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ISSUE NO. 120

CALIFORNIA

Track & Running News



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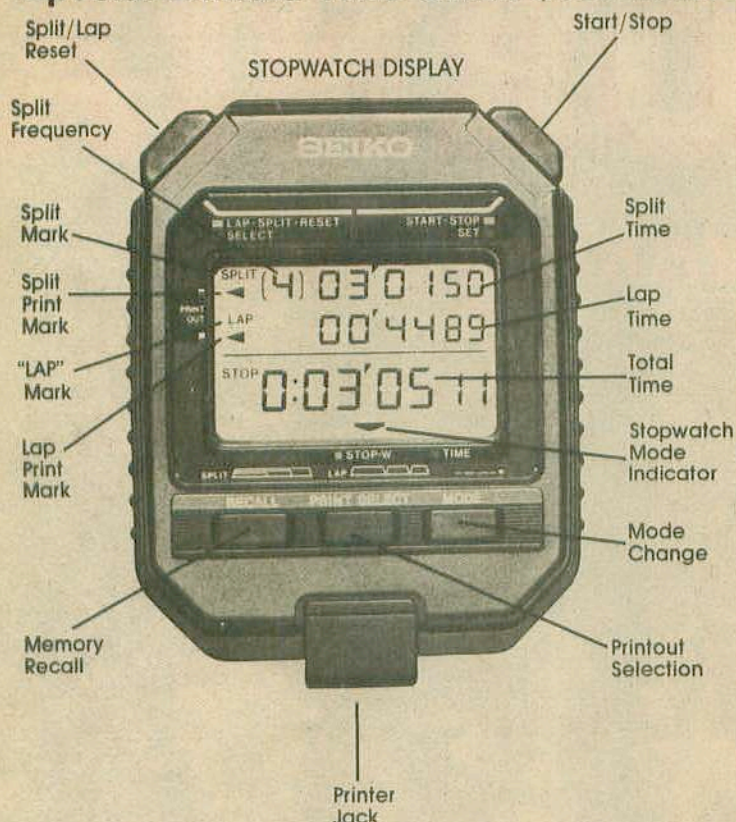
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13th Year

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Digital Quartz Stopwatch With Printer, SP11

Special Limited Time Offer: \$150 while supply lasts



System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
    
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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
    
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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

Batteries:

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

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Long Distance Editor

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Scheduling Editor

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Special Features Editor

Photographers: Gene Cohn, Burt Davis, Barbara De Groot, Don Gosney, Louis Hirsch, Michael Lambert, Bill Leung, Jr., Jim Reynolds, Richard Slotkin, Maurice Wilson.

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Correspondents: Louis Hirsch, Dennis McClanahan, Otto Pauls, Howard Willman.

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ON THE COVER: October 4th, Stanford Invitational. Lead pack opening it up in the men's race. From left to right with eventual finishing places are: Roman Gomez (USC) 98, Marc Olesen (Stanford) 1, Mark Junkerman (UCLA) 3, Ryan Stoll (Stanford) 6, and James Alborough (Stanford) 14.

photo by Burt Davis

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 1 (Saturday)

Oakland: Sri Chinmoy 24-Hour Run. *Rescheduled for November 8.*

San Francisco: Golden Gate Park X-Country Series Finale, 10K/Men, 5K/Women, 1K/Kids, Golden Gate Park (Polo fields), 10 am. Fleet Feet, 2086 Chestnut, San Francisco 94123. (415) 921-7188.

Fresno: STAR Clinic Classic, 5 & 10K. *Tentative.* Time TBA. STAR Clinic (209) 449-9394.

Bellflower: City of Bellflower Liberty 5 & 10K Runs, Mayne Thompson Park (14001 S. Bellflower Blvd.), 8 am. George Sturtz, City of Bellflower, 16600 Civic Center Dr., Bellflower 90706. (213) 804-1424, x262.

San Pedro: Harbor Lite Half-Marathon & 10K, Summerland & Western, 7am. John Provost, San Pedro YMCA, 301 S. Bandini, San Pedro 90731. (213) 832-4211.

Pomona: U.S. & Corporate Cup Triathlon Relay, 3-Person Teams, (U.S. - 1.5K swim, 40K bike, 8K run; Corp. - 1K swim, 40K bike, 8K run), Bonelli Park, 9 am. *No raceday registration.* Complete Runner, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Valencia: Run for the Health of It, 5 & 10K, Henry Mayo Newhall Memorial Hospital, 8:30 am. Leann Strasen, HMNMH, 23845 W. McBean Pkwy., Valencia 91355. (805) 253-8153.

Whittier: Whittier Village YMCA 5K & 10K, Whittier Hilton Hotel, 8 am. Marilyn Grant, E. Whittier YMCA, 15740 Starbuck, Whittier 90603. (213) 943-7241.

San Diego: Sage Brush Rambel, 10K & 2 Mile Fun Run, Miramar College, 7:30 am. End of the Line, P.O. Box 1049, Coronado 92118. Brent Smith (619) 437-4556.

Las Vegas, NV: Cancer Run 10K, Green Valley (Sunset Rd. & Green Valley Pkwy.), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

San Dimas: Bonelli Park Triathlon Weekend (Sat. & Sun.), 1K swim, 40K bike, 8K run, time TBA. LATOC, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

San Francisco: Dry Run, 5 & 10K (& 5K walk), Golden Gate Park (Polo Fields, South Parking Lot), 11 am. William Cullen, 1050 Redwood Hwy., Mill Valley 94941. (415) 381-2443.

■ November 2 (Sunday)

New York, NY: New York City Marathon, time TBA. NYCM, Box 1388, GPO, New York, NY 10116. (212) 860-4455.

San Francisco: CCPM Waterfront 10-Miler (PA-TAC champ), Hyde & Jefferson (Fisherman's Wharf), 8 am. \$2,100 prize money. Ed Lopez 1210 Scott St., San Francisco 94115. (415) 563-3444, ext. 253.

San Francisco: DSE Golden Gate Bridge Run, 3.53 mile (Toll Plaza Parking Lot), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Stockton: Big Valley Classic, Half-Marathon & 10K, Univ. of the Pacific (Spanos Center), 9 am. Jim Paull, P.O. Box 4405, Stockton 95204.

Sunnyvale: ESL Runaway, 5K, 10K & 1 Mile Fun Run, Moffett Industrial Pk. (Geneva & Java), 8 am. Patsy Harmon, ESL, Inc., P.O. Box 3510, Sunnyvale 94088-3510. (408) 738-2888, x4762.

Fremont: **CANCELLED.** Washington Hospital-Run for the Health of It, 10K & 2.4 Mile. Central Park (swim lagoon), Paseo Padre Blvd. one-half mile So. of Stevenson Blvd., 8:30 am. Employee Health Services, Washington Hospital, 2000 Mowry Ave., Fremont 94538. (415) 791-3408.

Fresno: Sky's The Limit Run, 2 mile and 10K, Woodward Park, 8 am. Marc Barrie, Box 5017, Fresno 93755. (209) 222-7493.

Santa Barbara: Santa Barbara Half-Marathon, Arroyo Burro Beach (new course), 8 am. Half-Marathon, P.O. Box 6616, Santa Barbara 93160. Steve Bushey (805) 962-5721.

Bakersfield: LeMucchi's Tam O'Shanter Pedal & Plod, 6.2 mile run, 20 mile bike, Hart Park, 9 am. RACE, 2345 Alta Vista, Bakersfield 93305. (805) 323-0168.

Pomona: Triathlon & "Tiny Triathlon," (Triathlon: 1K swim, 40K bike, 8K run; Tiny Tri: 2 mile run, 7 mile bike, 300 yd. swim), Bonelli Park, 9 am. Complete Runner, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169. *No raceday registration.*

Encino: SCA/ITAC 8K Championships, Woodley Park (Victory & Woodley), 8:30 am. Phidippides, 16545 Ventura Blvd., Encino 91436. (818) 986-8886.

Loma Linda: Loma Linda Marathon, Half-Marathon & 10K, 7 am. Lyle Deem, 12056 Raley Dr., Riverside 92505. (714) 369-9996.

Newport Beach: 8K in the Back Bay, Back Bay Rd. & Jamboree, 8 am. City of Newport Beach, P.O. Box 1768, Newport Beach 92658-8915. Nancy Beard (714) 644-3151.

Menlo Park: Vet-a-Run, 10K (795 Willow Rd.), 10 am. Frank Slifer, c/o Veteran's Workshop, Inc. (116 B2-MP), 3801 Miranda Ave., Palo Alto 94304. (415) 493-5000, x2262.

Arcata: Hour Run, Humboldt State Univ. (track), 1 pm. Bill Daniel (707) 822-8050.

Paso Robles: Beat the Winemaker 10K. Estrella River Winery, 10 am. Estrella Winery, P.O. Box 96, Paso Robles 93447. (805) 238-6300.

■ November 8 (Saturday)

Fresno: Fresno Marathon and Half Marathon, Fresno State University, 7 am/Marathon, 8 am/Half. Dick Rozier, 4424 E. Fairmont, Fresno 93726. (209) 222-9401.

Oakland: Sri Chinmoy 24-Hour Run. *Listed previously on November 1.* Edgewater Dr. (½ mile north of Hegenberger), 12:01 pm. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

Livermore: Turkey Trot 5 & 10K, Almond Park, 9 am/10K, 9:15 am/5K. Karen Natrass, 4021 Findlay, Livermore 94550. (415) 443-9421.

Fremont: Bay to Barkers 10K, Coyote Hills Regional Park (8000 Patterson Ranch Rd.), 9:30 am. Maryanne Robertson, P.O. Box 351, Newark 94560. (415) 796-8267.

Acton: "Run for Sobriety" 5 & 10K and One-Mile Walk, Acton Rehab Center, 8 am/walk, 8:30 am/5 & 10K. Acton Rehab Center, P.O. Box 25, Acton 93510. (805) 947-4191, Lynne Dahl.

Los Angeles: Stuntmen's Association 5 & 10K, Griffith Park (Merry-go-Round), 8 am. Tom Morga, 4810 Whitsett Ave., No. Hollywood 91607. (818) 984-0806.

Rosarito Beach, Baja, Mexico: Rosarito Beach Holiday 5 & 10K, 9 am/5K, 9:15 am/10K. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

San Diego: San Felipe Triathlon, 1.5 mile swim, 60 mile bike, half-marathon. Boardwalk, noon. Dave Manwaring (619) 275-1384.

Las Vegas, NV: Rainbow End 10K, Commercial Center (E. Sahara), time TBA. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Arcata: Arcata Bottoms Race, 2.5 mile (St. Mary's School, Janes Rd.), 10 am. George Crandell (707) 822-4004.

□ Schedule

Vandenberg AFB: Space Shuttle 5K, 8 am. Norm Albert (805) 734-1634.

Pacifica: Turkey Trot, 2 mile, Terra Nova High School, 9 am. Contact: (415) 875-7380.

■ November 9 (Sunday)

San Francisco: PA-TAC Cross Country Champs. 10K. Golden Gate Park (Polo Fields), 10 am. Pamakid Runners, Box 27557, San Francisco 94127. (415) 681-2323.

San Francisco: DSE Diamond Heights Run, 2.99 mile, McAteer High School (Portora & O'Shaughnessy), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Northridge: CSUN-SMA 5 & 10K, Cal-State Northridge, 8:30 am. John Gardner, 18111 Nordhoff St., Room SS242, Northridge 91330. (818) 885-2454.

Los Angeles: Minnie Riperton 5 & 10K & Mile Walk, Coliseum Parking Lot (Hoover & King), 8 am. Beulah Anderson, Cancer Society, 2975 Wilshire Blvd., Los Angeles 90010. (213) 386-6102.

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

Riverside: Riverside Mission Inn 5 & 10K Runs, 5th & Orange, 8 am. Mission Inn 5/10K, 3638 University, #209, Riverside 92501. (714) 781-8241.

Los Angeles: SCA/TAC Cross-Country District Championships, 10K, 8 am. Steve Broten, Box 3684, 10016 Pioneer Blvd., Santa Fe Springs 90670. *Raceday entry only.*

Santa Ana: Santa Ana Turkey Trot, 5 & 10K and Half-Marathon, Centennial Regional Park, 7:30 am. Joyce Lawson, Cultural & Leisure Services, P.O. Box 1988 M-23, Santa Ana 92702. (714) 647-5331.

Coronado: Coronado Hospital 10K & 2 Mile Fun Run, 7 am. End of the Line, P.O. Box 1049, Coronado 92118. (619) 437-4556.

Sunnyvale: Dash for Diabetes, 8K (BACAA Grand Prix event), Sunnyvale Medical Clinic (Old San Francisco Rd. & Sunnyvale Rd.), 9 am. Dash for Diabetes, c/o 201 Old San Francisco Rd., Sunnyvale 94086. (408) 287-3785 or (408) 725-0270.

Auburn: Auburn 10K & 2 Mile, Auburn Recr. Park (Racetrack & Recr. Dr.), 9 am. Children's Home, 2200 - 21st St., Sacramento 95818. (916) 452-4672.

Salinas: Monterey County Half-Marathon, Alisal High School, 9 am. Contact: (408) 424-3533.

■ November 11 (Tuesday)

Porterville: Pepsi-Porterville Veteran's Day Road Race, 5 & 10K, Olive & Third St., 8 am. Allen Nelson, Porterville College, 900 S. Main St., Porterville 93257. (209) 781-3130.

■ November 15 (Saturday)

City of Industry: Workman High School Anniversary 2, 5 & 10K Runs, Workman High School, 8 am/5K, 8:45 am/10K. *2K is for 12 & Under.* Anniversary Run, Workman H.S., 16303 E. Temple, City of Industry 91744. Don Outland (818) 330-0611.

Sylmar: Olive View 5K Run and Biathlon (10K Run & 40K Bike), 7:30 am/5K, 8:30 am/biathlon. Gene Evans, Olive View Medical Center, Volunteer Office, 14445 Olive View Dr., Sylmar 91342. (818) 901-3069.

San Diego: McDonald's McClassic III, 10K & 2 Mile, South of Hilton, 7:30 am. San Diego T.C. (619) 270-SDTC.

Las Vegas, NV: Rob's Turkey Run, 5 Mile (Predicted time), Tule Springs (Floyd Lamb State Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Byron: Byron Boy's Ranch Turkey Trot, 10K & 3.3 mile, 10 am. Contact: (415) 634-3530.

■ November 16 (Sunday)

Clarksburg: Clarksburg Pepsi 20 Miler & 5 mile plus 1 mile kids run. Delta High School, 11 am. PA-TAC 30K Champs en route. Clarksburg-Pepsi 20 Mile, Box 20, Clarksburg 95612. (916) 665-1712.

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

Holmdel, New Jersey: National TAC Masters 10K Cross Country. Ron Saliro, c/o Century 21 AC, Box 116A, Hwy 33, Englishtown, NJ 07726. (201) 446-4959 or 928-3852.

San Francisco: Sri Chinmoy 5K Run, location TBA, 8 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

San Francisco: DSE Ferry Bldg. Run, 3.83 miles (& 1 mile kids' run), 9:30 am/1 mile, 10 am/3.83. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Merced: MTC Turkey Trot, 3 & 10K, Applegate Park, 10 am. Dave Olsen, P.O. Box 3275, Merced 95344. (209) 723-6579.

Malibu: Lasse Viren 20K Trail Run, Point Mugu State Park, 8 am/Open, 10 am/Invitational (sub-36:00 qualifying time). Eino, P.O. Box 24781, Los Angeles 90024. *No raceday registration.*

Woodland Hills: Steve Sax Runs for Hope, 5 & 10K, Pierce College, 8:15 am/5K, 9 am/10K. Gary Garbowitz, 5400 Newcastle, #68, Encino 91316. (818) 343-6829.

Long Beach: CRI Long Beach Half-Marathon & 4K Fun Run, Long Beach Convention Center, 8 am. CRI, 1500 E. Anaheim St., Long Beach 90813. Judy Combs (213) 591-0539.

Palo Alto: Turkey Trot & Turkey Stride, 4.4 mile (2.45 mile stride), *predicted time event*, 8:30 am. *November 10 Deadline, 500 Limit.* Palo Alto Area YMCA, 3412 Ross Rd., Palo Alto 94303. (415) 494-1883.

Woodside: Pursuit of Excellence Half-Marathon, Canada College, 8:30 am. Terri Teixeira, Sequoia YMCA, 1445 Hudson, Redwood City 94061. (415) 368-4168.

Morro Bay: Morro Bay State Park Relay (distances TBA). *Pending date, time TBA.* Andrea Lueker, Dept. of Recreation & Parks, 535 Harbor St., Morro Bay 93442. (805) 772-1214.

Isla Vista: I.V. Turkey Trot 5 & 10K, 9 am. Arthur Kennedy (805) 968-2379.

■ November 22 (Saturday)

Pico Rivera: 5 & 10K Turkey Trot, Smith Park (9110 Mines Ave.), 8:45 am. Ray Gonzales, City of Pico Rivera, Box 1016, Pico Rivera 90660. (213) 942-2000, x263.



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□ Schedule

Valinda: Turkey Trot II, 5K, mile, ½ mile, ¼ mile and diaper derby, 7:30 am. Olivia Krok, 15810 Cadwell St., Valinda 91744. (818) 968-3090.

Ladera Heights: Ladera Heights Civic Assoc. 5K & 1K. Frank D. Parent School (6364 W. 64th. St.), 8:30 am. Rev. Frank Ramirez, Ladera Church of the Brethren, 5505 W. Slauson, Los Angeles 90056. (213) 645-2878.

Playa Del Rey: "Jet to Jetty" 5 & 10K. Marina Del Rey Channel - UCLA Boat House, 7:45 am. Myrna Kayton, 6228 W. Manchester Ave., Los Angeles 90045. (213) 670-1410.

San Diego: Thanks for Giving 5K & 1 Mile Fun Run. Balboa Park, 7:30 am. Kathy Loper (619) 437-4556.

South San Francisco: Thanksgiving Fun Run, 4.5 mile. Orange Park, 9 am. Richard Janel, SSF Rec. & Parks, Box 711, So. San Francisco 94083. (415) 877-8560.

Arroyo Grande: Arroyo Grande Rec. Dept. Turkey Trots, 4 mile (open), down to ¼-mile for 6 & under. Arroyo Grande High School, time TBA. Arroyo Grande Rec. Dept., 126 So. Mason St., Arroyo Grande 93420. (805) 489-1303, x149.

Atascadero: Atascadero Rec. Dept. 2K & 5K Turkey Trots, time TBA. Atascadero Rec. Dept., P.O. Box 747, Atascadero 93423. (805) 466-8000, x123.

Lompoc: Lompoc Valley Distance Club 5 & 10K Turkey Trots, time TBA. John Perkins, P.O. Box 694, Lompoc 93438. (805) 733-1767.

Palm Springs: Desert Princess Run-Bike-Run Championship Series, 10K run, 60K bike, 10K run, time TBA. Greg Klein, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

Santa Barbara: UCSB Intramural 5 & 10K Runs. 8:40 am/5K, 9:15 am/10K. I.M. Office (805) 961-3908.

Yucaipa: Turkey Trot 2 & 4 Mile and Kids run. Yucaipa Regional Park, 9 am. C.S.A. Dist. 63, P.O. 337, Yucaipa 92399. (714) 797-0284.

■ November 23 (Sunday)

San Pedro: Vincent Thomas Bridge 8K Run. Maritime Museum, 8 am. Fatina Johnston, P.O. Box 7000-470, Redondo Beach 90277. (213) 375-2832.

Palm Springs: Tram Road Challenge, 8K. North Palm Canyon and Tram Rd. Tram Road Challenge, Box 638, Morongo Valley 92256. (619) 363-7829. *The toughest 8K you'll ever run.*

Villa Park: Villa Park Half Marathon, Half Mile, 2 Mile & 5 Mile. Villa Park High School, 7:45 am. Orange Flyers Track Club, 2733 Villa Vista Way, Orange 92667. Bill Holt (714) 774-3959.

Cupertino: Sri Chinmoy 5K Run. Valico Fashion Park, 8 am. Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 731-RACE.

Oakland: Blind Duck Relays, 5K. 3x5K teams drawn at random. Old Boathouse (14th & Lakeside), 9 am. Evelyn Blair, Lake Merritt J & S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

San Francisco: DSE Bay to Breakers Revisited, 7.46 mile, Howard and Spear Streets, 8 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Las Vegas, NV: Turkey Trot 10K/2 Mile, Fashion Show Mall (Spring Mtn. & LV Blvd. S), time TBA. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Pleasant Hill: Turkey Trot, 8.1 mile, Briones Regional Park (Bear Creek Entrance), *hilly trail course*, 9 am. Pleasant Hill Rec. & parks District, 320 Civic Dr., Pleasant Hill 94523. (415) 676-5200.

Napa: Exertec Turkey Trot, 8K, 8:30 am. Exertec Health Systems, 920 Yount St., Napa 94559. (707) 226-1842.



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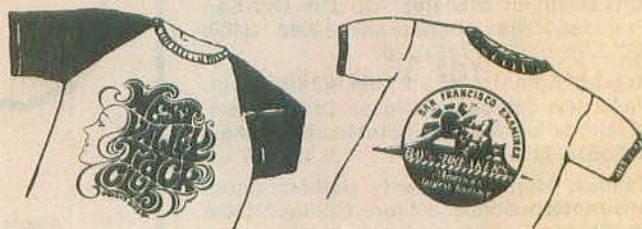
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□ Schedule

Westhaven: Luffenholz/Larrupin' Loop, 2 mile & 10K, Hilltop Market, 1 pm. Ben fairless (707) 677-3709.

Santa Cruz: Turkey Trot 10K & 1 mile kids run. Delaware Ave, near Natural Bridges Dr., 8:30 am/kids, 9 am/10K. Parks & Rec., 307 Church St., Santa Cruz 95060. (408) 429-3477.

Barstow: Barstow Toys for Tots 3½ Miler & kids mile. Strawhat Pizza East, 8:30 am/kids, 9 am/3½. Toys for Tots, c/o Brubaker-Mann Inc., 30984 Soap Mine Rd., Barstow 92311. (619) 256-8317.

■ November 27 (Thursday)

San Luis Obispo: Hunger Project 10 Mile Run. California Cooperage, Industrial Way, 8 am. Pete Dorn, 1365 Cazadero, San Luis Obispo 93401. (805) 543-4723.

■ November 28 (Friday)

Hanford: Hanford 10K Run for UCP. 7:30 am. Maureen Sharkey, UCP, 3790 N. First St., Fresno 93726. (209) 221-8272.

Richmond: Pt. Pinole Skunk Run, 10K. Pt. Pinole Regional Park, 10 am. Team Challenge, 150 Panoramic Way, Berkeley 94704. (415) 841-1190.

■ November 29 (Saturday)

Phoenix, AZ: Fiesta Bowl ½ Marathon and 5K, Glendale Comm. College, 7 am. Runner's Den Tri Sports (602) 277-4333.

San Francisco: National TAC Men & Women Cross Country Championships. Golden Gate Park, Polo Fields, 9 am. Pamakid Runners, P.O., Box 27557, San Francisco 94127. (415) 681-2322.

Anaheim: Three for All Triathlon Series. 2½ mile run, 7 mile bike, 125 yd. swim. Canyon High School, time TBA. Sandy Thomas, 6105 Paseo Rio Azul, Anaheim 92807. (714) 921-1544.

Fresno: Fresno Road Race, 6 mile, Chandler Airfield (to Kearney Park), 10 am. Fleet Afoot, 6460 No. Blackstone Ave., Fresno 93710. (209) 432-3400.

Las Vegas, Nevada: LVTC 20K & 5 Mile, Sunset Park (Eastern Ave. & Sunset Rd.), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ November 30 (Sunday)

Mill Valley: Quadruple Dipsea 28.4 miles. Old Mill Park, 7:30 am. John Medinger, 185 Stanford, Mill Valley 94941. (415) 894-6674, days.

San Francisco: Run to the Far Side 5K & 10K. Golden Gate Park, 9 am. Academy of Sciences, Golden Gate Park, San Francisco 94118. (415) 750-7144.

Palm Desert: Desert Half Marathon & 5K. College of the Desert, 8 am. Maggie Montoya, 52-601 Avenida Herrera, La Quinta 92253. (619) 564-3147.

San Francisco: DSE Golden Gate Toll Plaza Run, 7.4 mile. Time TBA. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Santa Maria: Ride & Stride Biathlon. Waller Park, time TBA. 20 mile bike, 10K run. Rick Smith & Mark DeFrancis, P.O. Box 5192, Santa Maria 93456.

■ December 6 (Saturday)

Hawaiian Gardens: Hawaiian Gardens 5 & 10K Runs, Lee Activity Center, 7:30 am. Dane Jako, Lee Activity Center, 21815 Pioneer Blvd., Hawaiian Gardens 90715. (213) 420-2641, x236.

Las Vegas, Nevada: Santa Claus 5 Mile (& 2 mile), Sunset Park (Eastern Ave. & Sunset Rd.), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ December 7 (Sunday)

San Francisco: DSE Roller Coaster Run, 3.1 mile (& 0.6 mile kid's run), Mountain Lake Park (12th Ave. & Lake St.), 9:30 am/kids, 10 am/3.1. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Blue Lake: West End Race, 2 & 4.5 mile, Blue Lake Fish Hatchery, 1 pm/2 mile, 1:45 pm. Rich Gilchrist (707) 443-1226.

Riverside: G.A.S. 2 mile, 10K & half-marathon, Polytechnic High School (Victoria & Central), 8 am. American Cancer Society, 2060 Chicago Ave., Suite A17, Riverside 92507. (714) 683-6415 or 824-2724.

Beverly Hills: Perrier 10K, Beverly Hills High School, 9 am. City of Beverly Hills, 450 N. Crescent Dr., Beverly Hills 90210. (213) 550-4816.

Culver City: Western Hemisphere Marathon, Veterans Auditorium, 8 am. Jack Nakanishi, 4117 Overland Ave., Culver City 90230. (213) 202-5689 or (213) 836-0738.

■ December 13 (Saturday)

Modesto: YMCA of Stanislaus County Christmas Tree Run, 5K & 1 Mile, (McHenry & Floyd), 8:15 am/1 mile, 9 am/5K. Maureen Robello-Boynton, c/o YMCA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

Arcata: Arcata to Willow Creek Run, 40 miles, time TBA. Burnie Kemp (707) 442-0991.

Paramount: Brethren Jr./Sr. High School 1K, 5K & 8K Runs, 15733 So. Orange Ave., 7 am/5K, 8 am/8K, 9 am/1K. Randall Shelley, 4291 Jade Ave., Cypress 90630. (213) 865-8434.

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

Venice: Marina Venice Christmas 5 & 10K and Biathlon (5K run, 30K bike, 5K run), Pacific & Rose, 7:30 am/5K, 8 am/10K, 9 am/biathlon. Bruce Mitchell, 2223 - 14th St., Santa Monica 90401. (213) 452-0397.

San Diego: Balboa Park Boogie (for women) & Men's Race, 5K, 6th & Maple, 8 am/men, 8:30 am/women. Info: (619) 270-SDTC.

■ December 14 (Sunday)

San Francisco: DSE Polo Fields 5 & 10K Runs, Golden Gate Park (So. Parking Lot), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Napa: Santa's Stampede 5 Mile & 1 Mile Fun Run, 9:30 am. Roger Hann/SSRC, 609 Cabot Way, Napa 94559. (707) 257-1616.

McFarland: McFarland Christmas 2 & 4 Mile Runs, Perkins & Third St., 12:30 pm. Gary Farrell, McFarland Rec. & Park District, 200 S. Second St., McFarland 93250. (805) 792-3187.

Fontana: "Anyone Can Win" 5K, Jurupa Hills Park, 8:30 am. Tony Black, 17062 Pinedale, Fontana 92335. (714) 829-8735.

Las Vegas, Nevada: LVTC Mini-Marathon, 13.1 mile, Sunset Park (Eastern Ave. & Sunset Rd.), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Newport Beach: Orange County Marathon & 10K, 8 am. Barry King & Bill Toomey, Sports Direction Foundation, Box 795, Dana Point 92629. (714) 661-6062.

Palm Springs: Palm Springs 50 Mile Run. 6:15 am. 30 runner limit. John and Kitty Emig, Box 8323, Palm Springs 92263. (619) 320-3548.

■ December 20 (Saturday)

South El Monte: George Guerrero 8K Run, Legg Lake, 9:30 am. Arthur Martinez, 9502 Reichling, Pico Rivera 90660. (213) 942-8774.

Las Vegas, Nevada: LVTC 25K/5M/2M, Tule Springs (Floyd Lamb State Park), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ December 21 (Sunday)

San Pedro: "Bar to Bar" Christmas Fun Run, 4 & 6 mile, 9th & Grand, 8:30 am. No pre-entry. Vic Prutanich (213) 590-0592.

■ December 24 (Wednesday)

Merced: Christmas Eve Fun Run, 5.3 mile, Applegate Park, 10 am. MTC Newsletter, 642 Berkeley Ct., Merced 95348.

■ December 25 (Thursday)

San Francisco: DSE Christmas Blind Date Relays, 2x1½ mile, Golden Gate Park (Stow Lake Boathouse), 10 am. *Male ½ female teams.* Jim Skophammer, DSE Running Club, 666 Orange St., Daly City 94014. (415) 334-9027.

■ December 27 (Saturday)

Ventura: European Style Cross Country, 2.2 & 6.6 mile, Olivas Adobe, 8 am/2.2 mile, 8:30 am/6.6 mile. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

Las Vegas, Nevada: LVTC 2 & 5 Mile, Blue Diamond & Industrial Rds. (Union 76 Truck Stop), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Fountain Valley: SCATAC 50 Mile District Championship, Mile Square Park, 6:30 am. Lee Preble, West Coast University, 550 S. Min St., Orange 92668. (714) 953-2700.

□ Schedule

■ December 28 (Sunday):

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5 & 10K & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 am. *No pre-registration.* Evelyn Blair, LMJ&S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

San Francisco: DSE Double Muni Pier Run, 2.47 mile. Dolphin Club, 502 Jefferson at Hyde, 10 am. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 334-9027.

Agoura: Five-Kilometer Cross Country Run, Paramount Ranch, 9 am. *Raceday Registration Only.* Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

San Diego: Mission Bay 25K, East Fiesta Island, 7:30 am. Chuck Pennell (619) 460-3110.

■ December 31 (Wednesday)

Encino: New Year's Eve Midnight 10K Run, Naval & Marine Corps Reserve Center (Balboa Blvd. & Victory Blvd.), Midnight. Race Central, P.O. Box 828, Rialto 92376.

San Diego: New Year's Fun Run, Mission Bay Boardwalk, 11:45 pm. Info: (619) 270-SDTC.

■ January 1 (Thursday):

Santa Barbara: Resolution Day 5 & 10K Runs, Palm Park Recr. Center (Santa Barbara St. & Cabrillo Blvd. at beach), 8:30 am/5K, 9 am/10K. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105. (805) 964-2591.

■ January 3 (Saturday):

Covina: American Heart Association 5 & 10K and Kids' Half-Mile Walk, Inter-Community Medical Center Parking Lot, 8 am/5K, 8:30 am/10K, c/o ICMC Volunteer Office, 303 N. Third, Covina 91723. (818) 331-7331, x2636.

Anaheim: "Three for All" Triathlon Series, 2.5 mile run, 7 mile bike, 125 yd. swim, time & location TBA. Sandy Thomas, 6105 Paseo Rio Azul, Anaheim 92807. (714) 921-1544.

Las Vegas, Nevada: Rainbow 10 Mile, Vall Pittman Elem. School (6333 Fargo), 8:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ January 10 (Saturday):

Redding: Redding Marathon & Half Marathon, Redding Civic Auditorium, 10 am. Steve Davidson, P.O. Box 3564, Redding 96049.

Ventura: Buena Four Mile Run, San Buenaventura State Beach, 9 am. Steve & Debbie Blum, 705 Utica, Ventura 93004. (805) 659-2699.

Las Vegas, Nevada: LVTC 5 Mile Championship (& 2 mile), Tule Springs (Floyd Lamb State Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ January 17 (Saturday):

Las Vegas, Nevada: LVTC 30K & 5 Mile, Sunset Park (Eastern Ave. & Sunset Rd.), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ January 18 (Sunday):

San Francisco: San Francisco Zoo Run, 7 mile and 3 mile fun run, S.F. Zoo, time TBA. S.F. Zoological Society, Zoo Run, Sloat Blvd. & Great Hwy., San Francisco 94132. (415) 661-7456.

San Diego: Mission Bay Marathon & 10K/2 Mile, Mission Bay Visitors Center, 7 am/Marathon & 7:07 am/10K-2 Mile. Info: (619) 270-SDTC.

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

■ January 24 (Saturday):

Los Altos: Willy's Road Race, 5 mile & 1 mile, St. William School (401 Rosita Ave.), 9:30 am/1 mile, 10 am/5 mile. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

Agoura Hills: The Great Race of Agoura, 2K, 5K & 10K, 7:30 am. Dennis & Maryann Kristan, 5716 Fairview, Agoura 91301. (818) 991-7746.

Scottsdale, Arizona: Parada Del Sol, 8K and 2 mile fun run, Eldorado Park, 9 am. Dave Berman, 7403 E. 6th. Ave., Suite 4, Scottsdale, AZ 85251. (602) 949-1633.

■ January 25 (Sunday):

La Jolla: March of Dimes Super Run VI, 10K & 2 mile fun run, La Jolla Village Square, 8 am. March of Dimes, 8333 Clairemont Mesa Blvd., Suite 101, San Diego 92111. (619) 576-1211.

Goleta: Sri Chinmoy Run. Santa Barbara Research park, 7 am. Sri Chinmoy, 1024 Laguna # 5, Santa Barbara 93101.

■ January 31 (Saturday):

Paramount: Paramount 10K Run & Special World Masters Division, Progress Park, 8 am. *Pre-Registration only by Jan. 25 for Masters Div.* Oscar Rosales, 15734 Paramount Blvd., Paramount 90723. (213) 634-3027.

Las Vegas, Nevada: Heart & Sole 10K/2 mile, location TBA, 8 am. Willie Baer (702) 367-1366 or Bill Stabler (702) 386-6297.

■ February 1 (Sunday):

Westwood Village: GTE Westwood Village 10K Run, LeConte & Westwood Blvd., time TBA. Zev Yaroslavsky, City Hall, Room 239, Los Angeles 90012. (213) 485-5013.

■ February 7 (Saturday):

Las Vegas, Nevada: Las Vegas Marathon, Jean, Nevada (26 miles SW of Las Vegas), 9 am. Al Boka, P.O. Box 81262, Las Vegas, NV 89180. (702) 382-3496.



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■ The Athlete's Kitchen

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



A Delicate Balance

● Joe Smith is not only a dedicated runner, but also a nutrition fanatic. He knows that wholesome carbohydrates are important for both his health and his running. Hence, he strives to eat only carbs: oatmeal for breakfast, bananas, bagels and cider for lunch, dried fruit for snacks and piles of brown rice with veggies for dinner. Although he passes "carbo-loading" with flying colors, he flunks "well balanced diet" because he neglects his protein requirements.

● Jane Shapiro describes herself as a "professional dieter". She's forever trying to lose weight. She routinely starts her Monday Morning Diet with a slice of dry toast and black coffee, a tossed salad with diet dressing and two rice cakes for lunch, an afternoon carrot, then a plateful of broccoli for dinner. After delicately munching her way through three of four days of spartan meals, she predictably succumbs to overwhelming hunger and ravages the cheesecake, fudge and fritos. Like Joe, she flunks "well balanced diet" because she neglects her protein needs—as well as many other nutrients.

During the past ten years, both health professionals and exercise physiologists have encouraged us loud and clear to shift the focus of our meals away from fatty proteins and onto wholesome low-fat carbohydrates, such as oatmeal, brown rice, bran cereal and lentils. Their goal is to reduce the risk of heart disease, hypertension, obesity, diabetes, cancer and other diseases of aging, as well as to invest in better athletic performance. However, some athletes have taken this advice to extremes and have neglected their protein intake. They're fueling their muscles—but not maintaining them! Since the body is unable to store extra protein, it breaks-down muscle tissue if you have a deficient diet. That's one reason why anorexic runners, who get inadequate protein (as well as calories), tend to have spindly arms and underdeveloped chests. Their body sacrifices the less-exercised muscles to protect the well-used ones.

Research with women athletes indicates that protein deficiency may be a factor that contributes to amenorrhea. In a study by Mim Nelson, nutrition researcher at Tufts

Nutrition Center on Aging, amenorrheic runners consumed only 35% of the Recommended Daily Protein Allowance. Nelson compared 28 women runners, ages 24-29 years old, with similar height (5-5), weight (122-127 lbs), percent body fat (20-22%) and training schedule (35-40 miles/week). The major significant difference among the women were that eleven of them were amenorrheic—they'd had no menstrual period for longer than a year.

Nine of the eleven amenorrheic runners ate diets that averaged 25% fewer calories than the regularly menstruating women (a finding consistent with that of other researchers). Instead of maintaining their weight on the 2200 calories that their counterparts enjoyed, they averaged only 1700 calories per day. By eating less food, they simultaneously ate less protein. Nelson suspects that the protein deficiency—in combination with the over-all restrictive diet—contributed to the amenorrhea. She recommends that "energy efficient" athletes make a special effort to include an adequate protein balance, along with their high carb diet.

If you are an overly-conscientious carbohydrate consumer, keep in mind that you do need a certain amount of protein for building red blood cells, hair, hormones, finger nails; for maintaining your muscles and, for women, perhaps protecting your menstrual cycle. Current research indicates that sports-active people may need 1.4

grams protein/kilogram body weight, as compared to the current .8 gram RDA (which was based on sedentary MIT and Berkeley students). For a 120 pound (54 kg) woman, this means 75 instead of 43 grams protein.

Translated into food, this is the amount that you get by including a little protein at each meal, as an accompaniment to the carbohydrates, so that you still get 60-70% of your calories from carbohydrates but also get about 15% from protein. For example, at breakfast have carbohydrate-rich cereal with 1 cup of lowfat milk (10 gms protein), add $\frac{3}{4}$ can tuna (30 gm) or $\frac{3}{4}$ cake tofu (24 gm) to a lunch-time pasta salad, snack on a cup of yogurt (10 grams); and stir-fry 4 oz. chicken (30 grams) along with the veggies and rice at night—or enjoy 2 cups of a mexican bean-rice casserole (30 grams) with 1.5 oz. cheese (10 grams). Remember, even athletes should not live on bread alone!

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, offers "nutrition check-ups and computerized dietary analyses to sports-active people who have concerns about the adequacy of their diet. She also provides personalized meal plans that help you to eat well—even if you're on the run. Her popular book *The Athlete's Kitchen* is available through Dalton Bookstores.

Sports Nutrition Intensive Workshops

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Fee: \$150, \$75 for fulltime students and dietetic interns.

For brochure, write or call: Nancy Clark, MS, RD, Sports Medicine Systems, Inc., 830 Boylston Street, Brookline, MA 02167. (617) 232-7720.

■ Dean Reinke on Running

By DEAN REINKE

Corporate Fitness Is It

Corporate America is getting fit! 16,000 General Electric Plant employees in Evendale, Ohio enjoy a fully equipped on-site health and fitness center. Texas Instruments' 20,000 employees in Dallas have access to a company fitness facility which provides physical evaluations, nutrition classes and a wide range of recreational activities. PepsiCo runs in-house programs at its world headquarters in Purchase, New York as well as its divisional headquarters around the country for its more than 100,000 employees. The list goes on and on in all regions of the country.

And the results are exciting. In Houston, Tenneco, Inc. has found that exercisers utilizing the company's \$8 million corporate fitness center have fewer sick days and that a high proportion of its excellent business performers are also active exercisers. Johnson & Johnson has seen a 26% reduction of the number of employees with hypertension after a year while the number of smoking employees has decreased 25%, saving the company up to \$1000 a year per employee. The Center for Consumer Health Education has shown a 17% reduction in physician visits and 35% decrease in minor illness visits in companies involved in self-care educational programs. Again, we could continue but the statistics strongly

runner and triathlete, he has blazed an attitude that few companies can match. In the last year, the classic company has opened a \$2 million on-site facility to serve its over 3000 corporate employees. Over 60% of them have taken advantage of the center inspiring the firm to open facilities in Houston, New York, Los Angeles and Sydney, Australia. Coke has placed well in the Corporate Finals Nationals the last four years and this past July 300 employees, led by Dyson himself, toes the line at Peachtree.

But why does Coke do this? The fit Dyson said, "Sure, a fit employee can work better, deals more effectively with stress, but that's not what it's all about - just to get more work out of them". Let me paraphrase the man who says it best - George Sheehan. "Fitness permits me (us) to live a better life."

And you won't find any sympathy if your schedule prevents you from exercising as he says, "If President Reagan can find time to exercise daily, then no CEO can say no to exercise!"

And Coke's sponsorships have backed up their commitment. They are a sponsor of the USTS Bud Light Triathlon Series with a 6-figure commitment that includes the "Coca-Cola Grand Prix Prize Circuit". They

USTS Championship and handed out the Circuit prize money. And if it hadn't been for his involvement with Coke's recent public offering proposal, he would have participated in this year's Ironman Triathlon Championship in Hawaii.

While Coke is certainly a trendsetter, they are not alone in the commitment Corporate America has made to fitness and running. Aerobics Institute founder Dr. Kenneth Cooper of Dallas, called by many the "father of fitness", has hosted the Tyler Cup for corporate teams for over 15 years. *Runner's World Magazine* founder Bob Anderson pioneered the "Corporate Cup Relays" in the late 70's which spawned the majority of programs that exist today. Using that as a model, the United States Corporate Track Association recently had over 2000 corporate athletes representing 38 companies at its final in Los Angeles, culminating a series of regionals it sponsored throughout the country. And later this month, the Bud Light/Plymouth Corporate Sports Battle will climax yet another national series with its finals to be held in Orlando.

It is a rare road race today when it does not include a corporate division among its team categories. And it is difficult to find a major city in America that does not have at least one running event strictly for corporate teams. But certainly the event that has drawn the most participants is the Manufacturer's Hanover Series in 13 cities across the U.S. Overseen by Barbara Paddock, Vice President for the sponsoring New York based company, thousands come out to the midweek, after-work events that are the highlight of the corporate running season in every market they are in. New York City even has to have three separate evenings of competition for the over 20,000 participants and its finals in November are not unlike the Olympics in intensity to those competing.

Yes, Corporate Fitness is It! And running forms the solid foundation that allows employees to become healthier and happier, and companies to benefit their bottom lines along the way.

Dean Reinke is a Sports Marketing and Fitness Consultant and the President of Dean Reinke & Associates residing in Orlando, Florida. He writes a monthly column for Running Times magazine, authors a running newsletter and works with major running and triathlon events as an announcer/commentator/consultant.

"Fitness permits me (us) to live a better life."

— George Sheehan

support the presence of corporate fitness programs at the workplace.

And there is probably no more shining example of a quality program than at Coca Cola's World Headquarters in Atlanta where the battle cry is "Fitness is It". But it didn't always used to be that way. In 1982, only 4 Coke employees ran the 25,000 runner Peachtree Roadrace, an embarrassment to the company in running crazy Atlanta. Enter Brian Dyson, newly appointed CEO of the world's soft drink leader. The Argentina-born, lanky Dyson was equally concerned about his employees' health as he was about Coke's bottom line. As a former squash player, avid

underwrote the recent Atlanta Women's Elite Athletes Study featuring many of the best U.S. women's distance runners. They constantly bring in nationally recognized fitness leaders to speak with their employees including Sheehan and fitness expert Covert Bailey. And what excites Dyson the most? "We had a woman employee who had never run before, never done anything. Then she ran 3 miles for the very first time. Everyone in the company knew about it and congratulated her", he answered. "Our goal is to move the mass of people in the fitness direction". As further testimony to his personal commitment, Dyson competed in the recent Hilton Head

SoCal Diary

By BILL MINARIK

September 15

The Community College version of the Moorpark Invitational officially opened the 1986 Cross Country season and brought with it a real shocker. In the men's competition perennial state champion Grossmont was shocked by a Hancock team which was totally unheralded prior to the race. Hancock moved out quickly and, at one point in the race, held 6 out of the first 7 positions. Everyone waited for Coach Ray Kring's thinclads to fade, however they continued strong for the entire 4 miles, and only Grossmont's patented strong finish made the final 33-39 score as close as it was. Former Santa Ynez High School star Jose Iniguez lead out wire-to-wire for Hancock in a time of 18:29. Rancho Santiago was 3rd in the 18 team field with 119 points. In the women's division, Santa Monica, as expected, had a fairly comfortable 79-100 edge over runner-up Moorpark.

At the high school version of the Moorpark Invitational - first in boys competition - it was Palos Verdes edging out Thousand Oaks 53-57 in Div. I; Hart ran away from Alemany 43-72 in Div. II; and Cabrillo outran Fillmore 45-56 in Div. III. In the girl's section, it was Palos Verdes over Westlake 35-56 in Div. I; Arroyo Grande running away from Atascadero 36-80 in Div. II; and Nordhoff an easy 39-57 winner over Moorpark.

At the Woodbridge Invitational, it was Arroyo High School the boy's team winner, while Newbury Park was the girl's champion.

At the UCLA Twilight Invitational, Mark Junkermann of UCLA was an impressive winner in the men's competition at 18:53 while Laurie Chapman led a trio of prize Bruin recruits through the women's course in 17:12.

At the CS Fullerton Invitational, the Cal Poly Pomona men just edged out CS Long Beach 53-54; while Sylvia Mosqueda's first place finish was just enough to propel the CS Los Angeles women by Cal Poly Pomona 39-40. In an inter-sectional dual meet at Griffith Park, USC's Fredson Mayiek was the individual winner in 26:03; However the Trojans fell to Illinois 21-34.

At the La Jolla 5K, Terry Cotton was a runaway winner over runner-up Steve McCormick 14:07 to 14:33. You Community College fans may remember Terry as one of the most devastating CC runners ever while at Grossmont College.

In some coaching changes of note: 1) Skip Stolley, most recently of the Puma Energizers, takes over for Tommy Smith at Santa Monica CC, 2) Gerald Masterson replaces Colin McDougal at Biola and it appears Gerald will have to start from scratch with the women's cross country team, as it

was reported that only 3 women came out for the team, 3) finally, former CS Northridge coach Bill Webb has taken an assistant coaching position at Tennessee.

September 22

There were an abundance of Prep Invitationals over the week-end beginning with San Marino where the host team turned back runner-up San Gabriel 31-38 in boys competition while the Saugus girls lead by Heather Scoble outran San Marino 33-38. At the Rosemead Invitational, the Montebello boys just got by the Arroyo JVs 98-103 as Rosemead's Aaron Mascorro was the individual winner in 15:05. The Rosemead girls won their division 59-72 over runner-up Schurr. At the Chaffey Invitational, powerful Upland destroyed the boys field 21-124 over runner-up Chaffey and Damien while the Upland girls were 55-61 winners over Chaffey. The Perris Invitational saw Ramona and Riverside North winning boys competitions while Colton and Yucaipa were girls divisional winners. At the Sonora Invitational it was La Habra and Antelope Valley winning boys races and La Habra again with Canyon winning the 2 girls divisions. Finally, at the Big Ditch Invitational up at S.L.O., Clovis and Los Gatos High took boys team honors, while Westlake was the girls winner 48-81 over Arroyo Grande.

In Community College action, Hancock continues to be the talk of the state as its mens team racked up a perfect score at the Cuesta Invitational while destroying NorCal powers Porterville and Sequoias 15-100-102. However, Porterville's womens team was victorious over host Cuesta 34-71. At the Mira Costa Invitational, the Taft mens team lead by Tracy Garrison's first place finish scored a 49-55 win over a Mt. SAC team which appears to be the best in the schools history. Perennial power Grossmont was 3rd with 94. In the women's division, Mt. SAC edged out state meet favorite Mira Costa 52-64.

In 4-year College action, UCLA's Mark Junkermann continued his torrid running by winning the Fresno State Invitational with USC's Fredson Mayiek coming in 5th. However, the Arizona Wildcats were an easy team winner with 28 points ahead of UCLA and USC with 71 & 95 points respectively. The point spread between UCLA and USC is as close as I can ever remember which proves that the Trojans distance program is for real.

In other news of note, former Oxy distance great Hal Harkness who, most recently, has been coaching at Franklin High, is the new commissioner for the CIF's L.A. City Section.

The NCAA has announced that it will begin a mandatory drug testing program for all of its championship events beginning with this fall's NCAA cross country championships.

Some of you may have seen a movie on network television this week about a woman who became the first female member of her city's fire department. That movie could have easily been about former Crescenta Valley High and USC star heptathlete Kerry Zwart-Bell who decided to forgo a coaching career in order to become the first woman posted to Tujunga Fire Station 74.

September 30

Some big Prep Invitationals highlighted this week-end's actions. At the Clovis Invitational, at Woodward Park, some of the best from all over the state got together with the boys meet producing a rare 80-80 tie between Orangevale of Casa Robles and San Jose Bellarmine with OCR being awarded 1st on the best 6th man. SoCal power Palos Verdes was a fast closing 3rd in the boys competition with 89 points and then proceeded to destroy the girls field with 31 points ahead of runner-up Arroyo Grande with 89.

Down south, the local biggie was at Griffith Park in the form of the Bell-Jeff Invitational. At that one, boys teams from Hart, Villa Park, Cathedral, and Village Christian along with girls teams from Westlake, L.A. Wilson, Cabrillo, and Bell-Jeff were all divisional winners. The big news of the day turned out to be Glendale High's Richard Erbes who destroyed the old course record of 14:40 with a 14:10 clocking over the 2.9 mile course. Richard's winning effort, which was 33 seconds better than runner-up Ian Alsen of Granada Hills, so astonished meet director Jim Couch, that Jim said afterward that Richard must have cut the course, although it turned out to be a legitimate run.

At the Agoura Invitational, boys teams from Thousand Oaks and Agoura were easy winners while the Thousand Oaks girls just edged out Buena 50-52 in their division. The big news here, again, was an individual in the person of Agoura's super-frosh Bryan Dameworth whose individual time of 15:30 was 22 seconds ahead of anyone else. Its not often when a male freshman will dominate varsity high school competition, however Bryan is the best I've seen since Eric Hulst and may be the greatest of all time.

In the Azusa Invitational, no team scores were reported, however Arroyo's powerhouse boys team dominated its divi-

□ Schedule

Vandenberg AFB: Space Shuttle 5K, 8 am. Norm Albert (805) 734-1634.

Pacifica: Turkey Trot, 2 mile, Terra Nova High School, 9 am. Contact: (415) 875-7380.

■ November 9 (Sunday)

San Francisco: PA-TAC Cross Country Champs. 10K. Golden Gate Park (Polo Fields), 10 am. Pamakid Runners, Box 27557, San Francisco 94127. (415) 681-2323.

San Francisco: DSE Diamond Heights Run, 2.99 mile, McAteer High School (Portora & O'Shaughnessy), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Northridge: CSUN-SMA 5 & 10K, Cal-State Northridge, 8:30 am. John Gardner, 18111 Nordhoff St., Room SS242, Northridge 91330. (818) 885-2454.

Los Angeles: Minnie Riperton 5 & 10K & Mile Walk, Coliseum Parking Lot (Hoover & King), 8 am. Beulah Anderson, Cancer Society, 2975 Wilshire Blvd., Los Angeles 90010. (213) 386-6102.

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

Riverside: Riverside Mission Inn 5 & 10K Runs, 5th & Orange, 8 am. Mission Inn 5/10K, 3638 University, #209, Riverside 92501. (714) 781-8241.

Los Angeles: SCA/TAC Cross-Country District Championships, 10K, 8 am. Steve Broten, Box 3684, 10016 Pioneer Blvd., Santa Fe Springs 90670. *Raceday entry only.*

Santa Ana: Santa Ana Turkey Trot, 5 & 10K and Half-Marathon, Centennial Regional Park, 7:30 am. Joyce Lawson, Cultural & Leisure Services, P.O. Box 1988 M-23, Santa Ana 92702. (714) 647-5331.

Coronado: Coronado Hospital 10K & 2 Mile Fun Run, 7 am. End of the Line, P.O. Box 1049, Coronado 92118. (619) 437-4556.

Sunnyvale: Dash for Diabetes, 8K (BACAA Grand Prix event), Sunnyvale Medical Clinic (Old San Francisco Rd. & Sunnyvale Rd.), 9 am. Dash for Diabetes, c/o 201 Old San Francisco Rd., Sunnyvale 94086. (408) 287-3785 or (408) 725-0270.

Auburn: Auburn 10K & 2 Mile, Auburn Recr. Park (Racetrack & Recr. Dr.), 9 am. Children's Home, 2200 - 21st St., Sacramento 95818. (916) 452-4672.

Salinas: Monterey County Half-Marathon, Alisal High School, 9 am. Contact: (408) 424-3533.

■ November 11 (Tuesday)

Porterville: Pepsi-Porterville Veteran's Day Road Race, 5 & 10K, Olive & Third St., 8 am. Allen Nelson, Porterville College, 900 S. Main St., Porterville 93257. (209) 781-3130.

■ November 15 (Saturday)

City of Industry: Workman High School Anniversary 2, 5 & 10K Runs, Workman High School, 8 am/5K, 8:45 am/10K. 2K is for 12 & Under. Anniversary Run, Workman H.S., 16303 E. Temple, City of Industry 91744. Don Outland (818) 330-0611.

Sylmar: Olive View 5K Run and Biathlon (10K Run & 40K Bike), 7:30 am/5K, 8:30 am/biathlon. Gene Evans, Olive View Medical Center, Volunteer Office, 14445 Olive View Dr., Sylmar 91342. (818) 901-3069.

