

OCTOBER 1992 ■ ISSUE NO. 184

CALIFORNIA

Running News

93/09

Walt Lange
4920 Oak Leaf Avenue
Carmichael, CA 95608

Schedule

Results

✓ Features

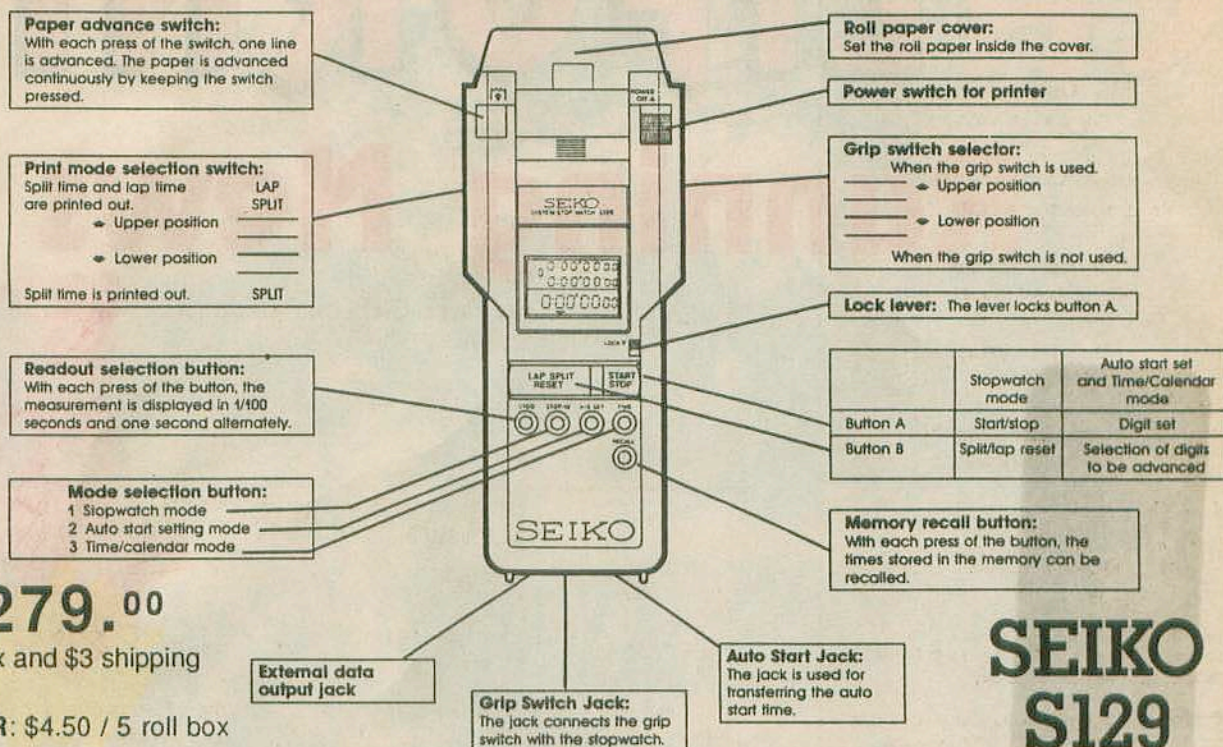
BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

California's Road Racing Magazine

Nineteenth Year

Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION



\$279.00

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

**SEIKO
S129**

System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

1989 3 28
START 17:06
SPLIT

1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18

1989 3 28
START 17:07
SPLIT / LAP

1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04

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.

JACK'S ATHLETIC SUPPLY

2 P.O. Box 459, San Carlos, CA 94070 • (415) 595-2249

CALIFORNIA Running News

Bill Cockerham
Editor & Publisher

Judy Cockerham
Production/Advertising Manager

Elaine Fraley
Production Assistant

Jack Leydig
Schedule Editor

Richard Lee Slotkin
Long Distance Editor

Nancy Clark
Nutrition

PHOTOGRAPHERS: Gene Cohn; Rich Gardner, Kenneth Lee, Kirby Lee, Bill Leung Jr., Elaine Rosenfield, Richard Lee Slotkin, Vikki Waterbury.

California Running News is published 11 times per year -- one issue per month, except December which is combined with November. Each issue is mailed about the first of the month.

California Running News has an average circulation of 8,000 copies, consisting of paid subscriptions, store sales, and promotional copies.

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

MAILING RATES: 1 year (11 issues) -- \$20.00, 2 years (22 issues) -- \$35.00, 3 years (33 issues) -- \$46.00. Add \$10 per year for U.S. First Class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special discounted rates for meet / race / clinic ads.



4957 E. Heaton Avenue
Fresno, CA 93727
(209) 255-4904
FAX (209) 255-4904
MEMBER: The Running Network

TABLE OF CONTENTS

OCTOBER 1992

ISSUE NO. 184

Schedule.....	4
The Athlete's Kitchen.....	13
"Does A Low Fat Diet = A Leaner Body?" By Nancy Clark, M.S., R.D.	
From the American Running and Fitness Association.....	14
"Runners Urged to Follow Basic Training Principles"	
"Hard Work That Pays Off".....	15
By Jeff Galloway	
Results.....	16

FROM THE EDITOR

Can't Live With Them -- Can't Live Without Them

How many magazine editors does it take to screw in a light bulb . . . ? That's an easy question, as long as it is just light bulbs we're talking about. Of course it takes the normal three (one to hold the bulb and two to turn the ladder). But technology has progressed since the days of Thomas Edison's light bulbs. We now have to deal with CRTs (cathode ray tubes). So, the question is: "How often should magazine editors back up the hard disk on their computer?"

