**NOVEMBER / DECEMBER 1985** 

ISSUE NO. 109

# CALIFORNIA Track & Running News



California's Only Track & Running Publication

### CALIFORNIA Track & Running News



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MEMBER OF RUNNING USA

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Sac-Joaquin Section siblings lead Jesuit and Bella Vista cross country teams. Left to right: Eric Mastalir, Jim Thomas, Mary Kuphaidt, Paul Thomas, Ann Kuphaidt, and Mark Mastalir. photo by Steve Fagundes

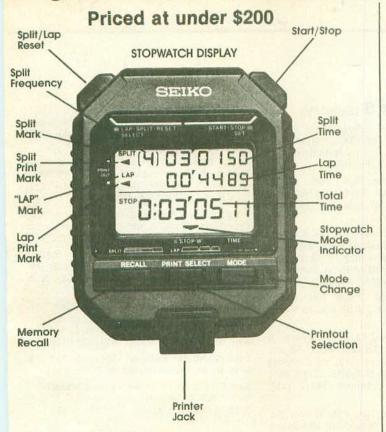
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ON THE COVER: The Mastalir twins heading for a one-two finish at the Clovis Invitational on September 28. You figure out who's who!

Photo by Burt Davis

Late Flash: Eric led Mark to a 1-2 sweep at Mt. SAC, just missing Jeff Nelson's record...results next issue.

### Digital Quartz Stopwatch With Printer, SP11

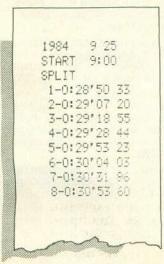


### System Printer

The following data is printed permanently on tape:

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

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



1984 9 25 START 10:00 SPLIT / LAP 1-0:00'45 38 0:00'45 38 2-0:01'30 48 0:00'45 10 3-0:02'16 36 0:00'45 88 4-0:03'01 23 0:00'44 87

### **Applications**

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

### **Specifications**

### Time Base & Accuracy:

Quartz oscillator, ±0.5 seconds (24 hours/70°F)

### Printout:

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

Time Measurement: 1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

### Modes:

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

### Temperature

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

### Dimensions:

Stopwatch: 2.25"W x 2.85"L x 0.7"D

Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

### Ratteries

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

### Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

### Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- · 2 rolls of thermal paper (S-950)
- · Instruction manual
- One year warranty

### **Optional Accessories:**

S-950 Seiko thermal paper in 5-roll boxes

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## Schedule

### By JACK LEYDIG

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

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

### Road Racing

### ■ November 2 (Saturday):

Fremont: Friends of the Tri-City Animal Shelter 'Bay to Barkers' 10K. Coyote Hills Regional Park, 9:30 am. Maryanne Robertson, P.O. Box 351, Newark 94560 (415) 796-8267.

Las Vegas, Nevada: Green Valley Memorial Cancer Run. 10K & 1 mile fun run. Green Valley Plaza (2726 N. Green Valley Pkwy.), 9 am. American Cancer Society, 1325 E. Harmon, Las Vegas, NV 89119.

Bishop: Tolyabe Indian Fun Run. 10K & 5K time prediction. Millpond Park, 9 am. Sandy Davis or Irene Mason (619) 873-8461.

Livermore: Turkey Trot. 5K & 10K. Almond School, 9 am. Karen Nattrass, 4021 Findlay, Livermore 94550 (415) 443-9421.

Los Angeles: Foot Locker Partners 8K Run. Griffith Park, 8:30 am. (2-person teams, all entrants start together and awards are based on combined times). Foot Locker Partners, Ruder Finn & Rotman, 110 E. 59th St., New York, NY 10022 (212) 593-6352 or 6340.

Seal Beach: Seal Beach Autumn 10K Run. First & Marina, 8 am. Leandro Castillo, American Cancer Society, 1503 South Coast Dr., Suite 110, Costa Mesa 92626 (714) 751-0441.

Northridge: CSUN 5 & 10K. Lindley Ave. near CSUN track, 8 am/5K, 9 am. Greg Colley, 1707 Glenwood Ave., Glendale 91201 (213) 246-1288.

Santa Ana: 25-Mile Relay. Centennial Park, 8 am. (Minimum of 5 to a team) NBRA, 1162 Dorset Lane, Costa Mesa 92626 (714) 966-0556.

Camp Pendleton: Camp Pendleton 5-Mile & 2-Mile Cross Country. Base Hospital, 7:30 am. Kathy (619) 437-4556.

### ■ November 3 (Sunday):

San Francisco: DSE Golden Gate Bridge Run. 3.53 mile. S.F. Toll Plaza Parking Lot, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 855-1563.

Hollister: Earthquake Run. 10K. Spring Grove School, 8:30 am. Ed Stephenson, c/o San Benito Bank, PO Box 180, Hollister 95024 (408) 637-9543.

Sunnyvale: ESL Runaway. 5 & 10K & 1 mile fun run. Moffett Industrial Park, 495 Java Dr. 8 am/1 mile, 8:30 am/5K, 9:30 am/10K. Patsy Harmon, PO 3510 (MS503), Sunnyvale 94088-3510 (408) 738-2888, x4762.

Castro Valley. Police Chase 10K. 9 am. Police Chase, PO Box 21028, Castro Valley 94546 (415) 881-8528.

Berkeley: Race Judicata—Lawyers & Judges Run. 5 mile. Aquatic Park, 10 am. (Open only to judges, lawyers, law students and their guests.) Joe Schieffer, Stark etal, 1999 Harrison St., Oakland 94612 (415) 834-2200.

Menlo Park: Vetarun 10K. 795 Willow Rd. 10am. Alice Naqui, Veterans Workshop (116B2MP), 3801 Miranda Ave., Palo Alto 94304 (415) 493-5000.

Sonora: Sonora Heart & Sole Classic. 10K & 2 mile. 8 am. Ed Hoover, #1 So. Forest Rd., Sonora 95370 (209) 532-7181.

Chico: Almond Bowl Run. 3 & 6 mile. Bidwell Park, 10 am. Ken Lake, 2720 Cohasset Rd., Chico 95926 (916) 345-5864.

Camino: Apple Hill Harvest Run, 1/2, 3 & 6 mile. Apple Hill, time TBA. John McIntosh, PO Box 494, Camino 95709 (916) 644-5380.

Stockton: Big Valley Classic 10K & Half Marathon. 9 am. Big Valley Classic, PO Box 4405, Stockton 95204.

San Francisco: Exercise Your Rights. 5K. Golden Gate Park, Polo Fields south parking lot. 10 am. CARAL, c/o Joan Emery, 4110 Geary Blvd., San Francisco 94118 (415) 751-0300.

Windsor: Windsor Whale Runs. 3K & 15K. Windsor Middle School, Starr Rd. 9 am. Wine Country Race Service, PO Box 879, Forestville 94536 (707) 829-2888.

Arcata: One Hour Run. Time TBA (1 hour run on track for distance) Six Rivers RC, PO Box 214, Arcata 95521 (707) 826-0616.

Los Angeles: SPA/TAC District 10K Cross Country Championships. Griffith Park, 8 am. Steve Broten (213) 949-0600 (wk).

Monterey Park: Aztlan International 5/10K Classic. East Los Angeles College, 8 am. Frank Gutierrez, E. Los Angeles College, 1301 Brooklyn Ave., Monterey Park 91754 (213) 265-8751.

Santa Barbara: Santa Barbara Half-Marathon. City College, La Playa Stadium. 8 am. John Brennand, SBHM, Box 6616, Santa Barbara 93160 (805) 964-2591.

Santa Ana: City of Santa Ana 5K & Half-Marathon. Centennial Park, 7:30 am/HM, 8 am. Joyce Lawson, 20 Civic Center Plaza, Santa Ana 92701 (714) 834-4145.

Fresno: Sky's the Limit Run, 2 mile & 10K. Woodward Park, 8 am. Marc Barrie, c/o S.P.A.C.E., PO Box 5017, Fresno 93755.

Woodland Hills: Steve Garvey Sports Classic 5 & 10K. Pierce College, 8:30 am. CRRC, Box 891, Tarzana 91356 (818) 888-5526.

San Dimas: Bonelli Park Triathlon. 1K Swim, 38K Bike, 8K Run. Bonelli Park, time TBA. Bill Fulton, LATOC, 2658 E. Garvey Ave., West Covina 91791 (818) 331-0169.

Escondido: San Pasqual Vineyards 10K & 2 Mile. 9 am. Nicki Hobson (619) 755-7562.

San Diego: Heart of San Diego Marathon. Time TBA. American Heart Ass'n., P.O. Box 3625, San Diego 92103. (619) 291-7454.

### November 9 (Saturday):

Los Angeles: Stuntmen's Association 5 & 10K Runs. Griffith Park, 8 am. Tom Morga, 4810 Whitsett Ave., North Hollywood 91607 (818) 766-4334.

Baja, CA (Mexico): Rosarito Beach 5 & 10K Holiday Run. Rosarito Beach, 9 am. Finish Line International, 5302 Clark Cir., Westminster 92683 (714) 892-2759.

Chula Vista: Chula Vista 10K & 2 Mi. 240 Landis Ave. 8 am/10K, 8:15 am/2 mile, K.A. Malone, MD, Chula Vista Medical Clinic, 240 Landis Ave., Chula Vista 92010 (619) 422-9215.

San Diego: Sage Brush Ramble 10K & 2 Mile Fun Run. San Diego area, Miramar College. 7:30 am. Hal (619) 437-4556.

Fresno: Fresno Marathon & Half Marathon. 7 am/marathon, 8 am/half marathon. No raceday entries. Fresno Marathon, Dick Rozier, 4424 E. Fairmont, Fresno 93726 (209) 222-6808.

San Francisco: PA/TAC 10K X-Country Championships. Golden Gate Park (Polo Fields), 8 am/men, 9 am/women. Pamakid Runners, PO Box 27385, San Francisco 94127. (415) 681-2322.

Ojai: Softrac 24-Hour Fun Run. High School, noon. Jack Smith, 1401 Maricopa Hwy., Ojai 93023. (805) 646-1455.

Pacifica: Turkey Trot. 2 miles. Terra Nova High School, 9 am. Dave Berry (415) 875-7380.

### Schedule

Yorba Linda: Yorba Linda Rotary 8K and Half-Mile Kids Run. St. Jude's Hospital, 8 am/half-mile, 8:30 am/8K. Mike Manell, c/o Fleet Feet, 18232 Imperial Hwy., Yorba Linda 92686.. (714) 528-3338.

Newport Beach: Around the Bay 10K. Newporter Inn, 8 am. Kim Brittain, c/o Newport Beach Parks & Recr., 3300 Newport Blvd., P.O. Box 1768, Newport Beach 92658. (714) 644-3151.

### November 10 (Sunday):

San Francisco: DSE Diamond Heights Run. 2.99 miles. McAteer H.S., 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

CANCELLED-San Francisco: Terry Fox Run. 10K. Polo Fields, Golden Gate Park, 9 am. Dave Rhody, 43 Cole, No. 2, San Francisco 94117. (415) 668-2243.

CANCELLED-Sunnyvale: Dash for Diabetes, 8K.

Pacific Grove: Breakers & Butterflies 10K. Pacific Grove HS, 9 am (Children's 1 mile x-country race at 8:30 am). Richard Chamberlin, 712 Sunset Dr., Pacific Grove 93950. (408) 372-2009/eves, (408) 372-2809/days.

Arcata: Arcata Bottoms Race. Distance-?. Time TBA. Six Rivers RC, PO Box 214, Arcata 95521. (707) 826-0616.

Bakersfield: Lemucchi's Tam O'Shanter Pedal & Plod. 10K Run, 20 Mile Bike. Time TBA. (Individual & team event.) RACE, 2345 Alta Vista, Bakersfield 93305. (805) 323-0168.

Riverside: Riverside Mission Inn 5/10K Runs. Raincross Square near Mission Inn, 8 am. Mission Inn 5/10K Runs, 3616 Main St., #500, Riverside 92501. (714) 781-8241.

Los Angeles: Minnie Riperton Cancer Action 5 & 10K Runs. 8 am. American Cancer Society, 2975 Wilshire Blvd, Los Angeles 90010-1110 (Beulah Anderson: (213) 386-6102.

Santa Ana: Winters Breeze Marathon, 5K & Kids 1 Mile. Centennial Park, 7:30 am/mara, 7:45 am/5K, 8:15 am. NBRA, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

San Diego: Tri-City Hospital 10K & 2 Mile. San Diego area, TC Hospital, 8 am. Lynn Flanagan (619) 275-0996.

Fremont: Run for the Health of It. Lake Elizabeth Park, 8:30 am. Emma Armstrong, c/o Washington Hospital, 2000 Mowry Ave., Fremont 94538. (415) 797-1111, x4000.

Los Gatos: Summit Marathon. Los Gatos High School, 7 am. The Runner's Factory, 51 University Ave., #C, Los Gatos 95030. (408) 395-4311.

Donner Lake: Donner Lake Turkey Trot. 7 miles, 11:30 am. Peter Werbel, c/o Alpenglow, P.O. Drawer U, Truckee 95734. (916) 587-2025.

Santa Rosa(?): McGuire's Breakfast Run. 5 mile & 3K, Hidden Valley School (Change Rd.), 9 am. Mike & Sandi McGuire (707) 542-6687. Raceday Registration Only.

Salinas: Monterey County Half-Marathon. Alisal High School (777 Williams Rd.), 9:30 am. Fleet Feet, 364 Main St., Salinas 93901. Dave Lewis: (408) 424-3533, days.

Nipomo: The Jokers Wild 5 Mile Run. Nipomo Community Center, 9 am. John Squires, 815 No. Thornburg St., Santa Maria 93454. (805) 925-4250.

Irvine: Run to the Rock. 4 mile & 1 mile kids run, Mason Park, 8 am. Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

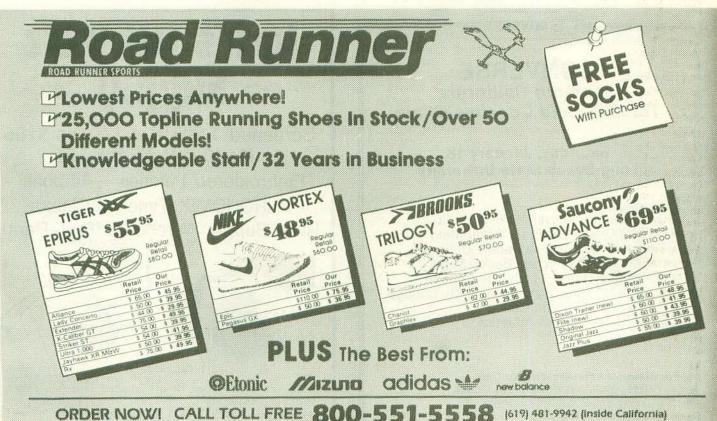
### ■ November 11 (Monday):

Santa Rosa: Wine Country Cross Country, 3K/Girls, 5K/Boys (18 & Under only), Annadel State Park, 11 am. (4 races). Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 528-8887.

Porterville: Veteran's Day 5 & 10K, Olive & 2nd St., 8 am. Dr. Allen Nelson, Porterville College, 900 S. Main St., Porterville 93257.

### ■ November 16 (Saturday):

Arcata: HSU Turkey Trot. Humboldt State Univ. Distance (?). Time TBA, Six Rivers RC. PO Box 214, Arcata 95521. (707) 826-0616.



M-F: 6 a.m.-7 p.m. (PST) SAT: 8 a.m.-5 p.m. (PST) CHARGEIT!! AMEX \* VISA \* MASTERCARD ORDERS SHIPPED UPS . \$250 SHIPPING /PAIR

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San Felipe: San Felipe Triathlon. Swim 2 mile, bike 60 miles, run 13 miles. City Center, Baja, CA. 6:30 am. No teams allowed. Monday International, PO Box 99120, San Diego 92109. (619) 275-1384.

Irvine: Leukemia Society 10K Run. Mason Park, 8 am. Gail Hampton, Leukemia Society, 202 Fashion Ln., Suite 215, Tustin 92680. (714) 838-2383.

San Diego: McDonald's 8K McClassic II (& 2 Miles). So. of Hilton, 7:30 am. Ann Howard (619) 279-5000.

Brisbane: Turkey Trot. 2 miles, Brisbane Marina, 9 am. Brisbane Recreation Dept., 44 Visitacion Ave., Brisbane 94005. (415) 467-6330.

Turlock: Turkey Trot. 10K & 2 mile, 9 am. Craig Bronzan, 900 N. Palm, Turlock 95381. (209) 668-5545.

Bakersfield: Central California TAC Cross Country Championships. 10K/Men, 5K Women, California State Bakersfield, 10 am/men, 11 am/women. Bob Coons, 9001 Stockdale Hwy., Bakersfield 93311-1099. (805) 833-2188.

### ■November 17 (Sunday):

San Francisco: DSE Ferry Bidg, Run. 3.83 mile (& 1 mile Kids Run). Dolphin Club, 9:30 am/1 mile, 10 am. Mike Taheny, 411 Teresita Bivd., San Francisco 94127. (415) 855-1563.

CANCELLED—Hermosa Beach: South Bay 10K

Long Beach: C.R.I. Long Beach Half-Marathon & 3 Mile Fun Run. Convention Center, 8 am. CRI Half-Marathon, 1500 E. Anaheim St., Long Beach 90813. (213) 591-0539.

San Juan Hot Springs: San Juan 50-Mile Trail Run. Cleveland Nat'l Forest, 6 am. Barry Hawley, 1619 Calle Las Bolas, San Clemente 92672. (714) 492-8191.

San Dimas: Bonelli Park Lake 5 & 10K Classic. Bonelli Park, 8:30 am. The Complete Runner, 2658 E. Garvey Ave. South, West Covina 91791. (818) 331-0169.

Pt. Mugu State Park: Lasse Viren Finnish Invitational 20K. (Begins with 10K qualifying race at 8 am.) Sycamore Canyon, 10 am. Lasse Viren Invit., PO Box 24781, Los Angeles 90024 (Ilmit 500 runners).

Escondido: Escondido Firefighters 8K & 1-Mile Fun Run. Escondido H.S., 7:30 am. Kathy Loper (619) 437-4556.

Los Angeles: Women on the Run Road Race (women only). Distance TBA/Time TBA. Women on the Run Road Race Series, PO Box 513, Westfield, NJ 07091. (201) 233-8567 or (800) 227-3490.

San Francisco: CCPM Waterfront 10 Mile. Women's PA/TAC Championships. Fisherman's Wharf, 8 am. CCPM, Race Director, 1210 Scott St., San Francisco 94115. (415) 563-3444.

Clarksburg: Clarksburg-Pepsi 20 Miler. Delta High School, 11 am. Skip Seebeck, PO Box 20, Clarksburg 95612. (916) 665-1712.

Sherman Oaks: San Fernando Valley Marathon Classic. SPA/TAC Champion-ships. Sherman Oaks Galleria, 7:30 am. SFVMC, 15840 Ventura Blvd, Suite 437, Encino 91436. (818) 347-1933.

Menio Park: Run the Accelerator. 5 & 10K, Stanford Linear Accelerator, time TBA. Dave Roos (415) 948-9661.

Playa Del Rey: Sea Shepherd 10K. Dockweiler Beach, 8 am. The Starting Line, 411 Washington St., Marina del Rey 90291. (213) 827-3035.

### ■ November 23 (Saturday):

Valinda: Turkey Trot. 5K & ½-mile (children under 11). Valinda, Elem. School, near West Covina. 7:30 am/5K, 8:15 am. Olivia Krok, 15810 Cadwell St., Valinda 91744. (818) 968-3090.

Pico Rivera: Turkey Trot 5 & 10K Runs. Smith Park, 8:45 am. Ralp Aranda, City of Pico Rivera, Box 1016, Pico Rivera 90660. (213) 942-2000.

Playa del Rey: Jet to Jetty 10K. Dockweiler Beach parking lot, 8 am. Myrna Kayton, 6228 W. Manchester Ave., Los Angeles 90045. (213) 670-1410.

San Diego: IAM Thanks for Giving 5K Run. Balboa Park, 7:30 am. Kathy Loper (619) 437-4556.



# CONVERSE Southern California Track & Field Coaches Clinic

Saturday, January 18 Long Beach State University

### Featuring:

- ★ Dave Murray University of Arizona
- ★ Charlie Craig Cal State Bakersfield
- ★ Terry Franson Azusa Pacific University
- ★ Raiph Lindeman Long Beach State
- \*Ron Allice Long Beach City College
- ★ Al Gilbert Mira Costa Community College
- ★ Pat Connelly Sprint Coach
- ★ Dave Rodda Coast Athletics

### For More Information Write or Call:

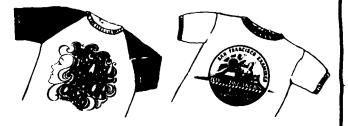
Greg Hull, Assistant Track Coach Long Beach State University 1250 Beliflower Blvd. Long Beach, CA 90840

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So. San Francisco: Thanksgiving Fun Run. 4.5 mile (approx.). Orange Memorial Park. 9 am. Fun Run. Recreation & Community Services, P.O. Box 711, So. San Francisco 94080. (415) 877-8560

San Francisco: Challenge Cup 50K and 50 Mile. Golden Gate Park (Polo Fields), 8 am. Maryann Truitt, Fleet Feet, 2086 Chestnut St., San Francisco 94123, (415) 921-7188.

Campbell: Avoid the 13 - Run for Safe Driving 10K 10K. Waterford Towers Plaza, 9 am. Lois Tager, Central Counties Safety Council, 330 W. Hedding, San Jose 95110. (408) 297-3033.

Lompoc: Turkey Trot, 5 & 10K, time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 733-1767.

Lancaster: Rockwell International 10K and 2 Mile Fun Run. Apollo County Park (4555 West Avenue G), 9:30 am/10K. 9:45 am/2 mile. D/051-114-PH47, 2825 E. Avenue P, Palmdale 93550. (805) 265-4265 or 265-5703.

San Diego: Fun Runners Turkey Trot. 1, 2.5 & 5 mile, Shelter Island (fishing pier), 9 am. Time prediction runs. Kelly Miller, Peninsula YMCA (619) 226-8888.

Los Angeles: Ladera Heights Civic Association 1 & 5K, Ladera Heights (Frank Parent School, 5354 W. 64th), 8:30 am/5K, 9:15 am/1K. Frank Ramirez, Ladera Church of the Brethren, 5505 W. Slauson, Los Angeles 90056. (213) 645-2878.

San Gabriel: San Gabriel Turkey Trot. 5 & 10K, San Gabriel Municipal Park, 7:30 am. 300 runner limit. Rosanne Crist, Parks & Recr., P.O. Box 130, San Gabriel 91776. (818) 308-2875.

Arroyo Grande: Turkey Trot Fun Run. Arroyo Grande High School (track), 10 am. City of Arroyo Grande, P.O. Box 550, Arroyo Grande 93420. (805) 489-1075, Doug.

### ■ November 24(Sunday):

San Francisco: DSE Bay to Breakers Revisited. 7.46 miles. Howard & Spear, 8 am. Mike Taheny, 411 Teresita Blvd, San Francisco 94127. (415) 855-1563.

Paim Springs: Tram Road Challenge 6K Run. No. Palm Canyon Drive & Tram Rd., 8 am. Tram Road Challenge, PO Box 638, Morongo Valley 92256. (619) 363-7829.

Woodland Hills: Steve Sax 5 & 10K Run for Hope. Pierce College, 8:15 am/5K, 9 am. Drew Pomerance, City of Hope, 556 Midvale #4, Los Angeles 90024. (213) 208-5644/H, or (213) 202-5689/Wk.

San Pedro: Bell Thru the Bunker 5-Mile & Kiddie Kilometer. Pt. Fermin Park at end of Gaffey, 7:45 am. Darlene Galindo, 1234 Pacific Ave., Venice 90291. (213) 392-5566.

Puente Hills: Puente Hills Mail 5K Turkey Trot. Puente Hills Mail, 8 am. Bob Brooks, 1613 So. Stimson, Hacienda Heights 91745. (818) 961-3480.

Oakland: Blind Duck Relays. 3x5K, Lake Merritt (Old Boathouse), 9 am. Lake Merritt J&S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Culver City: Culver City/Western Hemisphere Marathon. 8 am. Western Hemisphere Marathon, c/o Dept. of Human Services, 4117 Overland Ave., Culver City 90230. (213) 202-5689, Jack Nakanishi.

Napa: Exertec Turkey Trot. 8K, 8:30 am. Steve Zanetell, c/o Exertec, 920-A Yount St., Napa 94558. (707) 944-8238.

Cupertino: Sri Chinmoy 5K, Vallco Fashion Park (Stevens Creek Bivd. & Wolfe Rd.), 8 am. Sri Chinmoy Marathon Team, 2438 -16th Ave., San Francisco 94116. (408) 996-8036.

Santa Cruz: Turkey Trot. 10K & 1 Mile Kids Run, Delaware Ave. at Natural Bridges Dr., 8:30 am/1 mile, 9 am/10K. Turkey Trot, c/o 346 Church St., Santa Cruz 95060. (408) 429-3777.

San Francisco: ARC Presidio Rollercoaster Run. 3.2 mile, Mountain Lake Park (12th Ave. and Lake St.), 9 am. Donna Chan (415) 564-5342.

Spreckels: John Steinbeck Country Biathlon. 2.5 mile bike, 6 mile run, Spreckels Memorial Park, 10 am. Dave Lewis, Fleet Feet, 364 Main St., Sallnas 93901. (408) 424-3533.

Pt. Reyes: Limantour Spilt. 10 mile & 10K, Limantour Beach Parking Lot, 9 am. 200 limit. Handicaps. Team Challenge, P.O. Box 303. Pinole 95464-0303. (415) 841-1190.

Richmond: Pt. Isabel Run. 5K, Pt. Isabel, 9 am. Helen Lehman, 2605 Ellerhorst, El Cerrito 94530. (415) 237-8462.

Irvine: The Success Run Women Only 8K. Irvine Marriott, 8 am. Carolyn McGrew; Women in Business, 27863 Esporlas, Mission Viejo 92692. (714) 380-8627.

Palo Alto: Turkey Trot. 4.7 miles, Paige Mill Road (Fitness Center), 9 am. Palo Alto Area YMCA, 3412 Ross Rd., Palo Alto 94303. (415) 494-1883.

### ■ November 28 (Thursday):

Torrance: Turkey Trot. 3 mile, Torrance Airport, 8 am. Allen Shall, 3031 Torrance Blvd., Torrance 90503. (213) 618-2945.

### ■November 29 (Friday):

Kenwood: Sugarloaf Cross Country Races. 5 & 8K, Sugarloaf Ridge State Park (just east of Santa Rosa off Hwy 12), 10:30 am/5K, 11:30 am/8K. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-2888.

Richmond: Pt. Pinole Skunk Run. 10K, Pt. Pinole Regional Park, 9 am. Team Challenge, P.O. Box 303, Pinole 94564-0303. (414) 841-1190.

Raleigh, North Carolina: National TAC Cross Country Championships. Listed Nov. 30 last issue...this year the event will cover two days (Fri./Sat.) in all age-groups (Youth, Submasters, Masters, Jr., Sr., Men & Women, etc.), varying distances depending on age-group (3K to 10K). TAC Supernationals, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

### ■ November 30 (Saturday):

Mill Valley: Quadruple Dipsea, 27.4 miles, Old Mill Park to Stinson Beach and back (twice), 7:30 am. Bay Area Ultra Runners, c/o Jack Cover, 120 Coventry, Hercules 94547. (415) 799-5015.

Raleigh, North Carolina: National TAC Jr. & Sr. Men's Cross Country Championships. See information listed on November 29.

### ■ December 1 (Sunday):

San Francisco: DSE Nob Hill Run. 3 Mile. Dolphin Club, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Kenwood: Sugarloaf Cross-Country Runs. 5K & 8K. Sugarloaf State Park (near Kenwood, east of Santa Rosa), 11 am/5K, noon/8K. NOTE: Date & starting times subject to change. Wine Country Race Service, Box 879, Forestville 95436.

Arcata: Westend Race. Distance TBA/Time TBA. Six Rivers RC, PO Box 214, Arcata 95521. (707) 826-0616.

Fresno: Fresno Road Race. 6 miles. Chandler Field to Kearney Park, 10 am. Fresno TC, Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno 93726. (209) 221-8181.

Villa Park: Villa Park Half-Marathon. (plus ½ miles, 2 mile, 5 mile). Villa Park H.S., 7:45 am. Orange Flyers TC, 2733 Villa Vista Wy, Orange 92667. (714) 774-3957/W, (714) 637-1588/H.

San Francisco: Run to the Far Side. 10K & 5K Fun Run. Golden Gate Park (California Academy of Sciences), 9 am. Carol Prince, Calif. Academy of Sciences, Golden Gate Park 94118. (415) 221-4214.

Coronada: Holiday Bowl Heart Marathon & 10K, 7 am. Lynn Flanagan (619) 275-0996.

### ■ December 7 (Saturday):

Houston, Texas. Nat'l TAC Sr. & Jr. Men's & Sr. Women's 30K Championships. Time TBA. Dr. Ronald Bruscia, 1111 Gessner, Houston, TX 72207. (713) 467-2442.

Hawalian Gardens: Hawalian Gardens 5 & 10K Run. Lee Activity Center, 8 am. Lee Activity Center, 21815 Pioneer Blvd., Hawalian Gardens 90715. (213) 420-2641.

Laguna Niguel: Laguna Niguel Scenic 5 & 10K. Laguna Niguel Regional Park (Federal Bldg.), 8 am/5K, 8:30 am/10K, plus Kids Cup 1 mile/9:30 am. Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

### ■ December 8 (Sunday):

San Francisco: DSE Roller Coaster Run. 3.1 mile and Kids' 0.6 Mile. Mountain Lake Park (12th Ave. & Lake St.), 9:30 am/1 mile, 10 am/3.1 mile. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Folsom. California International Marathon (Nat'l TAC Sr. Women's Championships). Folsom to State Capitol (Sacramento), 7:05 am. SLDRA, PO Box 161149, Sacramento 95816. (916) 447-2786.

Honolulu, Hawaii. Honolulu Marathon. Time TBA. Honolulu Marathon Ass'n, 3435 Waialae Ave., Rm. 208, Honolulu, HI 96816. (808) 734-7200.

Van Nuys. SPA/TAC District 8K Championships (Nathan Pritikin Memorial). Woodley Park, 9 am. Hal Winton, 24409 S. Meyler St., Harbor City 90710. (213) 534-1704.

San Francisco: Nike-San Francisco Half-Marathon. Golden Gate Park, 8 am. Pamakid Runners, P.O. Box 27385, San Francisco 94127. (415) 681-2322.

Beverly Hills: Beverly Hills-Perrier 10K. Moreno Dr. (between Santa Monica Bivd. & Spalding), 9 am. Beverly Hills Recr. & Parks, 450 N. Crescent Dr., Beverly Hills 90210 (Attn: Beverly Hills-Perrier 10K). (213) 550-4816.

Los Angeles: St. Joseph Medical Center 5-10-15K Runs. Griffith Park, 8 am. Joanne Sugar, c/o SJMC Foundation, Buena Vista & Alameda, Burbank 91505. (818) 247-3783.

Palm Desert: Athletic Express T.C. 5K & Half Marathon. College of the Desert, 8 am. Tim Hayes, 49156 Garland, Indio 92201. (619) 342-1242.

Westwood Village: Zev Yaroslavsky's Westwood Village 10K. 8 am. Michael McClelland, 11866 La Grange Ave., West Los Angeles 90025. (213) 820-4338.

Long Beach: Long Beach Marathon 16.2 Mile Prep Run. Cal-State Long Beach, 7 am. Raceday Registration Only. LBM Prep Run, 1825 Redondo Ave., Long Beach 90804. (213) 494-2664.

San Diego: JCC Festival of Lights 10K. Balboa Park, 7:30 am. EOL Race Consulting, 1013 Park Place, Coronado 92118. (619) 437-4556.

Fresno: Cal-Bowl Run. 10K & 2 Mile, Fresno State University, time TBA. California Bowl Run, 1341 Bulldog Lane, Suite C, Fresno 93710. (209) 224-2695.

### ■ December 14 (Saturday):

Fremont: Newark Recreation Coyote Hills to the Bay Runs. 3.4 & 6.8 miles, Coyote Hills Regional Park, 8000 Patterson Ranch Rd., 10 am. Newark Recreation Division, 35501 Cedar Blvd., Newark 94560. (415) 790-7952.

Arcata: Arcata to Willow Creek 40 Mile. Listed last Issue on Dec. 7 in error. 8 am. Six Rivers Running Club, P.O. 214, Arcata 95521. (707) 826-0616.

Lancaster: Rudolph 5/10K Runs. Lancaster City Park (43063 N. 10th St. West), 9 am. Dave Miklos, c/o Parks & Recreation Dept., 44933 N. Fern Ave., Lancaster 93534. (805) 945-7811.

South Pasadena: South Pasadena 5 & 10K Tiger Runs. 1401 Fremont Ave., 8 am. Harry Gerst, 1401 Fremont Ave., So. Pasadena High School, So. Pasadena 91030. (213) 258-4008.

Venice: Christmas 10K (& maybe 5K). Venice Marina, 8 am. Bruce Mitchell, 2223 14th - St., Santa Monica 90401. (213) 452-0397.

Coronado: Christmas in Coronado 10K. 7th & E Sts., 7:30 am. End of the Line Race Consulting, 1013 Park Pl., Coronado 92118. (619) 437-4556, Nancy.

San Diego: Balboa Park Boogie. 5K, Men's & Women's races, 8 am/men, 8:30 am/women. Bev Fox (619) 561-7210.

### ■ December 15 (Sunday):

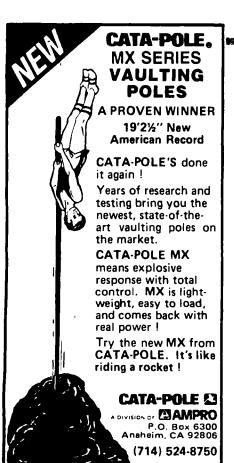
Newport Beach. Orange County Marathon. Time TBA. Barry King, Sports Directions Foundation, Box 795, Dana Point 92629. (714) 661-6062.

Guadalajara, Mexico. Avon International 10K (Women only). Lynn Nelson, Runners Travel (415) 342-7227.

Paim Springs. Palm Springs 50-Mile Run. (2-mile loop) *Limit 25 runners*. 6 am. John & Kitty Emig, Box 8323, Palm Springs 92263. (619) 320-3548.

San Francisco: Christmas Carol Charity Run. 10K, San Francisco Bay Club (150 Greenwich & Sansome), 8:30 am. Charity Run, c/o #1Sansome St., Suite 3500, San Francisco 94104. (415) 951-3333.

San Francisco: DSE Golden Gate Bridge Toll Plaza Run. 7.4 mile, 10 am. Mike Taheny, 411 Teresita Bivd., San Francisco 94127. (415) 855-1563.



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Santa Rosa: The Last 10K. Piner Elementary School (Piner Rd. at Fulton), 9 am. John Anderson, 2065 Peterson Ln., Santa Rosa 95401. (707) 527-0886.

### ■ December 21 (Saturday):

Sanger: Pre-Christmas Run. 2 mile time prediction & 6 mile, Madison School (Cherry & Bethel Sts.), 9:30 am. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

Legg Lake: .06 Nil George Guerrero 8K. 9:30 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### ■ December 22 (Sunday):

San Francisco. Christmas Relays. 5 x 4.464 miles. Lake Merced, Sunset Circle parking lot, 9 am & 9:10 am (two starts based divisions). Christmas Relays, PO Box 652, Burlingame 94010. (415) 342-3107, Karen Lanterman.

San Francisco: DSE Polo Field 5K. Golden Gate Park, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Oakland: LMJS 4th Sunday Runs. 5-10-15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 am. Lake Merritt Joggers & Striders, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

### ■ December 25 (wed.):

San Francisco. DSE Christmas Blind Date Relays. 2 x 1.5 miles. (Male/Female), Golden Gate Park, Stow Lake Boathouse, 10 am. Mike Taheny, 411 Teresita Blvd, San Francisco 94127. (415) 855-1563.

### **■** December 26-29 :

Orange. (Thurs.-Sun.) West Coast University Holiday Ultras. 24-hour, 48-hour & 72-hour track runs. West Coast Univ., noon. Lee Preble, West Coast University, 550 S. High St., Orange 92668. (714) 953-2700/W, (213) 532-5043/H

### ■ December 29 (Sunday):

San Francisco: DSE Double Muni Pier Run. 2.47 mile, Dolphin Club (502 Jefferson at Hyde), 10 am. Mike Taheny, 411 Teresita Bivd., San Francisco 94127. (415) 855-1563.

San Diego: Mission Bay 25K. East Fiesta Island, 7 am. San Diego TC (619) 277-RUN2.

### ■ December 31 (Tuesday):

Los Altos Hills: Midnight Run. 5K (Invitational: Men/16:00, Women/18:45), and Fun Run (Open), 11:15 pm/Invit., Midnight/Fun Run. Peanut Harms, 813 Wake Forest Dr., Mountain View 94043. (415) 969-2033.

Encino: New Years Eve Midnight 10K Run. Balboa & Victory Blvd., midnight. Race Central, P.O. Box 828, Rialto 92376.

San Diego: New Year's Fun Run. Distance (?), Mission Bay Boardwalk, 11:45 pm. Jeff Markoff (619) 275-2543.

### ■January 1 (Wednesday):

San Francisco: DSE Hangover Run. Distance (?), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Arcata: Recovery Run. 0 to 6 mile, Location (?). Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616.

### ■January 4 (Saturday):

San Diego: Cop'er Bowl 10K (& 2 Mile). Stadium, 7:45 am. Lynn Flanagan (619) 275-0996.

### ■January 11 (Saturday):

Los Altos: Willy's Road Race. 1 & 5 mile, St. Williams School, 9:30 am/1 mile, 10 am. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

Ventura: Buena 4 Mile Run. San Buena Ventura State Beach, 9 am. Steve Blum, 1025 Cachuma, #33, Ventura 93004. (805) 659-2699.

### ■January 12 (Sunday):

San Francisco: San Francisco Zoo Run. 5 & 10K, Sloat Blvd. at Great Hiway, 8 am/10K, 9 am/5K. Zoo Run, c/o S.F. Zoological Society, Sloat Blvd. at Great Hiway, San Francisco 94132. (415) 661-7456.

Newhall: Santa Clarita Runners Women's 8K (Women Only), Pico Canyon, 8 am. Patty Carmody, 28106 Urbandale, Saugus 91350. (805) 252-5904.

### ■January 18 (Saturday):

Fontana: Parks & Recreation Dept. Mini-Triathion, 8.2 mile bike, 150 ft. swim, 2.4 mile run. Cypress Community Center, 8 am. Kit Ledbetter, Fontana Parks & Recreation, 8353 Sierra, Fontana 92335. (714) 350-7635.

San Dimas: Snow Summit Southern California Biathlon Championship Series. 5K run, 10 mile bike. Bonelli Park, time TBA. Dave Spangler, 1009 W. Brooks St., Ontario 91762. (714) 983-5871.

### ■January 19 (Sunday):

San Mateo: El Camino Derby Run, 10K, Bay Meadows Racetrack, time TBA. San Mateo Heart Ass'n, 1801 Murchison Dr., Burlingame 94010. (415) 692-0981.

Stockton: California 10. 10 miles, Lincoln High School (Alexandria at Ben Holt), 10 am. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124.

Arcata: Patrick's Point Race. 2 & 6 mile, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 826-0616.

San Diego: Mission Bay Marathon & 10K, Mission Bay Visitors Center, 7 am/Marathon, 7:07 am/10K. Mission Bay Marathon, 4035 Mississippi #9, San Diego 92104. (619) 236-4605.

### ■January 25 (Saturday):

Paramount: Paramount 10K. Special masters invitation. Progress Park, 8 am. Oscar Rosales, P.O. Box 696, Paramount 90723. (213) 634-3027.

Agoura Hills: The Great Race of Agoura. 2K, 5K & 10K, 7:30 am. Dennis Kristian, c/o Sumac Elem. School, 6050 Calmfield, Agoura Hills 91301. (818) 991-7746.

Redondo Beach: Super Bowl Sunday 10K. 8 am. Super Bowl Sunday 10K, Box 637, Redondo Beach 90277. (213) 548-4288.

### ■January 26 (Sunday):

San Diego: Super Run. 10K & 2 mile, La Jolla Village Square, 8 am. March of Dimes, 8333 Clairemont Mesa Blvd, Suite 101, San Diego 92111. (619) 576-1211. Listed in some sources as January 25.

### Looking Ahead

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

FEB 2, Long Beach: Long Beach Marathon. 3000 E. Ocean Blvd., 7:30 am. Joe Carlson, 1825 Redondo St., Long Beach 90804. (213) 494-2664.

FEB 8, San Jose: Fleet Feet-Round Table San Jose Marathon. City Hall, 8 am. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-RACE.

FEB 9, Davis: Davis Marathon & Half Marathon. Davis Sr. High School, 14th & Oak, 9 am. Fleet Feet, 132 E St., Davis 95616. (916) 758-6453.

FEB 9, Oakland: Valentine Day Run. 5 & 10K, Lakeside Park (Boathouse, Belleview Ave), 10 am. Valentine Day Run, Box 5157, Oakland 94605. (415) 632-9606.

FEB 15, Pine Valley: Pacific Crest Trail 50 Miler. Buckman Spring Rd., 5 am. Jeff Bieyra (619) 481-5725.

FEB 23, Oakland: Oakland Marathon & Half Marathon. Jayor's Office, time TBA. Oakland Marathon, Box 32103, Oakland 94604. Daryl Jobe (415) 236-5154.

JUNE 28, 1986: Squaw Valley to Auburn. Western States 100-Mile Endurance Run. On rugged trails. Entry by lottery...postmarked by Nov. 26, 1985 and received by Dec. 1. Curt Sproul, c/o Weintraub, etal, 2535 Capitol Oaks Dr., Sacramento 95833. (916) 648-9400.

### **Coaches & Meet Directors**

We plan to publish a track and field schedule for the entire season, February to July, in the next issue (January). Please send track & field schedules and meet announcements NOW.





### **TO: RICHARD SLOTKIN**

Dear Mr. Slotking

Unfortunately I do not know you. Keith Conning and [Jack] Leydig are old friends. Jack sold running shoes in his VW van long before athletic shoe stores became all the rage.

Enclosed (see results section) are results of the 41st Walnut Festival 5K and 10K run. This is the third oldest and continuous 10K in Northern California, if not the state-and the LAST (1979) no entry fee race that I know of, I oppose entry fees as causing all sorts of complications...now everybody (including police) expect to be paid. First 3 years new race operators MADE NO PROFIT. I guit when entry fee begun, but volunteered help...race on rocks. Finally got North Gate High School girl volleyball team and their coach, Jim Changaris, parents, etc. to handle with profits (if any) split 70% to girls and 30% to Festival, 1984 girls got \$3500.

Like you and your magazine. Real old-time race promotors spend money out of their own pockets-including postage for this letter-while modern race conductors roll in \$\$\$. Old AAU officials got lots of criticism and brickbats to enforce their rules and not much else.

EIGHT other races on September 22 in this area...reduced turnouts. Being a deaf man I cannot telephone to get up meetings so as to draw up a workable calendar to spread out races and enable each one to draw lots more participants and make \$\$\$ for races. That is an idea YOU might GRAB and spread to help avoid deficits. I don't care for credit...I WANT TO SEE JUSTIFIABLE RESULTS -credit go hang.

Thank you for helping amateur running stay alive.

Best wishes and sincerely.

Andrew MacCono Walnut Fest, Race Founder

### LIKES NEW FORMAT

I like the new Schedule format-it's so easy to read. If you could add day of the week it would be great.

Thanks for all of your efforts to keep California athletes well-informed; it's really appreciated.

Barbara Robben Berkeley

Good Idea, Barbara. We'll start with our December schedule --Editor

### **NRDC RESPONDS TO** DAVID DENNIS (MODESTO MARATHON)

Dear Mr. Dennis:

Thank you for sending us a copy of the certificate of the certification of the Modesto Marathon.

In answer to your comment about the keeping of the lists of certified courses, the NRDC (National Running Data Center, Inc.) has been compiling the official lists of TAC certified courses since 1977, on a volunteer basis, without remuneration by TAC (until this summer for this year). [Certified Courses listing appeared in the March 1985 Issue of CT&RN, page 20.]

Ted Corbitt certified courses for TAC (and the RRCA) for about 20 years until he retired from that specific role last year. It was his responsibility to send us notification of all courses certified by him. Occasionally, he did not and your marathon was one of those occasionally-did-nots. Mr. Corbitt did not keep lists.

In your area, Carl Wisser is the final signatory and he now handles such paperwork. He and about 23 others all over the country now do this to expedite the process and to avoid delays. We were responsible for setting up this decentralized network

In order to attempt to avoid the annoyance and the embarrassment we inadvertently caused you, we issue lists of all certified courses twice a year—in Juty and in December-and copies of those lists are sent to every signatory in the system in order to verify that we have complete lists. Occasionally, certifications still slip through

the cracks but we think the list is more complete than it has ever been

I really am sorry and apologize to you that your marathon was left off the list. Hopefully, now that we are better organized, such omissions will not happen.

Jennifer Hesketh Young National Running Data Ctr.

### WHERE IS THE NCAC??

I just wanted to express my thanks for processing my subscription so quickly and for providing such quality reading material.

One "complaint." I go to school in Northern California (ie. Humboldt State) and I, as well as numerous friends, would enjoy seeing more reports about the NCAC Conference. I'm sure many others would feel the same as there are some quite large schools represented (Davis. Sac State, SF State).

> Joseph Karnes Anaheim/Arcata

#### ATTENTION: BILL MINARIK

Dear Bill,

This is a note about your SoCal Cross Country Preview in the September 1985 publication.

PCAA Men-First, UC Irvine Cross Country team was not on probation. Last season (1984) we were in track on probation, but not cross country. Next...I don't know how you can rate San Jose State ahead of us if you know our people. We have 5 men from 14:09 to 14:35 and 5 more under 15:00 for 5000. All those men are under 31:00 for 10,000 with one of those who has run 8:37 steeplechase. San Jose State does not have that type of team. I also think that we will Fresno State a run for the Conference Championship.

PCAA Women-First of all. San Diego State, Cal State Fullerton and Cal State Long Beach are now in the conference. Next-how can you rate UNLV in first place when in the last two years they have not scored in the Con-ference Championships? Then--UC Irvine has everyone back from last year's team which won the Conference Championship plus the J.C. 1500 State Championships Champion. We also have won the last two Conference Championships, and have been nationally-ranked.

I wish you would make some phone calls and check things out and get your facts right before you submit something for publication. It is not fair to our program and other programs.

> Vince O'Boyle Head Coach, UC Irvine

Dear Mr. Minarik:

In a recent article of California Track & Running News, you indicated that some well-known high school athlete will be competing for my organization, Coast Athletics, this year. As you have indicated in recent articles, Kerri Zaleski, represents Coast Athletics and has since she was 11 years of age, and did forego her senior year in high school competition. I'm writing this letter to find out if you would provide me with information as to who the athlete is who will be coming to my club, since we have no high school athletes and don't plan to have any next year.

I realize that rumors get started and build into large issues, possibly we can rectify this by addressing this rumor before the 1986 season.

> Dave Rodda Assistant Dir. of Recreation & Community Relations

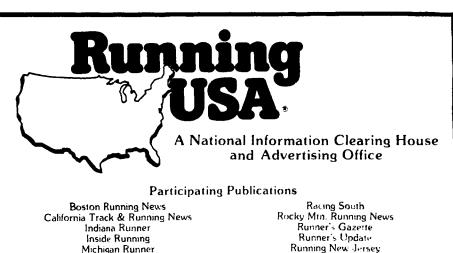
#### LOOK FOR CHICO X-C

Dear CT&RN.

I'm only renewing my subscription because running has been such an important part of my life for such a long time, and I feel yours is the last "honest" running publication. Keep up the good work and I'll keep up my subscription

P. Scott Durham Chica/Fresno

P.S. I'd like to note the reinstalement this fall of the CSU Chico cross country and track programs after a year's absence. Welcome back and good luck this year in the



Michigan Runner Nor'Wester

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# Medical Notes for Runners

By STEVEN I. SUBOTNICK, D.P.M., M.S.

### Homeopathy - A Resurgence

Steven I. Subotnick, D.P.M., M.S. Richard E. Jones, D.P.M.

t is estimated that, at the turn of the century, 25 to 30% of the physicians in the United States were homeopaths. They practiced homeopathy, a system popularized by Dr. Hahnneman of Philadelphia. Homeopathy was the major branch of medicine, along with allopathic medicine (medicine as most of us know it today), and osteopathic medicine. In the 1980's, it is undergoing a major resurgence in this country. In his medical research, Dr. Hahnneman found that various medications, which cause symptoms in a healthy individual, can, in dilute form, cause resolution of symptoms in a diseased person. This led to the basic science and philosophy of homeopathy. The philosophy is relatively foreign to that of our standard medical practice, which is called allopathic medicine. I recently took a course in homeopathy in Berkeley and would like to give you a summary of what I learned in the introductory phase.

Homeopathy balances the natural processes of the body with healing energy. Harmony takes place, and the resonance of the homeopathic preparations fine tune the body. The process can be likened to a tuning fork vibrating next to another nonvibrating fork, which will then begin to

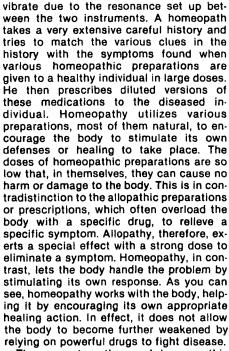
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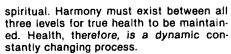
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There are two thousand homeopathic remedies with their own typical constellation of symptoms. The homeopath matches symptoms of the patient with these homeopathic preparations. Homeopathy is most useful with chronic problems where the homeopath works diligently to narrow down the prevalent symptoms. However, homeopathic medicine can also be used to treat acute disease.

Acute problems are termed to be those which are in duration of less than a month. When using homeopathy for acute problems, a more standard allopathic model is often utilized. Thus, for Achilles tendinitis less than a month old, one might use the preparation, Rhus Tox. A symptom for which Rhus Tox is beneficial is pain about a tendon with aggravation after initial motion, improvement upon continued motion, with aggravation during and after rest.

However, homeopaths go further by maintaining that tendinitis is not just a local problem but involves the whole person. After all, people worry about their Achilles tendinitis; the way they walk and function is affected by their heel pain. The whole organism is out of balance on three levels; physical, psychological, and



Homeopaths maintain that children, under the allopathic system, receive too much medication, which can cause a decrease in the immune system's ability to react to stimuli and fight disease. A child may have a local problem with very little systemic manifestation, yet have a preparation, such as a heavy dose of antibiotics. which affects the whole organism in an adverse way. This is especially true when inappropriate drugs are given for diseases for which they are not designed. All allopathic medications, including antibiotics, cause symptoms or drug reactions of their own, which may require treatment in the future. Homeopaths' main criticism of allopathic medicine can therefore be summarized as the following:

Allopathic medicine does not allow the body to go about natural healing.

2. Allopathic preparations cause problems of their own due to their high dosage.

The homeopath further states that allopathic doctors, that is standard M.D.'s and D.P.M.'s, use the system of shared diagnosis, where they focus upon what is common about all people with similar diseases. This method tends to ignore individual traits and idiosyncrasies of ill people. Homeopaths try to find differences in patients with similar outward complaints. They state that this allows for more specific treatment and more natural bodily response to disease. Homeopaths pay particular attention, when doing a history, to minute details, such as what makes the symptoms better or worse, what time of day does the problem arise, and the effect of environmental factors, such as heat and cold, motion, and activity:

The speakers at the seminar also explained that homeopathic medicine views

Continued on page 15

# Around the State

### Reminder to Subscribers

California Track & Running News comes out eleven times a year. The month we miss is December. November is a double issue with an extra month of scheduling and more results than usual.