San Diego: McDonald's McClassic III, 10K & 2 Mile, South of Hilton, 7:30 am. San Diego T.C. (619) 270-SDTC.

Las Vegas, NV: Rob's Turkey Run, 5 Mile (Predicted time), Tule Springs (Floyd Lamb State Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Byron: Byron Boy's Ranch Turkey Trot, 10K & 3.3 mile, 10 am. Contact: (415) 634-3530.

■ November 16 (Sunday)

Clarksburg: Clarksburg Pepsi 20 Miller & 5 mile plus 1 mile kids run. Delta High School, 11 am. PA-TAC 30K Champs en route. Clarksburg-Pepsi 20 Mile, Box 20, Clarksburg 95612. (916) 665-1712.

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

Holmdel, New Jersey: National TAC Masters 10K Cross Country. Ron Saliro, c/o Century 21 AC, Box 116A, Hwy 33, Englishtown, NJ 07726. (201) 446-4959 or 928-3852.

San Francisco: Sri Chinmoy 5K Run, location TBA, 8 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

San Francisco: DSE Ferry Bldg. Run, 3.83 miles (& 1 mile kids' run), 9:30 am/1 mile, 10 am/3.83. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Merced: MTC Turkey Trot, 3 & 10K, Applegate Park, 10 am. Dave Olsen, P.O. Box 3275, Merced 95344. (209) 723-6579.

Malibu: Lasse Viren 20K Trail Run, Point Mugu State Park, 8 am/Open, 10 am/Invitational (sub-36:00 qualifying time). Eino, P.O. Box 24781, Los Angeles 90024. *No raceday registration.*

Woodland Hills: Steve Sax Runs for Hope, 5 & 10K, Pierce College, 8:15 am/5K, 9 am/10K. Gary Garbowitz, 5400 Newcastle, #68, Encino 91316. (818) 343-6829.

Long Beach: CRI Long Beach Half-Marathon & 4K Fun Run, Long Beach Convention Center, 8 am. CRI, 1500 E. Anaheim St., Long Beach 90813. Judy Combs (213) 591-0539.

Palo Alto: Turkey Trot & Turkey Stride, 4.4 mile (2.45 mile stride), *predicted time event*, 8:30 am. *November 10 Deadline, 500 Limit.* Palo Alto Area YMCA, 3412 Ross Rd., Palo Alto 94303. (415) 494-1883.

Woodside: Pursuit of Excellence Half-Marathon, Canada College, 8:30 am. Terri Texeira, Sequoia YMCA, 1445 Hudson, Redwood City 94061. (415) 368-4168.

Morro Bay: Morro Bay State Park Relay (distances TBA). *Pending date, time TBA.* Andrea Lueker, Dept. of Recreation & Parks, 535 Harbor St., Morro Bay 93442. (805) 772-1214.

Isla Vista: I.V. Turkey Trot 5 & 10K, 9 am. Arthur Kennedy (805) 968-2379.

■ November 22 (Saturday)

Pico Rivera: 5 & 10K Turkey Trot, Smith Park (9110 Mines Ave.), 8:45 am. Ray Gonzales, City of Pico Rivera, Box 1016, Pico Rivera 90660. (213) 942-2000, x263.



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□ Schedule

Valinda: Turkey Trot II, 5K, mile, 1/2 mile, 1/4 mile and diaper derby, 7:30 am. Olivia Krok, 15810 Cadwell St., Valinda 91744. (818) 968-3090.

Ladera Heights: Ladera Heights Civic Assoc. 5K & 1K. Frank D. Parent School (6364 W. 64th. St.), 8:30 am. Rev. Frank Ramirez, Ladera Church of the Brethren, 5505 W. Slauson, Los Angeles 90056. (213) 645-2878.

Playa Del Rey: "Jet to Jetty" 5 & 10K. Marina Del Rey Channel - UCLA Boat House, 7:45 am. Myrna Kayton, 6228 W. Manchester Ave., Los Angeles 90045. (213) 670-1410.

San Diego: Thanks for Giving 5K & 1 Mile Fun Run. Balboa Park, 7:30 am. Kathy Loper (619) 437-4556.

South San Francisco: Thanksgiving Fun Run, 4.5 mile. Orange Park, 9 am. Richard Janel, SSF Rec. & Parks, Box 711, So. San Francisco 94083. (415) 877-8560.

Arroyo Grande: Arroyo Grande Rec. Dept. Turkey Trots, 4 mile (open), down to 1/4-mile for 6 & under. Arroyo Grande High School, time TBA. Arroyo Grande Rec. Dept., 126 So. Mason St., Arroyo Grande 93420. (805) 489-1303, x149.

Atascadero: Atascadero Rec. Dept. 2K & 5K Turkey Trots, time TBA. Atascadero Rec. Dept., P.O. Box 747, Atascadero 93423. (805) 466-8000, x123.

Lompoc: Lompoc Valley Distance Club 5 & 10K Turkey Trots, time TBA. John Perkins, P.O. Box 694, Lompoc 93438. (805) 733-1767.

Palm Springs: Desert Princess Run-Bike-Run Championship Series, 10K run, 60K bike, 10K run, time TBA. Greg Klein, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

Santa Barbara: UCSB Intramural 5 & 10K Runs. 8:40 am/5K, 9:15 am/10K. I.M. Office (805) 961-3908.

Yucaipa: Turkey Trot 2 & 4 Mile and Kids run. Yucaipa Regional Park, 9 am. C.S.A. Dist. 63, P.O. 337, Yucaipa 92399. (714) 797-0284.

■ November 23 (Sunday)

San Pedro: Vincent Thomas Bridge 8K Run. Maritime Museum, 8 am. Fatma Johnston, P.O. Box 7000-470, Redondo Beach 90277. (213) 375-2832.

Palm Springs: Tram Road Challenge, 8K. North Palm Canyon and Tram Rd. Tram Road Challenge, Box 638, Morongo Valley 92256. (619) 363-7829. *The toughest 8K you'll ever run.*

Villa Park: Villa Park Half Marathon, Half Mile, 2 Mile & 5 Mile. Villa Park High School, 7:45 am. Orange Flyers Track Club, 2733 Villa Vista Way, Orange 92667. Bill Holt (714) 774-3959.

Cupertino: Sri Chinmoy 5K Run. Vallco Fashion Park, 8 am. Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 731-RACE.

Oakland: Blind Duck Relays, 5K. 3x5K teams drawn at random. Old Boathouse (14th & Lakeside), 9 am. Evelyn Blair, Lake Merritt J & S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

San Francisco: DSE Bay to Breakers Revisited, 7.46 mile, Howard and Spear Streets, 8 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Las Vegas, NV: Turkey Trot 10K/2 Mile, Fashion Show Mall (Spring Mtn. & LV Blvd. S), time TBA. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Pleasant Hill: Turkey Trot, 8.1 mile, Briones Regional Park (Bear Creek Entrance), *hilly trail course*, 9 am. Pleasant Hill Rec. & Parks District, 320 Civic Dr., Pleasant Hill 94523. (415) 676-5200.

Napa: Exertec Turkey Trot, 8K, 8:30 am. Exertec Health Systems, 920 Yount St., Napa 94559. (707) 226-1842.



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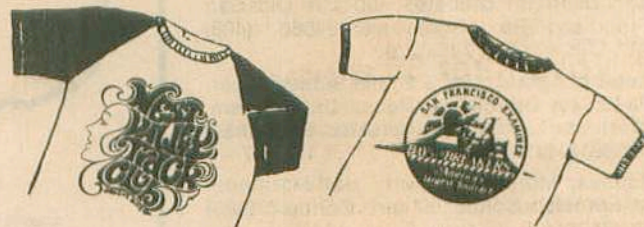
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Westhaven: Luffenholz/Larrupin' Loop, 2 mile & 10K, Hilltop Market, 1 pm. Ben fairless (707) 677-3709.

Santa Cruz: Turkey Trot 10K & 1 mile kids run. Delaware Ave, near Natural Bridges Dr., 8:30 am/kids, 9 am/10K. Parks & Rec., 307 Church St., Santa Cruz 95060. (408) 429-3477.

Barstow: Barstow Toys for Tots 3½ Mile & kids mile. Strawhat Pizza East, 8:30 am/kids, 9 am/3½. Toys for Tots, c/o Brubaker-Mann Inc., 30984 Soap Mine Rd., Barstow 92311. (619) 256-8317.

■ November 27 (Thursday)

San Luis Obispo: Hunger Project 10 Mile Run. California Cooperage, Industrial Way, 8 am. Pete Dorn, 1365 Cazadero, San Luis Obispo 93401. (805) 543-4723.

■ November 28 (Friday)

Hanford: Hanford 10K Run for UCP. 7:30 am. Maureen Sharkey, UCP, 3790 N. First St., Fresno 93726. (209) 221-8272.

Richmond: Pt. Pinole Skunk Run, 10K. Pt. Pinole Regional Park, 10 am. Team Challenge, 150 Panoramic Way, Berkeley 94704. (415) 841-1190.

■ November 29 (Saturday)

Phoenix, AZ: Fiesta Bowl ½ Marathon and 5K, Glendale Comm. College, 7 am. Runner's Den Tri Sports (602) 277-4333.

San Francisco: National TAC Men & Women Cross Country Championships. Golden Gate Park, Polo Fields, 9 am. Pamakid Runners, P.O., Box 27557, San Francisco 94127. (415) 681-2322.

Anaheim: Three for All Triathlon Series. 2½ mile run, 7 mile bike, 125 yd. swim. Canyon High School, time TBA. Sandy Thomas, 6105 Paseo Rio Azul, Anaheim 92807. (714) 921-1544.

Fresno: Fresno Road Race, 6 mile, Chandler Airfield (to Kearney Park), 10 am. Fleet Afoot, 6460 No. Blackstone Ave., Fresno 93710. (209) 432-3400.

Las Vegas, Nevada: LVTC 20K & 5 Mile, Sunset Park (Eastern Ave. & Sunset Rd.), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ November 30 (Sunday)

Mill Valley: Quadruple Dipsea 28.4 miles. Old Mill Park, 7:30 am. John Medinger, 185 Stanford, Mill Valley 94941. (415) 894-6674, days.

San Francisco: Run to the Far Side 5K & 10K. Golden Gate Park, 9 am. Academy of Sciences, Golden Gate Park, San Francisco 94118. (415) 750-7144.

Palm Desert: Desert Half Marathon & 5K. College of the Desert, 8 am. Maggie Montoya, 52-601 Avenida Herrera, La Quinta 92253. (619) 564-3147.

San Francisco: DSE Golden Gate Toll Plaza Run, 7.4 mile. Time TBA. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Santa Maria: Ride & Stride Biathlon. Waller Park, time TBA. 20 mile bike, 10K run. Rick Smith & Mark DeFrancis, P.O. Box 5192, Santa Maria 93456.

■ December 6 (Saturday)

Hawaiian Gardens: Hawaiian Gardens 5 & 10K Runs, Lee Activity Center, 7:30 am. Dane Jako, Lee Activity Center, 21815 Pioneer Blvd., Hawaiian Gardens 90715. (213) 420-2641, x236.

Las Vegas, Nevada: Santa Claus 5 Mile (& 2 mile), Sunset Park (Eastern Ave. & Sunset Rd.), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ December 7 (Sunday)

San Francisco: DSE Roller Coaster Run, 3.1 mile (& 0.6 mile kid's run), Mountain Lake Park (12th Ave. & Lake St.), 9:30 am/kids, 10 am/3.1. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Blue Lake: West End Race, 2 & 4.5 mile, Blue Lake Fish Hatchery, 1 pm/2 mile, 1:45 pm. Rich Gilchrist (707) 443-1226.

Riverside: G.A.S. 2 mile, 10K & half-marathon, Polytechnic High School (Victoria & Central), 8 am. American Cancer Society, 2060 Chicago Ave., Suite A17, Riverside 92507. (714) 683-6415 or 824-2724.

Beverly Hills: Perrier 10K, Beverly Hills High School, 9 am. City of Beverly Hills, 450 N. Crescent Dr., Beverly Hills 90210. (213) 550-4816.

Culver City: Western Hemisphere Marathon, Veterans Auditorium, 8 am. Jack Nakanishi, 4117 Overland Ave., Culver City 90230. (213) 202-5689 or (213) 836-0738.

■ December 13 (Saturday)

Modesto: YMCA of Stanislaus County Christmas Tree Run, 5K & 1 Mile, (McHenry & Floyd), 8:15 am/1 mile, 9 am/5K. Maureen Robello-Boynnton, c/o YMCA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

Arcata: Arcata to Willow Creek Run, 40 miles, time TBA. Burnie Kemp (707) 442-0991.

Paramount: Brethren Jr./Sr. High School 1K, 5K & 8K Runs, 15733 So. Orange Ave., 7 am/5K, 8 am/8K, 9 am/1K. Randall Shelley, 4291 Jade Ave., Cypress 90630. (213) 865-8434.

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

Venice: Marina Venice Christmas 5 & 10K and Biathlon (5K run, 30K bike, 5K run), Pacific & Rose, 7:30 am/5K, 8 am/10K, 9 am/biathlon. Bruce Mitchell, 2223 - 14th St., Santa Monica 90401. (213) 452-0397.

San Diego: Balboa Park Boogie (for women) & Men's Race, 5K, 6th & Maple, 8 am/men, 8:30 am/women. Info: (619) 270-SDTC.

■ December 14 (Sunday):

San Francisco: DSE Polo Fields 5 & 10K Runs, Golden Gate Park (So. Parking Lot), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Napa: Santa's Stampede 5 Mile & 1 Mile Fun Run, 9:30 am. Roger Hann/SSRC, 609 Cabot Way, Napa 94559. (707) 257-1616.

McFarland: McFarland Christmas 2 & 4 Mile Runs, Perkins & Third St., 12:30 pm. Gary Farrell, McFarland Rec. & Park District, 200 S. Second St., McFarland 93250. (805) 792-3187.

Fontana: "Anyone Can Win" 5K, Jurupa Hills Park, 8:30 am. Tony Black, 17062 Pinedale, Fontana 92335. (714) 829-8735.

Las Vegas, Nevada: LVTC Mini-Marathon, 13.1 mile, Sunset Park (Eastern Ave. & Sunset Rd.), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Newport Beach: Orange County Marathon & 10K, 8 am. Barry King & Bill Toomey, Sports Direction Foundation, Box 795, Dana Point 92629. (714) 661-6062.

Palm Springs: Palm Springs 50 Mile Run. 6:15 am. 30 runner limit. John and Kitty Emig, Box 8323, Palm Springs 92263. (619) 320-3548.

■ December 20 (Saturday):

South El Monte: George Guerrero 8K Run, Legg Lake, 9:30 am. Arthur Martinez, 9502 Reichling, Pico Rivera 90660. (213) 942-8774.

Las Vegas, Nevada: LVTC 25K/5M/2M, Tule Springs (Floyd Lamb State Park), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ December 21 (Sunday):

San Pedro: "Bar to Bar" Christmas Fun Run, 4 & 6 mile, 9th & Grand, 8:30 am. No pre-entry. Vic Prutanich (213) 590-0592.

■ December 24 (Wednesday):

Merced: Christmas Eve Fun Run, 5.3 mile, Applegate Park, 10 am. MTC Newsletter, 642 Berkeley Ct., Merced 95348.

■ December 25 (Thursday):

San Francisco: DSE Christmas Blind Date Relays, 2x1½ mile, Golden Gate Park (Stow Lake Boathouse), 10 am. Male/female teams. Jim Skophammer, DSE Running Club, 666 Orange St., Daly City 94014. (415) 334-9027.

■ December 27 (Saturday):

Ventura: European Style Cross Country, 2.2 & 6.6 mile, Olivas Adobe, 8 am/2.2 mile, 8:30 am/6.6 mile. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

Las Vegas, Nevada: LVTC 2 & 5 Mile, Blue Diamond & Industrial Rds. (Union 76 Truck Stop), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Fountain Valley: SCATAC 50 Mile District Championship, Mile Square Park, 6:30 am. Lee Preble, West Coast University, 550 S. Min St., Orange 92668. (714) 953-2700.

□ Schedule

■ December 28 (Sunday):

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5 & 10K & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 am. No pre-registration. Evelyn Blair, LMJ&S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

San Francisco: DSE Double Muni Pier Run, 2.47 mile. Dolphin Club, 502 Jefferson at Hyde, 10 am. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 334-9027.

Agoura: Five-Kilometer Cross Country Run, Paramount Ranch, 9 am. *Raceday Registration Only.* Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

San Diego: Mission Bay 25K, East Fiesta Island, 7:30 am. Chuck Pennell (619) 460-3110.

■ December 31 (Wednesday)

Encino: New Year's Eve Midnight 10K Run, Naval & Marine Corps Reserve Center (Balboa Blvd. & Victory Blvd.), Midnight. Race Central, P.O. Box 828, Rialto 92376.

San Diego: New Year's Fun Run, Mission Bay Boardwalk, 11:45 pm. Info: (619) 270-SDTC.

■ January 1 (Thursday):

Santa Barbara: Resolution Day 5 & 10K Runs, Palm Park Recr. Center (Santa Barbara St. & Cabrillo Blvd. at beach), 8:30 am/5K, 9 am/10K. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105. (805) 964-2591.

■ January 3 (Saturday):

Covina: American Heart Association 5 & 10K and Kids' Half-Mile Walk, Inter-Community Medical Center Parking Lot, 8 am/5K, 8:30 am/10K, c/o ICMC Volunteer Office, 303 N. Third, Covina 91723. (818) 331-7331, x2636.

Anaheim: "Three for All" Triathlon Series, 2.5 mile run, 7 mile bike, 125 yd. swim, time & location TBA. Sandy Thomas, 6105 Paseo Rio Azul, Anaheim 92807. (714) 921-1544.

Las Vegas, Nevada: Rainbow 10 Mile, Vall Pittman Elem. School (6333 Fargo), 8:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ January 10 (Saturday):

Redding: Redding Marathon & Half Marathon, Redding Civic Auditorium, 10 am. Steve Davidson, P.O. Box 3564, Redding 96049.

Ventura: Buena Four Mile Run, San Buenaventura State Beach, 9 am. Steve & Debbie Blum, 705 Utica, Ventura 93004. (805) 659-2699.

Las Vegas, Nevada: LVTC 5 Mile Championship (& 2 mile), Tule Springs (Floyd Lamb State Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ January 17 (Saturday):

Las Vegas, Nevada: LVTC 30K & 5 Mile, Sunset Park (Eastern Ave. & Sunset Rd.), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ January 18 (Sunday):

San Francisco: San Francisco Zoo Run, 7 mile and 3 mile fun run, S.F. Zoo, time TBA. S.F. Zoological Society, Zoo Run, Sloat Blvd. & Great Hwy., San Francisco 94132. (415) 661-7456.

San Diego: Mission Bay Marathon & 10K/2 Mile, Mission Bay Visitors Center, 7 am/Marathon & 7:07 am/10K-2 Mile. Info: (619) 270-SDTC.

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

■ January 24 (Saturday):

Los Altos: Willy's Road Race, 5 mile & 1 mile, St. William School (401 Rosita Ave.), 9:30 am/1 mile, 10 am/5 mile. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

Agoura Hills: The Great Race of Agoura, 2K, 5K & 10K, 7:30 am. Dennis & Maryann Kristan, 5716 Fairview, Agoura 91301. (818) 991-7746.

Scottsdale, Arizona: Parada Del Sol, 8K and 2 mile fun run, Eldorado Park, 9 am. Dave Berman, 7403 E. 6th. Ave., Suite 4, Scottsdale, AZ 85251. (602) 949-1633.

■ January 25 (Sunday):

La Jolla: March of Dimes Super Run VI, 10K & 2 mile fun run, La Jolla Village Square, 8 am. March of Dimes, 8333 Clairemont Mesa Blvd., Suite 101, San Diego 92111. (619) 576-1211.

Goleta: Sri Chinmoy Run. Santa Barbara Research park, 7 am. Sri Chinmoy, 1024 Laguna # 5, Santa Barbara 93101.

■ January 31 (Saturday):

Paramount: Paramount 10K Run & Special World Masters Division, Progress Park, 8 am. *Pre-Registration only by Jan. 25 for Masters Div.* Oscar Rosales, 15734 Paramount Blvd., Paramount 90723. (213) 634-3027.

Las Vegas, Nevada: Heart & Sole 10K/2 mile, location TBA, 8 am. Willie Baer (702) 367-1366 or Bill Stabler (702) 386-6297.

■ February 1 (Sunday):

Westwood Village: GTE Westwood Village 10K Run, LeConte & Westwood Blvd., time TBA. Zev Yaroslavy, City Hall, Room 239, Los Angeles 90012. (213) 485-5013.

■ February 7 (Saturday):

Las Vegas, Nevada: Las Vegas Marathon, Jean, Nevada (26 miles SW of Las Vegas), 9 am. Al Boka, P.O. Box 81262, Las Vegas, NV 89180. (702) 382-3496.



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The Athlete's Kitchen

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



A Delicate Balance

● *Joe Smith is not only a dedicated runner, but also a nutrition fanatic. He knows that wholesome carbohydrates are important for both his health and his running. Hence, he strives to eat only carbs: oatmeal for breakfast, bananas, bagels and cider for lunch, dried fruit for snacks and piles of brown rice with veggies for dinner. Although he passes "carbo-loading" with flying colors, he flunks "well balanced diet" because he neglects his protein requirements.*

● *Jane Shapiro describes herself as a "professional dieter". She's forever trying to lose weight. She routinely starts her Monday Morning Diet with a slice of dry toast and black coffee, a tossed salad with diet dressing and two rice cakes for lunch, an afternoon carrot, then a plateful of broccoli for dinner. After delicately munching her way through three of four days of spartan meals, she predictably succumbs to overwhelming hunger and ravages the cheesecake, fudge and fritos. Like Joe, she flunks "well balanced diet" because she neglects her protein needs—as well as many other nutrients.*

During the past ten years, both health professionals and exercise physiologists have encouraged us loud and clear to shift the focus of our meals away from fatty proteins and onto wholesome low-fat carbohydrates, such as oatmeal, brown rice, bran cereal and lentils. Their goal is to reduce the risk of heart disease, hypertension, obesity, diabetes, cancer and other diseases of aging, as well as to invest in better athletic performance. However, some athletes have taken this advice to extremes and have neglected their protein intake. They're fueling their muscles—but not maintaining them! Since the body is unable to store extra protein, it breaks-down muscle tissue if you have a deficient diet. That's one reason why anorexic runners, who get inadequate protein (as well as calories), tend to have spindly arms and underdeveloped chests. Their body sacrifices the less-exercised muscles to protect the well-used ones.

Research with women athletes indicates that protein deficiency may be a factor that contributes to amenorrhea. In a study by Mim Nelson, nutrition researcher at Tufts

Nutrition Center on Aging, amenorrheic runners consumed only 35% of the Recommended Daily Protein Allowance. Nelson compared 28 women runners, ages 24-29 years old, with similar height (5-5), weight (122-127 lbs), percent body fat (20-22%) and training schedule (35-40 miles/week). The major significant difference among the women were that eleven of them were amenorrheic—they'd had no menstrual period for longer than a year.

Nine of the eleven amenorrheic runners ate diets that averaged 25% fewer calories than the regularly menstruating women (a finding consistent with that of other researchers). Instead of maintaining their weight on the 2200 calories that their counterparts enjoyed, they averaged only 1700 calories per day. By eating less food, they simultaneously ate less protein. Nelson suspects that the protein deficiency—in combination with the over-all restrictive diet—contributed to the amenorrhea. She recommends that "energy efficient" athletes make a special effort to include an adequate protein balance, along with their high carb diet.

If you are an overly-conscientious carbohydrate consumer, keep in mind that you do need a certain amount of protein for building red blood cells, hair, hormones, finger nails; for maintaining your muscles and, for women, perhaps protecting your menstrual cycle. Current research indicates that sports-active people may need 1.4

grams protein/kilogram body weight, as compared to the current .8 gram RDA (which was based on sedentary MIT and Berkeley students). For a 120 pound (54 kg) woman, this means 75 instead of 43 grams protein.

Translated into food, this is the amount that you get by including a little protein at each meal, as an accompaniment to the carbohydrates, so that you still get 60-70% of your calories from carbohydrates but also get about 15% from protein. For example, at breakfast have carbohydrate-rich cereal with 1 cup of lowfat milk (10 gms protein), add $\frac{1}{2}$ can tuna (30 gm) or $\frac{1}{4}$ cake tofu (24 gm) to a lunch-time pasta salad, snack on a cup of yogurt (10 grams); and stir-fry 4 oz. chicken (30 grams) along with the veggies and rice at night—or enjoy 2 cups of a Mexican bean-rice casserole (30 grams) with 1.5 oz. cheese (10 grams). Remember, even athletes should not live on bread alone!

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, offers "nutrition check-ups and computerized dietary analyses to sports-active people who have concerns about the adequacy of their diet. She also provides personalized meal plans that help you to eat well—even if you're on the run. Her popular book *The Athlete's Kitchen* is available through Dalton Bookstores.

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■ Dean Reinke on Running

By DEAN REINKE

Corporate Fitness Is It

Corporate America is getting fit! 16,000 General Electric Plant employees in Evendale, Ohio enjoy a fully equipped on-site health and fitness center. Texas Instruments' 20,000 employees in Dallas have access to a company fitness facility which provides physical evaluations, nutrition classes and a wide range of recreational activities. PepsiCo runs in-house programs at its world headquarters in Purchase, New York as well as its divisional headquarters around the country for its more than 100,000 employees. The list goes on and on in all regions of the country.

And the results are exciting. In Houston, Tenneco, Inc. has found that exercisers utilizing the company's \$8 million corporate fitness center have fewer sick days and that a high proportion of its excellent business performers are also active exercisers. Johnson & Johnson has seen a 26% reduction of the number of employees with hypertension after a year while the number of smoking employees has decreased 25%, saving the company up to \$1000 a year per employee. The Center for Consumer Health Education has shown a 17% reduction in physician visits and 35% decrease in minor illness visits in companies involved in self-care educational programs. Again, we could continue but the statistics strongly

runner and triathlete, he has blazed an attitude that few companies can match. In the last year, the classic company has opened a \$2 million on-site facility to serve its over 3000 corporate employees. Over 60% of them have taken advantage of the center inspiring the firm to open facilities in Houston, New York, Los Angeles and Sydney, Australia. Coke has placed well in the Corporate Finals Nationals the last four years and this past July 300 employees, led by Dyson himself, toes the line at Peachtree.

But why does Coke do this? The fit Dyson said, "Sure, a fit employee can work better, deals more effectively with stress, but that's not what it's all about - just to get more work out of them". Let me paraphrase the man who says it best - George Sheehan. "Fitness permits me (us) to live a better life."

And you won't find any sympathy if your schedule prevents you from exercising as he says, "If President Reagan can find time to exercise daily, then no CEO can say no to exercise!"

And Coke's sponsorships have backed up their commitment. They are a sponsor of the USTS Bud Light Triathlon Series with a 6-figure commitment that includes the "Coca-Cola Grand Prix Prize Circuit". They

USTS Championship and handed out the Circuit prize money. And if it hadn't been for his involvement with Coke's recent public offering proposal, he would have participated in this year's Ironman Triathlon Championship in Hawaii.

While Coke is certainly a trendsetter, they are not alone in the commitment Corporate America has made to fitness and running. Aerobics Institute founder Dr. Kenneth Cooper of Dallas, called by many the "father of fitness", has hosted the Tyler Cup for corporate teams for over 15 years. *Runner's World Magazine* founder Bob Anderson pioneered the "Corporate Cup Relays" in the late 70's which spawned the majority of programs that exist today. Using that as a model, the United States Corporate Track Association recently had over 2000 corporate athletes representing 38 companies at its final in Los Angeles, culminating a series of regionals it sponsored throughout the country. And later this month, the Bud Light/Plymouth Corporate Sports Battle will climax yet another national series with its finals to be held in Orlando.

It is a rare road race today when it does not include a corporate division among its team categories. And it is difficult to find a major city in America that does not have at least one running event strictly for corporate teams. But certainly the event that has drawn the most participants is the Manufacturer's Hanover Series in 13 cities across the U.S. Overseen by Barbara Paddock, Vice President for the sponsoring New York based company, thousands come out to the midweek, after-work events that are the highlight of the corporate running season in every market they are in. New York City even has to have three separate evenings of competition for the over 20,000 participants and its finals in November are not unlike the Olympics in intensity to those competing.

Yes, Corporate Fitness is It! And running forms the solid foundation that allows employees to become healthier and happier, and companies to benefit their bottom lines along the way.

Dean Reinke is a Sports Marketing and Fitness Consultant and the President of Dean Reinke & Associates residing in Orlando, Florida. He writes a monthly column for Running Times magazine, authors a running newsletter and works with major running and triathlon events as an announcer/commentator/consultant.

"Fitness permits me (us) to live a better life."

—George Sheehan

support the presence of corporate fitness programs at the workplace.

And there is probably no more shining example of a quality program than at Coca Cola's World Headquarters in Atlanta where the battle cry is "Fitness is It". But it didn't always used to be that way. In 1982, only 4 Coke employees ran the 25,000 runner Peachtree Roadrace, an embarrassment to the company in running crazy Atlanta. Enter Brian Dyson, newly appointed CEO of the world's soft drink leader. The Argentina-born, lanky Dyson was equally concerned about his employees' health as he was about Coke's bottom line. As a former squash player, avid

underwrote the recent Atlanta Women's Elite Athletes Study featuring many of the best U.S. women's distance runners. They constantly bring in nationally recognized fitness leaders to speak with their employees including Sheehan and fitness expert Covert Bailey. And what excites Dyson the most? "We had a woman employee who had never run before, never done anything. Then she ran 3 miles for the very first time. Everyone in the company knew about it and congratulated her", he answered. "Our goal is to move the mass of people in the fitness direction". As further testimony to his personal commitment, Dyson competed in the recent Hilton Head

SoCal Diary

By BILL MINARIK

September 15

The Community College version of the Moorpark Invitational officially opened the 1986 Cross Country season and brought with it a real shocker. In the men's competition perennial state champion Grossmont was shocked by a Hancock team which was totally unheralded prior to the race. Hancock moved out quickly and, at one point in the race, held 6 out of the first 7 positions. Everyone waited for Coach Ray Kring's thinclads to fade, however they continued strong for the entire 4 miles, and only Grossmont's patented strong finish made the final 33-39 score as close as it was. Former Santa Ynez High School star Jose Iniguez lead wire-to-wire for Hancock in a time of 18:29. Rancho Santiago was 3rd in the 18 team field with 119 points. In the women's division, Santa Monica, as expected, had a fairly comfortable 79-100 edge over runner-up Moorpark.

At the high school version of the Moorpark Invitational - first in boys competition - it was Palos Verdes edging out Thousand Oaks 53-57 in Div. I; Hart ran away from Alemany 43-72 in Div. II; and Cabrillo outran Fillmore 45-56 in Div. III. In the girls' section, it was Palos Verdes over Westlake 35-56 in Div. I; Arroyo Grande running away from Atascadero 36-80 in Div. II; and Nordhoff an easy 39-57 winner over Moorpark.

At the Woodbridge Invitational, it was Arroyo High School the boy's team winner, while Newbury Park was the girl's champion.

At the UCLA Twilight Invitational, Mark Junkermann of UCLA was an impressive winner in the men's competition at 18:53 while Laurie Chapman led a trio of prize Bruin recruits through the women's course in 17:12.

At the CS Fullerton Invitational, the Cal Poly Pomona men just edged out CS Long Beach 53-54; while Sylvia Mosqueda's first place finish was just enough to propel the CS Los Angeles women by Cal Poly Pomona 39-40. In an inter-sectional dual meet at Griffith Park, USC's Fredson Mayiek was the individual winner in 26:03; However the Trojans fell to Illinois 21-34.

At the La Jolla 5K, Terry Cotton was a runaway winner over runner-up Steve McCormick 14:07 to 14:33. You Community College fans may remember Terry as one of the most devastating CC runners ever while at Grossmont College.

In some coaching changes of note: 1) Skip Stolley, most recently of the Puma Energizers, takes over for Tommy Smith at Santa Monica CC, 2) Gerald Masterson replaces Colin McDougal at Biola and it appears Gerald will have to start from scratch with the women's cross country team, as it

was reported that only 3 women came out for the team, 3) finally, former CS Northridge coach Bill Webb has taken an assistant coaching position at Tennessee.

September 22

There were an abundance of Prep Invitationals over the week-end beginning with San Marino where the host team turned back runner-up San Gabriel 31-38 in boys competition while the Saugus girls lead by Heather Scobie outran San Marino 33-38. At the Rosemead Invitational, the Montebello boys just got by the Arroyo JVs 98-103 as Rosemead's Aaron Mascorro was the individual winner in 15:05. The Rosemead girls won their division 59-72 over runner-up Schurr. At the Chaffey Invitational, powerful Upland destroyed the boys field 21-124 over runner-up Chaffey and Damien while the Upland girls were 55-61 winners over Chaffey. The Perris Invitational saw Ramona and Riverside North winning boys competitions while Colton and Yucaipa were girls divisional winners. At the Sonora Invitational it was La Habra and Antelope Valley winning boys races and La Habra again with Canyon winning the 2 girls divisions. Finally, at the Big Ditch Invitational up at S.L.O., Clovis and Los Gatos High took boys team honors, while Westlake was the girls winner 48-81 over Arroyo Grande.

In Community College action, Hancock continues to be the talk of the state as its mens team racked up a perfect score at the Cuesta Invitational while destroying NorCal powers Porterville and Sequoias 15-100-102. However, Porterville's womens team was victorious over host Cuesta 34-71. At the Mira Costa Invitational, the Taft mens team lead by Tracy Garrison's first place finish scored a 49-55 win over a Mt. SAC team which appears to be the best in the schools history. Perennial power Grossmont was 3rd with 94. In the women's division, Mt. SAC edged out state meet favorite Mira Costa 52-64.

In 4-year College action, UCLA's Mark Junkermann continued his torrid running by winning the Fresno State Invitational with USC's Fredson Mayiek coming in 5th. However, the Arizona Wildcats were an easy team winner with 28 points ahead of UCLA and USC with 71 & 95 points respectively. The point spread between UCLA and USC is as close as I can ever remember which proves that the Trojans distance program is for real.

In other news of note, former Oxy distance great Hal Harkness who, most recently, has been coaching at Franklin High, is the new commissioner for the CIF's L.A. City Section.

The NCAA has announced that it will begin a mandatory drug testing program for all of its championship events beginning with this fall's NCAA cross country championships.

Some of you may have seen a movie on network television this week about a woman who became the first female member of her city's fire department. That movie could have easily been about former Crescenta Valley High and USC star heptathlete Kerry Zwart-Bell who decided to forgo a coaching career in order to become the first woman posted to Tujunga Fire Station 74.

September 30.

Some big Prep Invitationals highlighted this week-end's actions. At the Clovis Invitational, at Woodward Park, some of the best from all over the state got together with the boys meet producing a rare 80-80 tie between Orangevale of Casa Robles and San Jose Bellarmine with OCR being awarded 1st on the best 6th man. SoCal power Palos Verdes was a fast closing 3rd in the boys competition with 89 points and then proceeded to destroy the girls field with 31 points ahead of runner-up Arroyo Grande with 89.

Down south, the local biggie was at Griffith Park in the form of the Bell-Jeff Invitational. At that one, boys teams from Hart, Villa Park, Cathedral, and Village Christian along with girls teams from Westlake, L.A. Wilson, Cabrillo, and Bell-Jeff were all divisional winners. The big news of the day turned out to be Glendale High's Richard Erbes who destroyed the old course record of 14:40 with a 14:10 clocking over the 2.9 mile course. Richard's winning effort, which was 33 seconds better than runner-up Ian Alsen of Granada Hills, so astonished meet director Jim Couch, that Jim said afterward that Richard must have cut the course, although it turned out to be a legitimate run.

At the Agoura Invitational, boys teams from Thousand Oaks and Agoura were easy winners while the Thousand Oaks girls just edged out Buena 50-52 in their division. The big news here, again, was an individual in the person of Agoura's super-frosh Bryan Dameworth whose individual time of 15:30 was 22 seconds ahead of anyone else. Its not often when a male freshman will dominate varsity high school competition, however Bryan is the best I've seen since Eric Hulst and may be the greatest of all time.

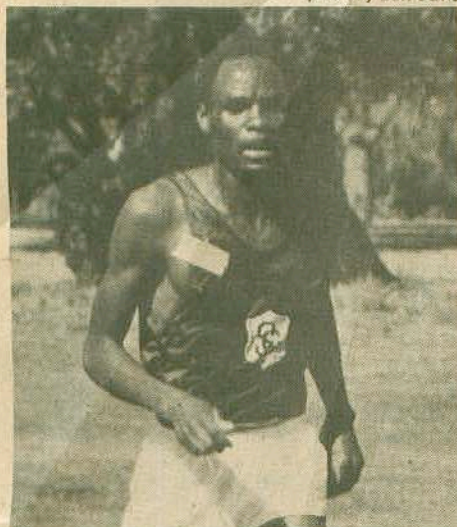
In the Azusa Invitational, no team scores were reported, however Arroyo's powerhouse boys team dominated its divi-

□ SoCal Diary

sion, while the South Hills girls were equally as impressive.

On the 4-year College scene, Arizona's men showed they were ready for the Pac-10 Meet as they ran away from Northern Arizona and the rest of the field at the Aztec Invitational by a 37-135 score. At the Cal Poly SLO and the women's team from UCLA totally dominated the competition.

photo by Burt Davis



FREDSON MAYIEK Number one runner for USC, 2nd at Stanford Invitational.

There is an interesting story behind last season's TAC women's javelin champ Donna Mayhew. The former state CC javelin champ while at Glendale, had called it quits after two years at Arizona and had taken a full-time job. Last season, she decided to give it another shot and asked her former mentor, John Tansley who is now the CSLA coach, if he would coach her through the season. Tansley obliged her and stayed a half hour after his regular coaching hours to tutor his former pupil. It seems the

Tansley-Mayhew combination clicked again as Donna was the surprise finisher at this year's TAC. It has never ceased to amaze me how a person as small as Donna (5-2) can throw a spear as far as she does.

While on the subject of throwers, if you happen to see former UCLA weightman John Brenner competing in a Jersey with CCCP on it, you need not worry; John hasn't defected. He was given the Jersey by a Soviet thrower and just wears it occasionally.

As a final note, tragedy has struck another top California sprinter as Travonn Johnson who was a state high school 100 meter finalist at Gahr High last season and most recently at Pasadena CC was killed on Labor Day when a car he was riding in stalled on the Long Beach freeway and was rear-ended.

October 6.

There were some big invitationals held over the week-end at both the high school and college level. In the prep ranks, the Kenny Staub Invitational saw boys teams from Palos Verdes, Newbury Park, and La Salle become divisional winners along with girls teams from Palos Verdes, Bell-Jeff and Alta Loma. Individually, Richard Erbes of Glendale High was an easy boys winner in 15:25, while Melissa Sutton of Newbury Park destroyed the girls field by over a full minute in a time of 17:31 which shatters the course record of 18:04 set by Kirsten O'Hara.

At the Yucaipa Invitational, Hemet, Covina, and the Sherman Indian Institute were boys winners while Riverside Poly, Colton and Yucaipa took girls honors. At the Hancock Invitational, Bakersfield and Valhalla High of El Cajon won boys divisional races while Valhalla and Nordhoff Highs were girls champions. Up north at the Stanford Invitational, SoCal power Arroyo High just edged out Casa Roble 83-85 in boys Div. I, while Half Moon Bay defeated Morro Bay 124-144 in Div. II. The girls competition saw Arroyo Grande way out in front of Reed Nevada 97-148, while Morro Bay was comfortably ahead of Nordhoff

111-163. Individually, Rosemead's Aaron Mascorro, had the top time of the day in the boys races at 15:30.

At the Community College level, the Hancock mens team continues to be the talk of the state as they scored another perfect 15 ahead of Porterville and Cuesta at their own invitational. Leading the way again for Hancock was Jose Iniguez with an outstanding time of 20:08 over the 4.2 mile course. In the women's competition, Porterville was an easy 20-47-69 winner over Cuesta and College of the Canyons. Jenny Baker of Porterville was the individual winner in 19:30.7.

At the Roadrunner Invitational at C/S Bakersfield Mira Costa was the mens winner with a 54-62-67 win over Glendale and CSB, while CSB was the womens winner 20-45-89 over UCSD and Chapman. Both the individual winners were from Cal State L.A. as redshirt Eugene Cruz was the mens winner at 30:18.2 while Sylvia Mosqueda was a womens winner in a new course record of 16:10.9. The CSLA women did not score in this meet as only 4 of the 5 team members were able to compete.

At the Stanford Invitational, national power North Carolina State was a narrow 85-88 winner over host Stanford in the mens division as Cardinal ace Marc Oleson was the individual winner at 30:38. U.C. Irvine ran a very strong 3rd with 99 points which would indicate that coach Vince O'Boyle's crew is a serious contender for a berth in the NCAA Div. I Championships. Another finisher of note was USC's Fredson Mayiek who was 2nd at 30:47 just ahead of UCLA's Mark Junkerman. Fredson has progressed from a point last track season where he was a dual meet also-ran to a point this cross-country season where he is a legitimate NCAA championship contender. In the womens competition at Stanford, the host team was a narrow 107-108 victor over BYU with CPSLO a fast closing 4th at 118.

Another U.S. thrower has been detected as having used steroids. Former UCLA star Tom Jadwin of Fresno has been given an indefinite suspension which could lead to a lifetime ban, for the drug use which was detected in a random test.

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CTR N Around the Bay

By MARK WINITZ

•Bay Area Cross Country

For many runners, the Fall means cross country. Galloping and sometimes trudging over terrain that is better suited for four legs. I've never run in a cross-country race in my life, although I've watched a few. And I must admit that I can see the fascination with it all. I love running on trails, through leaves and over logs, turning it on down a grassy slope. Some of my running buddies chuckle when they see that I actually enjoy running in the rain and through the muck. That's probably why Fall is my favorite running season. It's meant for running on natural surfaces—before they get permanently mushy, snow-laden, or un-negotiable by winter's ravages.

This Fall, California (especially the San Francisco Bay Area) will be the nation's cross country capital. November is a particularly important month with the PA-TAC Men's and Women's 10K Cross Country Championships (November 29th) both taking place in Golden Gate Park. And following the High School Western Regional Cross Country Championships (December 6th) in Fresno, the High School Nationals will take place in San Diego (December 13th).

The local scholastic and collegiate cross country scene should also be interesting. **Bellarmino High School** sports the defending Northern California championship boys' team. They are two-time Central Coast Section champions as well and are expected to win the boys' title this season. The Bell's **Torre Pena** should be a contender for the individual boy's title.

In the girls division, the experts are picking **Leland High** to grab the CCS and NorCal titles, as last year's champ Los Gatos has lost several of its top runners to graduation and transfer. St. Francis is expected to have a strong girls' squad—with several top runners back (Teresa Clark and Roslyn and Joslyn Mack). Already **Katy McCandless** of Castilleja has shown that she may give defending CCS champ **Mary Mendoza** of Presentation a run for this year's title.

According to Coach **Tony Sandoval** of the **Cal Bears**, his woman's squad has a good chance of making it to the NCAA National Cross Country Championships this year.

"UCLA should be the frontrunner in the Pac-10," says Sandoval. Stanford has three redshirts returning and if they're okay, their team should also be very good. After that, though, it's pretty open."

•At the Races

What happened recently in the Bay Area races? Since we're on cross country, let's start with that first. At the **Stanford Invitational Cross Country Meet** back on October

4th, Mark Olesen of Stanford repeated as winner on the 10K course in 30:38. North Carolina, however, nipped Stanford for the team title (85-88). UC Irvine got third. On the women's side, Stanford picked up its 6th straight win at this event with the Cardinals' Carol Gray grabbing 7th and Kathy Smith 10th.

At the **High School Stanford Invitational** on October 6th, Mary Mendoza of San Jose's Presentation edged Katy McCandless of Castilleja in the Varsity Girl's B division. (Complete results elsewhere in this issue).

The **Golden Gate Park Cross-Country Series** (4 miles, 4 race series) continued on October 4th with the top two male finishers, Tim Gruber (19:28) of Sunnyvale and Joe Green (20:11) of Novato, leading the overall standings. The top women finishers, Lisa Gonzalez (22:57) and Heidi Perham (23:07), both of S.F., joined Ingrid Hemenway in a three-way tie for first in the overall standings. The last race in the series on November 1st (past our publishing deadline) determined the collectors of the \$1,700 in Nike Grand Prix cash awards.

On the roads way back on September 21st Richard McCann (30:56) won the **Walnut Festival 10K Run**. Sue Vinella-Brusher (37:16) took the women's victory, with Dennis Tracy (33:48) and Laury Fisher (39:41) pacing the Master's 40-49.

On September 28th, 10,000 runners celebrated unlikely A.M. blue skies in the City at the **Bridge to Bridge Run** (8 miles). Starting at the Bay Bridge, Chuck DeGarmo battled Danny Grimes for the lead until Grimes took over for good at 4½ miles and broke the tape at the Marina Green in 37:48. Derrick May (38:26) and DeGarmo (38:55) followed. Hot Nancy Ditz (44:57) headed the women just one week after setting a PR and a second-place at the Philadelphia Distance Class Half-Marathon. Terry Puckett, Eileen Clausus, and Sharlet Gilbert trailed Ditz in that order.

October 5th offered at least two great races. The **Stanford Great Race** had an unusually good field this year. U.C. Berkeley track standout Jay Marden (29:18) scored a decisive victory over San Luis Obispo's Kevin Jones (29:27) and Fremont Aggie Carmello Rios (29:45). Another trackstar, Patti Sue Plumer (34:25) formerly of Stanford and fresh off a successful European track circuit, hit the roads here and edged road specialist Nancy Ditz (34:33). Familiar names took the masters' divisions: S.F.'s Joan Ulliot (38:59) for the women and Santa Clara's Gary Goettelman (33:24) followed by Los Altos' Bill Clark (34:13) on the men's side.

Also on October 5th, two of last year's winners repeated at the **California Mile**. Peter Elliott (4:49.2) and Lynn Williams

(5:38.6) led from the start as they tackled the full mile up S.F.'s California Street and collected \$5,000 apiece. Steve Overt and Ruth Wysocki were runners-up. About 5,000 spectators watched the event—probably more than were on the entire S.F. Marathon course last July.

Some Bay Area races in November and December that you might want to consider:

- November 8 -- Sri Chinmoy 24-Hour Run (Oakland)
- November 9--PA-TAC Cross-Country Championships 10K (Golden Gate Park)
- November 23--Sri Chinmoy 5K Run (Cupertino)
- November 23--Blind Duck Relays 5K (Oakland)
- November 23--Turkey Trot (8.1 miles) (Pleasant Hill)
- November 29--TAC National Cross Country Championships (Golden Gate Park)
- December 7--Nike San Francisco Half Marathon (Golden Gate Park)
- December 21--Christmas Relays (5-person teams) (San Francisco: Lake Merced)
- Many DSE (Dolphin South End Runners) Runs (Contact Jim Skophammer (415) 334-9027)

I'll definitely see you at the Pepsi 20 in Clarksburg on November 16th, and at the Cal International Marathon in Sacramento on December 7th.

•People

Woodside's **Nancy Ditz** was indeed on a tear after excellent performances at Philadelphia's Half Marathon (2nd), Bridge to Bridge (1st), and Stanford's Great Race (2nd) in close order—finally culminating in the Twin Cities Marathon on October 12th. She was hoping for a sub-2:30 effort there. In a cold and rainy 26.2 miles she captured second place in 2:34:49, behind Spokane's Kim Rosenquist who notched 2:32:30.

Bill Donakowski of Albany bested all the men at Twin Cities, winning in an excellent 2:10:40. By placing in the top three in their divisions, both Donakowski and Ditz grabbed spots on the U.S.A. team going to the World Championships in Rome next summer.

Bay Area Runners of the mid-1970's probably remember **Penny DeMoss**—former Los



continued on next page...

□ Around the Bay

Altos resident, PA-AAU LDR chairperson, and S.F. Bonne Belle race director. A gifted runner, Penny graced the cover of a foremost national running magazine in 1978. Recently, Penny's name re-surfaced on the local scene as she competed in the Walnut Festival Run (3rd place) and the Alcatraz Challenge Triathlon. And her desire to compete still burns in her mid-thirties: DeMoss now lives in England and is ranked number one on the British Grand Prix triathlon circuit.

• Running Clubs

If you haven't run in a race organized by the Sri Chinmoy Marathon Team running club, then you're really missing out. This year the club has scheduled 18 major races in the Bay Area alone. Distances range from 5K all the way up to a 24-hour run, so there's something for everyone.

Sri Chinmoy races are known for their excellent organization, moral support provided by the club members during the race, and substantial goodies (usually homemade) following the events. The races are a real bargain, since entry fees are comparatively low—especially since the "T" shirts are always priced separately as an option. I've run a number of Sri Chinmoy races over the years from the 5K to the marathon, and have never been disappointed.

The Sri Chinmoy Marathon Team is actually a faction of the larger Sri Chinmoy Meditation Center which was found by Sri Chinmoy after studying in an Indian Ashram environment for 32 years. Spiritual discipline, athletics, and self development are emphasized. A runner himself, Sri Chinmoy has recently taken up weight lifting. Although weighing only 155 pounds, he has already lifted 240 pounds with his right arm alone.

The Marathon Team, as well as the Center, have worldwide chapters—however, you needn't be a member to run in their races. In fact, few members actually run in the many scheduled races; they help out. All the funds collected at races are put right back into the running pool to make the next race better. So you're really supporting a runners' cause at the grass roots level. For more information, call the Sri Chinmoy race hotline (415) 731-RACE, or write Giribar De Angelo, 2438 16th Avenue, San Francisco, CA 94116.

The World Runners are offering a 10-day tour of Israel and opportunity to run the Sea of Galilee Marathon (with 10K, half-marathon, and extended stay options). The marathon is scheduled for December 17th, with the tour extending from December 12th to 22nd. A group of World Runners ran in the Goodwill Games Marathon in Moscow last summer. Members of the club use their running to focus attention on, and generate support for, world hunger issues. Contact World Runners, 2050 West Steele Lane E-2, Santa Rosa, CA 95401 (707) 545-5548.

• Runner's Study

The dangers of sudden death during exercise have been widely publicized lately, especially since the death of running advocate Jim Fixx. For runners, the dangers of cardiac disorder have become an increasing concern. We no longer can rest soundly with the conviction that running will prevent heart attacks.

Doctors Peter Wood and William Haskell of the Stanford Center for Research in Disease Prevention at the Stanford University Medical Center are determined to uncover the facts in a new study on runners that is now underway. You may have heard of Dr. Wood before. Besides being a marathon runner and well-known biochemist, he's the Science Editor for *Runner's World* and co-director of the Stanford Heart Disease Prevention Program.

According to Susan Garay and Walter Borst, researchers who are assisting in the project, runners in two age groups are being studied: 20 to 30 years and 55-65. The objective is to compare the responses of runners to vigorous exercise and to determine if older runners are more prone to cardiac arrhythmias during running than younger runners. It is known that heart disease increases with age, however, there is no specific data to support the hypothesis that older runners are at greater risk than younger ones while running.

All running volunteers in the study are given treadmill tests that measure VO 2 max and simulate 10K races, plus blood pressure tests. During the treadmill test which simulates a 10K race, runners work at 80% effort (a level predetermined by the VO 2 max test). During this test blood samples are taken and tested for:

- **Catecholamine** level, which are chemicals released into the blood that influence many organs, including the heart. The levels increase with exercise and with age—and higher levels have been associated with abnormal heart rhythms. The Stanford researchers intend to determine what happens to catecholamine levels during vigorous exercise.

- **Free Fatty Acids**, which are fats supplied in the bloodstream as fuel during exercise. These levels peak at about 10 minutes after you stop exercising—and flood your bloodstream. In animal studies, these high levels have irritated the heart and caused abnormal heart rhythms.

- **Electrolytes**, which are substances in the blood and cells (sodium, potassium, etc.) that can cause electrical disturbances of the heart if they are depressed or depleted.

The levels of all these substances are monitored to determine if there are significant differences within age groups—which might signal potential cardiac problems during vigorous exercise. For more information about the study, call (415) 725-5311 during regular work hours.

• Potpourri

One entertaining pastime of mine is attempting to keep up with the latest running and fitness-related surveys. Lately, there have been some interesting ones.

A National Health Interview Survey report which questioned 21,450 people says, "there appears to have been an increase in unfavorable health practices between 1977 and 1983." That means Americans get less exercise and sleep, put on more weight, and drink more. More Americans are overweight by at least 30 percent than in previous years. Fortunately, we runners are not contributing to these unhealthy statistics...

According to the latest Gallup Poll, "jogging" among Americans has declined since the peak year of 1984 when 18 percent of our citizens participated. The latest figure is 13 percent. Even this figure is pared down by the fact that 42% of this jogging group runs only twice a week or less and the average distance per session is only 2.2 miles. So, if you run, say, five or six miles, four days a week—you're in the elite in respect to the total population of runners. If you're doing sixty miles weekly, training for a marathon, etc.—consider yourself royalty

A study undertaken by University of Michigan researchers, and published in the New England Journal of Medicine, concludes that male marathon runners may experience hormonal disruptions similar to the ones that cause menstrual disruptions in female athletes. The evidence shows that the upsets, however, do not interfere with sex drive or fertility...

