

OCTOBER 1990

ISSUE NO. 163

CALIFORNIA

Track & Running News



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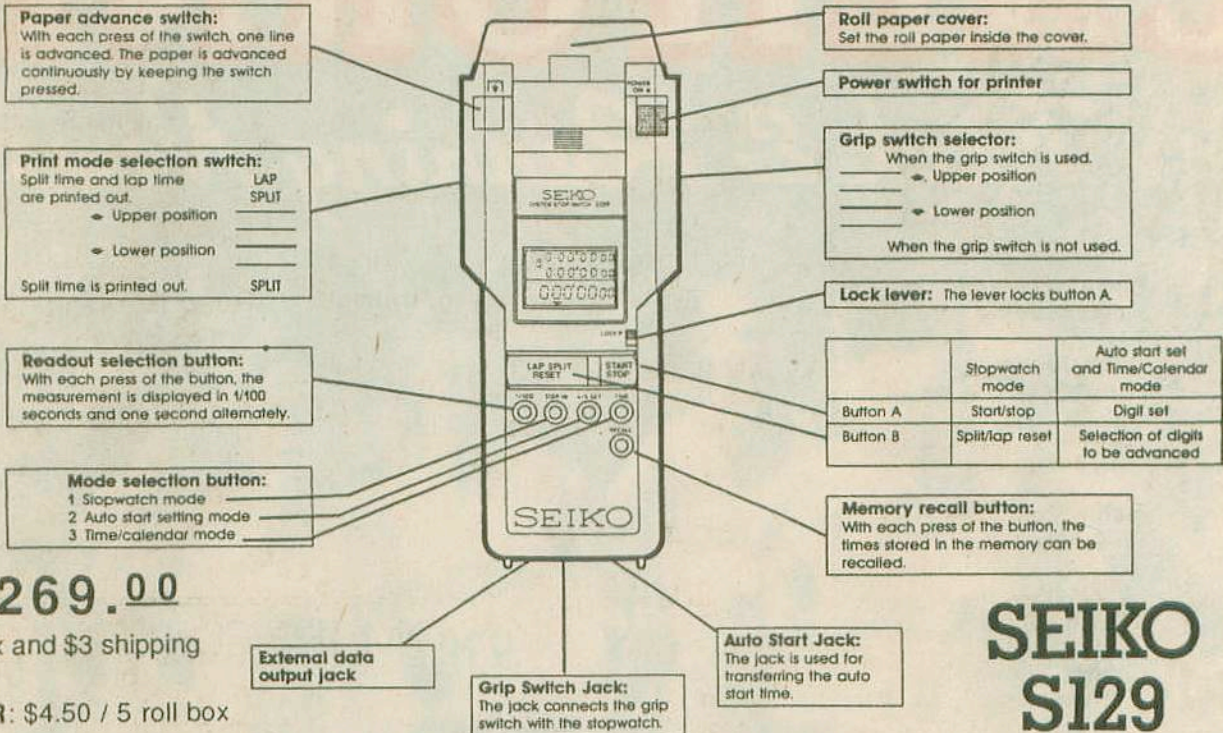
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Digital Quartz Printing Stopwatch S129

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3. Places: printed to "99," then start again at "0"
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SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

1989 3 28	1989 3 28
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2-0:00'20 41	0:00'07 06
3-0:00'21 69	2-0:00'09 03
4-0:00'23 14	0:00'01 97
5-0:00'24 60	3-0:00'11 11
6-0:00'26 11	0:00'02 08
7-0:00'27 58	4-0:00'13 15
8-0:00'29 21	0:00'02 04
9-0:00'33 78	
10-0:00'37 18	

Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

Specifications

Time Base and 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, 2 digits show Place or Lap Number.

Modes:

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

Temperature:

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

Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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CALIFORNIA

Track & Running News



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FROM THE EDITOR

Closing Doors, Opening Windows

Have you ever done something so long that it seems like part of you? Maybe it's a sport, or a job, or some daily or weekly routine? Maybe it's a relationship with parents, spouse or children? I'm thinking of things that you are so close to, and so involved with that they shape what and who you are.

Running and coaching has shaped and defined much of my life. As a kid growing up in Southern California, I spent hours playing games in the after-school sun. Whatever sport was in season, that's what we played. So, when I was offered my first opportunity to play organized sports as a freshman at Duarte High School, I jumped at the chance. However, it soon became obvious that a weak, slow, skinny kid wasn't going to make it in the big three: football, basketball and baseball.

On the last day of school as a ninth grader, at the all sports awards assembly, I noticed other skinny kids who were being awarded varsity letters for a sport called "cross country." After school I went to see the athletic director, Mo Williams. He told me to run all summer and see him again in the Fall. That's what I did. That summer I ran to the playground. I ran to work. I ran to the store. I ran everywhere. It seems I've been running ever since. By my senior year at Duarte I ran a mile in 4:18. I received a scholarship to Westmont College where I went on to run 4:11 and 1:52. Right after college, I went into coaching cross country and track and have been coaching ever since.

Needless to say, running and coaching have been a big part of my life.

I've never believed the saying that, "All good things must come to an end," but, last December I was diagnosed as having multiple sclerosis. Running has become very difficult and awkward. Fatigue, stress and heat have a negative effect on my condition and, since coaching is full of all three, so in August, I decided to retire my coaching hat.

Do I miss it? Yes, very much so. It's painful to watch from the sidelines. But, I remember a line I heard (was it from The Sound of Music??) saying, "that for every door God closes, He opens a window." I believe that. I've been able to put more time into teaching, into CTRN, and, most of all spend more time with my family.

Is there life after running and coaching? I'm sure there is. Running and coaching has been merely a means to an end, not the end in itself. I have benefited greatly by my participation in the sport. It's been good to me, it's been fun, and it's helped make me what I am today. I am thankful that I can still be involved — behind the scenes with the team here at Fresno Pacific, with the CTRN magazine, and with the Kinney meet. Hopefully I can continue to give back to the sport that has given so much to me.

See you at Woodward Park for the NCAA Region 8 meet, Reebok CIF Championships and the Kinney Western Championships.

Bill

ON THE COVER: Cross country action from the Clovis Independent X-C Invitational. Arroyo Grande, one of the nation's top ranked boy's teams, drives hard from the start.

Photo by Bill Cockerham

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 5 (Friday):

Palo Alto: Palo Alto Moonlight Run, 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rds.) 9 p.m./5K, 9:15 p.m. Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

October 6 (Saturday):

Novato: Stafford Lake Challenge Trail Race. 5K & 7.5 mile. Stafford Lake County Park. 8 a.m. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

Atwater: Castle 10K Run, Castle A.F.B. (Fitness Center), 8 a.m. Marty Bannon, 2726 Peerless, Atwater 95301. (209) 358-6855.

Rialto: SPA/TAC 8K Cross-Country Championships & 5K X-C (+ 300 Yd. "To the Peak" Sprint Challenge), Jurupa Hills Regional Park, 8 a.m. Prime Time, 173 Condor Dr., Rialto 92376. (714) 874-2238.

San Diego: Moving Comfort 8K (Women Only) and Movin' Shoes 8K (Men Only), South of Hilton, 7 a.m./Men, 7:30 a.m./Women. Info: Men (Paul Grfeer): (619) 755-1639, Women (Cindy Lennon): (619) 294-9273.

Visalia: 24-Hour Fun Raiser, 8 a.m., on new Sunkist Stadium track. \$40 pre entry. 24 Hours of continuous activity. Tammy Bohanan, 208 W. Main, Visalia 93277.

St. George, Utah: St. George Marathon, Time TBA (Entries close Sept. 27). St. George Marathon, 86 So. Main St., St. George, UT. 84770. (801) 634-5850.

Burney: Burney Classic Marathon. 5K & 10K. McArthur-Burney Falls State Park. 9 a.m. Dave Podbielski, Burney Lions Club, PO Box 217, Dept. M, Burney 96013 (916) 335-2768.

Bakersfield: Hart Park Fun Run, 7 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Delano: Delano Grape Runs, Distance & Time TBA. Info: (805) 725-2209.

Las Vegas, NV: The John L. Bailey "Juan in a Million" Memorial 5K, Location & Time TBA. Info: Ed Preciado (702) 254-0289.

Yosemite: Cloud's Rest Trail Marathon, Tolumne Meadows to Curry Village, 9 a.m. **Note: Already Full to 100 Limit.** Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Novato: Stafford Lake Biathlon, 3 Mi. Run, 10 Mi. Bike, 2 Mi. Run, Stafford Lake County Park, 10:30 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Corona: Corona Firefighters 5 & 10K, Corona High School, 7:45 a.m./5K, 8:15 a.m. Corona Firefighters Assoc., P.O. Box 1510, Corona 91718. Ron Bingham: (714) 737-2057.

Santa Monica: Oktoberfest 5 & 10K, 6th St. & Washington Ave., 8:30 a.m. Oktoberfest 5/10K, 725 California St., Santa Monica 90403. (213) 319-9772.

Los Angeles: Sri Chinmoy Peace Mile Race. 4 mile/2 mile walk. Sri Chinmoy Marathon Team, 1921 S. Sherbourne Dr., Los Angeles 90034 (213) 838-4746.

Los Angeles: L.A. Philharmonic 5 & 10K, Griffith Park, 8 a.m. Philharmonic Affiliates Races, Volunteer Cottage, P.O. Box 1951, Hollywood 90078. (213) 828-4123.

Fontana: SCA/TAC District 5K & 8K Cross-Country Championships, Jurupa Hills Regional Park, 8 a.m. Prime Time, 173 Condor Dr., Rialto 92376. (714) 874-2238.

October 7 (Sunday):

San Francisco: DSE Mission Rock Run, 3.5 Mi., Third St. & Mission Rock, 10 a.m. Info: (415) 593-2788.

San Francisco: California Mile, 8 a.m. Mike Marcus, P.O. Box 2417, Mill Valley 94942. (415) 383-0314.

San Francisco: Fleet Week Challenge, 10K. Pier 39 (to Treasure Island across Bay



Bridge). 8 a.m. Public Affairs Office, Naval Base San Francisco, Bldg. 1, Treasure Island, San Francisco 94130-5018, (415) 395-3924 or 3928.

Morgan Hill: Columbus Day Biathlon, 5 Mi. Run, 15 Mi. Bike, Live Oak H.S. (1505 E. Main St.) 9 a.m. South Valley Tri-Sports Club, 470 Corte Cabanil, Morgan Hill 95037. (408) 779-2054.

Santa Rosa: Harvest Fair 3 & 10K, Fairgrounds, 8 a.m. John Decker, Sonoma County Family YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

Sacramento: Sacramento Marathon & Half-Marathon. Time TBA. Ron Sturgeon, 7666 Leisuretown Rd., Vacaville 95688 (707) 448-9635.

Sparks, NV: Silver State 5K and PA/TAC 15K Championships, Cottonwood Park, 9 a.m. Bill Meister, 13235 Fellowship Way, Reno, NV. 89511. (702) 852-5037.

Moorpark: Moorpark Country Days 5 & 10K and 1 Mi., Moorpark H.S., 8 a.m. Bruce Thomas, MCDR, P.O. Box 1003, Moorpark 93020. (805) 529-9215.

San Dimas: Bonelli International and U.S. Triathlon Relays, 1K Swim, 40K Bike, 8K Run, Bonelli Park, Time TBA. Tri Events, Inc., 2654 E. Garvey Ave., West Covina 91701. (818) 331-0169.

Coronado: Leukemia Coronado Bridge Run, 3 Mi. & 10K, 7:45 a.m. Info: In Motion (619) 268-5882.

San Bruno: Artichoke Joe's Fun Run, Distance & Location TBA, Time TBA. Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

San Jose: Tree to Tree 10K & 2 Mile Fun Walk. 9 a.m. Kevin Nelson, San Jose Medical Center, 675 E. Santa Clara St., San Jose 95112 (408) 993-7038.

Fremont: Fremont Pumpkin Patch Run, 5K, Central Park Swim Lagoon (Paseo Padre Pkwy.), 9 a.m. Joanna Lohkamp, Leisure Services Dept., P.O. Box 5006, Fremont 94537. (415) 791-4363.

El Cerrito: Hillside Run, 1.5 Mi. Walk & 4 Mi. Run, Cerrito Vista Park (Moeser Ln. & Pomona Ave.), 9 a.m. Info: (415) 525-5519.

Fresno: 4 Corner Run, 10K Run & 2 Mi. Run/Walk, Cedar & Shields, 7:30 a.m. Fitness Plus Health Club, 3233 N. Cedar, Fresno 93726. (209) 226-7587.

Canoga Park: Michael Cooper Run for Hope, 5 & 10K, Warner Center (Topanga Plaza), 8:30 a.m. Race Central, P.O. Box 828, Rialto 92377. (213) 626-4611.

October 13 (Saturday):

Sacramento: BAOC Orienteering Meet, Goethe Park, Time TBA. Bay Area Orienteering Club, 3151 Holyrood Dr., Oakland 94611.

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

Berkeley: Barrow's to Bear's Lair 5K. North Field (near College & Bancroft). 10 a.m. Info: Paul Frederiksen (415) 457-4142.

Aptos: Aptos Creek Marathon. Forest of Nisene Marks State Park. 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705 (415) 540-7005.

Bakersfield: Quality Schools Runs, Location, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384. (805) 397-3744.

Las Vegas, NV: Harry Reid Red Rock Run, Distance TBA, Red Rock State Park, Time TBA. Info: Peter Arapis (702) 795-7582.

Pinole: Bear Valley Biathlon "Run & Ride", 12K Run, 24 Mi. Bike, Ellerhorst Grammar School, Pinole Valley Rd., 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Ontario: Ontario Auto Center Biathlon (2 Mi. Run, 9 Mi. Bike, 2 Mi. Run) & Tri-Fit Kids Only Biathlon (1 Mi. Run, 4 Mi. Bike, 1 Mi. Run), Ontario Auto Center, 8:45 a.m. ESCO, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

LaQuinta: Coachella Valley Red Cross Triathlon & Western Regional Tri-Clubs Championship, 750m Swim, 20K Bike, 5K Run, Lake Cahuilla, Time TBA. Bob Schneck, P.O. Box 9435, Palm Springs 92263. (619) 325-4114.

Los Angeles: Chrysalis Run for the Homeless, 5 & 10K, Griffith Park, 8 a.m./5K, 8:30 a.m. Race Central, P.O. Box 828, Rialto

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92376. Rachel Putterman: (213) 623-9394.

Huntington Beach: "Running is for the Birds" 5 & 10K, Bolsa Chica State Beach, 8:30 a.m. Info: (714) 897-7003.

San Diego: La Costa Challenge, 5K, Alga & Santa Isabel, 8 a.m. Info: Kathy Loper (619) 437-4667.

October 14 (Sunday):

Clayton: Mt. Diablo Relay, 48 Mi. (7 Legs, 5-10 Mi. Each), downtown, 7:30 a.m. John Mercurio, 1430 Bel Air Dr., Concord 94521. (415) 676-4151.

San Francisco: DSE Golden Gate Promenade, 7.13 Mi., Dolphin Club (502 Jefferson St.), 10 a.m. Info: (415) 593-2788.

San Francisco: GayRun, GayWalk '90, 5 & 10K Run, 5K Walk, Golden Gate Park (south side of Polo Fields), 9 a.m. GayRun, c/o Frontrunners, 1550 California St., Suite 6L200, San Francisco 94109. (415) 621-2213.

Half Moon Bay: Half Moon Bay Pumpkin Festival Run, 1.5 Mi. & 10K, Cunha School (Kelly & Church Sts.), 8 a.m./1.5 Mi., 8:30 a.m. Dave Stamper, HMB Coasters R.C., P.O. Box 1101, Half Moon Bay 94019. (415) 726-6453.

Danville: Primo's to Primo's 5K, 10K & Half-Marathon, (Half/Danville; 5 & 10K/San Ramon), 7:30 a.m./5 & 10K, 8 a.m. Jim Hurd, 2491 San Ramon Valley Blvd., Dept. 1-410, San Ramon 94583. (415) 820-7615.

Berkeley: Strawberry Canyon Run. 5.5 mile. Edwards Track Stadium to Lawrence Hall of Science (UC Berkeley). 9 a.m. Marilyn Smith, Lawrence Hall of Science, UC Berkeley, Berkeley 94720 (415) 642-5133.

Salinas: Heart & Sole 5 & 10K, Salinas Air-

port, Time TBA. Mike Hutchinson, Salinas Valley Memorial Hospital, 450 E. Romie Ln., Salinas 93901. (408) 755-0747.

San Rafael: Fourth Street Mile, 842 Fourth St., 10 a.m. Don Swartz, c/o New George's, 842 Fourth St., San Rafael 94901. (415) 258-9833.

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

Sacramento: CalFarm Insurance Zoo Zoom 5 & 10K (Masters PA/TAC 10K Championships), William Land Park (Sacto Zoo), Time TBA. Sacramento Zoological Society, 3930 W. Land Park Dr., Sacramento 95822. (916) 449-5888.

Merced: Bell Race, 3K & 15K, Applegate Park (26th & "O" St.), 8:30 a.m./15K, 8:40 a.m. Jean Schwisow, 629 El Portal, Merced 95340. (209) 722-8385.

San Luis Obispo: Cuesta 50K Biathlon, 10K Run, 40K Bike, Cuesta College, Time TBA. Warren Hansen, P.O. Box 8106, San Luis Obispo 93403. (805) 546-3207.

Montclair: Montclair Baldy View, 1K, 5K & 10K, 7:30 a.m. City of Montclair, 5111 Benito St., Montclair 91763. (Brad Bennett: (714) 626-8571, x267.

Irwindale: Colors of Autumn 5 & 10K (plus 1 Mi. Fun Run), Santa Fe Dam Recreational Area (Arrow Hwy. & Azusa Canyon Rd.), 7:30 a.m./10K, 7:35 a.m./1 Mi., 8 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

Burlingame: Sri Chinmoy 12-Hour Race, Burlingame H.S. (dirt track), 7 a.m. Venu Riggio, Sri Chinmoy Marathon Team, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

Oakland: Oakland SPCA Dog Run, Distance & Time TBA. San Leandro Marina. Info: Beverly Scotland (415) 569-0702.

SCHEDULE

Napa: Old Town Run, 2 & 5 Mi., 960 Caymus, 9 a.m. Dave Alvarado, 481 Seminary St., Napa 94559. (707) 253-7609.

Rio Vista: Bass Derby Run, 5 & 10K, City Park (4th & Montezuma), 8 a.m. Chamber of Commerce, 60 Main St., Rio Vista 94571 (707) 374-2700.

Kelseyville: Konocti Winery Harvest Festival 3 Mi. & 10K, Konocti Winery, Time TBA. Info: (707) 279-8861.

Orange County: Run the Ranch, 2K, 5K & 10K, Foothill Ranch, 8 a.m./5K, 8:30 a.m./10K, 9:30 a.m. Race Central, P.O. Box 828, Rialto 92377. (714) 661-1384.

October 20 (Saturday):

Berkeley: Golden Bear Challenge 5 & 10K, Edwards Stadium (UC Berkeley, Bancroft & Oxford), Time TBA. Tom Jacobs, UCB Men's Athletics, #210 Memorial Stadium, Berkeley 94720. (415) 642-2444.

Pt. Reyes: Miwoks 50 Mile & Marathon. Pt. Reyes National Seashore. 7 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705 (415) 540-7005.

Sacramento: Wenmat's 5 & 10K Run & Kid's Half-Mile, William Land Park (Arden Bar), 8:30 a.m./1/2 Mi., 9 a.m. Wenmat, Inc., Attn: Michele, 5800 Winding Way, Carmichael 95608. (916) 481-5004.

Sacramento: Firehouse to Firehouse Fun Run, 6K, Old Sacramento (1112 Second St), 9 a.m. Linda Bayless, Sacramento Fire Dept., 1231 "I" St., #401, Sacramento 95814. (916) 449-5321.

Fresno: Run to Make a Difference, 2 Mi. & 10K, Woodward Park, 7:30 a.m./2 Mi., 7:45 a.m. Margo Sundermeier, 7675 No. First, #222, Fresno 94710. (209) 436-8277, eves.

San Diego: San Dieguito Handicap, 10 Mi., 7:30 a.m. San Diego TC News, P.O. Box 7853, Encinitas 92024.

San Diego: San Diego Sun Run, 5K, UC San Diego, 7:30 a.m. Info: Toni Deal (619) 272-8316.

San Diego: Juvenile Diabetes 10K, LJ Village Sq., 9 a.m. Info: Jeff Hayes (619) 528-2213.

San Diego: Light the Night Against Crime. 7 p.m. (619) 233-4800.

Las Vegas, NV: Nat'l. USTS Bud Light Triathlon Championships, 1.5K Swim, 40K Bike, 10K Run, Time TBA. CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

San Francisco: **Cancelled!** Lake Merced 10K, 10 a.m. Pamakids Mile (free) 9:30 a.m. Pamakid's, 528 Larch Ave., So.

San Francisco 94080. (415) 583-6268.

Chico: Entol Wellness Walk-Jog-Run, Distance TBA, Time TBA. Info: Walt Schafer (916) 898-5273.

Springville: Big Apple Run, 5 & 10K, downtown, Time TBA. Carol Lapham, H.C.R. 2, Box 123, Springville 93265. (209) 539-2521.

Las Vegas, NV: LVTC 2 Mi., 5 Mi. & 10 Mi., Tule Springs (Floyd R. Lamb State Park), 8 a.m. Info: (702) 878-8414.

Vallejo: Blue Rock Classic, 10K & 2 Mi. Walk, Columbus Pkwy. & Redwood St., 9 a.m. Dan Donahue, P.O. Box 4427, Vallejo 94590. (707) 554-6080.

Morgan Hill: Red Ribbon Drug Free Run, 5K, Live Oak High School (1505 E. Main Ave.), 9 a.m. Fran McMahon, 17540 Carriage Lamp Way, Morgan Hill 95037. (408) 779-4119.

Manteca: Manteca Bulletin Run, P.O. Box 125, Manteca 95336. Mary: (209) 823-5209.

Bakersfield: Police Runs, Distance, Location & Time TBA. Info: (805) 326-3539.

Lompoc: Walk-Jog-a-Thon, 5 & 10K, Ryon Park, 8:45 a.m./Walkers, 9:15 a.m./Joggers. LOVARC, P.O. Box 833, Lompoc 93438. (805) 735-3428.

Newport Beach: Harbor Heritage Run 1990. 5K/2K. 8 a.m. 600 Irvine Ave. Newport Beach 92663 (714) 760-3339.

LaMesa: La Mesa Lions Club 10K Run & 4 Mi. Walk, Briar Crest Park, 7:30 a.m. Info: In Motion (619) 268-5882.

October 21 (Sunday):

San Francisco: DSE Bay to Breakers Revisited, 7.46 Mi. (Howard & Spear St.), 8 a.m. Info: (415) 593-2788.

San Francisco: Greater Mission Pride Run, 5 & 10K, Dolores Park, 10 a.m. Charles E. Smith, 633 Folsom St., Room 590, San Francisco 94107. (415) 542-1992.

Hayward: Hayward Half-Marathon & 2 Mi. Fun Run/Walk, Kennedy Park, 8 a.m. Debra Park, c/o H.A.R.D., 1099 E. St., Hayward 94541. (415) 881-6778.

Newark: Coyote Hills Race. 3.5 & 7 Mile. Coyote Hills Park. 10 a.m. Info: Newark Recreation Dept. (415) 745-1124.

Cupertino: Oxford's Eat & Run. 5 & 10K. DeAnza College. 9 a.m./5K, 9:20 a.m. Oxford's Eat & Run, c/o World Runners, P.O. Box 4190, Mt. View 94040. (408) 996-9961.

Livermore: The Mulberry Grape Escape, 5 & 10K, Wente Bros. Vineyards, 9 a.m. Rae Dorough, 6154 Escondido Cir., Livermore 94550. (415) 387-2178.

San Jose: YMCA Rose Garden Run/Stride, 1.5 Mi. & 10K, YMCA, 8:30 a.m. George Betencourt, c/o YMCA, 1717 The Alameda, San Jose 95126. (408) 298-1717, x40.

Santa Cruz: Long Marine Lab Half Marathon, Natural Bridges State Park, 8 a.m. Mike Moser, 100 Shafter Rd., Santa Cruz 95060. (408) 459-4675.

Salinas: Salinas Skyclimb, 7.5 Mi., Toro Regional Park (Quail Meadows Picnic Area), 9:30 a.m. (9 a.m./Walkers). Skip Latham, 105 Harvest St., Salinas 93901. (408) 424-6155.

Aptos: BAOC Orienteering Meet, Nisene Marks State Park, Time TBA. Bay Area Orienteering Club, 3151 Holyrood Dr., Oakland 94611.

Weott: Humboldt Redwoods Marathon & Half Marathon (H-M is PA/TAC Championships), Humboldt Redwoods State Park, 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570. (707) 442-6463, 2-4 p.m. weekdays.

San Francisco: Golden Gate Park X-C Series, 4 Mi., 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

Chula Vista: Arturo Barrios, 5K & 10K, 7:45 a.m./Open 5K, 8:15 a.m./Open 10K, 9:30 a.m./Invit. 10K. Arturo Barrios Invitational, 2341 Morena Blvd., Suite 2-H, San Diego 92110. (714) 548-4897.

Garden Valley: Grizzly Run, 5 & 10K, Golden Sierra H.S., 9:30 a.m. Howard Hiemeke, P.O. Box 507, Georgetown 95634. (916) 333-4402.

Suisun City: Run Against Drugs, 5K, Podd Park, 8 a.m. Ron Tougas, 3000 Evergreen Dr., Fairfield 94533. (707) 428-7361.

Davis: Davis Biathlon, (15 Yrs+): 5K Run, 30K Bike, 5K Run; 7-14 Yrs: 5K Bike, 1K Run, Emerson Jr. High (Calaveras & Arlington Sts.), 8 a.m./Adults, 10:30 a.m./7-14 Yrs. Fleet Feet Sports, 517 Second St., Davis 95616. (916) 758-6453.

Bakersfield: Ultimate Fun Run, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Studio City: Studio City 5 & 10K, Laurel Canyon Blvd. & Ventura, 8 a.m./5K, 8:30 a.m. Studio City Chamber of Commerce 5/10K, 11201 Ventura Blvd., Suite A, Studio City 91604. (818) 980-3811.

Victorville: High Desert Classic, 5 & 10K, Victorville Mall, 7:30 a.m. Race Central, P.O. Box 828, Rialto 92377. Elite Racing: (714) 548-4897.

SCHEDULE

October 27 (Saturday):

Stinson Beach: Stinson Beach Marathon & Half-Marathon & 7 Mile. 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705 (415) 540-7005.

San Jose: Software Publishing Biathlon, 15 Mi. Bike, 5 Mi. Run, downtown, 8 a.m. Rhody-Co Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Sacramento: Laguna Challenge 5 & 10K Run and 5K Stride, plus Kid's Half-Mile, Hwy 99 So. & Timberlake Way, 8:30 a.m./1/2 Mi., 9 a.m. Suzanne Weinberger, Laguna Challenge, c/o Methodist Hospital, 7500 Timberlake Way, Sacramento 95823. (916) 423-6161.

Gilroy: Halloween 10K, Christmas Hill Park, 9 a.m. Richard Young, 7671 Carmel, Gilroy 95020. (408) 842-5051.

Ventura: Twilight's Last Gleaming Cross Country Challenge, 4 Mi., Arroyo Verde Park, 5 p.m. Andrew Hecker, P.O. Box 7793, Ven-

tura 93006. (805) 983-0044, Days; (805) 642-3879, eves.

Bellflower: Bellflower Liberty Run. 5K/10K. 8 a.m. George Sturtz, Sports Supervisor, City of Bellflower, 1600 Civic Center Dr., Bellflower 90706 (213) 866-7550.

✓ **Alhambra:** Alhambra Moonlight 8K & Nat'l. TAC Women's Nationals, 7:10 p.m./Open. City of Alhambra Moonlight 8K, 111 So. First St., Alhambra 91801. (818) 570-5044.

San Diego: Light the Night Against Crime 10K, downtown, 7 p.m. Info: Toni Deal (619) 272-8316.

San Diego: Date Changed to October 28! Quarter-Note Classic 10K & 2 Mi., Organ Pavilion, 8 a.m. SDTC News, P.O. Box 7853. Encinitas 92024.

Carlsbad: Date Changed to Nov. 18! Coastal Classic, 5 & 10K, 8 a.m. Info: In Motion (619) 268-5882.

American River Canyon: Sierra Nevada Endurance Run, 52.4 Mi. (99% Trail), Time

TBA. Delmar Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 676-4910.

✓ **Las Vegas:** Showboat Run for Children. 5K Run/1 Mile Walk. 8 a.m. HOTEL PACKAGES AVAILABLE. Showboat Run for Children, PO Box 26118, Las Vegas, NV 89126-0118 (702) 383-2326.

Woodside: Kings Mtn. Ascent Half Marathon & 5 Mile, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Mariposa: Mariposa "Mountain Goat" Marathon, 6:15 a.m. (starts at 15-minute intervals) **Entry Limit: 50 - Oct. 19 Deadline.** Mountain Goat Marathon, P.O. Box 155, Mariposa 95338.

Las Vegas, NV: Nevada Day Run, Distance & Time TBA. Info: Coleen (702) 383-2326.

Redwood City: Sequoia YMCA 5 & 10K and 1 Mi., YMCA (1445 Hudson), 9 a.m. Sequoia YMCA, 1445 Hudson, Redwood City 94062. (415) 368-4168.

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From "The 90 Best Things About Houston" Houston Metropolitan Magazine July 1990

Get your 1991 running season off to a good start at the Houston-Tenneco Marathon. From the downtown start the course winds through

residential neighborhoods, crossing the famed Galleria area, on to beautiful Memorial park and back to the George R. Brown Convention Center.

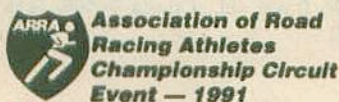
The fast, flat course and the cool January climate make the race a favorite of runners, many of whom return year after year. A special plus is the "Hoopla Brigade," 26 miles of spirited volunteers who entertain competitors and spectators alike with acts ranging from rock bands to roller skating gorillas. It's Houston hospitality at its best.

Plan to attend the free Houston-Tenneco Marathon Expo on Friday and Saturday, January 18-19, at the downtown Hyatt Regency Hotel, official marathon headquarters. Stay at the hotel and take advantage of special rates for race participants.

To request an entry form, write:

Houston-Tenneco Marathon
P.O. Box 56464
Houston, TX 77027

Or call: (713) 757-2700



SCHEDULE

St. Helena: St. Helena Hometown Harvest Festival Fun Run, 5 & 10K, Adams St. between Oak & Kearny, 8 a.m. Jamie Lewis, 1480 Main St., St. Helena 94574. (707) 963-3242.

Fresno: Shoes & Spokes Benefit Run, 2 & 6 Mi., Roeding Park (Palm Point), 8 a.m. CAPH, 1617 E. Saginaw Way, Fresno 93704. (209) 222-2274.

Lake Arrowhead: Red Ribbon Run, 5 & 15K, McDonald's, 8 a.m. Lake Arrowhead Communities Chamber of Commerce, Box 155, Lake Arrowhead 92352. (714) 337-3715.

Hawthorne: Hawthorne Rotary 5 & 10K, R.F.K. Medical Center, 8 a.m. Info: (213) 675-3043. (714) 644-5551.

Seal Beach: Seal Beach Autumn 10K Run, Marina Community Service, 8 a.m. Info: (213) 431-2527. (714) 751-0441.

Twenty-Nine Palms: Marine Corps Air Ground Combt Center Fall Triathlon, 100m Swim, 30K Bike, 5K Run, Time TBA. Bill Jones, Marine Corps Air Ground Combat Center Recreation Services, Athletic Dept., Bldg. 1530, Twenty-Nine Palms 92278. (619) 368-6857.

October 28 (Sunday):

San Francisco: DSE Fort Point Run, 3.8 Mi., Little Marina Green, 10 a.m. Info: (415) 593-2788.

San Francisco: Alcatraz Challenge Triathlon, 1.5 Mi. Swim, 1 Mi. Run, 15 Mi. Bike, 15 Mi. Run (Double Dipsea), 7 a.m. Sally Bailey, 10 Camelford Ct., Moraga 94556. (415) 376-3468. **\$140 Entry Fee.**

San Francisco: Alamo Alumni Run, 5 Mi., (focus on college alumni teams, but open to all). Civic Center Plaza. 8 a.m. Civic Center Plaza. Pamakid Runners, PO Box 27577, San Francisco 94127 (415) 681-2323.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K, & 15K, Old Boat-house (14th & Lakeside Dr.), 9 a.m. LMJS, 3136 California St., Oakland 94602. (415) 530-1951.

Palo Alto: The Great Race, 10K, Stanford Stadium, 8:30 a.m. Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Larkspur: Halloween Fun Run, 5 Mi. Run & 4 Mi. Walk, Piper Park (Doherty Dr.), 8:15 a.m./Walk, 8:30 a.m./Run. Larkspur Recr. Dept., P.O. Box 585, Larkspur 94939. (415) 927-5031.

Modesto: The Modesto Mile, 10th & "I" Sts., 8 a.m. Coyote Run Sport Shoes, 941 Tenth

St., Modesto 95354. (209) 579-7463.

Auburn: Bear of a Run, 5 & 10K and 2 Mi. Fun Run, Gold Country Fairgrounds, 9 a.m. Children's Home Society, 9719 Village Country Dr., Suite 201, Sacramento 95827. (916) 366-9057.

Westlake: Great Pumpkin 5 & 10K and 1 Mile, Westlake Hyatt Hotel, 8 a.m./5K, 8:50 a.m./10K, 9 a.m./1 Mi. Westlake Village Chamber of Commerce, 31838 Village Center Rd., Westlake Village 91361. (818) 991-3101.

Newport Beach: Human Race Triathlon, 1/2 Mi. Swim, 13 Mi. Bike, 5K Run, Time TBA. Pacific Sports Management, P.O. Box 30005, Suite 618, Laguna Niguel 92677. (714) 546-9041.

San Diego: Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, Time TBA. Hamilton Events, P.O. Box 236, Lake Oswego, OR 97034. (503) 655-4721.

Pleasanton: Red Ribbon Run, 1 Mi. & 5K, Downtown (Fairgrounds), 8:30 a.m. Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94566. (415) 847-9255.

Santa Ana: Monster Mash II, 5K, Main-place Santa Ana, 8 a.m. Race Central, P.O. Box 828, Rialto 92377. (714) 661-6062.

San Diego: Quarter-Note Classic 10K, Organ Pavilion, 8 a.m. Info: Pete Stafford (619) 234-6151.

October 31 to Nov. 3

(Wed. to Sat.):

Catalina Island: The World Triathlete Relay Championship, 7 Events, Time TBA. Tri Events, Inc., 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

November 3 (Saturday):

✓ **Belmont:** PA/TAC 10K X-Country Championships (all divisions) & Open 10K X-C Fun Run (non-championship), Crystal Springs X-C Course (Hallmark Dr. off Ralston Ave.), separate events for Open Men, Open Women, & Masters Championships, 1 p.m. (1st race). WVTC, c/o Flory Rodd, 1445 Lake St., #203, San Francisco 94118. (415) 387-7172.

Rosarito Beach, Mexico: Rosarito Beach Holiday 5 & 10K, 7:45 a.m. Info: Oscar Rosales (714) 841-5417.

Los Gatos: Charlie Wedemeyer Classic 10K Run & 4 Mi. Walk, Los Gatos Christian Church (Hicks off Camden Ave.), 9 a.m. Los Gatos Christian Church, 16845 Hicks Rd., Los Gatos 95032. (408) 268-1411.

Los Altos Hills: Country Classic, 5 & 10K,

Foothill College (Moody Exit off I-280), 8:30 a.m. Olin Nichols, P.O. Box 1286, Los Altos 94022. (415) 949-5415.

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

So. El Monte: Legg Lake 5K Green Tree Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Subway's Chariots of Fire 5K & 2 Mi., Location & Time TBA. Info: Las Vegas T.C. (702) 878-8414.

Sacramento: Morning Madness 5 & 10K, Fleet Feet Sports, 9 a.m. Tom Faulkner, Fleet Feet Sports, 7465 Rush River Dr., Sacramento 95831 (916) 427-8022.

Sacramento: Bureaucratic Shuffle 5 & 10K and Kids' Half-Mile, 7th & "P" Sts., 9 a.m. Terese Zellmer, c/o Health Services, 714 "P" St. Sacramento 95814. (916) 322-4856.

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Anaheim: Anaheim Memorial Hospital/Ironman Duathlon, 5K Run, 30K Bike, 5K Run, Time TBA. CS Sports, 11840 Gorham, Los Angeles 90049. (213) 588-2786.

Los Angeles: Stuntmen's 5 & 10K, Griffith Park, 8 a.m. Race Central, P.O. Box 828, Rialto 92377. (818) 934-0806.

San Diego: Rock and Roll 10K & 7.2 Mi., South of Hilton, 7:30 a.m. Info: Tim Callahan (619) 437-4556.

November 4 (Sunday):

New York City: New York City Marathon, 10:45 a.m. Marathon Entries, P.O. Box 1388 GPO, New York, NY 10116. (212) 860-4455. Send as soon as possible (#10 Size) and check for \$3 payable to "NYC Marathon", 23,000 accepted (12K 1st entries, 4K lottery, 7K international).

San Francisco: Waterfront 10 Mi. & 2 Mi., Aquatic Park (Hyde & Jefferson), 8 a.m. California College of Podiatric Medicine, 1210 Scott St., San Francisco 94115. (415) 563-3444, x535.

San Francisco: DSE Plo Breakers, 5.5 Mi., Golden Gate Park (south side of Polo fields), 9:30 a.m. (Kids' Run), 10 a.m. Info: (415) 593-2788.

Orinda: Orinda Rotary Foot Feat 5 & 10K and 2 Mi. Walk, Orinda Community Center (near BART), 8:30 a.m. Paul Giers, Orinda Rotary, 96 Davis Rd., Orinda 94563. (415) 254-4667.

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WALT BUTLER SPORT SHOES Pasadena, CA	

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SCHEDULE

Fremont: Date Changed to Nov. 18!
Run for the Health of It, 2 Mi. & 10K, Washing-
ton Hospital, 8:30 a.m. Washington Hospital
Employee's Assoc., 2000 Mowry Ave., Fre-
mont 94536. (415) 797-1111 x4730.

Santa Rosa: Snoopy's Young at Heart
Run, Distance & Time TBA. Info: Helen Shar-
rocks (707) 546-3385.

Chico: Almond Bowl Run, 3 & 6 Mi., Bidwell
Park, 10 a.m. Chico R.C., P.O. Box 1182,
Chico 95927. Walt Schafer: (916) 898-5273.

Bakersfield: Gold Wave Pedal & Ploot Bi-
athlon, 10K Run, 40K Bike, Hart Park, 9 a.m.
RACE, 3213 Panorama, Bakersfield 93306.
(805) 871-6501.

San Bernardino: Rotary North 5K Cross
Country Classic Run, 8K District Champion-
ships, & 5K Walk, Cal-State Univ., 7:45 a.m.
Info: (805) 882-4347.

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

Palm Springs: Senior Awareness Festival
10K Run. Palm Springs Senior Center, 550 N.
Palm Canyon Dr., Palm Springs 92262 (619)
323-5689. (Athletes 50 years and older.)

So. San Francisco: The Point to Point
Run, 5K & 2 Mi. Walk, Oyster Point Blvd.
(East end), 8:30 a.m. Runners Inn, 486 San
Mateo Ave., San Bruno 94066. (415) 872-
3805.

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

San Ramon: The Fisherman Biathlon, 5K
Run, 30K Bike, 5K Run, The Marketplace (Al-
costa & Bollinger), 7:30 a.m. Fleet Feet
Sports, 4247 Rosewood Dr., Pleasanton
94566. (415) 847-9255.

Windsor: Windsor Whale Run, 3K & 10K,
Windsor Middle School (Star Rd.), 9 a.m.
Wine Country Race Service, P.O. Box 237,
Occidental 95465. (707) 829-9493.

Camino: Apple Hill Harvest Run, 1/2 Mi., 3.5
Mi. & 8 Mi., Lasen Apple Barn (No. Canyon
Rd. & Larson Dr.), 8:30 a.m./1/2 Mi., 9 a.m./3
1/2 Mi., 9:15 a.m. Snowline Hospice, 814 Pa-
cific St., Placerville 95667. (916) 626-4604.

Merced: MTC Turkey Trot, 1.3 Mi. & 10K,
Applegate Park (26th & "O" St.), 10 a.m. Dave
Olsen, 973 Idaho St., Merced 95340. (209)
723-6579.

Marina del Rey: Marina Breakers, 5 &
10K, Burton Chace Park (end of Mindanao
Way), 8 a.m. Race Central, P.O. Box 828, Ri-
alto 92377 (WZ Promotions: (213) 828-4123.

November 10 (Saturday):

Morro Bay: Morro Bay Relay, Distance(s)
TBA, Morro Bay State Beach, 8:30 a.m. Morro
Bay Rec. & Parks Dept., 1001 Kennedy,
Morro Bay 93442. (805) 772-1214, x229.

Sunnyvale: ESL Runaway, 5 Mi. & 1 Mi.
"Teddybear", Time TBA. Dori Wilson, c/o ESL,
495 Java (#M-503), Sunnyvale 94088. (408)
743-6399.

Pescadero: Pescadero Half-Marathon & 5
Mi., Pescadero Creek County Park, 9 a.m.
Team Challenge, P.O. Box 963, El Sobrante
94803. (415) 841-1190.

So El Monte: San Gabriel River 3 Mi. Griz-
zly Bear Run, 9:30 a.m. Arthur Martinez, 9502
Reichling Ln., Pico Rivera 90660. (213) 949-
0394.

San Diego: Great American Smokeout, 2
Mi. & 10K, Amphib. Base, 7:30 a.m. Info: Ka-
thy Loper (619) 437-4556.

Las Vegas, NV: Diabetic Association 10K
& 2 Mi. Fun Run/Walk, Location & Time TBA.
Info: (702) 369-9995.

San Mateo: Judy Golding 70th Birthday 8K
Run/Walk, Mariners Island Blvd. & J Heart
Clinton Dr., 9 a.m. Vintage A.A., P.O. Box
620732, Woodside 94062. (415) 851-2555.

Big Sur: Big Sur Trail Marathon, Half-
Marathon & 10K, Andrew Molera State Park, 9
a.m. Tri-Sports, 21 Live Oak, Berkeley
94705. (415) 540-7008.

Bakersfield: Cal-State Bakersfield Fall 5K,
Time TBA. Info: (805) 664-2347.

November 11 (Sunday):

Clarksburg: Foundation Charity Challenge,
PA/TAC 30K Championships, 5K Run/Walk, 1
Mi. Kid's Race, Delta H.S., 11 a.m./30K,
11:15 a.m./5K, 12:05 p.m./1 Mi. Foundation
Charity Challenge, P.O. Box 20, Clarksburg
95612. (916) 636-7692, (707) 448-9635.

Columbus, OH: Columbus Marathon (Nat'l.
TAC Men's Championships & site of 1992
Men's Olympic Trials). Columbus Marathon,
6290 Busch Blvd., #30, Columbus, OH
43229. (614) 433-0395.

San Francisco: Options for Women &
Girls, 5K Run/Walk, Golden Gate Park, 8:30
a.m. Options for Women Over 40, 3543 - 18th
St., San Francisco 94110. (415) 431-6944.

San Francisco: DSE Coit Tower Run, 3
Mi., Dolphin Club, 9 a.m. Info: (415) 593-
2788.

Livermore: Orienteering Meet, Morgan Ter-
ritory (10 Mi. North of Livermore), Time TBA.
Bay Area Orienteering Club, 3151 Holyrood
Dr., Oakland 94611 (Mark Blair: (415) 422-
4266.

SCHEDULE

Aptos: Run for Your Life, 6.5 Mi., Aptos Village Park, 9 a.m. Joel Dossta, 358 Searidge, #1, Aptos 95003. (408) 685-2504.

So. El Monte: Legg Lake 5K Veterans Day Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Sunnyvale: Dash for Diabetes 8K Run & 2 Mi. Walk, Old San Francisco/Sunnyvale Rd., 9 a.m. Sunnyvale Medical Clinic, 596 Carroll, Sunnyvale 94086. (408) 287-3735.

Antioch: King of the Hill Biathlon, 2 Mi. Run, 10 Mi. Bike, 2 Mi. Run (10 Mi. is "mountain bike" event), Contra Loma Regional park, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803 (415) 841-1190.

Santa Rosa: Snoopy's Young at Heart Run, 3.1 & 7 Mi., Redwood Empire Ice Arena, 8 a.m. Redwood Empire Ice Arena, 1667 W. Steele Ln., Santa Rosa 95403. (707) 546-3385.

Bakersfield: NBRPD Tri #1, Distances & Time TBA. Info: (805) 392-2000.

Fresno: The Fox Trot/Fresno's Half Marathon, 9 a.m. Woodward Park. The Fox Trot, PO Box 17097, Fresno 93744-7097. Info: Fresno Joggers (209) 439-8093.

Long Beach: Long Beach Shoreline Half Marathon, Ocean Blvd. between Long Beach Blvd. and Pine Ave., 7:30 a.m. Community Rehabilitation Industries, 1500 E. Anaheim St., Long Beach 90813. (213) 433-4557; 591-0539.

Riverside: Mission Inn 5 & 10K, Raincross Square, 7:30 a.m./5K, 8 a.m. Race Central, P.O. Box 828, Rialto 92377. (714) 781-8241.

North Hollywood: Academy 5K Roadrace, Universal City, 8 a.m. Academy 5000, Chamber of Commerce, 5019 Lankershim Blvd., No. Hollywood 91601. (818) 508-5155.

