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CALIFORNIA

TRACK & RUNNING NEWS

MAY 1982

ISSUE NO. 67



PROFILE

Barnett Brothers
big marks for
little school

SCHEDULE

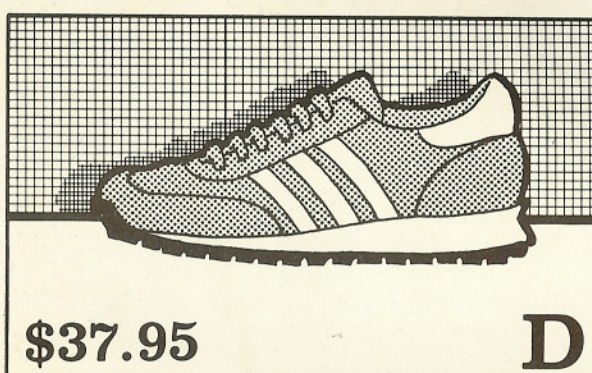
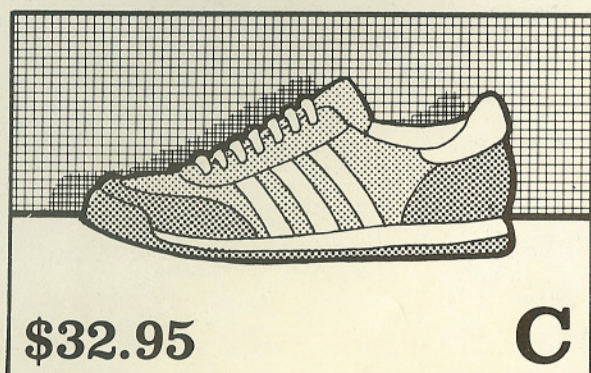
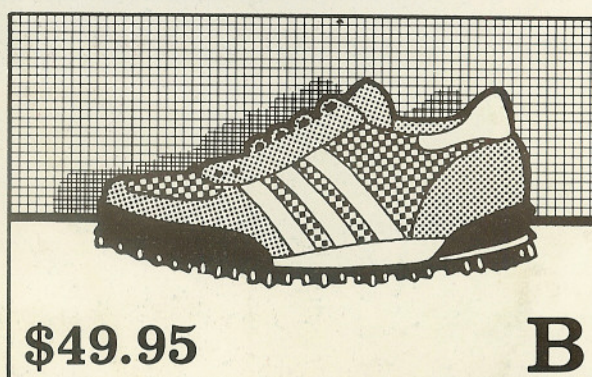
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Long Beach Grand Prix
Golden Bear Meet of Champs
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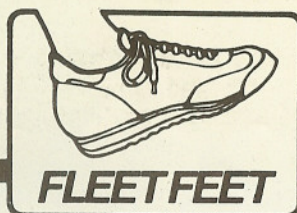
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California Track & Running News is published 12 times per year - one issue per month. Each issue is mailed about the first of the month.

California Track & Running News has a monthly circulation of between 6,000 and 12,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

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

SUBSCRIPTION RATES: 1 year (12 issues) \$10; 2 years (24 issues) \$18; 3 years (36 issues) \$25. Add \$6 per year for first class. Foreign rates on request.

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

P.O. Box 6103
Fresno, CA 93703
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ON THE COVER: Azusa Pacific's Barnett Brothers. On the left is Mike who has tossed the javelin 265 feet. On the right is Doug who puts the hammer out 221-9. See page 5 for more about Azusa Pacific and the Barnett Brothers.

The San Francisco Police Officers Association
Presents the First Annual

S.F.P.D. Run for Youth

Saturday
June 12, 1982
5:00 P.M.

A twilight run around
Lake Merced (4.5 miles)



Date: Saturday, June 12, 1982.

Time: 5:00 P.M. (a twilight run).

Course: 4.5 miles around Lake Merced.

Race Directors: Len Wallach, Ron Markillie, Tom Benjamin.

Start and Finish: Sunset Boulevard parking lot.

Pre-registration: By June 3, mail registration form and check for \$5.00 made out to "Friends of the SFPD Youth Program" to "SFPD Run for Youth" - 850 Bryant St., Room 553 - San Francisco, CA 94103. *Limited to 1500 runners.* (Pick up race packet on race day.)

Race-day Registration: Bring cash or check for \$5.00 made out to "Friends of the SFPD Youth Program" to registration between 3 and 4:30 P.M.

Non-running Supporters of the SFPD Youth Program are very welcome. Please mail check as above, or bring it race day and join in the fun. You will also be eligible for the prize drawing (prize winners need not be present to win. Contributions are tax deductible.

Prizes: Dinners for two at many of San Francisco's and the Bay Area's finest restaurants. Gift certificates to local sporting goods stores. (Need not be present to win.)

T-shirts: Free to every registered runner upon completion of race.

Refreshments: Provided by Westbrae Natural Foods and Crystal Geyser Water. Other companies to be finalized soon.

Awards: Medals to top five finishers in each division.

Divisions: Male and Female. 12 & Under, 13-16, 17-29, 30-39, 40-49, 50-59, 60 & Over.

Celebrities: Fred Biletnikoff & Tom Ketting (Raiders), Bruce Gossett (49er's), Supervisor Wendy Nelder, and others to be determined.

Major Sponsor: San Francisco Police Officers' Association.

All Entry Fees: will go to support the San Francisco Police Department Youth Program.

-----REGISTRATION FORM-----

Mail completed registration form by June 3 to: SFPD Run For Youth, 850 Bryant #553, San Francisco, CA 94103. Make checks payable to "Friends of the SFPD Youth Program." Your cancelled check is your receipt.

Name _____

Address _____

City/State/Zip _____

Phone (____) _____

Runner ☐ Non-Running Supporter ☐

T-Shirt Size S ☐ M ☐ L ☐ XL ☐

WAIVER: In consideration of your acceptance of this entry, I hereby for myself, my administrators, my heirs and assigns waive and release any and all rights and claims for damages I have against the City and County of San Francisco, the San Francisco Police Officers Association, the San Francisco Police Department, the Recreation and Parks Department, the Community Workshop and their associates and representatives, the Race Directors and their representatives, volunteers, or any other sponsors for all claims, demands, and costs arising out of my participation in or travelling to this event. I certify that I have been examined by a licensed medical doctor during the past six months and am physically fit enough to participate in this strenuous event.

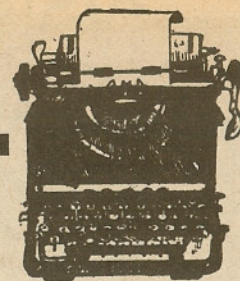
Signature (parent or guardian if under 18): _____

Official use only. Number Assigned _____ Division _____

DIVISIONS:

- ☐ MALE
- ☐ FEMALE
- ☐ 12 & Under
- ☐ 13-16
- ☐ 17-29
- ☐ 30-39
- ☐ 40-44
- ☐ 45-49
- ☐ 50-59
- ☐ 60 & Over

Editorial



Dreaming?!

California Track & Running News began as a dream over 10 years ago. It was 1971 and I was a new, young, naive coach at Fresno Pacific College. Not being familiar with Fresno or the "Valley" I wanted to acquaint myself with as much of the local track scene as possible. I wanted to know what the big meets were, who the good teams were, who the coaches and athletes were, what the records were, etc., etc. This information was hard to come by. There appeared to be very little communication among the various aspects and persons involved in the sport; and there didn't seem to be much coverage in the local media.

How was I to gather this information to help me be a successful college coach? I thought, "Wouldn't it be nice if there were one source containing all the info. about track in the area." This wish became a reality in 1971 when I started the small, offset bimonthly magazine *Valley Track & Field*.

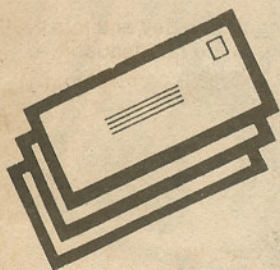
This was a popular local magazine and over the next three years continued to grow and eventually had even more subscribers outside of the "Valley" than local. We were getting material submitted from San Luis Obispo, Sacramento, Los Angeles, and so on, all hungry for some coverage, recognition or publicity. The constant comment was, "I wish you'd cover our area, too." So, in 1974, everyone's dream of a state-wide publication became a reality. That first issue of *California Track News* was a meager 12 pages, typed on my physical education office typewriter and featured Eric Hulst on the cover.

Each year we were adding more and more qualified volunteer staff correspondents, helpers, photographers, etc. and the magazine was getting bigger and better with each issue. But we still had some dreams we hoped to fulfill. One of these was to go to a monthly publication. This happened in February of 1981. Then we wanted to get into a more convenient form which was accomplished with the magazine format begun three months ago.

Have we arrived? Far from it! With each realized dream, another dream begins to come into focus. There's so much more we want to do and hope to someday be able to do. Things like: better quality paper on the inside, dual meet schedules, dual meet results, open rankings for men, articles from top state coaches, lists of new records (school, meet, championship, etc.), and deeper long distance results, and we'd like to someday be able to pay our helpers, correspondents, photographers, etc.

We still have dreams. We don't mind sharing them with you and would be interested in what you'd like to see in this your state magazine.

Progress may be slow, but we will keep pressing forward. We can still use a lot of help if any of you are interested in joining our elite staff.



Mailbag

Editor:

Over the years I've watched CT&RN evolve from *Valley Track & Field*, which was excellent in its own right, into the best all around running publication in the U.S. I know how hard you and Judy and Jack and your staff have worked to bring this about. It is, quite simply, the best there is. Congratulations and thanks.

A comment on what Bill Minarik had to say about Jeff Holyfield. I don't think it's unusual, these days, for a number of distance runners to perform better on a cross country course than on a track. Motivation, training methods, coach's philosophy and numerous other factors all come into play. The important thing is that we don't write harsh thoughts about a kid who performs better in the hills than on the oval. Jeff is an outstanding runner, period. Running is running and track running isn't any better or worse than x-c, it's simply a different venue. We'd all be justifiably proud of Jeff if he went on to be OG 10,000 champ, but he wouldn't be any less of a runner if he ended up World X-C Champ. I wouldn't "write off" a runner of Jeff's ability, but even if he doesn't run as fast as a Kuphaldt or a Reynolds or Keith Morrison, can you imagine a college coach turning

down a runner of his ability? You and I know what an outstanding young man Jeff is. He's already a successful runner and if his efforts on the track add to that success, that's even better. What ever happens to Jeff this year, he's still first rate in my book.

Joe Herzog
Fresno

Editors:

Just a note to tell you how much I enjoyed your magazine-style *California Track & Running News*. The complete coverage is what we're looking for in scouting the competition, right?

I enjoyed the Tuttle article on Bill Rodgers and the personal information on each club.

About the magazine—I like knowing the name of each person pictured and having the name underneath instead of having to search for it. I like running pictures on the cover—not sexy girls or guys like Runner's World does.

I like having news, information and results instead of advertisements covering every page. I hate seeing how fast all my competition is running when I'm so slow!

Jane Johnson-Russell
Midpines

Dear Mailbag,

Having personally experienced the warmth and enthusiasm that Richard Slotkin has for women runners, I cannot believe his calling Mary Decker, Francie Larrieu, Joan Hanson, etc., "girls" was meant to be derogatory.

Carol Cartwright
Sherman Oaks

Dear Bill,

We just received the March issue of CT&RN and, as always, I read it right away. We are really impressed with the progress and really happy to see your success.

We really do enjoy your magazine and the progress you've made; it is exciting and enjoyable for both of us. It makes us miss California all the more! I really enjoy seeing how all our friends and competitors out there are doing. Congratulate Tony Ramirez on his super 20K (1:01:12) for us! One unique item I liked in the new issue was "PR's" by Richard Slotkin. It's super that runners are able to share their best performances with fellow runners. I enjoy seeing who is running their "bests". I hope this column grows. I also wanted to comment that I think the layout of your magazine is ex-

Continued on page 41...

Run with Avon

fun-fitness-competition



The world's largest beauty company invites all women to join us in San Francisco for the 5th Annual Avon International Marathon Championship for women.

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and information

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New York, NY 10019

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address _____

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state _____

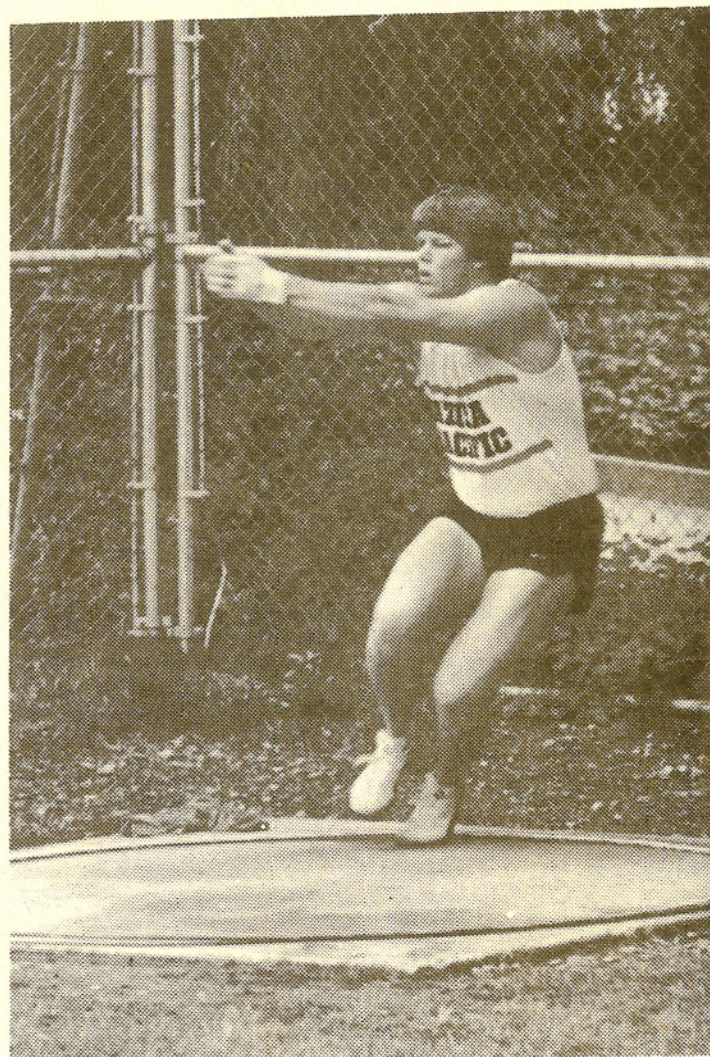
zip _____

BIG BOOST AT AZUSA PACIFIC

Barnett Brothers



Mike



Doug

Track is rolling again for coach Terry Franson's Azusa Pacific Cougars. The 1982 season will see over 60 athletes competing this spring. Several Azusa Pacific standouts have already made their presence known.

Among these are the Barnett brothers—Doug and Mike—who are back throwing their "weights" around. Doug, a 6'3" 265 pound senior, recently recorded a 221-9 hammer throw for a lifetime best. At the NAIA Indoor Nationals in February, Doug walked away with a first in the 35 pound weight throw (65-4½) and shot (57-9).

The nine-time NAIA All-American also earned honors last summer as the number one collegiate hammer thrower and travelled with the 1981 World University USA team to the World University Games in Bucharest, Rumania. Doug also was selected as the 1981 NAIA Most Valuable Athlete for Track and Field.

The other half of the Barnett brother duo is 6'0" 225 pound Mike. Mike entered his third season of javelin competition with a toss of 265 feet. A junior at Azusa Pacific, Mike's trail of honors includes

two-time NAIA javelin champion (1980, 1981), Junior USA champion (1980) and Junior Pan American champion (1980). So far this season Mike has nine 250 plus tosses in recorded competition and has had a 290 foot warm-up toss also.

According to Coach Franson, "It appears that the Barnett Brothers are the leading American collegiates in their respective events, and the best is yet to come."

APU has another track standout worthy of note in 20-year old freshman Innocent Egbunike from Nigeria. Innocent has lifetime bests of 10.19 (100m) and 20.6 (200m). He also has recorded a 9.3 (100 yard dash) this season. Prior to coming to APU Innocent represented Nigeria in the 1980 Moscow Olympics and has run extensively in international competition. He is currently undefeated in U.S. competition in the 100m and 200m.

Azusa Pacific is an evangelical Christian university located at the base of the San Gabriel Mountains with a full athletic program and university enrollment of over 1200.

Schedule

by Jack Leydig
Scheduling Director

Please send scheduling information directly to **Scheduling Director, Jack Leydig, P.O. Box 612, San Mateo, CA 94401.**

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

Long Distance

MAY

MAY 1: Run For Life 5 & 20K. Fresno, 7 am. Genny Berry, Program Associate, 3835 North West Ave., Fresno 93705.

MAY 1: Ford Aerospace Spring Tune-Up II. 5 & 10K. Newport Beach, 7:45 am. S.T. Johnson, Ford Aerospace, P.O. Box A, Ford Rd., Newport Beach 92660 (714) 759-6535.

MAY 1: Coronado 10K Run. Coronado Island (off San Diego), 7 am. George Green, c/o E.O.L., 1013 Park Place, Coronado 92118. (714) 437-4556.

MAY 1: RRCA Nat'l 10K Championship. Monticello, Illinois, 10 am. Ron Nolte, Sage City Striders RRC, 904 S. Market, Monticello, IL 61856. (217) 762-9671, Jerry.

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P.O. Box 612
San Mateo, CA 94401
Phone: (415) 341-3119

MAY 1: Laguna Niguel 10K Run. Laguna Niguel (Aliso Creek & La Paz), 8 am. Julie Sweany, South Coast YMCA, 26076 "C" Getty Dr., Laguna Niguel 92677. (714) 831-9622.

MAY 1: Run for the Special Olympics. 10K. Mt. San Antonio College, Walnut, 8 am. Randy Gordon, 106 W. College, Covina 91723. (213) 339-2777.

MAY 1: Wild Wild West Cross Country Marathon. Lone Pine, 7 am. Robert Frickel, 123 No. Main St., Lone Pine 93545. (714) 876-5671.

MAY 1: May Day 10K & 1 Mile. Palmer Chiropractic College - West, Sunnyvale, 7:45 am. May Day 10K, 1095 Dunford Way, Sunnyvale 94087. (408) 985-0138 evenings.

MAY 1: Maranatha Marathon, 1/2 Marathon & 10K. Goethe Park, Sacramento, 9 am. Maranatha Marathon, 7844 Beaupre Way, Citrus Heights 95610. (916) 878-0697, Nick Vogt.

MAY 1: Sole Savers 20K. Community Church, Corralitos (nr. Watsonville), 8:15 am. Community Church, 527 Corralitos Rd., Corralitos 95076. (408) 722-5490.

MAY 1: The Bakersfield Mile. Bakersfield, 8 am. (Several events). Chester & Truxton. Lou Lopez (805) 327-3345.

MAY 1: Bed Bug Challenge 10K. Howard Park, Ione, 8 am. Joy Jackman, P.O. Box 362, Jackson 95642. (209) 223-1464.

MAY 1: California Baptist College Mock-Inglbird 10K. Riverside, 8 am. Jon Rainbow, 8432 Magnolia Ave., Riverside 92504. (714) 689-5771.

MAY 1: Sunset Park 5-Mile Staggered Start Handicap. Las Vegas, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

MAY 1: Run for Health 10K. Santa Maria (Marian Hospital), 9 am. Marian Hospital Health Run, P.O. Box 1238, Santa Maria 93456.

MAY 1: Run for the Animals 3/5/10K. Pomona (?), 8 am. Bill Harford, 500 Humane Way, Pomona 91766. (714) 623-9777.

MAY 2: R.O.T.C. Gold Bar 10K. Golden Gate Park (Arguello & Kennedy Dr.), San Francisco, 8:30 am. Maj. Readman, Military Science Dept., 2130 Fulton, San Francisco 94118. (415) 666-6405.

MAY 2: Calabasas 10K. Calabasas High School, 8 am. David Hershman, Calabasas High, 22855 West Mulholland Highway, Calabasas 91320.

MAY 2: Lakewood 10K Run. Lakewood, 8:30 am. Dept. of Recr. & Community Services, Box 158, Lakewood 90714.

MAY 2: Chips/Converse Run. Riverside, distance (?), time TBA. Info: (714) 688-8000.

MAY 2: Inyokern Run. 10 mile. So. China Lake & Hwy 395, 8:30 am. Scott: (805) 448-2941.

MAY 2: Cinco de Mayo 10K. Griffith Park, Los Angeles, 9 am. N.E. Los Angeles Jaycees, Box 42920, L.A. 90042.

MAY 2: 40 Mile Relay. Loma Linda, time TBA. Loma Linda Lopers, P.O. Box 495, Loma Linda 92354.

MAY 2: Avenue of the Giants Marathon. Weott (Dyerville Bridge), 9 am. Don Hughes, P.O. Box 214, Arcata 95521. Limit 2,000. Entries closed.

MAY 2: Boardwalk 8K: Redwood City (350 Convention Way), 9 am. Bob Kissick, Boardwalk WV, 350 Convention Way, Redwood City 94063. (415) 364-0100.

MAY 2: Devil Mountain Run. 6.2 miles. Danville (Towne & Country S.C.), 9 am. Devil Mtn. Run, P.O. Box 727, Alamo 94507. (415) 837-0165.

MAY 2: Lilac Bloomsday Run. (ARRA Circuit/Prize Money), 7.8 miles. Spokane, WA, time TBA. Bloomsday RRC, Box 645, Spokane, WA 99210. (509) 838-6264.

MAY 2: The Stockton R.A.C.E. 13.1 miles (and other races), time TBA. C.E.C., 6841 Vicksburg Pl., Stockton 95207. (209) 477-8405.

MAY 2: Jokers Wild Marathon & 5 Miller. Nipomo (Community Bldg.), 8 am. Dave Kroll, 1900 So. Lincoln, No. D-90, Santa Maria 93454. (805) 928-3354.

MAY 2: Woodland Hills Lions 10K. (& 2 mile fun run). Woodland Hills, 8 am. Woodland Hills Lions, P.O. Box 461, Woodland Hills 91364. (213) 702-0852.

MAY 2: New Novato Ridge Run. 5.2 miles and 5K. Novato (High School football stadium), 9 am. Vic Perrella, 4 Monroe Ct., Novato 94947. (415) 897-4928.

MAY 2: South Yuba Rotary 5 & 10K. Marysville (High School football stadium), 9 am. Jim Buchan, P.O. Box 1062, Marysville 95901. (916) 674-2991 or 742-7351.

MAY 2: Rotary River Run. 1, 3 & 6 miles. Firebaugh High school football stadium, 8:30 am. Ron Sani, 2107 No. Harrison, Fresno 93704. (209) 233-0009.

MAY 2: Joyeria Mexico 10K Benefit Run. Fresno (1048 Fulton Mall), 9 am. Lupe Sosa, 1048 Fulton Mall (Joyeria Mexico), Fresno 93721. (209) 233-0861.

MAY 2: Hub to Campus 5K. Cotati, 11 am. Bob Lynde, P.E. Dept., Sonoma State Univ. Rohnert Park 94928. (707) 664-2357.

MAY 2: DSE South Embarcadero Run. 6 miles. Dolphin Club, Foot of Hyde, San Francisco, 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

MAY 2: California Highway Patrol 5 & 15K Runs. Arlington High School, Riverside, 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

MAY 2: Cinco de Mayo 10K Run. Salinas, 8 am. Cinco de Mayo/Barrio Pride, Inc., 1047 E. Alisal St., Salinas 93905. (408) 758-6707.

MAY 2: How The Point West Was Run. 5/15K & Children's 1/2-mile (8 & under), near Arden Fair Mall, Sacramento, 8:30 am. How The Point West Was Run, P.O. Box 255500, Sacramento 95865. (916) 442-FEET, Fleet Feet.

MAY 2: May Day Fun Runs. 10K & 2 mile, Los Banos Fairgrounds, 7:30 a.m. Rick Dahlgren, Los Banos Recreation Dept., 419 Madison Ave., Los Banos 93635. (209) 326-0325.

MAY 8: Leatherneck Marathon. El Tor (Santa Ana), 7 am. Marathon, c/o Training Dept. (1GA), MCAS, El Tor 92709. (714) 559-3121 or 559-3115.

MAY 8: Angel Island Run. 4.8 mile (S.F. Bay), noon. The Guardsmen, 12 Geary St., Room 201, San Francisco 94108. (415) 781-6785.

MAY 8: Country Campus 5 & 10K. Sierra College, Rocklin, 8 am. Nancy March, Fleet Feet, 107 So. Harding Blvd., Roseville 95678. (916) 783-4558.

MAY 8: Poor Man's Bay-to-Breakers Warmup. 1 & 5.7 miles. Foster City (Edgewater Shopping Center), 9 am. Vicki Smith, The Runner, 969-G Edgewater Blvd., Foster City 94404. (415) 572-0222.

MAY 8: Nor-Cal Twilight Meet. Los Gatos High School, (track meet with probably road run and/or distance events), 5 pm. Dan Cruz, 3856 Moorpark, No. 2, San Jose 95117.

MAY 8: Spring Sprint 5-Mile. Union City (New Haven Middle School), 10 am. Janel Yordy, 34009 Alvarado-Niles Rd., Union City 94587. (415) 489-0361.

MAY 8: Human Race. Distance (?), Lake Merritt, Oakland, 8 am. Volunteer Bureau of Alameda County, 1419 Broadway, No. 419, Oakland 94612. (415) 893-6239.

MAY 8: Human Race. KangaROOS TFA Nat'l 10K. Redwood City (Marine World), 8 am. Volunteer Bureau of San Mateo County, 450-B Peninsula, San Mateo 94401. (415) 342-0801.

MAY 8: Human Race. Distance (?), Salinas, 8 am. Volunteer Bureau of Salinas, 34 Central Ave., Salinas 93901. (408) 758-8488.

MAY 8: Human Race. Distance (?), San Francisco (East end of Crissy Field, Presidio), 8 am. Mary Culp, Volunteer Bureau, 33 Gough St., San Francisco 94103. (415) 864-4200.

MAY 8: Human Race. 5 & 10K, Santa Rosa, 9 am. Voluntary Action Center. (707) 544-9480.

MAY 8: Mercy High School Fun Run. Under 5K, Burlingame, 11 am. Kathy Markillie. (415) 583-1451, eves.

MAY 8: Lions Run for Sight & Hearing. 10K, Huntington Beach (at Pier), 8 am. Robert L. Smith, Lions Club, P.O. Box 407, Huntington Beach 92648. (714) 536-6965.

MAY 8: Around the Bay in May 10 Miller. Location (?), 8 am. John Blair (714) 966-0556. No other information at this time.

MAY 8: Blue Jackets 10K & 2 Mile. (& 100 Mile Relay?), Mission Bay, San Diego, 7 am. E.O.L. Race Consulting, 1013 Park Pl., Coronado 92118. (714) 225-5195, Jerry Becker.

MAY 8: The Desert Foxes 10K. Las Vegas Racquet Club, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

MAY 8: Foothill Footrace. 6 & 2 miles. Yosemite Lakes Park, Coarsegold, 8 am. Stan Cooper, The Original Foothill Footrace, P.O. Box 2178, Coarsegold 93614. (209) 658-7286.

MAY 8: Run for Life 5K & 20K. Fresno, 7 am. Genny Berry, Program Associate, 3835 North West Ave., Fresno 93705. (209) 224-8215

MAY 8: Bakersfield Triathlon. 1/2 mile swim, 20 mile bike, 6 mile run. Costerisan Farm, Bakersfield, 8 am. Also relay. Bakersfield Triathlon, 7604 Calle Corta, Bakersfield 93309. (805) 327-1711, x254.

MAY 8: CRRCA Tune-Up Series. 5 miles (& 2 mile fun run), Griffith Park, Los Angeles, 8 am. California RRC, Box 891, Tarzana 91356.

MAY 8: Corre Para Los Ninos del Centro Tutorial de San Juan 5 & 10K. Polo Fields (So. Parking Lot), Golden Gate Park, San Francisco, 9 am. St. John's Tutoring Center, 1661 - 15th St., San Francisco 94103. (415) 864-5205.

MAY 8: Yucca Valley Lions Club Hi-Desert 5 & 10K. Yucca Valley High (track), 8 am. Tom Brennan (714) 365-5648, eves.

MAY 8: Burlingame 2.85-Mile Fun Run. Coyote Point Park (Beach Pkg. Lot), 8:30 am. Brock Riddle, Burlingame Recr. Dept., 850 Burlingame Ave., Burlingame 94019. (415) 344-6386.

MAY 9: May Day 5 & 10K. (20K cancelled), San Francisco (Golden Gate Park, So. side of Polo Fields), 10 am. Linda Bine, American Heart Ass'n, 421 Powell St., San Francisco 94102. (415) 433-2273.

MAY 9: Sri Chinmoy 5K. Menlo College, Atherton, 8 am. Sri Chinmoy Running Club, 2438 16th Ave., San Francisco 94116. (415) 685-2994, Mike Lindemann.

MAY 9: St. Mary's College Mother's Day Run for the Gais 5 & 10K. Moraga (St. Mary's College), 9 am. Pattie McDermott, S.M.C., P.O. Box A, Moraga 94575. (415) 376-4411, ext. 392.

MAY 9: Brown's Valley Ribbon Runs. 2, 4 & 8 miles, Napa (Brown's Valley School, west of Napa), 9 am. George Grammens, P.O. Box 2121, Napa 94558.

MAY 9: Times Herald Keelhauler Classic 10K. Cal Maritime Academy, Vallejo, 9 am. Harry Diavatis, P.O. Box 1392, Vallejo 94590. (707) 644-5601. No raceday registration.

MAY 9: Mother's Day Relays. 4x4.2 mile (4 person teams), Univ. of California (East Fieldhouse), Santa Cruz, 9 am. Redwood Coast R.C., P.O. Box 1382, Aptos 95003. (408) 426-8310 or 684-0260, Nanette Hurry.

MAY 9: DSE Bay to Breakers Practice Run. 7.63 miles, San Francisco (Spear & Howard), 8 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

MAY 9: Stanford Challenge. 6 events (880 run, 5 mile bike, 1/4 mile swim, 5 mile run, rubber raft race, obstacle course), Angel Field, Stanford Univ., 11 am. Jack Martin, 586 Lagunita Dr., Stanford 94305. (415) 321-2320. (Competition may be individual or 2-3 per team).

MAY 9: Stagecoach Run. 4 mile, Cold Springs Tavern, Santa Barbara, 8:30 am. Cold Springs Tavern, 5995 Stagecoach Rd., Santa Barbara 93105. (805) 967-0066.

MAY 9: Mothers Day 4-Miler. Mooney Grove Park, Visalia, 8 am. Craig Newport, P.O. Box 3638, Visalia 93278. (209) 734-5441. May 1 Entry Deadline.

MAY 9: Charlots of Fire 10K. (SPA/AAU Jr. Olympic Spring Championship), West Los Angeles (Rancho Park), 9 am. Maccabi Union U.S.A., 2080 Century Park East, No. 401, Century City 90067. (213) 553-9322.

MAY 9: Glacier Marathon. Girdwood, Alaska, 7 am. John Trent, 1700 E. Tudor Rd., Anchorage, AK 99507. (907) 297-2975.

MAY 9: Fox Trot 15K. Banyon Park, Newbury Park, 10 am. Dale Miller, 2474 Ventura Blvd., Camarillo 93010. (805) 522-1125, or 495-7052.

MAY 9: Family Run for Mental Health. 2 & 5 miles, Covina (Charter Oak Hospital), 9 am. Charter Oak Hospital, 19767 E. Covina Blvd., Covina 91724. (Paul Bodner 213-966-1632)

MAY 9: Bull Ring by the Sea 15K. Southwest H.S., San Diego, 7 am. Mar Ann Stro (714) 429-0770.

MAY 9: Mothers Day Dashes. 2 for children's race, 5 mile others. Lake Calaveras, So. San Jose (Tully Rd.) 9 am. Peanut Harms, 675-A Chiquita, Mountain View 94040.

MAY 10: (Mon.) - Entry Deadline for Dipsea (June 6). ... see June 6 in "King Ahead."

MAY 15: Bayonet Seven. 7 miles, Millwell Hall, Ft. Ord, 10 am. Sports Director, Morale Support Activity, Ft. Ord 93941. (408) 242-4305.

MAY 15: Vineyard Run & Picnic. 5 & 10K. Stony Ridge Winery, Pleasanton, 10:30 am. Resources for Family Development, 1520 Catalina Ct., Livermore 94550. (415) 455-5111. 500 limit.

MAY 15: Run for the Sun. 5K & 2 mile, Modesto, 8 am. Frankushakra, c/o Shadowcase R.C., P.O. Box 3605, Modesto 95350. (209) 575-7555.

MAY 15: Fillmore Festival Run. 10K & 2.6 mile. Fillmore, 8 am. Youth Employment Service, 455 Sespe, Fillmore 93015. (805) 524-2424.

MAY 15: Torrance Armed Forces Day 10K Run. Torrance Civic Center, 8 am. Allen Shall, Torrance Recreation Dept., 3031 Torrance Blvd., Torrance 90503. (213) 328-5310, ext. 321.

MAY 15: Grunlon 10K Run. San Pedro (Cabrillo Beach), 8 am. Thom Lacle, 1434 W. 25th St., San Pedro 90731. (213) 831-5055.

MAY 15: Lydia's 5-Mile Shoe-In. Sun Park, Las Vegas, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

MAY 15: Coalings Horned Toad Relay. 10K & 1 mile, Keck Park, Coalings, 9 am. Bob Semple, 284 Lincoln, Coalings 93210. (209) 935-2660, evs.

MAY 15: Stop the Canal 10K. Catal Springs Res. - Water Temple (We of Redwood City), 9 am (?).

MAY 15: St. Patrick's Derby. 5K, St. Patrick's School, Rodeo, 9 am. Joan Crossley, c/o St. Patrick's School, Rodeo 94572. (415) 799-5501.

MAY 15: Two Person 8-Mile Relay. (2 x 2 mile each runner), Palmdale, Roeding Park, Fresno, 9 am. Ev. Orme, 1136 W. Bullard, Fresno 93711.

MAY 15: Sunrise Run. 5 & 10K, Sunrise Christian School, Chula, 8 am. Sunrise Run, 539 E. Cienega Ave., Covina 91723. (714) 685-2125, evs. (213) 331-0559, days).

MAY 15: Moonstone Beach Drive 4-Mile. Cambria, time TBA. Jim Hurley, c/o SLDC, P.O. Box 1134, San Luis Obispo 93406.

MAY 15: Laguna Moreno 5 & 10K. Prado Regional Park (Weaver Grove), 7:30 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5487.

MAY 15: Run to Provide Nutrition Services. 5 & 1/4 mile, Mason Regional Park, Irvine, 8 am. Feedback Foundation, c/o Newport Beach Runners, 1162 Dorset Ln., Costa Mesa 92626. (714) 835-0911.

MAY 15: 10 Kilometer Run. (2 days), thru "gold entry" back roads, time TBA. No limit, enter by 4/30. Paul Rees, 921 Crestwood Way, Sacramento 95826. (916) 447-8647.

MAY 15: Bay General Hospital 10K. & 2 mile run, Chula Vista Parks & Recreation Center. Jennifer Fisk (714) 420-8182, ext. 252.

MAY 16: Precious Blood School Spring 5 10K. Noble Creek Little League Park, Beaumont, 8 am. Spring 5 & 10K, 117 W. Alcott, Banning 92220. (714) 849-2433, days.

MAY 16: South Hills Country Run. 5 & 10K. West Covina (Cortez Park), 8 am. Complete Runner/Lions Run, 2658 E. Garvey Ave., West Covina 91791. (213) 331-0169.

MAY 16: Around the Crown 5 & 10K. Corona, 7:30 am. Bill Smithson, 517, S. Ramona, Suite 204, Corona 91720. (714) 737-3414.

MAY 16: Bay to Breakers. 7.63 miles, San Francisco (Howard & Spear), 8 am. Len Wallach, c/o San Francisco Examiner, P.O. Box 3100, San Francisco 94119. (415) 777-7770. Entries close April 16, at Midnight.

MAY 16: Cherry Pie 10K. 10K & 1.8 mile. Guerneville (Armstrong Grove), 9 am. Bob Breazeale, 2434 Slater St., Santa Rosa 95404. (707) 546-8182.

MAY 16: National TAC Sr. Men's Marathon. Syracuse, NY. Christine Hubbard, ADA & EC, 472 South Salina St., Syracuse, NY 13202. (315) 472-9143.

MAY 16: Mark Twain 10K. San Andreas (Hwy 49 & Poole Station Rd.), 9 am. John Griffin, 2121 Gateway Cir., Lodi 95240. (209) 957-5846.

MAY 16: Canoga High Boosters Club 5K Run. El Camino High, Woodland Hills, time TBA. Info: Donald Dunn (213) 346-8160.

MAY 16: North Jetty Fun Run. 0-15 miles, Arcata/Eureka area, 4 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

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Schedule

MAY 16: Santa Anita Lite Spring Classic. 5 & 10K, Arcadia (Santa Anita Race Track), 8:30 am. Lite Spring Classic, P.O. Box 522, Arcadia 91006. (213) 446-0131.

MAY 16: L.A.'s the Place 5 & 10K. Downtown Los Angeles (Flower & Flower Sts.), 8 am. GLAVCB/10K Run, 505 S. Flower St., Los Angeles 90071. (213) 888-5526.

MAY 22: Aptos Creek Marathon. Nisene Marks State Park, Aptos, 8 am. Marathon, 100 New Brighton Rd., Aptos 95003. (503) 641-6453, Hans Albrecht (Nike).

MAY 22: Strawberry Canyon Run. 5.5 miles, Berkeley (Edwards Field, UCB), 9 am. Barbara Ando, Lawrence Hall of Science, Univ. of California, Berkeley 94720. (415) 642-4193. 1200 Limit.

MAY 22: Run For Your Life. 1 & 3 miles, East Palo Alto, 11 am (7). Janet Sweikert, R.D., Drew Medical & Dental Center, 2111 University Ave., E. Palo Alto 94303. (415) 328-5060.

MAY 22: Run For The Roses 10K. Santa Rosa (Veterans Memorial Bldg. across from County Fairgrounds), 8 am. George Sutherland, 305 Mendocino Ave., Suite 515, Santa Rosa 95404. (707) 545-3534.

MAY 22: Martinez Historical Run. 10K & 1 mile fun run, Martinez Jr. High School (Court & Warren Sts.), 9 am. Rhoda Lating, 4702 Tahoe Cir., Martinez 94553. (415) 229-1584.

MAY 22: Cardiac Pacer 5 Mile Run. Santa Cruz (UCSC East Fieldhouse), 10 am. Terry Warner (408) 429-4220.

MAY 22: Natural Light California Classic 5 Mile. Visalia (Mooney Grove Park), 8 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

MAY 22: Run For Apricots. 5/10/15K, Paterson (Community Stadium), 7 am. Judy Noah, Apricot Fiesta, P.O. Box 442, Paterson 95363. (209) 892-3118.

MAY 22: Heritage Days 10K. Lancaster, 7:30 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

MAY 22: Lite Beer Second Wind 10K. Long Beach Plaza, 8:30 am. Philpippides, The Courtyard Mall, 550 Deep Valley Dr., No. 320, Rolling Hills Estates 90274. (213) 541-0305.

MAY 22: NorCal Orienteering Championships (2 days). Calero Reservoir (Class B Championship), time TBA. B.A.O.C., Joe Scarborough, 3151 Holyrood Dr., Oakland 94611. (415) 530-3059.

MAY 22: Run for Health 5 & 10K. Redlands, time TBA. Dr. R. Mootz, 720 Brookside, No. 103, Redlands 92373.

MAY 22: Seahorse Run & Fun Festival. 10K, Seaside High School, 8 am. Andy Yoshiyama, P.O. Box 725, Seaside 93955. (408) 899-4111, days.

MAY 22: Ride & Stride 10-Person 80-Mile Relay. (5 runners, 5 cyclists), Avila Beach to Cambria, time TBA. Dennis White (805) 544-3000.

MAY 22: Merc 5 & 10K Runs. Monterey Park, 8 am. Carole Allen, Box 463, Monterey Park 91754. (213) 289-8817.

MAY 22: Westlake School Grade "A" 10K/Picnic. Rancho Park, 8 am. 10K Run, P.O. Box 925, Beverly Hills 90213.

MAY 22: Miller Lite 5 & 10K. Hart Park, Bakersfield, 8:30 am. Ray Maranda, Bakersfield College, 1801 Panorama, Bakersfield 93305. (805) 395-4495.

MAY 23: Fleeta Days 10K Classic. San Fernando, 8 am. Runner's Sole, 17521 Chatsworth St., Granada Hills 91344. (213) 368-7889.

MAY 23: Sri Chinmoy 3 Mile. Santa Barbara, 8 am. Tom Scheaffer, 1218 Castillo, Santa Barbara 93101. (805) 962-3450.

MAY 23: Women's American ORT 10K (& 2 Mile). Mission Bay, San Diego, 7 am. Harriet Brown (714) 442-8821.

MAY 23: San Mateo County Dental Society "Run Your Plaque Off" 10K. (& 1 mile fun run), Foster City (1291 E. Hillside), 9 am. Richard Kinsel, 1291 Hillside Blvd., Foster City 94404. (415) 573-8262.

MAY 23: Starving Owl Classic. 5 mile & 2 mile (Children's race), Foothill College, Los Altos, 9 am. Coach Peanut Harms, Foothill College, 12345 El Monte Rd., Los Altos 94022. (415) 948-8590, ext. 222 or 337.

MAY 23: Norris Loop Fun Run. 15 mile, Arcata/Eureka Area, 10 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

MAY 23: Big Brothers Big Sisters Benefit 10K & 1 Mile Fun Run. Mission College, Santa Clara, 8:45 am. Silicon Valley Striders R.C., 5852 Ettersberg Dr., San Jose 95123. (408) 225-8393.

MAY 23: Carmel Valley Run in the Sun 10K. Garland Park, Carmel Valley, 10 am. (1.2 mile kids race at 9:30 am). Carmel Valley Volunteer Fire Dept., P.O. Box 965, Carmel Valley 93924. (408) 659-2021.

MAY 23: Panther Run. 10K & 2 mile fun run, Contra Costa County Fairgrounds, Antioch (L Street), 9 am. Panther Run, c/o Antioch H.S. Educ. Boosters, 700 W. 18th St., Antioch 94509. (415) 757-3324, eves., Pam Kidder.

MAY 23: Camino del Diablo 9-Mile X-Country. Mt. Diablo State Park, 9 am. Al Arnold, c/o Ranger Mary Skinner, Mt. Diablo State Park, P.O. Box 250, Diablo 94528. (415) 837-2525.

MAY 23: Golden State Women's 5 & 10K. Sacramento (Miller Park), 9 am. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338, Mary Bogle.

MAY 23: Women's American ORT 10K & 2 Mile. Mission Bay, San Diego, 7 am. E.O.L., 1013 Park Pl., Coronado 92118 (714) 442-8821, Harriet Brown).

MAY 23: Up A Creek 10K. Henderson School (near Graystone Park), 9 am. Bill Eilers, 5273 Garwood, San Jose 95118.

MAY 23: Concord/Diablo Rotary BART-to-BART 10K. Concord BART Station, 8 am. BART-to-BART, P.O. Box 21309, Concord 94521. (415) 943-8251, John Leykam.

MAY 23: Culver City 10K. Veterans Memorial Auditorium, 8 am. Conway-Weinstock/Associates, 550 No. Larchmont Blvd., Los Angeles 90004. (213) 469-2772.

MAY 23: Kaiser Permanente 5 & 10K. Fontana, 8 am. Dave Reynolds, Respiratory Therapy, 9985 Sierra Ave., Fontana 92335. (714) 829-5189.

MAY 23: Lake Merritt Joggers & Striders 5/10/15K Runs. Lake Merritt (Old Boathouse), Oakland, 9 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

MAY 29: National TAC Sr. Women's 10K Championships. New York City, Time TBA. Fred Lebow, International Running Center, 9 E. 89th St., New York, NY 10028. (212) 860-4455.

MAY 29: Nimitz Runs. 5 & 10K, Treasure Island, San Francisco Bay, 8:30 am. Tim Waterfield or Marc Avila, NROTC, Callaghan Hall, Univ. of California, Berkeley 94720. (415) 642-3551.

MAY 29: Mt. Wilson Trail Race. 9 miles, Sierra Madre, 8 am. Jerry Carlton, Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre 91024. (213) 355-7135. Limit 250 runners; entries postmarked by 5/19.

MAY 29: Caliente 2 & 4 Mile. Caliente, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

MAY 29: LDS Beehive 5 & 10K Runs. Banning, 7:30/8:00. M.J. Ward, 43910 Tracy Circle, Indio 92201. (714) 874-5480.

MAY 29: Aragon Don Run. Approx. 3 miles, Aragon High School, San Mateo, 9 am. Mitch Kristoferson, c/o Aragon Student Gov't, 900 Alameda de las Pulgas, San Mateo 94402. (415) 342-9780, eves.

MAY 29: Feet of Accomplishment Run for Special Olympics. 2.5/5/10 miles, Pasadena (Rose Bowl), 8 am. Tri-Valley Special Olympics, 4448-B Lubbock Dr., Simi Valley 93063.

MAY 29: Long Beach Low Tide Runs. 4 & 8 miles. Long Beach, 9 am. Joe Carlson, 5304 E. Second St., Long Beach 90803. (213) 439-6875.

MAY 29: Sanger Striders TC Memorial Run. 3 mile prediction & 6 mile race, Madison School, Sanger, 8:15 am. Dave Dotson, 10518 E. California 93657. (209) 875-4072.

MAY 30: McClintock's to McClintock's. (Tentative), 11-12 miles, San Luis Obispo to Pismo Beach, time TBA. SLDC, P.O. Box 1174, San Luis Obispo 93406.

MAY 30: Love-Your-Heart 10K. Redondo Beach (S. end of Esplanade), 7 am. Barry Pearce, Heart Ass'n, 10546 W. Pick Blvd., W. Los Angeles 90064. (213) 204-3278.

MAY 30: National TAC Sr. Men's 50 Mile Championships. Site TBA, Wyoming, time TBA. Brent Weigner, 819 W. 26th, Cheyenne, WY 82001. (307) 632-2602.

MAY 30: Ass to Ass Run. 7.7 & 13.2 mile, Santa Rosa (535 Summerfield Rd. for 13.1 mile, 3300 Petaluma Hill Rd. for 7.7 mile), 9 am. Ass to Ass Run, P.O. Box 4387, Santa Rosa 95402.

MAY 30: Nорм. Mari-Thon 10K Run Run. San Francisco (Polo Fields, So. Parking Lot, Golden Gate Park), 10 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

MAY 30: Sunrise Relays. (3-person teams), Oakland (Merritt College track), 9 am. Karen Eng, 2632-D Etna St., Berkeley 94704. (415) 549-1354, Michael Hofmayer.

MAY 30: Grass Valley Memorial 10K. Memorial Park, Grass Valley, 8:30 am. Gary Loucks, 116 High St., Grass Valley 95945. (916) 273-9268.

MAY 30: Banana Slug Classic (Tentative). Approx. 7 miles, East Fieldhouse, Univ. of California, Santa Cruz, 10 am. Phil Jones, Fieldhouse, UCSC, Santa Cruz 95064. (408) 429-4524.

MAY 30: C.C.A.C. One-Hour Run Championships. College of Sequoias, Visalia, time TBA. Dave Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

MAY 30: DSE Practice Dipsea. 7.1 mile, Mill Valley (Lytton Square) to Stinson Beach, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

MAY 30: Brentwood 10K. Brentwood (Barrington Ave. & San Vicente), 9 am. Valery Johnson, P.O. Box 49913, Los Angeles 90049. (213) 780-7719. Entries close May 15.

MAY 30: Red Cross Mushroom Mardi Gras 10K. Morgan Hill (Live Oak High School), 9 am. Mardi Gras 10K, 875 Claremont Dr., Morgan Hill 95037.

MAY 30: Descanso 10K & 2 Mile. Descanso, 8 am. E.O.L., 1013 Park Pl., Coronado 92118. (714) 455-9303, Jack Fitzpatrick.

MAY 31: Pacific Sun 10K. Kentfield (College of Marin track), 8 am. Liz Wilhelm, Pacific Sun, P.O. Box 553, Mill Valley 94942. (415) 383-4500. No Raceday Registration! 1000 Runner Limit! Marathon cancelled for 1982.

MAY 31: Avenue of the Oaks 7-Mile & 2-Mile Fun Run. Fallbrook (Live Oak Park), 7 am. Bill Sparks, 1448 Knoll Park Rd., Fallbrook 92028.

MAY 31: The Running Store's 6 Mile Run to the Sun. Eldorado High School, Las Vegas, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

JUNE 5: Racquetball Club Triathlon. (30 min. Racquetball, 2 1/2 mile run, 750 yards swim (pool), 2 1/2 mile run). Walnut Creek, 9 am. Greg Stopka, 1908 Olympic Blvd., Walnut Creek 94596. (415) 932-6400.

JUN 5: Charlie Chaplin Fun Run. 10K, Niles (East Bay Regional Pk.), 9:30 am. The Glass Works, 37659 Niles Blvd., Fremont 94536.

JUN 5: Heart & Sole Run. 10K, Salinas Valley Memorial Hospital, 9 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

JUN 5: The Nugget 50 (Mile & Km.). N. San Juan, time TBA. Endurance Sports Productions, 507 "F" St., Davis 95616. (916) 758-9868.

JUN 5: Synanon 10K Mountain Run, 5K Women's Run & 2 Mile Prediction Run. Synanon Strip, Badger, 8 am. Synanon RC, Box 42, Badger 93603. (209) 337-2885.

JUN 5: Boy Scouts of America Fun Run. (Tentative), distance & time TBA. SLDC, P.O. Box 1134, San Luis Obispo 93406.

JUN 5: Huntington Beach/Elks 10K. 8 am. Tiny Blomquist, Elks Club, Fountain Valley 92708. (714) 964-1665.

JUN 5: Run with Jim. Dockweiler Beach, Playa del Rey (distance TBA), 8 am. V. Rae, The Sandpipers, 629 - 17th St., Manhattan Beach 90266.

JUN 5: Greenpeace 5 & 10K Run to Save the Whales. La Habra Fashion Square, 8 am. John Blair, La Habra Fashion Sq., No. 40, La Habra 90631. (714) 966-0556.

JUN 5: The Commander's 10K & Beer Bust. Univ. of Nevada, Las Vegas, 7 pm. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUN 6: AVON Women's International Marathon & National TAC Sr. Women's Championship. San Francisco, 7 am. Len Wallach, 1060 Continentals Way, No. 104, Belmont 94002. (415) 593-2788, or Ron Markille (415) 668-2060.

JUN 6: Gold Country Marathon. (& half marathon > 10K). Nevada City (Pioneer Park) 7 am. Bud Grattan, 100 S. Auburn St., Grass Valley 95945. (916) 273-4491.

JUN 6: National TAC Masters Marathon. Forest Grove, Oregon, time TBA. Jill Meriman, 1229 NW 23rd St., Portland, OR 97210. (605) 648-4212.

JUN 6: Dipsea 7.1 Mile Race. Mill Valley to Stinson Beach, 9 am. Dipsea, P.O. Box 30, Mill Valley 94941. May 10 deadline.

JUN 6: Russian River Marathon. (& half marathon & 4.9 mile), Ukiah, 6 am. Gail Opperman, Ukiah Community Center, 516 South State St., Ukiah 95482. (707) 462-8879.

JUN 6: Sri Chinmoy Marathon. Recreation Center, Foster City, 7 am. (Pre-Race Clinic held on Sat. Afternoon, June 5). Sri Chinmoy Centre, 2438 16th Ave., San Francisco 94116. (415) 861-4148, days.

JUN 6: DeAnza Day 5 & 10K. DeAnza College Pkg. Lot C, Cupertino, 8 am. DeAnza Day 5 & 10K, 21250 Stevens Creek Blvd., Cupertino 95014. Dennis Zamzow (415) 964-4800.

JUN 6: Fair Oaks Fleets 5-Miler. Fair Oaks (Temescal), 9 am. Wayne Lowery, P.O. Box 34, Fair Oaks 95628. (916) 966-1011.

JUN 6: Lake Merritt Summer Relays. (2x5K & 2x10K legs), Old Boathouse, Oakland, 9 am. Neil Berg, 369 Coventry Rd., Kensington 94707. (415) 524-5078.

JUN 6: Mt. Diablo Trail Classic. 13.7 miles. Clayton (Mt. Diablo/Mitchell Canyon Rd. entrance), 9 am. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

JUN 6: Golden State Women's Run 10K. Walnut Creek, 8 am. Susie Breese, Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

JUN 6: Run for Learning Disabilities. 5 & 10K, Pierce Community College Stadium, Woodland Hills, 7:30 am. Jennifer Zvi, 7041 Owensmouth Ave., Canoga Park 91303. (213) 883-3500.

JUN 6: Jack Moore Race. 2 & 5.7 mile. McKinleyville (Baiboa Rd.), 1 pm. Ken Yanosko, P.O. Box 214, Arcata 95521. (707) 822-3960.

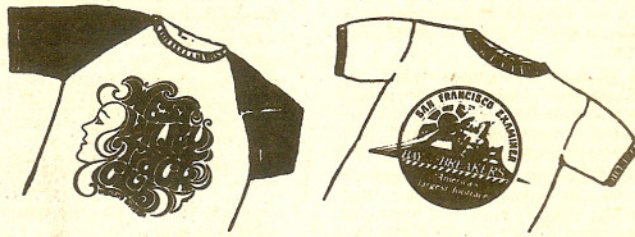
JUNE

JUN 5: Racquetball Club Triathlon. (30 min. Racquetball, 2 1/2 mile run, 750 yards swim (pool), 2 1/2 mile run). Walnut Creek, 9 am. Greg Stopka, 1908 Olympic Blvd., Walnut Creek 94596. (415) 932-6400.

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JUN 6: Buena Park's 5 & 10K Runs to Beat Cancer. Buena Park Mall, 8 am. Sandy Sato, Amer. Cancer Society, P.O. Box 1870, Newport Beach 92660. (714) 752-8800.

JUN 8: Ocean-to-Creek 7.1 Mile. Carpinteria, 8 am. Steve Ripley, 5296 El Carro Ln., Carpinteria 93013. (805) 684-1583.

JUN 8: Westlake 7.2 Mile Carrera de Cabras. Westlake Elem. School, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

JUN 10: Sepulveda Dam Run. 10K. Woodley Ave. Park, 6:30 pm. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

JUN 12: Palos Verdes Marathon. Palos Verdes Estates, 7 am. George F. Owens, P.O. Box 153, Palos Verdes Estates 90274. (Not certified).

JUN 12: DeCelle Memorial Tahoe Relays. So. Lake Tahoe (Hiways 50 & 89), 7 am. (7-person teams). Robert E. DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2265.

JUN 12: S.F.P.D. Run for Youth. 4.5 miles. Lake Merced (Sunset Circle Pkg. Lot), San Francisco, 5 pm. Ron Markillie, YMCA, 360 - 18th Ave., San Francisco 94121. (415) 668-2060.

JUN 12: United States Triathlon Series. (Swim, bike, run), San Diego, time TBA. USTS, P.O. Box 308, Davis 95617. (916) 758-9868, or Armen Keteyian (714) 274-8100.

JUN 12: Fountain Valley 5 & 10K. Mile Square Pk., 7:30 am. Newport Beach Runners Ass'n, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

JUN 12: Valley Grand Prix 10K. CSUN, Northridge, 9 am. Bill Webb, CSUN Athletic Dept., 1811 Nordhoff, Northridge 91330. (213) 885-3205.

JUN 12: Biathlon. 5K-run, 200m-swim, Sunset Park, Las Vegas, NV, 8 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

JUN 12: Pajaro Dunes Beach Run. 10.07 miles. Manresa Beach State Pk. (near Watsonville), 8 am. Mark Steelman, 42 Trembley Lane, Watsonville 95076.

JUN 13: Morro Bay to Cayucos. 6 miles, hard pack sand along water's edge. Brian Waterbury, 234 Catalina, San Luis Obispo 93401.

JUN 13: Round the Runway Footrace. 5 & 10K. Moffett Field, 9 am & 9:45 am. Special Services, Bldg. 25, NAS Moffett Field 94035. (415) 966-5206.

JUN 13: Moscow Road 10,000. Monte Rio (Post Office), 8:30 am (part of RRCA Nat'l Postal competition). Art & Chris Webb, 2312 Masterson Ct., Santa Rosa 95401. (707) 548-5462.

JUN 13: NCSTC Woodminster X-C Handicap. 9 miles. Woodminster Meadow. Joaquin Miller Park, Oakland, 10 am. Gail Wetzork, 881 Cedar St., Alameda 94501. (415) 522-3724.

JUN 13: Clean Air 9K Run. San Francisco (Pier 39), 9 am. Mr. Brown, Pier 39, P.O. Box 3730, San Francisco 94119.

JUN 13: Camp Coombs X-Country Run. 10K/1.5 mile/0.5 mile. Napa State Hospital, Imola (near Napa), 9 am. Camp Coombs Run, P.O. Box 7212, Imola 94558. (707) 253-5532.

JUN 13: Chihuahua Road Run. 2 & 6 mile. Fresno (718 & "F" St.), 7 am (enter by Jun. 12). Victor Salazar, 4387 No. Thorne Ave., Fresno 93704. (209) 229-5862.

JUN 13: Johnny's 10 Mile. Valencia Elem. School, Aptos, 9 am. Info: (408) 476-7675, or 423-5443.

JUN 13: Good Earth Restaurants \$750 Purse 10K Run. Campbell, 9 am. Steve Krotoski, 17286 Eaton Lane, Monte Sereno 95030. (408) 395-9332, eves.

JUN 13: Statuto Race. 8.1 miles. SFAC, San Francisco, 8 am. SFAC, 1630 Stockton St., San Francisco 94133. (415) 966-9650.

JUN 13: Rancho Bernardo 10K & 2 Mile. Town Center, Rancho Bernardo (San Diego), 7 am. EOL Race Consultants, 1013 Park Pl., Coronado 92118. (714) 485-7763, Ed Coverley.

JUN 13: Century City 10K. Los Angeles, 8 am. Ed Glas, c/o Century City Chamber of Commerce, 2020 Ave. of the Stars, Plaza Level, Los Angeles 90067. (213) 553-4062.

JUN 13: Dannon 10 Mile. Van Nuys. Dick Weeks, 7741 Wish Ave., Van Nuys 91406. (213) 343-5416.

JUN 15: Beer Run. 3 miles. Stockton (1844 W. Bristol), 7 pm. Felicia Quilantang, 1020 N. Commerce, Stockton 95202. (209) 941-2827.

JUN 18: Entry Deadline for Nike Marathon. Race on September 12. P.O. Box 10412, Eugene, OR 97440. (503) 687-2477.

JUN 19: Double Dipsea 14-Miler. Stinson Beach to Mill Valley & return, 9 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107. (415) 647-9459.

JUN 19: Pinole "Y to Y" Runs. 2.108 & 5.108 miles, Pinole YMCA, 9:30 am. Mike Robak, 945 Dolphin Ct., Rodeo 94572. (415) 799-3586.

JUN 19: Fieldstone Winery 10K. Healdsburg, 8:30 am. Susie Buchignani, 10075 Highway 128, Healdsburg 95448. (707) 433-7266.

JUN 19: Sports-R-Us and YFC Father's Day 10K. Auburn, 8 am. Youth for Christ T&F Team, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

JUN 19: St. Jude's Run for the Kids. 10K, The Anchorage Mall (near Fisherman's Wharf), San Francisco, 8 am. (A Nike Masters Grand Prix Series event—regional qualifier for nationals). Barbara Murray, c/o St. Jude's, 205 E. Third Ave., Ste. 315, San Mateo 94401. (415) 347-1277.

