

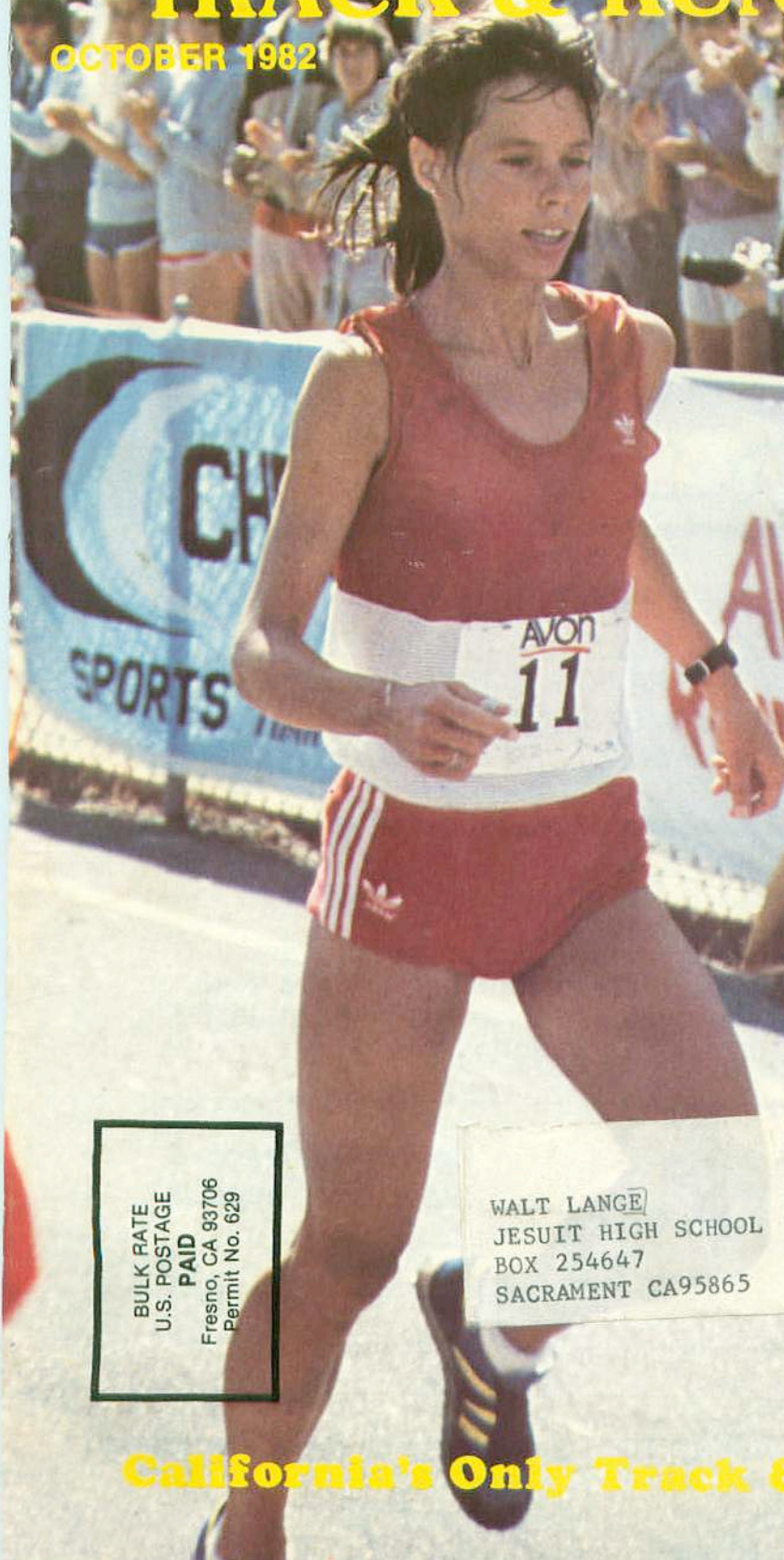
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# CALIFORNIA

## TRACK & RUNNING NEWS

OCTOBER 1982

ISSUE NO. 72



### PROFILE

Eileen Claugus

### FEATURES

Prep All Time T&F List  
Masters '82 T&F Ranking

### RUNNING SCHEDULE

200 Local October &  
November Events

### RUNNING RESULTS

Wharf to Wharf  
Coronado 10K  
Jim Ryun 10K  
Hook & Ladder 10K  
Outstanding Athletes 10K  
Many, Many More...

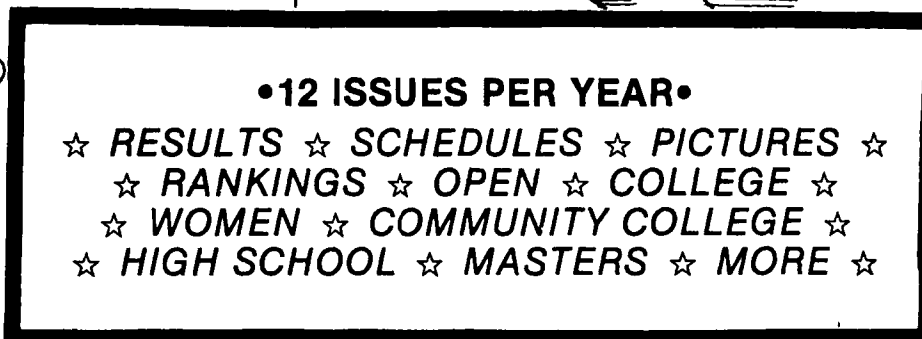
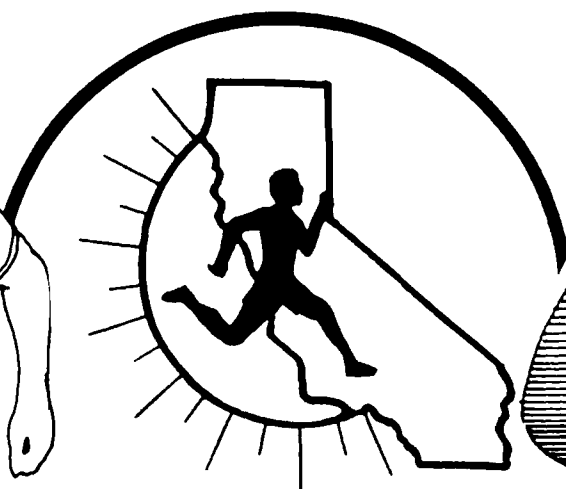
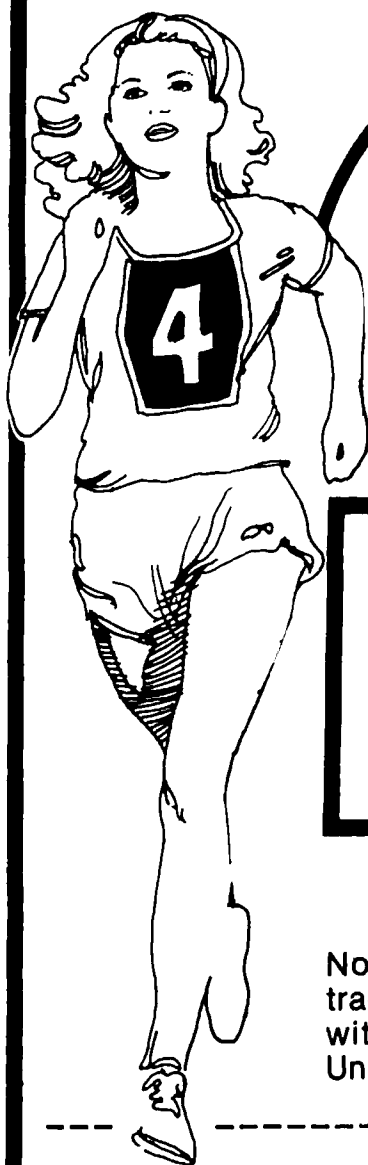
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☆ RANKINGS ☆ OPEN ☆ COLLEGE ☆  
☆ WOMEN ☆ COMMUNITY COLLEGE ☆  
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# KINNEY CROSS COUNTRY CHAMPIONSHIPS

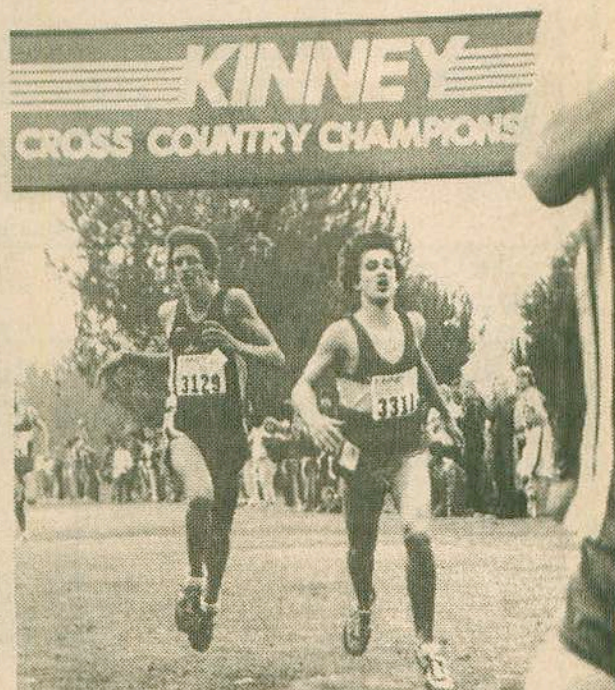
Western Regional  
DATE CHANGED TO

## December 4, 1982

Woodward Park • Fresno, California



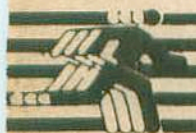
1981 Girls Winners (left to right): Marilyn Davis (1st), Inga Thompson (2nd), Vickie Cook (3rd), Tania Fischer (4th), Denise Ball (6th), Kim Roth (5th), Kathleen Ebner (7th) and Lori Lopez (8th).



Harold Kuphaldt (left) finished third and Curt Corvin was the second place boy at the 1981 Western Regionals. The race was a close one—note first and fourth place finishers (Jeff Holyfield and Bryan Carroll) at edges of photo.

For your entry blank and information packet,  
write to:

Bill Cockerham, c/o California Track & Running News  
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# Las Vegas Classics Road Racing Championships

4th ANNUAL



SATURDAY, DECEMBER 11, 1982  
SANCTIONED and CERTIFIED

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### Las Vegas Classics Road Racing Championships - 1982

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Last First Middle Initial

Address

City

State  or Country  Zip

Phone:  Age  Birth Date  Sex

FUN RUN ☐ HALF-MARATHON ☐ 10-K ☐

In consideration of the foregoing, I, for myself, my heirs, executors and administrators, warrant and release any and all rights and claims for damages I may have against the Las Vegas Sports, L.V. Classics, and any and all participating sponsors and supporters for all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in the Las Vegas Sports, L.V. Classics. I attest and verify that I am physically fit and capable of running a 10-K mile race and have sufficient funds for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purposes whatsoever.

Signature

Parent's signature if under age 18



GROUP OF INTERNATIONAL SUPERSTARS  
OF ROAD RACING BREAK ON TOP IN 1981  
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RESERVATION DEPOSIT .....	\$25.00
TOTAL ENCLOSED \$ .....	

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Total enclosed

ENTRIES RECEIVED AFTER  
WEDNESDAY, DECEMBER 8 - FEE \$13.00

#### CLASSICS FUN RUN

☐ Enclosed is my  
non-refundable check for \$6.00

ENTRIES RECEIVED AFTER  
WEDNESDAY, DECEMBER 8 - FEE \$9.00

SEND PAYMENT TO: LAS VEGAS CLASSIC INC.  
Hacienda Hotel, Suite 500, Las Vegas, Nevada 89119  
(702) 736-2933, (800) 634-6611, (800) 634-6713

(PAYMENT TO BE MADE BY CASHIERS or CERTIFIED CHECK)

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AND FEES
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MGM JAI ALAI GAMES
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# California Track & Running News



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**Photographers:** G. David Brown/Innersports, Michael Chickey, Gene Cohn, Ross Gentry, Don Gosney, Louis Hirsch, Marty Higginbotham, Bill Leung, Jr., Richard Slotkin, Ken Takeuchi, Maurice Wilson.

**Senior Editors:** Tony Baker (Corporate Track); Calvin Brown (Girls and Women Track & Field); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); Doug Speck (Southern California High School); Gary Tuttle (LDR Column); Bob Womack (High School All Time Lists).

**Correspondents:** Fred Baer, G. David Brown, Ken Dose, Louis Hirsch, Rich McCann, Dennis McCannahan, Rich Romine, Chuck Skow, John Surge, Howard Willman.

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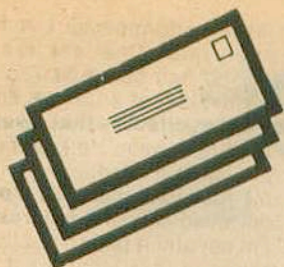
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**ONE THE COVER:** Eileen Claugus pictured placing fourth in last June's Avon International Marathon with a 2:42:58. Eileen is one of four top Northern California female LDR runners featured in this month's issue. See page 10-12. For Avon results see last July's issue.

photo by G. David Brown, Innersports

**LAST MONTH'S COVER PHOTO** of Anne Rosenthal running over Mt. Tam was taken by Gene Cohn.





# Mailbag

## JORDACHE MARATHON & LDR RECORDS

The results of the Jordache L.A. Marathon held on 29 March 1981 were never received by the NRDC; required race documentation including a statement from the race director that the race was run on the course as *originally certified* by the National Standards Committee wasn't received either. Marty Post was correct to regard any marks set on that course with some suspicion (Sept. issue).

The National Running Data Center wishes to point out that we have not yet received the results of a number of 1982 marathons. It is particularly important that we receive the **complete** results including ages, sex, and hometowns. In addition, the NRDC needs the following information: a copy of the official letter of certification from Ted Corbitt, a statement from the race director or the technical director of the race attesting that the race was properly run on the course as certified, identification of non-US citizens, and a brief description of how runners and times were matched to insure accuracy.

Not only does this information make a race's runners eligible for national records and rankings, but the information will be used to prepare the 100th fastest times for both men and women made by U.S. citizens on certified courses for the year 1982. These times, as determined by the NRDC, will constitute the Olympic Trials qualifying times.

Jennifer Hesketh Young  
National Running Data Center

## FITZGERALD'S REAL P.R.'S

Since he turned forty, middle distance runner Bill Fitzgerald has run the following times for 800 meters:

1:58.1 at age 48 in 1973  
2:01.0 at age 50 in 1975  
2:08.9 at age 55 on 7-4-80

How come his recent 2:09.4 for the distance is listed as a Personal Record on page 40 of the September '82 issue of *California Track & Running News*?

Al Hromjak  
Seniors Track Club

## TERHUNE'S REAL TIME

On page 13 of issue no. 70, August 1982 *California Track & Running News* the results of the San Francisco Marathon list my time wrong. My time officially was 3:08.30. Thank you.

Barbara Terhune  
Los Angeles

## BURKE'S TIME

I am renewing but I am puzzled by the deletion of my name from results.

I refer specifically to RRCA 10K, ESL Runaway in Sunnyvale on October 10, 1981. I placed 1st in the 60 & Over Division.

I don't need the attention but discrimination does not give credit to your magazine and it is a good magazine.

Ed Burke  
San Francisco

## DOWN ON MEET ORGANIZERS

I hope you will print this letter in your magazine to warn runners against par-

ticipating in any future races held by the South Coast Runners Assoc.

In Mason Park, Irvine, they organized a 5-10-20K called "Summer Classic" which should have been called "Summer Disaster." The race was at least 20 minutes late to start as the heat began to build. The 5K entries were lined up about 200 yards behind the 10 & 20K runners. Unfortunately there was no starting gun for the runners and we in the 10 & 20K realized the race had started when runners yelled from behind that the 5K runners had started.

It gets worse.

As we approach the 1 mile marker there was a water table but that was it. Which meant that most 10K runners bypassed due to the congestion and had to finish the race without any water. And it meant that the 20K runners had to wait till we came around again to get water which made it almost 1 mile. Fortunately, I was 11th overall in the 20K and got water the second time around but I was told that many 20K runners did not receive water as there wasn't any left.

Now it gets serious and worse.

When I got across the finish line, there wasn't anything to drink. It was getting hot and nothing to drink! The closest water fountain was about 150 yards away. There was one water faucet but no cups - I picked a used one up off the ground - now remember I was one of the early runners in from the 20K.

In 2 years, I have run in 37 races and nothing comes this close to a rip off.

Also I enjoy your magazine, keep up the good job.

Reynold Sodir  
Whittle

## Editorial

### Prep Coaches!

Attention high school cross country coaches and runners: Please note the date change for the Kinney Western Prep Cross Country Championships. Formerly scheduled and advertised as being November 27 - will now be contested a week later on **December 4th** at Woodward Park in Fresno.

This date change, although costly, was necessitated because of a last minute (early September) change of date for the Northern California Cross Country Championships from the weekend of November 20th to the 27th. Since seven of California's ten C.I.F. sections are represented in the Nor-Cal meet we had no alternative but to change. The change wasn't without a valiant attempt to get C.I.F. to bend. As meet director I felt it best to give

California's top runners from the entire state a chance to meet head-to-head in this major championship meet, without causing hard feelings among the ones we're striving to serve.

Please pass the word about the date change. We hope it hasn't caused any serious problems for those planning on the former Thanksgiving weekend date. We are working hard to make the Kinney Western Championships a quality meet and a good experience for all of the competitors and coaches.

The Kinney National Championships will remain on the following weekend of December 11th in Orlando, Florida. As in the past the top eight boys and top eight girls from the Western Championships will be sent to the Nationals.

See you in Fresno on December 4th.

## THIRD RATE TREATMENT FOR WOMEN

I am becoming increasingly aware of second and third rate treatment of women runners, especially in the over thirty divisions. As more and more women of all ages are joining the running scene and they are running times thought impossible just a few years ago, an increasing number of well known respected races are eliminating them from scoring by extending the age group divisions to ten years and at times stopping after age forty. Is there life after forty? Look at the record books, race directors! Masters women often place in the first five women overall, and at times win the women's race outright!

1). In this year's "Valley of the Flower" half marathon, women's divisions stopped at forty. Sandra Kiddy and I were the only ones receiving plaques (note that Sandra placed third and I placed fourth in the overall women). Margaret Miller, age fifty-six, placed sixth woman overall, ran a wor-



record and was only *not* given an award, but remained unmentioned in the race results published. They *did* give medals though, to the first military woman who ran at least twenty minutes slower, and to younger runners who also ran much slower times.

2). At the 15K District Championship in Santa Barbara, the masters field was awesome. There were, however, no silver or bronze medals given in age groups that were a ten year spread once they reached forty. Margaret Miller recalls a few years ago receiving a beautiful big plaque for a time nine minutes slower than her time this year, and there were *always* second and third place awards in a masters field much smaller and of lesser quality than that now.

3). At this year's America's Finest City, San Diego half marathon (a very well organized and beautiful race which placed No. 15 for quality in the top races of America), there were 5400 participants of which approximately 1500 were women, with a fine field of masters women as well. Only two awards were given for an age group spread of ten years in the 40-49 division, and one in 50 and over.

4). There is a small notice on the application of the TAC district 10K championship in Bellflower. An expense paid trip is being given by the TAC to the top MALE finisher to go to the TAC cross country championship in New York. It states "Female and wheelchair athletes are not eligible to win these fine prizes." I find this statement insulting to women athletes. We pay the same TAC membership fees as the men and if TAC can only offer it to one sex they ought to save up for the next year when they can do the same for the first female finisher as well.

5). Many top running magazines are printing the men's masters results, but not the women's. Is this because race directors neglect to turn women's masters times in,

or are the magazines deciding not to include us?

What is happening to the running movement that encouraged us to start competing? I find this trend very disturbing and know I am not alone in the way I feel. I hope you could make race directors aware of the fact that women competitors train every bit as hard as men competitors, and just as they, we like to be treated with fairness for a well done effort.

Christa Romppanen  
Malibu

## RUNNERS AND DRUGS

I have become a subscriber to *California Track & Running News* and enjoy Gary Tuttle's regular column. Where does he get time and energy to write that after training and work?

I am writing to correct a point he made in the August issue's article on drugs. At least I present some evidence that runners aren't necessarily as pure as the article would indicate.

I agree with the comments on all drugs except steroids. Unfortunately, but true, I have learned through the years that some male and female runners have taken steroids to enhance performance. Have we forgotten the recent IAAF suspensions of several female distance runners who were taking steroids? Solid evidence that some runners are taking steroids must have existed in these cases. And the suspended athletes weren't exactly bulky in their appearances.

As for male distance runners taking steroids, I'll have to avoid names. But I have what I would consider trustworthy and knowledgeable sources over the years, who have told me of world class (like Olympians) distance runners (from 1500 on up) they trained with who were taking mild doses of

steroids to enhance performances and increase their recovery rates. One case was a 1500 meter man who had begun taking a steroid to aid the healing of an injury and noticed some side effects that were desirable for a healthy runner. He kept taking them after the injury healed.

I guess if you run 100 miles plus per week, small, controlled doses of steroids don't add bulk. I'm not about to find out first hand, so will leave it to those who want to mess up their body chemistries.

Jon P. Anderson  
Eugene, OR

## AGREES WITH TUTTLE

On the Tuttle-Tymn discussion (letters of Sept. '82 issue) on training: I, too, am a masters competitor. Not Mike's level, but fairly close. Last October I ran 2:32:29 at New York at age 44. Over the previous 8 months I was consistently 40-45 miles per week. In October I got all the way up to 50-55. I had no long runs over 14 miles for 8 months. Yet I came very close to my P.R. 2:31:18 - which I ran in '73 in the West Valley Marathon when I'd been doing 115 miles per week for 5 weeks and 75 miles per week for 4 months before that. And I was a "kid" of 35 then and West Valley was easier (flat) than N.Y. The weather was fine both times. The moral? Darned if I know for sure. I've been running about 30 years and coaching 15 of them and I'm still getting surprises. Perhaps Gary Tuttle is right, though. Keep doing the great job you and Jack Leydig are doing. It's an absolutely super service for anyone interested in California track and running.

Geoff Pietsch  
Miami, FL

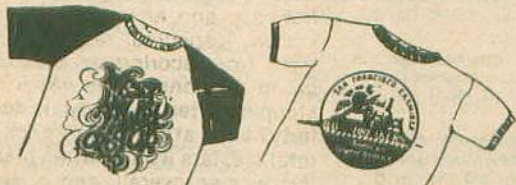
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NORTH HAVEN  
ME 04853





# Schedule

by Jack Leydig  
Scheduling Director

Please send scheduling information directly to **Scheduling Director, Jack Leydig, P.O. Box 459, San Carlos, CA 94070.**

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

## OCTOBER

**OCT 2: Glendale Chorale 10K.** Griffith Park, Los Angeles, 8 am. Bill Hicks, Box 841, Tarzana 91356.

**OCT 2: PG&E's Energy Fun Run.** 3 1/2 mile, San Luis Obispo area, 9 am. Info: PG&E Energy Information Center (805) 595-2327.

**OCT 2: John Means 5 & 10K.** (also 1 mile fun run), Hart Park, Bakersfield, 8 am. Fun, 316 Chester Ave., Bakersfield 93304.

**OCT 2: GGC 10K.** Griffith Park, Los Angeles, 8 am. GGC 10K, 2216 N. Commonwealth, Los Angeles 90027. (213) 247-8390.

**OCT 2: CANCELLED — California Road Runners 100-Mile Endurance Run.** Cupertino (DeAnza College, Parking Lot C), 4 am. Dennis Zamzow/William Feigel, 2500 Hospital Dr., Bldg. 9, Mountain View 94040. (415) 964-4800.

**OCT 2: Walt Stack Birthday Run.** 10K, Ft. Mason, San Francisco, 9 am. Sherman Weipont, 258 40th Street Way, Oakland 94611. (415) 853-1055, evs. before 10.

**OCT 2: Selma Cancer Run.** 2 & 6 miles, Selma (Breitinger Park), 8 am. *Sept. 24 Entry Deadline.* Tony Dominguez, 3746 Gaynor St., Selma 93662. (209) 896-1028.

**OCT 2: Fitness Classic 5 & 10K.** Lancaster, 8 am. Running Promotions, Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

**OCT 2: Del Mar Day Triathlon.** 1 mile swim, 10K run, 20 mile bike. Del Mar, time TBA. Betsy Milich or John Collins, 1050 Camino del Mar, Del Mar 92014. (714) 755-9313.

**OCT 2: Benicia Rotary Run 10K.** Benicia, 10 am. Benicia Rotary Club, P.O. Box 421, Benicia 94510. (707) 745-4600, days.

**OCT 2: Sierra Crest Ridge Run.** 13.1 miles, Donner Summit to Squaw Valley, 9 am. Chris Vandiver, c/o TOAC, P.O. Box 2575, Olympic Valley 95730. (916) 587-2830.

**OCT 2: Heritage Day Run.** 10K & 2 mile, Waterford (12 miles east of Modesto), 8 am. Don Lundberg, 12607 Lone Oak Rd., Waterford 95386. (209) 874-2229.

**OCT 2: CRRC Tune-Up Series.** 20 mile & 10K Fun Run. Griffith Park, Los Angeles, 8 am. California RRC, Box 891, Tarzana 91356. (213) 888-5526.

**OCT 2: Burbank Community Hospital Diamond Jubilee 4 & 8K Runs.** Burbank, 8 am. R.A.C.E., Box BC, Westminster 92683. (213) 846-3135, ext. 8670.

**OCT 2: Salinas Sky Climb.** 7.5 miles, Torro Park, Salinas, 9:30 am. Monterey County A.C., Don Dugdale, 607 Kirkwood Ave., Salinas 93901. (408) 422-1681.

**OCT 2: Learn Not To Burn 10K & 1 Mile.** Lakeside/Santile Park, San Diego. End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. Ross Nightingale (714) 449-4562.

**OCT 3: ORRC Portland Marathon.** Memorial Coliseum, Portland, Oregon, 8 am. *Deadline is Sept. 20.* ORRC Portland Marathon, 2131 N.W. Kearney, Portland, OR 97210.

**OCT 3: Great America Run 10K.** Great America (Santa Cruz), 9 am. Great America Run, 726 Woodhams Rd., Santa Clara 95051. (408) 984-3223.

**OCT 3: Conejo Track Club 10K.** Westlake Elementary School, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

**OCT 3: Run for Health 10K & 2 Mile.** Balboa Park, San Diego, 7 am. End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. (714) 582-3516, ext. 224.

**OCT 3: Great Race at Stanford.** 10K, Stanford Stadium, (also 2.5K Fun Run), 8:30 am/2.5K, 9 am/10K, Oz Crosby, 535 Middlefield, Suite 250, Menlo Park 94025. (415) 329-0862.

**OCT 3: Sacramento Marathon & Half Marathon.** Sacramento (William Land Park), 7 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181.

**OCT 3: National TAC Masters 15K Championships.** Washington D.C. Larry Noel, 105 Northway Dr., Greenbelt, MD 20770. (301) 474-9362.

**OCT 3: Rabbit Run 9-Mile.** Belmont (Fox School, 3100 St. James), 9 am. Len Wallach or Bob Kisick, Boardwalk VW, 350 Convention Way, Redwood City 94063. (415) 364-0100.

**OCT 3: Delta-thon.** 1.9 & 6.2 mile, Contra Costa District Fairgrounds, Antioch, 9 am. Jill Cogan, Delta-thon, P.O. Box 70, Antioch 94509. (415) 757-2525, ext. 61.

**OCT 3: Sonoma County Harvest Fair 10K.** Santa Rosa (Howarth Park), 9 am. Pete Peterson, Sonoma County YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

**OCT 3: Northwood Classic 5 Mile & 1.5 Mile Fun Run.** Napa, 9 am. Bob Benning, Northwood School, 2214 Berks, Napa 94558. (707) 226-9844.

**OCT 3: Harbor Lite Half-Marathon.** San Pedro (Peck Park), 7:30 am. Barry Pearce, San Pedro & Peninsula YMCA, 301 S. Bandidi Blvd., San Pedro 90731. (213) 832-4211.

**OCT 3: Santa Cruz County Half-Marathon.** Santa Cruz (Long Marine Lab, UCSC), near Natural Bridges State Park, 8 am. Mike Moser, c/o Marine Studies, Univ. of California, Santa Cruz 95064. (408) 429-4675 or 2883.

**OCT 3: DSE Colt Tower Run.** 3.0 Mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**OCT 3: Hunt Loop Race.** 2 & 7.2 mile, Arcata, 1:45 pm. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

**OCT 3: Run for Health.** Balboa Park, San Diego, time TBA. Tom Thompson, E.O.L., 1013 Park Pl., Coronado 92118. (714) 5582-3516, ext. 224.

**OCT 3: AMJA Ultra-Marathons.** 50 mile & 100K, Chicago, IL, 7 am. Dr. Noel Nequin, 5145 N. California Ave., Chicago, IL 60625. (312) 878-8200, ext. 5327. RRCA National Championship.

**OCT 3: Run for Fire Prevention.** 5 & 10K, Redhill Shopping Center, San Rafael, 9 am. Redhill Sports, 858 Sir Francis Drake Blvd., San Anselmo 94960. (415) 457-9496.

**OCT 3: Dumbarton Bridge Run.** 7.5 miles, Highway 101 & Marsh Rd. in Menlo Park, 8:30 am. George Conway, 36401 Bridgepointe Dr., Newark 94560. (415) 793-2400.

**OCT 9: City of Las Vegas 2 & 5 Miles.** Lion's Park, Las Vegas, NV, 9 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**OCT 9: Fullerton Fall Classic 10K.** Cal-State Fullerton, 8 am. NB Runners Ass'n, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**OCT 9: Pioneer Days Watermelon Run.** 5 K, Paso Robles (Sherwood Pk), time TBA. John Root, Creston Star Route, Paso Robles 93446. *Tentative!*

**OCT 9: Running is for the Birds 10K.** (& 5K walk), Bolsa Chica State Beach, 8:30 am. Run, c/o ABC, P.O. Box 1563, Huntington Beach 92647. (714) 897-7003, am).

**OCT 9: The Race to End the Race.** 5 & 10K, Auburn (Chana Park), 9 am/5K, 10 am/10K. Sue Asplund, 11522 Quartz, No. 4, Auburn 95803. (916) 823-2522.

**OCT 9: Ironman Triathlon World Championship.** Kailua-Kona, Hawaii. 2.4 mile ocean swim, 112 mile bike, 26.2 mile. Ironman, P.O. Box 25861, Honolulu, HI 96825. (808) 395-4582.

**OCT 9: Pamakid Lake Merced 6.5 Mile Run.** San Francisco (Sunset Blvd. Pkg. Lot, Lake Merced), 10 am. *(Note date change from Oct. 2).* Bill Dake, P.O. Box 27385, San Francisco 94127. (415) 583-8268.

**OCT 9: Zoo Zoom 5 & 10K.** William Land Park, Sacramento, 9 am. Rae London, 7263 Farmdale Way, Sacramento 95831. (916) 422-4093.

**OCT 9: The Great Grape Run.** 5 & 10K, Delano (11th & Main St.), 8 am. Dr. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

**OCT 9: Petaluma Classic.** 7.5 & 15K, Petaluma High School, 9 am. Clark Rosen, 120 Rocca Dr., Petaluma 94952. (707) 763-7096.

**OCT 9: Run for the Cheese of It.** 7.65 & 2.0 miles, Riverbank, 9 am. Don Lenkeit, 3237 Santa Fe, Riverbank 95367. (209) 869-4541.

**OCT 9: Moving Comfort 8K Women's Race.** San Diego, time TBA. Gail Weaver, Box 3249, LaJolla 92038.

**OCT 9: SPA-TAC 8K Championships.** Griffith Park, 8 am. CRRC, Box 891, Tarzana 91356.

**OCT 9: L.A. City Fire Dept. 10K.** Patrick Patterson, Los Angeles City Fire Dept., 200 N. Main St., Suite 900, Los Angeles 90012.

**OCT 10: Berkeley-Moraga 13.1 Mile Hill Run.** Berkeley (Claremont Hotel), 8 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

**OCT 10: Columbus Day Golden Gate Bridge 10K.** San Francisco (Presidio Parade Grounds), 8 am. Sausalito Presbyterian Church, 112 Bulkley, Sausalito 94965. (415) 332-2999.

**OCT 10: Sulphur Springs Ribbons Run.** 2 & 4.5 miles, St. Helena (Crane Park), 9:30 am. Jack Potter, 1604 Pueblo, No. 11, Napa 94558.

**OCT 10: Visalia Runners Half-Marathon.** Visalia (Mooney Grove), 7:30 am. Visalia Runners, P.O. Box 3638, Visalia 93278.

**OCT 10: Spartan Run.** 10K, DeLaSalle High School, Concord, 9 am. Tom Barnett, 3685 Bon Homme Way, Concord 94520. (415) 676-7313.

**OCT 10: Festival Run.** 5 & 10K, New Boathouse (Lake Merritt), Oakland, 8 am. *Limit 1000 Runners.* Barbara de Janvry, Alameda County Festival Ass'n, 1515 Webster St., Room 505, Oakland 94612. (415) 893-0681.

**OCT 10: Reno "Journal Jog"** 5 mile, Reno, Nevada, 9 am. Reno Star Journal (702) 786-8989.

**OCT 10: DSE National Jogging Day Run.** 6.5 mile (South Embarcadero Run), Dolphin Club, San Francisco, 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

**OCT 10: Pony Express Days 5 & 10K.** Westlake/Agoura area, 8 am. Dr. David Halpert, 5611 Kanan Rd., Agoura 91301. (213) 889-2020.

**OCT 10: RRCA National Marathon Championships.** Minneapolis, MN, 8 am. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. (612) 920-0558.

**OCT 10: Humboldt Redwoods Marathon & Half Marathon.** Weott, 9 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-3136. 1200 TOTAL entrants, both races combined.

**OCT 10: Sam's Marathon.** Cameron Park (east of Placerville), 8:30 am. M.O.R.E. Workshop, 2850 Cold Springs Rd., Placerville 95667. (916) 622-4848.

**OCT 10: Jon Douglas 10K.** Santa Monica, 8:30 am. Santa Monica Community Services Day, 2307 Santa Monica Blvd., Suite 313, Santa Monica 90404.

**OCT 10: Quicksilver Challenge.** Half-Marathon, Castillero Middle School (San Jose), 8 am. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-7223. *Note: 90% trails with 1700 ft. elevation rise.*

**OCT 10: CET 10K Classic & 2K Fun Run.** San Jose, 8:30 am. Joe Medal, 425 So. Market St., San Jose 95113. (408) 287-7924.

**OCT 10: Fifty-Plus Runners Ass'n 5 & 10K.** Lake Merritt, Oakland, 10 am. *Limited to runners 50 years and older.* Fifty-Plus R.A., P.O. Box D, Stanford 94305. Don Carpenter (415) 327-8043.

**OCT 10: Big Pine Lions Columbus Day 10 Mile & 5K Run.** Big Pine, 8 am/5K, 10 am/10M. Jim Kemp, Star Route Box 28, Big Pine 93513. (714) 938-2524.

**OCT 10: Miller Lite Run for Fun.** 1 mile, 5 & 10K, Wofford Heights (No. Shore Lake Isabella), 8:15 am. Miller Lite Run, P.O. Box 529, Wofford Heights 93285. (Tom Scott (714) 378-3466, evs.

**OCT 10: Hibernian Marathon.** Santa Clara, time TBA. The Hibernians, 2327 El Camino Real, Santa Clara 95051. (408) 244-8270. *Date tentative.*

**OCT 10: San Jose Rotary Classic 5 & 1 Mile.** Kelley Park (San Jose), 9:30 am. San Jose Rotary, 998-B Park Ave., San Jose 95126. (408) 867-7131. *Note: this may be the same race as CET run the same day.*

**OCT 16: Boys' Club Run for Youth 5 Miles.** Fresno (1821 S. Cedar), 8 am. Randy Keeler, Boys' Club of Fresno, 327 No. Van Ness, Fresno 93701 (209) 268-3117.

**OCT 16: Silverado Days 10K.** Buena Park area. Boys Club of Buena Park, 7758 Knott Ave., Buena Park 90620. (714) 522-7259.



**OCT 16: Summerville AFS 5 & 10K Run.** Tuolumne City (City Park), 9 am. Ralph Epstein, 16915 Country Rd., Sonoma 95370. (209) 928-3673.

**OCT 16: Mother Goose Chase.** 10K, Granite Hills High School, 8 am. John Meyer, End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. (714) 462-9225.

**OCT 16: Bonita Half Marathon.** (and 5K fun run). Rohr Park, Bonita, 7 am. Bonita Optimist Club, Box 872, Bonita 92002.

**OCT 16: Pasadena College of Chiropractic 8K.** Pasadena, 8 am. RACE, Box BC, Westminster, 92683.

**OCT 16: UCI Medical Center Run.** 5 & 10K, Orange, UC Irvine, 8 am. Sonal Kapadia (714) 634-5586.

**OCT 16: Rosegarden Run.** 1 1/2 & 5 miles, San Jose (1717 The Alameda), 9 am. Keith Greene, c/o YMCA, 1717 The Alameda, San Jose 95126. (408) 298-1717.

**OCT 16: Pumpkin Patch 10,000 Meter Run.** Fremont (Central Park Swim Lagoon), 9 am. Sarah Cole, Recreation Dept., P.O. Box 5006, Fremont 94538. (415) 791-4320. *Note: This race changed from October 24.*

**OCT 16: Pepsi Challenge/March of Dimes 10K.** Las Vegas, Nevada, 8 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**OCT 16: St. Bernardine's Cardiac Rehab Run.** 5/10K, Cal State San Bernardino, 7:30 am. Race Central, Box 828, Rialto 92376.

**OCT 16: Berkeley Ironhorse Triathlon & Relay Race.** 2K lake swim, 40K bicycle ride (mountainous), 10K trail run. Lake Anza, Tilden Park, Berkeley, 7:30 am. *No Raceday Entries.* Cal Women's Athletics, 177 Hearst Gym, UCB, Berkeley 94720. (415) 842-2098.

**OCT 16: Manteca Pumpkin Run.** 10K & 2 mile. Manteca, 9 am. Manteca News, 602 E. Yosemite Ave., Manteca 95336. (209) 239-9541.

**OCT 16: Great Apple Run.** 6 mile, Springville, 8 am. Carol Lapham, 36183 Hwy 190, Springville 93265. (209) 539-2521.

**OCT 17: Santa Barbara Marathon.** Santa Barbara City College, 7:30 am. John Brennan, Box 6616, Santa Barbara 93111. (805) 964-2591.

**OCT 17: Brass Pole Run.** 10K, Oakland (Lake Temescal to Jack London Village), 9 am(?) The Oakland Brass Pole Run, P.O. Box 13037, Oakland 94611. (415) 451-4789.

**OCT 17: Angwin to Angwish 7.6 Mile.** *Postponed.* Angwin (Pacific Union) College, 10 am. Dr. Daryl Stewart, PE Dept., Pacific Union College, Angwin 94508. (707) 965-6245.

**OCT 17: Concord Classic 10K & 2 Mile.** Concord (Clayton Valley High School), 10 am. Becky Gibson, 631 Thornhill Rd., Danville 94526. (415) 820-6205.

**OCT 17: Half Moon Bay 1 1/2 & 5-Mile Pumpkin Festival Run.** Half Moon Bay (Main & Higgins-Purissima Rds.), 8:30 am. Bill Hurja, 637 Buena Vista St., Moss Beach 94038. (415) 728-5262.

**OCT 17: Fort Baker Handicap 14-Mile.** (Tentative). Ft. Baker Parade Ground, 8 am. Steve Overman, Nat'l Park Service, Golden Gate Nat'l Recreational Area, Ft. Mason 94123. (415) 556-0560.

**OCT 17: Sacramento Bee 10K.** Sacramento (City Hall), 9 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181.

**OCT 17: Loomis Basin 10-Mile.** Penryn, 8:30 am. Fleet Feet R.C., c/o Dick Hunt, 1419 Caperton Ct., Penryn 95663. (916) 783-4558.

**OCT 17: Berkeley Waterfront Run.** 5.09 miles, Berkeley (4th & Addison), 9 am. Nike Berkeley, 2114 Addison, Berkeley 94704. (415) 843-7767.

**OCT 17: Young at Heart Run.** 12K & 3 Mile. Santa Rosa (Redwood Empire Ice Arena), 8 am. Public Relations, Memorial Hospital, 1165 Montgomery Dr., Santa Rosa 95402. (707) 546-3210.

**OCT 17: 5K Pumpkin Run.** Woodland Hills (El Camino High School), 8 am. Don Dunn, 23461 Hamlin, Canoga Park 91307. (213) 346-8160.

**OCT 17: Great Bell Race.** 3 & 15K, Merced (26th & "O" Sts.), 9 am. Merced Track Club, P.O. Box 3275, Merced 95344. (209) 723-6579.

**OCT 17: Agnews Coyote Creek Run.** 10K, Agnews State Hospital, San Jose (Zanker & Center), Time TBA, Robyn Spiegel, c/o Program 8, Agnews State Hospital, San Jose 95114.

**OCT 17: DSE Baker Beach B.Y.O. Picnic/Run.** 3.0 miles, San Francisco Presidio (Baker Beach), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

**OCT 17: Del Mar Race Track 10K.** Del Mar, 8 am. Don Bomar, E.O.L., 1013 Park Pl., San Diego 92118. (714) 755-0227.

**OCT 17: CAPH 5K Run.** Bakersfield (Hart Park), 8 am. Bakersfield TC, Mike O'Haver, 3512-C Sampson Ct., Bakersfield 93309. (805) 832-0749.

**OCT 17: A 10 Mile Run.** Mason Regional Park, Irvine, 8 am. South Coast Runners, 3122 South Baker, Santa Ana 92704. Jacqueline Wolf (714) 841-1708.

**OCT 17: Sri Chinmoy 7 Mile Run.** Foster City (Recreation Center), 8 am. SCRC, 2438 16th Ave., San Francisco 94116. (415) 685-2994.

**OCT 17: Any Mountain 10 Mile Classic.** (with 10K fun run). Cupertino, 8 am. Any Mountain, 10495 N. DeAnza Blvd., Cupertino 95014. (408) 255-6162 (Joana).

**OCT 17: Farwell to Arms Run.** 6 miles, near Trinidad (Colonial Inn), 1:30 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**OCT 17: Great Race for Youth.** 10K, Del Mar Race Track, San Diego, 7:30 am. Ed Burt, Optimist Club Del Mar/Solano Beach, P.O. Box 727, Del Mar 92014.

**OCT 17: Bonelli Park 5 & 10K.** Pomona, 8 am. The Complete Runner, 2658 E. Garvey Ave. South, W. Covina 91791. (213) 331-0169.

**OCT 17: L.A. Mercury 10K.** Los Angeles, 9 am. LAAC, W. 7th St., Los Angeles 90014.

**OCT 17: KSLY Fun Run.** *Tentative.* 3 & 6 miles, San Luis Obispo (Meadow Park), time TBA. San Luis DC, P.O. Box 1134, San Luis Obispo 93406.

**OCT 23: American Cancer Society 10K.** Las Vegas, Nevada, time TBA. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**OCT 23: Joan Stiff 5 Miler.** Coyote Point, San Mateo, 9:30 am. Betsy Alexander, 935 Canada Rd., Woodside 94062. (415) 851-7115, eves.

**OCT 23: Seagull Run.** 5 & 10K. Treasure Island (S.F. Bay), 8:30 am. Special Services Dept., Bldg. 265 (Attn: Seagull Run), Treasure Island, San Francisco 94130. (415) 765-5088.

**OCT 23: The Human Race Triathlon.** 14.7 mile bike, 6.2 mile run, 660 yard swim. Newport Beach, time TBA. Ancient Mariner/Rusty Pelican Relays, P.O. Box 16908, Irvine 92714. (714) 549-9322.

**OCT 23: Mail to Marina 7.3 Miler.** Stockton, 10 am. KWIN Radio, 7808 Kelley Dr., Suite A, Stockton 95207. (209) 951-8165.

**OCT 23: Nevada Appeal 13.1 Mile Mini-Marathon.** Carson City (Governor's Field), Nevada, 9 am. Dave Osborn, Nevada Appeal, P.O. Box 2288, Carson City, NV 89702. (702) 882-2111.

**OCT 23: Pumpkin Trot.** Fair Oaks (Fleet Feet), Distance TBA, 9 am. Bobbie Stavits, 8128 Fair Oaks Ave., Fair Oaks 95628. (916) 323-8905.

**OCT 23: Toys for Tots Run.** 10K & 2 Mile, Fresno (Woodward Park), 9 am. Major R.A. Weigand, 5315 E. Cassino Ave., Fresno 93727. (209) 487-5330.

**OCT 23: Benicians for the Prevention of Nuclear War 5 & 10K Runs.** Benicia (City Park), 10 am. BPNW, c/o Mary Swift, 770 West "K" St., Benicia 94510. (707) 745-0935.

**OCT 23: Big Sur River Run.** 10K, Pfeiffer State Park (Big Sur), 10 am. Big Sur River Run, c/o Fernwood, Big Sur 93920.

**OCT 23: Ed Jerome Memorial 5K & Half Marathon.** Lancaster (Lane Park), 8:30 am. Running Promotions, P.O. Box 128, Lancaster 93534. (805) 942-3820.

**OCT 23: Tokal Bank/AIA 5-Miler.** Fountain Valley (Mile Square Park), 8 am. 2500 Max. AIA 5-Miler, 17102 Newhope St., Fountain Valley 92708. (714) 957-1655.

**OCT 23: 10K & 2 Mile Run.** San Diego, time TBA. E.O.L., 1013 Park Pl., San Diego 92118.

**OCT 24: Los Angeles Harbor Marathon.** San Pedro (Pt. Fermin Park), 7 am. Bill Friend, YMCA, 301 S. Bandini St., San Pedro 90731. (213) 832-4211.

**OCT 24: Monterey County Marathon & Half Marathon.** Salinas, 8 am. Dave Lewis, Fleet Feet R.C., P.O. Box 475, Salinas 93902. (408) 424-4343.

**OCT 24: Hayward Half-Marathon.** (PATAC Championships), Hayward (Kennedy Park), 9 am. Phil Denoncourt, Recreation & Parks District, 1099 "E" St., Hayward 94541. (415) 881-6710.

**OCT 24: Women's Run in the Park.** 5 Mile, Golden Gate Park, San Francisco (Polo Fields), 9 am. Women's Run in the Park, Women's Bldg., 3543 18th St., San Francisco 94110. (415) 431-1180.

**OCT 24: The KGO Radio-Chevron 5-Miler.** Lake Merced, San Francisco, 8:30 am. Five-Mile, c/o Recreation Center for the Handicapped, 207 Skyline Blvd., San Francisco 94132.

**OCT 24: Fall Color Tour 15K.** Geyserville High School (No. of Santa Rosa), 9 am. Ken Howe, 529 El Dorado Ct., Santa Rosa 95404.

**OCT 24: Wilshire Community Police Council 10K Run.** Wilshire (Wilshire Blvd. & Oxford), 8 am. Jim Richart, P.O. Box 19586, Los Angeles 90019. (213) 485-4020.

**OCT 24: Aztlan 5-Mile Hill Challenge.** Montecito Park (Ernest Debs Park), 8 am. Frank Meza, MD, 448 No. Ave. 56, Los Angeles 90042. (213) 255-3041.

**OCT 24: Lake Merritt Joggers & Striders 5, 10 & 15K Run.** Oakland (Lake Merritt, Old Boathouse), 9 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

**OCT 24: The Breakfast Run.** 30K, Stockton, time TBA. Don Hoffman, 7025 Shoreham, Stockton 95207.

**OCT 24: Leukemia 10K & 2 Mile Fun Run.** San Diego, 7 am. E.O.L., 1013 Park Pl., San Diego 92118.

**OCT 24: Run for Choice 5K.** Lake Hollywood, 9 am. Carol Downer, National Abortion Federation, 6520 Selma Ave., Box 551, Los Angeles 90028. (213) 469-4844.

Supporting Sponsors: Mountain Dew, 2nd Sole, Fleet Feet



**BUFFALO CHIPS**



**20-Mile Run**



When: November 21, 1982 Starting Time: 11:00 A.M.

Where: Delta High School, Clarksburg, Calif.

Course: FLAT, FAST, Out-and-back

Entry Fee: \$7 before 11/1 and \$10 after

Checks to: 20 Mile Run

Send Entry Form and SASE to: 20 Mile Run, % Fleet Feet  
2408 J., Sac. 95816

LONG SLEEVE Ts to First 800 Finishers

In consideration of accepting my entry, I waive all claims against the race and its officials for any injuries I may incur related thereto.

Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Signature \_\_\_\_\_

last name, print  
Address: \_\_\_\_\_

first name  
Zip Code: \_\_\_\_\_



# Schedule

**OCT 24: SPA-TAC 50 Mile Championships.** Rose Bowl, 8 am. Hully Feticco, Box 891, Tarzana 91356.

**OCT 24: Freshwater to Bridgeville Relays.** 40 miles. (2 or 4 person relay), starts at Freshwater School (near Eureka), 8 am. Hal Jackson (707) 822-4186.

**OCT 24: Legg Lake 8K.** Whittier Narrows, 8 am. The Complete Runner, 2858 E. Garvey Ave. South, W. Covina 91791. (213) 331-0169.

**OCT 24: South Bay Oktoberfest 4-Mile.** Tentative. Los Osos (Baywood Park), time TBA. South Bay Advocates for Youth, P.O. Box 6125, Los Osos 93402.

**OCT 24: Beerathon.** Distance(?), Las Vegas, Nevada, time TBA. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**OCT 24: Back to School 10K.** Fillmore (Bank of A. Levy), 8 am. Rudy, 316 Central Ave., Fillmore 93015. 524-2000.

**OCT 24: Mega Walk.** 10K, Lake El Estero, Monterey, 10 am. MPWWWC, P.O. Box 221172, Carmel 93922. (408) 624-7211.

**OCT 30: Ecology 10K & 1 Mile Fun Run.** Ft. Ord (East Garrison), 8:30 am. Steve Lockhart, P.O. Box 6, Ft. Ord 93941. (408) 242-2806.

**OCT 31: The Witch Run 10K.** Union City (Logan High School, 1800 "H" St.), 9 am. Roger Zoldan, Logan HS, 1800 "H" St., Union City 94587. (415) 651-0832, eves.

**OCT 30: CARE Run.** 8K & 2 mile, Walnut Creek (Via Monte & Shadelands), 9 am. CARE Run, 22 Hartwood Ct., Lafayette 94549. (415) 229-1584.

**OCT 30: Dry Run.** 5 & 10K, San Francisco (Golden Gate Park), 10 am. Bill Cullen, AIA, 1050 Redwood Hwy, Mill Valley 94941. (415) 621-7097, Ohihoff House.

**OCT 30: Pt. Pinole Skunk Run.** 1.5, 3 & 10K, Richmond (Pt. Pinole Regional Park), 10 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

**OCT 30: Halloween 8K.** Visalia (Mooney Grove Park), 8 am. Craig Newport, P.O. Box 3638, Visalia 93278. (209) 734-5441.

**OCT 30: Lodi Life & Times 10K.** Lodi (Lodi Lake Park), 9 am. John Griffin, Fleet Feet, 2121 Gateway Cir., Lodi 95240. (209) 957-5846.

**OCT 30: The Great Cookie Caper Run.** 10K and 2 Mile, Fresno, 8 am. Jane Martin, P.O. Box 73, Kingsburg 93631-0073. (209) 897-4684.

**OCT 30: Santa Ana Golden City Days 10K.** Santa Ana, 8 am. Ken Henderson, Santa Ana Tustin YMCA, 205 W. Civic Center Dr., Santa Ana 92701. (714) 542-3511.

**OCT 30: Quarter Note Classic 10K & 2 Mile.** Balboa Park, 7 am. End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. Don Mizak (714) 452-8014.

**OCT 30: Whittier Village 5 & 10K.** Whittier, 8 am. Whittier Village Race Committee, P.O. Box 1959, Whittier 90608.

**OCT 30: Nat'l Kidney Foundation 10K.** Silver Nugget Casino, N. Las Vegas, NV, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**OCT 30: Nike Team Relays.** Continental Racquetball Club, Oakland, 10 am. Three member teams, each member running 2 miles. Nike/Continental Relays, 7717 Edgewater Dr, Oakland 94621. (415) 568-0132.

**OCT 30: Weinstock's 5-Mile Fun Run.** Sacramento (Weinstock's Plaza), 9 am. Weinstock's Special Events (916) 449-2415.

**OCT 31: Mt. Diablo Track Classic 13.7 Mile.** Clayton (Mitchell Canyon Entrance), 9 am. Sportcare (415) 540-0700.

**OCT 31: Freeze the Arms Race.** 7K (4.35 mile), Foster City, 9 am. Jan Gould, 3349 Brittan, San Carlos 94070. (415) 366-1202, Jeff in eves.

**OCT 31: The Great Pumpkin Run.** 25K, Sinshelmer Pk., San Luis Obispo, 8 am. City Recreation Dept., P.O. Box 321, San Luis Obispo 93406.

**OCT 31: YMCA Golden Gate Marathon & Half Marathon.** San Francisco (Ferry Bldg), 7 am. YMCA GGM, Box 62196, San Francisco 94162. (415) 392-4218.

**OCT 31: Sportmen of Stanislaus Natural Light Footrace.** 10K & 2 Mile, Modesto (MJC West Campus, Blue Gum Dr.), 8:30 am. Jeff Highlet, 229 Charnelagne Way, Modesto 95350. (209) 527-7597.

**OCT 31: UCSC Symphony Run.** UC Santa Cruz (Carriage House), 4 1/2 mile, time TBA. Santa Cruz County Symphony, 6500 Soquel Dr., Aptos 95003. (408) 482-0553.

**OCT 31: DSE Golden Gate Promenade Run.** 7.5 miles, Dolphin Club, San Francisco, 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

**OCT 31: Earthquake Run.** 10K, Hollister (Spring Grove School), 9 am. Ed Singleton, 811 Carpenter Dr., Hollister 95023. (408) 837-3126.

**OCT 31: Madera Half Marathon.** (and 2 mile) Madera (Town & Country Park), 8 am. Bob Owen, 121 Berry Dr., Madera 93637. (209) 673-3089.

**OCT 31: Steve Garvey 5 & 10K.** Pierce College, 8 am. Sports Classics, 23480 Park Sorrento, No. 200B, Calabasas Park 91302. (213) 888-7408.

**OCT 31: Legg Lake Halloween Classic.** 25K, 10K & 10 miles, 8 am. Monterey Park Optimist Club, P.O. Box 536, Monterey Park 91754.

**OCT 31: Halloween 5 & 10K Runs.** Mason Regional Park, Irvine, 8 am. South Coast Runners, 3122 South Baker, Santa Ana 92704. Jacqueline Wolf (714) 641-1708.

**OCT 31: Great Pumpkin Festival 10K.** Westlake Village, time TBA. Chris Carroway, 31718 Dunraven, West Lake Village 91361. (213) 706-6167.

**OCT 31: Train Don't Strain 5/10K Runs.** Grand Terrace, time TBA. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

**OCT 31: SNA/TAC 20K Championships (& 5 Mile).** Sunset Park, Las Vegas, NV, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

## NOVEMBER

**NOV 6: 50 Mile Run.** Santa Cruz to Half Moon Bay, 6 am. Stephen Figoni, 534 Spindrift Way, Half Moon Bay 94019. (415) 728-4273.

**NOV 6: Run to Beat Cancer 10K.** Cal State Northridge, 8 am. Judy Hennessey, Marketing Dept., CSUN, 18111 Nordhoff St., Northridge 91330. Scott Richards (213) 885-2454.

**NOV 6: Mission Viejo 7UP 5 & 10K.** Lake Mission Viejo, 8 am. Art Villalobos, Mission Viejo Co., 26137 La Paz Rd., Mission Viejo 92691 (714) 837-6050.

**NOV 6: West Covina 5 & 10K Runs.** West Covina, 8:30 am. The Complete Runner, 2658 E. Garvey Ave. South, W. Covina 91791. (213) 331-0169.

**NOV 6: SPA/TAC District 5K Championships.** Westlake, 8 am. Conejo T.C., c/o P.O. Box 891, Tarzana 91356. (213) 888-5526.

**NOV 6: Marine Corps 10K.** Las Vegas, Nevada (Sunset Park), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**NOV 6: Javelin Clinic at Cal State Northridge.** 8 am to 6 pm. Bill Webb, Track Coach, CSUN, Northridge 91330 (213-885-3608).

**NOV 7: ESL Runaway.** 5K & 10K, Sunnyvale (ESL, Inc., Geneva & Java), 8:30 am. Patsy Harmon, ESL, 1345 Crossman Ave., Sunnyvale 94086. (408-738-2888, ext. 4804).

**NOV 7: Stockton Marathon & Half Marathon.** Stockton, 7:30 am. Don Hoffman, 7025 Shoreham Pl., Stockton 95207. (209) 952-2055, eves.

**NOV 7: Orange Grove Marathon.** Loma Linda, 7 am. Loma Linda Lopers, P.O. Box 495, Loma Linda 92354. (714) 824-1779, eves.

**NOV 7: Golden Empire 10K, Half Marathon & Full Marathon.** Bakersfield, 7:30 am. Michael Callagy, P.O. Box 9013, Bakersfield 93389. (805) 325-9474-WK, (805) 323-6800-H.

**NOV 7: Excelsior West End Run.** (PA/TAC 10K X-C Championships), San Francisco (Golden Gate Park, Polo Fields), 10 am. Note: Championships for Open Men, Masters Men & Women only. Tom Mann, 2661 Rollingwood Dr., San Bruno 94066. (415) 589-5685

**NOV 7: Almond Bowl 3 & 6 Mile Runs.** Chico (Bidwell Park), 10 am. Bill Gardner, 910 Oleander Ave., Chico 95926.

**NOV 7: Great Berkeley 5 & 15K Race.** Moved to December 5th.

**NOV 7: Mt. Diablo Trail Classic 13.7 Mile.** Clayton (Mt. Diablo, Mitchell Canyon Rd. entrance), 9 am. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

**NOV 7: Cup & Saucer Runs.** Moved to November 14th.

**NOV 7: Windsor Whale Run.** 15K & 1500m "Baby Whale Run," (RRCA Nat'l Postal Race), Windsor (Starr School), 9 am. Valley of the Moon RC, 2829 Yuma Ct., Santa Rosa 95401.

**NOV 7: U.C. Santa Cruz Redwood Run.** 5 & 10K, UCSC East Field House, Santa Cruz, 9 am. Redwood Run, U.C. Santa Cruz, Office of P.E. & Rec., Santa Cruz 95064. (408) 429-2045, Mark McCarroll, days.

**NOV 7: Breakfast Run.** 1.8 & 5.6 mile, Santa Rosa (near Community Hosp.), 9 am. Mike McGuire, 3605 Aaron Dr., Santa Rosa 95404. (707) 542-6687.

**NOV 7: DSE Roller Coaster Run.** 3.0 miles, Mtn. Spring Lake Playground (12th Ave. & Lake), San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**NOV 7: Apple Harvest Run.** 1/2, 3 & 6.5 mile, Camino Placerville (Carson Rd. & Union Ridge), 8:30 am. Apple Hill Growers, P.O. Box 494, Camino 95709.

**NOV 7: Postal Mile Bowl.** Acalanes High School, Lafayette, 1 pm. Beck Gibson, P.O. Box 23304, Pleasant Hill 94523. (415) 820-6205.

**NOV 7: 10K Estrella River Winery Harvest Run.** 6 miles east of Paso Robles (Estrella River Winery), 10 am. Estrella River Winery, P.O. Box 96, Paso Robles 93446.

**NOV 7: Dockweiler Beach 10K.** Imperial Hwy. at Vista Del Mar (near L.A. Airport), 8 am. Bill Brant, Box 143, P.V. Estates 90274. (213) 316-4953, Frank Priest, eves.

**NOV 7: Run for Freedom 5/10K.** Rancho Park (Los Angeles), 8 am. R.A.C.E., P.O. Box BC, Westminster 92683. (714) 897-2227.

**NOV 7: Golden Empire Marathon.** Bakersfield (Pioneer Village), 7:30 am. Also a Half Marathon & 10K. GE Marathon, P.O. Box 9013, Bakersfield 93389. (805) 325-9474, Michael Callagy.

**NOV 11: Porterville Veteran's Day Road Races.** 5 & 10K, Porterville (Olive & Third), 8 am. Allen Nelson, 900 S. Main, Porterville 93257. (209) 781-3130.

**NOV 13: Turkey Run.** 5 & 10K, Fountain Valley (Mile Square Park), 8:15 am/5K, 9 am/10K. So. Coast Runners Ass'n, 3122 So. Baker, Santa Ana 92704. (714) 641-1708.

**NOV 13: City of Lynwood 10K.** 8 am. The Complete Runner, 2658 E. Garvey Ave. South, W. Covina 91791. (213) 331-0169.

**NOV 13: Turkey Trot.** 3 & 10K. Lake Murray (La Mesa), 7:30 am. Jim Putney, E.O.L., P.O. Box 1049, Coronado 92118. (714) 469-4128.

**NOV 14: Summit Marathon.** Los Gatos (to Soquel), Los Gatos High School, 7 am. Runner's Factory, 51 University Ave., Los Gatos 95031. (408) 395-4311.

**NOV 14: Nat'l TAC Masters 10K X-C Championships.** University Park, Penn. (Penn State Univ.), time TBA. Harry Groves, Track Coach, Penn State Univ., University Park, PA 16802. (814) 863-0237.

**NOV 14: Tiger Newport Beach/Virine Marathon.** Newport Beach, 7 am. John Blair, 1162 Dorset Ln., Costa Mesa 92626 (714) 966-0556.

**NOV 14: Burlingame 2.85 Mile Fun Run.** Coyote Point Park (San Mateo), time TBA. Brock Riddle, Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010. (415) 344-6386.

**NOV 14: PA/TAC 25K Championships.** China Camp (near San Rafael), time TBA. Kees Tuinzing, 627 Galerita Way, San Rafael 94903.

**NOV 14: Fleet Feet 5-Mile Buddy Run.** Stockton, 9 am. John Griffin, 5757 Pacific Ave., No. 50, Stockton 95207. (209) 957-5646.

**NOV 14: Cup & Saucer Runs Changed from November 7.** 2 & 8 miles (possibly 15K), Napa (Silverado Jr. High), 9:30 am. Brian Newell, 2101 Marin St., Napa 94558. (707) 252-4609.

**NOV 14: Orienteering Meet.** Bay Area, location & time TBA. Joe Scarborough, 3151 Hollywood Dr., Oakland 94811. (414) 530-3059.

**NOV 14: Arcata Bottoms Race.** 2 & 6.2 miles, Arcata, 1:45 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**NOV 14: Riverside Mission Inn Run.** 5 & 10K, downtown Riverside (Market St.), 8 am. Mission Inn Foundation Office, 3649 Seventh St., Riverside 92501. (714) 784-0300, ext. 181.

**NOV 14: Santa Barbara Women's 10K.** Santa Barbara, 8 am. John Brennan, P.O. Box 6616, Santa Barbara 93111.

**NOV 14: DSE Ft. Point Run.** 4 miles, Little Marina Green, San Francisco, 10 am. Walt Stack, 741 Kansas Ave., No. 2, San Francisco 94107.

**NOV 14: Mazoluz/YMCA Shape Up 5K.** Westwood (UCLA), 8:30 am. Norm Joyner, Metro YMCA, 818 W. 7th St., No. 1002, Los Angeles 90017.