Sometimes I wonder though. The aforementioned reminds me of a conversation I had with Pete Pfitzinger prior to his S.F. marathon race victory in July. Pfitz has no qualms about speaking his mind, and sense of humor to boot. About prolific marathoner Ric Sayre (who was tackling his seventh marathon in as many months), Pete joked: "One thing Rick (Sayre) doesn't have to worry about is having kids. He's probably depleted his sexual desire. That happens to me when I run a lot of marathons."

Later, I consulted Sayre himself, who ran relatively slowly at S.F.—probably from too many marathons. Already, he was making plans to run the Twin Cities Marathon this month unless "something else comes up" as he put it. Recalling Pfitzinger's comments, I immediately knew what Ric was referring to...

Some say an athlete has a limited number of all-out marathons that the body can handle. My own observations include the fact that many "recreational" marathoners "peak out" at around their seventh or eighth marathon. However, I think the real issue isn't how many you run—but rather, how hard you run them and how hard you train for each one...

Reebok International, Inc.—the hottest firm in athletic shoes lately (namely from its aerobics models), reports an agreement to purchase the Rockport Company for \$118.5 million cash by November 1st. Rockport has pioneered the sudden resurgence in walking and is the acknowledged leader in walking shoes...

continued on page 41...

Technique & Training

By ROY STEVENSON

Physiological Differences Between Male and Female Runners



The last few years has seen a large increase in female participation in distance running. Female newcomers to the sport outnumber male beginners two to one. Generally registrants in my "Distance Running Workshops" are 66% female. In fact, demand for information about problems specific to female runners was so great that it led to the formation of the "Distance Running For Women Only" course.

This influx of females is reflected in most other recreational sports as well. In response to this growth of women's participation in sports, the field of female sports physiology was created to accommodate many of the women athlete's special needs and demands. Despite the fact that current research reveals mainly what is not known about the female physical response to strenuous training, some very interesting facts have come to light.

A comparison between male and female physiology is a good way to highlight the differences between the two sexes and point out some implications of these for the female's training program. Here are some of those differences.

In 1974, two physiologists compiled statistics from detailed measurements of thousands of men and women. They found the "average" woman to be four inches shorter and twenty-nine pounds lighter than the "average" male.

The female's shorter height alone means less total muscle mass because of less volume, and the taller male will be able to lift a 1.06 times greater weight.

Women have narrower shoulders and less chest girth than men. This partially explains why they have less upper body strength. Females have a wider pelvis, longer bodies in relation to their arms and legs, and a greater fat displacement in hips and thighs. All of these factors give the male runner an "advantage" over the female runner.

Wells (Physician and Sports Medicine Journal) found that females are only 56% as strong as males in the upper body, 64% as strong in the trunk, and 72% in the legs. This relative strength disparity puts females at an immediate "disadvantage", even before taking up running.

There is a strong possibility that injury

rates in female runners are higher than in male runners due to these strength and anatomical differences, although Diana Roberts and David Liddell (both R.P.T.'s at Totem Sports Clinic) think that this is conjecture. They feel that since women have had limited experience with athletic injuries, they may initially minimize the importance of that injury and ignore it, or wait for it to heal.

However, both agree that there are injuries which occur more frequently in female (running) patients whom they treat. Amongst these commonly occurring running injuries are retropatellar (knee) pain, stress fractures, low back pain and hip pain. Physicians have surmised other reasons for female injury incidence as being joint laxity, stress on the knee because of a wider pelvis, slighter bone structure and less muscle mass.

I am sure that men and women do not properly condition themselves before they take up distance running/jogging. The fact that women only have 72% of leg strength

ing. These strength differences are due to the female (X) chromosome which has genes located on it that inhibit development of large muscles. These major (sex) hormonal differences are what predispose males to deeper voices, facial hair, etc., and feminine characteristics to women.

A female runner carries 9 to 12 pounds more fat than a male runner. Thus females expend more energy to carry this excess weight, because fat is "dead weight" and (unlike muscle) does not contribute to help carry itself. This excess fat also decreases females Oxygen Uptake (VO₂ max). Oxygen uptake is the body's ability to utilize oxygen, thus vital to endurance events like running and cross-country skiing which require a high level of aerobic power.

Women have a smaller heart volume and lungs, which further decreases their oxygen uptake when compared to males. A smaller heart will pump less volume of blood (per minute) and smaller lungs means a smaller vital capacity (or the maximum amount of air that can be expelled from the lungs).

"... It seems that trained women runners can achieve about 80% of what well trained men can do in terms of duration running."

of their male counterparts means that they have a higher probability of "getting found out" or injured if they attempt identical jogging programs to males. We should (women especially) get fit to take up running, rather than take up running to get fit.

Females have thinner muscle fibers than males. Training will increase fiber size, and trained females will develop muscle fiber 80% larger than those of untrained females, and roughly the same size as those of untrained males. Women have 50% of the muscle mass of men, but when this figure is adjusted for size, the difference decreases to 80%.

In the 1980 U.S. Ski team the women averaged 33% less strength in their quadriceps than men. When this strength was measured relative to weight, the difference was only 18%. Thus it seems that trained females can get to within 20% of trained males in strength, relatively speak-

Thus less oxygen is able to be transported across the lung surface into the blood, to the working muscles.

Women average a 12-25% smaller hemoglobin concentration in their blood, than men. Hemoglobin contains the red pigment which combines with oxygen and transports it to the working muscle. This also contributes to the low VO₂ max figures for women, even when size is taken into account. Female runners have fewer capillaries (small "tubes" which disperse blood cells to muscle fibers), but that is not much of a problem because there is less muscle fiber to be served by each capillary in a female.

Women sweat less than men but still dissipate heat as well, because they have a higher body surface-to-volume ratio.

continued on next page...

□ Technique & Training

Women have superior flexibility to men because of less muscle bulk around the joints, which is an advantage in a sport like running, where we can develop muscle soreness and inflexibility within weeks of starting a running program.

Women have exclusive rights to Premenstrual Syndrome (PMS). Symptoms of this (which can include headache, irritability, depression, shakiness, temporary weight gain, swelling ankles, breasts, abdomen) can make running less comfortable or efficient during the days just prior to menstruation. The good news is that many women report an improvement of menstrual function with running. Exercise can regulate the cycle and alleviate cramps.

Recently the popular magazines and newspapers have been full of new information, research and conjecture about the interrelationships between calcium deficiencies, osteoporosis, amenorrhea (missed periods), iron deficiencies, contraception, and pregnancy problems inherent in female athletes. I will not attempt to elaborate on these important topics because it is better left to female doctors/runners who have experienced these phenomenon and are better qualified and educated than I to comment on them.

Implications of these physiological differences between females and males, for the woman's running program are as follows:

1) Women contemplating taking up running should first engage in a few weeks of strengthening using any form of weight or resistance training, especially for the legs, then maintain a strength program while running.

2) Women should not try to do men's training programs, but rather seek advice on individualized programs for themselves.

3) Women should not try to go on long runs with men unless their fitness levels are compatible.

4) If injured, female runners should not hesitate to seek advice from a sports medicine physician and physical therapists.

5) Women should, at all costs, avoid anorexia, or going to extremes to reduce weight. (Usually by eating insufficiently and increasing exercise).

6) From the physiological and anatomical differences outlined previously, it seems that trained women runners can achieve about 80% of what well trained men can do in terms of duration running. Therefore females should be able to handle about 80% of the mileage that males can handle.

7) Females can do the same high intensity training that male runners do, but it must be relative to the female runner's maximum performances, not the males. i.e. If a male runner can do 10K in 34:00 (5:30 per mile) and the female runner can do 10K in 37:00 (6:00 per mile), the female's track mile repeats should be 30 seconds slower than the males.

8) Because of the potential for injuries, the female runner should program rest (no

running) or recovery (short, slow running) into her program. Women and girls who begin running with unrealistic goals or overenthusiasm may invite injury more quickly than males, who generally have a firmer foundation of exercise.

9) Because of assault risks, women runners should use common sense precautions when out on training runs (such as not wearing walkmans) or get some education on how to deal with such crisis situations.

If these guidelines are followed, the female runner should achieve her true potential in the sport. The American College of Sports Medicine's opinion statement on "The Participation of the Female Athlete in Long-Distance Running" states that "females should not be denied the opportunity to compete in long-distance running. There exists no conclusive scientific or medical evidence that long-distance running is contra-indicated for the healthy, trained female".

In fact males and females adapt to endurance training in a similar manner. One thing that we can be sure of is that the myths behind women needing to avoid exercise are being revealed with this new

research. Women need not shun exercise during any phase of the menstrual cycle, for example, and pound for pound, women are every bit as able as men to withstand endurance training.

In a backhanded way the average woman has an advantage over a man when she starts a training program. Her improvement will be more dramatic, since she probably has farther to go before she reaches her optimum. As women continue to be more active, they will not be without disappointments, setbacks and injuries, as their boundaries of achievement and self-reliance are pushed back. But the good thing is that women now have the option and motivation to try.

Pierre De Coubertin, founder of the modern olympics, made a grave mistake in 1902 when he said "women's sports are against the laws of nature". In 1984, Joan Benoit clearly defied that statement in winning the first women's Olympic marathon allowed in the Olympic Games.

Like the cigarette Ad says: "You've come a long way baby". I suspect that the fairer sex has barely scratched the surface of what it is capable of in the field of sports.

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Prep Notes

By KEITH CONNING

Northern California

North Coast Section Preview

by Jesse Malkin

One more cross country season is well on its way, and thanks to Keith Conning, I have gotten the opportunity to express my unsolicited opinions. These are not results, they are not lists of last years top returners. They are **PREDICTIONS**. Full fledged, one hundred percent, put it all on the line, predictions.

In making my picks, I asked myself three questions: What has the athlete done so far this year? What did the athlete do last year? What do I think the athlete can do at North Coast? I have presented my reasoning to some extent through the use of a short statistical summary. By each athletes name is a list of the athlete's placings in major meets. I have not included times for years prior to 1986 (because of special considerations).

Keep in mind when reading these picks that I will be wrong. I do not pretend to be God. I have tried to be as unbiased as possible, but it is difficult, primarily because I see some athletes every week while others are just a name in the paper to me.

Good luck, and I'll see you at "Coast".

Continued at right...

Northern Calif. Team Rankings

Through October 11, 1986

by Keith Conning

Boys

1. Casa Roble (Orangevale)
- 1) Clovis 80, 2) Stanford 85, 1) Serra 45
- 2) Bellarmine (San Jose)
- 2) Clovis 80, 3) Stanford 119, 2) Serra 58
- 3) Del Campo (Fair Oaks)
- 4) Clovis 127, 1) Artichoke 81

Girls

1. Bella Vista (Fair Oaks)
- 4) Clovis 117, 1) Serra 35
- 2) Leland (San Jose)
- 1) Artichoke 125
- 3) Clovis
- 11) Clovis 240, 2) Serra 80

International Sports Exchange

Keith Conning (Berkeley) and Phil Wilder (Moreau) will lead a group of Northern California cross country runners on a trip to Hong Kong and China from December 26, 1986 to January 4, 1987.

Last year we took a group to London and Paris.

If you are interested in obtaining information please write to the International Sports Exchange, 3503 Temple, Suite D, Pomona, CA 91768.

photo by Burt Davis



Robert Roberts (Casa Roble) beats Mason Myers (Vacaville) at the wire - Clovis Inv.(9/27).

Abbreviations: NCS = North Coast Section; NorCal = Northern California Championships; Inv. = Invitational.

Men's Individuals

1. Shawn Noonan (Moreau) Senior: 1985: 10th NCS; 22nd NorCal. 1986: 3rd 2A South 3200m 9:21.3; 4th NCS 3200m 9:25.23; 23rd State 3200m 9:30.0; 1st Normet Inv. 15:19; 1st Artichoke Inv. (Sm Sch) 11:31.
2. Chris Burger (Berkeley) Senior: 1985: 8th Artichoke Inv. (Lg Sch). 1986: 2nd Cal Inv. 3200m 9:40.3; 2nd Artichoke Inv. 11:48; 8th Stanford (Lg Sch) 16:02.
3. Todd Trask (Healdsburg) 1985: 8th NCS 2A North; 26th NCS. 1986: 1st Stanford Inv. (Sm Sch) 16:12.
4. Jonathan Smith (Miramonte) Senior: 1984: 5th NCS; 11th NorCal. 1985: 6th NCS; 14th NorCal. 1986: 4th NCS 1600m heat 1 4:15.66; 2nd San Ramon Inv. (Sm Sch) 10:00; 2nd Stanford Inv. (Sm Sch) 16:36.
5. Andy Davis (Newark Memorial) Senior: 1984: 10th NCS. 1985: 19th NCS. 1986: 5th NCS 3200m 9:31.77.
6. Lance Nunes (Tennyson) Senior: 1985: 3rd NCS; 18th NorCal. 1986: 8th Stanford Inv. (Sm Sch) 16:53.
7. Dennis Hernandez (Mission San Jose) Junior: 1985: 58th Kinney Western 16:03. 1986: 1st NCS 3A mile 4:23.2y (dirt).
8. Chris Herbert (Calyton Valley) Senior: 1985: 2nd NCS 3A; 15th NCS; 36th NorCal. 1986: 3rd San Ramon Inv. (Lg Sch) 10:20; 24th Stanford Inv. (Lg Sch) 16:28.
9. Chris Mihm (Acalanes) Senior: 1985: 9th NCS 2A South; 12th NCS; 41st NorCal. 1986: 4th NCS 2A South 1600m 4:30.4; 28th Stanford Inv. (Lg Sch) 16:30.
10. Cliff Kerr (San Marin) Junior: 1985: 5th NCS 2A North. 1986: 2nd NCS 2A North 3200m 9:28.0; 4th Artichoke Inv. (Sm Sch) 11:48.
11. Steve Zierkelbach (Concord) Junior: 1985: 3rd NCS 3A; 17th NCS. 1986: 1st San Ramon Inv. (Sm Sch) 10:00; 36th Stanford Inv. (Lg Sch) 16:36.
12. Corey Trolinger (Acalanes) Senior: 1985: 13th NCS; 45th NorCal. 1986: 40th Stanford Inv. (Lg Sch) 16:39.
13. Greg Archuleta (Santa Rosa) Senior: 1985: 4th NCS 2A North; 14th NCS. 1986: 4th NCS 1600m heat 2 4:24.88; 1st San Ramon Inv. (Lg Sch) 10:16; 41st Stanford Inv. (Lg Sch) 16:41.
14. David Cardenas (Logan) 1986: 3rd Artichoke Inv. (Lg Sch) 11:55.
15. Brian Rivers (Moreau) Junior: 1985: 8th NCS 2A South; 11th NCS; 38th NorCal; 1st Postal 2 Mile Race #6 9:51y. 1986: 6th Artichoke Inv. (Sm Sch) 11:59.
16. Don Strong (Concord) Senior: 1986: 5th NCS 1600m 4:21.64; 4th San Ramon Inv. (Sm Sch) 10:16; 43rd Stanford Inv. (Lg Sch) 16:44.
17. Dan Gabor (Amador Valley) Senior: 1986: 7th State 800m 1:52.63; 32nd Clovis Inv. (Lg Sch) 16:18.
18. Mark Koepke (Calyton Valley) Junior: 1985: 18th NCS; 35th NorCal. 1986: 2nd DVAL mile 4:33.2y (dirt); 4th San Ramon Inv. (Lg Sch) 10:24.
19. Randall Watkins (Montgomery) 1985: 10th NCS 2A North. 1986: 6th San Ramon Inv. (Lg Sch) 10:28; 42nd Stanford Inv. (Lg Sch) 16:43.
20. Mike Stone (Las Lomas) 1985: 4th San Ramon Inv. (Sm Sch); 15th NCS 2A South. 1986: 3rd San Ramon Inv. (Sm Sch) 10:07.

Others: Eric Bellamy (Moreau); Alex DaSilva (El Cerrito); Marcus Luck (Castro Valley); Kevin Smith (Montgomery); Brandon Stanislaus (Logan); Ben Turman (Berkeley).

Boys Teams

1. Moreau; 2. Acalanes; 3. Concord; 4. Castro Valley; 5. Berkeley.

Girls Individuals

1. Lisa Gunther (Campolindo): 1986: 1st San Ramon Inv. (Sm Sch) 11:52; 3rd Stanford Inv. (Sm Sch) 19:07.
2. Kathy Dalton (Sonoma) Senior: 1984: 3rd NCS; 16th NorCal. 1985: 3rd NCS; 18th NorCal. 1986: 4th NCS 3200m 11:08.6; 2nd San Ramon Inv. (Sm Sch); 5th Stanford Inv. (Sm Sch) 19:29.
3. Tammy Foley (Mission San Jose) Junior: 1985: 19th NCS XC. 1986: 1st NCS 1600m 5:06.26; 3rd Stanford Inv. (Lg Sch) 19:30.
4. Veil Lehman (El Cerrito) Senior: 1985: 2nd NCS 3A; 8th NCS. 1986: 2nd NCS 1600m 5:07.36; 1st Lowell Inv.; 7th Stanford Inv. (Lg Sch) 19:59.
5. Kathi Force (Santa Rosa) Senior: 1985: 3rd NCS 2A North; 10th NCS. 1986: 1st San Ramon Inv. (Lg Sch) 12:20; 10th Stanford Inv. (Lg Sch) 20:06.
6. Jeanise Eisenman (Calistoga) Senior: 1985: 5th NCS; 23rd NorCal. 1986: 2nd NCS 3200m 11:18.7; 13th State 3200m 11:08.6; 10th Stanford Inv. (Sm Sch) 20:29.
7. Chris Rardon (Washington) Senior: 1986: 3rd NCS 3A 880y 2:21.9y (dirt); 4th Artichoke Inv. (Lg Sch) 14:45.
8. Jill Moore (College Park): 1986: 2nd San Ramon Inv. (Lg Sch) 12:26.
9. Sheri Gutierrez (Washington) Senior: 1985: 18th NCS 3A. 1986: 4th NCS 3A mile 5:30.1y (dirt); 5th Artichoke Inv. (Lg Sch) 14:50.
10. Maria Ravazza (Acalanes) Senior: 1985: 3rd NCS 2A South; 17th NCS; 27th NorCal. 1986: 3rd NCS 2A South 800m 2:20.0; 23rd Stanford Inv. (Lg Sch) 20:53.
11. Suzanne Daley (Granada) Sophomore: 1985: 13th NCS 3A. 1986: 6th NCS 3200m 11:31.5; 6th Artichoke Inv. (Lg Sch) 14:52.
12. Jennifer Walsh (Ygnacio Valley) Senior: 1985: 14th NCS 3A. 1986: 2nd NCS 3A 2 mile 11:37.7y (dirt); 1st Bob McGuire XC 9:43.
13. Catherine Payne (Berkeley) Senior: 1985: 8th NCS 3A; 27th NCS. 1986: 24th Clovis Inv. (Lg Sch) 20:10; 24th Stanford Inv. (Lg Sch) 20:54.
14. Peewee Leamus (Montgomery) Senior: 1985: 9th NCS 2A North. 1986: 2nd NCS 2A North 3200m 11:37.0; 20th Stanford Inv. (Lg Sch) 20:48.
15. McConnell (University High): 1986: Artichoke (Sm Sch) 14:48.
16. Jeneane Manesewitsch (Northgate) Senior: 1985: 9th NCS 3A; 25th NCS. 1986: 5th NCS 1600m 5:11.93; 3rd San Ramon Inv. (Sm Sch) 12:42.
17. Kim Lawler (Mission San Jose) Senior: 1985: 17th NCS 3A; 47th NorCal. 1986: 28th Stanford Inv. (Lg Sch) 21:08.
18. Robin Constantinides (Clayton Valley) Junior: 1985: 6th NCS 3A; 12th NCS. 1986: 6th NCS 3A 2 mile 11:59.2y (dirt).
19. Nina Clark (Sir Francis Drake) Sophomore: 1986: 20th Stanford Inv. (Sm Sch) 19:20.
20. Staci Brunton (Alhambra) Junior: 1985: 11th NCS.

Others: Marisa Gardella (El Cerrito); Sarah Grundman (Fortuna); Stephanie Kasa (Carondelet); Litts (San Marin); Catherine Zinn (Berkeley).

Girls Teams

1. Acalanes; 2. University High (S.F.); 3. Mission San Jose; 4. Carondelet; 5. Berkeley.

Prep Notes

NorCal Invitationals

by Keith Conning

Hornet Invitational

Sierra College, Rocklin, Sept. 13 --Senior Shawn Noonan (Moreau, Hayward) defeated senior Paul Thomas (Jesuit, Carmichael) by 12 seconds over the 3 mile course--15:19 to 15:31. Senior Chris Burger (Berkeley) placed third in 15:38.

This was a non-scoring meet. Casa Roble, without their number one runner Robert Roberts, still placed three runners in the top eight finishers. Moreau and Berkeley also had two top ten finishers.

Megan Warner (Del Oro, Loomis) defeated Tina Gorbet (Lassen, Susanville) by five seconds--17:36 to 17:41. Janet Bowie (Woodside) placed third in 18:18.

Lassen had two girls finish in the top seven.

This is the same course that is used for the CIF Northern California Championship.

Boys Individuals

1	Shawn Noonan (Moreau)	15:19
2	Paul Thomas (Jesuit)	15:31
3	Chris Burger (Berkeley)	15:38
4	Ben Ayers (Christian Bros)	15:39
5	Louie Rivera (Tokay)	15:41
6	Brian Petersen (Casa Roble)	15:43
7	Chip Anderson (Casa Roble)	15:50
8	Kevin Blazona (Casa Roble)	15:58

9	Ben Turman (Berkeley)	16:02
10	Brian Rivers (Moreau)	16:11

Girls Individuals

1	Megan Warner (Del Oro)	17:36
2	Tina Gorbet (Lassen)	17:41
3	Janet Bowie (Woodside)	18:18
4	Wanda Bailey (Fairfield)	18:19
5	Ann Kuphaldt (Bella Vista)	18:29
6	Julie Dyson (Casa Roble)	18:51
7	Mary Flinchum (Lassen)	19:54
8	Theresa Meza	20:03
9	Kim Nemaie	20:20
10	Julie Verke	20:22

Lowell Invitational

Golden Gate Park, S.F., Sept. 20--Bellarmine (San Jose) took the first four places in the boys race, but they were disqualified for holding hands at the finish.

According to Rule 4 Competitors and Competition, Section 5 Disqualification, Article 8... It is an unfair act when: (d) Contestants join hands or grasp each other at anytime during a race. For any such act, the referee shall disqualify the competitor from that event. Source: 1986 Official High School Track and Field Rules published by the National Federation of State High School Associations.

Senior Chris Burger (Berkeley) was declared the winner in 14:25. He was followed closely by his junior teammate Ben Turman in 14:27. Junior Chuck Ross (Bellarmine) placed third in 14:28.

The Bellarmine foursome of senior Scott Robinson, senior Rob Meinhardt, junior Torre Pena, and junior Ian Champeny had run the course in 14:01.

With Bellarmine out, Berkeley backed into the top spot with 49 points followed by fellow Golden Bay Athletic League rival El Cerrito with 56 and Half Moon Bay with 66. If Bellarmine had not been disqualified, they would have easily won with 17 points.

This sets up an interesting match with Casa Roble, the Hornet Invitational winner, next week in Fresno at the Clovis Invitational. Many of the top teams in Northern California will be there on the site of the Kinney Western Regional in December.

Vell Lehman (El Cerrito) defeated Catherine Payne (Berkeley) by 32 seconds--17:27 to 17:59 over the 2 1/4 mile course. Jenny Hampton (Half Moon Bay) placed third in 18:26.

Berkeley surprised traditional powerhouse Half Moon Bay and El Cerrito in the girls competition. Only nine points separated the three teams--50, 56, 59.

Who has the best boys team in Northern California as of Sept. 21?

With two invitationals completed on the road to the Northern California Championships in Rocklin, it looks like Bellarmine of San Jose coached by Terry Ward, an advanced placement history teacher at that academically-oriented school, is in the drivers seat.

Bellarmine placed their first four runners ahead of Chris Burger of Berkeley at the Lowell Invitational of Sept. 20. The Bellarmine fifth runner was only three seconds behind Burger.

Casa Roble of Orangevale coached by Ernie Gomes also has a very strong team. At the Hornet Invitational they placed three runners in the top eight. Their top runner was five seconds behind Chris Burger. However, they were missing Robert Roberts, who is one of the best runners in Northern California.

Boys Results

1	Chris Burger (Berkeley)	14:25
2	Ben Turman (Berkeley)	14:27
3	Chuck Ross (Bellarmine)	14:28
4	Alex Da Silva (El Cerrito)	14:47
5	Andy Zoldak (Bellarmine)	14:47

6	Dan Rest (Westmoor)	14:50
7	Kevin Vergo (Bellarmine)	14:53
8	Paul Fortune (Half Moon Bay)	14:56
9	Brian Henning (Sacred Heart)	14:58
10	Joe Sanchez (Rio Linda)	15:01

Boys Team Scores:

1. Berkeley 49; 2. El Cerrito 56; 3. Half Moon Bay 66; 4. Sacred Heart (S.F.) 95; 5. St. Ignatius (S.F.) 96; 6. Westmoor (Daly City) 143; 7. Lowell (S.F.) 149; 8. Grant (Sacramento) 165.

Girls Results

1	Vell Lehman (El Cerrito)	17:27
2	Catherine Payne (Berkeley)	17:59
3	Jenny Hampton (Half Moon Bay)	18:26
4	Marisa Gardella (El Cerrito)	18:42
5	Petra Rodriguez (O'Dowd)	18:48
6	Kim Vandersyde (Half Moon Bay)	18:52
7	Maureen Coll (Lowell)	18:59
8	Catherine Zinn (Berkeley)	19:07
9	Patty Pender (Westmoor)	19:13
10	Sarah Conning (Berkeley)	19:22

Girls Team Scores:

1. Berkeley 50; 2. Half Moon Bay 56; 3. El Cerrito 59; 4. Lowell (S.F.) 76; 5. Westmoor (Daly City) 84.

Bob McGuire Invitational

Concord, Sept. 20.

Boys Results - 10 Mile Relay

1	Concord	54:47
2	San Ramon	54:52
3	College Park	55:24
4	Clayton Valley	56:09
5	De La Salle	56:18

Jr/Sr Open

1	Greg Martinez (DeLaSalle)	11:34
2	Cam Stormes (DeLaSalle)	11:36
3	Ron Clark (Liberty)	11:59
4	Joe Bistrain (DeLaSalle)	12:02
5	Matt Fojut (DeLaSalle)	12:07

continued on next page...

CONVERSE Southern California Track & Field Coaches Clinic

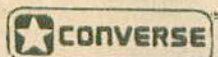
Saturday, January 17, 1987
Long Beach State University

FEATURING:

Bob Kersee—UCLA
Joe Newton—York, IL High School
Meg Ritchie—University of Arizona
Al McDaniels—UNLV
John Oroggen—Yuba College
Baruch Elias—Former Romanian National
Jumps Coach

FOR MORE INFORMATION WRITE OR CALL:

Mark Reiff, Clinics Director
Long Beach State Athletics
1250 Bellflower Boulevard
Long Beach, CA 90840
(213) 498-4666



ALSO:

49ers STRENGTH & CONDITIONING CLINIC
Sunday, January 18, 1987

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FOR INFORMATION AND APPLICATION:

Mark Reiff, Clinics Director
Long Beach State Athletics
1250 Bellflower Boulevard
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(213) 498-4666

Prep Notes

7 Alex Da Silva (El Cerrito)	12:05
8 Kevin Baiko (Los Gatos)	12:06
9 Mike Friesen (Del Campo)	12:10
10 Parker Kelly (Serra)	12:12

Small School Boys Teams

1 Moreau (Hayward)	64
2 Half Moon Bay	125
3 Gunn (Palo Alto)	147
4 Lick (San Jose)	162
5 North Monterey Co. (Castroville)	179
6 Carlmont (Belmont)	195
7 Manteca	234
8 Drake (San Anselmo)	237
9 Westmont (Campbell)	241
10 Mitty (San Jose)	268

Small School Boys Individuals

1 Shawn Noonan (Moreau)	11:31.6
2 O'Driscoll (El Camino, So. S.F.)	11:37
3 Amendt (Lick)	11:47
4 Kerr (San Marin)	11:48
5 Strachan (Lick)	11:56
6 Brian Rivers (Moreau)	11:59
7 Hernandez (Del Mar)	12:02
8 Ortiz (Lincoln, San Jose)	12:04
9 Brent Mack (Carlmont)	12:06
10 Eric Bellamy (Moreau)	12:09

Large School Girls Teams

1 Leland (San Jose)	125
2 Los Gatos	155
3 Castro Valley	173
4 Carondelet (Concord)	194
5 Gunderson (San Jose)	219
6 Del Campo (Fair Oaks)	222
7 Berkeley	232
8 Lowell (S.F.)	241
9 Granada (Livermore)	249
10 Independence (San Jose)	279
11 Willow Glen (San Jose)	282
12 Westmoor (Daly City)	318
13 Fremont (Sunnyvale)	372
14 Logan (Union City)	394

photo by Burt Davis



Katie McCandless (Castilleja), 1st Artichoke Inv. Small Schools, 2nd at Stanford Small Schools.

Large School Girls Individuals	
1 Tina Gorbet (Lassen, Susanville)	13:38
2 Veli Lehman (El Cerrito)	14:26
3 Jennifer Ashe (Leland)	14:29
4 Kris Rardon (Washing, Fremont)	14:45
5 Sheri Gutierrez (Washington)	14:50
6 Suzanne Daley (Granada)	14:52
7 Dina Farage (Gunderson)	14:53
8 Phuong Sites (Fremont)	14:56
9 Mary Flincham (Lassen)	15:01
10 Catherine Payne (Berkeley)	15:09

Small School Girls Teams

1 University	89
2 Saratoga	171
3 Mitty and Half Moon Bay	178
5 Marin Catholic (Kentfield)	179
6 Carlmont (Belmont)	185
7 Manteca	188
8 San Marin (Novato)	285
9 Notre Dame (Belmont)	291
10 Ursuline (Santa Rosa)	326

Small School Girls Individuals

1 Katie McCandless (Castilleja)	13:50
2 Janet Bowie (Woodside)	13:51
3 Cindy Mahaffey (Carlmont)	14:48.1
4 McConnell (University)	14:48.4
5 Litts (San Marin)	15:16
6 Lyders (Pacific Grove)	15:18
7 Dorothy Anderson (Capuchino)	15:24
8 Jenny Hampton (Half Moon Bay)	15:32
9 Andreen Alvarenga (Mitty)	15:37
10 Smith (University)	15:38

Stanford Invitational Stanford Gold Course, Oct. 6. 5000m. Varsity Boys "A" Teams

1 Arroyo (El Monte)	83
2 Casa Roble (Orangevale)	85
3 Bellarmine (San Jose)	119
4 Hart (Newhall)	127
5 Reno (Nevada)	226
6 Madera	243
7 Homestead (Sunnyvale)	315

photo by Burt Davis



Tina Gorbet (Lassen H.S. frosh), 1st Artichoke Inv. Large School, 4th. Stanford Small Schools.

8 Acalanes (Lafayette)	320	4 St. Francis (Mt. View)	194
9 Lompoc	335	5 Healdsburg	208
10 Serra (San Mateo)	366	6 Folsom	210
11 Rosemead	382	7 Fort Bragg	263
12 Concord	442	8 St. Augustine (San Diego)	277
13 Tustin	467	9 Mountain View	301
14 Lynbrook (San Jose)	482	10 Foothill (Pleasanton)	330
15 Lincoln (Stockton)	488	11 San Leandro	345
16 Clayton Valley (Concord)	520	12 St. Mary's (Stockton)	351

photo by Burt Davis



The Arroyo H.S. (El Monte) varsity boys team with coach Tim O'Roarke, winners at Stanford Inv. ("A" race), 10/6.

17 Santa Rosa	524	13 Woodside	353
18 Castro Valley	541	14 Encinal (Alameda)	408
19 College Park (Pleasant Hill)	542	15 North Tahoe (Tahoe City)	111
20 North (Bakersfield)	543	16 San Luis Obispo	421
21 El Cerrito	559	17 Piner (Santa Rosa)	430
22 Arroyo Grande	568	18 Tennyson (Hayward)	447
23 Montgomery (Santa Rosa)	622	19 St. Bernard (Eureka)	473
24 Berkeley	654	20 Campolindo (Moraga)	495
25 De La Salle (Concord)	655	21 Middletown	513
26 Carson (Carson City, Nevada)	696	22 Alhambra (Martinez)	556
27 Turlock	703	23 Albany	579
28 Atascadero	724	24 Sierra (Tollhouse)	581
29 Palo Alto	740	25 Pioneer (San Jose)	582
30 Sacred Heart (S.F.)	757	26 Serra (San Mateo)	594
31 Tokay (Lodi)	779	27 Miramonte (Orinda)	607
32 Mission San Jose (Fremont)	855	28 Bret Harte (Angels Camp)	655
33 South Pasadena	879	29 Santa Cruz	690
34 Menlo-Atherton (Atherton)	896	30 St. Joseph (Alameda)	785
35 Del Oro (Loomis)	916	31 Bishop Manogue (Reno, NV)	815
36 Red Bluff	949		
37 Cupertino	1182		
38 McAteer (S.F.)	1213		
39 Righetti (Santa Maria)	1293		

Varsity Boys "A" Individuals

1 Aaron Mascorro (Rosemead)	15:30.6	13 Woodside	353
2 Robert Roberts (Casa Roble)	15:32.3	14 Encinal (Alameda)	408
3 Steve Lopez (Hill, San Jose)	15:43	15 North Tahoe (Tahoe City)	111
4 Torre Pena (Bellarmine)	15:56	16 San Luis Obispo	421
5 Scott Cole (Yosemite, Oakhurst)	15:58	17 Piner (Santa Rosa)	430
6 Frank Flores (Hart)	15:59	18 Tennyson (Hayward)	447
7 Jeff Gelkey (Arroyo)	16:02	19 St. Bernard (Eureka)	473
8 Chris Burger (Berkeley)	16:02	20 Campolindo (Moraga)	495
9 Bobby Bans (Hart)	16:05	21 Middletown	513
10 Ramon Lui (Madera)	16:12	22 Alhambra (Martinez)	556
11 Gerardo Puentes (Arroyo)	16:15	23 Albany	579
12 Mike Bennett (Reno)	16:16	24 Sierra (Tollhouse)	581
13 Derrick Powers (Arroyo)	16:16	25 Pioneer (San Jose)	582
14 Kevin Blazona (Casa Roble)	16:18	26 Serra (San Mateo)	594
15 Ramon Perez (Rosemead)	16:19	27 Miramonte (Orinda)	607
16 Don Patti (Hart)	16:19	28 Bret Harte (Angels Camp)	655
17 Chris Flanders (Casa Roble)	16:21	29 Santa Cruz	690
18 Jeff Pierce (Orange)	16:22	30 St. Joseph (Alameda)	785
19 Jaime Ortega (Arroyo)	16:23	31 Bishop Manogue (Reno, NV)	815
20 Andy Kashuba (Casa Roble)	16:24		
21 Rick Brethour (Tustin)	16:26		
22 Ian Champeny (Bellarmine)	16:26		
23 Shad Warren (Reno)	16:28		
24 Chris Herbert (Clayton Vly)	16:28		
25 Scott Robinson (Bellarmine)	16:29		
26 Jason Salter (Enterprise, Red)	16:29		
27 Mark Kropf (Madera)	16:30		
28 Chris Mihm (Acalanes)	16:30		
29 Pat Reed (Arroyo Grande)	16:31		
30 Mark Siocum (Homestead)	16:32		

Varsity Boys "B" Teams

1 Half Moon Bay	124
2 Morro Bay	144
3 Nordhoff (Ojai)	182

continued on next page...

Prep Notes

Girls Varsity "A" Teams

1	Arroyo Grande	97
2	Reed (Sparks, Nv)	148
3	Carson (Carson City, NV)	152
4	Tuslin	238
5	Lompoc	265
6	Mission San Jose (Fremont)	306
7	Atascadero	314
8	Acalanes (Lafayette)	319
9	Madera	325
10	North (Bakersfield)	341
11	Castro Valley	357
12	Palo Alto	362
13	Berkeley	383
14	Reno (Reno, Nv)	392
15	Carondelet (Concord)	395
16	Righetti (Santa Maria)	430
17	Montgomery (Santa Rosa)	433
18	South Pasadena	458
19	Tokay (Lodi)	468
20	Del Oro (Loomis)	470
21	Santa Rosa	492
22	Casa Roble (Orangevale)	558
23	Red Bluff	693
24	Lincoln (Stockton)	699
25	McAtter (S.F.)	752
26	Homestead (Sunnyvale)	806

Varsity Girls "A" Individuals

1	Cindy Rockwood (Carson)	18:40
2	JoAnn Arnold (Palo Alto)	19:21
3	Tammy Foley (Mission San Jose)	19:30
4	Sharon Plante (Arroyo Grande)	19:40
5	Susan Carey (Lompoc)	19:46
6	Laurie Andeen (Menlo-Atherton)	19:55
7	Veli Lehman (El Cerrito)	19:59
8	Barbara Barcelona (Arroyo Grande)	20:01
9	Janet Roller (Mt. View)	20:05
10	Kathi Force (Santa Rosa)	20:06
11	Kelly Ilinicki (Harbor, S. Cruz)	20:11
12	Mary Lopez (Madera)	20:29
13	Hope Ramey (Arroyo Grande)	20:32
14	Sarah Ward (Carso)	20:34
15	Diona Lynch (Reed)	20:38
16	Julie Dyson (Casa Roble)	20:40
17	Barbara Tiefert (Mt. View)	20:41
18	Becky Cook (Reno)	20:44
19	Nancy McKrell (Atascadero)	20:45
20	PeeWee Lemus (Montgomery)	20:48
21	Heidie Hanson (Righetti)	20:51
22	Linda Walsh (Reed)	20:53



Mary Mendoza (Presentation, San Jose), winner Small Schools at Stanford.

22

23	Maria Ravazza (Acalanes)	20:53
24	Catherine Payne (Berkeley)	20:54
25	Nicky Jones (Reno)	20:59
26	Shelly Beesey (Reed)	21:02
27	Signe Hancock (Carson)	21:06
28	Kim Lawler (Mission San Jose)	21:08
29	LaTisha Balke (Arroyo Grande)	21:11
30	Misty Moore (North, Baksfd)	21:13

Girls Varsity "B" Teams

1	Morro Bay	111
2	Nordhoff (Ojai)	163
3	San Luis Obispo	171
4	St. Francis (Mt. View)	241
5	Bret Harte (Angels Camp)	287
6	Sierra (Tollhouse)	300
7	Miramonte (Orinda)	317
8	Foothill (Pleasanton)	317
9	St. Bernard (Eureka)	324
10	Sir Francis Drake (S. Anselmo)	325
11	Fort Bragg	369
12	Half Moon Bay	384
13	San Leandro	392
14	Marin Catholic (Kentfield)	417
15	Woodside	432
16	Alhambra (Martinez)	433
17	Bishop Manogue (Reno, Nv)	450
18	North Tahoe (Tahoe City)	507
19	Notre Dame (Alameda)	577
20	Folsom	603
21	Santa Cruz	708
22	Notre Dame (Belmont)	740

Girls Varsity "B" Individuals

1	Mary Mendoza (Presentation)	18:49
2	Katie McCandless (Castilleja)	18:52
3	Lisa Gunther (Campolindo)	19:07
4	Tina Gorbet (Lassen)	19:09
5	Kathy Dalton (Sonoma)	19:29
6	Janet Bowie (Woodside)	19:35
7	Ashley Orton (Morro Bay)	19:51
8	Tami Dobel (Nordhoff)	20:14
9	Mary Flinchum (Lassen)	20:17
10	Jeanise Eisenman (Calistoga)	20:29
11	Kathryn Krieger (SLO)	20:31
12	Meg George (Morro Bay)	20:41
13	Jenny Peterson (Central Valley)	19:48
14	Nona Hawkins (SLO)	21:02
15	Melissa Pardini (Northgate)	21:06
16	Hanna Norup (Sonoma)	21:13
17	Tanya Doyle (Bret Harte)	21:17
18	Nina Clark (Drake)	21:20
19	Teresa Clark (St. Francis)	21:30
20	Nicole Ballard (Healdsburg)	21:40
21	Roslyn Mack (St. Francis)	21:54
22	LeAnn Prather (Sierra)	21:59
23	Brenda Reynolds (Morro Bay)	22:01
24	Breena Talsmontos (St. Bernard)	22:04



Todd Trask (Healdsburg), winner Small Schools at Stanford.

25	Kim Glinski (Morro Bay)	22:10
26	Staci Brunton (Alhambra)	22:11
27	Amber Krusky (SLO)	22:14
28	Shannon Lieder (Sierra)	22:15
29	Kim Vandersyde (Half Moon Bay)	22:16
30	Jonette Vollmer (Ft. Bragg)	22:17

Ram Invitational Westmoor HS, Daly City, Sept. 27.

Boys Teams

1	Homestead (Sunnyvale)	88
2	Half Moon Bay	89
3	Castro Valley	111
4	Live Oak (Morgan Hill)	134
5	Logan (Union City)	137
6	El Cerrito	147
7	Gunn (Palo Alto)	156
8	Monta Vista (Cupertino)	166
9	St. Ignatius (S.F.)	214
10	Lowell (S.F.)	273
11	Del Mar (San Jose)	305
12	Westmoor (Daly City)	342
13	Jefferson (Daly City)	373
14	Capuchino (San Bruno)	393
15	McAtter (S.F.) incomplete	
16	Terra Nova (Pacific) incomplete	
17	El Camino (So. S.F.) incomplete	
18	South San Francisco, incomplete	
19	St. Joseph (Alameda) incomplete	

Boys Individuals

1	Peter O'Driscoll (El Camino)	12:38
2	Fernando Villegas (HMB)	12:48
3	Dave Cardenas (Logan)	12:56
4	Geland Hernandez (Del Mar)	12:58
5	Markus Luck (Castro Valley)	12:59
6	Ted Barram (Homestead)	13:02
7	Mark Slocum (Homestead)	13:09
8	Paul Fortune (HMB)	13:12
9	Sal Talamo (Live Oak)	13:14
10	Jeff Kohne (Gunn)	13:16
11	Jeff Dukes (Gunn)	13:17
12	Scott Hamilton (HMB)	13:20
13	Ken Skidmore (Lowell)	13:21
14	John True (Homestead)	13:21
15	Brandon Stanislaus (Logan)	13:21
16	Jose Trujillo (Live Oak)	13:26
17	Steve Turnipseed (El Cerrito)	13:27
18	Jordan Carroll (Monta Vista)	13:29
19	Mohamed El-Sokkary (M. Vista)	13:30
20	Jayson Higgins (Castro Vly)	13:32

Boys Soph Individuals

1	Danny Rhodes (HMB)	13:15
2	Brian Tesfazghi (Gunn)	13:19
3	Paul Denzler (Castro Vly)	13:30

Girls Teams

1	Half Moon Bay	57
2	El Cerrito	99
3	Independence (San Jose)	123
4	Castro Valley	138
5	Lowell (S.F.)	147
6	Westmoor (Daly City)	167
7	Gunn (Palo Alto)	170
8	Notre Dame (Belmont)	206
9	Live Oak (Morgan Hill)	214
10	Presentation (San Jose)	284

11	Monta Vista (Cupertino) incomplete	
12	Homestead (Sunnyvale) incomplete	
13	Capuchino (San Bruno) incomplete	
14	Terra Nova (Pacific) incomplete	
15	Notre Dame (Alameda) incomplete	
16	Logan (Union City) incomplete	

Girls Individuals

1	Veli Lehman (El Cerrito)	15:25
2	Jenny Hampton (HMB)	15:55
3	Dorothy Anderson (Capuchino)	16:03
4	Kim Coyne (Independence)	16:15
5	Debra Binnall (El Cerrito)	16:18
6	Mimi Moultrie (Notre Dame A)	16:22
7	Kim Vandersyde (HMB)	16:28
8	Amy Clemens (HMB)	16:31
9	Allison Torres (Westmoor)	16:37
10	Maureen Coll (Lowell)	16:40
11	Debbie Bedal (Independence)	16:41
12	Jodi Rempel (Castro Vly)	16:42
13	Jennifer Marchant (Monta Vista)	16:43
14	Jennifer Devine (HMB)	16:48
15	Jessica Warner (Castro Vly)	16:50
16	Jennifer Johnson (Homestead)	16:52
17	Marisa Gardella (El Cerrito)	17:01
18	Raquel Kuronen (Lowell)	17:05
19	Anne Blaschke (Gunn)	17:10
20	Roxana Robertson (Monta Vista)	17:13

Girls Soph Individuals

1	Nancy Bell (Lowell)	16:37
2	Sharon Buck (Logan)	16:50

Serra Invitational

Crystal Springs, Belmont, Oct. 11.

Boys Championship Varsity Teams		
	Casa Roble (Orangevale)	45
	Bellarmino (San Jose)	58
	Clovis	80
	Jesuit (Carmichael)	101
	Serra (San Mateo)	133
	Homestead (Sunnyvale)	147
	Amador Valley (Pleasanton)	184
	Christian Brothers (Sacto)	204

Boys Championship Varsity Individuals

1	Robert Roberts (Casa Roble)	14:53
2	Jason Lienau (Clovis)	14:54
3	Steve Lopez (Hill, San Jose)	14:54
4	Torre Pena (Bellarmino)	15:12
5	Rob Meinhardt (Bellarmino)	15:13
6	Paul Thomas (Jesuit)	15:18
7	Scott Robinson (Bellarmino)	15:22
8	Kevin Blazona (Casa Roble)	15:25
9	Chris Flanders (Casa Roble)	15:25
10	Ayers (Christian Bros)	15:29

Boys Varsity Teams

1	Live Oak (Morgan Hill)	96
2	Lynbrook (San Jose)	119
3	Cordova (Rancho Cordova)	124
4	St. Francis (Mt. View)	156
5	North Tahoe (Tahoe City)	161
6	Independence (San Jose)	186
7	San Jose	195
8	St. Ignatius (S.F.)	222
9	Gunderson (San Jose)	258
10	Westmont (Campbell)	268

Boys Varsity Individuals

1	Name Unavailable	15:37
2	Kerr (Sacred Heart, S.F.)	15:43
3	Jose Trujillo (Live Oak)	15:47
4	David Kopec (Independence)	15:50
5	Sal Talamo (Live Oak)	15:51
6	Branden (Newark Memorial)	15:55
7	Rico (San Jose)	15:57
8	Teller (San Mateo)	15:58
9	Rodriguez (San Jose)	16:03
10	Carrillo (Leland)	16:06

Girls Varsity Teams

1	Bella Vista (Fair Oaks)	35
2	Clovis	80
3	Independence (San Jose)	106
4	Willow Glen (San Jose)	116
5	Casa Roble (Orangevale)	117
6	Westmont (Campbell)	130
7	American (Fremont)	163
8	No. Monterey Co (Castroville)	183
9	Oak Grove (San Jose)	204
10	Cordova (Rancho Cordova)	228

Girls Varsity Individuals

1	Katy McCandless (Castilleja)	17:18
2	Ann Kuphaldt (Bella Vista)	17:41
3	Janet Bowie (Woodside)	17:58
4	Felix (Oak Grove)	18:07
5	Dyson (Casa Roble)	19:04
6	Coyne (Independence)	19:20
7	Coutlirrez (Westmont)	19:28
8	Anderson (Capuchino)	19:32
9	Bedal (Independence)	19:34
10	Farage (Gunderson)	19:35

Del Mar Invitational October 11.

Boys Teams

1	Half Moon Bay	54
2	Del Mar (San Jose)	97
3	Fremont (Sunnyvale)	137
4	Lick (San Jose)	138
5	Blackford (San Jose)	139
6	Wilcox (Santa Clara)	146
7	Lincoln (San Jose)	173
8	Santa Clara	182
9	Mount Pleasant (San Jose)	215

Boys Individuals

1	Peter O'Driscoll (El Camino)	10:28
2	Amendt (Lick)	10:45
3	Hernandez (Del Mar)	10:53
4	Villegas (Half Moon Bay)	10:55
5	Ortiz (Lincoln)	10:56
6	Hamilton (Half Moon Bay)	11:06
7	Fortune (Half Moon Bay)	11:16
8	Zowin (Wilcox)	11:25
9	Laguna (Fremont)	11:26
10	Reinhardt (Del Mar)	11:27

Girls Teams

1	Half Moon Bay	32
2	Fremont (Sunnyvale)	33
3	Mount Pleasant (San Jose)	73

continued on next page...

Prep Notes

4 Lincoln (San Jose)	94
5 Del Mar (San Jose)	129

Girls Individuals

1 Phoung Sites (Fremont)	13:22
2 Beth Bartholomew (Fremont)	13:48
3 Jenny Hampton (Half Moon Bay)	13:49
4 Amy Clemens (Half Moon Bay)	13:53
5 Manrique (Lincoln)	13:57
6 Fuentes (Santa Clara)	14:03
7 Wolfe (Wilcox)	14:06
8 Van Der Syde (Half Moon Bay)	14:20
9 Brooke Bartholomew (Fremont)	14:21
10 Devine (Half Moon Bay)	14:22

Ed Sias Invitational

Hidden Valley Park, Martinez, Oct. 11.

Boys Teams

1 Vacaville	61
2 San Ramon (Danville)	64
3 Concord	72
4 College Park (Pleasant Hill)	114
5 Las Lomas (Walnut Creek)	140
6 Clayton Valley (Concord)	141
7 De La Salle (Concord)	179
8 Antioch	195
9 Ygnacio Valley (Concord)	209
10 Bishop O'Dowd (Oakland)	213

Boys Individuals

1 Kevin Holbrook (Vacaville)	15:39
2 Steve Zirlbach (Concord)	15:53
3 Scott Smoot (Vacaville)	16:20
4 Bruce Carter (San Ramon)	16:23
5 Jason Gantt (Ygnacio Valley)	16:36
6 James Thurmond (Vacaville)	16:38
7 Steve Goeller (Las Lomas)	16:47
8 Don Strong (Concord)	16:48
9 Andy Leigh (San Ramon)	16:48
10 Rich Schwerin (College Park)	16:48

Girls Teams

1 Carondelet (Concord)	44
2 Las Lomas (Walnut Creek)	77
3 College Park (Pleasant Hill)	85
4 Miramonte (Orinda)	86
5 Antioch	91
6 Newark-Memorial	104

Girls Individuals

1 Jenny Walsh (Ygnacio Vly)	19:01CR
2 Jennifer Sells (Antioch)	19:39
3 Robin Constantinides (ClaytonV)	19:44
4 Courtney Clark (Las Lomas)	19:57
5 Staci Brunton (Alhambra)	20:25
6 Jill Moore (College Park)	20:37
7 Melissa Pardini (Northgate)	20:41
8 Stephanie Kasa (Carondelet)	21:09
9 Erica Sweeny (Fairfield)	21:12
10 Annette Souza (Las Lomas)	21:15

ing a virtually solo run. In the Kenny Staub Meet Erbes was a 100 yard winner at 15:25 over a very good field.

The Southern Section does have a couple of other rising stars on the ladies side. From the high desert area of Southern California Tanya Thayer (Serrano) has emerged on the scene with all the effect of a desert windstorm. The frosh star Thayer is a past National Age Group Champion, and seems to be continuing to improve. In her three Invitational runs this fall she has left second far to the rear. In the Hesperia Christian Invite she was the winner by 1:17 at 21:34, at Perris she raced a fastest of the day 18:46 (to

photo by Doug Speck



Richard Erbes (Glendale)

photo by Doug Speck



Melissa Sutton (Newbury Park) at Kenny Staub Invitational.

Southern California

SoSec Cross Country Notes

by Doug Speck

The Southern Section could dominate next year's first California State Cross-Country Meet in the men's division, should the legislation for that affair be worked out prior to the 1987-88 school year. This fact is not because the area has better runners than others, but that the majority of the area's top squads are made up of almost all underclass athletes. Palos Verdes, third at Clovis, runs 1 senior on its Varsity, the Arroyo (El Monte) team that won at Stanford is led by four juniors, with Corona Del Mar, Upland, Walnut, and Covina all outstanding groups with the main actors just about all underclass athletes.

Melissa Sutton (Newbury Park) is the Section's best ever female cross-country athlete since the young ladies started running 3 miles back in 1981. She has totally romped away from the field in four Invitationals, winning from 10:40-10:55 2 milers by about a minute quite regularly. At the Arroyo Grande Invitational at UCSB she took her own Course Record of 17:39 down to 17:00 in her win by 1:58, at the Woodbridge (Irvine) Invite she won by 48 seconds at 17:01, despite a wrong turn, in destroying a 17:34 Course Record, at the Agoura Invite she won by 1:28 in 17:31, and at the Kenny Staub Invitational (La Crescenta Park) she won by 1:08 with a 17:31 Meet Record run. The Staub run may have been the most impressive, as she took down Kirsten O'Hara's record of 18:04 from 1983. O'Hara (Palos Verdes) went on to establish the current Mt. San Antonio College 3 mile prep record of 17:16 and was the Kinney Western Regional Cross Country champion that year. Sutton will compete on that same Mt. SAC facility in the Section championships, and with the way she is running it appears that the defending National Kinney Champion, Erin Keogh (Langley, McLean, Virginia) is the only athlete in the nation who can give Sutton a race.