JUN 19: CRRC Tune-Up Series. 5 & 10K, Griffith Park, Los Angeles, 8 am. CRRC, Box 891, Tarzana 91356.

JUN 19: Foster-Freedman 5-Mile Age-Group Handicap. Racquet Club (9001 S. Industrial), Las Vegas, Nev., 7 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

JUN 20: Valley of the Flowers Marathon & Half Marathon. Lompoc, 7:30 am. Lompoc Valley Distance Club, P.O. Box 694, Lompoc 93438. (805) 736-6515.

JUN 20: Father's Day 5K. St. Helena (Crane Pk.), 9:30 am. Art Martin, 1733 Hillview Pl., St. Helena 94574.

JUN 20: Holy City Race. 9.08 mile, Holy City (Old Santa Cruz Hwy), 7:30 am. Note: informal race this year...no entry fee & no awards but accurate timing. Ken Napier, 1612 Bearden, Los Gatos 95030. (408) 379-1420.

JUN 20: Dump to Dump Run. 10K (?), San Mateo/Burlingame, time TBA. Info: United Cerebral Palsy, 299 California Ave., Palo Alto 94306. (415) 326-4711, or (408) 279-8987.

JUN 20: South Bay Advocates Run for Youth. Tentative. 4 miles, Los Osos, time TBA. Advocates for Youth, P.O. Box 6125, Los Osos 93402.

JUN 20: Univ. of Irvine 10K for M.S. Time TBA. Chuck Lichter, Box 891, Tarzana 91356. (213) 888-5526.

JUN 20: Run for Gay Pride 5 & 10K. (Hypersion & Scotland) Los Angeles, 8 am. Joan Coogan, P.O. Box 42923, Los Angeles 90042. (213) 221-9666.

JUN 20: Air Show Half-Marathon. Lemoore NAS, 7 am. Air Show Half-Marathon, NAS Lemoore 93245. (209) 998-3581, or 3270.

JUN 20: Father's Day Run. 6 miles, Fresno (Tulare & Van Ness), 6:30 am. (Enter by Jun. 16). Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-9394.

JUN 20: LaJolla Kiwanis 10K & 2 Mile. Balboa Park, San Diego, 7 am. EOL Race Consulting, 1013 Park Pl., Coronado 92118. (714) 453-3483, Keith Ryan.

JUN 20: Lake Tahoe Series 10K. No. Tahoe High School, 3 miles east of Tahoe City, 9 am. Stephanie Atwood, P.O. Box 97, Carnelian Bay, CA 95711. (916) 583-8475.

JUN 20: Officer Byrd 5 & 10K. Griffith Park, Los Angeles, 8/9 am. Officer Byrd Runs, Box 30158, Los Angeles 90030. (213) 485-4020, Les Lovett.

JUN 26: Lake Tahoe Marathon. Incline Village, Nevada (Community Center, Lakeshore Blvd.), 7 am. Lake Tahoe TC, Reg Bedell, P.O. Box 5983, Incline Village, NV 89450. (702) 831-1730.

JUN 26: Western States 100 Miler. Squaw Valley to Auburn...entries closed for 1982.

JUN 26: Fresno Bunlon Derby 3K. Roeding Park (Pine Grove), Fresno, 8 am. Larry Lung, 1503 Claire, Corcoran 93212. (209) 992-5501.

JUN 26: Cayucos to Morro Rock Run. 6 miles, time TBA. San Luis DC, P.O. Box 1134, San Luis Obispo 93406.

JUN 26: Tioga Pass 12.3 Mile Run. Hwy 395 & 120 near June Lake, 6 am. Bill Aaron, P.O. Box 554, June Lake 93529.

JUN 26: Orange County Ass'n for Mental Health "Sweat don't Fret" 5/10/20K. Mason Park (Irvine), 8 am. MHA, 2110 E. 1st., No. 101, Santa Ana 92705. (714) 547-7559.

JUN 26: Toro 12K Internat'l Style X-C. Cal-State Univ., Dominguez Hills, Carson, 8 am. CSUDH X-C Series, Dept. of P.E., Carson 90747. (213) 516-3761, Mitch Harmatz.

JUN 26: Fedmart 5K & 10K Mile. Mission Beach, San Diego, time TBA. EOL Race Consulting, 1013 Park Pl., Coronado 92118. (714) 232-7451.

JUN 27: Historic Folsom 10K. City Hall, 8 am. Eileen Clausus, 10028 Glen Way, Sacramento 95827. (916) 366-3270.

JUN 27: Meet of Miles. 1 mile on track (Santa Rosa J.C.), 8:30 am. Fred Kenyon, 3634 Coffee Lane, Santa Rosa 95401. (707) 575-7013.

JUN 27: Fitch Mountain Footrace. 10K & 4 mile prediction run. Healdsburg Town Plaza, time TBA. Healdsburg Chamber of Commerce, 217 Healdsburg Ave., Healdsburg 95448. (707) 433-6935.

JUN 27: DSE Golden Gate Promenade 7.5 Mile. Dolphin Club, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

JUN 27: Sea Breeze 10/20K. Ventura, time TBA. Time Hughes (805) 644-8271.

JUN 27: PA-TAC 15K Championships. Bullispurimissa School, Los Altos, 9 am. Team Prize \$5 to be offered. Peanut Harms, 675-A Chiquita, Mountain View 94040. (415) 967-7321, evenings.

JUN 27: Jacoby Creek Streak. 1.8 & 4.8 mile, Bayside, 1 pm. Bill Morris, Box 213, Route 1, Bayside 95524. (707) 822-8565.

JUN 27: Mt. San Bruno Orienteering Meet. Class B or C, site & time TBA. Joe Scarborough, 3151 Holyrood, Oakland 94611. (415) 530-3059.

JUN 27: Bacardi Rum Run 5 & 10K. Lake Merritt (Fairland Pk.), Oakland, 9 am. The Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930.

JUN 27: Oceanside 10K & 2 Mile. Boat Harbor, 7 pm. EOL Race Consulting, 1013 Park Pl., Coronado 92118. (714) 721-0666, Faith Mahoney.

JUN 27: Cascade Run Off. 15K (ARRA Circuit, Prize Money), Portland, OR, 9 am. Chuck Galford, Runoff, 1000 Willamette Ctr., 121 S.W. Salmon, Portland, OR 97204. (503) 223-9016. June 20 entry deadline.

Continued on next page...

Schedule

LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc.):

JUL 4: Coronado Half-Marathon. 5th & "G" Streets, Coronado, 7 am. George Green, 626 Fifth St., Coronado 92118.

JUL 4: Peachtree Road Race. 10K, Atlanta, Georgia, time(?) Royce Hodge, 3224 Peachtree St., N.E., Atlanta, GA 30305. Limited to 25,000 entrants... early cutoff date.

JUL 10: USTS Triathlon. (Run/Bike/Swim), Los Angeles, time TBA. USTS, P.O. Box 308, Davis 95617. (916) 758-9868.

JUL 11: San Francisco Marathon. New course this year, 8 am. Scott Thomason, P.O. Box 27385, San Francisco 94127. (415) 681-2322, days. Entries close at 7,000. Send SASE when requesting entry blank.

JUL 17: Good Sport Couples Relay. 2x2 miles, Larkspur (Larkspur Landing S.C.), 9 am. The Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930. Male/Female teams only!

JUL 24: Deseret News Marathon. Washington Park, Salt Lake City, Utah, 5:30 am. Keith West, Deseret News, P.O. Box 1257, Salt Lake City, UT 84110. (801) 237-2135.

JUL 31: June Lake Marathon. June Lake, 6 am. Bill Aaron, P.O. Box 554, June Lake 93529.

JUL TBA: Alcatraz Triathlon. 1 1/2-mile swim, 18-mile bike, 14-mile Double Dipsea. San Francisco Dolphin Club, early a.m. Joe Oakes, 518 Outlook Dr., Los Altos 94022. (415) 941-6287.

AUG 1: Summer Relays. 5x4.464 mile legs. Lake Merced (Sunset Circle Pkg. Lot), San Francisco, 9 am. Relays, P.O. Box 652, Burlingame 94010. (415) 837-6674, Mari.

AUG 7: Sierra Pines Relays. 4-person, 26-mile total. Bass Lake (Pines Village), 8 am. Enter by Aug. 4. Jim Hartig, 1457 Keats, Clovis 93612. (209) 299-3747.

AUG 8: Skyline 50K (PA/TAC Champs). Wildcat Regional Pk. (Parking Lot), Richmond to Chabot Regional Park, Castro Valley, 7 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023, evenings.

AUG 14: Falmouth Road Race. 7.1 mile, Falmouth, Mass., 10 am. Falmouth Recreation Dept., Main St., Falmouth, MA 02540. (617) 540-4417. Entries limited to 4,000.

AUG 15: Park to Park Relays. 4x5 miles. Sacramento (Carmichael Park), 8 am. Jo Sumner, 5209 Moro Bay, Carmichael 95608. (916) 481-5869.

SEP 12: Nike Marathon. Eugene, Ore., 8 am. Nike Marathon, P.O. Box 10412, Eugene, OR 97440. (503) 687-2477. Entries limited to about 1,000, June 18 deadline.

Track & Field

MAY 1: Nick Carter Invitational. University of California at Santa Barbara. Track Coach, UCSB, Santa Barbara 93106. (805) 961-3400.

MAY 2: S. Calif. Cheetah Invitational. Mt. SAC, 9 am. Richard Lewis, 1440 Douglass Dr., Pomona 92717. (714) 622-5470. Moved from May 1.

MAY 2: San Jose/Budweiser Invitational. San Jose State University.

MAY 2: USC Women's National Qualifying Marks Invitational. USC, 9 am. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-2882.

MAY 4-5: NorCal J.C. Decathlon and Heptathlon Championships. Cupertino, 11 am.

MAY 7-8: NAIA District III Championships. Westmont College, Santa Barbara.

MAY 8: Southwest Women's Invitational. U.C. Irvine, 9 am. Frank Duarte, 3717 S. Ramona Dr., Santa Ana 92707. (714) 545-7701.

MAY 8: West Coast Relays. Lemoore. Red Estes, Track Coach, Fresno State University, Fresno 93740.

MAY 8: San Francisco State Tune-Up Meet. Coach Harry Marra, Athletic Dept., San Francisco State University, San Francisco 94132. (415) 469-1561.

MAY 8: Nor-Cal Twilight Meet. Los Gatos High School, 5 pm. Men and women all events with special 10K. Dan Cruz (408) 554-1699.

MAY 14-15: CCAA Championships. Cal Poly Pomona.

MAY 14-15: WCAA Collegiate Conference Championships. USC. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-2882.

MAY 14-15: PCAA Conference Championships. Utah State University, Logan, Utah.

MAY 14-15: Far Western Conference Championships. Humboldt State, Arcata.

MAY 14-15: Pacific Coast Invitational Twilight Meet & Heptathlon. Women. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.

MAY 15: California Relays. Modesto College. Tom Moore, 1720 Richard Way, Ceres 95307. (209) 537-0411.

MAY 15: NorCal J.C. Championships. Modesto, 4 pm.

MAY 15: SoCal JC Championships. Bakersfield.

MAY 15: Oregon Twilight Invitational. University of Oregon.

MAY 15: Golden State Conference Women's Championships. Cal State Hayward.

MAY 16: UCLA-Pepsi Invitational. UCLA. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

MAY 17-18: So. California J.C. Decathlon & Heptathlon Championships. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

MAY 20-22: NAIA National Championships. Charleston, West Virginia.

MAY 20-22: AIAW Div. II Championships. Clarksville, Tennessee.

MAY 20-22: AIAW Div. III Championships. Bloomsburg, Pennsylvania.

MAY 21-22: PAC-10 Championships. Eugene, Oregon.

MAY 22: Two Big Guys Mountain Games. San Jose (DT) & Soquel (SP).

MAY 22: Junior College State Championships. Sacramento, 4 pm.

MAY 22: Siliconex Invitational. Long Beach State. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

MAY 22: Warmerdam Classic. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 294-4097.

MAY 23: SPA Jr./Sr. Women & Sr. Men District Championships. UCLA, 11 am. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 924-0075.

MAY 24: Pacific Association TAC Championships. Moved to Mid-August. TBA.

MAY 24-28: NCAA Div. II Championships. Sacramento.

MAY 24-29: NCAA Div. III Championships. Naperville, IL.

MAY 28-29: TFA/USA Outdoor Championships. Wichita, KS. Herm Wilson, Head Track Coach, Wichita State University, Campus Box 18, Wichita, KS 67208.

MAY 27-29: AIAW Championships. College Station, Texas.

MAY 29: Compton Cup Invitational. Compton High School, Harris Williams, 19003 Cliveden Ave., Carson 90746. (213) 636-8525/631-1973.

MAY 29: San Diego Cougar Invitational. San Diego State University, 9 am. Lenwood Williams, 2426 56th St., San Diego 92105. (714) 263-7834.

MAY 31-JUN 1: State J.C. Decathlon & Heptathlon Championships. Mt. San Antonio College. Track Office, Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789.

JUN 1-5: NCAA Div. I National Championships. Provo, Utah. Clarence Robison, Brigham Young University, Provo, UT 84602.

JUN 5: High School State Meet. Hughes Stadium, Sacramento.

JUN 5-8: SPA Heptathlon/SPA Youth Athletics Jr. Olympics Multi Events Champs/SPA Olympic Development Meet. Cal State Northridge. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

JUN 6: Pre Classic. University of Oregon.

JUN 6: Compton Invitational. Compton High School, 9 am. Wally Williams, 400 S. Kemp, Compton 90020. (213) 631-3416.

JUN 6: Redwood Empire Junior Olympics. Santa Rosa Jr. College, 8 am. Boys and girls 8 to 18. Fred Kenyon, 3684 Coffee Ln., Santa Rosa 95401. (707) 575-7013.

JUN 12: Golden West Prep Invitational. Hughes Stadium, Sacramento.

JUN 12: Kinney Invitational. Edwards Stadium. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326.

JUN 13: SPA Olympic Development Meet. UC Irvine, 12 noon. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 924-0075.

JUN 13: Corporate State Championships. California Corporate Track Association, P.O. Box 1265, Redondo Beach 90278. (213) 371-5379.

JUN 14-15: TAC Junior Men Nationals. Bloomington, Indiana. Sam Bell, Track Coach, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 337-8583. (qualifier for U.S. teams in international competition)

JUN 18-20: TAC National Championships (Senior). Knoxville, Tennessee. Stan Huntsman, Box 47, Univ. of Tennessee, Athletic Dept., Knoxville, TN 37901. (615) 974-1225. (Men and women. Qualifier for U.S. teams in international competition.)

JUN 19-20: Region 13 (Calif./Nev.) TAC Age-Group Championships. Diablo Valley College, Pleasant Hill. DVTC, P.O. Box 23646, Pleasant Hill 94523-0646. (415) 284-2240, Gary Santos.

JUN 28-27: TAC National Women's Heptathlon. USC. Sherry Calvert, USC Athletic Dept., Heritage Hall, University Park, Los Angeles 90007. (213) 743-7693.

JUN 26-27: TAC National Decathlon. Baton Rouge, Louisiana. Sam Seemes, Track Office, LSU Athletic Dept., Louisiana State Univ., Baton Rouge, LA 70893. (504) 388-8628.

JUN 30-JUL 1: TAC Junior Women Nationals. UCLA. Pete Scanlan, 2925 Knoxville, Long Beach 90815. (213) 421-2867.

JUL 2-4: TAC National Girls Age Group Championships. Spokane, WA.

JUL 6-7: Pleasant Hill All-Comers T&F Meet. Diablo Valley College, 6 pm. Pleasant Hill Parks & Recreation, 147 Gregory Lane, Pleasant Hill. 682-0896.

JUL 9-10: California State Police Olympics. Law enforcement personnel only. San Francisco State Univ. For info. call: (415) 641-8827.

JUL 10-11: USA vs. USSR Jr. Pullman, WA.

JUL 13-14: Pleasant Hill All-Comers T&F Meet. Diablo Valley College, 6 pm. Pleasant Hill Parks & Recreation, 147 Gregory Lane, Pleasant Hill. 682-0896.

JUL 17-18: USA vs. USSR Decathlon & Heptathlon Meet. UC Santa Barbara. Tentative.

JUL 20-21: Pleasant Hill All-Comers T&F Meet. Diablo Valley College, 6 pm. Pleasant Hill Parks & Recreation, 147 Gregory Lane, Pleasant Hill. 682-0896.

JUL 22-23: USA vs. Canada Jr. Colorado Springs, CO

JUL 23-25: TAC National Boys Age Group Championships. Omaha, NB.

JUL 27-28: TAC Junior Olympics Multi-Events Championships. Manhattan, KS.

JUL 27-28: Pleasant Hill All-Comers T&F Meet. Diablo Valley College, 6 pm. Pleasant Hill Parks & Recreation Dept., 147 Gregory Lane, Pleasant Hill. 682-0896.

JUL 30-AUG 1: TAC National Junior Olympics. Lincoln, Nebraska. Frank Sevigne, Track Coach, Univ. of Nebraska, 116 S. Memorial Stadium, Lincoln, NE 68588. (402) 472-2991.

JUL 30-AUG 1: Junior Pan-American Games. Barquisimeto, Venezuela.

AUG 6-8: AAU National Junior Olympics. Memphis, TN.

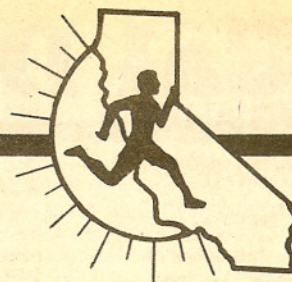
8th Annual Humboldt State Univ. X-Country & Steeplechase Workshop AUGUST 1-6 • AUGUST 8-13

Spend a week or two training in the coastal redwoods under the expert guidance of Coach Jim Hunt, Gary Tuttle and Bill Scobey - all experts with years of National Championship experience. Cost of \$180 per week includes everything: Registration, Room and Board.

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Around the State



Californian's at Boston

From Jack Leydig & Bingo Orme

Both Jack Leydig and Evan "Bingo" Orme competed in the famous Boston Marathon and were able to identify many of the top California finishers as follows:

California Men: 6. Dennis Rinde (San Luis Obispo) 2:15:04; 15. George Mason (Costa Mesa) 2:17:55; 16. Brian Maxwell (Berkeley) 2:17:58; 28. Eric Hulst (Santa Ana) 2:20:22; 50. Benjamin Boyd (La Mesa) 2:22:42; 86. Chris Mollahan (Oceanside) 2:25:48; 113. Brian Igoe (Solana Beach) 2:27:45; 144. Kent Mulkey (Costa Mesa) 2:29:21; 148. Will Wester (Escondido) 2:29:33; 149. Jim Brocksmit (San Francisco) 2:29:45; 153. Mark Hines (San Francisco) 2:29:53; 166. Tim Wilson (Camp Pendleton) 2:30:28; 197. David Salo (LaJolla) 2:31:59; 200. John Brennan (Santa Barbara) 2:32:08; 299. Doug Towne (Atherton) 2:35:14; 303. Steve Durand (Canyon Country) 2:35:18; 312. Ben Wilson (Claremont) 2:35:27; 317. Jim Masterson (Gardena) 2:35:35; 321. Tim Smith (San Diego) 2:35:41; 323. Hal Goforth (El Cajon) 2:35:44; 352. Lester Mina (Alameda) 2:36:37; 397. Luis Bernal (La Puente) 2:37:43; 420. Anton Gonzales (Lk View Terr.) 2:38:08; 436. Tommaso Pedreira (Sacramento) 2:38:26; 444. Kim Uille (San Diego) 2:38:33; 457. David Zielke (Berkeley) 2:38:58; 506. David Castenholz (Santa Ana) 2:39:55; 517. Allan Stanbridge (Burlingame) 2:40:19; 523. Joe Gassmann (Hawthorne) 2:40:26; 524. Daniel Hollis (Vallejo) 2:40:26; 551. William King (San Ramon) 2:40:55; 562. Mitchell Greenberg (Concord) 2:41:05; 567. Melvin Lee Sartain (Reno, NV) 2:41:11; 577. Martin Rizzo (Portola) 2:41:24; 595. Gary Goetelmann (Santa Clara) 2:41:42.

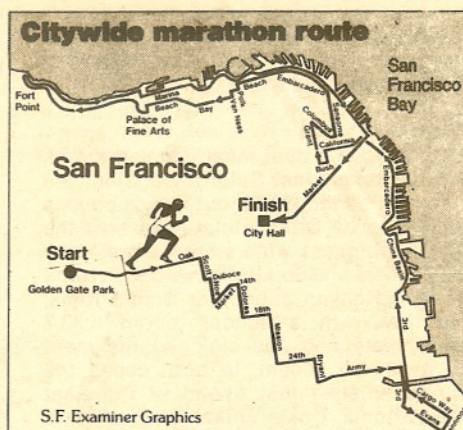
California Women: Eileen Clausus of Sacramento was the best from the West and the first US finisher with her third place 2:38:48. No other California women showed up in the top 36 women's results.

Solano and Brennan placed 7th and 8th in the masters section. Former California master Joe Burgasser (now in Florida) was 11th master finisher in 2:33:05.

SF Marathon Update

From Scott Thomason

In a bold and daring move, the 1982 San Francisco Marathon will be given to the city of San Francisco. No longer will it be confined to Golden Gate Park and Lake Merced; it will be truly citywide. The runners' 26.2 mile trip will encompass Golden Gate Park, the Western Addition, Bayview, the Financial District, Chinatown, North Beach, the Marina, the Presidio, and the Civic Center.



It's hard to believe, but the course is flat, with a net elevation loss in the entire race route. The most significant climb is 82 feet over a two block area at Fort Mason. To be eligible for certification, the start and finish must be within 2.6 miles of each other and must not gain or lose more than 260 feet in elevation. Kudos for the course go to Tom Benjamin.

New Zealander Allison Roe, the women's world record holder in the marathon (2:25:29), is seriously considering running the San Francisco Marathon.

Also a strong possibility is former Stanford runner, Tony Sandoval, the fastest runner in the 1980 Olympic Trials.

Fred Lebow, the director of the New York City Marathon, has announced that he is currently "training to break 3:30 at San Francisco." Lebow, who completed eight marathons in 1981, describes the new course as "one of the most beautiful in the world."

Race applications may be obtained by sending a self-addressed stamped envelope to: The San Francisco Marathon, P.O. Box 27385, San Francisco, CA 94127.

Danny Grimes on the Run

By John Surge

28:48 for 10,000 meters, 13:50.7 for 5,000 meters and 8:46.6 for two miles. Danny Grimes' numbers this year speak for themselves.

In his last track season at Humboldt State University, Grimes has run the fastest 10,000 and 5,000 times in NCAA Division Two, according to his coach Jim Hunt.

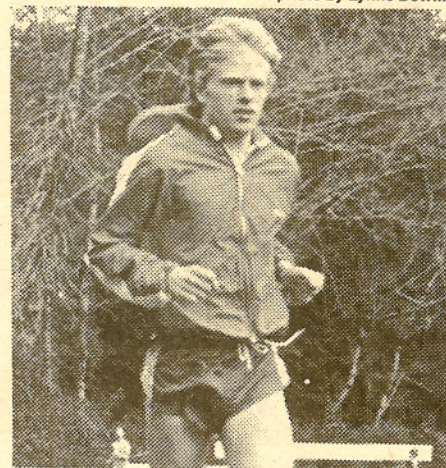
Grimes started out the season by breaking a 12-year old Humboldt State record previously held by Bill Scobey. In an intrasquad meet on February 27, he ran 8:46.6 for the two mile breaking the record by 2.2 seconds.

He came back two weeks later in a quadrangular meet with Stanislaus, Sonoma and Southern Oregon and ran the 5,000 with no one pushing him and kicked to a personal best 13:50.6.

Early last month at the Martin Luther King Games, Grimes was ready for his first 10,000 of the year. He locked into a dual with Simon Killili from San Jose State and Bill Graham of Stanford. With 330 yards to go, Grimes took the lead and held it until the last curve when Killili kicked past in the last 110 to win with 28:46.2. Grimes was second in 28:48.0 and Graham third with 28:54.2.

Grimes is now setting his sights on the Division Two national meet in Sacramento. He said his goal is to win the 10,000. There is also a good possibility he might double in the 5,000. But, "It depends on the weather."

photo by Lynne Bowlin



Danny Grimes

If it's really hot I won't double," he said. And, although he has already qualified for the Division One nationals he most likely will not go. "Division One doesn't mean anything to me," he said. Grimes cited the closeness to the Division Two nationals and The Athletics Congress national championship meet as other reasons for not competing in the Division One nationals.

As for training, Grimes leans toward "fast mileage." He said his distance runs are done at about a 5:40 pace, and he also likes to incorporate fartlek into his training. When he goes on the track he said a typical workout is 4 x 1 mile cut down from 4:50 for the first to 4:30 for the last.

Grimes is 23-years-old and will graduate this spring. He is majoring in social science and said he might like to teach higher education. He said he will return to Humboldt State next year to get a teaching credential, and then will decide if he wants to continue in school and get a masters degree.

SoCal Diary

By BILL MINARIK

■ March 15, 1982

There was a full slate of action around SoCal running tracks with the UCLA Bruins continuing their dual meet unbeaten streak with easy 119-39 and 107-38 wins over CS Long Beach and Cal Poly SLO in men's competition, while the Bruin gals were also impressive in a non-scoring affair with Cal Poly Pomona and a number of clubs. Other duals saw the UC Irvine men go down to the mile relay before gaining an 86-77 win over tough San Diego State. In women's action, the USC Trojans thanks to big point performances by Dollie Fleetwood and Kerry Zwart-Bell downed CS Long Beach 72-54.

Virtually every other collegian who was eligible along with most club athletes were participating in the Northridge Relays. Most notable performances at that meet came from community college athletes led by those from Pasadena City College which accounted for no less than 8 first places. Lancer sprint relay teams zipped to times of 40.1, 1:24.2, and 3:09.6 in each case in front of arch-rival Long Beach CC. However the Vikings Steve Tully notched the top field event mark of the day when he skyed to a

17-0 height in the pole vault. This meet was very fortunate in that a rainstorm moved in right after the final event.

■ March 22, 1982

UCLA kept its dual meet winning streak alive, but barely last Saturday against the Texas men's team 82-72, but it took no less than 7 PRs by Bruin athletes to turn the trick. The biggest wins were turned in by Dave Daniels and Jon Butler who took turns defeating Kenyan super-star Sam Sitonik; Dave first with a school record 8:33.7 steeplechase and Jon clinched the meet with a 13:57.5 5000m. In both cases the UCLans finished just ahead of the fleet footed Sitonik. Dokie Williams returned to action just in time for UCLA as he notched a fine 25-5, 54-2 jump double while vaulter Anthony Curran soared 17-8. To top things off hammer-thrower Steve Nickerson set a new school record with a toss of 199-2 although the event was non-scoring.

Elsewhere USC held another one of their everybody-is-invited invitationals with top performances of the day belonging to Pasadena CC's Jerome Harrison who zipped to a 10.3 100 meters and then anchored the PCC 400 relay team to a 39.8 clocking. Also Long Beach CC's Hank Kraychir continued his dominance of the shot put with a 63-6 effort. Down at CS Long Beach there was a non-scoring meet between CSULB, Weber State and Cal Poly Pomona. Top mark there was the 49ers Ken Corney vaulting 17-3. At San Jose, San Jose State edged conference rival Fresno State 83-80.

In women's action, San Diego State crushed both USC 98-29 and UNLV 102-25 while at UCLA, the Bruins hosted Cal Poly SLO and Wilts A/C in a non-scoring affair. Sheila Ralston's 2:08-4:26 double high-lighted that action.

In prep competition, invitationals were the order of the day. At the Eldorado Invitational, Bishop Amat was a close 60-58 winner over Walnut in a meet that wasn't decided until the mile relay in boys competition, while the Esperanza girls were 52-36 winners over Walnut. At the Northridge Invitational, it was the boys from Muir, and the girls from Dorsey, Manual Arts and Long Beach Poly which stole the show with some sparking relay times.

It seems that a serious feud has developed between UCLA coach Jim Bush and Arizona State coach Len Miller. At a recent meeting of the Track & Field Writers, Miller accused Bush of ducking his strong ASU team this year in order to keep the Bruins dual meet winning streak intact. Bush countered by saying that because Miller had indicated that UCLA was lucky in its 75-70 win over ASU last year, *Track & Field News* named Washington State and not the Bruins as the national dual meet champions. Jim went on to say that he will

never schedule ASU to a meet as long as Miller is coach there.

Another feud may be developing over at Occidental College where some influential alumni are seeking the removal of head coach Bill Harvey. The alumni who have been used to the strong tradition of the men's program say that all Harvey ever talks about is the women's program and that after the men's high-school-like performance in the Northridge Relay it appears it's time for a change. Some of the more affluent alumni say they will quit bankrolling the track program until Harvey is gone.

Loyola-Marymount U. has now added track to its athletic program. It seems the LMU coaches have wasted no time getting going as a number of high school coaches have been visited by LMU recruiters. I hope the recruiters are bringing a lot of scholarships with them, because, if my recollection about the LMU tuition is correct, they're going to need them.

There is a rumor going around that a prominent SoCal thrower has been literally overdosing on steroids. It seems the athlete has been taking huge doses both by injection and tablet. Even coaches who prescribe steroids for their athletes say that this athlete is taking too much too soon and should anticipate some serious physical problems within a few years.

■ March 28, 1982

Just about everyone except UCLA was in action over the weekend with the main attraction down at Irvine where PCAA rivals San Jose State nipped UC Irvine 86-76, as part of a double dual with CS Long Beach. The difference here was a lean at the tape in the 400 relay won by SJS in 41.0. At that meet CSLB's Bill Green regained the title as the number one U.S. born collegiate hammer-thrower with a toss of 222-8.

USC wound up their invitationals although there weren't any marks worth mentioning except Steve Smith's vault of 17-9.

At the community college level, most schools were at the Santa Barbara Relays where Mt. SAC distinguished itself, however a storm the prior day made the track too slow for any impressive times.

In a four-way meet at Tempe, Arizona, former high school discus champ Leslie Deniz spun the platter 194-7 for the second best throw of all time by an American citizen.

■ April 5, 1982

While the Martin Luther King Games at Stanford had top billing this past weekend, it was the Sun Devil Invitational at Tempe, Arizona, which produced the hot times. At that one, the 400 relay saw three teams in the 38's lead by the host Arizona State team ahead of Athletics West and the Phila-



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delphia Pioneers. Fans saw the same order of finish in the 800 relay with all three teams in the 1:21's led by ASU's 1:21:01 which duplicated the time they ran at Modesto last year. ASU still wasn't through, however, and led a quartet of teams through the mile relay in under 3:05 with ASU at 3:03.8. The 2-mile relay produced a fine 7:17.5 time by the Inter-City AC and in that race, Mt. SAC CC smashed the national CC mark of 7:29.3 held by Pierce College with a 7:25.6 clocking. In that meet, Leslie Deniz upped her PR in the discus to 194-11.

Up at the MLK Games, a number of community college athletes stole the spotlight. LBCC's incomparable Hank Kraychir upped his own national shot put mark to 65-3½ which was only about a foot behind the winning toss by Brian Oldfield. In the 100 meter dash, Howard Hawkins of LBCC tied USC's Darwin Cook in a time of 10.68 while Pasadena CC's Michael Turner lost by a

whisker in the 400 in a near record setting time of 45.6. Also, former Grossmont vaulter Dave Kenworthy now at USC, won his specialty at 17-9½. Otherwise poor weather generally kept the marks down at this two-day affair.

Down South in better weather, UCLA stayed undefeated with a 83-62 win over Cal. The Bruins used superior field event strength to offset Cal's toughness on the track. Tom Downs, with a nifty 3:46-13:56 distance double and Al Cowling with a 21.1-13.7 sprint double paced the Bears while John Brenner, with a 64-8 PR in the shot, and Dokle Williams, with a 25-5—53-10 jump double, led the Bruins. It's a good thing the meet wouldn't have been decided on the steeplechase because the event wasn't run. It seems somebody forgot to open the valve which would let water into the pit, and nobody at the meet knew how to do it.

Valley Community College Coach Mark Covert got a nice write-up on the front page of the *L.A. Times* Sport Section recently. For those of you who don't read the *Times*, the article told of the streak Mark has compiled of running at least 3 miles a day that has gone on continuously since 1964. On a few occasions, Mark has had to get out of his hospital bed to keep the streak alive, but he's always made it—with no end in sight. I wonder if the Guinness Book of Records has this one.

Another community college coach who has compiled an envious record in his short college coaching career, but is leaving for another profession, is Glendale College's Scott Schweitzer. In two years as head women's X-C coach, Scott notched two conference, two SoCal, and one State championship. He will give up his part-time position at Glendale CC in favor of a full-time job with the Burbank Fire Department.



CHIHUAHUA ROAD RUN 2 & 6 mile

When: Sunday, June 13, 1982; registration 5:00-6:30 a.m., Race 7:00 a.m.

Where: Chihuahua Plant, 718 "F" Street, Fresno, CA.

Awards: T-shirts to first three finishers in most divisions. Ribbons and free refreshments to all finishers.

Raffle: 15 dinners for two at various Mexican restaurants.

Marlachi Music: During event.

Free Chihuahua tortillas.

Entry Fee: \$2.00 payable in advance by mail or \$3.00 on day of race.

Pre-registration: Please make all checks payable to Chihuahua Inc. and send to address below. For more information call Victor Salazar at (209) 229-5862 or Alex Contreras at (209) 266-9964.

Why: All proceeds for educational scholarships at CSUF.

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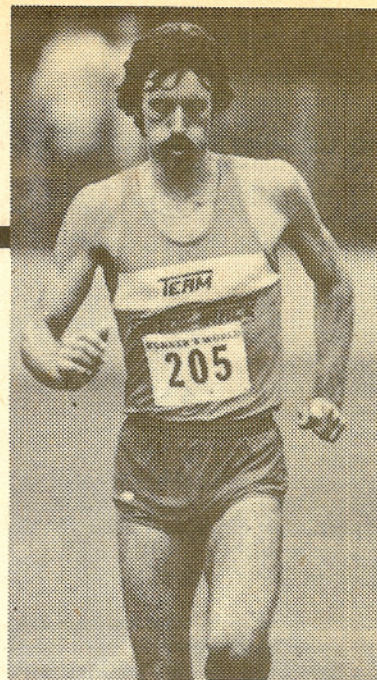
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Signature of parent required if entrant is under 18 years of age.

Tuttle's Track Topics

By GARY TUTTLE

Old Runners Can Still Turn In Some Vintage Times



Last weekend, moments before the start of the KVEN 10K, I overheard one novice, over-30 runner laughingly say, "19-39 is our age division? No way, can I keep up with a 19-year-old!"

Of course, 31 minutes and 25 seconds later, 36-year-old Keith Munson led all 430 runners across the finish line. Munson was followed only two minutes later by 45-year-old John Brennand (3rd) and over-30 runner Bob Spielman (4th). Three of the first four finishers were over 30, as was the first woman, Leslie Schiller in 38:00.

The KVEN run was a good example of what is happening to American distance running today. Much to the surprise of many runners, age has not turned out to be a handicap—at least, not through the mid-30s.

An entire generation of lifetime runners, America's first, has now past 30, and is showing no sign of slowing down. Marathoners such as Frank Shorter, Bill Rodgers, Nick Rose and Rod Dixon have made the 30-39 division often the most competitive division at a road run.

Distance running seems to improve with age through at least the mid-30s. As world class over-40 runner Jack Foster says, "I seem to be able to run better on less mileage."

No longer is the runner concerned with piling on miles to build a strong base. For the veteran, the base is built years earlier, and now he is able to concentrate on shorter, quality miles.

It's been proven that, with age, speed (sprinting) declines at a greater rate than endurance. Thus the older runner begins to spend more time working on his racing speed.

The veteran's biggest asset may be the maturity and racing experience gained from hundreds of races and the tens of thousands of miles he's run over two decades.

When a 19-year-old and a veteran of equal ability race, most often it's the veteran who is best able to handle the pressure and win the race.

Unfortunately, and unavoidably, age does finally begin to slow most veteran runners. Statistics from past races show an average decline in racing times at the following rate: 40 years old—4.5 percent; 50 years old—14.5 percent; 60 years old—27.5 percent; and 80 years old—58.1 percent.

As a runner gets older, he begins to slow for several reasons—his muscles lose elasticity; his resting heart rate speeds up, and he isn't able to raise his maximum heart rate as high as his youthful level; a lifetime of nagging injuries piles up; his life gets too full of other priorities; a few pounds of weight are automatically added with age; and the rate at which oxygen is transferred to the muscles is slowed.

Even though age does begin to affect the legs, some of the oldsters slow down very little. Some of the age-group world records are phenomenal, and many a runner 10 years younger would be overjoyed to run as fast.

The age division champion is Ethiopian Marius Yifter, who won two Olympic gold medals in Moscow at the age of around 40.

Some of the most impressive age group times follow.

Women's 10K—42 years, Miki Gorman, 35:45; 47 years, Toshiko D'Elia 39:53.

Women's marathon—41 years, Miki Gorman, 2:39.11; 60 years, Marcia Trent, 3:26:16.

Men's 10K—40 years, Lucien Rault, 28:33.4; 49 years, Alex Mimoun, 31:33.8; 63 years, Clive Davies, 35:19.8.

Men's marathon—41 years, Jack Foster, 2:11.18; 55 years Erik Ostbye, 2:26.35; 68 years, Monty Montgomery, 2:54.49; 80 years, Josef Galia, 4:56.28.

Very few people ever become as fast as these age group champions, but everyone can get in good enough shape to run faster, or further, than they ever thought possible.

It's never too late to start a running program, and I've met people who didn't even begin until they hit their 60's. While you can start at any age, the older you are the more precautions you must take.

Here are some tips for new runners of old age:

First, get a clearance from a doctor who is familiar with sports medicine.

Second, get good shoes—tennis shoes and cheap shoes are not adequate.

Third, start with a program of walking for at least two months—you're not a jogger overnight.

Fourth, begin shedding excess pounds.

Fifth, begin stretching your muscles, and strengthening weak muscles.

Finally, read books about running, and talk to some experienced jogger friends.

If you begin a conservative jogging program, and stick with it, you'll automatically improve for the first six years, no matter what age you begin. In other words, if you start a running program at age 58, you'll get progressively faster until at least the age of 64.

There's a saying that goes, "You're not getting older, you're getting better," and for some 30 million running Americans, it seems to be true.

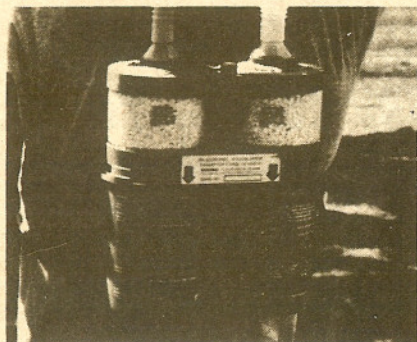
Why are so many serious runners shelling out \$219 for the PO₂ Aerobic Exerciser?

Runner Magazine called it "A new invention that could have a profound effect on training." And *Runner's World* described it as "...a device so revolutionary, it may well expand every runner's horizons. Eventually, it may prove to be as meaningful to the runner as his first good pair of running shoes."

No wonder there's been so much excitement over InspirAir's PO₂ Aerobic Exerciser, a portable altitude simulator which allows the serious athlete to combine both sea level training for strength and speed with altitude training for endurance without ever leaving home.

How it works.

The patented unit is a product of eight years of development and testing by a practicing anesthesiologist and engineer. The PO₂ Aerobic Exerciser duplicates conditions that would be found at moderate altitudes, with the basic unit pre-set to simulate 7,500 feet. As elevation increases, the partial pressure of oxygen decreases. As an example, the ambient or outside air at sea level contains 20.95% oxygen. At 7,500 feet, it's 15.87%.



The PO₂ Aerobic Exerciser accomplishes this without the need to travel to the mountains or to invest in your own altitude chamber. When you inhale ambient air, a portion of the oxygen is absorbed by your lungs, and the rest is expired or exhaled. This expired breath contains approximately 15% oxygen, and is circulated through a breathing hose to the device. A special PO₂ absorbent removes the carbon dioxide from the expired air, and the recycled oxygen is stored in the reservoir tanks until your next breath.

With subsequent breaths, the user is breathing a combination of ambient air and recycled air. This new combination simulates conditions which would be found at 7,500 feet. The size of the orifice or hole in the face mask determines the altitude to be simulated.

Of course you don't use the device all the time. The objective is to develop a training schedule which combines altitude training and sea level training. Simply by putting on the face mask, the user experiences an altitude of 3,500 feet. With mild to moderate exercise, the simulation increases to the pre-set 7,500 foot elevation. To return to sea level, slip off the face mask!

Advantages of altitude.

Lots of folks seem to be confused about altitude training. But it's no secret that some of the best distance runners in history have been those who have trained at moderate altitudes. When the 1968 Olympics were held in Mexico City (7,300 feet elevation), many of the world's top runners were handicapped at altitude for simple lack of endurance. A special medical symposium following the 1968 Games concluded that future world class runners would be those who could combine sea level training for strength and speed along with altitude training for endurance.

With the PO₂ Aerobic Exerciser, this is now possible for the first time. Studies show altitude training will greatly enhance sea level performance.

According to physiologists, altitude training stresses the cardiovascular system so that the body can squeeze more and more energy from the available oxygen. Tests have shown that there is a very real physiological change, as the oxygen transport system is improved. *More energy means more endurance, and more endurance means better performance.* This is particularly important for any endurance activity where the difference between winning and losing is that extra burst of power when everyone else is hitting the wall.

It is no coincidence that so many running physicians have been among the first to order PO₂ Aerobic Exercisers, because they understand the benefits of altitude training. And in a ten week test at the University of Oregon, head track coach Bill Dellinger monitored eight top runners using the PO₂ Aerobic Exerciser. After only the third week of use, there were measurable increases in both red blood cell count and hemoglobin. Extrapolating this data, Coach Dellinger projected that use of the device could turn a 2:12 marathoner into a 2:10:30 winner.

Given the extreme conditioning of these world-classers to start with, this is a dramatic improvement. *As far as the "average" runner is concerned, the potential for increased performance is outstanding.*

Not just for runners.

The PO₂ Aerobic Exerciser has a direct application for any athlete involved in endurance sports—bicycling, skiing, weightlifting, swimming, mountain climbing, etc.

A key point is that the athlete can obtain maximum benefit with less effort. This differs from sport to sport, but translates to more intense training over a shorter period of time. For runners, for instance, the same or greater benefits can be realized with less total mileage, since the runner's system is stressed so much more when running at altitude. And by training less, but with greater intensity, there is an added advantage in that the risk of injury to the muscular-skeletal system is reduced. Injury is often a direct result from over-training—trying to do too much and over-reaching physical limits. The PO₂ Aerobic Exerciser is the answer.

This is also important for the injured athlete, who may not be able to maintain a full training schedule while recovering. During this recovery period, the athlete can nonetheless maintain endurance conditioning using the PO₂ Aerobic Exerciser. There are also increasing numbers of athletes using the device with a stationary bicycle, as the principles of endurance conditioning using the PO₂ Aerobic Exerciser are the same.

Is it worth it?

The PO₂ Aerobic Exerciser is not an inexpensive training device, but no matter what the sport, the true enthusiast will gladly pay the price if he or she is convinced of its value. In other words, if you get what you pay for—and if it delivers the promised benefits—it's worthwhile. For the runner, the cost of the PO₂ Aerobic Exerciser is roughly equivalent to a year's worth of top-grade running shoes. The shoes continue to wear out, of course, but the PO₂ Aerobic Exerciser will become a vital part of your training regimen for years to come. The only operating expense of the system is the special PO₂ absorbent, which removes the carbon dioxide. Each cannister is good for about three and a half hours.

And like anything else in the "better mousetrap" category, it *does* take a while getting used

to, simply because there is nothing else quite like it. The PO₂ Aerobic Exerciser is as lightweight as possible, and mounted on an orthopedically-designed backpack, it weighs only four pounds. It feels strange at first, but you quickly adapt to it.

Wearing the face mask is also a strange feeling, particularly as you feel your system working harder and harder with less oxygen. But then again, that's all part of endurance training. You're supposed to feel the stress.

And some runners have reported initially feeling self-conscious running with the PO₂ Aerobic Exerciser. It *does* draw a lot of attention, for sure. Everyone wants to know what it is, what it does and where to get one.

But when race day comes—when you're out there running head to head for either trophies or your own PR—you're running without the unit, but with a maximal level of endurance for a peak performance. The benefits of altitude training with the PO₂ Aerobic Exerciser make true believers.

Safety and testing.

The PO₂ Aerobic Exerciser has been tested by more than a dozen universities, research facilities and government agencies over the past year, and these tests are continuing. Interestingly, the U.S. Army's Altitude Research Division is now testing specially-modified units pre-set to simulate 13,000 feet. It's also been the subject of considerable interest in a host of publications including *Sports Illustrated*, *Runner's World*, *The Runner*, the *Los Angeles Times* and others.

The PO₂ Aerobic Exerciser is a significant training device designed for the conditioned athlete. It is not for the out-of-shape armchair athlete, or anyone with a history of heart disease, high blood pressure or related problems.

Order yours today.

JACK'S ATHLETIC SUPPLY is offering the basic 7,500 foot PO₂ Aerobic Exerciser complete and ready for use for \$219 plus \$5 handling and shipping. And we'll also include Coach Dellinger's special "PO₂ Aerobic Exerciser Training Manual"! We guarantee shipment within five days from the time you place your order.

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Golden Bear Meet of Champions

March 27, Edwards Stadium, Berkeley

By G. David Brown (Innersports)

Even though there was a world class field of competitors, and even a world leading performance by Stephanie Hightower the attendance at the Golden Bear Meet of Champions at Cal Berkeley's Edwards stadium was very minimal. Perhaps the situation can best be described by Stanford middle distance ace Robin Campbell, "If this was Europe the stands would be all packed, the women need more support, a lot more money and a lot more time."

The meet, on the other hand, was a great start to the outdoor track season and an indication of what to expect from the country's top track and field athletes.

The excitement started with a most impressive field entered in the 10,000. Brenda Webb, who represented the USA last year in the World Cup paced the rest of the field led by Ellen Lyons from Stanford and Carey May who is the Irish record holder in the marathon and competes for BYU. It was a determined Webb, in her first 10,000 track appearance, who had control of the race. Web blistered thru laps of 78 and 80 seconds which ultimately led to her 33:28.1 performance, the best recorded this year. A surprise came from Jill Molen who placed second with a fine time of 33:48.1. Molen is from the University of Utah and should be a face to look for in upcoming meets. Third went to Lyons, who has been slowly coming back from an injury. Lyons turned in 34:09.4 while her younger teammate Ann Locke was fourth in 34:24.1. Carey May ended up with fifth and a 34:33. Her overall goal is to compete in the Olympic marathon in Los Angeles. May also added that she will be aiming for the marathon at the upcoming European championships.

"It's my first two outdoor races of the year and now I'm ready to go home and rest after the big indoor season," said Hightower who just came back from an indoor meet in Japan. Here she ran two world leading times: in the qualifying heat and the final of her 100 meter hurdle specialty. She clocked 13.60 in the heat and 13.11 in the final. In addition she crushed the Edwards Stadium record of 13.13 set by Deby LaPlante in 1978. When asked what she thought about the split

winning decision against Candy Young at the Milrose Games, Young bluntly stated, "It wasn't fair." One thing is prevalent... a determined Hightower will preside at this year's TAC Nationals.

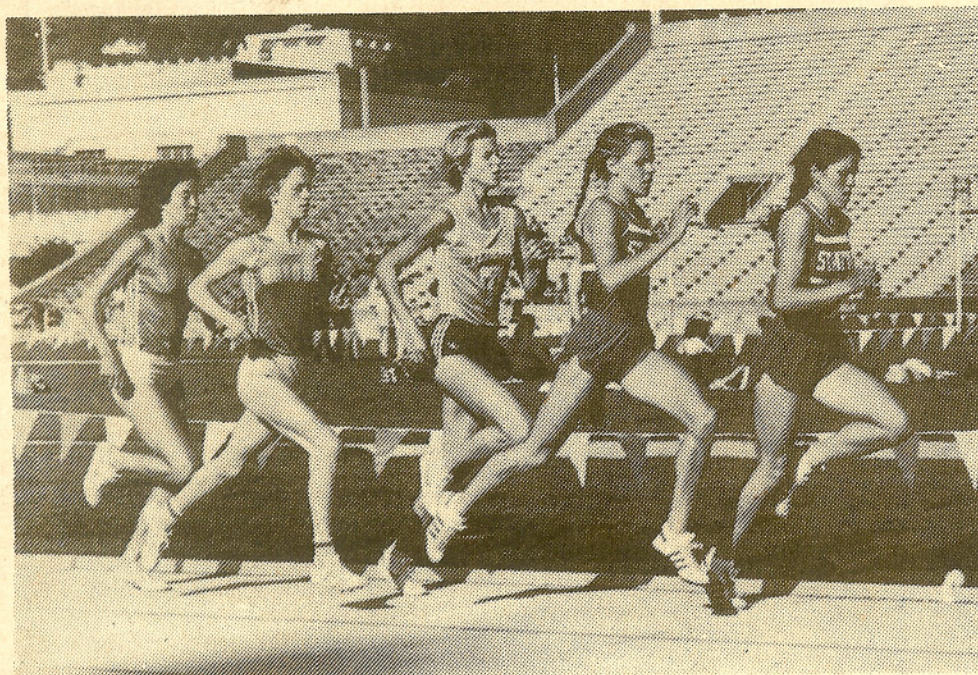
In the women's 5000 Regina Joyce from Washington and Great Britain turned in a sub 16 performance of 15:51.9. The young Brit took over the lead from Stanford's Kim Schnurpfell (who two days before competed against Oregon and Tennessee and turned in at time of 16:13). The Washington team also dominated third place in the person of Karen Petley with 16:29. Said the bubbly Joyce, obviously elated from her fine performance. "I was so happy to break 16. Now I want to run a fast 3,000 and 5,000 in Europe." Joyce sees her main competitors as Paula Fudge who hold's the world record and Grete Waitz of Norway and marathon fame. Regina is the sister of another top level distance runner, Monica Joyce who attends San Diego State. Why are they at different schools? "Monica likes the heat and I like the rain," said Regina, adding "When she hears my time she'll go for it." Regina will be concentrating on the 3,000 or the marathon for the future. She hopes to tackle her first 26 miler soon. In today's race Joyce's time broke the stadium record of 15:57.6 held by Kathy Twoomey of Athletics West and set in 1981. Schnurpfell led through laps of 73, 2:30, 3:09 (at 1000 meters), and 3:47. Joyce took over at 1100 meters and led the remainder of the way in 5:00, 6:15, 7:31, 8:46, 9:25 (3000m), 10:03, 11:21, 12:40, 13:59 (one lap to go), and 15:51. Joyce becomes the 6th fastest all-time collegian.

Leann Warren was one disappointed person in the women's 800. Warren who was going for a PR fell during the first lap of the race, failing to get up. It was Regina Jacobs of Stanford who pushed the pace at the beginning, with Joietta Clark from Tennessee kicking it on the final part of the race for first in 2:04.3. Jacobs ended up in second with Cal's Louise Romo close by, 2:08.2 and 2:08.9.

Warren, after the fall in the 800, entered the 3,000. She didn't want to attend this meet and end up not competing. She ran a smart, tactful race as she was content to let Stanford runners PattiSue Plummer and Ceci Hopp set the pace with splits of 71, 2:26, 3:05 (1,000m), 3:42, 4:57, 6:12 (2,000m), 7:28, 8:06, and 8:42. Warren sprinted it in with a last lap of 68.4.

Other interesting performances were turned in by Cindy Banks of the Golden Bear TC in the quadrathlon. She won all her events except one. She clocked 25.03 in the 200, leaped 18-7 3/4 in the long jump, ran 15.21 for second in the 100m hurdles, and heaved the shot 42-7, for a total of 3172 points.

The Golden Bear meet was one not to be forgotten for this track fan... too bad many more couldn't have said the same.



3,000 Meters: (left to right) Eryn Forbes (Oregon), Leann Warren (Oregon), Linda Portasik (Tennessee), Ceci Hopp (Stanford), PattiSue Plummer (Stanford).

photo by Don Gosney

10,000: 1. Brenda Webb (AW) 33:28.1; 2. Jill Molen (Utah) 33:48.1; 3. Ellen Lyons (Stanford) 34:09.4; 4. Ann Locke (Stanford) 34:24.1; 5. Carey May (BYU) 34:43.4; 6. Susan Baxter (Tenn) 34:50.6.

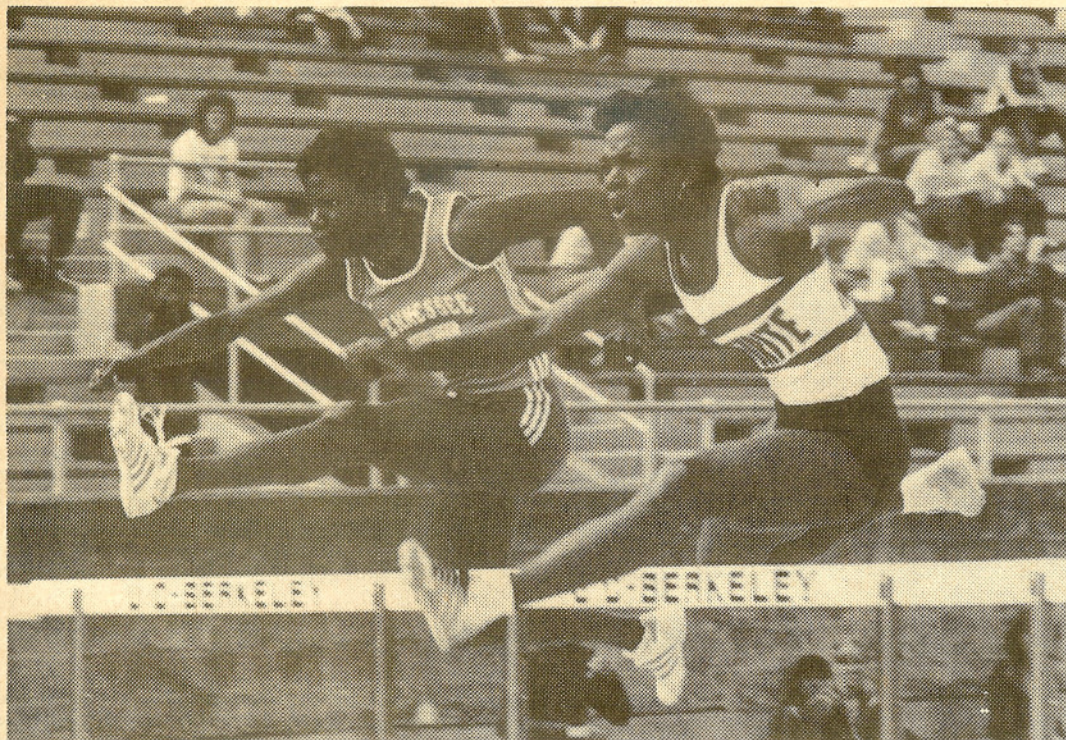
100m Hurdles: (Heat 1): 1. Stephanie Hightower (LAN) 13.60; 2. Tammy Etienne (Metroplex) 14.47; 3. Stella Edwinson (BYU) 14.58. (Heat 2): 1. Brenda Fitzgerald (Tenn) 13.80; 2. Kris Costello (Ore) 14.46; 3. Lisa Nicholson (Ore) 15.03. (Heat 3): 1. Janet Yarrowborough (CPSLO) 14.01; 2. Lexie Miller (Ore) 14.15; 3. Sonya Crowther (OSU) 14.1h.

5000: 1. Regina Joyce (Washington) 15:51.9; 2. Kim Schnurpfell (Stanford) 16:22.0; 3. Karen Petley (Washington) 16:29.9; 4. Bridgette Baker (Montana) 16:38.5; 5. Deidre Hathorn (Montana) 16:38.5; 6. Irene Crowley (CPSLO) 17:07.5.

4x100 Relay: (Section 1): 1. Cal State Hayward 47.34; 2. Stanford 48.96; 3. BYU 49.28. (Section 2): 1. Tennessee 45.24; 2. Cal Poly SLO 46.03; 3. Oregon 47.09; 4. CSU Northridge 47.3h.

1500 Meters: (Section 1): 1. Karen Van Waggenen (BYU) 4:36.6; 2. Kathy Reidy (Montana) 4:37.6; 3. Heather Allen (Utah) 4:38.0. (Section 2): 1. Margaret Spotts (Cal) 4:22.3; 2. Eileen Kraemer (CPSLO) 4:25.1; 3. Amy Harper (CPSLO) 4:25.6; 4. Sandra Gregg (Washington) 4:27.5; 5. Claudette Groenendaal (Oregon) 4:28.5; 6. Connie Hester (Greater SFTC) 4:29.7.

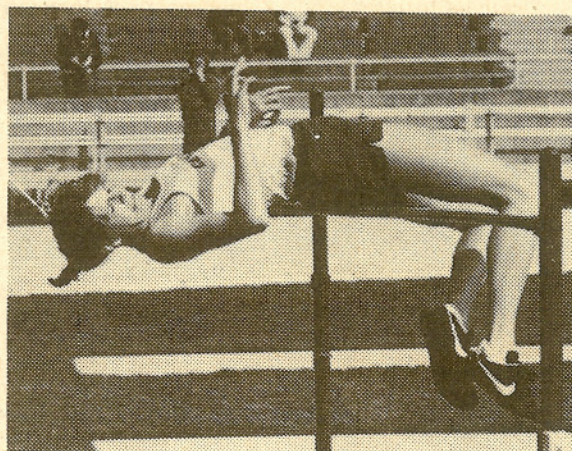
Javelin: 1. Cathy Sulinski (Millbrae Lions) 194-9; 2. Karin Smith (CPSLO) 191-6; 3. Lynda Hughes (Unat) 182-9; 4. Deanna Carr (Washington) 167-1; 5. Sally Harmon (Oregon) 161-0; 6. Roz Rouse (Oregon) 158-4; 7. Danella Barnes (CPSLO) 157-3.



Stephanie Hightower (right) leads Benita Fitzgerald in the 100m Hurdles Final.



Margaret Spotts (left) prepares to kick past Eileen Kraemer in the 1500 meter.



Sue McNeal soars 6-1 1/4 to take the high jump



Brenda Webb wins 10,000 meter



100 Hurdles (Consolation Final): 1. Stella Edwinson (BYU) 14.35; 2. Robin Pate (Oregon) 14.59; 3. Kathy Raugust (Cal) 14.87. **(Championship Final):** 1. Stephanie Hightower (LAN) 13.11; 2. Benita Fitzgerald (Tenn) 13.16; 3. Lexie Miller (Oregon) 14.07; 4. Janet Yarborough (CPSLO) 14.15; 5. Kris Costello (Oregon) 14.18; 6. Sonya Crowther (OSU) 14.5h.

Shot Put: 1. Rosemarie Hauch (Tenn) 54-1 1/4; 2. Carol Cady (Stanford) 49-1 1/2; 3. Marcia Mecklenburg (Bobcat TC) 48-8 1/4; 4. Pat Walsh (Tenn) 48-6 1/4; 5. Julie Jones (BYU) 48-4; 6. Sue Springer (Golden Bear) 45-7.