The months of December and January are about as close to an "off season" as we have, being between cross country and track and with a small lull in road racing.

### Early Season Track Meets

Track season gets a head start with several pre-season all-comers and invita-

DEC 7: UCLA Fall Invitational, 1 pm.

DEC 14-15: Long Beach Winter Decathlon/-Heptathion, Long Beach State, 8 am.

DEC 21: All Comers Meet. Long Beach State, 10 am.

And don't forget the before season clinics. We know there is one at Fresno State on January 4 and 9, at Stanford on January 10-11 and another in Long Beach on January 18.

### TAC West Region Javelin **Development Clinic**

The top U.S. javelin athletes along with successful coaches and scientists will be on hand at a one-day javelin clinic to be held Saturday, December 14th (8:00 am to 7:00 pm) at San Diego State University. Learn-by doing sections will highlight the clinic as well as the opportunity to observe elite athletes in their workout and drill routines. There will also be a Friday, December 13th (3:00 pm) All-Comers Javelin Meet, before the clinic.

Athletes who will be in attendance in-

\* Karin Smith: Lifetime best 212-7; #2 all time thrower in US history; 1st 1980 & 1984 Olympic Trials; 8th 1976 & 1984 Olympic Games; threw 212-2 in 1984.

\*Tom Petranoff: Lifetime best 327-2; American record holder: #2 all-time thrower on world list; 1st 1985 Grand Prix; 2nd 1983 World Championships; Ranked #2 in the world in 1983.

\* Duncan Atwood: Lifetime best (established in 85) 308-7; #4 all-time thrower in US history; 1st 1984 Olympic Trials; 1st 1980 TAC; 2nd 1985 Grand Prix; 3rd longest thrower in the world in 1985.

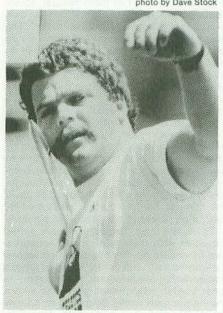
\* Brian Crouser: lifetime best (established in 85) 312-0; #6 all-time thrower on world list; #3 all-time thrower on US list; 1st 1981 & 1985 NCAA's; 2nd longest thrower in the world in 1985.

\*Others that may be present include: Cathy Sulinski, Linda Sutfin, and Bob

A wide range of javelin experience will be represented by the coaches/scientists that include:

\* Bill Webb: TAC men and women Javelin Development Coordinator; Elite Athlete Throws Project Coordinator; collegiate coach of Bob Roggy and currently coaching Tom Petranoff and others.

photo by Dave Stock



Tom Petranoff featured at Javelin Clinic

\*Scott Irving: University of Florida, women's throws coach; in 1985 his throwers placed 2nd & 3rd in the NCAA and 2nd & 5th at TAC; while he was at the University of Oregon he coached three women who threw at or above 190 in the same year.

\* Janis Donins: As a USSR citizen he threw 291-3 and was ranked #2 in the world in 1971: the former UC Irvine throws coach is coaching Karin Smith and others; has a long history of involvement with the javelin.

\*Bob Meyers: University of Arizona women's throws coach; a former thrower himself, Bob has published several highly acclaimed articles on the javelin.

\* Juris Terauds: Director, Research Center for Sports: has published numerous noteworthy research articles on javelin biomechanics and flight patterns.

\* Mont Hubbard: Mechanical engineering professor at UC Davis; doing experimentation on theoretical flight patterns/models. Held: AMF/Pacer Corp.; \* Dick engineer/designer of the Held Javelin.

\* Dixon Farmer: Head coach, San Diego State; West Region Mens Development Chairman.

\*Kent Pagel: San Diego State throws coach; a weight training/throws authority.

You won't want to miss this important and informative clinic. The cost is only \$12.00 for coaches and \$8.00 for athletes. For more information, contact: Bill Webb, TAC Javelin Development, 10818 Petit, Granada Hills, CA 91344. (818) 363-1394.

### New Books of Interest

The Milers: By Cordner Nelson and Roberto Quercetani, TAFNEWS Press, P.O. Box 296, Los Altos, CA 94022, 544 pages, hardbound, \$16.50.

Written by two of the sport's leading authorities - Cordner Nelson, Editor Emeritus of Track & Field News and European statistician/historian Roberto Quercetani, THE MILERS is a great new history of men in the mile and its metric counterpart, the 1500m.

From Walter George and Paavo Nurmi through the Bannister breakthrough, the domination of Elliott and Snell, the Jim Ryun Era, Kip Keino, John Walker and Filbert Bayi to the recent heroics of Coe and Ovett, Steve Scott, Steve Cram and others, THE MILERS chronicles in generous detail the greatest races and recordbreaking feats of the world's greatest milers.

THE MILERS is a feast of facts and figures and heroic tales of the great middle distance runners of history which belongs in the library of anyone interested in sport.

Basic Track & Field Biomechanics: By Tom Ecker, TAFNEWS Press, P.O. Box 296, Los Altos, CA 94022. 205 pages, \$15 hardbound, \$10 paperbound.

Over the past two decades, through his previous writings and countless lectures across the country, Tom Ecker has educated thousands of coaches and athletes as to how the laws of physics govern motion in track and field events.

BASIC TRACK & FIELD BIOMECHANICS, the best introduction to the subject yet written, synthesizes Ecker's previous books and lectures and incorporates the most recent research and theoretical refinements in the field. Concepts such as center of

### ☐ Around the State

gravity, momentum, inertia, rotary motion, centripetal and centrifugal force, curves of flight and angles of takeoff and release as they apply to the running, jumping and throwing events, are thoroughly explained and illustrated in terms understandable to even the most science-resistant novice.

TACTRUST Handbook: By Alvin Chriss. Published by The Athletic Congress, Order Department, P.O. Box 120, Indianapolis, IN 46206. 154 pages, paperbound, \$10.

No longer need there by any mystery about money and eligibility in our sport. It can be at your fingertips in TACTRUST HANDBOOK. Very useful, easy to understand, comprehensive and complete.

The TACTRUST HANDBOOK is available at a single copy price of \$10 and a package price of \$20 when bought with the TAC/USA Directory and TAC/USA Rules of Competition (a \$22 value for three books.

1985-86 U.S. Cross Country Handbook: By Bruce Tenen. Published by TAC - see address above. 50 pages, paperbound, \$8.

This interesting cross country statistical source contains a review of 1984 as well as historical retrospective and much cross country miscellany.



### Los Angeles Marathon

Applications are now available for the Los Angeles Marathon, the first major city-sanctioned marathon in the history of the sport.

The historic event, set for Sunday morning March 9, will draw world class runners from around the globe while also providing an opportunity for local entrants to experience the pride of performing in their own community.

The course starts and ends at the Los Angeles Memorial Coliseam. The 26.2 mile route winds through the city highlighting different ethnic and cultural communities such as downtown, Chinatown, Little Tokyo, Olvera Street, Hancock Park and Hollywood.

Applicants are requested to send a self-addressed stamped envelope to: Los Angeles Marathon, 5985 Century Blvd., Suite 322, Los Angeles, CA 90045. All who apply will be mailed a marathon application form accompanied by race information and a course map. For additional race and travel information call (213) 215-1986. Outside of the LA area call tollfree (800) 562-4411.

### New Club for the Serious

A new track club has appeared on the Southern California running scene — USA WEST. "What sets our club apart is its specific design for serious track & field athletes and long distance runners who are primarily concerned with improving their levels of performance in competition," says USA WEST Director and coach, Skip Stolley. "USA WEST is not an aerobics class, or a run-for-fun group, or a team that assembles in their club singlets for a meet or a race every few weeks. I believe there is a real need for more clubs that train athletes."

The purpose of the USA WEST Track Club is to provide coaching services to local and national level men and women at both the open and masters levels, those services include:

- 1) Personal coaching on a daily basis.
- 2) A goal-oriented, daily training plan.
- Assistance in planning and arranging a schedule of competition.
- The opportunity to train with other serious athletes.
- 5) Access to excellent training sites in the Santa Monica area.

USA WEST Coach, Skip Stolley, served as director of the world-class PUMA Track Club from 1983-85.

To receive an application and further information, interested athletes can write: Skip Stolley, USA West Track Club, 15425 Sherman Way, suite 220, Van Nuys, CA 91406, or call (818) 787-4377.

### **Boston Marathon Change**

The Boston Athletic Association has announced acceptance of a 10-year offer of benefits valued at \$10 million by the John Hancock Mutual Life Insurance Co. to become the major corporate sponsor of the prestigious Boston Marathon, the world's oldest annual marathon.

The agreement calls for the Bostonbased insurer to provide financial and inkind support worth approximately \$1 million for the 1986 race and includes prize money (\$250,000) for the first time since the marathon's inception in 1897.

The race finish line will be moved from its present location at the Prudential Center to



### FOR RUNNERS RACE NUMBERS

\$10.95 per Box 10 gross 1440 pins

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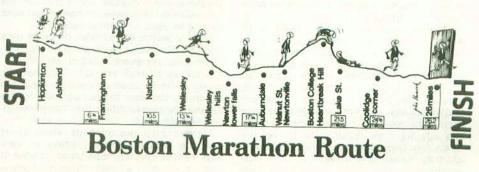
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Jack's Athletic Supply P.O. Box 459 San Carlos, CA 94070 (415) 595-2249

the vicinity of Boylston and Dartmouth Streets, near the base of the picturesque 60-story John Hancock Tower, New England's tallest building. As the runners cross the finish line, they will be guided toward the Hancock complex.

### Oakland Marathon Resurrected

It's been several years since the passing of the controversial Cherrie Swenson directed Oakland Marathon and Half Marathon. A new director and new sponsors have emerged to bring these events back to life. Darryl Jobe, father of child running wonder Nasiya Jobe, will be the new director for the February 23rd event. A \$40,000.00 purse has been announced. There will be new courses, the marathon starting at City Hall and finishing inside the Oakland Coliseum Arena.



# Technique & Training

By ROY STEVENSON

# The Kiwi Kick

uring my four years in the United States, while talking with distance runners here, many have claimed that they follow the Arthur Lydlard training system. When I ask them how they follow the system, the tell me, "I've read his book."

This is like an American claiming that he knows all about the communist system without going to China or Russia. To truly train the Lydiard way, one must actually have experienced the system in New Zealand, being coached by a Lydiard athlete

Lydiard's books are very useful for providing concepts and rough guidelines, but schedules in books don't take into account the individual needs of the runner and are at best very Inflexible. It is also very easy to take the book literally.

For example, Lydiard states that 100 miles per week is an important part of his system. The result: overenthusiastic runners who last about two weeks running 15 miles per day and becoming injured or sick.

First, it is important to realize that Lydiard's system is not just an aerobic conditioning program of running 100 miles per week, marathon style. That's just part of it. The other important parts are hill springing and bounding, effort time trials over three to six miles, interval training, technique drills for mechanical efficiency, and of course the icing on the cake phase, the racing season when this all comes together.

The beauty of the system is that it is generic — it can be modified and adapted to all age groups, sexes, environments and levels of ability.

Lydiard evolved his system by learning what works through trial and error — and finding out why it works later on. He figured that runners were not doing nearly enough mileage and were capable of running a lot further in training.

He found that they needed eight to 12 weeks of this high mileage training to achieve maximum gains. Each year as they repeated this phase it actually got easier, and they could do it faster with less effort.

Lydiard found some tricks of the trade, which helped make handling this marathon training easier, too. For example, he recommends that one starts training by first running against time rather than timing the miles run. Depending on the level of one's starting fitness, one should run short outand-back courses for say, 10 minutes, then

turning around and running back in the same time. If it takes you longer to return, then you went too fast on the outward journey and so were forced to slow down on the return journey.

You will soon learn about your present capabilities and fitness and so adjust your running efforts accordingly. Thus, pace and judgement is acquired at an early stage.

Progressively, the daily running time should be increased so that as your oxygen uptake improves and your heart, lungs and musculoskeletal system adjust and adapt to this new stress, you will find the training progressively easier.

A recommended schedule aim would be as follows: Monday: 1 hour. Tuesday: 1-1/2 hours. Wednesday: 1 hour. Thursday: 1-1/2 hours. Friday: 1 hour. Saturday: 2 hours. Sunday: 1 hour.

This running should be done at an easy pace with little concern put on the miles covered. It is very important that you work up to this schedule according to your own fitness. Once you can handle running for two hours comfortably, It is now important to start running at your best aerobic speeds. That is, to be able to run at speeds just below your anaerobic threshold, and so it is Important to start running over measured courses to time. This way you

# "The beauty of the system is that it is generic..."

progressively increase the effort of the runs. Slower days between hard effort runs should be used to recover here.

Start a watch at the start of these runs and run the same course every Monday, another course every Tuesday, etc.

After each week you will find that the previous times used as your controls are becoming too slow for you as your oxygen uptake improves. When this happens, increase your pace.

Lydiard also recommends some short distance supplementary jogging at very easy efforts. This might be 1/4 to 1/2 hour of jogging. Running all these miles is of prime



importance. The more miles you run in training, the greater will be your endurance development.

For those of you who have no ambition to complete this much running, simply decide how much time you have daily for your training and balance your "build-up" schedule on this.

Another useful hint Lydiard found to help handle this mileage was to alternate the length of the runs by running a longer run one day, and a shorter one the next. Thus, the shorter runs give you a recovery day, while the long ones enhance cardiac efficiency and oxygen uptake.

Once you have completed eight to twelve weeks of this running, you are then ready for the hillwork phase. This training helps develop speed and anaerobic capability to exercise through a form of resistance training achieved by springing uphill on a hill with a rise of one in three or four. This is not simply sprinting up a hill as it is often interpreted. It greatly increases the runner's ankie strength, stride length, knee lift and speed.

A hill springing workout might be warmup jog, stretching, uphill springing (200 meters), three minute jog at the top, downhill stride out, 100 meter stride-outs at the bottom, then repeat.

During this four to six week phase, a separate day includes leg-speed work on a slight grass downgrade.

The track training is then started, consisting of about four weeks of interval training (two to three times per week). This is followed by four weeks of short, high intensity runs on the track with long recoveries between, and also time trials over or near the distance being trained for.

You are now ready for the races. At this stage it is important to realize that you have done all the work and don't need to continue to train hard as many athletes make the mistake of doing. You must be fresh and sharp, and therefore need lots of easy jogging with the occasional sharpener sprints.

# ■ SoCal Diary

### By BILL MINARIK

### ☐ September 23.

Cross Country season is in full swing in SoCal, but before we get to the results, lets catch up on a few notes made over the summer. A coaching change in Community College ranks saw long time L.A. Valley coach Mark Covert move over to L.A. Trade Tech to assist head coach Jim Browne with the distance program. Look for Tech's distance program to take off under Mark.

It seems that last years super soph sprinter Calvin Holmes had decided to stay at Carson and play football instead of transfering to Hawthorne as he had indicated. Also, the rumor about a top prep trackster competing for Coast Athletics this year appears to be off base as I received a line from Coast coach Dave Rodda who indicated that he currently has no prepsters on his team nor does he plan to have any this coming season.

In early season cross country results, first in the prep ranks; the Arroyo Grande Invitational saw Saugus High, lead by the Stonerock brothers 1-2 finish run away from Arrovo Grande 24-62 in the boys race, while the host team edged Newbury Park 52-56 in girls competition. At the Woodbridge Invitational, it was the Saugus boys again over Simi Valley as Darin Stonerock ran away from the field in a time of 14:41. The Newport Harbor girls also ran away from runner-up Palos Verdes by a full 4 minutes combined elapsed time. At the Moorpark Invitational, it was boys teams from Thousand Oaks, Hart, and Atascadero winning divisional titles, while girls teams from Palos Verdes, Hart, and Atascadero did likewise. At the Rosemead Invitational, it was Bishop Amat 57-78 over Rosemead in the boys team competition; while at the Perris Invitational, the Hemet boys turned back indio 38-70, while the Arlington girls were 40-51 victors over India.

In Community College meets, first at the Moorpark Invitational, it was Pasadena's men 74-102 over Grossmont, while the ladies from Valley outran Moorpark 80-99. At the Mira Costa Invitational, it was Grossmont over the host team in men's action 44-51, while the Mira Costa gals pulled away from East L.A. 29-41.

In 4-year college meets, it was UCLA going 1-2-3-4 in a dual meet win over Tennessee, while the UCLA women lead by Shannon Stryker upset Arizona 25-46 at the UCLA Invitational. At the Chapman Invitational, it was Biola's men 43-51 over Cal Lutheran, while C/S Bakersfield's women ran away from U San Diego 30-84. At the Riverside Invitational it was UC Irvine surprising San Diego State's men 35-42.

### ☐ September 30.

The majority of activity this past weekend was prep Invitationals with the Bell-Jeff Invitational leading the way. In the boys competition, Simi Valley, Loyola, and Morro Bay were section winners while Westlake, Walnut, and Bell-Jeff were girls champions. At the Dana Hills Invitational, it was Villa Park and Estancia in the boys races while Newport Harbor and Riverside Poly were girls winners.

At the Azusa Invitational, Arcadia was the 12th grade champs with Arroyo taking the 10th and 11th grades.

In 4-year college action; first at the Aztec Invitational where Arizona destroyed the field including runner-up UCLA by a 39-127 score, while up at the Westmont Invitational, Westmont just got by Santa Clara and UCSB by a 50-62-80 count.

### October 7.

Invitationals were again the order of the day Saturday beginning with the big prep Kenny Staub Meet at Crescenta Valley Park. At that one Hart High, Glendale Hoover, and Upland were victorious in the

boys sections while Palos Verdes, Buena and Upland were girls champions. At the Yucaipa Invitational in the boys races it was Hemet, Coachella Valley, and the Sherman Indians while on the distaff side it was Chino, Hesperia, and Yucaipa. Up at the Hancock Invitational, Santa Barbara, Atascadero and Cabrillo's boys raced home victorious as did the girls from North Bakersfield and Dos Pueblos

In Community College action, at the Hancock Invitational, it was the host school 23-45 over Fresno's men, while the Fresno women just edged Santa Barbara 30-31. In a dual meet of note, Trade Tech handed Glendale CCs men its first dual meet loss in 5 years with a 21-34 victory at Griffith Park.

In 4-year college competition, first at the All-Cal Meet, it was UCLAs men over UC Davis 27-58, while the USC women just edged C/S Fullerton 37-38. At the Stanford Invitational it was the host team sweeping both divisions 27-48 over the UC Irvine men and 47-82 over the UCLA women.

### ☐ Medical Notes for Runners

Continued from page 11

disease as a stagnation of energy, whereas allopaths tend to deal with mechanisms of disease. This can be likened to excessive tire wear on your car, where an allopathic mechanic would change the tires and a homeopathic mechanic might realign and rebalance your steering system. Homeopaths also feel that injuries and disease carry with them a message for the individual to learn. The message might be, in the case of Achilles Tendinitis, "Slow down: avoid hills: rest".

It was the consensus of those at the seminar that standard allopathic medicine is certainly the way to go for life threatening diseases or acute emergencies. Homeopathy, however, is an alternative for those who aren't responding to allopathic medicine, especially when chronic disease, such as arthritis, tendinitis, or general malaise are present.

So, why aren't there more homeopathic doctors? First, the time involved for accurate history taking and exact physicals is often prohibitive for the traditional medical practice. A modern practitioner, who sees four to five patients per hour, might be seeing only four to five patients per day if he was to practice homeopathic medicine. Training is also rigorous, requiring many

hours of study, and, unfortunately, homeopathy has become somewhat of a lost art.

Currently, I am doing a study with Dana Ullman, M.P.H., Homeopathic Educational Service, 2124 Kittredge Street, Berkeley, CA 94704, on utilization of homeopathic medicine, health care, and sports medicine.

The following injuries are being treated homeopathically with the consent of the patient in our offices: pre and post-op bone surgery, soft tissue surgery, nerve surgery, tendinitis, acute sprains and strains, heel spurs and plantar fasciitis, shin splints, ingrowing toenails, postexercise myositis and overuse, contusions, and Morton's neuromas.

Dr. Ullman has written a book on homeopathy, which is most interesting and can be obtained at the address above. You can also contact him directly for more information on homeopathy and other books that you might wish to read.

If you or any of your friends or relatives have chronic problems that aren't getting better and you have exhausted all forms of allopathic medicine, I suggest that you consider homeopathy before giving up.

Best of luck.

# Galloway's Tips

TRAINING TIPS FROM
GALLOWRY'S
BOOK ON

By JEFF GALLOWAY

# PRCING

T'S ALWAYS HARD to tell how fast you are running. Slight physiological changes, tiredness, the weather all affect your running speed. There are tests, however, which allow you to guess fairly accurately.

Speedwork as a test. When you follow a speed program as indicated on the 10K or marathon training charts you're preparing yourself for a goal. It's also a gauge of fitness. If you were able to complete the workout about 10 days before the race in the assigned time, you're ready to run at your goal pace. If you finished the workout easily, or faster than expected, you can expect to run slightly faster than goal pace. If you had trouble or couldn't complete the workout, you should expect a slower race performance.

Test races. If you schedule test races every other weekend leading up to the "big one," you'll get some valuable racing experience. After 2-3 such tests you should be able to estimate how fast your race goal should be. With a combination of speedwork and races as barometers, you can come up with an accurate estimate.

Start slow. Everyone knows you can get more out of a tank of gas by driving at an even speed. By stepping on the gas, then coasting, you ruin fuel economy. The same is true in racing. There's an old adage that for every second too fast per mile in the first half of the race, you'll run at least 2 seconds slower at the end. Moreover, the problem increases if you run the first 2-3 miles too fast; for every second too fast per mile in the first 2-3 miles of the race, you can be as much as 10 seconds slower at the end.

Run an even-paced effort. If the course is perfectly flat with no wind, you can run an even pace throughout. But since most courses have hills and most days have wind, you must be realistic. Miles with hills should be run with the same effort as flat miles. Uphill segments will therefore be slower than "pace," and downhill segments faster. The same "even-effort" principle applies to running into the wind, but you cannot quite make up for time lost to a headwind.

Account for heat. Most runners begin to slow down at 55° and start suffering at 65°. Of course, the body can adapt to heat stress and push the threshold up a bit, but you'll never be able to run as fast on a 75° day as on a 45° one. High humidity is also a major problem. It's like a wet blanket: it doesn't allow much evaporation or perspiration and your body heat builds up.

If you try to run too hard in hot or humid conditions you'll hit "the wall" sooner than expected. Trying to maintain a goal pace in heat is like going out too fast early in the race. Temperatures generally increase hour by hour; therefore you must adjust your pace for the temperature expected at the end of the race.

Adjusting Race Pace for Heat.					
Estimated tempera- ture at finish	Slower than goal pace	8 min/mile pace becomes			
55-60°	1%	8:05			
60-65°	3%	8:15			
65-70°	5%	8:25			
70-75°	7%	8:35			
75-80°	12%	8:58			
80-85°	20%	9:35			
Above 85°	Forget it run				

Watch out for downhills. The Boston Marathon course goes sharply downhill for most of the first mile. On cool days, even experienced runners get caught up in the competition and fail to slow down when the course levels out. The results are often very fast times for the first ten miles and disappointing final results.

Be aware of your rhythm and pace after a hill. Time yourself carefully over the next mile or two and make sure you're not unconsciously going too fast.

Running "bursts" in the middle. Departing from an even pace can be disastrous at any point in the race. Competitive runners sometimes use "bursts" to gain a psychological edge. The idea is that these accelerations (usually 30-150 yards) put a runner ahead of an opponent or force him to spend energy to keep up. But the runner who does this is gambling that he's in better condition, or can demoralize the opposition and bluff into the lead. Bursts are an inefficient use of limited energy stores and I don't recommend them for the average runner.

What to do when you realize you've run too fast? Don't slow down significantly below pace to compensate for going out too fast. If you already feel too tired or hot, slow down a small amount below goal pace (5-10 seconds a mile) for 2-3 miles. Never slow down dramatically below your goal pace, for this probably won't help you rest any more than cutting 5-10 seconds a mile. Don't assume you've blown it. You probably still have it in you to reach your goal. Just try to maintain your goal pace for the rest of the run.



Reprinted from GALLOWAY'S BOOK ON RUNNING©1984 by Jeff Galloway. Shelter Publications/Random House, \$8.95. Available in bookstores.

# ■ The Athlete's Kitchen

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



# Physically Fit... But Nutritionally Sound??

\*"Something must be wrong with my diet!!!The harder I train, the slower I get. My 10K race times have slipped from 42 to 45 minutes. Could a dietary deficiency be the problem?"

-Runner Stacey Michaelson

"I think I eat well -- I consciously choose foods based on their nutritional value. But why am I tired all the time...???" -Swimmer Janice Strom

\*"I have a horrible diet. I never eat meals; I'm forever grabbing snacks on the run. What supplements should I be taking?" -Cyclist Gerry Angelo

hen you're feeling strong and healthy, you're likely to direct little attention to your diet. But when you're stressed, chronically fatigued and munch more snacks than meals, you may start to scrutinize your diet and wonder if it's nutritionally adequate. As a nutritionist, I sense that many of my clients come to me as a "last resort" when all of their selfprescribed nutrition programs have falled. For example, many weight-conscious runners, dancers and gymnasts spend bundles of money at diet centers where they try to crash diet and inevitably fall. They come to me in desperation; "Maybe YOU can help me . . . No one else has!" A second example includes the "fast laners" who invest in stress vitamins, nutritional supplements. glandular extracts and special vitamin packets. Eventually they recognize that wholesome foods are perhaps the better. safer and less expensive route to good health ... that their real need is to learn how to eat healthfully, even on the run.

Although I'm accustomed to being pulled out like a fire engine in an emergency situation, I'm bothered that many health-seekers first waste money needlessly on nutrition gimmicks and hocum. Take for example, people who respond with fascination to the popular advertisements for diet evaluations — In particular, for hair analysis, you send a lock of hair to a laboratory that determines its nutrient content. The report lists your nutritional deficiencies ... and generally a list of supplements you should buy. Scientists recognize the potential flaws in this system — that hair mineral content can be

affected by brand of shampoo, whether or not the hair has been bleached or dyed, the hair color and rate of growth.

According to a recent study in the Journal of the American Medical Association, hair analysis is little more than a scam. Dr. Stephen Barrett of Allentown, PA sent hair samples from two healthy 17 year old girls to thirteen of the country's leading hair analysis laboratories. The results varied considerably not only between laboratories but also within the same facility. Barrett reports that the laboratories also disagreed between definitions of "normal" and "abnormal" mineral levels, sometimes varying as much as a ten-fold difference. He concludes that commercial use of hair analysis is unscientific.

Rather than responding to the sensational diets and health gimmicks, you'd be better off seeking professional nutrition guidance from a registered dietitian who can evaluate your food intake with both professional expertise and the aid of a computer. A simple computerized analysis of a

typical day's food intake gives an indication if you're eating enough iron to prevent anemia, calcium to guard against osteoporosis, protein to maintain strong muscles and fiber to reduce your risk of colon cancer. The computer determines the source of your calories — you'll learn if you're eating enough carbohydrates to replenish your muscles after hard exercise, day after day; the dietitian suggests wise changes.

This "nutrition check up" helps you evaluate your training diet BEFORE you notice any health/performance problems. To consult with a registered dietitian (RD) who is attuned to the needs of active people, call the dietary department of your sports clinic or look in the Yellow Pages. The American Dietetic Assoc. also has a division of Sports and Cardiovascular Nutritionists (SCAN). To contact your local SCAN member, send a self-addressed stamped envelope to me at Sports Medicine B30 Boylston St., Brookline, MA 02167

### ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event	Lo	ocation of Event			
Name of Event_	·				
Type of Event:	long distance run	track meet	cross country	other	
Starting Time	Distance	ce If a running e	vent		
Other Important	info				
Contact Person				Phone	
Address	Street	City	Sta	te	Zip

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070



# One Year After the Olympic Games



by Skip Stolley

Support for America's future track & field Olympians has vanished.

he 1984 Games in Los Angeles were the most successful Olympics ever for our USA Track & Field Teams thanks, in large part, to a broad base of corporate financial support provided to American athletes for the first time. However, since the last balloon ascended from the Closing Ceremonies of the XXIII Olympiad last summer, the corporate support provided to America's national track & field clubs has all but vanished—and already the effects on our future Olympic hopefuls have been hard felt.

Most Americans fall to realize that unlike other Olympic sports (e.g. Skiing, Gymnastics, and Volleyball) there is no "USA National Track & field Team" to provide coaching, training facilities, sportsmedicine services, competitive opportunities, and financial support to our Olympic hopefuls. That support has been provided by a small number of independent national clubs. The athletic shoe companies. which have been the clubs' primary source of financial support, have reacted to their huge expenditures in the "Athlete Bidding Wars" prior to the Games by virtually abandoning track & field for the next three years. You can be sure that they will be back in 1988 with their checkbooks open to pick over the cream of the crop. But in the interim, there are very, very few places where a promising young athlete can receive coaching, access to training facilities, diagnostic/therapuetic services, and opportunities for national-level competition once they have left our collegiate system.

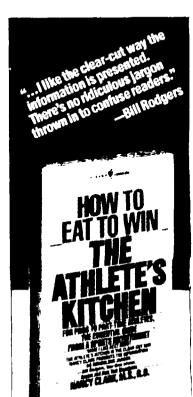
But it is unfair to place all the blame on the shoe companies for the erosion of corporate backing for track & field since the Olympic Games. Several of the primary beneficiaries of the pre-Olympic commercial hoopia (including Carl Lewis, Mary Decker, and Edwin Moses) severely diminished the post-Olympic "marketability" of other track & field athletes through an extraordinary series of events, all of which occurred off the track.

Americans must recognize that the critical years in preparing our next Olympic Team are RIGHT NOW!! --1985, '86, and '87.

Our "emerging athletes" must be given opportunities to stay in the sport upon completion of their collegiate career, and provided with expert coaching and opportunities for international competition. Our "elite athletes" must be given incentives to continue their development at the worldclass level, as well as assistance in preparing to begin a career in the working world after their career in track & field are over. It is incredible the fruits of the ten year "Running Boom" amounted to only one medal each for our USA men and women in the eight Olympic distance events contested on the track in Los Angeles last summer. But the fact is, the Road Running Circuit has been the only avenue of financial support made available during this period to all but a handful of America's distance running prodigles.

The bottom line is that Track & Field must have the support of Corporate America in order to survive and prosper. But our Olympic hopefuls also need national clubs that do more than send them a check every month to help with rent and proceries. We need more clubs that train athletes. We need communities to take an active role in America's Olympic Movement by supporting our national clubs. To develop our future Olympians clubs desperately need access to world-class training facilities and sportsmedicine service, and help in soliciting low-cost housing and part-time employment opportunities for athletes. It is essential that Track & Field in the United States finds new sources of financing and support if we hope to prepare the next generation of American Olympians for the 1988 Games in Seoul, Korea.

Note: Skip Stolley is the former Administrative Director of the PUMA Track Club. He coaches six athletes who competed in the 1984 Olympic Trials and currently rank among the top 10 Americans in their respective events. Since 1975 he has been selected as a coach for three USA National Teams for International competitions.



By Nancy Clark, M.S., R.D., Nutritionist, Sports Medicine Resource, Inc. Boston, MA

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# Prep Notes

### By KEITH CONNING



### ✓ International Sports Exchange

Would you like to take a trip to London, England or Parls, France after Christmas? An experienced group of Northern California high school cross country coaches will lead a ten day trip during Christmas vacation. You will leave after Christmas day and return in time for the resumption of classes in January. You will have an opportunity to run in a road race, shop and visit points of interest. The London Road Runner's Association is hosting a 5 mile run in downtown London on New Year's Eve. If you would like more information, please send your name, the name of the high school you attend, home address and phone number to Keith Conning, 2235 Browning Street, Berkeley, CA, 94702.

Rieti, Italy, Sept. 4--Henry Thomas (Hawthorne) placed second in the 100 in

Rome Grand Prix (Finals)

Rome, Italy, Sept. 7-Henry Thomas placed seventh in the 200 in 20.97.

Mobil Grand Prix

Rome, Sept. 7-Henry Thomas won \$1,000 for placing sixth in the 1985 Mobil Grand Prix 200 meters competition. He scored 22 points.

Sally Wood (Pledmont)

Sally Wood (Piedmont), who finished sixth at the State Meet in the 3200, is now a freshman at the Univertity of California at Berkeley.

Pam Eyman, who finished fourth in the Washington State cross country championship, is also a freshman.

### ✓ Rieti

Rieti, Italy, Sept. 4—Henry Thomas (Hawthorne) placed second in the 100 in 10.37.

### 

Rome, Italy, Sept. 7—Henry Thomas placed seventh in the 200 in 20.97.

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### Artichoke Invitational

Haif Moon Bay High School, Oct. 5-More than 1,400 runners from more than 40 schools participated in the meet.

Cort Armstrong (Carlmont, Belmont) won the boys' small school race in 11:25.6, the 16th best on this course. North Monterey County (Castroville) won the team title.

Molly Burke (Marin Catholic, Kentfield) defeated Katle McCandless (Castilleja, Palo Alto) in the girls' small school race with a time of 13:55. St. Francis (Mt. View) edged Gunn (Palo Alto) for the team title.

in the large school division, the individual winners were Scott LaForce (Los Gatos) in 11:30 and Laurie Chapman (Gunderson, San Jose) in 13:06, the 2nd best time on the course. The team winners were the Los Gatos boys by five points over Lassen (Susanville) and the Lassen girls over Carondelet (Concord) by virtue of a better sixth place runner.

### Stanford Invitational

Stanford Golf Course, Oct. 7--There were more than 1,000 runners from 84 schools entered.

Reno (Nevada) won the large school team championship with 137 points.
Close behind were Bellarmine (San Jose) with 143 and Arroyo (El Monte) with 147.

Rilvek "Jay" Huntsman, a recent transfer to Palo Alto from Nevada, led the lirst mile of the large school boys race in 4:39. Huntsman, who was an unofficial entry running unattached, did not run through the shute, allowing junior Mason Myers (Vallejo) to win in 15:38.3. Myers is running cross country for the first time. Last year he was the 2nd string quarterback for Vallejo. His best marks in track as a sophomore were 4:21 for the 1600 and 9:40 for the 3200. He won the Exertec Fitness Games 5K in Napa in 15:29 on July 28th (see October Issue p.34). He previously won the Chico and Onion Classic Invitationals. Adam McAboy (Miramonte, Orinda) was second in 15:46.9 and Scott Machado (Moreau, Hayward) was third in 15:51.1.

Chris Hoepker (Encinal, Alameda) ran the fourth fastest high school boys' time of 15:24.7 on the course in winning the small school boys' race. He was only seven tenths of a second over the course record set by Jason Flamm (Las Sierra) in 1982. Calvin Gaziano (Castro Valley ran 15:24.1 in 1983 and 15:24.6 in 1984. "I felt good during the first part of the race," sald Hoepker. "I broke away from the field after the mile mark (4:46). I went downhill fast. I got a cramp during the last mile." Hoepker won by 49.5 seconds! Montgomery (Santa Rosa) won the small school boys title with 71 points.

Arroyo Grande, coached by personable Greg DeNike, won the large school girls' division with 108 points Lompoc was second with 123 and Reed (Sparks, Nevada) was third with 132. Both Arroyo Grande and Lompoc are members of the Northern League in the Southern Section.

Cindy Rockwood (Carson, Carson City, Nevada) ran the second fastest high school girls' time of 18:11.4. The course record of 18:00.6 was set by Marilyn Davis (Miramonte, Orinda) in 1981. Rebecca Chamberlain (Leigh, San Jose) was second in 18:24.9. Sharon Plante (Arroyo Grande), who paced her team to the championship, was third in 18:48.9.

Katie McCandless (Castilleja, Palo Alto) won the small school girls' division in 18:43.4. "I really want to go (to Stanford), so it was exciting to run here," McCandless said to Jason Cole of the Times Tribune. "This course is longer and I think I'm better at the longer distances.

St. Francis (Mt.View) won the team title with 125 points.

### Crystal Springs Invite.

Belmont, Oct. 12-Jesuit of Carmichael has one of the best Northern California cross country teams of all-time. The combined times of their first live runners was

76:15.6, which was under the course record of 77:16.9 set by Mission San Jose of Fremont in 1978. Jesuit placed four runners in the top ten finishers of the Championship Varsity race.

Mark and Eric Mastalir of Jesuit finish ad one-two in 14:37.3 and 14:38.2.

Laurie Chapman led Gunderson of San Jose to the girls' team title with a fine 17:00.0 effort. She defeated Rebecca Chamberlain of Leigh in San Jose, the State Meet 3200 meter champion, by 26 seconds.

Logan of Union City, the State basketball finalist, edged Los Gatos by two points 73 to 75-to win the Invitational Varsity division for boys.

Jesuit's victory avenged an early season loss to Bellarmine of San Jose in the Clovis Invitational.

Fine Filcks by Don Gosney

Laurie Chapman

### Southern Section Cross Country Notes

by Doug Speck

### Stonerock, SoCal Star

The hottest thing in Southern California Cross-Country this Fall has been Darren Stonerock of Saugus High. The tiny Centurion senior is the latest distance great to come out of the greater Newhall-Saugus area. Running with a forward lean, a right hip that thrusts slightly ahead of the left, and a bouncy stride that belies the presence of gravity. Coach Steve Spraker's first man has ripped through competition in the Arroyo Grande, Woodbridge, San Marino, and Sonora Invitationals. The latter three races featured Meet Record runs, taking down the bests raced to by some pretty fine people. In the Sonora Meet at Fullerton's Craig Park, Darren cranked a 4:25 first mile in trying to get rid of Simi's Jim Zimmer, it is hoped that the 9:08.65 3200m star will find some competition somewhere soon because it doesn't look like there is anyone around here who can come close

### SoCal Ladies Can Run

Saugus teammate, frosh Heather Scoble, has proved to be one of the hotter things on the distaff side, following her big win in the Woodbridge Invitational. After a pretty good trouncing by Melissa Sutton (Newbury Park) in the Arroyo Grande Invite, Heather took out at Woodbridge over the first 880 and held a big lead over a super field. At the end she held on to a one second win in a course record 17:34 over 10:42.64 3200m runner Amy Dabul (Temple City). Sutton has remained undefeated, winning at Woodbridge in another section and taking the Moorpark Invitational, Sherri Smith (Woodbridge, Irvine) has yet to have anyone come close, and Tracey Williams marked a fine coming out at Bell-Jeff, so there are a number of local young ladies who can run.

### **Newport Harbor the Best?**

How good is the Newport Harbor women's group? VERY GOOD, undoubtedly the best in the state and possibly among the top couple of teams in the country. At Woodbridge they recorded a 93:51 team time to lower the course record set by Tustin's 41 nationally ranked squad of 1983 (93:59). The key is that Newport ran the time without 11:17.7 two miler Tiffany Anderson who has recorded a 19:09 at Mt. SAC.

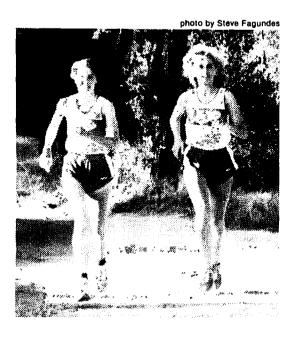
### Lower Classmen Look Good

Arroyo of El Monte and Walnut are teams of the future in the Men's division. Arroyo features but one senior (and three sophs) in the top five of a team that will be very tough this fall. Walnut features a Varsity made up entirely of frosh-soph athletes-the group recorded a fine 85:46 team time on the MI. SAC course in a Sept. 19 dual.

### Sac-Joaquin Profiles

by Steve Fagundes

# Ann & Mary KUPHALDT



# Eric & Mark MASTALIR



Attending cross country and track meets has become a way of life to Ann and Mary Kuphaldt for as long as they can remember. The fifth and sixth members of their family to compete for Bella Vista (Fair Oaks), the sisters continue a distance running tradition spanning ten years. Despite their early exposure to running, neither of them participated intensely in age group competition. As Mary explained, "Both Ann and I love to compete, but through the eighth grade we seldom trained and just raced primarily in junior high school races and local fun runs."

Upon entering high school Mary's running took a definite turn for the better. "In junior high school I competed in the half mile and wasn't very good at all," Mary explained. "The summer before my freshman year I ran with a local age group running club, following a schedule set up by my high school coach, and my running really improved." Her freshman year was exceptional as Mary led her frosh-soph team to the 1982 Sac-Joaquin Section Championship. Proud of her individual accompilshments, Mary finds her greatest satisfaction with the performance of the 1984 cross country team. As she described, "Our team had struggled most of the year trying to find a consistent fifth girl. At the section meet everyone on the team pulled together and ran their best times to win the championship. "Now a senior, maintaining a 3.9 GPA, Mary attributes her academic success to running as well. "Since I began

running seriously as a freshman, I've enloyed and concentrated more on school as well."

Sophomore Ann has taken a different road to her present success. Although a seldom defeated runner in age group and junior high school races, she did not anlicipate the success of her first year of high school competition. "I never expected to do so well as a freshman," she explained. "The cross country team already had three good runners, including Mary, and I thought I would fit somewhere in the top four." As has always been her trademark, however, Ann's competitive instincts took over during her races, "The Nevada Union Invita-tional (1984) was the first time I realized I could compete against high school girls," she related. "Winning the race against some of the best girls from our section and Nevada, really helped my confidence." A second place finish in the Sac-Joaquin Section Championship and seventh at the Northern California Championships, solidified her position as one of Northern California's best. As with her sister, Ann points to the section cross country team championship and anchoring the Bronco distance medley to a first place at the Mt. SAC Relays as the highlights of her freshman year.

Competing against each other hasn't

Competing against each other hasn't caused any problems with Ann and Mary as both girls expressed their philosophy

Continued on opposite page.

Cross country runners in the Sac-Joaquin Section have spent the last three years seeing double in the form of twins Eric and Mark Mastalir. The ardent followers of the Jesuit (Carmichael) harriers don't mind if the opposing runners are doing double takes, as the senior duo has been an integral part of three consecutive section championships (1982-1984), a Northern California Championship (1983), and a second place finish in the California Track and Running News State Team Rankings (1983).

The 1985 cross country season finds the talented tandem leading most races from start to finish, with only the ghosts of course record holders and that elusive California state team championship left to chase. Daily training sessions are a challenge, as having a training partner of equal ability has enhanced their improvement from year to year. As Eric related, "Mark and I are always there to push each other in workouts and races, and thic has made us better athletes." Their objective in competition is not to race each other, but to push themselves and each other to their best performance. "We are not competing against each other," said Mark, "but, with each other, so we can push the pace and ourselves to our best."

Though rapidly approaching the pinnacle of success in prep distance running. Eric and Mark are realistic in assessing the upcoming season. "Setting course records is not our goal in racing, although it would certainly be satisfying," the twins emphasized. "The records on the major courses (e.g. Crystal Springs, Mt. SAC, Sierra College) are exceptional and we would have to be in late season form to approach these marks. Besides you can't concentrate on records and neglect competition from the likes of David Naranjo (Sanger) and the Stonerocks (Saugus)." A top three finish at the Kinney National Cross Country Championships and possibly qualifying to represent the United States in the World Junior Cross Country Championships are among the individual goals the twins have set for themselves.

Despite their individual success at the state and national levels, Eric and Mark take as much pride in the accomplishments and goals of the Jesuit distance team. "One of the goals our team has been working toward," the lwins described, "is the number one ranking in California. With Paul and Jim Thomas as strong third and fourth runners and Connelly, Parrot, or Adreani as our fifth runner, we have an excellent opportunity to challenge for the number one ranking." Looking toward their sentor track season, the Iwins are eagerly anticipating individual competition and continuing the Jesuit tradition with some "national level" times in the four mile and distance medley relays.

As evidenced by their scholastic achievement (Eric maintains a perfect 4.00 GPA and Mark not far behind with a

Continued on opposite page.

### □ Prep Notes

# 1985 C.I.F. Sac-Joaquin Section Cross Country Preview

by Steve Fagundes

Fall has arrived and with it the 1985 Sac-Joaquin Section cross country season. With summer preparation completed both the girls and boys teams throughout the section have resumed competition. This article assesses those individuals and teams which should highlight the season.

In the following preview, the best time of each Individual on the Sierra College (Rocklin) course is used as the standard for comparison. The letter "s" designates that the times represents the athlete's personal record on the standard three mile course, while the letters "fs" designate the athlete's personal record on the shorter (2.15 mile) frosh-soph course. As a point of reference for com-parison to other courses in the state, the Sierra College three mile course records were set in 1984 by Rebecca Chamberlian (Leigh, San Jose) at 16:53.7 and Calvin Gaziano (Castro Valley) at 14:35.1 during the Northern California Cross Country Championships. The all-time Sac-Joaquin Section bests for the course were set in winning efforts by Sally Pinkner (Davis) at 17:23.1 in the 1983 Northern California Championships and Jason Flamm (LaSierra, Carmichael) at 14:50.1 in the 1982 Sac-Joaquin Section Champion-

### Boys Team Champs.

Three time defending champion Jesuit (Carmichael) enters the season favored to capture their fourth successive championship and tie the Mira Loma (Sacto) Matadors of 1976 through 1979 for the most consecutive section championships. Led by returning senior twins Mark (15:00.7s) and Eric (15:02.0s) Mastalir and

the Thomas brothers, senior Jim (16:00.3s) and junior Paul (16:05.7s), the Marauders have the nucleus of one of (if not the best) cross country teams in the state. With a large group of talented runners from their frosh-soph and junior varsity teams available for the additional varsity positions, the Jesuit harriers should easily retain their section crown.

Runners-up the last three years, Nevada Union (Grass Valley), the defending Capital Athletic League Champions, will be pressed by fellow league members Bella Vista (Fair Oaks), Casa Roble (Orangevale), and Del Campo (Fair Oaks) for the runner-up position. The Miners of Nevada Union are led by seniors Cameron Mitchell (15:17.3s) and John Tecklin (16:24.9s) and junior Chris Bray (16:15.8s). Seniors Greg Honig (15:18.1s) and Roger Webb (16:22.4s) lead an experienced Bella Vista contingent, which also includes junior Ron Lehman (16:31.0s) and sophomore Kevin Holbrook (16:37.2s). The Casa Roble Rams and Del Campo Cougars return youthful squads which battled to a close finish in last year's sophomore section championship race. Casa Robie is led by 1985 CIF State Meet finalists and juniors Robert Roberts (15:56.0s) (seventh place in the 3200 meters) and Kevin Blazona (12:09.0fs) (ninth place finisher in the 800 meters), Juniors Brian Petersen (11:27.1fs) and Chip Anderson (11:31.8fs), and sophomore Andy Kashuba (11:31.1fs). The Cougars are paced by sophomore Travis Andrews (11:55.0fs) and juniors Kyle Niver (11:41.0fs), Eric Norton (11:39.3fs) and Mike Pottenger (12:09fs). Cordova (Rancho Cordova), Kennedy (Sacto), and El Dorado (Placerville) are slated to battle for the sixth through eighth positions. Junior Brian McInnes (16:10.8s) leads the Cordova Lancers who captured the 1985 section tittle in the junior varsity division. Last year's individual junior varsity champion Malcolm Keefe (15:53.1s) paces Kennedy, while senior Jay Multigan (15:33.0s) returns to lead El Dorado, Tokay (Lodi) and St. Mary's (Stockton) round out the top ten based on their third and fourth place finishers behind Cordova and Kennedy in last year's junior varsity championship race.

The preseason top ten teams are presented below: RankingTeam

- 1 Jesuit (Carmichael)
- 2 Casa Robie (Orangevale) 3 Del Campo (Fair Oaks)
- Dei Campo (Fair Oaks)
   Belia Vista (Fair Oaks)
- 5 Nevada Union (Grass Valley)
- 6 Cordova (Rancho Cordova)
- Kennedy (Sacramento)
   El Dorado (Placerville)
- 9 Tokay (Lodi)
- 10 St. Mary's (Stockton)

### Boy's individuals

With seven of last year's top ten individual returning, the competition for individual honors should be intense. Leading the pack will be the Mastalir twins, Mark and Eric, of Jesult (Carmichaei). The strong duo were ranked first and second in the 1984 rankings with their only losses to section competition coming from each other. Hampered by injuries last year, the resurging Paul Thomas (Jesuit, Carmichaei) and the consistent Cameron Mitcheil (Nevada Union, Grass Valley) should contend for third place behind the Mastalir's. Capital Athletic League foes Greg Honig (Bella Vista, Fair Oaks) and Robert Roberts (Casa Roble, Orangevale) are ranked fifth and sixth, but their positions could be challenged by Folsom junior Brian Kingsley (15:24.5s). The remaining places in the preseason top ten are held by seniors Jay Muiligan (El Dorado, Placerville) and Tony Perez (Manteca) (15:40.9s) and junior Scott Hagar (Merced) (15:56.2s).

The top ten individuals are presented below along with other athletes with the potential of moving into the top ten.

### Rankingindividual

- 1 Mark Mastalir (Jesuit, Carmich)
- 2 Eric Mastalir (Jesuit, Carmich) 3 Cameron Mitchell (NevUn,G.V.)
- 4 Paul Thomas (Jesuit,Carmich)
  5 Greg Honig (BellaVista,FairOks)
- 6 Robert Roberts (CasaRoble,Org)
  7 Brian Kingsley (Folsom)
- 7 Brian Kingsley (Polsom) 8 Jay Mulligan (ElDorado, Placery)
- 9 Tony Perez (Manteca)
- 10 Scott Hogan (Merced)

#### Honorable Mention

Brad Marshal (Vacaville); Brian McGinnea (Cordova, Rancho Cordova); Malcolm Keefe (Kennedy, Sacto); Kevin Blazona (Casa Roble, Orangevale); Travis Andrews (Del Campo, Fair Oaks); Jim Thomas (Jesuit, Carmichael); Mason Meyers (Vallejo).

Girls Team Champs.

While the boy's team championship seems to be a repeat performance of the last three years, the favorite for the girl's championship marks the fifth different team in five years to receive the number one preseason ranking. Returning four of their top seven from last year's runner-up squad and the addition of some good freshman runners, the Merced Bears earned the number one preseason slot. Leading the Merced squad are seniors Stacey Wainwright (18:44.4s) and Noel Foster (20:29.7s), Junior Becky Wilkinson (19:19.4s) and sophomore Carrie Wainwright (20:36.2s). Slated for the runner up position is St. Francis (Sacto) with seniors Mary Claire Robinson (18:56.3a) and Kris Kassis (21:14.8s) and juniors Julie Verke (19:26.2s) and Sharon Achondo (21:37.8s) forming the nucleus of a strong team. Defending champions Bella Vista (Fair Oaks) lost outstanding seniors Terri Dillon (now attending U.C. Davis) and Monica Neilbeck (now attending Stanford University), but return the Kuphaldt sisters, senior Mary (18:53.4s) and sophomore Ann (17:53.4s), along with sophomore Michelle Dillion (21:03.7s).
Based on anticipated depth in the fourth through seventh positions St. Francis (Sacto) edges the Broncos for second place in the preseason rankings.

continued on next page...

### Kuphaldt, continued:

of "working together to achieve their individual goals." Carrying a last name synonomous with distance running excellence can apply additional pressures, but the sisters take this in stride. "A lot of people expect us to be the best and make a point of trying to beat us in races. Not all of us (Kuphaldts) can be as talented as my brother Harold (1982 California State 3200 meter champion and runner up in the Kinney National Cross Country Championships). We just train as hard as we can to reach our potential." explained Mary. "Our parents and coaches have always emphasized that win or lose, you are a success if you've worked hard and done your best."