Like any real "state-of-the-art" publication, we do everything here at CRN on computers. We type all the copy in with word processing programs, then the pages are pasted up with a page layout program, and the subscription labels are printed from a database program. It wasn't that long ago, but it's hard to remember what we did before we had a computer (I vaguely remember an IBM Selectric with a carbon ribbon, a Xerox machine that reduced, a pair of scissors and a bottle of rubber cement).

Now, I don't know how a computer that runs our programs works any more than I fully understand how the electricity that powers the light bulb works. I just use them. And that, without reading the manuals.

So, when our hard disk crashed and burned, I was at a loss. Everything that was done for the current issue was gone. Gone?

Where? Somewhere out there in the mysterious and elusive land of erased files, damaged floppies and crashed hard drives.

Previously in that same week, we decided to really get "big time" with technology and use our computer to handle on-site results at a local road race. It was great. We were flying. In fact, we were printing out trial results before half the runners had even finished. Then . . . the power went out and stayed out in the park. Add to never-never land the data for that event. It's still out there somewhere. Give me the days of passing out numbered tongue depressors at the finish line!

Computers! You can't live with them and you can't live without them. Excuse me, now, while I find two others to help me screw in a light bulb.

Bill

ON THE COVER: Women's Distance Festival winner **KRISTINA HAND** (NCAA Div. II 1500 & 3000 Champion).

Photo by Vikki Waterbury

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 16 (Friday):

So. El Monte: San Gabriel River Sunset Haze Run, 1 Mi., 5K & 10K, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

October 17 (Saturday):

Sacramento: Wenmat Classic, 5K & 10K and Kids' Race, Arden Bar (William Pond Park/American River Bike Trail), 8:30 a.m./Kids' 9 a.m. Wenmat, Inc., Michele Canny Giles, 5800 Winding Way, Carmichael 95608. (916) 481-5004.

Oakland: Summer Biathlon 5K (Run & Shoot, 2 shooting stops), Chabot Regional Park, noon. John Soubier, 400 Soto St., Martinez 94553. (510) 372-8798.

Antioch: Mt. Diablo Triathlon Classic, 1.5K Swim, 40K Bike, 10K Run, Contra Loma Regional Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. Jack Riley: (510) 930-7900.

Tuolumne: Sierra Repertory Theatre Duathlon (5K Run, 30K Bike, 5K Run), 8 a.m. Sierra Repertory Theatre, PO Box 3030, Sonora 95370 (209) 532-3120.

Atascadero: Colony Days 5K Run and Walk. Atascadero Lake Park. 8 a.m. Atascadero Community Services Dept., City Administration Bldg., Rm. 106, 6500 Palma Ave., Atascadero 93422 (805) 461-5002 or 461-5084.

Bakersfield: Police Memorial Runs, Distance, Location & Time TBA. Info: (805) 326-3885.

So. El Monte: San Gabriel River Sunset Hate Crime Run, 1 Mi., 5K & 10K. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Homecoming 5K Run, San Diego State Univ., 8 a.m. Info: Ruthann Wood (619) 441-7844.

Las Vegas, NV: Las Vegas Sproting House Run, Distance & Time TBA. Info: Frank Plasso (702) 435-4836.

October 18 (Sunday):

Weott: Humboldt Redwoods Marathon & Half Marathon. Dyerville Bridge, Humboldt Redwoods State Park. 9 a.m. Six Rivers RC, Box 214, Arcata 95521. Karen Angel (707) 442-6463, 2-4 p.m. weekdays only.

Pinole: Pinole Rotary Drug Busters Squad 5K Run, 5 Mile Walk. Pinole Valley HS. 9 a.m./run. 9:30 a.m./walk. Tom Welsh, 1000 Loring Ave., Crockett (510) 787-2751.

San Francisco: DSE Presidio Gate Run 3.3 Mi. & Kids' Run, Little Marina Green, 9 a.m./Kids, 9:30 a.m. Info: (415) 978-0837.

Stanford: Theta Breakers 5K/10K, Stanford Stadium (Gate 2), 8 a.m. Rachel Toker, P.O. Box 11604, Stanford 94309. (415) 497-4697.

Palo Alto: Red Ribbon Run 8K, Burgess Park (Mielke & Laurel), 9 a.m. Tom Osborne, Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Cupertino: Oxford's Eat & Run, 5K & 10K, DeAnza College, Time TBA. Diane Barrera, 1900 McCarthy, Milpitas 95035. (408) 435-1844.

Livermore: Mulberry Grape Escape 10K Run & 5K Walk, Wente Bros. Winery, 8:30 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Salinas: Salinas Skyclimb, 7.5 Mi. Toro Regional Park (Quail Meadow picnic area), 9 a.m. (8:30/Walk). Skip Latham, 105 Harvest St., Salinas 93901. (408) 424-6155.

