

OCTOBER 1988

ISSUE NO. 141

CALIFORNIA

Track & Running News

05/89
Barry Perilli
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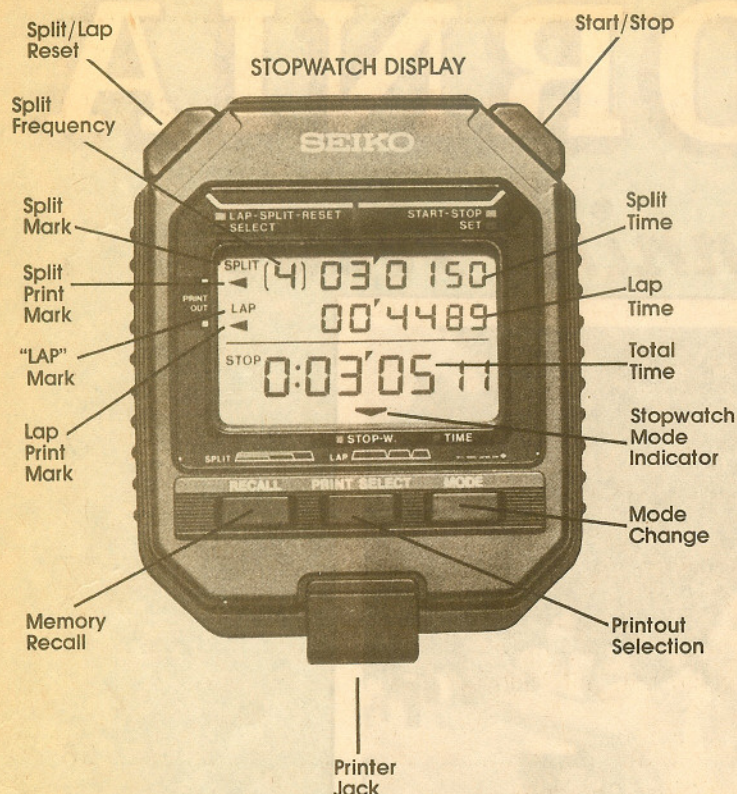
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California's Only Track & Running Publication

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Digital Quartz Stopwatch With Printer, SP11



System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
    
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1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
0:00'45 38
2-0:01'30 48
0:00'45 10
3-0:02'16 36
0:00'45 88
4-0:03'01 23
0:00'44 87
    
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Applications

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

Specifications

Time Base & Accuracy:

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

Printout:

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

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

Modes:

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

Temperature:

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

Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

Batteries:

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

Construction:

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

Standard Accessories:

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

Optional Accessories:

- S-950 Seiko thermal paper in 5-roll boxes

\$269

Available From:

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

CALIFORNIA

Track & Running News



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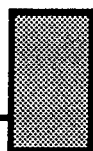


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ON THE COVER: Nancy Ditz breaks the tape at the 1988 Hoy's Sports 10,000 Meter Classic--a tune-up for the Olympic Marathon still to come. The story and results are found on page 36. Photographing Nancy's road victory at Hoy's was Kenneth Lee.

EDITORIAL COMMENT

From RICHARD LEE SLOTKIN

Why don't they leave Zola Budd alone?

Well, they did it.

They got rid of Zola Budd.

The do-gooders, the liberals, those who goad the consciences of the wicked. They got her. They drummed her out of running.

And for what?

Because she didn't take it upon herself to single-handedly bring about the destruction of apartheid?

No Way.

Let's not make any mistakes here. These people responsible for Zola Budd's bashing don't have a decent bone in their bodies. They are not liberals, not even bleeding heart liberals.

I'll tell you what they are.

They are bullies. They are thugs. They are hypocrites of the first order. They don't care about apartheid or any other kind of oppression. What they do care about is finding a socially acceptable means of shoving people around; beating up on them; and, yes, oppressing them. With Budd, they found a golden opportunity. Being a white South African gave her automatic pariah status. Being a small female made her fair game for any dimwitted goon who could jump in front of her and give her a shove.

Here was a 17 year old kid who loves to run and found herself as good or better at it than most everyone in the world. The trouble was that the only way she could run with and against her peers was to leave her home and run for another country. You see, a lot of people who should know better think that the way to make a hard-headed Dutchman see things your way is to hit him over the head. Well, they don't call them hard-headed for nothing. All those sanctions, all that disinvestment, all that pressure not only hasn't budged the Afrikaaners and some of their white supremacist bedfellows, but it has made them even harder-headed.

Budd was fortunate in that she was technically qualified to become a British citizen and have an opportunity to make an Olympic team. So, she took that route.

If she had only known what she was in for.

All it cost her was her home, her family, her physical safety and damned near her sanity. What she got, from day one, was abuse from beer-swilling goons clear up to members of parliament. No one else in the world had to declare their political philosophy to qualify for the Olympics. Of Budd, not only was it demanded that she declare herself but that

she do something to end apartheid, something that she was, and is, no more responsible for than you or I.

Those who screamed the loudest had the least cause to talk. Who has oppressed black Africans more than the governments of black African nations? Surely you haven't forgotten Idi Amin, just to name one. But the African states threatened to boycott, again, the Olympics if Budd participated. The IAAF, to their shame, threatened to disqualify the British team if Budd was on it. And the British seemed about to tell Budd that of all the citizens of the Commonwealth, her rights alone were to be revoked. For Zola Budd only the *Magna Carta* was repealed. No one ever explained how all this would benefit anyone let alone those suffering under apartheid.

Even the press joined the bandwagon; some of it, at least. Jim Murray of the *L.A. Times* wrote a sympathetic piece, but another *Times* writer, one who ought to know better, sneered, "Why should anyone go to bat for her? She never went to bat for anyone in her life."

Really!

What's a 17 year old kid supposed to do when heads of state are trying to boot her out of her first love, running? Who is she supposed to go to bat for when 90,000 people in the L.A. Coliseum bury her with booing and verbal abuse because someone tripped over her, even after the official tapes showed that neither she nor Slaney were really to blame. How is she supposed to feel about people when the only way she can participate in a road race is to have a pair of elite male runners running shotgun on either side of her so that some ignorant cretin doesn't jump out onto the course and knock her down? And this in America, the "Land of the Free."

People who *really* care about the welfare of others don't go after a girl just out of high school while she's running a road or cross country race and physically assault her. Thugs and goons do that.

Statesmen don't use an innocent girl in awkward circumstances to further their high-sounding-but-empty-of-all-but-rhetoric causes.

Hypocritical politicians do that.

Look what they tried to hang on her. First, she was accused of running in a race in South Africa. Not so, as it turned out. It was someone else. Then, they said she participated by presenting awards. That too turned out to be a loser. She was on a run at that time. So, they had to really scrape bottom,

but shame knows no bounds. They hanged her because she *watched* the race. You have to figure that if it turned out that she hadn't even been there they would have claimed she heard about it from someone who was there and disqualified her for that.

Now, some say that it was her own fault. She's not 17 anymore and knowing how precarious her situation was, she never should have even been in the country. Well, it happens that South Africa, through no fault of her own, is her home; she was born there; she grew up there; her parents and all her friends live there. It's all right for people to visit former homes in Russia, Uganda, even Israel. But Budd is such an easy target. She visited home. A disgrace! Nail her! Yeah, it's her own fault if you put it that way. She should live as a lonely exile all her life just to please a bunch of hatchet artists who never did a bit of good for anyone in their lives. But they know an easy target when they see one. And like piranhas after a goldfish, they went for it.

So, Budd has gone home. The hard-heads still run the country and it's about to blow up in their faces. And the irony is almost staggering. A mixed race South African Olympic team, including Zola Budd and, say, marathoner Mark Plaatjes might have done more towards bringing the South African hardliners just a bit closer to the 20th century than all those sanctions have done.

Anyone with two thirds of a brain knows that. But this is a tough world and the opportunity to beat up on someone is so much more appealing than a sensible solution. That works both ways, though. The bashers sooner or later become bashers too. That's happening in South African, in the Middle East and even right here in the good old U.S. of A.

I'm sorry, Zola. You were shafted. Some of us will miss you. Hugh Jones, a marathoner and a gentleman as ever there was, was willing to chance losing his opportunity to go to Seoul as the price of backing your bid to be on the British team with him. So was the great Daley Thompson.

It wasn't enough. The zealots won. Lions 3, Christians 0.

Still, I'd love to have seen a Slaney-Budd rematch in Seoul.

Goodbye, Zola. Some of us will miss you

Mr. Slotkin's editorial comments regarding the Zola Budd controversy have also been printed in National Masters Newsletter, Running Times and Spiridon (Switzerland).

PACIFIC ASSOCIATION CROSS-COUNTRY CHAMPIONSHIPS

November 6, 1988
Sierra College, Rocklin



CONDUCTED BY: The PA/TAC LDR Committee

COURSE: 99% grass and dirt. Rolling hills throughout the course with excellent spectator views.

RACES:	TIME	DIVISION	YEAR OF BIRTH	LENGTH
	9:30 a.m.	Intermediate Girls	1972-1973	5,000m
	9:30 a.m.	Intermediate Boys	1972-1973	5,000m
	9:30 a.m.	Young Women	1970-1971	5,000m
	9:30 a.m.	Young Men	1970-1971	5,000m
	9:30 a.m.	Coaches	Open	5,000m
	10:00 a.m.	Youth Girls	1974-1975	4,000m
	10:30 a.m.	Youth Boys	1974-1975	4,000m
	11:00 a.m.	Midget Girls	1976-1977	3,000m
	11:30 a.m.	Midget Boys	1976-1977	3,000m
	12:00 p.m.	Bantam Girls	1978 & later	3,000m
	12:30 p.m.	Bantam Boys	1978 & later	3,000m
	1:00 p.m.	Open & Master Women	1969 & earlier	10,000m
	2:00 p.m.	Open & Master Men	1969 & earlier	10,000m

AWARDS: Medals to the first 6 finishers in the Bantam, Midget, Youth, Intermediate and Young Men & Women's Divisions. Medals will be handed out immediately. \$2000 in Prize Funds for the Open and Master Divisions, thanks to the generous support of the S.F. Examiner.

TEAMS: 5 to score in all divisions except Seniors. Three to score for the Senior Teams. Maximum of 8 declared in the Bantam, Midget, Youth, Intermediate and Young Men and Women's Divisions. Places are added to determine team winners in those division. No declarations or limit in the Open and Master Divisions. Times are added to determine team winners. Plaques to the top two teams.

PACKET PICKUP AND
COURSE WALK: 8:00 a.m.

ENTRY FEES: Youth Divisions by November 1st: \$3.00
Youth Divisions on Race Day: \$5.00
Open & Master Divisions by November 1st: \$5.00
Open & Master Divisions on Race Day: \$7.00

TAC REGISTRATION: Required for all entrants. TAC cards can be obtained through the TAC office below. The cost is \$10.00 and the card is good through 1989.

T-SHIRTS: Souvenir T-Shirts can be ordered with your entry. Cost is \$5.00

MORE INFORMATION: Contact the TAC office at 916-933-4913 or write PA/TAC, 800 Bonita Drive, Folsom, CA 95630

PLEASE RETURN THIS WITH YOUR FEE TO THE TAC OFFICE LISTED ABOVE

NAME _____ TAC NUMBER _____
ADDRESS _____ CITY _____
STATE _____ ZIP _____ TEAM _____
BIRTHDATE _____ AGE _____ SEX _____ DIVISION _____

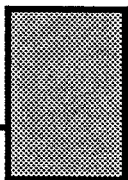
ATHLETE'S RELEASE: In consideration of your accepting my entry, I hereby, my heirs, executors, and administrators waive and release any and all right and claim for damages I may have against TAC or the cities and counties in which the race is contested, their representatives, successors and assigns for any and all injuries suffered by me both while traveling to or from the competing in said event. I also give free use of my name and/or picture in any broadcast, telecast, or other account of this event. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event and my physical condition has been verified by a licensed, medical doctor (except where the latter is in violation of religious principles).

DRUG STATEMENT: Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393.

Signature (Parent, Guardian, and/or Coach) _____

Total Entry Fees: _____
Souvenir T-shirt @ \$5.00 each _____
TOTAL ENCLOSED: _____

Return to: PA/TAC
800 Bonita Drive
Folsom, CA 95630



Schedule

By JACK LEYDIG

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

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

October. 1 (Sat.):

Wrightwood: Angeles Crest 100 Mile Endurance Run, 5 a.m. Ken Hamada, 370 W. Colorado St., Arcadia 91006. (818) 447-0584.

Brannan Island: Brannan Island Biathlon. 1/2 mile Swim, 4 mile Run, 1/4 mile swim. Brannan Island State Park. 9 am. Team Challenge, Box 963, El Sobrante 94803 (415) 841-1190.

Reno, NV: Journal Jog 8K (PA/TAC Open Men's & Women's Championships). 9 am. Wayne Whiting, 1870 Peavine Rd., Reno, NV 89503 (702) 747-1784.

Bakersfield: Hart Park Fun Run. Distance TBA. 8 am. Bakersfield TC, PO Box 6154, Bakersfield 93386.

Morro Bay: Harbor Sprint Triathlon. 1/4 mi. Swim, 13 mi. Bike, 2 2/1 mi. Run. Time TBA. Andrea Lueker, 535 Harbor St., Morro Bay 93422 (805) 772-1214.

Quartz Hill: AVHMC Hospital 5 & 10K and Kiddie Kilo. Mayflower Gardens. 8:30 am. Running Promotions Unltd., PO Box 128, Lancaster 93534 (805) 948-5034.

Catalina Island: Run for Sight. 3.4 mile and 10K and 10.8 mile. Avalon. 8 am/10.8 mi., noon. Run for Sight, PO Box 305 (Avalon Lions Club), Avalon 90704 (213) 510-0787.

South El Monte: 5K Legg Lake Run. 8 am. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660 (213) 949-0394.

Watts: 5 & 10K Runs and 3K Celebrity Walk for Health. 103rd & Compton (Watts Health Center). 8 am. Watts Health Foundation, 3405 W. Imperial Hwy. #401, Inglewood 90303 (213)

671-3465, x360 or x359.

Magalia: Apple Ridge Run, 3 & 5 Mi., Paradise Lake, 9 a.m./3 Mi., 9:15 a.m. Paradise R.C., P.O. Box 1465, Paradise 95967. (916) 877-2711, 872-4111.

Manhattan Beach: Old Hometown 10K, Manhattan Beach Pier, 7:30 a.m. Russ Lesser. (213) 372-3553.

San Diego: San Diego Chargers 5K, Jack Murphy Stadium (part of Pro Bowl Super Series), 8 a.m. Race Pace, P.O. Box 795, Dana Point 92629. (714) 493-1090.

Las Vegas: LVTC 5 Mile, Tule Springs (Floyd Lamb State Park), 8 a.m. Info: (702) 382-3496.

Yosemite: Cloud's Rest Trail Marathon, Tri-Sports, 21 Live Oak, Berkeley 94705.

October 2 (Sunday)

Minneapolis, MN: Twin Cities Marathon. 8 am. Twin Cities Marathon, PO Box 24193, Minneapolis, MN 55424 (612) 929-8646.

San Francisco: Walt Stack Birthday Run. CHANGE TO OCTOBER 9.

San Francisco: DSE Kennedy Drive Run. 4.7 miles. 10 am. S/F South Side, Polo Fields, Golden Gate Park. Jim Skophammer (415) 994-5727.

Moraga: Saint Mary's College Oktoberfest Run. 5 & 10K. 8:30 am. Kelly Collins, St. Mary's College, PO Box 0, Moraga 94575 (415) 631-4218.

San Bruno: Artichoke Joe's 5 Mile Fun Run & 2 Mile Walk. San Bruno Ave. & Huntington. 9 am. The Runner's Inn, 486 San Mateo Ave., San Bruno 94066 (415) 872-3805.

San Francisco: Perry's to Perry's Half-Marathon & 5K Run/Walk. (Note: 5K in Mill Valley). Time TBA. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118 (415) 387-2178.

San Rafael: The Fourth Street Mile. New George's (842 Fourth St.). 8 am to noon. New George's, 842 Fourth St., San Rafael 94901 (415) 459-3853.

Palo Alto: Stanford Great Race. 10K. Stanford University. Time TBA. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2380.

Santa Cruz: Santa Cruz Sentinel Triathlon. 1 mi. Swim, 23 mi. Bike, 10K Run. Main

Beach. 8 am. Alice Hemler, Santa Cruz Sentinel, 207 Church St., Santa Cruz 95060 (408) 423-4242, x301.

Santa Rosa: Sonoma County Harvest Fair 10K Run. Sonoma County Fairgrounds. 9 am. Sonoma County Family YMCA, 1111 College Ave., Santa Rosa 95404 (707) 545-YMCA.

Napa: Northwood Classic & Fun Run. 8K & 1.5 mile. Northwood School. 8:30 am. Yoli Rankenburg, 1275 Orchard Ave., Napa 94558 (707) 226-8350.

Fresno: Fresno Fair Cross-City Race, 10K & 2 mile. Roeding Park (10K), 1st & Huntington (2 mi.), 7:30 am/2 mile, 7:45 am. Fresno Fair Cross-City Race, 1121 Chance Ave., Fresno 93702.

Ventura: Avenue Days River Bed Run. 5K and 1 mile. 115 W. Main St. 8 am/1 mi., 8:25 am. Inside Track 1410 E. Main St., Ventura 93001 (805) 643-1104.

South El Monte: San Gabriel River 10 Mile Run. Legg Lake area. 8 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

Woodland Hills: Michael Cooper 5 & 10K Runs for Hope, plus 2 mile Fun Run/Walk. Topanga Plaza (Victory & Owensmouth). 8:30 am. Drew Pomerance, 5044 Mammoth Ave., Sherman Oaks 91423 (818) 501-8309 or (213) 626-4611.

San Diego: California 1st Bank Triathlon. 0.5K Swim, 7K Run, 18K Bike. Mission Bay. Time TBA. R.A. Kozlowski, KOZ Enterprises, PO Box 5031, San Diego 92105 (619) 222-7595.

Camarillo: Tri-Clubs Championships. 1.5K Swim, 40K Bike, 10K Run. Ventura State Beach. Time TBA. Ron O'Keefe, PO Box 28, Camarillo 93011 (805) 388-3912.

Sacramento: The Sacramento Marathon & Half-Marathon. William Land Park. 8 am. Ron Sturgeon, PO Box 995, Dixon 95620 (916) 678-5005.

Arroyo Grande: Harvest Festival 10 Mile Run, Lopez Lake, 8 a.m. Lynne Toomey, The Sports Stop: (805) 481-1526.

Woodland Hills: Michael Cooper 5 & 10K Runs for Hope, Topanga Plaza (Victory & Owensmouth), 8:30 a.m. Drew Pomerance, 5044 Mammoth Ave., Sherman Oaks 91423. (818) 501-8309, (213) 626-4611.

Schedule

Zuma Beach: Zuma Beach 5 & 10K Runs, 30000 Pacific Coast Hwy., 8 a.m. Altadena Recreation & Parks, 568 E. Mount Curve, Altadena 91001. (818) 798-1173, (213) 457-4911.

Santa Monica: Oktoberfest 10K, Washington & Lincoln, 8 a.m. Oktoberfest 10K, 715 California St., Santa Monica 90403.

Pomona: Comp Romp 5 & 10K, Cal-Poly, 8:30 a.m. COMP Sports Club, College Plaza, Pomona 91766. (714) 623-6116.

Palo Alto: Great Race '88, 10K, Stanford Univ., 8:30 a.m. Palo Alto Recreation Foundation, 1305 Middlefield Rd., Palo Alto 94301.

October 8 (Sat.):

San Francisco: Golden Gate Park X-Country Series. 4 miles. Lindley Meadow (30th & JFK Drive). 9 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123 (415)

921-7188/days or (415) 753-1215/eves.

Sunol: Geary Grinder. 10 mile age handicap or 4 mile. Sunol Regional Wilderness (Calaveras Rd. to Geary Rd.). 9 am. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

Ukiah: Cow Mountain 50 Mile Run. 6 am. Robin Rossow, 2640 Post St. #3, San Francisco 94115 (415) 922-8540.

Rio Vista: Bass Derby Run. 5 & 10K. City Park (4th & Bruning Sts.) 8:30 am (plus kids run at 8 am), Chamber of Commerce, 60 Main St., Rio Vista 94571 (707) 374-2700.

Colusa: Bridge to Bridge 5 & 10 mile. 9 am. Colusa RR, c/o Jennifer Vennery, PO Box 1063, Colusa 95932.

Delano: The Great Grape Run. 5 & 10K. Civic Center (1009 11th Ave.). 8 am. Jim Nagatani, 1319 Main St., Delano 93215.

Ojai: New Beginnings 5K Run. Location TBA. 8 am. Cathleen Schlichter, Ojai Valley Community Center, 1306 Maricopa Way, Ojai

93023 (805) 646-1401.

Los Angeles: Run for the Homeless 5 & 10K. Griffith Park (merry-go-round). 8:30 am. Chrysalis Center, 702 S. San Pedro St., Los Angeles 90014 (John Dillon: 213-623-2932).

Lynwood: Nun Run 4 x 5K Relay and One-Hour Run. Lynwood City Park. 8 am/realy, 10 am. June Arima, St. Francis Medical Center Foundation, 3630 E. Imperial, Lynwood 90262 (213) 603-6350.

Fullerton: Nite Lite 10K. (200 E. Commonwealth). 5:30 pm. Joe Felz, 303 W. Commonwealth, Fullerton 92632 (714) 738-6545.

Playa del Rey: Learn Not to Burn 5 & 10K. Imperial & Vista del Mar. 8 am. Alisa Ann Ruch Burn Foundation, 20944 Sherman Way, Suite 115, Canoga Park 91303 (818) 883-7700.

Tustin: Tustin Tiller 5 & 10K. Columbus Tustin School (Prospect & Beneta). 7:30 am. Steve Blankenship, City of Tustin, 300 Centennial Way, Tustin 92680 (714) 544-8890.

HOUSTON-TENNECO MARATHON

January 15, 1989

Fast, flat and PR-friendly, the Houston-Tenneco Marathon is a single-loop course that traces a diverse, scenic route throughout one of America's premier cities. With a new finish-line, located at the recently completed George R. Brown Convention Center on the east side of downtown, Houston's Big Race now has a Big Home for after-the-race festivities and relaxation.

For the second consecutive year, Houston will be the site of the U.S. Corporate Athletics Association national marathon championship. Approximately 5,000 runners from every state and more than 30 countries are expected to participate in this international event. Free running, sports and fitness expo. (Exhibitors call Ken Knezick, 713-957-0311.)

Race day in Houston is a 26.2-mile-long street party with bands, cheerleaders, performers, radio/TV coverage, balloons, flags, and hoopla provided by thousands of volunteers and a quarter-million spectators. Don't miss being part of this experience!

Entry forms are now available. Write to the Houston-Tenneco Marathon, P.O. Box 56682, Houston, Texas 77027. Or call 713-757-2700.

SPONSOR:



**Association
of Road Racing
Athletes**



HOUSTON-TENNECO
MARATHON



United States
Corporate Athletics
Association



Schedule

San Diego: Moving Comfort 8K for Women (& 8K for Men). South of Hilton Hotel. 7 am/men, 7:30/women. Paul Greer (619) 755-1639.

Fountain Valley: SCA/TAC 50 Mile Championship, Mile Square Regional Park. 6:30 am. Lee Preble, West Coast Univ., 550 S. Main St., Orange 92668 (714) 953-2700 or (213) 532-5043, eves.

Paramount: Senior Strut (for competitive fitness walkers from 50 years +). 1/2 mi., 2 mi., 4 mi. Charter Suburban Hospital (16543 Colorado Ave.) 8 am. Charter Suburban Hospital, 16453 Colorado Ave., Paramount 90723 (213) 531-3110 x415 or 1-800 647-2583.

Encinitas: Say No to Drugs Run. 5K, 10K & 1 mi. Fun Run. North Coast Presbyterian Church (1831 South El Camino Real) 7:30 am/5K, 8 am/10K, 8:30 am. North Coast Presbyterian Church, 1831 South El Camino Real, Encinitas 92024. Steve Krentel (619) 753-2535.

Saratoga: Community Festival Fun Run/Walk, 5K, West Valley College (track), 9 a.m. Bob Cabeza, SW YMCA, 13500 Quito Rd., Saratoga 95070. (408) 370-1877.

Stinson Beach: Stinson Beach Sandpiper 10K & Half-Marathon, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Corona: Corona Firefighters' Run for Fire Safety 5 & 10K, Corona High School (10th & Lincoln), 7:45 a.m. Fred Parr, P.O. Box 1510, Corona 91720. (714) 737-9641.

Montebello: Montebello Heritage 5K Run, 3K Stride & Kiddie K, 8 a.m. Montebello 90640. (213) 725-1200, x430.

Walnut: Walnut Family Festival 5K, Suzanne Park, 8 a.m. Don Sumner: (714) 595-1022.

Van Nuys: Run for the Health of It, 5K, Henry Mayo Newhall Memorial Hospital, 8:30 a.m. Tamra Kraye: (805) 253-8082.

La Quinta: Coachella Valley Red Cross Triathlon, 1K Swim, 20K Bike, 5K Run, Lake Ca-huilla Park, Time TBA. Bob Schneck, P.O. Box 9435, Palm Springs 92263. (619) 325-4114.

October 9 (Sunday)

San Francisco: DSE/GGNRA "Walt Stack Run" ? miles. 9 am. S/F Crissy Field, the Presidio. Jim Skophammer (415) 994-5727.

Danville: Primo's to Primo's 5 & 10K, and 0.5 mi. 7:30 am. Janet Kinney, 16 Ray Ct., Danville 94526 (415) 837-0861.

Concord: Spartan Cup 5 & 10K, DeLaSalle

High School (Winton & Treat Blvd). 9 am. Jim Seven, 132 Mt. Everest Ct., Clayton 94517 (415) 672-7598.

Fremont: Pumpkin Patch Fun Run/Walk, 5K. Central Park Swim Lagoon (Paseo Padre Pkwy). 9 am. Ginny Duffy, City of Fremont, PO Box 5006, Fremont 94537 (415) 791-4320.

Novato: Mt. Burdell Challenge. 5 & 10K. 351 San Andreas Dr. 9 am. Ray Young, 2050 Shady Ln., Novato 94945 (415) 892-3228 or 897-6417.

Palo Alto: Run for the Animals. 5 & 10K. 9 am. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2380.

Aptos: Run for Your Life. 6.5 mi. & 2 mi. Fun Run. Aptos Village Park. 9 am. Joel B. Doss, 358 Searidge #1, Aptos 95003 (408) 658-2504.

Morgan Hill: Columbus Day Biathlon. 5 mi. Run, 15 mi. Bike. Live Oak High School (1505 E. Main St.). 9 am. (500 limit). Gavilan Wheelers, 14735 Amberwood Ln., Morgan Hill 95037 (408) 729-2504.

San Mateo: Forty Nuners Run, 5 & 10K. Special Walk & Children's Event. Coyote Point Recreation Area. 8 am. Sister Mary Rose Christy, Sisters of Mercy, 2300 Adeline Dr., Burlingame 94010 (415) 340-7400.

Sparks/Reno, NV: PA/TAC 15K Championships (all divisions) & 5K Fun Run. Fisherman's Park. 9 am. Silver State Striders, PO Box 21171, Reno, NV 89515 (Bill Meister 702-852-5037).

Merced: Bell Race. 3K & 15K. Applegate Park (26th & "O" Sts.). 8:30 am. MTC Bell Race, 629 El Portal Dr., Merced 95340 (Jean Schwisow 209-722-8385).

San Luis Obispo: Cuesta-Spirit 50K Biathlon. 10K Run, 40K Bike. Cuesta College. 8 am. Warren Hansen, Cuesta College, PO Box 8106, San Luis Obispo 93403 (805) 544-2943, x289.

Valencia: "Run for the Health of It" 5K. Henry Mayo Newhall Memorial Hospital (23845 W. McBean Pkwy). 8:30 am. Tamra Kraye, HMNMH, 23845 W. McBean Pkwy, Valencia 91355 (805) 253-8082.

South El Monte: Legg Lake 5K Challenge. 8 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

Los Angeles: Travel Town 5K Run. Griffith Park. 8 am. Kern's Classic, 11811 W. Olympic, Los Angeles 90064 (213) 478-7878.

Newport Beach: Human Race Triathlon. 1.5 mi. Swim, 35 mi. Bike, 10K Run. Time TBA. Matt O'Day, 4255 Campus Dr., #A-100, Irvine 92715 (800) 331-4871, (800) 223-4871.

San Diego: Running Wild 10K, plus 5K Walk. Wild Animal Park. 7:30 am. Kathy Loper (619) 437-4556.

Weott: Humboldt Redwoods Marathon & Half-Marathon. 9 am. Karen Angel, Six Rivers RC, PO Box 214, Arcata 95521 (707) 442-6463.

Sacramento: Sacramento Zoo Zoom 5 & 10K and Children's 1/2 Mi. & 1 Mi., Sacramento Zoo, 8:30 a.m./Kids, 9:30 a.m./5-10K. Joyce Mansfield, Sacramento Zoological Society, 3930 William Land Park Dr., Sacramento 95822. (916) 449-5888.

San Francisco: Amnesty International Run/Walk For Human Rights, 5K, Golden Gate Park (Polo Fields, Southeast parking lot), 9 a.m. Allan Farnham, 57 Cornelia Ave., Mill Valley 94941. (415) 383-7339.

Stockton: Stockton RV Sports & Boat Show 10K, Waterfront Warehouse (Weber Ave.), 9 a.m. Gary Vangan, YMCA, 640 N. Center St., Stockton 95202. (209) 466-9603.

Chino: Columbus Day 5 & 10K, Chino Healthcare Parking Lot, 7:45 a.m. Bill Thompson, 13219 Central Ave., Chino 91710. (714) 591-9834.

Century City: Run for L.I.F.E., 5 & 10K, Rancho Park, 8 a.m./5K, 8:30 a.m. Race Central, P.O. Box 828, Rialto 92377.

Las Vegas: Run for Your Rights 5K, Lorenzi Park (Washington Blvd., just west of Rancho Rd.), 9 a.m. Joyce Wescott: (702) 385-2153.

October 15 (Sat.):

Vallejo: Blue Rock Classic. 10K. Hanns Park (Redwood Pkwy). 9 am. Dan Donahue, PO Box 872, Vallejo 94590 (707) 552-4004.

Pinole: Bear Valley Biathlons, Bearathon: 15K Run, 24 mi. Bike, or Hare-athon 5K Run, 10 mi. Bike. Ellerhorst School (Pinole Valley Rd.) 9 am. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

San Francisco: Golden Gate Park X-Country Series. 4 mile. Lindley Meadow (30th Ave. & JFK Dr.) 9 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123 (415) 921-7188/days, or (415) 753-1214/eves.

Mountain View: Mountain View Rotary Club 10K Run. Mtn. Bay Plaza (444 Castro St.) 8:30 am. Jerry (408) 735-7739.

San Jacinto: Lions Run, 2K & 10K. San Jacinto High School. 8 am/2K, 8:30 am. Ben Stuart, San Jacinto Lions Club, PO Box 883, San Jacinto 92383 (714) 654-7774 or (714) 528-6601.

Schedule

West Covina: City of West Covina Festival 5 & 10K Runs. City Hall (1444 W. Garvey). 8 am. Scott Smilowitz, City of West Covina, 1444 W. Garvey Ave., West Covina 91793 (818) 814-8420.

Newport Beach: Newport Beach/Harbor Heritage 5K Run & 2K Fun Run. Newport Harbor High School (16th St., btwn. Dover & Irvine). 8 am. NHHS Harbor Heritage Run, 600 Irvine, Newport Beach 92663 (714) 760-3339.

Long Beach: Long Beach State University 1K, 5K & 10K Homecoming Run. CSULB Track. 8 am. Intramural Sports., CSULB, SAR-179, 1250 Bellflower Blvd., Long Beach 90840 (213) 985-4668.

Encinitas: Encinitas Family 5K & Kids 1 mi. Run. North Coast Health Center. 8 am/5K, 9 am. In Motion, Inc., 2204 Garnet Ave., Suite 303, San Diego 92109 (619) 483-9501.

Berkeley: Golden Bear Challenge 5 & 10K, Edwards Stadium (Oxford & Bancroft), 9 a.m. Golden Beach Challenge, Univ. of California,

210 Memorial Stadium, Berkeley 94720. (415) 642-2444.

Catalina Island: Westend Series 25K, 30K & 10K, 9 a.m. Hans Albrecht, 16 Peppertree, Rancho Palos Verdes 90274. (213) 544-1817.

Playa del Rey: West Coast Biathlon, 5K Run, 20K Bike, 5K Run, Dockweiler Beach, 8 a.m. Bruce Mitchell, 2223 14th St., Santa Monica 90405. (213) LUV-2RUN.

Riverside: Victoria Avenue 5 & 10K Runs, Arlington High School, 8 a.m./5K, 8:30 a.m. Nettie Van Horn: (714) 782-5407.

Fullerton: Nite Lite 10K Run & Racewalk, 301 N. P{omona Ave., 5:30 p.m. Joe Feliz: (714) 738-6575.

Las Vegas: Happy Hooker 10K, Convention Center (Desert Inn & Paradise), Time TBA. Info: (702) 382-3496.

Atascadero: Run Your Plaque Off! 5K & 1 mile fun run. City Hall (West Mall & Lewis). 7:30 am/1 mile, 5K follows. Lawrence M. Guit-

tard, DDS, Race Director, 4401 El Camino Real, Suite H, Atascadero, CA 93422 (805) 466-5787.

October 16 (Sunday):

San Francisco: GayRun '88. 5 & 10K. Golden Gate Park (Polo Fields). 9 am. San Francisco Frontrunners, 1550 California St., Suite 6L200, San Francisco 94109 (415) 621-4284, 956-2893, Peter Trevino.

San Francisco: DSE U.S.S. San Francisco Monument Run. 6.5 mile. Parking lot above Clement & El Camino Del mar (48th Ave.). 10 am. Jim Skophammer, 666 Orange St., Daly City 94014 (415) 994-5727.

Danville: **CANCELLED.** Las Trampas Wil-demess Run & Stride. 8 mi. & 3.5 mi. Bollinger Canyon Rd. 9 am. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

Oakland: Oakland Brass Pole Run. 5K run/walk, 10K Run. Jack London Square. 9 am.

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Schedule

Volunteers of America, 519-17th St., Suite 600, Oakland 94612 (415) 834-4650.

Half Moon Bay: Half Moon Bay Pumpkin Festival Run. 1.5 mi. & 10K. Time TBA. Pumpkin Festival Run, PO Box 1101, Half Moon Bay 94019.

San Jose: Rose Garden Run/STride. 1.5 & 5 mi. runs, 3 mi. stride. Central YMCA. 8:30 am. YMCA, 1717 The Alameda, San Jose 95126 (408) 298-1717.

Orinda: Miramonte Foot Feet. 2 mi. run/walk, 10K run. Miramonte High School (750 Moraga Way). 9 am. John Bannister, Jr., 116 Corliss Dr., Moraga 94556 (415) 376-0365.

Santa Clara: Eat'N Run 88. 5 & 10K. Mission College. 9 am/5K, 9:20 am. World Runners, Box 18132, San Jose 95158 (Andre Pascal 415-968-0300).

Santa Cruz: Long Marine Lab Half-Marathon. End of Delaware (Natural Bridges State Park). 8 am. Mike Moser, Long Marine Lab, 100 Shafter Rd., Santa Cruz 95060 (408) 429-4675.

St. Helena: Valley View Run. 5 mi. & 1 mi. Fun Run/Walk. St. Helena High School. 9 am. Patrick Lecourt, St. Helena Hospital, Deer Park 94508 (707) 963-6207.

San Francisco: Fleet Week Challenge Run. 5 miles. Crissy Field (Presidio). 8 am. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Hayward: Hayward Half-Marathon. Kennedy Park. 8 am. Debra Park, 1099 "E" St., Hayward 94541 (415) 881-6778.

Bakersfield: Ultimate Fun Run. Distance TBA. Bakersfield College. 8 am. Bakersfield TC, PO Box 6154, Bakersfield 93386.

Lawndale: City of Lawndale 5 & 10K, El Camino College (16007 Crenshaw). 7:45 am. Gary Di Corpo, City of Lawndale, 14717 Burin Ave., Lawndale 90260 (213) 973-4321, x 129.

Van Nuys: Pumpkin 5 & 10K Classic & Kid-die K. Woodley Park. 7:45 am/1K, 8 am/5K, 8:30 am. John Black, VPH Cardiac Rehab, 15107 Vanowen St., Van Nuys 91405 (818) 902-5776.

South El Monte: 5K Legg Lake Run. 8 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

San Dimas: U.S. Relay Championships & Bonelli Park International. 1K Swim, 40K Bike, 8K Run. Bonelli Park. Time TBA. Bill Fulton, 2654 E. Garvey Ave., West Covina 91791 (818) 331-0169.

Rancho Bernardo: Rancho Bernardo Half-Marathon & 2 mi. Rancho Bernardo Park. 7 am. Ozzie Osgood (619) 485-7536.

San Diego: Swiftest Business 10K. General Dynamics. 8 am. Amy Garfield (619) 573-9921.

San Leandro: Oakland SPCA Purina Hipro Fun Run, 2 Mi. & 1 Mi. Walk (The Great American Dog Race), 8:45 a.m./Walk, 9:30 a.m./Run. Oakland SPCA, 8323 Baldwin St., Oakland 94621. (415) 569-0702.

Walnut Creek: Station to Station 10K & 4 Mi. Run/Stride, Sugarloaf Open Space Area (off 680, Rudgear Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Victorville: Inco High Desert Classic, 5 & 10K, Victor Valley Mall, 8 a.m./5K 9 a.m. In Motion, Inc., 241 Broadway, Costa Mesa 92627. (714) 548-4897.

Camarillo: Camarillo 5 & 10K, Camarillo H.S. (Mission Oaks & Adolfo), 8:30 a.m. Marilyn West, Pleasant Valley Recr. & Parks, 1605 E. Burnley, Camarillo 93010. (805) 482-1996.

El Toro: Leatherneck 5 & 10K and Half-Marathon, MCAS, 7 a.m. Maj. Newlin, Training Dept., MCAS El Toro 92709. (714) 651-3121.

October 22 (Sat.):

San Francisco: Golden Gate Park X-Country Series. 4 mi. Lindley Meadow (30th Ave. & JFK Drive). 9 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123 (415) 921-7188 days, (415) 753-1215 eves.

Menlo Park: Run for the Kids. 10K. Menlo College (1000 E. El Camino). 8:30 am. Gale Holm, 927 Laurel Ave., Menlo Park 94025 (415) 321-2184.

San Francisco: 1988 First World Corporate Games (thru November 5). Track events, 5K, 10K, Half-Marathon, Marathon, plus 19 other sports. \$150 fee. World Corporate Games, Shaklee Terraces, 444 Market St., San Francisco 94111 (415) 781-1988.

Santa Rosa: Annadel Trail Race. 6.8 & 9.1 mile. Annadel State Park. 9 am. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

Cool: Trail Blazer Biathlon. 4 mi. run/ 14 mi. bike. (Near Sacramento) 300 limit. 8 am. Delmar Fralick, Fleet Feet, 8128 Madison Ave., Fair Oaks 95628 (916) 965-8326.

Harris Ranch: Harris Ranch River Run. 2 mi. & 10K (21011 E. Trimmer Springs Rd., 6 mi. east of Fresno). Time TBA. Harris Ranch, Route 1, Box 420, Coalinga 93210 (209) 884-2477.

Bakersfield: Hart Park Relays. Distance &

Time TBA. Bakersfield TC, PO Box 6154, Bakersfield 93386

Hawthorne: Hawthorne Rotary 5 & 10K. Robert F. Kennedy Medical Center (4600 W. 116th St.) 8 am. Reese Walton, 4565 W. 130th St., Hawthorne 90250 (213) 679-6361.

Ventura: Inside Out & Back 10K. Inside Track. 9 am. Gary Tuttle, Inside Track, 1410 E. Main St., Ventura 93001 (805) 643-1104.

San Diego: San Dieguito Handicap. 10 mi. San Dieguito Park. 7:30 am. Dennis Kasischke (619) 280-7327.

Grossmont: Grossmont Hospital 10K. Grossmont Center Dr. 8 am. Tim Murphy (619) 275-5440.

Kona, HI: Bud Light Ironman Triathlon World Championship. 2.4 mi. Swim/ 112 mi. Bike/Marathon Run. Time TBA. Debbie Baker, 1100 Ward Ave., #815, Honolulu, HI 96814 (808) 528-2050.

San Leandro: Fire Trails Fifty, 50 Mi., Lake Chabot Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

Big Sur: Big Sur River Run, 10K, Pfeiffer Big Sur State Park (30 Mi. south of Carmel), 10 a.m. Big Sur River Run, P.O. Box 201, Big Sur 93920. (408) 667-2182.

South El Monte: San Gabriel River 3 Mile Morning Mist Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Huntington Beach: "Running is for the Birds" 10K Run & 5K Walk, Bolsa Chica State Beach, 8:30 a.m. Amigos de Bolsa Chica, P.O. Box 3748, Huntington Beach 92647. (714) 897-7003.

Ontario: 5K Run Against Drugs, Euclid Ave. (between D & E Sts.), 9 a.m. Run Against Drugs, 203 W. G St., Ontario 91762. (714) 983-6011.

Anaheim: Los Angeles Rams 5K, Anaheim Stadium, 8 a.m. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Long Beach: Long Beach Low Tide Runs, 1, 2 & 4 Mi., Ocean Blvd. & Junipero Ave., 4 p.m./1 Mi., 4:30 p.m./2 Mi., 5 p.m. Low Tide Runs, Box 30306, Long Beach 90853.

San Diego: Run Crime Out of Town 10K, Marriott Hotel (Near Seaport Village), 7 p.m. Crime Stoppers, Inc., 1025 W. Laurel St., Suite 106, San Diego 92101. (619) 233-4800.

Las Vegas: Harry Reid Family Fun Run, 10K, Racquet Club (9001 S. Industrial), 9 a.m. Info: Pater Arapis: (702) 388-6545.

Schedule

October 23 (Sunday):

Daly City: DSE San Bruno Mountain Run. 5 & 10K. San Bruno Mountain State Park (top of Guadalupe Canyon Pkwy). 10 am. Jim Skophammer, 666 Orange St., Daly City 94014 (415) 994-5727.

Redwood City: The Perfect Race Half-Marathon. 20K Racewalk & 10K Fun Stride. Canada College (Farm Hill Blvd.). Time TBA. Terri Teixeira, YMCA, 1445 Hudson, Redwood City 94061 (415) 368-4168, mornings.

Livermore: Mulberry Grape Escape. 5 & 10K Run & 5K Stride. Wente Bros. Winery (5565 Tesla Rd.). 9 am. Rae Dorrough, 614 Escondido Circle, Livermore 94550 (415) 447-8100.

Fremont: Coyote Hills to-the-Bay Race. 3.5 & 7 mile. Coyote Hills Regional Park (8000 Patterson Ranch Rd.). 10 am. Newark Recreation Division, 35501 Cedar Blvd., Newark 94560 (415) 790-7252.

Antioch: Deltathon & Biathlon. 1 mi. & 10K Run, or biathlon: 10K Run & 12 Mi. Bike. Contra Costa County Fairgrounds. 8 am. Laurie Rollin, California Delta Newspapers, 1700 Cavallo Rd., Antioch 94509 (415) 757-2525.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5, 10 & 15K. Lake Merritt (Old Boathouse), 14th & Lakeside. 9 am. Elvyn Blair, 3136 California St., Oakland 94602 (415) 530-9151.

Santa Rosa: Snoopy's Young at Heart Run. 5K & 7 mi. Redwood Empire Arena (Steele Ln. exit off 101). 9 am. Redwood Empire Ice Arena, 1667 W. Steele Ln., Santa Rosa 95401 (707) 546-7147.

So. El Monte: 5K Legg Lake Run. 8 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

Berkeley: The Barrows Bear's Lair 5K Run, (UCB Campus - Northfield), 8:30 a.m. California Student Foundation, 2440 Bancroft Way, Berkeley 94720. (415) 643-7002.

San Francisco: Pamakid Lake Merced 10K, & Kids Mile (16 & Under), Sunset Blvd. Parking Lot, 9:15 a.m./Mi., 10 a.m. (Raceday Reg. Only). Bill Dake: (415) 583-6268 (Eves).

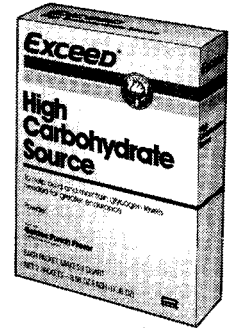
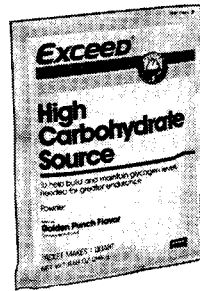
Cupertino: Any Mountain Great Bud Run, 10K & 10 Mi., 10495 N. DeAnza Blvd., 8:30 a.m. Deborah Luck: (408) 255-6162 (x214).

Suisun: Run Against Drugs, 5K, Suisun City Hall, 1 p.m. Drug Advisory Committee, 1025 Delaware St., Fairfield 94533. Bonnie: (707) 426-2671.

Studio City: Studio City Chamber of Commerce 5 & 10K, Ventura Blvd. & Laurel Canyon, 8 a.m. Pro-Motion Events, P.O. Box

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Santa Barbara: Fay Hobbs Memorial 5 & 10K Runs & 5K Walk, Ledbetter Beach, 8:30 a.m. Fay Hobbs Memorial Runs, P.O. Box 6616, Santa Barbara 93160. (805) 963-3303.

October 28 (Friday):

San Francisco: KMEL Monster Chase 5K Night Run. Crissy Field (Presidio). Time TBA. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

October 29 (Sat.):

Kenwood: The Sugarloaf Half-Marathon. 7

mi. & 13.5 mi. Sugarloaf Ridge State Park. 9 am. (hilly trail course). Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

Folsom: Sierra Nevada Endurance Run. 52.4 miles. Folsom Lake (trail run). Time TBA. Delmar Fralick, PO Box 5299, El Dorado Hills 95630 (916) 965-8326, days.

Santa Barbara: Sri Chinmoy 3 Mile. Palm Park (across from Red Lion Resort). 8 am. Aditi Camahan (805) 685-3325.

Ventura: "Twilight's Last Gleaming" 4 Mile X-Country. Arroyo Verde Park (Day Rd.). 5 p.m. (Raceday entry only.) Andrew Hecker, Box 7793, Ventura 93006 (805) 983-0044, days, or (805) 642-3879, eves.