Top runners in the men's division so far this fall have been Chris Lugo (Valencia, Placentia) and Richard Erbes (Glendale). Lugo, the defending Southern Section 2A Cross Country champion, with a 9:29.8 3200m best on the track, is a very hard worker. This fall he is undefeated with "best of day" times in the large and competitive Woodbridge and Dana Hills Invitational. Erbes, a 9:05.19 3200m star and defending Section 4A Cross Country Champ has really been rolling. At the Bell-Jeff Invitational at Griffith Park Erbes blasted a good 14:40 Course Record (set by 9:10 two miler George Yuster (Brentwood) in 1982) down to 14:10 dur-

win by 2:07, and at Yucaipa she recorded a Div. I win at 18:26 (1:44 ahead of second). Her Yucaipa win was just a bit behind the 18:22 win by Brigid Freyne (Riverside Poly) in Div. III. Freyne has proved herself to be the equal of anyone in the Section outside of Sutton this fall. Jamie Park (Santa Barbara) is a soph who divides her time between the very competitive Santa Barbara Don tennis and cross country squads. Last year the slight beach city star recorded an 11:25.44 best for 3200m. This fall the week of the Arroyo Grande "Big Ditch" Invitational Park won 2 of 3 singles matches for the Dons in tennis against cross-town rival San Marcos, then headed north on the weekend to San Luis Obispo for the "Ditch" run. In that race all Jamie did was blast State Meet 3rd placer (at 3200m) Mary Mendoza (Presentation, San Jose) 17:25-17:46. Karen Hecox is a bouncy striding ninth grader at South Hills of Covina, who started her interscholastic career in fine style with a Division I varsity win at the Woodbridge Invitational (18:28), and had the quickest time of the day in her Division win at the Azusa Invitational in 18:14.

The Section also has an outstanding group of male frosh-soph runners. Tall, thin Bryan Daneworth (Agoura) will go after some area 9th grade bests before the year is over. After an 8:49.0 3000m during the summer of his 8th grade year in school, Bryan has romped to big Divisional wins at the Royal and Agoura Paramount Ranch Invitationals. He met defeat for the first time with a 3rd

Continued on next page...

1987 San Joaquin Valley Coach of the Year Track Clinic

January 10th*
Fresno State University



Bobby Pointer: Former World Class sprinter. Sprint coach at San Jose State University. "Training for the 200m and 400m".

Dr. Tim Anderson: Exercise Physiologist, Fresno State University. "The effects of training on the athlete".

Jim Polite: Mt. SAC College and Walnut High School. "Training the distance runner".

Steve Chappell: AMF Pacer. "The Russian Vault Program". Report from the International Clinic in England.

Lane Maestretti: AMF Pacer. "Safety and the pole vault".

Randy Williams: Gold Medalist, 1972 Olympics. "Training the long jumper".

Cam Baxter: Bradshaw Athletic Club. "New Trends in weight training and setting up training cycles".

* = Note the change in date so that it does not conflict with Christmas break.

Fresno State University and California Track and Running News
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□ Prep Notes

placed in the Kenny Staub Invitational, but recorded what probably is the top 9th grade time ever there with his 16:02 on challenging course which runs timewise about the same as Mt. SAC. Scott Hempel (Walnut), 9:22.90 3200m as 9th grader, has started his soph year in fine style, having recorded a 15:55 already at Mt. SAC. Mike Esparza (Newbury Park) is the latest in a family of runners, and the soph star may be the best of that clan, recording a Large Schools win at the Agoura Invitational and fine 16:04 at Staub. Eddie LaVelle and Greg Shyrock, both of Corona Del Mar, have looked very strong this fall, with LaVelle slightly ahead of his teammate through Divisional wins at the Woodbridge, Laguna Hills, and Dana Hills Invitationals. Marco Ocegura (Rubidoux, Riverside) nipped fellow soph Armando Huizar (Ontario) in a very quick Colton Invitational Soph Division race. Pete Burks (Upland), Mike Tansley (Dana Hills), and Mike Rattary (Canyon, Canyon Country) are others doing a super job at the varsity level with two years left in the prep ranks.

A big thanks to all the Meet Directors who have sent me the results from their meets this Fall so that we might cover them, and a special thanks to Mike Kennedy, Mike Sayward, and John Laralde for their assistance.

SoCal Invitationals

by Doug Speck

□ Morro Bay Invitational

Morro Bay, Sept. 6-A handful of Southern California schools showed up at Morro Bay on Saturday morning, Sept. 6th, for a meet that has grown into a nice little annual affair. Enough good teams and individuals competed to make the results quite interesting. Mission College prep of San Luis Obispo's Kevin Ochs was a big surprise in the men's race, as the senior 4:25.60 1600 meter runner blasted some big names by quite a ways, in setting a new course record in running to a 17:27.4 victory. Kevin left Carpinteria's Brett Kimple and 9:22.90 3200m soph Scott Hempel (Walnut) 100 meters to the rear in his win. Hempel raced 15:56 at Mt. SAC two weeks later, so Ochs is a very legit commodity and will be a 1A area threat. Walnut was a very easy team winner with 22 points (92:09) in the men's varsity, as Coach Jim Polite's crew seems the class of the Section 2A men's teams. In the women's race Morro Bay (39) (114:29) upset Walnut (42) (114:30) by a narrow margin, using its superior depth behind the 1-2 of Walnut's Jamie Gunn (21:22) and Lisa Vandenberg (21:29).

Women's Results:

1. Gunn (W) 21:22, 2. Vandenberg (W) 21:29, 3. Orton (MB) 21:34, 4. Acosta (W) 21:52. **Team Scores:** 1. Morro Bay 39 (114:29), 2. Walnut 42 (114:30), 3. Nordhoff 84 (125:20).

Men's Results:

1. K. Ochs (MCP) 17:28, 2. Kimple (Carp) 17:40, 3. S. Hempel (W) 17:47, 4. Huizar (Ontario) 17:48, 5. Walker (W) 18:02. **Team**

Scores: 1. Walnut 22 (92:09), 2. Nordhoff 73 (98:42), 3. Morro Bay 80 (98:32).

□ Hesperia Christian Invitational

Hesperia Christian HS, Sept. 8th-A number of area very small schools showed up to the Hesperia Christian Invitational, as the 185 student sponsoring school must be congratulated for getting into the multi-team competition business. Local 1A team power Paraclete (of Lancaster) was the team winner in both the men's (43 points) and women's (28) divisions. Individually, the emergence of Tanya Thayer (Serrano HS) into the interscholastic prep ranks was the news, as the super national-level age-grouper is now a ninth grader and took the women's varsity race at 21:34 to win by 1:17. Youth prevailed individually on the men's side also, as soph Stephen Niednagel (Capistrano Valley Christian) was the winner at 18:21.

Women's Results:

1. Thayer (Serrano) 21:34, 2. Harvey (Par) 22:51, 3. Perkins (Par) 23:05. **Team Scores:** 1. Paraclete 28, 2. LaSierra Academy 101.

Men's Results:

1. Niednagel (Capo Valley Christ) 18:21, 2. Kerzie (Par) 18:32, 3. Heiber (Serrano) 18:35. **Team Scores:** 1. Paraclete 43, 2. Serrano 54, 3. Hesperia Christian 87.

□ Colton Invitational

Colton High School, Sept. 13-On Saturday, Sept. 13, a large number of predominantly San Bernardino-Riverside County area schools gathered at Colton High School for the Annual "Colton Swarm" Invitational. Some very fine in-

dividual performances and over-all team times, when the five best from this "by-grades" meet were added up, highlighted the afternoon.

Bridgid Freyne (Riverside Poly), 11:27.27 for 3200m last spring, has done some work since—here she won the junior-senior women's race at a super 17:29 over teammate Kat Prince (19:02). RP had easily the fastest team-time for the young ladies with their 99:39, with Corona (101:30) and Colton (101:47) next best. Monika Montiel (Chaffey, Ontario) was the winner of the 9th-10th grade race in a fine 18:09.

Super soph, Marco Ocegura (Rubidoux, Riverside) handled Ontario's Armando Huizar 15:14-15:21 in their 10th grade run, with Sergio Trujillo also taking the junior race for Rubidoux, in a fine 15:19. Rubidoux (79:21) and Hemet (79:57) squeezed under 80:00 as men's teams.

Women's Results:

(9th-10th) 1. Montiel (Chaf) 18:09, 2. Barnes (Corona) 18:40, 3. Hernandez (Colton) 19:00, 4. Chavez (Colton) 19:12. (11th-12th) 1. Freyne (RP) 17:29, 2. Prince (RP) 19:02, 3. Rigney (Cajon, S.B.) 19:19. **Team Scores:** 1. Riverside Poly 99:39, 2. Corona 101:30, 3. Colton 101:47, 4. Chaffey 103:06.

Men's Results:

(9th) 1. Cooke (AV) 17:24, (10th) 1. Ocegura (Rub) 15:15, 2. Huizar (Ontar) 15:21, 3. Hoban (Rub) 15:56. (11th) 1. Trujillo (Rub) 15:20, 2. Prestwich (Hemet) 15:22, 3. Arce (Corona) 15:25. (12th) 1. Berg (AV) 15:40. **Team Scores:** 1. Rubidoux 79:21, 2. Hemet 79:57, 3. Antelope Valley 80:21, 4. Downey 81:01.

□ Woodbridge Invitational

Woodbridge High School, Sept. 13-The Woodbridge (Irvine) Invitational, where everyone goes home with a trophy (40 individually per race), continued its tradition with another fine meet under the direction of Coach George Varvas and the area Rotary group. A number of area individual and team powers showed up to make 1986 another affair to remember. Newbury Park's Melissa Sutton continued her individual tear during the current harrier season, destroying another course record, with the Arroyo men's squad handing out a challenge to all comers statewide with a very, very solid team performance. The men here run in four "by-grade" races, with the women in Varsity, JV, and frosh-soph runs. The morning featured the 1A and 3A level competitions, with past heat problems having the 2A group come back for a late afternoon session.

Sutton, meeting the old course record holder, Heather Scobie (Saugus) in a morning Div 3A Varsity race, blasted past the quick-starting Saugus soph after a half-mile and raced away to a big win. Sailing through the mile on this basically flat 3-mile at under 5:30, Melissa continued her strong pace through a 17:01 final time, destroying Scobie's CR of 17:34. At one point in the race runners make a turn past the finishing chute and continue diagonally across a field to continue the race—Sutton made a mistake and raced down the chute the first time through, ducking under the flags at the end and

photo by Burt Davis



Heather Scobie (Saugus soph.)
1st. Div. II and 3rd fastest time
at Laguna Hills Inv.

getting back on course, a move that probably cost her 10 seconds or so. Sutton reported later that she felt stronger this week than her new UCSB course record run of a week previous, and looks like she has all the tools to challenge as best in the nation in 1986-87. Team-wise it was Newbury also, as Coach Mike Stewart's squad was an easy 3A winner with 44 points (94:16). Newport Harbor showed the depth of its program, racing to a 97:02 in a 47 point 2A afternoon Varsity women's victory—Newport graduated the nucleus of one of the state's best 1985 groups, but Coach Bob Van Sickle has worked his magic on a new group for '86. Tracey Williams (Mt. View, El Monte) was a 2A afternoon winner at 18:08, with South Hills (Covina) frosh Karen Hecox the 1A winner at 18:28.

In the men's division it was Chris Lugo (Valencia, Placentia) who had the day's top individual time with his 15:04 solo afternoon 2A senior race win. Roger Nava (Santa Ana) 15:11 handled Marina's Shannon Winkelman (15:14) in their 3A Junior race, with Capistrano Valley's Oman took the 12'h grade run there at 15:11 over Montebello's Nava (15:13), Haissam Sabra (Ocean View, Huntington Beach) 15:16, and Moreno Valley's 4:12 mile, Raul Serratos, back in 4th at 15:18. Corona Del Mar picked up a fine transfer in Eddie LaVelle, and the fine soph took the 3A 10th grade run at 15:25. John Trefecanty (Cathedral, LA) took the 1A 12th grade run at 15:20. Arroyo (El Monte) may have the state's best men's group. Here they romped in their showdown with divisional rival Buena Park, led by the 1-2-3 of Jeff Gilkey (15:24), Derrick Powers (15:40), and Gerardo Puentes in the 11th grade 2A run. Coach Tim O'Rourke's Knights recorded a 78:49 team time to take the overall

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Prep Notes

photo by Doug Speck

trophy, with Corona Del Mar next fastest with their 79:53.

Women's Results:

(1A) 1. Hecox (SoHills) 18:28, 2. Peterson (LagBch) 18:47. **Team Scores:** 1. Laguna Beach 57 (99:14). (2A) 1. Williams (Mt.View) 18:08, 2. Hamilton (So.Torr) 18:48, 3. L. Williams (Mt.View) 18:49. **Team Scores:** 1. Newport Harbor 47 (97:02). (3A) 1. Sutton (NP) 17:01CR, 2. Scobie (Saugus) 17:49, 3. S. Karpel (Ocean View, HB) 17:59, 4. Cervantez (Montebello) 18:31, 5. K. Karpel (OV) 18:32. **Team Scores:** 1. Newbury Park 44 (94:16).

Men's Results:

(1A 9th) 1. Farrell (SanClemente) 16:14. (10th) 1. Lewis (Burbank) 15:54. (11th) 1. Heppenstall (Woodbridge) 16:07. (12th) 1. Trefacenty (Cathedral) 15:20, 2. Hobson (Costa Mesa) 15:24. (2A 9th) 1. Griebel (Arroyo) 17:52. (10th) 1. Sanchez (Buena Park) 18:15. (11th) 1. Gilkey (Arroyo) 15:24, 2. Powers (Arr) 15:24, 3. Powers (Arr) 15:40. (12th) 1. Lugo (Valencia) 15:04. (3A 9th) 1. Quinones (Santa Ana) 17:17. (10th) 1. LaVelle (CDM) 15:25, 2. Shyrook (CDM) 15:43. (11th) 1. Nava (SA) 15:11, 2. Winkelman (Marina) 15:14. (12th) 1. Oman (Capo Valley) 15:11, 2. Nava (Montebello) 15:13, 3. Sabra (OV) 15:16, 4. Serratos (MorVal) 15:18, 5. Mora (Beverly Hills) 15:23. **Team Scores:** 1. Arroyo 78:49, 2. Corona Del Mar 79:53, 3. Costa Mesa 80:48, 4. Capistrano Valley 81:03, 5. Montebello 81:33, 6. Laguna Hills 81:54.

Royal Invitational

Moorpark College, Sept. 13- This three divisional competition which annually attracts about all of the better teams from the northern half of the section with some other teams traveling in was its usual early-season highpoint. Palos Verdes headed in with the Section's top men's and women's squad and came out victorious against top competition. PV scored a miniscule 36 (91:21) in the women's division against very strong Westlake (Westlake Village) 56 (92:17) and Thousand Oaks 72 (95:33). Palos Verdes is the best area women's squad since the University (Irvine) and Tustin groups that were the nation's best earlier in the 1980's. Kinney National CC finalist Christy Farrell started her senior year in fine style, racing away to a 17:33 victory on a course shortened due to construction. Westlake may be the state's second strongest female group. The Sea King men's group had a bit more of a contest, just edging TO here 53 (77:08) - 57 (77:30). Hueneme's Anthony Williams was an easy individual winner at 14:48. Super Agoura frosh Bryan Daneworth (8:49.0 3000m as 8th grader) was the Medium Schools winner individually at 14:57. Coach Gene Blankenship's Hart (Newhall) group was the Medium men's winner with 43 points and a fine 78:18 team time.

Women's Results:

(Sm) 1. Dobel (Nordhoff, Ojai) 18:59. **Team Scores:** 1. Nordhoff 39 (104:01). (Med) 1. Barcelona (AG) 18:41. **Team Scores:** 1. Arroyo Grande 36 (98:57). (Large) 1. Farrell (TO) 17:33, 2. Leichter (PV) 17:42, 3. Feiler (West) 17:52, 4. Haggemiller (TO) 17:56, 5. Crooks (PV) 18:09, 6. Rossbach (Ventura) 18:15. **Team Scores:** 1. Palos Verdes 35 (91:21), 2. Westlake 56 (92:17), 3. Thousand Oaks 72 (95:33), 4. Ventura 128 (100:59).

Walnut Invitational

Mt. San Antonio College, Sept. 18- Another one of the pre-league meets that has turned into a mini-invitational, this Walnut sponsored affair on the course where Section competition is held featured some super teams. Arroyo (El Monte) added fuel to its argument as the



Chris Lugo (Valencia) at Woodbridge Invitational.

Golden State's top men's squad with an amazing 81:15 team time (16:15 ave.) and 24-42 victory over Walnut High. Junior Jeff Gilkey (15:52) edged Walnut soph Scott Hempel (15:56) and Junior teammate Derrick Powers (15:56) for the win. Walnut handled a slightly depleted Hesperia group in the women's race, with the super Hesperia duo of Nicole Houle (19:19) and Robbyn Bryant (19:23) going 1-2. Walnut scored 35 (104:32), with Arroyo (El Monte) with 60 also nipping Hesperia 74.

Laguna Hills Invitational

Laguna Hills High School, Sept. 20- In another "by-grade" meet on a beautiful day a number of fine schools came to this Orange County school's course that winds around the school, then heads out a couple of blocks into the community and returns to the Track to finish. It was the Palos Verdes show once again, as Coach Rod Flager and Joe Kelly's crews had easily the day's quickest overall team times--the men 78:03 (to Corona Del Mar's 79:46) and the women 92:48 (with Dana Hills next at 100:10).

San Diego's Marc Davis came north and had the day's quickest individual time, 15:00 in his Div. I senior run win. PV junior David Scudamore ran 15:12 in the Div. II 11th grade race, with Eddie LaVelle (CDM) clocking 15:18 in a 10th grade competition. The domination of the Palos Verdes women is truly worth noting, as they had 6 of the day's 10 times under 19:00 on this rolling 3 mile course. Tracy Leichter (PV) headed the day's running with an 18:04 jr/sr Div. II run.

Women's Results:

(I 9th) 1. Peck (Woodbridge) 19:50. (10th) 1. Keim (San Pasqual, Escondido) 18:57. (11th/12th) 1. Phillips (SP) 19:57. (II 9th) 1. Crooks (PV) 18:37. (10th) 1. Ashley Black (PV) 18:17, 2. Scobie (Saugus) 18:33. (11th/12th) 1. Leichter (PV) 18:04, 2. Hand (Fallbrook) 18:40. (III 9th) 1. Adam (Huntington Beach) 19:54. (10th) 1. Kossoris (1000 Oaks) 19:22. (11th/12th) 1. Haggemiller (ThousOaks) 18:34. **Team Scores:** 1. Palos Verdes 92:48, 2. Dana Hills 100:10, 3. Thousand Oaks 100:58, 4. Corona Del Mar 101:15, 5. Tustin 102:39.

Men's Results:

(I 9th) 1. Regal (Loyola) 16:42. (10th) 1. Gubnay (LagHills) 15:56. (11th) 1. Heppenstall (Woodbridge) 16:00. (12th) 1. Davis (SD) 15:00. (II 9th) 1. Lepken (Hart) 16:16. (10th) 1. LaVelle (CDM) 15:18. (11th)



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photo by Doug Speck



Christy Farrell (Thousand Oaks) at Kenny Staub Inv.

1. Scudamore (PV) 15:12, 2. Arre (Corona) 15:27. (12th) 1. Breathour (Tustin) 15:23, 2. Trotter (Rio Mesa, Oxnard) 15:28. (III 9th) 1. Biddle (Mt. Carmel, San Diego) 16:52. (10th) 1. Tansley (Dana Hills) 16:07. (11th) 1. Segura (DH) 15:35. (12th) 1. Oman (Capistrano Valley) 15:26. **Team Scores:** 1. Palos Verdes 78:03, 2. Corona Del Mar 79:46, 3. Hart (Newhall) 79:53, 4. Dana Hills 80:49, 5. Laguna Hills and Thousand Oaks 80:51, 7. Rio Mesa (Oxnard) 80:53.

Perris Invitational

Perris High School, Sept. 20- Ramona, from the San Diego Section, headed north

to dominate this Southern Section meet at Perris. Leading the varsity men's competitors was 4:13.51 1600m runner Jorge Castro, who led his team to an easy Div. II victory with an equally easy (31 seconds) individual win at 16:10. Colton took the Div. II women's race title, with Karen Karcher (Ramona), an 11:07.12 3200m runner the individual title. The area's newest star, Serrano frosh Tanya Thayer, took the Div. I race a minute faster than Karcher.

Women's Results:

(Div.I) 1. Thayer (Serrano) 18:46, 2. Snider (29 Palms) 20:53. **Team Scores:** 1. Yucaipa 29, 2. Rim of World (Lake Arrowhead) 98. (Div. II) 1. Karcher (Ramona) 19:49, 2. Rigney (Cajon, San Bern) 20:43. **Team Scores:** 1. Colton 72, 2. Ramona 78, 3. Hemet 85.

Men's Results:

(Div.I) 1. Edgar (R of W) 17:21. **Team Scores:** 1. North Riverside 49. (Div. II) 1. Castro (Ram) 16:16, 2. Prestwich (Hemet) 16:41, 3. Hair (H) 16:45, 4. Ruiz (Coachella Valley) 16:47. **Team Scores:** 1. Ramona 56, 2. Hemet 94, 3. Palm Springs 112.

Arroyo Grande "Big Ditch" Invite.

San Luis Obispo, Sept. 20- Coach Greg DeNike added another invitational to the Southern Section schedule this fall with the "Big Ditch" run and had a representation state-wide in the inaugural affair. The Westlake (Westlake Village) women's group, unquestionably one of the top handful of female prep squads in the state, was an easy Seeded race winner with 48 (94:10) points to Arroyo Grande's

continued on next page...

Prep Notes

81 (97:15). Santa Barbara's Jamie Park raced herself into the area limelight in that race, as the soph who split her time last year with tennis and raced 11:25.44 for 3200m in the spring, dusted some very good people with a 17:25 21 second win over state track meet placer Mary Mendoza (Presentation, San Jose). Clovis took the men's title, with 53 points (80:06) over Lompoc 61 (80:04), with Lompoc's Tom Campbell the individual winner, at 15:16, over Kevin Ochs (Mission College Prep, San Luis Obispo) (15:25).

Women's Results:

(Rated) 1. Hanson (Righetti, S.Maria) 19:04. **Team Scores:** 1. Los Gatos 28 (100:29). (Seeded) 1. Park (Santa Barbara) 17:25, 2. Mendoza (Presentation, SJ) 17:46, 3. Feller (Westlake) 18:12, 4. Plante (AG) 18:23. **Team Scores:** 1. Westlake 48 (94:10), 2. Arroyo Grande 81 (97:15), 3. Morro Bay 103 (99:22), 4. Lompoc 109 (99:52), 5. Atascadero 109 (100:51).

Men's Results:

(Rated) 1. Balco (Los Gatos) 15:41. **Team Scores:** 1. Los Gatos 26 (82:04). (Seeded) 1. Campbell (Lompoc) 15:16, 2. Ochs (MCP) 15:25, 3. Sheller (Clovis) 15:34, 4. Lienau (Clovis) 15:45. **Team Scores:** 1. Clovis 53 (80:06), 2. Lompoc 61 (80:04), 3. Arroyo Grande 77 (81:32), 4. Westlake 107 (82:51).

Alta Loma Invitational

September 20-A group of East San Gabriel Valley and Pomona Valley teams gathered for this invitational. It turned out to be an Upland High show, as Coach Bob Loney's men and Bob Sprung's women took both division titles. Coach Loney's men's squad is his best in a number of years, and here they were led by junior David Hesselline, the individual winner at 15:02, and soph Pete Burks, much improved to 15:10 for second. Upland's 21 points in the men's varsity and 78:24 team time put them some 6 minutes ahead of the 101 and 84:49 for Ontario in second. Chaffey (Ontario) soph Monika Montiel was the individual women's winner at 18:20 ahead of Upland's Heather Watson (18:51), with Upland's 55 (103:00) nipping Chaffey 61 (103:19).

Girl's Results:

1. Montiel (Chaff) 18:20, 2. Watson (Upl) 18:51, 3. Sansom (Glendora) 19:25, 4. Akers (Chaffey) 19:52, 5. Gibbs (Glendora) 20:04. **Team Scores:** 1. Upland 55 (103:00), 2. Chaffey 61 (103:19), 3. Glendora 68 (105:09), 4. Chino 74 (106:56).

Men's Results:

1. Hesselline (Upland) 15:02, 2. Burks (Upl) 15:10, 3. Huizar (Ont) 15:26, 4. Green (Upl) 15:50, 4. Galindo (Upl) 15:54. **Team Scores:** 1. Upland 21 (78:24), 2. Ontario 101 (89:49).

Sonora Invitational

Craig Park, Sept. 20.- La Habra High teams were the stars of this meet that has risen to some popularity on a quick, gently rolling Craig Park Cross Country course. The La Habra men's group is probably among the state's top half-dozen squads (#2 ranked 3A Southern Section), and had 5 among the top 19 in their Division I win with 43 points over Freeway League rivals Buena Park (43). LH's team time was 77:12, comparing very favorably with the CR 76:55 from a #1 ranked in the State 1982 Mater Dei (Santa Ana) squad. Gabe Sanchez (Buena Park) edged rival Terrance Mahon (LH) for the individual win 14:59-15:01. Lupe Casillas (El Rancho, Pico Rivera) edged LH's Sita Jones 18:27-18:29 for the Div I women's win, with La Habra (47:96-54) handling Simi Valley (63:101-12) for the team title there. A much-improved Antelope Valley (Lancaster) men's team took the Div II title with 59 (80:04) points over Golden League

rival, Canyon (Canyon Country) 108 (82:22). Loomer Zachery (Cypress) was the individual winner at 15:18. Canyon's women's squad was a narrow winner (54-107:03) over Paramount (58) and Northview (Covina) (65) with Stacey Sanderson (Northview) the individual winner at 19:23.

Women's Results:

(I) 1. Casillas (ER) 18:27, 2. Jones (LH) 18:29, 3. McIntyre (Wilson, HH) 19:09, 4. Flores (Wils) 19:23, 5. Briggs (Simi) 19:32. **Team Scores:** 1. La Habra 47, 2. Simi 63, 3. Foothill (Santa Ana) 78, 4. El Rancho 86. (II) 1. Sanderson (Northview) 19:23, 2. Spears (Canyon) 19:45, 3. Canyon 54, 4. Paramount 58, 5. Northview 65.

Men's Results:

(I) 1. Sanchez (BP) 14:59, 2. Mahon (LH) 15:01, 3. Garcia (LH) 15:13, 4. Lunn (Simi) 15:16, 5. Myers (LH) 15:19, 6. Davenport (Foothill) 15:22, 7. Briggs (Simi) 15:25. **Team Scores:** 1. La Habra 43, 2. Buena Park 86, 3. Foothill 138. (II) 1. Zachary (Cypress) 15:18, 2. Berg (Antelope Valley) 15:22, 3. Rattary (Canyon, CC) 15:24. **Team Scores:** 1. Antelope Valley 59, 2. Canyon (CC) 108, 3. Lakewood 114.

Brethren Invitational

Sept. 20.-Some quick individual running by Torrance area athletes, a fine team performance by a Section 1A power Fillmore men's team, and a mild women's varsity upset by Bell-Jeff over Section #1 rated (1A division) Maranatha (Sierra Madre) were the highlights of the Brethren (Paramount) High Invitational this year.

Darrin Watkins (Torrance) was the Large School's individual winner in a quick 14:43 over cross-town rival, John Fedoroff (So Torrance), who ran 14:45. Hawthorne junior, Juan Chavez, was 3rd at 14:50. South was the team titlist with 71 (77:37) over LB Wilson's 83 (78:43) and Downey 86 (88:49). South's Christine Hamilton was the women's winner, racing 18:08, to win over the Wilson of Long Beach duo of Susan Purucker (18:34) and Marlene Lauchengco (18:37). Wilson took the team title with 32 (96:13) to Bishop Montgomery's 43 (98:21).

Fillmore showed it will be a 1A men's power come Sectional competition time with a fine run here, easily winning on points (42-75) over Bell-Jeff (Burbank), and by three minutes on team times. Ray Viramontes (Fillmore) was the individual winner at 15:13 over Capistrano Valley Christian soph, Steve Niednagel (15:29), and Fillmore teammate, Jerardo Vaca (15:29).

Bell-Jeff (Burbank), led by the 1-3 finish of Patti Cutler (18:50) and Mindy Smith (19:21) was an upset team winner in the Small School's women's division 44-48 over Section power, Maranatha (Sierra Madre). Maranatha was felt by most to have a cakewalk to the Section 1A championship, so the results here should mean some interesting Southern Section Championship competition. Maranatha has the reputation of peaking nicely in November.

Women's Results:

(Large) 1. Hamilton (SoTorr) 18:08, 2. Purucker (LBW) 18:34, 3. Lauchengco (LBW) 18:37, 4. Perez (Bish Mont) 19:11. **Team Scores:** 1. Wilson 32 (96:13), 2. Bishop Montgomery (Torrance) 42 (98:21), 3. Lakewood 78 (101:08). (Small) 1. Cutler (BJ) 18:50, 2. Wester (Maranatha) 19:09, 3. Smith (BJ) 19:21, 4. Talamantes (St. Bernard) 19:45. **Team Scores:** 1. Bell-Jeff 44 (101:22), 2. Maranatha 48 (102:43), 3. St. Bernard (Playa Del Rey) 62 (104:12).

Men's Results:

(Large) 1. Watkins (Torr) 14:43, 2. Fedoroff (So Torr) 14:45, 3. Chavez (Hawthorne) 14:50, 4. Ladner (So Torr) 14:55, 5. Smith (Downey) 14:55, 6. Ellred (Wilson, LB) 15:01, 7. Flynn (West Torr) 15:06. **Team Scores:** 1. South Torrance 71 (77:37), 2. LB Wilson 83 (78:43), 3. Downey 86 (78:49), 4. Hawthorne 91 (79:11), 5. Torrance 93 (78:56). (Small) 1. Viramontes (Fillmore)

15:13, 2. Niednagel (Capo Valley Chr) 15:29, 3. Vaca (Follm) 15:29. **Team Scores:** Fillmore 42 (79:29), 5. Bell-Jeff 75 (82:49), 6. Redondo 77 (82:31).

Agoura Invitational

Paramount Ranch, Sept. 27.-A number of good schools showed up for the first year of this meet held at the park on the site of the old "Renaissance Faire" in Agoura. Two of the Section's outstanding runners, Melissa Sutton (Newbury Park) and frosh Bryan Daneworth (Agoura) were the big individual winners, with Coach Jack Farrell's Thousand Oaks Lancers taking both Large School team titles.

Sutton continued a season of amazing races, here leaving Kinney National Cross Country finalist, Christy Farrell (Thousand Oaks), a minute and a half behind on the way to a fine 17:31 clocking in the Large Schools women's run. Thousand Oaks edged a Buena (Ventura) group that is still not at full strength without 4:57.65 1600m star Michelle Lewis, 50 (103:05)-52 (102:46). Newbury Park soph Mike Esparza, the latest and possibly best of a family of fine runners, was the Large Schools individual men's winner at 15:52 over Doug Fairman (16:13) and John Rogers (16:18) of Thousand Oaks, TO 48 (82:55) was the team winner once again over Buena (75-83:57).

Bryan Daneworth, the amazing Agoura frosh, continued undefeated with another Invitational win here, racing away from teammate Mathew Thomson and the field by over 40 seconds in a 15:30 win. Agoura was an easy team winner with 20 points (84:06). Siobhain O'Reilly (Alemany, Mission Hills) was the women's Small School winner at 20:43 in leading her team to victory with 33 points.

Women's Results:

(Large) 1. Sutton (NP) 17:31, 2. Farrell (TO) 18:59, 3. Haggemiller (TO) 19:25, 3. Rossbach (Ventura) 19:37. **Team Scores:** 1. Thousand Oaks 50 (103:05), 2. Buena 52 (102:46), 3. Ventura 89 (108:32). (Small) 1. O'Reilly (Alemany) 20:43. **Team Scores:** 1. Alemany 33 (111:44).

Men's Results:

(Large) 1. Esparza (NP) 15:52, 2. Fairman (TO) 16:13, 3. Rogers (TO) 16:18, 4. Scott (Buena) 16:22, 5. Haro (Alemany) 16:26. **Team Scores:** 1. Thousand Oaks 48 (82:55), 2. Buena (Ventura) 75 (83:57), 3. Alemany (Mission Hills) 81 (84:13). (Small) 1. Daneworth (Agoura) 15:30, 2. Thomson (Agoura) 16:12. **Team Scores:** 1. Agoura 20 (84:06).

Dana Hills Invitational

Dana Hills HS, Sept. 27.-This 13th Annual affair was graced with its usual number of super individual "by-grade" races. The very quick course gave a chance for a number of the Section (and a few San Diego people) the chance to enjoy some fine competition and excellent times. Chris Lugo (Valencia, Placentia) in the men's and Nicole Nugent (Torey Pines, San Diego Section) emerged as the top individuals of the day.

Lugo, the Section 2A defending CC Champion, continued his fine fall campaign with a 14:39-14:52 win over Kurt Depflyffer (Laguna Beach) in Div II. Nugent, a 10:52-59 3200m runner last spring (SD Sec runner-up), handled much improved Brigid Freyne (Riverside Poly) 16:58-17:05, in their Div II Junior-Senior race.

There were a flood of other good times and individual duels. Shannon Winkelman (Marina, Huntington Beach) had the top junior time with his 14:42 win over Sergio Trujillo (Rubidoux, Riverside) 15:03. Mission Viejo junior Greg Lamb edged Brett Schultz (Canyon, Anaheim) 15:02-15:03 in their Div II run. Some fine men's soph stars graced the course. Rubidoux's Marco Ocegura (14:49) emerged the day's fastest with his Div I win over much improved Upland 10th grader, Pete Burks (14:57), while Corona Del Mar's Edie LaVelle took Div II at 14:51.

Kira Jorgensen (Vista), a Kinney National CC finalist, was by far the day's fastest soph woman with her 17:12 win.

Women's Results:

(I-9th) 1. Calderon (Ocean View, HB) 19:33. (10th) 1. Jorgensen (Vista) 17:12, 2.

photo by Doug Speck



Suzette Basore (Pasadena) 2nd at Kenny Staub Invitational.

Hudgens (Millikan, LB) 17:51. (11th-12th) Basore (Pasadena) 17:38, 2. Cooper (El Dorado, Placentia) 18:08, 3. K. Karpel (OV) 18:11, 4. S. Karpel (OV) 18:14. (II-9th) 1. Robinson (Newport Harbor) 18:34, 2. Cunningham (Tustin) 18:59. (10th) 1. Ruffini (NH) 18:16, 2. Vargas (Santa Ana Valley) 18:24. (11th-12th) 1. Nugent (Torey Pines) 16:58, 2. Freyne (Rivers Poly) 17:05, 3. Anderson (NH) 18:05, 4. Cashian (CDM) 18:08, 5. Anderson (Poway) 18:13, 6. Barnett (Laguna Beach) 18:15, 7. Prince (Rivers Poly) 18:17. (III-9th-10th) 1. Peck (Woodbridge, Irvine) 18:54. (11th-12th) 1. Pettit (San Marino) 18:05, 2. Harkins (La Quinta, Garden Grove) 18:19.

Men's Results:

(I-9th) 1. Lockwood (Fountain Valley) 16:16, 2. Price (Saddleback, Santa Ana) 16:17. (10th) 1. Ocegura (Rubidoux) 14:49, 2. Burks (Upland) 14:57. (11th) 1. Winkelman (Marina) 14:42, 2. Trujillo (Rubidoux) 15:03, 3. Hesselline (Upland) 15:07. (12th) 1. Sabra (Ocean View) 14:51, 2. Mora (Beverly Hills) 15:09, 3. Eldred (LB Wilson) 15:16. (II-9th) 1. Ayres (Los Altos) 16:24, 2. Arquelles (Norco) 16:24. (10th) 1. LaVelle (CDM) 14:51, 2. Tansley (Dana Hills) 15:10, 3. Shyrook (CDM) 15:10. (11th) 1. Lamb (Mission Viejo) 15:02, 2. Schultz (Canyon) 15:03, 3. Segura (DH) 15:13. (12th) 1. Lugo (Valencia) 14:39, 2. Depflyffer (Laguna Beach) 14:52, 3. Oman (Capistrano Valley) 14:58, 4. Brethor (Tustin) 15:07, 5. Bode (Newport Harbor) 15:10. (III-9th) 1. Carney (Yucaipa) 16:23. (10th) 1. Niednagel (Capo Valley Chr) 15:30, (11th) 1. Prestwich (Hemet) 15:22. (12th) 1. Hobson (Costa Mesa) 15:01, 2. McLachlan (CM) 15:22.

By DENNIS McCLANAHAN

September 27. Southwestern College. Boys course—5000 meters. Girls course—2.0 miles.

San Diego High senior Marc Davis is the top returning placer from the Kinney National Cross Country Championships and he showed that he is taking his senior year seriously with a big win at the South Bay meet. Davis ran a very quick 15:18.9 over the Southwestern College course that has seen many fine runners from the San Diego area compete on it. His time broke the course record set last year by Mark Dani of Valhalla (15:21) and with second place back at 16:02, it appears Davis is capable of running faster.

Forty-six schools compete in what serves as the invitational kick-off meet of the cross country season in the San Diego area.

Boys Races

LARGE SCHOOLS/TEAM—Serra High placed 3 in the top 10 to easily win the division (64 pts) over Santana (91 pts) and Fallbrook (99 pts). **LARGE SCHOOLS/INDIVIDUAL**—Jason Martin of Fallbrook (15:54) appears to be coming back strong from a late track season stress fracture with a strong win over San Jose transfer Andy Davis (15:56) of Henry. Cory Herr of Madison (16:00), Jeff Wood of Serra (16:02) and Jeff Cekander of Serra (16:04) followed to round out the top five.

MEDIUM SCHOOLS/TEAM—San Pasqual appeared ready to contend for strong honors in the medium-size schools this year with a narrow (70 pts to 71 pts), but impressive, win over Valhalla of the Grossmont League. Hilltop High was third with 103 pts. **MEDIUM SCHOOLS/INDIVIDUAL**—Ethiopian Goshu Tadesse (15:48) ran to a convincing win over Carlsbad's Rick Penman (16:04). Mike Contos of Valhalla (16:11), Canny Gallan of Bonita Vista (16:18), and Jason Heideman of Escondido (16:20) rounded out the top five.

SMALL SCHOOLS/TEAM—Defending section 1A champ Ramona showed their strength as they placed 4 in the top 10 to easily win (32 pts). La Jolla (86 pts) and St. Augustine (115) followed. **SMALL SCHOOLS/INDIVIDUALS**—Davis led with his course record 15:18. Jorge Castro of Ramona (16:02) and Jake Decker of La Jolla (16:24) followed for 2nd and 3rd.

Boys Sweepstakes Times—1. Serra 82:59, 2. Ramona 84:27, 3. Santana 84:52, 4. Valhalla 85:01, 5. San Pasqual 85:17.

GIRLS RACES

LARGE SCHOOLS/TEAM—Santana High School was the surprise of the early season as they placed 4 in the top 10 and all five in the top 15 to easily win with 41 pts. Pt. Loma was second with 68 pts and Fallbrook 3rd with 78. **LARGE SCHOOL/INDIVIDUALS**—Fallbrook's Kristina Hand (2:14 800m in 86) used her superior speed to outkick Pt. Loma's Michelle Lubinsky 12:08 to 12:12. Pt. Loma's Claudia Neto (12:30), Santana's Crissy Arias (12:31) and Pt. Loma's Colleen Green (12:33) followed.

MEDIUM SCHOOLS/TEAM—Defending 2A section champion San Pasqual again looked strong as they placed 1st, 5th, 7th, 11th, and 12th (36 pts) to easily handle runner-up (77 pts) El Camino and 3rd place Hilltop. **MEDIUM SCHOOLS/INDIVIDUAL**—Pennsylvania transfer Michelle Kiem (12:06.2) outspurred Valhalla's Lisa Lechner (12:06.8) to the tape in perhaps the day's most exciting race. This was strictly a two-girl race as Rita Del Rio of Crawford (12:22), Amy Halsey of El Camino (12:39) and Kitts Dimhoff of San Pasqual (12:40) were far back.

SMALL SCHOOLS/TEAM—Coronado High ran a strong race (71 pts) to defeat last year's 1A section champ La Jolla (80 pts) and Ramona (87 pts). **SMALL SCHOOLS/INDIVIDUALS**—Super soph Shamen Dugger of Coronado (12:00) easily defeated 1A champ Karen Karcher of Ramona (12:33) in what was expected to be a real tight race. Kristi Bache (12:33) of University High was third.

Girls Sweepstakes Times—1. San Pasqual 63:20, 2. Santana 63:23, 3. Pt. Loma 64:45, 4. Fallbrook 64:59, 5. Hilltop 66:22.

Fine Flicks by Don Gosney



Marc Davis (San Diego) 8th. place at 1985 Kinney Western.

Bellarmino-Jefferson Invitational

Griffith Park, Sept. 27—Coach Jim Couch's Invitational continues to grow this year over seventy schools competed on the challenging 2.9 mile course in the Greek Theater area of Griffith Park. Richard Erbes (Glendale) showed he is intent on a big senior year with an amazing Course Record run here, and Hart (Newhall) dominated the Seeded team race on the men's side. Hesperia athletes Robbyn Bryant and Nicole Houle took ladies' honors in that division. This Invitational features a special seeded section for area smaller schools, with the Cathedral men's group and Bell-Jeff women's squad taking honors there.

Richard Erbes raced a 9:05:19 3200m in Track and is the #3 returnee statewide in that event. What he did here on a cool Saturday morning was incredible, as he took down a good 14:40 Course Record (set by 9:10 2 mile type George Yuster of Brentwood) by thirty seconds in racing a solo 14:10. It will be interesting to see where Erbes will rank all-time when he gets on courses such as Mt. SAC later in the year. Granada Hills junior Ian Alsen was 2nd in a fine 14:43, with John Trefecanty (Cathedral, LA) winning the small schools seeded run in a fine 14:46. Hart (Newhall) continued to roll, here scoring 65 points (76:39 team time), over the 110 (77:34) of Walnut in the men's Seeded race.

Robbyn Bryant (Hesperia), among the country's finer milers off her 4:49.60 for 3rd in last year's state meet for 1600m, showed her ability here in the harrier sport with a 17:06 Seeded race win that moved her into #2 all-time (behind Tania Fischer's 16:32 CR). The very smooth striding Bryant was followed closely by teammate Nicole Houle, who ran 17:15 (#3 A/T here). Westlake (Westlake Village) rolled in another invite, here scoring 60 (96:21) points without super half-miler Desiree Joubert as part of the team. Hesperia handled Walnut for 2nd 74-103.

Bell-Jeff handled Maranatha (Sierra Madre) for the second week in a row in the small schools seeded race 75 (103:18)-80 (103:38), with 29 Palms' Kiela Snider winning the exciting individual portion of that race at 19:02.

Women's Results:

(I) 1. Bryant (Hesp) 17:02, 2. Houle (Hesp) 17:15, 3. Acosta (Walnt) 17:22, 4. Fuller (Westl) 17:43, 5. Orton (MorroB) 17:47. **Team Scores:** 1. Westlake (WV) 60, 2. Hesperia 74, 3. Walnut 103, 4. Morro Bay 104. (II) 1. Snider (29 Palms) 19:02, 2. Cutler (B-J) 19:04, 3. Shotliff (Moorpark) 19:07. **Team Scores:** 1. Bell-Jeff 75, 2. Maranatha 80, 3. Paraclete (Lancaster) 91, 4. Moorpark 116. (III) 1. Rodriguez (Wilson, LA) 17:52, 2. Hamilton (So Torrance) 18:02. **Team Scores:** 1. LA Wilson 58, 2. Bishop Montgomery 59. (IV) 1. Lunisdaine (Cabrillo, Lompoc) 19:30. **Team Scores:** 1. Cabrillo 33, 2. Notre Dame (Sherman Oaks) 65.

Men's Results:

(I) 1. Erbes (Glendale) 14:10CR, 2. Alsen (Granada Hills) 14:43, 3. Federoff (So Tor) 14:53, 4. Bans (Hart) 14:58, 5. Watkins (Torrance) 14:58. **Team Scores:** 1. Hart 65, 2. Walnut 110, 3. Burroughs (Burbank) 150. (II) 1. Trefecanty (Cathedral) 14:46, 2. Reyes (Cathed) 15:18, 3. Ochs (Mission College Prep, SLO) 15:21. **Team Scores:** 1. Cathedral 71, 2. Fillmore 92, 3. Bell-Jeff 102, 4. Paraclete 125, 5. LaSalle 135. (III) 1. Longyear (Villa Park) 15:00. **Team Scores:** 1. Villa Park 98, 2. Loyola (LA) 110, 3. Chino 120. (IV) **Team Scores:** 1. Village Christian 63, 2. Salesian 68.

Azusa Invitational

Citrus College, Sept. 27—Arroyo High School put together another of its amazing team performances here at this flat, fast course that is 85 yards short of 3 miles. Three years ago an Arroyo group that was ranked among the top couple of teams in the state set a Course Team Record of 75:49 (that team ran 79:16 at Mt. SAC). This year the Knights, with an underclass trio leading, recorded a

Mascorro (Rosemead) raced a fine 14:42 in winning the 12th grade run. Super ninth grader Karen Hecox (South Hills, Covina) continued her string of wins with an 18:14 fastest of day grade race win. Kami Howden (South Hills senior) won her competition in a fine 18:24.

Women's Results:

(9th) 1. Hecox (SoHills) 18:14, 2. Garcia (Gladstone, Covina) 19:03. (10th) 1. Perez (Arroyo) 19:19, 2. Fluctzer (Monrovia) 19:26. (11th) 1. Sanderson (Northview, Covina) 19:29, 2. Buntrock (Covina) 19:36. (12th) 1. Howden (SoHills) 18:24, 2. Gonzales (San Gabriel) 19:24. **Team Scores: (top 5 all grades)** 1. South Hills 97:43, 2. Arroyo 99:50, 3. Monrovia 102:36, 4. Rosemead 103:48, 5. San Gabriel 103:49.

Men's Results:

(9th) 1. Griebel (Arroyo) 16:45, 2. Alvo (Covina) 17:04. (10th) 1. Santana (Covina) 15:28, 2. Armand (San Gabriel) 15:32. (11th) 1. Gilkey (Arroyo) 14:37CR, 2. Puentes (Arr) 14:39, 3. Powers (Arr) 14:52, 4. Berko (Covina) 14:53, 5. Arizmendi (Azusa) 15:14, 6. Perez (Rosemead) 15:15, 7. Shanks (Covina) 15:15. (12th) 1. Mascorro (Rosem) 14:42, 2. Fest (Arr) 15:13, 3. Hernandez (Gladstone) 15:16. **Team Times:** 1. Arroyo 74:43, 2. Covina 76:26, 3. Rosemead 79:11, 4. San Gabriel 82:07.

Yucaipa Invitational

Yucaipa High School, Oct. 4—On Saturday, 73 schools traveled to Yucaipa High School to compete on their very tough campus course in the 17th Annual Yucaipa Invitational. This meet is the largest in the Inland Empire area of Southern California (Riverside-San Bernardino area), and includes a number of top teams and individual stars. Tanya Thayer (Serrano), Brigid Freyne of Riverside Poly and her team, and an improving group from Colton High were the stars on the women's side, while Raul Serratos (4:11.15 1600m star) from Moreno Valley, Lucion Koinva (Sherman Indian, Riverside), and Jeff Pierce (Orange) were win-

photo by Doug Speck



Robbyn Bryant and Nicole Houle (Hesperia) lead Walnut's Jamie Gunn.

frightening 74:43. Jeff Gilkey took down the Course Record of 14:39 with a narrow 14:37-14:39 win over teammate Gerardo Puentes, with Derrick Powers (14:52) leading a sweep over Covina's 4:24 miler (as a soph) Kevin Berko (14:53) (10th place in the 11th grade race was 15:22!). Aaron

ners of men's races in the low 16:20's. Coach Irv Ray and Ray Wilson's Covina High men's group had the day's quickest team time with their 85:23 Div. II win,

continued on next page...

Prep Notes

while Sherman did its annual "coming-out" here with an 85:43 Div. I win, with Hemet the Div. II winner at 86:00.

Thayer, of age-group fame, continues to romp far away from the packs in races at her division level, winning here by 1:44 at 18:26, with Freyne also a winner by over a minute in her 18:22. Serratos was pushed by Hemet's improved junior, Mark Prestwich in his 16:22-16:27 win. Koinva was the Div. I winner at 16:27 over the 16:31 of Mark Weston of Trabuco Hills, with Pierce, a 1:56.62 800m star, recording the day's quickest, a 16:21 in handling Coachella Valley Ramero Ruiz (16:34).

Girl's Results:

(I) 1. Thayer (Serrano) 18:26, 2. Snider (29 Palms) 20:10, 3. James (Sherman) 20:20, 4. Wester (Maranatha, Sierra Madre) 21:29. **Team Scores:** 1. Yucaipa 67 (109:53), 2. Maranatha 76 (109:18), 3. Webb (Claremont) 133 (116:59), (II) 1. Chavez (Colton) 20:26, 2. Pellegrin (Calexico) 20:52, 3. Saterfield (Colton) 21:04. **Team Scores:** 1. Colton 27 (106:12), 2. Calexico 50 (108:20), 3. Etiwanda 93 (110:47). (III) 1. Freyne (Riverside Poly) 18:22, 2. Rigney (Cajon, San Bernardino) 19:38, 3. Casillas (El Rancho, Pico Rivera) 19:59, 4. Prince (Riv Poly) 20:15, 5. Sjonson (Corona) 20:40, 6. Spangler (Hemet) 20:48. **Team Scores:** 1. Riverside Poly 86, 2. Corona 87, 3. Apple Valley 95, 4. El Rancho 103, 5. Hemet 114, 6. Santa Ana 115.

Men's Results:

(I) 1. Koinva (Sherman) 16:27, 2. Weston (Trabuco Hills) 16:31, 3. Wester (Maranatha) 16:48, 4. Parchorn (Sherman) 16:56. **Team Scores:** 1. Sherman 52 (85:43), 2. Trabuco Hills 73 (86:36), 3. Webb 88 (87:51), (II) 1. Pierce (Orange) 16:21, 2. Ruiz (Coachella Valley) 16:34, 3. Huizar (Ontario) 16:38, 4. Reyna (Coachella) 16:48, 5. Jones (Brea) 16:53. **Team Scores:** 1. Covina 55 (85:23), 2. Magnolia (Anaheim) 93 (86:57), 3. Elsinore 121 (87:51), 4. Orange 123 (87:39), (III) 1. Serratos (Moreno Valley) 16:22, 2. Prestwich (Hemet) 16:27, 3. Trujillo (Rubidoux, Riverside) 16:33, 4. Polonski (Redlands) 16:39, 5. Arce (Corona) 16:50, 6. Navidad (Indio) 16:56. **Team Scores:** 1. Hemet 84 (86:00), 2. El Rancho 91 (86:39), 3. Palm Springs 122 (87:33), 4. Esperanza (Anaheim) 149 (88:24).

Kenny Staub Invitational

La Crescenta Co. Park, Oct. 4—The top Section 4A teams and a number of the area's top individuals traveled to Coach Keith Gilliland of Crescenta Valley High School's fine fall Cross Country Invitational. Amazing Melissa Sutton continued her record breaking season, Richard Erbes (Glendale) continued to roll, and the Palos Verdes men's and women's varsity squads continued their fine seasons with team wins. This is a meet on a challenging three mile course with a great deal of tradition. New records here are not easy to come by.

Melissa Sutton continues to power over every course she runs on setting course records in each of the four invitationals she has run in this fall, here by the smallest margin of any so far—a meager 34 seconds! The old record of 18:04 here was set by Kinney Western Regional winner Kirsten O'Hara of Palos Verdes back in 1983 (Kirsten raced 10:15.20 for two miles on the track that spring). Sutton here rocketed away from the field after a half-mile, then showing her ability to push herself to the limit sailed on in at 17:31. Sutton is running as well as any Southern Section prep in history. 10:43 3200m runner Susete Basore (Pasadena) was 2nd at 18:38. Palos Verdes showed its strength in the women's division, recording a 37 point victory over the next three ranked 4A area squads (all from the Maramonte League)—Thousand Oaks 68, Newbury Park 78, and Westlake 95. PV did miss the course record time of Foothill (Santa Ana) 94:49 (1981) with their 96:05 here, but they sure are the best around here this year. How they can do at Mt. SAC later in the season will be another interesting comparison with some of the area All-Time best squads.

Richard Erbes (Glendale) continued undefeated in invitationals, cruising to a comfortable 15:25 individual Div I win over Dave Scudamore (PV) 15:42 and John Federoff (So Torrance) 15:43. PV was an easy team winner here, also, scoring 58 (81:13) over Upland (90) and Thousand Oaks (100). Upland has a fine squad dominated by juniors and sophs. Kurt DePlyffer (Laguna Beach) handed Agoura frosh Bryan Daneworth his first invitational loss this year in Div II—15:49 to 16:02, with Crescenta Valley's Mike Conover squeezing in for 2nd at 15:54.

Women's Results:

(I) 1. Sutton (NP) 17:31CR, 2. Basore (Pas) 18:38, 3. Leichter (PV) 18:40, 4. Farrell (TO) 18:46, 5. Black (PV) 19:08, 6. Crooks (PV) 19:10. **Team Scores:** 1. Palos Verdes 37, 2.

photo by Burt Davis



Dave Scudamore (Palos Verdes HS) junior.

