

CALIFORNIA TRACK & RUNNING NEWS

November 1981

ISSUE 61 • \$1.00



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No. 629

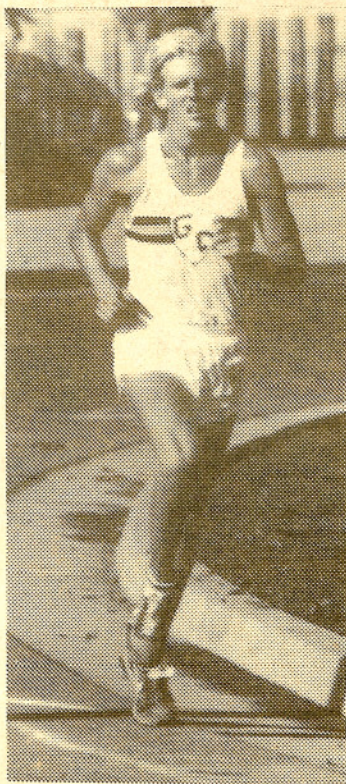
*California Track
& Running News*
Box 6103
CA 93703

November ISSUE

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P.O. Box 6103
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CALIFORNIA'S TRACK AND RUNNING PUBLICATION

Las Vegas SUN

3rd Annual MARATHON CHAMPIONSHIP RACES DECEMBER 10, 11, 12, 13, 1981

AAU SANCTIONED AND CERTIFIED

10-k and Half-Marathon Friday, December 11, 1981

Marathon Saturday, December 12, 1981

• Aid stations every 3 miles;
split times given every 5 miles
and half-way.

• Course starts & finishes on
the famous Las Vegas Strip.

• Computerized final results
mailed to all participants.

MEN'S AND WOMEN'S DIVISIONS

UP TO 19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 AND OVER

\$99 SPECIAL CONTESTANT PACKAGE INCLUDES:

★ 4 DAY-3 NITES

Deluxe weekend accommodations at the fabulous Hacienda Resort Hotel & Casino on the famed Las Vegas Strip.

★ 2 MARATHON BREAKFASTS

at the Hacienda Hotel

★ NEW FOR 1981-SPECIAL WESTERN BANQUET

—Presented at famous Los Rancheros

★ Western BAR-B-QUE BUFFET (including-ribs-chicken-beans, etc)

★ Rodeo events in the arena ★ Dance bands & Dancing

★ Transportation to and from Los Rancheros site.

★ SPECIAL GIFT TO EACH PARTICIPATING RUNNER

staying in Hacienda Hotel.

★ AWARDS CEREMONIES-FRI. & SAT.

afternoons at the Hacienda Hotel Showroom.

★ FREE HACIENDA HOTEL "FUN PACK".

★ ALL RUNNER REGISTRATION AND ENTRY FEES.

★ Special contestants AWARDS and PRIZES.

★ FREE ADMISSION to MGM Jai Alai Games.

ASSOC. DIRECTORS

Bo Bowman



II



CELEBRITY AWARDS

PRESENTATION

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and half-way.

• Course starts & finishes on
the famous Las Vegas Strip.

• Computerized final results
mailed to all participants.

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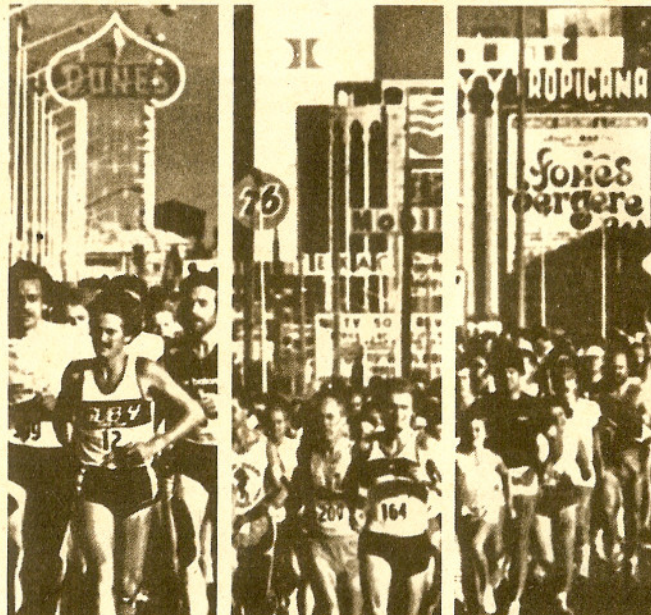
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CELEBRITY AWARDS PRESENTATION

The Hacienda Hotel will host a special celebrity awards presentation, in its main showroom, for top finishers in each division

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*For additional information
and an entry blank contact:*

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Phone: (209) 732-8030



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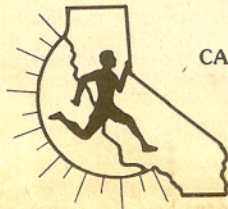
•California Track & Running News is published 12 times per year - one issue per month. Each issue mailed about the first of the month.

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

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

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

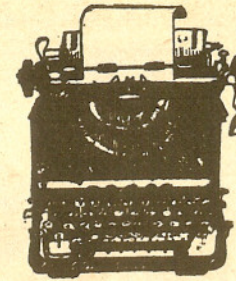
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CALIFORNIA TRACK & RUNNING NEWS

P.O. Box 6103
Fresno, CA 93703
(209) 264-5847

from the Editor:



No, Virginia, there's not a State Meet! California does not have a high school cross country state championship. The only sports that the California Interscholastic Federation (CIF) hosts state championships in are wrestling and track & field. I don't know about wrestling, but the annual CIF State Track & Field Championships is one of the top prep meets in the nation each year. Think what a shame it would be if there were no state prep track championships - that's unthinkable. It's just as much a shame and just as unthinkable that there isn't a similar cross country championship.

Why? Why isn't there a state cross country meet? That's a question I have tried to answer many times each year about this time. Nobody seemed to know why. So, a few years ago my curiosity got the best of me and I called the CIF office in Santa Barbara and talked to Commissioner Bill Russell who told me the schools didn't want any more state meets - because of finances. I didn't believe it. Maybe the principals or school boards didn't want their kids earning a chance to be in the state meet but what about the coaches - what were they doing about it? Could there be some power in unity?

Power in unity? What unity? That is the problem. I was so doubtful of what I heard Mr. Russell tell me that I conducted a random sample (100) of

California's prep cross country coaches. It was a questionnaire asking for their opinion on the feasibility of and interest in a state cross country championship.

So, the survey was mailed out and I waited, and waited and waited.... Fewer than half were returned (could this indicate apathy, or maybe just busyness, or laziness?). Those which I did receive back were very interesting, however. About half of those which did come in indicated they wanted a state meet and that they would support such a meet. The other half? They either didn't see a need for the meet or else had serious requirements to be met before they would even consider it. Comments like: "Only if our section can send as many as the Southern Section." "Only if there are at least 3 divisions based on size of school." "Only if it is two miles." "Only if it is three miles." "Only if it's just for individuals and not teams." "Only if it's not at a remote course." "Only if it rotates sections each year."

Coaches, we need to get together. Let's first unite to get a state meet and then work out our differences later. If we are divided we will never get the meet off the ground. Let's show CIF we want a state cross country championship and will support it.

A big step toward this end has been accomplished with the establishment of the Northern

California Championships the last Saturday in November. This meet, now in its third year, combines the best from seven of the ten CIF state sections and is a true championship for preps from Bakersfield north. But it leaves out the state's largest section, the Southern, as well as the L.A. City and San Diego sections. We're getting closer. Let's keep widening the circle southward.

There is this year, however, a chance for the best prep runners from all of the 10 CIF sections to face each other in one competition located right in the center of the state. The Kinney Western Prep Cross Country Championships are scheduled for Fresno's Woodward Park on December 5th. I hope coaches from all over the state will support this meet and thereby show support for the state meet concept.

Not only is the Kinney meet the closest thing we have to a state meet, but a great weekend is in store for the runners, starting with a course preview on Friday afternoon, then four excellent running movies on Friday evening, the Kinney races on Saturday, and the Region 13 Junior Olympics on Sunday. Free housing on Friday evening is being provided to early registrants. All finishers receive a T-shirt and certificate of participation. Medal awards go 24 deep with many team awards. In addition the top eight boys and top eight girls will be sent to the Kinney National Championships in Orlando, Florida on December 12. All this for the remarkably low entry fee of \$2.50. For entry information see the ad in this issue.

This Kinney meet promises to be a quality race, a good time for the competitors and a chance to show support for the state meet concept. See you in Fresno on December 5.

Turn" Marathon. It was my third 26-miler, and I was trying for my first sub-3. A fellow next to me, who turned out to be Ed, said, "Stick with me and we'll break 3." We'd just covered the first 5 miles

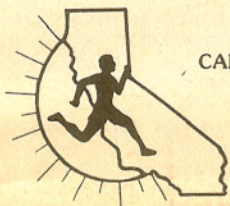
stood out. Despite these numbers we can ill afford the loss of the likes of Ed Jerome. For me now, it feels a little lonelier out there, and maybe even a little less meaningful.

for your editorial. We obviously would like to see some information published about our club occasionally, that is more frequently than at present.

Gail Wetzork

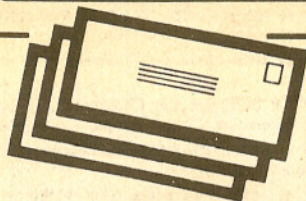
age or older averaged 50 flat per man. Realizing that your newspaper has always provided accurate results we feel that in the interest of accurate reporting we make the true facts known. The

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P.O. Box 6103
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J.C. All Americans

Teresa Ramirez, one of your Community College 1980 First Team Cross Country All Americans never received her All American Certificate.

We would greatly appreciate it if you could send us two copies, one for Teresa and one for our Physical Education office.

Thanks very much for your assistance.

*Bob Sieben
 Women's Track Coach
 San Diego City College*

Bob, you should have received the certificates by the time this issue goes to print. I am printing your letter to serve as a reminder to other community college coaches to write in if they would also like certificates for their California Community College All Americans in either cross country or track.

Editor

More on Ed Jerome

Thanks for your wonderful remembrance of Ed Jerome. Everyone who knew Ed and/or Shelly will probably wish to add his/her own comment or memory. And I'm no different.

I first "ran into" Ed during the now defunct Sonoma "Wrong

Turn" Marathon. It was my third 26-miler, and I was trying for my first sub-3. A fellow next to me, who turned out to be Ed, said, "Stick with me and we'll break 3." We'd just covered the first 5 miles in 33 or so minutes. But in those days I wasn't aware of axioms like 34 minutes per 5 mile split for a sub-3. And so not knowing the credentials and therefore credibility of my advice-giver I asked, "How many marathons have you run?" "This is my hundred and third," was the reply. I barely overcame my stunned astonishment to ask, "Since when? I mean, when did you start, uh, do your first marathon?" I think the answer was "1969." Rapidly calculating I realized he'd been averaging roughly about one a month for ten years (this was about four years ago).

Since then (and Sonoma did become my first sub-3) I caught the bug, a sort of running equivalent of mountaineering's peakbagging, and have now (as of this letter writing) logged 48 marathons. A month before Ed's death I spoke with him on the phone. After some chit chat I got around to the meat of my curiosity, "How many are you up to now?" "One hundred and fifty-three," he replied. Again, I was stunned, though for different reasons. I hadn't made a dent in catching up with him, merely maintaining position, so to speak.

Ed was a character, unique, and even among the multitudes now swelling long distance courses Ed

stood out. Despite these numbers we can ill afford the loss of the likes of Ed Jerome. For me now, it feels a little lonelier out there, and maybe even a little less meaningful.

*Rick Sylvester
 Squaw Valley*
It was Dick Slotkin who wrote the piece on Ed. I'm sorry I didn't know Ed even though I'd seen his name in results many times.

-Editor

Thanks for Prep Coverage

I would like to commend you and *California Track & Running News* for the excellence which has been shown in covering high school runners and the overall detail which you give to track and cross country, sports which are usually overlooked in local newspapers. My thanks and admiration also to Keith Conning for his amazing coverage of last year's CIF section meets.

*Missy Moore
 Piedmont High School*

Takes Issue With Editor

Just finished reading the October issue of CT&RN and enjoyed it very much. I found your editorial regarding information from running clubs rather interesting. The reason is that we have been regularly sending our monthly newsletter to your organization and only once have we appeared in CT&RN. I probably would not have said anything about it except

for your editorial. We obviously would like to see some information published about our club occasionally, that is more frequently than at present.

*Gail Wetzork
 President
 Northern California Seniors TC*
Appreciate your enthusiasm and support. Sorry about the oversight which appears to have occurred. I will check on it.

-Editor

Point of Clarification

We the members of the All-American Track Club Submaster Mile Relay team were somewhat distressed while reading the September edition of your paper. Your newspaper has always provided up to date and accurate coverage of California Masters action. We feel that your reporters were provided some inaccurate information. The case in point is the story on the Pan American Masters Championships held in August at the University of Southern California. The story referred to a World Record by the Southern California Striders 30-39 Mile Relay team. They claim a global best of 3:20.8. Outstanding, but they finished second to our 3:20 flat. We fail to see how the Meet Director can make this claim. Our Gold Medals attest to our victory. The All-American team consisted of Warren Spikes, Eugene Driver, Glenn Curtis Johnson, and James Harvey subbing for Reggie Davis. This team with all runners being 30 years of

participation. Medal awards go 24 deep with many team awards. In addition the top eight boys and top eight girls will be sent to the Kinney National Championships in Orlando, Florida on December 12. All this for the remarkably low entry fee of \$2.50. For entry information see the ad in this issue.

This Kinney meet promises to be a quality race, a good time for the competitors and a chance to show support for the state meet concept. See you in Fresno on December 5.

age or older averaged 50 flat per man. Realizing that your newspaper has always provided accurate results we feel that in the interest of accurate reporting we make the true facts known. The Pan American Masters Championships have always been an outstanding meet. It draws Masters athletes from across the country and around the world. We cannot see why meet results cannot be recorded accurately and reported as such. We are not out for personal gain or notoriety, we love the sport. We thank you for your reporting of Masters activities and results. Keep up the great work.

*Warren Spikes
 Eugene Driver
 Reggie Davis
 James Harvey
 Glenn Curtis Johnson*

Ironman Event Success

Enclosed are the official results from the Michelob Light/CSUN Triathlon Challenge. Boy, what a madhouse. 10K's are a cinch next to these things but it was a lot of fun. Some of these guys are remarkable athletes!

We got a very good response from the ad in the magazine and next year when we go round two we'll be back with the ad again.

*Jon Sutherland
 Northridge*

POSTAL

SEP 1 • DEC 15, 1981: Puma-TFA Postal Championships. 3 mile and 2-Person 10 Mile Relay. On your own local track. Puma-TFA Postal, 10920 Ambassador Dr., Suite 322, Kansas City, MO 64153. (816) 891-1077. *Please see advertisement in this issue.*

NOVEMBER

NOV 1: **Orange Grove Marathon.** Loma Linda, 7 am. Also 10K and Half Marathon. *Tentative.* Jim Perry, Box 495, Loma Linda 92354. (714) 824-1779.

NOV 1: **HBO Cable Car Race.** 5 miles, San Francisco. 8 am. Home Box Office Cable Saves Cable Cars Race, 530 Bush St., San Francisco 94108. (415) 956-3777 or 986-3660.

NOV 1: **Vikings Run.** 5K and 10K, Diablo Valley College, Pleasant Hill, 9 am. Mike Maramonte, Diablo Valley College Vikings' Run, 321 Golf Club Road, Pleasant Hill 94523. (415) 685-1230, ext. 260.

NOV 1: **Windsor Whale Run.** 15K, Windsor River Rd and Starr Rd. 9 am. Fred Kenyon, 1570 North Street, No. 22, Santa Rosa 95404.

NOV 1: **Almond Bowl Run.** 3 mile & 6 mile, Bidwell Park, Chico, 10 am. Race Director, Almond Bowl Run, P.O. Box 1182, Chico 95927.

NOV 1: **Sportsmen of Stanislaus Footrace.** 2 mile & 10K, Modesto Junior College, 8:30 am. SOS Jogging Association, P.O. Box 1146, Modesto 95353.

NOV 1: **City of Hope 10K.** Griffith Park, Los Angeles. 8 am. Missy Anderson, YFA, 1933 So. Broadway, Los Angeles 90007.

NOV 1: **Westlake Great Pumpkin Race.** 10K, Westlake. 9 am. P.J. McClelland, 2659 Townsgate Rd., Suite 101, Westlake Village 91361.

NOV 7: **Oaks Parent-Child Workshop Benefit 10K.** Santa Barbara, 9 am. Jon Crawford, 730 Grove Lane, Santa Barbara (805) 687-8013.

NOV 7: **Woodlake 20K.** Woodlake High School, 8 am. Wayne VanDellen, 37149 Road 192, Woodlake 93286. (209) 564-2581.

NOV 7: **L.A. Zoo 10K Run.** L.A. Zoo, Griffith Park, 8 am. Bronx L.A. Zoo Run, P.O. Box 745, La Canada 91011. Ed Fitzjarrell (213) 790-2646.

NOV 8: **Montebello Rotary 10K.** 8:30 am. Raul Buxeda, 700 W. Whittier Blvd., Montebello 90640.

NOV 8: **Soviet Jewry Run.** 5K & 10K. Rancho Park in West Los Angeles, 8:30 am. For information: (213) 852-1234 ext. 2811.

NOV 8: **Cup & Saucer Runs.** 2 miles & 8.6 miles. Silverado JHS, Napa, 9:30 am. Brian Newell, 2101 Marin, Napa 94558. (707) 252-4609.

NOV 8: **Sacramento Sixty Kilo.** Enterprise Blvd., West Sacramento, 8 am. Hal Baker, 1122 Capacuch Way, Sacramento 95822.

Please send scheduling information directly to **California Track & Running News**, P.O. Box 6103, Fresno, CA 93703.

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.

NOV 14: **Central California Marathon.** Fresno, 7:30 am. Gordon Keller, 8811 E. Herndon, Clovis 93612. (209) 299-4114. *Please see advertisement and entry blank in September issue.*

NOV 14: **Rose Bowl 10 Mile.** Pasadena, 8 am. No pre-entry. Enter race day only.

NOV 14: **Whittier Hills Action Sports 5K & 10K Runs.** Whittier Narrows Country Recreation Area at Legg Lake, 8:30 am. Bill Gray, Whittier Hills Baptist Church, 16153 E. Russell St., Whittier 90603. (213) 947-4791.

NOV 14: **Sacramento Science Center & Junior Museum 5 Mile.** Renfree Field, Sacramento, 9 am. Dixie Schneider, 8508 Hans Engel Way, Fair Oaks 95628. (916) 967-6526.

NOV 14: **Turkey Trot 5K & 10K.** Apollo Park, Lancaster, 9 am. Charlie Horn, Running Promotions, PO Box 128, Lancaster 93534. (805) 942-3820.

NOV 15: **Newport Beach Marathon.** Newport Inn, 7 am. John Blair, 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

NOV 15: **Santa Barbara Women's 10K.** 8 am. Shirley Saunders, 5040 San Julio, Santa Barbara 93111.

NOV 15: **YMCA Mazola Shape-Up 5K.** UCLA, 8 am. Norm Joyner, YMCA, 818 W. 7th St., Suite 1002, Los Angeles 90017.

NOV 15: **TAC/USA 50 Mile Championship.** Buffalo, NY. David Broad, Athletic Dept., Buffalo State College, 1300 Elmwood Ave., Buffalo, NY 14222. (716) 878-6501.

NOV 15: **Great Berkeley Race.** 5K & 15K, Edwards Stadium. UC Berkeley, 10 am. Cherie

NOV 21: **State Center 5 Person 15 Mile Relay.** Roeding Park, Fresno, 11 am. Each person run 3 miles. Fresno Track Club, P.O. Box 6103, Fresno 93703.

NOV 21: **Saucony 10K.** San Diego. Mike Reilly, 5513 Adobe Falls Road, No. 3, San Diego 92120.

NOV 22: **Santa Clara Valley Autumn Ridge Runs.** 6.07 and 10.76 miles, Piedmont and Sierra Roads, San Jose. 10 am (6 mile), 1 pm (10 mile). Ron Landrum, 1201 Huntingdon Dr., San Jose 95129. (408) 252-0100.

NOV 22: **Blind Duck Relays.** 3 person, 15K. Lake Merritt Old Boat House, 9 am. Claudia Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

NOV 22: **Conn Dam Relays.** 32 miles (2 to 8 person teams). Napa area, 9 am. Kaye Hall, 4516 Dry Creek Road, Napa 94558. (707) 255-0883.

NOV 22: **Palo Alto Area YMCA Turkey Trot.** 4.5 miles, Palo Alto YMCA, 9 am. *Predictor run.* Steve Totten, 3412 Ross Rd., Palo Alto 94303. (415) 494-1883.

NOV 22: **Clarksburg Classic 20.** 20 miles, Delta High School, Clarksburg, 11 am. *Formerly Pepsi 20.* George Parrott, Second Sole, 1537 Howe Ave., Sacramento 95825. (916) 454-6884 or 966-7365. *Restricted to first 1600 entrants.*

NOV 22: **Wishbone Classic 5 & 10K.** Space Park, 8 am. Chuck Bolin, R1/2207, 1 Space Park Dr., Redondo Beach 90278. (213) 536-2955.

NOV 28: **Fresno Road Race.** 6 miles, Kearney

SCHEDULE

DECEMBER

DEC 5: **Olympians 10K Run.** Laguna Niguel Regional Park, 8:30 am. Newport Beach Runners Association, 1162 Dorset Ln., Costa Mesa 92626. (714) 546-3663.

DEC 6: **Mt. Madonna Challenge.** 12.1 miles. Spring Lake, Hwy 152, Mt. Madonna Park, 11 am. Bill Fiodberg, 12925 Foothill, San Martin 95046. (408) 683-2453.

DEC 6: **"Q" Jail Break Run.** 10K, Courthouse Square Park, Hanford, 10 am. Sam Schwan, Q-105 FM/KQIQ, P.O. Box 1320, Hanford 93232. (209) 584-4466 or (209) 251-3362. *Please see advertisement and entry blank in this issue.*

DEC 6: **Corona Tri-Run Classic.** 5K, 10K & ½ Marathon. City of Corona High School, 8:30 am. Judy McAlister, Recreation Supervisor, 815 W. 6th St., Corona 91720. (714) 736-2241.

DEC 6: **Beverly Hills 10K.** 8 am. Rec. & Parks 10K, 450 No. Crescent, Beverly Hills 90210. (213) 550-4816. *Limited to 3,500 runners.*

DEC 6: **Oakland Marathon & Half Marathon.** Starts at Oakland Tribune Building at 8 am. Cherie Swenson, Race Director, Oakland Marathon, P.O. Box 2501, Oakland 94614. (415) 568-8884. *Please see advertisement and entry blank in last month's issue.*

DEC 6: **Santa's Stampede.** 2 miles & 5 miles. Napa College, Napa, 10 am. Reg Harris, 1267 Walnut, C66, Napa 94558. (707) 255-8705.

DEC 13: **Honolulu Marathon.** For information and budget travel contact Stonestown Sportstravel, 80 Stonestown Mall, San Francisco 94132. (415) 661-3111.

DEC 13: **Christmas Carol Charity Run.** 10K. San Francisco Financial District, 8:30 am. Rick McCay (415) 393-8645.

DEC 13: **Madera Mini Marathon.** 13.1 miles. Madera, 10 am. Bob Owen, 121 Berry Dr., Madera 93637. (209) 673-3089.

DEC 13: **Christmas Five Miller.** Cal State Sacramento, 10 am. Karen Kelley, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223.

DEC 19: **European Cross Country Race.** Lodi Lake, 10 am. John Griffin, Fleet Feet, 4709 Quail Lakes Dr., No. 200, Stockton 95207. (209) 957-5646.

DEC 19: **To The Bay Run.** 6.8 miles. Newark to Coyote Hills, 10:30 am. Newark Community Center, 35501 Cedar Boulevard, Newark 94560. (415) 793-1406, ext. 264.

DEC 19: **Rudolf's Lancaster Classic.** 5K and 10K. Lancaster Park, 9 am. Mary Tighe, Recreation Dept., 44804 North Elm Ave., Lancaster 93534. (805) 945-1811.

DEC 20: **Christmas Relays.** Lake Merced, San Francisco, 9 am. 5-person, 4.5 mile legs. Mari Kolb, 2043 Pin Oak Pl., Danville 94526. (415) 837-6674.

DEC 27: **Westlake Village 20 Mile Run.** 8 am. John Duhig, 1642 Trafalgar Pl., Westlake Village 91361. (805) 497-2011.

DEC 27: **The Last 10K.** Piner and Fulton Rd., 12 noon. Chris Webb (707) 546-5462.

DEC 31: **Midnight Masquerade.** 1½ miles and 3 miles. Cal State Sacramento, 12 midnight. Sally Edwards, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223.

CROSS COUNTRY

NOV 1: **PA-TAC Women's Championships.** Pacific Association women. Rocklin.

NOV 7: **NCAA II Women's Regional.** Collegiate women. Pomona.

NOV 8: **SPA-TAC Youth & Junior Olympics Championships.** Mt. San Antonio College. Luis Castillo (213) 962-8323.

NOV 8: **PA-TAC Men's Championships.** Golden Gate Park, 10 am. Tom Mann, 2661 Rollingwood Dr., San Bruno 94066.

NOV 11: **Redwood Empire Junior Olympic Championships.** 3k, 4k, 5k. Spring Lake Park, Santa Rosa, 3 pm. Fred Kenyon, 1570 North St., No. 22, Santa Rosa 95404. (707) 528-0144.

NOV 14: **NCAA I District 7 & WAC Championships.** College men. Pocatello, Idaho.

NOV 14: **NCAA Division II.** Lowell University, Boston.

NOV 14: **Southern Cal Community College Championships.** Citrus College.

NOV 14: **PCAA/NCAA Dist. 8 Championships.** Stanford 11 am.

NOV 15: **California State Girls & Womens Championships.** Mt. San Antonio College.

NOV 1: Westlake Great Pumpkin Race. 10K, Westlake. 9 am. P.J. McClelland, 2659 Townsgate Rd., Suite 101, Westlake Village 91361.

NOV 7: Oaks Parent-Child Workshop Benefit 10K. Santa Barbara, 9 am. Jon Crawford, 730 Grove Lane, Santa Barbara (805) 687-8013.

NOV 7: Woodlake 20K. Woodlake High School. 8 am. Wayne VanDellen, 37149 Road 192, Woodlake 93286. (209) 564-2581.

NOV 7: L.A. Zoo 10K Run. L.A. Zoo, Griffith Park. 8 am. Bronxon L.A. Zoo Run, P.O. Box 745, La Canada 91011. Ed Fitzjarrell (213) 790-2646.

NOV 8: Montebello Rotary 10K. 8:30 am. Raul Buxeda. 700 W. Whittier Blvd., Montebello 90640.

NOV 8: Soviet Jewry Run. 5K & 10K. Rancho Park in West Los Angeles, 8:30 am. For information: (213) 852-1234 ext. 2811.

NOV 8: Cup & Saucer Runs. 2 miles & 8.6 miles. Silverado JHS, Napa, 9:30 am. Brian Newell, 2101 Marin, Napa 94558. (707) 252-4609.

NOV 8: Sacramento Sixty Kilo. Enterprise Blvd., West Sacramento, 8 am. Hal Baker, 1182 Cavanaugh Way, Sacramento 95822. (916) 443-4514.

NOV 8: Steve Garvey Sports Classic. 5 & 10K, Woodland Hills, 8 am. Pepsi Challenge 10K Race, 23480 Park Sorrento, Suite 200 B, Calabasas Park 91302. (213) 888-5173.

NOV 8: Excelsior West End Run. 10K, Golden Gate Park (Polo Fields), 10 am. PA-TAC Men's X-C Championship. Tom Mann, 2661 Rollingwood Dr., San Bruno 94066.

NOV 8: UC Santa Cruz Redwood Run. 10K, UCSC East Field House, 9 am. Mark McCarrill, Office of P.E. & Recreation, U.C. Santa Cruz, Santa Cruz 95064. (408) 429-2045. *Please see advertisement in last month's issue.*

NOV 11: Porterville Veterans Day Run. 5K & 10K road races, Olive & Second Streets (downtown), 8 am. Dr. Allen E. Nelson, Porterville College, 900 South Main St., Porterville 93257. *Please see advertisement and entry blank in last month's issue.*

NOV 14: Lompoc Turkey Trot 10K. H & Pine Streets. 9 am. Bill Arnerich, 3902 Riegel, Lompoc 93436. (805) 733-3059.

NOV 14: Whittier Hills Autumn Sports 5K & 10K Runs. Whittier Narrows Country Recreation Area at Legg Lake, 8:30 am. Bill Gray, Whittier Hills Baptist Church, 16153 E. Russell St., Whittier 90603. (213) 947-4791.

NOV 14: Sacramento Science Center & Junior Museum 5 Miller. Renfree Field, Sacramento, 9 am. Dixie Schneider, 8508 Hans Engel Way, Fair Oaks 95628. (916) 967-6526.

NOV 14: Turkey Trot 5K & 10K. Apollo Park, Lancaster, 9 am. Charlie Horn, Running Promotions, PO Box 128, Lancaster 93534. (805) 942-3820.

NOV 15: Newport Beach Marathon. Newport Inn, 7 am. John Blair, 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

NOV 15: Santa Barbara Women's 10K. 8 am. Shirley Saunders, 5040 San Julio, Santa Barbara 93111.

NOV 15: YMCA Mazola Shape-Up 5K. UCLA, 8 am. Norm Joyner, YMCA, 818 W. 7th. St., Suite 1002, Los Angeles 90017.

NOV 15: TAC/USA 50 Mile Championship. Buffalo, NY. David Broad, Athletic Dept., Buffalo State College, 1300 Elmwood Ave., Buffalo, NY 14222. (716) 878-6501.

NOV 15: Great Berkeley Race. 5K & 15K, Edwards Stadium, UC Berkeley, 10 am. Cherie Swenson, P.O. Box 210, Berkeley 94701. *Please see advertisement and entry blank in this issue.*

NOV 15: Summit Marathon. Los Gatos High School, 7 am. Brad Armstrong, 51 University Avenue, Los Gatos 95031. (408) 395-4311.

NOV 15: Riverside Mission Inn Run. 5K & 10K, Fairmont Park, Riverside, 8:15 am. Richard Richardson, Mission Inn Foundation, 3649 Seventy St., Riverside 92501. (714) 784-0300.

NOV 21: Turkey Trot. 5K & 10K, Cal State Long Beach, 8 am. Donna Stieghan, 24433 Clipstone, Woodland Hills 91367.

NOV 21: Pico Rivera 5K Turkey Trot. Smith Park, 9 am. Ralph Aranda, 6615 Passons Blvd., Pico Rivera 90660. (213) 692-0401, ext. 263.

NOV 21: Gilroy Jacees and Gilroy Parks and Recreation Dept. 2 Mile Turkey Trot. 9 am. Gilroy Parks & Recreation Dept.

NOV 21: Turkey Trot. 2 miles & 10 miles, St. Vincent High School, Petaluma, 10 am. Jim Harberson (707) 763-6575.

NOV 22: Santa Clara Valley Autumn Ridge Runs. 6.07 and 10.76 miles, Piedmont and Sierra Roads, San Jose. 10 am (6 mile), 1 pm (10 mile). Ron Landrum, 1201 Huntindon Dr., San Jose 95129. (408) 252-0100.

NOV 22: Blind Duck Relays. 3 person, 15K. Lake Merritt Old Boat House, 9 am. Claudia Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

NOV 22: Conn Dam Relays. 32 miles (2 to 8 person teams). Napa area, 9 am. Kaye Hall, 4516 Dry Creek Road, Napa 94558. (707) 255-0683.

NOV 22: Palo Alto Area YMCA Turkey Trot. 4.5 miles, Palo Alto YMCA, 9 am. *Predictor run.* Steve Totten, 3412 Ross Rd., Palo Alto 94303. (415) 494-1883.

NOV 22: Clarksburg Classic. 20. 20 miles, Delta High School, Clarksburg, 11 am. *Formerly Pepsi 20.* George Parrott, Second Sole, 1537 Howe Ave., Sacramento 95825. (916) 454-6884 or 966-7365. *Restricted to first 1600 entrants.*

NOV 22: Wishbone Classic 5 & 10K. Space Park, 8 am. Chuck Bolin, R1/2207, 1 Space Park Dr., Redondo Beach 90278. (213) 536-2955.

NOV 28: Fresno Road Race. 6 miles, Kearney Park, 1 pm. Fresno Track Club, P.O. Box 6103, Fresno 93703. (209) 233-3631. *Note date change, previously scheduled for Dec. 5.*

NOV 29: Hammond-Pezzola Memorial Race. 7.8K, Dominican Santa Cruz Hospital, 10 am. Thomas Hart, 1555 Sequel Dr., Santa Cruz 95065. (408) 476-0220.

NOV 29: Merced Turkey Trot. 10K, Applegate Park, 10 am. Jack McCabe, P.O. Box 2538, Merced 95340. (209) 723-9417.

NOV 29: Santa Monica Mountains Relay Run. 54 miles, Hollywood Bowl, 7 am. Lawyer's Trck Club, Eric Edmunds, Jr., 11750 Sunset Blvd., No. 410, Los Angeles 90049. (213) 472-6173.

NOV 29: 50K Over Skyline Trail. Zephyr AC, 2192 Owens Ct., Pinole 94564. (415) 231-5441.

NOV 29: Port Isabel Run. 5K. Richmond, Pt. Isabel, 9 am. Betty Bloomer, 178 Ardmore Rd., Kensington 94707. (415) 525-8037.

DEC 6: Mt. Madonna Challenge. 12.1 miles. Spring Lake, Hwy 152, Mt. Madonna Park, 11 am. Bill Flodberg, 12925 Foothill, San Martin 95046. (408) 683-2453.

DEC 6: "Q" Jail Break Run. 10K, Courthouse Square Park, Hanford, 10 am. Sam Schwan, Q-105 FM/KQII, P.O. Box 1320, Hanford 93232. (209) 584-4466 or (209) 251-3362. *Please see advertisement and entry blank in this issue.*

DEC 6: Corona Tri-Run Classic. 5K, 10K & 1/2 Marathon. City of Corona High School, 8:30 am. Judy McAlister, Recreation Supervisor, 815 W. 6th St., Corona 91720. (714) 736-2241.

DEC 6: Beverly Hills 10K. 8 am. Rec. & Parks 10K, 450 No. Crescent, Beverly Hills 90210. (213) 550-4816. *Limited to 3,500 runners.*

DEC 6: Oakland Marathon & Half Marathon. Starts at Oakland Tribune Building at 8 am. Cherie Swenson, Race Director, Oakland Marathon, P.O. Box 2501, Oakland 94614. (415) 568-8884. *Please see advertisement and entry blank in last month's issue.*

DEC 6: Santa's Stampede. 2 miles & 5 miles. Napa College, Napa, 10 am. Reg Harris, 1267 Walnut, C66, Napa 94558. (707) 255-8705.

DEC 6: RRCA 25K Postal. 25K, 3K and 5 mile. Armstrong Grove St. Park, Guerneville, 10 am. Tom Ennis (707) 539-6535.

DEC 6: Culver City Marathon. Jack Nakanishi, Culver City Parks & Recreation, 4117 Overland Ave., Culver City 90230.

DEC 11-12: Las Vegas SUN Marathon, Half Marathon and 10K. Four days of activities and races from December 10-13. Special rates on housing. For information and entry blank contact Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030. *Please see advertisement in this issue.*

DEC 12: The Toughest 10K in the West. Mt. SAC College stadium, 8 am. Track Office, Mt. San Antonio College, 1100 N. Grand, Walnut 91789. (714) 594-5611.

DEC 13: Santa Maria Half Marathon. Righetti High School, 9 am. Jim Batterson, Orcutt Road Runners, 412 W. Orchard St., Santa Maria 93454. (805) 922-0856.

CROSS COUNTRY

NOV 1: PA-TAC Women's Championships. Pacific Association women. Rocklin.

NOV 7: NCAA II Women's Regional. Collegiate women. Pomona.

NOV 8: SPA-TAC Youth & Junior Olympics Championships. Mt. San Antonio College. Luis Castillo (213) 962-8323.

NOV 8: PA-TAC Men's Championships. Golden Gate Park, 10 am. Tom Mann, 2661 Rollingwood Dr., San Bruno 94066.

NOV 11: Redwood Empire Junior Olympic Championships. 3K, 4K, 5K. Spring Lake Park, Santa Rosa, 3 pm. Fred Kenyon, 1570 North St., No. 22, Santa Rosa 95404. (707) 528-0144.

NOV 14: NCAA I District 7 & WAC Championships. College men. Pocatello, Idaho.

NOV 14: NCAA Division II. Lowell University, Boston.

NOV 14: Southern Cal Community College Championships. Citrus College.

NOV 14: PCAA/NCAA Dist. 8 Championships. Stanford 11 am.

NOV 15: California State Girls & Womens Championships. Mt. San Antonio College. Luis Castillo (213) 962-8323.

NOV 20: CIF Central Section High School Championships. Mooney Grove, Visalia.

NOV 21: Community College State Meet Championships. Woodward Park, Fresno.

NOV 21: CIF Southern Section High School Championships. Mt. San Antonio College, Walnut.

NOV 21: Nationals Tune-Up Races. Girls & women. Site in Southern California to be announced. Dave Japs (714) 874-5480.

NOV 21: NCAA II Women's National Championships. South West Missouri.

NOV 22: PA-TAC Junior Championships. Spring Lake Park, Santa Rosa, 10 am. Fred Kenyon, 1570 N. St., No. 22, Santa Rosa 95404. (707) 528-0144.

NOV 23: NCAA Division I. Wichita, Kansas.

NOV 25: San Diego Section CIF High School Championships.

ON THE COVER:

TOP: What's the hottest team in the state this year: It has to be Stanford University's Women's squad which is undefeated and currently ranked second in the nation. Several of the top Cardinal Ladies are up front at the 1 mile mark at the Fresno Invitational (from left to right): Cathy Fulkerson (Cal Lutheran) Patti Sue Plummer (Stanford), Sabrina Peters (Arizona State), Michele Mason (Stanford), Kim Schnurpfeil (Stanford), Ann Locke (Stanford), Ceci Hopp (Stanford), Marcia Trujillo (Arizona State), Dianne Gong (Stanford).

photo by Bill Cockerham

LEFT: Mike Pope is also undefeated as is his team, Grossmont College.

photo by Bill Cockerham

RIGHT: Top two North Coast Section preps-Lori Shanoff (Ift) of Petaluma and Marilyn Davis of Miramonte. Davis, undefeated, is ranked number one in the section.

photo by Keith Conning

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California Track & Running News

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NOV 28: Northern California High School Championships. Sierra College, Rocklin.

NOV 28: Wine Country Championships. 5k. Sugarloaf State Park. Butch Alexander, P.O. Box 632, Sonoma 95476. 938-8263.

NOV 28: TAC National XC Championships. DeBelle Golf Course, Burbank, John Brenrand, P.O. Box 6616, Santa Barbara 93105. (805) 964-2591 (H) or (805) 964-7724 (W).

DEC 5: Kinney Prep Western XC Championships. Woodward Park, Fresno. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847. *Please see advertisement in this issue.*

DEC 6: Region 13 Junior Olympics Cross Country Championships. Woodward Park, Fresno. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

DEC 12: Kinney Prep National XC Championships. Orlando, Florida. Top 8 from Western meet will be sent. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

TRACK & FIELD

DEC 4: Holiday Decathlon. Santa Maria. Ray Kring, Track Coach, Allan Hancock College, Santa Maria 93454.

DEC 4: Holiday Decathlon. Mt. San Antonio College. Don Ruh, Track Coach, Mt. SAC, Walnut 91789.

DEC 5-6: TFA/USA Winter Decathlon. Cal State Long Beach. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

DEC 11: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, see above.

DEC 13: West Coast Weight Pentathlon. Cal State Long Beach. John Tansley, see above.

DEC 18: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, see above.

JAN 2: New Year's All Comers Track & Field Meet. Mt. SAC College, 10 am. Track Office, Mt. San Antonio College, 110 N. Grand, Walnut 91789. (714) 594-5611.

JAN 9: Santa Barbara All Comers Track & Field Meet. Santa Barbara City College, La Playa Stadium.

JAN 15: Challenge of the Ages Invitational Indoor Classic. Long Beach Arena. Challenge of the Ages, H. Lewis Smith, 8306 Wilshire Blvd., Suite 316, Beverly Hills 90211. (213) 650-0060 or 674-5020.

JAN 15: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, see above.

JAN 18: Mt. SAC Pre-Season All Comers Track & Field Meet. 10 am. Track Office, Mt. San Antonio College, 110 N. Grand, Walnut 91789. (714) 594-5611.

JAN 22-23: TFA Indoor Invitational. Kansas City, MO. Boys, Girls, Open and Masters. TFA/USA, 10920 Ambassador Dr., Suite 302, Kansas City, MO 64153.

JAN 22: Sunkist Invitational Indoor. Los Angeles Sports Aren. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

JAN 23: Fresno Weight Pentathlon. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 487-1297.

JAN 22: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, see above.

JAN 30: Mt. SAC All Comers Track & Field Meet. 10 am. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

JAN 30: Westmont Metric Meet. Santa Barbara. Russell Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

FEB 5: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, see above.

FEB 6: Northridge All Comers Track & Field Meet.

FEB 12: Presidents' Birthday Open Track & Field Meet. Mt. San Antonio College, 10 am. Track Office, Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789 (714) 594-5611.

FEB 13: Bakersfield Invitational. Cal State Bakersfield. Charlie Craig, Track Coach, California State College, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2189.

FEB 13-14: TFA National Masters Indoor Championships. Liberty, MO. Jim Shoemaker, 10201 West 98th Terrace, Overland Park, KS 66212.

FEB 19: Jack in the Box Indoor Invitational. San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

MAR 6: Long Beach Relays. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

MAR 13: Kingmen Relays. Cal Lutheran College. Don Green, Track Coach, Cal Lutheran, 60 Olsen Rd., Thousand Oaks 91360. (805) 492-2411.

MAR 20: Warrior Relays. Westmont College. Russell Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

MAR 27: Redlands Invitational. Track Coach, University of Redlands, 1200 E. Colton Ave., Redlands 92373. (714) 793-2121.

MAR 30-31: Martin Luther King Games Decathlon & Heptathlon. Stanford University. Brooks Johnson, Dept. of Athletics, Stanford University, Stanford 94305.

APR: 2-3 Martin Luther King Games Track Meet. Stanford University. Brooks Johnson, Dept. of Athletics, Stanford University, Stanford 94305.

APR 3: Taco Bell Invitational. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 6-7: TFA/USA Decathlon. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 22-25: Mt. SAC Relays. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

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

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

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

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

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

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

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

ATTENTION! RACE DIRECTORS AND COACHES

Tired of the same old T-shirt award or team promotional? Runners get the same old thing, week after week. They have closets full of T-shirts, many of which will never be worn.

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Fresno, CA 93703

TUTTLE'S TRACK TOPICS

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TUTTLE'S TRACK TOPICS

Why the Gap Between Men's and Women's Records?

By GARY TUTTLE

Ever wonder why the men's marathon record is 2:08 and women's is 2:26? Ever wonder why the men's mile is 3:47 and the women's is 4:16, or even why the men's high jump record is 7'9" and the women's is 6'7"?

Ever wonder why these differences in abilities occur, or what the actual physiological differences are between men and women?

When a baby boy and baby girl first start out in life, there are no initial physical differences which affect athletic performance. The young female is capable of (and does) perform at the same physical level as her male counterpart.

A comparison of AAU age-group

track and field records (1977) shows equal times between young males and young females in events ranging from the 100 yard dash to the mile run. The marks are also equal in the long and high jump.

The age group marks remain equal all the way up to 12-13 years of age. After 13, the male marks begin to get better, and continue to climb over the years. At 20-30 years of age the men are superior by 10-12 percent in the running events, 15 percent in the jumping events, and 20-30 percent in the throwing events.

The male's sudden improvement at 12-13 years coincides with the onset of puberty. It's the beginning of puberty in which sexual differences manifest themselves both physically and physiologically.

When puberty is reached, the

female hormone, estrogen, comes into action. This hormone in women causes a greater accumulation of fat, which produces a higher level of fat as a percentage of body weight. At the same age in males, the male hormone, androgen, is responsible for leaner body weight, and the development of greater muscle mass.

In addition to the differences caused by hormones, the male has a longer growth period. This longer growth period allows the males to grow bigger, and allows their bones to grow thicker.

At maturity, the male becomes five inches taller, 20-25 percent heavier, with a muscle mass of 51.5 percent of body weight as opposed to the women's 39.9 percent. In addition, the men get a wider shoulder diameter, chest circumference, and longer legs, all

of which favors greater acceleration, speed and power.

At maturity, the male's pelvis is shallower, narrower, and heavier than the female's. The narrower pelvic area favors running speed, and power production, while the female's wider pelvis favors lateral sway (greater chance of injury) and child birth.

Due to the male's longer legs, narrower hips and shorter trunk, the male has a higher center of gravity (.6 percent higher than females) which favors a faster running speed. The women's longer trunk, shorter legs, and lower center of gravity favors better balance, lateral movement and agility. These differences tend to make women better than men at such events as gymnastics, dancing and ballet.

While the male's body is growing leaner and larger, differences are also occurring on the inside which gives the male a greater endurance capacity. The most important differences aid the male considerably.

First of all, the average male has a hemoglobin level of 15.8 gm/100 ml of blood, compared to a 13.9 gm for the female, a difference of 10 percent. This higher level helps the male to transfer oxygen to the cells easier.

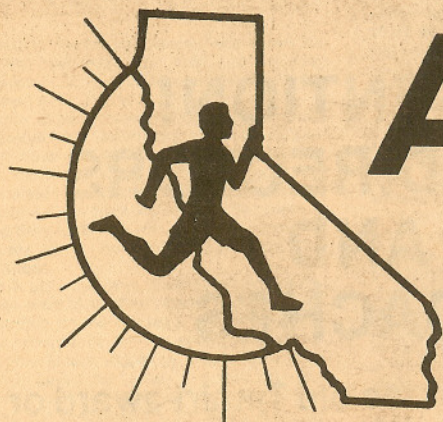
Secondly, the male has a larger heart in proportion to body size

than the female does. This larger heart size, coupled with greater stroke volume, makes the male's heart more efficient at moving blood. Because of the differences the female heart rate is generally five bpm higher than the males.

Two other factors hinder women in endurance running, and both pertain to dissipating heat built up during exercise. Because a woman has a higher normal body temperature, and has fewer sweat glands, the male is generally able to dissipate heat better, which is an advantage in endurance activities.

In addition to the physical limitations, the women also have had to overcome a cultural handicap. In the past, young girls often were forced to give up athletics for more "girlish" activities. Fortunately, those days are quickly passing, and more women are continuing their athletic careers well past college.

Now that women are training year round, and staying with the running into the maturity years, the women have closed the gap between great men and the great women. Although the men's world record is still considerably faster than the women's records, a great woman runner, like Grete Waitz who runs a 2:26 marathon, can beat a very good man any day of the week.



Around the State



The Third Jewel

More than 6,000 runners will transform the streets of Oakland into a festival of pounding footsteps Sunday, December 6 when the third annual Oakland Marathon and Half Marathon plays host to a field of runners from the Bay Area, across the state and throughout the nation.

The course, a fast, flat, and scenic romp through the past, present and future of Oakland, has gained an enviable reputation in its short history. Good weather, good organization and the cooperation of hundreds of volunteers have contributed to the event's remarkable growth. Two years ago, a mere 2,000 runners entered. Last year, 4,000 runners registered. With the 6,000 expected this year, the race has grown to be the largest marathon/half marathon in California. Someday, it is hoped, the Oakland Marathon will become the third jewel in what will be seen as the "Triple Crown" of Marathon road racing in the United States, along with the Boston and New York City Marathons.

The quality of the prizes in this year's marathon certainly adds lustre to the event. The first male finisher will win an all-expenses paid trip to Japan for the 1982 Fukuoka Marathon, one of the prestige running events on the international calendar. The first female finisher will win a similar trip to a race of comparable stature

Challenge of the Ages

On January 15, 1982, at the Long Beach Arena a select group of Masters and Sub-Masters will be invited to take part in perhaps what may well be the most intriguing track meet of all time; the First Annual Challenge of the Ages Invitational Indoor Classic.

An all-star team of masters and sub-masters will compete against high school track stars. Sub-masters vs seniors, masters 40-44 against juniors, 45-49 against sophomores. This will be a scoring dual meet.

In addition a special relay race between the Playboy Bunnies vs the Rams Cheerleaders is planned along with a special celebrity 60 meter dash.

For information contact H. Lewis Smith (213) 650-0060 or (213) 674-5020.

Mizuno Sponsors Relays

Mizuno running shoes has confirmed their willingness to be the sole sponsor of the popular Christmas Relays around Lake Merced this coming December 20. The Japanese-manufactured shoes are being marketed and distributed in the United States by Curley-Bates of Burlingame, who have chosen this race as their first major Northern California sponsorship of a running event.

Last year's 7th Annual Relays drew more than 250 5-person teams, and this year's event promises to draw probably another 100 teams. Each runner will complete one circuit of the Lake, or roughly 4.5 miles, before handing off to a teammate. A total of 13 different divisions will encourage competition on all levels.

For information contact Mari Kolb (415) 837-6674.

New Man in Town

Welcome Harry Marra as the new men's cross country and track coach at San Francisco State University. Harry takes over for David Fix who moved north to take the head job at his alma mater, Lewis and Clark University in Oregon. Fix replaced his father Eldon Fix at Lewis and Clark. Good luck, Harry.



Winners Take Eggs

Closet full of old trophies, drawers full of medals, and your walls covered with ribbons? You ought to run in the Sacramento Zoo Zoom Run next year. The October event (see results in results section) offered some very unique awards: Ostrich eggs, hand painted with a zoo animal and mounted on a wooden base. Very nice, very different and very appropriate for a "zoo" run.

photo by Michael Chickey



photo by Pat Thomson



The course, a fast, flat, and scenic romp through the past, present and future of Oakland, has gained an enviable reputation in its short history. Good weather, good organization and the cooperation of hundreds of volunteers have contributed to the event's remarkable growth. Two years ago, a mere 2,000 runners entered. Last year, 4,000 runners registered. With the 6,000 expected this year, the race has grown to be the largest marathon/half marathon in California. Someday, it is hoped, the Oakland Marathon will become the third jewel in what will be seen as the "Triple Crown" of Marathon road racing in the United States, along with the Boston and New York City Marathons.

The quality of the prizes in this year's marathon certainly adds lustre to the event. The first male finisher will win an all-expenses paid trip to Japan for the 1982 Fukuoka Marathon, one of the prestige running events on the international calendar. The first female finisher will win a similar trip to a race of comparable stature.

For further information contact the Oakland Marathon at (415) 568-8884.

Here Comes Sunkist

The 23rd Annual Sunkist Invitational Indoor Meet features an international cast of track stars including world indoor mile record holder Eamonn Coghlan of Ireland and double World Cup sprint champion Evelyn Ashford.

The feature event of the January 22 meet is the mile, with Coghlan, recent Fifth Avenue Mile winner Sydney Maree, Dr. Thomas Wessinghage of West Germany and Americans Todd Harbour and Tom Byers trying to become the first to break the 3:50 barrier indoors. Veteran Mike Bolt of Kenya rounds out the field.

James Sanford, Carl Lewis, and Stanley Floyd will be matched at 60 yards in a world's fastest human showdown. Mel Lat-tany and Hershel Walker have also been extended invitations to compete. Other top individuals to watch at the Sunkist include Larry Myricks in the long jump, Dwight Stones and Pam Spencer in the high jump, Henry Rono and Doug Padilla in the two mile.

There will also be an exciting high school portion in the Sunkist, featuring the top prep athletes in California.

See schedule section of this issue for entry contact person.

Track stars. Sub-masters vs seniors, masters 40-44 against juniors, 45-49 against sophomores. This will be a scoring dual meet.

In addition a special relay race between the Playboy Bunnies vs the Rams Cheerleaders is planned along with a special celebrity 60 meter dash.

For information contact H. Lewis Smith (213) 650-0060 or (213) 674-5020.

photo by Michael Chickey

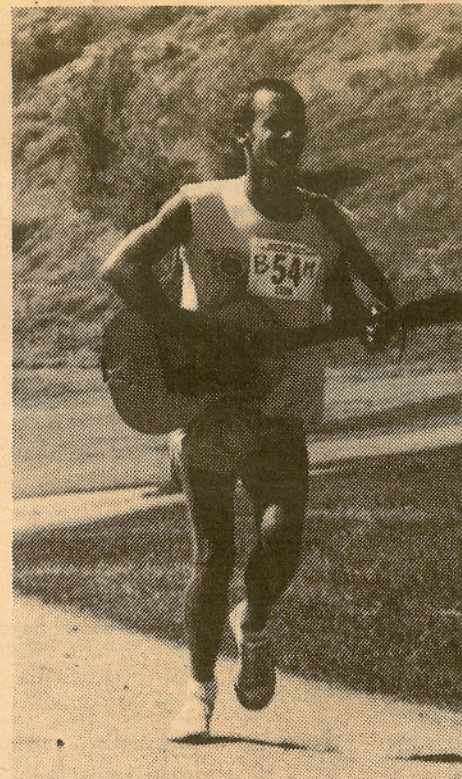


John Brenneman

Up and Coming Roadie

Quickly becoming one of the top road racers in the state is John Brenneman of Southern California. Check out the results of the Mercury 10K and the Outstanding Athletes 10K in this issue and you'll see John has run with the best in the state and has now established himself as a "National Class" road racer. Keep your eye on John Brenneman, he's really coming.

photo by Pat Thomson



Ed Vodrazka

Run and Strum

Make that Swim, Bike, Run and Strum. Meet Ed Vodrazka who recently completed the Michelob Light Triathlon Challenge going the entire distance with his guitar a strummin'. Yes, even the swim...on his back...strumming Row, Row, Row Your Boat.

Winners Take Eggs

Closet full of old trophies, drawers full of medals, and your walls covered with ribbons? You ought to run in the Sacramento Zoo Zoom Run next year. The October event (see results in results section) offered some very unique awards: Ostrich eggs, hand painted with a zoo animal and mounted on a wooden base. Very nice, very different and very appropriate for a "zoo" run.



Ceci Hopp

Ho, Hum, Another Win

It might be just another win for Ceci Hopp the Stanford University frosh from Cos Cob, Connecticut; but we're excited to have her in California colors. Hopp was the nation's top high school runner last season, winning the Kinney National Championships in San Diego. She's continuing her winning ways as a collegian with victories in the Fresno Invitational and the Stanford Invitational. Welcome to California.



Harry Marra

1982 Las Vegas Sun Championships

By MARTY HIGGINBOTHAM

By now most runners have heard--the Las Vegas Sun Half Marathon is the number 13.1 miler in the world. This is quite an honor for a race that is only in its third year. Besides a terrific deal for runners, the Las Vegas Sun Championships offers some outstanding competition. Past competitors include Bill Rodgers, Frank Shorter, Jack Foster, Derek Clayton, Rick Rojas, Dick Quax, Dave Babiracki and Kirk Pfeffer, who won the Sun Half Marathon in record time of 1:02:32 in 1979. The 1981 half and full marathons have already received seventeen internationally famed runners. Past performers and performances have proved the Sun 13.1 miler to be one of the finest and fastest road races in the world.

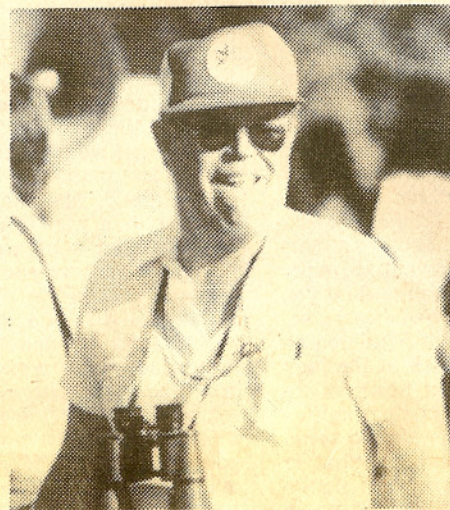
Along with this world class 13.1 miler, is the Sun Marathon and 10 kilometer. The 10K and half marathon will take place Friday morning, December 11 at 7:00 a.m., while the full marathon is Saturday, December 12 at 7:00 a.m. All three Sun Championship races are run over the famous Las Vegas Strip. Headquarter hotel for this running extravaganza is the Hacienda.

Tulare Trophy Shop Central Cal TAC Ratings

By MARTY HIGGINBOTHAM

Very few races remain in the Tulare Trophy Shop Central Cal TAC Ratings. Currently, many divisions are being closely contested as the year is coming to a close. Now the men's 29 and under leader is Juan Garcia (.20), however, Fresno Track Club's Jim Hartig (.21) is very close behind. The submaster is extremely close as High Sierra Track Club's Dave Bronzan (.14) has a slim lead over Gary Campbell (.15) of the Visalia Runners. Len Thornton of the High Sierra TC has a commanding lead in the forty plus age group.