Ann Michelle Kuphaldt was born, February 1, 1970 in Sacramento, California, and is 5-4/106. Mary Catherine Kuphaldt was born January 30, 1968 in Covina, California, and is 5-4/106. They attend Bella Vista High School (Fair Oaks) and are coached by Rita Fagundes. Their progression (with section rankings in parantheses):

### MARY KUPHALDT (Senior)

Year	Age	Grade	800	1500/Mile	3000/2 Mile	3 Mile (Sierra Coll.)
1983	14/15	9	2:32.6	5:23.2y	11:00.5	19:45.0
1984	15/16	10	2:31.3	5:26.9y	11:53.0y	19:26.8
1985	16/17	11	2:25.6	4:53.6(9)	10:44.5(9)	18:33.4(7)

### ANN KUPHALDT (Sophomore)

Year	Age	Grade	400	800	1500/Mile	3000/2 Mile	3 Mile (Sierra Coll.)
1983	12/13	7	DNC	2:40.0	5:49.4y	DNC	DNC
1984	13/14	8	10.26	2:30.9	5:29.6y	11:11.1	DNC
1985	14/15	9	61.91	2:19.3(7)	4.45.9(3)	10:24.2(2)	17:53.4(2)

### Mastalir, continued:

3.80 GPA), the Iwins excel in the classroom as well. As Eric related, "Running track and cross country makes us utilize our time to the fullest and be more competitive in the classroom." With an excellent combination of athletics and academics, Eric and Mark are being pursued by universities from coast to coast. Next fall may find them going their separate ways competing for different colleges outside of California, but the exploits of two of the nation's finest distance runners will be savored by prep

harrier fans for years to come.

Eric Matthew and Mark R. Mastalir were born January 11, 1968. Eric is 5-10/158 and Mark is 6-0/160. They attend Jesuit High School (Carmichael) and are coached by Walt Lange. Their progression (with section rankings in parantheses):

### **ERIC MASTALIR**

Year	Age	Grade	800	1500/Mile	3000/2 Mile	3 Mile (Sierra Coll.)
1983	14/15	9	DNC	DNC	DNC	15:57.8
1984	15/16	10	DNC	4:15.6y(2)	9:12.3y(1)	15:43.0(7)
1985	16/17	11	1:59.4	4:14.6y(2)	9:06.48y(1)	15:02.0(2)
MARI	K MAS	TALIR				
Year	Age	Grade	800	1500/Mile	3000/2 Mile	3 Mile (Sierra Coll.)
1983	14/15	9	DNC	DNC	DNC	15:41.9
1984	15/16	10	1:55.3(5)	4:13.38y(1)	DNC	15:39.2(5)
1985	16/17	11	1:55.5(4)	3:54.8(1)	DNC	15:00.7(1)

### ☐ Prep Notes

photo by Steve Fagundes

photo by Steve Fagundes



### **Greg Honig**

The remaining top ten teams are dif-ficult to rank as few return experienced varsity runners. El Dorado (Piacerville), a perennial contender, relies on junior Nicole Smedburg (19:29.4s) to pace this year's contingent, while Calaveras, the defending section champions in the freehman-sophomore division, will depend on Kathy Stratton (13:44.9fs) and their overall team strength to carry the team in the varsity division. Nevada Union (Grass Valley) returns a strong contingent led by outstanding heptathlete and senior, Durrell Schineck (20:08.66) and junior Jill Kochis (20:10.6e) with fellow Capital Athletic League rival Casa Robie (Orangevale) paced by senior Charine Kashuba (19:12.9s) and steadily improving junior Julie Dyson (13:57.0fs). Individual standouts DeeDee Coats (19:25.5s) a junior from Vacaville and sophomore Wanda Balley (18:19.6s) of Fairfield lead their respective teams, while the Del Campo (Fair Oaks) Cougars look to junior Nancy Garrett (19:39.6s) as their top returnee.

The preseason top ten teams are presented below:

### RankingTeam

- Merced
- St. Francis (Sacramento)
- Bella Vista (Fair Oaks)
- El Dorado (Placerville) Calaveras
- Nevada Union (Grass Valley)

- Casa Robie (Orangevale) Del Campo (Fair Oaks)

### Girl's individuals

Runner up in last year's rankings, sophomors Ann Kuphaidt (Bella Vista, Fair Oaks) moves up to the number one



### **Christine Boyd**

position in the preseason poil. The talented Bronco harrier will be challenged by a group of excellent runners including her older sister, senior Mary Kuphaldt, and Merced senior Stacey Walnwright. Sophomores Wanda Bailey (Fairfield) and Christine Boyd (19:12.6s) of Turlock should also contend for the senior crown. With some outstanding 3200 meter races during her freshman track season (personal record of 11:08.0), look for Christine Boyd to be a strong factor in section competition. Seniors Mary Claire Robinson (St. Francis, Sacramento), Betty Chavez (19:18.5s) of Modesto, and Becky Wilkinson (Merced) and Juniors Dee Dee Coate (Vacaville) and Julie Verke (St. Francis, Sacramento) round out the top ten. Davis senior Robin Madell (19:07.0s), now nursing a calf injury, may also be a factor by season's end and challenge for a top ten placing.

The top ten individuals are presented below along with other athletes with the potential of moving into the top ten.

### Ranking Individual:

- Ann Kuphaldt (BellaVista,FairO) Wanda Balley (Fairfield)

- Mary Kuphaidt (BellaVista,FrOk) Stacey Walnwright (Merced) Christine Boyd (Turlock)
- Mary Robinson (St.Francis,Sac) **Betty Chavez (Modesto)**
- **Becky Wilkinson (Merced)**
- Dee Dee Coate (Vacaville) Julie Verke (St.Francis,Sacto)

### **Honorable Mention**

Nicole Smedburg (El Dorado, Piacerville); Nancy Garrett (Del Campo, Fair Oaks); Durelle Schimeck (Nevada Union, Grass Valley); Jessica Troph (Nevada Union, Grass Valley); Doris Chin (Turlock); Julie Dyson (Casa Roble, Orangevale); Robin Madell (Davis).

### **Prep Invitationals**

### Northern Calif. **Cross Country**

by Keith Conning

### Lincoln Invitational Polo Field, Golden Gate Pk. San Francisco. Sept. 21. 3.1 Miles.

٠.		
Во	ys Varsity Teams	
1	Bellarmine (San Jose)	31
2	El Cerrito	46
3	St. Ignatius (S.F.)	87
4	Half Moon Bay	97
5	Berkeley	167
6	Lowell (San Francisco)	169
7	Capuchino (San Bruno)	174
8	Terra Nova (Pacifica)	225
9	Grant (Sacramento)	258
10	McAteer (San Francisco)	264
11	Cupertino	282
12		289
13	Rio Linda	322
	Boys Varsity Individuals	
1	Mark Callon (Bellarmine	17:08
2	Alex DaSilva (El Cerrito)	17:24
3	lan Champeny (Bellarmine)	17:31
4	Anthony John (El Cerrito)	17:32
5	Scott Robinson (Bellarmine)	17:34
6	Dylan Fuller (Lowell)	17:40
7	Rob Meinhardt (Bellarmine)	17:42
8	Dave Tigert (Terra Nova)	17:58
9	Stuart Wiseman (El Cerrito)	18:00
10	Rob Lindstrom (St.Ignatius)	18:04
	Girls Varsity Teams	
1	El Cerrito	21
2	Half Moon Bay	55
3	Berkeley	74
4	Lowell (San Francisco)	83
5	Bishop O'Dowd (Oakland)	92
6	Notre Dame (Belmont)	149
	Girls Varsity Individuals	
1	Molly Burke (Marin Catholic)	20:30
2	Catherine Zinn (Berkeley)	21:19
3	Teresa Poy (El Cerrito)	21:42
4	Debra Binnali (El Cerrito)	21:48

21:56

22:04

22:09

22:21

### **Bob McGuire Relays** Concord. Sept. 21.

Jana Jarosz (O'Dowd)

Sue Faigle (HalfMoonBay)

Marisa Gardella (El Cerrito)

Catherine Payne (Berkeley)

Veli Lehman (El Cerrito)

10 Chelsea Hernandez (Lowell)

	•	
	Boys Varsity Teams	
1	Montgomery (SantaRosa)	55:08
2	Acalanes (Lafayette)	55:18
3	Clayton Valley (Concord)	55:25
4	College Park (PleasantHill)	55:28
5	Concord	56:42
6	Terra Linda (SanRafael)	57:05
7	Granada (Livermore)	57:13
В	De La Salle (Concord)	57:27
9	Petaluma	58:19
10	San Ramon	58:45
_	Boys Open	
1	Rob Ward (AmadorVly, Pleas)	10:54
2	Mike Rodriguez(Salesian, Rich)	11:46
3	Ernie Tong (YgnacioViy,Conc)	11:48
4	Kevin Clutter (Liberty, Brentwd)	
5	Brett Green (YgnacioValley)	11:51
	Girls Varsity Teams	
1	Carondelet (Concord)	54:19
2	Montgomery (SantaRosa)	54:53
3	College Park (PleasantHI)	54:58
4	Amador Valley (Pleasanton)	55:12
5	Clayton Valley (Concord)	55:59
В	Northqate (Walnut Creek)	56:32
7	San Ramon (Danville)	56:57
8	Antioch	59:00
9	Terra Linda (San Rafael)	1:01:17
10	Granada (Livermore)	1:01:31

anne Open	
Jennifer Walsh (YgnacioViy)	10:0
Joann Umali (Carondelet)	11:2
Kris Baur (Petaluma)	11:2
Wahatley (Granada)	11:3
Lauri Kihler (Petaluma)	11:3

### San Ramon Invitational

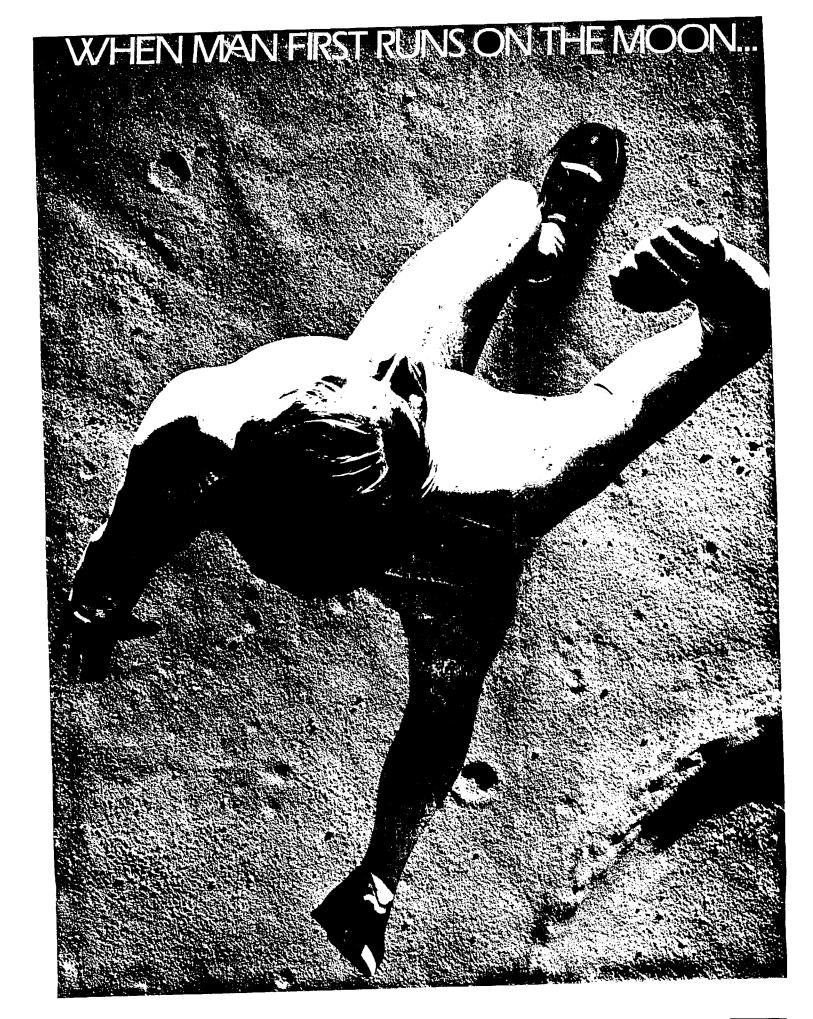
5	an Ramon Invitationa	1
D	anville, Sept. 28.	
	Boys Large Team	
1	Montgomery	57
2	Clayton Valley	62
3	Miramonte	91
4	College Park	102
5	Livermore	135
6	Santa Rosa	167
7	De La Saile	178
8	San Ramon	187
	Boys Large Individuals	
1	Adam McAboy (Miramonte)	9:38
2	Jonathan Smith (Miramonte)	9:52
3	Ed Ettel (Clayton Valley)	9:55
4	Paul Cummings (Montgomery)	9:58
5	Enrico Ciotti (College Park)	10:04
6	Grant Furnberg (Livermore)	10:07
7	Chris Herbert (Clayton Valley)	10:08
8	Mike Tapia (American)	10:15
9	Sean O'Leary (Santa Rosa)	10:18
10	Rich Schwerin (College Park)	10:17
11	Kevin Smith (Montgomery)	10:20
12	Marc Spina (Montgomery)	10:21
13	Marc Kosake (Calyton Valy)	10:22
14	Derek Powell (Montgomery)	10:23
15	Tim Schlander (Montgomery)	10:24
16	David Savatsy (College Park)	10:25
17		10:26
	Mark Harris (Miramonte)	10:26
	Robert King (Clayton Valley)	10:29
	Eric McCombs (Northgate)	10:32
21		10:34
22	Rob Punzo (California)	10:36

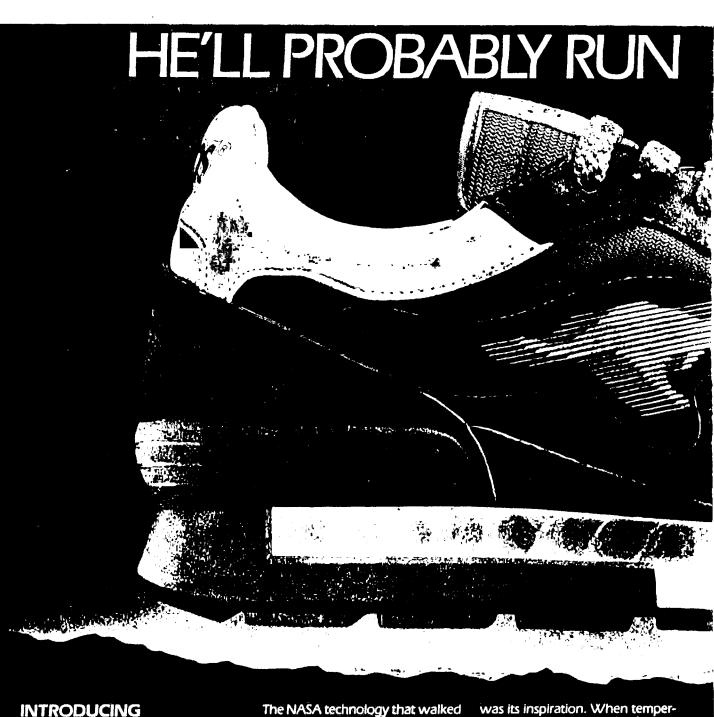
23 Mike Van Allen (SantaRosa)

photo by Burt Davis



Mark Callon





INTRODUCING KANGAROOS DYNAGOIL. THE RUMAING SHOPBUILT



The NASA technology that walked on the moon in the Apollo missions is now fulfilling on earth. Introducing Dynasoli from kandarcos. Taging leap in abilities since biometricals in the leaping and the leaping and the leaping are suitable with the leaping and the leaping are suitable with the leaping and the leaping are suitable with the

stability and control throughout the rulining galt cycle. And for a dynamic rebound effect that actually returns the energy you expend. We call it "COILED ENERGY." You've never experienced anything like it.

### THE DYNACOIL MECHANICAL MIDSOLE

The core of Dynacoil is our unique midsole system. A 3D synthetic monofilament-designed by NASA for cushioning Apollo moon boots-

was its inspiration. When temperature processed, the polyethylene, polypropylene, nylon and saran fibes form an interlocking coil structure. This is encapsulated within a super-resillent polyurethane foam. Then it is reinforced with a dual density tompression molded EVA stability rim.



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leading university, Dynacoil surpassed all the other trainir

The distant future is never today with Dynacoil. For superior cushioning that's compression-proof. Improved stability and motion control. Reduced fatigue and injury. Plus, an actual rebound of energy. No. Dynacoils aren't running on the moon, yet. But think how fair the technology.

A GIANT LEAP FOR ATHLETES

o 1985 KangaRoos U.S.A., Inc., St. Louis, Missouri

#### **Boys Small Teams** Lee Lomes 73 79 127 166 **Encine**i Concord Foothill Cardinal Newman Pledmont Boys Small Individuals Chris Hoepker (Encinal) 0.26 9:53 10:07 Keith Videtto (Foothill) Mike Stone (Las Lomas) 10:13 Steve Ziekelbach (Concord) 10-14 10:15 Dave Anderson (Las Lomas) Keith Hallam (Encinal) 10:31 Steve Goeller (Las Lomas) 10.38 10:38 Donnie Nelson (Footbill) 10 Shawn Dangei (Las Lomas) 10:43 Tim Smith (Concord) 10:48 12 Todd Wilson (Cardinal Newman) 13 Kelvin Krasge (St.Mary's) 14 Matt Bleckman (Campolindo) 10-46 10:49 10:49 15 Alvin Pickety (Encinal) 10:52 16 Blaise Stojkov (Concord) 10.52 10:53 17 Biari Venables (Lireuline) 18 Ben Perez (Sonoma) 10:54 10:54 10:55 Todd Grisanto (Concord) 20 Joey Tully (Alhambra) 21 Eustacio Torres(Alhambra) 10:56 11:00 22 Dave Smith (Campolindo) Girls Large Team Carondalat Montgomen College Park 113 Miramonte 115 132 San Ramon 138 Santa Rosa Girls Large Individuals 11:54 11:57 Elena Spight (Miramonte) Allison Kreutzen (Carondelet) 12:01 12:03 Jenny Walsh (Ygnacio) Kathi Force (Santa Rosa) N.T. 12:22 Chris Ferguson (Montgomery) Stephanie Kasa (Carondelet) 12:23 Dee Lynn Beardall (SantaRosa) Robin Costantinides(ClaytonVly) 12:26 Janine Manasewitsch(Northgat) 12:26 Peewee Lemus (Montgomerty) Wendi Simmons (SantaRosa) 12:45 Sarah Lewis (San Ramon) 12:48 Malania Kiel (College Park) 12:51 15 Ann Marie Giorg (Carondelet) Wendy Behrand (Carondelet) 13:00 17 Stephanie Webb (College Park) 13:03 18 Kevea Biggers (Northgate) 19 Carol Krocuniek (Miramonte) 13-11 20 Nicole Fischer (Montgomery) 13:12 **Girls Small Teams** Campolindo Sonoma 96 111 Las Lomas Encinal 122 Aihambra Bishop O'Dowd 127 131 154 Foothill Girts Small Individuals 11:29 Kathy Dalton (Sonoma) Sidney Thatcher (Encinal) 11:50 12:26 Danan Biornsen (Campolindo) Julie Thatcher (Encinal) Janell Corbyn (Alhambra) 12:36 Jana Jarosz (O'Dowd) 12:37 Shannon McGregor(Campolindo) 12:44 Suzy Noe (Piedmont) 12:47 Courtney Clark (Las Lomas) 12:58 12:59 Patricia Stone (Las Lomas) Patti Smith (Campolindo) 13:02 Petra Rodriquez (O'Dowd) 13:03 13 Monica Tozier (Foothill) 13:05 14 Marianne Spotorno (Foothill) 13:06 15 Kelly Gillian (Ursuline) 13:08 16 Maureen Ewens (Sonoma) 13:13 17 Denise Schreck (Ursuline) 18 Laura Adams (Sonoma) 13:15 Jennifer Lawrence (Campolindo) 13:24

### Sanger Invitational Avocado Lake, Sept. 27.

	Boys Teams	
1	Sanger	44
2	McFarland	58
3	Bullard	67
4	Firebaugh	77
5	Immanuel	126

7th Western Qualifier

# KINNEY

# CROSS COUNTRY CHAMPIONSHIPS

Saturday, December 7, 1985 Woodward Park Fresno, CA



Open to all high school cross country runners from California and eleven other western states. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.



### FOR MORE INFORMATION & ENTRY BLANK:

Contact: Bill Cockerham, California Track & Running News, Box 6103, Fresno, CA 93703 • (209) 264-5847

### □Prep Notes

	m to distribute	
	Boys Individuals	14:50
1	David Naranjo (Sanger)	15:02
2	Thomas Valles (McFarland)	
3	Gilbert Delgado (Firebaugh)	15:20
4	Will breckenridge (Immanuel)	15:41
5	David Diaz (McFarland)	15:51
6	Amador Ayon (McFarland)	15:52
7	Jose Hurtado (Sanger)	15:53
8	James Adams (Bullard)	15:56
9	Pete Naranjo (Sanger)	16:03
10	Eric Humeston (Sierra)	16:16
	Girls Teams	
1	McFarland	35
2	Immanuel	50
2	Bullard	62
4	Sanger	63
	Giris Individuals	
1	Julie Hollanan (Bullard)	12:28
2	LeeAnn Prather (Sierra)	12:32
2	Bonny Breckenridge(Immanuel)	12;45
4	Tammy Carter (McFarland)	12:45
5	Molly Dowis (Sanger)	13:11
ě	Alicia Herrera (McFarland)	13:15
7	Rosie Rodriquez (Tranquii)	13:22
8	Kim Stephan (Immanuel)	13:31
9	Dolores Plata (McFarland)	13:32
10		13:41
10	D0110110 D01001111011 (= = 1111)	
Clovis Invitational		

### Clovis Invitational Woodward Park. Sept. 28.

Bellarmine

~	Josuit	
3	Moreau	118
4	Palos Verdes	119
5	Los Gatos	120
6	Clovis	205
7	Reedley	219
	Boys Individuals	
1		15:04
2	File Mastam (coop.r)	15:05
3		15:28
4	3633 Figures (merane)	15:39
5		15:49
6		15:54
7		15:56
8	Scott LaForce (Los Gatos)	15:57
9	Goott Machine (minimum)	16:04
10	Shawn Noonan (Moreau)	16:05
	Girls Teams	
1	Palos Verdes	33
2	Clovis West	121
3	Los Gatos	149
4	Nordhoff	159
5	Gunn	168
	Girla Individuals	
1	Rebecca Chamberlain (Leigh)	18:33
2	Molly Burke (MarinCatholic)	19:12
3	Monica Daley (Los Gatos)	19:27
4	Traci Goodrich (Palos Verdes)	19:30
5	Stacey Wainwright (Merced)	19:32
6	Tracy Leichter (PalosVerdes)	19:34
7	Jeanice Eisenman (Calistoga)	19:39
8	Denise Byrnes (PalosVerdes)	19:42
9	Stephanie Wagoner(ClovisWest)	19:47
10		19:50
_		

### Chico Invitational Doryland Field, Bidwell Pk. Sept. 28.

Sept. 28.		
Boys Teams		
1 Lassen	56	
2 Del Campo	78	
2 Del Campo 3 Chico	122	
4 Shasta	186	
5 Petaluma	197	
6 Eureka	208	
7 Woodland	214	
8 Yuba City	215	
9 Vacaville	228	
10 Las Plumas	228	
11 Red Bluff	282	
12 Oroville	296	
13 Fortuna	301	
14 Quincy	361	
15 Anderson	363	
16 Fairfield	395	
17 Pleasant Valley	423	
18 Bishop Manogue	478	

	Boys Individuals	
ı	Mason Myers (Vallejo)	15:15MR
2	Mike Wali (Lassen)	15:27
2	L. Glines (Red Bluff)	15:49
	J. Martin (Oroville)	15:53
5	T. Estes (Lassen)	15:57
3	T. Andrews (Del Campo)	16:11
7	J. Avery (Vacaville)	16:15
В	B. MacKay (Petaluma)	16:21
9	K. Munoz (Lassen)	16:23
10	J. Klinger (Fortuna)	16:29
11		16:33
	L. Rankin (Lassen)	16:35
13	K. Niver (Del Campo)	16:46
	W. Oaks (Petaluma)	16:52
	E. Norton (Del Campo)	16:54
	S. Phillips (Petaluma)	16:58
	Z. Schreder (Shasta)	16:58
18	J. Vandermate (Chico)	16:59
	Girts Teams	
1	Lassen	60
2	Chico	86
3	West Valley	99
4	Pleasant Valley	121
5	Del Campo	123
	Red Bluff	152
7	Shasta	181
8	Bishop	191
9		205
	Fairfield	278
	Anderson	282
	: Eureka	294
13	Petaluma	297
	Giris Individuals	10:56
	D D Ouete Aleganities	

11	Anderson	202
12	Eureka	294
13	Petaluma	297
	Girls Individuals	
1	DeeDee Crate (Vacaville)	10:58
2	Wanda Bailey (Fairfield)	11:01
3	M. Flinchum (Lassen)	11:02
4	S. Barrett (Pleasant Vally)	11:16
5	B. Collens (West Valley)	11:18
6	J. Peterson (Central Valley)	11:23
7	C. Oliveira (West Valley)	11:36
8	D. Feliner (Chico)	11:37
9	M. Olson (Red Bluff)	11:38
10		11:43
11		11:43
	J. Schlais (Chico)	11:44
	C Carlson (Chico)	11:45
13	C Carracii (Cinico)	
	Alabaka lawitational	

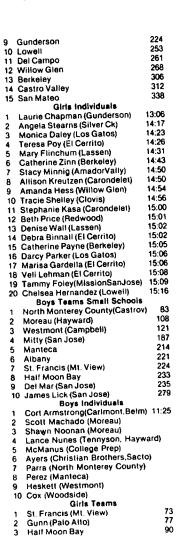
# Artichoke Invitational Half Moon Bay HS. Oct. 5. 2.3 Miles.

٠٠	J 1411103.	
	Boys Teams Large Schools	
i	Los Gatos	72
2	Lassen (Susanville)	77
3	El Cerrito	113
4	Del Campo (Fair Oaks)	132
5	Clovis	143
6	St. Ignatius (S.F.)	214
7	DeLaSaile (Concord)	240
В	Amador Valley (Pleasanton)	269
9	Berkeley	278
	Boys Individuals	
1	Scott LaForce (Los Gatos)	11:30
2	Jason Lienau (Clovis)	11:33
3	Russell Hill (SilverCk, SanJose)	11:34
4	Tom Estes (Lassen)	11:36
5	Mike Wall (Lassen)	11:44
6	Kevin Munoz (Lassen)	11:52
7	Eric Wendling (Los Gatos)	11:5
8	Chris Burger (Berkeley)	11:54
9	Steve Lopez (Silver Creek)	11:58
10	Anthony John (El Cerrito)	12:03
11		12:04
12	Rob Ward (Amador Valley)	12:10
13	Travis Andrews (Del Campo)	12:1
	Pat More (Los Gatos)	12:1
	Lance Rankin (Lassen)	12:1
	Dyland Fuller (Lowell, S.F.)	12:1
	Chano Salas (Clovis)	12:1
	Dave Rivera (WillowGlen)	12:1
	Richard Harkless (Clovis)	12:1
	Kyle Niver (Del Campo)	12:2
21		12:2
	Girls Teams	
1	Lassen	10
2	Carondelet (Concord)	10
3	El Cerrito	12
4	Redwood (Larkspur)	18
5	Clovis	20
6	Los Gatos	20
7	Mission San Jose	21
8	Amador Valley	21





Katy McCandless







**Molly Burke** 

	Mitty	10
	Moreau	13
	North Monterey Co.	24
	Manteca	25
	Capuchino (San Bruno)	27
	Del Mar	31
n	Saratoga	31
۰	Girls Individuals	
	Molly Burke (Marin Cath.)	13:5
•	Katy McCandless (Castilleja)	
3	Kosak (Gunn)	
í	Hampton (Half Moon Bay)	
5	Wyderan (St. Francis)	
5	Pickering (Gunn)	
,	Mahaffey (Carlmont)	
3	Clark (St. Francis)	
-		

9 Anderson (Capuchino) 10 Deorore (Mitty)

photo by Burt Davis



Scott LaForce

### ☐ Prep Notes

### Stanford Invitational

	antord Golf Course,	
Pi	alo Alto. Oct. 7. "A" Boys Teams	
1	Reno (Nevada)	137
2	Bellarmine (San Jose)	143
3	Arroyo (El Monte)	147
5	Moreau (Hayward) Loyola (Los Angeles)	196 211
6	Madera	242
7 8	Lompoc	265
9	Casa Roble (Orangevale) Homestead (Sunnyvale)	269 295
10	Dana Hills (Dana Point)	312
1	"A" Boys Individuals Mason Myers (Vallejo)	15:38
ż	Adam McAboy (Miramonte)	15:46
3	Scott Machado (Moreau)	15:51
4 5	Robert Roberts (Casa Roble) Mike Wall (Lassen)	15:52 15:56
6	Ted Brown (Lompoc)	16:00
7	Mike McCracken (Loyola)	16:01
8 9	Mark Catton (Bellarmine)	16:03 16:05
10	Mark Gainey (Reno) Tom Estes (Lassen)	16:07
11	Jeff Gilkay (Arroyo)	16:10
12 13	John Sloan (Loyola) Ian Champeny (Bellarmine)	16:13 16:16
14	Tom Campbell (Lompoc)	16:17
15	Shawn Noonan (Moreau)	16:19
16 17	Joseph Brink (Loyola) Anthony John (El Cerrito)	16:20 16:20
18	Luke Glines (RedBluff)	16:21
19	Kevin Fest (Arroyo)	16:23
20 21	John Domingue (Leigh) Mike Bennett (Reno)	16:24 16:24
22	Chris Smith (Reno)	16:25
23	Joe Sanders (Branham)	16:25
24 25	Tony Perez (Manteca) Torre Pena (Bellarmine)	16:26 16:27
26	Alex Da Silva (ElCerrito)	16:30
27	Phillip Castelbas (Madera)	16:30
28 29	Jason Carroll (MonteVista) Mark Kropf (Madera)	16:31 16:32
30	Shad Warren (Reno)	16:33
1	"B" Boys Teams Montgomery (Santa Rosa)	71
ż	Acalanes (Layfayette)	92
3	Morro Bay	110
4 5	Harbor (Santa Cruz) Encinal (Alameda)	188 192
6	Terra Linda (San Rafael)	195
7 8	Mountain View	239
9	Piner (Santa Rosa) St. Francis (Mt. View)	251 260
10	Foothill (Pleasanton)	286
1	"B" Boys Individuals Chris Hoepker (Encinal)	15:24
2	David Markham (Terra Linda)	16:14
3	Paul Cummings (Montgomery)	16:15
4	Keith Videtto (Foothill) Chris Thayer (Terra Linda)	16:29 16:33
6	Jim Williams (Acalanes)	16:34
7	Lance Nures (Tennyson)	16:42
8	Brian Kingsley (Folsom) Marty Brenner (Harbor)	16:43 16:45
10	Erik Mueller (Morro Bay)	16:48
11	Kevin Smith (Montgomery)	16:49
12 13	John Doctor (Morro Bay) Craig Blockhus (Mt. View)	16:53 16:57
14	Chris Mian (Acalanes)	16:59
15 16		17:00 17:01
17	Corey Trovinger (Acalanes)	17:02
18 19		17:05 17:08
	Kevin Hallon (Encinal) Jim Freeman (Morro Bay)	17:10
21	Ralph Lewis (St. Francis)	17:11
22 23		17:13 17:14
24	Dave Wilson (Healdsburg)	17:14
25 26	Kevin Brodie (St. Francis) Dave Lilly (Morro Bay)	17:15 17:20
27		17:22
28	Derek Powell (Montgomery)	17:25
	Sean Jones (Piner) Matt Levy (Harbor)	17:30 17:31
	"A" Girls Teams	
1	Arroyo Grande	108

4	Edison (HuntingtonBch)	14
5 6	Carson (Carson City, NV) El Cerrito	18 20
7	Dana Hilis (Dana Point)	21
8	Carondelet (Concord)	21
9 10	Palo Alto Monte Vista (Danville)	29 30
	"A" Girls individuals	30
1	Cindy Rockwood (Carson)	18:1
2 3	Rebecca Chamberlain (Leigh) Sharon Plante (ArroyoGrande)	18:2 18:4
4	Shelley Bessey (Reed)	18:5
5	Kelly Ilnicki (Harbor, SC)	18:5
6 7	Laurie Andeen (MenloAther) Shelly Loveall (Lompoc)	19:0 19:0
B	Barbara Barcelona(ArroyoG)	19:1
9_	Nicole Ritchot (Edison)	19:2
10 11	Jo Ann Arnold (PaloAlto) Kristen Hansen (MonteVista)	19:2 19:3
12	Teresa Poy (El Cerrito)	19:3
13	Linda Walsh (Reed)	19:4
14	Tina Lopez (Reed)	19:5
15 16	Karli Graham (Lompoc) Kelli Lewis (Dana Hills)	20:0
17	Harpeel Kaur (Leigh)	20:0
18	DeeDee Coate (Vacaville)	20:0
19 20	Susan Carey (Lompoc) Devon Martin (So.Pasadena)	20:1:
21	Debra Binnal (El Cerrito)	20:10
22	Melanie Manke (Edison)	20:18
23 24	Mary Flinchum (Lassen)	20:19
25	Carolyn Duante (Carson) Allison Kreutzen (Carondelet)	20:24
26	La Tisha Balko (ArroyoG)	20:2
27	Deanna Feser (Edison)	20:25
28 29	Veli Lehman (El Cerrito) Sara Ward (Carson)	20:30
30	Signe Hancock (Carson)	20:3
	"B" Girls Individuals	
1	Katy McCandless (Castilleja) Molly Burke (MarinCatholic)	18:40
3	Kathy Dalton (SonomaValley)	19:0
4	Sydney Thatcher (Encinal)	19:10
5	Shannon Cloric (Mt. View) Michelle Brown (BretHarte)	19:46 20:02
7	Monuella Miller (Nordhoff)	20:04
3	Jeanise Eisenman (Calistoga)	20:13
9 10	Elena Spight (Miramonte) Carolyn Crawford (Acalanes)	20:17 20:3
11	Shannon Egan (Morro Bay)	20:42
12	Tami Dobel (Nordhoff)	20:50
13	Teresa Clark (St. Francis) Peewee Lemus (Montgomery)	20:59 20:59
15	Valerie Jensen (Lower Lake)	21:0
16	Ravazzu (Acalanes)	21:10
17 18	Roslyn Mack (St. Francis) Chris Ferguson (Montgomery)	21:17
19	Melissa King (Terra Linda)	21:20
20	Nina Clark (Drake)	21:20
21	Annie Wy Deven (St. Francis) Stephanie Krause (Morro Bay)	21:21
23	Kristy Whitten (Morro Bay)	21:30
24	Jill Vansyveld (St. Francis)	21:35
25 26	Maureen Evans (Sonoma Valley) Nicolle Ballard (Healdsburg)	21:36 21:37
27	Laura Adams (Sonoma Valley)	21:40
28	Julie Thatcher (Encinal)	21:4
29 30	Karen Klier (Acalanes)	21:42
90	Kelly Gilliam (Ursuline) "B" Girls Teams	21:4
1	St. Francis (Mt. View)	125
2	Sonoma Valley (Sonoma)	140
3 4	Nordhoff (Ojai) Acatanes (Lafayette)	148
5	Bret Harte (Angels Camp)	183
) 7	Sir Francis Drake (SanAnselmo) Morro Bay	191 190
9	Miramonte (Orinda)	227
3	Mountain View	252
11)	Montgomery (Santa Rosa)	25

### Ed Sias Invitational Hidden Valley Pk, Martinez. October 12.

### Rove Teams

boys reams		
1	Montgomery (Santa Rosa)	104
2	Las Lomas (Wainut Creek)	109
3	De La Salle (Concord)	113
4	College Park (PleasantHill)	115
5	Newark Memorial (Newark)	128

132



Double headed "Mikes" lead the main pack up the ninth hole at Stanford: Mike Wall (Lassen HS, Susanville) and Mike McCracken (Loyola, LA) — two excellent runners from opposite ends of the

st	ate.	
ô	Clayton Valley (Concord)	135
7	Northgate (Walnut Creek)	164
8	Vacaville	179
3	Campolindo (Moraga)	216
10	Alhambra (Martinez)	248
11	Albany	254
12	Skyline (Oakland)	263
13	Granada (Livermore)	288
14	Salesian (Richmond)	356
15	St. Mary's (Berkeley)	404
	Boys Individuals	
1	Mason Myers (Vallejo) 1	5:22CR
2	Andy Davis (Newark Memorial)	15:59
3	Chris Herbert (Clayton Vly)	16:03
4	Jon Smith (Miramonte)	16:07
5	James Avery (Vacaville)	16:11
8	Mark Koepke (Clayton VIy)	16:14
7	Jon Basinger (Granada)	16:21
3	David Savartgy (CollegePk)	16:28
3	Mike Stone (Las Lomas)	16:38
	Eric McCombs (Northgate)	16:42
11	Mark Harris (Miramonte)	16:42
	Kevin Smith (Montgomery)	16:43
13	Ken Fung (Albany)	16:51
14	Rich Schwerin (College Prk)	16:54
15	Jeff Kent (Miramonte)	16:57
	Girls Teams	
1	Campolindo	98
2	College Park	102
3	Northgate	110
4	Las Lomas	114
5	Acalanes (Lafayette)	116
6	Carondelet (Concord)	124
7	Montgomery	128
8	Alhambra	135
9	Vacaville	176
10	Antioch	203
	Girls Individuals	0.5000
2	Jennifer Walsh (YgnacioVly) 1 DeeDee Coate (Vacaville)	18:58CR 20:09
3	Melissa Pardini (Northgate)	20:24
4	Chris Ferguson (Montgomery)	20:24
5	Stephanie Kasa (Carondelet)	20:27
ŝ	Janelle Corbyn (Alhambra)	20:29
7	Dana Bjornsen (Campolindo)	20:34
á	Courtney Clark (Las Lomas)	20:35
3	PeeWee Lemus (Montgomery)	20:47
10	Jeanene Manasewitsch(Nrthga	
11	Shannon McGregor(Campoline	
12	Patricia Stone (LasLomas)	21:12
13	Annette Souza (Las Lomas)	21:13
14	Jana Jarosz (Bishop O'Dowd)	21:15
15	Molania Rial (Callage Rh)	21:16

15 Melanie Riel (College Pk) 16 Karen Klier (Acalanes) Coaches Race (2 Miles)

Dan Brown (Acalanes)

Kevin Searls Carondelet)

21:16 21:18

10:43

10:55

3	Dennis Freundt (College Pk)	10:58
4	Larry Meredith (Montgomery)	11:21
5	Rich Antal (Granada)	12:34
ŝ	Bill Tillson (College Park)	12:46
7	Mike Larson (Vacaville)	12:52
9	Steve Nesheim (College Pk)	13:12
3	Terry Hughes (College Pk)	13:13
10	Jerry Mahin-Ayers (Granada)	13:34

### California Invitational Golden Gate Fields, Albany Oct. 12. 5,000m.

	Girls Teams	
1	Sir Frances Drake (SanAnselmo)	32
2	Ursuline (Santa Rosa)	47
3	Berkeley	70
	Girls Individuals	
1	Jeanise Eisenman (Calistoga)	20:12
2	Catherine Payne (Berkeley)	20:46
3	Nina Clark (Drake)	20:57
4	Kelly Gilliam (Ursuline)	21:24
5	Jeanne Kluse (Drake)	22:05

### Yreka Taco Beli Invite.

Sept. 21. 3.1 Miles.			
	Boys Teams		
1	Lassen (Susanville)	56	
2	Crater	77	
3	Ashland	82	
4	Yreka	132	
5	Lakeview	170	
5	Rogue River	174	
7	Phoenix	180	
3	Klamath Union	214	
9	Shasta	236	
	Henley	239	
11		N.S.	
	Hidden Valley	262	
13	Brookings	266	
	Boys Individuals		
1	Mike Wall (Lassen)	15:49	
2	Garth Ellenburg (Rogue River)	16:10	
3	Tom Estes (Lassen)	16:12	
4	Scott Saulsbury(HiddenVly)	16:27	
5	Erik Webb (Crater)	16:44	
5	Robert Julian (Ashland)	16:52	
7	Steve Holetz (Yreka)	16:57	
3	Tony Parke (Crater)	17:07	
9	Kevin Henderson (Lakeview)	17:09	
10	Kevin Munoz (Lassen)	17:10	

continued on next page...

3 Reed (Sparks, Nevada)

### □Prep Notes

11	Lance Rankin (Lassen)	17:1
12	Michael Madrigal (Ashland)	17:14
	Steve Anderson (Crater)	17:15
	Tim Julian (Ashland)	17:19
	Trevor Zediker (Yreka)	17:2
	Girls Teams	
1	Lassen	38
2	Klamath Union	74
3	Henley	79
4	Yreka	87
5	Crater	107
5	Enterprise	142
7	Shasta	160
8	Lakeview	194
•	Girls Individuals	13-
1	Rose Schneider (Ashland)	15:30
ż	Mary Flinchum (Lassen)	15:41
3	Jamle Fallon (Klamath Union)	16:00
4	Taci Craigmiles (Henley)	
5		16:09
	Githa Hampson (Crater)	16:28
6	Denise Wall (Lassen)	16:3
7	Nikki Becker (Brookings)	16:34
3	Debbie Hofter (Klamath Un)	16:35
9	Tiese Roberson (RogueRiver)	16:38
	Darcy Bevins (Lassen)	16:44
11	Brandt Donelle (Henley)	16:44
	Darbi Zediker (Yreka)	16:55
	Ruth Johnson (Klamath Un)	16:59
14	Christina Hawks (Lassen)	17:00
15	Jenny Rice (Yreka)	17:03

### Crystal Springs Invitational Belmont. October 12. Championship Boys Teams

1 Jesuit (Carmichael)

31

1 Jesuit (Carmichael)	31
2 Bellarmine (San Jose)	40
<ol> <li>Homestead (Sunnyvale)</li> </ol>	81
4 North Monterey Co.(Castro)	102
5 Westmont (Campbell)	120
5 Serra (San Mateo)	130
Championship Boys Individual	
1 M. Mastalir (Jesuit)	14:37
	14:38
	15:01
4 Callon (Bellarmine)	15:11
5 Champeny (Bellarmine)	15:24
5 Cuthbertson (Piedmont)	15:30
7 Rivera (Willow Glen)	15:35
8 Gomez (South City)	15:37
3 True (Homestead)	15:37
10 J. Thomas (Jesuit)	15:38
11 Meinhardt (Bellarmine)	15:40
12 Pena (Bellarmine)	15:40
13 Parra (No.Monterey Co)	15:42
	15:48
15 Heskett (Westmont)	15:50
16 Branoor (NoMontereyCo)	15:57
17 Fisher (Bellarmine)	16:00
18 Robinson (Bellarmine)	16:08
19 Donati (Serra frosh)	16:11
20 Kelly (Serra)	16:15
Invitational Boys Teams	
	70
	73
2 Los Gatos	75
3 Leigh (San Jose)	109
4 Bella Vista (Fair Oaks)	120
5 St. Ignatius (S.F.)	123
3 Washington (Fremont)	194
7 St. Francis (Mt. View)	194
9 Woodside	232
9 Palo Alto	256
10 Sacred Heart (S.F.)	290
11 Saratoga	290
12 Capuchino (San Bruno)	298
Invitational Boys Individuals	
1 Honig (Bella Vista)	15:08
2 Wendling (Los Gatos)	15:40
3 McManus (Capuchino)	15:45
4 Webb (Bella Vista)	15:51
5 Riordan (St. Ignatius)	15:58
3 Stanislaus (Logan)	16:01
7 Jones (Logan)	16:03
3 Lindstrom (St. Ignatius)	16:08
3 Galan (Los Gatos)	16:10
10 Headrick (Gunderson)	
11 Rowland (Amador Valley)	16:11
12 Tanner (Hill)	16:11 16:11
	16:11
13 More (Los Galos)	16:11 16:11
13 More (Los Gatos)	16:11 16:11 16:12
14 Murdic (Washington)	16:11 16:11
	16:11 16:11 16:12 16:12

	GITIS TEAMS	
1	Gunderson (San Jose)	88
2	Amador Valley (Pleasanton)	95
3	Palo Alto	104
4	Independence (San Jose)	104
5	Leigh (San Jose)	120
5	Willow Glen (San Jose)	138
7	American (Fremont)	142
3	Fairfield	163
	Giris Individuals	
1	Chapman (Gunderson)	17;00
2	Chamberlain (Leigh)	17:26
3	McCandless (Castilleja)	17:42
4	A. Kuphaldt (BellaVista)	17:48
5	Andeen (Menio-Atherton)	18:15
5	M. Kuphaldt (Bella Vista)	18:25
7	Arnold (Palo Alto)	18:35
3	Boyd (Turlock)	18:40
3	Balley (Fairfield)	18:41
10	Daley (Los Gatos)	18:46
11	Stearns (Silver Creek)	18:51
12	Minnig (Amador Valley)	18:56
13	Adams (Gunderson)	18:59
14	Rogers (Leland)	19:11
15	Kuer (Leigh)	19:40
16	Bedal (Independence)	20:19
17	Anderson (Capuchino)	20:19
18		20:27
19	Gutierrez (Washington)	20:44
20	Dowley (Palo Alto)	20:58
	Frosh-soph Girls	
1	Ashe (Leland)	10:03

### Southern Section Cross Country Invitationals

by Doug Speck

### ∠ Arroyo Grande Invit. Sept. 7. UCSB.

A group of fine squads from the section gathered at the UCSB Lagoon Course for what has annually been a fine competition. This year it was a super Saugus High men's group and Melissa Sutton (Newbury Park) who were the headliners. Coach Steve Spraker at Saugus has a super group of young men back who can challenge as the State's best. Here, running without numbers four and five on the men's side the Centurions still totaled on ly 24 points in the seven team competition. Up front the Saugus group is led by 9:08.65 (3200m) runner Darren and 9:16.40 brother Kirk Stonerock. Mike Fretz is capable of running close to the duo, and here they finished in 15:41-15:42-15:44 on the rolling three mile course. Melissa Sutton (Newbury Park), 25th in last year's Kinney National Cross-Country Championships, bested her old course record of 17:49 from last year with a fine 17:39. Defending Section 3A titlest, Arroyo Grande, led by soph Sharon Plante (2nd here in 18:02), won the Women's team competition 52-56 over Newbury. Women's: Sutton (NP) 17:39 (CR), Plante (AG) 18:02, Scobie (Saugus) 18:29, Armstrong (NP) 19:10, Barcellona (AG) 19:26. Team: Arroyo Grande 52, Newbury Park 56, Canyon (Anaheim) 65, Dos Pueblos (Goleta) 100. Men: D. Stonerock (Saug) 15:41, K. Stonerock (Saug) 15:42, Fretz (Saug) 15:44, Ratigan (Arcadia 16:01, Dimsembacher (Saug) 16:14, McKean (NP) 16:16. Team: Saugus 24. Arroyo Grande 62. Newbury Park 63, Dos Pueblos

### ✓ Woodbridge (Irvine) Invit. Sept. 14. Woodbridge HS.

Coach George Varvas' Invitational, which featured 40 (yes that reads forty) in-

dividual awards (nice trophies) in every!!race is getting to be a popular one. The three mile course that meanders through the !tat Woodbridge High campus was host to a number of the area's top squads and individuals. Because of heat problems last year, Divisions I and II ran in the morning and Division III came back at 3:00 (when it was still pretty warm).

On the course frosh Heather Scobie (Saugus) joined male teammate Darren Stonerock in becoming the hottest thing in Southern Cal distance running circles. Heather was 8th last year nationally in the TAC Age-group Cross Country Championships, and here moved right to the head of the class, Running in a Division II race against some super people she blasted out to a 25 yard lead after the first 880 and dared anybody to come out after her. In the last half-mile Amy Dabul (Temple City-a 10:42.64 3200m type) came back and nearly caught Heather 17:34 to 17:35, with both under Laura Cattivera's Course Record. Heather's effort was very impressive and much will be heard from in the future from this latest Santa Clarita Valley star, Meanwhile, Darren Stonerock was representing Saugus on the men's side, ripping apart the field on his way to a 14:41 Course Record win in his Division Il 12th grade race. Darren's main competition seems to be in dodging spectators who wander on the course unaware of the slight Saugus star's 220 yard lead over the pack. Orange High's 4:20.2c miler, David Moore followed Darren at 15:21, with Temple City's Steve Imlay 3rd in that race at 15:27. Simi's Jim Zimmer, a 4:13.48 1600m runner, had the afternoon's fastest run with his 15:24 12th grade Division III win. Valencia's Chris Lugo led a fine team with a 15:22 11th grade Div. II win, while David Scudamore (Palos Verdes) was that level's soph victor at 15:35. Cathedral's John Trefecanty had the fastest Division I time with his 15:30 win over David Schumacher (St. Anthony, Long Beach) 15:43. Soph L. Koinva (Sherman Indian) looked very good in his 15:38 win. Sherri Smith (Woodbridge, Irvine) looked very strong in a solo 17:46 Division I win in her Girls' Varsity run. In the afternoon Division III session the heat was a bit more of a factor. Melissa Sutton (Newbury Park) was an easy Women's Varsity winner at 18:04. Raul Serratos (Moreno Valley), a 4:14 Section 1600m champ, took the 11th grade race in a solo 15:43, with Jim Zimmer (Simi), a 4:13.48m star, taking the senior run in 15:24.

Div. I-(Men)(9th) Selina (Sherman Ind) 16:26 Team-Sherman (10th) Koinva (SI) 15:38 Team-Magnolia (11th) Dellytier (Laguna Bch) 16:10 Team-Laguna Hills (12th) Trefecenty (Cathedral) 15:30, Schumacher (SI. Anthony's) 15:43 Team-Cathedral (Women) (F/S) Cashion (Corona Del Mar) 20:03 Team-Palos Verdes (Vars) Smith (Woodbr) 17:46, Morgan (Bell-Jeff) 18:49 Team-Laguna Beach (Div 1/2 JV Women) Kelly (PV) 19:57 Team-Newport Harbor

Div II-(Men) (9th) Sanchez (Buena Park) 16:33 Team-Palos Verdes (10th) Scudamore (PV) 15:35, Sanchez (BP) 15:40 Team-Palos Verdes (11th) Lugo (Valencia) 15:22, Killeen (Val) 15:52 Team-Arroyo (El Monte) (12th) Stonerock, D. (Saugus) 14:41 (CR), Moore (Orange) 15:21, Imlay (Temple City) 15:27, Towle (Val) 15:30, Brown (Rolling Hills) 15:41 Team-Saugus (Women Vars) Scoble (Saug) 17:34 (CR), Dabul (TC) 17:35, Rabbit (NH) 17:47, Hensen (NH) 17:48, Wright (Irvine) 18:33 Team-Newport Harbor.

Div III-(9th) Nava (Santa Ana) 16:21 Team-Santa Ana (10th) Gibson (Capistrano Valley) 16:19 Team-Wilson (11th) Serratos (Moreno Valley) 15:43 Team-Beverly Hills (12th) Zimmer (Simi) 15:24, McFadden (El Toro) 15:40 Team-Simi Valley (Women) Sutton (Newbury Park) 18:04, Kubis (Mission Viejo) 19:02 Team-Newbury Park.