Whittier: Whittier Village YMCA 5 & 10K.

Schedule

Whittier Hilton Hotel. 8 am. Marilyn Grant, E. Whittier, YMCA, 15740 Starbuck, Whittier 90603 (213) 943-7241.

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

Alhambra: Alhambra's Moonlight 8K (NATL TAC WOMEN'S 8K CHAMPIONSHIPS), Alhambra Park (500 N. Palm Ave.) 7 p.m. City of Alhambra, Human Services Dept. 111 So. First St., Alhambra 91801 (818) 570-5044.

Ontario: Bud Light Trick or Treat Triathlon. 3 mi. run/ 9 mi. bike/ 200 yd. swim. Clarion Hotel. Time TBA. Rob Hogan, 7211 Ramona Ave., Alta Loma 91701 (714) 989-6512.

San Diego: Quarter-Note Classic 10K. Organ Pavilion. 8 am. In Motion (619) 483-9501.

Palo Alto: University to University Stride for Healthy Babies, 10K, Chuck Taylor Grove (Stanford Campus), 7:30 a.m. (pre-paid pledge walk). March of Dimes, 1500 E. Hamilton Ave., Suite 117, Campbell 95008. (408) 371-5911.

Marin County/Pt. Reyes National Seashore: Miwoks Marathon, Half-Marathon & 50 Mile, 7 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

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

Las Vegas: LVTC 5 Mile, Silver Bowl (near Tropicana & Boulder Hwy), 8 a.m. Contact: (702) 382-3496.

Fresno: Shoes & Spokes, Roeding Park-Palm Point, 2 Mi. & 6 Mi, 2 Mi. Company Team Challenge, 2 Mi. Fun Walk, 8 a.m. CAPH (209) 222-CAPH.

October 30 (Sunday):

San Francisco: DSE Legion of Honor Run. 4.3 mi. Legion of Honor, 34th Ave., & Clement. 10 am. Jim Skophammer, 666 Orange St., Daly City 94014 (415) 994-5727.

San Francisco: Pepsi-Cola California Mile. 8 am. (Up California St. hill). Winning Team, PO Box 416, Belmont 94002 (415) 593-2788.

Westlake Village: Great Pumpkin 5K, 10K & 1 Mile. Westlake Plaza Hotel. 8 am. Chamber of Commerce, 31838 Village Center Rd., Westlake Village 91361 (818) 991-3101.

Santa Clara: Great Stadium Dash, 10K, Buck Shaw Stadium (Univ. of Santa Clara), 9

a.m. Santa Clara County Special Olympics, 1601 Foxworthy Ave., San Jose 95118. (408) 353-3013.

Saratoga: The Chamber Chase 10K, Argonaut Shopping Center, 9 a.m. Jody Lernihan, 12888 S. Saratoga-Sunnyvale Rd., Saratoga 95070. (408) 867-5030.

San Francisco: Asian Runners Club Golden Gate Promenade Run, 3.6 Mi., north end of Scott St., 8:30 a.m. Richard Finley: (415) 343-5101.

Ventura: 5 & 10K Run for Sobriety, Ventura State Beach (901 San Pedro), 8 a.m. Pete Morgan, 105 W. Harrison St., Ventura 93001. (805) 653-5815.

Santa Ana: Monster Mash Dash 8K & "Trick or Treat" Trot, Main Place, 8 a.m./8K, 9 a.m. Mash Dash, P.O. Box 828, Rialto 92376. (714) 661-6062.

Huntington Beach: Boy Scouts Halloween 3 & 10K, Huntington Beach Pier, 8 a.m. John Bushman, 8351 Alvarado Dr., Huntington Beach 92646. (714) 960-3171.

Monterey Park: Aztlan International 5K & 10K Classic, East Los Angeles College (Olympic Stadium), 1301 Brooklyn Ave., 8 a.m. Frank Gutierrez, East Los Angeles College, 1301 Brooklyn Ave., Monterey Park 91754. (213) 265-8753.

Los Angeles: St. Joseph's Medical Center 5, 10 & 15K, Griffith Park, 8 a.m. JoAnn Sugar, St. Joseph's Medical Center, Foundation Office, Buena Vista & Alameda Sts., Burbank 91505. (818) 247-3783.

Culver City: Goblin Gallop 5 & 10K, Fox Hills Mall, 8 a.m. Contact: Craig Sloane (213) 390-3604.

Los Angeles: UCLA Run for World Health, 5 & 10K, 8 a.m. Contact: Marie Fox (213) 206-0500.

Las Vegas: Full Moon Biathlon, 6125 W. Sahara, Distances TBA, 8 a.m. Contact: Ilene Farley (702) 873-4070.

October 31 (Monday):

Carson City, NV: Nevada Day Classic. 8K Run, 3K Stride. 8 am. Butch Cattanch, Fleet Feet, 3771 S. Carson St., Carson City, NV 89701 (702) 883-3361.

November 5 (Saturday):

Los Altos Hills: Los Altos Hills Country Climb, 3 & 5 Mi., Foothill College (far west parking lot), 8:30 a.m. LAHCC, 101 First St., Suite 260, Los Altos 94022. (415) 949-5415.

Tracy: Tracy 2 Mi. & 10K, Lincoln Park (East & Eaton), 7 a.m. Bob Milliorn, 7759 W.

Cabe, Tracy 95376. (209) 832-1054.

Arcata Area: Bridgeville Relays & Ultra, 41 Mi., Freshwater School (to Bridgeville), 5 a.m. (pre-registration req'd.). Sherman Schapiro: (707) 668-5728.

South El Monte: San Gabriel River 3 Mile Standard Time Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Sylmar: Olive View 5K Run, 10K Run/25K Bike Biathlon, 7:30 a.m. Gene Evans, Olive View Medical Center, Volunteer Office, 14445 Olive View Dr., Sylmar 91342. (818) 364-3073.

Orange: SCA/TAC 10K Cross-Country Championship, Santiago Oaks Park, 8:30 a.m. A Running Experience, Box 3209, Long Beach 90803. (213) 433-1656 or 425-4855.

Los Angeles: Stuntmen's Association 5 & 10K, Griffith Park (merry-go-round), 8 a.m. Tome Morga, 4810 Whitsett Ave., No. Hollywood 91607. (818) 984-0806.

Rosarita Beach, BC (Mexico): Rosarito Beach 5 & 10K and 1 Mi., 8 a.m./5K, 8:05 a.m./ 10K, 7:45 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (213) 634-3027, (714) 841-5417.

Avalon, (Catalina Island): Catalina Triathlon, 0.5 Mi. Swim, 14 Mi. Bike, 4 Mi. Run, Time TBA. Bill Fulton, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Las Vegas: LVTC 20K & 5 Mi., Sunset Park, 8 a.m. Contact: (702) 382-3496.

Cancun, Mexico: Cancun Caribbean Run 10K. CANCELLED! due to hurricane damage.

Nov. 6 (Sunday):

Los Gatos: J&J Sports Los Gatos Summit Marathon & Half-Marathon. 8 am. (\$3000 prize money/marathon only). Runner's Factory, 51 University Ave., Los Gatos 95030 (408) 395-4311.

New York, NY: New York City Marathon. 10:30 am. Entries by first-come, first-served and lottery. NYC Marathon, 8 E. 89th Street, New York, NY 10128 (212) 860-4455.

San Francisco: DSE Lake Merced Run, 4.6 Mi., Sunset Blvd. Parking Lot, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Francisco: CCPM Waterfront 10 Mile & 5K, Hyde & Jackson (Fisherman's Wharf), 8 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

Sunnyvale: ESL Runaway, 10K & 5K Walk/Run, 1 Mi. Teddy Bear Run, Java & Geneva, Time TBA. ESL, 495 Java Dr., Sunnyvale

FOUNDATION 30K RUN

Formerly the "Clarksburg 20 Mile Run"
Sponsored by Foundation Health Corporation
Sunday, November 13, 1988

Races begin at:

Delta High School, Clarksburg
4 miles South of Sacramento

**All Races Will Start Promptly
At The Times Listed Below.**

30K Race (18.6 miles) **11:00 a.m.**
(including Charity Challenge Team Relay)

5K Race (3.1 miles) **11:15 a.m.**

1 Mile Kids Race **12:05 p.m.**

TAC SANCTIONED & CERTIFIED

**1988 TAC Men and Women's
National Masters 30K Championship and P.A. TAC 30K Championship**



Mail Application to :

Foundation 30K Run
Communications Department
Foundation Health Corporation
11344 Coloma Road, Bldg. 400
Gold River, CA 95670

For More Information, Call:

(916) 636-7692 - Days
(916) 665-1712 - Evenings

REGISTRATION:

• **30K** - \$16.00 (includes T-shirt and meal) Late registration, after Nov. 5, and race day is \$25.00.

• **5K** - \$10.00 (includes T-shirt and meal) Late registration, after Nov. 5, and race day is \$13.00.

• **KIDS RACE** - \$8.00 (includes T-shirt and meal) Pre-registration is encouraged. Race day registration open until 11:30 a.m.

DIVISIONS AND AWARDS:

• **30K** - Men and Women: 14 and under - 69, 3 deep in each 5 year division. 70 - 90, 1 deep in each 5 year division. Wheelchair and Heavyweights, 3 deep in each division.

• **5K** - Men and Women: 14 and under - 60 and over, 3 deep in each 5 year division.

• **KIDS RACE** - Boys and Girls: (12 & under only) 1st - 3rd fancy ribbons, ribbons to all finishers.

DRAWINGS:

Valuable merchandise awards raffled to registered runners in both races at awards ceremony. Must be present to win.

BENEFIT:

PEOPLE REACHING OUT

(A non-profit organization that fights drug use among youth.)

PRIZE MONEY:

TOTAL PRIZES AVAILABLE
\$8,700.

ELIGIBILITY:

Although the TAC card is optional, ALL AWARD WINNERS in the 30K Championship must hold current TAC cards at the time of the race. TAC cards may be obtained by contacting:

TAC Office
P.O. Box 1495
Fair Oaks, CA 95628.

TAC TEAMS:

FOR 30K ONLY - All teams must pre-register and also report to team tables on race day morning to declare their team members. (3 to score).

FEATURES:

• All runners will receive pace and split times at every mile. Free meal, a long-sleeved T-shirt, fruit, drinks and other refreshments will be available to all participants. • Please note the "Corporate Team Relay Division" (30K race only, 3 members per team - each member runs a 10K). 30K Charity Challenge relay team entries can be arranged by calling (916) 636-7692.

• The top 5 men and women in the 30K will be given seeded entries for The California International Marathon-Official training run for the California International Marathon.

• For information about free Child Care, call: Lois Seebeck, evenings at (916) 775-1318.

REGISTRATION FEES

30K - \$16.00
5K - \$10.00
Kids Race - \$8.00

Fee includes T-shirt and meal. Late Registration - \$25.00 after 11/5/88.
Fee includes T-shirt and meal. Late Registration - \$13.00 after 11/5/88.
Fee includes T-shirt and meal. Race day registration fee is the same as pre-registration.

Make checks payable to; Foundation Challenge, Inc.

MAIL REGISTRATION TO:

Foundation 30K Run
11344 Coloma Road
Gold River, CA 95670

RACE:

30K ☐ 5K ☐ Men ☐ Women ☐ Kids ☐

Please CIRCLE division: 10 and under, 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

SPECIAL:

Wheelchair, Heavyweight (200+ lbs.)

TAC Team (30K only): ☐ Yes ☐ No

PACE:

Estimated race pace: _____ Minutes: _____ Seconds per mile: _____

SEX

M ☐ F ☐

DATE OF BIRTH

AGE ON RACE DAY

OFFICIAL USE ONLY

LAST NAME

FIRST NAME

STREET ADDRESS

CITY

STATE

ZIP

T-SHIRT

☐ S ☐ M ☐ L ☐ X

TEAM

TELEPHONE

____-____-____

Forms postmarked after 11/5/88 are considered as "Late Registration". Race Packets can be picked up on race day at Delta High School, Clarksburg starting at 7:30 a.m. All teams must pre-register and also report to team tables on race day morning to declare their team members. **WAIVER:** In consideration of your accepting this entry for the Foundation 30K Championship and Associated events, a strenuous footrace, I, for myself, my heirs, executors, and administrators forever waive Yolo County, Community of Clarksburg, Foundation Health Corporation, the race directors and their representatives, volunteers, or any other sponsors for all claims, and costs arising out of race which I have entered by filling out the above registration. This waiver applies to all races, and as part of the waiver I acknowledge that I have read and understand all of the above.

Signature: _____ Date: _____

(All Entrants Must Sign Waiver (parent/guardian if under 18))

Duplication of this
application is acceptable.

Schedule

94088. (408) 738-2888, x4604.

San Jose: YMCA Coyote Creek 10K & 2 Mi., Hellyer Park, 8:30 a.m./2 Mi., 9 a.m. South Valley YMCA, 5632 Santa Teresa Blvd., San Jose 95123. (408) 226-9622.

Windsor: Windsor Whale Run, 10K & 3K Family Fun Run/Walk, 9 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

Oakland: Oakland P.A.L. 5 & 10K, plus 1 Mi., Sailboat House (Bellevue Ave.) Lake Merritt, 7:30 a.m. Margaret Dixon: (415) 273-3255.

Sonora: Sonora Heart & Sole Classic, 10K & 2 Mi., Courthouse Square, 8:30 a.m. Susan Tabacchini: (209) 532-3161, x329.

Placerville: Apple Hill Harvest Run, 3 & 6.5 Mi., Abel's Apple Acres (Carson Rd. & Union Ridge-Rach #38 on Apple Hill Dr.), 8:30 a.m. Snowline Hospice, 814 Pacific St., Placerville 95667. (916) 622-9595 or 626-4604.

Santa Barbara: Santa Barbara Half-Marathon, Arroyo Burro Beach, 8 a.m. Santa Barbara Half-Marathon, P.O. Box 6616, Santa Barbara 93160. Irwin Sorkin: (805) 687-7473.

Loma Linda: Pigeon Pass Marathon, Half-Marathon, 10K Run & 5K Walk, 7 a.m. John Fanning, Box 495, Loma Linda 92354. (714) 369-9206.

Los Angeles: Minne Riperton 5 & 10K, Hoover & King Sts., 8 a.m. Beulah Anderson, American Cancer Society, 2975 Wilshire Blvd., Los Angeles 90010. (213) 386-6102.

Los Angeles: Head for the Hills 10K Cross-Country, Travel Town, 8 a.m. Steve Broten, Box 3684, 10016 Pioneer Blvd., Santa Fe Springs 90670. **Raceday Entry Only.**

South El Monte: 5K Legg Lake Catfish Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

West Hills: West Valley Classic 5 & 10K Runs & 2K Fun Run, Valley Circle & Kittridge, 8 a.m./5K, 8:45 a.m./10K, 9:15 a.m. West Valley Classic Run, P.O. Box 795, Dana Point 92629. (818) 347-4741.

San Diego: Rock and Roll 10K, and 2 Mi., South of Hilton Hotel, 7:30 a.m. Kathy Loper: (619) 437-4556.

November 12 (Saturday):

Saratoga Gap: Skyline to the Sea Trail Marathon, 2/3 Marathon & 50 Mi., hilly trail course, 7 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705.

Pescadero: Pescadero Half-Marathon, Pescadero Creek County Park, 9 a.m. Team

Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Los Gatos: Run for the Son, 10K & 1 Mi., Los Gatos Christian Church (Hicks Rd.), 8:30 a.m./1 Mi., 9 a.m. Mike & Pepper Spivey, 475 W. Sunnyside, Campbell 95008. (408) 378-9012.

South El Monte: San Gabriel River 3 Mile Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Cleveland National Forest: San Juan Trail 50 Mile Run, (Lazy W. Ranch, 11 Miles inland from San Juan Capistrano), 6 a.m. (Time Limit 12 hours, 200 runner max.). Barry Hawley, 1619 Calle Las Bolas, San Clemente 92672. (714) 492-8191.

Playa del Rey: "Jet to Jetty" 5 & 10K Runs & 5K Walk, 8 a.m. Airport Marina Counselling Service, 6228 W. Manchester Ave., Los Angeles 90045. (213) 670-1410.

Tustin: Tustin Trek, 5 & 10K, Colonial Bible School, 8 a.m./5K, 8:30 a.m. Bryan Wilkins, Colonial Bible School, 13601 Browning Ave., Tustin 92680. (714) 731-0118.

San Diego: The Running Body, 10K & 2 Mi., Balboa Park, 7 a.m. Jo Quinn: (619) 437-4556.

Las Vegas: Rob's Predicted Time Turkey Run, 5 Mi., Tule Springs (Floyd Lamb State Park), 8 a.m. Contact: (702) 382-3496.

November 13 (Sunday):

Clarksburg: Clarksburg 30K & 5K Fun Run. (NATL TAC MASTERS 30K CHAMPIONSHIPS). Delta High School. 11 am. Skip Sebeck, PO Box 20, Clarksburg 95612 (916) 665-1712.

Fresno: Fresno Marathon & Half Marathon, 8 a.m. Woodward Park. Fresno Marathon, Box 17097, Fresno 93744-7097. (209) 237-237-4718. (Entry Deadline: Nov. 4th).

San Francisco: DSE Polo Fields 5K Run (Lotto Run), Golden Gate Park (Polo Fields, parking lot), 10 a.m. Jim Skophammer, 666 Orange Ave., Daly City 94014. (415) 994-5727.

Sunnyvale: Dash for Diabetes 8K, Old S.F. & Sunnyvale Rds., 9 a.m. Diabetes Hotline, 596 Carroll, Sunnyvale 94086. (415) 328-1110, (408) 287-3785.

Auburn: Bear of a Run, 5 & 10K and 2.1 Mi. Family Stride, Gold Country Fairgrounds, 9 a.m. Children's Home Society, 2200 - 21st St., Sacramento 95818. (916) 452-4672.

Los Angeles: Solidarity Free World 5 & 10K Runs, Griffith Park, 8 a.m. Solidarity

Free World Run, P.O. Box 492, Whittier 90608.

South El Monte: San Gabriel River 10 Mile Turkey Trot, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 494-0394.

Malibu: Lasse Viren Finlandia Cheese Invitational 20K, Point Magu State Park (9000 W. Pacific Coast Hwy), 10 a.m. Finish Invitational, P.O. Box 6123, Ventura 93006.

Riverside: Mission Inn 10K Runs, 3739 South St., Riverside 92501. (714) 781-8241.

Long Beach: CRI Long Beach Shoreline Half-Marathon & 1 Mi., Center at Ocean Blvd. (Long Beach Convention Center), 7:30 a.m. CRI, 1500 E. Anaheim St., Long Beach 90813. (213) 591-0539.

Santa Ana: Santa Ana's Turkey Trot 5K and Half-Marathon, Centennial Regional Park (1800 So. Fairview), 8 a.m. Santa Ana City Hall, Recreation Services, P.O. Box 1988, Santa Ana 92702. (714) 549-6887, Larry Chavez.

San Diego: Tri-City Medical Center 5K, 8 a.m. Contact: (619) 483-9501.

Las Vegas: Bonfiglio's Corner Store Veteran's Benefit 5 Mi., and 2 Mi. Fun Run, Durango and Sahara, 8 a.m. Contact: Ron (702) 876-5558.

Columbus, OH: Columbus Marathon. Columbus Marathon Office, 6290 Busch Blvd., Suite 20, Columbus, OH 43229 (614) 433-0395.

November 19 (Saturday):

So. San Francisco: Thanksgiving Fun Run, 4.3 Mi. (Approx.), Orange Park (Tennis Dr.), 9 a.m. Richard Janal, S.S.F. Parks & Recreation Dept., P.O. Box 711, So. San Francisco 94080. (415) 877-8560.

Los Altos: Rancho San Antonio 1/3 Marathon, 5.5 Mi., Rancho San Antonio Open Space Preserve, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Davis: Yolo General Hospital Turkey Trot, 5 & 10K, behind City Hall ("B" St.), 8:30 a.m./5K, 9 a.m. Change of Pace, 1260 Lake Blvd., Suite 200, Davis 95616. (916) 757-2012.

Lompoc: LVDC Turkey Trot 5 & 10K, 8:30 a.m./5K, 9:15 a.m. John Perkins: (805) 733-4308.

Pico Rivera: 5 & 10K Turkey Trot, Smith Park (9110 Mines Ave.), 8:45 a.m./5K, 9:45 a.m. Norma Salinas, City of Pico Rivera, Box 1016, Pico Rivera 90660. (213) 692-3222.

Los Angeles: Ladera Heights Civic Asso-

Schedule

ciation 1 & 5K Runs, Coming & W. 64th St., 8:30 a.m./5K, 9:15 a.m. Ladera Heights Civic Assoc., P.O. Box 7442, Culver City 90233. (213) 645-2878.

Marina del Rey: Marina Breakers 3 & 10K, 8 a.m. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Acton: "Run for Sobriety" 5 & 10K and 1 Mi. Walk, Acton Rehab Center, 8 a.m. Acton Rehab Center, P.O. Box 25, Acton 93510. (805) 947-4191, Lynne or Suzanne).

Yucaipa: Turkey Runs, 2 & 4 Mi., 7/10 Mi. (6-9 yrs.), Yucaipa Regional Park on Oak Glen Rd., 9 a.m. CSA, P.O. Box 337, Yucaipa 92399. (714) 797-0284.

San Gabriel: City of San Gabriel Turkey Trot, 5 & 10K, Wells & Ramona, 7:30 a.m. Kim Seltzer, City of San Gabriel, 250 So. Mission Dr., San Gabriel 91776. (818) 308-2875.

November 20 (Sunday):

Holmdel, NJ: Masters Nat'l TAC 10K X-Country Championships. Time TBA. Ron Salvio, 116-A Highway 33, Englishtown, NJ 07726 (609) 259-9268.

San Francisco: Golden Pacific Marathon & 10K. Golden Gate Park. 8 a.m. Golden Pacific Marathon, 21 Live Oak, Berkeley 94705.

San Francisco: DSE Ferry Bldg. Run, 3.83 Mi., Hyde & Jefferson, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Francisco: Pro Bowl Super Series, 5K, Polo Fields (Golden Gate Park), 9 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

Santa Cruz: Turkey Trot 10K & 1 Mi. Kids Run, Natural Bridges Dr. & Delaware, 8:30 a.m./1 Mi., 9 a.m. Santa Cruz Rec. Dept., 346 Church St., Santa Cruz 95060. (408) 429-3477.

Pleasant Hill: Turkey Trot, 8.1 Mi., Briones Regional Park (Bear Creek entrance), 9 a.m. Pleasant Hill Rec. & Park District, 147 Gregory Ln., Pleasant Hill 94523. (415) 682-0896.

South El Monte: San Gabriel River 3 Mile Turkey Trot, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Riverside: Great American Smokeout 5 & 10K and Half-Marathon, Polytechnic High School (Victoria & Central), 8 a.m. American Cancer Society, 2060 Chicago Ave., Riverside 92507. (714) 824-2724.

Palm Springs: Tram Road 6K Challenge, North Palm Canyon & Tram Rd., 8 a.m. Tram

Road Challenge, Box 638, Morongo Valley 92256. (619) 363-7829.

Pasadena: Diabetes Treatment Center 5 & 10K and 1 Mi., Rose Bowl (Arroyo Blvd., South of Seco), 8 a.m. Diabetes Treatment Center, 1509 Wilson Terr., Glendale 91206. (818) 500-0256.

San Pedro: Conquer the Bridge 10K, Harbor & Sixth Sts., 8 a.m. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Newport Beach: Newport Classic, 5 & 10K, Fashion Island, 7:30 a.m. Info: (714) 548-8784.

San Diego: Mission Bay 25K, East Fiesta Island (Mission Bay), 7 a.m. Joni Pendleton: (619) 287-8694.

San Diego: San Diego Harbor 10K & 2 Mi., Seaport Village, 7:30 a.m. Lyn Lacey: (619) 236-0842.

Las Vegas: Turkey Trot 10K, Caesar's Palace, Time TBA. Contact: (702) 382-3496.

November 24 (Thurs.):

Cerritos: Thanksgiving Day 5K & 1 Mi. Fun Run, Cerritos Regional Park (19700 Bloomfield), 9:30 a.m./5K, 10:45 a.m. Barry Hamilton, 118 Winston St., Los Angeles 90013. (213) 625-2565.

November 25 (Friday):

Raleigh, NC: Nat'l TAC Masters 5K X-Country Championships. Time TBA. Bob Baxter, 800 Purdue St., Raleigh, NC 27609 (919) 872-4450.

November 26 (Saturday):

Raleigh, NC: Nat'l TAC Sr. Men's 10K X-C, Sr. Women's 6K X-C, Jr. Women's 5K X-C Championships. Time TBA. Same contact as November 25 above.

Oakland: Sri Chinmoy 24-Hour Run, Edgewater Dr., 8 a.m. Giribar DeAngelo, 951 W. Dana St., Mt. View 94041. (415) 964-6372, 962-9677.

Mill Valley: Quadruple Dipsea, 28.4 Mi., Old Mill Park to Stinson Beach and back (2 times), very hilly trails, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611. (415) 842-5268.

So. El Monte: Legg Lake 5K Turkey Trot, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

East Los Angeles: Christmas Parade 3K Run, Whittier & Berger, 1 p.m. (for high school & under only). Carlos Alfaro, 529 El Centro St., So. Pasadena 91030. Jose Avila: 263-

7373.

Las Vegas: LVTC 5 Mile, Silver Bowl (Tropicana & Boulder Hwy.), 9 a.m. Contact: (702) 382-3496.

November 27 (Sunday):

San Francisco: Run to the Far Side IV, 10K & 5K Run/Walk, Golden Gate Park (Academy of Sciences), 9 a.m. California Academy of Sciences, Golden Gate Park, San Francisco 94118. RhodyCo Productions: (415) 750-7142.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Evelyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Ventura: Hacienda's 5 & 10K Run For Recovery, Ventura State Beach (Harbor Blvd.), 8 a.m. Hacienda Help Services, Inc., 1019 E. Santa Clara St., Ventura 93001. (805) 648-3157.

Pasadena: 5K Doo Dah Run, Plaza Pasadena Pkwy. (Colorado & Garfield), 8 a.m. Five Acres, 760 W. Mountain View St., Altadena 91001. (213) 975-5786.

South El Monte: San Gabriel River 3 Mile Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Villa Park: Villa Park Half-Marathon, 1/2 Mile, 2 Mi. & 5 Mi., Villa Park High School, 7:45 a.m./1/2 Mi. (9 & U), 8 a.m./2 Mi., 8:30 a.m. Orange Flyers T.C., 2733 Villa Vista, Orange 92667. Bill Holt: (714) 774-3959-B.

LOOKING AHEAD

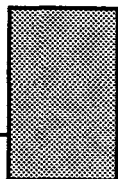
(Marathons, Relays, Important Deadlines, Major Events, etc.)

December 3 (Saturday): Kinney X-C Western Regional. 5K. (Limited to high school X-C runners) Woodward Park. Bill Cockerham, 4957 E. Heaton, Fresno 93727 (209) 456-0535.

December 4 (Sunday): Folsom: California International Marathon. Folsom Dam. 7 a.m. (NATL TAC MASTERS CHAMPIONSHIPS AND PATAC CHAMPIONSHIPS all divisions). SLDRA, PO Box 161149, Sacramento 95816 (916) 447-2786.

December 10 (Saturday): San Diego: Kinney Cross Country Championships. 5K (High school X-C runners) Balboa Park. Runners must have qualified at their Regional Championship--see Dec. 3 above. KCCC Headquarters (212) 720-3752.

continued on page 16



SoCal Diary

By BILL MINARIK

Schedule

Continued from page 15

SoCal Cross Country Preview

PAC-10 Men

I give defending champ Arizona the edge here, however Oregon has the depth to win if the Wildcats should falter. UCLA will be improved but just doesn't have the raw talent to challenge.

- | | |
|----------------|------------------|
| 1. Arizona | 6. USC |
| 2. Oregon | 7. Washington |
| 3. Wash. State | 8. Cal |
| 4. UCLA | 9. Arizona State |
| 5. Stanford | |

PAC-10 Women

Oregon front line strength will allow the Ducks to coast to another title, while UCLA's depth should give the Bruins a solid 2nd.

- | | |
|----------------|----------------|
| 1. Oregon | 5. Wash. State |
| 2. UCLA | 6. Cal |
| 3. Stanford | 7. Arizona |
| 4. Wash. State | 8. Washington |

PCAA Men

UC Irvine owns this conference with no end to its domination in sight. Fresno State's depth should propel them by C/S Long Beach's front line strength for 2nd.

- | | |
|-------------------|---------------------|
| 1. UC Irvine | 4. New Mexico State |
| 2. Fresno State | 5. UC Santa Barbara |
| 3. C/S Long Beach | 6. C/S Fullerton |

PCAA Women

The Anteaters were hit extremely hard by graduation but should still be strong enough to beat the best of the rest.

- | | |
|--------------------|---------------------|
| 1. UC Irvine | 5. UC Santa Barbara |
| 2. Fresno State | 6. C/S Long Beach |
| 3. San Diego State | 7. Hawaii |
| 4. C/S Fullerton | 8. Pacific |

CCAA Men

Last years champ Cal State L.A. looks thin this year so I'm going to go with always deep CPSLO although either could win.

- | | |
|--------------------|--------------------|
| 1. CPSLO | 5. C/S Northridge |
| 2. C/S Los Angeles | 6. C/S Bakersfield |
| 3. Cal Poly Pomona | 7. Chapman |
| 4. UC Riverside | |

CCAA Women

It's tough to pick against a team that has won 6 straight National Championships, so I won't. However C/S Northridge should be a very strong 2nd this year.

- | | |
|--------------------|--------------------|
| 1. CPSLO | 5. C/S Bakersfield |
| 2. C/S Northridge | 6. UC Riverside |
| 3. C/S Los Angeles | 7. Chapman |
| 4. Cal Poly Pomona | |

SCIAC Men

I'll go with Oxy here at least at the Conference level based on depth.

- | | |
|------------------|-------------|
| 1. Oxy | 5. Redlands |
| 2. Claremont | 6. Whittier |
| 3. Pomona-Pitzer | 7. La Verne |
| 4. CalTech | |

SCIAC Women

Claremont should be a slight favorite here but Oxy will be no worse than a close second.

- | | |
|--------------|-------------|
| 1. Claremont | 5. Redlands |
| 2. Oxy | 6. Whittier |
| 3. Pomona | 7. La Verne |
| 4. CalTech | |

Community College Men

I'll give Grossmont an edge here, but neighbor San Diego Mesa may be ready to move to the top.

- | | |
|-------------------|---------------|
| 1. Grossmont | 4. ElCamino |
| 2. San Diego Mesa | 5. Mira Costa |
| 3. Mt. SAC | |

Community College Women

Mira Costa looks to have a slight edge over Orange Coast, but nothing definite.

- | | |
|-----------------|------------|
| 1. Mira Costa | 4. Mt. SAC |
| 2. Orange Coast | 5. Cuesta |
| 3. Ventura | |

NAIA Men

Cal Lutheran returns a full squad plus picking up a few acres.

- | | |
|-----------------|-------------------|
| 1. Cal Lutheran | 4. Fresno Pacific |
| 2. Point Loma | 5. Azusa Pacific |
| 3. Westmont | |

NAIA Women

A big recruiting year puts the Mustangs as a top choice for their first NAIA win.

- | | |
|-------------|-------------------|
| 1. Masters | 4. Pt. Loma |
| 2. Westmont | 5. Fresno Pacific |
| 3. Pt. Loma | |

December 10 (Saturday): San Francisco: Hunter S. Thompson Invitational 50 Miler, top of Twin Peaks (49-Mile Scenic Dr. plus 1 Mi.), 7 a.m. Pat Shaughnessy, 202 Downey St., San Francisco 94117. (415) 661-8497.

December 10-11(Sat. & Sun.): Winter Decathlon/Heptathlon. Long Beach State, 8 a.m. Ralph Lindeman, Cal State Univ. Long Beach, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

December 11(Sunday): San Diego: San Diego Marathon, Balboa Park, 7 a.m. In Motion, 2204 Garnet, Suite 303, San Diego 92109. (619) 483-9501.

December 18 (Sunday): San Francisco: 15th Annual Christmas Relays, 4x4; 464 Miles, Lake Merced (Sunset Blvd. Parking Lot), 9 a.m. West Valley TC, c/o Marc Lund, 1433 Norman Dr., Sunnyvale 94087. Sue Lee: (415) 284-4247.

January 21, 1989: Grand Bahama Island, Bahamas. Bahamas Princess 10K. 9 a.m. Prize money. Laura Godet, PO Box 592258 AMF, Miami, FL 33159 (809) 352-6721, ext. 4600 or Bahamas Sports (800) 327-7678.

Track & Field

September 24 (Saturday): Sri Chinmoy Masters Track & Field. For athletes 50 years and over ONLY. University of California Irvine. Entry deadline Sept. 15. Sri Chinmoy Marathon Team, 1921 S. Sherbourne Dr., Los Angeles 90034 (213) 838-4746.

October 8 (Saturday): Central Park Invitational. High School Invitational cross country, 8 a.m. Fountain Valley High School. Matt Simpson, Cross-Country Coach, Fountain Valley High School, 17816 Bushard St., Fountain Valley 92708. (714) 962-3301 or (714) 533-9368.



NOV. 5, 1988

The Cancun Caribbean 10K has been cancelled this year due to the damage resulting from Hurricane Gilbert. Watch for information on next year's event.



Dave Scudamore

Dave puts things in perspective: "I think that I train as hard as anyone, and I love to run; but running is not my life. I enjoy many other things. That is why I am at Stanford and not Arkansas. Some runners seem to think only of running."

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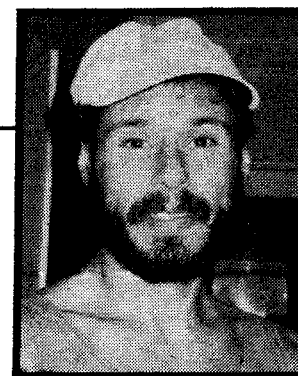
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Keeping Pace

By MARK WINITZ

A Conversation With Jeff Atkinson



By the time you read this article the 1988 Olympic Games will be over. Californian Jeff Atkinson will have run his 1500 meter Olympic races against the best milers in the world. The results will be in—the saga of the Summer Games closed for another four years.

Here I am, writing these lines several days before the start of the Games. However, the time lines and bylines of publishing determine that you won't see them for several more weeks. By then, the extraordinary story that brought a talented, yet unglorified, Stanford University track man to a startling kick off the final turn in the Olympic Trials' 1500 meter finals and a win that surprised many—will be old news. Atkinson will be a household name among track devotees in the U.S. Perhaps the 6'-1", 155 pound, 25 year old will have caught the attention of international track critics and fans in Seoul. Regardless, here is a young man that typifies the promise of many budding middle and long distance runners in America. The fact that he is a native California talent makes his story even more interesting to us.

Atkinson was born and raised in Southern California. Manhattan Beach. A post 60's model of the original Beach Boys. Jeff's father, Willie Atkinson, was an 800 meter man who competed for Manhattan College and Dartmouth. Most appropriately, Jeff discovered his own running talent on the beach—as a youngster in the Los Angeles County junior lifeguard program. As a fifth grader, the program already had him running 2 miles in the sand. And the program had him competing in running and swimming beach competitions up and down the coast. For the next several years, Atkinson won all the 1 to 2 mile sand races that they had "except for one against the guys from Santa Barbara" he says.

Naturally bright, Atkinson was a standout student at Mira Costa High School. "I was in all the honors-type classes, kind of in the brain geek group," he confides. Around his

studies, he put in 100 miles a week. "Our school was definitely distance oriented. My first road race was a marathon, Mission Bay as a freshman in 3:15. I was a little shrimp guy, about five foot three, 96 pounds." As a senior in high school cross country Atkinson made the Western team and competed in the Kinney Cross Country meet, finishing 19th. On the track, he ran 3:58 in the 1500, and 9:06 for 2 miles—not impressive enough to be recruited by the Ivy League-type schools he knew he was headed for. He applied at Stanford, was accepted, and started his collegiate running career in 1982 as a "walk on."

I didn't have to travel far to interview Jeff. As I mentioned in last month's column, he lives in a household of fast runners little more than a mile from my home in Los Altos. His house mates are Brian Pettingill, Ray Brown, and David Frank (more Stanford alumni) as the mainstays. His home, affectionately dubbed "The Running Manor" by its runner-residents, is a haven for serious running friends ("broths") who need a roof and floor for a night or so in route to other places. Just throw another mattress down in the living room. The house is located on a cul-de-sac in a neat, treesy upscale neighborhood, not far from miles of trails in the San Francisco Peninsula's Coastal Range.

The location is no coincidence. Atkinson is a bright, upscale guy on the up and up who located the rental house following four years of study in human biology at Stanford, and an additional year taking creative writing and film making courses. It is close enough to the trails where he can go for his favorite workouts: relaxed 1 1/2-hour runs in the hills with his training buddies. It is also a 20 minute drive from the Stanford campus and track where he does his speed work several times a week, still coached by Stanford's Brooks Johnson.

I interviewed Atkinson several days after a successful stint on the European track circuit (his fifth) following the trials in India-

napolis. In Europe he had PR'd in the 1500 at a meet in Holland (6th in 3:36.10) and also in the mile at Zurich (4th, 3:52.80). There was still a good, solid 5 1/2 weeks of training left before the challenge in Seoul.

When I arrived at 10 AM on a bright weekday morning, Atkinson was rubbing sleepy eyes, buttering a stack of toast which he would consume as breakfast at pauses during our conversation. The Running Manor had thrown a party the night before. Atkinson was chatting with Marc Olesen (another recently graduated Stanford standout in cross country and the 1500), who had stopped by on the way to a hoped for trip to Seoul. Although he had made the Canadian Olympic team, Olesen still had to run the Olympic 1500 qualifying standard to secure the trip. Such is the quality of running around this place. (Brown and Frank had competed in the Olympic Trials, and Pentingill had just missed qualifying.)

Atkinson's room is actually the family room off the back of the house. It has a fireplace and a sliding door and picture window that look out onto the back yard and the hills. Everything in the room was orderly and neat as a pin. Sofa bed in the middle with a long straight row of Nikes lined up behind it. Mostly high tops and knocking around shoes. His serious running togs are delegated to the garage. In the corner a small desk and an Apple Macintosh computer. On the walls, nicely framed black and white photos. "Artsy" photos which Atkinson had taken himself. A framed poster of Michaelangelo's David. Another art print that Jeff had created himself: Multicolored Olympic rings, impressionistic muscular runners legs on a white background, and several lines from *Jonathon Livingston Seagull*:

to fly as fast as thought...
to anywhere that is,
you must begin by knowing
that you have already arrived

Keeping Pace

Ah, here was not only a runner, but also a modern Renaissance man. He is an artist rather than a technologist. To me, there is a very distinct difference. Edison was a technologist. Da Vinci was an artist. Atkinson doesn't own a car. He motors around on a scooter. He is seriously entrenched in film making—as I discovered while watching an insightful, short documentary which he had directed and produced on Stanford's men's cross country team and the Pac-10 Championships. This was no amateur job. I was impressed. My kind of man.

We went out into the yard for the interview, sitting at a picnic table, enjoying the late summer morning, the opportunity to sit and chat. It was a refreshing change, a break from hours at my desk.

Atkinson talks with a thoughtful, slow maturity through his boyishly handsome appearance. All remnants of his shrimpy, "geek" high school days are gone. Shirtless, he has the muscled athletic build of a miler, but not extremely so. He doesn't have the sinewy leanness of the long distance runners, nor the bulging muscle mass of the decathletes. In fact, he could almost fool you, like he did many at Indianapolis.

CTRN: Coming out of high school and even after college, few people would have predicted that you would be an Olympian.

"The trials race...was not the monumental effort that I thought it would be. It was just an executed strategy. I knew what I was supposed to do, and I just let it happen."

How about you?

ATKINSON: That's probably fair to say. Not that I didn't have designs on it. I knew that I would be into running for a long time. I had every intention of improving forever. Although back in high school I never really looked at the factors that predict potential. I knew that running was my game. I was going to take it to the top.

CTRN: Tell me a little more about your

collegiate running career at Stanford.

ATKINSON: The first quarter at Stanford was definitely tough. Here I was, a Southern California shuffler running all my distance at about 7 minutes. Here, they were doing six minutes or better for distance, so I got my behind kicked daily. I didn't want to run the distance workouts hard. But I ran hard during our—quote—"interval" workouts with a lot of hills, and kept up. I wanted to run hard when I thought it was time to run hard, but the coach said, "You'll run hard when I tell you to."

I made the cross country team as a freshman, then ran one indoor race and injured my achilles when I stepped in a hole in four feet of snow up in Pocatello, Idaho. That knocked me out all through the Spring track season. I started running the 1500 outdoors during my sophomore year. I wasn't strong enough to run the five, or the ten, or the steeple. I ended up running 3:45 one day at Cal. It was a big deal because I challenged a couple of Africans who had commanded a lot of respect at the time.

Coming back in my junior year (1984), I was pretty much in the top five in cross country the whole year. In track, I ran pretty good all season, but not really fast. Then at a last chance meet in Oregon I ran 3:42.13 which qualified me for the NCAA's and the Olympic Trials. But I was knocked out in the first round in both. At the Trials, I was the fastest non-qualifier for the next round. That summer was

great, doing a lot of running and road racing with my friends down in Manhattan Beach and going to the Olympics.

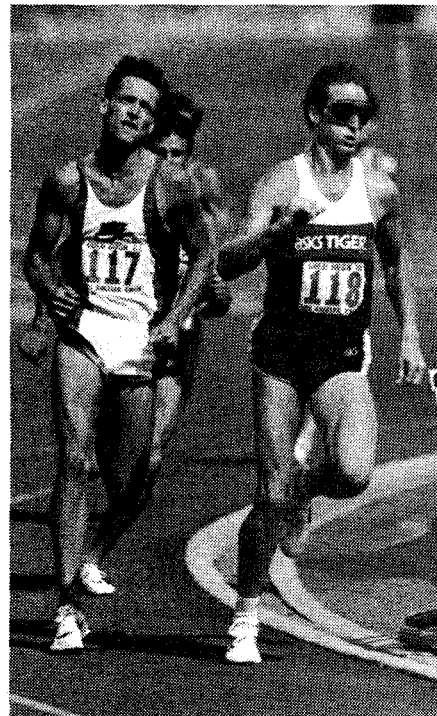
In my senior year, I was captain of the cross country team and ran O.K., not great. In track I won a lot of races, running 3:41, getting All-American and 7th at the NCAA's. I came back in my fifth year and had a great season in cross country, winning the Pac-10. In track I won everything until I ran against

Dub (Myers) in the Pac-10 Champs where I got second. I was fourth in the NCAA's. Right after that I ran 3:41 at the National Sports Festival, and 3:55 for the mile in London.

CTRN: Obviously, Brooks Johnson was the major influence at Stanford.

ATKINSON: He's the man. Brooks took over the program after my first two years. We kind of molded his program and he molded us to a new attitude about racing. It

photo by Bill Leung, Jr.



has always been based on speed. As long as the race is determined by the shortest elapsed time from the start to the finish, then speed is the crucial element. That's a Brooks line. We distance runners always wanted to work harder than he prescribed. He had us doing a lot of fast stuff and a lot of rest. As distance runners, we always wanted to do more. Eventually, we kind of met in the middle.

I get along really well with Brooks. He has a reputation as a terror, which he is. But I found out pretty fast that if you don't fight back you're crushed. The people who get along with Brooks are pretty strong personalities. He appreciates a good snappy come-

Continued next page...

Keeping Pace

back, someone with a little backbone. We started working really well together, especially at the 1500 meters because that's where speed meets distance. I hadn't worked on speed too much in high school, so it was an untapped resource, ready to be opened up.

CTRN: O.K. So last year you were out of school, with the World Championships and the Olympics on the horizon. What was your life like?

ATKINSON: I was living in a small, drafty apartment in Palo Alto with David Frank. There was no food; I was living on very little money. Probably over trained a little bit, trying to maintain 75 or 80 miles a week. But I was cranking. Then in March my knee started hurting. It was chondromalacia. After five weeks of rest, therapy, and doctor visits, I was still only able to handle running two days a week. So I did the interval workouts. On Monday I would do long intervals, Thursday short intervals. All the other days were in the

pool, doing pool running. Plus lifting weights. I averaged 16 miles a week of actual running for 11 weeks before the TAC (National) meet. I still ran 3:42, and ended up 7th at the TAC's, and made the U.S. student team for the World University Games. So that was pretty encouraging to me. But to most people, I was out of it.

CTRN: You were a surprise this year because you weren't getting headlines back then, winning the big U.S. meets or going to Rome.

ATKINSON: Yeh, and then I really ran bad at Jenner last May. I was in a deep, blue funk after that. I'd really wanted to come out and establish myself. I didn't know what was wrong. I'd had a great eight weeks of training, and I'd rested. I was so pissed off, I went up to the meet in Vancouver the next week. They wouldn't let me in the big race on Saturday night. They said "Who are you?" So I had to run the 1500 on Friday night—which I won in

3:42—in order to run in the main race. On Saturday I went out and ran 3:37. That was a good sign, because no one else in the country had run that fast this year, except for (Steve) Scott and Joe (Falcon).

For those who were really following the sport, I shouldn't have been a surprise. In the next few meets I met all the top U.S. milers except for Spivey. I beat all of them, most more than once. I didn't beat Scott or Falcon. But Joe was definitely mortal because he only beat me by this much. And I knew "Spive" was hurt, not at the top of the game.

CTRN: Did you change anything in training this year, leading up to the Trials?

ATKINSON: Nope. "What got you there, will keep you there" is Brooks' favorite saying. "Dance with the bitch that brung ya." It's true. The longer that you stay at the dance, sooner or later they'll play your tune. If you stay fairly healthy, and make fairly tiny adjustments in your training from year to

MARK WINITZ'S

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year, you will improve just based on consistency. Brooks' biggest thing is consistency. If anything, we're under trained with Brooks. Year after year, it adds up. That's opposed to being over trained, getting hurt, over trained, getting hurt time after time.

CTRN: Was your race strategy at Indy consistent with what you'd been doing in races before the Trials?

ATKINSON: Yes. Hang in the back, do the first two laps as easily as possible. Let the others tow you through. Then make a big move in the homestretch with two laps to go. The goal is to be in second or third place on the backstretch with 600 to go. That means second or third on the shoulder—not inside on the rail. What you lose running on the outside, you make up for by not having to battle other people or getting caught. Even though everyone else said the (trials) race was the roughest one ever, it was the smoothest for me. With 300 to go, I'll take over the lead if the guy in front isn't going fast enough, or if guys are coming fast on the right. If not, I'll wait until 100, and then kick like a mad dog.