The Visalia Runners have a tight hold on the women's 29 and under as Renee Wyckoff (.25), Shirley Rojas (.30) and Tanis Ryzebol (.33) own the first three positions. The women's 30 and over lead is currently tied; Debbie Aschwanden (Visalia Runners) and Dianne Stauffer both have a point total of .25. The Visalia Runner's Cherie Stephenson is in third at .30.



Bob Womack

The Voice of Track

This is a man you'll recognize by his voice. Long the announcer of the West Coast Relays Bob Womack has also called such biggies as the PCAA, CCAA, NCAA II

Q105 FM/KQIQ AM Presents



LA BASTILLE
Courthouse Square, Hanford

ALL PROCEEDS TO KINGS COUNTY "Y"

PLACE COURTHOUSE SQUARE
Hanford, Calif. • Between Irwin and Douty

TIME 9:00 a.m. Registration • 10:00 a.m. Start

DATE SUNDAY, DECEMBER 6, 1981

COURSE 10 Kilometer • Flat

AWARDS Drawing for weekend for two in Lake Tahoe, plus drawing for 10 speed bike, and drawing for one night in Monterey.

Numerous other gifts (shoes, shirts, hats).

Race caps to all finishers.

Numerous place trophies

Write for details

By now most runners have heard--the Las Vegas Sun Half Marathon is the number 13.1 miler in the world. This is quite an honor for a race that is only in its third year. Besides a terrific deal for runners, the Las Vegas Sun Championships offers some outstanding competition. Past competitors include Bill Rodgers, Frank Shorter, Jack Foster, Derek Clayton, Rick Rojas, Dick Quax, Dave Babiracki and Kirk Pfeffer, who won the Sun Half Marathon in record time of 1:02:32 in 1979. The 1981 half and full marathons have already received seventeen internationally famed runners. Past performers and performances have proved the Sun 13.1 miler to be one of the finest and fastest road races in the world.

Along with this world class 13.1 miler, is the Sun Marathon and 10 kilometer. The 10K and half marathon will take place Friday morning, December 11 at 7:00 a.m., while the full marathon is Saturday, December 12 at 7:00 a.m. All three Sun Championship races are run over the famous Las Vegas Strip. Headquarter hotel for this running extravaganza is the Hacienda Resort Hotel which offers a fantastic special "Runners Package Plan" to all participants. This terrific plan includes four days and three nights at the fabulous Hacienda Resort Hotel and Casino, two marathon breakfasts, special gift to each participating runner, free Hacienda Hotel "Fun Pack", special contestants awards and prizes and race entry in either the 10K, 13.1 or 26.2 miler. On Friday and Saturday afternoon a celebrity awards ceremony will be held in the hotel's main fiesta showroom, where perhaps the finest array of awards of any race in the world will be presented. All three races will feature eleven age divisions for both men and women.

The Las Vegas Sun Marathon Championships is a super runner's holiday. Mark December 10, 11, 12, 13 on your calendar; its an event that every runner will enjoy and a chance to be part of a world class race. For more information and entry forms, contact Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277.

Welcome Back Julie

Ladies, look out! Julie Brown is back in action and already running up to her old form. Julie's been sidelined with a bad achilles but proved she's over her problems with a convincing victory and quick 10K time of 33:19 in the September 27 Jon Douglas Race. See results and story in results section.



Bob Womack

The Voice of Track

This is a man you'll recognize by his voice. Long the announcer of the West Coast Relays Bob Womack has also called such biggies as the PCAA, CCAA, NCAA II, AIAW II and the TAC Championships. He is set to cover the action at the 1982 TAC Championships in Tennessee. Bob has also livened up many a cross country meet, keeping spectators well informed as the action develops. One of the most knowledgeable of all announcers, Bob keeps his own set of records and he is well known for his ability to dig into the past, on a moment's notice, for some pertinent piece of information.

photo by Richard Lee Slotkin



Julie Brown

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Numerous place trophies

Write for details

AID Water at 3 miles

ENTRY \$5.00 Pre-registration (before Dec. 2)
\$6.00 Day of race

INFO Call Sam Schwan (209) 584-4466

Complete Entry Blank below and send with entry fee to:
Kings County YMCA Building Fund, c/o Q-105FM/KQIQ
P.O. Box 1320, Hanford, California 93232

NAME _____ AGE DAY OF RACE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

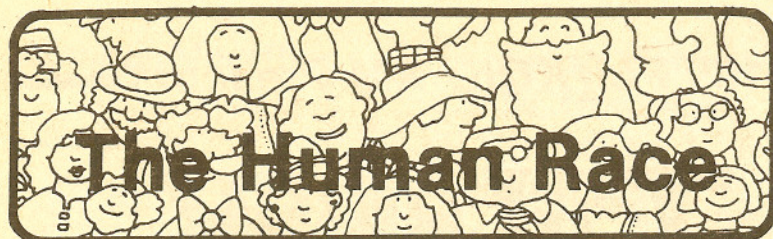
Circle Sex and Age Division or Sex and Special Division

Women	15 & Under	16-18	19-29	30-39	40-49	50-59	60 & Over
Men	15 & Under	16-18	19-24	25-29	30-34	35-39	40-44
		45-49		50-59		60 & Over	

Military Law-Enforcement Wheelchair

WAIVER: (MUST SIGN BELOW): In consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release the City of Hanford, Q-105 FM/KQIQ (aka/Lemoore Wireless, Inc.), Kings County YMCA, their Agents, employees and volunteers for any injury suffered by me while traveling to and from, or competing in the "Q"/Jail Break Run on Sunday, December 6, 1981.

SIGNATURE _____
(Signature of Parent/Guardian required if entrant is under 18 years of age)



The Human Race

Miracle Worker

By LEN WALLACH

The trouble with columns is that they have to be written well ahead of the publishing date, so I'll just have to pretend that as I'm writing this on October 14th, 1981, the New York Marathon is already over.

It must be a relief to the New York cops and all those tired athletes who ran it, but their relief is nothing compared to a skinny little guy who stands in the shadow of Race Director Fred Lebow.

Allen Steinfeld probably tips the scales a few pounds past the century mark but he packs so much energy into his slight frame that he would make a humming bird's flight look like a glider.

Steinfeld is the New York Marathon. He's the mechanic who puts it together and keeps it intact with that superb technical excellence of the guild craftsmen of yesteryear. The monumental problems of a 26-miler through the five boroughs of the world's biggest pressure cooker would stagger the imagination of even the most experienced megarace director.

But this bearded look-a-like to a Parisian artist tackles the monstrous city and the awesome race like a man trying to cook an elephant. First he finds a frying pan. With an academic background of a space scientist, he's chucked his Bachelors degree of science in electrical engineering from City College into the same basket as his Masters in Physics from Cornell and his Ph.D. candidacy at Alaska's Geophysical Institute to concentrate on all activities relating to putting one foot hurriedly in front of the other.

"My heart and soul are invested in it as a job and as a sport," he commented in a recent letter explaining his magnificent obsession. "Running obviously has become a major part of my life," he added as if to justify the great truth common to all runners.

Fred Lebow casts a big shadow and Steinfeld is in it all the time but somehow he's been able to keep his own sharp identity partly because he's a superb technician, polish statesman, and a dedicated race administrator.

His own running has kept him centered on his life's new work having started as



Allen Steinfeld

ADVICE TO RUNNERS:

Are We Running Too Much?

By STEVE SUBOTNICK, D.P.M., M.S.

I just returned from a seminar in San Diego that was held by Loma Linda Medical School. At the seminar, I had the opportunity of being with Joe Henderson, who is now the editor of *Running Magazine* and past editor of *Runner's World Magazine*; Joe Neulatt, M.D., author of *Women's Running*; and Mike Pollock, Ph.D., exercise physiologist, who used to work with Ken Cooper at the Cooper Clinic in Dallas and now is in cardiac rehabilitation in Milwaukee at Sinai Hospital.

The consensus of this entire group was that yes, indeed, we are running too much. What do I mean by running too much? Dr. Pollock showed a series of statistics that indicated that the injury rate is greatly increased if one runs more than five days a week. Likewise, his statistics showed that the improvement in VO_2 (the body's ability to maximally utilize oxygen) is really not increased much at all if you run seven days a week. Likewise, the difference in the training effect of the muscles of the legs and, likewise, the heart is not significant when comparing five days a week of running to seven days a week running. What is significant, however, is a significant increase in injuries when one compares five days a week to seven days a week.

More good news! I think I found an answer to my staleness. Joe Henderson told me that he recently had spoken to Hal Higdon, World Class Masters Runner. Hal has been running for the last thirty years as far as I know. Hal told him

weight going uphill, and four times body weight going down hill. Likewise, because during race walking the knees are always straight or extended, there are very few knee injuries associated with race walking. In fact, since I have been race walking, the only thing I notice is that my knees and ankles get stretched out during my runs when I alternate race walking with running. I do notice some stiffness about my hips and, likewise, my abdominal muscles are a bit tired from race walking. What we all agree upon is what Tom Osler (World class ultra distance man) has been saying for quite some time. Take walking breaks.

How do you take walking breaks? What I've adopted is starting off with race walking five to ten minutes before each workout and, likewise, cooling down with a race walk of ten minutes after each workout. If I'm going on a very long, say a two and one-half to three hour workout, I will race walk every half hour for ten minutes. Osler suggests race walking five minutes for every twenty minutes of running in ultramarathon distances. If I'm real tired, every fifteen to twenty minutes, in a normal workout, say an hour to an hour and one-half run, I will take a walking break. My walking breaks are usually race walking and I find that by keeping my knees straight and landing on my heel, I stretch out my hamstrings and calf muscles. When I start running again after my walking break, I notice that my pace is a good thirty to forty-five seconds per mile faster simply

class performance. An example of the program, for instance, on the seventh week prior to the marathon would be as follows: On Sunday, a twenty-three mile walk-run, on the week days, three to six mile workouts with one day of rest, on Saturday, complete rest. On the following



Steve Subotnick

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Fred Lebow casts a big shadow and Steinfeld is in it all the time but somehow he's been able to keep his own sharp identity partly because he's a superb technician, polish statesman, and a dedicated race administrator.

His own running has kept him centered on his life's new work having started as an athlete in his first year in college in 1963. He had to forget high school track as it would have meant an hour's train ride every night and an arrival home at 8 p.m., not much of an academic life for a student bent on tackling calculus, physics and all that advanced stuff which electrical engineers need to obtain.

At college he ran with the sprinters but couldn't keep up for the shorter distances hence the urge to shift to the longer stuff where he eventually found peace of mind but not until he proved to his coach that he could do the quarter and half in championship time for three years.

He dabbled in road racing in late college years, won an 8 mile handicapper, and jumped directly into the Boston Marathon on Patriots Day in 1966. "They scraped me off the course at the 24th mile," he commented on his long distance debut which led him to increasing his mileage and finishing in Hawaii in 3:27. He harbors a dream, like alot of us, to break 3:10 but has sub dreams of a 29 minute 5 miler, and 17:30 for 5 kilometers.

His race directing credentials are as exemplary as those skills of a Russian ambassador to Latin America. He speaks the language of running and has served on the TAC subcommittee on standards, edited large sections of RRCA's Race Director's Handbook besides directing the coordination of the New York Marathon, L'eggs Mini Marathon, and Trevira 10-Mile Twosome. He served as the national consultant on the Diet Pepsi 10K Road Racing Series and was the chairman of the Technical Committee of the Bonne Bell Mini Marathon.

New York Road Running Club puts on 140 races per year and this slim intense runner is the keystone to their success. One wonders how he could find time for a personal life, perhaps he has none as his resume, which listed "Banjo Player" as his hobby is poignantly lined out with a penciled note, "no more!"

Every time I run into Steinfeld in places like Honolulu, Ottawa, and Boston, we pick up the conversation where it left off in the last city. I don't know where it will begin again but if I see him in Shanghai, Tahiti, Moscow, or Peoria, we'll begin with the same ease.

I consider myself an old war horse, tried and true, like the aging soldier I am. Old soldiers aren't supposed to learn anything from Second Lieutenants unless his name is Allan Steinfeld.

Watching the Fifth Avenue Mile, the other day on TV was gratifying. I expected to see the hot shots and the drama against the clock. I expected to see Fred Lebow's bearded face pop up on the tube. I expected to see the logistics as smooth as a catechism lesson in a convent.

I wasn't disappointed because in the shadows was an underweight guy with a beard working a Miracle on Fifth Avenue.



Allen Steinfeld

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More good news! I think I found an answer to my staleness. Joe Henderson told me that he recently had spoken to Hal Higdon, World Class Masters Runner. Hal has been running for the last thirty years as far as I know. Hal told him that he has his good years and his bad years. He has his years when he is running well and competing well and he has years when he takes it easy. I guess this is the year for me to take it easy. Joe Henderson told me that he, likewise, has slowed down with his running and is taking it easy for the time being. As long as we stay in reasonably good shape, it's possible to pick up our training as far as distance and pace goes and prepare for races that we're pointing for. What's important is not to be chronically fatigued in over-preparing for each and every race we're in. The goal, at least for me, is to stay in good shape for the rest of my life and do well, perhaps, now and then in a race. I like to be in marathon shape or at least able to run a marathon with one or two-months notice at all times.

More good news. Even more than before. All of the participants in the seminar agreed that walking is important. Race walkers have almost the same physiological profiles as marathoners. The only difference is a slightly lower VO_2 max. Yet race walkers contact the surface at about one times body weight whereas runners have three times body weight on level surfaces, two times body

starting off with race walking five to ten minutes before each workout and, likewise, cooling down with a race walk of ten minutes after each workout. If I'm going on a very long, say a two and one-half to three hour workout, I will race walk every half hour for ten minutes. Osler suggests race walking five minutes for every twenty minutes of running in ultramarathon distances. If I'm real tired, every fifteen to twenty minutes, in a normal workout, say an hour to an hour and one-half run, I will take a walking break. My walking breaks are usually race walking and I find that by keeping my knees straight and landing on my heel, I stretch out my hamstrings and calf muscles. When I start running again after my walking break, I notice that my pace is a good thirty to forty-five seconds per mile faster simply because I'm stretched out. Dr. Pollock assured me that his research shows that there will be no loss of any training effect by taking walking breaks and that the injury decrease is well worth any time lost even in a Marathon.

Joe Henderson suggests that we should walk for five minutes at every water break in a marathon.

Joe Henderson showed me an article that was written by Jeff Galloway who, himself, is an Olympic marathoner. This article appeared in *Running Magazine*, which is available from P.O. Box 10990, 1508 Oak Street, Eugene, Oregon 97401. I'm sure that if you write Joe at this address, he'll send you a copy of the reprint. In summary, what the article stated was that we can run marathons on thirty to thirty-five miles per week. The goal is to go for a very long run every two weeks. By a long run, I mean two and one-half to three hours. Take ample walking breaks. By staying between thirty and forty miles a week and not raising your mileage to fifty or seventy miles a week, there are drastically reduced running injuries. Likewise, you'll have about the same amount of comfort in the same time in the marathon unless you're talking about a world



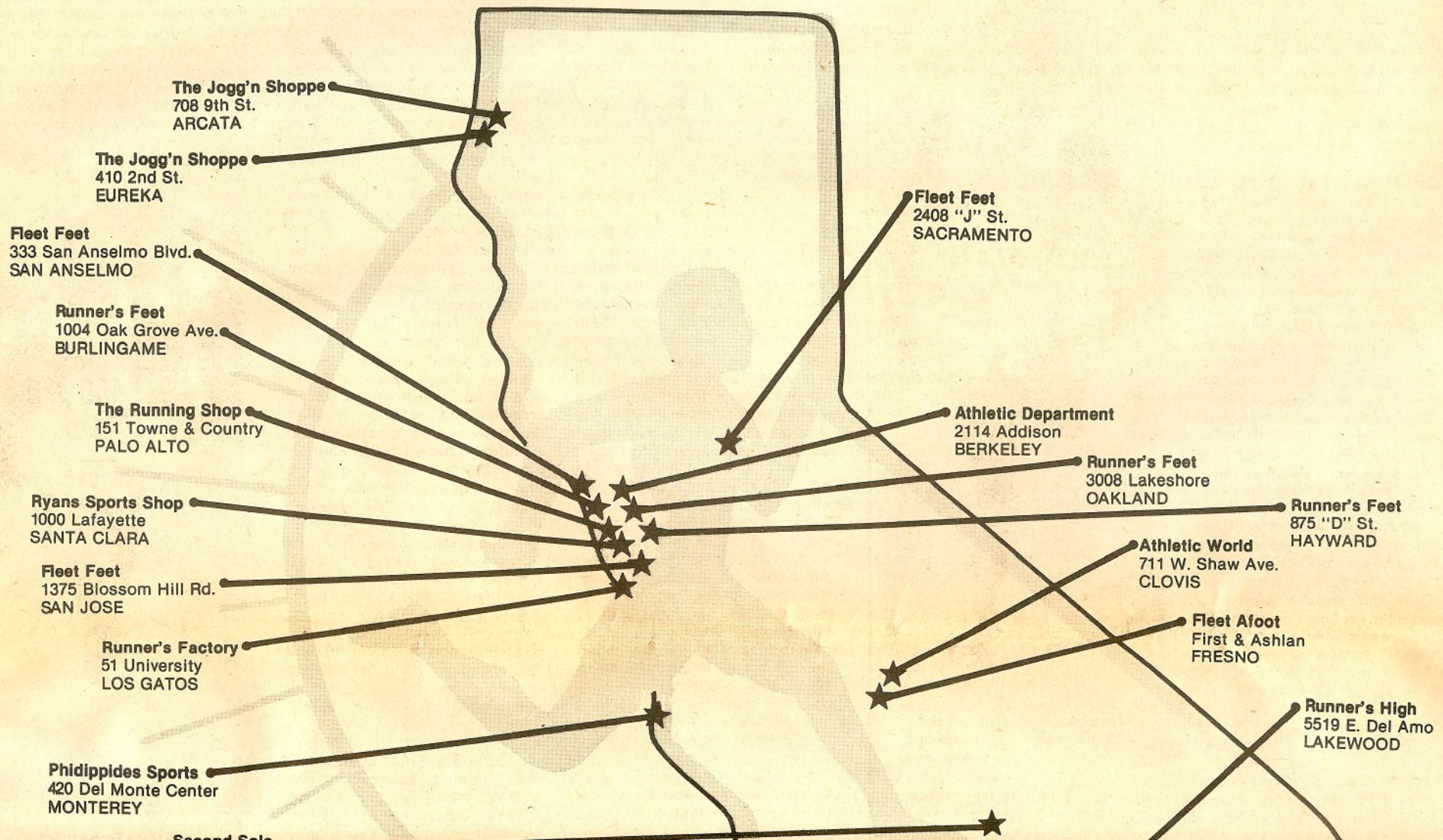
Steve Subotnick

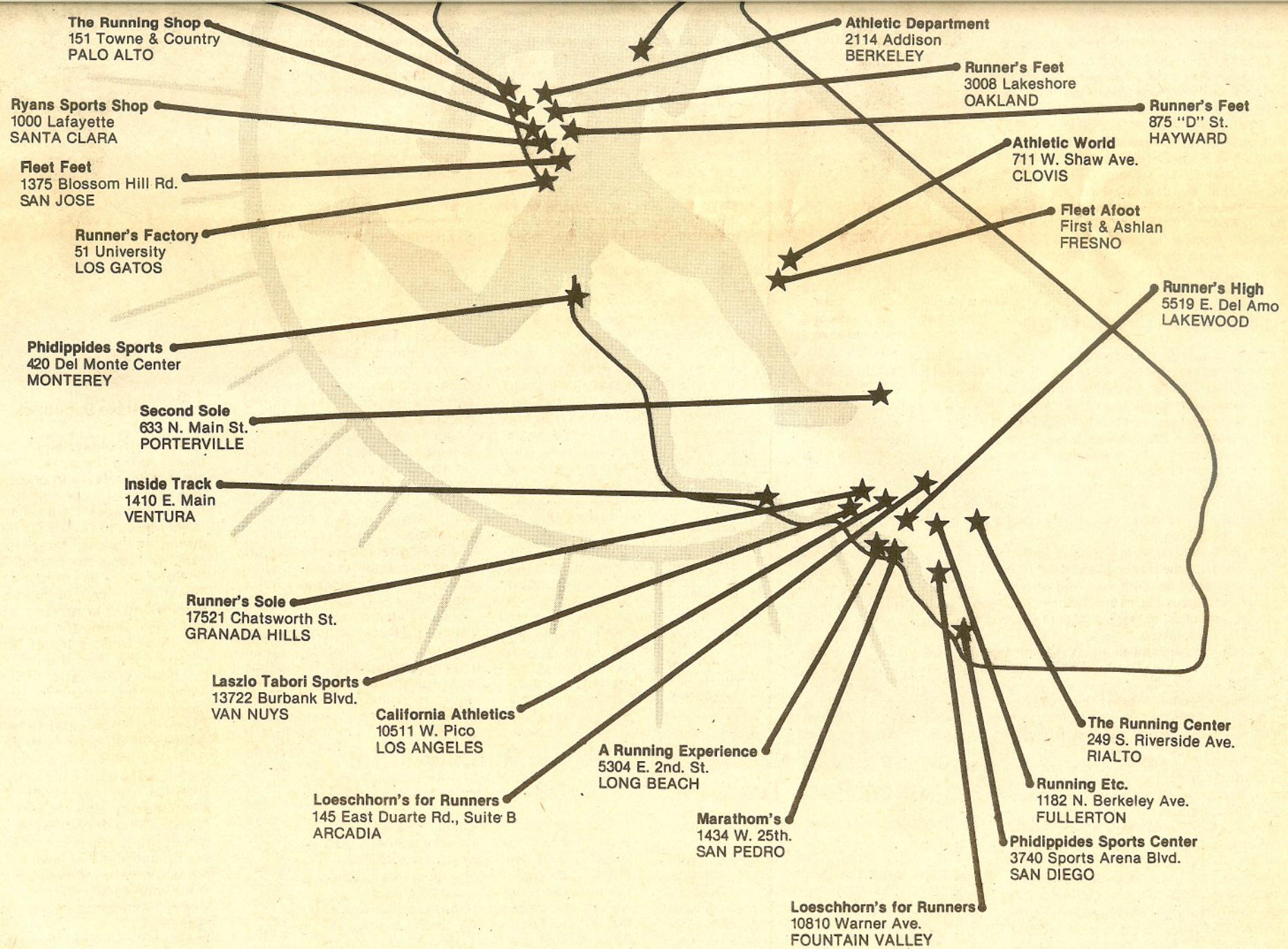
week: On Sunday, eight to ten miles, during the week, three to six miles per day with one day of rest, on Saturday, rest. The following week: On Sunday, twenty-three to twenty-six miles, during the week, three to six miles with one day of rest, and, on Saturday, a day of rest again. This program can, of course, be modified to your running ability and skills. During the week, you may wish to do a ten or fifteen mile run and then the next day do three miles, and then the following day do six miles, the day after that completely rest. In any event, the importance of Jeff Galloway's program is to go for long runs every two weeks and to rest a day before the long run. Likewise, go only about three miles the day after the long run. Race walking or pace walking is important. It appears as though the fatigue that we have during running greatly increases our injuries, makes our running form sloppy, and encourages staleness.

As you can see, I'm hot on race walking as part of my running program and find it very enjoyable. I hope that all of you will try this likewise. Let's see if we can run forever and cut down our injuries.

California's Running Experts

These fine running stores will not only meet all of your equipment and apparel needs, but their staff of experienced runners can provide expert advice and information. You can also buy the latest copy of *California Track & Running News* at these locations.





CLUB NEWS

By MARTY HIGGINBOTHAM

Clubs wishing to be in the "Club News" section of *California Track & Running News* should send a copy of their newsletter to: Club News Editor, Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. Also, clubs are encouraged to occasionally send a black and white photograph of a member or members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be very much appreciated.

Zephyr Athletic Club

Several Zephyr Athletic Club members have been very active lately. Sharlet Gilbert has been doing very well. She competed in the Bonne Bell Regional 10K in Denver, Colorado, where she placed fourth finishing behind three Denver girls. She also grabbed a first place at the PA-TAC Championship 10K with a 35:31 clocking. On September 26 she clocked a course record 15:16 at the Richmond Pancake 2.7 Mile Run. The next day she came back with a 35:00 10K at the Brasspole 10K in Oakland for a second place finish.

Leroy Kotchevar claimed a second place at the Sugar City Festival 10K with his 32:23 time. Teammate Rob Gent ran a 34:56 to place 8th. Kotchevar also competed in the 2.7 mile Richmond Pancake Run where he turned in a 13:26, a mere three seconds off the course record.

Scott Molina took a third place in the Sacramento Triathlon, a minute and a half behind the winner. Molina had a delay with a flat tire on the bicycle portion of the race.

Ken Stein ran a personal best 34:43 10K at the September 27 John Muir Run.

High Sierra Track Club

112 Green Oak, Visalia, 93277

The HSTC took team honors in the sub-master and master division at the Central

Lompoc Valley Distance Club

P.O. Box 694, Lompoc

Several LVDC members competed in the August 30 Santa Monica Half Marathon. Steve Jones, age 21, finished 27 overall and 18 in his age group with a personal best 1:25:31. Thomas Oberlin, age 23, clocked a 1:24:24 and 20 year old Steve Hart timed 1:25:05. Club president John Perkins grabbed runner-up honors in the 50-59 age group timing 1:25:31. Other LVDC runners competing included Jesse Rochell (36) 1:28:49; John Quinton (43) 2:01:16.

Two LVDC members ran the full marathon and recorded personal bests; they were John Opdyke (46) cracking the three hour barrier with his 2:57:58 and Lee Heinz (46) clocking a 3:24:51. The Lompoc Valley Distance Club will play host to a couple of races in the future. They are the LVDC Turkey Trot 10K on Saturday, November 28; and the LVDC City Cross Country Championships on Saturday, December 19. Ron Lischka, Karen Chandler and Mary Kay Degenhart are three new members welcomed into the LVDC ranks.

Golden Gate Race Walkers

Seniors Track Club

909 E. Yorba Linda Blvd., Suite K
Placentia 92670

Club member Steve Durand ran a 69:21 time at the 16th Annual Mt. Baldy Race to the Top Eight Miler. His efforts earned him third. Teammate Bill Flynn finished sixth in 7:26. Hal Winton caught teammate Dick Durand in the last few hundred yards to win the 50-59 division in 81:46; Durand timed 82:13.

STC members made a good showing at the SPA-TAC 20K Championships on September 13. First club finisher was Bill Flynn in 1:11:57. Dennis Parrish ran a 1:13:12 for second in the 40-44 age group. Ray Gil timed 1:20:04 to capture first place honors in the 55-59 age division. In team competition the STC captured first in the 35-39 age group and also took first place honors in the 50-59 age group.

Fresno Track Club

P.O. Box 6103, Fresno 93703

Central California Marathon director, Gordon Keller, and his assistant director Ken Takeuchi are finalizing plans for the annual Sun Giant sponsored event. The course this year eliminates the hill at the seventeen mile mark and is basically a flatter course. Entry forms have been distributed throughout the state and are still available from club officials. Keller can be reached at (209) 299-4114. The race will start at Cal State University, Fresno at 7:30 on November 14.

The months of November and December are going to be active ones for FTCers as the Central Cal Marathon is followed by the annual State Center 5 Person 15 Mile Relay on Saturday, November 21. The race is held at Roeding Park. One of the Valley's most popular races, the annual Fresno Six Mile Road Race will be held on November 28. This year with, race director Frank Delgado at the helm, the race will start in Kearney Park and finish in the park at the large parking lot near Garfield Avenue. The Kinney Cross Country Championships take the spotlight on December 5 at Woodward Park. Should be another great meet.

Curt Elia won the Rosita Si Half Marathon in Mooney's Grove with a sparkling 1:11:40. Al Lomeli was third overall with a quick 1:12:55 and Bob Lindsey turned in a personal best of 1:14:12.

Corona Del Mar

20861 Queens Park Lane
Huntington Beach 92646

New officers have been elected for the Corona Del Mar track club. New club president is Doug Smith, vice president Al Henry, secretary/treasurer is Bo Smith and recording secretary Gary Miller.

There is a possibility of the CDM sponsoring/directing a meet the first week in June 1982. The site considered for this meet is Cerritos College.

CDM has picked up two new members--Eugene Driver and Dave Beck. Driver, age 31, competes in the sprints while Beck, age 39, is more of a field event performer.



Renee Wyckoff

Richmond Pancake 2.7 Mile Run. The next day she came back with a 35:00 10K at the Brasspole 10K in Oakland for a second place finish.

Leroy Kotchevar claimed a second place at the Sugar City Festival 10K with his 32:23 time. Teammate Rob Gent ran a 34:56 to place 8th. Kotchevar also competed in the 2.7 mile Richmond Pancake Run where he turned in a 13:26, a mere three seconds off the course record.

Scott Molina took a third place in the Sacramento Triathlon, a minute and a half behind the winner. Molina had a delay with a flat tire on the bicycle portion of the race.

Ken Stein ran a personal best 34:43 10K at the September 27 John Muir Run.

High Sierra Track Club

112 Green Oak, Visalia, 93277

The HSTC took team honors in the submaster and master division at the Central Cal TAC Half Marathon Championships. Leading the submaster team was Don Chapin timing 1:11:54, Dave Bronzan was next at 1:13:49, with Frank Ortega third man clocking 1:16:56. In the masters division, Len Thornton led the HSTC to the team championship. Thornton timed 1:17:06, teammate Wayne Van Dellen clocked 1:17:34 and Rick Zamarripa timed 1:23:19. Ruby Hernandez timed 1:36:06 being the fourth woman finisher and third in the 29 and under age group.

HSTC member Wayne Van Dellen will host the Central Cal TAC 20K Championships November 7 in Woodlake.

Las Vegas Track Club

4224 Claymont St., No. 3, Las Vegas 89109

Frank Plasso Jr. placed seventh at the "Outstanding Athletes" 10K held in Southern California on September 6. Plasso recorded a 30:04 time.

In late August several LVTC members ventured to San Diego for the running of the "America's Finest City" Half Marathon. Leading the LVTC band was Dennis Fridly who clocked 1:13:28. Others included Bill Schaefer 1:17:41, Paul Simmons 1:19:15, Mike Naylor 1:20:16, Everett Chase 1:25:16, Al Boka 1:25:45, Art Johnson 1:38:14, Lydia Russell 1:48:08 and Bob Huffman 1:55:47.

November 15 the LVTC will sponsor the 15th Annual Las Vegas Mini Marathon. Las Vegas TC members have the world class Las Vegas Sun Marathon Championships to look forward to on December 10-13.

1:25:05. Club president John Perkins grabbed runner-up honors in the 50-59 age group timing 1:25:31. Other LVDC runners competing included Jesse Rochell (36) 1:28:49; John Quinton (43) 2:01:16.

Two LVDC members ran the full marathon and recorded personal bests; they were John Opdyke (46) cracking the three hour barrier with his 2:57:58 and Lee Heinz (46) clocking a 3:24:51. The Lompoc Valley Distance Club will play host to a couple of races in the future. They are the LVDC Turkey Trot 10K on Saturday, November 15; and the LVDC City Cross Country Championships on Saturday, December 19. Ron Lischka, Karen Chandler and Mary Kay Degenhart are three new members welcomed into the LVDC ranks.

Golden Gate Race Walkers

c/o Siitonen, 106 Sanchez St., Apt. 17
San Francisco 94114

The final GGRW club championship will be held Saturday, November 21. This will be the club's 15 kilometer championships.

Future PA-TAC walks remaining this year for the GGRW include the TAC Two Hour Postal Championships November 15; Sunday, December 6 the PA-TAC 40 Kilometer Championships, conjointly with the Oakland Marathon; and Sunday, December 20 the PA-TAC 10 Mile Handicap race will take place at Golden Gate Park.

Daphne Dunn and Bill Novak "walk away" with honors at the 3rd Annual Golden Gate Race Walkers Picnic 5 Kilo Walk. Dunn timed a 32:13 while Novak clocked 34:24.

Daisy Fresh Natural Juice Race Team

1026 W. Princeton, Visalia 93277

The Daisy Fresh Natural Juice Race Team captured the Central Club Athletics Congress 13.1 Championship on October 11. The team consisted of Juan Garza, Bryan Patterson and Marty Higginbotham. The team has now captured the TAC 10K, 15K, 10 mile and half marathon championship this year.

Al Lara represented the team at the Police & Friends Six Mile in Fresno on September 27. Lara captured second place.

distributed throughout the state and are still available from club officials. Keller can be reached at (209) 299-4114. The race will start at Cal State University, Fresno at 7:30 on November 14.

The months of November and December are going to be active ones for FTCers as the Central Cal Marathon is followed by the annual State Center 5 Person 15 Mile Relay on Saturday, November 21. The race is held at Roeding Park. One of the Valley's most popular races, the annual Fresno Six Mile Road Race will be held on November 28. This year with, race director Frank Delgado at the helm, the race will start in Kearney Park and finish in the park at the large parking lot near Garfield Avenue. The Kinney Cross Country Championships take the spotlight on December 5 at Woodward Park. Should be another great meet.

Curt Elia won the Rosita Si Half Marathon in Mooney's Grove with a sparkling 1:11:40. Al Lomeli was third overall with a quick 1:12:55 and Bob Lindsey turned in a personal best of 1:14:12.

Jim Hartig won the Fifth Annual Merced Track Club Bell 15K race with a strong 47:19.5 to successfully defend his title. Al Lomeli continues his excellent running to take third overall with a 49:53.4. Fernie Montanez was second in the 40-49 bracket with a 54:35 followed by Frank Delgado at 54:58. Erin Valdez again swept the under twelve girls division in the 3K race with a 12:44.

Clovis West cross country coach Darrel Cox took seventh overall in the Great Race at Stanford with a 31:42 over the 10K distance.

CSUF student Sean Lane running in the 14-18 division took fourth overall at the Great Grape Festival in Delano clocking 32:52 for a personal best over a six mile distance.

Aggie Running Club

675A Chiquite Ave., Mountain View 94040

The Ags "Supreme Chief" Peanut Harms (alias "Da Wiz") was an easy winner at the Sugar City Festival Run in Crockett. Peanut timed 31:03 over the hilly course and beat the next runner by about a minute.

Rudy Munoz placed eighth for the Ags at the Walnut Festival 10K timing a very fast 29:47; teammates DOH (?) finished eleventh in 30:37 while Peanut Harms placed thirteenth in 30:47.

Future races for the Ags include the Oakland half and full marathon December 6 and the Christmas Relays on December 20.



Renee Wyckoff

Visalia Runners

P.O. Box 3638, Visalia 93278

The Visalia Runners have elected new club officers for 1982. The 1982 President will be Gary Campbell; Vice President, Cherie Stephenson;; and club Secretary, Josie Rodriguez.

On October 11 new club president, Gary Campbell, directed the Central Cal TAC Half Marathon Championships in Visalia. Campbell and the Visalia Runners put on a well-run meet. Some members who were not helping put on the run were on the road racing the 13.1 miler. Top club finisher was Jesse Rodriguez who just recently turned forty; he timed 1:13:59 to win the 40-49 age group. Rodriguez's master teammate Frank Padilla clocked a 1:22:36 to finish third (40-49 division).

Renee Wyckoff was the individual women's champion in 1:21:54. She was followed by teammate Debbie Aschwanden in second at 1:33:55, while Cherie Stephenson grabbed fifth place in 1:37:33. These three runners combined to give the Visalia Runners the women's team title.

Several club members ventured south to the Santa Barbara half and full marathon on October 18. Top club finisher in the 13.1 was Gary Campbell who placed fourth in a 1:12:08 clocking. Dave Calderon was next at 1:21 with George Lavenson next in 1:51. Top club runner in the full marathon was John Feeley timing 3:04, Roger Sebert followed in 3:14 and Larrie Martin running his first 26.2 miler clocked 4:09.

So. California X-C Diary

By **BILL MINARIK**

■ September 21.

Things began to take shape in the college cross country scene over the weekend. At the 4-year level, UCLA showed it was still the class of SoCal as it easily took the measure of a number of other local schools at the Bruin's own Men's Invitational.

In the community college ranks, Grossmont gave an awesome performance in both men and women's competition at the Fresno Invitational. Both Griffin teams now appear to be odds-on favorites for State titles. Mike Pope and Sean Evans lead the GCC men's team with a 1-2 finish while Ann Zampado of Grossmont was the individual winner in the women's division with a world class performance which saw her finish over a minute ahead of runner-up Renee Wyckoff of College of the Sequoias. After seeing Renee run 2 years ago, it's hard for me to believe anybody in the community college ranks could beat her by a minute, but that's what happened.

While fans were given a preview of the large school champions at Fresno, they may have seen a preview of the small school titlist at Moorpark, where pre-season favorite Citrus scored a close 46-52 win over host Moorpark in the men's competition, while Ventura was a solid winner over Glendale in the women's division.

Considering the meet was on Moorpark's home course, and that Moorpark is probably the best team in SoCal outside of Citrus, the Owls victory was indeed impressive. The individual winner, Mike Carlton, along with teammate Mark Ruelas are both sub 9-minute two milers. Couple this with the fact that third man Brian Kleinsasser hails from one of California's top running families and you have potentially the greatest first 3 in the history of small school cross country.

ladies, who identified themselves as FSU coeds, checked with the front desks at the various motels known to house visiting teams, for the room numbers of the male athletes. Then, after the athletes had returned to their rooms for the night, the ladies knocked and came in. What transpired after that is unknown since the athletes refused to tell the coaches. The only thing that is known is that the coaches woke up in the wee hours of the morning to find all the athletes and girls awake in one room. Both coaches indicated that their men's teams had significantly sub-standard performances at the meet. I think that coaches coming to the State Meet in November might consider bed checks as a precautionary measure.

■ September 28.

Things were relatively quiet last weekend with the only invitationals at Cuesta and UC Riverside. At Cuesta, Moorpark's mens team scored a 63-72-86 win over NorCal power Monterey Peninsula and an up-and-coming Hancock team. In the women's competition, Ventura again posted a solid victory.

The Aztec Invitational was the main attraction the past weekend, as mighty UTEP came West to test the competition and found it was in a class by itself, as it rolled to a 20-70-93 win over Arizona and UCLA. The Wildcats were able to turn the tables in the women's competition and posted a 36-43-110 victory over host San Diego State and UTEP.

Up at UC Irvine at the All-Cal Invitational, it was UC Berkeley in a close 38-41 win over UC Riverside in the men's competition with Irvine's John Gerhardt an individual winner

ta which is probably second only to Mt. SAC as the premiere high school invitational of the year. There was a big upset in the boy's Division I race as hometown Crescenta Valley High, which was rated no higher than 10th in pre-season 4-A polls, beat all the major contenders thanks to a 1-3 finish by Jeff Hollyfield and Kevin Floyd. The final score was 101-104 with Newbury Park second. In the girl's Division I, Foothill, thanks to a 1-2 finish by Pat Unger & Miss Meyers scored a solid 33-66 victory over runner-up San Marino.

Much of the credit for the success of the Crescenta Valley team must go to third year coach Jay Rubino. According to some CV boosters at the meet, it appeared Jay was going to have to take time out from his team's summer conditioning program to get married. However, not wanting to let the athletes break out of a strict training schedule he had set up, he took the entire team along on his honeymoon and they all stayed together in the same house. Now that's what I call dedication. It's no secret that winning coaches have to make personal sacrifices and here is another good example.

■ October 12

Invitationals dominated the SoCal cross country scene again, however in the prep ranks, the only one which I felt was meaningful was the Righetti Invitational, where Santa Barbara captured both boys and girls

Division I honors. In Division II and III, it was Righetti, Cabrillo and Paso Robles all winners. Individually, Crescenta Valley's Larry Hollyfield and Arroyo Grande's Kelly Buzza posted the day's top times. There were a number of other prep invitationals, but all used that questionable format of running 9th, 10th, 11th, and 12th graders in separate competitions which, in my opinion, is more of an intramural rather than an interscholastic approach to cross country.

In college action at the Stanford Invitational, UCLA in the men's division and Stanford in the women's division became the unofficial California State Champions with solid wins over the best of the rest. The Cardinals in fact scored an incredible 19 points in front of #2 CPSLO's 67.

In more localized action, the San Diego State gals ran past host CSULB in the Long Beach State Women's Invitational 25-34, while at the Cal State Dominguez Hills Invitational, Cal State LA edged out the host team 36-38 in men's competition while the upstart gals from Cal State Fullerton were a surprise 39-43 winner over UCSD.

In a community college invitational up at Hancock, there was a rather unusual scoring situation in the women's division. The #2 team from CPSLO and Glendale CC ended up in a 37-37 tie. They then decided to go to total time for the first 5 as a tie-breaker, but ended up still deadlocked at 99:23 apiece. CPSLO finally was declared the winner on basis of best 5th runner--11th vs. 12th.

NRDC Books - 1981 Editions Records • Rankings

Certified Road Running Courses - lists 1326 road-running courses certified by the National Standards Committee to 1 Jan. 81. Shows location, elevation, type of course, and date of measurement. Necessary to choose races in which marks can qualify for rankings and records.

Running Records by Age - shows single-age records for men and women as of 1 Jan 81 in 28 track and road-running events, 100 meters to 100 miles. Also shows best pending mark and open and age-group records as recognized by the RRCA and TAC. Even if a runner doesn't hold an age record, this book shows what it takes to set one.

U.S. Distance Rankings - in-depth rankings both for 1980 and all-time for 16 events from 10 kilometers to 100 miles and 24 hours. Ranks top 100 men and 50 women, and up to ten each of 28 age/sex groups. Includes both road

class performance which saw her finish over a minute ahead of runner-up Renee Wyckoff of College of the Sequoias. After seeing Renee run 2 years ago, it's hard for me to believe anybody in the community college ranks could beat her by a minute, but that's what happened.

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Ventura's team success in the women's division was somewhat surprising since Coach Tuck Mason's daughter, Michelle, chose to go to a 4-year school, Stanford, instead of staying at home. I guess Tuck must have all the girls eating that special diet for distance runners which he authored.

Speaking of girls, two coaches who went up to the Fresno Invitational with their teams the night before the meet, indicated that some unofficial greeters were on hand to entertain the men's team. It seems the

November might consider bed checks as a precautionary measure.

■ September 28.

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Up at UC Irvine at the All-Cal Invitational, it was UC Berkeley in a close 38-41 win over UC Riverside in the men's competition with Irvine's John Gerhardt an individual winner over UCR's Assumma brothers. In the women's competition, UC Davis was a surprise 30-39 winner over UCSB. I continue to be disappointed that UCLA is avoiding this meet. It is definitely one of the classic cross country meets in the Western U.S. and deserves the participation of all schools in the UC system. I wish UCLA had participated. It would be nice to have all the UC schools competing.

Invitationals were the order of the day for the prepsters, and the biggie was definitely the Kenny Staub Invitational in La Crescen-

country scene again, however in the prep ranks, the only one which I felt was meaningful was the Righetti Invitational, where Santa Barbara captured both boys and girls

but ended up still deadlocked at 99:23 apiece. CPSLO finally was declared the winner on basis of best 5th runner-11th vs. 12th.

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U.S. Marathoners - is again the largest listing of US runners marks ever published. Every reported mark on a certified course is included. All runners are ranked both nationally and within their age group. Contains numerous summary tables, analyzing marathoning by state, age, sex, and time. Includes complete data on each race. In four volumes.

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PREP NOTES

by Keith Conning

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California Track & Running News High School Editor,
2235 Browning St., Berkeley, CA 94702.

□ Artichoke Invitational

Bryan Carroll (Douglas County, NV) won the eleventh annual Artichoke Invitational at Half Moon Bay High School, defeating 179 runners. His time of 11:11 was the second fastest of all time, just behind Jay Marden's 11:08.7 last year. Carroll, who competed in the Kinney Western Regional last year, was a freshman at Los Altos High before moving to Minden, Nevada. He edged surprising Sam Skinner (Redwood, Larkspur) by six seconds. Skinner, who practices on Mt. Tamalpais, passed Carroll on the steep hill in the middle of the 2.3 mile course, but he couldn't hold off Carroll on the flat parts of the course.

Robyn MacSwain (Terra Linda, San Rafael) won for the third straight year, but her time was slower than she has run the last two years. MacSwain, according to her father and coach Duncan, decided on a new strategy this year. Instead of going out as fast as she can, she is running with the competition and running to win. Last year MacSwain collapsed in the Northern California Championships, so she doesn't want to

down. Also, throwing frisbees or footballs in a crowded area can be a public nuisance." Unfortunately, footballs were flying and radios were blaring all day. I wish coaches would instruct their runners to leave their footballs and radios at home, so that we could enjoy the cross country meet.

□ Dykstra

Katy Dykstra (Drake, San Anselmo), who pulled up lame half-way through the Artichoke Invitational, overcame some pre-race doubts the following week and felt good about her performance in a dual meet against Marin Catholic (she won by 21 seconds). The leg and heel felt okay, according to her coach Bill Taylor.

Drake's leading varsity runner is sophomore Henry Tyson, who appears ready for some sensational sophomore times now.

□ Tie-Breaker Rule

In the San Francisco Invitational, El Cerrito and Bellarmine tied. No one had a rule book, so they broke the tie by going back to the fourth runner. Tim Kuta of Castro Valley has pointed out that the current rule states that ties

receiver in the Redwood Empire with seven completions for 173 yards and three touchdowns.

□ Cal Track

Cal's track and field team will be bolstered by seven prep athletes, three JC transfers, and eight 1981 redshirts. The prep additions include Chris Day, the star discus thrower from Montgomery (Santa Rosa), and another Viking, middle distance ace Dave Rodriguez, three-time participant in the State Meet.

□ DeSoto

Santa Rosa's Dennis DeSoto, one of the nation's top prep shot-putters, was reportedly headed for Nevada-Reno.

□ Two vs. Three Miles for Girls

One dispute that has been cropping up at dual meets this season, is whether girls should run two or three miles. At the El Cerrito, Piedmont, and Terra Linda meet it reached its extreme, when Terra Linda Coach Duncan MacSwain refused to run his top girls. MacSwain was under the impression that the girls would run three miles. But the other two coaches wanted to run two miles, because their teams were not ready for that

□ State Meet Dates and Sites

1982, June 4 & 5...Sacramento
1983, June 3 & 4...Bakersfield
1984, June 1 & 2...Berkeley
1985, May 31/Jun 1...Los Angeles
1986, June 6 & 7...Sacramento
1987, June 5 & 6...Bakersfield

□ Morse

Mary Ann Morse (Las Lomas, Walnut Creek) ran a 10K faster than anybody else in the women's 16 and under division of the Walnut Festival Run and wound up with a trip to Hawaii.

□ Logan

Vince Logan (Salesian, Richmond), who placed third at the Bruce Jenner Classic with a leap of 23-1w, was selected as the Contra Costa Independent's Athlete of the Week. He gained 245 yards on 21 carries, including touchdown runs of 80 and 50 yards on consecutive handoffs. Logan, a Rodeo resident who attended John Swett for one semester before transferring to Salesian, is convinced he can carry the ball—and his B average—in college. And he's not worried at all about his size (5-9, 166).

□ Cal Notes

Dave Cheit reports in the *Berkeley Gazette* that "it won't be called the Brooks Meet, but Cal's Edwards Stadium apparently will be able to host its annual world-class track meet next June anyway. The Brooks Shoe Company, in serious financial trouble, has dropped sponsorship of the meet after three years, during which it did well in its Berkeley meets but poorly on other sponsored events.

"But the Saturday between the NCAA and TAC meets has been

reserved in recent years for an Edwards Stadium Invitational, and it'll remain that way for 1982. It's not clear who will pick up sponsorship, but it reportedly may be Sunkist, which holds a popular Los Angeles meet on the winter indoor circuit.

"At the same time, Cal may be in line to land NCAA championship meets in...track. The NCAA is interested in bringing the 1983 track finals here.

"The track meet was made possible by the NCAA's decision to pay housing costs for the athletes, allowing them to stay in local hotels at NCAA expense. Previous regulations forced the host schools to pay for housing, which meant putting the athletes up in dorms—which Cal couldn't do because the school year ran through the week of the meet and the dorms still had students in them."

□ Harold Kuphaldt

Harold Kuphaldt (Bella Vista) broke Dave Taylor's course record by 15 seconds at the Nevada Union Invitational. Taylor's record was set back in 1972. Kuphaldt's splits: 1 mile - 5:05, 2 miles - 10:12.

□ CBS shocks No. 1 Cordova 24-6

The Lancers lost Kevin Willhite to a groin pull on the second play of the game, and his loss so demoralized the Lancers that not even his second-quarter touchdown run could overcome the Falcons' momentum.

Excluding the 56-yard touchdown jaunt, the Falcons held Willhite to only 41 yards on October 10.

is especially aimed at the high school track athlete—it's run in mid-February.

Maybe someone to contact for entry information.

I'd appreciate the additions, corrections, and any information

Letters to the

behind Jay Marden's 11:08.7 last year. Carroll, who competed in the Kinney Western Regional last year, was a freshman at Los Altos High before moving to Minden, Nevada. He edged surprising Sam Skinner (Redwood, Larkspur) by six seconds. Skinner, who practices on Mt. Tamalpais, passed Carroll on the steep hill in the middle of the 2.3 mile course, but he couldn't hold off Carroll on the flat parts of the course.

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Amador Valley was an upset winner in the boys' division. St. Francis won the girls' competition with 97 points in an enormous field of 221 runners.

Meet director Dick Calvin clearly stated on the meet information sheet: "Please don't enter any of your top five varsity runners (boys or girls) in the JV races." I became suspicious when tiny Notre Dame (Alameda) won the girls' JV race. Normally only large schools win JV races. I mentioned my doubts to Calvin and the coach of the second place team Loren Lansberry (Carlmont), because I couldn't find any Notre Dame runners listed in the varsity race. Notre Dame left with their plaque, but Calvin is going to ask for its return.

The Artichoke Invitational has become the largest meet in Northern California with 76 schools and 1300 runners. The meet is well run, but the time has come to cut down the size of the varsity races. I suggest that they institute a championship varsity race for girls and boys.

Calvin also asked the coaches: "If your runners MUST have music, please ask them to hold it

radios at home, so that we could enjoy the cross country meet.

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□ Willhite

The September 20th *Sacramento Bee* reported that Kevin Willhite has rushed for 100 yards or more in his last 13 games, one less than the 14 consecutive 100-plus prep total of Georgia star Herschel Walker. He ravaged Vacaville for 129 yards on 11 carries. His performance was limited by lack of playing time. He gained only two yards on one carry beginning the second half before being relieved. The October 1 *Bee* reported that Kevin, who has his bags packed for a trip to Notre Dame this weekend, had his streak of 100-yard games stopped by Pinole Valley and eyes a new one.

I sure hope Kevin selects a school with a good track program, because he certainly has a great future on the track as well as on the football field.

□ McCorkel

Rod McCorkel (Petaluma), a long jumper (22-10w) and triple jumper (48-7½) who competed in the State Meet, is the leading

eight 1981 redshirts. The prep additions include Chris Day, the star discus thrower from Montgomery (Santa Rosa), and another Viking, middle distance ace Dave Rodriguez, three-time participant in the State Meet.

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According to Granada girls coach Bill Wooten, sophomore Kathy Daley has been training for three-mile races all season. "We've been training at three miles because that's the distance the girls will have to run at North Coast Section this season," explained Wooten. "Kathy has adjusted to the distance really well. She's very competitive. If she goes up against a runner of equal ability, Kathy will win nine times out of 10."

□ A Proposal

I think it makes good sense to run everyone at 5,000 meters like they do at the Stanford Invitational. That way coaches would only have to lay out one course. If the young athletes can handle 10K runs on the roads, they should be able to handle 5K over golf courses. Also it would allow easy comparisons between your varsity, junior varsity, and soph/frosh runners, because they would all run the same course. You can even make comparisons between girls and boys. When the time comes for the league meet, you will know who your best runners are without having to compare two and three mile times, or having to have a runoff.

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□ CBS shocks No. 1 Cordova 24-6

The Lancers lost Kevin Willhite to a groin pull on the second play of the game, and his loss so demoralized the Lancers that not even his second-quarter touchdown run could overcome the Falcons' momentum.

Excluding the 56-yard touchdown jaunt, the Falcons held Willhite to only 41 yards on October 10.

Letters to the High School Editor

Keith Conning,

I've got numerous questions for you—since you're accumulating this past season's best high school track marks.

First, Tamela Holland and Zelda Johnson ran (legal wind) 11.70 in the Cal State Prelims.

Two weeks later at the Regional Junior Olympics, Cerritos, Tamela Holland ran 24.22, Debbie Jackson 24.88, Annazette Wright 2:13.48 (800m), Karen Bonty 63.7 (400m IH).

Second, when will there be a meet (like Golden West) for high school SENIOR ladies, at the close of the track season??

How did you rank Dorsey's girls ahead of us when we beat them in a dual for the League Championship...and by 35° points in the L.A. City Finals???

Thirdly, I'd like information about the Indoor meet in San Francisco at the Cow Palace that

is especially aimed at the high school track athlete—it's run in mid-February.

Maybe someone to contact for entry information.

I'd appreciate the additions, corrections, and any information possible.

Thanks,

Coach Terry McFate
Manual Arts H.S.
Long Beach

Editor: According to the Los Angeles Times, heat two of the State Meet was wind-aided. Both heat one and three were also wind-aided. Unfortunately, I don't have the exact reading on heat two. I suggest you contact the meet manager, Doug Smith.

I agree that there should be a Golden West type meet for girls, but Bob Jarvis in Sacramento said it is just not possible financially for them. We will just have to settle for the TAC Junior Meet.

I didn't rank Dorsey ahead of Manual Arts. I merely scored my leaders list on a 10-9-8-7-6-5-4-3-2-1 basis. This was not meant to be interpreted as a ranking.

I recently had dinner with the meet director of the San Francisco Games indoor track and field meet, Jim Terrill. You can contact him at P.O. Box 764, Los Altos, CA 94022 (415) 964-9238. We were having a meeting of the Miruts Yifter Fan Club at the Blue Nile Ethiopian restaurant in Oakland.

Northern California H.S. X-C Rankings

By KEITH CONNING

photo by Keith Conning

photo by Keith Conning

photo by Keith Conning

photo by Keith Conning

Boys North Coast Section:

1. **Tom Cole** (San Ramon, Danville)
1-Oakland, 1-Petaluma, 1-San Ramon Large.
2. **Tim Berry** (Ygnacio Valley, Concord)
1-Concord, 2-San Ramon Large, 3-Stanford.
3. **Sam Skinner** (Redwood, Larkspur)
1-Stinson, 2-Artichoke, 11-Stanford.
4. **Kyle Kessler** (Castro Valley)
4-Artichoke, 4-Stanford.
5. **Steve Vargas** (Amador Valley, Pleasanton)
3-Alum Rock Championship, 10-Artichoke

Boys Central Coast Section:

1. **Gary Lewis** (Gunderson, San Jose)
3-Artichoke, 1-Crystal Springs.
2. **Scott Marconda** (Menlo School, M-A)
1-Artichoke Small, 6-Stanford.
3. ***Grant Foster** (Monta Vista, Cupertino)
1-Alum Rock Championship, 5-Artichoke, 1-Aptos, 6-Berkeley-Moraga 13.1 mile.
5. ****Shawn Ayers** (Bellarmine, San Jose)
2-Alum Rock Championship, 6-Artichoke, 17-Stanford.

Boys Sac-Joaquin Section:

1. **Harold Kuphaldt** (Bella Vista, Fair Oaks)
1-Nevada Union, 1-Stanford, 1-Rio Linda.
2. **John Hansen** (El Dorado, Placerville)
2-Rio Linda Large.
3. **Brett Stauffer** (Jesuit, Carmichael)
8-Nevada Union, 8-Stanford.

Boys Northern Section:

1. **Brian Butterfield** (Lassen, Susanfield)
7-Artichoke, 1-Journal Jog 15-18 5 miles.
2. **Don Merwin** (Hayfork)
2-Nevada Union.

Boys Northern Nevada Schools:

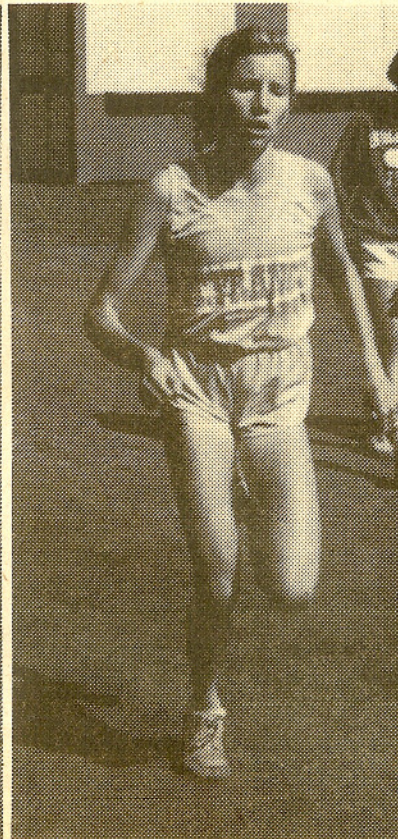
1. **Bryan Carroll** (Douglas, Minden, NV)
1-Artichoke, 2-Stanford.