400 Meters (Section 1): 1. Colleen McQuown (CPSLO) 59.50. **(Section 2):** 1. Patricia Duboux (Hawaii) 56.73. **(Section 3):** 1. Eloise Mallory (CPSLO) 55.59. **(Section 4):** 1. June Griffith (Stanford TC) 53.15; 2. Delise Walton (Tenn) 53.64; 3. Robin Campbell (Stanford TC) 53.9h; 4. Kim White (Cal) 53.9h; 5. Kella Bolton (Stanford TC) 54.3h; 6. Gwen Gardner (LAM) 55.0h.

100 Meters (Consolation Final): 1. Sheryl Thompson (CSU Northridge) 12.66; 2. Teresa Sollars (Washington) 12.67. **(Championship Final):** 1. Tamela Holland (CPSLO) 11.83; 2. Michelle Mathias (Unatt) 11.89; 3. Grace Bakari (Oregon) 11.97; 4. Chantal Derosier (Tenn) 12.26; 5. Val Spence (CSU Northridge) 12.42.

Long Jump: 1. Pam Donald (Stanford) 19-2 1/4; 2. Madge Villarreal (BYU) 18-9 1/4; 3. Casey Overfield (Cal) 18-4; 4. Diane Kawahara (Hawaii) 18-2 1/2; 5. Runa Engel (Hawaii) 17-11 1/4; 6. Sherri Ball (Cal) 17-8 1/4.

800 Meters (Section 1): 1. Kathy Chase-Close (Montana St.) 2:15.1; 2. Mary Mitchoff (Oregon) 2:15.8. **(Section 2):** 1. Kathy Hayes (Oregon) 2:08.9; 2. Margaret Spotts (Cal) 2:12.4; 3. Ester Scherzinger (CPSLO) 2:13.8. **(Section 3):** 1. Joetta Clark (Tenn) 2:04.3; 2. Regina Jacobs (Stanford) 2:08.2; 3. Louise Romo (Cal) 2:08.9; 4. Frannie Castro (CSU Hayward) 2:09.5; 5. Molly Aisling (BYU) 2:11.3; 6. Susan Gregg (Washington) 2:12.4.

High Jump: 1. Sue McNeal (CPSLO) 6-1 1/4; 2. Maria Zanandria (BYU) 6-0; 3. Sonya Crowther (OSU) and Kathy Raugust (Cal) 5-8 1/2; 5. Gaye Brandenstein (Washington) 5-8 1/2; 6. Lauri Dew (BYU) 5-7 1/4; 7. Julie Waters (BYU) 5-7 1/4.

400m Hurdles (Section 1): 1. Kathy Halpin (Hayward) 62.76; 2. Paula Payne (Montana St.) 63.15. **(Section 2):** 1. Sharrifia Barksdale (Tenn) 61.15; 2. Sally Meinbress (Cal) 63.04. **(Section 3):** 1. Tammy Etlene (Metroplex) 58.60; 2. Lexie Miller (Oregon) 59.30; 3. Stella Edwinson (BYU) 61.0h; 4. Margaret Demorest (Stanford) 61.8h.

200 Meters (Section 1): 1. Sheryl Thompson (CSU Northridge) 25.63; 2. April Bryant (CSU Northridge) 26.25. **(Section 2):** 1. Letitia Sherrill (CSU Northridge) 25.19; 2. Val Spence (CSU Northridge) 25.81; 3. Runa Engel (Hawaii) 25.9h. **(Section 3):** 1. Grace Bakari (Oregon) 24.51; 2. Angela Williams (Hawaii) 24.56; 3. Tamela Holland (CPSLO) 24.59; 4. Rhonda Massey (Oregon) 25.25.

Quadrathlon: 1. Cindy Banks (Golden Bear) 3172; 2. Mary Harrington (Unatt) 3128; 3. Jeannie Borchardt (Oregon) 2782; 4. Liz Carroll (CPSLO) 2778; 5. Chris Vigile (Cal) 2730; 6. Chris DuBois (CPSLO) 2643.

3000 Meters (Section 1): 1. Carla Pittekow (Utah) 9:53.7; 2. Marcia White (Cal) 9:59.0; 3. Mary Gaffield (Cal) 9:59.7. **(Section 2):** 1. Leann Warren (Oregon) 9:15.3; 2. PattiSue Plummer (Stanford) 9:15.5; 3. Eryn Forbes (Oregon) 9:17.5; 4. Cecil Hopp (Stanford) 9:19.6; 5. Linda Portasik (Tenn) 9:29.0; 6. Janell Neeley (BYU) 9:36.5.

4x400 Relay: 1. Stanford TC 3:36.24; 2. Tennessee 3:37.61; 3. Cal Poly SLO 3:44.31; 4. California 3:44.5h; 5. Washington 3:53.3h; 6. Cal State Hayward 3:54.1h.

Discus: 1. Pat Walsh (Tenn) 177-1; 2. Julie Jones (BYU) 167-2; 3. Karen McDonald (Oregon) 165-5; 4. Carol Cady (Stanford) 165-4; 5. Glenda Ford (CSU Hayward) 162-9; 6. Quenna Beasley (Oregon) 160-10.

photo by Don Gosney

photo by Bill Leung, Jr.

photo by Innersports

13th Annual

Martin Luther King International Freedom Games

April 2,3 • Stanford Stadium

By G. David Brown (INNERSPORTS) with Keith Conning

The theme "The Show Must Go On" was a good way of describing the 13th annual King Games. During the entire week of the meet rain poured into the Stanford stadium, but this didn't stop the 3,000 athletes from competing. Bob Rose, Stanford spokesman stated, "We'll hold the games even if it pours." (153 high school girl's teams, 144 high school boy's teams, 74 women's college teams, 73 men's college teams, plus 35 community colleges showed the abundance of athletes competing in this meet). Even with the rain the meet itself was a good one. Discus thrower Mac Wilkins was back and on the attack, Jan Merrill was present and going for an 800 record and world two mile indoor record holder Doug Padilla and Henry Rono were going to battle it out in the 5,000.

Friday's Events:

Even with the pouring rain four Stanford stadium records were broken. Villanova's distance crew of John Marshall, Carlton Young, John Hunter and Ross blazed thru the distance medley relay in 9:37.0 chipping seven seconds off the old record of 9:44.1 by Tennessee in 1981. John Marshall legged the 880 in 1:51.8, Carlton Young ran a strong 46.2 for the 440, John Hunter the 1320 in 2:54.8 and Ross Donoghue the mile in 4:04.2. The Villanovan squad also claimed the 4x880 relay in 7:24.0 once again breaking another stadium record and by five seconds (set by USC two years ago in 7:29.1). This time is also the fastest in the world this year thus far.

photo by Innersports



5000 meters (left to right): Henry Rono, Simon Killili, Ross Donoghue, and Doug Padilla.

In the women's 10,000 it was a duel between UCLA's Michelle Bush and Stanford's "fearsome freshman" Anne Locke. Bush won this year's Bonne Bell 10K regional in San Francisco while Locke is quickly establishing herself as one of the finer collegiate 10k runners. Bush, blessed with a fine finishing kick, edged Locke 33:57.2 to 34:07.6. Ellen Lyons from Stanford who held the stadium record of 34:10.0 until Bush broke it, was third in 34:43.0.

In the 3,000 Monica Joyce broke her own meet record of 9:16.9 set last year. Joyce ran her 9:09.5 in a solo effort with Michelle Bush far back in 9:28.5. Bush was obviously saving it for the 10,000 she won later in the day.

San Diego State's Lynn Kanuka, who won the 5,000 meters in 15:59.2, was denied a possible Canadian national record because the race was started at the wrong line. Kanuka said, "It seemed like there were a lot of people standing around at the start not knowing where the race was to begin. I asked someone to check the starting line, but nobody did. It's too bad something like this has to happen. It shouldn't in an event the caliber of this." She added, "I'm used to training in cold weather (she's from Saskatchewan, Canada), even though I'm a senior at San Diego. I really didn't have anybody to push me today - it's kind of hard to run by yourself. It's easy to lose your concentration in a race like this." The current Canadian women's 5,000 meter record is 15:58.29 by Geri Fitch in 1981.

Simon Killili from the Sub-4 TC and San Jose State also set a meet record in the men's 10,000 with 28:46.2. Dan Grimes from Humboldt State was close by in 28:48.0. Two other athletes, both from Stanford, also broke the 29 minute barrier: Bill Graham was third in 28:54.2 and teammate Rod Berry fourth in 28:59.5.

Saturday's Events:

Stanford freshman Regina Jacobs from Argyll Academy in Los Angeles set a new school record of 2:05.7 in the 800 meters. "I was running free and easy today, running my kind of race," said Jacobs. "That's what Mr. Johnson coaches us to do. I was a little tired today but I was running without tension, and that uses up a lot of energy normally. Running free and easy and running tight is all in your mind. I was intimidated by Leann Warren (collegiate record-holder in the 800 from Oregon) last week, and I kept looking to see where she was. When she passed me, I said, 'Oh, there she is.' By then it was too late. I always run comfortably in the lead. Some people like to hang back and then close fast, but I'm not that way at all. I'm just a steady runner I guess. I've never run two 800's (she had run in the Stanford distance medley relay earlier in the day) and I hope I don't have to again."

In the women's distance medley Stanford was reportedly going for the world record. Regina Jacobs got the Stanford team off to a fine start with her opening 2:05.3. Everything was fine until the third exchange when a baton mixup occurred and seconds were lost. San Diego State used this in their favor as they led for the remainder and won in 11:11.13. San Diego's lineup was composed of Susan Hemmond, Latanya Sheffield, Monica Joyce (who won Friday's 3000), and Lynn Kanuka. Stanford was second in 11:20.4 and Cal Poly SLO third with 11:38.6. Monica Joyce ran the 1320 in 3:20.2 while Stanford's Hopp ran 3:33.9 which ultimately gave them the title. Lynn Kanuka was clocked in 4:42.6 for the mile.

continued on page 56...

From Keith Conning & G. David Brown

April 2 & 3, Stanford: Martin Luther King International Freedom Games. University, JC, and Open Results.

Friday, April 2:

Men's 10,000 Section B: 1. Steve Strangio (CPSLO) 30:01.00; 2. Dan Caprioglio (Unatt) 30:05.00; 3. John Mansoor (Capital City Flyers) 30:16.5; 4. Doug Avritt (CPSLO) 30:17.4; 5. Danny Martinez (Pasadena CC) 30:20.8; 6. John Sheehan (ARC) 30:29.8; 7. Terry Gibson (ARC) 30:31.3; 8. Tom O'Neal (Stanford) 30:39.6; 9. Joe Green (CPSLO) 30:56.0.

Women's Long Jump: 1. Michelle Kelley (UCI) 19-0; 2. Jewel Lovelady (CSB) 19-0; 3. Sheila Nicks (CSB) 18-7 1/4; 4. Kerry Bell (USC) 18-3; 5. Sabrina Williams (USC) 18-3.

Women's 3000 Meters: 1. Monica Joyce (SDS) 9:09.5; 2. Michelle Bush (UCLA) 9:28.5; 3. Janell Neely (BYU) 9:31.4; 4. Eileen Kramer (CPSLO) 9:32.5; 5. Michelle Hopper (CSLA) 9:37.7; 6. Connie Hester (GSFTC) 9:39.1; 7. Amy Harper (CPSLO) 9:39.1.

Women's High Jump: 1. Lauri Dew (BYU) 5-6; 2. Candy Cashell (Utah St.) 5-6; 3. Kerry Bell (USC); Karen Robinson (Cal) & Karen Lysaght (Stanford) 5-4.

Women's 400 Meter Hurdles: 1. Ann Lindemuth (SDS) 61.54; 2. Chris Dubols (CPSLO) 62.38; 3. Nancy Wallace (CS Sacto) 62.39; 4. Lorie Held (CPSLO) 63.19; 5. Susan Burrus (Stanford) 64.59. **Heat 2:** 1. Margaret Demorest (Stanford) 61.31; 2. Sally Mindbrest (Cal) 61.96; 3. Janice McDowell (USC) 65.77; 4. Rosalyn Anderson (USC) 65.78.

Men's Shot Put: 1. Greg Taffralis (Wt. City) 60-6 1/4; 2. Kevin Brady (Wt. City) 59-0; 3. Bob Gummerson (Wt. City) 58-8 1/4; 4. Jeff Voorhees (Santa Rosa JC) 57-7 1/4; 5. Andy Gillam (Santa Rosa JC) 55-9 1/4.

Men's 400 Meter Hurdles: (Heat 1): 1. Tim Curry (CSB) 51.86; 2. Ken Fisk (LBCC) 52.30; 3. Brad Underwood (CPSLO) 52.79; 4. Jose Davis (Bak CC) 53.06; 5. Gilby Wheeler (ARC) 53.15. (Heat 2): 1. Ken Rilly (LBS) 53.06; 2. Bruce Mitchell (PCQ) 53.14; 3. Thorvalour Thorson (SJS) 53.58. (Heat 3): 1. Chris Chrismann (USC) 53.99; 2. Tom Hoban (Chabot) 54.25.

Women's Olympic Development 100 Meters: (Heat 1): 1. Donna Carley (CS Sacto) 11.95; 2. Tamaria Holland (CPSLO) 11.97; 3. Andellate Gill (CSB) 12.14; 4. Valerie Duncan (SFS) 12.16; 5. Mariella Mariano (CSB) 12.34. (Heat 2): 1. Ronda Robinson (San Mateo) 12.21; 2. Carla Kendrick (Ohlone) 12.55.

Women's Discus: 1. Glenda Ford (CS Hay) 152.0; 2. Sandy Burke (Northeastern) 147.11; 3. Sue Springer (Cal) 143.11; 4. Wendy Robinson (CS Chico) 142.3; 5. Diane Oswalt (CS Hay) 141.8.

Men's Olympic Development 100 Meters: (Heat 1): 1. Mike Turner (PCC) 10.58; 2. Clifton Quarry (PCC) 10.87; 3. Charles Truvillion (CSB) 10.89. (Heat 2): 1. Leonard Graham (PCC) 10.5; 2. Dwayne Green (SJS) 10.8; 3. Rufus Jackson (PCC) 10.8. (Heat 3): 1. Eddie Carey (UCI) 10.61; 2. Phil Connors (CS Stanis) 11.06.

Men's Pole Vault: 1. Larry Rivers (CP Pomona) 14.2; 2. Clint Hunt (Bak CC) & John Simpson (WVCC) 13.6-1/4.

Men's 3000 Meter Steeplechase Section A: 1. Bob Ingram (WVCC) 8:55.7; 2. Terry Drake (AIA) 8:56.4; 3. Mike Tylman (UCI) 9:01.2; 4. Robert Lusitana (Jamal) 9:02.6; 5. Steve Holl (ARC) 9:05.4.

Men's Javelin: 1. Roy Aberoth (Cal) 199.2; 2. Mike Parker (Bak CC) 196.5; 3. Mark Richardson (Bak CC) 196.2.

Men's 3000 Meter Steeplechase Section B: 1. Greg Matthews (BYU) 8:48.8; 2. Kip Mibey (BYU) 9:00.6; 3. Rick Harbaugh (UCI) 9:02.0; 4. Dave Frank (Stanford) 9:11.3.

Men's Hammer: 1. Greg McSeveny (AATC) 190.10; 2. Joe Briski (Unatt) 189.7; 3. Mike Maynard (Wt. City) 189.0; 4. Jan DeSoto (Wt. City) 187.5; 5. Enre Rondeaux (Unatt) 183.6.

Men's Long Jump: 1. David Tucker (CPSLO) 23.2-1/4; 2. Rob Rust (LBCC) 23.1-1/4; 3. Gary McCulloch (LBCC) 22.11-1/4; 4. Mike Corrin (AIA) 22.8.

Men's 4x800 Yard Relay: 1. Villanova (Lucks, Borgese, O'Sullivan, England) 7:24.0; 2. USC 7:36.3; 3. Venezuelan Nat'l Team 7:38.2; 4. Cal State Sacramento 7:39.6; 5. CS Bakersfield 7:43.1.

Women's Javelin: 1. Kathy Nelson (USC) 137.8; 2. Brenda Troubaugh (CS Stanis) 128.7.

Women's 5000 Meters: 1. Lyunn Kanuka (SDS) 15:59.2; 2. Kim Schnurpfeil (Stanford) 16:22.9; 3. Carey May (BYU) 16:41.8; 4. Carol Gleason (CPSLO) 16:54.6; 5. Nancy Ditz (Unatt) 16:55.8.

Women's JC 4x100 Meter Relay: 1. Contra Costa (Ivory, Harry, Philpott, Miller) 49.19; 2. San Mateo 49.54; 3. Santa Rosa 51.57; 4. Foothill 52.33; 5. Ohlone 53.15.

Men's JC 4x100 Meter Relay: 1. Bakersfield 41.5; 2. Contra Costa 41.8; 3. Chabot 42.4; 4. Ohlone 43.0.

Men's High Jump: 1. Chris Bonner (Pasadena) 6-9; 2. Erik Johannessen (CPSLO) 6-7; 3. Mike Powell (UCI) 6-7; 4. Joe Hicks (Hartnell) & Bobby Lucas (CS Hum) 6-7.

Women's Shot Put: 1. Debra Corley (CSB) 49.8; 2. Carol Cady (Stanford) 48.3; 3. Sharon Hamilton (CSB) 47.10; 4. Susie Ray (UCLA) 46.0-1/4; 5. Cheryl Kennedy (SDS) 45.2-1/4.

Men's Distance Medley: 1. Villanova (John Marshall 1:51.8; Coulton Young 46.2; John Hunter 2:54.8; Ross Donoghue 4:04.2) 9:37.0; 2. Cal Poly Pomona 9:53.7; 3. Aggie Running Club 9:54.8; 4. CS Chico 10:02.3.

Men's JC Distance Medley: 1. Hartnell (Green, Devine, Aldape, Scatini) 10:17.9; 2. West Valley 10:19.9; 3. Pasadena 10:20.9.

Women's JC 4x400 Yard Relay: 1. San Mateo (Robinson, Reed, Zeischang, Heron) 4:04.01; 2. Contra Costa 4:04.89; 3. Santa Rosa 4:18.81.

Men's Pole Vault (over 15-6): 1. Steve Tully (LBCC) 16-0; 2. Bob Babbitts (SJS) 16-0; 3. Chris Sney (USC) 15-6; 4. Bertram Johnson (USC) 15-6.

Men's JC 4x440 Relay: (Section 1): 1. San Mateo (Nelson, Riddick, Arnold, Young) 3:22.78; 2. Chabot 3:25.86; 3. Ohlone 3:28.59.

Men's Discus: 1. Ken Mills (AATC) 179.6; 2. Judd Binley (AATC) 176.9; 3. Dave Thompson (Stanford TC) 173.3.

Women's 10,000: 1. Michelle Bush (UCLA) 33:57.2; 2. Ann Locke (Stanford) 34:07.8; 3. Ellen Lyons (Stanford) 34:43.0; 4. Irene Crowley (CPSLO) 34:49.6; 5. Marilyn Taylor-Allen (WVTC) 35:19.4; 6. Mary Mason (UCSB) 35:47.2; 7. Heike Skaden (Cap City Fly) 38:03.8.

Men's Triple Jump: 1. Bryon Criddle (Contra Costa) 50-5-1/4; 2. Jose Salazar (LBCC) 49-7; 3. Rick Holliday (UCI) 49-0-1/4; 4. Danyel Kelly (PCC) 48-10-3/4; 5. Phillip Roberts (CSB) 48-2-1/4.

Men's 10,000 Section A: 1. Simon Killiel (Sub 4) 28:46.2; 2. Dan Grimes (CS Hum) 28:48.0; 3. Bill Graham (Stanford) 28:54.2; 4. Rod Berry (Stanford) 28:59.5; 5. Ivan Huff (ARC) 29:03.3; 6. George Mason (AIA) 29:19.4; 7. Manny Batista (Sub 4) 29:41.8; 8. Rudy Munoz (ARC) 29:41.8; 9. Dave Smith (CRT) 29:44.8; 10. Carmelo Rios (ARC) 30:04.6.

Men's 10,000 Section C: 1. Dan Gonzalez (Foothill) 30:25.8; 2. Jesse Torres (SJCC) 30:34.9; 3. Nelson Bernal (WVCC) nt; 4. John Whitesides (UCI) 30:58.8.

Women's 10,000 Meters Section B: 1. Liz Baker (SDS) 34:44.4. Only runner.

Saturday, April 3:

Shuttle Hurdle Relay: 1. USC 55.97; 2. Pasadena City 59.37; 3. Contra Costa 60.13; 4. Long Beach City 61.49.

Master's Men 100 Meter (40-49): 1. Bruce Springbett 11.84; 2. Bobby Simpson 12.02; 3. Gil LaTorre 12.03; 4. Bill Mitchell 12.22; 5. Kent Taylor 12.52. (50-59): 1. Bernie Stevens 13.15; 2. Ed Mahany 13.29; 3. Richard Zumwalt 13.51. (60 & Over): 1. Payton Jordan 13.10; 2. Harry Koppel 13.65; 3. John Satti 14.61.

Women's Javelin: 1. Danella Barnes (CPSLO) 166.0; 2. Susie Ray (UCLA) 162.1; 3. Linn Dunton (AIA) 161.1; 4. Jacque Nelson (UCLA) 159.6; 5. Elaine Sundby (CS Hay) 148.1.

Women's Shot Put: 1. Lorna Griffin (AW) 55-8-1/4; 2. Denise Wood (Knoxville TC) 54-2-1/4; 3. Marita Walton (Maryland) 53-5-1/4; 4. Ramona Pagel (CSLB) 53-2-1/4; 5. Elaine Sobansky (Penn St) 52-7.

Women's Open Distance Medley: 1. San Diego State (Susan Hamond, Latanya Sheffield, Monica Joyce, Lynn Kanuka) 11:11.3; 2. Stanford (Regina Jacobs, Margaret Demorest, Cecil Hopp, Patti Sue Plumer) 11:20.4; 3. Cal Poly SLO 11:38.6; 4. BYU 11:54.8; 5. UC Irvine 12:04.2.

Women's High Jump: 1. Maria Zandrea (BYU) 5-11-1/4; 2. Tanya Alston (Wilts) 5-11-1/4; 3. Phyllis Blunston (CSB) 5-8; 4. Patti Stafford (SDS) 5-8; 5. Maggie VanZeeland (Cal) 5-8; 6. Kathy Raugust (Cal), Julie Crosgrave (Idaho St) and Candy Cashell (Utah St) 5-6-1/4.

Women 400 Meter Hurdles: 1. Sandra Farmer (LAN) 61.12; 2. Marlene Harmon (LAN) 62.02; 3. Kathy Raugust (Cal) 62.35.

Men's Javelin: 1. Ray Hansen (Kansas St) 255.6; 2. Mickey Cutler (UNR) 247.2; 3. Mike Jones (UCD) 237.1; 4. Doug Fernandez (Venz.) 226.8.

Men's 400 Meter Hurdles: 1. Andre Phillips (Wilts) 51.65; 2. Craig Morris (Villanova) 52.11; 3. Gary Shumway (Stanford) 52.17; 4. Andrew Fields (Macc) 52.21; 5. Tim Curry (CSB) 52.75; 6. Walter Murray (Hawaii) 53.93.

Men's Open 100 Meters: 1. Howard Hawkins (LBCC) 10.68; 2. Eric Decatur (Contra Costa) 10.79; 3. Eric Anderson (Santa Rosa JC) 10.94.

Women's Open 100 Meters: 1. Lashon Nedd (UCLA) 11.75; 2. Michelle Mathies (Stanford TC) 11.85; 3. Donna Carley (Sac St) 11.94; 4. Lisa Thompson (UNLV) 12.00; 5. Gail Douglas (Coast) 12.13.

Men's Inv. 100 Meters: 1. Darwin Cook (USC) 10.68; 2. Chris Braithwaite (OTC) 10.81.

Hammer Throw: 1. Gian Paolo Urlando (Italy) 236.5; 2. Dave McKenzie (Unatt) 231.11; 3. Ed Burke (AA) 224.9; 4. Kjell Bysted (BYU) 219.8; 5. Matt Mlieham (FSU) 219.5.

Women's 800 Meters: 1. Regina Jacobs (Stanford) 2:05.7; 2. Louise Romo (Cal) 2:07.8; 3. Donna Curtis (USC) 2:08.2; 4. Linda Goen (UCLA) 2:09.3; 5. Tammy Essington (Neb.) 2:09.4; 6. Aisling Molloy (BYU) 2:10.0; 7. Jan Merrill (AGAA) 2:10.5; 8. Cynthia Warner (UCLA) 2:10.7.

Men's 800 Meters: 1. Jama Aden (Fairleigh Dick) 1:48.4; 2. John Trott (Idaho) 1:48.8; 3. Mike England (Villanova) 1:48.9; 4. Richard Ouma (FDU) 1:49.2; 5. John Borgese (Villanova) 1:49.5; 6. Mark Handelsman (USC) 1:49.8; 7. William Wang (USC) 1:50.4.

Men's Long Jump: 1. Larry Doubly (Macc) 24-4-1/4; 2. Gary McCulloch (LBCC) 24-3-1/4; 3. Ed Tave (USC) 24-1-1/4; 4. Stan Whitley (Macc) 23-11-1/4; 5. Michael McRae (BAS) 23-8; 6. Norm Alston (SSTC) 23-6-1/4.

Men's Shot Put: 1. Brian Oldfield (Chicago TC) 66-5-1/4; 2. Bishop Dolegiewlcz (Wt. City) 65-6-1/4; 3. Mike Weeks (Unatt) 65-4; 4. Hank Kraychir (LBCC) 65-3-1/4; 5. Greg Taffrais (Wt. City) 63-11; 6. Mike Smith (Wt. City) 63-0-1/4.

photo by Innersports



LaShon Nedd

Women's Open 4x100 Relay: 1. Coast Athletics (Gail Douglas, Kathy McMillan, Gayle Watkins, Gwen Loud) 45.78; 2. San Diego State 46.40; 3. Cal State Long Beach 50.07; 4. UC Davis 50.25.

Men's Open 4x100 Relay: 1. Cal Poly SLO (Ron Waynes, Kevin Bush, Pat Croft, Mark Kibort) 40.83; 2. Cal State Bakersfield 41.60; 3. AIA 43.59.

Women's Discus: 1. Lorna Griffin (AW) 184.0; 2. Denise Wood (Knoxville TC) 179.10; 3. Laura DeSnoo (SDS) 167.3; 4. Julie Jones (BYU) 165.5; 5. Carol Cady (Stanford) 164.4; 6. Pat Herrington (Idaho St) 159.8; 7. Gale Zaphirpoulos (Wt. City) 156.11; 8. Leslie Hoerner (AIA) 148.3.

Women's Inv. 4x100 Relay: 1. UCLA (LaShon Nedd, Jeanette Bolden, Arlene Emerson, Florence Griffith) 44.48; 2. Nevada-Las Vegas 46.32; 3. Cal State Sacramento 46.40; 4. Wilts AC 46.50; 5. Cal State Bakersfield 46.65; 6. USC 48.17.

Men's Inv. 4x100 Relay: 1. Long Beach CC 40.54; 2. Pasadena City 40.55; 3. San Jose St. 41.38; 4. Maccabi TC 41.84; 5. USC nt.

Men's Pole Vault: 1. Dave Kenworthy (USC) 17-9-1/4; 2. Felix Bohnl (SJS) 17-0; 3. Ralph Prelman (Foothill) 17-0; 4. Doug Bockmiller (Unatt) 16-6.

Men's Open 110 High Hurdles: 1. Al Lane (Bak. JC) 14.15; 2. Byron Bolton (Sac City) 14.37; 3. Derek Ware (Pasadena) 14.48; 4. Eric Carter (CSB) 14.75; 5. Ed Riley (LBCC) 14.80.

Men's Inv. 110 High Hurdles: 1. Tony Campbell (Unatt) 13.63; 2. Milan Stewart (USC) 13.69; 3. Rodney Wilson (Villanova) 13.74; 4. Phillip Johnson (USC) 14.13; 5. Steve Longino (UCI) 14.54; 6. Tim Curry (CSB) 14.64.

Men's High Jump: 1. Jerry Saunders (Macc) 7-2-1/4; 2. Mark Davenport (Utah) 7-0; 3. Mel Baker (CSLB) 7-0; 4. Joe Radan (Macc) 6-10; 5. Chris Bonner (PCC) & Anthony Cairie (USC) 6-10; 7. Mike Powell (UCI) 6-10.

Women's Inv. 100 Meter Hurdles: 1. Candy Young (Fairleigh Dick) 13.80; 2. Gayle Watkins (Coast) 14.02; 3. Rhonda Blanford (Neb.) 14.14; 4. Lori Smith (SDSU) 14.20; 5. Linda Bourn (SDSU) 14.55; 6. Sally Mindbrea (Cal) 14.87.

Women's 1500 Meters: 1. Michelle Hopper (Medallist) 4:22.8; 2. Patti Sue Plumer (Stanford) 4:23.3; 3. Sheila Ralston (Wilts) 4:24.6; 4. Eva Ernstrom (SDS) 4:24.9; 5. Margaret Spotts (Cal) 4:26.6; 6. Cecil Hopp (Stanford) 4:30.7.

Men's Mile: 1. Marcus O'Sullivan (Villanova) 4:00.1; 2. Joe Fabris (ARC) 4:00.3; 3. Andy Clifford (CTC) 4:00.8; 4. John Hunter (VIII) 4:04.2; 5. Duncan Macdonald (AW) 4:04.6; 6. Tom Rapp (AIA) 4:04.9; 7. Brian Russell (SSTC) 4:05.9.

Women's 400 Meters: 1. LaShon Nedd (UCLA) 52.57; 2. June Griffith (Stanford) 53.21; 3. Arlene Emerson (UCLA) 53.34; 4. Robin Campbell (Stanford TC) 54.91; 5. DeAnn Gutowski (UCLA) 54.26; 6. Kella Bolton (Stanford TC) 55.16.

Women's Long Jump: 1. Sandy Crabtree (USC) 19-10-1/4; 2. Jackie Joyner (UCLA) 19-10-1/4; 3. Kathy McMillan (Coast) 19-9-1/4; 4. Veronica Bell (CP Pom) 19-8-1/4; 5. Lorraine Ray (Stanford TC) 19-7-1/4; 6. Kelly Wenlock (Kansas St) 19-6; 7. Pam Donald (Stanford) 19-3-1/4.

Men's 400 Meters: 1. Clyde Edwards (Fairleigh Dick) 45.6; 2. Michael Turner (PCC) 45.8; 3. Eddie Carey (UCI) 46.0; 4. Carlton Young (Villanova) 46.3; 5. Bill Green (Unatt) 46.9; 6. James Adams (VIII) 48.0.

Men's Discus: 1. Mac Wilkins (AW) 208.4; 2. Dave Voorhees (OTC) 199.11; 3. Goran Svenson (BYU) 191.0; 4. Dave Porath (Unatt) 187.7; 5. Mike Weeks (Unatt) 185.2; 6. Hank Kraychir (LBCC) 172.7.

Men's 5000 Meters: 1. Doug Padilla (AW) 13:35.8; 2. Henry Rono (AW) 13:37.5; 3. Ross Donoghue (Villanova) 13:39.9; 4. Simon Kilili (SJS) 13:59.8; 5. Brian O'Keefe (Villanova) 14:07.8; 6. Dan Buntman (SF) 14:08.7.

Men's Masters Mile: 1. Dick Schupbach (Unatt) 4:41.8; 2. Paul Resignato (Unatt) 4:52.2.

Corporate Pyramid Relay: (440, 880, 1320, 880, 440) 1. IBM 9:50.0; 2. Hewlett-Packard 9:55.3; 3. Westinghouse 10:29.4.

Men's Triple Jump: 1. Ray Kimble (BAS) 52-1-1/4; 2. Cary Tyler (AA) 50-7-1/4; 3. Rick Holliday (UCI) 48-7; 4. Danny Williams (AA) 47-4-1/4.

Masters Relay: (880-440-880) 1. IBM No. 1 5:43.3; 2. Hewlett Packard 5:49.2; 3. IBM No. 2 6:12.1.

Women's Open 4x440 Relay: 1. UCLA (Cindy Cumbess, Jackie Joyner, Susie Ray, Deann Gutowski) 3:47.7; 2. Wilts AC 3:48.1; 3. Cal State Sacramento 3:50.1; 4. UC Irvine 3:50.6.

Women's Inv. 4x440 Relay: 1. Stanford TC (Marcia Tate, Kella Bolton, Robin Campbell, June Griffith) 3:37.5; 2. California 3:43.5; 3. San Diego State 3:47.0.

Men's 4x440 Relay: 1. Cal Poly SLO (Shon Bowles, Brad Underwood, Rick Richard, Pat Croft) 3:12.5; 2. Venezuelan Nat'l Team 3:15.2; 3. Cal State Bakersfield 3:15.8; 4. Cal State Sacramento 3:15.9.

Decathlon & Heptathlon
March 30 & 31:

Women's Heptathlon: 1. Greiner (OTC) 3264; 2. Raugus (Cal) 3072; 3. Banks (Cal) 3037; 4. Gallegos (Los Medanos) 2486; 5. Bertillon (Chabot) 2385.

Men's Decathlon: 1. Mike Gardner (Unatt) 7210; 2. Heise (Stanford) 6600; 3. Hall (Shasta College) 6584; 4. Mike Bailey (Unatt) 6527; 5. Mark Kibort (CPSLO) 6421.

Back on the Track

Joe Prince

PR's — 10.2w, 20.8

By STEPHEN CHURLEY

We thought you would be interested in an update on this California sprinter. For those of you who have been subscribing to California Track & Running News (California Track News in those days) since its inception, you may remember that Joe Prince was featured on the cover of our fourth issue—March/April 1975.

In 1972, when he graduated from Ravenswood High School in East Palo Alto, California, Joe Prince left behind sixteen school records in track and field, including a 9:57.6 two mile run. During his freshman year at Cal Poly San Luis Obispo in 1974, Prince ran on the record-setting 400 and 800 meter relay teams and was the Conference (CCAA) champion in the 200 meter dash. But in 1975, after recording a 9.6 100 and a 21.7 220 in his first meet since transferring to Fresno Pacific, Prince discovered that he had abdominal cancer. His first meet of the year was also his last. Ironically, Prince found that his struggle against cancer brought him more attention than did his running. Most of the stories about Prince during the next few years described how his 6 foot 3 inch frame dropped from 201 pounds to a dismal 139 as a result of his operations and radiation treatment but still managed something of a comeback. Mostly, he gave credit to his faith in his coaches, his faith in his own natural ability, and most importantly, his faith in God. Joe Prince seemed to be the ideal American athlete—against all odds, odds that seemed insurmountable, he would succeed.

In 1978, with a bit of good luck, Prince found himself on a U.S. track team and took part in a tour of Eastern Europe. Prince anchored the 400 meter relay team and managed to do quite well, so well in fact that he drew headlines in Belgrade, Yugoslavia. He certainly seemed to be on the way to, not only a full recovery, but also an impressive comeback.

With the 1980 Olympic Games coming up, Prince set his sights for the ultimate goal in competitive track—to be a member of the U.S. team. He knew that it would not be an easy goal to achieve, but he felt sure enough in himself to know that he could make it. But then came the hurdle that could not be cleared—the boycott. Prince, like so many other U.S. athletes, could hardly understand the point behind the boycott, but he also knew in his heart that it was not designed to hurt American athletes, but rather to focus attention to the Soviet occupation of Afghanistan. Prince was disappointed, but then so were many thousands of Americans who had looked forward to the Olympic Games.

When the dispute was over and the Games history, many people began to look around to see what the impact had been on the athletes who were unable to compete. Some had gone back to college, some went back to the jobs and lives they had left behind to train for the Olympics, but Prince was nowhere to be seen and many people began to wonder: Where is Joe Prince?



photo by Mark Shelton

The withdrawal of U.S. support and participation in the 1980 Olympic Games affected most U.S. athletes the same way—no worse for the wear, albeit disappointed that they didn't have a chance to compete. But Prince had other, more important considerations. Had he gone to the 1980 Games, he would have been one of the greatest comeback stories ever, but it seemed that his life seemed out of control, pointless. Prince decided that for once he would take control of his own destiny and December of 1980 he moved from his native California to Phoenix, Arizona. He had hoped that in Phoenix (which was away from home, but not too far away) he could take time and put his life in perspective. "For a long time I was out of work and I had no direction. I lost sight of myself. I've been trying to find some stability in my life." Prince got a job as a bank teller in the Phoenix area with First Interstate Bank. He believes that his move from the athletic world into the "working man's world" has been one of the most important steps for him in the past two years. "I've found that I have much greater potential than I thought. I quit running after 1980 because I hated to feel the only thing I could do well in life was run track." Although he feels that working for the bank is a big step forward, Prince has set his goals still higher. "I got my foot in the door, now I have to make sure I don't get my foot caught in the door. Right now I'm content to work at the bank since it does take some mental skill, but my goal in life is to work with young people. That is where my potential lies."

Working with children has always been Prince's goal in life. When in college his major was child development. He is enthusiastic when he talks about children and he is confident that he has the patience and devotion that is required to work with young people. "I think I will be good with children because I know that I have a good rapport with them. They like me and I love them." Prince says that he would someday like to coach young people to get them interested in track at an early age. "Ever since I was a little boy my dream was to be the fastest man in the world. I want to be in a position to inspire young children to chase their dreams, just like I chased mine. I need to make my degree work for me."

Prince attributes his successful fight against cancer to his physical shape and the strength that running gave him. "When I was in the hospital, my doctor told me that had I not been in such good physical condition that I probably wouldn't be around. It was such a

Joe Prince, continued from previous page...

struggle. I was combatting the operations with my running. Running for me was therapeutic, it kept a smile on my face. I feel so free when I'm out there on the track. There were times when I didn't think I'd see the next day. I'm a much more positive person on the track."

What is Joe Prince's condition today? When you see him at the bank he looks very slender in contrast to the photos you might have seen of him in the past, but on the track he looks a lot bigger. He describes himself as a slender 180 pounds and says that this is the weight at which he would like to stay. Because he has stayed away from running for the last two years, he says that he is out of shape, but he feels he can run competitively. When asked if he has given any thought to the 1984 Olympics Prince just smiles. "Let's put it this way. In 1980 I was a long shot in the 200 meters. Any day I could have been the spoiler, but I was never a favorite. I won't rule out the sprints, but I feel I have a good chance in the 800. The 800 is a strategy race, the sprints are 'bang' and it's over. There are very few people that have my speed and also have my distance background. The only 800 man I know who has this amount of speed is James Robinson." Why not train for the sprints? Isn't that what you are really best at? "Why be a body in a lane? If I went back to the sprints I'd really be just another body in the lane. Why go out there and try for the long shot third place berth on the Olympic Team when you might have the potential to win the whole thing in the 800 meter? The U.S. is loaded with top-notch athletes. You can only go so long. My heart is willing but my legs aren't responding. If I do run the 200, I must find that sharpness and rhythm again."

If you think that Joe Prince has been spending time sizing up the competition, you are wrong. Joe doesn't go to many track meets to be a spectator. "I try not to be envious. I'm just afraid that I'll tear off my clothes and get out on the track and run. I went to one recently

and the winner ran a 20.9 (200) and second place was 21.5. I think that I could have placed in that race, maybe second or third place."

There are also personal aspects of his life that Prince has been spending a lot of time with. "As far as my personal life is concerned I'm as happy as I've ever been. I have a very beautiful young lady now who is a very positive force in my life. But not only that, I have God in my life. I was really bitter at one time because of the operations, but I don't think that God ever allows us to go through more than we can bear." Prince's girl, a beautiful 6 foot 1 inch respiratory therapist student named Bridgette, is a very important force behind his life. She is always in his conversation and when he talks about her it is with a constant smile on his face. "Anything I do she thinks is good," he says, adding quickly, "within reason. If I decided to quit work to train for the '84 Games, she would stand behind me. I won't say that I've been lucky, I feel I've been blessed. She's not concerned with my old trophies; she likes Joe." Marriage bells ringing, Joe? "All things in time."

So, for those of you who thought that Joe Prince had gone to the Happy Track Meet in the Sky, he hasn't. He is alive and well and living in Phoenix. And in closing, a bit of Joe Prince's personal philosophy that probably does more to reveal his real self than any amount of newspaper or magazine articles.

"People often ask me why do I love to compete. Well, Theodore Roosevelt once said, 'Far better it is to dare mighty things, to win glorious triumphs even though checkered with failure, than to rank with those poor spirits who neither enjoy much nor suffer much because they live in that grey twilight that knows not victory nor defeat.' Their biggest question is: How do I view life now? Simple. I keep trying to smile that old monster away. I received a letter from a friend this morning and the end of this letter says it all for me: Life is Fragile...Handle With Prayer."

Announcing the Spring Season's most important new track and field competition...

THE KINNEY INVITATIONAL

June 12, 1982

Edwards Stadium —
University of California / Berkeley



A stellar group of world-class athletes will compete in the Great American Shoe Store's "Great American Track Meet."

Carl Lewis • Edwin Moses • Steve Scott • Henry Rono • Willie Banks • Larry Myricks • John Walker • Mary Decker Tabb • Todd Harbour • Brian Oldfield • Stanley Floyd • James Sanford • Jeanette Bolden • Larry Cowling • Ray Flynn • Pete Richardson • Kenny Robinson • Doug Padilla • Cliff Wiley • Billy Olson • Dwight Stones • Milt Goode • Andre Phillips • Tyke Peacock • Dave Laut —and more!

Community College Best Marks

From Ken Dose

photo by Gene Cohn Productions



Hank Kraychir, National Shot Put Record

Men

100 Meters

10.2	Jerome Harrison(PCC)
10.3	K. Smith(FOOT)
10.4	Decatur(CC)
10.4	Al Miller(MSAC)
10.4	Mike Turner(PCC)
10.4	Howard Hawkins(LBCC)
10.4	Clifford Quarrie(PCC)
10.65	Darrell Turner(LBCC)
10.74	Leonard Graham(PCC)
10.5	6 runners tied

200 Meters

20.9	Decatur(CC)
21.2	Pjrum(MER)
21.2	Mike Turner(Pasadena)
21.3	Johnson(SJD)
21.4	Eric Williams(Citrus)
21.4	Leonard Graham(PCC)
21.4	Johnson(MC)
21.5	Keith James(MSAC)
21.5	Al Miller(MSAC)
21.5	Allen(YUBA)

400 Meters

46.5	Mike Turner(PCC)
46.1	Rufus Jackson(PCC)
46.	Dwayne Biggers(ECC)
47.9	Rod Green(MSAC)

47.29	Leonard Graham(PCC)
47.34	Greg Peppers(LBCC)
47.4	Keith James(MSAC)
47.5	Frank Robinson(LAVI)
47.6	Ken Fisk(LBCC)
47.8	Sandy Chapman(MSAC)

800 Meters

1:50.07	Jack Preijers(ECC)
1:51.82	Darryl Richie(LBCC)
1:50.8	Galeazzi(MC)
1:52.1	Sandy Chapman(MSAC)
1:53.07	Bob Leetch(ECC)
1:53.7	Donald Dixon(MSAC)
1:53.9	Tom Ash(Palomar)
1:54.2	Rod Green(MSAC)
1:54.4	Corrozza(BC)
1:54.4	Clarence Rhone(PCC)

1500 Meters

3:53.19	Bob Leetch(ECC)
3:53.56	Jack Preijers(ECC)
3:54.0	Jeff Nelson(Glendale)
3:54.5	Scott(ARC)
3:55.2	Ingram(WV)
3:55.4	Mark Ruelas(Citrus)
3:56.8	Carrozza(BC)
3:57.0	Clarence Rhone(PCC)
3:57.1	Cesaric Marque(LBCC)
3:58.1	Mike Serna(OCC)

5,000 Meters

14:24.5	Mark Ruelas(Citrus)
14:36.2	Gonzales(FOOT)
14:37.4	Danny Martinez(PCC)
14:40.6	Torrez(SJ)
14:44.0	Bernal(WV)
14:45.4	Rubio(WV)
14:48.3	Mike Carlton(Citrus)
14:50.4	Roger Soler(AH)
14:53.1	R. Brownsberger(Gross)
14:54.5	Brian Harold(OCC)

10,000 Meter Run

No SoCal marks received	
31:18.8	Frane(SJD)
31:48.7	Grubbs(CRC)
32:36.0	Betker(SCC)
32:41.2	Williams(MER)
33:18.8	Burke(SRJC)
33:26.2	Warr(ARC)
33:33.0	McKennon(RED)
34:19.9	Anderson(SIS)
34:37.2	Conrad(SIE)
34:38.0	Healy(SHA)

3000m Steeplechase

9:55.7	Ingram(WV)
9:09.2	Danny Martinez(PCC)
9:19.08	Mike Carlton(Citrus)
9:34.4	Hector Nieves(SBCC)
9:27.7	Torres(SJ)
9:40.4	Lawler(DVC)
9:41.0	Glenn Lee(LBCC)
9:43.0	Powell(MER)
9:43.0	Strazzo(ARC)
9:43.1	Dye(MAR)

110 Hurdles

13.7	J. Johnson(SJD)
13.9	Aires(CC)
14.1	Robinson(SJ)
14.2	Bolton(SCC)
14.3	Hicks(HART)
14.40	Derek Ward(PCC)
14.4	Barrett(CC)
14.4	Thomas(CC)
14.4	Mincey(MER)
14.4	Hill(CHAB)

400m Hurdles

51.3	Greg Johnson(MSAC)
52.3	Ed Cooper(ECC)
52.3	Chukes(SJ)
52.7	Robinson(SJ)
53.04	Ed Riley(LBCC)
53.4	Seanez(GAV)
53.5	Hoban(CHAB)
53.5	Fred Smith(Palomar)
53.6	Eric Mitchell(Pasadena)
53.6	Aires(CC)

400m Relay

39.89	Pasadena
40.73	Long Beach
40.9	Contra Costa
40.9	Merritt
41.44	El Camino
41.4	Sacramento
41.5	Mt. San Antonio
41.6	Citrus
41.7	San Jose
42.00	LA Valley

1600m Relay

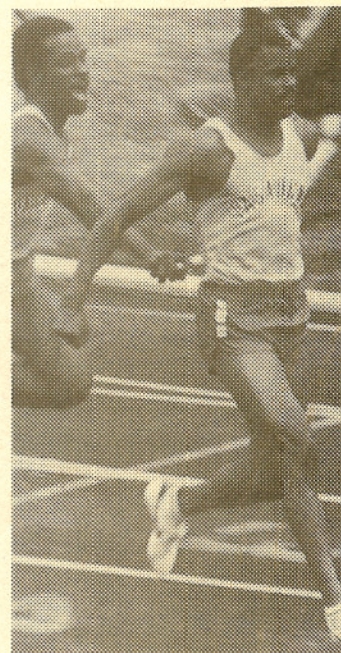
3:09.67y	Pasadena
3:10.6	Mt. San Antonio
3:12.8	El Camino
3:13.33	Long Beach
3:13.4	Palomar
3:14.2	Contra Costa
3:15.0	San Jose
3:15.0	Sacramento
3:15.1	Merritt
3:17.0	San Francisco

Long Jump

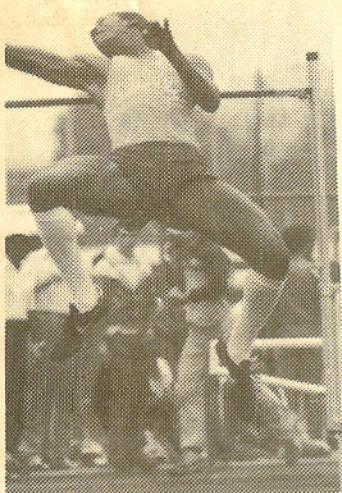
24-3 1/2	Gary McCullough(LBCC)
23-11	Chris Logan(AV)
23-7	David Carr(MSAC)
23-6 1/2	Chris Bonner(PCC)
23-4	K. Smith(Foot)
23-3	Kevin Knight(Bkfid)
23-1 1/4	Bobby Collins(MSAC)
23-1 1/4	Keith White(PCC)
23- 1/2	Wright(SCC)
23- 1/2	Ron Rivers(LBCC)

Triple Jump

51-3 1/2	Criddle(CC)
50-6 1/2	Danyel Kellu(PCC)
49-9 1/2	Torres(SJ)
49-8	Trammell(MER)
49-1 1/4	Willie Williams(MSAC)
48-7 1/4	Cedric Merrick(LBCC)
48-6 1/4	David Carr(MSAC)
48-2 1/2	Ken Allen(LBCC)
48-2 1/2	Anthony Bedell(PCC)
48-2	Henrix(ECC)
47-9 1/2	Dye(ARC)



Jerome Harrison
Pasadena Sprint Ace



Chris Bonner
State High Jump Leader

High Jump

6-10 3/4	Kamaka(SRJC)
6-10 3/4	Chris Bonner(PCC)
6-10 1/2	Hicks(HART)
6-10 1/2	Woodward(CRC)
6-10	Williams(SCC)
6-10	Wright(DVC)
6-10	Ferrell(CHAB)
6-10	John Landon(LBCC)
6-10	David Wicker(LBCC)
6-10	Francis Berrett(Pal)

Pole Vault

17-1	Preiman(Foot)
17-0	Steve Tulley(LBCC)
16-0	Don Jackson(PCC)
15-6	Bill Malins(MSAC)
15-6	Ellis(CSM)
15-1	Crill(DAC)
15-1/2	Steve Rangel(FCC)
15-0	6 vaulters tied

Shot Put

64-5 1/2	Hank Kraychir(LBCC)
59-9	Voorhees(SRJC)
57-4	Baxter(CRC)
57-0	Gillam(SRJC)
53-10 1/4	Jim Spillers(MSAC)
53-3 1/2	Kevin Thomas(Citrus)
51-9 1/2	Wyers(Foot)
51-7 1/2	Randy Arley(Bkfld)
50-10	Craig Glicker(OCC)
50-9 1/2	Cremen(Sky)

Discus

179-4	Hank Kraychir(LBCC)
169-9	Garvey(Sky)
166-8	Voorhees(SRJC)
164-4	Nagengast(WV)
163-10	Gallo(MJC)
163-3	Wyers(Foot)
161-8	Kevin Thomas(Citrus)
161-3	Struble(DAC)
160-8	Baxter(CRC)
157-1	Colvin(Sky)

Javelin

220-1	Mark Richardson(Bkfld)
215-1	Mike Parker(Bkfld)
213-8	Steve Tulley(LBCC)
210-5	Stevens(BC)
201-4	Davidson(LMC)
200-6	Walker(MAR)
194-9	Cupp(CHAB)
187-7	Odgers(OCC)
186-7	Sinclair(DVC)
186-6	Boyd(RED)

Hammer

165-7	Baxter(CRC)
154-0	Kyle(FCC)
153-3	Rohouit(CHAB)
152-5	Littleton(FCC)
152-4	Jim Thiss(SDM)
143	John McClure(SBCC)
142-7	Hancock(FCC)
138-4	Christensen(CRC)
137-9	John Nelson(SBCC)
130-0	Struble(DAC)

Women

100m Dash

11.5	Burleson(SCC)
12.0	Milton(SCCC)
12.0	Robinson(CSM)
12.1	Katie Gaston(SDM)
12.1	Chris Cooksey(SDCC)
12.3	Hong(DVC)
12.3	Aragon(FCC)
12.4	S. Brown(Citrus)
12.4	Kendrix(OHL)
12.4	Miller(CC)
12.4	Walker(FCC)

200 Meters

24.9	Katie Gaston(SDM)
25.3	Robinson(CSM)
25.3	Dailey(SCC)
25.6	Sarah Scott(Cerritos)
25.6	Dimitri Fuller(Cerritos)
25.7	Harry(CC)
25.8	Gilmore(SCC)
25.8	Loretta Jordan(Cerritos)
25.9	Lori Robbins(MSAC)
26.0	Terri Brown(Citrus)

400 Meters

No SoCal marks received	
59.3	Gilmore(SCC)
59.4	Benton(ARC)
59.7	Robinson(WV)
60.1	Kessinger(HART)
60.1	Griffin(CRC)
60.3	Thomas(CCSF)
61.1	Alexander(MJC)
61.2	Market(HART)
61.4	Poggi(SIE)
61.5	Schwartz(BC)

800 Meters

2:18.5	Kelly Ringer(OCC)
2:20.1	Benton(ARC)
2:21.0	Joan Grass(SAC)
2:21.3	Douglas(CC)
2:21.4	K. Dube(OCC)
2:21.6	Laurie Meighan(ECC)
2:22.0	Ammonetti(MAR)
2:22.4	Zieschang(CSM)
2:22.4	Julie Tison(Cerr)
2:22.6	Wright(CC)

1500 Meters

4:44.1	Allred(ARC)
4:44.4	Smythe(SRJC)
4:45.2	Renee Wyckoff(COS)
4:46.8	Wright(CC)
4:47.1	Laura Miller(Pierce)
4:48.5	Barbara Ludovise(OCC)
4:49.4	Erin Sherman(ECC)
4:51.4	Ammonetti(MAR)
4:52.0	Dwyer(CCSF)
4:52.1	David(BC)

110m High Hurdles

14.8	Milton(SCC)
14.8	Gaines(MAR)
14.9	Monger(CRC)
15.0	Shaw(KR)
15.0	Sceales(SRJC)
15.1	Hunt(SJD)
15.3	Tracy Scott(SDCity)
15.5	King(SDM)
15.5	Luttrell(CSM)
15.6	3 runners tied

3000m Run

10:11.7	Renee Wyckoff(COS)
10:13.5	Allred(ARC)
10:14.8	Smythe(SRJC)
10:17.8	Barbie Ludovise(OCC)
10:19.2	Hicks(CCSF)
10:19.8	Slingerland(AR)
10:20.9	Dwyer(CCSF)
10:21.3	Renee Williams(ECC)
10:22.1	Gelegan(FCC)
10:22.8	Powers(SRJC)

400m Low Hurdles

66.3	Moses(ARC)
66.8	Horn(CAB)
67.2	Cathy Ledesma(Cerritos)
67.3	Paradise(CAB)
67.8	Bertillion(CHAB)
68.0	Flemming(DVC)
68.0	Denny(BC)
68.1	Ocheltree(ARC)
68.4	Deese(LAS)
68.4	Gaddis(CC)

Long Jump

19-4 1/2	Milton(SCC)
18-6	Bertillion(CHAB)
18-4	Monger(CRC)
18-4	Blackwell(SOL)
18-2 1/2	Phiffer(SJ)
17-11	Jackson(SKY)
17-8 1/2	S. Brown(Citrus)
17-7 3/4	Pendleton(Sdlbk)
17-6	Hong(DVC)
17-4	Hadnott(CSM)

Shot Put

43-7	Gallegos(LMC)
42-1	Schultz(YUBA)
41-8 1/2	Kim Childress(ECC)
41-5	Colter(SRJC)
41-1 1/2	Celeste Carrington(Cerr)
40- 3/4	Phillips(ARC)
40-0	Neely(SOL)
39-10 1/2	Mueller(Palomar)
39-8	Edmonston(DVC)
39-8	Ramirez(SJ)

High Jump

5-8	Gilmore(SCC)
5-6	Gold(NAPA)
5-6	Phiffer(SJ)
5-4	Malvino(SRJC)
5-4	Walker(DAC)
5-2	Eickert(SIE)



Danny Martinez
14:37 5,000 Meters

5-2	Bertillion(CHAB)
5-2	Cori Costello(Pasadena)
5-2	Debbie Gelvin(SDC)
5-2	Mary Leyba(Pasadena)
5-2	Stephanie Volkman(Cerr)

Discus

137-9	Moore(MAR)
134-6	Bergman(DAC)
133-9 1/2	Kris Hiatt(SDC)
133-6	Mueller(Palomar)
130-2	T. Singleton(Ventura)
129-3	Schultz(YUBA)
126-7	Ramirez(SJ)
125-2	Phelps(WH)
124-4	Pat Navarro(OCC)
124-2	Norton(SIE)

Javelin

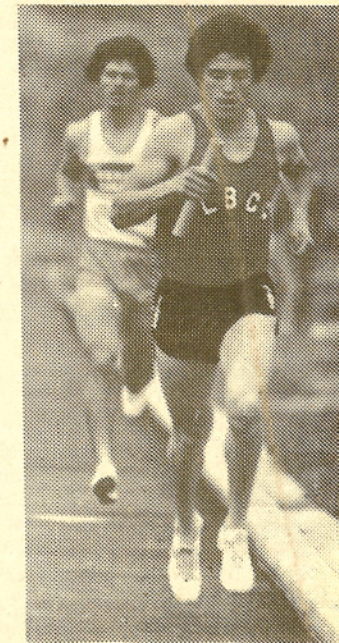
151-10	Mueller(Palomar)
147-0	Moro(Fullerton)
127-11	Xena Kistler(Ventura)
126-1	Tawny Singleton(Ventura)
122-5	Celeste Carrington(Cerr)
122-1	Sina Leota(Compton)
119-2	Simon(HART)
118-4	Janet Oberg(ECC)
116-3	Alvarez(FOOT)
116-2	Sandra Milne(SAC)

1600m Relay

3:55.2	Sacramento
3:57.0	Cerritos
4:03.3	American River
4:03.5y	El Camino
4:04.0	San Mateo
4:06.4	Contra Costa
4:09.4	Hartnell
4:09.8	Mt.SAC
4:10.66	Mira Costa
4:10.66	Saddleback
4:10.5	Sierra

400m Relay

47.2	Sacramento
48.2	Santa Monica
48.4	San Bernardino Valley
48.70	Citrus
48.8	Cerritos
48.8	San Diego City
49.1	San Mateo
49.2	American River
49.2	Contra Costa
49.8	Diablo Valley



Cesaric Marque
Long Beach 1500 Star 23

Prep Notes

By KEITH CONNING

Northern and Central California and San Diego County send all results and stories to Keith Conning, CT&RN High School Editor, 2235 Browning Street, Berkeley, CA 94702.

Southern and Los Angeles Sections send results and stories to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.

Photos should be sent to the main California Track & Running News Office: P.O. Box 6103, Fresno, CA 93703.

□ NEW STATE MEET FORMAT

The 1982 California State Meet in Sacramento will mark the end of the highly successful two-day format. Starting in 1983 there will be regional qualifying meets in Northern and Southern California. The top four finishers will advance to the State Meet.

The main reason for changing the format was to save money.

The CIF Federated Council has still to decide whether there will be one or two-day regional meets.

From 1983-85 the Northern Regional in Berkeley will have 16 entries: North Coast Section 4, Sac-Joaquin Section 4, Central Coast Section 4, San Francisco/Oakland Sections 2, and Northern Section 2. The Southern Regional in Los Angeles will have 18 entries: Southern Section 8, San Diego Section 3, Central Section 3, and Los Angeles Section 4.

The State Meet will be held in Bakersfield in 1983. The Southern Section will host the meet in 1984, with Sacramento hosting it in 1985.

This means that Edwards Stadium in Berkeley, one of the finest track facilities in the U.S., will no longer host the State Meet. The State Meet was held in Edwards Stadium eleven times: 1934, 1948, 1951, 1954, 1957, 1963, 1966, 1968, 1970, 1976, and 1980.

□ CALIFORNIANS LEADING NATION

Sprinter Pablo Hendricks (Valley, Sacramento), a transfer from St. Louis, Missouri; two-miler Harold Kuphaldt (Bella Vista, Fair Oaks); high jumper Maurice Crumby (Balboa, San Francisco); long and triple jumper Ken Frazier (Mission, San Francisco); sprinter Gervaise McGraw

photo by Don Gosney



Lana Rice

(Ganesha, Pomona); miler Polly Plumer (University, Irvine); hurdles Ruth Whitehead (Berkeley) and Gayle Kellon (Walnut); the girls sprint relay team from Berkeley; shot putter Natalie Kaaiawahia (Fullerton); and discus thrower Karen Nickerson (Cordova, Rancho Cordova) are currently leading the nation.