Thousand Oaks 68, 3. Newbury Park 79, 4. Westlake (Westlake Village) 95, 5. Laguna Beach 130, 6. Rio Mesa (Oxnard) 195, (II) 1. Cervantes (Montebello) 18:53, 2. Hamilton (So Tor) 19:02, 3. Cutler (Bell-Jeff) 20:17. **Team Scores:** 1. Bell-Jeff 62, 2. Agoura 89, 3. Mountain View 102, 4. Crescenta Valley 106, (III) 1. Castruita (West Covina) 19:37. **Team Scores:** 1. Alta Loma 72, 2. Pasadena Poly 86, 3. Miraleste 105.

Men's Results:

(I) 1. Erbes (Glendale) 15:25, 2. Scudamore (PV) 15:42, 3. Federoff (So Tor) 15:43, 4. Nava (Montebello) 15:48, 5. Hesselstine (Upland) 15:49, 6. Tretecanly (Cathedral) 15:55, 7. Rogers (TO) 16:04. **Team Scores:** 1. Palos Verdes 58, 2. Upland 90, 3. Thousand Oaks 100, 4. South Torrance 130, 5. Rio Mesa 149, 6. Simi 176, (II) 1. DePlyffer (Laguna Beach) 15:49, 2. Conover (Crescenta Valley) 15:54, 3. Daneworth (Agoura) 16:02, 4. Esparza (Newbury Park) 16:04, 5. Thomson (Agoura) 16:11. **Team Scores:** 1. Newbury Park 84, 2. Agoura 86, 3. Laguna Beach 100, 4. Burroughs (Burbank) 129, (III) 1. Kimple (Carpinteria) 16:12. **Team Scores:** 1. La Salle 79.



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December 6, 1986

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All-Time California High School Girls

By BOB WOMACK

This is the 1986 update on the all-time California high school girls best marks list.

The thing that strikes the compiler of these lists most is the stability they have developed over the past few years. From wholesale annual changes a few years ago when we began putting them together, we now find comparatively few changes each year.

In 1986, only two events had more than one newcomer in the top ten. And one of those, the triple jump, has been contested for only five years while the other, the 3000

meters, is not part of the CIF championship program.

Five events--the 100, 200, 800, high jump, and 4x400--had no changes at all. Only one state record was set (by Madette Smith in the long jump) and just two class records.

The digit appearing before the year in which the mark was made represents the number of state championships won in that event. (For instance, in the shot put, the "4" indicates that Natalie Kaalawahia won the event four times.) Note that the year of the best mark and the year in which the athlete

won her title(s) are not necessarily the same.

As usual, I have relied heavily on the research and help of others, notably (but definitely not limited to) Ron Blackwood, Keith Conning, and Howard Willman. Obviously, they bear no responsibility for any errors, for which the author is solely to blame. Additions, corrections, and comments should be directed to Bob Womack, 4270 North Blackstone, Suite 211, Fresno, CA 93726.

100 Meters

(automatic timing)

State Meet Record: 11.42 Sharon Ware (Berkeley) at Berkeley 1980. **Fresh:** 11.60 Brenda Winston (San Geronimo, San Bernardino) 1976. **Soph:** 11.58 Brenda Winston (San Geronimo, San Bernardino) 1977. **Junior:** 11.34 Sharon Ware (Berkeley) 1980. **Senior:** 11.50 Kim Robinson (Westchester, Los Angeles) 1977.

11.34	Sharon Ware (Berkeley)-2 at Knoxville	1980
11.50	Kim Robinson (Westchester, LA)	1977
11.51	Gail Devers (Sweetwater, Nat'l City)-1	1984
11.56	Jackie Thompson (Lincoln, SD)	1973
11.57	Valerie Brisco (Locke, LA)	1978
11.58	Brenda Winston (San Geronimo, San Bdo)	1977
11.59	Monica Taylor (Grant, Sacramento)	1983
11.61	Gervaise McGraw (Ganeshia, Pomona)-1	1982
11.61	Sheri Howard (Kennedy, Granada Hills)	1980
11.61	Carrie Franklin (Muir, Pasadena)	1985

200 Meters

(*220 yards minus 0.12)

State Meet Record: 23.19 Sheri Howard (Kennedy, Granada Hills) at Berkeley 1980. **Fresh:** 24.01 Monique Robinson (Freese Jr., San Diego) 1982. **Soph:** 23.44 Leslie Maxie (Mills, Millbrae) 1983. **Junior:** 23.40 Denean Howard (Kennedy, Granada Hills) 1981 & Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 23.08 Jackie Thompson (Lincoln, San Diego) 1973.

23.08	Jackie Thompson (Lincoln, SD)	1973
23.19	Sheri Howard (Kennedy, Grn His)-1	1980
23.25	Denean Howard (Kennedy, Grn His)-2	1982
23.27	Gervaise McGraw (Ganeshia, Pomona)	1982
23.40	Leslie Maxie (Mills, Millbrae)	1984
23.42*	Gwen Loud (Westchester, LA)-1	1979
23.54	Paulette Blalock (Compton)-1	1984
23.56	Tami Stiles (Hawthorne)-2	1985

23.59	Cathy Roberts (Cerritos)	1984
23.62	Sharon Ware (Berkeley)	1980
Hand Timing:		
23.2	Mable Ferguson (Gamesha, Pomona)	1973
23.2	Chewakli Knighten (Locke, L.A.)	1985

400 Meters

State Meet Record: 52.39 Denean Howard (Kennedy, Granada Hills) at Sacramento 1982. **Fresh:** 53.76 Leslie Maxie (Mills, Millbrae) 1982. **Soph:** 51.70 Denean Howard (Kennedy, Granada Hills) 1980. **Junior:** 51.09 Sheri Howard (San Geronimo, San Bernardino) 1979. **Senior:** 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

50.87	Denean Howard (Kennedy, Granada Hills)-2	1982
	at Knoxville	
51.09	Sheri Howard (San Geronimo, SB)-1	1979
51.91	Mable Ferguson (Ganeshia, Pomona)	1972
52.17	Chewakli Knighten (Locke, LA)-2	1985
52.25	Janeene Vickers (Pomona)	1986
52.83	Leslie Maxie (Mills, Millbrae)-1	1984
53.10	Linnetta Wilson (Muir, Pasadena)	1985
53.12	Freida Cobbs (Berkeley)	1978
53.13*	Charlotte Cooke (? , Los Angeles)	1966
53.20	Paulette Blalock (Compton)	1984
Hand Timing (*440 yards minus 0.3):		
51.8*	Kathy Hammond (Sacramento)	1969

800 Meters

(*880 yards minus 0.7)

State Meet Record: 2:06.08 Donna Curtis (Culver City) at Norwalk 1981. **Fresh:** 2:02.43 Mary Decker (Portola JHS, Orange) 1973. **Soph:** 2:02.29 Mary Decker (Orange) 1974. **Junior:** 2:04.6* Ann Regan (Camden, San Jose) 1976. **Senior:** 2:03.8* Charlotte Cooke (Los Angeles) 1966.

2:02.29	Mary Decker (Orange) at Durham	1974
2:03.8*	Charlotte Cooke (Los Angeles)	1966
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:04.59	Kerri Zaleski (Millikan, Long Beach)-1	1985
2:04.91	Trena Hull (Compton)-1	1984
2:05.43	Linda Goen (North, Bakersfield)	1977
2:05.7	Rennie Durrand (Laguna Beach)-1	1930
2:05.84	Jessica Spies (Livermore)	1981
2:05.9	Francie Larrieu (Fremont, Sunnyvale)	1970
2:05.9	Lynn Hollins (Riverside)	1976

1500 Meters

(* En Route to Longer Distance)

Fresh: 4:24.17 Kathi Denz (Blair, Pasadena) 1978. **Soph:** 4:28.2* Nanette Garcia (Silver Creek, San Jose) 1983. **Junior:** 4:16.8 Francie Larrieu (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8* Polly Plumer (University, Irvine) 1982.

4:16.8	Francie Larrieu (Fremont, Sunnyvale)	1969
	at Stuttgart	
4:16.8*	Polly Plumer (Univ., Irvine)	1982
	at Westwood	
4:20.9	Cheri Williams (Livermore)	1978
4:21.0*	Vickie Cook (Alemany, Miss Hills)	1981
4:21.5	Eileen Clausus (Rio Amer, Sacto)	1972
4:23.0	Linda Goen (North, Bakersfield)	1979
4:23.9+	Darcy Arreola (Grossmont, La Mesa)	1986
4:24.17	Kathi Denz (Blair, Pasadena)	1978
4:24.3	Debbie Heald (Neff, La Mirada)	1972
4:24.4	Ann Trason (Pacific Grove)	1977

1600 Meters

(*mile minus 1.8)

State Meet Record: 4:39.92 Polly Plumer (University, Irvine) at Sacramento 1982. **Fresh:** 4:40.2* Mary Decker (Portola JHS, Orange) 1973. **Soph:** 4:46.0* Linda Goen (North,

Ranking

Bakersfield) 1977. **Junior:** 4:40.0* Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 4:33.44* Polly Plumer (University, Irvine) 1982.

4:33.44*	Polly Plumer (Univ, Irvine)-3	1982
	at Westwood	
4:38.9*	Eileen Claugus (Rio Amer, Sacto)	1973
4:40.0*	Vickie Cook (Alemany, Wd Hls)	1981
4:40.2*	Mary Decker (Orange)	1973
4:42.77	Darcy Arreola (Grossmont, La Mesa)-1	1986
4:43.15*	Cheri Williams (Livermore)-1	1978
4:43.90	Paula Bresnan (Kennedy, GrnHls)	1983
4:44.47	Denise Ball (Newbury Park)	1982
4:44.6*	Linda Goen (North, Bakersfield)-2	1979
4:44.76	Tracy Weber (Lynbrook, San Jose)	1981

3000 Meters

(★ En Route to Longer Distance)

Fresh: 9:50.4 Roxanne Bier (Independence, San Jose) 1977. **Soph:** 9:24.8 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 9:22.3 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

9:11.80	Cory Schubert (Del Mar, SJ)	1983
	at Indianapolis	
9:22.3	Vickie Cook (Alemany, Wood. Hills)	1981
9:30.3	Polly Plumer (University, Irv.)	1982
9:30.8	Eileen Claugus (Rio Amer, Sac)	1973
9:33.3 +	Laurel Chapman (Gundersen, San Jose)	1986
9:33.9	Roxanne Bier (Indep., San Jose)	1978
9:35.33	Tania Fischer (Chamin, Canoga Park)	1982
9:35.5 +	Kirsten O'Hara (Palos Verdes)	1984
9:35.5	Rebecca Chamberlain (Leigh, San Jose)	1986
9:37.7	Su-Mei Lee (Eisenhower, Rialto)	1979

3200 Meters

(* 2 mile minus 3.6)

State Meet Record: 10:08.14 Cory Schubert (Del Mar, San Jose) at Bakersfield 1983. **Fresh:** 10:17.1* Vickie Cook (Chaminade, Canoga Park) 1979. **Soph:** 10:14.78 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 10:04.2 Cory Schubert (Del Mar, San Jose) 1983.

10:04.2	Cory Schubert (Del Mar, SJ)-1	1983
	at Berkeley	
10:06.2*	Cheri Williams (Livermore)-1	1978
10:11.62	Kirsten O'Hara (Palos Verdes)-1	1984
10:11.78	Vickie Cook (Alemany, Wd Hls)-3	1982
10:12.86	Laurie Chapman, (Gunder, San Jose)-1	1986
10:15.8*	Eileen Claugus (Rio Amer, Sacto)	1973
10:15.99	Denise Ball (Newbury Park)	1982
10:16.38*	Cindy Schmandt (Santa Barbara)	1979
10:18.04*	Su-Mei Lee (Eisenhower, Rialto)	1979
10:19.10	Tania Fischer (Chaminade, CP)	1983

100 Meter Hurdles

(* 110 yards minus 0.04)

State Meet Record: 13.41 Gail Devers (Sweetwater, National City) at Los Angeles 1984. **Fresh:** 14.10 Yvette Bates (Berkeley) 1981. **Soph:** 13.74 Yvette Bates (Berkeley) 1982. **Junior:** 13.47 Janeene Vickers (Pomona) 1986. **Senior:** 13.41 Gail Devers (Sweetwater, National City) 1984.

13.41	Gail Devers (Sweetwater, Nat'l City)-1	1984
	at Los Angeles	
13.47	Janeene Vickers (Pomona)-1	1986
13.49	Chawauk Knighten, (Locke, L.A.)-1	1984
13.59	Wendy Brown (Woodside)	1984
13.65	Carrie Franklin (Muir, Pasadena)	1985
13.71	Marlene Harmon (Thousand Oaks)	1980
13.71	Sherifa Sanders (Berkeley)-1	1981
13.74	Yvette Bates (Berkeley)	1982
13.75*	Kris Costello (Lynbrook, San Jose)-2	1978
13.76	Lana Cantrell (Muir, Pasadena)-1	1985
Hand timing:		
(★ 33 inch hurdles)		
13.4	Judy Young (Berkeley)-1	1980
13.5 *	Lorna Tinney (Oceanside)	1972

300 Meter Hurdles

State Meet Record: 40.90 Leslie Maxie (Millis, Millbrae) at Los Angeles 1984. **Fresh:** 43.08 Janeene Vickers (Pomona) 1984. **Soph:** 41.78 Ronda Brooks (Oakland) 1985. **Junior:** 40.18 Leslie Maxie (Millis, Millbrae) 1984. **Senior:** 41.45 Gayle Kellon (Walnut) 1983.

40.18	Leslie Maxie (Millis, Millbrae)-2	1984
	at Berkeley	



Francie Larrieu

Fine Flicks by Don Gosney



Wendy Brown



Leslie Deniz

Fine Flicks by Don Gosney



Cory Schubert

Fine Flicks by Don Gosney



Mary Decker

photo by Barbara DeGroot

41.09	Gayle Kellon (Walnut)-2	1982
41.32	Janeene Vickers (Walnut)-1	1986
41.44	Michelle Taylor (Ganesha, Pomona)	1984
41.54	Linneta Wilson (Muir, Pasadena)	1985
41.78	Ronda Brooks (Oakland)	1985
42.25	Audrey Williams (Saugus)-1	1981
42.26	Gail Devers (Sweetwater, NatCty)	1983
42.36	Lana Cantrell (Muir, Pasadena)	1985
42.37	Sherifa Sanders (Berkeley)	1981

High Jump

State Meet Record: 6-2 Latrese Johnson (Clovis) at Sacramento 1985. **Fresh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980. **Soph:** 6-0 1/4 Sue McNeal (Carlsbad) 1978. **Junior:** 6-2 Latrese Johnson (Clovis) 1984. **Senior:** 6-2 1/4 Latrese Johnson (Clovis) 1985.

6-2 1/4	Latrese Johnson (Clovis)-1	1985
	at Sanger	
6-2 1/4	Wendy Brown (Woodside)-1	1984
6-1	Sue McNeal (Carlsbad)-1	1979
6-1	Tonya Mendonca (Mt. Whit., Visalia)-1	1983
6-0	Karen Lysaght (St. Fran, Sacto)-1	1980
6-0	Yleana Carrasco (Anaheim)-1	1985
5-11 1/2	Tonya Alston (Chico)-1	1979
5-11	Kathy Hamilton (Beyer, Modesto)	1979
5-11	Katrena Johnson (Marshall, Pasadena)-2	1981
5-11	Maggie Van Zeeand (Acalanes, La)	1981
5-11	Ursula Lovely (Kennedy, La Palma)	1985

Long Jump

State Meet Record: 20-9 1/4 Wendy Brown (Woodside) at Los Angeles 1984. **Fresh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-8 Wendy Brown (Woodside) 1982. **Junior:** 20-8 1/4 Jodi Anderson (Washington, LA) 1975. **Senior:** 20-11 1/4 Madette Smith (Quartz Hill) 1986.

20-11 1/4	Madette Smith (Quartz Hill)-1	1986
	at Towson, MD	
20-9 1/4	Wendy Brown (Woodside)-2	1984
20-8 3/4	Kim Attlesley (Corona del Mar)	1971
20-8 1/2	Marlene Harmon (Thousand Oaks)-1	1980
20-8	Jodi Anderson (Washington, LA)-3	1975
20-7	Dora Lee Roberts (Riverdale)	1971
20-7	Gail Devers (Sweetwater, NatCty)-1	1984
20-5	Gwen Loud (Westchester, LA)-1	1979
20-4 1/2	Carrie McLaughlin (Davis, Modesto)	1979
20-3 1/4	Joanna Harper (Fremont, LA)	1980

Triple Jump

State Meet Record: 42-10 1/4 Wendy Brown (Woodside) at Los Angeles 1984. **Fresh:** 39-7 Gayle Wadsworth (Hawthorne) 1982. **Soph:** 40-1 Wendy Brown (Woodside)

1982. **Junior:** 40-8 Wendy Brown (Woodside) 1983. **Senior:** 42-10 1/4 Wendy Brown (Woodside) 1984.

42-10 1/4	Wendy Brown (Woodside)-3	1984
	at Los Angeles	
42-5 1/2	Yvette Bates (Berkeley)	1984
40-11	Sheila Hudson (Rio Linda)-1	1985
40-3	Jackie Anderson (Mt. Miguel, SpringVly)	1986
40-2 1/4	Renita Robinson (Manual Arts, LA)	1983
40-2	Felicia Harris (San Lorenzo)-1	1986
39-9 1/2	Janis Diggs (Salinas)	1984
39-8 1/4	Debbie Orr (Oceanside, H. Bch)	1986
39-8	Camille Robertson (Redlands)	1984
39-7	Gayle Wadsworth (Hawthorne)	1982
39-7	Carole Jones (Chino)	1983

Shot Put 4k

State Meet Record: 52-7 Natalie Kaaiawahia (Fullerton) at Bakersfield 1983. **Fresh:** 48-4 1/4 Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4 1/4 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2 1/4 Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 53-7 1/4 Natalie Kaaiawahia (Fullerton) 1983.

53-7 1/4	Natalie Kaaiawahia (Fullerton)-4	1983
	at Norwalk	
50-3 1/2	Lynn Graham (Muir, Pasadena)	1965
50-0 1/2	Emily Dole (Buena Park)	1975
49-6	Kathy Devine (Mission Bay, SD)-2	1974
48-11 1/4	Susie Ray (Villa Park)-1	1980
47-11 1/2	Iva Wright (Edison, Fresno)	1971
47-9 3/4	Debra Corley (Garces, Bakersfield)	1981
47-4 1/4	Brandi Gail (Rowland, Hc. Hgts)-1	1986
46-11	Elaina Oden (Irvine)-1	1985
46-9	Dot Jones (Hilmar)	1982
46-9	Latoria Floyd (Oakgrove)	1984
46-9	Heidi Adams (Mission Viejo)	1985

Discus

State Meet Record: 172-11 Leslie Deniz (Gridley) at Berkeley 1980. **Fresh:** 144-11 Leslie Deniz (Gridley) 1977. **Soph:** 162-10 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 175-10 Leslie Deniz (Gridley) 1979. **Senior:** 183-11 Leslie Deniz (Gridley) 1980.

183-11	Leslie Deniz (Gridley)-2 at Lancaster	1980
174-9	Natalie Kaaiawahia (Fullerton)-2	1983
167-5	Jacque Norton (Mission Viejo)-1	1982
167-1	Laura DeSnoo (Washington, Frmt)	1981
164-10	Karen Nickerson (Cordova, RanCord)	1982
162-11	Kim Kesler (Vintage, Napa)	1983
162-2	Lilili (Nogales)-1	1985
162-0	Lori Parker (Ramona)	1986
161-10	Linda Langford (Leigh, San Jose)	1969
159-1	Stacy Hom (Cordova (RchCdv)-1	1984

Women

1986 College Conference TRACK RATINGS

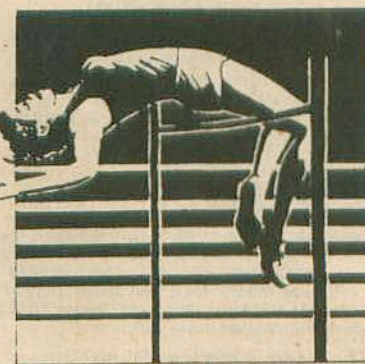
By Bob Womack

Conference	NCAA Pts	Per Team	Rank	NCAA as Dual	Conf 1st Place	Conf 3rd Place	Comb. Rank	Prior Rankings		
								1985	1984	1983
Southeastern	170	24.3	1	1	1	1	1	1	2	2
Southwest	98	12.3	3	2	2	2	2	3	5	-6
Pacific West	103	20.6	2	3	4	5	3	2*	3*	1*
Big 10	62	6.2	7	4	3	3	4	4	4	5
Big 8	50	6.3	6	5	6	6	5	5	1	3
NorPac	46	7.3	5	6	7	6	6	6	6	4
Southwestern	49	6.1	4	7	8	8	7	7	7	NR
Pacific Coast(PCAA)	13½	1.9	11	10	5	7	8	9	NR	NR
High Country	24	3.4	9	9	10	NR	9	8	9	NR
Atlantic Coast	23	2.9	10	11	9	NR	10	10	10	NR
Mid-Eastern	21	4.2	8	8	15	NR	11	NR	NR	NR
Gateway	8	0.8	13	12	11	NR	12	NR	NR	NR
Mid-America	10	1.1	12	14	12	NR	13	12	NR	NR
Big East	2	0.3	14	13	14	NR	14	11	8	NR
Heptagonal	-0-	0.0	15	15	13	NR	15	14	NR	NR

*WCAA prior to 1986

Men

Conference	NCAA Pts	Per Team	Rank	NCAA as Dual	Conf. 1st Place	Conf. 3rd Place	Comb. Rank	Prior Rankings				
								1985	1984	1983	1982	1981
Southwest	206½	22½.9	1	1	1	2	1	1	1	3	2	4
Pac-10	180	18	2	2	2	1	2	3	2	1	1	1
Southeastern	100	11.1	3	3	3	3	3	2	3	4	3	2
Big 8	46	5.8	4	4	5	5	4	4	4	2	4	5
Western (WAC)	37	4.6	5	7	6	7	5	6	6	5	5	6
Big 10	25½	2.6	9	8	4	4	6	5	5	8	6	2
Atlantic Coast	32½	4.1	7	6	8	9	7	8	7	7	7	8
Big East	32	3.6	8	5	9	10	8	9	11	NR	NR	NR
Pacific Coast(PCAA)	31	4.4	6	10	10	6	9	10	9	6	8	7
Southland	9	1.3	13	8	9	8	10	8	7	NR	NR	NR
Metro	10	2.0	10	15	12	NR	11	14	15	NR	NR	NR
Heptagonal	7	0.7	15	11	14	NR	12	13	16	9	10	9
Southwestern	14	1.8	11	14	15	NR	13	15	13	10	9	10
NY Metropolitan	10	1.4	12	12	16	NR	14	NR	NR	NR	NR	NR
Mid-America	5	0.8	14	17	11	NR	15	11	11	NR	NR	NR
Big Sky	-0-	0.0	T16	13	13	NR	16	12	12	NR	NR	NR
Missouri Valley	-0-	0.0	T16	16	17	NR	17	16	10	NR	NR	NR



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California Junior Records

(At January 1, 1986)

Compiled by Keith Conning

Junior competitors are defined as men who will not attain an age of 20 during the calendar year of competition and women who will not attain an age of 19.

WOMEN

100	11.34	Sharon Ware (Berk HS)	1980
200	23.18	Jackie Thompson (Linc.S.D.)	1972
400	50.87	Denean Howard (Ken,GraH)	1982
800	2:00.73	Kathy Weston(Will's Spk)	1976
1500	4:16.8	Francie Larrieu (SJ Cind)	1969
3000	9:11.80	Cory Schubert (DelMar,SJ)	1983
100m HH	13.5	Lorna Tinney	1972
400m IH	55.20	Leslie Maxie(Mills HS)	1984
HJ	6-2¼	Wendy Brown (Woodside HS)	1984
LJ	20-9¾	Wendy Brown (Woodside HS)	1984
TJ	42-10½	Wendy Brown (Woodside)	1984
SP	53-7¾	Natalie Kaaiawahia(Fulltn)	1983
DT	183-11	Leslie Deniz (Gridley HS)	1980
JT	196-1	Cathy Sulinski (MillbraeLion)	1976
HEPT	5237	Sharon Hatfield(FontnVlyHS)	1982

MEN

100	10.14	Ronnie Ray Smith (SJS)	1968
200	20.44 +	Wayne Collett (UCLA)	1968
400	45.04A	Wayne Collett (UCLA)	1968
800	1:46.67	David Mack (Oregon)	1980
1500	3:43.5	Curtis Beck (UCLA)	1974
3000 STP	8:47.0	Henry Perez (SanJoaq.Delta)	1975
5000	13:48.3	Thom Hunt (Orgeon)	1977
10,000	28:55.0	Eric Hulst (Laguna Bch HS)	1976
110m HH	13.57	Robert Gaines (Washington)	1976
400m IH	48.02	Danny Harris (Iowa St)	1984
HJ	7-4½	Maurice Crumby(Balboa, SF)	1983
PV	18-2	Brandon Richards(S.Marcos)	1985
LJ	27-4½	Randy Williams (USC)	1972
TJ	55-1	Willie Banks (UCLA)	1975
SP	69-0¾i	Terry Albritton (Unat.)	1974
DT	192-8	Darrell Elder (USC)	1975
HT	200-1	Dave Wilson (UCLA)	1985
JT	254-2	Tom Petranoff (PalomarJC)	1977
DEC	7264H	Rory Kotinek (UCLA)	1972

New Records Pending

LJ	20-11¾	Madette Smith (QuartzHill)	1986
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Symbols & Abbreviations

+ = converted from hand-time
A = mark made at altitude (above 1000m)
I = indoors
H = Hand Time

KINNEY CROSS COUNTRY CHAMPIONSHIPS EIGHTH YEAR

The only truly national championships in high school sports. More than 100 state champions will join 4,000 boys and girls from every corner of the United States to compete in four regional qualifying meets. The sixty-four winners will go on to the national championships in San Diego December 13. But just two elite runners will return home as national champions.

All high school cross country runners are eligible to compete. The distance for all events is 5,000 meters. Entry forms are available from high school cross country coaches or by calling **The Great American Shoe Store** at (212) 720-4168.

NORTHEASTERN REGIONAL

Van Cortlandt Park, New York, NY—November 29, 11:00 a.m.

Coordinator:

Marty Lewis
South Shore High School
6565 Flatlands Avenue, Brooklyn, NY 11236—(718) 531-4454

SOUTHERN REGIONAL

McAlpine-Greenway Park, Charlotte, NC—November 29, 11:00 a.m.

Coordinator:

Max Mayo
National Coordinator
270 Spaulding Circle, Athens, GA 30605—(404) 353-6923

MIDWESTERN REGIONAL

University of Wisconsin—Parkside, Kenosha—November 29, 11:00 a.m.

Coordinator:

Peter Henkes
The Wisconsin Runner
609 Sixth Street, Racine, WI 53403—(414) 633-0033

WESTERN REGIONAL

Woodward Park, Fresno, CA—December 6, 10:00 a.m.

Coordinator:

Bill Cockerham
California Track & Running News
P.O. Box 6103, Fresno, CA 93703—(209) 255-4904



Please Send Me a KCCC Entry Form.



name _____

address _____

city _____ state _____ zip _____

Mail to: KCCC, Box 6103, Fresno, CA 93703

★ ★ ★ ANOTHER GREAT AMERICAN EVENT! ★ ★ ★

Masters Track & Field

Patriots Summer Relays

Masters SoCal Championships
August 30. L.A. Southwest College.

110m High Hurdles: (30-34) 1. Delario Robinson, Unat. 14.90. (45-49) 1. Walt Butler, L.A. Vly AC, 15.01.

80m Low Hurdles: (60-64) 1. George Simmon, L.A. Vly AC, 15.82. (65-69) 1. Harry Yu, L.A. Patriots, 20.34. (70-74) 1. Chia-Tsung Pao, L.A. Patriots, 15.74.

100m: (30-34) 1. Michael Black, Unat. 11.06. (35-39) 1. Raymond Yeck, Pac. Telesis, 11.05. (40-44) 1. Juan Bostamante, Striders, 13.01. (45-49) 1. Fred Niedermeyer, Striders, 12.00. (50-54) 1. Nick Newton, L.A. Vly AC, 11.09. (55-59) 1. Frank Kishi, L.A. Vly AC, 13.02. (60-64) 1. Robert Watanabe, L.A. Vly AC, 12.05. (65-69) 1. David Lawyer, N.Y. Masters, 13.05. (70-74) 1. Conrad Shuck, CDM, 14.02. (80-84) 1. Sing Lum, CDM, 18.09. (55-59W) 1. Magdalena Kuehne, SoCal Striders, N.T.

800m: (30-34) 1. Bennx Brown, Converse West, 1:53.00. (40-44W) 1. Shirley Graeme, SDTC, 1:59.00. (40-44) 1. Michael Lalum, Orange Flyers, 2:43.00. (50-54) 1. Lloyd McGuire, SDTC, 2:26.00. (55-59) 1. Jerry Withers, SoCal Striders, 2:24.00.

400m: (30-34) 1. Charles Missouri, L.A. Patriots, 55.01. (40-44) 1. Bill Sevilla, Unat. 66.09. (45-49) 1. Robert Jones, DCM, 58.03. (65-69) 1. Andy Collins, USC, 1:30.00.

300m IH: (30-34) 1. Andrew Hecker, Inside Track, 44.09. (40-44) 1. Bill Sevilla, Unat., 54.15. (45-49) 1. Bill Knoke, West Valley TC, 42.07. (60-64) 1. George Simmon, LAVAC, 60.01. (70-74) 1. Pete Ganahl, CDM, 57.05. (75-79) 1. Stan Thompson, Hawaii Masters, 1:24.19.

200m: (30-34) 1. Michael Black, Unat., 23.2. (35-39) 1. Marvin Thompson, Team Patriots, 25.7. (40-44) 1. Jow Perry, Hughes Aircraft, 26.1. (45-49) 1. Jackson Steffes, Hughes Aircraft, 24.3. (55-59) 1. Frank Kishi, LAVAC, 28.1. (60-64) 1. Gene Harte, LAVAC, 27.1. (65-69) 1. David Lawyer, NY Masters, 29.1. (70-74) 1. Conrad Shuck, CDM, 30.3. (80-84) 1. Sing Lum, CDM, 41.6.

3000m: (30-34W) 1. Karen Junes, SoCal Striders, 13:30.2. (55-59W) 1. Dolores Withers, Striders, 16:30.1. (30-34) 1. Phil Torres, Unat., 10:04.0. (40-44) 1. Randall Shelley, Unat., 10:21.0. 2. Mike Lalum, Orange TC, 12:31.3. (50-54) 1. Ross Dunton, Unat., 13:17.9. (55-59) 1. Patrick Devine, Hughes, 10:23.0. (60-64) 1. Larry Banuelos, Sr. TC, 11:41.9. (85-89) 1. Jacob Bishin, Sr. TC, 21:26.8.

4x200m Relay: (30-39) 1. Team Patriots, 1:40.0. (50-59) 1. LA Valley AC, 1:54.7. (60-69) 1. LA Valley AC, 2:08.14.

4x100m Relay: (30-39) 1. LA Patriots, 46.03. (40-49) 1. SoCal Striders, 50.19. (50-59) 1. LA Valley AC, 53.04. (60-69) 1. LA Valley AC, 56.08.

1500m: (30-34) 1. Phillip Torres, Unat., 4:41.00. (35-39) 1. James Gelsomini, SDTC, 4:06.00. (40-44) 1. Michael Lalum, Orange Flyers, 5:28.00. (60-64) 1. Larry Banuelos, Sr. TC, 5:29.00. (85-89) 1. Jacob Bishin, Seniors TC, 11:50.00.

High Jump: (30-34) 1. Melvyn Embree, Coast Athletic, 6.6. (35-39) 1. Charles

Rader, LA Valley AC, 6.0. (40-44) 1. Carldon Collins, USC Trojan, 5.4. (50-54) 1. Nick Newton, LA Valley AC, 5.4. (75-79) 1. Stan Thompson, Hawaii Masters, 4.0.

Pole Vault: (45-49) 1. Tom Woodring, Club West SB, 10.0. (75-79) 1. Stan Thompson, Hawaii Masters, 6.6.

Shot Put: (50-55W) 1. Christel Miller, CDM, 30.8. (55-59W) 1. Patricia Osmon, SDTC, 20.4. (35-39) 1. Michael Holzgang, Unat., 34.10. (60-64) 1. Ken Mitchell, striders, 34.10. (70-74) 1. Jack Thatcher, CDM, 38.8.

Triple Jump: (55-59W) 1. Magdalena Kuehne, Striders, 24.6 1/4. (40-44) 1. Carldon Collins, USC Trojan, 38.6 1/4. (45-49) 1. Rick Schmidt, Unat., 33.7. (55-59) 1. Dave Jackson, CDM, 39.3 1/4. (60-64) 1. Ken Mitchell, Striders, 27.10 1/4. (65-69) 1. Chas Mercurio, Unat., 28.10 1/4.

Discus: (55-59W) 1. Magdalena Kuehne, Striders, 54.2. (35-39) 1. Michael Holzgang, Unat. 94.0. (40-44) 1. Bill Sevilla, Unat., 77.9 1/4. (60-64) 1. Ken Mitchell, Striders, 105.0. (70-74) 1. James Crothers, Unat., 82.6.

Javelin: (50-54W) 1. Christel Miller, CDM, 30.26. (55-59W) 1. Magdalena Kuehne, Striders, 18.10. (35-39) 1. Michael Holzgang, Unat., 45.16. (40-44) 1. Carldon Collins, USC Trojan, 37.08. (45-49) 1. Robert Jones, CDM, 35.56. (60-69) 1. Ken Mitchell, SoCal Striders, 32.92. (65-69) 1. Bill Morales, CDM, 46.40. (70-79) 1. James Crothers, Unat., 19.86.

Long Jump: (55-59W) 1. Magdalena Kuehne, Striders, 11.11. (40-44) 1. Carldon Collins, USC Trojan, 19.1 1/2. (45-49) 1. Rick Schmidt, Unat., 18.1 1/2. (60-64) 1. Ken Mitchell, Striders, 13.11 1/2.

College X-Country

Fresno State Watermelon Run

Sept. 6. FSU Campus, Fresno. 8/4/2 Mile.

Overall Results - 6 Mile

1	Alfredo Rosas	30:50
2	Tom Davidson	34:48
3	Felipe Gonzalez	35:11
4	Curtis Elia	35:35
5	Craig Elia	35:35
6	John Franks	36:28
7	John Houseman	38:22
8	Mouriant	39:12
9	Frank Rainey	39:18
10	Steve Unzueta	39:44
12	Lisa Bennett	42:18
17	Carrie Graves	46:53
18	Heather Reid	48:53

Overall Results - 4 Mile

1	Jesse Llanez	20:05
2	John King	20:34
3	Jim Zimmer	20:38
4	Jim Hardimon	20:43
5	Bill Lybeer	20:44
6	Keith Videtto	20:48
7	Todd Strickland	20:51
8	Neff McGhie	20:52
9	Elias Diaz	21:08
10	Bryan Foley	21:10
29	Rene Ortiz	24:30
33	Gina Montie	25:02
37	Rosa Medina	26:01

Overall Results - 2 Mile

1	Phil Buckley	10:12
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2	Ken Martinez	10:32
3	John Lane	10:39
4	Scott Thornton	10:42
5	Gumaro Castellanos	10:49
6	Darin Jaurequi	10:50
7	Jeff Bryant	11:09
8	Stacey McAfee	11:11
9	Janine Ogas	11:13
10	Kelly Buzza	11:25

USC Cross Country

by Barry G. Migliorini

USC's opening dual meet went very well according to Trojan coach Larry Knuth. The race was held over the hills of Griffith Park, against the highly ranked Illinois Illini.

Romney Mawhorter SC's stand out steeplechaser jumped to the early lead. The two teams approached the mile mark with a pack of eleven runners, four from USC. At that point USC's Fredson Mayiek took over the race followed closely by teammate Mauhorter, and four Illini including All Americans Joe Leuchtmann, and Jeff Jacobs.

With just over a mile left in the race the Trojans started supporting their two front runners. Outstanding JC transfer Angel Silva, and fellow Trojan Sammy Huizar started to move. The two runners increased their pace enough to catch and pass Mauhorter who was slowed by cramping. Southern Cal's Chris Lerude overtook teammate and former CIF champion Roman Gomez to assume the fifth spot.

Mayiek went on to beat the two All Americans and win the race, but that wasn't enough as the Trojans fell to the Illini 21-34. Knuth was very optimistic despite the loss. In three short years at UCI, Knuth coached the anteaters to the PCAA cross country title, and he's building a team which could win the Pac 10 in the same time period.

Overall Results

1	Mayiek, USC	26:03
2	Leuchtmann, II	26:08
3	Jacobs, II	26:20
4	Halley, II	26:46
5	Reynolds, II	27:11
6	Silva, USC	27:11
7	Kiuela, II	27:12
8	Huizar, USC	27:14
9	Mawhorter, USC	28:16
10	LeRude, USC	28:33
11	Coglitore, USC	28:59
12	Haggenmiller, USC	29:23
13	Gomez, USC	30:03
14	Thanos, II	DNF

Hornet Invitational

Sept. 13. Rockin-Sierra JC, Sacto.

Overall Results - Men

1	Danny Holares, Bksf	24:58
2	Tracy Harris, Unat.	24:59
3	Alfredo Rosas, Unat	25:07
4	Robert Twalla, UNR	25:22
5	Jerry Lyuaagren, Bksf	25:42
6	Dan Aldredge, Unat.	25:45
7	Scott Peterson, UNR	25:51
8	Pete Nunez, Bksf	25:51
9	Mike Minor, Unat	25:56
10	John King, FSU	25:57
11	Jim Hardimon, FSU	25:58
12	Danny Strphus, Bksf	26:00
13	John ?, Unat.	26:04
14	Neff McGhie, FSU	26:06
15	Grover Prower, Unat.	26:07

Team Scores:

1. Boise State 57, 2. FSU 84, 3. CPSLO 97, 4. UN-Reno 120.

Overall Results - Women

1	Linda VanHousen, ND	17:11
2	Stacy McAfee, FSU	17:18
3	Patty Young, UNR	17:25
4	Janine Ogas, FSU	17:26
5	Kelly Buzza, FSU	17:40
6	Joyce Cherluyot, UNR	18:03
7	Mary Kuphaldt, FSU	18:18
8	Lisa Van Buskirk, Hay	18:23
9	Jolie Houston, Aggie	18:23
10	Sherri Opp, St. Mary's	18:24
11	Eileen Dyer, FSU	18:31
12	Gina Montie, FSU	18:32
13	Peggy Macke	18:38
14	Sharon Sanders, Hay	18:41
15	Susan Hawthorne	18:44

Team Scores:

1. FSU 29, 2. Aggies 74, 3. UN-Reno 76, 4. Hayward 88.

Sonoma State Invite.

Sept. 20. Rhonert Park, 3 Mile.

Overall Results - Women

1	Sherri Opp, SM	17:18
2	Lisa Van Buskirk, Hayward	17:28
3	Diane Burger, SFS	17:30
4	Mill Reginato, SCU	17:40
5	Peggy Macke, Hayward	17:44
6	Sharon Sander, Hayward	17:56
7	Carol McWalters, SFS	18:14
8	Maribeth Duffy, Son	18:22
9	Laura Henry, Hayward	18:26
10	Shirley Rodriguez, Hayward	18:27

Team Scores

1. Hayward State 29; 2. San Francisco State 58; 3. Mills College 121; 4. St. Mary's College 130; 5. Chico State 152; 6. Humboldt State 156; 7. Stanislaus State 166; Sonoma State, inc; Santa Clara, inc.

Riverside X-C Invitational

Sept. 20. Riverside.

Overall Results - Men's 5 Mile

1	Dave Walsh, CSUN	24:19
2	Richard Graves, UCI	24:21
3	Juan Naranjo, SDS	24:22
4	Rod Curry, UCI	24:27
5	Ray Cook, Unat.	24:34
6	Eddie Toro, CPP	24:38
7	Tim Watson, UCR	24:41
8	Paul Green, SDS	24:47
9	Greg Houlgate, UCI	24:51
10	Mitch Eddy, SDS	24:57
11	Pete Vicenlia, UCI	24:57
12	Mike Wall, UCI	24:58
13	Mike Parker, CCP	25:01
14	Rick Martinez, Unat.	25:02
15	Todd Chambers, UCI	25:02
16	Rick Wilhelm, UCI	25:03
17	Denis Kiely, PLC	25:06
18	Gus Quinonez, UCI	25:08
19	Tony Young, CSULA	25:08
20	Steven Imlay, UCI	25:10
21	Will James, CSUN	25:11
22	Paul Giametto, CPP	25:12
23	David Loud, CPP	25:15
24	Jose Vega, SDS	25:19
25	Dane Costley, CSUN	25:23

Team Scores:

1. UC Irvine 38, 2. San Diego State 72, 3. Cal Poly, Pomona 90, 4. Cal State, Northridge 115, 5. UC Riverside 188, 6. Cal State, Los Angeles 247, 7. Point Loma 268, 8. Azusa Pacific 308, 9. Athletic Express TC 370.

Results

Overall Results - Women's 5000m

1	Katy Manning, CPSLO	16:59
2	Joann Howard, CPP	17:06
3	Jennifer Abraham, UCI	17:13
4	Laurie Chapman, UCLA	17:14
5	Lesley White, CPSLO	17:15
6	Clare Felt, UA	17:16
7	Kathy Kiernan, UCLA	17:21
8	Kris Katterhagen, CPSLO	17:22
9	Camilla Harron, UA	17:26
10	Lori Lopez, CPSLO	17:32
11	Jill Harrington, UCI	17:34
12	Buffie Rabbit, UCI	17:35
13	Beth McGrann, UCI	17:41
14	Amy Dabul, UCI	17:45
15	Kim Stewart, UCLA	17:49
16	Lori Wilson, UCI	17:51
17	Nancy Brown, UCLA	17:55
18	Annie Seanright, UCLA	17:55
19	Sherri Minkler, CPSLO	17:57
20	Mary Dore, UA	17:58
21	Sherrie Roach, CPP	17:58
22	Christine Porter, UCLA	18:00
23	Linda Zeman, Unat.	18:00
24	Julie Seline, USC	18:05
25	Deb Bigbee, UA	18:06

Team Scores:

1. Cal Poly, San Luis Obispo 43; 2. UC Irvine 53; 3. UCLA 61; 4. Univ. of Arizona 88; 5. Cal Poly, Pomona 164; 6. USC 196; 7. USIU 248; 8. Athletic Express TC 354; 9. Azusa Pacific Univ. 378; 10. Point Loma College 406.

photo by Burt Davis



Mark Junkerman (UCLA), 1st UCLA Inv., 1st Fresno State Inv., 3rd. Stanford Inv.

Fresno State Invitational

Sept. 20. Woodward Park, Fresno.

Overall Results - Men's 10,000m

1	Mark Junkermann, UCLA	30:27
2	Aaron Ramirez, Arizona	30:31
3	Kevin Jones, Team Etonic	30:46
4	Jeff Cannada, Arizona	30:51
5	Fredson Mayieck, USC	30:53
6	Steven Pradere, UNR TC	31:02
7	Matt Giusto, Arizona	31:05
8	Chris Morgan, Arizona	31:07
9	Alfredo Rosas, Unat.	31:11
10	Doug Henderson, Cal	31:12
11	Robert Thwala, UNR	31:21
12	James Maxwell, Arizona	31:32
13	Greg Hauser, UCLA	31:35
14	Brent Felt, Portland	31:37
15	Jason Fiamm, Cal	31:38
16	Jerry Marsh, UCLA	31:39
17	Angel Silva, USC	31:42
18	Romney Mawhorter, USC	31:46
19	John Quade, Arizona	31:48
20	Gary Daily, Fullerton	31:54
21	Roman Gomez, USC	31:58

22	Mandaia Kunene, CSB	32:00
23	Scott Peterson, UNR	32:02
24	Michael Miner, SLO	32:04
25	Greg Rivera, Hayward St	32:06

Team Scores:

1. Arizona 25; 2. UCLA 75; 3. USC 93; 4. Cal Poly SLO 161; 5. Fresno State 195; 6. Nevada-Reno 202; 7. Cal State Fullerton 206; 8. California 209; 9. Univ. of Portland 211; 10. CSU Hayward 229; 11. CSU Long Beach 280; 12. Occidental 323; 13. CS Bakersfield 342; 14. CSU Sacramento 356; 15. San Jose State 374.

Overall Results - Women's 5,000m

1	Marilyn Davis, Cal	17:40
2	Stacey McAfee, Fresno St	17:43
3	Trina Hull, UNLV	17:45
4	Michele Trimble, Oxy	17:50
5	Janine Ogas, Fresno St	17:51
6	Macy Moring, Cal	17:52
7	Patty Young, UNR	17:55
8	Sabrina Han, Cal	18:06
9	Maureen Bradley, SDSU	18:16
10	Cindi Sullivan, SDSU	18:16
11	Cresey Stewart, Oxy	18:19
12	Lisa Allen, SDSU	18:24
13	Ramona Lopez, SDSU	18:25
14	Julie Mullin, Portland	18:27
15	Nina Liahtell, Cal	18:30
16	Renee Rife, UNR	18:34
17	Mary Kuphaldt, Fresno St	18:39
18	Gina Montie, Fresno St	18:40
19	Wendy Logsdon, Cal	18:43
20	Eileen Dyer, Fresno St	18:48

Team Scores:

1. California 49; 2. Fresno State 62; 3. San Diego State 66; 4. Nevada-Reno 110; 5. Univ. of Portland 128; 6. UNLV 149; 7. Occidental 187; 8. CS Bakersfield 189; 9. CSU Long Beach 235; 10. Pacific 306.

Westmont X-C Invitational

Sept. 27. Santa Barbara.

Overall Men's Results - 5.2 Miles

1	Art Castle, CLU	26:13
2	Mandela Kuenene, CS Bak	26:15
3	Gus Hermes, Westmont	26:35
4	Bill Quirk, Santa Clara	26:38
5	Bob Shisler, Azusa Pac	26:42
6	Leonard Aceves, CS Bak	26:49
7	Rico Aparicio, Notre Dame	27:06
8	Bill Baugh, Westmont	27:08
9	Jim Mattson, Westmont	27:11
10	Dave Withers, Biola	27:17
11	Dave Wooding, Santa Clara	27:44
12	Mike Hebebrand, Biola	27:49
13	Mike Smith, Westmont	27:51
14	Phil Duncan, Master's	27:52
15	Jose Medina, CS Bak	27:59
16	Peter Weinerth, UCSB	28:00
17	Mike White, Santa Clara	28:05
18	Dick Vicain, LMU	28:14
19	Ron Forsell, Santa Clara	28:14
20	Steve Friebs, Westmont	28:24
21	Felipe Gonzales, Fresno Pac	28:26
22	Glen Wurster, Azusa Pac	28:28
23	Dan Elliot, Biola	28:30
24	Phil Noyes, UCSB	28:30
25	Rick Schaub, Westmont	28:31
26	Chris Rodriguez, Fresno Pac	28:34

Team Scores:

1. Westmont 52; 2. Santa Clara 74; 3. CS Bakersfield 98; 4. Biola 104; 5. Cal Lutheran 160; 6. Notre Dame 167; 7. Azusa Pacific 185; 8. Loyola Marymount 216; 9. Fresno Pacific 218; 10. CS San Bernardino 240; 11. Christ College 307; 12. Master's 315; 13. St. Mary's 324; 14. Pepperdine 353; 15. SCC, UCSB no score.

Overall Women's Results - 5000m

1	Linda Van Housen, ND	18:38
2	Sheri Opp, SM	19:12
3	Stacia Larsen, W	19:17
4	Judy Thomas, AP	19:22
5	Mary Louise Reginato, SC	19:48
6	Michelle McGinnis, Bak	19:48
7	Shannon Battles, Bak	19:56
8	Shelby Rahilly, Bak	20:10
9	Lisa Bennett, FP	20:14
10	Tammy Volk, LMU	20:18
11	Rosa Medina, Bak	20:19
12	Becky Soto, Bak	20:20
13	Lisa Cooper, Bak	20:24

14	Lori Zackula, CL	20:29
15	Lorena Ferreira, ND	20:31
16	Rebecca Hodde, SB	20:48
17	Kathy Stirling, B	20:57
18	Connie Buckler, SM	20:59
19	Kim Himenes, ND	21:01
20	Diane Marshall, Bak	21:14
21	Carrie Graves, FP	21:24
22	Jennie Peters, W	21:33
23	Susan Horstmeier, ND	21:41
24	Michelle Ferro, MT	21:42
25	Ariana Gilbert, P	21:45

Team Scores:

1. CS Bakersfield 44; 2. Notre Dame 101; 3. Westmont 112; 4. St. Mary's 135; 5. Fresno Pacific 164; 6. CS San Bernardino 172; 7. Azusa Pacific 176; 8. Santa Clara 182; 9. Cal Lutheran 187; 10. Pepperdine 237; 11. Loyola Marymount 243; 12. Mt. St. Mary's 292; 13. Master's 325; S.C.C./Biola/Christ College, no score.

Aztec Cross Country Invitational

Sept. 27.

Overall Results - Men's 10K

1	Matt Giusto, U of Az	30:08
2	Aaron Ramirez, U of Az	30:09
3	Ronnie Harris, USN Acad.	30:15
4	Jeff Cannada, U of Az	30:16
5	Bill McGrath, Reebok Rac	30:20
6	Bo Reed, No Az Univ.	30:25
7	John Aalberg, Utah	30:26
8	Sean Evans, Anteater Track	30:26
9	Juan Naranjo, SDSU	30:29
10	Chris Morgan, U of Az	30:31
11	Benny Cruz, Gardena	30:34
12	Mike Scannell, Az Cluster	30:39
13	Tracy Garrison, Taft JC	30:43
14	Steve Perez, Unat.	30:47
15	Richard Graves, UC Irvine	30:50
16	Louis Poore, USN Acad.	30:55
17	Daren Stonerock, No Az Univ.	31:00
18	Pat Green, Running Ex.	31:04
19	Gus Mojanjo, Reebok Racing	31:06
20	Jim Maxwell, U of Az	31:08
21	Gary Borbon, Unat.	31:13
22	Paul Greer, SDSU	31:14
23	Kevin McCarey, SD TC	31:15
24	Rod Curry, UC Irvine	31:18
25	Jim Sterling, Unat.	31:19
26	Tyrus Deminter, Santa Monica	31:19
27	Camron Mitchell, No Az Univ	31:20
28	Greg Houlgate, UC Irvine	31:20
29	Gary Gregory, Santa Monica	31:20
30	Rob Roberts, Santa Monica	31:21
31	A. Gomez, Unat.	31:23
32	Simon Gutierrez, U of Az	31:26
33	Tim Watson, U of C River	31:30
34	Gus Quinonez, UC Irvine	31:30
35	John Lesniak, USN Acad.	31:30
36	Vince Firlotte, No Az Univ	31:33
37	Rick Wilhem, UC Irvine	31:35
38	Abel Motu, CP Pomona	31:35
39	Denis Kiely, Point Loma	31:38
40	Pat Ewing, Santa Monica	31:39
41	Danny Martinez, Anteater Tr	31:39
42	Rick Dodson, Anteater Tr	31:40
43	Greg Castro, Colorado St	31:41
44	Karl Mimmack, Colorado St	31:41
45	Jose Vega, SDSU	31:45
46	Lance Davidson, USN Acad.	31:45
47	Todd Chambers, UC Irvine	31:45
48	Chris Caldwell, No Az Univ	31:45
49	David Loud, CP Pomona	31:45
50	Mike Pope, Unat.	31:46

Team Scores:

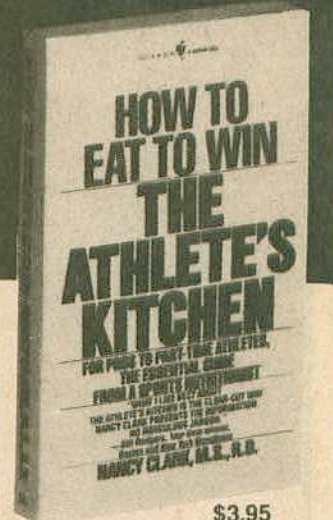
1. Arizona 37; 2. Northern Arizona 133; 3. UC Irvine 138; 4. U.S. Naval Academy 152; 5. San Diego State 187; 6. Santa Monica TC 230; 7. Colorado State 276; 8. Cal Poly Pomona 303; 9. Reebok TC 314; 10. Anteater TC 334; 11. Utah 336; 12. San Diego TC 444; 13. Arizona Cluster 456; 14. New Balance West 482; 15. Cal State Long Beach 487; 16. UC Riverside 495; 17. Glendale CC 551; 18. UC Santa Barbara 559; 19. Cal State Los Angeles 676; 20. Point Loma College 749; 21. UC San Diego 785; 22. U.S. International 777; 23. Mesa CC 786; 24. Scottsdale CC 821.

Overall Results - Women's 5K

1	Sylvia Mosqueda, CSLA	16:59
2	Sally Wood, U of Ca, Berk	17:02
3	Carol Roybal, New Mexico	17:17
4	Lesley White, CPSLO	17:18
5	Beth McCaan, UC Irvine	17:20
6	Clare Felt, U of Az	17:24
7	Katy Manning, CPSLO	17:25
8	Nicole Boes, Colorado St	17:28

continued on next page...