Girls North Coast Section:

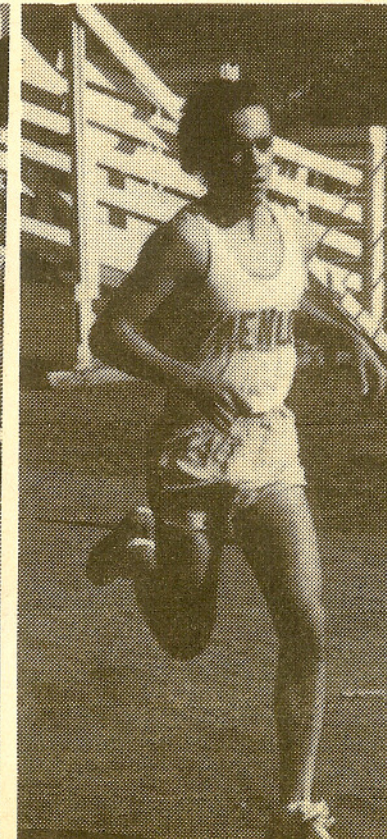
1. **Marilyn Davis** (Miramonte, Orinda)
1-Concord, 1-San Ramon Large, 1-Stanford.
1. **Lori Shanoff** (Petaluma)
2-Stanford.
3. **Robyn MacSwain** (Terra Linda, San Rafael)
1-Stinson, 1-Oakland, 1-Artichoke, 3-Stanford.
4. **Laura Starrett** (Redwood, Larkspur)
2-Stinson, 2-Artichoke, 4-Stanford.
5. ***Paige Tully** (Alhambra, Martinez)
1-San Ramon Small.



Laura Starrett



Susan Brodie



Scott Marconda



Bryan Carroll

Girls Central Coast Section:

1. ***Susan Brodie** (St. Francis, Mt. View)
3-Artichoke, 5-Stanford.

Girls Sac-Joaquin Section:

1. **Joni Mooney** (Vacaville)
1-Crystal Springs-Fresh/Soph, 2-Rio Linda.
2. *****Barbara Keehner** (Hill, San Jose)
1-Alum Rock Fresh/Soph, 1-Crystal Springs.
3. **Judy Peters** (Westmont, Campbell)
15-Stanford.
4. **Kim Himines** (St. Francis, Mt. View)
5-Artichoke, 17-Stanford.
5. **Krista Wendt** (Leigh, San Jose)
4-Alum Rock, 9-Artichoke, 4-Crystal Springs.

Girls Teams Northern Section:

1. **Miramonte** (Orinda)
2-Concord, 1-San Ramon Large, 6-Stanford.
5. **Piner** (Santa Rosa)
2-Stanford "B"

Girls Teams Central Coast Section:

1. **St. Francis** (Mt. View)
1-Artichoke, 2-Stanford.
2. **Carlmont** (Belmont)
7-Artichoke, 8-Stanford.
3. **Saratoga**
9-Stanford.

4. Soquel

- 1-Aptos.
5. **Los Gatos**
2-Aptos, 10-Stanford.

Girls Teams Sac-Joaquin Section:

1. **Del Oro** (Loomis)
2-Nevada Union, 2-Rio Linda.
2. **El Dorado** (Placerville)
1-Maria Duncan, 3-Rio Linda.
3. **Del Campo** (Fair Oaks)
3-Nevada Union, 1-Crystal Springs, 4-Rio Linda.

Dear Keith,

I've recently communicated with Bill Cockerham regarding several of my runners and he suggested sending some reports to

their potential and help in any way I can. I guess I was fortunate to always have good coaching and I enjoy putting back into the sport what I got out of it

- 8-Nevada Union, 8-Stanford.
Boys Northern Section:
 1. **Brian Butterfield** (Lassen, Susanfield)
 7-Artichoke, 1-Journal Jog 15-18 5 miles.
 2. **Don Merwin** (Hayfork)
 2-Nevada Union.

- Boys Northern Nevada Schools:**
 1. **Bryan Carroll** (Douglas, Minden, NV)
 1-Artichoke, 2-Stanford.

- Girls North Coast Section:**
 1. **Marilyn Davis** (Miramonte, Orinda)
 1-Concord, 1-San Ramon Large,
 1-Stanford.
 1. **Lori Shanoff** (Petaluma)
 2-Stanford.
 3. **Robyn MacSwain** (Terra Linda, San Rafi)
 1-Stinson, 1-Oakland, 1-Artichoke,
 3-Stanford.
 4. **Laura Starrett** (Redwood, Larkspur)
 2-Stinson, 2-Artichoke, 4-Stanford.
 5. **Paige Tully** (Alhambra, Martinez)
 1-San Ramon Small.



Laura Starrett

Girls Central Coast Section:

1. ***Susan Brodie** (St. Francis, Mt. View)
 3-Artichoke, 5-Stanford.



Susan Brodie

2. *****Barbara Keehner** (Hill, San Jose)
 1-Alum Rock Frosh/Soph, 1-Crystal Springs.
 3. **Judy Peters** (Westmont, Campbell)
 15-Stanford.
 4. **Kim Himines** (St. Francis, Mt. View)
 5-Artichoke, 17-Stanford.
 5. **Krista Wendt** (Leigh, San Jose)
 4-Alum Rock, 9-Artichoke, 4-Crystal Springs.

Girls Sac-Joaquin Section:

1. **Joni Mooney** (Vacaville)
 1-Crystal Springs Frosh/Soph, 2-Rio Linda.
 2. **Darlene Davis** (Cordova, R. Cordova)
 5-Nevada Union, 1-Aptos, 3-Rio Linda.
 3. ****Liz McDowell** (Del Oro, Loomis)
 3-Nevada Union, 4-Rio Linda.

Girls Northern Nevada Schools:

1. **Inga Thompson** (Reno)
 1-Nevada Union, 1-Journal Jog 5 miles.

Boys Team North Coast Section:

1. **Amador Valley** (Pleasanton)
 3-Alum Rock Championship, 1-Artichoke.
 2. **Castro Valley**
 3-Artichoke, 2-Stanford.
 3. **De La Salle** (Concord)
 1-Concord, 1-San Ramon Small,
 1-Stanford "B".
 4. **Northgate** (Walnut Creek)
 2-Concord, 1-San Ramon Large,
 5-Stanford.
 5. **San Ramon** (Danville)
 1-Petaluma, 1-Oakland, 2-San Ramon Large.

Boys Teams Central Coast Section:

1. **Bellarmino** (San Jose)
 1-San Francisco, 2-Alum Rock Championship, 9-Artichoke, 1-Stanford.
 2. **Leigh** (San Jose)
 1-Alum Rock Championship, 2-Artichoke,
 1-Crystal Springs Championship,
 4-Stanford.
 3. **Los Gatos**
 4-Artichoke, 1-Aptos, 6-Stanford.
 4. **Carlmont** (Belmont)
 8-Artichoke, 10-Stanford.
 5. **Lick** (San Jose)
 4-Alum Rock Championship, 1-Artichoke
 Small, 2-Crystal Springs Championship.

Boys Teams Sac-Joaquin Section:

1. **Bella Vista** (Fair Oaks)
 2-Nevada Union, 8-Stanford, 1-Rio Linda.
 2. **Jesuit** (Carmichael)
 3-Nevada Union, 7-Stanford.
 3. **Cordova** (Rancho Cordova)
 4-Nevada Union, 2-Aptos, 2-Rio Linda.



Scott Marconda

4. **Miramonte** (Orinda)
 2-Concord, 1-San Ramon Large,
 6-Stanford.
 5. **Piner** (Santa Rosa)
 2-Stanford "B".

Girls Teams Central Coast Section:

1. **St. Francis** (Mt. View)
 1-Artichoke, 2-Stanford.
 2. **Carlmont** (Belmont)
 7-Artichoke, 8-Stanford.
 3. **Saratoga**
 9-Stanford.



Bryan Carroll

Girls Teams Northern Section:

1. **Chico**
 2-San Ramon Large 86.
 2. **Shasta**
 6-Nevada Union.

Girls Teams Oakland Section:

1. **Skyline** (Oakland)
 1-San Francisco, 3-Oakland, 3-San Ramon Large, 6-Crystal Springs.

Dear Keith,

I've recently communicated with Bill Cockerham regarding several of my runners and he suggested sending some reports to you as well.

By the way, I'm Ozzie Osgood. I own a Second Sole store in Porterville and due to my club and college experience back east I act as an assistant coach at Porterville High School, although I do not get paid. I'm not writing about myself so I won't elaborate, only wanted to introduce myself.

I started working with PHS last track season, coaching the middle and long distance corps for Howard Clark the Head Coach at PHS.

We enjoyed some success winning the League Championship and some of the kids I worked with began blossoming and showing potential.

One such individual is Jim Pettis. A junior last year, Jim won the San Joaquin Valley relay 2 mile at Lemoore early last year in 9:32, he also won the Kern Relay only to break an ankle bone before the Area and Valley meets. Jim did rehabilitation exercises and a very gradual running program during the summer. Jim recently won the Hanford Invitational. Jim is an outstanding kid and good student (3.99) who deserves anything he can get. That's why I'm beating a drum for him. Being from Porterville he won't get much unless someone does it for him. My purpose is to help the kids develop

their potential and help in any way I can. I guess I was fortunate to always have good coaching and I enjoy putting back into the sport what I got out of it.

More later, just wanted to get you knowledgeable on what Jim is achieving and seek your help in helping him.

Thanks,
 Oz

Editor: Your attitude is very refreshing in this age of how many dollars do I get for my services. You are to be commended for your fine work with the Porterville High School team. I'm sure that athletes appreciate your contributions. It looks like Jim Pettis is on the right road to success, especially with you serving as his coach and guide.

Dear Keith,

Just a note to let you know how much I enjoy your publication. I do have a question regarding the All-Time California High School marks. What do the numbers 1,2, and 3 following some of the athletes and high schools stand for? Your explanation would be greatly appreciated.

Very truly yours,
 Bruce Horn

Editor: The numbers you refer to are the number of State Meet titles won by the athlete. Bob Womack is responsible for the High School All-Time Lists.

PUMA—TFA POSTAL CHAMPIONSHIPS

(September 1-December 15, 1981)

3 MILE AND 2 PERSON 10 MILE RELAY

DISTANCE: Individual and Team (5-Person) Three-mile competition OR a Two-person Ten-Mile Relay. Two-mile competition available for Junior High School and High School boys and girls.

DIVISIONS: Junior High School (grades 7-8-9), High School (grades 9-10-11-12), Junior College, College/University, Open, and Masters. Male and Female section in each division.

ENTRIES AND INFORMATION WRITE:

PUMA—TFA POSTAL

10920 Ambassador Drive, Suite 322
 Kansas City, MO 64153
 816/891-1077



results

Bishop Amat Classic

From DOUG SPECK

September 12. Industry Hills Golf Course. Girls.

In this new event, held for the first year at the new Industry Hills equestrian and golf course the cross country public had its view of what is probably the deepest Girls High School program in Southern California. Foothill of Santa Ana, and the return from a year in Germany of talented Tanya Fisher (Chaminade, Canoga Park).

Foothill took team titles in all four grade levels in the Large School Division. Patience Unger (senior) at 11:37, and Amy Cox (soph) at 12:17 were individual race winners for Coach Dan Thomas' Knights, while Susan Meyer (11:48) also raced well for the same team in chasing Kathy Kiernan (Los Amigos, Garden Grove), who is racing well again, to take the junior title at 11:41.

Tanya Fisher was something else, blasting to a 10:54 junior race win at the Small Schools level. Chaminade took frosh and soph titles at this level and should be a 2A threat in the Sectional Meet.

Arroyo Grande Invitational

From DOUG SPECK

September 12. UCSB Lagoon Course.

With the San Luis Obispo Invitational not held this year a handful of schools gathered at the UCSB Lagoon course for a meet.

San Marino showed awesome depth in the girls race, moving to a decisive 34-59 win over Newbury Park and the field with at least two of its top five not even competing. Kelly Buzza (Arroyo Grande) flashed a move at two miles to go from fifth to first in an 18:58.3 individual win.

Newbury Park's boys showed they will be another Maramonte League power to deal with as soph Chris Rice led Coach Mike Stewart's squad to a 38-49 win over Dos Pueblos (Goleta).

Stinson Beach Relays

From KEITH CONNING

September 18.

Girls' Teams: 1 Terra Linda 55:11, 2 Redwood 55:51, 3 Marin Catholic 57:31. Individuals: 1 Robyn MacSwain (Terra Linda) 10:16, 2 Laura Starrett (Redwood) 10:25, 3 Nancy Reese (Ter-

Las Vegas Invitational

From DOUG SPECK

September 19. Las Vegas, Nevada.

A battle for western U.S. supremacy was settled as Tuba City, an Arizona Indian reservation power, met Southern Section powers Mater Dei (Santa Ana) and Fountain Valley. The Arizona school placed four in the top fifteen to take Mater Dei 50-65, with Fountain Valley back at 102 in third.

El Dorado Invitational

From DOUG SPECK

September 19. Tri-City Park, Placentia.

Some of the better Southern California teams showed for the second year of this meet. With the Boys powers divided three ways team race winners were Thousand Oaks 61:51-adjusted for comparison to 79:11 as the athletes went 150 extra yards, El Dorado 80:25, and Barstow 80:42. Other good team times were Cypress (82:03) and La Canada 82:51 in the long race, and Corona Del Mar (80:29). Individual winners were TO's "wrong-turn" Derek Hatch (15:51), Hacienda Heights' Ken Souza (15:38), and Steve Ortiz of Barstow (15:27).

In the Girls Thousand Oaks gave notice it will be tough with a 97:03 team time win over Walnut (98:07) in a race won by Kelly Buzza (Arroyo Grande) at 18:11. Vickie Cook (Alemany, Mission Hills) established a respectable course record at 17:25 in winning Race II, as Newbury Park took the team title 98:40. State Meet track competitor Denise Ball has still not put in an appearance for Newbury Park, as she is resting competitively for a month off a summer of racing in Europe.

Woodbridge Invitational

From DOUG SPECK

September 19. Mile Square Park, Fountain Valley.

This meet, where athletes race by grade, is sponsored by Irvine's newest high school and Coach George Varvas.

Divisional winners (scores from all grade levels combined) in the Boys were Tustin, Irvine and Woodbridge. Top individual efforts were Cyril Oblouk (Irvine) 15:28 in a Senior Division II win, Tustin's Mike Parker (15:36) over Rowland's Steve Perez (15:43) in a Division III senior race, and South Hills (Covina) junior Tim Cammack (15:32) in a Division I

Walnut Festival

From KEITH CONNING

September 19. Walnut Creek.

Men 16 & under: 1 Tony Scadiva 34:52, 2 Jim Howard (Northgate) 35:15, 3 Don Robbins 35:24. Women 16 & under: 1 Mary Ann Morse (Las Lomas) 41:53, 2 Jill Perry 41:53, 3 Cynthia Cane (Alameda) 45:31.

Block P Relays

From KEITH CONNING

September 19. Petaluma.

Boys Teams: 1 San Ramon 73:11 (7 runners), 2 Piner 73:25. Boys #1: 1 Tom Cole (San Ramon) 9:27. Boys #2: 1 Leo Scott (San Ramon) 9:46.

Cordova Invitation'l

September 25. Cordova Stadium, Rancho Cordova: 9th Annual Cordova Invitational High School Cross Country Meet.

Varsity Boys (3 miles):
1 Harold Kuphaldt (Bella Vista) 14:59
2 J. Hansen (El Dorado) 15:23
3 R. Anderson (Casa Robles) 15:29
4 Larsen (Del Campo) 15:35
5 B. Stauffer (Jesuit) 15:37
6 R. Currey (CBS) 15:42
7 A. Tenthorey (Cordova) 15:53
8 R. Anderson (Cordova) 15:53
9 D. Rinde (Casa Robles) 15:58
10 M. Lee (Bella Vista) 16:00

Team Scores: Jesuit 77, Bella Vista 87, Cordova 119, El Dorado 122, Del Campo 175, Carson (Reno) 184, Nevada Union 200, Reno 203, Casa Robles 205, El Camino 235, La Sierra 237, CBS 263, Highlands 305, Penderose 321.

Varsity Women (3 miles):
1 Inge Thompson (Reno) 17:34
2 D. Davis (Cordova) 18:21
3 A. Cook (Reno) 18:45
4 J. Whitehead (Reno) 18:57
5 K. McCoy (El Camino) 18:58
6 L. Miller (Carson) 19:00
7 K. Condron (Reno) 19:07
8 T. Foster (El Dorado) 19:17
9 B. Chappel (Reno) 19:21

Team Scores: Reno 21, Del Campo 88, El Dorado 88, Cordova 104, El Camino 120, Casa Robles 143, Nevada Union 145.

Sanger Invitational

From DAVE DODSON

September 25. Avocado Lake: Sanger Invitational High School Cross Country Meet.

Varsity Boys:

Concord Invitational

From KEITH CONNING

September 26. Newhall Park.

Boys Individuals (2 miles): 1 Tim Berry (Ygnacio Valley) 10:20.6, 2 Rick Horn (Northgate) 10:41.1, 3 Tony Garcia (DeLaSalle) 10:45, 4 Dan McComb (DeLaSalle) 10:47.6, 5 Jim Howard (Northgate) 10:48.5. Boys' Teams: 1 DeLaSalle 35, 2 Northgate 50, 3 Antioch 105, 4 College Park 108, 5 Liberty 134. Girls Individuals: 1 Marilyn Davis (Miramonte) 11:55, 2 Wendy Sihner (Miramonte) 12:00, 3 Val Knafelc (Carondelet) 12:03, 4 Denise Rogers (Concord) 12:20, 5 Noreen DeBettencourt (Carondelet) 12:21. Girls' Teams: 1 Carondelet 32, 2 Miramonte 47, 3 Ygnacio Valley 111, 4 Antioch 113.

Fresno Invitational

September 26. Woodward Park, Fresno: Fresno State Invitational Cross Country Meet.

Boys Large Schools (2 miles):
1. Perez (Roosevelt) 9:51; 2. Walker (Hoover) 9:53; 3. Rivera (Clovis) 10:09; 4. Garcia (Fresno) 10:15; 5. Beebe (Fresno) 10:17; 6. Durham (Fresno) 10:20; 7. Castellanos (Madera) 10:27; 8. Saravia (Madera) 10:28; 9. Baballero (Madera) 10:28; 10. Bradburn (Madera) 10:32.
Team Times: Fresno High 52:14; Hoover 52:54; Madera 52:58; Clovis 55:23; Clovis West 55:28; Roosevelt 57:19; Mt. Whitney 58:53.

Boys Small Schools (2 miles):
1. Gomez (Redwood) 10:05; 2. Valdez (Corcoran) 10:13; 3. M'Adayo (Sierra) 10:34; 4. Smalley (Redwood) 10:42; 5. Poppo (Corcoran) 10:42; 6. Romannazze (Redwood) 10:44; 7. Lopez (Sierra) 10:45; 8. Dillon (Redwood) 10:50; 9. Sragg (Redwood) 10:50; 10. Conley (Bullard) 10:58.

Team Times: Redwood 53:11; Corcoran 55:04; Sierra 57:31; Tranquility 60:33.

Girls Race (2 miles):
1. Guajardo (Clovis) 12:12; 2. Hooks (Bullard) 12:24; 3. Wilcox (Clovis) 12:29; 4. Lewis (Clovis) 12:34; 5. Stebles (Clovis) 12:46; 6. Martinez (Redwood) 12:48; 7. Nielsen (Bullard) 12:51; 8. Santistevan (Roosevelt) 12:53; 9. Martinez (Reedley) 12:56; 10. Houston (Bullard) 12:58.

Team Scoring: Clovis 27; Bullard 63; Redwood 65; Mt. Whitney 81; Roosevelt 146; Immanuel 167; Sierra 176.

Women (5,000 meters): 12 Jessica Spies (San Jose Cindergals/Livermore HS) 17:57, 29 Sharon Yanine (un, SJC) 19:09.

Royal Invitational

Granada Invitational

From KEITH CONNING

September 26. Shadow Cliffs Regional Park. Boys' Teams: 1 Granada 28, 2 Livermore 29, 3 Cardinal Newman 71, 4 Sunset 107, 5 Marina 107, St. Elizabeth and San Rafael incomplete. Boys' Individuals: 1 Jim West (Livermore) 16:14, 2 Dave Basinger (Granada) 16:22, 3 Andy Homan (Granada) 16:33, 4 Mark Goralka (Livermore) 16:40, 5 Tim Davila (Granada) 16:45. Girls' Teams: 1 Granada 21, 2 Livermore 52, 3 Ursaline 63, Sunset incomplete. Girls' Individuals: 1 Kathy Daley (Granada) 19:22, 2 Janice Bishop (Livermore) 19:56, 3 Eva McCune (Granada) 20:40, 4 Becky Rabara (Granada) 20:41, 5 Becky Nieto (Ursuline) 20:50.

Oakland Invitational

From KEITH CONNING

September 26. Joaquin Miller Park. Boys' Large Teams: 1 San Ramon 30, 2 Berkeley 52, 3 Skyline 72, 4 Hillsdale 92, Lowell and Castlemont incomplete. Boys Individuals: 1 Tom Cole (San Ramon) 11:45, 2 Leo Scott (San Ramon) 12:05, 3 Doran McGee (Berkeley). Boys' Small Teams: 1 Terra Linda 36, 2 Moreau 74, 3 Westmoor 104, 4 Piedmont 121. Boys Individuals: 1 Al Rivas (Westmoor) 12:12. Girls' Large: 1 Terra Linda 24, 2 Berkeley 45, 3 Skyline 86. Girls Individuals: 1 Robyn MacSwain (Terra Linda) 10:21, 2 Heather Watkins (Berkeley). Girls' Small: 1 Piedmont 28, 2 Alameda 55, 3 California 74, 4 Westmoor 115. Girls Individuals: 1 Heather Ryan (Piedmont) 10:26.

Alum Rock Invitational

From KEITH CONNING

September 26. Alum Rock Park, San Jose. 225 miles Boys' Championship Division Teams: 1 Leigh 57 (won tie-breaker of better sixth runner by 2 places), 2 Bellarmine 57, 3 Amador Valley 67, 4 Lick 72, 5 Mt. Pleasant 102, 6 Monta Vista 125. Individuals: 1 Grant Foster (MV) 11:30.9, 2 Shawn Ayers (Bell, soph) 11:36, 3 Steve Vargas (AV) 11:40, 4 Jim La Fuente (MP) 11:45, 5 Tracy Walker (AV) 11:49, 6 Roy Garcia (Lei) 11:50, 7 Rod Sellard (Bell) 11:59, 8 Randy Pangellina (Lick) 12:01, 9 Bill Benevento (Bell) 12:02, 10 Dave Bell (Lei) 12:04. Boys' Teams: 1 Bellarmine 84, 2 Mira Loma (Sacramento) 120, 3 North Monterey

September 12. UCSB Lagoon Course.

With the San Luis Obispo Invitational not held this year a handful of schools gathered at the UCSB Lagoon course for a meet.

San Marino showed awesome depth in the girls race, moving to a decisive 34-59 win over Newbury Park and the field with at least two of its top five not even competing. Kelly Buzza (Arroyo Grande) flashed a move at two miles to go from fifth to first in an 18:58.3 individual win.

Newbury Park's boys showed they will be another Maramonte League power to deal with as soph Chris Rice led Coach Mike Stewart's squad to a 38-49 win over Dos Pueblos (Goleta).

Stinson Beach Relays

From KEITH CONNING

September 18.

Girls' Teams: 1 Terra Linda 55:11, 2 Redwood 55:51, 3 Marin Catholic 57:31. **Individuals:** 1 Robyn MacSwain(TerraLinda) 10:16, 2 Laura Starrett(Redwood) 10:25, 3 Nancy Reese(TerraLinda) 10:36, 4 Mary Roach(Marin Catholic) 10:46, 5 Terrie Martin(Redwood) 10:56, 6 Jenny Biddulph(Tamalpais) 11:12, 7 Marcy Holzgang(TerraLinda) and Jenny Brekhuis(Marin Catholic) 11:15, 9 Michelle Kreuter(Redwood) 11:16, 10 Mary A. Erickson(TerraLinda) 11:25. **Boys' Teams:** 1 Redwood 46:08, 2 Terra Linda 46:16. **Individuals:** 1 Sam Skinner(Redwood) 8:39, 2 John Nooyen(Redwood) 8:50, 3 John Mann(Redwood) 8:51, 4 J. L. Briggs(Novato) 9:04, 5 Tim Miettinen(TerraLinda) 9:08, 6 Steve Sparks(TerraLinda) 9:09, 7 Kevin Thayer(TerraLinda) 9:10, 8 Ed Gallagher(TerraLinda) 9:11, 9 Eric Macris(Tamalpais) 9:12, 10 Tom Disanto(TerraLinda) 9:14.

Azusa Invitational

From DOUG SPECK

September 19. Citrus Junior College.

Arroyo (El Monte) and South Hills (Covina) dominated this San Gabriel Valley Invitational held on a flat course some 80 yards short of three miles. Tim Cammack of South Hills led his 11th grade team to its win with a quick 15:04. Arroyo's Mike Perez (10th-15:24) and Bernie Arteaga (12th-15:18) were other quick race winners.

Arcadia's Tina Pappas raced 17:57 for a 12th grade win for the fastest girls time.

Shoreline Girls Invitational

From KEITH CONNING

September 19. Seattle, Washington.

Individuals: 1 Pam Paudler(Redmond) 10:29, 2 Val Dumond(Newport) 10:44, 3 Kari Jonassen(Bothell) 10:45, 4 Adrienne Lovrick(Shorecrest) 10:47, 5 Leslie Ramstrad(Evergreen) 10:57.

05:22. In the Girls Thousand Oaks gave notice it will be tough with a 97:03 team time win over Walnut (98:07) in a race won by Kelly Buzza (Arroyo Grande) at 18:11. Vickie Cook (Alemany, Mission Hills) established a respectable course record at 17:25 in winning Race II, as Newbury Park took the team title (98:40). State Meet track competitor Denise Ball has still not put in an appearance for Newbury Park, as she is resting competitively for a month off a summer of racing in Europe.

Woodbridge Invitational

From DOUG SPECK

September 19. Mile Square Park, Fountain Valley.

This meet, where athletes race by grade, is sponsored by Irvine's newest high school and Coach George Varvas.

Divisional winners (scores from all grade levels combined) in the Boys were Tustin, Irvine and Woodbridge. Top individual efforts were Cyril Oblouk (Irvine) 15:28 in a Senior Division II win, Tustin's Mike Parker (15:36) over Rowland's Steve Perez (15:43) in a Division III senior race, and South Hills (Covina) junior Tim Cammack (15:37) in a Division I race.

Tustin was a big Division III Girls winner with 33 points, as Mira Costa's (Manhattan Beach) Laurie White raced the day's fastest in an individual 18:41 win. Irvine and Valencia took other Divisional Girls titles.

Long Beach Millikan Invitational

From DOUG SPECK

September 19. Long Beach.

Foothill High School of Santa Ana again stole the show, this meet with the boys along with the girls. The Lady Knights again took all four grade races, led by Patience Unger (17:39) and Amy Cox (18:40) in their race wins. 413 1600 runner Jeff Williams for Foothill's senior boys squad raced the day's fastest at 14:55 in leading that team to a victory.

Top 10 Male Finishers:

1	Jeff Williams (Foothill)	14:55
2	Marc Gallagos (St. John Bosco)	15:00
3	Steve Wilhelm (Palos Verdes)	15:19
4	Hauser (Santa Monica)	15:24
5	Greg Wright (Foothill)	15:25
6	Carrasco (Buena Park)	15:28
7	Bettenfield (Millikan)	15:29
8	Dion (Mission Viejo)	15:37
9	Rod McKay (Foothill)	15:46
10	Spence (Ontario)	15:47

Top 10 Female Finishers:

1	Unger (Foothill)	17:39
2	Kiernan (Los Amigos)	17:43
3	Hinrichs (Millikan)	18:12
4	Meyers (Foothill)	18:18
5	Bensh (Palos Verdes)	18:30
6	Stoltz (Palos Verdes)	18:39
7	Cox (Foothill)	18:40
8	Foyle (El Modena)	18:51
9	Vogt (Palos Verdes)	18:56
10	Higgins (Foothill)	18:58

8	K. Curry (CBS)	15:42
9	A. Tenthorpe (Cordova)	15:53
10	R. Anderson (Cordova)	15:53
11	D. Rinde (Casa Robles)	15:58
12	M. Lee (Bella Vista)	16:00

Team Scores: Jesuit 77, Bella Vista 87, Cordova 119, El Dorado 122, Del Campo 175, Carson (Reno) 184, Nevada Union 200, Reno 203, Casa Robles 205, El Camino 235, La Sierra 237, CBS 263, Highlands 305, Penderose 321.

Varsity Women (3 miles):

1	Inge Thompson (Reno)	17:34
2	D. Davis (Cordova)	18:21
3	A. Cook (Reno)	18:45
4	J. Whitehead (Reno)	18:57
5	K. McCoy (El Camino)	18:58
6	L. Miller (Carson)	19:00
7	K. Condon (Reno)	19:07
8	T. Foster (El Dorado)	19:17
9	B. Chappel (Reno)	19:21

Team Scores: Reno 21, Del Campo 88, El Dorado 88, Cordova 104, El Camino 120, Casa Robles 143, Nevada Union 145.

Sanger Invitational

From DAVE DODSON

September 25. Avocado Lake: Sanger Invitational High School Cross Country Meet.

Varsity Boys:

1	Roy Vinton (Sanger)	15:19
2	Martin Leal (Sanger)	15:35
3	David Escobar (Shafter)	15:50
4	Mark McAdams (Sierra)	15:59
5	Alfonzo Perez (Sanger)	16:05

Team Scores: Sanger 23, Shafter 49, Parlier 75, Sierra 102, Tranquillity 104.

Varsity Girls:

1	Lisa Rodriguez (Sanger)	12:07
2	Lupe Lantsberger (Sanger)	12:31
3	Kathy Lewis (Sierra)	13:07
4	Michelle Bailey (Exeter)	13:17
5	Sally Orme (San Joaquin M)	13:20

Team Scores: Sanger 21, Exeter 45, Sierra 55.

South Bay Invitational

From KEITH CONNING

September 26. Southwestern College.

Girls' Division III-1 Vista 65, 2 Monte Vista 93, 3 Valhalla 94, 4 Mt. Carmel 96, 5 Mira Mesa 107. **Individuals:** 1 Sheli Lachel(MoV) 11:16, 2 Mara Lazdana(Fallbrook) 11:39, 3 Sandy Blakeslee(Vista) 12:03, 4 Beth Warren (MoV) 12:09, 5 Suzi Tanner(Vista) 12:10. **Division II-1** Mar Vista. **Individuals:** 1 Cassey Sheppard(MarV) 12:17. **Division I-1** Coronada 28. **Individuals:** 1 Kim Sterton(Cor) 12:12.

Boys' Division III-1 Valhalla 35, 2 Monte Vista 61, 3 Mira Mesa 69, 4 Henry 139, 5 Poway 140. **Individuals:** 1 Aaron Rued(Val) 16:03, 2 Mark Sandoval(MoV) 16:07, 3 Air Schender(MoV) 16:15, 4 Dan Ouellette(Mira) 16:31, 5 John Galvan(Val) 16:39. **Division II-1** Hilltop 72, Mar Vista 85. **Individuals:** 1 Matt Clayton(MarV) 16:32, 2 Willy Guarino (MarV) 16:36. **Division I-1** La Jolla 71, 2 Ramona 74, 3 Carlsbad 87. **Individuals:** 1 Jerry Marsh(LaJollaCntryDay) 16:15, 2 Pat Green(LJ) 16:21, 3 Jose Vega(CV) 16:29.

10:28; 10. Bradburn (Madera) 10:32. **Team Times:** Fresno High 52:14; Cordova 52:54; Madera 52:58; Clovis 55:23; Clovis West 55:28; Roosevelt 57:19; Mt. Whitney 58:53.

Boys Small Schools (2 miles):

1. Gomez (Redwood) 10:05; 2. Valdez (Corcoran) 10:13; 3. M'Adayo (Sierra) 10:34; 4. Smalley (Redwood) 10:42; 5. Poppo (Corcoran) 10:42; 6. Romannazze (Redwood) 10:44; 7. Lopez (Sierra) 10:45; 8. Dillon (Redwood) 10:50; 9. Sragg (Redwood) 10:50; 10. Conley (Bullard) 10:58.

Team Times: Redwood 53:11; Corcoran 55:04; Sierra 57:31; Tranquillity 60:33.

Girls Race (2 miles):

1. Guajardo (Clovis) 12:12; 2. Hooks (Bullard) 12:24; 3. Wilcox (Clovis) 12:29; 4. Lewis (Clovis) 12:34; 5. Stebles (Clovis) 12:46; 6. Martinez (Redwood) 12:48; 7. Nielsen (Bullard) 12:51; 8. Santistevan (Roosevelt) 12:53; 9. Martinez (Reedley) 12:56; 10. Houston (Bullard) 12:58.

Team Scoring: Clovis 27; Bullard 63; Redwood 65; Mt. Whitney 81; Roosevelt 146; Immanuel 167; Sierra 176.

Women (5,000 meters): 12 Jessica Spies(San Jose Cindergals/Livermore HS) 17:57, 29 Sharon Yanine(kun, SJC) 19:09.

Royal Invitational

From DOUG SPECK

September 26. Moorpark College.

Newbury Park nipped Thousand Oaks and the field 78-81 in the boys, while the Lancers turned things around in the girls 69-99 in the Large School Division. Camarillo's 9:00 3200 runner, junior Eric Reynolds, was a big individual winner at 15:17 over TO's Derek Hatch (15:46) and Santa Barbara's Gil Delgado (15:50). Canyon (Canyon Country) was a big Division II winner with 36 points as Hueneme's Peterson was the individual winner at 15:53. Alemany (48 points) and Nordhoff of Ojai's Tony Swanger (16:03) were the Division III victors.

Palos Verdes' Ann Bensch (18:31) and Vickie Cook (17:46) took the individual girls titles. Nordhoff took the Division II girls title.

Sonora High School Invitational

From DOUG SPECK

September 26. Craig Park.

University of Irvine's girls, still without Polly Plumer who has a quadriceps problem, turned the girls Division I race into an intersquad affair. Taking six of the top seven places, the Trojans totaled 18 points-Teresa Barrios led the team with an individual 10:58.7 two mile win. The Trojan boys were also Division I titlists, with 33 to nip Cypress (Anaheim) who had 37. Swedish foreign exchange student Fredrick Hesselvick (the rich get richer!) won individually for Uni at 15:01.7 over the Cypress duo of Cornejo (15:14.0) and Feliciano (15:32.4). Mater Dei (Santa Ana) swept to a 33-71 win over Katella (Anaheim) and the field in Division II. The Monarchs seem to be coming around, with Mark McMaster (3rd-15:10.2) leading four under 15:22. Katella's Brad Clary won the race at 14:53.3.

Esperanza (Placentia) took the Division II girls title with a miniscule 27 points as Mater Dei's soph Clare Felt won at 11:52.6.

McGee(Berkeley). **Boys' Small Teams:** 1 Terra Linda 36, 2 Moreau 74, 3 Westmoor 104, 4 Piedmont 121. **Boys' Individuals:** 1 Al Rivas(Westmoor) 12:12. **Girls' Large:** 1 Terra Linda 24, 2 Berkeley 45, 3 Skyline 86. **Girls' Individuals:** 1 Robyn MacSwain(TerraLinda) 10:21, 2 Heather Watkins(Berkeley). **Girls' Small:** 1 Piedmont 28, 2 Alameda 55, 3 California 74, 4 Westmoor 115. **Girls' Individuals:** 1 Heather Ryan(Piedmont) 10:26.

Alum Rock Invitational

From KEITH CONNING

September 26. Alum Rock Park, San Jose.

225 miles Boys' Championship Division Teams: 1 Leigh 57 (won tie-breaker of better sixth runner by 2 places), 2 Bellarmine 57, 3 Amador Valley 67, 4 Lick 72, 5 Mt. Pleasant 102, 6 Monta Vista 125. **Individuals:** 1 Grant Foster(MV) 11:30.9, 2 Shawn Ayers(Bell, soph) 11:36, 3 Steve Vargas(AV) 11:40, 4 Jim LaFuerde (MP) 11:45, 5 Tracy Walker(AV) 11:49, 6 Roy Garcia(Lei) 11:50, 7 Rod Sellard(Bell) 11:59, 8 Randy Pangellina(Lick) 12:01, 9 Bill Benevento(Bell) 12:02, 10 Dave Bell(Lei) 12:04. **Boys' Teams:** 1 Bellarmine 84, 2 Mira Loma(Sacramento) 120, 3 North Monterey County 168, 4 Leland 178, 5 Lick 221, 6 Gilroy 249. **Individuals:** 1 Robert Anderson(Santa Teresa) 11:56.5, 2 James Riley(SilverCreek) 12:00, 3 Steve Pappa(ML) 12:02. **Girls' Teams:** 1 Mitty 85 (won tie-breaker of better sixth runner by 5 places), 2 Amador Valley 85, 3 Newark Memorial 130, 4 Leigh 132, 5 Leland and Milpitas 135, 7 Del Mar 138. **Individuals:** 1 Maria King(Mil) 14:11.0, 2 Jeani Fuller(MiraLoma) 14:28, 3 Amy Cathcart(AV, soph) 14:34, 4 Krista Wendt(Lei) 14:48, 5 Carla Halford(Lei) 14:54, 6 Jo Barry(Lei) 15:07, 7 Cheryl Carswell(NewarkMem) 15:08, 8 Patti Corsiglia(Mit) 15:12, 9 Bungo Kelly(Mil) 15:18, 10 Cory Schubert(DM) 15:27. **Boys' Soph:** 1 Tom Legan(Independence) 12:01.6. **Girls' Frosh/Soph:** 1 Barbara Keehner(Hill, frosh) 14:29.9.

Corona Del Mar Invitational

From DOUG SPECK

September 26.

The home tam took both the men's and women's Division I races here. The CDM girls were easy winners 36-63 over Long Beach Millikan, and the field. John Blair's men used their depth (47) to handle Rowland (73) and El Dorado (74). Rowland's Steve Perez (16:41.9) and Brawley's Martha Garcia (19:30.7) were Division I individual winners.

The Mission Viejo men (46) took Division II over Santana of San Diego (57) and Huntington Beach (69) as HB's Quinonez won individually at 16:16.2, Newport Harbor (59) was the Division II girls winner of Valencia (60) as Kathy Kiernan of Los Amigos (Garden Grove) at 19:17.8 nipped Allen of Santana (19:17.9).

Dana Hills Invitational

From DOUG SPECK

September 26. Dana Hills High School.

A number of sectional powers showed up here. Fountain Valley's guys showed its strength with big 11th and 12th grade race wins. The Barons' Bob Erickson (14:51.9) and Ned Mosher (14:55.1) went 1-2 over Tustin's Mike Parker (15:01) for the day's top times in their senior race. Ron Harris (Eisenhower, Rialto) won the Division III race for juniors at 15:13. The El Toro junior duo of Cunningham (15:12) and Farlen (15:13) had the top Division II times as Mira Costa (Manhattan Beach), Torrey Pines (San Diego), and Dana Hills took Division II team grade titles.

Barstow's soph Steve Ortiz (15:07) in winning his grade level race had the top Division I time along with Kennie Arriola (Gahr, Cerritos) 15:07 over Jose Aldana (Central, El Centro) in their 12th grade efforts. Barstow (12th & 10th) and St. Francis (La Canada)(11th) were team winners. Barstow has an awesome soph group behind Ortiz.

Edison (Huntington Beach) took the Division III girls race narrowly with 50 points over Costa Mesa (51) and Tustin (55). Edison's Kim DeVetis (17:31) raced the day's fastest in her win over Tustin's Kellie Miller (17:46). Mira Costa (Manhattan Beach) with 70 took Laguna Beach (103) in Division II as the winner's Laurie White took the race at 17:56. Victor Valley took Division I with 59 as that group's Patty Sowers led with an 18:51 win.

Sierra College Invitational

From KEITH CONNING

September 26. Rocklin.

Boys (3 miles): 1 South Tahoe 52, 2 Foothill 59, 3 Placer 76, 4 Hugg(Nev) 101, 5 Woodland 108, 6 Tracy 132, 7 Oakmont 151. **Individuals:** 1 Mark Trujillo(Hugg) 16:13.4, 2 Dominique Westlake(SouthTahoe) 16:16.0, 3 Williams (Placer) 16:19.8. **Girls' Teams:** 1 Elk Grove 57, 2 Woodland 61, 3 Placer 83, 4 South Tahoe 102, 5 Sacred Heart 102, 6 Tracy 120, 7 Oakmont 141. **Individuals:** 1 Jessica Van Leewen(EG) 18:49.3, 2 Karin Haase(ST) 18:53.7, 3 Brenda Smith(Tracy) 19:59.6.

Frogtown Invitational

From KEITH CONNING

September 27. Calaveras.

Boys (3 miles): 1 John Hancock(Stagg) 15:20, 2 Harvey Ortiz(Edison) 15:48, 3 Joss Walter(Stagg) 15:54, 4 Overgard(Lincoln) 16:01, 5 Danny Valdez(Merced) 16:09, 6 Johnson(Encina) 16:20, 7 Juan Oroco(Turlock) 16:27, 8 Tony White(Turlock) 16:35. **Junior Race 3 Miles:** 1 Dave Miller(Lodi) 16:14.

Bell-Jeff Invitational

From DOUG SPECK

October 3.

A meet that has grown to sixty schools, mostly 1A and 2A size, this affair featured a lot of races and divisions.

Chaminade's (Canoga Park) Tanya Fisher dusted 10:20 2 miler Lori Lopez (Sacred Heart, LA) 16:32 to 17:36 in their Division II girls duel. Lisa Fournier (Saugus) at 18:16 took Division I, as her team, Chaminade, and Paraclete (Lancaster) took team titles.

Larry Cahill (Saugus) raced the day's fastest boys clocking at 14:47 in his win over LA Lincoln's Jose Garcia (15:03), and Rick Battenfield (Long Beach Millikan-15:03). Westlake (with 66 over Simi's 77), Fillmore, Bell-Jeff, and Maranatha (Sierra Madre) took Division boys team titles. Brentwood's George Yuster raced a solo 15:05 to win Division 4.

Costa Mesa Invitational

From DOUG SPECK

October 3. Twinkle Park.

In a reversal of the outcome a couple of weeks back at Las Vegas, Mater Dei (Santa Ana) turned the tables on Tuba City of Arizona 46-64 (with Fountain Valley 86, El Toro 111, University of Irvine 127, and Costa Mesa 136). All seven of the Monarchs finished in the top seventeen, with the return of Bob Planta the difference this time. Ill at Vegas and a non-scorer, Bob led the team here with his 5th at 14:59. Fountain Valley's Bob Erickson won at 14:47 over Costa Mesa's Mark Howard (14:50) and Tuba City's Andy Endischew (14:51).

Irvine took Katella and South Hills 45-60-70 in the Division II boys with Cyril Obloud leading Irvine with an individual 15:08 victory. Cabrillo (Lompoc) (44) took Division I with Estancia's (Costa Mesa) Jim McCarthy the winner at 15:26.

University of Irvine's girls won again with 36 to Costa Mesa's 50 and Edison's 72. Theresa Barrios blasted a 16:47 to win over Edison's Kim DeVetis (17:41). A name reappearing for Costa Mesa was Erica LaCrosse in tenth-should Uni not get Polly Plumer back the Mesans could be a threat.

Irvine's girls also won the race, Division II with 19 points, as Barbara Vasquez led the victors with her 18:45 win. Cabrillo also won the Division I girls race with 67.

Kenny Staub Invitational

From DOUG SPECK

October 3. Crescenta Valley Park.

Foothill (Santa Ana) and the awesome depth of its girls program again starred, as the Knights totaled 33 against some good squads (San Marino 66, Newbury Park 105,

Yucaipa Invitational

From DOUG SPECK

October 3.

Soph Steve Ortiz (Barstow) continues to roll, here a 15:15 fastest of the day in winning by 52 seconds and leading his team to a 27 point total in its Division II race win. Villa Park (48) nipped Tustin (57) in Division I, Montclair scored 29 to take Division III, and Sherman Indian (58) nipped Alemany (60) in boys Division IV.

Vickie Cook (Alemany) raced 12:03 to win Division III, Victor Valley's Patty Sowers won Division I at 12:39. Tustin showed its girls team strength with a 23 point total in Division I, Arlington, Bishop Amat, and Apple Valley took other divisions.

Nevada Union Invitational

From CAL PISTON

October 3. Grass Valley.

Varsity Boys (3 miles): 1 Harold Kuphaldt(Bella Vista) 14:58 (new course record, old record 15:13 set in 1972 by Dave Taylor, Merced), 2 Don Merwin(Hayfork) 15:44, 3 Steve Leach(Reed) 15:48, 4 *Mike Larson(DelCampo) 15:51, 5 Renee Perez(Woodland) 15:53, 6 Dean Rinde (CasaRoble) 15:59, 7 Teddy Kunda(Cordova) 16:01, 8 Brett Stauffer(Jesuit) 16:06, 9 Roberto Cazares (Vacaville) 16:08, 10 Randy Anderson(Casa Roble) 16:10. (131 finishers) **Varsity Boys Teams:** 1 Reed 76, 2 Bella Vista 86, 3 Jesuit 112, 4 Cordova 130, 5 Vacaville 136, 6 Del Campo 148, 7 Davis 185, 8 Casa Roble 204, 9 Reno 205, 10 Woodland 208, 11 Del Oro 230, 12 Nevada Union 266, 13 San Juan 345. **Varsity Girls (3 miles, 112 finishers):** 1 Inga Thompson(Reno) 17:38, 2 Lauretta Miller(Carson) 18:51, 3 **McDowell(DelOro) 18:52, 4 **Stacey McAfee(DelOro) 19:00, 5 Darlene Davis(Cordova) 19:06, 6 A. Cook(Reno) 19:12, 7 Laurie Bushling(YubaCity) 19:13, 8 Bety Tirapelli(Encina) 19:21, 9 S. Whitehead(Reno) 19:23, 10 Lisa Davis(NevadaUnion) 19:26. **Varsity Girls' Teams:** 1 Reno 33, 2 Del Oro 73, 3 Del Campo 100, 4 Carson 106, 5 El Camino 147, 6 Shasta 153, 7 Cordova 176, 8 San Juan 213, 9 Placer 252, 10 Nevada Union 258, 11 Davis 262.

San Ramon Invitational

From KEITH CONNING

October 3. Danville. 1.75 mile.

Boys' Large: 1 Northgate 46, 2 San Ramon 49, 3 Livermore 84, 4 Ygnacio Valley 145, 5 Antioch 153, 6 Miramonte 159, 7 Skyline 164, 8 College Park 171, 9 Irvington 217, 10 Clayton Valley 273. **Individuals:** 1 Tom Cote(SR) 8:07, 2 Tim Berry(VY) 8:09, 3 Leo Scott(SR) 8:18, 4 Rick Horne(NGL) 8:27, 5 John Wichele(NGL) 8:29, 13 Encinal 375. **Individuals:** 1 John Morse(LL) 8:19, 2 Dan McComb(DLS) 8:29, 3 Tony Garcia(DLS) 8:30, 4 Marco Margiotta(LL) 8:32, 5 J. L. Briggs(Nov) 8:33, 6 Wilson(Nov) 8:33, 7 Anelli (DLS) 8:36, 8 Dunn(SV) 8:37, 9 Latting (ALH) 8:38, 10 Austin(LL) 8:39. **Girls Large:** 1 Miramonte 34, 2 Chico 86, 3 Skyline 94, 4 California 96, 5 Livermore 140, 6 Antioch 142, 7 Ygnacio Valley 164, 8 Northgate 194, 9 San Ramon 219, 10 College Park 272. **Individuals:** 1 Marilyn Davis(Mir) 9:39, 2 Wendy Shner(Mir) 9:57, 3 Susie Ames(Cal) 10:03, 4 S. Banfield(NG) 10:18, 5 M. Manasewitsch(NG) 10:18, 6 Janice Bishop(ML) 10:27, 7 Green(Antioch JH) 10:33, 8 Halsey(Mir) 10:37, 9 Annette Batley(Cal) 10:40, 10 Christy(Sky) 10:50. **Girls Frosh/Soph Large:** 1 Rogers(Concord) 10:05, 2 Bradbury(Chico) 10:48, 3 Foster(Clayton Valley) 10:50. **Girls' Small:** 1 Piedmont 46, 2 Alameda 52, 3 Las Lomas 87, 4 Encinal 87, 5 Alhambra 116, 6 Hayward 149, 7 Novato 179, 8 Sonoma Valley 217. **Individuals:** 1 Paige Tully (Alh) 9:55, 2 Missy Moore(Pied) 10:07, 3 Mary Ann Morse(LL) 10:13, 4 Jill Ellingson(Hay) 10:15, 5 Ann Ratto(Ala) 10:23, 6 Keller(Pied) 10:28, 7 Thomas(Ala) 10:31, 8 Carne(Ala) 10:33, 9 Culligan 10:33, 10 Thatcher(Enc) 10:36.

Artichoke Invitational

From KEITH CONNING

October 3. Half Moon Bay High School.

Boys' Large Schools (2.3 miles)

180 finishers	
1 Bryan Carroll(Douglas, NV)	11:11
2 Sam Skinner(Redwood)	11:17
3 Gary Lewis(Gunderson)	11:25
4 Kyle Kessler(CastroValley)	11:27
5 Grant Foster(MontaVista)	11:32
6 Shawn Ayers(Bellarmine)	11:35
7 Brian Butterfield(Lassen)	11:36
8 Jim Gaffield(El Cerrito)	11:36
9 Kent Iglehart(Gunn)	11:37
10 Steve Vargas(AdadorVly)	11:37
11 Tracy Walker(AdadorVly)	11:38
12 Ron Gomez(Carlmont)	11:40
13 Steve Mayberry(CastroVly)	11:43
14 Mike Livingston(WillowGlen)	11:46
15 David Livingston(WillowGlen)	11:49
16 Brian Bergstrom(LosGatos)	11:50
17 Roger Daniels(Berkeley)	11:50
18 Darryl Grimm(LosGatos)	11:51
19 Mike Anderson(Carlmont)	11:52
20 Steve Johnson(Leigh)	11:53
21 Chris Craig(Leigh)	11:53
22 Roy Garcia(Leigh)	11:56
23 Eric Farwell(El Cerrito)	11:59
24 Jim Bloomer(El Cerrito)	12:01

Boys' Large Schools Team Note: Los Gatos was credited with the finish position of a Saratoga runner. Thus Los Gatos moves from second to fourth and Saratoga moves from tenth to sixth. Thanks go to Tim Kuta and Peter Jensen of Castro Valley, who discovered the error.

1 Adador Valley 150, 2 Leigh 170, Castro Valley 191, 4 Los Gatos 207, 5 El Cerrito 214, 6 Saratoga 220, 7 Granada 245, 8 Carlmont 246, 9 Bellarmine 256, 10 Aragon 274.

Girls' Individuals (2.3 miles)

221 finishers

1 Robyn MacSwain(TerraLinda)	13:19
2 Laura Starrett(Redwood)	13:24
3 Susan Brodie(St. Francis)	13:47
4 Val Knafelc(Carondelet)	13:57
5 Kim Himines(St.Francis)	13:58
6 Noreen DeBettencourt(Carondelet)	14:01
7 Amy Cathcart(AdadorVly)	14:02
8 Marcy Holzgang(TerraLinda)	14:09
9 Krista Wendt(Leigh)	14:10
10 Kathy Daley(Granada)	14:10
11 Heather Watkins(Berkeley)	14:12
12 Connie Buckler(Saratoga)	14:16
13 Susan Radford(Saratoga)	14:21
14 Jeanie Fuller(MiraLoma)	14:23
15 Esther Berndt(Gunn)	14:23
16 Cheryl Carswell(Memorial)	14:23
17 Mary Roach(MarinCatholic)	14:23
18 Kathleen Bonnet(Saratoga)	14:25
19 Nancy Reese(TerraLinda)	14:26
20 Lisa Horve(Carlmont)	14:27
21 Colleen Strout(Carondelet)	14:28
1 St. Francis 97, 2 Carondelet 113, 3 Terra Linda 127, 4 Granada 235, 5 Berkeley 256, 6 Adador Valley 324, 7 Carlmont 364, 8 Burlingame 379, 9 Leigh 384, 10 Mitty 409, 11 Mills and HMB 432.	

Boys' Small Schools (2.3 miles)

1 Scott Marconda(Menlo)	11:29
2 Scott Bishop(SanLuisObispo)	11:30
3 Rich Brown(SanLuisObispo)	11:34
4 Randy Pangalina(Lick)	11:52
5 Frank Munoz(Lick)	11:53
6 Al Rivas(Westmoor)	12:01
1 Lick 100, 2 Terra Linda 106, 3 Half Moon Bay 150, 4 San Luis Obispo 156, 5 Tamalpais 185, 6 Mira Loma 202, 7 North Monterey County 233, 8 Moreau 256, 9 Menlo 289, 10 Westmoor 294.	

bra 292, 13 Encinal 375. **Individuals:** 1 John Morse(LL) 8:19, 2 Dan McComb(DLS) 8:29, 3 Tony Garcia(DLS) 8:30, 4 Marco Margiotta(LL) 8:32, 5 J. L. Briggs(Nov) 8:33, 6 Wilson(Nov) 8:33, 7 Anelli (DLS) 8:36, 8 Dunn(SV) 8:37, 9 Latting (ALH) 8:38, 10 Austin(LL) 8:39. **Girls Large:** 1 Miramonte 34, 2 Chico 86, 3 Skyline 94, 4 California 96, 5 Livermore 140, 6 Antioch 142, 7 Ygnacio Valley 164, 8 Northgate 194, 9 San Ramon 219, 10 College Park 272. **Individuals:** 1 Marilyn Davis(Mir) 9:39, 2 Wendy Shner(Mir) 9:57, 3 Susie Ames(Cal) 10:03, 4 S. Banfield(NG) 10:18, 5 M. Manasewitsch(NG) 10:18, 6 Janice Bishop(ML) 10:27, 7 Green(Antioch JH) 10:33, 8 Halsey(Mir) 10:37, 9 Annette Batley(Cal) 10:40, 10 Christy(Sky) 10:50. **Girls Frosh/Soph Large:** 1 Rogers(Concord) 10:05, 2 Bradbury(Chico) 10:48, 3 Foster(Clayton Valley) 10:50. **Girls' Small:** 1 Piedmont 46, 2 Alameda 52, 3 Las Lomas 87, 4 Encinal 87, 5 Alhambra 116, 6 Hayward 149, 7 Novato 179, 8 Sonoma Valley 217. **Individuals:** 1 Paige Tully (Alh) 9:55, 2 Missy Moore(Pied) 10:07, 3 Mary Ann Morse(LL) 10:13, 4 Jill Ellingson(Hay) 10:15, 5 Ann Ratto(Ala) 10:23, 6 Keller(Pied) 10:28, 7 Thomas(Ala) 10:31, 8 Carne(Ala) 10:33, 9 Culligan 10:33, 10 Thatcher(Enc) 10:36.

Point Loma

Vista 155. **Boys Individuals:** 1 Williams(Foothill) 13:35, 2 Oulette(MiraMesa) 13:40, 3 Ruud(Vaihallia) 13:46, 4 Galvan (Vaihallia) 13:49, 5 Sandoval(Monte Vista) 13:55. **Boys Division 3:** 1 Torrey Pines 75. **Individuals:** 1 Aldana(Central) 13:49. **Girls Division 4 Teams:** 1 Vista 57, 2 Monte Vista 60, 3 Mt. Carmel 78, 4 Vaihallia 93, 5 Mira Mesa 104. **Individuals:** 1 Lache(MonteVista) 15:28, 2 Blakeslee(Vista) 16:41, 3 Allen(Santana) 17:01, 4 Dibos(Helix) 17:08, 5 Bates(MiraMesa) 17:09. **Division 3:** 1 Torrey Pines 79, Orange Glen 79. **Individuals:** 1 Lazdams(Fallbrook) 16:17, 2 Atzet(TorreyPines) 17:09. **Division 1:** 1 Sterton (Coronado) 16:49. **Sweepstakes Winners-Mt. Carmel, Monte Vista.** Event sponsored by University City High School.

Bridge-to-Bridge Run

From KEITH CONNING

October 4. San Francisco. 8 Miles.

Boys 16 & under: 1 Tim Davila(Granada HS) 44:39. **Boys 16 & under:** 1 Cynthia Cane

September 26. Rocklin.