□ CORDOVA RELAYS

The Berkeley girls 4x220 team of Ruth Whitehead 25.3, Lana Rice 24.7, Yvette Bates 25.0, and Nedrea Rodgers 23.8 ran 1:38.8, to become the sixth fastest team of all-time in the U.S.

The same Berkeley foursome also set a meet record in the 4x110 relay of 47.2, the leading time in the state and nation.

The Cordova 4x880 team of Rick Anderson 2:02.6, Mike Zmuda 1:57.9, Reggie Brown 2:02.8, and Ted Kunda 1:57.8 set a new meet record of 8:01.20. The splits were provided by Dave Gregson, the assistant track coach.

□ PITTSBURG RELAYS

Karen Nickerson (Cordova, Rancho Cordova) threw the discus 161-2, which places her ninth on the all-time U.S. list.

The Berkeley girls sprint medley team ran 1:47.1. The team was composed of Ruth Whitehead, Yvette Bates, Nedrea Rodgers, and Lana Rice.

Junior Ruth Whitehead of Berkeley set a new meet record of 14.3 in the 110 yard low hurdles, the fastest time in the U.S.

Berkeley's Stoney McCree won the 100 yard dash in a state leading time of 9.8, defeating Wiley Watson of Oakland and Kevin Willhite of Cordova.

□ NORTH YOSEMITE LEAGUE INVITATIONAL

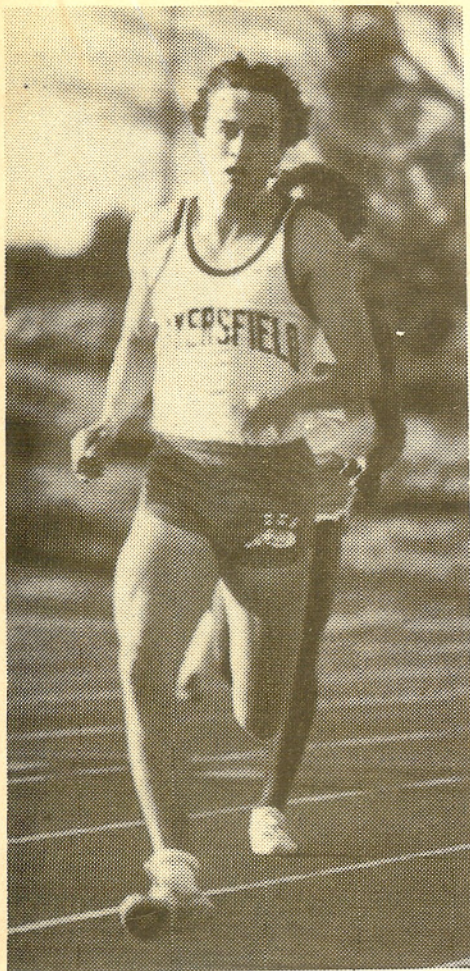
Tommy Barber (Bakersfield) set a record of 47.76 in the 400 meters, the fastest time in California this season. The old record of 48.0 was set by George Timmons (Edison, Fresno) in 1979.

Cornell Archie (Fresno), the 1981 Central Section champion, won the triple jump at 49-4, the third best mark in the state.

□ HIGH SCHOOL SCHEDULE

April 30 — Charlie Eaton Relays, Acalanes High School, Lafayette
May 1 — CCS Top 8 Invitational, Los Gatos High School
May 1 — Frank Porto Invitational, Richmond High School
May 3 — Drake Invitational, College of Marin
May 7 — Sequoia Invitational, Redwood City
May 8 — West Coast Relays, Lemoore
May 8 — Quicksilver Classic, San Jose City College
May 8 — Woodland Invitational, Woodland High School
May 8 — Cabrillo Classic, Soquel

May 28 — North Coast Section Meet of Champions Trials, Edwards Stadium, Berkeley
May 28 — Central Coast Section, San Jose City College
May 29 — North Coast Section Meet of Champions Finals, Edwards Stadium, Berkeley
June 4 — California State Meet Trials, Hughes Stadium, Sacramento
June 5 — California State Meet Finals, Hughes Stadium, Sacramento
June 12 — Golden West Invitational, Hughes Stadium, Sacramento
June 19 — Keebler International Prep Invitational, York High School, Elmhurst, Illinois



Tommy Barber

□ MUSTANG RELAYS

Jose Manual (Kearny, San Diego) won the Division 1 mile in 4:17.84. Jose Vega (Chula Vista) won the Division 3 mile in 4:18.10.

Serra (San Diego) won the Division 3 4x100 relay in 42.22.

Mara Lazdens (Fallbrook) won the Division 3 3200 meter run in 11:07.99.

□ KEEBLER INTERNATIONAL PREP INVITATIONAL

The eleventh annual Keebler International Prep Track & Field Invitational will be held on June 19 at York High School in Elmhurst, Illinois.

Invitations will close on June 12. All prospective athletes must be high school seniors or in their last year of track eligibility.

Accommodation, meals, and entertainment, including a "Chicago-at-Nite" bus tour, will be provided at no cost to the participating athletes, with their only expense being transportation to and from Chicago.

Standards for candidacy for selection are as follows: 100y 9.4, 100m 10.3, 220y 21.2, 200m 21.1, 440y 47.5, 400m 47.2, 880y 1:52.0, 800m 1:51.3, Mile 4:12.0, 1500m 3:55, two mile 9:04.0, 3000m 8:30, 120y HH 13.7, 110m HH 13.7, 330y IH 37.5, 300m IH 37.3, LJ 24-0, TJ 48-9, HJ 7-0, PV 15-6, JT 205-0, SP 63-0, DT 185-0, HT 180-0.

Performances qualifying for selection and requests for additional information should be directed to: Mr. Neal Robinson, Glenbrook North High School, Northbrook, Illinois 60062; day phone (312) 272-6400, ext. 221; evening phone (312) 256-2558.

□ KING GAMES

Karen Nickerson (Cordova, Rancho Cordova) threw the discus 159-4 to defeat Cindi Durschlag (San Carlos) by 21-8. Nickerson is the current national leader.

Ken Frazier (Mission, San Francisco) triple jumped 49-4 1/4 to defeat Dwain Johnson (Terra Linda, San Rafael) by 4-0 1/4. On Thursday Frazier took over the national lead at 50-4. Frazier also won the long jump with a leap of 23-1 1/2.

Lori Lopez (Sacred Heart, Los Angeles) and Jessica Spies (Livermore) ran a fast 3,000 meters in 9:45.6 and 9:50.2 respectively.

Harold Kuphaldt (Bella Vista, Fair Oaks) anchored his distance medley team to victory with a mile of 4:14.3.

Pasadena's 4x880 team of sophomore Jesus Gutierrez 1:59.99, sophomore Joseph Richardson 1:59.67, junior Ed Tucker 1:57.90, and senior Chris Ward 1:56.55 edged the Cordova team of senior Rich Anderson 2:00.3, senior Mike Zmuda 1:58.59, senior Kirk Harris 1:58.7, and senior Ted Kunda 1:57.3. Both teams ran 7:54.7.

The San Ramon distance medley team of Adrienne Clark, Tina Goodykoontz, Charlene Schalk, and Jeni Sholes won the distance medley in 12:41.6 to hold off anchor Katy Dykstra of Drake 5:08.6 and Robyn MacSwain of Terra Linda 5:09.9.

The Pasadena 4x100 meter relay team of senior Michelle Hallie, senior Darlene Penie, senior Cynthia Newton, and sophomore La Queta Harvey won in 48.73.

The Mitty mile relay team of senior Janet Corsiglia 59.9, freshman Tori Weisberg 62.1, senior Stacey Threadgill 58.9, and sophomore Kim Kistler 59.3 won in 4:00.8.

Angelo McNeil of Galileo and the winner of the 100 meters in 11.16 anchored his team to victory in the mile relay with a fine 48.2 leg. The Pasadena team of junior Ed Tucker 50.84, senior Chris Ward 50.88, senior Travis Dancer 52.32, and senior Roan McRae 49.52 finished second in 3:23.6.

□ BRUCE JENNER CLASSIC

Rain and wind caused cancellation of the pole vault and high hurdles. Unfortunately, some athletes came all the way from Los Angeles and did not get a chance to compete. Meet directors Steve Haas of San Jose City College and Mike Gibeau of Independence High determined that the wet and blustery conditions would make those two events unsafe for the athletes.

This was the finest field yet assembled for the Jenner Classic. Although most times and distances were sub-par, the competition was fierce.

This was also the first time that the meet was held on a Saturday. In the past it had taken place on Friday before the open and intercollegiate Jenner Classic.

Tom Grewe (Carpinteria) won a dramatic 5000 meter battle in a new meet record of 14:36.6. Harold Kuphaldt (Bella Vista, Fair Oaks), who led most of the way, misjudged

the finish and struggled for one more lap. Junior Eric Reynolds collapsed on the final stretch and managed to finish fifth.

Steve Kerho (Mission Viejo), who was prevented from running the highs because of the slippery conditions, put all his eggs in one basket (the 400 meter intermediate hurdles) and scored a decisive victory over Stepheon Pittman of DeAnza in Richmond in 53.49.

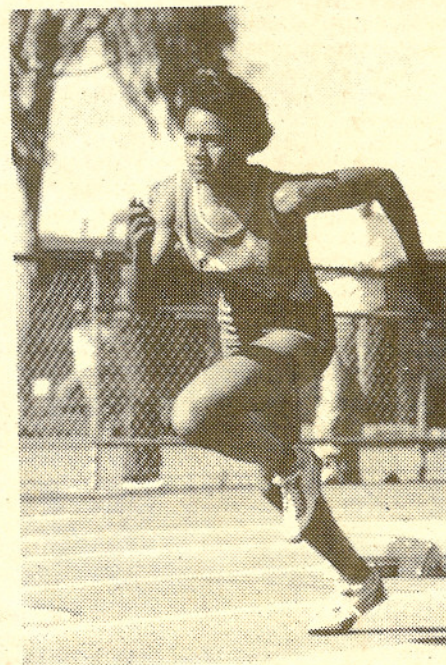
The girls discus was loaded with talent. Junior Natalie Kaaiawahia of Fullerton won with a throw of 160-4, defeating Jacque Norton of Mission Viejo 156-11 and Karen Nickerson (Cordova, Rancho Cordova) 154-5. Kaaiawahia also set a meet record in the shot put of 49-10.

Tania Fischer (Chaminade, Canoga Park) outkicked Jessica Spies (Livermore) to win the 1500 meters in 4:32.7 with Spies at 4:33.4.

Manual Arts of Los Angeles showed that it will give Berkeley a battle for the state title this year in the girls division by winning the 4x440 in 48.1 and the 4x440 in 3:55.4.

Inga Thompson (Reno, Nevada) ran a superb solo effort in the 3000 meters with 10:00.8. Lori Shanoff (Petaluma) in second was a full seventeen seconds behind.

photo by Don Gosney



Nedrea Rodgers

Address Change?

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State Prep Ranking

Compiled by KEITH CONNING

This list contains the best marks reported to our High School Editor by April 10. Please send all high school results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

Times in 100th are automatic.

c — converted time

* — junior, ** — sophomore, *** — frosh

i — indoors

AR — American Record

A - altitude

Jim Barrett

Doug Fraley

Girls

100 Yards

AR — 10.2	Michele Glover (NJ) 80
10.8	Zelda Johnson(Garey,Pomona)
10.8	*Nedrea Rodgers(Berkeley)
10.9	*Lana Rice(Berkeley)
10.9	*Lisa Winston(Jordan,LgBch)
11.0	McClellan(Fontana)
11.0	Estelle White(Saddleback,SA)
11.1	Carroll(CoachVly)
11.1	Neal(Palisades)
11.2	Ellen Jones(MtMiguel,SprVly)
11.2	Antoinette Munns(ManArts,LA)

100 Meters

AR — 11.13	*Chandra Cheeseborough (FL) 76
11.93	*Lisa Winston(Jordan,LgBch)
12.02	Zelda Johnson(Garey,Pomona)
11.8	*Lana Rice(Berkeley)
11.9	Harris(Morse, SanDiego)
11.9	*Vivian Riley(Mt.Pleas, SJ)
11.9	*Nedrea Rodgers(Berkeley)
12.28	Sheila Frye(Poly, LongBch)
12.1	Jeannie Arnold(Locke,LA)
12.1	Burrell(Hawthorne)
12.1	Cathy Young(Muir,Pasad)
Wind-aided:	
11.3	*Lisa Winston(Jordan,LgBch)
11.7	Lawanda Cabell(Gardena)
11.8	Jeannie Arnold(Locke,LA)
11.8	McClellan(Fontana)
12.19	Latanya Dawkins(Dorsey,LA)
12.32	Moon(Centennial,Compton)
12.33	Cathy Young(Muis,Pasadena)
12.1	Fletcher(Crenshaw,LA)

200 Meters

AR — 22.77A	**Chandra Cheeseborough (FL) 75
24.19	Gervaise McGraw(Ganesha)
24.0c	Zelda Johnson(Garey,Pom)
24.4c	Jeannie Arnold(Locke, LA)
24.5	*Nedrea Rodgers(Berkeley)
24.7	*Lana Rice(Berkeley)
24.7	*Lisa Winston(Jordan,LgBch)
24.9c	Burrell(Hawthorne)
25.2	Barbara Rainey(Edison,HtBch)
25.2	*Bridgett Steens(Madera)
Wind-aided:	
23.92	Jeannie Arnold(Locke,LA)
23.98	*Lisa Winston(Jordan,LgBch)
24.56	McClellan(Fontana)

400 Meters

AR — 50.90	Sheila Ingram (Wash.DC) 76
55.1	Gervaise McGraw(Ganesha)
55.51	Jeannie Arnold(Locke, LA)
55.9	Gayle Kellon(Walnut)
56.11	*Nedrea Rodgers(Berkeley)
56.57	Andrea Rolfe(Dorsey,LA)
57.01	Kristen Dowell(SantaTer,SJ)
57.11	Sherrill Miller(Fremont,Sunvle)
57.2	Barbara Rainey(Edison,HtBch)
57.3	Natalie Crawford(Leuzgr,Lawn)
57.5	*Lana Rice(Berkeley)

800 Meters

AR — 2:01.82	*Kim Gallagher (PA) 81
2:09.11	Jessica Spies(Livermore)
2:12.06c	Rennie Durand(LagBch)
2:13.43	Jeannie Arnold(Locke,LA)
2:13.69	Trescia Palmer(West,LA)
2:15.5	Vickie Cook(Alemany,MissHls)
2:17.4	*Carla Halford(Leland, SJ)

2:17.6	Cooper(Eisenhower,Rialto)
2:17.64	Jackie King(Poly, LongBch)
2:17.7	Stacey Threadgill(Mitty,SJ)
2:17.8c	Mary Jo Barry(Leigh, SJ)

1500 Meters

AR — 4:16.8	Francie Larrieu (CA) 69
4:26.71	Polly Plumer(Univ, Irvine)
4:32.7	*Tania Fischer(Cham, CanPrk)
4:33.4	Jessica Spies(Livermore)
4:40.8	Esther Berndt(Gunn, PaloAlto)
4:45.9	Shannon Stryker(Tustin)
4:47.7	**Teresa Barrios(Univ, Irvine)
4:48.5i	*Carla Halford(Leland,SJ)
4:49.3	Katy Dykstra(Drake,SanAnsel)
4:50.71	Jenny Ray(Oakland)

Mile

AR — 4:40.7	Eileen Clausus (CA) 73
4:45.91	Polly Plumer(Univ,Irvine)
4:53.71	Vickie Cook(Alemany,MissHls)
4:58.21	Jessica Spies(Livermore)
4:59.31	**Teresa Barrios(Univ,Irvine)
5:07.31	Katie Dunsmuir(Palis,PacPal)
5:07.41	*Tania Fischer(Cham,CanPrk)
5:07.51	Janine Walther(Chatsworth)
5:08.31	**Clare Feit(MaterDei, StAna)
5:08.3	Shannon Stryker(Tustin)
5:09.21	Gladys Prieur(LeLyccFranc,LA)

3000 Meters

AR — 9:08.6	Lynn Bjorklund (NM) 75
9:45.6	Lori Lopez(SacredHeart,LA)
9:50.2	Jessica Spies(Livermore)
10:00.3	Shannon Stryker(Tustin)
10:09.0	Esther Berndt(Gunn,PaloAlto)
10:12.91	***Nanette Garcia(SilvCrk,SJ)
10:17.0	**Teresa Barrios(Univ,Irvine)
10:17.8	Lori Shanoff(Petaluma)

10:18.2	Linda Van Housen(SacHrt,MP)
10:19.0	Susan Brodie(St.Fran,MtView)
10:24.9	Anita Harris(Aviation,RedBch)

Two Mile

AR — 10:03.5	Mary Shea (NC) 79
10:48.0	Shannon Stryker(Tustin)
10:54.0	Katie Dunsmuir(Palis,PacPal)
11:11.2	Torie Elliot(Alhambra)
11:11.90c	Mara Lazdanas(Fallbrook)
11:14.01	Christ (Carlsbad)
11:15.0	Robyn MacSwain(TerLind,SR)
11:24.0	Gretchen Nelson(SanMateo)
11:24.1c	Tina Pappas(Arcadia)
11:25.0	Laura McCracken(West)
11:25.0	Kellie Miller(Tustin)

100m Low Hurdles

AR — 13.30	***Candy Young (PA) 77
14.3y	*Ruth Whitehead(Berkeley)
14.4y	Sharon Hanson(Buena,Ventura)
14.5	**Yvette Bates(Berkeley)
14.5	LaTanya Thomas(DeAnza,Rich)
14.7	Natalie Spinks(Skyline,Oak)
15.12	Sharon Hatfield(FntnVly)
14.9	Angelia Wade(Westch,LA)
Wind-aided:	
14.26	CeCe Chandler(Elsinore)
14.64	Felicia Thompson(Jordan,LB)
14.81	Angelia Wade(Westch,LA)
14.88	Tonya Motes(W.Torrance)
14.98	Terri Randolph(Kennedy,GrHls)
14.98	Julie Fricker(Hoover,Glendale)

300m Low Hurdles

AR — 41.91	**Gayle Kellon (CA) 81
43.2	*Gayle Kellon(Walnut)
44.8c	Penny Williams(Westch,LA)
44.9	Sharon Hanson(Buena,Ventura)

45.83 Beth Miller(Carlmont,Beim)
45.7 *Ruth Whitehead(Berkeley)
45.9c Felicia Thompson(Jordan,LA)
48.2 Eileen Cunningham(CastroVly)
48.3 Candy Mills(Dorsey,LA)
48.7 *Roberta Eccles(Gunder,SJ)

4 x 100

AR — 45.13 Berkeley (CA) 81

47.0c Berkeley
47.90 Manual Arts (Los Angeles)
47.99 Poly (Long Beach)
47.9c Hawthorne
48.0c Ganesha (Pomona)
48.28 Dorsey (Los Angeles)
48.31 Jordan (Long Beach)
48.73 Pasadena
48.7c Carlmont (Belmont)
49.0c DeAnza (Richmond)
49.0c Millikan (Long Beach)
49.0c Valley (Santa Ana)

4 x 440

AR — 3:38.99c Kennedy, Granada Hills (CA) 81

3:55.4 Manual Arts (Los Angeles)
3:56.92 Poly (Long Beach)
3:57.1 Berkeley
3:57.78c Carlmont (Belmont)
3:59.1 Ganesha (Pomona)
4:00.7c Jordan (Long Beach)
4:00.8 Mitty (San Jose)
4:01.2 Millikan (Long Beach)
4:02.1 Pasadena
4:02.3c Saratoga

High Jump

AR — 6-2 **Mary Moore (WA) 81

5-8 Denise Yamada(DosPueb, Gol)
5-7 Wendy Brown(Woodside)
5-6½ Dena Beatty(Esperanz,Plac)
5-6 DeWitte (Indio)
5-6 Lisa Fegraus(Laguna Beach)
5-6 Katrina Johnson(Marshall,Pas)
5-6 Martinez(LiveOak, MorgHill)
5-6 Raych(Baptist, LA)
5-4½ Debbie Disbrow(Granada,Liver)
5-4½ Sheri Morford(Foothill,Sac)

Long Jump

AR — 22-3 Kathy McMillan (NC) 76

18-8½ Denise Woodard(Hemet)
18-8½ Bryant(Ventura)
18-8 Paula Reedy(Poly,LongBch)
18-7½ Gayle Wadsworth(Hawthorne)
18-7 Sheila Frye(Poly,LgBch)
18-3½ **Yvette Bates(Berkeley)
18-3 Wendy Brown(Woodside)
18-2 Elysee Duckett(Lowell, SF)
17-10½ Dana Foster(SanRam, Danv)
17-8 Gurtha Pounds(LiveOak,MorHil)
Wind-aided:
18-8½ Sheila Frye(Poly,LgBch)

Triple Jump

37-9½ Black(Simi Valley)
37-2 Bryant(Ventura)
36-10½ Irving(Crawford,SanDiego)
36-8 Wendy Brown(Woodside)
36-4 Taylor(Valencia)
36-0 **Yvette Bates(Berkeley)
35-11½ *Shannon Hartnett(SanRaf)
35-10 Denise Yamada(DosPueb,Gol)
35-9½ Bode (Terra Nova, Pacifica)
35-9½ Denisa Woodard(Hemet)
Wind-aided:
36-1½ CeCe Chandler(Elsinore)

Shot Put

AR — 52-4½ **Natalie Kaaiawahia(CA)81

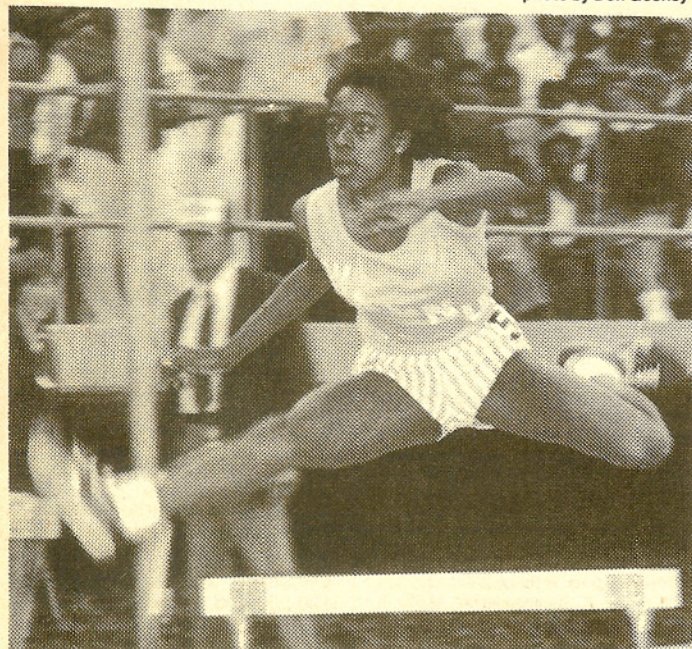
50-7½ *Natalie Kaaiawahia(Fullerton)
42-4 Wendy Bradshaw(Saugus)
42-¼ Rhonda Rudd(Burroughs,Ridg)
41-11 Sheffield(Eisenhower,Rialto)
41-9½ Cindi Durchslag(SanCarlos)
41-3½ **LaTonia Floyd(OakGrv,SJ)
41-2 I. Bailey(WillowGlen,SJ)
41-2 Jill Crisler(Gunn,PaloAlto)
40-11½ Williams(Valley,SantaAna)
40-10½ Carol Manaea(Seaside)

Discus Throw

AR — 183-11 Leslie Deniz (CA) 80

161-2 Karen Nickerson(Cordova,RC)
160-4 *Natalie Kaaiawahia(Fullerton)
158-11 Jacque Norton(MissViejo)

photo by Don Gosney



Gail Kellon

144-5 Cindi Durchslag(SanCarlos)
138-2 Kim Shakir(Cloviss W, Clovis)
138-5 Andrea Kriva(Burbank)
132-11 Jill Crisler(Gunn,PaloAlto)
131-3 Janet Whitney(Fresno)
130-9 Lutjens(Righetti, StMaria)
130-4 Stephanie Townsel(SilvCrk,SJ)

Boys

100 Yards

AR — 9.30 *Houston McTear (FL)75

9.8 Harmon (Santa Ana)
9.8 Spiro Kokkinos(Huen,Oxnard)
9.8 Bernard Mathis(Muir,Pasad)
9.8 Stoney McCree(Berkeley)
9.8 Thomas(Indio)

100 Meters

AR — 10.16 Houston McTear (FL)76

10.4 Pablo Hendricks(Valley,Sacto)
10.5 Paul Day(Kearny,San Diego)
10.5 Stoney McCree(Berkeley)
10.6 Wiley Watson(Oakland)
10.7 Collins(University, LA)
10.7 Spiro Kokkinos(Huen,Oxnard)
10.7 Schmidt(Torrance)
10.96 Rex Brown(Ocean View)
Wind-aided:
10.3 Paul Day(Kearny, San Diego)
10.59 Bernard Mathis(Muir,Pasad)
10.61 Dunn (North, Riverside)
10.5 Fabian Cooper(Wash, LA)
10.5 Randy Walker(Wash. LA)
10.78 Dana Hill(Muis,Pasad)
10.6 Damon McVea(Crenshaw,LA)
10.90 A. Norris(Fremont, LA)

200 Meters

AR — 20.22 Dwayne Evans (AZ) 76

21.61 Eric Coleman(Monrovia)
21.66 Jerry Davis(Burroughs, Burbnk)
21.86 *Greg Brown(BishopAmat,LP)
21.7c Paul Day(Kearny, SD)
21.8c Fabian Cooper(Wash, LA)
21.8c Stoney McCree(Berkeley)
21.8c *Eric Montgomery(Indep, SJ)
22.12 Brumfield(West Covina)
Wind-aided:
21.15 Fabian Cooper(Wash, LA)
21.57 Randy Walker(Wash, LA)
21.82 Davis(Mt. Miguel, SprVly)

400 Meters

AR — 45.51 Bill Green (CA) 79

47.76 Tommy Barber(Bakersfield)
48.0c Terry Parks(Muir, Pasad)
48.39 Anre Williams(Oakland)
48.3c Carls (Pt. Loma, SanDiego)
48.54 MacArthur Osborne(Cren,LA)
48.55 *Mark Howard(Poly, LgBch)
48.60 *Kerry Threats(Westmoor,Daly)
48.5c Angelo McNeil(Gallileo, SF)
48.79 D. Johnson(Cabrillo,Lompoc)
49.0c Gerald Boles(Dorsey, LA)

800 Meters

AR — 1:47.31 Pete Richardson (CA) 81

1:53.2 Don Young(St.Joseph, StMar)
1:53.3c MacArthur Osborne(Cren,LA)
1:54.14 *Ruben Esparza(EIMod,Orng)
1:54.9 Dan Stephens(Arcadia)
1:55.2 Chauncey Isom(Westch, LA)
1:55.21 Jim Fisher(BishopAmat,LP)
1:55.37 Kyle Morton(Westminster)
1:55.41 Smith (Walnut)
1:56.05 Jason Hall(South, Bkfid)
1:56.2c Brian Butterfield(Lassen,Sus)

1500 Meters

AR — 3:39.0 *Jim Ryun (KS) 64

3:58.7 Ted Kunda(Cord, RanCord)
3:59.6 Brian Abshire(DeAnza,Rich)
4:01.4 Emmons(Righetti, StMaria)
4:02.3 Scott Bishop(SLO)
4:02.3 Tasos Constantine(Bellar,SJ)
4:03.2 Dan Stephens(Arcadia)
4:03.5 Jim Gaffield(EI Cerrito)
4:04.5 Fredrick Hesselevik(Univ,Irv)
4:04.8 Brad Clary(Katella, Anaheim)
4:05.4 Phillips(LosAltos)
4:05.4 Ken Souza(Wilson,HacHts)

Mile

AR — 3:55.3 Jim Ryun (KS) 65

4:14.2 Tom Grewe(Carpinteria)
4:17.84 Jose Manual(Kearny, SD)
4:18.10 Jose Vega(Chula Vista)
4:19.8 John Hansen(EI Dor, Placer)
4:20.0 Harold Kuphaldt(BellaVis,FO)
4:20.5 *Eric Reynolds(Camarillo)
4:22.1 Ned Mosher(FountainVly)
4:22.31 Jeff Williams(Foothill, StAna)
4:22.7 Kennie Arriola(Gahr, Cerritos)
4:24.9i Mike Parker(Tustin)

3000 Meters

AR — 8:08.0 Steve Prefontaine (OR) 69

8:34.4i Sean Nugent(Culver City)
8:34.6i Brian Abshire(DeAnza,Rich)
8:35.4i Don Merwin(Hayfork)
8:39.6i Steve Dietsch(EI CamR,WdHls)
8:47.4i Jasom Flamm(LaSierra,Carmc)
8:50.1 Steve Rivera(Westch,LA)
8:50.20 Rick Dodson(Aviation,RedBch)
8:50.2 Ken Souza(Wilson, HacHts)
8:51.7 Palma(Glendale)
8:54.0 Brasley(Montebello)

Two Mile

AR — 8:36.3 Jeff Nelson (CA) 79

9:12.5i Harold Kuphaldt(BellaVis,FO)
9:14.0i *George Yuster(Brentwood,LA)
9:14.7i Sean Nugent(Culver City)
9:15.3i Tom Grewe(Carpinteria)
9:18.6i *Eric Reynolds(Camarillo)
9:20.1i Brian Abshire(DeAnza,Rich)
9:22.89c *Mark Junkerman(LosAlam)
9:23.54 Dean Walker(Hoover,Fresno)
9:24.26c Mike Parker(Tustin)
9:27.78c Bob Planta(Mater Dei, StaAna)

110m High Hurdles

AR — 12.9y Renaldo Nehemiah (NJ) 77

14.13 Ron Brown(BishopAmat,LP)
14.1y *Mark Boyd(St.Mary, Berk)
14.35 Steve Kerho(MissionViejo)
14.3 Robert Budwig(ClovissW,Cloviss)
14.3y Harris(Perris)
14.64 T. Weaver(Edgewd,W.Cov)
14.4y *Rod Green(PaloAlto)
14.4y Jeff Smith(Serra, SD)
14.70 Herrera(Poly, LongBch)
Wind-aided:
14.42 Scott Stephens(ManArts,LA)
14.52 Larry Bradford(Hawthorne)

300m Low Hurdles

AR — 35.79 Walter Murray (CA) 81

36.8c James Pruitt(Jefferson, LA)
37.11 Steve Kerho(Mission Viejo)

300m Low Hurdles

AR — 35.79 Walter Murray (CA) 81

36.8c James Pruitt(Jefferson,LA)
37.11 Steve Kerho(MissionViejo)
37.33 Henning Peterson(Esper,Plac)

continued on next page...

Prep Notes

- 37.1 Tom Anderson(Muir, Pasadena)
37.2c Harris(Perris)
37.3 Tony Atkins(Walnut)
37.83 Ron Brown(Bishop Amat, LP)
37.7c Marlon Young(Hawthorne)
37.8 *Erick Montgomery(Indep, SJ)
37.8c Raymond Young(Hawthorne)

4 x 100

AR — 40.4 Killeen (TX) 80

- 41.9c Washington (Los Angeles)
41.9c Cordova (Rancho Cordova)
42.22 Serra (San Diego)
42.23 Muir (Pasadena)
42.2c Oakland
42.53 Pasadena
42.55 Independence (San Jose)
42.58 Poly (Long Beach)
42.5c Berkeley
42.5 Carlmont (Belmont)
42.5 Monrovia

4 x 400

AR — 3:08.94 Berkeley (CA) 81

- 3:17.9 Poly (Long Beach)
3:18.7 Bishop Amat (La Puente)
3:20.1c Oakland
3:20.3 Crenshaw (Los Angeles)
3:20.5c Muir (Pasadena)
3:20.7c Berkeley
3:21.2c Cabrillo (Lompoc)
3:21.22 Washington (LA)
3:21.3 Fremont (LA)
3:21.5 Compton
3:21.5 Hawthorne

High Jump

AR — 7-4 1/4 Gail Olson (IL) 78

- 7-1 *Maurice Crumby(Balb, SF)
7-0 Maury Burnett(Wash, LA)
6-10 Viktor Nehring(Camarillo)
6-9 Brian Coushay(NewbPrk)
6-8 Craig English(Gahr, Cerritos)
6-8 Franciel Jones(Vly, Santa Ana)
6-8 Jon Martin(Serra, SD)
6-8 Mike Patterson(Cord, RanCord)
6-8 Sampson(Homestead, Cuper)
6-8 Dave Swanson(Analay, Sebas)

Pole Vault

AR — 18-1 1/4 Joe Dial (OK) 81

- 15-71 *Doug Fraley(Clovis W, Clovis)
15-0 *Mike Kibort(Saratoga)
14-8 Jim Barrett(Clovis W, Clovis)
14-6 Scott Christensen(Acal, Lafayette)
14-6 *Melvin Hempstead(Valley, Sac)
14-6 Mark Heppner(Atwater)
14-6 James McClanahan(Gallileo, SF)
14-6 Jay Vavra(Valhalla, El Cajon)
14-3 **Jeff Foss(Santa Ynez)

Long Jump

AR — 26-8 Carl Lewis (NJ) 79

- 24-7 1/2 Ken Frazier(Miss, SF)
23-3 1/2 Garnel Taylor(Clovis W, Clovis)
23-1 1/4 Chris Hale(Poly, Riverside)
23-1 Steve Baker(Hamilton, LA)
23-0 Mike Martin(Serra, SD)
22-10 1/2 Floyd Weaver(Edgewood, W Cov)
22-10 David Williams(Coalinga)
Wind-aided:
23-6 1/2 Jerry Coulson(Millikan, LngBch)
23-4 1/4 Profit(Serra, San Mateo)
23-4 Ronald Young(Locke, LA)
23-3 1/2 Leberherz(Westmoor, DalyCity)
23-3 1/2 Rob Pote(Hoover, Glendale)



Garnel Taylor

Triple Jump

AR — 53-4 1/4 Sanya Owolabi (NY) 78

- 50-4 Ken Frazier(Mission, SF)
50-2 Garnel Taylor(Clovis W, Clovis)
49-4 Cornell Archie(Fresno)
49-11 Ken Williams(Troy, Fullerton)
47-10 Clint Williams(Central, Fresno)
47-7 1/2 D. Williams(Coalinga)
47-3 Weldon(Silver Crk, SJ)
46-7 1/2 Hall(Palm Springs)
46-7 1/2 Pat Hooks(Lakewood)
46-7 1/2 Mooring(MtPleas, SJ)
Wind-aided:
47-0 Ken Howard(Wash, LA)
47-0 Mike Pullins(Muir, Pasad)

Shot Put

AR — 81-3 1/4 Mike Carter (TX) 79

- 59-3 Pat Kyle(Buena Park)
58-6 1/2 Bruce Parks(Chaffey, Ontario)
57-5 1/2 Jantz Fitzgerald(Burbank)
56-8 Guy Davids(BishAmat, LaPnt)
56-1 1/2 Purcell(Helix, La Mesa)
55-9 1/2 Antonio Dobbins(Burr, Ridge)
55-7 1/4 Earl Gorman(Hawthorne)
55-1/2 Erwin(Fallbrook)
54-9 B. Fowler(Bella Vista, FO)
54-8 Tom Ramirez(Redlands)

Discus Throw

AR — 213-6 Clint Johnson (KS) 80

- 189-7 Antonio Dobbins(Burroughs)
186-9 Rick Luiten(Monrovia)
180-8 Dan Katches(Mills, Millbr)
175-9 Barry Estes(Clovis W, Clovis)
174-3 Bruce Parks(Chaffey, Ontario)
172-2 Shenk(MenloAth, Atherton)
170-9 Wilmer(Leland, SJ)
167-11 Scott Wingerson(Orange)
166-3 Lord(South Pasadena)
165-10 Scott Peterson(Shafter)

Martin Luther King Games High School

From Keith Conning & G. David Brown

April 2 & 3, Stanford University. Martin Luther King Jr. International Freedom Games.

Friday, April 2:

Boys' 3000 Steeplechase: 1. Mike Whitcomb (Mira Costa) 10:03.1; 2. James Bloomer (El Cerritos) 10:04.4; 3. Mike Harrington (Mira Costa) 10:09.8; 4. Pete Buhi (San Ramon Valley) 10:10.3; 5. Jim Myers (Liberty Union) 10:19.5.

Girls' 3000 Meters: 1. Lori Lopez (Sacred Heart) 9:45.8; 2. Jessica Spies (Livermore) 9:50.2; 3. Esther Berndt (Gunn) 10:09.0; 4. Linda VanHouson (Sacred Heart) 10:18.2; 5. Susan Brodie (St. Francis) 10:19.0.

Girls' 4x800 Relay: 1. San Ramon Valley (Clark, Goodykoontz, Schalk, Sholes) 9:38.4; 2. Mitty 9:45.9; 3. Sir Francis Drake 9:46.7; 4. Homestead 10:14.8.

Boys' 4x800 Relay: 1. Pasadena (Gutierrez, Tucker, Richardson, Ward) 7:54.7; 2. Rancho Cordova 7:54.7; 3. Jesuit 8:02.0; 4. El Cerritos 8:10.8; 5. San Ramon Valley 8:16.5.

Saturday, April 3:

Girls' 4x100 Meter Relay: (Heat 1): 1. Saratoga 50.0; 2. Menlo-Atherton 50.9; 3. Westmont 52.2. (Heat 2): 1. Pasadena 48.9; 2. San Ramon Valley 50.8; 3. Redwood 50.8; 4. Burlingame 51.3. (Heat 3): 1. Mission 49.9; 2. Garey 50.1; 3. Carondelet 51.0; 4. Gallileo 53.2.

Boys' 4x100 Meter Relay: (Heat 1): 1. Independence 42.8; 2. Rancho Cordova 42.8; 3. Pomona 43.8. (Heat 2): 1. So. San Francisco 44.1; 2. Terra Linda 44.1. (Heat 3): 1. Westmont 44.2; 2. Liberty Union 44.9. (Heat 4): 1. Gunn 44.0; 2. Northgate 44.4.

Girls' High Jump: 1. Debbie Disbrow (Granada) 5-4 1/4; 2. Sheri Morford (Foothill) 5-4 1/4; 3. Wendy Brown (Wood-

side) 5-2 1/4; 4. Kelley Cummins (Los Gatos) 5-0 1/4; 5. Miloe McCall (Hayward) 5-0 1/4; 6. Jeni Bateman (San Ramon Valley) 5-0 1/4.

Boys' Long Jump: 1. Ken Frazier (Mission) 23-1 1/4; 2. Tony Lewis (Rancho Cordova) 21-5; 3. Tom Sperling (Northgate) 21-0 1/4; 4. Trea Gates (San Ramon Valley) 20-11 1/2.

Girls' Shot Put: 1. Cindi Durchslag (San Carlos) 41-9 1/2; 2. Jill Crisler (Gunn) 40-11 1/4; 3. Latonia Floyd (Oak Grove) 38-8 1/4; 4. Anna Shafer (Oak Grove) 38-8 1/4; 5. Karen Nickerson (Rancho Cordova) 38-7 1/2; 6. Carl Faganl (Summerville) 38-1 1/2.

Girls' 4x400 Yard Relay: (Heat 1): 1. Bel Vista 4:06.4; 2. El Camino (Sacto) 4:09.4. (Heat 2): 1. Saratoga 4:07.0; 2. Leland 4:08.8. (Heat 3): 1. Pasadena 4:02.1; 2. Mitty 4:02.5. (Heat 4): 1. Los Gatos 4:07.8; 2. San Ramon Valley 4:09.7.

Boys' Discus: 1. Mike Wilmer (Leland) 166-2; 2. John Almonetti (Blackford) 163-10; 3. Dave Pruitt (Leigh) 154-1; 4. John Kaitz (Aptos) 149-3; 5. Jerd Soares 142-2.

Girls' Long Jump: 1. Wendy Brown (Woodside) 18-0 1/4; 2. Dana Foster (San Ramon Valley) 17-10 1/4; 3. Darlene Pennie (Pasadena) 17-3; 4. Debbie Disbrow (Granada) 16-3.

Boys' Shot Put: 1. Jeff Foster (Saratoga) 53-1; 2. John Almonetti (Blackford) 52-7 1/2; 3. Roger Campbell (Gunn) 50-8 1/4; 4. John Gatroulis (Bellarmine) 49-10 1/2; 5. Nathan Barreiter (Del Mar) 48-2 1/4.

Boys' 4x400 Relay: (Heat 1): 1. Pasadena 3:23.0; 2. Rancho Cordova 3:28.1. (Heat 2): 1. Pomona 3:27.7; 2. El Camino (SF) 3:28.4. (Heat 3): 1. Gallileo 3:25.6; 2. Westmont 3:30.8. (Heat 4): 1. Palo Alto 3:30.2; 2. San Ramon Valley 3:32.8.

Boys' High Jump: 1. Dave Simpson (Homestead) 6-5 1/4; 2. Mike Patterson (Rancho Cordova) 6-3 1/4; 3. Steve Eckstrom (Bellarmine) 6-3 1/4; 4. Tom Caple (Terra Linda) 6-3 1/4.

Girls' Discus: 1. Karen Nickerson (Rancho Cordova) 159-4; 2. Cindi Durchslag (San Carlos) 137-8; 3. Jill Crisler (Gunn)

132-11; 4. Mary Dentinger (El Camino) 122-8; 5. Dana Foster (San Ramon Valley) 115-10.

Boys' Pole Vault: 1. James McClanahan (Gallileo) 14-8; 2. Mike Kibort (Saratoga) 14-0; 3. George Bassett (Saratoga) 13-6; 4. Dan Larson (Monte Vista) 13-0.

Boys' Triple Jump: 1. Ken Frazier (Mission) 49-4 1/4; 2. Dwain Johnson (Terra Linda) 45-4; 3. Greg Roy (Gunn) 45-0 1/4; 4. Hilton Hong (Wilcox) 44-7 1/4; 5. Ronald Davis (Pomona) 44-4 1/4.

Girls' Distance Medley: 1. San Ramon Valley 12:41.8; 2. Sir Francis Drake 12:42.4; 3. Leigh 12:45.2; 4. Terra Linda 12:45.9; 5. Gunn 12:54.4.

Boys' 5000 Meters: 1. Sean Nugent (Culver City) 14:39.6; 2. Brian Carroll (Linden, NV) 14:59.4; 3. Jeff Holyfield (La Crescenta) 14:58.7; 4. Don Merwin (Hayford) 15:03.6; 5. Jason Fiamm (La Sierra) 15:16.3.

Boys' 100 Meters: 1. Angelo McNeil (Gallileo) 11.16; 2. Kevin Wilhite (Rancho Cordova) 11.16; 3. John Ventress (La Canada) 11.26; 4. Troy Delemar (Pasadena) 11.27; 5. Eric Montgomery (Independence) 11.30.

Boys' Distance Medley: 1. Bella Vista 10:26.0; 2. La Canada 10:30.8; 3. Pasadena 10:31.2; 4. El Cerrito 10:36.9; 5. Rancho Cordova 10:39.8.

Girls' 4x100 Meter Relay: 1. Pasadena 48.73; 2. Garey 49.66; 3. Mission 49.78; 4. Saratoga 49.86; 5. San Ramon Valley 50.93.

Boys' 4x100 Meter Relay: 1. Rancho Cordova 42.28; 2. Independence 42.55; 3. Pomona 43.55; 4. Gunn 43.52; 5. Terra Linda 43.77.

Girls' Mile Relay: 1. Mitty 4:00.8; 2. Pasadena 4:04.3; 3. Saratoga 4:06.6; 4. El Camino (Sacto) 4:10.4; 5. Leland 4:10.9.

Boys' Mile Relay: 1. Gallileo 3:23.2; 2. Rancho Cordova 3:23.6; 3. Pasadena 3:23.8; 4. Independence 3:25.9; 5. Pomona 3:27.9.

15th Annual Arcadia Invitational

By DOUG SPECK

Good weather and the top athletes again arrived for the 15th Annual Arcadia Invitational Saturday, April 17. A super evening of competition was headed by Denean Howard's National Record in the 400 meters (and a successful triple with 100 and 200 meter victories). With everyone ready to bust loose after a couple months of poor weather 19 of the 32 events featured the best mark recorded yet this season by a California athlete, and 11 event results were 1982 National Leaders.

Denean Howard (Kennedy, Granada Hills) announced previous to the meet that she was preparing for a State Meet 100-200-400 triple, and that this meet would be a testing ground. At 8 p.m. against a field of the state's top 100 meter girls she started even, then eventually eased away from Zelda Johnson (Garey, Pomona) to win 12.01-12.10. At 8:30 a bit of a stronger challenge would come from defend-



Bella Vista Distance Medley - first place at Pittsburg Relays, King Games and Arcadia Invitational. Left to right: Harold Kuphaldt, Nick Sparks, Pete Rivas, Rob Wardlow.
photo by Vic Krohn

ing state 400 champ Gervaise McGraw (Ganesha, Pomona 54.15 best). Again Denean eased away in the last 1/4 of the race to record an unpressed 52.90, which lowered her 53.65 National Federation record of 1980. Finally, at 9:20 she returned to handle a top 200 field, going 23.9 (hand-timed) over the fast closing Jeannie Arnold (Locke, LA) 24.25. All three wins were accomplished with an amazing grace and very fluid style that belied the effort the Kennedy star put into them.

Fabian Cooper (Washington, LA) hooked up with a top men's 400 meter field—Tommy Barber (Bakersfield) 47.6, Blair McMurray (Compton) 47.6, and the like. The LA City star started quick and withstood the homestretch challenges to win in a nation-leading 47.21, with surprising Long Beach Poly junior Mark Howard next in 47.85. Harold Kuphaldt (Bella Vista, Fair Oaks) and Andre Woods (Eldorado, Las Vegas) were the men's distance stars. Harold can roll long and hard, but appears to lack the snapiness for a rocketing kick. In the 1600 here he pushed the pace the entire way, kept things honest, and dragged a lot of people to good times (but none ever caught him) in a nation-leading 4:11.25 win. An-

dre Woods was next behind Kuphaldt in the 1600 at 4:12.27 and he returned for the 3200 an hour and fifteen minutes later. Andre slowly moved up from the middle to the leading pack during the race, and surprisingly the Nevada star had the strength to run down Culver City's Sean Nugent during a furious homestretch sprint to take this longer run in 9:07.74. Woods' performance was the guttiest of the meet. Kuphaldt returned to anchor his distance medley team to an easy 10:27.78 win.

The female distance stars were Rennie Durand, Polly Plumer, and Vickie Cook (as expected). Durand ran away and hid early from a super 800 field (nine with bests under 2:15) to win easily in a state-leading 2:11:19. Plumer toyed with a 1600 field, kicking in to a 4:53.45 meet record win, then later returning with a 4:57 anchor leg to bring her distance medley relay team home in a California Record 11:59.11. Vickie Cook trailed a determined Shannon Stryker (Tustin) for all but the last half lap in the 3200. The vastly improved Tustin star is for real, as it was her pace-setting that made the 10:28.97 and 10:31.55 times possible for the first two.

The Clovis West duo of Doug Fraley and Jim Barrett thrilled

the crowd with some fine vaulting. Doug had a couple close misses at 16-0 after winning at 15-9, and Jim cleared 15 feet for the first time here.

Natalie Kaalawahia (Fullerton) was again a fine shot-discus winner. Having lately picked up her performances in the discus, her 172-4 toss here was only seven inches short of the Federation record of 172-11 by Leslie Deniz. The Fullerton star boomed the shot out to 49-9 in a later event. The men's discus featured a come-from-behind win for Monrovia's Rick Luiten at 193-8 (National Leader) over defending state champ Antonio Dobbins (Burrroughs, Ridgecrest) 192-3. Some nice PR's in the discus followed this duo. Pat Kyle (Buena Park) lofted California's first 1982 60 foot shot put with a 60-1/2 win.

Bishop Amat's Ron Brown handed Mission Viejo's Steve Kerho a decisive (but still rare) whipping in the highs with a very quick 14.04 clocking. Kerho returned in the lows with a vengeance to romp to a wide 37.14 win over the pack. Walnut's Gayle Kellon recorded among the fastest times ever in the women's 300 lows in a meet record and nation-leading 42.70. Fountain Valley's pentathlete, Sharon Hatfield, never looked quicker

than in her 14.50 upset 100 lows win.

Relay action was exciting. Washington (LA) rocketed a hand-timed 41.7 to win the men's invitational 400 relay, as state leader Muir (41.79) never got the first hand-off done. Dorsey, LA raced to a big win in the girls short relay, taking over the National Lead with a 46.81. Compton's Blair McMurray anchored his 1600 relay Compton squad to a State-Leading 3:17.6 victory (with three other squads under 3:19). Manual Arts (3:50.16) and Dorsey (3:51.00) were victorious in the women's 1600 relay races. Dorsey's was noteworthy because it was an eighteen second drop from its entering time.

Hamilton's Antonio Manning was the men's sprint star. The LA City junior blasted Bruce Jenner winner Pablo Hendricks (Valley, Sacramento) and the pack in a meter and a half 10.86 100 meter win. Later he returned to edge Nevada State spring champ Mike Dexter (Clark, Las Vegas) 21.82-21.84 in the deuce. Manning started the evening off at 7:00 pm by running half the field down during his anchor leg in an open 400 relay heat in a 42.87 Hamilton win.

continued on next page...

Prep Notes

Maury Burnett (Washington, LA) won the high jump battle of six athletes with bests of 6-10 or above. Maurice Crumby (Balboa, San Francisco) the national leader at 7-1 was definitely held back by an ankle turn while long jumping during the week. Crumby arched over 6-8 for fifth. Burnett was over 6-10 as was Newbury Park all-arounder Brian Coushay. Laguna Beach soph Lisa Fegraus handed the defending state champion, Katrina Johnson (Marshall, Pasadena) a defeat on misses at 5-8 in the girls HJ.

The other men's distance race, the 800, was strange. A big field, fifteen athletes, had people out smoking for position—24 first 200, 51-51 first 500. Then reality struck, as most people staggered the final 200. El Modena's junior, Ruben Esparza (1:53.75), and surprising footballer Frank Paton (La Canada) 1:54.36 came in ahead of Crenshaw's MacArthur Osborne.

In the horizontal jumps Ken Williams (Troy, Fullerton) leaped 48-7½ to hold off Fresno triple jump stars Cornell Archie and Clint Williams, and Burbank's all-around star Greg Coquette spanned 23-3 on his final long jump to nip Hamilton's Steve Baker (23-2). The girls triple jump featured the first time a top field had gathered in this new event. Hurdler CeCe Chandler (Elsinore) spanned 37-11 to record a State Best for 1982.

BOYS

Discus: 1. Luiten (Monrovia) 193-8; 2. Dobbins (Burroughs, Ridge) 192-3; 3. Estes (Clovis West) 184-11; 4. Hall (Katella) 178-3; 5. Parks (Chaffey) 172-9; 6. Zinn (Arcadia) 172-4.

Long Jump: 1. Coquette (Burbank) 23-3; 2. Baker (Hamilton) 23-2; 3. Williams (Central, Fresno) 23-1; 4. Dexter (Clark, Las Vegas) 22-9½; 5. Williams (Carson) 22-6½w; 6. Taylor (Clovis West) 22-5½w.

400 Relay: (Race One): 1. LA Washington 41.7; 2. Monrovia 42.2; 3. Bishop Amat 42.2; 4. LB Poly 42.4; 5. Serra (San Diego) 42.5. **(Race Two):** 1. Hamilton 42.87; 2. Dorsey 42.88; 3. Compton 42.89; 4. El Modena 43.31.

1,600: 1. Kuphaldt (Bella Vista, Sac) 4:11.25; 2. Woods (Eldorado, Las Vegas) 4:12.27; 3. Bishop (San Luis Obispo) 4:12.85; 4. Jaeger (Camarillo) 4:15.34; 5. Cherry (Eldorado, Las Vegas) 4:15.80; 6. Dietch (El Camino Real) 4:16.84; 7. Hisslevik (Unalversity, Irvine) 4:17.5; 8. Bergstrom (Los Gatos) 4:17.60.

100: 1. Manning (Hamilton) 10.86; 2. Hill (Muir) 10.99; 3. Walker (LA Washington) 11.00; 4. Dexter (Clark, Las Vegas) 11.01; 5. Mathis (Muir) 11.08; 6. McVea (Crenshaw) 11.14.

High Jump: 1. Burnett (LA Washington) 6-10; 2. Coushay (Newbury Park) 6-10; 3. tie between Nehring (Camarillo) and Holmes (Cleveland) 6-8; 5. Crumby (Balboa, San Francisco) 6-8; 6. tie between Haines (Millikan) and Jones (Santa Ana Valley) 6-6.

Shot Put: 1. Kyle (Buena Park) 60-0½; 2. Parks (Chaffey) 59-0; 3. Fitzgerald (Burroughs, Burbank) 57-9½; 4. Purcell (Hellx, La Mesa) 56-8; 5. Gorman (Hawthorne) 56-4½; 6. Salazar (Clovis) 56-0.

110 High Hurdles: 1. R. Brown (Bishop Amat) 14.04; 2. Kerho (Mission Viejo) 14.24; 3. Gonzales (Bishop Montgomery) 14.44; 4. Dawson (Taft) 14.66; 5. Smith (Serra, San Diego) 14.83; 6. Budwig (Clovis West) 14.84.

800: 1. Esparza (El Modena) 1:53.75; 2. Paton (La Canada) 1:54.36; 3. Osborne (Crenshaw) 1:54.40; 4. Young (North Hollywood) 1:55.06; 5. Hall (South, Bakersfield) 1:55.13; 6. Isom (Westchester) 1:55.62.

400: 1. Cooper (LA Washington) 47.21; 2. Howard (LB Poly) 47.85; 3. Barber (Bakersfield) 48.00; 4. Davis (Burroughs, Burbank) 48.67; 5. Parks (Muir) 48.74; 6. Giles (HH Wilson) 50.45.

3,200: 1. Woods (Eldorado, Las Vegas) 9:07.74; 2. Nugent (Culver City) 9:08.46; 3. Vega (Chula Vista) 9:09.08; 4. Delgado (Santa Barbara) 9:08.87; 5. Watson (Canyon, Saugus) 9:16.37; 6. Dodson (Aviation) 9:18.35; 7. Ortiz (Barstow) 9:20.51; 8. Rivera (Westchester) 9:21.6; 9. Junkerman (Los Alamitos) 9:21.8.

300 Low Hurdles: 1. Kerho (Mission Viejo) 37.14; 2. Anderson (Muir) 37.85; 3. Atkins (Walnut) 37.87; 4. R. Brown (Bishop Amat) 37.96; 5. R. Yount (Hawthorne) 37.97.

Pole Vault: 1. Fraley (Clovis West) 15-9; 2. Barrett (Clovis West) 15-0; 3. Hempstead (Valley, Sac) 14-6; 4. Coleman (El Camino Real) 14-0; 5. Coquette (Burbank) 14-0; 6. Betson (Newport Harbor) 14-0.

Triple Jump: 1. K. Williams (Troy) 48-7½; 2. Archie (Fresno) 48-3½; 3. C. Williams (Central, Fresno) 47-8; 4. Pullins (Muir) 47-1; 5. Williams (Carson) 46-11¼; 6. Hooks (Lakewood) 46-11; 7. Willis (Chaffey) 46-8½; 8. Coushay (Newbury Park) 46-7½; 9. Taylor (Clovis West) 46-7. 13th place 45-6!

200: 1. Manning (Hamilton) 21.82; 2. Dexter (Clark, Las Vegas) 21.84; 3. Mathis (Muir) 22.06; 4. Ven tress (La Canada) 22.08; 5. Coleman (Monrovia) 22.12; 6. Brown (Bishop Amat) 22.44.

Distance Medley: 1. Bella Vista (Sac) 10:27.78; 2. San Luis Obispo 10:27.78; 3. Hawthorne 10:40.57; 4. Mater Dei 10:42.58; 5. Arcadia 10:44.18; 6. Dos Pueblos 10:45.61.

1,600 Relay: 1. Compton 3:17.6; 2. LB Poly 3:18.47; 3. Bishop Amat 3:18.47; 4. Hawthorne 3:18.99; 5. LA Washington 3:21.28; 6. Crenshaw 3:21.92.

GIRLS

Discus: 1. Kaaiawahia (Fullerton) 172-4; 2. Kriva (Burbank) 146-6; 3. Whitney (Fresno) 139-7; 4. Bradshaw (Saugus) 134-3; 5. Ornes (Foothill) 115-5; 6. Luiten (Monrovia) 111-8.

Triple Jump: 1. Chandler (Elsinore) 37-11; 2. Smith (Muir) 37-3; 3. Yamada (Dos Pueblos) 36-1½; 4. Wadsworth (Hawthorne) 36-1½; 5. Davidson (Newbury Park) 35-2½; 6. Frye (LB Poly) 34-6.

400 Relay: (Race 1): 1. Dorsey 46.81; 2. Manual Arts 47.42; 3. LB Jordan 47.42; 4. Hawthorne 48.75; 5. Compton 48.89. **(Race 2):** 1. Saddleback 49.32; 2. Locke 49.47; 3. Esperanza 49.97.

1,600: 1. Plumer (Unalversity, Irvine) 4:53.45; 2. Walther (Chatsworth) 5:04.38; 3. Dykstra (Drake, San Anselmo) 5:04.74; 4. Cattivera (Mira Costa) 5:04.79; 5. Tisher (Los Gatos) 5:06.03; 6. Bresnan (Kennedy, Granada Hills) 5:06.75; 7. McVicker (Canyon, Saugus) 5:08.18.

High Jump: 1. Fegraus (Laguna Beach) 5-8; 2. Johnson (Marshall Fundamental) 5-8; 3. Beatty (Esperanza) 5-6; 4. McMillin (El Modena) 5-4¼; 5. Jones (Mission Viejo) 5-2; no sixth.

100: 1. Howard (Kennedy, Granada Hills) 12.01; 2. Johnson (Garey) 12.10; 3. Winston (LB Jordan) 12.14; 4. Young (Muir) 12.35; 5. Munns (Manual Arts) 12.38; 6. Cabell (Gardena) 12.55.

Shot Put: 1. Kaaiawahia (Fullerton) 49-9; 2. Bradshaw (Saugus) 42-6¼; 3. Rudd (Burroughs, Ridgecrest) 41-10¼; 4. Yanez (Garfield) 41-4¼; 5. Taylor (West Torrance) 41-4¼; 6. Farrow (Locke) 39-3¼.

Long Jump: 1. Wadsworth (Hawthorne) 18-2¼; 2. Pennie (Pasadena) 17-6¼; 3. Ready (LB Poly) 17-5¼; 4. Humphries (Beverly Hills) 17-3½; 5. Walulik (Edison) 17-1¼.

100 Low Hurdles: 1. Hatfield (Fountain Valley) 14.50; 2. Chandler (Elsinore) 14.64; 3. Hanson (Buena) 14.83; 4. Thompson (LB Jordan) 14.85; 5. Motes (West Torrance) 15.06; 6. Bonty (Manual Arts) 15.42.

800: 1. Durand (Laguna Beach) 2:11.19; 2. Arnold (Locke) 2:13.84; 3. Johnson (Manual Arts) 2:14.05; 4. Ball (Newbury Park) 2:14.48; 5. Wright (Manual Arts) 2:14.89; 6. Gottlieb (Beverly hills) 2:15.63; 7. Young (Nogales) 2:17.10.

photo by Don Gosney



Rennie Durand

3,200: 1. Cook (Alemany) 10:28.97; 2. Stryker (Tustin) 10:31.55; 3. Barrios (University, Irvine) 10:49.07; 4. McCracken (Westminster) 10:56.20; 5. K. Ebner (Bishop Amat) 10:59.02; 6. Elliott (Alhambra) 10:59.52.