November 17 (Saturday):

Oakland: Sri Chinmoy 24-Hour Race, one-mile loop on Edgewater Dr., 8 a.m. Venu Riggo, Sri Chinmoy Marathon Team, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

Saratoga: Skyline to the Sea Trail Marathon, 50 Mi. & 30K, Saratoga Gap (Hiway 9 & 35), 7 a.m./50M, 9 a.m./Mara. & 30K. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Davis: Turkey Trot 5K (PA/TAC Championships) & 10K, plus kids runs (1/4 Mi., 1/2 Mi., 1 Mi.), Third St. & Russell Blvd., 8:30 a.m./5K, 9 a.m./10K, then kids races. A Change of Pace, 221 G Street, Suite 205, Davis 95616 (916) 757-2012.

Lompoc: Turkey Trot, 5 & 10K, Time TBA.

John Perkins: 3304 Via Dona, Lompoc 93436. (805) 733-4308.

San Diego: Mission Bay 25K, West Fiesta Island, 7:30 a.m. Info: Chuck Pennell (619) 460-3110.

Fresno: Robinson Cup River Run, 2 Mi., 5 Mi. & 12K, Lost Lake County Park (10 Mi. N.E. of Fresno), 8 a.m./2 Mi., 8:30 a.m. San Joaquin River Parkway & Conservation Trust, 668 W. Shaw Ave., Suite F-174, Fresno 93704. (209) 224-4451.

Acton: Run for Sobriety, 5 & 10K Run and 1 Mi. Walk, 8 a.m. Acton Rehabilitation Center, P.O. Box 25, Acton 93510. (805) 269-0062.

Los Angeles: Solidarity Run for a Free World, 5 & 10K, Griffith Park, 8:30 a.m./5K, 9 a.m. Solidarity Free World Run, P.O. Box 492, Whittier 90608. (213) 696-3764.

Playa del Rey: Jet to Jetty 5 & 10K, Dockweiler Beach, 8 a.m. AMCS Jet to Jetty, 6228 W. Manchester Ave., Westchester 90045. (213) 670-1410.

November 18 (Sunday):

Los Gatos: Summit Marathon & Half-Marathon, Los Gatos H.S. (track) out and back courses, 8 a.m. Runners Factory, 51C University Ave., Los Gatos 95030. (408) 395-4311.

San Francisco: DSE Ocean Beach Low Tide Run, 6 Mi., Great Hiway & Balboa, 10 a.m. Info: (415) 593-2788.

San Francisco: Golden Gate Park X-C Series, 4 Mi., 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

San Rafael: Orienteering Meet, Bon Tempe Lake, Time TBA. Bay Area Orienteering Club, 3151 Holyrood Dr., Oakland 94611.

Los Gatos: Summit Marathon & Half-Marathon, Los Gatos H.S., 8 a.m. Runners Factory, 51 University Ave., Los Gatos 95030. (408) 395-4311.

Santa Cruz: Turkey Trot 10K & 1 Mi. Kids Run, 2300 Delware Ave., 8 a.m./Kids, 8:30 a.m. Lisa McGinnis, Parks & Rec. Dept., 307 Church St., Santa Cruz 95060. (408) 429-3477.

Inverness: "Out Where the Tule Elk Roam III", 7 mi., Tomales Point (end of Pierce Pt. Rd.), 10 a.m. Tri Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Merced: Turkey Trot, 10K & 1 Mi., Apple-gate Park (26th & "O" St.), 10 a.m. Info: Dave Olsen, P.O. Box 3275, Merced 95344. (209) 723-6579.

Riverside: Great American Smokeout 5K,

10K & Half-Marathon, Polytechnic H.S. (Victoria & Central), 8 a.m. American Cancer Society, 2060 Chicago Ave., Riverside 92507. (714) 824-2724.

Puente Hills: Puente Hills Mall 5K Turkey Trot, Puente Hills Mall Parking Lot (between Robinsons & Pennys), 8:30 a.m. Puente Hills YMCA, 1603 So. Stimson Ave., Hacienda Heights 91745. (818) 961-3480.

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

Las Vegas, NV: Turkey Trot 10K & 2 Mi., Bally's Grand (Flamingo & Las Vegas Blvd. So), 7:30 a.m. Info: Opportunity Village (702) 384-8170.

Fremont: (Date changed from Nov. 4). Run for the Health of It, 2 Mi. & 10K, Washington Hospital (2000 Mowry Ave.), 8:30 a.m. Washington Hospital Employee Assoc., 2000 Mowry Ave., Fremont 94538 (415) 797-1111, x4730.

Bakersfield: Ultimate Fun Run, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Carlsbad: Coastal Classic, 5 & 10K, 8 a.m. Info: David Condit (619) 275-5440.

San Diego: San Diego Harbor Run & Walk, 2 Mi. & 10K, Marina Park, 7:30 a.m. Info: Lynn Lacey (619) 448-3700.

November 23 (Friday):

Walnut Creek: The Ginder Grinder, 5 & 10K, Borges Ranch Ranger Station, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

November 24 (Saturday):

Mill Valley: Quadruple Dipsea, 28.4 Mi., Old Mill Park, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611. (415) 842-6889.

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

Cathedral City: Desert Princess Run-Bike-Run Fun 'n Sprint Course (3K Run, 15K Bike, 3K Run), and Run-Bike-Run Duathlon Championship (10K Run, 60K Bike, 10K Run), Doubletree Resort at the Desert Princess, Time TB A. Klein & Clark Sports Production, P.O. Box 8476, Palm Springs 92263 (619) 320-1341.

Las Vegas, NV: Rob's Predicted Time Turkey Run, 5 Mi., Tule Springs (Floyd R. Lamb State Park), 8 a.m. Info: Las Vegas T.C. (702) 878-8414.

Books...

- ☐ **All About Road Racing -- \$5.00**
Tom & Janet Heinonen. 1979. 128 pgs. Illustrated.
- ☐ **Basic Track & Field Biomechanics -- \$11.50**
Tom Ecker. 1985. 208 pgs. Illustrated.
- ☐ **Ed. Fern's Flight School -- \$8.00**
Ed. Fern. 72 pgs. Illustrated. Ready August 1990.
- ☐ **Getting Started in Track & Field -- \$6.50**
A Coaching Manual. R. S. Parker. 1976. 128pgs. Illustrated.
- ☐ **High School Cross Country -- \$5.00**
Joseph McLaughlin. 1983. 96 pgs. Illustrated.
- ☐ **How High School Runners Train -- \$5.00**
ed. by Frank P. Calore. 2nd ed. 1982, 128pgs. Illustrated.
- ☐ **Peak When It Counts: Periodization for American Track & Field -- \$12.00**
William H. Freeman. 1969. 111 pgs. Illustrated.

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SCHEDULE

Bakersfield: Cal-State Bakersfield Fall 10K, Time TBA. Info: (805) 664-2347.

November 25 (Sunday):

San Francisco: DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry St., 10 a.m. Info: (415) 593-2788.

San Francisco: Run to the Far Side 5 & 10K, Golden Gate Park (Calif. Academy of Sciences), 8:30 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2187.

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

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

December 1 (Saturday):

Antioch: Tri Sport Challenge, Run-Bike-Swim, Raleys Shopping Center (Lonetree Way), 9 a.m. Clark Gelhaus, 111 W. 15th St., Antioch 94509. (415) 757-7412.

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Bakersfield: Chill Chaser, Distance & Time TBA. Info: (805) 833-6268.

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

San Diego: Balboa Park 5K (men) & Balboa Park Boogie (Women's 5K), 6th & Laurel, 7 a.m./Women, 7:30 a.m./Men. Info: Sharon Greiner (619) 440-1206.

Las Vegas, NV: March of Dimes Sammy Davis Jr. Memorial Run, Distance, Location & Time TBA. Info: Dale Anderson (702) 734-1232.

December 2 (Sunday):

Folsom: California International Marathon, finish at Capitol Mall in downtown Sacramento, 7 a.m. SLDRA, P.O. Box 161149, Sacramento 95816. (916) 447-2786.

San Francisco: Nike-San Francisco Half-Marathon, Golden Gate Park (JFK Dr. & Stow Lake Dr.), 8 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

San Leandro: Sleigh Bells Dash, 5K, Life Chiropractic College west, 9 a.m. RhodyCo Productions, 3929 California St., San Fran-

cisco 94118. (415) 387-2178.

San Francisco: DSE Little Marina Green Run, 4.4 Mi. (plus Kids' Run), 9:30 a.m./Kids, 10 a.m. Info: (415) 593-2788.

Bakersfield: NBRPD Tri #2, Distances and Time TBA. Info: (805) 392-2000.

So. El Monte: Legg Lake 5K Blue Gill Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Los Angeles: City Pacific Triathlon, 100m Swim, 10 Mi. Run, UCLA, Time TBA. Info: Tri-Events (818) 331-0169.

December 8 (Saturday):

Bakersfield: Cal-State Bakersfield Fall 15K, Time TBA. Info: (805) 664-2347.

Alta Loma: Bud Light Tinsel Triathlon, 200 Yd. Swim, 9 Mi. Bike, 3 Mi. Run, Time TBA. ESCO, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

So. El Monte: San Gabriel River 3 Mi. Clear Stream Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Santa Claus 2 & 5 Mi., Tule Springs (Floyd Lamb State Park), 9 a.m. Info: (702) 878-8414.

December 9 (Sunday):

Honolulu, HI: Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Waialae Ave., Room 208, Honolulu, HI. 96816. (808) 734-7200.

San Diego: San Diego International Marathon, 8 a.m. In Motion, 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

Las Vegas, NV: Lite Mini Marathon, 7:30 a.m. Hacienda Hotel & Casino. LVTC, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

San Francisco: DSE/Peak Busters' Lake Merced Revisited, 4.6 Mi., Sunset Blvd. Parking Lot, 10 a.m. Info: (415) 593-2788.

McFarland: McFarland Runs, Distance & Time TBA. Info: (805) 792-3091.

San Diego: San Diego International Marathon, In Motion, 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

So. El Monte: Legg Lake 5K Rainbow Trout Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

December 15 (Saturday):

Alameda: Harbor Bay Biathlon, 2 Mi. Run, 10 Mi. Bike, 2 Mi. Run, Harbor Bay Pkwy., 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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8 MDA - BOSTON MILK RUN • 10K • Boston, MA 617-396-3001
28 BANKERS TRUST - DRAKE RELAYS 10K • Des Moines, IA 515-280-4029

MAY

6 LILAC BLOOMSDAY RUN • 12K • Spokane, WA 509-838-1579
13 NIKE WOMEN'S RACE • 8K • Washington, DC 703-780-3037
28 BOLDER BOULDER • 10K • Boulder, CO 303-444-7223

JUNE

16 STEAMBOAT CLASSIC • 4 Miles • Peoria, IL 309-688-7313
17 CASCADE RUN OFF • 15K • Portland, OR 503-226-0717

JULY

4 PEACHTREE ROAD RACE • 10K • Atlanta, GA 404-231-9065
28 QUAD CITY TIMES BIX 7 • 7 Miles • Davenport, IA 319-359-9197

AUGUST

11 ASBURY PARK 10K CLASSIC • Asbury Park, NJ 201-922-9479
19 FALMOUTH ROAD RACE • 7.1 Miles • Falmouth, MA 508-540-7000

OCTOBER

7 TWIN CITIES MARATHON • Minneapolis, MN 612-339-1913
27 TULSA RUN • 15K • Tulsa, OK 918-588-2850

NOVEMBER

11 THE OLD RELIABLE RUN • 10K • Raleigh, NC 919-829-4843

DECEMBER

2 CALIFORNIA INTERNATIONAL MARATHON • Sacramento, CA 916-447-2786

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SCHEDULE

So. El Monte: Legg Lake 8K George Guerrero Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Las Vegas Lite Half-Marathon, Hacienda Hotel (Las Vegas Strip), 7:30 a.m. Bill & Jan Callahan, LVTC, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

December 16 (Sunday):

San Francisco: Christmas Relays, 4x4.464 Mi., Lake Merced (Sunset Blvd. Parking Lot), 9 a.m. (2 starts). WVTC, c/o Marc Lund, 1433 Norman Dr., Sunnyvale 94087. Flory Rodd: (415) 387-7172.

San Francisco: DSE Windmill Run, 6.5 Mi., Kennedy Dr. at Ocean Beach, 10 a.m. Info: (415) 593-2788.

Bakersfield: Ultimate Fun Run, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Pasadena: Run for the Roses 5 & 10K. Rowe Bowl, 8 a.m. Peter A. Dills, 56 East Holly, Suite 210, Pasadena 91103 (818) 577-5817.

So. El Monte: Legg Lake 5K Missile Tow Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Festival of Lights 10K & 2 Mi., Balboa Park, 7:30 a.m. Info: Sam Cohen (619) 583-3300.

December 17 (Monday):

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

December 22 (Saturday):

So. El Monte: Legg Lake 5K Feliz Navidad Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: LVTC 2 & 5 Mi., Silver Bowl (Near Russell Rd. & Boulder Hwy), 9 a.m. Info: (702) 878-8414.

December 23 (Sunday):

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

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

December 24 (Monday):

So. El Monte: Legg Lake 5K Christmas Eve Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

December 25 (Tuesday):

San Francisco: DSE Christmas Blind Date Relays, 2x2 Mi. (1 Male/1 Female), Golden Gate Park (Stow Lake Boathouse), 10 a.m. Info: (415) 593-2788.

So. El Monte: Legg Lake 5K Red Nose Reindeer Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

December 29 (Saturday):

Sacramento: Gibson Ranch Multi-Day Classic 24-Hour, 48-Hour & 6-Day Runs, Time TBA. Norm Klein (916) 638-1161.

So. El Monte: Legg Lake 5K Fin de Ano Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

Las Vegas, NV: LVTC 2 Mi., 5K & 10K & No Host Breakfast at Sam's Town, Silver Bowl (near Russell Rd. & Boulder Hwy.), 9 a.m. Info: (702) 878-8414.

December 30 (Sunday):

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

December 31 (Monday):

San Francisco: First Run 5K, Crissy Field (Presidio), midnight. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Los Altos Hills: Foothill College Midnight Run, 5K, midnight. Joe Mangan, Foothill College (Track Coach), 12345 El Monte, Los Altos Hills 94022. (415) 949-7640.

Lompoc: Midnight Run, 1 & 4.8 Mi., Time TBA. John Perkins, Lompoc Valley D.C., 3304 Via Dona, Lompoc 93436. (805) 733-4308.

So. El Monte: San Gabriel River 3 Mi. New Year's Even Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Resolution Run, 1 Mi. & 5K, 6th & Laurel, 12:15 p.m. Info: Roger Martin (619) 232-7451.

San Diego: New Year's Fun Run, Distance TBA, Mission Beach Boardwalk, 11:45 p.m. Info: Movin Shoes (619) 488-2310.

SCHEDULE

~HAPPY NEW YEAR~

January 1 (Tuesday):

San Francisco: 1991 Hangover Run, 3.53 Mi., Golden Gate Bridge (Lower Parking Lot), 10 a.m. Info: (415) 593-2788.

Carmel: Rio Resolution Run, 6.8 Mi., Rio Grill Restaurant, 9 a.m. Info: (408) 625-9524.

So. El Monte: San Gabriel River 3 Mi. New Year Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Looking Ahead

Marathon, Relays & Important Deadlines, Major Events, Etc.

Jan. 13 (Sun.): Phoenix, AZ: Arizona Marathon, Tempe and Scottsdale, 8 a.m. The Arizona Marathon, 2801 W. Medlock, Phoenix, AZ. 85017. (602) 246-7697.

✓ **Feb. 2 (Sat.): Jean to Las Vegas, NV:** Las Vegas Marathon & 5-Person Relay. 7:30 a.m. Al Boka, Las Vegas Marathon, P.O. Box 81262, Las Vegas, NV 89180.

Track & Field

October 27 (Sat.): Palm Springs: Senior Awareness Festival Track Meet (100m, 1500m, 400m, 800m, 200m, 5000m, 50m - Athletes 50 years and older). Palm Springs Senior Center, 550 North Palm Canyon Drive, Palm Springs 92262 (619) 323-5689.

Open/College Cross Country

October 6 (Sat.): Palo Alto. Stanford Invitational.

October 13 (Sat.): Oakland. Mills Blue and Gold Invitational. **WOMEN'S 5K.** 10 a.m. Patti Gray, Mills College, 5000 MacArthur Blvd., Oakland 94613, (415) 430-3282.

October 13 (Sat.): San Bernardino. San Bernardino Invitational.

October 13 (Sat.): La Mirada. Biola Invitational.

October 13 (Sat.): Stanislaus Invitational. Tuolumne River Regional Park, Modesto. 10 a.m. Women's 5K, 10:45 a.m. Men's 8K. Kim Kemp (209) 667-3312.

October 20 (Sat.): Hayward. Pioneer X-C Relays. Men's 3 mile/ women's 2 mile. On CSUH campus. Relay and individual races. Bob McGuire, CSU Hayward, Rm. 119, Kinesiology & Phys. Educ., Hayward 94542 (415) 881-3038.

October 27 (Sat.): La Mirada. SCIAAC Championships. La Mirada Regional Park.

November 3 (Sat.): San Diego. NAIA District III Championships. Morley Field.

November 10 (Sat.): San Dimas. NCAA III West Regionals. Bonelli Park.

November 10 (Sat.): Cedarville, OH. NCAA Nationals.

November 17 (Sat.): Kenosha, WI: NAIA Nationals.

High School Cross Country

October 6 (Sat.): Huntington Beach. Central Park Cross Country Invitational. Sponsored by Fountain Valley and Huntington Beach High Schools. Information: Matt Simpson (714) 533-9368.

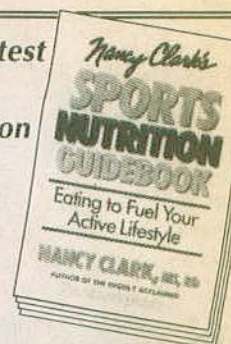
October 13 (Sat.): Crystal Springs X-C Invitational. At Crystal Springs 2.9 mile course in Belmont. Rick Fambrini, X-C Coach, Serra High School, 451 West 20th Ave., San Mateo 94403 (415) 345-8207 (school) or (415) 344-5819 (home).

December 1 (Sat.): Kinney West Regional. Woodward Park, Fresno. Top 8 from seeded races qualify for Kinney Nationals (see below). Kinney West, 4957 E. Heaton, Fresno 93727 (209) 456-0535.

December 8 (Sat.): Kinney Cross Country Championships. Balboa Park, San Diego.

✓ **COACHES / MEET DIRECTORS** ...Please send schedule information to: CT&RN, 4957 E. Heaton, Fresno, CA 93727. Thank you!

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KEEPING PACE

By MARK WINITZ

A Runner Fields His Dreams Among Oakland A's

I NEVER GOT OVER THE DISAPPOINTMENT of not being a professional baseball player. Not that I ever got close. But I figured that I had an outside chance if I'd just had the right breaks. Good breaks. Awesomely spectacular breaks. But they never came.

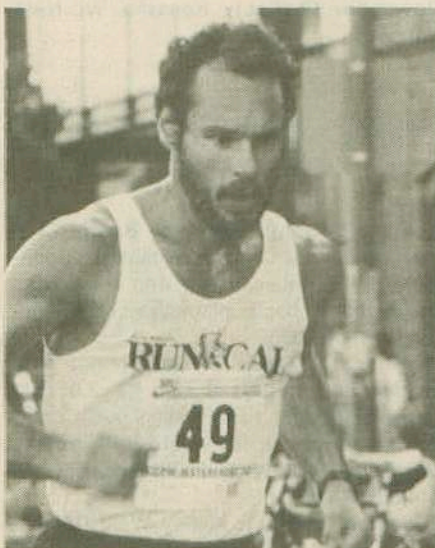
Last September, just before the Oakland A's won the pennant, I got as close to being a big league player as I'm going to get in my lifetime. On two consecutive Sundays at the Oakland Coliseum, my writing skills—not my once passable baseball prowess—allowed me to mingle down in the clubhouse with the A's players. I interviewed relief pitching ace Dennis Eckersley in the locker room. I sat on the bench before the game, talking to two of the best pitchers in the game: Dave Stewart and Bob Welch. I walked out into the bright sun in a stadium rapidly filling to capacity with fans. Watching batting practice, I leaned on the batting cage and chatted with A's manager Tony La Russa. Wandered down to the bullpen and spent some time with pitching coach, Dave Duncan. Asked a question or two of Rickey Henderson.

What was a running journalist doing interviewing ball players? Simple. Tony La Russa is a distance runner. So are Eckersley, Stewart, and Welch. They all run from 15 to 20 miles a week on the roads to help keep themselves in physical and mental shape. Henderson, of course, is a runner in his own right. The base stealing champion, the Carl Lewis of baseball, *Runner's World* was interested. So, I did the story. (If they like it, you'll see it there sometime in the next few months.)

I played some organized ball myself, starting as a 9-year-old youth, through my first two years of college. And baseball was my first love. I admit that it still is. After all, I was born in Iowa (where my dad was going to school). Right in the middle of a corn field, my parents joked. A real American boy.

Even though running is my sport now, my genes were always better suited for running the bases rather than on the track, or catch-

ing a ball in the outfield rather than a runner in front of me. I'm an O.K. runner, but the skill is unmistakably acquired without any genetic assistance. I think that I had some modest natural talent at baseball, although my coach



es never seemed to absorb what seemed obvious to me. True, I had small hands (still do) and was only average in height (still am), but I always appreciated the fine skills of the game, and practiced them with the attention of an artist. My clearest recollection of my adolescence (mostly spent in Silver Spring, Maryland) were of endless summer days playing sandlot ball. Like a lot of elementary school boys who grew up in the late '50's and early '60's, I idolized guys like Mantle and Maris, Bobby Allison and Pedro Ramos. (We loved the Yankees, but were loyal to the lowly Washington Senators.)

I vaguely remember the first baseball game that I saw as a kid. My grandfather took me to see the last game that the Brooklyn Dodgers played at Ebbots Field. He pointed

out Jackie Robinson I think. That was the beginning. I never grew out of that juvenile idolatry of guys in baseball caps and cleats.

My view of runners is quite different. As a sport acquired in adulthood, I can appreciate the talent of gifted runner from an adult point of view. My respect for fast runners (and I know a fair amount of them) is backed by a mature understanding that a few athletes have the right tools and even fewer know how to use them. But when it comes to the diamond, it's all blind idolatry. My joy of baseball—even from the far away bleachers or upper deck seats that are the only ones mostly available in Oakland now—is based on a child-adult perspective. These days, I see Rickey Henderson through the same eyes as I did Jackie Robinson. They seem, almost, like one single person in time to me. A time that baseball makes timeless for forever-kids like I am.

But funny things happen, though, when you're a kid in adult clothing. For one, you can see, and understand, the phenomenon of relativity. Up close, even those major league batting practice pitches look fast to me. Yet sharp line drives shoot off of major league bats effortlessly. New Oakland player, Harold Baines, a veteran in the majors who's been an all star, sees the Boston Marathon shirt I'm wearing and asks me how many Boston Marathons that I've run. We get to talking, and I tell him that I've finished 26.2 milers at six and a third minutes per mile pace. "Whew, that's fast," he remarks, shaking his head in the seeming profuse ability of such effort. Then he steps into the batter's box and sends one of those relatively fast pitches into the right field seats. It is my turn to marvel.

His swings. My miles.

I step a little closer to the batting cage; look a little closer at those pitches. I don't kid myself. There's no way in the world I could ever have hit major league pitching, even in my prime years of reflex and motor coordination. And the kid in me cries for abilities once

continued next page...

KEEPING PACE

hoped for, but never had.

Finally, as game time nears, I take one last, deep look around at 40,000 seats and almost as many people. I step off the plush, green carpet; negotiate the dugout, up the players' ramp, through the clubhouse, and to the elevator that would take me back to the upper stands. I regret having to leave so soon. I want to be down on the field always, digging in, waiting for the fastball, flipping the sunglasses down under a long fly. Not sitting far away, watching. Certainly not in the press box, observing a game that I know a lot about but maybe less than I would have liked. In a few minutes, I'm a fan again, standing next to my wife in section 205, Row 16, Seat 7, singing the national anthem.

Later, as we drive home from the park, I recall how Doug Jennings—a young A's outfielder who is showing promise with the big club—nearly brushed my shoulder in the clubhouse before Sunday's game. I'd noticed that he is

about my size, similar in build, uncommon in a game of big guys. At the time, this small event had been kind of a revelation: Yes, it was *possible* that I could have made it, given the right breaks, even though I'm not built like Jose Canseco. A remote possibility, but possible. After the close, exciting game, that same thought brings on a hollow sadness.

The next day, a friend of mine who plays golf with some of the A's tells me that Jennings runs regularly. I smile to myself. *Of course he does.* I think about my afternoon run growing near, and baseball seems a pleasant memory, like one of my schoolboy girlfriends. My depression at never having been given a millimeter chance in a game of inches seems pretty ridiculous now.

Thirty years ago I'd made a juvenile wish to be a baseball player and it never came true. About 12 years ago, I began running, and my good luck allowed me to become a part-time runner. I don't make a ball player's salary and

I don't perform before thousands of onlookers. But I know my place in my sport. I've probably reached the point where I've now run more miles in distance training and racing than times I've run to first base. I'm no Bill Rodgers or John Campbell. But I'm sure I can beat every one of them guys wearing caps and gloves in any race past a mile. And I'm older than most all of them. Until I step onto a baseball diamond.

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 he is chief cook and bottle washer of the popular RunCal Magazine on California running. Subscriptions to RunCal are \$12 for 6 bimonthly issues. (Members of Pacific Association/TAC receive it as a service.) Mailing Address: RunCal, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

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TECHNIQUE & TRAINING

By JIM HUNT

Developing a Running Rhythm

For those people who want to compete in foot races, the single most important factor is to develop a quick turnover. (Refer to Sept. issue).

The person who wins a foot race is the one with the fastest feet. It is the foot striking the ground that creates the forward momentum of the runner. The quicker each foot strikes the ground and pushes off, the more time there is spent in creating momentum. The more time that a body is not in contact with the ground the more the momentum continuum is interrupted. A slow loping stride with a rear heel strike causes excessive vertical oscillation, delays the start of the power phase, and causes excessive stress on the joints, tendons and ligaments.

To become faster the distance runner must learn to increase stride frequency (turnover). During a full stride the foot makes a complete cycle. If we begin the cycle as the toes leave the ground the heel will be elevated above the toes. If the runner raises the toes immediately so that the foot comes up directly under the buttock an angle of less than 90 degrees will be created between the upper leg and lower leg. With a short angle the leg lever will come through quickly allowing the foot to reach the ground quickly providing the leg stays bent at the knee and the ankle is not allowed to extend too far forward.

Most distance runners allow the foot to continue backward in a follow-through action as it leaves the ground thus forming a 90 degree angle between the upper and lower leg before the leg is brought forward. This results in a slow forward leg movement and causes the lower leg to extend ahead of the knee in an effort to get to the ground quickly. This causes the heel to hit the ground on the way down rather than the bottom of the foot striking the ground on the way back through the cycle.

Muscle fibers are creatures of habit, so in order for runners to change their stride, an unlearning and relearning process must happen. If a new muscular action is repeated several

times new patterns will be established.

Two drills that can help establish a quicker turnover are:

1. Walking with a short quick step rolling one ankle over the other, striking the ground under the center of gravity.
2. While in an upright body position pick the feet up heels first, directly under the buttock and return them to the ground as quickly as possible striking the ground on the flat part of the foot.

Learning to Run With a Quick Step While on Slow Runs

A person running at 8 minutes per mile travels about 3.7 yards per second. Instead of taking 75 to 80 elongated loping strides, run the same pace with 90-96 quick turnovers.

The quicker each foot strikes the ground and pushes off, the more time there is spent in creating momentum.

The arms can be a very valuable tool in improving turnover. Start the arms moving back and forth while being held at a 90 degree angle between the upper and lower arm.

Allow the angle between the upper and lower arms to shorten at the top of swing which ends at the breast line and allow the angle to lengthen slightly at the bottom of the swing while stopping the hands at the back side of the hips. The thumbs should skim past the hip bone both in the forward and downward movement. The hands are held in a very loosely clenched fist with the thumb pointing upward. The arms should move independently from the rest of the trunk with no shoulder rotation or lifting.

Arm movement is a specific movement to balance the body. Arm movement counteracts the forward hip rotation that occurs during each stride. The arms send signals to the legs through the spinal column. When the left arm stops moving forward the right foot will hit the ground and as the left arm is brought down the right leg will extend until the left arm stops its downward movement. The same happens with the right arm and left leg. A short quick arm stroke will complement a quick turnover while a long slow arm swing will contribute to a slow turnover. For a good example of a quick turnover and excellent running rhythm, look at the video tape of Suzy Favor and Joe Falcon in their respective 1500 meter races in the past TAC Championships.

Training at any level of competition should

include one day per week of rhythm reps. Rhythm reps are repeats of 200-400 meters at a pace that approximates a 3K race pace or about 5 seconds per lap faster than the average 400 meters during a 5K race. These reps should total about 5 percent of the runner's weekly mileage.

Each rep should be followed by a jog until the runner feels fresh and ready to run again (approximately 4 to 1). Rhythm reps are especially important to high school cross country runners. Complete concentration on running mechanics must be maintained during a rhythm reps workout.

THE ATHLETE'S KITCHEN

By Nancy Clark, MS, RD.

Sports Nutrition News from A.C.S.M.

IS THE LIGHTEST ATHLETE THE FASTEST ATHLETE? Will protein supplements after weight-lifting enhance recovery? Do certain pre-exercise foods contribute to intestinal distress during exercise? These are a few of the sports nutrition concerns addressed at this year's meeting of the American College of Sports Medicine (ACSM). This professional group, comprised of more than 12,000 exercise physiologists, physicians, physical therapists, nutritionists, and other sports medicine professionals, meets annually to share the latest research in exercise physiology, sports nutrition and sports medicine. The following sports nutrition reports will keep you up-to-date.

■ You're more likely to suffer gastrointestinal (GI) problems when you run and swim than when you cycle. If you commonly experience GI distress during competitive events, try eating foods low in protein, fat and fiber within 24 hours of the event. Liquifying food in the blender may also help; it will empty quicker from the stomach than in solid form. Also, drink plenty of water during exercise; you're less likely to have intestinal upset if you're well hydrated.

■ Despite popular belief, protein supplements after weightlifting offer no recovery benefits. Of subjects who exercised rigorously enough to cause muscle soreness and reduced strength for six days, those who took the supplement gained no relief nor other benefits compared to those who ate the regular diet.

■ If you want to lose weight, you'll be most successful if you monitor progress by keeping food, exercise and weight records. These written records help keep you on the "straight and narrow". To maintain weight loss, keep exercising! The sense of well-being that accompanies regular exercise, perhaps more than the exercise itself, is a key to successful weight maintenance. Major risk factors that contribute to regaining weight include de-

pression, major life changes and job problems.

■ Your weight may be affected more by the *kinds* of food you eat, rather than *how much* food you eat. Overweight people tend to eat more calories from fats, yet fewer calories per pound body weight, than do lean people.

■ If you're struggling to lose the last few pounds, believing that the lightest athlete is the fastest athlete, you can stop. Among elite women athletes (race walkers), the best performances were related to how much oxygen they could use and how quickly they could get rid of lactic acid. Genetics and training won out over thinness.

■ If you think that voluminous training will help improve your performance, you're mistaken. In a study of swimmers, those who drastically reduced their training over the course of four weeks (from 53,700 meters per week to 11,400 meters) improved their performance times. Rest, rather than overtraining, may be a better investment for competitive athletes. (Note: Despite exercising less, the swimmers maintained the same percent body fat.)

■ For years, athletes have been warned to stay away from pre-exercise sugar in order to prevent hypoglycemic reactions during exercise. However, hypoglycemia seems to be an individual problem, as opposed to an across-the-board phenomenon. To set the stage for a hypoglycemic reaction, six subjects drank either a weak (6%) or a strong (20%) sugar solution, then exercised moderately for 50 minutes. They experienced no light-headedness, nausea, or other negative symptoms. The researchers concluded that pre-exercise feedings of up to 72 grams CHO (288 calories) did not adversely affect performance in these six subjects.

■ Are runners more likely to develop osteoarthritis of the hip or knee than non-runners? No, according to the Institute for Aerobics

Research in Dallas. Of 1,039 women and 4,429 men studied over a span of five to fifteen years, 32 women and 70 men reported problems with arthritis. Older and heavier people were more likely to develop osteoarthritis than runners. The incidence of arthritis was not associated with lifetime miles run, years of running and/or fitness levels.

Sports medicine specialists, coaches, serious athletes and other sports professionals interested in keeping up-to-date on the latest exercise research are invited to attend regional chapter meetings of the American College of Sports Medicine. For more information and a brochure, write to: ACSM, P.O. Box 1440, Indianapolis, IN 46206-1440 (317-637-9200). In New England, the annual meeting is Nov. 1 & 2 in Worcester. Write NEACSM, Dept. Sport, Leisure and Exercise Science, University of Connecticut U-34, Storrs, CT 06269 (203-486-5975).

Nancy Clark, MS, RD, nutritionist at Sports Medicine Brookline and a member of ACSM, is author of *The Athlete's Kitchen* (\$7; '81) and Nancy Clark's Sports Nutrition Guidebook (\$15; '90), available through N. Eng. Sports Pub., P.O. Box 252, Boston 02113.





Berkeley High's 1981 1600 Meter Relay Team (left to right): KEN ROBINSON, WALTER MURRAY, PETE RICHARDSON & ULYSSES WALKER.

Fine Flicks by Don Gosney

All-Time CALIFORNIA High School Boys List

By Robert Womack

The attached All-Time California High School Boys List is updated through August 10, 1990.

As always, the list is made possible through the assistance of many people, most notably Ron Blackwood, Keith Conning, and Doug Speck and including a number of coaches, parents, and just plain fans who have furnished information to us. Needless to say, none of these bear any responsibility for the final product, for which blame the author. Additions and corrections should be sent to Bob Womack, 1465 East Portals, Fresno 93710.

One of the areas we need help in is the composition of relay teams, which are no longer included in most printed meet summaries. We also still have no claimant to the freshman class record in the high hurdles.

We've commented in the past on the relative stability of these lists. This is particularly true in the middle and long distances; there has been no change in the top 25 in the 1600 and 3200 since 1986—an entire high school generation—and in the 800 since 1984.

Sincerely,
Robert M. Womack

100 Meters:

State Meet Record: 10.41 Barry Smith (Mission, San Francisco) at Cerritos, 1989. **Fresh:** 10.88 Mike Williams (Santa Teresa, San Jose) 1987. **Soph:** 10.46 Henry Thomas (Hawthorne) 1983. **Junior:** 10.27 Henry Thomas (Hawthorne) 1984. **Senior:** 10.25 Henry Thomas (Hawthorne) 1985.

10.25	Henry Thomas (Hawthorne)-1 at Eagle Rock	1985
10.30	Quincy Watts (Taft, Woodland Hills)-1	1987
10.36	Corey Ealy (Muir, Pasadena)	1987
10.39	Kenny Robinson (Berkeley)-1	1981
10.39	Ray Brown (Muir, Pasadena)	1984
10.41	Tony Miller (Riordan, San Francisco)	1987
10.41	Barry Smith (Mission, San Francisco)	1989
10.42	Benari Burroughs (Independence, San Jose)	1988
10.42	Curtis Conway (Hawthorne)-1	1989
10.43	Jeff Laynes (Oakland)	1989
10.44	Stanley Davis (Inglewood)	1984
10.45	Darron Norris (El Camino (Oceanside)	1984
10.46	Kevin Willhite (Cordova, Rancho Cordova)	1981
10.49	Ronald McCree (Madera)-2	1986
10.50	Phillip Johnson (Gardena)	1978
10.50	Fabian Cooper (Washington, L.A.)	1982
10.50	Calvin Holmes (Carson)	1987
10.51	Michael Sanford (Pasadena)	1978
10.51	Robert Carroll (Hawthorne)	1987

10.51	James Stallworth (Tulare)	1989
10.52	Curtis Rogers (Hiram Johnson, Sacto)	1986
10.53	Lew Dunn (North (Riverside)-1	1982
10.53	Richard Washington (Sowest, Chula Vista)	1990
10.54	Antonio Manning (Hamilton, L.A.)	1982
10.54	Andre White (Vallejo)	1986
Hand Timing:		
10.2	Michael Sanford (Pasadena)	1979
10.3	Joel Andrews (West, Bakersfield)	1975
10.3	Ron Brown (Baldwin Park)	1979
10.3	Brian Bridgewater (Washington, L.A.)	1987

200 Meters:

(*220 Yards Minus 0.12)

State Meet Record: 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. **Fresh:** 21.90 Ronald McCree (Madera) 1983. **Soph:** 20.97 Quincy Watts (Taft, Woodland Hills) 1986. **Junior:** 20.50 Quincy Watts (Taft, Woodland Hills) 1987. **Senior:** 20.53 Brian Bridgewater (Washington, L.A.) 1988.

20.50	Quincy Watts (Taft, Wood Hills) at Provo-2	1987
20.53	Brian Bridgewater (Washington, L.A.)-1	1988
20.64	Henry Thomas (Washington, L.A.)-2	1985
20.68*	James Sanford (Pasadena)	1977
20.80	Corey Ealy (Muir, Pasadena)	1987
20.81	Kevin Willhite (Cordova, Rancho Cordova)-1	1981
20.82	Michael Marsh (Hawthorne)-1	1985
20.82	B. Smith (Mission, S.F.)-1	1989
20.88*	Michael Sanford (Pasadena)	1979
20.89	Curtis Conway (Hawthorne)	1989
20.91	Bill Green (Cubberley, Palo Alto)	1979
20.97	Danny Everett (Fairfax, L.A.)	1985
21.00	Raymond Ethridge (Crawford, San Diego)	1987
21.01	Chip Rish (Marina, Huntington Beach)	1985
21.03	Ken Robinson (Berkeley)-1	1981
21.09	Darron Norris (El Camino, Oceanside)	1984
21.09	Larry Burkeley (Oxnard)	1985
21.09	Damien Butler (Tulare)	1990
21.10	Tony Miller (Riordan, S.F.)	1987
21.12*	Dave Russell (Henry, San Diego)-1	1977
21.12*	Ray Threatt (Pittsburg)	1979
21.13	Steve Jones (Burbank, Sacramento)	1985
21.14	Mike Connors (Northgate, Walnut Creek)	1985
21.14	Ronald McCree (Madera)	1986
21.15	Napoleon Kaufman (Lompoc)-1	1990
Hand Timing: (*220 yds. minus 0.1)		
20.6*	Phil Underwood (Dorsey, L.A.)-1	1966
20.6*	Mel Gray (Montgomery, Santa Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson, S.F.)	1974
20.7*	Dupree Branch (Barslow)	1976
20.7	Eric Coleman (Monrovia)	1982
20.8*	James Hines (McClymonds, Oakland)-1	1964

20.8*	Dave Masters (El Cerrito)	1967
20.8*	Millard Hampton (Silver Creek, San Jose)-1	1974
20.9*	Mike Shavers (Albany)-1	1972
20.9*	Joel Andrews (West, Bakersfield)	1975
20.9*	Glenn Cannon (Mt. Pleasant, San Jose)	1976
20.9*	Ron Williams (Chatsworth)	1977
20.9*	Kipper Bell (Henry, San Diego)	1978
20.9	Gerald White (McClymonds, Oakland)	1980
20.9	Curtis Rogers (Hiram Johnson, Sacto)	1986

400 Meters:

(*440 Yds. Minus 0.25)

State Meet Record: 46.38 Fabian Cooper (Washington, L.A.) at Sacramento, 1982. **Hand Timed:** 45.7 Chip Rish (Marina, Huntington Beach)@ Sacramento, 1985. **Fresh:** 48.56 Henry Thomas (Hawthorne) 1982. **Soph:** 47.79 Fabian Cooper (Washington, L.A.) 1980. **Junior:** 45.82 Henry Thomas (Hawthorne) 1984. **Senior:** 45.09 Henry Thomas (Hawthorne) 1985.

45.09	Henry Thomas (Hawthorne) at Berlin	1985
45.51	Bill Green (Cubberley, Palo Alto)-1	1979
45.76	Danny Everett (Fairfax, L.A.)	1985
45.76	Steve Lewis (American, Fremont)-2	1987
46.04	Chip Rish (Marina, Huntington Beach)-2	1985
46.34*	James Sanford (Pasadena)-1	1977
46.38	Fabian Cooper (Washington, L.A.)-1	1982
46.57*	Dave Timmons (Oakland)-1	1981
46.63	Beno Bryant (Dorsey, L.A.)-1	1989
46.67*	Rod Bethany (Fontana)	1978
46.67	Quincy Watts (Taft, Woodland Hills)	1988
46.75*	Ron Williams (Chatsworth)	1977
46.80	Blair McMurray (Compton)	1982
46.82	Daymon Lee (South Gate)	1984
46.81	Travis Hannah (Hawthorne)-1	1988
46.86	Nate Williams (Edison, Stockton)	1979
46.89	Tony Banks (Morse, San Diego)-1	1979
46.92	Michael Turner (Centennial, Compton)-1	1980
46.98	Ron Brown (Muir, Pasadena)	1981
47.00	Marvin Douglas (Fremont, L.A.)	1986
47.03	Larry Walker (Edison, Fresno)-1	1983
47.08	Leonard Graham (Centennial, Compton)	1981
47.09	Eric Schermerhorn (Woodbridge, Irvine)	1984
47.13*	George Timmons (Edison, Fresno)	1979
Hand Timed: (*440 yds. minus 0.3)		
45.7	Chip Rish-2	1985
45.8*	Ulis Williams (Compton)-2	1981
46.3*	Larance Jones (Lemoore)-1	1969
46.4*	Jerry White (Corcoran)-2	1956
46.4*	Edsel Garrison (Centennial, Compton)-1	1968
46.4*	Tony Krzyzosiak (Garden Grove)-1	1971
46.4*	D. Timmons -1	1981
46.5*	Ray Johnson (Blair, Pasadena)	1971
46.5*	Bethany	1978

continued next page...

All-Time CALIFORNIA High School Boys List

46.6"	Lee Evans (Overfelt, San Jose)	1965
46.6"	Mike Newton (Whittier)-1	1967
46.6"	Wayne Collett (Gardena)-1	1967
46.6"	Derald Harris (Pittsburg)-1	1976
46.7"	Dave Archibald (Leuzinger, Lawndale)	1961
46.7"	Freddie Banks (Jefferson, L.A.)-1	1964
46.7"	Andy Young (Jordan, Long Beach)	1968
46.7"	Ron Whitaker (Wilson, S.F.)-1	1973
46.7"	Donn Thompson (Gahr, Cerritos)	1976
46.8"	Ollie Matson (Washington, S.F.)	1948
46.8"	Henry Dorsey (Berkeley)	1956
46.8"	Bill Sims (Whittier)	1969
46.8"	Rick Brown (Los Altos)-1	1970
46.8"	Frank Berry (Washington, L.A.)	1971
46.8"	Kenny Robinson (Berkeley)	1981

800 Meters:

(*880 Yds. Minus 0.7)

State Meet Record: 1:47.31 Pete Richardson (Berkeley) at Norwalk, 1981. Fresh: 1:54.45 Coley Candaele (Carpinteria) 1987. Soph: 1:51.9 Pete Quinonez (Tulare) 1978. Junior: 1:50.19 Pete Richardson (Berkeley) 1980. Senior: 1:47.31 Pete Richardson (Berkeley) 1981.

1:47.31	Pete Richardson (Berkeley) at Norwalk-1	1981
1:47.8"	Dale Scott (El Cerrito)-1	1972
1:48.1"	Richard Joyce (Sierra, Whittier)-1	1965
1:48.2	Jeff West (Crenshaw, L.A.)	1979
1:48.3"	Clark Mitchell (Bakersfield)	1965
1:48.5"	Dennis Carr (Lowell, Whittier)-1	1963
1:48.5"	Robert Hose (Madison, San Diego)-1	1964
1:48.7"	Jim Walters (Estancia, Costa Mesa)-1	1977
1:49.0"	Dan Aldridge (Petaluma)	1975
1:49.21	Eric Schermerhorn (Woodbridge, Irvine)-1	1984
1:49.30	Scott Cox (Wilson, Long Beach)	1981
1:49.3"	Dave Kingsland (El Modena)	1977
1:49.4"	Brent Tubb (Cleveland, Reseda)	1971
1:49.43	Eddie Davis (Compton)	1981
1:49.5"	David Mack (Locke, L.A.)-2	1979
1:49.7"	Terry Rogers (Hilltop, Chula Vista)-1	1966
1:49.84	Daymon Lee (South Gate)	1984
1:49.9"	Greg Jones (Poly, Long Beach)	1968
1:49.9"	Rick Brown (Los Altos)-1	1970
1:49.95	Kimmie James (Richmond)-1	1983
1:49.99	John Phillips (Los Altos, Hac Heights)-1	1982
1:50.05	James Garrett (Narbonne, Lomita)	1982
1:50.15	Pete Quinonez (Tulare)-1	1980
1:50.2"	James Coon (Miramonte, Orinda)	1965

1500 Meters:

(* En Route to Longer Distance)

State Meet Records: Fresh: 4:00.5 Robert Planta (Mater Dei, Santa Ana) 1979. Soph: 3:51.5 Jim Arriola (Gahr, Cerritos) 1974. Junior: 3:49.4 Mark Fricker (Hemet) 1977. Senior: 3:46.4 Paul Medvin (University, Los Angeles) 1979.