CTRN: What kind of supplemental training do you do, in addition to the running?

"If the preparation is done the same exact way every day, the body knows it's time to run. You're ready. There really are no other rituals."

ATKINSON: I lift weights three times a week. I enjoy it. In college I took two years of ballet to improve my flexibility and my style. As you know, I'm no stylist when I run. The ballet was fun. On the mental side, the preparation is nothing really special. Every training session is practice for a race. I run to race. You know, some people say that they hate to race because it interferes with their training program. That's absurd.

CTRN: Yeh, at your age you can say that. At my age it's a different story.

ATKINSON: Really, I like taking days off before racing. I like shortening the workouts before a race. But mentally the attitude is that every workout is part of the lifestyle, the preparation for racing. Do I worry about the workout that I'm going to do this afternoon? No. I just know that when 5 'o' clock comes around, it's time to go to practice. I go down there and do the same warmup, the same stretches, the same strides, get ready for the workout, boom, and I do it. The same thing on race day. I don't even think about it in the morning if it's an afternoon race. Then I go to the race and do the same thing. The same warmups, the same stretching, the same strides that I do every workout. If the preparation is done the same exact way every day, the body knows it's time to run. You're ready.

There really are no other rituals. No special diets. No special pre-race meal. I don't have to wear the same socks with the same shoes. When you get to Europe, all that goes out the window anyway. You can't get to eat what you want. You can't have these special psychological things.

CTRN: I read that you have a Taoist philosophy toward life. How does that affect your mental outlook?

ATKINSON: Well, it's basically a go with the flow kind of thing. You can't force anything in the universe. When you turn your attentions away from making things go a certain way, and just worry about the little things—getting the day to day stuff done—the things that you want come anyway. The trials race was a perfect example. It was not the monumental effort that I thought it would be. It was just an executed strategy. I knew what I was supposed to do, and I just let it happen.

The same philosophy goes in my long term involvement in the sport. Although there are always doubts along the way, I'm always thinking that I'll simply take what comes—but I'm fully committed to having the *best* come my way.

CTRN: Are you planning on sticking to the mile for awhile, or do you have plans to move up in distance?

ATKINSON: I'll stick with it as long as it's working for me—and it is. I enjoy it a lot. I also really like the longer distances—the idea of racing long and being super fit. But the distances are so much harder for me than the 1500. In track workouts my concentration is

better for shorter periods of time. I've had a lot more races in the 1500 where I've felt O.K. or good than I've had on the roads. When you have a good 10K, and you're feeling strong, pushing it all the way through, it's a great, great feeling. But it's so rare. I'm really hurting for almost every single one of my distance races. So, I'll stick to the 1500 as long as possible.

CTRN: Steve Scott has been pretty successful at doing that.

ATKINSON: Yes. His is a fantastic kind of lifestyle to me. Like I've said many times, if I can achieve one tenth of what Steve Scott achieves I'll consider myself very successful. I mean, he is the statesman.



JEFF ATKINSON competing for Stanford

.(photo courtesy Peninsula Times Tribune)

CTRN: Although this article will probably come out after the Olympics, and readers will be seeing it in retrospect, I still want to ask you what your goals are for Seoul.

ATKINSON: My first goal is to make the final and my second goal is to get a medal. Obviously, that is going to be incredibly difficult, but so what? So what if it's hard? Why be in the sport if you don't intend on winning the race?

It will be a kickers race, going to the smart and the speedy. And I happen to think

Continued next page...

Keeping Pace

that I might be pretty decent at both of those.
CTRN: What's your assessment of the competition?

ATKINSON: Aquita will obviously be incredibly fit. Bile hasn't showed too much fitness yet. I think he turned his ankle or something. (Actually, several weeks later, he withdrew from the Olympics with a stress fracture of his upper left tibia-ed.) Cram showed good fitness the other day with a 3:30. Elliot is very strong. But after that, it's pretty much wide open. There are a lot of guys around 3:33 and 3:34. But the race isn't going to go that fast. It is going to be won in 3:35, maybe. It's going to be a kickers race. That's what we're working on in practice, getting my kick down.

CTRN: How has making the team changed your life in the last month?

ATKINSON: Aah, I smile a lot. I get better offers when I go to races. I get *into* races. Before I couldn't get into races. I make a lot more money. I obviously get more attention from the press. Nike, my shoe sponsor, gives me more attention as well. All the usual stuff. The real differences are kind of nebulous. I still go down to the track and see Brooks and we work out. It's just me and Marc (Olesen), and Frankie (David Frank) and Ray

make the team, and suddenly everything is justified, and everyone is very proud.

CTRN: You mentioned Shorter. Are there are other runners who have particularly inspired you, or served as role models?

ATKINSON: It was more like a pantheon of greats that included Prefontaine, Rono, Viren. I really like Steve Ovett a lot. He was my man because he was pictured as the rascal, but actually a really nice guy, as far as I know. Coghlan, Walker, Coe, Scott, and Ovett were all on my locker in high school. I also always liked Yifter—Yifter "the shifter."

CTRN: Tell me more about your life off the track. Can you get away from it, living here with a bunch of track fiends?

ATKINSON: A lot of people think that living with all this makes for too much running, running, running. In fact, we don't hardly talk about running at all. There are no running posters on our walls. We're all just really good friends who enjoy doing lots of different things. We basically spend our days dreaming about what we want to do when we grow up.

I want to be a film maker, so I'm writing a script right now. I do some storyboards every now and then, getting down ideas I've been

in beer-drinking races, things like that.

CTRN: Even though you're a Nike guy, you hang out a lot with the Reebok Aggies.

ATKINSON: Oh yeh, they're my buddies. We throw great parties. I ran in the Aggie centipede this year at Bay to Breakers after staying out all night. Nothing unusual. Hey Marc, what are some stories about me? He wants some lifestyle anecdotes.

OLESEN (yelling from the kitchen): That are printable? I don't know any that are printable.

ATKINSON: How about the chug run in the ole' college days? Three and a half mile runs, six beers. That was fun. I got fifth.

CTRN: All that interval training must have contributed to such successes. What are the specifics on the intervals?

ATKINSON: Long intervals on Monday. Short intervals on Wednesday or Thursday. Same as anybody else. Long intervals are any distance from a quarter (mile) up; shorter ones are less than a quarter. Usually, we will take what we ran (in the speed interval) as rest.

CTRN: Equal? You're not one of those who try for shorter and shorter recoveries as you get fit?

ATKINSON: No, always equal. In fact we usually moan about that. We want to do, say, 220s with a diagonal jog across the field, or quarters with a minute rest. But we'll never ever do that. We usually keep the intensity up with a lot of rest. For example, 55 second quarters with a quarter jog. Brooks always has us take what we ran for rest, or no more than a lap plus what we ran. Doing 200s, we'll do the 200 (fast interval) with a 200 jog until he thinks our form is starting to deteriorate. Then we'll do 600 jogs to maintain the tempo on the 200s, which is usually 24 or 25 seconds.

We do a lot of training where we run the first portion of the interval at race pace or a little under, and the last portion at kick speed. In our most killer workouts we might do 700s starting at the 1500-meter start line with the quarter in about 60 seconds and the last 300 in 40 seconds. Then we'll jog from the finish line to the start (about a minute rest) and do it again. Usually two sets of that.

Essentially, the guys do intervals together. We all have similar goals, and we have basically the same workout. It really makes things much more enjoyable. Partners are essential. That's the main reason why I've stayed in the San Francisco Bay area rather than moving back to Los Angeles. Brooks

"I'm really looking forward to running in the Olympics. It's the pinnacle of what I've been doing for twelve years. It's something that I've been thinking about probably since Frank Shorter won in '72."

(Brown) and whoever else. We shoot the bull like we always do, have a good time, and get our work done.

I'm really looking forward to running in the Olympics. It's the pinnacle of what I've been doing for twelve years. It's something that I've been thinking about probably since Frank Shorter won (the Olympic marathon) in '72. It's the highest ideal for me. This is the first big steppingstone that legitimizes what I've been doing. I've never really gotten (the question) "what are you doing?" from my family and friends, but it was kind of in their voices, you know. Like, "How long is this going to go on?" "What are you going to do when you're done?" That kind of thing. But then you

working on. Whenever I get any money maybe I'll work on some more film type things. But it's hard right now because film making is a major league thing; it's a full time commitment. I'll probably go to film school when I'm done with all this (competitive running). But it really takes all of your time. So, in the meantime, while I'm doing my running, I'll have several scripts written by the time I retire. I'll have good ideas about how they'll be shot, and I hope I'll be able to convince somebody to let me do them.

For fun, I get to the beach. I body surf as much as possible. I like to dance, to do my photography. We like to go out and drink beer. We're known for going out and running

Keeping Pace

and the guys I know are here. I don't know anybody down there.

CTRN: What's your favorite kind of workout, other than the long runs in the hills?

ATKINSON: Yeh, those are definitely my favorite (laughs). Also, road runs are great when you're feeling good. They're really empowering when you're crankin' along, especially when you have your buddies with you and you're all crankin'. Those are fun—when you're feeling good. But you feel good maybe one in six times.

Really, my favorite kind of workout is track work. Quarters and 200s. Basically, for a quarter mile I can keep good concentration and technique. If it's longer than that, it's tough for me. If it's shorter, I can't go fast enough. I get outrun by the 800 guys and it pisses me off.

CTRN: Do you think you have a lot of natural running ability, or do you really have to work hard all the time?

ATKINSON: Well, it's a combination of both. It takes a good portion of natural ability to get to this stage. But I'm definitely no stylist, right? I'm not a Prefontaine by any means. I'm kind of a duffer, a shuffler. When someone has a beautiful gait and a nice prancy stride, it's definitely an indicator of natural ability. And at this level of track and field, you see a lot them—like Doug Padilla is about the greatest thing to watch. Seb Coe and so on. Terry Brahm has fantastic technique.

Yeh, I like to think that I have to work hard to get where I am. It takes me a lot of time and a lot of work to get up where I can compete, especially in cross country. I have to put in a good long summer of work and really do some good hard intervals before I feel confident in racing other people. Same with the 1500. I have to get a lot of quality stuff on the track done before I feel like I'm really ready to go. But on the roads, no matter what kind of shape I'm in, I know I can jump in and finish in the top five (laugh).

CTRN: Any plans for the roads, say, after the Games?

ATKINSON: I'll be road miling and stuff like Bay to Breakers for fun. Otherwise, no. 5K would be about my limit on the roads right now. However, I would have been doing cross country right now if I wasn't going to this little track meet in Korea. That will cut into cross country season.

CTRN: Right. Can't have everything, you know. What about the future? What do you feel your potential is?

ATKINSON: Well, it's nice to look

down the road. Sure, one day I'd like to run the American (1500 meter) record. I think Sydney Maree's 3:29.77 isn't out of reach for me. 3:47.66 for Scott (his mile AR) is quite a run, but I'd like to think I can run that in the next couple of years. But it's obvious that I'm not going to be Joachim Cruz or Seb Coe. Those people are just phenomenal. But it's really too far to look down the road to predict where I'm going to be. Hopefully, if I just stick with the things that I know best, and do what I can—hopefully, things will evolve. And I'll be there to watch it happen.

CTRN: I like your objective kind of confidence. Can you maintain that kind of outlook even through the bad races or times that everybody has at one time or another?

ATKINSON: Oh, I've had a million of those, especially in cross country. You're feeling bad but then you get to a point where you're working hard, but the harder you work the slower you go. There's nothing you can do to shake that kind of fatigue. Sometimes it's mental, but most of the time I think it's not. It's a physical state; you're just not ready to race that day for one reason or another. When you're in that situation, there's nothing that you can do except hang on and finish. I've never dropped out of a race and I won't—short of injury or that sort of thing.

CTRN: What's the hardest part about being a serious, national or world class runner?

ATKINSON: Definitely the legitimacy question—that this is a legitimate pursuit for someone of my age and capabilities. It's kind of hard when people—it's a only a small percentage—think you can be doing something better for mankind, or something like that. But most runners are mavericks anyway, so it really doesn't bother them. To me, running is a great lifestyle. What's the hardest part? There really isn't one. I love it.

CTRN: You're a Californian all the way...

ATKINSON: Hey, Manhattan Beach! Beach boy all the way. I used to body surf every day in the summer. After every one of my summer runs, I'd go in the ocean. It's like my natural cold whirlpool. That's pretty Californian, I think.

CTRN: You and Edwin Moses, who I understand gets in a tub full of ice water after every workout. Would you live anywhere else, if you could?

ATKINSON: Oooh, Los Altos is the place. The Stanford area is a great area, no question. It's near San Francisco, which I

really like. The only thing lacking around here is a beach like Manhattan Beach.

CTRN: Just a few more questions, Jeff. Is there any advice that you might give to aspiring young runners?

ATKINSON: (After several moments of thought.) Don't let anybody dissuade you from things that you know you can do. Don't let anybody puncture your dreams or aspirations. Practical advice? Train hard—there's no substitute—but train smart. That means rest. There's no crime in taking days off, as long as you don't do it because it happens to be raining that morning. You must have the discipline, built over years and years, of getting up to do your morning run, or getting out there every day, or finishing every race, or completing your workouts. But, obviously, if you're tired and run down—great—take a rest.

Also, in racing, run the shortest distance that you can for the longest time that you can. Seriously. If you're going to be a distance runner, run as many half miles as you can when you're younger. You can always go longer, and you're always stronger for longer, when you're older. Most high school runners have already lost that philosophy, I'd say. They're blowin' it. They should concentrate on speed, because the earlier that you develop it, the better. The great runners from Europe all played soccer when they were in high school. That's a speed-oriented game. Running millions of miles when you're young is definitely not a good thing.

But my big advice is to don't let anybody tell you that you can't do something that you want to do in life. And that has nothing to do with running. Give it your best shot. If you want to be an actor, move to New York and take your lessons. You'll find more satisfaction in trying to do those things than in a million days of settling for what someone else thinks is a good and appropriate lifestyle for you. I honestly believe that each day is practice for the next day. If you start compromising now, you're sure to do it later.

CTRN: Here's the question that I always ask, and usually save for last. What's the best thing that running has done for you in your life?

ATKINSON: It has introduced me to all my friends. I get to travel all around the world. It's allowed me to spend my days thinking about a lot of other things, too. It's given me a sense of freedom, and has certainly sculpted my physical well being. I think physical well being is completely tied into your emotional

Continued next page...

Keeping Pace

and mental well being. Running is a great leveling and calming force that allows you to experience life as much as possible.

You know, there are a lot of people who are really edgy about a lot of things. I say, "Wait. Slow down. What's the problem here? So your car got smashed. Get a new one." It sounds schmaltzy and simplistic, but it's true. I don't think about the pressing things that need to get done when I'm running. There's not too much time on the planet here. To spend it worrying is a waste.

CTRN: Absolutely. When things start getting out of hand, our daily runs help to remind us of that. Anything else, Jeff, before we quit?

ATKINSON: Just the people I'd like to thank: My dad Willie Atkinson, Sally Reed, Mark Atkinson, Eve Atkinson, Smokey Stover (the terror of the desert). Then all my "brothers" along the way. The guys I live with here. Jay Courtney and the Mira Costa group. My high school coaches Big Dutch and Terry Fredericks, Brooks and the runners I ran with at Stanford, and anyone else who has thought that I'm spending my life in a worthwhile pursuit.

CTRN: Thanks a lot, Jeff. All the best at the Games.

ATKINSON: Thanks, Mark. You're doing a great job. Keep up the good work.

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Features Editor for California Track and Running News and publishes the RunCal Newsletter on California running. He also announces, publicizes and helps promote running events. Please direct any correspondence on California running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.



Jeff Atkinson's Training Week (Year Around)

- Monday:** AM -- 4 miles easy followed by weight workout
PM -- Long intervals on track, or golf course (in Fall)
- Tuesday:** PM -- 8 miles at 5:45-6:30 pace
- Wednesday:** AM -- 4 miles easy followed by weights
PM -- 8 miles on hilly trails building intensity throughout (Fall), or short intervals on track (e.g. 6x440 in 51-53 seconds)
- Thursday:** Easy 6-10 miles
Note: Wednesday's and Thursday's workouts are interchangeable.
- Friday:** AM -- 4 miles followed by weights
PM off
- Saturday:** Race, or 8 miles (5:45 pace for 5 miles; 5:00 or better for last 3 miles)

Personal Records:

- 800 meters--
1:48
1500 meters--
3:36.10
Mile--
3:52.80
5,000 meters--
14:40
10K (roads)--
29:55

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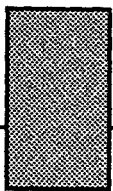
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Athletes in Action

By GEORGE MASON

Improving at Cross Country

HERE IT IS SEPTEMBER or early October, our eyes are glued to our TV sets watching the best athletes in the world still running track, and somehow we're supposed to get psyched up for cross-country races in 100 degree heat! On top of that, some of us haven't run all summer and are 15 pounds overweight. Still others of us are recovering from injuries incurred in May or June. It isn't ever easy, but there are things you can do to help ready yourself for and make a successful transition into the season we call cross-country.

Cross-Country is a worthwhile season for runners training for races of 800 meters and longer. It allows an endurance base for everyone who participates, which will pay dividends of improved times in the following track season. It also allows a welcome change of pace from running in circles around a track. Everyone from 800 meters to the marathon runs in this crazy sport where the rule of thumb seems to be "the tougher the course, the better", and the typical course is designed to have over 100 runners sprint 400 meters downhill, do a single-file U-turn around a tree, and then fight off oxygen debt for the next 3 miles.

A lot of coaches have a low-key approach to cross-country, and try not to put much emphasis on winning, especially because of the numbers of runners involved. But the problem with a low-key approach is that each of us is competitive. We all want to win, and most of us hate to get beaten by someone else. The coach can say, "Take it easy and have fun" all he wants, but when the gun goes off, we all know what happens. With that in mind, and for those of you who may not want to take cross-country so "low-key" this fall, I want to share a few insights about cross-country that I've learned in my 15 years of cross-country running.

As a preface to all these points, let me stress that you don't have to be super-fast to be a good cross-country runner. Just be-

cause there are 800 meter runners who can run the first quarter in 60 seconds flat and keep going doesn't mean that you can't be with them or even ahead at the finish line. It may mean that you have to be a smarter racer, though. The Bible even backs me up on this, as the wise King Solomon observed, "again I looked throughout the earth and saw that the swiftest person does not always win the race, nor the strongest man the battle, and that wise men are often poor, and skillful men are not necessarily famous; but it is all by chance, by happening to be at the right place at the right time." (Ecclesiastes 9:11, Living Bible) So, if you are smart in your training and racing, you will have a better chance of putting yourself in "the right place at the right time."

#1 - Never Take The Lead In a Cross-Country Race Until The Last Mile. If you are capable of winning the race, you can wait until the last mile to do it. You can also help your teammates more by encouraging them early on in the race, so the team can fare better. If you don't have great leg speed, you especially don't want to take the lead. The fast 800 and 1500 meter runners will always take the pace out hard, so people like you will run into oxygen debt early.

Once you hit oxygen debt, you can be beaten very easily. It only takes one minute to go into oxygen debt, but it takes five minutes or more running at a pace well below your anaerobic threshold (your maximum efficient speed) to run out of oxygen debt. By going out slower, you can run relatively comfortably, stay out of oxygen debt, and run more even splits, which will produce a better overall time, and will give you the sensation of accelerating, as you pass other runners who are slowing down in the last parts of the race. The patience to do this is not easily acquired, but if you can develop it and use it properly, you'll see tangible results at the awards ceremony!

#2 - Learn How To Run Uphill and Downhill Effectively. Running hills effectively does not mean getting to the top of the hill first, or running "full-out" either uphill or downhill. Both maneuvers require a certain amount of technique that is quite different from running on a track. You must practice running both uphill and downhill in order to become efficient and effective at it. Uphills require strong arm movement. If you feel your legs getting rubbery up a hill, drive your arms more. Your legs will follow your arms, so the more you drive and concentrate on your arms, the less you will notice the rubbery legs, and soon you'll be over the top. Some runners are surprised to hear that to run uphill efficiently, you must shorten your stride. Rather than to explain the physiology and physics in detail, I'll use simple terms. By taking shorter strides, you may feel like you are going slower, and you may in fact be going slower, but the goal is to run the whole hill well, and by shortening your stride, you can move up the final portion of the hill better. It will also keep you out of oxygen debt and you can push the downhill more, where it is easier to make up lost ground or to open up a bigger lead.

As you run downhill, you can lengthen your stride and relax your arms more. Let gravity pull you down the hill and do most of the work. Let your legs move quickly beneath you. Don't allow your legs to "pound" down the hill. This happens when your leg strikes the ground too far in front of your body and it absorbs the shock of your body weight and acceleration. This actually slows your body down each stride, and the muscles will tire much faster than if they simply maintain your balance and keep you from falling forward onto your face (a slight exaggeration).

You will get the idea once you try these things for yourself. Learn what is more efficient for you and find ways to remind yourself what to do. What one runner considers

Athletes in Action

"learning forward into the hill", another may consider "running tall and vertical", but they mean the same thing. One may say to run downhill fast and efficient you must "lean so that gravity is doing all the work", whereas another may say "pick up your feet as quickly as possible", but it accomplishes the same thing. Once you get efficient and know how to run both uphill and downhill, begin working more on the one you are **weakest** at. If your weakness is uphill running, work harder at that until you are at least average. This way, when the race comes, you can maintain your position on the uphills, and take advantage on the downhills.

#3 - Run Over The Top of the Hills. This is one of the most-forgotten or else least-known tactics of cross-country, yet it can be the most effective. Most hills don't go straight down right after they go up. Most of them have 50 to 200 yards of "crown" before they start down steeply, or else they flatten out as a plateau. This is where you can make a big move on runners who are "asleep" or have run into oxygen debt by running too fast at the bottom of the hill, and are trying to catch their breath at the top. By moving hard at the top or crown, you accelerate back into normal pace, and you set yourself up to relax and let gravity do its work once the downhill arrives. If you are running comfortably, you will be surprised how fast you can pull away from a tired runner at the top of a hill when you push it for only a few strides. The best runners win races not only because they can run up and down hills well, but because they run hard over the top of the hills, too.

#4 - Study the Course Map Well and Know the Course. Run on the course the day before the meet if possible. Warm up over the last mile of the course, and think of how you are going to finish the race once that point comes. If there is an open invitation to defeat, it is for you to not know the course. Just make one wrong turn, and you might find yourself 200 yards back in only 10 seconds. Or even worse, be the 5th of a pack of five going into a narrow stretch 1/4 mile long, and emerge into the open 50 yards back of the guy you were with who got into the narrow section first! But if you know the course well, perhaps you can be the first of those five into the narrow stretch, and come out 50 yards up on the fifth runner.

Don't ever think you are so good you'll just follow everyone else and outkick them at the finish, either. Many races have gone

awry because the lead runner led 1/2 of the field the wrong way, only to have someone in the middle of the pack win the race.

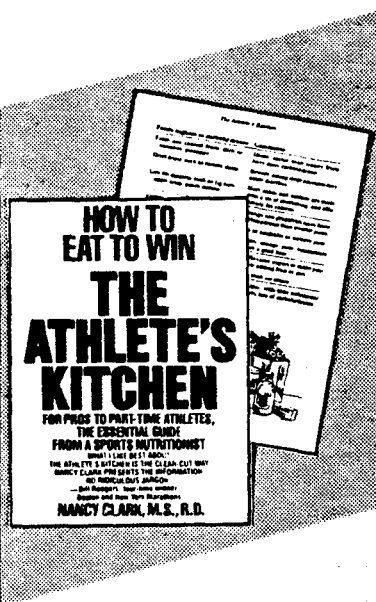
All of these suggestions take time to develop, so don't get discouraged if you don't experience radical improvement in one week. Cross country is a sport of experience and patience. The longer you stay with it the better you become tactically, and as you combine this with good conditioning, you can enjoy a greater amount of success.

George Mason was an NCAA All-American in track in 1977, a TFA/USA All-American in cross-country in 1980, and is currently director and coach of the Southwest Region of Athletes in Action Track & Field Team.

Athletes in Action is a college and post-college track and field team, whose purposes include developing the "total" athlete - physically, mentally, and spiritually. For further information about the team and its programs, write: George Mason, AIA Track Southwest, 4790 Irvine Blvd., #105-325, Irvine, CA 92720.



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An Interview With GARY KINDER

by GREGOR ROBIN

GARY KINDER IS A FULL-TIME DECATHLETE, but he says it doesn't pay too well.

The Olympic Trials champion from Albuquerque, N.M. is unattached currently and wants to get under contract with a sponsor. He said if he performs well at the Olympics he'll have a better chance at scoring a contract. But for now, he's taking what he can get.

Kinder was working out at the United States Olympic track and field camp at UCSB when he was reached for an interview on August 18. He said he'd stay at the camp until it closed September 5. There were about 10 Olympians and alternates working out there at the time of the interview.

Kinder said he and the other Olympic decathletes, Tim Bright and Dave Johnson want more respect. Kinder says he doesn't know what it will take to get recognition.

"I'm not sure," said Kinder. "That's what I'm worried about. I don't know what they want. Hopefully a good showing at the Olympics will help. My goal at the Olympics is to win, basically. I'll do as well as I can do to win. I think it will take between 8,550 and 8,700 points."

Kinder scored 8,293 points to win at the trials. Bright was next at 8,287 while Johnson was third at 8,245.

"It would mean hitting my best marks," Kinder said of his gold medal hopes. "My personal bests are around 8,700. I couldn't do it without hitting a couple of PRs. If I could have two or three in crucial events like the 1,500 meters and 400 meters, then do some close ones in other events, it would be good."

Kinder's personal bests are: 100 meters (10.63); long jump (24-10 1/4); shot put (53-10 1/4); high jump (6-9 1/4); 400 meters (49.74); 110m HH (14.49); discus (165-9); pole vault (16-5 1/4); javelin (239-3) and 1,500 meters (4:50.32).

"Everything except the 1500m is good," said Kinder. "The 1500m isn't that great, but that's what we're working on here in Santa Barbara. My best events are the shot put and javelin. In the (1987) World Championships decathlon I was second in the javelin and shot put."

Kinder finished 12th at the 1987 World Championships. The high points of his career so far included the world championships finish and his fourth place finish at the 1987 Talence Decathlon/Heptathlon International meet in France where all the top decathletes competed except Daly Thompson and Torsten Voss. Of course the trials finish was a breakthrough.

Kinder finished 17th in the 1984 Olympic Trials. In 1985 he placed fifth at the TAC National Championships and second at the NCAA Championships while competing for the University of New Mexico. He took third at TAC in 1986 and 1987.

At the 1988 trials, Kinder had to face the elements, as well as the opponents. It rained constantly the first day. But Kinder was satisfied with his effort.

"The first day, it went well," said Kinder. "I had a personal best total of 4,284 points."

The shot put was a PR (53-7) for a decathlon shot put. The 400 (49.74) was a flat-out PR.

"I was a little surprised," said Kinder. "Basically we were all looking for good weather. The first weekend on TV there were great winds, and weather. I thought I'd go out there in

good weather. But the first day it poured rain all day and it was terrible conditions. I was happy (with my effort) under the conditions. I was hoping for 4,400 or 4,450 points under good conditions."

"The second day I got too conservative, but it was good. I wanted to make the team and not screw up. In the decathlon, unlike a lot of events, there's so much time to mess up. Other events, except for the heptathlon, aren't as mental as the decathlon. It's the most mental. You must hold a psych for 8-10-12 hours a day."

Kinder says he gears his workouts to prepare him for the mental side of competition.

"You just workout like a meet situation, twice a day 4-10-6 hours a day to stay focused the whole day," said Kinder. "When you do it day-in and day-out, it's easier to concentrate."

His second day total at the trials was 4,009 points.

"I tried not to screw up in the vault and discus," said Kinder. "I kept steady and made the team. Going in, winning wasn't my goal. My goal was to make the team."

"I was one of the favorites going in, but that's bad luck. Like *Track and Field News*, when they say you're going to do something good. You have to watch out. It's almost a hex, like the *Sports Illustrated* jinx."

Kinder is 6-foot-1, 190 pounds. The 1984 gold medalist, Thompson of Great Britain, is 6-0, 195 when he's in top shape. But Kinder said Thompson has a way to go to get fit. And 1984 silver medalist Juergen Hingsen of West Germany probably won't be competing at Seoul.

"Thompson was 6-0, 210 and overweight the last time I saw him," said Kinder. "I suppose he's dieting to be smart. Hingsen isn't competing, I think. He hasn't made the team yet. He has to do a decathlon this weekend (Aug. 20-21) in West Germany and must score approximately 8,300 points to make the team. West Germany has three other decathletes."

Kinder was candid about his teammates Bright and Johnson.

On the second day of the trials decathlon, Bright amazingly placed fourth in the open pole vault, clearing 18-8. Bright has a personal best of 18-10 in the pole vault.

"Bright has a great pole vault," said Kinder. "But honestly, he doesn't have that many great events. He's just good everywhere else."

"Johnson is good at everything. Dave has the potential to be great in almost everything. His problem is his consistency."

Kinder said the mental side came through for him at the trials.

"I just think when we went to Indianapolis I wanted to win more than anyone," said Kinder. "There were six or eight of us who had a chance. I got there and a sports psychologist was my roommate. We talked and I decided whatever happened with the rain, we all had to compete in it. I stayed positive. I tried to turn everything negative into a positive. I didn't bum out. A lot of guys have a tendency to do that when the weather goes bad."

Kinder remembered what Thompson told him once, when they trained together. Kinder thought about it when he saw the poor conditions were effecting everyone's efforts.

"Thompson said once, 'You get big scores at little meets that don't count. Go to win the big meets. Compete to win.'"

At the Olympic camp, Kinder was being helped by a multitude of coaches and trainers.

"Sam Adams (UCSB coach and decathlon specialist) is helping," said Kinder. "And Irv Mondschein (U.S. team's multi-events coach) is helping. It's great to have."

Kinder said he came to the camp for many reasons.

"One is money," said Kinder. "Obviously I don't make much. They're feeding us, there are trainers and a place to stay. It's pretty important. It's a help."

Adding to Kinder's confusion about his and his teammates' lack of recognition was a recent comment he read in *USA Today*. The 1948 and 1952 decathlon champion, Bob Mathias, ripped today's crop of decathletes in an article, said Kinder.

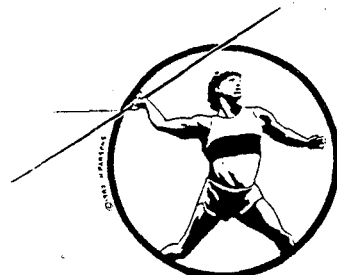
"Bob Mathias said, 'In six months Michael Jordan could shatter the world record,'" said Kinder. "That's rubbish. It takes a smart disciplined person today. Those guys don't understand the decathlon. Like a steel pole vaulter thinking he can be better than all the guys today. It's the same 10 events, that's about it. We're much better and more consistent. When they competed, usually the most talented athletes could win."

"The fact that it took Thompson seven years to set the world record, obviously Jordan couldn't do it in six months."

"It hurts to be the top decathlete in the country and have guys around me training their butts off, and for all of us to hear that. It is a cut down. I don't know what he meant by it. He shouldn't be saying stupid things like that."

"In *USA Today* it showed up on the second day of the decathlon. I had to sit there and read it before I went to the track. I hate when people do it."

Whether or not it inspired him, Kinder will certainly have the biggest platform in the sports world to respond to his critics from. He'll be showcased in the 1988 Olympics in Seoul, Korea. He'll be able to show the world that he deserves more respect and possibly a lucrative contract.



PA/TAC Notes

By JOHN MANSOOR

Women's PA/TAC 10K Championships

September 4, San Francisco.

The women's 10K Championship, recently held as part of the Hoy's 10K Classic, drew the region's finest women athletes and teams. Listed below are the top twenty five women and top teams. Special attention should be paid to champion Nancy Ditz as she "tuned up" for the Olympic Games Marathon. Don't miss the rest of the exciting Grand Prix Races listed below!

Overall Results

1	Nancy Ditz (Team Avia)	30 pts.	32:46
2	Terry Puckett (Pac. Flyers)	24 pts.	33:06
3	Barbara Acosta (Ryan's RT)	23 pts.	33:55
4	Patti Gray (Impalas)	22 pts.	34:08
5	Linda Somers (Pac. Flyers)	21 pts.	34:34
6	Heidi Mooney (Greater SF)	20 pts.	34:45
7	Laurie Binder (Reebok RT)	19 pts.	34:59
8	Lori Bearson (Greater SF)	18 pts.	35:09
9	Laura Sanchez (Ryan's RT)	17 pts.	35:13
10	Rosa Gutierrez (Ryan's RT)	16 pts.	35:24
11	Connie Hester (Reebok Ag)	15 pts.	35:29
12	Jani Johnson (Reebok Ag)	14 pts.	35:31
13	Nan Hall (Greater SF)	13 pts.	35:36
14	Allison Orofino (BuffaloChips)	12 pts.	35:37
15	Peggy Smyth (Pac. Flyers)	11 pts.	35:38
16	Marilyn Wallach (Greater SF)	10 pts.	35:40
17	Shirley Matson (Orinda RR)	9 pts.	35:45
18	Susan Putney (Reebok Ag)	8 pts.	36:31
19	Bev Marx (Pac. Flyers)	7 pts.	36:38
20	Becki VanZant (Reebok Ag)	No TacCard	36:55
21	Diane Odion (Reebok Ag)	6 pts.	36:56
22	Beckie Kesecker (Greater SF)	5 pts.	37:06
23	Pat English (Mach I)	4 pts.	37:22
24	Chris Iwahashi (BuffaloChip)	3 pts.	37:28
25	Rossy Cardenas (Pac. Flyers)	2 pts.	37:30
26	Ingrid Smith (Greater SF)	1 pts.	37:34

Overall Results - Teams

1	Pacific Flyers	177:26
2	Greater SF	178:16
3	Reebok Aggies	183:22
4	Ryans RT	185:44
5	Impalas	187:23
6	Buffalo Chips	188:59
7	Woodside Striders	198:56
8	West Valley TC	200:31

Remaining LDR Championships

Oct. 1	Journal Jog 8K	Open
Oct. 9	Silver State 15K	All
Nov. 6	Examiner XC	All
Nov. 13	Foundation 30K	All
Dec. 4	Cal International	All

1988 TAC/USA Pacific Assoc. Junior Olympic & Youth Athletics X-Country Schedule

- Oct. 1 Journal Jog in Reno
- Oct. 2 Junior Olympic Trials -- Silver State Striders Invitational. 9 a.m. Rancho San Rafael Park, Reno.
- Oct. 8 NoCal International Invitational. Santa Teresa Park, San Jose, CA
- Oct. 15 East Shore Hustlers Invitational. Los Medanos College, Pittsburg, CA.
- Oct. 23 Quick Silver Invitational. Quick Silver Trails? San Jose, CA.
- Nov. 6 Pacific Assoc. Youth Athletics Championship. P.A. LDR Committee. Sierra College, Rocklin, CA.
- Nov. 12 West Coast Classic Cross-Country Championship. Santa Teresa Park, San Jose, CA. OPEN TO ALL YOUTH CROSS COUNTRY RUNNERS NATION-WIDE
- Nov. 20 (Sunday) Pacific Assoc. Junior Olympic Championship. East Shore Hustlers. Los Medanos College, Pittsburg, CA. NATIONAL QUALIFIER FOR NATIONAL CHAMPIONSHIP IN RENO, NEVADA

ON DEC. 10, 1988. Top 20 individuals, top 2 teams qualify for Reno. **MUST RUN THIS MEET TO GO TO NATIONAL CHAMPIONSHIPS IN RENO--NO EXCEPTIONS!**

Nov. 25 TAC/USA Youth Athletics National Championship. Tulsa, Oklahoma.

TAC/USA JUNIOR OLYMPIC NATIONAL CHAMPIONSHIP

December 10, 1988 ~ Reno, Nevada

Host Association: Pacific
Host Club: Silver State Striders
Course: Wildcreek Golf Course

For more information contact:

Bruce I. Susong
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Prep Notes

By KEITH CONNING

U.S. Junior Olympics Track and Field Championships.

July 26-31. Percy Beard Track, Gainesville, Florida--Junior Barry Smith (Mission High School, San Francisco), fifth in the State Meet 200 at 21.59, defeated senior Brian Bridgewater (Washington High School, Los Angeles), the State Meet champion in 21.00, in the Young Mens (17-18) division--21.10 to 21.13.

Simone Cain (Hueneme High School, Oxnard), second at the State Meet 200 in 23.59, won the Young Womens (17-18) division in 23.96.

Junior Kim McCallister (Locke High School, Los Angeles), fifth in the State Meet 800 in 2:14.49, won the Young Womens division in 2:11.69.

Senior Althea Moses (Morningside High School, Inglewood), second in the State Meet triple jump at 39-11 3/4, won the Young Womens division at 39-5 1/4.

Sophomore Inger Miller (Muir High School, Pasadena/Altadena), second in the State Meet 100 in 11.52 and third in the 200 in 23.73, won the Intermediate Womens (15-16) 100 in 12.097 and 200 in 24.26.

Erik Allen (Los Angeles) won the Youth Boys (13-14) 100 in 11.52 and the 200 in 22.64.

Tamanika Terry (Altadena) won the Youth Girls (13-14) 200 in 25.01.

Kam Warner (Bakersfield) defeated Heather Sterlin (Mission Viejo) in the Youth Girls triple jump--35-5 1/4 to 34-8 1/4.

Joseph Hernandez (La Verne) won the Midget Boys (11-12) 1,500 in 4:40.92. He also set a national record of 9:49.74 in the 3,000. He set the former national record of 9:51.9 in 1987.

Larry Parker (Fresno) won the Midget Boys 80 hurdles in 12.56 and the high jump at 5-1 3/4.

Erin Miller (Bakersfield) won the Midget Girls (11-12) discus throw at 81-4 1/2.

Jomarr French (West Covina) set a national record of 2:22.28 in the Bantam Boys (10 & U) 800. The old record of 2:22.2 was set by Tom Owings of South Carolina in 1981 at Baton Rouge, Louisiana.

The Los Angeles Jets set a national record of 4:15.44 in the Bantam Boys 1,600 relay. The old record of 4:22.35 was set by K-Y Track Club of Baton Rouge, Louisiana in 1987 at Provo, Utah.

Fast Forward Track Club of Fresno won the Bantam Girls (10 & U) 400 relay in 55.36.

Heather Boleschka (Bakersfield) won the Bantam Girls high jump at 4-2.

NCS Takes Mt. Diablo Teams Back

By Eldredge McCready (The Tribune)

August 17. Richmond--Commissioner Paul Gaddini compared it to a 400-meter race where "you're in the far turn with 90 meters to go and you wonder if you can finish."

But a realignment by the North Coast Section of the California Interscholastic Federation, scheduled for implementation next month, has become more analogous to a marathon where the finish line is seemingly near but not quite yet in sight, with schools set to open in a few weeks.

By a 25-0 vote yesterday, the NCS Board of Managers reinstated the schools of the Mt. Diablo Unified School District.

The action comes after the school district, which includes Clayton Valley, College Park, Concord, Mt. Diablo, Northgate and Ygnacio Valley high schools, last week rescinded its vote to form its own league, contrary to the NCS realignment.

The Mt. Diablo district had filed a suit in the spring because it felt the NCS realignment would detract from class time and add to transportation costs. After the NCS board voted to expel the MDUSD, an outcry from concerned parents and students in the district convinced the district to go along with the NCS plan.

Under the realignment, MDUSD schools Clayton Valley and Ygnacio Valley will be aligned in an eight-team league with Antioch, Berkeley, all-girls school Carondelet, all-boys school De La Salle, El Cerrito, Pinole Valley and Pittsburg. The six MDUSD schools, along with Antioch and Pittsburg, were members of the Diablo Valley Athletic League.

The new League is to be known as the Bay Valley Athletic League.

College Park, Concord, Mt. Diablo and Northgate will join the Foothill Athletic League. The FAL will have 12 schools, which will be split into two six-team divisions.

Berkeley, Carondelet, DeLaSalle, El Cerrito and Pinole Valley have competed in the Golden Bay Athletic League the past two years.

The other GBAL schools, Alameda and Kennedy High of Richmond, will be absorbed into the East Shore Athletic League, making it an 11-team league for boys sports with the addition of Richmond, which had been relegated a distance to the Marin County Athletic League the past two years.

California Mile

Fresh from the Summer Olympic Games in Seoul, world-class runners will lead a variety of athletes in a uniquely San Francisco athletic event--the fourth annual Pepsi-Cola California Mile. This year's race takes place Sunday October 30th.

The California Mile features the toughest 5,280 feet most competitive runners ever attempt, starting at the corner of California & Drumm Streets and rising almost 300 feet to the finish line in front of the Mark Hopkins Hotel atop Nob Hill.

Elite runners include Olympic medalists Rod Dixon and Marica Puica, from New Zealand and Romania respectively, who will be back to defend their 1987 championships. An able challenger in the women's division will be Lynn Williams of Canada, a 1984 Olympic bronze medalist, and proven veteran on the "Hill" having won the California Mile in 1985 and 1986.

Benefitting San Francisco high school sports, the California Mile features a variety of separate races held over a three hour period. Feature races include those for Waiter's, Media/Celebrity Relay teams, high school athletes, and Heavyweights--200 plus pounds! The field of competitors has ranged from six year-old kids to seventy year-old veterans, as runners of all ages and abilities compete in a variety of age-group divisions.

One of the nation's hottest sports trends,

Prep Notes

mountain biking, will also be well represented on race day. Professional men's and women's races will feature the best the sport has to offer as these athletes, who normally compete off-road, take on an urban concrete mountain. Amateur mountain bikers will also have their chance in open men's and women's fields.

All in all, the 1988 California Mile is shaping up as the best yet. From a top rated Nun-Sister Marion Irvine--to the best young girl in U.S. history, the phenomenal 12-year-old Carrie Garrison of Fullerton, the race will feature the very best in milers of every description.

Editor's Note: Northern California finalists in the 800, 1600, and 3200 at the California State Meet in June will be invited to compete.

Bringing the action to hundreds of thousands of homes will be KRON Television, which will provide a live broadcast and a repeat showing of the event. Radio coverage will be provided by 50,000 watt KCBS radio.

This year's race will be run from 8:00 a.m. to 11:00 a.m. A special **High School Sports** fundraising reception, featuring elite athletes and other celebrities, takes place on Friday evening October 28 at the Mark Hopkins. Entry forms can be obtained by sending a self-addressed stamped envelop to California Mile, P.O. Box 2417, Mill Valley, CA 94942. Call (415) 383-0314 for further information.

Corrections from September Issue

Prep California Best Marks Women

- 400 Meters:**
55.24 *Kesha Marvin (Hawthorne)
- 100 Meter Low Hurdles:**
13.90w ***Keri Sanchez (S.Teresa, San Jose)
- 400m Relay:**
47.69 Dorsey, Los Angeles
- 1600m Relay:**
3:50.41 Muir, Pasadena
- Long Jump:**
18-5.5 Mary Bittner (Rio Mesa, Oxnard)
- Triple Jump:**
38-6.5 Ally Kolb (Monte Vista, Danville)
- Men**
- 200 Meters:**
21.10 *Barry Smith (Mission, San Francisco)
- 400 Meters:**
47.28 -Frank Jones (Hoover, Fresno)

TAC National Youth Champs. Mt. SAC June 29-July 2

Young Men

Shot Put:	
2 Matt Karsevar (Unattached)	50-4 3/4
Discus:	
1 Matt Karsevar (Unattached)	161-0 1/2
2 Brent Womack (Unattached)	152-11

Southern California Invationals

By Doug Speck

Sept. 10. Morro Bay Invitational, Morro Bay--A handful of schools from the northern coastal end of the Southern Section gathered once again on the first weekend of the season for a low-key multi-team affair. According to Coach Cary Nerelli of Morro Bay, the course was very soft sand with the weather warm and sunny at 80 degrees.

The home school took home both Varsity team wins. The Women's group from Morro Bay, the Ninth place team from Division II in last year's State Championship run, was led here by Meg George, the individual winner at 22:49. Jennifer LaCovara, not a member of that school's successful harrier squad last fall, but a 5:16.75 1600m runner in track, was 3rd here at 23:36. MB totalled 119:36 for a team time in this meet, favorable when compared to last year's team's 119:10 in this run. T. Stornetta of St. Joseph of Santa Maria was the Men's winner at 19:03, with soph Luke Roundy of the home school 2nd at 19:11.

Results: (Women Var): 1. George (MB) 22:49, 2. St. John (St. Joseph, Santa Maria) 23:06, 3. Lacovara (MB) 23:36, 4. Rodenhi (MB) 24:07.
Teams: 1. Morro Bay 20 (119:36), 2. St. Joseph 40 (126:59), 3. King City 76.

(Men's Var): 1. Stornetta (SF) 19:03, 2. Roundy (MB) 19:11, 3. Kelley (Paso Robles) 19:29, 4. Hossli (SJ) 19:36.
Teams: 1. Morro Bay 39 (102:21), 2. St. Joseph 61 (105:28), 3. Paso Robles 65 (105:49).

Sept. 10. Ventura High Invitational, Ventura--Another multi-team, low-key meet held on the Section's opening weekend was a gathering of six schools hosted by Ventura High School. When they say the course is hilly and one looks at the time this was probably one of those Via Verde Park hill courses. Home-town stars took the individual honors in this non-scoring affair. Fine junior Roman Morales from Ventura, a 4:22.3 1600m runner last spring as a soph, and Chris Sirchum, the leader of a surprising Section Final qualifying Women's group, were the individual winners.

Results: (Wom): 1. Sirchum (Ventura) 23:07, 2. Hopkins (La Canada) 23:41, 3. Weightman (La Canada) 23:55, 4. Wiskow (Buena, Ventura) 24:23.

(Men): 1. Morales (Ventura) 17:28, 2. Cruz (V) 17:51, 3. Fickerson (V) 18:46, 4. Oviatt (Nordhoff, Ojai) 18:50.

Sept. 10. Big Ditch Cross Country Classic, SLO--This Arroyo Grande High hosted affair was moved a bit earlier this year with some very interesting inter-sectional competition. At least a couple of teams who will finish very high statewide in their divisions had a good coming-out for 1988. Arroyo Grande and McFarland had a fine battle in the Men's Varsity race, while Lompoc showed a very strong group on the Women's side.