**NOV 14: Las Vegas TC/Miller Lite Mini-Marathon.** 13.1 mile, El Cortez Hotel/Casino, Las Vegas, Nevada, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**NOV 20: Nat'l TAC Sr. Men's 20K Championships.** Tulsa, Okla. (Mohawk Park), time TBA. Joe McDaniel, 1416 So. Marion Ave., Tulsa, OK 74112. (918) 561-2781.

**NOV 20: Central California Marathon.** Fresno State Univ., Fresno (Barstow & Cedar), 7:30 am. Bill Woody, 8038 N. Mariposa, Fresno 93710. (209) 431-6820.

**NOV 20: Turkey Trot.** 10K, Natural Bridges State Park, Santa Cruz, 9 am. Santa Cruz Parks & Recreation Dept., City Hall, 809 Center St., Santa Cruz 95060. (408) 429-3777.

**NOV 20: Golden Gate Race Walkers 15K Racewalking Championships.** Golden Gate Park, San Francisco, 10 am. Harry Siltonen, 106 Sanchez St., No. 7, San Francisco 94114. (415) 863-0479.

**NOV 20: California RRC Tune-Up Series** 15 & 30K, Griffith Park, Los Angeles, 8 am. CCRC, Box 891 Tarzana 91356. (213) 888-5528.

**NOV 20: Pasadena 8K Classic.** 8 am. Frank Burkett, c/o American Cancer Society, 1250 E. Walnut, Pasadena 91106 (213) 449-3561.

**NOV 20: Alhambra Falcon Classic.** 5 & 15K, Alhambra High School, 8 am. Ric Rollins, 110 S. First St., Alhambra 91801.



**NOV 20: Turkey Trot.** 10K, Pico Rivera (Spreading Grounds), 9 am. Ralph Aranda, P.O. Box 1018, Pico Rivera 90660.

**NOV 20: Rob Gardner Turkey Run.** (predicted time race), 10K, Las Vegas, Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**NOV 21: Clarkeburg Classic 20 Mile.** Clarkeburg (Delta High School), 11 am. George Parrott, Psychology Dept., Cal State Sacramento, Sacramento 95819. (916) 454-6884.

**NOV 21: Nat'l TAC Sr. Women's 15K Championships.** Phoenix, Ariz., time TBA. Pete Fairman, 41-48 East Calle Redonda, Phoenix, AZ 85018. (602) 990-1273.

**NOV 21: Rose Bowl Marathon** (also Half Marathon, 5 & 10K). Pasadena, 7:30 am. *Nov. 7 Deadline.* Milton Vaught, 235 Holly, Pasadena 91001. (213) 793-3131.

**NOV 21: Palo Alto Area YMCA Turkey Trot.** 4.5 mile (estimated time awards), Y Fitness Center (755 Page Mill Rd.), Palo Alto, 9 am. Stephanie Weidert, 3412 Ross Rd., (YMCA), Palo Alto 94303. (415) 494-1883.

**NOV 21: Natural Light 10K Turkey Trot.** 1.9 mile & 10K, Merced, 10 am. Don Dudley, Merced TC, P.O. Box 3275, Merced 95344. (209) 723-0383.

**NOV 21: Lawyer's Club of San Francisco 10K Turkey Trot.** Golden Gate Park (So. Parking Lot, Polo Fields), San Francisco, 10 am. Lawyer's Club of S.F., 870 Market St., Ste. 1115, San Francisco 94102. (415) 433-2133, Marti Lochridge.

**NOV 21: Santa Clara Valley Autumn 6 & 10.7 Mile Ridge Run.** Milpitas (Piedmont & Sierra Rds.), 10 am/6 mile, 1 pm/10.7 m. Ron Landrum, 1201 Huntingdon Dr., San Jose 95129. (408) 252-0100.

**NOV 21: Festival of Lights 3 & 10K.** Encino (Woodley Park), 8 am. Valley Beth Shalom, 15739 Ventura Blvd., Encino 91436 (Attn: Race).

**NOV 21: Turkey Trot.** 5K, Industry, 8 am. Puente Hill YMCA, P.O. Box 3351, Industry 91744. (213) 961-3489.

**NOV 21: Mason Park 10K Run.** Irvine, 8 am. Ken Nicolas, c/o Leukemia Society, 9355 Chapman, Suite 109, Garden Grove 92641.

**NOV 21: Lasse Viren Finnish Invit.** 20K Run. Pt. Mugu State Park (between Malibu and Oxnard), 8 am/10 am - Invit. Race. Eino, 32926 Mulholland Hwy, Malibu 90265. Entries close Nov. 17 or 1st 550 applicants).

**NOV 21: DSE Ferry Bldg. Run.** 4 mile, Dolphin Club, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**NOV 21: Heart of San Diego Marathon.** And 10K Run. City of Coronado, 7 am. Marathon Committee, AHA-San Diego County Chapter, P.O. Box 3625, San Diego 92103.

**NOV 25: Bart to Bart 10K Run.** Tentative. Concord (BART station), 8 am. John Laykam, 3824 Walnut Ave., Concord 94519. (415) 798-5091.

**NOV 28: Nat'l TAC Masters 5K X-Country Championships.** Raleigh, N.C. (Meredith College), time TBA. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

**NOV 27: Fresno Road Race.** 6 mile, Fresno (Kearney Park), 1 pm. Frank Delgado, (Fresno TC), P.O. Box 6103, Fresno 93703. (209) 233-3631.

**NOV 28: Nat'l TAC Masters 15K X-Country Championships.** Date changed from November 27. San Diego (Balboa Park), time TBA. Ken Bernard, P.O. Box 80512, San Diego 92138. (714) 488-3960.

**NOV 28: Zephyr A.C.'s Ultra Challenge 50K.** Richmond (Wildcat Canyon Park), 8 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

**NOV 28: Blind Duck Relays.** Oakland (Lake Merritt, Old Boathouse), 3x5K legs, 9 am. John Notch, 239 Marlow Dr., Oakland 94605. (415) 562-2210.

**NOV 28: Sugarloaf Ridge 5 & 8K Cross Country Run.** Kenwood (Sugarloaf State Park), 9:30 am/5K, 11 am/8K. Butch Alexander, P.O. Box 632, Sonoma 95476. (707) 938-8263.

**NOV 28: Hammond-Pezzola Memorial Race.** 7.8K, Dominican Santa Cruz Hospital, 10 am. Thomas Hart, Dominican Hospital, 1555 Soquel Dr., Santa Cruz 95065. (408) 476-0220.

**NOV 28: Tracy Turkey Trot.** 13K, Altamond Hills (between Tracy & Livermore), 11 am. Marv Rothschild, 1652 Waverly Ct., Tracy 95376. (209) 835-5866, eves.

**NOV 28: Point Isabel Run.** 5K, Richmond (Pt. Isabel), 9 am. Betty Bloomer, 178 Ardmore Rd., Kensington 94707. (415) 525-8037.

**NOV 28: Lawyers Santa Monica Mt. 54-Mile Relay.** Hollywood Bowl to Leo Carillo State Beach, teams and solo entries, 7 am. Eric Edmonds, 10850 Wilshire, No. 1200, Los Angeles 90024. (213) 470-2747, days.

**NOV 28: The Bell to the Bunkers Thanksgiving 5-Miler.** San Pedro (Pt. Fern), 8 am. Thom Lacie, Marathon's, 1434 W. 25th, San Pedro 90732. (213) 831-5055.

**NOV 28: Special Olympics 2 Mile Fun Run & 10K Turkey Trot.** Fashion Show Mall, Las Vegas, Nevada, 7:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**NOV 28: DSE 3 Mile Lands End Run.** Balboa & Great Hwy., San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

## COLLEGE/OPEN CROSS COUNTRY

**OCT 2: Cal Nike Invitational.** at Crystal Springs, Belmont (?). Hosted by Cal Berkeley. Cross Country Coach, Athletic Dept., UC Berkeley, 103 Hearst Gymnasium, Berkeley 94720.

**OCT 2: Aztec Invitational.** San Diego. Dixon Farmer, Track Coach, San Diego State University, College Ave., San Diego 92182.

**OCT 9: Stanford Invitational.** Stanford Golf Course 10 am. Brooks Johnson, Cross Country Coach, Stanford Athletic Dept., Stanford 94305.

**OCT 9: Road Runner Invitational.** Cal State Bakersfield, 10 am. Men 10K, women 5K. Bob Coons, Cross Country Coach, Cal State Bakersfield, 9001 Stockdale Hwy., Bakersfield 93309.

**OCT 9: Cal Aggie Invitational.** UC Davis, 11 am. John Pappa, Cross Country Coach, UC Davis Athletic Dept., Davis 95616.

**OCT 16: Cal Poly Invitational.** San Luis Obispo, 10:15 am. Lance Harter, Women's Track Coach, Cal Poly, San Luis Obispo 93407.

**OCT 16: Mills College Invitational.** Oakland. Cross Country Coach, Mills College, P.O. Box 9971, Oakland 94613.

**OCT 16: Biola Invitational.** La Mirada Park, 9 am. Colin McDougall, Cross Country Coach, Biola College, 13800 Biola Ave. La Mirada 90639.

**OCT 17: Thunderbird Women's Inv.** Mt. SAC College, Walnut. Luis Castillo (213) 962-8323.

**OCT 22: Mt. SAC Invitational, J.C. Division.** Mt. San Antonio College, 8:30. Don Ruh, Athletic Dept., Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789.

**OCT 23: NCAC Women's Championships.** UC Davis. Cross Country Coach, Women's Athletic Dept., University of California, Davis 95616.

**OCT 23: Santa Clara Women's Invitational.** College of Canyons, Valencia. Vince Peterson (805) 251-2656.

**NOV 23: Cal Poly Pomona Invitational.**

**OCT 23: Mt. SAC Invitational, Open Men & Women Division.** See contact above.

**OCT 30: Converse/San Jose State Invitational.** Crystal Springs, Belmont, 10 am. Men and Women Open, Submasters, and Masters. Marshall Clark, Cross Country Coach, Dept. of Athletics, San Jose State University, San Jose 95192. (408) 277-2195.

**OCT 30: California Christina College Athletic Conference Championships.** Irvine Park.

**OCT 30: FWC, CCAA and NCAA II Western Regional.** UC Riverside. Chris Rinne, Cross Country Coach, UC Riverside Athletic Dept., Riverside 92521.

**OCT 30: So. Calif. Roadrunner Inv.** Cal State San Bernardino. Dave Japs (714) 888-6192.

**NOV 6: San Diego Invitational X-C Championship.** Open men and women 5 miles. UCSD Campus/Muir Woods, 2 pm women/3 pm men. Jim Mosher, Team Charthouse, 3568 Larga Ct., San Diego 92110. (714) 578-9141 days, 224-8967 even.

**NOV 7: Thunderbird Women's All Comers.** Mt. SAC College, Walnut. Luis Castillo (213) 962-8323.

**NOV 13: NCAA Dist. 8 & PCAA Cross Country Championships.** Woodward Park, Fresno. Red Estes, Cross Country Coach, Fresno State University, Fresno 93740. (209) 294-4097.

**NOV 13: NCAA Div. II Nat'l Championships.** St. Cloud, Minn. Cross Country Coach, Athletic Dept., St. Cloud, Minn. 56301.

**NOV 13: NAIA District III Championships.** La Mirada, 10 am. Colin McDougall, Cross Country Coach, Biola College, 13800 Biola Ave., La Mirada 90639.

**NOV 14: SPA-TAC Cross Country Championships.** Central Park, Huntington Beach. Frank Duarte (714) 545-7701.

**NOV 20: California Community College State Championships.** Woodward Park, Fresno.

**NOV 20: NAIA National Championships.** Kenosha, Wisc., 10 am. Cross Country Coach, University of Wisconsin, Wood Road, Kenosha, Wisc. 53141.

**NOV 22: NCAA Div. I Nat'l Championships.** Bloomington, Indiana. Cross Country Coach, Athletic Dept., Indiana University, Bloomington, IN 47401.



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**NOV 27: TAC Nat'l Championships.** Men 10K, Women 5K. Belmont Race Track, New York. Nat'l Champs, c/o NYRR-IRC, 9 East 89th St., New York, NY 10028. (212) 860-4455.

**COACHES: Please send cross country schedules.**

## LOOKING AHEAD

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

**DEC 4: Fiesta Bowl Marathon.** Scottsdale, Ariz., 7:30 am. Nov. 8 deadline. Fiesta Bowl Marathon, P.O. Box 1032, Scottsdale, AZ 85252.

**DEC 5: Western Hemisphere Marathon.** Culver City, 8 am. Jack Nakanishi, 4117 Overland Ave., Culver City 90230. (213) 202-5689.

**DEC 11: Las Vegas Classics Half Marathon, 10K, and 2 Mile.** Las Vegas Strip. Bob Fowler, Las Vegas Classics, Hacienda Hotel Suite 500, Las Vegas, NV 89119. (800) 834-6713.

**DEC 12: Honolulu Marathon.** Honolulu, Hawaii, 6 am. Entry deadline usually in Oct. Honolulu Marathon Assn., Attn: David Benson, P.O. Box 27244, Chinatown Sta., Honolulu, HI 96827. (808) 734-7200.

**DEC 19: Christmas Relays.** 4,464 mile x 5 legs. San Francisco (Lake Merced), 9 am. Relays, P.O. Box 652, Burlingame 94010. (415) 837-6674, Mari.

**DEC 19: Central Coast Marathon & 10K.** Arroyo Grande (?), 7:30 am. Greg DeNike, 495 Valley Rd., Arroyo Grande 93420. (805) 489-1351.

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# CALIFORNIA'S WOMEN OF THE ROADS

By G. David Brown, Innersports

Four different women, four different strides, four different personalities. Yet all of them have one thing in common, they're all winners.

They all are past the days of running in college cross-country meets, yet all four can take on any young runner in their running specialty events.

Here up-close and personal we take a look at these four Northern California women winners of the roads.

photo by Keith Conning



photo by Gene Cohn

**Eileen Claugus**

Eileen has to be the winner of the comeback runner of the year. Back in the days as a high-school runner she set the National girl's high school record in the mile in 4:40.7 (broke this year by Polly Plumer). That was in '74 when Eileen made the AAU cross country team and earned international honors by placing runner-up at an international meet. Unhappy experiences with her college coaches caused the young runner to physically and mentally "burn out".

In 1980 after a seven-year layoff Eileen reappeared, running respectable times at local road races. Since then, Eileen has re-emerged as one of America's top marathon runners, placing 3rd at Boston as the highest American finisher, and 4th at the Avon International marathon this past June.



photo by Gene Cohn

**Sharlet Gilbert**

When Sharlet Gilbert first started running three years ago, never did she think that one day she would be winning marathons and running with the best of the field. Using running as a source to keep her weight down Gilbert has turned in from a casual jogger to national competitor. Her best performances to date are her National 20 mile record and her 6th place at the Avon International marathon, which featured such names as Lorraine Moller and Laurie Binder.



**Vicki Bigelow**

Vicki Bigelow might be small in stature but the 47-year-old mother of three is on top in masters long distance running circles. Standing five feet and weighing 95 pounds Bigelow got her start in running because the kids were into it and she wanted a physical fitness program, too. She not only got in shape physically, but found a bonus she was competitive with the other runners very competitive. She could beat not only the masters women but most all of the women in local runs.

The Montana native and hospital nurse continues to improve and has yet to really find out what she is capable of doing. Watch Vicki Bigelow and get ready for some surprises.





photo by Gene Cohn



## Marion Irvine

Don't be surprised if one day while competing in a road race you'll be passed by a 52-year-old "flying nun." This has happened to hundreds of other runners.

Sister Marion Irvine currently holds the world road record in her age groups for the marathon and 10K. Her times of 37:43 and 2:55:17 seem remarkable considering the amount of years she has been running and her age.

Yet Irvine continues to turn in speedy times, set records and win!

## An Interview With Eileen Clausus

**Q:** After a seven year lay-off, what made you get motivated to run again?

**A:** Even when I was out of competition I always wanted to sort of get back into it. I guess I just wanted a new group of friends. They brought me out to some of the road races and they were a lot of fun, different from running track and cross country. I guess I just started making it fun running instead of making it work all the time.

**Q:** You still run with a track runner's style, do you think this helps or inhibits your running, especially like marathon running?

**A:** People always talk to me about my form, they even call me Bambi (because I bounce a lot!) I'm trying to change it a bit, because I think it's a disadvantage for the marathon. It's a little inefficient, so I could save some energy by flattening out my stride, and making it sort of a shuffle. But I don't know if I could go as fast, so I'm sort of experimenting with changing it a bit.

**Q:** Do you now consider the marathon your best event, after being the first American at Boston?

**A:** I think I can be more competitive at the marathon than any other event right now. But I would like to put in some time in training for the 10K. I think I have the capability to be one of the top 10,000 meter runners. But the problem for me right now is that I have a number of major marathons coming up, and I'm still getting used to marathon training. I'm fairly fatigued, so it's harder for me to get the quality workouts needed for the 10K.

**Q:** Do you enjoy running the marathon more than the 10K?

**A:** Nooooo!! I like the 10k a lot more.

**Q:** Does this mean you find the marathon somewhat sort of a pain?

**A:** No, it's a awfully long race. It's intriguing me because there's so much room for improvement. If you have that one good day you can take a lot of time off your PR.

**Q:** How did it feel to have your mile high school record taken away?

**A:** I expected it to be broken quite awhile ago. I was relieved in away because people were always referring to me as a high school mile record holder. (I guess I look like 18 and still in high school). I would really like to live on my current accomplishments rather than my past ones.

**Q:** Will we see Eileen Clausus on the track again?

**A:** Yes, I would like to run a few 10,000's on the track next year. I just love going to track meets (especially watching them.)

**Q:** How often do you race and how do you select your races?

**A:** I really don't like to race that often, but I like to run the major races and I like to travel. I'd probably do best if I race on the average 1½ times per month, twice at the most.

**Q:** Tell us a bit about your coach and club.

**A:** Right now George Parrott is advising me. He's coaching a lot of people and helping me out a lot. But I'm still making the decisions about what I do myself. The club I run for is the Buffalo Chips running club. It's a fairly large group and there's a lot of people in the club who help me. I run with a number

of men that are a little bit faster than me, but they provide a lot of incentive.

**Q:** What are your workouts like?

**A:** Usually I do one session on the track a week. Then one sort of distance interval session on the road, then a long hilly run on the weekends. And then I'll fill in the rest of the days with distance.

**Q:** How many miles do you run a week?

**A:** I have been doing about 80. I'm trying to become comfortable at 90.

**Q:** What are your goals for the rest of the year?

**A:** I want to win a major marathon! I'm running the Chicago Marathon in September, and I'll be running Honolulu, and I'd like to win both of them!

## An Interview With Sharlet Gilbert

**Q:** How long have you been running competitively?

**A:** Since about three years. I've been running a number of years recreationally, and racing for three years. I started running mainly to control my weight, and I like being in shape.

**Q:** It must have been a big thrill for you to place so high at the Avon marathon, since it was a international race.

**A:** I was very happy. It was better than I hoped to do. I was kind of in awe in a way. I knew who a few of the top runners were, and I watched their running styles. It was a great experience to be able to run with the top runners.

**Q:** Do you feel more confident by placing this high at an international event?

**A:** As soon as I do this time again, I'll feel more confident. I had a really good day, and I'd like to do better. But I think I have a lot of work to do to consider myself one of the top runners.

**Q:** A lot of fans at Avon noticed that you run with a sort of shuffle type style. Is this your natural running style or did someone teach you how to do this?

**A:** No. That was what seemed to develop. I don't think it's the most efficient running style and I'm trying to work on it. That's just what develops over running many miles in training.

**Q:** What personal advice do you give to the female runner just starting to compete?

**A:** I would say that training sometimes seems hard but to finish a marathon in particular, is very rewarding, and it's worth all the time and effort that a person puts out for. I would say on the blue days and hard days just hang in there and to be consistent with your training because it's worth it.

## An Interview With Vicki Bigelow

**Q:** How long have you been running?

**A:** It's been about four years now.

**Q:** How did you get started?

**A:** The children were running in school and going to road races. Since I was getting into a fitness program to combat hypertension I

*continued on next page...*



decided to begin running, too. It did cure the hypertension.

**Q:** What have been some of your recent best times and places?

**A:** In July at the Los Gatos Masters track meet I ran a age group 45-49 world record for 5K on the track with a 17:58.9. On the roads recently I have run a 37:04 for 10K. I also just ran a 37:05 in the Sacramento Billy Mills 10K, and was the first woman finisher overall - a real treat. Last year I ran my best 10K, a 36:43 at the Stanford Great Race. I will be shooting to better than mark at the same race this year.

**Q:** What about other goals? Do you plan to get into marathoning?

**A:** No, no marathon for me yet. I would like to get some fast times and records for the 1500 and 10,000 on the track.

**Q:** Tell us about your training.

**A:** I average about 1½ hours a day, seven days a week. Mileage totals about 50 per week with two days of speed work.

**Q:** What about the other running members of your family?

**A:** Denise is a senior at Cal State Hayward and one of the top runners on Bob McGuire's championship team. Paul is at Moreau High School in Hayward and recently broke the school record over their home cross country course. Bruce is our youngest at 13 and is just getting started in running after being an age-group swim star.

**Q:** Do you have any advice for someone in their forties who might want to start running?

**A:** Start small, but be consistent. At first just devote ½-hour three days a week to easy running and I'll guarantee you'll feel better about yourself and gain a lot of self-satisfaction; and pretty soon you'll be hooked.

## An Interview With Marion Irvine

**Q:** How did you get into running? Were you an athletic person before you started?

**A:** I started running on Memorial Day 1978. After really doubting the thought. My niece had put it in my mind four months earlier. I had really rejected the idea because people who I saw running on the street looked really miserable! But I had a lot of pent up energy, and I felt I had to have a relief from this. So I began to jog-walk and that's how I got started.

**Q:** How did you get nick-named the flying nun?

**A:** I guess being a religious sister (Dominican sisters of San Rafael) and being speedy and being a winner!

**Q:** What did the other nuns say about your jogging when you first started?

**A:** When I first started, running was not what they objected to. I think it was the costume. The shorts and the t-shirts, so much leg and all. I think some of the older members were a little put-off about that. But after a few months seeing me go out of the convent in these clothes on my run, they became very accustomed to it and became quite supportive.

**Q:** Did any of the other nuns start running because you did?

**A:** As a result of my running, No!

**Q:** Who do you run for now?

**A:** I run for the Nike Masters program and they help me with trip expenses, but I do race for the Northern California seniors. It's a masters club and some of my best women friends are in the club.

**Q:** How did you like this year's Avon Marathon?

**A:** I loved it!! I was so surprised with my time. I had just finished the Avenue of the Giants in May in 3:01, and the Avenue was relatively flat. Avon I knew was going to be a hum-dinger-and-a-half from the 12½ mile on. It was going to be nothing but steep and rolling hills. So I predicted that I would attempt to run it in 3:15. As a result of this I didn't start the race with any thought of doing very well. I was clocked in at 7 minutes and I just grew increasingly strong. When I entered the polo fields I couldn't believe I would break three hours. I'm sure I was the last woman under three hours. I was thrilled to death because of the difficulty of the course and I hadn't strained at all.

**Q:** With your busy job, how do you find time to run?

**A:** It's a big priority with me, so I make time for it. And that means very early morning running. I'm generally out on the road before 6 am. Often times I take my running clothes with me.

**Q:** Is anybody coaching you right now?

**A:** No, I'm self coached. I run about 69-70 miles a week now.

**Q:** What event do you consider your best and what are your goals for next year?

**A:** I'd probably like to break 37 in the 10K and I'd like to run a 2:50 marathon.

**Q:** Do you have any advice for the senior runner who wants to start running?

**A:** Well, I would say cardiovascular fitness and controlling weight and those kind of things are important. I'm convinced 20 minutes of sustained exercise four times a week will do that and I think that should be the goal of any aging man or woman, to be cardiovascular fit and feel good about themselves. As far as getting into long-distance running and competitive running, it requires a lot of work and I don't think it's for everybody.

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# SoCal Diary

By BILL MINARIK

## □ September 13

Another Cross Country season is here and so is the diary to follow its progress.

SoCal again has been recognized by the NCAA for its outstanding cross country courses and weather in the form of a number of Western Regional competition sites.

If what I heard is true about this year's Community College State Cross Country Championships, then for once it will have a distinct NorCal flavor. It seems that while SoCal administrators have decided to do away with the small school division, NorCal has kept it. Thus the State Meet for small schools will consist of a rerun of the prior weeks NorCal championships.

I understand that there is growing sentiment among CC x-c coaches to make Fresno's Woodward Park a permanent site for the state meet as a geographic compromise. I can guarantee that that idea would do wonders for the coverage that meet would get in CTRN.

Another growing sentiment among CC coaches is the necessity for curbing the potential influx of foreign athletes. With the 1984 Olympics getting close, it is expected that many nations will attempt to get their athletes enrolled in California's two and four year institutions for the purpose of track & field training. At the Community College level, having a team composed primarily of athletes from other country's national teams would cause a serious competitive imbalance. At this point however, coaches appear to be unsure of exactly what action will be taken.

Cal State Long Beach opened the college x-c season on a positive note by sweeping both men's and women's divisions of the CSU Dominguez Hills Invitational. Former Orange Coast star Jim Serna continued to lead his teams to victory as he paced the 49er men with a 2nd place finish behind Gil Cortez of CSULA. Host CSUDH came in a surprise 4th in the men's division ahead of Division II power CS Northridge. Anytime a college located in an inner-city area makes any kind of a decent showing in x-country, somebody must be doing a job. In this case, that somebody is Mitch Harnatz who has been making every effort possible to upgrade the CSUDH program. To give you an idea of some of the adversity that Mitch has had to overcome, he held an all-comers meet at CSUDH this summer which was being bankrolled in part by an athletic store by the name of Athletic Express. Anyway, Mitch was out-of-town on the day of the meet and had some associates there to run things for him. Unfortunately, the security guard at the campus had not been notified of the meet, and when she saw it in progress, told all the participants they were trespassing. The participants fully expect-

ing their money's worth continued with the meet. The guard then telephoned for assistance, and in no time flat 10 car loads of Sheriff Deputies arrived and physically removed all participants from the premises.

Some of you who follow this column may remember a rumor regarding prep athletes attending high school outside their own district. This rumor was confirmed in part in an expose by the L.A. Times on September 1 which was entitled "Sending children to other campuses" and was about education in the black areas of Los Angeles. Some quotes from parents who were illegally sending their children to out-of-district schools were as follows. "I feel guilty about it, but it would have been a shame to keep my daughter in that zoo over there." Another stated, "when it comes down between following the law and getting my daughter the best possible education, my daughter comes first." Interviews with parents indicated that some neighborhoods had as high as 70% of the children illegally enrolled in out-of-district schools. School officials admitted making only a cursory investigation into proof of residence.

I understand that the program to convert the U.S. from the English system of measurement to the Metric system had died. The reason for it is that after 10 years of trying, U.S. industry has still refused to accept it. The federal budget allocation for the conversion has been eliminated. I wonder if after the 84 Olympics, you will find John Tansley converting tracks back to yards again.

## Address Change?

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

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# Around the State



## Big Javelin Clinic

The top U.S. javelin athletes along with successful coaches will be on hand at a one-day Javelin Clinic to be held **Saturday, November 6 (8 am - 6 pm) at Cal State Northridge**. A learn-by-doing section will highlight the clinic as well as the opportunity to observe elite athletes in their workout and drill routines.

★ **Bob Roggy**: Number one in the world and the American record holder at 314-7.

★ **Rod Ewaliko**: Winner of the 1980 Olympic Trials. Current best of 291-0.

★ **Tom Petranoff**: Number two in the U.S. with a 1982 best of 290-0.

★ **Karin Smith**: Number one in the U.S. Took 8th place at the 1976 Olympics in Montreal. Won the 1980 Olympic Trials. Current best mark is 212-7.

★ **Linda Hughes**: From Oregon. Number two in the U.S. Won 1982 TAC Championships. This year's best is 203-plus.

A wide range of javelin experience will be represented by the coaching staff of the clinic. Coaches will include:

• **Ken Shannon**: Track coach at the Univ. of Washington. 1984 Olympic throws coach and the men's TAC Olympic Development Javelin Coordinator.

• **Harmon Brown, MD**: Director of Health Services at Cal State Hayward and coordinator for the TAC Women's Olympic Development Program.

• **Dr. Paul Ward**: Elite Athlete Coordinator for Throwers, US Olympic Committee Sports Medicine Council; and Executive Director of Education, Research and Development for the Health & Fitness Association of American.

• **Bill Webb**: Head Track Coach at Cal State Northridge. Collegiate coach of Bob Roggy, currently coaching Tom Petranoff; and clinic director.

• **Dick Held**: of Pacer Equipment and Held Javelins.

You won't want to miss this important and informative clinic. The cost is only \$10 for coaches and \$5 for athletes. For more information contact: Bill Webb, Track Coach, CSUN, Northridge, CA 91330. (213) 885-3608. The clinic will be presented rain or shine.

## Big Bakersfield Race

**Sunday, October 17, Hart Park Bakersfield: The CAPH 5K & 1-Mile.** The 5K has seven divisions: 12 & Under, 13-18, 19-29, 30-39, 40-49, 50 & Over, and Handicapped.

The 1-Mile is time predict with the top 20 getting awards regardless of age, sex, or

handicap.

Course is scenic loops through Hart Park on the Kern River, all on paved roads.

Start will be at section 9 Picnic Grounds, NE Corner of Hart Park. The 1-Mile will start at 8 a.m. or as soon thereafter as everyone is registered. The 5K will start at 8:45 a.m. or when everyone is ready. Starts may be delayed to be sure handicapped racers have adequate time to prepare.

Entry Fees are \$6.00 if preregistered, \$7.00 on race day; free to handicapped. Handicapped are encouraged to pre-register if they need transportation to the race.

Awards will be finish certificates, T-shirts or tank tops, and McDonalds coupons to all entries. 5K division winners will receive trophies, plaques or medals at least 3-deep.

For an entry blank and/or more information contact Mike O'Haver, Bakersfield Track Club, P.O. Box 10371, Bakersfield, CA 93389.

## New Books from T&FN

• **The High Jump Book**: Dr. David E. Martin, Dwight Stones, Greg Joy, Jacek Wszola, \$8.50. 8½x11, 160 pages, 190 illustrations/photos.

• **How High School Runners Train**: Frank P. Calore, Editor; \$6.00. 5½x8½, 128 pages, 25 photos.

• **Track Management: Check Lists for Track Officials and Meet Directors**: Andy Bakjian, \$5.00. 5½x8½, 96 pages, numerous line drawings.

• **How They Train: Long Distances**: Jack Pfeifer, Editor, \$6.50. 5½x8½, 160 pages, 28 photos.

All of the above books may be ordered from TAFNEWS Press, P.O. Box 296, Los Altos, CA 94022. Please add 50 cents per book for postage. Calif. residents add tax.

## L.A. Lite Marathon

The 1983 Los Angeles Lite Marathon has been set for Sunday, March 27. The 26.2 mile race, which attracted a field of nearly 1,000 runners from throughout the United States this past year, will start and finish at Los Angeles City Hall.

The 1982 marathon featured a new route that wound through Chinatown and past the L.A. Zoo in Griffith Park to Burbank, where the runners reversed course and returned to downtown Los Angeles. The 1983 event will follow this same course.

Steve Brown, a 29-year-old meter reader for the City of Los Angeles Department of Water and Power and a former USC track star, won last year's race in a personal best time of 2:16:33.

For further information on the 1983 Los Angeles Lite Marathon contact the meet director: Jim Gilbert, L.A. City Hall (213) 485-4871.

## Long Beach Marathon

Nearly 4,000 athletes will run 1,000 miles, wear out two pairs of running shoes and burn up 130,000 calories each over the four months of preparation for the 1983 Long Beach Marathon on February 20, 1983.

Free Long Beach Marathon Training Clinics began September 23rd and will continue each Thursday at 6:30 pm at Rogers Junior High School gymnasium, 365 Monrovia Ave., Long Beach. Each clinic is headed by Joe Carlson, a national class runner and owner of A Running Experience store in Long Beach. Expert speakers will address such topics as warm-up, nutrition, body awareness, footwear and injury prevention, psychological preparation, pacing and running the marathon, and goal setting. The one-hour discussions will be followed by a group run.

For more information about either the Long Beach Marathon or the Clinics, contact: A Running Experience (213) 439-6875.

## Keeping Track

At the end of the summer the leaders in the Central California Road Running Series were as follows: Open Division- **Jim Hartig** (Fresno TC); 30-39 Division: **Gary Campbell** (Visalia Runners); 40-49: **Jesse Rodriguez** (Visalia Runners). . . For the first time ever for a footrace or fun run in Modesto and Stanislaus County a running event will be televised. **The Sportsmen of Stanislaus Natural Light Footrace** set for October 28 will be televised by TV Channel 19. . . Several California 10K courses have recently been certified by the National Running Data Center: **Run for the Parks** in Alameda in June, **SCRC** in Atherton in June, **Stanford Race** in Palo Alto in June, and **The Robb Field-Bonita Cove** in San Diego in July.

Top money winners so far in the ARRA Pro Race Circuit as of September 1 are: **Benji Durden** (Georgia) \$34,750; **Jon Sinclair** (Colorado) \$20,350; **Rod Dixon** (New Zealand) \$15,350; **Gordon Minty** (Michigan) \$13,150; **Michael Musyoki** (Kenya) \$13,000. On the women's side it looks like: **Anne Audain** (New Zealand) \$36,000; **Lorraine Moller** (New Zealand) \$32,000; **Laurie Binder** (California) \$22,000; **Patti Catalano** (Mass.) \$7,000; **Cindy Dalrymple** (New York) \$5,700. . . Several top California distance runners show up on the cross country rosters at Kansas State: **Danny Gonzalez** (Foothill JC); **Bob Leetch** (El Camino JC); **Tom McKeown** (Cuesta JC); **Alfredo Rosas** (El Camino JC); **Steve Uchylli** (Orange Coast CC); **Diane Harrell** (El Camino JC); **Barb**



Ludovise (Orange Coast CC); Lisa Sandel (Moraga High School); Lori Shanoff (Petaluma High School); Renee Williams (El Camino JC)...Speaking of top recruits, John Tansley head xc coach at Long Beach State has pulled in a load with the likes of: Mike Parker (Tustin High School); Mike Serna (Orange Coast CC); Danny Martinez (Pasadena CC); Kenny Arriola (Gahr High School).

In the annual sports information directors contest for best track and field media guide UC Berkeley was voted the best for 1982, UCLA was selected as second best, Washington State third, Houston fourth, and Stanford fifth best. In division three Pasadena City College was the only California school to place as they picked up third... College Decathlon Data Book 1982: by Frank Zarnowski now on sale. Make checks payable to DECA, c/o Frank Zarnowski, Mount St. Mary's College, Emmitsburg, Maryland 21727, Price \$5.00... Commemorative T-Shirts on sale: TAC/USA has a limited number of t-shirts from the USA-USSR dual available for purchase. The price is \$6.50 which includes postage. The t-shirt features the colorful commemorative logo designed especially for the USA-USSR meet. Make checks payable to TAC/USA and mail to Special Order Dept., P.O. Box 120, Indianapolis, IN 46206... Grant Niederhaus, 1975 Community College 440 hurdle champion with a state record 50.8 is now an assistant track coach at Pasadena CC. He has continued to compete at the national level but has switched to the decathlon.

In the cross town rivalry San Francisco State University beat University of San Francisco in their dual cross country meet 19-43, with SFS's David Skoufos winning the 5K in 16:57 at Crystal Springs... Runner Graeme Fell, the most widely-heralded distance runner in the history of San Diego State University, has been declared ineligible for any further participation as an Aztec. It has been discovered that Fell had previously enrolled at a senior college institution in his home country of Great Britain, thereby rendering him immediately ineligible. He will forfeit all individual titles, honors and records achieved while at SDSU, but the total track program will suffer no forfeitures or sanctions... Contrary to some reports, track and field is alive and well at Stanislaus State, with Mark Erickson, former weight coach, taking over this year for Al Biancani who resigned after last season... Leading the Newport Beach Runners Association China Cup Series at the end of summer are Pam Morris for the women and Armando Cendejas for the men... Mt. Whitney High School of Visalia participates in a postal track and field meet with distant schools from around the USA each year and the list of yearly participants has grown to 13 teams. This year's meet was won by Traverse City HS in Michigan. Mt. Whitney was the only California team and placed 10th in the varsity. For information on such a competition contact Doug Rudolf, Mt. Whitney HS, 900 South Conyer St., Visalia, CA 93277... Debbie Chaddock of Los Angeles, and Stacy Kneeshaw of Tustin have been elected co-captains of the San Diego State University cross country team for 1982.

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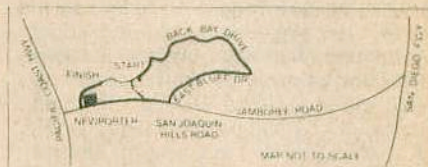
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Signature of parent or legal guardian is required in addition to signature of participant if participant is under the age of 18.

KFWB ALL NEWS 98



THE NEWPORTER



# Tuttle's Track Topics

By GARY TUTTLE

## Humboldt State's Jim Hunt A Man of Record

In 1961, Buena High School opened its doors. That same September day Jim Hunt started a cross country program. Only two students showed up for practice and an era was threatened even before it began.

Despite that shaky start, Hunt put together a dynasty which dominated Ventura County cross country and track from 1961 to 1966. In 1964 he coached a Buena team which *Track and Field News* called, "along with Muir the best high school dual meet team in the nation." In 1965 Hunt coached the cross country team to second place in CIF.

With his success at Buena, Hunt was looking for "more challenges, and a way out of Southern California." When the Humboldt State College track and cross country coaching job became available in 1966, he, wife JoAnn and 5-year-old son Gus, packed their bags and moved to Arcata.

When Hunt arrived, the track program was one of the weakest on the West Coast, not even a match for his Buena teams. However, within three years, it became dominant in the distances and competitive in track.

In 17 years at HSU (now Humboldt State University), he has had 38 All-Americans in track, 14 in cross country, 11 individual NCAA champions in track, and one in cross country. The pinnacle of Hunt's career so far was winning NCAA Division II cross country team championship in 1980.

Hunt has led HSU to success for several reasons. One is his supportive family. Hunt is backed by Gus, now 21, Tracy 15, Robin 12, (Chris 30, and Jean 28 by a previous marriage) and wife JoAnn.

JoAnn has been Humboldt's and Jim's No. 1 fan. She has spent "15 of my 21 wedding anniversaries at track meets." In recognition, she recently received a stopwatch-wrist watch from the coach for a 21st wedding anniversary present.

JoAnn ("Mom" to the team members) has been instrumental in keeping many HSU track athletes in school. Many homesick or girl-troubled runners have come to her for guidance and a bowl of spaghetti.

Another reason for Hunt's success is the active track alumni who have helped recruit new runners for him. Ex-Humboldters such as Bill Scobey, Vince Engel, Chuck Smead, Danny Grimes, Mark Conover, Gordan Innis and myself tout the virtues of Hunt and HSU to every top prospect we meet.

Of course, the main reason why HSU is known nationwide is because Hunt is able to blend his training methods and the beautiful redwood terrain into one of the finest coaching systems in the country.

According to Hunt, his style "provides for gradual improvement. It's a lifetime plan, not a flash-in-the pan plan. Don't be in a hurry. Time must elapse for improvement to take place. No matter at what age you start at, by the end of the first full year of daily running you should be doing no more than 40 miles a week.

"By the second year, 50 miles; third year, 60 miles; fourth year, 70-90 miles; fifth year 90-110 miles, and the sixth year, 110 plus."

Hunt said it is necessary to hold back because, "too much too soon can damage connective tissue and the working joints of the body."

HSU runners don't just jog, they train using four basic types of workouts.

The backbone of HSU's program is overdistance, or steady aerobic running. Overdistance is used to strengthen the cardiovascular system, especially the capillaries.

A second basic type of workout is interval training. This involves repeatedly running a specific distance at a predetermined speed, (based on 180 beat-per minute effort), and resting a sufficient time to allow a 120-pulse rate recovery before beginning again.

The third, and probably hardest, is repetition training. Repetition differs from interval in that in repetition the runs are faster, sending the athlete into oxygen debt on each interval. This is meant to be an anaerobic type of workout.

The final training style used by Hunt is sprint training. In sprint training, the quality of the run is the most important item. The length of each run is 150 yards maximum, and an effort in excess of three-quarters speed is necessary. After each sprint, enough time is allowed for complete recovery before going on the next sprint.

In Hunt's program, each basic type of workout is emphasized sometime during the year. HSU's program is structured to allow for top cross country racing in October and November, and track racing in May and June.

Basically, HSU's program is broken down as follows:

July, August and September: Overdistance, 70-120 miles a week.



October and November: Overdistance four days a week. Interval and repetition on natural terrain two days a week. Racing one day a week.

December and January: Overdistance 70-120 miles a week.

February, March and April: Interval and repetition at race pace. Overdistance four days a week. Racing one day a week.

May and June: Sprinting to improve sharpness one day a week. Intervals on repetition one day a week. Overdistance four days a week. Racing one day a week.

Perhaps Hunt's greatest asset is his ability to incorporate each individual athlete's strengths into the program. At Humboldt, each runner becomes responsible for a great deal of his own training. By the time a runner leaves HSU, he has acquired both the self-motivation and training knowledge to continue running for years without the need of a coach.

Recently, and much belatedly, Hunt has been receiving national recognition from his fellow coaches. In 1981 he was assistant coach for the West team at the Sports Festival, and has been invited to clinics and camps all over the West.

It may have taken the coaches a few years to realize that Hunt is quite a coach, but his runners have known it for years. He has the easy personality, friendliness, adaptability and genuine concern that has earned him a loyal following of current and ex-athletes he's touched over the last 25 years of coaching.

In six years, the Hunts will retire to their cabin in Willow Creek on the Trinity River. The retirement will end an important chapter in state distance running. The book will close, but many of us will never forget the story.



# Club News

*Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Also, clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.*

## Corona Del Mar TC

Christal Miller, Edith Mendyka and Shirley Kinsey received "Outstanding Athletes of 1981" awards.

Jeanne Carter has had a fantastic improvement this year in the 200 and 400. In May she broke 70-seconds in the 400, and has run 65's several times since. Her 200 is in the 27's down from in the 30's. It shows what discipline and hard work will do.

Back at the Masters Nationals in Wichita CDM athletes did well: Jeanne Carter won the 100(14.16) and 200(28.74) and placed third in the 400. Gary Miller won the 40-44 pentathlon with a national record; Hugh Adams won the 110 hurdles(14.94) & 400 hurdles(57.85); Christel Miller won the discus(79-10) & javelin(76-55); Shirley Kinsey won the javelin(76-5) & shot(29-10½) & discus(77-11); Dave Segal won the 100(11.49) and was second in the 200; Tom Patsalis won the 100(12.83), 200(26.10), long jump(19-8¾), triple jump(38-8¼), & 110 hurdles(16.89); Gene Driver won the 200(21.56), 400(49.65) and was second in the 100; Dan Alrich won the shot(46-8), and discus(149-9); Phil Schlegel won the 50-54 pentathlon(2875); Ray Spencer won the 55-59 pentathlon(2654); Burl Gist won the high jump(4-11½). Orv Gillett took second to Burl in the high jump and also took second in the pole vault.

## Youth for Christ TC

1025 Grange Road, Meadow Vista 95722

In early August Tom Koppes won the Escalon Park Fete 10K Run in a fine time of 31:59. At the Vintage Fair Run in Stockton YFC runners Tom Koppes and Dean Raymond finished one-two. About six weeks earlier Raymond ran a personal best 2:29 marathon at San Francisco. The YFC distance team of Mike Van Horn, Tom Koppes, Frank Krehs and Ken Mattson won the Park-to-Park Relays in Sacramento, shattering the old course record by six minutes.

## Tulare Runners

PO Box 1995, Tulare 93275

Dennis Wong highlighted his latest string of fine runs and personal bests these past few months with a 2:42:57 at the Nike/Oregon Track Club Marathon, September 12th in Eugene. This comes only weeks after finishing third overall at the Bass Lake Half Marathon with a 1:16:52.

The club has moved, with the new address being P.O. Box 1995, Tulare 93275.

## Berkeley Runners Club

5623 Oakgrove Ave., Oakland 94618

Three members of the Berkeley Runners Club showed up on the 1981 Ultradistance National Ranking. Val Dozle had the 21st fastest 50 mile for an American women and Carol LePlant had the 92nd best. Hilary Naylor had the 31st best 50k time for an American women. Hilary Naylor has already bettered her 1981 50k time this year by 10 minutes, at the August 8th Skyline 50k.

The Berkeley Runners hold regular team workouts three times a week. On Monday, the group meets at 6:00 pm at Willard Park. Wednesday, at 5:00 pm, they meet at the Berkeley High School track and Friday mornings at 7:00 am, they meet at the Strawberry Canyon fire trail.

## Sub 4 Track Club

11615 Coley River Circle  
Fountain Valley 92708

Sub-4 members cleaning up at recent various events around the country include:  
•Americas Finest City Half Marathon in San Diego: Domingo Tibaduiza first in 63:46 (club record); Mike Pinocci 6th in 64:31; Dave Babiracki 10th in 65:34; Manny Bautista 26th in 68:12.

•Great Race in Nashville, Tenn.: Dave Murphy 2nd in 28:30.

•Run for Roses in Louisville, Kentucky: Dave Murphy 1st in 29:16; Nick Rose 2nd in 29:35.

•Nike OTC Marathon in Eugene, Oregon: Domingo Tibaduiza 8th in 2:13:45.

•Cow Harbor 10K: Lou Patterson 3rd in 29:14.

•Crystal Palace Meet in England: Graham Williamson 1st in 3:53 for mile.

•South Coast Classic 10K in Irvine: Tom Wysocki 1st in 29:19; Ralph Serna 2nd in 29:32; Steve Scott 3rd in 29:45; Roy Kissin 4th in 29:49; 5. John Koningh 5th in 29:50.

The Sub-4 roster is an impressive list of top runners such as: Guy Arbogast, Ed Ariola, Joe Avila, Dave Babiracki, Manny Bautista, Jon Butler, Dennis Caldwell, Gordon Cookshaw, Ron Cornell, Larry Cuzzort, Dave Daniels, John Gregorio, Bob Hall, Pete Heesen, Roy Kissin, John Koningh, Dave Long, Craig Masback, Don Moses, Dave Murphy, Lou Patterson, Mike Pinocci, Nick Rose, Jim Schankel, Steve Scott, Ralph Serna, Tony Staynings, Domingo Tibaduiza, John Walker, Ray Wicksell, Graham Williamson, Ben Wilson and Tom Wysocki.

## Empire Runners

4700 Foulger Dr., Santa Rosa 95405

One of the strongest, long-distance pacers in the Empire Runners Club is Leo Steneck who has been clicking off mile after mile for five years. Steneck is a living commerial for the sport of running. Slim, he looks far younger than 55. To keep fit, Leo started playing in the Santa Rosa Junior College exercise and basketball program two days a week and together with a friend, Leo started running the Spring Lake trails every other day. Though out of condition and short of breath, Leo steadily improved. His first race was a four-miler in Healdsburg, and he came in 4th overall. These days it's hard to think of a race in which he has not participated. As Leo tells it, he just plain "likes to run." But with a 39:19 and 3:07 marathon under his belt, it's safe to say there is considerable talent involved. The 3:07 earned him a second place at the recent San Francisco Marathon.

Usually running 15-23 miles a week he steps it up to 40-50 miles if he is in training for a marathon. He often runs twice a day, to accommodate his teaching schedule. And in the fall running takes second place to hunting and fishing. Leo feels that more people would run if they wouldn't exhaust themselves in training.



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## Club News

### Lompoc Valley DC

P.O. Box 694, Lompoc 93438

Three big races in July saw lots of action for the Lompoc Valley Distance Club. On July 3rd in Santa Barbara at the Semina Nautica 15K Mike Ryan took 12th overall and first in the 30-39 division with 48:52. Other club members running well included: Jim Warrick 37th in 51:25, Roger Hanson 78th in 55:36, Ray Gil 143rd in 61:44, John Holoubek 144th in 61:45, and Katie Ryan 245th in 72:50.

At the July 11th San Francisco Marathon the club was represented well by Steve Jones who recorded an superb 2:44:30.

July 20th a large group of LVDCers assembled in Guadalupe for the County Fair 10-Mile. Again leading all members was Mike Ryan 5th overall and winning the 30-39 group with a quick 52:38. Also placing in the money were: Art Schickram 1st in 50-plus at 63:45; Ray Gil 2nd in 50-plus at 66:31; John Holoubek 3rd in 50-plus (66 years old) at 66:48; Joanne Cargill 1st women 40-49 at 75:12; Katrina Ryan 1st women 30-39 at 76:10; Linda O'Brien 3rd women 30-39 at 80:29; Ruth Adams 2nd women 40-49 at 82:14; Billy Demarest 3rd under 13 at 83:04.

### Santa Barbara A.A.

4476 Meadowlark, Santa Barbara 93105

John Jones cranked some good races a few months ago when he son the Carpinteria Ocean-To-Creek run and then placed 5th in the Semina Nautica/SPA 15K Championships with an excellent 47:06. Teammate Ed Callaway was just a notch ahead of John in the 15K as he picked up fourth at 46:56. Master member John Brennan hit a 51:49 for 38th overall in the 15K.

In the Sri Chinmoy 5-Mile Run back in July, Kemp Aaberg raced to fifth overall in 29:37.

### Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

The club has started preparations already for their big annual Bakersfield Marathon. They are negotiating with Cal State Bakersfield as to the use of their facilities for start and finish. The entry fee has been set at \$10 with no race day entries.

The club is toying with a unique idea to get more help at the marathon: a possible one year moratorium on BTC members running in the half or full marathon, so that all can help officiate.

At the August 21st Tehachapi 10K club member Brenda Villanueva won the Women's division for the 3rd year but fell short of her course record, set last year at 39:37, with a 40:30 this time. Three former BTC presidents competed in the event: Frank Fish, Jim Steen & Larry Arnt.

### Golden Gate Race Walkers

106 Sanchez St., Apt. 17, San Francisco 94114

The Golden Gate Race Walkers are getting ready for their big 1982 15K race walking championship on November 20th, at 10:00 am in Golden Gate Park. There will also be 1 mile, 5 & 10K options.

Despite a severe sciatica attack which kept her in pain throughout, GGRW's Bonnie Dillon took 12th place in the Women's International meet at Bergen, Norway, in August, in a time of 53:03, in the 10K event. Sue Brodock of Southern California was 6th in 51:02.

### Santa Clarita Runners

PO Box 481, Newhall 91321

The Santa Clarita Runners serve the Saugus-Newhall-Canyon Country area (near Magic Mtn.). It's a great place to run — the air is usually clean and the hills and heat make our runners tough.

The SCR program includes weekly training runs on Saturdays and Sundays, intervals on Tues. evenings, and fun runs on the first Sunday of each month. We also feature a marathon group which is training for the Nov. Newport Marathon, and a beginner runners group. The SCRs put on several races during the year and a monthly newsletter: The SCRambler.

Our club consists of all ages and levels of ability. Some standouts include:

Among the junior runners is David Rizzo, age 11 (5:21 mile) who recently ran a 37:06 10k at Northridge to win the 13 & under division. His sister, Lisa, age 14 has a 5:32 mile to her credit. Tim Watson, age 17 ran a 4:22 mile this summer on the track and has a 9:16 for the 3200, and a 32:02 10k. Dale Kroeger, 15, and Bob Badgett, 16, are also extremely competitive in this age division.

We have several excellent runners in the open and submaster division. Steven Durand won the World Masters Marathon this year (2:26). Doing well also are Barry Martin and Rich Burns.

Our masters are lead by Gene Blankenship (40) who has run a 32:29 10k. Stan Wegner (40) completed the Western States 100 this year and is competitive at shorter distances as well. Our 50 year olds are lead by Bob Gerlach (52) with a 37:29 10k and is closely pursued by Dick Durand and Bill Winstanley.

Sue Harmon has been leading the women with a 1:22 at the Santa Monica Half Marathon, and was the winner of the District 25K Championship.

At the 4th annual Tetrack Trail Race, 9 of our members earned awards in their respective divisions. Steve Durand was third overall, and Gene Blankenship set the masters record for this tough hilly course.

If you enjoy running (and picnicking) write for a free newsletter.

### Aggie Running Club

773 Harvard Ave., Menlo Park 94025

The Ags have been plowing up the local running courses the past few months. Some of the highlights include:

- San Francisco Marathon: Dennis O'Halloran 12th in 2:19:53; Tim Gruber 18th in 2:25:32; Joe Mangan 21st in 2:25:53; Paul Sechrist 24th in 2:26:08; Harold Clems 58th in 2:31:51; Peanut Harms 59th in 2:31:56; Kevin Kirby 68th in 2:32:50; Frank Hutchinson 83rd in 2:34:09.

- A Mid-Summer Run, Los Osos (July 18) 3.5 miles: Manny Bautista 2nd 17:40; Jim Warrick 5th 18:09; Frank Hutchinson 6th in 18:21.

- Santa Barbara Country Fair (July 20), 10 miles: Ivan Huff 2nd 48:49; Carmelo Rios 3rd 49:46; Frank Hutchinson 54:31; Diane Killeen (1st woman) 34th in 62:36; Carol Adams (2nd woman) 48th in 64:56.

- Women's Distance Festival, SLO (July 24), 5K: Carol Adams 1st in 19:33.9.

### Capitol City Flyers

4840 D Sunset Terrace, Fair Oaks 95628

The Capitol City Flyers held their 1st Annual Flyers Awards Banquet. Awards were given for performances from July 1, 1981 to July 1, 1982. Winning awards for track were, collegiate, Shawn Smallwood; open, Jerry Drew; submaster, Chuck Nichols; master, Don Spikelmieo; collegiate women, Patti Gray, and open women, Heike Skaden. Cross Country awards went to, collegiate, Tom O'Neil; open, Ron Anex; submaster, Rick Eclison; collegiate women, Katherine Virostko and Jeanette Slingerland. Road Racing awards were received by collegiate, Jeff Grubs; open, John Mansoor; submaster, Chris Hadley, master Doug Rennie; collegiate women, Krista Roberts; open women, Heike Skaden; and submaster women, Rita Fagundes. Marathon awards went to collegiate, Mark Murray; open, John Mansoor; submaster, Randy Sturgeon; open women, Kelly Geredes. Two Flyer members received ultramarathon awards, they were Judy Walker (open women) and Pat Watters (submaster men). Debbie Faryniary, Jenny Simonson and Dave Chairez shared the "most improved award" while "most inspirational" was awarded to Jeff Clark. Special Services awards went to Joe Sutton, Steve Fagundes, Marie Wright and Chris Mansoor.

Upcoming races on the Flyers schedule include three Pacific Association Championships. The Hayward Half Marathon, October 24th, the Association Cross Country Championships on November 7th and the China Camp 25K on November 14th.

The Flyers fared well in the 1982 San Francisco Marathon as the mens' team of Jerry Drew 2:25:55, Chris Hamer 2:26 and Jeff Clark 2:30 combined for a third place team finish. Heike Skaden 2:46:46, Krista Roberts 2:55:30 and Debbie Faryniary running her first 26.2 miler in 3:03 combined to give the Flyers the womens' team championships.

continued on next page...



At the Skyline 50K (Pacific Association 50K Championship), Dave Chairez placed 11th in 3:56:40 while Bjorg Austrheim-Smith was the women's winner in 4:27:03 which was a new course record.

The Flyer hosted Capitol City Track Classic, saw several Flyer members turn in outstanding performances. Harold Kuphaldt timed 52.8 for 5th in the 400m. Rob Anex timed a 14:33 5K while Dave Chairez timed 15:04, Ken Harvey clocked 15:19 and Harold Kuphaldt ran 15:31. For the Flyer women, Maryann Scannel took a first in the mile (5:03) and 800m (2:23) and also grabbed a second in the 5K timing 18:38, behind winner and teammate Heiki Skaden 18:19.

Patti Gray took top women honors by winning the BillyBall 8K Run in 27:40. Flyer men, Chris Hamer placed 29th in 25:45 and Mark Murray timed 26:24 for 45th.

## Las Vegas Track Club

4224 Claymont St., Las Vegas, NV 89109

Get set for the Las Vegas Track Club/Renaissance Center Marathon, February 5th. Club members are working hard to make this a "big time" event in 1983.

Club members are also gearing up for their 3rd Annual Fifty Mile Race, February 26th, 1983 in Las Vegas. They invite anyone interested to compete. For information send a self-addressed-stamped envelope to Robin Savalli, 410 South Falcon Lane, Las Vegas, NV 89107.

In the popular America's Finest City Half-Marathon in San Diego club member Ricardo Martinez raced in hot weather to a 1:10:55 for second place in the submaster division. Dennis Fridly finished in 1:17:36. Art Johnson set an over 4-minute PR in 1:34:46. Everett Chase was 1:34:47, John Eugster 1:36:30, while Fran Howeth finisher her first half-marathon in 2:10. Michael Ber- man, whose farthest distance before this race was 10 miles, finished in 2:13.

At the 5,200 foot high Silver State Marathon near Reno on September 5th Dave Albright placed 15th with a 2:51:45. Stan Wiggins PRed with 3:03:39. In the Half Marathon Stan Gerardi survived to hold on to a 5th place with 1:16:43 to best teammate Rob Gardner in 6th with 1:17:22.

## Fresno Track Club

PO Box 6103, Fresno 93703

At the annual CSUF Watermelon Run held over Labor Day weekend, Erin Valdez continued to show her prowess in the girl's division taking the two miles in 13:47 for a personal best. Members taking part in the MDA benefit 10k on September 6 included Frank Delgado 1st, 40-49 36:36, Bob Lindsey 1st, 30-39 33:17. Pat Dunning 2nd, 30-39 and Pat Hurst 1st, 50 plus. Club member Jeff Highlet, who resides in Modesto recovering from injuries suffered several months ago

placed 4th, 30-39, 5th overall with 36:38. At the Newman Fall Festival over the same weekend, Jeff also took part in the Oakland A's Lite Beer BillyBall Fun Run 8K that attracted 3,500 runners with Jeff placing 157th with a time of 36:38.

Among club qualifiers for the 1983 Boston Marathon, include Veteran Boston runner, Bingo Orme, who decided to do it early, turning in a very good 2:59:09, at the June 6 Fifth Annual Sri-Chinmoy Marathon in Foster City. Pat Hurst, a dominant figure in the women's 50 plus division, received word from the Boston Athletic Association that with an adjusted time of 3:27 she is in for the Boston run next year.

Central California marathon director Bill Woody, reports that this year's event will be co-sponsored by West Coast Grower's and Packers, Sun World, and Pepsi Cola. The flat, fast course will be well marked and the out and back course is an ideal place to qualify for Boston. Entry forms are now being distributed. Further information can be obtained by calling or writing Woody at (209) 431-6820 or 8038 North Mariposa, Fresno, Ca. 93710. This year all runners will receive a race packet containing information and race number by mail. Woody reminds all runners that no entries will be accepted after Nov. 17th.

Marge Timberlake won the w-40-49 class with a fine 42:44 at the first annual Wasco Rose Festival, September 11.

## Northern Calif. Seniors

881 Cedar St., Alameda 94501

Shirley Dietderich and Pat Dixon have been busy during the summer setting records. Shirley threw the javelin 54-4 for a new American record for women 55-plus at the Gresham, Oregon, meet July 30-31, and a week earlier she ran the 200 in 35.00 at the West Valley Masters meet in Los Gatos. Vicki Bigelow set a new world and American record in the 5K for women 45-plus at Los Gatos - a blistering 17:58.9. Pat Dixon, 63, set a new world record for women over 60 in the 10K with a 44:51 at a meet in Eugene, Oregon, on July 16.

Five club members - Ruth Anderson, Vicki Bigelow, Kay Atkinson, Pat Dixon and Sister Marlon Irvine - competed in the Philadelphia National Masters Sports Festival on August 14-15. Highlight was Atkinson's world record for age 65-plus in the 800. In the 800 Ruth Anderson ran 2:55, Kay Atkinson 3:12. In the 10K it was Vicki Bigelow 39:42, Marlon Irvine 39:39, Ruth Anderson 43:10, Kay Atkinson 47:31 and Pat Dixon 47:41. Most of the runners felt a little "off" due to jet lag, water, climate, or whatever, reports Ruth, but they represented the Club magnificently.



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# Prep Notes

By KEITH CONNING

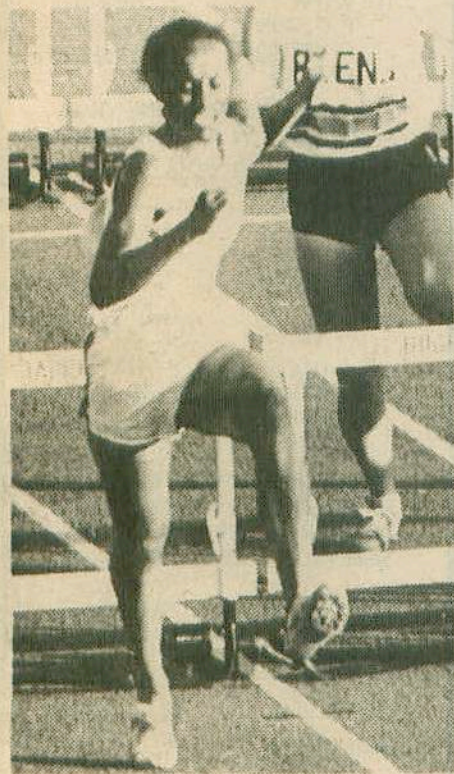
## ★ KINNEY WESTERN MEET MOVES TO DECEMBER 4.

Because of the last minute switch-a-roo of the NorCal Prep Championships from November 20 to November 27, the Kinney Western Regional will vacate the 27th date and move to the week later, December 4th. The NorCal meet will again be at Sierra College in Rocklin. Kinney will repeat at Fresno's Woodward Park. For entries to the Kinney Meet write: Bill Cockerham, P.O. Box 6103, Fresno, Ca. 93703.

## ★ TAC REGION XIII BOYS AND GIRLS AGE—GROUP

Diablo Valley College, Pleasant Hill, June 20 — Natalie Spinks (Unattached/Skyline HS, Oakland), the State Meet 100 meter hurdles champion, won in 14:28.

Freshman Nanette Garcia (San Jose Cindergals/Silver Creek HS, San Jose), fifth in the State Meet 3200 meters, won the age 14-15 1500 meters in 4:38.2.



Natalie Spinks

## ★ LOS GATOS ALL—COMERS

Los Gatos High School, July 8 — Junior Mike Kibort (Saratoga), the Central Coast

## ★ HIGH SCHOOL CROSS COUNTRY SCHEDULE

- October 2: San Ramon Invitational. San Ramon High School, Danville.  
October 2: Artichoke Invitational. Half Moon Bay High School, Half Moon Bay.  
October 8: Golden West Invitational. Tulare.  
October 9: Crystal Springs Invitational. Serra High School, San Mateo.  
October 11: Stanford Invitational. Stanford Golf Course.  
October 16: Atascadero Invitational. Atascadero.  
October 23: Castro Valley Invitational. Canyon Junior High, Castro Valley.  
October 29-30: Mt. SAC Invitational. 8a.m. Don Ruh, Athletic Dept., Mt. San Antonio College, 1100 N. Grand Ave., Walnut, CA. 91789  
November 11: Redwood Empire Junior Olympics, Spring Lake Park, Santa Rosa, 1p.m. Fred Kenyon, 2829 Yuma Ct., Santa Rosa, CA. 95401 (707) 575-7013.  
November 11: PA—TAC Junior Olympic Trials. Pleasant Hill High School, Pleasant Hill, 3p.m. 10 age groups. Contact: Becky Gibson, 631 Thornhill Rd., Danville, CA. 94526. (415) 820-6205.  
November 19: Central Section Championship. Woodward Park, Fresno.  
November 20: North Coast Section Meet of Champions  
November 21: Region 13 AAU Junior Olympics. Woodward Park, Fresno. Dave Dodson, 10518 E. California, Sanger, CA 93657. (209) 875-4072.  
November 27: Northern California Championships. Sierra College, Rocklin.  
December 4: Kinney Western Championships, Woodward Park, Fresno. *Note Date Change from November 27.* Bill Cockerham, P.O. Box 6103, Fresno, CA 93703. (209) 264-5847.