400: 1. Howard (Kennedy, Granada Hills) 52.90; 2. McGraw (Ganesha) 54.77; 3. Rainey (Edison) 56.97; 4. Rolfe (Dorsey) 57.83; 5. Arthur (Esperanza) 57.89; 6. Hall (LB Poly) 58.95.

300 Low Hurdles: 1. Kellon (Walnut) 42.70; 2. Bonty (Manual Arts) 44.84; 3. Thompson (LB Jordan) 45.02; 4. Williams (Westchester) 45.99; 5. Pintel (Arcadia) 46.80; 6. Hanson (Buena) 46.65.

Distance Medley Relay: 1. University (Irvine) 11:59.11; 2. Newbury Park 12:19.80; 3. Millikan 12:27.99; 4. Edison 12:31.33; 5. Tustin 12:32.77; 6. Kennedy (Granada Hills) 12:43.56.

200: 1. Howard (Kennedy, Granada Hills) 23.9ht; 2. Arnold (Locke) 24.25; 3. Johnson (Garey) 24.27; 4. Dawkins (Dorsey) 24.74; 5. Winston (LB Jordan) 24.76; 6. Cabell (Gardena) 25.59.

1,600 Relay: (Race 1): 1. Manual Arts 3:50.16; 2. Locke 3:58.14; 3. Camarillo 3:58.59; 4. LB Jordan 3:58.64; 5. Millikan 3:59.89; 6. Hawthorne 4:01.05. **(Race 2):** 1. Dorsey 3:51.00; 2. Edison 3:57.12; 3. Esperanza 3:59.15; 4. Walnut 4:03.4; 5. Westchester 4:05.9.

California's Running Experts

Phidippides Sports
420 Del Monte Center
MONTEREY

Runner's Feet
1004 Oak Grove Ave.
BURLINGAME

Runner's Feet
875 "D" St.
HAYWARD

Fleet Feet
333 San Anselmo Blvd.
SAN ANSELMO

Running Etc.
1182 N. Berkeley Ave.
FULLERTON

Phidippides Sports Center
3740 Sports Arena Blvd.
SAN DIEGO

The Running Center
249 S. Riverside Ave.
RIALTO

Runner's Feet
3008 Lakeshore
OAKLAND

The Joggin' Shoppe
708 9th St.
ARCATA

The Joggin' Shoppe
410 2nd St.
EUREKA

Ryans Sports Shop
1000 Lafayette
SANTA CLARA

Marathon's
1434 W. 25th.
SAN PEDRO

Fleet Feet
2408 "J" St.
SACRAMENTO

Athletic Department
2114 Addison
BERKELEY

Loeschhorn's for Runners
10810 Warner Ave.
FOUNTAIN VALLEY

A Running Experience
5304 E. 2nd. St.
LONG BEACH

The Running Shop
151 Towne & Country
PALO ALTO

Runner's High
5519 E. Del Amo
LAKEWOOD

Runner's Factory
51 University
LOS GATOS

Inside Track
1410 E. Main
VENTURA

Runner's Sole
17521 Chatsworth St.
GRANADA HILLS

Lazio Tabori Sports
13722 Burbank Blvd.
VAN NUYS

Athletic World
711 W. Shaw Ave.
CLOVIS

Fleet Afoot
First & Ashlan
FRESNO

Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly updates or a copy of their newsletter to: Marty Higginbotham, Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93702. Also, clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

Profile on . . . THE AZTLAN RUNNING CLUB

By JIM-DIEGO CREED & LORI CREED

(Sacramento)—Despite miserable weather conditions, 650 half-marathon and 250 marathoners braved the elements to run the Magical Musical Marathons, held along the American River in Sacramento on Saturday, April 3.

The event, sponsored by Fleet Feet Running Club and Saucony, was beset by problems due to week-long rains. The half-marathon had to be re-routed into an out-and-back course beginning at Arden Bar Park and finishing across the bike bridge in Goethe Park. The full marathon also had to deal with last minute alterations.

The half marathon was won by Adam Ferreira, also number one in the 30-39 men's division, in a time of 1:07:08. Bill Stainbrook was the winner in the marathon in 2:33:42, with Carol LaPlant running a fine 3:17:09 for the open women's division. The results are reported elsewhere in this issue. The Fleet Feet people did an absolutely outstanding job considering what they had to contend with. There were plenty of PR's reported and few complaints, other than those concerning the wet and cold. A very commendable effort, which will insure many return entries next year.

However, this article is really not about the race, but rather about a unique, family-oriented running club from the Sacramento area, the Aztlan. It is a relatively new club in that area, although the original chapter was begun by Carlos Alfaro in Los Angeles in 1974. Other chapters have also formed in Woodland, Ventura and San Jose.

To the person of Hispanic descent, Aztlan means "land to the north" and comprises the entire area from Panama northwest as far as the Idaho and Montana borders. This is the land where several centuries before Hernando Cortez came to Mexico, the ancient tribes, following the vision of the god Huitzilopochtli, came to a

lake where they found, as in the legend, an eagle sitting on a cactus and eating a serpent. It was at that place they built the great and highly advanced city of Tenochtitlan, now known as Mexico City.

There are now ten million Americans of Mexican-Azteca-Indio-Hispanic descent who call themselves Chicanos because they resent, as do we all, being "hyphenated" Americans. They are proud of their ancestry, but are Americans first and last. Their contributions to the glory of this country are many and lasting, too numerous to be listed in this short article.

The founder of the Aztlan chapter of Sacramento is a lean, rugged-looking, but outgoing athlete named Richard Ortiz. He is 32 years old, a native of Woodland, and is a Deputy Probation Officer in the Juvenile Department of Sacramento County. A Marine veteran, Ortiz was at one time a boxer, taking a silver medal in the 1975 Western States AAU championships.

During Richard's career at Sacramento City College, he found that the rugged

weight control, restful and relaxed sleep and a calmer disposition. In the MMM, she ran a PR of 1:55, of which her teammates were justifiably proud.

Richard Ortiz pointed out that the Aztlan club's main goal, however, is not just for setting PR's and winning team trophies. With a family feeling of closeness evident among them, the members agreed they are dedicated to putting back into the community a share of the benefits that they have received from it themselves. The club has taken disadvantaged youth on fishing and camping trips and has raised money through car washes and wine tasting/fun run projects to aid those who are in need. Not only do these warm and loving athletes support and comfort one another, aiding even the slowest and most struggling novice in the club, but they are always willing to go outside the club to give emotional, financial and housing support to those less fortunate, regardless of so-called "ethnic background".

Ortiz is very concerned for the well-being of the youths with whom he comes in contact and indicates that they have a common problem: a low self-image—they simply don't like themselves. Richard and his club members are giving of their own time and energies to give pride and self-esteem to these young people.

The Aztlan club is family-oriented, with a happy spirit of good-natured teasing among all the members, some of whom include Victor Rivera 30, Rae Bright 38, John Galvez 47, Irene Ortiz, Dolores Morizzini 31, and Susie Munoz 28. Galvez, a parole agent for Sacto County, has run a half marathon with a PR of 1:31 and states that running keeps him trim and happy and better able to handle the stresses of his difficult job, while Morizzini has run a 10 mile PR of 69 minutes in just four years of training. She indicates a physical and mental high and a general good feeling about herself and her life.

Rae Bright is probably one of the more competitive of the women members; she has run a 32:18 5 miler and wants to do the Boston or New York marathon and is currently training to do a sub-3:00. She enjoys the esprit de corps, the fund-raising and, like the Ortiz's and John Galvez, is happy to be able to contribute to the society that all of us make up in this land.

Victor Rivera, from Elk Grove, says that he trains not too seriously, but wants to see his partner Bright get that three hour goal also. Susie Munoz says she has been a "hard-core" runner for about a year and has set her goal as being an ultra-marathoner and is planning to do the Clarksburg race



Photo by Lori Creed

Richard Ortiz, Club President

regime of training left him exhausted and battered from the constant punishment. He then turned to running to stay in good condition and by 1978 he began to enter marathons and has now run a total of 13, with a PR of 2:42.40 in the 1981 Sacramento Marathon. This effort qualified him for Boston and he wishes to run that big one someday. Ortiz is now competitive enough to place in his age group in nearly every race he enters. His wife, Vera (30), has been running intermittently for about eight years and emphasizes the benefits, such as

Club News

this November. She feels that young Chicana girls have a poor feeling about themselves as athletes and she hopes that the club can encourage more of these young women to get involved.

Another promising runner for Aztlan is Irene Ortiz, who has only been running for about a year but who strives to improve her times every time out and agrees that the philosophy of the club must continue to include a positive involvement and service to the community if she is to get the satisfaction that she seeks from running.

Aztlan, these people descendent from Moctezuma, Cuahuathemoc, Benito Juarez and Emiliano Zapata, these proud and contributing Americans welcome new members who share their love for our country and what it has given to us, to all of us.

Richard Ortiz may be contacted for membership at 1804 Rock Rose Road in West Sacramento, 95671, where he and members are making plans to participate in the 75 mile team relay race between Tecate and Ensenada during the May 14-15 weekend and the Lake Tahoe Relays in June. Please direct inquiries to him.

High Sierra Track Club

112 Green Oaks, Visalia 93277

Frank Ortega and Don Chapin led club members at the Roeding Park Six Miler. Ortega timed 32:40 for fourth in the 30-39 division (tenth overall) while Chapin clocked 32:49 earning fifth in the 30-39 division (eleventh overall). Steve Levy timed 34:53 for tenth in the submaster group. Len Thornton ran 35:01 to capture the fifty plus age group and Rick Zamarripa placed second in the 40-49 division in 35:32.

At the Central Cal TAC 10K Championships the HSTC had the individual champion in Juan Molina who clocked 32:00. Bob Loux finished fourth in 32:35 while Don Chapin and Dave Bronzan finished seventh and eighth in 33:57 and 34:40. Frank Ortega grabbed tenth in 34:52. Len Thornton again captured the fifty year old age group in 35:06, and Wayne Van Dellen took the 40-49 division in 35:23.

Dave Bronzan will host the Central California TAC One Hour Run championships on Sunday May 30 at the College of the Sequoias track.

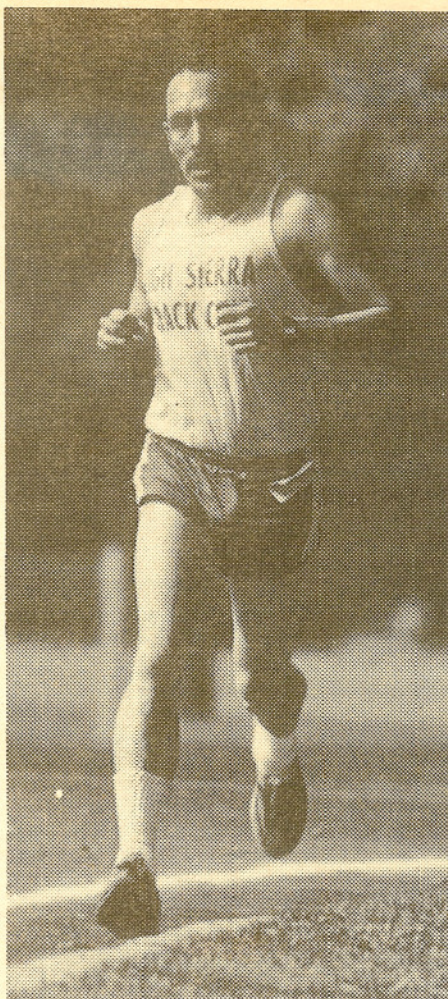
Berkeley Runners

5623 Oakgrove Ave., Oakland 94618

Several club members competed in the Jedediah 50 Miler in Sacramento. Roger Sharpe ran 7:02 for third in the masters division. Rich Fisher ran 8:16 a full 45 minutes less than his previous best, and John Buenfil finished in 8:30.

Hilary Naylor placed third in her division at the Bonne Bell 10K in 38:58.

The club holds monthly fun runs on the third Saturday of each month. They meet at Harmon Gym on the U.C. Berkeley campus at 8 a.m. and carpool to the site of the run.



Frank Ortega - High Sierra TC

Visalia Runners

Several members ventured to the Bay Area for the San Jose Mercury News 10K. Ed Taylor led club members as he clocked a personal best of 31:40. A week later at the Roeding Park Six Mile, Taylor again led the Visalia Runners by finishing second in 31:03. Gary Campbell ran 32:23 for third in the 30-39 age group while Jesse Rodriguez clocked 34:05 for the 40-49 age group crown.

The club captured its second straight Central Cal TAC Championship on April 17 as Ed Taylor led the team to the 10K title. Taylor finished second overall in 32:04. Gary Campbell was the first submaster in 32:35. Tanis Ryzebol led the women finishers with her winning time of 40:27. JoAnn Branco captured the women's master title in 42:31.

Jesse Rodriguez represented the club at this year's Boston Marathon timing 2:49.

Cherie Stephenson will be hosting the Mother's Day Four Miler on Sunday, May 9. For information or entry form contact her at 1527 Vassar Dr., Visalia, CA 93277.

Las Vegas Track Club

4224 Claymont St., No. 3
Las Vegas, NV 89109

Dave McDonald running his first 50 miler in 6:55:08 captured second place at the LVTC 50 Miler. Kay Moore placed fifth in 7:46:46, while teammate Dick Walsh timed 8:16:33.

At this year's St. George Half Marathon the club made a strong showing with Curt Wildemann and Dave Henderson leading the way for club members. Wildemann clocked 1:16:26 for fourth while Henderson was eleven seconds back in fifth. Rod Gardner finished seventh in 1:19:45, followed by Dennis Jensen in 22nd at 1:28:53 and Tony Pryatel grabbed 24th in a personal best time of 1:29:27. Peggy White won the women's 45-49 age group in 2:07:43 while Debbie Hecht was third in the 35-39 division in 2:06:43.

Frank Plasso Jr. was victorious in the Truck Stop 10K with a fine time of 31:19. Other LVTC division winners included Tony Gerardi 35-39 34:25, Rod Gardner 30-34 34:39, Anthony Mosley Jr. Div. 37:20, Jim Heinz 40-44 37:52, Don Murray 45-49 39:08, Tommy Hodges 50 plus 41:03, David Vela Youth Div. 42:03, Robin Savalli 30-39 45:01 and Terri Wagner Jr. Div. 58:50.

Neal Marek competed in the Long Beach Marathon where he ran a 3:49:53.

Bakersfield Track Club

The BTC has changed its organization of its activities rather significantly this year. In the past, the race director has been responsible for all the planning and conduction of all the races through the year (15 last year) including the marathon. Now the job of Race Director has been changed to more of a race coordinator who helps organize each race, appoints an individual a race director for each race, and is primarily responsible for the annual Half & Full Marathon. The number of races have been cut to 6 a year, because there are so many put on by other organizations now. The BTC is willing to help any organization that wants to put on a race, with advice or equipment rental. Hopefully this move will produce better quality races and prevent any repetition of what happened at the marathon this year.

At the annual awards banquet, club elections were held and new BTC officers are: President-Mike O'Haver, Vice President-Andrea MacDonald, Race Coordinator-Paul Cross, Treasurer-Jim Moran, Secretary-Aurora Perez, Board of Directors-Leo Marquez, Brenda Villanueva and Bob Edwards. Club meetings will be held the last Thursday of each month.

Paul White led club members at the BTC Marathon in February with his 2:57:05 clocking. Dave Freed was next in 2:58:09 and Dorch Sanders timed 3:06:22. Sanders was followed by Bob Moses in 3:07:09 and Leo Marquez in 3:07:52. Marquez was the first BTC master finisher. In the 13.1 miler Larry Bayless timed 1:14:08, Paul Cross clocked 1:16:01, and Paul Anderson timed 1:16:50 to lead the BTC. For the club women Brenda Villanueva timed 1:30:05.

Fresno Track Club

Empire Runners

4700 Foulger Dr., Santa Rosa 95405

Dan Preston led club runners at the 1982 Parkside 10K and 20K Runs. Preston clocked 33:59 for third place. John Anderson ran 36:59 for sixteenth. Rich Frampton was 39th in 40:35. Vicki French was the first female finisher overall in 42:56. Jim Noonan was the winner of the 20K event in 1:06:37. Mike McGuire finished 11th in 1:13:57. Mort Gray and Dennis Doris placed 15th and 16th as Gray timed 1:15:51 and Doris clocked 1:17:37. Malcolm Singer ran 1:20:37 for 21st and Joe Phaby placed 24th in 1:21:27. Janet Buckendahl was the first female finisher in 1:28:17.

Several club members ran the Napa Marathon. Glenn McCarthy ran 2:38, Jon McPherson timed 2:42, Ralph Harms clocked 3:12. Others included Leo Steneck 3:15, Lem Cheney 3:22, Richard Frampton 3:23:15, Shirley Segar 5:06:45 and Bill Ridolphi 5:06:48.

Southern California Striders

The Southern Cal Striders have welcomed several new members: Mike Grant, Nolan Smith, Viscount Nelson, Elbert Oliver, Francis Kishi, George Simon, Robert Watanabe, Ossie Dawkins, Walter Fus, Charles McTaggart, Morley Lertzman, George Davis, Charles Birdsall, Russ Hodge, Mike Mahler.

The Striders made an excellent showing at the TAC National Masters Indoor championships. Nick Newton place third in the high jump. George Cohen placed second in the 1000 yard run. Bill Knocke was second in the 600 yard run and third in the 300 yard run. Dee DeWitt nabbed two thirds—in the 50 yard hurdles and pole vault. He also grabbed a second in the long jump. Mel Elliott was third in the 1000 yard run. Bill Fitzgerald was a winner in his division in the 1000 yard run; he also captured a second in the 600 yard run. In the 4x400 relay the Striders captured a first with a team of Sturak, Watanabe, Lewis and Fitzgerald.

Raindance

7025 Shoreham Place
Stockton, CA 95207

To the difficult question "What is this Raindance?" has now been added the impossible question, "How can I join?". To which we have answered in part, "How can you join an idea; how can you join a flowing stream unless you push back the water instead of letting it flow? And if mileage is more important than megatons, why join anything?" Joss Walter and Sharon Miller won the first 8K championship race (conducted again in a driving rainstorm!). County 8K rankings available (SASE). Next race in the series is Tuesday, June 22 at 7:00 p.m. in our "Swimming Pool Race" (\$2.00).

The FTC sponsored ninth annual Roeding Park Six Mile race under director Frank Delgado was another successful event staged over the accurate two mile Roeding Park course. Club member Jim Hartig continues his string of impressive wins against top flight competition. The one-time Fresno City College and Fresno Pacific College standout turned in an excellent run of 30:24 to win overall honors. Jim's previous best Roeding Park time was a 30:59. Bob Lindsey won the 30-39 class with a personal best of 31:37, Curt Elia was second in the 30-39 division with a 31:51. David Naranjo, the impressive fifteen-year old from Sanger, churned out a quick 32:05 to win the under 19 class and was 7th overall. In the 40-49 category, Bingo Orme was fourth with a 37:08. Dick Rozier claimed third in the 50 plus group timing in at 38:35. Margie Timberlake was second in the 30-39 women's class at 41:14. Twelve-year old Jennifer Sharp won the under 19w class turning 54:29. One hurdles twenty six runners took part in the smoothly run event.

Curt Elia ran a 33:44 to win the overall honors at the first annual Auditor's 10K Cancer Run in Kingsburg on April 3. The race was held to honor the memory of Larry Jernagan, long-time Fresno County Auditor-Controller who succumbed to cancer last year. Third overall and the 2nd 30-39 was Bill Woody with a 37:00. Bob Rainwater was 5th 30-39 at 38:28, Erin Woody first 15 under with a strong 41:42, and Jim Raymond 6th 40-49 at 43:17.

FTCs fared very well at the second annual Fresno Volunteer Bureau Triathlon held April 4 at Clovis West High School. The three events covered a 6.5 mile run, 20 mile bike ride and 400 yard swim in the Olympic pool at the high school with the races run in the above order. Frank Delgado won the 40-49 division with a course record of 1:55:01 with fellow club member Jim Harris second in 1:55:41. Harris won this division last year. Delgado's decision to enter was a late hour one as he was not too confident of his biking abilities. But his win could be termed an upset as he set back a strong field of class competitors and was thirteenth overall. Ageless super masters competitor, Bob Fries of Fresno City College, scores another win in the 50 plus class with a record of 1:53:57 and tenth overall. One of the hard luck stories of the day was the demise met by top 30-39 contender Gordon Keller. Keller came off of a strong run and was in second place in the biking event and closing fast on the leader when he had a flat tire. Gordon, who has trained so hard for this event, hopes to atone for this loss by taking part in the May 8 Bakersfield Triathlon. Jack Wilkinson placed 22nd overall with a 1:57:22 and wife, Donna, was fourth in the 30-39 class with her 2:12:57. One of the outstanding women's performances was Margie Timberlake's 2:09:43, good for second in the tough 30-39 class. Mark Hull was the leader at the end of the 6.5 mile run, but lost ground in the bike and swim events to finish 26th in 1:58:29. Bob Rainwater had a 2:06:30 for a 52nd overall. Former sprint champion Luis Pannarale ended up with a case of severe leg cramps and a time of 2:22:36. Sixteen-year old Ron Thomasson was a victim of problems and was a DNF.

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San Luis Distance Club

P.O. Box 1134, San Luis Obispo 93406

The SLDC has welcomed Mike Endert, Mark Endert, Sue Krenn, Sarah Quady, and Emily Schoenwald to the club's roster.

Paul Spangler set his 54th age group record when he ran the World Runners Marathon in Long Beach. His time of 5:34:00 broke the old age record for his age by 52 minutes.

SLDC club members made strong showings at the San Luis Obispo Hind Wells Red Cross Marathon and Half Marathon. In the 13.1 mile event Bob Nanninga placed 6th in 1:23:51, Keith Handley was next to teammate Nanninga in 7th with the same time of 1:23:51. Mike Pond was 9th in 1:27:55 while Mike Rehorn was 12th in 1:28:40. Tom Jefferies led club runners in the marathon event placing second in 2:43:00. Clem Michel placed fifth in 2:52:53. John Ernatt timed 2:54:00 for seventh, he was followed by fellow SLDC members Bill VanWyngaarden in eighth 2:54:33 and Jeff Herten in tenth 2:57:10.

Inter City Athletic Club

P.O. Box 5344, Oakland 94605

ICAC's half-mile specialists proved themselves up to the challenge at Arizona State's Third Annual Sun Angel Classic. The team of Rich Nichols, Lloyd Johnson, Mike White, and James Robinson won the 4x880 yard relay in the fine time of 7:17.57. Nichols led off with a 1:52.03; Johnson followed with a 1:49.50; White came next in 1:49.44; and Robinson anchored in 1:46.60. ICAC's time converts to 7:15.03 for meters which is the 21st fastest time ever posted for the distance. The team's time places them 7th on the all-time U.S. list.

At the same meet Mark Kent's 10.51 netted him a fourth place finish at the Sun Angel Classic. The ICAC mile relay team (Robinson, Nichols, Johnson and White) suffered a minor disaster and failed to finish when the baton was knocked from Nichols' hand.



From Tony Baker

San Diego Area Company Relays

April 4. Mira Costa College, Oceanside. Eight men's and two women's employees track teams competed in the first ever Company Relays in San Diego. The meet was comprised of a variety of businesses and organizations—nuclear technology, retailing, computers, education and even the local fire department.

From the outset it was clear it was going to be a battle between Fed Mart's younger runners and General Atomics older runners. In the end General Atomics prevailed winning five or six men's relays. Fed Mart was the 400 meter relay and finished second in two others.

Results:

MEN

400m Relay: 1 Fed Mart 47.3, 2 General Atomics (A) 47.8, 3 General Atomic (B) 49.0, 4 Fed Mart (B) 50.0, 5 ISSCO 53.0. **1 Mile Relay:** 1 General Atomics (A) 3:41.8, 2 Hewlett-Packard 3:42, 3 Fed Mart 3:47.6, 4 General Atomic (B) 3:50.6, 5 ISSCO 4:6.6. **Distance Medley:** 1 General Atomic 11:28.9, 2 Fed Mart 12:10.1, 3 Oceanside School District 12:23.5, 4 Fed Mart (B) 12:38.4, 5 ISSCO 12:40.9. **8 Mile Team Race (4x3200 meters):** 1 General Atomics 42:34.7, 2 Fed Mart 46:39.3, 3 ISSCO 49:09.7, 4 Electron Beam 49:16.6, 5 Escondido Fire Dept. 49:42.6. **Master's Distance Medley:** 1 General Atomics 13:11.2. **Master's 8 Mile Team Race (4x3200 meters):** 1 General Atomics 49:38.1. **Team Scores:** 1 General Atomics 68, 2 Fed Mart 40, 3 Issco 14, 4 Hewlett-Packard 8, 5 Oceanside School District 7, 6 Electron Beam 6, 7 General Dynamics 3, 8 Escondido Fire Dept. 2.

WOMEN

400 Meter Relay: 1 ISSCO 68.2. **1 Mile Relay:** 1 ISSCO 6:52.3. **Distance Medley:** 1 General Atomics 15:55.6, 2 ISSCO 20:30.4. **Master's Distance Medley:** 1 General Atomics 17:25.2. **Master's 8 Mile Team Race (4x3200 meters):** 1 General Atomics 61:21.2. **Team Scores:** 1 General Atomics 30, 2 ISSCO 28.

TRW/Hughes Aircraft Employees Meet

April 10. Aviation H.S., Redondo Beach. Last year TRW held their first employees track meet as a time trial for the Corporate Cup Relays. It was such a success they planned to make it an annual affair and invite the cross-town aerospace competitor to join in. This year's meet turned out to be a full-fledged, highly contested event with several outstanding women's and master's marks.

Some outstanding marks made by the men were Henry Phillips 11.00 in the 100 meters, Tim Upshaw's 52.2 for 400 meters, and Ron Weiner's 4:55 in the master's mile.

photo by Wayne Pfeiffer



Sharon Considine hands off to Nicki Hobson in the Women's Open Distance Medley Relay.

CORPORATE TEAMS SET FOR PEPSI/UCLA INVITATIONAL

Nine of the best employee track teams have been selected to run in the Corporate Coed Relay at this year's Pepsi/UCLA Invitational on May 16. Most of the relay teams that competed in the Sunkist and Times indoor meets will confront each other again. Two new challengers are Stater Brothers Super Markets and Rockwell International.

The Coed Relay is comprised of two women and two men. The women will run 440 yards for the first and last legs of the relay and the men will run 880 yards for the middle two legs.

The corporate entries are: Hughes Aircraft, Security Pacific Bank, Rockwell International, TRW, TRW Systems, LA Times, Stater Bros. Super Markets, Exxon and Pacific Telephone.

A great triple was made by Wendy Watson—71.3 for 400 meters, 2:35.9 for 800 meters, and 6:09.5 at the mile. And two excellent doubles were made by Ginny Sargeant—66.5 and 2:32.6, and Mabel Ferguson—12.62 100 meters and 26.2 at 200 meters.

Results:

MEN

100 Meters: 1 Phillips(T) 11.00, 2 Misurace (H) 11.12, 3 Powers(T) 11.67, 4 West(T) 11.85, 5 Hornbuckle(T) 12.24. **200 Meters:** 1 Brown (H) 23.3, 2 Weigel(H) 23.7, 3 Misuraca(H) 24.0, 4 Werman(H) 24.1, 5 Gardner(T) 25.2 & Groe (T) 25.2. **400 Meters:** 1 Upshaw(H) 52.2,

photo by Wayne Pfeiffer



Beginning the anchor leg in Men's 1600m Relay. Robert Beauchamp hands off to John Thomas for Hewlett Packard (left), while Bill Betts hands off to Graeme Shirley of General Atomic (right). GA barely won in this close contest.

2 Misuraca(H) 56.9, 3 Whitsitt(T) 57.5, 4 Tanzer(H) 59.3, 5 Gronbach(Xerox) 59.9. **800 Meters:** 1 Werman(H) 2:12.9, 2 Donahue(H) 2:14.1, 3 Horning(H) 2:14.7, 4 Marrujo(H) 2:17.8. **Mile:** 1 Donahue(H) 5:05.8, 2 Horning(H) 5:06.9, 3 Ashimine(H) 5:07.9, 4 Cody(H) 5:16.6, 5 Lawful(T) 5:30.9. **Master's 400:** 1 Kishi(T) 60.7, 2 Portillo(H) 61.3, 3 Cosgrove(H) 61.7, 4 Shankle(H) 62.5. **Master's 800:** 1 Portillo(H) 2:17.7. **Master's Mile:** 1 Werner(T) 4:55.5, 2 Bourke(T) 5:00.8, 3 Devine(H) 5:37.8.

WOMEN

100: 1 Ferguson(H) 12.62, 2 Nixon(T) 13.54, 3 G. Garza(T) 13.90, 4 M. Garza(T) 14.48, 5 Terano(T) 15.21. **200:** 1 Ferguson(H) 26.2, 2 Nixon(T) 28.1, 3 M. Garza(T) 29.9, 4 Terano(T) 32.8, 5 Sedonia(T) 35.4. **400:** 1 Sargeant(T) 66.5, 2 Watson(T) 71.3, 3 Jones(T) 77.8. **800:** 1 Sargeant(T) 2:32.6, 2 Jones(T) 2:35.8, 3 Watson(T) 2:35.9, 4 Cody(H) 3:00.6. **Mile:** 1 Watson(T) 6:09.5, 2 Winship(T) 6:19.2, 3 Lieu(H) 7:26.4. **5000:** 1 Johnson(H) 20:30.6, 2 Horiguchi(H) 24:04.7, 3 Lieu(H) 24:32.0. **Master's 400:** 1 Owens(T) 76.4. **Master's 800:** 1 Owens(T) 2:52.0, 2 Elwell(T) 2:54.3. **Master's Mile:** 1 Elwell(T) 6:37.8, 2 Martin(H) 7:07.6. **Master's 5000:** 1 Martin(H) 23:19.8, 2 Glauser(H) 28:25.0.

Los Angeles Area Company Relays

April 18. Cal State Dominguez Hills. An outstanding track meet always has very fast and close 440 and mile relays. This year's Los Angeles Area Company Relays had both as 13 teams vied for individual relay and team awards.

In the men's 400 meter relay five teams finished within one-half second of each other with Hughes Aircraft winning in 45.3. In the mile relay Security Pacific Bank won by 30 yards in 3:32 but the next four teams were within 4 seconds of each other.

Coming into the meet it was expected to be a close team contest between Pacific Telephone, TRW and Security Pacific Bank. However, newcomer Hughes Aircraft surprised everyone by winning three of the six men's events.

In the final tally, Hughes had accumulated 44 points with Security Pacific Bank, Rockwell International and TRW each with 31 points.

In the women's competition, it was an awesome display of numbers, talent and preparation by TRW. You knew immediately they came ready to run when their three 400 meter relay teams finished 1-2-3 in the first women's event.

TRW overwhelmed the other nine teams in points by scoring 88 to second place Los Angeles Time's 16. They won five of the six events with Hughes taking the Open 8 Mile Team Race by averaging 13:08 for two miles by four runners.

Of the many outstanding women's marks the most notable were 53.3 in the 400 relay, 4:24.7 mile relay, 4:40.5 mile relay by four 30 and over runners, and a 16:07.5 master's distance medley.

Results:

MEN

400 Meter Relay: 1 Hughes Aircraft 45.3, 2 Security Pacific Bank 45.5, 3 TRW 45.7, 4 Rockwell International 45.7, 5 Los Angeles

continued on page 56...

SAN FRANCISCO MARATHON

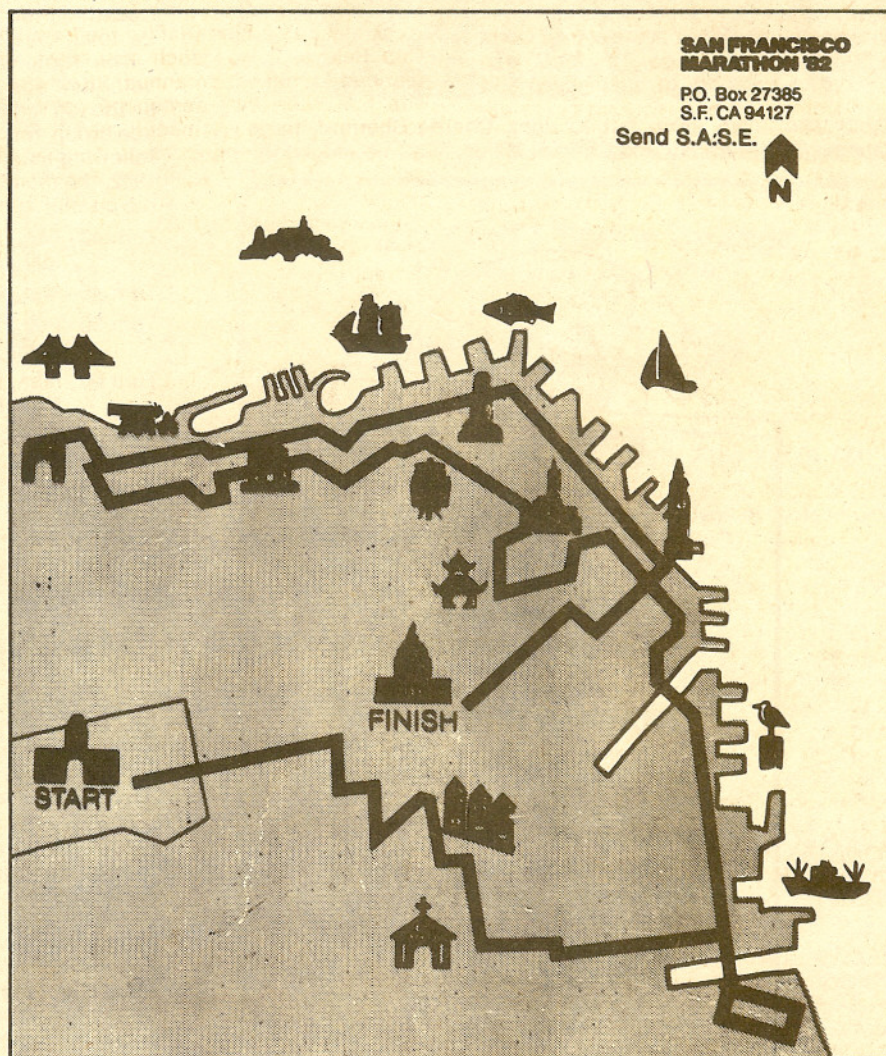
JULY 11, 1982

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Masters Scene



Gold USA 400m Relay left to right: Cherrie Sherrard, Irene Obera, Almata Parish and Christel Miller.



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Master's Scene

Third place overall in the February 27th Trails End Marathon in Seaside, Oregon was **Jim Bowers**, age 43 of Santa Rosa, California. Bowers' 2:23:58 was first master by over 15 minutes. . . **George Ker** reports that this year's Grandfather Games will be the last one held at Los Angeles Valley College and the last one put on by himself. George has directed the Games for the past 11 years. He cited changes in the college recreation program and administration as responsible for the demise. . . The **West Valley Masters Meet** has been postponed until July 24. **Bruce Springbett** is still the meet director and the event will still be in Los Gatos. For entry information contact Bruce at: P.O. Box 1328, Los Gatos, CA 95030. Call: (408) 354-7333. . . The **The Pacific Sun Distance Run** will supposedly be offering cash prizes to masters winners. We'll try to get more details for next issue. . . Two nearby masters **decathlons** to add to the schedule include: Denver Track Club Decathlon, June 26-27 - contact: Jim Weed, 11672 E. 2nd. Ave., Aurora, CO 80010. National Masters Decathlon, July 3-4 - contact Jim Puckett, 26000 S.E. Stark, Gresham, OR 97030. Another rumored decathlon is the 1st World Masters Decathlon - date unknown - contact Ed Oleata, 2870 Glenbrook Way, La Jolla, CA 92037.

The National Running Data Center reports some runners who enter new age groups in 1982. Perhaps they are not really welcomed by the top runners already in that group, because they're likely to set age-group records and top the rankings in their new group. The following list shows some runners who will enter new age groups in 1982, the month they will enter in, a recent mark, and in parenthesis the current age-group record at that distance:

- Turn 40 - Feb., Mike Manley - marathon 2:16:45 (2:22:23)
Mar., Cindy Dalrymple - 15km 52:21 (57:15)
- Turn 45 - Mar., Trudy Rapp - 15k 58:08 (58:18)
- Turn 50 - Feb., Ray Hatton - 10km 31:26 (33:17)
Sep., Dorothy Stock - 10km 37:39 (38:08)
- Turn 60 - Mar., Hubert Morgan - 10km 36:32 (38:12)
May, Ed Almeida - 10km 36:54 (38:12)
- Turn 80 - Jul., Lou Gregory - 10km 54:51 (58:47)

Others who will be entering new age groups include Linda Thurston, Jack Mahurin, and Bette Poppers who turn 40; Mike Tymm, Ernest Billups, and Marilyn Harbin who turn 45; Don Dixon and Ross Smith who turn 55; Robert Dellwo, Joe McGinness, Wayne Zook, and Kay Atkinson who turn 65; and John Oeltman, Vernon Geary, and Robert Boal who turn 70.

Masters 5 Mile Run Planned

The Cougar Athletics Club, a youth running organization, along with McIntosh's Sports Cottage and the city of Sacramento, will be presenting a five mile road run for **Masters only**. The run will take place Saturday, June 12th, at 9:00 A.M. The race starts and finishes at Glenn Hall Park near Sacramento State.

It is hoped that the top Masters runners, both men and women, will participate. Already committed to the race are two of Sacramento's over 40 best, Doug Renner and Don Spicklemeir.

The age brackets are in five year increments and run all the way to 60 and over for men and women. The awards are three deep in each bracket and awards for the oldest male and female finishers.

Race founder, co-meet director, and initial entrant, John McIntosh, said, "The purpose of this event is to bring attention to the excellent state of Masters running in Northern California and to just have a good time for everybody." Co-race director, Randell Sturgeon states that the rules are very simple for this event, "No runners under 40 and no officials over 39."

★ Masters U.S. Road Running Records ★

From Bob Martin - National Running Data Center

These are the Official US Road Running Records as recognized by the Road Runners Club of America and The Athletics Congress. Records must be set on certified courses whose start and finish lie within 10% of the race distance and do not drop more than 10 ft/mile in elevation from start to finish. Results must be submitted to the NRDC, along with information substantiating the accuracy of race procedures. In addition to the official records, the NRDC lists point-to-point marks on certified courses that are faster than the official records (signified with an "a"). "p" indicates a pending mark.

MEN 60-64:

8 km	30:47	George Sheehan (62, NJ)	81
10 km	38:12	Stephen Richardson (60, CT)	81
15 km	54:23	Clive Davies (62, OR)	78
10 miles	1:01:01	Joe McGinness (61, TN)	79
20 km	1:18:52	Don Longenecker (64, NM)	80
	p1:18:42	Rudy Nimmons (60, SC)	80
Half Marathon	1:28:36	Wayne Zook (60, CA)	77
	a1:24:52	Don Loangenecker (64, NM)	81
25 km	1:46:03	Paul Reese (61, CA)	78
	a1:41:07	Don Longenecker (64, NM)	81
30 km	2:08:00	Stephen Richardson (60, CT)	80
	a2:02:57	Don Longenecker (64, 81)	81
20 miles	2:09:12	George Sheehan (61, NJ)	80
Marathon	2:42:44	Clive Davies (64, OR)	79
50 km	3:48:56	Frans Pauwels (62, OR)	81
50 miles	6:24:18	Frans Pauwels (60, OR)	78
100 km	9:37:13	Richard Goodman (61, WA)	81

MEN 65-69:

8 km	36:15	Cleo Casady (67, MO)	80
10 km	43:37	Earl Wert (67, AL)	81
	ap39:39	Joseph Silber (65,)	80
15 km	55:16	Clive Davies (65, OR)	81
10 miles	1:07:59	John Archer (65, WI)	79
20 km	1:20:53	Norman Bright (66, WA)	76
Half Marathon	1:21:53	Clive Davies (65, OR)	80
25 km	1:54:15	Cleo Casady (66, MO)	79
30 km	2:36:54	Joseph Abbas (65, OH)	80
	a2:13:34	Robert Boal (66, NC)	79
20 miles	2:56:57	Frank Cuzzillo (65, CA)	80
	ap2:46:04	John Benkovich (65, WI)	80
Marathon	2:51:27	Clive Davies (65, OR)	81
	a2:42:08	Clive Davies (65, MA)	81
50 km	5:40:22	John Newdrop (69, VA)	79
50 miles	7:49:34	Cleo Casady (68, MO)	81

WOMEN 60-64:

8 km	47:59	Evelyn Havens (64, NY)	81
10 km	46:44	Althea Wetherbee (61, NY)	80
	a46:23	Marcie Trent (63, AK)	81
15 km	1:13:47	Patricia Dixon (62, OR)	81
10 miles	1:18:13	Althea Wetherbee (61, NY)	80
20 km	1:41:23	Althea Wetherbee (60, NY)	79
Half Marathon	1:48:37	Althea Wetherbee (61, NY)	80
25 km	2:03:14	Marcie Trent (62, AK)	80
30 km	3:49:06	Marion Epstein (62, NY)	80
	p3:29:46	Margaret Kegley (61, WA)	81
20 miles	a2:35:22	Althea Wetherbee (61, NY)	81
	2:59:13	Kay Atkinson (62, CA)	79
	a2:48:19	Althea Wetherbee (61, NY)	81
Marathon	3:26:16	Marcie Trent (60, AK)	78
50 km	5:12:47	Josephine Hess (63, WA)	81

WOMEN 65-69:

8 km	none		
10 km	59:16	Pearl Mehl (66, CO)	80
	a54:37	Pearl Mehl (66, CO)	80
15 km	1:32:27	Adrienne Salmini (65, NY)	80
	a1:29:14	Pearl Mehl (67, CO)	81
10 miles	1:45:52	Adrienne Salmini (65, NY)	80
	p1:30:39	Jessica Posey (67,)	80
20 km	none		
Half Marathon	2:11:49	Evelyn Havens (65, NY)	81
25 km	none		
30 km	none		
20 miles	4:12:40	Mavis Lindgren (69, CA)	76
Marathon	4:37:40	Pearl Mehl (67, CO)	81

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The National Running Data Center is an independent, non-profit organization that compiles and maintains the official U.S. road-running and long-distance track records, as recognized by the Road Runners Club of America and The Athletics Congress. Send for a list of other available publications - SASE appreciated.

McIntosh's Sports Cottage Presents the 1st Annual

Masters 5 Mile

Date: Saturday, June 12, 1982

Time: Race at 9:00 AM. Race Day Registration at 7:30 AM.

Distance: 5.0 Miles, Certified Course.

Place: Glenn Hall Park in River Park at the end of Carlson Drive (near Cal State Univ. Sacramento).

Sponsors: City of Sacramento
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Awards: 3 deep in each division
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Entry Fee: \$7.00

Refreshments: Beer and Calistoga Water

Divisions:
(Both Men & Women)

40-44

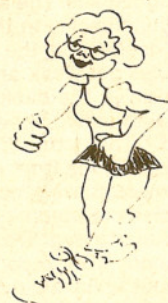
45-49

50-54

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Medical Notes for Runners

By STEVE SUBOTNICK

THE TEN MOST COMMON RUNNING INJURIES

Running injuries occur from a various assortment of etiologies. Etiology may be due to one or all of the following:

- A. Accumulated microtrauma
- B. Dynamic imbalance
- C. The sport itself
- D. Functional variation
- E. The rule of three
- F. Gear and equipment
- G. Physiological
- H. Psychiatric
- I. Biomechanics

Accumulated microtrauma. Let me explain this a bit further. It appears as though the microtrauma or unnoticed trauma of running can accumulate. This is very similar to the straw on the camel's back. It finally breaks the back. Your body can only tolerate so much abuse, and, if you ignore the warning signs of stiffness, sleeplessness, and generalized overuse and fatigue, then you may have accumulated enough microtrauma to render your body less able to protect yourself and end up with stress fractures, tendonitis, bursitis, or systemic problems such as influenza or a cold. If you take your pulse every morning and note that the morning after a hard workout your pulse is a good ten beats faster, that's an indication to take it easy for the next couple of days. You are on the verge of overuse and injury.

Dynamic imbalance means that prime movers are stronger than the stabilizers. In running, the prime movers are the muscles in the back of the leg which propel you through space. The antagonistic stabilizers are the muscles in the front of the leg, the quadriceps and the anterior tibial. These muscles get weak and injured whereas the muscles in the back of the leg get strong and tight and, likewise, may become injured. The correction: Strengthen the muscles in the front of the leg by lifting five or ten pound weights and doing quadriceps exercises. Stretch all the muscles in the back of the leg. Do this before and after workouts. Try race walking during your workout to have a dynamic form of stretching and strengthening.

The sport itself. The sport of running lends itself to injury. Running causes one foot to land where the other foot was. Thus, there is an increase in the bowleggedness of the lower extremity functionally. This means that the majority of runners land on the outside of their heel and roll inwards toward the ball of the foot and, finally, put most of the stress under the great toe. This means that somebody with a relatively good lower extremity might function similarly to a bowlegged person who has problems just walking; thus, the need in many runners for some special modification in a shoe, such as a varus wedge or an orthoses to add a cant and decrease the tendency toward pronation secondary to the functional varus of running.

The rule of three. Since there is three times body weight going through the foot on level surfaces, four times body weight downhill, and two times body weight going uphill, it appears safest to stretch out the muscles in the back of the leg and utilize uphill training for speed and strength. It is quite difficult, going uphill, to do any real damage because you can't go fast enough. Uphill running greatly strengthens all the muscles in the front of the leg, helps knee problems, and teaches the runner to keep the weight forward under the ball of the foot. The rule of three means that, since three times body weight is going through your foot, any biomechanical imbalance you have is three times more important. Thus, one-eighth inch limb length discrepancy is as important as a three-eighth inch limb length discrepancy in the



Dr. Subotnick, along with being the Medical Editor of California Track and Running News, is also Editorial Consultant for Runner's World Magazine; President of the American Academy of Podiatric Sports Medicine; and Professor of Biomechanics, Surgery and Kinesiology.

Gear. Gear refers to shoes. The proper shoe with the proper midsole material can make all the difference in the world. Allowing one shoe to wear out more than another shoe may cause an imbalance in an injury. Check your shoes regularly. If there are any doubts or questions, consult your sports podiatrist.

Physiologic. Many runners get injured when they are glycogen depleted or dehydrated. It's important to know the warning signs of fatigue and glycogen depletion so that you can slow down and take a well-deserved rest. Dehydration can occur on any day, even if it is cool out, if you are working hard enough. The warning signs are disorientation and, then, a cool moist sweat followed by dryness. Drink plenty of water.

Psychiatric. Many runners feel that if they miss a day they are cheating themselves and cheating their running pro-

"The sport of running lends itself to injury."

runner etc. etc. What I really mean is that the little things that seldom cause problems in everyday life are of extreme importance to the athlete, especially the runner, as more and more mileage is accumulated.

gram. Other veteran runners think nothing of running five to six days a week. Statistics have shown that there is a 50% increase in injury rate with those runners who train more than five days per week. Statistics

have also shown that five days a week of training is all that is necessary for maximum performance and participation in sports. If one wishes to run six or seven days a week, at least two workouts per week should be very easy and relaxed. There is also a syndrome that I call the divorcee syndrome. It seems as though when one of the partners in a divorce begins getting ready for the divorce, they compensate their depression by running more and more and more until, finally, they are injured. Utilizing running as an escape from another problem can lead to injury.

"Many runners feel that if they miss a day they are cheating themselves . . ."

Biomechanics. Biomechanics refers to the biodynamic way in which your muscles, joints, and bones function and relate to each other. It's well known that a foot should be anatomically sound and neutral in the middle of midstance. This means that, just before the heel leaves the ground, you should have a normal appearing foot. If this is not the case, they you will have inefficient running style and be utilizing much needed energy to help support a foot rather than propel you through space. Biomechanics is quite important.

The ten most common running injuries, in my office, are as follows:

1. Problems about the knee — 30 to 32%.
2. Shin splint problems, most often, at the front and the inside of the leg (posterior) tibial) — 8.6%.
3. Ankle problems — sprains or swelling — 5.2%.
4. Achilles problems — 6%.
5. Heel spurs — 7%.
6. Plantar fasciitis, pain on the bottom of the foot near the heel bone — 7%.
7. Strains of the forefoot, neuromas or stress fractures — 18.1%.
8. Stress fractures of the lower extremity — 6.2%.
9. Painful pronated flat feet, nonspecific aching of the feet — 4.5%.
10. Other problems — bunions and swellings of the great toe joints, tendonitis about the ankle, sesamoiditis, hammertoes, tarsal tunnel syndrome, warts, ingrown toenails.

Along with these relatively serious problems, it is noted that about 33.6% of the complaints of many runners is that of blisters.

Comments about the ten most common running injuries.

PROBLEMS ABOUT THE KNEE

Most knee problems are due to imbalances in the foot and weakness of the quadriceps muscles. Correcting the foot biomechanics and strengthening the knee muscle will cure 80 to 85% of the knee problems. There is as high as a 2% incidence of

actual damage within the knee joint itself which will need the attention of an orthopedist.

SHIN SPLINT PROBLEMS

Shins — The most common shin problem is that of tendonitis or pulling of the posterior tibial tendon. The posterior tibial muscle is at the front and inside of the leg and this tendon goes underneath the inside ankle bone and helps hold the arch up. If you are pronating or flattening your foot excessively, you can get posterior tibial tendonitis which is difficult to distinguish from

a stress fracture in the leg. The treatment is proper biomechanical approach as well as appropriate physical therapy and anti-inflammatory measures for the lesion itself.

ANKLE PROBLEMS

Ankle problems are best treated by focusing attention on the exact lesion. Sprains must be rested and some form of upright brace utilized for a good two to three months to allow for proper healing and disallow a respraining. Some ankles which sprain regularly are in need of a surgical reconstruction of the ligament. Generalized swelling about the ankle joint is more common in beginning runners.

ACHILLES PROBLEMS

The Achilles tendon can be injured by accumulated microtrauma or sudden trauma. Achilles tendon injuries are nothing to sit around with. Immediately, seek proper medical attention and rest until a diagnosis and rehabilitative plan has been formulated by your sports podiatrist or sports orthopedist.

HEEL SPURS

Heel spur syndrome refers to pain on the bottom of the heel. There could be a bursitis (sac with fluid), a neuritis (entrapment of the medial calcaneal nerve with nerve like pain), or a combination of the above two, along with plantar fasciitis (a pulling of the tuff tissue which inserts into the heel spur area). Heel spurs are formed by tissue pulling on bone as the foot pronates. Treatment: Correct overpronation; decrease inflammation; utilize taping; at times, oral medications; and, at times, injection therapy. If all else fails, surgery may be indicated. In my practice, only 8 to 10% of those people with chronic unrelenting pain from heel spurs are in need of surgery. The remainder respond well to nonsurgical treatment.

PLANTAR FASCIITIS

Fasciitis. Fasciitis refers to a portion of the heel spur syndrome and it is treated with taping, resting of the foot, and, at times, injection therapy. Occasionally, a plantar fascial release under local

anesthesia is necessary to relieve the problem. Heel lifts may be useful.

FOREFOOT STRAINS

Forefoot strains. Anything that goes wrong in the forefoot will most likely be helped by some form of orthosis. A soft temporary orthosis should be used at first and X-rays may be necessary to rule out stress fracture. If there is pain between the toes, radiating into the toes and, then, into the arch, a Morton's neuroma or enlarge nerve at the bottom of the foot may be present. Stress fractures usually cause swelling on the top of the foot. If you have a stress fracture, immediately seek appropriate treatment.

STRESS FRACTURES

Stress fractures can occur elsewhere other than the long bones (metatarsals) of the foot. Six and two tenths percent of all running injuries are secondary to stress fractures. About 3.9% of all running injuries are metatarsal stress fractures. These occur secondary to accumulated microtrauma with the bone becoming weakened and, then, fracturing. One and four-tenths percent of all injuries are fibular stress fractures. This means stress fractures of the bone on the outside of the ankle and leg. One and nine-tenths percent of all stress fractures occur in the tibia (the large bone in the leg, itself). What to do. Get a proper diagnosis and then rest, for fibular and tibial stress fractures, for a good six weeks. For metatarsal fractures, rest for three weeks. Then tape the foot, utilize an orthosis and gently begin running again. There may also be stress fractures of other bones in the foot. Runners landing on the ball of their foot or hurdling or jumping may get a stress fracture of a sesamoid. The sesamoids are the two small bones underneath the first metatarsal head. If there's pain with moving the big toe up and down, then you may have a sesamoid fracture. I've also seen stress fractures of the heel bone (calcaneus) and midtarsal bone (navicular). There may also be stress fracture in the huge hip bone (the femur) or in the pelvis itself.

PAINFUL PRONATED FLAT FEET

Painful flat feet refer to those feet which pronate excessively and are always associated with chronic nonspecific aching and pain. These usually respond readily to some form of biodynamic orthoses.

OTHER PROBLEMS

Other foot problems. These include strains of the first metatarsal phalangeal joint, ankle strain, sesamoiditis, hammertoes, tarsal tunnel syndrome, warts, and ingrown toenails. All of these problems are readily treated by your sports podiatrist.

It's important to realize that the first warning sign of any injury may be stiffness, swelling, and mild pain. If one progresses to train with these problems, it usually will result in prolonged injury with a prolonged rehabilitative course and much more time off of running. When you have a problem, immediately seek appropriate medical attention.



U.S. athletes still neglect this valuable conditioning technique. It's more important than you think.

PART I — Introduction to Swedish Massage

By DAVE MARTIN, Massage Therapist

It is now seven years since I established myself as a professional Massage Therapist. These writings detail my encounters along the way and what my experience has been with respect to those who are involved in running.

Because massage is not part of the American culture, it is important to realize that acceptance of this therapy has been very slow to develop in this country. The purpose, benefits, and the way it produces results are not understood by very many. Yet if properly administered it can be the best form of conditioning anyone can receive for their body. It's not a replacement for medical assistance but a valuable supplement. But even in 1981, U.S. athletes still do not give it the priority it deserves.

For a preventative running program, stretching and warm-ups are fine but they are not the total answer. Massage therapy is the important link that is missing—a stress reduction system that really works and gets results.

In past years I observed that there are thousands of runners here in the San Francisco Bay Area, but few seem to be alert enough to seek help from massage. They appear to prefer holding on to the stress blocks that prevent either good performance or an improved one. Low consciousness and poor awareness are the reasons for this. Many problems include contracted rigid structure holding armor-plated like tightness, stress symptoms in the muscles, soreness, fatigue, pain, pulled muscles, tension and an assortment of ills that apparently is accepted as part of the sport. Many are so familiar with pain and discomfort that they are into a belief system that this is the price they must pay for participating in running.

What I noticed about runners is that I found them to be resistant, unreceptive or indifferent to the consideration of the application of massage.

Repeating the same pattern of mistakes is costly and leads to a dead-end. Yet many spend hundreds of dollars for medical treatment of injuries AFTER they occur, by going to doctors. This not only results in a needless waste and expenditure of lost dollars per run-

ner, but includes the enduring of pain, often prolonged medical care, loss of time, plus frustration due to the inability to run, and a long recovery period.

Proper conditioning would PREVENT a large percent of the injuries. Most Americans don't concern themselves with stretching or massage. Few doctors recommend a Preventative Maintenance program since teaching given in medical schools is so geared that students are trained not to think in terms of prevention. Yet we all know that ("An ounce of prevention is worth a pound of cure.") Many set themselves up for injuries with a repeated pattern that is predictable.

It goes like this: No thought or care given to conditioning or preventative therapy — a heavy running program — then injuries — followed by pain, frustrations and expenses. Obviously this old pattern needs to be junked. A new consciousness or awareness of the body and its requirements is what is needed by everyone.

In 1979, an on-going study of more than 1500 runners conducted by the California College of Podiatric Medicine revealed that of every 10 people who are running at any given moment, at least 4 are experiencing some sort of pain. That's 40% of all those running and even this survey is a conservative estimate and not actually correct. The figure is actually over 60%—much higher!

Many injuries could be prevented by a series of massage treatments on a definite schedule. Why tolerate Knee Pain, Muscle Tightness, Shin Splints, Ankle Pain, Low Back Problems, Arch Pain, Tendonitis, Hip and Calf Pain, to name a few. Neglect the body by not having it massaged and you're inviting trouble. High stress areas only increase and intensify developing into major problems unless those places are relieved with deep massage to facilitate release and flexibility.

Scientific massage produces direct and powerful action on the Muscular, Nervous and Circulatory Systems. These three systems in particular help you to move, feel and function better. The purpose of massage is to bring ease, order and perfect expression in movement. Dr. Gabe Mirkin tells us that shin splits are caused by a combination of weak forefront muscles in the leg and exceedingly tight calf muscles. The logical way to prevent these conditions is by regular, continuous massage treatments which strengthen, stretch and give elasticity to the muscles. Repeated massage therapy provides this flexibility.

In the massage profession I meet much resistance from the public. It's like attempting to convince people they should have fire or safety insurance. Nobody believes they need it for themselves. They think it's always the other guy who should have it. Massage is as necessary as eating or sleeping. All of us want improved functioning which can result from being touched. Touching is a basic need. If tension and stress is not removed, it develops into acute soreness. Not only is massage neglected by both amateur and pro athletes, but by coaching and training staffs also. I surveyed ten local coaches at both the high school and college level and found none of them included massage or even brief rub-downs in their training programs.

"Swedish Massage is regarded as the most scientific and finest of all methods."

What is massage? It has been defined by medical authorities as "a term which is used to signify a group of systematic and scientific manipulations of bodily tissues, which are best performed with the hands, for the purpose of affecting the nervous and muscular systems, and the general circulation."

Massage helps to speed the return of the venous blood (the dark blood in the veins) to the upper chamber on the right side of the heart. From there blood goes to the lungs where it discharges carbon dioxide, picks up oxygen and then moves to the left side of the heart, to the aorta, and then throughout the rest of the body, to the kidneys, liver, arteries, etc. In other words, the original blood cells return as renewed cells, as fresh blood coming back in a random distribution to a completely different part of the body. This process of cell renewal takes about 20 seconds.

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Scientific Swedish Massage increases circulation to the muscles and as the capillaries (tiny blood vessels) dilate or expand, the blood flows into the muscle tissue, stimulating cell metabolism. In the process, fluids are flushed out and metabolic waste by-products such as lactic acid are removed.

By improving the circulation of the blood, scientific massage can drain edema (swelling in a joint or muscle), reduce pain caused by lactic acid accumulation and promote healing of an injury by increasing the blood flow or nutrition to the affected area.

Massage therapists rightfully take pride in their historical roots. Hippocrates recognized as "The Father of Medicine" advised the application of massage in the year 460 BC. He told the physicians of his time to get out and massage patients. Therapeutic massage is

Greek and Persian literature. It appears in the tracts of the Chinese physician Hwang-Ti in 2697 BC. Alexander the Great enjoyed the services of native masseurs when he stopped in India in 327 BC. It is thought that members of his army brought the practice back to the Mediterranean.

Today, there are several different forms of massage such as the French, German, and Russian systems. But these borrow in part from the Swedish system, the best technique. Swedish Massage is regarded as the most scientific and finest of all methods. It stimulates the nutrition of the body by bringing fresh, clean blood to the parts being treated, stimulates or soothes nerves and improves the function of all organs and cells. Finnish massage involves pressure and squeezing rather than rubbing.