McFarland, the big State Division III winners last year, showed up with five off that squad and gave one of the Southern Section's better teams in any division, Arroyo Grande, a real run for their money. AG leads with super soph Luis Quintana, 7th in last year's State Div. I Championship Cross Country run and a

4:19.6 miler last spring as a frosh athlete. Luis ran away from surprising Jonathon Coe (Santa Barbara) individually 14:48-15:04, but AG's depth, which put four others in the top 19, brought it in slightly ahead of McFarland, which slipped to 22nd for its fifth scorer, 48 (77:17)-50 (77:56). Coach Greg De-Nike's AG group lost only one athlete from an excellent 87 squad, and with four ninth or tenth graders in the top five from last year some big improvement and successes are very possible in 88.

On the Women's side, a Lompoc team obviously prepared very well for this season after the disappointment of not even getting out of the tough Northern League last year into Sectional competition. Interesting newcomer Angela Orefice (say Ore-fiche) from Arroyo Grande powered away individually to win at 18:23 over Martha Luna of Watsonville (18:50) and Karlie Graham of Lompoc (19:01). Jamie Park (Santa Barbara) won here last year at 17:17. Lompoc totalled 60 (100:41) to win over McFarland, which must be one of the State's better Division III Women's group off their 81 point (103:12) effort. Watsonville, third in the Central Coast Section Large Schools run last fall, was 3rd with 84 (102:59), with San Luis Obispo adding another strong group to the Northern League picture with 4th at 89 (102:59). Arroyo Grande, without their #2 runner, was 5th at 94 (102:54).

Results: (Women): 1. Orefice (AG) 18:23, 2. Luna (Watsonville) 18:50, 3. Graham (Lompoc) 19:01, 4. Jefferson (SLO) 19:22, 5. Quintero (Wats) 19:33, 6. Kelley (AG) 19:40, 7. Diaz (McFarland) 19:42, 8. Harkins (SLO) 19:45, 9. Trujillo (Lompoc) 19:49.

Teams: 1. Lompoc 60 (100:41), 2. McFarland 81 (103:12), 3. Watsonville 84 (102:59), 4. San Luis Obispo 89 (102:59), 5. Arroyo Grande 94 (102:54).

(Men): 1. Quintana (AG) 14:48, 2. Coe (SB) 15:04, 3. Kolinke (Clovis) 15:18, 4. Hurtado (AG) 15:19, 5. Puentes (McFarland) 15:19, 6. Cardenas (McFarland) 15:27, 7. Samaniego (McFarland) 15:27, 8. Hines (AG) 15:28, 9. Menon (SLO) 15:29.

Teams: 1. Arroyo Grande 48 (77:17), 2. McFarland 50 (77:56), 3. Clovis 79 (79:17), 4. Fresno 98 (80:54), 5. Lompoc 131 (81:56).

By Doug Speck & Ray Scofield

Woodbridge Invitational

Sept. 12, Woodbridge HS (Irvine)--This early season affair continues to grow, including more and more schools and athletes each year. At the end of the first week of school it was the first meet for just about all in attendance. It is a great introduction to the sport for youngsters, as awards in some races go as deep as fifty-five places (yes, that is the number 55!). Coach George Varvas and his support staff do a super job of running the meet off around the campus on a course that is just about totally flat with a mixture of grass and concrete, quite visible to casual spectators.

The weather cooperated very nicely this weekend, after some very, very hot and humid weather the last week or two. With three divisions during the day past heat problems had resulted in two divisions run up until the late morning, a big break, then the third division late in the afternoon. No one had any complaints about the conditions this year, as the entire morning was under cloud cover with the afternoon in brisk sunshine.

People did burn up the course, though. A big showdown among some of the state's better 3200m runners from track resulted in a new Men's course record. Scott Hempel (Walnut), 9:01.56 in the spring for 3200m, Eddie Lavelle (Corona del Mar) 9:02.90, and Jim Rodriguez (Santa Ana Valley) 9:03.06, were matched up in a Medium School Senior Men's race. Lavelle took it out, right at 4:40 for the first mile, with Hempel and Rodriguez taking over during the second mile. During the final 880 Jim edged away from Scott, winning 14:40-14:51 (Hempel)-14:58 (Lavelle). Darren Stonerock (Saugus) had the course record here at 14:41. Corona del Mar, led by Lavelle, showed it is ready for a big fall, recording the top Men's team time of the day when times were added up from the "by-grade" races, recording a 78:33 to win easily over the only other team to run under a 16:00 average, Upland at 79:56. Arroyo (El Monte) recorded a 77:36 in winning last year. With 1397 stu-

Continued next page...

Prep Notes

dents in last year's State CBED figures CdM will undoubtedly be in Division II statewide and becomes a big early season favorite for team honors there.

Palos Verdes dropped in on the Women's side here, and showed that they planned on no slack-off in 1988, recording a team time some 40 seconds better than last year (94:08 1987-93:26 here). Ashley Black (4th medium schools varsity 18:15) appears to be leading another monster squad which placed seven in the top seventeen of a very, very good race, and totalled 39 points. Remember, last year's Sea King crew was considered the nation's best. That Medium School Division featured a good group of individuals. Soph Heather Killeen (Valencia, Placentia) took it out the first mile, with surprising Wendy Griffith (Claremont), Karen Hecox (South Hills, West Covina), and Black tagging along. During the final Mile, Hecox, the nation's quickest two miler last spring in track, eased away to win at 17:56, with Killeen 18:07, and Griffith 18:11. Lucinda Reyes, a frosh at Lakewood, looked very strong in winning the Large School's Varsity run at 18:13, with Newport Harbor's Stacy Pando the afternoon Small Division at 18:47. Vastly improved San Clemente (98:03) and Rubidoux (Riverside) (98:59) squads were pleasant surprises. Top area individuals on the Women's side, Rayna Cervantes (Montebello) and Deena Drossin (Agoura) have both been hurt. Cervantes started very easily, then eased up into 7th place at 19:03 in the Large School run, held back by a problem high in her hamstring lately. Drossin did not run, having been bothered by plantar fasciitis.

The Men's Large School run featured new faces. LA Wilson junior Martin Morales edged Illinois transfer Bill Gould (Capistrano Valley, Mission Viejo) 14:46-14:51 individually there. Morales and sub-9:30 two miler Jesus Naranjo give Wilson some real punch, with Gould a 9:15 type two miler from Fremd HS in Palatine, Illinois, a mid-west distance running hotbed. Bryan Dameworth (Agoura) had the day's other quick time, a 15:03 solo effort in taking the Medium School's Junior run. San Clemente's Mike Farrell, a junior, looked strong in a 100 yard divisional win at 15:14.

Women's Results

(Div. I) (Fr/So): 1. Mattson (Newport Harbor) 21:08. (Var.) 1. Pando (NH) 18:47, 2. C. Peck (Woodbridge) 19:14, 3. Robles (Wdr) 19:36. (Div. II) (Fr/So) 1. Della Gatta (Palos Verdes) 19:55. (Var.) 1. Hecox (South Hills) 17:56, 2. Killeen (Valencia, Placentia) 18:07, 3. Griffith (Claremont) 18:11, 4. Black (PV) 18:15, 5. Brix (University, Irvine) 18:20, 6. Lucas (PV) 18:28, 7. Gomez (LA Wilson) 18:42. (Div. III) (Fr/So) 1. Dunn (Wilson, Long Beach) 18:28, 2. Vizodarra (Bell Gardens) 18:51, 3. Ridenour (Hemet) 19:09, 4. Neria (Rubidoux, Riverside) 19:11, 5. Sweetser (El Toro) 19:15.

(Var.) 1. Reyes (Lakewood) 18:13, 2. Adam (Huntington Beach) 18:24, 3. Skeen (Capistrano Valley, Mission Viejo) 18:38, 4. Caminito (Irvine) 18:45, 5. Smythers (San Clemente) 18:46. Team Times: 1. Palos Verdes 93:26, 2. San Clemente 98:03, 3. El Toro 98:43, 4. Rubidoux (Riverside) 98:59, 5. Wilson (Long Beach) 99:41, 6. Claremont 100:12, 7. South Hills (West Covina) 100:19, 8. Santa Ana Valley 100:23, 9. Mater Dei (Santa Ana) 100:40, 10. Capistrano Valley (Mission Viejo) 101:07.

Men's Results

(Div. I) (Fr/So): 1. Hazlett (Yucaipa) 18:01. (Soph) 1. Ramirez (Salesian, LA) 16:24. (Junior) 1. Goodrich (Dos Pueblos, Goleta) 15:53. (Senior) 1. Frisone (Laguna Hills) 15:14, 2. Gibney (Laguna Hills) 15:38. (Div. II) (Fr/So) 1. Dempsey (Corona del Mar) 16:27. (Soph) 1. Lozano (Helix, San Diego) 15:43, 2. Pose (Torrance) 15:47. (Junior) 1. Dameworth (Agoura) 15:03, 2. Price (Saddleback, Santa Ana) 15:36, 3. Kite (Agoura) 15:39. (Senior) 1. Rodriguez (Santa Ana Valley) 14:40 (CR), 2. S. Hempel (Walnut) 14:51, 3. Lavelle (CdM) 14:58, 4. Brito (SAV) 15:10, 5. Vali (Uni, Iv) 15:17, 6. M. Hempel (Walnut) 15:21, 7. Dederich (Diamond Bar) 15:27. (Div. III) (Fr/So) 1. Reyes (Lakewood) 15:51. (Soph) 1. Chavez (Rubidoux, Riverside) 15:47, 2. Ocampo (Bell Gardens) 15:58. (Junior) 1. Farrell (San Clemente) 15:14, 2. R. Rigal (Loyola, LA) 15:37, 3. Virgil (Santana) 15:40. (Senior) 1. Morales (Wilson, LA) 14:46, 2. Gould (Capistrano Valley) 14:51, 3. Williamson (Thous. Oaks) 15:04, 4. Nava (Santa Ana) 15:16, 5. Hughoy (Salana, Santee) 15:16, 6. T. Collins (Hemet) 15:22, 7. Naranjo (Wilson, LA) 15:24. Team Times: 1. Corona del Mar 78:33, 2. Upland 79:56, 3. Santa Ana 80:09, 4. Agoura 80:17, 5. Capistrano Valley 80:19, 6. Santa Ana Valley 80:25, 7. Loyola (LA) 80:38, 8. Hemet 80:42, 9. Walnut 80:54, 10. Thousand Oaks 80:56.

Las Vegas Invitational

Sept. 12, University of Nevada at Las Vegas--A number of Southern Section squads traveled to the glittering city for an opening weekend Invitational. Villa Park's Laura Doering repeated her individual win of a year ago, racing 16:04 this year as her team was second to Monument Valley of Kayenta, Arizona 51-75. El Modena (Orange) repeated its Men's Large School team win of a year ago, this time 65-68 over Basic (Henderson, NV), with Fountain Valley a close third at 70. Alex Zamora (Coachella Valley) had the day's quickest time, recording a 15:07 in winning the Men's Small School race by 40 seconds. Zamora's time was quicker than Pat Hubbard (Basic), who ran 9:07.2 in the Arcadia Invitational for 3200m in Track, who had a 15:14 in a Large School win.

Meet Results

Women

1. Doering (Villa Park) 16:04, 2. Craig (Basic) 16:20. Team: 1. Monument Valley 51, 2. Villa Park 75, 3. El Modena (Orange) 91, 4. Orange Glen (Escondido) 97.

Men

(Small) 1. Zamora (Coachella Valley, Thermal) 15:04, 2. DeLeon (Moorpark) 15:47. Team: 1. Chinle (AZ) 52, 2. Villa Park 58. (Large) 1. Hubbard (Basic) 15:14, 2. Harmon (Basic) 15:24, 3. Lockwood (Fountain Valley) 15:47. Team: 1. El Modena 65, 2. Basic 68, 3. Fountain Valley 70, 4. Orange Glen 133.

By Doug Speck

Sept. 15, Walnut Invitational, Mt. San Antonio College--A handful of squads gathered for a chance to run on the Section Championship course in the preseason. The team players change slightly each year in this Meet, but there is always some real quality at the top end of things.

Angie Miranda of Palm Springs, a light, smooth-striding junior who improved vastly during last spring's track season to record an 11:12.41 3200m, ran along with a pack that included Sandra Acosta (Walnut), Rosa Molina (Los Altos, Hacienda Heights), and Persephone Lowery (Norco) through the first mile. During the tough second switchback loop mile it was Acosta who moved out to a 20 yard lead, but Miranda showed the best conditioning over the final mile, winning comfortably in a fine early season 19:55. Coach Larry Nugent's Norco squad was the unofficial team winner (no scoring was kept), racing a 109:12 team time.

In the Men's Varsity run it was Walnut's Scott Hempel who pulled away from early pace-setter Don Lefevre (Nogales, La Puente) after a 5:08 first mile on his way to a good 15:56 win. Loyola of Los Angeles, back in a big way after injuries ruined a 1987 team, had Rene Rigal (16:11-2nd) and Peter Hogan (16:17-3rd) control things as a team, with an 84:10 clocking. State Division I team champs Arroyo (El Monte) ran 81:04 in this affair last Fall.

Men's Results

1. S. Hempel (Walnut) 15:56, 2. Rigal (Loyola) 16:11, 3. Hogan (Loyola) 16:17, 4. M. Hempel (Walnut) 16:20, 5. Lefevre (Nogales, La Puente) 16:28, 6. Christopherson (Walnut) 16:35, 7. Chavez (Arroyo, El Monte) 16:48, 9. Arguelles (Norco) 16:52.

Women's Results

1. Miranda (Palm Springs) 19:55, 2. Acosta (Walnut) 20:12, 3. Molina (Los Altos, Hacienda Hts.) 20:18, 4. Lowery (Norco) 20:41, 5. Bennett (Nor) 21:01, 6. Reese-Bennett (Nor) 21:01.

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Ranking the Southern Section Leagues in Track & Field

by Ray Scofield

Assisted by Doug Speck & Mike Kennedy

As an outgrowth of a State Scoring system by school it was thought it might be interesting to average the points scored by the different schools in a League in the Southern Section and see which League "ran the toughest track." Again, in our statewide scoring system the best mark in the state in an event was given 50 points, the second best 49, and so on down until one point was given for the fiftieth best mark in an event this past spring. Below you have the average points scored by a school in each of the following Leagues under this system. This scoring system was done based upon the membership of Leagues for the coming 1988-89 school year.

This was a year for re-establishing Leagues and there were some changes. Some Leagues have also been moved to different divisions than in the past. But, as a way of looking at the relative strengths of the different Leagues it is interesting to see it in this format. A ratio system was used where points were added to a League's score if it were a six team group to accurately compare it with an eight team alignment.

Men

4A:		3A:	
1 Pacific	86.7	1 Mission Vly	65.2
2 Moore	81.5	2 Sea View	39.7
3 Bay	72.7	3 Channel	36.7
4 Sunset	68.5	4 Empire	24.2
5 San Gab Vly	42.8	5 Century	23.2
6 Sierra	39.7	6 Baseline	21.8
7 Ivy	38.1	7 Foothill	18.9
8 Golden	34.9	8 Desert Valley	13.6
9 Maramonte	34.3	9 Angelus	11.2
10 Citrus Belt	31.9	10 Whitmont	8.3

2A:		1A:	
1 Del Ray	76.5	1 Frontier	18.1
2 Valle Vista	42.5	2 Tri-Valley	15.0
3 Northern	41.7	3 Olympic	4.0
4 Ocean	27.9	4 Delphic	2.4
5 Camino Real	19.0	5 Desert Inyo	1.0
6 Orange	18.0	6 San Fernando Vly	0.8
7 Suburban	10.4	7 Alpha	0.7
8 Montview	9.0	8 Los Padres	0.3
9 Gard Grove	6.0		
10 Rio Hondo	4.4		

Top Ten Men's Leagues

1 Pacific (4A)	86.7	6 Mission Vly (3A)	65.2
2 Moore (4A)	81.5	7 San Gab Vly (4A)	42.8

3 Del Ray (2A)	76.5	8 Valle Viste (2A)	42.5
4 Bay (4A)	72.7	9 Northern (2A)	41.7
5 Sunset (4A)	68.5	10 Sea View (3A)	39.7

--Commentary on Men's Division

The Pacific League is made up of Muir (Pasadena), Pasadena, Arcadia, and the three Glendale High School District Schools--Hoover, Glendale, and Crescenta Valley. It is a League with a wide socio-economic and ethnic mix with obviously a tremendous number of top athletes in the past. While some might have said it was a bit of a down year talent-wise for the Conference this year it is interesting to see that it still scores higher than any other group in the Section. The Moore League is the greater Long Beach area High Schools, Poly, Millikan, Wilson, Jordan, Compton, and Lakewood. The Del Ray League is a Catholic school conference, the Bay including Hawthorne in the future, and the Sunset League the large Beach schools in the greater Huntington Beach area. The Mission Valley led by Arroyo (El Monte) and Duarte to its 3A domination.

Women

4A:		3A:	
1 Bay	104.5	1 Channel	83.2
2 Moore	83.6	2 Century	40.4
3 Pacific	80.9	3 Empire	40.2
4 South Coast	76.8	4 Baseline	39.1
5 San Andreas	58.3	5 Sea View	33.3
6 Citrus Belt	38.1	6 Mission Valley	32.3
7 Ivy	31.9	7 Foothill	31.2
8 Maramonte	31.2	8 Whitmont	22.1
9 Golden	28.5	9 Mountain View	17.2
10 Sierra	13.6	10 Angelus	6.7

2A:		1A:	
1 Montview	31.8	1 Frontier	46.5
2 Valle Vista	28.6	2 Los Padres	29.7
3 Ocean	26.8	3 Tri-Valley	12.5
4 Pacific Coast	26.1	4 Alpha	8.2
5 Camino Real	16.9	5 DeAnza	6.7
6 Freeway	10.7	6 Delphic	5.8
7 Rio Hondo	9.6	7 Desert-Inyo	4.2
8 Orange	8.7	8 Olympic	2.9
9 Northern	6.4	9 Arrowhead	0.6

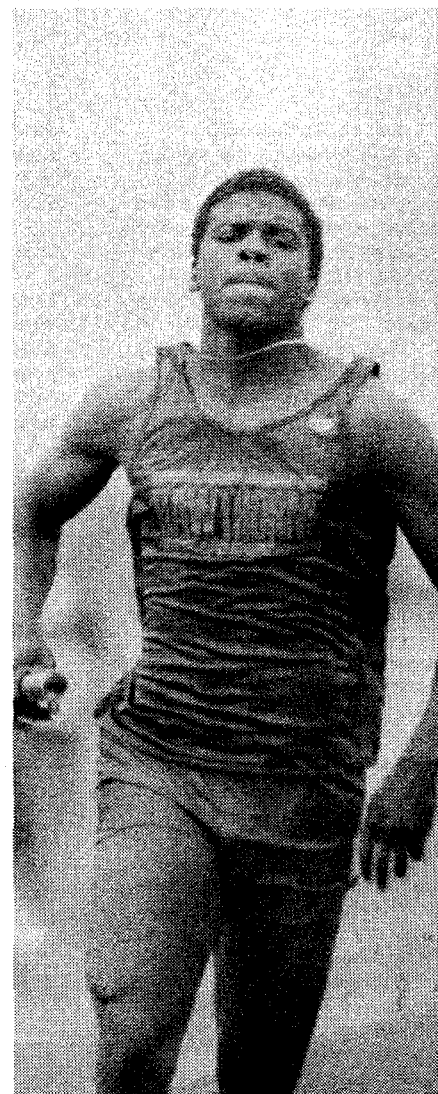
Top Ten Women's Leagues

1 Bay (4A)	104.5	6 San Andr(4A)	58.3
2 Moore (4A)	83.6	7 Frontier (1A)	46.5

3 Channel (3A)	83.2	8 Century (3A)	40.4
4 Pacific (4A)	80.9	9 Empire (3A)	40.2
5 South Cst (4A)	76.8	10 Baseline (3A)	39.1

--Commentary on Women's Division:

Hawthorne anchors a new alignment of the Bay League which, with Palos Verdes, Beverly Hills, Rolling Hills, Santa Monica, and others, will be a very,



CURTIS CONWAY

photo by Bill Cottles Action Photography

very solid group. The Moore League is very strong here also. The Channel League is the Santa Barbara and Ventura High Schools, plus Oxnard and Hueneme. The South Coast is led by Mission Viejo, with the San Andreas a quickly growing area of mostly High Desert Schools.

Long Distance Log

By RICHARD LEE SLOTKIN

Pacific Star Festival



July 17. Gardena. 5K.

Dan Ashamine, the founder, funder and father figure of the Gardena Valley Runners Club is up front about his intentions for the club's showpiece event of the year, the Pacific Star Festival 5K.

"We want to make it a prestige event."

How do you do that with limited funds and sponsorship, entering only your 4th year and holding the race smack dab in the middle of the U.S. Olympic Trials, which are some 2,000 miles away?

Well, for one thing, you set up a flat course, which, fortunately, is easy to do in Gardena. Then, you get all your own pretty-good-but-not-quite-good-enough-to-qualify-for-the-Trials runners to show up. Next, you try to import a few of the same type from out of town. And, finally, you somehow manage to recruit a world class runner whose Trials come later because he happens to be a foreign national.

Simple, isn't it?

GVR did all that, and went for their goal of a sub-14 finish. The flag bearer in this mini-crusade was Kenyan Samson Obwacha, a 2-time Division II champ while at East Texas State, a sub 29 10K runner and an 8:18 steepler. Despite those credentials, you're no going to break 14 minutes on the road without at least someone pushing you.

They got that, too, in the form of Kevin Jones, a Reebok Aggie from San Luis Obispo.

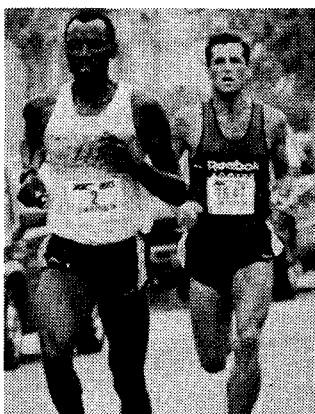
Then, they loaded up the front with as many of their own speed merchants as they could cajole, capture or convince. And, let me tell you, there were a lot of GVRs out there. Enough to take 6 of the first ten places, for both men and women, not to mention most of the age group awards.

And, just to make sure that

nothing was left to chance, a rabbit was installed in the front with instructions to take the point through the first mile in 4:25.

Ah, but alas and alack, sometimes the best laid plans . . .

Actually, everything went almost exactly according to plan. That "almost" was the difference, though. Harold Ketting took the boys through in, well, according to my watch and the split caller, it was 4:28, "almost" but not quite 4:25. Kevin Jones did a fine job of hanging with Obwacha,



SAMSON OBWACHA leading KEVIN JONES with 200 meters to go

even challenging him for the lead towards the middle. John Koningh was also in there until he realized that there was an extra little leg near the end that he hadn't noticed in his warmup. After pushing most of the way at a near sub-14 pace, the let-down that inevitably comes with realizing that you have more to go than you thought took The Good Doctor out of it. Again, "almost."

The most critical factor, however, was Obwacha himself. He just plain waited too long to make his

move. How much too long?

Eat your heart out: his time was 14:02! That's how much too long.

Where was that 3 seconds (for a 13:59)? Well, it might have been at the mile where they came through 3 seconds behind schedule. But, at that point, all wasn't really lost. The problem was that Obwacha was not leading. Koningh and Jones were. The pushers were pulling, and that wasn't going to get it done. Not this time, anyway. It wasn't until 7:30 on the clock that Obwacha began to



KEVIN JONES -- "He did his job"

assert himself, but that was already well over halfway through. There

just isn't enough real estate in a shorty like a 5K to waste time maneuvering.

Still, all was not lost. With Jones fighting Obwacha every step and Koningh right behind adding to the pressure, they passed 2 Miles in 9:01. They were on schedule, definitely within reach. Then, at 10 minutes, Koningh had dropped back and it was just Jones and Obwacha. At 10:20 Jones took the lead by a step or 2 and it was right here that they

lost their sub-14. Obwacha, instead of taking the lead back, was content to draft on Jones, for one whole minute! It wasn't until 11:20 that he went back into the lead and started the decisive drive. Jones didn't fold, either. At 13:35, with the finish line, and the finish line clock, in sight, Jones was a scant 5 yards back. By now, both men could see the 13 still showing on the clock and they had fired up the afterburners. But even though Obwacha slowly and steadily increased his lead, the 13 just



KATHY KANES -- 1st Woman

wouldn't stay. It clicked to 14 two seconds before Obwacha got there. And 4 seconds later, a very game and very good Kevin Jones made his peace with the course. Despite his letdown, Koningh had too much left for anyone to pick him off and he was 3rd in 14:22.

Obwacha's time was announced as the 3rd fastest road 5K in the U.S. this year, and a course record. So, how come it wasn't 3 seconds faster? Well, Obwacha spoke of two things that probably decided the matter. First, he knew

Long Distance Log

he would outkick Jones. Obwacha, like most of the great ones, runs to win, not for time. So, he wasn't all that worried and didn't have the motivation to build up a lead earlier.

Second, Obwacha says he just needs some warmup time, and he takes it in the first mile. That's his usual 10K strategy, but in a 5K where there just wasn't enough slack, it made the difference, especially when you look back to that minute between 10:20 and 11:20. But, as Obwacha said, "I warm up (anyway)."

Oh well. Sometimes you can't have everything. This one came close.

Now, don't go way because there's more.

What more could there be, you might wonder. Well, look at some of these numbers: 16 finishers under 15 minutes, including 37 year old trials qualifier (marathon!) Ron Gee. 3 masters under 16:00 and one at 16:01. 3 women under 17 and 6 more under 17:50.

Oh yeah. There was a women's race out there too, as you can see from the above notes. Nancy Bowman, a Trials qualifier in the 5000

meters and with a flight to Indianapolis booked for that very afternoon, took the early lead. She went through a 5:05 mile. Five seconds later GVR teammate Gretchen Lohr Cruz came by with Kathy Kanes at her side. Bowman was a bit tired from having travelled back from her brother's wedding in Carson City, Nevada. Also, not very far back in her mind was the Trails. She wanted to support her club, though, so she was out there. By a mile and a half her weekend began to catch up with her and by 2 miles so did Kanes. Kanes wasn't feeling so great herself; she thought possibly the humidity was getting to her. It didn't stop her from not only winning but getting a road PR of 16:26. Bowman faded some but she held off Lohr Cruz for 2nd, both finishing under 17 minutes.

Among the masters, Ron Jensen took first followed by Ben Wilson and Bill Summer. The times? As I told you, all were under 16 minutes. Like, 15:36, 15:51 and 15:57. And in the older gents division, the 50-54, Brian Fernee surprised Andre Tocco by 15 seconds, 16:36 to 16:51. Don't feel sorry for Andre. He PR'd. And

remember, these guys are over 50.

Well, I told you it was a fast course; flat as in pancake flat. And interesting note, for whatever it's worth. Bowman's time was identical to her race number: 16:46. Maybe they should have given Obwacha 13:59 instead of 2. By Golly! I may be on to something!

Division Results - Men

14 & Under: 1. Konrad Shadler 19:34, 2. William Cortes 20:07, 3. David Quadhamer 20:31. **15-19:** 1. John Fedoroff 14:55, 2. Anthony Williams 15:00, 3. Shanon Winkleman 15:01. **20-24:** 1. Reginald Greene 14:54, 2. Mark Laplant 14:55, 3. Fernando Vasquez 14:57. **25-29:** 1. Andy Gerken 14:55, 2. Chris Schallert 15:10, 3. Bob Renden 15:32. **30-34:** 1. Carey Simons 15:13, 2. Harold Ketting 15:45, 3. Herminio Garcia 15:51. **35-39:** 1. Ron Gee 14:46, 2. Stephen Keyes 16:02, 3. Paul Marcel 16:11. **40-44:** 1. Ron Jensen 15:36, 2. Ben Wilson 15:51, 3. Bill Summer 15:57. **45-49:** 1. Tom Burns 16:01, 2. Catarino Gonzalez 16:11, 3. Juan Cabeza 16:26. **50-54:** 1. Brian Fernee 16:36, 2. Andre Tocco 16:51, 3. Ron Poston 17:38. **55-59:** 1. Pat Devine 17:45, 2. Leroy Carter 19:43, 3.

Bob Vitale 19:56. **60 & Over:** 1. Milo Sather 20:06, 2. Parker Tshuhako 20:45, 3. Manuel Lara 20:45.

Division Results - Women

14 & Under: 1. Maya Muneno 20:18, 2. Yoko Shimohara 21:44, 3. Jackie Sahara 22:39. **15-19:** 1. Jill Hoffman 18:22, 2. Kellie Hourigan 20:22, 3. Janet Martin 20:44. **20-24:** 1. Diane Dandurand 20:15, 2. Laurene Lopez 21:23, 3. Lori Kiriki 23:25. **25-29:** 1. Miya Vernon 18:10, 2. Mary Button 18:55, 3. Lari Bright 19:12. **30-34:** 1. Jennie Cole 19:54, 2. Claudia Velletri 20:53, 3. Karen Horii 21:06. **35-39:** 1. Aine Lynam 18:29, 2. Claudia Morales 19:31, 3. Barbara Honeck 19:41. **40-44:** 1. Sue Reinhardt 19:26, 2. Linda King 19:44, 3. Wendy Watson 19:53. **45-49:** 1. Bonnie Robinson 20:32, 2. Roberta Lamping 20:38, 3. Rita Gilmore 20:43. **50-54:** 1. Jeanne Hoagland 20:43, 2. Greta Jones 23:51, 3. May Fong 24:15. **55-59:** 1. Heidi Noriyuki 23:55, 2. Miyo Fujimori 25:08, 3. Betty Crosby 27:30. **60 & Over:** 1. Helen Dick 21:40, 2. Serea Weathington 25:29, 3. Miyoko O'Hara 26:50.

Photos by Richard Lee Slotkin

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Road Race Focus

By MIKE FANELLI

Hoy's Sports 10,000 Meter Classic

Sept. 4. San Francisco.

The sixth running of the Hoy's Sports 10,000 Meter Classic was cause for celebration by more than a few of its participants. PR's abound on this windless 60 degree morning in the east (road flat) end of Golden Gate Park. This certified two loop course saw records fall by the wayside in the open men's, open women's and master women's divisions. What this event lacks in quantity (600+ entrants) is made up for in quality. Staged by a San Francisco running store the event is designed as the shop's way of putting something back into the sport. With almost \$4,000 in prize money plus many awards and an endless raffle drawing, the goal is obviously not to raise money. Instead the goal is to promote the proliferation of our sport at every level, from the 29 minute 10K to the 69 minute version.

The first two miles saw an early lead group of seven including former winner Jay Marden and defending champion Dan Gonzales. Rounding out the group at 5K were Brazil's Lourival Sampaio, Reno's Alan Dehlinger and Rich McCandless, Kevin Jones of San Luis Obispo and Petaluma's Danny Aldridge. Just beyond half way, 28 flat 10K man, Marden, clipped a heel in front of him, only to find himself horizontal in the middle of JFK Drive. Those still upright continued burning a trail past monuments, museums, and meadows. With little more than a mile remaining, two athletes had separated themselves from the rest. Reebok Aggie Dan Gonzalez and CAL Berkeley's redshirting Calvin Gaziano battled shoulder to shoulder. With a mere 150 yards remaining, Gonzales unleashed a ferocious finishing drive that would leave Gaziano almost 3 seconds in arrears. Crossing the line victorious, Gonzalez's 29:16 was two seconds better than Dan Grimes 1986 course record. The 2:13 Marathoner earned \$500 for his victory as part of a prize money structure that filtered through the top ten.

The women's race was not quite as suspenseful. Serving as the PA-TAC Women's Championship, the starting line was a veritable who's who of NorCal's finest women runners. Right from the gun, Olympic Marathoner Nancy Ditz laid her cards on the table for all to see. With a stated pre-race goal of sub 33:00, Nancy wasted no time in her quest. Keying on the masters men, Ditz passed through the mile in a brisk 5:02 along with over 40 standouts Web Loudat, Bill Sevald and Steve Ferraz. Just over 16 minutes at 5K, Ditz motored sans competition. Course record holder, Terry Puckett tried in vain to keep Ditz close but was hampered by an untied Adidas. With a twenty second advantage over Puckett, Nancy Ditz busted the tape, course record and her PR. The 32:45 performance is the fastest ever recorded by a woman in San Francisco as Ditz led a charge of some twenty women under 37 minutes. Many personal records were set including the 33:05 of Terry Puckett, who pioneered the team victory for The Pacific Flyers over the Greater San Francisco Track Club and The Reebok Aggies.

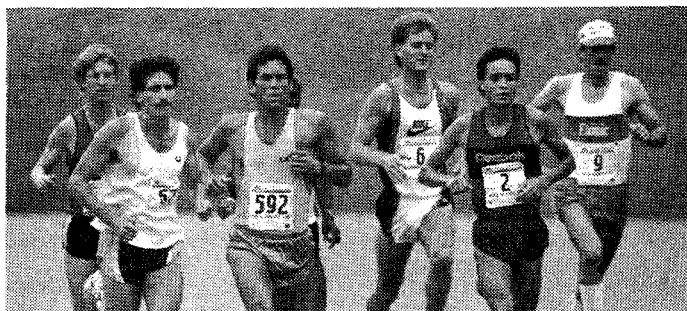
Finishing amongst the top ten in a time of 34:58 was the resurgent Laurie Binder. Her seventh place finish garnered her open prize money as well as the top master's purse. Binder was followed by newcomer to the Bay Area, Shirley Matson, who's second place time of 35:44 is certain to be accepted as a national 45-49 record. The 40+ men's title was captured by San Francisco's Bill Sevald who used the Hoy's race as a tune up for October's Stanford Marathon where he will defend his crown. The 31:45 victory was just shy of the course record, but good enough to put away national masters stars Ferraz and Loudat, both of whom were fatigued by a long racing season across the nation.

While many folks were just beginning to amble into Golden Gate Park for their Labor Day festivities, the finish line scaffolding from one great race was being dismantled. Another

edition of the Hoy's Sports 10,000 Meter Classic had concluded and many like Flory Rodd who turned 65 on this day, had good reason to celebrate. Stay tuned for volume seven of the Hoy's Classic - it's bound to be a best seller.

Overall Results - Men

1. Dan Gonzales (26) 29:16, 2. Calvin Gaziano (21) 29:20, 3. Rich McCandless



(32) 29:26, 4. Alan Dehlinger (27) 29:35, 5. Danny Aldridge (30) 29:57, 6. Lourival Sampaio (30) 30:00, 7. Craig Blockhus (25) 30:13, 8. John Moreno (33) 30:24, 9. Charles Alexander (24) 30:30, 10. B. Carl Stempel (31) 30:33.

11. Mica Comstock (23) 30:47, 12. Dennis Kurtis (34) 31:04, 13. Craig Steinmaus (26) 31:06, 14. Raymond Coutinhot (30) 31:07, 15. Mark Sullivan (27) 31:11, 16. Jeff Holyfield (24) 31:16, 17. Mike Spencer (23) 31:26, 18. John O'Neill (25) 31:35, 19. Dave Ottaway (25) 31:37, 20. Greg Mislick (30) 31:38.

21. Bill Sevald (42) 31:45, 22. Adam McAboy (20) 31:53, 23. Bill Devine (27) 31:55, 24. Rony Maoz (26) 31:56, 25. Toby Knefer (22) 31:56, 26. Andy Walsh (25) 32:04, 27. Kevin Reilly (34) 32:05, 28. Dale Vinski (19) 32:12, 29. Steve Ferraz (41) 32:14, 30. Web Loudat (42) 32:16.

31. David Furst (42) 32:17, 32. Tad Kazik (35) 32:27, 33. Steven O'Brien (35) 32:30, 34. Leroy Kotchevar (34) 32:31, 35. Mark Newbieser (31) 32:42, 36. David Laberge (28) 32:46, 37. Ulises Fernandez (23) 32:48, 38. Andy Bupp (16) 32:49, 39. David Rivera (46) 32:55, 40. Dennis Odion (29) 32:56.

41. Jim Coughlin (29) 32:59, 42. Eduardo Cardenas (28) 33:01, 43. Mike Fero (29) 33:02, 44. Andrew Boudreau (18) 33:05, 45. Greg Nacco (28) 33:15, 46. Andy Bullock (25) 33:25, 47. Andy Kelsey (20) 33:25, 48. Brook Thomas (40) 33:28, 49. Michael Rodriguez (29) 33:29, 50. Stuart Wiseman (20) 33:32.

100. Bernard Hollander (50-54) 37:33, 110. Siegfried Mattern (50-54) 38:08, 123. John Lemke (55-59) 38:45, 135. Richard Young (50-54) 39:16, 181. Geoff Bardsley (60&O) 41:57, 183. Bruce Oliver (60&O) 42:03, 185. Jess Chavez (55-59) 42:04, 186. Ed Mooney (55-59) 42:07, 206. Don

Lucero (60&O) 43:35, 254. Bray Jack (50, Walk) 47:10.

Overall Results - Women

1. Nancy Ditz (34) 32:45, 2. Terry Puckett (32) 33:05, 3. Barbara Myers-Acosta (30) 33:54, 4. Patti Gray (25) 34:07, 5. Linda Somers (27) 34:33, 6. Heidi Perham Mooney (30) 34:44, 7. Laurie Binder (41) 34:58, 8. Lori Bearson (27) 35:08, 9. Laura Sanchez (27) 35:12, 10. Rosa Gutierrez (24) 35:23.

11. Connie Hester (28) 35:28, 12. Jani Johnson (33) 35:30, 13. Nan Hall (34) 35:35, 14. Allison Orofino (27) 35:36, 15. Peggy Smyth (36) 35:37, 16. Marilyn Wallach (35) 35:39, 17. Shirley Matson (47) 35:44, 18. Susan Putney (25) 36:30, 19. Bev Marx (34) 36:37, 20. Becki Vanzant (21) 36:54.

Left to right: DANNY ALDRIDGE, CALVIN GAZIANO, RICH MCCANDLESS, LOURIVAL SAMPAIO, JAY MARDEN, DAN GONZALEZ, & ALAN DEHLINGER. photo by Kenneth Lee

21. Diane Odion (31) 36:55, 22. Beckie Simmie-Kesbecker (36) 37:05, 23. Pat English (35) 37:21, 24. Christine Iwahashi (32) 37:27, 25. Rosy Cardenas (26) 37:29, 26. Ingrid Smith (32) 37:33, 27. Meighan McGee (29) 37:36, 28. Rachel Lewis (17) 37:38, 29. Cindi Van Natta (31) 37:40, 30. Judy Leydig (37) 37:43.

31. Hilary Naylor (41) 37:44, 32. Melanie Gilbertson (28) 37:51, 33. Barbara Rowland-Frank (30) 37:52, 34. Suzette Moore (31) 37:54, 35. Sue Vinella-Brusher (34) 37:55, 36. Eileen Brennan (27) 37:58, 37. Wink Luskin (37) 38:01, 38. Irene McAuliffe (29) 38:17, 39. Donna Hinshaw (33) 38:21, 40. Linda Van Housen (24) 38:30.

41. Laura Schmitt (24) 38:34, 42. Kim Rupert (33) 38:37, 43. Suzanne Deemisch (29) 38:40, 44. Lisa Kolb (26) 38:48, 45. Barbara Finlay (25) 38:49, 46. Antoinette Marsh (23) 38:57, 47. Connie Kondo (30) 39:00, 48. Mary Gail Dunphy (33) 39:00, 49. Robin Barnato (27) 39:08, 50. Vicki Bigelow (53) 39:17.

59. Susan Horstmeyer (19&U) 39:49, 61. Donna McKennon (19&U) 40:05, 64. Karen Lanterman (40-44) 40:23, 75. Eve Pell (50-54) 41:29, 82. Gail Rodd (45-49) 42:48, 92. Ralph Crump, Jr. (45-49) 44:24, 95. Marty Maricle (55-59) 44:42, 120. Joan Ketoven (50-54) 50:33, 141. Kit Pickles (60&O) 53:12, 150. Joann Neddelco (45, Walk) 55:32, 170. Liese Rapozo (60&O) 58:59, 174. Nina Gramowich (60&O) 59:58.

Results

Track & Field

PA/TAC Track & Field Championships

June 11, Los Gatos

Results - Sub-Masters & Master's Men

Hammer: (35-39) 1. G. Klemson 138-9, (45-49) 1. E. Burke 171-0, 2. J. Orsini 111-8, (50-54) 1. J. Hart 124-7, (60-64) 1. R. Hassman 85-3, (65-69) 1. B. Stone 102-8, 2. A. Ricciardi 85-3, (70-74) 1. J. York 105-5

Discus: (30-34) 1. R. Gorbet 128-3 1/2, 2. J. Solenly 87-6, (35-39) 1. G. Schmidt 126-7 1/2, 2. G. Klemson 113-0, (40-44) 1. J. Powell 203-4 1/2, 2. A. Hunkin 100-10 1/2, 3. M. Holzgang 94-11, (45-49) 1. R. Hotchkiss 141-6 1/2, 2. K. Mayer 114-2 1/2, 3. J. Karbons 102-4 1/2, 4. M. Parker 101-6 1/2, 5. J. Orsini 90-10, (50-54) 1. J. Hart 152-4 1/2, 2. S. J. Ricciardi 143-8 1/2, 3. J. Mayer 104-5 1/2, (60-64) 1. M. Orlich 117-3 1/2, 2. R. Nordquist 111-2, 3. R. Hassman 108-6 1/2, 4. J. King 92-1, 5. J. Salsdorf 80-1, (65-69) 1. B. Stone 127-1, 2. H. Booth 122-9 1/2, 3. A. Ricciardi 106-10, (70-74) 1. H. Cronkite 92-6, 2. R. Mack 87-7

Pole Vault: (30-34) 1. W. Sotthoo 14-0, (35-39) 1. G. Hull 13-6, 2. B. Serrano 12-6, (40-44) 1. B. Hotelling 13-6, 2. J. Miyoshi 12-0, 3. R. Werne 12-0, 4. R. Stepp 11-6, 5. M. Holzgang 8-6, (45-49) 1. R. Hotchkiss 11-0, (60-64) 1. R. Nordquist 9-0, (65-69) 1. J. Johnson 9-0, 2. A. Ricciardi 8-0

Shot Put: (30-34) 1. R. Gorbet 51-6 1/2, 2. J. Solenly 23-9 1/2, (35-39) 1. G. Schmidt 41-4 1/2, 2. G. Klemson 35-11, 3. B. Furtado 35-3 1/2, (40-44) 1. P. Lyman 45-0 1/2, 2. M. Holzgang 35-3, (45-49) 1. R. Hotchkiss 40-9 1/2, 2. M. Parker 39-3, 3. K. Mayer 37-0 1/2, 4. A. Ferreira 32-5, (50-54) 1. J. Hart 45-11 1/2, 2. J. Ross 43-10 1/2, 3. R. Beedle 37-2, 4. J. Mayer 33-6 1/2, (55-59) 1. B. Feaster 38-10, 2. J. Geoghegan 35-6, (60-64) 1. M. Orlich 45-4, 2. J. Salsdorf 33-8 1/2, (65-69) 1. A. Ricciardi 35-0, 2. H. Booth 34-0, 3. B. Stone 32-6, (70-74) 1. H. Cronkite 35-9 1/2, 2. J. York 35-7, 3. R. Mack 27-9

Long Jump: (30-34) 1. G. Beutler 17-2, 2. J. Solenly 11-0, (35-39) 1. M. Valentine 19-6, 2. R. Rucker 19-1, 3. S. Kemp 19-0 1/2, 4. G. Schmidt 18-11 1/2, (40-44) 1. J. Hollister 18-8, 2. F. Quinlanjang Sr. 18-5 1/2, 3. J. J. Manor 17-5 1/2, 4. A. Hunkin 17-5 1/2, 5. M. Holzgang 14-11 1/2, (45-49) 1. D. Dvorak 18-4, 2. T. Cain 18-4, 3. J. Karbons 16-1, (50-54) 1. O. Legend 16-7 3/4, 2. S. Richmond 16-0, 3. J. Mayer 13-3, (60-64) 1. B. Roemer 14-1, 2. J. Salsdorf 10-2 3/4, (65-69) 1. J. Johnson 14-8, 2. F. Quinlanjang Jr. 7-8, (70-74) 1. L. Holmquist 10-2

High Jump: (30-34) 1. R. Shields 6-2, 2. R. Ulrich 5-0, (35-39) 1. E. Baskauskas 5-10, (40-44) 1. M. Holzgang 4-8, (45-49) 1. R. Hotchkiss 5-4 1/2, 2. D. Dvorak 4-08, (50-54) 1. D. Rose 4-10, 2. S. Richmond 4-8, 3. J. Mayer 4-6, (60-64) 1. C. Omdoff 4-5, 2. J. King 4-5, 3. J. Salsdorf 3-11, (65-69) 1. J. Johnson 4-1, (70-74) 1. L. Holmquist 3-6

Triple Jump: (30-34) 1. R. Ulrich 35-5 1/2, 2. R. Quinlanjang 35-1 1/2, 3. J. Solenly 22-10 3/4, (35-39) 1. R. Rucker 39-9 1/2, 2. M. Valentine 39-2, (40-44) 1. J. Hollister 36-11 1/2, (45-49) 1. D. Dvorak 39-3 3/4, (50-54) 1. O. Legend 33-5 1/4, 2. S. Richmond 32-1, (65-69) 1. J. Johnson 28-10 1/2

Javelin: (30-34) 1. J. Solenly 107-0, (35-39) 1. G. Schmidt 153-4, 2. G. Klemson 129-7, (40-44) 1. D. Stovick 180-2, 2. S. Zisman 143-8, 3. R. Stepp 140-3, 4. M. Holzgang 131-1, (45-49) 1. R. Hotchkiss 150-2, 2. M. Parker 92-10, (50-54) 1. L. Stuart 198-0, 2. P. Conely 171-4, 3. D. Rose 141-7, 4. J. Mayer 109-2, (60-64) 1. J. Salsdorf 60-9, (65-69) 1. B. Porch 130-1, 2. B. Stone 102-1, 3. J. Ralls 88-5, 4. A. Ricciardi 87-1, (70-74) 1. R. Mack 88-0

100m: (30-34) 1. L. Pope 11-58, 2. K. Cook 11-93, 3. B. Cottong 12-05, 4. C. Bueller 12-73, (35-39) 1. G. Johnson 11-51, 2. E. Bryant 12-21, 3. F. Demby 12-44, 4. T. Quinlanjang 13-80, (40-44) 1. T. Allen 11-62, 2. J. Hollister 11-89, 3. J. Baladad 12-12, 4. B. Johnson 12-17, 5. G. Patterson 12-43, 6. J. Manor 12-65, 7. A. Hunkin 12-87, (45-49) 1. M. Adamson 11-92, 2. J. Varty 13-16, (50-54) 1. B. Anixter 12-22, 2. G. LaTorre 12-28, 3. W. Sanford 12-67, 4. S. Clayton 12-86, 5. R. Pritchard 15-27, (55-59) 1. B. Springbett 12-16, 2. B. Feaster 13-03, 3. H. Washington 13-40, (60-64) 1. V. Regier 12-98, 2. R. Watanabe 13-04, 3. C. Omdoff 13-81, 4. B. Roemer 13-89, 5. J. Warren 15-03, (65-69) 1. R. Hunt 14-13, 2. J. Johnson 14-49, 3. S. Hoover 17-01, (70-74) 1. P. Jordan 13-18, 2. C. Kilian 14-38, (75-79) 1. H. Koppel 14-70, 2. L. Holmquist 18-27

200m: (30-34) 1. G. Canfield 22-85, 2. L. Pope 23-30, 3. K. Cook 24-40, 4. R. Quinlanjang 25-68, (35-39) 1. G. Johnson 23-12, 2. F. Demby 24-69, 3. E. Bryant 24-89, 4. C. Missouri 25-12, 5. S. Kemp 25-37, (40-44) 1. M. Pruitt 23-19, 2. T. Allan 23-97, 3. R. Rutledge 24-46, 4. J. Baladad 25-00, 5. G. Patterson 25-00, 6. Ferguson 25-40, (45-49) 1. M. Brooks 23-46, 2. M. Adamson 23-99, 3. B. Miller 26-19, 4. J. Karbons 26-78, (50-54) 1. B. Anixter 24-89, 2. W. Sanford 25-40, 3. S. Clayton 26-19, (55-59) 1. B. Springbett 24-5, 2. B. Feaster 26-4, 3. H. Washington 27-0, 4. E. Mehmedbasich 28-3, (60-64) 1. V. Regier 26-3, 2. R. Watanabe 26-3, 3. P. Sorson 30-3, (65-69) 1. G. Simon 44-7, (70-74) 1. P. Jordan 27-7, 2. C. Kilian 29-6, (75-79) 1. H. Koppel 30-6

400m: (30-34) 1. G. Cagle 50-24, 2. M. Kruger 54-22, 3. C. Bouharies 55-11, 4. D. O'Connell 55-60, 5. R. Ulrich 57-89, (35-39) 1. J. Kirkpatrick 53-05, 2. A. Missouri 55-94, (40-44) 1. M. Pruitt 51-01, 2. R. Rutledge 54-59, 3. S. Barnett 55-73, (45-49) 1. M. Brooks 52-44, 2. B. Miller 56-39, 3. J. Karbons 58-96, (50-54) 1. S. Clayton 60-48, 2. O. Legend 60-5, (55-59) 1. E. Mehmedbasich 65-59, (60-64) 1. R. Watanabe 65-05, 2. L. Sorenson 67-75, (65-69) 1. R. Hunt 68-24

800m: (30-34) 1. G. Carpenter 1:58.5, 2. M. Kruger 2:01.6, 3. L. Leong 2:02.7, 4. C. Bouharies 2:05.1, 5. K. Sohberg 2:05.2, 6. D. O'Connell 2:06.8, 7. T. Wright 2:07.0, (35-39) 1. D. Katcher 2:04.4, 2. J. Montoya 2:06.2, (40-44) 1. Phillips 2:08.3, (45-49) 1. H. Franklin 2:02.9, 2. B. Miller 2:11.1, (50-54) 1. P. Richardson 2:09.4, 2. K. Noel 2:14.2, 3. J. Bevins 2:18.4, 4. J. Erbs 2:19.1, 5. R. Rodriguez 2:20.1, 6. K. Ogden 2:27.4, 7. J. Gallagher 2:31.0, (55-59) 1. K. Napier 2:17.4, (60-64) 1. J. King 2:38.9, 2. M. Dirason 2:50.3, (65-69) 1. D. Wilgus 3:04.5

1500m: (30-34) 1. G. Hanthorn 4:14.6, 2. S. Peto 4:20.1, 3. T. Wright 4:28.5, (35-39) 1. R. Sturgeon 4:07.7, 2. D. Amster 4:08.9, 3. E. Rivas 4:21.7, (40-44) 1. S. Ferr 4:05.1, 2. J. Hampton 4:09.5, 3. G. Brock 4:14.0, 4. G. Mason 4:15.4, 5. S. Barnett 4:16.5, (50-54) 1. P. Richardson 4:41.2, 2. J. Bevins 4:44.6, 3. K. Noel 4:50.2, 4. S. Vandenberg 4:50.4, 5. J. Erbs 4:57.6, 6. K. Ogden 5:02.7, 7. J. Jacobs 5:25.0, 8. K. Allen 5:32.1, (55-59) 1. D. Basye 5:04.0, 2. J. Gregson 5:43.1, 3. E. Mahanay 6:14.0, (60-64) 1. J. King 4:58.8, 2. B. Jacques 5:01.0, 3. M. Dirason 5:52.0, (65-69) 1. D. Wilgus 6:23.9

5000m: (30-34) 1. S. Hockerson 15:49.4, (35-39) 1.