Redwood City: BAOC Orienteering Meet, Distances & Time TBA. Bay Area Orienteering

Club, 3015 Holyrood Dr., Oakland 94611. Ron Hudson: (415) 872-1858.

Half Moon Bay: Pumpkin Festival Run, 1 1/2 Mi. & 10K Manuel Cunha Jr. High School, Kelly Ave., 8 a.m. Kevin Ostberg, c/o HMB Coasters, P.O. Box 1101, Half Moon Bay 94019. (415) 726-9043.

Berkeley: Mystic Bear Fun Run, 5 & 10K, UC Berkeley (Edwards Stadium at Bancroft & Oxford), 9 a.m. Paul Ong, UC Chinese Alumni Assoc., 922-A Dewing Ave., Lafayette 94549. (510) 284-8057.

Novato: Novato Stampede, 1 Mi., 5K & 10K, Novato High School (Arthur St.), 8 a.m./1 Mi., 8:30 a.m. Barry Ernst, Novato Educ. Fndn., P.O. Box 1472, Novato 94948. (415) 897-4254.

Garden Valley: Grizzly Runs, 5K & 10K, Golden Sierra High School, 9:30 a.m. Jim Sullivan, 3425 Secret Trail, Cool 95614. (916) 888-7372.

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

Fresno: Central Calif. Asian/Pacific Women Walk & Run for Scholarship. 2 mile/10K. Woodward Park. 8 a.m. CCAPW, PO Box 26213, Fresno 93729 (209) 221-8138.

Ojai: Ojai Valley Run 'n Ride, 5 & 10K Runs, 15, 25 & 50 Mi. Bike Rides, 7 Mi. Mountain Bike Challenge, Lake Casitas, Time TBA. Ojai Valley Run 'n Ride, P.O. Box 284, Ojai 93024. (805) 646-6195.

So. El Monte: San Gabriel River Sunset Orange Run, 1 Mi., 5K & 10K, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Santa Monica: Sha'Area AM / The Santa Monica Synagogue Family Fun Walk. 12 noon. 1448 18th Street. 3 miles. (310) 453-4276 or (310) 828-4123.

Chula Vista: Arturo Barrios Invitational, 5K & 10K, Chula Vista Harbor, 7:30 a.m. Info: (619) 275-5440.

SCHEDULE

San Diego: Mission Bay Triathlon, Swim/Bike/Run (Distances TBA), Mission Bay, 7:30 a.m. Info: Ruthann Wood (619) 441-7844.

Santa Barbara: La Cumbre Plaza to La Playa Stadium 12K (plus corporate relay & Kids' 1K), 8 a.m. La Cumbre Plaza, 121 S. Hope Ave., Santa Barbara 93105. (805) 687-1109.

October 23 (Friday):

So. El Monte: San Gabriel River Sunset Cloud Run, 1 Mi., 5K & 10K, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

October 24 (Saturday):

Woodside: Kings Mountain Ascent, 10K & 14.2 Mi., Huddart Park (very hilly), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

San Francisco: Golden Gate Park X-C Series, 4 Mi., Lindley Meadow (30th Ave. & JFK Dr.), 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

Martinez: BAOC Briones Orienteering Meet, Distances & Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611 (Mark Petersen) (510) 215-7632.

So. El Monte: San Gabriel River Morning Dip Run, 1 Mi., 5K & 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Alhambra: Moonlight 8K (includes Nat'l. TAC Women's 8K Championships) & Youth 1K Fun Run.

Aptos: Aptos Creek Marathon, 25K & 10K, Aptos Village (thru Forest of Nisene Marks State Park), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1827.

Vallejo: Blue Rock Classic, 2 mile & 10K. Hanns Park (Redwood Pkwy), 9 a.m. Tony Pearsall, Vallejo Executive Lions, PO Box 4427, Vallejo 94590 (707) 554-6080.

Folsom Lake: Sierra Nevada Endurance Run, 52.4 Mi., Granite Bay to Folsom Lake to Cool & back, 7 a.m. (200 Limit) Info: Delmar Fralick (916) 773-2791.

Visalia: Harvest Run/Walk, 8K, 1 mile prediction run/walk, 8 a.m. 1 mile/ 8:15 s.m. 8K. Mooney Grove Park. John Whipple, 3218 Oak View Dr., Visalia 93277

San Diego: Lite the Night Against Crime, 8K & 1 Mi., Gaslamp Quarter, 5:30 p.m. Info: (619) 272-8316.

Las Vegas, NV: ADA Fun Run, Distance TBA, West Sahara Savon at Valley View, Time TBA. Info: Ema Bath (702) 369-9995.

Big Sur: Big Sur River Run, 10K, Pfeiffer State Park (30 Mi. south of Carmel), 10 a.m. (1000 Limit). Big Sur River Run, P.O. Box 201, Big Sur 93920.

Lake Arrowhead: Red Ribbon Run, 5K/10K and 1K Kids' Run (10 & Under), Blue Jay Village, 7:45 a.m./1K, 8 a.m. Lake Arrowhead Communities Chamber of Commerce, Box 219, Lake Arrowhead 92352. (714) 337-3715.