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Results

9	Camilla Harron, U of Az	17:31
10	Darcy Arreola, CS Northridge	17:33
11	Marilyn Davis, U of Ca, Berk	17:38
12	Gladees Prieur, CPSLO	17:42
13	Libby Johnson, Colorado St	17:44
14	Celsa Bowman, Utah	17:46
15	Lori Lopez, CPSLO	17:46
16	Kris Katterhagen, CPSLO	17:46
17	Jill Harrington, UC Irvine	17:50
18	Diana Baca, New Mexico	17:52
19	Nancy Bowman, CS Northridge	17:54
20	Amy Dabul, UC Irvine	17:56
21	Jenni Scott, CS FU	17:58
22	Keeley King, UC Irvine	17:59
23	Lisa Valle, New Mexico	18:00
24	Lori Wilson, UC Irvine	18:01
25	Buffie Rabbitt, UC Irvine	18:02
26	Mary Dore, U of Az	18:03
27	Sabrina Han, U of Ca, Berk	18:03
28	Gretchen Lohr, CSLA	18:04
29	Kathy Hatrick, Colorado St	18:10
30	Maurie Wood, No Az Univ	18:11
31	Elise Lyon, USC	18:12
32	Angela Chambers, No Az Univ	18:13
33	Lori Morgan, Unat.	18:16
34	Mona Lopez, SDSU	18:18
35	Teresa Barrios, Mira Costa	18:19
36	Gwen Willink, New Mexico	18:19
37	Macy Moring, U of Ca, Berk	18:19
38	Deb Bigbee, U of Az	18:19
39	Shannon Clark, USC	18:20
40	Laura McCracken, No Az Univ	18:22
41	Sherri Smith, U of Az	18:22
42	Marie Rollins, CSLA	18:23
43	Molly Jackson, USIU	18:24
44	Julie Seleine, USC	18:25
45	Jamie Bisplinghoff, No Az Univ	18:27
46	Nicole Ritchot, UC Irvine	18:27
47	Cindy Herhahn, New Mexico	18:28
48	Sharon Yannek, Unat.	18:29
49	Renee Berez, Unat.	18:32
50	Sherri Jensen, Utah	18:32

Team Scores:
 1. Cal Poly SLO 54; 2. UC Irvine 88; 3. Arizona 120; 4. New Mexico 127; 5. UC Berkeley 138; 6. Northern Arizona 180; 7. Colorado State 238; 8. Cal State Los Angeles 238; 9. Cal State Northridge 254;

10. San Diego State 274; 11. USC 302; 12. Utah 311; 13. Cal State Fullerton 351; 14. New Balance West 392; 15. U. S. International 421; 16. Mira Costa College 518; 17. Nevada-Reno 542; 18. Nevada-Las Vegas 545; 19. UC Santa Barbara 588; 20. UC San Diego 617; 21. Cal State Long Beach 617; 22. Hawaii 621; 23. Glendale CC 642; 24. Point Loma College 801; 25. Scottsdale CC DNF.

Roadrunner Invite.

from Joni Jones

October 4, Bakersfield.

Overall Results - Men

1	Benny Cruz, Unat	30:18
2	Mandala Kunene, CSB	30:30
3	Art Castle, CLC	30:50
4	Leonard Aceves, CSB	31:10
5	Ray Webb, KCTC	31:18
6	Henry Chio, Mir.Cos.	31:20
7	Mike Kennedy, Chapman	31:22
8	Michael Laird, Mir.Cos.	31:26
9	Jose Medina, CSB	31:44
10	Mike Smith, Open	31:50
11	Humberto Quintana, Glen A.	32:04
12	Jeff McCarty, Glen A.	32:05
13	Dave Withers, Biola	32:13
14	Tony Hernandez, Glen A.	32:21
15	Mike Heberand, Biola	32:25

Men's Teams

1. Mira Costa 54; 2. Glendale A 62; 3. CSB 67; 4. Biola 80; 5. Cal Lutheran 118; 6. Chapman 160; 7. Glendale B 175; 8. Whittier 208.

Overall Results - Women

1	Sylvia Mosqueda, CSLA	16:10
2	Gretchen Lohr, CSLA	17:06
3	Linda Zeman, Unat.	17:39
4	Sabrina Jensen, UCSD	17:52
5	Torie Pleasant, CSLA	17:53
6	Shannon Battles, CSB	17:54
7	Michele McGinnis, CSB	17:55
8	Rosa Medina, CSB	18:11
9	Shelby Rahilly, CSB	18:39
10	Lisa Cooper, CSB	18:45
11	Diane Marshall, CSB	18:45
12	Lupe Rodriguez, CSLA	18:52
13	Gisele English, UCSD	18:57
14	Elizabeth Franz, Whittier	19:03
15	Kathy Stirling, Biola	19:06

Women's Teams

1. CSB 20; 2. UC San Diego 45; 3. Chapman 89; 4. Whittier 91.

Stanford Invitational

Oct. 4, Stanford Golf Course.

Overall Results - Men's 10,000m

1	Marc Olesen, Stanford	30:38
2	Fredson Mayiek, USC	30:47
3	Mark Junkerman, UCLA	30:59
4	Dan Fisher, Ariz St	31:03
5	Steve Perez, Unat.	31:04
6	Ryan Stoll, Stanford	31:18
7	Pat Piper, No Carolina St	31:24
8	Andy Herr, No Carolina St	31:24
9	Steve Pradere, Unat.	31:26
10	Steve Preston, Ariz St	31:29
11	Richard Graves, UC Irvine	31:31
12	Rod Curry, UC Irvine	31:31
13	Victor Heredia, UTEP	31:35
14	James Alborough, Stanford	31:37
15	Juan Naranjo, San Diego St	31:37
16	Gus Quinonez, UC Irvine	31:40
17	Robert Thwala, UN Reno	31:42
18	Steve Brown, No Carolina St	31:43
19	Wes Ashford, Brigham Young	31:44
20	Ralph Garibaldi, UC Irvine	31:45
21	Jerry Marsh, UCLA	31:48
22	Bob Henes, No Carolina St	31:49
23	Rad Shirley, Brigham Young	31:49
24	Dave Walsh, CS Northridge	31:52
25	Tom Grewe, UCLA	31:54
26	Mike Livingston, CPSLO	31:54
27	Gary Borbon, Unat.	31:56
28	Jim Hardimon, Fresno St	31:56
29	Gavin Sloane, Cornell	31:58
30	Jeff Taylor, No Carolina St	31:59
31	Charles Alexander, Stanford	32:00
32	Angel Roman, CPP	32:01
33	Abel Mota, CPP	32:02
34	Fred Hurlitz, Ariz St	32:02

photo by Burt Davis



Mark Olesen (Stanford), 1st at Stanford Invitational.

35	Larry Smithee, Brigham Young	32:03
36	Steve Schadier, Stanford	32:04
37	Jose Vega, San Diego St	32:05
38	Jim Ortiz, UCLA	32:05
39	Eddie Toro, CPP	32:06
40	Steve Imley, UC Irvine	32:07
41	Christopher Craig, CPSLO	32:08
42	Paul Greer, San Diego St	32:08
43	Marc Mastalir, Stanford	32:12
44	Rusty Knowles, Unat.	32:12
45	Romney Mawhorter, USC	32:16
47	Ken Frazier, No Carolina St	32:17
48	Terry Daly, CS Fullerton	32:22
49	Jose Carranza, San Diego St	32:24
50	Jeff Smith, Ariz St	32:25
51	Michael Minor, CPSLO	32:25
52	Paul Jaspers, UCLA	32:25
53	Rickey Wallace, No Carolina St	32:32
54	Allen Thatcher, Brigham Young	32:35
55	Greg Hauser, UCLA	32:36
56	David Loud, CPP	32:36
57	Eric Mastalir, Stanford	32:37
58	Chip Bradish, Cornell	32:39
59	Rick Martinez, Unat.	32:40
60	Gus Hermes, Westmont	32:40
61	Victor Santamaria, UCLA	32:41
62	Mark Callion, Stanford B	32:41
63	Erik Farien, CS Fullerton	32:42
64	Sam Huizer, USC	32:43
65	Don Reynolds, CPSLO	32:45
66	Erich Ackerman, CPSLO	32:46
67	Bob King, Cornell	32:46
68	Greg Hulgate, UC Irvine	32:49
69	John Whitesides, Unat.	32:49
70	Dean Rinde, CS Sacto	32:50
71	Angel Silva, USC	32:50
72	Matt Day, Cornell	32:51
73	Paul Ginetto, CPP	32:51
74	Denis Kiely, Point Loma	32:51
75	Eric Reynolds, UCLA	32:53
76	Peter Quint, Occidental	32:55
77	Aparicio, Col of Notre Dame	32:56
78	Ellis del Sol, USIU	32:56
79	John King, Fresno State A	32:57
80	Shawn Sinclair, CPP	32:58
81	Bill Quirk, Santa Clara	32:59
82	Mike Wall, UC Irvine	33:01
83	Cris James, Brigham Young	33:03
84	Tim Penwell, San Diego St	33:03
85	Mike Scott, Claremont	33:05
86	Joe Nitti, UCLA	33:07
87	Christian Prieur, CPSLO	33:08
88	Lincoln Graves, Cornell	33:09

89	David Rees, Stanford	33:09
90	William Crowley, Stanford	33:11
91	Kirk Seeber, No Carolina St	33:11
92	Harvey Franco, Brigham Young	33:14
93	Mike Parker, CPP	33:14
94	Elias Dias, Fresno St A	33:15
95	Jim Chaney, CPSLO B	33:16
96	Bill Lybeer, Fresno St	33:17
97	Dane Costley, CS Northridge	33:18
98	Roman Gomez, USC	33:19
99	Mark O'Brien, CS Fullerton	33:20
100	Neff McGhie, Fresno St A	33:20

Team Scores:

1. North Carolina State 85; 2. Stanford 88; 3. UC Irvine 99; 4. UCLA 139; 5. Brigham Young 214; 6. Arizona State 219; 7. San Diego State 227; 8. Cal Poly-Pomona 233; 9. Cal Poly-San Luis Obispo 249; 10. USC 281; 11. Cornell 314; 12. Fresno State 397; 13. CS Fullerton 473; 14. CS Northridge 496; 15. Cal Poly-San Luis Obispo B 534; 16. Occidental 546; 17. U of Nevada-Reno 583; 18. Fresno State B 619; 19. Point Loma 667; 20. Westmont 687; 21. Santa Clara 728; 22. CS Sacramento 731; 23. CS Los Angeles 746; 24. U of Redlands 772; 25. College of Notre Dame and San Jose State 813; 27. U.S. International U. 863; 28. Ventura 889; 29. U. of San Francisco 1073.

Overall Results - Women's 5,000m

1	Ute Jamrozky, Clemson	16:46
2	Janel Smith, No Carolina St	17:01
3	Melody Sue, Arkansas	17:06
4	Renee Harbaugh, No Carolina	17:08
5	Sally Wood, UC Berkeley	17:14
6	Jackie Mota, Arkansas	17:14
7	Carol Gray, Stanford	17:15
8	Lisbeth Brax, UTEP	17:19
9	Julie Jenkins, Brigham Young	17:21
10	Kathy Smith, Stanford	17:22
11	Linda Van Housen, C of NotreD	17:24
12	Beth McGrann, UC Irvine	17:24
13	Stacey McAfee, Fresno St	17:25
14	Lesley White, CPSLO	17:26
15	Brenda Steenhof, Stanford	17:26
16	Joann Howard, CPP A	17:29
17	Nancy Anderson, Brigham Young	17:30
18	Lori Lopez, CPSLO	17:32
19	Gladees Prieur, CPSLO	17:32
20	Elisabeth Breit, Clemson	17:33
21	Jill Harrington, UC Irvine	17:34
22	Mighan McCarthy, Arkansas	17:34
23	Noeleen Mullen, Brigham Young	17:34
24	Angela Cook, Brigham Young	17:35
25	Michele Trimble, Occidental	17:36
26	Annie Seawright, UCLA	17:39
27	Joanne Power, Clemson	17:40
28	Allison Welk, Arkansas	17:41
29	Marilyn Davis, UC Berkeley	17:42
30	Kim Stevens, Stanford	17:43
31	Kathy Kiernan, UCLA	17:46
32	Helen Rogers, Clemson	17:47
33	Kris Katterhagen, CPSLO	17:49
34	Katy Manning, CPSLO	17:50
35	Nicole Keller, Brigham Young	17:53
36	Laura LaMena, Ariz St	17:53
37	Darcy Arreola, CS Northridge	17:54
38	Jennifer Abraham, UC Irvine	17:54
39	Jenn Thatcher, UC Davis	17:56
40	Lori Wilson, UC Irvine	17:57
41	Kelly Buzza, Fresno St	17:59
42	Laura Chapel, UCLA	18:01
43	Janine Ogas, Fresno St	18:02
44	Sabrina Han, UC Berkeley	18:03
45	Cory Schubert, Stanford	18:05
46	Claudine Navarro, UTEP	18:07
47	Laurie Chapman, UCLA	18:08
48	Amy Dabul, UC Irvine	18:08
49	Carrie Lautner, UCLA	18:09
50	Cressey Stewart, Occidental	18:10
51	Keeley King, UC Irvine	18:12
52	Kim Stewart, UCLA	18:12
53	Sherrie Roach, CPP A	18:13
54	Christie Porter, UCLA	18:13
55	Elise Lyon, USC	18:14
56	Leslie Sanderson, Arkansas	18:16
57	Melanie Child, Brigham Young	18:18
58	Lisa Burgoyne, Brigham Young	18:19
59	Sally Carlson, UC Davis	18:20
60	Jenni Scott, CS Fullerton	18:21
61	Michelle Kalikin, Clemson	18:21
62	Julie Seleine, USC	18:21
63	Buffie Rabbitt, UC Irvine	18:22
64	Marsha Grondziak, Clemson	18:22

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Results

Road Racing

San Diego Invit. Triathlon

June 8, San Diego.

(1K Swim, 35K Bike, 10K Run)

Overall Results - Men's Professionals

1	Rick Wells (24)	1:43:38
2	Mark Montgomery	1:43:53
3	Rob Bristodeau	1:44:33
4	Emilio DeSoto	1:44:34
5	Tom Gallagher	1:44:36

Overall Results - Women's Professionals

1	Carolina Helms	1:53:55
2	Liz Vital	1:58:55
3	Beth Lutz	2:01:13
4	Mary Bevins	2:01:48
5	Jocqueline Shaw	2:03:09

Overall Results - Men

1	Wally Buckingham (33)	1:39:29
2	Tom Fink (24)	1:40:27
3	Jim Butts (29)	1:40:54
4	Jon Black (26)	1:41:18
5	Jeff Reilly (25)	1:42:54
6	Wayne Buckingham (33)	1:42:56
7	Richard Moore (30)	1:43:10
8	Bill Hyland (20)	1:43:33
9	Rick Strobel (22)	1:43:54
10	Erik Gantzel (22)	1:44:10
11	Hans Dieben (47)	1:44:12
12	Greg Moore (26)	1:44:16
13	Louis Werner (27)	1:44:40
14	Harold Vogler (22)	1:45:00
15	David Jewell (21)	1:45:03
16	Michael Smith (22)	1:45:34
17	Jon Onossen (35)	1:45:35
18	Sean Richardson (24)	1:46:11
19	Dan Smith (26)	1:46:39
20	Barry Oliver (16)	1:46:53
21	Russel Fritz (21)	1:47:00
22	Dirk Wiperman (24)	1:47:09
23	Patrick Bruce (27)	1:47:09
24	Robert Judge (30)	1:47:30
25	Richard Jackson (36)	1:47:30
26	Mark Rauckman (27)	1:47:47
27	James Williams (37)	1:48:02
28	Bruce Smart (33)	1:48:03
29	Troy Nellan (25)	1:48:15
30	Jim Owen (25)	1:48:27
31	Brad Stern (18)	1:49:05
32	Kenny Atkins (35)	1:49:07
33	Wayne Schmidt (30)	1:49:13
34	Eli Cash (22)	1:49:42
35	Kehl Hill (29)	1:49:57
36	Jeff Lipscomb (32)	1:50:07
37	Michael Morey (38)	1:50:07
38	Steven Moore (21)	1:50:10
39	Pepper Tagle (28)	1:50:11
40	Tom Downs (21)	1:50:40
41	Jonathon Dales (32)	1:51:00
42	Richard Dusan (32)	1:51:05
43	Ronald Souder (28)	1:51:19
44	David Fowler (23)	1:51:21
45	Tom Borch (27)	1:51:21
46	Joseph Bird (45)	1:51:30
47	Steve Pringle (25)	1:51:31
48	Michael Tilden (19)	1:51:46
49	Joseph Weaver (22)	1:51:49
50	John Newcomb (36)	1:51:50

Overall Results - Women

1	Lori Elwood (24)	1:55:16
2	Jane Morgan (23)	1:59:13
3	Janet Mamon (27)	2:00:21
4	Jill Murray (29)	2:00:27
5	Paula Dieben (32)	2:01:35
6	Penny Burnstein (22)	2:02:20
7	Lauren Mullineaux (27)	2:03:05
8	Valerie Silver (22)	2:03:18
9	Christi Grimstad (29)	2:03:38
10	Allison Sherwood (28)	2:04:00

Fiesta 15K

August 3, Santa Barbara.

Overall Results

1	Carmelo Rios (26) SLO	46:56
2	James Triplett (28) S.B.	48:15
3	Ron Ysais (24) Oxnard	48:30

4	Hollis Reed (27) SLO	48:30
5	Michael Hunt (27) Oxnard	48:33
6	Michael Georgi (33) Honolulu	48:35
7	Dan Holmes (20) S.B.	48:54
8	Robert Hollister (27) S.B.	49:47
9	Thomas Bolt (22) Goleta	51:15
10	Jim Kornell (35) S.B.	51:21
11	Dennis Odion (27) S.B.	51:31
12	Ken Kiss (25) Ventura	52:13
13	Tom Bulger (33) Newtonville	52:31
14	Joe Lambert (31) S.B.	52:35
15	Steve Crouch (40) Canyon Co	53:01
16	Jon Myers (27) Costa Mesa	53:43
17	Andrew Estrada (28) SLO	53:48
18	Bradley Cox (31) S.B.	53:48
19	Mike Zaragoza (24) Oxnard	54:02
20	Philip Grant (41) S.B.	54:02
21	Gilbert Guevara (20) Fillmore	54:26
22	Steve Baker (30) Goleta	55:15
23	John Kennedy (42) S.B.	55:20
24	Kim Vanhorn (23) San Jose	55:48
25	Rick Hallblon (37) S.B.	55:48
26	Michael Shriver (26) SimiVly	55:57
27	Richard Eatmon (39) Lompoc	56:02
28	Ralph Casilas (35) Oxnard	56:08
29	Keith Kirkpatrick (40) LosOsos	56:10
30	Kemp Aaberg (46) Goleta	56:12

Division Results - Men

14 & Under:	1. Chad Malesich 57:18, 2. Matt Worley 1:02:54, 3. William Canalez 1:08:44, 15-18:	1. Danny Dalt 57:54, 2. David Souza 59:57, 3. Kevin Axelrod 1:02:37, 19-24:	1. Ron Ysais 48:30, 2. Dan Holmes 48:54, 3. Thomas Bolt 51:15, 25-29:	1. Carmelo Rios 46:56, 2. James Triplett 48:15, 3. Hollis Reed 48:30, 30-34:	1. Michael Georgi 48:35, 2. Tom Bulger 52:31, 3. Joe Lambert 52:35, 35-39:	1. Jim Kornell 51:21, 2. Rick Hallblon 55:48, 3. Richard Katmon 56:02, 40-44:	1. Steve Crouch 53:01, 2. Philip Grant 54:02, 3. John Kennedy 55:20, 45-49:	1. Kemp Aaberg 56:12, 2. Larry Brooks 58:26, 3. Stanley Black 59:38, 50-54:	1. Wayne Nelson 58:46, 2. Ken Gaskell 59:53, 3. Chip Strange 1:03:34, 55-59:	1. Francis Petrack 1:03:15, 2. Augusts Melnalksnis 1:07:14, 3. Jim Mathieson 1:11:01, 60-64:	1. Fred Nagelschmidt 1:00:00, 2. Al Fritz 1:18:11, 3. Steve Gibbins 1:30:23, 65-69:	1. Jack Kirkpatrick 1:11:05.
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Division Results - Women

19-24:	1. Carmen Maldonado 57:20, 2. Terri Dowie 1:05:25, 3. Chris Marko 1:06:25, 25-29:	1. Sharon Maley 56:43, 2. Diane Odion 58:47, 3. Dianna Hall 1:00:58, 30-34:	1. Cheri Savage 1:02:46, 2. Carrie Walters 1:04:26, 3. Lisa Moreno 1:05:19, 35-39:	1. Elaine Triplett 56:33, 2. Terri Goodreau 59:27, 3. Maryjane Mitchell 1:00:00, 40-44:	1. Gudrun Fink 1:09:01, 2. Liz Cushman 1:10:30, 3. Jeanne Johnson 1:14:15, 45-49:	1. Gaby McQuitty 1:07:45, 2. Ingrid Hainline 1:13:42, 3. Shirley Saunders 1:15:13, 50-54:	1. Lynne Hurrell 1:16:02, 2. Jane Dods 1:19:24, 60 & Over:	1. Margaret Miller 1:05:51, 2. Margie Withrow 1:21:21, 3. Grace Schweitzer 1:43:32.
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Feather River Classic

August 10, Quincy. 5K & 10 Mile.

Overall Results - 5K

1	Scott Peterson (21)	16:55
2	Roy Darwin (45)	16:55
3	Aaron Vaglivio (14)	17:43
4	Bruce Susong (54)	17:59
5	Cliff Palmer (21)	18:02
6	Larry Gustafson (37)	18:12
7	Thomas Harper (25)	18:20
8	Frank Kight (38)	18:26
9	Teresa Katterheirich (23)	18:30
10	Mort Ward (56)	18:34

Division Results - Men's 5K

13 & Under:	1. Ernie Gorbet 19:40, 2. Wayne Vinson 20:28, 3. Dustin Gasser 22:56, 14-18:	1. Aaron Vaglivio 17:43, 2. Geoff Young 19:14, 3. Patrick Johnson 25:13, 19-29:	1. Scott Peterson 16:55, 2. Cliff Palmer 18:02, 3. Thom Herrer 18:20, 30-39:	1. Larry Gustafson 18:12, 2. Frank Kight 18:26, 3. John Roll 20:18, 40-49:	1.
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Tom Jones 19:08, 2. Jack Howard 20:38, 3. John Giller 20:53, 50 & Over: 1. Bruce Susong 17:59, 2. Mori Ward 18:34, 3. Arvid Haas 19:57.

Division Results - Women's 5K

13 & Under:	1. Kate Pavao 24:26, 2. Dee Gorbet 25:07, 3. Kyria Wilson 25:30, 14-18:	1. Tina Gorbet 18:54, 2. Mandy Gorbet 20:31, 19-29:	1. Teresa Katterheirich 18:30, 2. Elaine Globig 20:17, 3. Loretta Giustino 20:43, 30-39:	1. Pat Pavao 22:46, 2. Sally Rubio 24:06, 3. Diane Askim 24:07, 40-49:	1. Bonnie Sonnenburg 22:17, 2. Sharon Stafano 23:54, 3. Carolyn Ward 24:25, 50 & Over:	1. Hilda Morlang 26:05, 2. Betty Penland 28:56, 3. Ilene Gulick 29:50.
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Overall Results - 10 Mile

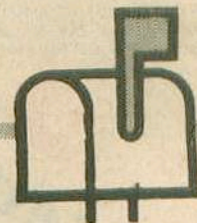
1	Daniel Lucas (23)	51:45
2	Dennis Rinde (27)	51:55
3	Ron Richardson (29)	54:51
4	Marti Rizzo (31)	55:11
5	David Larabee (20)	57:14
6	Pat McQuire (26)	58:05
7	Bill Gregg (30)	59:05
8	Michael Edling (36)	1:01:40
9	Phil Nemir (39)	1:02:28
10	Bill Gardner (43)	1:02:52

Division Results - Men's 10 Mile

13 & Under:	1. Ryon ReBell 1:27:57, 19-29:	1. Daniel Lucas 51:45, 2. Dennis Rinde 51:55, 3. Ron Richardson 54:51, 30-39:	1. Marti Rizzo 55:11, 2. Bill Gregg 59:05, 3. Michael Edling 1:01:40, 40-49:	1. Bill Gardner 1:02:52, 2. Jim Meskimen 1:09:14, 3. Terry Hedemark 1:09:34, 50 & Over:	1. John McCoy 1:11:37, 2. Roger Boedeckel 1:11:45, 3. Phil Parish 1:15:32.
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Division Results - Women's 10 Mile

19-29:	1. Laura Rinde 1:03:50, 2. Cathie Chavez 1:06:40, 3. Renee Rife 1:07:04, 30-39:	1. Kathy Ceraglioli 1:09:30, 2. Carol Blair 1:29:58, 3. Kate Harvey 1:30:29, 40-49:	1. Beth Wattenberg 1:28:04, 2. Kathy Ardino 1:29:22, 3. Layne Hoover 1:32:30, 50 & Over:	1. Natalie Cooley 1:32:21.
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Address Change?

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Fresno, CA 93727

Hancock-Righetti Cross Country Invit

October 4, Santa Maria.

Overall Results - Men's 4 Mile

1	Jose Iniguez, AHC	20:08
2	Ian Leitch, AHC	20:14
3	Danilo Perez, Unat.	21:15
4	Peter Williams, AHC	21:17
5	Adolfo Lopez, AHC	21:19

Team Scores:

1. Allan Hancock College 15; 2. Porterville 62; 3. Cuesta 88; 4. Kings River 148; College of the Canyons N.S.

Overall Results - Women's 5K

1	Jennifer Baker, Porterville	19:30
2	Laura Bongness, Porterville	19:36
3	Dina Corigliano, Cuesta	19:39
4	Inosencia Aparicio, Porterville	20:26
5	Susan Hall, AHC	20:48

Team Scores:

1. Porterville 20; 2. Cuesta 47; Allan Hancock College N.S.; College of Canyons N.S.



Results

Hook & Ladder

from Jim Gallagher

August 10. San Francisco. 10K.

A bright young star emerged at the 8th annual Hook & Ladder 10K race on Sunday, August 10. Steve Lopez running for the KFOG team was the overall winner. Steve is 17 and will be a high school senior at Andrew Hill in San Jose this fall. He is the youngest winner of the Hook & Ladder and his time of 31:35.4 slashes 25 seconds from the course record for the 18 and under age group.

The race was highly competitive and two outstanding veteran racers, Steve Ferraz and Leroy Kotchevar battled Lopez through the first four miles. Lopez established his lead by the five mile point and maintained a steady push through the final three-quarters of a mile which included the grueling hills going past the Polo Fields.

The battle for second place found a remake of the 1982 Hook & Ladder race in which Kotchevar inched out a two second victory over Ferraz. This time the roles were reversed as Ferraz pulled off a six second victory over Kotchevar in capturing first place in the 19-39 age division.

Ingrid Hemenway was the first woman to finish this year's race. Ingrid finished 20th overall in 35:26.6 just six seconds off her course PR. Ingrid was cheered on throughout the course by the many firefighters guarding the course.

Joachim Bechtle placed first in the men's 40-49 age group in an excellent time of 33:10.1. Lucio Perez, a San Francisco Firefighters repeated for the eighth straight year the team victory in the Fire-Police division.

A total of 348 runners completed the 10K course this year, and the race was produced by the San Francisco firefighters as a benefit for the Muscular Dystrophy Association.

Overall Results

1 Steve Lopez (17)	31:35
2 Steve Ferraz (39)	32:23
3 Leroy Kotchevar (32)	32:30
4 Bruce Cyra (28)	32:56
5 Gerardo Vargas (23)	32:59

6 Joachim Bechtle (42)	33:10
7 Jeff Ames (26)	33:36
8 Virginio DeAraujo (34)	33:36
9 Andy Walsh (19)	33:37
10 Robert Gatrell (32)	33:42
11 Lucio Perez (25)	33:48
12 Jerry Glover (32)	33:48
13 Kevin Ochs (16)	34:06
14 Sam Lopez (22)	34:27
15 Peter Nowicki (28)	34:31
16 David Coulman (26)	34:39
17 Thom Ford (17)	35:17
18 Mike Mutschler (18)	35:18
19 Mike Gulli (26)	35:23
20 Greg Talbot (20)	35:24
21 Ingrid Hemenway (30)	35:26
22 David Handscher (37)	35:28
23 Marc Shiota (18)	35:35
24 P. Lukasiewicz (31)	35:36
25 Gerald Werner (39)	35:45
26 Mark Pacelli (31)	35:46
27 Joe Gallagher (31)	35:49
28 Heidi Perham (28)	35:53
29 John Lawson (31)	35:55
30 Michael DeVino (19)	36:00

Division Results - Men

18 & Under: 1. Steve Lopez 31:35, 2. Kevin Ochs 34:06. **19-39:** 1. Steve Ferraz 32:23, 2. Leroy Kotchevar 32:30, 3. Bruce Cyra 32:56, 4. Gerardo Vargas 32:59, 5. Jeff Ames 33:36, 6. Virginio DeAraujo 33:36. **40-49:** 1. Joachim Bechtle 33:10, 2. Miguel Salorio 36:01, 3. Michael Naples 36:07, 4. Steve Lyons 36:11, 5. Peter Franks 36:19. **50 & Over:** 1. John Lemke 38:50.

Division Results - Women

18 & Under: 1. Amy McConnell 42:20, 2. Patty Pender 43:11. **19-39:** 1. Ingrid Hemenway 35:26, 2. Heidi Perham 35:53, 3. Marilyn Taylor 36:41, 4. Joann Dahlkoetter 37:31, 5. Cassie Martz 38:06, 6. Susan Locke 38:23. **40-49:** 1. Carol Jenid N.T., 2. Margaret Hopkins N.T., 3. Pat Obertini N.T.

River of No Return

August 10. Healdsburg.

Results based on combined placement of the 2-person teams, not total time.

The race consisted of a 1/2 mile swim, 10 mile canoe, 1/2 mile canoe portage, 9 mile run, 20 mile bike. Each 2 person team did all 5 parts.

Overall Results

1 Feil/Ammon	7:12:35
2 Ueltzen/Ueltzen	7:25:17
3 Bush/Wright	7:30:39

photo by Rich Hansen



Ferraz, Lopez and Kotchevar (left to right) at Hook & Ladder.

4 Hammer/Freeman	7:42:13
5 Ottoway/Campbell	7:43:14
6 Ostrander/Johnson	7:51:15
7 Oakley/Wheatley	8:04:25
8 Howson/Marshall	8:03:48
9 Stewart/Hansen	8:05:53
10 Kendrick/Drobshoff	8:08:38
11 Joost/Krysevig	8:10:29
12 Capps/Capps	8:06:39
13 Brown/Mackewicz	8:13:57
14 Ianacone/Williams	8:15:20
15 Eagan/Dewitt	8:15:22
16 Molina/McClellan	8:21:45
17 Pickell/Pierce	8:20:36
18 Giblin/Beardsley	8:30:00
19 Patocchi/Cush	8:36:10
20 Uebel/Uebel	8:37:07

COC Cross Country

by Joe Hampton

August 14. Valencia. 5K.

Overall Results

1 Damien Curry (19-24)	17:14
2 Victor Carrillo (19-24)	17:26
3 Neff McGhie (16-18)	17:28
4 Brian Nelson (25-29)	17:31
5 Frank Flores (16-18)	17:32
6 David Abbott (25-29)	17:37
7 Victor Fonseca (25-29)	17:50
8 Justin Hayward (Celebrity)	17:53
9 Steve Lepken (13-15)	17:54
10 B. Shapiro (19-24)	18:07
11 Ignacio Fonseca (19-24)	18:07
12 Travis Briggs (16-18)	18:08
13 Ed Lopez (25-29)	18:14
14 George Berg (16-18)	18:16
15 Todd Lewis (13-15)	18:19
16 Roberto Lopez (13-15)	18:21
17 Steve Durand (25-29)	18:27
18 Ray Manzarek (Celebrity)	18:30
19 Todd Little (16-18)	18:30
20 John Johnston (25-29)	18:39
21 Don Patti (13-15)	18:45
22 Stan Bratt (19-24)	18:49
23 Gabriel Montes (25-29)	18:50
24 Carl Fout (25-29)	18:52
25 Ric Hatch (30-34)	18:52
41 Mike Mench (40-44)	20:05
44 David Solie (35-39)	20:09
45 Tom Jemison (35-39)	20:10
50 Heather Scobie (13-15)	20:18
57 Rich Cooper (40-44)	20:43
64 Stacy Arebak (16-18F)	21:17
67 Ken Hamrick (45-49)	21:28
72 Alison Nelson (19-24F)	21:42
73 Marv Powers (55-59)	21:52
75 Amy Reiter (13-15F)	22:02
83 Kathy Britcliffe (30-34F)	22:27
85 Claudia Morales (35-39F)	22:36
96 Bill Winstanley (55-59)	23:31
102 Kelly Wells (19-24F)	23:39
110 Jessica Reiter (12&UF)	23:58
119 Gary Huffaker (45-49)	24:24
122 Tia Graves (25-29F)	24:35
125 John Thompson (60-69)	24:49
130 Jeanette Wells (45-49F)	25:23
137 Jane Dods (50-54F)	25:53
144 Maynard Mickelson (60-69)	26:12
148 Carol Dougherty (40-44F)	26:27
154 Austin Vulich (12&U)	27:07
160 Tom Kutroski (50-54)	27:25
165 Lisa Bayless (25-29F)	28:06
172 Lola Oliva (30-34F)	28:41
178 Carol Forster (45-49F)	29:03
195 Joel Hutak (12&U)	32:45
197 Pat Barlog (50-54F)	33:27

seconds as he bested a record field of 636 finishers in a time of 45:25.

Gretchen Lohr set a new course record of 55:04 as she beat her winning time of last year by 26 seconds.

Overall Results

1 Christopher Schallert (26)	45:25
2 Marcial Beltran Lopez (18)	46:35
3 Fernando Vasquez (22)	47:15
4 Ramon Aosta (21)	47:25
5 Damien Curry (22)	47:55
6 James Tuck (25)	48:15
7 Victor Carrillo (23)	48:22
8 Tom Moriarty (30)	48:41
9 Ed Mundo (23)	49:04
10 Thom Cupp (25)	49:10
11 Ed Avoc (34)	49:17
12 Mike Gottardi (19)	49:24
13 Charles Hubbard (24)	49:28
14 David Bower (31)	49:32
15 Steve Durand (29)	49:47
16 Larry Mendoza (29)	49:48
17 Michael Gregg (28)	49:56
18 David Alvarado (22)	50:18
19 Neff McGhie (17)	50:20
20 T. James (22)	50:25
21 Randall Little (16)	50:34
22 Gary Carlin (32)	50:46
23 Steve Crouch (40)	50:47
24 Travis Briggs (17)	50:50
25 Tom Burns (28)	50:51
26 Gilbert Cortez (25)	50:54
27 Jose Rodriguez (32)	50:56
28 Refugio Estrada (22)	50:58
29 Sergio Torres (22)	51:35
30 Ignacio Fonseca (21)	51:37
31 Ed Lopez (26)	51:43
32 Ag Contreras (29)	56:50
33 Michael Trujillo (23)	51:51
34 Gustavo Mojarro (23)	51:52
35 Doug Humphries (30)	51:53
36 Tony Guajardo (35)	51:56
37 Charlie Hoover (37)	51:58
38 Todd Lewis (15)	52:10
39 Carlos Victolino (28)	52:25
40 David Miller (20)	52:28
41 Steve Lunn (17)	52:29
42 Jim Pellon (36)	52:37
43 John Fisanotti (30)	52:38
44 Juan Berrelleza (18)	52:40
45 Fred Shufflebarger (38)	52:41
46 Bolinar Gonzalez (33)	53:02
47 Dan Zellinski (19)	53:13
48 Tran Dung (17)	53:16
49 Mike VanGuilder (36)	53:18
50 John Adams (28)	53:19
53 Dan Ashimine (43)	53:28
54 Lawrence Peter (44)	53:42
73 Gretchen Lohr (26F)	55:04
103 Pat Story (37F)	57:25
132 Becky Garcia (26F)	59:14
137 Eugene Black (52)	59:30
146 Becky Thomas (32F)	60:14
149 Tammy Sargeant (28F)	60:26
161 Valerie Lisiewicz (20F)	61:04
168 Dane Macombe (53)	61:14
183 Keith Albright (62)	62:17
189 Shel Rubin (52)	62:33
192 Ted Oviatt (52)	62:44
253 Judy Palmer (41F)	66:16
280 Kathy Kusner (46F)	67:39
299 Joyce Momita (49F)	68:14
351 Bry Thorne (60)	70:41
357 Stanley Neufeld (63)	70:54
540 Barbara Vail (54F)	84:00

Delta Kiwanis Triathlon

August 16. Antioch.

(1/2 mile swim, 10 mile bike, 5 mile run)

Division Results - Men

13-19: 1. Andy Kelsey 67:24, 2. David Liotta 70:21, 3. Brook Clairbourne 71:40. **20-29:** 1. Loren Diaz 70:54, 2. Bob Bush 72:47, 3. Robert Belli N.T. **30-39:** 1. Jerry Cvecko 67:33, 2. Phillip Wright 73:09, 3. Robert Brent 75:09. **40 & Over:** 1. Walter Radioff 72:00, 2. Peter Laskier 74:57, 3. John Campbell 77:00.

Division Results - Women

13-19: 1. Michelle Kelsey 85:35, 2. Sharon Fairless 87:16. **20-29:** 1. Linda Calvo 81:17, 2. Cameron Blake 81:27, 3. Libby Muller 87:15. **30-39:** 1. Williams 77:50, 2. Diane Garcia 83:49, 3. Marie Dubois 91:47. **40 & Over:** 1. Valerie Doyle 85:20, 2. Barbara Magid 88:18, 3. Mary Buxton 93:24.

Results

Sea-To-Sea Triathlon

August 17, Avila Beach.
(1 Mile Swim, 24 Mile Bike, 6.4 Mile Run.)

Overall Results - Men

1	Roger Wolfe	2:12:03
2	Jeff Thornton	2:12:29
3	Curtis Sukut	2:17:04
4	Dominic Panziera	2:17:36
5	Scott Peepers	2:17:57
6	John Kraetsch	2:18:57

Overall Results - Women

1	Terry Schneider	2:30:06
2	Sharon Sander	2:31:58
3	Roberta Troxell	2:37:54
4	Deidre Fisher	2:38:57
5	Jody Hutchinson	2:39:45
6	Marlene Haverty	2:41:43

Division Results - Men

19 & Under: 1. Tony Sehgal 2:26:47, 2. Steve Fong 2:28:42, 3. Darryl Millitt 2:36:31, 20-24: 1. Scott Peepers 2:17:57, 2. Greg Clark 2:19:18, 3. Shan Mandossian 2:23:02, 25-29: 1. Jeff Thornton 2:12:29, 2. Curtis Sukut 2:17:04, 3. Dominic Panziera 2:17:36, 30-34: 1. Roger Wolfe 2:12:03, 2. Richard Conway 2:24:27, 3. David Potter 2:26:43, 35-39: 1. Scott McIntosh 2:19:48, 2. Lance Meyer 2:23:02, 3. Bill Meece 2:33:24, 40-44: 1. Steve Dornish 2:33:56, 2. Dennis Holderman 2:33:59, 3. Rudy Dressendorfer 2:34:36, 45-49: 1. Joseph Bird 2:27:53, 2. Edwin Nobis 2:32:45, 3. Patrick Wickens 2:33:20, 50-54: 1. Jack Eberly 2:44:13, 2. Dieter Heycke 2:59:13, 3. Fred Kerr 3:07:47, 55 & Over: 1. Ed McSorley 3:22:37, 2. Ron Skow 3:36:40.

Division Results - Women

19 & Under: 1. Amber Keosky 2:52:32, 2. Kathy Lewis 3:02:15, 3. Paula Harway 3:10:20, 20-24: 1. Sharon Sander 2:31:58, 2. Deidre Fisher 2:38:57, 3. Marlene Haverty 2:41:43, 25-29: 1. Terry Schneider 2:30:06, 2. Shannon Dial 2:48:41, 3. Ann Useldinger 2:51:43, 30-34: 1. Roberta Troxell 2:37:54, 2. Cynthia Hesvig 2:44:28, 3. Joanne Schmitz 2:57:13, 35-39: 1. Bobbi Spurr 3:10:34, 2. Vicky Cook N.T., 40-44: 1. Linda Bird 3:06:02, 2. Gudrun Fink 3:12:09.

Team Results:
Men's Teams: 1. Pro Spike Cyclery 2:02:44, 2. Silver Bullet 2:07:09, 3. Shepard Lacer Del Norte 2:08:06.

Women's Teams: 1. Christaller 2:28:43, 2. SLO Swim Center 1:27:05, 3. Jordan/Munoz/Walters 2:37:19.

Mixed Teams: 1. Team J.E.K. 2:21:34, 2. Team 2xJim & Sue 2:23:56, 3. Wet Weasels Racing Team 2:31:09.

Family Teams: 1. Dog Peddle Trotters 2:29:36, 2. The Jefferies 2:30:53, 3. The Racing Monroes 2:49:15.

North Orange Co. YMCA 10K Run

August 17, Fullerton.

Overall Results - Men

1	Steve Ortiz (27) Barstow	29:25
2	Kevin Broady (24) Fullerton	30:31
3	Ralph Garibaldi (22) Costa Mesa	30:27
4	Gary Borbon (24)	30:28
5	Edward Toro (20)	30:35
6	Rodney Curry (21)	30:55
7	Mark Ruelas (24)	31:06
8	Rusty Knowles (23)	31:09
9	Joe Young (27)	31:10
10	Sean Evans (24)	31:25

Division Results - Men

12 & Under: 1. James Garrition 34:51, 2. Jarrod Garrition 39:49, 3. Jason Hobbs 40:31, 13-15: 1. Terrence Mahon 34:43, 2. Tim Mahon 36:23, 3. Aaron Atsye 38:16, 16-18: 1. Geoff Harrington 31:49, 2. Chris

Tregillis 32:21, 3. Jose Alcaraz 32:41, 19-29: 1. Steve Ortiz 29:25, 2. Kevin Broady 30:21, 3. Ralph Garibaldi 30:27, 30-34: 1. Dave Parsel 31:55, 2. Jerry Willis 32:53, 3. Jon Horowitz 32:55, 35-39: 1. Bill Sumner 33:58, 2. Roberto Sanche 35:07, 3. Jost Schmitt 35:18, 40-44: 1. Frank Duarte 33:47, 2. Ron Olgilvie 34:51, 3. Frank Arambarri 35:31, 45-49: 1. Ron Navarrette 36:38, 2. Richard Veronick 37:43, 3. Ted Alarcon 38:19, 50-54: 1. Juvenal Herrera 38:21, 2. Roy Butterfield 39:50, 3. Frank Vasques 40:41, 55-59: 1. Wally Evertz 37:06, 2. Len Thornton 37:17, 3. Paul Saucedo 38:06, 60-69: 1. Larry Bannelos 40:20, 2. Armin Fisher 46:18, 3. Michael Hessian 52:37, 70 & Over: 1. Eddie Lewin 43:11, 2. Nat Pisciotto 1:10:03, 3. Robert Ogle 1:10:47.

Overall Results - Women

1	Carrie Garrition (9)	37:01
2	Terri Busby (31)	38:31
3	Kat Prince (15)	38:34
4	Cheryl Allen (39)	39:58
5	Laura Gomez (21)	43:26
6	Carey Webster (28)	44:11
7	Debbie Lies (18)	44:17
8	Carolyn Grassman (35)	44:21
9	Marie Beard (29)	44:36
10	S. Braunhardt (38)	44:43

Division Results - Women

12 & Under: 1. Carrie Garrition 37:01, 2. Tiffany Smith 45:57, 3. Katy Strauss 57:17, 13-15: 1. Kat Prince 38:34, 2. Sunny Winkler 46:39, 3. Helen Chen 47:49, 16-18: 1. Debbie Lies 44:17, 2. Mary Kim 54:30, 3. Deborah Tateyama 59:52, 19-29: 1. Laura Gomez 43:26, 2. Carey Webster 44:11, 3. Marie Beard 44:36, 30-34: 1. Terry Busby 38:31, 2. Connie Dodge 44:59, 3. Tina McKenzie 46:21, 35-39: 1. Cheryl Allen 39:58, 2. Carolyn Grassman 44:21, 3. S. Braunhardt 44:43, 40-44: 1. L. Sue Cooper 45:59, 2. Kathryn Candy 52:38, 3. Pat Randall 55:50, 45-49: 1. Esperanza Benson 51:47, 2. Dianne Simpson 53:09, 3. Dia Hill 56:03, 50-54: 1. Shirley Trosina 56:31, 2. Ozzie Maduryan 57:56, 3. Ann Patrick 58:33, 60-69: 1. Ann Lymys 1:12:18.

Big Event Footrace

August 17, Bodega. 5K & 10K.

Division Results - Men's 5K

13 & Under: 1. Sean Costello 24:56, 2. Biscuit Barrios 27:04, 3. Peter Rowinsky 27:48, 14-18: 1. Lance Lennier 17:24, 2. Marc Spina 17:52, 3. Jason Bravos 21:36, 19-29: 1. Chris Turney 16:20, 2. Mike Tarvid 18:11, 3. Richard Johnson 18:19, 30-39: 1. Butch Alexander 16:23, 2. Wayne Johnston 18:58, 3. Terry Maples 18:59, 40-49: 1. Walter Bales 18:15, 2. Dave Sjostedt 18:33, 3. Eamond Cooke 19:01, 50-59: 1. Carl Jackson 21:02, 2. Ralph Harms 22:02, 3. Carter Keane 17:37, 60-69: 1. Mike Harris 30:18, 2. Elm Borden 34:02, 3. Don Kiernan 35:25.

Division Results - Women's 5K

13 & Under: 1. Karl Horn 22:47, 2. Lisa Scott 24:15, 3. Jodi Horn 28:18, 14-18: 1. Kyra Kissan 29:05, 19-29: 1. Bonnie Knaus 18:07, 2. Sherri Minker 19:12, 3. Lisa King 25:11, 30-39: 1. Cheryl Hattala 27:54, 2. Linda Jennings 27:58, 3. Marcia Spalletta 29:15, 40-49: 1. Sybil Byrnes 26:21, 2. Carol Edwin 28:55, 3. Lois Yeary 29:03, 50-59: 1. Ann Johnson 28:40, 2. Doris Morabito 31:07, 60-69: 1. Jan Sockel 48:47, 2. Demiah Spalletta 49:40.

Division Results - Men's 10K

14-18: 1. Paul Cummings 32:37, 2. Shawn Phillips 34:25, 3. Bryan Mackey 35:42, 19-29: 1. Jim Noonan 32:55, 2. Don Hicks 33:15, 3. Dan McCullough 33:23, 30-39: 1. Robert Herald 37:34, 2. Lou Binik 38:50, 3. Don Hattala 39:15, 40-49: 1. Brendan Hutchinson 36:20, 2. Robert Groff 37:29, 3. Ray Cataldo 40:14, 50-59: 1. Bob Chadwick 43:03, 2. Paul Schoch 53:53, 60 & Over: 1. Peter Walker 51:33, 2. Edward Souza 54:18, 3. Race Walkers: 1. Jim Bryan 58:22, 2. Joey Johnson 58:27, 3. John Bonik 63:56.

Division Results - Women's 10K

13 & Under: 1. Nika Horn 42:59, 19-29: 1. Mary Ann Truitt 41:28, 2. Terese Riske 49:08, 3. Jan Kahdeman 49:31, 30-39: 1. Paula Beard 44:22, 2. Terry Finali 47:19, 3. Candace Van Meter 49:31, 40-49: 1. Sharon Miller 50:29, 2. Pamela Horton 55:08, 3. Betty Vailllette 59:52, 60 & Over: 1. Maria Carlsen 61:23, 2. Race Walkers: 1. Brierly Reybaine 62:07.

COC Summer X-C Series Final

August 21, Coll of the Canyons, Valencia.

Overall 5K Results

1	David Walsh (1st 19-24)	16:42
2	Dan Rattary (1st 16-18)	16:58
3	Damien Curry (2nd 19-24)	17:01
4	Arthur Hernandez (1st 30-34)	17:10
5	Neff McGhie (2nd 16-18)	17:25
6	Mike Rattary (1st 13-15)	17:26
7	Victor Carrillo (3rd 19-24)	17:39
8	Victor Fonseca (1st 25-29)	17:39
9	Fred Ortega (1st 35-39)	17:47
10	Brian Nelson (2nd 25-29)	18:01
11	Steve Lepken (2nd 13-15)	18:02
12	Ed Lopez (3rd 25-29)	18:05
13	Ignacio Fonseca (4th 19-24)	18:08
14	Tim Hampton (2nd 30-34)	18:09
15	Todd Lewis (3rd 13-15)	18:11
16	Charlie Pondella (1st 45-49)	19:09
17	Glenn Deines (1st 40-44)	19:22
18	Brigid Freyne (1st 13-15F)	19:30
19	Jhella VanLeeuwen (1st 25-29F)	20:34
20	Ted Oviatt (1st 50-54)	21:05
21	Gina Faust (1st 45-49F)	21:49
22	Allison Nelson (1st 19-24F)	21:53
23	Judy Kewley (1st 40-44F)	22:32
24	Kathy Britcliffe (1st 30-34F)	22:41
25	Jessica Reifer (1st 12&UF)	24:56
26	John Thompson (1st 60&O)	25:03
27	Val Cunliffe (1st 55-59F)	35:10

Dammit Run

August 23, Los Gatos. 6.2 Mile.

Division Results - Men

13 & Under: 1. Jory Wilcox 47:32, 2. Quinston Daugherty 53:00, 3. Javier Avila 55:23, 4. Michael Deitchman 57:24, 5. Stephen Carrier 61:00, 60-69: 1. Steve Lopez 34:02, 2. Dave Kopec 36:47, 3. Jim Strechan 37:06, 4. Louis Ortiz 38:17, 5. Ted Cribari 39:37, 60-69: 1. Bob Herndon 33:34, 2. Nick Yran 33:42, 3. Herbie Pepper 34:16, 4. Joe Fabris 34:28, 5. Steve Strango 34:50, 6. Gonzalez Hietaudro 35:24, 7. Allen Neel 35:49, 8. Mike Kriege 35:52, 9. Javier Naranto 36:06, 10. Todd Baker 36:10, 11. Jeffery Kirk 36:15, 12. Joe Naughten 36:18, 13. Sherman Martinez 36:52, 14. Thomas Reilmann 36:57, 15. Craig Welch 37:39, 30-39: 1. Willis McCarthy 23:58, 2. Patrick Buzbee 35:34, 3. Rod Christensen 35:37, 4. Bob Dalton 37:14, 5. David Martin 38:11, 40-49: 1. Frank Ruona 38:55, 2. Wolf Goubau 36:57, 3. Steve Lorenz 37:45, 4. Jim Wisene 40:45, 5. Fred Copeland 40:50, 50-59: 1. Jerry Lewis 39:59, 2. Bob Farington 40:28, 3. Glen Unsicker 42:29, 4. Arlyn Smith 42:29, 5. Robert Russell 45:29, 60-69: 1. George Carroll 47:55, 2. Bryan Bergson 56:35, 3. Glenn Hotlby 57:52, 4. Bill Venuti 58:57, 5. Ed McCadden 61:39.

Division Results - Women

13 & Under: 1. Tiki Wilcox 45:57, 2. Sam Vierhaus 64:23, 3. Kindra Donald 70:47, 4. Heather Thale 73:24, 50-59: 1. Mary Mendoza 42:07, 2. Sophia Vicent 48:45, 3. Jeannette Manrique 49:56, 4. Shelly Brown 50:29, 5. Terry Kennedy 51:59, 60-69: 1. Sue Gyorey 39:20, 2. Chissy Baker 43:20, 3. Tracy Thorpe 44:25, 4. Suzanne Cornely 45:02, 5. Mary Massee 45:59, 6. Maria Maranto 46:49, 7. Lori Benavento 47:39, 8. Judy Miller 47:40, 9. Belinda Strakar 47:40, 10. Carol Daugherty-Glenn 48:10, 11. Alice Lee 49:49, 12. Yudia Guerra 50:55, 13. Carolyn Riley 51:00, 14. Dana Palmieri 51:13, 15. Tamara Herl 52:28, 30-39: 1. Connie

Nelson 46:20, 2. Julie Ott 47:14, 3. Suzanne McKenzie 47:37, 4. Jan Brogan 48:34, 5. Melanie Luna 48:41, 40-49: 1. Kristine Morella 44:21, 2. Madelyn Vassigh 48:07, 3. Judith Hooper 48:54, 4. Betty Johnson 49:25, 5. Susan Horv 49:40, 50-59: 1. Joanne Hall 54:16, 2. Dee Keys 60:36, 3. Joan Richter 64:45, 4. Vinnie Biberdorf 70:48, 5. Florence Stage 77:51, 60-69: 1. Jackie Caselli 51:33, 2. Diane Oglivie 59:06, 3. Verle Waters 67:23.

America's Finest City Marathon

August 24, San Diego.