C. Thompson 15:46.2, 2. R. Sturgeon 16:18.1, 3. J. Bordon 16:41.2, (40-44) 1. T. Dennis 16:21.8, 2. B. Dunn 16:32.6, 3. D. Barry 16:38.6, 4. D. Zapata 17:14.8, 5. M. Scottier 18:37, (45-49) 1. P. Kraus 17:04, (50-54) 1. J. Bevins 18:08.1, 2. K. Ogden 19:47.5, 3. J. Jacobs 20:18.9, (55-59) 1. J. Gregson 21:42.2, (60-64) 1. J. King 19:02.9

110m Hurdles: (30-34) 1. R. Zahn 15:31, 2. W. Smith 16:08, (35-39) 1. E. Baskauskas 16:86, 2. G. Schmidt 16:89, 3. M. Valentine 16:08, 40-44: 1. M. Thompson 16:63, 2. F. Johnston 16:63, 3. R. Weil 17:09

100m Hurdles: (30-34) 1. R. Hickman 15:81, 2. S. Richmond 18:76, 3. J. Mayer 21:70

100m Hurdles: (30-34) 1. R. Nordquist 18:32, (65-69) 1. R. Hunt 18:09

400m Hurdles: (30-34) 1. J. Kirkpatrick 58:60, (45-49) 1. T. Cain 60:65

300m Hurdles: (50-54) 1. R. Hickman 45:16, 2. O. Legend 51:71, 3. J. Mayer 62:02, (60-64) 1. R. Watanabe 51:34, 2. R. Nordquist 51:50, (65-69) 1. R. Hunt 53:2

4x100m Relay: (30-34) 1. Cook, Beutler, Pope, Cottong 46.2, (35-39) 1. LA Patriots 46.4, 2. SF TC 47.7, 3. St. George TC 49.4

4x400m Relay: (35-39) 1. SF TC 3:55.6, (40-44) 1. WVTC 3:46.7

Results - Sub-Masters & Master's Women

100m: (30-34) 1. B. Post 13:37, (35-39) 1. P. Farster-Gilkey 13:1, (45-49) 1. N. O'Connor 14:3, (50-54) 1. I. Obara 15:4, 2. F. Chou 16:7, (54-59) 1. Tiernan 21:1, (60-64) 1. S. Dietrich 17:7

200m: (30-34) 1. B. Post 29:4, 2. C. Mehnerasich 31:7, (35-39) 1. P. Farster-Gilkey 27:2, (45-49) 1. N. O'Connor 28:8, (50-54) 1. F. Chou 36:3

400m: (30-34) 1. C. Mehnerasich 71:59, (45-49) 1. N. O'Connor 65:8, (50-54) 1. I. Obara 65:1

800m: (30-34) 1. C. Mehnerasich 2:45.2, (40-44) 1. D. Gellermann 2:31.7

1500m: (30-34) 1. J. Dahlkoetter 5:16, (40-44) 1. D. Gellermann 5:28.2, 2. P. Frei 5:39.3, 3. G. Murphy 5:48.1, (45-49) 1. R. Barnett 5:42.8, (50-54) 1. H. Skaden 5:20.6, 2. V. Bigelow 5:30.6

5000m: (40-44) 1. P. Frei 21:20.2, 2. R. Barnett 21:13.2, (50-54) 1. H. Skaden 20:10.6, 2. D. Bromstead 24:15.0

Long Jump: (35-39) 1. P. Farster-Gilkey 4:95m, (50-54) 1. I. Obara 4:05m

Javelin: (35-39) 1. J. Stratton 110:3, (45-49) 1. F. Conley 100:5, (50-54) 1. M. Larney 88:11, (60-64) 1. S. Dietrich 50:7, 2. T. Ricciardi 46:8

Discus: (30-34) 1. J. Stratton 124-8, 2. N. Oliveira 89-7, (50-54) 1. M. Larney 93-7, 2. B. Racine 63-10, 3. F. Chou 61-8, (60-64) 1. S. Dietrich 65-9, 2. T. Ricciardi 52-4, (65-69) 1. R. Corvello 47-10

Shot Put: (30-34) 1. J. Stratton 39-11, (50-54) 1. M. Larney 31-10 1/2, (60-64) 1. T. Ricciardi 21-2 1/2, (65-69) 1. C. Ridi 18-6

Hammer: (35-39) 1. J. Stratton 126-0

Results - Open Men

Discus: 1. M. Gravello 195-11, 2. Henley, Jr. 194-9 1/2, 3. G. Tarkles 183-8 1/2, 4. K. Keshmiri 182-11, 5. P. Bissard 179-0 1/2, 6. R. Jimenez 175-0, 7. R. Cox 166-1 1/2, 8. K. Marks 153-0, 9. M. Hart 152-7

Pole Vault: 1. S. Horvath 17-0, 2. M. Allen 16-6, 3. V. Pecayo 16-0, 4. D. Besmer 15-6, 5. M. Vermillion 15-6, 6. A. Stratton 15-0, 7. K. Rankin 15-0, 8. D. Bachmiller 15-0, 9. R. Monroe 14-6, 10. P. Bacher 14-0, 11. W. Evans 12-0

Javelin: 1. R. Howe 199-6, 2. J. Juhala 168-5, 3. J. Maestri 158-9

Triple Jump: 1. R. Collette 51-2, 2. J. Frank 48-2, 3. R. Horn 41-8 1/2, 4. D. Horn 51-5

Long Jump: 1. M. McRae 25-0 1/2, 2. B. Young 24-4

1/4, 3. B. Coleman 23-8 1/4, 4. J. White 22-5 3/4, 5. W. Smart 22-2 1/2

High Jump: 1. R. Kamaka 7-2, 2. J. Morris 7-2, 3. M. McGinnis 7-0, 4. D. McNamara 6-8

Shot Put: 1. G. Tataralis 67-11, 2. R. McKee 59-1 1/2, 3. K. Marks 51-7

Hammer: (16 lbs): 1. D. Gillard 228-19, 2. M. Mikhham 223-7, 3. J. DeSoto 202-1, 4. M. Ostrom 199-5.5, 5. D. Debus 197-2, 6. S. Sarbjit 167-2, 7. C. Stems 173-3, 8. T. Castles 137-3

Jr. Hammer: (16 lbs): 1. S. Cavallaro 170-2, 2. D. Youngberg 145-0, 3. G. Gagyong 140-0, 4. A. Michelson 130-4, 5. B. Maloney 120-5

Jr. Hammer: (12 lbs): 1. D. Popejoy 143-8, 2. K. McMahon 135-9, 3. M. Loggins 105-3

4x100m: 1. Sacramento TC 40:46, 2. Fresno 42:41

100m: 1. Barnes 10:62, 2. Crawford 10:65, 3. Moore 10:71, 4. M. Jordan 10:75, 5. Harrison 10:87, 6. Hackell 10:90, 7. Coleman 10:94, 8. Livingston 10:96

200m: 1. DeCarate 21:3, 2. Green 21:5, 3. Livingston 23:2

400m: 1. C. Whitlock 45:9, 2. J. Carr 47:2, 3. R. Ellis 47:4, 4. M. Jordan 48:48, 5. T. Morris 49:51, 6. R. Holt 51:36, 7. T. Melody 51:66, 8. A. Davis 53:48

800m: 1. M. Belger 1:49.6, 2. D. Slade 1:51.5, 3. G. Johnson 1:52.7, 4. J. Overton 1:55.8, 5. M. Spina 1:57.5, 6. N. Fitzgerald 2:00.4, 7. S. Britton 2:00.8, 8. G. Cagle 2:03, 9. D. Brooks 2:04.2

1500m: 1. B. Rivera 3:46.9, 2. B. Pellingil 3:47.3, 3. J. Sup 3:48.0, 4. D. Frank 3:50.1, 5. J. Lienau 3:51.5, 6. L. Sperandee 3:52.4, 7. D. Pfeiler 3:53.0, 8. C. Simpson 3:53.3, 9. K. Black 3:53.3, 10. S. Rubin 3:53.6, 11. C. Reinking 3:54.4, 12. D. Lucas 3:58.4, 13. B. Tapin 4:00.1, 14. J. Shaver 4:00.5, 15. R. A. Washington 4:02.3, 16. G. Reynolds 4:11.4

5000m: 1. D. Aldridge 14:14.2, 2. A. Dehlinger 14:23.4, 3. D. Grimes 14:34.1, 4. C. Gaziano 14:35.7, 5. Not Available 14:38.6, 6. C. Alexander 14:40.8, 7. Not Available 14:42.1, 8. D. Gonzalez 14:42.9, 9. J. Barrett 14:53.5, 10. Not Available 14:59.6, 11. S. Steinmass 15:09.4, 12. P. Carpenter 15:13.3, 13. S. Lopez 15:25.2, 14. W. Sahd 15:30.2, 15. T. Carlton 15:31.4, 16. L. Shordon 15:35.6, 17. B. McGuire 15:41.1, 18. G. Innes 15:45.6, 19. J. Green 15:46.2, 20. Not Available 15:55.8, 21. D. Amster 15:59.6, 22. Not Available 16:38.4

110m Hurdles: 1. P. Duffy 13:7, 2. A. Frazier 13:8, 3. M. Dixon 13:8, 4. S. Berkley 15:9

400m Hurdles: 1. B. Ellison 51:71, 2. M. Chukles 52:8, 3. L. Kennon 54:02, 4. J. Weems 54:60, 5. T. Melody 55:57

Results - Open Women

100m: 1. A. Bouware 12:23, 2. R. Blake 12:37, 3. S. Rodgers 12:41, 200m: 1. R. Blake 25:0, 2. S. Pfeiler 26:7, 3. S. Naff 28:1, 400m: 1. R. Blake 57:2, 2. Locke 59:2, 3. S. Naff 68:0, 800m: 1. P. Plummer 2:08.6, 2. M. Martel 2:09:2, 3. K. Locke 2:16, 4. S. Thatcher 2:16:7, 5. G. Farnady 2:16:9, 100m Hurdles: 1. H. Halldorsdottir 13:79, 2. S. Pfeiler 14:76

400m Hurdles: 1. H. Halldorsdottir 58:05, 2. P. Iby 59:28, 3. C. Lawson 70:5

1500m: 1. N. Doyle-Cooney 4:31.2, 2. C. Hester 4:31.8, 3. B. Spies 4:46.3, 4. R. Root 4:47.4, 5. B. Zapata 5:08.2

3000m: 1. P. Plummer 9:16.5, 2. A. Powers 9:23.1, 3. K. Pfeiler 9:24.2, 4. L. Somers 9:53.5, 5. Not Available 9:53.8, 6. M. Martel 9:58.3, 7. L. Binder 9:59.4, 8. R. Root 10:05.9, 9. C. Rockwood 10:18.2, 10. B. Bartholomew 10:20.1, 11. L. Andersen 10:22.8, 12. S. Felix 10:43.6, 13. S. Thatcher 10:53.5

Shot Put: 1. P. Pollock 54-7, 2. C. Cady 52-9 1/2, 3. E. Hill 40-1, **Discus:** 1. P. Neer 193-6, 2. K. Bro-

RESULTS

haugh 162-0 1/2, 3. W. Robinson 156-4. High Jump: 1. J. Kough 6-3, 2. B. Vidakovic 5-10. Long Jump: 1. B. Rice 18-8 1/2, 2. S. Pfister 16-2 1/4. Hammer: 1. C. Cady 132-0. Javelin: 1. C. Collins 140-7, 2. S. Geisert 128-3, 3. H. Carroll 116-3. Triple Jump: 1. A. Kolb 37-10 1/2, 2. D. Horn 34-3.

U.S. Junior Olympics T & F Championships

July 26-31. Percy Beard Track, Gainesville, FL.
Compiled by Keith Conning

The following includes the results for California athletes and any national records held by Californians that were broken.

Men's Results

Bantam Boys (10 & U):
200: (Heat 1) 4. Kenneth Smith (S.F.) 29.68. (Heat 2) 3. William Moore (Highland Park) 28.18. (200 Final) 3. William Moore (Highland Park) 27.92.
400: (Heat 2) 1. William Moore (Highland Park) 1:03.18. (Heat 3) 2. Larry Montgomery (Culver City) 1:04.49, 3. Kenneth Smith (S.F.) 1:07.22. (400 Final) 4. William Moore (Highland Park) 1:02.75, 6. Larry Montgomery (Culver City) 1:08.64, 8. Kenneth Smith (San Francisco) 1:13.22.
800: (Semifinal Heat 1) 1. Jomarr French (West Covina) 2:25.48. (800 Final) 1. Jomarr French (West Covina) 2:22.28 (Breaks National Record of 2:22.2 set by Tom Owings of So. Carolina in 1981 at Baton Rouge, LA).
1500: (Section 2) 1. Darien Ross (Brooklyn, NY) 4:48.42 (Breaks National Record of 4:50.84 set by Jason Genel of Wasco in 1986 at Eugene, Oregon), 2. Jomarr French (West Covina) 4:53.46. (1500 Combined Final) 1. Ross, 2. French.
400 Relay: (Heat 3) 5. Lawless Track Club (Fresno) 57.80.
1600 Relay: (Heat 2) 1. L.A. Jets (Los Angeles) 4:26.58, 2. Lawless Track Club (Fresno) 4:41.00. (1600 Relay Final) 1. L.A. Jets (Los Angeles) 4:15.44 (Breaks National Record of 4:22.35 set by K-Y Track Club of Baton Rouge, LA in 1987 at Provo, Utah), 5. Lawless Track Club (Fresno) 4:38.85.
Shot Put: 13. Tommy Costello (Santa Barbara) 22-3 1/2.
Triathlon: 2. Tommy Costello (Santa Barbara) 737 (SP 23-4, HJ 4-2, 400 1:07.59).

Midget Boys (11-12):

100: (Heat 2) 6. Larry Parker (Fresno) 13.72. (Heat 3) 2. Roderick Smith (Fresno) 13.26. (100 Final) 9. Roderick Smith (Fresno) 13.41.
200: (Heat 3) 3. Roderick Smith (Fresno) 26.60. (Heat 4) 5. Demetrius Roquemore (S.F.) 27.72.
400: (Heat 1) 3. Walter Smith (S.F.) 1:01.36, 5. Tony Mitchell (Carson) 1:02.25. (Heat 2) 6. Charles Thierry (Gardena) 1:03.15. (Heat 3) 8. Tommy Harris (S.F.) 1:06.40, 9. Walter Jones (Los Angeles) 1:08.47. (400 Final) 9. Walter Smith (S.F.) 1:01.33.
800: (Semifinal Heat 1) 5. Quentin Ford (San Francisco) 2:29.00. (Semifinal Heat 2) 2. Joseph Hernandez (La Verne) 2:16.15. (800 Final) 2. Joseph Hernandez (La Verne) 2:12.78.
1500: (Section 1) 6. Zachary Luce (Fortuna) 5:02.72. (Section 2) 1. Joseph Hernandez (La Verne) 4:40.92, 15. Rodney Del Rio (Delano) 5:06.97. (Combined Final) 1. Hernandez, 20., Luce, 22. Del Rio.
3000: (Section 2) 1. Joey Hernandez (La Verne) 9:49.74 (Breaks National Record of 9:51.9 set by Hernandez in 1987 at Philadelphia), 9. Rodney Del Rio (Delano) 11:05.25, 11. Zachary Luce (Fortuna) 11:08.49. (Combined Final) 1. Hernandez, 12. Del Rio, 14. Luce.
800 H: (Heat 1) 3. Charles Wilson (El Cerrito) 14.03. (Heat 2) 1. Larry Parker (Fresno) 12.60, 5. Robert Weighal (Bakersfield) 13.69. (Final) 1. Lar-

ry Parker (Fresno) 12.56, 9. Charles Wilson (El Cerrito) 14.39.

1500 Walk: 1. Sean Ryan (Lake Placid, NY) 7:44.56 (Breaks National Record of 7:48.1 set by Steve Frank of Napa in 1986 at Eugene, OR).
400 Relay: (Heat 2) 3. Quicksilver Track Club (L.A.) 54.44. (Heat 3) 5. Billy Hutton Track Club (S.F.) 55.21. (Final) 7. Quicksilver Track Club (L.A.) 54.58.

1600 Relay: (Heat 3) 2. Quicksilver Track Club (L.A.) 4:16.77, 3. Billy Hutton Track Club (S.F.) 4:17.45. (Final) 6. Billy Hutton Track Club (S.F.) 4:17.45, 7. Quicksilver Track Club (L.A.) 4:19.07.
High Jump: 1. Larry Parker (Fresno) 5-1 3/4 (4-6, 4-7 3/4, 4-9 3/4, 4-11 3/4, 5-1 3/4); 2. Lurea Frazier (L.A.) 5-1 3/4, 14. Martin Haynes (Torrance) 4-7 3/4.

Long Jump: 2. Robert Weighal (Bakersfield) 17-2 1/4, 5. Roderick Smith (Fresno) 16-4 1/2

Shot Put: 21. Shaka Terry (Altadena) 30-3.

Discus: 9. Shaka Terry (Altadena) 87-9.

Youth Boys (13-14):

100: (Heat 2) 1. Erik Allen (L.A.) 11.55. (Heat 3) 5. Frank Madu (S.F.) 12.29. (Final) 1. Erik Allen (L.A.) 11.52.
200: (Heat 1) 2. Erik Allen (Los Angeles) 23.21. (Final) 1. Erik Allen (L.A.) 22.64.
400: (Heat 1) 5. David Smith (San Diego) 55.72, 8. Anthony Marsh (Spring Valley) 57.33. (Heat 2) 2. Frank Madu (S.F.) 54.28, 5. Keith Richards (Apple Valley) 56.26. (Final) 6. Frank Madu (S.F.) 54.00.
800: (Semifinal Heat 1) 3. Keith Richards (Apple Valley) 2:08.30. (Semifinal Heat 2) 8. Alonzo Stokes (S.F.) 2:14.38. (Semifinal Heat 3) 1. Sanyika Hale (Compton) 2:05.75. (Final) 2. Sanyika Hale (Compton) 2:00.82, 8. Keith Richards (Apple Valley) 2:08.64.
1500: (Heat 2) 13. Vital Toth (Pasadena) 4:40.03.

3000: (Section 1) 11. Michael Krentzin (Woodland Hills) 10:51.42. (Combined Final) 24. Krentzin.
100m H: (Heat 2) 2. Jeremiah Groom (Oakdale) 14.65. (Final) 3. Jeremiah Groom (Oakdale) 14.79.
200m H: (Heat 2) 5. Marcellos Wiley (L.A.) 30.15. (Heat 3) 1. Jeremiah Groom (Oakdale) 26.48. (Final) 4. Jeremiah Groom (Oakdale) 26.61.
3000 Walk: 3. Timothy Quilantang (Stockton) 17:55.11.

400 Relay: (Semifinal Heat 3) DQ Encanto TC (San Diego).

1600 Relay: (Heat 1) 8. West Valley Eagles (Westlake) 3:56.15. (Heat 2) 3. Encanto Track Club (San Diego) 3:46.22. (Final) 8. Encanto Track Club (San Diego) 3:45.68.

3200 Relay: (Section 2) 1. Los Angeles Jets (Los Angeles) 8:43.28, 4. West Valley Eagles (Westlake) 8:53.78, 7. Encanto Track Club (San Diego) 9:15.61. (Combined Final) 1. L.A. Jets, 4. West Valley Eagles, 7. Encanto Track Club.

High Jump: 2. Brady Dye (Bakersfield) 5-8, 4. Craig Archuleta (Fresno) 5-8, 16. Brent Plets (Calabasas) 5-4.

Long Jump: 16. Diamond Trowbridge (Bakersfield) 17-3, 19. Michael Robinson (Apple Valley) 16-11.

Triple Jump: 5. Jeremiah "Adam" Groom (Oakdale) 39-7 1/4, 7. Diamond Trowbridge (Bakersfield) 38-1 1/4, 14. Daryl Hawkins (Escondido) 34-2 3/4.

Shot Put: 4. Jeff Buckley (Bakersfield) 48-9 1/2, 11. Paul Carrillo (Bakersfield) 44-8 3/4, 20. Christian Zinser (Huntington Beach) 38-6.

Discus: 2. Jeff Buckley (Bakersfield) 160-0, 22. Bill Stretch (Madera) 114-3, 25. Robert Adside (San Diego) 106-10.

Javelin: 13. Robert Adside (Lemon Grove) 117-4.

Pentathlon: 2. Bill Stretch (Madera) 2567 (100H 16.91, SP 37-4, HJ 5-1, LJ 16-0, 1500 4:57).

Intermediate Men (15-16):

100: (Semifinal Heat 2) 2. Charles Harris (Fairfield) 11.26, 8. Marcus Dupree (Modesto) 11.81. (Final) 8. Charles Harris (Fairfield) 11.26.

200: (Semifinal Heat 1) 8. Charles Harris (Fairfield) 23.14. (Semifinal Heat 2) 6. Marcus Dupree (Modesto)

to) 23.43, 9. Billy Smith (S.F.) 23.90.

400: (Semifinal Heat 3) 6. Billy Smith (S.F.) 51.88.

800: (Semifinal Heat 1) 4. Jose Sandoval (Avenal) 2:01.56, 6. Billy Smith (S.F.) 2:09.25.

1500: (Semifinal Heat 1) 7. Jose Sandoval (Avenal) 4:12.83.

3000: (Section 1) 8. Geoff Skarr (ML Center) 9:30.98. (Section 2) 16. Thomas Mayes (Spring Valley) 9:33.45. (Combined Final) 21. Skarr, 24. Mayes.

110m H: (Semifinal Heat 1) 8. Carlos Maximo (S.F.) 16.43.

Long Jump: 7. Billy Ivey (West Covina) 22-0 3/4.

Triple Jump: 10. Damian Coleman (San Diego) 42-3 1/2, 15. Ron Haller (Oakhurst) 40-3 1/4.

Pole Vault: 15. Chris Breitbarth (Fallbrook) 11-0.

Shot Put: 19. Lance Johnson (Clovis) 41-9 3/4.

Discus: 30. Lance Johnson (Clovis) 91-3.

Javelin: 12. David Porter (McKinleyville) 138-4.

Young Men (17-18):

100: (Semifinal Heat 2) 1. Barry Smith (S.F.) 10.67. (Semifinal Heat 3) 2. Brian Bridgewater (L.A.) 10.70. (Final) 2. Barry Smith (S.F.) 10.67 (Brian Bridgewater (Los Angeles) was disqualified).

200: (Semifinal Heat 1) 1. Barry Smith (S.F.) 21.27. (Semifinal Heat 3) 1. Brian Bridgewater (Los Angeles) 20.96. (Final) 1. Barry Smith (S.F.) 21.10, 2. Brian Bridgewater (L.A.) 21.13.

400: (Semifinal Heat 1) 6. E. Alexander (S.F.) 51.52. (Semifinal Heat 2) 6. Paul Scott (S.F.) 50.94.

800: (Semifinal Heat 3) 7. Mike Smith (S.F.) 2:00.57.

1600 Relay: (Heat 2) 4. San Francisco Senator Track Club (S.F.) 3:19.18.

Triple Jump: 1. Larry Moore (Norfolk, VA) 52-0 3/4 (Breaks National Record of 51-5 1/4 set by Freeman Miller of L.A. in 1980 at Santa Clara), 11. Chad Thomas (S.F.) 46-4 1/4, 14. Khulud Rucker (S.F.) 44-11 1/2.

Women's Results

Bantam Girls (10 & U):

100: (Heat 1) 1. Crystal Gordon (Fresno) 13.76, 5. Erika Bowling (Alta Loma) 14.48. (Heat 2) 5. Theresa Weatherston (Fresno) 14.37. (Heat 3) 9. Krista Love (Fresno) 15.20. (Final) 1. Devon Wilmington (Missouri City, TX) 13.38 (Breaks National Record of 13.41 set by Leah Fuller of Oakland in 1980), 4. Crystal Gordon (Fresno) 13.95.

200: (Heat 1) 1. Crystal Gordon (Fresno) 28.20. (Heat 2) 3. Erika Bowling (Alta Loma) 29.57. (Heat 3) 5. Jemia Ellis (Baker) 30.55, 8. Kristen Love (Fresno) 32.64. (Heat 4) 3. Kamalia Williams (San Francisco) 29.85. (Final) 2. Crystal Gordon (Fresno) 27.62, 9. Erika Bowling (Alta Loma) 29.85.

400: (Heat 2) 3. Erika Bowling (Alta Loma) 1:08.51, 1:08.51, 6. Brianna Johnson (S.F.) 1:14.96.

1500: (Section 1) 5. Amanda Smith (Bakersfield) 6:14.31, 11. Michelle Tachumper (Northridge) 6:43.59. (Combined Final) 18. Smith, 25. Tachumper.

400 Relay: (Heat 1) 3. Inglewood Raiders 59.86. (Heat 2) 1. Fast Forward TC (Fresno) 56.09, 5. Billy Hutton TC (S.F.) 58.59.

400 Relay Final: 1. Fast Forward (Fresno) 55.36, 7. Inglewood Raiders 1:00.13.

1600 Relay: (Heat 1) 3. Billy Hutton Track Club (S.F.) 4:51.44. (Final) 1. Wings Track Club (Missouri City, TX) 4:30.32 (Breaks National Record of 4:32.21 set by Time Machine USA of Mission Viejo in 1985 at Irvine), 4. Billy Hutton Track Club (S.F.) 4:50.29.

1500 Walk: (Section 2) 2. Heather Stewart (Huntington Beach) 8:49.22. (Combined Final) 2. Stewart.

High Jump: 1. Heather Boleschka (Bakersfield) 4-2 (3-0 1/4, 3-2 1/4, 3-4, 3-6, 3-8, 3-10, 4-0, 4-2), 5. Miesha Henry (Bakersfield) 3-8.

Long Jump: 8. Priscilla Appel (San Diego) 12-1 1/2, 15. Miesha Henry (Bakersfield) 11-3 1/2.

Triathlon: 1. Cyndy Edmunds (Chelan, WA) 922 (Breaks National Record of 825 points set by Meredith Axell, Mission Viejo, in 1987 at Philadelphia), 5. Brittany Burns (Mariposa) 619 (SP 19-5, HJ 2-11 3/4, 200 33.32).

Midget Girls (11-12)

100: (Heat 1) 6. Sommer Washington (S.F.) 13.96. (Heat 3) 6. Tonia Broden (Daly City) 14.17, 7. Christina Felix (Fresno) 14.33.

200: (Heat 2) 6. Tonika Manning (Fresno) 29.62. (Heat 3) 8. Maricela Negrete (Sanger) 28.97.

400: (Heat 1) 6. Kenya Brown (Pacific) 1:05.75, 8. Kristie Johnston (Fresno) 1:08.18. (Heat 2) 9. Kimberly Matthews (S.F.) 1:11.06. (Heat 3) 5. Laura Robison (Bakersfield) 1:03.56.

800: (Semifinal Heat 1) 5. Kristie Johnston (Fresno) 2:22.63.

3000: 10. Emily Steele (Westlake) 11:54.99.

800 H: (Heat 1) 2. Jayme Ullrich (Oildale) 14.79. (Heat 2) 1. Bisa Grant (Oakland) 13.13. (Heat 3) 6. Tamicka Simpson (San Diego) 15.88. (Final) 2. Bisa Grant (Oakland) 13.05, 4. Jayme Ullrich (Oildale) 14.61.

400 Relay: (Heat 3) 2. Billy Hutton Track Club (San Francisco) 53.61. (Final) 9. Bill Hutton TC (San Francisco) 58.81.

1600 Relay: (Heat 3) 1. Billy Hutton TC (San Francisco) 4:19.68. (Final) 3. Billy Hutton TC (San Francisco) 4:17.66.

High Jump: 5. Jayme Ullrich (Oildale) 4-6, 7. Kelly Raa (Bell Canyon) 4-6, 13. Nakkia Hubbard (Bakersfield) 4-2.

Shot Put: 6. Erin Miller (Bakersfield) 30-7 3/4, 12. Marisol Flores (Selma) 27-10 1/4.

Discus: 1. Erin Miller (Bakersfield) 81-4 1/2 (68-7, 78-1, 78-0 1/4, 80-6 1/4, 75-4 3/4, 81-4 1/2).

Youth Girls (13-14):

100: (Heat 1) 3. Tamara Terry (Altadena) 12.51. (Heat 3) 1. Stacey Sparks (Bellevue, WA) 12.45, 4. Nicole Haynes (Torrance) 12.81. (Final) 2. Tamara Terry (Altadena) 12.41, 3. Stacey Sparks (Bellevue, WA) 12.42.

200: (Heat 1) 2. Nicole Haynes (Torrance) 25.77. (Heat 3) 1. Tamara Terry (Altadena) 25.37. (Final) 1. Tamara Terry (Altadena) 25.01, 9. Nicole Haynes (Torrance) 26.01.

400: (Heat 3) 1. Nicole Haynes (Torrance) 58.86. (Final) 2. Nicole Haynes (Torrance) 58.27.

800: (Semifinal Heat 3) 1. Curtisha Marshall (Wright Patterson, OH) 2:12.30 (National Record, breaks old record of 2:14.75 set by Kimberly McAlister, Inglewood, 1984), 2. Lori Miller (Bakersfield) 2:19.93. (Final) 4. Lori Miller (Bakersfield) 2:21.66.

1500: (Heat 2) 1. Lori Miller (Bakersfield) 4:51.63, 11. Deanna Hadley (Escondido) 5:16.22. (Final) 2. Lori Miller (Bakersfield) 4:47.04.

3000: (Section 1) 2. Deanna Hadley (Escondido) 11:32.24. (Combined Final) 10. Hadley.

100m H: (Heat 1) 2. Kamb Warner (Bakersfield) 15.92. (Heat 3) 5. Jennifer Mair (San Jose) 17.16. (Heat 4) 3. Heather Sterlin (Mission Viejo) 16.87. (Final) 9. Kamb Warner (Bakersfield) 16.20.

200m H: (Heat 1) 1. Heather Sterlin (Mission Viejo) 29.19. (Heat 2) 6. Jennifer Mair (San Jose) 31.99. (Final) 4. Heather Sterlin (Mission Viejo) 29.02.

Long Jump: 3. Kamberle Warner (Bakersfield) 16-10, 6. Heather Sterlin (Mission Viejo) 16-1 1/4.

Triple Jump: 1. Kam Warner (Bakersfield) 35-5 1/4 (F, 34-11 3/4, 35-5 1/4, 33-8 1/2, 35-4, F), 2. Heather Sterlin (Mission Viejo) 34-8 1/4, 14. April Redding (McKinleyville) 31-7 1/4.

Shot Put: 8. Jennifer Mair (San Jose) 38-8 1/4, 17. Lori Ward (Bakersfield) 32-4 1/4.

Javelin: 6. Jennifer Mair (San Jose) 83-2.

Pentathlon: 6. Jennifer Mair (San Jose) 2500 (100H 17.09, SP 35-8 3/4, HJ 4-3 1/4, LJ 15-4 1/4, 800 2:52.02).

Intermediate Women (15-16):

100: (Semifinal Heat 1) 1. Inger Miller (Altadena) 12.16. (Semifinal Heat 4) 2. Nicole Smith (Northridge) 12.60. (Final) 1. Inger Miller (Altadena) 12.07, 9. Nicole Smith (Northridge) 12.89.

200: (Semifinal Heat 2) 1. Inger Miller (Altadena) 24.69. (Semifinal Heat 4) 5. Noreen Ward (California) 26.25. (Final) 1. Inger Miller (Altadena) 24.26.

RESULTS

High Jump: 24. Winnie Chen (Carlsbad) 4-4.
Long Jump: 21. Nicole Smith (Northridge) 15-5.
Triple Jump: 3. Angela Sims (Oceanside) 36-5 1/2.

Young Women (17-18):

100: (Semifinal Heat 2) 2. Andre Cain (Oxnard) 12:15. (Final) 3. Andre Cain (Oxnard) 12:15.
200: (Semifinal Heat 3) 1. Simone Cain (Oxnard) 24:19. 4. Debra Hamilton (Los Angeles) 25:43. (Final) 1. Simone Cain (Oxnard) 23:96.
800: (Semifinal Heat 1) 1. Kim McCallister (L.A.) 2:12.83. (Final) 1. Kim McCallister (Los Angeles) 2:11.69.
100m H: (Semifinal Heat 2) 6. Bridgett Taylor (Union City) 15:59.
400 Relay: (Semifinal Heat 2) 1. Win American Track Club (Los Angeles) 47:91. (Final) 5. Win American Track Club (L.A.) 47:62.
1600 Relay: (Heat 3) 1. Win America (L.A.) 3:42.65 (Althea Moses, Debra Hamilton, Kim McAllister, Simone Cain). (Final) 2. Win American Track Club (Woodland Hills) 3:41.77.
3200 Relay: 2. Win America (L.A.) 9:15.87.
Long Jump: 15. Michelle Dimry (Oceanside) 16-10, 29. Debbie Allen (Anderson) 16-2 3/4.
Triple Jump: 1. Althea Moses (Inglewood) 39-5 1/4 (F, 38-6, F, F, 39-5 1/4, 34-11 1/4), 12. Bridgett Taylor (Union City) 36-0 3/4.

Cross Country

3 Mile Cross Country Series

Race #1

July 7, El Toro.

Overall Results	
1 Randy Hoyles (San Clemente)	15:09
2 Steven Camp (Vista)	15:35
3 William Hill (Camp Pendleton)	16:05
4 Mitchell Gold (Santa Ana)	16:44
5 Brian Merritt (San Clemente)	17:53
6 Larry Pries (Anaheim)	18:46
7 Clifford Stolba (Long Beach)	18:53
8 Kathy Cannon (Mountain Valley)	20:03
9 James Druliner (Mission Viejo)	20:54
10 Don Woods (Newport)	21:32
11 Chuck Ayres (San Juan Capistrano)	23:06
12 Erik Leon (Santa Ana)	25:23
13 Matthew Olson (Laguna Hills)	27:11
14 Ali Khalil (El Toro)	31:03

Race #2

July 14, El Toro.

Overall Results	
1 Randy Hoyles (San Clemente)	14:50
2 William Hill (Camp Pendleton)	15:21
3 Stephen Camp (Vista)	15:27
4 Eric DeBrynn (Camp Pendleton)	15:57
5 Mitchell Gold (Santa Ana)	18:46
6 Daniel Henderson (Anaheim)	18:57
7 Clifford Stolba (Long Beach)	18:47
8 David Oabbah (Laguna Hills)	19:38
9 Shawn Restante (San Juan Capistrano)	19:42
10 Don Woods (Newport Beach)	20:01
11 Pedro Divila (Costa Mesa)	20:02
12 Jennifer Gillis (Irvine)	20:42
13 Javier Porras (Santa Ana)	20:47
14 Chuck Ayres (San Juan Capistrano)	22:10

Race #3

July 21, El Toro.

Overall Results	
1 Mitchell Gold (Santa Ana)	16:25
2 Brian Merritt (Santa Ana)	17:23
3 Patrick Jameson (Santa Ana)	17:36
4 Louie Gonzalez (Tustin)	17:57
5 Sergio Ramirez (Dana Point)	18:26
6 Craig Duerr (Irvine)	18:32
7 Shawn Restante (San Juan Capistrano)	19:29
8 Bicky Gonzalez (Tustin)	20:20
9 Matthew Olson (Laguna Hills)	23:17
10 Dick Bowman (Mission Viejo)	24:41
11 Diane Bowman (Mission Viejo)	28:18

Race #4

July 28, El Toro.

Overall Results	
1 Randy Hoyles (San Clemente)	14:52
2 Eric DeBrynn (Camp Pendleton)	16:21
3 Louie Gonzalez (Tustin)	17:47
4 Brian Merritt (Santa Ana)	18:00
5 Craig Duerr (Irvine)	18:01
6 McKane	20:45
7 Bicky Gonzalez (Tustin)	21:12
8 Andrew Bailey (Laguna Beach)	22:22
9 Chuck Ayres (San Juan Capistrano)	22:22
10 David Santos (RSM)	22:23
11 Shawn Restante (San Juan Capistrano)	23:25
12 Matthew Olson (Laguna Hills)	23:45
13 Dick Bowman (Mission Viejo)	26:35
14 Marie Santos (RSM)	26:36
15 Diane Bowman (Mission Viejo)	26:55
16 Louis Santos (RSM)	27:53

Race #5

August 4, El Toro.

Overall Results	
1 Francisco Michol (El Toro)	16:46
2 Sergio Ramirez (Dana Point)	17:40
3 Not Available	17:52
4 David Burnette (Santa Ana)	18:11
5 Marry Schlick (Mission Viejo)	18:34
6 Mauro Sanchez (El Toro)	19:00
7 Tom Morrow (Newport Beach)	19:12
8 Shawn Restante (San Juan Capistrano)	19:28
9 Andrew Bailey (Laguna Beach)	21:17
10 Bicky Gonzalez (Tustin)	22:31
11 Louie Gonzalez (Tustin)	22:31
12 David Santos (RSM)	22:43
13 Jennifer Gillis (Irvine)	23:09
14 Maria Santos (RSM)	25:26
15 Louis Santos (RSM)	26:50

Race #6

August 11, El Toro.

Overall Results	
1 William Hill (Camp Pendleton)	15:36
2 Stephen Camp (Vista)	15:43
3 Eric DeBrynn (Camp Pendleton)	15:51
4 Kiepan Morrow (Newport Beach)	17:19
5 Sergio Ramirez (Dana Point)	17:26
6 Cliff Stolba (Long Beach)	18:53
7 Mauro Sanchez (El Toro)	19:03
8 Tom Morrow (Newport Beach)	19:24
9 Don Woods (Newport Beach)	20:42
10 Andrew Bailey (Laguna Beach)	21:09
11 David Santos (RSM)	21:40
12 Shawn Restante (San Juan Capistrano)	21:40
13 Jennifer Gillis (Irvine)	22:12
14 Marie Santos (RSM)	23:58
15 Louis Santos (RSM)	24:08
16 Erik Leon (Santa Ana)	N.T.

Ventura Cross Country

August 13, Ventura, 8K & 4K.

Overall Results - 8K

1 Paul Hough (30-39)	33:34
2 Steve Reyes (19 & U)	34:07
3 Jussi Hamalainen (40-49)	34:21
4 Hector Arroyo (19 & U)	34:26
5 Steve Durand (30-39)	34:45
6 Ken Gerry (30-39)	35:35
7 David Sullivan (20-29)	37:27
20 Ruth Vomund (30-39 F)	40:03
30 Tami Dabel (19 & U F)	43:19
33 Horst Lutz (50 & O)	44:03
46 Andrea Handevit (20-29 F)	47:26
48 Kimberly Williamson (19 & U F)	47:28
58 Ute Luyties (40-49 F)	52:44
70 Roberta Blumberg (50 & O F)	1:01:15

Overall Results - 4K

1 Steve Blum (30-39)	15:56
2 Tyree Cruz (19 & U)	16:23
3 Chuck Herrera (20-29)	16:35
4 Scott Engel (20-29)	17:18
5 Casey Jones (30-39)	17:31
6 Sean Donley (20-29)	17:43
7 Madeline Ramirez (20-29 F)	18:08
8 Brian Barker (30-39)	18:20
9 Gene Ball (40-49)	18:27
18 Ron Nisbet (50 & O)	20:13
22 Anna Howard (19 & U F)	21:23
27 Lara Donelan (19 & U F)	22:08
40 Jane Dods (50 & O F)	23:54
45 Kathy Matthews (40-49 F)	23:58
54 Wendy Lascher (30-39 F)	26:57

Jim Triplett 30, from Santa Barbara after the two raced each other in an all-out sprint for the last 200 yards of the race. Leon also set a new age group record for the 20-24 age group breaking the old mark of 32:57 set in 1987 by Leonard Aceves. Triplett 30, who is also the women's cross country coach at UCSB, was also the division winner in the 30-34 age group.

Third place overall was 19 year old Anthony Williams in 31:00 flat to win the 14-19 age group and broke his own mark by 65 seconds. Williams is a former Hueneme High School star and has just finished a successful freshman year at UC Riverside. Fourth overall was former Santa Paula star Chuck Smead in 31:14 after leading and pushing a fast pace for the first five miles in splits of 4:39, 5:02, 4:57, 4:57 and 5:07. Smead, who now lives in Colorado, won the 35-39 division and also won the fastest father award.

Making a comeback to local distance running was Martin Navarro 28, former Rio Mesa High School athlete, as he ran 31:52 to capture 5th overall and the 25-29 age group. Arturo Fausto of Santa Paula won the 40-44 division in 34:42 with a 23rd place finish, while Charles McClung 47 won the 45-49 age group for the second year with a 36:10 and 36th place. 52 year old Sid Knox was the 50-54 winner in 38:41 in 54th place while Richard Fosse of Oxnard won the 55-59 race in 41:10. Yoshika Sakazaki was the 60 and over race winner in 43:19 and in 118th place.

Youngest male age group winner was Richard Falt 12 in 90th place overall in 41:45 to capture the 13 and under race.

Second overall in the women's division was Diana Hall 30, of Santa Barbara but Hall was in Debra Sharp's division and therefore was second in the 30-34 age group. Hall placed 50th overall. Third woman overall was Oxnard's Lorraine Mercado in 59th at 39:01. Mercado is a former Oxnard High School and UC Irvine runner. She also won the 25-29 race. The fourth woman overall was Terri Goodreau of Hollywood as she ran 40:27 for 70th place overall and the fastest woman in the 35-39 race. Fifth place was Hueneme High School graduate Jenny Martinez in 40:41 for 74th place and top honors in the 14-19 division.

Heather Busby, 9 years old won the 13 and under girls race to shatter her course record of 53:20 with a 45:09 time for 154th place overall. Loretta Bronk was the 40-44 winner in 45:42 in 167th place followed by Liz Cushman in 186th place at 46:27 to take the 45-49 division. Roberta Blumberg ran 56:40 to capture the 50-54 race and 292 place.