Ventura: (Date changed from 10/25): Twilight's Last Gleaming X-C Challenge, 4 Mi., Arroyo Verde Park, 5 p.m. Andrew Hecker, P.O. Box 7793, Ventura 93006. (805) 642-3879.

October 25 (Sunday):

San Francisco: DSE Land's End Run, 5K, Balboa Ave. & Great Hwy., 9:30 a.m. Info: (415) 978-0837.

San Francisco: Race for the Cure, 5K Run & 1 Mi. Walk, Golden Gate Park (Sharon Meadow - across from McLaren Lodge), 8:30

a.m. Esta Swig, 2300 - 16th St., San Francisco 94103. (415) 332-0881.

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

Berkeley: Barrow's to Bear's Lair 5K. Bancroft & Bowditch. 10 a.m. Cal Student Foundation, Univ. of California, 2400 Bancroft Ave., Berkeley 94720 (510) 643-7002.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (14th & Lakeside Dr), 9 a.m. Info: (510) 601-7887.

Lafayette: Lafayette Reservoir Run, 2 Mi. & 10K, Lafayette Plaza, 8 a.m. Lafayette Chamber of Commerce, 100 Lafayette Cir., Suite 103, Lafayette 94549. (510) 284-7404.

San Jose: Rose Garden Run, 1.5 Mi. & 5 Mi., Central YMCA, 8:30 a.m. Tobi Kleiner, Central YMCA, 1717 The Alameda, San Jose 95126. (408) 298-1717.

Incline Village: "Trick or Trot" 8K & 2 Mile. Plus kid's race. Incline Middle School, 10 a.m., 11:15 a.m./kids. Debbie Devine, PO Box 404, Crystal Bay, NV 89402 (702) 832-7120.

San Jose: Software Publishing Biathlon, 12 Mi., Bike & 5 Mi. Run, 8 a.m. RhodyCo

Jack's Athletic Supply

imprinted Sportswear Specialists
Since 1977

Call or write for quotes on:

T-shirts, tank tops, caps, bags,
jackets, sweats, aprons and more.

We also offer timing equipment, traffic control items, ribbons,
medals, embroidered emblems, race numbers, etc.

Free race equipment rentals with shirt purchases.

Jack Leydig: Box 459, San Carlos, CA 94070
Phone (415) 595-2249



SCHEDULE

Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Fresno: Brian Sturgeon Run, 2 Mi. & 10K, Woodward Park (Lakeview Shelter), 8:15 a.m./2 Mi., 8:30 a.m./10K. (Includes Valley Centipede Running Championships). Pat Morton, UCP Public Relations, 4224 N. Cedar Ave., Fresno 93726. (209) 221-8272.

Bakersfield: Oktoberfest, Distance, Location & Time TBA. Info: (805) 326-4123.

So. El Monte: San Gabriel River Sunset Sunday Run, 1 Mi., 5K & 10K, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

SPORTS NUTRITION WORKSHOP

Learn how to eat to win!
Keep yourself up-to-date:

- Body Fat
- Sports Nutrition
- Eating Disorders
- Exercise Science

Leaders:

Nancy Clark, MS, RD
Sports Nutritionist, Author
Sports Nutrition Guidebook

William Evans, PhD
Exercise Physiologist
USDA Nutrition Ctr, Boston

San Francisco	Nov 20-21, '92
Denver	Dec 4-5
Reno	Jan 15, 16, '93
Houston	Feb 5, 6

AFAA Contact Hours; \$160

For brochure write:
Sports Nutrition Workshop
SportsMedicine Brookline
830 Boylston Street
Brookline, MA 02167
617-739-2003

Santa Ana: Monster Mash Dash, 2K & 5K, Main Place, Time TBA. Info: (714) 661-6062.

Chicago, IL: Chicago Marathon, 214 W. Erie, Chicago, IL. 60610. (800) 621-8317. Fax: 312/951-0881.

Phoenix, AZ: Coors Light Duathlon Series National Championships. Tatum Ranch (same course as '91). (602) 277-4333. Hotline # (503) 655-4721.

Baywood: Oktoberfest 4 Mile Run, Salty Pelican (downtown), 9 a.m. Ron Roundy, 2160-B Pine St., Los Osos 93402. (805) 528-0775.

San Bernardino: Dash for DARE 5K, Hospitality Lane Diners Court, 8 a.m. S.B.P.D., DARE Unit, 777 N. 'F' St., San Bernardino 92410 (714) 885-7515.

Turlock: Turlock Trek, 5K & 1 Mi., 8 a.m. Corner of Olive & Tuolumne in Turlock. Turlock S.D.A. Church, 2400 N. Olive Ave., Turlock 95380. (209) 632-2426.

October 30 (Friday):

So. El Monte: San Gabriel River Sunset Light Run, 1 Mi., 5K & 10K, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

October 31 (Saturday):

St. Helena: St. Helena Harvest Festival 5K/10K. Adams between Oak & Kearny. 8 a.m. Jamie Graff, 3393 St. Helena Hwy North, St. Helena 94574 (707) 963-3242.

Petaluma: Stride for Life 2 Mi. & 10K, Walnut Park, 8 a.m. Robert Brown, Petaluma Valley Hospital Fdn., 191 Lynch Creek Way, Suite 203, Petaluma 94954. (707) 778-7441.