"Scientific Swedish Massage increases circulation to the muscles...."

rooted in the early writings of scholars in ancient Greek, Roman, Egyptian and Persian tablets. It is the earliest form of healing known to man, coming ahead of medicine, doctors, etc. It appears in Homer's writings in 1000 BC. Other names involved in massage are Herodotus (500 BC), Galen (130 BC), and Celsus (25 BC). The use of massage dates back to 1000 BC in Japan and is today regarded in that country as one of the foremost forms of healing. Some U.S. physicians (but not all) consider it an important technique and view it as an added form of medical therapy.

The use of massage has been recognized since ancient times. There is evidence that the Chinese used massage over 3000 years ago, as did the Hindus and the Persians. The natives of the Sandwich Islands, the Maoris of New Zealand, and the natives of Tonga Island all used massage in some form or other in the treatment of the human body. Since the early part of the present century, massage has made great progress in England, being prescribed by prominent English surgeons, especially in the treatment of sprains, and other injuries to the joints.

Among the well-known advocates of massage in the pre-Christian era were Herodotus, Homer, Cicero, and Pliny. During his lifetime, Julius Caesar suffered from headaches and submitted to daily massage of his body in an effort to find relief. Massage occurs in

Peter Henrik Ling (1776-1839) is regarded as the Father of Swedish Massage. He was a Swedish Fencing Master who cured himself of arthritis by the administration of self-massage. Ling later studied the different methods then being used, and coordinated them into a scientific group of manipulations based on techniques developed by Kung Foo, a Taoist priest. He practiced this massage on his own athletes in order to soothe the aches and strains of his fencing pupils. To improve their overall muscle tone and body movements, Ling refined and reduced down the hundreds of intricate movements taught by Orientals into just five basic methods. Today we now know this as Swedish Massage. The first institution for the scientific study and application of this system was established in Stockholm in 1814.

In the U.S. an association was formed in Chicago in 1943 at the College of Swedish Massage for the advancement of the profession. Similar in scope to the ideals of the American Medical Association, this is now known as the American Massage and Therapy Association with members in all states and foreign countries as well. Organized chapters conduct regular meetings for continuing massage education and training. The AMTA still holds conferences and conventions, does research studies and documentation on massage, issues publications, bulletins, and are active in legislation and other activities.

Author Dave Martin is based in San Francisco and can be reached at (415) 566-4321.

Mailbag *continued*

cellent. Things I particularly like (and see improvement in) are the table of contents page, the colored cover (of course!), the quality photography, the completeness and long-term coverage of scheduling both in T&F and road racing, and race result coverage. I also enjoy your athlete rankings. As you said in your editorial, you really meet the needs of the California runner. I wouldn't be surprised if Marcia and I became a part of that again in the near future. We miss California and probably will move back there in a year or two. Thanks again for the magazine and continue your success—it's great to see.

Gary & Marcia Romesser
Bloomington, Indiana

P.S. We are getting back into good running, keying for the outdoor track season. I (Gary) ran a PR 15K at the River Run in Jacksonville, Florida this month placing 13th with a 45:36 (about 1 1/2 minutes off my best!). Marcia is doing some good speed work and intervals now and hoping to make a good comeback. We'll keep in touch.

Thanks for the kind words. It makes all the long hours worthwhile when we know runners appreciate the effort. Looking forward to seeing you back in California results.

—Ed.

Dear Sirs:

In your February issue, you listed the U.S. Road Running Records as of January 1, 1982 (page 25). In the open women category for 20 miles, you listed Tena Anex's time of 2:03:56. However, in the same issue (page 21) you covered the Clarksburg Classic 20 Mile Run, 11/22/81, where I, Sharlet Gilbert, broke the record in 2:03:35. It seems your U.S. Road Running Records should be brought up to date.

I would not normally be concerned over article errors, but this may be the only time I ever hold a U.S. record and I would like to see it in print.

Thank you very much for an excellent source of running coverage. We enjoy it very much.

Sharlet Gilbert
Richmond

Congratulations and sorry for the oversight—we're checking with the NRDC and hope to let you know the status of your excellent record in the next issue.

—Ed.

Your mag is a beautiful job. So professional, so complete, in depth and generally very readable.

Happy Days & Keep Breathing,
Walt Stack

Dear CT&RN:

Just received my March issue of the CT&RN. Really surprised by the change from a newspaper to a magazine. I think the change looks fantastic! Keep turning out the results, as you always have, and you have a great result.

Jeff Rigdon
Medan, Sumatra
Indonesia

Long Distance Log

SoCal Notes

By Richard Lee Slotkin

NOTE: Please send newsy information and "tidbits" for the SoCal area (Bakersfield/San Luis Obispo southward) directly to—Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

What is it with L.A. joggers? Their sense of etiquette is downright jaded. There seems to be a game many of them like to play known as "Cutoff." The way it works is that someone comes up from behind, passes you as closely as possible, often actually brushing against you, and finally, when no more than a step ahead, cutting right in front of you. Then, they will move on, hopefully as far away as possible.

In the meantime, they've had their little head trip of showing you up. Sort of a jogger's version of basketball's "In your face!"

It's especially annoying when it happens at the track when you are doing speed repeats. In between each repeat is an interval of jogging so you can recover for the next repeat. Now, most of us will do the speed portion on the inside lane and swing to one of the outer lanes for the jog. During the interval, if it's a really tough session, you have all you can do to stay on your feet and keep out of everyone else's way, while you're desperately trying to catch your breath in time for the next burst. Then, along comes one of these morons who just has to show you up, and you find yourself being nearly knocked over.

It also happens quite often at places like San Vicente Blvd., and any other place where there are large numbers of runners and joggers. The trouble is that it usually happens when you aren't expecting it and by the time you realize it happened, the guy, and it always is a male...females seem to have more sense...this jerk, is too far ahead of you to do much about it, unless you want to chase him.

I have found that on a track where you might have the opportunity to see the guy a second or third time, there is a remedy...like a sharp jab into his ribs with your elbow, followed by a real drippily sarcastic, "Excuse me, I didn't realize anyone was that close."

Does this happen in other part of the state, or is it just another manifestation of the peculiar obsession with the head trip that L.A. seems to be cursed with?

Last month one reader, apparently taken up with feminist revision of the language, was outraged by my use of the term "girl" when referring to the likes of Mary Decker-Tabb, Francie Larrieu and Joan Hansen. It's a bit ironic, considering how much I push the female side of the sport, giving good coverage to their races and giving more coverage to them in open races than just about anyone else that I know. However, some people are sensitive to it, it seems, and in this case it was a male! Well, my reply to that is anytime I'm talking about a group of females from which it takes at least two to equal my age, then I reserve the right to call them girls. I wish that I were young enough to be casually referred to as a "boy". Don't knock it girls! The time will come soon enough when NO ONE will ever call you a "girl", and when that time comes, you'll notice a lot of interesting changes taking place in the world. You'll notice that they are making stairs a lot steeper than they used to; newspapers will be switching to smaller type; the Bureau of Standards and Measurement, without ever having notified you, will have lengthened the meter. How else to explain your recent 10k times? And, even the obituary column in the newspapers will be getting quite interesting. And finally, when you run San Vicente Blvd and UCLA's track, there will be 3 or 4 times as many people cutting you off.

And speaking of the UCLA track again, I always felt that the majority of the folks out there, not counting the Bruins' track and field people, were fair weather joggers, more out to be seen than to work out. This was confirmed a few weeks ago when we...the Santa



photo by Gene Cohn Productions

Unidentified Marathoner
Magical Musical Marathon

NorCal Notes

By Jack Leydig

NOTE: Please send newsy information and "tidbits" for the NorCal area (Fresno northward) directly to — Jack Leydig, P.O. Box 612, San Mateo, CA 94401, or phone (415) 341-3119. If you think you have some news that may be of interest to our readers, don't be bashful! Mail it in right away. *Deadline* for receipt of materials is the 10th of each month for the following month's issue. We still aren't getting very much response. Remember, if you want this column to be interesting and representative, we must get some input!

John Mansoor, the Pacific Association TAC Long Distance Running Chairman reports that the next PA-TAC Championship race will be the 15K to be held June 27 in Los Altos. **Peanut Harms** of the Agile Running Club will direct this championship for which club prize money will be awarded as follows: 1st place men's team \$500, 2nd place men's team \$300, 1st place women's team \$300, 2nd place women's team \$150. Mansoor is still accepting requests to host the following 1982 PA championships: 10 mile, ½ marathon, 25k and 30k. The **San Francisco Marathon** will count as the PA-TAC Marathon Championship, with individual prize money going to top 3 men and women (\$300, \$200, \$100) from PA-TAC LDR Travel Fund. John Mansoor can be contacted at Box 1495, Fair Oaks 95628, phone (916) 966-6185...Speaking of the San Francisco Marathon, **Scott Thomason** reports that only the first 7,000 applications will be accepted for the July 11th cross town event. He says there have already been over 5,000 requests for applications. He also added that when requesting marathon applications you must include a self-addressed, stamped envelope. Send to: San Francisco Marathon, P.O. Box 27385, San Francisco 94127.

Jim Nuccio, former Bay Area star runner and running-writer, has been seen training for the walking events since his move to Southern California and frequent injuries...The **St. Judes Run**, scheduled for

P.R.'s

By Richard Slotkin

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summer-time Lane, Culver City, CA 90230.

Not quite as many entries this month. That's what happens when the editor moves the deadline up by a week. We have a few really exciting ones, though. Either Miller Lite is putting something into their beer that we don't know about or Carlos Palomino is drinking the water when no one is looking. Champ is down to a 3:07 in his marathon time. If he keeps up at the rate he's going, he may be contending for another championship in a few years.

Michelle Bush picked up a pair of P.R.'s, including a meet record at the Martin Luther King Games. As the ad says: Now, that's the right stuff!

Thanks again to the coaches and clubs for their help. Other clubs, please help. And, individuals, don't be bashful. Put your time on a post card and send it in.

Larry Basile (PFF) Tom Sullivan 10K	42:55
John Bectol (SPHS) Easter Relays Mile	4:54
Rich Binns (PFF) Tom Sullivan 10K	41:40
Mark Bongo (SCRR) Laguna Beach Naturite 10K	50:00
Bob Bowlus (PFF) Los Alamitos Marathon	2:49:15
Chris Brennenman (LAVC) vs. El Camino, LBCC - 1500m	3:58.2
Steve Brown (Basin Blues) L.A. Lite Marathon - 1st	2:16:33
Terri Brown (UCLA) vs. CPSLO 3000m	10:25.33
Terri Brown (UCLA) vs. USC, Utah St. 1500m	4:57.15
Lisa Buckley (Fluid Mvmt. TC) L.A. Lite Marathon	*3:36
Michelle Bush (UCLA) Tokyo Int'l Indoor 3000m	9:27.6
Michelle Bush (UCLA) Martin Luther King Games 10,000m - 1st, school rec.	33:57.2
Jon Butler (UCLA) vs. SDSU	3:44.6
Steve Calderon (PFF) Tom Sullivan 10K	43:24
Vince Calderone (CSUDH) Bronco Inv. 5000m	15:09
Al Carippides - Playa Vista 10K	42:23
John Cochran (PFF) Long Beach Grand Prix 10K	33:58
Karen Copper (UCLA) vs. Oregon 3000	10:09.56
Karen Copper (UCLA) vs. CPSLO 1500m	4:41.85
Karen Copper (UCLA) vs. USC, Utah St. 1500m	4:41.76
Dave Daniels (UCLA) vs. Texas 3000m Steeple - school record	8:33.79
Jeff Dobra (PFF) Tom Sullivan 10K	37:20
Matt Ebner (UCLA) vs. SDSU 3000m Steeplechase	9:00.7
Oscar Encinas (SPHS) Easter Relays Mile	4:48
Victor Estrada (SPHS) vs. Narbonne 2 mile	10:06
Joe Fabris (Aggie RC) MLK Games mile	4:00.3
Chuck Fanter (Cal Poly SLO) triangular meet 1500m	4:12.9
Ed Ferreria (SPHS) Easter Relays Mile	4:57
Dori Fullerton (UCLA) vs. CPSLO 1500m	4:48.75
Dori Fullerton (UCLA) vs. USC, Utah St. 800m	2:18.1
Bill Graham (Stanford) triangular meet 5000m - 3rd	14:00.0
Joe Green (Cal Poly SLO) triangular steeplechase	8:58.1
Katie Gruber (UCLA) vs. CPSLO 3000m	10:43.16
Katie Gruber (UCLA) vs. USC, Utah St. 1500m	4:50.91
Alba Hall - L.A. Lite Marathon	2:46:52
Larry Hand (UC Irvine) vs. CPSLO 800m - 2nd	1:49.5
Cecil Hopp (Stanford) Golden Bear 3,000m	9:19.6
Ivan Huff (Unatt) MLK Games 10,000m	29:40
Teresa Jackson (Cal State Hayward) Nike Inv. 10,000m	38:42.8
Michael Jonte (SMC) vs. Golden West 800m	1:59.00
Ann Johnsen (CS Northridge) TFA Nike 800m	2:26.7
Regina Joyce (Washington) Golden Bear 5K - 1st	15:51
Judy Kewley (STC) San Diego Bonne Bell 10K - 8th overall	38:59
John Kinsendahl (PFF) Anteaater 10K	38:54
Steve Kirchhof (UC Irvine) vs. CPSLO - 1st	1:49.3
Tony Kobayashi (PFF) Pigeon Pass Marathon	*4:50:30
Carl Knouse (PFF) Long Beach Grand Prix 10K	45:20
Nancy Lane (LAVC) Southern Calif. Relays 3,000m	10:42
Craig Lawson - Knights of Columbus 5 Mile Run	29:49
Syd Leibovitch (CS Northridge) Bronco Inv. 5,000m	14:26.7
Karen Longyear (SCRR) City of Orange 10K - 2nd overall	41:45
Loures Manriquez (LAVC) Southern Calif. Relays 3,000m	11:08
Nena Manriquez (CS Northridge) Golden Bear 3,000	10:09.0
Scott Mayfield (Fresno State) Jenner 5,000m	14:08.6
Steve McCormack (UCLA) vs. SDSU 1500m	3:48.8
Sarah McCracken (SCRR) OCMA 5K - 1st overall	21:00
Kerry Milligan (SCRR) OCMA 5K - very first road race	*24:54
Juan Neucke (UC Irvine) vs. CPSLO 800m - 3rd	1:50.2
Don Noah (PFF) Tom Sullivan 10K	43:10
Art Nuno (PFF) Tom Sullivan 10K	33:23
Carlos Palomino - L.A. Lite Marathon	3:07:01
Barry Pearce (PFF) L.A. Lite Marathon	3:10:59
Brian Pettingill (Stanford) triangular 1500m	3:43.9
Patti Sue Plummer (Stanford) Golden Bear 3,000m	9:15.7
Mike Pope (UCLA) vs. UCB 800m	1:51.9
Sheila Raiston (Wilt's AC) UCLA vs. CPSLO 800m	2:08.91
George Reeves (PFF) Los Alamitos Marathon	4:20:00
Carmelo Rios (Unat) CPSLO vs. UCLA 2 mile	8:57.3
Carmelo Rios (Unat) CPSLO triangular 5,000m	14:29.08
John Rukovina (PFF) L.A. Lite Marathon	3:28:38
Chris Schallert (CS Northridge) Bronco Inv. 5,000m - 3rd	14:19.7
Mike Shriver (PFF) Rancho Los Alamitos 5K	16:27
Tim Silva (LAVC) vs. El Camino, LBCC 1500m	3:59.8
Sherry Simmons (CSUDH) Long Beach Grand Prix 10K - 1st woman	35:18
Sheryl Snyder - Playa Vista 10K	37:19
Norm Steeg (LAVC) vs. El Camino, LBCC 5,000m	43:44
Dawna Stone (South Bay Panthers) Chintatown Firecracker 10K	43:44
Dawna Stone (South Bay Panthers) Mt. SAC All Comers 800m	*3:13
Dawna Stone (South Bay Panthers) Mt. SAC All Comers 1500m	*6:12
Carole Strothers (CS Hayward) Nike Inv. 3,000m	10:24.2
Andre Tocco (CCAC) Hawaii Triathlon - 1st 46-50	*11:49:38
Andre Tocco (CCAC) Tom Sullivan 10K	32:50
Mike Tylman (UC Irvine) vs. CPSLO steeplechase	8:50.6
Fernando Vasquez (SPHS) vs. Narbonne 2 mile	10:06

SoCal continued

Monica Track Club...were out there on a rainy day. There was just one other person out there when we arrived, and during the 2 hours that we stayed, one other person came. Not one of the "regulars" was out. Showing off is fine, but not if you have to get cold and wet, I guess. It sure was nice, though. Didn't get cut off even once.

ODDS N' ENDS: Judi Vivien ran her first marathon recently, way down in Bermuda, and she not only had a great first time, 2:45:09, she won the women's division. She had been worried going into it because she had been having aches and pains in her knee toward the end of her training. It all worked out just fine, though.

Another exciting performance was turned in by Michelle Bush. The UCLA set a meet record at the Martin Luther King Games in the 10,000 meters. Michelle is one of the better distance runners in the country, but I wonder if anyone besides her coach and teammates is aware of it? She's going to shake a lot of people up in the next few years if they don't open their eyes and start looking around.

As you may have heard, the men's times in the Nike Long Beach Grand Prix 10k were absolutely incredible. We're still not sure about the accuracy of the course. Somehow, I have the feeling that it was 6 miles rather than 10,000 meters. That 2 tenths of a mile makes a lot of difference. I believe that last year it was, in fact, 6 miles. The course consists of a 2.13 mile loop, and the runners went over it just under 3 times. Three times exactly would be 6.39, call it 6.4. Two tenths of a mile is 352 yards, or 3 1/2 football fields, not counting end zones. If you throw in the end zones, you have 3 complete football fields minus 8 yards.

Now, it seems to me that the distance from the finish line to the start line was *not* more than 3 football fields...In fact, it seemed less. But, on a course designed for high speed autos, distances can be deceptive. What appears to be short stretch often turns out to be much longer. The finish line was some distance ahead of the start line...In other words, they didn't run 3 full loops. How much under? Well, I don't know, but if the course can be certified, I think we have a new world's best for a road 10k.

NorCal continued

June 19 at the Anchorage Mall in San Francisco, will be part of the **Nike Masters Grand Prix Series (10K)** and will be a Regional Qualifier for the Nationals. Men 40 & Up and Women 35 & Up are eligible with winners determined by a unique Age/Best Performance Formula...**Mike Pinocci**, a Lake Tahoe blackjack dealer won the Barcelona, Spain Marathon March 14 with a 2:14:30...**Walt Stack** was presented with the Road Runners Club of America Scott Hamilton Award as the outstanding club president in the United States. Walt, of course, is the founder and "head wingnut" of the San Francisco Dolphin South End Runners.

Estle "Augie" Argabright, the highly successful founder and coach of the San Jose Cindergals will step down at the end of the season, after 15 years. "I want to spend more time with my family," he reported to the *San Jose Mercury News*. "I never missed a practice in 15 years just to take a day off." The 41-year-old Argabright coached Olympians Francie Larrieu and Cyndy Poor in addition to winning 46 individual and team national championships. An interesting note is that Argabright didn't compete in track at any time so developed his coaching philosophy by himself...Northern Californians ran exceptionally well at the **1982 Boston Marathon**. In the men's division **Dennis Rinde** was sixth overall, and in the women's **Eileen Claugus** came in third! Don't know yet who top masters woman was, but **Sue Stricklin** (3:07) and **Joan Ulyot** (3:08) did well considering the conditions, and probably placed in the top 5 for women 40-plus...The **Triathlon** is cathcing on among runners. A group out of Davis has organized a series called the **U.S. Triathlon Series** with events in San Diego, Los Angeles and San Francisco in 1982. They can be contacted at USTSF, P.O. Box 308, Davis, CA 95617. Another organization, out of Aptos, is sponsoring a triathlon July 17 in Orange County - called the **International Triathlon Circuit**. It's a 2 mile swim, 65 mile bike and 1/2 marathon run. For information contact Jim Thiering, 100 New Brighton Rd., Aptos, CA 95003. Also on July 17th will be **Eppies Great Race** in Sacramento and consistin of a bike, run and boat event. Contact: Eppie Johnson, 1785 Tribute Rd., Sacramento, CA 95815.

Judi Vivian - Bermuda Marathon - 1st woman	2:45:09
Cynthia Warner (UCLA) vs. Cal Poly Pom 1500m	4:35.96
Paul Westhead - L.A. Lite Marathon	3:29:23
Steve Whitcomb (UCLA) vs. SDSU 1500m	3:45.8

Results

Long Distance

Torrance Memorial Hospital Medical Center 5K & 10K Fun Run

From RENEE MILLER

January 24, Torrance.

They lined up at the starting line, the way all runners do. Garbed in racing numbers, runners' t-shirts and short, they prepared for the competition, the way all runners do.

These runners, however, have been in a competition greater than any marathon. A competition for survival. All 75 were victims of heart disease or hypertension. Some, like Joe Noval, of Palos Verdes Estates, had a brush with death. Others, like Jeanette Kurtz, of Gardena, were jolted more than once.

All 75 were present or former cardiac rehabilitation patients who wanted to prove a point: the scenario of the cardiac rehabilitation patient sitting in a rocking chair is over.

All 75 gathered recently for the Torrance Memorial Hospital Medical Center 5-kilometer/10-kilometer Fun Run. This run, solely for cardiac rehabilitation patients all over Southern California, is

and relaxation and are placed on a modified Pritikin diet, which includes whole grains, cereals, salads, fruits and vegetables. Meats are limited to poultry and fish.

The primary objective of the Cardiac Rehabilitation Program is to modify all controllable risk factors associated with heart disease, including smoking, high blood pressure, high cholesterol, tension and stress, obesity and lack of exercise.

Patients' heart rates and blood pressures are monitored continuously as they start off exercising gradually, then advancing to the treadmill, stationary bicycle and mini-trampoline.

Later, they graduate to the TMHMC Outdoor Track where they begin long-distance jogging and walking for its effect on the cardiovascular system.

The purpose of exercise is to aid the patient in functioning better with less stress on the heart. The evidence, in strict, scientific terms, reveals that exercise has profound physical effects upon the heart and blood vessels.

It strengthens muscles. The heart pumps more blood. The ability of all tissues to use the increased blood flow and oxygen is increased. People who tend to exercise feel better, sleep better, have more energy and lead lifestyles that help prevent heart disease.

three minutes. Now, I run three days a week, seven miles during the weekdays and 14 miles on Sunday."

Runner Joe Noval, 59, was jogging Rolling Hills High Track when he suddenly keeled over lifeless. Thanks to the CPR efforts of freshman Andy Coleman and Dr. Juan Lechago, a pathologist, Joe is still alive today. Joe underwent quadruple bypass surgery at TMHMC. Today, he runs regularly in the Cardiac Rehabilitation program and was able to complete the 10-kilometer run.

Sixty-eight year old Jeanette Kurtz swears by the program. Two years ago, severe chest pains hampered her from even walking down the street. Today, Jeanette awakes at 4 a.m., exercises every morning on her stationary bicycle, watches health programs on television from 5 to 6:30 a.m. and walks two miles every Monday, Wednesday and Friday morning on the TMHMC Outdoor Track.

"I'm loyal to the Cardiac Rehabilitation Program," she said. "They've convinced me it has prolonged a lot of people's lives. Not just their lives, but the quality of their lives. And no one appreciates a healthy heart more than those of us who have been given a second chance."

Eighty runners participated. Their times ranged from 36:44 in the 10-kilometer run to 64 minutes, and 29:19 to 64 minutes in the 5-kilometer. Winners of the 5-kilometer run were: Olga Reinheimer of Rancho Palos Verdes (first place), Eric Diller of Redondo Beach (second place) and Lester Shaw of Cerritos (third place). Winners of the 10-kilometer run were: James Egan of Rancho Palos Verdes (first place), Loren Tripper of La Canada (second place) and James Green of El Segundo (third place).

Officials of the medical center declined to release times for the winning individuals. They felt that too much emphasis on performance and not enough on participation would result. —RLS

Calaveras Quarter Marathon

From STEVE MITROVICH

February 6, Calaveras. 6.55 Miles.

1	Charles Pittel(Oakdale)	37:29
2	Joss Walter(Oakdale)	37:40.7
3	Mark Stoker(Stockton)	38:44.1
4	Jerry Martinez(Stockton)	39:10.8
5	Tim Hicks(Altaville)	40:08.3
6	Ron Ferrell(Twain Harte)	40:31.3
7	Anthony Reynoso(San Andrs)	40:57.2
8	David Dennis(Modesto)	41:04.5
9	David Hope(Stockton)	41:13.8
10	Horacie Porath	41:44.7
11	Kevin Bakkerud(Angels Camp)	41:44.7
12	Joe Castillo(Modesto)	42:47.1
13	Patrick Marino(Lodi)	43:54.1
14	Charlie Mallory(Sonora)	44:47.3
15	Jim Baker(Jackson)1st 40	44:56.7
22	Bill Ferrell(Jamestown)1st 50	48:23.4
23	Don Lundburg(Waterford)1-60	48:42.7
25	Ginger Burrola(Manteca)1W 40	50:28.4
35	Kristen Bakkerud(AngCamp)2W	56:33.7
39	Shelly Smith(Lodi)3W	58:28.9

Sri Chinmoy 10 Mile

From G. DAVID BROWN

February 7, Foster City.

1 Foster City was the site for another popular Sri Chinmoy Run on February 7. Although small in competitors, the race attracted a number of highly competitive runners. Skip Brown of Cupertino, who is well known around the area, led the men's division with a 52:17. The women's division was equally competitive with Sharlet Gilbert from Richmond taking the women's division in a fine time of 60:57. The number of official finishers were 369 and many of the runners (20 percent) commented that they had set personal records.

Top 10 Men: 1 Skip Brown 52:17, 2 Robert Clay 52:23, 3 Bill Clark 53:08, 4 Gary Goetelmann 53:17, 5 Peter Day 53:42, 6 Neil Berg 53:55, 7 Michael Niemiec 54:23, 8 Jack Leydig 54:27, 9 Dennis Tracy 54:36, 10 Robert Gomez 54:40.

Top 10 Women: 1 Sharlet Gilbert 60:57, 2 Kristan Martin 62:19, 3 Juana Stavolone 62:41, 4 Hilary Naylor 65:07, 5 Karen Lanterman 65:36, 6 Robyn Chew 68:53, 7 Michelle Schwartz 69:33, 8 Patricia Slater 69:52, 9 Laura Fisher 70:27, 10 Sandy Vernon 70:51.

Junior Division: Tom Cole 58:36. **Open Division:** Steve O'Brien 54:50. **Submasters (30-39):** Skip Brown 52:17. **Masters:** Don Ardell 55:33. **Supermasters (50 & over):** Jerry Faulkner 64:37.

Junior Division Women: Kathy Tortolani 77:34. **Open Women:** Kristan Martin 62:19. **Submaster Women:** Sharlet Gilbert 60:57. **Master Women:** Sandy Vernon 70:51. **Supermaster Women:** Kay Atkinson 79:50.

Cougar Classic

From TERRY FRANSON

February 6, Azusa. 5K & 10K.

10K—Men

Men 13u: Jon Moreland 38:18. 14-18: Mike Cardoso 35:02. 19-24: Alex Miranda 33:50. 25-29: Ed Caldez 31:20. 30-39: Robert Williams 36:06. 40-49: Charles McClung 35:08. 50 plus: Lono Tuson 40:07.

10K—Women

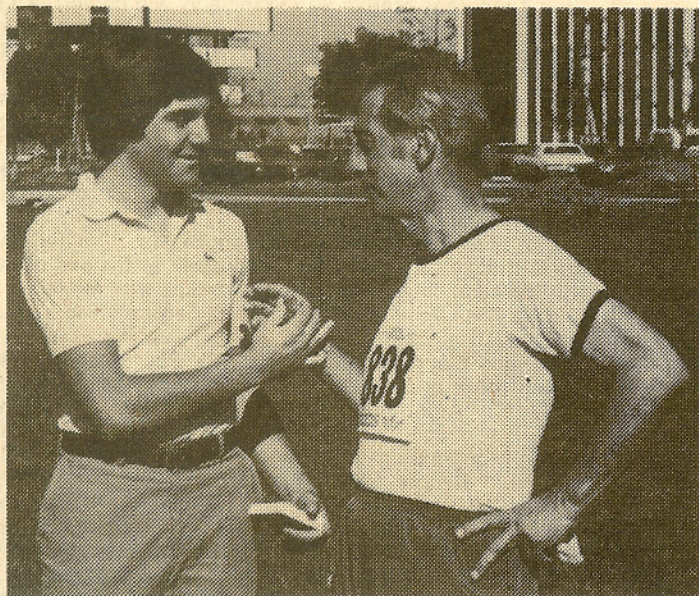
13u: Silvia Mosqueda 37:32. 14-18: Stephanie Watring 46:18. 19-24: Teri Carrico 44:37. 25-29: Becky Thomas 41:47. 30-39: Helen Suter 48:00. 40-49: Cecily Parke 45:45. 50 plus: Ethel Kleinsasser 51:01.

5K—Men

13u: Doug Barnes 18:32. 14-18: David Loud 15:27. 19-24: Terry Drake 15:10. 25-29: Pat Curran 15:30. 30-39: Mike Lozoya 16:17. 40-49: Pat Logan 17:14. 50 plus: Walt Windsor 17:29.

5K—Women

13u: Marlene Reyes 19:07. 14-18: Joanne Maldonado 18:37. 19-24: Colleen Corsaro 21:02. 25-29: Sonny Welles 25:58. 30-39: Marian Balsey 24:17. 40-49: Bess Hopkins 25:38. 50 plus: Mae Myers 24:53. 10k - 272 runners/5k - 245 runners



Andy Coleman (left), a student at Rolling Hills High School, shakes hands with cardiac patient Joe Noval. Through CPR, Andy saved Joe's life.

presented every year by TMHMC, to demonstrate the importance of exercise, to fight against heart disease and to promote good health.

Twenty years ago, the chances of finding a heart attack victim exercising were slim. Today, cardiac rehabilitation programs are recognized as a beneficial part of the cardiac victim's recovery.

Patients in the TMHMC Cardiac Rehabilitation Program learn about diet

Runner Jim Green of El Segundo started his running program six years ago after his heart attack led to double bypass surgery. "When I had my heart attack two years before I started the running program at TMHMC, my doctor had me on a slow walk," Green said. "My doctor referred me to Dr. Rosin (director of cardiology and cardiac rehabilitation at TMHMC). I couldn't go 50 yards without a rest. I've just recently finished my 30th marathon," he added. "I was trying for the Boston Marathon, but I missed by

7th Semi-Annual Pt. Fermin 10 Miler

From RICHARD LEE SLOTKIN

February 7. Pt. Fermin Park, San Pedro.

1 Ron Cornell(22)	50:07
2 Mitch Harmatz(27)	54:13
3 Thom Lacie(30)	54:22
4 Gary Fredrickson(19)	54:47
5 Paul Maier(34)	55:23
6 Victor Estrada(18)	56:01
7 Fernando Vasquez(17)	56:19
8 Allan Johnson(35)	56:20
9 Joe Barrow Jr(18)	56:54
10 Shawn Barrow(17)	56:59
11 Joe Bird(41)	57:10
12 Mike Orr(26)	57:23
13 Mike Whitcombe(17)	57:34
14 Richard Provost(35)	57:59
15 Charles Hodg(31)	58:28
16 Steve Corona(21)	58:42
17 Dave Holland(41)	58:56
18 Bill Fisher(31)	59:45
19 Jack Cochran(30)	59:59
20 Terrance Fredricks(30)	60:03
21 Tom Hansen(43)	60:48
22 Robert Montelongo(41)	61:24
32 Kathy Martin(31)F	66:28
41 Laura Lopez(20)F	68:54
43 Ed Phalen(51)	69:09
62 Jesse Marquez(54)	74:16
66 Rose Maes(36)F	75:17

Las Vegas TC Marathon

February 7. Las Vegas.

1 Ricardo Martinez(30-34)LV	2:27:04
2 Mark Mesler(E.Lansing,MI)	2:29:03
3 Tony Gerardi(35-39)LV	2:30:26
4 Carlos Munoz(30-34)LV	2:35:00
5 Boyd Hartley(35-39)Glendale	2:37:14
6 B. Ken Layton(30-34)Calgary	2:39:22
7 Dean Broders(30-34)Pasco,WA	2:45:44
8 Paul Simmons(Tucson)	2:45:56
9 Garry Schmidt(35-39)Calgary	2:46:45
10 Eric Jones(35-39)Flint,MI	2:51:50

PIH Walk/Jog Run/Wheel 5K-10K Race

February 13. Whittier.

Open Division 5K Males: 1 Terry Drake	14:44, 2 Dennis Forthoff 15:04, 3 Steve
Cubillas 15:27. Open Division 10K Males: 1	Jeff Dutler 31:06, 2 David Short 33:21, 3 Ed
Wehan 33:34.	

Cardiac Division 5K Males: 1 James Galvin 0:20, 2 Lester Shaw 0:28. Cardiac Division 10K Males: 1 Jim Woodson 0:02, 2 Eugene Ralph 0:06. (Closest to predicted time)

Wheelchair Division 5K Males: 1 Robert Torres 35:06, 2 Richard Osuna 47:37, 3 Steve Everett 1:02:00. Wheelchair Division 10K Males: 1 Jim Knaub 30:36, 2 Buford Harris 35:38, 3 Ray Stewart.

Open Division 5K Females: 1 Torie Elliott 16:09, 2 Jenell Gomez 19:13, 3 Jamie Barnes 20:10. Open Division 10K Females: 1 Gayle Parmenter 38:46, 2

Laura Doering 40:18, 3 Kathy Pugh 40:52. Cardiac Division 5K Females: 1 Julie Manriques 0:03, 2 Natalie Hogan camp

0:43. Cardiac Division 10K Females: 1 Nola Benson 19:06. (Closest to predicted time).

Overall 5K Winner: Terry Drake
Overall 10K Winner: Jim Knaub 30:36

Almond Blossom Runs

February 14. Paso Robles.

3 Mile:

1 Tom McKeown	15:06
2 Mark Breish	15:12
3 Eric Huff	15:24
4 Matt Armbruster	16:04
5 Jim Hiserman	16:08
6 Charlie Boatright	16:30
7 Chris Berger	16:54
8 Todd Robinson	16:56
9 Peter Roske	17:12
10 Tim Gravelle	17:46
11 Scott McSeveney	18:08
12 Wm. Amarillas	18:15
13 Bryan Broadfoot	18:22
14 Marvin Tidwell	18:24
15 Buddy Holmes	18:25
16 Joe Berger	18:26
17 Les Beck	18:34
18 Scott Watkins	18:36
19 Mike Tucker	18:35
20 Jose Flores	18:35
22 Kathy Kelley 1F	18:37
26 Claudia Morlang 2F	19:01
35 Anna Beatle 3F	20:00
45 Terri Blanchard 4F	21:02
46 Laura Barger 5F	21:03
57 Gigi Goochey 6F	21:27
82 Marie Warnes 7F	22:53
83 Gail Vanderlinde 1F-40	22:55
92 Betty Roush 2F-40	23:36

8 Mile

1 Joe Fabris	42:19
2 Nick Bideau	42:30
3 Mike Ryan	42:57
4 Frank Hutchinson	43:21
5 John Ernatt	45:08
6 Kenneth Alberg	45:18
7 Mike Whitcombe	45:26
8 Tom Jefferis	46:11
9 Joseph Bird	46:19
10 Jim Hurley	46:19
11 Terry Vebehart	46:57

12 Rob Gordon	47:25
13 James Pearl	47:38
14 Andrew Estrada	48:39
15 Bill Norman	48:50
16 Nate Brady	49:03
17 Stephen Dornish	49:45
18 Jeff Bridge	50:11
19 Charles Hewitt	50:26
20 Joe Benson	50:33
51 Maria Pedersen 1F	55:57
65 Trichia Richardson 2F	59:17
70 Rose Lorenzo 3F	59:54
72 Jennifer Simmons 4F	1:00:15
73 Marilyn Schlichting 5F	1:00:22
90 Susan Hood 1F-40	1:04:05

Sweatin' Sweethearts 10 Mile Twosome

February 14. Irvine.

(Combined time for couple)

1 Jon Butler(1st o/a)	1:49:15
Anabelle Villanueva(29th)	
2 Matt Ebner(4th)	1:55:11
Kathleen Ebner(38th)	
3 Mitchell Harmatz(9th)	1:55:53
Sherry Simmons(37th)	
4 Mike Parker(12th)	1:56:31
Shannon Stryker(32nd)	
5 Ruben Chappins(3rd)	1:57:18
Kim DeVetis(52nd)	
6 Kevin Broady(11th)	1:57:20
Marilyn Nichols(36)	
7 Steve Webb(2nd)	1:57:25
Karen Copper(59th)	
8 Ron Gee(6th)	2:00:20
Terri Hom(65th)	
9 Tony Grande(18th)	2:01:39
Rosalva Bonilla(41st)	
10 Frank Duarte(5th)	2:03:30
Cherrie Lightburne(94th)	
11 Ron Milligan(17th)	2:06:02
Kelly Miller(79th)	
12 Mike Hamilton(13th)	2:06:22
Cheryl Butchers(93rd)	
13 Mike Fausett(42nd)	2:07:02
Katie Dunsmuir(43rd)	
14 Tom Burns(24th)	2:07:48
Julie McKinney(84th)	
15 Tim Harvey(37th)	2:10:28
Lisa Gonzales(75th)	

Dental Run 5K & 10K

From JOHN B. MCMANUS

February 14. Pierce College, Woodland Hills.

10K

Male 12u: 1 John Tissiwicz 43:22. Male	
13-17: 1 George Yuster 31:30, 2 Darrell	
Mirkin 35:05, 3 Jeff Sloan 35:10. Male	

18-24: 1 Alfredo Rosas 30:09, 2 Danny Bustos 30:47, 3 Robert Proctor 30:48. Male 25-29: 1 Mike Ruffato 30:40, 2 Steve Brown 31:08, 2 Tim Tobin 31:16, 4 Enrique Castro 31:53, 5 Steve LeBlanc 32:18. Male 30-34: 1 Nolan Smith 34:21, 2 Donald Bowman 34:52, 3 John Lupe 34:57. 35-39: 1 Dick Weeks 32:54, 2 Ken Hickman 34:29, 3 Mike Zuehlke 35:59. Male 40-44: 1 Jerry Stearns 37:45, 2 Norman Cohen 37:54, 3 Ezra Yifat 39:27. Male 45-49: 1 Richard Belliveau 38:51, 2 Rudy Subia 39:57, 3 Barry Truex 39:54. Male 50-54: 1 Pat Devine 37:17, 2 Bob Gerlach 39:01. Male 55-59: 1 Roy Steward 41:43, 2 Bryant Thorne 43:53. Male 60 & over: 1 Eddie Lewin 39:56, 2 Robert Page 40:03.

Women 12u: 1 Susie Gugliotta 54:54. Women 13-17: 1 Tania Fischer 37:23. Women 18-24: 1 Beth Milewski(1st o/a) 35:16, 2 Sheila Ralston 36:00, 3 Barbara Vetter 45:06. Women 25-29: 1 Sheryl Snyder 38:46, 2 Marie Kordus 45:20, 3 Linda Allison 45:29. Women 30-34: 1 Bonnie Kehoe 43:38, 2 Margarita Silva 47:39. Women 35-39: 1 Lynna Walker 49:16, 2 Jane Osmunpion 50:57. Women 40-44: 1 Barbara Shields 48:45, 2 Janet Hierath 48:48. Women 50-54: 1 Trudi Pietrolungo 53:38. Women 55-59: 1 Betty Sanchez 1:07:37.

5K

Men 12u: 1 Robert McGrough 20:52. Men 13-17: 1 Don Young 16:29. Men 18-24: 1 Alfredo Rosas(1st o/a) 15:36, 2 Michael Dib 15:58, 3 Ken Gearhart 16:46. Men 25-29: 1 Rick Fuller 15:53, 2 Stephen Pridaux 17:12. Men 30-34: 1 Jim Jenkins 17:48. Men 35-39: 1 Don Grimes 16:54. Men 40-44: 1 Tom Fletcher 17:30. Men 45-49: 1 Richard Flores 17:40. Men 50-54: 1 Walt Windsor 17:46. Men 55-59: 1 Leonard Kulbehl 20:11. 60 & over: 1 Ed Stotsenberg 20:53.

Women 12u: 1 Dawn Umamoto 20:55. Women 13-17: 1 Joann Maldonado(1st W o/a) 18:50. Women 18-24: 1 Ann Kawahara 22:34. Women 25-29: 1 Ann Dewey 21:01. Women 30-34: 1 Kathy Wagenbach 23:50. Women 35-39: 1 Susan Suhlman 22:16. Women 40-44: 1 Rita Gilmore(2nd W o/a) 20:33, 2 Joyce Mometu 21:34. Women 45-49: 1 Atsuko Fujimoto 22:56. Women 50-54: 1 Dottie Knight 28:18. Women 55-59: 1 Daisy Wong 24:18. Women 60 & over: 1 Dorothy Stotsenberg 32:48.

404 finishers in 5K/322 finishers in 10K



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Results

8th Annual George Washington's Birthday 8 Mile

From FRANK FREYNE

February 20. Ridgcrest.

Men

1	Laddie Shaw(32)Ridgcrest	44:22
2	Danny Contreras(33)Riverside	44:33
3	Dave Hoover(18)Riverside	46:04
4	Tom Rindt(37)Ridgcrest	46:20
5	Bob McDiarmid(32)San Diego	48:47
6	Bill McNabb(19)China Lake	49:49

Women

1	Denise Bedford(25)Riverside	52:56
2	Dianne Lucas(37)Ridgcrest	55:22
3	Jerry Mumford(33)Ridgcrest	59:56

26	Catherine Hodgdon(Chico)22	37:17
27	Bev Marx(Sacto)28	37:20
28	Molly Thayer(SF)39	37:23
29	Jolie Houston-Gelegan(Fres)25	37:25
30	Bonnie Dwyer(SF)25	37:38
31	Ann Wotherspoon(SJ)25	37:46
32	Dana Flint(Oakland)18	37:52
33	Karen Scannell(SF)43 1 40-44	38:06
34	Marie Earl(PaloAlto)25	38:09
35	Ann Bertucci(Petuma)17	38:20
36	Florianne Harp(MillVly)33	38:22
37	Judy Leydig(SanMateo)30	38:25
38	Krista Roberts(Sacto)20	38:28
39	Teresa Jackson(Hay)24	38:40
40	Sharon Powers(SiRosa)22	38:44
41	Sue Johnston(Oak)40	38:52
42	Sally Edwards(Sacto)34	38:54
43	Christine Short(MillVly)23	38:59
44	Hilary Naylor(Oak)35	39:09
45	Marion Irvine(SanRaf)52 1 50-59	39:12
46	Karen Lanterman(Hills)37	39:13
47	LaDonna Washington(Sac)26	39:15
48	Geralyn Tripp(Burl)19	39:18
49	Laura Starrett(Kent)18	39:20
50	Wanda Bailey(FairId)11 1st 14u	39:21
51	Barbara Magid(MillVly)38	39:29
52	Diane Killeen(SiBarb)25	39:36
53	Monika Zieschang(Millb)19	39:39

37:06. 25-29: 1 Eileen Clausus 34:25, 2 Katy Schilly 34:54, 3 Nancy Ditz 35:29, 4 Patricia English 35:40, 5 Vivian Soderhohn-Diffa 35:44.
30-34: 1 Sharlet Gilbert 36:37, 2 Florianne Harp 38:22, 3 Judy Leydig 38:25, 4 Sally Edwards 38:54, 5 Christie Patterson 39:56.
35-39: 1 Juana Stavolone 37:04, 2 Molly Thayer 37:23, 3 Hilary Naylor 39:09, 4 Karen Lanterman 39:13, 5 Barbara Magid 39:29.
40-44: 1 Karen Scannell 38:06, 2 Sue Johnston 38:52, 3 Jeanne Shuler 39:45, 4 Marilyn Harbin 39:48, 5 Joan Ulyot 39:50.
45-49: 1 Vicki Bigelow 37:15, 2 Sally Wolfer (Kensington) 43:40, 2 Jeanie Jones (SF) 44:20, 4 Lilian Woodward (San Rafael) 44:58, 5 Marty Maricle (San Fran) 45:02.

50-59: Marion Irvine 39:12, 2 Ruth Anderson (Oakland) 43:51, 3 Elizabeth Ross (Los Gatos) 46:58, 4 Eileen Klatsky (Orinda) 47:12, 5 Erma Baker (Santa Rosa) 47:57.
60-69: 1 Jaclyn Caselli (Carmel) 48:52, 2 Kay Atkinson (San Fran) 49:05, 3 Els Tuinzing (MillVly) 52:18, 4 Victoria Small (Palo Alto) 56:19, 5 Helen Kuziara (Santa Rosa) 60:20.
2,789 finishers

25	Nate Brady(19)Cambria	23:47
29	Dave Howell(40)MorroBay	24:07
41	Maria Pedersen(23)1F SLDC	24:50
45	Mike Rehorn(41)2-40 Temple.	25:05
60	Lynne Honeywell(21)2F CalPly	25:50
65	Tom Schumann(44)3-40 CalP	26:30
68	Sarah Quady(21)3F SLDC	26:40
77	Jill Fredericks(13)4F AtasJrH	26:58
88	Sara Devine(19)5F Cuesta	27:18
111	Edd McCorley(51)1-50 SLDC	28:34
171	Marilyn Rehorn(46)1-40F MadD	31:41

Laguna Beach 10K

March 7. Laguna Beach.

Male 10u:

1	Joe Martin(10)	40:49
2	Chad Griffin(10)	41:14
3	Steven Summer(7)	NT

Female 10u:

1	Karen Longyear(10)	41:31
2	Karen DeNovi(10)	41:48
3	Heather Killeen(9)	43:17

Male 11-14:

1	John Soto(12)	34:26
2	Bill Bentz(14)	36:15
3	Brett Killeen(12)	36:29
4	Michael Duarte(14)	37:32

Female 11-14:

1	Ellen Flanagan(14)	38:49
2	Christine Flanagan(13)	39:24
3	Laura Doering(11)	40:26

Male 15-18:

1	Mark Castro	32:37
2	Mike Makens	32:38
3	Mike Coe	33:22
4	Gabriel Garcia	33:46
5	Ron Milligan	34:18
6	Curt Hughes	34:31
7	John Crawford	34:37
8	Bim Barry	34:41
9	John Marshall	35:31
10	Terry Florez	35:48

Female 15-18:

1	Laura Sauerwein	39:15
2	Majorie Snyder	40:14
3	Alyssa Freas	42:18
4	Stacy Henry	NT
5	Robin Shaw	NT
6	Ellin Sipkovich	NT

Male 19-29:

1	Steve Scott	29:27.8
2	Demitrio Cabanillas	29:32.4
3	Eric Hulst	30:10.9
4	Steve Blum	30:52.2
5	Bill Langhout	31:23.2
6	George Mason	31:37.0
7	Joe Jenkins	31:52.3
8	David Castenholz	31:59.0
9	Frank Dauncey	32:02.2
10	Jon Cook	32:03.5

Female 19-29:

1	Julie Brown	33:12.6
2	Renee Lopat	35:44.6
3	Ruth Caldwell	35:52.4
4	Nancy Wilkinson	36:32.0
5	Robyn Dubach	38:37.6
6	Lisa Buckley	39:57.1

Male 30-34:

1	Bruce Johnson(30)	32:50
2	Dave White(30)	33:11
3	Terry Schmitz(33)	34:17
4	Beyer Everett(32)	34:21
5	William Summer(34)	34:28
6	Keith Strodi(32)	34:35
7	Edward Martini	34:48
8	Steve Leetch(33)	34:50

Female 30-34:

1	Sue Krenn(32)	36:31
2	Darlene Robuk(32)	38:43
3	Annie Kennedy(34)	41:19
4	Pat Van Berekelaer(34)	42:11
5	Jacqueline Fuitts(34)	43:21

Male 35-39:

1	Ronald Jensen	32:25
2	Mike Eck	32:54
3	Vince O'Boyle	33:07
4	Bill Langdon	33:10
5	John Montgomery	33:50
6	Tom Carras	33:58
7	Lawrence Fabela	33:59
8	Tom Nelson	34:25

Female 35-39:

1	Judy Kewley(37)	37:11
2	Jan Vickers(35)	37:56
3	Carolyn Doty(39)	41:18

photo by Keith Conning



Bonne Bell Trio (left to right): Michele Bush, Ann Locke, and Eileen Clausus.

Bonne Bell 10K

February 28. Golden Gate Park, San Francisco.

1	Michele Bush(LA)20 1st 20-24	34:18
2	Eileen Clausus(Sac)26 1st 25-29	34:25
3	Ann Locke(Stanford)18 1st 15-19	34:35
4	Katy Schilly(Des Moines)25	34:54
5	Nancy Ditz(MenloPark)27	35:29
6	Patricia English(SanAnsel)29	35:40
7	Vivian Soderhohn-Diffa(SF)25	35:44
8	Ellen Lyons(Stanford)19	35:55
9	Connie Hester(Hayward)22	36:03
10	Alice Trumbly(Berkeley)22	36:05
11	Tania Fischer(CanogaPk)17	36:17
12	Mary Hanlon(Oakland)18	36:18
13	Marcia White(Berkeley)18	36:18
14	Mary Gaffield(Berkeley)18	36:25
15	Helke Skaden(Fair Oaks)19	36:28
16	Marilyn Taylor-Allen(SF)29	36:32
17	Sharlet Gilbert(Rich)30 1st 30-34	36:37
18	Peggy Smythe(GlenEl)29	36:47
19	Tena Harms(MtnView)25	36:48
20	Margaret Spotts(Berk)18	36:56
21	Kathy Pfeifer(Sacto)22	36:57
22	Lori Shanoff(Petaluma)18	36:58
23	Juana Stavolone(SJ)36 1st 35-39	37:04
24	Denise Bigelow(SanLor)20	37:06
25	Vicki Bigelow(SanLor)48 1 45-49	37:15

54	Bridget Goodwin(Oak)26	39:41
55	Jeanne Shuler(Liver)40	39:45
56	Jacquie Phelan(SF)26	39:46
57	Jane Chynoweth(Mont)28	39:47
58	Marilyn Harbin(Mart)44	39:48
59	Joan Ulyot(SF)41	39:50
60	Pearl Anit(Pacif)22	39:55
61	Christie Patterson(MVly)33	39:56
62	Skip Gibbs(Cuper)40	40:06
63	Suzy Martinez(CitHts)17	40:08
64	Eugenia Zorich(Berk)21	40:09
65	Sue Vinella-Brusher(Oak)27	40:19
66	Patty Cutler(SF)35	40:26
67	Joan Reiss(Sacto)44	40:26
68	Claudia Morland(SLO)21	40:27
69	Gail Rodd(SF)39	40:30
70	Annamarie King(Stanf)21	40:33
71	Kathy Beals(Millbu)19	40:35
72	Liz Applegate(Davis)25	40:38
73	Ingrid Carlsen(Saus)28	40:39
74	Linda Britto-Snethen(Pleas)26	40:44
75	Patricia Whittingslow(Oak)41	40:46

Divisions:

14u: 1 Wanda Bailey 39:21, 2 Linda Mobley (Tracy) 42:23, 3 Toni Hartlaub (Burlingame) 42:39, 4 Tammy Langan (San Jose) 44:02, 5 Valerie Neck (Ft Mason) 44:47.
15-19: 1 Ann Locke 34:35, 2 Ellen Lyons 35:55, 3 Tania Fischer 36:17, 4 Mary Hanlon 36:18, 5 Marcia White 36:18.
20-24: 1 Michele Bush 34:18, 2 Connie Hester 36:03, 3 Alice Trumbly 36:05, 4 Kathy Pfeifer (Sacto) 36:57, 5 Denise Bigelow

photo by Keith Conning



Pat English
Sixth - Bonne Bell

First Cone Ranger Run

March 7. San Luis Obispo. 4 Miles.

1	Dan Aldridge(25)Sub-4	19:20
2	Manny Bautista(24)Sub-4	19:31
3	Bob O'Brien(27)SLDC	20:10
4	Ken Ellingboe(18)CalPoly	20:20
5	Scott Winfield(21)CalPoly	21:00
6	Jon Root(27)SLDC	21:03
7	Peter Roske(19)SLO	21:27
8	Scott Bishop(18)SLO HS	21:45
9	Rich Aleshire(36)SLO	21:54
10	Stephen Onaga(23)Guad	21:58
11	Rich Brown(17)SLO HS	22:00
12	Jim Casper(39)ShellBch	22:23
13	Clint Pearson(16)Prtvle	22:37
14	Andrew Estrada(25)SLO	22:44
15	Tim Gravelle(27)PasoRob	22:55
16	Paul Lee(21)SLDC	22:56
17	Kelvin Wilkinson(24)Jolon	22:58
18	Jason Hafemeister(16)SLO HS	23:07
19	Steve Dornish(37)SLO	23:08
20	Mike Ashworth(26)SLO	23:09
21	Dale Mercier(37)SLO	23:23
22	Bill Norman(35)SLDC	23:24
23	Mike Hamer(21)CalPoly	23:31
24	Jose Ramos(19)SLO	23:40

4 Maureen Marconi(36)	43:14
5 Nancy Buchanan(38)	43:15
Male 40-44:	
1 Frank Duarte	31:48
2 Ray Hughes	33:23
3 Bob Van Sickle	34:58
4 J. Bushman	35:19
5 Dennis Fitzgerald	35:27
6 Gary Smith	35:51
Female 40-44:	
1 Cherrie Lightburne(42)	40:06
2 Viola Phillips(42)	41:27
3 Marcia Martyn(43)	42:02
Male 45-49:	
1 William Koehm(45)	34:37.9
2 Alan Dugard(49)	35:49.7
3 Julius Schnell(47)	37:02.1
4 Joseph Szabo(48)	37:38
5 Jim Clappett(48)	37:43
Female 45-49:	
1 Elaine Havers(46)	42:19.2
2 Elsa Evans(47)	NT
3 Carmen Rolfe(47)	NT
Male 50-59:	
1 Marshall Haraden	35:43
2 Delbert Teter	36:30
3 Wally Evertz	36:32
4 Tony Marino	37:46
5 Bob Gerlach	37:50
Female 50-59:	
1 Mary Storey(57)	41:40
2 Nicki Hobson(51)	41:48
3 Ethel Kleinsasser	NT



Marina Freeway Tree Run 10K

From RICHARD LEE SLOTKIN

March 7. Culver City.	
Overall Men:	
1	Martti Killholma 29:55.7
2	John Koningh 29:56.1
3	Michael Ruffato 30:07.4
4	Gilbert Cortez 30:57
5	Richard Diaz 31:21
6	Barry Welsch 31:45
7	E. Castro 31:55
8	Mark Covert 31:56
9	Dick Weeks 32:00
10	Ron Kurrie 32:04
12u: 1 James Brown 40:13.2, 2 Jon Jackson 43:34, 3 Ron Garner 46:02. 13-18: 1 Gregg Alken 36:24, 2 Brian Escobar 36:38, 3 Sean Hopper 36:58. 16-18: 1 Juan Oregel 34:06, 2 Robert Ramirez 34:27, 3 Joe Rivera 34:58. 19-29: 1 Richard Diaz 31:21, 2 Barry Welsch 31:41, 3 E. Castro 31:55. 30-34: 1 Mark Covert 31:56, 2 Ron Kurrie 32:04, 3 Thom Lacie 33:15. 35-39: 1 Dick Weeks 32:00, 2 Michael Crombie 34:46, 3 T. Dennis Joe 34:48. 40-44: 1 Gabriel Bernal 33:27, 2 Eino 33:51, 3 Brian Fernee 33:53. 45-49: 1 Christopher Bourke 35:56, 2 Roy Pellerin 37:02, 3 Seppo Niemi 37:05. 50-54: 1 Walt Windsor 36:00, 2 Robert Malain 36:52, 3 John Racely 36:59. 55-59: 1 Avery Bryant 39:56, 2 Ruben Heredia 43:02, 3 Jack Green 43:42. 60 plus: 1 Eddie Lewin 40:42, 2 Abe Stein 43:17, 3 Clyde Alling 44:19. Wheelchair: 1 Jim Knaub 29:33.	
Overall Women:	
1	Voncille Brown 38:08.3
2	Catherine Fulkerson 38:22.4
3	Michelle Soderberg 39:43.6
4	Carol Doody 41:09
5	Ilke Carbogillette 41:17
6	Dana Hart 41:56
7	Lauren Sussman 42:13
8	Harolene McLean 42:22
9	Linda Fairman 42:43
10	Dana Todd 42:50
12u: 1 Nicole Burke 49:19, 2 Susie Gugliotta 53:54, 3 Jana Lynn Frost 53:55. 13-18: 1 Carol Doody 41:09, 2 Lauren Sussman 42:13, 3 Marie Rasic 47:52. 16-18: 1 Linda	

Fairman 42:43, 2 Tania Bentler 43:32, 3 Tamara Fatheree 43:56. 19-29: 1 Ilke Carbogillette 41:17, 2 Dana Hart 41:56, 3 Dana Todd 42:50. 30-34: 1 Susan Russel 42:55, 2 Susie Weems 44:12, 3 Suzanne Miller 44:37. 35-39: 1 Harolene McLean 42:22, 2 Susan Oberding 42:54, 3 Alice Travis 44:09. 40-44: 1 Joyce Momita 44:35, 2 Kathy Kusner 45:20, 3 Roberta Elliott 45:51. 45-49: 1 Jane Dods 45:04, 2 Atsuko Fujimoto 46:43, 2 Sheila Smith 47:18. 50-54: 1 Marie Hart 53:59, 2 Joyce Boedecker 55:01, 3 Sherri Harman 56:32. 55-59: 1 Willa Rodgers 54:36, 2 Villa Hancock 56:01, 3 Lilly Garcia 1:01:37. 60 plus: 1 Mem Howe 53:37, 2 Edith Carlisle 55:41, 3 Priscilla Libby 57:48.	
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End of the Trail 15K

March 7. Visalia.	
1 Humberto Ramirez(un)	49:07
2 Ed Taylor(Vis Run)	49:42
3 Bob Loux(HSTC)	51:15
4 Robert Taylor(VisRun)	51:36
5 Gary Campbell(VisRun)1st 30-34	51:36
6 Frank Ortega(HSTC)1st 35-39	51:52
7 Dave Bronzan(HSTC)2nd 30-34	52:00
8 Al Lomell(Fresno TC)3rd 30-34	52:35
9 Ozzie Osgood(HSTC)2nd 35-39	53:16
10 Joel Wobrock(un)	53:28
12 Wayne Van Dellen(HSTC)1 40-49	54:25
17 Frank Delgado(FTC)2nd 40-49	56:31
18 Renee Wyckoff(VisRun)1W	56:42
22 Len Thornton(HSTC)1st 50p	57:59
24 Gene Lynch(Fresno TC)3 40-49	58:47
29 Tanis Ryzbol(VisRun)2W	62:46
53 Joann Branco(VisRun)3W	65:57

St. Pat's Great Race

From S. SHORES

March 13. Arroyo Grande.
There are those who run because it allows them that extra helping of mashed potatoes at the dinner table. If you are one who loves to run and eat, then the St. Pat's Great Race is made for you. It's a 20K affair run from Lopez Lake to the small central coast town of Arroyo Grande. It is put on by the St. Patrick's congregation, and is followed by a magnificent beef BBQ. And the entry fee? It's \$5.00 if you run, and \$6.00 for the BBQ alone.