3:46.4	Paul Medvin (Univ, L.A.) at Bloomington)	1979
3:47.65	Reggie Williams (River City, West Sacto)	1988
3:48.8	Jim Arriola (Gahr, Cerritos)	1976
3:48.9	Rich Kimball (DeLaSalle, Concord)	1974
3:49.0+	Harold Kuphaldt (Bella Vista, Fair Oaks)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.1	Ian Alsen (Kennedy, Granada Hills)	1988
3:50.1+	Coley Candaele (Carpinteria)	1990
3:50.2	Charlie Christensen (Edison, HuntBch)	1977
3:50.2	Steve Whitcomb (Helix, La Mesa)	1979
3:50.3+	Louie Quintana (Arroyo Grande)	1990
3:50.4	Ralph Serna (Loara, Anaheim)	1975
3:50.5	Mark Mastalir (Jesuit, Carmichael)	1986
3:50.8	Andy DiConti (La Canada)	1980
3:51.0	Eric Mastalir (Jesuit, Carmichael)	1986



PAUL MEDVIN

Fine Flicks by Don Gosney



JEFF WEST

Fine Flicks by Don Gosney



HAROLD KUPHALDT

Fine Flicks by Don Gosney

3:51.1	Dave Cangelosi (Villa Park)	1979
3:51.2	Dennis Arriola (Gahr, Cerritos)	1979
3:51.2+	Jeff Williams (Foothill, Tustin)	1982
3:51.36	Gary Gonzales (Clovis)	1981
3:51.5	Mike O'Reilly (San Rafael)	1978
3:51.57	Roman Gomez (Belmont, L.A.)	1984
3:51.9+	Tom Grewe (Carpinteria)	1982
3:52.0	Jon Butler (Edison, Huntington Beach)	1981
3:52.4	Farron Fields (Granada Hills)	1979
3:52.5	Jon Cook (Mission Viejo)	1974
3:52.5	John Musich (Burbank)	1974
3:52.5	Eric Hulst (Laguna Beach)	1975

4:05.2"	Ralph Serna (Loara, Anaheim)	1975
4:05.29"	Roman Gomez (Belmont, Los Angeles)-2	1985
4:05.4"	Armando Valencia (Valley, El Cajon)	1967
4:06.1"	Mark Fricker (Hemet)	1977
4:06.18	Larry Guinee (Castro Valley)-1	1980
4:06.2"	Pete Romero (Reedley)	1967
4:06.26	Corey Candaele (Carpinteria)-1	1990
4:06.4"	Alvin Gilmore (Lompoc)-1	1973
4:06.4"	Ray Wickless (West Covina)	1974
4:06.4"	Stan Ross (Serra, San Mateo)	1977

3000 Meters:

(* En Route to Longer Distance)

Fresh: 8:44.5 David Naranjo (Sanger) 1983. Soph: 8:26.7+ Calvin Gaziano (Castro Valley) 1983. Junior: 8:19.9+ Harold Kuphaldt (Bella Vista, Fair Oaks) 1981. Senior: 8:07.60 Eric Mastalir (Jesuit, Carmichael) 1986.

8:07.60	Eric Mastalir (Jesuit, Carmichael) at Sacto	1986
8:09.0+	Eric Reynolds (Camarillo)	1983
8:10.54	Mark Mastalir (Jesuit, Carmichael)	1986
8:12.7+	Thom Hunt (Henry, San Diego)	1976
8:16.2+	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assumma (Eisenhower, Rialto)	1979
8:16.3	Richard Perez (San Geronio, San Bern)	1980
8:16.79	Reggie Williams (River City, West Sacto)	1988
8:17.5+	Jon Butler (Edison, Huntington Beach)	1981
8:17.7+	Jay Marden (Mission San Jose, Fremont)	1981
8:18.2+	Mark Dani (Valhalla, El Cajon)	1986
8:19.9+	Harold Kuphaldt (Bella Vista, Fair Oaks)	1981
8:20.25	Paul Thomas (Jesuit, Carmichael)	1987
8:20.6	Roman Gomez (Belmont, Los Angeles)	1984
8:20.6+	Bryan Dameworth (Agoura)	1990
8:21.0+	Mike Carlton (Northview, Covina)	1981
8:21.3+	Jesse Torres (Independence, San Jose)	1981
8:21.6	Matt Blaty (Marina, Huntington Beach)	1979
8:21.6	Jeff Vandereems (Mission Viejo)	1979

continued next page...

All-Time CALIFORNIA High School Boys List

8:22.0	Terry Williams (Lompoc)	1973
8:22.26	Jimmie Rodriguez (Santa Ana Valley)	1989
8:22.4	Mark Junkermann (Los Alamitos)	1983
8:23.11	David Welsh (Jesuit, Carmichael)	1989
8:23.24	Mark McAbey (Miramonte, Orinda)	1986
8:23.3	Nelson Bernal (Westmont, Campbell)	1981

3200 Meters:

(* 2 Miles Minus 3.5)

State Meet Record: 8:44.9 Eric Hulst (Laguna Beach) at San Diego 1975. Frosh: 9:00.8* Eric Hulst (Laguna Beach) 1973. Soph: 8:46.9* Eric Hulst (Laguna Beach) 1974. Junior: 8:41.3* Eric Hulst (Laguna Beach) 1975. Senior: 8:32.7* Jeff Nelson (Burbank) 1979.

8:32.7*	Jeff Nelson (Burbank) at Westwood-2	1979
8:40.4*	Eric Reynolds (Camarillo)-1	1983
8:41.0*	Eric Hulst (Laguna Beach)-2	1976
8:41.6*	Thom Hunt (Henry, San Diego)	1976
8:42.3*	Ralph Serna (Loara, Anaheim)	1975
8:42.9*	Rich Kimball (DeLaSalle, Concord)-1	1974
8:44.95	Eric Mastalir (Jesuit, Carmichael)-1	1986
8:45.2*	Curtis Beck (Santa Monica)-1	1972
8:46.78	Jon Butler (Edison, Huntington Beach)-1	1981
8:48.8*	Chuck Assumma (Eisenhower, Rialto)	1979
8:49.0*	Don Moses (Crescenta Valley)	1976
8:49.3*	Frank Assumma (Eisenhower, Rialto)-1	1977
8:49.4*	Pete Romero (Reedley)-1	1967
8:49.7*	Marc Genet (Santa Ana)	1972
8:49.8*	Rod Berry (Redwood, Larkspur)	1977
8:49.9*	Dave Taylor (Merced)	1972
8:50.15	Todd Lewis (Burbank)	1989
8:50.2*	Dave Fleet (Clairemont, San Diego)-1	1971
8:50.2*	Mark Spilsbury (Foothill, Tustin)	1976
8:50.6*	Jim Salcido (Sunny Hills, Fullerton)	1972
8:50.8*	Jose Amaya (Wilson, Los Angeles)	1971
8:50.8*	Gordon Innes (Upland)	1971
8:50.8*	Sal Godinez (Salesian, Los Angeles)	1976
8:51.0*	Bob Grubbs (Washington, Fremont)	1972
8:51.15*	Marc Dani (Valhalla, El Camino)	1986
8:51.15*	Jay Marden (Mission San Jose, Fremont)	1981

110 Meter Hurdles:

(* 120 Yards Plus 0.03)

State Meet Record: 13.41 Steve Kerho, Mission Viejo, @ Sacramento, 1982. Soph: 14.98* Ronnie McCoy (Edison, Fresno) 1979. Junior: 13.69* Phillip Johnson (Gardena) 1977. Senior: 13.41 Steve Kerho (Mission Viejo) 1982.

13.41	Steve Kerho (Mission Viejo) at Sacramento-1	1982
13.67*	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.73	Don Ward (St. Mary's, Berkeley)-1	1980
13.79	Henry Andrade (Hiram Johnson, Sacto)	1980
13.79	Troy Weaver (Edgewood, Covina)	1982
13.80	Ron Brown (Bishop Amat, La Puente)	1982
13.81*	Ken Margerum (Fountain Valley)	1977
13.84	Shelton Boykin (San Fernando)	1987
13.84	Dana Hall (Ganesha, Pomona)-1	1987
13.85	Ronnie McCoy (Edison, Fresno)	1981
13.87*	Milan Stewart (West Covina)-1	1978
13.88	Robert Reading (St. Mary's, Berkeley)-1	1985
13.88	Terry Johnson (Katella, Anaheim)-1	1986
13.88	Ron Copeland (Dorsey, Los Angeles)	1987
13.90*	Jim Scannella (San Ramon, Danville)-1	1979
13.90	Frick Montgomery (Independ, San Jose)	1983
13.91*	Tonie Campbell (Banning, Wilmington)	1978
13.91*	Gary Lee (Poly, Long Beach)	1979
13.91	Raymond Young (Hawthorne)-1	1984
13.92	Mark Boyd (St. Mary's, Berkeley)-1	1983
13.93	Rod Green (Palo Alto)	1983

13.93	Mo Hill (Stagg, Stockton)	1983
13.95	Damon Thomas (Pasadena)	1985
14.01	Chris Chrisman (Poly, Riverside)	1981
Hand Timing:		
13.2y	Dedy Cooper (Harry Ells, Richmond)	1975
13.3y	Robert Gaines (Kennedy, Richmond)-1	1975
13.3y	Jon Peterson (Saddleback, Santa Ana)	1975
13.3y	P. Johnson-1	1978



RONNIE MCCOY

Photo by Bill Cockerham

13.5y	Margerum	1977
13.6y	Charles Jackson (Lompoc)-1	1971
13.6y	Dan Jones (Palo Verde, Blythe)-1	1972
13.6y	Tom Andrews (West, Bakersfield)	1973
13.6y	Carl Florant (Palo Alto)	1973
13.6y	Mike Harris (Indio)	1974
13.6y	Wilbur Gregory (Mission Viejo)	1975
13.6y	Campbell	1978
13.7y	Steve Caminiti (Crespi, Encino)	1964
13.7y	Earl McCullough (Poly, Long Beach)-1	1964
13.7y	Bruce Gridley (Northview, Covina)	1966
13.7y	Jerry Proctor (Muir, Pasadena)-1	1967
13.7y	Charles Rich (Washington, L.A.)	1969
13.7y	Jerry Wilson (Roosevelt, Fresno)-1	1969
13.7y	Milton Turner (Castlemont, Oakland)	1970
13.7y	Fred Shaw (Muir, Pasadena)-1	1974
13.7y	Ron Kennedy (Serramonte, Daly City)	1975
13.7	Ed Tave (Muir, Pasadena)	1981

300m Interm. Hurdles:

(* 330 Yards Minus 0.19)

State Meet Record: 35.50 George Porter (Cabrillo, Lompoc) at Sacramento 1985. Frosh: 40.62 Mark Jacoby (Selma) 1990. Soph: 37.84 Diamond Smith (Hawthorne) 1990. Junior: 36.10 George Porter (Cabrillo, Lompoc) 1984. Senior: 35.32 George Porter (Cabrillo, Lompoc) 1985.

35.32	George Porter (Cabr, Lompoc) at Walnut-2	1985
35.43	John Montgomery (Independ, San Jose)-1	1988
36.44	Kevin Jones (Mt. Miguel, Spring Valley)	1988
36.56	Michael Graham (Hawthorne)	1985
36.71	Kenny Hall (Ganesha, Pomona)	1985
36.74	Keith Pontiflet (Esperanza, Anaheim)	1985
36.76	Mike King (Menlo-Atherton)	1985
36.80	Raymond Young (Hawthorne)	1984
36.83	Anthony Reynolds (Fremont, L.A.)	1984
36.84	Gordon Bugg (West Covina)	1984
36.88	Yki Vallery (Hawthorne)-1	1987
36.90	Bill Gaines (Independence, San Jose)	1986
37.08	Nate Wright (Oakland)	1988
37.10	Al Blades (Muir, Pasadena)	1984
37.13	Dana Hall (Ganesha, Pomona)	1987
37.17	Diatori Gildersleeve (Grant, Sacto)	1988
37.20	Craig Cooper (Fairfield)	1984
37.20	Jay Taylor (St. Augustine, San Diego)	1985
37.21	Rodney Jett (Hiram Johnson, Sacto)	1984
37.22	John Barry (Ygnacio Valley, Concord)	1988
37.26	Terry Johnson (Katella, Anaheim)	1986
37.28	John Prudenti (Justin Siena, Napa)-1	1989
37.30	Rodney Bradshaw (Saugus)-1	1986
37.33	Erick Montgomery (Independ, San Jose)	1982
37.36	Mark Crear (Rowland, Hacienda Heights)	1987
Hand Timing: (*330 yards minus 0.2):		
36.2*	Dedy Cooper (Harry Ells, Richmond)	1975
36.2*	Charles White (San Fernando)	1976
36.6	Ron Seanez (Gilroy)	1981
36.9	Andre Phillips (Silver Creek, San Jose)	1977
36.9	Jim Scannella (San Ramon, Danville)	1979
37.0	Gary Lee (Poly, Long Beach)	1979
37.0	James Knowles (Blair, Pasadena)	1981

High Jump:

State Meet Record: 7-3 1/4 Lee Balkin (Glendale) at Sacramento 1979. Frosh: 6-8 3/4 Ruben Hendrix (South, Bakersfield) 1987. Soph: 7-1 Kenny Burke (Westlake, Simi Valley) 1983. Junior: 7-3 Maurice Crumby (Baboa, S.F.) 1982. Senior: 7-4 1/2 Maurice Crumby (Baboa, S.F.) 1983.

7-4 1/2	Maurice Crumby (Balb, S.F.) at Stanford-2	1983
7-3 1/4	Lee Balkin (Glendale)-1	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Polt (Alemany, Mission Hills)	1979
7-3	Jeff Rogers (Overfelt, San Jose)	1985
7-2	Billy Hica (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schieler (Madison, San Diego)	1979
7-2	Kenny Burke (Westlake, Simi Valley)-1	1984
7-2	Reggie Betton (Antelope Vly, Lancaster)-1	1988
7-1 3/4	Mark Wilson (Monte Vista, Danville)	1974
7-1 1/2	Dwight Stones (Glendale)-1	1971
7-1 1/4	Otis Hailey (Wasco)	1968
7-1 1/4	Luis Juico (Piedmont Hills, San Jose)-1	1987
7-1	Rob Olson (El Camino Real, Woodland Hills)	1977
7-1	Greg Denby (Crenshaw, L.A.)-1	1980
7-1	Anthony Caire (Pius X, Downey)-1	1981
7-1	Maury Burnett (Washington, L.A.)	1982
7-1	Andre La Coste (Lakewood)	1988
7-1	Mark Wilson (charter Oak, Covina)-1	1989
7-0 3/4	Chris Bonner (Inglewood)	1981
7-0 1/2	Gary Lawrence (Thousand Oaks)	1977
7-0 1/2	Ron Harvey (Skyline, Oakland)	1979
7-0 1/4	Jerry Culp (Oceanside)-1	1970
7-0 1/4	Dwayne Joseph (Gardena)	1975
7-0 1/4	Ted Glatke (Beyer, Modesto)	1983
7-0 1/4	Jim O'Sullivan (St. Francis Drake, S. Anselmo)	1989
7-0 1/4	Kevin Keane (DeLaSalle, Concord)	1989

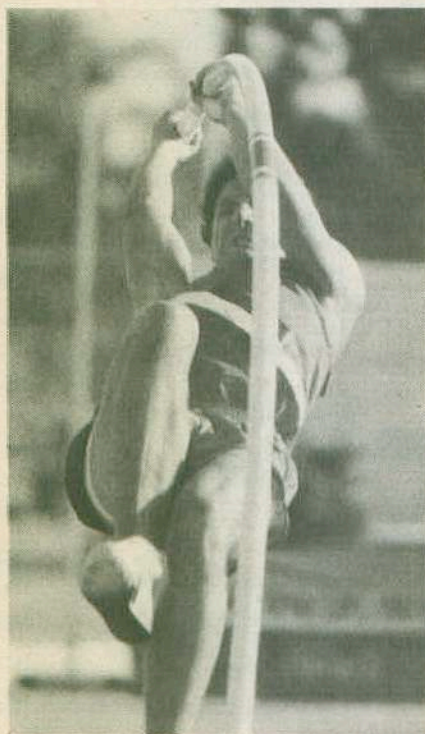
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All-Time CALIFORNIA High School Boys List

Pole Vault:

State Meet Record: 17-0 1/2 Anthony Curran (Crespi, Encino) at Bakersfield 1978. **Frosh:** 14-8 3/4 Anthony Curran (Crespi, Encino) 1975. **Soph:** 16-2 Brent Burns (Acalanes, Lafayette) 1985. **Junior:** 17-6 Brent Burns (Acalanes, Lafayette) 1986. **Senior:** 18-2 Brandon Richards (San Marcos, Santa Barbara) 1985.

18-2	Brandon Richards (SMarc, S.B.) at Eugene	1985
17-8 1/2	Brent Burns (Acalanes, Lafayette)-1	1987
17-4 1/4	Anthony Curran (Crespi, Encino)-2	1978
17-0 3/4	Matt Warwick (Hesperia)	1988
17-0 1/2	Doug Fraley (Clovis West, Fresno)	1983
17-0	Mike Kibort (Saratoga)-1	1982
17-0	Tom Parker (Notre Dame, Sherman Oaks)	1988
16-8 3/4	Steve Smith (South, Torrance)-2	1969
16-8 3/4	Mike Tully (Millikan, Long Beach)	1974
16-7	Robert Pullard (Los Angeles)	1969
16-6 3/4	Paul Wilson (Warren, Downey)-2	1965
16-6	Brian Worden (Notre D, Sherman Oaks)	1975
16-6	Greg Ernst (El Dorado, Palacentia)	1978



MIKE KIBORT

Photo by Bill Cockerham

16-6	Tom Richards (San Marcos, S.B.)-1	1988
16-5	Jon Vaughn (Corona)	1966
16-4 3/4	Paul Heglar (Muir, Pasadena)	1966
16-4	Dave Noel (Edison, Huntington Beach)	1988
16-3 1/4	Keith Schimmel (Villa Park)	1975
16-3 1/4	Jim Sidler (Villa Park)	1977
16-3	Clark Elliott (Bellflower)-1	1979
16-3	Melvin Hempstead (Valley, Sacto)	1983
16-2 3/4	Tim Curran (Crespi, Encino)-1	1973
16-2	Ivar Moen (Los Gatos)-1	1984
16-2	Steve Toney (Menlo-Atherton)-1	1986
16-1 3/4	Bert Tardieu (Del Mar, San Jose)	1978

Long Jump:

State Meet Record: 26-4 3/4 James Stallworth (Tulare) at Cerritos 1989. **Frosh:** 23-10 1/2 Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10 3/4 Heulon Hewitt (Merced) 1968. **Senior:** 26-4 3/4 James Stallworth (Tulare) 1989.

26-4 3/4	James Stallworth (Tulare) at Cerritos-1	1989
26-2 1/4	Ken Duncan (McClatchy, Sacto)	1972
26-0 3/4	Jerry Proctor (Muir, Pasadena)-1	1967
26-0 3/4	Joe Richardson (Pasadena)-1	1984
26-0	Johnny Cleveland (Soquel)-1	1984
25-11 1/2	Larry Doubly (Manual Arts, L.A.)-1	1976
25-10 3/4	Heulon Hewitt (Merced)-1	1968
25-9 1/2	Gerald Hardeman (Edison, Fresno)	1972
25-7	James McAlister (Blair, Pasadena)-1	1970
25-6 1/4	Ted Hammond (Compton)	1973
25-5 1/2	Percy Knox (Antelope Vly, Lancaster)-1	1987
25-5 1/4	Doyle Steel (San Diego)-1	1966
25-5	Carl McCullough (Sacramento)-1	1972
25-5	Gerald Price (University City, San Diego)-1	1990
25-4 3/4	Johnny Johnson (Pacific Grove)	1965
25-4 1/2	Oscar Bean (Jefferson, L.A.)-1	1956
25-4 1/2	Randy Williams (Edison, Fresno)-1	1971
25-4 1/4	Monte Upshaw (Piedmont)-2	1954
25-4	Donnie Butler (Fremont, L.A.)	1978
25-3 3/4	Diaton Gildersleeve (Grant, Sacto)-1	1988
25-3	Willie Davis (Roosevelt, L.A.)	1958
25-3	Bobby Bonds (Poly, Riverside)-1	1964
25-3	Ken Frazier (Mission, S.F.)	1981
25-2 1/2	George Brown (Jordan, L.A.)-2	1949
25-2	Phil Quinet (Homestead, Cupertino)	1968

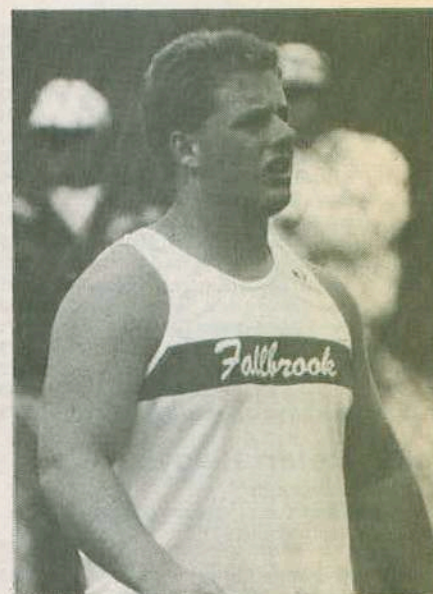
Triple Jump:

State Meet Record: 52-5 3/4 Marcus Hooks (Lakewood) at Norwalk 1986. **Frosh:** 48-4 Dave Tucker (S.J. Memorial, Fresno) 1968. **Soph:** 50-2 1/2 Ken Frazier (Mission, S.F.) 1980. **Junior:** 52-6 1/4 Dave Tucker (S.J. Memorial, Fresno) 1970. **Senior:** 53-6 1/2 Joe Richardson (Pasadena) 1984.

53-6 1/2	Joe Richardson (Pasadena) at Sacto-1	1984
52-10 1/2	Charles Mayfield (Muir, Pasadena)	1980
52-6 1/4	Dave Tucker (S.J. Memorial, Fresno)	1970
52-6	Henry Ellard (Hoover, Fresno)-1	1979
52-5 3/4	Marcus Hooks (Lakewood)-1	1986
52-4 3/4	Ken Frazier (Mission, S.F.)-1	1981
52-3 1/2	Randy Williams (Edison, Fresno)	1971
51-11	Joel Smith (Cordova, Rancho Cordova)-1	1987
51-8 3/4	MacArthur Anderson (Bakersfield)	1987
51-8	Mike Woods (Manual Arts, L.A.)	1963
51-7 3/4	Phouphet Singbradith (Magn, Anaheim)-1	1990
51-7 1/2	Vestee Jackson (McLane, Fresno)	1981
51-6 1/2	Greg Caldwell (Fremont, L.A.)-1	1976
51-5 3/4	Freeman Miller (Fremont, L.A.)-1	1980
51-3	Willie Banks (Oceanside)-2	1974
51-3	Ricky Holliday (Muir, Pasadena)	1980
51-2 1/4	Dokie Williams (El Camino (Oceanside)-1	1977
51-2 1/4	Tim Prince (Logan)	1988
51-2	Lenny McGill (Orange Glen, Escondido)-1	1989
50-11 1/2	Harold Rucker (Silver Creek, San Jose)	1986
50-11 1/2	Terrance Strong (Bakersfield)-1	1984
50-11 1/4	DeAndre Robinson (West, Bakersfield)	1989
50-11	Dan Jackson (Oakland)	1975
50-10	Steve Rim (Clovis)	1972

Shot Put:

State Meet Record: 74-4 3/4 Brent Noon (Fallbrook) at Cerritos 1990. **Frosh:** 59-8 Brent Noon (Fallbrook) 1987. **Soph:** 62-3 1/2 Brent Noon (Fallbrook) 1988. **Junior:** 69-8 1/4 Brent Noon (Fallbrook) 1989. **Senior:** 76-2 Brent Noon (Fallbrook) 1990.



BRENT NOON

Photo by Bill Cockerham

76-2	Brent Noon (Fallbrook)-2	1990
69-6 1/2	Brian Blutreich (Capistrano Valley)-2	1985
69-3 3/4	Jim Neidhart (Newport Harbor)-1	1973
68-5 1/2	Steve Montgomery (Lassen, Susanville)-1	1976
68-5	Dave Kurrasch (Newport Harbor)-1	1975
67-9 3/4	John Hubbell (Poly, Long Beach)-1	1966
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart, Newhall)	1976
67-8 1/4	Dave Doupe (Inglewood)	1973
67-6 1/2	Randy Cross (Crespi, Encino)-1	1972
67-2 1/4	Mark Stevens (Newport Harbor)-1	1971
67-2	Dave Murphy (Sunny Hills, Fullerton)	1966
67-0	David Bultman (Royal, Simi)-1	1987
65-11 1/2	Curt Hampton (El Cajon)-1	1974
65-10 3/4	Dave Porath (Atwater)-1	1978
65-10	Steve Wilhelm (Fremont, Sunnyvale)	1967
65-9 3/4	John Buehler (Whittier)-1	1967
65-9	Dave Laut (Santa Clara, Oxnard)	1975
65-9	Jeff Stover (Chico)	1976
65-9	John Bender (Shafter)	1984
65-8 3/4	Randy Withrow (Pasadena)-1	1970
65-7 3/4	Don Castle (Cubberley, Palo Alto)	1961
65-7 1/4	Dave Gerasimchuk (Narbonne, Lomita)	1972
65-6	Bruce Wilhelm (Fremont, Sunnyvale)-1	1963
65-2 3/4	Bill Pace (El Rancho, Whittier)-1	1961

Discus:

State Meet Record: 203-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985, and 203-4 Rob Powell (Redwood, Visalia) at Cerritos 1990. **Frosh:** 173-6 Antonio Dobbins (Burroughs, Ridgecrest) 1979. **Soph:** 182-5 Jeff Buckley (Bakersfield) 1990. **Junior:** 194-10 Ray Burton (Vacaville) 1973. **Senior:** 210-8 Brian Blutreich (Capistrano Valley) 1985.

210-8	Brian Blutreich (Capistrano Valley)-1	1985
209-6	Dave Porath (Atwater)-1	1978
203-4	Rob Powell (Redwood, Visalia)-1	1990
201-6	Ray Burton (Vacaville)-1	1974
201-3	Chris Adams (Los Altos)-2	1970
200-7	Paul Bender (Shafter)-1	1980

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All-Time CALIFORNIA High School Boys List

200-4	Scott Endler (Hoover, Fresno)-1	1976
200-1	Scott Overton (Los Altos)-1	1972
199-0	John Wirtz (Leland, San Jose)-1	1988
198-6	Dave Voorhees (Tulelake)	1973
197-6	Kevin Richardson (Shafter)	1984
196-10	David Bultman (Royal, Simi)-1	1987
196-6	Brent Noon (Fairbrook)	1990
195-8	Billy Joe Winchester (Mt. Miguel, Sp. Vly)	1970
195-5	Lonnie Shelton (Foothill, Bakersfield)-1	1973
195-4	Bob Stoecker (Los Altos)-2	1962
195-4	Tom Birtwhistle (Gunn, Palo Alto)	1969
194-10	David Thomson (Santa Ynez)-1	1977
194-7	Antonio Dobbins (Burroughs, Ridgecrest)-2	1981
194-2	Dave Hickson (Leland, San Jose)	1973
194-2	Darrell Elder (Redwood, Larkspur)	1974
194-0	Ralph Fruguglietti (Albany)	1973
193-8	Rick Luiten (Monrovia)	1982
193-0	Jim Penrose (Carlimont, Belmont)	1968
192-8	Mark Bryant (Antelope Valley, Lancaster)	1978

400 Meter Relay:

(* 440 Yards Minus 0.23)

State Meet Record: 40.24 Hawthorne (Alexander, Smith, Allen, Conway) at Cerritos 1989.

40.24	Hawthorne at Cerritos (Alexander, Smith, Allen, Conway)	1989
40.64	Hawthorne	1985
40.78	Muir, Pasadena-1 (Douglas, Ervin, Robertson, Ealy)	1987
40.82	Hawthorne	1984
40.83	Edison, Fresno-1 (Cowings, Woods, Walker, Wheeler)	1983
40.86	Berkeley-1 (McCree, Robinson, Clewis, Murray)	1981
40.87	Hawthorne (Young, Thomas, Young, McGee)	1983
40.88	Taft, Woodland Hills (Feinstein, Roberts, Flores, Watts)	1987
40.91	Hawthorne (Hanna, Vallery, Carroll, Conway)	1987
40.92	Dorsey, Los Angeles (Boles, Williams, Williams, Jackson)	1981
40.93	Berkeley-1 (Davis, Henderson, Hunter, Usher)	1984
40.93	Muir, Pasadena (Limbrick, Ealy, Ervins, Jeffries)	1986
40.98	Berkeley (Davis, Henderson, Hunter, Paulding)	1983
41-01	Oakland-1 (Porter, Watson, Williams, Watson)	1982
41.05	Washington, Los Angeles	1988
41.05	San Bernardino-1	1990
41.06	Morningside, Inglewood	1987
41.11	Muir, Pasadena	1983
41.13	Taft, Woodland Hills	1986
41.14	Oakland (Grant, Wright, Tipton, Laynes)	1988
41.14	Crenshaw, Los Angeles	1990
41.16	Crenshaw, Los Angeles (Bowyer, Crittenden, Roberts, Wilson)	1984
41.18	Muir, Pasadena (Bell, Blades, Hatcher, Brown)	1984
Hand Timing:		
(* 440 yards minus 0.2)		
40.8*	Wilson, San Francisco-1 (Farmer, Whitaker, Kirtman, Waker)	1973

40.9*	El Cerrito-1 (Gaines, Watson, Smith, Burns)	1971
40.9*	Harry Ellis, Richmond-1 (Miller, Gentry, Davis, Cooper)	1975
40.9*	Hamilton, Los Angeles (Menzies, Goosby, Martin, Mullins)	1976

1600 Meter Relay:

(* Mile Minus 1.1)

State Meet Record: 3:08.94 Berkeley (Walker, Richardson, Murray, Robinson) at Norwalk 1981.

3:07.40	Hawthorne @ Austin, Texas (Graham, Marsh, Kelly, Thomas)	1985
3:08.94	Berkeley -1 (Walker, Richardson, Murray, Robinson)	1981
3:09.45	Hawthorne -1 (Graham, Young, Kelly, Thomas)	1984
3:10.11	Hawthorne -1 (McGee, Torrence, Kelly, Thomas)	1983
3:10.33	Perris (Flenough, Stamps, Jackson, Harris)	1983
3:10.37	Centennial, Compton-1 (Graham, Ware, Jackson, Turner)	1980
3:10.42	Berkeley (Dotson, Richardson, Walker, Robinson)	1980
3:10.46	Hawthorne -1 (Alexander, Conway, DelPino, Hannah)	1988
3:10.47*	Banning, Wilmington-1 (Davis, Caesar, Plalock, Lewis)	1978
3:11.10	Poly, Long Beach	1981
3:11.32	Compton (Davis, Taylor, Smith, Barksdale)	1980
3:11.77	Hawthorne -1 (Thomas, Carroll, Thomas, Hannah)	1987
3:11.81	Centennial, Compton (Pinchback, Ware, Jones, Graham)	1981
3:12.1*	Castlemont, Oakland -1 (Roberts, Morgan, Curry, Rodgers)	1971
3:12.21	Dorsey, Los Angeles -1	
3:12.3*	Westchester, Los Angeles (Brown, Lee, Jones, Pittman)	1978
3:12.45	Muir, Pasadena (Carroll, Anderson, Mathis, Brown)	1981
3:12.50	Morningside, Inglewood	1987
3:12.5*	Fremont, Los Angeles (Butler, Derry, Shelton, Daniels)	1978
3:12.54	Oakland	1981
3:12.6*	Pasadena -1 (Cleveland, Dancer, Sanford, Sanford)	1977
3:12.6*	Fontana (Cooper, Gary, Fowler, Bethany)	1978
3:12.64	Pasadena	1981
3:12.68	Hawthorne	1989
3:12.7*	Muir, Pasadena -1 (Herron, Shaw, Austin, Sheats)	1974

Miscellaneous Records:

100 Y		
9.3	Tony Pitts (Valley, Santa Ana)	1978
9.44(A)	Mikel Sanford (Pasadena)	1979
220 Y (str.)		
20.2	Forest Beaty (Hoover, Glendale)	1961
3 M		
13:43.6	Rich Kimball (DeLaSalle, Concord)	1974
5000		
14:01.40	Eric Mastalir (Jesuit, Carmichael)	1986

6 M		
27:58.0	Eric Hulst (Laguna Beach)	1976
10,000		
28:55.0	Eric Hulst (Laguna Beach)	1976
10 M		
49:15.0	George Aguirre (Santa Barbara)	1975
1 Hr.		
12M, 254Y	Ajim Baksh (Hollywood)	1975
Marathon		
2:23:47	Mitch Kingery (San Carlos)	1973
110 H (42")		
14.1	Dedy Cooper (Harry Ellis, Richmond)	1974
180y LH (Straight)		
18.1	Steve Caminiti (Crespi, Encino)	1964
18.1	Earl McCullough (Poly, Long Beach)	1964
180y LJ (turn)		
18.6	Wayne Collett (Gardena) 1967	
18.6	Rich Graybehl (Las Lomas, Walnut Creek)	1974
300 LH		
35.52	Danny Harris (Perris)	1983
400 H		
51.5	Charles White (San Fernando)	1976
440y H		
52.7	Mark Low (Pomona)	1969
3000 SC		
9:10.8	Dave Daniels (San Geronio, S. Bern.)	1976
4x120 LH		
53.5	Franklin, Stockton	1974
4x120 HH		
58.4	Fresno (Larson, Cox, Lyons, Elders)	1971
4x200		
1:25.1	Berkeley (Clewis, Walker, Murray, Robinson)	1981
4x220y		
1:25.6	Berkeley	1980
Sprint Medley Relay		
3:21.1	Berkeley (Lewis, Murray, Robinson, Richardson)	1981
4x800		
7:44.0y	El Cerrito (Stodden, Wolfe, Rice, Wood)	1969
Distance Medley Relay		
9:56.3	Jesuit, Carmichael (Thomas, Cahill, Mastalir, Mastalir)	1986
4x1500		
16:13.4	Compton	1987
4xMile		
17:13.2	Lompoc (Schankel, Fabing, Gilmore, Williams)	1973
SP (16 lb.)		
57-10 1/4	Dave Murphy (Sunny Hills, Fullerton)	1966
DT (4 lb. 6 oz.)		
177-4	Ray Burton (Vacaville)	1974
HT (12 lb.)		
219-2	Kevin McMahon (Bellarmine, San Jose)	1990
HT (16 lb.)		
173-11	Chuck Vandagriff (Castro Valley)	1967
JT (Old)		
218-11	Mike Ostrom (Las Lomas, Walnut Creek)	1983
JT (New)		
214-7	Greg Johnson (Woodside)	1990
Pentathlon		
3418	Dixon Farmer (Miramonte, Orinda)	1959
Decathlon		
7172	Tom Richards (San Marcos, S.B.)	1988

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**Unstable Air Has Been Known
To Do Some Serious Damage.**

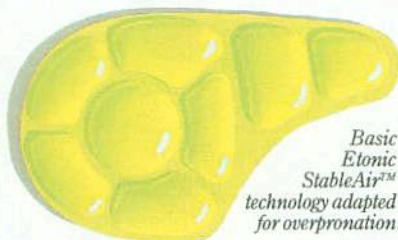


Introducing Etonic StableAir™

Finally, One Technology That Combines Cushioning And Stability For The Power To Help Prevent Injury.

A running shoe that can actually help prevent injury.

That's the raw power of this new air technology from Etonic. It's also the reason our StableAir™ Series is taking both runners and the competition



Basic Etonic StableAir™ technology adapted for overpronation.

by storm.

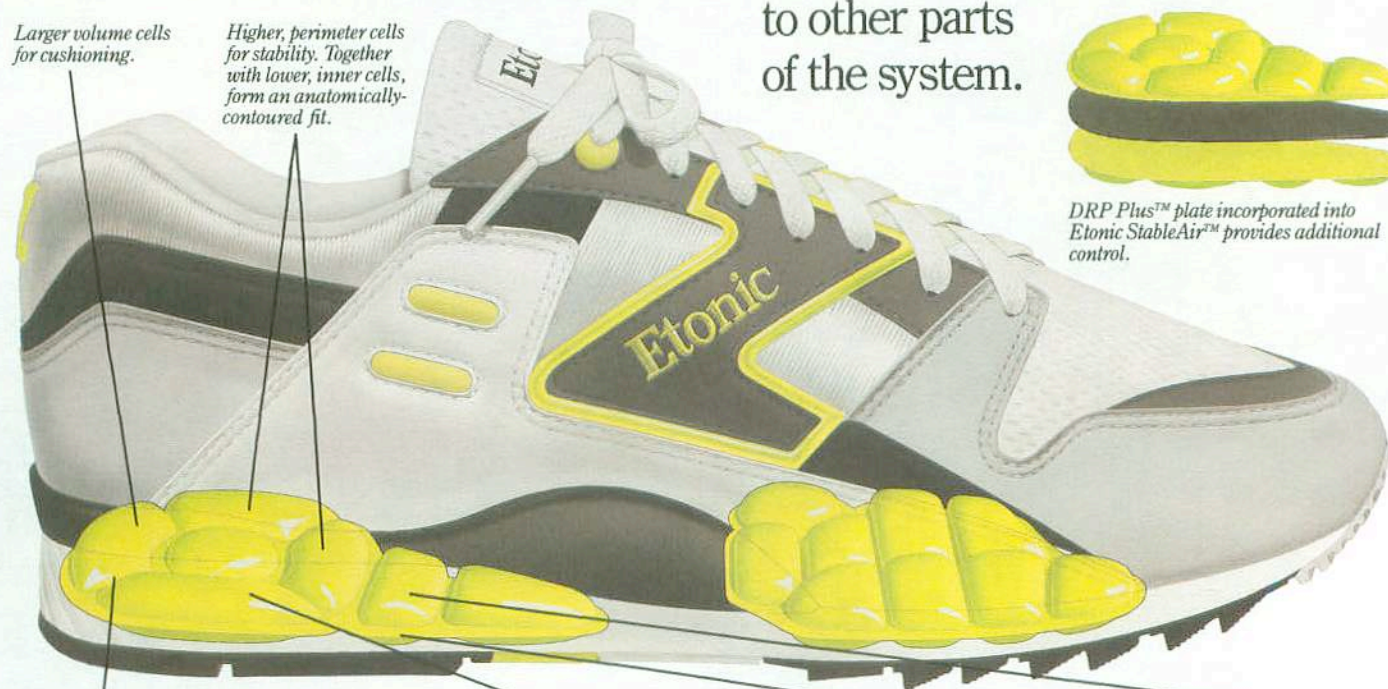
Because in a conventional air system, a type of "waterbed" effect takes place when the foot strikes the ground. The air moves away from the impact area to other parts of the system.



DRP Plus™ plate incorporated into Etonic StableAir™ provides additional control.

Larger volume cells for cushioning.

Higher, perimeter cells for stability. Together with lower, inner cells, form an anatomically-contoured fit.



Patented multi-cell design combines cushioning and stability in one lightweight device.

Ambient air in each cell can't leak.

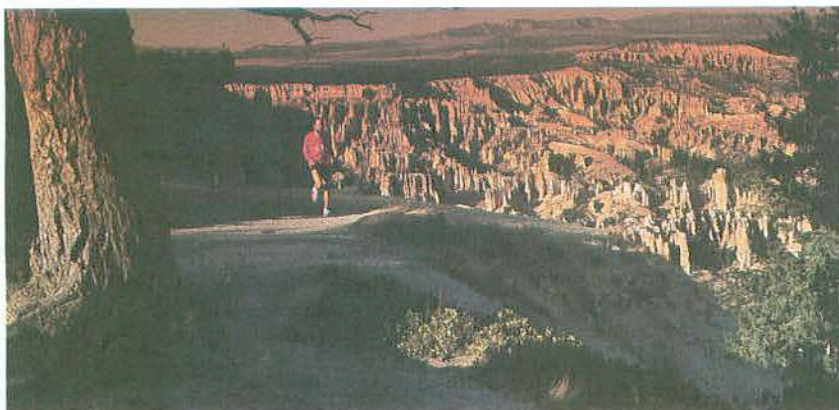
Runners use only the cells they need for more stability.

Memory keeps cell intact even if punctured.

And although cushioning is provided, this displaced air causes instability throughout the shoe.

Our technology differs in the respect that it is a series of independent cells filled with ambient air. So, when the foot strikes the ground, cushioning is provided at the area of impact; but because the cells react independently from each other, air is not displaced throughout the system. And because air is not displaced, the shoe remains stable.

The end result is a totally integrated cushioning and support system with the power to help prevent injuries.



Just as important, we've adapted the basic StableAir™ technology to the specific needs of individual running styles. So you can be sure it will work for you no matter what kind of runner you happen to be.

And for those who prefer additional control, we have combined Etonic StableAir™ with our exceptionally light DRP Plus™ graphite composite plate.

Etonic StableAir.™ It is the premier air technology on the market today. Because the way it helps prevent injuries can give you a feeling of unlimited power.



StableAir NR is for runners with few biomechanical problems.



StableAir OS is an exceptionally light trainer for oversupinators.



StableAir Plus OP gives overpronators maximum control.



StableAir Plus NR offers maximum control for neutral-gait runners.



StableAir Plus OS gives oversupinators maximum control.

Etonic®
Built So You Can Last.

Etonic StableAir™ - The One Technology That Combines Cushioning and Stability for the Power to Prevent Injury

Runners will now have the advantage of a new dimension in technology with the creation of Etonic StableAir™ - the running shoe innovation that combines cushioning and stability in one technology for the power to prevent injury.

Introducing Etonic StableAir.™ This technology will be highlighted in a new line of nine Etonic running shoes, part of the Etonic Injury Prevention System.

Etonic StableAir™ provides the correct balance of cushioning and motion control runners need to help prevent injuries associated with both shock and instability.

In a conventional air system, a type of "waterbed" effect takes place when the foot strikes the ground. The air moves away from the impact area to other parts of the system. Although cushioning is provided, this displaced air in a conventional air system causes instability throughout the shoe.

Our technology differs in the respect that it is a series of independent cells filled with ambient air. When the foot strikes the ground, cushioning is provided at the area of impact; but, because the cells react independently from each other, air is not displaced throughout the system. Because air is displaced, the shoe remains stable. The end result is a totally-integrated cushioning and support system with the power to help prevent injuries.

Furthermore, each of the nine shoes in the Injury Prevention System features the StableAir™ technology specifically designed for both men and women, that compensates for those runners who are overpronators, oversupinators or have a neutral gait.

For those who prefer an even firmer and more stable ride, Etonic has combined the Etonic StableAir™ technology with the ultra-light DRP Plus™ graphite composite plate made of TL-61 for extra support and stability. This added feature can be found in the "Plus" shoes of the system.

"Each of the shoes in the Etonic Injury Prevention System is designed to automatically tune itself to the wearer and compensate for the way a person is most prone to injury," explained Bob Bogaty, Etonic's director of research and development. "Each shoe provides the specific comfort and control different runners want along with the protection they need. No other technology provides this combination in one shoe."

The Etonic Injury Prevention System consists of the following shoes:

The StableAir™ NR is designed for the individual with a neutral gait and few biomechanical problems. Ideal for heel strikers, it is constructed with a semi-curved anatomical slip last with a rearfoot Etonic StableAir™ unit. The CMEVA/PU midsole provides lightweight cushioning and stability. The StableAir™ NR is an extremely versatile, everyday training shoe available in medium and wide widths.

The StableAir™ OS is a lightweight trainer for everyday mileage or speed workouts. It is an ideal shoe for mid-to-forefoot runners, and for those who prefer lightweight cushioning without compromising superior stability. The shoe features independent Etonic StableAir™ units suspended in a CMEVA midsole: a laterally-extended anti-supination unit in the rearfoot and a separate unit in the forefoot. The StableAir™ OS provides excellent flexibility with a curved anatomical slip last for a glove-like fit.

The StableAir™ Plus OP—the most technically advanced shoe ever produced by Etonic—is designed for overpronators to provide optimal stability with a high degree of cushioning. An anti-pronation Etonic StableAir™ unit with an encapsulated DRP Plus™ graphite composite TL-61® plate in the heel unit offers superior cushioning and stability in one device. The forefoot StableAir™ unit provides excellent cushioning during toe off. Other features of the shoe include a straight slip last and a CMEVA/PU midsole for resilience and cushioning.

The StableAir™ Plus NR is a neutral shoe for the runner with few biomechanical problems. It features a neutral StableAir unit in the rearfoot with an encapsulated neutral DRP Plus™ plate of TL-61® for additional shock dispersion and flexibility. It also features a forefoot StableAir™ unit for extra cushioning during toe off. StableAir™ Plus NR offers a light yet extremely resilient CMEVA/PU midsole. A semi-curved anatomical slip last provides lightweight cushioning. StableAir™ Plus NR is available in medium and wide widths.

The StableAir™ Plus OS, a lightweight training shoe, provides maximum cushioning and stability to the rigid gait or high-arched runner. An anti-supination Etonic StableAir™ unit is located in the heel. Encapsulated within this device is a special anti-supination DRP Plus™ plate which is ideal for the runner who requires optimal shock dispersion with stability. Also, in the forefoot there is a StableAir™ pad. Additional features of the StableAir™ Plus OS include a curved anatomical slip last with a CMEVA/PU midsole, and provides additional flexibility, stability and optimal shock dispersion. Available in a men's model only, the StableAir™ Plus OS is well suited for the high mileage runner who places a premium on lightweight yet supportive shoes.

All of the shoes, with the exception of StableAir™ Plus OS, are available in men's and women's models. Each of the women's models feature a specially-designed women's last. Also, each shoe in the system features EVER-DURE™ high abrasion rubber outsoles for longer wear. Used in the sockliner of each shoe is a new material called Textra, a cross-weaved scrim which is bonded to a highly-resilient Dynasponge foam. This design promotes excellent ventilation and prevents a heat build-up in the shoe.

"Last year, we made quite an impact with the introduction of the Etonic Stability System, a line of running shoes specifically designed to aid in the prevention of injury," said Tom Elwell, general manager of the Etonic Athletic Division. "Due to the magnitude in which runners accepted this introduction, sales of running products increased 117% over 1988. It was phenomenal! With this year's introduction, we feel we'll be offering runners the best of both worlds, a line of running shoes that combines stability and cushioning—a revolutionary approach to injury prevention."

Etonic®
Built So You Can Last.

KINNEY[®]

CROSS COUNTRY CHAMPIONSHIPS

The country's first national championships in high school sports. More than 100 state champions will join 5,000 boys and girls from every corner of the United States to compete in four regional qualifying meets. The sixty-four winners will go on to the national championships in San Diego December 8. But *just two* elite runners will return home as national champions.