Returning to competition after a layoff is Margaret Miller of Thousand Oaks to destroy the 60 and over record of 76:33 as she ran 46:10 to place 177th and was also the 15th woman.

Kirby Haley of Oxnard won the wheelchair title as he placed 37th overall in 38:25.

The 2K Fun Run winners were Matthew Worley, 15 from Santa Clara High School in 6:48 for the 1.2 mile run and Karf Jungwirth 11 in 7th place as top female.

This races featured 22 age group winners plus a wheel chair division, with each division winner receiving a \$50 gift certificate to Foot Locker. There were many outstanding races in these divisions besides the races for the overall male and female winners. The Centerpoint race continues to be the second largest race in Oxnard and is now the second largest overall in Ventura County. The profits go to benefit the Oxnard College track and cross country teams and the race is administered by the Concord Track and Running Club and the Centerpoint Mall. Major sponsors include the Centerpoint Mall, Yolanda's Mexican Cafe, Pacific Beverage and Bud Light, Pepsi of Ventura County, and KBBY Radio.

Winner of the grand prize drawing for two to the San Francisco Bay to breakers was John Casso of Oxnard who also ran a fast time of 33:36 to place 19th.

Road Racing

Centerpoint Mall Father's Day Run

June 19, Oxnard, 10K.

Debra Sharp from Pt. Hueneme and distance running star at Oxnard College, was the top woman at the 5th annual Centerpoint Mall Father's Day 10K Run with a time of 37:00. Tommy Leon of Van Nuys was the top man and overall winner in 30:53 and also set an age group record.

The Father's Day 10K and 2K races lived up to their top billing as there were over 400 entries in this years event including 317 runners in the 10K and 81 runners and walkers in the 2K event. An additional 12 entries of runners who did not run pushed the total entries over the 400 mark.

Sharp, 34, who was the Western State Conference cross country champion and third place finisher in the state this fall while running for Oxnard College, averaged six minutes per mile on the flat 6.2 mile course, including a fast 5:43 for the first mile. She beat the second place woman by over one minute. Sharp also ran in the recent women's Olympic marathon trials in Pittsburgh but was forced to drop out at 17 miles due to an injury. Sharp won a \$50 gift certificate to Foot Locker for winning the 30-34 age group along with a \$25 gift certificate to Yolanda's Mexican Cafes for being the first overall woman. This was Sharp's second Father's Day victory, including 1986 when she set the course record in 35:28. She placed second last year.

Leon, 20 who plans to run for Cal State Northridge, won an exciting victory by one second over

RESULTS

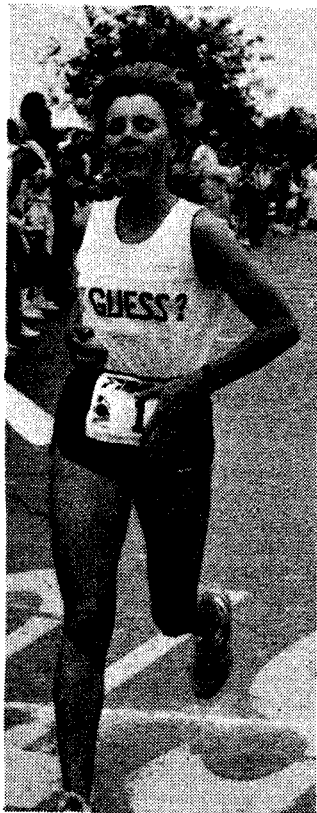
of Oxnard who also ran a fast time of 33:36 to place 19th.

Overall Results - Men

1 Tommy Leon (Van Nuys)	30:53
2 Jim Triplett (Santa Barbara)	32:54
3 Anthony Williams (Oxnard)	31:00
4 Chuck Smead (Colorado)	31:14
5 Martin Navarro (Oxnard)	31:52
6 Brian Nelson (Ventura)	32:44
7 George Pierce (Thous. Oaks)	32:50
8 Larry Montag (Ventura)	32:57
9 Ron Ysias (Oxnard)	33:09
10 Ramiro Valencia (Santa Paula)	33:16

Overall Results - Women

1 Debra Sharp (Pt. Hueneme)	37:00
2 Dianna Hall (Santa Barbara)	38:12
3 Lorraine Mercado (Oxnard)	39:01
4 Terri Goodreau (Hollywood)	40:27
5 Jenny Martinez (Oxnard)	40:41
6 Lydia Montag (Ventura)	41:44
7 Robin Hale (Glendora)	42:01
8 Anna Howald (Camarillo)	42:21
9 Gail Mark (Ventura)	44:41
10 Laura Gietzen (Oxnard)	44:53



DEBRA SHARP

Division Results - Men

13 & Under: 1. Hector Sandoval 42:18, 14-18: 1. Anthony Williams 32:05, 20-24: 1. Leonard Aceves 32:57, 25-29: 1. Jim Triplett 31:03, 30-34: 1. Rich McCandless 30:07, 35-39: 1. Barry Schaffer 31:56, 40-45: 1. Keith Munson 32:35, 46-49: 1. Charles McClung 36:09, 50-54: 1. Sid Knox 37:49, 55-59: 1. Richard Fosse 41:47, 60 & Over: 1. Fred Nagelschmidt 38:57.

Division Results - Women

13 & Under: 1. Heather Busby 53:20, 14-18: 1. Jessi-

ca Craven 40:35, 20-24: 1. Gail Mark 40:49, 25-29: 1. Ruth Vomund 38:42, 30-34: 1. Debra Sharp 36:40, 35-39: 1. Teri Werber 48:25, 40-44: 1. Harolene Walters 36:33, 45-49: 1. Ruth Hemming 45:11, 50-54: 1. Lynne Hurrell 48:30, 60 & Over: 1. Bea House 65:55.

Father's Day Run

June 19, Fresno, 2MI. & 6 MI.

Overall Results - 6 Mile

1 Alfred Lara (31)	30:15
2 Ramon Garcia (28)	31:16
3 Bryan Fahnenback (31)	31:27
4 Bobby Rodriguez (18)	31:37
5 Jim Hartig (34)	31:41
6 Scott Hink (21)	31:43
7 Gilbert Delgado (14)	32:04
8 Hermilio Gueverro (34)	32:28
9 Rafael Peralta (19)	32:32
10 Todd Sheller (19)	32:39
11 Robert Lindsey (43)	32:39
12 Joseph Carnegie (22)	32:42
13 John King (23)	39:46
14 Gil Guzman (27)	33:10
15 David Lennon (23)	33:15
16 Ken Kuphaldt (22)	33:16
17 Jesus Finero (21)	33:17
18 Greg Pope (28)	33:19
19 Barry Proctor (29)	33:29
20 Karl Polikva (17)	33:41

Division Results - Men's 6 Mile

10-14: 1. Mike Brooks 36:09, 2. Francisco Madrigal 36:55, 3. Apolinar Duarte 39:37, 15-19: 1. Bobby Rodriguez 31:37, 2. Gilbert Delgado 32:04, 3. Rafael Peralta 32:32, 20-24: 1. Scott Hink 31:43, 2. Joseph Carnegie 32:42, 3. John King 32:46, 25-29: 1. Ramon Garcia 31:16, 2. Gil Guzman 33:10, 3. Greg Pope 33:19, 30-34: 1. Alfred Lara 30:15, 2. Bryan Fahnenback 31:27, 3. Jim Hartig 31:41, 35-39: 1. Al Lomei 34:12, 2. Paul Garcia 34:19, 3. Gary Reimer 34:30, 40-44: 1. Bob Lindsey 32:39, 2. Gordon Keller 35:24, 3. Don Chapin 35:36, 45-49: 1. Don Trout 35:42, 2. Kenneth Schwisow 36:06, 3. Bill Woody 36:58, 50-54: 1. Joe Delgado 38:33, 2. David Nowlis 42:25, 3. Dan Cunningham 42:41, 55-59: 1. Len Thornton 36:46, 2. Bob Fries 40:19, 3. Dick Cain 40:51, 60-64: 1. Bob Stout 45:47, 2. John Parades 46:49, 3. Klaus Penning 49:28, 65-69: 1. Leon Alonzo 46:58, 2. Lee Thomas 51:38, 3. Ray Gregory 62:32, 70 & Over: 1. Harry Harder 94:30.

Division Results - Women's 6 Mile

10-14: 1. Sonia Medina 44:49, 2. Heather Reid 46:09, 3. Kathleen Hurley 46:09, 15-19: 1. Tracy Torigian 50:12, 2. Kristin Mattox 50:56, 3. Marci Jackson 61:09, 20-24: 1. Janine Ogas 35:42, 2. Charlene Janzen 41:01, 3. Cheryl Bonner 42:59, 25-29: 1. Kari Fike 37:36, 2. Diane Vartanian 37:59, 3. Nellie Gonzales 38:11, 30-34: 1. Julie Matteson 36:42, 2. Carla Ottero 40:02, 3. Ann Phillips 40:24, 35-39: 1. Carol Arney 39:17, 2. Yvette Harmon 42:36, 3. Kathy Berry 44:03, 40-44: 1. Hally Schaffer 42:45, 2. Sharon Shaw 43:13, 3. Sharon Mayo 43:50, 45-49: 1. Margie Timberlake 38:41, 2. Jean Schwisow 44:51, 3. Deborah Schwartz 47:48, 50-54: 1. Patricia Kaufman 54:05, 2. Heidi Fialho 54:44, 3. Theanne Woodruff 55:05, 60-64: 1. Dorothy Thomas 50:10, 2. Marietta Larson 73:03.

Overall Results - 2 Mile

1 Bob Tapia (29)	8:28
2 Bryan Foley (31)	8:35
3 Baldemar Bottencourt (31)	8:39
4 Daniel Rusk (27)	8:55
5 Robey Hoyt (29)	8:55
6 Reynaldo Garza (28)	8:57
7 Danny Vega (20)	9:10
8 Damon Thurston (17)	9:11
9 Rob Brenner (31)	9:25
10 Tim Cowdrey (26)	9:29
11 Egan Titus (16)	9:31
12 Robert Garcia (34)	9:31
13 Mike Chastain (33)	9:32
14 Casey Clark (34)	9:34
15 Kim Debban (33)	9:38

16 Pascual Morales (14)	9:40
17 David Stackpole (29)	9:41
18 David Kurtze (28)	9:42
19 Artemio Villegas (28)	9:45
20 Dennis Fontes (16)	9:45



BARB MYERS-ACOSTA

photo by Gene Cohn Productions

Division Results - Men's 2 Mile

9 & Under: 1. Jeff Michelson 12:16, 2. Christopher Lowe 13:31, 3. Aric O'Brien 13:41, 10-14: 1. Pascual Morales 9:40, 2. Mike Rosander 10:30, 3. Tony Ramirez 10:45, 15-19: 1. Damon Thurston 9:11, 2. Egan Titus 9:31, 3. Dennis Fontes 9:45, 20-24: 1. Danny Vega 9:10, 2. Gabe Tenyenhuus 10:20, 3. Steve Aldag 10:29, 25-29: 1. Bob Tapia 8:28, 2. Daniel Rusk 8:55, 3. Robey Hoyt 8:56, 30-34: 1. Bryan Foley 8:35, 2. Baldemar Bottencourt 8:39, 3. Rob Brenner 9:25, 35-39: 1. David Williams 9:55, 2. Frank Bonilla 11:04, 3. Ken Lake 11:29, 40-44: 1. Paul Konon 9:56, 2. Gustavo Armenta 10:18, 3. David Bronzan 10:23, 45-49: 1. Femie Montanez 10:27, 2. Bob Perry 10:37, 3. Dennis Duffy 11:10, 50-54: 1. Grant Sharp 11:29, 2. Tom Hinds 11:53, 3. Gerald True 13:00, 55-59: 1. Tony Bush 11:05, 2. Dick Stewart 12:32, 3. Gino Dellanila 12:46, 60-64: 1. Jess Rivera 10:56, 2. David Fung 12:25, 3. Taylor Payson 14:52, 65-69: 1. Bob Musso 12:11, 2. Elmer Harrelson 16:00, 70 & Over: 1. Ray Mahannah 14:53.

Division Results - Women's 2 Mile

9 & Under: 1. Renee Johnson 13:14, 2. Kara Reid 14:30, 3. Veronica Valdez 14:39, 10-14: 1. Christine

Santellano 13:24, 2. Rosalyn Reed 13:56, 3. Jenni Reed 13:56, 15-19: 1. Lorie Miller 13:29, 2. Samantha Leal 14:01, 20-24: 1. Kathleen Baker 12:24, 2. Tiffany Shaw 12:34, 3. Tracey Stanley 12:48, 25-29: 1. Kathy Hildebrandt 11:37, 2. Janet Aspelio 12:05, 3. Leslie Campbell 12:46, 30-34: 1. Mary Norris 10:36, 2. Maurie Potts 11:08, 3. Toni Nichols 12:07, 35-39: 1. Karen Lynch 11:39, 2. Doreta Annis 12:52, 3. Jan Alcock 13:07, 40-44: 1. Kathy Boice 12:01, 2. Kathy Helm 13:40, 3. Elma Arias 13:59, 45-49: 1. Patricia Caffrey 15:15, 2. Judy Shehadey 17:07, 3. Stella Hinds 17:41, 50-54: 1. Veronica Valdez 14:39, 2. Jan Thornton 15:23, 3. Betty Fox 15:48, 55-59: 1. Isabel Verdusco 12:40, 2. Elizabeth Strunk 14:32, 3. Bess Christopherson 26:28, 60-64: 1. Elen Pister 25:12, 2. Betty Kallas 27:16, 65-69: 1. Evelyn Krumbach 19:37, 70 & Over: 1. Ruth Robinson 27:50.

Fujitsu Five Mile Classic

June 19, San Jose.

Division Results - Men

11 & Under: 1. Jose Perez 34:48, 2. Dennis Swanson 44:09, 3. Justin Tanquary 58:01, 12-16: 1. Dino Daniels 31:42, 2. Paul Stubbs 34:14, 3. Hugo Ramirez 34:22, 17-20: 1. Mark Callon 26:10, 2. James Strachan 26:37, 3. James Locks 30:01, 21-29: 1. Jeff Shaver 24:53, 2. Dan Stefanisko 25:07, 3. Ken Ellingboe 26:33, 30-39: 1. Richard McCann 25:20, 2. Mark Graves 26:26, 3. Salvador Avelar 27:16, 40-49: 1. Gary Goettelman 27:50, 2. Jim Howe 28:39, 3. Miguel Sokorio 28:56, 50-59: 1. Ken Noel 29:53, 2. Marcel Lassalle 32:25, 3. Karl Misner 33:22, 60 & Over: 1. Leo Gries 36:14, 2. Marcel Draisson 36:26, 3. Rex Morton 36:30, Wheelchair: 1. Troy Durham 25:47, 2. Jerry Deets 27:03.

Division Results - Women

11 & Under: 1. Molly Finn 42:30, 2. Michelle Kyono 45:08, 17-20: 1. Nancy Nashiro 53:10, 2. Beth Pfaffenberger 55:48, 21-29: 1. Rosa Gutierrez 28:58, 2. Sharon Maley 31:10, 3. Suzanne Sarfo 31:21, 30-39: 1. Barbara Myers-Acosta 27:56, 2. Eileen Bickard 29:11, 3. Debbie Smith 33:35, 40-49: 1. Laurie Binder 28:23, 2. Juana Stavolone 30:50, 3. Marilyn Acquastapace 32:50, 50-59: 1. Diane Bromstead 40:54, 2. Mary Young 42:10, 3. Marjorie Mikael 44:06, 60 & Over: 1. Jady Caselli 39:27, 2. Annie Sievert 49:21.

San Diego International Triathlon

June 19, San Diego.

Overall Results - Professional Men

1 Scott Tinley	1:24:42
2 Scott Milna	1:25:12
3 John Devere	1:25:33
4 Lance Armstrong	1:26:15
5 Rick Hollar	1:26:46

Overall Results - Professional Women

1 Paul Newby-Fraser	1:37:16
2 Liz Downing	1:38:17
3 Laurie Samuelson	1:39:00
4 Sarah Coope	1:39:35
5 Janine Daley	1:40:23

Overall Results - Men

1 Michael Lytle (27)	1:30:55
2 Gregory Griffin (25)	1:31:08
3 Cameron Etkin (22)	1:31:49
4 Jamie Williams (39)	1:32:26
5 Jeff Jacobs (22)	1:32:40
6 Jonathan Grinder (29)	1:32:59
7 Bryan Timmerman (23)	1:33:17
8 Marc Makebakken (25)	1:33:29
9 Berry Oliver (18)	1:33:33
10 David Goldman (27)	1:33:39
11 William Hippe (37)	1:33:45
12 Wally Buckingham (35)	1:34:00
13 Matthew Kresser (23)	1:34:15
14 Joe Frisch (22)	1:34:36

RESULTS

15	Todd Hensley (23)	1:34:37
16	Charles Norconk (33)	1:35:23
17	Paul Ayuso (19)	1:35:24
18	Rick Newswinger (28)	1:35:30
19	Aaron King (23)	1:35:42
20	Gordon Dallas (29)	1:35:52
21	Thorsten Hegberg (19)	1:36:05
22	Wayne Buckingham (35)	1:36:07
23	Corky Ewing (31)	1:36:16
24	Mike Stokes (27)	1:36:17
25	Roberto Jacob (23)	1:36:20

Overall Results - Women

1	Teri Inocopera (26)	1:40:42
2	Mariayna Madruga (22)	1:41:54
3	Linda Jannelli (32)	1:43:47
4	Sian Williams (21)	1:43:50
5	Joan Pennington (28)	1:44:21
6	Tina Albert (20)	1:44:35
7	Mary Ellen Mahoney (28)	1:45:54
8	Sheri Leoma (25)	1:46:12
9	Gail Cerelli (27)	1:46:59
10	Penny Burnstein (24)	1:47:34
11	Jacdie Dineen (21)	1:48:31
12	Cindy Watson (29)	1:48:45
13	Laura Curtis (23)	1:49:33
14	Sydney Webb (26)	1:49:51
15	Kip Freytag (29)	1:50:01

Harolene Walters Runs

June 23, So. El Monte, 8K

Division Results - Men

25-29:	1. Steve Corona 28:44, 2. Vincent Rivera 28:46, 3. David Kettel 29:21, 30-34: 1. Jon Strayer 30:34, 2. Steve Jackson 30:37, 3. Mike Brannon 32:33, 35-39: 1. Jose Rodriguez 28:17, 2. David Ramirez 28:28, 3. Mike Brannon 32:33, 40-44: 1. Mike Lalum 34:09, 2. Brandon Hamilton 43:00, 45-49: 1. Bob McGeough 28:23, 2. Ron Walters 32:52, 3. Robert Elliott 33:25, 50-54: 1. Roland Hill 43:16, 55-59: 1. Wally Ingram 32:17, 60-64: 1. Walter Atkinson 34:40, 2. Bruce Odon 35:26, 65-69: 1. Wiley Nelson 45:09, 70-79: 1. Dutch Benedetti 40:19.
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Division Results - Women

35-39:	1. Jeanne Ramirez 46:11, 45-49: 1. Harolene Walters 30:42.
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Celebrate Summer

June 25, Carson City, NV, 8K

Overall Results

1	Larry Lawson (35)	25:48
2	Bob Johnson (22)	26:15
3	Jerry Jobski (43)	27:04
4	Kelly Dodge (18)	27:53
5	Frank Boucher (32)	28:36
6	David Mahan (30)	28:40
7	Bobby Ryser (15)	29:21
8	Jeff Bean (16)	30:20
9	Ed Skudlarek (31)	31:01
10	T.J. Lokke (29)	31:27

Division Results - Men

14 & Under:	1. Dom Sinnott 44:54, 2. Taylor Laack 44:54, 15-19: 1. Kelly Dodge 27:53, 2. Bobby Ryser 29:21, 3. Jeff Bean 30:20, 19-24: 1. Bobby Johnson 26:15, 2. Tom Stephen 34:05, 25-29: 1. T.J. Lokke 31:27, 2. Tony Smith 33:21, 3. Kent Moe 33:44, 30-34: 1. Frank Boucher 28:36, 2. David Mahan 28:40, 3. Ed Skudlarek 31:01, 35-39: 1. Larry Lawson 25:48, 2. Brian Smith 32:46, 3. Gary Laack 34:11, 40-44: 1. Jerry Jobski 27:04, 2. Zachary Arias 35:54, 3. Rick Ramos 36:00, 45-49: 1. Dave Aunkst 35:28, 2. Robert Andres 40:01, 3. Robey Willis 40:50, 50-54: 1. John Ball 33:51, 2. Bill Nicholson 34:36, 3. Jack Aaron 35:40, 60 & Over: 1. Clint Burdick 46:40.
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Division Results - Women

14 & Under:	1. Melinda Bean 43:59, 2. Debbie Dayton 45:26, 15-19: 1. Veronica Castillo 40:15, 19-24: 1. Marie Farmer 35:04, 2. Tina Petershagen 36:10, 3. Rose Gardella 36:29, 25-29: 1. Nancy Coury 36:07,
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2. Leslie Boucher 36:48, 3. Penny Reneau 37:55, 30-34: 1. Patty Howell 32:18, 2. Marianne Zerebko 32:20, 3. Leigh Parker 36:27, 35-39: 1. Coco Crum 38:48, 2. Joann Warner 40:58, 3. Joan Wright 41:12, 40-44: 1. Diana Boyd 45:42, 2. Connie Jo Smith 55:55, 45-49: 1. Sue Hansen 38:53, 2. Virginia Nicholson 40:29, 3. Mia Aunkst 40:57, 50-54: 1. Kitty Brown 40:00, 2. Anne Whitelaine 52:18.
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Century City Runs

June 25, Century City, 5K & 10K

Division Results - Men's 10K

8 & Under:	1. William Cortes 42:26, 2. Rogio Dwyer 46:11, 3. Tim Anderson 53:40, 9-10: 1. Jarrod Garritson 39:13, 2. Kazi Myers 1:08:57, 11-12: 1. James Garritson 39:10, 2. Ricky Delgado 44:10, 3. Scott Anderson 51:08, 13-15: 1. Aaron Rogers 40:36, 2. David Hachet 47:26, 3. Adam Strom 59:40, 16-17: 1. William McKinley 39:12, 2. John Cala 39:50, 3. Seth Hellyer 42:36, 18-24: 1. Rudy Arellano 36:10, 2. J. Fernandez 36:30, 3. Ariel Sanchez 36:47, 25-30: 1. Andrew Gerken 31:33, 2. Barry Kelly 32:08, 3. Chris Weston 33:20, 31-35: 1. Leonard Aguilar 34:07, 2. Frank Donnelly 35:25, 3. John Hanley 37:24, 36-40: 1. Barry Molony 33:47, 2. Jesus Morales 34:13, 3. Stephen Keyes 34:34, 41-45: 1. Ron Parks 33:34, 2. Cully White 38:54, 3. James Blitz 39:15, 46-50: 1. Tony Skvarla 40:54, 2. Rolf Raima 41:49, 3. Dick Kershaw 44:08, 51-55: 1. Claude Bruni 41:58, 2. John Williams 43:28, 3. Sam Gee 46:31, 56-60: 1. Howard Sommers 43:47, 2. Rudy Sencyszyn 45:13, 3. Andrew Martin 45:54, 61-65: 1. Luis Pagan 50:31, 2. Bill McGray 50:37, 3. James Depena 51:25, 66 & O: 1. Eddie Lewin 45:28, 2. Manue Lara 46:10, 3. John Nino 48:02.
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Division Results - Women's 10K

8 & Under:	1. Heather Garritson 41:22, 2. Kelly Newcomb 1:09:59, 9-10: 1. Cynthia Condon 51:46, 11-12: 1. Carrie Garritson 41:16, 13-15: 1. Norma Edge 51:58, 16-17: 1. Michelle Bonillo 45:02, 18-24: 1. Mary Anne Tonini 40:52, 2. Gillian Siebert 42:45, 3. Mariann Smith 43:14, 25-30: 1. Christi Bach 38:32, 2. Jennifer Henderson 38:43, 3. Pam Morris 40:40, 31-35: 1. Charlotte Thomas 35:29, 2. Karen Carpani 38:16, 3. Bev Lowe 39:48, 36-40: 1. Peggy Jamieson 46:54, 2. Patricia Swan 47:01, 3. Pam Bliz 47:02, 41-45: 1. Cheryl Allen 42:52, 2. Karin Hansaker 45:37, 3. Diane Ito 47:38, 46-50: 1. Diana Van Lancker 47:38, 2. Caro Day 48:08, 3. Sandy Pirkle 50:38, 51-55: 1. Jacqueline Parraux 54:15, 2. Phyllis Goldstein 56:56.
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Division Results - Men's 5K

8 & Under:	1. Tony Wellington 24:21, 2. Cuahiemoc Delgado 24:28, 3. Lukas Skoog 26:43, 9-10: 1. Antonio Delgado 22:26, 2. M. Reololopez 23:54, 3. Matthew Davis 26:43, 11-12: 1. Alexander Raima 19:40, 2. Tommy Benavidez 24:42, 3. Adam Howell 26:51, 13-15: 1. Mike Steussie 19:08, 2. Jason Hobbs 19:09, 3. Ted Frank 19:45, 16-17: 1. Armando Sanchez 16:47, 2. Chip Cartwright 17:53, 3. Matthew Kalan 18:56, 18-24: 1. Ray Driffin 14:50, 2. Adolfo Garcia 14:57, 3. Sven Haug 15:37, 25-30: 1. Frank Plasso 14:59, 2. Steve Gilbert 16:07, 3. Chris Lackmeyer 16:48, 31-35: 1. Mark Luevano 14:47, 2. Carl Lahr 18:13, 3. Howard Avery 18:51, 36-40: 1. Gianni Carpani 16:32, 2. Tamrat Beyene 17:13, 3. Walt Hitt 17:19, 41-45: 1. Dennis Joe 16:33, 2. Danny Morales 17:09, 3. John Riley 17:15, 46-50: 1. Catalino Gonzalez 16:37, 2. Brian Femie 17:00, 3. Stephen Schumacher 18:14, 51-55: 1. Aldo Mora 18:09, 2. John Gilfoi 19:39, 3. George Marrett 19:57, 56-60: 1. Patrick Devine 18:16, 2. Leroy Carter 19:57, 3. William Taylor Sr. 22:30, 61-65: 1. Larry Banuelos 19:58, 2. Joe Rossi 24:02, 3. Al Laks 24:24, 66 & O: 1. Phil Jones 21:35, 2. Ed Stotsenberg 22:31, 3. Ed Rumble 25:24.
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Division Results - Women's 5K

8 & Under:	1. Jessica Martinez 32:51, 9-10: 1. Cassandra Higgins 21:59, 2. Stephanie Hobbs 22:43, 3. Kristi Parks 23:55, 11-12: 1. Wendy Kogley 26:06, 2. Jordan Stuart 27:17, 3. Angela Roberts 27:45, 13-
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15: 1. Judith McCullough 18:59, 2. Angie Parks 23:11, 3. Jennifer Aguirre 24:14, 16-17: 1. Cindy Swanson 29:07, 18-24: 1. Janet Wilson 21:29, 2. Donna Wein 22:43, 3. Carolyn Holguin 22:47, 25-30: 1. Deborah Riding 21:57, 2. Caprice Brown 22:59, 3. Debra Miljares 23:48, 31-35: 1. Aine Lynam 18:43, 2. Hollis Franklin 20:06, 3. Naomi Waka 21:31, 36-40: 1. Michele Tiff 17:57, 2. Kathleen Burke 23:38, 3. Tereza Shelton 25:15, 41-45: 1. Angelita Llerena 21:53, 2. Barbara Charness 26:50, 3. Jill Rosner 26:55, 46-50: 1. Bonnie Robinson 20:42, 2. Cookie Petrie 23:14, 3. Ann Dargahi 25:42, 51-55: 1. Patricia Callahan 27:55, 2. Shirley Brown 31:43, 3. Gloria Hunt 31:47, 56-60: 1. Patricia Pruitt 23:39, 2. June Ruggles 26:18, 3. Betty Crosby 26:52, 61-65: 1. Helen Dick 22:45, 2. Irene Frank 35:53, 3. Doris Pritchard 36:43, 66 & O: 1. Dorothy Stotsenberg 33:16, 2. Midge Burkhead 34:00, 3. Sara Pritchard 42:57.
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4-H Fair Fun Run

June 25, Pleasanton

Division Results - Men

(No Times Available)

8 & Under:	1. Jonathon Ratti, 2. Alex Rey, 9-13: 1. David Kikenna, 2. Christopher Ratti, 3. Andy Canales, 14-19: 1. Matt Bogdanowicz 15:52, 2. Robert Scott, 3. Mark Douglas, 20-29: 1. Alberto Salazar, 2. Craig Whitchard, 3. Richard Lucas, 30-39: 1. Julius Ratti, 2. Brian Davis, 3. Terrence Henshaw, 40-49: 1. Ralph Nebekung, 2. Frank Perez, 3. Larry Noe, 50 & Over: 1. Jack Riley, 2. Bill Bugler, 3. Anthony Castagna, Walkers: 1. John Walker, 2. Ken Giannotti.
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Division Results - Women

9-13: 1. Andrea Torrez, 2. Betsy Stevens, 3. Manoy Rey, 14-19: 1. Britt Eilers, 2. Laura Martin, 3. Susan Krakoski, 20-29: 1. Debbie Wojtowicz, 2. Jenna Noe, 3. Sharon Elm, 30-39: 1. Elaine Globig, 2. Diane Pinson, 3. Donna Little, 40-49: 1. Cheryl Daggett, 2. Diana Green, 3. Barbara Aiken, 50 & Over: 1. Maria Giezendanner, 2. Sharon Murray, Walkers: 1. Andre Walker, 2. Margaret Diaz, 3. Jane Rasmussen.
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City of Rosemead Runs

June 25, Rosemead, 5K & 10K

Overall Results 5K

1	Aaron Moscoro (19)	15:43
2	Ramon DeSota (24)	15:50
3	Mark Cote (29)	15:52
4	Ramon Perez (18)	15:55
5	Pablo Pintor (24)	15:55
6	Heliodoro Jauregui (23)	16:01
7	Efron Garcia (26)	16:02
8	Jesse Clemente (28)	16:20
9	Francisco Nunez (23)	16:23
10	Diego Meza (27)	16:28
11	Edgar Rios (18)	16:38
12	Edgar Leiva (22)	16:42
13	Victor Canel (27)	16:57
14	Lee Baca (46)	16:58
15	John Blaauw (29)	16:59
16	Gilbert Varela (39)	17:00
17	Robert Davison (43)	17:01
18	Rupert Ayton (32)	17:01
19	Juan Gutierrez (16)	17:16
20	Carlos Carrillo (16)	17:19

Overall Results - 10K

1	Victor Carrillo (24)	31:38
2	George Dismore (25)	32:22
3	Jorge Monroy (26)	32:32
4	Art Van Veen (25)	32:59
5	Joel Sanchez (29)	33:18
6	Russell Clark (30)	33:36
7	Jose Rodriguez (33)	33:53
8	Paul Maier (40)	34:11
9	Chris Jimenez (20)	34:27
10	Salvador Arellano (34)	34:29
11	Jaime Ortiz (27)	34:41
12	Vincent Macias (29)	34:44

13	James Moore (17)	34:53
14	Alberto Arellano (30)	35:09
15	Kie Soo Hoo (31)	35:11

5K Teams

1	R.H.S. (Mascorro, Perez, Carrillo, Lara)	1:05:55
2	L.A. Saints (Granados, Lopez, Perez, Magallanes)	1:11:15
3	Good Stuff Food Co. (Canel, Jr., Chavez, Prac)	1:18:33

10K Teams

1	Wild Mountain Runners (Orozco, Carrillo, Serrato, Clark)	2:15:40
2	No Name (Sanchez, Arellano, Arellano, Ortiz)	2:16:53
3	Youth Education (Santiago, Mascorro, Mayo, Black)	2:33:30

Run To The Top

June 25, San Francisco, Up 42 Flights of Stairs

Overall Results

1	Steven Noll (28)	4:42
2	Tim Haugen (29)	5:35
3	Michael Hawkins (37)	5:43
4	Blaine Kinnabrew (31)	5:49
5	Bill Clark (30)	5:57
6	Mike Meyer (26)	5:59
7	Guillermo Barron (35)	6:05
8	Stephen Cadigan (24)	6:18
9	Steven Jones (37)	6:19
10	Peter Dunaj (25)	6:31

Western States 100

By MARK WINTZ

June 25-26, Squaw Valley.

Inside the petite, soft-spoken Kathy D'Onofrio burns a fortitude and talent that most runners never get a glimpse of until they see her on the trail. And even then, few do. The majority of ultra-runners are far behind.

D'Onofrio shattered her own course record (set in 1986) by over two hours in winning the women's division in a cooler, yet still arduous, Western States 100 Mile Endurance Run. She negotiated the mountainous and craggy course from Squaw Valley to

Auburn in 18 hours, 52 minutes, and 40 seconds to finish an uncanny 12 places overall among 253 finishers who beat the 30-hour cutoff time.

"All along I thought Ann Trason was going to win it because she's a better runner," said the 23-year old D'Onofrio. "She was taking it as easy as I was in the beginning. But I thought, 'maybe I'll get lucky' and I did."

Berkeley's Trason, who was selected as the #2 female ultra runner of 1987 by *Ultrarunning Magazine*, traded the lead with D'Onofrio until pulling away after Foresthill (62 miles) and stretching her lead to 17 minutes at the Rucky Chucky river crossing (78 miles). However, dehydrated and faltering, Trason was repassed by D'Onofrio 5 miles later and dropped out at 93 miles needing I-V treatment. Sue Summerhays King (20:41:27) repeated as female runnerup, also dipping under the course record.

Those in the know had forecast Santa Rosa's 32-year-old Brian Purcell as a likely W.S. winner based on his convincing win at a hot and tough American River 50-Miler. And indeed, he came through, topping a very tough field of experienced ultradistance men, winning in a course record 16:24:00, almost one hour ahead of second placer (and last year's winner) Herb Tanzer (17:20:54). Hats off to Redwood City's Doug Latimer (18:43:58, now 50, who placed in the top ten for the 11th time. He was 10th overall in an endurance event that is respected as the toughest of it's kind—more challenging than the Ironman or practically anything else that ironclad men or women are likely to tackle.

continued next page...

RESULTS

Just ask Greece's Yiannis Kourou, the man who holds all-time ultra bests from 6 day runs down to 12 hours. Here he finished 24th overall, almost four hours behind Purcell.

Overall Results

1	Brian Purcell (32)	16:24:00
2	Herb Tanzer (36)	17:20:00
3	Jussi Hamalainen (42)	17:41:54
4	Jim Pollon (37)	17:51:59
5	Donald Aycock (36)	17:55:55
6	Bill Finkbeiner (32)	18:11:25
7	David Scott (30)	18:22:29
8	Sean Cron (32)	18:28:21
9	Jim O'Brien (35)	18:33:49
10	Doug Lallier (50)	18:43:58
11	Jim Gensichen (39)	18:49:51
12	Kathy D'Onofrio (23)	18:52:40
13	Dane Larsen (37)	18:55:36
14	Tim Twietmeyer (29)	19:00:48
15	Bill Kiesel (35)	19:06:22
16	Dan Williams (39)	19:10:06
17	Tom Scott (25)	19:19:07
18	Roger Daniels (52)	19:25:42
19	Gard Leighton (53)	19:27:08
20	Bernd Leopold (46)	19:28:37
21	Jim Pomroy (41)	19:51:25
22	Steve Shopoff (41)	20:00:01
23	Dave Stevenson (35)	20:04:46
24	Yiannis Kourou (32)	20:12:54
25	Stephen Tucker (35)	20:26:05
26	Dana Miller (36)	20:28:55
27	Raymond Scannell (38)	20:35:54
28	Charles Savage III (40)	20:38:51
29	Sue Summerhays King (34F)	20:41:27
30	Chris Turney (30)	20:46:26

Castle Airshow Run

June 26. Merced. 3K & 10K.

Overall Results - 10K

1	Bob Loux (31)	34:26
2	Mike Boyer (19)	35:40
3	Daniel Garcia (32)	36:34
4	Louis Phillips (38)	37:09
5	Roger Berbera (31)	37:38
6	Brett Owens (25)	37:43
7	Curt Royer (37)	37:50
8	Kenneth Schwison (49)	38:06
9	Rick Gaffney (35)	38:10
10	Tom Diehl (32)	38:21

Division Results - Men's 10K

18 & Under: 1. Barin Loucks 38:51, 2. Trey McNabb 40:43, 3. Tony Diebelle 49:45, 19-29: 1. Mike Boyer 35:40, 2. Brett Owens 37:43, 3. John Homstad 38:35, 30-34: 1. Bob Loux 34:26, 2. Daniel Garcia 36:34, 3. Roger Berbera 37:38, 35-39: 1. Louis Phillips 37:09, 2. Curt Royer 37:50, 3. Rick Gaffney 38:10, 40-44: 1. John Mason 39:48, 2. Bill Schwartz 40:08, 3. Bob Strack 40:46, 45-49: 1. Kenneth Schwison 38:06, 2. Dave Olson 45:03, 3. Leroy Kessler 45:40, 50 & Over: 1. Joseph Roselle 48:24, 2. John Kaufman 53:04.

Division Results - Women's 10K

18 & Under: 1. Terri Craft 1:02:10, 19-29: 1. Doreen Brown 42:49, 2. Elizabeth Schable 48:34, 3. Tracy Stanley 53:45, 30-34: 1. Lisa Hunter 42:27, 2. Patricia Smith 44:23, 3. Deborah Harrang 45:16, 35-39: 1. Susan Neubaum 1:02:24, 2. Marsha Korose 1:03:01, 40-44: 1. Sharon Mayo 45:44, 2. Gayl Jackson 57:23, 3. Heinrich Roselle 1:01:05, 45-49: 1. Jean Schwison 47:42, 2. D. Schwartz 50:17, 3. Jackie Ryke 52:58, 50 & Over: 1. Patricia Kaufman 55:10, 2. Sylvia Ovallette 1:00:43.

China Camp Challenge

June 26. San Rafael. 7 Mile & 4.2 Mile.

Overall Results - 7 Mile

1	Bruce Linscott (30) Fairfax	42:29
2	Fred Frauners (34) Lagunitas	46:12
3	Johnny Lawson (32) San Francisco	46:34

4	George Forman (42) Nicasio	46:56
5	Peter Franks (42) Sausalito	48:58
6	Chuck Collingwood (32) Petaluma	49:01
7	Dan Lew (36) San Francisco	51:13
8	Chris Garcia (17) Woodacre	51:30
9	Jim Roberts (35) Marinette	51:34
10	Paul Anderson (30) Berkeley	51:59

Overall Results - 4.2 Mile

1	Ben Coutant (28) El Cerrito	26:53
2	Heiko Schultz (15) San Rafael	27:06
3	Bill Neal (43) San Anselmo	28:30
4	Brian Egan (28) Menlo Park	29:57
5	Roger Gordon (51) Mill Valley	30:14
6	Andre Borgman (28) Tiburon	30:29
7	Bruce Koepf (37) Sonoma	31:52
8	Greg Brockbank (35) San Rafael	32:54
9	Keiko Takeshita (42) San Francisco	34:40
10	Molly Egan (27) San Francisco	34:56

Duck to Ducks Run

June 26. Palo Alto. 10K.

Division Results - Men

12 & Under: 1. Brian Ida 51:00, 13-18: 1. Ted Stone 36:24, 2. Canyon Twer 39:37, 3. Randy Stone 43:38, 19-29: 1. Tom Downes 34:14, 2. Andy Bullock 34:50, 3. Danie Fernandez 35:50, 30-39: 1. Rod Grungraber 33:07, 2. Rene Gaelli 33:57, 3. Jim Bordini 34:23, 40-49: 1. John Galletta 37:00, 2. Carl Cull 37:25, 3. Philip Graves 38:07, 50-59: 1. Gerry Czamskie 39:46, 2. John McCrillis 41:04, 3. Ralph Poole 41:09, 60 & Over: 1. Ray Piva 39:49, 2. Ben Enciso 46:55, 3. Don Anhorn 48:03.

Division Results - Women

19-29: 1. Chris Durrey-Baker 40:41, 2. Shannon Heath 41:31, 3. Peggy Alfred 43:46, 30-39: 1. Katie Scott 40:19, 2. Anita Lee 41:01, 3. Elaine Erickson 48:04, 40-49: 1. Rhonda Dyer 47:10, 2. Barbara Stone 51:33, 3. Lynne Leahy 51:41, 50-59: 1. Bet Fraser-Smith 44:41, 2. Diane Bromstead 49:33, 3. Rita Kerr 49:54, 60 & Over: 1. Annie Sievert 1:03:00, 2. June Swan 1:06:50.

999ers 5K Morning Run

June 26. So. El Monte.

Overall Results

1	George Marquez (23)	15:57
2	George Dinsmore (25)	16:04
3	Hector Ramirez (22)	16:44
4	Enrique Serratos (35)	16:56
5	Jose Rodriguez (33)	17:05
6	Vicente Rivera (28)	17:14
7	David Nunez (26)	17:37
8	Kelly Current (31)	17:50
9	Augusto Leal (16)	17:50
10	Chanel Jones (29)	18:00

Run To The Lake

June 26. Castro Valley. 5K & 10K.

Division Results - Men's 10K

12 & Under: 1. Paul Hodges III, 1:01:22, 2. Vince El-kaim 1:16:52, 13-18: 1. Kevin Holbrook 35:02, 2. James Marini 41:34, 3. Jason Coleman 44:51, 20-29: 1. Erich Ackermann 32:39, 2. Mike Spencer 33:24, 3. Rick Brues 34:02, 30-39: 1. Julius Ratti 34:35, 2. Ramirez 37:39, 3. Greg Gillis 38:18, 40-49: 1. Ron Kiyono 38:10, 2. Mike Schoelz 38:41, 3. Rick Summer 39:08, 50-59: 1. Ron Grabowski 40:30, 2. Tom Cooke 43:12, 3. Sun Yong Kim 43:45, 60 & Over: 1. Leo Gies 45:19, 2. Gordon McHugh 52:19, 3. Ulysses Ratti 57:43.

Division Results - Women's 10K

12 & Under: 1. Melissa Ackermann 43:29, 2. Penny Hodges 57:38, 13-18: 1. Jodi Rempel 45:14, 2. Heather Granzow 52:12, 3. Carrie Frates 57:23, 20-29: 1. Laura Brues 41:59, 2. Susi Meyers 43:38, 3. Malia Dineel 46:25, 30-39: 1. Debbie Smith 42:04, 2. Denise McGovern 43:41, 3. Virginia Hood-Akers 43:58, 40-49: 1. Margaret Cooke 46:35, 2. Diane Handley

47:01, 3. Val Viera 49:53, 50-59: 1. Kathryn Midgley 53:27, 2. Joan Ketonen 53:46, 3. Tina McGovern 57:26.

Division Results - Men's 5K

12 & Under: 1. Jean Carter 22:58, 2. Luke Saari 23:38, 3. Jason Richardson 23:45, 13-19: 1. Jason Atwood 16:24, 2. Jeff Buhl 16:27, 3. Mike Batistic 19:26, 20-29: 1. Peter Tanquary 18:45, 2. Don Marsh 19:07, 3. James Ward 19:23, 30-39: 1. Brian Davis 16:42, 2. Jose Gomez 19:13, 3. A.J. Shaka 21:23, 40-49: 1. Neal Chappell 17:47, 2. Sip Naiman 18:52, 3. Bob Jopin 18:58, 50-59: 1. Ken Noel 18:25, 2. Ken Allen 20:01, 3. Joe Tremi 21:16, 60 & Over: 1. Phil Paulson 21:59, 2. Don Wilgus 23:12, 3. John Guinee 26:05.

Division Results - Women's 5K

12 & Under: 1. Melody Bradford 21:26, 2. Lauren Tucker 24:40, 3. Mimi Aglietti 27:56, 13-19: 1. Laura Buhl 23:35, 2. Maria Garcia 24:53, 3. Elizabeth Pfaffenberger 30:03, 20-29: 1. Sharon Sander 19:28, 2. Brenda Rice 22:34, 3. Loretta Giustino 22:45, 30-39: 1. Susan Quid 21:37, 2. Rosemarie Breuner 24:13, 3. Heidi Schrammel 25:30, 40-49: 1. Laurel Strand 20:13, 2. Sue Goddard 20:41, 3. Karen Gudiksen 24:14, 50-59: 1. Betty Bickhart 26:36, 2. Winnifred Tucker 29:16, 3. Joan Heim 30:53, 60 & Over: 1. Peggy Jansen 31:30, 2. Marge Tait 34:21, 3. Corinne Tremi 36:16.

Seabreeze Runs

June 26. Ventura. 10K & 20K.

Overall Results - 10K

1	Martin Navarro (19-29)	31:57
2	George Pierce (19-29)	32:30
3	David Sullivan (19-29)	34:05
4	Ron Ysaia	34:12
5	Scott Thomas	34:39
6	Steve Reyes (18 & U)	34:59
7	Jim Hughes (40-49)	34:58
8	Arturo Fausto (40-49)	35:00
9	Chuck Herrera	35:03
10	Han Van Koppen (30-39)	35:43
11	Vicky Cook (19-29 F)	37:36
12	Michele Lewis (18 & U F)	38:00
13	Kathy Britcliffe (30-39 F)	39:43
35	Ron Nisbet (50-59)	40:34
72	Ruth Hemming (40-49 F)	44:55
128	Cynthia Condon (18 & U F)	50:24
139	Ingrid Elsie (50 & O F)	52:20
148	Al Lakes (60 & O)	54:45

Overall Results - 20K

1	Gordon Christie (19-29)	1:05:51
2	Will Pittenger (30-39)	1:08:08
3	Saima Gaidno (18 & U)	1:09:32
4	Larry Montag (30-39)	1:09:57
5	Byrle Smaller (40-49)	1:10:58
6	Tony Whitmore (30-39)	1:12:09
7	Ray Cook (19-29)	1:12:36
8	Wayne Stanfield	1:13:10
9	Steve Durand	1:13:41
10	Don Wakefield	1:13:46
13	Juilette Christie (19-29 F)	1:17:33
20	Mary Ryzner (30-39 F)	1:19:58
32	Gary Farnham (50-59 F)	1:25:49
48	Lydia Montag (30-39 F)	1:30:07
52	Pat Bieberdork (40-49 F)	1:31:47
97	Kim Williamson (18 & U F)	1:44:31
107	Tony Burke (60 & O)	1:46:22
135	Roberta Blumberg (50 & O F)	2:07:04

Bud Light Monterey Bay Triathlon

June 26. Monterey.