Overall Men's Results

1	Joel Hernandez (22) Mexico	1:03:41
2	Don Janick (28) Tucson	1:04:13
3	Kirk Pfeffer (30) Boulder	1:04:41
4	Derrick May (31) Reno	1:04:54
5	Kerry Rodger (24) NZ	1:05:32
6	Dave Barney (26) Tucson	1:05:38
7	David Olds (25) S. Monica	1:05:42
8	Benji Durden (34) Boulder	1:05:50
9	Brad Hawthorne (31) Oakland	1:05:56
10	Ken Hunter (34) Eugene	1:06:35

Overall Women's Results

1	Terry Schmidt-Puckett (30) Reno	1:16:22
2	Marie Rollins (25) S. Monica	1:17:13
3	Brenda Gray (24) WY	1:19:00
4	Bobbie Schipper (27) L.A.	1:19:12
5	Nancy Hunsaker (29) L. Niguel	1:19:14
6	Janinie Aiello (30) Berkeley	1:20:26
7	Charlotte Thomas (29) S. Diego	1:20:54
8	Sandy Blakeslee (21) Vista	1:21:07
9	Kimberly Campo (30) S. Diego	1:21:22
10	Alexandra Aguirre (22) Norridge	1:21:32

Divisional Results - Men

17 & Under: 1. Ken Gibson 1:13:21, 2. Michael Contos 1:13:47, 3. Eric Billmeyer 1:14:00, 18-29: 1. Ron Roberts 1:06:46, 2. Steve Bishop 1:07:09, 3. Chris Schallert 1:07:28, 30-34: 1. Robert Yara 1:06:52, 2. Kevin McCarey 1:07:31, 3. Bob Clifford 1:08:16, 35-39: 1. Bill McDermott 1:11:06, 2. Norbert Boudar 1:12:44, 3. Fred Ortega 1:13:46, 40-49: 1. David Oropeza 1:11:01, 2. Barry Brown 1:11:14, 3. Bob Abbott 1:13:21, 50-59: 1. Wally Ebertz 1:23:00, 2. Mike Mikkelsen 1:23:10, 3. Jerry Berkough 1:24:47, 60-69: 1. Louie Ojeda 1:35:20, 2. Bryant Thorne 1:35:23, 3. Jose Palos 1:37:37, 70 & Over: 1. Pete Ganani 2:02:37, 2. Wheelchair: 1. Doug Vann 1:02:12.

Division Results - Women

17 & Under: 1. Shamen Dugger 1:27:55, 2. Sherry Woolsey 1:29:50, 3. Laura Jimenez 1:32:19, 18-29: 1. Alma Cabrera 1:22:16, 2. Sarah Tabbat 1:23:00, 3. Donna Stocker 1:23:20, 30-34: 1. Kathy Thomas 1:22:26, 2. Catherine Guintana 1:25:27, 3. Betty Green 1:26:19, 35-39: 1. Laurie Binder 1:23:30, 2. Claudia Morales 1:26:19, 3. Joni Pendleton 1:26:25, 40-49: 1. Harlene Walters 1:24:32, 2. Molly Hayer 1:28:30, 3. Cheryl Ellen 1:30:20, 50-59: 1. Nickle Shapiro 1:49:29, 2. Sally Byram 1:52:22, 3. Martha Walker 1:53:36, 60-69: 1. Mary Storey 1:47:31, 70 & Over: 1. Judy Simon 2:06:07, 2. Wheelchair: 1. Mary Jones N.T.

Out and Back 10K

August 24, Ventura.

Overall Results

1	Tim Minor (1st 19-39)	31:40
2	Brian Nelson (2nd 19-39)	32:36
3	Tom Bolt (3rd 19-39)	32:49
4	Rick Torres	32:53
5	Larry Montag	33:01
6	Ken Kiss	33:15
7	Craig Godwin	33:17
8	Mike Smith	34:30
9	Chris Wikel	34:34
10	Malcolm Maxwell	34:43
11	Anthony Valdez (1st 18&U)	35:19
12	Abe Valdez (1st 40-49)	36:34
13	Pauline Brown (1st 19-39F)	38:46
14	Leon Musil (1st 50-59)	41:06
15	Jana Gullledge (1st 18&UF)	44:11
16	Liz Cushman (1st 40-49F)	44:54
17	Barbara Stewart (1st 50-59F)	1:00:54

Results

Legg Lake Evening Run

August 30. Legg Lake. 5K. Overall Results

1 Aaron Mascorro (17)	15:38
2 Jose Hinojosa (23)	15:49
3 Refugio Estrada (22)	15:50
4 Juan Ramirez (20)	16:02
5 Aurelio Trujillo (18)	16:05
6 Bernie Brizuela (30)	16:06
7 Joaquin Rojas (19)	16:10
8 Paul Sandoval (27)	16:12
9 Rob Slick (30)	16:15
10 Troy Smith (16)	16:19
11 Melchor Lopez (20)	16:23
12 Art Gutierrez (18)	16:26
13 Abe Varughess (20)	16:30
14 Gilberto Ortega (21)	16:39
15 Jose Rodriguez (32)	16:55
16 George Dinsmore (23)	16:55
17 Richer Fortin (16)	17:01
18 Corpas Esquivel (24)	17:05
19 Roger Harris (17)	17:06
20 Demetrio Islas (25)	17:07

Amigo De Oro

August 31. Mariposa. 5/10 Mile. Overall Results - 5 Mile

1 James Allen (18-29)	30:06
2 Bill Yaley (40-49)	31:18
3 Thomas Diehl (30-39)	32:47
4 Bill Schwartz (30-39)	33:06
5 Michael Rench (30-39)	34:01
6 George Ortega (18-29)	34:41
7 Paul Lockwood (40-49)	35:13

8 Chris Denny (50-59)	35:35
9 Sam Hill (40-49)	36:43
10 Mel Elliot (50-59)	37:17
11 Nouria Har s (40-49F)	38:18
12 Grace Pulido (18-29F)	38:51
31 Billie Brelsh (60-69F)	50:14

Overall Results - 10 Mile

1 Mark Brelsh (18-29)	60:44
2 Jerry Shaw (18-29)	62:33
3 Daniel Garcia (30-39)	63:56
4 Curt Royer (30-39)	64:53
5 Ted Russell (30-39)	67:20
6 Bruce Johnson (30-39)	67:51
7 Kenneth Schwisow (40-49)	69:02
8 Clark Mello (30-39)	69:25
9 Mark Rowney (30-39)	70:12
10 Greg Wilson (30-39)	71:08
11 Frank Russell (50-59)	71:32
16 Don Lundberg (70-79)	80:15
22 Harry Harder (60-69)	81:57
26 Jane Johnson-Russell (30-39F)	85:10
28 Jean Schwisow (40-49F)	86:10
29 Reichel Hisae (50-59F)	91:41

Pinedorado 8K

August 31.

Division Results - Men

Wheelchair: 1. Fred Tomkins 29:13. **19 & Under:** 1. Devin Ochs 28:48, 2. Travis Kenney 30:13, 3. Mark Lockyear 33:02. **20-29:** 1. Kambel Wyse 32:49, 2. Vernon Sallaz 33:34, 3. Charlie Hench 34:31. **30-39:** 1. Robert Rainwater 29:19, 2. Tim Hyes 29:37, 3. Ron Levy 30:42. **40-49:** 1. Frank Padilla 27:22, 2. Keith Kirkpatrick 28:11, 3. Bill Graham 28:28. **50 & Over:** 1. Len Thornton 28:44, 2. Garry Brown 31:01, 3. Bill Winstanley 31:32.

Division Results - Women

19 & Under: 1. Michelle Kenney 40:35. **20-29:** 1. Catherine Hennelly 29:40, 2. Andrea Lueker 39:58, 3. Kathy Shannon

43:02. **30-39:** 1. Barbara Hasson 36:03, 2. Christine Leopold 38:23, 3. Christie Rohe 38:24. **40-49:** 1. Angie Fuhrmann 35:17, 2. Eve Harrison 45:02, 3. Jean Brown 48:04. **50 & Over:** 1. Marilyn Rehorn 40:00, 2. Regina Ciabrone 40:05, 3. Pam Winstanley 48:04.

First National Triathlon for the Physically Challenged

August 31. Stanford University.

The first National Triathlon for the Physically Challenged was held on the campus of Stanford University on August 31. Twenty three athletes gathered to compete in the three traditional triathlon competitions: swimming (400 yards for quads and 800 yards for all others), a 10K bike run (hand-powered) and finishing with a 5K wheelchair push. There were nine team entries and one individual contestant. These entries included quadriplegics, paraplegics and amputees - coming from Texas, Tennessee, Fresno, Laguna Beach, as well as the Bay Area. Several of the teams had able-bodied members who competed under the same limitations as the wheelchair athletes.

The event was completed without any complications and turned into a real fun gathering - one where new friendships were made and old ones renewed.

Sponsorship for this event came from IBM Corporation, Invacare, Bay Area and Western Chapter of PVA, Stanford University, ZEROX Corporation, and the Veterans Administration. The local community provided volunteers, many of

them triathletes themselves. A special thanks to Verne Scott, Executive Director of the Triathlon Federation for his support.

Special recognition goes to Ken Wright (IB) the only athlete to complete the entire event. The fastest team (1:03:41) of physically challenged athletes consisted of Kim Yee and Harvey Martin with Kim completing the 10K bike portion in 27:05 on a Rowcycle.

Plans are already starting for next year, the goal being an increased number of participants, especially those completing all three portions of the event. Help, suggestions and sponsors are needed and welcome. Contact Ken Wright, P.O. Box 1484, Cupertino, CA 95015. (408) 252-6112.

Sweatheart 10K Relay

September 1. Ventura.

(Women run first 5K, hand off to male partners who run second 5K. Couple ages are added to get age group).

Overall Results

1 Vomund/Tuttle (1st 60-69)	33:29
2 Kochal/Tokar (1st 40-49)	34:34
3 Sharp/Sharp (1st Mar/60-69)	34:58
4 Hayden/Close (1st 70-79)	35:03
5 Gerber/Frick (1st 80-89)	36:41
6 Gullidge/Torres (2nd 40-49)	36:54
7 Rossback/Fickerson (1st 0-29)	37:04
8 Howell/Howell (2nd Mar/70-79)	37:13
9 Studenmunds (3rd Mar/70-79)	37:58
10 Desjardin/Feyh (1st 30-39)	38:47
12 Cushman/Black (4th Mar/90-99)	40:13
19 Lytle/Carroll (1st 50-59)	40:41
22 Zaragozas (1st M/S-60-69)	40:49
25 Feyhs (1st Father/Daug-60-69)	41:20
29 Barker/Naselschmidt (1st 100 +)	41:58

ABC's of TRAVEL PRESENTS Marathon Runner's Tour of New Zealand

Tour Highlights: Winstone International Marathon, Auckland, New Zealand. Sightseeing at NZ's most interesting and exciting places including Rotorua Thermal Geyser Wonderland, Maori concert and hangi (feast), sheep show/shearing demonstration, Waimangu Thermal Valley, Northland bus tour, Wellington, Auckland sightseeing, one week sightseeing in South Island, Queenstown, Christchurch, Franz Josef Glacier, Mount Cook, three days on Mana Island Resort in Fiji.

Tour Dates: November 9-30, 1986.

Tour Cost: Two and three week packages available. Prices \$1500 and \$2100 (subject to confirmation).

First week's accommodation in NZ is free. Tour group stays with New Zealand runners in their own homes. Normal price for a tour of this length would be \$3100!!! Exchange rate now U.S. \$100 = N.Z. \$175!!

Runner's spouses, friends and supporters welcome. A good time was had by all on last year's trip!! Tour led by Roy Stevenson, Seattle's resident New Zealand running coach.

Call Sharon Olinger for free detailed itinerary of trip at: ABC's of Travel, Inc., 18521 Des Moines Way South, Seattle, WA 98148. (206) 244-4477 or 1-800-633-0618, ext. 444.

Around the Bay

Continued from page 15:

Davis, California, the birthplace of the Aggie Running Club, was embroiled in controversy lately. Davis is proud of its University of California campus, as well as its runners. So much so, that a two-figure statue of joggers was created via the town's Municipal Art Fund, and placed in front of the police department. Trouble is, the female bronze jogger's outstretched finger protruded in such a manner that it endangered passers-by, including runners. Over four months of debate followed over how to remedy the situation. Melting down the dangerous finger was rejected, as were other ideas. Finally, the statue was moved back several feet and a brick planter erected to keep at bay unattentive runners speeding by. No doubt, any passing Aggies will now acknowledge the statue's gesture with their own finger salute...

Disturbing news of four bicycle riders being killed by an inattentive driver outside of Gilroy recently has caused bicyclists, as well as runners, to pause a minute. The riders were killed on impact by the automobile from behind, as they rode on the shoulder. I have seen more than a few runners running inattentively in the same direction, and lane, as heavy traffic. If you must run on the roads, please run on the side against traffic (unless you're approaching a blind curve), and please treat motor vehicles with respect. Enough said. See you next issue.



SUBSCRIBE to California Track & Running News
See page 9 for an Order Form.

Results

Labor Day 5K Run

September 1. Westlake Village.

Overall Results		
1	Steve Blum (31) Ventura	15:28
2	Doug Fairman (17) ThousOaks	15:31
3	Charles Hubbard (24) Burbank	15:39
4	Bryan Dameworth (15) Calabasas	15:41
5	David VanHousten (27) S. Monica	15:46
6	Mike Smith (23) Oxnard	16:00
7	Paul McCarter (16) ThousOaks	16:03
8	Jussi Hamalainen (40) Agoura	16:23
9	Tim Hampton (30) CanyonCo	16:26
10	Donald Ausherman (23) L.A.	16:28
11	Mike Barton (19) NewburyPk	16:29
12	Jack Haggemiller (19) ThousOak	16:31
13	Joe Montanez (27) S. Paula	16:33
14	Damon Lyman (23) CanogaPk	16:36
15	Jim Hughes (39) Simi Vly	16:41
16	Vic Goethals (26) Northridge	16:42
17	Paul Myers (19) ThousOaks	16:53
18	Robert Pena (18) Ventura	16:54
19	Peter Oviatt (16) Agoura	16:55
20	Tom Farrell (15) ThousOaks	16:58
21	Allan Baxter (37) ThousOaks	17:00
22	Ed Kitchen (27) ThousOaks	17:03
23	Lana Edwards (30) S. Barbara	17:09
24	Joe Calhoun (39) SimiVly	17:12
25	Chris Morgeson (21) Hollywood	17:17
37	Denise Ball (22F) NewburyPk	17:58
40	Christy Farrell (17) ThousOak	18:04
51	Jena Haggemiller (16) TO	18:49

Mt. Baldy Run-to-the-Top

Sept. 1. Mt. Baldy. 8 Miles.

Four hundred seventy-two runners toed the starting line on Labor Day, 1986, for the twenty-first running of the Mt. Baldy Run-to-the-Top. Three time winner Matt Ebner quickly took command, building a fifteen second lead by the half-way mark over the nearest pursuer, Macial Betran Lopez.

Lopez, and 18 year old Mexican national from Anaheim, didn't give up. Within sight of the summit he caught and passed Ebner and tried to break away, but the 25 year old West Covinan stayed calm and soon regained the lead, not to be denied his fourth win in the last six years.

Ebner's 1:03:33 fell short of his 1:01:10 set in 1984. Lopez completed the course in 1:04:03. Twenty-eight year old Mark Blaser from Palm Springs was third, another two minutes back.

A thirty year old Uplander, Janice Velie, mother of a nine month old daughter, notched a new women's record for the course at 1:20:08, bettering the 1:22:26 set last year by Judy Vivian of Torrance. The women's second place finisher was 1984's women's winner, Becky Thomas, from West Covina, in 1:27:52. Janice can be seen training in the foothills below Mt. Baldy pushing her baby in a cart ahead of her.

Division Results - Men

14 & Under: 1. Javier Chavez 1:26:31, 2. Brent Parker 1:34:25, 3. Eugene Collins 2:39:37. **15-18:** 1. Marcial Lopez 1:04:03, 2. Chris Lugo 1:12:12, 3. Art Guttierrez 1:17:09. **19-29:** 1. Matt Ebner 1:03:33, 2. Mark Blaser 1:06:05, 3. Eric Rigney 1:11:10. **30-39:** 1. Enrique Castro 1:09:07, 2. David Bower 1:13:19, 3. Stewart Boden 1:13:33. **40-49:** 1. John Montgomery 1:16:05, 2. Peter Lawrence 1:20:27, 3. Ian Maddieson 1:24:09. **50-59:** 1. Richard Belliveau 1:26:38, 2. Dave Waco 1:29:53, 3. John Davis 1:34:26. **60 & Over:** 1. Floyd Doss N.T., 2. John Rodriguez N.T., 3. Nat Pisciotto N.T.

Division Results - Women

15-18: 1. Trish Parker 1:56:33, **19-29:** 1. Christine Hardman 1:31:23, 2. Julie Finnegan 1:49:15, 3. Karen Kirch 1:51:56.

30-39: 1. Janice Velie 1:20:08, 2. Becky Thomas 1:27:52, 3. Carol Mortier 1:28:27. **40-49:** 1. Joyce Morrita 1:37:58, 2. Sheila Pattison 1:43:01, 3. Sheila Hasham 1:47:07. **50-59:** 1. Melda Dean 2:00:33, 2. Dixie Grimes N.T. **60 & Over:** 1. Nyla Cook N.T.

Serene Lakes 5 Mile

from Denis O'Halloran

Sept. 1. Tahoe City.

Vicki Bigelow of San Lorenzo smashed Inga Thompson's five year old course record in the Seventh Annual Serene Lakes 5 Miles handicap footrace. With a 10 minute headstart, the 51 year old nutritionist and national record holder quickly overtook a handful of runners who started ahead of her and built up an insurmountable lead finishing in 22:56. Her scratch time of 32:56 made her the 3rd fastest female of the day and works out to an average of 6:37 per mile. An open course record was set by Ray Cook a Zephyr Cover accountant, who ran from scratch and finished 2nd overall. Cook's time of 24:56, an average of 4:59 per mile, broke Rich Langford's course record by 33 seconds.

Carmelo Rios, a Puerto Rican Olympian, and Miguel Tibaduiza of Reno finished 3rd and 4th overall and also broke the open course record, running 25:13 and 25:17. Last years' winner, 51 year old Alice Rose of Orinda placed 7th overall. The fastest open female runner of the day was Eileen Burger, former Tahoe resident and now a school teach in Mammoth Lakes, running a scratch time of 32:58. With her 5 1/2 minute headstart Eileen finished 14th overall.

John Cobourn, the first finisher from Serene Lakes and two weeks past his 40th birthday, celebrated his first race as a master by winning the division. The overall winner, Vicki Bigelow, was also the top female master.

The host team, the Aggie Running Club, concluded its 3 day running camp at Serene Lakes Lodge by contributing some 40 participants, including 5 of the top 10 and the overall winner. The motto for the race and camp was "farther, faster, and higher". 127 runners completed this year's race - also a record.

Second place finisher Ray Cook, who has now run the course faster than anyone, stated, "Nobody on earth could have caught Vicki today." Considering the time and the altitude there probably is no open runner that could have won but with the handicap system a great sub-master or masters runner could possibly break the record. We'll have to wait and see.

Overall Men's Results

1	Ray Cook	24:52
2	Carmelo Rios	25:13
3	Miguel Tibaduiza	25:17
4	Craig Moore	26:02
5	Jeff Townsend	26:11
6	Joey Fabrin	26:19
7	Richard Yanker	26:22
8	Matt Yeo	26:22
9	Mike Lansdon	26:23
10	Mike Spencer	26:28

Masters Men

1	John Cobourn	29:09
2	Dennis Tracy	29:40
3	Bruce Von Borstel	29:59
4	Rick Sylvester	30:49
5	Tom Wright	30:54

Overall Women's Results

1	Eileen Burger	31:58
2	Julie Thomas	32:24
3	Vicki Bigelow	32:56
4	Teresa Jackson-Hicks	32:58
5	Linda Mantymaan	33:17
6	Kathy Ceragioli	34:12
7	Debbie Rhodes	34:19
8	Diane K. Odion	34:24
9	Denise Bigelow	34:55
10	Dana Tryde	35:25

Masters Women

Vicki Bigelow	32:56
Alice Rose	35:38
Dorothy Malavolti	41:54
Mary Malain	46:36
Marjorie Anderson	47:38

Run-Ride-Run

Sept. 1. Belmont.

C of C Biathlon

(5K run, 10K ride, 5K run)

Overall Results

1	Jon Bonebrake (61)	54:08
2	Arthur Whitney (18)	54:40
3	Andy Kelsey (18)	56:00
4	George Erving (30)	56:22
5	Jim Hampton (40)	56:29
6	Norm Gould (30)	57:05
7	Greg Geraghty (18)	57:07
8	Richard Hunter (30)	57:15
9	Andrew Huggins (13)	57:30
10	Greg Mandanis (61)	58:11
11	Art Ting (30)	58:26
12	Rich Moriada (18)	58:31
13	Walter Radcoff (40)	58:33
14	Bill Jenkins (30)	58:35
15	Larry Nolan (18)	58:42
16	Steve Billingsley (18)	58:48
17	Paul Wirth (18)	58:59
18	Glenn Carpenter (30)	59:03
19	Steve Fong (13)	59:17
20	Robert Plant (40)	59:39
34	Sharon Given (30)	1:01:53
55	Carolyn Wollenberger (18)	1:04:45
58	Karen Williams (30)	1:05:14
60	Lisa Currie (61)	1:05:58

Labor Day Ten Miler

from Joe and Linda Phaby

Sept. 1. Santa Rosa.

Overall Results

1	Jim Noonan (25-29)	54:30
2	John Wright (19-24)	54:35
3	Ted Pawlak (30-34)	54:55
4	Ron Smith (35-39)	56:14
5	Alan Gerdali (19-24)	56:55
6	Steve O'Brien (30-34)	57:49
7	Bill Gregg (30-34)	58:32
8	Richard Johnson (19-24)	58:55
9	Brendan Hutchinson (40-44)	59:28
10	Bill Reck (30-34)	59:29
11	Matthew Larson (19-24)	1:00:00
12	Fred Leoni (35-39)	1:00:31
13	Keith Maurer (30-34)	1:01:19
14	Terry Pintane (35-39)	1:01:43
15	Mike Tarvid (19-24)	1:02:07
16	Eric Bohn (19-24)	1:02:09
17	Ray Gin (40-44)	1:02:13
18	Sean Jones (14-18)	1:02:23
19	Martin Jones (40-44)	1:02:26
20	Mike Metela (40-44)	1:02:42
21	Michael Locati (30-34)	1:03:15
22	Robert Groff (45-49)	1:03:19
23	Mike Quigley (30-34)	1:04:08
24	Dennis Byrne (30-34)	1:04:41
25	Santiago Ojeda (50-54)	1:05:53

Division Results - Men

14-18: 1. Sean Jones 1:02:23. **19-24:** 1. John Wright 54:35, 2. Alan Gerdali 56:55, 3. Richard Johnson 58:55. **25-29:** 1. Jim Noonan 54:30, 2. Daniel Hernandez 1:10:29, 3. Craig Hays 1:31:08. **30-34:** 1. Ted Pawlak 54:55, 2. Steve O'Brien 57:49, 3. Bill Gregg 58:32. **35-39:** 1. Ron Smith 56:14, 2. Fred Leoni 1:00:31, 3. Terry Pintane 1:01:43. **40-44:** 1. Brendan Hutchinson 59:28, 2. Ray Gin 1:02:13, 3. Martin Jones 1:02:26. **45-49:** 1. Robert Groff 1:03:19, 2. Jim Minkler 1:08:36, 3. Harry Wyeth 1:09:00. **50-54:** 1. Santiago Ojeda 1:05:53, 2. Bob Chadwick 1:12:33, 3. Marche Booth 1:14:15. **55-59:** 1. Charles Hartman 1:15:25, 2. Douglas McClellan 1:21:41, 3. Charles Hoagland 1:22:12. **60 & Over:** 1. Jack Goertzen 1:10:51, 2. Stashu Geurtsen 1:23:45, 3. Billy Bush 1:29:36. **Wheelchair:** 1. Dave Groves 1:09:24.

Division Results - Women

13 & Under: 1. Nika Horn and Karl Horn 1:23:31. **19-24:** 1. Sherri Minkler 1:06:50, 2. Geraelyn Tripp 1:13:52, 3. Maribeth Duffy

1:15:42. **25-29:** 1. Tamara Gonzales 1:06:32, 2. Lisa Homen 1:15:20, 3. Sandra Maurer 1:19:35. **30-34:** 1. Dorothy Sly 1:09:19, 2. Debra Jones 1:19:07, 3. Linda Brees 1:19:56. **35-39:** 1. Janet Cassidy 1:12:56, 2. Judy Welch 1:19:07, 3. Vicki French 1:19:07. **40-44:** 1. Dottie Charon 1:11:28, 2. Joyce Bennett 1:16:18, 3. Alice Gilmore 1:28:34. **45-49:** 1. Caron Schaumburg 1:15:23, 2. Carol Lee Kelly 1:19:21, 3. Sharon Mecherikoff 1:28:11. **50-54:** 1. Janet Buckendahl 1:11:38, 2. Marjorie Macris 1:29:24, 3. Lois Cook 1:43:30. **55-59:** 1. Erma Marak 1:38:57. **60 & Over:** 1. Helen Kuzlars 1:39:40.

Lake Siskiyou Tin Man Triathlon

Sept. 1. Mt. Shasta.

600y Swim, 10 Mile Bike, 4.5 Mile Run.

Overall Results

1	Al Masterson (19-29) Redding	1:09:39
2	Tom Davies (40-49) Paradise	1:11:25
3	John Murphy (30-39) Sacto	1:11:29
4	Jamie Harvey (19-29) Redding	1:12:22
5	Richard Phelps (30-39) Orleans	1:12:23
6	Team Holmquist/Derby, MLShs	1:12:30
7	Scott Sumner (30-39) Yreka	1:12:33
8	Parker/Tuggle/Parker, MLSh	1:12:43
9	Prince/Leonard/Middleton, Rd	1:13:28
10	Rusty Cottrell (19-29) MacArthur	1:13:57

Division Results - Men

15-18: 1. Dale Dwyer 1:20:29, 2. Corey McKenna 1:23:57, 3. Dan Janssens 1:34:12. **19-29:** 1. Al Masterson 1:09:39, 2. Jamie Harvey 1:12:22, 3. Rusty Cottrell 1:13:57. **30-39:** 1. John Murphy 1:11:29, 2. Richard Phelps 1:12:23, 3. Scott Sumner 1:12:33. **40-49:** 1. Tom Davies 1:11:25, 2. David Smith 1:16:48, 3. Neil Possan 1:17:44. **50 & Over:** 1. Lee Bunnell 1:26:44, 2. Paul Fisher 1:39:16, 3. Win Cook 1:48:58.

Division Results - Women

15-18: 1. Anna Wailhead 1:54:17. **19-29:** 1. Diane Braithwaite 1:14:34, 2. Jean Chinn 1:15:02, 3. Sylvia Rowan 1:22:33. **30-39:** 1. Martha Seaver 1:18:43, 2. Julie Knorr 1:23:17, 3. Martha Tom 1:24:59. **40-49:** 1. Sharon Overby 1:55:00.

Team Results

Business/Professionals: 1. Nick Satarino, Paul Ulbrich, Robert Koskinas, 1:18. **Mixed:** 1. Mary Jane Derby, Jim Holmquist, Cliff Thomas, 1:12:30. **Men:** 1. Don Prince, Lee Leonard, Jim Middleton, 1:13:38. **Women:** 1. Ann Cheney, Bulinda Hansen, Jackie Parker, 1:28:41.

Concord Fall Fest

Sept. 1. Concord. 10K.

Overall Results

1	Brad Hawthorne (23-30)	31:39
2	Grant Whitney (18-22)	32:18
3	Nick Whiteside (23-30)	33:03
4	Dann Brown (31-40)	33:57
5	Jerry Glover (31-40)	34:34
6	Steve Zirkelbach (13-17)	34:43
7	David Taylor (41-50)	34:59
8	Scott Peterson (31-40)	35:00
9	Bob Hermens (31-40)	35:08
10	Kevin Cowley (23-30)	35:20
11	Victor McLeod (23-30)	35:23
12	Jose Garcia (31-40)	35:26
13	Donald Ardell (41-50)	35:39
14	Michael Thomas (23-30)	35:41
15	Mike Hetton (31-40)	35:45
16	Bob Rosemeyer (31-40)	36:02
17	Shariet Gilbert (31-40F)	36:13
18	Dennis Flannery (31-40)	36:31
19	Stephen Freitas (31-40)	36:32
20	Christopher Lee (31-40)	36:45
21	David Weamer (41-50)	36:47
22	Ron Clark (31-40)	36:56
23	Michael Anthony (18-22)	36:58
24	Phil Murphy (41-50)	37:03
25	Debbi Waldear (31-40)	37:07
26	Donald Strong (13-17)	37:10
27	John Denery (13-17)	37:22
28	Todd Grisanti (13-17)	37:29
29	Tom Lehmkuhl (51-60)	37:48
30	Peter White (41-50)	37:56

Results

Sunset in the Park

Sept. 4. Huntington Beach Central Park.

Division Results - Men's 5 Mile

13 & Under: 1. Tom Gibson 29:20, 2. Eric Reyes 39:57, 14-17: 1. Ken Gibson 25:56, 2. Ernie Sanchez 27:52, 3. Tony Sanchez 28:18, 18-23: 1. Robert Krauth 27:04, 2. Brian Van Sliven 30:30, 3. Johnnie Thomas 31:27, 24-29: 1. Michael Lawrence 26:12, 2. Steve Boaz 26:32, 3. Fernando Ramirez 26:46, 30-34: 1. Enrique Alvarez 25:00, 2. Greg Stromberg 26:15, 3. Gary Carlin 26:16, 35-39: 1. Hartzell Alpizar 27:47, 2. Daniel Kelly 28:25, 3. Mike St. Andre 29:17, 40-44: 1. Ray Wilson 27:32, 2. John Funmaker 28:18, 3. Ben Jackson 28:27, 45-49: 1. Roy Genger 30:21, 2. Jim Brashner 30:40, 3. Jim Stevens 30:51, 50-54: 1. Carlo Leone 31:36, 2. Jim Crandell 32:08, 3. Charlie Ungen 33:34, 55-59: 1. Richard Elizarraras 32:30, 2. Tracy Brown 32:41, 3. Ronny Bucker 32:51, 60 & Over: 1. Larry Banuelos 31:31, 2. Eddie Lewin 33:24, 3. Les Cooke 38:06.

Division Results - Women's 5 Mile

13 & Under: 1. Sara Reyes 34:15, 2. Stephanie Wheaton 41:27, 14-17: 1. Debbie Brown 31:02, 2. Melissa Akery 40:51, 3. Rhonda Wheaton 45:15, 18-23: 1. Denise Severloh 37:00, 2. Lisa Rillera 38:59, 3. Karen Yarchever 41:00, 24-29: 1. Sherry Simmons 28:00, 2. Rebecca Duarte 29:50, 3. Junko Nishiguchi 32:46, 30-34: 1. Patricia Burke 35:01, 2. Karen Snyder 35:31, 3. Connie Dodge 36:18, 35-39: 1. Trudy Horimoto 32:37, 2. Rita Stephens 34:29, 3. Joni Triplett 36:37, 40-44: 1. Diane Eastman 32:19, 2. Sandi Barr 37:42, 3. Ann Tack 38:07, 45-49: 1. Annie Quinonez 34:52, 2. Esperanza Benson 39:02, 3. Judy Stevens 39:08, 50-54: 1. Jeanne Horn 41:02, 55-59: 1. Yukie Mochida 37:52, 2. Pinkie Fisher 39:21, 3. Phyllis Mull 41:59.

Division Results - Men's 3 Mile

13 & Under: 1. Mark White 17:45, 2. Terrel Reyes 18:38, 3. Chip English 18:42, 14-17: 1. Jim Robbins 15:10, 2. Dan Kash 15:18, 3. Greg Shyrook 15:26, 18-23: 1. Trini Robles 15:35, 2. John Craven 15:40, 3. Steve LaMon 15:45, 24-29: 1. Joey Gomez 14:22, 2. Joe Young 14:38, 3. Steve Cassaro 15:58, 30-34: 1. Rob Suck 15:30, 2. Marc Sebrink 16:34, 3. Mark Jacham 17:55, 35-39: 1. Bill Sumner 16:05, 2. Orlando Saurez 16:25, 3. Walt Hitt 16:38, 40-44: 1. Nick Duarte 17:25, 2. Jeff Stove 17:27, 3. Joe Yanez 18:20, 45-49: 1. Bob Norton 18:26, 2. Bob Hickey 18:58, 3. Dick Sands 20:18, 50-54: 1. Herrera Unenal 18:03, 2. Manuel Banuelos 18:57, 3. Rick McFarland 20:48, 55-59: 1. Wally Evertz 18:00, 2. Mel Elliott 19:37, 3. Hugh Massey 22:27, 60 & Over: 1. Keith Elliott 27:22, 2. John Collins 28:32, 3. William Alvarez 32:59.

Division Results - Women's 3 Mile

13 & Under: 1. Lucinda Reyes 18:48, 2. Tiffany Smith 19:17, 3. Amy Westcott 19:26, 14-17: 1. Shannen Karpel 17:59, 2. Amy King 18:10, 3. Kathy Karpel 18:25, 18-23: 1. Leslie Keuhn 22:24, 2. Lynn Hirota 23:45, 3. Chris Horricks 27:21, 24-29: 1. Beth Metcalf 16:45, 2. Tammy Sargeant 17:54, 3. Kathy Anno 18:38, 30-34: 1. Kathy Thomas 18:03, 2. Dorothy Demond 19:51, 3. Donna Cofalka 22:43, 35-39: 1. Daiva Jusionis 18:41, 2. Rachel Adolt 20:49, 3. Carolyn Slade 20:50, 40-44: 1. Laurie Massey 23:59, 2. Sharen Kukaska 24:12, 3. Marianne Campbell 24:13, 45-49: 1. Marcia Martyn 21:34, 2. Ida Hendrick 24:42, 3. Hwasa Andrade 25:07, 50-54: 1. Rae Harris 28:12, 55-59: 1. Betty Gunzer 28:50, 2. Shirley Blackman 32:58, 60 & Over: 1. Jean Bradshaw 29:10, 2. Hazel Lang 32:59, 3. Joan Gunn 33:00.

Park to Park 8 Mile

Sept. 6. Lompoc.

Overall Results
1 Jim Triplett (28) S.B. 39:08
2 Bob Hollister (27) S.B. 39:17
3 Jose Iniguez (20) Solvang 39:55
4 Dennis Grossini (38) Lompoc 45:37
5 R. Eatmon (39) Lompoc 46:04
6 Steve Flynn (30) SLO 47:34
7 Tom Bolt (22) Goleta 47:35
8 Matt Holloway (17) Lompoc 47:40
9 Elaine Triplett (35) S.B. 47:55
10 Mike Warnock (16) Lompoc 48:26
11 Don Delaney (32) S.B. 48:31
12 Mary Ryzner (32) S.B. 49:23
13 Ken Kesler (30) Lompoc 49:35
14 John Zemanovic (15) Lompoc 49:56
15 Dave Condit (47) S.M. 50:05
28 John Angell (44) VAFB 54:08
36 Bill Pullen (51) Lompoc 55:29
38 Laura Albert (30) VAFB 56:08
43 Agnes Lumsdaine (17) Lompoc 57:03
52 John Holoubek (70) Lompoc 58:43
55 Stephanie Welch (38) S.B. 59:02
61 Susan Carey (17) Lompoc 1:00:05
64 Keri Hyatt (21) Lompoc 1:01:30
71 Jill Carlson (44) Los Osos 1:03:11
75 Patty Landis (45) S.Y. 1:05:12
79 Lisa Norcutt (50) Lompoc 1:08:09
82 Margie Withrow (60) Lompoc 1:11:54

Tri for Real Triathlon

Sept. 6. Contra Loma Regional Park. Antioch. 1M Swim, 8.5M Run, 20.6M Bike.

Overall Results
1 Team Montagne, Fremont 1:56:30
2 Team Rob Swift, Alameda 2:01:38
3 Dave Slothower, Los Gatos 2:02:52
4 Randy Reed, Berkeley 2:04:56
5 Team Parodi, S.F. 2:05:15
6 Gregory Davis, Walnut Creek 2:06:57
7 Phil Wright, Cupertino 2:07:16
8 James Sittler, Davis 2:08:29
9 Steven Anderson, San Mateo 2:13:14
10 Steve Tseng, Orinda 2:13:50

Team Results - Men

1. Timothy Montagne, Chris Pankey, Tom Ford, 1:56:30, 2. Rob Swift, Luke Van Meter, Joel Sebastian, 2:01:38, 3. Stephen Parodi, Helmut Schmidt, Bill Growney, 2:05:15.

Team Results - Women

1. Donna Wright, Patti Jones, Mary Massee, 2:33:42, 2. Sheri Dushane, Paula Antonelli, 2:56:07.

Team Results - Coed

1. Karen Crangle, Gary Crangle, Mark Dykhouse, 2:32:27, 2. Mary Lavender Fujii, Milton Fujii, Faye Chlee, 2:50:54.

Division Results - Men

16-29: 1. Dave Slothower 2:02:52, 2. Randy Reed 2:04:56, 3. Gregory Davis 2:06:57, 30-39: 1. Phil Wright 2:07:16, 2. Steven Anderson 2:13:14, 3. James Hult 2:16:15, 40-49: 1. Bill Marshall 2:28:41, 2. David Leonard 2:32:10, 3. Richard L. Seyferth 2:34:39, 50-59: 1. Kent Rogers 2:52:49.

Division Results - Women

16-29: 1. Cindy Ann Tuttle 2:25:35, 2. Kathi Candelaria 2:27:21, 3. Sherry Thornberg 2:39:55, 30-39: 1. Cynthia Nesvig 2:27:24, 2. Mary Briggs 2:39:06, 3. Storm Eddy 2:45:40, 40-49: 1. Marianne Bentley 2:52:51, 2. Dolly Ackerman 3:07:44, 50-59: 1. Barbara Robben 3:13:18.

Run Against The Klan

Sept. 6. Oakland. 5K & 10K.

Overall Results - Men's 5K
1 Mike Triplett 16:20
2 Mike Holton 16:32
3 Michael Costigan 16:40
Men's 10K:
1 Paul Nicholes 34:17
2 Stephen Hinkel 35:39
3 Carl Rose 35:52
Children's 5K:
1 Charles Williams 22:59
2 Maia 39:18
3 Jesse Levy 45:57

Overall Results - Women's 5K

1 Kasee Scott 20:15
2 Ann Diamond 22:19
3 Suzi Jesrad 22:29
Women's 10K:
1 Mary McCran 45:05
2 Linda Sudat 45:50
3 Evan Young 53:17

Nike/OTC 25K

Sept. 7. Eugene, OR.

Alex Kasich and Cathie Twomey both cruised to comfortable wins in the Nike/Oregon Track Club 25-Kilometer Run Sept. 7 in Eugene.

Twomey, a 29-year-old runner from Eugene, crushed the women's course record for the race by more than three minutes. Her time of 1:28:46 bettered the old mark, set last year by Jill Jones, of 1:32:22.

Kasich's time of 1:16:30 was slightly off the course record of 1:16:00 (Odis Sanders, 1985) but well ahead of runner-up Ken Hunter's 1:17:47. Guy Arbogast and Alberto Salazar finished third and fourth, respectively, both timed in 1:18:30.

Special awards were given to runners who set single-age national records. Kasich, Twomey and Arbogast all set such records, along with five others. Seventy-one-year-old Clive Davis of Tillamook was the most impressive record-setter. His time of 1:44:12 broke the old mark by close to 27 minutes.

A total of 313 runners completed the distance; they ranged in age from 16 to 77.

Top Ten Men's Results

1 Alex Kasich, Eugene 1:16:30
2 Ken Hunter, Eugene 1:17:47
3 Guy Arbogast, Eugene 1:18:30
4 Alberto Salazar, Eugene 1:18:30
5 Kevin Ryan, Eugene 1:19:01
6 Jeffrey Sharp, Eugene 1:19:56
7 Greg Erwin, Eugene 1:20:25
8 Michael Cook, Tigard 1:20:45
9 Paul Raether, Lake Oswego 1:20:49
10 James Bright, Beaverton 1:20:57

Top Ten Women's Results

1 Cathie Twomey, Eugene 1:28:46
2 Deann Daugherty, Lake Oswego 1:37:31
3 Sidney Morrison-Cataldo 1:39:06
4 Robin Runyon, Medford 1:39:54
5 Rainy Stolz, Bremerton, WA 1:42:18
6 Marilyn Nippold, Eugene 1:42:56
7 Mara Siegel, Eugene 1:43:15
8 Janet Heinonen, Eugene 1:46:38
9 Anette Sargent, Eugene 1:47:09
10 Hilary Simmons, Oakland 1:47:49

Division Results - Men

19 & Under: 1. Brad Holbrook 1:26:01, 20-24: 1. Kevin Matthews 1:21:26, 25-29: 1. Alberto Salazar 1:18:30, 30-34: 1. Alex Kasich 1:16:30, 35-39: 1. Michael Harris 1:30:40, 40-44: 1. Robert Yates 1:35:00, 45-49: 1. Michael Heffernan 1:23:12, 50-54: 1. John Hepner 1:36:49, 55-59: 1. Orlo Keniston 1:40:30, 60-64: 1. Jim O'Neil 1:35:27, 65-69: 1. Dick Bartholomew 1:59:36, 70-74: 1. Clive Davies 1:44:12, 75-79: 1. Edward McKean-Smith Coquille 2:34:53.

Division Results - Women

19 & Under: 1. Hilary Simmons 1:47:49, 20-24: 1. Mara Siegel 1:43:15, 25-29: 1. Cathie Twomey 1:28:46, 30-34: 1. Sidney Morrison-Cataldo 1:39:06, 35-39: 1. Marilyn Nippold 1:42:56, 40-44: 1. Gabriela Harbison-Wieland 1:59:16, 45-49: 1. Mollie Davies 2:18:01, 50-54: 1. Nancy Heiler 1:51:04, 55-59: 1. Marcia McChesney 2:15:41.

Arts and Sports Festival 8K

Sept. 7. Valencia Meadows Park.

The Los Angeles County Department of Parks and Recreation held the First Annual Arts and Sports Festival 8K Sept. 7. An excellent field lined up at the start at Valencia Meadows Park. The top ten runners read like a 'who's who' of Southern

California running. The event was won by Steve Ortiz of Barstow in 23:38. Gary Tuttle of Ventura was second in 24:03, and Alan Dehlinger of Reno in a fast close for third ran 24:08. The women's race for first place was even closer than the men's. First female was Ellen Lyons of the SMTc in 27:23, followed by Carol Keller, 27:42. Debra Sharp of Port Huemene was third in 28:54. There were several outstanding age group performances as well. The Santa Clarita Runners won the male and female team awards but the Gardena Auto Coed Team had the fastest team time of the day.

Overall Results

1 Steve Ortiz (27) Barstow 23:38
2 Gary Tuttle (35) Ventura 24:03
3 Alan Dehlinger (25) Reno 24:08
4 Edward Toro (20) Barstow 24:18
5 Stann Vernon (31) Malibu 24:28
6 Tyrus Deminter (23) L.A. 24:36
7 Ron Gee (34) L.A. 24:42
8 Christopher Schallert (26) CanPk 25:06
9 Steve Blum (31) Ventura 25:42
10 Greg Szanto (29) AltaLoma 25:48
11 Rich Medellin (27) Brea 25:52
12 Alfredo Vigueras (23) LaPuenta 25:54
13 Tom Moriarty (30) Burbank 25:59
14 Harold Ketting (32) ManhattanBch 26:17
15 Bobby Bans (16) Valencia 26:39
16 John Araujo (28) PicoRivera 26:40
17 Victor Fonseca (25) Pacoima 26:40
18 Chuck Pontius (22) Newhall 26:41
19 Adolfo Huerta (32) Fillmore 26:53
20 Timothy Hampton (30) Canyon Co 27:09
21 Peter Mogg (31) Moorpark 27:21
22 David Graham (26) ElSegundo 27:22
23 Ellen Lyons (24) S.Monica 27:23
24 Charles Hubbard (25) Burbank 27:36
25 Carol Keller (26) LongBch 27:42
26 Mark Levda (25) PimBchGrd, FL 27:56
27 Mark Dawson (32) Reseda 28:04
28 Ed North (28) Saugus 28:08
29 Herman Rodriguez (34) Reseda 28:15
30 Ignacio Fonseca 21) Pacoima 28:22
31 Glenn Deines (40) Valencia 28:47
32 Debra Sharp (32) Pt. Huemene 28:54
33 Carmen Maldonado (19) Victorvl 29:25
34 Linda Zeman (25) ManhattanBch 29:31
35 Beth Milewski (28) WoodlandHl 29:45
36 Roy Pellerin (50) Valencia 29:57
37 Harolene Walters (43) El Toro 30:03
38 Aba Ramirez (47) Moorpark 30:10
39 Terri Goodreau (36) No.Holywd 30:23
40 David Hartman (13) CanyonCo 32:59
41 Bob Gerlach (56) Newhall 33:49
42 Maynard Mickelson (60) Newhall 35:58
43 Marjorie Gilmore (51) Valen 36:21
44 Jeanette Wells (48) QuartzHl 36:26
45 Katie Michaelisen (11) BellCan 38:04
46 Andrea Mock (15) Palmdale 38:15
47 Patricia Pruitt (56) Walnut 39:20

Run for S.A.V.E.

Sept. 7. Fremont. 6.2 Mile.

Division Results - Men

13 & Under: 1. Paul Maldonado 45:59, 2. Raymond Ramirez 46:44, 3. Eric Moberg 47:25, 14-18: 1. Matt Bogdanowicz 36:09, 2. Tony Engels 38:14, 3. Shawn Noonan 38:48, 19-29: 1. Jay Marden 30:35, 2. Bryan Mayberry 32:09, 3. Steve Stranglo 32:29, 30-39: 1. Andy Takaha 32:37, 2. Bill Seaver 32:50, 3. Bill Dunn 32:58, 40-49: 1. Dete Kraus 33:42, 2. Bill Meinhardt 34:18, 3. Jake White 35:55, 50-59: 1. Donald Coghlan 37:29, 2. Myron Nevraumont 37:51, 3. Jack Hodges 38:23, 60 & Over: 1. George Carroll 43:52, 2. Glenn Siervert 46:37, 3. John Popper 47:22.

Division Results - Women

13 & Under: 1. Susan Kjaer 59:11, 14-18: 1. Elizabeth Chavez 38:12, 2. Jennifer Walker 50:49, 3. Jennifer Cullen 51:07, 19-29: 1. Sue Gyorey 36:41, 2. Lori Benevento 42:10, 3. Alda Telft 42:52, 30-39: 1. Kathleen Feltz 41:09, 2. Susan Quaid 43:15, 3. Marion Madrigal 43:53, 40-49: 1. Laurel Strand 41:12, 2. Bea Hoyle 41:53, 3. Madelyn Vassigh 43:19, 50-59: 1. Margaret Houston 46:29, 2. Margie Sanchez 51:00, 3. Raquel Van-Leer 53:47, 60 & Over: 1. Verle Waters 57:01, 2. Mary Lentz 57:06, 3. Peggy Pridmore 1:05:10, Wheelchair: 1. Jan Edwards 41:02.

Results

Tom Proctor Runs

September 7, 5K & 10K.

Overall Results - 5K

1	Mario Ortiz (25)	15:06
2	Steve Wolf (32)	15:44
3	German Alonso (35)	16:05
4	David Alvarado (22)	16:08
5	Steve Abernethy (20)	16:09
6	Richard Watts (28)	16:09
7	Armand Crespo (17)	16:16
8	Stephen Keyes (37)	16:19
9	Hermio Garcia (30)	16:20
10	Catrina Gonzalez (44)	16:21

Division Results - Men's 5K

17 & Under:	1. Armand Crespo 16:16, 2. Johnny Ledesma 16:21, 3. Jose Torres 19:10, 18-29: 1. Mario Ortiz 15:06, 2. David Alvarado 16:08, 3. Steve Abernethy 16:09, 30-34: 1. Steve Wolf 15:44, 2. Hermio Garcia 16:20, 3. Jerry Sommers 17:44, 35-39: 1. German Alonso 16:06, 2. Stephen Keyes 16:19, 3. Salvador Gonzalez 17:13, 40-44: 1. Catrina Gonzalez 16:21, 2. Michael Schur 19:21, 3. Tony Torrisi 20:04, 45-49: 1. William Thompson 18:46, 2. Howard Papush 18:57, 3. Gerald Tyner 20:11, 50-59: 1. Richard Flores 18:13, 2. Sonny Monioz 18:45, 3. Vic Gainer 19:07, 60 & Over: 1. David Cohen 21:03, 2. D. Spofield 27:52.
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Division Results - Women's 5K

17 & Under:	1. Jamie Stratford 27:48, 2. Brigitte Barshay 29:24, 3. Donna Perry 33:16, 18-29: 1. Toni Pleasant 18:43, 2. Jackie Burhans 21:26, 3. Ana Castillo 22:25, 30-34: 1. Michelle Hopper 18:04, 2. Janet Mellott 22:18, 3. Cynthia Gridley 22:33, 35-39: 1. Ruth Nelson 23:06, 2. Joy Mosse 24:04, 3. Phoebe Leigh 25:07, 40-44: 1. Lorraine Silver 23:45, 2. Elizabeth Allen 23:47, 3. Denise Van Zyl 24:12, 45-49: 1. Muriel Cidov 24:49, 2. Binder Bobbi 25:36, 3. Brenda Dylan 26:06, 50-59: 1. Phyllis Badger 30:19, 2. Barbara Schultz 30:38, 3. Deanne Lange 42:43, 60 & Over: 1. Lucile Adney 36:48.
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Overall Results - 10K

1	Benny Cruz (22)	31:41
2	Bob Daniels (33)	31:52
3	Steve Perez (22)	32:58
4	Steve Schuman (24)	33:00
5	Jon Horowitz (30)	33:04
6	Victor Carrillo (23)	34:13
8	Jim Misener (25)	34:21
9	Sylvia Mosqueda (20)	34:34
10	Steven Shapiro (22)	35:20

Division Results - Men's 10K

17 & Under:	1. Carlos Rodriguez 39:01, 2. Ricky Delgado 44:38, 18-29: 1. Benny Cruz 31:41, 2. Steve Perez 32:58, 3. Steve Schuman 33:00, 30-34: 1. Bob Daniels 31:52, 2. Jon Horowitz 33:04, 3. Ed Mora 34:14, 35-39: 1. Mark Hemphill 35:22, 2. Al Davis 36:14, 3. Richard Nelson 37:53, 40-44: 1. Don Gillman 37:06, 2. Tom Sumner 39:52, 3. Michael Froman 40:09, 45-49: 1. Bill Mandeville 40:44, 2. Joe Macias 42:03, 3. Arnold Notkoff 43:06, 50-59: 1. Not Readable, 60 & Over: 1. Larry Baneles 40:48, 2. Eddie Lewin 43:47, 3. Bud Rubin 48:06.
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Division Results - Women's 10K

17 & Under:	1. Leslie Bunnage 56:13, 18-29: 1. Sylvia Mosqueda 34:34, 2. Gretchen Lohr 37:31, 3. Sherry Simmons 38:54, 30-34: 1. Susan Ramos 41:25, 2. Laurie McGillis 42:56, 3. Jill Mallory 44:12, 35-39: 1. Pam Crockett 44:58, 2. Liz Burger 46:05, 3. Adell Williams 49:40, 40-44: 1. Carol Dougherty 48:30, 2. Maria Rodriguez 49:27, 3. Jane Arnault 52:55, 45-49: 1. Elaine Murphy 46:32, 2. Kathy Kusner 46:45, 50-59: 1. Jane Dods 49:58.
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Pepsi of Reno 72 Mile Lake Tahoe Race

Sept. 12, Tahoe City.

It was the ultra that almost never happened. After a late start in organizing the race, 29 hearty souls (58 soles) were at the start line to do battle against the elements, body and mind. Ages varied from Delmar Fralick age 22, to Dick (Eastbay Flash) Waldo age 61.

Sean Crom from Reno, Nevada won this years event in a good time of 10:23:27. It was his first venture into the likes of ultra running.

Three women were entered in this years event. Toni Belaustequi also of Reno, Nevada took women's honors. Heck, she placed fifth overall tearing up the last fifteen miles. Her time for the 72 miles was 12:04:35.

A great performance was put in by Dick Waldo. At age 61, he was running in his third tour of the Lake. Dick ran over 45 miles before he was forced to drop.

