Julie Andolsek 43:09.

Men 4.8 Mile

13u: 1. Gabe Hines 36:43. 14-17: 1. Jonathan Torres 32:13. 18-23: 1. Eric Rogers 35:47. 24-29: 1. Daniel Dozal 28:16. 30-34: 1. Joey Broxmeyer (30) Rialto 27:30. 35-39: 1. Timothy Jones 30:10. 40-44: 1. Takashi Yagisawa 28:55. 45-49: 1. Steve Kellmeyer 29:53. 50-54: 1. Wayne Mitchell 29:32. 55-59: 1. Dave Hubert 32:00. 60-64: 1. William Wall 34:26. 65-69: 1. Loren Leonard NT. 70+: 1. Dean Johnson NT.

Women's U.S. Olympic Marathon Trials

February 10, Columbia, SC.

*1. Jenny Spangler (32) Gurnee, IL 2:29:54. *2. Linda Somers (34) Oakland 2:30:06. *3. Anne Marie Lauck (26) Marietta, GA 2:31:18. 4. Gwyneth Coogan (30) Boulder, CO 2:33:51. 5. Kristy Johnston (30) Boulder, CO 2:34:21. 6. Debbie Kilpatrick-Morris (32) Berea, OH 2:34:52. 7.

Jeanne Peterson (26) Massapequa, NY 2:35:19. 8. Elaine Van Blunk (31) Drexel Hill, PA 2:35:31. 9. Lynn Nelson (34) Ft. Collins, CO 2:35:34. 10. Lisa Knoblich (32) Norwalk, CT 2:36:05.

Other Californians: 32. Diana Fitzpatrick (37) San Francisco 2:42:19. 49. Honor Fetherston (41) Mill Valley 2:46:14. 56. Mary Burns Prine (38) San Diego 2:47:16. 65. Lisbet Engberg (32) San Francisco 2:49:17. 86. Rosa Gutierrez (32) Sunnyvale 2:53:31. 87. Marina Jones (44) Rancho Santa Margarita 2:53:36. 89. Laura Stuart (30) Solana Beach 2:53:45. 106. Jennifer Latham (27) Los Angeles 2:58:06. 116. Catherine Christensen (29) San Jose 2:59:57. 123. Barb Myers-Acosta (38) Santa Cruz 3:03:45. 126. Sharlet Gilbert (44) Richmond 3:09:19. *U.S. Olympic team

U.S. Men's Olympic Marathon Trials

February 17, Charlotte, NC.

*1. Bob Kempainen (29) Minnetonka, MN 2:12:45. *2. Mark Coogan (29) Boulder, CO 2:13:05. *3. Keith Brantley (33) Ft. Lauderdale, FL 2:13:22. 4. Steve Plascencia (39) Eugene, OR 2:14:20. 5. Marco Ochoa (31) Fullerton, CA 2:14:22. 6. Keith Dowling (26)