(1.2 MI. Swim, 56 MI. Bike, 13.1 MI. Run)

Division Results - Men

18-24: 1. David Her 4:25:00, 2. Tom Davies 4:27:17, 3. Matthew Kresser 4:28:58, 25-29: 1. Jim McIver 4:20:39, 2. Chris Ward 4:32:23, 3. Jerry Marle

4:32:24, 30-34: 1. Eric Johnson 4:21:31, 2. Patrick Wallace 4:25:07, 3. David Slothower 4:29:26, 35-39: 1. Howard Liebowitz 4:36:37, 2. Paul Wilson 4:40:24, 3. Richard Jackson 4:40:42, 40-44: 1. Not Available, 2. John Murphy 4:40:28, 3. Reynold Kalstrom 4:44:28, 45-49: 1. Hans Dieben 4:40:14, 2. Don Ware 4:50:25, 3. Forrest Bond 4:58:11, 50-54: 1. Harry Pantelas 5:12:43, 2. Eric Piper 5:15:47, 3. Bob Tarozzi 5:23:59, 55-59: 1. David Stevenson 5:20:49, 2. John Stawicki 5:32:22, 3. Fred Kerr 5:36:11, Pro: 1. John Devere 4:04:40, 2. Bryan Fahrenbach 4:07:41.

Division Results - Women

18-24: 1. Christina Baum 5:02:38, 2. Suzanna Sanrock 5:08:54, 3. Lisa Ann Verke 5:11:48, 25-29: 1. Lynn Medart-Polk 5:10:48, 2. Deborah Erdy 5:16:53, 3. Linda Calvo 5:31:04, 30-34: 1. Robin Black 5:13:59, 2. Sue Silver 5:22:16, 3. Rachelle Roberts 5:22:47, 35-39: 1. Missy LeStrange 5:11:41, 2. Nancy Huber 5:37:24, 3. Carolyn Kovacevic 5:41:11, 40-44: 1. Judy Glynn 5:27:26, 2. Barbara Wright 5:39:34, 3. Jane Granskog 5:57:10, 45-49: 1. Maryann Buxton 6:16:11, 2. Susan Lucas 6:40:30, 3. Nancy Stretch 6:56:14, 50-54: 1. Barbara Larrieu 7:53:42, Pro: 1. Laurie Samuelson 4:38:43, 2. Janine Daley 4:41:11, 3. Lynne Park 4:47:41.

Oakland Double 10K

by MARK WINTZ

June 26. Oakland. PA-TAC 20K Championships.

There are few opportunities to run the 20K distance, but it makes for interesting road racing. You flirt with disaster by seeing how close you can come to your recent 10K PR for the first 10K, and then try to minimize losses in the second. Or you play it conservatively, running both legs evenly, expecting to be a minute or so off your 10K best on both ends.

Matt Clayton, who just completed his last track season at San Diego State and now runs for Nike,

had never competed in a race as long as 20K before. But what the heck? Let's run at the front with the best locals for awhile and see what happens. When he took off from a pack that included the Tibaduzza brothers, Carmelo Rios, Alan Dehlinger, and Rich McCandless at 3 1/2 miles, Clayton was surprised that no one went with him. Putting in a 4:48 mile, he opened a 30-yard gap and maintained, concluding in 1:01:18. Just behind Clayton, Reebok Aggie Carmelo Rios (1:01:22) outkicked Reebok Racing Team's Domingo Tibaduzza by 3 seconds and McCandless by 5. "I finally had a good race," said Rios, whose main goal is to run sub-8:30 in the steeple by September 7th in order to make the Puerto Rican Olympic team.

Reno's Terry Puckett is in the groove again after a miscarriage earlier this year, and a disappointing marathon trial.

"Nancy (Ditz) went out fast," recounted Puckett. "I was 17-flat at 5K, so she was really moving. But I just ran relaxed and at around eight miles I came up right behind her. Then I said, 'here goes,' and blew by with a fifty yard sprint. Nancy's so strong, I had to surprise her that way."

Puckett broadened the gap substantially to the finish, reaching home in 1:10:24, as Ditz (who had done a 20-miler the day before) was content with a 1:12:40 second. Last year's PA-TAC Grand Prix champ, Peggy Smyth (1:13:53), was third.

The Seniors bashed it once again with Daryl Beardall (1:14:42) and Heidi Skaden (1:21:19) topping that category. As Super Seniors, Jaclyn Caselli (1:42:50) and Joe King (1:23:01) made it look deceptively easy.

Keep this excellently organized race and fast course through Oakland's refurbished central dis-

continued next page...

RESULTS

trict and around Lake Merritt in mind for next year. And give that 10K PR a good look in the eye-vice.

OVERALL RESULTS-20K

MEN		
1	Matt Clayton (22) Salinas	1:01:18
2	Carmelo Rios (28)	1:01:22
3	Domingo Tibaduiza (38)	1:01:25
4	Rich McCandless (32)	1:01:27
5	Miguel Tibaduiza (31)	1:02:54
6	Alan Dehlinger (27)	1:03:13
7	Kevin Osterberg (27)	1:03:29
8	Juan Ramirez (22)	1:03:34
9	Charles Alexander (24)	1:03:44
10	Jose Alapuro (26)	1:03:52
11	Scott Steinmaus (27)	1:03:59
12	Jeff Shaver (27)	1:04:05

WOMEN		
1	Terry Puckett (32)	1:10:24
2	Nancy Ditz (34)	1:12:40
3	Peggy Smyth (36)	1:13:53
4	Linda Van Housen (24)	1:15:48
5	Chris Iwahashi (32)	1:17:56
6	Susan Putney (25)	1:18:15
7	Hilary Naylor (41)	1:18:52
8	Yumi Takahashi (30)	1:19:08
9	Joan Colman (44)	1:19:22
10	Joyce Rankin (40)	1:19:35
11	Sharon Maley (20)	1:19:55
12	Sue Vinella-Brusher (34)	1:20:27

DIVISION RESULTS

FEMALE-1-11: Donna Hinshaw (3) 1:25:21, 12-16: Thea Roberts (15) 1:26:39, 17-20: Sharon Maley (20) 1:19:55, 21-29: 1. Van Housen (24) 1:15:48, 2. Putney 1:18:15, 3. Eileen Brennan (27) 1:21:11, 30-39: 1. Puckett 1:10:24, 2. Ditz 1:12:40, 3. Smyth 1:13:53, 40-49: 1. Naylor 1:18:52, 2. Colman 1:19:22, 3. Rankin 1:19:35, 50-59: 1. Skaden 1:24:19, 2. Alice Rose (52) 1:28:08, 3. Nora Smiriga (51) 1:36:28, 60-69: 1. Jaclyn Caselli (67) 1:42:50.

MALE-1-11: Frederick Mattos (11) 1:21:15, 12-16: Christian Schorr (16) 1:24:37, 17-20: 1. William Langhout (20) 1:08:08, 2. Matthew Halsey (20) 1:19:07, 3. Ricardo Castromalaga (19) 1:25:41, 21-29: 1. Clayton 1:01:18, 2. Rios 1:01:22, 3. Dehlinger 1:03:13, 30-39: 1. D. Tibaduiza (38) 1:01:25, 2. McCandless (32) 1:01:27, 3. M. Tibaduiza (31) 1:02:54, 40-49: 1. Gregory Brock (40) 1:08:01, 2. David Rivera (45) 1:09:28, 3. Frank Ruona (42) 1:10:16, 50-59: 1. Daryl Beardall (51) 1:14:42, 2. Joe Hancock (50) 1:17:59, 3. Peter Todd (53) 1:18:06, 60-69: 1. Joe King (62) 1:23:01, 2. Ray Stewart (61) 1:26:50, 3. Bruce Oliver (60) 1:27:50.

OVERALL RESULTS

MEN		
1	Craig Blockhus (20)	14:44
2	Tyrus Deminter (25)	14:54
3	Mike Healer (34)	15:01
4	Ted Ulliot (22)	15:38
5	Mark Piccolo (31)	16:13
6	Blair Venables (17)	16:18
7	Reginald Guerrero (23)	17:05
8	Cive Lobo (16)	17:07
9	Carlos Lopez (28)	17:14
10	Steve Laffer (31)	17:18

WOMEN		
1	Connie Hester (28)	17:38
2	Donna Chin (28)	18:05
3	Leslie McMullen (37)	18:12
4	Joanne Kelley (20)	18:25
5	Shane Felix (26)	18:52
6	Kathy Kennedy (39)	18:54
7	Crocker Way (28)	18:59
8	Mary Rees (26)	19:16
9	Vicki Bigelow (52)	19:16
10	Rae Siger (21)	20:06

DIVISION RESULTS

FEMALE-1-17: Anibel Camello (16) 27:54, 18-39: 1. Hester 17:38, 2. Chin 18:05, 3. McMullen 18:12, 40-69: 1. Bigelow 19:16, 2. Karin Navarra (40) 24:23, 3. Elvyn Blair (51) 24:53.

MALE-1-17: Venables 16:18, 18-39: 1. Blockhus

14:44, 2. Deminter 14:54, 3. Healer 15:01, 40-69: 1. Roger Zoldan (41) 17:25, 2. Joseph Taylor (41) 19:04, 3. Bill Boston (51) 20:29.



MATT CLAYTON

photo by Gene Cohn

Heart of the City

June 28, Los Angeles, SK

Division Results - Men

13 & Under: 1. Tomas Torres 18:33, 2. Joaquin Martinez, Jr. 20:01, 3. Kurt Wolfe 21:21, 14-19: 1. Navidad Gaona 15:58, 2. Andrew Boudreau 16:26, 3. Javier Fernandez 17:10, 20-29: 1. Charles Alexander 14:26, 2. Kevin Jones 14:32, 3. Jon Butler 14:45, 30-39: 1. Bob Daniles 14:46, 2. Casey Reinking 14:56, 3. Jim Triplett 15:13, 40-49: 1. Chuck Foote 16:43, 2. Paul Meier 16:50, 3. Byrle Smallen 16:56, 50-59: 1. Skip Witt 18:41, 2. Paul Saucedo 18:55, 3. Jack Larson 19:21, 60-69: 1. Larry Banuelos 19:18, 2. Walt Atcheson 21:19, 3. Bruce Odou 21:24, 70 & Over: 1. Eddie Lewin 21:39, 2. Eddie Howard 26:03, 3. Nate Shupack 36:52.

Division Results - Women

13 & Under: 1. Cassandra Higgins 21:56, 2. Erin Martin 22:39, 3. Cynthia Condon 23:22, 14-19: 1. Carolyn Holguin 22:15, 2. Teresa Bresnahan 23:24, 3. Linda Hooper 25:12, 20-29: 1. Kathy Kanis 17:03, 2. Julie L'Heureux 18:38, 3. Teresa Jenkins 19:01, 30-39: 1. Julie Matteson 17:43, 2. Katie Cunningham 18:10, 3. Kathy Thomas 18:34, 40-49: 1. Harlene Walters 18:44, 2. Mary Campbell 21:52, 3. Lesley Fuller 22:11, 50-59: 1. Shirley Blush 22:43, 2. Jane Dods 23:06, 3. Rosie Wich 24:51, 60-69: 1. Catherine Weisser 32:08, 2. Selma Mehlman 32:34, 3. Margo Leach 32:42.

Team Results - Corporate

1. Lockheed Corp. (Reinking, Shaver, Herndon, L'Heureux, Martinez) 1:22:53, 2. Pacific Bell (De-priest, Hunter, Valdez, Kawashima, Kiewer) 1:27:21, 3. Rockwell Int'l. (McDermott, Swift, Araujo, Thomas, Task) 1:28:13, 4. Peat Marwick #1 (Whitcott, Kulper, Stein, Roehrig, Smith) 1:32:10, 5. Aerospace Corp. (McGraw, Cunningham, Kendall, Lash, Boone) 1:33:45.

Legg Lake Evening Run

June 30, So. El Monte, SK

Overall Results

1	George Marquez	15:53
2	George Dinsmore (22)	16:16
3	John Carrasco (27)	17:52
4	Gary Riley (46)	18:26
5	Mike Mendez (43)	18:45
6	Anthony Gomez (49)	18:57
7	Frank Vasquez (52)	19:05
8	Bill Hines (47)	19:08
9	Lyle Deem (54)	19:25
10	Omar Naranjo (13)	20:09
11	Danny DeRooter (30)	20:19
12	Frank Ogawa (52)	20:30
13	Leonard Walts (59)	20:49
14	Rich Cruz (38)	20:59
15	Ruben Esqueda (57)	21:06

Black Diamond Wilderness Runs

July 2, Antioch, 6.5 Mile & 9.1 Mile

Overall Results - 6.5 Mile

1	Jeremy Seven (16) Clayton	56:48
2	Hans Facer (35) Lafayette	58:38
3	James Hatfield III (43) Los Gatos	1:06:41
4	Rick Hartnell (32) Clayton	1:07:26
5	Maggie Fillmore (38) Oakland	1:08:06
6	David Wickland (30) Antioch	1:08:15
7	Salvador Villa Jr. (39) Antioch	1:09:53
8	Patrick Clark (43) Walnut Creek	1:11:41
9	Phil Dodge (29) Livermore	1:12:25
10	Tim Green (34) Concord	1:12:35
11	Debra Steinbuch (28) Pleasanton	1:12:56
12	Michael Golinvaux (37) Pleasanton	1:13:56
13	Fred Hansen (35) Santa Clara	1:15:11
14	Robert Davis (49) Antioch	1:17:42
15	Catherine Moody (33) Vallejo	1:18:39

Overall Results - 9.1 Mile

1	Chad Marquardt (24) Antioch	1:10:57
2	Nikos Mourtos (30) San Jose	1:17:08
3	Stephen Thurston (30) Concord	1:17:31
4	Timothy Fronck (39) Benicia	1:20:24
5	Todd Matz (25) Pleasanton	1:21:45
6	Don Bryan (48) Stockton	1:22:05
7	Robert Schwamberger (37) Orange	1:23:27
8	Eddie Campbell (42) San Lorenzo	1:24:20
9	Gary Breen (26) Walnut Creek	1:24:43
10	James Irving (37) Los Gatos	1:25:53
11	Scott Brandon (32) Livermore	1:26:06
12	Nancy Demattei (30) San Jose	1:26:45
13	Richard Falat (29) Sacramento	1:26:47
14	Brad Christie (31) Hayward	1:26:52
15	Jim Seymour (33) Pittsburg	1:26:53
16	Daryl Crew (26) Castro Valley	1:27:33
17	Thomas Arbuckle (26) Concord	1:32:24
18	Bruce Larsen (53) Sacramento	1:32:42
19	Mike Walsh (32) San Jose	1:33:16
20	Kenny Marquardt (49) Antioch	1:34:06

Delano Lions Club Fun Run

July 2, Delano, SK

Division Results - Men

13 & Under: 1. Elias Zamora 18:17, 2. Rodney Del Rio 20:13, 3. Jose Pelayo 24:12, 14-20: 1. Thomas

Valles 16:38, 2. Jonathan Wykoff 18:50, 3. Ramon Zamora 19:06, 21-29: 1. Horacio Ortiz 18:59, 2. David Flory 19:12, 3. Roger Drummond 20:05, 30-39: 1. Ron Lessley 17:39, 2. Jeff Lessley 17:57, 3. Larry Lambdin 18:27, 40-49: 1. Tom Whygle 18:18, 2. Rodolfo Navarro 18:24, 3. Juan Sanchez 19:33, 50-59: 1. Richard Ramirez 18:13, 2. Tom Almborg 21:01, 3. Mel Kindel 22:59, 60 & Over: 1. Phil Briggs 24:56, 2. Jim Nagatani 27:16.

Division Results - Women

13 & Under: 1. Janet Endiso 25:25, 2. Stephanie Marines 31:49, 14-20: 1. Michelle Chase 24:19, 2. Stacy Rodriguez 24:24, 21-29: 1. Paula Lambdin 20:55, 2. Lorraine Melendez 21:43, 3. Kacey Ginsburg 22:15, 30-39: 1. Debra Smith 22:41, 2. Jeanne Trado 23:23, 3. Julie Salazar 23:52, 40-49: 1. Deborah Osborn 25:18, 2. JoAnn Joiner 26:15, 50-59: 1. Margaret Castro 36:45.

Morro Rock to Cayucos Pier Run

July 2, Morro Bay, 6 Miles

Overall Results

1	Paul Lee (19-29)	32:39
2	Tim Berger (19-29)	33:08
3	Terry Gibson (19-29)	33:23
4	Ross Newby (19-29)	34:07
5	Mike Baker (19-29)	34:35
6	G. Larrieu (50-59)	35:59
7	Rick Conway (30-39)	36:04
8	John Felcho (30-39)	36:25
9	Michael Garcia (30-39)	36:29
10	John Blair (30-39)	36:45
11	Earl Higee (30-39)	36:50
12	Bob Gugliemelli (30-39)	37:00
13	Ed Gann (19 & U)	37:08
14	Les Beck (40-49)	37:17
15	Garrett Essres (30-39)	37:44
16	Rod Smear (30-39)	38:00
17	Len Thornton (50-59)	38:30
18	Scott Welden (19-29)	38:44
19	Brad Evans (19-29)	38:45
20	John Ennatt (19-29)	38:52

Ruly Adauto Memorial

July 2, Long Beach, SK

Division Results - Men

14 & Under: 1. Richard Brodie 44:15, 2. Chris Gentner 50:19, 3. Louie McGee 1:02:10, 15-18: 1. Kevin Koch 26:55, 2. Christopher Wright 27:14, 3. Tim Cruz 30:03, 19-24: 1. Tyrone Gande 32:07, 2. Kevin McCormick 39:20, 3. David Jarney 42:29, 25-29: 1. Mike Smith 26:31, 2. John Carrasco 28:41, 3. Gil Saldana 29:12, 30-34: 1. Bruce Vermaat 26:47, 2. Russell Clark 27:01, 3. Mark Gross 28:53, 35-39: 1. Eddie Sanchez 27:44, 2. Jesus Figueroa 28:47, 3. Jim Dobbe 29:29, 40-44: 1. Chuck Foote 27:57, 2. Sal Gonzales 28:38, 3. Roger Fuhr 28:49, 45-49: 1. Lee Baca 28:28, 2. Tom Cuevas 29:45, 3. William Wright 32:34, 50-54: 1. Frank Vasquez 30:45, 2. George Marrett 32:39, 3. John Rebel 32:45, 55-59: 1. Tracy Brown 31:41, 2. Bob Vitale 33:59, 3. (tie) Robert Perry and J.P. Moreno 35:10, 60-69: 1. Milo Sather 34:08, 2. Robert Hardaway 35:27, 3. James Depena 40:22, 70 & Over: 1. Eddie Lewin 34:40, 2. Dean Scofield 51:18, 3. Marion Magnuson 51:29.

Division Results - Women

14 & Under: 1. Cynthia Condon 39:45, 2. Missy Pattullo 46:30, 15-18: 1. Gina Ayala 1:06:12, 2. Lisa Kilo 1:08:14, 19-24: 1. Carol Giel 34:09, 2. Juana Valdez 35:21, 3. Alison Hay 37:54, 25-29: 1. Susan Gasbolla 41:41, 2. Debbie Houser 45:18, 3. Alison Needham 51:57, 30-34: 1. Wendy Brycamonte 36:00, 2. Phyllis Kirkbridge 36:58, 3. Patrice Reynolds 39:37, 35-39: 1. Lauren Trainor 39:25, 2. Sandy Brammer 40:15, 40-44: 1. Sue Reinhardt 33:05, 2. Jerrie Ross 37:12, 3. Theresa Riley 40:31, 45-49:

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RESULTS

1. Patricia O'Donohue 42:31, 2. Pamela Smith 59:35, 3. Juliette McGee 1:06:11. 70 & Over: 1. Mary Amps N.T.

Team Results

1. Anaheim Police Dept. - Main Station, 2. LASD SEB Team #1, 3. Firestone Sheriff.

Marui O'Neill Classic

July 2. San Francisco. Triathlon.

Overall Results

1	Tim Ilin, San Francisco	1:07:00
2	Bill Erdman	1:11:39
3	Chip Wassen	1:14:39
4	Jeff Wattenmaker, Redwood City	1:15:58
5	Katie Griffith, San Francisco	1:18:25
6	Rana Kennedy, Santa Monica	1:20:03
7	Pamela Wattenmaker, Redwood	1:20:24
8	Ian Bartlett	1:25:14
9	Jim Aaron	1:31:37
10	Gregory Allen	1:31:55

Tri For Fun #2

July 2. Folsom. 1K Swim, 20K Bike, 5K Run.

Overall Results - Men

1	Don Weaver	59:01
2	Greg Grunwald	59:35
3	Anthony Miersky	59:53
4	Ty Nickle	1:00:09
5	Bob Hammond	1:00:39

Overall Results - Women

1	Ann Motakakis	1:17:02
2	Pam Rhodes	1:17:22
3	Denise Ramirez	1:17:56
4	Debbie Talen	1:18:18
5	M. Soffe	1:18:48

Great Calistoga

Footrace

July 3. Calistoga. 8K.

Overall Results - Men

1	Scott Leonard (32) Santa Rosa	25:44
2	Ron Smith (41) Geyserville	26:37
3	Michael Tyler (21) Napa	26:48
4	Chris Cole (34) St. Helena	26:48
5	Brian Conway (15) Belfast, Ireland	26:58
6	Richard Johnson (22) Stockton	27:01
7	Bill Coterone (31) Miami Beach, FL	27:02
8	James Garrett (21) Vacaville	27:18
9	Moises Sztyleman (30) Miami B, FL	27:31
10	Darryl Beardall (51) Santa Rosa	28:25
11	Francis Hughes (18) Belfast, Ireland	28:50
12	Dan Hollis (38) Pinole	29:10
13	Robert Bailey (26) Lafayette	29:26
14	Chris Malmgren (37) Napa	29:27
15	Marlin Ferguson (16) Belfast, Ireland	29:42

Overall Results - Women

1	Jeanise Eiseman (19) Calistoga	32:25
2	Diana Wimberley (36) Napa	33:37
3	Kelly Kline (19) San Jose	35:05
4	Karen Zanetoli (34) Yountville	36:04
5	Amy Warren (26) Napa	36:26
6	Sherrilyn Roth (30) St. Helena	36:55
7	Susan Waugh (25) Newark	37:13
8	Vicky Fisch (38) Chico	37:57
9	Barbara Robben (54) Berkeley	38:07
10	Connie Kempen (23) El Cerrito	38:18

Division Results - Men

12 & Under: 1. Gareth McGeever 32:28, 13-14: 1. Gerard Meehan 32:50, 15-16: 1. Brian Conway 26:58, 17-18: 1. Francis Hughes 28:50, 19-24: 1. Michael Tyler 26:48, 25-29: 1. Robert Bailey 29:26, 30-34: 1. Scott Leonard 25:44, 35-39: 1. Dan Hollis 29:10, 40-44: 1. Ron Smith 26:37, 45-49: 1. Alex Vago 31:22, 50-54: 1. Darryl Beardall 28:25, 55-59: 1. Tom Steele 34:07, 60-69: 1. Del King 33:50.

Division Results - Women

15-16: 1. Jenny Potter 39:59, 19-24: 1. Jeanise Ei-

senman 32:25, 25-29: 1. Amy Warren 36:26, 30-34: 1. Karen Zanetoli 36:04, 35-39: 1. Diana Wimberley 33:37, 40-44: 1. Sandra Soares-Bortero 38:41, 45-49: 1. Ann Grove 38:05, 50-54: 1. Barbara Robben 38:07, 55-59: 1. Hisea Reichel 40:27.

American Independence Day

July 4. San Ramon. 10K & 5K.

Overall Results - 10K

1	Underalphs Audio (27) Oakland	32:02
2	Mike McManus (22) Oakland	32:15
3	Thom Trimble (29) Lafayette	32:39
4	Mike Fero (29) San Francisco	32:47
5	Mr. Shearer (27) Berkeley	33:07
6	Michael Goralka (20) Livermore	33:28
7	Bruce Carter (17) Danville	34:21
8	Bill Allman (40) Martinez	34:47
9	Dennis Ortiaga (39) Union City	34:55
10	Brent Bailey (26) San Ramon	35:05
11	David Taylor (44) Concord	35:07
12	Carl Rose (25) Berkeley	35:14
13	Mark Goralka (23) Livermore	35:37
14	Alberto Salazar (23) Livermore	35:43
15	Karl Amundson (27) Albany	35:50
16	Craig Johnson (40) Union City	35:53
17	Richard Knapp (36) Walnut Creek	35:58
18	Dan Williams (39) El Sobrante	35:59
19	Otto Zielke (31) San Carlos	36:00
20	Stephen Freitas (38) Orinda	36:01
21	Tony Chan (29) Alameda	36:23
22	Roger Zoldan (41) Fremont	36:56
23	Dave Liotta (18) Hayward	37:05
24	Kevin Sverduk (29) Alameda	37:19
25	Steve Armstrong (37) Alamo	37:22
26	Tom Eagan (33) San Ramon	37:23
27	Chris Spears (27) Walnut Creek	37:26
28	William Tsai (32) Walnut Creek	37:27
29	Rick Sumner (45) Concord	37:31
30	Don Ames (39) Oakland	37:51

Overall Results - 5K

1	Andy Homan (24) Hayward	15:59
2	Robert Scott (18) San Ramon	16:10
3	Julius Ratti (37) Oakland	16:13
4	Gary Stefanisko (34) Newark	16:20
5	Brian Davis (32) Livermore	16:25
6	Rick Riordan (28) Castro Valley	16:29
7	Rick Reitz (18) Livermore	16:35
8	Peter Tortolani (26) Danville	16:46
9	Jim Reitz (44) Livermore	16:49
10	Eric Pugh (36) San Ramon	16:55
11	Omar Urbina (23) Antioch	16:58
12	Jay Littlepage (28) Castro Valley	17:03
13	Les Ong (38) San Francisco	17:04
14	Jon Tannehill (28) San Leandro	17:20
15	Dave Anderson (25) Walnut Creek	17:27
16	Michael Green (42) Walnut Creek	17:28
17	Terrance Purdy (32) Concord	17:29
18	Phil Murphy (44) Oakley	17:31
19	David Anaya (37) San Jose	17:33
20	John Gaherty (39) Livermore	17:38
21	Neal Chappell (45) Las Vegas	17:43
22	Robert Horn (16) Dublin	17:53
23	Len Goldman (43) Oakland	17:57
24	Ron Tanaka (42) San Jose	17:59
25	Clay John (42) Danville	18:16
26	Warren Gee (22) El Cerrito	18:17
27	Ken Noel (50) San Jose	18:18
28	Ron Kiyono (40) Union City	18:19
29	Mike Williams (35) Walnut Creek	18:22
30	Bret Feinberg (25) Walnut Creek	18:23

July 4th One Mile

Celebration Run

July 4. Truckee.

Truckee's First Annual July 4th One Mile Celebration Run was won by Mark Hoeffler, from So. Lake Tahoe in a time of 4:00. The first three runners (Mark Hoeffler 4:00, Ray Cook 4:05, Thomas Wood

4:06) ran a close race until Hoeffler broke away in the final 250 yards.

The race was the start for Truckee's July 4th parade and finished in downtown Truckee before thousands of spectators.

Race Director, Peter Werbel commented, "It's wonderful to have a race where there are cheering people. This is the only race in the Tahoe area, that I'm aware of, where runners can be cheered on the whole way. We only got the word out locally two weeks before the event so the turnout of 54 runners was terrific, and there were some great times. The course is slightly downhill which makes up for the altitude, and the wind is usually at the runner's backs which can make it very fast. It is definitely a course that people can PR on."

"Next year we hope to have the course certified, electronic timing, and we're looking for a sponsor to put up prize money. Hopefully this will turn into a premier event in the Tahoe area. The racers and spectators certainly seemed to enjoy it."

Overall Results

1	Mark Hoeffler (20-29)	4:00
2	Ray Cook (20-29)	4:05
3	Thomas Wood (20-29)	4:06
4	Scott Peterson (20-29)	4:18
5	Dennis O'Halloran (30-39)	4:22
6	Petr Raylor (30-39)	4:29
7	Mark Cardin (30-39)	4:55
8	Jesse Noreno (14-19)	4:56
9	Greg Giboney (30-39)	4:57
10	Jim Begg (30-39)	4:58

Run for the Boy Scouts

July 4. Tracy. 10K & 2 Mi.

Overall Results - Men's 2 Mile

1. C. Dunn, 2. R. Rodriguez, 3. P. Serpa.

Overall Results - Women's 2 Mile

1. T. Starin, 2. K. Roberts, 3. M. Wabness.

Overall Results - Men's 10K

1. A. Gonzales, 2. B. Eredia, 3. R. Furtado.

Overall Results - Women's 10K

1. C. Buchbinder, 2. M. Harlan, 3. D. Cole.

Great Palo Alto

Chili Chase

July 4. Palo Alto. 5K.

Division Results - Men

12 & Under: 1. Paul Burgess 18:51, 2. Brian Ida 22:48, 3. Christopher Ko 23:33, 13-18: 1. Ted Stone 16:58, 2. Dino Daniels 18:14, 3. Randy Stone 18:53, 19-24: 1. Matt Giusto 14:09, 2. Steve Scholz 15:02, 3. Elai Hansen 15:17, 30-39: 1. Brook Hinzman 15:27, 2. Jon Root 15:58, 3. Jim Gorman 16:31, 40-49: 1. Jim Hampton 16:10, 2. John Galletta 17:08, 3. Gart Chamberlain 17:21, 50-59: 1. Richard Rodriguez 17:34, 2. Dave Stevenson 18:35, 3. Gerald Czarnanski 18:39, 60 & Over: 1. Ray Piva 18:41, 2. Ray Stewart 18:46, 3. Dennis Egley 20:02.

Division Results - Women

12 & Under: 1. Carley Ko 23:47, 2. Autumn Stevick 26:34, 3. Kim Skelton 30:46, 13-18: 1. Jennifer Dearnmond 21:43, 2. Peggy Prendergast 23:31, 3. Sarah Skelton 26:22, 19-24: 1. Robyn Root 17:02, 2. Joanne Ernst 17:14, 3. Janet Smith 18:29, 30-39: 1. Marilyn Wallach 17:32, 2. Sharon Swann 18:09, 3. Joan Barbieri 21:01, 40-49: 1. Jutta McCormick 20:16, 2. Cheryl Ambler 22:16, 3. Karen Walker 22:40, 50-59: 1. Rita Kerr 23:00, 2. Joan Gonzales 24:44, 3. Marso-rie Mikael 25:13, 60 & Over: 1. June Carroll 26:52, 2. Dot Weistock 28:04, 3. Elaine Danto 28:32.

La Palma-ADP

Celebration

July 4. La Palma. 5K & 10K.

Overall Results - Men's 10K

1. Kevin Broady (26) 29:53

2	Rick Csintalan (25)	30:06
3	Jeff Deltmer (27)	30:33
4	Eric Ree (22)	31:17
5	Casey Mepcek (16)	31:20
6	Mark McKinzie (32)	32:51
7	Zavala Jose (18)	33:02
8	David Diaz (31)	33:22
9	Eric Ruona (19)	33:37
10	Jim Whitson (35)	33:40

Overall Results - Women's 10K

1	Jennie Cole (32)	41:46
2	Nacy Carter (37)	42:47
3	Anna Palminteri (70)	44:40
4	Doris Painter (22)	44:53
5	Barbara Spatz (45)	45:04
6	Mami Matsumoto (15)	45:28
7	Katy Donahue (15)	45:44
8	Paula Bowers (37)	46:01
9	Debra Obrien Sue (37)	46:36
10	Sandi Gomez (37)	47:12

Division Results - Men's 10K

10 & Under: 1. Joseph Lujan 53:07, 11-13: 1. Christopher Bowers 48:06, 14-17: 1. Casey Mepcek 31:20, 2. Aaron Tabor 36:50, 3. Rudy Andrade 38:40, 18-24: 1. Eric Ree 31:17, 2. Zavala Jose 33:02, 3. Eric Ruona 33:37, 25-29: 1. Kevin Broady 29:53, 2. Rick Csintalan 30:06, 3. Jeff Deltmer 30:33, 30-34: 1. Mark McKinzie 32:51, 2. David Diaz 33:22, 3. Craig

Gully 34:00, 35-39: 1. Jim Whitson 33:40, 2. Jesus Morales 33:43, 3. Rick Delgado 36:09, 40-49: 1. Jim Chenoweth 35:13, 2. Jubenito Luna 36:48, 3. David Hernandez 38:25, 50-59: 1. Paul Browne 39:25, 2. Dick Belliss 41:03, 3. Carlo Leone 42:22, 60 & Over: 1. Ray Mades 37:54, 2. Dan Sheeran 42:28, 3. Bruce Odou 43:44.

Division Results - Women's 10K

14-17: 1. Mami Matsumoto 45:28, 2. Katy Donahue 45:44, 3. Norma Edge 50:11, 18-24: 1. Doris Painter 44:53, 2. Rebecca Abundis 48:07, 3. Linda Koopmans 48:28, 25-29: 1. Brooke Dary 48:33, 2. Rhonda Davidson 50:05, 3. Mary Kirkpatrick 53:57, 30-34: 1. Jennie Cole 41:46, 2. Nancy Anderson 50:13, 3. Olegaria Hernandez 52:37, 35-39: 1. Nacy Carter 42:47, 2. Paula Bowers 46:01, 3. Debra Obrien Sue 46:36, 40-49: 1. Barbara Spatz 45:04, 2. Theresa Riley 49:37, 3. Margaret Waldron 49:47, 50-59: 1. Shirley Lawrence 55:02, 2. Janet Soule 56:59, 3. Jean Magnuson 57:30, 60 & Over: 1. Anna Palminteri 44:40.

Overall Results - Men's 5K

1	Eric Winkler (19)	14:54
2	Mike Navock (27)	15:06
3	Dreux Valenti (19)	15:31
4	Terry Peterson (27)	15:46
5	Phil Torres (32)	15:55
6	Diego Mesa (27)	15:59
7	David Dennis (27)	16:09
8	Jason Bonnema (19)	16:14
9	Bruce Tyner (16)	16:22
10	Abelardo Deluna (17)	16:27

Overall Results - Women's 5K

1	Jade Sackett (34)	17:51
2	Rosalinda Garcia (19)	18:43
3	Debbie Cubb (29)	20:20
4	Marcia Chaney (36)	20:37
5	Juana Valdez (24)	21:04
6	Susie Kiene (9)	21:49
7	Carolyn Slade (41)	21:51
8	Kathleen Brownfield (24)	21:56
9	Michelle Glendening (22)	22:20
10	Nicole Wright (22)	22:28

Division Results - Men's 5K

10 & Under: 1. Cory Wilson 24:09, 2. Sam Bannbridge 25:28, 3. Patrick Acton 25:44, 11-13: 1. Vlad Nieto 17:52, 2. Chris Shaw 18:35, 3. Alfredo DeLaTorre 19:23, 14-17: 1. Bruce Tyner 16:22, 2. Abelardo Deluna 18:27, 3. Andy Dale 17:32, 18-24: 1. Eric Winkler 14:54, 2. Dreux Valenti 15:31, 3. Jason Bonnema 16:14, 25-29: 1. Mike Navock 15:06, 2. Terry Peterson 15:46, 3. Diego Mesa 15:59, 30-34: 1. Phil Torres 15:55, 2. Patrick Kelley 16:30, 3. Fidel Diaz 17:23, 35-39: 1. Jeff Tribble 18:03, 2. Run Rock

continued next page...

RESULTS

18:37, 3. Mark Newton 19:19, 40-48: 1. Mickey De Palo 16:37, 2. Wim Sjen 17:24, 3. Tom Cuevas 17:44, 50-59: 1. Bruce Lin 18:27, 2. Otto Heimer 19:00, 3. Benjamin Waldron 19:29, 60 & Over: 1. Manuel Lara 22:14, 2. Harold Willis 22:15, 3. Ralph Lierbo 26:32.

Division Results - Women's 5K

10 & Under: 1. Susie Kien 21:49, 2. Kristin Semph 24:28, 3. Amy Schnabel 26:44, 11-13: 1. Charity Guthrie 25:45, 2. Lori Carter 29:12, 3. Erin Englebrecht 30:21, 14-17: 1. Sunny Winkler 22:31, 2. Leanne Nakamoto 23:34, 3. Jennie Newsome 25:23, 18-24: 1. Rosalinda Garcia 18:43, 2. Juana Valdez 21:04, 3. Kathleen Brownfield 21:58, 25-29: 1. Debbie Cobb 20:20, 2. Marlene Falcini 22:43, 3. Susan Quirk 22:43, 30-34: 1. Jade Sackett 17:51, 2. Alice Dunahue 22:47, 3. Kelley Deeds 23:01, 35-39: 1. Marcia Chaney 20:37, 2. Angela Lister 25:35, 3. Carol Willford 25:52, 40-49: 1. Carolyn Slade 21:51, 2. Janice Estrick 22:43, 3. Hwaja Andrade 22:48, 50-59: 1. Stella Ramirez 30:52, 2. June Wilkins 31:15, 3. Dixie Grimes 33:20.

Milpitas Firecracker

July 4, Milpitas, 10K

Overall Results

1. Bruce Storms (20-29) Sunnyvale 32:01
2. Leon Shordon (20-29) Moraga 32:22
3. Troy Durham (70-79) Hayward 32:42
4. Dan Martinez (20-29) Belmont 32:54
5. Matt Bogdanowicz (14-19) Fremont 32:57
6. Alan Feia (80-89) Martinez 33:17
7. Bill Clark (40-49) Los Altos 33:49
8. Frank Ruona (40-49) San Jose 33:59
9. Dan Anderson (30-39) Union City 34:09
10. Mark Reis (20-29) Newark 34:21

Division Results - Men's 10K

13 & Under: 1. Jason Yingling 38:53, 2. Michael Deitchman 51:40, 3. Craig Johnson 53:08, 14-19: 1. Matt Bogdanowicz 32:57, 2. Rick Woods 34:38, 3. Jonathan Goldstein 35:07, 20-29: 1. Bruce Storms 32:01, 2. Leon Shordon 32:22, 3. Dan Martinez 32:54, 30-39: 1. Dan Anderson 34:09, 2. Rod Johnson 34:27, 3. Mike Graham 34:30, 40-49: 1. Bill Clark 33:49, 2. Frank Ruona 33:59, 3. Tom Morris 34:33, 50-59: 1. Bob Farrington 39:21, 2. Glenn Unsicker 41:28, 3. John Hutyler 41:53, 60-69: 1. Bruce Oliver 42:03, 2. Don Lucero 44:06, 3. Leo Gries 44:19, 70-79: 1. Troy Durham 32:42, 2. Robert Withersall 35:44, 3. Buddy Timp 36:24, 80 & Over: 1. Alan Feia 33:17, 2. Mike Hutton 35:49, 3. Dale Hatkeyama 37:01.

Division Results - Women's 10K

13 & Under: 1. Amy Storie 46:52, 2. Kimberly Mull 52:21, 3. Twana Silva 56:01, 14-19: 1. Thea Roberts 41:23, 2. Karna Holmes 51:11, 3. Tori Perry 55:18, 20-29: 1. Lucy Leeburg 40:09, 2. Donna Keith 42:32, 3. Anne McVeigh 44:14, 30-39: 1. Judy Riggle 41:54, 2. Terri Roberts 42:15, 3. Nancy Howe 43:03, 40-49: 1. Rhonda Dyer 45:59, 2. Helen Ladden 46:13, 3. Lee Duley 46:39, 50-59: 1. Betsy Frasersmith 45:45, 2. Margie Sanchez 53:34, 3. Melva Vollersen 54:02, 60-69: 1. Jaclyn Caselli 47:49, 2. Annie Sievert 1:01:50.

Will Rogers Runs

July 4, Pacific Palisades, 5K & 10K

Division Results - Men's 10K

12 & Under: 1. William Cortes 41:45, 2. Grant Kollenborn 55:48, 3. Joshua Scribner 57:32, 13-15: 1. Brian Cody 41:41, 2. Mike Schumacher 43:26, 3. Fuad Saghe 43:49, 16-18: 1. Rene Rigal 34:21, 2. Peter Hogan 34:22, 3. Bill McKinley 36:34, 19-29: 1. Greg Hauser 30:46, 2. Jeff Shaver 30:54, 3. Frank Ebner 31:51, 30-34: 1. Andre Untiedt 34:54, 2. Bob Wilder 35:05, 3. Rafael Antonio 37:53, 35-39: 1. Mark Hemphill 34:15, 2. Luis Corona 36:31, 3. Jim Flanagan 36:43, 40-44: 1. Gianni Carpani 33:43, 2. Jack McDowell 35:41, 3. Joe Calhoun 36:00, 45-49:

1. Ray Maranda 36:28, 2. Ray Wilson 36:29, 3. T.M. Duket 37:17, 50-59: 1. William Hopkins 41:20, 2. Claude Bruni 42:21, 3. Cliff Schueler 43:01, 60-69: 1. John Racely 41:32, 2. Murray Cohen 46:46, 3. Frank McGovern 49:49, 70 & Over: 1. Eddie Lewin 44:21, 2. E. G. Canleuween 58:43, 3. John Alexander 1:02:01.

Division Results - Women's 10K

12 & Under: 1. Remy Olivier 46:11, 2. Amy White 55:16, 3. Bridget Farmer 1:02:49, 13-15: 1. Judith McCullough 41:10, 2. Jennin Kollenborn 52:10, 3. Memory Robertson 1:01:34, 16-18: 1. Mindy Pelz 48:14, 2. Allison Clayton 49:36, 3. Candice Drosick 52:19, 19-29: 1. Amanda Marks 36:17, 2. Elaine Flynn 37:44, 3. Christi Bach 39:14, 30-34: 1. Karon Carpani 38:09, 2. Robin Black 39:18, 3. Beverly Lowe 39:30, 35-39: 1. Merle Heimberg 43:19, 2. Robin Hall 44:16, 3. Pat Enemark 45:10, 40-44: 1. Judy Cornell 41:47, 2. Cherie Gruenfeld 42:28, 3. Nela Zundell 44:37, 45-49: 1. Sally Bergstrom 48:41, 2. Diana Vanlancker 51:40, 3. Penny Perez 52:08, 50-59: 1. Carol Davis 47:16, 2. Jane Dods 48:32, 3. Kay Lindahl 49:07, 60-69: 1. Helen Dick 46:42, 70 & Over: 1. Priscilla Libby 1:19:56.

Division Results - Men's 5K

12 & Under: 1. Darren Ballas 21:47, 2. Ricky Rauth 22:29, 3. Florian Weber 22:39, 13-15: 1. Adam Polack 17:18, 2. Jaime Rigal 17:37, 3. Neil Wechsler 17:49, 16-18: 1. Rolando Reyes 16:35, 2. David Babbitt 17:19, 3. Chris Fogliani 17:45, 19-29: 1. Joe Nitti 14:31, 2. Ray Griffin 14:40, 3. Adolfo Garcia 15:05, 30-34: 1. David Greifinger 15:52, 2. John Adams 16:12, 3. Ken Lemus 16:32, 35-39: 1. Tamrat Beyene 16:51, 2. David Lours 17:14, 3. Jesse Mellor 18:18, 40-44: 1. John Riley 16:54, 2. Paul Ford 19:33, 3. Ronald Snyder 19:51, 45-49: 1. Leo Marquez 19:25, 2. Art Lubin 19:36, 3. Steve Underwood 20:42, 50-59: 1. Brian Femeo 18:44, 2. Aldo Mora 17:50, 3. Dye Waco 19:43, 60-69: 1. Stanley Neufeld 21:19, 2. Tom McKiernan 23:57, 3. Joseph Rossi 24:03, 70 & Over: 1. Robert Begles 32:34.

Division Results - Women's 5K

12 & Under: 1. Erica Christensen 24:50, 2. Katie Nunes 25:03, 3. Kristin Gillespie 26:14, 13-15: 1. Lauren Adler 22:36, 2. Jennifer Rice 23:37, 3. Wendy Hromadka 24:48, 16-18: 1. Irma Ramirez 22:35, 2. Rhoda Tiango 23:21, 3. Anja Bandorski 24:21, 19-29: 1. Kanes Kathy 16:47, 2. Patty Almandariz 17:03, 3. Allison Baker 17:47, 30-34: 1. Julie Matteson 17:10, 2. Dorothy Forbes 20:27, 3. Paul Farmer 23:28, 35-39: 1. Michele Tiff 17:46, 2. Debra Feltman 21:47, 3. Sharon Grant 22:31, 40-44: 1. Sue Ward 21:07, 2. Angelita Llerena 21:16, 3. Christine LeGuen 24:13, 45-49: 1. Bonnie Robinson 20:25, 2. Rita Gilmore 21:20, 3. Marty Underwood 25:36, 50-59: 1. Arlene Hoffman 28:52, 2. Lillie Grossman 30:10, 3. Mary Gray 31:21, 60-69: 1. Selma Mehm 32:00, 2. Terry Sobo 33:21, 3. Fran Baumgarten 34:55, 70 & Over: 1. Eleanor Weiss 50:00, 2. Ruth Doerner 1:00:22.

Parade 8K Run

July 4, Huntington Beach

Division Results - Men

12 & Under: 1. Andy Boyack 34:15, 2. Clay Chilcott 35:34, 3. Robert Heckman 35:46, 13-15: 1. Frank Quimenez 26:56, 2. Raul Baltazar 30:02, 3. Tomas Torres 30:57, 16-18: 1. Jeff Matsumoto 28:49, 2. Matt Fukuo 30:16, 3. Mark Murakami 31:06, 19-24: 1. Reginald Greene 25:34, 2. Jose Duarte 25:56, 3. Mennie Amida 26:16, 25-29: 1. Allen Just 24:36, 2. Tom Cheese 24:58, 3. Jim Reish 26:43, 30-34: 1. Derrick May 23:39, 2. George Mason 25:48, 3. Rob McNair 27:00, 35-39: 1. Leonard Aguilar 26:42, 2. Robert Langston 27:32, 3. Enrique Serratos 27:33, 40-44: 1. Roy Fussell 28:26, 2. Ken Mazur 28:44, 3. David Carter 28:52, 45-49: 1. Ben Jackson 28:49, 2. Alan Wakefield 29:19, 3. Gama Chavez 29:32, 50-59: 1. Dave Armlson 29:44, 2. Wally Evertz 30:06, 3. Rex Lundquist 30:31, 60 & Over: 1. Larry Banuelos 31:55, 2. Al Escobedo 36:17, 3. John Foster 40:31.