All high school cross country runners are eligible to compete. The distance for all events is 5,000 meters. Entry forms are available from high school cross country coaches or by calling **Kinney Shoes** at (212) 720-3752.

NORTHEAST REGIONAL

Van Cortlandt Park, New York, NY — November 24, 10:00 a.m.

Coordinator:

Marty Lewis

South Shore High School

6565 Flatlands Avenue, Brooklyn, NY 11236 — (718) 531-4454

SOUTH REGIONAL

McAlpine Greenway Park — Mecklenburg County, Charlotte, NC

November 24, 9:30 a.m.

Coordinator:

Max Mayo

250 Commerce Blvd., Bogart, GA 30622 — (404) 353-7732

MIDWEST REGIONAL

University of Wisconsin — Parkside, Kenosha, WI

November 24, 10:00 a.m.

Coordinator:

Peter Henkes

P.O. Box 4097, Racine, WI 53404 — (414) 633-0033

WEST REGIONAL

Woodward Park, Fresno, CA — December 1, 9:30 a.m.

Coordinator:

Bill Cockerham

4957 East Heaton, Fresno, CA 93727 — (209) 456-0535



Please Send Me a KCCC Entry Form.

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

Mail to: KCCC, 4957 E. Heaton Ave. Fresno, CA 93727

PREP NOTES

By KEITH CONNING

▼ Danny Harris

(Perris High School 1983)

Danny Harris (Perris High School 1983), who set the current national high school record of 35.52 for the 300 meter low hurdles at the California State Meet in Bakersfield on June 4, 1983, is having an outstanding season in the 400 meter intermediate hurdles. He has lost only one race this season in his specialty.

The following is a list of the meets he has competed in this season. GP = IAAF Mobil Grand Prix.

48.13	1) Sao Paulo GP, Brazil	May 20
47.62	1) Sevilla, Spain	May 30
47.77	1) Madrid, Spain	June 6
48.61	1) Verona, Italy	June 28
47.98	1) Stockholm GP, Sweden	July 2
49.14	1) Lucerne, Switzerland	July 7
47.49	1) Lausanne GP, Switzerland	July 12
47.73	1) Barcelona, Spain	July 16
48.40	1) Bologna, Italy	July 18
47.96	1) La Coruna, Spain	July 26
47.92	1) Brussels, Belgium	August 10
47.86	1) Zurich, Switzerland	August 15
48.61	1) Gateshead, Britain	August 17
48.16	1) Linz, Austria	August 22
47.93	1) Athens GP, Greece	September 7

Danny Lee Harris was born on September 7, 1965 in Torrance, Calif. He is 6-0 and 170. He competes for Nike International. He last competed for Iowa State in 1986.

He placed third in the 300 meter low hurdles in 36.50 at the California State Meet in 1982. His best time as a high school junior was 36.15.

As a freshman at Iowa State in 1984 he ran 48.02 in the 400 meter intermediate hurdles. He was ranked second in the world and the U.S. by *Track & Field News*, behind the legendary Edwin Moses. He won the NCAA, and placed second in the Olympic Trials and the Olympic Games in 48.13.

As a sophomore in 1985 he ran 47.63. He again was ranked second in the world and the U.S. He won the NCAA for the second straight year and placed second at TAC.

As a junior in 1986 he ran 47.82. He was ranked third in the world and the U.S. He won the NCAA for the third straight time and won his first and only TAC title.

In 1987 he set his personal record of 47.48,

while placing second at the World Championships. He was ranked third in the world and second in the U.S. He placed second at TAC.

In 1988 he ran 47.74. He was ranked fourth in the world and the U.S. He placed fifth in the Olympic Trials.

In 1989 he ran 48.27. He was ranked fourth in the world and third in the U.S.

This year Harris is the fastest intermediate hurdler in the world and has come within .01 of his personal record. He also placed second in the 400 meters in 45.36 at Viho, Spain on July 5. His personal record of 45.19 was set in 1986.

▼ Mike Powell

(Edgewood High School, West Covina 1981)

Mike Powell (Edgewood High School, West Covina 1981), who cleared 7-0 in the high jump at the 1981 California State Meet at Ceritos, leads the world in the long jump this season at 28-5.



MIKE POWELL

Photo by Jim Reynolds

The following are the marks he has recorded this season.

27-6 3/4	1) Modesto	May 5
27-4w	1) Westwood	May 20
26-3 3/4	1) Sevilla, Spain	May 30
26-1	1) Milan, Italy	June 5
27-0 1/2	1) TAC	June 16
26-3 3/4	2) Saint-Denis, France	June 22
27-1 1/4w	1) Helsinki GP, Finland	June 27
28-5	1) Villeneuve d'Ascq GP, France	June 29
26-3 1/2	2) Turku, Finland	July 5
26-2 3/4	1) Lucerne, Switzerland	July 7
27-3 1/4	3) Barcelona, Spain	July 16
27-4 1/2	2) Goodwill Games	July 25
27-3 3/4w	1) New York Games	July 29
27-7 1/2	1) Sestriere, Italy	August 8
27-3 3/4	1) Brussels GP, Belgium	August 10
26-5 3/4	1) Hengelo, Netherlands	August 12
26-5 1/2	1) Gateshead, England	August 17

His 28-5 moves him to No. 5 on the all-time world list (no. 3 at low-altitude).

Powell was born on November 10, 1963 in Philadelphia, Pennsylvania. He is 6-3 and 165. He last competed for UCLA in 1986 and U.C. Irvine in 1984.

In 1982 as a college freshman he long jumped 24-6 1/2.

In 1983 as a sophomore he jumped 26-5 1/4.

In 1984 as a junior he jumped 26-2 1/4 and was ranked #8 in the U.S. He placed second at TAC and sixth at the Olympic Trials. He had a wind-aided jump of 26-8 1/2.

In 1985 he jumped 26-9 3/4. He was ranked tenth in the world and fifth in the U.S. He placed third at TAC and fourth at the Olympic Trials. He had a wind-aided jump of 27-2.

In 1986 as a senior Powell jumped 26-5. He had a wind-aided jump of 26-11 3/4.

In 1987 he jumped 27-1 3/4 and was ranked sixth in the world and third in the U.S. He placed seventh at TAC and first in the World University Games.

Powell jumped 27-10 1/4 in 1988. He was ranked third in the world and the U.S. He placed fourth at TAC, third at the Olympic Trials, and second in the Olympic Games.

In 1989 he jumped 27-10 1/4. He was again ranked third in the world and the U.S. He placed second at TAC. He had a wind-aided jump of 28-0 3/4.

continued next page...

PREP NOTES

▼ Brent Noon

(Fallbrook)

Brent Noon (Fallbrook) has been selected as the 1990 Gatorade Circle of Champions High School Player of the Year.

He is the nation's shot put champion -- outdoors and in. In May, Brent set a national record with a distance of 76-2, the second longest throw ever by a high school competitor. He captured the 1990 state championship with a distance of 74-4 and won the national indoor title with a throw of 74-11. Brent is one of only four high school shot putters to throw in excess of 70 feet. He also excels in the discus, with a personal best of 200-8, and third place in the state this year. As disciplined in the classroom as he is on the field, Brent earned an impressive 3.5 GPA.

▼ North Coast Section Cross Country

1. Starting in the fall of 1990 the North Coast Section Cross Country Championships will be conducted in four (4) divisions. Schools will compete in the division in which their school enrollment falls.

- Div. I: Enrollment 2021 and up. Six (6) schools.
- Div. II: Enrollment 1519 - 2020. Fifteen (15) schools.
- Div. III: Enrollment 939 - 1518. Thirty-nine (39) schools.
- Div. IV: Enrollment 0 - 938. Forty-one (41) schools.

2. All North Coast Section member schools (Teams=minimum 5 team members) will have the opportunity to run in the post league state qualifying meets. State qualifying meets will be held in all divisions. Division III and IV will have area preliminaries at which the top 5 teams and the top 5 individuals, not on qualifying teams, will advance to the state qualifying meet (MOC).

3. Team Qualifications: Only complete teams (a minimum of 5 eligible competitors) are eligible to enter the NCS Cross Country Championships.

4. Individual Qualifications: The top five individual finishers (whether members of a qualifying team or not) in each division from each league meet will qualify for NCS post-season competition. Division III and IV individuals will qualify to the respective area qualifying meets.

5. Important Cross Country Dates:

- ✓ Preliminary Meets: Divisions III & IV--Saturday, Nov. 10.

- ✓ State Qualifying Meets: Div. I, II, III, IV--Sat. Nov. 17.

✓ CIF/Reebok State Cross Country Championships

The top two teams, plus the additional top five individuals from the division meets will qualify for the boys' and girls' State Championships with the exception of Division I which will qualify one team plus the top five individuals.

▼ Steve Guerrini

(Santa Rosa)

AAA-WAA, Northwood Stadium, Stoke-on-Kent, England, June 30--

Junior Steve Guerrini (Santa Rosa) placed fifth in the 3000 meter steeplechase in the excellent time of 9:31.7. He was competing against men under 20 years of age.

The winner was Kevin Toher (Newquay/PAR) in 9:25.1.

Guerrini placed sixth in heat one of the State Meet 1600 meters in 4:15.00, his personal best.

▼ Bologna GP

July 18. Bologna, Italy--Danny Harris (Perris HS 1983) won the 400 hurdles in 48.40.

Nouredine Morceli (Riverside CC 1990) set a national and junior college record of 3:32.60. Ken Washington (Mt. SAC CC 1987) ran the first 800 in 1:53.3.

John Morris (Fairfield 1982) placed third in the high jump at 7-2 1/2.

Ken Flax (Redwood HS, Larkspur 1981) placed third in the hammer throw at 248-10.

Jennifer Inniss (Cal State Los Angeles 1983) placed third in the long jump at 20-10 3/4.

Lacy Barnes (Burroughs HS, Ridgecrest 1983) placed fourth in the discus at 193-8.

▼ London GP

July 20. London, England--

Doug Fraley (Clovis West HS, Fresno 1983) won the pole vault at 18-4 3/4.

Ken Flax (Redwood HS, Larkspur 1981) placed second in the hammer throw at 244-3.

Teena Colebrook (Cal Poly SLO 1990) placed third in the 1500 in 4:07.80.

Lacy Barnes (Burroughs HS, Ridgecrest 1983) placed fifth in the discus at 191-4.

▼ La Coruna

July 26. La Coruna, Spain

Greg Foster (UCLA 1980) won the 110 hurdles in 13.15 (+1.6). Renaldo Nehemiah

(San Francisco 49ers 1985) was second in 13.31.

Danny Harris (Perris HS 1983) won the 400 hurdles in heavy rain in 47.96.

▼ Juliana Yendork

(Walnut)

August 11. World Junior Championships, Plovdiv, Bulgaria

Juliana Yendork (Walnut) set a new California high school record of 21.3 1/4 in the long jump, while placing fourth. The old record of 20-11 1/4 was set by Madette Smith (Quartz Hill) in 1986. Only fourteen other California high schoolers have ever jumped over 20 feet.

Yendork's performance makes her the seventh longest American Junior (19 & Under) long jumper in history. Her best long jump in 1989 was 20-9.

Yendork was born in Ghana in 1972. This will be her senior season at Walnut.

▼ Berlin Grand Prix

August 17. West Berlin

Mike Marsh (Hawthorne HS 1985) placed third in the 100 in 10.23. Henry Thomas (Hawthorne HS 1985) was seventh in 10.55.

Danny Everett (Fairfield HS, Los Angeles 1985) set a meet record in the 400 at 44.61.

Johnny Gray (Crenshaw HS, Los Angeles 1978) won the 800 in 1:45.57.

Jim Doebling (San Clement HS 1980) placed second in the shot put at 68-3 1/4.

Ken Flax (Redwood, Larkspur 1981) placed fourth in the hammer throw at 245-2.

▼ Gateshead International

August 17. Gateshead, Britain

Danny Harris (Perris HS 1983) won the 400 hurdles in 48.61.

Evelyn Ashford (Roseville HS 1975) placed second in the 100 in 11.36.

Donna Mayhew (Crescenta Valley HS, La Crescenta 1978) placed second in the javelin at 179-3.

▼ West German Grand Prix

August 19. Cologne, West Germany

Henry Thomas (Hawthorne HS 1985) placed second in the 100 heat B in 10.66/

Mike Marsh (Hawthorne HS 1985) placed second in the 100 heat C in 10.26.

continued next page...

PREP NOTES

George Kersh (Taft CC 1989) won the 800 in 1:44.84. Johnny Gray (Crenshaw HS, Los Angeles 1978) was tenth in 1:54.87.

Ken Flax (Redwood, Larkspur 1981) placed seventh in the hammer throw at 238-8.

Doug Nordquist (Sonora HS, La Habra 1977) placed eighth in the high jump at 7-4 1/4.

Doug Fraley (Clovis West, Fresno 1983) and Tim Bright (soph at Soquel HS 76) tied for seventh in the pole vault at 18-0 1/2.

Sandra Farmer-Patrick (Cal State LA 1985) won the 400 heat B in 52.86.

Claudette Groenendaal (born in Torrance on Nov. 1, 1963) placed 16th in the 1500 in 4:13.77. Rose Monday (St. Genevieve HS, Panorama City 1977) was 17th in 4:21.79.

Karen Smith (La Jolla HS 1973) placed third in the javelin at 194-1. Donna Mayhew (Crescenta Valley HS 1978) was eighth at 170-9.

Jennifer Inniss (Cal State LA 1983) placed sixth in the long jump at 19-5 3/4.

▼ Becky Spies

(Livermore)

August 29, San Jose

Becky Spies (Livermore) won the women's division of the fourth annual Union Bank Heart of the City 5K Run on the streets of downtown San Jose for the second straight year in 17:26. The race attracted over 1500 participants. Spies was 12 seconds in front of runner-up Suzanne Gyorey. Pam Allie-Morrill took third in 18:00.

Spies, 17, ran the first mile in a blazing 5:08, then paced herself the rest of the way. Spies, who will start her senior year at Livermore this fall, was awarded a trip to New York but gave it to Gyorey.

Spies' time was only six seconds off her personal best.

On the men's side, Harry Green (Texas 1989), who was ranked ninth in the U.S. for 10,000 meters in 1989, took the overall title in 14:29. Danny Gonzales (Mountain Views HS 1981) (14:38) was second while Gary Lewis (14:45) finished third.

▼ City of Jerez

September 3, Seville, Spain

Danny Everett (Fairfax HS, Los Angeles 1985) and Cuban Roberto Hernandez set the world best in the 300-meter dash.

Everett and Hernandez were clocked in the identical time of 31:48 seconds, but officials awarded the victory to Everett.

The previous mark of 31.69 was set by Hernandez at Bratislava, Czechoslovakia, in July.



TONIE CAMPBELL

Photo by Ed Richards



JOHNNY GRAY

Photo by Bill Leung, Jr.



GEORGE KERSH

Photo by Bill Leung, Jr.

Tonie Campbell (Banning, Wilmington 1978) won the 110 hurdles in 13.37.

▼ Koblenz International

September 4, Koblenz, W. Germany

Doug Wicks (South, Bakersfield 1981) placed sixth in the pole vault at 17-0 3/4.

Evelyn Ashford (Roseville HS 1975) placed third in the 100 in 11.26.

▼ IAAF Grand Prix Final

September 7, Athens, Greece

Danny Harris (Perris HS 1983) lost his first 400 hurdles race of the season. Samuel Matete (Blinn CC, Texas; Zambia), who is only 22 years old, defeated Harris by .02--47.91 to 47.93.

PattiSue Plumer (born in Covina on April 27, 1962; Stanford 1984) won the 5000 in 15:14.36.

Ramona (Ebert) Pagel (Schurr HS, Montebello 1979) placed sixth in the shot put at 59-11 3/4.

▼ Despite Risks, More Teens Using Steroids

By Deborah Mesce

The Associated Press

September 7, Washington

Teenagers appear to be using more body-building steroids despite the health risks of the illegal drugs, federal health officials said yesterday.

What's more, the officials said that coaches, teachers, parents and other adults may subtly be encouraging the trend.

The assessment was contained in a report,

by the inspector general of the Department of Health and Human Services, that estimated more than 250,000 adolescents, mostly boys, have used steroids.

Health Secretary Louis Sullivan called the finding "disturbing" and said he was "concerned that some adults who are charged with our young people's welfare might be passively accepting or even tacitly approving" use of the drugs that build up muscles and strength.

Dick Stickle, executive director of a substance abuse program of the National Federation of State High School Associations, said coaches can appear to condone steroid use with off-the-cuff comments such as, "Everybody uses steroids now in sports," or by telling a young athlete, "If you were a little larger, a little stronger, you could be a starter next year."

Sullivan said an inter-agency task force has been formed to look into new approaches to stem illegal steroid use. Also, the Food and Drug Administration is conducting an educational campaign targeted at young athletes and their coaches, he said, and the department is launching a public affairs campaign on the issue.

In the best-known case of steroid use by an athlete, Canadian sprinter Ben Johnson lost his gold medal in the 1988 Olympics when he tested positive. He was disqualified and barred from competing for two years.

The report by Inspector General Richard Kusserow estimated that 262,000 students in grades seven through 12 are using or have used steroids, based on a 1989 survey by the National Institute on Drug Abuse.

continued next page...

PREP NOTES

The report estimated 5 percent to 11 percent of teenage boys use steroids. Among girls, the estimated range was 0.5 percent to 2.5 percent.

The report, based on interviews with 30 knowledgeable professionals and 72 current or former steroid users, as well as a review of recent studies, said steroid use among the young appears to be rising.

The effects of steroids can be physical as well as psychological.

Users exhibit addictive behavior, although it has not been proven that these drugs are habit-forming, the experts said. Other possible psychological effects are increased irritability, violent behavior, depression, mania, psychosis and suicide.

(Prep Editor: The preceding article appeared in the Oakland Tribune of September 8, 1990.)

▼ Jim Frank Invitational

September 8. Carson City, NV.

The Madera (Calif.) boys' team edged Carson City (Nevada), the 1989 Nevada state champion, 30-38. Both had good total team times: Madera 83:16, Carson City 83:41.

Temperature was 83 degrees. Carson City is 4,500 feet above sea level.

Brad Meyer (Manogue), who ran the 1,500 in 3:52.99 as a junior last spring, defeated Bob Ryser (Carson City), who ran the 3200 in

9:11.3 as a junior, by 1 second--15:35 to 15:36. Jose Santiago (Madera) was third in 16:10.

The Carson City girls' team, the 1989 Nevada state champion, had a low score of 16.

Kimberly Orlando (Carson City), who ran the 3200 in 10:36.6 as a junior, defeated Stefanie Jensen (South Tahoe) by 21 seconds--18:30 to 18:51.

▼ Rieti International

September 9. Rieti, Italy

Mike Marsh (Hawthorne HS 1985) tied for fifth with Stefano Tilli (Italy) in the 100 meters in 10:35.

Danny Everett (Fairfax HS 1985) placed second in the 400 meters in 44.49.

Tonie Campbell (Banning HS, Wilmington 1978) placed second in the 100 meters in 11.07.

Jackie Joyner-Kersey (UCLA 1985) placed third in the 100 meter hurdles in 13.03, and second in the long jump at 23-4 1/2.

PattiSue Plumer (born Covina 1962, Stanford 1984) tied for first in the 1500 meters with Ivonne May (East Germany) in 4:06.58.

▼ Toto Super '90 Meet

September 15. Shizuoka, Japan

Danny Everett (Fairfax HS 1985) placed second in the 400 meters in 44.87.

Tonie Campbell (Banning HS, Wilmington

1978) placed third in the 110 meter hurdles in 13.59.

Evelyn Ashford (Roseville HS 1975) won the 100 meters in 11.11.

PattiSue Plumer (Stanford 1984) placed second in the 3000 meters in 9:04.29.

▼ Stockholm City Mile

September 15. Stockholm, Sweden

Steve Scott (Upland HS 1974) won the Stockholm City Mile in 4:12.3.

▼ Fresno St. Invitational

September 15. Fresno

Buffy Rabbitt (Newport Harbor HS, Newport Beach 1986) won the women's race in 17:02.8

Darcy Arreola (Grossmont HS, La Mesa 1986) placed second in 17:05. Sabrina Han (Westmoor HS, Daly City 1986) placed third in 17:33.

▼ Results Wanted

Please send results to Northern and Central California high school cross country meets to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823.

Send Southern California cross country results to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.

PREP RESULTS

Jim Frank Invitational

From David Amster

September 8. Mills Park, Carson City, NV. 5000m.

Boys' Teams

1. Madera 30, 2. Carson City, Nv. 38, 3. Bret Harte (Altaville) 100, 4. South Tahoe (South Lake Tahoe) 131, 5. El Dorado (Placerville) 133, 6. Elko, Nv. 183, 7. Mammoth 188, 8. Wooster, Reno, NV. 224, 9. Fallon, Nv. 246, 10. Rite of Passage (Yerington, NV.) 281.

Boys Individuals

1. Brad Meyer (Manogue) 15:35, 2. Bob Ryser (Carson City) 15:36, 3. Jose Santiago (Madera) 16:10, 4. Brian Singleton (Bret Harte) 16:16, 5. Guy Hawes (Carson City) 16:22, 6. Polo Duarte (Madera) 16:40, 7. Francisco Madrigal (Madera) 16:40, 8. Art Rodriguez (Madera) 16:41, 9. Jon Steele (Carson City) 16:46, 10. Brandon Rose (El Dorado) 16:50.

Girls Teams

1. Carson City, NV. 16, 2. El Dorado (Placerville) 39.

Girls Individuals

1. Kimberly Orlando (Carson City) 18:30, 2. Stefanie Jensen (South Tahoe) 18:51, 3. Amy Davidson (Bret Harte) 20:25, 4. Lisa Garcia (Carson City) 20:42, 5. Emily Keller (Carson City) 21:37, 6. Armida Marin (Elko) 21:46, 7. Camille Keller (Carson City) 21:56, 8. Amanda Gayette (El Dorado) 22:37, 9. Melinda Bean (Carson City) 22:43, 10. Hope Glis (South Tahoe) 23:15.

Monte Vista Invitational

September 14. Oak Hill Park, Danville. 2 Miles.

Boys Teams

1. Livermore 49, 2. St. Ignatius (San Francisco) 54, 3. De La Salle (Concord) 56, 4. San Ramon Valley (Danville) 134, 5. Logan (Union City) 153.

Boys Individuals

1. Beyene (Newark Memorial) 10:21, 2. McManus (St. Ignatius) 10:40, 3. Glosser (St. Ignatius) 10:40, 4. Jones (Livermore) 10:42, 5. Zachary (DeLaSalle) 10:45, 6. Pereira (L) 11:04, 7. Header (L) 11:07, 8. Casentina (St. Ignatius) 11:09, 9. Selby (DeLaSalle) 11:11, 10. Wattle (San Ramon Valley) 11:13.

Girls Teams

1. Monte Vista (Danville) 52, 2. Bishop O'Dowd (Oakland) 77, 3. Clayton Valley (Concord) 94, 4. San Ramon Valley 94, 5. Livermore 98.

Girls Individuals

1. Patterson (Castro Valley) 12:47, 2. Dalke (Bishop O'Dowd) N.T., 3. Melendez (Granada) 13:32, 4. Ekstrom (Newark Memorial) 13:38, 5. Schuster (Monte Vista) 13:42, 6. Kintzer (Monte Vista) 13:55, 7. Way (Granada) 13:58, 8. Fein (Bishop O'Dowd) 13:58, 9. McDonald (Newark Memorial) 14:07.

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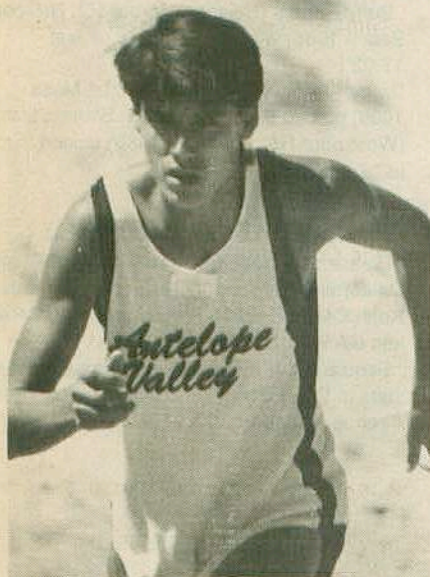
PREP NOTES

Morro Bay Invitational

September 8. Morro Bay State Beach

About a dozen schools showed up to Coach Cary Nerell's opening weekend run along the beach. Warm weather and a sandy part of the course that was extra soft held the times back a bit, but some good people showed they are ready to go.

Jenny Lacovara, the Morro Bay team leader, had a fine finish to her spring track season, with a 5:07.32 (1600m) best, and started here in solid style this Fall, winning the Women's Varsity run by over a minute and a half over 11:50.34 3200m teammate Deena Strohmman, 21:52-23:35. Morro Bay, with 882 students, is one of those schools licking its chops at the rearrangement of the State Cross Country divisions,



LOUIE RUDZIEWIEZ

Photo by Elaine Rosenfield

peaking out the small schools at 938 bodies. Dana Ewing, fourth for MB here, and 6th overall at 25:02, is an 11:50.44 3200m runner on the track, giving the Pirates strength that few schools of under 1000 have. Morro Bay was a comfortable winner in this division over a squad expected to be another of top Small School groups in the State, Nordhoff (Ojai), 23-54.

Louie Rudziewicz of Antelope Valley took the Men's Varsity race at 18:27, with Nordhoff a narrow 56-57 winner over the host Morro Bay squad in the team contest.

Women's Results

1. Lacovara (Morro Bay) 21:52, 2. Strohmman (MB) 23:35, 3. Ambrozak (St. Joseph, Santa Maria) 23:57, 4. Szemerédi (Bell-Jeff, Burbank) 24:15, 5. Pierce (MB) 24:37, 6. Ewing (MB) 24:37, 7. Spellman (Nordhoff) 25:02. **Teams:** 1. Morro Bay 23, 2. Nordhoff (Ojai) 54, 3. St. Joseph 80, 4. Bell-Jeff 84.

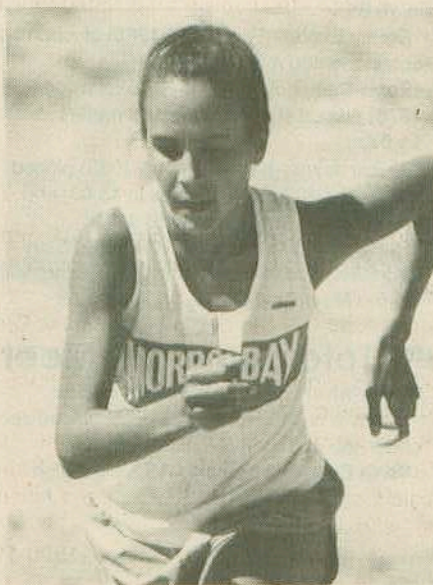
Men's Results

1. Rudziewicz (Antelope Valley, Lancaster) 18:27, 2. Roundy (MB) 18:53, 3. Tallakson (Nordhoff) 19:03, 4. Flynn (Bell-Jeff) 19:12, 5. Stowe (MB) 19:20, 6. Johnston (Nordhoff) 19:20, 7. Hakim (Atascadero) 19:29. **Teams:** 1. Nordhoff 56, 2. Morro Bay 57, 3. Antelope Valley 74, 4. Bell-Jeff 91.

Colton Swarm

September 8. Colton HS

An early season Inland Empire (San Bernardino-Riverside area) Invitational, the Colton "Swarm" features "by-grade" races with an overall team time winner. Some good individuals were in attendance, with Bishop Amat (La Puente) sweeping team honors.



JENNIFER LACOVARA

Photo by Elaine Rosenfield

Carrie Garritson (Rim of World, Lake Arrowhead) had the day's quickest Women's time, 18:50 in taking the Frosh/Soph level race by over a minute. Marion Sepulveda of Colton, a 11:23.49 3200m runner in track took the Junior/Senior event by 50 seconds in 19:25. Amat's margin of victory with a 105:52 total was four and a half minutes ahead of second place Redlands.

James Pendergraph, leader of the Norte Vista (Riverside) squad that was runner-up statewide in Division II last fall, had the day's quickest Men's time, a 15:51 that had him win by exactly a minute in his 12th grade race. Bishop Amat, a school of 1973 (Division II under the new state format) was over two and a half minutes ahead of Norte Vista (which has 1562 and will be at that same level) in the Men's Varsity team time contest at 85:05-87:45.

Women's Results

(Frosh/Soph) 1. Garritson (Rim of World) 18:50, 2.

Galvan (Bishop Amat) 20:00, 3. Aguilar (Norte Vista) 20:45. (Jr/Sr) 1. Sepulveda (Colton) 19:25, 2. Tellez (Apple Valley) 20:15, 3. Flores (Ganeshia) 20:51. **Teams:** 1. Bishop Amat 105:52, 2. Redlands 110:06, 3. Etiwanda 110:15.

Men's Results

(Frosh) 1. Mike Pendergraph (Norte Vista) 17:20, 2. Cantanedo (Bishop Amat) 17:37, 3. Nelson (Canyon Springs, Moreno Valley) 18:10. (Soph) 1. Lerma (Indio) 16:47, 2. Carter (Rim) 16:52, 3. Whitney (Palm Desert) 16:53. (Junior) 1. Bolden (Bishop Amat) 16:23, 2. Medrano (Colton) 16:35, 3. Aguilar (NV) 16:54. (Senior) 1. James (Pendergraph (NV) 15:51, 2. Camarillo (BA) 16:51, 3. Girguis (BA) 17:13. **Teams:** 1. Bishop Amat 85:05, 2. Norte Vista 87:45, 3. Rim of World 89:22.

SoCal Invitationals Southern Section Cross Country

Seaside Invitational

September 8. Buenaventura State Beach (Ventura).

About two dozen schools hoped to escape the blazing heat that greeted Southern California prep harriers the first weekend of the season by heading to the beach at Ventura for the second Seaside Invitational. Co-sponsored by Buena (Ventura) and Channel Islands (Oxnard) High Schools the meet was very, very high in quality. The course is flat, mostly on cement parking lots and bike trails, with a bit more sand from the beach on the 3 mile course this year, and according to meet organizers, making it about ten seconds slower than last year. The term slow certainly did not describe the efforts of individuals and teams this day. Two of the nation's best, Louie Quintana (Arroyo Grande) and Deena Drossin (Agoura), dragged good groups around the course with amazing winning times. Some very, very good young runners emerged here.

Stacy Auer (Thous.Oaks), a 5:05.64 1600m performer in track as a 9th grader last spring, took Marcella Aparicio (Fillmore) 17:41-17:54 in a very quick Frosh/Soph Women's race. Deena Drossin (Agoura), defending State 3200m champion at 10:29.60 and a two-time State Large Schools harrier champion, is coming into the first of her running seasons in a while in good health, with a burst from the start rocketing her out ahead of a good field, coming in 100 yards ahead of surprising junior Veronica Barajas (Channel Islands, Oxnard) 17:11-17:28. 17:11 is really flying, with the time by Barajas, a 5:13.00 1600m runner last spring, showing great promise. Tiffany York shored up Agoura's act with a 17:58 for 3rd, with the Chargers recording an amazing 92:29 team time (that's an 18:30 average for five athletes on a flat three mile). The Chargers were the nation's #4 ranked squad at the end of the 1989 season, with Coach Bill Duley's group appearing to be as strong this time around. Arroyo Grande looked very strong as a Women's team, with Greg DeNike's group fol-

continued next page...

California Track and Cross Country COACHES ALLIANCE

1990 Membership Update:

In its second year the California Track and Cross Country Coaches Alliance will continue to expand its scope, involvement, and improvement regarding our two sports within the state.

Why Should I Join The Coaches Alliance?

The California Track and Cross Country Coaches Alliance is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

Provides a unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows a group consensus helps to bring about change more effectively than isolated individual concerns.

Last year the Coaches Alliance was directly involved in helping to create a change in the State Cross Country meet format from three divisions to four.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the Coaches Alliance sponsored a clinic in San Francisco for Northern California coaches.

What Do I Receive For My Membership?

- ✓ Coaches Alliance members will receive monthly editions of California Track and Running News, the official publication of the Alliance. Each month members will be kept current with happenings around the state in the Coaches Alliance section of the magazine. Both cross country and track will be covered.
- ✓ Coaches Alliance meetings organized around the CIF Reebok State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.
- ✓ Discounts at the Coaches Alliance sanctioned clinics held in different locations throughout the state. These clinics are:
 1. San Joaquin Coach of the Year Clinic in Fresno.
 2. Southern California Coaches Clinic at Artesia High School in Los Angeles.
 3. California Track and Cross Country Coaches Alliance Clinic to be held in San Francisco.
- ✓ Participation in the Reebok Coaches Clinic (co-sponsored by the Coaches Alliance) to be held on the Saturday morning of the CIF Reebok California State Track Meet weekend.
- ✓ \$50.00 off on a coach's registration fee at Skyjumpers Vaulting Camps, 1990-1991. Camp good for coaching certification.

If you would like to join, please fill out the following: (Please Print)

Name: _____

School: _____ Section: _____

Address: _____

City: _____ Zip: _____

Phone: Home (____) _____ School (____) _____

Dues for 1990/91 year (Tax Deductible) **\$25.00** Make out to Coaches Alliance

Send To: Dennis McClanahan-Treasurer, Mt. Carmel High School
9550 Carmel Mt. Road, San Diego, Ca. 92128

CT&RN

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4247 Rosewood Dr., Pleasanton
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1528 Bonanza, Walnut Creek
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1558 Barton Road, Redlands

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Sports Chalet Stores
La Canada Area

PREP NOTES

lowing Brandy Barr's 18:26 for 4th in the 9th/10th grade race with four between 18:52 and 19:20, with their 94:34 probably placing them among the top dozen squads nationally.

On the Men's side there were some supers in the underclass races. Coach Dave Klinger of Hart in Newhall has had son Gavin arrive at the school as a 9th grader. In the frosh race Gavin faced Eric Dunn, who raced under 4:50 for a mile in the 7th grade two years ago. The duo was joined by Mobrahtan Keflesighi of San Diego in a very hot race that had the very impressive Klinger hold off the equally talented Dunn in an amazing 15:29-15:37, with the San Diegoan 3rd at 15:42. Coach Gene Blankenship related that Gavin doubled in a 4:35 mile and 10:00 2 mile on the same day as an eighth grader! Hart did not let off at the 10th grade level, with Keith Grossman looking super in a 15:26 win, with Wilson of Agoura (15:36) and another Delacerda, Paul, racing 15:48 for Hart in 3rd.

The Junior/Senior race was the Louie Quintana show, as the Arroyo Grande senior who was 3rd in last year's Kinney Nationals in this sport and raced 1:51.90 (800m) and 4:07.20 (1600m) in the spring really came to run. There was a good field here, with Dave Hartman (Canyon, Canyon Country), a 9:06.28 3200m runner, in the field. Quintana did not wait around, blazing out from the start at a tempo that dumped Hartman after a half a mile. Louie was popping off the ground in powerful style, racing through the mile at 4:28 and two miles in 9:30 before charging in at an unreal 14:14! Interestingly, Bryan Dameworth (Agoura), 1989 Kinney National Champion, raced 14:24 here last September--remember the course was about ten seconds slower this time around. Anyone who can stay with Louie will have to be very, very special this Fall. Hartman finished in a fine 14:33, with Mike Cherman of Agoura 15:08, 9:19.9 3200m runner Jorge Barajas 4th at 15:12, with the improved Channel Islands (Oxnard) duo of Stewart Ellington (15:12) and Fernando Mendoza (15:14) next. Hart, racing here without 9:24.32 3200m runner Billy Dixon, who will rejoin the team soon, had easily the fastest team time at 78:52. Improved Channel Islands was next at 80:14.

Women's Results

Frosh/Soph: 1. Auer (Thous.Oaks) 17:41, 2. Aparicio (Fillmore) 17:54, 3. Monson (Claremont) 18:26, 4. Barr (Arroyo Grande) 18:26, 5. Delacerda (Hart, Newhall) 18:48. **Team:** 1. Claremont 146, 2. Tustin 167.

Junior/Senior: 1. Drossin (Agoura) 17:11 (Meet Record), 2. Barajas (Channel Islands) 17:28, 3. York (Agoura) 17:58, 4. Heidt (Canyon, CC) 18:39, 5. Orefice (AG) 18:52, 6. Hinkle (Buena, Ventura) 18:55, 7. Amrofill (Foothill, Santa Ana) 18:56, 9. Felix (AG) 18:57, 10. Kelley (AG) 18:59. **Teams:** 1. Arroyo Grande 51, 2. Agoura 80, 3. Foothill (Santa Ana) 113. **Team Times (combined top five):** 1. Agou-

ra 92:29, 2. Arroyo Grande 94:34, 3. Foothill (Santa Ana) 97:55, 4. Buena (Ventura) 98:34, 5. Tustin 100:01, 6. Claremont 100:04, 7. Channel Islands 100:33.

Men's Results

Frosh: 1. Klinger (Hart) 15:29, 2. Dunn (AG) 15:37, 3. M. Keflesighi (San Diego) 15:42. **Teams:** 1. Claremont 93, 2. Fillmore 106.

Soph: 1. Grossman (Hart) 15:26, 2. Wilson (Agoura) 15:36, 3. Delacerda (Hart) 15:48. **Teams:** 1. Hart 37, 2. Channel Islands 165.

Junior/Senior: 1. Quintana (AG) 14:14 (Meet Record), 2. Hartman (Canyon, CC) 14:33, 3. Cherman (Agoura) 15:08, 4. Barajas (Fillmore) 15:12, 5. Ellington (Channel Islands) 15:12, 6. Mendoza (CI) 15:14, 7. Tressler (San Marcos, Santa Barbara) 15:22, 8. Chavez (Hart) 15:26, 9. Miller (Westlake, Westlake Vill) 15:30, 10. Parrott (Claremont) 15:40. **Teams:** 1. Fillmore 125, 2. Canyon 192. **Team Times (combined top fives):** 1. Hart 78:18, 2. Arroyo Grande 78:52, 3. Channel Islands 80:14, 4. Canyon (CC) 80:15, 5. Fillmore 80:16, 6. Agoura 80:39, 7. Claremont 81:32.

Bronco Invitational

Sept. 8. Cal Poly Pomona.

Coach Tom Weber's El Modena High teams took home the Varsity honors in this meet run around the Cal Poly Pomona campus. The course included one good hill. Junior James O'Connor (Chino) was the narrow individual Men's Varsity winner at 16:16-16:17 over Brent Austin (El Modena). El Modena, ranked 6th at the Southern Section Division II level was the Varsity Men's team titlist with 59 points to the 90 for Arroyo (El Monte), the Section's #6 ranked Large School. Over on the Women's Varsity side the El Mo dominance was a bit stronger, with the 8th ranked Section Div. II Vanguards scoring a very low 35 points to the 2nd place 78 of Chino. Soph 10:56.05 3200m runner Erica Sumi (Wilson, Long Beach) was the individual winner at 18:56, with 5:08.74 1600m runner, soph Kristina Dahlberg, leading the El Mo charge in 2nd with improved teammate Natalie Austin 3rd.

Women's Results

1. Sumi (Wilson, LB) 18:56, 2. Dahlberg (El Mod) 19:29, 3. Austin (El Mod) 19:42, 4. Norell (Upland) 20:03, 5. Wolfe (Chino) 20:13. **Team:** 1. El Modena 35, 2. Chino 78, 3. Upland 100, 4. Wilson (Long Beach) 109.

Men's Results

1. O'Connor (Chino) 16:16, 2. Austin (El Mod) 16:17, 3. Loven (Rowland, Rowland Hts.) 16:33, 4. Gomez (Fontana) 16:34, 5. Hake (Arroyo, El Monte) 16:35. **Teams:** 1. El Modena 59, 2. Arroyo 90, 3. Rowland 94, 4. Wilson (Long Beach) 116.

✓ MARK YOUR CALENDAR...

Arcadia High School Invitational
April 13, 1991

PREP NOTES

Summer High School and Age-Group Track and Field Wrap-Up

TAC Age Group National Championships

July 4-8, Spokane, WA. (Calif. placers among top 3:
Bantam Girls (10 & Under)

100m: 1. Williams (Ontario) 13.20, 2. Clincy (Long Beach) 13.53, 3. Guy (Carson) 14.13.
200m: 1. Williams (Ontario) 26.99, 2. Clincy (Long Beach) 27.60, 3. Stewart (Compton) 29.60.
400m: 1. Clincy (Long Beach) 65.79.
800m: 1. Burkholder (Mission Viejo) 2:38.70.
1500m: 1. Burkholder (Mission Viejo) 5:21.38, 2. Lopez (Riverside) 5:32.04.
1500m Racewalk: 1. Lopez (Riverside) 7:41.41, 2. Castelo (Santa Barbara) 7:49.65.
4x100m Relay: 1. South Bay Panthers (Long Beach) 54.58, 2. SoCal Cheetahs 56.04.
4x400m Relay: 2. Cheetahs 4:53.43, 3. Pasadena RR 4:55.24.
High Jump: 1. Stanley-Robinson (Long Beach) 4-4 1/2.
Long Jump: 1. Collins (Long Beach) 13-6 3/4, 3. Ocegueda (Sunnyvale) 12-9 3/4.
Shot Put: 1. Ocegueda (Sunnyvale) 22-11.
Triathlon: 1. Bethel (El Toro) 10:44.

Midget Girls (11-12)

100m: 1. Singleton (Castro Valley) 12.63, 3. Haddad (Inglewood) 12.87.
200m: 1. Singleton (Castro Valley) 25.69, 3. Haddad (Inglewood) 26.48.
400m: 2. Knowles (Altadena) 61.08.
800m: 2. Caruthers (Torrance) 2:28.89, 3. Myers (L.A.) 2:29.89.
3000m: 1. Williams (Oroville) 11:04.78, 2. Munoz (Indio) 11:10.74.
1500m Racewalk: 3. Hilsabeck (Camarillo) 7:40.00.
80m Hurdles: 1. Milan (Castro Valley) 13.40, 2. Kennett (West Hills) 13.47, 3. Karp (Pasadena) 13.61.
4x100m Relay: 1. 3M Track Club 51.37, 2. SoCal Cheetahs 51.54, 3. West Valley Eagles 51.97.
4x400m Relay: 1. Pasadena RR 4:16.39, 2. SoCal Cheetahs 4:21.68, 3. L.A. Jets 4:23.76.
Long Jump: 2. Kennett (West Hills) 14-3, 3. Smith (L.A.) 13-9 1/2.
Shot Put: 1. Davidson (La Mirada) 31-8.
Pentathlon: 2. Kennett (West Hills) 2568.

Youth Girls (13-14)

100m: (wind -2.74 mps) 1. Taylor (Pomona) 12.19, 2. Gibson (L.A.) 12.20, 3. Anderson (Long Beach) 12.23.
200m: 1. Taylor 24.77, 3. Gibson 24.95.
400m: 1. Mayberry (L.A.) 56.25, 3. Johnston (Fresno) 57.83.
800m: 1. Johnston (Fresno) 2:16.41, 2. Mayberry (L.A.) 2:16.63, 3. Gillis (Irvine) 2:19.90.
1500m: 1. Nekola (Irvine) 4:50.40, 3. Gillis (Mission Viejo) 4:54.88.
3000m: 2. Nekola (Irvine) 10:30.65, 3. Villegas (Rialto) 10:52.77.
3000m Racewalk: 1. Jennifer Formosa (Huntington Beach) 15:43.59, 2. Jeanne Formosa (Huntington Beach) 15:43.60, 3. Robles (Baldwin Park) 17:14.88.
100m Hurdles: (30") (wind 0) 2. Molen (Altadena) 15.52, 3. Burns (Dana Point) 16.00.
200m Hurdles: 2. Erdi (Anaheim) 29.83, 3. Woods (L.A.) 30.01.
4x100m Relay: 1. West Coast Express "A" 48.21, 2. West Coast Express "B" 50.04.
4x400m Relay: 1. West Coast Express 3:55.72, 2. L.A. Jets 3:56.37.
4x800m Relay: 1. L.A. Jets 9:37.23, 2. Time Machine (Mission Viejo) 9:54.49, 3. SoCal Roadrunners (Rialto) 10:07.97.
High Jump: 2. Lawyer (Santa Barbara) 5-1 1/4, 3. Barisdale (Cerritos) 4-11 1/4.
Triple Jump: 1. Reid (Fountain Valley) 36-6 1/4, 3. Bates (Modesto) 34-2 3/4.
Shot Put: 3. Burden (Centros Valley) 39-4 1/2.
Discus: 1. Powell (Modesto) 140-3 1/2, 3. Burden (Centros Valley) 103-6 3/4.
Javelin: 1. Powell (Modesto) 117-4 3/4, 2. Villafuerte (Rialto) 113-2 1/2, 3. Barisdale (Cerritos) 102-10.

Intermediate Girls (15-16)

100m: 3. Knowles (Pasadena) 12.49.
200m: (wind +1.40 mps) 1. Terry (Altadena) 24.27, 3. Stringer (L.A.) 24.95.
400m: 1. Stringer (L.A.) 56.11, 2. Shuntay Taylor (Pomona) 58.57, 3. Nickson (Torrance) 59.03.
800m: 1. Horn (Santa Rosa) 2:18.51, 2. Dear (L.A.) 2:19.21.
1500m: 1. Aparicio (Fillmore) 4:48.26, 2. Cornwall (Turlock) 5:02.13.
3000m: 1. Aparicio (Fillmore) 10:43.63, 2. Cornwall (Turlock) 10:57.45.
3000m Racewalk: 2. Michelson (Mira Loma) 17:38.16, 3. Kirk (Bell Canyon) 18:09.82.
100m Hurdles: (33") 1. Nickson (L.A.) 15.22, 3. Haynes (Torrance) 15.61.
400m Hurdles: 1. Ch-A Mosley (Pasadena) 64.13.
Long Jump: 1. Haynes (Torrance) 18-9, 3. Harris (Long Beach) 17-5 1/4.
Triple Jump: 3. Harris (Long Beach) 36-10 3/4.
Shot Put: 3. Witfeld (Long Beach) 31-3.
Javelin: 1. Barisdale (Cerritos) 104-2 1/2, 2. Kirk (Bell Canyon) 97-11 3/4, 3. Whitfield (Long Beach) 91-7 1/4.
Heptathlon: 1. Jenkins (Alamo) 3697, 2. Barisdale (Cerritos) 3669.