Overall Results

1	Sean Crom (30)	10:23:27
2	Dave Nicholaw (32)	10:47:37
3	Dave Calderon (26)	11:15:50
4	Bruce Mauldin (38)	11:57:08
5	Toni Belaustequi (39)	12:04:35
6	Eric Evers (37)	12:13:29
7	Floyd Whiting (45)	12:32:57
8	Nancy McGord (36)	12:39:23
9	Mike Nolan (36)	12:55:39
10	Marty Coffey (36)	13:01:15
11	Zoltan Kraynick (38)	13:20:03
12	Delmar Fralick (22)	13:29:23
13	Steve Galvin (48)	13:44:45
14	Bill Yawn (40)	13:44:46
15	John Clark (44)	13:51:00
16	Lonnie Nedved (33)	14:32:15
17	Max Hooper (39)	14:44:40
18	Larry Mabry (39)	14:44:40
19	Donald Matthias (50)	14:47:15
20	Dick Collins (53)	14:51:10
21	Mary Cantini-Norkin (42)	16:34:35
22	Edward Dux (39)	20:00:00

Berryessa Biathlon

Sept. 13, Lake Berryessa.
(1 1/4 mile swim, 24 mile bike)

Overall Results

1	Rick Shand (27) WalnutCk	1:23:08
2	Barry Chapman (28) WalnutCk	1:23:37
3	Team Kiwi, San Jose	1:26:14
4	Team Kiwi, Cupertino	1:27:43
5	Bill Kirsch (31) MenloPk	1:28:10
6	Greg Grunwald (22) Berkeley	1:31:18
7	Gordon Gould (42) Woodland	1:32:06
8	John Jeha (27) Danville	1:32:13
9	Al Masterson (29) Santa Rosa	1:32:23
10	Team Delacy/Hazlett, Hayward	1:32:24
11	Team Briggs/Atkinson, S.F.	1:32:35
12	Team Boyd/Taft, Stockton	1:32:37
13	Jim McCoy (44) Los Altos	1:32:53
14	Dave Brancamp (24) S. Rosa	1:32:56
15	Eva Ueltzen (29) Fair Oaks	1:33:32

Division Results - Men

16-29:	1. Rick Shand 1:23:08, 2. Barry Chapman 1:23:37, 3. Greg Grunwald 1:31:18, 30-39: 1. Bill Kirsch 1:28:10, 2. Jeff Pfeiffer 1:33:56, 3. Richard Schram 1:34:56, 40-49: 1. Gordon Gould 1:32:06, 2. Jim McCoy 1:32:53, 3. Ralph Kendrick 1:38:29, 50-59: 1. Alan Schmeiser 1:35:07, 2. Jack Riley 1:54:33, 3. Ray Whitaker 2:00:40, Teams: 1. Team Dave Boyd/Clay Taft 1:32:37, 2. Team Tom Dubos, Jr/Mark Quillin 1:39:23, 3. Team Guy Vallancourt/Bill Campbell 1:40:08.
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Division Results - Women

16-29:	1. Eva Ueltzen 1:33:32, 2. Mary MacKey 1:35:10, 3. Pam Rhodes 1:37:18, 30-39: 1. Mary Hayes 1:40:21, 2. Carolyn Kovacevic 1:41:55, 3. Martha Seaver 1:45:18, 40-49: 1. Kathryn Kettler 1:54:20, 2. Suzanne Riedinger 1:54:47, 3. Ellen Troth 2:04:50, Teams: 1. Team Susan Chalpin/Tamara Herfenstein 1:49:20, 2.
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Team Susan Lawrence/Denise Dooley 2:24:04, 3. Team Roxanne Fiscella/Jane Halloway 2:25:00.

Mixed Teams: 1. Team Kiwi: Karen Christiansen/Andrew Nevitt 1:26:14, 2. Team Kiwi: Todd Rosenbaum/Johnene McKim 1:27:43, 3. Team: James Delacy/Colleen Hazlett 1:32:24.

Run for Shelter

Sept. 13, Lancaster. 5K & 10K.

Division Results - Men's 10K

12 & Under:	1. Robert Spencer 44:20, 2. Mike Oliver 50:32, 13-17: 1. Craig Cieslik 41:19, 18-29: 1. Fernando Vasquez 32:11, 2. Dennis Karamitros 33:07, 3. Shawn Ostlund 34:04, 30-39: 1. Bruce Horiguchi 37:01, 2. Alan Warren 39:45, 3. Chuck Martin 40:00, 40-49: 1. Joe Oliver 36:41, 2. Manny Burrola 37:01, 3. Dan Ashimine 37:02, 50 & Over: 1. Warren Bury 46:38, 2. Bernard Momita 47:00, PHMC Staff: 1. Chuck Martin 40:00, Wheelchair: 1. David Moran 35:28, 2. Don Caron 35:34.
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Division Results - Women's 10K

17 & Under:	1. Cheryl Cieslik 55:54, 18-29: 1. Mary Bullock 39:59, 2. Jayne Wilson 44:49, 30-39: 1. Rhonda Bailey 49:15, 2. Glenda Kimmerly 50:52, 40 & Over: 1. Joyce Momita 44:07, 2. Blair Kuropatkin 60:46, PHMC Staff: 1. Sandra Wierzbowski 56:59.
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Division Results - Men's 5K

12 & Under:	1. Chad Cieslik 19:40, 2. Clint Cieslik 21:46, 13-17: 1. Roy Salcido 21:57, 18-29: 1. Chris Harris 19:04, 2. Ed Sandercederlrof 19:05, 3. Armando Hernandez 19:06, 30-39: 1. Sammie Culver 16:38, 2. Stephen Whitmore 16:51, 3. Barry Foote 17:43, 40-49: 1. Bob McGeogh 17:23, 2. Frank Ogawa 18:42, 3. Richard Cooper 18:50, 50-59: 1. Marv Powers 21:07, 2. Art Pine 23:12, 60 & Over: 1. Charlie LaMarr 24:05, PHMC Staff: 1. James Paulsen 27:24, Men's Walk: Under 39: 1. Ray Thompson 59:11, 40-59: 1. Fred Bacon 39:30, 60 & Over: 1. Mel Grantham 32:45.
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Division Results - Women's 5K

12 & Under:	1. Maria Salcido 22:09, 2. Michele Mataljan 26:11, 3. Kelley McCurdy 32:25, 13-17: 1. Margaret Reilly 23:57, 18-29: 1. Carolyn Richards 19:42, 2. Rosa Aceves 20:57, 3. Laurie McCurdy 23:54, 30-39: 1. Janice Kawamura 21:10, 2. Sue Simms 22:20, 3. Elizabeth Blair 24:12, 40-49: 1. Jeanette Wells 21:34, 2. Marsha Madsen 27:23, 50 & Over: 1. Dorothy Schoepner 36:24, PHMC Staff: 1. Terri Lind 27:24, Walk: 39 & Under: 1. Terri Hammons 46:07, 40-59: 1. Cheryl Bacon 43:13, 60 & Over: 1. Joann Beers 38:38.
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Northshore Challenge Tri

Sept. 13, Tahoe City.

1/2 Mile Swim, 5 Mile Run, 20 Mile Bike.

Men's Overall Results

1	Jim Larrieu, Reno	1:34:19
2	Roderick Fink, So. Lake Tahoe	1:34:35
3	David Harger, Reno	1:37:29

Women's Overall Results

1	Kate Santich, Truckee	1:52:42
2	Janet Soesner, Incline Vll	1:55:37
3	Katheryn Boyle, Los Gatos	2:02:14

Relay Results

Men:	1. Jeff Townsend, Phil Hart, Mike Deas, 1:29:55.
Women:	1. Leslie Tuggel, Kathy Becker, Sandy Wolf, 1:59:43.
Coed:	1. Rick Martin, Jim Begg, Gretchen Loeffler 1:49:46.

Aztec Run

September 14, Oakland. 10K.

Overall Results

1	Roberto Mendez (34)	33:24
2	Guillermo Barron (36)	34:41
3	Thomas Belcher (23)	34:54

4	Maldonado Gilberto (21)	35:04
5	Noah Rollins (37)	35:18
6	Ruben Briones (16)	35:23
7	Nicholas Martinez (33)	35:27
8	Sean Redfield (16)	35:41
9	Robert Tyson (41)	36:40
10	Searcy Barnett (39)	37:00
11	Delma Jones (42)	37:15
12	Fred Montanez (42)	37:19
13	Mark Richey (36)	37:47
14	Frank Hernandez (37)	38:20
15	Tony Heredia (19)	38:22
16	Arnold Ramos (31)	38:28
17	Rick Sterling (37)	39:00
18	Tom Walsh (52)	39:02
19	Robert Apodaca (30)	39:14
20	John Blankenship (41)	39:43
21	Theodore Wong (38)	40:10
22	Arturo Ramirez (34)	40:10
23	Luis Montana (15)	40:21
24	Vicente Ramirez (46)	40:26
25	Evencio Hurtado (36)	41:08

Cloverdale Grape Run

September 14, Cloverdale. 3K & 10K.

Division Results - Men's 3K

9 & Under:	1. Llewelyn Dukes 11:29, 10-12: 1. Chris Oden 11:19, 13-15: 1. Blair Venables 9:39, 16-19: 1. Mike Tebo 9:10, 20-24: 1. Don Nauman 9:03, 25-29: 1. Don Looby 9:41, 30-34: 1. Mike Holton 9:22, 35-39: 1. Terry Maples 9:48, 40-44: 1. Charles Venables 10:16, 45-49: 1. Walt Vennum 9:57, 50-54: 1. Carl Jackson 11:14, 60-64: 1. Vic Crosetti 13:14, 65-69: 1. Dick Klein 15:48, 70 & Over: 1. Ray Mahannah N.T.
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Division Results - Women's 3K

9 & Under:	1. Wanda Dukes 11:28, 10-12: 1. Kathy Venables 11:52, 13-15: 1. Erika Ruthnick 15:33, 16-19: 1. Jessica Paul 13:46, 20-24: 1. Nora Doyle 9:52, 25-29: 1. Debbie Berry 14:54, 30-34: 1. Marcia Spaletto 14:54, 35-39: 1. Linda Jennings 14:41, 40-44: 1. Hannah Argentine 14:26, 45-49: 1. Suzanne Cussins 16:13, 50-54: 1. Doris Moribito 16:36, 55-59: 1. Julie Young 20:01, 65-69: 1. Jan Klein 20:44.
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Division Results - Men's 10K

13-15:	1. Todd Stevens 39:35, 16-19: 1. Paul Cummings 33:41, 20-24: 1. Nick Whiteside 31:42, 25-29: 1. Danny Grimes 29:42, 30-34: 1. Ted Paulak 33:11, 35-39: 1. Armand Repulles 35:12, 40-44: 1. David Sjostedt 37:45, 45-49: 1. Harry Teilmar 37:13, 50-54: 1. George Herd 36:36, 55-59: 1. A.L. Bellon 38:41, 70 & Over: 1. Mel Shine 50:28.
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Division Results - Women's 10K

12 & Under:	1. Nika Horn 40:59, 13-15: 1. Melanie Sanders 1:01:57, 16-19: 1. Kristi Kemp 1:01:58, 20-24: 1. Julie O'Neill 42:39, 25-29: 1. Cindy Van Natta 38:47, 30-34: 1. Diane Wimberley 43:29, 35-39: 1. Kim Bricker 43:46, 40-44: 1. Nuenilla Harris 43:53, 45-49: 1. C. Wilden 50:18, 55-59: 1. Lois Cook 58:13, 60-64: 1. Maria Carlsen 1:04:58.
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Annadel Loop Handicap

Sept. 14, Santa Rosa. 7.2 Mile.

Overall Results (Actual Time)

1	Janet Buckendahl (52)	51:31
2	Ron Smith (39)	39:09
3	Butch Alexander (33)	38:28
4	Dan Preston (44)	41:31
5	Steve Kretsinger (27)	38:39
6	Martin Jones (43)	41:53
7	Peter Laskier (42)	41:54
8	Keith Maurer (30)	40:49
9	Mark Richtman (31)	40:52
10	Alec Isabeau (25)	40:04
11	Wayne Hinrichs (39)	42:17
12	Janet Cassidy (35)	51:21
13	Robert Herold (37)	42:54
14	Peter Franks (40)	43:02
15	Don Madronich (41)	44:29

Results

Banner Mountain Stampede

from Nancy L. Martin

Sept. 14. Nevada City. 4K & 12K.

Overall Results - 12K	
1 Robin Desota (19)	44:14
2 Steve Wagner (25)	44:45
3 Mike Buzbee (34)	47:43
4 Mark Cardin (35)	50:41
5 Daniel Wolters (16)	51:31
6 Gene Thibault (40)	51:52
7 Steven Bordin (31)	53:27
8 Mike Chiurato (28)	55:05
9 Ken Gaal (46)	55:21
10 Bob Richmond (34)	55:33
20 Jackie Walker (39F)	57:28
24 Mort Ward (56)	57:59
25 Jean Spirlock (40F)	58:09
34 Stephanie Wolters (36F)	61:45
35 Anne Kowall (21F)	62:07
53 Mary Welz (53F)	70:05

Overall Results - 4K	
1 Daniel Fitch (19)	15:59
2 Joseph Hernandez (42)	17:02
3 John Ball (49)	17:04
4 Scott Kellerman (40)	17:42
5 Barry Berg (40)	18:39
6 Jack Westbrook (51)	18:51
7 Lon Johnson (34)	18:59
8 Ben Hagel (13)	19:30
10 Gail Stone (32F)	21:33
14 Consuelo Ayala (26F)	22:27
28 Susan Ahlquist (45F)	25:35
43 Virginia Sizemore (51F)	34:25

Mountain View Art & Wine Festival 5K

Sept. 14. Los Altos.

Division Results - Men	
Overall: 1. Daniel Gonzales 14:45, 2. Mike Clem 15:59, 3. Carey Reinking 16:00.	
Junior: 1. Andy Bullock 16:29, 2. Jonathon Goldstein 17:12, 3. Fu Ming Young 17:43.	
Open: 1. David Gonzales 14:45, 2. Eric Vandenberg 16:20, 3. Craig Welch 16:55.	
Sub-Master: 1. Rod Johnson 16:24, 2. Kim Walker 18:05, 3. Bill Schwartz 18:14.	
Master: 1. David Himmelberger 16:36, 2. Ron Tanaka 17:23, 3. Mike Sesich 18:30.	
Senior: 1. Ken Mills 18:43, 2. Mark Riccaus 20:43, 3. Carl Berggren 21:09.	

Division Results - Women	
Overall: 1. Janet Roller 19:19, 2. Janice Beach 20:46, 3. Jo Feeney 21:06.	
Junior: 1. Janet Roller 19:19, 2. Carrie Roller 23:24, 3. Cyndi Lee 23:59.	
Open: 1. Betsy Sercu 21:05, 2. Judith Rosario 21:58, 3. Kris Eaton 23:17.	
Sub-Master: 1. Janice Beach 20:46, 2. Janice Johnston 22:06, 3. Cindy McEtchin 22:59.	
Master: 1. Jo Feeney 21:06, 2. Karen Cheli 23:25, 3. Kay King 23:32.	

Jim Thorpe Memorial

Sept. 20. Lomita. 5K & 10K.

Over 600 runners participated in the 8th Annual Jim Thorpe Memorial 5/10K runs in Lomita on Saturday.

Fastest times in the 5K were 15:16.2 for R. Dodson in the men's group and 18:17.3 for L. Lewis in the women's group.

Fastest times in the 10K were registered for men by F. Vasquez at 31:15.8 and by D. B. Townsend at 38:06.6 in the women's group.

Division Results - Men's 5K	
10 & Under: 1. L. Tolliver 23:49, 2. Nakamatsu 24:59, 3. B. Wong 27:01, 11:15.	
1. M. Gonzales 21:50, 2. T. Volg 22:40, 3. Barisale 23:23, 16:18: 1. C. Moya 16:20, 2.	

R. Klein 17:34, 3. C. Andrade 18:44, 19:24:	
1. R. Dodson 15:16, 2. P. Kang 16:00, 3. G. Dinsmore 16:21, 25:29: 1. M. Castanon N.T., 2. V. Canel N.T., 3. R. Martin N.T.	
30:34: 1. B. Brizuela 16:20, 2. T. Morris 17:22, 3. M. Rick 19:07, 35:39: 1. B. Pektak 16:34, 2. F. Tsutsui 17:17, 3. S. Notaro N.T.	
40:44: 1. G. Gonzalez 16:35, 2. R. Shelley 17:31, 3. J. Hunter 18:15, 45:49: 1. R. Cheek 18:05, 2. G. Smith 18:16, 3. B. Wahington 19:12, 50:55: 1. A. Mota 17:25, 2. F. Greene 17:39, 3. R. Pate 20:02, 55:59: 1. P. Saucedo 18:33, 2. J. Withers 18:48, 3. J. Feyk 19:02, 60:65: 1. B. Gunnar 19:19, 2. S. Neufelo 20:58, 3. C. Somol 23:40, 66 & Over: 1. P. Jones 21:18, 2. D. Scofield 26:47, 3. B. Ferry 30:40.	

Division Results - Women's 5K	
10 & Under: 1. I. Tanaka 29:26, 2. W. Kegley 31:14, 3. L. De Leon 33:10, 11:15: 1. C. De Leon 22:48, 2. E. Butler 23:58, 3. Y. Ota 29:24, 16:18: 1. Bibleheimer 24:53, 2. A. Conaway 27:22, 3. E. Romero 32:34, 19:24: 1. L. Christopher 21:33, 2. K. Burnell 21:41, 3. C. McKivett 23:23, 25:29: 1. R. Schuetze 19:06, 2. K. Callahan 21:16, 3. Wokasch 22:33, 30:34: 1. L. Lewis 18:17, 2. E. Lansdown 20:01, 3. S. Bartram 21:49, 35:39: 1. L. DaCosta 23:45, 2. R. Stanovich 23:46, 3. F. Blair N.T. 40:44: 1. M. Burnham 24:41, 2. B. Painter 25:06, 3. S. Hazelton 34:28, 45:49: 1. B. Gold 22:24, 2. M. Stephens 22:56, 3. E. Murphy 23:16, 50:54: 1. B. Larsh 31:33, 2. N. Martin 35:45, 3. G. Magnetti 37:02, 55:59: 1. P. Pruitt 23:35, 2. M. Hester 33:15, 60:65: 1. Sue Hyde 26:19, 2. M.L. Jones 28:19, 3. L. Craker 28:42, 66 & Over: 1. L. Adney 33:50, 2. R. Haggood 35:44.	

Division Results - Men's 10K	
10 & Under: 1. M. Ross 49:28, 11:15: 1. R. Winn 39:39, 2. B. Stelp 43:05, 3. P. Di Bernardo 1:02:21, 16:18: 1. D. Virgil 37:45, 2. S. Poore 38:30, 3. K. Chaffin 55:21, 19:24: 1. F. Vasquez 31:15, 2. D. Zepeda 32:02, 3. E. Edwards 33:58, 25:29: 1. T. Dougherty 33:25, 2. B. Wilder 33:44, 3. T. Burciago 34:39, 30:34: 1. D. Frank 33:49, 2. S. Harris 33:50, 3. D. Young 33:56, 35:39: 1. M. Hemphill 35:55, 2. S. Gorsline 36:47, 3. M. Galan 37:29, 40:44: 1. McCarthy 35:32, 2. Burroia 35:46, 3. S. Cabeza 35:51, 45:49: 1. R. Hardesty 36:00, 2. P. Savitz 39:58, 3. B. Miller 40:22, 50:54: 1. S. Monioz 40:00, 2. H. Van Rossem 41:54, 55:59: 1. D. Devine 36:09, 2. I. Mariscal 42:00, 3. S. Carrier 42:12, 60:65: 1. L. Banuelos 40:46, 2. S. Nino 46:28, 3. L. Cordova 54:56, 66 & Over: 1. E. Lewin 42:39, 2. J. Hales 47:51.	

Division Results - Women's 10K	
19:24: 1. D. B. Townsend 38:06, 2. D. Martin 51:33, 3. T. Todd 55:13, 25:29: 1. J. Harmatz 39:53, 2. A. Dandoy 40:33, 3. S. Ambrose 45:59, 30:34: 1. J. McKinney 38:37, 2. D. Scurlack 46:16, 3. R. Ackerman 48:12, 35:39: 1. M. St. John 44:03, 2. G. Bearcroft 45:10, 3. S. Kaplan 47:41, 40:44: 1. B. Sears 46:11, 2. B. Reukema 46:54, 3. D. Pales 47:14, 45:49: 1. J. Momita 43:07, 2. N. Huff 46:07, 3. K. Owen 49:14, 50:54: 1. G. Jones 48:00, 2. J. Carrier 55:20, 3. R. Gerddts 1:00:19.	

Bass Lake Classic Triathlon

September 20. Bass Lake. (1K Swim, 40K Bike, 10K Run)

Overall Results	
1 Scott Molina (26) CO	2:00:08
2 Scott Tinley (29) Encinitas	2:00:40
3 Michael Durkin (27) Malibu	2:02:33
4 John Devere (26) Bass Lake	2:03:58
5 Steve McMurdo (25) B.C.	2:04:15
6 Bryan Fahrenbach (29) Clovis	2:04:21
7 Gary Petersen (34) Encinitas	2:04:21
8 Mark Montgomery (30) Encinitas	2:05:13
9 Ruben Chappins (35) HI	2:07:16
10 Robert Hammond (26) Sacto	2:08:11
11 Ivar Sinsiega (28) AZ	2:08:28
12 N. Paul Huddle (23) Encinitas	2:08:37
13 John Clothier (25) AZ	2:08:40
14 Murphy Reinschreib (32) Encinitas	2:09:06
15 Jay Farrior (27) Fresno	2:09:36
16 Calif. Caps Relay, Fresno	2:09:54
17 Manfred Fuhs (25) Encinitas	2:10:37

18 Laird Relay, Bakersfield	2:10:43
19 Scott Miller (25) Auburn	2:11:02
20 Team Bulldog, Fresno	2:11:57
21 Erik Hansen (24) Concord	2:12:02
22 Dan Empfield (29) Irvine	2:12:47
23 Dan Rock (32) San Diego	2:13:46
24 Phillip Molina (20) Orinda	2:14:31
25 Runar Boman (27) SLO	2:14:49
26 Knight Warriors, Fresno	2:15:41
27 Guy Vannatta (20) RedwoodC	2:15:42
28 Jim Larrieu (26) NV	2:16:20
29 Petyer Kalmar (29) Terra Linda	2:16:33
30 Jeff Moffitt (22) Fresno	2:16:58
31 Bob Korock (19) Acampo	2:17:38
32 Karen Chequer-Pfe (28) ML View	2:18:09
33 Paula Newby-Fraser (24) Encin	2:18:34
34 John Gailson (33) Kirkwood	2:18:57
35 Andy Kelsey (18) Danville	2:19:43
36 Norm Gould (37) San Jose	2:19:48
37 Elaine Alrutz (30) La Jolla	2:20:15
38 Pony Express, Hanford	2:20:30
39 US 98 FM, SLO	2:21:09
40 George Wright (43) Los Alamit	2:22:02
41 Mixed Nuts, Monterey	2:22:34
42 Colleen Cannon (26) Leucadia	2:22:54
43 Richard Polli (23) Sacto	2:22:57
44 Keith Schmidt (25) Atascad	2:23:18
45 Rick Conway (33) Hanford	2:23:22
46 Scott Zagarino (29) S. Monica	2:23:25
47 David Harger (27) Reno	2:23:31
48 Dave Slathauer (29) Los Gatos	2:23:42
49 Dye Hards, Fresno	2:24:00
50 Christopher Bulduc (23) NV	2:24:03

Division Results - Men	
Professionals: 1. Scott Molina 2:00:08, 2. Scott Tinley 2:00:40, 3. Michael Durkin 2:02:33, 19 & Under: 1. Andy Kelsey 2:19:43, 2. Brett Greene 2:36:25, 3. Sean Steinman 2:43:11, 20-24: 1. Guy Van Natta 2:15:44, 2. Jeff Moffitt 2:16:58, 3. Bob Korock 2:17:38, 25-29: 1. Jay Farrior 2:09:36, 2. Keith Schmidt 2:23:18, 3. Scott Zagarino 2:23:25, 30-34: 1. Rick Conway 2:23:22, 2. Eric Childs 2:25:37, 3. Danile Saunders 2:35:15, 35-39: 1. Norm Gould 2:19:48, 2. Terry Crawford 2:24:40, 3. John Murphy 2:28:52, 40-44: 1. George Wright 2:22:02, 2. Tom Davies 2:30:54, 3. James Manfred 2:34:24, 45-49: 1. Larry Warren 2:34:47, 2. Dennis Joyce 2:50:33, 3. Chuck Smoker 2:50:39, 50-54: 1. Joseph Russel 2:45:23, 2. Bill Brown 2:55:50, 3. Chris Deny 2:58:03, 55-59: 1. Chuck Freuler 3:02:07, 2. Don Hamilton 3:43:43, 3. Akina Harris N.T. 60 & Over: 1. Norton Davey 3:36:41.	

Division Results - Women	
Professionals: 1. Karen Chequer-Pleiffer 2:18:09, 2. Paula Newby-Fraser 2:18:34, 3. Elaine Alrutz 2:20:15, 19 & Under: 1. Brady Bennet 3:00:48, 20-24: 1. Patty Henry 2:37:49, 2. Paula Kobolska 2:47:05, 3. Katherine Sassini 3:05:24, 25-29: 1. Lenita Wilson 2:28:31, 2. Carrie Fike 2:42:31, 3. Lori Oja 2:46:20, 30-34: 1. Missy Lastrange 2:38:12, 2. Debbie Ingram 2:40:33, 3. Jean Loth 2:42:22, 35-39: 1. Caroline Koracevic 2:46:04, 2. Carolyn Tiernan 2:49:21, 3. Jean Roberts 3:00:14, 40-44: 1. Suzanne Niemeyer 2:46:44, 2. Barbara Wright 2:50:03, 3. Katherine Kettler 3:03:53, 45-49: 1. Arlene Fowler N.T., 2. Judy Miller 3:30:45, 3. Dolly Ackerman N.T. 50-54: 1. Kitty Brown 3:22:44.	

Skyline 50K

Sept. 21. Lk. Chabot Marina, San Leandro.

Overall Results	
1 Arturo Ramirez (34) Pamakids	4:08:10
2 George Zimmerman (39)	4:14:41
3 Steve Christian (36)	4:19:11
4 Bill Stacy (44) WVJ&S	4:21:32
5 Chris Broadley (30) FFRC	4:22:38
6 Joseph Rust (33)	4:23:10
7 Jim Howell (42) WYTC	4:27:29
8 Ed Joessop (26)	4:29:53
9 Ralph Petrone (42) WYTC	4:31:44
10 David Hefflefinger (29)	4:33:09

Division Results - Men	
18-29: 1. Ed Jessop 4:29:53, 2. David Hefflefinger 4:33:09, 3. Louis Ruggiere 5:18:00, 30-39: 1. Arturo Ramirez 4:08:10, 2. George Zimmerman 4:14:41, 3. Steve Christian 4:19:11, 40-49: 1. Bill Stacy 4:21:32, 2. Jim Howell 4:27:29, 3. Ralph Petrone 4:31:44, 50-59: 1. Warren Yeend	

5:00:37, 2. Mark Ricard 5:18:39, 3. Richard Laine 5:24:55, 60 & Over: 1. Richard Waldo 8:55:01.	
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Division Results - Women

18-29: 1. Theresa McCourt 4:52:54, 2. Mary Barry 5:14:19, 3. Kristan Martin 5:26:29, 30-39: 1. Marilyn Petch 4:45:15, 2. Susan Breidenbach 5:33:03, 3. Barbara Haines 5:35:05, 40-49: 1. Joan Reiss 5:02:12, 2. Diane Eastman 5:07:00, 3. Judy Milgram 5:32:16, 50-59: 1. Marty Maricle 5:37:50, 2. Ann Kenville 7:11:47.	
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Run for the Pumpkins

from Michael Ranch

Sept. 21. Atwater. 5 Mile.

Weather and running conditions were perfect for the two hundred sixty-three runners who competed in the Run for the Pumpkins on September 21.

After coming in second place in the Watermelon Run 10K in Merced in late August with a 33:35, local runner John Wright showed that he had "the right stuff" by winning the five-mile Pumpkin Run in a time of 26:24. Wright was chased by Merced High Track Coach Greg McKinstry and high school runner Tim Bryah. Merced Track Club's Curt Royer and Dick Domant led the sub-masters in times of 29:03 and 29:09, followed by a quickly-improving MTC runner, Tom Diehl. Jean Schwisow of the Merced Track Club won the masters as well as the open race with her 38:24 performance.

In the one and a quarter mile race, high schooler Scott Riise won with a swift 6:16 followed by high school runners J. Nabholz (6:24) and J. Rahn (6:33). Benjaline Hill, also in high school, won the women's race in 8:05.

The Run for the Pumpkins is sponsored by the 328th Bomb Squadron at Castle AFB, the Atwater Chamber of Commerce, the County Bank, Miller Lite, Pepsi, and supported by the Merced Track Club and DET-1, TES, CAFB. Greg Page very successfully directed this race.

Overall Results - 5 Mile	
1 John Wright (18-29)	26:24
2 Greg McKinstry (18-29)	27:35
3 Tim Bryah (13-17)	28:56
4 Curt Royer (30-39)	29:03
5 Dick Domant (30-39)	29:09
6 J. Weathers (30-39)	29:23
7 Tom Diehl (30-39)	29:35
8 Glen Jenkins (30-39)	29:37
9 Gerry Holmes (40-49)	29:42
10 Doug Price (30-39)	29:50
11 Todd Melone (18-29)	29:52
12 Michel Etckebarne (30-39)	29:52
13 Larry Johnston (30-39)	29:54
14 Greg Wilson (30-39)	29:57
15 Dave Moss (30-39)	29:58
24 Dick Shorman (50-59)	31:51
50 Don Lundberg (60 & O)	35:47
74 Jean Schwisow (40-49F)	38:24
80 J. Alvarado (30-39F)	39:00
84 K. Melgoza (30-39F)	39:33
85 Marilyn Keough (30-39F)	39:42
88 Ginny Swiggart (18-29F)	40:03

Overall Results - 1.25 Mile	
1 Scott Riise (15-17)	6:16
2 Jim Nabholz (15-17)	6:24
3 J. Rahn (15-17)	6:33
4 John Bykield (18-29)	6:35
5 Danny French (18-29)	6:36
6 Frank Miranda (30-50)	6:42
7 Gary Ambrosini (30-50)	6:43
8 George Ortega (18-29)	6:46
9 J. Cleckler (15-17)	6:54
10 Steve Rube (18-29)	7:04
11 Bruno Rinald (30-39)	7:05
12 R. Read (18-29)	7:21
13 Greg Powell (12-14)	7:22
14 A. Lloyd (15-17)	7:36
15 Silva (30-39)	7:37
21 Benjaline Hill (15-17F)	8:05
23 R. Anderson (12-14F)	8:10
25 Steph Powell (15-17F)	8:12
36 J. Holmquist (18-29F)	8:43
37 Kathy Williams (13-17F)	8:49

Results

KNBR 68/City Sports Bridge to Bridge Run

from Isabelle Lemon

Sept. 28. San Francisco. 8 Miles.

Danny Grimes, 24, of Cloverdale, and Nancy Ditz, 32, of Woodside, took top honors at the Tenth Annual Bridge to Bridge Run.

Grimes was alone at the tape as he crossed the finish line in a time of 37:48.03, beating out Derrick May, 31, of Reno, by 38 seconds. Third was Chuck De Garmo, 26, of Boulder, Colorado, in a time of 38:56.

The course record is 37:37.04, set by David Lewis of England in 1985.

Ditz won her third Bridge Run title in a time of 44:57.09. She also won in 1982 and 1983.

Terry Puckett, 30, of Reno was second in a time of 45:15.05 with Eileen Claugus, 31, Fair Oaks third with a time of 45:30. First place finishers won \$1000 with \$500 for second and \$300 for third.

Candace Hadley of Paradise did not finish among the leaders but she is still in paradise. She won the Subaru XT Coupe, the official pace car, in a drawing following the run.

Overall Results - Men

1	Daniel Grimes (24) Cloverd	37:48
2	Derrick May (31) Reno	38:26
3	Chuck De Garmo (26) Boulder	38:56
4	John Moreno (31) Pacifica	39:02
5	Rod Berry (26) S.F.	39:14
6	Alan Dehlinger (25) Reno	39:25
7	Robert Anex (27) Menlo Park	39:28
8	David Diaz (24) Boulder	39:43
9	Rick Gentry (31) SolkTahoe	40:17
10	James Tracy (36) S.F.	40:27
11	Jose Alsipuro (24) Aptos	40:33
12	Dennis Kurtis, Cupertino	40:39
13	Matt Huber (23) Reno	40:41
14	Steve Haase (28) Carmichael	40:44
15	Nick Whiteside (24) S.F.	40:46
16	William Graham (25) PaloAlto	41:03
17	Allen Just (25) Buena Park	41:05
18	Jim Rentschler (28) SanRamon	41:16
19	Hal Schulz (28) S.F.	41:29
20	Matt Gary (25) Carmichael	41:50
21	Tony Martin (27) S.F.	41:56
22	Kevin Ostenberg (26) WalnutCk	41:59
23	Mike McMaster (25) Berkeley	42:05
24	Robert Herndon	42:06
25	Steve Ferraz (39) S.F.	42:08

Overall Results - Women

1	Nancy Ditz (32) Woodside	44:57
2	Terry Puckett (30) Reno	45:15
3	Eileen Claugus (31) FairOaks	45:30
4	Shariet Gilbert (35) Richmd	46:07
5	Sharon Maley (26) FosterC	48:18
6	Sue Vinella Brusher, Oakland	48:30
7	Lisa Gonzales (28) S.F.	48:54
8	Jill Perry (21) Stockton	49:03
9	Meighan McGee (27) S.F.	50:06
10	Christine Iwahashi (30) Sacto	50:21

SPATAC District Half Marathon Championships

Sept. 28. Ventura.

Overall Results

1	Gary Tuttle (1st 35-39)	1:06:29
2	Jim Triplett (1st 19-29)	1:08:45
3	Ron Ysais (2nd 19-29)	1:09:01
4	Tim Minox (3rd 19-29)	1:09:40
5	Marcial Beltrín	1:10:31
6	Brian Nelson	1:12:04
7	Larry Montag (1st 30-34)	1:12:17
8	Malcolm Maxwell	1:12:49
9	Don Ocanca (2nd 35-39)	1:13:37
10	Jon Horowitz (2nd 30-34)	1:13:42
16	Phil Grant (1st 40-44)	1:16:21
25	Abe Valdez (1st 45-49)	1:20:35

31	Pat Devine (1st 55-59)	1:21:47
40	Kirby Haley (1st Wheelchair)	1:25:14
46	Terri Gooder (1st 35-39F)	1:26:21
52	Ruth Vomund (1st 19-29F)	1:27:38
53	Gina Faust (1st 45-49F)	1:27:59
59	Leon Musil (1st 50-54)	1:29:33
107	Maynard Mickerson (1st 60-69)	1:40:19
108	Joyce Parker (1st 40-44F)	1:40:54
127	Christine Behm (1st 30-34F)	1:44:27
145	Jane Dods (1st 50-59F)	1:48:58

Teams:

Open Team: Team Inside Track. Womens
Open Team: Santa Clarita. Womens
Masters: Team Inside Track. Mens
Masters: Conejo Track Club.

Whiskeytown Relays

Sept. 28. Redding. 19.3 Mile (4 Person).

Overall Results

1	Slugs (Mens Open)	1:44:45
2	The Ineligibles (M 20-29)	1:46:11
3	Fleet Feet RT (M Open)	1:46:26
4	SRRC 30's (M 30-39)	1:48:01
5	Rusty Old Knights (30f Kind)	1:49:24
6	East Bay Striders (2 Pr)	1:52:34
7	Regal Eagles (M 19&U)	1:55:06
8	Four Play (1F, 3M)	1:58:29
9	Sports Foot (M Open)	1:59:57
10	Va.Lk Run & Soc. (1F, 3M)	2:01:07

Division Results - Men

14 & Under: 1. Redding Track Club 2:11:14.
19 & U: 1. Cursorial College 1:48:23. 20-29:
1. The Ineligibles 1:46:11. 30-39: 1. Jogg'n
Shoppes Racing 1:46:23. 40-49: 1. Diablo
Masters 1:57:44. 50 & Over: 1. Chico
Senior. Open: 1. Frank, Fricker, Oldfield,
Valcalcar 1:40:37.

Division Results - Women

14 & Under: 1. Redding TC 2:23:11. 19 &
Under: 1. Tescher's Trotters 2:28:47.
20-29: 1. Sun Cycle Express 2:23:04. 30-39:
1. Chico Hot Shots 2:22:06. 40-49: 1. 440's
2:45:53. 50 & Over: 1. Fabulous Fifties
2:58:05. Open: 1. Record Breakers 2:09:25.

Coors Light River City Triathlon

Sept. 29. Old Sacramento.

(600y Swim, 12.5 Bike, 3.1 Run)

Division Results - Men

15-24: 1. Sean Molina 54:25. 2. Phillip
Molina 55:02. 3. Brett Greene 1:10:46.
25-29: 1. Brad Williamson 56:01. 2. John
Severt 1:00:02. 3. Richard Polli 1:04:40.
30-39: 1. David Fonseca 59:03. 2. David
Lowe 1:00:28. 3. Kevin Pedrotti 1:02:38.
40-49: 1. Tom DeCew 59:30. 2. Ben Faus
1:04:11. 3. Ron Griswold 1:06:27. 50-59: 1.
Jim Blaha 1:10:48. 2. Jack Riley 1:11:22. 3.
Gerry Cryderman 1:13:58. 60-69: 1. Edwin
Moore 1:27:25.

Division Results - Women

15-24: 1. Kim Phillips 1:06:56. 2. Julie
Verke 1:11:01. 3. Susan Fox 1:16:37. 25-29:
1. Marianne Skidmore 1:11:35. 2. Connie
Buagh 1:14:20. 3. Katie Buckley 1:19:58.
30-39: 1. Janet Pedrotti 1:07:55. 2. Kathy
Leonard 1:14:20. 3. Constance Meade
1:17:06. 40-49: 1. Faye Dody 1:17:44. 2. R.
Dessayer 1:24:05. 3. Linda Winter 1:29:39.

Berkeley Ironhorse Triathlon

October 4. Tilden Park, Berkeley.

(2K Swim, 38K Bike, 10K Run)

Overall Results - Men

1	Sean Molina	2:09:58
2	Everett Reed	2:12:11
3	Jim Larrieu	2:15:38
4	Scott Allen	2:16:40
5	Greg Grunwald	2:18:01
6	David Liotta	2:18:57
7	Chas Fetrow	2:19:10
8	Chris Ward	2:19:24
9	Robert Belli	2:20:09
10	Jesse White	2:21:53

11	Clint McClellan	2:22:16
12	Carl Galewski	2:22:45
13	Brian Cuneo	2:23:21
14	Jim Sugai	2:24:31
15	David Harger	2:25:18
16	Bruce Appleyard	2:27:43
17	Eric Allen	2:27:55
18	Brian Lee	2:28:09
19	Brook Claibourne	2:28:18
20	Maurice Kennedy	2:28:29
21	Peter Sasmore	2:29:10
22	John Foster	2:29:37
23	Damien Curry	2:29:40
24	Kevin Ricklets	2:29:42
25	Thomas Decew	2:30:16

Overall Results - Women

1	Susan Latshaw	2:38:16
2	Ann Stier	2:41:19
3	Kathi Candelaria	2:42:02
4	Sherri Laudenslager	2:43:03
5	Liesel Ernst	2:44:30
6	Gail Holmgren	2:44:40
7	Vickie Merrell	2:45:01
8	Jennifer Biddulph	2:45:22
9	Nancy Stover	2:49:15
10	Jacqueline Bowman	2:48:48
11	Stephanie Olson	2:49:18
12	Carroll Borger	2:49:30
13	Cynthia Nesvig	2:50:22
14	Mary Beth Novak	2:50:47
15	Ann Karina Griffith	2:53:55
16	Becky Merrell	2:54:06
17	Cindy Tuttle	2:54:19
18	Sylvia Rowan	2:55:18
19	Shirley MacNeil	2:56:48
20	Denise Halferty	2:58:00
21	Susan Meinbress	2:58:58
22	Katherine Boyle	2:59:02
23	Staci Cohen	2:59:40
24	Marcie Boderux	3:00:52
25	Martha Tom	3:01:25



Tanis Leyendekker

Pepsi-Longs Fresno Fair Cross-City Race

by Kenneth Takeuchi

October 5. Fresno. 5K & 10K.

Former Fresno City College star Al Lara and strong running Peregrine Running Team member Tanis Leyendekker emerged as the overall winners of the Fourth Annual Fresno Fair Cross-City Race. Lara now joins a select circle of previous winners Tony Ramirez, Jim Hartig, and Jean Molina. 29 year old Lara led wire to wire to win over Hermilio Guerrero, and former Cal State Fresno runner Elmer McPhail in a time of 31:03 (4:59.5 average pace).

Leyendekker continues to exhibit her prowess as the top ranked valley runner as she won her third consecutive race in 36:31, slightly slower than her course record of 36:02 set in 1984. Julie Matteson, Fresno's top distaff runner pressed the Visalia runner for a well deserved second. Tanis averaged 5:52 per mile in her big win.

The 5K winners were Leyendekker's Peregrine teammate Shirley Ann Johnson of Visalia and Baldemar Bettencourt. Shirley turned in a course record (automatic) 17:34 averaging 5:39 per mile. Bettencourt, one of the premier Central California runners won in 14:48 averaging 4:49.1 per mile.

The race was held under ideal conditions and the entire event went off like clock-work according to race director Ken Takeuchi and assistants Frank Delgado and Norm Takeuchi. 1,040 runners took part (5K-547 finishers and 10K-493 finishers). Jim Hartig, a former winner scratched two days prior to the race with a pulled muscle.

Next year's Fifth Annual Fresno Fair Cross-City Race will take place on Sunday, October 4, 1987.

Course records were set in the 10K race by Frank Padilla, 45-49, 35:10; Len Thornton, 55-59, 36:29; Wheelchair Marty Ball, 27:05; Heather Reid, under 13, 43:33; Nancy Galarneau, 20-29, 39:24; and Julie Matteson, 30-39, 37:59.

All times in the 5K were automatic course records as this race was held for the first time at this distance.

Division Results - Men's 5K

13 & Under: 1. Brent Fernandez 19:45. 2. Tony Ramirez 20:06. 34. Ryan Gault 20:11. 14-19: 1. Dave Vaughn 15:31. 2. Dan Vega 15:39. 3. Enrique Dias 16:15. 20-29: 1. Bryan Foley 14:49. 2. Don Daves 15:19. 3. Tom Fitzgerald 15:21. 30-34: 1. Al Lomeli 15:15. 2. Rob Brenner 16:16. 3. Rito Fuentes, Jr. 16:37. 35-39: 1. John Minney 17:23. 2. Bill Schwartz 17:24. 3. Wayne Campbell 17:41. 40-44: 1. Frank Ortega 17:32. 2. Dennis Duffy 18:08. 3. David Horg 18:34. 45-49: 1. Fred Alderte 18:16. 2. Fred Keenom 18:18. 3. Earl Bradford 19:37. 50-54: 1. Ric Zamarrilla 17:56. 2. Tommy Upton 18:42. 3. Grant Sharp 18:46. 55-59: 1. Jess Rivera 18:52. 2. Tony Bush 19:22. 3. Ed Thomasson 19:43. 60 & Over: 1. Bob Musso 20:53. 2. Frank Rodriguez 21:12. 3. Lee Thomas 23:39.

Division Results - Women's 5K

13 & Under: 1. Lisa Vargas 22:31. 2. Christine Santellaro 22:38. 3. Andrea Sieras 22:49. 14-19: 1. Tiffany Shaw 18:58. 2. Doria Ford 19:41. 3. Lena Ybarra 20:19. 20-29: 1. Irene Quiroz 21:49. 2. Tracy Mohamond 22:11. 3. Evangelina Lopez 22:12. 30-39: 1. Janice Alcock 19:54. 2. Maurie Potts 20:15. 3. Olga Oldham 21:14. 40-49: 1. Helene Miller 22:39. 2. Jackie Ryle 22:48. 3. Maryann Barroso 22:52. 50-59: 1. Isabel Verouzo 22:35. 2. Mary Jo Fitchhorn 29:02. 3. Irene Valisco 30:54. 60 & Over: 1. Dorothy Thomas 23:39. 2. Virginia Martin 29:60.

Division Results - Men's 10K

13 & Under: 1. Ed Gann 38:47. 2. Jose Ruiz III 40:05. 3. Doug Drace 40:32. 14-19: 1. Bobby Rodriguez 34:31. 2. Phillip Castellanos 35:55. 3. Ramon Fernandez 35:55. 20-29: 1. Gilbert Guzman, Jr. 33:38. 2. Bert Pope 34:47. 3. Tom Davidson 35:03. 30-34: 1. Hermilio Guerrero 33:26. 2. Elmer McPhail 33:36. 3. Catfish Phelan 34:29. 35-39: 1. Mark Hemphill 34:23. 2. Curtis Elia 35:26. 3. Craig Elia 35:27. 40-44: 1. Alex Orosco 38:29. 2. David Meyer 38:49. 3. Lee Case 39:53. 45-49: 1. Frank Padilla 35:10. 2. Richard Mattos 38:02. 3. Henry Ovalle 38:03. 50-54: 1. Dick Cain 38:37. 2. Daniel Cunningham 42:08. 3. Drayton Marsh 44:15. 55-59: 1. Len Thornton 36:29. 2. Bob Fries 38:18. 3. Frank Willems 45:12. 60 & Over: 1. Leland Scott 43:32. 2. Harry Harder 46:23. 3. John Paredes 46:43. Wheelchair: 1. Marty Ball 27:05CR.

Division Results - Women's 10K

13 & Under: 1. Heather Reid 43:33. 2. Christine Vargas 48:44. 3. Mountiana Wymore 48:45. 14-19: 1. Carrie Graves 42:35. 2. Lori Cook 43:22. 3. Laurie Rocker 44:56. 20-29: 1. Nancy Galarneau 39:24. 2. Nellie Gonzales 43:01. 3. Bicky Gonzales 43:54. 30-39: 1. Julie Matteson 37:59. 2. Sandy Jacob 44:41. 3. Shelly Worth 45:21. 40-49: 1. Jill Valeriotte 49:21. 2. Heidi Fiahlo 49:27. 3. Elma Arias 51:06. 50-59: 1. Sydney Loo 58:00. 2. Theanne Woodruff 60:52. Wheelchair: 1. Nanci Cotton 40:41.

Racing Report

Montreal Int'l Marathon

By Mark Winitz

What's an American running journalist who writes for a California running magazine doing in Montreal in the Fall? What's he doing concentrating on a marathon in Quebec on September 28th with the down-home marathon biggies—Twin Cities, New York, Chicago, Columbus,—right down the road?

In practical terms, it was due to a generous personal invitation by the Quebec government to come up and take a look. On the whimsical side, it had to do with curiosity. Looking for something a little different, getting away from the mundane, taking a chance, and, perhaps, adding a fresh angle to the Fall marathon scene.

Montreal, Canada is definitely the most European large metropolis on the North American continent. Quebec province, of which Montreal is a part, almost qualifies as an independent country. Intensely loyal to their French heritage, Quebecois have preserved the Old World in their culture, while adopting much of Canada's ultramodern lifestyle. In Montreal, you can ride a horse-drawn carriage past 17th century stone walls and then hop down into one of the most modern subway systems in the world.

The Marathon International de Montreal was initiated by the Quebec government in 1979. For the past several years it has attracted fields of around 10,000 runners who are treated to what is widely regarded as the best organized marathon in the world. Although I'm generally suspicious of such broad claims, as a participant and viewer of many marathons, I think that race director Serge Arseneault's crew and 3,000 volunteers had me convinced by race's end.

This marathon is truly unique in that it is supported by the city, private enterprise, and the government. It has an operating budget of about \$1.5 million, including a yearly \$300,000 contribution by the Quebec government, and backing by large sponsors such as Molson Breweries and the Dairy Bureau of Canada. A moderate prize structure (compared to the offerings by several other large marathons) attracts a good number of elite athletes while preserving royal treatment for the average competitors.

My Quebec hosts, and Montreal itself, kept me busy for several days before the marathon: tours, dinners, interviews,

twice a day workouts to counter the rich calories of French haute cuisine. In Mount Royal Park, I found kilometers of running and hiking trails winding through the rich gold, red, and orange Fall foliage. The evening before the race included Italian fare (what else)—with old friend Jacqueline Gareau, and new French Canadian buddies.

On race morning the plan was to watch the race from one of the several press vehicles until mid-race; then I'd jump off with host Guy Thibault from the government's Elite Sports division, and pace several of his friends to the finish. After the wheelchair racers set off from the state midway across the Jacques Cartier bridge, a cannon got the rest of the field moving towards Montreal Island. Race temperatures in the low to mid 50's were, perhaps, a bit cool for the African runners, but perfect for everyone else.

As expected, the Ethiopian runners took off in the lead pack and set the pace. One Ethiopian runner, Kebede Balcha, has virtually made the Montreal Marathon his own the last seven years. Balcha has won the race four times since 1979, including last year with a 2:12. However, this time he was forced to pull out at nine kilometers with a calf injury. From there, Balcha's teammate, Abede Mekonnen took over and by halfway he was all alone, finishing in 2:10:30. Second placer, Texera Guta, also of Ethiopia, finished about five minutes back.

Unfortunately, the Americans are not well-represented here. Michigan's Doug Kurtis topped the list, placing fourth overall in 2:16:27. Tom Fleming grabbed a 12th with 2:22:06.

French Canadian Andre Viger set a new course record (1:50:59) in the wheelchair division, while outracing a couple of French competitors in the last 1,000 yards—including Mushtapha Badid who had narrowly beaten him at the World Championship Games.

Another Quebecois, Ellen Rochefort, topped the women's field as she recorded a 2:35:50, topping her 2:40 best at Boston last April. Rochefort, 31, sustained a back injury for much of last year and wasn't able to get back into training until last January. Her effort at Montreal, accomplished by 160 kilometer training weeks and regular speedwork, improved her fourth spot on Quebec's all-time marathon list for women. Jacqueline



Early lead pack, including first American Doug Kurtis (25) and winner Abede Mekonnen (2) from Ethiopia (both in center).

Gareau holds the Quebec and all-Canada female best of 2:29:27, set at Boston in 1983.

For a province with a population about that of Massachusetts, Quebec has a remarkable number of gifted female marathoners in the 2:30 to 2:35 range. Besides Gareau, and now Rochefort, Odette Lapierre has a 2:31 best, and Lizanne Bussieres a 2:32.

In Montreal, the marathon is an important event. Spectators all along the course—with the exception of a short stretch through an industrial area—provide considerable support. After jumping off the press van and joining the group of local runners whom we'd paced from 18 kilometers on, I got a true taste of this marathon's unique flavor. I know little French, but, nevertheless, got the meaning of the encouragements yelled by the onlookers.

I ended up giving a bit of support myself, to a Quebec runner about my age who was seeking his first sub-three hour marathon. He spoke no English. Non-verbally, using the language that all runners have in common, we arrived at the finish line in 2:59. I stepped off the course and watched my comrade cross the line amidst shouts of glory. I lost him in the crowd after that, but imagined him quietly collecting his rewards (sub-3 medal; fruit, etc.) and celebrating with that first draft of Molson and familiar calm glow that smolders after a hard effort.

Following the marathon, my wife and I stayed a week, traveling up to Quebec City (where you'd swear you were in Europe) and doing a lot of running through the brilliant-hued forests in the Laurentian Mountains. I made a few good friends and learned a little French. I was tempted to stay—right through New York, Chicago, Columbus.

As marathons go, this one comes highly recommended. Go up a little early and catch the pre-race runners expo. Linger after and take in Quebec. The marathon is scheduled for autumn's most colorful week in the province. You'll be treated first class.

(My thanks to the Government du Quebec Ministry du Loisir/Tourisme and the Le Marathon International de Montreal Organizing Committee for a memorable stay. Particular thanks to Guy Thibault, Therese Bouchard, Louise Roberge Richard, and press director Gaetan Desheunes.)

Men's Results

1	Abede Mekonnen, Ethiopia	2:10:30
2	Tefera Guta, Ethiopia	2:15:00
3	Omar Moussa, Djibouti	2:15:57
4	Doug Kurtis, USA	2:16:27
5	Johan Gairnaert, Belgium	2:18:24

Women's Results

1	Ellen Rochefort, Quebec	2:35:50
2	Nicole Caisse, Quebec	2:44:40
3	Cindy New, Quebec	2:46:22

Wheelchair

1	Andre Viger, Quebec	1:50:59
2	J. Francois Poitevin, France	1:51:01
3	Mustapha Badid, France	1:51:05

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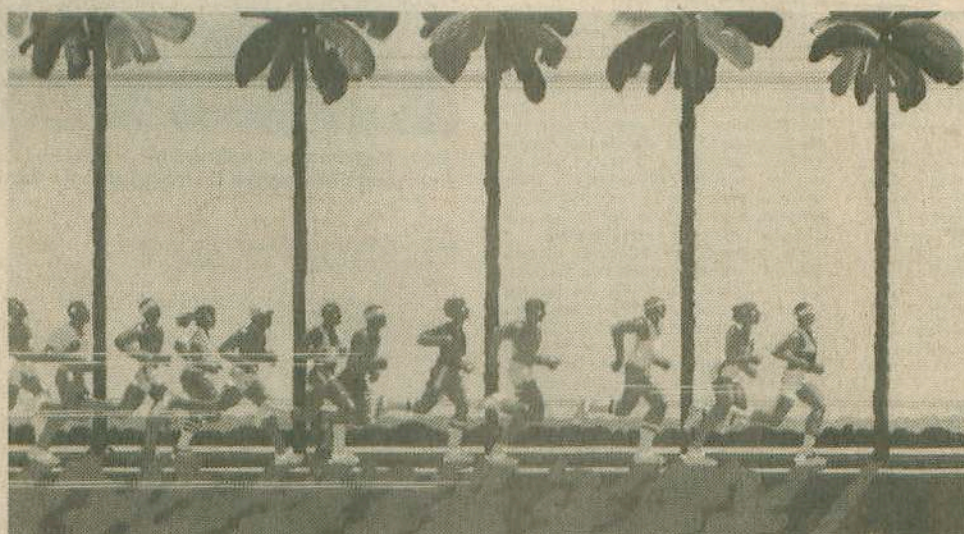
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