Division Results - Women's 8K

13 & Under: 1. Kenna Masuda 36:56, 2. Cynithia Condon 37:10, 3. Katy Baker 38:25, 13-15: 1. Paula Stevenson 38:31, 2. Christian Flathers 44:57, 3. Ericka Lujan 46:14, 16-18: 1. Brigid Freyne 29:57, 2. Laura Doering 30:24, 3. Kim Robinson 33:57, 19-24: 1. Beth McGrann 28:14, 2. Kathleen Smith 28:33, 3. Kathy Karpel 30:01, 25-29: 1. Julie Groff 30:27, 2. Nancy Pardee 31:09, 3. Laura Held 31:35, 30-34: 1. Trish Pierson 31:36, 2. Patricia Peschel 32:17, 3. Sue Ann Buck 33:18, 35-39: 1. Kay Price 31:51, 2. Victoria Morland 34:27, 3. Cardann Kiegler 34:45, 40-44: 1. Flossie Horgan 34:27, 2. Patti Hayden 36:30, 3. Ann Fordiani 37:25, 45-49: 1. Harlene Walter 30:05, 2. Sally Adam 35:28, 3. Pat Doty 38:57, 50-59: 1. Wilma Maddock 34:46, 2. Amy Goldstein 37:27, 3. Mary-Alice Dugan 40:19.

Peachtree Road Race

July 4, Atlanta, GA, 10K

Overall Results - Open Men

1. Jean-Pierre Bdayisenga (24) CO 28:17
2. Mark Corp (29) Lee's Summit, MO 28:20
3. John Tuttle (29) Douglasville, GA 28:31
4. Sam Ngatia (28) El Paso, TX 28:38
5. Mark Conover (28) San Luis Obispo 28:39
6. Arega Abraha (27) Decatur, GA 28:51
7. Greg Beardsley (26) Charlotte, NC 28:53
8. Bill Reifsnnyder (26) Williamsport, PA 28:55
9. Mike O'Reilly (30) Levelland, TX 28:58
10. Gabriel Kamau (29) El Paso, TX 29:05
11. Derek Froude (29) Boulder, CO 29:06
12. Zak Barie (30) El Paso, TX 29:09
13. Brian Sheriff (23) Levelland, TX 29:12
14. Pedro Ortiz (30) Rego Park, NY 29:13
15. Don Janicki (28) Tucson, AZ 29:17
16. Ronnie Carroll (28) Tucson, AZ 29:41
17. Silvio Salazar (31) Rego Park, NY 29:41
18. Carlton Law (26) Boone, NC 29:44
19. Gerald Lawson (21) Chittenango, NY 29:50
20. Craig Thompson (26) Knoxville, TN 29:58
239. David Parker (38) San Diego 35:57
580. Stan Yasuhara (38) San Francisco 39:34

Overall Results - Masters Men

1. Larry Olson (41) Boston, MA 30:49
2. Bob Schlaue (40) Charleston, SC 31:02
3. Barry Brown (43) Glens Falls, NY 31:07
11†. Michael Holbrook (43) Fair Oaks 33:05

Overall Results - Women

1. Grete Walz (34) New York, NY 32:10
2. Ria Van Landeghem (30) Bldr, CO 32:38
3. Christine McKen (25) Stillwater, OK 32:53
4. Teresa Omduff (31) Abingdon, VA 33:06
5. Barbara Moore (30) Boulder, CO 33:21
6. Cyndie Welte (25) Lorain, OH 33:28
7. Mary Alco (25) Eugene, OR 33:29
8. Jennifer Colgrove (26) Con Lk, PA 33:35
9. Inge Schuurmans (25) Richmond, VA 33:41
10. Lea Hayer (32) Greenfield, MA 33:43
11. Sue Jackson (30) Dallas, TX 33:50
12. Linda Begley (29) Enfield, CT 33:51
13. Liz Miller (30) Manchester, VT 34:01
14. Kathy Hadler (25) Ann Arbor, MI 34:17
15. Carol McLatchie (36) Houston, TX 34:22
16. Patricia Gray (25) Pleasanton 34:23
17. Megan Othersen (25) Charleston, SC 34:46
18. Nicky McCracken (28) Dallas, TX 34:50
19. Lorraine Hochella (24) NewNews, VA 34:57
20. Bridget Koster (22) Atlanta, GA 35:04
22. Maria Trujillo (28) Salinas 35:13
36. Bev Marx (34) Fair Oaks 37:28
37. Madeline Ramirez (29) Carlsbad 37:46

Overall Results - Masters Women

1. Barb Flutze (42) Erie, PA 36:03
2. Christine Tattersall (46) Killingworth, CT 38:04
3. Jane Millsbaugh (40) Emmaus, PA 38:51

Redwood City 4th of

July Race

July 4, Redwood City, 5000m

Overall Results

1. Peter Churney (29) 15:03
2. Leonard Sperandio (27) 15:16
3. Steve Lopez (19) 15:22
4. Dale Porter (22) 15:41
5. Jake Niebaum (22) 15:42
6. Andy Rupp 15:53
7. Steve Wolfe 15:58
8. Tom Moore (22) 16:09
9. Robert Sching 16:11
10. Jerry O'Dell (29) 16:13
11. Eric Mason 16:21
12. Mike Cooks (18) 16:27
13. Herbie Pepper (21) 16:34
14. Alex Gomez (33) 16:35
15. Brett Mack (18) 16:38
16. Rodrigo Robles (20) 16:47
17. Rob Lee (23) 16:48
18. Linda VanHousen (24) 16:50
19. Frank Sakelarios (19) 16:58
20. Mike Niemiec (38) 17:11
21. Not Available
22. Ed Creighton (30) 17:29
23. Sam Lopez (25) 17:30
24. David Stewart (22) 17:31
25. Robert Plant 17:45
26. Kearney Martini (40) 17:49
27. Bruce Eaton (39) 17:51
28. Peter McNeis 18:01
29. Thomas Carney (23) 18:02
30. Chris Phipps (18) 18:03

Can to Can

July 9, Modesto

Division Results - Men

20 & Under: 1. Jerry Roberts 20:03, 21-29: 1. Angel Tejeda 10:46, 30-39: 1. Bill Hurst 12:26, 40-49: 1. Jim Stanley 13:37, 50-59: 1. Graham Parlett 14:10, 60 & Over: 1. Don Lundberg 17:29.

Division Results - Women

20 & Under: 1. Connie Ehret 19:17, 21-29: 1. Julianne Coughlin 17:21, 30-39: 1. Gwen Taylor 17:31, 40-49: 1. Angelina Brown 21:49, 50-59: 1. Jo Sullivan 16:38.

Benicia Swamp Run 'n

Stride

July 10, Benicia, 5 Mile

Overall Results

1. John Hancock (23) Stockton 28:05
2. Michael Tyler (21) Napa 28:45
3. Jerry O'Dell (29) San Francisco 29:46
4. Mike Tyler (40) Toledo 29:48
5. Herbie Pepper (21) Cupertino 31:18
6. Karl Romano (42) Concord 31:38
7. Tom Conklin (25) Pacifica 31:47
8. Jim McMillan (41) Benicia 31:50
9. Michael Schwartz (25) Berkeley 32:04
10. Jim Roberts (35) Martinez 32:16
11. Ronald Sample (41) Antioch 33:08
12. Jim Morrill (17) Benicia 33:20
13. Gary Troppie (34) Vacaville 33:55
14. Ted Anderson (48) Benicia 34:13
15. John Bort (36) Berkeley 34:33
16. Thomas Arbuckle (26) Concord 34:38
17. Paul Ligda (53) Vallejo 34:40
18. John Wallace (47) Melville 34:52
19. Terry Fix (52) Modesto 35:17
20. Chris Adamo (28) Benicia 35:35

RESULTS

Run for Independence

July 4. Aviator, 5 Mile & 2 Mile.

Division Results - Men's 5 Mile

12 & Under: 1. Anthony DiBella 33:33, 2. Jacob Price 34:24, 13-17: 1. Donovan Strong 29:51, 2. Philip Brown 32:59, 3. Jason Hamm 33:59, 18-29: 1. Daniel Vadez 26:59, 2. Charles Pittell 28:21, 3. Shane Parmer 28:55, 30-39: 1. Jim Harig 25:53, 2. Bob Louk 26:34, 3. Daniel Mesquita 27:32, 40-49: 1. Glen Jenkins 29:18, 2. Ken Schwisow 29:39, 3. Bruno Rinaldi 29:59, 50-59: 1. Terence Fix 31:59, 2. Chris Denny 34:04, 3. Tony Diamond 35:40, 60 & Over: 1. Don Lundbert 37:24, 2. George Harman 42:08.

Division Results - Women's 5 Mile

13-17: 1. Benji Hill 35:14, 2. Jennifer Schick 41:05, 18-29: 1. Valerie Jensen 29:26, 2. Betty Chavez 31:08, 3. Doreen Brown 32:16, 30-39: 1. Lisa Hunter 32:57, 2. Patricia Smith 33:00, 3. Barbara Naughton 36:07, 40-49: 1. Barb Miller 32:46, 2. Jean Schwisow 36:31, 3. Mary Belz 40:42, 50-59: 1. Joann Harman 46:06.

Division Results - Men's 2 Mile

12 & Under: 1. Michael Canner 12:46, 2. Kevin Hendrickson 13:04, 13-17: 1. Lance Jackson 10:53, 2. Mitch Guzman 12:03, 3. Frank Miranda 12:09, 18-29: 1. Tom Ring 10:06, 2. Navar Swift 10:06, 3. Thomas Dusek 11:10, 30-39: 1. Jose Guerrero 11:04, 2. Frank Shields 11:19, 3. Frank Miranda 11:42, 40-49: 1. Ronald Deaver 12:05, 2. Dennis Downing 12:15, 50-59: 1. Frank Russell 12:18, 2. Everett Younce 14:55, 60 & Over: 1. Payson Taylor 16:35, 2. Bill Lawson 16:50.

Division Results - Women's 2 Mile

12 & Under: 1. Jamie Hatcher 17:15, 2. Nicole Martin 18:06, 13-17: 1. Jackie Hill 13:08, 2. Trudi Hill 13:25, 3. Carolyn Frost 14:33, 18-29: 1. Vicki Hammer 15:24, 2. Stephanie Nugents 15:37, 3. Cathy Carpenter 15:58, 30-39: 1. Irene Cattanao 13:50, 2. Vicki Ries 17:25, 3. Edith Reynolds 18:41, 40-49: 1. Charita Parra 15:11, 2. Marika Eastle 15:24, 50-59: 1. Marvella Taylor 20:38, 2. Ann Castillo 25:24.

Independence Day Classic 5000m SCA/TAC Championships

July 4. Newhall.

The course followed the parade route and was lined with spectators along Lyons and San Fernando Roads. Kevin Jones received their applause from start to finish winning the race in 14:50 in front of the bleachers on the Hart High School track. He had managed to break away from the pack of runners which had clocked the first mile in 4:45. First female finisher was Nancy Bauman (17:26) beating out Marie Rollins (a winner from previous years) and Tammi Babiracki who has just returned to running. The real crowd pleaser was the SCR "contipede" lead by Steven Watanabe. The entire group was dressed in 4th of July regalia.

The SCA/TAC team competition went to the Seniors Track Club who fielded several teams in four divisions, winning them all. The Santa Clarita runners won the Open Women's division and were second in the Men's Masters division.

Overall Results

1	Kevin Jones (28) SLO	14:50
2	Alfredo Rosas (28) Gardena	15:05
3	Rich Brownsberger (25) El Cajon	15:13
4	Raul Hernandez (29) Los Angeles	15:16
5	Tracy Garrison (22) Sylmar	15:17
6	Ralph Garibaldi (29) Costa Mesa	15:37
7	Daren Stonerock (20) Saugus	15:40
8	Dave Walsh, Ukiah	15:47
9	Luis Colin (18) Los Angeles	15:48
10	Tyrus DeMinter (25) Los Angeles	15:48

11 Allen Russell (27) Grand Junn, CO

12	Tim Hampton (32) Canyon Ctry	16:10
13	Dan Davies (31) Pasadena	16:30
14	Tom Hall (38) Agoura	16:50
15	Joel Sanchez (29) Bell	16:57
16	Mike Zaragoza (26) Simi Valley	17:00
17	Steven Lapken (15) Valencia	17:01
18	Byrle Smallen (40) Agoura	17:06
19	Bob Caro (28) Saugus	17:09
20	Billy Dixon (15) Newhall	17:15
21	Victor Fonseca (27) San Ferna	17:16
22	Jack Butler (23) Canyon Country	17:17
23	Mark Covert (37) Valencia	17:20
24	Jaime Ortiz (27) Lynwood	17:20
25	Fletcher Thornton (34) Valencia	17:23
26	Mark Dawson (33) Simi Valley	17:24
27	Tom Greenwood (18) Saugus	17:25
28	Nancy Bauman (23) Northridge	17:26
29	John Naranjo (23) Canoga Park	17:28
30	Andy Yaeger (18) So. San Fern	17:29
31	John Brady (27) Castaic	17:34
32	Bobby Bans (19) SLO	17:35
33	Marie Rollins (29) Glendale	17:43
34	Rob Fairley (30) Palmdale	17:43
35	Robert Davison (43) Los Angeles	17:44
36	Toshio Takata (20) No City	17:46
37	Tammyu Babiracki (28) Valencia	17:48
38	Mark Rosen (35) Newhall	17:48
39	Eric Vesch (16) No City	17:52
40	Ignacio Fonseca (22) Pacoima	18:00
41	Tom Pilarski (19) Saugus	18:05
42	Joe Miralles (18) Glendale	18:06
43	Andre Tocco (52) San Pedro	18:06
44	Denis Trafecanty (45) Northridge	18:07
45	Steve Neale (36) Newhall	18:08
46	Gilbert Varela (39) Los Angeles	18:11
47	Steve McCrank (16) Valencia	18:22
48	Enrique Camarena (38) Pacoima	18:23
49	Erick McBride (17) Palmdale	18:23

Semana Nautica

July 4. Santa Barbara, 15K.

Overall Results

1	Gordon Christie (26) Goleta	46:55
2	Michael Smith (24) Montecito	48:59
3	Mark Mesler (27) Santa Barbara	49:05
4	Gus Mermes (25) Santa Barbara	49:11
5	George Pierce (28) Thousand Oaks	49:18
6	Pete Dolan (28) Goleta	49:51
7	Robert Hollister (29) Carpinteria	50:42
8	Hermilo Guerrero (33) Santa Barb	51:13
9	Corey Welles (24) Santa Barbara	51:15
10	Andy Lief (22) Isla Vista	51:26
11	Phil Grant (43) Santa Barbara	51:27
12	Gregg Homer (34) Santa Barbara	51:31
13	John Casso (38) Port Hueneme	51:36
14	Page Thibodeaux (32) Los Angeles	52:18
15	Peter Weinerth (21) Ventura	52:43
16	Robert Scott (38) Granada Hills	53:33
17	Bradley Cox (33) Santa Barbara	54:19
18	James Jacobs (31) Santa Barbara	55:08
19	John Hathaway (35) Glendale	55:31
20	John Brennan (52) Santa Barbara	55:35

Division Results - Men

19 & Under: 1. John Cala 1:01:13, 20-29: 1. Gordon Christie 46:55, 2. Michael Smith 48:59, 3. Mark Mesler 49:05, 30-34: 1. Hermilo Guerrero 51:13, 2. Gregg Homer 51:31, 3. Page Thibodeaux 52:18, 35-39: 1. John Casso 51:36, 2. Robert Scott 53:33, 3. John Hathaway 55:31, 40-44: 1. Phil Grant 51:27, 2. Dennis Grossini 56:14, 3. Bill Lovelace 58:00, 45-49: 1. Jim Kennett 58:59, 2. Vic Birtalan 59:38, 3. Martin Kasindorf 1:02:15, 50-54: 1. John Brennan 55:35, 2. Dave Wheeler 57:32, 3. Harry Pantelas 59:10, 55-59: 1. Ray Laub 1:04:59, 60-64: 1. Fred Nagelschmidt 1:02:31, 70 & Over: 1. John Schweizer 1:31:50.

Division Results - Women

19 & Under: 1. Joanna Polillo 1:12:48, 20-29: 1. Juliette Christie 58:10, 2. Suzy Davall 1:06:07, 30-34: 1. Mary Ryzner 57:19, 2. Louise Lovelace 1:06:40, 35-39: 1. Sue Francis 1:07:18, 40-44: 1. Stephanie Welch

1:09:33, 2. Loretta Bronk 1:10:40, 45-49: 1. Marian Chu 1:12:52, 50-54: 1. Nancy Weeren 1:34:27, 60-64: 1. Margie Withrow 1:23:06.

Carlsbad Triathlon

July 9. Carlsbad.

Division Results - Men

14-19: 1. Robert Stuckey 1:48:58, 2. Paul Ayuso 1:52:05, 3. Andrew Laakmann 1:56:01, 20-24: 1. Paolo Fontana 1:46:49, 2. Vic Rosenthal 1:47:24, 3. Gregory Clarke 1:47:54, 25-29: 1. David Mackey 1:47:52, 2. Bob Helmig 1:50:26, 3. Jeff Reilly 1:51:58, 30-34: 1. Mark Montgomery 1:42:39, 2. Dan Rock 1:44:44, 3. Corky Ewing 1:51:27, 35-39: 1. Jamie Williams 1:46:54, 2. Robert Decker 1:51:32, 3. Chuck Zimmerman 1:56:05, 40-44: 1. Tom Warren 1:52:35, 2. Mike Burner 1:54:35, 3. Dick Nordquest 1:58:51, 45-49: 1. Bud Chrisman 2:00:28, 2. Joseph Bird 2:05:00, 3. Frank Murphy 2:11:06, 50 & Over: 1. Ron Smith 2:03:11, 2. Art Fredericks 2:15:52, 3. Donald Wright 2:19:26.

Division Results - Women

14-19: 1. Erika Moss 2:46:33, 20-24: 1. Felanda Keller 1:57:10, 2. Suzanne Sandrock 2:01:13, 3. Penny Burnstein 2:05:55, 25-29: 1. Terri Incropera 1:57:37, 2. Sheri Leona 1:59:20, 3. Helen Knox 2:03:11, 30-34: 1. Laura Anthony 2:04:14, 2. Rachelle Roberts 2:05:52, 3. Lenita Wilson 2:06:52, 35-39: 1. Nancy Baird 2:09:05, 2. Maria Zahareson 2:22:27, 3. Jan Christie 2:22:36, 40-44: 1. Amy Fredericks 2:28:55, 2. Marsha Pleasant 2:55:54, 3. Christine Hughes 3:00:15, 45-49: 1. Linda Bird 2:28:29, 2. Faye Daly 2:48:20, 50 & Over: 1. Margaret Speer 2:57:44, 2. Claire Aukerman 3:19:03.

Division Results - Relays

Mixed: 1. Tallman, Timpon, Haskett, 1:42:32, 2. Ardissoni, Ewing, Gaspar, 2:01:17, 3. Powers, Miller, Hawbaker, 2:04:31, Masters: 1. Cochran, Funk, Robb, 1:49:08, 2. Becker, Pleasant, Van Dyke, 1:58:46, 3. Drum, Keys, Lubin, 2:07:24, Men: 1. Ekolf, Smith, Rigby, 1:47:11, 2. Ayoub, Welsh, Labadie, 1:50:47, 3. Davis, Tremaine, Farrell, 1:54:40, Women: 1. Richards, Van Dyke, Krolje, 1:58:02, 2. Worthen, Walker, Dalla Torre, 2:10:04, 3. Welbourn, Bruitt, Wenzel, 2:17:45.

Brannon Island "Outback" Triathlon

July 9. Rio Vista.

Overall Results - Men

1	Rick Shand (29) Walnut Creek	1:10:29
2	Andrew Kojane (29) Truckee	1:10:40
3	Bob Korock (20) Acampo	1:11:21
4	Greg Ward (31) Oakland	1:12:28
5	Ludio Perez (27) So. San Francisco	

Overall Results - Women

1	Claire McCarty (31) So. Lie Tahoe	1:22:37
2	Renee Harris (31) San Francisco	1:24:26
3	Marcia White (25) Orinda	1:25:08
4	Patti Henry (26) Palo Alto	1:28:12
5	Jennifer Osur (21) Berkeley	1:28:51
6	Laura MacNeil (26) San Francisco	1:29:26
7	Zsolt Kondor (17) Alameda	1:29:34
8	Sue Fogel (35) Aptos	1:30:24
9	Jennifer Dedden (32) Fresno	1:30:37
10	Cardynn McGee (23) Corte Madera	1:31:17

American River

Parkway Foundation Run

July 10. Rancho Cordova, 5K & 10K.

Overall Results - 10K

1	Thomas Wood (20-29)	30:47
2	Gregg Miller (20-29)	31:55
3	Chris Bray (19 & U)	32:24
4	Oliver Mills (20-29)	33:28
5	John Mumm (19 & U)	33:43
6	John Root (30-39)	34:10

7	Dan Davies (30-39)	34:14
8	Randy Marx (30-39)	34:31
9	Brian Peterson (19 & U)	34:49
10	Jim Sne (30-39)	34:58
11	Ronald Souza (30-39)	35:56
12	Robin Root (20-29 F)	36:07
13	Glenn Bailey (40-49)	36:11
14	Jim McElroy (30-39)	36:16
15	Vincent Fong (20-29)	36:30
16	Ryan Dahl (19 & U)	36:37
17	Allison Orofino (20-29 F)	36:38
18	Ramon Jaime (20-29)	36:51
19	John Kennedy (30-39)	36:55
20	David Kilmer (30-39)	37:12
26	Chris Iwahashi (30-39 F)	38:20

Overall Results - 5K

1	Thomas Palguta (30-39)	15:48
2	John Dahl (19 & U)	16:27
3	Will Wilson (20-29)	16:56
4	Chris Flanders (19 & U)	17:00
5	James Hamlin (19 & U)	17:13
6	Tuan Nguyen (19 & U)	17:18
7	Mike Ammon (40-49)	17:19
8	Kevin Grigsby (19 & U)	17:45
9	Rick Simonsen (20-29)	18:04
10	Jerome Woehl (40-49)	18:07
11	Jackson Campbell (40-49)	18:11
12	John Mewes (20-29)	18:20
13	Jim Cunningham (20-29)	18:21
14	Mary Brooks (20-29 F)	18:23
15	Patty Smith (20-29 F)	18:57
19	Vickie Pell (30-39 F)	19:51

Bastille Days

July 10. Newport Beach, 8K.

Division Results - Men

14 & Under: 1. Jason Hobbs 31:33, 2. Dabney Chun 31:43, 3. Ricky Delgado 32:16, 15-18: 1. Anthony Williams 24:42, 2. Jimmy Rodriguez 24:42, 3. Eric Polonski 24:59, 19-24: 1. Jimmy Ortiz 24:00, 2. Alfredo Vgueras 24:06, 3. Ray Griffin 24:09, 25-29: 1. Steve Bishop 23:16, 2. Alfredo Rosas 23:57, 3. Alan Just 24:04, 30-34: 1. John Koning 23:36, 2. Herminio Garcia 26:11, 3. Bernie Brizuela 26:20, 35-39: 1. Gary Shapiro 26:18, 2. Leonard Aguilar 26:25, 3. Mark Hemphill 26:44, 40-44: 1. Ben Wilson 26:13,

2. Bill Sumner 26:27, 3. Geoff Zahnder 26:43, 45-49: 1. Tom Burns 26:28, 2. Richard Greene 27:01, 3. Ray Maranda 27:30, 50-59: 1. Andre Tocco 27:33, 2. Brian Fernee 27:42, 3. Patrick Devine 28:59, 60 & Over: 1. Larry Banuelos 31:50, 2. Robert Herigson 33:37, 3. Eddie Lewin 34:03.

Division Results - Women

14 & Under: 1. Christie Engesser 33:37, 2. Cassandra Higgins 37:51, 3. Stephanie Hobbs 38:08, 15-18: 1. Kathy Cannon 33:31, 2. Michele Mitchell 33:35, 3. Heidi Forsyth 34:33, 19-24: 1. Kirsten O'Hara 26:50, 2. Nancy Bowman 27:16, 3. Kathleen Smith 27:47, 25-29: 1. Marie Rollins 27:42, 2. Donna Chin 29:00, 3. Christie Dubach 29:24, 30-34: 1. Doreen Assumma-Fay 28:58, 2. Heather Dibdin 29:47, 3. Terri Busby 30:20, 35-39: 1. Michele Tiff 29:32, 2. Aine Lynam 30:17, 3. Odette Osantowski 31:34, 40-44: 1. Judy Kewley 32:13, 2. Sue Reinhardt 32:33, 3. Karen McIntosh 33:19, 45-49: 1. Harlene Walters 30:49, 2. Rita Gilmore 34:24, 3. Karin Handaker 34:53, 50-59: 1. Amy Goldstein 37:28, 2. Elaine Herliet 41:52, 3. Mary Dugan 42:05, 60 & Over: 1. Lois Edds 45:42, 2. Dagmar Rios 44:19, 3. Dorothy Hall 47:20.



RESULTS

Great Earth Workout

July 10. Balboa Park, San Diego. 10K & 2 MI.
Division Results - Men

8 & Under: 1. Quinn Leeper 55:05, 9-17: 1. Steve Gordon 33:14, 2. Bill Aronson 33:53, 3. Chris Douville 35:10, 18-29: 1. Jon Rice 32:21, 2. Andrew Fowlkes 32:30, 3. Eoin Fahy 32:32, 30-39: 1. Gary Close 33:00, 2. Greg Marino 33:21, 3. Carlo Lipizzi 35:42, 40-49: 1. Michael Black 36:22, 2. Dennis Smith 36:51, 3. Stephen Brown 39:19, 50-59: 1. Bob Holland 38:28, 2. Edwin Gookin 41:10, 3. John Lockhart 41:58, 60-69: 1. Tom Leadham 43:48, 2. Louie Ojeda 46:20, 3. Gael Pierce 46:59, 70 & Over: 1. Eddie Simon 1:10:35, Military: 1. Lee Haper 36:55, 2. Richard Wersel 37:59, 3. James Booker 38:11, Racewalk: 1. John Myer 58:45, 2. Ted Greiner 58:50, 3. Larry Bazinet 1:01:50.

Division Results - Women

8 & Under: 1. Kanika Walker 53:00, 9-17: 1. Cheri Bates 48:58, 2. Jennifer Davis 49:47, 3. Lisa Harris 53:22, 18-29: 1. Kim Stempien 38:44, 2. Robin Davis 39:24, 3. Alexis Miller 39:30, 30-39: 1. Liz Baker 35:52, 2. Cindy Cohagen 41:25, 3. Marne McMillan 42:00, 40-49: 1. Ursula Rains 43:30, 2. Bunky Stage 42:15, 3. Sheri Woldenberg 48:25, 50-59: 1. Dorothy Stock 43:58, 2. Augusta Melnikis 45:04, 3. Imme Dyson 45:06, 70 & Over: 1. Judy Simon 55:35, 2. Bess James 1:10:32.

Lake Tahoe Series #2

July 10. Lake Tahoe. 5K & 10K.

Overall Results - Men's 10K

1	Domingo Tibaduiza	35:03
2	Miguel Tibaduiza	35:14
3	Dennis O'Halloran	37:42
4	Ed Cardenas	40:38
5	Jon Jubert	42:33
6	Ralph Johnson	43:26
7	Ed Novicki	45:51
8	Chris May	45:57
9	Rick Sowers	48:14
10	Ron Treabees	48:48

Overall Results - Women's 10K

1	Rosy Tibaduiza	45:20
2	Deb Devine	49:24
3	Linda Mantynen	49:56
4	Jane Lane	50:24
5	Coirine Moles	51:59
6	Susan Gredug	52:09
7	Margaret Veith	55:03
8	Teru Langsdale	58:04
9	Helga Sable	58:23
10	Brenda Kagebein	1:00:02

Overall Results - Men's 5K

1	Tom Wood	19:37
2	Tom Ryan	19:57
3	Kurt Sable	22:10
4	Steve Miller	22:30
5	Randy Waggoner	22:36
6	John Ball	23:17
7	James Fluharty	23:51
8	Paul Everson	25:13
9	Gabriel Quinlan	25:26
10	Larry Borino	28:11

Overall Results - Women's 5K

1	Kary Newman	26:18
2	Deborah Quinlan	28:03
3	Bianca Sonnenberg	29:32
4	Shannon Smith	31:24
5	Kristi Smith	34:21
6	Heather Quinlan	35:25
7	Karen Goss	35:43
8	Olivia Hawthorne	44:21

Santa Paula Citrus Festival 10K

July 16. Santa Paula.

Overall Results

1	Werner Scherrer (20-39)	32:13
2	Jaime Galindo (15-19)	32:49
3	Ramiro Valencia (15-19)	32:53
4	Joe Martinez (20-39)	33:37
5	Jesus Morales (20-39)	33:48
6	Greg Bantista (20-39)	33:50
7	Gil Guevara (20-39)	34:08
8	Ramon Morales (20-39)	34:13
9	Tony Topps (15-19)	34:14
10	Arturo Frausto (40-49)	34:21
42	Maribella Aparicio (14 & U F)	39:58
44	Jenny Martinez (15-19 F)	40:21
45	Leticia Molgoza (20-39 F)	40:24
47	Ron Nisbet (50-59)	40:48
49	Fred Nagelschmidt (60 & O)	41:18
52	Roy Johnston (14 & U)	41:36
88	Loretta Bronk (40-49 F)	45:28
98	Jane Dods (50 & O F)	46:29

Run for the Hills

July 16. Fountain Valley. 7K.

Division Results - Men

16-20: 1. Stephen Saajan 23:47, 21-29: 1. Brian Butterfield 23:01, 30-40: 1. Herb Massinger 26:04, 41-55: 1. Juvenal Herrera 27:52, 56 & Over: 1. Richard Hoschild 29:54, Racewalkers: 1. John Slocok 54:13.

Division Results - Women

10-15: 1. Joani Thomas 43:34, 16-20: 1. Kristi Burriel 30:26, 21-29: 1. Dorothy Gibbons 29:17, 30-40: 1. Deborah Brazil 27:07, 41-55: 1. Sally Adam 30:41, Racewalkers: 1. Sally Cleary 47:38.

Run on the Hub

July 16. Cotati. 10K.

Division Results - Men

16 & Under: 1. Lance Lennier 34:32, 19-29: 1. Daniel Grimes 31:17, 2. Alec Isabeau 34:42, 3. Michael Schwartz 37:59, 30-39: 1. Dan Butterfield 37:02, 2. James Ochman 38:30, 3. Kevin Lowry 41:21, 35-39: 1. Herbert Leyens 33:00, 2. Julius Ratti 34:39, 3. JohnPaul McIntosh-King 35:19, 40-44: 1. Tom Robinson 35:13, 2. Mike Tyler 35:18, 3. Tom Anderson 38:06, 45-49: 1. Ray Gin 38:49, 2. Eamon Cooke 40:14, 3. Glenn Herzog 42:18, 50-59: 1. Anthony Castagna 43:46, 2. Bob Chadwick 44:41, 3. Elmer Sanborn 45:59, 60 & Over: 1. Tom Dinell 56:11.

Division Results - Women

16 & Under: 1. Sheila Burke 46:02, 2. Rosanna Sansone 46:55, 19-29: 1. Jeanise Eisenman 41:59, 2. Claire Prie 42:27, 3. Meia Dinell 45:17, 30-39: 1. Helen Dinell 47:09, 2. Lorraine Hogle 48:21, 3. Judy Broughton 49:55, 35-39: 1. Janine Reinheimer 48:05, 2. Donna Werby 49:51, 3. Lauralee Scholes 50:21, 40-44: 1. Sheri Quinn 54:13, 2. Kalfi Herzog 54:15, 3. Bobbi Segovia 62:39, 45-49: 1. Shirley Matson 38:57, 2. Carol Kelly 49:15, 3. Claire Ward 56:19, 50-59: 1. Patricia Farley 56:37, 2. Rochelle Hummel 65:54, 3. Joan Ward 66:15.

Women's Distance Festival

July 16. Laguna Lake Park, SLO. 5000m.

Overall Results

1	Tammy Misner (27) Santa Ynez	19:11
2	Kathy Beals (25) SLO	19:26
3	Kathy Hildebrand (24) SLO	19:35
4	Laurie Gladstone (28) SLO	19:43
5	Carrie Anderson (32) SLO	20:41
6	Brandy Barr (12) Nipomo	20:44
7	Leslie Monaco (31) SLO	21:05
8	Angela Orefice (13) Arroyo Gra	21:20
9	Robin Perrin (31) SLO	22:09

10	Peggy Boedecker (41) Port Huene	22:22
11	Catherine Noel (28) SLO	22:42
12	Jennifer Toomey (15) Arroyo Gr	22:59
13	Jennifer Simmons (38) Carmel	23:30
14	Michelle Baker (23) SLO	23:57
15	Tiffany Lybarger (17) SLO	24:01



TAMMY MISNER

photo by Elaine Rosenfield

Eppie's Great Race

July 16. Rancho Cordova. Triathlon.
(6 MI. Run, 12 1/2 MI. Bike, 6.35 MI. Kayak)

Division Results

Stalcom K: 1. The Muffs, Etc. Team 1:39:40, . Sr. Men: 1. Bleachers Sports Pub & Eatery 1:41:49, 2. Carmichael Acura 1:42:46, 3. Flash, Splash & The Wheeler 1:45:13, Women: 1. Sandy Sup, Cheryl Richards, Susan Bragg, 1:46:05, 2. The Rest Stop, 1:46:24, 3. Pam Allenby, Elizabeth Foll, Alena Kucorova, 1:53:53, Sr. Women: 1. Aged Fine Whines 2:02:10, 2. Half-Fast Experience, 2:22:29, 3. Norma-Judith-Cindy, 2:28:59, Open: 1. Team Boss 1:34:26, 2. Roundup 1:35:57, 3. Weed Eaters 1:39:09, Adaptive: 1. Robinson's Campy Pinkos 1:38:22, 2. Team Schoonerr Road, 1:48:30, 3. Bruce Nicoliasen, Eric Kuhn, Weed, 2:34:36, Inflatables: 1. The Drifters 2:02:35, 2. Puffin Power 2:05:15, 3. Run KMT 2:24:04, Juniors: 1. Adventure Canoes & Kayaks, 1:41:19, 2. Unknown 1:47:46, 3. Colfax Cow Paddies 1:56:23, Kayak: 1. Team Sierra Cabinet 1:47:55, 2. Team Sierra Cabinet 2, 1:49:39, 3. Aero Systems 2:02:46, Family: 1. Kupahtid Bro's, 1:42:35, 2. Top Bananas 1:44:24, 3. 3 Live Wires 1:56:57, Canoe: 1. CBW Olympic Express 1:41:22, 2. The Fulltones 1:43:57, 3. Cardiac Arrests 1:47:20, Co Ed

Open: 1. U.S. Rentals 1:41:33, 2. Last Minut Net-working 1:46:02, 3. The 3 Stooges 1:47:49, Ironman: 1. Fleet Feet Ironman 1:44:18, 2. Tim Milton, 1:45:43, 3. Tamada Runners Club 1:47:45, Sr. Ironman: 1. Mike Ammon 1:47:34, 2. Lin Foll 1:48:46, 3. Richard Klowksi 1:54:12, Ironwoman: 1. Kitty Perry 1:49:47, 2. Betsy Frick 1:50:50, 3. Vickie Poll 1:58:13, Sr. Ironwoman: 1. Lynn Kyme 1:59:59, 2. Cathie Andrews 2:09:57, 3. Barbara Cave 2:11:06.

Bay to Breakfast

July 17. Palo Alto. 5K & 10K.

Division Results - Men's 10K

12 & Under: 1. Ben Deitchman 49:02, 13-18: 1. Jason Yingling 40:10, 19-25: 1. Mike McManis 32:26, 2. Dan Fernandez 35:15, 3. Hal Radin 35:24, 30-39: 1. Jim Bordon 34:35, 2. John Sheehan 35:49, 3. Mike Hottin 35:57, 40-49: 1. Bill Smitham 34:55, 2. Greg Nelson 37:02, 3. Ron Tanaka 37:08, 50-59: 1. Paul Gollinger 40:02, 2. Bill Bockmann 43:21, 3. Peter Wood 43:34, 60 & Over: 1. Ray Piva 40:24, 2. Ray Stewart 41:36, 3. Dick Rasmussen 42:49.

Division Results - Women's 10K

19-25: 1. Carie Melquist 40:00, 2. Melanie Gilbertson 40:06, 3. Chrissy Baker 40:45, 30-39: 1. April Powers 35:53, 2. Donna Hinshaw 39:23, 3. Jan Levett 43:42, 40-49: 1. Linda Mantynen 41:18, 2. Rhonda Dyer 47:20, 3. Carol Szymanski 53:26, 50-59: 1. Betsy Fraser-Smith 44:57, 2. Imma Dyson 46:37, 3. Marjorie Mikael 55:53, 60 & Over: 1. Sally Scholer 1:04:36, 2. June Swan 1:13:30, 3. Georgia Longsdon 1:14:54.

Division Results - Men's 5K

12 & Under: 1. Travis Lambert 21:17, 13-18: 1. Dino Daniels 19:06, 19-29: 1. David Mays 15:22, 2. Chris

Vicencio 16:47, 3. Marty Beene 17:58, 30-39: 1. Glenn Carpenter 17:12, 2. Malcolm Brown 17:24, 3. Doug Riggie 17:45, 40-49: 1. Jim Hampton 16:33, 2. John Galletta 17:51, 3. David Hayes 18:36, 50-59: 1. Dick Rodriguez 18:59, 2. Bill Boston 20:39, 3. Rocco Fazio 21:25, 60 & Over: 1. John Perez 23:34, 2. Don Anhorn 23:43, 3. Charley Olney 27:22.

Division Results - Women's 5K

12 & Under: 1. Tracy Kindel 37:00, 13-18: 1. Simee Tolan 21:58, 2. Brenda Bibby 27:17, 3. Nora Brown 28:57, 19-29: 1. Robin MacSwain 18:26, 2. Linda Hopper 21:30, 3. Pam Hofass 22:25, 30-39: 1. Marilyn Wallach 18:06, 2. Lynn Schur 22:15, 3. Barbara Bruechert 22:56, 40-49: 1. Barbara Sloan 23:38, 2. Louise Gervacio 24:03, 3. Phyllis Kaiser 25:09, 50-59: 1. Rita Kerr 24:35, 2. Christel Fias 28:33, 3. Dorothy Carlson 30:19, 60 & Over: 1. Dot Wainstock 29:01, 2. Ann Sievert 29:20, 3. Eloise Danio 30:13.

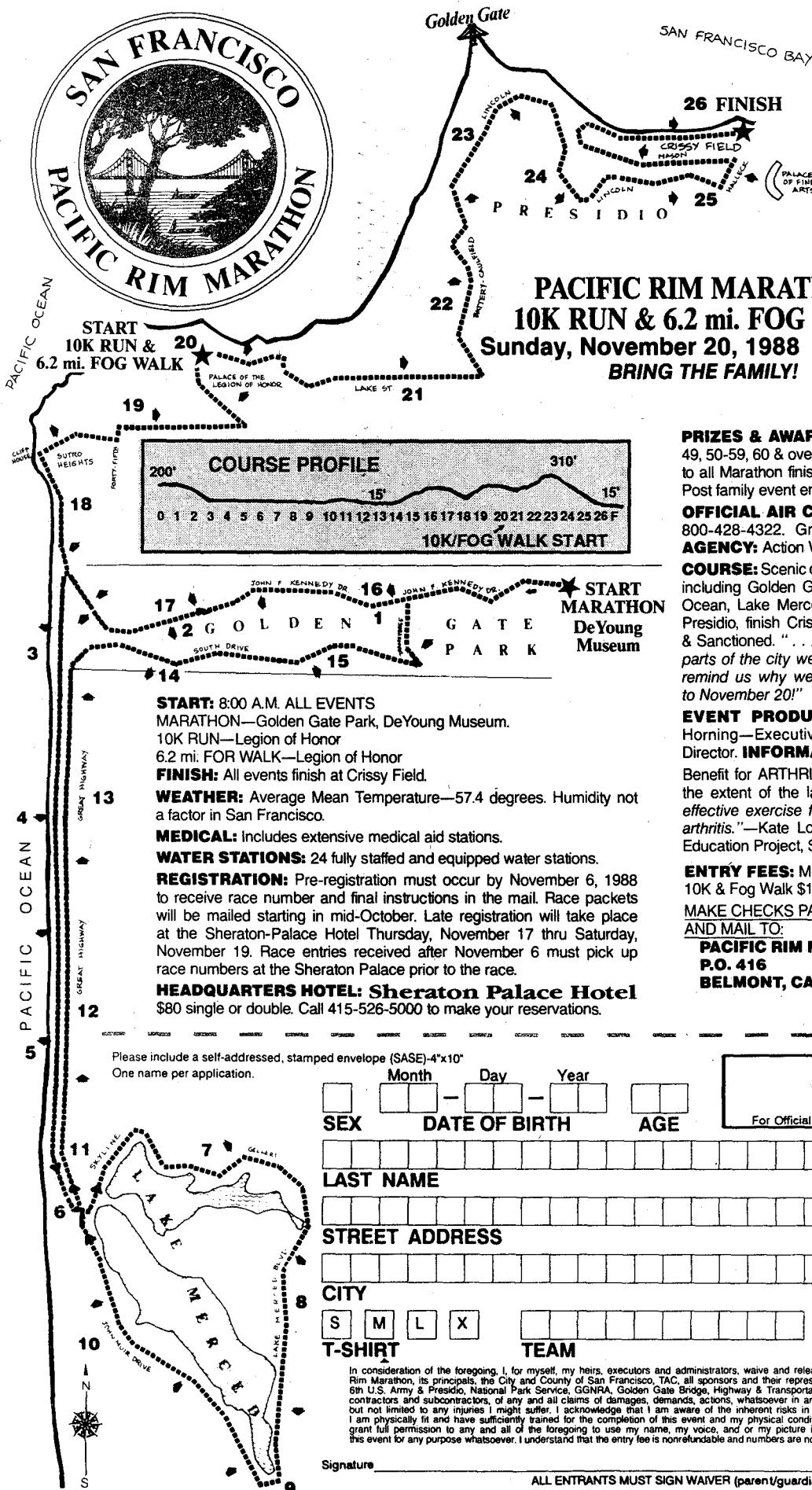
Sri Chinmoy 3 Mile Race

July 23. Santa Barbara.

Overall Results

1	Gregg Horner (SBAA)	15:39
2	Ricardo Gutierrez	16:36
3	Stewart Rasmussen (SRRRC)	16:42
4	Scott Caldwell	17:41
5	David Aguirre	17:48
6	John Yee	17:49
7	Anne Hayden (SBAA)	17:51
8	John Patterson (SBAA)	18:50
9	Bill Rupp (SBAA)	19:11
10	Aaron Young (SBAA)	19:16

Look for more of your favorite road racing results in our November/December issue.



PACIFIC RIM MARATHON 10K RUN & 6.2 mi. FOG WALK

Sunday, November 20, 1988 8:00 a.m.
BRING THE FAMILY!

PRIZES & AWARDS: Divisions—19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over; Men & Women. T-shirts to all entrants, Medals to all Marathon finishers. Special drawings & prizes for all entrants. Post family event entertainment and refreshments at Crissy Field.

OFFICIAL AIR CARRIER: USAIR. Call your travel agent or 1-800-428-4322. Group code: AC671K. **OFFICIAL TRAVEL AGENCY:** Action World Travel 1-800-852-5255.

COURSE: Scenic course through the western part of San Francisco, including Golden Gate Park, the Great Highway along the Pacific Ocean, Lake Merced, Legion of Honor, Golden Gate Bridge, the Presidio, finish Crissy Field on San Francisco Bay. TAC Certified & Sanctioned. "... As a San Franciscan, this course showed me parts of the city we rarely visit which are stunningly beautiful and remind us why we live here ... Thank you ... looking forward to November 20!"

EVENT PRODUCTION: PACIFIC RIM MARATHON, Dave Horning—Executive Director, Len Wallach—Technical Race Director. **INFORMATION: 415-696-4950**

Benefit for **ARTHRITIS FOUNDATION** (Entry fee tax deductible to the extent of the law.) "Walking has been determined to be an effective exercise for helping to reduce the debilitating effects of arthritis."—Kate Lorig, R.N., Dr. P.H., Director of Arthritis Patient Education Project, Stanford Arthritis Center

ENTRY FEES: Marathon \$20 Pre-reg, \$30 Late Entry after 11/6. 10K & Fog Walk \$10 Pre-reg, \$15 Late & Race Day.

**MAKE CHECKS PAYABLE TO
AND MAIL TO:**
PACIFIC RIM MARATHON
P.O. 416
BELMONT, CA 94002



START: 8:00 A.M. ALL EVENTS
MARATHON—Golden Gate Park, DeYoung Museum.
10K RUN—Legion of Honor
6.2 mi. FOR WALK—Legion of Honor
FINISH: All events finish at Crissy Field.
WEATHER: Average Mean Temperature—57.4 degrees. Humidity not a factor in San Francisco.
MEDICAL: Includes extensive medical aid stations.
WATER STATIONS: 24 fully staffed and equipped water stations.
REGISTRATION: Pre-registration must occur by November 6, 1988 to receive race number and final instructions in the mail. Race packets will be mailed starting in mid-October. Late registration will take place at the Sheraton-Palace Hotel Thursday, November 17 thru Saturday, November 19. Race entries received after November 6 must pick up race numbers at the Sheraton Palace prior to the race.
HEADQUARTERS HOTEL: Sheraton Palace Hotel
\$80 single or double. Call 415-526-5000 to make your reservations.

Please include a self-addressed, stamped envelope (SASE)-4"x10"
One name per application.

Month Day Year
SEX DATE OF BIRTH AGE

For Official Use Only

Please check one:

MARATHON ☐
10K RUN ☐
6.2 mi. FOG WALK ☐

LAST NAME FIRST NAME
STREET ADDRESS
CITY STATE ZIP
T-SHIRT TEAM TELEPHONE

In consideration of the foregoing, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against Pacific Rim Marathon, its principals, the City and County of San Francisco, TAC, all sponsors and their representatives, Arthritis Foundation, U.S. Government/Department of Army/6th U.S. Army & Presidio, National Park Service, GGNRA, Golden Gate Bridge, Highway & Transportation District, its officers, directors, employees, representatives, agents, contractors and subcontractors, of any and all claims of damages, demands, actions, whatsoever in any manner, as a result of my participation in said Marathon, including, but not limited to any injuries I might suffer. I acknowledge that I am aware of the inherent risks in participating in an athletic event of this type. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use my name, my voice, and or my picture in any broadcast, telecast, advertising, promotion or other account of this event for any purpose whatsoever. I understand that the entry fee is nonrefundable and numbers are nontransferable.

Signature

DATE

ALL ENTRANTS MUST SIGN WAIVER (parent/guardian if under 18)