Gilroy: Halloween III 5K/10K, Christmas Hill Park, 9 a.m./10K, 9:10- a.m./5K. Lynn Lockhart, 7664 Los Padres Ct., Gilroy 95020. (408) 842-4732.

Sacramento: Laguna Challenge Fun Run & Sports Medicine Fair, 5K/10K & 1/2 Mi. Kid's Run, Methodist Hospital, 8:30 a.m./Kids, 9 a.m./5&10K. Laguna Challenge Run, c/o Methodist Hospital, 7500 Timberlake Way, Sacramento 95823. (916) 423-3000.

Sacramento: Monster Mash Fun Run, 5K/10K and 1/2 Mi., William Land Park (19th St. & 14th Ave.), 8 a.m./0.5 Mi., 8:30 a.m./5&10K. George Plaufuss, 1621 'L' St., Sacramento 95814. (916) 441-1848.

Woodside: Wunderlich Wilderness Run, 4.25 & 10.25 Mi., Wunderlich County Park, 9 a.m. Sky High, P.O. Box 20962, El Sobrante 94803. (510) 841-1190.

Big Sur: Big Sur Trail Marathon, Half-Marathon & 10K, Pfeiffer Big Sur State Park, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Monterey: Challenge of Champions Sports Festival (2 days), cycling, mountain biking, 5K Run, duathlon, 10K mountain bike hill climb, downhill slalom events, Laguna Seca Raceway, Time TBA. GaleForce, Inc., 1517 Hawes Ct., Redwood City 94061. (415) 367-7797.

Fresno: Shoes and Spokes 10th Anniversary Run, 2 Mile Run, 2 Mile Walk, 6 Mile, Wheelchair. CAPH-ILC, 1617 E. Saginaw #109, Fresno 93704 (209) 222-2274.

Santa Ana: Monster Mash Dash, 2K & 5K, Main Place, Time TBA. Info: (714) 661-6062.

Whittier: Whittier Village run for the YMCA, 5K & 10K, Whittier Hilton Hotel, 8 a.m. Info: Marilyn Grant (310) 943-7241.

So. El Monte: San Gabriel River Halloween Morning Run, 1 Mi., 5K & 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Del Mar: Terror at the Track, Distance TBA, Del Mar Fairgrounds, Time TBA. Info: Kathy Loper (619) 298-7400.

Las Vegas, NV: Nevada Day 5K & 1 Mi., Showboat Hotel, Time TBA. Info: UMC Foundation (702) 383-2326.

Jerseydale: (Tentative Date) Mountain Goat Marathon, Dara School, Time TBA. Merced T.C. News, P.O. Box 3275, Merced 95344.

November 1 (Sunday):

Chico: Almond Bowl 3 & 6 Mile. Bidwell Park. 10 a.m. Walt Schafer, PO Box 1182, Chico 95927 (916) 898-4791.

San Francisco: DSE Coit Tower Run, 3.0 Mi., Dolphin Club (502 Jefferson), 9:30 a.m. Info: (415) 978-0837.

San Francisco: San Francisco Waterfront 10 Mi. & 5K, Hyde & Jefferson, 8 a.m. S.F. Waterfront 10 Mile, c/o CCPM, 1210 Scott St., San Francisco 94115. (415) 563-3444, x535.

San Anselmo: Run for the Heaven's, 5K, 6.4 Mi. & Kids' Mile, San Domenico School,

SCHEDULE

Time TBA. San Domenico School, 1500 Butterfield Rd., San Anselmo 94960. (415) 258-1931.

Larkspur: Larkspur Recreation/Twin Cities Police D.A.R.E., 5 Mi. Run & 4 Mi. Walk, Piper Park (Doherty Dr.), 8:15 a.m./Walk, 8:30 a.m./Run. Larkspur Recreation Dept., 400 Magnolia Ave., Larkspur 94939. (415) 927-5031.

Pleasanton: Red Ribbon Teddy Bear Trot, 1 Mi. & 5K, Hopyard & Las Positas, 8:30 a.m. Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94566. (510) 847-9255.

Sonoma: Sonoma Heart & Sole Classic, 2 Mi. & 10K, Washington & Jackson Sts., 8:30 a.m. AHA, P.O. Box 1064, Twain Hartge 95383. (Sonoma Comm. Hospital) (209) 532-3161 x1016.

So. El Monte: San Gabriel River Sunset Tree Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Los Altos: Support Our School 5 Mi. & 1 Mi. (& Trike Race), Los Altos High School (Almond Ave.), 8 a.m./1 Mi., 8:30 a.m. Nick Tesla, 201 Almond Ave., Los Altos 94022. (415) 948-6745.

San Jose: Coyote Creek Run, 2 Mi. & 10K, Hellyer Park, Time TBA. Terry Clow, c/o So. Valley YMCA, 5495 Century Park Way, San Jose 95111. (408) 227-7102.

North Hollywood: The Academy 5K & 10K Run, Location & Time TBA. W2 Promotions, 1501 Glenavon Ave., Venice 90291. (213) 828-4123.

Monterey Park: James Edward Olmos "Heal L.A." Run (Aztlán 5K/10K Classic), East L.A. College, 8 a.m./5K, 8:30 a.m./10K. Frank Guiterrez, 1703 Laurel St., So. Pasadena 91030. (818) 799-2357.