Young Women (17-18)

100m: 1. Allensworth (San Francisco) 12.49, 2. Coleman (San Francisco) 12.99, 3. Meyer (Saratoga) 13.22.
200m: 1. Allensworth (San Francisco) 25.68, 3. Meyer (Saratoga) 27.32.
3000m Racewalk: 1. Bendz (Costa Mesa) 16:04.22.
100m Hurdles: (33") 1. Sutherland (Altadena) 14.30.
Long Jump: 2. Horn (Lafayette) 17-1 3/4.
Triple Jump: 1. Horn (Lafayette) 35-7 3/4, 2. Meyer (Saratoga) 33-10.
Shot Put: 1. Pozzi (Chatsworth) 36-9, 3. Roberts (Mission Viejo) 32-3 1/2.
Discus: 2. Roberts (Mission Viejo) 97-3.
Javelin: 3. Pozzi (Chatsworth) 104-7 1/4.

Bantam Boys (10 & Under)

100m: 1. McCullough (Pasadena) 13.25, 2. Warren (Stockton) 13.94, 3. Allen (Ontario) 14.07.
200m: 1. Ikner (Pasadena) 28.45, 2. McCullom (Torrance) 28.79, 3. Diggs (Long Beach) 30.32.
400m: 1. Foreman (L.A.) 65.09, 2. Ellis (L.A.) 67.69, 3. White (Pasadena) 67.68.
800m: 3. Santos (Mission Viejo) 2:33.85.
1500m: 1. Santos (Mission Viejo) 5:07.64, 3. Smith (L.A.) 5:09.42.
4x100m Relay: 1. Pasadena Running Roses 54.57, 2. South Bay Panthers 55.80, 3. Ventura Condors 56.72.
4x400m Relay: 1. L.A. Jets 4:34.70, 2. Pasadena Running Roses 4:40.26, 3. South Bay Panthers 4:45.59.
High Jump: 2. Ellis (L.A.) 3-11 1/4.
Long Jump: 1. Pride (San Pedro) 14-3 3/4, 2. Hurst 14-3 1/4, 3. McCullom (Torrance) 13-6 3/4.
Shot Put: 2. Abad (Indio) 32-3, 3. Davies (Ventura) 26-8 1/4.

Midget Boys (11-12)

100m: 1. Pipersburg (Santa Barbara) 12.19, 2. Granville (Cudahy) 12.41, 3. Schumacher (Buena Park) 12.73.
200m: 1. Pipersburg (Santa Barbara) 25.17, 2. Granville (Cudahy) 25.29, 3. Allen (Ontario) 25.77.
400m: 1. Moore (Highland Park) 55.95, 2. Granville (Cudahy) 55.96, 3. Ardoin (Castro Valley) 57.77.
800m: 1. Williams (Montclair) 2:14.65, 2. Montgomery (Diamond Bar) 2:16.79, 3. Klein (Fresno) 2:16.90.
1500m: 2. French (L.A.) 4:42.7, 3. Newman (Fresno) 4:48.90.
3000m: 2. Dietrich (Alamo) 10:33.02.
1500m Racewalk: 2. Michelson (San Bernardino) 8:13.05.
80m Hurdles: 1. Watson (Ontario) 12.01, 2. Rambo (Cerritos) 12.45, 3. Evans (Altadena) 12.69.
4x100m Relay: 1. West Valley Eagles 49.67, 2. South Bay Panthers 51.04, 3. 3M Track Club 51.45.
4x400m Relay: 1. L.A. Jets 3:53.52, 2. South Bay Panthers 4:04.88, 3. West Valley Eagles 4:05.72.
High Jump: 1. Castelo (Santa Barbara) 4-11 1/4.
Long Jump: 1. Phillips (Canyon County) 15-11 3/4, 2. Anderson (Long Beach) 15-8, 3. Vargen (Santa Barbara) 15-4.
Shot Put: 1. Carrillo (Indio) 37-5 1/4, 2. Alexander (Trona) 33-10 1/2, 3.

Bailey (L.A.) 33-7 1/4.

Discus: 2. Alexander (Trona) 81-4 1/2, 3. Fullord (Napa) 79-7 1/4.
Pentathlon: 2. Castelo (Santa Barbara) 2463, 3. Carr (LaVerne) 2280.

Youth Boys (13-14)

100m: 1. Baldwin (Pasadena) 11.49, 2. Callen (Pittsburg) 11.51, 3. Gilmore (Sherman Oaks) 11.85.
200m: 1. Baldwin (Pasadena) 23.46, 2. Callen (Pittsburg) 23.51.
400m: 1. Smith (San Francisco) 53.49, 2. Backoff (Fountain Valley) 53.87, 3. Boyd (Centros Valley) 53.93.
800m: 1. Fisher (Salinas) 2:05.27, 2. Backoff (Fountain Valley) 2:09.16.
1500m: 1. Fisher (Salinas) 4:20.75, 2. Argueta (Mira Loma) 4:24.68, 3. Hernandez (Glendora) 4:27.22.
3000m Racewalk: 2. Trevor (Rubidoux) 17:14.82.
100m Hurdles: 2. Hatch (Chino) 14.70, 3. Watson (Castro Valley) 14.74.
200m Hurdles: 1. Watson (Castro Valley) 27.45.
4x100m Relay: 1. 3M Track Club 47.31, 2. Pasadena Running Roses 47.62, 3. Chino Youth TC 47.75.
4x400m Relay: Pasadena RR 3:48.54, 2. 3M Track Club, 3. L.A. Jets 3:53.58.
High Jump: 2. Smith (Modesto) 5-7, 3. Jones (L.A.) 5-5.
Pole Vault: 1. Hatch (Chino) 12-0 1/4.
Long Jump: 1. Smith (Modesto) 19-4 3/4, 2. Gilmore 18-9, 3. Haynes (Torrance) 18-3 1/2.
Triple Jump: 1. Jones (L.A.) 39-5, 2. Reyes (Chino) 37-6, 3. Haynes (Torrance) 37-0 1/4.
Shot Put: 1. Cook (Oakdale) 42-10, 2. Terry (Altadena) 42-1 1/4.
Discus: 1. Cook (Oakdale) 145-6 1/2, 2. Terry (Altadena) 128-9.
Javelin: 1. Hatch (Chino) 133-5, 3. Holcomb (Napa) 102-9 1/4.
Pentathlon: 1. Hatch (Chino) 2690, 2. Jones (L.A.) 2536.

Youth Boys (15-16)

100m: 1. Madu (San Francisco) 10.94, 2. Gentry (Long Beach) 11.06, 3. Rudolph (Torrance) 11.19.
200m: 1. Gentry (Long Beach) 21.6, 2. Madu (San Francisco) 21.9, 3. Ellis (Castro Valley) 22.0.
400m: 1. Gentry (Long Beach) 50.17, 3. Ellis (Castro Valley) 51.11.
800m: 2. Wilkinson (Merced) 1:57.29.
1500m: 1. Wilkinson (Merced) 4:11.45.
3000m Racewalk: 1. K. Hilsabeck (Camarillo) 14:06.60, 2. J. Hilsabeck (Camarillo) 14:23.28, 3. Tomasulo (Rialto) 14:23.28.
110m Hurdles: 3. Mitchell (Altadena) 16.52.
400m Intermediates: 1. Mitchell (Altadena) 59.22.
4x100m Relay: 1. San Francisco Senators 43.66.
4x400m Relay: 1. 3M Track Club 3:34.89.
High Jump: 2. Davies (Los Altos) 5-9.
Long Jump: 1. Penn (Goleta) 20-9 3/4, 2. Brumfield (Castro Valley) 20-1 3/4, 3. Little (Modesto) 20-0 3/4.
Triple Jump: 1. White (Altadena) 41-7 1/4, 2. Little (Modesto) 41-4 1/2.
Shot Put: 2. Dossey (Daily City) 47-11 3/4.
Discus: 1. Dossey (Daily City) 141-1, 2. Casey (Modesto) 141-1.
Javelin: 3. Penn (Goleta) 139-7.
Decathlon: 2. Penn (Goleta) 4727, 3. Davies (Los Altos) 4511.

Young Men (17-18)

100m: 2. Goldsmith (San Francisco) 11.07.
200m: 3. Hargaves (Compton) 22.29.
400m: 1. Shephard (San Francisco) 47.58.
800m: 1. Wattles (Alamo) 1:56.70, 2. Spencer (San Francisco) 1:58.00.
2000m Sleepchase: 3. Skar (San Bernardino) 6:30.94.
110m HH: 1. Carson (San Francisco) 14.62.
400m Intermediates: 3. Ford (Diamond Bar) 56.94.

Junior International Meets (U.S. Junior National Team Competition)

July 20, Showalter Field, Orlando, Florida

Women
Long Jump: 1. Yendork (Walnut) 20-1 1/2. Shot Put: 2. Dumble (Bakersfield) 46-2 1/2. Discus: 1. Dumble (Bakersfield) 159-4.

July 20, Spokane, Washington

Women
100m: 3. Burnham (UCLA/Oxnard) 11.75, 200m: 5. Burnham 24.08, 400m: 5. R. Mack (UC Berkeley) 54.25, 800m: 2. Toney (Altacadero) 2:09.68.
4x100m Relay: 2. U.S. (Williams, Burnham, Taylor, Prather) 45.04. Shot Put: 1. Weis (Bakersfield) 46-3 1/2. Discus: 1. Weis 170-10, 2. Franke (SMU Anaheim) 154-4. Javelin: 1. Franke 147-1.
Men
200m: 1. Stallworth (Tulare) 21.04w, 400m: 3. Marvin Samuels (Chabot JC) 47.60, 4x100m Relay: 1. U.S. (Nelloms, Terry, Harris, Stallworth) 39.35, 4x400m Relay: 1. U.S. (Nelloms, Mills, Harris, M. Samuels) 3:06.69. Shot Put: 1. Bailey (UCLA/Long Beach) 52-9 1/2. Javelin: 1. Smith (UCLA) 206-5.

continued next page...

PREP NOTES

July 28-29, Ohio State University, Columbus, Ohio.

Men:
200m: 1. Stallworth (Tulare) 20.66. 400m (H-2): 2. Marvin Samuels (Chabot JC) 48.00. (Fin): 5. Samuels 47.90.

Women:
100m: (R-2) 2. Burnham (UCLA/Oxnard) 11.68. 200m: (Fin): 3. Burnham 23.84. 800m: 3. Toney (Atascadero) 2:08.64. 400m Hurdles: 1. R. Mack (UC Berkeley/Cupertino) 53.45. Long Jump: 1. Yendork (Walnut) 20-4 1/4. 6. Clark (Valley JC, Van Nuys) 18-3. Triple Jump: 1. Yendork (Walnut) 42-6 3/4. 4. Burnett (Lynwood HS) 38-3 1/4. Shot Put: 2. Dumble (Bakersfield) 49-11 1/4. 3. Weis (Bakersfield) 47-10 1/2. Discus: 1. Weis 173-2. 2. Dumble 166-0. 3. Franke (SMU/Anaheim) 146-11. Javelin: 2. Franke 158-8.

TAC/U.S. Junior Olympic Track & Field Championships

July 24-28, Ed Weir Track Stadium, Univ. of Nebraska, Lincoln.
California Placers Among the Top 6:

Bantam Girls (10 & Under)

100m: 1. Angela Williams (Ontario) 12.85 (wind +1.5) (national record).
200m: 1. Angela Williams (Ontario) 27.16.
400m: 1. Holley (Mich.) 61.70 (national record). 2. Teena Clincy (Long Beach) 61.8.
4x100m Relay: 1. Philadelphia Flames 54.75 (national record). 2. South Bay Panthers (Long Beach) 55.11. 5. SoCal Cheetahs (Pomona) 56.12.
4x400m Relay: 1. Track Houston 4:29.79. 4. South Bay Panthers (Long Beach) 4:43.23. 6. Billy Hutton TC (San Francisco) 4:50.40.
High Jump: 1. Letrice Stanley-Robinson (South Bay Panthers) 4-5. 4. Jenny Rhea (Reedley) 3-11 1/4.
Long Jump: 1. Mulkey (Ga) 13-11 3/4. 2. Edwina Collins (So Bay Panthers) 13-8 3/4. 3. Montoya Whitfield (So Bay Panthers) 13-5.
Triathlon: 1. Mulkey (Smyrna, GA) 14:13 (national record). 4. Renee Castelo (Santa Barbara) 739.

Midget Girls (11-12)

400m: 1. Wilmington (Tx) 57.79. 2. Kamailia Williams (San Francisco) 58.18. 3. Jennifer Knowles (Altadena) 59.14. 6. Chassidy Davis (Ridgecrest) 61.95.
800m: 1. Kamailia Williams (San Francisco) 2:23.31.
80m Hurdles: 1. Laran Parker (Bakersfield) 13.10 (wind +1.4 mps) (national record). 3. Ayana Grant (Oakland) 13.40. 5. Akira Kennett (West Hills) 13.45.
4x100m Relay: 1. Wings TC (Texas) 50.38. 6. Bakersfield Blazers 52.10.
4x400m Relay: 1. Track Houston 4:07.66. 4. Southern California Cheetahs (Pomona) 4:13.83.
Long Jump: 1. Combs (Louisiana) 15-6 3/4. 5. Laran Parker (Bakersfield) 14-11 1/2.
Shot Put: 1. Honegger (Purdue TC) 32-4 1/4. 2. Jennifer Davidson (La Mirada) 31-7 1/2. 3. Kintina Hickey (West Valley) 30-8 1/2.
Pentathlon: 1. Shupe (Allen, Tx) 2690. 2. Natalie Moss (Bakersfield) 2684. 3. Akira Kennett (West Hills) 2531. 5. Heather Henty (Woodland Hills) 2374.

Youth Girls (13-14)

100m: 1. Andrea Anderson (Long Beach) 12.28 (wind +0.1). 3. Jamie Taylor (Pomona) 12.45.
200m: 1. Tai-ne Gibson (L.A.) 25.07. 3. Jamie Taylor (Pomona) 25.45. 5. Jamie Brown (West Coast Express) 25.78.
400m: 1. Kamara Mayberry (L.A.) 56.07.
800m: 1. Kamara Mayberry (L.A.) 2:14.79. 2. Kristie Johnson (Fresno) 2:18.69.
3000m Racewalk: 1. Chumbley (Texas) 16:24.46. 3. Cristin Castelo (Santa Barbara) 17:23.00.
100m Hurdles (30"): 1. Burns (OK) 14.70 (+1.4) (national record). 3. Lisa Grant (Oakland) 15.03. 4. Kelly Molen (Altadena) 15.07.
200m Hurdles: 1. Doyle (Ind) 27.60. 2. Tonia Broden (Daily City) 28.28.
4x100m Relay: 1. West Coast Express "A" (L.A.) 47.15 (national record). 4. West Coast "B" 49.29.
4x400m Relay: 1. L.A. Jets 3:51.76 (national record). 3. West Coast Express (Inglewood) 3:57.19. 5. The Rising Stars (Fresno) 4:05.24.
Long Jump: 1. Ralls (Ohio) 17-8 1/4. 2. Paula Simpson (L.A.) 17-7 1/2. 3. Walton (L.A.) 17-7.
Javelin: 1. Suzy Powell (Modesto) 128-10. 5. Nicole Barton (Diablo Valley) 91-0.
Discus: 1. Suzy Powell (Modesto) 140-10.

Intermediate Girls (15-16)

400m: 1. LaShawn Stringer (L.A.) 55.58. 5. Sarah-Tyah Wilson (Berkeley) 58.50.
3000m: 1. Scheier (Ind) 10:29.59. 5. Valeri Cornwall (Turlock) 10:50.62.
3000m Racewalk: 1. Jenkins (Tucson, AZ) 16:36.80. 2. Danielle Kirk (Bell Canyon) 18:22.90.

100m Hurdles: 1. Pollock (Il) 14.45. 2. Sanoma Nickson (Inglewood) 14.80.
400m Hurdles: 1. Brooks (Fl) 62.03. 3. Ch-a Mosley (L.A.) 65.37.
4x100m Relay: 1. Quicksilver TC, Atlanta, GA. 47.23. 5. L.A. Jets 48.14.
4x400m Relay: 1. Glendarden TC, Washington DC. 3:47.86. 2. L.A. Jets 3:49.42.
High Jump: 1. Pollock (Il) 5-4 1/2. 3. Danielle Boswell (Fresno) 5-3 1/4. 5. Reischea Canidale (Fresno) 5-3 1/4.
Triple Jump: 1. Holmboe (Portland, OR) 37-3 3/4. 2. Kayla Montgomery (Fresno) 36-8 1/4. 4. Christine Sherwood (Watsonville) 36-4 1/4.
Heptathlon: 1. Pollock (Wheaton, Il) 4630 (national record). 4. Latasha Burnett (Lynwood HS) 3974.

Young Women (17-18)

Heptathlon: 1. Harris (Byron, MN) 4513. 4. Lisa Moxley (Inglewood, St. Bernard HS) 4089.

Bantam Boys (10 & Under)

100m: 1. Sultan McCullough (Pasadena) 12.99 (wind +1.66). 5. Robin Green (Fresno) 13.72.
200m: 1. Jonathan Renfro (CO) 27.65. 3. Faren Ikiner (Pasadena) 28.06.
400m: 1. Jones (Md) 62.63. 5. Roderick Foreman (L.A.) 64.36.
800m: 1. Hatcher (No West TC) 2:29.20. 2. Justin Ward (SoCal Cheetahs) 2:29.35. 3. Chris Smith (L.A.) 2:30.54.
1500m: 1. Chris Smith (L.A.) 5:05.80.
1500m Racewalk: 1. McNeil (Utah) 8:21.7. 3. Jose Quilantang (Stockton) 8:22.4.
4x100m Relay: 1. Pasadena Running Roses 54.54.
4x400m Relay: 1. Pasadena Running Roses 4:23.43. 4. L.A. Jets 4:24.98.
High Jump: 1. Dudley (Wash) 4-7 3/4. 6. (tie) Brian Cuen (El Centro) 4-0.
Triathlon: 1. Crain (Atlanta) 867 (national record). 2. Roderick Foreman (L.A.) 634. 6. Michael Ellis (L.A.) 512.

Midget Boys (11-12)

100m: 1. Johnson (Louisiana) 11.80 (+0.6). 2. Michael Granville (Cudahy) 12.20. 6. Ryan Schumacher (Buena Park) 12.64.
200m: 1. Johnson (Louisiana) 25.07. 4. Michael Granville (Cudahy) 25.56.
400m: 1. Johnson (Louisiana) 54.80. 5. Damien Rand (San Francisco) 58.76. 6. Brent Williams (Monclair) 59.49.
800m: 1. William Moore (L.A.) 2:10.39. 2. Larry Montgomery (L.A.) 2:15.28.
1500m: 1. Jomar French (L.A.) 4:39.98.
3000m: 1. Ross (Brooklyn, NY) 10:00.50. 6. Alex Dederer (Rolling Hills) 10:31.83.
80m Hurdles: 1. Hill (Oh) 12.37 (+0.8) (national record). 2. Derrick Evans (Altadena) 12.70. 4. Sharif Paxton (L.A.) 12.75.
4x100m Relay: 1. West Valley Eagles (Woodland Hills) 49.93. 2. L.A. Jets 50.20. 4. Billy Hutton TC (San Francisco) 50.99.
4x400m Relay: 1. West Valley Eagles 3:51.08 (new national record). 2. L.A. Jets 3:51.23. 4. Billy Hutton TC (San Francisco) 4:03.31. 5. Rising Stars (Reedley) 4:07.67.
High Jump: 1. Tommy Castelo (Santa Barbara) 5-1 1/4. 2. Tony Deason (Bakersfield) 4-11 1/2. 4. Corey Borzie (Redida) 4-11 1/2.
Shot Put: 1. Jason Hammond (Fresno) 41-2 1/2.
Pentathlon: 1. Tommy Castelo (Santa Barbara) 2525. 4. Lonny Carr (La Verne) 2342.

Youth Boys (13-14)

100m: 1. Marques Holwell (Bakersfield) 11.00 (+1.3) (new national record).
200m: 1. Marques Holwell (Bakersfield) 22.65.
800m: 1. Tidwell (Kansas) 2:01.95. 4. Yuri Godinez (Calexico) 2:05.59.
3000m: 1. Huston (Topeka, Ka) 9:25.28. 5. Dan Sorenson (Redwood City) 9:46.80.
100m Hurdles: 1. Bo Sauer (Femdale) 14.01 (wind +3.2). 3. Robert Weighall (Bakersfield) 14.23. 4. Larry Parker (Bakersfield) 14.44.
4x100m Relay: 1. Texans TC 43.98 (national record). 5. Pasadena Running Roses 47.48.
4x400m Relay: 1. Minatu (Tx) 3:31.66 (national record). 5. Fresno Finest TC 3:43.2.
Pole Vault: 1. Robert Weighall (Bakersfield) 12-5 1/2. 2. Brian Wilson (Orange County) 12-5 1/2.
Shot Put: 1. Joshua Kobdich (Bakersfield) 53-5 3/4.

Intermediate Boys (15-16)

200m: 1. Richardson (Grand Prairie, Tx) 21.68. 6. Frank Madu (San Francisco) 22.40.
800m: 1. Golliday (Cleveland, Oh) 1:56.85. 5. Vondre Armour (Bakersfield) 2:01.36 (1:59.83 heat).
3000m Racewalk: 1. Martinez (El Paso, Tx) 14:14.14. 3. Timo Quilantang (Stockton) 16:17.60.
4x400m Relay: 1. Track Florida 3:18.93. 3. Fast Forward TC, Fresno 3:25.71.

Young Men (17-18)

4x100m Relay: 1. Federal Way TC, WA. 41.28. 2. Fast Forward TC, Fresno. 41.42.
4x400m Relay: 1. Track Florida 3:09.75. 4. Fast Forward TC, Fresno 3:16.56.
High Jump: 1. Williams (Peoria, AZ) 6-11 3/4. 3. David Bass (Chowchilla)

6-9 3/4.

Shot Put: 1. Joshua Kobdich (Bakersfield Blazers) 53-5 3/4.
Decathlon: 1. Werner (Scarborough, Me) 6512. 6. Matthew Olson (Union City) 5866.

World Junior Track & Field Championships

(U.S. Junior National Team Competition)

August 6-12, Plovdiv, Bulgaria.

Men:

200m: (H-2) 1. Stallworth (Tulare) 21.08. (SF-2) 1. Stallworth 20.73 (wind -0.8) (meet record). (Fin) 3. Stallworth 20.81.
Long Jump: (Qual) 1. Stallworth 26-11 (meet record) (Fin) 1. Stallworth 26-7 3/4 (wind +0.5).
Shot Put (Qual): 7. Bailey (UCLA/Long Beach) 53-11 3/4 (Fin) 5. Bailey 56-5 1/4.
Javelin: (Qual) 21. Smith (UCLA) 208-6.
4x100m Relay (H-1): 1. U.S. (Nelloms, Bridges, Harris, Stallworth) 39.16 (meet record). (Fin) 1. U.S. (Nelloms, Bridges, Harris, Stallworth) 39.13 (meet record).
4x400m Relay: (H-1) 1. U.S. (Mills, Harris, Samuels 47.2, Nelloms) 3:05.72. (Fin) 1. U.S. (Mills, Harris, Samuels 46.3, Nelloms 44.2) 3:02.26.

Women:

200m: (H-3) (wind +0.3) 1. Burnham (UCLA/Oxnard) 24.05. (SF-2) (+0.5) 3. Burnham 23.84. (Fin) (+1.3) 7. Burnham 23.82.
800m: (H-2) 6. Toney (Atascadero) 2:12.26.
400m Hurdles (H-3) 4. Mack (UC Berkeley) 58.89. (SF-2) 7. R. Mack 60.56.
Long Jump: (Qual) Yendork (Walnut) 20-10 3/4 (wind -0.3 mps). (Fin) 4. Yendork 21-3 1/4 (+1.0) (#4 US High School Jumper in History).
Shot Put: (Qual) 14. Dumble (Bakersfield) 48-6.
Discus: (Qual) 9. Weis (Bakersfield) 161-3. 14. Dumble (Bakersfield) 158-3. (Fin) 9. Weis 165-11.
4x100m Relay (H-1) 2. U.S. (Taylor, Prather, Burnham, Yendork) 45.49. (Fin) 3. U.S. (Taylor, Prather, Burnham, Feagin) 44.50.
4x400m Relay: (H-1) 3. U.S. (Ashton, Smith, Sakridge, R. Mack 53.4) 3:34.57. (Fin) 6. U.S. (R. Mack 53.9, Hamilton, Sakridge, Smith) 3:35.49.



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RESULTS

Cross Country

Fresno State Watermelon Run

September 1, Fresno, 6 MI., 4 MI., 2 MI.
Overall Results - Six Mile

R	Name	Time	Prede	Err
1	Ryan Bonn	32:50	34:10	120
2	Elmer McPhail	33:00	35:09	209
3	Mel Abalos Jr.	33:50	35:41	151
4	Sonny Quinn	34:00	36:17	137
5	Craig Elia	36:52	36:45	07
6	Curt Elia	37:16	37:00	16
7	Bill Johnston	37:58	39:45	147
8	Tom Counts	38:05	38:30	25
9	Brian Purcell	38:11	39:00	49
10	John Bardas	38:58	38:00	58
11	Sean Stehman	39:22	39:40	18
12	Richard Parris	39:22	39:40	18
13	Brian Piper	40:00	35:00	500
14	Isaac Benton	40:12	42:24	212
15	Jose Sanchez	40:14	42:04	150
16	Jason Lindholm	40:14	40:00	14
17	Cathy Hildebrand	41:43	42:30	47
18	Brian King	45:13	40:00	513
19	Ned Blohm	45:22	42:00	222
20	Jason Nunes	45:59	40:00	559

Overall Results - 4 Mile

R	Name	Time	Prede	Err
1	Jason Lienau	20:05	20:05	00
2	Joe Carnegie	20:13	20:30	17
3	Rod Haskett	20:16	20:00	16
4	Jamey Harris	20:29	20:10	19
5	Gilbert Delgado	20:35	20:20	15
6	Neff McGhie	20:36	20:20	16
7	David Naranjo	20:39	20:15	24
8	Todd Sheller	20:41	20:30	11
9	Jim Zimmer	20:55	20:33	22
10	Bryan Foley	20:59	21:00	01
11	Keith Vidotto	21:01	20:40	21
12	Ernie Freer	21:02	—	—
13	Carl Povilka	21:04	20:20	44
14	Kevin Baxter	21:08	21:15	07
15	Kelly Dodge	21:01	21:22	21
16	Ray Garcia	21:07	21:27	20
17	Dave Humblad	22:18	21:30	48
18	Brian Purcell	22:30	24:00	130
19	Jesus Toroz	22:44	23:30	46
20	Dan Vega	22:50	21:30	120

Overall Results - 2 Mile

R	Name	Time	Prede	Err
1	Jose Santiago	10:24	10:10	14
2	Artio Alexander	10:39	10:18	21
3	Isaac Benton	10:54	10:16	28
4	Michael Mast	10:55	10:45	10
5	Sean Rios	11:00	10:39	21
6	Alonso Gutierrez	11:03	10:20	43
7	Pete Gallegos	11:12	10:39	33
8	Sean Stehman	11:14	10:45	31
9	Rob Brenner	11:17	10:50	27
10	Jesus Toroz	11:21	11:15	05
11	Stacey McAfee	11:28	11:00	28
12	Jason Lindholm	11:31	13:00	239
13	Julie Varke	11:39	12:12	33
14	Jim Rivera	11:40	10:59	41
15	Evelyn Marino	11:41	12:15	34
16	Matt Lully	11:49	11:45	04

17	Adrienne Barrios	11:53	10:39	1:14
18	Cindy Amster	11:53	11:25	28
19	Betty Chavez	11:54	12:04	10
20	Ronald Gardner	11:56	11:45	11

Cougar Invitational

September 15, Bonelli Park, Azusa Pacific Univ.

Men's Results - 8K

1. Harrison Njoroge (APU) 26:58, 2. Jamie Gerurep (Unat) 27:10, 3. Gordon Watt (APU) 27:14, 4. Tony Bergmann (APU) 27:21, 5. Ryan Polite (Cal Poly) 27:27, 6. Erik Starkey (Unat) 27:32, 7. Dave Green (Unat) 27:41, 8. Coby Polite (Cal Poly) 27:43, 9. Jason Carney (APU) 27:51, 10. Steve Girard (APU) 27:51.

11. Eric Merk (LMU) 27:54, 12. Kevin Delaney (LMU) 28:22, 13. Vince Garciano (Cal Poly) 28:31, 14. Guillermo Camacho (Cal Poly) 28:33, 15. Rick Sansing (LMU) 28:35, 16. Justin Snook (APU) 28:47, 17. Dan Dorris (Unat) 28:49, 18. John Thalman (Cal Poly) 28:59, 19. Eric Forsythe (Cal Poly) 29:03, 20. Troy Bailey (SCC) 29:05.

Teams: 1. Azusa Pacific 19, 2. Cal Poly Pomona 45, 3. Loyola Marymount 70, Southern California College incomplete.

Women's Results - 5K

1. Sherrie Hall (SCC) 18:47, 2. Jense Ellis (APU) 18:57, 3. Sonya Weir (APU) 19:31, 4. Amy Harootian (LMU) 19:58, 5. Heidi Peterson (CLU) 20:14, 6. Gretchen Gies (CLU) 20:14, 7. Marissa Vandervalk (CLU) 20:15, 8. Amber Coley (SCC) 20:16, 9. Bethany Mancee (MSM) 20:40, 10. Patricia Fulmer (CLU) 20:47.

11. Kim Brown (APU) 20:50, 12. Kim McIlwain (APU) 21:18, 13. Jeannette Charity (APU) 21:20, 14. Dena Pierce (CLU) 21:33, 15. Lisa Askins (CLU) 21:53, 16. Gina Browne (LMU) 22:21, 17. Amy Clifford (LMU) 22:34, 18. Christine McComb (CLU) 22:41, 19. Stephanie Roberts (LMU) 23:03, 20. S. Sresthaphurlarp (LMU) 23:25.

Teams: 1. Azusa Pacific 41, 2. Cal Lutheran 42, 3. Loyola Marymount 67, 4. Mt. St. Mary's 111, 5. Southern Cal College incomplete.

Whittier Invitational

September 15, Whittier.

Men's Results - 4 Mile

1. Matt Messner (LIFE) 21:14, 2. Ken Jansson (USIU) 21:27, 3. Toby Wagner (RED) 21:37, 4. Brian Barnes (CMS) 21:43, 5. Jason Lindholm (FP) 21:49, 6. Edmund Burke (ND) 21:50, 7. Jeff Henderson (W) 21:56, 8. Rich Parris (FP) 22:01, 9. R. DeLeon (CL) 22:03, 10. David Maurice (CMS) 22:04.

Teams: 1. Fresno Pacific "A" 51, 2. Claremont-Mudd-Scripps "A" 71, 3. Redlands 91, 4. Whittier 128, 5. Fresno Pacific "B" 195, 6.

CS San Bernardino 218, 7. Univ. of San Diego "A" 235, 8. Biola 254, 9. Southern Utah State 254, 10. Claremont-Mudd-Scripps "B" 259, 11. Cal Tech 286, 12. Pepperdine 297, 13. USIU 303, 14. The Master's College 356, 15. Saint Mary's 446, 16. Univ. of San Diego "B" 449.

Women's Results - 5K

1. Anne Wedum (SM) 19:37, 2. Renate Nocan (USIU) 20:06, 3. Missi Hurlow (SM) 20:06, 4. Christy Grimsley (B) 20:09, 5. Marlys Newey (MC) 20:21, 6. Susan Banfield (SM) 20:28, 7. Charlie Stoddard (CMS) 20:40, 8. Mary Gribble (SUS) 20:49, 9. Rene Carroll (CC) 21:00, 10. Rachel Kassolis (USD) 21:04.

Teams: 1. Saint Mary's 47, 2. Biola 111, 3. Pepperdine 114, 4. CS San Bernardino 137, 5. Claremont-Mudd-Scripps 138, 6. Whittier 141, 7. USIU 172, 8. Southern Utah State 178, 9. Master's College 182, 10. Univ. of San Diego 259, 11. Whittier "B" 356.

Sweepstakes Results: 1. Claremont-Mudd-Scripps, 2. Whittier College, 3. CS San Bernardino, 4. Biola, 5. Pepperdine, 6. So. Utah State, 7. USIU, 8. Saint Mary's, 9. Univ. of San Diego, 10. Master's College.

Aztec Invitational

September 22, Morley Field, Balboa Park, San Diego.

Men's Results

Teams: 1. Arizona 30, 2. Northern Arizona 65, 3. UC Santa Barbara 91, 4. UC Irvine 114, 5. Western State 253, 6. Cal Poly Pomona 258, 7. USC 286, 8. San Diego State 304, 9. UC San Diego 310, 10. Cal State Northridge 331, 11. New Mexico 343, 12. New Mexico State 439.

Individuals: 1. Thom Hunt (Unat) 24:13, 2. Brian Grosso (AZ) 24:26, 3. Maro Davis (AZ) 24:55, 4. Martin Keino (AZ) 25:06, 5. Kim White (NAU) 25:13, 6. Jeff Jacobs (SBTC) 25:16, 7. Tim Corbin (UCSB) 25:18, 8. Mitchell Sloan (USC) 25:20, 9. Jeff Bovee (AZ) 25:30, 10. Ben Ayers (UCI) 25:36.

11. Brian Stone (NAU) 25:39, 12. Kirk Brander (AZ) 25:41, 13. Chris Bray (NAU) 25:43, 14. Toby Freebourn (UCSB) 25:43, 15. Brad Jensen (Jamul Toads) 25:44, 16. Derik Velt (CSNorthridge) 25:47, 17. Brett Bonenberger (NAU) 25:48, 18. Paul Thomas (AZ) 25:50, 19. Eric Grubba (NAU) 25:51, 20. Brett Kohler (UCSB) 25:55.

21. Brian Hild (UCI) 25:55, 22. Bryan MacMillan (UCSB) 25:57, 23. David Hessehtine (UCI) 25:58, 24. Douge Meade (Unat) 25:59, 25. Scott Ingham (SBTC) 26:00.

Women's Results

Teams: 1. Northern Arizona 52, 2. Arizona 70, 3. UC Irvine 81, 4. UCLA 108, 5. Western State 159, 6. San Diego State 200, 7. Cal State Northridge 232, 8. New Mexico 257, 9. Cal State Los Angeles 285, 10. UC

San Diego 301, 11. UC Santa Barbara 326, 12. Hawaii 348, 13. Long Beach State 358, 14. USC 510.

Individuals: 1. Buffy Rabbitt (UCI) 17:09, 2. Kristy Klinnert (NAU) 17:19, 3. Tracy Jarman (NAU) 17:20, 4. Darcy Arreola (CS Northridge) 17:27, 5. Karen Hecox (UCLA) 17:34, 6. Bridget Smyth (AZ) 17:39, 7. Lalah Treadwell (NAU) 17:42, 8. Traci Goodrich (UCI) 17:43, 9. Tracy Kennedy (AZ) 17:48, 10. Rayna Cervantes (UCI) 17:49.

11. Calley Nelson (NAU) 17:52, 12. Rhonda Mkworth (AZ) 17:55, 13. Nicole Nugent (UCLA) 18:00, 14. Carmen Fernandez (Unat) 18:02, 15. Chris Morgan (Unat) 18:05, 16. Rachel Graybill (Hawaii) 18:08, 17. Michelle Chupurdin (Western State) 18:17, 18. Caoble Herkiel (Western State) 18:21, 19. Teresa Poy (CSLA) 18:22, 20. Chrystee Perkins (San Diego State) 18:23.

21. Anke Mebold (AZ) 18:24, 22. Kathy Delgado (AZ) 18:26, 23. Laurie Andeen (UCLA) 18:28, 24. Michelle Conway (UCSD) 18:29, 25. Rachel Bronnan (AZ) 18:33.

Open Men's Results

Teams: 1. Pt. Loma Nazarene 63, 2. UC Santa Barbara "B" 98, 3. UC Irvine "B" 118, 4. Jamul Toads 127, 5. Azusa Pacific 157, 6. Cal Poly Pomona 220, 7. Westmont College 233, 8. UC San Diego "B" 272, 9. Cal State San Bernardino 303, 10. San Diego City College 341, 11. University of San Diego 349, 12. U.S. International 373, 13. San Diego State "B" 388, 14. L.A. Valley 435, 15. Southern California College 476.

Individuals: 1. Joe Winegardner (West State B) 25:57, 2. Jamie Galindo (Unat) 26:19, 3. Rick Penman (Pt.Loma) 26:25, 4. Bryan Wabank (Jamul Toads) 26:31, 5. Jim Swin (SDCC) 26:33, 6. Scott Lardener (Pt.Loma) 26:34, 7. Kenneth Jansson (USIU) 26:36, 8. Tony Bergman (Azusa Pacific) 26:37, 9. Greg Lamb (UCSB "B") 26:40, 10. Sean O'Hara (Pt.Loma) 26:46.

Open Women's Results

Teams: 1. (tie) Westmont College and New Mexico State 98, 3. Azusa Pacific 112, 4. UCLA "B" 118, 5. UC Irvine "B" 140, 6. Cal Poly Pomona 185, 7. Pt. Loma Nazarene 193, 8. Grand Canyon College 212, 9. University of San Diego 265, 10. (tie) Southern California College and L.A. Valley 300, 12. Cal State San Bernardino 337, 13. U.S. International 353, 14. UC San Diego "B" 363.

Individuals: 1. Jenae Ellis (Azusa Pacific) 18:30, 2. Sherri Hall (SoCal College) 18:44, 3. Heather Mickillip (New Mexico State) 18:53, 4. Toni Hartloub (SBTC) 19:00, 5. Emily Nicklin (UCLA "B") 19:05, 6. Vanessa Couch (Pt. Loma) 19:15, 7. Kelly Taylor (Cal Poly Pomona) 19:18, 8. Beth Mercrar (Westmont) 19:22, 9. Michelle Lubinsky (Westmont) 19:23, 10. Jennifer Briggs (Unat) 19:25.

RESULTS

ROAD RACING

Western States 100

June 30-July 1, Squaw Valley.

Overall Results

1. Thomas Johnson (31) 16:38:52, 2. Dave Scott (32) 17:14:23, 3. Tim Twietmeyer (31) 17:26:13, 4. Raymond Scannell (40) 17:27:31, 5. Sean Crom (34) 17:57:51, 6. Jim Gensichen (41) 18:02:51, 7. Jussi Hamalainen (44) 18:18:26, 8. Bill Finkbeiner (34) 18:22:06, 9. Ann Trason (29) 18:33:02, 10. John Coffey (34) 18:54:35.

11. Brend Leupold (48) 19:30:16, 12. Rick Spady (38) 19:41:13, 13. Steve Mahieu (43) 19:51:54, 14. Alfred Bogenhuber (50) 19:54:54, 15. Kevin McCarey (36) 20:13:11, 16. Don Aycock (38) 20:32:18, 17. Joe Schlereth (40) 20:55:31, 18. Bruce VonBorstel (44) 21:10:55, 19. Ted Adamski (42) 21:13:03, 20. David Stevenson (37) 21:13:03.

21. John Demorest (39) 21:24:24, 22. Ignace Mathys (31) 21:33:37, 23. Robert DeVelice (36) 21:50:43, 24. Lynn O'Malley (39) 21:53:57, 25. Dennis Herr (43) 21:54:05, 26. Toni Belaustegui (42) 22:10:22, 27. Michael Nolan (39) 22:12:24, 28. Eric Clifton (32) 22:13:32, 29. Michael Hernandez (37) 22:15:21, 30. Fred Zakokar (30) 22:16:13.

Lake Chabot Trail Challenge

July 8, Castro Valley.

Men's Results

Overall Winners: 1. Tom Borschel 1:17:18, 2. Kevin Berkovitz 1:21:00, 3. Peter Lewandowski 1:21:24, 17 & Under: 1. Nick Ratti 1:34:07, 2. Curtis DeBrunner 1:44:07, 3. Mark Zeller 2:05:04, 18-29: 1. Kevin Berkovitz 1:21:00, 2. Mike Carlton 1:22:52, 3. Scott Young 1:26:23, 30-39: 1. Tom Borschel 1:17:18, 2. Pete Lewandowski 1:21:24, 3. Chris Ward 1:22:33, 40-49: 1. Dennis Uriaga 1:25:47, 2. Syl Pascale 1:27:56, 3. Bart Simmons 1:30:20, 50-59: 1. Tim Jordan 1:28:51, 2. Gard Leighton 1:36:14, 3. Alex Derieux 1:43:59, 60 & Over: 1. Geoff Bardsley 1:53:04, 2. Bruce Olivera 1:59:12, 3. Abe Szoke 2:01:06.

Women's Results

Overall Winners: 1. Liz Long 1:36:30, 2. Do-reen Brown 1:36:38, 3. Sharon Jennings 1:38:07, 18-29: 1. Liz Long 1:36:30, 2. Do-reen Brown 1:36:38, 3. Sharon Jennings 1:38:07, 30-39: 1. Susy Donofrio 1:39:05, 2. Debbie Smith 1:41:32, 3. Leslie Vitale 1:44:48, 40-49: 1. DeeDee Grafius 1:49:16, 2. Valerie Doyle 1:51:13, 3. Patricia Vigil 1:55:55, 50-59: 1. Alice Rose 1:52:32, 2. Marty Maricle 2:02:04, 3. Jean Szarfinski 2:05:32, 60 & Over: 1. Ruth Anderson 2:07:00, 2. Judy Golding 2:28:00, 3. Liese Rapozo 2:40:51.

Sunol Score-O' Run

July 8, Sunol

Overall Results - Long Score Course

1. Fred-Arne Sivertsen, 2. Gary Kraght, 3. Kent Ohlund, 4. Wyatt Riley, 5. Steve McConnell, 6. Peter Schauble/Kevin Wilkinson, 7. George Minarik, 8. James Scarborough, 9. Mike Fleishman, 10. Vicki Woolworth.

Overall Results - Short Score Course

1. Anders Braten, 2. Joe Scarborough, 3. Phil Stuecheli, 4. Marilyn Clemon/Luc Beauchamp, 5. Lynda & Beth Gentry, 6. Ramana Yemeni, 7. Edith Jacobi, 8. Jessica/Dan Gentry, 9. Rick Lazansian/Bud Pekin, 10. Dan & Kelly Clark/Laurence Guareschi.

White Course

1. Jeff Bollini, 2. Andrew & Ryan Staatz, 3. Mary & Jay Lark/Sue Satu, 4. N & A Rideau, 5. Vivian & Eve Aldridge, 6. Gerry Falt, 7. Tina Peterson, 8. Joel Halpern & Kari Burger, 9. Alex Milanovich/Daniel & Linnea Ohlund.

Legg Lake Runs

Evening Run

July 12, So. El Monte, 5K.

Overall Results

1. Carlos Martin (28) 17:26, 2. Dan Burton (30) 17:29, 3. Aldo Arca (30) 18:48, 4. Christopher Garcia (33) 20:12, 5. Russell Hurst (29) 22:02, 6. Kellie Meaghen (26) 25:10, 7. Rachel Guzman (30) 25:22, 8. Wiley Nelson (67) 26:33, 9. Roly Averitt (70) 27:18, 10. Angelique Rios (7) 33:51.

Fishing Pole Run

July 14, So. El Monte, 5K.

Overall Results

1. David Nielsen (19) 16:55, 2. Jose Rodriguez (35) 17:05, 3. James Sackett (41) 17:29, 4. Chuck Teixeira (30) 18:19, 5. Carl Kinnoin (31) 18:40, 6. Glenn Gorelick (45) 19:29, 7. Ron Ward (15) 20:49, 8. Abel Moreno (22) 20:52, 9. Don Shultz (38) 21:03, 10. David Leija (16) 21:09, 11. Francisco Flores (15) 21:22, 12. Dave Lance (44) 21:27, 13. Scott Stadler (25) 22:17, 14. Dan Montes (41) 22:25, 15. Ed Nielsen 23:36.

Run for Fresh Air

July 15, So. El Monte, 5K.

Overall Results

1. Aabelio Honorato (29) 18:39, 2. Randy Thiele 19:13, 3. Scott Davis (36) 19:35, 4. John Mireles (32) 20:00, 5. Pedro Serafin (27) 20:34, 6. Booker Washington (52) 21:08, 7. Brilliant Manyere (32) 22:48, 8. Mike Lalum (45) 23:12, 9. Hugo Batres (37) 23:19, 10. Irving Cohen (54) 24:00.

Carrera De Noche Run

July 19, So. El Monte, 5K.

Overall Results

1. Shinsuke Nishihara (18) 17:21, 2. Dan Burton (30) 17:33, 3. Kurt Hoffman (35) 17:37, 4. Vicente Rivera (30) 18:00, 5. Manny Perez (31) 18:09, 6. Arturo Aguilar

(29) 19:30, 7. Abel Moreno (32) 20:24, 8. Jim Pivonka (39) 20:55, 9. Ernesto Escobar (19) 21:03, 10. Mike Lalum (46) 23:16.

Fish Bait Run

July 21, So. El Monte, 5K.

Overall Results

1. Trent Martinez (25) 17:39, 2. Simon Martinez (22) 17:42, 3. Armando Hernandez (39) 18:04, 4. David Leiva (16) 21:18, 5. Nati Carrasco (30) 21:50, 6. Barry Hamilton 22:39, 7. Mike Lalum (46) 23:32, 8. Marion Eschweiler (27) 24:00, 9. Dutch Benedetti (75) 24:14, 10. Wiley Nelson (67) 25:10.

Running Creek Run

July 22, So. El Monte, 5K.