**Coaches:** Please send schedules to Keith Conning, Prep Editor, 2235 Browning St., Berkeley, CA 94702.

Section pole vault champion, set a new Northern California and California junior class record of 16-6.

The old Northern California record of 16-1½ was set by Bert Tardieu (Del Mar, San Jose) in 1978. The former junior class record of 16-4¼ was set by Anthony Curran (Crespi Carmelite, Encino) in 1977.

Sophomore Wendy Brown (Woodside), the State Meet long jump champion, jumped 20-2.

Junior Erick Montgomery (Independence, San Jose), fourth in both State Meet hurdles, won the 220 yards in 21.4.

## ★ MIKE KIBORT SETS POLE VAULT RECORDS

Los Gatos High School, July 15 — Mike Kibort (Saratoga) raised his Northern California and California junior class record to 17-0.

Kibort becomes the second best vaulter in California high school history behind state record holder Anthony Curran (Crespi Carmelite, Encino) at 17-4¼.

## ★ WENDY BROWN SETS LONG JUMP RECORDS

Los Gatos All-Comers, Los Gatos High School, July 22 — Wendy Brown (Woodside) set a new Northern California and California sophomore class record of 20-8.

The old Northern California record of 20-4½ was set by Carrie McLaughlin (Davis, Modesto) in 1979.

Brown becomes the fourth longest jumper in California prep history behind

Kim Attlesley (Corona del Mar, Newport Beach) 20-8¾ in 1971, Marlene Harmon (Thousand Oaks) 20-8¾ in 1980, and junior Jodi Anderson (Washington, Los Angeles) 20-8½ in 1975.

## ★ INTERNATIONAL MEET

Houston, Texas, July 24 — Gervaise McCraw (Ganessa, Pomona), the State Meet 100 meter champion, won the 400 meters in 56.10. Junior Nedrea Rodgers (Berkeley), fourth in the State Meet 200 meters, was second in 56.27.

Junior Trescia Palmer (Westchester, Los Angeles), third in the State Meet 800, won in 2:09.99. Jessica Spies (Livermore), second in the State Meet, was third in 2:10.95.

Polly Plumer (University, Irvine), the State Meet 1600 meters champion, won the 1500 meters in 4:21.25. Vickie Cook (Alemany, Mission Hills), the State Meet 3200 meters champion, was second in 4:22.64.

Junior Gayle Kellon (Walnut), the State Meet 300LH champion, won the 400H in 58.60.

The 4 X 100 team of junior Monica Taylor (Grant, Sacramento), Denean Howard (Kennedy, Granada Hills), Zelda Johnson (Garey, Pomona), and junior Janet Davis (Gentry, HS, Indianola, MS) won in 44.70.

Sophomore Yvette Bates (Berkeley), second in the State Meet long jump, won with a leap of 19-6¾.

Junior Natalie Kaaiawahia (Fullerton), the State Meet shot put champion, won with a put of 50-10¼. She also captured the discus at 164-6. Jacque Norton (Missior



Viejo), the State Meet discus champion, placed third at 150-6.

The 4 X 400 team of Kellon, Bates, McGraw, and Rodgers won in 3:46.09.

Zelda Johnson (Garey, Pomona), second in the State Meet 200 meters placed third in 23.91.

#### ★ JUNIOR PAN AMERICAN ATHLETIC CHAMPIONSHIPS

Barquisimeto, Venezuela, July 30-August 1 — The United States 4 X 100 team of junior Monica Taylor (Grant, Sacramento), Denean Howard (Kennedy, Granada Hills), Zelda Johnson (Garey, Pomona), and junior Janet Davis (Gentry HS, Indianola, MS) set a new American junior record of 44.07. The old record of 44.61 was set by the National Team of Paula Hines (Bladesburg, MD), junior Sharon Ware (Berkeley), Darlene Jefferson (Roosevelt, Greenbelt, MD), and junior Michelle Glover (Willingboro, NJ) on August 30, 1980 in Sudbury, Canada.

The United States 4 X 400 team of junior Gayle Kellon (Walnut), junior Nedrea Rodgers (Berkeley), Gervaise McGraw (Ganesha, Pomona), and Maxine Underwood (Brookline, MS) set a new American junior record of 3:34.68. The old record of 3:35.4 was set by the National Team of Haynes 55.0, Muller 53.9, junior Sherrie Golden (New Caney, TX) 52.4, and Thomas 54.0 on July 8, 1976 in Ludenscheid, West Germany.

Vickie Cook (Alemany, Mission Hills) won the 3000 meters in 9:46.65.

In the 800 junior Trescia Palmer (Westchester, Los Angeles) placed second in 2:06.84.

Junior Natalie Kaaiawahia (Fullerton) placed third in the discus at 154-5. Jacques Norton (Coast Athletics/Mission Viejo HS) was sixth at 143-4.

Sophomore Yvette Bates (Berkeley East Bay TC/Berkeley HS) placed fourth in the long jump at 19-2 3/4.

#### ★ LINDA VAN HOUSEN SETS 5000 METER RECORD

Los Gatos All-Comers, Los Gatos High School, August 5 — Senior Linda Van Housen (Sacred Heart, Menlo Park) set a new California record in the 5000 meters with a second place time of 17:34.8. The old record of 17:57.0 was set by Helke Skaden (Encina, Sacramento) in 1981.

It should be pointed out that sophomore Roxanne Blier (Independence, San Jose) ran 10,000 meters in 34:54.8 back in 1978. That works out as 17:27.4 for each 5000 meters.

Junior Susan Brodie (St. Francis, Mt. View) finished third in 18:12.9.

#### ★ ROBERT BUDWIG BREAKS BOB MATHIAS' DECATHLON RECORD.

Memphis, Tennessee, August 5 — Robert Budwig (Clovis West, Clovis) set a new California decathlon record of 6,933 points, while winning the senior division of the AAU Junior Olympics.

The old California record of 6,899 points was set by Olympic champion Bob Mathias of Tulare in 1948.

Budwig becomes the fifth best American prep of all-time.

#### ★ AAU JUNIOR OLYMPICS

Memphis, Tennessee, August 8 — Junior Tonya Mendonca (Mt. Whitney, Visalia), second in the State Meet high jump, won the senior girls division with a leap of 5-10.

Clint Williams (Central, Fresno), third in the State Meet long jump, placed second with a jump of 23-2 1/4.

Brian Jones (Clovis) placed second in the pole vault at 16-0. Mark Heppner (Atwater HS/Winton) was third at 15-6.

#### ★ CLOVIS GIRLS SHINE IN OWN INV.

Central Section Valley Champion Clovis High School girls failed to take a single race during the day, but Steve Ward's Cougars did take second and third in the frosh, soph, and junior races to notch five of the top ten days times. No team scores were kept. Top female time over the 3200 meter course was recorded by Denae Dunlap of Anderson with a 12:10.

Top boys time was recorded in the Senior Race by Grant Foster of Monte Vista High who came over to preview the 5,000 meter Kinney Western Regional course. Danny Valdez of Merced notched 15:58 in winning the Junior Race.

#### ★ DEWAYNE PORTER EXCELS IN FOOTBALL

Fremont, August 8 — DeWayne Porter (Oakland), a member of the 4 X 100 State Meet champion relay team, scored one touchdown, set up another and led Alameda County to a 12-6 victory over the Contra Costa All Stars.

Porter gained 199 yards in total offense, including a 78-yard punt return for a touchdown. He is going to attend Laney Junior College in Oakland.

#### ★ JEFF STOVER — 49er ROOKIE

San Francisco, August 14 — San Francisco 49er free agent Jeff Stover never played college football.

Jeff Stover (Corning HS) was the seventh best high school shot put in the United States in 1976 with a put of 65-2 1/4. He also played as both a fullback and defensive end for Corning.

Despite having the third longest throw in California behind Steve Montgomery

*continued on next page...*

Fine Flicks by Don Gosney



Linda Van Housen




Grant Foster


## KINNEY CROSS COUNTRY CHAMPIONSHIPS

### Western Regional Championship


✓ **DATE CHANGE TO Dec. 4**

The top eight boys and top eight girls from the Western Regional will have their way paid to the Kinney National Championships to be held in Orlando, Florida on December 11, 1982.





Jeff Holyfield & Marilyn Davis



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## Prep Notes

(Lassen, Susanville) 68-5½ and John McKenzie (Hart, Newhall) 67-9, Stover did not get an opportunity to compete in the 1976 State Meet in Berkeley.

Stover placed second in the Northern Section to Montgomery, who went on to win the State Meet. Only the winner from the Northern Section was advanced to the State Meet.

Stover placed fifth at 61-1¾ in the International Prep Invitational at Evanston, Illinois and second at 64-7½ in the Golden West Invitational in Sacramento.

"I went to Oregon on a track scholarship, so that's why I never played football there," Stover said to Peter Clark of the Oakland Tribune. "At Oregon, track was a year-around program. The football coach (Rich Brooks) tried to get me to come out for his team, but my track coaches discouraged that."

Stover won the Pac-10 championship in the shot put three times and also placed in the NCAA.

The Los Angeles Raiders, who defeated the 49ers' 17-14 on August 14th in an exhibition game, were impressed by Stover who is 6 foot 5, 275 and runs the 40 in 4.7.

### ★ PACIFIC ASSOCIATION OF TAC CHAMPIONSHIPS

Edwards Stadium, Berkeley, August 28 — Karen Nickerson (Capital City Flyers/Cordova HS, Rancho Cordova), second in the State Meet discus, won with a toss of 150-9.

Linda Van Housen (Woodside Striders/Woodside HS) won the 10,000 meters in 38:31.7.

### ★ KEVIN WILLHITE INJURED

Eugene, Oregon, August 30 — Kevin Willhite (Cordova, Rancho Cordova), the State Meet 200 meter champion in 1981, has been ruled out for the 1982 football season at Oregon because of injuries.

Willhite, the 6-foot, 175-pound highly rated speedster, first damaged the tissue of his right leg's hamstring in May during his

high school track season. He has aggravated the injury where he has two tears in the muscle on several occasions when it had begun to heal.

"The doctors said the only way Willhite's injury is going to heal is to be rested completely," said Coach Rich Brooks. "It is a disappointment, but it may be the best thing that could have happened to him under the circumstances. Now he can get adjusted to his academic affairs without the pressure of football and allow the injury to heal properly."

Asked whether the loss of Willhite, one of his year's most sought-after prep stars, has hurt team morale, Brooks said, "I never had him per se," because the injury occurred last spring, shortly after he was recruited. Brooks said he isn't even concerned that Willhite will miss training. "I don't want to treat a racehorse like a mule," he said.

### ★ LOWELL TRACK COACH BARNEY WOLF DIES

San Francisco, August 31 — Barney Wolf, 64, track and cross country coach at Lowell High School in San Francisco for 20 years, died on Sunday, August 29, after a heart attack. Wolf was a discus thrower and a varsity basketball player for Lowell. At California he held the school discus record of 159-3.

In 1941 at the NCAA championships held at Stanford, Wolf placed third in the discus to earn All-American status. He also won the Pacific Coast Conference championship that year.

### ★ YVONNE KENDALL AND LESLIE MAXIE

Millbrae, September 1 — Assistant track coach Rich Wheeler of the Millbrae Lions and Mills High School called to report that sophomore Yvonne Kendall of Mills High School high jumped 5-8 at the Woodland Invitational. That performance would put her in a tie for seventh on the 1982 California prep list.

Leslie Maxie, who was featured in our August issue, had to withdraw from competition at the TAC Junior Olympics in Lincoln, Nebraska, because of a hamstring injury.

### ★ FIFTH AVENUE MILE

New York, September 4 — Kim Gallagher (Upper Dublin HS, Fort Washington, PA) finished third in 4:30.29, the fastest mile ever by a prep.

### ★ FOR THE RECORD

The following high school records have been reported since the September issue. C-California, NC-Northern California, SC-Southern California, CJC-California junior class, CSC-California sophomore class.

#### Men

PV 16-6 NC,CJC Mike Kibort (Saratoga)  
PV 17-0 NC,CJC Mike Kibort (Saratoga)  
Dec 6933 C,SC Robert Budwig (Clovis West)

Los Gatos July 8  
Los Gatos July 15  
Memphis, TN August 5

#### Women

5,000 17:34.8 C,NC Linda Van Housen (SacHrt, MP)  
LJ 20-8 NC,CSC Wendy Brown (Woodside)

Los Gatos August 5  
Los Gatos July 22

However, Polly Plumer (University, Irvine) still holds the track record of 4:35.24.

Gallagher will be attending the University of Arizona, so we will be seeing her in California meets next season.

### ★ MAURICE CRUMBY (BALBOA, SAN FRANCISCO)

Maurice Crumby's 7-3 high jump at the TAC Junior Olympics is even more remarkable when you learn that he strained a muscle on his side during his first attempt at 7-3. He missed that try and the second attempt, and appeared to fail on his third. He stopped halfway through his approach, then burst over the bar.

"When I stop like that I usually get my best jumps," Crumby said to Sara Martens of the Omaha World-Herald. "I just stop and think about it for a second."

### ★ SAC—JOAQUIN SECTION PREVIEW

I would like to thank Steve Fagundes of Carmichael for writing the Sac-Joaquin Section cross country preview in the September issue.

His name was left off the article when it was printed.

Steve is making a great contribution to prep track in the Sacramento area. Last season he compiled an all-time Sac-Joaquin Section list.

### ★ BRIAN ABSHIRE AND JOHN HANSON

Oregon City, Oregon — Brian Abshire (DeAnza, Richmond), who placed 8th in the State Meet 3200 meters, and John Hanson (El Dorado, Placerville), who placed fourth in the State Meet 1600 meters, will attend Clackamas Community College in Oregon City, Oregon this year.

### ★ OCTATHLON AND PENTATHLON

Enterprise High School in Redding is going to host a men's NorCal High School Octathlon and women's NorCal High School Pentathlon on March 28 and 29, 1983.

The meets will be held together on the same days in the same place. The men's division is the normal decathlon minus the pole vault and javelin.

It will be held on Shasta College's all weather track. This will be the 3rd year the meet will be held.

Contact: Michael Moynahan, Enterprise High School, 3411 Churn Creek Rd., Redding, CA. 96002. (916) 222-6601.

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# ★ PREP MAILBAG

Keith Conning

August 18

Here are some 1982 Prep Best Marks that were overlooked or not reported. All of the following athletes are juniors, and all times were run in wind under the allowable limit. 100 meters...Chris Belcher...10.66 Hand (Kennedy, Sacto) March 20, 1982, Hughes Stadium

200 meters...Chris Belcher...21.40 Auto (Kennedy, Sacto) May 26, 1982 Hughes Stadium-Metro League Champ.

110 meters HH...Chris Grimble...14.23 Auto (Kennedy, Sacto) May 28, 1982 Hughes Stadium, 2nd place Metro League, 2nd place Sac-Joaquin Sec.

300 meters L.H...Richard Curtis...37.12 Auto (Kennedy, Sacto) May 28, 1982 Hughes Stadium-Metro League Champ, Sac-Joaquin Champ.

I'd just like to note that your articles have been very informative and helpful in coaching. Thanks alot.

Sincerely yours,

Les Robinson,

Coach J.F.K. High School, Sacramento, CA.

Dear Keith,

I noticed in your August 7th State Meet article that you had Bridget Cunningham listed at 2:16.70 in her 800 heat. I don't know if you remember me telling you that night that I questioned that time, because I had hand-timed her in 2:13.6. Well, after a great deal of pleading, cajoling, and just plain standing around, I finally got the meet

director to take another look at the photo of the finish, and he discovered that her official time should have been 2:13.77. I'd appreciate it if you could correct that for your year-end lists.

I thought you might be interested to know where some of our people will be going next year. Kyle Kessler is going to Chabot JC, Steve Mayberry to UC Santa Barbara. Steve had a hernia operation after track season and just started running again, so he's going to redshirt in cross country and point for track. We seem to have developed sort of a pipeline to Santa Barbara — Dave Shea went there last year, now Steve, then on the girl's side, Jennifer Symes, who was on both of our State Meet relay teams, is going and Karin Lambden has transferred from Abilene Christian to UCSB. Karin had injury problems also — she had the same problems Marilyn Davis had, and had it operated on this summer. Right now, she has no idea when she'll be able to start running again. Bridget and Eileen Cunningham are undecided right now — either Chabot or UCSB (this is starting to sound like a broken record, isn't it?), and Sabrina Stevenson is going to Chabot. Speaking of Chabot, I think Larry Guinee will be running for them this year — he's been training under Tony Casillas this summer, and Tony thinks he'll be ready for great things again this year.

As for Castro Valley, Calvin Gaziano has been running very well this summer, with 15:39 and 15:45 5000's, a 4:09 1500, and last Thursday at a Chabot All-Comers meet, a 4:28.0 mile. Another sophomore-to-be, John Bass, also broke 16:00 in the 5000 in the Junior Olympics, beating Martin Higginbotham (Berkeley). John went to San Loren-

zo last year and moved to Castro Valley in the middle of the school year, so he finished out the year at San Lorenzo, but will be running for us this year, which will help us considerably. Unfortunately, the god of transfers both giveth and taketh away, because Matt Suess, who ran 2:02 as a freshman, moved to Santa Rosa, and fortunately, will go into a good program at Piner with Jim Underhill. Mike Spencer, who took some time off this summer and just started running seriously again, ran a 4:37, 10:05 double this week. Ron Winters has jumped 6-6 at the last two all-comers meets, and took some extremely good jumps at 6-10 after the competition. This coming week will be his last meet, as he starts football practice after that. Matt Matsuoka, who will probably be our 4th or 5th man in cross country, ran a 10:25 2 mile, a 15-second PR. I'm sure I'll see you at some invitationals this year — we're hoping to send a frosh-soph team to Alum Rock this year, which should include Gaziano, Bass, Ron McDaniel (52.5 & 2:06 as a freshman) and Dave Shea's younger brother Mike, who'll be a freshman. We wish it also included Markus Luck — he's an 8th grader who ran a 1:28 half-marathon at Oakland last winter, which apparently is a 12-13 national record.

Sincerely,

Peter Jensen

San Leandro

P.S. — This is a bit long to publish in CTRN, but you can use any part of it you like. Incidentally, it really looks great in its new magazine form.

## 1982 CIF Southern Section Cross—Country Preview

By Doug Speck

As the hot weather (and smog) really settle into the Southern California area the school year is about to start and it is Cross-Country time again. The long and complete preparation of the Southern Section's Prep athletes should result in another very successful campaign in one of the nation's toughest areas competitively. A couple of the nation's top individual runners for both sexes, and another University of Irvine Women's squad that could challenge for "best in the nation" honors, will lead the way.

Eric Reynolds (Camarillo), the nation's fastest returning two-miler at 8:52.23 3200m was 3rd in the Kinney's National Cross-Country Championships last year. He could be the nation's top high-school distance runner in his senior year. Tanya Fischer (Chaminade, Canoga Park), Kathy Ebner (Bishop Amat, La Puente), and Teresa Barrios (University, Irvine) return as the top young ladies. Fischer was 7th at the National level in the Kinney's Meet last year, and has run the 2nd fastest ever high-school women's time at Mt. SAC in 17:29. Ebner was 11th at Nationals, and raced a

10:38.40 3200m in track. Barrios was 4th in State over 3200m at 10:29.03 and will return to head another awesome University of Irvine Women's team.

Anyone who thought the loss of Polly Plumer (and Coaches Bob Messina and Don Christensen) would spell the end of University of Irvine as a power is very wrong. Plumer is at UCLA and Messina is now coaching at Cal State Fullerton. The Trojans return Barrios and a group that can average about 18:40 at Mt. SAC (worth 17:40-18:00 on a flat course) with depth to boot. Five University girls have run 5:17 or better for 1600m, and one or two of them may lose their top five spots to newcomers.

Over in the Men's team picture another squad on top last year, California's number one ranked team, Mater Dei (Santa Ana), returns a solid group. How that team works together after the graduation of acknowledged team leader Robert Planta will be a big key for Coach Bob Richardson's group. With progress the Monarchs could be as good as last year's group and challenge once again as the Golden State's best.

In the following preview the letter "s" after a time refers to an athlete's best on the Mt. SAC course (site of last year and this year's Sectional prelims and Finals competitions). Track times are followed by the distance and "y" (yards) or "m" (meters). I would like to thank Mike Kennedy, Dave Osterman, and Don Chadez for information that made this preview possible.

continued on next page...

photo by Herb Potter



Eric Reynolds



## Prep Notes

### 4A Women

In 1982 it will be University of Irvine again, as the Trojans are far ahead of the pack. Theresa Barrios leads four who placed in the top twenty in team scoring in this division last year — Sue Armentrout 18:47s (11:09.19 3200m) and Jami Nourse 18:59s (11:22.31 3200m) will assist in the University quest to be the best in the state and the country.

Century League rivals Foothill (Santa Ana) and Tustin are a step back of Uni, but still very tough. Susan Meyers 18:53s (5:21.9 mile) and Amy Cox 19:20s (2:11.73 800m) lead Coach Dan Thomas's Foothill Knights. Kellie Miller 18:34s (11:06.14 3200m) heads Coach Tom Coffey's Tustin girls. The dual meet between these two is probably the most competitive two-team competition in Southern California. Millikan (Long Beach) returns six of its seven from a group that just missed making the Sectional Finals in 1981. Annette Dzikowski 19:00s leads this group which would certainly be bolstered if Coach Rod Petkovic can talk 2:07 800 runner Kerri Zaleski into competing for the school. Fountain Valley was sixth in the 4A in 1981 and Dyana Crabtree (19:02s) heads six back off that team. Local rivals Rolling Hills, Palos Verdes both have good teams returning. Soph Laura Collins (19:39s) leads six returnees from the 1981 10th place squad for Rolling Hills, while Ann Bensch (18:16s) is on top of a group of the same number of returnees for the 11th place Sea Kings.

Orange County powers Costa Mesa, El Dorado (Placentia), Edison (Huntington Beach), and Westminster are fairly even. Julie Morris (19:45s) heads four that return off a 4th place 4A squad for Costa Mesa. Marcia Escabosa (El Dorado) was 7th individually in 18:35s (4:51.60 1500m), as everyone returns for Coach Don Chadez's team. Coach Ruben Chappins will count on 2:18 half-miler Leslie Pratt to lead his 1982 Edison team — the Chargers were 8th as a team in 1981. Laura McCracken (Westminster) 19:43s (10:55 3200m) heads the top five from her school that are back for another year.

Another top individual in the 4A division should be El Toro soph Nicole Biggers who raced 18:53s and 2:13.8 for a half in track.

A number of other teams are potentially powerful. Newbury Park returns a good trio, led by Gina Jones, and has always been one of the Section's deepest programs. West Torrance has six of its top seven back, led by Leslie Paoletti. Eisenhower (Rialto) has a good five back, with Sonja Cooper and Elena Lugo leading the way. Esperanza (Anaheim) has four back from a good team, with Tamsin Valdez (19:32s) on top. Alta Loma returns its top six, with Suzy Keough (19:39s) the team's star.

### 3A Women

Mira Costa (Manhattan Beach) is another frightening group. Coach Dave Holland returned his top seven from last year's Sectional 3A champs, then welcomed Anita Harris (19:25s - 10:36.55 3000m) to the squad as district high school Aviation was closed down. Laure Cattavera (18:07s - 4:52.94

1600m and fourth in state) was 3rd individually 3A in 1981, and Laurie White (19:09s - 11:23.4 3200m) gives Micohi a mighty tough up-front group.

Leading the contest for second will be a fine Walnut group. Coach Sam West has taken over for Jim Polite (now helping out at Mt. SAC) and he hopes the Acosta sisters, April (5th 3A 81-18:48s) and Regina (7th 3A 81-19:02s) can lead the Mustangs to the heights they achieved in 1981. How much of a factor a new high school in Diamond Bar in the district will take away from Walnut is not yet known. Bishop Amat (La Puente) is led by nationally ranked Kathy Ebner (18:17s - 10:38.40 3200m) and Joanne Maldonado (19:50s). For those of you who thought the Ebner chain had run out, don't despair, soph Eileen is the third returnee for this team. Coach Jim Brown at Rowland returns his entire 12th place 3A squad from 1981, soph Cindy Hays (19:50s) heads a group without a senior in the top seven. Moreno Valley was 10th 3A in 1981, and Raven Johnson (19:57s) heads five back from that team for Coach Jon Gaffney. Lorie Hagen (20:06s) heads six girls from a Dana Hills squad that just missed out on a spot in the 3A Finals in 1981 — a year's experience should make the Dolphins a 1982 threat. Continuing problems with injuries could be the only thing holding Laguna Beach and Coach Jim Toomey from high honors in 1982. The Artists return a solid trio, and will challenge for a high place if all are able to compete. Bishop Montgomery was 5th 3A in 1981, and Maureen Bradley (19:39s) heads four back from that successful group. Miraleste (Palos Verdes) narrowly missed a Finals spot in 1981 — the return of five of the top six from that squad should change that outcome in 1982. Sally Cohenour (19:11s) and Lori Good (19:51s) lead a good Arlington group, while San Gabriel, enjoying the drop from the 4A Pacific League to the 3A Foothill League is headed by Sylvia Mosqueda (10:55 3200m) in its quest for Sectional honors.

Coach Phil Ryan's San Marino Titans have always been very successful. Junior Carol Irving (19:33s - 11:24 3200m) will head a 1982 team with the potential to challenge by the end of the season. Claire Felt (18:17s - 4th 3A 81) leads a Mater Dei squad that could do quite well, and South Pasadena and Montebello return enough to face consideration as the year goes on.

### 2A Women

Lompoc was second in this division in 1981 and returns everyone. The trio of Sally Rich (19:26s), Jodee Naha (19:47s) and Kerri Hyatt (19:51s) will lead the Braves to what should be a sectional championship.

Chaminade (Canoga Park) is led by the 1981 individual winner, Tanya Fischer (17:29s) and everyone else in the top six. Nordhoff (Ojai) is in the same situation, with its top six back, led by soph Trish Unruhe (19:30s). Ontario was 4th in 1981, and should be about there for 1982, as Sylvia DeSantiago (19:43s) leads that entire group back this season. Central (El Centro) was 3rd last year, and Norma Abina (20:02s) leads six back from that team. Kathy Kierman (18:29s 3rd 81 2A) from Los Amigos (Garden Grove) is another who will top a squad with everyone returning for 1982. Victor Valley (Victorville) took it all in 1981. The Jackrabbits lost numbers 2 and 3, but

Patricia Sowers (19:29s) is back to lead the other five from that Championship team. Rosemead is a perennial Finalist, and 1982 should be no exception, as six of the top seven for the 1981 11th place Panthers are back. Northern League rivals Arroyo Grande and Righetti (Santa Maria) should be pretty closely matched in 1982. Kelly Buzza (18:59s - 5th 3A 81-5:09.10 1600m) will try to provide the up-front strength to help her Arroyo Grande teammates take care of Righetti's depth.

photo by Bert Davis



Tania Fischer

Other individuals who could be an individual threat in 1982 are Tammy Brazel (Chino) 18:31s 4th 3A 81 and 10:35.42 3200m in track, and Frances Silva (Alemany) 19:06s. Other teams who could be in the race for Finals spots come Section competition time are Agoura, Garden Grove, and Arroyo (El Monte).

### 1A Women

Sherman Indian (Riverside) was 4th in this division in 1981. The return of six of the top seven for the Indian squad, led by Justina Setalla (20:35s 7th 81 1A), should spell a Sectional title this season. Sacred Heart (LA) finally graduated Lori Lopez, but five of the 1981 titlist squad will be back this season to form a threat. Atascadero was 3rd here in 1981, and with Donna Thompson (20:38s 8th 81 1A) leading five of their top seven who return the Greyhounds will be tough. Bishop returns a solid five from their 1981 5th place team, and should be near the top in 1982. Marymount (LA) drops down from 3A to the 1A level, and 2:12.49 800 runner Lisa Garnett (20:00s) will lead five returnees on a team that should find real success at this level. Maranatha (Sierra Madre) has a solid foursome back to seek a place higher than their 7th of 1981. Paraclete (Lancaster) was just short of Finals qualifying in 1981, the return of six from that group should spell success this time around. Westlake (LA) another refugee from the 3A level, has six back, led by junior Jana Hillman (19:26s). Whittier Christian



has five of its top seven who competed in CIF Prelim action in 1981 back for 1982. Lutheran (La Verne) has four of its Varsity back, with Sherry Mawhorter (20:30s) a good leader. Margaret Mohr (19:59s - 4th 1A 81) heads a good La Reina (Thousand Oaks) team that will be heard from.

The top individual in this division, should it be worked out such that her school will compete this fall, is Sarah Allabeck (Cate, Carpinteria). Sarah blossomed during the spring Track season to record 4:57.11 1600m and 10:47.63 3200m clockings, and made the state meet. Other teams that could be heard from are LA Baptist, Mammoth, and Pasadena Poly.

#### 4A Men

After scoring only 37 points in winning the 3A division in 1981, the Mater Dei squad (and Angelus League) found themselves boosted up to 4A status. As has already been mentioned this move should make little difference, since the Monarchs, under Coach Bob Richardson, return a squad that averages close to 16:00 at Mt. SAC before the season starts. Four athletes return who finished in the top 24 in 3A scoring (Mitch Eddy 7th, Rod Arsenault 8th, Ricky Martinez 12th, and Matt Munoz 24th). A healthy Jim Toner should spell a 4A Championship. A number of other schools, a high percentage being from Orange County, sit by should the Mater Dei crew falter. Coach Don Chadez has a super group back at El Dorado (Placentia). Ric Allen (15:51s) and Scott Hakeman (15:51s) head five of a 1981 Finalist group, with the progress of 4:11 1500m soph Phil Middleton a key to how far the Golden Hawks can go. El Modena (Orange) is led by 1:52.66 800 runner, Ruben Esparza (16:16s), and Coach Tom Weber has a proven trio to back him up in a quest for Sectional honors. Huntington Beach is led by Gus Qunonez (11th 4A 81 15:29s - 9:11.35 3200m) and another good foursome - rumors have it the Oilers are expected to be bolstered by a super age-group. Another beach school, El Toro, has an excellent duo in Erik Farlen (15:48s) and Bill Cunningham (15:49s). The Chargers were 3rd in 81 and return three others from their top nine. Thousand Oaks shocked with its 2nd in 1981, peaking in great fashion. First, the Lancers will try to survive the tough Maramonte League, but Derek Hatch (15:50s) and three others from the top six return to make good things possible. University (Irvine) on paper appears to be depleted by graduation. But the Trojans claim to return seven who have run under 10:00 for 3200m, led by Marty Sholts (16:26s) and 9:38 3200m soph, Greg Whiteley. Brian Hunsaker will assist at University with the coaching of this group. Fountain Valley lost Bob Erickson and Ned Mosher, but Ed Gould (16:04s) and an excellent soph group should lift the Barons into the Sectional Finals once again. Villa Park is led by junior Kevin Green (15:53s - 1:53.04 800m) and three others from its 1981 7th place 4A squad. Palos Verdes was a finalist group in 1981, and the Sea Barons are led by fine junior, Patrick Watson (16:12s). Millikan (Long Beach) has five of its top seven back, led by Rick Battenfield (15:55s). Upland is in the same situation, as super junior, Ken Feters, 9th individually 4A in 81 (15:38s) will lead a resurging program.

Other individuals who will be a 4A threat

include Jesus Gutierrez (Pasadena) 10th 4A 81 15:38s and an even better 9:02.09 3200m in track for 4th in state, Ron Harris (Eisenhower, Rialto) 4th 81 4A (15:27s) and 4:14.90 1600m, Chris Rice (Newbury Park) 7th 81 4A 15:42s, Mark Junkerman (Los Alamitos) 8th 81 4A 15:37s, and Dave Anderson (Corona Del Mar) 4:13 1600m.

Other teams that could challenge for top rankings or Sectional Finals spots are numerous. Tustin was super at the Soph and Frosh levels in 1981. Katella (Anaheim) returns six of seven from a good team, led by Paul Gianetto (16:04s). Newbury Park is led by Chris Rice and two other top runners, Lakewood returns five from its 81 Varsity, led by Rich Graves, and Dos Pueblos (Goleta) and Simi Valley have always been very competitive.

#### 3A Men

This division should be a real dog-fight (with the removal of Mater Dei to the 4A level). Five or six solid veteran squads return and could challenge for the title. Montebello peaked nicely to nab 2nd in this division in 1981, and the Oilers have six back from that team, led by Brasley Manuel (16:01s). Hawthorne is in the same situation (6 of 7 back) from a 5th place group - Larry Kerns (16:01s) and Shawn Storie (16:13s - 4:24.11 1600m) lead. Barstow, having been moved up to the 3A level after a big 2A title in 1981 (and 1980), will be tough once again. Junior Jim Ortiz (15:24s - 8:59.31 3200m and

photo by Bert Davis



Jim Ortiz

6th in state in track) and Eddie Toro (16:00s) will lead Coach Don Braden's crew as they look for honors at a higher level. Canyon (Canyon Country) also lost only one of their 1981 3rd place team. Robin De Sota (15:50s), Tim Watson (15:52s - 9:16 3200m), and super soph Dale Kroeger (16:08s) make up a tough

up-front trio for Canyon. Coach Gene Gurule at Mission Viejo returns the top five from a squad that showed poise in making it to the 81 Finals when leader Chris Dion was not able to compete. Billy Christie (16:05s) leads the squad that took 8th in last year's 3A Championships. South Hills (Covina) was 11th in 1981 at the 3A level, and they return everyone, led by Tim Cammack (2nd 81 3A 15:30s - 9:09.16 3200m) and 4:26.04 1600m runner John Vargus. Dana Hills returns a solid foursome, led by Jon Kelly and Mike Williams from its 1981 12th place 3A group. Victor Valley, sucked up with Barstow when its San Andreas League was raised to 3A status, returns a group that will be successful here. Five runners of the Jackrabbits 4th place 2A 1980 squad are back, led by Darryl Martin (16:17s). Rowland will probably be the team to finally knock off Walnut in the Sierra League, as Coach Jim Brown returns a solid five from his 1981 group. Buena Park, led by Ed Carasco (16:12s), and La Canada, led by 4:15.08 1600m runner John Trevithick (16:04s), both have solid trios back.

A number of other squads have the potential to be threats at this level. Downey, La Puente, Redondo, and Warren (Downey) all return respectable fives from 1981 Sectional Prelim action. San Clemente, Saugus, and Mira Costa (Manhattan Beach) each have a good trio returning to lead the action in 1982.

#### 2A Men

The kicking up-stairs of the San Andreas League has this division breathing a bit easier. Coach Tim O'Rourke of Arroyo (El Monte), the runners-up in 1981, has a fine group back in 1982. With among the top Soph groups in Section history last year, the Knights will be unbeatable if everyone is around. Coachella Valley was 10th here in 81, and the Arabs have six back from that team, led by Luis Silva (16:05s). Crespi (Encino) has five back from a 12th place 81 2A group, led by the improved Keith Tanin (4:10.51 1600m track - 5th in state). Cabrillo (Lompoc) has its entire team back, with Blair Hirzel and Dale Parker leading what will be a good team. Garden Grove has Jim Smith (16:09s) and the rest of its top five back for 82 action. Bishop Montgomery (Torrance) has five back from a Sectional Prelim squad, and they are led by super sophs Greg Houlgate (16:38s) and Greg Keyes (16:47s). Nordhoff (Ojai) has a respectable foursome back from its 8th place 1981 team. Perris has five athletes back who saw Sectional Finals action with their 9th place 1981 team. Indio returns four from a team that narrowly missed in qualifying for the 81 Sectional Finals. Ontario, led by soph Richard Banta (16:58s) and Rim of the World (Lake Arrowhead), with Mike Paulin (16:45s) on top, should be good teams.

Other good individuals in this division should be 1981's 4th placer individually, David Loud (Charter Oak, Covina) 15:43s, Jose Carranza (Central, El Centro) 16:03s for 10th in 81, and Righetti's (Santa Maria) 1:52.63 800m (6th in state) star Brian Casey (16:11s).

Other teams that could challenge for honors are Baldwin Park, with six of its top seven back, and Chino, with six back from its 1981 Sectional Prelims squad.

continued on next page...



# Prep Notes

## 1A Men

The same squads seem to continue to dominate things at this level. LaSalle, the 81 titlist when Sherman Indian (Riverside) was disqualified after the Prelims for using a fifth year runner, will appear to duel with that school for the 1982 championships.

Coach Don Blair's LaSalle team is tough on top with junior J.P. Hall (3rd 81 1A 16:10s) leading five vets of the defending champ group. Sherman returns a solid trio, led by Eugene Cruz, and the Indians always seem to be able to come up with a steady, consis-

tent group. Brentwood has six of its top seven back from a 1981 2nd place group. George Yuster (2nd 1A 81 16:03s - 9:14.0 2 mile) heads that team. Atascadero is always good, the Greyhounds have five back from their 9th place squad. Lutheran (La Verne) has its top five back (they were 10th in 1981) with fine junior Rommey Mawhorter (5th 81 1A 16:16s) on top. Maranatha (Sierra Madre) was 6th last year, they return five from that team, led by Tim Parker. Fillmore was 3rd in 1981, and they return a solid trio to build on in 1982. LA Baptist was 5th in 1981, 4:27.61 1600m trackman Bill Baugh and soph Lance Olsen

(16:45s) lead four from that squad. Morro Bay was 4th in 1981, the Pirates have four returning for their 1982 team. Whittier Christian, with six of seven Varsity returnees led by Brad Peters, and Bell-Jeff (Burbank) with the same number back from its 1981 Varsity will both be good.

Another individual who will be a threat at this level is Carpenteria's John Paine, who raced 4:24.14 1600 in track. A couple of other squads could be threats if they develop. Serrano has four back from its Varsity, Beaumont five of seven returning, and Bishop has a strong tradition over the years.

## Region XIII TAC Boys & Girls

From Keith Conning

June 19-20, Diablo Valley College, Pleasant Hill.

### 16-17 Boys

**100m** —1.Wiley Watson (1980/Oakland HS) 10.86, 2.Gary Jackson (No.Val. Gol. Bears) 11.23, 3.Trent Antwine (1980/Oakland HS) 11.25.  
**200m** (4.89) —1.Anne Williams (1980/Oakland HS) 22.08, 2.Watson 22.27, 3.James Cooper (San Jose TC) 22.72.  
**400m** —1.Williams 48.40, 2.James Brown (1980) 50.1, 3.Cooper 50.2.

**800m** —1.Kevin Green (So. Ca. Roadrunners) 1:56.7, 2.Ed Daily (Montebello) 1:57.1, 3.Noah Hinkston (RTTC 1980 TC) 2:00.5.

**1500m** —1.Green 4:07.3, 2.James Macon (NVGB) 4:09.5, 3.Jose Luis Garcia (Montebello/Lincoln HS, L.A.) 4:12.2.  
**5000m** —1.Garcia 15:27.1.

**110mH** (2.62) —1.Chris Harrigfeld (Motown Express) 15.71, 2.Wayne Leslie (NVGB) 17.42.

**400mH** —1.Leslie 1:02.45, Harrigfeld and Todd Mathison were disqualified.

**4 X 100** —1.1980 Track Club (Trent Antwine anchor) 43.36, Golden Bears disqualified.

**4 X 440** —1.No. Valley Golden Bears (Benji Green anchor) 3:26.3.

**4 X 880** —1.No. Valley Golden Bears 8:53.1.

**High Jump** —1.Maurice Crumby (East Oakland Youth Devel./Baiboa HS, S.F.) 208 cm-6-9 3/4, 2.Justin Brown (Booker T.) 203 cm-6-7 3/4, 3.Tom Caple (Arete Akis/Terra Linda HS, San Rafael) 203 cm.  
**Pole Vault** —1.Chris Rhoades (Reno) 14.0. Jeff Arneson no height.

**Long Jump** —1.Brown 21-4 1/2, 2.Jeff Crawford (No. Va. Golden Bears) 21-3 1/4, 3.Jackson 20-3 1/4.

**Triple Jump** —1.Crawford 43-5 1/4, 2.Jerry Galvin (Unatt., Concord) 40-6, 3.Albert Chung (No. Valley Golden Bears) 33-10.

**Shot Put** —1.Mike Ostrum (DVTFC/Las Lomas HS, Walnut Creek) 52-4, 2.Paul Troppy (Santa Rosa Express) 45-2 1/4.

**Discus** —1.Ostrum 183-5, 2.Steve Sohn (DVTFC) 148-4, 3.Galvin 148-5.

**Javelin** —1.Ostrum 205-4, 2.Sohn 134-4.

### 16-17 Girls

**100m** (1.98) —1.Vivian Riley (San Jose Track Club/Independence HS, SJ) 11.9, 2.Minnie Murry (Unatt.) 12.7, 3.Tracey Lee (No. Valley Golden Bears) 12.8.

**200m** —1.Riley 26.21, 2.Lee 27.69.

**400m** —1.Jessica Spies (San Jose Cindergals/Livermore HS) 57.13, 2.Anna Robles (Montebello) 65.32.

**800m** —1.Jackie Love (Pegasus ATC) 2:18.3, 2.Mandy Whittier (Coast Athletics) 2:21.0, 3.Sonja Cooper (So. Ca. Roadrunners) 2:21.0.

**1500m** —1.Sharon Yaninek (San Jose Cindergals/Presentation HS, SJ) 4:47.9, 2.Love 4:50.1, 3.Tammy Brazel (Unatt./Chino HS) 4:55.8.

**3000m** —1.Brazel 10:23.3, 2.Laura McCracken (Coast Athletics) 10:30.9, 3.Lupe Perez (Montebello) 10:43.7.

**5000m** —1.Trish Ramirez (So. Calif. Roadrunners) 15:50.0, 2.Kathleen Kieran (Coast Athletics) 15:55.7.

**100mH** (1.37) —1.Natalie Spinks (Unatt./Skyline HS, Oakland) 14.28, 2.Carol Jones (Unatt./Ontario) 15.47, 3.Heldi Ellis (Orinda Track) 17.0.

**400mH** —1.Heldi Waterfield (San Jose Cindergals) 1:07.79, 2.Irene Reyes (Montebello) 1:10.26, 3.Perez 1:10.95.

**4 X 880** —1.Montebello (Lupe Perez anchor) 9:59.99.

**High Jump** —1.Michael Miller (San Jose Cindergals/Santa Clara HS) 167 cm-5-5 1/2, 2.Kathy Repanich (San Jose Cindergals) 157 cm, 3.Mary Rhodes (Unatt., Fresno) 152 cm.

**Long Jump** —1.Riley 18-5 1/4, 2.Rhonda Lockhart (Unatt./Skyline HS, Oakland) 17-8 1/2, 3.Carole Jones 17-1.

**Triple Jump** —1.Jones 35-11 1/2, 2.Lockhart 32-9.

**Shot Put** —1.Kari Bowers (San Jose) 35-9 1/2.

**Discus** —1.Bowers 110-9.

**Javelin** —1.Jeanine Miller (Lassen Track Club) 121-9, 2.Ellis 108-3, 3.Sandy Wheeler (Lassen Track Club) 88-4.

### 14-15 Boys

**100m** (2.74) —1.Jerome Joseph (Rancho) 10.8, 2.Melvin Miller (Vallejo Pacesetters) 10.8, 3.Anthony Ford (LA Jets) 11.0.

**200m** (.73) —1.Kevin Tolliver (Vallejo Pacesetters) 22.72, 2.Victor Mylas (Montebello Track Club) 22.73, 3.Joseph (Berkeley East Bay) 22.75.

**400m** —1.Joseph Hart (LA Jets) 51.22, 2.Myron Lilley (LA Jets) 51.40, 3.Tolliver 51.80.

**800m** —1.David Elder (No. Valley Golden Bears) 1:59.0, 2.Seane Kelly (LA Jets) 1:59.7, 3.David Parker (So. Ca. Roadrunners) 2:01.4.

**1500m** —1.Parker 4:12.0, 2.Freddy Kober (No. Valley Golden Bears) 4:12.4, 3.Kelly 4:14.3.

**5000m** —1.Calvin Gaziano (Canyon Track/Castro Valley HS) 15:40.2, 2.Greg Whiteley (Orange County Blue Angels) 15:44.8, 3.Duke Ritenhouse (Silver State Striders) 16:18.2.

**110mH** (2.80) —1.Mike Koellsted (Vallejo Pacesetters) 15.60, 2.John Gash (Santa Rosa Express) 15.93, 3.Marc Tourville (Santa Rosa Express) 16.1.

**400mH** —1.Koellsted 59.32, 2.Tourville 1:00.54, 3.Joey Lidgett (Golden Empire TC) 1:05.45.

**4 X 100** —1.Berkeley East Bay TC (Kenneth Henderson anchor) 43.47, 2.Vallejo Pacesetters TC (Kevin Tolliver anchor) 43.90, 3.No. Valley Golden Bears (Danny Reynolds anchor) 44.57.

**4 X 440** —1.LA Jets (Sean Kelly anchor) 3:24.84, 2.Vallejo Pacesetters (Kevin Tolliver anchor) 3:37.70, 3.RTTC-1980 (Preston Brown anchor) 3:38.80.

**4 X 880** —1.No. Valley Golden Bears 8:53.2, 2.Silver State Striders (Chris Lerude anchor) 8:59.0, 3.DVTFC (Robert Letting anchor) 9:00.6.

**High Jump** —1.Kenny Burke (North Valley Golden Bears) 204cm-6-8 1/4, 2.Mark Trujillo (Silver State Striders) 198cm, 3.Andrew Lewis (LA Jets) 188cm.

**Pole Vault** —1.John Gast 13-0, 2.Brian Nagy (Napa Track) 12-6, 3.Jim Gash 11-0.

**Long Jump** —1.Ford 22-6, 2.Lawrence Reynolds (NVGB) 21-8 1/2, 3.Michael Dorsey (NVGB) 21-0 1/4.

**Triple Jump** —1.Robert Stogner (Santa Rosa Express) 41-11, 2.Robert Reading (Berkeley East Bay) 41-5 1/2, 3.Eric Wilson (No. Valley Golden Bears) 41-0 1/4.

**Shot Put** —1.Leif Dodson (Napa Track) 49-10, 2.Dante Javier (Un. Union City) 46-11 1/2, 3.Joe Lemmons (Napa Track) 44-2 1/4.

**Discus** —1.Dodson 147-0, 2.Javier 130-0, 3.Don Bonvicino (Un., Hayward) 124-1.

**Javelin** —1.Tourville 150-0, 2.Jim Gash 148-3, 3.Mike Sweeney (DVTFC) 146-4.

### 14-15 Girls

**100m** (1.64) —1.Leslie Hardison (1980 Track Club) 12.53, 2.Phyllis Manigault (No. Valley Golden Bears) 12.53, 3.Charlesetta Brisco (1980) 12.55.

**200m** (2.96) —1.Manigault 25.63, 2.Nlecy Erin (Richmond City Halfsteppers) 25.80, 3.Hardison 25.87.

**400m** —1.Dana Faulkner (1980) 57.37, 2.Manigault 57.93, 3.Cynthia Johnson (PATC) 58.45.

**800m** —1.Barbara Keehner (San Jose/Hill HS) 2:25.5, 2.Susan Bakken (Silver State Striders) 2:25.5, 3.Sharlene Rogers (San Jose Cindergals) 2:26.0.

**1500m** —1.Nanette Garcia (San Jose Track Club) 4:38.2, 2.Stephannie M-Jones (Silver State Striders) 4:57.2, 3.Nicole Biggers (So. Calif. Roadrunners) 5:06.1.

**3000m** —1.M-Jones 10:29.1, 2.Kristi Condon (Silver State Striders) 10:47.1, 3.Keehner 10:49.6.

**5000m** —1.Lori Charette (Coast Athletics) 16:24.1, 2.Leslie Wilson (Gazellees) 16:59.3, 3.Jessica Allstat (Cupertino Yearlings) 17:05.7.

**100mH** (.08) —1.Prudence Jackson (Pegasus ATC) 15.43, 2.Gina Brown (Pegasus ATC) 16:31, 3.Laurie Laveren (Comets) 16:50.

**400mH** —1.Margaret Ruden (San Jose Cindergals) 1:05:55, 2.Cherry Smith 1:07.71, 3.Gina Brown (Pegasus ATC) 1:08.97.

**4 X 100** —1.1980 Track Club (Charlesetta Brisco anchor) 49:05, 2.Pegasus ATC (Leslie Hardison anchor) 49:09, 3.Vallejo Pacesetters (Lesley Stewart anchor) 53.75.

**4 X 440** —1.Pegasus ATC (Gina Brown anchor) 4:14.1.

**4 X 880** —1.Silver State Striders (Stephaie M-Jones anchor) 10:28.04.

**High Jump** —1.Lisa Gibson (Unatt., Danville) 4-5 1/2.

**Triple Jump** —1.Ruden 36-2 1/2, 2.Jeri Pournanas (St. Bonaventure TC) 34-5 1/4, 3.Gibson 32-8 1/4.

**Shot Put** —1.Jackie Garcia (Unatt., San Luis Obispo) 34-7 1/2, 2.Terri Japs (So. Ca. Roadrunners) 32-8 1/4, 3.Shelia Stubblefield (Golden Empire TC) 30-7 1/2.

**Discus** —1.Stubblefield 116-11 1/2, 2.Garcia 113-5 1/2, 3.Japs 105-7 1/2.

**Javelin** —1.Japs 116-6, 2.Stacey Jordan (So. Cal. Val. Northstars) 105-6, 3.Chris Ryan (Santa Clara Val. Golden Girls) 102-7.

### 12-13 Boys

**100m** (1.89) —1.Mike Vonture (St. Bonaventure TC) 12.00.

**200m** (2.79) —1.David Richards (NGB) 23.80.

**400m** —1.Richards 51.08, 2.Vonture 52.41, 3.Lonnie Crittenden (LA Jets) 54.01.

**800m** —1.Tony Perez (Wasco) 2:00.8.

**1500m** —1.Perez 4:11.5.

**3000m** —1.Mike Wall (Susanville) 9:08.7.

**1500m Walk** —1.Mathew Dillon (Cupertino Yearlings) 8:43.1.

**3000m Walk** —1.Rick Holland (Napa) 17:56.9.

**100mH** (.99) —1.Lonnie Crittenden 14.69.

**200mH** —1.Crittenden 25.80.

**4 X 100** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9:19.5.

**High Jump** —1.Dion Brown (LA Jets) 5-6.

**200m Walk** —1.St. Bonaventure Track Team (Jeff Chimienti anchor) 46.84.

**4 X 440** —1.LA Jets (Lonnie Crittenden anchor) 3:39.60.

**4 X 880** —1.DVTFC 9



Robinson (Chicago, IL) 10.66, 2.Neil Jesse (Atlanta, GA) 10.76, 3.Daron Council (Sanford, NC) 10.84. **Heat 3** (0.77 mps)—3.Trent Antwine (Hayward, CA/Oakland HS) 10.98. **Semis Heat 2** (2.32)—5.Antwine 11.23.

**200m Final** (1.51)—1.Robinson 21.26, 2.Edward Frazier (Greenville, NC) 21.50, 3.Council 21.56. **Heat 3** (0.01)—5.McArthur Osborne (Crenshaw, Los Angeles) 21.8.

**400m Final** —1.James Rolle (Orlando, FL) 46.17 meet record, 2.John Patterson (Amarillo, TX) 47.05, 3.McArthur Osborne (Crenshaw HS, Los Angeles) 47.55. **Heat 1** —2.Osborne 48.31. **Heat 2** —3.Kimmie James (Richmond, CA) 48.73. **Semis Heat 1** —James did not start. **Heat 2** —2.Osborne 47.26.

**800m Final** —1.James 1:51.40, 2.Jonathan Mann (Wayland, MA) 1:51.43, 3.Osborne 1:51.91. **Heat 1** —1.Osborne 1:51.18. **Heat 2** —1.James 1:54.61.

**1,500m Final** —1.Earl Jones (Inkster, MI) 3:53.86, 2.Matt Taylor (Ingram, TX) 3:56.92, 3.Richard Dissly (Little Rock, ARK) 4:01.73. **Heat 1** —Martin Gonzalez (Bell, CA) no time.

**5,000m** —1.Keith Hanson (Stevens Point, WI) 15:04.56, meet record, 2.Jon Thogmartin (Carrollton, TX) 15:10.09, 3.Michael Bilyau (Tulsa, OK) 15:20.11.

**10mMH** (0.46)—1.Barry Malloyed (St. Louis, MO) 13.8, 2.Victor Moore (Boxby, OK) 13.8, 3.Craig White (Chinquapin, NC) 14.0.

**400mH** —1.Belfred Clark (Shaker Heights, OH) 52.37 meet record, 2.Moore 53.16, 3.Charles Brown (Memphis, TN) 53.30.

**4 X 100 Final** —1.Athletic Attic East Coast Classics (Mike Pittman, Edward Frazier, Reggie Chavis, Daron Council) 40.82 meet record, 2.Flyers 41.26, 3.Mobile Recreation Dept. 41.48, 4.East Oakland Youth Development Center 41.77. **Heat 1** —4.East Oakland 41.94. San Diego Star Steppers did not start.

**4 X 400 Final** —1.Athletic Attic East Coast Classics (Izel Jenkins, Willie Fuller, Edward Frazier, Chris Brooks) 3:12.14 meet record, 2.Dallas Track Club 3:16.35, 3.Durham Striders 3:17.05. **Heat 2** —5.San Diego Star Steppers 3:27.54.

**High Jump** —1.Maurice Crumby (Balboa HS, San Francisco) 7-3 meet record, 2.Scott Richardson (Walhalla, SC), Stuart Burleson (Barksdale, TX) 6-8 1/4 (tie). **Pole Vault** —1.Michael Kibort (Saratoga) 16-1, 2.(tie) Brian Jones (San Antonio, TX) and Mitchell Long (Kenedy, TX) 15-5. No height: Todd Cramer (Fremont, CA).

**Long Jump** —1.Chris Brooks (Raleigh, NC) 23-4 1/4, 2.Leroy Brisco (Baton Rouge, LA) 23-3 1/4, 3.Lyle Dunbar (Tuscon, AZ) 23-1 1/4. All jumps legal.

**Triple Jump** —1.Brooks 49-8 1/2 (0.80), 2.John Tillman (Waxhaw, NC) 49-4 1/4 w 3.80, 3.David Bond (Decatur, IL) 49-3 1/4 (0.50). Justin Brown (San Francisco, CA) did not compete.

**Shot Put** —1.Donnie Wallace (Everetts, WA) 59-5 1/4, 2.Randy Campbell (Russellville, ARK) 58-6 1/2, 3.Jeff Bott (Morrill, Neb) 57-7 1/4. Mark Shell (Oakley, CA) did not compete.

**Discus** —1.Dan Katches (Burlingame, CA) 80-11, 2.Doug Presny (Monona, Wis) 75-11, 3.Garry Frank (Omro, WI) 71-4.

**Javelin** —1.Tony Aldredge (Milwaukee, Wis) 207-8, 2.Robert Amagile (Spring Lake Heights, NJ) 202-0, 3.John Towle (Scott Plains, NJ) 196-0, 12.Gordon Fellows (Roseville, CA) 151-8.

#### Young Women Age 17-18

**100m Final** (0.34)—1.Michelle Finn (Orlando, FLA) 11.79, 2.Angela Thacker (St. Louis, MO) 11.96, 3.Mamie Wilson (Durham, NC) 11.99. **Heat 2** —Natalie Plinks (Oakland, CA) no time.

**200m Final** (1.84)—1.Shirley Walker (Seattle, WA) 24.25, 2.Finn 24.36, 3.Thacker 24.48.

**300m Final** —1.Jacqueline Malone (Chicago, IL) 54.58, 2.Lillian Taylor (St. Louis, MO) 55.53, 3.Chantal Nickels (Mobile, ALA) 55.85.

**400m Final** —1.Taylor 2:11.81, 2.Jacqueline Love (Las Vegas, NV) 2:12.77, Anne Johnson (New London, NH) 13.38.

**1,000m Final** —1.Jennifer Rioux (Livonia,

MI) 4:39.33, 2.Patty Metsier (North Jackson, OH) 4:40.83, 3.Mary Spear (Winston, NC) 4:42.10. **Heat 1** —8.Linda Van Housen (Redwood City, CA) 5:00.14. **3,000m Final** —1.Metsier 9:48.85, 2.Karlene Erickson (Ericson, NE) 10:03.69, 3.Daria Pitt (N. Jackson, OH) 10:10.88, 7.Van Housen 10:43.29.

**100mH** (0.03)—1.Shirley Walker (Seattle, WA) 13.66, 2.Diane Thomas (Mt. Airy, MD) 13.69, 3.Christina Wallis (Williamstown, NJ) 14.01. **Heat 1** —Natalie Plinks no time or place. **Heat 2** (0.23)—5.Merika Reed (Oakland, CA) 15.46.

**400mH Final** —1.Wallis 60.89, 2.Kari Agin (Saline, MI) 61.09, 3.Shelli McMurray (Spokane, WA) 51.72. **Heat 1** —Diann Robinson (Pleasanton, CA) no time. **Heat 2** —5.Heidi Waterfield (Los Altos) 66.72.

**4 X 100 Final** —1.Memphis Recreation Dept. (Patsy Somerset, Bonnie Wiseman, Sheila Echols, Michelle King) 46.70, 2.Royal Knights 47.20, 3.East St. Louis Railers 47.31.

**4 X 400 Final** —1.Royal Knights (Angie Thacker, Lillie Taylor, Tamika Foster, Cathy Taylor) 3:46.00, 2.Summit City Track Club 3:54.42, 3.Greensboro Pacers 3:56.24.

**High Jump** —1.Jewel Dorman (Yakima, WA) 5-9 1/4, 2.Heather Smith (Hurlock, MD) 5-9 1/4, 3.Rosie Wadman (Niles, IL) 5-8. Malody Martin (San Francisco, CA) cleared no height.

**Long Jump** —1.Melody Smith (Atlanta, GA) 19-9, 2.Thacker 19-9, 3.Stacey Whitfield (Colorado Springs, CO) 19-8, 16.Robin Woods (Oakland, CA) 16-8 1/2.

**Triple Jump** —1.Alasia Cox (Salina, Kan) 39-8 w (3.2), 2.Smith 39-0 1/2 (0.10), 3.Sheri Gagnon (Nashua, NH) 37-10 1/2, 15.Marcia Reed (Oakland, CA) 34-7 1/4, 18.Shannon Taylor (Concord, CA) 33-2.

**Shot Put** —1.Teena Brooks (Richmond, VA) 44-8 1/4, 2.Cindy Johnson (Mesa, Ariz) 44-4 1/4, 3.Beth Stuart (Holdrege, Neb) 43-1 1/4, 17.Beth Watkins (Livermore, CA) 34-0.

**Discus** —1.Johnson 172-3 meet record, 2.Joan Gago (Ewa Beach, Haw) 139-10, 3.Michelle Millane (Quincy, Mass) 132-9, 19.Gisela Guillen (Menlo Park) 66-11.

**Javelin** —1.Debbie Clark (Woodstock, Conn) 146-2, 2.Sherrie MacKinney (Amity, PA) 143-3, 3.Roxie McKee (Salina, KS) 140-10, 4.Jeanine Miller (Susanville, CA) 137-11, 17.Guillen 49-10.

#### Intermediate Men Ages 15-18

**100m Final** (1.02)—1.Lee McRae (Penbrook, NC) 10.63. **Heat 1** —Damon Island (Oakland, CA) did not start.

**200m Final** (0.03)—1.McRae 21.59. **Heat 1** —Steve Watkins (Oakland, CA) did not start.

**400m Final** —1.Harlan South (Markham, IL) 49.64.

**800m Final** —1.Roy Nelson (Coquille, Ore) 1:55.39. **Heat 2** —8.Rudy Avelar (Bell, CA) 2:09.65.

**1,800m Final** —1.Jeff Cannada (Phoenix, Ariz) 4:02.72, 7.Mario Coy (Econdido, CA) 4:15.6, 11.Oswaldo Curbalo (Bell, CA) 4:22.0.

**3,000m Race Walk** —1.Tony Engelhardt (Seattle, WA) 14:45.6.

**5,000m Final** —1.Cannada 15:45.34, 2.Ted Gooklake (Fallbrook, CA) 15:53.74, Martin Higginbotham (Berkeley, CA) did not finish.

**10mMH Final** —1.Lemuel Frazier (Houston, TX) 14.94.

**400mH Final** —1.Solomon Branch (Dayton, OH) 54.42 meet record, 3.Mark Broughton (Pacifica, CA) 56.84. **Heat 1** —1.Broughton 56.86. **Semis Heat 1** —1.Broughton 57.24.

**4 X 100 Final** —1.Durham Striders 41.94 meet record.

**4 X 400 Final** —1.Mobile Recreation Dept. 3:24.22. **Heat 1** —1980 Track Club did not start.

**4 X 800 Final** —1.Royal Knights (St. Louis) 7:55.26 meet record.

**High Jump** —1.Mark Trujillo (Reno, NV) 5-9 1/4 meet record.

**Pole Vault** —1.Preston Schmidt (Bettendorf, IA) 15-1 1/4, 3.George Bassett (Saratoga, CA) 13-11 1/4.

**Long Jump** —1.Andre Love (Bellwood, IL) 23-10 1/4 meet record (1.10), 6.Warlon Parks (Oceanside, CA) 22-3 w (2.95), 7.Stephen Fisher (Saratoga, CA) 22-2 1/4.

**Triple Jump** —1.Martin Banks (Highland Park, IL) 45-5 1/4, 9.Clyde Larkin (Ukiah, CA) 41-8.

**Shot Put** —1.Jeff Shepard (Robbins, IL) 55-6 1/2 meet record.

**Discus** —1.Soloman Tyson (Winter Haven, FL) 154-6.

**Javelin** —1.Craig Gelfound (Matown, NJ) 190-6.

#### Intermediate Women Ages 15-16

**100m Final** (2.01)—1.Carla McLaughlin (Durham, NC) 12.07.

**200m Final** —1.Wenda Vereen (Trenton, NJ) 24.19. **Heat 2** (0.16)—4.Vicky Galbert (Saratoga, CA) 25.3. **Semis Heat 2** (0.87)—5.Galbert 25.4.

**400m Final** —1.Genesia Eddins (Boston, Mass) 55.16. **Heat 1** —3.Leslie Maxie (San Mateo, CA) 58.25. **Heat 3** —4.Nadine Bent (Union City, CA) 59.72. **Semis Heat 1** —Maxie did not start because of a hamstring injury.

**800m Final** —1.Susan Nash (New Lexington, OH) 2:11.94 meet record.

**3,000m Final** —1.Doniece Johnson (Berkeley, CA) 2:14.65. **Semis Heat 1** —8.Rachel Villegas (Cud-

dy, CA) 2:26.04. **Heat 2** —3.Johnson 2:15.47.

**1,500m Final** —1.Stacey Zartler (Irving, TX) 4:37.86 ties meet record, 10.Kim Himenes (Menlo Park, CA) 5:05.6.

**3,000m Final** —1.Kathleen Smith (San Antonio, TX) 10:04.06.

**3,000m Race Walk Final** —1.Tyra Karlsson (Seattle, WA) 16:29.70, 7.Leslie Wilson (North Highlands, CA) 18:23.29.

**100mH Final** (1.44)—1.LaVonna Martin (Trotwood, OH) 14.01. **Heat 1** (0.96)—1.Leslie Maxie (San Mateo, CA) 14.24. **Heat 2** —Misako Hill (Rancho Cordova, CA) did not start.