San Diego: SDIAC X-Country Championships, 5K & 8K, Morley Field, 8 a.m. Info: Ken Bernard (619) 488-3960.

New York, NY: New York City Marathon... **Act Now!** - Send SASE #10 envelope (with check for non-refundable \$4 payable to NYRRRC) to: Marathon Entries, P.O. Box 1388, GPO, New York, NY 10116. (212) 860-4455.

November 7 (Saturday):

San Francisco: PA/TAC Cross Country Championships, 10K (Men), 6K (Women), Golden Gate Park (Lindley Meadow: 30th &

JFK Dr.), Time TBA. Tim Wason, 350 Frederick St., #3, San Francisco 94117. (415) 753-1215.

Saratoga Gap: Skyline to the Sea Trail Marathon, 50 Mile & 30K, 6 a.m./50 Mi., 8 a.m./Mara. & 30K. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Oakland: Sri Chinmoy 12 & 24 Hour Race. Edgewater Dr. (1 mile loop course.) 8 a.m. Amakesh Krien, Sri Chinmoy Marathon Team, 529 Moraga, San Francisco 94122 (415) 665-8626.

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

So. El Monte: San Gabriel River 2K, 5K & 10K Grizzly Bear Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Brawley: United Way Cattle Call, 2 Mi. & 10K, 7:30 a.m. Info: Judy Chilcott (619) 352-4535.

Rosarito Beach, BC, Mexico: Rosarito Beach Holiday 5K/10K & 1 Mi. Fun Run, 7:45 a.m./1 Mi., 8 a.m./5K, 8:10 a.m./10K. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

Las Vegas, NV: Rob's Predicted-Time Turkey Run, Distance TBA, Silver Bowl (Near Russell Rd. & Boulder Hwy.), 8 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV. 89180. (702) 252-7249.

November 8 (Sunday):

San Francisco: Project Projimo 5K, Golden Gate Park (JFK Dr. & 10th Ave.), 9 a.m. Project Projimo 5K, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

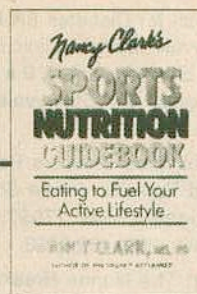
Stanford: Stanford Homecoming 5K/10K, Roble Gym (Panama St., Stanford Univ.), 9 a.m. The Final Result, 460 Wisnom, San Mateo 94401. (800) 491-8988.

San Francisco: DSE Golden Gate Bridge Vista Run, 5.04 Mi., Legion of Honor (34th Ave. & Clement), 9:30 a.m. Info: (415) 978-0837.

Alameda: Race for the Future. (5K Run, ??K Bike, 5K Run) South Shore Center. 8 a.m. Paul Santilena, 1546 Park St., Alameda 94501 (510) 521-6460.

La Honda: The Pescadero Half Marathon & 5 Mi., Pescadero Creek County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Want Winning Nutrition Advice?



THIS BEST SELLING GUIDEBOOK IS FILLED WITH TIPS ON HOW TO:

- have more strength and stamina
- prevent energy lags
- eat a convenient sports diet
- lose weight while maintaining energy to train
- gain freedom from food obsessions



Nancy Clark, RD,
Sports Nutritionist
SportsMedicine
Boston, MA

"For top performances
and eating pleasure,
I recommend you use
Nancy Clark's Sports Nutrition
Guidebook."

BILL RODGERS,
WORLD-CLASS MARATHONER

"Filled with a wealth of practical advice, this is an outstanding book by America's premier sports nutritionist."
MARY ABBOTT HESS, RD,
PAST PRESIDENT, AMER. DIET. ASSOC.

ALSO AVAILABLE: Teaching materials for coaches and health professionals.

- **Sports Nutrition Slide Show:** 75 slides with script
- **Sports Nutrition Handouts:** 16 ready-to-duplicate master copies

ORDER FORM

Enclosed is \$_____ for sending me:

_____ copies Nancy Clark's Sports Nutrition Guidebook @ \$16.50 per book.

_____ Sports Nutrition Slide Show @ \$129

_____ Sports Nutrition Handouts @ \$149

_____ More information about slides and handouts

Moss. Residents add 5% sales tax.
Price includes postage and handling.

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Make check payable to
New England Sports Publications
and mail to PO Box 252, Boston, MA 02113.

SCHEDULE

Sunnyvale: Dash for Diabetes 8K Run & 2 Mi. Walk, Sunnyvale Medical Clinic (Old San Francisco Rd. & Sunnyvale Rd.), 9 a.m. Race Director, 596 Carroll St., Sunnyvale 94086. (408) 287-3785.

Fresno: The Fox Trot, Fresno's Half Marathon, Woodward Park (Riverview Shelter), 8 a.m. Fresno Joggers, Box 17097, Fresno 93744. Walt Brown (209) 439-8093.

Marina del Rey: The Marina Breakers Run, 5K & 10K, Fiji Way & Admiralty, 8 a.m. W2 Promotions, 1501 Glenavon Ave., Venice 90291. (213) 828-4123.