### ✓ Colton Invitational Sept. 14. Colton HS.

Fine individual running by a group of preps out of the Rialto Roadrunner program highlighted this invitational. The San Bernardino area age-group program has turned out probably the top young athletes in the country during their prehigh school age years over the last decade or two. National Age-group cham-pion Kat Prince (now of Riverside Poly, a transfer from Rubidoux) in Cross Country last fall, and a 10:53.60 3200m runner, had the top female time here with a 17:43 to win the women's 9th-10th grade division. Kat was followed by club-mate Jennie Rigney (Cajon, San Bernardino), who had the day's second fastest clocking of 18:03. Jennie was 7th last year in her Age-Group of the TAC CC Championships. Over on the male side it was frosh Marco Oceguera (now of Rubidoux High in River side) who cranked an excellent 15:36 to win his grade level race, and have the day's second fastest time. Marco was 9th last year for the RRR's nationally in his age-group. Dan Rattary of Canyon High in Canyon Country, unknown around here last year, continued his fine invitational running, with the day's fastest time of 15:17. Bishop Amat, led by Darrell Turner's 15:39 had the top Male team time of 80:27, with Riverside Poly, possibly a threat in the Section Women's 4A division off the addition of Prince, leading the women with a 99:21 team clocking. Women: (9th-10th)-Prince (Riv Po) 17:43, Rigney (Caj) 18:03, Freyne (RP) 18:22, Houle (Hesperia) 18:31 (11th-12th)-Houston (Burroughs, 18:31 Ridgecrest) 18:40, Mona (Arlington) 18:42 Team time (overall)-Riverside Poly 99:21, Chino 100:28, Canyon (CC) 100:41, Hesperia 106:32 Men: (9th) Oceguera (Rubdoux) 15:36, Rattary (Canyon,CC) 15:58 (10th) Prestwich (Hemet) 15:58 (11th) Walsh (Hemet) 15:48 (12th) Rattary (Canyon) 15:17, Turner (Bishop Amat) 15:39, Lukkarila (Apple Valley) Team time-Bishop Amat 80:27, Hemet 81:46, Canyon (CC) 82:12, Burroughs, Ridgecrest 82:44, Garey (Pomona) 82:55.

### ✓ Moorpark Invitational Sept. 21. Moorpark CC.

The usual group of fine individuals and teams showed up for this Ventura County affair. A fine Large Schools women's race featured Arroyo Grande's Sharon Plante (18:35) splitting the Kinney National Finals duo of Melissa Sutton (Newbury Park) 18:24 and Christy Farrell (Thousand Oaks) 19:01. Palos Verdes, a very balanced pack-running squad was the easy Large Schools team winner in the day's top time of 99:39 (51 points) over Newbury Park 102:11 (87). Hart of Newhall's Lisa Rizzo was the Medium winner at 19:19 and her highly ranked 3A team was the winner there with 49 points (106:15). Chris Morgan (Bell-Jeff, Burbank) won the Small group race at 19:35, with Atascadero (52-107:33) nipping Nordhoff (Ojai) (54-107:40) as a team. Two relative unknows had the day's top men's time. Thousand Oaks' Dave Helsdon took the Large Schools race at 18:06, with his team an easy victor with 33 points (82:10) over Newbury Park 76 (83:16). TO had been blitzed by Simi 15-40 in a dual two days previous (so you know how good Simi must be). Dan Rattary (Canyon, Canyon Country) continues to roll, here taking the Medium Schools race at 16:05, with a fine Hart Men's group the team winners at 83:45. The Atascadero trio of Sam Richards, Matt Huckaby, and Todd Everett went 1-2-3 to lead their team to a Small Schools win at 87:36.

Women: (Large) Sutton (NP) 18:24, Plante (AG) 18:35. Farrell (TO) 19:01. Lewis (Buena. Ventura) 19:17 Team: Palos Verdes 51 (99:39). Newbury Park 87 (102:11). Arroyo Grande 90 (102:29), Westlake 92 (103:34). Buena 97 (103:53).

### □Prep Notes

Thousand Oaks 135 (106:02) (Medlum) Rizzo (Hart) 19:19 Team: Hart 49 (106:15), Rio Mesa (Oxnard) 71 (109:51) (Small)-Morgan (Bell-Jeff) 19:35 (Team) Atascadero 52 (107:33), Nordhoff 54 (107:40), Cabrillo (Lompoc) 71 (111:23)

Men: (Large) Helsdon (TO) 18:06, McKeon (NP) 16:21, Cox (TO) 16:21, McCarter (TO) 16:22 Team: Thousand Oaks 33 (82:10), Newbury Park 76 (83:16), Palos Verdes 91 (84:13), Buena 123 (85:30), Westlake 130 (85:35), Santa Barbara 132 (85:55) (Medium) Rattary (Canyon) 16:05, Brown (Lompoc) 16:17, Campbell (Lompoc) 16:18, Hirschmann (Torrance) 16:23 Team; Hart 55 (83:45), Rio Mesa 103 (85:49), Lompoc 102 (85:27) (Small) Richards (Atascadero) 16:31

Team: Atascadero 56 (87:36), Cabrillo 62

### Perris invitational Sept 21. Perris HS.

The home school's Sai Gonzaga was the individual star and a fine, developing squad from Hemet High were the stars of this invite, run on one of the more rugged courses in Southern California. Gonzaga handled 9:36.91 3200m star Hugo Rios of Indio 16:53-17:09 in their Division II race, with Hemet showing fine balance in mov ing to a 38-70 win over a rated Indio team. Gork Mona (Arlington, Riverside) had the top women's time with her 20:34 leading her team to a 40-51 Division II victory over Fontana.

Women: (Div.I) Robbins (29 Palms) 21:45 Team: 29 Palms 26, Aquinas 39, (Div II) Gork (Arlington) 20:34, Johnson (Font) 22:19. Team: Arlington 40, Fontana 51. Men: (Div I) Murray (Elsinore) 18:44 Team: Elsinore 44, 29 Palms 45 (Div II) Gonzaga (Perris) 16:53, Rios (Indio) 17:09, King (San Jacinto) 17:12, Hormel (Hemet) 17:22 Team: Hemet 38, Indio 70.

### Chaffey Invitational Sept 21. Chaffey College.

Coach Jim Polite's young, quality Varsity groups dominated this Pomona Valley affair. Featuring a totally sophfrosh Varsity men's group, Walnut scored 40 points to handle Burroughs of Ridgecrest (68) and the pack. Upland's fine soph, David Hesseltine, was the individual winner at 15:53. Walnut's women's group is highly ranked in the Section's 3A division, and led by soph Jamle Gunn's 18:33 individual win, the Mustangs scored 44 points to handle a good Chino group which had 70 points. Women: Gunn (Wain) 18:33, Akers (Chaffey frosh) 18:48, Acosta (Wainut frosh) 19:17, Logan (Chino) 19:28 Team: Walnut 44, Chino 70, Alta Loma 126. Men: Hesseltine (Upland soph) 15:53, Montoya (Chino soph) 16:00. Bucherri (AL) 16:05 Team: Walnut 40, Burroughs (Ridgecrest)

### Rosemead Invitational Sept. 21. Rosemead High.

The home school's Aaron Mascorro, the defending Section 3A CC champ, and a 9:24.1 3200m runner, was the star with his 15:15 individual win. Pasadena's Susette Bascre took the women's title at 19:01. A much improved Bishop Amat men's group handled Rosemead 57-78 for the men's title, while Schurr (Montebello) took the women's crown 47-60 over Amat. Women: Basore (Pas) 19:01. Team: Schurr 47, Bishop Amat 60. Men: Mascorro (Rosem) 15:15, Nava (Montebello) 15:43, Turner (BA) 15:51, Team: Bishop Amat 57,

### Brethren Invitational Saturday, Sept. 21.

Maranatha (Sierra Madre) in the Small Schools, an improved Wilson of Long Beach group in the men's Large Schools, and Hawthorne's girls were the stars of the Brethren Invite this year, Maranatha a top ranked IA program recently in both the men's and women's divisions was easy team winners in both the team races with 47 points (83:14) for the males and 30 (107:51) for the young ladles. David Schumacher (St. Anthony's, Long Beach) was the individual winner in 15:31, with Amy Hankins (Beliflower) 20:16 taking the female run for the smaller schools. Francisco Garcia of Hawthorne (15:18) and Kris Stramler (Warren, Downey) (18:29) had the top Large School times.
Women-(Small)-Hankins (Beliflower)

20:16, Cordero (Maranatha) 20:34. Team-Maranatha 30 (107:51), Whittier Christian 51 (112:35). (Large) Stramler (Warren) 18:29, Painter (Wilson, Long Beach) 18:50, Ross (Hawthorne) 19:04. Team. Hawthorne 52 (100:01), LB Wilson 69 (101:18), Bishop Montgomery (Torrance) 72 (102:47).

Men-(Small)-Schumacher (St. Anthony) 15:31, Biniam (Beliflower) 16:14. Team-Maranatha 47 (83:14). Cantwell (Montebello 72 (84:32). (Large) Garcia (Hawthorne) 15:16, Greenberg (LB Wilson) 15:21, Afewerki (LB Wilson) 15:21, Eldred (LB Wilson) 15:30. Team-LB Wilson 54 (78:54), Mira Costa (Manhattan Beach) 87

### Dana Hills Invitational Sept. 28. Dana Hills HS.

A number of the area's finer teams headed to Dana Hills for the annual highquality competition. The men run by grade with the women varsity and junior varsity level runs. Newport Harbor's women's group continued to roll, recording a team time of 91:50 over a course with a few more turns (they won here last year at 90:12). Far back in second was Edison of Huntington Beach (96:04). Sherri Smith (Woodbridge, Irvine) had a spirited run with Kat Prince (Riverside Poly) with Smith coming in ahead 17:20-17:25. Newport's Maggie Henson nipped teammate Buffy Rabbit 17:25-17:26 in the other Varsity run. Orange County's top male group, Villa Park, recorded the fastest overall team time among the men with their 77:36 to edge Vista (78:24) and Mission Vielo (78:45). Jose Alcaraz (Santa Ana Valley) at 14:58 recorded the day's fastest run in nipping Mission Viejo's Mark Lindrud (15:06)

Women-(i)-Henson (NH) 17:25, Rabbit (NH) 17:26, Eager (Vista) 17:57, Ritchot (Edison) 18:04, Reeder (Tustin) 18:04 Team-Newport 40 (91:50), Edison 107 (96:04), Vista 136 (97:04), Laguna Beach 136 (97:56), Hawthorne 158 (98:53). (II)-Smith (Woodbridge) 17:20, Prince (Riverside Poly) 17:25. Team-Riverside Po-ly 109 (98:45), Santa Ana 110 (100:45), Woodbridge 113 (99:09), Norco 132 (101:31), (III)-Glusac (San Marcos, SD) 19:22, Team-Yucaipa 72 (104:46), Laguna Hills 82 (105:54).

Men-(I) (9th)-Guzmen (Tustin) 16:49 (10th)-Gurungs (NH) 15:55 (11th)-Rodriquez (Vista) 15:12, Regis (V) 15:29, Mora (Bev Hills) 15:32 (12th)-Greene (VP) 15:08, Brown (NH) 15:13, McFadden (El Toro) 15:15, Meyer (VP) 15:20, Edwards (Rolling Hills) 15:21, Sorenson (VP) 15:24 (II)-(9th)-Shyrock (Corona Del Mar) 15:49 (Hoover, Glendale) 15:27 (III)-(9th) Ataye (Barstow) 16:26, (10th)-Gibson (Capistrano Valley) 16:11 (11th)-Lugo (Valencia) 15:18, Omen (Capo V) 15:40 (12th)-Towle (Valencia) 15:24, Palmer (San Marino) 15:30.

Teams (All grades combined)--Villa Park 77:36, Vista 78:24, Mission Viejo 78:45, Newport Harbor 79:07, Valencia

(Placentia) 79:13, Estancia (Costa Mesa) 79:18, Dana Hills 79:20, Corona Del Mar 79:25, Canyon (Anaheim) 80:23, Tustin 80:35, Edison (Huntington Beach) 80:36, Mt. Whitney (Visalia) 80:38.



Holly Briggs

### 🗸 Azusa Invitational Sept. 28. Citrus College.

Mission Valley League rivals Arroyo (El Monte) and Rosemead hacked each other (and the rest of the competition) to death on this flat course that is 85 yards short of 3 miles. The highly ranked 3A Section Men's groups had met in a dual two days previous with Arroyo rolling 22-37. Rosemead's Aaron Mascorro had the day's fastest clocking, a virtually solo 14:55 11th grade race win. Rosemead's Ramon Perez and Arrovo's Jeff Gilkey had a super 10th grade race, with Gilkey just outleaning his opponent at the finish to win with both at 15:03. Chris Jiminez took the 12th grade run for Rosemead with a 15:22. Arroyo added up the top five from all grades at 77:16 (its highly ranked 1983 squad statewide ran 75:49 here-the 1985 group features three sophs and one senior in its top five). Rosemead was 78:37 with Covina the next fastest at 80:50. Monrovia's Becky Merrill had the day's top women's time off her 19:11 senior race win. Coach Maury Greer's Northview team had the top women's team time of 102:35.

Women: (9th) Cross (Monrovia) 19:59 (10th Sanderson (Northview) 19:53, Wednesday (Rosemead) 19:58 (11th) Howden (So Hills, Covins) 20:10 (12th) Merrill (Monrov) 19:11, Lawrence (Nvw) 19:55, Aceves (Nogales, La Puente) 19:59 Team (5 times from all grades) Northview (Covina) 102:35, Rosemead 102:45, Monrovia 102:48, South Hills (Covina) 103:37. Men:

(9th) Sotello (Arrovo, El Monte) 18:20 (race took wrong turn), (10th) Gilkey (Arroyo) 15:03, Perez (Rosem) 15:03, Puentes (Arr) 15:27 (11th) Mascorro (Rosem) 14:55, Fest (Arr) 15:24, Sallenbach (El Monte) 15:29 (12th) Jiminez (Rosem) 15:22, Hernandez (Gladstone, Covina) 15:26. Team: Arroyo 77:16. Rosemead 78:37. Covina 80:50. El Monte 81:25, Arcadia 82:21.

### Bell-Jeff Invitational Sept. 28. Griffith Park.

Once again a number of Southern Californi's top teams came to Griffith Park for Coach Jim Couch's Invite that features a race for nearly all the local ranked small-school squads in addition to good competition for others. Defending men's 2A Section champion Loyola burst forth in their Division II race with a shocking 24 points and 76:43 team time (the day's best), led by the day's top individual clocking in Mike McCracken's 15:00 win. Last year the central Los Angeles parochial school came around patiently to take the 2A title they were favored to win-today was a shock with the day's top team time over some really fine teams in other races. Simi Valley took the Division I race with 50 points (77:10) over Hart (Newhall) 62. Torrance's Rich Hirschman nipped Simi's Jim Zimm er individually 15:03-15:04. Tracey Williams (Mt. View, El Monte) marked her sophomore invitational out-coming here. The Kinney National Finalist let no one down with a 17:21 run that was some 36 seconds faster than she won in here last year. The Maramonte League is very tough again this Fall. The Women's Division I team results showed that here. Westlake took the title with 64 points (98:04) with Simi Valley (71) and Thousand Oaks (78) close behind. With Newbury Park having an excellent female squad someone very good will not get to even the Section Prelims (even though they might be in the top ten of the over 100 4A Section schools). Walnut raced to a fine Division II Women's win with 35 points and an excellent 98:25 team time. Burroughs of Burbank had Sharalyn Dixon win individually there in 18:16.

The Small Schools seeded races were interesting. Morro Bay (60-80:43) nipped Northern League rival Atascadero (65) In the Men's, with Cathedral junior John Trefecanty the individual winner at 15:26. Bell- Jeff took the Women's race with 74 points (99:16) off the 1-2 finish of Chris Morgan and Patty Cutler.

Morgan and Party Course Results: (Division III)-(Worn) Morgan (BJ) 18:18, Cutler (BJ) 18:32, McKrell (Atasc) 18:52, Team: Bell-Jeff 74 (99:16), Atascadero 91, Morro Bay 107, Cabrillo (Lompoc) 116, Maranatha 126, San Gabriel Mission 140, Paraclete 171, (Men) (Seeded) Trefecanty (Cathedral) 15:26, Gottardi (LaSalle) 15:30. Team-Morro Bay 60 (80:43), Atascadero 64, Cathedral 70, Cabrillo 89, Bell-Jeff 138. (Unseeded) Rulz (St. Genevieve) 15:50. Team-Paraclete 73 (Div II) (Wom) Dixon (Burroughs, B) 18:16, Gunn (Walnut) 18:33. Team-Walnut 35 (98:25), (Men) McCracken (Loyola) 15:00, Thomson (Calabassas) 15:14, Sloan (Loy) 15:17, Team-Loyols 24 (76:43), Walnut 64. (Div. I) (Wom) T. Williams (Mt.View, El Monte) 17:21, Briggs (Simi) 17:46, Rizzo (Hart) 17:52, Farreli (TO) 18:01, Team-Westlake 64 (98:04), Simi 71, Thousand Oaks 78, Hart 108, Canyon (CC) 138. (Men) Hirschman (Torrance) 15:03, Zimmer (Simi) 15:04, D. Rattary (Canyon, CC) 15:09, Pressman (Simi) 15:15, Bans (Hart) 15:17. Team-Simi 50 (77:10), Hart 62, Thousand Oaks 82, Canyon (CC) 124, Westlake



### □ Prep Notes

### Kenny Staub Invitational Oct. 5. La Crescenta Park.

5 In a shocking upset Palos Verdes upset Newport Harbor in the women's division in this annually top-class meet. PV and Newport are both very deep squads, but on this day it was the PV one minute top live gap that handled the nearly three minute Newport gap to come away 57 (99:47) to 62 (99:11) victors. Newport had defeated PV by 4:20 as a team over a flat three mile course back in the Woodbridge Invite, so the combination of a warm morning and some hills sure had to make some difference here. Newport was felt to be close to the "second coming" but now it is back to the drawing board that should make for an interesting second half of the season. Newbury Park, third here with 89 points ran with Melissa Sutton, who was the win-ner here last year in 18:10. With Sutton Newbiry would have won it all the PV and NH scorers would have undoubtedly been each pushed back one place. Individually Temple City's Amy Dabul raced an excellent 18:08, second all time on the course to Kirsten O'Hara's 18:04 course record. Buffy Rabbit (Newport was second at 18:15 (#7 All-Time). Over in the men's division it was Hart (Newhall) blitzing the field in the Division I race by over two minutes with 56 points (81:35 team time). Juniors Aaron Mascorro (Rosemead) 15:39 and Richard Erbes (Glendale) 15:41 went 1-2 individually

Women-(I)-Dabul (TC) 18:08, Rabbitt (NH) 18:15, Rizzo (Hart) 18:22, Henson (NH) 18:44, Farrell (Thousand Oaks) 19:08, Morgan (Bell-Jeff, Burbank) 19:27. Team-Palos Verdes 57 (99:47), Newport Harbor 63 (99:11), Newbury Park 89 (102:21), Thousand Oaks 113 (106:12), Bell-Jeff 131 (106:55), Hart 135 (107:53), Laguna Beach 145 (107:38).

(II)-Barnes (Glendale 19:36. Team-Buena (Ventura) 48 (106:26). (III)-Watson (Upland)

19:56. Team-Upland 79 (114:08). Men--(I)-Mascorro (Rosemead) 15:39, Erbes (Glendale) 15:41, Edwards (Rolling Hills) 15:56, Burns (Hart) 16:02, Johnson (Hart) 16:03, Hirshman (Torrance) 16:08, Scudamore (Palos Verdes) 16:09, Imlay (Temple City) 16:17. Team-Hart 56 (81:35), Palos Verdes 117 (83:41), Newport Harbor 122 (84:11), Thousand Oaks 154 (85:15), Torrance 157 (85:16), Newbury Park 161 (85:03), Corona Del Mar 164 (84:44), Rolling Hills 171 (85:27). Rosemead 171 (85:42). (II)-Mdra (Bev Hills) 16:15. Team-Hoover (Giendale) 99 (86:48). (III)-Hesseltine (Upland) 16:32. Team-Upland 108 (87:52).

### Other Results:

### YUCAPIA INVITATIONAL

BOYS: DIV. ONE: IND.—1. Serratos (MV), 16:11; 2. Orasuera (R), 16:46; 3. Montoya (Chino), 16:56. TEAM—1. Hem-Montoya (Limb), 16-06. [24A4—]. Fresh et, 46; 2. Rubidioux, 86; 3. Moreno Valley, 99. DIV. TWO: IND.—Ganzaga (P), 16:25. TEAM—1. Coachella Valley, 84; 2. Magnolia, 104; 3. Perris, 106; 4. Mountain View, 114. DIV. THREE: IND.—1. Nelson (La Sierra), 16:14; 2. Koinya (SI), 16:28.

(La Sierral, 16:14; 2. Korrya (SI), 16:28: TEAM—1. Sherman Indian, 30: 2. Maranatha, 78: 3. Covina, 118. GiRLS: DtV. ONE: 1. Rigney (Cajon), 19:57; 2. Barnes (Corona), 20:53; 3. Freyne (RP), 20:58. TEAM—1. Chino, 70: 2. Riverside Poly, 79: 3. Apple Valley, 112. DtV. TWO: IND.—1. T. Williams (MV), 18:39; 2. Smuth (WV), 19:00; 3. L. Williams (MV), 19:38. TEAM—1. Hearnetic 48: 2. 18:39; 2. Smrth (W), 19:00; 3. L. Williams (MV), 19:38. TEAM—1. Hesperia, 48: 2. Woodbridge, 82; 3. Mountein View, 86: 4. Etwanda, 118. DIV. THREE: IND.—Moronez (Azusa), 19:43. TEAM—1. Yucaqe, 81; 2. Marenatha, 89; 3. San Gebriel Mission, 91; 4. Calexico, 96; 5. Twentynine Palms, 145.

### HANCOCK INVITATIONAL

HANCOCK INVITATIONAL
BOYS DIV ONE IND —1. Brazelton
(SB). 16.40.2 Rockenbach (SB). 16.49;3.
Davis (SR), 16.54. TEAM—1. Santa
Barbara, 27: 2 Bakerslield North, 48; 3.
Bakerslield, 8B, DIV, TWO: IND.—1.
Richards (A): 16: 10; 2. Everett (A): 16:43;
3 Huckaby (A), 16: 48. TEAM—1. Atsacadero, 25: 2. Righetti, 51; 3. Dos
Pueblos, 69. DIV, THREE: IND.—1. Valles
(M), 16:08; 2. Kimple (Carp), 16: 16; 3.
Dias (M), 16:42. TEAM—1. Cabrillo, 34;
2. MacFarland, 44; 3. Carpinteria, 67.
GIRLS: DIV. ONE: IND.—Caufield (B),
C0:26. TEAM—1. Bak. North, 49; 2.
Santa Barbara, 52; 3. Bakersfield, 71. DIV.
TWO: IND.—1. Martino (St. Joseph),
19:42; 2. Fisher (DP), 20:18; 3. Lumadaine
(C), 20:20; 4. Hansen (R), 20:23; 5. Crook
(DP), 20:30 TEAM—1. Dos Pueblos, 36;
2. Righetti, 70, 3. Atascadero, 72; 4.

2. Righetti, 70; 3. Atascadero, 72; 4. Carbillo, 73; 5. MacFarland, 147.

### Hanford Invitational

Sentors (3 miles) — Lanes, McLans, 14:59; Heranjo, Senger, 15:15; Medins, Wasco, 15:21 Juniors (3 miles) — Delgalo, Firebaugh, 15:49; Orozzo, Foothill, 16:04; Brackenridge, Immen-

Sophomores (2 miles) — Cole, Yosemile, 10:28; Alverez, Clovie West, 10:33; Ramirez, Wasco, 10:34

Freshmen (2 miles) — Pacheco, Medera, 10:46; Berbour, Herriord, 10:40; Geurdiols, Tu-Jane. 10:57

#### CHRLS

Seniors — (2 miles) Cruz, Exeter, 11:59; Belier, Monache, 12:10; Graves, Yosemits, 12:54 Juniors — (2 miles) Wagoner, Clovis West, 12:22; Wells, Clovis West, 12:57; Jacobems, Mount Whitney, 13:00

Sophomores — (2 miles) Lopez, Meders, 12:00; Mendoza, Henford, 12:59; Vogel, Clovis West, 13:11

Freshmen (2 miles) — Rolder, Mount Whitney, 12:48; Tracey, Golden West, 13:24; Pacheco, Sheller, 13:27

### Merced Invitational

Varsity boys Mark Kropf, Madera 15:41; Phillip Castellanos, Madera 15:42; Ramon Lui, Medera 16:01; Coy Terra, St. Mary's 16:07; Rick Zeller, Merced 16:15; Seen Stehman, Madera 16:16; David Garcez, Merced 16:23; Scott Hogan, Sacra-mento 16:24: Dino Oliverse, Sonora 15:25; Joses Gomez, Madera 16:37

Team scoring Maders 21; Merced 56; St. Mery's 66; Lincoln 60; Edison (Stockton) 130; Oakdele 136; Sonora 150; Watsonville 160; Tracy 177; Alwater

Varsity girts Mary Lopez, Neders 18:47; Stacy Wainwright, Mercad 18:56; Betty Chavez, Modesto 19:10; Cethy Ryen. Sonora 20:01; Becky Wilkinson, Mercad 20:17; Kendi Mulhern, Medera 20:36; Rense Malberg, Lodi 20:41; Kerry Neubaum, Oakdale 20:46: Tricla Sawyer, Lincoln 20:50: Karen Rotherham, Beyer 20:54

Teem scoring

Maders 42: Merced 64: Sonors 65; Beyer 86; Lincoln 101; St. Marys 107 JV boys Norman Lawrence, Beyer 16:26; Stan Hernandez, Maders 16:27; Tony Juerique, Maders 15:38

Frosh-Soph Boys Alfonzo Pacheco, Madera 10:16; Javier Marti-nez, Watsnorwille 10:35; Paul Echols, Madera 10:55



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### **RUNNING CONNECTIONS**

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Percy Wells Cerutty was one of the world's most successful distance running coaches of all-time. His athletes set over thirty world records which included Herb Elliott, John Landy, Albert Thomas, Murray Halberg, Bill Baillie, Dave Stephens, Leslie Perry and other outstanding athletes were influenced by his teachings among them, tennis player Margaret Court and golfer Peter Thomson.

At age 43, Percy Cerutty was given six months to live by his doctors. Through a regimen of his own design, he was able to regain normal health in two years and five years later he set the Victorian marathon record. Physical fitness became his lifework and he created The International Athletic Center at Portsea, Australia, which became an ashram for athletes and coaches around the world. From this center, he influenced training and coaching methods in many countries. Cerutty's Stotan philosophy of training and living has helped athletes make major break-throughs in distance running, track and field for more

than twenty years. Percy Cerutty is the only coach to be awarded a gold medal for his athletic contributions at the Olympic Games and has also been awarded the Member of the British Empire by the Queen of England and the Master of Sports and Psychology by the Soviet Union, the two most distinguishing awards given to sportsmen in these countries.

·Larry Myers



Larry Myers, author of Training with Cerutty was handpicked by the late Percy Wells Cerutty to carry on the Austrailan's work. He lives in Denver, Colorado, where he teaches Cerutty's athletic techniques and philosophy. This is the introduction from his forthcoming book Running Connections.

"Athletics is basically a case of the blind leading the blind. Whatever you've learned or been taught, reverse it and you'll be nearer to the truth!"

-Percy Wells Cerutty

The above quotation was the first lesson Percy Wells Cerutty taught me up in his study when I arrived at Portsea on April 11, 1973 and these words have not failed me in the last twelve years carrying on Cerutty's Stotan training system. They have, in fact, been the inspiration for this book which seeks the truth finding the keys that will unlock the doors to man's potential for setting future world records.

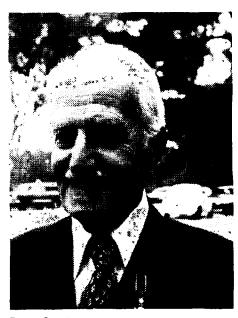
Aunning Connections is written primarily for the world-class athlete and coach who are training for international and Olympic competition, and I have included a chapter on jogging for the recreational runner who is reading this book to improve his health and fitness.

Life goes on at a tremendous pace and Cerutty's teachings go on uplifting sport and humanity. I have carried the Cerutty traditions to new heights teaching and certifying athletes and coaches realizing much must fall on stony ground. I have improved in some areas excelling the teacher, but I seriously doubt anyone will ever be able to

improve on Cerutty's revolutionary running style, the five basic movements, which was his greatest gift to the athletic world he taught and believed would be the key to future world records.

The Cerutty training system that produced thirty world-record holders is alive and well in Denver, Colorado, the Mile High City favored for distance running and highaltitude training, and will continue to thrive and flourish for the advancement of athletics and sport. Running Connections carries on for Percy Wells Cerutty showing in chapter one the influence of George Hackenschmidt and Arthur F.H. Newton. These three legends of sport, giants in their day, teach us basically all we need to know for reaching the pinnacles or ultimates in athletics and sport, their combined philosophies are hallmarks of knowledge and wisdom years ahead of its time.

Percy Cerutty called George Hackenschmidt the greatest athletic mind of the twentieth century. Hackenschmidt, one of the greatest wrestlers of all-time, teaches we have to reverse what we have learned or been taught in the past by stop over-intellectualizing sport creating an unnatural set of tensions blocking the creative flow of dynamic energy channeled through the neural patterns relying on pure instinct, using the left side of the brain, let-



**Percy Cerutty** 

ting it guide and direct the energy, strength and power that is diffused with ebbs and flows, pulses and surges through the neural patterns. The athlete uses intellect memorizing the neural pattern with practice and meditation, then relies on instinct transforming thought into movement via the neural pattern.

The athlete should not play "head games" with himself making his training harder than it really is using an overintellectualized approach that is selfdefeating creating an unnatural set of tensions, when he can take the easy path becoming a child again instinctively releasing himself to the flow going with it, instead of hesitating for a split second which only turns any freeing movement into a zomblelike movement lacking all that freedom and spontanelty revered centuries ago by the Greeks. When the athlete clears his mind of all thoughts relying on pure instinct letting it direct the flow, the person becomes one with the universe and a hundred percent flow with his neural patterns, as time and space is momentarily lost and all that remains is dynamic energy, strength and power filling the empty spaces of the neural

Yoga and Zen Buddhism teaches the athlete not to force the flow through the neural patterns, but to just release yourself going with it, naturally and instinctively, breathing deeply fully filling the upper and lower lobes of the lungs, what Cerutty called tidal breathing or full-lung aeration. Just calm down and relax releasing yourself to the pure act of movement clearing your mind of all thoughts or any conscious effort making it child's play, fun and games, having the time of your life.

Cerutty followed the same philosophy on a smaller scale for training middle and longdistance runners that Arthur F.H. Newton used for ultramarathoning setting world records for all distances from 40 miles to 24 hours. Newton teaches us, if the distance runners expects to compete on a worldclass level, he has to train every day in and out-of-season continually subjecting the organism to stress running various distances at race pace, shorter distances during the week and progressively longer distances on the weekends, conditioning and practicing his event or he will lose the primary and secondary tanks acquired up to this point in his career. The distance runner has to condition for and, at the same time, practice his event forming a primary tank composed of those crucial starting distances that is equal to the secondary tank conditioned with numerous breakdowns balancing the two tanks together for holding a hard pace from start to finish fartleking with ebb and flow tactics over the full distance of the race.

Percy Wells Cerutty pioneered middle and long-distance running in Australia and influenced training and technique in other countries for more than twenty years. Cerutty was not only training athletes to set world records and win Olympic medals, he was seeking the Everests in sport never to be equalled or excelled in our lifetime. The man exploited every facet of training and technique down to the last detail finally concluding the key to unlocking the doors for future world records is a new running style for humanity. Percy's dreams are now my dreams and I am sure they are yours too in the guest for excellence and perfection.

Cerutty's greatest gift was that of an innovator, he was constantly looking for a better way to improve on the current world records. He never asked an athlete to do anything in practice he had not already done or could demonstrate himself. Anyone who knew Percy Cerutty when he was alive clearly understood his views and utter contempt for interval training, Long! Slow Distance running, training on hard roads running with locked elbows that only fills one-quarter of the upper and lower lobes of the lungs, a diet of unnatural foods and being a slave to a stopwatch training, as most do, to a printed schedule that enslaves rather than freeing the athlete for the ultimate in creative expression.

There has never been a world-class athlete, regardless of his natural gifts or innate abilities, who has set a world record or

on that long and narrow path traveled only by the chosen few to the summit of Mt. Olympus, so he can give a winning performance in the athletic arena then later on in life

[Running Connections gives the coach and athlete valuable esoteric knowledge from actual experience for connecting together the pieces of the neural pattern puzzle from the beginning, middle and end creating a smooth, free-flowing performance which is the end point of the athlete's abilities represented by the sum of its parts equaling the whole developing the total athlete to his full potential.

Chapter two entitled, "Running Connections: Neural Pattern Training," describes in detail how the neural pattern is programmed and then canceled out each year for an improved performance. The running connections for the 400 meters to the marathon is a significant breakthrough for distance running, track and field unifying the athletic world into a universal training system eliminating the confusion created over the years from the various training systems that are basically all the same only with different labels.

Man, by nature, is a creature of habit and the neural pattern is a habit pattern in the athlete's brain that is transferred to the right muscles in the body producing a rapid chain of motions called movement. The neural pattern that is conditioned by hours of practice and meditation becomes what Cerutty calls "the act" that is transformed through the human body unfolding the drama and excitement of sport and life.

Each event is an athletic puzzle within itself having its own neural pattern design and success on a world-class level largely depends on knowing how to take the event apart, piece by piece, then putting it back together again in its proper order from beginning to end without any weak links or 'bad patches' according to how each person adapts to stress in his own special unique way.

The coaches have all the pieces to the neural pattern puzzle for each event, but the missing piece they lack for completing the whole picture developing the total athlete is, of course, the breakdown which makes

ming new neural patterns each year with the breakdown canceling out the old ones conditioning strong primary and secondary tanks, rather than training to a printed schedule in a textbook which disregards the athlete's ability to adapt to stress.

# "Each event is an athletic puzzle within itself..."

The biggest problem with most athletes is they retreat from the breakdown using it to condition a strong secondary tank that is equal to, or greater than the inborn primary tank composed of those crucial starting distances; however, there are a few, the singularly gifted ones with the right character, personality and temperament, who go to the limits making it really tough on the younger ones trying to get to the very top. Percy Cerutty said, "The athlete should take one day at a time adapting to stress with patience and persistence never being in a big hurry projecting his mind and body into the future with an expectant attitude never giving up, until he finally reaches the summit of Mt. Olympus. Most athletes give in to their fate and destiny without putting up a struggle with the breakdown enduring the pain and stress needed to conquer the mountain."

A heavy price is paid over the years with numerous breakdowns adapting to stress conditioning strong primary and secondary tanks. The distance runner adds on more time and distance, little by little, after each breakdown to those crucial starting distances he can naturally run at race pace connecting together longer distances enroute, eventually running the full racing distance for a new world record and, at the same time, he subtracts or cancels out the old unwanted neural patterns that no longer serve any useful purpose, along with everything else that stands in the way between the athlete and success for arriving at his full optimal potential.

We have to reverse what has been learned or taught in the past gradually adding on more time and distance to those crucial starting distances as we get progressively stronger and fitter with each breakdown adapting to stress conditioning strong primary and secondary tanks, instead of working against ourselves trying to lower the runner's time the old-fashioned way being a slave to a stopwatch training to a printed schedule doing interval training and piling up the mileage. Time in its abstract form is a precious commodity in short supply and we have to use it to our advantage along with distance for running faster times, instead of letting it defeat us like we have done unsuccessfully in the past by not learning how to control pain and stress.

# "...the athlete clears his mind...relying on pure instinct, letting it direct the flow...becomes one with the universe..."

competed in the Olympic Games without the guidance of a knowledgeable coach. The coach or mentor, in Cerutty's case, is like the director of a movie or Broadway play who gives the athlete's career forward momentum from beginning to end through all the intermediate stages helping the person channel his energies, gifts and talents in a positive direction, upward and onward.

all the other factors seem trivial by comparision for competing on a world-class level in the Olympic Games setting world records.

Success in athletics comes down to a philosophy of training which ultimately develops the total athlete in light of his strengths and weaknesses according to how one adapts to stress. Running improved times in the modern era is based on for-

To be continued January 1986 Issue.

### College Cross Country Results



Action with a half mile to go in the men's race at the Stanford Inv. From left, Rod Curry (UCI), James Alborough (Stanford), Jeff Atkinson (Stanford).

### Hornet Invit.

MONIDUALS - 1. Mike Toro, CPP, 25:14; 2. Chris Ryalls, N-R, 25:18; 3. Denny Holmes, BS, 25:21; 4. Juan Perez, CPP, 25:25; 5. Ray Cook, Teem Kahlus, 25:28; S. Glenn Charanduk, F. 25:40; 7. Brent Griffiths, SLO, 25:42; S. Jerry Ljubren, B, 25:46; S. Deen Rinds, unalt., 25:46; 10. Jerry Hernandsz, SLO, 25:53; Others - 21. 18. July Permander 3. LU, 25.35, 25.00 (1018) — 21. 38. John King, F, 26.50; 56. Phil Buckley, F, 27:20; 58. Eddle Buehner, F, 27:23; 58. Eddle Buehner, F, 27:23 TEAM SCORNIG — Cal Poly SLO 55, Boise State 82, UC Davis, 111, Cal Poly Pomona 124,

Fresno State 148, UC Riverside 210, San Jose 234. Nevada-Reno 259

Three miles HIDIVIDUALS — 1. Party Young, N-R, 17:51; 2. JiB Perry, UCD, 18:01; 3. Stephanie Jones, N-R, 18:02; 4. Jennifer Thatcher, UCD, 18:08; 5. Kelly Buzza, F, 18:09; 6. Laura Hendry, H, 18:10; 7. Kim Piersett, Unst., 18:11; 8. Nancy Ridel, UCD, 18:014; 9. Ruth Vega, S. 18:17; 10. Monitor Zieschrang, H. 18:19; Others — 12. Dienne Fairman, F. 18:22; 16. Liss Lewis, F. 18:39; 20. Nancy Galarmeau, F. 18:46; 25. Glns Montie, F. 19:02; 26. Lynda Fairman, F. 19:02; 31. Eileen Dyer, F, 19:10

TEAM SCORING — UC Davis 44, Fresno State 70, Hayword 75, Cal Poly Pamona 79, Nevada Reno 110, Secramento 173, Senoma 216, Chi-

### Chapman Invit.

MEN: IND .- 1. Kunene (CSB), 22:57; 2. Castle (Cal Lutheran), 23;26; 3. Smith (CL), 23:49. TEAM-1. Biola, 43; 2. Cal

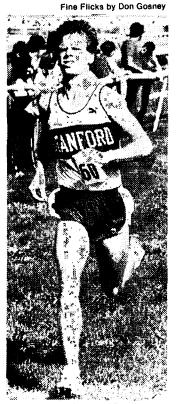
(LU, 23:49. EAM—1. Blola, 43; Z. Cal Lutheran, 51: 3. Claremont, 61. WOMEN: IND.—1. Morgan (USD), 20:22; 2. Medina (CSB), 21:01; 3. Gengler (Southern Utah), 21:19. TEAM—1. CS Bakersfield "A", 30: 2. U. San Diego, 84: 3. CS Bakersfield "B", 109.

### Riverside Invit.

MEN: IND.—1. Greer (San Diego St.), 24:38, 2. Eddy (SDS), 24:39:3. Curry (UC Irvine), 24:40; 4. Garibaldi (UCI), 24:47; 5. Knowles. (UCI), 24:55. TEAM—1. UC Irvine, 35; 2. San Diego St, 42; 3. Cal Poly Pomona, 136.

### Mira Costa Invit.

MEN: IND.--1. Sandoval (Grossmont). 20:22: 2. Wangler (G). 20:37; 3.



Ryan Stall (Stanford)

Grisez (G), 20:47. TEAM-1. Grossmont, Gradus Control (1988) 13 Orange Coast, 96 WOMEN IND — 1 Mosqueda (East LA), 18.39, 2 Kiernan (Orange Coast), 19.02, 3 Stehly (MiraCosta), 19.32 TEAM—1 MiraCosta, 29; 2 East LA, 41, 2 Fellotted 136 3 Fullerton, 136

### **UCLA Men's Twilight** All-Comers

September 15, UCLA.

	Overall Results	
1	Bob Leetch, AdidasTC	18:58
2	Raiph Serna, Loeschorns	19:15
3	Matt Blaty, Loeschorns	19:18
4	Eugene Cruz, Unat.	19:20
5	Joey Gomez, Loeschorns	19:34
6	Kevin Broady, Loeschorns	19:36
7	Aaron Rudd, SDSU	19:38
8	Mike Parkinson, Unat.	19:42
9	Paul Greer, SDSU	19:44
10	Roman Gomez, Unat.	19:49
11	McClas, SMTC	19:50
12	Sean Evans, Runners Store	19:51
13	Jack Kainy, JamuiToad	19:51
14	Danny Ovulette, SDSU	19:57
15	Charlie Davis, SDSU	19:59
16	Victor Santamaria, Unat.	20:03

7 Chris Monroe, LB	20:08
B Tyrus Demeter, Unat	20:11
Romney Mawhorter, Ur	nat. 20:12
0 Rob Arsenault, CSLA	20:15

### **UCLA Women's** X-C Invitational

	*		
September 15, UCLA.			
	Overall Results		
1	Shannon Stryker, UCLA	17:44	
2	Heidi Gerum, Arız.	17:53	
3	Camille Harron, Ariz.	18:10	
4	Tania Fischer, UCLA	18:29	
5	Carrie Lautner, UCLA	18:29	
6	Kimber Pennington, UCLA	18:36	
7	Claire Feirt, Ariz.	18:40	
8	Alexandra Aguirre, CSUN	18:41	
9	Bobbie Shipper, Kangaroos	18:51	
10	Anne Kendrick, UCLA	18:53	
11	Maureen Bradley, SDSU	18:54	
12	Nancy Bowman, CSUN	18:56	
13	Heather Brookes, CSUN	18:57	
14	C'za Azcueta, UCLA	19:08	
15	Kris Zdanowski, SDSU	19:08	
16	Pam North, Ariz.	19:10	
17	Tammy McCarty, CSUN	19:11	
18	Elaine Triplet, Unat.	19:12	
19	Annie Seawright, UCLA	19:13	
20	Pauline Stehly, MiraCosta	19:17	
Team Scores			

1. UCLA 25; 2. Arizona 46; 3. CSUN 78; 4. SDSU 89; 5. Mira Costa C 165; 6. CSULB 259; 7. Mt. St. Mary's 332.

### Moorpark Invit.

MEN: IND -- 1 Swai (Santa Monica), MEN: IND —1 Swar (Santa Monica), 19:24, 2 Sandoval (Grossmortt), 19:43; 3. Ramos (Trade Tech), 19:58, 4. Tzadok (Santa Monica), 20:22; 5. Zepeda MiraCostal, 20:27 TEAM—1. Pasadena, 74, 2. Groosmont, 102; 3. MiraCosta, 123

WOMEN: IND.—1. Lohr (Valley), 17:06; 2. Stewart (Valley), 17:36. TEAM—1. Valley, 80; 2. Moorpark, 99, 3. Pasadena, 134

### Westmont X-C

September 21. Westmont.

	Overali Results	
1	Chuck Smead, W Al.	25:41
2	Gus Hermes, West	26:37
3	Jim Knox, West	26:58
4	Derdk Turner, UCSB	27:02
5	Jeff Jacobs, UCSB	27:10
8	Kurt Cook, W Al.	27:13
7	Paul Yost, W Al.	27:16
8	Tim Wallen, West	27:23
9	Chris Kyle, UCSB	27:26
10	Burt Esparza, UCSB	27:30
11	Jim Mattson, West	27:36
12	Jack Dixon, W Al.	27:49
13	Dan Howard, UCSB	27:52
14	Paul Bigelow, Agges	27:59
15	Robert Thiede, UCSB	28:04
Te	sm Scores:	
1. Westmont 40, 2, UCSB 41, 3, Westmont		

Alumni 43, 4, Cal Tech 164.

Overall Results - Women's 5000m 19.25CR M. Martel, UCSB Al. E. Triplett, UCSB At. 19:42 S. Malley, UCSB AI, 19:47

B. Torrez, UCSB

### Results

5 M. Ganoe, UCSB	19:51
8 D. Hall, UCSB	20:04
7 A. Deleon, UCSB At	20:16
8 Debbie Katekaru, West	20:41
9 T. Unruhe, UCSB	21:31
10 C. Mels, UCSB	21:38
Team Scores:	
1 UCSB Alumni 20 2 UCS	CD 24 2 14/max

mont 67, 4. Westmont Alumni NS.

### Fresno State Invitational

September 21. Fresno. 10K & 5K.		
_	Overall Results - Men's 10K	
1	Jay Marden, Cal	31:06
2	Kevin Jones, TeamEtonic	31:11
3	Curt Corvin, Washington	31:21
4	Dan Gonzalez, ConverseAg	31:29
5	David Parish, Nevada-Reno	31:43
6	Joe Rubio, CPSLO	31:45
7	Bruce Storms, CPSLO	31:49
8	Jerry Hernandez, CPSLO	31:50
9	Jason Flamm, Cal	31:51
10	Dan Bell, Washington	31:53
-11		31:54
12	Chris Ryalls, Nevada-Reno	31:57
	Brent Griffiths, CPSLO	32:00
	Glen Charanduk, FSU	32:01
	Matt Huber, Nevada-Reno	32:01
	Bruce McDowell, Washington	32:02
	Dean Rinde, Sac St.	32:10
	John King, FSU	32:16
19		32:19
	Jim Chaney, CPSLO	32:24
	Juan Garcia, TeamPeregrine	32:26
	Matt Donnelly, Washington	32:30
	Bill Lybeer, FSU	
24		32:30
	Brian Butterfield, Occid.	32:31
23	orien outterneid, Occid.	32:36

Team Scores 1. Cal Poly-SLO 35; 2. Washington 60; 3. California 97; 4. Nevada-Reno 97; 5. Fresno State 128; 6. Hayward State 166; 7. Occidental 185; 8. Sacramento State 190; 9. San Jose State 231; 10. College of Notre Dame 319.

	Oversii Hesults - Women's	5K
1	Katy Manning, CPSLO	17:16
2	Sally Wood, Cal	17:38
3	Lori Lopez, CPSLO	17:57

18:01
18:02
18:06
18:07
18:09
18:11
18:16
18:17
18:18
18:25
18:28
18:29
18:31
18:33
18:34
18:35
18:38
18:39
18:41
18:45
18:47
18:48

1. Cal Poly-SLO 32; 2. California 49; 3. UC Davis 70; 4. Hayward State 117; 5. Fresno State 144; 6. Nevada-Reno 163; 7. Sacramento State 181; 8. Washington 221; 9. College of Notre Dame 239; 10. Oc-cidental 260.

### Aztec Invitational

September 26. Baibba Park, San Diego.				
	Overail Results - 10,000 Meters			
1	Andre Woods, Arizona	30:25		
2	David Barney, Unat.	30:30		
3	Matt Glusto, Arizona	30:31		
4	Aaron Ramirez, Arizona	30:34		
5	Kevin McKarey, B Team	30:36		
6	Dan Fisher, Arizona St	30:43		
7	Eugene Cruz, Unat.	30:45		
8	Alfredo Shahanga, UTEP	30:46		
9	Jon Butler, UCLA	30:47		
10	Steve Perez, CP-Pomona	30:49		
11	John Aalberg, Utah	30:55		
12	Keith Morrison, Arizona	30:58		
13	Reid Neuman, Utah	30:59		
14	Chris Caldwell, N.Arizona	31:01		
15	Bo Reed, N.Arizona	31:01		
16	Rich Brownsberger, UCLA	31:04		
17	Paul Greer, SanDlegoSt	31:05		
	Andy Almedera, Unat.	31:06		
19	James Maxwell, Arizona	31:06		
	Eddle Toro, CP-Pomona	31:08		
	Steve Preston, Arizona St	31:09		

photo by Burt Davis



Kirsten O'Hara (UC Berkeley) winning the womens race at the Stanford invitational.



Lori Lopez (left) and Katy Manning.

Cal Poly San Luis Obispo teammates

#### 22 Rusty Knowles, UC Irvine 31:10 23 Simon Gutierrez, Arizona 31:13 24 Mark Senna, N. Arizona 31:15 25 Mark Junkermann, UCLA 31:15 Team Scores

1. Arizona 39; 2. UCLA 127; 3. N. Arizona 144; 4. UC Irvine 154; 5. Cal Poly Pomona 163; 6. Arizona State 185; 7. B Team 202; 8. San Diego State 204; 9. UTEP 205; 10.

### Westmont Invit.

Sentember 28 Sente Barbara

34	premoer 28. Santa Barbara.	
	Overall Results - Men's 5.2	Mile
1	Art Castle, CLC	26:18
2	Manoala Kunenc, Bak	26:19
3	Gus Hermes, West	26:23
4	Rob Styler, UCSB	26:26
5	Jim Mattson, West	26:31
6	Jim Knox, West	26:39
7	Rory O'Flaherty, SC	26:50
8	Dave Withers, B	26:59
9	Chris Spitz, Un	27:12
	Tim Wallen, West	27:13
11	Mike White, SC	27:28
	Jon Black, Un	27:32
	Bill Tokar, Un	27:32
14	David Wooding, SC	27:34
15	Mike Smith, CSC	27:34
16	Tom Peterson, CSC	27:35
17	Phil Duncan, Un	27:52
18	Dan Elliott, B	27:54
19	Bill Quirk, SC	27:55
20	Robert Stradley, B	27:58
Te	am Scores:	

1. Westmont 50, 2. Santa Clara 62, 3. UCSB "B" 80, 4. Biola 89, 5. Cal Lutheran 101, 6. Bakersfield 184, 7. Loyola Marymount 192, 8. Azusa Pacific 209, 9. CS San Bern, 223, 10. Pepperdine 259, 11.

M	asters 332.	
	Overall Results - Women'	s 5000m
1	Shelby Rahilly, Bak	19:58
2	Tammy Wold, LMU	19:59
3	Maureen Corrigan, LMU	20:02
4	Madeline Villacres, LMU	20:03
5	Mary Louise Leginato, SC	20:05
6	Maura Bookout, APU	20:12
7	Judy Thomas, APU	20:20
В	Debbie Katekaru, West	20:39
9	Rosa Medina, Bak	20:52
10	Michelle McGinnis, Bak	20:56
11		21:06
12	Tracy Schofield, Bak	21:11
13	Monica Litjen, LMU	21:24
14	Cathy Kning, CSSB	21:26
15	Linda Taylor, LMU	21:29
16	Lori Wilson, CSSB	21:41
17	Diane Marshall, Bak	21:51
18	Cynthia Morgan, Masters	21:56
	Rebecca Hodde, CSSB	21:58
50	Brenda Bowen, West	21:59
Te:	nm Scores:	

1. Loyola Marymount 35, 2. CS Bakersfield 39, 3. Azusa Pacific 101, 4. Westmont 117, 5. CS San Bernardino 121, B. Masters 172, 7. Pepperdine 173, 8. UCSB "B" 188, 9. Mt. St. Mary's 204, 10. Santa Clara NS, 11. Cal Lutheran NS.

### Stanford Invit.

Poly Pomona, 259; 9. CS Long Beach, 267.

267. WOMEN: IND.—1. O'Hera (C), 16:41.4; 2. Wiley (S), 17:03.6; 3. Jacobe (S), 17:16.3; 4. Abrahams (UCI), 17:21.5; 5. Hend (M), 17:23.5; Others included: 6. Stryker (UCLA), 17:26.6; 7. Lopez (CPSLO), 17:27.1; 8. Fischer, (UCLA), 17:33.9; 10. Aguire (CSN), 17:54.2. TEAM SCORES—1, Stanford 47: 2. ICLA 82. SCORES—1. Stanford, 47: 2. UCLA, 82; 3. California, 111; 4. Cal Poly SLO, 112; 5. CS Northridge, 146. Others included: 6. UC Irvine, 177; 12. San Diego St., 311; 13. Fresno St., 329

### Roadrunner Invit.

WOMEN: IND.—1. Trible (0), 17:08; 2. Howard (CPP), 17:19; 3. Farley (CPP), 17:33; 4. Lopez (CPP), 17:58. TEAM—1. Cal Poly Pomona, 26; 2. Occidental, 67; 3. CS Bakersfield, 69.