**400mH Final** —1.Martin 61.10 meet record, 8.Laura Sullivan (Millbrae, CA) 66.49. **Heat 3** —3.Sullivan 1:06.4. **Semis Heat 1** —4.Sullivan 55.50.

**4 X 100 Final** —1.So.Central Athletic Assoc. 47.71 meet record, 5.East Oakland Youth Development Center 48.94. **Heat 2** —4.East Oakland 49.02.

**4 X 400 Final** —1.East St. Louis Railers 3:53.25, 6.Berkeley East Bay TC 4:01.1. **Heat 2** —2.Berkeley 3:58.05.

**4 X 800 Final** —1.Memphis Rec. Dept. 9:27.10, 8.Woodside Striders 11:00.0.

**High Jump** —1.Barbara Rehms (Clayton, WA) 5-7, 11.Yuki Kendall (Millbrae, CA) 5-1. Cheryl Meziere (Escondido, CA) cleared no height.

**Long Jump** —1.Cynthia Johnson (North Las Vegas, NV) 19-0, 6.Evette Patterson (San Francisco, CA) 17-10 1/4 w.

**Triple Jump** —1.Laura Kirkham (Centerville, OH) 38-5, 4.Wendy Martin (Turlock, CA) 36-1. All jumps legal.

**Shot Put** —1.Carla Garrett (Santa Fe, NM) 42-3 1/4 meet record, 6.Jackie Garcia (San Luis Obispo, CA) 35-2.

**Discus** —1.Garrett 145-3. Stacey Hom (Rancho Cordova, CA) did not compete.

**Javelin** —1.Lisa Sohns (Stevenson, WA) 140-0 meet record.



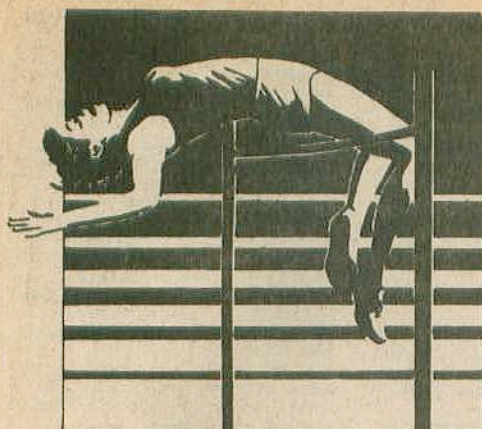
## ARE YOU HOSTING A RUN OR MEET?

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

Date of Event	Location of Event			
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: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070





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# ALL-TIME California High School Girls Best Marks

By **BOB WOMACK**

Below are listed the All-Time California High School Girls best marks updated to July 30, 1982. This listing is a synthesis, combining the work of many other people, especially the following, whose help and encouragement should be acknowledged: Ron Blackwood, Calvin Brown, Keith Conning, Bill Peck, and Howard Willman. Naturally, any responsibility for error is mine, not theirs and corrections, additions, etc., should be sent to me c/o CT&RN.

It should be pointed out that a high school athlete's season is considered to run through August 31st and therefore, class records can be set during summer all comers and age group meets. Also, graduating seniors still qualify for the high school list until that date.

Three event lists have been added this year: the 1500 and 3000 meters (against the day the National High School Federation rejoins the rest of the world) and the triple jump, added by the CIF to the girls' program this year. In the latter event, we have no records for the year 1980 or earlier. If you know of pre-1981 marks which would qualify for this list, please let me know.

## 100 Meters

(automatic timing)

**State Meet Record:** 11.42 Sharon Ware (Berkeley) at Berkeley 1980. **Fresh:** 11.89 Brigitte Blackburn (Cajon, San Bernardino) 1979. **Soph:** 11.58 Brenda Winston (San Geronio, San Bernardino) 1977. **Junior:** 11.34 Sharon Ware (Berkeley) 1980. **Senior:** 11.50 Kim Robinson (Westchester, Los Angeles) 1977.

photo by Dave Stock



Ann Regan

Fine Flicks by Don Gosney



Denise Ball

Fine Flicks by Don Gosney



Sheri Howard

Fine Flicks by Don Gosney



Cheri Williams

11.34	Sharon Ware (Berkeley)-2 at Knoxville	1980
11.50	Kim Robinson (Westchester, LA)	1977
11.57	Valerie Brisco (Locke, LA)	1978
11.58	Brenda Winston (San Geronio, San Bdo)	1977
11.60	Gervaise McGraw (Ganesh, Pomona)	1977
11.61	Sheri Howard (Kennedy, Granada Hills)	1980
11.62	Inger Peterson (Dorsey, LA)	1981
11.62	Monica Taylor (Grant, Sacramento)	1982
11.64	Alice Brown (Muir, Pasadena)	1978
11.64	Lisa Winston (Jordan, Long Beach)	1982
Hand Timing:		
11.5	FROSH Elaine Parker (Oceana, Pacifica)	1975
11.4	Jackie Thompson (San Diego)	1972
11.4	Elaine Parker (Oceana, Pacific)	1978

## 200 Meters

(\*220 yards minus 0.12)

**State Meet Record:** 23.19 Sheri Howard (Kennedy, Granada Hills) at Berkeley 1980. **Fresh:** 24.23 LaTanya Dawkins (Muir JHS, LA) 1978. **Soph:** 23.88 Nedrea Rodgers (Berkeley) 1981. **Junior:** 23.40 Denean Howard (Kennedy, Granada Hills) 1981. **Senior:** 23.19 Sheri Howard (Kennedy, Granada Hills) 1980.

23.19	Sheri Howard (Kennedy, Grn Hls)-1	1980
	at Berkeley	
23.25	Denean Howard (Kennedy, Grn Hls)-2	1982
23.27	Gervaise McGraw (Ganesh, Pomona)	1982
23.42*	Gwen Loud (Westchester, LA)-1	1979
23.62	Sharon Ware (Berkeley)	1980
23.72	Frieda Cobbs (Berkeley)	1978
23.75	Kelia Bolton (Hill, San Jose)-1	1978
23.77	Valerie Brisco (Locke, LA)	1978
23.80	Diana Pullins (Muir, Pasadena)	1982
23.81	LaTanya Dawkins (Dorsey, Los Angeles)	1982
Hand Timing (*220 yards minus 0.1):		
23.5	SOPH Brenda Winston (San Gorg, SB)	1977
23.2	Mable Ferguson (Ganesh, Pomona)	1973
23.4	Kathy Hammond (Sacramento)	1969
23.4	Jackie Thompson (San Diego)	1972
23.5	Brenda Winston (San Geronio, SB)	1977

## 400 Meters

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

50.87	Denean Howard (Kennedy, Granada Hills)-2	1982
	at Knoxville	
51.09	Sheri Howard (San Geronio, SB)-1	1979
51.91	Mable Ferguson (Ganesh, Pomona)	1972
53.12	Frieda Cobbs (Berkeley)	1978
53.34	Jeannie Arnold (Locke, Los Angeles)	1982
53.42	Arlise Emerson (Westminster)-1	1978
53.43	Charlette Cooke (Los Angeles)	1968
53.46	Marian Franklin (Baiboa, SF)	1979
53.47	Gwen Gardner (Cranshaw, LA)	1978
53.50	Gervaise McGraw (Ganesh, Pomona)	1982
Hand Timing (*440 yards minus 0.3):		
51.8*	Kathy Hammond (Sacramento)	1969
53.0*	Charlette Cook (Los Angeles)	1968
53.4*	Janice Wiser (La Jolla)	1973

## 800 Meters

(\*880 yards minus 0.7)

**State Meet Record:** 2:06.08 Donna Curtis (Culver City) at Norwalk 1981. **Fresh:** 2:02.4 Mary Decker (Orange) 1973. **Soph:** 2:02.3 Mary Decker (Orange) 1974. **Junior:** 2:04.6 Ann Regan (Camden, San Jose) 1978. **Senior:** 2:03.8 Charlette Cooke (Los Angeles) 1968.

2:02.3	Mary Decker (Orange) at Durham	1977
2:03.8*	Charlette Cooke (Los Angeles)	1968
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:05.5	Linda Goen (North, Bakersfield)	1977
2:05.7	Rennie Durrand (Laguna Beach)	1968
2:05.84	Jessica Spies (Livermore)	1968
2:05.9	Francie Larrieu (Fremont, Sunnyvale)	1977
2:05.9	Lynn Hollins (Riverside)	1977
2:06.01	Donna Curtis (Culver City)-1	1968
2:06.07	Trescia Palmer (Westchester, LA)	1968

## 1500 Meters

(\* En Route to Longer Distance)

**Fresh:** 4:25.66 Mary Decker (Orange) 1973. **Soph:** 4:29. Roxanne Bier (Independence, San Jose) 1978. **Junior:** 4:16.8 Francie Larrieu (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8\* Polly Plumer (University, Irvine) 1982.

4:16.8	Francie Larrieu (Fremont, Sunnyvale)	1968
	at Stuttgart	
4:16.8*	Polly Plumer (Univ., Irvine)	1982
	at Westwood	
4:20.9	Cheri Williams (Livermore)	1977
4:21.0	Vickie Cook (Alemany, WoodHills)	1968
4:21.5	Eileen Claugus (Rio Arroyo, Sacto)	1977
4:23.0	Linda Goen (North, Bakersfield)	1977



4:24.3	Debbie Heald (Neff, La Mirada)	1972
4:24.4	Ann Trason (Pacific Grove)	1977
4:25.0	Regina Jacobs (Argyll, Studio City)	1981
4:25.4	Michelle Bush (Rolling Hills)	1979

## 1600 Meters

(\* mile minus 1.8)

**State Meet Record:** 4:39.92 Polly Plumer (University, Irvine) at Sacramento 1982. **Fresh:** 4:40.2\* Mary Decker (Orange) 1973. **Soph:** 4:46.0\* Linda Goen (North, Bakersfield) 1977. **Junior:** 4:40.0\* Vickie Cook (Alemany, Woodland Hills) 1981. **Senior:** 4:33.44\* Polly Plumer (University, Irvine) 1982.

4:33.44*	Polly Plumer (Univ, Irvine)-3	1982
	at Westwood	
4:38.9*	Eileen Clausus (Rio Amer, Sacto)	1973
4:40.0*	Vickie Cook (Alemany, Wd Hls)	1981
4:40.2*	Mary Decker (Orange)	1973
4:43.2*	Cheri Williams (Livermore)-1	1978
4:44.47	Denise Ball (Newbury Park)	1982
4:44.6*	Linda Goen (North, Bakersfield)-2	1979
4:44.76	Tracy Weber (Lynbrook, San Jose)	1981
4:45.2*	Jessica Spies (Livermore)	1982
4:45.46	Tina Allen (Santana, Santee)	1982

## 3000 Meters

(\* En Route to Longer Distance)

**Fresh:** 9:51.5 Tania Fischer (Chaminade, Canoga Park) 1979. **Soph:** 9:24.8 Vickie Cook (Alemany, Woodland Hills) 1980. **Junior:** 9:22.3 Vickie Cook (Alemany, Woodland Hills) 1981. **Senior:** 9:30.8 Eileen Clausus (Rio Americano, Sacramento) 1973.

9:22.3	Vickie Cook (Alemany, Wood. Hills)	1981
	at Westwood	
9:30.8	Eileen Clausus (Rio Amer, Sac)	1973
9:35.33	Tania Fischer (Chamin, Canoga Park)	1982
9:37.7	Su-Mei Lee (Eisenhower, Rialto)	1979
9:38.5*	Denise Ball (Newbury Park)	1982
9:42.0	Tena Anex (Fair Oaks)	1973
9:42.2	Lori Lopez (Sacred Heart, LA)	1981
9:43.33	Vicky Bray (Los Altos)	1977
9:44.9	Roxanne Bier (Independence, SJ)	1979
9:46.0	Lisa Scaduto (Santa Monica)	1979

## 3200 Meters

(\* 2 mile minus 3.6)

**State Meet Record:** 10:12.31 Vickie Cook (Alemany, Woodland Hills) at Norwalk 1981. **Fresh:** 10:17.1\* Vickie Cook (Chaminade, Canoga Park) 1979. **Soph:** 10:14.78 Vickie Cook (Alemany, Woodland Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Woodland Hills) 1981. **Senior:** 10:06.2\* Cheri Williams (Livermore) 1978.

10:06.2*	Cheri Williams (Livermore)-1 at Berk	1978
10:11.78	Vickie Cook (Alemany, Wd Hls)-3	1982
10:15.8*	Eileen Clausus (Rio Amer, Sacto)	1973
10:15.99	Denise Ball (Newbury Park)	1982
10:16.4*	Cindy Schmandt (Santa Barbara)	1979
10:18.1*	Su-Mei Lee (Eisenhower, Rialto)	1979
10:19.9*	Susie Meek (Palos Verdes)	1978
10:21.19	Lori Lopez (Sacred Heart, LA)	1981
10:24.39	Tania Fischer (Chaminade, CanPrk)	1982
10:26.74	Michelle Mason (Buena, Ventura)	1981

## 100 Meter Hurdles

(\* 110 yards minus 0.04)

**State Meet Record:** 13.71 Sherifa Sanders (Berkeley) at Norwalk 1981. **Fresh:** 14.10 Yvette Bates (Berkeley) 1981. **Soph:** 13.74\* Yvette Bates (Berkeley) 1982. **Junior:** 13.82 Sherifa Sanders (Berkeley) 1980. **Senior:** 13.71 Marlene

Harmon (Thousand Oaks) 1981, 13.71 Sherifa Sanders (Berkeley) 1981.

13.71	Marlene Harmon (Thousand Oaks)	1980
	at San Jose	
13.71	Sherifa Sanders (Berkeley)-1	1981
	at Norwalk	
13.74	Yvette Bates (Berkeley)	1982
13.75*	Kris Costello (Lynbrook, San Jose)-2	1978
13.80	Aladrian Hunter (Dorsey, LA)	1981
13.88	Robyne Johnson (Berkeley)	1981
13.91*	Kim Costello (El Camino, SSF)	1978
13.95	Ruth Whitehead (Berkeley)	1982
13.96*	Judy Young (Berkeley)-1	1979
13.97*	Alesia Sweeney (Tamarpais, Mill Vi)	1979

Hand timing:

(\* 33 inch hurdles)

13.4	SENIOR Judy Young (Berkeley)	1980
13.5*	Lorna Tinney (Oceanside)	1972
13.6*	Bobette Krug (La Jolla)	1972
13.6y	Yvonne Boone (Freemont, Oakland)-2	1974
13.6	Robyne Johnson (Berkeley)	1980

## 300 Meter Hurdles

**State Meet Record:** 41.09 Gayle Kellon (Walnut) at Sacramento 1982. **Fresh:** 46.67 Christine Karns (Sierra, Tollhouse) 1981. **Soph:** 41.91 Gayle Kellon (Walnut) 1981. **Junior:** 41.09 Gayle Kellon (Walnut) 1982. **Senior:** 42.25 Audrey Williams (Saugus) 1981.

41.09	Gayle Kellon (Walnut)	1982
	at Sacramento	
42.25	Audrey Williams (Saugus)-1	1981
42.37	Sherifa Sanders (Berkeley)	1981
42.55	Sharon Hatfield (Fountain Vly)	1982
42.62	Felicia Thompson (Jordan, LongBch)	1982
43.13	Cynthia Cooper (Locke, LA)	1981
43.17	Margaret Demoresi (Buchser, S Clara)	1981
43.38	Ruth Whitehead (Berkeley)	1982
43.56	Lynn Bevan (Miramonte, Orinda)	1981
43.70	Natalie Spinks (Skyline, Oakland)	1982

## High Jump

**State Meet Record:** 6-0 Karen Lysaght (St. Francis, Sacramento) at Berkeley 1980. **Fresh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980. **Soph:** 6-0 1/4 Sue McNeal (Carlsbad) 1978. **Junior:** 6-1 Sue McNeal (Carlsbad) 1979. **Senior:** 6-0 Sue McNeal (Carlsbad) 1980.

6-1	Sue McNeal (Carlsbad)-1 at San Diego	1979
6-0	Karen Lysaght (St. Fran, Sacto)-1	1980
5-11 1/2	Tonya Alston (Chico)-1	1979
5-11	Kathy Hamilton (Beyer, Modesto)	1979
5-11	Maggie Van Zeeland (Acalanes, Laf)	1981
5-11	Katrina Johnson (Marshall, LA)-2	1981
5-10 1/4	Kari Gossweiler (Upland)-2	1978
5-10 1/4	Cindy Gilbert (Oceanside)	1974
5-10 1/4	Nancy Redican (Simi Valley)	1978
5-10	Denise Yamada (Dos Pueblos, Gol)	1981
5-10	Pam Blackburn (Cubberley, PaloAlto)	1975
5-10	Lisa Greenfield (Redwood, Larkspur)	1980
5-10	Tonya Mendonca (Mt. Whitney, Visalia)	1980
5-10	Linda Soja (Poly, LA)	1980
5-10	Laura Campbell (Troy, Fullerton)	1981
5-10	Allison Walker (Hoover, Glendale)	1981

## Long Jump

**State Meet Record:** 20-8 1/4 Marlene Harmon (Thousand Oaks) at Berkeley 1980. **Fresh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 19-11 1/4 Wendy Brown (Woodside) 1982. **Junior:** 20-8 1/4 Jodi Anderson (Washington, LA) 1975. **Senior:** 20-8 1/4 Kim Attlessey (Corona del Mar) 1971; 20-8 1/4 Marlene Harmon (Thousand Oaks) 1980.



## Wendy Brown

20-8 1/4	Kim Attlessey (Corona del Mar)	1971
20-8 1/4	Marlene Harmon (Thousand Oaks)-1	1980
	at Berkeley and San Jose	
20-8 1/2	Jodi Anderson (Washington, LA)-3	1975
20-7	Dora Lee Roberts (Riverdale)	1971
20-5	Gwen Loud (Westchester, LA)-1	1979
20-4 1/2	Carrie McLaughlin (Davis, Modesto)	1979
20-3 1/4	Joanna Harper (Fremont, LA)	1980
20-2 1/4	Denise Paschal (Lowell, SF)	1966
19-11 1/4	Wendy Brown (Woodside)-1	1982
19-11 1/4	Sabrina Williams (VI Christ, Carritos)	1981

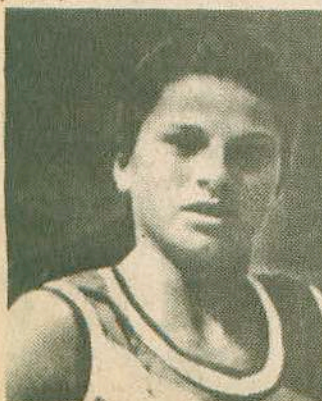
## Triple Jump

**State Meet Record:** 39-8 1/4 Wendy Brown (Woodside) 1982 at Sacramento. **Fresh:** 39-7 Gayle Wadsworth (Hawthorne) 1982. **Soph:** 40-1 Wendy Brown (Woodside) 1982. **Junior:** None. **Senior:** 38-7 1/4 Kim Taylor (Valencia, Placentia) 1982.

40-1	Wendy Brown (Woodside)-1	1982
	at Sacramento	
39-7	Gayle Wadsworth (Hawthorne)	1982
39-2 1/4	Yvette Bates (Berkeley)	1982
38-7 1/2	Kim Taylor (Valencia, Plac)	1982
38-7 1/4	Ce Ce Chandler (Elsinore)	1982
38-6 1/4	Alice Franklin (Valley, Santa Ana)	1982
38-4 1/4	Sheila Frye (Jordan, Long Beach)	1982
38-4	Debbie Disbrow (Granada, Livermore)	1982
38-0 1/2	Carole Jones (Chino)	1982
37-7	Crocker (Granite Hills, El Caj)	1982

continued on next page...

photo by Dave Stock



Roxanne Bier



Natalie Kaaiawahla

Fine Flicks by Don Gosney



Alicia Sweeney

photo by Dave Stock



Sue McNeal



**Shot Put 4k**

**State Meet Record:** 52-4½ Natalie Kaaiawahia (Fullerton) at Norwalk 1981. **Frosh:** 48-4½ Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4½ Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2½ Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 50-3½ Lynn Graham (Muir, Pasadena) 1965.

52-4½	Natalie Kaaiawahia (Fullerton)-3	1981
	at Norwalk	
50-3½	Lynn Graham (Muir, Pasadena)	1965
50-0½	Emily Dole (Buena Park)	1975
49-6	Kathy Devine (Mission Bay, SD)-2	1974
48-11¼	Susie Ray (Villa Park)-1	1980
47-11½	Iva Wright (Edison, Fresno)	1971
47-9¼	Debra Corley (Garces, Bakersfield)	1981
46-8½	Dot Jones (Hilmar)	1982
46-1½	Rosario Ramos (Anaheim)	1979
46-0½	Lorraine Costanzo (Saugus)	1981

**Discus**

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

183-11	Leslie Deniz (Gridley)-2 at Lancaster	1980
173-3	Natalie Kaaiawahia (Fullerton)-1	1982
167-5	Jacque Norton (Mission Viejo)-1	1982
167-1	Laura DeSnoo (Washington, Frmt)	1981
164-10	Karen Nickerson (Cordova, RanCord)	1982
161-6	Linda Langford (Leigh, San Jose)	1969
158-4	Christi Pyle (Hoover, Glendale)-1	1978
155-6	Terri Sabol (Buena Park)	1975
155-6	Cindi Durchslag (San Carlos)	1981
154-2	Toni Lutjens (Righetti, Santa Maria)	1982

**400 Meter Relay**

(\*440 yards minus 0.23)

**State Meet Record:** 45.13 Berkeley (King, Ware, Johnson, Rodgers) at Norwalk 1981.

45.13	Berkeley-1 at Norwalk	1981
	(King, Ware, Johnson, Rodgers)	
45.42	Dorsey (LA)-1	1982
	(Stewart, Peterson, Rolfe, Dawkins)	



Sharon Ware(left) &amp; Nedra Rodgers

45.81	Kennedy (Granada Hills)-1	1980
	(Howard, Thompson, Howard, Howard)	
45.91*	Crawford (San Diego)-1	1977
	(Young, Gaston, Reed, Lovelady)	
46.06	Poly (Long Beach)	1980
	(Evans, Smith, Randolph, Paige)	
46.14	Dorsey (Los Angeles)	1981
46.16	Berkeley	1982
	(Whitehead, Rice, Bates, Rodgers)	
46.19*	Centennial (Compton)	1977
46.21	Fremont (Los Angeles)	1980
	(James, Gill, Harper, Ellery)	
46.23	De Anza (Richmond)	1980
	(Ward, Carpenter, Russell, Brandon)	
Hand Timing (*440 yards minus 0.23)		
45.7	Berkeley	1980
	(Rodgers, Ware, King, Young)	
45.9*	Berkeley	1979

**1600 Meter Relay**

(\*mile minus 1.1)

**State Meet Record:** 3:37.71 Kennedy (Granada Hills) (Howard, Cook, Johnson, Howard) at Norwalk 1981.

3:37.71	Kennedy (Granada Hills)-1 at Norwalk	1981
	(Howard, Cook, Johnson, Howard)	
3:37.98	Kennedy (Granada Hills)-1	1980
	(Howard, Cook, Howard, Howard)	
3:39.07	Manual Arts (Los Angeles)	1981
	(Holland, Wright, Jackson, Bonty)	
3:39.83	Poly (Long Beach)	1980
	(Rambo, Randolph, Smith, Paige)	
3:41.33	Berkeley	1981
	(Rice, King, Johnson, Rodgers)	
3:41.72	Dorsey (Los Angeles)-1	1982
	(Willis, Peterson, Rolfe, Dawkins)	
3:42.78	Manual Arts (Los Angeles)	1980
	(Holland, Jackson, White, Wright)	
3:43.0*	San Geronimo (San Bernardino)-1	1979
	(Howard, Howard, Howard, Howard)	
3:43.26	Ganesha (Pomona)	1982
	(Savage, Robinson, Taylor, McGraw)	
3:43.5	Manual Arts (Los Angeles)	1982
	(Bonty, Munns, Wright, Lowe)	

# Porterville Veteran's Day

**5,000 METER & 10,000 METER ROAD RACES****NOVEMBER 11, 1982 (Thursday) • 8:00 a.m.**

Starts at the Corner of Olive &amp; Second Streets (Downtown)

**REGISTRATION:** 7:00 a.m. — 7:45 a.m.**ENTRY FEE:** \$5.00**DIVISIONS:** Junior (12 & under), 13-18, 19-29  
30-39, 40-49, 50 plus**AWARDS:** First Three Places in All Divisions  
plus Oldest & Youngest Finishers

T-shirts will be available at \$3.00 each.



**RETURN ENTRY TO:** Dr. Allen E. Nelson  
Porterville College  
900 South Main Street  
Porterville, CA 93257

**Entry Form**

**WAIVER:** I hereby for myself, my heirs, executors, administrators waive and release any and all rights and claims for damages I may have against the City of Porterville, Porterville College or their representatives, successors or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Porterville Veterans Day Road Race. I attest and verify that I am physically fit to complete a 10,000 meter race or a 5000 meter race if entered in that event.

Signature in Full \_\_\_\_\_ Signature of Parent if under 18 years old \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Check Appropriate Division:**

Male \_\_\_\_\_ Female \_\_\_\_\_

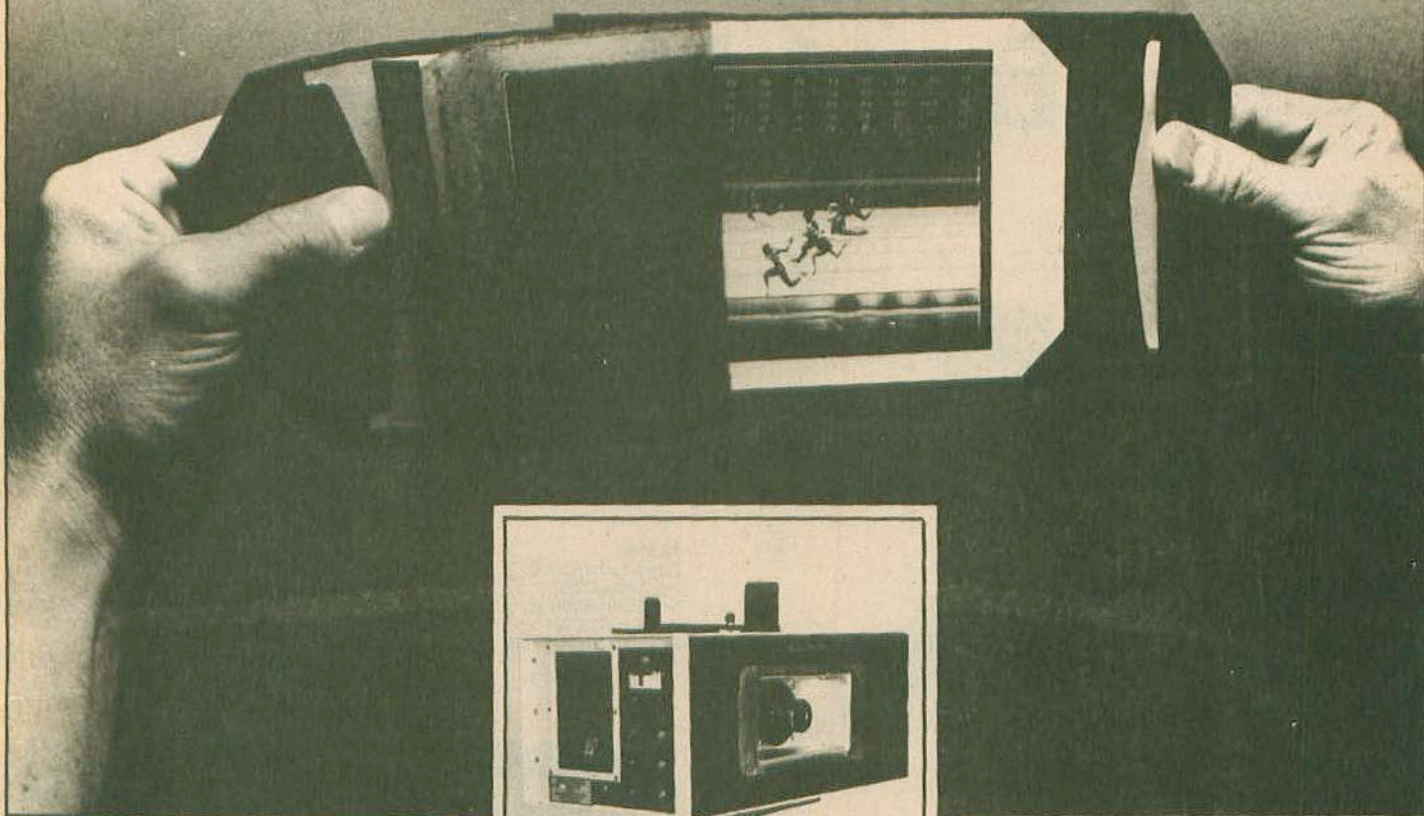
12 &amp; under \_\_\_\_\_ 13-18 \_\_\_\_\_ 19-29 \_\_\_\_\_ 30-39 \_\_\_\_\_ 40-49 \_\_\_\_\_ 50+

**Race:** 5000 Meters \_\_\_\_\_ 10,000 Meters \_\_\_\_\_**Shirt Size:** small \_\_\_\_\_ medium \_\_\_\_\_ large \_\_\_\_\_ extra large \_\_\_\_\_

Make checks payable to Porterville College Athletic Fund.



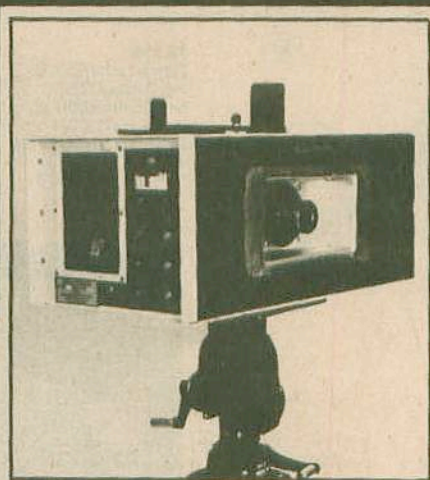
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As the gun is fired to start the race, an electrical signal is coupled from the gun to activate the clock in the camera position at the finish line. When the lead runner nears the finish line, an infra-red light beam is broken activating the camera filming action.



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# Masters Scene

## 1982 Masters Men Best Marks

Compiled by PERCY KNOX

photo by Ross Gentry



Walt Butler

### 100M DASH

<b>(30-39)</b>		Ben Anixter(44)	11.6
Marion McCoy(31)Macc	10.2	Ron Toombs(41)	11.6
Eugene Driver(31)CDM	10.3	(auto)	
Mike Jackson(33)SCS	10.5	Walt Butler(41)SCS	11.32
Greg Marshall(34)WV	10.7	Dave Segal(45)CDM	11.49
Warren Spikes(32)CDM	10.7	Gil La Torre(45)	11.49
Brent Reinke	10.8	Paul Edens(41)SCS	11.58
John Carlos(37)	10.9	Nick Newton(48)SCS	11.66
Reggie Davis(32)CDM	11.0	Bruce Springbett(49)NCS	11.76
Glenn Johnson(32)CDM	11.0		
Dan Fitzsimmons(38)WV	11.1	<b>(50-59)</b>	
Willie Roberson(38)CDM	11.2	Don Cheek(52)CDM	11.9
Bill Johnson(37)WV	11.3	Marion Sanchez(50)NCS	11.9
Ed Bonner(31)	11.4	Robert Watanabe(56)SCS	12.0
Frank Little(38)CDM	11.5	Dean Smith(50)	12.1
Rufus Morris(37)SCS	11.5	Vern Regier(55)	12.2
(auto)		Ozzie Dawkins(54)SCS	12.2
Eugene Driver(31)CDM	10.85	Ted Vick(52)CDM	12.4
Mike Jackson(33)SCS	10.89	Will Robinson	12.4
Greg Marshall(34)WV	10.95	Tony Nasaralla(50)	12.5
		Ed Mahany(51)	12.5
<b>(40-49)</b>		Huel Washington(53)	12.6
Walt Butler(41)SCS	11.0	Bernard Stevens(53)	12.6
Ken Dennis(44)CDM	11.1	Dick Hansen(50)	12.6
Dave Segal(45)CDM	11.2	(auto)	
Gil La Torre(45)NCS	11.2	Robert Watanabe(56)SCS	12.41
Lewis Smith(43)SCS	11.3	Vern Regier(55)	12.42
Harvey Johnson(41)CDM	11.3	Ozzie Dawkins(54)SCS	12.43
Paul Edens(41)SCS	11.3	Tony Nasaralla(50)	12.76
Nick Newton(48)SCS	11.4		
Bobby Simpson(40)WV	11.4	<b>(60-69)</b>	
Mal Anderson SCS	11.4	Payton Jordan(64)CDM	10.8y
Bruce Springbett(49)NCS	11.5	Payton Jordan(65)CDM	12.6
Bill Knocke(42)SCS	11.5	Tom Patsalis(60)CDM	12.6
Mel Brooks(41)	11.5	Harry Koppel(69)	13.0
Doug Smith(42)CDM	11.6	Clarence Killion(64)CDM	13.0
		Bob Hunt(62)SCS	13.1
		Pete Fetter(61)CDM	13.3

### 200M DASH

Al Guidet(64)CDM	13.4	<b>(30-39)</b>	
Burl Gist(62)CDM	13.4	Eugene Driver(31)CDM	21.2
John Satti(68)	13.8	Marion McCoy(31)Macc	21.4
Charles Mercurio(62)	13.8	Warren Spikes(31)CDM	21.7
Sam Hoover(63)	13.9	Mike Jackson(33)SCS	21.9
(wind)		Matt Pruitt(37)WV	22.0
Tom Patsalis(60)CSM	12.0	Glenn Johnson(32)CDM	22.6
Pete Fetter(61)CDM	12.9	Greg Marshall(34)WV	22.8
Bob Hunt(62)SCS	13.0	Reggie Davis(32)CDM	22.9
(auto)		Bill Johnson(37)WV	22.9
Tom Patsalis(60)CDM	12.83	Dan Fitzsimmons(38)WV	23.0y
Payton Jordan(65)CDM	12.86	Willie Roberson(38)CDM	23.0
Harry Koppel(69)	13.25	Ron Beadle(33)CDM	23.1
Bob Hunt(62)SCS	13.39	George Carty(36)	23.1
John Satti(68)	14.06	Ed Bonner(31)	23.2
		Bill Weller(35)	23.4
<b>(70 plus)</b>		(auto)	
Tony Castro(72)SCS	14.1	Eugene Driver(31)CDM	21.56
Joe Caruso(72)STC	15.0	Mike Jackson(33)SCS	22.51
Ken Carmine(74)NCS	15.0		
Sing Lum(77)CDM	15.7	<b>(40-49)</b>	
Josiah Packard(75)NCS	15.9	Walt Butler(41)SCS	22.9
(auto)		Dave Segal(45)CDM	22.9
Tony Castro(72)SCS	14.15		



Vernon Cheadle



Stew Thompson



Bill Knocke(42)SCS	22.9
Paul Edens(42)SCS	23.2
Harvey Johnson(41)CDM	23.4
Nick Newton(48)SCS	23.4
Gil La Torre(45)NCS	23.4
Mei Brooks(40)	23.5
Lewis Smith(43)SCS	23.6
Bobby Simpson(40)	23.6
Bruce Springbett(49)NCS	23.9
Ken Dennis(44)CDM	24.1
Han Bruhner(49)NCS	24.3
Ron Toombs(41)	24.3
Phil Maresca(43)	24.5
(auto)	
Dave Segal(45)CDM	23.22
Walt Butler(41)SCS	23.23
Bill Knocke(42)SCS	23.29
Paul Edens(41)SCS	23.51
Nick Newton(48)SCS	23.58
Gil La Torre(45)NCS	23.60
Lewis Smith(43)SCS	23.84
Bobby Simpson(40)	24.00
Bruce Springbett(49)NCS	24.19
Mei Brooks(40)	24.23
(wind)	
Walt Butler(41)SCS	22.6
Gary Miller(44)CDM	23.0
Bill Knocke(42)SCS	23.2

(50-59)	
Don Cheek(52)CDM	23.7
Dean Smith(50)	24.8
Ozzie Dawkins(54)SCS	25.2
Robert Watanabe(56)SCS	25.5
Huel Washington(53)	25.6
Tony Nasaralla(50)	25.7
Vern Regier(55)	25.7
Ed Mahany(51)	25.9
Ted Vick(52)CDM	26.0
Bernard Stevens(53)	26.2
Don Jackson(55)	26.3
(auto)	
Ozzie Dawkins(54)SCS	25.47
Robert Watanabe(56)SCS	25.72
Tony Nasaralla(50)	25.95
Vern Regier(55)	25.96

(60-69)	
Payton Jordan(64)CDM	25.7y
Payton Jordan(65)CDM	26.1
Tom Patsalis(60)CDM	25.9
Harry Koppel(68)	26.7
Bob Hunt(62)SCS	27.4
Charles Mercurio(62)	27.5
Clarence Killion(64)CDM	27.8
Pete Fetter(61)CDM	28.5
Al Guidet(64)CDM	28.6
(auto)	
Tom Patsalis(60)CDM	26.10
Bob Hunt(62)SCS	27.58
Charles Mercurio(62)	27.75

(70 plus)	
Tony Castro(72)SCS	29.5
Ken Carmine(74)NCS	32.1
Sing Lum(77)CDM	34.4
(auto)	
Tony Castro(72)SCS	29.74

## 400M DASH

(30-39)	
Eugene Driver(31)CDM	48.9
Matt Pruitt(37)WV	49.9
John Redding(31)	51.4
Glenn Johnson(32)CDM	51.6
George Mason(38)	51.9
Reggie Davis(32)CDM	52.1
Ron Whitney(39)	52.2
Ron Beadle(33)CDM	52.4
Dave Pogue(34)	52.7
Dan Fitzsimmons(38)WV	53.2
(auto)	
Eugene Driver(31)CDM	49.10

(40-49)	
David Romain(40)WV	50.9
Bill Knocke(42)SCS	51.0
Gary Miller(44)CDM	52.2
George Cohen(42)SCS	52.3
Nick Newton(48)SCS	53.7
Harvey Johnson(41)CDM	53.7
Paul Edens(41)SCS	54.1
Bobby Simpson(40)WV	54.1
John Pittman(44)	54.1
Ron Toombs(41)	54.6

Cliff Cordy(44)(54.75a)	54.6
Phil Maresca(43)NCS	54.9
Foots Williams	55.0
Hans Bruhner(49)NCS	55.5
Bruce Springbett(49)NCS	55.6
John Kreplack(40)	55.8
Robin Winstine	55.9

(50-59)	
Don Cheek(52)CDM	56.9
Louis Beadle(55)CDM	58.1
Don Jackson(55)NCS	58.1
Bob Sieben(56)SD	58.1
Ken Napier(50)	58.7
Bernie Stevens(53)	58.7
Delaine Wagner(57)SCS	59.5
Phil Anot(57)	59.7
Robert Watanabe(56)SCS	60.1
(auto)	
Bob Sieben(56)SD	58.28
Don Jackson(55)NCS	59.06
Robert Watanabe(56)SCS	60.88

(60-69)	
Bob Hunt(62)SCS	63.4
Harry Koppel(69)NCS	65.3
Clarence Killion(64)CDM	66.6
Bill Fairbanks(65)	69.2
George Poloyinis(64)CDM	69.7
(auto)	
Bob Hunt(62)SCS	64.11
Clarence Killion(64)CDM	66.75

## 800M RUN

(30-39)	
John Perry(37)SCS	1:56.9
Ronald Jensen	1:57.1
George Mason(38)	1:57.7
John Kennedy	1:59.8
Steve Waggener(37)CDM	2:00.2
Ken Stuart(35)SCS	2:01.0
John Redding(31)	2:01.3
Lon Cumming	2:02.3y
Rick Williams	2:02.9
Bob Browne(36)	2:03.1
Danny Moon(34)	2:05.2
Ken Kohon	2:05.4

(40-49)	
George Cohen(42)SCS	1:56.84
David Romain(40)WV	1:58.7
Eric Owens(41)	1:58.8
Dick Schupbach(41)	1:59.2
Ralph Lee(41)SCS	1:59.8r
Mei Elliott(44)SCS	2:01.84
Pete Richardson(46)	2:02.9
Bill Knocke(42)SCS	2:03.9
Andre Dunkell	2:03.9
John Pittman(43)	2:03.8
Tom Cathcart(43)	2:05.5
Jesse Carrington(46)SCS	2:06.4
Gary Hooker(41)	2:09.1

(50-59)	
Bill Fitzgerald(57)SCS	2:09.4
Jack Hodge(50)	2:13.0
Tom Sturak(51)SCS	2:14.53
Dave Stevenson(53)	2:14.6
Louis Beadle(55)CDM	2:16.7
Jerry Walthers(52)	2:16.6
Jack Hodges(50)	2:16.7
Ken Napier(50)	2:17.6y
Waite	2:18.7
Don Jackson(55)	2:19.6
Walt Atchenson(55)SCS	2:19.9
Bob Holmes(53)	2:19.95

(60-69)	
Dave Lewis(60)CDM	2:35.4
George Poloyinis(64)CDM	2:37.3
John Elliott(61)	2:44.4

(70 plus)	
Mei Shine(73)	2:58.0
Sid Madden(73)	2:59.1
Paul Spangler(83)	3:40.3

## 1500M RUN

(30-39)	
John Kennedy(38)	4:07.2
Graeme Shirley	4:08.8



Nick Newton



Red Doms

photo by Richard Lee Slotkin

## 5-KM RUN

Al Lomili(30)	4:10.8
Lan Cumming	4:27.9y
Harvey Franklin(39)WV	4:11.1
Reynaldo Corona(32)	4:13.5
Ken Kohon	4:14.0
Dan Minutello(32)	4:17.1
Steve Waggener(37)CDM	4:18.0
Wayne Douglas	4:18.6
Richard Cunningham(39)	4:19.1

(40-49)	
George Cohen(42)SCS	4:05.8
Dick Schupbach(41)	4:08.6
Eric Owens(41)	4:24.4
John Weldy	4:25.7
Dave Hayes(40)	4:28.6
Ken Guthrie(45)	4:29.6
Jerry Lewis(47)	4:31.1
John Cheever	4:32.8
Mike Holbrook(40)	4:33.2
Frank Salz	4:34.4
Pete Richardson(46)	4:38.2
Charles Wimberly	4:39.8

(50-59)	
Tom Sturak(51)SCS	4:34.88
Dave Stevenson(53)	4:39.05
Jerry Withers(52)	4:39.8
Bill Fitzgerald(57)	4:40.7
Delbert Tetes	4:48.2
Gunnar Linde	4:48.4
Walt Atchenson(55)SCS	4:55.04

(60-69)	
Dave Lewis(60)CDM	5:32.7
George Poloyinis(64)CDM	5:34.9
Anthony Valdivia	5:36.9
Harry Harder(68)	5:40.1
Ed Preston(68)	5:41.6

(70 plus)	
Sid Madden(73)	6:18.9
Wilfred Bigelow(71)	6:39.3
John Goodman(70)	6:41.1
John McGee(73)	6:47.0

(30-39)	
Athol Barton	14:58.7
Ronald Jensen	15:25.5
Harvey Franklin(39)WV	15:47.1
Chuck Foote	15:55.4
Dennis Kasischki	16:07.0
Al Lomili(30)	16:10.9
Allen Stanbridge(35)	16:13.0
Ozzie Osgood(35)	16:37.0
Paul Cross(35)	16:48.6
Robert Clark(32)	16:48.9
John Montgomery	16:51.3
Ross Rowley(33)	16:56.8

(40-49)	
Bill Meinhardt(41)	16:02.36
Ken Guthrie(45)	16:25.7
Skip Shaffer	16:28.8
John Weldy	16:32.8
Dan McCaskell	16:36.3
Truman Clark(46)	17:05.0
Gay Kalchschmid	17:05.3
John Harper(49)	17:24.0
Joe Livesay	17:27.0
John Cheever	17:40.0

(50-59)	
Dave Stevenson	17:12.8
Jim O'Neil(57)	17:34.04
Pat Devine(53)	17:50.2
Bill Stock	18:08.4
Don Pickett(54)	18:17.5
Pete Mundie(54)SM	18:37.8
Walt Atchenson(55)SCS	18:38.6

(60-69)	
Jim McCown	18:48.0
Wayne Zook	20:11.8
David Cohen	20:28.0
Harry Harder(65)	20:37.3

(70 plus)	
Mei Shine(73)	22:56.1
Paul Spangler(83)	26:44.7
John McGee(73)	27:25.6



# Masters Scene

## 10-KM RUN

(30-39)	
Ernie Rivas(32)	31:38.4
Bill Sevald(36)	31:47.8
Peter Day(37)	32:11.3
Gregg Jewett(35)	32:39.0
Wagenbach	32:43.0
Daryl Zapata(37)	33:06.0
Tony Baker	33:17.1
John Montgomery	34:28.3

(40-49)	
Bill Meinhardt(41)	33:23.4
Jake White(40)	33:32.5
Eino	34:23.0
Mortell	35:03.0

(50-59)	
Jim O'Neill(57)	36:10.7
Dave Stevenson(53)	36:43.9
Pat Devine(53)	36:58.7

(60-69)	
Harold Daughters	39:14.9

## 3-KM RUN

(30-39)	
Rubin Chappins(CDM)	8:38.8
Henry Lange(32)	9:48.8

(50-59)	
Pat Devine(53)	10:49.2
Avery Bryant(58)STC	11:03.5

## 3-KM STEEPLE

(30-39)	
Dennis Kasischki	10:14.7
Henry Lange(33)	10:57.8

(40-49)	
Dan McCaskell	10:20.5
Paul Hall	10:25.5

(50-59)	
Dave Stevenson(53)	11:05.8

## 110M HH

(30-39)38"	
Leon Coleman	14.4
George Carty(36)	14.4
Theo Viltz(39)CDM	14.6
Larry Sallinger(38)CDM	14.8
John Jones	14.8
Fred Johnston(37)SCS	15.2
Ed Baskauskas(31)	15.7
Corny McCormick(38)	15.7
(auto)	
Fred Johnston(36)SCS	15.57

(40-49)38"	
Walt Butler(41)SCS	14.2
Hugh Adams(42)CDM	14.7
John Dobroth(41)SCS	14.7
Dennis DeWitt(43)SCS	15.0
Alvin Henry(44)CDM	15.4
Ed Oleata(45)SD	16.1
Ted Cain(42)	16.4
(auto)	
Walt Butler(41)SCS	14.96
Hugh Adams(42)CDM	14.95
Dennis DeWitt(43)SCS	15.57

(50-59)38"	
Bob Higgenbotham(55)	17.4
Fred Gallardo(51)	17.6
Tony Nasaralla(50)	18.4
Don Donnelly	19.5
Dave Douglass(SCS)	20.1
(auto)	
Bob Higgenbotham(55)	17.63

(60-69)30"	
Tom Patsalis(60)CDM	18.2
Bob Hunt(62)SCS	17.1
Burl Gist(62)CDM	17.2
Herb Miller	18.4
(auto)	
Tom Patsalis(60)CDM	16.89
Bob Hunt(62)SCS	17.31
Burl Gist(62)CDM	17.81
Herb Miller	18.64



Gary Bane

## 400M IH

(30-39)38"	
Ron Whitney(39)	55.9
Don Roberts(32)	58.8
Corny McCormick(38)	59.1
John Jones	59.1
Larry Sallinger(38)CDM	60.2

(40-49)33"	
Hugh Adams(42)CDM	57.2
Gary Miller(44)CDM	58.4
Ted Cain(42)	60.7
Bob Noether(40)	62.6
(auto)	
Hugh Adams(42)CDM	57.85

(50-59)	
Tony Nasaralla(50)	66.1
Bob Holmes	64.1
Bob Sieben(56)SD	66.8
Al Sheahan	68.1
(auto)	
Bob Holmes	64.29
Tony Nasaralla(50)	66.23
Bob Sieben(56)SD	66.95

(60-69)	
Bob Hunt(62)SCS	71.8
(auto)	
Bob Hunt(62)SCS	71.94

(70 plus)	
Wilfred Bigelow(71)	88.5

## 400M RELAY

(30-39)	
All-American TC	41.80a
G. Johnson, W. Spikes, R. Davis, E. Driver	
Corona Del Mar	43.1
G. Johnson, R. Davis, G. Wong, E. Driver	

Southern Cal Striders	44.8
R. Morris, H. Sumner, E. Oliver, M. Jackson	
Corona Del Mar	44.9
W. Roberson, S. Reels, W. Spikes, G. Wong	
JCTC	44.9
J. Carlos, R. Freeman, L. Coleman, T. Smith	
West Valley	44.9

(40-49)	
Southern Cal Striders	44.5
D. DeWitt, P. Edens, N. Newton, W. Butler	
Corona Del Mar	44.6
H. Johnson, G. Miller, D. Segal, D. Smith	
Southern Cal Striders	44.6
N. Newton, L. Smith, B. Knocke, W. Butler	
Southern Cal Striders	44.7
Southern Cal Striders	44.89a
P. Edens, L. Smith, B. Knocke, W. Butler	
Corona Del Mar	44.8
G. Miller, D. Segal, D. Smith, B. Radford	
Southern Cal Striders	45.35a
P. Edens, DeWitt, B. Knocke, L. Smith	
Corona Del Mar	45.5
H. Johnson, P. Knox, D. Segal, G. Miller	
Southern Cal Striders	45.5

(50-59)	
Corona Del Mar	49.8
Corona Del Mar	50.6
D. Cheek, B. Radford, T. Clayton, L. Beadle	

(60-69)	
Corona Del Mar	56.7
Corona Del Mar	57.4
Corona Del Mar	58.6
G. Poloyins, C. Mercurio, H. Miller, Patsalis	

## 800M RELAY

(30-39)	
Corona Del Mar	1:29.6
W. Roberson, W. Spikes, R. Davis, Johnson	

(40-49)	
Southern Cal Striders	1:33.2
P. Edens, N. Newton, B. Knocke, W. Butler	

(50-59)	
Southern Cal Striders	1:50.9
W. Buchanan, R. Watanabe, B. Fitzgerald, D. Wagner	

(60-69)	
Corona Del Mar	2:09.5
G. Poloyins, C. Mercurio, B. Burke, H. Miller	

## SPRINT MEDLEY

(30-39)	
Southern Cal Striders	3:43.3
R. Simmons, W. Bogan, M. Jackson, Stuart	

(40-49)	
Southern Cal Striders	3:36.1
B. Knocke, P. Edens, L. Smith, G. Cohen	
Southern Cal Striders	3:42.5
B. Knocke, P. Edens, G. Cohen, R. Jones	

(50-59)	
Southern Cal Striders	4:09.7
D. Wagner, R. Watanabe, B. Fitzgerald, Buchanan	
Corona Del Mar	4:1.35
D. Cheek, B. Radford, T. Clayton, L. Beadle	

## 1600M RELAY

(40-49)	
Southern Cal Striders	3:35.98
B. Knocke, M. Elliott, G. Cohen, W. Butler	
Southern Cal Striders	3:44.2
M. Elliott, M. Anderson, B. Knocke, G. Cohen	
Southern Cal Striders	3:44.61
M. Elliott, N. Newton, B. Knocke, G. Cohen	

(60-69)	
Corona Del Mar	4:56.2
G. Poloyins, C. Mercurio, J. Ganah, D. Lewis	
Corona Del Mar	4:59.4
G. Poloyins, D. Lewis, Longadala, Parks	

## DISTANCE MEDLEY

(30-39)	
Santa Monica	11:00.1
Perez, Kara, Pruvr, Wal	

(40-49)	
Southern Cal Striders	11:03.7
B. Knocke, R. Lee, M. Elliott, G. Coher	

(50-59)	
Southern Cal Striders	13:49.1
D. Mack, Buchanan, W. Atchenson, Bryant	

## 3200M RELAY

(40-49)	
Southern Cal Striders	8:59.69
W. Atchenson, M. Elliott, J. Carrington, G. Cohen	

(50-59)	
Southern Cal Striders	9:13.45
W. Atchenson, A. Bryant, T. Sturak, B. Fitzgerald	
San Diego	9:22.51
B. Holmes, L. McGuire, B. Sieben, R. Spencer	

## LONG JUMP

(30-39)	
Rufus Morris(37)SCS	22'6 1/2
Lester Bonds(38)	22'1
Richard Lewis(32)SCS	22'1
Charles Williams	21'5 1/4
Carl Flowers(34)CDM	21'5 1/4
Walt Brown	20'1
Lynn Miller	20'

(40-49)	
John Dobroth(41)SCS	21'2 1/4
Gary Miller(44)CDM	20'5 1/2
Al Henry(44)CDM	20'3 1/2
Hugh Adams(42)CDM	20'1 1/4
Ted Cain(42)	19'5 1/4
Robert Jones	18'10
Dennis DeWitt(43)SCS	18'9
Jerry Wright(SCS)	18'6 1/2
Bill Mitchell(42)	18'5
O.E. Legend	18'2 1/2
Joe Iserl	18'1 1/2

(50-59)	
Dave Jackson(50)CDM	19'2
Phil Schlegel(52)CDM	18'4 1/4
Shirley Davison(52)CDM	18'1 1/2
Ray Spencer(58)SD	17'3 1/4
Fred Gallardo(51)	17'3 1/4
Ed Mahany(51)	16'11 1/2
Jim Johnson(59)	16'6 1/2
Dave Brown(58)CDM	16'4 1/4

(60-69)	
Tom Patsalis(60)CDM	19'11 1/2
Jim Vernon(65)	15'4
Burl Gist(62)CDM	15'1 1/2
John Sattl(68)	14'11 1/4
Herb Miller(CDM)	14'11 1/4
Charles Mercurio(62)CDM	14'4 1/4
Bill Burke(63)CDM	14'2
Bill Morales(65)CDM	13'11

(70 plus)	
Joe Caruso(72)STC	13'5 1/2
Mike Andors	13'3 1/4
Homer Van Gelder(77)	10'11 1/2
Winfred McFadden(77)	10'1 1/4

## TRIPLE JUMP

(30-39)	
Rufus Morris(37)SCS	44'3 1/4
Ed Baskauskas(31)	41'6 1/4

(40-49)	
Al Henry(44)CDM	41'3 1/4
Dennis DeWitt(43)SCS	37'10 1/2
Jerry Wright	36'4
Tony Nasaralla(49)	34'5 1/2



Ray Fitzhugh(CDM) 34'4 1/2  
Phil Conley(47) 34'

(50-59)  
Dave Jackson(50)CDM 43'3 1/2  
Shirley Davison(52)CDM 35'8  
Ray Spencer(59)SD 34'9  
Don Donnelly(53) 33'7 1/2  
Dave Brown(59)CDM 33'4  
Ed Mahany(51) 33'

(60-69)  
Tom Patsalis(60)CDM 39'3  
Charles Mercurio(62)CDM 30'11  
John Satti(68) 29'11 3/4  
John Damski(67) 29'3  
Herb Miller(CDM) 28'9 1/2  
Elmer Siegel 26'6 1/2

(70 plus)  
Winfred McFadden(77) 26'1  
Joe Caruso(72) 23'7 1/2

## HIGH JUMP

(30-39)  
Charles Rader(34) 6'6  
Steve Lang(31) 6'6  
Ed Baskauskas(31) 6'4  
Thomas Dozell 6'4  
Ron Wick 5'10  
Rufus Morris(37)SCS 5'10  
Wesley Milthcell 5'10  
Del Eckels(33) 5'10

(40-49)  
John Dobroth(41)SCS 6'7  
Gene Zubrinski 6'2  
Lloyd Higgins(40) 6'  
Jim Brown(42) 6'  
Nick Newton(48)SCS 5'10  
Dennis DeWitt(43)SCS 5'6  
Don Rose(47) 5'6

(50-59)  
Herman Wyatt(50) 5'11 1/2  
Ed Austin(52)CDM 5'6  
Sportswood Hall 5'2  
Dave Brown(59)CDM 4'10  
Dave Douglass(50)SCS 4'10  
Tom DeVaughn 4'10  
Burton Otizinger 4'8  
Hal Wallace(54) 4'8  
Shirley Davison(52)CDM 4'8  
Vic Cook(50)SCS 4'8  
Jim Johnson(59) 4'8

(60-69)  
Burl Gist(62)CDM 5'  
Mark Henderson(61) 4'10  
Jim Vernon(65) 4'8  
Bob Ogle 4'8  
Orv Gillett(63)CDM 4'8  
Fritz Meyers(60) 4'6  
Bill Burke(63)CDM 4'6  
John Damski(67) 4'4  
Jim McCarthy(68) 4'4  
Chuck McFate 4'4  
Jim Johnson(60) 4'3

(70 plus)  
A.E. Vesco 3'10  
Don Pierrotti(71) 3'8  
Winfred McFadden(77) 3'8  
Homer Van Gelder(77) 3'8  
Red Doms(75)SCS 3'4

(80)  
Franklyn Pennock(80) 3'6

## POLE VAULT

(30-39)  
Jim Williams(30) 16'6  
Carl Brazelton 13'6  
Roger Werne(38) 13'  
Bruce Hataling(38) 13'

(40-49)  
Mardon Connelly(40) 14'2  
Dave Thoreson(41) 13'  
Dennis DeWitt(43)SCS 12'6  
Tom Woodring 12'6  
Gary Bane(44)SCS 12'  
Ed Oleata(45)SD 12'  
Ron Fleming(44) 12'  
Jerry Stanner 10'6

(50-59)  
Vic Cook(50)SCS 14'4  
Fred Gallardo 11'  
Hal Wallace(54) 10'6  
Dave Douglass(SCS) 10'6  
Dave Brown(59)CDM 10'

(60-69)  
Jim Vernon(65) 11'  
Ralph Biesimeyer 9'6

(70 plus)  
Bob MacConaghy(74)CDM 8'

## SHOT PUT

(30-39)  
Doug Wells(38)CDM 50'10 1/2  
Frank Reilly(36) 49'1 1/2  
Mike Diller 46'6 1/2  
Fred Johnston(36)SCS 40'3  
Corny McCormick(38) 39'4 1/2  
Gary Kilmenson(32) 39'4 1/2

(40-49)  
Jim Hart(45) 46'1 1/2  
Ed Dahms 41'8 1/2  
Stu Thomson(49) 41'7 1/2  
Mike Farris 40'2  
Ted Wassam(49) 39'6 1/2

(50-59)  
Charles Renfro(51) 45'2  
Harry Hawke(53)SD 44'11  
Ted Wassam(50) 44'  
Bill Bangert(59) 42'11 1/2  
George Ker(59)CDM 42'10 1/2  
Hal Wallace(54) 39'6

(60-69)  
Jack Thatcher(66) 47'3  
Dan Aldrich(64)CDM 46'8  
Mike Castaneda(63)SCS 45'4 1/2  
Mark Henderson(61) 43'10 1/2  
Bob Stone(62) 43'3 3/4  
Ross Carter(68) 42'6 1/2  
Quinto Marlo(62) 42'1  
Jim Minah 39'4  
Eric Jordan 39'1 1/2  
Jerry Siefert 38'11 1/2  
Pete Fetter(61)CDM 38'7 1/2  
Bill Burke(63)CDM 38'9 1/2

(70 plus)  
Vernon Cheadle(72) 40'8 1/2  
Red Doms(75)SCS 38'4 1/2  
Don Pierrotti(71) 34'9  
Bob MacConaghy(CDM) 33'9

## DISCUS

(30-39)  
Frank Reilly(36) 176'8  
Tom Fahey(33) 175'  
Mike Diller 152'3  
Doug Wells(38)CDM 147'5  
Corny McCormick(38) 141'1 1/2

(40-49)  
Lloyd Higgins(40) 167'  
Stu Thomson(49) 142'1 1/2  
Jim Hart(45) 139'8 1/2  
Ed Van Pelt 121'

(50-59)  
Charles Renfro(51) 153'10 3/4  
Harry Hawke(53) 141'8  
Bill Bangert(59) 129'6  
George Ker(59)CDM 129'3

Don Maurer 127'11  
Sid Neblett 127'8  
Hal Wallace(54) 124'10  
Dick Kennedy 120'4 1/2

(60-69)  
Dan Aldrich(64)CDM 162'8  
Mike Castaneda(63) 137'11  
Bob Stone(62) 132'2 1/2  
Jack Thatcher(66)CDM 132'2  
Bob Hunt(62)SCS 120'4  
Bill Burke(63)CDM 116'7 1/2  
Jerry Siefert 112'6  
Eric Jordan 108'4

(70 plus)  
Vernon Cheadle(72) 129'10  
Red Doms(75) 118'  
Ken Carnine(74) 117'4 1/2  
Don Pierrotti(71) 105'11 1/2

## JAVELIN

(30-39)  
Frank Reilly(36) 186'9  
Fred Johnston(36) 166'6  
Richard Stepp(37) 134'7  
Ed Martin 129'3

(40-49)  
Lloyd Higgins(40) 184'2  
Phil Conley(47) 183'11  
Gary Miller(44)CDM 158'5

(70 plus)  
Bob MacConaghy(74)CDM 100'4  
Red Doms(75)SCS 93'

## HAMMER

(30-39)  
Frank Reilly(36) 152'6  
Mike Diller 147'10

(40-49)  
Stu Thomson(49) 160'9  
Jim Hart(45) 119'9

(50-59)  
Dave Douglass(SCS) 129'4  
Bill Bangert(59) 114'9  
Tom DeVaughn 112'2

(60-69)  
Dan Aldrich(64)CDM 146'7  
Chuck McMahon 108'6

(70 plus)  
Don Pierrotti 120'9  
Art Vesco 101'4  
Red Doms(75) 91'1



Robert MacConaghy



Erick Jordan

## PENTATHLON

(30-39)  
Fred Johnston(36) 2247 pts.

(40-49)  
Gary Miller(44)CDM 3503 pts.  
Hugh Adams(42)SD 2675 pts.  
Ed Marin 2463.06 pts.

(50-59)  
Phil Schlegel(52)CDM 3078.8 pts.  
Ray Spencer(SD) 2654 pts.  
Harry Hawke(53) 2502 pts.

(70-79)  
Ken Carnine 2372 pts.



# Medical Notes for Runners

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

## The Arthroscope: A Wondrous Advance In Sports Medicine

**T**he arthroscope is a wondrous advance in sports medicine. It's a tool whereby one can look inside of a joint and see what's actually happening. In the early days of our use with arthroscopic diagnostic and surgical procedures, we used to look through a scope which magnified the inside of the joint. We could see the cartilage, the joint linings, the ligaments and various structures within a joint. A larger joint was much easier to look into than a smaller joint. Initially, the arthroscope was being used with success for diagnosis and surgery within the knee joint. Later on, smaller probes and needles were utilized for diagnosis and surgery within other joints, the smaller peripheral joints, such as the shoulder and the ankle.

Now, at our hospital, we have a television which is hooked up to our arthroscope. We can make a small puncture through the skin, look inside of a joint, and see the joint on a television screen. What we see, of course, is a magnified view of a portion of the joint which is being seen through the arthroscope. This allows us to see if there is arthritis in the joint, degeneration of the cartilage in the joint, or a torn portion of the joint such as a torn meniscus (cartilage) in the joint. We can also look into a joint, such as the ankle joint, and see if there are loose bodies of bone which have been fractured off or if ligaments have been ruptured.