Overall Results

1. Jose Rodriguez (35) 17:12, 2. Trent Martinez (25) 17:27, 3. Armando Hernandez (39) 17:51, 4. Salvador Gonzalez (41) 18:18, 5. Luis Sanchez (16) 18:27, 6. Antonio Gonzalez (59) 18:46, 7. Jason Bach (17) 18:58, 8. Erick Montiel (15) 19:31, 9. Julio Vazquez (14) 19:37, 10. Juan Sanchez (15) 20:15, 11. Mariano Morante (17) 20:16, 12. Pedro Serafin (27) 20:22, 13. Dave McIntyre (27) 20:29, 14. Kirk Nyman (15) 20:34, 15. Ngoci Bowman (20) 22:11.

Evening Run

July 26, El Monte, 5K.

Overall Results

1. Armando Hernandez (39) 17:40, 2. Javier Cortez 18:13, 3. Filberto Cortez 18:15, 4. Luis Sanchez (16) 18:35, 5. Ruben Navarro 18:40, 6. Don Peterson (40) 18:46, 7. Aldo Arca 18:46, 8. Jason Bach (17) 19:03, 9. Hector Lucio (29) 19:03, 10. Thom Waddle (51) 19:06, 11. Mitchell Soto 19:22, 12. Edward Tam (17) 19:25, 13. Mariano Morante (17) 19:37, 14. Patrick O'Donnell (16) 19:38, 15. Gabriel Golanos 19:44.

San Gabriel River Run

July 28, So. El Monte, 12K.

Overall Results

1. Jose Rodriguez (35) 42:11, 2. Efrain Vargas (22) 42:14, 3. James Sackett (41) 43:19, 4. Gerardo Guzman 43:40, 5. Armando Hernandez (39) 44:00, 6. Vicente Rivera (32) 44:40, 7. Trent Martinez (25) 45:17, 8. Marco Chavarria (35) 43:30, 9. Catarino Gonzalez (48) 46:30, 10. Tiburcio Contreras (34) 47:02, 11. Chuck Teixeira (30) 47:14, 12. Daniel Garcia (17) 47:52, 13. Miguel Reloguin (17) 48:13, 14. Janet Norem (33) 48:22, 15. Thom Weddle (51) 49:00, 16. Randy Thiele 49:24, 17. Jose Gutierrez (17) 49:24, 18. Alfonso Vargas 50:17, 19. Ken Perry (42) 50:17, 20. John Catanese (37) 51:56.

Watermelon Run

July 29, So. El Monte, 5K.

Overall Results

1. Grigori Rodchenkov (32) 15:52, 2. Trent Martinez (25) 17:21, 3. Mark Lopez (29) 17:27, 4. Gerardo Guzman (32) 17:31, 5.

Wayne Waler (36) 17:37, 6. Armando Hernandez (39) 18:07, 7. Knorad Shadler (15) 18:46, 8. Ibrahim Yilmaz (30) 18:58, 9. Gregorio 19:05, 10. Thom Weddle (51) 19:07.

11. Joe Ciccone (33) 19:28, 12. Roy Gardner (47) 19:30, 13. Job DeLaTorre (15) 19:34, 14. David Vendig (28) 19:42, 15. Julio Vazquez (14) 20:05, 16. Walter Reeves (46) 20:12, 17. Kuri Shadler (33) 20:15, 18. Richard Parker (24) 20:42, 19. Gustavo Bedoy (41) 20:46, 20. Ramiro DeLaTorre (41) 21:08.

Evening Fish Dock Run

August 1, So. El Monte, 5K.

Overall Results

1. Matt Capelouto (20) 17:19, 2. Tom Hall (28) 18:56, 3. Henry Medina 19:03, 4. Christopher Garcia (34) 19:50, 5. William Wall (57) 20:48, 6. Arthur Martinez (42) 21:21, 7. Jose Luis Anda (40) 22:22, 8. Mike Lalum (46) 23:51, 9. Bob Frier (61) 25:18.

Fish Hook Run

August 2, So. El Monte, 5K.

Overall Results

1. Armando Hernandez (39) 17:27, 2. Bill Darby (43) 17:53, 3. Mark Woods (37) 19:58, 4. Robert Gonzales (28) 20:25, 5. John Paul Hannum (14) 20:34, 6. Gerald Smith (48) 20:38, 7. Arthur Martinez (42) 21:03, 8. Jose Luis Anda (40) 21:13, 9. Ben Beasley (52) 21:28, 10. Bill Coomes (50) 21:29.

Occidental Country Run

July 15, Occidental, 3K & 10K.

Overall Results - Men's 10K

1. Marc Ziblat (25) Sebastopol 35:27, 2. Richard Johnson (24) Stockton 36:08, 3. Brendan Hutchinson (46) Santa Rosa 39:00, 4. Jerry Roach (30) Santa Rosa 39:13, 5. John Catts (36) Lagunitas 40:15, 6. Preston Sitterly (43) Kentfield 40:30, 7. Walt Bales (45) Cotati 40:44, 8. Gary Greiner (50) Richmond 40:56, 9. Robert Herold (41) Sebastopol 41:08, 10. Alex Derieux (56) San Francisco 41:21.

Division Results - Men's 10K

13-15: 1. Jeremy Hall 42:09, 2. Branton Bannister 42:44, 3. Emmanuel Levidarvi 45:23, 16-18: 1. Ben Macri 42:07, 2. Randy Price 50:26, 3. Joe Clark 1:06:10, 19-24: 1. Richard Johnson 36:08, 2. Chad Harper 45:22, 3. Marc Neal 50:12, 25-29: 1. Marc Ziblat 35:27, 2. Brian Coats 43:29, 3. James Heaney 45:53, 30-34: 1. Jerry Roach 39:13, 2. Michael Pilacelli 46:16, 3. Joe Heckel 48:40, 35-39: 1. John Catts 40:15, 2. Marc Richardson 42:06, 3. Will Estamo 42:52, 40-44: 1. Preston Sitterly 40:30, 2. Robert Herold 41:08, 3. Bill Browne 41:56, 45-49: 1. Brendan Hutchinson 39:00, 2. Walt Bales 40:44, 3. Dimitris Sklavopoulos 42:27, 50-54: 1. Gary Greiner 40:56, 2. Alan Konecny 46:30, 3. Gary Audiss 49:44, 55-59: 1. Alex Derieux 41:21, 2. Bob Chadwick 47:21, 3. Sam Stevenson 48:07.

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Overall Results - Women's 10K

1. Eileen Vukicevich (31) Kenwood 42:24,
2. Tori Strong (32) Occidental 44:03, 3. Denise
Valkema (30) San Francisco 45:33, 4.
Victoria Fisci (40) Chico 46:51, 5. Edda
Stickle (48) Novato 47:00, 6. Lois Marko-
vich (43) Greenbrae 49:33, 7. Janine Rein-
heimer (37) Santa Rosa 49:37, 8. Pat Grin-
nell (29) Petaluma 49:57, 9. Joyce
Homenko (42) Forestville 50:14, 10. Joann
Nickel (33) Windsor 50:29.

Division Results - Women's 10K

12 & Under: 1. Julia Stamps 50:30. 16-18:
1. Jennifer Candau 1:20:49. 25-29: 1. Pat
Grinnell 49:57, 2. Barbara Biondo 51:26, 3.
Mona Coburn 55:30. 30-34: 1. Eileen Vukic-
evich 42:24, 2. Tori Strong 44:03, 3. Denise
Valkema 45:33. 35-39: 1. Janine Reinheim-
er 49:37, 2. Kimberly Sharrocks 54:09, 3.
Terry Martin 55:47. 40-44: 1. Victoria Fisci
46:51, 2. Lois Markovich 49:33, 3. Joyce
Homenko 50:14. 45-49: 1. Edda Stickle
47:00, 2. Myrtle Edmiston 54:27, 3. Cindy
Konecny 1:18:16. 50-54: 1. Mary Coffey
57:38, 2. Cici Zerbe 59:59. 60 & Over: 1.
Helen Kuziara 1:10:12.

Overall Results - Men's 3K

1. Lance Lennier (20) Rohnert Park 9:36,
2. Chris Myers (18) Healdsburg 9:47, 3.
Larry Meredith (33) Occidental 9:54, 4. Ben
Rosales (31) Santa Rosa 10:06, 5. Greg
Belkin (15) Occidental 10:19, 6. Jamie
Jones (19) Santa Rosa 10:28, 7. Dave
Sjostedt (43) Sebastopol 10:42, 8. Harald
Nordvold (40) Santa Rosa 11:12, 9. Brian
Deutsch (31) Dillon Beach 11:17, 10. Brian
Mahan (15) Santa Rosa 11:28.

Division Results - Men's 3K

8-9: 1. Brent Shaw 13:11. 10-11: 1. Callan
Baird 27:52. 12-13: 1. Jesse Berwald 16:39.
14-17: 1. Greg Belkin 10:19, 2. Brian Mahan
11:28, 3. Matt Belkin 11:37. 18-29: 1. Lance
Lennier 9:36, 2. Chris Myers 9:47, 3. Jamie
Jones 10:28. 30-39: 1. Larry Meredith 9:54,
2. Ben Rosales 10:06, 3. Brian Deutsch
11:17. 40-49: 1. Dave Sjostedt 10:42, 2.
Harald Nordvold 11:12, 3. Robert Edmiston
16:24. 50 & Over: 1. Gilman Jung 13:40, 2.
Walker Matt 20:40, 3. Ron Hindley 21:59.

Overall Results - Women's 3K

1. Koni Johnson (35) Santa Rosa 12:12, 2.
Katrina Hall (14) Stockton 13:44, 3. Peggy
Jehly (30) Cotati 14:14, 4. Carolyn McLeod
(43) Gilroy 14:36, 5. Julie Wagstaff (19)
Cotati 14:41, 6. Patti Hartsfield (39) Penn-
grove 14:53, 7. Robyn Hidas (33) Santa
Rosa 15:21, 8. Amy MacPherson (20) San-
ta Rosa 15:38, 9. Nancy Breckenridge (26)
Modesto 15:38, 10. Elene Zagorites (27)
Modesto 15:48.

Division Results - Women's 3K

7 & Under: 1. Ashley Nickel 19:36, 2. Lara
Tegnell 20:07, 3. Pitty Bautista 24:23. 8-9:
1. Emma Tegnell 15:51, 2. Jane Bautista
25:59. 10-11: 1. Cindy Dry 16:48, 2. Caitlin
McClune 32:48. 12-13: 1. Grete Tegnell
17:03. 14-17: 1. Katrina Hall 13:44, 2. Eliza-
beth Andrews 26:49, 3. Sara Thurner
28:52. 18-29: 1. Julie Wagstaff 14:41, 2.
Amy MacPherson 15:38, 3. Nancy Brecken-
ridge 15:38. 30-39: 1. Koni Johnson 12:12,
2. Peggy Jehly 14:14, 3. Patti Hartsfield
14:53. 40-49: 1. Carolyn McLeod 14:36, 2.

Mickie Christensen 16:02, 3. Jamie Mac-
Pherson 16:17. 50 & Over: 1. Jan Stevens
16:23, 2. Doris Morabito 17:38, 3. Linda
Dragoo 21:58.

Sertoma Classic

July 15. Hayward. 10K & 2 Mile.

Division Results - Men's 10K

16 & Under: 1. Garrett Fogel 47:54, 2. Erik
Fogel 55:39. 17-29: 1. Jack Marden 30:43,
2. Dan Hostager 30:46, 3. Randy Accetta
31:15. 30-39: 1. Thom Trimble 31:35, 2. Pe-
ter Lagoy 32:21, 3. Rod Johnson 32:36. 40-
49: 1. Bill Clark 34:40, 2. Dennis Barley
34:46, 3. Jim Howe 35:10. 50-59: 1. Big Al
Kirkman 42:45, 2. Dean Anderson 45:29, 3.
Herman Perez 45:34. 60 & Over: 1. Bruce
Oliver 43:46, 2. Roland Carrothers 48:36, 3.
Howard Powers 48:47. Wheelchair: 1. Ed
Jones 28:45.

Division Results - Women's 10K

16 & Under: 1. Jane Edwards 48:39, 2.
Amanda Szecei 49:40. 17-29: 1. Teresa
Clark 39:32, 2. Malia Dinell 41:01, 3.
Deanne Thomason 41:18. 30-39: 1. Shar-
let Gilbert 43:05, 2. Laura Melchionne
43:15, 3. Karen Boylan 44:50. 40-49: 1.
Barbara Zoldan 44:07, 2. Eva Jones 51:02,
3. Cheryl Champ 54:04. 50-59: 1. Barbara
Robben 47:44, 2. Karen Gudksen 50:24, 3.
Joyce Small 56:04.

Cypress Runs

July 21. Cypress. 5K & 10K

Division Results - Men's 5K

Overall Winners: 1. Angel Roman 14:55, 2.
Terrel Reyes 15:19, 3. Bruce Tyner 15:29. 14
& Under: 1. Rudy Zuniga 19:22, 2. Jason

Hehn 19:37, 3. Thomas Beckum 20:01. 15-
18: 1. Terrel Reyes 15:19, 2. Bruce Tyner
15:29, 3. Paul Martineau 16:06. 19-24: 1.
Brad Alexander 16:01, 2. David Sanford
16:12, 3. Scott Ordway 16:36. 25-29: 1. An-
gel Roman 14:55, 2. Bern Patrick 15:38, 3.
Rick Csintalan 15:41. 30-34: 1. Thomas
Morse 16:56, 2. Scott Weitzman 17:22, 3.
Nick Trozzi 17:23. 35-39: 1. Bob Streets
16:30, 2. Jeffrey Kinzel 16:34, 3. Don Hughes
17:19. 40-44: 1. Sam Gorsline 17:47, 2. Mike
St. Andre 17:50, 3. George Varvas 18:00.
45-49: 1. Willie Dawson 18:59, 2. Ray Craw-
ford 19:28, 3. Albert Allen 20:15. 50-54: 1.
Bruce Lin 18:23, 2. Charles Burton 18:34, 3.
Bill Little 18:47. 55-59: 1. Bob Rice 19:09, 2.
John Harper 20:10, 3. Eugene Black 20:19.
60-64: 1. Ruben Esqueda 20:27, 2. Marvin
Warren 20:35, 3. Jesus Rangle 20:41. 65-
69: 1. Dave Gorend-bein 21:49, 2. Ray
Thorne 22:04, 3. John Mooshagian 27:44. 70
& Over: 1. Phil Jones 22:36, 2. Fraser Mac-
Minn 27:16. Wheelchair: 1. Michael Palacios
23:51, 2. Bill Frick 24:05.

Division Results - Women's 5K

Overall Winners: 1. Lucinda Reyes 17:30, 2.
Brandy Price 18:46, 3. Sara Lee Reyes
19:00. 14 & Under: 1. Lisa DiIberto 23:55, 2.
Erica Ledezma 25:22, 3. Elizabeth Willemse
26:33. 15-18: 1. Lucinda Reyes 17:30, 2.
Brandy Price 18:46, 3. Sara Lee Reyes
19:00. 19-24: 1. Rosa Casillas 21:08, 2. An-
isia Lissow 22:22, 3. Clare Martinez 22:41.
25-29: 1. Denise Rodriguez 22:05, 2. Cynthia
Woo 22:22, 3. Lisa Smith 23:34. 30-34: 1.
Kat Wallace 21:39, 2. Diane Broh 22:57, 3.
Betty Burklund 23:16. 35-39: 1. Kathy Ham-
lin 21:37, 2. Susan Shannon 21:40, 3. Felice
Crutchfield 23:29. 40-44: 1. Binger Franks
21:43, 2. Anne Burke 24:33, 3. Jean Hoff-

man 25:58. 45-49: 1. Teresa Ross 21:34, 2.
Carol Heard 22:43, 3. Marge Lynch 23:02.
50-54: 1. Ida Hendrick 23:48, 2. Carmie Es-
pinoza 27:19, 3. June Kizu 28:31. 55-59: 1.
Beverly Smith 26:05, 2. Liz McClellan
32:17, 3. Norma Martin 32:41. 60-64: 1.
Lillian Esqueda 28:46, 2. Verian Bruce
29:17, 3. Sumiye Leonard 31:44.

Division Results - Men's 10K

Overall Winners: 1. Frank Plasso 30:41, 2.
Steve Bishop 31:11, 3. Eric Ree 32:48. 14 &
Under: 1. James Duckman 41:18, 2. Chris-
topher Zepeda 43:11, 3. Christopher Okani-
wa 44:42. 15-18: 1. Enrique Esparza 37:35,
2. Fernando Toscano 39:27, 3. Guillermo
Aceves 41:15. 19-24: 1. Eric Ree 32:48, 2.
Bill Lind 33:17, 3. Ronald Combs 33:42. 25-
29: 1. Frank Plasso 30:41, 2. Robert Krauth
34:33, 3. William Barnett 35:29. 30-34: 1.
Steve Bishop 31:11, 2. Jose Fuentes 34:39,
3. Sergio Gonzalez 35:18. 35-39: 1. Peter
Waith 33:53, 2. Gerry Cardinal 34:06, 3.
Paul Robinson 34:22. 40-44: 1. Mark
Hemphill 35:25, 2. Jack McDowell 35:35, 2.
Jack McDowell 35:35, 3. Tom Williams
36:02. 45-49: 1. Ben Jackson 38:01, 2.
Wayne Mitchell 38:28, 3. Carl Galloway
38:35. 50-54: 1. Dave Arntson 38:04, 2.
Gamma Chavez 39:50, 3. Paul Browne
41:09. 55-59: 1. Carlos Valle 37:18, 2. Ken
Calvin 43:07, 3. Hank Landau 44:23. 60-
64: 1. Bob Koch 45:13, 2. Glen Stout 46:40,
3. Dick Windishar 49:55. 65-69: 1. Larry
Banuelos 44:26, 2. Ed Hornung 48:53, 3.
Stanley Neufeld 50:33. 70 & Over: 1. Ferdi
Gonzales 54:12, 2. Fred Shanley 57:20.

Division Results - Women's 10K

Overall Winners: 1. Cathryn Powers 37:51,
2. Alfreda Inglehart 38:17, 3. Bev Gustard
39:06. 14 & Under: 1. Tamar Araya 49:52,

RESULTS

2. Melissa Gehrman 1:10:21. 15-18: 1. Sandra Noble 56:28. 19-24: 1. Bev Gustard 39:06. 2. Kristen Prince 42:50. 3. Dawnell Georgen 46:44. 25-29: 1. Cathryn Powers 37:51. 2. Theresa Hilliker 40:30. 3. Melissa Staley 42:55. 30-34: 1. Corinne Devore 44:28. 2. Terry Salazar 45:18. 3. Brenda Saltz 45:39. 35-39: 1. Lynne Clay 39:58. 2. Lori Smith 44:44. 3. Linda Riddle 44:59. 40-44: 1. Allreda Iglehart 38:17. 2. Elizabeth Blaire 42:14. 3. Kathy Eiman 51:11. 45-49: 1. Nancy Buchanan 44:10. 2. Sue Cooper 46:51. 3. Mitsuye Morrissey 48:57. 50-54: 1. Margaret Speer 48:43. 2. Irene Bjerregaard 50:58. 3. Myrna Syverson 59:44. 55-59: 1. Binie Mains 49:14. 2. Audry Hauth 51:25. 3. Rosemary Young 1:00:53. 60-64: 1. Yukie Mochida 51:59. 65-69: 1. Mary Storey 50:29. 70 & Over: 1. Lucy Adney 1:24:36.

Doggie Dash

July 21. Davis. 1 Mile & 2 Miles.

Division Results - Men

1 Mile with Small Dog: 1. James Mullany & Lady 7:43. 2. Bob Lantz & Alex 16:42. 3. Travis Lantz & Spider 16:44. 1 Mile with Medium Dog: 1. Ron Thomasson & Frisbee 6:05. 2. Aaron Ledger & Buffy 7:58. 3. Jim Ash & Seby 8:15. 1 Mile with Large Dog: 1. Lee Hurren & Noche 5:14. 2. Gary Merrifield & Boscoe 7:22. 3. Matt Fisher & Jack 10:34. 2 Mile with Small Dog: 1. Chris Sinner & Baby 13:44. 2. Bud Knight & Maui 14:32. 2 Mile with Medium Dog: 1. Christian Unruh & Roscoe 11:00. 2. Nestor Herrera & Raquel 12:36. 3. Bill Kimmel & Tallac 13:57. 2 Mile with Large Dog: 1. Nathan Turner & Bill 17:18. 2. Jeff James & Jessi 20:35. 3. Don Morris & Dante 32:09. 2 Mile without Dog: 1. Stanley Marks 12:35.

Division Results - Women

1 Mile with Small Dog: 1. Patti Mclure & Squire 8:41. 2. Joe Laurence & C.J. 9:58. 1 Mile with Medium Dog: 1. Karen Eisenhower 7:23. 2. Chris Dreth & Jack 9:54. 3. Elizabeth Friedman & Schnapps 8:28. 1 Mile with Large Dog: 1. Leslie Rivers & Bams 7:28. 2. Liz Kellert & Woody 10:01. 3. Charlene Payan & Max 10:06. 1 Mile without Dog: 1. Melanie Padaejao 10:23. 2. Beverly Herrick 18:02. 2 Mile with Small Dog: 1. Laura Nalley & Fritzie 28:50. 2. Beverly Montj & Ernie 33:15. 3. Deanna Johnson & Elliot 34:20. 2 Mile with Medium Dog: 1. Hillary Nayler 12:51. 2. Lisa Watson & Alley 15:28. 3. Susie Bobenrieth 17:00. 2 Mile with Large Dog: 1. Wendy Wilkens & Kelly 18:29. 2. Scarlet Vasquez 18:41. 3. Sallie Cosgrove & Brill 19:01. 2 Mile without Dog: 1. Allison Hamilton 16:09.

Lake Sonoma Triathlon Series

July 21. Geyserville.

Overall Results - Men

1. Andrew Radovan (21) Santa Rosa 2:03:24. 2. Steven Noll (30) Oakland 2:04:46. 3. Jeff Moffit (25) Fresno 2:06:03. 4. Jon Moens (27) Mountain View 2:07:14. 5. Jesse White (23) Oakland 2:09:08. 6.

Kenneth O'Boyle (27) Walnut Creek 2:09:26. 7. Scott Williams (35) San Francisco 2:09:57. 8. Todd Murray (27) Sunnyvale 2:10:35. 9. Don Anderson (38) Mountain View 2:10:46. 10. Todd Greenalgh (27) Daly City 2:11:50.

Division Results - Men

19 & Under: 1. Erik Muller 2:36:10. 2. Shad Hansen 2:40:28. 3. Kenny Kane 2:50:52. 20-24: 1. Andrew Radovan 2:03:24. 2. Jesse White 2:09:08. 3. Mark James 2:12:30. 25-29: 1. Jeff Moffit 2:06:03. 2. Jon Moens 2:07:14. 3. Kenneth O'Boyle 2:09:26. 30-34: 1. Steven Noll 2:04:46. 2. Peter Lewandowski 2:12:46. 3. Frank Kuchinke 2:16:08. 35-39: 1. Scott Williams 2:09:57. 2. Don Anderson 2:10:46. 3. Richard Schram 2:14:51. 40-44: 1. Tim Lavelle 2:15:08. 2. Tom Anderson 2:25:22. 3. Michael Howarth 2:29:07. 45-49: 1. Jim Orear 2:25:59. 2. John Demers 2:28:35. 3. Larry Owens 2:31:55. 50 & Over: 1. William Marshall 2:33:51. 2. George Cowell 2:58:38. 3. Michael Lagos 2:59:12.

Overall Results - Women

1. Jacqueline Komrij (25) Rohnert Park 2:13:30. 2. Ann Motekaitis (28) Davis 2:20:55. 3. Marcia White (27) Orinda 2:22:35. 4. Susan Condon (35) Walnut Creek 2:23:46. 5. Diana Williams (29) San Francisco 2:28:33. 6. Jackie Biddle (26) Sunnyvale 2:30:07. 7. Karen McGee (36) Fairfax 2:32:24. 8. Linda Schirmer (25) Oakland 2:32:35. 9. Bronwyn Crowley (23) San Francisco 2:33:34. 10. Maggi Smeal (29) Mt. View 2:33:43.

Division Results - Women

20-24: 1. Bronwyn Crowley 2:33:34. 2. Christine O'Hanlon 2:42:38. 3. Lisa Smith 2:48:31. 25-29: 1. Jacqueline Komrij 2:13:30. 2. Ann Motekaitis 2:20:55. 3. Marcia White 2:22:35. 30-34: 1. Janet Fawl 2:37:16. 2. Lisa Yonaka 2:42:49. 3. Susan Hrkach 2:44:58. 35-39: 1. Susan Condon 2:23:46. 2. Karen McGee 2:32:24. 3. Lou Bosch-Wilson 2:42:28. 40-44: 1. Nancy Churchman 2:36:35. 2. Maggie Fillmore 2:42:58. 3. Judith Gottlier 3:04:31. 45 & Over: 1. Ann Kenville 3:15:45.

Subaru Buffalo 4-Mile Chase

July 21. Buffalo, New York.

Life Begins at 40

John Campbell of New Zealand has added his own bit of testimony to that old claim. The 41-year-old reigning world marathon king among Masters runners outgunned younger runners at a less ambitious distance when he easily won the 10th Subaru Buffalo 4-Mile Chase. Campbell walked away with a cool \$1,000 for his efforts in front of a record crowd of 12,000 on "The Elmwood Strip". This was Campbell's "first overall victory in a major road race".

Campbell finished first in 18:31, 24 seconds in front of 25-year-old Steve Schadler of Palo Alto. Notre Dame's Ryan Cahill was one second behind Schadler.

Race director Jim Nowicki said the winning time will be submitted as a world masters

record for the 4-mile distance. No world mark for that distance is currently recognized.

Campbell's time was 13 seconds slower than the Subaru record of 18:18 set last year by Gerard Donakowski. Donakowski currently holds the U.S. record for 4 miles with a time of 17:39. The current world record of 17:34 for 4 miles is held by Arturo Barrios. Previous Subaru course record holders include Craig Virgin (18:26) and John Tuttle (18:38).

The women's winner over the street course on the city's West Side was Lesley Lehane of Brookline, MA. Jennifer Colgrove Marin, formerly of South Wales but now living in Erie, PA, finished second. Lehane's time was 21:05.

Campbell jumped into the lead just after the 2-mile mark and made it look easy against a field which included some accomplished open class runners 20 years his junior. "I don't think about age, I look at the other runners as just competitors," said Campbell, who has been running since he was 14 but didn't become a world beater until he reached 40.

Just past the 2-mile mark, Bill Mangan, of Albuquerque, NM, and Campbell were running in the lead side by side. Benny McIntosh, the Auburn, NY, athlete who ran at the University of Kentucky, was right on their heels. Literally on Campbell's heels as it turned out. When McIntosh clipped the back of Campbell's shoe with his stride, the New Zealander turned his head and angrily shouted at McIntosh. Then he began opening his stride, making his decisive move at the 2 1/2 mile mark. Lehane, who was 43rd overall, finished 59 seconds in front of Marin among the women. "I knew Jennifer was with me at the mile mark but after that I don't know," the former Boston University runner said. "Four miles at this point in my training is perfect," added Lehane, who had a baby 13 months ago and has had back trouble upon her return.

Campbell continues his preparation for the New York City Marathon in November. He also won the masters title at the Quad-city Times, Bix 7-Mile race in Davenport, Iowa, on July 28th.

"This just goes to show that you're never too old," he said. "I'm running faster now than I was 21 years ago. I'm being more cunning than when I was younger. I'm not doing a lot of stupid things."

Mangan finished sixth and McIntosh ended up seventh.

The Masters winners were Ken Hamilton of Maple, Ontario and Nancy Oshier of Rush, NY. Oshier ran 22:28 to break her own women's masters mark for this race.

A record 1,456 runners entered the race. A record 1,261 finished.

Eppie's Great Race Triathlon

July 21. Sacramento. 5.82 MI. Run, 12.5 MI. Bike, 6.35 MI. Paddling.

Over 1700 competitors from throughout

the state gathered along the American River Parkway for the World's Oldest Triathlon, Eppie's Great Race XVIII, establishing new records in many of the 19 divisions.

Adaptive Leisure Services, a recreational program for disabled individuals within Sacramento County Parks & Recreation Department benefits from this event each year. To date, over \$240,000 has been contributed overall with approximately \$30,000 in proceeds annually.

Division Results

Ironman: 1. Don Hicks 1:39:23. 2. Leonard Veare 1:42:59. 3. Brad Jackson 1:44:32. **Senior Ironman:** 1. Mike Ammon 1:45:55. 2. John Green 1:46:51. 3. Jimmer Phelan 1:48:55. **Ironwoman:** 1. Vickie Pell 1:51:24. 2. Ann Gerhardt 1:57:36. 3. Gladys Recce 2:00:32. **Senior Ironwoman:** 1. Lynn Kyme 1:56:33. 2. Nancy Fish 2:06:54. 3. Cathie Andrews 2:12:29.

Division Results - Teams

Corporate: 1. The Folsom Flash (John Sup, Marvin Dong, Kurt Robinson) 1:42:20. 2. Optical Illusions (Steve Pappa, Mark Briglia, Dennis Kaufman) 1:45:28. 3. (Blake Steng, Kevin Couch, Phil Mosbacher) 1:46:52. **Co-Ed:** 1. Body Slam (Jeannie Unness, Thomas Coulombe, John Johnson) 1:41:19. 2. New Material (Eric Taylor, Charles Hutcheson, Laura Otto) 1:47:02. 3. Mix Match (Tom Wright, Ty Hadley, Pat Stow) 1:53:25. **Open:** 1. (Shad Warren, D.J. Dart, Jon Fishburn) 1:30:07. 2. Team Boss (Leonard Sperandio, Vincent Gee, John Weed) 1:30:45. 3. Rest Stop "Pink Pups" (Carol Kuphal, Keith White, Chris Podgorski) 1:31:55. **Touring/Slalom:** 1. Fleet Feet F.O.M. Men (Mark Begochea, Rich Polli, Cam Poer) 1:36:06. 2. Team Cues (O's) (Dean Rinde, Mark Faulkner, Bill Michel) 1:36:37. 3. Lactic Acid Kids (Andy Harris, Bob Dahlquist, Charley Albright) 1:42:48. **Family:** 1. (Hanna Family (Doug, Rich, Bob) 1:40:53. 2. Kuphaldt Bros. (Ken, Joseph, Jim) 1:42:43. 3. KC Bros. (Ken Campbell, Keith Campbell, Kevin Campbell) 1:52:33. **Canoe:** 1. Muffins, Etc. Team (Rob Anex, Mark Barrett, Paul Camozzi) 1:35:18. 2. Olympic Express #6 (Dennis Rinde, Bob Hammond, Bill Quayle) 1:40:24. 3. No Stinking Name Ned (Nick Bingham, Terry Reitzel, Doug Belsner) 1:42:29. **Women's:** 1. Beautiful Athletic (Edie Brainard, Eva Ueltzen, Noelle Buer) 1:44:43. 2. R U Sur U Wanna Race (Bev Marks, Chris Paros, Sue Bragg) 1:45:15. 3. R. Stop Pink Doggets (Patty Smith, Ellen Daly, Kitty Perry) 1:47:50. **Senior Men:** 1. Bradshaw's Restaurant (Sal Vasquez, Tom Regan, Pat Zinn) 1:38:34. 2. Coneheads (Adam Farera, Dan Calhoun, Grant Boice) 1:38:45. 3. (Dan Pfeifer, Patrick Sullivan, William Rhea) 1:55:17. **Inflatable Kayak:** 1. The Rest Stop (Guy Terra, Chris Davis, Walter Weed) 1:44:23. 2. Team Bradshaw's (Thom Pearson, Sam Manolakas, Michael Plowman) 1:49:57. 3. Outlaws (Chris Entente, Larry Solorio, Matt Ensley) 2:01:53. **Inflatable:** 1. Team Rest Stop (Randy Marx, John Herren, Wayne Brown) 1:56:35. 2. Going Bananas (Gordon Innes, Stan Martinson, Bill Campbell) 2:02:30. 3. Mkey's Idea

RESULTS

(Eric Knight, Mike Ryan, Wayne Bubbard) 2:04:08. **Senior Women's:** 1. 3 Pink Dogs (Jean Spirlock, Anne Mell, Nancy Burton) 1:56:21, 2. Aged Fine Wines (Joanie Sliker, Nancy Molitor, Joanne Zinn) 2:05:02, 3. Wee Three (Ruth Grimes, Karen White, Nancy Dagle) 2:07:34. **Adaptive:** 1. Pink Dogs (Taylor Carey, Ed Hensley, Charlie Willard) 1:36:59, 2. Lachman Resource Team (Jim Schoenherr, Jon Weast, Dennis Scott) 1:46:56, 3. Turkish Trio (Ray Poer, Mary Poer, Mary Poer) 2:05:25. **Juniors:** 1. Damage, Inc. (Mike Cardenas, Ryan Dahl, Jeff Axtell) 1:52:48, 2. Studs (Shawn Kennedy, Devin McCord, Chris Parod) 1:52:50, 3. Audacious Adolescent (Chris Donnelly, Jon Forrester, Adam Ikemire) 2:02:18. **Media Challenge:** 1. Fox 40 Fanatics (Beth Dillon, Al Lundeen, Eric Lundeen) 2:05:03.

Spring Lake Triathlon

July 21, Santa Rosa

Overall Results

1. Michael Collins (24) Davis 1:45:22, 2. Eric Johnson (32) Mountain View 1:48:42, 3. Jim Mollerius (31) Ben Lomond 1:50:20, 4. Steven Noll (30) Oakland 1:50:30, 5. Nick Kurth (28) Davis 1:50:41, 6. Ty Nickel (20) Placerville 1:52:11, 7. Andrew Radovan (21) Santa Rosa 1:52:44, 8. Mark Loos (24) San Francisco 1:54:39, 9. Jon Moens (27) Mountain View 1:54:42, 10. Colin Sherrill (23) Danville 1:54:45.

Division Results - Men

19 & Under: 1. Spencer Fine 2:01:27, 2. Kevin Heddy 2:04:13, 3. Darrin Mounts 2:06:30, 20-24: 1. Michael Collins 1:45:22, 2. Ty Nickel 1:52:11, 3. Andrew Radovan 1:52:44, 25-29: 1. Nick Kurth 1:50:41, 2. Jon Moens 1:54:42, 3. Jim Martin 1:57:30, 30-34: 1. Eric Johnson 1:48:42, 2. Jim Mollerius 1:50:20, 3. Steven Noll 1:50:30, 35-39: 1. Scott Williams 1:56:21, 2. Robert Walters 1:58:42, 3. Richard Schram 1:58:50, 40-44: 1. Tim Lavelle 2:00:14, 2. Jamieson VanEaton 2:02:31, 3. Rick Niles 2:02:42, 45-49: 1. Jim Orear 2:11:43, 2. John Demers 2:13:21, 3. Steven Cederborg 2:21:18, 50 & Over: 1. Alan Schmeiser 2:13:53, 2. Chuck Ehlers 2:15:19, 3. William Marshall 2:21:02.

Overall Results - Women

1. Nancy Vallance (25) Santa Cruz 1:58:53, 2. Jacqueline Komrij (15) Rohnert Park 2:00:06, 3. Holly Potter (31) Kentfield 2:04:19, 4. Ann Motekaitis (28) Davis 2:08:10, 5. Pamela Stevenson (28) Los Altos 2:10:33, 6. Julie Verke (20) Fair Oaks 2:11:04, 7. Diana Williams (29) San Francisco 2:11:51, 8. Sharon Goldau (27) Mountain View 2:12:54, 9. Kathleen Sweetman (25) San Francisco 2:13:06, 10. Krysten Burr (22) San Francisco 2:13:37.

Division Results - Women

20-24: 1. Julie Verke 2:11:04, 2. Krysten Burr 2:13:37, 3. Christine O'Hanlon 2:18:46, 25-29: 1. Nancy Vallance 1:58:53, 2. Jacqueline Komrij 2:00:06, 3. Ann Motekaitis 2:08:10, 30-34: 1. Holly Potter 2:04:19, 2. Carol Bitter 2:16:32, 3. Patricia McFate 2:21:20, 35-39: 1. Karen McGee 2:16:03, 2.

Sally Gaines 2:17:34, 3. Cynthia Nesvig 2:22:55, 40-44: 1. Maggie Fillmore 2:26:10, 2. Dexter Dobberpuhl 2:38:54, 3. Linda Shaw 2:38:54, 45 & Over: 1. Kathryn Kettler 2:30:24, 2. Barbara Arrighi 2:37:32, 3. Sandra Karas 2:40:12.

Team Results

Men: 1. Styles, Pile, Gonzalez 1:54:19, 2. Densmore, Haluska, Oatman 2:03:07, 3. Long & Varner 2:11:38, **Women:** 1. Pawlak, French, Walsh 2:15:07, 2. Smith, Brooks, Gibson 2:40:39, 3. Crazy Ladies Coming 2:44:59.

Mixed: 1. Leiser, Archuleta, Affeldt 1:52:23, 2. McCollough, Wendle, Trimmingham 2:03:13, 3. Griffith, Morales, Mosales 2:07:53.

Fiesta 5000

July 22, San Clemente

Division Results - Men

Overall Winners: 1. Ricardo Zamora 15:17, 2. Ben Cravatt 15:20, 3. Mike Fisher 15:29, **12 & Under:** 1. Manuel Martha 19:35, 2. Devon Murray 20:45, 3. Tyson Vonguentner 20:56, 13-15: 1. Josh Johnson 16:41, 2. Willie Noonan 17:32, 3. Harry Noonan 17:33, 16-19: 1. Greg Shryock 15:43, 2. Steve Gordon 16:26, 3. Chris Lynch 16:40, 20-24: 1. Ricardo Zamora 15:17, 2. Ben Cravatt 15:20, 3. Bryon Devore 15:41, 25-29: 1. Mike Fisher 15:29, 2. Anyro Rodallegas 15:35, 3. Kevin Waggoner 16:11, 30-34: 1. Michael Hamilton 15:35, 2. Charlie Christensen 15:55, 3. Henry Chio 16:00, 35-39: 1. Gary Shapiro 16:19, 2. Robert Langston 16:29, 3. Tim Harris 16:55, 40-44: 1. William Strachan 16:06, 2. Jerry Stinson 17:22, 3. Richard Kenworthy 17:28, 45-49: 1. Mike Scott 16:46, 2. Tommy Martin 18:44, 3. Shel Nankin 18:48, 50-54: 1. Jee Lim 17:05, 2. Ed Donoghue 17:57, 3. Sonny Monioz 18:02, 55-59: 1. Frank Ellis 20:17, 2. Bill Chavez 20:50, 3. Earl Davis 21:17, 60-64: 1. Gaylon Jorgenson 17:40, 2. Charles Kilcline 21:18, 3. Ed Foot 22:06, 65-69: 1. Jim O'Neil 19:50, 2. Jim McCown 20:41, 3. Graham Murray 23:17, **70 & Over:** 1. Harold Thornhill 28:13, 2. Russell Reuthe 33:28, 3. Les Shaw 40:00. **Elite Men:** 1. Steven Spence 13:58, 2. William Musyoko 13:59, 3. Matt Gimsto 14:00. **Elite Masters:** 1. Wilson Waigwa 14:16, 2. Don Paul 15:27, 3. James Tracy 15:45.

Division Results - Women

Overall Winners: 1. Jennifer Henderson 18:22, 2. Beth Young 18:58, 3. Trish Pierson 19:13, **12 & Under:** 1. Michelle O'Connor 21:07, 2. Cynthia Condon 25:04, 3. Layla Sisney 25:34, 13-15: 1. Ashleigh Armstrong 20:38, 2. Kristen Matheson 21:55, 3. Amber Parkinson 21:58, 16-19: 1. Terry Smythers 19:53, 2. Stephanie Lawrence 20:19, 3. Laurinda Mulhaupt 20:54, 20-24: 1. Beth Young 18:58, 2. Lisa Harris 20:27, 3. Jennifer Salinger 21:08, 25-29: 1. Karen Harris 19:17, 2. Beth Baugh 19:37, 3. Kara Kelly 19:55, 30-34: 1. Jennifer Henderson 18:22, 2. Valerie McCutchan 20:06, 3. Linda Dehner 20:33, 35-39: 1. Trish Pierson 19:13, 2. Thea Fox 20:04, 3. June Gessner 20:56, 40-44: 1. Debbie Wilkinson 20:31, 2. Susan Cody 22:00, 3. Cathy Kroninger 22:35, 45-

49: 1. Dinny Shryock 22:14, 2. Joan Lapierre 23:20, 3. Mickey Cruz 23:39, 50-54: 1. Gina Faust 19:58, 2. Carolyn Hickey 23:55, 3. Cecily Parke 24:12, 55-59: 1. Caroline Murray 22:30, 2. Phyllis Moll 26:36, 3. Shirley Chadwick 27:14, 60-64: 1. Sumiye Leonard 26:30, 2. Verian Bruce 30:20, 3. Maria Elsa Brown 30:44, 65-69: 1. Mary Storey 24:20, 2. Helen Thornhill 32:26, 3. Anna Griffith 35:06, **70 & Over:** 1. Tpye Sieger 28:27. **Elite Females:** 1. Sylvia Mosqueda 15:55, 2. Lee Sue 15:59, 3. Ria VanLandghen 16:04. **Elite Masters:** 1. Laurie Binder 17:25, 2. Ngaire Drake 17:41, 3. Joan Colman 18:27.

Mill Valley Run

July 22, Mill Valley, 5K

Overall Results - Men

1. Toby Knepler (24) San Rafael 15:16, 2. Darrin Eisman (25) Colchester, CT. 15:25, 3. Arthur Welch (28) Fairfax 15:49, 4. Steve Ferraz (42) San Francisco 15:57, 5. Frank Noto (35) San Francisco 16:09, 6. Don Nauman (27) Santa Rosa 16:30, 7. Daniel Burrough (25) Tempe, AZ. 16:31, 8. David Leipsic (25) Sausalito 16:41, 9. Frank Tardivat (25) San Francisco 16:47, 10. Art Roulac (19) Belvedere 16:52, 11. Bob Zunino (29) San Leandro 16:55, 12. Eric Ungerecht (19) Bolinas 16:59, 13. Dennis Kurovsky (40) Benicia 17:07, 14. Tony Ott (31) Tiburon 17:11, 15. Steve Stephens (46) San Anselmo 17:19, 16. Richard Averett (37) Greenbrae 17:24, 17. Gerry Armstrong (43) San Anselmo 17:28, 18. Ed Carr (32) San Rafael 17:31, 19. Michael Schwartz (27) Berkeley 17:40, 20. Tom Bennett (42) San Francisco 17:41.

Overall Results - Women

1. Tamara Gonzalez (30) Novato 18:05, 2. Liz Zaragoza (21) San Mateo 18:12, 3. Neve Zwagerman (17) Mill Valley 18:27, 4. Amy McConnell (18) Tiburon 18:34, 5. Malia Dinell (27) Berkeley 19:43, 6. Kay Bolla (38) San Francisco 19:48, 7. Pat Falsone (42) El Cerrito 19:59, 8. Mary Matteson (29) San Francisco 20:12, 9. Hazel Wood (39) San Anselmo 20:21, 10. Theresa McCarthy (17) San Rafael 20:34.

11. Vicki Chase (41) San Anselmo 20:39, 12. Jan Hampshire (37) Mill Valley 21:24, 13. Jennifer Nichols (29) Mill Valley 21:29, 14. Linda Averett (43) Greenbrae 21:42, 15. Julia Stamps (11) Santa Rosa 21:45, 16. Susie VanBuskirk (36) San Rafael 22:05, 17. Michelle Boyer (31) Mill Valley 22:11, 18. Kathryn Brown (25) San Francisco 22:14, 19. Katie Martin (51) San Anselmo 22:17, 20. Katherine Singer (49) Novato 22:25.

Watermelon Courthouse Run

July 22, Merced, 5K & 10K

Overall Results - 10K

1. Jim Elam (18-29) 36:07, 2. Erin Woody (18-29) 36:34, 3. Edward Jarrett (30-39) 36:50, 4. Curt Royer (30-39) 37:05, 5. Bruno Rinaldi (40-49) 37:26, 19. Margaret Gong (40-49) 45:25, 25. Maia Pucay (18-29) 46:40, 27. Jennifer

Holmquist (30-39) 48:25.

Overall Results - 5K

1. Dan Murry (40-49) 16:09, 2. Dan Rusk (30-39) 17:17, 3. Greg McKinstry (30-39) 17:23, 4. Matt Crabbe (18-29) 17:45, 5. Curtis L. Elia (40-49) 12:56, 20. JoAnna Cerri (13-17) 23:29, 21. Bonnie Ruckh (18-29) 23:38, 27. N. Breckanrich (18-29) 26:37.

Donner Lake Triathlon

July 22, Truckee

Overall Results

1. Preben Nielsen (28) 2:03:06, 2. Bryan Fahrenbach (33) 2:03:56, 3. Michael Smith (26) 2:04:21, 4. Mac Williamson (25) 2:06:02, 5. Don Weaver (29) 2:06:27, 6. Ty Nickel (20) 2:06:46, 7. Scott Miller (29) 2:07:14, 8. Sean Molina (25) 2:07:54, 9. Eric Johnson (32) 2:08:14, 10. Warren Ross (25) 2:08:44.

Division Results - Men

19 & Under: 1. Spencer Fine 2:21:26, 2. Clark Smeltzer 2:29:20, 3. Anthony Brantley 2:36:14, 20-24: 1. Ty Nickel 2:06:46, 2. Deon Lorens 2:09:16, 3. Ryan Adamson 2:11:12, 25-29: 1. Preben Nielsen 2:03:06, 2. Michael Smith 2:04:21, 3. Mac Williamson 2:06:02, 30-34: 1. Bryan Fahrenbach 2:03:56, 2. Eric Johnson 2:08:14, 3. Peter Kaimar 2:09:51, 35-39: 1. George Quinn 2:19:26, 2. Rob Walters 2:19:44, 3. Don Dutil 2:22:28, 40-44: 1. Scott Davis 2:15:00, 2. Paul Wilson 2:21:38, 3. Dave Brady 2:24:24, 45-49: 1. George Wright 2:17:30, 2. Robert Plant 2:21:03, 3. Larry Warren 2:24:59, 50-54: 1. Ken Pulver 2:19:03, 2. Gary Nolan 2:49:45, 3. Don Ritchey 2:59:58, 55-59: 1. Bill Brown 2:40:04, 2. Ron Ogilvie 2:58:25, 3. Dieter Heyck 3:04:09, 60-64: 1. Ralph Black 3:38:33.