### Hancock Invit.

MEN: RND — 1. Sauregui (F), 21:27; 2. Iniguez (H), 21:29; 3. Murtha (H), 21:31; 4. Partridge (H), 21:39; 5. Williams (F), 21:47. TEAM— 1. Hencock, 23; 2. Fresno, 45; 3. Santa Barbera, 64. WOMEN: IND.— 1. Allen (SB), 18:48; 2. Hero (SB), 19:29; 3. Shew (F), 19:30. TEAM— 1. Fresno, 30; 2. Santa Barbera, 21

### Arizona Invite.

U	ctober 11. jucson, AZ.	
	Oversii Results - Men's 4,4 Mi	le
1	Simon Gutierrez, Az	22:53
2	James Maxwell, Az	22:54
3	Aaron Ramirez, Az	22:54
4	Andre Woods, Az	22:54
5	Matt Giusto, Az	22:55
6	Gary Schrakenberg, Central Az	23:00
7	Keith Morrison, Az	23:02
8	Ronnie Archuleta, NM St.	23:03
9	Chris Morgan, Az	23:09
10	Kris Norton, Unat.	23:15
	am Scores:	
1	Arizona 2 Now Mantes Over	

Arizona, 2. New Mexico State 76, 3. Central Arizona "A" 88, 4. New Mexico 111, 5. Navajo C.C. 168, 6. Roadrunners

	Overall Results - Women's 3.3	Mile
1	Camilla Harron, Az	19:14
2	Heidi Gerum, Az	19:18
3	Trina Leopold, Phoenix	19:26
4	Verna Woody, Phoenix	19:34
5	Clare Feit, Az	20:04
6	Maria DeBiase, Colorado St.	20:09
7	Mary Dore, Az	20:15
8	Chris Porter, Phoenix	20:16
9	Kim Prince, Phoenix	20:20
10	Libbie Johnson, Colorado St.	20:23
	am Scores:	_5.20

1. Arizona 37, 2. Phoenix College 49, 3. Colorado State 54, 4. Navajo C.C. 136, 5. Scottsdale C.C. 233.

### **Aggie Invitational**

v	Rober 12, Davis,	
	Varsity Results	
1	Brian McInnes, Cordova	15:53
2	Arne Hanson, Davis	15:08
3	George Voniker, Cordova	16:39
4	Steve Huston, DelOro	16:56
5	Randi Stevens, Cordova	17:03
6	Juan Perez, Woodland	17:08
7	Craig Cook, Davis	17:11
8	Corey Scause, Del Oro	17:14
9	James Engdahl, Hayward	17:14
10	Tim Bryan, Los Banos	17:24
	am Scores:	,,,,,,
1. (	Cordova 51, 2, Del Oro 53, 3,	Davis 50 4
Wc	odland 69, 5. Los Banos 1	10
	Girl's Results	

	Giri's Results	
1	Megan Warner, Del Oro	18:44
2	Trish Richarder, Gold.	20:02
3	Edie Vogt, Gold.	20:46
4	Robin Madell, Davis	21:04
5	Shauna Long, Loretto	21:12
6	Pam Meneni, Davis	21:24
7	Jennifer Sherrill, Gold	21:28
8	Sarah Tracy, Davis	21:29
9	Marcia Nichols, Wood.	21:36
10	Jill Kilinger, Del Oro	22:01
	am Scores:	

1. Del Oro 42, 2. Davis 43, 3. Loretto 56, 4. Los Banos 80.

### Results

	Frosh-Soph Results	
1	Kirk Martinez, Davis	17:29
2	Frank Auselmi, Cardova	17:31
3	Doug Cornwell, Cardova	17:32
4	Weil Savelieu, Davis	17:37
5	Mike Hill, Woodland	17:43
6	Nat Lewis, Davis	17:44
7	Mike Kirguse, Del Oro	17:86
8	Aron Cizek, Del Oro	18:06
9	Chris Acosta, Woodland	18:13
10	Terry Bell, Cardova	18:39
Ta	Carried Control	1.00

Team Scores:
1. Davis 29, 2. Cardova 48, 3. Del Oro 61, 4. Highlands 91.

### All Cal Invit.

October 5, UCSB. 4.9 miles.

1	Marden (UCB)	23:41
2	Butler (UCLA)	24:07
3	Brownsberger (UCLA)	24:19
4	Castro (UCR)	24:32
5	Ortiz (UCLA)	24:33
6	Watson (UCR)	24:42
7	Goralka (UCD)	24:56
8	Hauser (UCLA)	24:57
9	Reynolds (UCLA)	24:59
10	Overgaard (UCD)	25:00
11	Flamm (UCB)	25:06
12	Pappa (UCD)	25:07
R	Feam Scores: UCLA 27, UC	Davis 58.

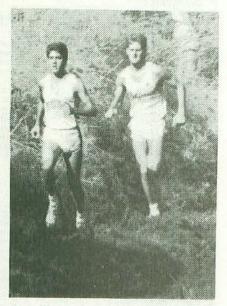
Team Scores: UCLA 27, UC Davis 58, Cal Berkeley 75, UC Riverside 81, UC Santa Barbara 118, UC San Diego 174.

photo by Jim Reynolds

photo by Jim Reynolds



USC's Lyon



Jay Marden (right) trails Rich Brownsberger at the All Cal Invitational. Marden went on to win.

### **Road Racing**

## Eagle Express Invitational

from WIII- Wester

	Overall Results - Boys 5,000 N	leters
1	R. Brethaur, Tustin	17:1
2	C. Black, Irvine	17:3
3	D. Smith, Tustin	17:5
4	J. Olsen, Irvine	17:5
5	L. Hegerle, San Pasqual	17:5
6	B. Wickham, Santa Pasqual	18:0
7	S. Welch, Irvine	18:0
8	J. McMillen, Irvine	18:0
9	D. Gilbody, Tustin	18:2
10	Gabriella, El Capitan	18:2
Te	am Scores:	
1.	Irvine 38; 2. Tustin 40; 3. San	Pasqua
	4. Esperanza 109; 5. El Capita	
	nita Vista 143: 7. University Ci	

1	L. Chapel, UniversCity	15:03
2	L. Reider, Tustin	15:23
3	K. Young, Esperanza	15:36
4	J. Newman, UniversCity	15:42
5	K. Panno, San Pasqual	15:57
6	T. Harberth, Esperanza	16:01

7	T. Kniffing, El Capitan	16:11
8	P. Emerson, Esperanza	16:25
9	L. Gannon, San Pasqual	16:32
10	A. Clemeshaw, San Pasqual	16:35
	am Scores:	
1.	Esperanza 60; 2. Tustin 65; 3. S	an Pas-
qu	al 67; 4. Bonita Vista 79; 5. Ur	iversity

### Moscow Road Race

Mendocino, 5K & 10K. Overall Results - Men's 5K Gene Dangel (38) WalnutCk Gary Wood (18) Petaluma Brian Hoyt (23) SantaRosa Larry Meredith (27) Occidental 16:25 16:49 Dave DeRosa (19) Petaluma 16:59.1 Bryan MacKay (16) Petaluma Steve Frediani (30) SanFran 16:59.7 17:03 Dennis Bollman (34) Sonoma 17:11 Phil Posedel (43) Novato 17:16 Mike Tebo (15) RohnertPk 17:21 Rick Blackmon (28) Cloverdale 12 Bill Davis (29) Ukiah

13		18:07
14	- les	18:09
	Larry Jansen (36) Lakeport	18:11
16		18:15
18	Pat Miles (30) LosGatos	18:16
15		18:17
20	Todd Whaeler (15) Reiseyville	18:22
20	Overall Results - Women's	18:32
1	Tamara Gonzalez (24) Petalum	0 17.20
2	Lisa Pakutka (20) RohnertPk	a 17:38 17:38.6
3	Beckie Kesecker-Simmie(31)S.	
4	Michelle Andersen (24) S.Rosa	19:58
5	Chris Ferguson (17) S.Rosa	19:59.7
6	Laura Smith (26) RohnertPk	20:30
7	Carol Kelly (44) Petaluma	21:19
8	Karen Clay (33) Kelseyv	22:13
9	Kristin Weldon (14) Kelseyv	22:24
10		22:45
	Overall Results - Men's 108	(
1	Robert Clay (38) Kelseyv	32:24
2	Mason Myers (16) Vallejo	32:44
3	Dan McCullough (28) Sonoma	32:57
4	Steve Scharmann (29) S.Rosa	33:22
5	Steven Naiman (28) Chico	34:19
6	Don Steward (24) Sebastopol	34:22
7	Doug Gunderson (29) Boulder	34:34
8	Mike McClendon (33) S.Rosa	34:41
9	Jon MacPherson (44) S.Rosa	34:46
10	Jay Aliff (24) Rohnert Pk	34:56
11	Blake Wood (26) PleasantH	34:58
12	Brendan Hutchinson(41)S.Rosa	
14		35:34
15		35:42
16		35:42.3
17	Kent Christy (32) ColoradoSp	35:49
18	Walt Basinger (35) S.Rosa	35:50 35:51
19	Bruce Pinney (25) Novato	35:56
20		36:01
21		36:08
	Bob Herold (36) Petaluma	36:28
23	Robert Benson (27) S.Rosa	36:29
24	Don Nauman (22) S.Rosa	36:35
25	Andy Cavagnetto (30) S Rosa	36:37
26	Mark Miller (33) Santa Rosa Allen Stark (33) S.Rosa	36:49
27	Allen Stark (33) S.Rosa	36:55
28	David Sjostedt (38) BodegaBay	36:56
29	Mark Shanklin (31) S.Rosa	36:57
30	David Wyllie (34) Chico	36:58
31	Will Reed (41) Gualala	37:06
32	Frank Gartan (20) Santallifa	37:15
33	Geoff Williams (37) S.Rosa	37:29
34	Peter Kiffney (25) Davis	37:34
35	Harald Norvold (37) S.Rosa	37:41
	Overall Results - Women's 10	
2	Maribeth Duffy (21) Petaluma	37:37
3	Ann Bertucci (21) Petaluma	38:23
4	Sheri Minkler (18) Santa Rosa	38:49
5	Anne Prouty (28) SantaRosa Liz Black (27) Ukiah	40:39
6	Margaret Moore (30) Occidental	40:51
7	Nika Horn (11) Santa Rosa	41:03 41:06
8	Nadine Soffer (32) Forestville	41:52
9	Judy Wetch (36) SantaRosa	
10	Caron Schaumberg (44) S.Rosa	42:10 42:27
11	Annette Shearer (24) RohnertPk	42:35
12	Jackie Woetz (28) Moke Hill	44:18
13	Deborah Davis (31) Oakland	44:21
	Cynthia Bates (30) Davis	44:23
	Joanne Windhorst (35) S.Rosa	44:35

13 Joe Phaby (38) SantaRosa

18:07

### Coronado Optimists 10K

Ju	ly 27. San Diego.	
	Overall Results - Men	
1	Aaron Ruud, San Diego	31:58
2	Juan Naranjo, San Diego	32:18
3	Kim Reedy, La Mesa	32:41
4	Jay Larson, San Diego	33:09
5	Dan Davies, El Cajon	33:41
6	James Sheremeta, R.SantaFe	34:22
7	Dick Jensen, Escondido	34:45
8	D.J. Smalley, San Diego	34:58
9	Ed Nares, Coronado	35:03
10	Brad Kearns, Coronado	35:29
	Division Results - Men	
15	& Under: 1. Jeff Dodge 49:20,	2. Ron

15 & Under: 1. Jeff Dodge 49:20, 2. Ron Garsh 49:27. 16-19: 1. Juan Naranjo 32:18, 2. Jeff Bakken 41:54, 3. Matthew Bokovoy 43:25. 20-29: 1. Aaron Rudd 31:58, 2. Kim Reedy 32:41, 3. Jay Larson 33:09. 30-39: 1. Dick Jensen 34:45, 2. Ed Nares 35:03, 3. Patrick Leal 35:31. 40-49: 1. Ben Dodge 36:44, 2. Bob Chambers 37:02, 3. Roy Koehn 37:21. 50 & Over: 1. Frank Morris 40:41, 2. Jerry Dietrich 43:16, 3. Stuart Swelt 43:53.

0.61	011 40.00.	
	Overall Results - Women	
1	Mary Akins, San Diego	37:59
2	Lorrie Dierdorff, Coronado	38:16
3	Colette Coiner, Coronado	39:39
4	Diane Riley, Coronado	39:53
5	Ellen Turkel, PacificBch	40:36
6	Elva Koorey, Coronado	40:44
7	Cion Ruiz, Coronado	41:51
8	Heidi Harshman, Coronado	42:13
9	Nancy Nagel, ChulaVista	42:21
10	Katherine Riddle, Coronado	43:47
	Division Results - Women	

16-19: 1. Katherine Riddle 43:47, 2. Nicole Lama 45:16, 3. Jeannine Lama 52:11. 20-29: 1. Mary Akins 37:59, 2. Lorrie Dierdorff 38:16, 3. Colette Coiner 39:39, 30-39: 1. Ellen Turkel 40:36, 2. Elva Koorey 40:44, 3. Cion Ruiz 41:51, 40-49: 1. Bonnie Foster 44:40, 2. Martha Walker 48:36, 3. Doug St. Denis 50:27, 50 & Over; 1. Marlys Creigh 46:53, 2. Jeri Morris 1:04:11, 3. Bev Cole 1:11:27.

### National Invite. Championships U.S. Corporate Track Ass'n.

Ju	ly 27. Los Angeles. 5K.	
	Overall Results - Men	
1	Jeff Roth, TexasInstru	15:53
2	Dan Lyon, TexasInstru	15:54
3	Larry Woods, GE	15:58
4	Jim Hatcher, US West	16:04
5	Chris Hallinan, AT&T	16:06
6	Randy Stroud, AT&T	16:15
7	Mark Mesier, Hughes	16:15
8	Tom Leonard, GE	16:17
9	Matt Savage, Coca-Cola	16:19
10	Phil Baker, AT&T	16:24
	Division Results - Men	

24 & Under: 1. Larry Wood 15:58, 2. Mark Mesier 16:15, 3. Ted Allwardt 16:25, 25-29: 1. Jeff Roth 15:53, 2. Dan Lyon 15:54, 3. Chris Hallinan 16:06. 30-34: 1. Randy Stroud 16:15, 2. Matt Savage 16:19, 3. Phil Baker 16:24, 35-39: 1. Jim Hatcher 16:04, 2. Gary Barrett 16:27, 3. Keith Pharr 16:40. 40-44: 1. Earl McGilivery 16:47, 2. Bill Clark 16:59, 3. Richard Stotlar 17:47, 45-49: 1. Luis Gorordo 18:21, 2. Roger Daniels 18:36, 3. Bill Mitchell 18:42, 50-54: 1. Jose Henche 18:11, 2. John Stegar 18:44, 3. Ed Delisle 18:46, 55 & Over: 1. Patrick Devine 18:49, 2. Bob Scott 19:49, 3. Milt Johnson 20:42.

20.00	Titles	
	Overall Results - Women	
1	Judy Vivian, TRW	18:55
2	Ingrid Hemenway, Chevron	18:59
3	Carol Andrew, GE	19:01
4	Carol Waters, GE	19:02
5	Matha Oren, Westinghouse	19:49
6	Margie Allison, FordAero	19:50
7	Jane Arnold, CIGNA	19:56
8	Marilyn Taylor, B of A	19:58
9	Grace Wilson, Coca-Cola	20:01
10	Marriana Spear, GE	20:02
	Division Pasults Warner	

24 & Under: 1. Carol Andrew 19:01, 2. Matha Owen 19:49, 3. Brianne Carrier 20:17. 25-29: 1. Ingrid Hemenway 18:59, 2. Grace Wilson 20:01, 3. Marriana Spear 20:02. 30-34: 1. Judy Vivian 18:55, 2. Carol Waters 19:02, 3. Marilyn Taylor 19:58. 35-39: 1. Margie Allison 19:50, 2. Unda Gill 21:17, 3. Robin Paine 21:22. 40-44: 1. Carol Hayden 21:28, 2. Wendy Watson 21:35, 3. Barb Flahive 22:56. 45-49: 1. Jane Arnold 19:56, 2. Mary Kennard 22:02, 3. Doerte Murray 22:34. 50-54: 1. Joanne Richardson 23:50, 2. Shirley Taylor 26:37, 3. Emily Gillman 26:45. 55 & Over: 1. Annette Toten 28:53, 2. Dot Farley 29:14, 3. Lola Gonda 29:59.

### National Invite. Championships **U.S.** Corporate Track Ass'n.

July 28. Coronado. 10K. Overall Results - Man

1	Steve Oliver, GE	31:18
2	Dennis Kurtis, Ford Aero	31:28
3	Dan Lyon, Texasx Inst.	31:37
À		31-42

31:42 Jim Hatcher, US West 31:43 31:59 Randy Stroud, AT&T Robert Troutman, Texas Inst. Winfred Ahlmann, Texas Inst. 32:06 Raley Hinojosa, H.Packard 32:14 10 Tom Leonard, GE 32:22

Division Results - Men 24 & Under: 1. Ed McCarthy 32:32, 2. Craig Slater 32:36, 3, John Balaban 32:58, 25-29: 1. Steve Oliver 31:18, 2. Dan Lyon 31:37, 3. Chris Hallinan 31:42. 30-34: 1. Dennis Kurtis 31:28, 2. Randy Stroud 31:59, 3. Winfred Ahlmann 32:08, 35-39: 1. Jim Hatcher 31;43, 2. Wes Wessley 32:38, 3. Gary Barrett 32:52. 40-44: 1. Earl McGilvery 33:12, 2. Chuck Frawley 34:21, 3. Bob Channon 34:35. 45-49: 1. Bob Abbott 34:44, 2. Bill Menhardt 35:00, 3. Roger Daniels 36:08. 50-54: 1. Jose Henche 36:43, 2. John Stegar 36:48, 3. Ed Delisie 37:12, 55 & Over: 1. Patrick Devine 36:58, 2. Bob Scott 39:20, 3. Walter Brown 40:19.

Overall Results - Women

1	Carol Andrew, GE	38:08
2	Carol Waters, GE	31:28
3	Kathy Thomas, Rockwell	39:01
4	Mickey McCann, Digital	39:15
5	Brianne Carrier, Hughes	39:40
6	Margie Allison Lloyd, Ford	39:42
7	Dee Grace, GE	39:43
8	Marcella Cunningham, Delta	39:47
9	Cory Hlavka, Tenneco	39:51
10	Marriann Spear, GE	39:58
	Division Besults, Women	

24 & Under: 1. Carol Andrew 38:08, 2. Brianne Carrier 39:40, 3. Dee Grace 39:43. 25-29: 1. Mickey McCann 39:15, 2. Marcella Cunningham 39:47, 3. Cory Hlavka 39:51. 30-34: 1, Carol Waters 38:26, 2. Kathy Thomas 39:01, 3. Chris Grundy 40:20. 35-39: 1. Margie Allison Loyd 39:42, 2. Cathy Petersen 42:14, 3. Linda Gill 42:29. 40-44: 1. Carol Hayden 43:11, 2. Wendy Watson 43:17, 3. Lise Reno 45:43. 45-49: 1. Jane Arnold 40:51, 2. Mary Kennard 43:33, 3. Mimi Olivieva 46:23. 50-54; 1. Joanne Richardson 47:08, 2. Shirley Taylor 53:36, 3, Jeanne Carrier 58:43, 55 & Over: 1. Dot Farley 59:19, 2. Lola Gonda 1:02:10, 3. Angle Smith 1:02:40.

#### Lions-Padres 10K

July 28. San Diego.

	Overall Results - Men	
1	Martin Sandoval, SpgVal.	30:06
2	Sergio Sanchez, Tecate	30:17
3	Ron Roberts, San Diego	30:47
4	Gilberto Alvarez, Mexico	30:56
5	Sean Evans, San Diego	31:24
6	Joe Manuel, San Diego	31:53
7	Randy Montesanto, LaJolla	32:30
8	Emeterio Nava, San Diego	32:30
9	Michael Batis, Oceanside	32:34
10	Chuy Platas, NationalCity	32:36
	Division Results - Man	

12 & Under: 1. Mike Farrell 37:17, 2. Tony Tan 40:29, 3. Vince Wallace 41:36. 13-17: 1. Robert Lopes 32:56, 2. Cary Gregorio 33:27, 3. Richard Morales 34:41. 18-29: 1. Martin Sandoval 30:06, 2. Sergio Sanchez 30:17, 3. Ron Roberts 30:47, 30-39: 1, Andy Mackay 33:19, 2. Jon Sutherland 33:40, 3. Keith Jeffers 34:22. 40-49: 1. Gary Novak 33:52, 2. Richard Ruiz 34:07, 3. Hall

Goforth 34:10. 50-59: 1. Fred Lehr 38:04, 2 Warren Osborn 38:33, 3. Don Foster 39:24. 60-65: 1 .lim O'Neil 35:26, 2 .lose Palos 40:40, 3. Louie Ojeda 42:06. 66 & Over: 1. Donald Dilworth 41:41, 2. Wayne Zook

42:37, 3. Jim Hanyen 51:28. Overall Results - Women Mindy Ireland, Alpine Donna Chin, San Diego Katie Webb, San Diego 36:29 Shirley Matson, SolanaBch 37:37 Mary Akins, San Diego Patti Tuffley, SanDiego 38:37 Darcy Arreola, El Cajon Tina Allen, El Cajon 38:49 Lori Dowdy, San Diego 10 Sue Sandstrom, SanDiego
Division Results · Women

12 & Under: 1. Aurora Valenzuela 44:14. 2. Samantha Brown 46:45, 3. Lisa Uribe 47:51, 13-17: 1. Darcy Arreola 38:49, 2. Shamen Dugger 40:31, 3. Rosales Gonzalez 44:54, 18-29; 1. Donna Chin 36:15, 2. Katie Webb 36:29, 3, Mary Akins 38:03. 30-39: 1, Mindy Ireland 35:51, 2. Patti Tufflev 38:37, 3, Sue Sandstrom 40:26, 40-49: 1. Shirley Matson 37:37, 2. Ursula Rains 41:43, 3. Lynn Flanagan 43:20, 50-59; 1. Sally Byram 51:54, 2. Ingeborg Maglaras 1:01:06, 3. Virginia Skiffington 1:01:28. 60-65: 1. Mary Storey 48:12, 2. Gerry Davidson 50:29, 66 & Over: 1, Judy Simon 56:35, Bess James 1:04:33, 3. Felicitas Salazar 1:08:25.

# Aerospace 10K.

August 17. San Diego.

	Overail Results - Men	
1	Rich Brownsberger, ElCajon	30:14
2	Kevin McCarey, LaJolla	30:57
3	Gilberto Alvarez, Mexico	31:15
4	William Ayyad, SanDiego	31:18
5	Robert Lusitana, SanDiego	31:41
6	Jack Kairy, ElCajon	31:58
7	Norman Steeg, SanDiego	32:08
8	Donald Fowler, SanDiego	32:22
9	Chuy Platas, NationalCity	32:29
10	Chris Price, San Diego	32:34
	Division Results - Men	

12 & Under: 1. Mike Farrell 36:39, 2. Tony Tan 40:10, 3. Dennis Trutna 57:44, 13-17; 1. David Hosman 36:28, 2. Jorge Peacock 38:03, 3. Carlos Diaz 38:33, 18-29: 1, Rich Brownsberger 30:14, 2. Gilberto Alvarez 31:15, 3. William Ayyad 31:18. 30-39: 1. Kevin McCarey 30:57, 2. Ted Van Arsdale 32:46, 3. Keith Jeffers 34:44, 40-49; 1. Steve Dornish 35:50, 2. Benny Holt 36:05, 3. Dana Morris 36:37, 50-59: 1. Warren Osborn 38:42, 2. Frank Morris 40:41, 3. Billy Just 42:44. 60 & Over: 1. Gael Pierce 46:01, 2. Lowell Tozer 46:04, 3. Warren Adams 48:16..

Oversii Results . Women

	CARLET VAROITÈ . MOINGII	
1	Patti Tuffley, SanDlego	36:32
2	Oonagh Bruni, Encinitas	37:04
3	Tina Allen, El Cajon	38:54
4	Colette Coiner, San Diego	39:06
5	Shamen Dugger, Coronado	39:14
6	Ellen Turkel, San Diego	40:29
7	Julie Fitch, LaJolla	40:36
8	Siobhan Quenby, G.B.	40:57
9	Valerie Silver, LaJolla	41:50
10	Suzanne Rechcigi, SanDiego	42:16
	Division Results - Women	3

12 & Under: 1. Bruni Rains 58:47, 2. Sheri Savel 59:23, 3. Debra Savel 1:00:59. 13-17: 1. Shamen Dugger 39:14, 2. Michelle Bonin 54:38. 18-29: 1. Oonagh Bruni 37:04, 2. Tina Allen 38:54, 3. Colette Coiner 39:06. 30-39: 1. Patti tuffley 36:32, 2. Ellen Turkel 40:29, 3. Peggy Whan 42:30. 40-49: 1. Ursula Rains 42:36, 2. Elleen Pue 44:42, 3. Karen Rocheleau 47:42, 50-59: 1. Anita Calhoun 51:00, 2. Jerl Morris 1:00:54, 3. Jane McMickle 1:02:47, 60 & Over: 1, Lucy Killea 1:02:38.

# Run For Olompali

from Jim Furman

August 18. Novato. 3.7 miles Overall Results - Men

Steve Blum		21:2
Cort Armstrong		21:2

3	Steve Ottaway	22:27
4	Mike Sullivan	23:31
5	Greg Mandanis	23:31
6	Wayne Hinrichs	23:39
7	Mike Orendorff	23:40
8	Mike Lopez	23:42
9	George Frazier	24:03
10	Ray Fisher	24:25
	Jim Myers	24:30
12	Russ Kierman	24:35
13	Paul Panicelli	24:44
14	Art Banos	24:48
	Jim Crumpler	25:08
	David Wells	25:26
17	Mike Hoy	25:33
	Ken Wilson	25:40
	C. Chateaubriant	25:46
20	Jim Furman	25:51
	Overall Results - Women	
1	Vicki Chase	28:33
2	Mary Pincini-Wells	28:42
3	Leslie Browne	28:43
4	Dianne Johnston	28:45
5	Barb Rogers	29:18
6	Nadine O'Connor	29:57
7		30:00
8		30:03
9		30:33
10	Edda Stickle	30:46

#### Caledonian Run

August 31. Santa Rosa. 10,000m.

Jane Margulis

12 Eileen Smith

14 Joan Nilsen

13 Judy Donovan

15 Susie Shattuck

	Overall Results	
1	Jim Peterson (28) Eugene	32:36
2	Dan McCullough (28) Sonoma	33:23
3	Thomas Eng (34) Novato	34:40
4	Alan Geraldi (21) Penngrove	34:43
5	Tim Stewart (30) Santa Rosa	34:52

Andrew Cavagnetto (30) S.Rosa Darryl Beardall (48) S.Rosa 35:22 35:28 Jay Áliff (24) RohnertPk Stephen Wills (25) S.Rosa 35:30 10 Tadese Gebre-Hawartat(36)S.R. 35:44 11 Bruce Pinney (25) Novato 35:52 12 Jim Gruickshank(41)AnnArbor 36:18 13 John Demers (41) Novato 36:29 14 Mike Tarvid (23) Sonoma 36:36 15 Jeff Resnick (26) Pinole 36:42 16 Ronald Brown (31) MillValley 37:01 17 Bob Barber (48) HalfMoonBay 18 Walt Basinger (35) S.Rosa 37:12 37:18 19 Gerardo Rosas (20) Windsor 37:22 20 Robert Waldon (37) S.Rosa 37:24 21 Will Reed (41) Santa Rosa 37:28 22 Walt Vennum (44) Sebastopol 23 Tom Macken (17) S.Rosa 37:38 37:49 24 Todd Grames (24) S.Rosa 25 Robert Schooling (17) S.Rosa 38:07

Division Results - Men 12 & Under: 1, Joe Carroll 46:59, 13-15; 1, Brian Mauch 55:48. 16-18: 1. Tom Macken 37:49. 19-24: 1. Alan Geraldi 34:43. 25-29: 1. Jim Peterson 32:36, 30-34: 1. Thomas Eng 34:40, 35-39: 1. Tadese Gebre-Hawariat 35:44. 40-44: 1, Jim Gruickshank 36:18. 45-49: 1. Darryl Beardall 35:22. 50-54: 1. Bob Chadwick 41:32, 56-59: 1. Jerry McQuiddy 42:30. 60 & Over: 1. Gene DeSoto 46:54.

**Division Results - Women** 

12 & Under: 1. Karl Horn 47:48. 13-15: 1. Megan Macomas 55:22, 16-18: 1, Grace Torres 50:38, 19-24: 1, Allyson Bishop 55:06. 25-29: 1. Anne Prouty 39:12. 30-34: 1. Adrian Dauneil 49:26, 35-39: 1. Lois Markovich 46:55, 40-44: 1. Edda Stickie 46:16. 45-49: 1. Elaine Frank 48:30. 50-54: 1. Barbara Robben 48:58. 55-59: 1. Ruth Anderson 44:54. 80 & Over: 1. Marie Carlsen 64:55.



30:48

30:49

31:04

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#### □ Results

#### Pinedorado Fun Runs

September 1. Cambria. 8K & 1 Mile. Overall Results - 8K

1	Paul Lee	26:27
2	Thierry Ross	26:34
3	Craig Lowrie	27:19
	District Describe March 84	

20-29: 1. Ken Wall 30:55, 2. Mark Eastland 33:02, 3. Craig Swetland 34:10, 4. Craig Moore 34:27, 5. Gordon Millier 34:45, 30-39: 1. Phillip Horn 29:10, 2. Robert Rainwater 29:11, 3. Michael Barnes 29:33, 4. Stan Rosenfleid 29:57, 5. Bruce Cikowski 31:21. 40-49: 1. Frank Padillia 29:09, 2. Bob Perry 29:50, 3. Big Fool Wells 29:59, 2. Bob Core: 1. Len Thornton 29:40, 2. Roger Boedecker 32:58, 3. Gus Meinalkanis 33:02, 4. Neil Ziegler 34:30, 5. Bill Cotnam 36:54.

Division Results - Women's 8K Under 20: 1. Heather Mills 36:43, 2. Christy Binns 38:21, 3. Carissa Felando 42:18, 4. Dierdre Berglund 46:55, 20-29: 1. Catherine Hennelly 30:34, 2. Jan Bewley 39:24, 3. T. C. Chaffey 40:26, 4. Tracey Ross 40:55, 5. Julie Meyer 44:35, 30-39: 1. Nancy Vincent Zinke 35:11, 2. Kristle Otero 48:31, 3. Cherri Mead 39:09, 4. Nancy Rice 41:15, 5. Elaine Rosenfield 45:03. 40-49: 1. Elaine Alexander 42:05, 2. Ellen Kanthack 46:15, 3. Jean Brown 46:42, 4. Peg Hauk 48:28, 50 & Over: 1. Darlene Vinatieri 54:34.

1	Paul Lee	5:16
2	Stan Rosenfield	5:31
3	Barry Rice	5:42
4	Monty Hampton	5:43
5	Jenny Hampton	5:47

# Pedal 'n Plod Biathlon

Sept. 1. Belmont. 10K Bike, 5K Run. Overall Regults

Overall Results		
1	Alexander Zygaczenko	34:20
2	Norm Gould	35:00
3	Waiter Radioff	35:32
4	Westa Press	35:36
5	Bob Brummer	35:56
6	Tim Rostege	36:39
7	Francois Bourret	39:12
8	Dr. Karl Knope	39:22
9	Randy Navarrete	40:00
10	Peter VanBieine	40:02
11	John Bielenberg	41:32
12	Unknown	41:43
13	Timothy Myler	41:45
14	Floyd Okada	41:50
15	Kevin Cubillas	42:27

#### Crank 'n Shank Biathlon

Sept. 1. Belmont, 20K Bike, 10K Run. Overall Results

1	Peter Buhl	1:05:5
2	Andrew Huggins	1:06:4
3	Tim Chain	1:06:5
4	Baker Christian	1:07:3
5	Gerhard Behrens	1:08:4
6	Scott Snapp	1:09:0
7	Hugo Aguirre	1:09:2
8	Lee Rice	1:09:2
9	Norman Gould	1:09:4
10	W. Spiegelman	1:09:44
11	Walter Radioff	1:09:5
12	Brett Evart	1:09:5
13	Jim Hampton	1:10:09
14	Jeff Resnick	1:10:34
15	Ted Stone	1:10:38
16	Dennis Bennett	1:10;58
17	Richard Hunter	1:11:24
18	Phillip Sienna	1;11:4
19	Kevin Worley	1;11:44
20	Michael Gill	1:12:50
21	Robert Brummer	1:13:25
22	Daniel Green	1:13:3
23	Stuart Nichols	1:13:47
24	Bob Muzzy	1:14:01
25	Larry Nolan	1:14:14

#### South Lake Tahoe 15K & 5K

September 1. South Lake Tahoe. Overall Results - 15K

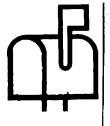
1	Mark Hoefer (Open)	52:39
2	Art Volpe (SubMaster)	53:24
3	Roger Dix (Jr)	56:14
4	Dave Price (SubMaster)	56:45
5	Mike Bortz (SubMaster)	57:32
6	Charlie Lincoln (SubMaster)	59:20
7	Angela French (Open)	61:01
8	Bob Woodman (Open)	63:09
9	Andrew MacNaughton (Open)	64:04
10	Paul Pedroza (SubMaster)	64:40
	Overali Results - 5K	
1	Michael Pinocci (SubMaster)	15:57
2	Andy Takaha (Open)	17:05
3	Keith Hoefer (Jr)	18:58
4	Jeff Mundorf (Open)	19:10
5	Claire McCarty (Open)	19:43
6	David Johnson (SubMaster	20:09
7	Kevin Willitis (Open)	20:28
8	Jim Jones (Masters)	20:57
9	Mario Cruz (SubMaster)	21:01
10	Jerry Gutierrez (Masters)	21:31

# Meals on Wheels

September 2. Westlake Village, 5K & 10K. Division Results - Men's 10K 12 & Under: 1. Donnie Simmons 1:02:01, 2. Jason Rich 1:02:34. 13-15: 1. Peter Oviatt

# **Address Change?**

Be sure to notify California Track & Running News as soon as possible of a change in address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.



42:59. 16-18: 1. Lee Tubin 34:35, 2. John Cox 35:36. 19-29: 1. Gordon Christie 31:06, 2. David Ortiz 33:10, 3. Eugene Muetar 33:47. 30-34: 1. Jon Sutherland 31:52, 2. Ken Gerry 35:23, 3. Al Davis 35:58, 35-39: 1. Gregorio Ortiz 37:32, 2. Bill Lovelace 39:05, 3. John Davis 39:11. 40-44: 1. Bernard Breslau 36:58, 2. Roger Patrick 37:43, 3. Big Foot Wells 38:49. 45-49: 1. Harry Pantelas 39:04, 2. Fred Glover 39:55, 3. Al Staconis 41:21, 50-54: 1. Wally Ingram 39:16, 2. Regis Boyle 40:51, 3. Bruce Larsen 43:28. 55-59: 1. B.E. Macomber 45:56, 2. Al Friedman 47:27, 3. Don Dunn 48:35. 60-70: 1. Fred Wing 53:07. 71 & Over: 1. Jacob Bishin 1:15:01.

Division Results - Women's 10K 12 & Under: 1, Jamee Rich 1:01:49, 19-29; 1. Kim Kolb 43:28, 2, Juliette Christie 45:38, 3, Jan Edwards 49:22, 30-34; 1. Patricia Mutek 47:40, 2, Peggy Griffin 50:56, 3, Maria Rodriguez 57:05, 35-39; 1. Cathy Sanders 47:31, 2, Diane Glassner 57:48, 3, Cher Ratay 1:10:01, 40-44; 1, Gertrude Patrick 53:07, 2, Leslie Nordby 1:01:35, 3, Olivia Krok 1:14:31, 45-49; 1, Margaret Shields 53:49, 50-59; 1, Margaret Miller 47:19, 2, Bea House 1:13:04.

Division Results - Men's 5K 12 & Under: 1. Kipp Ortenburger 17:53, 2. Andrew Elia 19:26, 3. Jakob Shaw 21:52. 13-15: 1. Dave Hilsdon 16:27, 2. Tracy Bradfield 16:50, 3. Paul McCarter 17:01 16-18: 1. Jim Harvath 15:10, 2. Paul Myers 15:40, 3. Mike Barton 16:32. 19-29: 1. David Ortiz 15:37, 2. Derek Hatch 18:25, 3. Nick Trozzi 17:00. 30-34: 1. Larry Monlag 16:15, 2. Danny Young 16:53, 3. Dick Hawkes 18:08, 35-39; 1. Richard Hallblom 17:24, 2. Steve Mangum 17:28, 3. Russell Stockard 18:28. 40-44: 1. Abe Valdez 17:18, 2. Ted Eggleston 17:22, 3. Joe Jacobsen 18:11. 45-49: 1. Jesse Cook 17:54, 2. Fred Glover 18:34, 3. Harry Pantelas 19:04. 50-55: 1. Regis Boyle 18:45, 2. Wally Ingram 18:55, 3. Phillip Mareno 19:20, 55-59; 1. Gunnai Brickner 18:21, 2. Don Dunn 22:02, 3. John London 34:35. 60 & Over: 1. Phil Jones 22:37. Wheelchair: 1. Paul Manocchio 33:07

Division Results - Women's 5K 12 & Under: 1. Sandra Hernandez 19:51, 2. Deena Drossin 20:18, 3. Niki Kennerley 22:09, 13-15: 1. Gena Haggenmiller 19:36, 2. Jennifer Feller 20:31, 3. Mandy Kossoris 22:20. 16-18: 1. Christy Farrell 18:16, 2. Carolyn Feller 20:36, 3. Stacia Pollock 21:05. 19-29: 1. Bobbie Schipper 17:30, 2. Susan Lunt 18:09, 3. Joyce Klausmeier 18:48. 30-34: 1. Patti Hudson 21:26, 2. Maria Rodriguez 24:06, 3. Mary Ann Rector 33:51. 35-39: 1. Mary Del Campo 21:19, 2. Ruth MacDougall 24:50, 3. Marguerite Bateman 27:31. 40-44: 1. Jeanne Johnson 23:37, 2. Cecelia McBurnie 24:17, 3. Carol Valdez 27:09. 45-49: 1. Ruth Hemming 21:46, 2. Margaret Shields 23:28, 3. Carol Wright 24:44. 50-54: 1. Jo Glover 26:26, 2. Ann Drury 27:47, 55-59: 1. Margaret Miller 21:30. 60 & Over: 1. Daisy Wong 26:04.

# Average Joe Bialthon

September 2. Auburn. Overall Results

CARANI MARDICA		
		Run/Total
1	Bob Gobbell	33:16/1:00:19
2	Bob Hammond	35:44/1:02:48
3	R, K, Hanna	32:53/64:35
4	Lambert/Hensley	34:44/66:03
5	Scott Pinheiro	36:16/66:52
6	Forsythe/Bainbridge	36:36/67:24
7	Norm Smith	37:00/67:39
8	John Griffith	38:15/68:41
9	Polly/Holmes	38:29/68:49
10	Shawn Malone	36:49/68:55
11	Ryan/Todd	39:00/69:10
12	Weiss/Ferronte	37:39/69:50
13	Herb Tanimoto	38:10/70:12
14	Mundt/Kieinback	38:40/78:26
15	Prior/Prior	39:29/70:42

### Labor Day Buddy Run

September 2. Winters, 10.6 Miles.

Overali Results	
1 Tim Shannon (M 51-75)	1:02:36
Mark Cammack	
2 Richard Ortiz (M 51-75)	1:05:50
Juan Mejla	
3 Ron Vogel (M 51-75)	1:08:16
Richard Sonne	
4 Bruce Cannon (M/F 50 & U)	1:08:16
Nancy Riedel	
Richard Bireley (M 51-75)	1:12:05
Paul Resignato	
6 Jess DeMarco (M 76-99)	1:13:08
Don Winters	
7 Paul Moering (M 51-75)	1:14:05
Bart Simmons	
8 Linda Calvo (M/F 50 & U) Carlos Casillas	1:14:52
Garios Casillas 9 John Ball (M <b>76-99</b> )	1:18:22
Bon Pina	1:10:22
	1:19:48
Barbara Zolidan	1. 19.40
	1:20:31
Jeff Corriean	1.20.31
	1:20:37
Jerry Bowen	1.20.31
	1:21:24
Jami Harrison	
14 Greg Soderlund (M/F 51-75)	1:22:13
Mary Scangarella	
15 Ron Cole	1:22:55
18 Alejandro Gonzalez (M 50&U)	1:23:22
Antonio Bibriesca	

## Inside Track's Sweatheart Relay

September 2. Ventura. 10K.

Each runner runs a 5K, teams are male/female. Combine ages for age catagory Hollister/Hayden (50-59) 33:04 Tuttle/Vomund (60-69) 33:15 Minor/Minor (Married) 34:48 Studenmund/Studenmund(70-79) 35:58 Sharp/Sharp (60-69) 36:08 Torres/Aanerud (40-49) 36:48 Nagelschmidt/Gerber(90-99) 37:18 Howald/Gallegos (30-39) 38:02 Dameworth/Towland (29&U) 39:01 Little/Little (Mother/Son) 39:11 Feyh/Feyh (Father/Daughter) 40:20 Black/Cushman (80-89) 40:43 40 Mathison/Barker (100&O)

# Serene Lakes 5 Mile Handicap

from Denis O'Halloran

September 2. Soda Springs.

50 year old Alice Rose of Orinda held off all challengers to capture the 6th Annual Serene Lakes Labor Day 5 mile footrace. With competitors given headstarts based on national age group records an interesting race was expected and spectators were not disappointed.

Setting off with a 10 minute headstart, Alice Rose had to contend with several younger runners, among them were Ivan Huff and Carmelo Rios, two of America's top steeplechase runners, running with the scratch group. A tight race soon developed between two Bay Area high school runners, Chris Hoepker of Alameda and Chris Richards of Sunnyale, running with 1 and 1/2 minute headstarts. Both duos continually closed on the lead but in the end it was Rose winning in 25:16, with Hoepker 2nd in 25:39 and Richards 3rd in 25:48. Rios and Huff linished 4th and 6th with 30 year old Matt Yeo of Roseville, running with a 30 second headstart, finishing 5th.

Rios turned in the fastest time of the day, 26:06, with Huff 2nd with 26:14 and Yeo 3rd in 26:38. All three compete for the Converse Aggie Running Club, co-sponsors of the race. In the women's division, Marianne

Skidmore of Tahoe City ran 34:05 for the fastest woman's time with Aggles Suzanne Sarto and Diane Odion 2nd and 3rd in 34:33 and 34:47.

95 runners completed the scenic, high altitude course on a cool and breezy day.

	1	Handicap/∏me
1	Alice Rose (50F)	10/25:16
2	Chris Hoepker (17)	11/25:39
3	Chris Richards (18)	11/2/25:48
4	Carmelo Rios (28)	0/26:06
5	Matt yeo (30)	30 sec./26:06
6	Ival Hutt (26)	0/26:14
7	Bob Malain (58)	51/1/26:26
8	Joe Fabris (27)	0/27:24
9	John Talco (38)	1/27:26
10	Terry Ybarra (30)	30 sec./27:44
11	Tony Ruggle (30)	30 sec./27:51
12	Julios Ratti (34)	30 sec./28:17
	John Cobourn (39)	1/28:19
	Tom O'Neil (26)	0/28:40
	Frank Hutchinson (32)	30 sec./28:59
16	Larry McKendali (24)	0/29:13
	Bob Schug (32)	30 sec./29:26
	Dennis Odion (26)	0/29:33
	Paul Bigelow (20)	0/29:45
	Steve Strangio (25)	0/29:45
	Marianne Skidmore (28	
28	Suzanne Sarto (26F)	4/30:33
	Diane Odion (28F)	4/30:47
	Mary Malain (57)	12/31:22
44	Jo Sumner (41F)	61/2 <b>/32:5</b> 0

#### Wasco Jr. Women's Club Fun Run

September 7. Wasco. 5K & 10K. Division Results - Men's 5K

14 & Under: 1. Johnny Samaniego 17:55, 2 Sergio Arturo Rizo 18:00, 3. Victor Puentes 18:04, 15-19: 1. Jose Luis Medina 15:32, 2. Jeff Davis 16:38, 3. Ryan Fisher 17:50. 20-29: 1. James Webb 16:54, 2. Adrian Huerta 16:55, 3. Greg Cortez 17:40. 30-39: 1. Bruce Greenway 17:24, 2. George Vartanian 17:46, 3. John Lopez 17:58. 40-49: 1. Ted Oliver 17:28, 2. Bob Brandon 19:48, 3. Ken Mabon 19:59. 50-59: 1. George Medina 20:13, 2. Bert Beene 22:09, 3. Bill May 22:34.

Division Results - Women's 5K 14 & Under: 1. Amy Mabon 19:52, 2. Mary Mabon 21:58, 3. Brandy Gann 24:06. 15-19: 1. Melissa Cox 21:20, 2. Jane Meyer 23:05, 3. Kim Haaq 25:47. 20-29: 1. Joslyn Greenway 22:28, 2. Marci Farquhar 23:25, 3. Annette Gonzalez 23:45, 30-39: 1. Lupe Berumen 21:38, 2. Maurreen Thistle 21:42, 3, Andrea MacDonald 22:35, 40-49: 1, Martha Gilteland 24:56, 2, Tami Hankins 25:54, 3, Shirley Funk 26:44, 50-59: 1, Verla Phillips 26:23, 2. Ofelia Caporale 29:51, 3. Irene Skeels 34:06

Division Results - Men's 10K 14 & Under: 1. Manuei Velasquez 33:52, 2. Damacio Diaz 37:53. 15-19: 1 Thomas Valles 33:16, 2 Amador Ayon 33:19, 3 Tracey Brown 35:10. 20-29: 1 Carl Hatley 35:19, 2. Russell Elliott 37:21, 3. Warren Bauer 37:36. 30-39: 1. Jimmy Aguilar 33:25, 2. John Caldwell 36:05, 3. Thomas Williams 37:06. 40-49: 1. Ron Rodman 35:59, 2. Fred Mendoza 36:34, 3. Bill Peck 36:44, 50-59: 1, Jack Eberly 39:05, 2, Bob Small 39:40, 3, Howard Knost, Jr. 41:11.

Division Results - Wamen's 10K 14 & Under: 1 Renee Pacheco N.T. 20-29: 1. Charmaine Wilkerson 40:45, 2. Debbie Raygoza 45:05, 3. Kaye Ridgley 50:55 30-39: 1. Leslie King 41:51, 2. JoAnn Joiner 48:45, 3 Janice Abbott 49:21 40-49: 1. Marie Salisbury 50:34. 50-59: 1. Aurora Perez 52:33 60 & Over: 1. Phyllis Benedict 58 52

#### **Run For Shelter**

September 7. Lancaster, 5K & 10K. Overall Results - 5K		
	16:38	
1 Jack Powell (25)		
2 Barry Foose (38)	17:04	
3 Sammie Culver (35)	17:33	
4 Jeff Boyd (34)	17:54	
5 Steve Sahlender (16)	17:57	
6 Paul Fobia (17)	17:58	
7 Steve Chipman (16)	18:02	
8 Jim Powell (25)	18:12	
9 Joaquin Granada (46)	18:18	
10 Chris Kemp (16)	18:24	
11 David Jingsley (16)	18:40	
12 George Mohr (23)	18:43	
13 Eric McBride (17)	18:44	
14 Wally Ingram (53)	18:50	
15 Mike Brunet (16)	18:51	
16 Zoitan Goncze (33)	18:51	
17 Steve Ruthven (16)	18:52	
18 Sean Watkins (16)	18:53	
19 Robert Corlew (21)	18:53	
20 Clint Davis (25)	19:09	
26 Rich Cooper (41)	19:49	
29 Steve Kennerly (40)	19:55	
34 Marvin Powers (57)	20:09	
36 Kathy Britcliffe (30F)	20:10	
46 Kelly Wells (23F)	21:37	
47 Lucy Tellez (20F)	21:46	
48 Karen Callahan (28F)	21:49	
53 Nicole Kennerly (11F)	22:21	
54 Kelly Robinson (17F)	22:31	
57 Tom Gobster (55)	23:15	
60 Yvonne Brunet (14F)	23:30	
Overall Results - 10K		
1 Mark LaPlant (21)	35:04	
2 Art Aurand (40)	35:53	
3 James Misener (24)	36:05	
4 Dave Borian (26)	36:25	
5 Steve Henrich (35)	37:53	
6 Wayne Taylor (35)	38:14	
7 Frank Sakelarios (15)	38:20	
8 Tom Kamjathy (26)	38:28	
9 Neil Wilcox (47)	38:38	
10 Frank Ogawa (48)	38:45	
11 Unknown	50.45	
12 Mark Gallagher (27)	39:28	
13 Sal Torres (41)	39:30	
14 Gary Myers (27)	39:38	
15 Mark Fischer (31)	40:07	
18 Bill McDougle (42)	41:16	
22 Eric Zorawowicz (40)	42:49	
23 Jim Talley (64)	42:54	
34 Dave Dehlinger (50)	46:42	
	46:49	
36 Glenda Kimmerty (33F)	49:39	
41 Sharon Diemert (40F)	51:56	
45 Julie Andolsek (40F)	55:35	
51 Martha Wengert (41F)		
53 Kathy White (29F) 54 Jane Keever (45F)	55:50 56:16	
54 Jane Keever (45F)	30.10	

## The World's **Toughest** Triathlon

September 7. South Lake Tahoe Overali Results - Men

,	Scott Molina	10:20:20		
2	Grant Boswell	10:37:28		
3	Barry Makarewicz	11:13:26		
4	Dean Harper	11:25:08		
5	Rick Crawford	11:34:16		
	Overall Results - Wom	en		
1	Julie Olson	12:31:02		
2	Jackie Shaw	12:39:51		
3	Diane Israel	13:21:06		
4	Mary Bevins	13:35:09		
5	Elaine Alrutz	13:39:16		
	Division Results - Men			

Masters (40 + ): 1. Bruce Hall 13:57:00, 2. Preber Mortimen 14:28:05, 3. Robert Granberry 14:31:49. Relay: 1. Kahlua A (Brad Hinshaw, Greg LeMond, Miguel Tibidauza) 9:02:24.

**Division Results - Women** Masters (40+): 1. Valerie Doyle 16:33:01. Relay: Kahlua Fif's 11:17:36. Co-Ed: 1. Team Max Energy Power Food 9:55:12.

#### Park to Park 8 Mile Run

September 7. Lompoc.

Division Results - Men

18-29: 1. Keith Golding 42:59, 2. Pat Kimball 44:20, 3. Paul Keatin 46:10. 30-34: 1. Rudy Hernandez 42:59, 2. John Trettin 44:26, 3. Steven Paduganan 50:06, 35-39: 1. Rick Eatman 50:41, 2. Paul Chelsen 51:40, 3. Richard Peters 53:33. 40-44: 1. Bill Graham 48:36, 2. Jim Brown 49:30, 3. William Costello 54:47. 45-49: 1. Steve Hunter 56:42, 2. Dale Harmer 57:28, 3. Ray Fuller 60:05. 50-54: 1. Peter Jenkins 1:02:26. 55-59: 1. Roger Boedecker 53:35. 60 & Over: 1. Ray Gill 57:22.

#### Millerton Lake Triathlon

Sept. 7. Millerton Lake.