Patients can have diagnostic arthroscopy on an outpatient basis or on a come-and-go basis in a hospital. Patients can be admitted in the morning, have arthroscopic surgery in the afternoon, and go home that same day for simple procedures.

Let me describe a case. I had a young athlete come to me, a gymnast and runner, who had pain in her ankle. She had injured her ankle when dismounting from gymnastic bars. With the same motion that takes place when one sprains an ankle, the foot had gone down and turned on the outside. She had some tearing of the outside ankle ligaments. She also had some spurring in the ankle joint which occurred when she over compensated from this injury and twisted her foot towards the outside; thus pulling some bone loose from the front and inside of the ankle joint. She had been treated conservatively with a cast but failed to heal adequately. On x-rays, we noted that two small portions of bone had been pulled off and were at the front and inside of the ankle joint. These bones were causing pain whenever this patient was performing high intensity gymnastics or running. I was elected by myself and our consulting orthopedist to do an arthroscopic exam on this joint before deciding whether or not to open the joint for surgery. It was our hope that we could remove the two ossicles through a very small hole and thus

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***"...procedures, which used to take three, six, eight or twelve weeks to heal, are healing in three days to three weeks."***

---

The obvious advantage of arthroscopic surgery is that it is done through a small hole so that a large incision does not have to heal. Thus, procedures, which used to take three, six, eight or twelve weeks to heal, are healing in three days to three weeks. Procedures, which used to take three or four days of hospitalization, are now becoming same day surgical procedures.

avoid a long postoperative course with some disability. The patient was admitted to the hospital the day of surgery and, that afternoon, under general anesthesia, we performed the arthroscopic surgery. The patient could have had local anesthesia or local standby anesthesia had she not wished to be asleep. She was young and somewhat nervous and the general



anesthesia appeared to be more appropriate. After all the blood had been milked from the foot and the leg and a tourniquet applied around the thigh, a large amount of normal saline was placed into the joint to distend it so that we could put the arthroscope in and have a good look at the joint. The arthroscope was inserted through a very small puncture hole on the side opposite of where the two small bone fragments were. We then looked inside the joint and, after careful examination, found the two pieces of bone. They were embedded in scar tissue that looked like gristle. A second small stab incision was made over the ossicles (loose bone fragments) and the two bone particles were teased away from their attachments to scar tissue and then removed with a small forceps through the second hole. This took quite some doing and was not easy but was far less traumatic than opening the whole joint and going through several layers of tissue to get the two bones out. After the two pieces of bone had been removed, the joint was carefully inspected and no more ossicles were found. There was no arthritis. The soft tissue lining of the joint was somewhat inflamed and a portion of this was removed easily with a special arthroscopic surgical instrument. The surgery was being performed with very small instruments while we surgeons were looking at the TV screen picture of the ankle joint. This was most fascinating! We have had considerable experience doing this type of surgery in the knee joint but relative-



ly little experience doing it in the ankle joint although we had taken training courses to prepare us for this type of surgery.

After the surgery, the patient was taken to the recovery room where she was stable and was feeling quite well and happy within one hour. She left the hospital later that afternoon and returned home. We told the mother of this patient and the patient that it was our hope that this surgery would work out successfully. We explained that it was our feeling that it was better to see if the arthroscopic surgery, which had very little trauma, would be successful rather than opening the whole joint. If, after two months of training, there was still some discomfort, then an open surgical procedure would be indicated. If it were my ankle, I would have preferred the arthroscopic surgery and exam!

Our orthopedist and I now have several years of experience utilizing arthroscopic surgery for the knee. When arthroscopic surgery on the knee is performed on my patients, I usually assist the orthopedist or am

in attendance. My patients tend to feel more comfortable when I'm around. The orthopedic surgeon I use is highly skilled and has a considerable amount of experience in sports medicine since he treats all my runners. I have seen him do some superb surgery through the arthroscope with minimal trauma. He has done lateral releases for runner's knee which have worked out quite well. I also am impressed with his ability to examine the knee with an arthroscope to see whether or not surgery is indicated or whether or not there is damage.

The arthroscope is clearly a major advancement in sports medicine and a friend of the runner. If you are considering having joint surgery, consider seeing a sports physician who has experience utilizing the arthroscope for diagnostic and surgical procedures.

If you have any comments, suggestions or problems regarding your training or running injuries, let me know.

## Letter To The Editor

Dear Editor:

First, let me compliment you and your staff on putting out such a fine publication. I've only been receiving it for a couple of months now, but you do a very good job handling so much information so well. I noticed that Jack Leydig is your Northern California correspondent. Any magazine having him as a contributor is indeed fortunate, as Jack is truly a pioneer in the promotion of distance running. His energy never fails to astound me.

More to the point, however, I was very pleased to read Dr. Steven Subotnick's excellent article on "George Moss" in your September issue. I'm 35 years old and have been running since I was 14. Like anyone who has been engaged in an activity for over 20 years, I, too, have gone through a number of phases in my running, some of which have been extremely intense, others having been hardly more rigorous than the regimen of a jogger.

As you might expect, and very much like George Moss, my running started out fast and furious, beginning and then continuing in the California high school pressure cooker. That kind of running demands talent, and enormous amount of work, and an equally large outlay of emotional energy. That draining routine continued through college, and by the time I was 23 years old, I was just about shot. My "three years", as Dr. Subotnick says, may have extended beyond that period, but I also found that I was so completely exhausted after track seasons in high school, and after just the cross country seasons in college, that I had to lapse into a recovery phase: minimal running (20-30 miles each week) and playing other sports like soccer and squash. Perhaps with my "peak-and-valley" style of running, I really did have only three good years, followed by two years (1970-72) of just jogging and then three years (1972-75)

of moderately successful competition in cross country and road racing. You might consider this to be Dr. Subotnick's "Phase II", a time of uncertainty, of inconsistency, of searching for just what role running was to play in my life. Running always made me feel better, and I always thought I should be doing more of it, but racing (and certainly serious racing) seemed awfully pointless. I'd already climbed the mountain; why make the struggle again?

I started law school in the fall of 1975 and continued to race (cross country), albeit at a somewhat subdued level, for the next three years. This was a Phase "IIA" for me, a period in which I used my running as a physical outlet for the normal intellectual and emotional challenges of a professional education. 35 miles a week was pretty normal. Nothing fast. Only a few hills now and then. I found I could race fairly respectably. No, I couldn't beat the college runners, and I had a hard time staying close to the people doing twice my weekly mileage, but I certainly experienced a lot of challenge.

Today's "Phase III" running is, without question, the most enjoyable running I've ever done. I run about 50 miles a week, race about twice a month at varying distances, and I have just enough competition in my life to be healthy. There's always a challenge, even if I'm meeting that challenge somewhat further back in the pack that I met it during Phase I. I once thought that I had to win a race outright in order to be successful. I now think that staying respectable within my age category is very satisfactory. As Dr. Subotnick noted so well, a continuous regimen of hard, fast training, particularly on hard surfaces, will not ensure your winning anything; as you age, your body breaks more often, you're sore and stiff longer, and you take longer to recover and to heal. 5-6 days a week on a hard day — easy day basis is plenty. Regular doses of short, fast intervals or numerous repetitions of steep hills will only guarantee a lot of enforced rest from Achilles' tendon and knee injuries. Shin



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splints, something I never had until 1981, can be devastating when you're over 30: I raced a hard 20km (1:05) in March, and I wasn't healed completely until October. That's what happens when you try to race with good college runners just because you once did. I had forgotten two very important things: first, the college runners with whom I once raced are still in my age category! Second, the vast majority of them can't stay close to me anymore because, unfortunately, they've quit running altogether. Perhaps too much Phase I and not enough attention to transitioning into a much more pleasant Phase III.

As I reflect on this excellent article and also on what I've written so far, I think that George Moss, Dr. Subotnick, and I are three real winners. Not because we have run fast or finished ahead of anyone, but because we've each reached a point where we feel comfortable with our selves and with the place running has assumed in our lives. I think that Dr. Subotnick's description of George Moss displayed a great concern for a patient and fellow runner, and it gave sound professional, practical advice for adjusting to the aging process. Every runner over 30 should keep the article and re-read it on every birthday, to ensure that he or she doesn't forget its message.

Mike Ryan  
Lompoc



# Long Distance Log

## SoCal Notes

By Richard Lee Slotkin

**NOTE:** Please send newsy information and "tidbits" for the SoCal area (Bakersfield/San Luis Obispo southward) directly to—Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

My contact down in San Diego, Judy Stolpe of End of the Line Race Consultants, tells me they don't make it easy on runners and race directors. It's a typical case of bureaucracy becoming perverted. The philosophy, like so much else in our lives, seems to be that we're here to serve the government, rather than vice versa.

The problem lies in the obtaining of police permits for putting on races. There are two major restrictions. First, all events are restricted to Balboa Park or Mission Bay Park. That's not too bad. You can live with that, although it takes away the element of variety. Los Angeles imposes similar restrictions.

But an even more annoying restriction is that San Diegans are generally limited to one event per weekend.

No, folks, that's not one RACE per weekend. That's one EVENT. That means if someone has received a permit to stage a motocross on a particular weekend, you don't get one for your 10k. That means that along with other races you are competing with boat shows and even sidewalk sales. Anything involving police supervision.

With ever tightening municipal budgets resulting from a slow economy and Prop. 13, it's expected that police departments are

under pressure to reduce overtime and other costs. But here in L.A., race promoters pay for police service. In San Diego, according to Stolpe, they don't. So, the police call the tune when the issue permits.

Besides the major problems of getting a date and a location, though, there are some ludicrous side effects. For example, one group wanted to do their annual Festival of Lights 10K in December in conjunction with the Jewish holiday of Channukah. They were told to hold it in February. I understand that enough muscle was mustered to override that one, but most groups putting on a race don't have that much muscle. Another situation arises with the restriction on race day registration. Because the races are limited to city parks, money solicitation rules apply, and if money is collected, you're not non-profit and you can't collect on city property.

So, San Diego, with so many fine runners and races, has to face all this nitpicking because reason is not allowed on the premises. There's no question that the times call for belt tightening and that includes government services. But race promoters can pay their way in many, if not most cases, so the problem of limited funds for overtime disappears. Limiting runners to two locations is just a case of some people's insistence upon trying to control the rest of us. True, some places should be kept clear of runners, but surely a city as big as San Diego has more than two places that can be used.

We didn't mean to pick on San Diego. Other places have similar problems. It's all so unnecessary and unnecessarily frustrating.

On a brighter note, we find that Los Angeles Harbor Community College has a new head cross country coach. And if anyone ever deserved a break like that, it would be Thom Lacie. Down in San Pedro, where Harbor is located, Lacie is Mr. Running himself. He has a small running goods store, Marathom's. He started and is president of Point Fermin Flyers, a 250 member club that is one of the most viable groups in Southern California.

As a volunteer (i.e. unpaid) assistant coach at his alma mater, San Pedro High School, he brought the cross country team its first-ever city championship. In fact, I think it was the school's first city crown in anything. He acts as race director for several races in the area, such as the popular Grunion Run and the prestigious Pt. Fermin 10 Miler. And many race directors continually use him as a consultant.

What happened is that the former Harbor coach, Gordon Wells, is a National Football League umpire and there was too much conflict between his cross country and NFL schedules and the attendant traveling, especially since the introduction of Thursday night games.

Ironically, just as Lacie takes over, Wells may find himself out of any job, courtesy of an NFL players' strike.

Anyway, Lacie, who hasn't had the luxury ... make that necessity ... of a college degree, nor the prestige of being a former distance running great, has taken over. Lacie knows what he's doing, though. He proved that last year at San Pedro High.

And he can run some himself. At 31, he nearly runs his age in 10k's... well, on good days he gets close. He once won the prestigious Pt. Fermin 10 Miler. But, his own running is secondary. He has a real rebuilding job waiting for him at Harbor. He has only two returning lettermen, and one of them is a she. Yeah, Lacie coaches the girls' team too. Don't worry about ol' Thom, though. He has some promising freshmen coming aboard and we expect Harbor will return to its normal role of conference power.

One guy who will be pulling for Lacie is Mitch Harmatz, who is track and cross country coach at nearby Cal State Dominguez Hills. Some of the talent Lacie develops should move on to him. (Harmatz once took second in the Pt. Fermin 10 Miler).

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# NorCal Notes

By Jack Leydig

**NOTE:** Please send newsy information and "tidbits" for the NorCal area (Fresno northward) directly to — Jack Leydig, P.O. Box 459, San Carlos 94070, or phone (415) 595-2249. If you think you have some news that may be of interest to our readers, don't be bashful! Mail it in right away. **Deadline** for receipt of materials is the 10th of each month for the following month's issue. We still aren't getting very much response. Remember, if you want this column to be interesting and representative, we must get some input!



**RACE INFO:** The **Seagull Run** was inadvertently listed as October 16 in last month's issue but it should be October 23 - all else remains the same (see scheduling section)... **Angwin to Angwish**, originally scheduled for October 17, has been indefinitely postponed due to a change in personnel and lack of a race course. All future correspondence regarding this race should be directed to: Dr. Roberts Reynolds, P.E. Dept., Pacific Union College, Angwin, CA 94508... The **Cup & Saucer Run** has been changed from November 7th to 14th - all else remains the same (see the schedule)... Another bridge run, this one the first **Dumbarton Bridge Run** being organized by veteran race promoter Cherie Swensen (of Oakland Marathon). The October 3 race will cover 7.5 miles over the bridge.

**PEOPLE NEWS:** Ex-PA/AAU LDR Chairman, **Roger Bryan**, now living in Colorado Springs, won the recent (September 4) National TAC Masters 5K Road Championships in his age division (45-49) - no time available... The Scots' Peoples Marathon has invited two Oakland Marathon top placers to participate in their October 19 race in Glasgow. The highest finishers from the 1981 Oakland race who had not yet received a trip are **Emil Magalanes** who was sixth at Oakland, and **Kelly Gerdes** who was 5th woman at Oakland.

**PA/AAU 1983 CHAMPIONSHIP SCHEDULE:** The following championships have been determined for the Pacific Association of TAC for 1983:

10K X-C  
10K women  
10K men  
15K all  
10M all  
20K all  
13.1M all  
25K all  
Marathon all  
50M all

Pt. Pinole  
Bonnie Bell  
Devil Mountain  
Pt. West (Sacramento)  
California 10  
Capitol City 20K  
Oakland Half Marathon  
China Camp 25K  
S.F. Marathon  
Jed Smith 50 Mile

October 30  
September  
May  
April or May  
January 9  
January 30  
February  
June  
July 11  
February

Zephyr A.C.  
Pamakids  
Devil Mountain  
Fleet Feet  
Sundance R.C.  
Capitol City Flyers  
Oakland Marathon Ass.  
Tamaipa  
Pamakids  
Buffalo Chips

## Results

### Cross Country Results

#### FSU Watermelon Run

Sept. 4, Fresno State Univ. Campus. 2, 4, 6 miles.

2 Mile	
1 Bryan Foley	9:11
2 Bob Tapia	9:19
3 Rick Torres	9:24
4 Jim Tilford	9:44
5 Aggie Contreras	10:13
6 Mike Taylor	10:28
7 John Valett	10:30
8 Raul Garza	10:32
9 Tom Morgan	10:39
10 Jaon Lienau	10:49
11 Fernie Montanez	11:02
12 Jerry Grieco	11:03
13 Tom Lewis	11:04
14 Bob Fries	11:05
15 Tom Williams	11:05
24 Renee Wyckoff(1st/F)	11:37
31 Tone Nichols(2nd/F)	11:54
40 Jory Lawrence(3rd/F)	12:26

4 Miles	
1 Leroy Rivera	20:29
2 Dave Lehman	20:39
3 Roy Vinton	21:02
4 David Perez	21:04
5 Rod Marvin	21:24
6 Jeff Chandler	21:22
7 Larry Lung	21:36
8 Richard Freeman	21:40
9 Jesse Rodriguez	21:44
10 Frank Ortega	21:52
11 Kevin Pereira	22:09
12 Adam Barron	22:14
13 Timothy Falls	22:15
14 Jim Snell	22:35
15 John Motz	22:38
16 Greg Steinauer	22:52
17 Collin Smythe	22:58

18 R.Fuentes	23:18
19 Cary Haywood	23:18
20 David Williams	23:28
40 Sylvia San Tis Teuan(1/F)	26:12
57 Connie Fidel(2/F)	31:18

6 Miles	
1 Gary Gonzales	31:03
2 Barasa Thomas	31:15
3 Scott Thornton	31:19
4 Eddie Fuel	31:46
5 J.Hendry	31:58
6 Eric Little	33:31
7 Roger Wilson	33:34
8 C.Ella	34:03
9 Jeff Merrow	34:14
10 Tim Ross	34:56
11 Dan Currier	35:15
12 Alan Green	35:32
13 Bruce Anderson	35:49
14 Louis Grieco	35:58
15 Steve Kelley	36:29
16 Mark Beebe	37:21
17 Alan Stewart	37:24
18 Alex Orosco	37:24
19 Frank Delgado	37:41
20 Bruce Johnson	37:44
39 Barbara Hasson(1/F)	41:45
47 Diane Barrett(2/F)	43:17
53 Susan Molina(3/F)	45:44

### Central Calif. Cross-Country Championships

From RED ESTES

September 11, Woodward Park, Fresno.

Women's 2-mile	
1 Renee Wyckoff(FSU)M.Record	11:45
2 Liz Garman(Azusa Pacific)	11:47
3 J. Housel(Aggie R.C.)	11:50
4 Tone Nichols(FSU)	11:55
5 Jorie Lawrence(Un)	12:41
6 Brenda Markham(FSU)	12:40
7 Shirley Johnson(Un)	12:41
8 Sylvia Santistevan(FSU)	12:59
9 Brenda Wilcox(FSU)	12:59

10 Teresa Bargetto(FSU)	13:06
11 Janet O'Brian(Un)	13:20
12 Judie Butt(FSU)	13:24
13 Jeanne Ar(R.R.)	13:25
14 Karen Munoz(Cougar TC)	13:27
15 Dana Ahearn(Cougar TC)	13:31
16 Maura Bookout(Azusa Pacific)	13:35
17 Susan Molina(FSU)	13:44
18 Lynette Smith(Azusa Pacific)	13:57
19 Tanya Henry(Cougar TC)	14:12
20 Ann Jordan(Cougar TC)	14:20
Team Scores: FSU-17; Cougar TC-59; Running Rams-61.	

Men's 5-Mile	
1 Mandla Kunene(Trac)M.Record	25:04
2 Gary Gonzalez(FSU)	25:04.9
3 Greg Jenkins(Sac. State)	25:24
4 Bryan Foley(FSU Alumni)	25:25
5 Ted Franse(Sac. State)	25:29
6 Matt Gary(Sac. State)	25:36
7 Dave Royal(Sac. State)	25:39
8 Scott Thornton(FSU)	25:46
9 Dave Maldonado(Sac. State)	25:55
10 Barasa Thomas(FSU)	26:03
11 Lee Young(Sac. State)	26:07
12 Bob Tapia(FSU Alumni)	26:12
13 John Hendry(FSU)	26:20
14 Steve Haase(Sac. State)	26:24
15 Rick Torres(FSU Alumni)	26:35
16 Keith Golding(Sac State)	26:39
17 Oscar Carera(Trac)	26:45
18 Eddie Fuel(FSU)	26:53
19 Leroy Rivera(RR)	26:53
20 Matt Armbruster(Cougar TC)	26:54
21 Aaron Martinez(Azusa Pac)	27:12
22 Eric Little(FSU)	27:15
23 Bill Lasher(Sac State)	27:17
24 Tim Ross(FSU)	27:26
25 Tom Fitzgerald(FSU Alum)	27:27
26 Rod Marvin(RR)	27:29
27 Andy Harris(Sac State)	27:33
28 David Perez(RR)	27:38
29 Brian Hamilton(Azusa Pac)	27:40
30 Chris Erdman(Azusa Pac)	27:44
Team Scores: Sac State-30; FSU-50; FSU Alumni-84; Azusa Pacific-130; Running Rams(FCC)-136; Trac(Porterville JC)-140; Cougar TC(Cuesta JC)-165.	



Manola Kunene

### CSUDH X-C Invitational

September 11, Calif. State Univ. Dominguez Hills, Carson.

Women's 5,000 meters	
1 Laura Buss(CSULB)	18:03
2 Cindy Nagle(Clar-Mudd)	18:28
3 Joann Howard(Cal Poly-Pomona)	19:11
4 Dianne Fairman(CSULB)	19:28
5 Maureen Corrigan(Loyola Mary.)	19:36
6 Julie Doering(Cal Poly-Pomona)	19:52
7 Laura Lynch(Loyola Marymount)	19:52
8 Helen Arzu(UC Riverside)	19:58
9 Ann Scott(Clar-Mudd)	20:02
10 Carrie Flores(Cal Poly-Pomona)	20:06



# Results

11 Helen Lopez (CSU Long Beach)	20:07
12 Y. Yanke (Unattached)	20:09
13 Carol Lowe (UC Riverside)	20:11
14 Wendy Wallace (Clare-Mudd)	20:17
15 Linda Wuetcher (Pepperdine)	20:27
16 Mary Tracee (Unattached)	20:41
17 Beth Gleason (Cal Poly-Pomona)	20:48
18 Lupe Zamana (Cal Poly-Pomona)	20:51
19 Julie Tison (CSULB)	21:05
20 Christine Colvero (UCRiverside)	21:08
21 Susie Bullington (UC Riverside)	21:15
22 Patty Kuffel (UC Riverside)	21:17
23 Elissa Sheridan (Clare-Mudd)	21:20
24 Shannon Valdez (CP-Pomona)	21:24
25 S. Bobkowski (Unattached)	21:27
<b>Team Results:</b> 1. Cal Poly-Pomona 48.	
2. Cal State Long Beach 58. 3. UC River-	
side 74. 4. Claremont-Mudd Scripps 93.	
5. Loyola Marymount 115. 6. U. San Diego	
117.	

<b>Men/10,000 meters</b>	
1 Gilbert Cortez (CSULA)	31:44
2 Mike Serna (CSULB)	32:06
3 Jeff Olson (CSUDH)	32:12
4 Phil Inlay (CSULA)	32:31
5 Ernie Cadena (CSULA)	33:00
6 Brock Vaughn (CP Pomona)	33:05
7 Jake Courtney (Loyola Mary.)	33:10
8 Mike Parker (CSULB)	33:15
9 Ken Arriola (CSULB)	33:16
10 Rick Caintalan (CSULB)	33:16
11 Burke Treidler (Clare-Mudd)	33:23
12 Ted Cotti (Loyola-Mary.)	33:25
13 Mike Phillips (CSULA)	33:32
14 Gary Fredrickson (CSUDH)	33:33
15 Jeff Williams (CP Pomona)	33:49
16 John Nelson (CSULB)	34:00
17 Joe Delgado (CSULA)	34:01
18 Steve Perez (CP Pomona)	34:01
19 Eddie Mundo (CSULB)	34:06
20 Henry Alcorn (CSULB)	34:12
21 Rich Grohman (CSULB)	34:12
22 Art Van Venn (CP Pomona)	34:14
23 Mike Mudrick (CSU North.)	34:17
24 Steve Sherman (CSU North.)	34:20
25 Dan Aresnauct (CSULB)	34:22
26 Vince Calderone (Unattached)	34:37
27 Matt Groff (CP-Pomona)	34:48
28 Dan Bernaz (CSULB)	34:52
29 Mark Emdee (CSU North.)	34:55
30 Staline Butler (CSUDH)	34:56
31 Mike Gibson (Clare-Mudd)	35:01
32 Kendrick Williams (Unatt.)	35:02
33 Jim Reish (Unattached)	35:02
34 Elliott Teaford (CSULB)	35:05
35 Drew Collins (Clare-Mudd)	35:06
<b>Team Results:</b> 1. CSU Long Beach 42.	
2. CSU Los Angeles 62. 3. Cal Poly-	
Pomona 82. 4. CSU Dominguez Hills 116.	
5. CSU Northridge 126. 6. Claremont-Mudd	
135. 7. Loyola Marymount 168. 8. U. San	
Diego 221. 9. Pepperdine 267.	

<b>Open/10,000 meter/Men</b>	
1 Ron Jensen	34:12
2 Agapito Cuntreras	36:35
3 Doran Cushing	37:25
4 Dave Holland	37:33
5 Terry Fredrickson	38:29
6 Hutch Gidd	39:59
7 Stephan Tabb	42:09
8 Jeff McConnell	42:44
9 Reginald Greene	44:50
10 Rick Fay	45:06

<b>Open/10,000 meters/Women</b>	
1 Jean Jones	45:48
2 Kathryn Owen	50:09
3 Meianie Moshel	53:34
4 Ann Reaume	56:07
5 Branka Cendek	58:52
6 Jennifer Mull	59:00
7 Judy Ross	59:12
8 Marsha Dadula	1:00:35
9 Ethel Harmatz	1:00:36
10 Ayne Rand	1:00:50

## UCLA Invitational

<b>September 18. 4.0 miles.</b>	
1 Graeme Felt (SDSU) Co. Record	18:51.3
2 Steve Webb (UCLA)	19:09
3 Ron Roberts (UCLA)	19:18
4 Mike Pope (UCLA)	19:21
5 Jose Vaga (SDSU)	19:23
6 Matt Ebner (UCLA)	19:25
7 Matt Blaty (CPP)	19:27
8 Rick Rose (UCLA)	19:29
9 Steve Whitcomb (UCLA)	19:31



## 500 Yards into the Fresno City College Invitational

10 Mike Serna (CSULB)	19:32
11 Farron Fields (UNA)	19:33
12 Tony Reyes (CPP)	19:33
13 Tim Varley (USIU)	19:35
14 Mike Podlenski (USIU)	19:41
15 Olsen (CSUDH)	19:47
16 Brian Harold (SDSU)	19:50
17 Mike Clossen (SDSU)	19:51
18 Alex Gonzales (UCLA)	19:52
19 Syd Leibovitch (UNAT)	19:52
20 Dick Isobike (USIU)	19:54
21 Gary Borbon (CPP)	19:56
22 Dan Caprioglio (UCLA)	20:02
23 Mle Trujillo (CSUN)	20:05
24 Carey (SDSU)	20:08
25 Willie Ayyad (UCLA)	20:11
26 Jeff Williams (CPP)	20:13
27 Greg Ramsey (SDSU)	20:13
28 Felipe Gonzales (UCLA)	20:14
29 Tom Carlton (LMU)	20:17
30 Clyde Matsumura (SMT)	20:17
<b>Team Scores:</b> 1. UCLA 23; 2. SDSU 58; 3.	
CPP 91; 4. USIU 125; 5. CSULB 130; 6.	
SMT 192; 7. CSUN 193; 8. CSUDH 200; 9.	
LMU 222; 10. CSUF 279; 11. Pepperdine	
334.	

23 Leroy Rivera (Fresno)	20:43
24 Ken Souza (Mt. SAC)	20:43
25 Kurt Dye (Marin)	20:47

**Men's Team Scores:** 1. Glendale 79; 2. San Jose 100; 3. American River 117; 4. Fullerton 126; 5. West Valley 147; 6. Long Beach 156; 7. Mt. SAC 163; 8. Fresno 213; 9. San Bernardino 248; 10. Porterville 296; 11. Santa Rosa 313; 12. Marin 362; 13. Cerritos 368; 14. Hartnell 378; 15. Mira Costa 390; 16. Merced 410; 17. Cuesta 419; 18. C.O.S. 449; 19. Bakersfield 490; 20. L.A. Valley 551; 21. Kings River 684.

<b>Women's 3.0 Miles:</b>	
1 Muninga Sote (Mt. SAC)	17:17
2 Penny Miller (Cerritos)	17:27
3 Mara Lazians (Mira Costa)	17:33
4 Darlene Davis (Amer. River)	17:54
5 Laura McHale (Amer. River)	17:56
6 Sharon Peters (Santa Rosa)	18:02
7 J. Slingerland (Amer. River)	18:04
8 Theresa Ebner (Mt. SAC)	18:13
9 Bernadette Torres (Mt. SAC)	18:20
10 Chris Ramirez (San Berdo)	18:25
11 A. Aguirre (East L.A.)	18:29
12 Gina Gogo (San Berdo)	18:32
13 Gina Thompson (Mira Costa)	18:42
14 Teresa Perrin (Amer. River)	18:43
15 Sylvia Santistevan (Fresno)	18:43



Mara Lazians

**Women's Team Scores:** 1. American River 76; 2. Cerritos 80; 3. Mt. SAC 85; 4. Mira Costa 98; 5. San Bernardino 133; 6. Fullerton 153; 7. Fresno 155; 8. East L.A. 182; 9. Cuesta 193; 10. C.O.S. 228.

## Fresno CC Invit.

September 18: Woodward Park, Fresno.  
Fresno CC Invitational Cross Country.

<b>Men's 4.0 Mile:</b>	
1 Manolo Kuene (Porterville)	19:31
2 Andy DiConti (Glendale)	19:32
3 Jesse Torres (San Jose)	19:38
4 Nelson Bernal (West Valley)	19:42
5 Tyrus Deminter (Long Beach)	19:43
6 Gary Lewis (San Jose)	19:45
7 Rusty Knowles (Amer. River)	20:00
8 Kevin Floyd (Glendale)	20:06
9 Randy Anderson (Amer. River)	20:14
10 Ralph Garibaldi (San Berdo)	20:16
11 Frank Jerrett (San Berdo)	20:17
12 Brady Clearay (Fullerton)	20:17
13 Alex Gonzales (San Jose)	20:19
14 Steve Pappa (Amer. River)	20:20
15 Casaria Marquez (Long Beach)	20:25
16 Brad Jensen (Glendale)	20:29
17 Charles Eaglin (San Jose)	20:30
18 Jeff Salazar (West Valley)	20:34
19 Eric Behring (Fullerton)	20:36
20 Tom Ontiveros (Fullerton)	20:36
21 Oscar Carrera (Porterville)	20:37
22 David Rosas (Mt. SAC)	20:38

## Track & Field Results

### PA/TAC T&F Championships

August 28, UC Berkeley:

<b>Men</b>	
<b>100m</b> —1. Adrian Rodgers (Golden Bear TC) 10.9, 2. Akin Lewis (Unattached) 11.0, 3. Norbert Payton (Unattached) 11.2.	
<b>200m</b> —1. Rodgers 22.3, 2. Lewis 22.4, 3. Mark Nicol (Unattached) 22.8.	
<b>400m</b> —1. Rodgers 51.2, 2. Bill Knacke (So. Cal. Striders) 51.9, 3. Bobby Nelson (Unattached) 51.9.	
<b>800m</b> —1. Kimble Goodman (GBTC) 1:54.4, 2. Marty Kruger (Unattached) 1:56.4, 3. George Mason (WVTC) 1:58.7.	
<b>1500m</b> —1. John Sup (GBTC) 3:51.6, 2. Peter Churney (GBTC) 3:52.9, 3. Steve Haase (Unattached) 3:53.4, 4. Allan Smith	

(Zephyr AC) 3:54.8, 5. Jack Marden (Unattached) 4:03.4.

**3000m Steeplechase**—1. Rod Berry (Unattached) 9:01.2, 2. John Embody (GBTC) 9:06.1, 3. Jack Marden (Unattached) 10:04.8.

**5000m**—Mark Schilling (Aggie RC) 14:54.3, 2. Rick Gentry (Cal Running) 14:56.0, 3. Malcolm Cleary (Santa Monica TC) 15:13.4, 4. John Jennings (Cal Running Club) 15:23.6, 5. Mike White (Aggie RC) 15:33.5, 6. Andy Takana (Cal Racing Team) 15:36.4.

**10,000m**—1. Dan Gruber (Aggie RC) 30:21.6, 2. John Mansoor (Capital City Flyers) 30:37.5, 3. Ted Quintana (GBTC) 30:48.0, 4. Mentzer Lyn (Unattached) 31:04.7, 5. Bill Sevald (Excelsior RC) 31:30.2, 6. Gregory Brock (WVTC) 31:35.2, 7. David Smith (GBTC) 32:07.0, 8. A.



Michael McQueeney (Pacific West TC) 2:30.9, 9. Mark Young (Unattached) 2:35.5, 10. Darryl Zapata (Greater SFTC) 2:53.0.

**500m Race Walk**—1. Gary Parker Monterey Peninsula Walk C, West) 3:37.0, 2. Bill Penner (St. George TC) 4:37.3, 3. Fred Dunn (Pamkids) 26:30.4.

**100m HH**—1. Brian Conley (Maccabi) 14.3, 2. Derek Ligons (Unattached) 14.6, 3. Peter Irimas (Cal TC) 15.4.

**100m IH**—1. Grimes 53.2, 2. X 100—1. St. George TC 45.5, 2. East Oakland Youth Development Center 46.5.

**X 400**—1. Golden Bear TC (George Mason 51.8, Kimble Goodman 50.3, Adrian Rodgers 47.2, Peter Grimes 49.9) 1:19.2, 2. GBTC II 3:27.2, 3. East Oakland DC 3:35.9.

**100m**—1. Dennis Deloach (Unattached) 6-10, 2. Dale Denker (Unattached) 6-2, 3. Gary Kelmenson (Aggie RC) 3-8.

**100m**—1. Ross McAlexander (GBTC) 16-6, 2. Paul Babits (Unattached) 15-0. No weight: Ken Bayless (Sacramento St.), Mark Kibort (Cal Poly), Bob Babits (Unattached).

**100m**—1. Milan Tiff (Unattached) 49-11, 2. Anthony Trammell (Berkeley East Bay C) 48-11, 3. Bruce Furukawa (Unattached) 1-10.

**100m**—1. Jim Lothrop (Weight City) 50-7, 2. Steve Rolter (Weight City) 47-6, 3. Erin Woodburn (Unattached) 45-5.

**100m**—1. Scott Overton (Weight City) 94-2, 2. Dave Porath (GBTC) 169-1, 3. John Jarvey (Weight City) 167-2, 4. Steve Davis University of Oregon) 168-4.

**100m**—1. Lothrop 209-4, 2. Phil Conley (Weight City) 207-5 (age 45-49 American record), 3. Rolter 203-5.

**Hammer Throw**—1. Gary Kelmenson (Aggie RC) 120-8, 2. Bob Stone (Nor Cal Seniors) 92-4.

**Women**  
**100m**—1. Debra Carlson (Unattached) 27.4, 2. Josephine Kolda (Nor Cal Seniors) 34.3, 3. Norma Miller (Unattached) 42.2.

**100m**—1. Robin Atkinson (Woodside Striders) 2:35.3, 2. Renee Gillim (WS) 3:35.4, 3. Lauren Goode (WS) 3:48.4.

**100m**—1. Gillim 5:18.1, 2. Goode 7:27.0, 3. Linda Van Housen (WS) 8:31.7.

**1,000m Walk**—1. Lori Maynard (WS) 16:44.9, 2. Daphne Dunn (Pamkids) 11:12.0, 3. Dorothy Perry (St. George TA) 13:27.7.

**100m H**—1. Janice Newman (Unattached) 7.4, 2. Robin Atkinson (WS) 19.3.

**100m IH**—1. Merika Reed (EOYDC) 73.7, 2. Atkinson 75.9.

**X 400**—1. Woodside Striders (Gillim, Atkinson, Goode, Van Housen) 4:58.4.

**100m**—1. Robin Woods (EOYDC) 16-7, 2. Reed 15-5, 3. Santina Malveaux (EOYDC) 11-10.

**100m**—1. Karen Nickerson (Capital City Flyers/Cordova HS, Rancho Cordova) 4-2, 2. Angela Williams (CCF/Cordova) 2-10, 3. Stacey Hom (CCF/Cordova) 11-10.

**100m**—1. Nickerson 150-9, 2. Kim Kesler (Unattached/Vintage HS, Napa) 137-1, 3. Hom 134-11.

**100m**—1. Dorothy Perry (St. George TC) 8-8.

**Masters Men**  
**100m**—1. Bill Simmons (Nor Cal Seniors) 16.2, 2. Bernie Stevens (Unattached) 26.5, 3. Enver Mehmedbasich (Nor Cal Seniors) 10.9, 4. Wilfred Bigelow (NCS) 35.2.

**100m**—1. Stevens 59.5, 2. John M. Laramie (Unattached) 60.2, 3. Mehmedbasich 68.0, 4. Bigelow 77.5.

**1,000m SC**—1. David Stevenson (WVTC) 10:57.1 (age 53 world record).

**100m**—1. Bob Stone (NCS) 40-8, 2. Jiscus—1. Stone 134-4.

**Masters Women**  
**100m**—1. Josephine Kolda (NCS) 16.3, 2. Norma Miller (Unattached) 19.3, 3. Theima Rubin (NCS) 20.1, 4. Maryola Jurkhead (NCS) 21.7.

**100m**—1. Lauren Goode (Woodside Striders) 1:27.7.

**Sub-Masters Men**  
**100m**—1. Gary Kelmenson (Aggie RC) 16-9, 2. Jiscus—1. Bill Shissler (Weight City) 122-7, 2. Kelmenson 111-6.

**Youth**  
**100m**—1. David Wilson (Unattached) 33-2, 2. Jiscus—1. Wilson 83-1.

## LDR Results

### Double Dipsea

From WALT STACK

June 19. Stinson Beach to Mill Valley and Return. 13.6 miles.

A double jinx looms over the Double Dipsea! On the thirteen runnings of this podiatrist's delight, no man has won the race twice and no woman has ever won it. This second jinx seemed doomed, as Florianne Harp led the race until the last quarter mile. But Mike Duncan passed her just before the last crossing of Panoramic Highway and consigned her to a second consecutive "Avis". Last year she was beaten by a mere seven seconds.

A note on the winner: Mike Duncan, who was third in this race in both 1979 and 1980, won the Aptos Marathon and the hilly Mt. Whitney race, a high altitude trail event that really separates the men from the mountain goats.

His dislike for flat races has certainly turned him into a fine trail runner. His 1:45:46 is the second best Double Dipsea for a submaster. Mike works for the S.F. Chronicle, which did not deign to mention any of his victories on the sports page (or any page).

The fast times this year were due to the coolest weather in several years. In spite of there being no aid station in Muir Woods (the road was barricaded due to wash-outs), no one collapsed from dehydration. This is obviously a harder group than those masses who come out for the Dipsea and (perish the thought) the Bay-to-Breakers.

**Division Winners (based on actual time): Fastest Males:** 1. Dean Harper (29) 1:51, 2. Bert Johnson (39) 1:53, 3. Peter Laskier (37) 1:55. **Fastest Females:** 1. Florianne Harp (34) 2:07, 2. Andrea Eschen (25) 2:15, 3. Hilary Naylor (35) 2:24. **Women 30-39:** 1. Barbara Magid (38) 2:17, 2. Deborah Hannaford (30) 2:23. **Men 40-49:** 1. Lou Otanez (46) 2:07, 2. Bryan Holmes (47) 2:09, 3. Chris Delgado (47) 2:10. **Women 40-49:** 1. Eve Pell (45) 2:17, 2. Pat Whittingslow (42) 2:19. **Men 50-59:** 1. Jim Nicholson (51) 2:03, 2. Bob Malain (55) 2:07, 3. David Sharp (51) 2:12.

**Top 20 (Handicap)**

	Hdc. Time
1 Michael Duncan (32) H-9	1:36
2 Florianne Harp (34) H-30	1:37
3 Jim Nicholson (51) H-25	1:38
4 Bob Malain (55) H-25	1:42
5 Bert Johnson (39) H-9	1:44
6 Andrea Eschen (25) H-30	1:45
7 Peter Laskier (37) H-9	1:46
8 M. MacKenzie (38) H-9	1:46
9 Barbara Magid (38) H-30	1:47
10 David Sharp (51) H-25	1:47
11 Lou Otanez (46) H-30	1:47
12 Eve Pell (45) H-20	1:47
13 Martin Jones (39) H-9	1:47
14 Bryan Holmes (47) H-20	1:49
15 Pat Whittingslow (42) H-30	1:49
16 Chris Delgado (47) H-20	1:50
17 Gene White (47) H-20	1:50
18 Jim Meyers (33) H-9	1:50
19 Dennis Egley (58) H-30	1:51
20 Joe Jaher (35) H-9	1:51

### The Good Sport's Couples Relay

July 17. Larkspur, CA. 4 Miles.

1 Peggy Smythe (11:07)	20:01
Roy Kissin (8:54)	
2 Robyn MacSwain (10:58)	20:01
Rod Berry (9:03)	
3 Joy Taylor (11:00)	20:37
Ron Elijah (9:37)	
4 Marilyn Taylor (10:51)	20:45
Bob McLennan (9:54)	
5 Mary Gaffield (10:55)	20:51
Jim Gaffield (9:56)	
6 Laura Starrett (11:04)	20:55
Tom Schmitt (9:31)	
7 Vicki Randall (11:15)	21:04
Kirk Dye (9:49)	

8 Denise Bigelow (11:39)	21:13
Mike O'Reilly (9:34)	
9 Vicki Bigelow (11:39)	21:14
Pete O'Reilly (9:35)	
10 Marcy Amonette (11:55)	21:54
Steve Ottaway (9:59)	

### Jim Ryn 10K

July 17. Goleta Beach. 10K & 5K.

	10K
1 John W Jones (33) Goleta	30:44
2 James Triplett (24) Santa Barbara	30:44
3 Ed Callaway (19) Goleta	31:14
4 Kevin Smith (25) Westlake Villi	32:06
5 Michael Lohr (23) Santa Barbara	32:14
6 Curtis Fincher (30) Santa Barbara	32:18
7 Dan Wojcik (26) Goleta	32:49
8 Donald Faith (28) Carpinteria	33:28
9 Gus Hermes (19) Santa Barbara	33:31
10 Danny Holmes (16) Santa Barbara	33:31
11 Robert Efram (18) Goleta	34:04
12 Gregory Olson (32) Agoura	34:17
13 Ed Shaw (24) Santa Barbara	34:20
14 Michael Griesmer (28) S Barbara	34:31
15 Duncan Thomas (33) S Barbara	34:34
16 Russell Schlager (23) Ventura	34:41
17 Mitchell Powers (26) S Barbara	34:51
18 Bruce Marshall (35) S Barbara	34:58
19 Jaime Pimental (17) Delano	34:59
20 Rick Snekvik (34) Santa Ynez	35:32
21 Dean Sylvies (21) Santa Barbara	35:42
22 Karl Clasing (21) Camarillo	35:54
23 Kemp Aaberg (42) Goleta	36:13
24 Robert Baker (31) Agoura	36:14
25 Aaron Hermes (16) Santa Barbara	36:15
26 Gregg Horner (28) Goleta	37:17
27 Vince Gama (21) Oxnard	38:32
28 Bill Buchanan (34) Santa Barbara	38:44
29 Bill King (40) Carpinteria	38:47
30 Joseph Green (34) Goleta	38:48

**Men 35-39**  
1 Bruce Marshall (35) S Barbara 34:58  
2 Michael Depalo (35) Burbank 37:26  
3 Steve Gutsche (35) Santa Barbara 37:47

**Men 40-49**  
1 Kemp Aaberg (42) Goleta 38:13  
2 Bill King (40) Carpinteria 36:47  
3 David Avila (40) Santa Barbara 38:36

**Men 50-59**  
1 Art Schickram (53) Lompoc 39:01  
2 Jim Rowe (58) Santa Barbara 39:28  
3 Owen Patmor (51) Santa Barbara 40:06

**Men 60 & Over**  
1 John Holovbek (66) Lompoc 39:38  
2 John Schweitzer (64) S Barbara 51:45  
3 Paul Gilbert (67) Santa Barbara 56:12

**Girls 18 & Under**  
1 Sarah Allaback (16) Carpinteria 38:10  
2 Christine Flanagan (13) San Diego 42:46  
3 Olga Mery (18) Newbury Park 53:46

**Women 19-29**  
1 Diane Killeen (25) Santa Barbara 37:21  
2 Kathy Baltham (19) S Barbara 44:54  
3 Erin Ormonde (25) 45:45

**Women 30-39**  
1 Elaine Campo (31) Santa Barbara 37:09  
2 Patricia Marshall (39) Carpinteria 37:43  
3 Christine Craigen (31) Vancouver 41:52

**Women 40-49**  
1 Celia Swan (50) Joshua Tree 49:26  
2 Malja Pekkanen (56) Carpinteria 1:04:35

**5K**  
1 Clem Sweeney (26) S Luis Obispo 15:33  
2 Jim Hiserman (31) Santa Barbara 16:08  
3 Thomas Sneddon (36) Panorama 16:10

4 Ignacio Jimenez Jr (33) Alamo 16:34  
5 Terry McEiwee (19) Santa Barbara 16:37  
6 Michael Smith (18) Santa Barbara 16:42

7 Ken Martinez (17) Simi Valley 16:52  
8 Gary Kuhn (19) Santa Barbara 17:02  
9 Steve Bushey (31) Santa Barbara 17:13

10 John Jackson (23) Santa Barbara 17:18  
11 Michael Parlit (35) Santa Barbara 17:19  
12 Tom Thomson (34) Santa Barbara 17:23

13 John L Patterson (40) S Barbara 17:34  
14 Michael Vogel (29) Ventura 17:36  
15 Reyes Lopez (17) Santa Barbara 17:46

**Men 40-49**  
1 John L Patterson (40) S Barbara 17:34  
2 Pete Osbourne (41) Goleta 17:54  
3 Lynn Cranmer (42) Oxnard 18:48

**Men 50-59**  
1 Milo Sather (55) Westchester 21:56  
2 Donald F Humes (51) Goleta 23:28  
3 Donald Fitzgerald (55) S Barbara 28:40

**Men 60 & Over**  
1 Edwin B Bishop (61) S Barbara 19:52  
2 Joseph Carey (64) Lompoc 20:17  
**Girls 18 & Under**  
1 Laura Handy (18) Santa Barbara 19:33

2 Carrie Buell (15) Santa Barbara	22:12
3 Laurena Anaya (8) Santa Maria	24:47
<b>Women 19-29</b>	
1 Pamela Cox (23) Santa Barbara	17:47
2 Jo Lee Houston (26) S L O	18:18
3 Joyce Dendo (24) Santa Maria	20:28

**Women 30-39**  
1 Sandra Marshall (34) Goleta 19:01  
2 Cecil Miller (30) Sylmar 21:48  
3 Eileen O'Brien (35) Santa Barbara 24:42

**Women 40-49**  
1 Ethel Byers (41) Santa Barbara 24:29  
2 Joan Harbert (48) Ventura 27:59  
3 Sandra Cleveneger (43) Ventura 28:52

**Women 50-59**  
1 Patti Frankus (55) Santa Barbara 25:02

**Women 60 & Over**  
1 Grace Schweitzer (64) S Barbara 30:50

## Outstanding Athletes 10K

July 25. Griffith Park, L.A.

1 Frank Plasso	28:49
2 Dave Babaraki	28:54
3 Ron Cornell	29:01
4 Dave Frickel	29:23
5 Jim Scott	29:51
6 Gail Stornieri	29:53
7 Thomas Bryant	30:12
8 Frank Duarte	30:25
9 Fernando Veloso	30:28
10 Robert Proctor	30:29
11 Ron Gee	30:32
12 Cleveland Whale	30:52
13 Marshall Matye	31:04
14 Octavio Morales	31:05
15 Dan Davies	31:06
16 Steve Chase	31:13
17 Richardo Martine	31:16
18 Enrique Castro	31:21
19 Scott Thornton	31:22
20 Kevin Jacobs	31:23
21 Michael Dib	31:25
22 Bruce Brinlema	31:27
23 Tom Lowry	31:32
24 Jose Morales	31:39
25 John Kovack	31:50
26 Danny Palma	32:02
27 Thomas Sneddon	32:03
28 Mike Lozoya	32:11
29 Charles Hoover	32:16
30 Jaime Mejia	32:24
31 Joseph Kender	32:27
32 Eric Gilman	32:29
33 Billy Jones	32:30
34 John Surge	32:35
35 Michael Hayley	32:36
36 Scott Aguirre	33:01
37 Jim Minami	33:03
38 Scott Schweitzer	33:07
39 Jesus Morales	33:11
40 Derek Furukawa	33:15
41 Tom Wilkinson	33:26
42 John Dux	33:30
43 Robert Sanchez	33:36
44 Roberto Velasco	33:41
45 Ignacio Rodrique	33:50
46 Skip Shaffer	33:51
47 Greg Switzer	33:58
48 David Skaar	33:59
49 Pedro Ponce	34:02
50 Robert Davison	34:05

**Divisions: Men 13 & Under:** 1. Rolf Wuerch 38:12, 40-44: 1. Frank Duarte 30:25, 2. Skip Shaffer 33:51, 3. Gary Riley 35:11, 45-49: 1. Richard Bellive 35:43, 2. Morrie Kaz 36:29, 3. Clayton Steffen 36:32, 50-54: 1. Len Thornton 34:38, 2. Aurelio Camacho 36:51, 3. Doug Maljala 37:53, 55-59: 1. K G Takl 39:45, 60-69: 1. Harold Daughter 38:18, 2. Charles Lopez 38:48, 70-74: 1. Jim Knobb 28:04.

**Women: 13 & Under:** 1. Lisa Padilla 39:32, 14-18: 1. Tania Fischer 34:41, 2. Katie Dunsmuir 35:46, 3. Jean Murphy 37:05, 19-23: 1. Janice Standlee 35:01, 2. Laura Miller 35:32, 3. Michele Hopper 35:46, 4. Kathy Nunez 36:50, 5. Darleen Sams 37:15, 6. Anabella Villan 37:52, 7. Anna Aguilar 39:00, 8. Kelly Ann Gilso 39:09, 9. Teresa Hom 39:37, 10. Hermila Lopez 40:51, 30-34: 1. Terri Goodreau 41:56, 2. Laura Gran 42:25, 3. Judith Belike 43:07, 35-39: 1. Shiela Hasham 40:12, 40-44: 1. Christa Romppan 40:53, 2. Annamarie G Qui 43:22, 45-49: 1. Joyce Momita 43:48, 50-54: 1. Erika Day 55:19, 55-59: 1. Helen Dick 41:07, 60-69: 1. Norma Bernardi 49:06.



# Results

## Sports Festival Marathon

July 25, Indiana.

### Men's Top Ten:

1 Tom Raunig (West)	2:14:11
2 Gary Tuttle (West)	2:18:10
3 Hank Pfeifle (East)	2:20:15
4 Paul Oparowski (East)	2:23:37
5 Fred Torneden (North)	2:26:45
6 Bill Fisher (South)	2:27:40
7 Mike Halstrom (North)	2:28:33
8 Mike Bossardet (East)	2:29:12
9 Rusty Hagemann (South)	2:29:37
10 Jessie Garcia (Open)	2:31:18

### Women's Top Ten:

1 Carol Chilcoat (West)	2:47:55
2 Kare Cossa Boon Holm (East)	2:50:31
3 Beth Dillinger (East)	2:52:01
4 Betsy Haydock (South)	2:54:07
5 Cynthia Lorenzoni (East)	2:55:14
6 Collen Joiner (South)	2:55:54
7 Cindy Cockroft (South)	2:56:30
8 Mary Bange (North)	2:57:30
9 Jane Buch (North)	2:57:52
10 Sandy Denoon (North)	3:14:31

## Coronado 10K Run

From End Of The Line

July 24.

### Top Ten Men:

1 Wally Buckingham	30:04
2 Sean Evans	30:05
3 Tom Lux	30:09
4 Richard Brownsberger	30:15
5 Wayne Buckingham	31:19
6 Jim Mosher	31:35
7 Kevin Heaton	32:03
8 Neva Emillerio	32:12
9 Charles Spruelli	32:47
10 Ted Kukla	33:19

Divisions: 12-15: 1.Barry Manuel 38:26, 2.James Carman 37:48, 3.Rene Zepeda 38:38, 16-19: 1.Richard Brownsberger 30:15, 2.Neva Emillerio 32:12, 3.Matt Clayton 33:23, 20-29: 1.Wally Buckingham 30:04, 2.Sean Evans 30:05, 3.Tom Lux 30:09, 30-39: 1.Jim Mosher 31:35, 2.Charles Spruelli 32:47, 3.Gary Peterson 33:26, 40-49: 1.Will Rasmussen 35:33, 2.Jim Duncan 35:50, 3.Neville Clarke 38:00, 50 & Over: 1.Ron Clark 38:13, 2.Bill Stock 38:20, 3.Mike Mikkelsen 40:23.

### Top Ten Women:

1 Sue Smith	35:33
2 Mindy Ireland	35:38
3 Nancy Wilkinson	38:33
4 Marilyn Martin	40:13
5 Elizabeth Curtin	40:41
6 Mary Kay Koryunski	41:32
7 Kika McDonough	41:36
8 Katherine Riddle	41:40
9 Linda Gregg	41:43
10 Molly Barnum	41:59

Divisions: 12-15: 1.Raquel Pedroza 46:17, 2.Carmen Herrera 46:19, 3.Jackie Pepici 54:13, 16-19: 1.Katherine Riddle 41:40, 2.Molly Barnum 41:59, 3.Rosemary Hook 46:26, 20-29: 1.Sue Smith 35:33, 2.Nancy Wilkinson 38:33, 3.Marilyn Martin 40:13, 30-39: 1.Mindy Ireland 38:26, 2.Elizabeth Curtin 37:59, 3.Lynda Gregg 38:16, 40-49: 1.Ursula Rains 44:23, 2.Donna Gookin 45:58, 3.Ann Ralsanen 48:24, 50 & Over: 1.Peggy Price 68:47.

### Triathlon

4 Mile Bike, 400 Yd. Ocean Swim, 1 Mile Beach Run.

Female: Overall: 1.Molly Barnum 28:36, 2.Katherine Riddle 29:09, 3.Marilyn Madrug 30:31, 12-15: 1.Kelly Stevens 37:29, 2.Amy Parsons 43:28, 16-19: 1.Molly Barnum 28:36, 2.Katherine Riddle 29:09, 3.Marilyn Madrug 30:31, 20-29: 1.Nancy Kemper 32:59, 2.Robin Roberts 34:52, 3.Wendy Walker 35:12, 30-39: 1.Carol Noonan 39:46, 2.Martha Thalen-Raaka 41:49, 3.Devon Belding 43:18, 40-49:

1.Carol Jewell 32:38, 2.Donna Gookin 41:35, 3.Erin Barnum 42:11, 50 & Over: 1.Alicia Coleman 49:19.

Men: Overall: 1.George Hooper 26:49, 2.Peter Zarate 27:09, 3.Andy Nichols 27:13, 12-15: 1.John Iacometti 31:12, 2.Brian Seymour 32:00, 3.Scott Copeland 35:49, 16-19: 1.George Hooper 26:49, 2.Eric Lennane 29:15, 3.Greg Kenney 31:55, 20-29: 1.Peter Zarate 27:09, 2.Andy Nichols 27:13, 3.Rob McCrimmon 27:46, 30-39: 1.Gary Petersen 27:33, 2.Andrew O'Leary 28:12, 3.Bruce Beach 28:40, 40-49: 1.Jerry Stowe 30:43, 2.Neville Clarke 31:17, 3.John Kerley 34:03, 50 & Over: 1.Larry Myers 35:57, 2.Seymour Glick 40:30, 3.John Stawicki 40:32.

## Cypress Festival

July 24, Cypress, 5K/10K.

10K: Men: 14 & Under: Michael Wold 40:31.1, 15-18: Harold Doetoe 33:44.9, 19-24: Steve Webb 30:14.9, 25-29: K. Whitthauer 30:55, 30-34: Ruben Chaplins 30:42.7, 35-39: Hartzell Alpizar 34:12.3, 40-44: Robert Treister 38:50.1, 50-54: Frank Wilkinson 33:17.6, 55-59: Armin Fiser 40:14.4, 60 & Over: Glenn Ward 44:01.5, Wheelchair: Dan Osborns. Women: 14 & Under: D. Lisiewicz 45:56.7, 15-18: Anna Hempstead 42:01.4, 19-24: Susan Genthner 43:58.5, 25-29: Kim Filippo 42:14.6, 30-34: Tish Husak 38:41.0, 35-39: Gail Cornett 43:39.3, 40-44: Mary Elwell 45:49.6, 45-49: Yukie Mochida NT, 50-59: Ann McNamara 1:00:51.6, 60 & Over: Lucille Adney 1:11:01.

5K: Men: 14 & Under: Gabriel Sanchez 18:58.3, 15-18: Mark Junkesman 15:24.9, 19-24: James Dyer 15:17.2, 25-29: Robert Lugan 16:09.6, 30-34: Steve Hawkins 19:47.3, 35-39: Ron Ogilvie 18:24.2, 40-44: Toby Dickinson 17:47.7, 45-49: 18:45.2, 50-54: Donald Kitchin 18:17.5, 55-59: Leonard Kulbacki 19:58.3, 60 & Over: Robert Weaver 21:58.2.

Women: 14 & Under: Julie Avalos 24:33.1, 15-18: DeAnna Morfoot 18:18.0, 19-24: Gina Maric 18:37.3, 25-29: Brenda Soto 23:56.0, 30-34: Elizabeth Fincke 23:49.4, 35-39: Charlotte Clark 23:46.9, 40-44: Janath Williams 47:34.8, 45-49: Joan Boatwright 25:31.0, 50-59: Charmion Burns 28:14.5.

## Wharf to Wharf Race

July 25, Santa Cruz to Capitola, 5.816 miles.

### Men:

1 Dan Gruber(27)	26:57
2 Mark Conover(22)	26:58
3 John Moreno(27)	27:05
4 Tom Downs(21)	27:10
5 Ivan Huff(22)	27:13
6 Carmelo Rios(22)	27:22
7 Bill Graham(21)	27:33
8 Justin Tyme(24)	27:48
9 Marc Genet(28)	27:47
10 Bill Gail(24)	27:48
11 Emil Magallanes(26)	27:49
12 Rich Langford(29)	27:49
13 Richard McCann(24)	27:50
14 Henry Perez(26)	27:53
15 Glyn Reynolds(27)	27:54
16 Rudy Munoz(24)	28:02
17 John Sup(23)	28:02
18 Denis O'Halloran(30)	28:03
19 Peanut Harms(31)	28:09
20 P.G. Sweeney(26)	28:13
21 Gregory Brock(34)	28:14
22 John Marden(20)	28:28
23 Mark Schilling(28)	28:29
24 Juan Molina(25)	28:30
25 Dan Murray(37)	28:31
26 Jim Press(33)	28:43
27 Unknown	
28 Dan Anderson(30)	28:50
29 Gary Lewis(18)	28:55
30 Unknown	
31 Unknown	
32 Tom Laythe(26)	29:15
33 Unknown	
34 Albert DeLaTorre(20)	29:16
35 Brad Zamezyk(19)	29:17

36 Lester Mina(29)	29:18
37 Steve Ferraz(34)	29:23
38 Ron Richardson(25)	29:24
39 David Smith(23)	29:25
40 Shawn Ayers(15)	29:26
41 Gareth Hansen(35)	29:46
42 Jon Ahnberg(27)	29:48
43 Michael McQueeney(23)	29:49
44 Frank Hutchinson(29)	29:56
45 Unknown	

46 David Perez(17)	29:59
47 Orwin White(27)	30:00
48 Jerry Lynch(40)	30:02
49 Hugh Stahl(29)	30:03
50 Tad Woliczko(31)	30:04
51 Daryl Zapata(37)	30:05
52 Orlando Biggs(18)	30:07
53 Patrick Chartio(24)	30:10
54 Ed Lopez(26)	30:12
55 Jeffrey Cowling(23)	30:14
56 Steve Ottaway(29)	30:16
57 Art Vedder(33)	30:18
58 Allen Gandretti(26)	30:18
59 Bill Dunn(34)	30:19
60 Larry Bartholomew(26)	30:22
61 Stan Newton(23)	30:24
62 Todd Martinez(17)	30:26
63 Jeff Press(27)	30:29
64 Unknown	

65 Amol Saxena(20)	30:32
66 Jim LaFuente(16)	30:35
67 John Carter(33)	30:36
68 Tom Adams(25)	30:41
69 Ron Nelson(39)	30:44
70 Mike Gruber(30)	30:48
71 Scott Marcondia(18)	30:48
72 Jim Hlaerman(31)	30:48
73 Joe Ancira(30)	30:49
74 Tim Rostegge(42)	30:51
75 Mark S.?(25)	30:54

### Women:

1 Laurie Binder(34)	31:30
2 Patti Gray(19)	31:59
3 Patrick English(29)	32:03
4 Eileen Kraemer(23)	32:41
5 Kathy Way(22)	32:59
6 Amy Harper(19)	33:09
7 Tena Harms(25)	33:24
8 Peggy Smythe(30)	33:43
9 Denise Bigelow(20)	34:14
10 Vicki Bigelow(47)	34:22
11 Joille Houston(26)	34:35
12 Karen Copper(19)	35:04
13 Teresa Jackaggle(24)	35:05
14 Darlene Davis(18)	35:33
15 Marleen Haverly(20)	35:45
16 Susan Brodie(17)	35:53
17 Loretta Polsdorfer(34)	35:55
18 Patricia Irmischer(32)	36:17
19 Vicki Gorman(24)	36:27
20 Connie Buckler(16)	36:33
21 Unknown	

22 Pamela Blair(32)	36:46
23 GERALYN TRIPP(19)	36:52
24 Cora Elentz(22)	37:09
25 Annette Munga(23)	37:32
26 Shannon Clark(13)	37:32
27 Mona Lopez(15)	37:33
28 Janet Smith(21)	37:36
29 Kathleen Spence(27)	37:58
30 Susan Brewer(18)	37:59
31 Marti Menz(27)	38:02
32 Carla Halford(16)	38:06
33 Tina Wright(21)	38:08
34 Dana Rositano(15)	38:17
35 Unknown	

36 JoAnn Arnold(12)	38:35
37 Terri Kayser(35)	38:39
38 Karen Watson(30)	38:55
39 Betsy Jones(29)	38:55
40 Becki VanZant(15)	38:58
41 Heidi Teachout(19)	39:06
42 DeDe Dobbs(24)	39:10
43 Katie Bargetto(20)	39:21
44 Unknown	
45 Jackie Romanow(28)	39:23
46 Liz Snyder(32)	39:23
47 Carol Dixon(30)	39:28
48 Marcia Bradford(28)	39:34
49 Melany Miners(15)	39:35
50 Catherine Santos(22)	39:39

## Lions 10K

From End Of The Line Race Consultants

July 25, San Diego.

### Top Ten Men:

1 Ron Roberts (21)	30:38
2 Sean Evans (20)	30:40

3 Jeff Ruland (22)	31:1
4 Joe League (27)	31:1
5 Gilbert Alvarez (23)	31:2
6 Eric Rutherford (19)	31:3
7 John Roberts (21)	32:0
8 Robert Franks (21)	32:1
9 Marshall Varano (20)	32:3
10 Ted Van Arsdale (29)	32:4

Divisions: 12 & Under: 1.John Kopenhagen 38:40, 2.Bobby Feeney 41:43, 3.Jonathal Rice 42:25, 4.Gregory Mixon 44:05, 13-15: 1.Donald Fowler 33:30, 2.Bill Koehn 34:24, 3.Cartos Naranjo 34:54, 4.Kenn Stump 35:16, 5.Daniel Brinkmeter 35:36, 30-39: 1.Dan Harrison 33:08, 2.Danni Smith 34:14, 3.Ed Marcinik 34:35, 4.Dai Oden 34:37, 40-49: 1.Keith Wetterer 38:12, 2.Joseph Linesay 38:40, 3.Leon Simm 38:55, 4.Bill Gookin 37:14, 50-59: 1.Jin O'Neil 36:11, 2.Homer Rhoads 37:31, 3.Dean Thackrey 38:45, 4.Gordon Broadhead 40:26, 5.Frank Goldberg 40:46, 60-65: 1.Don Dilworth 40:50, 2.Wayne Zook 42:05, 3.Casey Poole 43:45, 4.Debor Woodrow 45:15, 5.Sef Torres 46:45, 66 & Over: 1.Don Bradey 43:55, 2.Bob Hutchins 50:40, 3.Henry Rumble 52:00, 4.Ernst Pierce 54:50.