Tustin: The 5K Dinosaur Dash & 2K Brontosaurus, Tustin Market Place, Time TBA. Info: (714) 544-7723 or 661-6062.

So. El Monte: Legg Lake Veterans Run, 0.8 Mi., 5K, 5.4 Mi., 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Long Beach: Texaco Long Beach Shoreline Half Marathon, Time TBA. 4 Seasons Race Series, c/o Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804. (310) 494-2664.

Riverside: Mission Inn Run, Distance TBA. Fairmount Park, 7:30 a.m. Info: Ailene Archibald (714) 781-8241.

November 14 (Saturday):

Los Altos: Stevens Creek 12K & 5.5 Mi., Stevens Creek County Park, 9 a.m. Sky High, P.O. Box 20963, El Sborante 94803. (510) 841-1190.

Novato: Hamilton Holiday Fun Run, 5K & 10K, Hamilton Skateboard Ramp, Time TBA. Barbara Bazett, 203 El Bonito, Novato 94949. (415) 883-5962.

El Dorado Hills: Pilgrim's Progress 10K Run/5K Walk & Kid's Run, 1021 Harvard Way, 9 a.m./kids, 9:30 a.m. El Dorado Hills Chamber of Commerce, 3864 Park Dr., El Dorado Hills 95762 (916) 933-1335.

Fresno: Robinson River Run, 2 Mi. & Kids 1K (8 a.m.) & 10K (8:30 a.m.) San Joaquin River Parkway and Conservation Trust, 6061 N. Fresno, Suite 100, Fresno 93710 (209) 432-2682.

Bakersfield: Feline Fun Run 8K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Ridgecrest: OTHTC Half Marathon, Location & Time TBA. Info: (619) 375-7894.

So. El Monte: Legg Lake Avocado Run, 0.8 Mi., 5K, 5.4 Mi., 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Mission Bay 25K, Fiesta Island, 7:30 a.m. Info: Joni Shirley (619) 292-6132.

Las Vegas, NV: Full Moon Duathlon, Adults: 2 Mi. Run, 12 Mi. Bike, 2 Mi. Run, Children: 1/2 Mi. Run, 3 Mi. Bike, 1/2 Mi. Run, Bridgeport Village Shopping Ctr. (Desert Shores), 2620 Regatta, 8 a.m. Health in Motion, 3135 Industrial Rd., Suite 207, Las Vegas, NV. 89109. Ilene Girardi (702) 792-4202.

November 15 (Sunday):

San Francisco: DSE Polo Field 5K & 10K, Golden Gate Park (Polo Fields), 9 a.m./Kids' Run, 9:30 a.m. Info: L (415) 978-0837.

San Francisco: The Women's Way 5K, Golden Gate Park (Conservatory), 9 a.m. Options for Women Over 40, 3543 - 18th St., #6, San Francisco 94110. (415) 431-6944.

Rocklin: Hammerhead 50 Mile/50K, 15 miles east of Sacramento. Sierra College X-C course. 3 mile loop repeated 16 times. Delmar Fralick, 1730 Santa Clara Dr. #3, Roseville 95661 (916) 783-4558 work / (916) 773-2791 home.

Woodside: BAOC Orienteering Meet, Huddart Park, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Rod Hudson (415) 872-1858.

Clarksburg: Foundation Charity Challenge, 30K, 5K & 1 Mi., Delta High School, 10 a.m. PA/TAC 30K Championships, P.O. Box 20, Clarksburg 95612. Skip (916) 775-1318. Ron (916) 678-5005.

Vandenberg, AFB: Operation Kids' Christmas 5K Fun Run, Minuteman Beach, 8:30 a.m. Info: Russ Blaine (805) 734-1242 or Tom Peppard (805) 734-1586.

So. El Monte: San Gabriel River Blue River Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660., (213) 949-0394.

San Diego: San Diego Harbor Run/Walk, 2 Mi. & 10K, behind S.D. Convention Center, 7:30 a.m. Info: Tina Romine (619) 448-3700.

Bakersfield: Feline Fun Runs, Distance, Location & Time TBA. Info: (805) 327-4706.

November 21 (Saturday):

So. San Francisco: Thanksgiving Fun Run, 4.3 Mi., Orange Park (Orange Ave. & Tennis Dr.), 9 a.m. So. San Francisco Recreation Dept., 33 Arroyo Dr., S.S.F. 94080. (415) 877-8560.

Bakersfield: Bakersfield T.C. 20K, bottom of Pistol Range Hill, Time TBA. Info: Eric (805) 835-9106.

Lompoc: LVDC Turkey Trot 10K and Hen 5K, 8:30 a.m./5K, 9:15 a.m. LVDC, P.O. Box 694, Lompoc 93438. John Perkins (805) 733-4308.

Davis: Turkey Trot, 5K & 10K, Civic Center Field, Time TBA. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

Playa del Rey: JET to JETTY 5K/10K Runs, Dockweiler Beach, 8 a.m. Airport Marina Counseling Service, Attn: Gary Murphy, 6228 W. Manchester Ave., Westchester 90045. (310) 670-1410.

Lake Poway: Lake Poway Turkey Trot, Distance TBA, 8 a.m. Info: Kelly Clark (619) 679-4339.