Division Results - Women

19 & Under: 1. Michelle Muff 3:12:59, 2. Kirsten Richardson 3:23:42, 3. Lisa Scott 3:41:10, 20-24: 1. Lesley Chequer 2:29:02, 2. Chris Vergona 2:30:53, 3. Michelle Seck 2:33:21, 25-29: 1. Wendy Ingraham 2:21:19, 2. Lisa Verke 2:25:13, 3. Lauren Alexander 2:27:48, 30-34: 1. Karen Chequer-Pfeiffer 2:20:56, 2. Elizabeth Hepple 2:20:58, 3. Holly Potter 2:26:57, 35-39: 1. Tracy Achelis 2:43:28, 2. Andrea Ivan 3:00:33, 3. Camille Cusumano 3:48:59, 40-44: 1. Terrie Christiansen 2:34:46, 2. Siga Rose 2:46:37, 3. Natalie Shebborn 2:54:04, 45-49: 1. Barbara Wright 2:57:07, 2. Mary Ann Buxton 3:06:14, 3. Carole Mawson 3:15:09, 50-54: 1. Kitty Brown 3:14:25.

Relay Results

Men: 1. Jackson/Mirch/Tibaduiza 2:08:49, 2. Olsen/Travis/Williams 2:14:07, 3. Anderson/Cash/Cothell 2:17:43.

Women: 1. Struve/Evans 2:45:36, 2. Kennedy/Brady/Kautz 2:49:22, 3. Putney/Stoneman 2:51:19.

Mixed: 1. Bluet/Fox/Alpert 2:18:27, 2. Gonfiantini/Wait/Hend 2:19:11, 3. Hagan/Lunblad/Reid 2:19:15.

RESULTS

Summer Series #6

July 24. Bakersfield.

Division Results - Men

19 & Under: 1. Greg Giltner 49:20, 20-29: 1. Jonathan Wykoll 49:26, 2. Kyle Lacey 50:26, 3. Thomas Valles 53:34, 30-39: 1. Bob Dunlap 53:59, 2. Steve Hansen 55:30, 3. Kevin Peaker 1:07:48, 40-49: 1. Jim Reynolds 51:53, 50 & Over: 1. Jack Eberly 55:37.

Division Results - Women

25 & Under: 1. Lanette Valpredo 52:51, 26-36: 1. Debbie Raygoza 1:03:30, 36-45: 1. Judi Thompson 54:23.

Manufacturers Hanover Corporate Challenge

July 26. Los Angeles.

Division Results - Men

Overall Winners: 1. Steve Bishop (30) 16:45, 2. James Sterling (28) 16:58, 3. Sean Seley (26) 17:40, 4. Larry Eckles (32) 17:44, 5. Dan Arsenault (27) 17:47. Teams: 1. Rockwell Int'l. (Bishop, Holaday, Eckles, Dermott, Tanzer) 1:30:20, 2. Hughes Aircraft Company #1 (Urbanick, Marble, Krauth, Estrada, Arsenault) 1:33:15, 3. TRW (Desmet, Kuegler, Gaulik, Maravilla, Schratz) 1:38:40, 4. Hughes Aircraft Company #2 (Anderson, Smolrys, Balcer, Williams, Reed) 1:40:09, 5. Northrop Corp. #1 (Alustiza, Bancroft, Duncan, Huss, Thiede) 1:40:15.

Division Results - Women

Overall Winners: 1. Shenda Baker (26) 20:49, 2. Molly Thayer (47) 22:43, 3. Christina Stavrinou (28) 23:00, 4. Anne Kassman (28) 23:24, 5. Carolyn Beck (29) 23:25. Teams: 1. Northrop Corp. #1 (Hom, Langdale, Stavrinou) 1:12:12, 2. TRW (Stewart, Schratz, Kassman) 1:17:11, 3. Kaiser Permanente (Pomeroy, Wolgast, Romero) 1:17:56, 4. Flour Daniel (Berney, Chavez, Olsgaard) 1:19:01, 5. Farmers Insurance Group (Northfischer, Kaczke, Deck) 1:20:42.

Coed's Teams Division

1. CalTech/JPL (Baker, Beck, Bissly, Sterling) 1:19:15, 2. Security Pacific Bank (Brown, Nyland, Mogg, Mesler) 1:27:52, 3. Disney Company (Aguilera, Proctor, Ortega, Iacoboni) 1:29:00, 4. Parker Hannifin Corp. (Duenes, Goodrich, Iglesias Jr., Peschel) 1:30:37, 5. Quotron Systems, Inc. (Young, Thayer, Schwartz, Williams) 1:35:27.

Mount Rose Meet

July 28-29. Mount Rose, Nv.

Two-Day Results

1. Ron Hudson, 2. Chuck Lyda, 3. Hannah North, 4. Gary Kraght, 5. Joel Thomson & Nicola, 6. Tom Strat, 7. Robert Gibbs, 8. Doug Brown, 9. Jim Thompson, 10. Leanna Jacuzzi, Thompson Challinor.

One-Day Only

1. Carl Schmitt, 2. Steve Matson, 3. Jay Lark, 4. Karin Olsson, 5. Dagmar Binder & Thomas Vesely, 6. Gordon Jones, 7. Michael Byram, 8. Barbara Sutherland, 9. Bert Binder & Jasmine Froschl, 10. Alan Glendinning & Meg Gerstner.

Giants/Gatorade 5K Run to Homeplate

July 28. San Francisco.

Overall Results

1. David Frank 14:28, 2. Davin Slade 14:34, 3. Kevin Ostberg 14:35, 4. Mike McManus 14:40, 5. Jack Marden 15:00, 6. Leonard Spenandeo 15:06, 7. Chuck Fanter 15:16, 8. Eric Walker 15:20, 9. Albert DeLaTorre 15:22, 10. Pete O'Reilly 15:36, 11. Arthur Welch 15:36, 12. John Hancock 15:39, 13. H. Lowery 15:44, 14. Rich Govi 15:51, 15. Harold Rapin 15:53, 16. Rodney Coker 15:53, 17. Not Available 15:54, 18. Steve Snider 15:56, 19. Robert Schung 15:57, 20. Not Available 15:59.

Takara Cable Car Chase

July 29. San Francisco. 5 Mile.

With an assist from a San Francisco policeman, a record number of runners—eight—beat the cable car in the Takara Cable Car Chase.

Race participants said the policeman was sitting in his patrol car which was parked across the cable car tracks, eating a doughnut, when the cable car approached the top of Nob Hill, the finish line of the one-mile "race within a race" between runners and San Francisco's famous iron horse.

When the policeman refused to move his car, the cable car had to stop, and a number of runners sped by it.

Thus, a record eight runners beat the cable car this year—the seventh year that the race has been held. The previous record was only three runners.

The winner of the overall five-mile race was David Welsh, a University of Arkansas sophomore track star, with a time of 25:29.06. Welsh, a graduate of Jesuit High School in Carmichael, won the two-mile race in the state track and field championships his senior year of 1989. He placed second in the state cross country championships that year.

Overall winner in the women's division was Brazil's No. 1 long-distance runner Angelica de Almeida, with a time of 29:41. De Almeida, who holds Brazil's records for the 5000m, 10,000m and marathon is in San Francisco training for the 1992 Olympics.

Her coach, Odilo Lima, a San Francisco architect, was a top runner and soccer player in Brazil, and has helped train a number of other world-class Brazilian runners.

By placing first in the Takara Cable Car Chase, Welsh and De Almeida won a week-long trip to Osaka—San Francisco's sister city—where they will compete in the 10K Mainichi-Nissei Long Run in October. The trip will include a visit to the historic city of Kyoto, home of the Takara Company. Takara Sake USA, which sponsors the race, is the largest American producer of sake, or Japanese-style rice wine.

The eight runners who beat the cable car up a mile-long stretch of California Street from

Drumm Street to Jones Street on the top of Nob Hill were Welsh, Jay Marden, Charles Alexander, Jeff Shaver, Doug Henderson, Rick Brower, Roger Dix and Toby Knepler. They will receive wooden cable car replicas. Marden was the second place finisher in the overall race and Alexander third.

Division Results - Men

Overall Winners: 1. David Welsh 25:29, 2. Jay Marden 25:35, 3. Charles Alexander 26:06. Toddlers: 1. Kevin Davie 55:12, 6-19: 1. David Welsh 25:29, 2. Todd Coulston 28:30, 3. Scott Metzger 28:46, 20-29: 1. Jay Marden 25:35, 2. Charles Alexander 26:06, 3. Jeff Shaver 26:18, 30-39: 1. Ken Danz 28:05, 2. Matt McMenemy 28:27, 3. Brent Brown 28:29, 40-49: 1. Terry Buler 30:08, 2. Donn DeAngelo 31:26, 3. Walt Kohnert 31:29, 50-59: 1. Tim Rostegge 30:03, 2. Bill Catanese 34:21, 3. Norman Ciampi 35:50, 60 & Over: 1. Gary Toji 41:01.

Division Results - Women

Overall Winners: 1. Angelica Almeida 29:41, 2. Rae Stiger 30:57, 3. Janine Aiello 31:02, 6-19: 1. Celina Bach 32:56, 2. Wendy Hasen 38:28, 3. Heather Heilman 39:31, 20-29: 1. Angelica Almeida 29:41, 2. Rae Stiger 30:57, 3. Karen Saxena 32:28, 30-39: 1. Janine Aiello 31:02, 2. Lynn Brown 31:53, 3. Trisha Arbogast-Kluge 32:12, 40-49: 1. Gail Rodd 35:13, 2. Marilyn Acquistapace 35:23, 3. Kathy Frank 35:23, 50-59: 1. Barbara Robben 43:40, 2. Joan Foor 48:03, 3. Lois Tripodi 51:28, 50-59: 1. Janice Mead 55:51, 2. Carolyn Saccamand 58:06, 3. Harriet Kelly 58:47, 60 & Over: 1. Kit Pickles 45:00, 2. Betty Baugh 55:49, 3. Ruth Lay 1:00:20.

Fitness to Festival

July 29. Fremont. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Gilbert Munoz 15:36, 2. Thomas Carlton 15:56, 3. Paul French 15:56, 13 & Under: 1. Marty Kinsey 21:18, 2. Aaron Walker 21:38, 3. Scott Silva 21:43, 14-18: 1. David Roberts 18:04, 2. Tom Nguyen 18:39, 3. Mark McDonald 18:55, 19-29: 1. Thomas Carlton 15:56, 2. Peter Cazalet 16:01, 3. John Trott 16:11, 30-39: 1. Gilbert Munoz 15:36, 2. Paul French 15:56, 3. David Fergus 16:08, 40-49: 1. Ron Alonzo 18:00, 2. Bob Joplin 19:42, 3. Keith Seibold 19:59, 50-59: 1. Jerry O'Hanlon 20:03, 2. Allan Bullock 20:21, 3. Floyd Okada 20:51, 60 & Over: 1. Donal Coghlan 19:40, 2. Kenneth Morgan 23:14, 3. Walt Meyers 26:37.

Division Results - Women's 5K

Overall Winners: 1. Laurie Schuster 19:49, 2. Royal Scherry 20:19, 3. Judith Rosario 20:32, 13 & Under: 1. Francine Aquil 20:41, 2. Jenny Wilson 33:05, 3. Erin Ritter 34:10, 14-18: 1. Julie Schuster 22:07, 2. Belinda Williams 22:28, 3. Alyssa Martinez 23:35, 19-29: 1. Laurie Schuster 19:49, 2. Judith Rosario 20:32, 3. Amy Cathcart 20:55, 30-39: 1. Royal Scherry 20:19, 2. Joyce Tanaka 20:48, 3. Val Bates-Guilford 21:58, 40-49: 1. Olivia Carnova 24:04, 2. Joann McGoff 26:08, 3. Donna Schuster 26:16, 50-59: 1.

Roberta Carlson 25:52, 2. Dody Thomas 26:53, 3. Carol Spindler 27:55, 60 & Over: 1. Joan Williams 39:35, 2. Lucy Martinez 41:57, 3. Sally Bromley 42:49.

Division Results - Men's 10K

Overall Winners: 1. Timothy Dooling 30:04, 2. Malcolm Carruthers 37:11, 3. Gil Garcia 37:24, 13 & Under: 1. Matthew Fasolis 56:38, 2. Hector Villanueva Jr. 1:12:08, 14-18: 1. Eduardo Avila 35:17, 2. Jason Kroh 36:28, 3. Masood Sarwari 38:21, 19-29: 1. Jack Marden 32:09, 2. Matt Bogdanowicz 32:16, 3. Imre Farkas 35:58, 30-39: 1. Timothy Dooling 30:04, 2. Thom Trimble 32:20, 3. Tony Munoz 33:44, 40-49: 1. Charles Thompson 32:11, 2. Gil Garcia 37:24, 3. Robert Sakai 37:29, 50-59: 1. Rolf Nebelung 39:10, 2. Ted Anderson 39:58, 3. Archie MacLean 43:20, 60 & Over: 1. Bruce Oliver 45:22, 2. Jim Emplit 49:13, 3. Joe Cossitor 51:26.

Division Results - Women's 10K

Overall Winners: 1. Karen Rowen 39:48, 14-18: 1. Jane Edwards 48:14, 2. Janet Ekstrom 49:56, 3. Amanda Szessei 51:27, 19-29: 1. Karen Rowen 39:48, 2. Hilary Lovell 40:01, 3. Wan-lan Feng 43:50, 30-39: 1. Sandra Gillis 44:00, 2. Patricia Balding 44:42, 3. Judy Fulton 45:19, 40-49: 1. Connie Micks 42:57, 2. Elaine Smith 43:38, 3. Rhonda Dyer 47:07, 50-59: 1. Diane Bromstead 49:32, 2. Gloria DeVall 57:30, 3. Caroline Mateo 59:16.

Pear Fair Run

July 29. Courtland. 5 Mile. & 10 Mile.

Division Results - Men's 5 Mile

Overall Winner: 1. Brad Lael 27:35, 18 & Under: 1. Dave Bruns, 2. Jeff Fippin, 3. Jose Martinez, 19-29: 1. Brad Lael, 2. Mark Howlett, 3. Brian Peterson, 30-39: 1. Chris Entante, 2. Ron Hoffenke, 3. Carlos Lopez-Lemus, 40-49: 1. Gabriel Sandoval, 2. Tim Shannon, 3. Chuck Nichols, 50-59: 1. John Brown, 2. Eric Chin, 3. Leo Signorotti, 60 & Over: 1. Jimmy Low, 2. Rick Thomas, 3. Paul Frye. Wheelchair: 1. David Aguilar 38:32.

Division Results - Women's 5 Mile

Overall Winner: 1. Lisa Boyle 30:13, 18 & Under: 1. Sara Pope, 2. Dawn Cabitac, 3. Anna Pavaol, 19-29: 1. Pam Absner, 2. Beth Dillon, 3. Ann Peters, 30-39: 1. Lisa Boyle, 2. Mary Brook, 3. Vickie Bell, 40-49: 1. Nouria Harris, 2. Bettie Lowes, 3. Sue Perry, 50-59: 1. Regina Ciamorone, 2. Esther Herrera, 3. Lavern Guice, 60 & Over: 1. Georgia Buxton.

Division Results - Men's 10 Mile

Overall Winner: 1. Dennis Rinde 54:03, 18 & Under: 1. Ryan Dahl, 2. Tuan Nguyen, 19-29: 1. Richard Johnson, 2. Tom Pearson, 3. Jim Farrar, 30-39: 1. Dennis Rinde, 2. Don Hicks, 3. Mark Dougherty, 40-49: 1. Adam Ferreira, 2. Greg Jewett, 3. Dennis Meiding, 50-59: 1. Paul Mitchell, 2. Russell Teres, 3. Michael Otten, 60 & Over: 1. Kenneth Takenuchi, 2. Bob Burns, 3. Adrian Verdugo. Wheelchair: 1. Taylor Carey 52:43, 2. Tim Schoenherr 52:59.

RESULTS

Division Results - Women's 10 Mile

Overall Winner: 1. Sharron Jennings 1:06:11.
19-29: 1. Sharon Jennings, 2. Ramona Gutierrez, 3. Licia Peres. 30-39: 1. Sarah Swaney, 2. Jami Harrison, 3. Barbara Schoener.
40-49: 1. Cheryl Clanton, 2. Nancy Pelayo, 3. Cathy Rohm. 50-59: 1. Khartoon Tudhope, 2. Dina Fields, 3. Chiyo Shingo. 60 & Over: 1. Peggy Ewing, 2. Brian McKone, 3. Po Adams.

Orange 12/24 Hour Run

August 3, 4. Kelly Stadium, Orange.

12 Hour Results

Name	Age	Town	12 Hour
Earl Towner	40	Irvine	77 333'
Rob McNair	36	Huntington	71 1/2
John Marshall	53	El Segundo	63
Bob Ulloa	40	Long Beach	61
Toni Stormolie	38	Hesperia	60 1/2
Claudia Newsome	40	San Pedro	60 1/4
Bob Norton	52	Huntington	57 3/4
Randy Thiel	34	El Toro	56 1046'
Dan Harshburger	42	Huntington	55
Charles Brannan	43	Bakersfield	54 1/2 761'
David Dixon	44	Santa Ana	54 1/2
John Lodarski	63	Colton	54 1/4
Jeff Coleman	37	Oceanside	53 1/4 420'
Joanie Matheson	44	El Segundo	53 1/4
Bobby Porter	38	Westminster	52 1/2 520'

Name	Age	Town	24 Hour
Mike McMahon	42	Laguna Beach	115 1/4
George Antonaros	43	Bakersfield	110 1/2
Irma Hutton	44	Pasadena	109 1/4 350'
Dorsh Sanders	47	Bakersfield	107
Echo Edmonson	47	Los Angeles	103
Bill Dickey	50	Arcadia	102 1/4 350'
Bill Gebbie	47	Rancho Cucamonga	101 1/2 578'
Jeff Padilla	40	Costa Mesa	100 1/4
Larry Pustinger	48	El Cajon	90
Mel Schultz	50	Irvine	89 1/4
Vicki Huffman	37	Acton	89 422'
John Ingro	55	San Bern	87 1/2
Gary Miller	52	Placentia	82
Jeff Anderson	26	Long Beach	77
Pat DeVita	56	Gran Hills	76 1/2 762'

Team	Division	Miles
Tustin	Open Men	124 1/2
Westminster	Boys HS	119 3/4 220'
University	Co-Ed HS	117 150'
Canyon	Boys HS	111
Foothill	Co-Ed HS	108 1/2
Die Hards-Foot Fly	Co-Ed Open	100 3000'
O.C. Blue Angels	Co-Ed Masters	100 1508'
Canyon	Co-Ed HS	89
Canyon	Girls HS	87 3912'
Snails Pace	Master Women	84 1300'
Foothill	Girls HS	83
H.B. Park Plugs	Master Women	74 222'

RRCA Women's Distance Festival

August 4, San Luis Obispo, 5000m.

Overall Results - Women

1. Angela Orefice (15) Arroyo Grande 18:42, 2. Kathy Viskocil (26) Atascadero 18:56, 3. Laurie Kirkpatrick (30) Paso Robles 19:11, 4. Irene Henderson (29) Paso Robles 19:23, 5. Brandy Barr (14) Nipomo 19:44, 6. Patty Almandariz (23) San Luis Obispo 19:52, 7. Heather Kelley (16) Oceano 20:15, 8. Betty Jory (46) Lompoc 20:16, 9. Shannon Felix (16) Nipomo 20:54, 10. Tammy Reed (16) Arroyo Grande 21:12, 11. Leslie Monaco (33) SLO 21:18, 12. Teri

Ingram (28) Simi Valley 21:19, 13. Jerri Higinbotham (33) Long Beach 21:25, 14. Kim Della Vatta (16) Pismo Beach 21:31, 15. Cathy Agler (32) Atascadero 21:54.

Men's Electric City Challenge 5K

August 4. Overall Results

1. Steve Neubaum (22) SLO 14:57, 2. Louie Quintana (17) Nipomo 15:01, 3.



STEVE NEUBAUM

Photo by Elaine Rosenfield

James Price (23) SLO 15:23, 4. Lance Rankin (21) SLO 15:38, 5. Kevin Brodie (21) SLO 16:02, 6. Tom McKeown (36) SLO 16:10, 7. Kyle Morris (18) SLO 16:26, 8. Matt Rodenberger (29) SLO 16:32, 9. Eric Dunn (15) Pismo Beach 16:35, 10. Robert Colligan (16) Nipomo 16:54.

Marin Triathlon

August 4. San Rafael.

Overall Results

1. Mark Loos (25) San Francisco 53:39, 2. Dirk Denny (30) Novato 56:20, 3. Raymond

Gibson (27) Sausalito 57:10, 4. Martin Olson (24) El Sobrante 58:01, 5. Greg Archuleta (21) Santa Rosa 58:20, 6. SRS (Team Takaoka) Palo Alto 58:28, 7. Steve Oat



ANGELA OREFICE

Photo by Elaine Rosenfield

man (26) San Rafael 59:19, 8. Niels Von Doepf (20) Napa 59:23, 9. Brad Buehler (37) Livermore 1:01:10, 10. Ariel Austria (26) So. San Francisco 1:01:17.

11. Tim West (40) Corte Madera 1:01:18, 12. Mark Bollinger (32) San Rafael 1:01:49, 13. Nat Lopes (16) Santa Rosa 1:02:04, 14. Manuel Francis DeJesus (23) Pacifica 1:02:11, 15. Michael Wilson (20) Berkeley 1:03:02, 16. Mike Randall (22) Orinda 1:03:03, 17. Dale Kerrigan (41) Pacific Grove 1:03:18, 18. Hans Facer (38) Lafayette 1:03:45, 19. Mark Chambers (25) Kentfield 1:04:33, 20. James Grant (21) Pittsburg 1:05:25.

The Vineman Triathlon

August 4. Napa.

Division Results - Men

24 & Under: 1. David Gerken 9:20:59, 2. Jon Paul 10:56:05, 3. Andrew Robles 11:21:31.
25-29: 1. David Turner 8:56:19, 2. Douglas Morocco 9:43:42, 3. Mark Dolan (9:50:35).
30-34: 1. Larry Rhoads 9:13:11, 2. Harry Johnson 9:35:50, 3. Bruce Mace 9:39:32.
35-39: 1. Bruce Smart 9:40:13, 2. Bill McDermott 9:54:59, 3. Willie Mueller 10:22:00.
40-44: 1. Jay McCallerty 10:04:55, 2. Richard Nordquist 10:23:43, 3. Bill Lane 10:56:58.
45-49: 1. Bruce Wilson 10:48:15, 2. Gordon Gould 11:12:04, 3. Mike Maury 11:16:30.
50-54: 1. Tony Farrow 12:17:31, 2. James Mandrin 13:52:07, 3. John Browning 14:01:49.
55-59: 1. Cy Weagle 12:36:26, 2. Chuck Davey 13:24:24.

Division Results - Women

24 & Under: 1. Cherrilyn Myles 11:05:51, 2. Cathy Hodgeon 14:24:55.
25-29: 1. Pamela Stevenson 11:14:24, 2. Valerie Lance

12:49:33, 3. Dawn Lane 13:59:31, 30-34: 1. Leslie Dobberpuhl 13:36:31, 35-39: 1. Tracy Achelis 11:20:50, 2. Debra Stransky 14:23:41, 3. Kate Callahan 16:10:10.
40-44: 1. Jane Granskog 12:14:18, 2. Linda Shaw 13:42:58, 3. Kathy Heath 13:43:31.
45-49: 1. Judith Gottlieb 13:44:54, 2. Patsy Dorsey 14:09:12, 3. Liz Schaefer 14:14:56.

Run Thru the Pines

August 4. Bass Lake. 4.5 Mile & Half Marathon.

Overall Results - 4.5 Mile

1. Tom Counts (Fresno) 25:35, 2. Jose Renteria (Madera) 26:19, 3. Sean Stohman (Madera) 26:37, 4. Sean Rios (Madera) 27:36, 5. Jose Lopez (Fresno) 30:00, 6. Don Parker (Pasadena) 30:01, 7. Ron Gardener (Fresno) 31:04, 8. Dean Escoto (Goleta) 31:31, 9. Melissa Ortiz (Madera) 31:32, 10. Allen Shelby (Clovis) 32:02.

11. Gabrielle Enholm (Lemoore) 32:46, 12. Kathy Hildebrand (Fresno) 33:08, 13. Pamela Farmer (NAS Lemoore) 33:20, 14. Gary Smith (Bass Lake) 33:53, 15. Robert Rodriguez (Fresno) 34:00.

Overall Results - Half Marathon

1. Alfred Lara (Fresno) 1:09:58, 2. Antonio Conteras (Mexico) 1:10:50, 3. David Naranjo (Sanger) 1:11:48, 4. Karl Polivka (Clovis) 1:15:08, 5. Bryan Fahrenbach (Clovis) 1:16:11, 6. Greg Pope (Fresno) 1:17:36, 7. Paul Lee (Arroyo Grande) 1:18:59, 8. Bret Datke (Atlantic Beach) 1:19:02, 9. Jesus Pinero (Fresno) 1:20:54, 10. Ralph Smith (Madera) 1:22:41.

11. Terry Nephew (Clovis) 1:24:11, 12. Artemio Villegas (Madera) 1:24:47, 13. Adrian Reyes (Fresno) 1:26:02, 14. Felipe Lemus 1:27:07, 15. Stacey McAfee (Clovis) 1:28:00.

Mountain Run

August 4. Squaw Valley.

Overall Results - Men

1. Miguel Tbaduza 28:17, 2. Tom Borschel 28:47, 3. Frances Gailson 28:55, 4. David Welsh 29:21, 5. Scott Peterson 29:23, 6. Denis O'Halloran 29:54, 7. Tom Wood 30:00, 8. Tim Minor 30:18, 9. Michael Parrott 30:42, 10. Skyler Jones 31:00.
11. Abelardo Lopez 31:23, 12. Francisco Garcia 31:32, 13. John Cobourn 31:39, 14. Jim King 31:44, 15. Rick Gentry 32:13, 16. Michael Johnson 32:16, 17. Perry Hayden 32:24, 18. Scott Markewitz 32:46, 19. Brian Buscay 32:48, 20. Kevin Buscay 32:49.

21. Bernie Mellor 33:36, 22. Brett Dobson 34:02, 23. Herve Pastre 34:21, 24. Chris Tuma 34:22, 25. Gary Macias 34:42, 26. Dave Carlsen 34:49, 27. Mike LeVanyie 34:58, 28. David Bruns 34:59, 29. Bruce Phinney 35:02, 30. Jim Dolber 35:04.

Overall Results - Women

1. Terry Schmidt 33:15, 2. Debbi Waldear 36:06, 3. Ellen Lucas 39:34, 4. Angela Cook 41:26, 5. Debbie Devine 41:52, 6. Laura Temple 42:24, 7. Louise Morris 42:45, 8. Polly Fox 42:57, 9. June Lane 43:21, 10. Ann Philips 43:44.

RESULTS

11. Carol Lindsay 44:55, 12. Cindy Dominguez 44:55, 13. Angela Tanghetti 45:09, 14. Nancy Burton 45:13, 15. Lauren Benasi 45:20, 16. Carol Vautrain 45:21, 17. Helen Hull 45:39, 18. Diane Green 45:39, 19. Carrie Newman 45:43, 20. Liz Zaragoza 45:47.

Gladiola Festival

August 5, Union City, 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Leon Shordon 15:30, 2. Eric Bellamy 15:48, 3. Kent Oglesby 16:13. **13 & Under:** 1. Joaquin Delgado 24:32, 2. Nick Pielusch 25:40, 3. Victor Flores 25:48, 14-19: 1. Mark Douglas 16:22, 2. Clint Steven 16:40, 3. Alfonso Castillo 18:04, 20-29: 1. Leon Shordon 15:30, 2. Eric Bellamy 15:48, 3. Jaime Sandoval 16:14, 30-39: 1. Richard Kellam 17:01, 2. Reggie Duhe 17:19, 3. Steve Tietz 17:28, 40-49: 1. Kent Oglesby 16:13, 2. David Furst 16:13, 3. Gabriel Sandoval 16:31, 50-59: 1. Neal Chappell 17:50, 2. Joe Hancock 19:48, 3. Archie Maclean 20:09, 60 & Over: 1. Kenneth Morgan 22:33.

Division Results - Women's 5K

Overall Winners: 1. Ruth Vomund 17:50, 2. Leslie Mueller 19:16, 3. Amy Cathcart 21:03. **13 & Under:** 1. Christine Whittaker 25:52, 2. Theresa O'Brien 29:37, 3. Jenny Wilson 32:03, 14-19: 1. Samantha Young 26:36, 2. Erin Bellamy 26:42, 3. Colleen O'Connor 26:49, 20-29: 1. Leslie Mueller 19:14, 2. Amy Cathcart 21:02, 3. Irene Suzuki 21:25, 30-39: 1. Ruth Vomund 17:28, 2. Guilford Bate 22:17, 3. Tina Toona 24:01, 40-49: 1. Barbara Zoldan 21:36, 2. Pat Hodges 24:37, 3. Dolores Loera 27:47, 50-59: 1. Dody Thomas 26:48, 60 & Over: 1. Midge Porter 29:49, 2. Joann Williams 39:48.

Division Results - Men's 10K

Overall Winners: 1. Pat Williams 32:31, 2. Dan Anderson 33:30, 3. Roberto Mendez 36:11. **13 & Under:** 1. Moses Sanchez 40:56, 2. Aaron Hayes 50:02, 14-19: 1. Dino Daniels 36:51, 2. Jason Kroh 36:58, 3. Mark Ratti 37:19, 20-29: 1. Pat Williams 32:31, 2. Daniel Rosenthal 37:05, 3. Kengo Suzuki 37:10, 30-39: 1. Dan Anderson 33:30, 2. Roberto Mendez 36:11, 3. Malcolm Carruthers 36:26, 40-49: 1. Roger Zoldan 36:38, 2. Todd Hayes 37:21, 3. Robert Sakai 37:30, 50-59: 1. Ken Noel 39:13, 2. Ted Anderson 39:21, 3. Jim Grodnick 40:33, 60 & Over: 1. Bruce Oliver 43:59, 2. Dick Yeager 46:47, 3. Dave Costa 51:33.

Division Results - Women's 10K

Overall Winners: 1. Eileen White 40:36, 2. Traci Moore 41:20, 3. Sun Yong Kim 42:18, **13 & Under:** 1. Penny Hodges 1:11:40, 14-19: 1. Alyssa Martinez 48:31, 2. Heather Alexander 57:31, 20-29: 1. Eileen White 40:36, 2. Traci Moore 41:20, 3. Jami Andrews 43:19, 30-39: 1. Antonina Ettare 43:33, 2. Judy Fallon 43:42, 3. Linda Cleland 49:35, 40-49: 1. Rhonda Dyer 46:39, 2. Jo Ann Fohnestock 52:23, 3. Kathy Mastako 54:59, 50-59: 1. Sun Yong Kim 42:18, 2. Diane Bromstead 49:30, 3. Karen Gudksen 50:55.

Skyline 50

August 5, San Leandro.

Overall Results

1. Tim Ball (31) Oakland 3:34:02, 2. Damien Curry (26) Castro Valley 3:52:49, 3. Jim Scott (30) Chico 4:00:23, 4. Frank Ruona (44) Novato 4:06:47, 5. Dow Mattingly (38) Walnut Creek 4:07:40, 6. Willis McCarthy (34) San Mateo 4:24:43, 7. Dave Stevenson (37) Los Altos Hills 4:27:57, 8. Steve Christian (40) San Jose 4:27:58, 9. Ulf Werner (49) Orinda 4:35:07, 10. Pamela Neroha (31) La Honda 4:40:10.

11. Mike Palmer (36) Berkeley 4:42:55, 12. Mark Engemann (30) Greenwood 4:45:37, 13. Leslie Vitale (37) Applegate 4:48:37, 14. John Mark (37) Santa Cruz 4:50:07, 15. Jean Szpakowski (43) Berkeley 4:52:18, 16. Gregory Atchley (23) Reno, NV 5:00:14, 17. Rachel Proctor (26) Reno, NV 5:01:10, 18. Errol Jones (40) Oakland 5:01:16, 19. Kathy Welch (37) Sequel 5:03:37, 20. Joan Mork (36) Sequel 5:03:46.

North Bakersfield

Biathlon Summer Series

August 7, #7, Bakersfield.

Division Results - Men's Bi

14-19: 1. David Stiner 50:13, 2. George Ross III 59:28, 20-29: 1. Kyle Lacey 44:49, 2. Lee Blevens 46:53, 3. Kent Lucas 48:41. 30-39: 1. Jose Mesa 49:56, 2. Mike Mosey 51:47, 3. Paul Gamino 51:58, 40-49: 1. Jim Reynolds 47:38, 2. Norm Wykoff 49:46, 3. Bill Timmerman 53:56, 50 & Over: 1. Leon Graves 56:30.

Division Results - Women's Bi

26-35: 1. Laura Lowe 47:53, 36-45: 1. Judy Thompson 49:41, 2. Jane Granskog 55:13.

Asher Clinic Couple Relay

August 8, Larkspur, 2 x 2 Miles

Overall Results

Women (Time)	Men (Time)	Time
1. Peggy Smyth (10:54)	Carmelo Rios (9:10)	20:04
2. Robyn Berry (11:07)	Rod Berry (9:08)	20:15
3. Jen Thatcher (10:53)	S. Buttinghausen (9:34)	20:27
4. Nancy Benson (11:16)	John Barrett (9:14)	20:30
5. T. McCandless (11:27)	Rich McCandless (9:13)	20:40
6. Leslie McMullen (11:08)	Peter O'Reilly (9:45)	20:53
7. Laura Buess (11:16)	Rick Buess (9:51)	21:07
8. Anne Hamilton (11:12)	Rich Hornstra (10:00)	21:12
9. Janet Bowie (11:14)	Doug Hekkinen (10:01)	21:14
10. Kathy Costello (11:04)	Jim Hampton (10:11)	21:15
11. Helen Lehman (11:27)	Stuart Wiseman (10:00)	21:27
12. Amy McConnell (11:24)	Matt Metzger (10:07)	21:31
13. Julie Dyson (11:46)	Cameron Mitchell (9:47)	21:33
14. Karen Saxens (11:26)	Amol Saxena	

(10:28) 21:54

15. Sharon Jenning (11:37) John Ferraro (10:25) 22:02
16. Susan Putney (11:01) Andrew Thomas (11:07) 22:08
17. Mary Rees (11:51) Devon Flynn (10:18) 22:09
18. Margaret Lang (11:20) Rob Gailey (11:23) 22:43
19. Jan Hampshire (12:41) Jim Sowers (10:09) 22:50
20. B Frazier (12:21) George Frazier (10:34) 22:55

Distance Derby 10 Mile

August 11, Huntington Beach.

Division Results - Men

19 & Under: 1. David Warady 56:40, 2. Jeff Stone 1:07:09, 3. Jim Nakao 1:08:15, 20-29: 1. Mike Gottardi 53:53, 2. Brandon Dederich 54:57, 3. Daniel King 56:31, 30-35: 1. Rob Erlich 59:40, 2. John Baer 1:01:32, 3. Arturo Dominguez 1:02:12, 36-40: 1. Paul Elliott 54:02, 2. Chris Giatras 1:00:31, 3. Art Blaser 1:07:55, 41-45: 1. Mark Hemphill 58:52, 2. John Regean 1:07:34, 3. Robert Sullivan 1:09:10, 46-50: 1. Don McCarthy 59:17, 2. Dennis Durham 1:05:18, 3. Tommy Martin 1:06:02, 51-55: 1. Oscar Rosales 1:07:10, 2. Yong-Huy Lee 1:07:11, 3. John Gilfoil 1:11:30, 56-60: 1. Eric Piper 1:05:23, 2. William O'Donnell 1:11:55, 3. James Clayton 1:35:45, 61 & Over: 1. Larry Banuelos 1:16:12, 2. Lane Blank 1:17:14, 3. Sal Chaidetz 1:20:44.

Division Results - Women

19 & Under: 1. Lol Coker 1:06:50, 2. Jones Piper 1:30:57, 3. Robin Clark 1:32:07, 20-29: 1. Dana Gilchrist 1:11:51, 2. Mareva Hays 1:14:04, 3. Helen Moore 1:18:01, 30-35: 1. Frances Dodson 1:16:23, 2. Vicki Hill 1:25:04, 36-40: 1. Anna Knowles 1:17:37, 2. Debbie Hill 1:22:07, 3. Kate Callahan 1:34:54, 41-45: 1. Debbie Wilkerson 1:12:41, 2. Cindy Lang 1:22:06, 3. Patty Hayden 1:22:50, 46-50: 1. Sally Adam 1:10:07, 2. Cherie Cruenfeld 1:15:02, 3. Susan Weeks 1:41:44, 51-55: 1. Mary Dugan 1:28:59, 2. Donnalee Feldman 1:46:43, 61 & Over: 1. Betty Walker 1:48:11.

River of No Return Pentathlon

August 12, Healdsburg.

Overall Results

1. J. Christopher Moens (27) Mt. View 3:40:32, 2. Jake Hartinger (34) Palo Alto 3:43:21, 3. Bob Bush (34) Saratoga 3:43:22, 4. Lin Feil (47) Sacramento 3:45:07, 5. Mike Ammon (45) Carmichael 3:45:08, 6. Tony Walsh (32) Sunnyvale 3:46:19, 7. Bill Driskill (29) Pleasanton 3:50:41, 8. Mark Shaw (28) Pleasanton 3:50:51, 9. Skip Lees (45) Chico 3:51:43, 10. Mike Filippoff (31) Santa Clara 3:52:09. **11. Jim Menschinger (43) San Jose 3:52:11, 12. Robbie Whittemore (17) Alameda 3:53:28, 13. Rick Blackmore (33) Cloverdale 3:56:13, 14. John Oakley (37) Santa Rosa 3:56:33, 15. Jim Brecht (38) Santa Rosa 3:56:34, 16. David Edney (30) Manteca 3:57:14, 17. Eric Burgener (29) Santa Clara**

3:58:53, 18. Mark Romalia (31) Fair Oaks 3:58:56, 19. Rick Simonsen (29) Camino 3:58:57, 20. Robert Ward (28) Los Altos Hills 4:00:56.

Danskin Women's Triathlon Series

August 12, San Jose.

Division Results

15-19: 1. Melissa Patterson 1:03:39, 2. Nanette Furlong 1:23:02, 3. Teri Symonds 1:25:37, 20-24: 1. Lesley Chequer 1:03:39, 2. Susan Hackett 1:09:16, 3. Susan Fox 1:10:48, 25-29: 1. Jacqueline Komrij 1:01:55, 2. Lori Elwood 1:04:04, 3. Cheryl Suing 1:05:37, 30-34: 1. Kathleen Atkins 1:08:24, 2. Patricia Balding 1:11:07, 3. Carol Berg-Eichenbaum 1:12:29, 35-39: 1. Alison Goss 1:12:54, 2. Jean Toth 1:14:04, 3. MaryEllen Murphy 1:14:23, 40-44: 1. Sally Edwards 1:09:19, 2. Natalie Hebron 1:13:12, 3. Toni Mounts 1:14:02, 45-49: 1. Sigrid McAllister 1:12:36, 2. Grace Voss 1:14:31, 3. Julia Carpenter 1:19:10, 50-54: 1. Patricia Vortreiter 1:33:13, 2. Peggy Debonis 1:52:22, 60 & Over: 1. Raye Johnson 1:36:29, Relays: 1. Out & Back 1:14:33, 2. Team Aiken Young Hillye 1:20:12, 3. Team Fubar 1:21:14.

Hospitality Point 3-Mile Race

August 14, Mission Bay, San Diego.

Division Results - Men

12 & Under: 1. David Dunbar 19:37, 2. Mark Savel 19:57, 3. Colin Donnelly 20:03, 13-17: 1. Daniel O'Connor 16:39, 2. Greg Stone 18:55, 3. David Buess 22:15, 18-29: 1. Marshall Varano 15:24, 2. Steve Brilowski 15:40, 3. Victor Diaz 16:05, 30-34: 1. Tim Penwell 15:48, 2. Kim Ulle 16:15, 3. Rob Clower 17:20, 35-39: 1. Kevin Heaton 15:52, 2. Barry Martin 15:55, 3. Kris Ulle 17:23, 40-44: 1. Graeme Shirley 16:18, 2. Michael Tuffley 16:57, 3. Hal Bosworth 17:11, 45-49: 1. Peter Stern 16:08, 2. Steve Dornish 16:35, 3. Alan Olson 17:52, 50-54: 1. Carl Petersen 18:10, 2. Tom Morrow 18:19, 3. Carl Rhodes 20:27, 55-59: 1. T.R. Eddy 19:45, 2. Peter Kopkowski 22:36, 3. George Moss 24:08, 60-64: 1. Marsh Haraden 19:41, 2. Ken Bernard 23:34, 65-69: 1. Jim McCown 19:48, 70-74: 1. Donald Dilworth 21:09, 80-84: 1. John Hanna 32:55, Racewalk: 1. Donald Peat 26:06, 2. Howard Mickel 32:40, 3. Robert Rice 40:44. **Wheelchair:** 1. Trevor Myrus 21:50.

Division Results - Women

12 & Under: 1. Michelle O'Connor 20:00, 2. Shannon O'Connor 21:32, 3. Rebecca Olson 25:40, 13-17: 1. Sheri Savel 20:41, 30-34: 1. Conagh Bruni 17:29, 2. Heather Dibdin 18:07, 35-39: 1. Lin Haas 23:46, 2. Kathy Lincoln 25:54, 3. Rona Kadish 27:53, 40-44: 1. Joni Shirley 18:23, 2. Robin Paine 18:58, 3. Cindy Cohagen 19:27, 45-49: 1. Ann Walker 19:06, 2. Carolyn Balkwell 21:58, 50-54: 1. Tami Graf 22:56, 2. Dixie Madsen 23:37, 3. Maria Davis 26:44, 55-59: 1. Virginia Skiffington 25:50, Racewalk:

RESULTS

1. Jolene Steigerwalt 32:30, 2. Susan Hawks 33:05, 3. Mary Rice 36:51.

Manufacturers Hanover Corporate Challenge

August 15. San Francisco. 3.5 Mile.

Division Results

Top Male: 1. Dan Gonzalez 16:24, 2. Kevin Osterberg 16:25, 3. John Barrett 16:40, 4. Marc Oleson 16:43, 5. Jeff Stein 16:45.

Top Female: 1. Barb Myers-Acosta 19:38, 2. Marilyn Taylor-Wallach 20:01, 3. Sharon Swann 20:12, 4. Betsy Swan 20:24, 5. Anne Marie Hagans 20:31.

CEO Top Male: 1. Doug Engler 21:17, 2. Bob Docili 22:21, 3. Jim Wulfberg 22:25.

CEO Top Female: 1. Lilly Stranets 33:34.

Top Male Company Teams: 1. Hewlett-Packard 1:29:03, 2. Lockheed 1:31:22, 3. Lawrence Livermore Lab. 1:31:43.

Top Female Company Teams: 1. Hewlett-Packard 1:10:20, 2. UCSF 1:10:26, 3. Coopers & Lybrand 1:11:44.

Top Coed Company Teams: 1. UCSF 1:17:32, 2. Oracle 1:19:47, 3. Hewlett-Packard 1:20:15.

Signal Hill Rotary Conquer the Hill Runs

August 18. Signal Hill. 5K & 10K.

Division Results - Men's 10K

14 & Under: 1. Raysarah Taylor 37:50, 2. Chris Okaniwa 43:52, 3. Christopher Zepeda 45:03, 15-19: 1. Daniel West 35:31, 2. Enrique Esparza 39:23, 3. Gian DeBello 43:23, 20-24: 1. William Lund 33:25, 2. Eric Ree 33:30, 3. Gonzalo Cervantes 38:07, 25-29: 1. Brad Sigler 34:02, 2. Dan Arsenault 35:36, 3. William Barnett 35:42, 30-34: 1. Jose Fuentes 36:26, 2. Edward Davis 37:07, 3. Jorge Alvarez 37:13, 35-39: 1. Mike Morris 36:06, 2. Mark Gross 38:12, 3. Bill Fitzpatrick 38:34, 40-44: 1. Mark Hemphill 36:35, 2. Jack McDowell 37:04, 3. Daniel Kelly 37:56, 45-49: 1. George Wright 38:24, 2. Wayne Mitchell 39:22, 3. Carl Calloway 40:04, 50-54: 1. Gamma Chavez 40:28, 2. Paul Browne 43:56, 3. Frank Greene 45:33, 55-59: 1. Renny Nelson 46:57, 2. Don Nicholson 49:18, 3. Chuck Grantham 49:26, 60-64: 1. Hugh McHugh 43:17, 2. Bob Koch 45:53, 3. Glen Stout 48:35, 65 & Over: 1. Larry Banuelos 45:13, 2. Stanly Neufeld 51:18, 3. Bob Herman 52:12.