3 Miles Boys' Teams: 1 South Tahoe 52, 2 Foothill 59, 3 Placer 76, 4 Hugg(Nev) 101, 5 Woodland 108, 6 Tracy 132, 7 Oakmont 151. **Individuals:** 1 Mark Trujillo(Hugg) 16:13.4, 2 Dominique Westlake(SouthTahoe) 16:16.0, 3 Williams (Placer) 16:19.8. **Girls' Teams:** 1 Elk Grove 57, 2 Woodland 61, 3 Placer 83, 4 South Tahoe 102, 5 Sacred Heart 102, 6 Tracy 120, 7 Oakmont 141. **Individuals:** 1 Jessica Van Leewen(EG) 18:49.3, 2 Karin Haase(ST) 18:53.7, 3 Brenda Smith(Tracy) 19:59.6.

Frogtown Invitational

From KEITH CONNING

September 27. Calaveras.

Boys (3 miles): 1 John Hancock(Stagg) 15:20, 2 Harvey Ortez(Edison) 15:48, 3 Joss Walter(Stagg) 15:54, 4 Overgard(Lincoln) 16:01, 5 Danny Valdez(Merced) 16:09, 6 Johnson(Encina) 16:20, 7 Juan Oroscos(Turlock) 16:27, 8 Tony White(Turlock) 16:35. **Junior Race 3 Miles:** 1 Dave Miller(Lodi) 16:14.

Hanford Invitation'

October 2, Hanford: Hanford High School Invitational Cross Country Meet.

Boys 3 Miles:

1 Jim Pettis (Porterville)	14:52
2 David Perez (Roosevelt)	14:53
3 Roy Vinton (Sanger)	14:53
4 Ray Gomez (Redwood)	15:08
5 Jesse Valdez (Corcoran)	15:16
6 Ernie Garcia (Fresno HS)	15:21
7 Jose Caballero (Madera)	15:24
8 Mark Beebe (Fresno HS)	15:28
9 Larry Bayless (Foothill)	15:28
10 Martin Leal (Sanger)	15:29

Team Scoring: Madera 76, Fresno High 90, Redwood 99, Sanger 105, West Bakersfield 108, Mt. Whitney 199, Clovis West 211, Roosevelt 213, Tulare 265, Lemoore 275, Delano 278, Hanford 310, Foothill 366, Reedley 381, Tulare Western 406, Selma 453.

Girls 2 Mile:

1 Cynthia Rogers (Mt. Whitney)	11:20
2 Chris Martinez (Redwood)	11:45
3 Theresa Mayfield (Lemoore)	11:48
4 Lupe Rodriguez (Sanger)	11:54
5 Becky Soto (McFarland)	11:56
6 Stacy Chavez (West)	12:04
7 Linda Hooke (Bullard)	12:06
8 Sylvia Santistevan (Roosevelt)	12:07
9 Yolanda Martinez (Reedley)	12:09
10 Sandy Rosten (West Bakers)	12:13

Team Scores: Mt. Whitney 79, West Bakersfield 81, Redwood 107, Bullard 114, Lemoore 150, Sanger 177, Tulare 177, Hanford 185, Roosevelt 219, Reedley 298, San Joaquin Memorial 320, Porterville 367, Foothill 389, Clovis West 395.

and Tuba City's Andy Endisch (14:51). Irvine took Katella and South Hills 45-60-70 in the Division II boys with Cyril Obloud leading Irvine with an individual 15:08 victory. Cabrillo (Lompoc) (44) took Division I with Estancia's (Costa Mesa) Jim McCarthy the winner at 15:26.

University of Irvine's girls won again with 36 to Costa Mesa's 50 and Edison's 72. Theresa Barrios blasted a 16:47 to win over Edison's Kim DeVetis (17:41). A name reappearing for Costa Mesa was Erica LaCrosse in tenth-should Uni not get Polly Plumer back the Mesans could be a threat.

Irvine's girls also won the race, Division II with 19 points, as Barbara Vasquez led the victors with her 18:45 win. Cabrillo also won the Division I girls race with 67.

Kenny Staub Invitational

From DOUG SPECK

October 3. Crescenta Valley Park.

Foothill (Santa Ana) and the awesome depth of its girls program again starred, as the Knights totalled 33 against some good squads (San Marino 66, Newbury Park 105, Palos Verdes 115, Thousand Oaks 131). Patience Unger blasted to an 18:11 win with the rest of the squad not far back.

The Crescenta Valley boys, led by Jeff Hollyfield's win in 15:25 and Kevin Floyd's third at 15:41 were a surprising team winner with 101 over Newbury Park (105), Arroyo, El Monte (119), Palos Verdes (129), and Thousand Oaks and Dos Pueblos (140). Sean Nugent (Culver City) was sandwiched in second at 15:38.

St. Francis (La Canada) and Crespi (Encino) were other divisional boy team winners, while Laguna Beach took the Division II girls race.

Esperanza HS Invitational

From DOUG SPECK

October 3.

In a meet where seven score there were two divisions in the boys and girls.

Buena Park handled the field in Division I boys with 115 points over Canyon of Anaheim's 163, as Canyon's Ross (14:27) took Buena Park junior Eddie Carrasco (14:37).

El Modena (Orange) took Division II with 125 over Cypress (Anaheim) 147, and Walnut's 149. Mission Viejo's Chris Cion won in 14:16 over the host's Lawrence (14:25).

Canyon of Anaheim took the girls Division I with 125 points over Laguna Hills (141) with St. Bernards (Playa del Rey) Harper with individual winner at 17:52.

The host school with 99 nipped Walnut (101) in the Division II girls as April Acosta (Walnut - 17:14) nipped Esperanza's Valdez (17:14) for the individual win.

San Ramon Invitational

From KEITH CONNING

October 3. Danville. 1.75 mile.

Boys' Large: 1 Northgate 46, 2 San Ramon 49, 3 Livermore 84, 4 Ygnacio Valley 145, 5 Antioch 153, 6 Miramonte 159, 7 Skyline 164, 8 College Park 171, 9 Irvington 217, 10 Clayton Valley 273. **Individuals:** 1 Tom Cole(SR) 8:07, 2 Tim Berry(YV) 8:09, 3 Leo Scott(SR) 8:18, 4 Rick Horne(NG) 8:27, 5 John Wichelmy(NG) 8:29, 6 Chaney(CP) 8:35, 7 Jim Howard (NG) 8:37, 8 Mike Lego(L) 8:39, 9 Charlie Cypher(Sky) 8:41, 10 Moore(NG) 8:43. **Boys' Small:** 1 DeLaSalle 39, 2 Las Lomas 50, 3 Novato 116, 4 California 144, 5 Hayward 161, 6 Sonoma Valley 171, 7 Piedmont 176, 8 Alameda 178, 9 Mt. Diablo 231, 10 St. Vincent's 251, 11 Monte Vista 280, 12 Alham-

bra 292, 13 Encinal 375. **Individuals:** 1 John Morse(LL) 8:19, 2 Dan McComb(DLS) 8:29, 3 Tony Garcia(DLS) 8:30, 4 Marco Margiotta(LL) 8:32, 5 J. L. Briggs(Nov) 8:33, 6 Wilson(Nov) 8:33, 7 Anelli (DLS) 8:36, 8 Dunn(SV) 8:37, 9 Latting (ALH) 8:38, 10 Austin(LL) 8:39. **Girls Large:** 1 Miramonte 34, 2 Chico 86, 3 Skyline 94, 4 California 96, 5 Livermore 140, 6 Antioch 142, 7 Ygnacio Valley 164, 8 Northgate 194, 9 San Ramon 219, 10 College Park 272. **Individuals:** 1 Marilyn Davis(Mir) 9:39, 2 Wendy Shner(Mir) 9:57, 3 Susie Ames(Cal) 10:03, 4 S. Banfield(NG) 10:18, 5 M. Manasewitsch(NG) 10:18, 6 Janice Bishop(Liv) 10:27, 7 Green(Antioch JH) 10:33, 8 Halsey(Mir) 10:37, 9 Annette Batley(Cal) 10:40, 10 Christy(Sky) 10:50. **Girls Frosh/Soph Large:** 1 Rogers(Concord) 10:05, 2 Bradbury(Chico) 10:48, 3 Foster(Clayton Valley) 10:50. **Girls' Small:** 1 Piedmont 46, 2 Alameda 52, 3 Las Lomas 87, 4 Encinal 87, 5 Alhambra 116, 6 Hayward 149, 7 Novato 179, 8 Sonoma Valley 217. **Individuals:** 1 Paige Tully (Alh) 9:55, 2 Missy Moore(Pied) 10:07, 3 Mary Ann Morse(LL) 10:13, 4 Jill Ellingson(Hay) 10:15, 5 Ann Ratto(Ala) 10:23, 6 Keller(Pied) 10:28, 7 Thomas(Ala) 10:31, 8 Cane(Ala) 10:33, 9 Culligan 10:33, 10 Thatcher(Enc) 10:36.

Point Loma Invitational

From KEITH CONNING

October 3. Point Loma College, San Diego. **Boys Division 4 teams:** 1 Monte Vista 60, 2 Valhalla 65, 3 Mira Mesa 79, 4 Foothill 82, 5

Vista 155. **Boys Individuals:** 1 Williams(Foothill) 13:35, 2 Oulette(MiraMesa) 13:40, 3 Ruud(Valhalla) 13:46, 4 Galvan (Valhalla) 13:49, 5 Sandoval(Monte Vista) 13:55. **Boys Division 3:** 1 Torrey Pines 75. **Individuals:** 1 Aldana(Central) 13:49. **Girls Division 4 Teams:** 1 Vista 57, 2 Monte Vista 60, 3 Mt. Carmel 78, 4 Valhalla 93, 5 Mira Mesa 104. **Individuals:** 1 Lachel(MonteVista) 15:28, 2 Blakeslee(Vista) 16:41, 3 Allen(Santana) 17:01, 4 Dibos(Helix) 17:08, 5 Bates(MiraMesa) 17:09. **Division 3:** 1 Torrey Pines 79, Orange Glen 79. **Individuals:** 1 Lazdams(Fallbrook) 16:17, 2 Atzet(TorreyPines) 17:09. **Division 1:** 1 Sterton (Coronado) 16:49. **Sweepstakes Winners-Mt. Carmel, Monte Vista.** Event sponsored by University City High School.

Bridge-to-Bridge Run

From KEITH CONNING

October 4. San Francisco. 8 Miles. **Boys 16 & under:** 1 Tim Davila(Granada HS) 44:39. **Girls 16 & under:** 1 Cynthia Cane (Alameda) 56:43.

ARE YOU HOSTING A RUN OR MEET?

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

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Name of Event _____

Type of Event: long distance run track meet cross country other _____

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: California Track & Running News, P.O. Box 6103, Fresno, CA 93703

Carlmont Invitational

From KEITH CONNING

October 5.

Boys Individual: 1 Iglehart(Gunn) 9:55, 2 Gomez(Carlmont) 9:58, 3 Anderson(Carlmont) 10:15. **Girls Individual:** 1 Berndt(Gunn) 9:59, 2 Horve(Carlmont) 10:11.

Montebello Invitational

From DOUG SPECK

October 10. Legg Lake.

In this "by-grade" invitational at Legg Lake, honors were pretty well divided. Arroyo (El Monte) showed its depth with three in the top five of the senior race (won by Pioneer of Whittier's Salas in 15:14), and 1-2 sophomore finishes (Mike Perez of 10:00 2 mile winner). Warren of Downey had the junior winner in Bradbury (15:25).

Last year's CIF-SS 3A individual winner Leslie White (now a 2A-er with her Orange League and Sonora HS) won the Junior-Senior girls race at 11:21 over a rejuvenated Kathy Biner (Bishop Amat, La Puente) 11:25.

Roller Coaster Relays

From KEITH CONNING

October 10. Auburn, Washington.

Boys (2.41 miles): 1 Curt Corvin(Lakes) 11:49 (new meet record), 2 J. Ehlers(Washington) 12:16, 3 D. Williams(Curtis) 12:23, 4 J. Konsmo(Puyallup) 12:27, 5 K. Cathcart(Cent.Kitsap) 12:31. **Girls:** 1 Kris Katterhagen(Bellarmine) 14:06 (she finished fourth in the Kinney Western Regional last year), 2 V. Dumond(Newport) 14:20, 3 L. Ramstad(Evergreen) 14:28, 4 M. Swanson(Auburn) 14:31, 5 P. Ley(GigHarbor) 14:34.

Dos Pueblos Invitational

From DOUG SPECK

October 10. Dos Pueblos High School, Goleta.

Another "by-grade meet"(there's getting to be a lot of these) that attracts a number of top schools. Thousand Oaks and the home school provided the individual boys winners. Thousand Oaks' John Achenback (15:47) took the senior race over DP's Jed Stupek (15:52), while Derek Hatch took junior honors for TO at 15:52. Royal of Simi was the senior team titlist (another good Maramonte League

Crystal Springs Invitational

From KEITH CONNING

October 10. Belmont.

Championship Varsity Boys Teams (2.93 miles): 1 Leigh 39, 2 Lick 67, 3 Gunderson 82, 4 Mt. Pleasant 97, 5 Serra "B" 142, 6 Bellarmine "B" 146, 7 Christian Bros. (Sac) 154. **Individuals:** 1 Gary Lewis(Gunderson) 15:12, 2 David Livingston(Willow Glen) 15:20, 3 Jim LaFuerite (Mt. Pleasant) 15:25, 4 Rod Curry(Christian Bros) 15:28, 5 Steve Johnson(Leigh) 15:32, 6 Orlando Biggs(Gunderson) 15:34, 7 Frank Munoz(Lick) 15:44, 8 Dave Bell(Leigh) 15:47, 9 Roy Garcia(Leigh) 15:50, 10 Terry Shamada (Leigh, soph) 15:51. **Varsity Boys Teams:** 1 Granada (Livermore) 52, 2 Leland 90, 3 St. Elizabeth (Oakland) 108, 4 Hillsdale 122, 5 Skyline (Oakland) 129, 6 San Mateo 132, 7 Overfelt 151, 8 Del Mar 202, 9 Hayward 215, 10 Capuchino 220. **Individuals:** 1 John Victor(PincoeVly) 15:46, 2 Kevin Abbey (Hillsdale) 15:48. **Girls Teams:** 1 Del Campo (Carmichael) 50, 2 Granada 65, 3 Leigh 131, 4 Del Mar 148, 5 Lick 152, 6 Skyline 153, 7 Leland 161, 8 Wilcox 162, 9 Washington (Fremont) 193, 10 Sacred Heart 238. **Individuals:** 1 Barbara Keehner (Hill, frosh) 18:40, 2 Deean Self (Del Campo) 18:52, 3 Kathy Daley (Granada) 18:57, 4 Krista Wendt(Leigh) 19:15, 5 Carla Halford(Leland) 19:20, 6 Heidi Ertl (Pinole) 19:21, 7 Cindy Pierce(Jefferson) 19:34, 8 Janet Beazleton(Vacaville) 19:39, 9 Sheri Reeves (Del Campo) 19:40, 10 Jo Barry(Leigh) 19:47.

Frosh/Soph: 1 Joni Mooney(Vacaville) 18:45.

Righetti Invitational

From DOUG SPECK

October 10. Waller Park, Santa Maria.

Dual meet scores for the first couple of teams in each of the three boys divisions was the story here. Santa Barbara nipped Crescenta Valley 31-45 in Division I, Righetti (Santa Maria) took Lompoc 30-45 in II, and

8th Annual Stanford Invitational

From KEITH CONNING

October 12. Stanford Golf Course.

Varsity Boys "A" (5,000 meters) 238 finishers

1 Harold Kuphardt(BellaVista)	15:35.2
2 Bryan Carroll(Douglas,NV)	15:49.9
3 Tim Berry(YgnacioValley)	15:52.7
4 Kyle Kessler(CastroVly)	15:53.9
5 Kent Iglehart(Gunn)	15:54.8
6 Scott Marcondia(MenloSchool)	15:55.6
7 Steve Mayberry(CastroVly)	15:59.4
8 Brett Stauffer(Jesuit)	16:00.2
9 Randy Anderson(CasaRoble)	16:01.8
10 Roger Daniels(Berkeley)	16:02.2
11 Sam Skinner(Redwood)	16:02.9
12 Dean Rinde(CasaRoble)	16:05.3
13 Scott Hakeman(ElDorado)	16:08.4
14 Ron Gomez(Carlmont)	16:11.9
15 Mike Anderson(Carlmont)	16:12.5
16 Ric Allen(ElDorado)	16:14.1
17 Sean Ayers(Bellarmine)	16:14.5
18 James Gaffield(ElCerrito)	16:16.0
19 Wayne Bratten(Vacaville)	16:16.8
20 Rick Horne(Northgate)	16:17.1
21 Rod Sellard(Bellarmine)	16:19.5
22 Brian Bergstrom(LosGatos)	16:21.3

23 Bill Benevento(Bellarmine)	16:23.6
24 Darryl Grimm(LosGatos)	16:26.0
25 Eric Farwell(ElCerrito)	16:30.5
"A" Teams (34 teams): 1 Bellarmine 123, 2 Castro Valley 170, 3 El Dorado, Placentia 186, 4 Leigh 193, 5 Northgate 203, 6 Los Gatos 215, 7 Jesuit 228, 8 Bella Vista 242, 9 El Cerrito 257, 10 Carlmont 290, 11 Vacaville 307, 12 Livermore 310, 13 Acalanes 375, 14 Saratoga 387, 15 Berkeley 392, 16 Terra Linda 441, 17 Casa Roble 463, 18 Antioch 507, 19 Mission San Jose 511, 20 Lynbrook 540.	

Varsity Girls "A" (5,000 meters) 220 finishers

1 Marilyn Davis(Miramonte)	18:00.7
2 Lori Shanoff(Petaluma)	18:24.5
3 Robyn MacSwain(TerraLinda)	18:45.9
4 Laura Starrett(Redwood)	18:51.0
5 Susan Brodie(St. Francis)	19:02.0
6 Wendy Wihner(Miramonte)	19:06.6
7 Laura Cattiugra(MiraCosta)	19:07.0
8 Laurie White(MiraCosta)	19:16.7
9 Valerie Knafelc(Carondelet)	19:19.5
10 Danise Rogers(Concord)	19:20.6
11 Noreen DeBettencourt(Carondelet)	19:23.7
12 Heather Watkins(Berkeley)	19:24.1
13 Cholly Mills(Acalanes)	19:25.2
14 Ann Bertucci(Petaluma)	19:34.8
15 Judy Peters(Westmont)	19:45.3
16 Marcy Holzgang(TerraLinda)	19:50.3
17 Kim Himines(St.Francis)	19:51.7
18 Susan Radford(Seaside)	19:57.4
19 Connie Buckler(Saratoga)	20:00.7
20 Nancy Reese(TerraLinda)	20:02.3
21 Krista Wendt(Leigh)	20:05.1
22 Helen Lehman(ElCerrito)	20:05.5

23 Dana Whitney(MissionSanJose)	20:06.3
24 Michelle Hopkins(MiraCosta)	20:09.3
25 Kathy Bonnet(Saratoga)	20:11.0

Others:

41 Maria King(Milpitas) 20:35.1
Varsity Girls "A" Teams: 1 Terra Linda 115, 2 St. Francis 121, 3 Mira Costa (MB) 128, 4 Carondelet 145, 5 Petaluma 190, 6 Miramonte 210, 7 Merced 278, 8 Carlmont 380, 9 Saratoga 402, 10 Los Gatos 410, 11 Bella Vista 413, 12 Cupertino 416, 13 Berkeley 417, 14 Lynbrook 435, 15 Castro Valley 439, 16 Milpitas 465, 17 Antioch 475, 18 Casa Roble 478, 19 Acalanes 491, 20 El Cerrito 525.

Varsity Boys "B" (132 finishers)

1 Julio Villalobos(SoPasadena)	16:24
2 Dan McComb(DeLaSalle)	16:29

Varsity Boys "B" Teams (18 teams): 1 De La Salle 30, 2 South Pasadena 66, 3 Piner 106.

Varsity Girls "B" (74 finishers)

1 Laurie Hollingworth(Piner)	19:13.7
2 Cathy Dubey(Piner)	19:55.7

Varsity Girls "B" Teams (9 teams): 1 Mitty 52, 2 Piner 55, 3 Drake 66.

Frosh/Soph Boys (234 finishers):

1 Eugene Tung(Saratoga)	16:47.6
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Frosh/Soph Girls (67 finishers):

(Wrong Course)	
1 Doniece Johnson(Berkeley)	18:21.7

October 10.

Women 5,000 meters: 24 Jessica Spies(San Jose Cindergals/Livermore HS) 18:13, 75 Kathleen Bonney(un, San Jose Cindergals/Saratoga HS) 20:22.

Maria Duncan Memorial Run

From KEITH CONNING

October 10. Browns Ravine, Folsom Lake.

Girls Teams (2.6 miles): 1 El Dorado 15, 2 Vanden 40. **Individuals:** 1 Foster (El Dorado) 17:10. **Boys Teams:** 1 El Dorado 20, 2 Vanden 47, 3 Ponderosa 72. **Individuals:** 1 Hansen (El Dorado) 13:53.

Journal Jog

From KEITH CONNING

October 11. Reno, Nevada.

Women (5 miles): 1 Inga Thompson(Reno HS) 27:58.4. **Male 10-14:** 1 Mike Wall(Susanville) 26:54.4 (son of Lassen HS coach). **Male 15-18:** 1 Brian Butterfield(Lassen HS, Susanville) 26:22.9.

Rio Linda Invitational

From KEITH CONNING

October 17. Gibson Ranch.

Large School Boys: 1 Harold Kuphardt(BellaVista) 15:11, 2 John Hansen(ElDorado) 15:25, 3 Teddy Kunda (Cordova) 15:37, 4 Wayne Bratten(Vacaville) 15:46, 5 Dean Rinde(CasaRoble) 15:54, 6 Roberto Cazars (Vacaville) 15:57, 7 Rod Curry(Christian Bros) 15:58, 8 Andre Tenthoey(Cordova), 9 Mike Lee(BellaVista), 10 Rick Anderson(Cordova) 16:15. (89 teams finished) **Teams:** 1 Bella Vista 66, 2 Cordova 74, 3 Vacaville 86, 4

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October 10. Auburn, Washington.
Boys (2.41 miles): 1 Curt Corvin(Lakes) 11:49 (new meet record), 2 J. Ehlers(Washington) 12:16, 3 D. Williams(Curtis) 12:23, 4 J. Konsmo(Puyallup) 12:27, 5 K. Cathcart(Cent.Kitsap) 12:31. Girls: 1 Kris Katterhagen(Bellarmine) 14:06 (she finished fourth in the Kinney Western Regional last year), 2 V. Dumond(Newport) 14:20, 3 L. Ramstad(Evergreen) 14:28, 4 M. Swanson(Auburn) 14:31, 5 P. Ley(Gig Harbor) 14:34.

Dos Pueblos Invitational

From DOUG SPECK

October 10. Dos Pueblos High School, Goleta.

Another "by-grade meet" (there's getting to be a lot of these) that attracts a number of top schools. Thousand Oaks and the home school provided the individual boys winners. Thousand Oaks' John Achenback (15:47) took the senior race over DP's Jed Stupek (15:52), while Derek Hatch took junior honors for TO at 15:52. Royal of Simi was the senior team titlist (another good Maramonte League team???) and TO won the junior race. DP's Tong Moua was the soph individual winner at 16:01, while Blaney led the frosh two mile at 12:09—DP took the two youngest team titles.

Soph Carol Irving (San Marino) had the girls top time at 18:57 in leading her squad to a grade win. TO's Diane Fairman and Jeanne Murphy tied in the senior race at 19:13 as their squad took the team title. Alexia Soutsos (Wilson, Long Beach) took the junior race at 19:29. DP's Anderson took the frosh race at 14:27 and the Chargers took that team title. Word was that San Marino's better girls were home for SAT tests.

Aptos Invitational

From KEITH CONNING

October 10. Aptos High School.

Large School Boys Teams (2.5 miles): 1 Los Gatos 35, 2 Cordova 58, 3 Monta Vista 99, 4 Westmoor 145, 5 Prospect 158, 6 Soquel 187, 7 Gilroy 204, 8 Monterey 208, 9 Watsonville 222, 10 Santa Teresa 259. Individuals: 1 Grant Foster(Monta Vista) 12:25 (course record; previous record 12:32, Vance Eberly, Los Gatos, 1976; and Felix Soto, Mt. Pleasant, 1977), 2 Brian Bergstrom(LosGatos) 12:37, 3 Ted Kunda(Cordova) 12:43, 4 Darryl Grimm (Los Gatos) 12:57, 5 Rick Anderson(Cordova) 12:59, 6 Steve Wells(LosGatos) 13:04, 7 Ed Flores(Prospect) 13:07, 8 Andre Tenthorpy(Cordova) 13:08, 9 Al Rivas(Westmoor) 13:20, 10 Lance Dustin(Soquel) 13:23. Small School Boys Teams: 1 Half Moon Bay 59, 2 North Monterey County 92, 3 Santa Cruz 116, 4 Hollister 121, 5 Aptos 147. Individuals: 1 Chris Santos(Harbor) 13:09, 2 Chris Bowe(Pacific Grove) 13:12, 3 Carl Franco(Lincoln) 13:18. Frosh/Soph: 1 Efrain Martinez(Gonzales) 13:23. Girls Teams: 1 Soquel 96, 2 Los Gatos 104, 3 Cordova 124, 4 Half Moon Bay 132, 5 King City 183, 6 Santa Teresa 191, 7 Gilroy 196, 8 Live Oak 211, 9 Aptos 222, 10 Seaside 250. Individuals: 1 Darlene Davis(Cordova) 15:03 (course record; previous record 15:38, Ada Stearns, Silver Creek, 1980), 2 Nancy Heyman (Live Oak) 15:22, 3 Helen Muth(Soquel) 15:25, 4 Susan Radford(Seaside) 15:46, 5 Cindy Whitmer(Gilroy) 16:05, 6 Sandy McMahon (Pacific Grove) 16:17, 7 Carol Conley (Los Gatos) 16:42, 8 Teresa Bargetto(Soquel) 16:46, 9 Lori Huddleston(LosGatos) 16:48, 10 Karyn Adams(Half Moon Bay) 16:49.

Righetti Invitational

From DOUG SPECK

October 10. Waller Park, Santa Maria.

Dual meet scores for the first couple of teams in each of the three boys divisions was the story here. Santa Barbara nipped Crescenta Valley 31-45 in Division I, Righetti (Santa Maria) took Lompoc 30-45 in II, and

Cabrillo (Lompoc) topped Carpinteria 28-48 in III. CV's Jeff Hollyfield raced 15:16 for the day's fastest to take Gil Delgado (Santa Barbara-15:31). Righetti's Chris Emmons took Division II in 15:42, with Tom Grewe (Carpinteria) taking Division III at 15:41.

Santa Barbara's girls nipped Arroyo Grande for honors in Division I as Kelly Buzza (Arroyo Grande) 18:49 nipped Crescenta Valley's Aileen Cormack 18:53 individually. Cate (Carpinteria) had Sara Allaback win Division II at 19:17.

Rio Linda Invitational

From KEITH CONNING

October 17. Gibson Ranch.

Large School Boys: 1 Harold Kuphaldt(BellaVista) 15:11, 2 John Hansen(ElDorado) 15:25, 3 Teddy Kunda (Cordova) 15:37, 4 Wayne Bratten(Vacaville) 15:46, 5 Dean Rinde(CasaRoble) 15:54, 6 Roberto Cazars (Vacaville) 15:57, 7 Rod Curry(Christian Bros) 15:58, 8 Andre Tenthorpy(Cordova), 9 Mike Lee(BellaVista), 10 Rick Anderson(Cordova) 16:15. (89 teams finished) Teams: 1 Bella Vista 66, 2 Cordova 74, 3 Vacaville 86, 4 El Dorado 124. Large School Girls: 1 A. Cook(Reno) 18:05, 2 Joni Mooney(Vacaville) 18:06, 3 Darlene Davis(Cordova) 18:24, 4 Liz McDowell(DeOro) 18:34, 5 Sally Pinkner(Davis) 18:43, 6 Stacey McAfee(DeOro) 18:53, 7 S. Whitehead(Reno) 19:03, 8 Laurie Bushling(YubaCity) 19:06, 9 K. Condron(Reno) 19:13, 10 Julie Van Horn(Kennedy) 19:22. (92 teams finished) Teams: 1 Reno 40, 2 Del Oro 78, 3 El Dorado 97, 4 Del Campo, 5 Vacaville 110, 6 Cordova 149, 7 Bella Vista 167, 8 Davis (Modesto) 172. Small School Boys: 1 Jason Flamm(LaSierra) 15:49, 2 Bill Llewelyn(Colfax) 15:58, 3 Steve Pappa(MiraLoma) 16:02, 4 John Mieras(South Lake Tahoe) 16:08. Teams: 1 South Lake Tahoe 53, 2 Mira Loma 88, 3 La Sierra 89, 4 Colfax 89, 5 Las Plumas 93.

photo by Maurice Wilson



Steve Wilhen

Maria Duncan Memorial Run

From KEITH CONNING

October 10. Browns Ravine, Folsom Lake.

Girls Teams (2.6 miles): 1 El Dorado 15, 2 Vanden 40. Individuals: 1 Foster (El Dorado) 17:10. Boys Teams: 1 El Dorado 20, 2 Vanden 47, 3 Ponderosa 72. Individuals: 1 Hansen (El Dorado) 13:53.

Journal Jog

From KEITH CONNING

October 11. Reno, Nevada.

Women (5 miles): 1 Inga Thompson(Reno HS) 27:58.4. Male 10-14: 1 Mike Wall(Susanville) 26:54.4 (son of Lassen HS coach). Male 15-18: 1 Brian Butterfield(Lassen HS, Susanville) 26:22.9.

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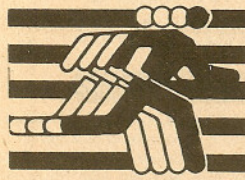
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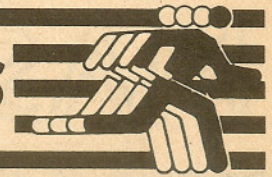
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_____	1981 TAC/USA OFFICIAL RULES FOR ATHLETICS — including Rules of Competition for men and women for Track and Field, Long Distance Running, and Race Walking — Senior, Junior, Youth Athletics, and Masters — and World and American Records. \$6.00 in the U.S. and Possessions; Canada, \$8.00; all other countries, \$10.00 in United States currency or international money order (discount of 30% per copy on orders for 10 or more copies).	\$ _____
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_____	TAC/USA LAPEL PINS — 1" wide x 3/4" deep. Unit price is \$2.50, and \$1.50 for 10 or more.	\$ _____

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KINNEY CROSS COUNTRY CHAMPIONSHIPS



Western Regional & National Qualifier

Saturday, December 5, 1981 Fresno, California

HIGH SCHOOL BOYS & GIRLS • 5,000 METERS

photo by Don Gosney



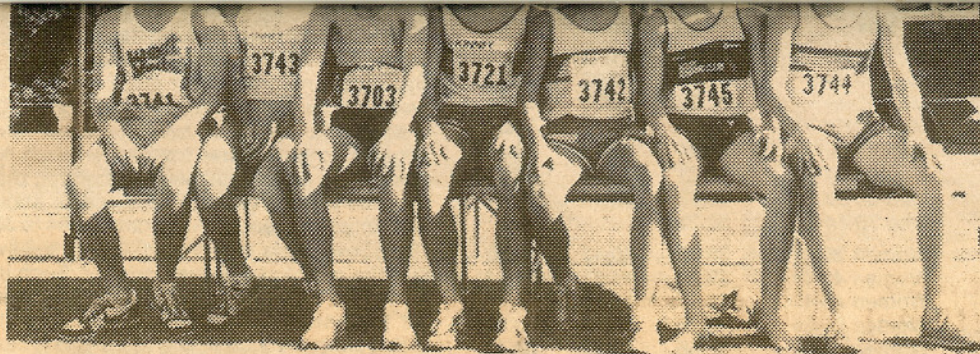
Winners at the Kinney Nationals (left to right in order of finish): Jay Marden (California), Jon Butler (California), Marty Beauchamp (New York), Timothy Hacker (Wisconsin), Tom Ansberry (Arizona), Mike McCollum (California), Dan Mazo (Oregon).

WHAT: The Third Kinney Western Regional Cross Country Championship and National Qualifier. The Western Regional is one of four regionals being conducted to qualify the top runners in the United States for the National Championships. The states in the Western Region are Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming. Other regional qualifying meets are being held in New York, Georgia, and Kansas.

ELIGIBILITY: Male and female high school students who have been running competitively during the cur-



Winners at the Kinney Nationals (right to left in order of finish): Ceci Hopp (Connecticut), Lynn Strauss (Pennsylvania), Vicki Cook (California), Sandy Forsythe (Ten-



Winners at the Kinney Nationals (left to right in order of finish): Jay Marden (California), Jon Butler (California), Marty Beauchamp (New York), Timothy Hacker (Wisconsin), Tom Ansberry (Arizona), Mike McCollum (California), Dan Mazo (Oregon).

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ELIGIBILITY: Male and female high school students who have been running competitively during the current season may compete in the Western Regional.

THE NATIONALS: The top eight male and female runners from the Western Region will be sent by Kinney to the National Championships in Orlando, Florida on December 12th.

THE COURSE: 5,000 meters for both boys and girls at Fresno's Woodward Park, site of many major cross country championships. Rolling hills, 80% dirt, 10% grass and 10% road. Spikes not permitted. 70% of the course is visible from "Spectator Hill."

TEAM COMPETITION: Interstate competition between states (four member teams) and club competition (five member teams). All team scoring on a time basis. Runners may not represent their high school or wear school uniforms.

AWARDS: Gold medals will be awarded to the top eight individual male and top eight individual female finishers on a time basis. Gold medalists will be honored as the "First Team All Western United States" and be sent to the USA Nationals. Silver medals, honoring the "Second Team All Western USA," will be awarded the ninth through sixteenth place finishers. Bronze medals will be awarded the "Third Team All Western USA," the seventeenth through twenty-fourth individual male and female place finishers. Team awards to members of the winning and runner-up teams in state and club competition.

CALIFORNIA STATE MEET: California does not have a high school state cross country meet. This is not the State Meet; but it is the closest thing to it and will give opportunity for the best runners from all over the state to meet head-to-head and see who really is number one in California.

ENTRY DEADLINE: November 15, 1981.

MEET HEADQUARTERS: Ramada Inn, 324 E. Shaw Ave., Fresno, CA 93710. Phone: (209) 224-4040. Special rates for the Kinney Meet.

ENTRY BLANKS: For an entry blank, map of the course, housing and transportation and other information write: Bill Cockerham, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Phone: (209) 264-5847.

FRIDAY EVENING PROGRAM: There will be a running program for all participants on Friday evening (December 5, 1981) at the Meet Headquarters.

NEXT DAY COMPETITION: The Region 13 Junior Olympics will be held at Woodward Park on Sunday, December 5. Contact your local regional Junior Olympic chairman for information on qualifying.



Winners at the Kinney Nationals (right to left in order of finish): Ceci Hopp (Connecticut), Lynn Strauss (Pennsylvania), Vicki Cook (California), Sandy Forsythe (Tennessee), Milicent Anderson (Arizona).

1980 ALL-WESTERN UNITED STATES

1980 BOYS PLACE WINNERS

1ST TEAM ALL-WESTERN UNITED STATES		
1	Jay Marden (Fremont, CA)	14:42
2	Tom Ansberry (Tucson, AZ)	14:49
3	Jon Butler (Huntington Bch, CA)	14:52
4	Dan Mazo (Eugene, OR)	14:53
5	Mike McCollum (Palo Alto, CA)	15:03
6	Stephen Valen (Santa Ana, CA)	15:04
7	Jeff Atkinson (Manhattan Bch, CA)	15:09

2nd TEAM ALL-WESTERN UNITED STATES

8	Barasa Thomas (Santa Barbara, CA)	15:06
9	Harold Kuphaldt (Fair Oaks, CA)	15:09
10	Larry Smithee (Kuna, ID)	15:15
11	James Morgan (Renton, WA)	15:18
12	Shawn Bernier (Selah, WA)	15:18
13	Michael Carlton (Covina, CA)	15:19
14	Jay Ost (Pocatello, ID)	15:23

3rd TEAM ALL-WESTERN UNITED STATES

15	Jesse Torres (San Jose, CA)	15:25
16	Scott Lacrosse (Costa Mesa, CA)	15:27
17	Patrick Fox (Beaverton, OR)	15:27
18	Mike Oleata (La Jolla, CA)	15:28
19	Jeff Thoenes (Tucson, AZ)	15:30
20	Gary Gonzales (Clovis, CA)	15:32
21	Sam Hooker (Walnut Creek, CA)	15:33

1980 GIRLS PLACE WINNERS

1ST TEAM ALL-WESTERN UNITED STATES		
1	Vickie Cook (Northridge, CA)	17:13
2	Millicent Anderson (Tucson, AZ)	17:22
3	Kathy Knowlton (Fed. Way, WA)	17:29
4	Kris Katterhagen (Tacoma, WA)	17:35
5	Ann Locke (Anchorage, AK)	17:38
6	Lori Lopez (Los Angeles, CA)	17:50
7	Robyn MacSwain (San Rafael, CA)	17:57

2nd TEAM ALL-WESTERN UNITED STATES

8	Erika Lacrosse (Costa Mesa, CA)	18:04
9	Marcia White (Orinda, CA)	18:09
10	Stacy Hartsfield (Phoenix, AZ)	18:10
11	Cathy Santini (Seattle, WA)	18:28
12	Claudette Groenendall (OR)	18:32
13	Lana Wolf (Costa Mesa, CA)	18:33
14	Patty Ley (Gig Harbor, WA)	18:34

3rd TEAM ALL-WESTERN UNITED STATES

15	Shelley McClelland (San Marino, CA)	18:35
16	Cynthia Rogers (Visalia, CA)	18:36
17	Lori Shanoff (Petaluma, CA)	18:43
18	Sheila Van Stenberg (San Mar, CA)	18:47
19	Renee Martin (Orangevale, CA)	18:47
20	Jeanette Slingerland (Sacto, CA)	18:49
21	Mary Gaffield (El Cerrito, CA)	18:49

FOR AN ENTRY BLANK AND FURTHER INFORMATION WRITE:

Bill Cockerham, Meet Director
California Track & Running News
P.O. Box 6103
Fresno, CA 93703
Phone: (209) 264-5847

MASTERS SCENE

From MARTY HIGGINBOTHAM

Congratulations should go out to Sister Marion Irvine, the "Flying Dominican Nun" who established a new American 10 kilometer record for women over age fifty at the September 7 Labor Day Love 10K Run. Her time was an amazing 38:16, which knocked a full thirty seconds off the previous record of 38:46 set by Margaret Miller of Los Angeles last year.

This month will bring the Penn Mutual/TAC National Masters 5 Kilometer Cross Country Championships at Balboa Park in San Diego. For information on this meet contact Bill Stock, 7160 Baldrick Road, La Mesa, CA 92041 (714) 466-8700.

June 1982 could see a new meet sponsored and directed by the Corona Del Mar track club. Cerritos College is the site being considered for the event.

After the National Championships at Los Gatos, it was voted that the hurdle events will return to the 1980 standards and the WAVA standards were rejected for next year.

A note on the bright side—in a September issue of the Corona Del Mar Track Club Newsletter, it was noted that Stan Herrmann was making an excellent recovery from a stroke he suffered from several months ago.

For any interested master athletes, the Athletics Congress/USA Third Annual National Convention will be held December 4-8 in Reno, Nevada. For information and registration write: TAC/USA National Convention, P.O. Box 120, Indianapolis, Indiana 46206.

photo by Gene Cohn



Time Comparisons

From BOB MARTIN
National Running Data Center

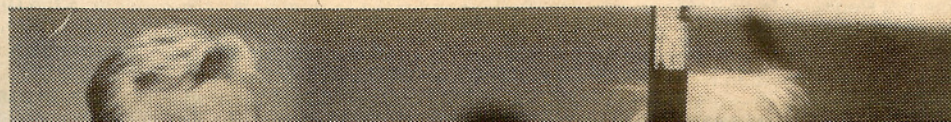
Here the times for masters age-groups in the United States are compared. The 50-deep rankings by age group for 1980 provide some interesting comparisons. Using the two most popular events, the 10km and the marathon, the following table gives the 10th, 25th, and 50th ranking runner's time for 1980.

	10th	25th	50th
10 Kilo			
Men 35-39	32:23	33:22	34:15
Men 40-44	32:40	34:02	34:58
Men 45-49	34:59	36:03	37:25
Men 50-54	36:06	37:12	38:50
Men 55-59	38:42	40:48	43:22
Men 60-64	41:41	43:54	47:27
Men 65-69	45:32	52:54	70:07
Men 70-74	52:25		
Women 35-39	38:36	40:40	42:26
Women 40-44	39:56	41:32	43:24
Women 45-49	42:43	45:14	47:22
Women 50-54	46:03	49:21	50:50
Women 55-59	50:56	55:22	58:40
Women 60-64	59:07	68:49	

Marathon	10th	25th	50th
Men 35-39	2:26:48	2:29:36	2:33:57
Men 40-44	2:34:01	2:35:50	2:39:00
Men 45-49	2:38:50	2:43:18	2:47:24
Men 50-54	2:47:24	2:51:25	2:56:22
Men 55-59	2:58:46	3:05:09	3:10:04
Men 60-64	3:11:56	3:23:08	3:30:24
Men 65-69	3:37:33	3:57:15	4:20:51
Men 70-74	4:34:18		
Women 35-39	3:00:29	3:07:49	3:15:06
Women 40-44	3:03:55	3:11:19	3:19:45
Women 45-49	3:18:58	3:35:02	3:50:10
Women 50-54	3:38:43	3:55:18	4:19:48
Women 55-59	4:20:56	4:41:18	
Women 60-64	5:19:40		

Marks are shown through the highest age group for which marks to the indicated place were recorded. The rapid increase in times as the higher age groups are reached is apparent. For these events the increase appears to be greater for women than for men. In the past it has been calculated that the slowdown from age 64 to 69 is about four times as great as it is from age 34 to 39. The above table might lead you to believe that the slowdown is even greater. Such information brings out the difficulty of any but the national-class runners to compete with runners much more than five years younger.

Fast New Master
JESSE RODRIGUEZ



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Fast New Master JESSE RODRIGUEZ

Jesse Rodriguez of the Visalia Runners turned forty years young on October 10. Rodriguez began running in June 1980. As a submaster he recorded best times of: 22:00 4 mile, 27:33 5 mile, 33:49 6 mile, 34:53 10K, and a 1:16:24 half marathon. Since turning forty Rodriguez has recorded a quick 1:13:59 13.1 miler to win the masters division of the Central Cal TAC Half Marathon Championships. With Rodriguez turning forty, the Visalia Runners now have a strong one-two punch with already tough Frank Padilla.



Sister Marion Irvine

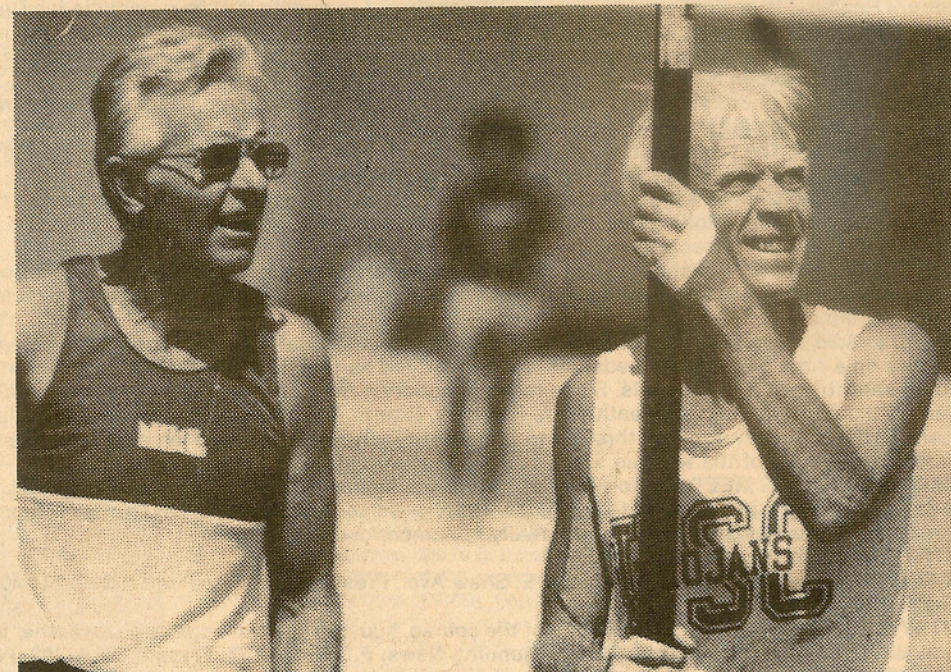
Future plans for Jesse include goals of cracking 2:40 for the marathon, breaking 34:00 in the 10K and running in the 1:12's for the half marathon. This next spring (1982) Rodriguez will venture back east for some races, one of which will be none other than the Boston Marathon.

Rodriguez has shown very steady improvement in his racing, and is looking forward to masters competition.

10 Kilo	10th	25th	50th
Men 35-39	32:23	33:22	34:15
Men 40-44	32:40	34:02	34:58
Men 45-49	34:59	36:03	37:25
Men 50-54	36:06	37:12	38:50
Men 55-59	38:42	40:48	43:22
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Men 65-69	45:32	52:54	70:07
Men 70-74	52:25		
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Vern Wolfe (left) head track coach at USC, is himself a masters competitor in the pole vault. Here he chats with fellow master competitor Jim Vernon.



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Coming Next Issue:

- Women's 1981 Open Rankings
- California All Comer Records (men and women)
- More, more, more cross country results
- Lots of long distance scheduling and results
- Regular columns and features

STAY TUNED NEXT MONTH!

Masters 1981 Ranking

Compiled By PERCY KNOX

40 Meter Dash:

30-39:

- 4.5 Norbert Payton (30) BAS
4.6 Reggie Davis (32) CDM
4.6 Walt Butler (39) SCS
4.7 Bill Johnson (35) WV
4.7 Joel Eckels (3))
4.8 Greg Marshall (33) WV
4.8 Mike Pruitt (35) WV

40-49:

- 4.9 Bruce Springbett (48) NCS
4.9 Al Biancani (40)
5.0 Nick Newton (47) SCS
5.0 Percy Knox (47) CDM
5.0 Horne (4))

50-59:

- 5.1 Shirley Davisson (51) CDM
5.1 V. Regier (53)
5.2 B. Watanabe (55) STC

60-69:

- 5.2 Payton Jordan (64) CDM
5.5 Gurl Gist (61) CDM
5.8 Harry Koppel (68) NCS
5.9 John Satti (67) NCS

60 Yard Dash:

30-39:

- 6.53 Reggie Davis (32) CDM
6.71 Glenn Johnson (31) CDM

60 Meter Dash:

40-49:

- 7.0 Percy Knox (47) CDM
7.4 Nick Newton (47) SCS

300 Meter Dash

40-49:

- 38.0 Percy Knox (47) CDM
38.5 Nick Newton (47) SCS

600 Meter Run:

40-49:

- 1:29.1 Bill Knocke (41) SCS

100 Meter Dash

30-39:

(Open Competition)

- 10.2 Marion McCoy (30) Macc

(Open Competition)(automatic)

- 10.48 Norbert Payton (30) BAS
10.54 Marion McCoy (30) Macc

(automatic)

- 10.79 Reggie Davis (32) CDM
10.88 Mike Jackson (32) SCS
11.04 Glenn Johnson (31) CDM
11.17 Hillard Sumner (35) SCS
11.29 Greg Marshall (33) WV
11.30 Ed Bonner (30)
11.31 Bobby Simpson (39) WV
11.44 Sam Robinson (37) WV
11.46 Joel Eckels (3))
11.57 D. Holzachu (3))
11.57 Bill Johnson (35) WV

40-49:

- 10.7 Walt Butler (40) SCS
11.1 Doug Smith (41) CDM
11.2 Bill Knocke (41) SCS
11.2 Harvey Johnson (40) CDM
11.2 Ken Dennis (44) CDM
11.2 Percy Knox (47) CDM
11.2 Lewis Smith (42) SCS
11.3 Ben Anixter (43) NCS
11.5 Bruce Springbett (48) NCS
11.5 Nick Newton (47) SCS
11.6 Gil LaTore (43)
11.6 Mike DeStafano (42) CDM

40-49:

(automatic)

- 11.13 Walt Butler (40) SCS
11.25 Doug Smith (41) CDM
11.51 Wolfgang Linkmann (40)
11.53 Ben Znihter (43) NCS
11.61 Bruce Springbett (48) NCS
11.64 Ken Dennis (44) CDM
11.72 Nick Newton (47) SCS
11.79 Gil LaTore (43)
11.86 Harvey Johnson (40) CDM
11.88 Lewis Smith (42) SCS

50-59:

- 12.0 Dick Marlin (50) NCS
12.0 Don Cheek (51) CDM
12.1 Bob Watanabe (55) STC
12.3 Huel Washington (52) BAS
12.3 Ed Mahany (50)
12.4 Dick Zumwalt (54) NCS
12.4 Al Juilland (58)
12.5 Ted Vick (51) CDM
12.5 Will Robinson (50)
12.6 Tom Patsalis (59) CDM
12.6 Bob Cooper (57) NCS
12.7 Roy Wiggington (55) NCS

(automatic)

- 12.13 Don Cheek (51) CDM
12.28 V. Regier (53)
12.34 Ted Vick (51) CDM
12.38 Ozzie Dawkins (53) STC
12.38 Huel Washington (52) BAS
12.53 Ed Mahany (50)
12.59 Tom Patsalis (59) CDM

60-69:

- 12.1 Payton Jordan (64) CDM

(automatic)

- 14.13 Anthony Castro (72) SCS
15.10 Lamar Jackson (76)
15.16 Joe Caruso (71) STC
15.46 Ken Carnine (73) NCS

100 Yard Dash

40-49:

- 10.5 Bruce Springbett (48) NCS
10.5 Ben Znihter (43) NCS
10.6 Ken Dennis (44) CDM
10.7 Gil LaTore (43)
10.7 Robin Winstone (40)
10.8 Bob Radford (49) CDM
10.9 Nick Newton (47) SCS

50-59:

- 11.0 Dick Marlin (51) NCS
11.4 Ted Vick (51) CDM

60-69:

- 12.0 Harry Koppel (68) NCS
12.8 Bob Hunt (61) SCS

200 Meter Dash

30-39:

(Open Competition)

- 20.8 Marion McCoy (30) Macc

(Submasters Competition)

- 21.5 Eugene Driver (30) CDM
21.9 Glenn Johnson (31) CDM
22.0 Mike Jackson (32) SCS
22.0 Mike Pruitt (35) WV
22.1 Hillard Sumner (35) SCS
22.3 Warren Spikes (31) CDM
22.5 Bill Johnson (35) WV
22.6 Greg Marshall (33) WV
22.8 Willie Roberson (37) CDM
22.9 Ed Bonner (30)
23.0 Frank Little (37) CDM
23.1 Bobby Simpson (39) WV

(automatic)

- 22.00 Reggie Davis (32) CDM
22.02 John Carlos (36) SCS
22.25 Eugene Driver (30) CDM
22.32 Mike Jackson (32) SCS
22.36 Hillard Sumner (35) SCS
22.41 Jesse Whitmore (31)
22.67 Glenn Johnson (31) CDM
22.79 Warren Spikes (31) CDM

40-49:

- 22.7 Walt Butler (40) SCS
22.9 Bill Knocke (41) SCS
23.0 Dave Segal (44) CDM
23.4 Doug Smith (41) CDM
23.4 Lewis Smith (42) SCS
23.5 Nick Newton (47) SCS
23.6 Mike DeStafano (42) CDM

- 25.4 Ed Mahany (50)
25.6 Huel Washington (52) BAS
25.6 Bob Watanabe (55) STC
25.7 Dick Marlin (51) NCS
25.8 Ted Vick (51) CDM
25.8 Dave Mack (50) SCS
25.8 Bob Jordan (5)) NCS
25.9 Dick Zumwalt (54) NCS
26.2 Will Robinson (50)
26.2 Al Juilland (58)
26.2 Bob Cooper (58)

(automatic)

- 25.62 Ozzie Dawkins (53) STC
25.94 Bob Watanabe (55) STC
26.52 Bob Cooper (57) NCS
26.55 Bob Sieben (55) SD



Avery Bryant

300 Meter Dash:

30-39:

- 38.7 Ranchero
39.1 Eugene Driver (30) CDM
39.5 Reynaldo Corona (31)
39.6 Greg Marshall (33) WV
39.6 Bill Johnson (35) WV
39.7 David Romain (39) WV
39.7 Mike Pruitt (35) WV

40-49:

- 40.3 George Cohen (41) SCS
40.3 Nick Newton (47) SCS
40.6 Al Biancani (40)
41.0 Han Bruhner (48) NCS

photo by Ross Gentry



Walt Butler

- 52.6 Frank Little (37) CDM
52.6 Willie Roberson (37) CDM

(automatic)

- 49.19 Eugene Driver (30) CDM
49.73 Mike Pruitt (35) WV
50.13 Hillard Sumner (35) SCS
50.37 Ken Stuart (34) SCS
50.53 David Romain (39) WV
50.72 Glenn Johnson (31) CDM

40-49:

- 50.9 Bill Knocke (41) SCS
51.7 Gary Miller (43) CDM
52.0 George Cohen (41) SCS
53.7 Nick Newton (47) SCS
53.7 Dave Donaldson (41) WV
54.3 Ron Toombs (40)
54.6y Bruce Springbett (48) NCS
54.7 Hans Bruhner (48) NCS
54.9 Lewis Smith (42) SCS
54.9 Mike DeStafano (42) CDM
55.0 Bill Green (44)
55.2 Wolfgang Linkmann (40)

(automatic)

- 50.86 Ralph Lee (40) SCS
51.06 Bill Knocke (41) SCS
52.92 Nick Newton (47) SCS
54.87 Bill Green (44)

50-59:

- 55.7 Don Cheek (51) CDM
57.9 Bob Sieben (55) SD
58.2 Bill Fitzgerald (56) SCS
58.3 Phil Arnot (57)
58.5 Dave Mack (50) SCS
59.2 Huel Washington (52) BAS
59.3 Lewis Beadle (54) CDM
59.9 Don Jackson (54) NCS
60.5 Bob Watanabe (55) STC
60.5 Ted Vick (51) CDM

(automatic)

- 53.93 Don Cheek (51) CDM
56.66 Ozzie Dawkins (53) STC
58.37 Dave Mack (50) SCS
58.58 Bill Fitzgerald (56) SCS
59.34 Huel Washington (52) BAS

60-69:

- 62.7 Henry Fairbanks (62)
64.4 Harry Koppel (68) NCS

(automatic)

- 60.50 Bob Hunt (61) SCS
62.07 Henry Fairbanks (62)
65.43 Harry Koppel (68) NCS
66.56 Clarence Killion (63) CDM
67.67 George Poloyins (63) CDM

70 Plus:

- 75.8 Mel Shine (72)

(automatic)

- 72.77 Ken Carnine (73) NCS
73.76 Mel Shine (72)

60-69:

- 25.3 Payton Jordan (64) CDM
26.9 Clarence Killion (63) CDM

50-59:

- 45.0 Huel Washington (52) BAS
45.0 Bob Watanabe (55) STC

30-39:
6.53 Reggie Davis (32) CDM
6.71 Glenn Johnson (31) CDM

60 Meter Dash:

40-49:
7.0 Percy Knox (47) CDM
7.4 Nick Newton (47) SCS

300 Meter Dash

40-49:
38.0 Percy Knox (47) CDM
38.5 Nick Newton (47) SCS

600 Meter Run:

40-49:
1:29.1 Bill Knocke (41) SCS

100 Meter Dash

30-39:
(Open Competition)
10.2 Marion McCoy (30) Macc
(Open Competition)(automatic)

10.48 Norbert Payton (30) BAS
10.54 Marion McCoy (30) Macc

(Submaster Competition)
10.6 Mike Jackson (32) SCS
10.6 Warren Spikes (31) CDM
10.7 John Carlos (36) SCS
10.7 Eugene Driver (30) CDM
10.7 Reggie Davis (32) CDM
10.7 Glenn Johnson (31) CDM
10.8 Jesse Whitmore (31) Un
10.9 Hillard Sumner (35) SCS
10.9 Greg Marshall (33) WV
11.1 Bill Johnson (35) WV
11.1 Willie Roberson (37) CDM
11.2 Ed Bonner (30)
11.3 Sam Robinson (37) WV
11.3 Frank Little (37) CDM
11.3 Bobby Simpson (39) WV

11.25 Doug Smith (41) CDM
11.51 Wolfgang Linkmann (40)
11.53 Ben Znixter (43) NCS
11.61 Bruce Springbett (48) NCS
11.64 Ken Dennis (44) CDM
11.72 Nick Newton (47) SCS
11.79 Gil LaTore (43)
11.86 Harvey Johnson (40) CDM
11.88 Lewis Smith (42) SCS

50-59:

12.0 Dick Marlin (50) NCS
12.0 Don Cheek (51) CDM
12.1 Bob Watanabe (55) STC
12.3 Huel Washington (52) BAS
12.3 Ed Mahany (50)
12.4 Dick Zumwalt (54) NCS
12.4 Al Juilland (58)
12.5 Ted Vick (51) CDM
12.5 Will Robinson (50)
12.6 Tom Patsalis (59) CDM
12.6 Bob Cooper (57) NCS
12.7 Roy Wiggington (55) NCS

(automatic)

12.13 Don Cheek (51) CDM
12.28 V. Regier (53)
12.34 Ted Vick (51) CDM
12.38 Ozzie Dawkins (53) STC
12.38 Huel Washington (52) BAS
12.53 Ed Mahany (50)
12.59 Tom Patsalis (59) CDM

60-69:

12.1 Payton Jordan (64) CDM
12.9 Harry Koppel (68) NCS
13.0 Pete Fetter (60) CDM
13.2 Henry Fairbanks (62)
13.3 Clarence Killion (63) CDM
13.4 Al Guidet (63) CDM
13.6 Burl Gist (61) CDM
13.8 Bob Hunt (61) SCS
(automatic)
13.21 Clarence Killion (63) CDM
13.25 Harry Koppel (68) NCS
13.42 Al Guidet (63) CDM

70 Plus:

13.9 Anthony Castro (72) SCS
14.5 Joe Caruso (71) STC
14.6 Lamar Jackson (75)
15.1 Ken Carnine (73) NCS

(Open Competition)
20.8 Marion McCoy (30) Macc
(Submasters Competition)
21.5 Eugene Driver (30) CDM
21.9 Glenn Johnson (31) CDM
22.0 Mike Jackson (32) SCS
22.0 Mike Pruitt (35) WV
22.1 Hillard Sumner (35) SCS
22.3 Warren Spikes (31) CDM
22.5 Bill Johnson (35) WV
22.6 Greg Marshall (33) WV
22.8 Willie Roberson (37) CDM
22.9 Ed Bonner (30)
23.0 Frank Little (37) CDM
23.1 Bobby Simpson (39) WV

(automatic)

22.00 Reggie Davis (32) CDM
22.02 John Carlos (36) SCS
22.25 Eugene Driver (30) CDM
22.32 Mike Jackson (32) SCS
22.36 Hillard Sumner (35) SCS
22.41 Jesse Whitmore (31)
22.67 Glenn Johnson (31) CDM
22.79 Warren Spikes (31) CDM

40-49:

22.7 Walt Butler (40) SCS
22.9 Bill Knocke (41) SCS
23.0 Dave Segal (44) CDM
23.4 Doug Smith (41) CDM
23.4 Lewis Smith (42) SCS
23.5 Nick Newton (47) SCS
23.6 Mike DeStafano (42) CDM
23.7 Harvey Johnson (40) CDM
23.8y Bruce Springbett (48) NCS
23.9y Ben Znixter (43) NCS
23.9 Percy Knox (47) CDM
23.9 Gil LaTore (43)
23.9 Rom Toombs (40)
24.0 Hans Bruhner (49) NCS

(automatic)

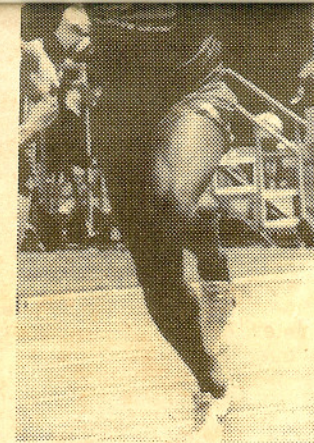
22.80 Doug Smith (41) CDM
22.93 Gary Miller (43) CDM
23.05 Walt Butler (40) SCS
23.35 Dave Segal (44) CDM
23.88 Nick Newton (47) SCS
23.98 Bruce Springbett (48) NCS

50-59:

24.8 Don Cheek (51) CDM
25.3 Ozzie Dawkins (53) STC



Avery Bryant



Walt Butler

60-69:

25.3 Payton Jordan (64) CDM
26.9 Clarence Killion (63) CDM
27.4 Harry Koppel (68) NCS
27.6 Henry Fairbanks (62)
28.0 Pete Fetter (60) CDM

(automatic)

27.51 Bob Hunt (61) SCS
27.61 Harry Koppel (68) NCS
27.66 Henry Fairbanks (62)
27.73 Pete Fetter (60) CDM

70 Plus:

28.9 Anthony Castro (71) SCS
32.8 Sing Lum (77) CDM
34.9 Winfield McFadden (76) SD

(automatic)

29.66 Anthony Castro (71) SCS
33.59 Sing Lum (77) CDM

50-59:

45.0 Huel Washington (52) BAS
45.0 Bob Watanabe (55) STC

60-69:

49.2 Harry Koppel (68) NCS

400 Meter Dash

30-39:

49.1 Eugene Driver (30) CDM
49.4 Hillard Sumner (35) SCS
49.6 Warren Spikes (31) CDM
49.7 Mike Pruitt (35) WV
49.7 James Harvey (3)
50.0 Glenn Johnson (31) CDM
50.0 Ken Stuart (34) SCS
51.1 David Romain (39) WV
51.2 Bill Bogan (32) SCS

50-59:
55.7 Don Cheek (51) CDM
57.9 Bob Sieben (55) SD
58.2 Bill Fitzgerald (56) SCS
58.3 Phil Arnot (57)
58.5 Dave Mack (50) SCS
59.2 Huel Washington (52) BAS
59.3 Lewis Beadle (54) CDM
59.9 Don Jackson (54) NCS
60.5 Bob Watanabe (55) STC
60.5 Ted Vick (51) CDM

(automatic)

53.93 Don Cheek (51) CDM
56.66 Ozzie Dawkins (53) STC
58.37 Dave Mack (50) SCS
58.58 Bill Fitzgerald (56) SCS
59.34 Huel Washington (52) BAS

60-69:

62.7 Henry Fairbanks (62)
64.4 Harry Koppel (68) NCS

(automatic)

60.50 Bob Hunt (61) SCS
62.07 Henry Fairbanks (62)
65.43 Harry Koppel (68) NCS
66.56 Clarence Killion (63) CDM
67.67 George Poloyinis (63) CDM

70 Plus:

75.8 Mel Shine (72)

(automatic)

72.77 Ken Carnine (73) NCS
73.76 Mel Shine (72)

800 Meter Run

30-39:

1:55.0 George Mason (37) WV
1:55.1 Ken Stuart (34) SCS
1:57.2 Dennis Tracy (35)
1:58.9 John Perry (36) SCS
1:59.1 Reynaldo Corona (31)
1:59.1 Bob Browne (36) WV
1:59.5 David Romain (39) WV
2:01.7 Steve Waggener (36) CDM
2:02.36 Harvey Franklin (39) WV
2:03.8 F. Doubell

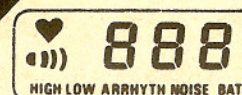


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Masters Ranking, continued:

40-49:

1:55.5 George Cohen (41) SCS
1:56.7 Ralph Lee (40) SCS
1:59.7 Richard Schupbach (40)
2:01.1 Bill Knocke (41) SCS
2:01.1 Dave Donaldson (41) WV
2:02.0 John Pitman (43) BRT
2:02.1 Jack Knebel (42)
2:02.6 Mel Elliott (43) SCS
2:02.9 Pete Richardson (46) WV
2:04.9 Fernie Montanez (40) FTC
2:05.7 Jesse Carrington (45) SCS
2:06.9 Gary Hooker (40)
2:07.3 Mike Gaughan (41)
2:09.1y Bill Meinhardt (42)
2:09.9 Mike DeStafano (40) CDM

50-59:

2:13.1 Jerry Withers (51)
2:13.4 Dave Stevenson (52)
2:14.1 Bill Fitzgerald (56) SCS
2:16.3 Don Jackson (54) NCS
2:16.4 Marshall Haraden (51)
2:16.93 Phil Arnot (57)
2:18.3 Leonard Walts (5)
2:18.5 Louis Beadle (54) CDM
2:20.4 Bob Holmes (52)
2:21.7 Avery Bryant (57) STC

60-69:

2:32.3 Richard Moore (61)
2:35.6 Ed Statenberg (67)
2:35.7 jAlan Waterman (62)
2:36.2 George Polynis (63) CDM
2:38.9 Ray Mahannah (65)

70 Plus:

2:46.7 Mel Shine (72)
2:47.9 Sid Madden (73)
3:36.0 Paul Spangler (82)

1500 Meter Run

30-39:

4:00.6 Dennis Tracy (35)
4:02.5 Reynaldo Corona (31)
4:02.8 Dan Cruz (30)
4:04.9 Earl Downing (31)
4:05.9 Dave Himmelberger (35)
4:06.9 C. Downing (32)
4:12.8 Ralph Lee (39) SCS
4:15.0 Steve Waggener (36) CDM
4:15.5 Jeff James ()
4:17.0 F. Day (36)
4:20.2 Henry Lange (32)
4:22.0 R. Bergstrom (37)
4:23.2 Jim Howell (37)

40-49:

4:01.9 George Cohen (41) SCS
4:03.0 Tom Laris (41)
4:06.3 Richard Schupbach (40)
4:12.8 Bruce Kostin (40)
4:13.7 Gary Hooker (40)
4:15.4 Jack Knebel (42)
4:16.9 Dennis Fitzgerald (42)
4:17.8 J. McFadden (46)
4:17.5 John Pitman (43) BRT
4:18.3 Glynn Wood (47)
4:20.6 Norm Towers (4)
4:20.8 Bill Meinhardt (40)
4:21.5 B. Wade (40)
4:22.2 W. Schafer (42)
4:24.4 Don Spickelmier (40)
4:25.7 Pete Richardson (46) WV

50-59:

4:34.1 Dave Stevenson (52)
4:37.8 Bill Fitzgerald (56) SCS

3,000 Steeplechase

30-39:

9:55.2 T. Morse (32)
10:57.1 G. Dilley (33)

40-49:

10:06.3 Hike VanDeWal (43)
10:26.5 Ken Guthrie (44)
10:49.9 Andre Tocco (45) PFF
10:54.0 Dan Halvorson (47)
11:06.8 James Thomas (43)
11:29.6 J. Lewis (46)

50-59:

11:07.6 Dave Stevenson (52)
11:34.5 Marshall Haraden (51)
11:46.9 Avery Bryant (57)

60-69:

11:43.0 Ed Statenberg (66)

photo by Ross Gentry



Richard Schupbach

10,000 Meter Run

30-39:

31:36.2 Bill Clark (37)
32:06.3 Frank Duarte (39)
32:27.4 Gary Goettelman (36)
32:35.8 Daryl Zapata (36)
32:56.7 P. Day (36)
33:03.35 Adam Ferrara (3)
33:26.8 Allan Stanbridge (34)
34:35.4 S. Sidney (32)
34:40.8 Jim Howell (37)
35:05.1 Ross Rowley (32)
35:11.0 Mark Gallo (38)
35:58.2 Dwight Cromwell (34)

40-49:

31:09.0 Tom Laris (41)
33:50.2 Tim Rostege (40)
34:00.4 Andre Tocco (45)
34:29.8 Jerry Lewis (46)

photo by Ross Gentry



Bill Fitzgerald

WAVA System (automatic)

16.27 Ed Oleata (44) SD
16.57 Dee DeWitt (42)
16.77 Gary Bane (43) SCS
17.86 Mal Andrews (47) BAS

50-59:

18.4 Fred Gallardo (50)
18.8 Bob Higginbotham (55) BRT

WAVA System

17.3 Tom Patsalis (59) CDM
18.1 Roy Wiggington (55) NCS
19.8 Jim Johnson (5)

WAVA System (automatic)

17.95 Bob Higginbotham (55) BRT
18.03 Tom Patsalis (59) CDM
18.35 Dick Norquist (5)
18.36 Al Brenda (53)
19.10 Roy Wiggington (55)

60-69:

17.2 Burl Gist (61) CDM

40-49:

43.8 Southern Cal Striders
Knocke, Smith, Newton, Butler)
44.03 Corona Del Mar
Dennis, Smith, Segal, Miller
44.1 Corona Del Mar
Johnson, Smith, Miller, Knox
44.1 Corona Del Mar
Dennis, Smith, Segal, Miller
44.18 Corona Del Mar
Dennis, Smith, Segal, Miller
44.2 Corona Del Mar
Dennis, Smith, Segal, Miller
44.3 Southern Cal Striders
Knocke, Smith, Newton, Butler

50-59:

47.67 Corona Del Mar
Davisson, Vick, Schlegel, Cheek
48.1 Northern Cal Seniors
48.85 Northern Cal Seniors

photo by Keith Conning



Kent Guthrie

3:22.7y West Valley Track Club
Pruitt, Simpson, Romain, Mason
3:22.7 Southern Cal Striders
3:26.0y Southern Cal Striders
Ferguson, Bogan, Stuart, Sumner
3:28.0 Corona Del Mar
Spikes, Johnson, Davis, Driver

40-49:

3:29.5y Southern Cal Striders
Newton, Lee, Cohen, Knocke
3:41.0y Corona Del Mar
Johnson, Mayer, Billups, Segal)
3:42.6y Corona Del Mar
Dennis, Henry, Smith, Miller

50-59:

4:03.8 Southern Cal Striders

60-69:

4:16.8 Corona Del Mar
Rice, Killion, , Alexander

High Jump

30-39:

6-8 Charles Rader (33)
6-7 3/4 Steve Lang (30)
6-3 1/2 John Dobroth (39) SCS
6-2 Ed Baskauskas (30)
6-0 Gary Dilley (33)
5-10 Tim Knappen (31)
5-10 Joel Eckels (32)
5-10 Mike Davis (31)

40-49:

6-8 John Dobroth (40) SCS
6-4 Jim Brown (41)
6-3 1/4 Dave Thoreson (40)
6-2 Herman Wyatt (49)
5-11 1/2 Nick Newton (47) SCS
5-11 Wolfgang Linkmann (40)
5-8 Dick Hatchkiss (4)
5-6 Bill Toomey (41)
5-6 Don Rose (46)
5-6 Dee DeWitt (42)
5-5 Gary Bane (43) SCS
5-4 Ron Toombs (40)

50-59:

5-6 Ed Austin (51) CDM
5-0 Shirley Davisson (51) CDM
4-10 Dave Brown (58) CDM
4-8 1/2 Hal Wallace (53) STC

60-69:

5-2 Burl Gist (61) CDM
4-10 1/2 Orv Gillett (62) CDM
4-10 M. Henderson (60)
4-8 Jim Vernon (64) STC
4-6 Claude Taggart (6)
4-5 1/2 J. McCarthy (67)
4-2 John Damski (66)

70 Plus:

4-0 1/2 W. Bigelow (70)
4-0 1/2 H. VanGelder (77)
4-0 1/2 T. Hatlen (70)
4-0 Stan Thompson (70)
3-10 3/4 Lou Parsenni (70)
3-10 Winfield McFadden (76) SD
3-6 1/2 Red Doms (74) SCS
3-6 Bob Ulsh (70)

Long Jump

30-39:

22-8 1/2 Rufus Morris (3)
22-8 Carl Flowers (34) CDM

4:02.5 Reynaldo Corona (31)
4:02.8 Dan Cruz (30)
4:04.9 Earl Downing (31)
4:05.9 Dave Himmelberger (35)
4:06.9 C. Downing (32)
4:12.8 Ralph Lee (39) SCS
4:15.0 Steve Waggener (36) CDM
4:15.5 Jeff James ()
4:17.0 F. Day (36)
4:20.2 Henry Lange (32)
4:22.0 R. Bergstrom (37)
4:23.2 Jim Howell (37)

40-49:

4:01.9 George Cohen (41) SCS
4:03.0 Tom Laris (41)
4:06.3 Richard Schupbach (40)
4:12.8 Bruce Kostin (40)
4:13.7 Gary Hooker (40)
4:15.4 Jack Knebel (42)
4:16.9 Dennis Fitzgerald (42)
4:17.8 J. McFadden (46)
4:17.5 John Pitman (43) BRT
4:18.3 Glynn Wood (47)
4:20.6 Norm Towers (4)
4:20.8 Bill Meinhardt (40)
4:21.5 B. Wade (40)
4:22.2 W. Schafer (42)
4:24.4 Don Spickelmier (40)
4:25.7 Pete Richardson (46) WV

50-59:

4:34.1 Dave Stevenson (52)
4:37.8 Bill Fitzgerald (56) SCS
4:40.0 Jerry Withers (51)
4:42.0 Bob Fries (51) FTC
4:43.1 Mike Murphy (50)
4:46.6 Avery Bryant (57) STC
4:59.4 Jack Nicholson (50)
4:59.4 Pat Devine (52)
5:01.2 Jack Noble (55)

60-69:

5:05.96 Ed Statenberg (66)
5:29.0 Ray Mahannah (65)
5:33.2 Alan Waterman (62)
5:46.1 George Poloynis (63) CDM

70 Plus:

5:48.0 Sid Madden (73)
7:20.3 Paul Spangler (82) SLDC

3000 Meter Run

30-39:

9:34.0 Henry Lange (32)
9:38.2 T. Baker (3)

40-49:

10:16.2 Ed Field (4)

50-59:

10:18.0 Jerry Withers (51)
10:45.6 Pat Devine (52)

60-69:

11:43.0 Ed Statenberg (66)

Two Mile Run

30-39:

9:22.4 Tom Laris (41)
9:46.0 Dave Himmelberger (35)
10:22.2 Allan Stanbridge (34)
10:23.2 Reynaldo Corona (31)

40-49:

9:51.0 Bill Meinhardt (40)
10:02.0 Kent Guthrie (4)
10:12.4 Tom Cathcart (4) WV
10:17.4 Jim Harris (46)
10:23.4 R. Bowles (45)

50-59:

11:52.4 Jerry Withers (51)



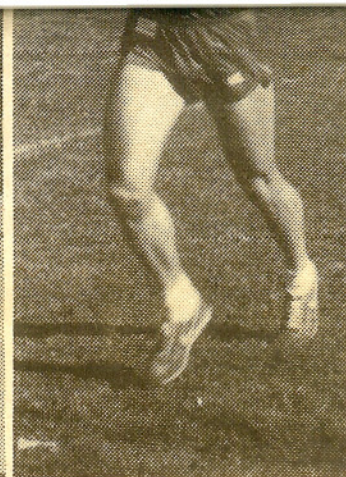
Richard Schupbach



Bill Fitzgerald



Paul Spangler



Kent Guthrie

5,000 Meter Run

30-39:

14:58.36 Reynaldo Corona (31)
14:59.49 Adam Ferrara (3)
15:12.7 Bill Clark (37) WV
15:26.3 Frank Duarte (39)
15:28.0 Harvey Franklin (38) WV
15:38.2 S. Sidney (32)
15:39.6 Daryl Zapata (36)
15:44.8 Jack White (39)
15:55.2 Allan Stanbridge (34)
15:57.6 Evan Roberts (3)
15:57.6 David Garcia (30)
15:58.9 William Dunn (34)
16:01.2 Henry Lange (32)
16:04.3 James Moore (34)
16:14.7 Jim Howell (37)
16:24.9 Arnold Barton (3)

40-49:

15:20.0 Tom Laris (41)
15:20.43 Dick Speckelmier (40)
15:29.5 Bill Mienhardt (40)
15:34.83 Kent Guthrie (44)
16:02.8 Tim Rostege (40)
16:27.7 Truman Clark (45)
16:31.4 Bob Wellick (43)
16:39.4 Ralph Bowles (45)
16:43.0 Andre Tocco (45) PFF
16:55.8 Jerry Lewis (46)
17:00.7 Nelson Crader (4)
17:02.3 Ruby Escobado (41)

50-59:

16:27.02 Jim O'Neil (56) SD
16:56.4 Len Thornton (50) HSTC
17:47.2 Pat Devine (52)
17:54.0 Bob McGuire (5)
18:00.1 Pete Mundie (53)
18:10.9 Avery Bryant (57)
18:20.0 Jack Nicholson (50)
18:25.3 Sid Toabe (57) FTC

60-69:

20:42.1 Arnold Scott (6)
23:10.1 J. Goodman (69)

70 Plus:

24:56.9 John McGee (72)
25:45.8 Paul Spangler (82)

34:37.6 Art Mortell (41)
35:29.0 Jerry Daniels (4)
35:29.0 Nelson Crader (4)

50-59:

33:05.5 U. Kaempff (50)
34:32.2 Jim O'Neil (56)
35:06.4 Len Thornton (50) HSTC
36:20.8 Ross Smith (53)
36:41.0 Tracy Brown (5)
36:46.0 Pat Devine (52)
37:35.4 Ray Gil (56)
38:27.5 Wally Evertz (5)

110 Meter Hurdles

30-39:

14.7 Theo Viltz (38) CDM
14.8 George Carty (35)
15.3 John Dobroth (39) SCS
15.3 Don Roberts (31)
15.5 C. McCormick (37) SCS
15.6 Fred Johnson (35) SCS
15.7 Frank Reilly (35) AA
15.7 E. Baskaukas (30)
(automatic)
14.63 Theo Viltz (38)
15.61 Frank Reilly (35) AA
15.76 C. McCormick (37) SCS

40-49:

14.2 Walt Butler (40) SCS
15.1 Al Henry (43) CDM
16.6 Dee DeWitt (42)
16.7 James Thomas (43)
16.9 Mike DeStanfano (42) CDM
17.1 Hal Smith (45) SCS
17.5 Phil Vincent (42)
17.5 Dick VanDer Beet (48)

WAVA System

16.1 Ed Oleata (44) SD
(automatic)
14.67 Walt Butler (40) SCS
15.12 Wolfgang Linkmann (40)
15.66 Al Henry (43) CDM
16.02 Dave Thoreson (40)
16.14 Dave Jackson (49) CDM
16.81 Hal Smith (45) SCS
16.87 James Thomas (43)

(automatic)

18.66 Burl Gist (61) CDM
WAVA System
16.0 Burl Gist (61) CDM
17.9 Bob Hunt (61) SCS
WAVA System (automatic)
16.08 Burl Gist (61) CDM
18.27 Bob Hunt (61) SCS

400 Meter Hurdles

30-39:

57.8 Don Roberts (31)
(automatic)
57.03 Ron Whitney (38) SCS
58.30 C. McCormick (37) SCS
59.97 Don Roberts (31)

40-49:

58.7 Ed Oleata (44) SD
58.8 Gary Miller (43) CDM
(automatic)
57.37 Mike DeStafano (42) CDM
57.67 Gary Miller (43) CDM
59.38 Ed Oleata (44) SD
62.45 Gary Bane (43) SCS

50-59:

68.6 Dave Stevenson (52)
68.9 Roy Wiggington (55)

60-69:

70.9 Bob Hunt (61) SCS
(automatic)
71.20 Bob Hunt (61) SCS

400 Meter Relay

30-39:

42.68 Southern Cal Striders
42.7 Southern Cal Striders
42.9 West Valley Track Club
43.16 Corona Del Mar
43.5 Corona Del Mar
Roberson, Spikes, Davis, Driver
43.6 Corona Del Mar
Spikes, Davis, Johnson, Driver

48.94 Northern Cal Seniors
Regier, Zumwalt, Marlin, Mahany

60-69:

55.6 Corona Del Mar
Fetter, Poloynis, Parkinson, Gist
56.6 Corona Del Mar

800 Meter Relay

30-39:

1:30.0 Southern Cal Striders
1:30.2 Corona Del Mar
Harvey, Johnson, Driver
1:33.7 West Valley Track Club
Pruitt, Marshall, Simpson, Romain

40-49:

1:31.7 Southern Cal Striders
Newton, Cohen, Knocke, Butler
1:31.8 Corona Del Mar
Dennis, Smith, Miller, Segal
1:33.9 Southern Cal Striders
Knocke, Cohen, Smith, Butler
1:34.5 Corona Del Mar
Miller, Knox, Smith, Johnson

Sprint Medley Relay

30-39:

3:39.26 West Valley Track Club
Pruitt, Marhsall, Mason, Weller

40-49:

3:44.4 Southern Cal Striders
Newton, Smith, Knocke, Cohen
3:45.2 Southern Cal Striders
Knocke, Smith, Elliott, Cohen

1600 Meter - Mile Relay

30-39:

3:20.0 All American Track Club
Harvey, Spikes, Johnson, Driver
3:20.7 Southern Cal Striders
Lee, Stuart, Bogan, Sumner

5-6 Don Rosa (42)
5-6 Dee DeWitt (42)
5-5 Gary Bane (43) SCS
5-4 Ron Toombs (40)

50-59:

5-6 Ed Austin (51) CDM
5-0 Shirley Davisson (51) CDM
4-10 Dave Brown (58) CDM
4-8½ Hal Wallace (53) STC

60-69:

5-2 Burl Gist (61) CDM
4-10½ Orv Gillett (62) CDM
4-10 M. Henderson (60)
4-8 Jim Vernon (64) STC
4-6 Claude Taggart (6)
4-5½ J. McCarthy (67)
4-2 John Damski (66)

70 Plus:

4-0½ W. Bigelow (70)
4-0½ H. VanGelder (77)
4-0½ T. Hatlen (70)
4-0 Stan Thompson (70)
3-10¼ Lou Parsenni (70)
3-10 Winfield McFadden (76) SD
3-6½ Red Doms (74) SCS
3-6 Bob Ulsh (70)

Long Jump

30-39:

22-8½ Rufus Morris (3)
22-8 Carl Flowers (34) CDM
22-7 Richard Lewis (32)
22-6 Norbert Payton (30)
22-1½ Lester Bonds (34)
21-8 James Harvey (3)
21-1 Webb
20-1½ David Romain (39) WV
20-0 Mike Davis (31)
19-11½ Greg Marshall (33) WV

40-49:

21-2½ Dave Thoreson (40)
21-0¼ Al Henry (43) CDM
21-0½ Wolfgang Linkmann (40)
20-2½ Dave Jackson (49) CDM
20-2¼ Gary Miller (43) CDM
19-1¼ Roger Tsuda (45)
18-9 Gary Bane (43) SCS
18-6¼ Mal Andrews (47) BAS
18-5½ Dee DeWitt (42)
18-5 Joe Iseri (4)

50-59:

20-0¼ Tom Patsallis (59) CDM
19-6¼ Shirley Davisson (51) CDM
18-1½ Phil Schlegel (51) CDM
17-8 J. Johnson (58)
17-5 Ed Mahany (50)
17-4½ Dave Brown (58) CDM
17-2½ Al Brenda (53)
17-2 Ray Spencer (58) SD
17-2 Fred Gallardo (50)
16-3¼ Don Donnelly (52) CDM
16-0 Barton Otzinger (5)
15-5 Bob Higgenbotham (55) BRT
15-4 Allan Maxwell (5)

60-69:

17-2¼ Gordon Farrell (63) CDM
16-5½ Jim Vernon (64) STC
16-3¼ Burl Gist (61) CDM
16-2½ John Satti (67) NCS
15-6 Pete Fetter (60) CDM
14-4 Charles Mercurio (6)
14-0½ John Damski (66)

70 Plus:

13-8¼ Joe Caruso (71) STC
13-3 Mike Andors (7)
12-1 Stan Thompson (70)
12-1 Ted Hatlen (70)
11-9¼ Winfield McFadden (76) SD

Triple Jump**30-39:**

51-11½ Milan Tiff (30)
 43-5 Steve Lang (30)
 42-8¾ Ed Baskaukas (30)
 41-3¾ David Romain (39) WV

40-49:

44-6 Al Henry (43) CDM
 43-1½ Dave Jackson (49) CDM
 36-4¼ Mal Andrews (47) BAS

50-59:

40-6¼ Tom Patsalis (59) CDM
 39-9 Ray Spencer (58) SD
 38-6¾ Shirley Davison (51) CDM
 35-1¼ Al Brenda (53)
 34-7¼ Don Donnelly (52) CDM
 34-6 Dave Brown (58) CDM

60-69:

35-5 Gordon Farrell (63) CDM
 29-8 John Satti (67) NCS
 29-2¼ Charles Mercurio (61)
 28-10½ Bob Ogle (6)
 28-7 H. Miller (65)
 28-0½ John Damski (66)
 27-5 George Poloyinis (63) CDM

70 Plus:

26-1½ Winfield McFadden (76) SD
 25-9¾ Joe Caruso (71) STC
 25-3¼ Stan Thompson (70)
 23-8 H. VanGelder (77)

Pole Vault**30-39:**

16-0 Robert Pullard (30)
 14-7 Tom Knappen (31)
 14-6 Warren Wilke (33)
 14-6 Steve Schwartz (33)
 13-8 Skip Peterson (3)
 13-6 Mardon Connelly (3)
 13-6 Mike Davis (31)
 13-0 Dick Fosdick (3)
 12-6 B. Hotaling (37)
 12-0 Dick Stepp (36)
 12-0 Chet McGaugh (3)
 12-0 John Yelder (3)
 12-0 Dennis Stempel (3)
 11-0 Paul Klein (3)
 11-0 James Ball (3)
 11-0 Joel Whitfield (3)

40-49:

13-6 Vic Cook (49) SCS
 13-6 Dave Thoreson (40)
 13-0 Jeff Chase (41)
 12-9½ Wolfgang Linkmann (40)
 12-0 Ron Fleming (43)
 12-0 Hal Smith (45)
 12-0 B. Eller (46)
 11-6 Gary Bane (43) SCS
 11-6 Dave Douglass (49) SCS
 11-6 Dee DeWitt (41)

10-0 Dave Brown (58) CDM
 10-0 Vern Wolfe (54)
 10-0 Hal Wallace (53)

60-69:

11-0 Jim Vernon (64) STC
 10-0 Orv Gillett (61) CDM

70 Plus:

8-0 Bob MacConaghy (73) CDM

Shot Put**30-39:**

51-7½ Gary Kilmenson (31)
 46-8½ Mike Diller (3)
 44-0½ Manuel Lechuga (3)
 41-6 Chet McGaugh (30)

40-49:

49-4½ Ed Kohler (40)
 47-1¼ Wolfgang Linkmann (40)
 45-4¼ Jim Hart (44)
 44-6½ Hal Smith (45) SCS
 43-5 Ed Burke (41)
 42-3½ Stew Thompson (48)
 41-10½ Dick Hatchkiss (42)
 39-11½ Mike Farris (4)
 39-11 Carl Klehm (42)

50-59:

49-9 Bill Bangert (5)
 46-2¼ Charles Renfro (50)
 46-1 George Ker (58) CDM
 43-6 Bob Flick (50)
 43-4½ Harry Hawke (52) SD
 40-1 Tom Allison (50)
 39-5½ Hal Wallace (53)

60-69:

46-10 Dan Aldrich (63) CDM
 46-9¾ Mike Castaneda (62)
 45-11¼ Jack Thatcher (65) CDM
 44-0½ Bob Stone (61)
 43-3 Jim Minah (6)
 43-1 Mark Henderson (60)
 42-6¼ James York (67)
 42-2½ O. Merlo (61)
 42-0½ Richard Parkinson (60)
 40-8½ Pete Fetter (60)
 40-1 Ross Carter (67)
 40-1 Bill Burke (62) CDM

70 Plus:

42-3¼ Vernon Cheadle (71)
 38-10 Red Doms (74) SCS
 38-8 Don Pierotti (70)
 38-6 Gene Hansen (70)
 35-2½ Lou Persenyl (73)
 33-8½ Stan Herrmann (76) CDM

Discus**30-39:**

177-11 Frank Reilly (35) AA
 161-5 Lloyd Higgins (39)
 159-0 Tom Fahey (33)

145-1 Wolfgang Linkmann (40)
 139-10 Stew Thompson (48)
 138-7 Jim Hart (44)
 137-0 Ed Burke (41)
 134-6 Mark
 133-2 James Gain (42)
 131-2 Ed Van Pelt (4)
 122-11 Dick Hatchkiss (42)
 119-8 Hal Smith (45) SCS

50-59:

152-1 Charles Renfro (50)
 143-1 Harry Hawke (52) SD
 138-2 George Ker (58)
 130-9 Sid Neblett (5)
 125-1 Hal Wallace (53) STC
 123-4 Tom Allison (50)
 120-11 Richard Straub (52) SD
 119-8 Bill Bangert (5)

60-69:

165-6 Dan Aldrich (63) CDM
 144-0 Mike Castaneda (62)
 143-3 Bob Stone (61)
 139-7 Jack Thatcher (65)
 130-2 Mark Henderson (6)
 123-6¼ Jim Minah (6)
 118-7 Bill Burke (62) CDM
 116-9 O. Merlo (61)
 115-5 Ross Carter (65)

70 Plus:

130-11 Vernon Cheadle (71)
 120-7 Ken Carnine (73) SCS
 112-3 Red Doms (74) SCS
 107-3 Don Pierotti (7)

Javelin**30-39:**

211-6 David Hamel (3)
 207-0 C. Foreman (3)
 205-4 Mike Warren (3)
 190-10 Warren Wilke (33)
 187-5 Dick Shelby (3)
 182-8 Chet McGaugh (30)
 179-6 Lloyd Higgins (39)
 169-6 John Bread (3)
 164-10 Fred Johnson (35) SCS
 160-3 Dennis Stempel (38)
 157-9 S. West (37)
 155-1 G. Power (30)
 148-0 C. McCormick (37) SCS

40-49:

203-11 John Burns (40)
 201-0 Phil Conley (46)
 184-0 Spencer Letcher (49)
 177-10 Bart Gale (4)
 176-8 Wolfgang Linkmann (40)
 176-4 G. Barton (42)
 175-1 Bill Toomey (41)
 166-4 Dick Hatchkiss (42)
 163-7 Ralph Sutton (49)
 155-5 Gary Miller (43) CDM
 150-1 Don Rose (46)
 147-4 Hal Smith (45) SCS

60-69:

153-4 Pete Fetter (60) CDM
 147-10 Dan Aldrich (63) CDM
 135-1 Gordon Nordfren (62)
 132-4 Bob Stone (61)
 126-3 Jerry Siebert (6)
 125-2 Richard Parkinson (60)
 120-2 Bill Burke (62) CDM
 107-6 Jack Thatcher (65) CDM

70 Plus:

114-4 Emery Curtice (74)
 104-8 Bob MacConaghy (73) CDM
 91-8 Red Doms (74) SCS

Hammer Throw**30-39:**

182-3 George Frenn (39)
 143-4 Mike Diller (3)
 137-7 Bill Ryan (3)

40-49:

197-11 Ed Burke (41)
 152-11 Stew Thompson (48)
 134-2 Carl Klehm (42)

118-11 Jim Hart (44)
 116-0 Hal Smith (45)
 109-11 Dave Douglass (49) SCS

50-59:

110-3 P. Evans (5)
 109-6 Jerry Wojcik (51)
 100-2 Clark Devilbiss (5)

60-69:

120-0 Jim Minah (6)
 119-11 Dan Aldrich (63) CDM
 114-5 Bob Stone (6)
 114-6 Joe Sanz (6)
 113-2 James York (6)
 112-5 G. Rachambeau (62)

70 Plus:

114-10 Don Pierotti (7)
 114-4 Stan Herrmann (7) CDM
 114-0 Lou Persenyl (73)
 111-4 Ralph Hubbell (7)

Pentathlon**30-39:**

2944 Gary Miller (43) CDM
 2860 Hugh Adams (40) CDM
 2382 Hal Smith (45) SCS

50-59:

2948 Ray Spencer (58) SD

Decathlon**30-39:**

5785 Dennis Stempel (38)

40-49:

6784 Wolfgang Linkmann (40)
 6212 Dave Thoreson (40)
 5130 Gary Bane (43) SCS

50-59:

4085 Fred Gallardo (50)
 3902 Al Brenda (53)

60-69:

WAVA System
 6775 Bob Hunt (61)

TAC Nationals

The following javelin results were accidentally left out of the October issue National Meet coverage.

August 15-16, Los Gatos: TAC/Penn Mutual USA National Masters Track & Field Championships.

WOMEN: 35-39: 1. Mary Donnelly (38)
 46-8. **40-44:** 1. Fran Conley (41) 78-3(AR).
45-49: 1. Christel Miller (46) 96-3. **50-54:** 1. Shirley Kinsey (52) 70-9; 2. Shirley Dietderich (54) 54-8; 3. Buff Messenger (53) 38-6.

MEN: 75-79: 1. Herbert Anderson (79) 84-0; 2. Winfield McFadden (76) 63-5. **70-74:** 1. Emery Curtice (74) 114-4; 2. Christopher Tompkins (72) 106-1; 3. Ken Carnine (73) 96-11; 4. Randolph Hubbell (72) 82-0. **65-69:** 1. Jack Thatcher (65) 99-1; 2. John McDonnell (67) 75-6; 3. Leon Joslin (69) 73-2; 4. Paul Fanning (66) 72-2; 5. Frank Saylor (67) 72-0. **60-64:** 1. Gordon Nordgren (62) 135-1; 2.

Robert Stone (61) 125-2. **55-59:** 1. Ed Chynoweth (57) 146-0; 2. Claude Tracy (55) 78-11. **50-54:** 1. Ralph Sutton (50) 166-7; 2. Richard Straub (52) 141-8; 3. Len Olson (50) 138-1; 4. Harry Hawke (52) 127-8; 5. Jerry Wojcik (51) 121-3; 6. Rudolf Bredenbeck (50) 97-9. **40-44:** 1. John Burns (40) 203-11; 2. Gale Barton (42) 176-4; 3. Bill Toomey (41) 171-6; 4. Anthony Mackay (43) 161-5; 5. George Miller (44) 155-11; 6. Richard Hotchkiss (42) 153-1; 7. Martin Hee (40) 127-9; 8. Charles Jurden (40) 120-4. **45-49:** 1. Phil Conley (46) 201-0; 2. Spencer Letcher (49) 184-0; 3. Robert Youngs (47) 179-2; 4. Don Rose (46) 149-2; 5. Hal Smith (45) 147-4; 6. James Rothrock (48) 143-8; 7. Gary Dawson (47) 114-1; 8. Donald Gray (46) 113-11. **30-34:** 1. Courtney Taylor (33) 216-11; 2. Chet McGaugh (30) 182-8; 3. Steven Pelletier (30) 178-10; 4. Jim Trujillo (34) 137-1. **35-39:** 1. Lloyd Higgins (39) 179-6; 2. David Robertson (36) 168-10; 3. Fred Johnson (35) 164-10; 4. Dennis Stempel (38) 160-3; 5. Jack Karbens (39) 118-1.

14-6 Steve Schwartz (33)
 13-6 Skip Peterson (3)
 13-6 Mardon Connelly (3)
 13-6 Mike Davis (31)
 13-0 Dick Fosdick (3)
 12-6 B. Hotaling (37)
 12-0 Dick Stepp (36)
 12-0 Chet McGaugh (3)
 12-0 John Yelder (3)
 12-0 Dennis Stempel (3)
 11-0 Paul Klein (3)
 11-0 James Ball (3)
 11-0 Joel Whitfield (3)
40-49:
 13-6 Vic Cook (49) SCS
 13-6 Dave Thoreson (40)
 13-0 Jeff Chase (41)
 12-9½ Wolfgang Linkmann (40)
 12-0 Ron Fleming (43)
 12-0 Hal Smith (45)
 12-0 B. Eller (46)
 11-6 Gary Bane (43) SCS
 11-6 Dave Douglass (49) SCS
 11-6 Dee DeWitt (41)

43-1½ Jack Richter (67) CDM
 43-3 Jim Minah (6)
 43-1 Mark Henderson (60)
 42-6¼ James York (67)
 42-2½ O. Merlo (61)
 42-0½ Richard Parkinson (60)
 40-8½ Pete Fetter (60)
 40-1 Ross Carter (67)
 40-1 Bill Burke (62) CDM
70 Plus:
 42-3½ Vernon Cheadle (71)
 38-10 Red Doms (74) SCS
 36-8 Don Pierotti (70)
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 166-4 Dick Katchkiss (42)
 163-7 Ralph Sutton (49)
 155-5 Gary Miller (43) CDM
 150-1 Don Rose (46)
 147-4 Hal Smith (45) SCS

August 15-16, Los Gatos: TAC/Penn Mutual USA National Masters Track & Field Championships.

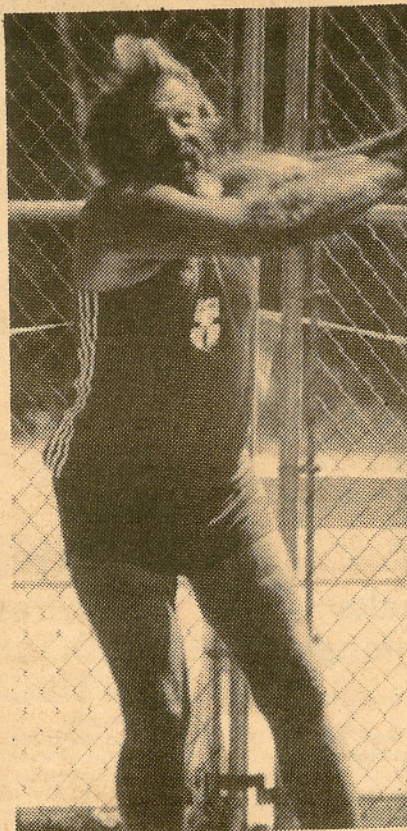
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Fred Gallardo



George Ker

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Blank on Page 31

11-6 J. Billmeyer (49)
 11-0 Carlos Cota (4)
 10-0 Dan Gray (46)
 10-0 Byron Bush (40)
50-59:
 11-0 Al Brenda (53)
 10-6 Fred Gallardo (50)
 10-6 Don Grosh (56)

149-10 Mike Diller (3)
 147-11 Tom Fahar (3)
 143-5 C. McCormick (37) SCS
 138-1 Manuel Lechuga (3)
 125-0 Chet McGaugh (30)
40-49:
 170-0 Ed Kohler (40)
 161-7 Bob Humphrey (45) CDM

50-59:
 169-6 Ralph Sutton (50)
 151-9 Jack Shield (5)
 150-2 E. Chynoweth (5)
 149-6 W. Chynoweth (57)
 127-8 Harry Hawke (52) SD
 121-9 Bob Roemer (56) NCS
 121-3 Jerry Wojcik (51)
 121-0 Hal Wallace (53) STC



College/Open Cross Country RESULTS

Moorpark Inv.

September 18, Moorpark. Moorpark Community College Cross Country Invitational. 3.9 miles.

1 Mike Carlton (Citrus)	20:09
2 Roger Soler (Hancock)	20:16
3 Paul Smith (Moorpark)	20:21
4 Mark Breish (Cuesta)	20:40
5 Tom McKeown (Cuesta)	20:44
6 Dan Martinez (Pasadena)	20:45
7 Mark Ruelas (Citrus)	20:53
8 B. Kleinsasser (Citrus)	21:03
9 Fran Robles (Moorpark)	21:07
10 Jim Kelley (Moorpark)	21:08
11 Mark Pederson (Moorpark)	21:13
12 Danilo Perez (Hancock)	21:15
13 Joe Hull (Antelope Valley)	21:19
14 Frank Salvaggio (Citrus)	21:29
15 Al Dehlinger (Antelope Valley)	21:30

Team Scores: Citrus 46, Moorpark 51, Hancock 80, Cuesta 98, Antelope Valley 127, Pasadena 142, LA Mission 199, Ventura 212.

photo by Richard Lee Slotkin



three places, and with their fifth man in no worse than twelfth overall, the Bruins were just as convincing in winning the team title. Their total score was 21. Second place USIU was way back with 74.

Because of a severe side stitch, UCLA's best runner, Dave Daniels, found himself in trouble at the three mile mark, where the stitch came on. He hung in for eighth place and the slack was taken up by Ron Roberts, Jon Butler and Willie Ayyad who finished second, third and fourth. A lot of new faces on the Bruins's team, among them Butler, who was the state 2 mile champ from Edison High in Huntington Beach. Jon was a bit nervous about running for the Blue and Gold in his college debut, but he did a good job, trailing teammate Roberts across the finish line by only 4 seconds.

The womens' race was even more one-sided. Fred LaPlante brought up his San Diego State girls to the Westwood campus and watched them take the first three places and place all five point scorers in the top ten.



who were 6th and 10th, had walked off the course in the middle of the race, Debi Simons and Eliana Garcia would have still provided the places to guarantee the win. Cal State Northridge was second, but with a total of 64 points. Beth Milewski was their best showing with a fourth overall and a 17:55 time. UCLA was third.

With Kathy Minty sitting it out in San Luis Obispo, Michelle Bush unable to compete on Saturdays due to religious convictions, and Linda Goen still hurting from an Achilles tendon injury, the Lady Bruins are not the factor that they could be. In fact, Goen had to drop out of this one at about two miles. First time she's ever done that, she said, but the pain was too much.

Men's 4.0 Mile:

1 Jan Hagelbrand (USIU TC)	19:26
2 Ron Roberts (UCLA)	19:41
3 Jon Butler (UCLA)	19:45
4 Willie Ayyad (UCLA)	19:51
5 Gilbert Cortez (CSLA)	19:55
6 Chris Schallert (CSUN)	19:58
7 Tim Varley (USIU TC)	20:00
8 Dave Daniels (UCLA)	20:03
9 Gary Bourbon (Unatt)	20:08
10 Tony Reyes (Unatt)	20:08
11 Art Cend	20:11
12 Matt Ebner (UCLA)	20:12
13 Dan Capriola (Unatt)	20:14
14 Forest Metcalf (USIU TC)	20:29
15 Alex Gonzales (UCLA)	20:29
16 Dick Isaboke (USIU TC)	20:30
17 Bill Cleves (UCLA)	20:32
18 Ric Perez (Pt. Loma)	20:33
19 Dan Brady (UCLA)	20:37
20 Luis Torres (CSUN)	20:37

19 Karey Robinson (Hayward)	19:54.4
20 Dana Flint (Cal)	19:54.6

Team Scores: California 22, UC Davis 77, Hayward Varsity 95, Sacramento State 142, Humboldt State 153, Chico State 181, Haywards Frosh 233, Santa Clara 254, USF 323, Sonoma State 325, San Francisco 358.

21 Cindy Herzog (Long Beach)	18:56
22 Julie Tison (Cerritos)	19:01
23 Lyrae Rowlett (Grossmont)	19:10
24 Carol Cornett (Grossmont)	19:20
25 Kim Keeton (Yuba)	19:22

TEAM SCORES: Large Schools— 1 Grossmont 19, 2 Marin 63, 3 Mt. SAC 65, 4 Cerritos 73, Bakersfield 115. **Small Schools—** 1 College of the Sequoias 34, 2 Canada 43, Santa Barbara 45, Monterey Peninsula 107.

Men (4 mile):

1 Mike Pope (Grossmont)	19:40
2 Sean Evans (Grossmont)	19:42
3 Sam Barraga (Monterey)	19:47
4 John Lee (Fullerton)	19:54
5 Richard Brownsberger (Gross)	19:55
6 Nelson Bernal (West Valley)	19:55
7 Ralph Garibaldi (San Bern)	20:00
8 David Lehrman (Kings Riv)	20:01
9 Allen Henry (Long Beach)	20:01
10 Tyrus Deminter (Long Beach)	20:02
11 Sam Pinuelas (Grossmont)	20:05
12 Tony Martin (Grossmont)	20:06
13 Bob Ingram (West Valley)	20:10
14 Pete O'Reilly (Marin)	20:11
15 Ray Santoyo (Mt. SAC)	20:11
16 Javier Sandoval (Grossmont)	20:18
17 Mike Fisher (Santa Ana)	20:20
18 Fred Villegas (Merced)	20:22
19 Bruce Hemingway (Grossmont)	20:23
20 Mike Robbins (Grossmont)	20:25
21 Jesse Cordova (Fresno)	20:25
22 Joe Rubio (West Valley)	20:26
23 John Seeman (Grossmont)	20:26
24 Mark Laver (Santa Barb)	20:29
25 Eddie Fuel (West Valley)	20:31
26 Felix Soto (San Jose)	20:33
27 Jack Karry (Grossmont)	20:35
28 Pete Morris (Grossmont)	20:37
29 Rodney Rivera (Grossmont)	20:40
30 Jesse Torres (San Jose)	20:40

TEAM SCORES: Large Schools— 1 Grossmont 26, 2 West Valley 49, 3 Long Beach 106, 4 Fullerton 142, 5 Mt. SAC 143, 6 Santa Rosa 152, 7 San Jose 183, 8 San Bernardino 216, 9 Marin 224, 10 Fresno 232. **Small Schools—** 1

photo by Richard Lee Slotkin



San Diego State Cross Country Team (from left): Peter Dufresne (team psychologist), Eliana Garcia, Debi Simmons, Monica Joyce, Debra Chaddock, Liz Baker, Lynn Kanuka, Sherry

1 Mike Carlton (Citrus)	20:09
2 Roger Soler (Hancock)	20:16
3 Paul Smith (Moorpark)	20:21
4 Mark Breish (Cuesta)	20:40
5 Tom McKeown (Cuesta)	20:44
6 Dan Martinez (Pasadena)	20:45
7 Mark Ruelas (Citrus)	20:53
8 B. Kleinsasser (Citrus)	21:03
9 Fran Robles (Moorpark)	21:07
10 Jim Kelley (Moorpark)	21:08
11 Mark Pederson (Moorpark)	21:13
12 Danilo Perez (Hancock)	21:15
13 Joe Hull (Antelope Valley)	21:19
14 Frank Salvaggio (Citrus)	21:29
15 Al Dehlinger (Antelope Valley)	21:30
Team Scores: Citrus 46, Moorpark 51, Hancock 80, Cuesta 98, Antelope Valley 127, Pasadena 142, LA Mission 199, Ventura 212.	

photo by Richard Lee Slotkin



Jan Hagelbrand

UCLA Invitational

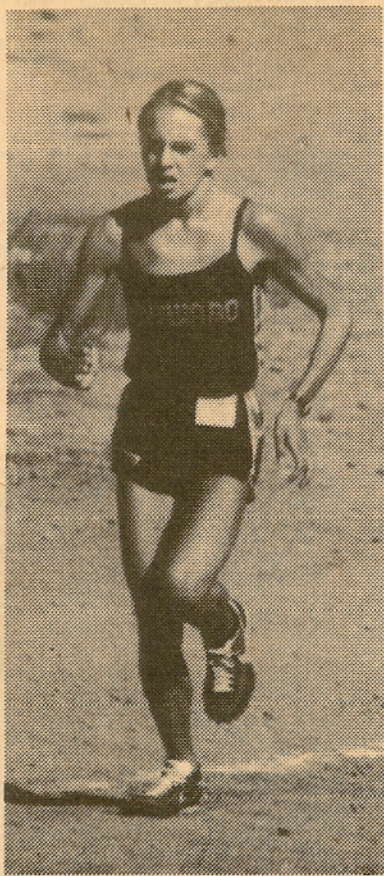
By RICHARD LEE SLOTKIN

September 19, Westwood: UCLA Invitational Cross Country Meet.

Jan Hagelbrand, an 8:30 steeplechaser from USIU in San Diego was a pretty convincing winner on this hilly four mile course on a hot day. However, with UCLA taking the next

was way back with 74. Because of a severe side stitch, UCLA's best runner, Dave Daniels, found himself in trouble at the three mile mark, where the stitch came on. He hung in for eighth place and the slack was taken up by Ron Roberts, Jon Butler and Willie Ayyad who finished second, third and fourth. A lot of new faces on the Bruins's team, among them Butler, who was the state 2 mile champ from Edison High in Huntington Beach. Jon was a bit nervous about running for the Blue and Gold in his college debut, but he did a good job, trailing teammate Roberts across the finish line by only 4 seconds.

The womens' race was even more one-sided. Fred LaPlante brought up his San Diego State girls to the Westwood campus and watched them take the first three places and place all five point scorers in the top ten.



Denise Bigelow

Monica Joyce and Lynn Kanuka got out to the lead from the very beginning and held it all the way. Joyce opened up a lead on her teammate and finished in 17:05 which was fifteen seconds ahead of second place. But second place was teammate Kanuka, and she was about 20 seconds ahead of another teammate, AFC Half-Marathon winner Liz Baker. SDSU's total was a stingy 21. Further, their two non-scorers finished 17th and 18th overall. If Debra Chaddock and Sheri Torrns,

Northridge was second, but with a total of 64 points. Beth Milewski was their best showing with a fourth overall and a 17:55 time. UCLA was third.

With Kathy Minty sitting it out in San Luis Obispo, Michelle Bush unable to copete on Saturdays due to religious convictions, and Linda Goen still hurting from an Achilles tendon injury, the Lady Bruins are not the factor that they could be. In fact, Goen had to drop out of this one at about two miles. First time she's ever done that, she said, but the pain was too much.

Men's 4.0 Mile:	
1 Jan Hagelbrand (USIU TC)	19:26
2 Ron Roberts (UCLA)	19:41
3 Jon Butler (UCLA)	19:45
4 Willie Ayyad (UCLA)	19:51
5 Gilbert Cortez (CSLA)	19:55
6 Chris Schallert (CSUN)	19:58
7 Tim Varley (USIU TC)	20:00
8 Dave Daniels (UCLA)	20:03
9 Gary Bourbon (Unatt)	20:08
10 Tony Reyes (Unatt)	20:08
11 Art Cend	20:11
12 Matt Ebner (UCLA)	20:12
13 Dan Capriola (Unatt)	20:14
14 Forest Metcalf (USIU TC)	20:29
15 Alex Gonzales (UCLA)	20:29
16 Dick Isaboke (USIU TC)	20:30
17 Bill Cleves (UCLA)	20:32
18 Ric Perez (Pt. Loma)	20:33
19 Dan Brady (UCLA)	20:37
20 Luis Torres (CSUN)	20:37

Team Scores: UCLA 27, USIU TC 74, Cal State Northridge 93, San Diego State 129, Cal State Long Beach 152, Cal State LA 180, Pt. Loma 186, Cal Poly Pomona 194, Santa Monica TC 200, Cal State Dominguez 245, Azusa Pacific 278, Loyola Marymount 290.

Women's Race:	
1 Monica Joyce (SDSU)	17:05
2 Lynn Kanuka (SDSU)	17:20
3 Liz Baker (SDSU)	17:42
4 Beth Milewski (CSUN)	17:55
5 Anabelle Villanueva (UCLA)	18:02
6 Debra Chaddock (SDSU)	18:04
7 Laura Koterba (CSULB)	18:38
8 Michelle Hopper (Unatt)	18:41
9 Nena Manriquez (CSUN)	18:43
10 Sheri Torrns (SDSU)	18:44
Team Scores: San Diego State 21, Cal State Northridge 64, UCLA 82, Cal State Long Beach 93.	

Berkeley Invitational

From VERN GAMBETTA

September 19, Tilden Park, Berkeley. 5000 meters. Women's Cross Country.

1 Cindy Grant (Cal)	18:18.1
2 Suzanne Richter (Cal)	18:27.1
3 Cindy Schmandt (Cal)	18:42.8
4 Denise Bigelow (Hayward)	18:51.0
5 Patti Gray (Davis)	18:57.8
6 Katherine Virostko (Davis)	18:58.3
7 Margaret Spotts (Cal)	19:03.8
8 Kath Pfifer (Sac State)	19:05.8
9 Lynn Hjelte (Cal)	19:15.6
10 Mary Gaffield (Cal)	19:15.9
11 Claudia Bergsohn (Humboldt)	19:21.2
12 Louise Romo (Cal)	19:22.6
13 Marcia White (Cal)	19:23.4
14 Kelly Geredes (Davis)	19:31.6
15 Kathy Way (Hayward)	19:32.0
16 Anne Hamilton (un)	19:35.8
17 Cindy Claiborne (Humboldt)	19:39.9
18 Mary Hanlon (Cal)	19:51.2

Humboldt State 153, Chico State 181, Haywards Frosh 233, Santa Clara 254, USF 323, Sonoma State 325, San Francisco 358.

4 Fullerton 142, 5 Mt. SAC 143, 6 Santa Rosa 152, 7 San Jose 183, 8 San Bernardino 216, 9 Marin 224, 10 Fresno 232. **Small Schools—** 1

photo by Richard Lee Slotkin



San Diego State Cross Country Team (from left): Peter Dufresne (team psychologist), Eliana Garcia, Debi Simmons, Monica Joyce, Debra Chaddock, Liz Baker, Lynn Kanuka, Sherry Torrns, Fred LaPlante (coach).

UCSB vs. Occidental

September 19.	
1 Maxwell (UCSB)	25:30
2 Hooker (UCSB)	25:39
3 Shea (UCSB)	25:56
4 Mendoza (UCSB)	25:56
5 Overholt (UCSB)	26:23
UCSB 15, Oxy 50.	

Santa Ana 104, 2 Glendale 114, 3 Oxnard 120, 4 Monterey Peninsula 148, 5 Cosumnes River 152, 6 Santa Barbara 153, 7 Merced 158, 8 College of the Sequoias 164, 9 Kings River 174, 10 Hartnell 180.

3-Way Meet

September 21, Hellyer Park, San Jose, 5 miles. 3-Way College Men's meet.

1. Simon Kilili (SJS) 24:28; 2. Jim Christensen (SAC) 24:56; 3. Stan Ross (SJS) 25:00; 4. Tom Hussey (SJS) 25:01; 5. Greg Jenkins (SAC) 25:06; 6. Bret Baffert (SJS) 25:17. **Team Scores:** San Jose State 22, Sacramento State 36, Hayward State 85.