Sept. 7. millerton sens.		
	Overall Result	
1	Bryan Fahrenbach (28)	1:58:45
2	Jeff Moffit (20)	1:59:38
3	Steve Terry (20)	2:02:01
4	Curt Haury (37)	2:02:02
5	Ron Benavidez (25)	2:02:45
8	Guy Vannatta (19)	2:02:50
7	Eric Little (25)	2:03:44
8	Rick Conway (32)	2:06:21
9	Erik Ness (15)	2:06:44
10	Douglas Merritt (21)	2:07:44
11	Norm Gould (36)	2:08:00
12	Keith Schmidt (24)	2:10:21
13	Jay Farrior (26)	2:10:21
14	James Ryan (21)	2:11:47
15	Walter Radioff (40)	2:13:16
16	Hugo Aguirre (30)	2:13:19
17	Jeff Steinman (15)	2:13:20
18	Scott Kress (25)	2:14:49
19	Charlie Bell (28)	2:14:49
20	Martin Clevenger (32)	2:15:14
21	David Ugarkovich (38)	2:15:37
	Jeff Newman (20)	2:15:44
23	Morgan Stebbens (25)	2:15:59
24	Mark Schubert (20)	2:16:05
25	Allen Richburg (20)	2:18:13

Division Results - Ironmen 19 & Under: 1. Guy Vannatta 2:02:50, 2. Erik Ness 2:06:44, 3. Jeff Steinman 2:13:20. 20-29: 1. Bryan Fahrenbach 2:13:20. 20-29: 1. Bryan Fanrenoach 1:58:45, 2. Jeff Mofflit 1:59:38, 3. Steve terry 2:02:01. 30-39: 1. Curt Haury 2:02:02, 2. Rick Conway 2:06:21, 3. Norm Gould 2:08:00. 40-49: 1. Walter Radloff 2:13:16, 2. David Moon 2:17:32, 3. Jim Balley 2:19:52. 50 & Over: 1. Chris Denny 2:45:34, 2. John Bergey 2:55:16, 3. Franz Weinschenk

Division Results - Ironwomen

20-29: 1. Terry Schnelder 2:20:56, 2. Maria Carter 2:22:56, 3. Karl Fike 2:27:00. 30-39: 1. Missy Lestrange 2:20:20, 2. Joanne Roseberry 2:30:40, 3. Jean Roberts 2:32:36. 40-49: 1. Michele Bailey 3:05:44, 2. Judy Miller 3:16:51, 3. Mary Rosendahl

Relay Winners

Men Eve of the Chicken: 1. Jeff McCormick, Curtis Easton, Jim Hartig 1:50:28. Women Team 1016: 1. Claire Noland, Lori King, Debbie Mason 2:39:02. Mixed Team 1012: 1. Gil Guzman, Paul Krohn, Robin

## Big Brothers/ **Big Sisters** Triathlon Relay

September 7. Marysville. Division Results - Men Iron Man: 1. Don Hicks 2:15:31, 2. Lin Feil

2:23:33, 3. Mike Ammon 2:26:22. Down River Kayak: 1. Trip, Slip & Flip (King, Willard, Williams) 2:18:42, 2. Balls Out (Thomas, Stehlin, Connelly) 2:21:51, 3. Tin Man Rowing Club (Howell, Welch, Otto)



2:26:10. Sialom Kayak: 1. Local Yocals (Kaiser, Kuphaidt, Buzbee) 2:30:58, 2.
Third Times The Charm (No Names Available) 2:48:03, 3. Generic (Herrick, Zanella, Zanella) 3:49:54. Senior: 1. Carmichael Honda (Ketchum, Zinn, Krebs) 2:20:21, 2. Looking Good & Acting Great (Weast, Lifshin, Ragsdale) 2:20:58, 3. No Name (Joyce, Thomas, Alarid) 2:23:07. Junior: 1. Awesome Threesome (Jessiman, Podgorski, Adreoni) 2:29:45, 2. Sudden Impact (Bird, Podrorski, Newland) 2:54:38. Inflatable: 1. Bradshaw's Restaurant (Cannon, Plauman, Thomas) 2:52:11, 2. Romero Franchise (Gutierrez, Paez, Molina) 3:20:26, 3. Inklines (Klein, Klein, Klein) 3:29:47. Canoe: 1. Olympic Express (English, Quayle, Chevez) 2:24:40, 2. Sanchez Brothers (Sanchez, Sanchez, Sanchez) 3:26:55, 3. Tin Man Running Club (Howell, Welch, Hanley) 3:33:12.

Division Results - Women Iron Woman: 1. Joanne Martin 2:57:40, 2. Laurel Watson 3:16:33. Womens: 1. Plum Crazies (McCool, Dodd. Oil) 3:20:48.

#### Watermelon Run

Sept. 7. Fresno State.

Overall Results - 6 Mile Time Pred. Error Eddie Fuel 31:47 32:30 :43 34:00 33:00 1:00 Bruce Anderson 35:49 36:00:11 Steve Peterson Craig Ella 35:56 37:00 1:04 Ron Enos 36:20 39:00 2:40 37:21 36:00 1:21 Raiph Smith 38:59 41:00 2:01 Lisa Bennett Thomas Brisky Curtis ? 40:06 39:00 1:06 41:17 37:30 3:47

,	Out tis /	71.17 07.00 0.77
10	Don McQuown	42:08 41:00 1:08
	Overall Results	· 4 Mile
	•	Time Pred. Error
1	John King (FSU)	19:48 20:00 :12
2	Bill Lybeer (FSU)	19:53 20:15 :22
3	Darin Jauregul	20:09 21:00 :51
4	Bryan Foley (FSTC)	20:12 20:30 :18
5	Steve Gilbert (FSU)	10:18 20:35 :17
В	Sal Lozano	20:18 20:00 :18
7	John Lane (FSU)	20:38 21:00 :24
В	Phil Buckley (FSU)	20:49 21:19 :30
9	Glen Charanduk (FSU)	20:49 21:00 :11
10	Ismoe Williame	20-58 21-00 -04

continued on next page...

#### $\square$ Results

#### Overall Results - 2 Mile

		Time Pred. Error
1	Dean Walker	9:54 10:00 :06
2	Will Breckenridge	10:12 10:49 :37
3	Erasmo Quintanilla	10:12 10:24 :12
4	Terry Popps	10:31 11:45 1:14
5	Rob Brenner	10:35 10:20 :15
6	Ron Jones	10:42 11:15:33
7	Rodger Phillips	10:47 11:00:13
8	Kelley McCaig	11:02 10:50 :12
9	Jim Tyler	11:15 11:15 :00
10	John Franks	11:17 10:50 :27

#### Wheelchair Division

	Time Pred. Error
2 Mile:	
1 Jim Brooks	13:45 13:00 :45
4 Mile:	
1 Jim Brooks	27:33 27:00 :33
6 Mile:	
1 Jim Brooks	39:23 38:30 :53

# Daniel Freeman Hospitals 10K

#### September 8, Marina Del Rey.

Division Results - Men 12 & Under: 1. Grant Parker 42:10, 2. Steven Sumner 43:31, 3. Alonso Marquez 48:33, 13-18: 1, Jeff Jacobs 33:27, 2, Jamie Oman 35:24, 3. Toby Jiminez 35:52. 19-24: 1. Danny Bustos 31:31, 2. Mark Eisenmenger 33:41, 3. Tim Mulhall 35:28. 25-29: 1. Barry Weaver 33:47, 2. Dave Orlowski 34:52, 3. Javier Lara 34:57. 30-34: 1. Jim Maher 33:53, 2. Norton Compton 34:17, 3. Thomas O'Hern 34:39. 35-39: 1. Jerry Skinner 36:41, 2. Roberto Perez 36:44, 3. Brian Oldham 37:31. 40-44: 1. Robert Davison 36:03, 2. David Leaton 36:26, 3. Russ Omey 36:32. 45-49: 1. Ed Holly 37:57, 2. Claude Bruni 39:04, 3. Jerry Shourds 40:37. 50-55: 1. Robert Lyons 39:41, 2. John Ghini 39:42, 3. Carlo Leone 40:34. 56-59: 1. William Toomey 39:00, 2. Bob Landry 40:12, 3. Bill Stowell 42:14. 60-66: 1. Paul Jernstrom 46:02, 2. Walter Meyer 47:24, 3. Manuel Lara 47:44. 66 & Over: 1. Eddie Lewin 43:39, 2. Clyde Ailing 48;55, 3. Bill Horimoto 49:50.

#### **Division Results - Women**

12 & Under: 1. Sandra-Hernan Ez 43:37. 13-18: 1. Cathy Irwin 43:49, 2. Ellen Thornton 47:18, 3. Emily Wolk 52:34. 19-24: 1. Allison Snow 36:45, 2. Anne Stuart 41:05, 3. Mariann Smith 41:07. 25-29: 1. Sherry Simmons 37:53, 2. Anne Dandoy 39:31, 3. Kathy Praglin 43:23, 30-34: 1. Leslie Lewis 39:39, 2. Ariene Ucinski 40:49, 3. Jo Stiles 42:04. 35-39: 1. Nan Harman 45:11, 2. Nancy Gallup 46:27, 3. Lana Ludwig 48:58. 40-44: 1. Harolene Walters 38:05, 2. Carmen Connolly 45:28, 3. Lee Simmons 48:05. 45-49: 1, Rita Gilmore 41:06, 2. Rita Gilmore 44:02, 3. Jeanne Hoagland 45:39. 50-55: 1. Atsuko Fujimoto 45:57, 2. Yukie Mochida 48:25, 3. Phyllis Kessler 49:48. 56-59: 1. Trudy Pietrolungo 53:35, 2. Nannette White 1:00:08, 3. Seima Mahlman 1:08:33. 60-65: 1. Helen Dick 43:41, 2. K. Wetterau 1:03:57, 3. Modena MacFarlane 1:14:15. 66 & Over: 1. Sarah London

#### Nike/OTC 25K

#### September & Eugene, Or.

	Overall Results	
1	Odis Sanders (26) Eugene	1:16:00
2	Art Boileau (27) Eugene	1:16:09
3	Benji Durden (34) Boulder	1:17:38
4	Allen Scharsu (25) Eugene	1:17:54
5	Mark McMonigal (22) Eugene	1:19:31
6	Paul Stenner (31) Eugene	1:19:44
7	Ken Hunter (32) Casder, Wy	1:19:48
8	Brad Hudson (18) Eugene	1:19:58
9	Jeffrey Sharp (27) Eugene	1:20:13
10	Dave Bard (25) Corvallis	1:20:44
26	Gary Goettelmann(41)S.Clara	1:29:54
56	Bernie Keany (26) WalnutCk	1:33;23
59	Patrick Devine(56) SanPedro	1:35:57
67	Peter Leal (47) SanJose	1:36:54
79	Eugene Silver (54) SanJose	1:38:54
	Division Results - Men	

19 & Under: 1, Brad Hudson 1:19:58, 2. Aaron Currier 1:38:57, 3, Tim Wood 1:45:53, 20-24: 1, Mark Memonigal 1:19:31, 2. Alan Ferrarelli 1:31:18, 3. Michael Romer 1:31:55. 25-29: Odis Sanders 1:16:00, 2. Art Boileau 1:16:09, 3. Allen Scharsu 1:17:54. 30-34: 1. Benji Durden 1:17:38, 2. Paul Stemmer 1:19:44, 3. Ken Hunter 1:19:48, 35-39; 1. Kent Cummins 1:28:14, 2. Keith Levien 1:29:32, 3. Jim Sapp 1:29:58. 40-44: 1. Jerry Tighe 1:23:02, 2. Gary Goettelmann 1:29:54, 3. Vic Wolfe 1:32:18. 45-49: 1. Peter Leal 1:36:54, 2. Jim Rash 1:38:18. 3. Marvin Rexius 1:47:31. 50-54: 1. Jack Martin 1:36:03, 2. Eugene Silver 1:38:54, 3. John Hepner 1:39:29. 55-59: 1. Patrick Devine 1:35:57, 2. Tom Brinton 1:45:13, 3. Cecil Newman 2:07:07. 60 & Over: 1. Clive Davies 1:39:58, 2. Bill Williams 1:51:15, 3. Dick Bartholomew 1:52:35. Wheelchair: 1. Jeff Cooper

### **Hometown Days Footrace**

#### September 8. San Carlos, 5 Miles. Overall Results

1	Dan Sauers	25:25
2	Hank Lawson	25:34
3	Robert Collins	25:52
4	Jim Moyles	27:15
5	Mike Sullivan	27:44
6	John Lawson	27:49
7	Jim Lawson	28:08
8	Tom Eller	28:22
9	Not Available	28:34
10	lan Waters	28:37
11	Greg Mandanis	28:50
12	Hashim Bashir	29:09
13	Armand Musey	29:10
	Erik Arveson	29:59
15	Ray Umeda	30:08
	Division Results - Men	

18 & Under: 1. Armand Musey 29:10, 2. Erik Arveson 29:59, 3. Lee Brandenburg 34:51. 19-29: 1. Robert Collins 25:52, 2 Mike Sullivan 27:44, 3. Tom Eller 28:22. 30-39: 1. Dan Sauers 25:25, 2. Hank Lawson 25:34, 3. Jim Moyles 27:15. 40-49: 1: Leon Souza 32:22, 2. Ron Simmons 33:40, 3. Daniel Braz 34:43, 50-59: 1. Richard Laine 32:04, 2. Neil Moore 36:48, 3. Gary Anderson 38:33. 60 & Over: 1. Irv

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Tessa Brown 47:02, 3. Megan Meyer 49:45. 19-29: 1. Alison Unterreiner 30:35, 2. Teri Juri 33:08, 3, Debra Waters 33:17, 30-39: 1. Karen Gotelli 36:31, 2. Lois Parsona 38:38, 3. Donna Werbe 38:52. 40-49: 1. Gigi Luhtala 32:22, 2. Marge Gerrity 36:12, 3. Harriet Anderson 39:07. 50-59: 1. Joan Pribnow 37:11, 2. Arlys Oesterling 49:01, 3. Kay Hale 49:58.

Maltzer 42:57, 2. Joseph Gallegos 43:47. **Division Results - Women** 

18 & Under: 1. Almee Meyer 40:57, 2.

## Indian Ridge Run

# September 8. Moraga. 5K & 10K, Division Results - Men's 5K

10 & Under: 1. Jay Ferlatte 22;38, 2. Scott Coane 22:53, 3. Jamey Balousek 23:25. 11-16: 1. Matt Blechman 17:57, 2. David Smith 18:38, 3. Anthony Pezzola 19:07. 17:29: 1. Kent Thompson 16:12, 2. Jay Witherspoon 17:30, 3. John Locke 18:55. 30-39: 1. John Embody 16:33, 2. Steve Ortiz 18:24, 3. Michael Kassner 18:29. 40-49: 1. John Galletta 17:40, 2. Roger Sharpe 18:52, 3. Fred Well 19:10, 50-59; 1. Bruce Oliver 20:39, 2. Michael Gordon 20:50, 3. Ponch Matamoros 22:07. 60 & Over: 1 Don Wilgus 22:49, 2. Theodore Fick 25:24.

Division Results - Women's 5K 10 & Under: 1. Summer Bundy 23:36, 2. Kim Leavitt 26:34, 3. Heather Bundy 30:30. 11-16: 1. Dana Bjornsen 21:34, 2. Shannon McGregor 21:39, 3. Patti Smith 22:36. 17-29: 1. Amanda Goldner 19:17, 2. Chenger Mehmedbasich 21:53, 3. Karen Kempel 22:45, 30-39: 1. Peggy Smythe 17:43, 2. Mary Ellen Greany 20:07, 3. Nancy Stover 20:43. 40-49: 1. Sharon Wilson 22:55, 2. Anne Ronko 25:55, 3. Chris Mc-Clure 26:09. 50-59: 1. Paula Mark 29:30, 2. Jane Thompson 34:17, 3. Carol Matthews 36:16. 60 & Over: 1. Betty Todd 33:53.

#### Division Results - Men's 10K

10 & Under: 1, Andy Kahn 1:19:04, 11-16: 1, Ben Turman 36:33, 2, Juan Gomez Novy 38:29, 3. Scott Whitham 39:41. 17-29: 1. Robert Goralka 33:50, 2. Eric Homrighausen 34:54, 3, Sam Hooker 36:12. 30-39: 1. Steven Freitas 34:05, 2. Tony Ashton 34:47, 3, Sid Naiman 35:44. 40-49: 1. David Taylor 34;11, 2. Keith Wallace 37:37, 3. Vince Alcantar 39:16. 50-58: 1. Lee Sorenson 39:17, 2. Rob Campbell 40:04, 3. Don Hildebrand 40:53. 60 & Over: 1. Don Lundberg 44:57, 2. John Nyser 45:00, 3. E. Gardner 51:12.

Division Results - Women's 10K 10 & Under: 1. Lisa Miller 44:40, 11-16: 1. Sarah Goodroe 1:11:38, 17-29: 1. Bridgette Goodwin 37:51, 2. Mary Jo Stoka 39:28, 3. Robi Mulford 40:30. 30-39: 1. Barbara Mayer 41:08, 2. Kathy Cole 41:55, 3. Rosa Sperry 44:27, 40-49: 1. Mary Hauck 44:28, 2. Ellen Ruvolo 46:39, 3. Marcia Robbins 46:48, 50-59: 1. Alice Rose 42:18, 2. Ruth Anderson 44:38, 3. Miek McCubbin 52:57.

#### **Descente Star** Test 10K

#### September 8. San Luis Obispo.

	Overall Results	
1	Steve Flynn (29) Shell Bch	33:16
2	Frank Hutchinson (32) ShellBch	34:22
3	Paul Lee (24) SantaMaria	34:50
4	Glenn Harvey (24) Oceano	34:50
5	Thierry Ross (30) SLO	34:56
6	John Ernatt (21) SLO	35:32
7	John Fetcho (28) Los Osos	36:11
8	Barry Lant (24) SLO	36:12
9	Chris Connors (34) SLO	37:42
10	Doug Moon (26) SLO	38:11
11	Les Beck (41) SLO	38:38
12	Peter Werbel (38) Truckee	38:44
13	Stan Rosenfield (37) SLO	38:44
14	Catherine Hennelly (25F) SLO	38:52
15	Tracey Ross (23F) SLO	39:33

#### **Sugar City** Fun Run

#### September 14. Crockett, 10K. Overall Results 1 Mason Mason

1	Mason Meyers (16)	32:21
2	Ed Ettel (16)	32:57
3	Leroy Kotchevar (26)	33:36
4	John Anthony (16)	33:59
5	Tim Jordan (44)	35:04
6	Daniel Rosenthal (16)	35:09
7	Steve Turnipseed (12)	35:27
8	Michael Drange (16)	35:32
9	Chuck Smillie (20)	35:35
10	Grigor Burton (32)	36:19
11	David Weamer (38)	36:27
12	John Monteverdi (38)	36:36
13	Morgan McLarty (12)	37:12
14	William Kaar (20)	37:20
15	Roger Zolldan (38)	37:31
16	Rollin Stanton (16)	38:19
17	John King (32)	38:30
18	Sharlet Gilbert (32F)	38:42
19	Paul Ligda (50)	39:21
20	Chris Adamo (20)	40:04
21	Larry Arata (38)	40:09
22	John Grandy (20)	40:14
23	Nathan Wulf (16)	40:24
24	Marilyn Acquistapace (32F)	40:26
25	Harvey Schwartz (44)	40:36
	· ·	

## **North Shore** Challenge

September 14, Janos City.			
Overall Results - Men			
1	Matt Huxley	1:34:42	
2	Mike Hickox	1:37:52	
3	Michael Robert Smith	1:40:42	
4	Jim Sloan	1:40:48	
5	Mike Ziaskas	1:43:27	
6	Michael Mutschier	1:43:30	
7	Steve Hoag	1:43:37	
8	Gary Covell	1:45:18	
9	Bob Besso	1:47:43	
10	Gene Trivett	1:48:18	
	Overall Results - Women		
1	Ann Chipendale	1:46:38	
2	Maureen Kaila	1:51:22	
3	Marianne Skidmore	1:58:01	
4	Gail Hoimgren	2:01:55	
5	Jacci Romeis	2:02:10	
	Relays Results		
1	Howell, Werbel, Hebard	1:31:55	
2	Green, Alsop, Sutter	1:32:05	
3	Trivett, R. Trivett, Liedtke	1:40:49	

#### Joel Mena Memorial

# September 14. Hart Park, Bakerstield. Division Results - Men's 1 Mile

12 & Under: 1. Laray Main 6:27, 2. David Long 6:36, 3. Leonard Jones 7:01, 13-19: 1. Thomas Valles 4:38, 2. Tracy Brown 5:06, 3. Johnny Samaniego 5:08, 20-29: Bill Taucher 4:56, 2. Randy Bown 6:06, 3. Ted Beardsley 6:41, 30-39: 1, Gary Ray 4:57, 2, Fernando Gomez 5:06, 3, Roland Acosta 6:36, 50 & Over: 1, George Medina 6:29, 2, Jack Randolph 6:52.

Division Results - Women's 1 Mile 12 & Under: 1, Mary Mabon 6:09, 2, Julie Mabon 7:17, 3. Brandy Wright 7:26. 13-19: 1. Renee Pacheco 6:19, 2. Jeanette Windes 7:15, 3. Kristi Douglas 7:30, 20-29: 1. Nora Garcia 9:01, 30-39: 1. Joan Citrin 7:28, 2. Peggy Tate 8:19. 40-49; 1. Mardi Briggs 7:51

	Overall Results - Men's 5K	
	Darrel Cox (30-39)	16:12
!	Angel Carrillo (20-29)	16:15
1	Amador Ayon (13-19)	17:01
ļ	Isaac Salcido (20-29)	17:10
•	Manuel Velasquez (13-19)	17:35
,	Jaime Orozco (13-19)	17:43
,	Steve Signorotti (30-39)	17:58

8	Damian Lopez (13-19)	18:04
8	Fred Vartanian (30-39)	18:16
10	Mario Lopez (13-19)	18:25
11		18:34
12	Tracy Brown (13-19)	18:36(Wich)
13		18:40
14	Ryan Fisher (13-19)	18:49
	John Lopez (30-39)	18:50
	Overall Results - Wome	
	CAMERI MARRIES - MOLIM	11 8 24
1	Amy Mabon (12&U)	20:26
2	Leslie King (30-39)	21:04
3	Paula Shearer (13-19)	21:42
4	Melissa Cox (13-19)	21:43
5	Andrea MacDonald (30-39)	22:48
6	Margle Stauffer (40-49)	23:25
7	Neille Gil (13-19)	23:42
8	Susan Rubin (30-39)	23:58
8	Annette Gonzales (20-29)	25:24
10	Dona White (30-39)	25:51

#### Carson City-Sacramento 166 Mile Run

September 12-15. Carson City to Sacto.

Leding the entire way except for the first 30 miles, Bruce von Borstel, 41, of Georgetown, CA, won the Carson City-Sacramento 166 Mile Run for the second consecutive year. His new course record time was 24:10:18 compared to his 27:01:01 the previous year.

While von Borstel's set a new course record for men, Judy Ikenberry's 1984 women's record of 35:28:17 remained intert.

The race from the capitol steps of Nevada to the capitol steps of California was run over four days, September 12-15, at approximately 41½ miles per day. The course, over back roads except for a 55-mile stint on Hwy 88, is actually 168½ miles.

Gard Leighton, 51, of Napa, CA, finished second in 24:40:15, the second best time in the history of the race.

Trailing von Borstel and Leighton was Del Scharffenberger, 40, of Portland, OR, in 25:49:00, who lead the first 30 miles.

Other finishers in order were: David Niederhaus, 44, of El Toro, CA, 27:25:09; Floyd Whiting, 44, Reno, NV, 27:48:38; Harrison Smith, 58, Redding, CA, 29:04:54; Dick Collins, 51, Oakland, CA, 30:26:03; Richard Leslie, 52, Paios Verdes, CA, 30:39:07; and, tying, Joan Bumpus, 42, Penn Valley, and Deloah McKim, 31, Sparks, NV, 37:25:08.

After the first day's finish, only two runners improved their positions. Smith moved from seventh to sixth and Collins from eighth to seventh. Seven of the ten finishers ran their fastest time on the third day.

Weather conditions were more favorable than in 1984. The first two days the temperature at the start was in the low 40's and at the finish in the high 60's. The last two days the starting temperature was in the low 50's and the ending temperature was in the mid-70's the third day and low 80's the fourth day. By contrast, the 1984 temperature for the start was generally in the 60's and in the 80's at mid-race except for the last day when it was in the low 90's.

The race had 15 entries, which evolved to 11 starters and 4 scratches. Steve Galvan, the ione DNF, completed three days, 124 miles, but had to withdraw the fourth day when an injury he incurred in the Lake Tahoe 72 Mile Run, the prior week, incapacitated him.

In its two year history, the race has had 21 starters and 17 finishers. All three women who started have finished.

#### Aztec Run

from David Valenzuela

September 15. Oakland.

Division Results - Men 13 & Under: 1. Dino Daniels 31:22, 2. Cory Aranaydo 41:06, 3. Raul Deanda 45:28. 14-18: 1. Michael Tyler 28:37, 2. Bart Bombay 29:43, 3. Rilchard Garcia II, 33:37. 19-29: 1. Robert Gomez 25:38, 2. Miguel Montoya 25:42, 3. David Ruiz 26:00. 30-39: 1. Dennis Uritaga 26:48, 2. Nicholas Martinez 28:07, 3. Ed Baker 28:47. 40-49: 1. Alphonzo Jackson 28:21, 2. Fred Montantez 29:15, 3. Vicente Ramirez 29:58. 50-59: 1. Bruce Oliver 33:26, 2. Vicente Caselis 34:36, 3. Tom Curits 38:13. 80 & Over: 1. Frank Rodriguez 35:59, 2. Theodore Martin 36:02, 3. Joe Yasaki 45:27.

**Division Results - Women** 

13 & Under: 1. Quisquey Rodriguez 38:35, 2. Laura Flores 40:11. 14-18: 1. Petra Rodriguez 38:05. 19-29: 1. Susan Putney 33:24, 2. Olga Oegado 38:53, 3. Kirstine Kaarto 40:29. 30-39: 1. Sylvie Estrada 41:25, 2. Lin Nelson 42:25, 3. Gwen Viveros 50:49. 40-49: 1. Gloria Vilasela 45:12, 2. Gloria Jacobson 45:20.

# Boxer China Camp

September 15. San Rafael, 5K & 10K.
Division Results - Men's 10K

15-18: 1. Doug Wilner 35:40, 2. Peter Ford 1:11:52, 19-29: 1. David Coulman 38:50, 2. Mike Maniscalco 37:00, 3. Scott Johnston 38:07, 30-39: 1. Estabon Matinez 33:40, 2. Robert Crooks 36:14, 3. William Farrer 39:05, 40-49: 1. Alfred Bogenhuber 36:57, 2. Skip Hutchison 38:35, 3. Santiago Ojeda 38:42, 50 & Over: 1. John Russell 42:05, 2. George Johnstone 44:25, 3. Warren Levinson 47:34.

Division Results - Women's 10K 19-29: 1. Maryann Truitt 41:43, 2. Jenny Josehson 46:46, 3. Carolyn Hollingsworth 46:59. 30-39: 1. Paula Beard 40:16, 2. Cheryl Jones 45:53, 3. Theresa Flynn 49:54. 40-49: 1. Kay Willoughby 45:07, 2. Jane McClure 45:38, 3. Barbara Levinson 50:02.

Division Results - Men's 5K 14 & Under: 1. Bill Bentley 24:00. 15-18: 1. Chris Thayer N.T. 19-29: 1. James Pilacelil 20:16. 30-39: 1. Ed Willard N.T., 2. Ron Mogel 28:49, 3. Ron Mogel 28:49. 40-49: 1. John Demers 17:50, 2. Ron Hudson 18:39, 3. Ed Meagor 22:14: 50 & Over: 1. Fred Uliner N.T., 2. Rich Stranzl 27:33, 3. Allan Jackman 33:57.

Division Results - Women's 5K 30-39: 1. Beth Bogert 25:24, 2. Kerry Keefe 25:53, 3. Colleen McDougall 29:14. 40-49: 1. Susan Stoddard 29:54, 2. Pauline Ward 33:08, 3. Vivian Jackman N.T. 50 & Over: 1. Ethel Selderman 47:40, 2. Dorothy Hughes 47:47.

## Run For Health And Peace in Central America

from Kim Cox

Sept. 15. Oakland, 5K & 10K. Division Results - Men's 5K 18 & Under: 1. Peter Johnson 21:18, 2, Andrew Nardeneili 22:53, 3. Charles William 22:58, 19-24: 1, Kent Thompson 16:01, 2. Paul Bachmuth 16:02, 3. Michael Brown 16:11, 25-29: 1. Thomas Woo 16:59, 2. David Rhoads 17:08, 3. Mikos Mourtos 17:26, 30-34: 1. Bill Brusher 17:17, 2. Clyde Niblett 18:40, 3. Buster Gonzalez 20:59, 35-39: 1. Don Paul 15:13, 2. Eric Ivary.

17:49, 3. Robert Haas 29:37. 40-44: 1. Hugh Globerson 18:08, 2. Bill Best 19:32, 3. Peter Dalton 19:45, 45-49: 1. William Haii 19:12, 2. Jack Hill 20:45, 3. Shropshire 20:47, 50-54: 1. Tom Walsh 18:35, 2. Bob Graham 21:17, 3. Besente Dazham 22:47, 55-59: 1. Stanley Sprague 20:57, 2. Don Watson 23:06, 3. Garrett Fitzgibbons 23:53, 60 & Over: 1. Eugene Sharee (70) 47:21.

Division Results - Women's 5K
18 & Under: 1. Molly Burke 18:10, 2. Gina
Anderson 22:51, 3. Nina Andres 25:50.
19-24: 1. Diane Milosavich 20:58, 2. Megan
Chestnut 22:20, 3. Katherine Barnum
23:03, 25-29: 1. Janine Aleilo 17:35, 2. Jane
Dramer 24:24, 3. Rafaella Herrera 26:11,
30-34: 1. Sheryi Hausman 19:07, 2. Teri
Cook 24:54, 3. Ellis Heyer 25:56, 35-39: 1.
Kathy Kennedy 18:43, 2. Jeanne Krall
22:08, 3. Carla Dalton 23:10, 40-44: 1. Donna Watson 27:35, 2. Ann Nelson 28:22, 3.
Elizabeth Farnsworth 30:53, 45-49: 1. Birthe Kirsch 20:22, 2. Marjorie Lasky 24:29,
3. Diana Bohn 28:15, 50-54: 1. Hisae
Reichel 23:12, 2. Shella Andres 30:35, 3.
Joan Allen 33:03, 55-59: 1. Sister Marjori

Division Results - Men's 10K
18 & Under: 1. Joseph Rectt 43:56, 19-24:
1. Stephen Adais 31:30, 2. Paul Elisworth
40:50, 3. Nell Friedman 42:48, 25-29: 1.
George Riley 33:40, 2. Gordon Stacey
40:35, 3. Jeff Nomora 42:53, 30-34: 1. Peter
Lukaslewicz 36:53, 2. Eric Harrison 37:19,
3. Roger Sobsey 38:23, 35-39: 1. Ron
Griswold 36:21, 2. Searcey Barnett 37:25,
3. John Graham 37:39, 40-44: 1. Len
Boldman 38:17, 2. Michael Baram 39:53, 3.
Augustine Cortex 40:57, 45-49: 1. Joe Hancock 39:01, 2. Bill Anderson 41:42, 3. John
Walsh 46:49, 50-54: 1. Jess Chavez 41:15,
2. Robert Christiansen 45:04, 3. Conrad
Montell 47:54: 60 & Over: 1. Tony Marshall
49:21.

vine 20:57, 2. Dolly Marshall 37:12.

Division Results - Women's 10K 18 & Under: 1. Christine McGee 39:55, 2. Alissa Di Ranco 46:47, 19-24: 1. Linda Safarik 49:15, 2. Moorhead 52:37, 3. Julie Belles 56:40, 25-29: 1. Sally Schultz 44:28, 2. Jennifer Macullewicz 44:39, 3. Karen Ashe 46:54, 30-34: 1. Sue Vinellabrushea 38:32, 2. Tobey Kaplan 49:48, 3. Beth Braker 49:56, 35-39: 1. Hilary Naylor 38:00, 2. Laura Strand 41:25, 3. Anne Baugh 48:37, 40-44: 1. Lee Macey 48:17, 2. Angela Bonilla 50:36, 3. Trisha Winder 54:25. 45-49: 1. Maxine Auerbach 54:32, 50-54: 1. Eolta Harrott 59:21.

# Cloverdale Grape Run

September 15. Cloverdale, 10K & 3K, Division Results -Men's 10K

10 & Under: 1. Dave Reuser 54:55, 2. Jeremy Collier 54:56, 11-15: 1. Adam Villagomez 42:42, 2. Brett Poteet 49:23, 3. Craig Meyers 50:19. 18-19: 1. Peter Vincent 35:50, 2. Wayne Shepard 38:27. 20-24: 1. Stacy Van Horn 35:50, 2. Ted Guealero 56:35. 25-29: 1. Rick Blackman 38:14, 2. Dan Ballentine 39:45, 3. Jim Boyce 41:35. 30-34: 1. John Anderson 36:47, 2. Tex Parker 39:18, 3. Jeffrey Bell 39:52, 35-39: 1. Bill Stites 37:46, 2. John Kirn 37:52, 3. Tom Wendt 40:03. 40-44: 1, Will Reed 37:43, 2. Roger Sharpe 38:26, 3, Jim Clover 39:23. 45-49: 1. Darryl Beardall 34:48, 2. Frank Anderson 36:38, 3. Robert Groff 39:10. 50-55: 1. Bob Chadwick 41:51, 2. James Collins 44:12, 3. Marcite Booth 45:26. 56-59: 1. Al Bellow 38:33, 2. Joe Madrigal 41:15, 3. Mort Ward 41:42, 60-64: 1. Victor Crosetti 44:04, 2. Gene DeSota 44:33. 65-69: 1. Mel Shine 56:35.

Division Results - Women's 10K 10 & Under: 1. Kari Horn 47:15, 11:15: 1. Nika Horn 41:50, 18-19: 1. Kathy Niehaus 51:18, 20-24: 1. Shawn Abbott 42:44, 2. Nancy Herring 45:21, 3. Terri Riske 48:10, 25-29: 1. Terry Finale 51:00, 2. Maryse Urlick 52:28, 3. Jeri Kelly 55:38, 30-34: 1. Margaret Moore 43:10, 2. Myra Lewin 47:49, 3. Brenda Jarett 50:00. 35:39: 1. Judy Watch 43:12, 2. Sue Wagers 46:58, 3. Katherine Johnson 54:21, 40-44: 1. Caron Shaumberg 42:15, 2. Edna Stickle 45:28, 3. Sue Radke 1:01:10. 50-55: 1. Lois Clark 57:19, 2. Laura Brown 1:16:06, 60-44: 1. Kit Pickles 53:15, 2. Maria Carlsen 1:01:55. 65-66: 1. Elizabeth Horney 1:11:23.

Division Results - Men's 3K 10 & Under: 1. Joseph Johnson 12:59, 2. Josh Poteracke 15:58, 3. Jess Young 17:41. 11-15: 1. Todd Stevens 10:54, 2. Jethro Greenbaum 11:00, 3. Ray Crumb 13:39. 16-19: 1. Bubba Doughty 9:49, 2. Doug Dusher 10:30, 3. Chris Newman 11:06. 25-29: 1. Mark Gregon 9:09, 2. Kevin Anderson 12:10, 3. Jeff Johnson 14:01. 30-34: 1. Mike Hotton 9:44, 2. Scott Holm 13:11, 3. Tom Jones 13:51. 35-39: 1. Ron Smith 9:36, 2. Dave Sjostedt 10:31, 3. Bill Horn 12:05. 40-44: 1. Walter Venuum 10:12, 2. Brad Stevens 12:32, 3. Robert Callwell 12:48. 45-49: 1. Raiph Harms 10:55, 2. Robert Dale 16:11, 3. Spenser Vall 17:33. 50-55: 1. Carl Jackson 11:23, 2. John Bugbee 18:14, 56-59: 1, James McManus 12:48, 2. Robert Rawlins 14:06. 3. Jack Loffmark 16:19. 60-64: 1. David Burg 13:41. 65-69: 1. Dick Klein 16:54, 2. Paul Perry 18:27.

Division Results - Women's 3K
10 & Under: 1. Karin McCall 16:39, 2.
Chrissy Reuser 15:53, 3. Jodie Harm
16:04. 11-15: 1. Kristle McCall 11:05, 2.
Diane Gill 14:12, 3. Melanie Sanders
15:11. 16-19: 1. Natalle Clark 15:04, 2. Lisa
Bowman 15:04, 3. Theresa Vall 17:32.
20-24: 1. Laura Tynan 17:00, 2. Michelle
Richardson 17:05. 25-29: 1. Kathy Watterson 13:23, 2. K. Dee 14:28, 3. D. L. Baker
15:20. 30-34: 1. Debra Cuda 16:37, 2. Mari Espinosa 16:58, 3. Regan Jones 17:24,
35-38: 1. Ruth Grimes 12:53, 2. Sue Horn
16:04, 3. Sue Reuser 16:07. 40-44: 1. Carole
McManus 14:31, 2. Nancy Kemp 16:49, 3.
Jacky Macy 17:26. 45-49: 1. Millie Campbell 14:52, 2. Suzanne Cussins 17:09,
50-55: 1. Jony McQuiddy 17:00, 2. Dorls
Morabito 18:01, 3. Diane Hanlon 18:17.

#### Fiesta Fun Run

by Martha Magnia

September 15. Fresno. 4 Mile & 1 Mile. Dirision Results - Men's 4 Mile 18 & Under: 1. David Naranto 19:59; 2. Pete Cerda 22:30, 3. Gabriel teNyenhuis 23:24, 19-29: 1. Baldemar Bettencourt 20:19; 2. Rich Thiel 20:50, 3. Mark Keener 21:24, 4. Marc McNeally 23:41, 5. Casey Clark 23:49, 30-39: 1. Al Lomeli 20:09, 2. Glen Mathis 21:25, 3. John Taylor 23:28, 4. Carlos Bravo 23:47, 5. John Volkman 23:53, 40-49: 1. Don McQuone 24:45, 2. Fred Keenom 24:57, 3. Gustavo Armenta 25:41, 4. Tom Ockey 26:23, 5. Bill Ramsey 27:32, 50-59: 1. Rick Zamarripa 23:30, 2. Tommy Upton 27:26, 3. Robert Minick 32:03, 80 & Over: 1. Leon Alonso Sr., 27:13.

Division Results - Women's 4 Mile 18 & Under: 1. Carrie McNeally 30:51, 2. Katle Abbott 32:25, 3. Veronica Para 41:45. 19-29: 1. Lupe Canales 28:54, 2. Susie Cordova 29:26, 3. Neillie Gonzales 29:58. 30-39: 1. Maurie Potts 26:29, 2. Sharon Madsen 29:32, 3. Sylvia Valdez 30:00, 4. Rosie Espinoza 30:18, 5. Jennie Aguirre 30:58. 40-49: 1. Helene Miller 30:13, 2. Chrls McCullum 33:15, 3. Mary Hooper 33:30. 50-59: 1. Mae Rogers 29:32. 60 & Over: 1. Virginia Martin 43:32.

Division Results - Boy's 1 Mile 6 & Under: 1. Michael Vasquez 7:48, 2. Alex Watkins 8:24. 7-8: 1. Kyle Hudson 7:49, 2. Bobby Rodrigues 8:35. 9-10: 1. Pat Keeley 6:52, 2. Eddle Williams 7:22. 11-12. Brent Fernandez 5:53, 2. Alex Cordova

Division Results - Qirl's 1 Mile 6 & Under: 1. Rochelle Monk 6:57, 2. Amy Campbell 9:40, 7-8: 1. Kelly Carmody 8:09, 2. Melleen Castillo 8:34, 8-10: 1. Lori Fraijo 6:49, 2. Crystal Herrera 7:31, 11-12: 1. Anita Campbell 7:42, 2. Amy Hudson 10:38

### Santa Barbara **Bud Light** Triathlon

Sept.	21.	Santa	Barbara.	
•		Overs	II Decuite .	

Overall Results - Men				
Duncan Thomas, S.B.	4:15:36			
Michael Fillipow, LongBch	4:18:31			
Michael Hamer, SanClem	4:22:55			
Thomas Valente, Phoenix	4:24:03			
Patrick Moore, CarmelVly	4:26:39			
Robert Isaacs, San Clem.	4:28:16			
Mark Stoner, Laguna Niguel	4:28:27			
Matt O'Day, BuenaPk	4:28:56			
Ron Benavidez, SantaMaria	4:28:59			
Edward Strack, ColoradoSpr	4:29:11			
Barry Kelly, Arcadia	4:29:20			
	4:29:54			
	4:30:30			
	4:31:30			
	4:33:50			
Kiaus Barth, LongBeach	4:35:04			
Jon Clark, Carpinteria	4:35:48			
Mike Levine, Goleta	4:37:12			
Karl Fieberling, Felton	4:37:36			
Dave Rice, L.A.	4:37:54			
Rodney Brenneman, Irvine	4:39:11			
Josh Klein, SantaBarb	4:39:29			
Kyle Heron, L.A.	4:40:10			
Gregory Bohdan, L.A.	4:40:19			
Kemp Aaberg, Goleta	4:40:23			
Overall Results - Women				
	Duncan Thomas, S.B. Michael Fillipow, LongBch Michael Hamer, SanClem Thomas Valente, Phoenix Patrick Moore, CarmelVly Robert Isaacs, San Clem. Mark Stoner, Laguna Niguel Matt O'Day, BuenaPk Ron Benavidez, SantaMaria Edward Strack, ColoradoSpr Barry Kelly, Arcadia George Wright, Los Alamitos Paul Shelden, LongBeach Craig Lowrle, SanLulsObls Michael McCaffery, Burding Klaus Barth, LongBeach Jon Clark, Carpinterla Mike Levine, Goleta Karl Fieberting, Felton Dave Rice, L.A. Rodney Brenneman, Irvine Josh Klein, SantaBarb Kyle Heron, L.A. Gregory Bohdan, L.A. Kemp Aaberg, Goleta			

	Overall Results - Women	
1	Terry Thomas, SantaBarb	4:58:36
2	Cheri Savage, SantaBarb	4:59:22
3	Missy Le Strange, Visalia	5:03:14
4	Sue Tennickeit, SealBch	5:05:59
5	Nancy Kummen-Baird, CostaM	5:09:13
6	Beth Davis, Boulder,CO	5:10:43
7	Artis Childs, SantaAna	5:11:08
8	Lisa Verhe, Fair Oaks	5:14:26
9	Mary Ryzner, SantaBarb	5:16:48
10	Robin Barnato, Pacifica	5:20:58

## Coors Bass Lake Classic

# September 21. Bass Lake. Triathion.

	Overall Results	
1	Scott Molina	1:58:20
1	Scott Tinley	1:58:20
3	Gary Peterson	2:02:20
4	Ken Glah	2:02:56
5	Kai Serrano	2:03:51
6	Peter Cazalet	2:04:05
7	John Clothier	2:04:17
В	Mark Montgomery	2:04:30
В	Murphy Reinschreiber	2:04:30
10	Bryan Fahrenbach	2:05:05
	John Holbeck	2:08:47
12	Bob Gobbell	2:10:01

13	Dean Harper	2:10:32					
	Joanne Erns'	2:11:49					
	Steve Terry	1:12:13					
	Guy Van Natta	2:14:04					
	Peter Kalmar	2:14:06					
	Jeff Moffit	2:15:47					
	Colleen Cannon	2:15:55					
		2:17:13					
	John Birge						
	Elaine Alrutz	2:18:40					
	Karen Chequer-Pfeiffer	2:19:28					
23	Dan Empfield	, 2:19:53					
24	Jay Farrior	2:20:24					
25	Rick Conway	2:20:30					
26	Dave Slothower	2:20:52					
27	Julie Moss	2:21:23					
	Preben Mortensen	2:21:33					
	Sue McMurray	2:22:49					
	Gene Tiger Sykes	2:23:11					
30		2.23.11					
Overall Relays							
1	Eye of the Chicken	1:59:14					
2	Gilbert Guzman	2:05:47					
3	Gordon Keller	2:08:23					
4	Bert Wilgenburg	2:18:31					

Jim Healy Division Results Men 19 & Under: 1. Guy Van Natta, 2. Jeff Steinman, 3, Mark Schubert, 20-24: 1. Jeff Moffit, 2. Dom Davidson, 3. Allen Richburg, 25-29: 1 Kai Serrano, 2 Dan Empfield, 3. Jay Farrior, 30-34: 1. John Birge, 2. Rick Conway, 3. Peter Gallop, 35-39: 1. Robert Rainwater, 2. John Murphy, 3. Michael Farley. 40-44: 1. Preben Mortensen, 2. Walter Radioff, 3. Jim Manfredo, 45-49: 1. Lynn Cramner, 2. Waiter Littenberg, 50 & Over: 1. Joseph Russell.

Division Results - Women 20-24: 1. Doreen Moorefield, 2. Susan Go. 25-29: 1. Luanne Park, 2. Lorri Oja, 3. Karin Carter, 30-34; 1. Nancy Stover, 2. Kathy Kelly, 3 Leslie Hooker, 35-39; 1. Jean Roberts, 2. Lynn Cranmer, 3. Leslie Corcoran 40-44; 1. Maryann Zounes, 2. Kathryn Kettler. 45-49: 1. Arlene Fowler, 2.

2. Al Kirkman, 3. Don Hamilton.

Nancy Molitor, 3. Judy Miller. Professional Men

1. (tie) Scott Molina and Scott Tinley. 3. Gary Petersen, 4 Ken Glah, 5. Peter Cazalet, 6 John Clothler, 7. (tie) Mark Montgomery and Murphy Reinschreiber, 9. Bryan Fahrenbach, 10. John Holbeck. Women

1. Joanne Ernst, 2. Colleen Cannon, 3. Elaine Airutz, 4. Karen Chequer-Pfeiffer, 5. Julie Moss, 6. Sue McMurray, 7. Judy Glynn, B. Susan Griffin, 9. Anne McDonnell 10 Julie Matteson.

#### **Prefontaine** Memorial Run

from Bob Huggins

September 21. Coos Bay, Oregon.

The weekend of the 6th Annual Prefontaine Memorial Run was highlighted by the dedication of the Prefontaine Memorial Gallery in the Coos Art Museum



building in Coos Bay. The Gallery will be the permanent location of Pre's trophies. photographs, and other memoriabilia. Over 2,000 persons visited the Gallery during the weekend festivities.

Jeff Wells (a former Athletics West runner and now a minister from Roseburg. OR) was the overall men's winner - in a time of 30:14. Wells led throughout the race (a hilly 10K course) and finished 1:49 ahead of the second-place finishers, Dave Montgomery of Eugene, OR.

For the first time in 6 years, a new overall women's winner was crowned. Sue Addison of Eugene (normally a track runner) won in a time of 35:52.

Two age group records were set -- Dick Weeks of Eugene in the 40-49 Division with a time of 33:47 with a 6th place finish overall, and Jean Marchant (a 27 year old wheelchair contestant) with a time of

#### Overall Results - Men

1	Jeff Wells, Roseburg	30:14
2	Dave Montgomery, Eugene	32:03
3	Kenny White, Medford	32:48
4	Aaron Howard, Roseburg	33:15
5	Stuart Scholl, Crescent City	33:19
	Overall Results - Women	
1	Sue Addison, Eugene	35:52
2	Annette Sargent, Eugerie	38:49
3	Kate Sharples, North Bend	39:29
4	Stephanie Wessell, Coos Bay	40:45
5	Hilary Simmons, Oakland	41:35

#### Mule Run Ultra 50K

September 21. Bishop. Division Results - Men

30-34: 1. Stephen Harris 4:19.57, 2. Bill Kissell 4:40.45, 3. Ralph West 4:54.09. 35-39; 1. Richard Provost 4:13.05, 2. Ron 35-38 1. Hichard Provided 4:15.05, 2. Hon-Parks 4:19.15, 3. Gill Cornell 4:33.14. 40-44: 1. Joe Cavanaugh 4:00.31, 2. Richard Tufts 5:04.29, 3. Alan Mackey 5:06.14. 45-49: 1. David Condit 4:47.44, 2. Don Pyclor 5:10.25, 3. Jess Cook 5:10.33. 50-54: 1. Patrick Halloran 5:29.02, 2. John Anderson 5:47.10, 3. Bill Worcester 6:34,12, 55-59: 1. Jack Rohde-Moe 5:03.46, 2. William Broyles 5:10.12, 3. Dave Collett 6:10.00.

Division Results - Women 30-34: 1. Nancy Tinkey 6:07.16. 2. Cindy Fullwiler 6:28.54, 3. Pam Smith 6:34.11. 35-39: 1. Kathy Pyclor 5:44.49, 2. Pam Rowland 5:52.00, 3. Liz Snyder 6:41.08.

#### Casa to Casa

September 22. Petaluma. 5000m/10,000m. Division Results - Men's 10,000m

18 & Under: 1. Dan Drake 55:10. Open: 1. Alan Geraldi 34:35, 2. Kevin Kramer 35:09, 3. Brett Van Natt 35:17, 30-39: 1. Butch Alexander 33:34, 2. Virginio Deavavjo 34:18, 3. Tim Stewart 34:59. 40-49: 1. Ray Gin 36:20, 2. Bill Bugler 36:50, 3. Will Reed 38:58, 50-59; 1. Hank Fragoza 38:37, 2. Bob Buckendahi 41:27, 3. Bob Chadwick 41:39. 60 & Over: 1. Keith Anderson 42:15.

Division Results - Women's 10,000m Open: 1. Swiz Patterson 35:48, 2. Annette Shearer 41:13, 3. Maryse Airich 53:05. 30-39: 1. Beckle Simmle 38:03, 2. Judy Wetch 41:38, 3. Diana Wimerly 45:14. 40-49: 1. Caron Schaumberg 41:42, 2. Nouria Harris 46:19, 3. Alice Gilmore 50:33. 50 & Over: 1. Janet Buckendahl 41:27.

Division Results - Men's 5000m 12 & Under: 1. Ryan DeFord 23:50. 13-15: 1. Mark Raymond 19:42. 16-18: 1. Dave Jones 19:20. Open: 1. James Batz 16:58, 2. Wayne Johnston 17:12, 3. Dave DeRosa 17:40

Division Results - Women's 5000m 12 & Under: 1, Amy Li'Ren 32:47. Open: 1. Pam McDonald 23:50, 2. Sybil Byrnes 25:07, 3. Charleen Jones 27:59.

#### Centennial 6 & 2 Mile Runs

from Fernie Montanez

September 22. Fresno.

Division Results - Men's 2 Mile 14 & Under: 1. Enrique Diaz 10:25, 2. Matt Mazurek 11:38, 3. Karl Polivka 11:43. 15-19: 1. Greg Donson 10:52, 2. John Rodriguez 11:08. 20-24: 1. Erasmo Quintannilla 10:46, 2. John Dakermanji 12:15, 3. Brian Nanoo 12:50. 25-29: 1. Alex Nunez 11:55, 2. Frank Rivas 11:58, 3. Ed Rivera 12:10, 30-34: 1. Rito Fuentes 11:03, 2. Anthony Chavira 11:51, 3. Jack Gaintan 12:29. 35-39: 1. Ron Thiesen 12:28, 2. Michael Montes 12:37, 3. Benjamin Perez 12:39, 40-44; 1, Bill Ramsey 13:01, 2. Bill Cockerham 13:11, 3, Jerry Frieson 13:23. 45-49; 1. Fred Keenom 12:34, 2. Bill Wilson 12:51, 3. Gary Ream 13:25, 50-54; 1. Ric Zamarripa 11:51, 2. Grant Sharp 12:21, 3. A. Mickey Kaitangian 12:57, 55-59: 1. Frank Parales 16:17, 60 & Over: 1. Bob Musso 13:17. 2. Vernon McCullough 17:33, 3. Arturo Ruiz 17:30.