Division Results - Women's 10K

14 & Under: 1. Melissa Gehman 1:12:17, 15-19: 1. Katy Donahue 46:18, 2. Amanda Schütz 48:00, 3. Tina Esparza 1:11:00, 20-24: 1. Beverly Gustard 41:51, 2. Lori Sudeck 43:26, 3. Kristen Kemper 48:58, 25-29: 1. Tracy Rose 39:00, 2. Amy Caster 48:09, 3. Loretta Fogle 48:33, 30-34: 1. Corinne Devors 46:25, 2. Terry Salazar 46:28, 3. Vicki Sparks 47:26, 35-39: 1. Lynne Clay 41:59, 2. Rose Prochnow 52:30, 3. Liddi Diane 52:38, 40-44: 1. Roberta Dill 51:55, 2. Diann Ehlers 54:12, 3. Kathy Eimen 55:52, 45-49: 1. Sally Adam 43:47, 2. Rozanne Payag 47:34, 3. Alice Murillo 47:49, 50-54: 1. Alice Murillo 47:49, 2. Elaine Mur-

phy 50:10, 3. Marjorie Rosen 1:28:16, 55-59: 1. Audrey Hauth 58:20, 60-64: 1. Yune Mochido 55:38, 70 & Over: 1. Lucile Adney 1:31:20.

Division Results - Men's 5K

14 & Under: 1. Briane Moore 21:48, 2. Eric Reyes 22:59, 3. Danny Mossberg 26:53, 15-19: 1. Terrel Reyes 15:52, 2. Paul Martineau 16:05, 3. Andre Fanbert 17:17, 20-24: 1. David Lyman 17:59, 2. Peter Carty 18:13, 3. Joseph Lee 19:50, 25-29: 1. David Dennis 17:42, 2. Jim Nardell 18:54, 3. Fred Martin 19:21, 30-34: 1. Mike Hamilton 15:59, 2. Robert Slick 16:50, 3. Thomas Morse 17:45, 35-39: 1. Jesus Figueroa 18:04, 2. Gary Tredwell 18:57, 3. Glenn Akamine 20:06, 40-44: 1. John Lane 19:56, 2. Ray Rangel 20:00, 3. Mark McCaleb 20:40, 45-49: 1. John Gonzales 19:11, 2. Derek Tetlow 19:51, 3. Rod Mullineaux 20:06, 50-54: 1. Bill Little 19:44, 2. Paul Jeffers 20:41, 3. Bob Blum 21:44, 55-59: 1. William O'Donnell 20:59, 2. Robert Perry 22:31, 3. Michael McGowan 23:28, 60-64: 1. Jack Green 23:38, 2. Barney Berlyn 28:39, 3. Jack Bruce 30:42, 65-69: 1. John Mooshagen 29:39.

Division Results - Women's 5K

14 & Under: 1. Megan McGowan 21:35, 2. Vanesa Gonzales 25:32, 15-19: 1. Lucinda Reyes 18:27, 2. Brandy Price 19:28, 3. Sara Lee Reyes 19:28, 20-24: 1. Mary Halsema 27:57, 2. Ellen Raffaelli 28:47, 25-29: 1. Marie Deary 21:27, 2. Robyn Moore 26:18, 3. Lisa Rowe 26:56, 30-34: 1. Gina Bolden 23:42, 2. Cindy Royed 24:19, 3. Christina Roberson 26:59, 35-39: 1. Joan Van Blom 20:10, 2. Felice Crutchfield 24:49, 3. Ruth Saavedra 25:17, 40-44: 1. Leslie Ann Herbst 25:31, 2. Cindy Van Stralen 31:10, 3. Bernice Akamine 31:59, 45-49: 1. Molly Thayer 20:22, 2. Sharen Kokaske 26:32, 3. Diane McLeod 26:35, 50-54: 1. Beverly Smith 27:51, 2. Barbara Rathbun 30:09, 55-59: 1. Jean Windshar 35:09, 60 & Over: 1. Verian Bruce 31:00.

Bear Foot Race

August 19. Bear Valley. 10K.

Overall Results

1. Brian 37:13, 2. Timothy Ellis (18) 37:19, 3. Jeff Cowling (31) 37:40, 4. Brian Davis (34) 37:57, 5. David Stover (35) 38:27, 6. D.J. Bickert (28) 38:48, 7. David Zweig (28) 39:54, 8. Gary Ceragioli (37) 40:10, 9. Sean Stroup (15) 42:38, 10. Bruce Eisner (35) 42:57.

11. Bill Pappas (31) 42:58, 12. Mario Rodriguez (36) 43:00, 13. Bill Nicholson (54) 43:17, 14. Ken Schwisow (51) 43:20, 15. Brad Schoertgen (30) 43:26, 16. Don Lenkeit (46) 45:13, 17. Amy Davidson (16) 45:38, 18. Ron Fellion (33) 45:40, 19. Cheryl Beallian (39) 45:41, 20. Jim Burton (34) 46:07.

Presidio 10

August 19. San Francisco. 10 Mile.

Overall Results - Men

1. Michael Dudley (20) Travis AFB 51:52, 2. Richard Graves (25) San Francisco 53:04, 3. Scott Peterson (22) San Luis

Obispo 53:59, 4. Scott Kennedy (20) San Leandro 54:36, 5. Charles Thompson (40) San Francisco 54:41, 6. Ken Danz (32) San Francisco 54:49, 7. Matt McMenemy (35) San Francisco 55:37, 8. Joe Contario (37) Newark 55:46, 9. Frank Noto (35) San Francisco 56:06, 10. Dan Anderson (38) Union City 56:13.

Overall Results - Women

1. Suzanne Gyorey (32) San Jose 1:01:52, 2. Betsy Swan (25) Stanford 1:03:22, 3. Kim Rupert (35) Hillsborough 1:05:37, 4. Janice DeHays (24) Decatur 1:06:23, 5. Dee Grafius (41) Oakdale 1:08:45, 6. Kathleen Mascia (39) Los Altos 1:09:22, 7. Maureen Luca (40) Novato 1:09:25, 8. Janet Gallagher (24) San Rafael 1:09:41, 9. Suzanne Kowalski (29) Fairfield 1:10:14, 10. Jayne Hahn (24) Sunnyvale 1:10:18.

Division Results - Men

16-19: 1. Matthew Metzger 57:38, 2. Dan Cortright 59:44, 3. Russ Crandall 1:02:20, 20-29: 1. Michael Dudley 51:52, 2. Richard Graves 53:04, 3. Scott Peterson 53:59, 30-39: 1. Ken Danz 54:49, 2. Matt McMenemy 55:37, 3. Joe Contario 55:46, 40-49: 1. Charles Thompson 54:41, 2. Bill Allman 57:48, 3. Doug Butt 1:00:33, 50-59: 1. David Woody 1:02:22, 2. Alex Derieux 1:05:24, 3. Gary B. Greiner 1:05:30, 60 & Over: 1. Richard Laine 1:08:03, 2. Ed Reyna 1:15:26, 3. Bill Hayward 1:17:20.

Division Results - Women

5-15: 1. Erin Moore 1:30:56, 2. Megan Moore 1:55:10, 16-19: 1. Michelle Ferguson 1:15:57, 2. Theresa McCarthy 1:17:55, 3. Holly Lamer 1:27:34, 20-29: 1. Betsy Swan 1:03:22, 2. Janice DeHays 1:06:23, 3. Janet Gallagher 1:09:41, 30-39: 1. Suzanne Gyorey 1:01:52, 2. Kim Rupert 1:05:37, 3. Kathleen Mascia 1:09:22, 40-49: 1. Dee Grafius 1:08:45, 2. Maureen Luca 1:09:25, 3. Beth Aaron 1:15:41, 50-59: 1. Ceis Wildin 1:25:14, 2. Jerie Rose 1:29:56, 3. Alexandria Vitomski 1:32:51, 60 & Over: 1. Helen Kuziara 1:45:22, 2. Gerry Sullivan 1:59:22.

City of Pismo Beach Run

August 20. Pismo Beach. 5K & 10K.

Division Results - Men's 5K

18 & Under: 1. Raul Miens 25:08, 2. Trevor Stromman 26:04, 19-29: 1. Jeff Ferber 23:08, 2. Casey Caldwell 23:18, 30-40: 1. Thomas McKewen 21:11, 2. John Robinson 23:27, 41-50: 1. William Graham 23:01, 2. Stan Rosenfield 26:03, 51-60: 1. Tommy Upton 26:07, 2. Mel Elliott 27:34, 61 & Over: 1. Bill Denneen 30:38, 2. Garland Osborne 37:29.

Division Results - Women's 5K

18 & Under: 1. Carrie Taylor 29:15, 2. Colleen Cooke 29:34, 19-29: 1. Clare Rosensteel 28:25, 2. Jenny Lampman 31:00, 30-40: 1. Nancy Berg 32:14, 41-50: 1. Susan Taylor 30:21, 2. Nancy Rice 31:55, 51-60: 1. Lisa Norcutt 34:28.

Division Results - Men's 10K

19-29: 1. Aaron Anderson 43:16, 2. Steven May 47:42, 30-40: 1. Rick Kluge 42:17, 2. Jeff Grob 44:37, 41-50: 1. John Tiffin 45:30, 2. Thomas Williams 50:19, 51-60: 1. Len Thornton 48:11, 2. Kent Butler 56:51, 61 &

Over: 1. George Hoffman 1:04:06, 2. Manny Clinick 1:10:26.

Division Results - Women's 10K

18 & Under: 1. Deena Strohman 1:01:30, 19-29: 1. Angelo Lilley 51:22, 2. Stephanie Rainwater 53:44, 30-40: 1. Laurel Brias 52:50, 2. Cheryl Astram 57:48, 41-50: 1. Carol Noonan 1:01:51, 61 & Over: 1. Jean Spierling 1:05:09, 2. Elizabeth Baker 1:28:00.

Pikes Peak Ascent

August 24. Manitou Springs, Colorado.

Overall Results

1. Matt Carpenter (26) Vail, CO. 2:07:36, 2. Scott Elliott (26) Colo. Springs 2:09:07, 3. Michael Tobin (26) Chellis, ID. 2:10:35, 4. Gavin Sloane (22) Boulder, CO. 2:19:51, 5. Brent Brown (36) Durango, CO. 2:22:43, 6. Robert Weed (39) Wilson, WY. 2:23:01, 7. Eric Pierson (30) Durango, CO. 2:29:43, 8. Brendan White (34) Vail, CO. 2:30:35, 9. Christopher Nelson (21) USAFA, CO. 2:31:07, 10. Craig Heacock (23) Vail, CO. 2:36:45.

11. Dennis Fowler (39) Salt Lake City, UT. 2:38:40, 12. Mike Edwards (26) Aurora, CO. 2:39:38, 13. Donald Fitzgerald (27) Colo. Springs, CO. 2:39:51, 14. Paul Dunn (25) Colo. Springs, CO. 2:39:55, 15. Steven Webb (32) Colo. Springs, CO. 2:40:11, 16. Thomas Hammell (27) Boulder, CO. 2:40:34, 17. Bill Oberling (40) Crested Butte, CO. 2:40:59, 18. Patrick Cullinane (38) Denver, CO. 2:41:54, 19. Chuck Veylupek (21) Colo. Springs, CO. 2:42:08, 20. Tom Tennesen (31) Boulder, CO. 2:43:25.

Pikes Peak Marathon

August 25. Manitou Springs, Colorado.

Overall Results

1. Ricardo Mejia (27) Mexico City 3:35:03, 2. Bill Brown (35) Estes Park, CO. 3:55:22, 3. Stan Fox (34) Gunnison, CO. 3:56:22, 4. Senovio Torres (36) Cordova, NM 3:58:13, 5. Vernon Morris (28) Daggett, CA. 3:58:34, 6. Matt Carpenter (26) Vail, CO. 4:00:18, 7. Peter Downing (35) Denver, CO. 4:00:39, 8. Paul Brennan (29) Salt Lake City, UT. 4:04:37, 9. Jerry Martinez (40) Velarde, NM 4:10:37, 10. Mark Barbour (30) Aspen, CO. 4:10:59.

11. John Lehman (27) Boulder, CO. 4:11:18, 12. Robert Pecoraro (29) Manitou Springs, CO. 4:14:17, 13. Robb Reese (25) Boulder, CO. 4:14:42, 14. Tom Sobal (32) Leadville, CO. 4:16:50, 15. Greg Burkholder (34) Steamboat Springs, CO. 4:18:45, 16. Kenneth Davis (25) Longmont, CO. 4:19:00, 17. John Michaels (36) Bakersfield, CA. 4:19:10, 18. William Cordova (37) Colo. Springs, CO. 4:23:14, 19. Brian Dorsey (28) Boulder, CO. 4:23:22, 20. Con Wadsworth (30) Draper, UT. 4:27:48.

World's Toughest Triathlon

August 25. So. Lake Tahoe.

Overall Results - Men

1. David Cihasky (30) 8:33:24, 2. Jim Mol-

RESULTS

lerus (31) 8:47:59, 3. Chris Torriggino (23) 9:10:48, 4. Michael Fillipow (29) 9:15:28, 5. Rocket Raymond (25) 9:16:54, 6. Steve Stowers (24) 9:18:39, 7. Bill McDermott (39) 9:19:37, 8. David Goldman (29) 9:20:19, 9. Dale Peterson (33) 9:24:45, 10. Gregory Taylor (36) 9:25:20.

11. Bruce Balch (28) 9:32:18, 12. Jerry Brady (42) 9:34:17, 13. Mike Leece (22) 9:44:06, 14. Fred Villegas (30) 9:49:42, 15. Ralph Moore (30) 9:55:50, 16. Jeff Parker (31) 9:59:06, 17. Bruce Appleyard (25) 10:00:19, 18. Ken Dobberpuhl (41) 10:01:30, 19. Brad Fink (25) 10:02:39, 20. Steve Nitchman (31) 10:08:47.

Overall Results - Women

1. Michele Wewel (23) 10:49:25, 2. Sherry Thornburg (30) 11:10:51, 3. Ginger Mitchell (42) 11:31:28, 4. Cathy Caballero (41) 11:48:33, 5. Siga Gudmundsson-Ros (41) 11:51:14, 6. Rose Wilson (36) 12:05:49, 7. Kathy Kresge (32) 12:17:10, 8. Donna Stocker (31) 12:18:53, 9. Linda Favuzza (24) 12:31:21, 10. Janet Nugent (39) 12:39:26.

Overall Results - Relays

1. Fleet Feet 7:33:25, 2. Guido & Garcias 7:57:37, 3. Korock, Snider & Rhines 8:34:33, 4. Quintero, Allen & Pitman 8:36:44, 5. David Bike Club Team 8:40:31.

Santa Monica Marathon

August 26. Santa Monica.

Jason Mayeroff, a 21-year-old senior at the University of Nevada, Reno, captured first place in the men's division at the 18th Annual Santa Monica Marathon, held at Santa Monica College. His time of 2:31:55 though not a personal best, was two minutes faster than the runner-up and 1988 winner Alfred Lara. The women's division was won by Alfreda Ingelhart, a 40-year-old UCLA professor, for the second straight year. Ingelhart's time of 3:01:15 was a personal best and approximately three minutes ahead of her competition. Race conditions were ideal early on with cool temperatures at the start, but rose steadily as the race progressed. In addition to the marathon, Santa Monica offered a half marathon and 5K race. The half marathon was won by Paul Zimmerman, 29, with a time of 1:07:16 and Kathy Kanes, 28, with a time of 1:20:31. The 5K winners were Darren Sand, 21, with a time of 15:37 and Mary Tracey, 30, with a time of 18:01. A record field of over 3400 runners participated.

Division Results

Marathon:

Men: 1. Jason Mayeroff 2:31:55, 2. Alfred Lara 2:34:11, 3. Steven Berry 2:36:42. Women: 1. Alfreda Ingelhart 3:01:15, 2. Candy Dodge 3:04:31, 3. Jennifer Henderson 3:08:11.

Half Marathon:

Men: 1. Paul Zimmerman 1:07:16, 2. Iberto Ovalle 1:09:18, 3. Roberto El Chino 1:09:53. Women: 1. Kathy Kanes 1:20:31, 2. Annie Seawright 1:22:09, 3. Anita Johnson 1:23:22.

5K:

Men: 1. Darren Sand 15:37, 2. Martin Olvera 16:00, 3. Ed Avol 16:12.

Women: 1. Mary Tracey 18:01, 2. Mary Schumacher 19:02, 3. Robin Snowbeck 19:37.

Half Marathon Walk:

Men: 1. Mario Perico 1:43:43, 2. Art Grant 1:58:03, 3. Enrique Camarena 1:59:41.

Women: 1. Margaret Govea 2:06:10, 2. Alison Ashton 2:09:24, 3. Cheryl Kincaide 2:32:13.

Bodega Bay to Breakers

August 26. Bodega Bay, 8K.

Overall Results

1. Rod Berry (30) San Anselmo 24:40, 2. Alan Reynolds (26) Mill Valley 27:20, 3. Doug Davis (35) San Marcos 27:22, 4. Lovis Garcia (32) Santa Rosa 27:23, 5. Michael Simpson (22) Bridgeport 27:29, 6. Richard Johnson (24) Stockton 27:30, 7. Ron Smith (43) Geyserville 27:35, 8. Alec Isabeau (28) Santa Rosa 27:59, 9. Frank Ruona (44) Novato 28:06, 10. Michael Lopez (32) Fairfax 28:26.

11. Larry Meredith (33) Occidental 28:42, 12. Jim Hiserman (39) Cotati 28:44, 13. Bruce Linscott (33) Fairfax 28:46, 14. Daryl Zapata (45) Petaluma 28:49, 15. Richard Averett (37) Greenbrae 28:56, 16. Eddie Freyer (38) Petaluma 29:13, 17. Brendan Hutchinson (46) Santa Rosa 29:17, 18. Robyn Berry (26) San Anselmo 29:34, 19. Darryl Beardall (53) Santa Rosa 29:50, 20. Timothy Stewart (35) Rohnert Park 29:56.

21. Lisa Geoffrion (30) Petaluma 30:12, 22. Gwin Stumbaugh (37) Santa Rosa 30:12, 23. Eileen Vukicevich (31) Kenwood 30:16, 24. Jack Gerson (32) Santa Rosa 30:31, 25. William Rogers (29) Santa Rosa 30:54.

Calero Reservoir Meet

August 26. Morgan Hill.

Overall Results - White Course

1. Greg Gleishman 47:35, 2. Don Allison 48:45, 3. Douglas & Claudia Mason 53:01, 4. Melissa Freeberg & Bill Pence 53:36, 5. C. daMatta & L. Matta 54:50, 6. J. Rizzi 57:02, 7. Myrna Brookman & Gail Miyahara 57:30, 8. Keith Schreck & John O'Miller 58:25, 9. Gerry Fait & Mark Ingeman 59:10, 10. Marcus Hoey & Debbie Hoey 74:48.

Overall Results - Yellow Course

1. Parker, Alfaro, Blakken 91:25, 2. Donna Crivello & Jim Nelson 92:04, 3. John Bettendorf & Miko Yamaguchi 101:06, 4. Steve Rahe 102:20, 5. Pauline Breeden & Mohan Thangavelu 127:50.

Overall Results - Orange Course

1. Ch & P. Schauble 93:33, 2. Steve O'Keefe 137:45, 3. Marilyn Cleme & Luc Beauchamp 180:00.

Overall Results - Green Course

1. John Black 89:15, 2. Emily Douglas 108:14, 3. Jay Lark 111:40, 4. John Miller 129:59, 5. Joel Tesler 134:44.

Overall Results - Red Course

1. James Scarborough 70:41, 2. Arid Orsleie 91:20, 3. Alan Glendinning 92:25.

Overall Results - Blue Course

1. Ron Hudson 103:48, 2. Tom Strat 122:14, 3. Gary Kraght 126:40.

Hook & Ladder

By Tim Gallagher

August 26. San Francisco, 10K.

The twelfth annual Hook & Ladder 10K was marked, although not marred, by a warm temperature (low 70's) coupled with a very unusual high humidity. These conditions appeared to have adversely impacted the performance of a number of runners.

New Guy on the Block

Tim Dooling established an early lead but was closely pursued by Hal Schulz through the first half of the race. Tim's 5K split, 15:23, was just a few seconds ahead of Schulz. The split suggests an even pace toward the eventual winning time of 30:49 (4:58 pace). However, Tim hit a 4:40 mile between 3 and 4 on the long down hill going west on Kennedy drive. Dooling steadily increased his lead during this period and he sustained his lead in the final uphill leg of the race.

Dooling is a recent newcomer to San Francisco. He attended the University of Nebraska and is a graduate in Physics. Tim's 10K PR was earned at the 1988 Drake Relays where he posted a 29:10. He is looking forward to a number of races in the Fall.

Strong Master's Field

Five of the top eleven finishers were in a 40 or above division. Charles Thompson who is having a great season was first in 31:52. This was Thompson's fourth race on the Hook & Ladder course dating back to 1983 and he ran his best time in the very humid weather. Charles bested an impressive field of master's including Jim Tracy, Steve Ferraz and Bob Darling.

One of the most impressive performances of the day was provided by Sal Vasquez who obliterated the 50+ age division course record. Sal's 33:11 was 3 minutes and 40 better than the previous course record, and was good enough for eighth place overall.

Ingrid Smith was the first woman and joins Laurie Binder as a two-time winner in the women's division in the Hook & Ladder 10K.

Division Results - Men

18 & Under: 1. Andrew Pendaley 37:59, 2. Mark Zeiler 40:14, 3. Matt Foehr 42:50. 19-39: 1. Tim Dooling 30:49, 2. Hal Schulz 31:27, 3. Randy Accetta 31:40, 40-49: 1. Charles Thompson 31:52, 2. Jim Tracy 32:43, 3. Steve Ferraz 33:18. 50 & Over: 1. Sal Vasquez 33:11, 2. Theo Jones 38:27, 3. Rolf Nebeling 38:47.

Division Results - Women

18 & Under: 1. Thresa McCarthy 42:10, 2. Tricia Danner 51:10, 3. Gianio Crisotomo 52:59. 19-39: 1. Ingrid Smith 37:46, 2. Eileen Brennan 38:34, 3. Mary Matteson 41:44. 40-49: 1. Pam Shelton 49:00, 2. Jeannet Novak 52:42, 3. Carol Fregley 54:56. 50 & Over: 1. Jeanne Kayser-Jones 50:41, 2.

Marjorie Marcis 55:37.

Fire/Police

19-39: 1. Pete Nowicki 35:07, 2. Andy Sobozinsky 36:31, 3. Steve Mulkeen 36:49. 40-49: 1. Charles Crompton 35:53, 2. Al Hunt 47:54, 3. George Kriese 49:34. 50 & Over: 1. Pat Cunneen 44:35, 2. Mike Shubin 52:15.

Great North Triathlon

August 26. Davis.

Overall Results

1. Bryan Fahnenbach 1:55:19, 2. Preben Neilsen 1:56:58, 3. Dean Harper 2:01:16, 4. Chris Ward 2:01:18, 5. Dominic Panziera 2:02:11, 6. Vic Rosenthal 2:02:21, 7. Sean Molina 2:02:36, 8. Tom Faulkner 2:02:40, 9. Carlos Lomba 2:03:10, 10. Shawn McKenzie 2:03:12.

11. Steven Atkins 2:04:01, 12. Peter Kalm 2:04:06, 13. Brett MacDonell 2:04:09, 14. Jim Martin 2:04:27, 15. Jesse White 2:04:46, 16. Cliff Dimond 2:04:54, 17. Ryan Adamson 2:05:25, 18. Kenneth Leader 2:05:50, 19. Don Anderson 2:05:54, 20. Jacqueline Komrij 2:05:56.

Division Results - Men

19 & Under: 1. Carl Hekert 2:06:23, 2. Spencer Fine 2:06:45, 3. Carl Dessureault 2:06:55. 20-24: 1. Tom Faulkner 2:02:40, 2. Brett MacDonell 2:04:09, 3. Jesse White 2:04:46. 25-29: 1. Preben Neilsen 1:56:58, 2. Vic Rosenthal 2:02:21, 3. Sean Molina 2:02:36. 30-34: 1. Bryan Fahnenbach 1:55:19, 2. Chris Ward 2:01:18, 3. Dominic Panziera 2:02:11. 35-39: 1. Dean Harper 2:01:16, 2. Don Anderson 2:05:54, 3. Brad Jackson 2:07:51. 40-44: 1. Eric Barkley 2:06:54, 2. Rick Niles 2:10:05, 3. Doug Woods 2:10:48. 45-49: 1. Gordon Gould 2:15:54, 2. John Demers 2:19:45, 3. Jim Orear 2:22:08. 50-54: 1. Gary Nolan 2:29:09, 2. Paul Martin 2:33:10, 3. John Scoll 2:34:09. 55-59: 1. Alan Schmeiser 2:22:34, 2. Jack Riley 2:46:19, 3. Ed Berry 2:56:51. 60-64: 1. David Stevenson 2:21:50, 2. Harvey Cain 3:19:56.

Division Results - Women

19 & Under: 1. Jane Putris 2:51:59. 20-24: 1. Lesley Chequer 2:14:35, 2. Susan Fox 2:21:02, 3. Michelle Seck 2:21:09. 25-29: 1. Jacqueline Komrij 2:05:56, 2. Krista Whellan 2:13:30, 3. Ann Motekaitis 2:19:19. 30-34: 1. Kathleen Atkins 2:19:41, 2. Darcy Plymire 2:32:26, 3. Cathy Erwin 2:37:39. 35-39: 1. Jennifer Debban 2:35:45, 2. MaryEllen Murphy 2:37:29, 3. Jacklyn Litman 2:41:12. 40-44: 1. Natalie Hebborn 2:31:29, 2. Kit Lenz 2:39:36, 3. Cricket Banks 2:43:37. 45-49: 1. Linda Winter 2:49:20. 50-54: 1. Sigrid McAllister 2:33:59. 55-59: 1. Barbara Robben 3:07:24.

Division Results - Relays

Mixed: 1. Brown/Ross 2:15:45, 2. McKenna/Haley/Klinefe 2:17:23, 3. Kowalkoski/Kowalkoski 2:17:57.

Women: 1. Stanley/Crane/Falkner 2:43:10, 2. Topper/Sinclair 2:59:29, 3. Stoops/Cardella/Gamper 3:07:22.

Men: 1. Kashima/Takoaka/Langhout 2:08:20, 2. Messner/White/Fredericks 2:16:49, 3. Branam/Larson/Shaw 2:18:54.

RESULTS

Sunset in the Park

August 30. Huntington Beach. 2.8 Mi. & 4.8 Mi.

Division Results - Men's 4.8 Mile

13 & Under: 1. Clay Chilcot 36:13, 2. Terry Nelson 45:24, 3. Michael Tischler 46:56. 18-23: 1. Raul Serratos 25:24, 2. Brian McCaffery 25:50, 3. Frank Sharpe 26:12. 24-29: 1. Matthew Armbruster 26:04, 2. Jeff Montgomery 27:10, 3. John Jericlau 27:15. 30-34: 1. Dave Fleming 25:40, 2. Steve Lind 28:29, 3. Tony Konvalin 29:39. 35-39: 1. Rob McNair 28:08, 2. Charles Perry 28:18, 3. Dave Zeitler 28:39. 40-44: 1. Brook Momas 27:45, 2. Dennis Cummins 33:50, 3. Robert Barrera 34:35. 45-49: 1. Ray Crawford 31:39, 2. Bruce Larkin 32:22, 3. Shel Nankin 32:34. 50-54: 1. Jim Crandall 34:20, 2. Jerry Van Meter 34:55, 3. Bernie Brenes 35:51. 55-59: 1. William Phillips 35:33, 2. Dorrell Jeffries 38:02, 3. David Dehlinger 38:05. 60 & Over: 1. Larry Banuelos 34:57.

Division Results - Women's 4.8 Mile

18-23: 1. Beverly Gustard 34:08, 2. Claudia Hernandez 36:33, 3. Andrea Schuck 37:01. 24-29: 1. Tracy Rose 29:23, 2. Theresa Hilliker 32:53, 3. Melanie Guyse 38:57. 30-34: 1. Corinne DeVoss 38:09, 2. Patti Aprecht 38:23, 3. Melissa Watcher 40:12. 35-39: 1. Debbie Hammer 38:16, 2. Sherry Missig 38:34, 3. Felice Cruchfield 39:40. 40-44: 1. Sue Reinhardt 34:48, 2. Carolyn Hartling 39:21, 3. Rita Viner 41:58. 45-49: 1. Sally Adam 33:37, 2. Carol Dougherty 38:32, 3. Diane Rosentreter 38:55. 50-54: 1. Joan Potter 53:36. 55-59: 1. Ginnie Mains 39:06.

Division Results - Men's 2.8 Mile

13 & Under: 1. Clay Chilcot 18:43, 2. Terry Nelson 19:31, 3. Bryan Moore 20:57. 14-17: 1. Bobbi Ebadin 16:12, 2. Kai Matsuda 16:22, 3. Russell Gatlin 16:36. 18-23: 1. Steve Saatan 15:59, 2. Gumby 16:00, 3. Rigoberto Arroy 16:40. 24-29: 1. David Olds 14:18, 2. Rick Csintalan 14:32, 3. Matthew Armbruster 15:00. 30-34: 1. Frank Baegeman 15:57, 2. Tony Konvalin 16:22, 3. Bob Wilder 16:36. 35-39: 1. Gary Carwin 15:32, 2. Rob McNair 15:49, 3. Steve Kellymyer 16:29. 40-44: 1. Bill Sumner 15:63, 2. Victor Lemos 17:30, 3. Mark Cantia 18:33. 45-49: 1. Randall Shelly 17:28, 2. Shel Nankin 18:23, 3. Rod Mullineaux 18:45. 50-54: 1. Bob Norton 18:20, 2. Cliff Larkins 19:43, 3. Bob Burns 24:27. 55-59: 1. Frank Greene 20:36, 2. Richard Wolfe 21:32, 3. Jim Smith 24:11. 60 & Over: 1. Mel Elliott 21:43, 2. Bob Herman 22:20, 3. John Mooshagian 27:25.

Division Results - Women's 2.8 Mile

13 & Under: 1. Taryn Lawson 24:55, 2. Mindy Adam 26:58, 3. Heather Bleecker 33:33. 14-17: 1. Brandy Price 17:51, 2. Jennifer Formosa 18:09, 3. Teresa Santana 18:44. 18-23: 1. Akemi Royer 18:15, 2. Meshia Stow 21:20, 3. Lori Preston 21:23. 24-29: 1. Theresa Heller 18:25, 2. Carlene Broderen 22:43, 3. Lisa Rowe 23:45. 30-34: 1. Corinne DeVoss 21:05, 2. Cindy Royed 21:53, 3. Monica Braussard 23:44. 35-39: 1. Amy White 24:14, 2. Shain Apfel 26:13.

3. Vicki Carr 27:39. 40-44: 1. Sue Reinhardt 19:14, 2. Kathy Eiman 23:63, 3. Lois Clenney 27:44. 45-49: 1. Carol Dougherty 21:56, 2. Christina Cole 26:19, 3. DeeDee Reese 26:20. 50-54: 1. Ida Hendrick 23:40, 2. Alicia Morrow 27:52, 3. Dolores Curren 29:28. 60 & Over: 1. Sumiye Leonard 26:20.

Legg Lake Runs

Woodpecker Run

August 25. So. El Monte. 5K.

Overall Results

1. Joe San Paolo (39) 20:00, 2. Mark Li (12) 20:00, 3. Enrique Macias (28) 20:02, 4. Ruben Esqueda (60) 20:41, 5. Dean Hatch (36) 21:03, 6. Lori Preston (19) 21:04, 7. Meg O'Neil (24) 21:13, 8. Stef Woodmansee (10) 21:27, 9. Armando Hernandez 22:08, 10. Bennet Sigmund (33) 22:16.

San Gabriel River Creek Run

August 26. So. El Monte. 12K.

Overall Results

1. Jose Balcazar (24) 42:35, 2. Javier Vargas (24) 43:34, 3. Vicente Rivera (32) 43:50, 4. Trent Martinez (25) 44:08, 5. Jose Rosales (35) 44:40, 6. Marco Chavarria (35) 45:43, 7. Michael Griffith (41) 46:21, 8. John Haas (46) 49:40, 9. Mark Newton (40) 50:30, 10. Steve Apodaca (42) 52:45.

Fish Bone Run

August 30. So. El Monte. 5K.

Overall Results

1. Jeff Snyder (34) 16:44, 2. Manny Perez (31) 17:44, 3. Arturo Herrera 18:29, 4. Aldo Arca 18:51, 5. Chris Garcia (34) 20:13, 6. David Mohagen 20:37, 7. Rigo Contreras (47) 20:47, 8. A. Feliciano (12) 21:00, 9. Jeff Dederick (36) 21:03, 10. Harry Aguilar (13) 21:06.

San Gabriel River Run

September 1. So. El Monte. 5K.

Overall Results

1. Chris Miller (18) 16:47, 2. Efrain Vargas 16:52, 3. Trent Martinez (25) 16:57, 4. Daniel Garcia (17) 17:18, 5. Albert Pedroza 17:26, 6. David Pedroza 17:40, 7. Rick Ramirez (17) 17:45, 8. Andre Casillas (22) 17:49, 9. Jose Gutierrez (17) 17:50, 10. Tony Ochoa 17:55. 11. Salvador Gonzalez (21) 17:58, 12. Filiberto Cortez 18:03, 13. Roger Lopez 18:09, 14. Roger Lopez 18:05, 15. Juan Cortez 18:24, 16. Robert Larios 18:35, 17. Michael Cortez 18:37, 18. Elias Torres (16) 18:39, 19. Gabriel Reuss (14) 18:41, 20. Eddie Galvan 18:45.

San Gabriel River Run

September 2. So. El Monte. 3 Mile.

Overall Results

1. David Allen (26) 16:18, 2. Trent Martinez (25) 16:24, 3. James Sackett (41) 16:29, 4. Daniel Garcia (17) 17:17, 5. Jason Bach (17) 17:27, 6. Jose Gutierrez (17)

17:54, 7. Luis Sanchez (16) 17:59, 8. Mariano Morante 18:38, 9. Juan Nyman 19:05, 10. Bob Nyman 19:05.

Labor Day Run

September 3. So. El Monte. 8K.

Overall Results

1. Paul Pikington (31) 24:27, 2. Paul Marcel (40) 27:29, 3. Scott Guerrero (23) 28:45, 4. Geraldo Guzman 28:58, 5. Catario Gonzalez (48) 30:43, 6. Michael Farrera (27) 31:03, 7. Michael Colmenares (34) 31:10, 8. Don Peterson 31:14, 9. Raymond Rangel (41) 31:39, 10. Aurelio Camacho (55) 31:49.

Average Joe Biathlon

September 3. Auburn. 6.1 Mi. Run.

Overall Results

1. Rich Hanna (18-29) Sacto 59:07, 2. Bob Hastings/M. Mackenzie 1:00:07, 3. Curt Feenstra (30-39) Orangevale 1:04:15, 4. Glenn Streeter (30-39) Highlands Ranch 1:04:52, 5. Jim King (30-39) Grass Valley 1:05:47, 6. Delmar Fralick/S. Salva 1:06:16, 7. Dennis Guerin (18-29) Berkeley 1:07:15, 8. Tim Jordan (50+) Elk Grove 1:08:03, 9. Toby Kramasz (30-39) Auburn 1:08:08, 10. Todd Wise/B. Lane 1:09:50. 11. Norm Smith/J. Smith 1:10:29, 12. Thomas Pauls (30-39) Oakland 1:11:41, 13. Jon Rivas (30-39) Fair Oaks 1:11:45, 14. Delmar Fralick (20-29) El Dorado Hills 1:12:15, 15. Ernie Long (30-39) Sacto 1:14:07, 16. Barry Tzugama/S. Itano 1:14:19, 17. Steve Hooper (15-17) Auburn 1:14:43, 18. Bruce Mauldin (40-49) Auburn 1:14:52, 19. John King (30-39) Napa 1:15:35, 20. Bruce Hilger (40-49) Marysville 1:16:28.

Run to the Top

September 3. Mt. Baldy. 8 Miles.

Overall Results - Men

1. Frank Ebner 1:02:51, 2. Matt Ebner 1:03:31, 3. Jose Ortiz 1:04:52, 4. Alfredo Rosas 1:07:05, 5. Vernon Morris 1:07:38, 6. Mike Gottardi 1:11:33, 7. Don McCarthy 1:12:17, 8. Rich Valdez 1:12:43, 9. Dave Green 1:13:45, 10. Francisco Garcia 1:13:55. 11. Brandon Dederick 1:14:35, 12. Barry Weaver 1:15:11, 13. Rob McNair 1:15:31, 14. Gumby Anderson 1:15:46, 15. Robert Krauth 1:15:46, 16. Armand Crespo 1:16:19, 17. Clyde Matsumura 1:16:28, 18. Tom Moriarty 1:16:32, 19. Mike Van Guilder 1:16:57, 20. Kenneth Klotzle 1:17:29. 21. James Garrison 1:17:35, 22. Julian Cuevas 1:17:39, 23. Ky Plaskon 1:18:13, 24. Larry Hall 1:18:20, 25. Kim Hipsher 1:18:34, 26. Kevin Heaton 1:19:57, 27. Michael Toubbeh 1:20:16, 28. Andre Tocco 1:20:32, 29. David Hall 1:20:53, 30. Daniel King 1:20:54. 31. Ralph Gonzales 1:21:02, 32. John Fujii 1:21:32, 33. Heron Echeveste 1:21:44, 34. Jim Adams 1:21:53, 35. Dan Burton 1:21:57, 36. Todd Nott 1:22:15, 37. Joseph Zaren 1:22:16, 38. Bill Crum 1:22:52, 39.

Milt Sheetz 1:23:11, 40. Peter Penland 1:23:21.

41. Bruce Horiguchi 1:23:29, 42. Michael Anderson 1:23:46, 43. Chris Dean 1:24:30, 44. Steve Kovitch 1:24:41, 45. Edward Davis 1:24:44, 46. Kenneth Morris 1:24:45, 47. Shawn Summers 1:24:46, 48. Jeff Wilder 1:24:51, 49. Jennifer Henderson 1:24:52, 50. Roger Weingartner 1:24:55.

Overall Results - Women

1. Jennifer Henderson 1:24:52, 2. Jennifer Kraft-Slawta 1:26:32, 3. Carrie Garrison 1:29:47, 4. Merle Heimberg 1:31:55, 5. Carol Mortier 1:34:03, 6. Julie Thompson 1:36:19, 7. Marie Perez 1:36:50, 8. Elizabeth Blair 1:38:21, 9. Jill Weisman 1:38:24, 10. Kara Kelly 1:39:29.

11. Heather Garrison 1:39:30, 12. Kathy Pragliu 1:40:10, 13. Sally Adam 1:41:17, 14. Molly Thayer 1:41:37, 15. Sherry Disandro 1:43:54, 16. Corinne Devoss 1:44:40, 17. Laurie Cottrell 1:45:43, 18. Nela Zundell 1:45:56, 19. Peggy Sullivan 1:46:05, 20. Amy Castor 1:50:55.

Bun Run Five

September 9. Las Vegas, NV. 5K.

Division Results - Men

14 & Under: 1. Joey Montalongo 22:03, 2. Michael Manning 22:55, 3. Scott Troller 23:04, 15-18: 1. Adam Duis 16:56, 2. Marell Kemp 18:31, 3. Michael Moran 19:20. 19-29: 1. Ronnie Archuleta 15:34, 2. Joe Carter 16:47, 3. Ron Perez 17:03. 30-34: 1. Jeff Demeny 16:42, 2. Al Quin 17:42, 3. Scott Abrams 18:05. 35-39: 1. Wayne Hutchins 16:57, 2. Scott Faller 18:41, 3. Steve Montoya 18:48. 40-44: 1. Carlos Munoz 16:58, 2. Michael Bernstein 18:20, 3. Michael Naylor 18:51. 45-49: 1. Tom Curry 16:50, 2. Don Betowski 19:35, 3. John Ritsko 20:16. 50-54: 1. Richard Thompson 22:04, 2. Carl Fromm 22:06, 3. Ron Pahor 22:19. 55-59: 1. Roy Nelson 20:40, 2. Roger Hammond 22:08, 3. Dave Bernal 22:24. 60-69: 1. Harrie Hess 20:22, 2. Ed Higheill 20:50, 3. Sal DiGiacomo 24:49.

Division Results - Women

14 & Under: 1. Julie Kyriacou 22:40, 2. Erika Hanson 27:02, 3. Crystle Johnson 27:06. 15-18: 1. Joanna Momary 24:17, 2. Diane Stark 25:14, 3. Jennifer Larkin 25:41. 19-29: 1. Kery Koentopp 21:40, 2. Dora Bartholomew 22:18, 3. Cindi Davis 23:06. 30-34: 1. Carla Hoppie 22:19, 2. Cathi Clement 22:51, 3. Margaret Kanyusk 22:57. 35-39: 1. Terry Busby 18:12, 2. Valerie Pinocci 19:09, 3. Sara Lundgaard 21:15. 40-49: 1. Jan Sandoval 20:30, 2. Jeannie Robbins 22:08, 3. Robin Logstom 23:32. 50-59: 1. Karen Keith 25:07, 2. Joan McGinley 26:32, 3. Millie Schwan 28:48. 60 & Over: 1. Marybelle Russell 30:18, 2. Patricia Pedersen 41:10, 3. Jeannette Morris 57:07.

Look for more results in the November/December issue



Road Running Round Up

By PHIL STEWART

National Columnist, Running International

The TAC Revolution

Ollan Cassell, the Executive Director of the The Athletics Congress, has been given a mandate by a committee of TAC's Board of Directors to reorganize the TAC National Office which he directs. How he performs the task may be crucial in how the Board views his future at the helm of the sport's National Governing Body. The committee's insistence on reformatting the Indianapolis headquarters was sparked by dissatisfaction over the administration of the out-of-competition drug testing program. However there had been a lot of festering frustration over Cassell's management style and perceived shortcomings, especially in the marketing of track and field.

The only resignation to date from the TAC overhaul has come from Special Assistant to the Executive Director Alvin Chriss. Chriss had served as Long Distance Running's link to Cassell since the early 1980's. Although Chriss stated he was departing in order to spend more time with his son and grandchildren, he had been tapped to carry out an increasingly heavy load of TAC's thankless tasks involving drug testing suspensions and eligibility matters. Although controversial in the LDR community, notably for his brusque "hardball" tactics -- especially toward his adversaries -- Chriss leaves TAC with many positive legacies including the development of the TACTrust system which allows the payment of prize money to elite athletes, the improvement of relations between TAC and the Road Runners Club of America, controlling of the influence of the Cleveland-based International Management Group in the early 1980's, and the evolution of the Olympic Marathon Trials into a major revenue-producing

"property" for the long distance running community. Chriss will wrap up several distance running projects he was working on at the time of his resignation between now and the end of the year.

Are Races in 1990 as Competitive as Races in 1980?

It's a fact that no runner had dominated race results in recent years as Bill Rodgers, Alberto Salazar or Rod Dixon did in the 1970's and early 1980's, but does this greater diversity of winners actually mean that races today are more competitive? Michael Musyoki and Craig Virgin, both standouts from the early 1980's, think that runners today are more conservative and less willing to go for broke. Musyoki, who still holds the world's best 15K time of 42:28, says "there are more runners (today), but there isn't the fast pace. Maybe they don't want to put it in. In '83, '84, and '85 the times in the 10K's were so fast." Virgin, a three time U.S. Olympian and two-time winner of the World Cross Country Meet, states, "With a few exceptions, I don't think (runners) are as aggressive. The early pace and the moves are subtle. When I was running well, I wasn't satisfied without a first mile in 4:25."

At least for marathoners, the disparity in money between marathons and shorter races means they have to be more cautious in the shorter races which are used as preparation for the marathons where the big money is. Top runners seem to use the phrase "training through" a race more and more frequently. Perhaps even non-marathoners have to run such a large number of races to support

themselves that the risk of injury or simply needing longer to recover is great enough to cause them to run more conservatively.

How Many Miles?

Debate over running's most basic question has surfaced again. The protagonists for this round are former U.S. Olympian Jeff Galloway and former RRCA President Harold Tinsley. Galloway has attracted thousands of followers around the country with his gospel of lower mileage training programs for marathoners. In "Galloway's Book of Running" he suggests a program emphasizing fewer long runs to supplement other days of short runs. Tinsley, writing in the Huntsville Track Club newsletter, argues that there is no shortcut to marathon success and high mileage is a crucial ingredient. Tinsley writes "Even for the non-elite runner training for and running a marathon is a serious undertaking requiring months of preparation and many miles of training runs."

Perhaps the correct answer depends on whether an individual approaches the marathon as an "experience" or as a sporting event. One of the strengths of Galloway's program is that it makes marathon training approachable for masses of runners who have families, full-time jobs and perhaps other interests besides running. They can complete a marathon--or two or three--and hang their certificate on the wall. A runner with regional, national, or world class expectations is likely to need a more rigorous program. While the results of a well-thought-out plan of higher mileage are likely to be faster times, there is also a greater likelihood of injury. Sports medicine doctors nationwide say that any

continued next page...

mileage over 20-25 miles a week is for reasons other than health.

Call this round 364 of a debate that probably has no end.

Carbo Loading Meals

The term "carbohydrate loading" came into vogue in the early 1970's as a technique to maximize glycogen stores to help runners get through the final miles of marathons. However like lab jackets, once the garb of doctors in hospitals and now worn by employees at quick oil-change franchises, carbo loading is now practically as common at 5Ks as marathons. Race weekend rituals regularly include a carbo-loading meal (which has been great for bringing sponsors into the sport such as Ronzoni, Washington State Potatoes, and Mrs. T's Pierogies). Here are some facts regarding carbo-loading meals from the Road Race Management Race Directors' Survey: The pre-race carbo loading supper ranks a close second to the expo as an added event feature. From a sample of 25 races serving meals, 23 have spaghetti or pasta as the main course. Four of the 25 races provide the meal for free while the other 21 events charge between \$4 and \$25. Usually the meal is held in the race headquarters hotel, but other interesting locations include a brewery, beach pavilion, bank, Masonic Temple and an ice rink. Besides the meal, many races provide some type of entertainment, usually a clinic. The attendance ranges from 40 to 2000 with an average of 650.

Parting Thought...

How many millions of years will it take for mankind's muscular and skeletal systems to evolve to withstand the rigors of concrete and asphalt?

Phil Stewart is Editor and Publisher of Road Race Management, a monthly newsletter for race directors and individuals involved in race administration and sponsorship. Address inquiries about this column or Road Race Management to Road Race Management, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201.

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