Fresno City College Invitational

From BOB FRIES

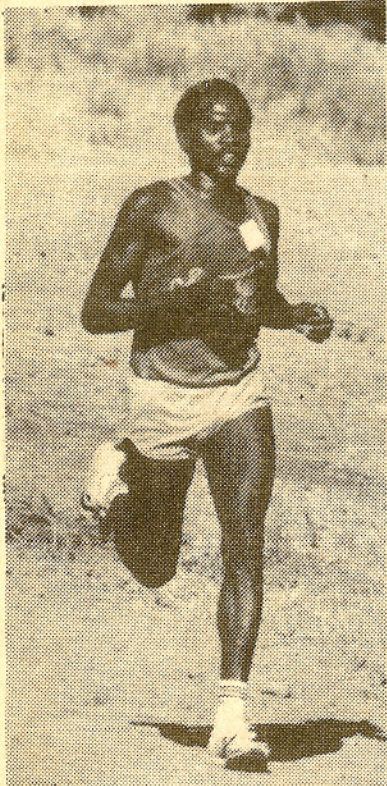
September 19. Woodward Park, Fresno.

Women (3 mile):	
1 Ann Zampardo (Grossmont)	16:25
2 Rene Wyckoff (Coll of Sequoias)	17:28
3 Linda Juntsten (Canada)	17:40
4 Penny Miller (Cerritos)	17:52
5 Barbara Cliff (Grossmont)	18:05
6 Diane Hernandez (Grossmont)	18:05
7 Shelley Agrimson (COS)	18:14
8 Laura Silva (Canada)	18:17
9 Theresa Foskett (Grossmont)	18:23
10 Karen Menge (Santa Ana)	18:24
11 Laurie Jenkins (Grossmont)	18:31
12 Therese Ebner (Mt. SAC)	18:34
13 Sherrie Rose (Grossmont)	18:36
14 Marcy Amonette (Marin)	18:38
15 Kelly Reynolds (Santa Barb)	18:40
16 Liana Wilson (Marin)	18:41
17 Gaye McClenathan (Santa Barb)	18:42
18 Linda Gully (Santa Barb)	18:43
19 Julie Doering (Fullerton)	18:44
20 Theresa Martin (Marin)	18:49

Cuesta Invitational

September 26, San Luis Obispo: Cuesta Invitational. 4.0 miles.

1 Sam Barrarza (Monterey)	20:34
2 Roger Soler (Hancock)	20:49
3 David Lehman (Kings River)	20:54
4 Paul Smith (Moorpark)	20:59
5 Jeff Magallanes (Monterey)	21:05
6 Tom McKeown (Cuesta)	21:22
7 Francisco Robles (Moorpark)	21:24
8 Mike Higgins (Monterey)	21:31
9 Joe Hull (Antelope Valley)	21:33
10 German Aranda (Hancock)	21:34
11 Phil Sosa (Hancock)	21:35
12 Mark Breish (Cuesta)	21:36
13 Jim Kelley (Moorpark)	21:36
14 Mike Hunt (Oxnard)	21:52
15 Virge Moreno (Kings River)	21:57
Team Scores: Moorpark 63, Monterey Peninsula 72, Hancock 86, Cuesta 113, Antelope Valley 124, Oxnard 128, Kings River 162, Hartnell 223, Ventura 230, Santa Barbara 251, Porterville 285, Cabrillo 327.	



Simon Kilili

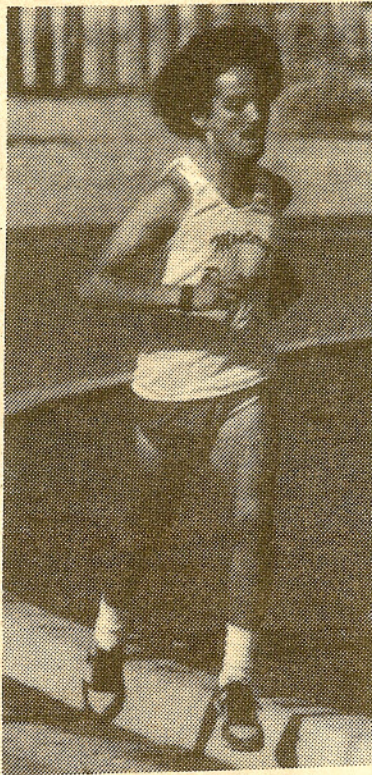
Fresno State Invitational

From RED ESTES

September 26, Woodward Park, Fresno.

Open College Men-10,000 meters

1 Simon Kilili(SanJoseSt)	30:16
2 Jim Smith(Stanford)	30:33
3 Scott Mayfield(FSU)	30:35
4 Rod Berry(Stanford)	30:41
5 Jose Gomes(Mexico)	30:45
6 Bill Graham(Stanford)	30:47
7 Derrick May(UN Reno)	31:19
8 Miguel Tibaduiza(UN Reno)	31:20
9 Steve Pradere(UN Reno)	31:26
10 Tom O'Neil(Stanford)	31:31
11 Eric Sappenfield(Stanford)	31:36
12 Barasa Thomas(FSU)	31:41
13 Gary Gonzales(FSU)	31:46
14 Ray Knerr(FSU)	31:49
15 James Eubank(UN-LV)	31:57
16 Brian Pettinguill(Stanford)	31:59
17 Bret Baffert(San Jose)	32:01
18 Ramon Garcia(FSU)	32:10
19 Frank Blasso(UN-LV)	32:20



Sam Barraza

14 Liz Strangio(CPSLO)	18:09
15 Amy Harper(CPSLO)	18:14
16 Mary Hanlon(Cal)	18:15
17 Judith Croasdale(BYU)	18:19
18 Dana Flint(Cal)	18:25
19 Sandi Leavitt(Cal)	18:27
20 Marcia White(Cal)	18:27
Cal Poly SLO 33, BYU 43, Cal Berkeley 48,	
UCSB 153, CSLA 202.	



SFSU vs CSUN

September 26, Crystal Springs, Belmont, 10K. San Francisco State vs Cal State Northridge dual.

1. Chris Schallert (N) 32:56; 2. Falk (N) 34:05; 3. Torres (N) 34:07; 4. Osuna (SF) 34:11; 5. Gottesfeld (N) 34:37. Team Scores: CSUN 17, SFSU 43.

WSC Dual Meets

October 2, Waller Park, Santa Maria. Western States Community College Conference 5-Way Meet. 4.0 miles

1 Roger Soler (Hancock)	20:28
2 German Aranda (Hancock)	20:35
3 Jensen (Glendale)	20:52
4 Dehlinger (Antelope Valley)	20:55
5 Laver (Santa Barbara)	21:05
6 Guzman (Glendale)	21:16
7 Monroe (Glendale)	21:18
8 Danilo Perez (Hancock)	21:20
9 Phil Sosa (Hancock)	21:20
10 Hull (Antelope Valley)	21:34
Team Scores: Hancock 24 - Glendale 34;	
Antelope Valley 23 - Santa Barbara 32; Hancock 20 - Antelope Valley 39; Glendale 15 - Taft 50; Glendale 21 - Santa Barbara 35; Antelope Valley 15 - Taft 50.	

Golden Gate Inv.

October 3, Golden Gate Park, San Francisco. Golden Gate Community College Invitational Cross Country Meet.

Men's 4 Mile:

1 Sammy Barraza (MPC)	20:41
2 Felix Soto (SJCC)	20:44
3 Nelson Bernal (WVC)	20:48
4 Jeff Scott (ARC)	20:52
5 Bob Ingram (WVC)	20:52
6 Jeff Magallanes (MPC)	20:57
7 Marco Ibarra (CCSF)	20:58
8 Gary Whalen (ARC)	20:58
9 Eddie Fuel (WVC)	21:05
10 Mike Vail (ARC)	21:08
11 Joe Rubio (WVC)	21:09
12 Wally Kazmierowski (CCSF)	21:11
13 Dan Gonzales (FOOT)	21:13
14 Jeff Purrington (SJCC)	21:16
15 Dan Betker (SCC)	21:18
16 Rusty Knowles (ARC)	21:20
17 Steve Martin (ARC)	21:24
18 Jesse Cordova (FCC)	21:26
19 Dan Ramirez (SJCC)	21:27
20 Mike Warr (ARC)	21:28

Team Scores: West Valley 1:45:39; American River 1:45:42; Monterey Penn 1:48:42; Santa Rosa 1:49:09; San Jose 1:49:48; Hartnell 1:51:25; San Francisco CC 1:51:31; Fresno 1:51:45; Diablo Valley 1:52:10; San Joaquin Delta 1:53:42; Foothill 1:53:53; DeAnza 1:54:04; Chabot 1:54:08; Sac City 1:54:13; Modesto 1:56:31; San Mateo 1:56:58; Contra Costa 2:00:17; Marin 2:00:19; Cabrillo 2:00:30; Skyline 2:02:58; Merritt 2:04:36; Alameda inc.

Women's 3 Mile:

1 Laurie Crisp (Mod)	18:06
2 Kathy Koudella (DA)	18:15
3 Jeanette Allred (ARC)	18:26
4 Polly Wright (CCSF)	19:03

4-Way Meet

October 3, Sacramento, 5 miles. Four Way College Men's Meet.

1. Valdez (F) 25:49; 2. Osuna (SF) 25:50; 3. Anderson (H) 25:53; 4. Mendez (H) 25:54; 5. Little (F) 26:11; 6. Arnold (F) 26:12; 7. Godding (S) 26:13. Team Scores: Cal State Hayward 40, Fresno State "B" 49, San Francisco State 65, Sacramento State 67.

L.A.B.C. Invitation'

From ALBERTO BAZAN

October 3, Newhall: Los Angeles Baptist College Invitational Cross Country Meet.

Men: 1. Cuevas (Whittier) 27:07; 2. Smith (Whittier) 27:07; 3. Caldera (Whittier) 27:07. Team Scores: 1. Whittier 17; 2. LA Baptist 48; 3. La Verne 72.

Bronco Invitational

From ALBERTO BAZAN

October 3, Cal Poly Pomona: Bronco Invitational Women's Cross Country Meet.

1. Ramirez (Cal State Bakersfield) 19:52; 2. Newton (Cal Poly Pomona) 21:27. Team Scores: 1. Cal State Bakersfield 25; 2. Cal Poly Pomona 33; 3. Cal State Los Angeles 54.

Aztec Invitational

From ALBERTO BAZAN

October 3, Balboa Park, San Diego: 39th Annual Aztec Invitational Cross Country Meet.

Men's 10,000 Meters:

1 Matthews Motshwarateu (UTEP)	29:30
2 Gidemas Shahanga (UTEP)	29:32
3 Michael Musyoki (UTEP)	29:38
4 Gabriel Kamau (UTEP)	29:55
5 Jan Hagelbrand (USIU)	29:58
6 Dave Daniels (UCLA "A")	30:10
7 Harrison Koroso (Arizona)	30:21
8 Graeme Fell (SDSU "A")	30:24
9 Don Janicki (Arizona)	30:27
10 Eric Hulst (AIA)	30:28
11 Thomas Maweu (UTEP)	30:30
12 Jon Butler (UCLA "A")	30:38
13 K.T. Fiehler (N. Ariz)	30:44
14 Rudy Munoz (Aggie RC)	30:46
15 Mohammed Rutiginga (UTEP)	30:46
16 Terry Gibson (Jamul Toads)	30:47
17 Larry Chumley (Glendale C)	30:50
18 Tom Ansberry (Arizona)	30:52
19 Jeff Hess (Arizona)	30:57
20 Doug Avrit (CPSLO)	31:02
21 Robert Lusitana (Jamul Toads)	31:08
22 David Dobler (Arizona)	31:12
23 Gary Borbon (CP TC)	31:14
24 Vito Perrone (Glendale, AZ)	31:15
25 Tony Reyes (Cal Poly TC)	31:16
26 Rick Rose (Unat)	31:16
27 Bill Adams (AIA)	31:17
28 Willie Ayyad (UCLA "A")	31:17
29 Joe Avila (UCLA "B")	31:19
30 Chris Sadler (AIA)	31:20

44 Chris Dugan (Glendale, AZ)	31:44
45 Harold Celms (Aggie RC)	31:45
46 Mike Pope (Grossmont)	31:47
47 Manuel Sandoval (Jamul Toads)	31:48
48 Emil Magallanes (Aggie RC)	31:51
49 Steve Strangio (CPSLO)	31:52
50 Steve Holl (Aggie RC)	31:53
51 Steve Webb (UCLA "A")	31:55
52 George Mason (AIA)	31:56
53 Joe Green (CPSLO)	31:57
54 Bill Foley (AIA)	31:59
55 Doug Miner (N. Ariz)	32:02
56 Tom Bush (Arizona)	32:04
57 Art Cendejas (CSU-Long Beach)	32:04
58 Richard Diaz (CSU-Long Beach)	32:06
59 Phillip Bellan (CPSLO)	32:07
60 Wally Buckingham (Jamul Toads)	32:09

Team Scores: Texas-El Paso 20, Arizona 70, UCLA "A" 93, Athletes in Action 146, Jamul Toads 153, Aggie Running Club 163, Cal Poly-San Luis Obispo 172, Northern Arizona 245, UCLA "B" 257, Cal State Northridge 259, San Diego State "A" 309, Glendale, Arizona 312, Nevada-Las Vegas 321, Long Beach State "A" 364, US International 392, Cal Poly-Pomona 457, San Diego State "B" 469, Occidental 546.

Ann Zampardo



Fresno State Invitational

From RED ESTES

September 28. Woodward Park, Fresno.

Open College Men-10,000 meters

1 Simon Kilili(San Jose St)	30:16
2 Jim Smith(Stanford)	30:33
3 Scott Mayfield(FSU)	30:35
4 Rod Berry(Stanford)	30:41
5 Jose Gomes(Mexico)	30:45
6 Bill Graham(Stanford)	30:47
7 Derrick May(UN Reno)	31:19
8 Miguel Tibaduiza(UN Reno)	31:20
9 Steve Pradere(UN Reno)	31:26
10 Tom O'Neill(Stanford)	31:31
11 Eric Sappenfield(Stanford)	31:36
12 Barasa Thomas(FSU)	31:41
13 Gary Gonzales(FSU)	31:46
14 Ray Knerr(FSU)	31:49
15 James Eubank(UN-LV)	31:57
16 Brian Pettingill(Stanford)	31:59
17 Bret Baffert(San Jose)	32:01
18 Ramon Garcia(FSU)	32:10
19 Frank Blasso(UN-LV)	32:20
20 Ed Callaway(Stanford)	32:22

Team Scores: 1. Stanford 30, 2. Fresno State 58, 3. UN Reno 69, 4. San Jose State 88, 5. UN Las Vegas 103, 6. CSU Dominguez Hills 177.

Open College Women-5,000 meters

1 Ceci Hopp(Stanford)	16:28
2 Kim Schnurpfell(Stanford)	16:34
3 Patti Sue Plumer(Stanford)	16:34
4 Sloan Burton(Stanford)	17:02
5 Ann Locke(Stanford)	17:09
6 Michele Mason(Stanford)	17:16
7 Sabrina Peters(Arizona St)	17:23
8 Maria Trujillo(Arizona St)	17:30
9 Marilyn Taylor-Allen(West Valley)	17:47
10 Dianne Gong(Stanford)	17:52
11 Cathy Fulkerson(Cal Lutheran)	17:54
12 Jessica Spies(San Jose Cindergals)	17:57
13 Terry Schmidt(UN Reno)	17:59
14 Kathy Way(Hayward)	18:07
15 Denise Bigelow(Hayward)	18:13
16 Mary Grace Maloney(Stanford)	18:17
17 Lisa Pfuhl(Arizona)	18:22
18 Peggy Ryther(Arizona)	18:28
19 Karen Robinson(Hayward)	18:35
20 Stefani Stoutt(Hayward)	18:36

Team Scores: 1. Stanford 15, 2. Arizona State 67, 3. CSU Hayward 76, 4. UN Reno 117, 5. CSU Dominguez Hills 162, 6. Cal Lutheran 175, 7. UN Las Vegas 188, 8. West Valley 189.

Gaucha Invitational

From LANCE HARTER

September 26. Santa Barbara.

1 Eileen Kraemer(CPSLO)	16:49
2 Suzanne Richter(Cal)	16:51
3 Mary Caroy(BYU)	17:05
4 Janell Neelby(BYU)	17:29
5 Carol Gleason(CPSLO)	17:32
6 Aulikki Kononoff(BYU)	17:33
7 Irene Crowley(CPSLO)	17:34
8 Mary Gaffield(Cal)	17:42
9 Jenn Jamesson(CPSLO)	17:43
10 Margaret Spotts(Cal)	17:43
11 Jenn Plinn(CPSLO)	17:50
12 Louise Romo(Cal)	18:01
13 Cheryl Howlett(BYU)	18:07

14 Liz Strangio(CPSLO)	18:09
15 Amy Harper(CPSLO)	18:14
16 Mary Hanlon(Cal)	18:15
17 Judith Croasdale(BYU)	18:19
18 Dana Flint(Cal)	18:25
19 Sandi Leavitt(Cal)	18:27
20 Marcia White(Cal)	18:27

Cal Poly SLO 33, BYU 43, Cal Berkeley 48, UCSB 153, CSLA 202.



Scott Mayfield leading the Fresno Invitational at 3 miles.

Riverside Invitational

From Chris Rinne

September 26, UC Riverside: Riverside Invitational Cross Country.

Women's Race:

1 Anabelle Villanueva (UCLA)	17:41
2 Yvonne Yankee (CSILB)	17:52
3 Linda Goen (UCLA)	17:58
4 Rosalva Bonilla (CSUF)	18:08
5 Laura Koterby (CSULB)	18:10
6 Becky Bonsall (CSULB)	18:20
7 Shelia Ralston (Unatt)	18:23
8 Terri Brown (UCLA)	18:31
9 Shelly Hazlett (UCLA)	18:46
10 Sherrie Roach (SCRR)	18:49
11 Kelly Daugherty (UCR)	18:52
12 Karen Cooper (UCLA)	19:15
13 Delight Enciso (USIU)	19:17
14 Debbie Keagy (USIU)	19:24
15 Katie Gruber (UCLA)	19:26

Team Scores: UCLA 29, Cal State Long Beach 50, United States International 87, UC Riverside 95, Cal Poly Pomona 115, Cal State Fullerton 135.

All Cal Invitational

From CHRIS RINNE

October 3, UC Irvine: All-Cal Invitational Cross Country Meet.

Men's 10,000 Meters:

1. Gerhardt (UCI) 30:26; 2. F. Assuma (UCR) 30:38; 3. C. Assuma (UCR) 31:02; 4. O'Reilly (UCB) 31:04; 5. Downs (UCB) 31:12; 6. Cook (UCR) 31:16; 7. Young (UCI) 31:16; 8. Eliff (UCB) 31:22; 9. Siguelros (UCSC) 31:31; 10. Love (UCB) 31:41; 11. McCollum (UCB) 31:52; 12. Ingraham (UCSB) 31:56; 13. Jenness (UCR) 32:00; 14. Mendoza (UCSB) 32:03; 15. Hooker (UCSB) 32:08.
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Team Scores: UC Berkeley 38, UC Riverside 41, UC Irvine 69, UC Santa Barbara 89, UC Davis 127, UC Santa Cruz 165, UC San Diego 175.

Women's 5,000 Meters:

1. Gray (UCD) 17:54; 2. Virostko (UCD) 17:54; 3. Nicholes (UCSB) 18:15; 4. Karg (UCSB) 18:34; 5. Daugherty (UCR) 18:39; 6. Pruitt (UCD) 18:50; 7. Lowe (UCR) 18:54; 8. Mason (UCSB) 18:55; 9. Pappas (UCD) 19:03; 10. Schwarz (UCSB) 19:09.

Team Scores: UC Davis 30, UC Santa Barbara 39, UC Riverside 69, UC Irvine 110, UC San Diego 115, UC Santa Cruz no score.

Men's 10,000 Meters:	20:48
1 Matthews Motshwarate (UTEP)	20:52
2 Gidemas Shahanga (UTEP)	20:52
3 Michael Musyoki (UTEP)	20:57
4 Gabriel Kamau (UTEP)	20:58
5 Jan Hagelbrand (USIU)	20:58
6 Dave Daniels (UCLA "A")	21:05
7 Harrison Koroso (Arizona)	21:08
8 Graeme Fell (SDSU "A")	21:09
9 Don Janicki (Arizona)	21:11
10 Eric Hulst (AIA)	21:13
11 Thomas Maweu (UTEP)	21:16
12 Jon Butler (UCLA "A")	21:18
13 K.T. Fiehler (N. Ariz)	21:20
14 Rudy Munoz (Aggie RC)	21:24
15 Mohammed Rutginga (UTEP)	21:26
16 Terry Gibson (Jamul Toads)	21:27
17 Larry Chumley (Glendale C)	21:28
18 Tom Ansberry (Arizona)	21:28
19 Jeff Hess (Arizona)	21:28
20 Doug Avrit (CPSLO)	21:28
21 Robert Lusitana (Jamul Toads)	21:28
22 David Dobler (Arizona)	21:28
23 Gary Borbon (CP TC)	21:28
24 Vito Perrone (Glendale, AZ)	21:28
25 Tony Reyes (Cal Poly TC)	21:28
26 Rick Rose (Unat)	21:28
27 Bill Adams (AIA)	21:28
28 Willie Ayyad (UCLA "A")	21:28
29 Joe Avila (UCLA "B")	21:28
30 Chris Sadler (AIA)	21:28



Grossmont College Cross Country Team

31 Steve McCormack (UCLA "A")	31:24
32 Bill Davies (Jamul Toads)	31:25
33 Matt Ebner (UCLA "A")	31:28
34 Tim Mann (CSU Northridge)	31:29
35 Pete Sweeney (Aggie RC)	31:32
36 Dan Caprioglio (Unat)	31:33
37 Dan Brady (UCLA "B")	31:35
38 Ruben Rathedi (UTEP)	31:37
39 Carmelos Rios (CPSLO)	31:40
40 Andy DiConti (CPSLO)	31:40
41 Mike Lansdon (CPSLO)	31:40
42 Jim Eubank (Nevada-LV)	31:42
43 Chris Schaller (CSU-Northridge)	31:43

Central Arizona 573, Azusa Pacific 589, Biola 624, Cal State Fullerton "A" 630, USNA 705, Redlands 743, Cal Fullerton "B" 786.

Women's 5,000 Meters:

1 Joan Hansen (Arizona)	16:47
2 Monica Joyce (SDS "A")	16:56
3 Lynn Kariuka (SDS "A")	17:24
4 Mavit Risan (UTEP)	17:36
5 Jan Oehm (Arizona)	17:39

6 Marjorie Kaput (Arizona)	17:40
7 Liz Baker (SDS "A")	17:50
8 Sue Kinsey (Unatt)	17:56
9 Debbie Chaddock (SDS "A")	18:00
10 Anne Zampardo (Grossmont)	18:02
11 Beth Milewski (CSU Northridge)	18:04
12 Maria Trujillo (Arizona St.)	18:10
13 Eliza Carney (Arizona)	18:14
14 Jackie Richards (UTEP)	18:19
15 Anthea James (Arizona)	18:22
16 Kathy Hildebrand (Arizona)	18:24
17 Yvonne Yanke (CSU Long Beach)	18:26
18 Laura Miller (Unatt)	18:30
19 Nena Manriquez (CSU Northridge)	18:35
20 Rosalza Bonilla (CS Fullerton)	18:41
21 Lori DeClerco (Hawaii)	18:45
22 Larua Koterby (CSU Long Beach)	18:46
23 Lucia Rodriguez (CSU Northridge)	18:46
24 Tracy Weber (Arizona)	18:48
25 Millicent Anderson (Arizona)	18:48

Team Scores: Arizona 36, San Diego State "A" 44, Texas El Paso 113, Cal State Northridge 120, Cal State Long Beach 164, Occidental 165, Northern Arizona 206, Hawaii 213, Arizona State 229, San Diego State "B" 277, US International 300, Phoenix College 332, Cal State Fullerton 347, Nevada-Las Vegas 391, USC 420, Azusa Pacific 464, Golden West 474.

Cal Invitational

October 3, Tilden Park, Berkeley: Cal Nike Women's Invitational Cross Country Meet.

5,000 Meters:

1 Kim Schnurpfel (Stanford)	17:21
2 Ceci Hopp (Stanford)	17:32
3 Patti Sue Plummer (Stanford)	17:38
4 Darien Andrew (Florida)	17:40
5 Eileen Kraemer (CPSLO)	17:44
6 Ann Locke (Stanford)	17:46
7 Eryn Forbes (Oregon)	17:49
8 Kathy Hayes (Oregon)	17:51
9 Denise Phillips (Florida)	17:56
10 Sloan Burton (Stanford)	17:57
11 Carey May (Stanford)	18:00
12 Michelle Mason (Stanford)	18:04
13 Suzanne Richter (Cal)	18:08
14 Margaret Coomber (Florida)	18:10
15 Connie Case (Oregon St.)	18:17
16 Janelle Neeley (BYU)	18:19
17 Meg Cooke (Oregon St.)	18:22
18 Joan Hopfenspringer (Oregon)	18:24
19 Aulikki Kononoff (BYU)	18:25
20 Irene Crowley (CPSLO)	18:26
21 Rosa Gutierrez (Oregon)	18:28
22 Jennifer Dunn (CPSLO)	18:33
23 Luise Romo (Cal)	18:39
24 Joanne Lahti (Oregon St.)	18:37
25 Carol Gleason (CPSLO)	18:40

Team Scores: Stanford 22, Oregon 81, Cal Poly San Luis Obispo, Florida State 104, Brigham Young 121, Oregon State 125, Cal 128, Cal State Hayward 224, Utah State 237, Cal State Hayward Frosh 317.

Stanford Invitat'l

October 10, Stanford: Stanford Invitational Cross Country Meet.

Men's 10,000 Meters (College/Open):



Ceci Hopp leads Kim Schnurpfel

27 Tim Gruber (Humboldt State)	31:22
28 Dan Brady (UCLA)	31:23
29 Matt Ebner (UCLA)	31:24
30 Barasa Thomas (Fresno State)	31:25
31 Gary Gonzales (Fresno State)	31:27
32 Nick Carr (Colorado)	31:31
33 Doug Avrit (Cal Poly SLO)	31:33
34 Charlie Christensen (Unatt)	31:36
35 Steve Strangio (Cal Poly SLO)	31:39
36 David Diaz (Colorado)	31:42
37 Bob Love (UC Berkeley)	31:43
38 Eric Sappenfield (Stanford)	31:46
39 Gary Borbon (Surf Club)	31:47
40 Ramon Garcia (Fresno State)	31:48
41 Andy DiConti (Cal Poly SLO)	31:49
42 Steve Webb (UCLA)	31:51
43 David Holmes (U. Portland)	31:52
44 Miguel Tibaduiza (Nevada-Reno)	31:52
45 Mike Lansdon (Cal Poly SLO)	31:53
46 Joe Young (UC Irvine)	31:54
47 Bill Cleves (UCLA)	31:56
48 Ron Roberts (UCLA)	31:58
49 Greg Rohde (Colorado)	31:59
50 David Frank (Stanford)	32:00

College Team Scores: UCLA "A" 54; 2. UC Berkeley "A" 80; University of Colorado 113; Fresno State "A" 134; Stanford "A" 154; Cal Poly SLO 183; UC Irvine 201; Nevada-Reno 210; UCLA "B" 226; San Jose State 272; University of Portland 312; UC Santa Barbara 326; Humboldt State "A" 353; Cal State Northridge 389; Sacramento State 403; Long Beach State 433; UC Riverside 455; Point Loma 455; Cal Lutheran 500; Westmont 576.

21 Leanne Buckley (U. Washington)	18:09
22 Terry Schmidt (Nevada-Reno)	18:12
23 Marilyn Taylor-Allen (WVTC)	18:12
24 Jessica Spies (SJ Cindergals)	18:13
25 Nena Manriquez (Cal State North)	18:14

College Team Scores: Stanford 19; Cal Poly SLO 66; U. Washington 78; U. Idaho 91; Cal State Northridge 132; UCLA 154; Humboldt State 204; Nevada-Reno 209; UC Irvine 272; Sonoma State 285.

Cal Invitational

October 17, Berkeley. 5.0 Miles. Cal Men's Invitational Cross Country Meet.

1 Mike O'Reilly (Cal)	24:31
2 Simon Kilili (San Jose)	24:40
3 Tom Downs (Cal)	24:55
4 Rich McCann (Aggie RC)	25:07
5 Dennis O'Halloran (Aggie RC)	25:28
6 Felix Elieff (Cal)	25:30
7 Bob Dies (Aggie RC)	25:32
8 Bob Love (Cal)	25:34
9 Jeff Shaver (Unatt)	25:33
10 Rob Annex (Aggie RC)	25:44

Team Scores: UC Berkeley 30, Aggie Running Club 36, San Jose State 98, UC Berkeley "B" 138, Excelsior Track Club 147.

Biola Invitational

October 18: La Mirada. Biola Invitational Collegiate Cross Country Meet.

Men's Large Schools 5.0 Mile:

1 Graeme Fell (San Diego State)	24:17
2 Frank Assumma (UC Riverside)	24:32
3 Joe Young (UC Irvine)	24:51
4 Charlie Christensen (UC Irvine)	24:55
5 Frank Plasso (UN Las Vegas)	25:05
6 Gilbert Cortez (Cal State LA)	25:16
7 Richard Diaz (Cal State Long Beach)	25:37
8 Melvin Thompson (UN Las Vegas)	25:40
9 Jim Eubank (UN Las Vegas)	25:46
10 Sam Walling (UC Irvine)	25:51
11 Dick Isaboke (JSIU)	25:54
12 Brian Parks (UC Riverside)	25:55
13 Steve Johnson (UN Las Vegas)	25:57
14 Pedro Reyes (UC Irvine)	25:58
15 Lee Duran (San Diego State)	25:59

Team Scores: UC Irvine 46, UN Las Vegas 46, San Diego State 72, Long Beach State 105, JSIU 120, Cal State LA 132, Occidental 144, Long Beach State "B" 249. Non scoring: U San Diego, UC Riverside.

Men's Small Schools 5.0 Miles:

1 Ricardo Perez (Pt. Loma)	24:56
2 Tomas Anderson (Pt. Loma)	25:39
3 Jon Black (Cal Lutheran)	25:45
4 Ron Routh (Cal Lutheran)	25:53
5 Steve Kovatch (Chapman)	26:06
6 Dan Powers (Pt. Loma)	26:15
7 Kurt Cook (Westmont)	26:26
8 Tim Cano (Chapman)	26:28
9 Stanf Madrid (CSU Fullerton)	26:30
10 Zeke Rodriguez (Azusa)	26:31
11 Brian Hamilton (Azusa)	26:32
12 Chris Bowlus (UC San Diego)	26:32
13 Andy Morabe (Pt. Loma)	26:35
14 Jon Hendrix (Biola)	26:37
15 Tom Carlton (Loyola)	26:38

Team Scores: Pt. Loma 42, Cal Lutheran 54, Azusa Pacific 103, Westmont 142, Fullerton

LONG DISTANCE LOG



by RICHARD SLOTKIN LONG DISTANCE EDITOR

Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230. Also send a copy of the results to the California Track & Running News office: P.O. Box 6103, Fresno, CA 93703.

POINTS OF INTEREST

By RICHARD LEE SLOTKIN

Not much in the way of news or views this month. We have learned that the SPA District Cross Country Championships have been cancelled. They were to be held over the same course as the TAC Nationals, and would have been a nice preview of what the local and nearby talent would be likely to do at the Nationals. But the fee for use of the site, on the DeBelle Golf Course in Glendale was too high, according to Long Distance Running Committee chairman Chuck Lichter. I suspect that the real reason was the outcry by golfers and local residents over the alleged disruption and inconvenience caused by the two events. Apparently even the Nationals are in jeopardy and alternate courses such as Griffith Park or Pierce are considerations for a last minute

two reasons. One, it would have been a quality event, loaded with world class runners, many of whom we don't get to see out here very often. Two, it would have been that much more in the way of competition for TAC, and as we are seeing, it is taking just this kind of competition to get TAC and the amateur powers that be to loosen up a bit on the straight jacket that they've held the athletes in all these many years.

We have a pretty skimpy PR column this month so we are going to hold them to combine with next month's listings. Most of these items are ones that I dig up myself, but I do get some from interested parties. I need more of you PR setters to send in your results. We will print every PR we get, provided that it's legitimate. And unless someone gets really far out, I will assume that they all are for real. If you know someone who has set a PR, send their name and time in for them. We'll run it.

One area that we find especially

7	Eryn Forbes (Oregon)	17:49
8	Kathy Hayes (Oregon)	17:51
9	Denise Phillips (Florida)	17:56
10	Sloan Burton (Stanford)	17:57
11	Carey May (Stanford)	18:00
12	Michelle Mason (Stanford)	18:04
13	Suzanne Richter (Cal)	18:08
14	Margaret Coomber (Florida)	18:10
15	Connie Case (Oregon St.)	18:17
16	Janelle Neeley (BYU)	18:19
17	Meg Cooke (Oregon St.)	18:22
18	Joan Hopfenspringer (Oregon)	18:24
19	Aulikki Kononoff (BYU)	18:25
20	Irene Crowley (CPSLO)	18:26
21	Rosa Gutierrez (Oregon)	18:28
22	Jennifer Dunn (CPSLO)	18:33
23	Luise Romo (Cal)	18:39
24	Joanne Lahti (Oregon St.)	18:37
25	Carol Gleason (CPSLO)	18:40

Team Scores: Stanford 22, Oregon 81, Cal Poly San Luis Obispo, Florida State 104, Brigham Young 121, Oregon State 125, Cal 128, Cal State Hayward 224, Utah State 237, Cal State Hayward Frosh 317.

Stanford Invitat'l

October 10, Stanford: Stanford Invitational Cross Country Meet.

Men's 10,000 Meters (College/Open):

1	Adrian Royle (Unatt)	30:02
2	Dave Daniels (UCLA)	30:07
3	Simon Killili (San Jose State)	30:25
4	Danny Grimes (Pacific West TC)	30:27
5	Jon Butler (UCLA)	30:32
6	Rod Berry (Stanford)	30:36
7	Scott Mayfield (Fresno State)	30:46
8	John Gerhardt (UC Irvine)	30:52
9	O. Waller (Colorado)	30:52
10	Mike O'Reilly (UC Berkeley)	30:54
11	Mark Conover (Humboldt State)	30:59
12	Tom Downs (UC Berkeley)	31:00
13	Roy Kissin (Sub-4)	31:03
14	Dan Harvey (Cal Racing Team)	31:04
15	Joe Fabris (Aggie RC)	31:06
16	Jim Smith (Stanford)	31:06
17	Jerry Maris (Colorado)	31:07
18	Frank Assumma (UC Riverside)	31:10
19	Mark Labonte (UC Berkeley)	31:11
20	Willie Ayyad (UCLA)	31:12
21	Joe Avia (UCLA)	31:15
22	Derrick May (Nevada-Reno)	31:16
23	Rich McCann (Aggie RC)	31:17
24	Felix Eleiff (UC Berkeley)	31:17
25	Steve McCormack (UCLA)	31:19
26	Armando Siqueiros (Unatt)	31:20

28	Nan Brady (UCLA)	31:23
29	Matt Ebner (UCLA)	31:24
30	Barasa Thomas (Fresno State)	31:25
31	Gary Gonzales (Fresno State)	31:27
32	Nick Carr (Colorado)	31:31
33	Doug Avrit (Cal Poly SLO)	31:33
34	Charlie Christensen (Unatt)	31:36
35	Steve Strangio (Cal Poly SLO)	31:39
36	David Diaz (Colorado)	31:42
37	Bob Love (UC Berkeley)	31:43
38	Eric Sappenfield (Stanford)	31:46
39	Gary Borbon (Surf Club)	31:47
40	Ramon Garcia (Fresno State)	31:48
41	Andy DiConti (Cal Poly SLO)	31:49
42	Steve Webb (UCLA)	31:51
43	David Holmes (U. Portland)	31:52
44	Miguel Tibaduiza (Nevada-Reno)	31:52
45	Mike Lansdon (Cal Poly SLO)	31:53
46	Joe Young (UC Irvine)	31:54
47	Bill Cleves (UCLA)	31:56
48	Ron Roberts (UCLA)	31:58
49	Greg Rohde (Colorado)	31:59
50	David Frank (Stanford)	32:00

College Team Scores: UCLA "A" 54; 2. UC Berkeley "A" 80; University of Colorado 113; Fresno State "A" 134; Stanford "A" 154; Cal Poly SLO 183; UC Irvine 201; Nevada-Reno 210; UCLA "B" 226; San Jose State 272; University of Portland 312; UC Santa Barbara 326; Humboldt State "A" 353; Cal State Northridge 389; Sacramento State 403; Long Beach State 433; UC Riverside 455; Point Loma 465; Cal Lutheran 500; Westmont 575; UC Berkeley "B" 620; Fresno State "B" 647; Humboldt State "B" 672; Sonoma State 802.

Open Team Scores: Aggie Running Club 35, California Racing Team 87; Pacific West TC 90; Excelsior TC 122; Ohlone College 167.

Women 5,000 Meters (College/Open):

1	Ceci Hopp (Stanford)	16:43
2	Kim Schnurpfel (Stanford)	16:46
3	Sloan Burton (Stanford)	16:57
4	Eileen Kramer (Cal Poly SLO)	16:57
5	Patti Sue Plumer (Stanford)	17:07
6	Patsy Sharples (U. Idaho)	17:09
7	Regina Joyce (U. Washington)	17:11
8	Anne Locke (Stanford)	17:23
9	Michele Mason (Stanford)	17:29
10	Karen Petley (U. Washington)	17:34
11	Sherrie Crang (U. Idaho)	17:36
12	Sheila Ralston (Unatt)	17:44
13	Irene Crowley (Cal Poly SLO)	17:45
14	Carol Gleason (Cal Poly SLO)	17:45
15	Beth Milewski (Cal State Northridge)	17:47
16	Jennifer Dunn (Cal Poly SLO)	17:54
17	Linda Goen (UCLA)	17:57
18	Diane Gong (Stanford)	18:02
19	Sandy Kristjanson (U. Idaho)	18:05
20	Sandra Gregg (U. Washington)	18:07

7	Richard Diaz (Cal State Long Beach)	25:37
8	Melvin Thompson (UN Las Vegas)	25:40
9	Jim Eubank (UN Las Vegas)	25:46
10	Sam Walling (UC Irvine)	25:51
11	Dick Isaboke (USIU)	25:54
12	Brian Parks (UC Riverside)	25:55
13	Steve Johnson (UN Las Vegas)	25:57
14	Pedro Reyes (UC Irvine)	25:58
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10	Zeke Rodriguez (Azusa)	26:31
11	Brian Hamilton (Azusa)	26:32
12	Chris Bowlius (UC San Diego)	26:32
13	Andy Morabe (Pt. Loma)	26:35
14	Jon Hendrix (Biola)	26:37
15	Tom Carlton (Loyola)	26:38

Team Scores: Pt. Loma 42, Cal Lutheran 54, Azusa Pacific 103, Westmont 142, Fullerton 143, Biola 165, UC San Diego 165, Cal State Bakersfield 187, Loyola 194, Cal Tech 251, Redlands 291, Non-scoring: Chapman, LA Baptist.

Women's 3.0 Mile:

1	Theresa Kozlowski (Loyola)	18:07
2	Teresa Ramirez (CS Bakersfield)	18:08
3	Rosalva Bonilla (CS Fullerton)	18:25
4	Wendy Walker (Occidental)	18:39
5	Kathy Fulkerson (Cal Lutheran)	18:45
6	Liz Garman (Azusa)	18:48
7	Marsha Pierce (Occidental)	18:52
8	Kelly Daugherty (UC Riverside)	18:57
9	Debbie Keagy (USIU)	19:06
10	Carol Karamitsos (Occidental)	19:07
11	Natalie Fernandez (USIU)	19:09
12	Mary Ann Reed (Westmont)	19:10
13	Jerri Baker (Occidental)	19:14
14	Carol Lowe (UC Riverside)	19:19
15	Nancy Lee (UC San Diego)	19:29

Team Scores: Occidental 50, USIU 78, Cal State Bakersfield 109, UC Riverside 147, Point Loma 176, Cal Lutheran 180, Loyola 194, UN Las Vegas 194, UC San Diego 195, Cal State Fullerton 208, Westmont 211, Azusa Pacific 306, Biola 332, non scoring: U San Diego, LA Baptist, Chapman.

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Another event which is running into trouble is the Lasse Viren 10K. Originally scheduled for November 15, it has been postponed to December 20. In addition, though it's still on the ARRA schedule, it won't be a prize money event. The reason: Lack of sponsorship. That is a shame for

very often. Two, it would have been that much more in the way of competition for TAC, and as we are seeing, it is taking just this kind of competition to get TAC and the amateur powers that be to loosen up a bit on the straight jacket that they've held the athletes in all these many years.

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One area that we find especially difficult to get any information from. PR's or anything else, is San Diego. With all the fine runners down there, including masters and seniors, and with all the fine events put on each year, it is truly a shame that so few of us in the rest of the state get to know about it. We'd like to hear from you people down there.

Muir Marathon

August 23, Pinole to Danville: The John Muir Marathon...For Fun.

1	Jeff Collins (Vallejo)	2:47:37
2	Joss Walter (Stockton)	2:52:08
3	George Zimmerman (Lafayette)	2:56:58
4	Frank Ruona (San Jose)	2:58:20
5	Rick Sylvester (Olympic Valley)	2:59:52
6	James Anderson (Stockton)	3:00:49
7	Mark Radamaker (El Cerrito)	3:05:44
8	Adrian Laekas (Orinda)	3:06:10
9	Rick Mollenkopf (San Anselmo)	3:06:48
10	Bryan Holmes (Concord)	3:08:54
11	Marilynn Harbin (Martinez) 1-F	3:14:43
12	Valerie Doyle (Berkeley) 2-F	3:44:03
13	Carol LaPlant (Berkeley) 3-F	3:51:36
14	Marty Maricle (San Francisco) 4-F	3:55:03

Presidio 10

August 30, San Francisco: Presidio 10 Mile.

1	John Moreno (1 20-29)	50:55
2	Wally Kazmiesowski (2 20-29)	51:10
3	Karl Junginger (3 20-29)	52:10
4	Phil Hornig (4 20-29)	52:29
5	Daryl Zapata (1 30-39)	52:38
6	Sal Vasquez (1 40-49)	52:59
7	Greg Jewett (2 30-39)	53:42

8	David Kadish (5 20-29)	53:47
9	Robert Darling (3 30-39)	53:53
10	Murray Demo (6 20-29)	54:03
11	Peter Dolan (7 20-29)	54:03
12	Robert Clay (4 30-39)	54:05
13	Allan Stanbridge (5 30-39)	54:10
14	Jeffery Wall (6 30-39)	54:19
15	Eric Ellisen (8 20-29)	54:31
16	David Bigelow (9 20-29)	54:58
17	Steve Ottaway (10 20-29)	55:08
18	Dave Smith (11 20-29)	55:13
19	John Notch (7 30-39)	55:30
20	Spencer Ferguson (1 16-19)	55:30
21	Humberto Hernandez (8 30-39)	55:36
22	Michael Conroy (9 30-39)	55:55
23	Ken Danz (12 20-29)	56:16
24	Brian McGuire (13 20-29)	56:30
25	Jim Noonan (14 20-29)	56:33
26	Steve Gerhart (2 16-19)	56:36
27	Ernest Stanton (3 16-19)	56:42
28	Keith McDaniel (15 20-29)	56:57
29	Jim Moore (10 30-39)	56:58
30	William King (11 30-39)	57:07
31	Tim Rostegge (2 40-49)	57:21
32	Guillermo Barron (16 20-29)	57:22
33	John Whitfield (17 20-29)	57:22
34	Rudy Mondragon (12 30-39)	57:23
35	Kenneth Drew (13 30-39)	57:30
36	Tim Davila (4 16-19)	57:36
37	Nelsen Cobb (18 20-29)	57:38
38	Walter Radloff (14 30-39)	57:43
39	Glenn MacDougall (19 20-29)	57:48
40	Don Ardell (3 40-49)	57:53

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See page 31 for an order blank

41 Dave Wills (15 30-39)	58:01	8 Vernon Heidlebaugh(20)Lompoc	51:08
42 Paul Orgeron (16 30-39)	58:06	9 Matt Beall(18)Santa Maria	51:11
43 Gerarardo Congolino (20 20-29)	58:12	10 William Graham(40)LVDC	51:12
44 Peter Freeman (21 20-29)	58:18	12 John H. Perkins(53)LVDC 1st 50	51:16
45 Todd Martinez (5 16-19)	58:19	30 Joseph Carey(63)LVDC 1st 60	56:51
46 Greg Nelson (17 30-39)	58:22	31 Susan Griffin(26)Lompoc 1st F	56:57
47 Rip Talavera (18 30-39)	58:23	35 Sally Rich(15)LVDC 2nd F	59:09
48 Jon Reyes (6 16-19)	58:39	36 Keri Hyatt(16)Lompoc 3rd F	1:01:02
49 Chuck Stagliano (4 40-49)	58:45		
50 Ron Tanaka (19 30-39)	58:47		
61 Bryan Holmes (5 40-49)	59:03		
77 Tom Legan (1 12-15)	59:59		
107 Joan Dahlkoetter (1 F 20-29)	61:09		
130 Vicki Randall (2 F 20-29)	62:03		
131 Bruce O'Neill (2 12-15)	62:06		
162 James Nicholson (1 50-59)	63:05		
166 Janiced Lecocq (1 F 30-39)	63:16		
167 Pat English (3 F 20-29)	63:19		
173 Bonnie Storm (2 F 30-39)	63:28		
183 Bart Hansen (3 12-15)	63:45		
186 Kristan Martin (4 F 20-29)	63:47		
198 Bonnie Dwyer (5 F 20-29)	64:02		
206 Hank Shastany (2 50-59)	64:13		
208 Don Lucero (3 50-59)	64:16		
218 Jane Sowersby (3 F 30-39)	64:27		
224 Flory Rodd (4 50-59)	64:36		
233 Joan Ulyot (1 F 40-49)	64:47		
236 Linda Wettstein (6 F 20-29)	64:51		
259 Christina Callas (7 F 20-29)	65:40		
260 Jess Chavez (5 50-59)	65:41		
266 Hilary Naylor (4 F 30-39)	65:45		
268 Sharon Maley (8 F 20-29)	65:47		
276 Marion Irvine (1 F 50-59)	65:51		
283 Allison Nemir (1 F 16-19)	66:03		
331 Laura McHale (2 F 16-19)	67:27		
371 Ann Bertucci (3 F 16-19)	68:16		
377 Valerie Doyle (5 F 30-39)	68:22		
391 William Main (1 60 plus)	68:33		
426 Jethro Greenbaum (1 12 under)	69:02		
460 Marlys Hayden (2 F 40-49)	69:34		
484 Barbara Tarr (3 F 40-49)	70:13		
486 Liz Ray (4 F 40-49)	70:19		
512 Beverly Richardson (5 F 40-49)	70:54		
526 Arie Elderkamp (2 60 plus)	71:07		
712 Ruth Anderson (2 F 50-59)	74:01		
793 Ted Wurm (3 60 plus)	75:20		
922 Helen Holmgren (3 F 50-59)	77:07		
986 Nancy Novak (F 12-15)	78:15		
1110 Jaclyn Caselli (1 F 60 plus)	80:38		

Where in the Hell is Truckee? 18 Miler

August 30. Truckee.

That's what it was—a family coup! First across the finish line in Basecamp's Third Annual Where in the Hell is Truckee? race were brothers Domingo and Miguel Tibaduiza, hand in hand, in a new course record of 1:44:12. And who was the first woman finisher? None other than Rosalda Tibaduiza, 19 year old sister of Domingo and Miguel, in 2:11:23, the course record for women. Finish times overall were much faster this year than the past two previous years. The weather was perfect—about 60° at the 8:00 a.m. start in Tahoe City, and 79° at the Finish Party at Hilltop Lodge in Truckee. The trail was well-marked along the 18 mile dirt course, giving the runners beautiful views of Lake Tahoe, the Sierras, and Truckee. The course is not easy, starting at 6500 feet and reaching 7800 feet at the 7 mile mark, then dropping down

Clayton Admission Day Run

September 6. Clayton. 6.5 Miles.

1 Dan Martinez(Redwood City)	35:06
2 Dan Anderson(Castro Valley)	35:08
3 Pete Churney(Oakland)	35:20
4 William Seaver(Byron)	35:20
5 Dan M. Brown(Martinez)	35:50
6 Daniel L. Martinelli(Pleasant Hill)	35:55
7 Tim Berry(Walnut Creek)	35:59
8 Lester Wyborny II(Concord)	36:14
9 Richard Cunningham(Oakland)	36:20
10 David Lawler(Walnut Creek)	36:29
11 Gene Dangel(Walnut Creek)	36:59
12 Rick Hill(Woodside)	37:09
13 Ralph Bowles(Pleasant Hill) 1-40	37:14
14 Doug Butt(Fairfield)	37:23
15 A. Bettencourt(Concord)	37:50
16 Sam Hooker(Walnut Creek)	38:05
17 Matt Dowling(Pacheco)	38:37
18 Barron Guillermo(Oakland)	38:38
19 Van Robbins(Orinda)	38:39
20 Tim McClintock(Lafayette)	38:45
21 Sammy Castillo(San Jose)	38:49
22 Rip Talavera(Walnut Creek)	38:56
23 J. W. Moore(Walnut Creek)	39:13
24 Doug Bamford(Berkeley)	39:20
25 Bryan E. Holmes(Concord)	39:31
26 Jim Hones(Livermore)	39:45
27 Eric Petersen(Walnut Creek)	40:06
28 Julios Ratti(Oakland)	40:11
29 Mike Emry(San Francisco)	40:13
30 John Alvarez(San Pablo)	40:15
38 Linda Jungsten(Redwood City) 1F	43:10
74 Karen Himenes(Wood Striders) 2F	44:27
89 Kimberle Himenes(Wood Striders) 3F	45:25
92 Wanda Bailey(Fairfield) 4F	45:53
110 Ann Hoerben(Concord)	47:43
112 Tammy Langan(San Jose) 6F	47:49
114 Barbara Reid(Diablo) 7F	47:54
127 Susan Ackerman(Mill Valley) 8F	48:36
131 Deborah Gebhardt(Hyattsville, MD) 9F	48:50
140 Ruth Anderson(Oakland) 10F (50*)	49:12

Converse Run-Off 10K "Outstanding Athletes"

By RICHARD LEE SLOTKIN

September 6. Northridge.

The heat wave finally broke. Not only was it overcast and a lot cooler than it had been, but a half hour before start time, there was even a hint of rain. Not really rain. Not even a good drizzle, but there was enough to put some droplets on the lens of my camera.

Although the field was not especially big,

So, it was no surprise to see Tuttle out there with the leaders right from the start. The course, laid out on the campus of Cal State Northridge, was full of tight turns and doubled back on itself several times. While that made for some discomfort, particularly for the fast people...tight turns don't mean much if you're slow...it made it very nice for the photographers and reporters. Without having to move around much, we could catch the race at several points. The first good spot, once the race was underway, was at about 2 1/4 miles. Coming through in about 9:50 was a tight pack of four which had Tuttle and Wysocki running side by side and just a step ahead of Dan Aldridge and John Brennehan, also running side by side. A little farther back, maybe 15 or 20 yards, was George Mason, and behind George the rest of the 700 entrants were strung out in a giant snake dance. Just a couple of minutes later with the crowd still very thin, Judi Vivian went by. The time was only 11:30. No more than ten yards behind was Pat Story. The week before, Story had tried to stay with Vivian in the Santa Monica Half Marathon. Her effort got her a PR in that race, but after about seven miles, she found that she couldn't stay with her, and, wisely

photo by Richard Lee Slotkin



Gary Tuttle

Meanwhile, it wasn't going to be possible to see the leaders again until about the last half mile, so we moved on to where we could cover the finish. What a surprise we got. Well, some of us anyway. There was some smart money that figured Tuttle would do what he did, but some of us didn't think so. With less than a half mile to go, Tuttle was the only one in sight. He built up over a half minute lead on Aldridge, and he came in all by himself in 28:59. What happened out there?

Well, Tuttle knew that when it came down to kick versus kick, he couldn't run with Aldridge. He also knew that the textbook counter to the kick is to cause the kicker to use up all his kick too early to do any good. And that is what Tuttle did. "...he's got a whole lot of speed," Tuttle said, "and I had made some minor moves just to see what he was like." Tuttle found out that every time he made a move, Aldridge was right there with him, and he realized that he wasn't going to outspeed him. Not that early, anyway. Always analyzing, he decided to make a move somewhere near the fourth mile where the road took a slight up grade. "...I started going, and he didn't jump right on me, so I really went hard for around five minutes."

And that did it.

"I got really tired, but so was he."

When Tuttle surged, Aldridge knew that was the race right there. He fell ten yards back and tried to put on a surge of his own, but his was, in his own words, "mediocre." After that, his only concern was to keep his composure and not get caught by Wysocki. The second lead that he had been holding continued to hold, and Aldridge finished second with a 29:33. Wysocki was third in 29:41, followed by John Brennehan in 29:47. George Mason was fifth but had to really hustle to keep from being nipped in the last 100 yards by Melvin Thompson. They were both pushing with all they had, but Mason had a step on Thompson and he held it. They were both timed in 29:49, however, which shows you how close it was. They were the last ones to finish under 30 minutes.

It seemed a bit unusual to see an old-fashioned dogfight that far up front. Most of that kind of action comes more in the middle and towards the back. But there were more fights-to-the-finish in the front of the pack in this race than in all the races I've seen before put together.

Meanwhile, Vivian was on her way to a 34:28 victory, her 4th in five weeks. It wasn't as easy this time though. She tried to shake Story as she had done the previous week at Santa Monica, but she couldn't. And, she was feeling tired too. She felt that it was the 4:59 start that did her in...if you could call winning being "done in"...but, more likely, it was the incredible string of performances over the past five weeks that finally caught up with her. Prior to that little streak, her best 10K had been right around 37 minutes. Then, three in a row all under 34:30, plus a sub-74:00 half marathon thrown in for good measure, had to have some effect. As a matter of fact, Judi Vivian hasn't run since. We understand she came up with a stress fracture. Now, that's a tough break, though not unexpected. She'll be back, though, and probably better than ever. Don't forget Story, though. Her 34:44 was close to Vivian and 2 1/2 minutes ahead of third place.

That wasn't all there was. Although the field was small, it was a very high quality one. Some of the many outstanding performances

into the swing of it too and PR'd with a 34:37. And also breaking 38 in Jaynie's division was Cathy Fulkerson, good enough for second.

We mentioned John Brennehan's possible age group record, but almost lost in the shuffle was the fact that second placer in that division, Andre Tocco, was a scant 8 seconds behind Brennehan, which put him well under the existing record also.

So, good weather, a good field, a fairly good, though somewhat deceptive course...it all made for a good district road championship.

RESULTS:

Overall Placings:

1 Gary Tuttle	28:59
2 Danny Aldridge	29:33
3 Tom Wysocki	29:41
4 John Brennehan	29:47
5 George Mason	29:49
6 Melvin Thompson	29:49
7 Frank Plasso	30:14
8 Raymond Cook	30:15
9 Manny Bautista	30:18
10 Armando Cendejas	30:20
11 Chris Schaller	30:24
12 Lou Patterson	30:29
13 Carl Smith	30:31
14 Mark Fricker	30:40
15 Pete Heesen	30:49
16 James Eubank	30:53
17 Carmelo Rios	30:59
18 Andy DiConti	31:05
19 Edward Callaway	31:08
20 Steve Johnson	31:15
21 Rudy Munoz	31:22
22 Louis Hurtado	31:24
23 Dave Frickel	31:25
24 Steve Brumwell	31:28
25 Terry Drake	31:48
26 Dan Caprioglio	31:49
27 Tom Laris	31:59
28 Bob Ingram	32:01
29 Brian Clary	32:05
30 Carey Simons	32:06
31 Ben Martinez	32:09
32 Mike Lohr	32:10
33 Matye Marshall	32:12
34 Paul Smith	32:14
35 Mike Tomaso	32:16
36 Steve Dietch	32:20
37 Alan Dehlinger	32:21
38 Ron Kurrie	32:21
39 Bill Scobey	32:22
40 Benito Cruz	32:24
41 Mark Valenti	32:26
42 Ron Bahara	32:39
43 David Stansbury	32:43
44 David Nelson	32:44
45 John Brennehan	32:45
46 Bill Entz	32:50
47 Andre Tocco	32:53
48 Steve Blum	32:56
49 Mark Pashky	32:56
50 Peter Mogg	33:02

Men 13 & Under: 1. David Longyear (12) 37:24; 2. Doug Barnes (13) 38:09; 3. Jeff Reising (13) 38:31.

Men 14-18: 1. Raymond Cook (18) 30:15; 2. Andy DiConti (18) 31:05; 3. Steve Dietch (16) 32:20; 4. Benito Cruz (16) 32:24; 5. Mark Valenti (17) 32:26.