Division Results - Women's 2 Mile 14 & Under: 1. Heldi Nickel 10:52, 2. Tenaya Wymore 18:34, 3. Mountiana Wymore 20:54, 15-19: 1, Lisa Bennett 11:59, 2. Tiffany Shaw 12:28, 3. Erin Valdez 15:14, 20:24; 1. Theresa Esquivel 13:55, 2. Norma Deleon 17:17, 3. Tracle Mann 17:28. 25:29: 1. Pamela Phillips 16:47, 2. Carmen Monsibais 16:54, 3. Victoria Walls 17:06. 30-34: 1. Maurie Ann Potts 12:37, 2. Jan Alcock 13:28, 3. Regina Notestine 17:21, 35-39; 1. Gina Mott 18:39, 2. Frances Zwinge 19:08, 3. Gioria Gomez 21:13. 40-44; 1. Julie Wilson 15:47, 2. Lynne Scheel 17:09, 3. Lin Brewer 17:32. 50-54: 1. Theenne Woodruff 18:36, 2. Mary Jo Fitchhorn 19:59.

Division Results - Men's 6 Mile 15-19: 1. Gilbert Delgado 33:57, 2. Juan Huaracha 37:33, 3. Shammah Wagner 38:59, 20-24: 1. William Bachicka 42:27, 2. Mike Lindberg 43:06, 3. Manuel Husracha 43:29. 25-29: 1. Lewis Marquez 40:00, 2. Jose Espinoza 40:20, 3. Thomas Brisky 40:23. 30-34: 1. Al Lomeli 32:13, 2. Jim Lambe 35:18, 3. Gary Smoot 37:31. 35-39: 1. Don Steiner 35:46, 2. C. Ella 36:20, 3. Obed Fernandez 38:32. 40-44: 1. Alex Orosco 37:58, 2, Don McQuown 39:39, 3. Leroy Milovich 40:48. 45-49: 1. Frank Padilla 35:04, 2. John Plus 38:07, 3. Jerry Carr 44:54. 50-54: 1. Len Thornton 36:08, 2. Dick Cain 37:27, 3. Frank Morris 41:16. 55-59: 1. Ray Barrios 42:47. 60 & Over: 1. Harry Harder 43:31, 2. John Bergey 45:56, 3. Buck Buchenberger 47:01.

Division Results - Women's 6 Mile 14 & Under: 1. Hether Reid 45:57, 16-19: 1. Chrystal Wells 48:35. 20-24: 1. Janine Reynolds 49:12. 25-29: 1. Neille Gonzales 47:22, 2. Alleen Takeuchi 47:44, 3. Francesca Mesier 48:18. 30-34: 1. Rosanne Schiedel 41:32, 2. Sharon Madsen 46:33, 3. Alfreda Hall 46:35. 35-36: 1. Terri Quammen 45:40, 2. Rosemarie Reyes 50:05, 3. Cherie Stewart 54:22. 40-44: 1. Helene Miller 48:16, 2. Janice Williams 53:13, 3. Darlene Kincald 54:27. 45-49: 1. Faye Daly 48:00, 2. Lynn Andresen 59:57, 80 & Over: 1. Virginia Martin

#### YMCA Kid's **Triathlon**

September 22. Whittler. **Boy's Results** 

3

10 1

Fed Tinley (13)	20:22
Douglas Friman (10)	20:48
Brent Parker (14)	21:20
Preston Moreno (14)	21:27
Mickey Fortle (12)	21:32
Michael Warren (12)	22:08
Daniel Schwartz (13)	22:11
Chip English (12)	22:42
Sean Ryan (10)	23:07
Lance Śwain (14)	23:10

	Girl's Results	
1	Janine Miller (13)	22:40
2	Kamin McClelland (12)	24:36
3	Megan Garrova (10)	26:37
4	lamara Miller (10)	27:57
5	Stephanie Brown (10)	28:41

#### YMCA City to **Port Run**

#### September 22. San Luis Obispo. 11.2 Mile.

	OAGURU MESHITE	
1	Mike Lansdon, Aggles	54:53
2	Hector Perez, Aggles	56:52
3	Scott Mayfield, Aggles	56:59
4	Steve Flynn, Aggles	57:30
5	Grant Jones, Aggies	59:22
6	Thomas McKeown, Spartacus?	C 59:46
7	Mike White, Aggles	1:00:44
8	Frank Hutchinson, Aggles	1:00:56
9	Keith Golding, Aggles	1:01:46
10	Dennis Odion, Aggies	1:02:38
11	Thierry Ross, SLDC	1:03:20
12	Anthony Jones, Aggies	1:03:45
13	John Blair, Atascadero	1:04:17
14	Eric Carman, Team SecndSole	1:04:21
15	Scott McIntosh, PasoRobles	1:05:01
	Rick Hallblom, SBAA	1:05:12
17	Larry Jamison, SLDC	1:05:50
18	Charles Brown, SLO RFC	1:06:30
19	Bryan Tracy, Aggles	1:07:06
20	Jim Hurly, Los Osos	1:07:06
	Christopher Connors, SLDC	1:07:09
22	Bob Nanninga, SLDC	1:07:15
23	Brad Corry, SLO	1:07:24
24	Terry Barnes, SLDC	1:07:49
	Division Results - Men	

16-29: 1. Mike Lansdon 54:53, 2. Hector Perez 56:52, 3. Scott Mayfield 56:59. 30-39: Grant Jones 59:22, 2. Thomas McKeown 59:46, 3. Mike White 1:00:44. 40-49: 1. Larry Jamison 1:05:50, 2. Jim Brown 1:08:34, 3. Keith Handley 1:09:09. 50 & Over: 1. Rodger Boedecker 1;17:24, 2. Joe Kourakis 1:23:25, 3. Tony Kunkel 1:26:07

**Division Results - Women** 

16 & Under: 1. Julie Gall 1:49:11, 2. Beth Johnson 1:49:19. 16-29: 1. Irene Henderson 1:09:50, 2. Tracey Ross 1:13:51, 3. Shannon Dial 1:15:39. 30-39: 1. Gail Hohenstein 1:19:56, 2. Frances Saponara 1:23:57, 3. Susan Kroot 1:25:48. 40-49: 1. Velma Bowden 1:23:30, 2, Susan Hood 1:24:21, 3. Sandra Dressendorfer 1:27:56. 50 & Over: 1. Phyllis Rodenberger 1:40:03.

# Run for the **Pumpkins**

from Raul Bennett

# September 22. Atwater. 5 Mile 1.25 Mile.

	OVOTAII KOSUITS	
1	Bruce Harrison	25:36
2	Bob Loux	25:53
3	Greg McKinstry	25:58
4	Bill Martin	26:01
5	Fred Villegas	26:37
6	Vincent Santistenvan	26:51
7	Zachary Taylor	27:13
8	Ray Duwayne	27:14
9	Fred Arroyo	27:26
10	Louie Phillips	27:49
11	Kaminski	27:50
12	Mark Hail	27:59
13	Patrick Valenzuela	28:21
14	Hector Menchzca	28:26
15	Charles Pittel	28:34
16	Curt Royer	28:38
17	Richard Domant	29:08
18	Vince Vieyra	29:10
19	Tim McClain	29:19
20	John Aldrich	29:24

Division Results - Men's 5 Mile 12 & Under: 1. Ryan Allan, 2. David Allan. 13-17: 1. Vince Vieyra, 2. Victor Vieyra, 3.

Jim Nabhotz, 18-29: 1. Bruce Harrison, 2. Bob Loux, 3. Greg McKlustry. 30-39: 1. Ray Duwayne, 2. Louie Phillips, 3. Curt Royer. 40-49: 1. Gerry Holmes, 2. Ken Schwisow, 3. Frank Ramos. 50-59: 1. Charles Rodgers, 2. Robert Herrera, 3. John Kaufman. 60 & Over: 1. Payson Taylor.

Division Results - Women's 5 Mile 13-17: 1. Kelly Pinheiro, 2. Kari Donaldson, 3. S. Wainwright. 18-29: 1. Nancy Coury, 2. Rhonda Ellis, 3. Mary Ragsdale, 30-39: 1. Joni Noto, 2. Linda Elam, 3. Barb Nicholls, 40-49: 1. Maryan Clark, 2. Jean Schwisow, 3. Jackie Ryle. 50 & Over: 1. Svivia Ovellette

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	Overall Hesul	18 · 1.25 Mile
1	Tim Stevens	6:13
2	John Byfield	6:32
3	Glen Jenkins	6:32
4	Dave Donaldson	6:37
5	Greg Ambrosini	6:39
6	Charles Johnson	6:54
7	Raiph Mollet	6:56
8	Ken Williams	6:57
9	Ron Deaver	7:11
10	Greg Wilson	7:16
11	Jeremy Rahn	7:20
12	Allen Miller	7:29
13	Terry Garner	7:45
14	Dan Wittenberg	7:50
15	Lisa Wade	7:51
	Division Results -	Men's 1.25 Mile

5 & Under: 1. Patrick Sullivan, 2. Matthew Barber, 3. Joe Maehler, 6-8: 1. Jimmy Brewer, 2. Kyle Royer, 3. Chris Wade. 9-11: 1. Tom Randall, 2. Robbie Royer, 3. Charles Cerney, 12-14: 1. Jeremy Rahn, 2. Darin Parvin, 3. Zak Deboer. 15-17: 1. Ken Williams, 2. David Sears. 18-29: 1. Tim Stevens, 2. John Byfield, 3. John Merritt. 30-49: 1. Glen Jenkins, 2. Dave Donaldson, 3. Greg Ambrosini. 50 & Over: 1. Mark Bodley, 2. Damiano Maningo, 3. K. Wiederhold.

Division Results - Women's 1.25 Mile 5 & Under: 1. Charity Johnson. 6-8: 1. Jessica Koehn, 2. Molly Foster, 3. Christina Aldrich, 9-11: 1. Heather Minos. 2. Laura Fragulia, 3. Tanyia Koehn, 12-14: L Lisa Wade, 2. Tiffany Thulien, 3. Carolyn Frost. 15-17: 1. Noel Foster. 18-29: 1. Ginny Swiggart, 2. Yvonne Goodlow, 3. Tina Johnson. 30-49: 1. Kathy Etchebarnel, 2. Ellen Bettencourt, 3. Marilee Eastlee. 50 & Over: 1. Marvele Taylor, 2. Juanita Steele, 3. Betty

#### **Davis Bud Light Triathlon**

#### September 22. Davis. **Overall Results**

	Q101211 11000110	
1	Schonfeld, Walters, Halsted	2:01:3
2	Steinmaus, Huestis, Eichenseer	2:02:3
3	Yeo, Klain, Carr	2:02:4
4	Gregg,McDonald,Kelly	2:07:03
5	Simmons,Lothrop,Jensen	2:12:30
6	Lee,Rosenbaum,Christiansen	2:13:39
7	Mulligan, Abate, Morris	2:17:0
8	Stokka, McIntyre, Lindner	2:17:13
9	Thompson, Pompelli, Pick	2:17:4
10	Choy, Tofield, Chen	2:17:5
11	Tauzer, Bradford, Nunn	2:18:0
12	Bitier, Johnson, Johnson	2:18:1
	Phil Molina	2:19:0
14	Curt Haury	2:19:09
15	Sweeney, Smith, Jones	2:19:1
	Division Results - Men	
40	24: 1 Phil Malian 2:10:00 0 Nin	

19-24: 1. Phil Molina 2:19:02, 2. Nick Kurth 2:24:17, 3. Mark Ford 2:26:39, 25-29: 1. Rick Schmitt 2:23:43, 2. Robert Hammond 2:30:03, 3. Mark Graettinger 2:31:18. 30-39: 1. Curt Haury 2:19:09, 2. Terry Baier 2:26:52, 3. Kevin Keane 2:29:52, 40-49: 1. Gordon Gould 2:34:32, 2. Ralph Kendrick 2:40:44, 3. Jim Bailey 2:46:10. 40-49: 1. William Meister 3:22:13, 2. Richard Armstrong 3:23:25, 3. Frank O'Sullivan 3:27:43. 50 & Over: 1. Bob McDonell 2:57:47, 2. Cy Weagle 2:58:56, 3. Dieter Heycke 3:01:46.

**Division Results - Women** 19-24: 1. Sharon Filipowski 2:32:33, 2. Kim

Filler 2:33:35, 3. Tracy Christopherson 2:40:55, 25-29: 1. Margaret Fischer 2:47:50, 2. Arlene Stromberg 2:52:05, 3. Katie Fleischer 2:57:43. 25-29: 1. Gail Strzepa 3:34:10, 2. Dawn Neisser 3:37:31, 3. Paula Desilets-Avis 3:53:08, 30-39; 1. Debbie Ingram 2:44:58, 2. Melissa Behr 2:45:07, 3. Kristen Nikula 2:48:38, 40-49: 1. Susan Munn 2:49:29, 2. Barbara Arright 3:16:41, 3. Sallie Olsen 3:17:05.

Division Results - Men's Relay 19-29: 1. Schonfeld, Walters, Halsted 2:01:30, 2. Steinmaus, Huestis, Eichenseer 2:02:36, 3. Simmons, Lothrop. Jensen 2:12:36. 30-39: 1. Shimanoff, McBirney, Gravern 2:19:46, 2. Borden, Comar, Blum 2:23:34, 3. McDanlels, Devost, Willis 2:30:47. 40 & Over: 1. Hayes, Benisek, Krener 2:19:52, 2. Hadjuk, Deetz, Godley 2:22:05, 3. Parmelee, Mitchell, Plopper 2:32:57.

Division Results - Women's Relay 19-29: 1. Smith, Simpson, O'Heir 2:22:09, 2. Glenn, Anderson, Carter 2:30:25, 3. Macaulay, Patocchi, Haley 2:32:52, 30-39: 1. Roemer, Schneider, Thayer 2:48:29, 2. McIntosh, Stein, Henry 3:14:10, 3. Ortiz, Hartz, Bostock 3:17:07. 40 & Over: 1. Lee, Viera, Schively 3:05:47.

Co-ed Relay Results

19-29: 1. Yeo, Kain, Carr 2:02:48, 2. Gregg, McDonald, Kelly 2:07:03, 3. Lee, Rosenbaum, Christiansen 2:13:35, 30-39: 1. Hoffman, Hamilton, Taylor-Hoffman 2:24:29, Zarate, Wong, Fujimoto 2:31:01, 3.
 Dugan, Dugan, Dugan 2:39:26. 40 & Over.
 Ridout, Wolcott, Redout 2:22:44, 2. Freeman, Baumker, Baumker 2:48:57, 3. Kerr, Polk, Rucker 3:09:14.

Family Relay Results

Midstokke, Midstokke, Midstokke 2:32:09, 2. Anderson, Anderson, Anderson 2:44:54, 3. Williamson, Williamson, Williamson 2:47:35.

#### Carousel to Coaster Race

September 22, Santa Clara, 10K

**Division Results - Men** 16 & Under: 1. Alex Estrada 32:38, 2. David Kopec 35:56, 3. Jim Reed 36:21, 17-29: 1. Samuel Lopez 34:34, 2. Dale Ball 34:48, 3. Mark Neubieser 36:00, 30-39: 1, Julios Rat-ti 33:56, 2, John Talco 35:16, 3, Scott Snapp 35:42. 40-49: 1. Richard Siciliano 39:03, 2. Ron Demaria 39:53, 3. Ken Kopec 41:13. 50 & Over: 1. Ken Mills 38:05, 2. Anthony Granera 42:14, 3. Robert Russell

**Division Results - Womer** 

16 & Under: 1. Evie Barry 44:52, 2. Erin Bellamy 45:04, 3. Shelly Brown 46:01. 17-29: 1. Amanda Goldnur 39:34, 2. Leslie Schwiesow 45:20, 3. Cheryl Scardino 46:36. 30-39: 1. Gall Allen 39:39, 2. Karen Gotelli 45:02, 3. Connie Miks 45:56. 40-49: 1. Margaret Curtis 48:24, 2. Karen Gudiksen 49:03, 3. Geri Schlegel 49:43. 50 Over: 1. Diane Erced 50:38, 2. Relma. Siirila 59:15, 3. Ann Sievert 1:00:07.

# Walnut Festival

September 23, Wainut Creek, 5K & 10K, Sunday's Walnut Festival 10K run was

the 41st edition of the 3rd oldest 10K in Northern California

Last year a 5K was added as an additional incentive to aspiring newcomers

	Overali Resu	ılta -	Me	n's	10K	
1	Dave Lewis					30:45
2	Thom Trimble					31:29
3	Tom Borschel					31:53
4	Joss Walter					32:56
5	Tony Scardina					33:01
6	Andy Kelsey					33:16
7	Chris Brooks					34:27
8	Glen Bergman					34:27
9	Dave Taylor					34:47
10	John Wilhelmy					34:54
				-		

Division Results - Men's 10K 10 & Under: 1. Ben Camp 61:49, 2. Matt Glynn 65:01. 11-13: 1. Pat Price 41:38, 2.

Geoff Anderson 43:01. 14-17: 1. Andy Kelsey 33:16, 2. Andrew Morrell 36:39, 3. David Liotta 37:55, 18-21; 1, Joss Walter 32:56, 2. Tony Scardina 33:01, 3. John Wilhelmy 34:54. 22-29: 1. David Lewis 30:41, 2. Thom Trimble 31:29, 3. Tom Borschel 31:53. 30-39: 1. Chris Brooks 34:27, 2. Jim Myers 35:16, 3. Tom Ford 36:44. 40-49: 1. David Taylor 34:47, 2. David Wegmer 36:03, 3. Ted Anderson 37:49. 50-59: 1. Carl Worth 39:36, 2. George McGahigan 40:07, 3. Don Hildebrand 40:34. 60 & Over: 1. John Nyser 44:06, 2. Pete Backovich 44:36, 3. Ted Flagg 48:52.

	Overall Results -	Women's 10K	
1	Sharlet Gilbert		35:34
2	Jan Oehm		36:17
3	Barbara Shebert		39:48
4	Mary Ann Dunphy		39:51
5	Rosemary Carbery		40:00
6	Cindy Seikkula		40:23
7	Carolyn Tierman		40:53
8	Joslyn Ewing		41:45
9	Carrie Spangler		42:00
10	Susie Pinckard		43:25

Division Results - Women's 10K 11-13: 1. Jessica Vathdez 54:26. 14-17: 1. Annette Souza 45:50. 18-21: 1. Stephanie Danzig 43:35, 2. Ronda Buckio 51:00, 3. Elizabeth Marlow 54:39. 22:29: 1. Jan Oehm 38:17, 2. Barbara Sherbert 39:46, 3. Cindy Seikkula 40:23. 30-39: 1. Sharlet Gilbert 35:34, 2. Mary Ann Dunphy 39:51, 3. Carolyn Tieman 40:53. 40-49: 1. Valerie Doyle 45:18, 2. Sandy Rooney 46:49, 3. Diane Handley 46:57, 50-59: 1. Mayrene Bates 48:11, 2. Martys Green 49:37, 3. Arlina DiDonato 52:03.

	Overail Results - Men's 5K	
1	Ed Ettel	15:28
2	Tad Beach	15:29
3	Kent Thompson	15:39
4	Alan Smith	15:44
5	Gene Dangel	15:50
6	Bob Hermans	15:58
7	Tom Carlton	16:04
8	Sal Casillas	16:10
9	Kevin Cowley	16:16
10	Mike Rodriguez	16:19
	Politica Programme and a man	

Division Results - Men's 5K 10 & Under: 1. Mike Roper 21:51, 2. Matt McQueen 22:07, 3. Jimmy Croy 22:53. 11-13: 1. Todd Stevens 19:19, 2. Aaron Freyler 19:35, 3. Colin Degen 21:48. 14-17: 1. Ed Ettel 15:28, 2. David Anderson 16:37, 3. Art Heredia 17:38. 18-21: 1. Sal Casillas 16:10, 2. Steve Elster 16:38, 3. Jeff Rhoek 17:29, 22-29: 1. Tad Beach 15:29, 2. Kent Thompson 15:39, 3. Alan Smith 15:44. 30-39: 1. Gene Dangel 15:50, 2. Bob Hermans 15:58, 3. Don James 16:43. 40-49: 1. Joe Hancock 18:17, 2. Don Casey 18:27, 3. William Tucker 19:24, 50-59; 1. Warren Perry 20:25, 2. Michael Gardon 20:26, 3. Enver Memmedbasich 20:48. 60 & Over: 1. Robert DeChene 21:05, 2. Luka Sekulich 24:03, 3. Theodore Fick 25:28.

	Overall Results - Women's	5K
1	Barbara Reid	18:55
2	Susan Lancaster	20:39
3	Gena Austin	20:43
4	Cheng-Er Mehmedbasich	21:17
5	Staci Bumton	21:45
6	Lily Huegi	22:08
7	Kim Keeton	22:50
8	Kari Horn	22:55
9	Mary Ann Perry	22:59
10	Sharon Wilson	23:04
	DI 1-1 D 14 144 1	

Division Results - Women's 5K 10 & Under: 1. Karl Horn 22:55, 2. Denise Bender 25:29, 3. Diana Wesendulh 29:36. 11-13: 1. Beth Harrison 27:26, 2. Debra Fiddes 30:56, 3. Maria Hundt 32:05, 14-17; 1. Stacy Bumton 21:45, 2. Trisha D'Arcy 23:27, 3. Shane Hampton 24:50, 18-21; 1. Dorothy Fogarty 35:34. 22-29: 1. Cheng-Er Mehmedbasich 21:17, 2. Kim Keeton 22:50, 3. Lisa Blakeney 23:07. 30-39: 1. Barbara Reid 18:55, 2. Susan Lancaster 20:39, 3. Gena Austin 20:43. 40-49: 1. Sharon Wilson 23:04, 2. Marti Klinkner 27:42, 3. Judy Jacobs 29:53. 50-59: 1. Mary Ann Perry 22:59, 2. Irene O'Bera 24:53, 3 Mary Bond 25:33. 60 & Over: 1. Betty Todd

#### Ironhorse Triathlon

from Eileen Cunningham

September 28. Berkeley. 2K Swim, 38K Bike, 10K Run.

Bruce Applegard braved the chilly con-ditions at Berkeley's Tilden Park on his way to a course record of 2:11.1 at the fifth running of the Ironhorse Triathion today. In only his third triathlon (all the Ironhorse) Applegard came from tenth to first place during the biking portion of the race and remained virtually unchallenged throughout the remainder of the race. Jim Larriew of Reno placed second with a time of 2:11.56.

"I felt like I could win this year," said Applegard who is a member of the Cal men's crew team and placed eleventh in last years Ironhorse. "I really improved my swimming. I like this course. I grew up In Berkeley and train here so I know this place like the back of my hand."

In the women's division Karen Chequer-Pfeiffer once again dominated the field as she won the Ironhorse for the third consecutive year with a time of 2:18.24. When asked how it felt to be three time champion Chequer-Pfeiffer stated, "I'm happy. It (the triathlon) felt better this year because I'm in better shape." Karen's closest competitor, Sue McMurray of Davis, finished five minutes back with a time of 2:23.26.

	Men's Results	
1	Bruce Applegard, Berk.	2:11.11
2	Jim Larriew, Reno	2:11.56
3	John Birge, SantaClara	2:13.16
4	Everett Reed, Berkeley	2:13.17
5	Christian Baker, Berkeley	2:13.33
6	Timothy Chain, HalfMoonBay	2:14.44
7	Anthony Milevsky, Victoryl	2:15.06
8	Robert Belli, S.F.	2:15.52
9	Erik Negg, Novato	2:16.06
10	Philip Molina, Berkeley	2:16.14
	Women's Results	
1	Karan Chequer-Pfeiffer, Mt.V	2:18.24
2	Sue McMurray, Davis	2:23.26
3	Judy Glynn, WalnutCreek	2:25.30
4	Pamela Davis, Berkeley	2:30.05
5	Debbie Walker, Oakland	2:31.48
6	Gretchen Gilbride, Livermore	2:32.48
7	Carol Welch, Novato	2:33.02
8	Robin Davis, DelMar	2:33.52
9	Susan Meinbress, Berkeley	2:37.11
10	Penny DeMoss, Oakland	2:38.09

#### Lake Tahoe Marathon

September 28. Incline Village, NV. Overall Results

1	Jeff Townsend (29) Truckee	2:48:54
2	Jim O'Brien (32) Caltech	2:56:56
3	Bernie Mellor (29) OlympicVly	3:00:38
4	Austin Angell (43) So.LkTahTC	3:10:14
5	Layne McAvoy (42) KLKT Str	3:11:00
6	Robert Sobsey (34) SilverStStr	3:12:54
7	Alfred Bogenhuber(45)SanMat	3:13:33
8	Rick Sylvester(43)OlympicVly	3:15:12
9	Michael Schmitz(21)PleasantH	3:19:00
10	Delmar Fralick(21)BuffaloChip	

#### Malibu Rum Run

from Rita Schnepp

September 28. Malibu. Men's Overall Winner: Gary Tuttle 30:27.9. Women's Overall Winner: Mary Tracey Women's 60 & Over: Helen Dick 42:48.0.

#### Chuck's Triathlon

from Alan Olson & Tom LaPuzza

September 28. San Diego. Division Results - Men

17 & Under: 1. Kurt Pollem 1:52:30, 2. Matt Oldham 1:59:15, 3. Nick Kasimatis 2:02:13. 18-29: 1. Rob Bistodeau 1:32:56, 2. John Skorstad 1:33:01, 3. Alex Begg 1:36:41, 4. Michael Collins 1:37:41, 5 Peter Wisowaty 1:39:26, 6. Gabriel Et-cheverry 1:40:06. 30-39: 1. Robert Judge 1:37:23, 2. James Williams 1:37:35, 3. Jonathan Dales 1:39:22, 4. Dave Fleischman 1:40:50, 5. Charlie Stebbins 1:40:59, 6. James Shelby 1:41:23, 40-49; 1. Tom Warren 1:37:38, 2. Gordon Lutes 1:43:20, 3. Chuck Coleman 1:46:40, 4. Jerry Stowe 1:47:07, 5. David Hansen 1:49:24, 50-59: 1, Rod Johnson 1:53:59, 2. Sam Johnson 2:01:32, 3. Terrell Eddy 2:01:56

Division Results - Women

17 & Under: 1. Mary Jo Leone 2:04:22, 2. Stephanie Wahab 2:16:23. 18-29: 1. Donna Lange 1:46:52, 2. Darleen Pearson 1:49:48, 3. Elizabeth Taft 1:51:47, 4. Valerie Silver 2:02:32. 30-39: 1. Pamela Maher 1:52:15, 2. Robin Paine 1:54:44, 3. Tamsin Kelley 1:55:43, 4. Kathryn Parker 2:00:48. 40-49: 1 Carol Elterman 2:13:07, 2. Valerie Stallings 2:22:01, 3. Margaret Razo 2:30:03. 50-59: 1. Sally Byram 2:30:17, 2. Dorothy Ward 2:35:04, 3. Bebe Zigman 2:48:08. 60 & Over: 1. Mary Storey 2:24:12.

# Run So That Others May See

September 28. RioAmer.H.S., Carmichael,

	Overall Results - Men's	5K
1	John Sup	14:42
2	Leonard Sperandeo	15:47
3	Michael Brown	15:54
	Overall Results · Women'	s 5K
1	Sandy Sup	17:39
2	Bev Marx	17:45
3	Patty Smith	17:50
	Division Results - Men's	5K
46	248: 1 Donnie Vouno 21:0	10 2 Bill

Brusseback 21:11. 19-29: 1. John Sup 14:42, 2. Leonard Sperandeo 15:47, 3. Michael Brown 15:54, 30-39: 1. Tim Shannon 16:21, 2. Ron Vogel 16:40, 3. Dante Vitale 16:48. 40-49: 1. Don Spickelmier 16:35, 2. John Heath 19:31, 3. Howard Dickstein 19:41. 50-59: 1. Darryl Smith 26:55, 2. Vince Maita N.T. 60 & Over: 1. Ray Specht 29:55. Running Club Winners: Capitol City Flyers, 2. Davis Running Club, 3. Buffalo Chips.

Division Results - Women's 5K 19-29: 1. Sandy Sup 17:39, 2. Patty Smith 17:50, 3. Linda Cleland 23:19. 30-39: 1. Bev Marx 17:45, 2. Leslie Vitale 19:26, 3. Mary Myers 21:44, 40-49: 1. Karen Frincke 21:27. 2. Nancy Molitor 22:13, 3. Sandra Pegram 25:15. 50-59: 1. Rosemary Hugenot 30:30, 2. Mary Tommolilo, N.T., 3. Jane Leek, N.T.

Overall Results · Men's 10K 32:36 Steve Haase 34:33 Don Hicks Mark Hicks 34:35 Overall Results - Women's 10K 38:57 Theresa McCourt Laura Taverner 40:00 Karen Nachbar

Division Results - Men's 10K 16-18; 1. Jeff Ilfeld 39:11, 19-29; 1. Steve Haase 32:36, 2. Don Hicks 34:33, 3. Mark Hicks 34:35. 30-39: 1. Glenn Bailey 35:14, 2. Ray Patterson 39:16, 3. Mike Wolford 40:06. 40-49: 1. Tom Wright 35:28, 2. Frank Krebs 36:38, 3. David Ragsdale 37:33. 50-59: 1. Hank Greenfield 45:45, 2. Don Nachbar 16:15, 3. Joe Orlando 46:50. 70-79: 1. Allen Weatherwax N.T. Running Club Winners: 1. Buffalo Chips, 2. Army Ranger Club, 3. Capitol City Flyers, 4. Davis Running Club.

Division Results - Women's 10K

16-18: 1. Jennie Curry 55:36. 19-29: 1. Theresa McCourt 38:57, 2. Laura Taverner 40:00, 3. Karen Nachbar 41:17, 30-39: 1. Edie Brainard 45:47, 2. Sandra Richvaesky 46:52, 3. Shirley Brown 47:35, 40-49; 1. Heidi Skaden Pouser 42:27, 2. Margot Loschke 54:46, 3. Dee Brown 54:46. 50-59: 1. Kathy Iseri 52:07.

# Brooktrails 12K Cross Country/ Road Race

	Overall Results	
1	Chris Thomas (37) Sausalito	46:52
2	Bob McWilliams (31) Hopland	46:54
3	Howie Hawkes (34) Talmage	49:49
4	Al Bellon (58) Ukiah	51:54
5	Robert Clark (35) Calpella	53:36
6	Bill Davis (30) Ukiah	53:45
7	Eric Johnson (39) Willits	55:35
В	Everett Super (17) Willits	56:24
9	Roy Jones (37) Willits	56:30
10	Vic Crosetti (60) RedwoodVly	58:40
11	William Boosinger(42)Brooktl	65:47
12	Pat Sanborn (29) Willits	66:59
13	Joe Ault (34) Redwood Valley	68:59
14	Ramona Benner Hill(36)PotVly	70:59
15		74:55

photo by Mike O'Haver



Scott Kress, 1st at Westwinds

#### Westwinds Triathlon

from Gary Farrell

September 29, McFarland. Division Results - Men

12-14: 1. Ron Nadal 1:56.21. 15-18: 1. Sloan Reape 1:34.57, 2. Roger Warner 1:45.22. 19-24: 1. Leo Hinds 1:21.12, 2. Troy Delfino 1:21.34, 3. Paul Gamino 1:23.70, 25-29: 1. Scott Kress 1:17.35, 2. Clark Brannen 1:17.59, 3. Travis Rhoden 1:19.00, 30-34: 1. Jeff Lessley 1:29.45, 2. Ed Levenson 1:35.12, 3. James Yoro 1:40.56. 35-39: 1. Paul Cross 1:24.25, 2. John Wilson 1:26.56, 3. Frank Lobre 1:32.32. 40-44: 1. Mike Shatter 1:34.47, 2. Paul Stony 1:35.29, 3. Mike O'Haver 1:40.37, 45-49; 1. Arnold Buchanan 1:23.54, 50 & Over: 1 Chris Denny 1:27.26, 2. Bruce Pfutzenreuter 1:31.15, 3. Jack Saba

Division Results - Women

19:24: 1. Karen Dragt 1:35:13, 2. Rochelle Johnson 2:26:20. 25:29: 1. Julie Gooch 1:48:49, 2. Ann Ray 1:58:70. 30:34: 1. Vickie Seaman 1:37:20, 2. Sherraine Sheldon 1:45.42, 3. Becky Pulford 1:45.54.

#### Tin Man Triathlon

Sept. 29. Rio Del Mar Bch, Santa Cruz. Overall Results - Men

1	Pat Gilbert, Aptos	1:52:44
2	Roger Wolfe, Aptos	1:57:06
3	Mike Lotter, Aptos	1:58:13
4	Curt Haury, Sacto	2:00:22
5	Jim Scott, Santa Cruz	2:00:44
6	Mark Grenier, Santa Cruz	2:00:59
7	Karl Fieberling, Felton	2:01:15
8	Scott Pinheiro, Santa Cruz	2:02:39
9	Steve Rigor, Watsonville	2:03:15
10	Norm Gould, San Jose	2:03:44
	Overall Results - Women	
1	Mary Hayes, Yuba City	2:09:54
2	Dorrie Stallings, Santa Cruz	2:10:43
3	Terry Schneider, Santa Cruz	2:10:58
4	Amy Price, Capitola	2:11:32
5	Sue Chinchiolo, Aptos	2:11:35
6	Robin Davis, Del Mar	2:15:48
7	Sharon Sander, San Leandro	2:17:25
8	Mary Ryzner, SantaBarbara	2:18:36

photo by Mike O'Haver

Karen Dragt, 1st at Westwinds

9 A. McDonnell, Minnpls, Minn. 2:20:19 10 Debbie Ingram, Redwood City 2:21:08 Division Results - Men

19 & Under: 1. Scott Peterson 2:08:27, 2. Jay Higgins 2:14:53, 3. Charles Hiles 2:19:26. 20-29: 1. Pat Gilbert 1:52:44, 2. Roger Wolfe 1:57:06, 3. Jim Scott 2:00:44. 30-39: 1. Mike Lotter 1:58:13, 2. Curt Haury 2:00:22, 3. Karl Fleberling 2:01:15. 40-49: 1. Preben Mortensen 2:05:02, 2. Ron Parker 2:08:42, 3. Walter Radloff 2:11:16. 50 & Over: 1. Joe Russell 2:24:41, 2. Dieter Heycke 2:28:08, 3. Bob Hultzen 2:41:58.

Division Results - Women 19 & Under: 1. Christina Probert 2:47:57, 2. Charity Fong 2:58:02. 20:29: 1. Dorrie Stallings 2:10:43, 2. Terry Schneider 2:10:58, 3. Robin Davis 2:15:48. **30-39**: 1. Mary Hayes 2:09:54, 2. Amy Price 2:11:32, 3. Sue Chincholo 2:11:35. **40-49**: 1. Grace Voss 2:29:09, 2. Mary Wittenberg 2:55:28, 3. Terry Locke-Paddon 3:05:26.

Division Results - Teams Men's Open: 1. Paul Worthington, Mike Bennett, Greg Brock 1:45:20. Women's

Open: 1. Eileen Bickard, Kimberly Davis, Mitzi Moss 2:03:50. Business Open: 1 Johnny's Sport Shop, Jeremy Gilbert, John Nevell, Pat Shartie 1:48:07, Co-ed Open: 1. Gary Brint, Mike Erbe, Kim Butherford 1:58:50

# Hospice 10K Run

September 29, Santa Barbara.

	Overall Results	
1	Robert Hollister (26) S.B.	32:09
2	Jose Iniquez (19) Solvang	33:06
3	Terry Howell (29) S.B.	34:04
4	Mike Lohr (26) S.B.	34:05
5	Mark Mayers (24) Northridge	35:50
6	Jon Holland (25) S.B.	36:10
7	Dennis Hall (30) RedondoBch	36:42
8	Abe Valdez (44) Camarillo	36:59
9	Stewart Rasmussen(23)S.B.	37:07
10	Joe Harden (28) S.B.	37:14
11	Jerry Sommers (33) Hollywood	37:27
12	Tony Ybarra (23) S.B.	37:57
13	Harold Jones (22) Inglewood	38:10
14	Ken Hamrick (48) Palmdale	38:24
15	Jeff Saley (41) S.B.	38:56
16	David Philbrick (30) Sepulveda	38:59
17	Gerald McManigal(43)S.B.	39:02
18	Larry Brooks (45) S.B.	39:07
19	Kirk Selby (36) S.B.	39:10
20	Paul Melson (26) Goleta	39:27
21	Mohn Dearman (22) Goleta	39:31
22	Jim Washburn (29) S.B.	39:35
23	Peter Lyle (26) S.B.	39:56
24	Fred Nagelschmidt (61) Ventura	39:57
25	Ron Wadsworth (25) Brea	39:57
	Division Results - Men	

17 & Under 1 Dino Daniels 41:15 2 Andy Wunsch 49:11. 18-29: 1. Robert Hollister 32:09, 2. Jose Iniguez 33:06, 3. Terry Howell 34:04, 30-39: 1. Dennis Hall 36:42, 2. Jerry Sommers 37:27, 3. David Philbrick 38:59, 40-49: 1. Abe Valdez 36:59, 2. Ken Hamrick 38:24, 3. Jeff Saley 38:56. 50-59: 1. Fred DeVries 43:18, 2. Fred Vega 43:29, 3. John Roark 43:44, 60 & Over: 1. Fred Nagelschmidt 39:57, 2. Don Burnett 44:54, 3. Lowell Tozer 46:24.

Division Results - Women

17 & Under: 1. Jamie Park 41:17. 18-29: 1. Cathy Gortner 41:54, 2. Heather Simonett 42:41, 3. Stephanie Ambrose 43:11, 30-39: 1. Stephanie Welch 43:31, 2. Lani Digman 46:54, 3. Susan Ochoa 47:59. 40-49: 1. Jeannette Wells 42:29, 2. Pat Kelly 48:54, 3. Hilda Hoffmann 48:55. 50-59: 1. Fay Hobbs 43:45, 2. Patricia Frankus 56:57, 3. Jane Atkins 1:04:28.

#### Rainbow Run

September 29, 5K & 10K.

Division Results - Men's 5K

14 & Under: 1. Thomas Wales 21:14, 2. Jeremy Burton 22:40, 3. James Taylor 22:59. 15-19: 1. Brett Williams 17:23, 2. Andy Roth 17:39, 3. Jeff Conrad 17:57. 20-24: 1. Brian Hamilton 16:56, 2. Mike Assumma 17:29, 3. William Cottles 17:57. 25-29: Mark Hammond 16:18, 2 Jeff Hildebrant 16:20, 3. Wesley Miller 16:58. 30-34: 1. Enrique Seratos 16:28, 2. Joseph Kender 17:18, 3, David Lopez 17:23, 35-39: 1. Fred Comer 17:41, 2. Wayne Dougas 18:05, 3. Bill Yanez 18:50. 40-44: 1. Patrick Riley 19:14, 2. Richard Cooper 19:25, 3. Robert Armijo 20:20. 45-49: 1. Ray Hughs 17:46, 2. Frank Bua 19:33, 3. Booker Washington 19:38. 50-54: 1. Ed Monroy 21:58, 2. Hullis Haltberg 23:26, 3. David Mayo 26:00. 55-59: 1. Charles Hanson 18:42, 2. Jerry Withers 19:06, 3. Sam Nicholson 20:12. 60 & Over: 1. Larry Baubelos 21:24, 2. Leonard Kulbacki 22:02, 3. Bill Hopkins 23:54.

Division Results - Women's 5K 15-19: 1. Diane Silver 22:54, 2. Lisa Weissbach 24:16, 3. Shannon Hutton 27:18, 20-24: 1. Adrianne Trader 21:27, 2. JoAnn Emmi 24:13, 3. Anne Marineau 25:42. 25-29: 1. Marie Albert 18:32, 2. Jan Tefft 21:23, 3. Nancy Villagran 23:08. 30-34: 1. Gail Stiefel 21:59, 2. Maria Rodriguez 23:20, 3, Mary Nixon 33:11. 35-39: 1. Jan Pearce 30:10, 2. Sylvia Toy 30:39, 3. Jo Ann Douglas 35:57, 40-44: 1. Rosalinda Phillips 23:16. 2. Laurie Burnham 23:32, 3. Kathy Adams 23:59, 45-49: 1. Carolyn Plowman 24:09, 2. Judith Fernandez 28:10, 3, Buth Carter 31:24, 50-54-1 Shirley Chanwick 26:22, 2 Nancy Tuey 30:54, 55-59: 1. Pat Pruitt 25:04, 60 & Over: Diana Smith 31:47, 2. Lucille Adney 33:51

Division Results - Men's 10K 15-19: 1. Jorge Caray 38:50, 2. Francisco Perez 42:40, 3. Gary Ostrick 50:17. 20-24: 1. Gary Flake 34:18, 2. Daniel Hall 36:08, 3. Mark Mazzi 38:29, 25-29: 1. Joel Hope 31:57, 2. Jeff Jacobs 36:56, 3. Glenn Shenker 38:06. 30-34: 1. Larry Strenge 37:26, 2. Robert Montgomery 37:33, 3. Hal McClure 38:56. **35-39:** 1. Ben Wilson 35:12, Mike Lozoya 35:15, 3. Edward Smith 35:31. 40-44: 1. Gerry Robb 36:46, 2. All Shirazi 39:04, 3. Bill Gallagher 40:27. 45-49: 1. Dave Arntson 37:06. 2. Hans Van Rosmaten 41:23, 3, Larry Todd 42:54. 50-54: 1. Budd Harris 32:50, 2. Eugene Black 38:15, 3. Tom Deno 42:03. 55-59: 1. Denon Carrico 43:33, 2. Ray Drado 45:21, 3. Sir Orville Bingsley III 48:45. 60 & Over: 1. Dick Diener 44:00, 2. Libo Cruz 55:02, 3. Jack Davison 1:00:48

Division Results - Women's 10K 20-24: 1. Mona Masonis 43:07, 2. Alane Daughtery 45:52, 3. Diana Dobbins 50:10. 25-29: 1. Julie Finnegan 46:38, 2. Vicki Sparks 51:25. 30-34: 1. Stephanie Wilson 46:54, 2. Nadine Wooley 49:30, 3. Susan Lominska 51:23, 35-39: 1, Codean Holmes 46:15. 2. Mary Ellen Stewart 49:17. 40-44: Anne Marie Peterson 44:48, 2. Julie Hart 48:55, 3. Maria Rodriquez 48:58. 45-49: 1. Elaine Murphy 45:00, 2. Penelope Maag 54:57, 3. Shirley Tuley 56:54. 50-54: 1. Collie Sanders 48:32, 2. Diane Deno 50:26, 3. Shella Miller 55:35.

# Bridge to Bridge Run

from Isabelle Lemon

September 29, San Francisco, 8 Mile.

In a neck and neck battle that lasted the entire 8-mile course, David Lewis of Manchester, England, edged out former American record holder in the 3000 meter steeplechase, George Malley, to win the 1985 KNBR 68/City Sports Bridge to Bridge Run in a record time of 37:37.04.

The former record, set by Steve Jones of Wales in 1984, was 38:32.03 for the eight-mile course.

Lewis, 1985 British cross country champion, won by just a two-foot margin over Malley, who lives in Eugene.

Lewis was impressed with the course and called it a credit to San Francisco. Lewis was also confident during the race. "I was confident of my finishing kick. I was running a 3:55 mile and Malley pushed me all the way to the line."

Domingo Tibaduiza of Reno, 1981 winner of the Bridge to Bridge was third with 38:15.09, followed by John Moreno of Pacifica in 38:18.05 and Steve Ortiz of San Diego in 38:58.

A new course record was also set by Janine Aiello of San Francisco in 44:47 with Meg Cooke of Berkeley at 44:54 and Nancy Ditz of Menio Park, two-time winner of the Bridge to Bridge, third with 45:08. Ditz held the former course record of 45:05 set in 1983.

Aiello admits she was in better shape this year, having come in second in the 1984 Bridge Run in a time of 46:19.

"This year it was a good race. Nancy Ditz was head for awhile, then I was

ahead, then Meg. I'm more consistent this year. Last year, I was in between coaches. This year, I thought about the race a lot and focused on it I really wanted to win."

Gray, last year's Bridge Run winner

35:37, finished fourth with a time of 45:42.

Approximately 13,000 runners took part in both the 8-mile race and 5K Fun Run, a benefit for Big Brothers and Big Sisters of San Francisco

Men's Results

	Mon a mounta	
1	David Lewis, England	37:37CR
2	George Malley, Eugene	37:37
3	Domingo Tibaduiza, Reno	38:15
4	John Moreno, Pacifica	38:18
5	Steve Ortiz, SanDiego	38:58
6	Brad Hawthorne, Oakland	39:02
7	Bill Donakowski, Berkeley	39:28
8	Jeff Adkins, Martinez	39:39
9	Alan Dehlinger, Reno	39:44
10	Chuck DeGarmo, Ft Valley	39:50
11	Dennis Kurtis, Cupertino	39:58
12	James Hogue, Mapleton, Utah	40:04
13	Rudy Munoz, Reno	40:17
14	Robert Anex, MenloPark	40:20
15	Richard McCann, Oakland	40:45
16	Matt Gary, Carmichael	40:54
17	Jose Aispuro, Aptos	41:05
18	James Tracy, S.F.	41:06
19	Sal Vasquez, Alameda	41:08
20	Jim Rentschler, Martinez	41:11
21	Robert Darling, S.F.	41:51
22	Mike Garcia, S.F.	42:09
23	David Ottaway, Susanville	42:34
24	Bill Sevald, S.F.	42:35
25	Steve Kovisto, San Ramon	43:00
	Women's Results	
4	Janing Alello S E	AA-ATCD

E-94	Dill Gevald, G.I.	76.150
25	Steve Kovisto, San Ramon	43:00
	Women's Results	
1	Janine Alello, S.F.	44:47CR
2	Meg Cooke, Berkeley	44:54
3	Nancy Ditz, MenloPark	45:08
4	Patti Gray, Davis	45:42
5	Jeannie Johnson, LasVegas	45:44
6	Laurie Binder, Oakland	46:23
7	Sarah Tabbutt, Berkley	46:28
8	Sharlet Gilbert, Richmond	47:04
9	Eileen Claugus, Sacto	47:12
10	Ingrid Hemenway, Oakland	47:39

# Apple Ridge Run

October 5. Paradise Lake. 2 Mile & 5 Mile. Overall Results - 2 Miles

	Overall negati	o willing
1	Seth Roberts	11:08
2	Bob Hastings	12:02
3	Andy Hafer	12:22
4	Jim Broshears	12:34
5	Alan Woolard	12:42
6	David Hanley	12:51
7	Warren Coleman	12:53
В	Anthony Campa	13:02
9	Jack McKenna	13:11
10	Lance Utterback	13:20
	mt total Describe	881- O 8811-

Division Results - Men's 2 Mile 14 & Under: 1. Scott Hubbard 15:29, 2. Joshua Hubbard 15:31, 3. Darrin Sliger 16:32. 15-19: 1. Andy Hafer 12:22, 2. Lance Utterback 13:20, 3. Rich Clark 14:25. 20-29: 1 Seth Roberts 11:08, 2 Bob Hastings 12:02, 3. Alan Wollard 12:42, 30-34; 1. Jim Broshears 12:34, 2. David Hanley 12:51, 3. Phil Strand 14:18. 35-39: 1. Warren Coleman 12:53, 2. John Smith 14:49, 3. Tom Webb 16:12. 40-49: 1. Jack McKanna 13:11, 2. Bill Dawson 15:10, 3. Lynn Hubbard 15:32. 50 & Over: 1. Peter Cisneros 18:59

Division Results - Women's 2 Mile 14 & Under: 1. Daisy Stanhope 15:03, 2. Leah McMahon 21:07, 3. Heather McMahon 21:08. 15-19: 1. Cindy Wilson 17:57. 20-29: 1. Paula Vargas 15:59, 2 Deanna Douglas 17:56, 3. Consuela Ayala 17:48. 30-34: 1. Sue Dalzell 17:37, 2. Jill Robinson 17:47, 3. Cathy Malain 18:25. 35-39: 1. Kathleen Gabrial 16:56, 2. Cyd Smith 18:02, 3. Tomi Pauly 18:35. 40-49: 1. Laurene Feingold 18:38, 2. Beth Wattenberg 19:29, 3. Linda Borgess 19:39. 50 & Over: 1. Mary Malain 18:03, 2. Maxine Adams 24:12, 3. Joyce Hall 24:23.

Overall Results - 5 Mile

1	Terry Ybarra	27:52
2	Chuck Newman	28:17
3	James Ballantyne	28:38

4	1	Ed Byers	28:57
5	5	Nelsen Cobb	29:07
8	5	Wayne Miles	29:13
7	7	Steven Naiman	29:42
8	3	Ray Darwin	29:52
- 5	3	Bill Gardner	30:10
-	10	Scott Borges	30:25
	11	Skip Lees	30:33
1	12	Brett Barham	30:37
1	13	Neil Haggard	30:37
1	14	Bruce Schinski	30:46
-	15	Daniel Wolters	31:12

Division Results - Men's 5 Mile 14 & Under: 1. John Shepherd 34:19. 15-19: 1. Neil Haggard 30:37, 2. Daniel Walters 31:12, 3. John Mitchell 31:15, 20:29: 1. Chuck Neuman 28:17, 2. Ed Byers 28:57, 3. Nelson Cobb 29:07 30-34: 1. Terry Ybarra 27:52, 2. Scott Borges 30:25, 3. Bruce Schinski 30:46. 35:39: 1. Wayne Miles 29:13, 2. Brett Barham 30:37, 3. Grdg Montgomery 32:39. 40-49: 1. James Ballantyne 28:38, 2. Ray Darwin 29:54, 3. Bill Gardner 30:10. 50 & Over: 1. Bob Malain 31:27, 2. Harold Carling 31:38, 3. Dieter Heycke 37:04

Division Results - Women's 5 Mile 14 & Under: 1. Wendy Bignami N.T. 15-19: 1. Nancy Sebock 37:29, 2. Amy Stice 45:56. 20-29: 1. Karen Nachbar 34:12, 2. Barbara Apps 34:37, 3. Karen Hart 35:14, 30-34: 1. Pam Bjornberg 36:29, 2. Carrie Locke 41:00, 3. Sharon McKee 42:09. 35-39: 1. Vicky Fisci 35:12, 2. Carol Serrano 38:35, 3. Ann Williams 42:34. 40-49: 1. Ginny Heinann 37:10, 2. Susan Condon 38:02, 3. Cheri Brandt 45:51, 50 & Over: 1. Betty Heycke 40:53.

### Run for the Animals

October 5. Palo Alto. 5K & 10K. Division Results - Men's 5K

14 & Under: 1. Bruce Wilson 25:38, 2. Tony Martinez 28:16, 3. Hunter Mulder 41:16. 20-29: 1. John Eichel 19:39, 2. Ion Eakin 20:14, 3. Joe Trevino 20:43, 30-39: 1. Mike Degregurio 18:29, 2. Carlos Martinez 18:38, 3. Bo Crane 18:52, 40-49: 1. Ken Grough 18:07, 2. Robert Fowler 20:22, 3. Shane Denvenshire 22:09, 50-59: 1, Bob Semer 19:23, 2. James McManus 23:12, 3. Bill Avellino 23:51, 60 & Over: 1, Allan Rosenberg 27:32.

Division Results - Women's 5K 14 & Under: 1. Veronica Cruz 25:43, 2. Deanna Stadler 41:55, 3. Erin DePalma 44:56, 15-19: 1. Anne Schlossman 22:35, 2. Jennifer Wilson 27:15, 3. Jennie Jelks 27:24. 20-29: 1. Star Willingham 24:24, 2 Laurie Ferris 25:44, 3. Lisbeth Tam 26:52. 30-39: 1. Laurel Ulrich 21:55, 2. Kathy Jacobson 22:22, 3. Theresa Garza 23:32. 40-49: 1. Carole Klingman 22:32, 2. Carole McManus 26:14, 3. Rita Giesker 27:59. 50-59: 1. V. Semer 22:26, 2. Liz Luehllas N.T., 3. Carol Hamilton 35:36.