### Top Ten Women:

1 Julie Brown (26)	34:4
2 Patty Madrigal (16)	38:4
3 Victoria Marie Majors(22)	39:0
4 Mary Burns (24)	39:3
5 Cindy Cohagen (33)	40:0
6 Annie Emich (27)	40:3
7 Tammy Kniffing (12)	41:5
8 Debra Durst (30)	42:1
9 Eileen Dyer (16)	42:4
10 Karen Senn (38)	43:0

Divisions: 12 & Under: 1.Tammy Kniffing 41:50, 2.Yvette Niles 44:10, 3.Aliyasa Jurgens 48:15, 13-17: 1.Patty Madriga 38:46, 2.Eileen Dyer 42:43, 3.Bridget Mar tins 43:25, 4.April Reynosa 44:32, 40-49: 1.Judy Splitterger 43:05, 2.Barbara Woods 43:12, 3.Virginia Dickerson 45:33, 4.Ginni Nordstrom 46:15, 50-59: 1.Alice Scott 52:05, 2.Virginia Laws 58:30, 3.Lucy Killea 59:00, 60-65: 1.Gerry Davidson 48:34, 2.Bernice Kellogg 70:04, 66 & Over: 1.Judy Simon 84:40, 2.Felicitos Salazar 65:55.

## Deseret News Marathon

From KEITH WEST

July 24, Salt Lake City, Utah.

For the seventh straight year Democrat Cabanillas, 27, won the Deseret News Marathon July 24, clocking a best-in history time of 2:16:57, to wipe out the previous record of 2:18:13 recorded exactly a year ago, also by Cabanillas.

The 27-year-old Mexican native, a former BYU track performer who now lives in North Salt Lake, was not seriously challenged by any other runner among the 1,369 who entered the 13th annual Deseret News-sponsored race.

He set this record—the third time he had lowered the Deseret News standard—by himself. "Maybe, if I'm pushed, I could have gone 2:14," he said.

Californians: Men's 45-49: 1.Meri Glauser (46) 2:48, 2.Darryl Beardall (45) 2:49. Men's 55-59: 1.Dennis Egle (58) 3:10. Men's 60-Over: 3.Mac Osborn (68) 3:49.

## Burlingame Summer Run

July 28, 2.85 mile.

Top 5 Male Finishers: 1.Tom Crang 14:5, 2.Fred Tilestone 15:07, 3.Mike Crang 15:11, 4.Robb Waterman 15:45, 5.Bruce Gouvel 15:52, 10 & Under: 1.Dave Nacamu 21:7, 11-15: 1.Armand Musey 16:34, 16-21: 1.Robb Waterman 15:45, 21-30: 1.Tom Crang 14:54, 31-39: 1.Fred Tilestone 15:01, 40-49: 1.Harvey Schwartz 17:30, 50 & Over: 1.Ralph Boyd 17:11.

Top 5 Females: 1.Liz Grotz 18:03, 2.Nancy Lane 19:19, 3.Frances Sackerman 19:26, 4.Denise Barnett 20:16, 5.Virginia



vacama 20:57. 11-15: 1.Trish Webster 11:45. 16-20: 1.Denise Barnett 20:16. 11-30: 1.Liz Grotz 18:03. 31-39: 1.Virginia vacamu 20:57. 40-49: 1.V. Gredilloff 11:02. 50 & Over: 1.Frances Sackerman 9:29.

August 12. 5K.

Top 5 Male Finishers: 1.C.M. Morgan 4:56. 2.Mike Crang 15:32. 3.Jim Harris 15:35. 4.Bruce Gouveia 15:54. 5.John Mar- huk 16:07. 11-15: 1.Armand Musey 16:22. 16-20: 1.Jim Harris 15:35. 21-30: 1.Colin Morgan 14:56. 31-39: 1.Ralph Worthington 16:48. 40-49: 1.Ken Paul 17:08. 50 & Over: 1.George Rodriguez 19:02.

Top 5 Female Finishers: 1.Liz Grotz 18:38. 1.Beth Carlton 20:39. 3.Barbara Robben 20:45. 4.Michelle Mason 21:24. 5.Valerie 3. 21:37. 10 & Under: 1.Erica Lenart 27:41. 11-15: 1.Michelle Mason 21:24. 21-30: 1.Liz Grotz 18:38. 31-39: 1.Sue Stiller 22:03. 40-49: 1.Barbara Rubben 20:46. 50 & Over: 1.Georgene Laub 28:16.

## Bunions Derby

From Larry Lung

July 31, Fresno. 10K.

1 R.Torres	31:55
2 S.Thornton	32:19
3 A.Lomeli	33:20
4 B.Foley	33:25
5 M.Hull	34:11
6 S.Ward	34:13
7 T.Cornell	34:23
8 D.Naranjo	34:25
9 E.Little	35:26
10 P.Dunning	35:30
11 J.Lambe	36:11
12 B.B.Johnson	36:26
13 F.Delgado(1-40)	36:37
14 T.Morgan	36:53
15 J.Rivera(1-50)	38:06
22 R.Zamarriga(2-40)	38:39
24 B.Woody(3-40)	39:03
36 J.Brooks(1Wc)	42:09
38 C.Denny(2-50)	42:17
41 J.Gordon(1/F)	42:39
42 H.Harder(1-60)	42:49
46 K.Brogger(2/F)	43:53
49 S.McPherson(3/F)	44:52
73 L.Olsen(1/F-40)	56:24

## Watermelon Run

July 31. 8.4 Miles.

1 Jim Fees (Colorado)	51:03
2 Wayne Cottrell (Oakland)	52:20
3 David von Gunter(Fremont)	55:06
4 Lee Burke(Oakland)1-40	57:00
5 Thomas Beck(Sonora)2-40	57:31
6 Gerald Werner(Berkeley)	57:35
20 Patty Workman(Wal.Ck.)1/F	70:34
24 Deborah Witties(Emerald)2/F	74:00
25 Kristi Bartsch(Clovis)3/F	74:07

## Trout Creek Run

From Austin Angell

July 31. So. Lake Tahoe. 5 Miles.

Open: 1.Larry Grant 29:17. 2.Bruce Ziegler 31:25. 3.Ray Lawson 32:03. Masters: 1.Jim French 32:35. Women: 1.Debbie Johnston 38:04. 2.Pat Deveau 40:44. 3.Sandy Ruacho 44:24.

## Run For Playmates

August 1. San Francisco. 5K.

1.Michael Rodriguez 15:30.8. 2.Comacho 15:31.4. 3.Tonaka 15:35.1. 4.Batz 15:40.9. 5.Mann 15:48.4. 6.Playmates 15:49.5. 7.Volkert 16:23.3. 8.Capra 16:27.5. 9.Cote 16:38.7. 10.Kiyon 16:52.3. 11.Abaya 16:52.3. 12.Nakamura 17:14.0. 13.V. Rodri- quez 17:22.5. 14.Lem 17:28.0. 15.Lee 17:28.4.

## New Astley Belt Six Day Race

From The Flatlanders

July 26-August 1. Chula Vista's.

Flatlander Dale Sutton persevered 80 degree temperatures and racewalked 312 1/4 miles, setting a new World Racewalk- ing Record and bettering Bob Marshall's old mark by 34 1/4 miles.

San Francisco's running mail carrier, Don Chol piled up 446 miles to ease by the American Record of 445 miles for six- day races set by Park Barner three weeks earlier in New Jersey.

The day before the race, Sutton jerked his back out of place while horseplaying with his kids at a beach outing, and limped through constant pain the entire six days. He said he had to make the 300 miles qualification time because he didn't want to have to go back and do it all over again.

Chol logged 109 miles the first day, took a 10-minute break, and kept going. He developed blisters, which caused him to slow down considerably during the re- maining five days, but he never left the track for over 45 minutes for R and R.

The Europeans are planning, two, six day races this fall in England and Paris. The Final International Show down be- tween Europeans and Americans rivals will take place in San Diego, Cal., Dec. 27th 1982 through Jan. 1st, 1983. For in- formation contact: Flatlanders, P.O. Box 178414, San Diego, CA. 92117.

1 Don Chol	446 miles
2 Stan Leventhal	421 1/4 miles
3 John Wallis	388 miles
4 Dan Cain	369 1/4 miles
5 Jerry Dietrich	323 1/4 miles
6 Dick Collins	322 1/4 miles
7 Dale Sutton	312 1/4 miles
8 Dennis Coffee	308 1/4 miles
9 Leon Ransom	305 1/4 miles
10 Ken Brown	302 1/4 miles
11 Jim Honie	300 1/4 miles
12 Fred Nagelschmidt	300 1/4 miles
13 Chet Blanton	281 miles
14 Mary Margaret Goodwin	237 1/4 miles

## Hospice Benefit Run

From Mary Jean Cosur-Barron

August 1. 10K.

Male: 1.Dwight Smith 32:19. 2.Jack Lawson 32:29. 3.Danny Valdez 33:33. 4.Charles Pittel 34:35. 5.Tom Holliday 34:37. 6.Dave Miller 34:59. 7.John Baker 36:05. 8.Seon Howard 36:23. 9.David Bradley 36:23. 10.David Dennis 36:26.

Female: 1.Robin Clark 40:16. 2.Maureen Boyington 42:42. 3.Kal Robinson 43:39. 4.Ginger Baroia 46:02. 5.Regina Rowan 47:12. 6.Dorothy Bushakra 47:40. 7.Lida Nankeville 47:40. 8.Roni Edgemore 48:55. 9.Joan Bondshu 49:05. 10.Kelly Johnson 49:30.

1 Mile:

Male: 1.Bill Martin 4:44. 2.Tim Stephens 4:45. 3.Steve Cochran 4:45 (tie). Female: 1.Michelle Fantazia 6:06. 2.Kristina Hinton 6:47. 3.Lisa Cull 6:52.

## Freshwater Race

August 1. Freshwater, Ca., 2.0 Miles.

1.Dennis Pfeiffer (15) 10:25. 2.Brian Presson (14) 11:19. 3.Jon Myers (14) 11:24. 6.Heather Houston (14) 1/F 13:05. 7.John Credico (56) 1-50 13:14.

10K

1.Stewart Rasmussen (22) 33:16. 2.Greg Heistuman (26) 33:30. 3.Mike Holt (33) 34:34. 4.Greg Zentner (23) 35:41. 5.John Zinselmair (34) 35:44. 11.Bill Dani (41) 38:59. 16.Sharon Powers (23) 1/F 39:44. 19.Don Hughes (52) 40:32. 32.Dana Lan- dale (29) 2/F 44:22. 49.Julie Bowman (41) 1/F-40. 54:29. 56.Jim W. Beugler (60) 1-60. 59:49.

## Insides Out & Back

August 1. Ventura. 10K.

Men's Overall

1 Martin Navarro(1st,19-39)	32:09
2 Octavio Morales	32:38
3 Bob Badgett(1st,18u)	33:34
4 Rudy Hernandez	33:39
5 John Surse	33:55
6 Danny Mitchel	34:08
7 Steve Jaeger	34:22
8 Phillip Flores	34:22
9 Craig Bowen	34:31
10 Brian Nelson	34:37
40 John Patterson(1st,40-49)	38:46
72 Charles Brown(1st,50+)	41:55

Women's Overall

1 Shelly Hazlet(1st,18u)	37:42
2 Petra Kemper(1st,19-39)	38:49
3 Valerie McVicar	39:15
4 Gay McClenathan	40:10
5 Jamie Chabot	41:20
6 Luann Brodie	42:10
7 Ingrid Hainline(1st,40-49)	47:43

## Ashton Bake 5K & 10K

From JOHN MANSOOR

August 1. Ashton Park, Sacramento.

5K Men

12 & Under: 1. Erik Skaden 21:10. 2. Byron Lotspeich 25:58. 3. Pat Pavelchik 28:04. 13-18: 1. Rod Grieve 17:23. 2. Cary Bertcini 18:25. 3. Ken Kuphaldt 18:28. 19-29: 1. Jim Robinson (first overall) 15:48. 2. Rick Denesick 18:05. 3. Chuck Newman 17:16. 30-39: 1. Mike Holbrook 16:37. 2. Vern Shipley 16:54. 3. Chuck Nichols 17:16. 40-49: 1. Keith Pallthorp 18:50. 2. Gary Hollinger 20:15. 3. Jon Shelgren 20:27. 50-59: 1. Ted Chapler 18:35. 2. Bob Rogers 20:34. 3. Gordon Hall 21:23.

5K Women

12 & Under: 1. Jenny Goppert 26:48. 2. Erika Staack 26:54. 3. Ann Kuphaldt 27:09. 13-18: 1. Charine Kushuba 19:39. 2. Cup- cakes Dilibondo 19:48. 3. Sandi Boyd 20:21. 19-29: 1. Eileen Clausus(first overall) 17:51. 2. Stacy Tangren 17:57. 3. Janet Gese 21:25. 30-39: 1. Betti Dolezol 23:19. 2. Jannis Tucker 23:24. 3. Martha Martin 25:04. 40-49: 1. Helen Fisher 26:42. 2. Elissa Warren 41:53. 50-59: 1. Po Adams 26:06. 60 & Over: 1. Diane Cassano NTA.

10K Men

12 & Under: 1. Andy Kashuba 43:42. 13-18: 1. Mike Larson 33:08. 2. Tom Davies 33:19. 3. Bill Pickard 42:45. 19-29: 1. Dennis Rinde (first overall) 30:45. 2. Pete Flores 31:03. 3. Ken Harvey 32:23. 30-39: 1. Dan Donohoue 33:13. 2. Frank Krebs 34:41. 3. Ronald Sample 34:54. 40-49: 1. Don Spickelmier 35:36. 2. Jeff Cox 35:34. 3. Ar- thur Cahan 36:34. 50-59: 1. Tack Iseri 42:52. 2. Simon Van Der Mik 44:28. 3. Joe Marengo NTA. 60 & Over: 1. Paul Reese 40:31. 2. George Billingsley 43:20.

10K Women

13-18: 1. Adele Allender 43:41. 19-29: 1. Patti Gray(first overall) 35:21. 2. Kathy Beals 39:07. 3. Anita Johnson 41:02. 30-39: 1. Susan Fox 44:55. 2. Cheryn Coughtry NTA. 3. Carol Walker NTA. 40-49: 1. Kathy Iser 48:19. 2. Jean Kuykendall NTA. 3. Jean Norton NTA. 50-59: 1. Peggy Ewing NTA. 2. Elaine Reese NTA.

## Cazadero Footraces

From Dave Sjostedt

August 7. Cazadero. 7 miles.

1 Ed Bomber(22)	36:20
2 Jim Noonan(20)	37:47
3 Butch Alexander(30)	37:50
4 Rudy Balli(22)	38:23
5 Dick Ogg(26)	38:40
6 Marc Ziblati(19)	38:55
7 Ed McCullough(17)	39:26

## Oakdale Distance Classic

From Charles Pittel

August 7. Oakdale. 10K.

1 Jack Lawson(Oakdale)	33:29
2 Jeff Garrison(Turlock)	34:52
3 Ricky Buck(Stockton)	35:09
4 Sargon Nona(Turlock)	35:12
5 Juan F. Orosco(Turlock)	35:27
6 Jerry Martinez(Stockton)	35:40
7 Ross Rowley(Stockton)	35:46
8 Craig Sawyer(Modesto)	35:58
9 Dave Miller(Lockeford)	36:17
10 John Semier(Stockton)	36:35

Divisions: Men: 14 & Under: 1.Mike Hay (Patterson) 42:11. 2.Joseph Aguilar (Turlock) 43:02. 3.Stephen Neubaum (Oakdale) 44:10. 15-20: 1.Juan Orosco (Turlock) 35:27. 2.Craig Sawyer (Modesto) 35:58. 3.Dave Miller (Lockeford) 36:17. 41-50: 1.John Semier (Stockton) 36:35. 2.Ralph Moren (Stockton) 39:23. 3.Don Bryan (Stockton) 40:24. 51 & up: 1.Edward Singleton (Hollister) 41:18. 2.David Peter- son (San Carlos) 43:48. 3.Don Lundberg (Waterford) 44:19.

Women: 14 & Under: 1.Kelly Johnson (Modesto) 48:41. 2.Kerry Neubaum (Oakdale) 52:06. 3.Robin Arnold (Tracy) 58:57. 15-20: 1.Regina Rowan (Turlock) 48:58. 2.Margot McKeon (Oakdale) 50:55. 3.Peggy Stephens (Turlock) 54:10. 21-30: 1.Rainey Kay Stolp (Concord) 38:23. 2.Laurie Crisp (Modesto) 39:33. 3.Robin Clark (Oakdale) 40:51. 31-40: 1.Eva Frieberg (Carmel Valley) 46:34. 2.Joan Bondshu (Modesto) 51:55. 3.Jeannie Woo (Stockton) 52:45. 41-50: 1.Janice Beltram (Modesto) 46:09. 2.Ginger Burrola (Manteca) 46:35. 3.Chiyo Shingu (Stockton) 53:07. 51 & up: 1.Betty Peter- son (San Carlos) 56:37.

# Race Clocks

**SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS** — We have several customers that are interested in selling their digital display clocks for \$900-\$1000 (the original retail price was \$1295), so they can purchase the newer CC-601 (\$1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're in- terested in finding out more, please contact Jack Leydig at (415) 341-3119. These will prob- ably go very fast at this price, so we suggest you respond im- mediately if you're at all in- terested. Prices are "negotiable." We also have an indoor display clock on sale for \$500.



## Results

### Crater Lake Runs

August 7, Crater Lake, OR.

#### Marathon

1. Aiden B. Glidden 2:48:10, 2. Toby Skinner 2:49:47, 3. Michael Gilmore 2:52:08, 4. David R. Stevenson 2:52:33, 5. Gregory Christenson 2:55:57. **First Female:** Jeanne Otteman (30) 3:47:14, 40-49: Martin Balding (45) 3:03:41, **No Female.** 50 & O: Walter Schmidt (58) 3:48:05.

#### Half Marathon

1. David Hall 1:19:41, 2. Gary Smith 1:19:43, 3. Matt Doty 1:21:48, 4. Ed Belsham 1:22:40, 5. Doyle Powell 1:26:18. **First Female:** Cheryl Martin (38) 1:48:38, 40-49: 1. Doyl Powell (40) 1:26:18, **Female:** Jane Arkes (42) 2:29:44, 50 & O: Blaine Mennine (51) 1:37:27.

#### 6.7 Mile

1. Tracy Garrison 34:08, 2. Carl Hanson 35:14, 3. John Warriner 35:43, 4. Bob Jones 36:24, 5. Greg Allen 36:32. **First Female:** 1. Marnie Mason (15) 41:12, 40-49: 1. Jerry Coe (41) 39:33, **Female:** 1. Marilyn Hicks (40) 53:12, 50 & O: 1. Ken Oliver (52) 40:57, **Female:** 1. Veima Miles (52) 55:51.

### Fly Navy West Run

From End Of The Line Consultants

August 7, San Diego, 10K.

#### Top Ten Men:

1. Phil Camp	31:21
2. Chris Mollahan	31:21
3. Ari Schauder	32:02
4. Scott Ingraham	32:09
5. Marshall Uarano	32:58
6. Barry Mangan	33:01

7. Sandy Clark	33:19
8. Chris Cortez	33:29
9. Don Shanahan	33:34
10. Thomas Sanford	34:10

**Divisions: 9 & Under:** 1. Eric Venn-Watson 45:40, 2. Kevin Locke 50:30, 3. Rana Mundy 55:43, 10-11: 1. Shawn Fendick 39:58, 2. Mike Contos 40:13, 3. Rocky Contos 42:20, 12-13: 1. Andy Davis 39:20, 2. Andy Mathew 43:05, 3. Walt Dugoing 43:33, 14-15: 1. Stephen Leary 37:50, 2. Mark Wilson 38:57, 3. Matt Fahringer 39:02, 16-17: 1. Ari Schauder 32:02, 2. Paul Haach 35:01, 3. Truong Ding 35:05, 40-49: 1. Don Shanahan 33:34, 2. Stuart Edelson 38:10, 3. John Meyer 37:07, 50-59: 1. Ron Clark 39:14, 2. Donald Cole 40:38, 3. Frank Morris 41:15, 60 & Over: 1. Casey Poole 44:09, 2. Bob Hutchins 52:00, 3. Jim Hanyen 52:22.

#### Top Ten Women:

1. Cindy Gregory	39:05
2. Oonagh Bruni	40:10
3. Mary Burns	40:20
4. Laura Meyer	41:30
5. Wanda Gunderson	41:45
6. Liz Snyder	42:20
7. Robyn Chew	42:39
8. Bradley	42:39
9. Ellen Flanagan	42:45
10. Yvette Niles	42:48

**Divisions: 9 & Under:** 1. Brunie Rains 54:25, 2. Jackie Reblol 55:55, 3. Summer Hoffman 67:20, 10-11: 1. Yvette Niles 42:48, 2. Marilyn Honea 45:05, 3. Sharon Prince 51:20, 12-13: 1. April Quaker 45:00, 2. Bobbie Heck 58:40, 14-15: 1. Laura Meyer 41:30, 2. Ellen Flanagan 42:45, 3. Debbie Minick 55:10, 16-17: 1. Alisa Hanks 45:55, 2. Mixon Sherrill 48:50, 3. Shelly Heinbeck 54:45, 30-39: 1. Liz Snyder 42:20, 2. Nancy Courter 43:38, 3. Benter 47:18, 40-49: 1. Judy Spitzgerber 43:10, 2. Ursula Raines 44:30, 3. Virginia Dickerson 47:10, 50-59: 1. Ann Priddy 48:08, 2. Beatrice Lovell 51:20, 3. Majorie Eddy 63:40, 60-69: 1. Judy Simon 59:40, 2. Felicitas Salazar 67:30.

### Fullerton 10K Run

August 8.

**Females: 12 & Under:** 1. Lisa Padilla 41:17, 13-15: 1. Donna Fleagle 40:58, 16-18: 1. Robin Scribner 39:14, 2. Jamie Bisplinghoff 39:40, 3. Faye Dolezal 40:18, 19-29: 1. P. Culbreth about 34 min., 2. Marilyn Nicholes 35:02, 3. Kerry Cerda 36:55, 4. Janie Studenmund 38:58, 5. Pam Morris 37:04, 6. Deb Bottunly 37:10, 7. W. Walker 37:49, 8. Sote Mwanga 38:00, 9. Nancy Wilkinson 38:20, 10. Julie Doering 38:58, 30-34: 1. Candy Clark 39:21, 2. Ellen Nichols 43:05, 3. Jan McCall 43:09, 35-39: 1. Judy Kewley 38:03, 2. Patti Hellerud 40:25, 3. N. Buchanan 44:12, 40-44: 1. A. Quinonez 43:42, 45-49: 1. Judy Martin 41:54, 50-54: 1. Shirley Fritcher 51:58, 55-60: 1. M. Storey 45:03, 60-69: 1. Beatrice Belasquez 71:01. **Wheelchair:** Mary Jones 50:59.

**Males: 12 & Under:** 1. G. Sanchez 38:48, 13-15: 1. P. Middleton 34:52, 2. Kirk Brown 34:58, 3. D. Shook 35:09, 16-18: 1. D. Andersen 30:47, 2. Tony Macey 31:16, 3. A. Mosley 31:39, 4. Arthur Castle 31:45, 5. Cruz 32:07, 19-29: 1. Steve Bishop 29:41, 2. Ralph Serna 29:54, 3. Joey Gomez 30:08, 4. M. Ebner 30:10, 5. Kevin Broady 30:13, 6. M. Ruelas 30:21, 7. Matt Blaty 30:24, 8. Jeff Dettmer 30:27, 9. John Konigh 30:28, 10. D. Reed 30:30, 30-34: 1. G. Zehnder 31:24, 2. Jerry Willis 32:16, 3. Enrique Castro 32:17, 4. Allan Siddons 32:32, 5. Donald Ocas 32:39, 35-39: 1. M. Matyne 31:46, 2. R. Martinez 32:15, 3. Tom Burns 32:44, 4. Thomas Sneddon 33:28, 5. John Leoschhorn 33:30, 40-44: 1. J. Rawlings 33:38, 2. Skip Shaffer 34:25, 3. Neil Doherty 34:55, 45-49: 1. W. Ingram 35:13, 2. Ted Alarcon 35:52, 3. Bill Tostevin 38:11, 50-54: 1. Wally Evertz 36:46, 2. T. Brown 37:05, 55-59: 1. Lono Tyson 40:25, 2. Armin Fischer 41:31, 60-69: 1. Harold Daughters 39:21, 70 & Over: 1. Jim Bole 46:28.

### Annie & Mary Da

August 8, Blue Lake, 2 Mile & 10K.

1. Mark White	10:
2. Dennis Pfeiffer	10:
3. Mark Wilcox	10:
4. Jim Myers	11:
5. Jon Myers	11:
6. Brian Presson	12:
7. Bob Steward	12:
8. Walt Thomson	12:
9. Mike Pinsky	12:
10. Tony Roth	13:
17. Kristine Mechals	14:

#### 10K

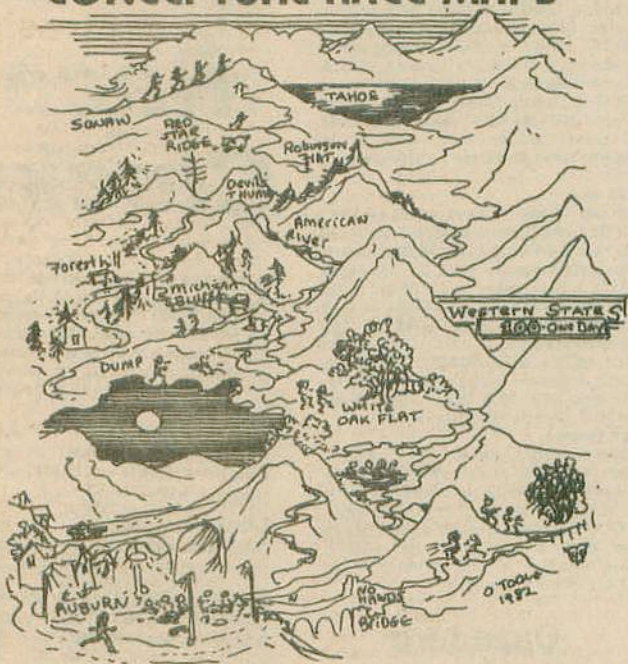
1. Stewart Rasmussen	33:
2. Garry Green	34:
3. Mark Elias	34:
4. Bill Scobey	34:
5. Daniel Walsh	35:
6. Mike Addis	36:
7. Jack Hackmann	36:
8. Rich Stewart	37:
9. Yoshi Nemura	37:
10. Evan Nelson	37:
11. Richard Spinas	37:
12. Ken Chambers	37:
13. Todd Miller	38:
14. Frank Gratz	38:
15. Sherman Schapiro	38:
16. Robin Lacy	38:
17. Ron Ross(1-40)	39:
18. Gerald Hoopes(2-40)	39:
19. Gary Smith	39:
20. Chuck Ehlers(3-40)	39:
22. Lenny Escarda(1-50)	40:
24. Sharon Powers(1/F)	40:
28. Judy Peltier(2/F)	41:
41. Karen Kelly-Day(3/F)	43:
52. Georgette Cooper(4/F)	45:
53. Jay Nelson(1 Jr)	45:
64. Sally Carlson(5/F)	47:
65. Gayle Kerstetter(1/F-40)	47:
83. Virginia Terry(1/F-50)	52:

### 1982 Skyline 50 And PA-TAC 50K Championships

August 8, Richmond to Castro Valley

1. Dan Williams(LMJ&S)1st 30-39	3:3
2. Bob Cooper(Gr. San Fran. TC)	3:3
3. Mike Cassidy(R. Spt. Cott.)	3:3
4. Bill Stainbrook(Buff. Ch.)	3:4
5. Norman Gould(WVJ&S)	3:5
6. Dwight Hendrix(Crib Death TC)	3:5
7. Jim Moyles	3:5
8. Alan Taylor	3:5
9. Jim Howell(WVTC)	3:5
10. Joe Schieffer(LMJ&S)	3:5
11. David Chalrezt(Fleet Feet-FO)	3:5
12. Bruce LaBelle(Scars. Antiques)	3:5
13. Victor Torres(Pac. Barbelite RC)	3:5
14. Lloyd George	4:0
15. Rich Siemans(St. Crk. Str. 1st 40-49)	4:0
16. Jay Helgerson	4:0
17. Michael Kelly(Buff. Chips)	4:0
18. Gary Gottelman(Ryan's Sp. Cot.)	4:0
19. Virginio Dearaujo(Excelsior)	4:0
20. Robert Smith	4:0
21. Chris Daigado(B.C.)2nd 40-49	4:0
22. Bobus Smithon	4:0
23. Walter Radloff(WVJ&S)	4:0
24. Jasper Kirkby	4:0
25. Mark Dykhous(LMJ&S)	4:1
26. Dana Gard(Buff. Chips)	4:1
27. Al Cheesterman(Diablo RR)	4:1
28. Frank Ruona	4:1
29. Pete Schoener(Buff. Ch.)3rd 40-49	4:1
30. Deima Jones	4:1
31. John Lacom(The Runners)	4:1
32. John Notch(LMJ&S)	4:1
33. Bryan Holmes(WVJ&S)	4:1
34. Leonard	4:1
35. Lee Emerson	4:1
36. Kenneth Drew(Ryan's Sp. Cot.)	4:1
37. Rod Christiansen(Ry. Sp. Cot.)	4:1
38. Dennis Burkett(Tullamore Dew)	4:1
39. Theo Jones(Pamakids)	4:1
40. Ephr. Ronesberg(P.K.)1st 50-59	4:1
56. Bjorg Aust-Smith(CCF)1st 30-39F	4:2
59. Bill Bowers(2nd 50-59)	4:2
66. Bob Farrington(P.K.)3rd 50-59	4:3
73. Sherry Haydock(C.S.U.)1st 18-29F	4:3
87. Hilary Naylor(BRC)2nd 30-39F	4:4
89. Carol Hewitt 3rd 30-39F	4:4
97. Agatha Sue-Lee(WVTC)1st 40-49F	4:5

## CONCEPTUAL RACE MAPS



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# Northridge Twilight 10K Run

By Louis Hirsch

August 11:

August is the hot month in Southern California and the San Fernando Valley is usually the hottest place in the L.A. Basin. So, some races are being scheduled in the early evening in an attempt to beat the heat. Surprisingly few, admittedly, but the Northridge Twilight 10K is one that seems to be meeting with some success. That's rather remarkable when you consider that it's also held in the middle of the week. Nevertheless, it managed to attract almost 1000 runners. They got an additional break this year because almost precisely at the 6:30 pm start time a cooling breeze began to stir and to the delight of the runners, the weather became quite pleasant.

The course is a tortuous loop winding through and around Cal State Northridge campus. It's a pretty flat course so you can expect fast times, and it's certified. True to form, the first mile was fast, very fast. Jon Sutherland led a small group of 5 through in 4:28. One of them, Armando Cendejas, thought that Sutherland probably felt he was in pretty good shape so he was trying to burn everyone out early.

At the two mile mark, though, Cendejas was still there and he found himself handed a golden opportunity. It seems a car was sitting in the middle of the road right smack in Sutherland's way. Seizing the opportunity, he slipped by Sutherland. Cendejas's split for two miles was 9:17. By three miles Cendejas had blown the race wide open. He had a lead of about 200 yards and was timed in 14:10. He still kept an eye on whomever might be sneaking up on him from second place, but with a 200 yard lead, he would have needed binoculars to see anyone.

As it turned out, Cendejas didn't have any problems with second place and cruised on, alone, to take the race in 30:03, with 2nd place nowhere in sight. That turned out to be Chris Schallert, 19 seconds back.

Polly Plumer, just coming off of a one week rest, from the outdoor track season, ran the race more as a workout. She came by the first mile in a 5:26, much too fast, she felt, although her UCLA teammate-to-be, Shannon Stryker was just up ahead of her. Nevertheless, she eased off. It apparently paid off because near the three mile mark Plumer caught up with Stryker, who had been in sight since the start. Running a relaxed pace Plumer moved into first place and slowly increased her lead. With one mile to go Plumer looked back to see if Stryker was close enough so that they could finish together, but she wasn't there. Plumer then ran just to finish the race, which she did in 36:48 after training almost exclusively for the 1500, (in Venezuela, 10 days earlier she ran a 4:23 and a week earlier in Houston ran a 4:21). Wait 'til she starts to train for distance running. This Fall Plumer will be rooming at UCLA with a former rival and now close friend, Vickie Cook.

Meantime, Stryker found other company. She finished second in 37:03, the same time as Sheryl Snyder, another UCLA, who was given 3rd place.

Sherry Lawson won the 13 and under division quite easily, but her 40:06 is the slowest we've seen her do, especially slow for this course. Her brother, Craig had to settle for second in his division, but eleven year old Craig ran a 37:15. David Rizzo had to go 37:06 to get the win.

Finishing in 39th place with a time of 33:44 was Steve Lacey. Lacey was back from the European summer circuit where he had been bothered by a sore achilles tendon. He was just "running through", not really serious. The achilles plus low mileage training since his return have put him in so-so shape. But, 38 locals can all tell their grandchildren, someday, "did I ever tell you about the time I beat Steve Lacey?"

## Overall Men:

1.Armando Cendejas 30:03, 2.Chris Schallert 30:22, 3.Mark VanLeeuwen 30:28, 4.Dan Caprioglio 30:30, 5.Glan Starlenier 30:32, 6.Jon Sutherland 30:55, 7 & 8.Not registered, 9.Robert Proctor 31:12, 10.Tim Tobin 31:33, 13 & Under: 1.David Rizzo 37:06, 2.Craig Lawson 37:15, 3.Greg Schooleg 37:59, 4.Joe Natori 42:00, 5.John Spears 42:19, 14-19: 1.Chris Brennemann 31:46.7, 2.Mike Madrigal 31:58, 3.Mike Trujillo 32:08, 20-29: 1.Alan Dehinger 31:50, 2.Dan Davies 31:52, 3.Pat Brady 31:54, 4.Howard Burgess 32:04, 5.Michael Hunt 32:21, 30-39: 1.Ed Chaldez 31:49, 2.Michael Chambliss 32:31, 3.Jim Pellon 34:06, 4.Pedro Ponce 35:06, 5.Herman Rodriguez 35:32, 40-44: 1.Norman Cohen 35:49, 2.Charles McClung 35:53, 3.Tim Bird 37:04, 4.George Kingsley 37:10, 45-49: 1.James Knerr 33:58, 2.Leonard Efron 36:13, 3.George Davell 36:31, 4.Richard Belliveau 37:08, 50-54: 1.Stan Block 39:24, 2.John Perrodin 40:36, 3.Bill Winstanley 42:26, 55-59: 1.Seymour Levy 47:04, 2.Donald Penac 50:13, 3.Ed Kissinger 52:18, 60 plus: 1.Robert VanNoy 43:08, 2.Bob Womer 47:29, 3.James Vernon 48:01.

photo by Louis Hirsch



Armando Cendejas

## Overall Women:

1.Polly Plumer 36:48, 2.Shannon Stryker 37:03, 3.Sheryl Snyder 37:03, 4.Shelly Hazlett 37:33, 5.Pamela Cox 38:04, 6.Jeanne Murphy 38:05, 13 & Under: 1.Sheri Lawson 40:06, 2.Cheryl Sale 48:58, 3.Wendy Logsoon 49:05, 4.Lara Rodewold 49:24, 5.Monica Pomerany 51:19, 14-19: 1.Polly Plumer 36:48, 2.Shannon Stryker 37:03, 3.Jeanne Murphy 38:05, 4.Kathleen Manning 39:15, 5.Gina Jones 41:59, 6.Tanya Johnson 41:59, 20-29: 1.Sheryl Snyder 37:03, 2.Pamela Cox 38:04, 3.Mary

Bilsh 38:12, 4.Valerie Martindale 45:02, 5.Debbie Crea 45:29, 30-39: 1.Shelia Hasham 41:28, 2.Katherine Anderson 42:58, 3.Shannon Krause 44:33, 40-44: 1.Carmen Connolly 45:38, 2.Maria Fribourg 48:17, 3.Gloria Lowades 49:21, 45-49: 1.Joyce Momita 43:57, 2.Roberta Elliot 45:34, 3.Shirley Bush 48:11, 55-59: 1.Doris Vernon 58:50.

# Kaiser Lake Merritt Run

August 8, Oakland, 5K & 10K.

## Mens - 5K

16 & Under: 1.Calvin Gaziano (15) 15:35.4, 2.Frank Velasquez (16) 15:35.7, 3.Javier DeLeon (16) 16:22.8, 17-29: 1.Dave Anderson (19) 15:07.6, 2.Brian Blue (22) 15:21.6, 3.Jeffery Charleston (18) 15:29.6, 30-39: 1.Eduardo Uriarte (30) 16:03.9, 2.Rey Corona (32) 16:17.8, 3.Julios Ratti (31) 16:22.0, 40-49: 1.Tim Rostegge (42) 16:11.9, 2.Juan Armendariz (42) 16:46.9, 3.Myron Nevraumont (47) 16:55.1, 50 & Over: 1.Jack Hodges (50) 17:07.0, 2.Bruce Oliver (50) 18:21.1, 3.Arnold De la Rosa (52) 18:26.5.

## Womens - 5K

16 & Under: 1.Tammy Langan (12) 20:04.6, 2.Bizz Langan (10) 21:10.4, 3.Dee-Dee Dudley (13) 22:36.8, 17-29: 1.J. Plasequeira (24) 18:09.9, 2.Michele Phipps (19) 19:06.0, 3.Kim Purcell (20) 19:36.8, 30-39: 1.Sally Savitz (39) 20:21.9, 2.Marsha Sias 21:03.3, 3.Nelda Williams (33) 21:19.4, 40-49: 1.Ellyn R. Blair (45) 22:49.8, 2.Judy Porep (42) 23:18.1, 3.Sherry Lohman (40) 23:28.5, 50 & Over: 1.Joan P. Williams (53) 29:21.7, 2.Alice Withers (60) 30:15.9, 3.Eris Klugman (55) 31:58.9.

## Mens - 10K

16 & Under: 1.Randy Guzman (16) 37:35.2, 2.Darrin Berardi (16) 37:37.9, 3.Dustin Donate (12) 38:12.9, 17-29: 1.John Embody (27) 31:17.8, 2.John Carey 31:49.8, 3.Bret Baffert (21) 32:06.4, 30-39: 1.Dan Anderson (30) 30:55.7, 2.Robert Clay (35) 32:30.3, 3.Larry Bechtel 33:37.4, 40-49: 1.Robert Beyer (40) 34:45.8, 2.Jim Moore (46) 35:34.2, 3.Frank Knafle (43) 36:26.9, 50 & Over: 1.Norman M. Green Jr. (50) 32:32.0, 2.Everett Riggie (50) 35:54.6, 3.R. Menon (50) 36:54.8.

## Womens - 10K

16 & Under: 1.Jessica Bagley (11) 43:47.6, 2.Terra Kennedy (11) 44:19.9, 3.Vicki Knafle (16) 45:06.8, 17-29: 1.Sarah Tabbutt (23) 37:44.7, 2.Kathy Woehrl (19) 39:21.0, 3.Cathie Chavez (25) 39:30.1, 30-39: 1.Lauri Binder (34) 44:04.5, 2.Marilyn McCormick (31) 39:44.8, 3.Lani F. Medeiros (39) 43:05.3, 40-49: 1.Laverne Riley (46) 47:02.2, 2.Cindy McMahon (40) 47:08.5, 3.Barbara Robben (48) 48:32.6, 50 & Over: 1.Ruth Anderson (50) 41:39.8, 2.Sally Wolfert (50) 43:30.7, 3.Eileen Klatzky (50) 46:43.1.

# John Steinbeck Run

August 8, Salinas, 10K.

Mens: 12 & Under: 1.Jesse Santana 40:32, 2.Nick Yaray Jr. 41:41, 3.Harvey Contreras 44:22, 13-17: 1.Gus Lopez 35:04, 2.Jasen Hafemeister 35:48, 3.Jesus Argueta 37:14, 18-29: 1.Dan Gruber 29:48, 2.Emil Magallanes 31:22, 3.Chris Hughes 32:03, 30-39: 1.Nick Yaray Sr. 31:29, 2.Wolliczri 32:38, 3.Mike Gruber 33:12, 40-49: 1.Tim Rostegge 33:31, 2.Frank James 36:04, 3.John Blazinsky 38:42, 50-59: 1.Edward Singleton 38:50, 2.Miguel Mejia 40:05, 3.Mel Elliott 40:52, 60 & Over: 1.Robert Daugherty 45:46, 2.Fred Foster 49:28, 3.Al Jarschke 49:29.

Womens: 12 & Under: 1.Tami Langan 42:06, 2.Leticia Ancheta 42:49, 3.Lisa Baird 54:30, 13-17: 1.Mona Lopez 41:45, 2.Connie Bennett 49:17, 3.Helen Nickels 53:11, 18-29: 1.Rosa Gutierrez 34:38, 2.Sandy Sanchez 38:40, 3.Olivia Partridge 43:27, 30-39: 1.Gail Bernardi 39:38, 2.Susan Tilley 41:22, 3.Carol Dixon 41:36, 40-49: 1.Doris Burgess 45:33, 2.Judy Tom 50:22, 3.Jan Magid 51:39, 50-59: 1.Hope Ansbacher 59:18.

# Bodega Bay To Breakers 8K

From Dave Sjosted

August 14, Bodega Bay.

Dave Royal of Petaluma and Beckie Simmie of Santa Rosa set Sonoma County records in winning the men's and women's divisions of the Bodega Bay to Breakers 8K. Royal ran a swift 25:18 on the flat and fast 4.97 mile course that skirted scenic Bodega Bay, breaking sub-four minute mile Dan Aldridge's 25:44 County standard. Simmie ran a 29:21 for her second County record in a week, having tied the 10K mark with a 36:40 the previous Sunday.

## Men:

1 Dave Royal(Petaluma)	25:18
2 Rudy Balli(Petaluma)	25:47
3 Steve Filippetti(Santa Rosa)	26:13
4 Doug McBeth(Santa Rosa)	26:58
5 Dick Ogg(Santa Rosa)	27:00
6 Ken Gurley(Santa Rosa)	27:27
7 Ed McCullough(Santa Rosa)	27:59
8 Gary Wood(Petaluma)	28:03
9 John Von Seeburg(Santa Rosa)	28:40
10 Alvin LeCount(Sonoma)	28:40
11 Keith Super(Sebastopol)	28:43
12 Zack Taylor(Santa Rosa)	28:57
13 Fred Kenyon(Santa Rosa)	29:05
14 Logan Adams(Santa Rosa)	29:10
15 Brendan Hutchinson(SR)	29:26

## Women:

1 Beckie Simmie(Santa Rosa)	29:21
2 Mary Grace Maione(Petaluma)	31:16
3 Laura Lee Smith(Rohn.Pk)	37:07
4 Laurie Lamantia(Santa Rosa)	37:56
5 Betty Miles(Santa Rosa)	38:04
6 Sue Kane(Santa Rosa)	38:15
7 Sally Sinclair(Occidental)	39:05
8 Heidi Messerschmitt(SR)	39:22
9 Pam De La Pena(Santa Rosa)	39:29
10 Judy Murphy(Santa Rosa)	39:33

# TAC National One Hour Run Championship

August 14, Coastal Section at Cal Poly, San Luis Obispo.

New records were set in each of three major divisions and by sizeable margins (in the open by 1132 yards, in the masters by 441 yards, and in the women's by over a mile). Ivan Huff, an 8:31 steeplechaser, went through the first mile in 4:58 and kept the pace the rest of the way to move into the all-time top 20 performers in this event (headed by Bill Rodger's American record of 12m 1350y). He was followed by former Cal Poly teammate and 1981 NCAA Division II steeplechase champion Carmelo Rios whose average pace was 5:07 per mile. An age 83 national record was set by Paul Spangler who now has the top three 80+ Hour Run marks on the all-time list.

1 Ivan Huff(23)ARC	12m 103y
2 Carmelo Rios(22)ARC	11m 131y
3 Frank Hutchinson(29)ARC	11m 232y
4 Joe Green(23)ARC	11m 35y
5 Craig Stevens(22)ARC	10m 1854y
6 Jon Root(28)SLDC	10m 1599y
7 Paul Lee(21)SLDC	10m 540y
8 Len Thornton(51)HSTC	10m 354y
9 Tom Jefferis(34)SLDC	10m 314y
10 Keith Kirkpatrick(36)SLDC	9m 1322y
11 Frank Freyne(42)CCAC	9m 1022y
12 Norm Pillsbury(37)SLDC	9m 1012y
13 Robyn Dubach(22F)SLDC	9m 1011y
14 Jerry Hill(42)SLDC	9m 924y
15 Stan Rosenfield(34)SLDC	9m 727y
16 Bob McCumsey(34)SLDC	9m 585y
17 Kim Barton(21F)SLDC	9m 413y
18 Steve Velasco(27)Paso Robles	9m 122y
19 Joe Norris(64)SLDC	7m 1135y
20 Bob Sterling(69)SLDC	7m 1010y
21 Tom Hampton(60)SLDC	7m 701y
22 Marilyn Rehorn(47F)SLDC	7m 231y
23 Paul Spangler(83)SLDC	7m 141y



## Results

### Tetrack Trail 8 Mile Run

By Louis Hirsch

August 14.

Why did 410 people get up early on this Saturday morning to run a race that is billed as the toughest hill race in Southern California? Could it be the small field anticipated, meaning a better chance of winning an award? Could it be the challenge of the course, the lure of nature in the Griffith Park mountains? Or, was it the famous 2 mile marker? Now, we're getting somewhere. The only X-rated race in the nation. The Tetrack Trail 8 mile features a young lady standing just before the two mile point holding a sign that says "2 miles ahead." And, as per tradition, the young lady is unclad, nude, nuthin on, au natural. Yes, sir! In her birthday suit. Sort of a stationary flasher.

But that's only the half of it. This year there was an added attraction. At the one mile mark there was something for the girls: A young man, unclad, nude, nuthin on, au natural.

Now, although the girl is supposed to be a surprise, after 4 years and international exposure, everyone knows about it. So, there was quite a bit of surprise, and disappointment among the men. "Where's the girl?" they shouted. On the other hand, the women couldn't have been more pleased. Many of them expressed some interest in keeping the mile marker company.

Yeah, good ol' John Sporleder, Tetrack's Race Director, slipped another one by the folks. What're you going to do next year John? Have the Amati String Quartet and a troop of dancing seals?

The race was started four years ago by runners of the Griffith Park Athletic Club and it's the world's longest race named for a living runner over 50. As a sort of incentive to the runners, it was decided to have a topless woman at the one mile mark. It turned out very few people noticed her because they were too wiped out trying to climb that first steep mile. The next year, they went all the way...or, the gal did...and they put her at the two mile mark, where the course was a bit flatter. This also served to heighten the anticipation. Everyone who runs Tetrack knows something is up and now they had an extra mile to wonder what.

But last year, the news got out. CTRN covered the race and it is rumored that a photo of some of the action achieved world wide circulation, having been published in some European Running magazines. And wouldn't you know, those staid old folks, those pillars of the community, the Seniors Track Club, featured a photo on the cover of a recent issue of their newsletter.

So, the news is out and we saw at least four guys carrying cameras through the course. I wonder how they felt at the one mile mark?

Anyway, back to the race. There was a race you know. Because of the terrain, there were no splits. They couldn't get anyone dumb enough to climb up the hills with a stopwatch. Camera, maybe, but not a stopwatch. The lead pack consisted of five dusty runners and many even dustier close behind. That's how things were at the one mile mark. The course is laid over horse trails, so the ground is soft, dusty, powdery. Fooy! It's also narrow and passing can be tricky. The pack stayed about the same with a little jockeying in the leading group. At about the three mile mark John Koningh of Sub-4 T.C. took a slight lead. He slightly increased his lead until somewhere between the sixth and seventh mile Chris Brenneman of L.A. Valley College caught up with John. That was pretty good going because Koningh is a class runner, and just three days earlier Chris had run the

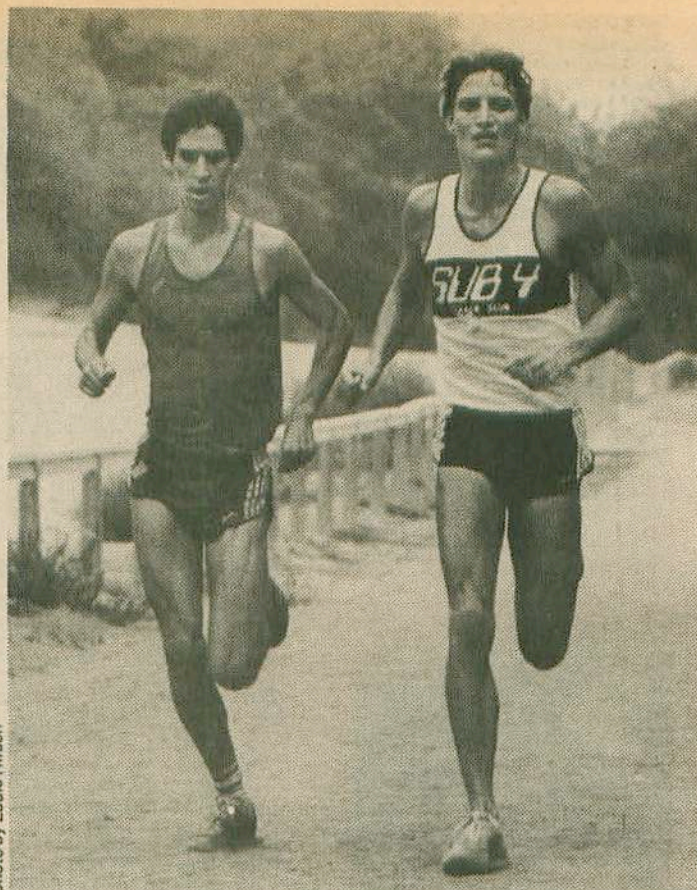


photo by Louis Hirsch

Chris Brenneman (left) & John Koningh at Tetrack

Northridge Twilight 10K, where he won his division.

It was a battle from there until the last 70 yards. Then it was kick time, and Koningh had a little more steam and surged ahead to win by three seconds. His time of 45:07 was a new course record by 11 seconds. Brenneman, who took 3rd in this race last year, was also under the former record. And the old record? Set last year by John Brenneman, Chris's older brother.

Valerie Lisiewicz had it a little easier. The senior at Hoover High knew from the start that she was in the lead. Every mile or so someone would tell her she was first woman. She had to some extent coasted to her winning time of 60:59, not quite a course record but pretty good for that course.

I find this race very refreshing. It's nice to see a field smaller than wall to wall people. Traffic control is no problem on this course, except for an occasional horse.

Awards are based upon participation. That way, awards don't go to people that ran in a division that didn't have anyone else in it, or one that had so many that usual top three got their 188th medals while everyone else goes home empty-handed as usual.

The award "ceremony" was the most enjoyable. With the one and two mile markers giving out the awards, it was fun. To keep the participants hanging around through the standard awards they had a raffle for prizes. True, this doesn't always work, but it did this time.

John Sporleder is to be commended. Maybe he should rent himself out to some other races on this area.

**Men: 18 & Under:** 1.Tim Watson 48:14, 2.James Treidler 51:12, 19-29: 1.John Koningh 45:07, 2.Chris Brenneman 45:10, 3.Steve Durand 45:40, 4.Andy DiConti 48:13, 5.Glan Starliners 48:35, 6.Steve Brumwell 47:25, 7.Henry Nunez 48:26, 8.Tom Buras 48:35, 9.Christopher Harper 49:03, 10.Ted Cotti 49:08, 11.Vincent Trujillo 49:14, 12.John Fisanotti 49:17. **30-34:**

1.Ed Avol 49:34, 2.John Kovack 50:53, 3.Dan Stumpus 51:29, 35-39: 1.Ronald Jensen 50:11, 2.Michael Morrow 53:23, 3.Bruce Geddes 54:32, 40-44: 1.Eugene Blankenship 52:46, 2.Bob Rude 53:12, 3.Tom Musante 53:19, 45-49: 1.Richard Belliveau 55:03, 2.Bruce Brinkema 56:09, 3.Eugene Black 58:14, 50-54: 1.Dick Durand 57:28, 2.Bob Gerlach 59:17, 3.Jerry Soto 59:36, 55-59: 1.Juan Carmona Jr. 58:07, 2.Keith Albright 59:45, 3.Lono Tyson 60:14, 60 plus: 1.George Boyle 66:06, 2.Richard Bates 68:41.

**Women: 18 & Under:** 1.Valerie Lisiewicz 60:59, 19-29: 1.Catherine Molina 65:24, 30-39: 1.Sue Simms 62:35, 2.Shleia Hasham 63:97, 40-49: 1.Virginia Taneja 75:47, 50 plus: 1.Priscilla Libby 93:18.

## Run For Cover

August 15, Pinto Lake County Park, Watsonville, LA. 10K.

1 Mike Hargens 35:09  
2 Blair Barnett 37:01  
3 Richard Whitewater 37:03  
4 Jeff Marshall 38:18  
5 James Street 38:21  
6 Bill Wilber 38:43  
7 Robert Fowler 40:06  
8 Robert Leith 40:37  
9 Tony Rall 40:59  
10 Jim Conway 41:17  
11 John Hellman 41:45  
12 Jerry Nairn 41:58  
13 Cathy Stracencer(1/F) 41:59  
14 Mike Cox 42:24  
15 Patrick Thomas 42:32

**Men's Divisions:** 13-17: 1.James Hice 52:43, 18-29: 1.Mike Hargens 35:09, 30-39: 1.James Street 38:21, 40-49: 1.Richard Whitewater 37:03, 50-59: 1.Norman Waters 44:23, Over 60: 1.Arthur 'Bud' Thomas 57:43.

**Women: Under 13:** 1.Shannon De La Cruz 45:04, 2.Serina De La Cruz 46:00, 18-29: 1.Cathy Stracencer 41:59, 30-39: 1.Mercy Poltz 46:43, 40-49: 1.Betty Beran 57:12, 60 & Over: 1.Mabel Thomas 88:13.

## El Dorado 5 & 10K

August 14, Costa Mesa.

**5K, Men: 14 & Under:** 1.Andy Allen 16:51, 15-18: 1.Juan Solis 15:46, 19-24: 1.Raipi Garibaldi 14:58, 25-29: 1.Jeff Miller 15:14, 30-34: 1.Henry Lang 15:40, 35-39: 1.Manuel Burrola 17:01, 40-44: 1.Eino 16:37, 45-49: 1.Wally Ingram 17:20, 50-59: 1.Ray Gibson 17:48, 60 & Over: 1.Fred De Ovila 22:43.

**Women: 14 & Under:** 1.Lisa Dilger 21:12, 15-18: 1.Donna Flegle 19:14, 19-29: 1.Laura Buss 17:31, 30-39: 1.Sue Rudolphi 20:25, 40-49: 1.Sally Wozniak 23:56, 50 & Over: 1.Jean Windishar 31:21.

10K

**Men: 14 & Under:** 1.Geoff Woodhull 41:54, 15-18: 1.Tom Burkett 34:50, 19-24: 1.Franl Dauncey 31:19, 2.Art Cendejas 31:36, 3.K.C.Nielsen 31:44, 4.Gregg Ramsey 31:57, 5.Steve Kovatch 32:14, 6.James Kelley 32:27, 7.M. Fisher 32:53, 25-29: 1.Armando Cendejas 29:31, 2.Art Nuno 32:19, 3.I. Varley 32:41, 30-34: 1.Rubin Chappin 29:35, 2.Carlos Godoy 32:01, 3.Al Siddons 32:37, 35-39: 1.Hartzell Alpizar 34:03, 2.Laverty Terry 34:23, 3.Jim Reilly 35:10, 40-44: 1.Dennis Fitzgerald 35:22, 2.Ker Rigby 37:20, 45-49: 1.Ted Alarcon 35:52, 2.Wally Ingram 36:20, 50-59: 1.Tracy Brown 36:55, 60 & Over: 1.Bill McQuillan 48:29.

**Women: 14 & Under:** 1.Lisa Padilla 39:27, 15-18: 1.Simone Mortier 35:51, 19-29: 1.Pam Morris 36:10, 2.Jaynie Studenmund 37:31, 30-39: 1.Patti Hellerud 40:00, 2.Josta Santos 41:08, 40-49: 1.Christa Romppanen 39:16, 2.Amy Lee Goldstein 47:25, 50 & Over: 1.Lucile Adney 1:22:10, Men 200 lbs. 1.Joe Jacobsen 38:57.

## Ocean Beach 10K

August 14, San Diego, CA.

Top 10 Men:

1 Wally Buckingham 29:5  
2 Tom Lux 30:3  
3 Wayne Buckingham 30:5  
4 Patrick Green 31:2  
5 Phillip Hinck 31:3  
6 Danny Ouellette 31:3  
7 Tim Smith 31:5  
8 Steve Hastings 32:0  
9 Mitch Zinn 32:2  
10 Brian Lucas 32:2

**Divisions: 12 & U:** 1.Eric Billmeyer 38:2, 13-17: 1.Patrick Green 31:30, 30-39: 1.Jir Legakis 33:42, 2.Jim Edens 33:50, 3.John Montgomery 33:53, 40-49: 1.Do Shanahan 34:08, 2.Fred Kiddy 34:4, 3.Robert McAndrews 35:15, 50 & O: 1.Bi Stock 37:48, 2.Donald Cole 39:56, 3.Cili Johnson 40:10.

Top 10 Females:

1 Gillian Morton 36:2  
2 Diane Riley 37:4  
3 Patti Hurl 37:5  
4 Sandra Kiddy 38:5  
5 Ann Igoe 38:5  
6 Oonagh Bruni 39:1  
7 Dorothy Stock 40:0  
8 Susan Shook 40:2  
9 Suzanne Morris 40:3  
10 Heather Christ 40:5

**Divisions: 12 & U:** 1.Tammy Kniffing 41:58, 13-17: 1.Heather Christ 40:55, 30-39: 1.Patti Hurl 37:57, 2.Ann Igoe 38:57, 3.Mar Gordon 42:15, 40-49: 1.Sandra Kidd 38:50, 2.Dorothy Stock 40:06, 3.Jud Splitgerber 42:15, 50 & O: 1.Ann Pridd 46:40, 2.Gerry Davidson 49:45.

## Wheels and Heel Century Biathlon

From DAVE PARISH

August 14, Santa Cruz to Half Moon Bay and back. 73.8 mile bike/26.2 mile run.

1 Michael Durkin (Man Beach) 23 6:9  
2 Randi Perkins (Simi Valley) 27 7:2  
3 Mark Perrizo (Downey) 32 7:3  
4 Dave Parish (San Jose, late start) 27 7:3  
5 Earl Norgard (Sausalito) 45 7:4



6	William Banyani (L.A.) 27	7:59
7	Dennis Heany (Santa Cruz) 40	8:08
8	Bill Jenkins (Santa Cruz) 32	8:16
9	Margie Dana (San Clemente)	8:31
10	Jack Wilson (La Jolla) 45	8:53
11	Maureen Nishio (L.A.) 26	8:53
12	Dan Ruxin (San Fran.) 24	9:04
13	Barry McCarthy (San Diego) 34	9:05
14	Bill Bell (San Pedro) 59	9:08
15	Greg Ewing (Anaheim) 26	9:17
16	John Longenecker (Palo Alto) 35	9:19
17	Dave Kroll (Santa Maria) 50	9:25
21	entered, 17 finished.	

## Falmouth Road Race

August 15. Mass. 7.1 miles.

<b>Men:</b>		
1	Alberto Salazar (OR)	31:53.3
2	Craig Virgin (Ill.)	32:12.0
3	Rod Dixon (Pa.)	32:16.0
4	Mike Musoyki (Tx.)	32:17
5	Marc Curp (MO.)	32:46
6	Dan Schlesinger (NC)	32:53
7	Sosthenes Bitok (Va.)	33:06
8	George Malley (Ma.)	33:10
9	Bob Hodge (Mass.)	33:12
10	Gary Fanelli (Pa.)	33:13
11	Paul Cummings (Ut.)	33:16
12	George Buckheit (NY)	33:20
13	John Gildewell (Oh.)	33:29
14	Sai Vega (NJ)	33:31
15	Bill Haviland (Oh.)	33:32
36	Rudy Munoz (CA.)	34:27
48	Mike Foley (CA.)	34:50
73	Dennis O'Halloran (CA.)	35:34
102	Jim Mosher (CA.)	36:23

<b>Women:</b>		
1	Joan Benoit (Ma.)	36:33.7
2	Dianne Rodger (New Zealand)	37:41.1
3	Debbie Elde (OR)	38:03.6
4	Sue Schneider (Minn)	38:36.1
5	Jacqueline Gareau (Quebec)	38:46.7
6	Laurie Binder (CA.)	38:49.3
7	Nancy Conz (Ma.)	38:56.3
8	Linda McLenon (Ga)	38:58.9
9	Suzanne Girard (NY)	39:02.2
10	Mer. Bean-Simmons (Bermuda)	39:05.9

## Lite Beer Billy Ball 8K Fun Run

August 15.

<b>Women:</b>		
1	Patti Gray	27:40.4
2	Nancy Ditz	28:02.8
3	Marilyn Taylor-Allen	28:26.0
4	Bev Marx	28:40.6
5	Tena Harms	28:54.8
6	Kathy Phiefer	29:07.9
7	Elaine Campo	29:35.2
8	Laura Starrett	29:44.7
9	Sue Munday	29:48.5
10	Denise Bigelow	30:05.0
11	Kristan Martin	30:18.5
12	Carol Welch	30:26.1
13	Connie Hester	30:34.3
14	Tamara Gonzales	30:37.1
15	Sue Vineila-Brusher	30:44.6
16	Julie Thomas	31:01
17	Jacqueline Pla-Sequeira	31:09
18	Margaret Barrett	31:13
19	Laura McHale	31:15
20	Terry Forsell	31:18
21	Sue Johnston	31:51
22	Linda Snelthen	31:58

<b>Men:</b>		
1	Tom Smith	23:20.5
2	Mark Conover	23:28.8
3	John Moreno	23:31.0
4	Ric Sayre	23:40.5
5	Roderick Berry	23:43.0
6	Tim Gruber	23:51.6
7	Roy Kissin	24:05.4
8	Richard McCann	24:11.1
9	Mike Bordell	24:13.9
10	Larry Lawson	24:15.6
11	Michael Cassidy	24:16.7
12	Dave Smith	24:23.1
13	Justin Tyne	24:26.7
14	Dan Buntman	24:29.4

15	Dan Anderson	24:40.2
16	Jim Triplett	24:44.8
17	Brad Hawthorne	24:55.7
18	Mike Engleman	24:56.9
19	Dennis Rinde	25:01.5
20	Peanut Harms	25:04.2
21	David Maldonado	25:12.2
22	Robert Murdock	25:17.5
23	Chuck Aragon	25:23.7
24	John Embury	25:24.6
25	Joe Mangan	25:25.8
26	Rusty Knowles	25:33.3
27	Mark Graves	25:46.0
28	Eric Shappanfield	25:47.6
29	Christopher Hamer	25:49.8
30	Greg Szanto	25:50.3
31	Mike Niemiec	25:51.1
32	Tom Laris	25:54.0
33	David Smith	25:58.2
34	Garry Green	25:59.1
35	Gary Goettelmann	25:59.6
36	Kevin Osterberry	26:00.3
37	Robert Gomez	26:10.7
38	Dave Anderson	26:11.9
39	Bill Seaver	26:15.2
40	Scott Marcondia	26:16.1
41	Bill Clark	26:16.7
42	Steve Ottaway	26:20.1
43	Harvey Franklin	26:25.3
44	Charles Harris	26:27.1
45	Mark Murray	26:27.5
46	Tom Schmitt	26:28.1
47	Tim O'Halloran	26:30.6
48	Jeff Charleston	26:35.0
49	Brian Abshire	26:35.9

## Old Town Half Marathon

From Chuck Ehlers

August 15. Eureka.