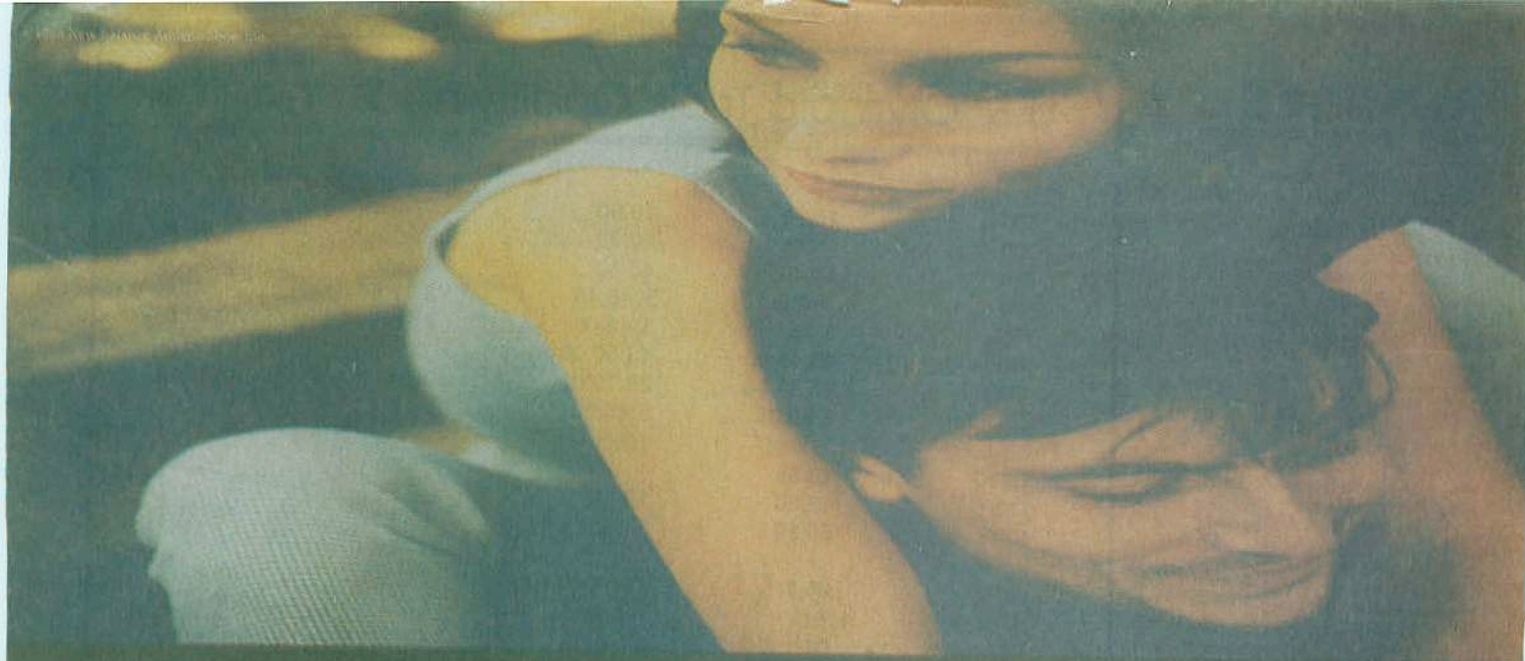
Albuquerque, NM 2:14:30. 7. Dan Held (30) Waukesha, WI 2:14:53. 8. Jon Warren (30) Houston, TX 2:15:59. 9. Jeff Jacobs (31) Roscoe, IL 2:16:13. 10. David Morris (25) Albuquerque, NM 2:16:20.

Other Californians: 26. Joe Rubio (32) San Luis Obispo 2:20:30. 49. Jeff Hacker (35) San Francisco 2:24:48. 59. Matt Claytor (30) San Diego 2:27:24. 64. Kevin Broady (34) Anaheim 2:28:22. 71. Mark Conover (35) San Luis Obispo 2:31:01. 76. Jose Aspuro (34) Watsonville 2:32:49. 82. Joseph Karnes (30) Anaheim 2:37:17. DNF: Danny Gonzales (33) Anaheim, Daniel Martinez (33) Los Angeles, Brent Griffiths (33) Morro Bay, Gus Quinonez (30) Los Alamitos, Danny Reed (35) Riverside, Rich Hanna (31) Sacramento, Jim Flint (35) Hollister. *U.S. Olympic team



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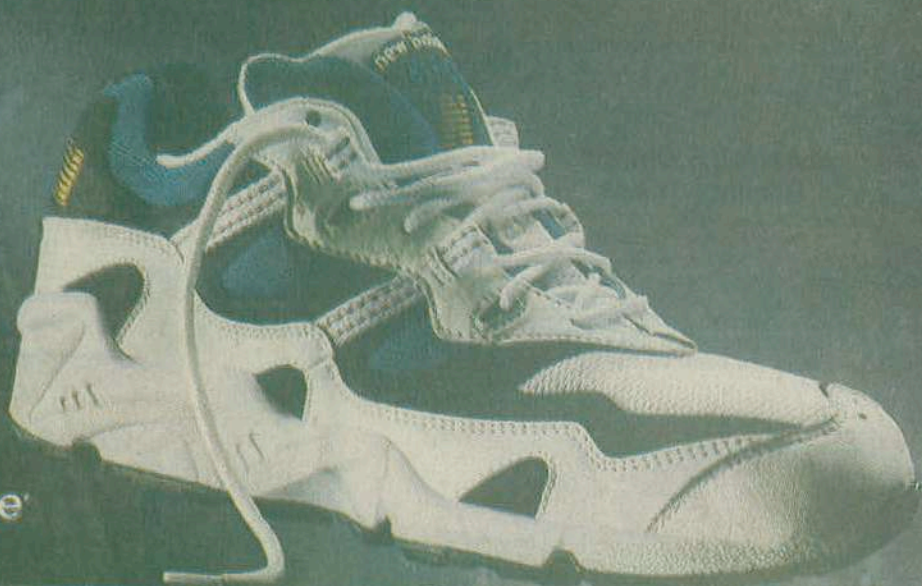


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