Division Results - Men's 10K 15-19: 1. Hamed Khakbaz 43:08, 2. Chris Garcia 51:41. 20:29: 1. Brian Moroney 33:21, 2. Raymond Wleand 36:32, 3. John Unterreiner 39:03. 30:39: 1. Frank Ryona 35:15, 2. Reggie Duhe 36:40, 3. Roger Zolldan 38:24, 40-49: 1, Stephan Chapman 43:58, 2. Wm Lindsey 44:26, 50-59: 1, Robert Bennet 45:22, 2. Steve Nichols 47:12, 3. Carl Grame 49:45. 60 & Over: 1 Richard Laine 50:59.

Division Results - Women's 10K 20-29: 1. Shaun Pedrotti 43:57, 2. Kim Gould 50:39, 3. Denise Langlo 51:27, 30-39: 1. Maureen Dalton 47:49, 2. Marianne Henderson 51:25, 3. Rhonda Dyer 51:35. 40-49: 1. Pat Moon 46:37, 2 Karen Melsenheimex 49:46, 3. Erika Leges 1:07:44, 60 & Over; 1. Roberta

# The Hospital Run

October 5, Lancaster, 5K & 10K.

	CARLEII LIARRILE - DV	
1	Mark LaPlant (21)	15:30
2	Jack Powell (25)	15:49
3	Victor Fonseca (24)	15:57
4	Sammle Culver (35)	16:33
5	Jess perez (15)	16:39
6	Barry Foose (38)	16:41
7	Justin Christensen (15)	16:52
8	Ignacio Fonseca (20)	17:08
9	Pedro Ponce (39)	17:58
10	Ralph Garcia (29)	18:06
11	Fred Perez (45)	18:22
12	Gunnar Brickner (59)	18:40
13	Mike Quinn (15)	18:48
14	Del Barrett (31)	19:06
15	Rich Cooper (41)	19:25
	Distalon Desulte Manie El	

12 & Under: 1. Chad Cleslik 20:18, 2. Clint Cieslik 21:44, 3. Shelby House 23:02. 13-17: 1. Jess Perez 16:39, 2. Justin Christensen 16:52, 3. Mike Quinn 18:48. 18-29: 1. Mark LaPlant 15:30, 2. Jack Powell 15:49, 3. Victor Fonseca 15:57, 4. Ignacio Fonseca 17:06, 5, Ralph Garcia 18:06. 30-39: 1. Sammle Culver 16:33. 2. Barry Foose 16:41, 3. Pedro Ponce 17:58, 4. Del Barrett 19:08, 5. Tim Noel 22:53. 40-49: 1. Fred Perez 18:22, 2. Richard Cooper 19:25, 3. David Hauck 20:19 50 & Over: 1. Gunnar Brickner 18:40. 2. Jim Harvey 23:09, 3. Cliff Vierra 27:27.

Division Results - Women
12 & Under: 1. Michelle Kerzie 29:58. 2 Celeste Johnson 37:16, 13-17: 1. Dorice Berry 22:21, 2. Margaret Reilly 25:00. 18-29: 1. Tracey Woods 19:37, 2. Karen Callahan 23:08, 3. Kim Laney 23:34, 4. Kel-ly Humm 23:41. 30-39: 1. Kathy Britcliffe 20:20, 2. Marge Blehl 23:08, 3. Ellen Kohn 25:14, 4. Christina Cordero 27:09, 5. Patricia Sanchez 27:10, 40-49: 1, Molly Thayer 19:41, 2. Margaret Chipman 23:57, 3. Martha Wengert 24:31. 50 & Over: 1. Jeanne Grant 28:32, 2. Dorothy Schoeppner 35:58

Overall Results - 10K

1	Shawn Elmore (19)	34:10
2	Art Aurand (40)	34:17
3	Garry Everson (40)	34:27
4	Jim Misener (25)	35:03
5	Ken Hamrick (48)	37:37
6	Gary Myers (27)	37:44
7	John Jordan (33)	37:53
8	Wally Ingram (53)	38:15
9	Frank Ogawa (48)	38:48
10	Zoltan Goncze (33)	39:06
	Division Desuite Mante 40V	

13-17: 1. Gary Dickerson 44:21, 2. David Durrett 56:44. 18-29: 1. Shawn Elmore 34:10, 2. Jim Misener 35:03, 3. Gary Myers 37:44, 4. Eddle Herrera 39:17, 5. Cordel Telford 39:22, 30-39: 1, John Jordan 37:53. 2. Zoltan Goncze 39:06, 3. Gary Forjan 39:06, 4. Paul Meister 41:25, 5. Bruce Bryan 42:34. 40-49: 1. Art Aurand 34:17, 2. Garry Everson 34:27, 3. Ken Hamrick 37:37, 4. Frank Ogawa 38:48. 50 & Over: 1. Wally Ingram 38:15, 2. Don Kaplan 55:32.

Division Results - Women's 10K 18-29: 1. Mary Bullock 40:38, 2. Janet Skinner 41:25. 40-49: 1. Jeanette Wells 41:26

# Chilao Mountain Family Run

from George Geer

October 5. Chilao Mountain. Division Results - Men's 1 Mile. 6 & Under: 1. Rodderick Gray 8:43, 2. Ben Osmanson, 3. Phil Estes, 7-8: 1. Ben Milosh 7:33, 2. Lu lopy, 3. Curry Grayling. 9-10: 1. Brock Russell 6:44, 2. Tom Ogilvie,

3. Jason Robin, 11-12: 1. Joe Gugliotta

8:45, 2. Corey Flood, 3. Joel Lavin. Division Results - Women's 1 Mile 8 & Under: 1. Rebecca Witt 7:05, 2. Sharell Taylor, 3. Jean Sayeg. 7-8: 1. Siarra Geer 8-03, 2. Katie Tubbs, 3. April Kimberly. 9-10: 1. Slan Geer 7:05, 2. Vanessa Wilt, 3. Shannon Connolly. 11-12: 1. Daniella Navarro 6:40, 2. Kelly Connolly, 3. Socorro

Division Results - Men's BK 18 & Under: 1, Jason Price 49:06, 19-29: 1 David Smith 27:24, 2, Mac Williamson 3 Francisco Garua. 30-34: 1. Tom Moriarity 29:21, 2. Gordon Schaffer, 3. Ralph West 29:21, 35-39: 1. Ed Monroy 32:04, 2. Scott Vail, 3. Frank Van der Baan, 40-44: 1. Jim Akers 35:59, 2. Robert Updegrove, 3. Calvin Pettit. 45-49: 1. Jerry Van Mefer 34:54, 2. Greg DiConti, 3. Bob Kimmel, 50 & Over: 1. Andrew Di Conti 35:55. 2. Maurice Whitaker, 3. Lou Yazzie. Forest Service: 1. Gordon Schaffer 29:47, 2. Stan Henrichs, 3, Tom Dunlop,

Division Results - Women's 8K 19-29: 1. Nancy Coury 35:57, 2. Clarita Thomas, 3. Rose Cooke, 30-34: 1. Merla Huntley 38:45, 2. Kathy Waller, 3. Baetrice Luna. 35-39: 1. Patty Whiles 40:34, 2. Laura Ficeman. 40-44: 1. Carmen Connolly 39:10. 50 & Over: 1. Amy Coury 58:10. Forest Service: 1. Kathy Waller 41:03, 2.

# Vallejo Blue Rock

October 5. Vallejo. 10K.

	Overall Results	
1	Doug Butt	33:58
2	John Monteverdi	36:23
3	Daniel Rosenthal	36:38
4	John Demers	37:02
5	Jeff Collins	37:52
6	Jim Fiori	37:58
7	Hank Fragoza	38:09
8		38:32
9		39:22
10		39:28
11	Mark Deloso	40:01
12	Brent Brigham	40:05
13	David Standafer	40:08
14	Al Kirkman	40:11
15	Mike Houston	41:15
20	Gloria Brigham	42:12
25		44:01
29	Ann C. Grove	45:26
30	Karen Houston	45:27
34	Dolly Ackerman	46:38
35	Sue Gray	46:59
	2 3 4 5 6 7 8 9 10 11 12 13 14 15 20 25 29 30 34	1 Doug Butt 2 John Monteverdi 3 Daniel Rosenthal 4 John Demers 5 Jeff Collins 6 Jim Fiori 7 Hank Fragoza 8 Geoffrey Roemmich 9 Terry Hughes 10 Paul Ligda 11 Mark Deloso 12 Brent Brigham 13 David Standafer 14 Al Kirkman 15 Mike Houston 20 Gloria Brigham 25 Nancy Stover 29 Ann C. Grove 30 Karen Houston

# West Covina Heritage Run

October 5, West Covina, 5K & 10K. Division Results - Men's 5K

12 & Under: 1. Michael Harden 20:09, 2. Jeremy Burton 21:55, 3. Tony Madrid 21:45. 13-17: 1. Steve Bush 16:37, 2. Bob Hunn 16:41, 3. Richard Ramos 17:19. 18-24: 1. Adrian Gonzalez 15:13, 2. Ernest Becaria 15:25, 3. Eric Buckner 15:36. 25-29: 1. John Nelson 16:24, 2. Baker 16:29, 3. Steve Lozolaa 16:59. 30-34: 1. Carl Smith 15:08, 2. Joseph Kender 16:14, 3. Adolfo Serrato 16:26. 35-39: 1. Mike Andre 16:33, 2. Jarrett Williams 17:03, 3. Ray Varcoe 17:07, 40-44; 1. John Shelton 17:00, 2. Pete Gomez 18:20, 3. Ralph Martinez 19:23. 45-49: 1. Fred Glover 17:56, 2. Booker Washington 18:25, 3. John Moore 18:54, 50-59: 1, Sam Mayo 18:12, 2. Aurelio Camacho 18:28, 3. Jesus Rangel 19:06. 60-69: 1. Larry Banuelos 19:24, 2. Manuel Lara 20:18, 3. Jose Can-chola 21:16. 70 & Over: 1. B. L. Vlasak

Division Results - Women's 5K 12 & Under: 1. Leslie Fisher 25:45, 2. Tami Hubbert 30:25, 3. Jenny Kortum N.T. 13-17: 1. Suzanne Castruita 18:31, 2. Sarah Snyder 19:39, 3. Bobbie Keith 20:21. 18-24: 1. Lorrie Martinez 21:34, 2. Chandrika Manage 22:05, 3. Karla Funderburk 22:57. **25-29**: 1. Carol Adragna 21:34, 2. Marigelena Rodriguez 21:58, 3. Guadalupe Lucero 22:11, 30-34; 1. Lea Thirkette 22:37, 2. Maria Rodriguez 22:56, 3. Linda Trinkaus 24:44. 35-39: 1. Loanne Harden 19:36, 2. Barbara Yoga 22:17, 3, Patricia Boyer 24:51. 40-44: 1. Barbara Vochatzer 27:13 2. Jeanne Whittaker 30:55, 3. Ann Chase, N.T. 45-49: 1. Cecily Parke 19:27, 2. Sally Wozniak 23:50, 3. Joyce Kaiserman 26:08. 50-59: 1. Shirley Chadwick 24:29, 2. Elaine Herfert 25:19, 3. Dorothy Griott 34:30. 60-69: 1. Chris Hodowski 26:58. 70 & Over: 1. Lucille Adney 34:31.

Division Results - Men's 10K 18-24: 1. Michael Scott 33:24, 2. Thomas Cupp 33:42, 3. Gregg Brown 33:50. 25-29: 1. Joel Hope 32:54, 2. John Frankman 34:09, 3. John Araujo 36:57. 30-34; 1. Enrique Serratos 34:20, 2. Aristeo Galvan 36:39, 3. Andy Avalos 38:10, 35-39: 1. Jerry Skinner 37:24. 2. Jim Perez 39:08. 3. Ron Baca 39:39. 40-44: 1. Lee Baca 37:03. 2. Florenzio Vargas 37:43, 3, Frank Zaragoza 40:52. 45-49: 1. Joaquin Granado 39:01, 2. Fred Glover 41:00. 3. Kurt Trieselmann 41:05. 50-59: 1. Eugene Black 38:29, 2. Robert Harbaway 45:38, 3. Carl Barnes 46:03. 60-69: 1. Daniel Lujan 49:47, 2. Jack Davison 57:56, 3. Karlis Smiltens 59:14. Physically Challenged: 1. Frank Genco

Division Results - Women's 10K 18-24: 1. Ann Scott 41:41, 2. Liane Kivela 42:56, 3. Jennifer Dew 44:21, 25-29: 1. Mary Baumgaertner 51:07. 30-34: 1. Pam Nagami 46:21, 2. Karen Harbaugh 47:15, 3. Joy Sherman 51:29, 35-39: 1. Linda Stephens 48:32, 2. Anita Bugge 51:58. 40-44: 1. Olivia Krok N.T. 45-49: 1. Elaine Murphy 46:41, 2. Audrey Wagner 1:00:00, 3. Elaine Hemenway 1:01:20. 50-59: 1. Ethel Kleinsasser 53:36, 2. Elaine Herfert

# **Cross City Race**

October 6, 1985, 10,000 Meters Roading Park to Fresno Fair

1	Marty Ball (48)	27:01
2	Rafael Ibarra (29)	28:53
3	Juan Molina (28)	30:31
4	Gary Gonzales (23)	30:40
5	Pat Moss (31)	31:04
6	Jim Hartig (31)	31:25
7	Bryan Fahrenbach (28)	31:29
8	Sal Lozano (26)	31:30
9	Leroy Rivera (20)	31:49
10	David Naranjo (18)	32:09
11	Hepmilo Guerrero (30)	33:12
12	Rod Marvin (23)	33:28
13	Isaias Luna (28)	33:32
14	Richard Mead (28)	33:37
15	Bob Lindsey (40)	33:49
16	Gilbert Guzman (24)	33:50
17	Not Available	34:51
18	Hector Sepuveda, Jr. (20)	34:59
19	Bruce Anderson (33)	35:12
20	Frank Padilla (48)	35:15
21	Adrian Huerta (26)	35:27
22	Don Chapin (39)	35:29
23	Pete Cerda (16)	35:33
24	John Gibbons (22)	35:39
25	Eric Little (25)	35:42
26	Jim Lambe (33)	35:42
27	Ron Enos (40)	35:56
28	Robert Gonzales, Jr. (24)	36:01
29	Steven Peterson (27)	36:14
30	Rob Brenner (29)	36:17
31	Catfish Phelan (32)	36:20
32	Len Thornton (54)	36:27
33	Gregory Sullivan (22)	36:31
34	Joe Dacpli (19)	36:31
35	Tanis Leyendekker (25F)	36:37
36	Not Available	36:42
37	Yusuke Sawada (17)	36:48
38	Fred Mendoza (46)	36:54
39	Bob Higby (35)	36:57
40	Mark McNealley (19)	36:58
41	Mark Perry (25)	37:02
42	John Volkman (35)	37:02
43	Tom Chavez (31)	37:06
44	Ric Zamarripa (51)	37:14

45	Rody Janzen (20)	37:15
46	Robert Aragon (30)	37:16
47	Kim Fertig (27)	37:22
48	Jonathan Aycock (17)	37:33
49	Not Available	37:39
50	Henry Ovalle (44)	37:40
51	Tom Saunders (29)	37:46
52	Dick Cain (52)	37:47
53	Alex Orosco (40)	37:51
54	Juan Huaracha (17)	37:56
55	Bruce Johnson (32)	37:56
56	Mark Stephen (30)	38:00
57	John Magee (44)	38:02
58	Gilbert Delgado (16)	38:02
59	Michael Montanez (19)	38:17
60	Robert Griffin (29)	38:17
61	John Pius (46)	38:18
62	Not Available	38:18
63	Joe Delgado (47)	38:19
64	Jim Brooks (34)	38:26
65	Eric Johnson (16)	38:26
66	Mike Lennemann (32)	38:29
67	Roger Oraze (43)	38:31
68	Ronald Robillard (40)	38:36
69	Not Available	38:36
70	Robert Mills (31)	38:47

Division Results - Man's 10K Overall Winner: 1. Juan Molina. 13 & Under: 1. Alex Cordova 43:08, 2. Jason Adams 43:08, 3. Jason Adams 43:08. 14-19: 1. David Naranjo 32:09. 2. Pete Ceroa 35:33, 3. Joe Darpii 36:31, 20-29: 1. Gary Gonzales 30:40, 2. Bryan Fanrebach 31:29, 3. Sal Lozano 31:30, 30-34; 1. Pat Moss 31:04, 2. Jim Hartig 31:25, 3. Hemilo Moss 31:04, 2: Jim Harrig 31:25, 3: Hemilo Guerrero 33:12. 35-39: 1. Don Chapin 35:29, 2. Bob Higby 36:57, 3. John Volkman 37:05. 40-44: 1. Bob Lindsey 33:49, 2. Ron Enos 35:56, 3. Henry Ovalle 37:51. 45-49: 1. Frank Padilla 35:15, 2. Fred Mendoza 36:54, 3. John Plus 38:18. 50-54: 1. Len Thornton 36:27, 2. Ric Zamaripa 37:14, 3. Dick Cain 37:47, 55-59: 1. Ray Barrios 44:32, 2. Klaus Penning 49:28, 3. Tom Kewan 52:23. 60 & Over: 1. Harry Harder 44:02, 2. John Paredes 45:29, 3. Frank Rodriguez 46:22. Wheelchair: 1. Marty Ball 27:11, 2. Rafael Ibarra 28:53, 3. Jim Brooks 38:26.

Division Results - Women's 10K Overall Winner: 1. Tanis Leyendekker, 13 & Under: 1. Heather Reid 43:47, 2. Mountiana Wymore 56:45, 3. Deann Jackson 58:20. 14-19: 1. Lisa Bennett 42:06, 2. Cheryl Reistetter 44:33, 3. Angle Wilkinson 49:36. 20-29: 1. Terry Nieto 41:46, 2. Katie Lowe 42:29, 3. Cynthia Teonge 43:29, 30-39: 1. Rosanne Schiedel 43:23, 2. Jean Roberts 44:01, 3. Sandy Jacob 45:17. 40-49: 1. Jackie Ryle 48:16, 2. Jill Valeriote 49:10. 3. Julie Wilson 51:49. 50-59: 1. Mae 48:10, 3. Julie Wilson 31:49, 30-36; 1. Mae Rogers 48:41, 2. Joy Dellanina 53:36, 3. Coke Hallowell 59:08. 60 & Over: 1. Dorothy Thomas 50:39, 2. Virginia Martin 73.23

2 N	ille	
1	Brian Foley (28)	9:28
2	Al Lomeli (34)	9:35
3	Danny Vega (17)	9:48
4	Ramon Fernandez (18)	9:53
5	Robert Fernandez (18)	10:02
6	Jack Butler (21)	10:02
7	Peter Sena (22)	10:03
8	Lou Jones (25)	10:04
9	Erasmo Quintanilla (23)	10:05
10	Jose Reiteria (28)	10:06
11	Juan Flores (23)	10:26
12	Garrett (20)	10:29
13	Frank Marlow (18)	10:35
14	Bart Haygraft (16)	10:51
15	Scott Dye (35)	10:54
16	Dennis Duffy (42)	10:56
17	Steve Meunier (37)	11:00
18	Martin Garcia (16)	11:04
19	Alex Nunez (29)	11:05
20	Ricardo Topete (18)	11:07
21	Tony Munroe (18)	11:13
22	Karl Polivka (14)	11:15
23	John Rodriguez (15)	11:16
24	Fernie Montanez (45)	11:17
25	Leon Moreno (26)	11:18
26	Mike Garcia (15)	11:22
27	Michael Comerford (38)	11:23
28	Craig Martinez (16)	11:24
29	Anthony Morrelli (16)	11:25
30	Anthony Chavira (30)	11:26

31	Juan Urbina (28)	11:27
32	Ernest Valdez (26)	11:29
33	Cesar Lopez (18)	11:31
34	Ed Kivcka (29)	11:32
OF	Edward Avenu(16)	11.24

#### Division Results - Men's 2 Mile

Under 13: 1 Brent Fernandez 11:43; 2 Todd Sanders 12:02; 3 Curtis Summers 12:33 14-19: 1 Danny Vega 9:46; 2 Ramon Fernandez 9:53; 3 Robert Fernandez 10:02 20-29: 1 Bryan Foley 9:28; 2 Jack Butler 10:02; 3 Peter Sena 10:03 30-34: 1 Al Lomeli 9:36; 2 Anthony Chavira 11:26; 3 Domingo Pena 11:38 35-39: 1 Scot Dye 10:54; 2 Steve Meunier 11:00; 3 Ray Pena 11:37 40-44: 1 Dennis Duffy 10:56; 2 Sal Lopez 12:51; 3 Steve Freeland 12:57 45-49: 1 Fernie Montanez 11:17; 2 Rey Pena 11:41; 3 Jess Jimenez 12:35 50-54: 1 Grant Sharp 11:41; 2 Fred Pereira 12:42; 3 Fred Fitchhorn 13:36 55-59: 1 Jess Rivera 12:05; 2 Frank Perales 15:36; 3 Donald Lord 15:50 60 & over: 1 Bob Musso 12:28; 2 Leon Alonzo, 5r. 13:01: 3 Vernon Mocullous 16:08

#### Division Results - Women's 2 Mile

Under 13: 1 Allison Core 12:15; 2 Lisa Yargas 13:28; 3 Denise Wilson 13:34 14-19: 1 Tiffany Shaw 11:42; 2 Jessie Espinoza 11:58; 3 Leana Engels 12:58 20-29: 1 Paula Ramirez 11:36; 2 Lupe Canales 13:17; 3 Susie Cordova 14:24 30-39: 1 Maurie Potts 12:07; 2 Jan Alcock 14:48; 3 Olga Oldham 13:42 40-49: 1 Helene Miller 14:39; 2 Eda Lucero 15:23; 3 Cris McCollum 15:27 50-59: 1 Isabel Verduzco 14:42; 2 Norma Der-Mugrdechian 17:52; 3 Madelayne Bennett 25:05 60 & over: 1 Delma Pecora 30:55

## Salute to Navy 5 Mile Run

October 6. National City.

	Overall Results	
1	Randy Montesanto (22)	25:49
2	David Hunter (32)	26:13
2	Graham Garcia (38)	26:15
4	Jeff Sloan (19)	26:27
5	Roger Depriest (28)	26:34
6	Ron Wells (39)	26:50
7	Brad Lakin (27)	27:15
8	Robert Hawker (31)	27:29
9	Louis Werner (27)	27:31
10	David Brandon (24)	28:12
11	Edward Russell (26)	28:20
12	John Ralph (30)	28:30
13	Norm Second (47)	28:41
14	Bill Jason (38)	28:49
15	Dana Morris (42)	29:07
	The state of the s	

Division Results - Men 13 & Under: 1. Sharito Copley 32:36, 2. Patrick Veth 40:59, 3. Christopher Foster 62:34, 14-19: 1. Jeff Sloan 26:27, 2. Ron Nagel 29:16, 3. Robert Zell 30:18, 20-29: 1. Randy Montesanto 25:50, 2. Roger Depriest 26:34, 3. Brad Larkin 27:15, 30-39: 1. David Hunter 26:13, 2. Graham Garcia 26:15, 3. Ron Wells 26:50, 40-49: 1. Norm Secord 28:41, 2. Mitch Pickens 30:01, 3. Jim Waters 30:49, 50-59: 1. John Terrell 32:37, 2. Jerry Dietrick 32:51, 3. Albert Cardarella 33:26, 60-69: 1. Don Bradley 36:51, 2. Fred Mozzani 44:22, Navy: 1. Dana Morris 29:07, 2. Bill Knell 30:14, 3. Rick Nelson 32:38

Division Results - Women

14-19: 1, Martha Sainz 38:48, 20-29: 1. Adrianne Trader 35:11, 30-39: 1, Susan Hunter 33:27, 2, Cathy Christopher 35:03, 3, Linda Spradley 39:45- 40-49: 1, Bonnie Foster 35:52, 2, Karen Rochelean 37:51, 3, Joyce Zillner 38:59, 50-59: 1, Olga Finney 51:56, Navy: 1, Karen Yeager 36:02.

# Long Marine Lab

from Mike Moser

October 6. Santa Cruz.

19-29: 1. Glenn Madden 1:12:41, 2. Torin Rotstein 1:13:16, 3. Javier Naranjo 1:15:07. 30-39: 1. Francisco Avila 1:18:02, 2. Ron Klyono 1:20:21, 3. Gary Heidinger 1:22:04. 40-49: 1. Mike Cronk 1:23:24, 2. Ken Benjamin 1:24:01, 3. James Street 1:26:20. 50-59: 1. Ray Vinyo 1:34:22, 2. Emilio DeSoto 1:50:31. 60 & Over: 1. Les Liebenberg 1:55:23, 2. George Leavitt

Division Results - Women

19-29: 1. Barb Myers-Acosta 1:31:13, 2. Dana Campbell 1:39:52, 3. Deanne Gray 1:45:12. 30-39: 1. Linda Strong 1:35:24, 2. Helen Ladden 1:35:33, 3. Jean Williams 1:37:55. 40-49: 1. Diane Bromstead 1:44:31. 2. Glenn McConkey 1:50:39.

#### Harvest Fair 10K

from Jamie Starmer

October 6. Santa Rosa.
Division Results - Men

14 & Under: 1. Todd Stevens 41:36, 2. Jason Duenas 42:23, 3. Peter Sullivan 45:27. 15-18: 1. Sean O'Leary 34:14, 2. Greg Archuela 34:19, 3. Marcel Vifian 36:14. 19-24: 1. Stephen Wills 35:13, 2. Don Nauman 35:44, 3. Jay Alliff 36:01. 25-29: 1. Jim Walker 33:08, 2. Dan McCullough 33:23, 3. Larry Meredith 34:30. 30-34: 1. Butch Alexander 32:14, 2. Andy Cavagretto 34:03, 3. Chris Cole 34:40, 35-39: 1. Ron Smith 33:36, 2. Rick Niles 35:19, 3. John McIntosh 35:20. 40-44: 1. Jon MacPherson 34:22, 2. Brendan Hutchinson 35:26, 3. Ray Gin 35:53. 45-49: 1. Jim Bowers 32:06, 2. Darryl Beardall 33:46, 3. Ken Howe 37:54. 50-59: 1. Morton Gray 35:23, 2. Ralph Harms 39:19, 3. Bob Buckendahl 39:30. 60 & Over: 1. Gene DeSoto 45:34, 2. Gene Smith 49:36, 3. William McGee 50:10. Wheelchair: 1. Jeff Koch 1:19.09.

Division Results - Women
14 & Under: 1. Kristie McCall 41:43, 2.
Karin McCall 44:19, 3. Kyra Kissam 50:07.
15-18: 1. DeeLynn Beardall 40:55, 2.
Kimberly Whitting 43:32, 3. Wendi Simmons 44:05. 19-24: 1. Donna Summers 39:57, 2. Annette Shearer 41:24, 3. Elieen Mulligam 42:21. 25-29: 1. Anne Prouty 38:16, 2. Jan Morrow 38:57, 3. Carol Welch 38:58. 30-34: 1. Wink Luskin 37:37, 2. Merry Humphreys 37:57, 3. Nancy Markey 40:50. 35-39: 1. Judy Wetch 40:40, 2. Vicki French 42:13, 3. Patty Sanders 45:11. 40-44: 1. Caron Schawnberg 41:11, 2. Sandra Karas 45:30, 3. Molly Hynes 46:15. 45-49: 1. Gretchin Covington 45:08, 2. Elaine Frank 48:47, 3. Linda Ronchelli 49:23. 50-59: 1. Janet Buckendahl 41:39, 2. Lura Delanty 52:47, 3. Alice Waco 53:05. 60 & Over: 1. Helen Kuziara 59:15, 2. Liz Horney 1:10.52.

# Alcatraz Challenge

October 6. San Francisco. Men's Results

1	Kem Akol (29) Dixon	3:30:22
2	Les Waddel (30) Seaside	3:30:55
3	Bob Ades (25) Mill Valley	3:36:36
4	Michael Ford (31) Mill Valley	3:46:26
	Women's Results	
1	Laura Normant (20) SanJose	3:59:52
2	Milissa Bloom (29) Mill Valley	4:10:27
3	Maureen Kaila (20) LaHonda	4:26:08
4	Stacey Nichol (30) S.F.	4:34:44

### Cuesta Spirit 50K Biathlon

October 6. San Luis Obispo.

The race began in now traditional perfect weather to following a rousing display of musicianship by the UC Davis Marching Band. Forty-six, two person teams and 163 individuals followed the well marked course out to Morro Bay and back to finish where they began at Cuesta College. Course records were set in almost all divisions due to excellent team and individual efforts.

Overall Result

	Overall Results	
1	Becker/Lowrie	1:29:38
2	Golding/Merkel	1:31:14
3	Sweeney/Morrow	1:33:12
4	Daley/Cooper	1:33:12
5	Sallaz/Furbee	1:34:38
6	Eldred Himsworth	1:36:42
7	Robert Isaacs	1:36:43
8	Ross/Shannon	1:36:46
9	Bishop/Cox	1:37:05
10	Rosenfeild/Zirion	1:37:35
11	Eddie Kolofer	1:39:02
12	Keith Schmidt	1:39:42
13	Brian Noelte	1:39:43
14	Andrew Estrada	1:39:44
15	Green/Moon	1:39:44
16	Herm/Fountain	1:39:45
17	Bill Hoanzl	1:39:46
18	Corcorfan/Hernandez	1:40:30
19	Bruce Summers	1:41:10
20	Landon/Anderson	1:42:10
	Men's Teams	
1	Becker/Lowrie	1:29:38
	Mixed Teams	
1	Daley/Cooper	1:33:12

Women's Teams
McCarroll/Stearns 1:46:57
Division Results - Men

24 & Under: 1. Robert Isaacs 1:36:43, 2. Keith Schmidt 1:39:42, 3. Brian Noelte 1:39:43, 25:34: 1. Andrew Estrada 1:39:44, 2. Ken Knaus 1:42:21, 3. Sam Sinakis 1:42:32. 35:44: 1. Eldred Himsworth 1:36:42, 2. Eddie Kolofer 1:39:02, 3. Herm Fountain 1:39:45. 45:54: 1. Kent Steele 1:48:57, 2. Fred Kerr 1:51:39, 3. Warren Hansen 1:53:07. 55 & Over: 1. John Herd

Division Results - Women

24 & Under: 1. Del Rae Kleppe 1:59:03, 2.
Liz Large 2:05:01, 3. Terry Dowie 2:06:11.
25-34: 1. Mary Ryzner 1:48:38, 2. Joanne
Schmitz 1:50:32, 3. Rhonda Violini 1:54:33.
35-44: 1. Ann Jordan 1:58:47, 2. Linda Bird
2:04:39, 3. Christine McQueary 2:19:05.
45-54: 1. Lois Leach 2:15:00, 2. Marilyn
Rehorn 2:16:04, 3. Pat Winstanley 2:46:17.

1:59:01, 2. William Winstanley 2:03:56.

# Run For Kids' Sake

Oct. 6. Ojai. 5K & 10K.

Division Results - Men's 5K 13 & Under: 1. Chris Ford, 2. Ken Young. 14-18: 1. Kris Hauser, 2. Kevin Ball. 19-34: 1. Kery Ellison, Derek Galarza. 35-40: 1. David Garber, 2. Dennis Brooks. 41-50: 1. Robert Bemis, 2. Pat Farrell. 51 & Over. 1. Carl Rausch, 2. Al Friedman.

Division Results - Women's 5K 13 & Under: 1. Renee Fauvre. 14-18: 1. Georgia Emelin, 2. Capecca Parrish. 19-30: 1. Sarah Luckhardt, 2. Cheryl Janisse, 31-40: 1. Sharon Ogden, 2. Mary Blair. 41 & Over: 1. Barbara Camp, 2. Jean Sutton.

Division Results - Men's 10K 14-18: 1. John Harnett. 19-34: 1. Terry Howell, 2. Dale Nickel. 35-40: 1. Dok Smith, 2. Jerry Michael. 41-50: 1. Dave Wheeler, 2. Robert McPherson. 51 & Over: 1. Fred Nagelschmidt, 2. David Kille. Division Results - Women's 10K

Division Results - Women's 10K 14-18: 1. Katie Myers. 19-30: 1. Kellye Lee, 2. Barbara Wood. 31-40: 1. Patty Howell, 2. Debble Briglio. 41 & Over. 1. Nancy Weeren.

#### **Brass Pole Run**

October 6. Oakland. 5K & 10K.

Division Results - Men's 10K
16 & Under: 1. Blake Stomberg 39:27, 2.
Eric Milina 43:21, 3. John Hayes 44:28.
17-39: 1. David Gomez 31:22, 2. Peter
Churney 31:22, 3. Bryan Mayberry 31:50.
40-49: 1. David Taylor 34:13, 2. Harvey
Franklin 34:22, 3. Keith Wallace 36:56. 50
6 Over: 1. Tom Waish 38:58, 2. Carl Worth
38:58, 3. Don Hildebrand 40:12.

Division Results - Women's 10K 16 & Under: 1. Courtney Clark 43:30, 2. Andrea Sanchez 53:24, 3. Heather Clark 57:20. 17-39: 1. Sue Vinella-Brusher 37:14, 2. Debbie Walker 41:01, 3. Laurel Strand 41:29. 40-49: 1. Barb Shubert 39:23, 2. Carolyn Thompson 43:47, 3. Mary Kelley 46:23. 50 & Over: 1. Alice Rose 41:56, 2. Margaret Houston 46:40, 3. Frances Bradford 54:00.

Firemen's Results

39 & Under: 1. Gene Dangel 33:11, 2. Peter Nowicki 33:46, 3. Richard De Glymes 36:11. 40-99: 1. Tony Simi 37:23, 2. Dominic Spinetta 38:47, 3. Redmon Floyd 39:01.



# Stroh's Run for Liberty II

October 12. Santa Barbara.
Division Results - Men

19 & Under: 1. Andrew Lief 26:54, 2. Danny Daft 29:14, 3. Enrique Roig 30:04. 20-24: 1. Gordon Christie 24:03, 2. Ron Ysais 24:14, 3. Samuel Pinuelas 24:57. 25-29: 1. Robert Hollister 24:07, 2. Tim Minor 24:58, 3. Hollis Reed 29:12. 30-34: 1. Dale Nickel 26:10, 2. Hermico Guerrero 26:41, 3. Juan Garza 26:54, 35-39: 1. Steve Bushey 27:17, 2. Bill Buchanan 28:51, 3. Hector Paz 28:56. 40-44: 1. Steve Close 26:09, 2. John Kennedy 26:30, 3. Dennis Mihora 26:29. 45-49: 1. Raymond Miranda 27:39, 2. Kemp Auberg 27:57, 3. Larry Brooks 29:50, 50-59: 1. Regis Bowle 28:47, 2. Frank Greene 29:35, 3. Richard Bartek 30:47. 60 & Over. 1. Fred Nagelschmidt 30:23, 2. Ray Gill 31:42, 3. Don Smith 40:19. Wheelchair: 1. Kirby Haley 31:57. Division Results - Women

Division Results - Women
19 & Under: 1. Julie Bridges 36:05, 2.
Diane Daley 36:54, 3. Karlie Graham 36:56.
20-24: 1. Ann Gladdue 29:20, 2. Sue McClenathen 31:28, 3. Carrie Waiters 32:18.
25-29: 1. Sharon Maley 29:42, 2. Angle
DeLeon 29:51, 3. Karen Drake 32:49. 30-34:
1. Elaine Triplett 28:33, 2. Mary Ryzner
30:20, 3. Vicki Eyre 31:04. 35-39: 1.
Kathleen Anderson 33:09, 2. Mary Byzner
30:20, 3. Vicki Eyre 31:04. 35-39: 1.
Ludy Kewley 30:29, 2. Marie Stevenson
34:17, 3. Gudrun Fink 35:41. 45-49: 1. Barbara Camp 40:01, 2. Lois Leach 42:38, 3.
Lisa Norcutt 43:26. 50-59: 1. Fay Hobbs
33:31, 2. Patricia Frankus 43:46, 3. Lori
Richie 47:03. 60 & Over: 1. Grace
Sehweitzer 48:45, 2. Elizabeth Baker
51:29, 3. Caroline Lescher 51:45.

# **Any Mountain** Runs

October	12. Cupe	rtino. 10K	& 10	Mile.
	Overall	Results -	10K	

	Overall Results - 10K	
1	Brad Hawthorne (29) Oakland	29:35
2	James Hogue (25) Mapleton	30:46
3	Tom O'Neil (26) Los Altos	31:40
4	Frank Epper (19) Cupertino	31:58
5	Terence Boyton (26) Sunnyvale	32:58
6	Mark Sisson (32) MenloPark	33:22
7	Chris Back (26) San Jose	33:50
8	David Davis (30) SantaCruz	34:10
9	Nancy Ditz (31) MenloPark	34:12
10	Bill Wolcott (16) Los Altos	34:19
11	Jerry Taylor (29) Sunnyvale	34:25
12	Jim Bordoni (32) Los Altos	34:58
13	Steve Tietz (29) San Jose	35:17
14	Mark Neubieser (28) Campbell	35:54
15	Bill Bugler (49) Burlingame	36:22
16	Kevin Connor (20) Stanford	37:05
17	April Powers (27) Mill Vly	37:32
18	Todd Fitzwater (26) SanJose	38:09
19	Ron Johnson (27) SantaClara	38:17
20	Mark Belmont (28) Cuptertino	38:18
	Division Results - Men's 10K	

16 & Under: 1. Bill Wolcott 34:19, 2. Garth Utter 38:24, 3. Richard Morris 49:15. 17-29: 1. Brad Hawthorne 29:35, 2, James Hogue 30:46, 3. Tom O'Neil 31:40. 30-39: 1. Mark Sisson 33:22, 2. David Davis 34:10, 3. Jim Bordoni 34:58. 40-49: 1. Bill Bugler 36:22. 2. Nick Nomm 39:13, 3. Mike Corrick 39:36, 50-59: 1. Floyd Okada 39:36, 2 Norbert Rupp 40:35, 3. Tom Tinker 42:38.

Division Results - Women's 10K 16 & Under: 1. Stephanie Ammann 57:49, 2. Anna Mach 57:49, 17-29: 1. April Powers 37:32, 2. Rebecca Garcia 39:55, 3. Kari Frazier 42:22, 30:39: 1. Nancy Ditz 34:12, 2 Susan Garay 40:08, 3. Sharon Wing 49:28. 40-49: 1. Ginger Burrola 44:27, 2. Betty Buhr 1:02:36, 3. Rita Fabregas 1:03:10. 50-59: 1. M. Jacoby 49:52, 2. Jeanne Feaster 55:27, 3. Georgia Longsdon 57:55

	Overall Results - 10 Mile	
1	Rich McCandless(29)LosGatos	52:42
2	Dennis Kurtis (31) Cupertino	55:23
3	Joe Mangan (28)Sunnyvale	55:46
4	Nick Yray (36)MorganHill	57:31
5	Charles Thompson (35) S.F.	57:44
6	John Clary (25) Cupertino	58:10
7	Weston Press (29) LosAltos	58:20
8	Rust (33)	59:31
9	Steve Lorenz (41) SanJose	1:01:35
10	Dave Waterman (28) SanJose	1:02:27
11	Rod Christensen (34) SanJose	1:02:48
	Sharlet Gilbert (34) Richmond	1:03:02
13	Al Delaroche (31) SanJose	1:03:14
14	Abby Ebrahimi (40) Campbell	1:03:30
15	Albert Garcia (39) Sunnyvale	1:03:30
Division Results - Men's 10 Mile		

16 & Under: 1, Sean Layne 1:23:26, 17-29; Rich McCandless 52:42, 2. Joe Mangan 55:46 3. John Clary 58:10 30-39: 1. Dennis Kurtis 55:23, 2. Nick Yray 57:31, 3. Charles Thompson 57:44, 40-49: 1. Steve Lorenz 1:01:35, 2. Abby Ebrahimi 1:03:30, 3. Paul Kane 1:07:34. 50-59: 1. Bob Patrick 1:10:42, 2 Ephraim Romesberg 1:11:48, 3. Bill Barclay 1:15:32.

Division Results - Women's 10 Mile 17:29: 1 Eileen Schmitt 1:13:01, 2 Ingeborg Sacksan 1:13:36, 3 Christine Darst 1:13:39, 30:39: 1 Sharlet Gilbert 1:03:02, 2. Paula Beard 1:13:39, 3. Sandi Hart 1:20:58, 40-49: 1 Kristine Morrella 1:12:41, 2 Betsy Fraser-Smith 1:21:53, 3 Pauline McLaren 1:23:56.

#### Heart and Sole Classic

from Mike Blide

October 12, Chico, 6 Mile.

Overall Winner - Male:
1 Daniel Rusk 31:3
Overall Winner - Female
1 Barbara Apps 40:1:
Division Results - Men
19 & Under: 1. Michael Ladinig 38:40
20-29: 1. Daniel Rusk 31:31, 2. Chuci
Neuman 31:32, 3. Tony Danielson 34:40
30-39: 1. David Welch 37:42, 2. Jon Hesse
38:55, 3. Mark Morlock 39:50, 40-49: 1
Raymond Darwin 34:24, 2. Dennis Hamp
ton 38:03, 3. Gene Moffett 40:36, 50-59: 1
Harold Carling 37:05, 2. Cy Weagle 40:45
Division Results - Women

19 & Under: 1. Nancy Sebdek 44:45, 2. Claire Maxworthy 46:17, 3. Julie Shiplett 50:47. 20-29: 1. Barbara Apps 40:12 2 Charlotte Brown 41:10, 3. Jennifer Wineman 46:29, 30-39: 1. Gwen Farrelly 46:32, 2. Carol Blair 47:54, 3. Linda Land 47:55. 40-49: 1. Ginny Heimann 43:08. 2. Susan Condon 43:43, 3. Nancy Downing 57:44. 50-59: 1. Hannie Voyles 56:51.

# Delano Great Grape Run

October 12. Delano, 5K & 10K. Division Results - Men's 5K

13 & Under: 1, Johnny Samaniego 17:08, 2. Jerry Resendez 19:01, 3. Chris Perez 20:18. 14-20: 1. Rocky Guerrero 16:37, 2. Javier Zepeda 16:44, 3. Robert Hernandez 16:58. 21-29: 1. Adrian Huerta 16:45, 2. Bill Tauchen 18:02, 3. Brent Elliott 18:53. 30-39: 1. Bruce Greenway 17:30, 2. John Forenti 17:33, 3. Fernandeo Gomez 17:58. 40-49: 1. James Lipford 17:59, 2. George Becerra 20:00, 3. Phil Maxwell 20:17. 50-59: 1. Richard Ramirez 18:00, 2. Almberg 23:18, 3. Tony Salazar 23:28. 60 & Over: 1. Jim Nagatani 26:20

Division Results - Women's 5K 13 & Under: 1. Natalie Santiago 23:36, 2 Cynthia Carter 25:16, 3. Annie Perez-Chica 33:07. 14-20: 1. Becky Soto 18:37, 2. Stephanie Rodriquez 23:53, 3. Linda Telio 34:15. 21-29: 1. Joslyn Greenway 23:17, 2 Liz Valdez 24:53, 3. Lorraine Melendez 24:57, 30:39: 1. Socorro Zavala 23:22, 2 Susie Olivarez 24:51, 3. Lee Denham 25:43. 40-49: 1. Martha Gilleland 24:29, 2. Socorro Salazar 25:54, 3. Veda Ince 27:22.

Division Results - Men's 10K 13 & Under: 1. Damacio Diaz 36:21, 2 Chris Chapman 42:20, 3. Eric Morony 53:40. 14-20: 1. Damian Lopez 35:37, 2. Daniel Guerrera 39:52. 21-29: 1. Isias Luna 34:04, 2. Armando Gutierrez 41:48, 3. Greg Fraser 44:01. 30-39: 1. Jimmy Aguilar 33:46, 2. Tom Whygle 37:21, 3. Bob Vafa 37:25 40-49: 1. Ron Rodman 36:44, 2. Leo Marquez 40:03, 3. Jim Wakeman 41:16 50-59: 1. John Sanchez 36:57, 2. Carlos Gutierrez 40:16, 3. Monte Marshall 49:31 60 & Over: 1. John Becker 53:05, 2. Warren Rankins 1:02:43.

Division Results - Women's 10K 21-29: 1. Patricia Heredia 48:25, 2. Karen Irwin 49:50, 30-39: 1. Elsa Saldana 52:19, 2. Sharon Demarah 55:04, 3. Rosa Carrillo 55:38. 50-59: 1. Aurora Perez 53:52.

# The Grape Race V

October 13. Lodi.

Division Results - Men 11 & Under: 1. Jerrod Gregory 59:48, 12-16: 1. Dennis Chairez 39:10, 2. Steven Tyrrell 44:58, 3. Steve Sanford 48:00, 17-29; 1. Joss Walter 33:30, 2, Ken Takao 35:38, 3 Bisla Tajinder 37:12, 30-39: 1, Mike Rowerdink 36:12, 2. Richard Utting 37:01, Robert Winter 38:23. 40-49: 1 Donald Bryan 38:04, 2 Frank Miyashiro 42:27, 3. 40-49: 1. Michael Tyrrell 43:36. 50-59: 1. Vernon Kalser 41:31, 2. Jerry Harr 46:24, 3. Dick Tyrrell 43:36. 60 & Over: 1. Keith Anderson 41:46, 2. Bernard Weng 54:44.

Division Results - Women 12-16: 1. Kim Brauer 50:50. 2. Tara Baumbach 1:01.12, 17-29: 1, Benee Malberg 43:01, 2, Kate Cox 46:03, 3, Joni Hender-son 46:43, 30-39: 1, Lynda Winter 44:40, 2 Carole Nix 50:15, 3, Emma Spero 51:29 40-49: 1. Cynthia Milford 46:30, 2. Chiyo Shingu 48:32, 3. Diana Smith 56:19.

#### Primo's to Primo's Run

from Mac Osborn

#### October 13. Danville, 10K & 1/2 Mara. Overall Results - 10K

1	Thom Trimble (26) WalnutCk	31:56
2	Kevin Cowley (27) Concord	33:45
3	Julios Ratti (35) Oakland	34:06
4	Tim Rostege (45) SanJose	34:15
5	John Monteverdi (39) Oakland	34:56
6	Jeff Cowling (26) Livermore	35:19
7	Michael Thomas (28) WalnutCk	35:23
8	James Reitz (41) Livermore	36:09
9	Keith Arnold (25) Danville	36:32
10	Terrance Purdy (30) Concord	36:35
11	Robert Johnson (40) Danville	36:53
12	Scott Pink (26) Lafayette	37:02
13	Stephen Niles (39) WalnutCk	37:10
14	Dave Osborn (33) Danville	37:16
15	Dale Guthrie (46) SanRamon	37:31
	Division Results - Men's 10K	
D.B.	Under 1 Ummy Handlin 1-10-22	0.42.

8 & Under: 1. Jimmy Handlin 1:10:33. 9-13: 1. Geoff Anderson 41:50, 2. Colin Burnick 48:57, 3. Jonathan Sargent 50:00, 14:18: 1. Mike Boswell 38:54, 2. Tim Murphy 41:30, 3. Tyler Dwyer 46:52, 19-29: 1. Thom Trimble 31:56, 2. Kevin Cowley 33:45, 3. Jeff Cowling 35:19, 30-39: 1. Julios Ratti 34:06, 2. John Monteverdi 34:56, 3. Terrance Purdy 36:35. 40-49: 1. Tim Rostege 34:13, 2 James Reitz 36:09, 3. Robert Johnson 36:53, 50-59: 1. Norman Creange 44:52, 2. Jack Daniel 45:02, 3. David Nethaway 46:28. 60 & Over: 1. Jerry Schwartz 52:13.
2. Robert Arthur 55:52, 3. Hans Beetz 1:16:39

Division Results - Women's 10K 9-13: 1. Melissa Freeberg 50:57, 2. Mercedes Munoz 51:31, 14-18: 1. Kathryn Crannell 1:09-44, 19-29: 1. Mary Matteson 45:56, 2. Dana Rascano 46:47, 3. Shawn Silva 48:51 30-39: 1. Sue Goddard 44:10. 2. Catherine Wynne 45:05, 3. Debbie Holcomb 46:10, 40-49: 1. Diane Handley 47:27, 2. Karen Gudiksen 47:53, 3. Donna Glove 51.36. 50-59: 1. Barb Carlsono 46:55. Arlina Di Donato 51:47, 3. Barb Allen

	Overall Results - 1/2 Marath	ION
×.	Steve Kovisto (22) San Ramon	1.11:02
2	Bob Cooper (31) S.F.	114:08
3	Ken Olsen (27) WalnutCk	1:14:16
4	Bob Gobalka (24) Livermore	1:15:20
5	Bob Rosemeyer (31) Concord	1:18:02
8	Donald James (20) Califord	1-10-00

Oscar Mendez (24) Hayward Daniel Holles (35) Pinole Jay Cook (45) Saratoga 1/18/37 Daniel Rosenthal (20) Fremont 1:19:12 Noah Rollins (36) Oakland Theodore Wong (36) Oakland 13 Al Michel (29) Sacto 1/19/25 13 Al Michel (29) Sacto 14 Eric Ivary (39) Oakland 15 Greg Wheatfill (28) Pittsburg 1:20:40 1.21.42

Division Results - Men's 1/2 Mara. 9-13: 1 Dino Daniels 1:28:25 14-18: 1 Kay-vaan Mortazavi 1:25:35, 2 Andy Roseprooh 1:28:57, 3 Todd Miller 1:36:58 19-29: 1. Steve Kovisto 1:11:02, 2. Ken Olsen 1:14:16, 3. Bob Gobalka 1:15:20. 30-39: 1. Bob Gooper 1:14:08, 2. Bob Rosemeyer 1:18:02, 3. Donald James 1.8:02, 40-49: 1, Jay Cook 1:18:37, 2, John Galletta 1:21:47, 3, James Donnelly 1:25:34, 50-59: 1 Mel Hatch 1:30:21, 2 Alan Portis 1:37:37, 3. Bill Berck 1:40:55 60 & Over: 1. Steve Woishnis 1:35:49, 2 Robert Dechene 1:38:00, 3 Ulysses Ratti

Division Results - Women's 1/2 Mara. 19-29: 1. Grace Pierson 1:28:13, 2. Danelle Leong 1:28:17, 3. Cindy Seikkula 1:31:39. 30-39: 1. Fay Tong 1:32:54, 2. Gregory Cole 1:33:40, 3 Donna Lowe-Chan 1:34:52 40-49: 1 Jeanne Shuler 1:29:00, 2 Maria Lieberman 1:41:49, 3 Eldrith Gosney

#### Fall Family Fun Run

October 13. City of Pacific.

	Overall Results	
1	Paul Mullen	9:41
2	Gary John	9:49
3	Mike Sullivan	9:51
4	David Tigert	10:19
5	Joe Henderson	10:47
6	Walt Kohnert	10:55
7	Mike Degregorio	10:59
8	Gerald McGowan	11:25
9	Bryon Williamson	11:25
10	Shandor Szeritkuti	11:49
14	Kathy Reed	13:01
15	Rosann Tigert	13:05
	Denise Dunbar	13.29
21	Marcia Martin	14.39

# Holy Jim 50

#### October 13. Santa Ana Mountains. John Loeschhorn (41) Howard McNair (32) 9:44 Charles Snyder (21)

Tom Cory (39) Bob Adiemian (38) 10.50 Steve Rapp (42) 11-14 John Stowers (57) Ted Winters (46) 11:34 Barbara Spahr (41) 11:38 10 Hutch Gibb (40) 11 Margaret Neville (40) 12 Wayne Gehring (44) Division Results - Men

20-29: 1 Charles Snyder 9:58: 2 Ron Hoelin 14:31 30-39: 1 Howard McNair 9:44: 2 Tom Cory 10:50: 3 Bob Adjemian 10:59: 40:49: 1 John Leeschhorn 9:43; 2 Sleve Rapp 11 14, 3 Ted Winters 11 34, 50 & Over: 1 John Stowers 11.14, 2, John Squiris 14.32

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