Last year, the punctual Justin Tyme of the Aggie Running Club crossed the finish line first, and this year he was back again. Entering as Mr. D. Fendingchamp, Tyme (sometimes known as Joe Fabris), Sub-4's Manny Bautista, and Athletics West's Dan Aldridge finished in a three-way tie for first in 63:23. Closely following the three across the line was the Aggie's Rich Langford (63:57), and former Air Force star Mike Ryan (65:17). After a 5:45 opening mile, the three former Cal Poly teammates slowly caught the early leaders Langford and Ryan at five miles. At six miles Ryan began to slip and the remaining four began to take five minute turns at the front of the pack in order to combat the strong headwind that opposed the whole route. At eleven miles Langford wishes the three good luck as they made a gradual pull towards the finish.

The women's division was won by Sue Krenn, formerly of San Diego and now living on the central coast. Krenn spent a good portion of the first mile running right off the lead pack. Her time was 75:06.

Overall: 1 (tie) Joe Fabris & Manny Bautista 1:03:23.6, 3 Dan Aldridge 1:03:23.9. **Men under 12:** 1 Mark Endert 1:39:41, 2 Dan Shiffar 2:08:50, 3 James Malone 2:22:09. **Men 12-14:** 1 Pete Landry 1:24:06, 2 Pat Maloney 1:32:16, 3 Ricky Gutierrez 1:42:50. **Men 15-17:** 1 Chris Nutting 1:14:31, 2 John Brown 1:16:10, 3 Freddie Wellenkamp 1:29:32. **Men 18-29:** 1 (tie)

Joe Fabris & Manny Bautista 1:03:23.6, 3 Dan Aldridge 1:03:23.9. Men 30-39: 1 Mark Ryan 1:05:17, 2 Eddy Cadena 1:05:31, 3 Charlie Boatright 1:11:48. Men 40-49: 1 Wayne Nolson 1:15:04, 2 Keith Handley 1:18:30, 3 Herb Alloway 1:20:08. Men 50-59: 1 Ray Gil 1:21:16, 2 Dave Kroll 1:31:59, 3 Bill Denneen 1:33:40. Men 60-69: 1 John Holoubek 1:22:15, 2 Joseph Carey 1:28:00, 3 Lynn Mahin 1:54:15. Women under 12: 1 Barbara Barcelona 1:44:38, 2 Angela Casano 3:10:33. Women 12-14: 1 Regina Casano 3:10:33. Women 15-17: 1 Colleen Sebastian 2:15:07. Women 18-29: 1 Maria Pedersen 1:24:17, 2 Kathryn Hennelly 1:29:11, 3 Susan Griffin 1:35:25. Women 30-39: 1 Sue Krenn 1:15:06, 2 Jennifer Simmons 1:31:40, 3 Helen Hubenthal 1:38:50. Women 40-49: 1 Marylanda Wheeler 1:44:05, 2 Vera Issaef 1:44:20.	
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Irish Sweepstakes Charity Run

From KEITH CONNING

March 14. Lafayette Reservoir. 5K & 10K.	
5K—Men	
1 Dave Smith(Berkeley)	15:30
2 Jim Carson(Hayward)	16:12
3 Kent Thompson(Oakland)	16:17
4 Steve Wright(Lafayette)	16:34
5 Rey Corona	17:00
5K—Women	
1 Vicki Bigelow(San Leandro)	18:50
10K—Men	
1 Dan Anderson(CastroVly)	32:47
2 Rich McCann(Berkeley)	33:44
3 Daniel Martinelli(Oakland)	33:55
4 Angel Martinez(Alameda)	33:55
5 Kevin Searls(Pleasant Hill)	34:52
10K—Women	
1 Vicki Gorman(Hayward)	41:50

Run for Nutrition

March 14. Riverside. 5K & 10K.

5K—Male	
11u: Jon Gumph 19:31. 12-15: Doug Barnes 17:44. 16-18: Mike Arasim 17:39. 19-29: Jeff Moreno 16:27. 30-39: Dave Hite 16:15. 40-49: Jess Maxcy 18:22. 50-59: Jason Harris 19:00. 60 plus: Boyd Rose 26:29.	

5K—Female	
11u: Jamie Barnes 19:40. 12-15: Maggie Minick 20:37. 16-18: Jane Warkenstien 21:05. 19-29: Mary Rodriguez 21:58. 30-39: Kathy Story 20:32. 40-49: Sigrid McAllister 20:41. 50-59: Dorothy Weers NT.	

10K—Male	
15u: Jimmy Owens 49:27. 16-18: James Treidler 34:47. 19-29: Ray Cook 32:08. 30-39: Eric McReady 34:31. 40-49: Wally Ingram 35:03. 50-59: Frank Ramos 44:21. 60 plus: Bob Kroger 41:24.	

10K—Female	
15u: Linda Heck 40:03. 19-29: Sandy Koval 42:25. 30-39: Linda Sabo 41:40. 40-49: Marie-Ann Conroe 46:44. 50-59: Betty Hulse NT.	

St. Patrick's Day 5 Miler

March 14. Sacramento.

Top 10 Men:	
1 Mike Van Horn	20:11
2 Chris Hamer	20:33
3 Mike Brandner	21:30
4 Don Spickelmier	22:19
5 Skip Seebeck	22:42
6 Kevin Cimini	22:48
7 Jeff Pearman	22:50
8 Amol Saxena	22:52
9 Dick Pine	23:01
10 David Foley	23:02
40-49: 1 Don Spickelmier 22:19, 2 Pete Schoener 24:24, 3 Chuck Conway 24:36. 50-59: 1 Ray Helm 27:07. 60-69: 1 Harry Boulter 33:04.	
Top 5 Women:	
1 Janis Tucker	30:10
2 Beebe Laguna	30:12
3 Mary O'Donnell	30:14
4 Lisa Von Wald	30:19
5 Judy Covin	30:48
40-49: 1 Mary O'Donnell 30:14. 50-59: 1 LoRaine Brown 37:28.	

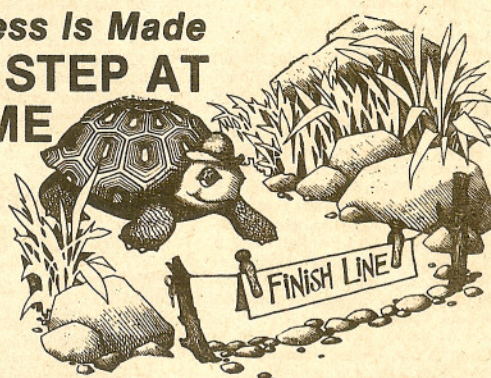
Run for Sobriety 5K

From JIM BYERS

March 14. Tustin.

Male 14u: 1 Ted Goodlake 16:50, 2 Scott Beldbeau 18:42, 3 Paul McDonald 19:19. 15-18: 1 Guy Nyle 17:53, 2 Kurt Thies 19:27, 3 Kurt Davis 19:43. 19-24: 1 Pat	
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Progress Is Made ONE STEP AT A TIME



So, if you received two (2) issues last month (i.e., CTRN & NCRR label) — don't despair! We are slowly making progress in sorting thru CTRN & NCRR subscriptions. The finish line is in sight. Your CTRN subscription will be extended by the number of issues you had coming on your NCRR subscription at the time of the merger. The extra one now won't count against you. Thanks for your patience.

Results

Bickford 15:36, 2 Matt Hill 16:09, 3 Jose Reyes 17:58, 25-29: 1 John Rogerson 15:10, 2 Nicasia Alvares 16:42, 3 Jeff Kinzel 16:45, 30-34: 1 Marty Bennett 16:54, 2 William Sullivan 17:20, 3 Jim Kenworthy 17:39, 35-39: 1 Toby Dickerson 18:00, 2 George Carlson 18:12, 3 Michael Lalum 18:21, 40-44: 1 Lee Miller 17:07, 2 Don Hufstader 18:16, 3 Gerald Tyner 19:13, 45-49: 1 Walt Windsor 17:12, 2 Scott Watkins 17:40, 3 Rex Castellaw 18:32, 50-59: 1 Leonard Walts 18:29, 2 Gene Worthy 19:38, 3 Fred Deaville 23:12.

Female 14u: 1 Kim Walulik 23:35, 2 Kris Chadwick 26:10, 15-18: 1 Karen Menge 20:22, 2 Leah Rosenbeck 23:16, 19-29: 1 Kelly Weaver 19:44, 2 Sharon Masters 22:12, 3 Felice Ridley 22:18, 30-39: 1 Fran Solomon 18:00, 2 Kris Gerstman 20:16, 3 Shirley Erickson 22:52, 40-49: 1 Cherrie Lightbarne 21:27, 2 Lee Walulik 24:12, 3 Pat Johnson 25:18, 50 plus: 1 Pat Anthony 25:23, 2 Dorothy Weise 30:36.

Special Olympics

March 14, San Bernardino. 5K & 10K.

5K—Male
14u: Mike Masangay 19:10, 15-19: Ron Harris 15:51, 20-29: Vance Roget 17:58, 30-39: Todd Stevenson 18:07, 40-49: Tom Richards 18:31, 50-59: Jose Quesada 18:39, 60 plus: M. D. Wasemiller 20:25.

5K—Female
14u: Faith Walker 19:37, 15-19: Gretchen Wuerch 18:59, 20-29: Rachael Garcia 22:41, 30-39: Lucy Ordway 20:31, 40-49: De Ann Eckenwiler 25:47, 50-59: Carmen Guerra 20:15, 60 plus: Helen Brothie 36:01.

10K—Male
14u: Rolf Wuerch 39:13, 20-29: Antonio Martinez 35:12, 30-39: James Press 32:14, 40-49: Jurgan Froehlich 35:17, 50-59: Abilo Baca 44:20, 60 plus: William Cornett 43:39.

10K—Female
14u: Kelly Sage 43:58, 15-19: Heidi Wuerch 48:11, 20-29: Laurie Sheard 48:40, 30-39: Linda Bowmer 48:46, 40-49: Twila Ketterman 53:06.

Indian Valley Run

From ADELLE PLATT

March 20, Novato. 5 Mile.
Female 12u: 1 Morris 48:30, 2 Erica Wight, 3 Jennifer Wight. **Female 13-15:** 1 Sherri Minkler 37:05, Laurie Posner, Kerry Grauser. **Female 16-18:** 1 Liana Wilson 33:56, 2 Judy King, 3 Amy White. **Female 20-29:** 1 Joy Taylor 32:40, 2 Marilyn Mendle, 3 Danielle Leong. **Female 30-34:** 1 Susan Simons 35:35, 2 Karen Julius, 3 Trudy Jenner. **Female 35-39:** 1 Maggie McDowell 36:32, 2 Ruth Thompson, 3 M. Dubour. **Female 40-49:** 1 Eve Pell 34:59, 2 Kathryn Singer, 3 Jytte Fruchtmann. **Female 50-59:** 1 Cecilia Payan 40:55, 2 Ingrid Girkout, 3 Betty Peterson. **Female 60 & over:** 1 Els Tulnzing 42:37.

Male 12u: 1 Jethro Greenbaum 33:41, 2 Orin Smith, 3 Will Kenane. **Male 13-15:** 1 Eric Bohn 29:35, 2 Peter Woodring, 3 John McLaughlin. **Male 16-18:** 1 Kirk Dye 27:42, 2 Craig Wilson, 3 J. L. Briggs. **Male 20-29:** 1 Bob Heirle 26:58, 2 Butch Alexander, 3 Ron Elijah. **Male 30-34:** 1 Wayne Hinrichs 29:12, 2 Phil Springfield, 3 Dennis Boliman. **Male 35-39:** 1 Dave Sjostedt 29:16, 2 Bill Posedal, 3 John Statsfno. **Male 40-49:** 1 Darryl Beardall 28:26, 2 Roger Daniels, 3 Steve Lyons. **Male 50-59:** 1 Dave Olson 33:12, 2 Dave Peterson, 3 Ralph Webb. **Male 60-69:** 1 Arnold Scott, 2 Lillner, 3 Ray Young.

Piedmont Middle School Feet Meet 5K & 10K

March 20, Piedmont.

5K
1 Michael O'Reilly 14:41
2 Calvin Gaziano 16:15
3 Wayne Cottrell 16:24
4 Matt O'Brien 16:35
5 Jerry Glover 16:53
6 Francis Mason 17:14
7 Mike Rivers 17:18
8 Michael Bowen 17:23
9 Larry Mateo 17:29
10 Duncan McGilish 17:43
11 James Erbes 18:08
12 Steve McIntyre 18:17
13 Trevor Thorpe 18:28
14 Brian Rivers 18:36
15 Steve Peterson 18:37
16 John Reed 18:38
17 Jim Cross 18:44
18 Aaron Cuthbertson 19:31
19 James Macfee 19:42
20 Allison Keller JrG 19:44
21 Jack Hill 4-40 19:48
22 George Poppas 20:04
23 Mark Ford 20:06
24 Thomas Brown 20:23
25 Michael Smart 20:25
34 Nancy Frost 20:40
45 Nancy Benson JrG 21:37
50 Julie Rivers JrG 21:54
52 Erika Watkins 22:00

10K
1 David Smith 31:27
2 Sam Skinner JrB 31:39
3 Ken Mattson 31:41
4 John Embody 31:52
5 Spencer Ferguson 33:14
6 Glen MacDougall 33:44
7 Sheldon Clark 34:01
8 Ernest Stanton 34:10
9 Bruce Wolfe 34:40
10 Tom Beritzhoff 35:03
11 Dan Hollis 35:07
12 Doug Bomford 35:02
13 Greg Ryan, Jr 35:15
14 Brian Smith 35:33
15 Myron Nevraumont 1-40 35:41
16 Walter Hahn 35:55
17 Bruce O'Neill 36:02
18 David Weamer 36:05
19 David Hobler 36:41
20 Kent Ferre 36:46
25 Cynthia Nagle 1F 37:25
26 Sharlet Gilbert 2F 37:37
37 Jerry Faulkner 1-50 37:40
29 Keith Wallace 2-40 37:46
38 Gerald Fong 3-40 39:02
39 G. C. Retnhardt 2-50 39:20
49 Jim McRae 3-50 40:30
50 Heather Ryan JrG 40:39
63 Ruth Anderson 1-50F 41:39
68 Cynthia Cone JrG 42:22
76 Nora Smiriga 1-40F 43:11

St. Patrick's Day Race - 6.2 Miles

From TERRY MANN

March 20, Lake Merritt.
1 Jeffrey Wall(1st 30-39) 33:05
2 Jim Gaffield(1st 14-18) 34:13
3 Noah Rollins(2nd 30-39) 34:20
4 Edward Lockhart(3rd 30-39) 35:51
5 Bill Brusher 36:04
6 Bryan Holmes(1st 40-49) 37:08
7 Pete Zulim(1st 19-29) 37:11
8 Vicki Randall(1st 19-29F) 37:14
9 Mike Robak 37:48
10 Frank Matlin(2nd 40-49) 38:08
16 Wanda Bailey(1st 13uF) 39:30
18 Sue Brusher(2nd 19-29F) 39:49
25 Richard Sandell(1st 50 over) 42:19
41 Tam Daney(3rd 19-29F) 48:14
52 Robin Gentile(1st 40-49) 54:39

Run for the Lions

March 20, Brentwood. 5 Miles.

1 Bill Seaver(M30-39) 26:24
2 Dwight Hendrix 26:35
3 Joss Walter(M14-19) 27:13
4 Kevin Sage(M30-39) 28:05
5 Ross Rowley (M30-39) 28:22
6 Mark Gallo (M30-39) 28:34
7 Ralph Bowles(M40-49) 29:13
8 Hank Fragonza(M 50plus) 29:39
9 Bob Myers(M40-49) 29:45
10 Tom Traver(M40-49) 30:02
11 John Clive(M30-39) 30:26
12 Anthony Bettencourt 30:36
25 Jane Viera(W30-39) 36:14
27 Felicia Quilantay(W20-29) 36:21
29 Margaret Tilka(W20-29) 36:36
41 Dolly Ackerman(W40-49) 38:38

photo by Keith Conning



Jerry Faulkner
1st 50 at Piedmont

Feminine Fitness Spring Fever Run

From ELIZABETH JONES

March 20, Fresno. 6 Miles.

Men
11 & under: 1 Kevin Miller 37:58, 2 Brian Van Dalsen 48:19, 3 Noah Kaiser 1:29:27.
12-15: 1 David Naranjo 32:05, 2 Richard Hinasjos 34:42, 3 Deldrick Brown 44:46.
16-18: 1 Greg Steinhauer, 2 Ross Keeping 33:33, 3 David Naraho 32:55, 19-24: 1 Jeff Chandler 33:02, 2 Richard Rice 33:08, 3 Bobby Santoyo 36:32, 25-29: 1 Mark Freeman 32:16, 2 Mark Hull 32:50, 3 Alfred Cardova Jr. 33:05, 30-34: 1 Curt eliz 31:35, 2 Craig Ella 32:25, 3 John Aldrich 34:09.
35-39: 1 Bob Lindsey 31:10, 2 Gordon Keller 42:15, 3 Mark Haymond 36:10.
40-44: 1 Don Ramirez 36:26, 2 Andy Liddell 37:35, 3 Fred Aldcrete 38:16, 45-49: 1 Frank Delgado 33:55, 2 Rick Zamaripa 34:28, 3 Gene Lynch 36:01, 50-59: 1 Bob Fries 33:10, 2 Len Thornton 33:50, 3 Ken Takeuchi 40:25, 60 & up: 1 Harry Harder

40:40, 2 Woody Cape 47:50, 3 Tom McLaughlin 1:05:00.

Women

11 & under: 1 Jokdon Speert 43:22, 12-15: 1 Stacy Shaw 39:15, 2 Carmel Kane 1:10:00, 3 Wendy Nailor 1:15:00, 16-18: 1 Charlene Jansen 48:03, 19-29: 1 Janet O'Brien 40:02, 2 Carol Glover 40:13, 3 Shirley Randall 40:28, 30-39: 1 Jean Arkellan 41:31, 2 Deborah Jura 44:51, 3 Jan Alcock 45:22, 40-49: 1 Ramona Dias 43:27, 2 Pat Thompson 58:52, 50-59: 1 Sue Takayama 49:17.

International Friendship Marathon

March 20, Chula Vista.

Full Marathon

Male 60 plus: 1 Hal Elrick 4:15:00, **Female 50-59:** 1 Mae Ann Garty 3:53:10, **Male 50-59:** 1 Donald Graessle 2:56:51, 2 Dick Robinson 2:58:13, 3 Wally Hekman 3:23:37, **Female 40-49:** 1 Beverly Harju 3:59:50, **Male 40-49:** 1 Imre Landvay 2:56:56, 2 Patricio Llerena 3:00:06, 3 Bud Wetzler 3:03:12, **Female 30-39:** 1 Patti Hurl 2:56:20, 2 Gloria Peschel 3:15:19, 3 Nancy Courter 3:20:43, **Male 30-39:** 1 Hayden Smith 2:35:59, 2 Ed Nares 2:42:22, 3 Dennis Huffman 2:43:12, **Female 18-29:** 1 Linda Copp 3:11:25, 2 Wanda Gunderson 3:13:11, 3 Teri Adams, **Male 18-29:** 1 Will Wester 2:33:17, 2 Steven Burke 2:48:27, 3 Victor Hurtado 2:48:27, **Male 17u:** 1 David Ramirez 3:13:39, 2 Miguel Manriquez 3:44:15, 3 Jose Valenzuela 3:48:00.

Half Marathon

Male 60 plus: 1 Wayne Zook 1:30:20, 2 Casey Poole 1:33:06, 3 Woodrow Derby 1:37:45, **Female 50-59:** 1 Mary Brown 2:04:15, 2 Dolores Barrios 2:06:35, 3 Marjorie Lawson 2:15:20, **Male 50-59:** 1 Rod Johnson 1:24:20, 2 Roy Vonder Mehden 1:32:46, 3 Frank Morris 1:33:18, **Female 40-49:** 1 Shirley Matson 1:25:59, 2 Lynn Flanagan 1:38:20, 3 Lynn Lipetzky 1:48:10, **Male 40-49:** 1 Dan McCaskill 1:16:02, 2 Howard Moody 1:17:40, 3 Bob Wiermaa 1:19:42, **Female 30-39:** 1 Judi Richardson 1:32:30, 2 Lynda Gregg 1:35:45, 3 Jeanette Mahoney 1:37:10, **Male 30-39:** 1 Rick Hagin 1:12:19, 2 Steve Yavorsky 1:15:18, 3 Hugh Stevenson 1:16:39, **Female 18-29:** 1 Susan Shook 1:28:59, 2 Ann Breistein 1:31:02, 3 Patricia Markovich 1:35:38, **Male 18-29:** 1 Roy Anderson 1:03:55, 2 Kirk Pfeffer 1:05:34, 3 Anfin Rosendahl & Roger Gjovaag 1:08:13, **Female 17u:** 1 Christine Flanagan 1:31:01, 2 Socorro Valadez 1:49:00, 3 Delfing Tagle 1:54:25, **Male 17u:** 1 Manuel Collo 1:17:39, 2 Adolfo Arroyo 1:24:24, 3 Roberto Gallegos 1:28:25.

Jug to the Club Run

March 20, Visalia. 6.2 Mile.

Men

18u: 1 David Perez 32:36 (new record), 2 Kevin Carrillo 37:52, 3 Jack Butler 38:18, 19-29: 1 Humberto Ramirez (1st o/a - new course record) 31:28, 2 Joe Jaramillo 35:17, 2 Terry Taylor 35:29, 4 Adrian Huerta 37:33, 5 Craig Wheaton 38:19, 30-34: 1 Larry Nava 40:13, 2 Mike Cates 41:01, 3 Tom Morehouse 41:33, 35-39: 1 Frank Ortega 33:29 (new record), 2 David Soleno 33:48, 3 Ozzie Osgood 34:24, 40-49: 1 Henry Clark 38:41, 2 Al Branco 39:24, 3 Carl Segler 44:10, 45-49: 1 Roger Richards 37:15, 2 Tommy Upton 39:08, 3 Chris Deny 39:18, 50-59: 1 Chuck Freuler 42:57 (new record), 2 Pete Akin 48:33, 3 Ralph Graves 54:10, 60 & over: 1 H. R. Macklin 53:44 (new record).

18u: 1
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9 Kim

21 Ermu

1 Davi

2 Bart

3 Jake

4 Mark

5 Regi

7 Mich

12 C. Kr

Women

18u: 1 Cathy Isham (1st o/a - new record) 38:07, 2 Jennifer Baker 42:16, 3 Deon Stockton 45:17. 18-29: 1 Babs Hall 43:50, 2 Holly Hewitt 48:16, 3 Linda Herz 49:42. 30-39: 1 Joann Hurley 48:32, 2 Kathleen Rauber 50:58, 3 Marty Stermitz 53:50, 4 Sandra Harrison 54:16. 40-49: Joann Brando 42:28 (new record), 2 Joan Akin 52:39, 3 Elsie Villia 53:36.

Catalina Island Marathon

March 21. Catalina.

Men

29 & under:
1 Jim Howard(27)Sacramento 2:56:38
2 David Stevenson(29)PaloAlto 3:03:44
3 Mike Orr(26)PalosVerdEst 3:05:03

30-34:
1 Bill McDermott(31)LaHabraHts 2:40:05
2 Joe Carlson(30)LongBeach 2:47:48
3 Charlie Hoover(33)Sepulveda 2:49:24

35-39:
1 Toby Skinner(37)Beaverton 2:57:49
2 Allan Johnson,Jr.(38)HarbCty 2:58:44
3 Richard Provost(35)SanPedro 3:05:21

40-44:
1 John Robinson(42)NewZeal 2:48:33
2 Joseph Bird(41)SanPedro 3:04:20
3 Dale Larabee(41)SanDiego 3:07:40

45-49:
1 Andre Tocco(46)SanPedro 2:57:02
2 Martin Balding(45)AltaLoma 3:02:46
3 C. John Mare(47)Tucson 3:21:15

50-54:
1 Bob Holte(50)ManhBch 3:21:54
2 Jan Fekkes(52)ThousOaks 3:26:57
3 John Richard(50)Ventura 3:28:14

55-59:
1 William Beddor(55)Minneapolis 4:18:26
2 Dick Walsh(58)LasVegas 4:23:52
3 Robert Herman(56)LongBeach 4:27:50

60 & over:
1 Paul Reese(64)Sacramento 3:39:51
2 Norton Davey(63)PlayaDelRey 4:38:09
3 Floyd Doss(62)LA 4:43:09

Women

24 & under:
1 Robin Rossow(24)SanFran 4:59:39
2 Joan Bassler(16)PalVerdPen 6:46:20

25-29:
1 Ardis Bow(26)Kirkland,WA 4:10:21
2 Brenda Wade(28)Phoenix 4:26:42
3 Debbie Cherry(29)RollHills 4:28:07

30-34:
1 Jacqueline Hansen(33)Beav 3:26:19
2 Sally Edwards(33)Sacramento 3:43:10
3 Barbara Honeck(30)MarinaDR 3:56:35

35-39:
1 Roxanne Heister(35)CampPen 3:41:51
2 Valerie Doyle(39)Berkeley 3:52:26
3 Lucia Davidson(36)SanPedro 4:01:19

40-49:
1 Skip Gibbs(40)Cupertino 3:50:54
2 Karen Nestande(42)SantaMon 4:18:25
3 Karen Clement(41)Newberg 4:27:58

50 & over:
1 Peggy Taylor(51)HarborCty 5:16:28
2 Priscilla Libby(64)LA 5:19:11

Vichy Springs Ribbon Runs

From JIM POTTER

March 21. Napa.

2 Mile

1 Kevin Daw(Napa) 11:09
2 Perry Smith 11:18
3 Richard Scott(Cupertino) 11:21
4 Jerry Bourne(Sonoma) 11:30
5 Michael Pence(Petaluma) 11:46
6 Kim Purcell 1W 12:15
7 Erma Baker(Angwin)2W 14:16

4 Mile

1 David Smart(Davis) 21:59
2 Bart Hansen 23:38
3 Jake Ruygt 23:40
4 Mark Wooten 23:58
5 Reg Harris 24:09
6 Michael Pence(Petaluma)1-40 25:08
7 C. Kramer 1MW 26:10

8 Mile

1 Scott Bauder(Napa) 46:56
2 Bernie Hollander 47:26
3 Dr. J. L. Stockwell 47:37
4 Rich Scott 48:38
5 Raymond Menzie 49:47
6 Jerome Mendez(Fairfield) 49:50
23 Erma Baker(Angwin)1MW 62:47

Red Cross Marathon & Half Marathon

From CHRISTOPHER CONNORS & JENNIFER SIMMONS

March 21. San Luis Obispo. Full & Half Marathon.

Marathon

Men 18-29: 1 Tom McKeown 2:29:30, 2 Steve Flynn 2:44:21, 3 Paul Lake 2:48:22, 4 John Ernatt 2:54:00, 5 Nate Brady 2:58:22. Men 30-39: 1 Tom Jeffers 2:43:00, 2 Clem Michel 2:52:53, 3 Terry Uebelhart 2:53:55, 4 Jeff Herten 2:57:10, 5 Bobby Yee 2:57:30. Men 40-49: 1 Bill Van Wyngaarden 2:54:33, 2 Jim Smith 3:00:02, 3 Richard Leslie 3:01:47. Men over 49: 1 John Squires 3:40:25, 2 Bert Beene 3:45:20, 3 Tom Hampson 4:00:15. Overall Women: 1 Marci Stevenson 3:30:42, 2 Marilyn Schlichting 3:41:45, 3 Karen Middlebrook 4:44:51.

Half Marathon

Men under 18: 1 Chris Nutting 1:21:46. Men 18-29: 1 Joe Fabris 1:09:22, 2 Dan Rueckert 1:13:07, 3 J. T. Walton 1:14:40, 4 Robert Wurster 1:27:44, 5 Mike Pond 1:27:55. Men 30-39: 1 Bill Norman 1:22:02, 2 Bob Nanninga 1:23:51, 3 Dave Farmer 1:29:50, 4 Bux Hamblin 1:31:22, 5 Thomas Mason 1:32:33. Men 40-49: 1 Keith Handley 1:23:51, 2 Mike Rehorn 1:28:40, 3 Russ Brown 1:34:41. Men over 49: 1 Roger Boedecker 1:31:03, 2 Augusts Melnalkanis 1:35:32, 3 Rod Rodenberger 1:49:37. Women 18-29: 1 Catherine Henelly 1:33:23, 2 Carrie Walters 1:38:28, 3 Mary Ryzner 1:39:59. Women 30-39: 1 Pamela Jones 1:36:48, 2 Ursula Luna 1:43:12, 3 Helen Hubenthal 1:46:16. Women 40-49: 1 Susan Hood 1:45:03, 2 Marilyn Rehorn 1:53:16, 3 Phyllis Rodenberger 2:03:40. Women over 49: 1 Nancy Leslie 2:02:00, 2 Joyce Boedecker 2:08:09.

Jimmy Stewart National Relay Marathon

From GINGER CISI

March 21. Los Angeles.

One may have thought that in trying to find a parking place at Griffith Park early Sunday morning on March 21st, that one was trying to get a spot at the Rose Bowl on New Year's Day. Were people getting up that early to go to the zoo? No, they were there to run the first relay marathon ever held in the continental United States. The event, the Jimmy Stewart National Relay Marathon, was sponsored by the Saint John's Hospital and Health Center of Santa Monica.

420 relay teams and a multitude of spectators hustled to a narrow, shaded road to begin the race. Many of the males found the pre-race Jazzerise demonstration quite fascinating as they watched ladies in their tight leotards. Several of them gamely attempted to emulate the lithe ladies with varying degrees of agility and grace.

Each team was sponsored by a 500 dollar contribution that went to the Saint John's Hospital ambulatory care unit. The first member of a five member team ran a 10k and the others ran five miles each. Every individual was required to carry a baton and pass it to the next team member at their designated passing zone. Some conveniently placed the baton in the rear of their racing shorts while others tightly grasped the baton in their hands and bolted through the course.

An Adidas team, one of several, consisting of Pat Devaney, Tony Ramirez, Dennis Everhart, Steve Alvarez and Robert Waugh, took the lead early in the third leg from the Santa Monica Track Club. Santa Monica's leadoff man, Bob Macias, blew the field out with a blistering 29:40. But, Santa Monica died in the second leg and Adidas won with a 2:10:45. A little over two minutes later, the Natural Runners and Cal State L.A. teams' anchormen approached the finish line neck and neck. Natural Runners had

just a bit more kick and edged Cal State L.A. by one second, 2:13:16 to 2:13:17.

Jimmy Stewart himself handed out most of the awards and signed autographs for over four hours. The number one mixed team, also an Adidas team, consisting of Vickie Cook, Tania Fischer, Steve Blum, Wally Buckingham, and Wayne Buckingham, were ninth overall with a 2:24:04. Sub-4 team members Glenn Rouse, Brad Ellezold, Ralph Serna, Tom Wysocki, and Tom Steiner was the top corporate team and eighth overall with a 2:21:43. LAPD members, consisting of George Davis, David Leaton, Richard Dyer, Frank King, and Chuck Foote won the law enforcement category with a 2:27:48. It placed them 16th overall. Canada Al's Flying Geese was the number one medical team. Team members Alan Falmoni, Brian Koziol, Kline Graham, Hal Goforth, and Rick Weindruch won with a 2:28:19 which also put them in 17th place overall. The L.A. County #1's team members Roy Burleson, Skip Berry, Mike Stearns, Chip Morris and Sam Martinez won the top firefighter's division. They also clinched 23rd overall with a 2:30:30. The UCSB Gauchos won the women's division with a time of 2:39:09 and placed 38th overall.

"Hopefully this will become L.A.'s annual national event," stated Peter Wert, one of the Saint John's Hospital and Health Center committee members. There is a relay marathon held in Vancouver and 24-hour marathon held in Hawaii, and this is the beginning of the first annual relay marathon in the continental United States.

1 Adidas 2:10:45 (Pat Devaney, Tony Ramirez, Dennis Everhart, Rob Waugh, Steve Alvarez)
2 Natural Runners 2:13:16 Tim Tobin, Gian Starinieri, Dan Caprioglio, Lance Packard, Carl Smith)
3 Cal State Univ L.A. 2:13:17 (Pat Curran, Bill McCullough, Pete Mogg, Carey Simons, Ron Gee)
4 LA Valley College 2:13:41 (Mark Covert, Chris Brennenman, Norm Despegg, Tim Silva, Rich Brown)
5 Dean Dana 2:14:10 (Bob Macias, Rick Iphrin, Dave Greifinger, Mark Luevano, Tom Wheeler)

continued on next page...

photo by Louis Hirsch



First Place Mixed Division Team (9th overall) at Jimmy Stewart National Relay (left to right): Wally Buckingham, Wayne Buckingham, Tania Fischer, Vickie Cook, Steve Blum.

Results

- 6 Basin Blues 2:19:42
(Richard Weeks, Marshall Matye, Jim Barbocaud, John Mazedid, Doug Humphries)
- 7 Welk's Walkers 2:21:26
(Ron Jensen, Adam White, Tyrus Deminter, Art Gonzales, Louis Terroines)
- 8 Sub-4C 2:21:44
(Glenn Rouse, Brad Ellezold, Ralph Serna, Tom Wysocki, Tom Steiner)
- 9 Adidas #2 2:22:05
(Vickie Cook, Tania Fischer, Steve Blum, Wally Buckingham, Wayne Buckingham)
- 10 Bud's Striders 2:22:06
(Steve Brumwell, Robert Traba, Jon Ortega, Louis Torres, Kevin Smith)
- Mixed Team: 1 Adidas #2 2:22:06.
Women's Team: 1 UCSB Gauchos 2:39:09, 2 Adida Naturite 2:40:20, 3 LA Fast Ladies 2:55:50. Law Enforcement: 1 LAPD 2:27:48, 2 FBI Runners 2:41:46, 3 ELA Sheriff's Dept 2:53:15. Firefighters: 1 LA County #1 2:30:30, 2 Ventura FD 2:33:07, 3 Santa Monica FD 2:55:13. Medical Teams: 1 Canada Al's Flying Geese 2:28:19, 2 Santa Monica Produce 2:34:33, 3 Pathology Striders 3:03:15.

Easter Seal Runs

March 21. Carpinteria.

Marathon

Male 19-34: 1 Gary Tuttle(34) 2:37:08, 2 Stu Sutherland (26) 2:41:24, 3 Kirk Herring 2:43:32, 4 Scott Zillner 2:59:02, 5 Randi Perkins 2:59:24. Male 35-39: 1 Bill Scobey (37) 2:37:08, 2 Peter Stein (36) 3:04:34. Male 40-44: 1 Kerry Aaberg (42) 2:54:47. Male 45-49: 1 Truman Clark (46) 2:57:01. Male 50-59: 1 Pat Cangiano (56) 3:18:06. Male 60 & over: 1 Howard Linnard (60) 3:25:48. Female 13-18: 1 Kate Silsbury (17) 3:41:39. Female 19-29: 1 Maureen Nishioka (26) 3:41:37. Female 30-39: 1 Linda Spaulding (33) 4:28:17. Female 40-44: 1 Addie Greene (40) 4:31:28.

Half Marathon

Male 13-18: 1 Brian Shaperio (17) 1:25:34. Male 19-34: 1 Steve Glocks (32) 1:14:16, 2 Tom Phillips (27) 1:15:18, 3 Brent Cushenbery (22) 1:15:18, 4 David Engelberg (33) 1:16:58, 5 Terry Schmitz (33) 1:17:15, 6 Dale Nickel (26) 1:17:17, 7 Kevin Young (24) 1:17:42, 8 Larry Taylor (21) 1:18:30, 9 Scott Quady (27) 1:18:41, 10 Stan Heinrichs (22) 1:19:24. Male 35-39: 1 Juan Hernandez (35) 1:13:37, 2 Doug Becker (36) 1:14:15, 3 Roger Patrick (38) 1:19:31, 4 Paul Hartman (37) 1:19:52, 4 Casmier Blasas (35) 1:21:28. Male 40-44: 1 Gary Dinkins (43) 1:18:35, 2 Aba Ramirez (43) 1:21:28, 3 Dan Pondella (40) 1:22:32. Male 45-49: 1 Wayne Nelson (46) 1:20:07, 2 Larry Hatch (46) 1:25:51, 3 Ron Boorman (48) 1:30:51. Male 50-59: 1 John Petersen (50) 1:27:55, 2 Ted Blumberg (50) 1:29:11. Male 60 & over: 1 John Holoubek (65) 1:28:23. Female 13-18: 1 Sharon Jennings (18) 1:41:06. Female 19-29: 1 Pauline Brown (26) 1:31:29, 2 Maria Pedersen (23) 1:32:14, 3 Joyce Klausmeier (25) 1:32:27. Female 30-39: 1 Leslie Schiller (30) 1:24:36, 2 Bridget Hogge (34) 1:29:35, 3 Marie Stevenson (37) 1:33:24. Female 40-44: 1 Sonja Dacayana (43) 1:54:27. Female 45-49: 1 Jane Dods (46) 1:39:23. Female 50-59: 1 Helen Holmgren (54) 2:07:09. Female 60 & over: 1 Grace Schweitzer (64) 2:30:08.

5 Mile

Male 12u: 1 Darin Lasky (11) 32:17. Male 13-18: 1 Tom Grewe (18) 25:35. Male 19-34: 1 Dan Davies (25) 26:45, 2 Peter Moore (21) 27:24, 3 Pat Yochum (30) 28:46. Male 35-39: 1 Steve Close (38) 27:06, 2 Michael Parfit (35) 28:22, 3 Jay Romals (38) 28:36. Male 40-44: 1 Sandy Scott (40) 33:16, 2 Luis Gonzales (43) 35:09, 3 Mike Timm (40) 35:32. Male 50-59: 1 John Colby (50) 38:36, 2 Bob Womer (59) 41:37. Male 60 & over: 1 Paul Gilbert (67) 50:16. Female 13-18: 1 Carol Werner (18) 31:14. Female 19-29: 1

Pamela Cox (23) 29:18, 2 Tammy Misner (20) 32:39, 3 Chari Kantor (26) 35:33, 4 Corine Dion (27) 3:36, 5 Judy Lw (28) 38:56. Female 30-39: 1 Donna Schulze (38) 39:56, 2 Bonnie Ryan (38) 44:07, 3 Diana Beatty (37) 44:45. Female 40-44: 1 Irma Tierney (41) 45:38. Female 45-49: 1 Joanne Martz (46) 45:30. Female 50-59: 1 Patricia Frankus (55) 42:28.

Mercury News 10K Run

From Jack Leydig

March 21, San Jose: 5th Annual Mercury News 10K Run.

Top Men Finishers:

1	Adrian Royle	28:43
2	Domingo Ditaduliza	28:58
3	Simon Killili	28:58
4	Benton Hart	29:09
5	Mike Porter	29:22
6	Joaquin Leano	29:24
7	Dan Buntman	29:29
8	Dan Gruber	29:30
9	Miguel Tibaduiza	29:31
10	Ron Fritzke	29:41
11	Rudy Munox	29:52
12	Mike Cassaday	30:13
13	Harold Clerns	30:14
14	Ted Quintana	30:21
15	Matt Yeo	30:22
16	Jim VanDine	30:23
17	Peanut Harms	30:25
18	Leroy Kotchevar	30:27
19	Tony Brien	30:30
20	Denis O'Halloran	30:32
21	Tim Gruber	30:40
22	Brian Maxwell	30:43
23	Dave Smith	30:46
24	Brock Hinzmann	30:50
25	Leavon Tyme	30:51
26	Tim Minor	40:53
27	Sal Vasquez	(1-40) 31:00
28	John Sheehan	31:09
29	Fred Villegas	31:26
30	Bill Seaver	31:27
31	Joel Hope	31:29
32	Fernando Fernandez	31:32
33	Matt Bruni	31:33
34	Otto Tymne	31:34
35	Ed Taylor	31:40
36	Dan Anderson	31:41
37	Jim Bowers	(2-40) 31:41
38	Alex Gonzales	31:51
39	Ed Schelegle	31:52
40	George Green	31:53
41	John Olszewski	31:56
42	Mitchell Greenberg	31:57
43	David Chairaz	31:57
44	Kevin McCusker	32:00
45	Dan Murray	32:00
46	Felix Soto	32:02
47	Toni Ruggie	32:06
48	Mike Niemiec	32:07
49	Tom Laythe	32:10
50	Bill Clark	32:11
51	Fidel Serrano	32:14
52	Mark Piccillo	32:23
53	Lester Mina	32:28
54	Rich Langford	32:28
55	Allen Neel	32:29
56	West Press	32:29
57	Shawn Ayers	32:30
58	Dan Cruz	32:35
59	Skip Brown	32:36
60	Ron Richardson	32:39
61	Daryl Zapata	32:39
62	Gary Campbell	32:44
63	Jake White	(3-40) 32:44
64	Andy Takaha	32:46
65	Hugh Stahl	32:47
66	Tim Rostage	(4-40) 32:48
67	Mark Hines	32:51
68	Dan Minutillo	32:52
69	Terence Boynton	32:54
70	Robert Taylor	33:00
71	Richard Stillier	33:07
72	Brian Abshire	33:08
73	John Clary	33:08
74	David Garcia	33:09
75	David Burgess	33:11
76	Michael Holst	33:11
77	Michael Edelstein	33:12
78	Thomas Adams	33:13

79	Michael Conroy	33:16
80	Tore Leite	33:18
81	Tim Killen	33:19
82	Ken Hurst	33:19
83	Gerardo Congolito	33:21
84	Michael Leslie	33:23
85	Steve Wight	33:24
86	Randy Pangelina	33:25
87	Greg Hales	33:25
88	Curtis Kibowski	33:27
89	Bryan Patterson	33:28
90	Levin Collier	33:30
91	Tim Chain	33:32
92	Steven Ferraz	33:32
93	James Owen	33:33
94	Stan Eder	33:34
95	Calvin Gaziano	33:34
96	Gilbert Dean	33:35
97	Paul Engibous	33:36
98	Robert Edwards	33:37
99	Jeff Cowlins	33:28
100	Michael McCaffery	33:39
134	Bill Meinhardt	(5-40) 34:32
242	E.J. Romesberg	(1-50) 36:37
283	Hank Fragoza	(2-50) 37:15
354	Richard Laine	(3-50) 38:03

Top Women Finishers:

1	Eileen Clausus	33:41
2	Connie Hester	34:41
3	Nancy Ditz	35:13
4	Tina Harms	35:38
5	Laurie Binder	35:42
6	Bey Marx	36:03
7	Juana Stavolone	36:37
8	Jessica Spies	36:43
9	B. Dwyer	36:45
10	Vicki Bigelow	(1-40) 37:19
11	Carol Stroud	37:26
12	Shariet Gilbert	37:28
13	Rosa Tibaduiza	37:29
14	Kristan Martin	37:44
15	Vicky Bray	37:52
16	Bridget Rose	38:07
17	Vonelle Brown	38:09
18	Charlene Gilroy	38:12
19	Nanette Garcia	38:14
20	Connie Buckler	38:21
21	Marie Earl	38:36
22	Ann Wotherspoon	38:38
23	Lindy Hayes	38:40
24	Sheri McCarroll	38:46
25	Barbara Maglo	39:05
26	H. SkadenPoyser	(2-40) 39:21
27	Patty Selbicky	40:02
28	Theresa Fisher	40:06
29	Kristine Morrella	40:28
30	Margaret Fischer	40:36
31	Lisa Fraser	40:43
32	Shariene Rogers	40:46
33	Monya Lane	41:10
34	Gina T. Moss	41:19
35	Karen Watson	41:25
36	Susan Brewer	41:27
37	Janet Smith	41:46
38	Delores Sample	41:51
39	Dana Rositano	41:51
40	Jessica Bagley	41:57
41	Debra Feinman	42:00
42	Maureen Farley	42:41
43	Sheri Opp	42:42
44	Gina Burrola	(3-40) 42:47
45	Gillian Whiting	42:50
46	Marty Wright	42:51
47	Carol Tefft	42:59
48	Amy Flynn	43:03
49	G. Barragan	43:04
50	Darcy Waterman	43:05
60	Alice Rose	(4-40) 43:50
70	Betsy Frasersmith	(5-40) 44:20
74	Vito Balola	(1-50) 44:29
93	Jaclyn Casilli	(1-60) 45:37

Manteca Bulletin 10,000

March 27. Manteca.

2 Mile:

Men 13u: 1 Michael Ordenez 12:02, 2 Lex Barber 12:20, 3 Jason Frost 12:24. Men 14-18: 1 Juan Ovasco 10:25, 2 Toby White 10:26, 3 Steve Cochran 10:31. Men 19-29: 1 David Jimenez 10:05.3, 2 Jerry Martinez 10:18, 3 Bill Martin 10:22. Men 30-39: 1 Dean Raymond 10:05.31, 2 Jose Guerrero 10:53, 3 Faustino Carmona 11:32. Men 40-49: 1 Dick Shoreman 11:47, 2 Curtis

Tom 12:23, 3 Mike Blakeslee 13:14. Men 50 plus: 1 Ray Mahannan 14:18, 2 James Higgins 14:33. Women 13u: 1 Marcie Reynolds 15:16, 2 Melissa Perez 15:41, 3 Mary Carmona 15:43. Women 14-18: 1 Sonja Tillema 12:18, 2 Regina Rowan 13:03, 3 Cheri Nepote 13:18. Women 19-29: 1 Anita Moran 12:52, 2 Consuelo Garcia 12:59, 3 Ruth Snyder 15:04. Women 30-39: 1 Alleen Tsukimau 13:24, 2 Judy Tom 15:22, 3 Rosemary Diaz 15:35. Women 40-49: 1 Anita Walker 16:46, 2 Frankie Ebright 16:57, 3 Shirley Fix 17:42. Women 50 plus: 1 Lillian Judd 17:41, 2 Harriet Higgins 19:01, 3 Georgia Van Pelt 19:59. Boys 8u: 1 Jim Taylor 14:47, 2 Ryan Goldsberry 14:53, 3 Aaron Inlow 16:36. Girls 8u: 1 Wendy Meade 17:14, 2 Tiffany Totton 20:08, 3 Meagan Speegle 22:39.

10K:

Men 13u: 1 Chris Franco 40:33, 2 Mike Wise 41:09, 3 Nick Souza 42:07. Men 14-18: 1 David Hope 36:21, 2 Leith Morse 36:34, 3 Al Allen 39:29. Male 19-29: 1 Ken Hurst 32:20, 2 Dan Leitner 33:33, 3 Dwight Smith 33:50. Men 30-39: 1 William Seaver 31:59.6, 2 Jack Lawson 32:00, 3 Tom Holliday 34:01. Men 40-49: 1 Mel Thompson 37:27, 2 Ralph Moran 37:29.9, 3 Larry Lusk 39:30.4. Men 50 plus: 1 Morey Reynolds 39:42, 2 Dave Peterson 39:56, 3 Derl Crowder 42:08. Women 13u: 1 Stacey Allen 41:39.8, 2 Londa Mobley 45:40. Women 14-18: 1 Ann Pimentel 48:11. Women 19-29: 1 Sharon Jordan 39:51.9, 2 Vanessa Sinz 49:01, 3 Terri Prehm 52:59. Women 30-39: 1 Mary Whildal 41:40, 2 Joy Jackman 47:15, 3 Dorothy Bushakra 47:21. Women 40-49: 1 Ginger Burrola 42:36, 2 Sherron Hoffman 46:19, 3 Chiyo Shingu 49:52. Women 50 plus: 1 Pat Mowery 51:11, 2 Angle Gliven 52:55, 3 Betty Peterson 53:54.

Escondido 10k X-C

March 27. Escondido. Hilly & muddy.

Men:

1	Ian Cumming(30)	35:02
2	Brian Igce(28)	35:31
3	Dennis Kasischke(35)	36:34
4	Gary Petersen(30)	36:52
5	Rob Russell(18)	37:50
6	Kevin Heaton(28)	37:59
7	Dan McCaskill(41)	38:17
8	King Wayman(32)	38:41
9	Bill Gookin(49)	38:41
10	Ray Sablan(42)	38:55
19	Bill Stock(52)	42:10
29	Wayne Zook(65)	45:48

Women:

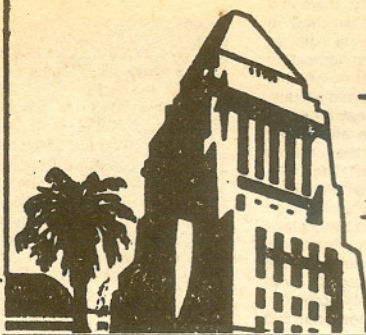
1	Shirley Matson(41)	43:14
2	Dorothy Stock(49)	43:45
3	Kathy Askin(26)	45:09
4	Anne Johnson(53)	45:54
5	Faye Heldorn(45)	47:30

10 Mile Waller Park Relay

March 27. Santa Maria. 4x2.5 Mile.

1	Roger Solar(21)	12:06
2	Phil Sosa(19)	12:26
3	Martin Briones(29)	12:48
4	Mike Ryan(35)	12:48
5	Joe Eberhard(18)	12:50
6	Stephen Roach(20)	13:16
7	Steve Harney(34)	13:44
8	Chris Nutting(17)	13:54
9	Matt Rodenberger(21)	14:04
10	Wes Forman(30)	14:07
11	Bob Nanninga(35)	14:10
12	Gary Sanders(38)	14:35
13	Tom Allen(39)	14:36
14	Jack Cline(48)	14:38
15	Stan Rosenfield(34)	14:43
25	Emily Schoenwald(23)1F	15:23
42	Beverly Lopez(23)2F	17:17
46	Patricia Graham(23)3F	18:04

LOS ANGELES Lite MARATHON



By RICHARD LEE SLOTKIN

March 26. Los Angeles.

Riding in the back of the press truck can be a lot of fun, and it certainly has some advantages. You can see what is going on, especially up front, all through the race. And if the driver is any good, you can get around and see what is happening with the middle and back of the pack...and still get to the finish line in time to get a great shot of the winner breaking the tape. However, it can be a very frustrating experience too. Such as when one of the leaders turns out to be

pion Carlos Don't-drink-the-water Palomino, who was running his second marathon. The top seeds were Jon Anderson and Dave Patterson. And, in fact, Anderson and Patterson took the lead quite early and soon had a big lead on 4th place. Yeah, 4th place because 3rd was right alongside them. That's the guy we didn't recognize. From the look on his face at about 6 miles, we didn't suppose he would be there very long. He seemed to be working a bit too hard. Of course, anyone who knows anything about runners and running doesn't worry about that Crest smile. You look at the legs. How are they doing?

in second place, even on a long straight stretch. That was when I had to fight the urge to lean over and ask him who he was. But, by that time, we were about to dash back to the finish and we'd find out soon enough.

Also at that time, his left hamstring began to cramp up. He thought, "You gotta be kidding!" By that time he had just a mile to go, so why was this happening to him then?

Didn't matter. He rambled on to a win and a very satisfying PR of 2:16:33. Brown didn't consider himself home free until nearly the very end because he knew that Anderson had the ability to catch him. Not this time, though. Anderson was almost 2 minutes behind with a time of 2:18:30. Two minutes in a marathon doesn't seem like all that much, but at the pace these guys run it's well over a quarter mile. No wonder we couldn't see Anderson at the 24 mile point. He was 6 blocks away.

Brown works for the City of Los Angeles' Department of Water and Power in Van Nuys. He hadn't told anyone at work that he had entered the marathon, so it turned out that we didn't know who he was and they didn't know where he was. A real mystery man.

Brown uses the Igloi approach to training as practiced by Laszlo Tabori, though he has never worked with Laszlo. Yet, he claimed that Laszlo has had a tremendous influence upon him. Send him a bill, Laszlo!

Meanwhile, the other top seed, Patterson, had fallen back and lost contact with Anderson, finishing in 2:20:04. Not that bad either, really. Most marathons in this area will give you better than a 3rd with a 2:20.

It was quite a while before anyone came in after Patterson. In fact, it was almost 6½ minutes, a real eternity. But for Ron Gee that wasn't a bad job at all. Ron was one of the front runners all the way, but he improved his position by a couple of places as the race wore on. He looked very good, especially after the turnaround.

And, what about the Champ? Well, at the turnaround, which was also the halfway point, Palomino was right around 1:31. At about 14 miles he was chugging along, looking pretty good and rather calm about the whole thing. As we passed by, I told him that he had a good chance to slip in under three hours. He just smiled and said, "I can't go any faster than this." Well, in fact, he did slow down a little, but you can't argue with a 3:07 for a second time in the distance. That knocked something like 30 minutes from his first marathon time. I wonder if he drank any of the water.

Another second timer, also well-known from another sport, was the ex-Laker head coach Paul Westhead. Early in the race, as early as 2 and 3 miles, the coach looked as if he were in trouble. He seemed to be very tired. I will admit to not having seen him after that, but he shows up in the official results in 3:39, and that is a PR for Coach.

The women's list didn't have anyone of note except Sue Petersen. Pam Morris was entered also, but she was an unknown quantity as far as the marathon

is concerned. Sue is trying to get back into shape and she made no promises or predictions for this one. She did get out front in a hurry, of course, and Pam hung right with her. They made a nice threesome. Threesome? Of course. Sue never runs marathons without Pete. Just ahead of them, hogging camera space, was Cal State Dominguez Hills head track coach Mitch Harmatz, also trying to get into his top form. Harmatz was just out for 18 miles worth, though and wasn't entered. He just made it hard to get good photos of Sue and Pam...and Pete.

Anyway, Sue Petersen runs in only one of two ways: she either looks as though she's ready to pass out, or she's out there smiling, waving to friends and having a great ol' time. For some time in the recent past, it's been the Sue #1 that I've been seeing. Not this time. There was the old Sue Petersen, just having a great time...uh, great ol' time.

But Pam Morris was in the middle of an allergy attack. It came on at 4 miles and by 9 miles, she said that she knew she was in trouble. By 10 miles, she had lost contact with the Petersens, and finally dropped out at 12 miles. Pete Petersen said that he had seen her still in the race at the turnaround, but I don't think so. I



Steve Brown - Winner!

someone that no one knows. Even the publicity guy might not know who the stranger is, as he fumbles through his notes and list of "runners to watch." And when the guy no one knows gets into the lead, opens up a big gap and finally makes it apparent that he's going to win the race, you can be driven to pulling your hair out in frustration. You really have to bite your tongue to keep from leaning over the side and calling, "Hey! Who the heck are you?" One of these days, I just know that I'm going to do that.

I almost did at the L.A. Lite Marathon. The hoped-for big crowd never materialized and the field that did show up had very little in the way of big names. In fact, probably the most famous guy in the race was former welterweight cham-

As it happened, Steve Brown's legs were doing jes' fine, ma'am. They were doing even better at the turnaround point, just outside the Universal movie lot. By then, they had moved him into close to a hundred yard lead over Anderson and Patterson. Anderson was moving away from Patterson by then also, but he was as close to Brown as he was going to be from there on.

Brown was far from a nobody. He ran the 2 mile and 3 mile for USC, and posted times like 8:55 and 13:47. He was an Olympic Trials Qualifier in the marathon in 1980, finishing in just under 2:21, and recently won the Los Alamitos 10K in 30:44.

Well, by 24 miles, Brown was so far in front that we couldn't see Anderson back



Jon Anderson (left) & Dave Patterson

didn't see Pam come through there and I was there quite awhile after the Petersens went through. Besides, Pam called me that night and told me that she had stopped a couple of times and then

continued on next page...

Results

stopped for good around 12 miles, from where she got a ride back.

In any case, Sue came through the turnaround in 1:23 and a little bit, thoroughly enjoying herself. Then, around 1:29, there came through a little Oriental girl whom no one had ever seen before. Now, it was bad enough that we didn't know who the leader was, but here was probably the only female in the race besides Sue who was possibly going to break 3 hours, and we didn't know who she was either! This was showing signs of being a long day.

The turnaround turned out to be an interesting place. Besides what I've already related, we saw masters runner Patrick Devine come through, just a bit after the Petersens. Patrick was doing OK, on his way to a 2:55:47, but as usual, he looked as though he were dying. He wasn't.

Another item that had really fine potential was the figure 8 that the runners found themselves in at the turnaround. This was caused by the fact of an aid station about 50 yards before the turnaround...and, naturally, 50 yards after the

turnaround, once you started heading back. Well, the leaders were running close to the curb coming up to the turnaround, and then turned to their right to head back on the outside of the lane. Then, someone got the idea to have them swing out and enter the turn from the outside of the lane and turn to their left so they could get a shot at the aid station going back. Because there was a very small field, probably not more than 500 in all, a demolition derby was avoided. By the time the halfway point was reached, the crowd was stretched so thin that there were plenty of gaps to filter through without losing your pace. If there had been the hoped-for 3,000, or even as many as 1,000, they'd still be pulling the bodies out. Let's hope they clean up that act by next year.

Back at the finish line, we found out that Durhane Rieger Wong was the little gal at the turnaround who looked as though she had a shot at a sub-3. She did it, too, with a 2:58:45. Wasn't even her PR. She's done a 2:55.

So, except for the potential disaster which never came off at the turnaround, this LA Marathon turned out to be a pretty

nice little affair. Unfortunately, there is a long way to go before they can think in terms of rivaling Boston or New York, as they hoped...as they still do hope...this event will evolve into. Although the course wasn't bad, most of those we talked to liked it pretty well except for some wind in the face toward the end. There was none of the magic that makes Boston and New York what they are. There were no crowds anywhere along the way. Except for the stretch through Chinatown, there really wasn't any place for a crowd to come from. The route doesn't go through neighborhoods where people already are and can easily stroll over to the curb to see what is going on.

And, of course, you need more than 500 people.

But, even the Bay-to-Breakers started with less than a hundred people.

Results:

From JAMES H. GILBERT

March 28. Los Angeles.

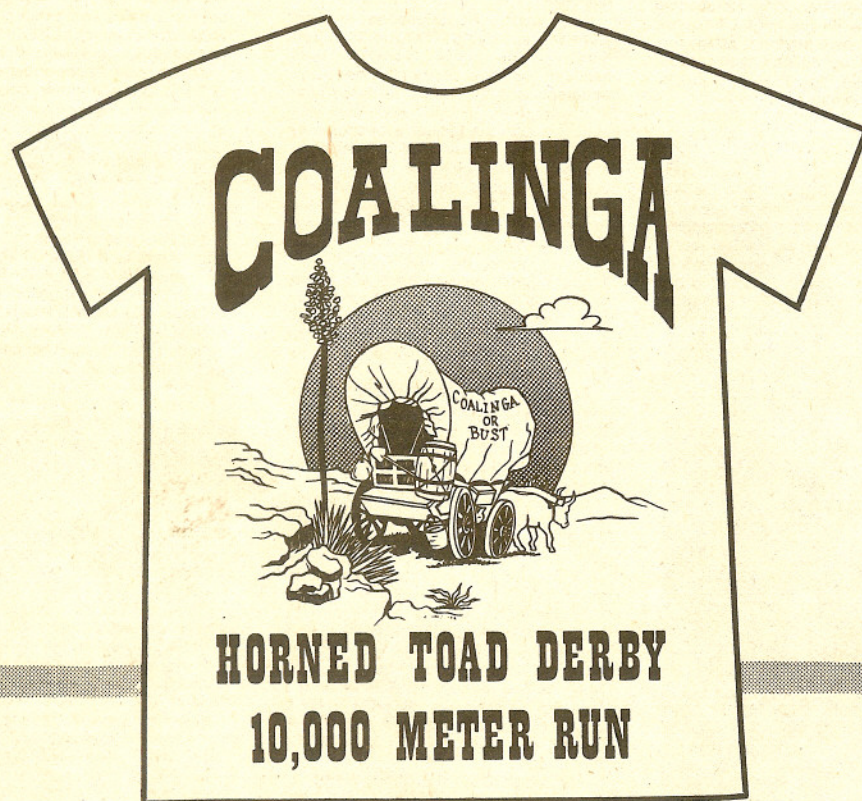
Male

0-18: 1 Jesus Vazquez 2:33:14, 2 John Ely 2:47:54, 3 Jose Vazquez 2:48:58. 19-29: 1

photo by Richard Lee Slotkin



Sue & Pete Petersen



May 15, 1982

Starting Time: 8:00 AM Entry Fee: \$6.00 Assembly at Keck Park

Also a 1-Mile Prediction Race will be held after the 10K Race

T-Shirts Awards Prize Drawings Aid Station Splits

Bring family and friends for the entire day. There will be live horned toad races, a carnival, arts & crafts, FFA livestock show and auction, parade, firefighters waterfight, softball tournament, beef pit barbecue, and more.