Men 30-34: 1. Carl Smith (30) 30:31; 2. Ben Martinez (30) 32:09; 3. Ron Kurrie (33) 32:21; 4. Enrique Serratos (30) 33:04; 5. Mike Lozoya (30) 33:09.

Men 35-39: 1. Matye Marshall (38) 32:12; 2. Bill Scobey (36) 32:22; 3. Michael Mahler (38) 33:29; 4. Jim Miami (37) 33:36; 5. Bruce Mit-

986 Nancy Novak (F 12-15)	78:15
1110 Jaclyn Caselli (1 F 60 plus)	80:38

Where in the Hell is Truckee? 18 Miler

August 30. Truckee.

That's what it was—a family coup! First across the finish line in Basecamp's Third Annual Where in the Hell is Truckee? race were brothers Domingo and Miguel Tibaduiza, hand in hand, in a new course record of 1:44:12. And who was the first woman finisher? None other than Rosalda Tibaduiza, 19 year old sister of Domingo and Miguel, in 2:11:23, the course record for women. Finish times overall were much faster this year than the past two previous years. The weather was perfect—about 60° at the 8:00 a.m. start in Tahoe City, and 79° at the Finish Party at Hilltop Lodge in Truckee. The trail was well-marked along the 18 mile dirt course, giving the runners beautiful views of Lake Tahoe, the Sierras, and Truckee. The course is not easy, starting at 6500 feet and reaching 7800 feet at the 7 mile mark, then dropping down and following rolling terrain into Truckee. Out of 221 who started, 220 finished; the only race casualty did not finish due to a bee sting. All enjoyed the Race Party on the deck of Don Juan's Mexican Restaurant overlooking downtown Truckee, complete with Mexican munchies, kegs of beer and a fun prize drawing. A good time was had by all.

1 Miguel Tibaduiza(23)Reno	1:44:12
Domingo Tibaduiza(31)Reno	1:44:12
3 Michael Duncan(31)San Mateo	1:52:43
4 Tim Powell(20)SoLakeTahoe	1:57:58
5 Mike Lennox(28)SoTahoe	1:58:15
6 Lyle Nelson(32)DonnerLake	1:58:47
7 Tommaso Pedreira(26)Sacto	1:59:01
8 Steve Flynn(25)Tarzana	1:59:14
9 Jeff Cowling(22)MeeksBay	1:59:28
10 Bill Flynn(27)Tarzana	2:01:04
11 Bob Bunnell(31)SanRafael	2:01:29
12 Johnny Talco(34)Truckee	2:04:42
13 Rae Clark(29)San Jose	2:04:57
14 Stephen K. Senn(24)OlympicVly	2:05:27
15 Bob Henn(38)Mill Valley	2:05:33
16 Michael Johnson(Alpine Meadows)	2:08:33
17 Tom Robinson(33)SanFran	2:09:05
18 Rick Rivera(26)ZephyrCove	2:09:14
19 Andy Kercher(29)Truckee	2:09:27
20 Steve Brown(28)SoLakeTahoe	2:09:44
21 Ross Smith(53)Reno	2:10:24
22 Jerry Van Meter(43)Van Nuys	2:10:47
23 Howard Klein(26)BlidrCrk	2:11:19
24 Rosalda Tibaduiza(19)Reno 1 F	2:11:23
25 George Frazier(34)MillVly	2:13:49
30 Lynn Hjelte(19)Berkeley 2 F	2:16:05
44 Krista Roberts(19)Sacto 3 F	2:20:38

Park to Park 8 Mile

September 6. Lompoc.

1 Dave White(29)Orange Flyer	42:11
2 Efrain Gonzalez(34)LVDC	45:54
3 Bobby Roberts(36)LVDC	47:33
4 Dennis Block(15)LVDC	48:58
5 Jerry Hill(41)SLDC	49:20
6 Mike Smith(18)Santa Maria	49:34
7 Steve Hart(20)LVDC	49:59

30 John Alvarez(San Pablo)	46:15
59 Linda Jungsten(RedwoodCity) 1F	43:10
74 Karen Himenes(WoodStriders)2F	44:27
88 Kimberle Himenes(WoodStriders)3F	45:25
92 Wanda Bailey(Fairfield)4F	45:53
110 Ann Hoerben(Concord)	47:43
112 Tammy Langan(SanJose)6F	47:49
114 Barbara Reid(Diablo)7F	47:54
127 Susan Ackerman(MillValley)8F	48:36
131 Deborah Gebhardt(Hyattsville,MD)9F	48:50
140 Ruth Anderson(Oakland)10F (50+)	49:12

Converse Run-Off 10K “Outstanding Athletes”

By RICHARD LEE SLOTKIN

September 6. Northridge.

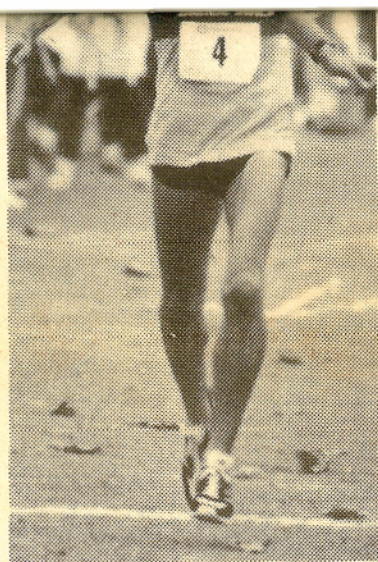
The heat wave finally broke. Not only was it overcast and a lot cooler than it had been, but a half hour before start time, there was even a hint of rain. Not really rain. Not even a good drizzle, but there was enough to put some droplets on the lens of my camera.

Although the field was not especially big, only about 700 finishers, it was laced with plenty of quality, as befits a district championship. Gary Tuttle, Tom Wysocki, George Mason, Manny Bautista and a very fast improving John Brenneman were the best of the talent, but there was plenty more to go around. Judith Vivian, the New Yorker who has taken the district by storm with three consecutive wins and three consecutive PR's, was the choice to win the women's crown. She would have some argument from Pat Story, who has just about fully recovered from her injury and has been PRing a bit lately herself.

The age groups were well represented, especially the older ones. The men's 45-49 division promised a good match between John Brenneman, who just entered it, and Andre Tocco who has been in it for two years. In the women's 55-59 division Helen Dick was back in top form after a slow summer, and Margaret Miller, though not in top shape, has been working her way back from injury and has been showing signs of getting it together again. And in the men's 60 and over division, Eddie Lewin would be putting his win streak of about 70 on the line against Harold Daughters.

Although most everyone agreed it was a fast course, Gary Tuttle thought it was a bit boring and a little bit discouraging because of the several turns which kept taking runners away from the finish line, before the last dash to the finish. Many thought that the tight turns slowed things down too much, but you couldn't tell from the times turned in. There were bunches of PR's and at least three U.S. records recorded.

Gary Tuttle was to be honored after the event at a ceremony in which the SPA district awards would be presented. Tuttle was to receive the most prestigious of them, the Athlete of the Year. This was for 1980, a bit late it would seem, but the list had been public for some time. It was no secret that Tuttle would like to win this race, especially because you could almost say it was being held in his honor. The official name of the race was Outstanding Athletes 10K.



Gary Tuttle

fell back and ran her own race. However, this was only a ten kilometer run, less than seven miles. If she could hang tough today, she wouldn't have to do it for as much as seven miles. Just a little over six. Vivian wasn't going to run off from her in this one. Not if she could help it.

Well, after most of the people had gone by, all we had to do was turn around and catch them coming the other way. This time when they went by, it would be somewhere around 3 1/2 miles. Sure enough, at just after 16 minutes, along came the leaders—only two this time. Leading was Dan Aldridge. But who do you think was right on him, less than a step behind? GT himself. Aldridge is a fine track runner and if it came down to a kick, everyone, Tuttle and Aldridge included, knew that Aldridge would be likely to win. However, as everyone also knew, again Tuttle and Aldridge included, Tuttle was a much more experienced road racer, and he was going to use that experience somewhere along the line. Maybe that explains the somewhat nervous look on Aldridge's face compared to the calmer, almost business-like expression that Tuttle was showing.

Running in third, but now about 40 yards behind the leaders, came Wysocki, and about 35 yards behind him came John Brenneman. Then, at about nineteen minutes, just under nineteen in fact, Judi Vivian streaked by. Story was still second, but now she was more like 100 yards behind. It looked like Santa Monica all over again. Then again, maybe not. There was still plenty of race left. Still, Vivian was moving very well, and didn't look as though she were catchable. As a matter of fact, Vivian had gone out with a first mile split of 4:59. That was the fastest mile she had ever run, and included in that mile were the normal scrambling and stumbling that go with the start of any road race, plus at least one and probably two 90 degree turns. Her best start prior to that was 5:15. As it turned out, that fast getaway probably won the race for her. And, cost her a PR.

dose it was. They were the last ones to finish under 30 minutes.

It seemed a bit unusual to see an old-fashioned dogfight that far up front. Most of that kind of action comes more in the middle and towards the back. But there were more fights-to-the-finish in the front of the pack in this race than in all the races I've seen before put together.

Meanwhile, Vivian was on her way to a 34:28 victory, her 4th in five weeks. It wasn't as easy this time though. She tried to shake Story as she had done the previous week at Santa Monica, but she couldn't. And, she was feeling tired too. She felt that it was the 4:59 start that did her in...if you could call winning being "done in"...but, more likely, it was the incredible string of performances over the past five weeks that finally caught up with her. Prior to that little streak, her best 10K had been right around 37 minutes. Then, three in a row all under 34:30, plus a sub-74:00 half marathon thrown in for good measure, had to have some effect. As a matter of fact, Judi Vivian hasn't run since. We understand she came up with a stress fracture. Now, that's a tough break, though not unexpected. She'll be back, though, and probably better than ever. Don't forget Story, though. Her 34:44 was close to Vivian and 2 1/2 minutes ahead of third place.

That wasn't all there was. Although the field was small, it was a very high quality one. Some of the many outstanding performances were:

Three U.S. age groups records—John Brenneman came down from Santa Barbara to win the 45-49 division in 32:45, demolishing Hal Higdon's pending record of 33:10. Helen Dick erased Mary Story's record in the 55-59 age group, knocking a minute and 14 seconds off, as she ran a 40:40. And 72 year old Bess James lowered the 60 and over division record from 59:45 to 57:57.

Eddie Lewin's win streak in the men's 60 and over division was finally snapped at somewhere around 70. Harold Daughters was the guy who did it. Daughters is 60, so he had youth on his side as he outlegged Lewin with a 38:13. Lewin ran 39:30, which is pretty good too. Lewin said that they went through two miles in about 11:50, which was a bit too fast a start for him. But he felt he was gaining a bit towards the end. Next time they meet, he plans to stay closer and then use his speed down the stretch.

Looking to the future, the future of women's racing, that is, we saw some very exciting things in the 13 and under division. Vonnelle Brown is only 13 and she ran a very impressive 39:23. Vonnelle has been consistently under 40 minutes all year. But, to show you what may be coming down the road, literally, in a few years, Vonnelle only got 3rd place in the division. Holly Hogan, of the Southern California Roadrunners, ran a 38:50, and for the 13 year old Holly, all that got her was second! In the Division. Little Sheri Lawson, and she is little, took the division with a 38:32. Not bad for a...no, not 13 year old...no, not 12 year old...would you believe 11 years old? And that was no fluke. She runs under 39. Her little brother, Craig, is only ten year old, and he's also a sub-39 runner, although this time he had some problems with his stomach or something and it was up to his "big" sister to uphold the family honor by herself. I'd say she did a pretty good job.

After several months of being out of it, mentally she says, Jaynie Studenmund is getting her act together again. Her 37:13 was one of her best times in awhile and it got her first in the 19-29 division. Husband/Coach Woody got

31 Ben Marlowe	32:10
32 Mike Lohr	32:10
33 Matye Marshall	32:12
34 Paul Smith	32:14
35 Mike Tomaso	32:16
36 Steve Dietch	32:20
37 Alan Dehlinger	32:21
38 Ron Kurrie	32:21
39 Bill Scobey	32:22
40 Benito Cruz	32:24
41 Mark Valenti	32:26
42 Ron Bahara	32:39
43 David Stansbury	32:43
44 David Nelson	32:44
45 John Brennand	32:45
46 Bill Entz	32:50
47 Andre Tocco	32:53
48 Steve Blum	32:56
49 Mark Pashky	32:56
50 Peter Mogg	33:02

Men 13 & Under: 1. David Longyear (12) 37:24; 2. Doug Barnes (13) 38:09; 3. Jeff Reesing (13) 38:31.

Men 14-18: 1. Raymond Cook (18) 30:15; 2. Andy DiConti (18) 31:05; 3. Steve Dietch (16) 32:20; 4. Benito Cruz (16) 32:24; 5. Mark Valenti (17) 32:26.

Men 30-34: 1. Carl Smith (30) 30:31; 2. Ben Martinez (30) 32:09; 3. Ron Kurrie (33) 32:21; 4. Enrique Serratos (30) 33:04; 5. Mike Lozoya (30) 33:09.

Men 35-39: 1. Matye Marshall (38) 32:12; 2. Bill Scobey (36) 32:22; 3. Michael Mahler (38) 33:29; 4. Jim Miami (37) 33:36; 5. Bruce Mitchell (39) 33:59.

Men 40-44: 1. Tom Laris (40) 31:59; 2. David Stansbury (43) 32:43; 3. Gabriel Bernak (42) 33:24; 4. Charles McClung (40) 34:01; 5. Skip Shaffer (43) 34:17.

Men 45-49: 1. John Brennand (45) 32:45; 2. Andre Tocco (45) 32:53; 3. Jim Knerr (47) 34:12; 4. Jim Brownfield (49) 35:28; 5. Richard Belliveau (45) 35:51.

Men 50-54: 1. Tracy Brown (52) 36:42; 2. Wal-y Evertz (52) 37:14; 3. David Parker (51) 37:51.

Men 55-59: 1. Fred Nagelschmidt (57) 37:17; 2. Ray Gil (56) 37:43; 3. Bruce Robinson (55) 39:49.

Men 60 & Over: 1. Harold Daughters (60) 38:13; 2. Eddie Lewin (65) 39:30; 3. Edwin Bishop (60) 40:46.

Women 13 & Under: 1. Sheri Lawson (11) 38:32; 2. Holly Hogan (13) 38:50; 3. Vonnelle Brown (13) 39:23.

Women 14-18: 1. G. Jones (16) 39:29; 2. Julie Doering (18) 39:38; 3. Nicole Biggers (18) 40:42.

Women 19-29: 1. Jaynie Studenmund (27) 37:13; 2. Cathy Fulkerson (21) 37:41; 3. Lisa Buckley (23) 38:11; 4. Pam Morris (23) 38:22; 5. Pamela Cox (22) 38:28; 6. Diana Tracy (28) 38:40.

Women 30-34: 1. Judith Vivian (30) 34:28; 2. Pat Story (32) 34:44; 3. Kathy Lemay (32) 42:39.

Women 35-39: 1. Albera Saban (36) 42:11; 2. Corrine Schratz (37) 42:24; 3. Marie Stevenson (36) 42:26.

Women 40-44: 1. Engrid Hainline (43) 42:13; 2. Rita Gilmore (41) 43:35; 3. Bonnie Robinson (41) 43:49.

Women 45-49: 1. Rita Hobbs (46) 39:48; 2. Judy Martine (45) 41:40; 3. Elaine Havens (46) 44:28.

Women 50-54: 1. Stella Sharp (53) 49:22; 2. Evelyn Dabritz (51) 50:16.

Women 55-59: 1. Helen Dick (56) 40:40; 2. Margaret Miller (55) 42:06; 3. Ruby Taki (57) 50:32.

Women 60 & Over: 1. Bess James (72) 57:57.

Amador Marathon

From MARY GRAHAM

September 12. Volcano.

Half Marathon	
1 Jeff Stopper(Sutter Creek)	1:16:44
2 Gary Davis(Pine Grove)	1:16:50
3 Larry Mullan(Castro Valley)	1:20:04
4 Ben Smith(Sonora)	1:21:29
5 Paul Nixon(Twain Harte)	1:22:46
6 Scott Schinaman(AdadorHigh)	1:24:11
7 Bob Devlin(Pioneer)	1:24:16
8 Ron Brown(Pine Grove)	1:26:18
9 John Cornell(Sutter Creek)	1:26:24
10 Tim Wall(Sutter Creek)	1:28:20
Women	
Nancy Miller(Pine Grove)	1:29:30
2 Kim Stark(AdadorHS)	1:32:10
3 Paula Ferrill(Stockton)	1:34:37
4 Joy Jackman(Jackson)	1:40:19
5 Laurel Grindy(TwainHarte)	1:43:06

Marathon	
1 Anthony Reynoso(LakeCamanche)	2:32:26
2 Russ Kiernan(Mill Valley)	2:44:52
3 Rick Shea(San Francisco)	3:06:45
4 Bob Malain(Sacramento)	3:08:10
5 Pete Fadum(Stockton)	3:11:19
Women	
1 Ellen Troth(CastroValley)	3:43:01

Synanon Wheels & Heels Half Marathon

From MICHELE GAUTHIER

September 12. Synanon Strip, Badger.

There was a surprise champion breaking the tape at this year's Synanon Half Marathon. Jost Schmitt, a complete unknown to local running circles, finished in 1:14:56 to capture the 1981 Synanon Founders Trophy. Jost, a 2:32 marathoner, lives in Munich, Germany and was on his way from a business trip in Fresno to a weekend of hiking in Kings Canyon when he decided to drop by Synanon and enter the race. The Munich lawyer enjoyed himself but said that he was not used to running at such high elevations or in the California heat. Randy Belzer of Synanon dogged Schmitt's heels for the first six miles of uphill, 1200 ft. climb. It was on the seven mile downhill leg back to Synanon that Schmitt pulled out into a definitive lead and finally finished over 4 minutes ahead of Belzer.

The event attracted 58 runners and one wheelchair, Jim Brooks of Fresno who received the trophy for his division. Elizabeth Jones of Fresno was awarded the Betty Dederich Memorial Trophy for her first place finish in 1:41:57. In spite of the difficulties of the course, none of the 58 entries dropped out. As Michele Gauthier, Synanon's race director pointed out, "This is one race where everyone who finishes deserves a trophy." And that's what she did! All 58 got one!

Results:	
1 Jost Schmitt(Munich, Germany)	1:14:56
2 Randy Belzer(Synanon)	1:19:14
3 John Blair(Grants Grove)	1:20:22
4 David Soleno(Dinuba)	1:21:03

Michelob Light CSUN Triathlon Challenge

From JON SUTHERLAND

September 12. Castaic Lake. 1500 meter swim/30,000 meter ride/10,000 meter run.

Inspired by the International Triathlon Championships the Michelob Light/CSUN Triathlon Challenge was held to give local triathletes and anyone who wanted to try a chance to compete. The field was loaded with first timers, runners who were learning how to swim distances, cyclists who would have to come off their bikes and other sports enthusiasts. The field swelled to over eight hundred entrants including the ironman division and relay teams.

The list of competitors who came to test the course was quite impressive. Tom Warren, 1979 International Ironman Champion was the first to enter. Tom Boughey, who's finished 4th and 5th in the last two International Ironman Championships came up from Costa Mesa. Scott Tinley who won the recent Del Mar Triathlon and 1981's 3rd place finisher in the International Triathlon Championships came up with his friend Rick Delanty (28th in the International Ironman Championships) from the San Diego area. Also included among the better competitors were six of the first ten place finishers in the June 28th Nautilus 1-30-10 Triathlon.

photo by Pat Thomson



water with Lisa Gonzales but once she got on her nineteen pound racing bike it was "adios forever." Sue, who is a local favorite from Northridge and a world class athlete when healthy (7th place in the International World Championships in Cross Country and at one time the sixth fastest woman marathoner ever), continually stretched her lead. She finished eleventh overall and was nine minutes ahead of Sheila Ralston, a Scott Chisam coached UCLA running star.

The race was not without its unusual quirks. There were nearly a hundred relay teams of different combinations with the winning combination being Jeff Plette, Ron Skarin (who is always turning in the fastest relay cycling leg) and Sye Leibovitch. The second place relay team was significant in the fact that their swimmer Ruth Cox kicked a lot of butt during the 1500 meter swim (it was actually a little longer folks) and it was the first mixed (male and female) team to finish.

For those who were caught up in the competition there was a lighter side of the meet. Ed Vodrazka, who finished the International Championships last February in Hawaii and is a great open water swimmer completed the whole race playing his guitar. He floated on his back during the swim, rode with no hands during the ride and carried his instrument during the run.

Top Men Overall:	
1 Tom Boughey	1:47:23
2 Mark Montgomery	1:48:22
3 Scott Tinley	1:48:29
4 Rick James	1:51:52
5 Rick Delanty	1:52:44
6 Tom Warren	1:54:09
7 James Lovejoy	1:54:51
8 Jeff Jones	1:56:17
9 Tim Harvey	1:56:42
10 Steve Durand	1:57:01

Top Women:	
1 Sue Kinsey	1:57:11
2 Sheila Ralston	2:06:34
3 Lisa Gonzales	2:09:10
4 Becky Lewis	2:19:30
5 Judy Glynn	2:19:36
Men 19 & under:	
1 Glenno Marcucci	1:59:10
2 Jim Hogue	2:09:09
3 Brian Hogue	2:10:44

Men 20-29:	
1 Tom Boughey	1:47:23
2 Mark Montgomery	1:48:22
3 Scott Tinley	1:48:29

Men 30-34:	
1 Rick Delanty	1:52:44
2 James Lovejoy	1:54:51
3 Arthur Ting	2:04:06

Men 35-39:	
1 Tom Warren	1:54:09
2 Bill Honzel	2:03:54
3 R. Michaels	2:10:59

Men 40-49:	
1 Kemp Aaberg	2:00:27
2 Dennis Kelly	2:12:51
3 Bob Hillman	2:14:32

Men 50 & over:	
1 Keith Albright	2:13:14
2 Dick Durand	2:21:34
3 Robert Shankey	2:31:41

Women 19 & under:	
1 Kim Stewart	2:25:15
2 Jean Wilkinson	2:35:36
3 Kristina Brinkman	2:38:08

Women 20-29:	
1 Sue Kinsey	1:57:11
2 Sheila Ralston	2:06:34
3 Lisa Gonzales	2:09:10

Kirkwood 10K

From NORBERT RUPP

September 20. Kirkwood Ski Area (elevation: 7,800 ft.).

Open Men:	
1 Steve Brown(SoLakeTahoe)	34:49
2 Mitchell Kingery(SoLakeTahoe)	35:20
3 Andy Takaha(SoLakeTahoe)	35:47

Open Women:	
1 Deborah Waldear(TahoeParadise)	42:53
2 Deborah Wagdon(Kirkwood)	48:56
3 Deborah Beste(SanJose)	49:34

Master Men:	
1 Tom Cathcart(Pleasanton)	38:29
2 Bob Malain(Sacramento)	42:00
3 Bob Cox(Stockton)	42:42

Master Women:	
1 Barbara Larrieu(Reno, NV)	1:04:40
2 Mary Malain(Sacramento)	1:09:01

Junior Boys:	
1 Bob Beste(SanJose)	48:30
2 Larry Boyle(Woodside)	52:01
3 Nathan Sandro(PineGrove)	56:04

Junior Girls:	
1 Tammie Foster(DiamondSprings)	45:51
2 Amy Cathcart(Pleasanton)	47:56
3 Sara Harri(Pleasanton)	50:20

Run for the Pumpkins

September 20. Atwater.

The second annual "Run for the Pumpkins" road races were a huge success. Mild temperatures in the 60's and a well-organized race over the flat, fast course combined for an outstanding morning of running. The main event of the day, the 5 mile run, was won by Merced Track Club's ever-improving Scott Brickerd. The 28 year old Brickerd claimed his hard fought victory over a class field. He won in a sub-5 minute a mile pace of 24:51, four seconds ahead of tough Scott Thornton from Fresno, and Fred Villegas was third in an excellent time of 25:20.

Another outstanding effort was put in by 50 year old Len Thornton of the High Sierra Track Club. The "master" finished 9th in the field of 139 runners with a time of 27:49.

The women's division was easily won by Pam Blair in an excellent time of 31:38. Second was Muriel Olsen in 34:07, and third was Trish Meyer in 34:54.

Outstanding performances were also seen in the 2 mile run. The men's overall winner was Don Woods in 10:37 and the women's victor was, up and coming, 10 year old Lisa Wade in a time of 14:00.

Both races were sponsored by the Atwater Chamber of Commerce and County Bank.

Lemoore Naval Air Station X-C and Open Race

September 20. Lemoore Naval Air Station, Lemoore. 6.5 Mile.

Waterford Heritage Day Run

From DON LUNDBERG

September 26. Waterford.

10K	
First Male: Ken Hurst(Modesto)	32:11
First Female: Ginger Burrola(Manteca)	40:31
Women 40-49: 1 Veronika James 48:51. Women 30-39: 1 Holly Jenkins 42:24. Women 20-29: 1 Maureen Robello Boynton 43:06, 2 Jane Johnson Russell 43:51. Women 13-19: 1 Lori Bibbins 45:20.	
Men 60+: 1 Clarence Fauskin 49:24. Men 50-59: 1 Gough Reinhardt 38:12, 2 Charlie Rodgers 39:06. Men 40-49: 1 Heinie Hartwig 36:05, 2 Ray Nicholl 40:20. Men 30-39: 1 Jack Lawson 33:39, 2 Ross Rowley 33:50. Men 13-19: 1 Mark Cowan 43:47, 2 Michael Akard 53:01. Boys 12 & under: 1 Sean Crisp 41:24, 2 Jimmy Faulkner 51:04.	

2 Mile	
First Male: Jerry Martinez	10:39
First Female: Tammy Anderson	12:12
Women 40-49: 1 Sally Franceshini 15:15, 2 Beverly Garner 20:54. Women 30-39: 1 Judy Crisp 15:12, 2 Ann Veneman 15:45. Women 20-29: 1 Lynne Phillips 15:24, 2 Lynne Hatcher 16:15. Women 13-19: 1 Tami Wells 14:12. Girls 12 & under: 1 Trista Peters 12:46, 2 Melissa McMillen 13:34.	

Men 60+:	
1 Ray Mahannah 14:09, 2 Justin Traina 15:21. Men 50-59: 1 Payson Taylor 12:58, 2 Rex Lane 14:42. Men 40-49: 1 Frank Russell 11:40, 2 Marlon Helton 14:01. Men 30-39: 1 Michael Loeffler 10:59, 2 Glen Jenkins 11:20. Men 20-29: 1 David Nicolau 11:06. Men 13-19: 1 Bill Martin 10:53, 2 Jim Geisler 11:45. Boys 12 & under: 1 Brannan Vaughan 14:51, 2 Dan Damkoehler 15:55.	

Pancake Race

September 26. Richmond. 2.7 Miles:

1 Leroy Kotchevar(Zephyr)	13:26
2 Brian Abshire	13:47
3 John Victor	14:02
4 James Gaffield	14:19
5 Kent Thompson	14:30
6 Jim Bloomer	14:41
7 Doug Bamford	14:48
8 Sheldon Clark(LMJS)	14:50
9 Brian O'Connor(Zephyr)	15:01
10 Michael Banks(RFD)	15:10
11 Julios Ratti	15:12
12 Dave Larson	15:14
13 Shariet Gilbert 1st F (Zephyr)	15:16
14 Ed Agius	15:22
15 John Alvarez	15:36
42 Helen Lehman 2F	17:34
49 Anita Rawlinson 3F	18:19
50 Linda Karns 4F	18:31
51 Mimi Moultrie 5F	18:33

Out 'N Back 5 Mile

From BECKY COOPER

September 27. Burlingame: Partners Out 'N Back Race. 5 miles.

1 Jim Lovejoy 1 30-34	25:30
2 Patrick Shartle 1 open	25:39

the tape at this year's Synanon Half Marathon. Jost Schmitt, a complete unknown to local running circles, finished in 1:14:56 to capture the 1981 Synanon Founders Trophy. Jost, a 2:32 marathoner, lives in Munich, Germany and was on his way from a business trip in Fresno to a weekend of hiking in Kings Canyon when he decided to drop by Synanon and enter the race. The Munich lawyer enjoyed himself but said that he was not used to running at such high elevations or in the California heat. Randy Belzer of Synanon dogged Schmitt's heels for the first six miles of uphill, 1200 ft. climb. It was on the seven mile downhill leg back to Synanon that Schmitt pulled out into a definitive lead and finally finished over 4 minutes ahead of Belzer.

The event attracted 58 runners and one wheelchair, Jim Brooks of Fresno who received the trophy for his division. Elizabeth Jones of Fresno was awarded the Betty Dederich Memorial Trophy for her first place finish in 1:41:57. In spite of the difficulties of the course, none of the 58 entries dropped out. As Michele Gauthier, Synanon's race director pointed out, "This is one race where everyone who finishes deserves a trophy." And that's what she did! All 58 got one!

Results:

1 Jost Schmitt(Munich, Germany)	1:14:56
2 Randy Belzer(Synanon)	1:19:14
3 John Blair(Grants Grove)	1:20:22
4 David Soleno(Dinuba)	1:21:03
5 Rick Garcia(Visalia)	1:22:26
6 Robert Stephenson(Visalia Run)	1:23:35
7 J. T. Brown(Phidippides)	1:24:16
8 Ray Gomez(Redwood HS)	1:25:10
9 Nick Nardone(Redwood HS)	1:25:27
10 Jim Kuphaldt(Humboldt State)	1:25:33
17 Chris Denny(Fresno Joggers)1-40	1:33:29
19 Don Ramirez(Synanon)2-40	1:34:15
22 A. R. Souza(Tulare)1-50	1:36:17
31 Elizabeth Jones(Fresno Jog)1-F	1:41:57
32 Ken Takeuchi(Fresno TC)2-50	1:42:22
38 Patricia Hurst(Fresno Jog)1-F 50	
43 Ramona Diaz(Fresno Jog)1-F 40	1:52:55
51 Jim Brooks(Fresno State)WhCh	2:02:44
57 Virginia Martin(Fresno Jog)1-F 60	2:31:55
58 James Martin(Fresno Jog)1-60	2:32:15

Breuners MJC Fun Run

September 12. Modesto. 5 Miles.

1 Benton Hart	25:30.3
2 Dan Murray	25:45.2
3 Bob Loux	26:11.4
4 Charles Pittel	26:33.3
5 Ronald Newstat	27:27.8
6 Jack Lawson	27:39.8
7 John Lane	27:44.7
8 Roger Vorse	28:00.7
9 Mel Philbrook	28:11.1
10 David Bartholemew	28:13.6
11 Ross Rowley	28:16.9
12 Larry Florez	29:08.2
13 Juan Orosco	29:30.5
14 Frank Bushakra	29:46.8
15 Steve Cochran	29:43.3
16 Jeff Highiet	29:49.8
17 Mike Loeffler	29:52.3
18 Laurie Crisp 1F	30:08.8
19 David Carrasco	30:13.6
20 Barney Eredia	30:39.6
51 Ginger Burrola 2F	33:21.1
57 Trista Peters 3F	33:54.2
76 Marilyn Wear 4F	35:31.3
81 Felicia Quilantang	35:49.4



Sue Kinsey

On race day the temperature rose dramatically over the Castaic Lake area and the start was delayed because the safety boats in the area were late. The relays went out five minutes ahead of the Ironmen and they were basically teams put together for fun and time trials for the better athletes. The real attention was centered on the duel among the finest triathletes who were vying for the winner's reward, a trip to Hawaii for the 1982 International Championships. Scott Tinley, Tom Boughey, and the 1-30-10 Champion Mark Montgomery were very closely grouped over the course. Going into the run Montgomery (the swim was first, the ride second, and the run last) was nursing a lead of just under a minute. Boughey who has been very competitive in every triathlon he's been in made up the difference in the 10,000 meter cross country course that included a couple of short and rugged hills. By the time Boughey had reached the chute he had a minute lead, a trip to Hawaii, and only a sixty meter walk to the inviting water of the Castaic After Bay. Mark Montgomery held onto his second place but only barely. Scott Tinley was closing rapidly and finished just seven seconds behind. Boughey, Montgomery, and Tinley were all across the finish line within sixty-six seconds which is quite close considering the nature of the event and the transitions.

Rick James came home fourth and Tinley's mate Rick Delanty finished fifth and in front of Tom Warren who at thirty-eight years old is considered one of the fathers of the event. Afterwards, Tom commented "I just don't have the speed to go with these guys on a course like this." But with a first, second and a fourth at the world championships no one was doubting Warren's credentials but more likely to comment on how this course worked out in favor of the triathletes who had the edge in natural speed.

The women's division was more like an exhibition. Sue Kinsey who has won all three Triathlons held at the lake came out of the

5 Judy Glynn	2:15:00
Men 19 & under:	
1 Gianni Marcucci	1:59:10
2 Jim Hogue	2:09:09
3 Brian Hogue	2:10:44
Men 20-29:	
1 Tom Boughey	1:47:23
2 Mark Montgomery	1:48:22
3 Scott Tinley	1:48:29
Men 30-34:	
1 Rick Delanty	1:52:44
2 James Lovejoy	1:54:51
3 Arthur Ting	2:04:06
Men 35-39:	
1 Tom Warren	1:54:09
2 Bill Honzel	2:03:54
3 R. Michaels	2:10:59
Men 40-49:	
1 Kemp Aaberg	2:00:27
2 Dennis Kelly	2:12:51
3 Bob Hillman	2:14:32
Men 50 & over:	
1 Keith Albright	2:13:14
2 Dick Durand	2:21:34
3 Robert Shankey	2:31:41
Women 19 & under:	
1 Kim Stewart	2:25:15
2 Jean Wilkingson	2:35:36
3 Kristina Brinkeman	2:38:08
Women 20-29:	
1 Sue Kinsey	1:57:11
2 Sheila Ralston	2:06:34
3 Lisa Gonzales	2:09:10
Women 30-34:	
1 Linda Papermaster	2:29:56
2 Lynn Caldwell	2:38:49
3 Louise Lovelace	2:39:23
Women 35-39:	
1 Barbara Levenstein	2:51:01
2 Joan Manahan	3:03:46
3 Jeanne Templeman	3:37:26
Women 40-49:	
1 Jean Sanders	2:54:51
2 Randi Hall	3:11:45

Buffalo Stampede

September 13. Sacramento. 10 Miles.

Men 13-19: 1 Mark Murray 57:24, 2 M. Larson 1:00:21, 3 Tom Pearson 1:01:09. **Men Open:** 1 Randall Sturgeon 53:30, 2 David Chairez 54:31, 3 Chris Hadley 55:05, 4 M. Deatherage 55:42, 5 Steve Daniels 56:45, 6 B. Fujimoto 58:41, 7 Rubin Munoz 58:55, 8 J. Pearman 59:21. **Men 30-39:** 1 D. Donohoue 54:44, 2 C. Nichols 56:08, 3 Doug Butt 57:29, 4 Richard Ortiz 57:33, 5 Dan Alarid 58:17, 6 Sammy Trujillo 58:55, 7 M. Daigle 59:36, 8 Mike Miller 59:45, 9 D. Pine 59:56, 10 G. Parrott 59:59. **Men 40-49:** 1 Doug Pennie 54:51, 2 D. Spickelmier 55:45, 3 J. Shelgren 57:43. **Men 50-59:** 1 Ross Smith 56:34, 2 Herb Adams 1:03:59. **Men 60+:** 1 Paul Reese 1:06:34. **Women 13-19:** 1 D. Self 1:13:47, 2 Carrie Garst 1:16:58. **Women Open:** 1 Eileen Clausgus 58:02, 2 Bev Marx 1:03:35, 3 K. Pfeifer 1:06:35, 4 M. Bogle 1:07:03, 5 LaDonna Washington 1:12:39. **Women 30-39:** 1 R. Fagundes 1:02:45, 2 D. Morazzini 1:10:56, 3 Rae Bright 1:11:53, 4 J. Lavergne 1:13:47. **Women 40-49:** 1 Joan Reiss 1:06:01, 2 H. Skaden-Poyser 1:09:59. **Women 50-59:** 1 P. Ewing 1:27:12.

hard fought victory over a class field. He won in a sub-5 minute a mile pace of 24:51, four seconds ahead of tough Scott Thornton from Fresno, and Fred Villegas was third in an excellent time of 25:20.

Another outstanding effort was put in by 50 year old Len Thornton of the High Sierra Track Club. The "master" finished 9th in the field of 139 runners with a time of 27:49.

The women's division was easily won by Pam Blair in an excellent time of 31:38. Second was Muriel Olsen in 34:07, and third was Trish Meyer in 34:54.

Outstanding performances were also seen in the 2 mile run. The men's overall winner was Don Woods in 10:37 and the women's victor was, up and coming, 10 year old Lisa Wade in a time of 14:00.

Both races were sponsored by the Atwater Chamber of Commerce and County Bank.

Lemoore Naval Air Station X-C and Open Race

September 20. Lemoore Naval Air Station, Lemoore. 6.5 Mile.

Military Division/Men: 1 Pat O'Rourke 39:41. **Military Division/Women:** 1 Lorena Lopez 51:48. **Teen Division/Male:** 1 Joel Wobrock 37:15. **Teen Division/Female:** 1 Jorie Lawrence 46:34. **College Division/Men:** 1 Rader Jensen 42:38. **Jogger Division/Men:** 1 Lewis Sosa 46:56. **Jogger Division/Women:** 1 Pam Barnes 51:19. **Senior Division/Men:** 1 Henry Osgood 35:44. **Senior Division/Women:** 1 Sue Takayama 56:55. **Open Division/Men:** 1 Mark Hull 36:35. **Open Division/Women:** 1 Debbie Mason 52:44.

Raisin Day Classic

September 26. Dinuba. 6 Miles.

Al Lomeli was a repeat winner with a time of 32:26 clocking and teamed with Erin Valdez for mixed couples honors in the third annual Raisin Day Festival Classic Fun Run Saturday. The 6 mile feature began and ended at Rose Ann Vuich Park.

Another notable performance was turned in by Harry Harder in the 60 plus age group with a time of 40:59.

"The women had a field day," according to Steven Nelson. They knocked eight minutes off the course record with six breaking that standard and went eight for eight in snapping existing marks for age groups.

The men went five for nine in breaking age group records, Nelson said. He acknowledged the assistance of Burger King and Tatum's. Profits were donated to the Dinuba High School cross country team.

Men to 16: 1 Peter Cavazos 38:24. **Women to 20:** 1 Erin Valdez 45:56. **Men 16-20:** 1 Domingo Avila 36:15. **Men 21-29:** 1 Al Lomeli 32:26.7, 2 Baldemar Betancourt 32:33, 3 Larry Martin 35:24. **Women 21-29:** 1 Cindy Schuil 39:18. **Men 30-39:** 1 David Soleno 32:34, 2 Craig Ella 33:13, 3 Ron Aschwanden 35:39. **Women 30-39:** 1 Cherie Stephenson 41:47. **Men 40-49:** 1 Frank Padilla 34:25, 2 Rick Zamarripa 35:20. **Women 40-49:** 1 Jeanette Burke 44:10. **Men 50-59:** 1 Frank Zajonc 53:30. **Women 50-59:** 1 Sue Takayama 51:16. **Men 60 & over:** 1 Harry Harder 40:59. **Women 60 & over:** 1 Virginia Martin 56:13.

September 26. Richmond. 2.7 Miles:

1 Leroy Kotchevar(Zephyr)	13:26
2 Brian Abshire	13:47
3 John Victor	14:02
4 James Gaffield	14:19
5 Kent Thompson	14:30
6 Jim Bloomer	14:41
7 Doug Bamford	14:48
8 Sheldon Clark(LMJS)	14:50
9 Brian O'Connor(Zephyr)	15:01
10 Michael Banks(RFD)	15:10
11 Julios Ratti	15:12
12 Dave Larson	15:14
13 Shariet Gilbert 1st F (Zephyr)	15:16
14 Ed Agius	15:22
15 John Alvarez	15:36
42 Helen Lehman 2F	17:34
49 Anita Rawlinson 3F	18:19
50 Linda Karns 4F	18:31
51 Mimi Moultrie 5F	18:33

Out 'N Back 5 Mile

From BECKY COOPER

September 27. Burlingame: Partners Out 'N Back Race. 5 miles.

1 Jim Lovejoy 1 30-34	25:30
2 Patrick Shartle 1 open	25:39
3 Armondo Lagunas 2 open	26:07
4 George Green 2 30-34	26:17
5 Bill Sevald 1 35-39	26:42
6 Michel Conroy 2 35-39	26:57
7 Sammy Castillo 3 35-39	27:01
8 Dave Robertson 3 30-34	27:02
9 Jeff Porto 3 open	27:02
12 Mike Rivers, Jr. 1 13-17	27:35
14 Juan Armendariz 1 40-44	28:05
15 Phil Hager 2 40-44	28:10
17 Bill Bugler 1 45-49	28:35
20 Frank Hunt 3 40-44	29:06
23 Rick Kane 2 13-17	29:13
24 Dennis Lanterman 2 45-49	29:16
32 Joyce Rankin 1 F 30-34	29:56
33 Dan Carpenter 1 50-54	29:58
37 Steve Mendoza 1 12 under	30:14
47 Juana Stavolone 1 F 35-39	31:12
52 Christina Callas 1 F open	31:33
66 Arie Elderkamp 1 60-64	32:48
75 Lori Hill 1 F 12 under	34:01
77 Marge Gerrity 1 F 40-44	34:15
94 Brita Friedrich 1 F 13-17	35:39
103 Bob Gordon 1 55-59	36:23
117 Loyce Haran 1 F 45-49	37:47
122 Ray Mahannah 1 65 over	38:24
171 Judy Golding 1 F 55-59	46:08
186 Audrey Bartolo 1 F 50-54	50:52
198 Sara Landell 1 F 65 over	60:32

YMCA 7th Annual City to Port Run

September 27. San Luis Obispo.

1 Robert Hollister	53:53
2 Tom McKeown	56:12
3 Frank Hutchinson	57:57
4 Bill Scobey 1st SubM	58:31
5 Michael Ryan 1st SubM	58:31
6 Craig Lowrie	58:31
7 Ed Bruen 1st M	1:01:56
8 Joe Byrd 2nd M	1:01:57
9 Jim Hurley	1:02:04
10 Antonio Arreola	1:03:05
11 Dave Furbee	1:03:21

12 Brian Church	1:03:50
13 Mark Fleischer 1st Jr	1:03:53
14 Jack Mayes 2nd Jr	1:04:06
15 Paul Lee	1:04:06
16 Ed Kitchen	1:05:25
17 Bob Nanninga 3rd SubM	1:05:48
18 Bill Norman	1:06:04
19 Unofficial	1:06:21
20 Jason Hafemeister	1:06:42
21 Danny Ash	1:06:50
22 Keith Kirkpatrick	1:06:53
23 Robert Boyles	1:07:05
24 Stan Rosenfield	1:07:06
25 Peter Roske	1:07:25
26 Charlie Boatright	1:07:36
27 Alan Goes	1:07:50
28 Jeffrey Purkerson	1:08:10
29 Craig Williams	1:08:33
30 Diane Killeen 1W	1:08:33
33 William Graham 3rd M	1:08:56
61 Diane Dixon 2W	1:13:49
75 Carrie Walters 3W	1:14:55
87 Terri Blanchard 1st SubW	1:17:04
89 Allison DeBacker 4W	1:17:39
102 Mary Beth Smith 5W	1:19:32
130 Teresa Campbell 2 SubW	1:23:40
186 Marilyn Rehorn 1st MW	1:33:15

photo by Richard Lee Slotkin



Claus Jensen

RRCA Takes Stand on Pros

The leadership of the 100,000-member Road Runners Club of America (RRCA) is encouraging its 400 nationwide chapters to allow all runners to compete, regardless of recent pressure from the Athletics Congress (TAC) to ban those who have openly accepted prize money. The president of the runners' group also urged TAC to abolish rules which have "branded" thousands of runners as "contaminated."

RRCA President Jerry Kokesh said in a letter to TAC Executive Director Ollan Cassell, "We have encouraged our almost 400 chapters to allow, as in the past, all athletes to compete in their RRCA-sanctioned races, including all suspended professionals, 'contaminated' amateurs, foreigners, and all those under investigation." This position was approved recently by the RRCA executive board in response to recent TAC pressure against athletes who competed in the June 28th Cascade Run Off, an open prize money race. Technically, TAC rules also threaten the 6,000 other runners who participated, many of whom are members of the RRCA.

Kokesh pointed out the hypocrisy of banning those who take prize money openly, while allowing those who take money under the table to "remain in the good graces of TAC." TAC charged 13 top athletes had participated in an "unsanctioned event," in which rules of TAC and the International Amateur Athletic Federation (IAAF) were not followed.

Kokesh pointed out the RRCA has traditionally supported the athlete's right to compete, despite "TAC's hypocritical rules and treatment of the athletes." The RRCA has been an advocate of "open running" since a resolution to that effect was adopted at the RRCA 1980 national convention in Spokane, Washington.

ARRA Drops Virginia 10-Miler

The Association of Road Racing Athletes (ARRA) dropped the Virginia Ten-Miler, scheduled for September 26, from their 1981 Championship Circuit, due to contract violations by the race organization.

"The Virginia race indicated that there would be separate finish systems for amateurs and professionals," said ARRA president Don Kardong, "and that money would be paid into trust accounts instead of directly to prize winners. These two actions are in violation of the principles of open competition and above-board payment on which the ARRA Championship Circuit was founded, and are also in violation of our written agreement with the race organizers. We have no choice but to drop the event from our series."

The Virginia race was to have been the third event of the 1981 ARRA Championship Circuit, which began with the Cascade Run Off in Portland on June 28, and was followed by the Nike Marathon in Eugene, Oregon, on September 13. In those two races, a total of \$150,000 in prize money was offered, and amateurs and professionals were allowed to compete together. At the time of both races, the Athletics Congress, national governing body for amateur track and field and long distance running, indicated that amateur runners would be "contaminated" by participating in such open competition, and could thereby lose their amateur status.

"We regret the necessity of dropping the Virginia race from our

year, suggested that Audain may be the best female road racer in the world. Her victory in this race won her \$6,000, as runners-up Moller and Laurie Binder of San Diego collected \$2,500 and \$1,500 respectively.

This year's race, sponsored by OMNI Magazine, was the first race in which amateurs and professionals were allowed to compete together without jeopardy to the amateurs' eligibility, due to a recent change in IAAF eligibility requirements. Under the changes, amateurs and professionals may now compete in domestic competition together, meaning that the so-called "contamination" of amateurs by professionals will no longer be an issue for the majority of races in the United States.

MEN'S OPEN RESULTS

1. Rod Dixon	36:42	\$6,350
2. Bruce Bickford	36:50	Amateur
3. Greg Meyer	37:05	2,850
4. John Halberstadt	37:14	2,050
5. Jon Sinclair	37:30	1,350
6. Stan Vernon	37:43	850
7. Kevin Shaw	37:43	750
8. Ed Mendoza	37:44	650
9. Terry Baker	37:50	600
10. Dave Babiracki	37:53	550
11. Randy Thomas	38:00	Amateur
12. Ric Rojas	38:03	350

WOMEN'S OPEN

1. Anne Audain	41:50	\$6,000
2. Lorraine Moller	43:48	2,500
3. Laurie Binder	45:14	1,500
4. Cindy Dalrymple	46:51	700
5. Patti Catalano	47:02	500
6. Elizabeth Shillite	47:05	Amateur
7. Tina Moran	47:55	200

TAC Clears 4, Suspends 8

The Athletics announced on October 5 that it has cleared four distance runners and suspended eight others who competed in last June's Cascade Run-Off. The decision, was reached in Chicago by TAC's National Athletics Board of Review, and was announced after the news was forwarded to each of the athletes. Cleared of the charges against them were Bill Rodgers, Herb Lindsay, Mike Layman and Jan Oehm, none of whom accepted prize money at the Cascade race, which took place in Portland, Oregon, last June 28. Disqualified for an indefinite period are Patti Catalano, Cindy Dalrymple, Benji Durden, John Glidewell, Ed Mendoza, Greg Meyer, Pete Pfitzinger and Ric Rojas.

The rules violations with which the athletes were charged included running in a professional prize money road race, competing for prize money based on athletic performance and participating in an unsanctioned event. The 4-member National Athletics Board of Review consisted of TAC general counsel Richard Hollander (Richmond, Va.), TAC registration chairman Susan Ross (Albuquerque, N.M.), TAC law and legislative chairman Frank Greenberg (Philadelphia) and TAC men's long distance running chairman, Bob Campbell (West



Claus Jensen

Jon Douglas 10K

By RICHARD LEE SLOTKIN

September 27, Santa Monica: The 4th Annual Jon Douglas 10K.

Klaus Jensen has moved to Santa Monica just recently from his native Denmark and was running his first race for the Santa Monica Track Club. The evening before, SMTC coach Joe Douglas told Jensen quite emphatically and to the point to go out and win. Jensen did just that, taking the lead at about one mile. However, teammate Dave Greifinger moved into the lead at about 2 miles. Greifinger was racing for the first time in about seven months following a slow recovery from a very severe leg injury. Running very strongly, and quite aggressively, he held the lead til about the 4½ mile point. By then, they were on the fast downhill stretch of San Vicente Blvd. That's when Jensen moved back into the lead, but Greifinger didn't fade. He hung in, still looking very strong despite the long layoff.

As they came around the corner at San Vicente and Ocean Avenue, it was Jensen out in front and running very well. About 20 yards behind came Greifinger, looking not at all as though he were rusty. About 10 to 15 yards behind him was Bob Macias, looking very determined. And, maybe 40 or 50 yards back of Macias was Paul Farina, looking pretty good himself, despite the fact that he had eased off just a bit from his earlier pace.

As it turned out, Greifinger's layoff did catch up with him. Macias was able to overhaul him in the last quarter mile and take second place. Dave said that he just didn't have any kick in him. He expects to have it back before too long, though. Farina was able to hold onto fourth easily enough, having built up too big a lead for fifth placing Jim Scott to

continued next page....

ARRA Drops Virginia 10-Miler

The Association of Road Racing Athletes (ARRA) dropped the Virginia Ten-Miler, scheduled for September 26, from their 1981 Championship Circuit, due to contract violations by the race organization.

"The Virginia race indicated that there would be separate finish systems for amateurs and professionals," said ARRA president Don Kardong, "and that money would be paid into trust accounts instead of directly to prize winners. These two actions are in violation of the principles of open competition and above-board payment on which the ARRA Championship Circuit was founded, and are also in violation of our written agreement with the race organizers. We have no choice but to drop the event from our series."

The Virginia race was to have been the third event of the 1981 ARRA Championship Circuit, which began with the Cascade Run Off in Portland on June 28, and was followed by the Nike Marathon in Eugene, Oregon, on September 13. In those two races, a total of \$150,000 in prize money was offered, and amateurs and professionals were allowed to compete together. At the time of both races, the Athletics Congress, national governing body for amateur track and field and long distance running, indicated that amateur runners would be "contaminated" by participating in such open competition, and could thereby lose their amateur status.

"We regret the necessity of dropping the Virginia race from our series," said Kardong, "but we felt it would be unfair to jeopardize the progress we have made so far in opening up the sport. Segregating runners into separate chutes and paying money backhandedly are not conditions we could live with."

"We will now look forward to our next event, the OMNI Freedom Trail Road Race in Boston on October 4, where all runners involved will be able to enjoy the kind of open competition on which our organization was founded. In the future, we'll continue to work for true open competition and a repeal of the absurd notion of contamination of amateurs by professionals."

Dixon, Audain Win OMNI Run

It was a day to make New Zealanders everywhere smile, as Kiwis Rod Dixon and Anne Audain ran away with their respective divisions in the 1981 OMNI Freedom Trail Road Race in Boston, the third race of the 1981 ARRA Championship Circuit.

The men's race traded leaders during the early stages, with Tom Fleming, John Halberstadt, Greg Meyer and others bidding for the lead at various points, but the lead pack remained closely bunched until four miles. At that point, a group of five - Meyer, Halberstadt, Dixon, Jon Sinclair and Bruce Bickford - broke away from the rest of the field to battle for top honors. The pack stayed together during a brisk 4:28 mile until Dixon and Bickford, one of the Boston area's top runners, broke away on a surge up Beacon Hill, and battled each other over the final two miles of the eight-mile course. Dixon's strength and speed proved decisive, as he outraced Bickford to win in 36:42, a course record and eight seconds ahead of Bickford. Dixon collected a check for \$6,350 for his victory.

In the women's race Audain, who like Dixon is currently living in the U.S., broke away from Lorraine Moiler, also from New Zealand, early in the race. Audain ran powerfully over the rest of the scenic and historic Boston course without challenge, and finished in an impressive 41:50, a pace of under 5:14 per mile. This victory, combined with similar victories throughout the United States on the roads this

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The rules violations with which the athletes were charged included running in a professional prize money road race, competing for prize money based on athletic performance and participating in an unsanctioned event. The 4-member National Athletics Board of Review consisted of TAC general counsel Richard Hollander (Richmond, Va.), TAC registration chairman Susan Ross (Albuquerque, N.M.), TAC law and legislation chairman Frank Greenberg (Philadelphia) and TAC men's long distance running chairman, Bob Campbell (West Roxbury, Mass.).

Rodgers, Oehm and Layman were exonerated of charges of competing for money, since none of the three accepted the cash prizes at the Cascade Run-Off. Also cleared was Lindsay, who has placed the money he won at the Cascade Race in an escrow account with TAC. TAC has asked the International Amateur Athletic Federation (IAAF), track's world governing body, to approve a concept in which an athlete can place funds won in road races into a trust agreement, with the athlete drawing on the money for training purposes. The IAAF is due to rule on the trust fund concept at a special meeting in Rome, December 12-13.

Catalano, Dalrymple, Glidewell, Durden, Meyer, Mendoza, Pfitzinger and Rojas received suspensions for an indefinite period. The conditions were spelled out in the telegram sent to each of the athletes: "You are suspended indefinitely from events which are required to have a TAC sanction, those events being international competitions, domestic championship events and all other events conducted and sanctioned by TAC."

Richard Hollander, the Virginia attorney who served as the chairman of the TAC panel, explained that the charges of competing in an unsanctioned event and violating the 'contamination rule' were dropped. "With regard to competition by the 12 athletes in an event not sanctioned by TAC," said Hollander, "the evidence is insufficient to conclude that the athletes were aware they were competing in an unsanctioned event. As to the so-called contamination rule, the charges are dismissed because of the current, temporary relief provided by the IAAF for domestic, sanctioned events." Hollander was referring to the IAAF decision at its Council meeting in Rome last month to temporarily suspend the contamination rule -- by which an athlete who competes against ineligible performers risks his own eligibility -- for domestic meets in the United States.

Of the athletes who competed in the Cascade Run-Off, only these 12 were brought up on charges. They were the only athletes among the top 15 men and top 10 women finishers for whom TAC officials could find proof of registration and TAC membership.

Jon Douglas continued:

overcome. Farina was happy. Fade or not, he ran his best ever 10K: 30:59. Jensen was clocked in 30:11, while Macias and Greifinger finished in 30:21 and 30:44 respectively.

Julie Brown showed that she is about recovered from her achilles tendon injury. She could have walked the last half mile and still won. Her time was 33:19. Naturite Track Club teammate Roma Antoniewicz was second, but quite a way back with a 37:12. But that's a good time for Roma, who has been improving steadily since her recent move into the distances.

One ugly incident: Sometime after Julie Brown went by the San Vicente-Ocean Ave. intersection, on the last leg to the finish line, a very non-athletic looking young lady, rather roly-poly, in fact, jogged by. That's right: jogged by. I called out to her, "You didn't run the whole thing!" She put on a sort of sickly smile, but continued on. Pat Story, a sub-35 10Ker, was running the course unentered. She had been a bit behind Brown as she went by, people, not realizing that she wasn't competing, called out to her that she was the second woman to go by. Suddenly, halfway down San Vicente, she started hearing that she was 3rd woman. She hadn't seen anyone go by her. Then, when Story caught up with the roly-poly, she was so enraged that she had to control the urge to kick her right where she sits. And, can you blame her? Obviously, this turkey had jumped in somewhere. Seems that we've seen this sort of thing before, haven't we? Only the fact that Story wasn't entered in the race kept her from taking some kind of action. As she approached the finish line, now in "3rd," Roma Antoniewicz having passed her, race director Bruce Hitchell took one look, declared over the P.A. system, "No way she could have run 37 minutes! And tore up her finish card."

Men:

Overall: 1. Claus Jensen 30:11; Bob Macias 30:21; David Greifinger 30:44; Paul Farina 30:59; Jim Scott 31:07; Tom Lowery 31:17. **12-Under:** 1. Joshua King 40:33. **13-18:** 1. Daniel Zepeda 32:22; 2. Christien Prieur 33:13; 3. David Withers 34:06. **30-34:** 1. Ron Gee 31:25. **35-39:** 1. Ron Milne 33:29. **40-44:** 1. Brian Fernee 33:30. **45-49:** 1. Richard Belliveau 35:07. **50-59:** 1. GeorgeROPella 39:14. **60 & Over:** 1. Eddie Lewin 38:06.