On as brilliant a Sunday as Humboldt Co. has to offer, the Old Town Half Marathon runners toed the 9 am starting line adjacent to the Gazebo in historic Old Town, Eureka. However, in contrast to our standard local race, this one featured some world class runners representing Athletics West, the Oregon Track Club and Addidas in Eugene, Oregon. Dick Brown who runs Athletics West, as well as coaching this quartet had decided this 13.1 mile race would be a part of his athletes work up to the Nike Marathon four weeks hence. A low key half marathon where his three men, Jeff Wells, Ron Tabb, and Kevin McCarey would run 5:00 per mile over the first 10 then run as they felt to the finish. Shirley Durtchi who placed 4th women at this years Boston with a 2:39 was to hit 5:55's for 10. All three men and Shirley exceeded their coaches wishes, the men at 49:30 for 10 and Shirley in the mid 58's. McCarey made a break between 10 and 11 to win the race in a new record 1:04:24 breaking Leonard Hill's time of 1:08:02. Tabb placed 2nd with a 1:04:34 the same time as the third place Jeff Wells. These times place all three runners within the top 10 nationally for 82'. Durtchi's time of 1:16:02 broke Shelia Maskovich's old record by almost 8 minutes and will give her a good shot at the 2:36 marathon she wants to run at Nike. McCarey, Wells and Tabb are chasing 2:10 at Nike and the \$20,000.00 first prize Nike has put up for the race.

The Athletics West contingent included Mary Decker-Tabb and it was most interesting to listen to her training regimen and future plans. Her coach, Dick Brown, feels the womens 5 and 10 K times are soft and that Mary will lower them in the near future. Mary's next race will be the Fifth Ave. Mile, which she can't afford to miss, "if you get the drift. All the visitors loved the course and the running environment our group represents. Wells and McCarey both expressed an interest in either the Humboldt Redwoods Marathon or Avenue of the Giants as a future marathon. These runners are all currently doing 112 a week and were returning to Eugene for a 12 mile run Sunday evening. It was a memorable experience for those of us who were around this talented group. We gained a lot of respect and awe

or their achievements.

Not to slight our fine local runners, many fine performances were turned in during this years OTH. Stewart Rasmussen continued his rise to racing prominence with a top local finish of 4th and a respectable 1:10:50 ahead of defending champion Harry Cottrell's 1:11:38. Mens age group records were established by Derek Erickson 14 under, Todd Miller 15-19, Lenny Escarda 50-59, Bill Van Fleet 60+. Flossie Horgan paced the women with a fine 1:28:23 just ahead of Sharon Powers 1:29:57. Age group records were established by Dawn Chase 14 under, Shirley Durtchi 30-39, Gayle Kerstetter 1:40:44, Virginia Terry 50+.

Also included was the usual fine post race party planned by Barbara to reward our hard working volunteers and associates. The diving contest was won by Harry Cottrell, the guzzling by Denis Lewis, the sedate by Dale Haines and Dodger Blue by Paula Forthuber. Barbara won the post race mess. We are deeply indebted to the tireless workers who once again manned the posts for the successful finish line and road directions, as well as aid to runners. These workers include: McGladreys, Barbara, George, Theresa and Stephen; Lewis family, Marilyn, Charley, Marvin and Nancy Bernardi, Forrest, Mike, Muneca and Judy Williams, Karl, Kevin Jolly and friends, Tim Parker, Dave Paulson, Don and Paula Forthuber who also crafted and donated the first place stained glass awards that were first class. Bonnie Hollander, Carri McCracken, Gayle Kerstetter, Dave Wells, Lyle and Torre Purdue and Kathy, and of course Barbara and John whose tireless efforts always back up my funky functions.

It is worthy of note that the use of the Somoa bridge is tenuous at best with CalTrans and the Harbour Commission the major stumbling block. We had SUPER cooperation from the Board of Supervisors and were saved through a last minute appeal by Robt. Stockwell, Eureka City Manager, who interceded on our behalf. Commercial interests on the new Marina seem convinced our 15-20 minute closure will significantly interrupt business. Of interest is the fact that CalTrans allows pedestrian traffic to the Marina, but no further and the old Sunday allowance for pedestrians and bicycles has been negated. The future of this race hangs on the solving of the bridge problem.

Thanks to all, and hoping for a OTHM in 83'.

**Division Winners: Men: 14 & Under:**  
1.Derek Erickson 1:39.42. 15-19: 1.Todd Miller 1:19.32. 20-29: 1.Kevin McCary 1:04.24. 2.Ron Tabb 1:04.34. 3.Jeff Wells 1:04.34. 4.Stewart Rasmussen 1:10.50.  
5.Greg Heistuman 1:13.26. 30-39: 1.Harry Cottrell 1:11.36. 2.Mike Holt 1:18.35.  
3.Rich Stewart 1:18.54. 4.Jack Hackman 1:19.17. 5.Sherman Schapiro 1:19.43.  
6.Dick Miller 1:21.07. 40-49: 1.Gerald Hoopes 1:24.14. 2.Colby Harmon 1:26.04.  
3.George Crandall 1:26.56. 4.Jim Ely 1:27.14. 50-59: 1.Lenny Escarda 1:23.48.  
2.Donald Stoner 1:35.55. 60+: 1.Bill Van Fleet 1:40.04. 2.Ira Samuels 1:46.28.

**Women: 14 & Under:** 1.Dawn Chase 1:50.41. 15-19: none entered. 20-29: 1.Sharon Powers 1:29.57. 2.Alice Gandelman 1:35.49. 3.Mary Pincini 1:36.13. 30-39: 1.Shirley Durtchi 1:18.4.  
2.Flossie Horgan 1:28.23. 3.Karen Kelly-Day 1:33.49. 40-49: 1.Gayle Kerstetter 1:40.44. 2.Lori Goodman 1:44.38. 50-59: 1.Virginia Terry 1:50.16.

## Run For The Cookies

August 15. Lake Arrowhead Village. 15K & 5K.

**Top 3 Male: 15K.**  
1. Joey Gomez (22) 50:03  
2. Ron Kurl (34) 50:36  
3. Carey Simons (27) 51:21  
**Divisions: Males 15 & U:** 1.Jeff Jacobs (15)

1:01:31. 16-19: 1.Ronnie Harris (17) 54:48.  
20-24: 1. Joey Gomez (22) 50:03. 2. Steven Adams (20) 54:16. 3. Holland Bunz (24) 54:27. 25-29: 1. Carey Simons (27) 51:21. 2. Bill McCullough (29) 53:10. 3. Dick Gentili (28) 53:48. 30-34: 1. Ron Kurl (34) 50:36. 2. Eric McCready (32) 55:25. 3. Robert Heaton (34) 57:47. 35-39: 1. Stan Stauble (37) 56:46. 2. Tony Goffredo (35) 58:05. 3. Guenter Meyer (38) 1:01:27. 40-44: 1. Pete Petersen (41) 58:01. 2. Joseph Bird (41) 58:03. 3. Tom Richards (41) 58:55. 45-49: 1. Don Cousins (47) 57:42. 2. Bill Tostevin (45) 1:07:21. 3. Don Moore (47) 1:07:53. 50-59: 1. Ed Swan (51) 1:07:10. 2. Lee Francis (50) 1:09:50. 3. Al Garrison (50) 1:10:03. 60 & O: 1. Harold Daughters (61) 1:03:47.

**Top 3 Females:**  
1. Shannon Stryker (17) 1:00:44  
2. Debbie Heaton (33) 1:01:30  
3. Sue Petersen (37) 1:03:08  
**Divisions: 15 & U:** 1. Lisa Dilger (14) 1:13:39. 16-19: 1. Shannon Stryker (17) 1:00:44. 20-24: 1. Lacie Pearson (24) 1:08:35. 2. Theresa Funero (20) 1:10:27. 3. Laura Weigand (21) 1:16:40. 25-29: 1. Judith Orach (25) 1:11:10. 2. Vaneen Parker (29) 1:13:38. 3. Margaret Graham (28) 1:17:21. 30-34: 1. Debbie Heaton (33) 1:01:30. 2. Jana Cohen (32) 1:11:54. 35-39: 1. Sue Petersen (37) 1:03:08. 2. Linda Kewin (38) 1:09:57. 50 & O: 1. Mary Storey (58) 1:13:04.

**Top 3 Males: 5K.**  
1. Hewitt Smith (15) 18:51  
2. Lee Spence (18) 17:11  
3. Kevin Arnott (22) 17:16  
**Divisions: Men: 15 & U:** 1. Hewitt Smith (15) 16:51. 16-19: 1. Lee Spence (18) 17:11. 20-24: 1. Kevin Arnott (22) 17:16. 2. Tracy Klinkhart (21) 18:16. 3. Steven Acosta (24) 19:55. 25-29: 1. Dave Cook (25) 17:58. 2. Paul Vicknair (28) 18:33. 3. Dane Hammerstein (26) 20:16. 30-34: 1. Geoff Guerrero (31) 17:40. 2. Ken Toiar (33) 18:33. 3. Kevin Fisher (30) 21:03. 35-39: 1. Jim Barnes (35) 19:34. 2. Ron Lowy (39) 20:28. 3. Ted Risser (38) 21:53. 40-44: 1. Neil Doherty (41) 17:53. 2. Chonito Perez (41) 20:45. 3. David Dubois (44) 21:03. 45-49: 1. Sam Mayo (48) 19:23. 2. Robert Best (49) 21:16. 3. David Girdner (47) 22:20. 50-59: 1. Richard Scully (56) 21:12. 2. Ollie Harker (54) 22:50. 3. Ted Storey (58) 25:03. 60 & O: 1. Ed Rumble (72) 24:13. 2. Luther Schwartzkoff (60) 24:49. 3. Karlis Smiltens (60) 25:12.

**Top 3 Females:**  
1. Lih Jiau Lai (27) 18:41  
2. Cindy Calvert (33) 20:00  
3. Donna Flegle (15) 20:11  
**Divisions: 15 & U:** 1. Donna Flegle (15) 20:11. 16-19: 1. Leslie Sholl (19) 22:15. 20-24: 1. Debra Kreske (22) 21:18. 2. Laura Sholl (22) 21:51. 3. Roberta Soderholm (23) 24:35. 25-29: 1. Lih Jiau Lai (27) 18:41. 2. Carol Adragna (25) 23:43. 3. Jennifer Macera (28) 24:39. 30-34: 1. Cindy Calvert (33) 20:00. 2. Kathy Story (34) 22:58. 3. Denise Gupton (31) 24:07. 35-39: 1. Georgette Rowe (35) 26:10. 2. Nancy Bachman (38) 26:29. 3. Joan Brady (39) 26:35. 40-49: 1. Linda Bird (40) 23:16. 2. Du Ann Kinzer (46) 25:37. 3. Donna Lea Thomas (47) 27:21. 50 & O: 1. An Crawford (52) 28:28. 2. Ruth Webb (50) 29:47. 3. Terry Field (51) 37:00.

## High Sierra 10K

From Austin Angell

<b>August 19. On the track. S Lake Tahoe.</b>		
1	John Jennings	32:12.9
2	Bill Knapp	32:19
3	Greg Brock	33:03
4	Andy Takaha	33:53
5	Larry Stapleton	36:41
6	Larry Pegis	37:03
7	Bob Weber	37:22
8	Gerry Holmes	38:19
9	Austin Angell	38:30
10	Pete Werbel	38:48
11	Jerry Stapleton	38:58
12	Glen Lane	NT
13	Mike Jeneld	39:34
14	Kip Wallace	43:31
15	Gwen Gallant(F)	44:29



## P.R.'s

By RICHARD LEE SLOTKIN

I would like to admit that this is my favorite job with CT&RN. I am really proud to see the way it has grown. When I first started doing this feature, I was lucky to get over a dozen listings. Now, there are several clubs that send in two and three times that number every month.

The coupon thing is working out well, too. We've added space on it for you to list your club or school. Please do so. We like to show the clubs and schools whose members are achieving these bests.

By the way, it was my buddy, Thom Lacie, who suggested the coupon. Thom himself sends in 30 to 50 PR's from the Point Fermin Flyers every month. I wonder where he finds all these short courses?

Another guy that helps keep these pages loaded up is Mike Leong, coach of the Orange County wing of the Southern California Road Runners. Mike doesn't need short courses. Most of his kids are 12 and under, and at that age they'll be PRing for the next 15 years! And every year, he gets a new crop at the bottom end. So, with SCRR, I'll always have a solid base every month.

But, what about the rest of you? At one race a friend of mine, at my request, went around canvassing runners and inside of a half-hour, she logged 45 PR's. Just from one race! And she didn't get even a third of them, I'd say. Don't be bashful. You EARN the right to be in this list. So what if your PR in a 10K is 68:50. If it's your best, you did your best and we want the honor of announcing it to the California running community.

While you're sending your own PR's, list any of your friends or teammates, too, who may have set new marks. Don't forget, this really IS your column.

Special congratulations to Chris Cortez. Not only did he PR in the Santa Monica Marathon, but the Marine Corps major got the first WIN of his life.

For a really outstanding performance, we have to tip the Slotkin sombrero to the Dow Jones Industrial Average. That gain of +38.81 points on August 17th was a PR that a whole lot of us are mighty glad to see!

Send your P.R.'s (that's *Personal Record* updates) to Richard Slotkin 14212 Summertime Lane, Culver City, CA 90230.

Pearl Anit (Impalas) Moscow Road 10K	37:38
Pearl Anit (Impalas) Pacifica Roundup 5K/1st female	17:32
Dennis Barron (PFF) Pt. Fermin 10 Miller	67:51
Penelope Barrow (PFF) Pt. Fermin 10 Miller	83:43
John Bechtol (PFF) Pt. Fermin 10 Miller	58:47
John Beck (Villa Park HS) 3 mile time trials	15:58
Stephanie Biatos, Santa Monica Half Marathon	1:58:36
Manny Burrola (PFF) Pt. Fermin 10 Miller	59:48
Jeff Byrnes (Villa Park HS) 3 mile time trials	21:31
Sean Callahan (Villa Park HS) 3 mile time trials	16:45
Laura Cattivera (Mira Costa HS) Pt. Fermin 10 Miller	68:24
Cathie Chavez (Impalas) Alameda Run for the Parks 10K	39:38
Mike Christensen (Villa Park HS) 3 mile time trials	*20:17
Jack Cochran (PFF) Pt. Fermin 10 Miller	57:52
Mary Cochran (PFF) Pt. Fermin 10 Miller	99:12
Ray Cook (SCRR) Peacock 10K/3rd place	30:00
Pat Cutler (Impalas) San Francisco Marathon	3:07:29
Chris Cortez (USMC) Santa Monica Marathon/1st place	2:28:14
Anstr Davidson (PFF) Pt. Fermin 10 Miller	65:40
Lucia Davidson (PFF) Pt. Fermin 10 Miller	69:54
Frank Delucia (PFF) Pt. Fermin 10 Miller	68:18
Sara Denning (SMTC) Santa Monica Half Marathon	*1:33:46
James Derda (PFF) Pt. Fermin 10 Miller	62:29
Don Doering (Villa Park HS) 3 mile time trials	15:50
Katy Dunsulr (SMTC) Outstanding Athletes 10K/2nd 14-18	35:46
Lucretia Escolzo (PFF) Pt. Fermin 10 Miller	74:13
Ted Ferguson (PFF) Pt. Fermin 10 Miller	69:20
Liz Fincke (PFF) Pt. Fermin 10 Miller	83:53
Todd Fitschen (Villa Park HS) 3 mile time trial	16:00
Jose Fores (PFF) Pt. Fermin 10 Miller	64:32
Albert Florita (PFF) Pt. Fermin 10 Miller	62:31
Ron Fortner (PFF) Pt. Fermin 10 Miller	63:06
Tim Gioe (Villa Park HS) 3 mile time trial	19:45
Bridget Goodwin (Impalas) San Francisco Marathon	3:02:51
Ken Hargrave, Skyline 50K	*4:58:02
Ken Hargrave, Pacifica Roundup 5K	17:40
Chris Hart (Villa Park HS) 3 mile time trials	16:00
Sharon Hatfield, TAC Junior Heptathlon	54:04 1/2 pts.
Jeff Highlet (Sports of Stanis) Buffalo Stampede	*60:48
Sue Hauden (PFF) Pt. Fermin 10 Miller	90:06

Lynn Hill (JOVI) Santa Monica Marathon	*3:13:48
Jana Hillman (SMTC) Santa Monica Half Marathon	1:31:07
Jason Holmes (Villa Park HS) 3 mile time trials	19:29
Lawanda Johnston (PFF) Pt. Fermin 10 Miller	83:37
Mark Junkerman (LAHS) September Special 10K/1st place	31:34
John Kampmann, Santa Monica Half Marathon	85:20
Craig Kanouse, Pt. Fermin 10 Miller	79:14
Keith Kanouse, Pt. Fermin 10 Miller	77:44
Ken Kanouse, Pt. Fermin 10 Miller	78:10
Susan Keener (Impalas) San Francisco Marathon	3:15:57
Howard Kepler (Villa Park HS) 3 mile time trials	17:49
Kevin Kutchee (Villa Park HS) 3 mile time trials	*24:18
Fred Landauer (PFF) Pt. Fermin 10 Miller	83:47
Karen Lanterman, Alameda Run for Parks 10K	*38:30
Karen Lanterman, Presidio 10 Mile	63:08
Karen Lanterman, San Francisco Marathon	3:08:30
Ralph Latham (SMTC) Santa Monica Half Marathon	77:58
Mike Leong (SCRR) SPA-TAC District 30K/3rd open	*1:54:18
Thomas Leong (Villa Park HS) 3 mile time trials	16:06
Brad Lewis (Villa Park HS) 3 mile time trials	19:27
Paul Maier (PFF) Pt. Fermin 10 Miller	54:44
Penny Menendez, Bellflower 10K	*1:26:40
Bruce Mitchell (SMTC) Santa Monica Half Marathon	76:37
Terry Muela (Impalas) Pacifica Roundup 5K	17:55
Terry Muela (Impalas) Hook and Ladder 10K	39:05
Terry Muela (Impalas) San Francisco Marathon	3:02:48
Andy Musich (PFF) Pt. Fermin 10 Miller	76:31
Hilary Naylor (Impalas) Skyline 50K	4:46:00
Jeff Nelson (Villa Park HS) 3 mile time trials	19:39
New York Stock Exchange (DJIA) Wall Street, 17-08-82	+38.81
Art Nuno (PFF) El Dorado 10K	32:20
Art Nuno (PFF) Pt. Fermin 10 Miller/2nd place	53:54
Jeff Olson (Second Sole) Pt. Fermin 10 Miller	54:43
David Parker (Villa Park HS) 3 mile time trials	15:39
James Parker (Villa Park HS) 3 mile time trials	*20:48
Hector Perez (SMTC) Peacock 10K/2nd place	29:54
Frank Plasso, Outstanding Athletes 10K/1st place	28:49
Jim Pierson (PFF) Pt. Fermin 10 Miller	65:07
Louis Pinon, Jr. (PFF) Pt. Fermin 10 Miller	80:25
Bill Power (SMTC) Pt. Fermin 10 Miller/1st 50-59	64:39
Bill Power (SMTC) Santa Monica Half Marathon	84:15
Shelly Prochaska, Pt. Fermin 10 Miller/1st Female	65:20
Dennis Pryor (PFF) Pt. Fermin 10 Miller	61:47
Kathy Pugh (SCRR) Mt. SAC Relays 3000m Racewalk	*15:19
Scott Rasmussen (SMTC) Santa Monica Half Marathon	86:49
Julius Ratti, Kazier Lake 5K Run	16:22
Julius Ratti, Billy Ball 8K Run	27:16
Julius Ratti, Alameda Run for Parks 10K	34:23
Julius Ratti, Presidio 10 Miller	57:39
Ken Resh (Villa Park HS) 3 mile time trials	24:12
Don Riddick (Villa Park HS) 3 mile time trials	*24:06
Morgan Roarty (PFF) Pt. Fermin 10 Miller	78:16
Maria Santesteban (PFF) Pt. Fermin 10 Miller	73:00
Lorraine Schenone (Impala) San Francisco Marathon	3:14:38
Jim Scott (Vans) Santa Monica Half Marathon/1st place	66:33
Jim Scott, Outstanding Athletes 10K	29:51
Beckie Simmie, Corporate Cup Nationals 800m	2:22.9
Beckie Simmie, Corporate Cup Nationals 5000m	17:37.3
Beckie Simmie, Calistoga 8K	29:17
Beckie Simmie, American Lung Assoc. 10K	36:41
Jim Skeffich (PFF) Pt. Fermin 10 Miller	65:05
Kathy Skeffich (PFF) Pt. Fermin 10 Miller/2nd Female	67:40
Laurie Stanley (PFF) Pt. Fermin 10 Miller	88:30
Tom Thrasher (Villa Park HS) 3 mile time trials	17:20
Andre Tocco (CCAC) Pt. Fermin 10 Miller	54:37
Brigitte Tocco (PFF) Pt. Fermin 10 Miller	86:46
Fernando Vasquez (PFF) Pt. Fermin 10 Miller	54:08
Dick Venne (PFF) Pt. Fermin 10 Miller	65:39
Meg Werner (PFF) Pt. Fermin 10 Miller	73:45
Laurie Wilson, Bellflower 10K	*55:08
Mark Zechiel (Villa Park HS) 3 mile time trials	17:30

\*first time at distance

Send your P.R.'s (that's *Personal Record* updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name \_\_\_\_\_

Event \_\_\_\_\_

Mark \_\_\_\_\_ Club/School \_\_\_\_\_

☐ Check if first time



# Rancho Palos Verdes Marineland 10K Run by the Sea

from JUDY SCHWARTZ

August 15, Rancho Palos Verdes.

## Top Ten Finishers

1 Steve Brandt	31:38.1
2 Mark Skneckergast	32:19.3
3 Fernando Vasquez	32:30.0
4 Nathaniel Dulaney	32:34.0
5 Steve Goldcamp	32:58.6
6 Thom Lacie	32:59.4
7 Morris Rehn	33:17.4
8 Graeme Dacombe	33:19.0
9 John Barrett	33:27.0
10 Paul Maier	33:31.6

## Male

12 & Under: 1. David Terrell 52:22.4, 2. David Blanco 53:01.4, 3. Gilbert Cisneros 55:24.9. 13-17: 1. Shawn Barrow 34:06.5, 2. Greg Houllgate 35:09.2, 3. Paul Wolf 35:21.7. 30-39: 1. Thom Lacie 32:59.4, 2. Paul Maier 33:31.6, 3. Peter Broennimann 33:34.0. 40-49: 1. Don Pondella 36:57.9, 2. Christopher Bourke 37:15.6, 3. John Rudberg 37:24.3. 50-59: 1. Bill Power 38:45.4, 2. Jack Harper 38:56.7, 3. Dick Venne 39:06.2. 60 & Over: 1. Paul Jernstrom 43:36.2, 2. John Nino 45:32.7, 3. Jon Baldwin 45:35.0.

## Female

13-17: 1. Jeanne Griffiths 42:34.8, 2. Jill Harrington 42:55.3, 3. Jeanette Perez 43:19.7. 18-29: 1. Shelley Prochaska 38:10.8, 2. Shannon Prochaska 38:15.3, 3. Lisa Hesse 41:43.2. 30-39: 1. Kathy Skefich 40:27.6, 2. Linda Pena 42:22.4, 3. Susan Sakai 44:46.5. 40-49: 1. Carol Allyn 45:17.3, 2. Polly Goodman 47:39.8, 3. Carol Cooper 49:15.0. 50-59: 1. Yukie Mocheda 48:34.3, 2. Nellie Williams 50:32.3, 3. Dottie Filler 50:43.2. 60 & Over: 1. Norma Bernardi 48:46.9, 2. Sarah London 100:52.6.

# Hook & Ladder 10 Kilometer

From Jim Gallagher

August 15, Golden Gate Park, San Francisco.

The 1982 Hook & Ladder 10 Kilometer benefit race was run under ideal conditions. The morning brought comfortable weather conditions. The race was underway at the precise starting time thanks to the Chief of the S.F. Fire Department, Emmet Condon. Chief Condon triggered the starting gun at 0900 and well over 600 runners increased their heart rates by two to three times. Spectators cheered the runners throughout the course.

Mike Panelli was the overall winner in 31:42. Mike is a member of the San Francisco State University Track team and holds the school record for the 10 kilometer distance (31:00.6). He also has recorded the second best time at the 5 kilometer distance (14:44). Jane Sowersby was the first female and registered a 40 second PR in completing the course in 36:57. This is the second year in a row that Jane has set a PR on the Hook & Ladder course.

Robert Beyer was the first male master (34:47) and Joan Ulyot was the first female master (40:22). Mark Simi won the junior male (18 & under) division in 34:50. Kathy Cooke was the first junior female in 43:42. Tony Stafani won the Fire/Police division (34:30) and led the S.F. Firefighters to their fourth straight team victory. The only course record established during the race was produced by Bill Posedel who led the S.F. Firefighter masters to their fourth straight victory. Bill's 35:17 lowered the master's record by 49 seconds.

The Greater San Francisco Track Club won the open male team award and the

Impala team won the open female division. This was the second time the GSFTC has won the team division and Impala repeated their victory of last year.

1 Mike Panelli(GSFTC)	31:42
2 L.Kotchever	31:50
3 S.Ferraz(GSFTC)	31:52
4 George Green(ETC)	31:54
5 Mitch Greenbery	32:11
6 Bob Sanchez	32:22
7 Gerardo Canchoia(SFUTC)	32:24
8 Daryl Zapata	32:25
9 Kevin Cruikshank(GSFTC)	32:49
10 Kirk Dye(Tamalpa)	32:54
11 S.O'Brien	32:55
12 Joe Becerra(ETC)	33:23
13 L. Bechtel	33:27
14 Jim Lawson(GGR)	33:32
15 Ray Taketa(GSFTC)	33:42
16 Tom Bennett(GSFTC)	33:43
17 P.Youngman(Diablo)	33:57
18 V. Deavaujo(ETC)	33:59
19 A. Beckett	34:06
20 Pete Nowicki(GSFTC)	34:12
21 Michael Anduze	34:16
22 John Lawson(GGR)	34:19
23 Dave Skoufos(GSFTC)	34:22
24 Tony Stafani(SFFD)	34:30
25 Marc Evans	34:33
26 Bruce Burke	34:43
27 Jeff Whitsett	34:46
28 Robert Beyer(Stanf)	34:47
29 Mark Simi	34:50
30 Steve Hopkins	34:57
31 J.Wilkins	34:58
32 Jim Batz	35:11
33 Bill Posedel(SFFD)	35:17
34 Rich DeGlymes(OFD)	35:30
35 Peter Chambers	35:40
36 Lorenz Fish	35:48
37 F. Leigh	35:49
38 Doug Rodgers(OFD)	35:51
39 Tim Healey	35:54
40 Mark Pacelli	36:02
41 Ron Tougas(FFD)	36:11
42 B.Hollander	36:16
43 Peter Franks(GGR)	36:20
44 Ray Gin	36:22
45 Wayne Hinrichs(NFD)	36:25
46 W. Burtz	36:40
47 Ken Scalmanini(SFFD)	36:48
48 Jesse Munoz	36:51
49 Jane Sowersby(GSFTC)	36:57
50 Jim Jacobs(Pama)	37:03

Divisions: Junior Male: 1.Mark Simi 34:50. Fire/Police Open: 1.Tony Stafani 34:30, 2.Rich DeGlymes 35:30, 3.Doug Rodgers 35:51. Master Male: 1.Bob Beyer 34:47, 2.Bernie Hollander 36:16, 3.Ray Gin 36:22. Fire/Police Masters: 1.Bill Posedel 35:17, 2.Tony Simi 37:08, 3.Jim Gallagher 42:21. Women: Junior: 1.Kathy Cooke 43:42. Open Female: 1.Jane Sowersby 36:57, 2.Bonnie Dwyer 38:06, 3.Amanda Goldner 38:16, 4.Pearl Anit 38:27, 5.Anne Dallin 38:38. Masters: 1.Joan Ulyot 40:22, 2.Nadine O'Connor 42:08, 3.Jane Maxwell 44:03.

# Monterey Bay Triathlon

August 17, 1 1/2 mile swim, 50 mile bicycle ride, 13 mile run.

The first annual Monterey Bay Triathlon was completed Saturday, August 17. The Triathlon included a 1 1/2 mile swim, a 50 mile bicycle ride, and ended with a 13 mile run. The "Ironman" winner was Grant Boswell, a native of Salinas who completed the event in 4:15:31. Boswell, a student at Chico State University, regularly competes in triathlon events. He was the winner of the Sierra Nevada Triathlon in 1981, where he holds the course record of 5:14:51. Second in the "Ironman" competition was Chuck Newman with a time of 4:20:05. Newman finished 16th in the Ironman Triathlon World Championships held in Hawaii in 1981.

The "Ironwoman" winner was Ellen Coleman from Riverside, who finished with a time of 5:35:33.2.

An interesting result of the triathlon is that two brothers, Les and Patrick Waddell from Seaside, finished 5th and 6th respectively in the "Ironman" competition. Les Waddell was the winner in the 30-39 age division, and his wife, Noelle

Waddell, finished first in the women's 30-39 age division.

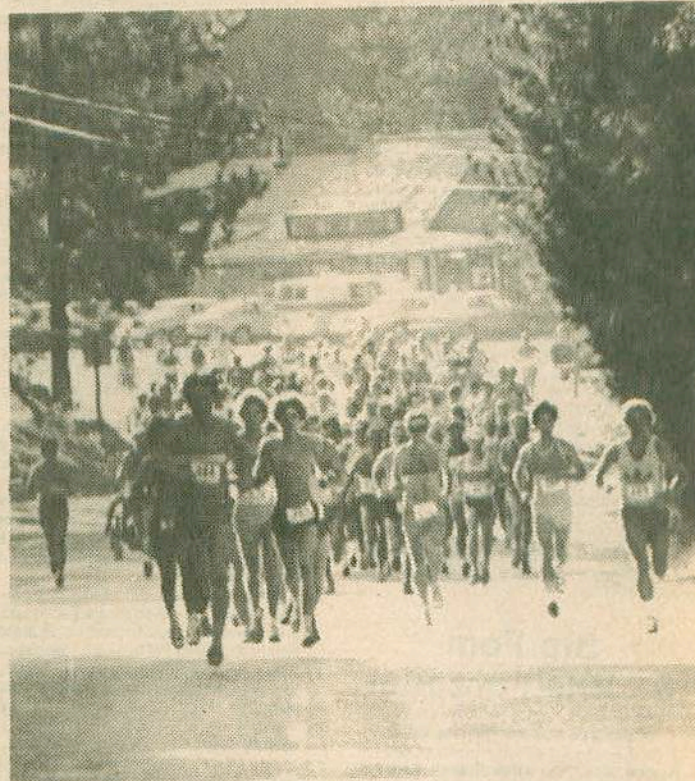
A total of 115 triathletes entered the race at Uvas Reservoir, and 98 finished at Toro Regional Park.

There were also relay teams competing on the same course. In the relay events, one person swam, one cycled, and one ran. The relay was started one hour later than the "Ironman, Ironwoman" race. First place finishers in the relay team division, men under 30, were: John Simons, Jeff Newman, and Dan Dorosin, from Palo Alto, with a time of 4:35:11.2.

Ironmen triathletes: Under 30: Grant Boswell (Chico) 4:15:31.8. 30-39: Les Waddell (Seaside) 4:43:01.8. 40-49: Preben Mortensen (Belmont) 4:58:3.3. 50 & Over: Carl Yates (Santa Clara) 6:07:40.1.

Ironwomen triathletes: Under 30: Ellen Coleman (Riverside) 5:35:33.2. 30-39: Noelle Waddell (Seaside) 5:42:01.4. 40-49: Valeria Doyle (Berkeley) 5:59:18.7.

photo by Brian Wilkinson



Early leaders in the Bass Lake Half Marathon

# Bass Lake Run Thru The Pines

August 21, Bass Lake, 13.1 miles.

1 Jim Hartig(Adidas RT)	1-Open	1:14:12
2 David Naranjo(FTC)	1-Jr, 18u	1:15:29
3 Dennis Wong(Tul Run)	2-Open	1:18:52
4 David Carter(Un./1)	30-39	1:18:02
5 Rod Marvin(CCS)	3-Open	1:19:16
6 Ted Pawlak(Un./4)	Open	1:19:42
7 Bob Lindsey(FTC)	20-39	1:19:47
8 Ron Parks(AIA)	3, 30-39	1:20:45
9 Richard Rice(Synanon)	5-Open	1:20:50
10 Dan Currier(CCS)	4, 30-39	1:21:06
11 Roger Sebert(Vis Run)	5, 30-39	1:22:58
12 Don Ramirez(Synanon)	1, 40-49	1:23:02
13 Tom Morgan(FTC)	2-Jr, 18u	1:23:09
14 Mike Cole(Yosemite HS)	6, 30-39	1:23:50
15 Frank Delgado(FTC)	2, 40-49	1:23:57
16 Sid Cram(Un./3)	40-49	1:23:57
17 Rick Zamarripa(HSTC)	4, 40-49	1:25:13
18 Kevin Pereira(Un./6)	Open	1:26:12
19 Jim Hill(Un./7)	30-39	1:26:37

# Lake Tahoe Series

From Stephanie Atwood

August 22, 6.5 miles.

1 Jerry Jobski	35:20
2 Johnny Jet Talco	36:31
3 Thom Trimble	37:15
4 Dan Lucas	37:37
5 Steve Boaz	37:44
6 David Rau	37:50
7 Bob Wolfe	38:54
8 Lyle Freeman	39:00
9 Rudy Mondragon	39:19
10 Douglas Read	39:34
11 Michael Jeneld	40:14
12 Gary Beck	40:30
13 Bob Weber	40:40
14 Cameron Moore	40:46
15 Mark Gregor	40:47
28 Rossy Tibadulza(1/F)	44:22
33 Marilyn McCormick(2/F)	45:04
39 Wink Luskin(3/F)	46:12
52 Sally Whetstone(4/F)	48:34
56 Alice Rose(5/F)	49:19



## Results

### Tehachapi 10K

From Mike O'Haver

#### August 21.

350 runners finished the challenging Tehachapi 10K on August 21, 1992 in spite of humid and muggy weather. A record turnout by close to 100 for the 7th running of the event, held each year as part of the Tehachapi Mountain Festival, was not the only surprise of the day. The overall winner was in the 40-49 division. Frank Duarte not only won the race but seriously challenged Robby Bray's course record set in 1980 of 32:06, missing it by only 12 seconds with a time of 32:18. Brenda Villanueva won the Women's division for the 3rd year in a row but fell short of her course record, set last year of 39:37, with a 40:30 this time. Mary Martinez bettered her 12 & Under division record with a 47:24. Three former BTC Presidents Frank Fish, Jim Steen, and Larry Arnt took the challenge and ran.

**Male 12 & Under:** Scott Herndon 45:49, 2.Chris Martinez 45:52, 3.Richard Herrera 46:17, **Male 13-18:** 1.Pazcual Tapia 36:10, 2.Larry Bayless 36:16, 3.John English 36:32, **Male 19-29:** 1.John McCovein 32:53, 2.Ala Dehlinger 33:48, 3.Whitmore 35:46, **Male 30-39:** 1.Bill Wilson 35:40, 2.Henry Osgood 35:41, 3.Ton Holliday 35:52, **Male 40-49:** 1.Frank Duarte 32:18, 2.Richard Belliveau 37:59, 3.Frank Freyne 38:05, **Male 50-59:** 1.Chuck Martin 38:09, 2.Gil Hinz 38:40, 3.Marvyn Powers 41:08, **Male 60 & Over:** 1.Jim Talley 43:15, 2.Harry Harder 45:24.

**Female 12 & Under:** 1.Mary Martinez 47:24, 2.Isabel Rios 51:03, 3.Bridget Freyne 52:57, **Female 13-18:** 1.Stacey Chavez 45:33, 2.Jennifer Baker 46:58, 3.Becky Pulford 58:39, **Female 19-29:** 1.Brenda Villanueva 40:30, 2.Samantha Steinbeck 41:20, 3.Diane Ratliff 48:38, **Female 30-39:** 1.Shelia Hasham 43:10, 2.Silvia Aceves 44:42, 3.Mary Kilpatrick 45:22, **Female 40-49:** 1.Susan Lucas 49:00, 2.Verla Phillips 51:01, 3.Sue Pfutzenreuter 59:18, **Female 50-59:** 1.Lou Kumelos 59:19, **Female 60 & Over:** 1.Phyllis Benedict 63:25, **Overall winners:** 359 Registered, 350 Finished.

### Big Foot & Little Foot Run

From Sole Burners Running Club

#### August 22. Pinto Lake County Park in Watsonville. 4.2 Miles.

1 Tim Gruber(18-29)	22:20
2 Albert DelLaTorre(18-29)	23:36
3 Mike Gruber(30-39)	24:28
4 Allen Gamber(30-39)	24:46
5 Javier Naranjo(18-29)	25:20
6 Gerald Silbsager(1/40-49)	25:24
7 Glynn Wood(40-49)	25:27
8 Lou Davidson(30-39)	25:27
9 Raul Espinoza(13-17)	25:34
10 Richard Leutzinger(40-49)	25:52
11 Bob Brown(18-29)	26:15
12 Steven Goettelmann(18-29)	26:22
13 Mark Sullivan(18-29)	26:37
14 William Lamberson(18-29)	27:24
15 Matt Gourley(13-17)	27:46
16 Lou Davidson Jr.(13-17)	28:38
17 David Hermosillo(30-39)	28:40
18 William Fiodberg(40-49)	28:45
19 Jamie Townsend(30-39)	28:47
20 Mark Steelman(40-49)	29:08
21 Debbie Bryant(1/18-29/F)	29:14
22 Ed Singleton(1/50-59)	29:18
23 Jesse Santana(12&U)	29:30
24 Betsy Jones(2/18-29/F)	30:11
25 Carol Dixon(30-39/F)	31:28
26 Thomas Gutierrez(50-59)	31:49
27 Harvey Contreras(12&U)	32:05
28 Maureen Quirk(3/18-29/F)	32:38
29 Leticia Ancheta(1/12&U/F)	32:45
30 Angela Hernandez(12&U/F)	33:25
31 Martha Gourey(13-17/F)	33:28
32 Diane Bromstead(40-49/F)	34:18

### Point Fermin 10 — Miler

by Richard Lee Slotkin

#### August 22. Long Beach Area.

That time of the year again. Ten mile time in San Pedro. Actually, it was past time. The first one of the year is supposed to be in May. But what's the big deal? As long as it goes on, a few months more or less won't matter. It's usually cool at 7:00 am on the bluffs at Pt. Fermin.

Unfortunately, the race was scheduled for 7:30 and started at 7:35, which in itself was a record for promptness.

Also, the entry limit was raised from 100 to 150. I don't know if they really had that many, but there were 137 logged finishers.

Another change that race impresario Thom Lacie introduced was special plaques for all male finishers under 60 minutes and all females under 70. Now, there are always some guys under 60 minutes, but usually only one, at most two, sometimes no females under 70 minutes. This time, there were 16 guys who broke an hour and five girls. Five under 70 minutes in a total crowd of 137 of which maybe 25 were female is very good. But of Thom was out the price of 17 plaques, plus the cost of engraving each one with the winner's name.

There was a pretty nice field this time. Laura Cattivera from Mira Costa High School was expected to win. She didn't. Shelly Prochaska from Cal State Long Beach did. But along with flyer Kathy Skeffich (Nee Martin) and Ta'ana Savo of Second Sole, it was the most competitive women's field they've had.

The men's race turned out to be competitive too. More so than the ladies. The lead changed hands several times, with the final winner not taking over until about 7 miles.

Some of the talent that showed up were: Mitch Harmatz, coach at CSDH, but he doesn't count. He wasn't registered. Nick Carr, former runner for El Camino College, and now at Colorado, was there. But don't count him either. He was pacing nationally known photographer Bill Leung, Jr. But don't count him either. He was out of shape.

Art Nuno wasn't out of shape, nor was Carlos Caracoza. And Andre Tocco was in good enough shape to beat Lacie (again), finished 5th and PR in 54:37, thereby copying one of Lacie's plaques. In fact, half the guys who qualified for those sub-60 plaques PR'd. See what you have wrought Lacie? You'll go broke if you keep that up.

Jeff Olson, of the Second Sole team was the early leader and he held it til about 5 miles. Then he started to fade and finally Carlos Caracoza, Olson's teammate moved out front. By 8 miles he had an 80 yard lead over Nuno, who had moved into second place, though not without a battle, a mile or so back. Caracoza won in 53:34, followed by Nuno's PR of 53:54. Another Second Sole, Fernando Vasquez, was third in 54:08, also a PR. Tocco slipped by Olson with about quarter mile to go and that gave him 5th, about a half minute behind Rick Dodson.

The gals, though speedy, weren't as exciting because the positions were firmed up by the first mile. Shelly Prochaska was first, Ta'ana Savo second, Kathy Skeffich third, Laura Cattivera, not feeling up to par, fourth, and Lucia Davidson, feeling just fine, 5th. Running to her first ever sub-70.

Bill Leung, Jr. nationally known photographer finished. Definitely. (Big deal! so did I).

As is the custom, the first running each year of this semi-annual race is dedicated to the memory of Paul Anderson, a former flyer who met an untimely and tragic end a few years ago.

**Divisions. Men: 18 & Under:** 1.Rick Dodson 54:04, 2.Joe Barrow 57:41, 3.John Bechtol 58:47, 4.Luis Pinon 60:25, 5.James Derda 62:29, 6.Dan Zepeda 65:11.

7.Ray Santesteban 68:22, 8.Bob Maes 72:45, 9.Morgan Roarty 78:16, 10.Kleith Coffee 88:43. **19-29:** 1.Carlos Caracoza 53:34, 2.Art Nuno 53:54, 3.Fernando Vasquez 54:08, 4.Jeff Olson 54:43, 5.Don Bemowski 57:26, 6.Mike Orr 58:09, 7.Henry Tuchar 58:49, 8.Mike Willett 60:18, 9.Mike Shriver 61:04, 10.Nick Carr 61:24, 11.Albert Florita 62:31, 12.Dave Olmos 64:17. **30-39:** 1.Paul Maier 54:44, 2.Thom Lacie 55:01, 3.Allan Johnson 57:18, 4.Jack Cochran 57:52, 5.Manny Burrola 59:48, 6.Bill Fisher 60:25, 7.Bill Leung 61:28, 8.Dennis Pryor 61:47, 9.Ron Fortner 63:06, 10.John French 63:53. **40-49:** 1.Andre Tocco 54:37, 2.Tom Hanson 63:56, 3.Ralph Latham 65:00, 4.Jim Skeffich 65:05, 5.Dave Dieter 66:33, 6.Frank Delucia 68:18, 7.Ted Fergusson 69:20, 8.Bill Mandeville 70:23, 9.Dick Slotkin 70:54, 10.Jerry Shoemaker 71:11. **50-59:** 1.Bill Power 64:39, 2.Dick Venne 65:39, 3.Jesse Marquez 74:31, 4.George Beck 77:18, 5.John Sirmich 77:46. **60 & Over:** 1.Sam Billich 80:44. **Over 70:** 1.Al Guth 1:55:27.

**Women: 18 & Under:** 1.Laura Cattivera 68:24, 2.Maria Santesteban 73:00, 3.Meg Werner 73:45, 4.Debbie Hillebrand 88:00. **19-29:** 1.Shelly Prochaska 65:20, 2.Ta'ana Savo 66:07, 3.Lucracia Escalzo 74:13, 4.Leslie Buchan 82:37, 5.Laurie Stanley 88:30. **30-39:** 1.Kathy Skeffich 67:40, 2.Lucia Davidson 69:54, 3.Debbie Kruse 74:12, 4.Darlene Gallardo 81:47, 5.Lawanda Johnson 82:37. **40-49:** 1.Penelope Barrow 83:43, 2.Brigette Tocco 86:46, 3.Roberta Rodin 88:40. **50 & Over:** 1.Yukie Mochida 83:58, 2.Elma Beck 90:50.

### Redwood Shores Biathlon

#### August 22. Redwood Shores. 4 mile run, 400m swim.

1 M McCaffrey(29)San Bruno	27:42
2 M Leslie(25)Hayward	28:34
3 M Kruger(25)Felton	29:13
4 T Beilew(23)San Jose	29:13
5 T Chan(28)Stockton	29:30
6 M Drisoll(35)Aptos	29:45
7 H Lawson(27)Sunnyvale	29:53
8 R Judge(26)Sunnyvale	30:09
9 P Wisowaty(25)Piedmont	30:21
10 P Gilbert(23)Aptos	30:31
11 D Stevens(38)Palo Alto	30:42
12 P Bigelow(17)San Lorenzo	30:43
13 R Loza(25)Millbrae	30:43
14 E Price(26)Capitola	30:50
15 S Parker(41)Reno	30:55
16 N Cotton(27)Stockton	31:16
17 J Deming(23)Kelseyville	31:17
18 N Guld(33)San Jose	31:22
19 M Aubuchon(22)Hayward	31:24
20 K Abbey(17)San Mateo	31:30
21 R Herzog(38)Los Altos Hills	31:37
22 R Lambert(21)Berkeley	31:39
23 D Moore(18)Walnut Creek	31:42
24 A Haberman(28)Cupertino	31:49
25 M Volpe(25)Milpitas	31:53
26 P Ankenny(26)Menlo Park	31:56
27 P Walter(23)San Jose	31:58
28 J Griffin(27)Stockton	32:08
29 P Ekstrom(38)San Francisco	32:09
30 W Radloff(37)San Jose	32:10
31 K Williams(36)Hayward	32:11
32 B Paul(22)San Jose	32:18
33 J Wright(25)Menlo Park	32:22
34 T Lowman(40)Cupertino	32:23
35 C Richards(15)Sunnyvale	32:25
36 C Graven(29)Davis	32:29
37 B Fitzpatrick(17)San Pablo	32:30
38 R Ploss(27)Menlo Park	32:37
39 N Schirle(23)San Jose	32:50
40 D Burger(17)Berkeley	33:00

### Wildwood 8 Mile

From Susan Schrakoff

#### August 22.

1 Ray Webb	42:09
2 Greg Helstman	43:46
3 Michael Holt	44:56
4 Harry Cottrell	45:35
5 Michael Addis	46:15

6 John Zinselmair	46:41
7 Todd Miller	46:43
8 Dave Paulson	47:11
9 Rich Stewart	47:32
10 Sherman Shapiro	48:09
11 Dave Hildegeist	48:27
16 Lenny Escarda(1-50)	50:25
23 Sharon Powers(1/F)	53:02
35 Karen Kelly-Day(2/F)	57:53
37 Sherry Skilwoman(3/F)	58:18
49 Julie Bowman(1/F-40)	65:15
60 Dick Valles(1-60)	72:28

### Pikes Peak Marathon

#### August 22.

**Women: 18-19:** 3. Julie Vernon (San Fran.) 6:26:46. **20-29:** 5. Colleen Fox (Suisun City) 5:50:56. **30-34:** 8. Penny Demoss (Oakland) 5:53:21. **35-39:** 10. Susan McMaster (Playa Del Rey) 7:59:43. **40-49:** 1. Karol Chouinard (Thous. Oaks) 6:5:23, 3. Carmel Gordon (Santa Rosa) 7:7:26, 4. Marcia Maryn (Corona Del Mar) 7:13:14, 7. Ann Kalman (Canoga Park) 8:33:42. **50-59:** 1. Melda Dean (El Segundo) 7:00:00, 2. Shirley Segar (Sebastopol) 8:2:34, 3. Annabel Marsh (San Fran.) 8:58:00. **60-69:** 1. Jaclyn Caselli (San Jose) 8:47:00. **70-89:** 1. Mavis Lindgren (Orleans) 9:03:20.

**Men: 18-19:** 7. Daniel Fife (San Jose) 6:13:18. **20-29:** 13. Donald Wielenga (Bellflower) 4:21:54, 28. Mario Hidalgo (L.A.) 4:43:47. **30-34:** 1. Al Waque (New Mexico) First Overall 3:29:53, 4. Michael Duncan (San Mateo) 4:17:59. **35-39:** 5. Efrain Gonzales (Vanden. AF) 4:28:12, 28. Bob Beach (Bishop) 5:9:58. **40-49:** 34. Gary Covelli (Los Gatos) 5:31:01, 36. Ken Sherman (El Cerrito) 5:35:04, 37. Dennis Facchino (Los Gatos) 5:37:32. **50-59:** 1. Hal Winton (Habor City) 4:38, 4. Arthur Waggoner (West Sacramento) 5:16:05, 7. Clifford Doughty (Poway) 6:8:47. **60-69:** 8. Norton Davey (Playa Del Rey) 8:13:08.

**ASCENT**  
**Women: 20-29:** 18. Lolly Hess (San Fran.) 3:28:48. **35-39:** 10. Pamela Haun (S. San Fran.) 4:18:19, 12. Diana Young (Santa Rosa) 4:30:28. **40-49:** 3. Sandy Vernon (San Fran.) 3:47:11, 9. Pat Debever (Whittier) 4:28:28. **50-59:** 2. Marion Irvine (San Rafael) 3:47:47. **60-69:** 1. Kay Atkinson (San Fran.) 6:32:22.

**Men: 1-15:** 5. Craig Martyn (Corona Del Mar) 4:17:34. **35-39:** 1. Ron McCurley (Alberque, NM) First Overall 2:17:18, 37. Tom Dean (Long Beach) 3:37:38. **40-49:** 15. Richard Quick (Laguna Hills) 3:23:41. **50-59:** 15. Dan McGill (San Fran.) 4:27:35. **60-69:** 5. John Scott (Riverside) 6:18:46. **70-89:** 2. George Werten (San Fran.) 5:24:23.

### Red Cross Watermelon Run

From Michael L. Mason

#### August 22. 1.5 mile & 10K.

The Merced Track Club's own Fred Villegas upset defending champion Juan Molina of Fresno in a climax to one of the most exciting finishes in this, the fourth annual running of this 10 kilometer race.

Despite the hottest temperatures ever seen at this event seven course records fell as 325 valley runners competed in separate races at distances of 1.5 miles and 10 kilometers.

1.5 Mile		
1 Tim Stevens(18-29)		8:13
2 Yong Choe(13-17)		8:20
3 Carlo Marin(20-29)		8:21
4 Andres Patlan(30-39)		8:32
5 Mike Aguilar(13-17)		8:41
11 Gary Nieto(1,40-49)		9:04
18 Payson Taylor(1,50-59)		10:05
28 Michelle Bobak(1/F,13-17)		10:53

10K		
1 Fred Vekkegas(MTC)18-29		31:13
2 Juan Molina(18-29)		31:16
3 Dan Ruska(MTC)18-29		33:15
4 Doug Twillegar(GGC)13-17		33:41



Hector Menchaca(MTC)18-29	33:50
Mark Turner(Sundance)18-29	33:51
Joss Walter(Sundance)18-29	33:56
Jerry Martinez(Sun.)1/30-39	34:15
John Carter(MTC)2/30-39	34:16
John Semler(Sundance)1/40-49	34:32
John Hancock(Sundance)18-29	34:33
Cuevas Ramos Mario(18-29)	34:34
Mike Wetzel(MTC)18-29	34:42
Ricky Bock(Sundance)18-29	35:02
Rob Strickland(Alwater)18-29	35:18
Joe Day(MTC)3/30-39	35:25
Mike Hood(Castle)18-29	35:37
Allen Bradley(GGC)13-17	35:44
David Bradley(GGC)18-29	36:04
Rene Banda(GGC)13-17	36:07
Ken Schwisow(MTC)2/40-49	36:33
Ralph Moran(Sun.)3/40-49	37:14
Tone Nichols(FTC)1/18-29	38:28
Charlie Rodgers(MTC)1/50-59	39:42
Don Lundberg(MTC)1/60	42:58
Muriel Olsen(MTC)2/F	43:06
Rhonda Wagner(3/F)	43:40
Kathryn Burrola(4/F)	43:49
Ginger Burrola(5/F)	43:59
Jane Johnson Russell(MTC)6/F	44:42

## 10K Grape Run

August 22. San Luis Obispo.	
Mike Ryan(35)LVDC	32:33
John Remba(21)SLO	33:04
Daniel Perez(20)Santa Maria	33:29
Rudy Hernandez(30)Santa Maria	33:51
Mike White(27)Baywood Pk.	34:09
Bill Scobey(37)Ventura	34:27
Rich Brown(18)SLO/SLDC	35:08
Jim Hiseamer(31)Aggie	35:09
Skip Shaffer(44)CCAC	35:47
Joey Nacasco(20)SLO	35:50
Joe Bird(41)Flyers	35:56
Phil Sosa(20)Guadalupe	36:07
Paul Lake(20)HIDesert R	36:09
Jim Hurley(26)Mooseh	36:11
Steve Dornieh(37)SLO	36:14
Brock Ricco(21)SLO	36:14
Eileen Kraemer(23)SLO, 1/F	36:17
Antonio Arreola(22)SLO	36:18
Jerry Casada(31)SLO/SLDC	36:18
Lan Thornton(51)HSTC	36:35
Bill Norman(36)SLDC	37:19
Jim Irigaray(23)SLO	37:51
Lori Lopez(18)SLO, 2/F	38:03
Clifford Clarke(22)SLO	38:10
Jim Casper(39)Mooseh	38:16
Keith Kirkpatrick(36) SLDC	38:32
William Graham(41)LVDC	38:38
Michael Yramategui(21)SLO	38:40
Tom Allen(39)ORR	38:44
Mark Anderson(35)SLDC	38:47
Peter Dexter(38)Shell Bch	38:50
Terry Barnes(30)SLDC	38:53
Jeff Herten(35)SLO/SLDC	38:54
Mike Henderson(22)SLO	39:00
Eric Dahlgren(21)SLO	39:01
Chuck Herrera(23)SLO	39:04
Charles Sepko(37)Santa Maria	39:07
Tim Oliver(23)Atascadero	39:08
Ralph Velasquez(29)SLO	39:16
Bill VanWyngaarden(45)SLO/SL	39:30
Gary Silva(32)Santa Maria	39:42
Tom Mainhold(17)SLO/SLO High	39:51
Manuel Silva(26)SLO	39:51
Dave Howell(41)SLDC	40:02
Art Schickram(53)LVDC	40:04
Bruce Nenadal(30)SLO	40:04
John Coffey(47)SLDC	40:08
Emily Schoenwald(23)3/F	40:29
Sage Gunderson(30)SLO	40:32
Marci Stevenson(23)4/F, SLO	41:22

## Pacifica Frontier Days 3.1 Mile Round-Up Run

August 21.  
Bob Lange 15:22, 2.Charles Dangel 16:34, 3.Mark Glisson 16:13, 4.Michael Alm 16:30, 5.Greg Beavers 16:53, Michael Hicks(1st 40) 16:57, 7.William Arta 17:00, 8.Gerald McGowan 17:07, John Barnes 17:18, 10.John Galletta 17:19, 11.Pearl Anit(1st F) 17:30, Terri Uela(2nd F) 17:53, 22.Lori Wilson(3rd F) 17:57.

## New Badillo 5K Run

From F.M. DELACK

### August 28. Covina.

1 Raul Serratos (14-18)	15:27.5
2 Enrique Serratos (30-39)	15:27.5
3 Terry Drake (19-29)	15:38.1
4 Robert Harris (30-39HDC)	15:52.7
5 Irv Ray (30-39)	15:57.7
6 David Loud (14-18)	16:03.0
7 Walt Hitt (30-39)	16:21.8
8 Dennis Caldwell (19-29)	16:30.7
9 Peter Gomez (14-18)	16:34.0
10 John Vargas (14-18)	16:37.0
11 Wesley Miller (19-29)	16:48.4
12 Renard Garcia (14-18)	16:57.3
13 Adolfo Serratos (19-29)	17:00.5
14 Shawn Booth (19-29)	17:02.0
15 Gilbert Castruita (14-18)	17:02.3
16 Richard Muradliyan (14-18)	17:16.2
17 Anthony Vela (19-29)	17:22.8
18 Mike Gomez (14-18)	17:26.1
19 Bill Yanez (30-39)	17:51.8
20 Walt Winsor (1st 50-59)	17:54.3
21 Matt Harlmann (14-18)	17:58.7
22 Jaynie Studenmund(19-29)1-W	18:15.7
23 Pam Morris (19-29)2nd W	18:15.7
24 A. Studenmund (30-39)	18:16.3
25 Craig Broadway (30-39)	18:17.1
29 Liz Garman(19-29)3rd W	18:27.8
35 Jose Zamora (1st 40-49)	18:56.6
37 Chonito Perez(2nd 40-49)	18:59.3
38 Frank Genco(3rd 40-49HDC)	19:00.5
44 Jerry Soto (2nd 50-59)	19:21.2
48 Matt Graham (1st 13 & U)	19:23.8
47 Suzanne Castruita(1st F 13&U)	19:30
54 Kathy Pugh (14-18)	19:57.1
61 Larry Bamuelos(3rd 50-59)	20:17.9
62 Deon Carrico (4th 50-59)	20:21.5

## Twilight Zone 10K

From Matt Ebner

### August 28. At Mt. San Antonio College, Walnut.

A relatively small field of runners (275) produced some fleet times for the 1st annual Twilight Zone 10K at Mt. San Antonio College. With the first 2 miles as gradual downhill, UCLA and former Grossmont runner, Mike Pope came by in 9:11. After the race, he would say, "yeah, maybe I went out a little fast..." By 5000 meters, another San Diegan, Robert Lusitana, had forged into the lead to stay. A much improved Kevin Broady, by way of Fullerton College and now at Cal Poly SLO, hung close on Lusitana's heels most of the way. Ron Roberts, 3:43 1500 runner for UCLA and also from San Diego, was close to the front until a half mile uphill climb, at 4 1/2 miles, which put him into 5th. After the race, he told his teammate and race director, Matt Ebner, "It was a pretty good course but next time tell me about those hills!" Lusitana's winning time of 30:11 was a very respectable time for the course. As impressive, if not more so, was Marilyn Nichols' excellent race as she ran 35:50 to place 30th overall.

#### Top 30 Men

1 Robert Lusitana	30:11
2 Kevin Broady	30:26
3 Mike Pope	30:43
4 Danny Reed	30:54
5 Ron Roberts	31:08
6 Mike Carlton	31:31
7 Frank Duarte(1st, 40-49)	31:41
8 Anton Gonzales	32:18
9 Geoff Zehnder(1st, 30-39)	32:19
10 John Roberts	32:25
11 Tom Carlton	32:42
12 Frank Ebner	32:42
13 Bill Avila	32:52
14 John Lee	33:03
15 Mike Madrigal(1/14-18)	33:06
16 Steve Perez	33:11
17 David Rosas	33:24
18 J.P. Hall	33:34
19 Mark Hammond	33:50
20 Mike Lozoya	34:29
21 Zach Mejia	34:40
22 Larry Pidgeon	34:50

23 Don Reynolds	35:01
24 Luis Castro	35:05
25 Jeff Knudsen	35:07
26 Pete Nichols	35:25
27 Wally Ingram(1/50 )	35:30
28 Quintin Garcia	35:32
29 Alan Waddington	35:33
30 Fidel Diaz	36:02
<b>Top 20 Women</b>	
1 Marilyn Nichols	35:50.5
2 Deborah Heaton(1/30-39)	37:41
3 Robyn Dubach	38:07
4 Mwinga Sote	38:54
5 Kathy Ebner(1/14-18)	38:59
6 Julie Doering	39:21
7 Judy Kewley	39:28
8 Jean Kutner	40:15
9 Kerri Draper	41:26
10 Bernadette Torrez	41:41
11 Shannon Valdez	42:06
12 Alexandria Aguirre	42:12
13 Joanne Maldonado	42:27
14 Victoria Kelly	42:49
15 Martha Galley	43:41
16 Eileen Ebner	43:58
17 Anne Quinonez(1/40-49)	44:02
18 Debbie Lies	44:24
19 Eleanor Uribe(1/13&U)	44:30
20 Laura Tran	44:45

## Crescent City Run

### August 29. Crescent City, 10K

1 Stewart Rasmussen (20)	34:23
2 Mike Holt (33)	35:21
3 David McKinnon (24)	36:10
4 Mark Anderson (23)	37:27
5 Frank Gratz (24)	37:40
6 James Brown (39)	38:01
7 Dan McKinnon (15)	38:34
8 Arlo Pade (38)	38:43
9 Lynn Berner (36)	38:46
10 Randy Carrico (31)	39:12
11 Tracy Morris (20)	39:21
12 Kitt Flynn (29)	39:28
13 Ron Otramba (29)	39:47
14 Robert Berg (39)	40:03
15 Mark Mathews (25)	40:18
16 Larry Horn (42)1-40	40:58
18 Steve Flynn (44)2-40	41:12
21 Phil Hicks (43)3-40	42:36
28 Jessica Cortell (15)1-F	45:08
36 Robert Leap (50)1-50	47:09
45 Yvonne Cobarruviaz(31)2-F	49:30
55 John Facey (62)1-60	51:17
60 Laura Mathews (11)3-F	53:52
62 Charlene Stierlin (33)3-F	54:12
64 Esther Parachak (22)5-F	54:41
<b>5K</b>	
1 Harry Cottrell (36)	16:09
2 Marty Anderson (26)	17:07
3 Mike Addis (31)	17:36
4 John Brown (17)	17:47
5 Rory Curtis (17)	18:04
6 Bill Dani (41)	18:07
7 Ramen Morales (22)	18:10
8 Scott Roberts (24)	18:25
9 Chuck Ehlers (42)1-40	18:26
10 Jon Myers (41)	18:27
11 Larry McCracken (27)	19:07
12 Gordy Myran (34)	19:43
13 Lyle Purdue (21)	19:44
14 Shawn Parker (18)	19:54
15 Jennifer Pade (17)1-F	20:01
16 Christopher Deniston (27)	20:02
17 Osha Mattel (14)	20:03
18 Newton Perry (33)	20:19
19 Peter Reinheimer (37)	20:28
20 Muneca Williams (20)1-F	20:47
22 Thom Webb Jr. (43)2-40	20:53
27 Bill Mansfield (52)1-50	21:54
29 Ken Hinman (48)3-40	31:56
30 Damian Shultz (10)	22:00
31 Gayle Kerstler (43)1-40F	22:11
39 Carl Matthews (54)2-50	23:10

## John Carlos 10K

### August 29. Griffith Park, Los Angeles.

1 Steven Berry	31:53
2 Daniel Zepedo	32:24
3 Damien Cury	32:33
4 Steve Brumweiz	33:29

5 Randy Hales	34:15
6 Joel Abbas Shal	34:16
7 Ken Lamos	34:20
8 Vic Shelton	34:25
9 Tim Panec	34:47
10 Gregg Brugger	35:29
11 Lane Olson	36:10
12 Paul Edmonds	36:29
13 Ben Gonzales	36:30
14 Chris Bourke	36:38
15 Shella Ralston	36:54
16 Arnold Barton	37:39
17 R.Laidler	38:12
18 Harry Thabiti	38:17
19 Dan Hillquist	38:35
20 Brad Lieberman	38:37
21 Peter Washington	38:40
22 Bill Stevens	38:55
23 Carl Azzen	39:04
24 Michael Spiro	39:04
25 Ronald Crittend	39:08
26 Lorenzo Carter	39:16
27 David Brown	39:31
28 Steve Hernandez	40:02
29 Rob Acuna	40:19
30 Chris Gulin	40:19

**Division: Females:** 0-11: Mindy Smith 48:10. 12-15: Cathy Smith 48:06. 16-20: Maggie Tiscaron 41:11. 21-24: 1.Shella Ralston 38:54, 2.Karan Taylor 42:56. 25-29: 1.Mary Starck 41:47, 2.T. Rubinger 47:17. 30-39: 1.Rhonda Richey 48:29. 40-49: 1.Carol Cooper 48:23. 50-59: 1.Joan Emery 1:01:31.