For information contact: Bob Sample

284 Lincoln, Coalinga, CA 93210

Phone: (209) 935-1531 days

(209) 935-2660 evenings

Steve Brown 2:16:33, 2 Jon Anderson 2:18:30, 3 Dave Patterson 2:20:04, 4 Tom Sanchez 2:29:27, 5 Edward Chaldez 2:30:18, 6 Steve Koundoviotis 2:38:04, 7 Michael Hayley 2:39:53, 8 Robert Dolan 2:40:00, 9 Spear Kronlage 2:41:26, 10 Alfredo Ramirez 2:43:05.
30-39: 1 Ron Gee 2:26:30, 2 James Czachor 2:40:03, 3 Boyd Hartley 2:41:37, 4 Alba Hall 2:46:49, 5 Joseph Dickmann 2:46:58. 40-49: 1 Skip Shaffer 2:33:12, 2 Joseph Gossman 2:45:32, 3 Edward Lujan 2:45:43, 4 Fred Masorro 2:50:39, 5 Pete Petersen 2:51:33.
50-59: 1 Patrick Devine 2:55:47, 2 Stan Block 3:04:20, 3 Aurelio Camacho 3:05:12, 4 David Parker 3:06:46, 5 Rodolfo Reyes 3:09:36. 60-100: 1 Robert Kroger 3:26:38, 2 Phil Hodge 3:29:04, 3 Matthew Allen 3:33:53.

Female

0-18: 1 Julie Chisholm 4:02:38. 19-29: 1 Susan Jeffreys 3:10:36, 2 Diane Hatton 3:33:09, 3 Lisa Buckley 3:36:12, 4 Alice Rodriguez 3:39:21, 5 Maureen Nishioka 3:40:29. 30-39: 1 Sue Petersen 2:50:41, 2 Rieger Loom 2:58:51, 3 Katherine Kehr 3:16:13, 4 Gail Cornett 3:20:25, 5 Suzanne Miller 3:32:39. 40-49: 1 Joyce Momita 3:43:13, 2 Yvette Tauzin 3:48:18, 3 Mary Hack 4:07:27.

Roeding Park 6 Mile Run

By MARTY HIGGINBOTHAM

March 27. Roeding Park, Fresno.

1 Fresno Track Club's Jim Hartig continues to be on top of Central California road races as he ran to another victory today at the Roeding Park Six Mile. The weather was ideal as well over one hundred runners toed the starting line. Jim Hartig and Al Lara set the early pace, however, it was a bit too quick for Lara who is returning from an injury. After Lara dropped out of the pace, it was Hartig against the clock. Ed Taylor, who is a shorter distance runner, passed Lara but too late to catch Hartig as he went on to victory in 30:24. Taylor, a 4:12 miler, finished in second in 31:03. The week before Taylor ran a personal best for the 10k at the San Jose Mercury News Run timing 31:40. Al Lara hung on for third in 31:29. Marty Higginbotham held off a very tough Bob Lindsey for fourth in 31:36, while Lindsey's fifth place finishing time was a second

back in 31:37. Lindsey, however, was the first submaster. David Naranjo ran 32:05 to capture the men's 19 and under division. Jesse Rodriguez timed 34:05 easily outrunning his competitors in the 40-49 age group while Len Thornton did the same in the fifty plus division in 35:01.

Kristan Martin ran away from the women's field timing 37:09. Dianne Staffer took the women's submaster division in 40:36. Ramona Diaz timed 45:15 to nab the 40-49 age group crown, while Liz DeMonte clocked 48:15 beating Dorothy Thomas 48:49 to the finish for the women's fifty plus title.

RESULTS

From FRANK DELGADO

1 Jim Hartig(27/FTC) 1/20-29	30:24
2 Ed Taylor(25/VR) 2/20-29	31:03
3 Alfred Lara(25/un) 3/20-29	31:29
4 Marty Higginbotham(25/un)	31:36
5 Bob Lindsey(37/FTC) 1/30-39	31:37
6 Curt Ella(31/FTC) 2/30-39	31:51
7 David Naranjo(15/FTC) 1/19u-M	32:05
8 Gary Campbell(33/VR) 3/30-39	32:23
9 Robert Taylor(21/VR) 5/20-29	32:24
10 Frank Ortega(38/HSTC) 4/30-39	32:40



Marty Higginbotham
4th at Roeding Park

11 Don Chapin(35/HSTC) 5/30-39	32:49
12 Mark Freeman(26/FTC) 6/20-29	32:50
13 Mark Hull(26/FTC) 7/20-29	32:52
14 David Soleno(35/FTC) 6/30-39	33:11
15 Bryan Patterson(27/DF) 8/20-29	33:27
16 Joseph Day(31/MTC) 7/30-39	33:43
17 Jeff Merrow(23/FTC) 9/20-29	33:58
18 Jess Rodriguez(40/VR) 1/40-49	34:05
19 Jim Lambe(29/FTC) 10/20-29	34:29
20 Craig Newport(35/VR) 8/30-39	34:35
21 John Aldrich(31/MR) 9/30-39	34:46
22 Steven Levy(33/HSTC) 10/30-39	34:53
23 Len Thornton(51/HSTC) 1/50 plus	35:01
24 Leon Valley(29/FTC) 11/20-29	35:06
25 Andres Patlan(32/un) 11/30-39	35:15
26 Rick Zamarripa(48/HSTC) 2/40-49	35:32

38 Sid Cram(43/un) 3/40-49	37:02
39 Jess Rivera(54/un) 2/50 plus	37:04
41 Kristan Martin(23/un) 1/20-29W	37:09
50 Richard Rozier(51/FTC) 3/50 plus	38:35
61 Tanis Ryzeboi(21/VR) 2/20-29W	40:00
63 Carol Glover(23/un) 3/20-29W	40:24
64 Dianne Stauffer(33/un) 1/30-39W	40:36
69 Marj Timberlake(39/FTC) 2/30W	41:14
93 Ramona Diaz(42/FJ) 1/40-49W	45:15
96 Isabel Verdusco(49/un) 2/40-49W	45:55
97 Sue Martin(31/FJ) 5/30-39W	45:55
105 Liz DeMonte(51/FTC) 1/50W	48:15
106 Dor. Thomas(57/HSTC) 2/50W	48:49

Pinole Marathon

From STEVE JUSTICE

March 28. Pinole.

BRADLEY BROWN CONQUERS THE HILL AND THE HOLE

The hill, of course, is the infamous Pig Farm Hill, but what's this about a hole? Well the devastating floods last winter created the "Pit of Pinole", another topographical nuisance to be endured by those brave enough (or crazy enough) to enter the Bay Area's toughest marathon. Last January 4 the Pinole Creek devoured about 1000 feet of Pinole Valley Road leaving a giant chasm that the county public works department decided to ignore until the rainy season ended. A contractor did lay in a giant piece of pipe where the stream crossed the now vanished road, but made no attempt to fill over it. Clandestine work groups from host Zephyr Athletic Club picked and shoveled a passageway through the obnoxious Contra Costa clay in the weeks before the marathon, only to see all their work disappear into the river during howling squalls the night before the race. With the morning's first light, the crews went back to work shoveling rock and gravel over the slick city surface, continuing right up to the time the lead pack approached.

One would think that hills, holes, hail, sleet and rain would have done a number on the 172 Intrepid starters, in this, the 4th edition of the Pinole Marathon. But, it didn't seem to bother Bradley Brown of Richmond, or most of the other 151 finishers. Bradley took command at 7 miles, leaving behind his Buffalo Chips teammate, Chris Turney (winner at Napa just 2 weeks before), and 1981 Pinole Marathon champ, Virginio Dearaujo. Virginio made one more attempt at Brown at 15 miles, but lost contact on the return trip over Pig Farm Hill and eventually dropped out at 23 miles. Brown powered through the last 7 miles at a 5:30 pace to break Scott Molina's existing course record (2:34.25) with a sensational 2:29.03. Dwight Hendrix, probably the most consistent finisher at Pinole over the four year history of the event, almost pr'd at 2:31.56, good enough for second place. All in all, four finishers broke Molina's old record, including Jeff Wall (2:33.40) and Noel Lincicome (2:34.16) of Sparks, Nevada. Scott, concentrating more on triathlons than marathons these days, placed 19th at 2:57.19, the last runner to finish under three hours.

Sal Vasquez of Alameda also set a masters recrd with a 2:47.22, 9th overall, and clearly 8 minutes faster than Richard Whitewater's 1981 standard.

Women marathoners are so scared of Pig Farm Hill that they stay away in droves composing 9 percent of this year's finishers. But 'The Pig' didn't scare off Lucy Kaplan of Berkeley, so after Laura McHale dropped out Lucy ran unchallenged the last 16 miles, finishing with a 10 minute bubble over second place Ruth Anderson. Kaplan and Anderson also won the 40-49 and 50 and over divisions, respectively, which may tell something about the type of woman marathoner attracted to a course like Pinole—they both love challenging and hilly courses. Lucy Kaplan became the third Berkeley resident (in 4 years) to win the woman's title, and her 3:21.24 second only to Eileen Clausus' 3:15 record.

Buffalo Chips won the men's club trophy despite diabolical attempts by host Zephyr AC to stack the ranks with 18 of their best marathoners. A BC team of Bradley Brown (2:29.03), Chris Turney (2:38.54), and Ronny Harries (2:53.08) beat a good Excelsior Team composed of Jeff Wall (2:33.10), Allan Stanbridge (2:54.59) and Richard Whitewater (2:55.13). Zephyr placed third—"Curses, you Red Baron!"

1 Bradley Brown	2:29.03
2 Dwight Hendrix	2:31.56
3 Jeff Wall	2:33.10
4 Noel Lincicome	2:34.16
5 Chris Turney	2:38.54
6 Neil Berg	2:40.02
7 Robert Smith	2:42.28
8 Daniel Porter Hollis	2:47.08
9 Sal Vasquez(42)1st-40	2:47.22
10 Dave Parish	2:52.03
11 Ronny Harries	2:53.08
12 Graeme Bell	2:54.13
13 Allan Stanbridge	2:54.49
14 Michael Kelly	2:54.55
15 Richard Whitewater(41)2nd	2:55.13
16 Thomas Tift	2:55.59
17 Tom Everett	2:56.24
18 Lon Kincannon	2:56.25
19 Scott Molina	2:57.19
20 Julios Ratti	3:00.41
21 Dana Gard	3:01.03
22 Chris Delgado(47)3rd-40	3:01.03
23 Pete Schooner(41)4th-40	3:01.04
24 John Alvarez	3:01.09
25 Nicolas Martinez	3:02.40
26 Bobby Yee	3:05.42
27 Thomas Ford	3:05.60
28 John LaComa	3:06.42
29 Vicente Ramirez(42)5th-40	3:07.33
30 Rick Mollenkopf	3:09.11
49 Lucy Kaplan(43)1F	3:21.34
71 Bill Casteel(53)1-50	3:31.23
72 Ruth Anderson(52)1F-50	3:31.24
75 Carol LaPlant(35)1F	3:33.26
100 Helene Eisenbud(37)2F-30	3:48.10

Running Fever 10K

From GAIL BOGERT

March 28. Santa Clara.

Peanut Male (11u): 1 Trent Pacheco 43:56, 2 Matthew Davis 54:59, 3 David Young 55:10. **Peanut Female:** 1 Jessica Bagley 43:53, 2 Crystal Miks 59:37, 3 Teresa Chase 59:56. **Junior Male (12-18):** 1 Rio Morales 37:28, 2 Andrew Lanier 37:33, 3 Victor Santamaria 37:37. **Junior Female:** 1 Erica Holm 54:33, 2 Jean Belanger 55:36, 3 Marcella Bortoni 57:49. **Open Male (19-29):** 1 Gary Zaskowski 37:24, 2 Dan McCampbell 38:09, 3 Joseph Fischer 39:20. **Open Female (19-29):** 1 Kim Havas 41:21, 2 Deborah Denny 50:00, 3 Suzanne Woodard 50:15. **Senior Male (30-39):** 1 Jim Cunningham 35:03, 2 Art Hernandez 38:36, 3 Bob Grix 38:45. **Senior Female (30-39):** 1 Leslie Fiach 49:17, 2 Ardyth Backens 54:05, 3 Terry Ketchum 54:39. **Master Male (40 & over):** 1 John Finch 37:00, 2 Frank Stempki 37:23, 3 Dennis Morris 40:09. **Master Female:** 1 54:14, 2 Mercy Smullen 59:07, 3 Jean Bausch 1:03.27.

Livermore Fitness Day

March 28. Livermore. 10K.

1 Mark Kushner	33:34.9
2 Jeff Cowling	33:37.3
3 Richard Antal	33:47.7
4 Nick Winter(1st 30-39)	33:51.7
5 Tim Davila(1st 12-17)	34:03.5
6 Fred Dietrich	34:30.5
7 Steve Taylor	35:25.8
8 William Wilson(1st 40-49)	36:41.6
9 Craig Wishard	36:49.9
10 Bob Bryant	37:08.1
11 Dan Moore(2nd 40-49)	37:23.9
12 Steve Rios	38:12.1
13 Max Rios	38:01.8
14 Jim Cross(3rd 40-49)	39:02.0
15 Gough Reinhardt(1st 50)	39:09.1
24 Jean Shuler(1F-40)	40:25.6

31 Peggy Smith(1F-30)	41:34.5
33 Morey Reynolds(2nd 50)	41:49.8
34 Diane Pinson(2F-30)	41:58.4
45 Monya Lane(1F-open)	43:30.4

Sri Chinmoy 10K

March 28. Santa Barbara.

1 Michael Lebold(24)	31:44
2 Steve McLean(32)	34:47
3 Gregg Horner(28)	34:50
4 Terry Mack(30)	34:53
5 Ed Swan(23)	35:01
6 Roger Palazzo(24)	35:12
7 Mike Parfit(35)	35:47
8 Ed Lopez(22)	35:50
9 Kemp Aaberg(42)	36:00
10 John Patterson(40)	36:19

Division Winners

Women 18u: 1 Jody Grob 46:16, 2 Megan Meyer 1:09:53. **Women 19-29:** 1 Pat Salay 46:57, 2 Treva Brandon 47:13, 3 Gwendolyn Moskowitz 47:58. **Women 30-39:** 1 Diane Kennerson 49:26, 2 Gloria Navarro 50:09, 3 Carol Ann Lopez 1:03:09. **Women 40 & over:** 1 Elisabeth Humphreys 1:15:51. **Men 18u:** 1 Trent Adams 44:08, 2 Grant Burrows 46:37, 3 Bryan Shamblyn 49:11. **Men 19-29:** 1 Michael Lebold 31:44, 2 Greg Horner 34:50, 3 Ed Swan 35:01. **Men 30-39:** 1 Steve McLean 34:47, 2 Terry Mack 34:53, 3 Mike Parfit 35:47. **Men 40 & over:** 1 Kemp Aaberg 36:00, 2 John Patterson 36:19, 2 Fred Vega 40:13.

YMCA Easter Runs

From CHARLIE HORN/RUNNING PROMOTIONS, UNLIMITED

April 3. Quartz Hill. 5K & 10K.

WINDY! That's the word which was repeated time and again by the nearly 200 competitors at the 1st Annual YMCA Easter 5K and 10K Runs. The breeze started early and stayed steady throughout the day and consequently slowed down the runners who had hoped for some spring-like weather. Canyon Country's Steve Durand pulled away from the field to win the 10K with a time of 34:53 over local Tony Whitmore (35:57). Ironically, women's winner Jeanette Wells was only 6 seconds from her personal best with a fine 41:34. Jeanette appears to be a favorite in the upcoming Heritage Days 10K set for May 22. Other 10K standouts were 15-year old Gary Dehlinger who was 10th overall, Howard Sundberg in a near best of 37:39 (7th), Liz Sundberg with a 3 minute improvement to 46:41, and Mary Powers with a 50-59 year division leading 41:17 time.

Most of the runners opted for the shorter 5K (3.1 miles) distance due to the icy wind. Lancasterite Jack Powell prevailed with a time of 16:32. On the distaff side, Joe Walker Jr. High student Wendy Medina (23:28) edged Pamela Williams for the top spot. The highlight was 8 year old Melissa Brink's 28:25 time for the 5K.

The next Running Promotions, Unlimited event will be the 4th Annual heritage Days 10K Run slated for May 22, 1982 at 7:30 a.m. RPU wishes to thank the YMCA for their sponsorship as well as The Yogurt Machine and Calistoga Mineral water for their complimentary products.

10K

Women: 1 Jeanette Wells 41:34, 2 Marta Bohn-Meyer 43:50, 3 Liz Sundberg 46:41, 4 Silvia Aceves 46:53, 5 Sharon McClung 48:25. **Men:** 12u—1 Jess Perez 42:53, 2 Craig Cieslik 48:02, 13-18—Gary Dehlinger 38:47, 2 Glenn Chadwick 42:00. 19-29—Steve Durand 34:53, 2 Tony Whitmore 35:57, 3 Gary Maytum 38:07, 4 John Johnston 36:40, 5 Jerry Maytum 36:51.

continued on next page...

Results

30-39—1 Howard Sundberg 37:39, 2 Carlos Ponce 45:00, 3 Jay Uvalle 45:12, 4 Ray Maynard 45:31. 40-49—1 John Munson 41:18, 2 John Swallow 43:13, 3 Bob Muse 43:30. 50-59—1 Marv Powers 41:17, 2 Mel Elliott 44:57. 60 plus: 1 Jim Talley 45:21, 2 John Edwards 49:52.

5K

Men: 12u—1 Steve Chipman 22:05, 2 Clark Cooper 24:16. 13-15—1 Jack Kicklighter 19:15, 2 Barry Anderson 20:10. 16-18—1 Shawn Elmore 18:36, 2 Doug Pennock 19:50. 19-29—1 Jack Powell 16:32, 2 Joe Kender 17:24, 3 Joe Ortega 17:44, 4 John Borsi 20:56, 5 Dean Smethurst 21:56. 30-39—1 Sammie Culver 17:10, 2 Jim Schettig 18:24, 3 Larry Burrett 19:08, 4 Dave Klinger 19:16. 40-49—1 Frank Ogawa 19:22, 2 Steve Rumpf 22:09, 3 Ken Morris 22:10. 50 plus—1 Bob Gerlach 19:25, 2 Art Pine 24:24.

Women: 13u—1 Melissa Brink 28:25, 2 Jenny Groen 30:21. 14-18—1 Peggy Gucker 25:24, 2 Donna Plummer 25:42. 19-23—1 Wendy Medina 23:28, 2 Pamela Williams 23:34. 24-28—1 Toni Jewett 24:08, 2 Pat Maldonado 27:01. 40 plus—1 Karen Morris 28:52, 2 Jane Burns 29:55.

Bonne Bell 10K

From LYNDA GREGG

April 3. Mission Bay Park, San Diego.

Overall:

1 Melinda Ireland(30)TmChrtHse 36:27
2 Robyn Dubach(22) 36:30
3 Lorrie Dierdorff(24)TmChHs 36:42
4 Mara Lazdans(17) 36:48
5 Patti Hurl(34)TmChHs 36:52

12 & under:

1 Tammy Kniffing(12) 43:00
2 Darci Mathews(12) 46:10
3 Marilyn Hones(11) 46:40
4 Dana Farley(12) 47:55
5 Katie Merrifield(11) 49:05

13-17:

1 Mara Lazdans(17) 36:48
2 Laura Meyer(14) 38:06
3 Heather Christ(16) 39:16
4 Tiffany Gorman(13) 41:30
5 Julie Fitch(16) 42:02

18-24:

1 Robyn Dubach(22) 36:30
2 Lorrie Dierdorff(24) 36:42
3 Ruthie Truscott(18) 36:59
4 Terrie Brown(18) 37:58
5 Nancy Wilkinson(24) 38:13

25-29:

1 Jaynie Studenmund(27) 36:53
2 Pier Culbreth(28) 37:16
3 Anna-Lisa Giorgini(29) 37:36
4 Karla Kaluza(27) 38:23
5 Ellen Turkel(27) 38:23

30-34:

1 Melinda Ireland(30) 36:27
2 Patti Hurl(34) 36:52
3 Kay Harpold(31) 37:40
4 Anna Marie Igoe(32) 38:34
5 Diana Ridgway(33) 39:16

35-39:

1 Judy Kewley(37) 38:59
2 Judy Dodge(35) 38:22
3 Joan Pendleton(35) 40:16
4 Judi Richardson(37) 41:16
5 Cheryl Martin(38) 41:49

40-49:

1 Shirley Matson(41) 38:30
2 Dorothy Stock(49) 38:37
3 Cathy Fogarty(40) 39:49
4 Faye Heldoom(45) 40:59
5 Patty Pastore(42) 41:27

50-59:

1 Anne Johnson(53) 42:14
2 Peggy Naas(52) 46:27
3 Alice Scott(55) 50:10
4 Shirley Tobin(55) 50:45
5 Risty Wood(58) 53:00

60 & over:

1 Lois Edds(62) 49:26
2 Gerry Davidson(61) 51:20
3 Hazel Klein(60) 54:36
4 Kathy Hargus(63) 55:41
5 Winifred Gore(65) 56:24

Magical Musical Marathon



photo by Gene Cohn Productions

Carol LaPlant
Marathon Winner

From JO SUMNER

April 3. Sacramento.

Despite wind and rain, a major course change, detours through mud and brush, leaps over large puddles, 177 brave marathoners and 380 stalwart half-marathoners sloshed across the Magical Musical Marathon finish line at Goethe Park in Sacramento. The original course was to finish in Discovery Park which was flooded due to the storms during the week previous to the marathon. Volunteers manned aid stations, registration, etc., looking like Mary Poppins readying for flight. This Fleet Feet Running Club sponsored event offered Saucony running shoes to the first finisher in each division, radios for second place, and a certificate for third place.

The winners of the half-marathon were Kristan Martin of Oakland with a time of 1:23:07 and Adam Ferreira of North Highlands with a time of 1:07:08.

The winners of the full marathon were Carol LaPlant of Berkeley with a time of 3:17:09 and Bill Stainbrook of Sacramento with a time of 2:33:42.

MARATHON

Male 18-29: 1 Bill Stainbrook 2:33:42, 2 Arthur Baudendistel 2:40:01, 3 Edwin Rambusky 2:56:48. Male 30-39: 1 Daniel Hollis 2:43:05, 2 Ed Stromberg 2:44:52, 3 Dick

Ratliff 2:45:06. Male 40-49: 1 Paul Holmes 2:57:38, 2 Michael McGie 3:05:44, 3 Jim Finnegan 3:10:42. 50 plus: 1 George Billingsley 3:32:08, 2 Harrison Smith 3:32:35, 3 George Black 3:34:57. Female 18-29: 1 Anne Evans 3:36:51, 2 Karen Shellito 3:46:35, 3 Sally Vantress 3:47:37. Female 30-39: 1 Carol LaPlant 3:17:09, 2 Rae Bright 3:35:11, 3 Dorothy Bang 3:37:17. Female 40-49: 1 Jane Dods 3:42:21, 2 Carmel Gordon 4:13:08, 3 Geraldine McCulley 4:28:25.

HALF MARATHON

Male 14-17: 1 Richard Hanna 1:12:30, 2 Chris McMaster 1:19:30, 3 Chuck Veylupuk 1:40:42. Male 18-29: 1 Matthew Bruni 1:09:05, 2 David Chairez 1:10:42, 3 Ricky Buck 1:12:21. Male 30-39: 1 Adam Ferreira 1:07:08, 2 Rich Edson 1:13:15, 3 Frank Krebs 1:14:26. Male 40-49: 1 Thomas Kando 1:19:49, 2 Ken Schwisow 1:24:15, 3 Walter Spiller 1:24:55. 50 plus: 1 Robert Malain 1:19:54, 2 Gilbert Mashburn 1:20:14, 3 Walt Betschart 1:31:31.

Female 14-17: 1 Malja Holsti 2:00:34. Female 18-29: 1 Kristan Martin 2:03:07, 2 Karen Schelegle 1:27:10, 3 Mandy Gardner 1:29:41. Female 30-39: 1 Laury Fisher 1:30:12, 2 Sharlet Gilbert 1:31:46, 3 Jackie Walker 1:34:57. Female 40-49: 1 Joan Reiss 1:25:12, 2 Carolyn Wolsey 1:39:08, 3 (tie) Ginni Nordstrom & Jess Naurse 1:41:13.

South Bay 20K

April 4. Los Osos.

1 Dennis Rinde(23)Zephyr 1:05:57
2 Bob O'Brien(27)SLDC 1:08:21
3 Jerry Alcorn(21) 1:10:15
4 Joe Karnes(16) 1:10:24
5 Mike Ryan(35)LVDC 1:10:28
6 Frank Hutchinson(29)SLDC 1:10:37
7 Gregor Robin(25)SLDC 1:10:59
8 Allen Just(19) 1:12:22
9 Jon Root(27)SLDC 1:13:32
10 Paul Lee(21)SLDC 1:14:05
11 Henry J. Tushav(26)Sub-4 1:14:51
12 Elliot Teaford(20)CSULB 1:16:02
13 Mike mensing(23) 1:16:43
14 Clem Michel(38)SLDC 1:18:52
15 John Ernatt(18)SLDC 1:19:12
16 Bill vanWyngaarden(45)SLDC 1:20:29
18 Keith Handley(40)SLDC 2nd-40 1:21:32
21 Dave Howell(41)3rd-40 1:24:57
22 Ray Gil(57)LVDC 1st-50 1:25:19
25 John Holoubek(65)LVDC 1st-60 1:26:00
40 Sarah Quady(21F)SLDC 1stF 1:34:46
51 Susan Hood(40)SLDC 1stF 40 1:43:03
53 Katie Ryan(30)LVDC 1stF 30 1:44:51



Nike Long Beach Grand Prix Club 10K

By RICHARD LEE SLOTKIN

April 3. Long Beach.

I used to work for General Telephone in their main office at Pacific Avenue and Ocean Blvd. in downtown Long Beach. I knew the area pretty well. I could hardly recognize the joint when I went down to cover Nike's invitational 10K last month.

A major redevelopment project had changed the landscape considerably, with new construction and new buildings for several blocks in every direction.

Then, there was that other thing—the Long Beach Grand Prix race course. You wouldn't think that a 2.13 mile loop could make that much difference, but it was like entering a different world. The whole loop was walled off and barricaded. Huge concrete strips lined the course, forming a Hadrian's Wall of safety for the spectators. Grandstands were set up at every

vantage point, several access bridges were constructed, bearing names familiar to the world of Formula One racing: Toyota, Bridgestone, Carnus Cognac. Everywhere, people passed by with Porsche jackets, or Datsun, Ferrari...you name it. And the women! Ooo-la-la! It seemed as though they all were wearing jeans that were spray painted on them and high heeled boots, especially the pit groupies.

And the pit area looked like a museum of Formula One racing. There were the Ford-Cosworths, Turbo Renaults, Alfa Romeos, Ferraris. There was Niki Lauda, Alain Prost and Carlos Reutemann, each cornered by a TV crew eagerly pressing them for words of racing wisdom.

In the pit area, the cars were mostly in various stages of disassembly, looking as though then never would be on the road again. A half hour later, they were screaming through the esses, then barreling down the straights with nearly ear-splitting shrieks. It was downright scary to stand alongside the concrete barriers and watch them flash by at 150 miles an hour. And this was just for qualifying and positioning on the starting grid...as they call the lineup as the start of the race.

And the beer flowed like water.

Well, somewhere in all this frantic and frenetic activity there was supposed to be a 10 kilometer foot race. In fact, the race was scheduled for the 35 minutes from 2:10 to 2:45 on Saturday, the 3rd of April. After that, they had 10 minutes to clear out because at 2:55 the Pro-Karts, sophisticated versions of go-carts, would be starting their practice runs.

Nike had tried to put together a real all-star cast for the event and they nearly succeeded. Unfortunately, the missing ingredients were their own hot shoes, Salazar, Hunt and Lindsey. But the crew they had could move. In fact, if the course turns out to be certified, they moved pretty darned well. World's Best well.

The course was just under 3 times through the loop. Three full laps would have been just about 6.4 miles. So the finish line would have to be 2 tenths of a mile short of the start line. Two tenths of a mile is 352 yards, or 8 yards short of three football fields, including both end zones. I really couldn't say that it looked as though the distance from the finish to the start was even that far, let alone farther. That distance is critical because the winning time was 27:17. That's WB time for the road...if it was in fact 6.2 miles.

Well, as you can imagine, after watching those lightning fast cars, and those gorgeous pit groupies, the 10K was really a bit of a letdown. In fact, there were 3 false starts. It looked as though the thing might not even go off at all.

They finally got it right and 33 men and a combination of nine women and girls...I couldn't resist that Jon P. Anderson...swung out onto the course. There were probably 200,000 people watching them, but you could hardly tell. For one thing, most of them were too far back from the road itself to be heard. For another, the P.A. system was drowning them out. What was the P.A. saying? "C'mon folks! Let these people hear you cheer for them!"

Oh my....

Anyway, Adrian Royle got himself up in the front, as he always does. He had company this time, though. Steve Cram, Benton Hart, Marty Ludwikowski, Larry Cuzort, Dave Murphy and Rodolfo Gomez were all there too. Steve Binns and Domingo Tibaduiza were close also, and, it wasn't until they started the final lap that there was any real stringing out.

On the other hand, the girls were stringing out right from the start. Maggie Keyes took the lead and just kept gradually opening it up. She was followed by Judi St. Hilaire, who was followed by about the same distance by Joan Hansen. All three are Athletics West, and it must have warmed Nike's heart to take a 1-2-3- and the team title.

Not so in the men's race. Royle was running for a newly formed Moosehead Athletic Club, sponsored by Moosehead

Beer. Well, that was the place for it, let me tell you. Royle had the lead pretty much all the way, though there were a few moments from time to time when someone else would make a move. Starting the last lap, Domingo Tibaduiza was making one of those moves and Rodolpho Gomez was trying to keep him company. In fact, there was a pack of 8 or 10 going for it. When they appeared the final time, it was Royle in front, but not by much. As he streaked for the finish line, pushing that last 100 yards, he kept turning his head to check out the situation behind him. Later, I asked him what he was looking at. He said, "I was scared!" Not as much as the guys in back of him, I'll bet.

He thought Domingo Tibaduiza was right on his tail, but it was Larry Cuzzort. Royle has proven that he really is world class with his big one at the TAC Nationals, the Lasse Viren 20k win, and now a 27:17 on the Long Beach course. Last year, this event was in fact a 6 miler. If that turns out to be the distance this time, the times are certainly reasonable...and quite good. But if this turns out to be a 10k and we mean a true 10,000 meters, a

behind her. However, a few steps faster would have taken under 33 flat, territory which she has never visited before. Joan Hansen was an easy third, 10 seconds behind St. Hilaire in 33:36. Then Doreen Ennis-Schwartz led a string of 4 Warren Street Athletic Clubbers, including herself, Kiki Sweigert, who outkicked Cindy Dalrymple in the last 30 or so yards, and finally Sue Crowe. E-S clocked 33:54, while Sweigert and Dalrymple both were given the time of 33:55. Sweigert was a step ahead for the place.

That gave the Warren Streeters second place in the team standings. Sub-4 won the team title in the men's race, thanks to the efforts of Larry Cuzzort and Dave Murphy, who were 2nd and 3rd respectively. Adidas West was second, led by Steve Binns.

Athletics West didn't get anybody in until 17th place. Oh well, their varsity wasn't there.

It would be great if the times in this race stand, even the women's. But, to be realistic, you have to be pessimistic. It's hard to believe 12 men under 28 minutes. Under 27:50, as a matter of fact. And six

29 Mike Ruffatto(Moosehead)	29:09
30 Erin Rankin(ShorterRT)	29:23
31 Stan Mavis(AthWest)	29:36
32 Profirio Huerta(CIATH/RG)	30:12
33 Tom Dalton(AllegNike)	30:19
Women:	
1 Maggie Keyes(AthWest)	33:01
2 Judi St. Hilaire(AthWest)	33:26
3 Joan Hansen(AthWest)	33:36
4 Doreen Ennis-Schwartz(WarrSt)	33:54
5 Kiki Sweigert(WarrenSTAC)	33:55
6 Cindy Dalrymple(WarrSt)	33:55
7 Sue Crowe(WarrenSTAC)	34:27
8 Sharon Barbono(AtlantaTC)	34:28
9 Marilyn Hulak(AtlantaTC)	34:31
10 Clair Hamel(AlleghnyTC)	36:46
11 Linda Welvel(AllegTC)	37:11
12 Marge Podgajany(AllegTC)	37:16

Volunteer Bureau Triathlon

From KEN TAKEUCHI

April 4. Clovis West High School, Clovis.

A seasoned and tough Les Waddell of Seaside won the Second Annual Volunteer Bureau of Fresno sponsored Triathlon. Waddell, a veteran of two "Ironman" events in Hawaii won over a determined Dean Harper by a margin of only 22 seconds after the completion of the 6.5 mile run, 20 mile bike race, and 400 yard swim in the spacious Olympic Clovis West pool. The event drew a field of 126 with 118 completing the gruelling races under near ideal conditions, with the exception of a strong headwind on the first leg of the bike race. Fresno Track Club's Mark Hull was the leader at the end of the 2 lap 6.5 mile run, but a superbly conditioned Waddell took over the lead on his bike one mile into the race. A fierce race was taking place as the bikers headed for the Lost Lake recreation area turnaround, as it was Waddell, Gordon Keller (FTC), Harper and local star Ben "Hawkeye" Dewell fighting for supremacy. Keller's hopes were deflated when he punctured a tire and dropped out of the race. Waddell was the first into the pool as he and the top three were all under the existing record at the end of two events. Harper, a very strong swimmer, closed the gap dramatically on Waddell, but time ran out as Waddell completed his 16 laps with a margin of 22 seconds. Waddell's time of 1:38:23 broke Ken Lehman's 1981 time of 1:44:46. Lehman, the defending champion from the Fresno Track Club, was a spectator this time due to a foot injury. Harper, a fine physical specimen and strength galore set an 18-29 record of 1:38:45; the old record was 1:48:55. Mike Ross set yet another record as the Clovis youngster timed a 2:14:14 to break the existing record of 2:16:00 in the 17 and under men's class. Molly Burke of San Anselmo set an automatic record of 2:39:40 to win the 17 and under women's division. Leslie Stepanek of Valencia turned in an amazing 1:57:15 to win overall women's honors and first in the 18-29 category, erasing the old record of 2:19:35. Sharon Meindertsma of San Luis Obispo got into the record breaking act taking the 30-39 class with a 2:09:05; the old record was 2:17:08. Fresno Jogger's Shirley Main set an automatic record of 2:38:27 to win the 40-49 division for women. One of the day's most pleasant surprises was the performance by men's 40-49 winner Frank Delgado of the Fresno Track Club. Delgado, a top masters runner, entered the event at the last hour and was suspect of his biking and swimming abilities. He fooled not only his competition, but himself, as he set a record 1:55:01 breaking the existing time of 2:00:33 and placed 13th overall. Super masters star, Fresno Track Club's Bob Fries, successfully defended his 50 plus class win with a record of 1:53:57 slashing over six minutes from his 1981 time of 1:59:08.

Everyone who participated agreed that the meet was first class all the way, and the few minor hang-ups should be

smoothed out by the time the 1983 event rolls around. Franz Weinschenk, the Executive Director of the Volunteer Bureau, deserves a lot of credit for coming up with the original idea locally and coordinating an event of this scope.

Results:

1 Les Waddell	1:38:23
2 Dean Harper	1:38:45
3 Ben Dewell	1:44:34
4 David Tomerlin	1:49:12
5 James Hall	1:49:33
6 David Calderon	1:50:24
7 Cully White	1:50:26
8 Bobby Santoyo	1:50:45
9 Harry Morton	1:53:42
10 Bob Fries	1:53:57
11 Bob Walsh	1:54:02
12 Richard A. Domant	1:54:38
13 Frank Delgado	1:55:01
14 Ted Parker	1:55:21
15 Pat Eaton	1:55:21
16 Jim Harris	1:55:41
17 Jim Moran	1:55:47
18 Warren Jennings	1:55:57
19 James G. Healy	1:55:59
20 Leslie Stepanek	1:57:15
21 Rudy Schuh	1:57:22
22 Jack Wilkinson	1:57:22
23 Jeffrey Bischof	1:57:50
24 John Suderman	1:58:00
25 Ray Falkenberg	1:58:27
26 Mark Hull	1:58:29
27 Peter Meindertsma	1:58:32
28 Bill Regan	1:58:57
29 Denis Dempsey	2:00:15
30 Greg Frownfelter	2:00:52
Men under 17: Mike Ross, Todd Hagan, Kurt Frazier. Women under 17: Molly Burke. Men 18-29: Leslie Stepanek, Jane Johnson-Russell, Janet Mudge, Shirley Randall, Donna Selfridge. Men 18-29: Dean Harper, Hawkeye, David Tomerlin, James Hall, David Calderon. Women 30-39: Sharon Meindertsma, Margie Timberlake, Dianne Stauffer, Donna Wilkinson, Kris Moran. Men 30-39: Les Waddell, Cully White, Harry Morton, Richard Domant, Jim Moran, James Healy, Rudy Schuh. Women 40-49: Shirley Main, Cathy Plus. Men 40-49: Frank Delgado, Jim Harris, Andy Liddle, Walter Brown, Christopher Denny. Men 50 & over: Bob Fries, Franz Weinschenk, Chuck Freuler, Olen Eaton, Richard Aspen.	

Race Clocks

SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS — We have several customers that are interested in selling their digital display clocks for \$900-\$1000 (the original retail price was \$1295), so they can purchase the newer CC-601 (\$1350 normal retail). If you're interested in finding out more, please contact Jack Leydig at (415) 341-3119. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. Prices are "negotiable." We also have an indoor display clock on sale for \$500.

photo by Richard Lee Slotkin



Long Beach Grand Prix leaders: 23 - Paul Gorman, 9 - Adrian Royle, 4 - Domingo Tibaduiza, 3 - Larry Cuzzort, 5 - Rodolph Gomez.

lot of people are going to be shook up. Why? Because 12...that's TWELVE...runners broke Mike Musyoki's recognized mark of 27:55, set last year. Has anything like this ever happened in any running event anywhere before? Last year, Nick Rose thought he had broken Musyoki's record when he ran a 27:44 in Anaheim, but that course turned out to be 166 feet short. Ten of these guys beat that time and one tied it.

As I said, it looked as though start and finish lines were placed about right, assuming the loop was accurately measured in the first place. But, this course was designed for high speed autos and in a situation like that distances can be not quite what they seem. There is a tendency to underestimate distance under those conditions. If so, and the finish line was in fact too far from the start, then we have a short course, a ready explanation for the incredible times, and, of course, no record.

I'll try to get the last word on this by next issue.

The women's times were also quite fast, though they were more within reason. Keyes was first with a time of 33:01. She said she could have come in a lot faster, but she didn't know where the finish line was and didn't know where to start her kick. She didn't need one for the win because St. Hilaire was 25 seconds

women out of 9 under 34 minutes. We could believe some of them running the posted times, but some of them are suspect. We just don't think some of them can run those times.

But...maybe....

April 3. Long Beach.

1 Adrian Royle(Moosehead AC)	27:17
2 Larry Cuzzort(Sub-4)	27:20
3 Dave Murphy(Sub-4)	27:21
4 Rodolpho Gomez(ClubAthRG)	27:21
5 Steve Binns(Adidas)	27:24
6 Domingo Tibaduiza(Sub-4)	27:25
7 Paul Gorman(NewBalTC)	27:27
8 Benton Hart(CaRacers)	27:29
9 Greg Fredericks(Adidas)	27:42
10 Paul Cummings(NewBalTC)	27:42
11 Marty Ludwikowski(Adidas)	27:44
12 Paul Williams(ValleyRoy)	27:49
13 Steve Dram(ShorterRT)	28:04
14 Greg Duhaime(ValleyRoyal)	28:08
15 Peter Butler(ValleyRoyal)	28:09
16 Ken Misner(ShorterRT)	28:12
17 Doug Brown(AthWest)	28:19
18 Carlos Dictorino(CIATHRG)	28:24
19 Dave Long(Sub-4)	28:25
20 Jose Gomez(ClubAthRG)	28:27
21 Paul Stemmer(AthWest)	28:31
22 Dan Harvey(CalRacers)	28:32
23 Larry Lawson(Moosehead)	28:34
24 Mike Slack(NewBalTC)	28:37
25 George Stewart(AllegNike)	28:39
26 Rudy Munoz(Moosehead)	28:54
27 Mike Porter(CalRacers)	28:59
28 John Doub(AllegNike)	29:09

Results

Track & Field

King Games, continued from page 18

UCLA sizzled in the 400 women's relay with LaShon Nedd, Jeanette Bolden, Arlise Emerson and Florence Griffith. Their time of 44.48 broke the 20 year old Stanford stadium record. The record broken was the famous 1962 USA-USSR dual meet mark, in which Wilma Rudolph was a part.

Villanova coming off Friday's stadium records were also as strong on Saturday. They had a strong contingent in the 800 with Mike England setting the pace most of the way but Fairleigh Dickinson's Jama Aden with a powerful kick took first in 1:48.4. England ended up third in 1:48.9 with John Trott of Idaho (1:48.8) nipping him at the end.

Intermediate hurdler Andre Phillips, who is ranked second in the world "only" to the one and only Edwin Moses, was leading the 400 meter hurdle race, but was forced to pull up and coast in to victory in 51.64 with a pulled hamstring. The pull occurred before the race when warming up but he thought it wasn't serious enough to scratch out. Afterwards he said he hoped to be down into the 47's by the TAC meet, when he would meet Moses.

The highlight of the day's events was the men's 5000 with Doug Padilla and last minute entry Henry Rono. Rono was using the race as a tuneup for a competition next week in Oregon with Alberto Salazar. Padilla was originally scheduled to compete in the mile, but when he heard the prestigious Rono was to compete he opted for the longer distance. Rono led until the third lap when the intelligent Padilla took the lead and let him drop back to third. Padilla ran the first mile in 4:23.2 and the two in 8:54.0. He blisted through such splits as 67 and 68 seconds with even some 65's. With two laps to go Padilla was still leading and strided it out the last lap with Rono still challenging. Rono tried to kick during the last lap but Padilla was still pouring it on and kicked off Rono in 13:35.8. Rono came in second in 13:37.5. Two other runners broke the fourteen minute barrier. Villanova's Ross Donoghue and San Jose State's Simon Killili ran 13:39.9 and 13:59.8 for third and fourth place.

"I didn't really know what I was getting into," Padilla later commented. "Henry usually pulls away at the mile, but since he didn't I figured he didn't have that much." Padilla will be concentrating on the 5,000 at the TAC Nationals. Henry was reported to have asked for some dollars for his Stanford appearance. Coach Brooks Johnson commented that all Rono was going to get was his hotel accommodations and a per diem of \$75 per day.

UC Santa Barbara Invitational

March 19, Santa Barbara: U.C.S.B. Invitational Track & Field Meet.

1000: 1. Chuck DeGarmo (Colo St.) 30:06; 2. S. Lindstrom (CP) 30:48; 3. J. Francis (CP) 30:57; 4. Pete Dolan (UCSB) 31:30; 5. Jim Nagel (Colo St.) 32:00.

Steeplechase: 1. Rex Hohnholt (Weber St.) 8:51; 2. Brian Appel (Unat) 8:56; 3. F. Gerber (Unat) 8:56; 4. Emil Magallanis (ARC) 9:01.9; 5. Ron Davis (Weber) 9:08.

400 Relay: 1. San Diego State 41.8; 2. Azusa Pacific 41.6; 3. Weber State 42.2.

1500: 1. Stranglo (CP) 3:51; 2. Alvarez (UCR) 3:51.8; 3. Ray Cook (UCR) 3:52.5; 4. Triplett (TIT) 3:53.8; 5. Hooker (UCSB) 3:54.6.

Shot: 1. McKee (CSUN) 56-10 1/4; 2. Barnett (Azusa) 53-9 1/4; 3. Woltersky (Azusa) 53-0 1/4; 4. Wopat (Outreach) 50-8 1/4; 5. Bucholtz (CSUN) 48-3 1/4.

Javelin: 1. Barnett (Azusa) 251-11; 2. Goode (CSUN) 225-11; 3. Swanger (Weber) 222-1; 4. Kolak (CSUN) 211-8; 5. Hansen (SDSU) 200-2.

110 Hh: 1. White (Unat) 14.6; 2. Underwood (CP) 14.8; 3. Dorr (Weber) 14.8; 4. Berry (UCSB) 15.0; 5. Utte (Colo St.) 15.1.

100: 1. Egbunike (Azusa) 10.4; 2. Patterson (SBAA) 10.8; 3. Blackman (Azusa) 10.8; 4. Perry (Weber) 11.1; 5. Reinke (Oxy) 11.9.

400: 1. Smith (Weber) 48.2; 2. Atkins (SDS) 49.4; 3. Coste (UCSB) 49.8; 4. Nova (CP) 50.1; 5. Reed (CP) 50.4.

Long Jump: 1. Wayne (CP) 23-9; 2. Armitage (CP) 23-2 1/4; 3. Countryman (SDS) 23-0 1/4; 4. Gray (Weber) 22-1; 5. Dunlap (UCSB) 22-0 1/4.

Pole Vault: 1. Kibort (CP) 16-0; 2. Thomas (CP) 15-8; 3. McIntyre (SDS) 15-0; 4. Thompson (Weber) & Carillo (CSUN) 14-6.

800: 1. Fletcher (Weber) 1:52.7; 2. Miecek (Weber) 1:53.1; 3. Fanter (CP) 1:53.8; 4. Reiner (SDS) 1:55.1; 5. Boyer (Oxy) 1:55.2.

400 IH: 1. Shanks (SDS) 53.0; 2. Martinez (Azusa) 53.3; 3. Door (Weber) 53.3; 4. Berry (UCSB) 55.8; 5. Sanders (CP) 55.8.

200: 1. Ebnike (Azusa) 20.8; 2. Smith (Weber) 21.6; 3. Blackman (Azusa) 21.6; 4. Kibort (CP) 22.3; 5. Patterson (SBAA) 22.1.

High Jump: 1. Graber (SDS) & Watson (CP) 6-10; 3. Simmons (Oxy) & Swanger (Weber) 6-8.

3000: 1. Cook (UCR) 8:19.2; 2. Triplett (TIT) 8:20.2; 3. LeBold (Chart House) 8:20.9; 4. Parks (UCR) 8:21; 5. Alvarez (UCR) 8:27.1.

Triple Jump: 1. Armitage (CP) 49-9; 2. Gary (SDS) 47-11 1/4; 3. Wayne (CP) 46-10; 4. Robinson (Pom-Pitz) 46-2; 5. Watson (PP) 45-8 1/2.

Discus: 1. Goodman (Colo. St) 167-10; 2. Gordin (Unat) 166-4; 3. Kilpatrick (UCSB) 155-0; 4. Young (Unat) 153-2; 5. Benson (Azusa) 153-1.

Mile Relay: 1. Outreach 3:21.5; 2. Weber St. 3:23.1.

Redlands Inv.

WOMEN:

High Jump: 1. Nicolls (CPP) 5-2; 2. Rockliffe (CLC) 5-2; 3. Robbins (CMS) 5-2. Discus: 1. Burke (ULV) 122-8; 2. Jenkins (CPP) 121-8; 3. Dejung (AP) 121-7.

Two Mile Relay: 1. Occidental 9:38.2; 2. Cal Poly Pomona 9:54.7; 3. Claremont 10:35.8.

Javelin: 1. Rockliffe (CLC) 147-9; 2. Wintermute (CPP) 134-0; 3. Hoore (R) 119-8.

Medley Relay: 1. Cal Poly Pomona 1:50.4; 2. Occidental 1:54.7; 3. UC Riverside 1:55.4.

Shot Put: 1. Wren (CPP) 40-0 1/4; 2. Zuniga (UCSD) 39-5; 3. Hall (CPP) 37-1 1/4. 1500: 1. Nagle (CMS) 4:44.4; 2. Harding (R) 4:46.2; 3. Masik (AFA) 4:50.8.

100 Meters: 1. Bell (CPP) 11.8; 2. Rimards (R) 12.2; 3. McDade (CPP) 12.5. 100m Hurdles: 1. Edwards (R) 14.5; 2. Rupel (CPP) 15.4; 3. Rockliffe (CLC) 16.1.

Long Jump: 1. Kalabea (CSF) 17-3 1/4; 2. Baldonir (PL) 17-1; 3. Nicholls (CPP) 16-7 1/2. 800: 1. Masik (AFA) 2:20.2; 2. Arsu (UCR) 2:20.2; 3. Stemplenn (UCSD) 2:20.7.

440 Yard Relay: Cal Poly 49.4; 2. Redlands 52.4; 3. Azusa Pacific 52.5. 400m Hurdles: 1. Rupel (CPP) 64.1; 2. Harwood (B) 66.0; 3. Kirkman (PP) 66.7.

3000: 1. Lowe (UCR) 10:27.5; 2. Karamitos (Oxy) 10:28.0; 3. Garman (AP) 10:31.3.

Mile Relay: 1. Cal Poly 3:58.4; 2. Redlands 4:11.8; 3. Occidental 4:12.8. Women's Team Scores: Cal Poly 87, Oxy 40, Redlands 38, Azusa Pacific 21, UCR 18, CSM 14, Cal Lu 13, AFA 9, CSF 9, Pt. Loma 8, UCSD 7, Lavern 6, Pomona P 5, Biola 4.

MEN:

Hammer: 1. Barnett (AP) 214-6; 2. Wolitarsky (AP) 170-8; 3. Poneiano (AP) 168-9.

10,000: 1. Rooney (AFA) 31:06.7; 2. Cook (Westmont) 32:39.8; 3. Spitz (CLC) 34:08.8. Triple Jump: 1. Robinson (PP) 46-9 1/4; 2. Wogulis (PP) 45-7 1/4; 3. Stace (B) 44-9 1/4.

Pole Vault: 1. Porter (OC) 15-6; 2. Nash (OC) 14-0; 3. Shallow (CH) 14-0. Two Mile Relay: 1. Cal Lutheran 8:03.7; 2. Azusa Pacific 8:06.8; 3. Cal-Tech 8:20.1.

Shot Put: 1. Wolitarsky (AP) 52-10; 2. Barnett (AP) 52-6 1/4; 3. Baker (CSF) 50-5 1/4. Sprint Medley: 1. Azusa Pacific 3:31.9; 2. Biola 3:34.2; 3. Westmont 3:39.7.

Steeplechase: 1. Barton (UCSD) 9:43.5; 2. Maxwell (CLC) 9:57.9; 3. Backman (AP) 10:07.9.

High Jump: 1. Eatmon (PP) 6-9; 2. Rand (PP) 6-6; 3. Jackson (CLC) 6-4. Long Jump: 1. Southall (CC) 22-6 1/4; 2. Scott (CC) 21-8 1/4; 3. James (CLC) 21-7 1/2.

Discus: 1. Barnett (AP) 162-6; 2. Benson (AP) 161-2; 3. Sterrer (PP) 153-10. 1500: 1. Oldfield (OSU) 3:55.2; 2. Boyer (Oxy) 3:58.3; 3. Madrid (CSF) 3:59.4.

100 Meters: 1. Egbunike (AP) 10.5; 2. Geonetta (CC) 10.7; 3. Russell (B) 10.8. 110 Hurdles: 1. Shine (PP) 15.4; 2. Sandborn (W) 15.4; 3. Woodard (AP) 15.5.

800: 1. Engel (R) 1:55.7; 2. Madrid (CSF) 1:57.6; 3. Hendricks (B) 1:58.2. 440 Relay: 1. Azusa Pacific 42.9; 2. Biola 43.2; 3. Colorado 43.4.

5000: 1. Fricker (OSU) 14:09.3; 2. Ryslam (OSU) 14:31.0; 3. Warner (OSU) 15:04.4. 400 Hurdles: 1. Martinez (AP) 54.0; 2. Campbell (AP) 54.3; 3. Sanborn (W) 55.0.

Javelin: 1. Barnett (AP) 253-11; 2. Fulwider (CM) 198-0; 3. Hunt (AP) 193-2. Mile Relay: 1. Azusa Pacific 3:18.2; 2. Biola 3:22.5; 3. Redlands 3:28.6.

MEN'S TEAM SCORES: Azusa Pacific 108, Biola 44, Pomona Pitzer 33, Cal Lutheran 29, Oregon State 24, Occidental 22, Redlands 18, Colorado Col. 13, Fullerton 12, Whittier 10, Westmont 9, Claremont 8, Air Force Acad. 7, Cal Tech 7, UCSD 7, Chapman 3.

400 Meter Relay: 1 TRW(A) 53.3, 2 TRW(C) 57.0, 3 TRW(B) 57.9, 4 Los Angeles Times 59.5, 5 PIP 60.9. Mile Relay: 1 TRW(A) 4:24.7, 2 TRW(B) 4:40.5, 3 Stater Bros. Markets 4:56.6, 4 Los Angeles Times 5:16.2, 5 Pacific Telephone 5:22.3.

Distance Medley: 1 TRW (A) 14:47.1, 2 TRW(B) 15:20.8, 3 Security Pacific Bank 16:35.6, 4 Exxon 17:55.3, 5 19:59.4. 8 Mile Team Race: 1 Hughes Aircraft 52:34.7, 2 TRW 57:25.6, 3 Los Angeles Times 63:56.0. Master's Distance Medley: 1 TRW 16:07.5. Master's 8 Mile Team Race: 1 TRW 57:06.2.

Team Scores: 1 TRW 88, 2 Los Angeles Times 16, 3 Hughes Aircraft 10, 4 Security Pacific Bank 9, 5 Stater Bros. Markets 7, 6 Exxon 6, 7 Pacific Telephone 5, 8 PIP 3, 9 Kaiser Hospitals 2.

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Corporate Track, continued from page 35...

WOMEN

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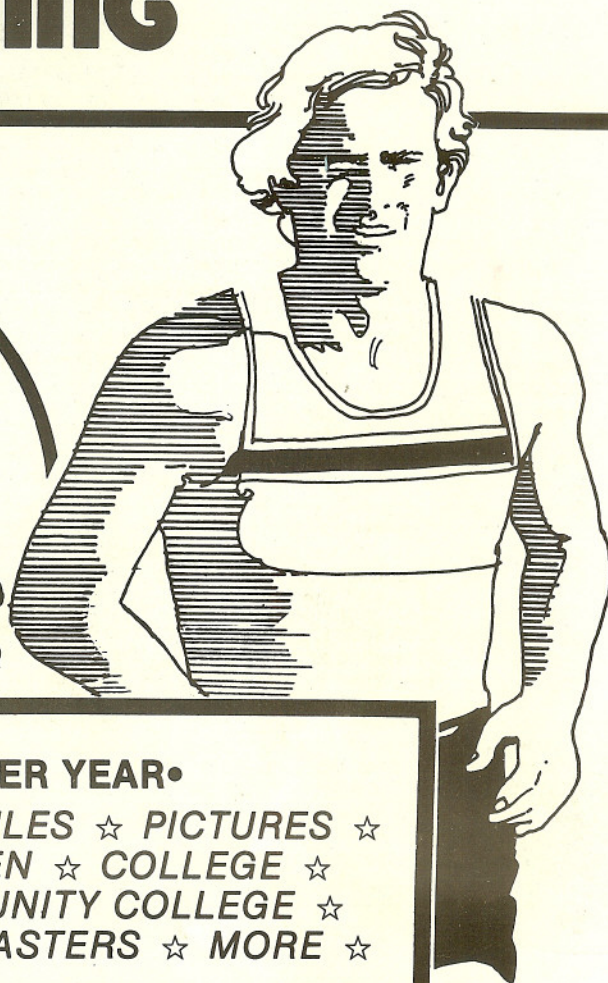
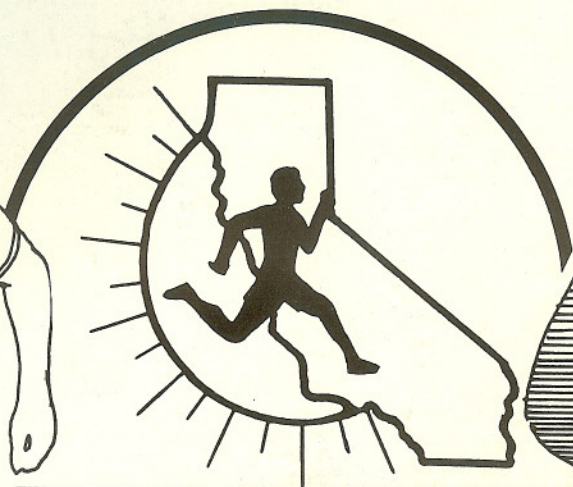
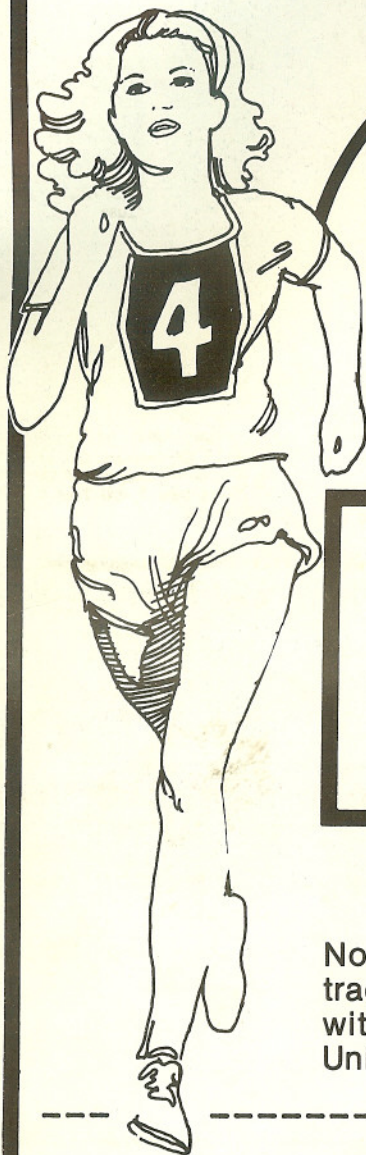
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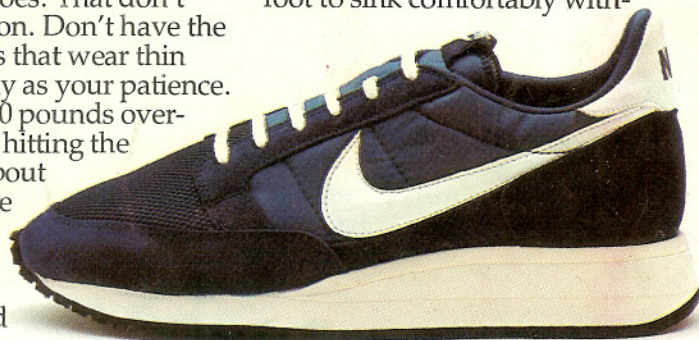
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