Women:

Overall: 1. Julie Brown 33:19; 2. Roma Antoniewicz 37:12; 3. Lisa Buckley 38:41; 4. Jana Hillman 39:21; 5. Carol Doody 39:25; 6. Penny Burnstein 39:45. **12 & Under:** 1. Carol Doody 39:25. **13-18:** 1. Jana Hillman 39:21. **19-29:** 1. Joyce Klausmeier 39:51; 2. Dana Hart 40:57; 3. Anne Keating 41:30. **30-34:** 1. Michelle Soderberg 42:26. **35-39:** 1. Allison Gilbert 41:27. **40-44:** 1. Bonnie Robinson 43:05. **45-49:** 1. Barbara Henon 47:45. **50-59:** 1. Doris Castenada 51:24.

Police and Friends

From RAUL SALDANA

September 27, Fresno: Police & Friends 6 Mile.

Women:

15 & Under: 1. Rosemary Alcaraz 41:23; 2. Stacy Shaw 42:09; 3. Michele Cantwell 49:09.

zinger (P.G.) 35:18; 4. John Brazinsky (Monterey) 38:02; 5. Ken Schwison (Merced) 36:36. **50-59:** 1. Ed Dally (Carmel) 37:07; 2. Farrington 37:37; 3. Sean Flavin (Monterey) 38:07. **14-19:** 1. Alan O'Reilly (Davis) 34:16; 2. Stephen Abbanant (Monterey) 35:29; 3. Dave Toews (San Jose) 35:33. **11-13:** 1. Travis Saylor (Auburn) 37:28; 2. Louis Stajawowich (San Jose) 39:08; 3. William Olguin (Watsonville) 40:47. **60 Plus:** 1. Harrison Thompson (Carmel) 42:12; 2. John Popper (San Jose) 43:28.

Women 10K:

20-29: 1. Sandy Sanchez (Watsonville) 37:09; 2. Renee Hicks (San Francisco) 38:51; 3. Cathy Womack (Monterey) 40:24; 4. Olivia Partridge (P.G.) 41:21; 5. Anne Ingalls (L.A.) 42:00. **30-39:** 1. Nelly Wright (Monterey) 38:19; 2. Pam Burkes (Salinas) 39:17; 3. Gail Bernardi (P.G.) 39:35. **40-49:** 1. Marlys Hayden (Kentfield) 42:14; 2. Cindy Hutcherson (Monterey) 42:57; 3. Frances Duggar (P.G.) 44:54. **50-59:** 1. Helen Holmgren (Menlo Park). **14-19:** 1. Edie Zeman (San Jose) 43:54; 2. Sandy McMahon (P.G.) 44:02; 3. Linda O'Daly (Salinas) 46:05. **11-13:** 1. Amy Forbush (Monterey).

Men's 5K:

20-29: 1. Matthew King (Monterey) 16:01; 2. Chris Bernard (P.G.) 16:22; 3. B. Niedraver (San Jose) 16:23. **30-39:** 1. Gry Grellmann (Santa Cruz) 15:49; 2. Laurence Mueller (Monterey) 16:08; 3. Des Knuckey (England) 16:22. **40-49:** 1. McNab 16:20; 2. Charles Wimberley (New Orleans) 17:45; 3. John Hutcherson (Monterey) 17:46. **50-59:** 1. William Mason 18:27; 2. Robert Wright (Monterey) 18:36; 3. Dick Villier (San Mateo) 18:42. **14-19:** 1. John Duarte 15:50; 2. Frank Velasquez 15:59; 3. John Domenichini 16:16. **11-13:** 1. Joey Saunders (San Jose) 20:02. **60 Plus:** 1. Harold Santee (Carmel) 27:57.

Women's 5K:

20-29: 1. Joy Taylor 18:25; 2. Joanne Wallin 18:33; 3. Patty Selbicky 18:40. **30-39:** 1. Paula Potts (Monterey) 19:02; 2. Gvonne Reid (Monterey) 20:33; 3. Laurie Albrecht (Monterey) 24:28. **40-49:** 1. Lynn Lindsey 20:19; 2. Eloisa Cashers 24:53; 3. Carole Abbonot 25:23. **50-59:** 1. Kay O'Neill (Monterey) 25:48; 2. Mary Brookshire 27:55; 3. Carolina Boyne (Monterey) 28:29. **14-19:** 1. Susan Radford (Marina) 19:48; 2. Therese Tripoli (Campbell) 25:23; 3. Susan Shillinglaw (Peb Bch) 25:30. **11-13:** 1. Darcy Hatton (Monterey) 18:51; 2. Sue Chipanick (Monterey) 23:38; 3. Stephanie Rim-mor (Los Gatos) 26:01.

Los Angeles County Fair 10K

From DAVID CONDIT

September 29, Los Angeles.

Top 10 Male Finishers:

1 Tony Reyes(19)	30:39
2 Matt Ebner(20)	31:11
3 Rob Waugh(27)	31:24
4 Dave Frickel(26)	31:35
5 Michael Forthoffer(23)	32:00
6 Peter Mogg(26)	32:54
7 Jeff Mullican(18)	32:58
8 Robert Diaz(16)	32:59
9 Jeff Drutman(24)	33:30
10 Mark Huschle(19)	33:39

Male 12u: 1. Jon Thaiman(12) 41:00. **Male 13-15:** 1. Romney Mawhorter(15) 35:09. 2. Mike mutschler(13) 36:41. **Male 30-39:** 1. Cipriano Placencio(31) 34:34. 2. Gill Cornell(31) 35:23. 3.

15 Tim Coffman(Palmdale)28 39:45
16 Mike Danaher(Edwards)23 39:48
17 Dave Trembley(Lancaster)29 40:08
18 Dale Detjen(Lancaster)26 40:14
19 John Johnston(Palmdale)22 40:23
20 Scot Duvall(Lancaster)27 40:26

Women 19-29:

1 Martha Meyer (Lancaster) 41:25
2 Brenda Villanueva (Bakersfield) 21 42:28
3 Mary Fiske (WLA) 22 49:24

Women 30-39:

1 Sharon McClung(Palmdale)37 48:22
2 Donna Cameron(Barstow)31 49:15

Women 40-49:

1 Martha Marshall(Chatsworth)45 58:24
2 Ruth Moore(Lancaster)45 58:51

Men 50-59:

1 Bob Arneson(CalCity)54 48:53
2 Richard Lynch(Edwards)58 54:53

Men 60+:

1 Harry Harder(Reedley)64 43:06

5K (3.1 Miles):

1 Rick Crowder(Lancaster)18	16:22
2 Joe Hull(Lancaster)19	16:28
3 John McGovern(LeonaVly)18	16:39
4 Jim Fanell(Lancaster)18	17:00
5 Pedro Ponce(Pacoima)35	17:19
6 Oscar Rodriguez(Arvin)15	17:54
7 John English(Arvin)16	18:06
8 Eddie Salcedo(Arvin)15	18:09
9 Mike Rugnow(Arvin)15	18:10
10 John Price(Rosamond)29	18:39
11 Howard Sundberg(Lancaster)30	18:46
12 Charles Musgrave(Lancaster)15	18:50
13 Dan Andrews(CanogaPark)30	19:52
14 Steve Holloway(Palmdale)14	19:56
15 Don Overton(Lancaster)35	20:50
16 Jim Maynard(Claremont)53 1-50	20:58
18 Fred Nelson(Lancaster)43 1-40	22:13
20 Anne Lawrence(Lancaster)22 1W	22:29
23 Tena Lizotte(Boron)32 2 1/4w	23:33

Women 40-49:

1 Karen Morris(LeonaVly)41 27:31

Men 50-59:

2 Cliff Vierra(Lancaster)52 27:08

Men 60+:

1 Joseph Gonzalez(Bakersfield)61 29:37

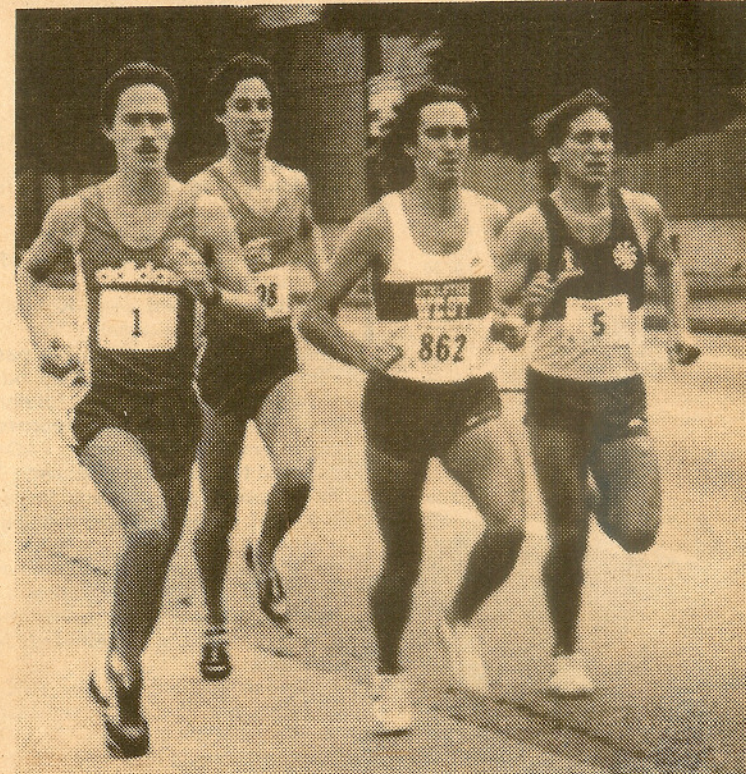


photo by Michael Chickey

Mercury 10K at 2 mile (from left): Kyle Hefner, John Brenneman, Thom Hunt, Bill Donakowski.

photo by Richard Lee Slotkin



Mercury 10K (from left): Pam Morris, Michelle Bush, Roma Antoniewicz and Tammi Babiracki with baby.

Men 12 & Under: 1. Dallas Jones (9) 35:29; 2. James Brown (9) 38:09; 3. Craig Lawson (10) 39:10.

Men 13-15: 1. Gustav Quinonez (15) 32:24; 2. Christian Prieur (15) 34:34; 3. Matt Doyle (15) 37:38.

Men 16-18: 1. Eugenio Cruz (16) 31:25; 2. Steve Dietch (16) 31:54; 3. Claudio Ayestas (17) 32:03; 4. Daniel Zepeda (18) 32:33; 5. Brad Kearns (16) 33:46.

Men 19-29: 1. Thom Hunt (25) 28:39; 2. Kyle Hefner (26) 28:59; 3. John Brenneman (25)

photo by Richard Lee Slotkin



30:59: David Greninger 30:44; Paul Parnis 30:59; Jim Scott 31:07; Tom Lowery 31:17.
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Wheelchair:

1. Jim Brooks 38:34.

Men:

10 & Under: 1. Kevin Miller 40:05; 2. Mike Stebles 40:19; 3. Brent Fernandez 44:30. **11-15:** 1. David Naranjo 33:55; 2. Richard Harkless 36:01; 3. Kaj Wren 36:50. **16-19:** 1. David Perez 32:13; 2. Jerry Shaw 33:44; 3. David Nall 35:11. **20-29:** 1. Jim Hartig 30:16; 2. Alfred Lara 30:27; 3. Scott Thornton 30:31. **30-39:** 1. Curtis Elia 31:47; 2. David Soleno 33:45; 3. Frank Ortega 33:52. **40-49:** 1. Fernie Montanez 34:16; 2. Frank Padilla 34:39; 3. Frank Delgado 35:03. **50-59:** 1. Bob Fries 34:27; 2. Sid Toabe 36:39; 3. Dave Seamont 38:32. **60 & Over:** 1. Harry Harder 40:28; 2. Frank Horn 47:48; 3. Woody Cape 48:16.

Hospice Run

From SKIP MARQUARD

September 27, Monterey: Monterey Bay Ford Hospice Run.

Men's 10K:

1. Dan Gruber (Scotts Valley) 30:12; 2. Emil Magallanes (Monterey) 30:47; 3. Wayne Hurst (Los Gatos) 31:16; 4. Peter Churney (Oakland) 31:29; 5. Peter O'Reilly (Mill Valley) 31:50. **30-39:** 1. Gary Goettelmann (Aptos) 31:23; 2. Tad Woliczko (Santa Cruz) 32:35; 3. Louis Davidson (Spreckles) 34:06; 4. Ken Drew (San Jose) 34:25; 5. Jeff Pecsar (San Francisco) 34:36. **40-49:** 1. Glynn Wood (Monterey) 32:54; 2. Tim Rostege (WYTC) 33:24; 3. Richard Leut-

25:41. **50-59:** 1. Kay O'Neill (Monterey) 25:48; 2. Mary Brookshire 27:55; 3. Carolina Boyne (Monterey) 28:29. **14-19:** 1. Susan Radford (Marina) 19:48; 2. Therese Tripoli (Campbell) 25:23; 3. Susan Shillinglaw (Peb Bch) 25:30. **11-13:** 1. Darcy Hatton (Monterey) 18:51; 2. Sue Chipanick (Monterey) 23:38; 3. Stephanie Rimor (Los Gatos) 26:01.

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Top 10 Female Finishers:

1 Christine Grundy(27)	36:41
2 Therese Ebner(18)	40:22
3 Alice Rodriguez(18)	41:19
4 Gayle Cory(27)	41:20
5 Jeanette Perez(15)	43:44
6 Coleen Corsaro(22)	44:36
7 Gail Arsenaull(22)	44:56
8 Deborah Hobbs(32)	45:32
9 Jamie Barnes(11)	45:41
10 Linda Hoffmann(15)	46:25

Female 40-49: 1 Cecily Parke(41) 47:15.

Antelope Valley Hospital Center "Fitness Classic" 5K & 10K Runs

October 3, Lancaster.

10K (6.2 miles):

1 Alan Dehlinger(Palmdale)20	33:50
2 Jim Powell(Lancaster)21	34:59
3 Garry Everson(Lancaster)36	35:05
4 Sam Culver(Lancaster)31	35:38
5 Jack Powell(Lancaster)21	35:40
6 Gary Maytum(Palmdale)21	36:56
7 Jerry Maytum(Palmdale)21	37:22
8 Paul Lake(Lancaster)19	37:40
9 Frank Ogawa(Palmdale)46 1-40	37:47
10 Ron Furstenaup(Edwards)25	37:58
11 Freddie Perez(Sylmar)41 2-40	38:06
12 Hugo Garcia(Arvin)18	39:01
13 Clint Davis(Palmdale)21	39:34
14 David Borjon(Palmdale)21	39:34



Mercury 10K (from left): Pam Morris, Michelle Bush, Roma Antoniewicz and Tammi Babiracki with baby.

LAAC Mercury 10K

By RICHARD LEE SLOTKIN

October 4, Los Angeles.

Thom Hunt won this fifth running of the Mercury 10K. It wasn't easy. At least not as easy as the previous races have been for the winner. Oh, it's true that once he took the lead at two miles, and then surged at three miles, he had it all to himself for the rest of the race. But if he looked over his shoulder, he could see Kyle Hefner not that far back. For sure, he couldn't ease off and admire the scenery. Or even wave to the crowd. Well, there really wasn't any crowd watching. Most of them were in the Coliseum waiting for the runners to get there. They got a good show, too.

Trouble was, they missed all the real action which had gone on out on the course. A real dogfight for the first two miles as a pack consisting of Hunt, Hefner, John Brenneman, Charlie Gray, Claus Jensen, Bill Donakowski, George Mason and Lance Parker...to name only the top seven, because there were more...just leaned on each other.

Because of a big hill within the first quarter mile, the mile splits for the leaders were considered slow, starting with about a 4:47. A little before the mile, though, the course turns downhill and from there on, the worst it gets is flat.

Hefner moved into the lead on that downhill stretch. He says he likes downhills. Don't we all? Anyway, after they had run out of hill, Bill Donakowski took over the lead briefly until Hunt began to assert himself. At two miles, Hunt was in front, but he could hear plenty of footsteps. So, at three miles, he decided to make the race his or bust. He moved out to an 80 yard lead, followed by Hefner. Hefner couldn't match Hunt's surge, though, hence his 80 yard deficit. Still, he was within sight. And John Brenneman was in sight of Hefner. It was that way all the way back to the very end of the 2,000 runner pack, although there was some bunching up once you got past about 15th place.

photo by Richard Lee Slotkin

Men 12 & Under: 1. Dallas Jones (9) 35:29; 2. James Brown (9) 38:09; 3. Craig Lawson (10) 39:10.

Men 13-15: 1. Gustav Quinonez (15) 32:24; 2. Christian Prieur (15) 34:34; 3. Matt Doyle (15) 37:38.

Men 16-18: 1. Eugenio Cruz (16) 31:25; 2. Steve Dietch (16) 31:54; 3. Claudio Ayestas (17) 32:03; 4. Daniel Zepeda (18) 32:33; 5. Brad Kearns (16) 33:46.

Men 19-29: 1. Thom Hunt (25) 28:39; 2. Kyle Heffner (26) 28:59; 3. John Brenneman (25)

photo by Richard Lee Slotkin



Thom Hunt

29:20; 4. Bill Donakowski (25) 29:30; 5. Charles Gray (27) 29:31; 6. George Mason (26) 29:44; 7. Lance Packer (21) 29:52; 8. Mark VanLeeuwen (21) 30:10; 9. Claus Jensen (23) 30:14; 10. Steve Alvarez (22) 30:15; 11. Gian Storinieri (23) 30:18; 12. Dennis Ebehart (26) 30:58; 13. David Greifinger (24) 31:19; 14. Steve Blum (26) 31:28; 15. Ron Bahara (21) 31:39; 16. Steve Brumwell (23) 31:49; 17. Mike Trilevsky (22) 31:49; 18. David Castenholz (27) 31:51; 19. Bill Langhout

When you look at the times of the top ten, you see some interesting things. First was Hunt's time of 28:39. That's a course record. Then Kyle Hefner's time of 28:59. Two finishers under 29 minutes in an open road race. And, considering that Hunt is from near-by San Diego, all the top ten are local except for Hefner (who is from Boulder, Colorado). And the slowest time in the top ten was 30:15. Mercury is turning out to be a very competitive event.

Well, for the men anyway. For the women, if you don't count Michelle Bush, it was pretty competitive also. Bush came in in 33:59, which tied her for 60th place overall. After Bush, though, there was something of a lull in the female action for almost three minutes. Then, Pam Morris came in with a time of 36:41. After Pam there was a deluge of gals, 6 in all, who were in the 37's. All together, there were 14 who broke 40 minutes, including 42 year old Christa Romppanen, who is recovered from leg injuries and ran a 39:54, and 11 year old Sheri Lawson, who is not injured and ran 39:26. Most exciting was Vonnelle Brown. She's just 13 and she finished in 37:46. That's right...thirty-seven.

As good as Sheri Lawson's time was, she was upstaged by her younger brother, ten year old Craig. Craig usually does beat sis by a little. This time, it was by 21 seconds. And poor little Craig couldn't even win his division with that. His division was ten and under. Two 9 year olds beat him out, James Brown running a 38:07...for second!, and Dallas Jones taking the group with a 35:29.

Now, I was there, and I must admit to not having seen anyone nine years old go by me in what looked like a sub-36 pace. Moving around all the time between three vantage points, it isn't possible to keep track of everything that happens. Still, I must admit to some skepticism about that age/time combination. Nevertheless, that's what is on the printout of the results supplied to me by the usually accurate Ikenberrys, and unless proven otherwise, I'll have to go along with the information. But, if I'm ever in a race with that kid and he tries to pass me....

'Bout time someone told that squirt he's not supposed to run that fast.

(23) 31:51; 20. Brian Clary (19) 31:52; 21. Jim Masterson (27) 31:58; 22. Jeff Dettmer (20) 32:16; 23. Larry Montag (29) 32:18; 24. Jeffrey Kirk (23) 32:27; 25. Mitch Harmatz (26) 32:40.

Men 30-34: 1. Carl Smith (30) 30:29; 2. Bill McDermott (30) 30:34; 3. Robert Macias (31) 30:41; 4. Ron Kurlie (33) 31:37; 5. Ron Gee (30) 31:42; 6. Henry Lange (32) 32:28; 7. Ruben Garcia (31) 32:57; 8. Mike Lozoya (31) 33:11; 9. Paul Maier (33) 33:39; 10. John Merhaut (30) 33:59.

Men 35-39: 1. Marshall Matye (38) 32:24; 2. Ron Milne (37) 33:38; 3. Bruce Mitchell (39) 33:40; 4. Pablo Drobny (35) 34:13; 5. Dennis Joe (35) 34:21; 6. Bruce Geddes (36) 34:31; 7. Woody Studenmund (36) 34:36; 8. Pedro Ponce (35) 34:39; 9. Alex Meade (37) 35:09; 10. Terry Toles (35) 35:20.

Men 40-49: 1. Brian Fernee (43) 34:05; 2. Bruce Kostin (40) 34:15; 3. Nelson Crader (41) 34:28; 4. George Cohen (41) 34:44; 5. Norman Cohen (44) 35:03; 6. Neil Doherty (40) 35:06; 7. Jim Brownfield (49) 35:23; 8. Eino Romppanen (41) 35:30; 9. Christopher Bourke (45) 35:30; 10. Ralf Latham (40) 35:48.

Men 50-59: 1. Jerry Withers (52) 37:56; 2. Gunnar Linde (53) 38:05; 3. Juan Carmona (54) 38:12; 4. Curtis Brownfield (52) 38:42; 5. Aurelio Camacho (50) 38:52; 6. William Power (55) 38:54.

Men 60 & Over: 1. Eddie Lewin (65) 39:08; 2. Phil Castle (64) 41:16; 3. George Boyle (62) 41:55.

Women 12 & Under: 1. Sheri Lawson (11) 39:26; 2. Carol Doody (12) 39:49; 3. Amber Chavez (10) 43:42.

Women 13-15: 1. Voncille Brown (13) 37:46; 2. Valerie Lisiewicz (15) 42:35; 3. Kirsten O'Hara (15) 44:01.

Women 16-18: 1. Gladys Prieur (16) 37:35; 2. Caryn Anderson (17) 44:28; 3. Janice Thomas (17) 45:35.

Women 19-29: 1. Michele Bush (21) 33:59; 2. Pam Morris (23) 36:41; 3. Roma Antoniewicz (21) 37:02; 4. Sherry Simmons (23) 37:05; 5. Tammy Babiracki (21) 37:33; 6. Jaynie Studenmund (27) 37:49; 7. Melissa Collins (20) 38:50; 8. Laura Lopez (20) 39:21; 9. Carolyn Wagstaff (25) 40:26; 10. Vicky Garcia (19) 42:11.

Women 30-39: 1. Barbara Terhune (38) 38:52; 2. Judy Kewley (37) 41:30; 3. Michelle Loomis (31) 42:08; 4. Terri Goodreau (31) 42:47; 5. Suzanne Miller (32) 42:52; 6. Irma Hutton (35) 44:32; 7. Ebia Stephanie (32) 45:24; 8. Valla Kolman (38) 45:50; 9. Sharon Casado (35) 45:58; 10. Phyllis Erbsen (38) 46:13.

Women 40-49: 1. Christa Romppanen (42) 39:54; 2. Deborah Brown (44) 42:32; 3. Bonnie Robinson (41) 42:36; 4. Rita Gilmore (41) 44:15; 5. Sandra Kenworthy (49) 46:47.

Women 50 & Over: 1. Virginia Baldwin (52) 48:36; 2. Vila Hancock (58) 53:54; 3. Antionette Hill (55) 54:14.

Sugar Loaf Mountain Run

From BOB COONS

October 4. Posey. 5.1 miles.

Male 13-19: 1. Steve Gilbert (17) 37:23; 2. Larry Bayless (17) 41:53; 3. John Ullola (19) 44:04. **Male 20-29:** 1. Jesus Guzman (28) 40:10; 2. Jim McDonald (20) 40:52. **Male 30-39:** 1. Ted Oliver (37) 39:22; 2. Paul Cross (35) 39:44. **Male 40-49:** 1. Carl Sigler (42) 59:01. **Male 50+:** 1. Don Cross (52) 57:06.

Women's 50+: 1. Alice Waco 56:03; 2. Phyllis Ennis 57:57; 3. Jackie Leach 58:07. **Men's 50+:** 1. Mort Gray 35:21; 2. Gough Rheinhardt 39:17; 3. Leo Steneck 40:37.

Zoo Zoom

From RAE LONDON

October 10, Sacramento: Zoo Zoom 5 & 10K Runs.

Men's 5K:

Under 17: 1. Steve Dazle 18:15; 2. Dave Schroeder 24:20; 3. Dave Bertoncini 24:34. **17-29:** 1. Mike Immos 16:28; 2. Craig O'Herson 16:45; 3. Tommaso Rediera 16:53. **30-39:** 1. Chuck Nicholls 16:56; 2. Sam Trujillo 17:56; 3. Mike Kelly 18:07. **40-49:** 1. Bob Means 19:58; 2. Bob Potter 20:10; 3. Gary Hollinger 20:37. **50-59:** 1. Herb Adams 18:58; 2. Hal Stainbrook 20:02; 3. Tom Coe 20:20. **60 Plus:** 1. Ed Parsons 37:17.

Women's 5K:

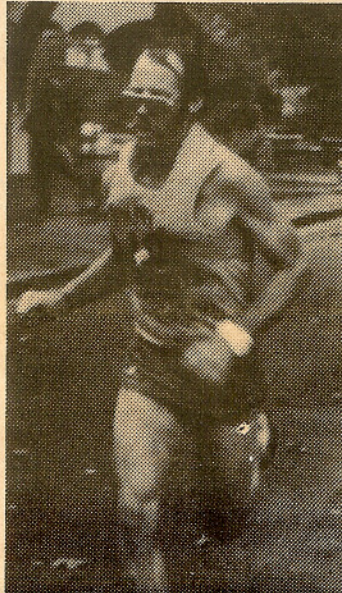
Under 17: 1. Kim Ryerson 21:42; 2. Kathy Smith 24:27; 3. Jennifer Cooper 32:27. **17-29:** 1. Lynda Swenson 20:29; 2. Peggie Bennett 21:14; 3. Pattie Teale 21:22. **30-39:** 1. Julie Lomar 26:55; 2. Peggy Yskuchi 27:31; 3. Jen Kerr 28:44. **40-49:** 1. Dixie Schneider 24:54; 2. Maizie Hanson 25:49; 3. Alice Pfand 28:12. **50-59:** 1. Margaret Lee 30:29; 2. Ann Tassell 30:58; 3. Arlene Coe 32:26.

Men's 10K:

17-29: 1. Chuck Harris 34:13; 2. Kim Isham 36:53; 3. Mitch Dantzie 39:01. **30-39:** 1. Ron Lee 33:12; 2. Edward Cavazos 34:25; 3. David Hayes 37:28. **40-49:** 1. Doug Rennie 32:57; 2. Rob Hudson 36:40; 3. Paul Holmes 36:53. **50-59:** 1. Ray Blackburn 51:16. **60 Plus:** 1. Rex Youngman 52:28.

Women's 10K:

17-29: 1. Mary Bogle 38:03. **30-39:** 1. Susan Manley 40:24. **40-49:** 1. Julie Fong 42:14. **50-59:** 1. Barbara Douglas 50:57.



Fresh Natural Juice Running Club. Jesse Rodriguez, who recently turned forty, captured the masters title in a fast 1:13:59; Rodriguez competes for the Visalia Runners. High Sierra TC's Len Thornton ran a 1:17:06 to nab honors in the fifty plus division.

The open men's team championship went to the Daisy Fresh Natural Juice Running Club. High Sierra Track Club captured the submaster team title with Chapin, Bronzan and Frank Ortega. They also captured the masters team crown with the team of Thornton, Wayne Van Dellen and Rick Zamarripa.

Renee Wyckoff of the Visalia Runners ran away from her competition to claim the women's title, her time was 1:21:54. Next women finisher was Debbie Ashwanden of the Visalia Runners. College of the Sequoias cross country runner Shelly Agrimson was third at 1:35:15, High Sierra TC's Ruby Hernandez followed in fourth with a 1:36:06 and Cherie Stephenson of the Visalia Runners nabbed fifth in 1:37:33. Wyckoff, Ashwanden and Stephenson combined to give the Visalia Runners the women's team title.

Open Men: 1. Al Lomeli 1:12:55; 2. Juan Garza 1:13:50; 3. Isais Luna 1:16:39. **Men 30-39:** 1. Curt Bia 1:11:40; 2. Don Chapin 1:11:54; 3. Dave Bronzan 1:13:49. **Men 40-49:** 1. Jesse Rodriguez 1:13:59; 2. Wayne Van Dellen 1:17:34; 3. Frank Padilla 1:22:36. **Men 50+:** 1. Len Thornton 1:17:06; 2. Harry Harder 1:35:46; 3. Ken Takeuchi 1:36:12. **Women:** 1. Renee Wyckoff 1:21:54; 2. Debbie Ashwanden 1:33:55; 3. Shelly Agrimson 1:35:15.

Delta Thon 10K

October 11, Antioch: Delta Thon '81 Fun Run.

1. Gregg Szanto (Saratoga) 1-open 31:10
2. Fidel Sarrano (San Francisco) 2-open 31:37
3. Tim Berry (Walnut Creek) 1 13-19 31:37
4. Crispin Ramero (Pittsburg) 3-open 32:44
5. Steve Schuman (Berkeley) 2 13-19 33:13
6. Gary Alderman (San Fran) 3 13-19 33:40
10. Jim Moore (Walnut Ck) 1 40 35:25
13. Keith Wallace (Walnut Ck) 2 40 35:44
15. Brian Holmes (Concord) 3 40 36:16
50. Brian Rivers (Fremont) 1 12- 41:32
98. Diane Jackson 1-women open 44:37
109. Barbara Kingshill 2 women open 45:06
114. Molly Gravelle (Antioch) 3 women 45:16
137. Mimi Moultrie (Berkeley) 1 F 12- 47:00
151. Dolly Ackerman (Pittsburg) 1 F 40 47:56
170. Pat Wilson (Antioch) 2 F 40 49:40

Berkeley-Moraga 13.1 Mile Run

From KEITH CONNING

October 11.

1. Paul Jacobs 72:53; 2. Dwight Hendrix 75:01; 3. Dan Williams (1st 30-39) 75:42; 4. David Powell 75:54; 5. Craig Moore 76:07; 6. Grant Foster (Monta Vista HS, Cupertino) 1st 18u 76:54; 7. Kent Guthrie (1st 40-49) 77:11; 8. Jim Reichle 77:24; 9. Mark Donnell (2nd 30-39) 78:00; 10. Sheldon Clark (3rd 30-39) 78:25. Others: 53. Florianne Harp (1st W 30-39) 85:35; 95. Patricia Whittingslow (1st 40-49 W) 90:26.

Classifieds

BACK ISSUES AVAILABLE — All issues of *California Track & Running News* are still available except issue number 36 (June, 1979). \$1.50 per issue. Specify which issue(s) by issue number or date. Please enclose payment with order. Send to: CT&RN, P.O. Box 6103, Fresno, CA 93703.

ROAD RUNNERS CLUB — Join the Road Runners Club of America. For individual or club membership application write: Jerry Kokesh, 1226 Orchard Village Lane, Manchester, MO 63011.

JUNIOR OLYMPIC CROSS COUNTRY — Region 13 Junior Olympics Cross Country Championships. Sunday, December 6, Fresno, Woodward Park. Contact: Dave Dodson, 10518 E. California, Sanger, CA 93657. (209) 875-4072.

RACE DIRECTORS — Race results package available to races. Includes typing, printing, and mailing of complete results plus sending entry blank to all participants next year. For information write: Race Results, CT&RN, P.O. Box 6103, Fresno, CA 93703.

1981 NRDC BOOKS — The National Running Data Center has the 1981 booklets for sale: Running Records by Age \$4.95, U.S. Distance Rankings \$6.95, U.S. Marathoners (four volumes) \$13.95. Send check to NRDC, Box 42888, Tucson, AZ 85733.

T-SHIRTS — Screened T-shirts as low as \$1.85. Jack's Athletic Supply, Box 612, San Mateo, CA 94401. (415) 341-3119.

TAHITI MARATHON PACKAGE — \$899 price includes round-trip air fare (San Francisco/Los Angeles), 6 nights lodging, marathon activities and much more. November 5-12. For brochure write: CT&RN, P.O. Box 6103, Fresno, CA 93703.

TAC NATIONAL CROSS COUNTRY CHAMPIONSHIPS — Saturday, November 24, 1981 at DeBelle Golf Course in Burbank, California. 10 age group races (all national championships) in addition to the Men's and Women's National Championships. For information: John Brennand, P.O. Box 6616, Santa Barbara, CA 93105. Or call (805) 964-2591 (home) or (805) 964-7724 (work).

TIME STANDARDS FOR COMPETITIVE RUNNERS — Convert your time run to performance level. Analyze your performance and improvement rate. Send \$2.00 to Dr. Track, 5130 Nebraska Ave NW, Washington, DC 20008.

1981 MASTERS AGE RECORDS — Featuring World and US age records for track & field age 35 and above. Send \$4.00 to National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404.

HAWAII MARATHON — December 9 - 16. Includes round trip air fare and 7 nights lodging plus extras for \$499. Write for brochure to Runner's Mailing, P.O. Box 891, Tarzana, CA 91356. (213) 888-5526.

HIGH SCHOOL CROSS COUNTRY RUNNERS — Kinney Western X-C Championships December 5 in Fresno and National Championships December 12 in Orlando, Florida. Top 8 at Western will be sent to Nationals. For information and entry blank write: Bill Cockerham, P.O. Box 6103, Fresno, CA 93703. (209) 264-5847.

PERMANENT AWARDS — Your copy engraved in metal: awards, documents, diploms, photos, sketches, graphics by Eterna-Craft, 824 W. Hyde Park Blvd., Inglewood, CA 90302. (213) 671-1784.



Andy MacFarlane

Great Race, continued....

Women:
12 & Under: 1. Tammy Langan (San Jose) 40:53; 2. Jessica Bagley 46:29; 3. Sabrina Anders (Milpitas) 50:16. **13-17:** 1. Barbara Gaensen (Burlingame) 39:48; 2. Deanna Carlyle (Stanford) 48:55; 3. Ruth Kelly (Stan-

ford) 49:30. **18-29:** 1. Kathy Pfeiffer (Sacramento) 35:17; 2. Eileen Clagus (Sacramento) 35:49; 3. Bev Marx (Sacramento) 37:25. **30-39:** 1. Sharlet Gilbert (Richmond) 36:09; 2. Patricia Irmscher (Redwood City) 38:10; 3. Juana Stavolone (San Jose) 38:30. **40-49:** 1. Barbara Tarr (Menlo Park) 41:08; 2. Betsy Fraser-Smith (Los Altos) 42:59; 3. Fran Conley (Woodside) 45:10. **50 Plus:** 1. Sister Marin Irvine (San Raphael) 38:07; 2. Helen Holmgren (Menlo Park) 47:52; 3. Jaclyn Caselli (San Jose) 48:18.

Half Moon Bay Pumpkin Festival Run

October 19. Half Moon Bay. 6 Mile.

1 Dave Robertson(Pacific)29	32:09
2 Mark Rokovich(Sunnyvale)18	32:17
3 Tim Chain(HMB)24	32:39
4 John Notch(Oakland)32	32:41
5 Mike Conroy(DalyCity)35	32:49
6 Tim Swezey(SanFran)30	33:10
7 Robert Braseslo(SanRamon)19	33:24
8 Steve Armstrong(Alamo)29	33:57
9 Steven Kovisto(SanRamon)17	33:58
10 Bill Bugler(Burlingame)44	34:50
11 Bill Jensen(SanFran)46	34:54
12 Scott Jacobs(SanFran)19	35:14
13 Bill Seier(SanJose)30	35:25
14 Rudy Mondragon(Hayward)37	35:34
15 Dennis Lanterman(Hillsborough)45	35:34
16 Joseph Arauso(SanMateo)30	35:45
17 E. R. Silver(SanJose)49	35:52
18 Bob Freck(SanJose)29	35:54
19 Tom Lowman(Cupertino)39	36:06
20 Jerry Braza(SanCarlos)36	36:14
21 Eric W. Hansen(SanRamon)17	36:21
22 David Garcia(FairOaks)28	36:24
23 Tom Comar(RedwoodCity)36	36:26
24 Craig Johnson(Cupertino)29	36:31
25 Bruce Maule(SanFran)21	36:33
26 Thomas Willis(SanRafael)26	36:35
27 Gerald McGowan(Pacific)42	36:45
28 Adrian Rios(SanJose)21	36:49
29 Leslie McMullin(Oakland)29 1-F	37:01
30 Ralph Cruikshank(SanFran)37	37:17
52 Karen Lanterman(Hillsborough)36 2F	39:06
64 Kim Himenes(RedwoodCity)13 3F	39:56
70 Pearl Anit(Pacific)20 4F	40:02
86 Karen Himenes(RedwoodCity)13 5F	40:59
97 Marty Church(Belmont)31 7F	41:42
105 Carol Ovalle(Hayward)25 8F	42:16
115 Carol Moseley(SanFran)28 9F	42:47
117 Claudia Notch(Oakland)31 10F	42:54
139 John McClelland(Pacific)60 1-60	44:11
141 Peter Perkins(MossBeach)52 1-50	44:20
247 Vivian Rodriguez(Millbrae)46 1-40F	50:20
282 Liese Rapozo(Pacific)53 1-50F	53:52

USA-USSR Decathlon/ Heptathlon Dual Meet

From PETE CAVA

August 1 & 2. Lenin Stadium, Leningrad, Soviet Union.

Decathlon	
1 Aleksandr Nevskiy(USSR)	8170
2 Konstantin Akhapiin(USSR)	8057
3 Nikolay Poptsov(USSR)	7987
4 Grigoriy Degtyarov(USSR)	7758
5 Steve Jacobs(USA)	7657
6 Steve Alexander(USA)	7645
7 Jim Howell(USA)	7552
8 Vladimir Buryakov(USSR)	7508
9 Ron Wopat(USA)	7475
10 Yuriy Kutsenko(USSR)	7260
11 Mike Hill(USA)	6556
John Crist(USA) withdrew after 9 events (6823), Jim Wooding(USA) withdrew after 8 events (5997), Tony Allen-Cooksey(USA) withdrew after 2 events (708).	

Heptathlon	
1 Yekaterina Gordiyenko(USSR)	6320
2 Natalya Korotayeva(USSR)	6088
3 Tatyana Potapova(USSR)	6076
4 Natalya Shubenkova(USSR)	6014
5 Mary Harrington(USA)	5483
6 Theresa Smith(USA)	5461
7 Patsy Walker(USA)	5428
Jane Frederick(USA) did not finish-4413 after 6 events.	

TAC OK's Allison Roe in USA

New Zealand's distance runner Allison Roe has been cleared for competitions in the United States. The news comes from The Athletics Congress (TAC) after TAC received confirmation of Roe's status from the world governing body for track, the International Amateur Athletic Federation (IAAF). The announcement clears the way for the 25-year old New Zealand road racer to compete in events held in the U.S., including the upcoming New York City Marathon.

Roe's authority to compete in the U.S. was suspended by TAC after she accepted prize money in the June 28 Cascade Run-Off in Portland, Oregon. Roe and two other New Zealanders who ran for prize money at Cascade --- Lorraine Moller and Anne Audain --- were subsequently suspended by their own national federation, the New Zealand Amateur Athletic Association (NZAAA). TAC eventually suspended eight U.S. runners for accepting prize money at the Cascade race. The NZAAA eventually reinstated Roe, but her clearance for international competition was in the hands of the IAAF.

NZAAA's Barry Meyers teleaxed TAC, stating that Roe had transferred her Cascade race prize money to his organization. After consulting with IAAF by phone, TAC's Ollan Cassell got clearance to allow Roe to compete in the U.S. The telex from Meyers said, in part: "This is to confirm that Allison Roe's money from Cascade road race is being transferred to this association to hold in trust. Mrs. Roe will be in the U.S. from 9th October to 30th October, and specifically wishes to compete in the New York City Marathon."

STATE CENTER 5 PERSON 15 MILE RELAY

November 21, 1981

Roeding Park, Fresno



The National
MASTERS
Newsletter



Order Your Own

Race Time: 11:00 am

Registration: 9:30 to 10:45 am

Blind Draw for formation of all pick-up teams at 10:30

Great Race, continued....

Women:

12 & Under: 1. Tammy Langan (San Jose) 40:53; 2. Jessica Bagley 46:29; 3. Sabrina Anders (Milpitas) 50:16. 13-17: 1. Barbara Gaensen (Burlingame) 39:48; 2. Deanna Carlyle (Stanford) 48:55; 3. Ruth Kelly (Stan-

25	Bice Maule(SanFran)21	36:33
26	Thomas Willis(SanRafael)26	36:35
27	Gerald McGowan(Pacifica)42	36:45
28	Adrian Rios(SanJose)21	36:49
29	Leslie McMullin(Oakland)29 1-F	37:01
30	Ralph Cruikshank(SanFran)37	37:17
52	Karen Lanterman(Hillsborough)36 2F	39:06
64	Kim Himenes(RedwoodCity)13 3F	39:56
70	Pearl Anit(Pacifica)20 4F	40:02
85	Karen Himenes(RedwoodCity)13 5F	40:59
97	Marty Church(Belmont)31 7F	41:42
105	Carol Ovale(Hayward)25 8F	42:16
115	Carol Moseley(SanFran)28 9F	42:47
117	Claudia Notch(Oakland)31 10F	42:54
139	John McClelland(Pacifica)60 1-60	44:11
141	Peter Perkins(MossBeach)52 1-50	44:20
247	Vivian Rodriguez(Millbrae)46 1-40F	50:20
282	Liese Rapozo(Pacifica)53 1-50F	53:52

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STATE CENTER 5 PERSON 15 MILE RELAY

November 21, 1981

Roeding Park, Fresno



Race Time: 11:00 am **Registration:** 9:30 to 10:45 am
Blind Draw for formation of all pick-up teams at 10:30

Entry Fee: \$10.00 per team (\$2.00 per runner)

DIVISIONS & RECORDS

Open Division: all members from same school or established club. Fresno State 1:13:36
Junior Division: All members under age 20 and from same school or established club. Fresno TC 1:17:50
Junior High School Division: All members from same school or established club (9th grade and below). Corcoran 1:26:21
Masters Division: All members over 40 years of age. Fresno TC 1:24:12
Women Division: All members female. High Sierra TC 1:34:39
Pick-Up Division: Any combination of runners by blind draw only. Road Runners 1:24:12

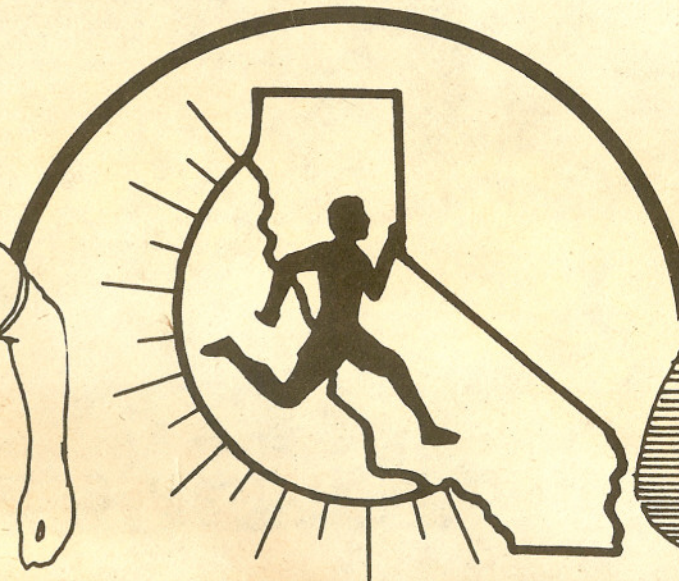
AWARDS

Special tankard mugs to each member of the first place team in each division. Place ribbons to each member of the second through fifth place teams in all divisions.

NOTES

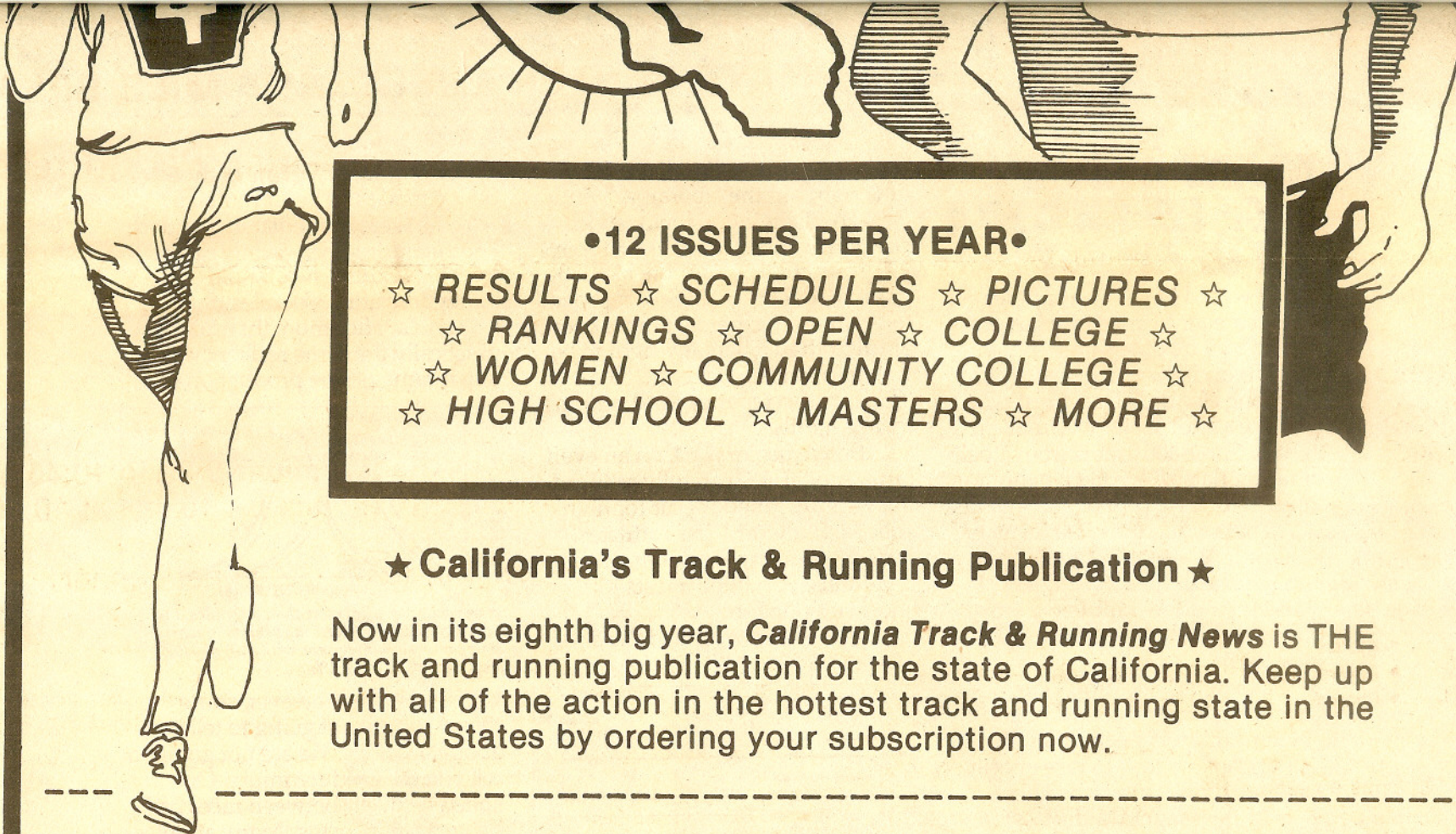
- Each runner will run the same 3 mile (actually 2.97 mile) course.
- A runner may not run more than once.
- All teams in the pick-up division will be formed by a blind draw. Runners wishing to participate on a pick-up team must sign up at the draw table from 9:30 to 10:30. The blind drawing for team members will be held at 10:30.
- Enter on race day only.
- Sponsored by the Fresno Track Club
- For more information: Contact Bill Cockerham, P.O. Box 6103, Fresno, CA 93703. Phone: (209) 264-5847.

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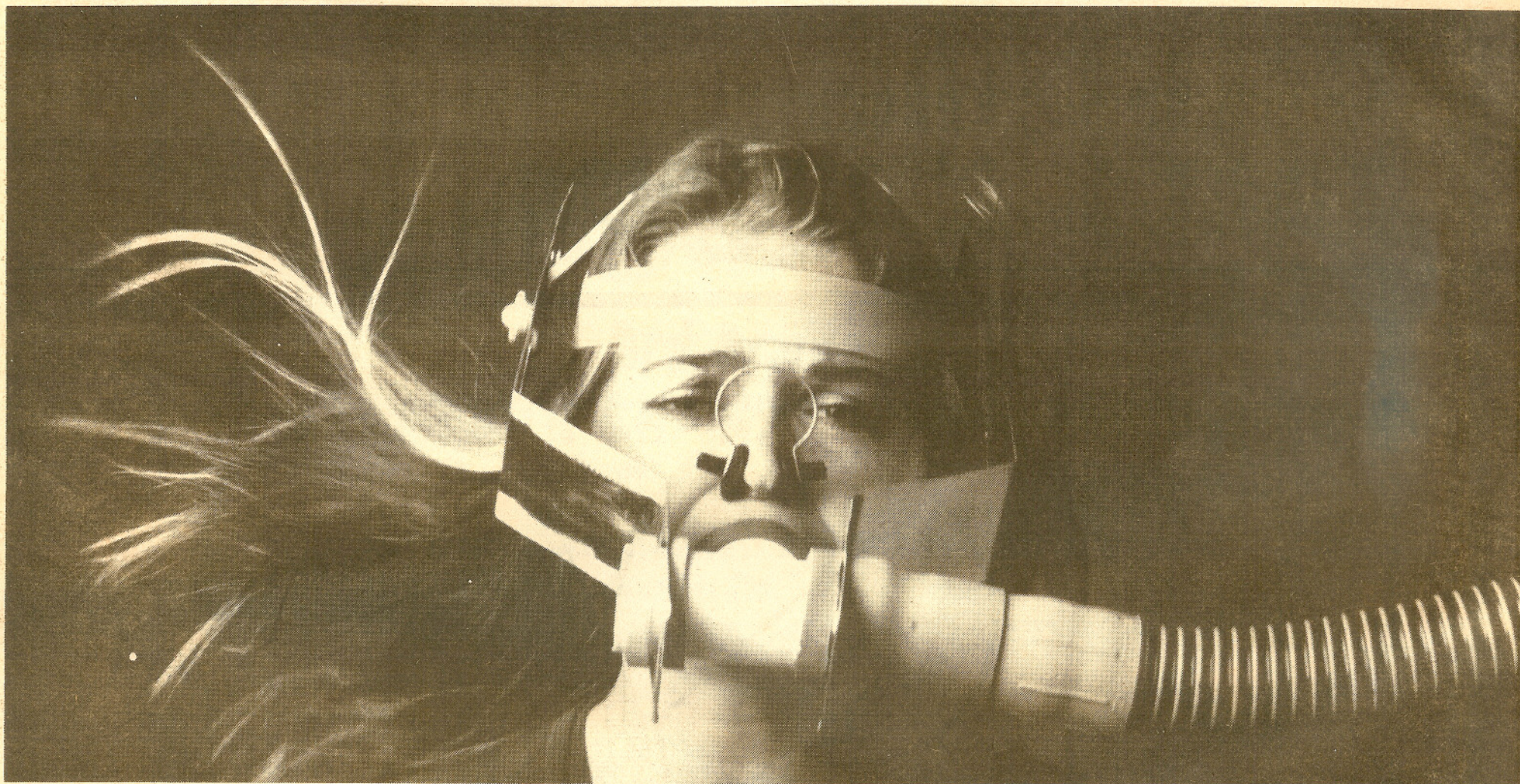
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TO FIND A FASTER SHOE, WE WASTED A LOT OF ENERGY.

It would have been simpler had we never heard those famous words: 3.79 ml O₂/kg/km.

Up until then, we knew what everyone else did. The surest way to make a shoe faster was make it lighter. Carve 100 grams from a pair of racing flats and you give the athlete a one percent energy rebate.

Suddenly, conventional wisdom flew right out the laboratory window.

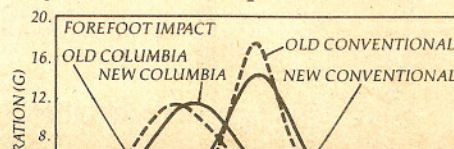
The Tailwind, developed for cushion, refused to act like a typical 290 gram shoe. And more like 170 gram model. The Air-Sole™ proved to be about two percent more energy efficient than it had any right to be.

In plain language, a 3.79 ml O₂/kg/km discrepancy. And nothing to take lightly.

So we began work on an even faster model. We carefully reduced the weight. Tuned the air for high

of a revolutionary training shoe. So we made it. The Columbia.

We were immediately handed another little shock. While most midsoles exhibit substantial cushioning loss after 300 miles, the Columbia, after more than 800, had practically the same resiliency as the day it came off the production line.



TO FIND A FASTER SHOE, WE WASTED A LOT OF ENERGY.

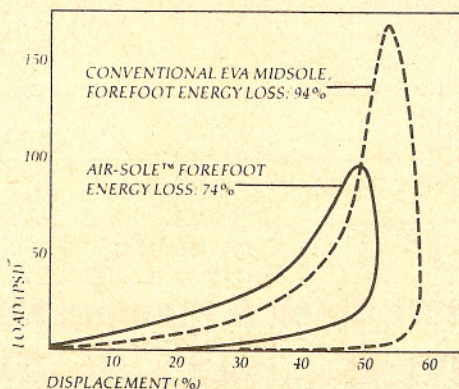
It would have been simpler had we never heard those famous words: 3.79 ml O₂/kg/km.

Up until then, we knew what everyone else did. The surest way to make a shoe faster was make it lighter. Carve 100 grams from a pair of racing flats and you give the athlete a one percent energy rebate.

That's what the Nike Eagle is all about. At about 150 grams, it remains the lightest flat on the market. And the minute we introduced it, the shoe posted a 2:10 marathon.

Obviously, we didn't cut weight haphazardly. And since different runners need different amounts of comfort to race effectively, what we didn't put in the Eagle, is there in the Magnum, the Boston and the Elite.

Everything made sense. Until we started fooling around with air.



The Air-Sole™ returns 20% more energy on pushoff than conventional EVA midsole.

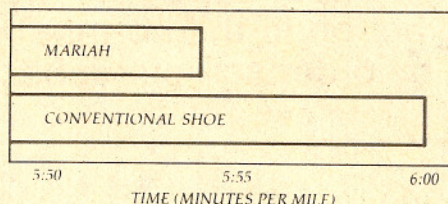
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The Tailwind, developed for cushion, refused to act like a typical 290 gram shoe. And more like 170 gram model. The Air-Sole™ proved to be about two percent more energy efficient than it had any right to be.

In plain language, a 3.79 ml O₂/kg/km discrepancy. And nothing to take lightly.

So we began work on an even faster model. We carefully reduced the weight. Tuned the air for high speeds. Put world-class athletes through grueling workouts on treadmills. Ran impact tests to check shock attenuation.

In the end, we called the shoe Mariah.



Average pace for nine subjects (5', 10"; 149 lbs.) expending same effort in Mariah vs. conventional shoe of same profile and weight. Based on 108 trials of each shoe.

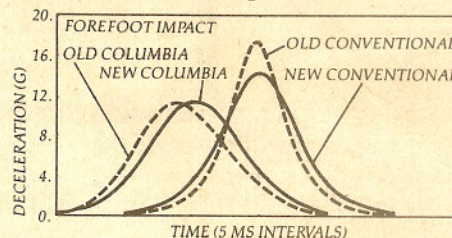
A runner capable of a 2:10 marathon in a shoe of similar weight, now has the potential of running 2:07:32. Put another way, the same amount of energy that would take athletes 50 miles, will now take them about 51 miles.

There were other surprises. Our lab tests showed that, contrary to all logic, the Air-Sole actually increased the Mariah's stability.

It appeared we not only had a great racing flat, but the makings

of a revolutionary training shoe. So we made it. The Columbia.

We were immediately handed another little shock. While most midsoles exhibit substantial cushioning loss after 300 miles, the Columbia, after more than 800, had practically the same resiliency as the day it came off the production line.



In impact tests, after more than 600 miles, the Columbia showed no loss in cushioning while conventional training shoe with EVA midsole displayed a loss of 21.4%.

There are, however, some things we are not going to tell you about air shoes. We are not going to tell you they reduce injury. Or speed recovery between races or heavy training runs. Many athletes, even researchers, think so. But we don't have enough hard data. Not quite yet.

We will tell you this.

You really don't need one of the most sophisticated research labs in the world to come up with a fast shoe. It's a lot less exhausting if you make sure—one way or the other—your shoe gets on a fast runner.

That's fine. But around here, we have to know that once it's there, it does the job better than any other shoe possibly could.

And that's what all the sweat's about.