**Men:** 40-44: 1.John Carlson 42:57. 45-49: 1.Chris Bourke 36:38. 50-54: 1.Ben Rude 43:22. 55-59: 1.Bry Thorne 43:29. 60-69: 1.Chuck McFate 1:06:22.

## Spartan Roundup 10K

### August 28. Gonzales

1 Dan Rueckert	33:24
2 David Marshall	33:34
3 Jim Poulos	33:36
4 Haywood Norton	33:38
5 Allen Gamber	33:50
6 Glenn Wood(1st 40-49)	34:03
7 Nick Fuentes	34:21
8 Jose Molasco	35:25
9 Kyle Heffener	35:28
10 Ted Martinez	35:37
11 Louie Davidson	35:40
12 Bob Brown	35:47
13 Juan Serrano	35:57
14 Arturo Frausto	36:15
15 Mark Nozares	36:27
35 Paula Potts(1st F30-39)	39:32
36 Diane Ridgway(2nd F30-39)	39:35
71 Jesse Santana(1st 12 & U)	42:29
73 Leticia Ancheta(1st F12 & U)	42:36
74 Thomas Gutierrez(1st 50-59)	42:47
106Carlos Jimenez(2nd 50-59)	45:18
115Robert Daugherty(1st 60Plus)	46:31
134Marilyn Hicks(1st F40-49)	48:23
140Carmen Boberg(1st F18-29)	49:28

## Pinole—Hercules Annual Country Run

### August 29. 10K.

**Men:** 16 & Under: 1.Darrin Bernardi 35:15.6, 2.Javier DeLeon 36:28.2, 3.Mario Scardina 37:17.5. **Open Men:** 17-29: 1.Tom Borschel 32:33.5, 2.Robert Gomez 33:20.6, 3.Kent Thompson 33:23.4. 30-39: 1.Dave Muela 33:45.5, 2.Dan Hollis 35:44.9, 3.Ray Corona 37:32.5. 40-49: 1.Jim Moore 35:33.8, 2.William Jenney 35:55.6, 3.Richard W. Mayers 37:52.3. **60 & Over:** 1.AI Downey 40:09.9, 2.Bruce Oliver 41:43, 3.John Nyser 42:31.8.

**Women:** Open: 17-29: 1.Moira Casey 39:39, 2.Terri Muela 40:08.8, 3.Tracy Van Der Veire 41:44. 30-39: 1.Shariet Gilbert 44:16.4, 2.Susan Schwartz 44:45, 3.Linda Karns 45:15.7. 40-49: 1.Cindy McMahan 47:07.6, 2.Susan Klepac 47:54.1, 3.Laverne Kiley 50:18. **50 & Over:** 1.Nancy Stout 54:24.5, 2.Peg Sparrow 55:37.9.



# Results

## Santa Monica Marathon & Half Marathon

By Richard Lee Slotkin

August 29.

"This is the first time I've ever won a race," said Chris Cortez. The 32 year old Marine Corps Major didn't seem especially ecstatic about it, but inside, you could just tell he was bubbling. But, by the time you get to be a field grade officer in the Corps, you have learned, if you haven't learned anything else, how to keep your emotions under control.

The Santa Monica course consists of two of the half marathon loops. You start at Santa Monica College, run the loop, swing through the stadium and out again for another go at the loop. Up until Cortez left the stadium to start the second loop, he had no idea that he was the marathon leader. Waiting just outside the stadium on Pearl Street was Cortez's wife Leigh,

photo by Richard Lee Slotkin



**Jim Knerr**  
2nd in Marathon

Not only did Cortez get his first ever win, he also PR'd, and considering that he ran the whole second half, 13.1 miles, completely alone, that has to say something about his spirit. So, on the long drive back to Carlsbad, the Cortezes had an extra piece of luggage...the winner's trophy. Not bad.

Second place went to Jim Knerr, who is 48 years old. This definitely was not kid's day. The first five places went to people who had passed their 31st birthday. Knerr's time was 2:30:44, and after that, it was a long time before anyone came by. In fact, if it hadn't been for the stragglers in the half marathon, we might have thought that no one would ever come. But 10 minutes later, Barry Molony entered the stadium and made it to the finish line in 2:40:04.

After that, the traffic began to pick up, although with a pretty small field, just a few hundred, it never did get really busy.

The women's division was a bit stronger this year than it's been in a long time. Three broke the three hour barrier, and, as in the men's race, it wasn't the Children's Hour. All three were 32 or over. Pat Story, tuning up for the Nike Marathon in Eugene was first, leading all the way, in 2:49:39, which is very close to the course record. The gal who holds that record was second, Sue Peterson. Sue had us worried. We didn't think she would

photo by Richard Lee Slotkin



**Pat Story**  
Marathon Winner

and she was the one who cued him in. How did she know that her husband was the leader? Simple: He was the first one to leave the stadium. Jim Knerr was a couple of minutes behind, and, as it turned out, never materialized as a threat. Cortez didn't know that for quite a while. Around 25 miles, he began to take some comfort when a pacing cyclist told him that no one was in sight behind him.

Meanwhile, Leigh Cortez was still in shock that her husband was the marathon leader. She did make a complete recovery rather quickly, I am happy to report. Actually, some of that Marine Corps decorum has rubbed off onto her over the years, because she was almost as calm as Chris. Not quite, though.

Jim Scott and Gian Starinieri have run against each other a few times with mixed results. Scott had been putting in a lot of mileage in preparation for the Nike and he said his legs "...were kind of dead, so I was not going to run any faster than the first place guy wanted to run." At about 8 miles, Starinieri got tired of running with the pack so he surged and put some distance between himself and the others, except for Scott, who went with him.

Scott felt that the splits were "...kind of wierd..." because Starinieri was not running steadily. A 4:50 mile might be followed by a 5:15 and then back to a sub five again.

In any case, this pair opened up a big lead without really straining all that much. In fact, Starinieri was telling Scott about the big trip to Europe that he was planning soon after this race and Scott had the feeling that Starinieri didn't really want to have to work any harder than they were. For his part, Scott's hip was aching some by then and he wasn't in any mood to get caught up in a flying suicide pact either, especially considering that this was just a training run for Nike. So, they agreed to tie.

For Starinieri, it turned out to be tough luck, though, because Scott was awarded first place, even though they were both logged in with the identical time of 1:06:33. That was a course record, set just last year by Chris Stewart. Scott was surprised to learn that he had broken Stewart's record, but since he latched on to Bill Emmerton for a coach this year, Jim Scott has been doing the best running of his life.

It took a minute and ten seconds for the third place to make it in, and that was Steve Cubillas. Ninth place went to Marshall Matye, who is 39, and the first one over 29 to finish. So, the age performance in the half was just the opposite of the full, along with just about everything else: size of the crowd, quality of the field, ages of the front-runners, etc.

As expected, Michelle Bush was the women's winner, not by a mile, but not too far from it. Her time was 77:38 and that was over 4 minutes ahead of Kathy Nunez, who copped second. And Nunez was nearly a minute and a half ahead of third. But with 19 females under 90 minutes, including 58 year old Helen Dick, there were a good bunch of runners out there. Helen Dick, incidentally, seems to be like fine wine, if you will pardon an overworked but most appropriate in this case phrase. After a long period of a slight, but noticeable decline in her performances, she has been improving lately, and her times are getting tantalizingly close to PR's. Her time here was 89:13. Not many 58 year old women... or men, for that matter ... are going to do that, especially on a warm and humid morning.

And speaking of older folks, Eddie Lewin must be in a slump. This is the second time in a year and a half that he hasn't won his division. Lewin is 66, and in a ten year division, 60-69 ... actually it was 60 & Over, but there was no one "over" ... he had to give away 6 years to Robert Page. Page ran 89:24 and Lewin was 90:39.

From what we hear, this event may be partly immortalized in '84. Apparently, the first 7 or 8 miles of the course will serve as the first part of the Olympic marathon course.

That's what we hear.

### Marathon

**Results: Men: 17 & Under:** 1.Eric Stefans 2:57:52. **18-29:** 1.Mark Graham 2:45:26, 2.Mark Loden 2:46:16, 3.Steve Greensfan 2:46:53, 4.Michael Hayley 2:47:36, 5.Steve Kurasch 2:48:09. **30-34:** 1.Chris Cortez 2:23:19, 2.Barry Molony 2:40:04, 3.Alex Hernandez 2:49:39. **35-39:** 1.Robert Davison 2:41:36, 2.James Williams 2:44:45, 3.Steve Stubbs 2:48:53. **40-44:** 1.Barry Hawley 2:31:35, 2.Edward Gorsuch 2:35:18, 3.Pete Petersen 2:37:29. **45-49:** 1.Jim Knerr 2:30:44, 2.Harry Pantelas 2:57:09, 3.Ted Martinez 2:58:12. **50-59:** 1.Jack Harper 3:01:04, 2.Fred Nagelschmidt 3:04:19, 3.Aurelio Canacho 3:05:54. **60 & O:** 1.Paul Jernstrom 3:22:04. **Women: 18-29:** 1.Dana Hart 3:06:13,

2.Lynn Hill 3:13:45, 3.Karen Johnson 3:13:50. **30-34:** 1.Patricia Story 2:49:39, 35-39: 1.Sue Petersen 2:57:29, 40-44: 1.Poly Goodman 4:17:02, 45-49: 1.Mickey Palley 4:27:29.

### Half Marathon

**Women: 17 & Under:** 1.Preppie Hillmar 1:31:07. **18-29:** 1.Michele Bush 1:17:38, 2.Kathy Nunez 1:21:58, 3.Wendy Walke 1:23:14, 4.Roma Antoniewicz 1:24:02, 5.Marg Barrett 1:24:02, 6.Darleen Sami 1:25:09, 7.Lisa Buckley 1:25:38, 8.Julie McKinney 1:26:55, 9.Anne Ingalls 1:27:47, 10.Evelyn Tribble 1:28:03. **30-34:** 1.Darlene Roberts 1:23:27, 2.Susan Harmon 1:23:30, 3.Leslie Schiller 1:24:24, 4.Terri Goodreau 1:29:45, 5.Nancy Jones 1:29:54, 35-39: 1.Judy Carney 1:31:38, 2.Marie Stevenson 1:33:24, 3.Mariellen Peconi 1:34:33, 4.Kathy Whittaker 1:34:34, 5.Corrine Schratz 1:36:20. **40-44:** 1.Roberta Lamping 1:33:54, 2.Ingrid Mainline 1:39:33, 3.Mary Sikonia 1:44:48. **45-49:** 1.Dobi McDougal 1:34:08, 2.Amy Goldstein 1:43:32, 3.Roberta Elliott 1:44:29. **50-59:** 1.Helen Dick 1:29:13, 2.Nelly Williams 1:47:46, 3.Peggy Taylor 1:53:38. **60 & Over:** 1.Grace Schweitzer 2:16:46. **Men: 17 & Under:** 1.Eugenio Cruz 1:10:54, 2.Gregory Hauser 1:13:57, 3.Joe Karnes 1:16:41. **18-29:** 1.Jim Scott 1:06:33, 2.Gian Starinieri 1:06:33, 3.Steve Cubillas 1:07:43, 4.Cleveland Whalen 1:08:46, 5.Tim Tobin 1:08:56, 6.Tom Wheeler 1:09:20, 7.Alan Dehlinger 1:09:46, 8.Steve Brumwell 1:09:58, 9.Robert Taylor 1:10:28, 10.Bryan Patterson 1:11:09, 11.Richard Greifinger 1:11:22, 12.Enrique Castro 1:11:25, 13.David Vanderveen 1:11:26, 14.Barry Alexia 1:11:37, 15.Henry Nunez



**Chris Cortez**

1:12:59, 16.Eddie Tabares 1:13:17, 17.Ton Feuer 1:13:49, 18.Christopher Harpe 1:13:52, 19.Andy Harris 1:13:58, 20.Stev Koundouriotis 1:14:01. **30-34:** 1.John Kovack 1:11:33, 2.Paul Maier 1:11:54, 3.Chuck McCann 1:12:15, 4.Stephen Glocke 1:12:51, 5.Morris Rehn 1:12:58, 6.Terry Mack 1:13:00, 7.Jack Cochran 1:14:13, 8.Henry Lange 1:14:40, 9.Gregory Olson 1:14:51, 10.Dan Stivupus 1:15:09. **35-39:** 1.Marshall Matye 1:10:06, 2.Ramir Bagby 1:13:23, 3.Gregg Toland 1:13:46, 4.Frank Williams 1:16:12, 5.Manuel Burrola 1:17:21, 6.August Simien 1:18:07, 7.Jack Farrell 1:18:25, 8.Ron Alwaq 1:18:50, 9.Alba Hall 1:19:09, 10.Roy Fussell 1:19:30. **40-44:** 1.Harvey Grosberg 1:15:26, 2.Bruce Mitchell 1:16:37, 3.Ar Mortell 1:16:38, 4.Michael Termini 1:18:42, 5.Edward Lujan 1:17:23, 6.Nel Doherty 1:17:57, 7.Gary Riley 1:18:11, 8.Lynn Borland 1:18:39, 9.Stan Wegner 1:18:51, 10.Tom Cuevas 1:19:00. **45-49:** 1.George Davall 1:18:08, 2.Frank Greene 1:19:19, 3.Shel Rubin 1:22:08, 4.Jay Quartz 1:22:29, 5.Clayton Steffensen 1:24:06, 6.Bill Sheaffer 1:24:13, 7.Leroy Kim 1:24:22, 8.John Poer 1:24:47, 9.Chuck Kloe 1:25:35, 10.Bud Lackie 1:25:35. **50-59:** 1.Stan Block 1:24:05, 2.William Power 1:24:15, 3.Juan Carmona 1:24:21, 4.Dick Venne 1:24:25, 5.John Kampmann 1:25:19, 6.John Petersen 1:26:04, 7.Tom Wilson 1:26:08, 8.Richard Elizarraras 1:26:46, 9.Scott Rasmussen 1:28:49, 10.Martin Greenberger 1:28:52. **60 & Over:** 1.Bob Page 1:29:24, 2.Eddie Lewin 1:30:39, 3.David Cohen 1:34:34, 4.Art Schneider 1:35:12, 5.Ed Stotsenberg 1:36:06.

photo by Richard Lee Slotkin



# Bellflower SPATAC District 10-K

From RICHARD LEE SLOTKIN

September 4, Bellflower.

Riding in the press truck or in the back of a pace car is usually not worth the trouble. It's true that you get to see the whole course and be right up to date on what's going on up front. But consider the disadvantages: You don't get to see anything BUT the leaders, and in some cases, that may be just one guy with second place nowhere in sight; You have no idea whatsoever as to what's going on with the women; often as not, those ubiquitous bikeriders, those self-appointed escorts, are blocking your view. In fact, unless you happen to have an event like this year's Cascade Runoff, with that classic duel between Jon Sinclair and Mike Musyoki, being on a lead vehicle is a big waste of time. So, for this race, I was in the pace car. Don't ask me why. I don't know why. All I know is that that's where I was. And a damned good thing, too. OK, so it wasn't a Cascade Runoff, but it was a good one.

It turned out to be one of the hottest race mornings we've had in the L.A. area this year, in which we have had unusually cool weather for the early and middle part of the summer. This day was more like a typical mid-August day. In the 80's by the middle of the race. The course was nice and flat, as is just about all of Bellflower. The race, besides being an annual local event, was tabbed by the Southern Pacific Association of TAC as their District 10K road championship. Maybe they wouldn't have drawn a big crowd in any case, but being an SPA District Championship was the kiss of death, for sure. There were only 614 finishers, and not too many more than that started. Don't know what it is, but SPA District Championships have become white elephants down here in recent years. However, you can always count upon there being at least a little bit of some first class talent showing up. And so it was.

Sub-4 runner Ron Cornell, who really has a sub-4 mile to his credit, and Santa Monica Track Club's Hector Perez were the one's to watch. Both were just back from foreign travel, Perez from vacation in Mexico and Cornell from a successful tour of the European summer track circuit. Cornell was definitely the favorite, with his road PR of 29 flat and a pretty consistent sub 30 minute performer. Perez, with a tainted sub 30...the course was short...has been under 31 and running very well this year. Well, Cornell went right to work. By the mile mark he already had a 100 yard lead and was running just behind one of the faster wheelchairs. The wheelchairs had been given a few minutes head start...all but the amazing Jim Knaub. Knaub requested that he start scratch, assuring me beforehand that he would have the lead somewhere between 100 and 200 yards out. Can you believe that? Well, believe it. He did.

Anyway, Cornell was just cruising along opening up a bigger and bigger lead with every step. He hung behind the second place chair just for the company. So, it was one mile in 4:25, two miles in 9:08 and I couldn't make out who was in second place, even looking through my 300mm telephoto lens. But, by three miles, things began to happen. First of all, I could now make out in my telephoto that second place was Perez and he was slowly gaining. Three miles in 14:15 and Perez getting closer. He's only a block back now, and Cornell, though he's still running well, is showing signs of wear in his expression. Hector, now that I can see him pretty well, looks confident, and as a matter of fact, he was. He told me later that he knew all along that he could catch Cornell, but a funny thing happened when he finally did at about 5 miles. Cornell had thrown in a couple of surges to try to

shake Perez, and though he did add a few yards to his lead, Perez came right back. Now, at about 5 miles, he was ready to pass, and what looked to me at the time like he was just biding his time turned out to be nothing of the sort. Perez was saying to himself, "Hey! This is Ron Cornell! Should I really try to pass him?" That is



photo by Richard Lee Slotkin

## Tish Husak 1st at Bellflower

what I call the Pecking Order Syndrome.

Well, Perez decided not to buy it. He made his move and at 23:59, he passed him. Cornell was hurting by now. He just didn't have anything left to make a fight out of it this far out. He figured with his miler speed, if he could stay close he could outkick Perez. Hector knew that too, so he started to push to open up enough of a lead to neutralize Cornell's kick. Hector didn't look so serene and confident anymore. In fact his expression and Cornell's bore a striking similarity: A combination of fear and pain. But soon Perez had a 20 yard lead and it kept growing slowly but surely. By the time he got to the tape, he was almost 30 seconds ahead, over 100 yards. For Perez, his 30:10 was a PR if you don't count that short course sub-30 he had a couple of years ago. However, he was way, way, WAY, behind the very first finisher, Knaub. Knaub finished in 27:52. At that rate, it won't be long before the chairs will be giving the runners a head start.

Anyway, Cornell took second, and the rest of the leaders, who had been like 150 yards back when Perez and Cornell were running together, were right behind, having closed the gap with last-quarter-mile kicks. Cornell wasn't nearly caught. He just eased off some when he realized that Perez was too far away for him to go after in that last quarter mile.

As it turned out, Cornell was a bit tired from his trip, and maybe suffering from a touch of jet lag. Take nothing away from Hector, though. He is coming on and will be a top talent down here. Well, maybe not down here. He will be attending CPSLO this fall, so maybe we'll read about him in the cross country results up there. Well, I might as well tell you now:

On Sept. 12th Hector was second by only 2 seconds at the Peacock 10K. His time was 29:54, and this time the course was accurate. His other sub-30 was ironically, at the 1st Peacock and the course was about a 220 short.

Another really nice job was turned in by one of Hector's SMTC teammates, Ron Gee, Gee, a 30 year old, was 5th overall in 31:20. Ron Kurrie, another guy in his early 30's, and a local favorite, was 7th in 31:31. For Kurrie, this was a sort of a comeback after laying off serious running for a while.

The girls weren't as notable. It only took a 38:28 to be the District Women's Champ. That was Tish Husak from Long Beach. Tish was wire to wire, but she was chased pretty hard by Wendy Walker. Walker got off to a slow start and by the time she started feeling human, she had lost too much ground. Another half mile and she would have gotten Husak, she said. In that heat, another half mile and they both would have dropped dead. Especially Husak because she had run 10 miles before the race. She says that she always fades at about 10 miles, so she thought it would be a good idea to do 10 miles before the race and build up her endurance. Tracy Brown and Patrick Devine knew that when Wally Ingram showed up, they were going to have a fight for second. Ingram just turned 50 and he runs 10K's in the 35's. Brown and Devine can get into the 36's on occasion, but this time, they were in the 37's and Ingram was in the 35's...35:39. Third place female finisher was Evelyn Triboli, wife of race director Jeff Triboli. That must have made him happy. Triboli had been second for a while, but after 3 miles Wendy Walker got rid of her stomach ache and got a second wind, and started to pick it up. She wasn't much behind Walker, though; 39:10 to Walker's 38:56.

But what about the chairs? These guys really are coming on. There was an official division for them and the 6th place chair finished in 37:24. Ed Ramirez, who had said before the race that he would settle for anything under 38:00. Second place Danny Osbourne was timed in 32:29. I'm not sure if these are scratch times or adjusted for the early start. In either case, they are impressive. I'm glad I was in that pace car.

1	Jim Knaub	27:52
2	Hector Perez	30:10
3	Ron Cornell	30:38
4	Mark Labonte	30:47
5	Jeff Dettmer	31:16
6	Ron Gee	31:20
7	Rudy Chavez	31:29
8	Ron Kurrie	31:31
9	Robert Proctor	31:35
10	Jerry Willis	31:44
11	Ronald Jensen	32:00
12	Kennie Arriola	32:17
13	Danny Osburn	32:29
14	Steve McCalley	32:31
15	Clyde Matsumura	32:32
16	John McGovern	32:36
17	Kevin Jacobs	32:46
18	Alan Dehlinger	32:57
19	Ray Stewart	33:80
20	Don Merwin	33:14
21	Joe Carlson	33:24
22	Paul Lawrence	33:50
23	Don Wielenga	33:51
24	Ken Kayoda	33:53
25	Donald Wright	33:59
26	Randy Hales	33:59
27	Adam White	34:12
28	Phillip Torres	34:15
29	Joseph Kender	34:20
30	Guadalupe Ville	34:20
31	Bryan Mayberry	34:21
32	Frank Peters	34:27
33	Irwin Merin	34:33
34	Aj Luna	34:36
35	Skip Shaffer	34:44
36	Julian Saavedra	34:47
37	Fidel Diaz	34:48
38	Donald Bowman	35:20
39	Morris Rehn	35:21
40	Eric Gulve	35:22
41	Jim Brown	35:28
42	Manuel Burrola	35:29
43	Rudy Garcia	35:30
44	Jim Chenoweth	35:31
45	David Bower	35:32

46	Wally Ingram	35:39
47	Richard Perales	35:42
48	Dan Ashimine	35:43
49	Fred Doubell	35:50
50	Jerry Daniels	35:57
51	Jerry Laverty	36:02
52	Florenzio Varga	36:02
53	Wayne Matsumura	36:06
54	Bruce Geddes	36:08
55	Greg Houlgate	36:18
56	Tony Cocciolo	36:19
57	Nick Trozzi	36:24
58	Doran Cushing	36:25
59	Lorenzo Herrera	36:28
60	Richard Miller	36:30
61	Tom Cuevas	36:43
62	Nicholas Hernand	36:46
63	Norman Cohen	36:47
64	Gary Riley	36:48
65	Donald Cooper	36:54
66	John Mossbacher	36:56
67	Edward Voll	36:57
68	Bill Fitzpatrick	37:01
69	Tommy Davis	37:02
70	Tracy Brown	37:04
71	Mike Barosh	37:06
72	Bryan Leighite	37:07
73	Eddie Crawford	37:08
74	Patrick Devine	37:1

**Divisions. Men: 0-14:** 1.Greg Houlgate 36:18, 2.Bentz 38:02, 3.David Longyear 38:19. **15-18:** 1.Kennie Arriola 32:17, 2.Don Merwin 33:14, 3.Guadalupe Ville 34:20. **19-24:** 1.Hector Perez 30:10, 2.Ron Cornell 30:38, 3.Mark Labonte 30:47. **25-29:** 1.Rudy Chavez 31:29, 2.Steve McCalley 32:31, 3.Kevin Jacobs 32:46. **30-34:** 1.Ron Gee 31:20, 2.Ron Kurrie 31:31, 3.Jerry Willis 31:44. **35-39:** 1.Ronald Jensen 32:00, 2.Donald Bowman 35:02, 3.Manuel Burrola 35:29. **40-49:** 1.Skip Shaffer 34:44, 2.Jim Chenoweth 35:31, 3.Jerry Daniels 35:57. **50-59:** 1.Wally Ingram 35:39, 2.Tracy Brown 37:04, 3.Patrick Devine 37:13. **60-69:** 1.Glenn Ward 44:15, 2.Frank Small 47:24, 3.Jim Boie 48:18.

**Women: 0-14:** 1.Laura Doering 41:59, 2.Amber Chavez 42:50, 3.Holly Hogan 44:16. **15-18:** 1.Renee Alarcon 44:55, 2.Renee Nakayama 48:12, 3.Karen Gorman 48:22. **19-24:** 1.Wendy Walker 38:56, 2.Evelyn Triboli 39:10, 3.Julie Doering 39:27. **25-29:** 1.Julie McKinney 39:43, 2.Deanna Deets 43:48, 3.Debra Furimsky 45:08. **30-34:** 1.Tish Husak 38:28, 2.Toni Stermolie 42:30, 3.Lisa Morgan 48:26. **35-39:** 1.Ann Tack 45:02, 2.Hachiya Morris 47:59, 3.Sharon Telford 50:05. **40-49:** 1.Marcia Martyn 44:20, 2.Joyce Momita 44:21, 3.Joeann Goitra 47:18. **50-59:** 1.Rosemary Ornell 56:08, 2.Alyce Terrell 1:09:31. **60-69:** 1.Bess James 1:01:06, 2.Lucille Adney 1:08:39.

## Visalia Runners Triathlon

September 4.

David Calderon of Visalia won the Third Annual Visalia Runners Triathlon held September 4, 1982. The event consisted of a 1500 meter swim, a 30 kilometer bicycle ride and a 10 kilometer run. The swim took place at the Recreation Park in Visalia. The bike course headed north and east of town to a scenic point on the St. Johns River. The run went by the Election Tree, the birthplace of Tulare County, and followed the river to the finish in Cutler Park.

Calderon's time for the whole event was 1:58:27. He also had the best time for the 10K run of 35:42. The first woman finisher was Leslie Corcoran of Corcoran with a time of 2:20:04. The best cycle effort of the day was turned in by Gordon Keller of Clovis. His 30K time was 53:17. Holly Schenek of Visalia was the first swimmer out of the pool completing 1500 meters in 21:00.

1	David Calderon	1:58:27
2	Gordon Keller	2:03:30
3	Owen Shea	2:14:14
4	Burton Early	2:17:28
5	Steve Ganzfried	2:18:42
6	Art Smalley	2:18:47
7	Leslie Corcoran (1st W)	2:20:04



## Results

8	Mike Mason	2:22:17
9	Jim Harris (1st over 40)	2:25:06
10	Rob Stephenson	2:27:38
11	Bruce Brieker	2:28:47
12	Edward Schaner (1st over 50)	2:31:06
13	Holly Schenck	2:32:03
14	John Brieker (1st over 60)	2:37:14
15	Denis Jahn	2:38:59
16	David Freitas	2:39:05
17	Jeff Butzlaff	2:39:32
18	Jim Barnes	3:22:05
19	John Friesen	3:29:59

## 1982 Silver State Half Marathon

September 5, Reno, Nevada		
1	Lynn Mentzer (23) Reno	1:10:45
2	Derek A. Mciver (32) Reno	1:13:24
3	Allen Masterson (25) Redding	1:14:37
4	Lyle Freeman (29) Reno	1:14:51
5	Tony Gerardi (36) Las Vegas	1:16:43
6	Rob Gardner (33) Las Vegas	1:17:22
7	Tim Rostage (42) San Jose	1:17:29
8	Mark Nash (22) Carson City	1:17:51
9	Gary Feroe (30) Reno	1:17:55
10	Guillermo Sanchez (27) Colfax	1:18:12
11	Jim Bevin (44) Susanville	1:18:12
12	Matt V. Taber (25) Sparks	1:18:20
13	Kenneth Drew (32) San Jose	1:18:51
14	David Bernardy (26) Sparks	1:18:53
15	Tom Pearman (20) Carmichael	1:19:30
16	Scott Petersen (14) Sparks	1:19:40
17	Raul Hernandez (32) Reno	1:19:39
18	Terry Schmidt (26) Reno	1:20:05
19	David Amster (31) Carson C.	1:20:31
20	Michael Hicks (40) Moss Beach	1:21:40
21	James Grass (24) Berkeley	1:21:59
22	Inga Thompson (18) F. Reno	1:22:06
23	Brid. Baker (21) F. Fernley	1:22:19
24	Peter Werbel (35) Truckee	1:22:59
25	Gary Cerragiol (29) Tahoe Para.	1:23
33	Boyce Jacques (55) Reno	1:25:44
60	Cruz Monarrez (51) Winnem.	1:30:06
74	Kathy Blinn (28) F. Quincy	1:32:06
77	Leslie Rice (21) F. Reno	1:32:31
89	Patience Svendsen (42) F. Reno	1:33:39

## CRRC 1/2 Marathon & 10K

### September 5, Griffith Park, L.A., Half-Marathon

1	Eddie Silverman (31)	1:10:56
2	Jim Howell (38)	1:19:30
3	James Murphy (42)	1:19:42
4	George Marquez (18)	1:22:10
5	Richard Miller (33)	1:22:50
6	Bill Wong McCarthy (31)	1:23:09
7	Tom Carroll (43)	1:23:11
8	Joey Gostin (18)	1:23:26
9	Richard Mildren (30)	1:23:35
10	Steve Dietrich (17)	1:24:10
11	Richard Belliveau (46)	1:24:10
12	Brad Fink (17)	1:26:35
13	James Arkgers (38)	1:26:56
14	John McConnell (10)	1:26:24
15	David Parker (52)	1:26:36
16	Mike Finnigan (34)	1:26:40
17	Douglas McKinney (21)	1:27:38
18	Ronald Pattinson (45)	1:27:48
19	Charles Young (32)	1:27:58
20	Brian Loza (18)	1:28:21
42	Sheila Hasham (39) 1st F	1:37:23
56	Daniel Mueller (9)	1:44:10
65	David Cohen (62) 1st	1:49:17
68	Janice Kabov (33) 2nd F	1:49:53
70	Lucy Fox (30) 3rd F	1:50:21
81	Richard Hoag (61) 2nd 10K	1:55:17
1	Tom Moriarty (26)	33:12
2	Antonio Tapia (21)	36:11
3	Jesus Vazquez (19)	37:14
4	Donald Cooper (32)	37:44
5	Eddie Lopez (22)	37:52
6	Roman Gomez (16)	38:07
7	David Perlmutter (17)	38:19
8	Martin White (31)	38:42
9	Jose Vasquez (28)	39:00
10	Mark Aguirre (18)	39:00
18	Hermila Lopez (20) 1st F	42:44
22	Leonora Long (25) 2nd F	52:01
23	Denise Boesch (26) 3rd F	52:08

## 1982 Silver State Marathon

### September 5, Reno, NV.

1	Skip Houk (40) Reno	2:33
2	Paul Peterson (28) Las Vegas	2:38:01
3	Dave Carlsen (29) Carson City	2:38:42
4	Noel Lincicome (34) Sparks	2:40:23
5	David Chairez (22) Fair Oaks	2:41:13
6	Glade Hall (42) Reno	2:44:48
7	Richard Billy (32) Carson City	2:45:26
8	Ken Adams (39) Sparks	2:47:22
9	Mike Longero (24) Carson City	2:47:55
10	Henry Lange Jr. (33) Beverly Hills	2:49:15
11	Steve Daniels (24) Sacramento	2:48:41
12	John Minaberry (29) Reno	2:50:41
13	Mark Samuelson (28) Stockton	2:50:47
14	Steven Humphrey (39) Reno	2:51:28
15	David Albright (36) Las Vegas	2:51:46
16	Bruce Ziegler (31) S. Lake Tahoe	2:53:16
17	Andy Jensen (38) Ukiah	2:53:38
18	Austin Angell (40) S. Lake Tahoe	2:53:58
19	Bryan Thomas (21) Reno	2:54:10
20	Brian Shea (31) Reno	2:54:21
21	Matt Rea (27) Reno	2:54:39
22	Glenn Bailey (34) Sacramento	2:56:03
23	Tim Hicks (39) Altaville	2:56:31
24	Brian Stansauk (30) Reseda	2:58:08
25	E. R. Silver (51) San Jose	2:58:19
29	Jill Silva (26) Reno	2:58:41
(New women's course record)		
32	Bob Farrington (51) San Jose	2:59:15
35	Ephr. Romesberg (51) San Jose	3:00:30
41	Sally Edwards (34) F. Sacto.	3:03:09
49	Pamela Schmid (31) F. Sparks	3:07:59
65	Sue King (28) F. Bishop	3:21:44
76	Cathy Gibbs (26) F. Reno	3:26:31
82	Anne Soetje (39) F. Carson C.	3:28:11

## Empire Runners Labor Day 10 Mile

From LINDA PHABY

### September 6, Santa Rosa.

14	and Under: Brec Swan 1:08, 2. Jethro Greenbaum 1:26.15-18: Steve Miller 1:01, 2. Tony Harrison 1:08, 3. Todd Bertani 1:12.19-29: 1. Ed Bomber 53:28 (overall winner), 2. Ted Pawlak 56:12, 3. Daniel McCullough 56:27. Female: 1. Kathleen Pozzi 1:12, 2. Diane Ventre 1:14, 3. Carolyn Sharp 1:17, 30-34: 1. Clark Rosen 57:05, 2. Mark Aronoff 1:03, 3. Louie DeVincenzi 1:04, Female: 1. Vickie French 1:10, 2. Judy Welch 1:11, 3. Marcia Loomis 1:16, 35-38: 1. Mike McGuire 58:11, 2. Dennis Doris 1:00, 3. Brendan Hutchinson 1:00, 4. Logan Adams 1:01, Female: 1. Kathryn Kettler 1:18, 2. Joyce Bennett 1:24, 3. Mary Geissinger 1:24, 40-49: 1. Daryl Beardall 56:50, 2. Dan Preston 58:41, 3. Bruce Denner 1:03, 4. Frank Anderson 1:04, Female: 1. Janet Buckendahl 1:06, 2. Caron Schauberg 1:16, 3. Shirley Howe 1:21, 50-59: 1. Mort Gray 58:47, 2. Leo Steneck 1:05, 3. Frank Lorey 1:07, Female: 1. Shirley Segar 1:46, 2. Phyllis Ennis 1:46, 60 and Over: 1. William Redmond 1:23.	
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## Castroville Artichoke Festival

### September 11, 10K Run.

1	Dan Gruber	31:26.6
2	Gregory Brock	32:20.4
3	Albert DeLeTorre	33:19.5
4	Steve A. Peters	33:47.0
5	Fritz Watson	34:13.3
6	Allen Gamber	34:16.4
7	Jim Hiserman	34:21.0
8	Nick Fuentes	34:31.6
9	Dan Clemens	34:58.1
10	Jim Scattini	34:59.9
11	Glynn Wood	35:02.2
12	Javier Naranjo	35:08.5
13	Scott Hennessy	35:13.3
14	Matthew King	35:16.2
15	Emile Allen	35:19.4
16	Jay Cook	35:22.8

17	Joe Ancira	35:27.3
18	John Strickland	35:34.1
19	Manuel Alcide	35:36.3
20	Raul Espinosa	35:43.2
21	Juan Serrano	35:43.4
22	Anthony Kopaiz	35:49.5
23	Richard Cummings	38:08.6
24	Arnold Martinez	38:16.8
25	Gerald Silsbager	38:22.2
26	Stephen Hinkel	38:26.0
27	Michael Casarez	38:45.9
28	Richard Leutzinger	38:46.5
29	John Borchert	38:51.8
30	Bob Brown	38:54.8
31	Bill Snyder	38:56.5
32	Jack Lemaster	37:11.7
33	David Delucchi	37:16.0
34	Donald Bashak	37:26.1
35	Bob Scott	37:30.2
36	Mark Snell	37:32.7
37	Eric Falls	37:35.4
38	Blair Barnett	37:42.1
39	Mike Ruby	37:56.8
40	Michael Searson	38:00.8
49	Diane Ridgway	38:52.4
60	Paula Potts	39:28.3
74	Gail Bernardi	40:21.4

## Synanon Wheels & Heels Half Marathon

### September 11.

A twenty one year old student from Columbia, South America, established a new course record for the third running of the Synanon Wheels and Heels Half Marathon which took place in the Sierras at Badger. Umberto Ramirez smashed the mark of 1:14:56 set by Jost Schmitt of Munich, Germany in 1981, crossing the finish line in 1:13:10.

Ramirez, who trained for years in the rugged high elevations of his homeland, found the Synanon course relatively easy as he led the field of 70 runners and one wheelchair over the notorious 13.1 miles of steep climbs and descents.

Other runners distinguished themselves at Synanon by setting several new records for their divisions. Porterville High student, Clint Pearson won the 13-18 trophy with a 1:24:37 and Ozzie Oswood set a new 30-39 age record as well as coming in 2nd over all at 1:18:31.

Don Ramirez of Synanon far surpassed all his own previous marks with a new masters record of 1:25:20.

The Betty D. Memorial Trophy for 1982 went to Ramona Diaz of Fresno who was the First Lady of the Half Marathon, finishing in 1:48:02. The trophy is in memory of Betty Dederich, First Lady of Synanon, who died of cancer 5 years ago. For 18 years, as the wife of Founder Charles E. Dederich, she demonstrated courage and determination and thus became an inspiration to many of Synanon's female athletes.

For the third year in a row, Jim Brooks of Fresno demonstrated his own determination and toughness by completing the arduous course in a wheelchair. His example as well as that of 60 year old Jim and Virginia Martin who finished last may well account for the fact that no one has ever quit this race in its three year history.

The Synanon Running Club makes a point of recognizing athletes who demonstrate perseverance because they serve as examples to the many Synanon residents who came to the organization seeking help in overcoming addiction to drugs and alcohol.

1	Umberto Ramirez (Colombia)	1:13:10
2	Ozzie Oswood (Porterville)	1:18:31
3	John Blair (Grants Grove)	1:19:53
4	Dan Currier (Central Cal.)	1:20:22
5	Rob Stephenson (Vis. Runners)	1:20:54
6	Richard Rice (Synanon)	1:21:05
7	Doug Hurt (Synanon)	1:21:57
8	Craig Newport (Vis. Runners)	1:22:22
9	Clint Pearson (Porterville)	1:13-18 1:24:37
10	Don Ramirez (Synanon)	1:40-49 1:25:20
11	Gary Domazlicky (Synanon)	1:27-18
12	Bob Darby	1:28:43
13	Thomas McFadden (Grants Gr)	1:28:59
14	Obed Fernandez	1:30:13

15	Bob Kearny	1:33:21
16	Tony Perez	1:33:34
17	Brett Humphries	1:33:41
18	Christopher Denny (FJ)	1:33:51
19	Bob Blakely (Vis. Runners)	1:34:11
20	Rocky Pipkin	1:35:51
21	Larry Nava (Vis. Runners)	1:36:33
22	Buddy Jones (Synanon)	1:36:41
23	Paul Abramson (Synanon)	1:36:56
24	Walter Brown (Fr. Jog.)	1:37:11
25	Norm Takeuchi (Tulare Run)	1:37:22
26	David Binns (Synanon)	1:37:34
27	Ruben Alvarado	1:38:44
28	Phil Appelbaum (Synanon)	1:39:11
29	Lee Dorris (Porterville)	1:40:06
30	Robert Allison	1:40:36
31	Joe Burellaga	1:40:41
32	Jim Hernandez	1:41:04
33	Mike Cates	1:41:06
34	Ivan Schuman	1:41:11
35	Don Chorley	1:41:35
36	David Page (Synanon)	1:41:56
37	Sid Cram	1:41:56
38	Jesse Garcia (Woodlake)	1:43:03
39	Troy Christopher	1:43:42
40	Robert Reynaga (Porterville)	1:44:22
41	Richard Karpinski	1:44:43
42	Steve Diamant (Synanon)	1:45:48
43	Gary Dunkle	1:46:25
44	Larry Brilliant (Synanon)	1:47:34
45	Joe Alba	1:47:50
46	Ramona Diaz (FJ)	1:48:02
49	Patsy Loza (Synanon)	1:19-29 1:50:44
55	Phyllis Hurt (Synanon)	1:30-39F 1:59:05
57	Valerie Law (Synanon)	2:40-49F 2:03:37
60	Sue Keller (Synanon)	2:30-39F 2:03:47
61	Diane Takeuchi (Fresno)	3:19-29 2:10:22
64	William Redmond (Sj)	1:60* 2:13:38
68	Jim Brooks (CCS) Wheelch.	2:18:12
69	Liz Demonte (FJ)	1:50-59F 2:22:20
70	Virginia Martin (FJ)	1:60* 2:36:32
71	Jim Martin (FJ)	2:60* 2:36:32

## Tug's Swim-Run-Swim Biathlon

### Sept. 11, San Diego. 1/2 mile swim - 5 1/2 mile run - 1/2 mile swim. 145 finishers.

1	Tim Harvey (28)	45:23
2	Gary Peterson (30)	48:28
3	Joe Kirnan (27)	48:56
4	Mike Keeney (27)	49:05
5	Rick Delanty (31)	49:20
6	Sam Barlow (23)	49:48
7	Mike Fero (23)	50:05
8	Ted Uhler (29)	50:27
9	Dave Lindstedt (26)	50:45
10	Tom Warren (38)	50:48
11	Fred Forch (22)	50:57
12	Emile Van der Merwe (26)	50:57
13	Scott Lyle (20)	51:52
14	Michael Lyle (22)	51:52
15	David Pryor (30)	51:53
16	Eric Tague (27)	52:03
17	Bob Lindner (23)	52:38
18	Jerry Stowe (40)	52:54
19	Bruce Beach (37)	52:56
20	Steve Schumacher (24)	52:56
21	Keith Johnson (23)	52:57
22	Jas. Shelby (27)	52:59
23	Mac Larson (34)	53:42
24	Bob Howard (27)	53:54
25	Bill Morgan (28)	53:50
26	Pete Pettigrew (40)	54:14
38	Leslie Mauer (21F)	55:20
39	Lisa Gonzales (24F)	55:38
40	Laura Johnson (30F)	55:43
47	Don Jacobs (45)	57:24
73	Diane Shea (28F)	61:04
74	Audrey Burns (33F)	61:19
77	Harold Dunnigan (51)	61:56
85	Katy Basile (23F)	64:05
86	Hal Tyrol (51)	64:06
134	David Pain (60)	75:46

## Blue Lake Race

### September 12, Arcata. 6.2 mile.

1	Wayne Arrison (23)	35:29
2	Mike Holt (33)	36:16
3	Harry Cottrell (36)	36:17
4	Sherman Schapiro (34)	38:05
5	Ken Chambers (26)	38:31
6	Mark White (23)	38:45
7	Ron Flenner (35)	38:50
8	Frank Gratz (24)	39:24



9. David Paulson (25)	39:32
10. Bill Dani (41)	39:46
12. Ron Ross (41)2nd	41:31
19. Don Hughes (52)1st	43:06
20. Ted Rupprecht (54)2nd	43:09
24. Laurel Girard (36)1st F	45:57
30. Nancy Morris (38)2nd F	47:57
35. Sandra Stepp (33)3rd F	52:12

## Indian Ridge Run

September 12. Moraga. 5K & 10K.

5K Male Winner

Kent Thompson 15:55

10K Female Winner

Jacqueline Pla-Sequiere 18:39

**Men: 10 & Under:** 1. Scott McGinnis 21:00, 2. Matt Butterfield 25:15, 3. Chris Berry 28:58, 11-16: 1. Stephen Rios 16:51, 2. Matt Anderson 18:33, 3. Walt Phillips 20:04, 17-29: 1. Steven Wight 16:10, 2. Leonard Iventosch 16:31, 3. Michael Kuhn 17:36, 30-39: 1. David Wight 16:04, 2. Richard Cunningham 17:13, 3. Mary Rios 18:30, 40-49: 1. Richard Brophy 20:02, 2. Michael Gordon 20:39, 3. Marz Cazeanane. 50 & Over: Bruce Oliver 19:34, 2. Richard Sandell 20:41, 3. Walter Wight 22:25.

**Women: 10 & Under:** 1. Pamela Smith 28:15, 2. Meredith Roche 29:26, 3. Colleen Banarsier. 11-16: 1. Patti Smith 25:42, 2. Amy Cleereman 28:24, 3. Nancy Soares 29:19, 17-29: 1. Sue Bartz 19:50, 2. Lauren Grunbaum 21:13, 3. Joan Smith 21:30, 30-39: 1. Marsha Sias 20:45, 2. Jacquie McKenna 21:34, 3. Pam Roberts 25:04, 40-49: 1. Joan Schivaley 20:44, 2. Sharon Wilson 24:53, 3. Judy Tom 25:14, 50 & Over: 1. Meredith Lee 29:25, 2. Marguerite Harrell 30:06.

10K Male Winner

Mark Conover 29:57.5

10K Female Winner

Bridget Goodwin 38:22.9

**Men: 11-16:** 1. Scott Lawrie 39:31, 2. Greg Foster 31:57, 3. David Smith 43:41, 17-29: 1. Grant Foster 31:57, 2. Mark Young 32:36, 3. Bruce Wolfe 33:40, 30-39: 1. Dan Anderson 31:20, 2. Wayne McCilish 37:06, 3. Charlie Shotts 37:13, 40-49: 1. Leigh Forsberg 35:39, 2. Frank Knafele 36:45, 3. Keith Wallace 36:54, 50 & Over: 1. James Worley 40:33, 2. W. Poore 40:39, 3. John Nysero 41:35.

**Women: 10 & Under:** 1. Jenny Potter 47:50, 11-16: 1. Wendy Quick 46:52, 2. Jennifer Peck 58:23, 3. Jill Teasdale 1:03:42, 17-29: 1. Shane Feliz 39:41, 2. Susan Eisenberg 41:14, 3. Robi Mulford 41:39, 30-39: 1. Susan Edwards 45:25, 2. Mary Lou Quinto 48:58, 3. Laurie Albrecht 49:12, 40-49: 1. Alice K. Rose 41:36, 2. Clara Steffan 50:31, 3. Laura Shullenberger 51:31, 50 & Over: 1. Barbara Muller 58:42.

## Out & Back 8K

September 12. Burlingame.

1. Pete Churney	24:57
2. Juan Mora	25:08
3. Nick Ray	25:24
4. Jake White	26:58
5. Joe Becerra	27:24
6. Mike Young	27:27
7. Rich Stiller	27:42
8. Steve Piles	27:53
9. Ray Wieand	27:59
10. Kerry Hickem	28:05
11. Kevin Murray	28:05
12. Dave Robertson	28:21
13. Jay Gehrig	28:44
14. Hector Caldeon	29:23
15. Aaron Lopez	29:52
16. Linda Van Housen 1stF	30:04
17. Michele Aubuchon 2ndF	30:26
18. Guy Young	30:34
19. Bob Treseler	30:36
20. Tom Melina	30:40
21. Jim Janakes	30:40
22. Lynn Macy 3rdF	30:42
23. Rich Latimer	30:46
24. Paul Ortnr	31:15
25. Rich Pick	31:18
35. G. Zieschang 4thF	32:56
40. Hilary Hall 5thF	33:50
41. Liz Grotz 6thF	33:54
46. Lori Hill 7thF	34:13
47. B. Gaenslen 8thF	34:13

## HBO CABLE CAR RUN

From STEVE SWASEY

Sept. 12. San Francisco.

Simon Kilili led a field of 1,200 across the finish line today in the second HBO Cable Car Run. Kilili, a 27-year-old native Kenyan who resides in San Jose, covered the 6.2 miles in 30:10.1 to finish ahead of runner-up Sal Vasquez, 42, of Alameda.

Kilili and Ross's Vicki Randall, the top woman finisher, will receive an all expenses paid trip in November to the New York City Marathon.

All proceeds from the race will be turned over to the Save the Cable Car Committee.

Kilili, a member of the 1976 Kenya Olympic Team, took the lead soon after



Vicki Randall

the field left the Hyde Street cable car turnaround and was never seriously threatened. The race started and ended at the Hyde Street turnaround. The field proceeded along the Embarcadero to China Basin, then returned the same route to the starting point.

The top 25 finishers were:	
1. Simon Kilili (San Jose)	30:10.1
2. Sal Vasquez (Alameda)	31:05.2
3. Steve Ferraz (San Francisco)	31:54.9
4. Mike Faneili (San Francisco)	31:54.9
5. Tom Laris (Palo Alto)	32:02.5
6. Bill Clark (Los Altos)	32:09.5
7. George Green (San Francisco)	32:13.9
8. Robert Sanchez (San Fran.)	32:25.0
9. David Kadish (San Francisco)	32:40.0
10. Robert Richardson (SF Presidio)	32:52.9
11. Matthew Collier (Hillsbor.)	32:54.1
12. David Garcia (San Jose)	33:03
13. Brad Pace (Sausalito)	33:08.6
14. Peter Christ (San Fran.)	33:13.5
15. James VandeEwe (Belmont)	33:37.5
16. Mike Moore (SF Presidio)	33:38.2
17. Matt Giusti (Foster City)	33:42.9
18. Glen MacDougall (Daly City)	33:48
19. Michael Jones (Hillsbor.)	33:49.9
20. David Vigil (San Francisco)	33:53.4
21. Jim Lawson (San Francisco)	33:55.6
22. Robert Edward (Cupertino)	34:00.9
23. William King (San Ramon)	34:07.5
24. Thomas Eng (South S.F.)	34:30.1
25. Steven Petto (San Francisco)	34:43

## De Anza Cove 50 Mile Run

September 12. San Diego Area.

It was a big day for master runners

(men over 40) at the De Anza Cove 50 Mile Run.

Barry Hawley, 40, of Mission Viejo, finished first overall to take top honors. Wearing a lucky number, 13, he assumed the lead during the 49th mile to win a close victory over his friend Sandy Waddell, 41, of Corona Del Mar.

When the early leader, Tom Jackson, of San Diego, dropped out at 30 miles, Bert Meyer of Connecticut, inherited the lead. He held it until the 46th mile when he was passed by Waddell. Waddell was then overtaken during the 49th mile by the strong-finishing Hawley.

Impressively, master runners accounted for four places in the top seven, including first and second. The women competing were quite impressive as all five starters finished. The winner, Mary Burns, of Palomar Mountain, was making her first try at fifty miles.

It was a very exciting race to watch because of the late lead changes and the course layout which brought the runners through the aid station ever 2½ miles.

1. Barry Hawley (40) M. Viejo	6:52:57
2. Sandy Waddell (41) F. Cor. D.M.	6:55:53
3. Bert Meyer (37) N. Milf. CT	7:00:34
4. David Schubert (39) La Jolla	7:14:23
5. Robert Closson (43) San Diego	7:20:12
6. Jim Danforth (38) San Diego	7:22:31
7. Larry Jackson (48) Vista	7:34:01
8. Bill Elkmna (31) Red. Beach	7:39:24
9. Mario Escobedo (24) Ch. Vista	8:11:27
10. T.R. Eddy (49) Poway	8:18:37
11. Michael Callen (31) Borr. Sp.	8:21:43
12. Mary Burns (24) F. Palomar Mt.	8:26:44
13. Budd Willis (42) La Mesa	8:28:04
14. Millie Young (31) F. San Pedro	9:29:51
15. Chuck Portz Avalon	9:44:16
16. Marvin Moar San Diego	10:17:58
17. Jean Wood (31) F. San Pedro	10:27:36
18. Leon Ransom (44) San Diego	10:53:49
19. Coralie Cooper (23) F. La Mesa	11:51:25
20. Kathy Soule (38) F. San Diego	12:15:10

## Golden Gate Race Walkers 10K RW Championships

From HARRY SIITONEN

September 12. Angel Field, Stanford.

Masters age group walkers Charles Marut of Oakland and Lori Maynard of Redwood City, dominated the field to take top spots in the Golden Gate Race Walkers 1982 10K Championships held at Stanford on Sept. 12. Finishing in a time of 51:03, Marut, 44, moved into the lead early in the race to easily outpace second place finisher Manny Adriano of Twain Harte (52:14). Maynard, 46, led all the way in the women's division with a final time of 54:09, compared to a 58:54 posted by runnerup Karen Stoyanowski of Loomis.

Order of finish:	
1. Charles Marut (44) Oakland	51:03
2. Manny Adriano (34) Twain Harte	52:14
3. Bill Penner (36) Stockton	52:18
4. Lori Maynard (46) Redwood City	54:09
5. Fred Dunn (53) San Francisco	55:36
6. Rob Campbell (17) Reno	55:43
7. Karen Stoyanowski (27) Loomis	58:54
8. Diane Mendoza (34) Santa Clara	1:06:48
9. Richard Hansen (56) Oakland	1:09:11
10. Frank Saylor (68) Modesto	1:09:24
11. Patti Mason (39) San Fran.	1:10:59
12. Lisa Perry (14) French Camp	1:15:37
13. Sheila Mullen (42) San Fran.	1:21:40
14. Marilyn Chin (30) Oakland	1:23:00

## Corcoran Knights of Columbus 6 Mile Run

September 12.

1. Frank Ortega (35-39)	32:39.4
2. Larry Lung (30-34)	32:55.3
3. Brett Pugh (15-19)	33:03.2
4. Jesse Valdez (15-19)	34:01.7

5. Tony Miranda (15-19)	34:43.7
6. Daniel Hernandez (Wh.Ch)	35:06.1
7. Alex Orosco (35-39)	35:55.8
8. Rick Zamarripa (45-49)	39:14.7
9. Odilon Carrera (30-34)	36:44.9
10. Louis Martin (30-34)	38:39.1
11. Daniel Gonzalez (25-29)	38:39.1
12. Bill Wilson (40-44)	40:07.5
13. Richard Rodriguez (35-39)	40:25.7
14. Tommy Upton (40-44)	41:12.1
15. Fred Keenon (40-44)	41:12.1
22. Shon Wilson (14 & Under)	42:00.3
30. Evangelina Lopez (21-29)F	52:20.2
31. Julie Wilson (40-49)F	53:41.2

## Jim Thorpe Memorial 5K/10K Runs

September 18. Lomita. 5K

**11-15 Women:** 1. K. Ritzke 20:45, **Men:** 1. Gili Castruita 17:30, **16-18 Women:** 1. K. Burness 20:45, **Men:** 1. D. Guy 18:42, **19-24 Women:** 1. L. Escalzo 19:44, **Men:** 1. J. McKenzie 16:25, **25-29 Women:** 1. Wohlers 19:48, **Men:** P. Stinson 30:34, **Women:** K. Stevenson 20:41, **Men:** 1. T. Lacle 35:39, **Women:** 1. R. Maes 23:32, **Men:** 1. M. Burrola 16:36, **40-44 Women:** 1. J. Ritzke 23:54, **Men:** 1. G. Cotton 17:01, **45-55 Women:** 1. C. Williams 27:34, **Men:** 1. F. Greene 17:28, **55-64 Women:** 1. Hapgood 30:45, **Men:** 1. L. Banuelos 19:57, **65+: 1. F. Morales 22:51.**

**10K**  
**11-15 Women:** 1. S. Gugliotta, **Men:** 1. O. Santisteban 36:22, **16-18 Women:** 1. M. Santisteban 55:06, **Men:** 1. S. Barrow 33:32, **19-24 Women:** 1. Schmidt 36:49, **Men:** 1. S. Hart 35:50, **25-29 Women:** 1. K. Parks 42:21, **Men:** 1. A. Alexander 30:53, **30-34 Women:** 1. T. Gerber 41:21, **Men:** 1. P. Maier 34:17, **35-39 Women:** 1. J. Jones 43:58, **Men:** 1. D. Bowman, **40-44 Women:** 1. L. Bird 45:23, **Men:** 1. J. Bird 35:21, **45-55 Women:** 1. S. Blush 49:32, **Men:** 1. D. Cronin 37:50, **56-64 Men:** 1. R. Page 41:05, **65+ Men:** 1. F. Bruecker 49:24.

## Run At Rancho

September 18. Downey. 10K.

**Men 1st Overall:** Gary Pohill 32:25, **13 & Under:** 1. Robert Nabayan 45:23, **14-18:** 1. Jeff Bradbury 34:37, **19-29:** 1. George Luna 32:40, 2. Wesley Miller 34:49, 3. John Dye 35:22, **30-39:** 1. Gary Pohill 32:25, 2. Dallas Jones 35:05, 3. Lorenzo Vargas 38:20, **40-49:** 1. Fred Mascorro 35:01, 2. Dave Aronson 36:36, 3. Berton Gilliam 39:49, **50+: 1. Tracy Brown 37:19, 2. Richard Elizarraras 39:41, 3. Armin Fischer 39:56. Wheelchair:** 1. Danny Osborn 32:41.

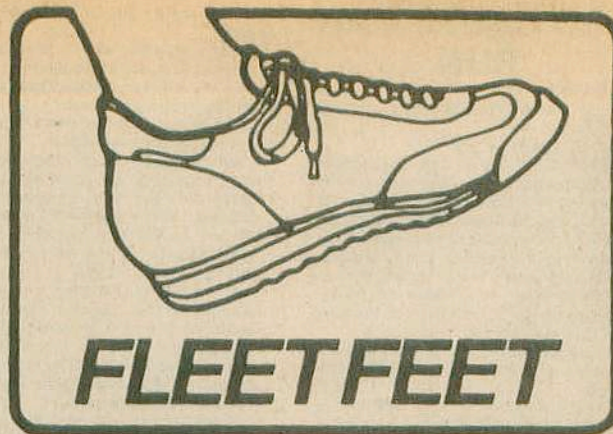
**Women 1st Overall:** Margo Elsen 38:09, **13 & Under:** 1. Alejandra Santos 48:09, **14-18:** 1. Cindy Daimau 46:29, **19-29:** 1. Catherine Molina 41:35, 2. Dana Doski 42:49, 3. Ellen Kick 44:30, **30-39:** 1. Margo Elsen 38:09, 2. Susan Harwell 45:29, 3. Elizabeth Ahumada 47:22, **40-49:** 1. Kathy Kusner 47:32, 2. Barbara Koler 50:26, 3. Millie Cueto 54:57.

## Big Brothers/Big Sisters Triathlon Relay

September 19. River Front Park. 6.5 mile bike/5 mile boat/5 mile run.

**Iron Man 1.** Lin Fiel (Sacramento) 2:28:09, **2.** Mike Ammon (Carmichael) 2:28:48, **3.** David Pratt (Yuba City) 2:58:32, **Iron Woman 1.** Diane Williams (Thousand Oaks) 3:13:25, **2.** Jill Morrison (Woodland) 3:29:21, **3.** Lauren Syda (Yuba City) 3:37:49





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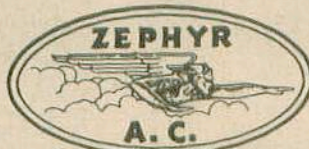
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### \*COMING EVENTS\*

\*PT. PINOLE SKUNK RUN, OCT. 30, PT. PINOLE REGIONAL PARK, 3 Km & 10 Km 9:00 A.M.

\*THE SECOND ANNUAL PT. ISABEL RUN, NOVEMBER 28, PT. ISABEL, RICHMOND, 5K 9:00 A.M.

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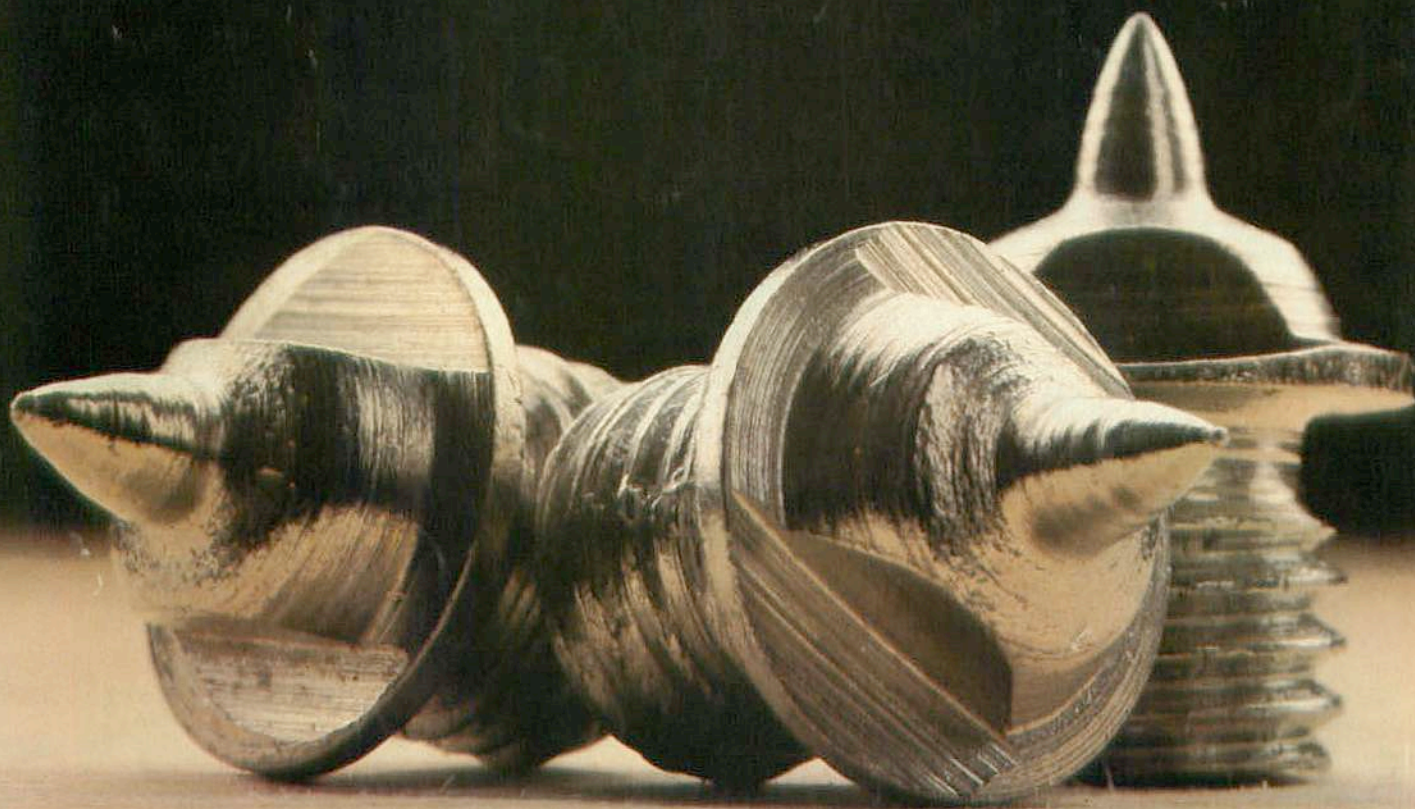
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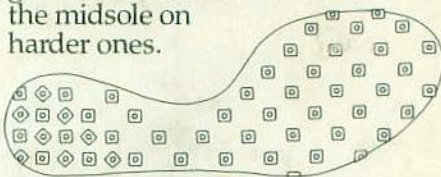
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