November 22 (Sunday):

San Francisco: DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry St., 9:30 a.m. Info: (415) 978-0837.

Woodside: Grabtown Gulch Half Marathon & 10K, Purisima Creek Open Space Preserve, (off Hiway 35), trail races, 9 a.m. Sky High, P.O. Box 20963, El Sborante 94803. (510) 841-1190.

Napa: Exertec Fitness Center Turkey Trot 8K, 920 Yount St. 9 a.m. Doug Dierlam, Exertec Fitness Center, 920-A Yount St., Napa 94559 (707) 226-1842.

POSTPONED UNTIL 1993, Oakland: Coliseum Run, 5K & 10K, Clarion Hotel (Hegenberger exit), Time TBA. Roland Smith, East Oakland Rotary, P.O. Box 6521, Oakland 94603. (510) 763-4010.

Fremont: BAOC Orienteering Meet, Sunol, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Dan Clark (408) 729-1960.

Pleasant Hill: Pleasant Hill Turkey Trot, 8.1 Mi., Briones Regional Park (Bear Creek entrance), cross-country run, 9 a.m. Pleasant Hill Rec. & Park District, 147 Gregory Ln., Pleasant Hill 94523. (510) 827-2255.

CALIFORNIA

Running News

*California's
Statewide
Road Racing
Magazine*



Now in its nineteenth year, **California Running News** is devoted exclusively to California long distance running coverage. **California Running News** is a vital and important source of information.

- ☐ RESULTS
- ☐ SCHEDULE
- ☐ FEATURE ARTICLES
- ☐ PHOTOS
- ☐ PROFILES

**SUBSCRIBE
TODAY!**

YES!

Send me 11 issues (one year) of
California Running News
for
\$20.00

2 years/22 issues: \$35.00
3 years/33 issues: \$46.00

My check/money order is enclosed.

Name _____

Address _____

City/State/Zip _____

Send to:

CRN
4957 E. Heaton Ave.
Fresno, CA 93727
FAX (209) 255-4904

SCHEDULE

Santa Cruz: Santa Cruz Turkey Trot, 5K/10K and 1K Kids' Run, Natural Bridges Park (Swanton & West Cliff Dr.), 8 a.m./1K, 8:30 a.m. Santa Cruz Westside Health Center. (408) 425-5028.

So. El Monte: San Gabriel River Turkey Trot Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Moorpark: The Purina Hi Pro Fun Run, 2 Mi. (must have dog on leash leading you through the course), Moorpark College, Time TBA. W2 Promotions, 1501 Glenavon Ave., Venice 90291. (805) 378-1441 or (310) 828-4123.

Las Vegas, NV: Turkey Trot Distance, Place & Time TBA. Info: Opportunity Village (702) 384-8170.

San Pedro: Conquer the Bridge & Rebuild L.A., 8K, Harbor Blvd. & Fifth St., 8 a.m. JACL

Bridge Run, P.O. Box 2361, Gardena 90247. (310) 679-5133.

November 26 (Thursday):

Dana Point: Dana Point Chamber of Commerce Turkey Trot, 2K & 10K, Dana Point Harbor, Time TBA. Info: (714) 661-6062.

Torrance: Harry Sutter Memorial Thanksgiving Day Turkey Trot Fun Run, 3 miles. Madison St. and Skypark Drive. Torrance Parks & Rec. Dept., 3031 Torrance Blvd., Torrance (310) 618-2930.

November 27 (Friday):

Walnut Creek: The Ginder Grinder, 5K & 10K, Borges Ranch Ranger Station, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Sacramento: After Turkey Trot, 5 & 10K, Promenade Shopping Center, 9 a.m. Race Ready Management, 813 Harbor Blvd., #228, West Sacramento 95691. (916) 372-7367.

November 28 (Saturday):

Kenosha, WI: TAC Junior and Senior Women & Men's National Cross Country Meet. UW-Parkside. Dr. Wayne E. Dannehl, US-Parkside Athletics, Box 2000, 900 Wood Rd., Kenosha, WI 53141-2000. (414) 595-2245.

So. El Monte: San Gabriel River U.S.A. Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Mill Valley: Quadruple Dipsea, 28.4 Mi. (trails), Old Mill Park, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 95611. (415) 894-1336, days.

Cathedral City: Desert Princess Duathlon Series (Tri-Fed National Championships), 10K Run, 62K Bike, 10K Run, Doubletree Hotel, Time TBA. Klein & Clark Sports Productions, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

San Diego: Balboa Boogie, 5K, 6th & Laurel, 7 a.m. Info: Nicki Hobson (619) 598-8289.

November 29 (Sunday):

San Francisco: DSE Single Lake Merced Run, 4.6 Mi., Sunset Blvd. Parking Lot, 9 a.m./Kids' Run, 9:30 a.m. Info: (415) 978-0837.

San Francisco: Run to the Far Side, 5K & 10K, Golden Gate Park, 8:30 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

San Ramon: Reindeer Run, 8K & Kids' 1.5K (12 & Under), San Ramon Marriott, 9 a.m./1.5K, 9:30 a.m. Tracy Leonard, 2600 Bishop Dr., San Ramon 94583. (510) 828-8840.

So. El Monte: Legg Lake Blue Bill Run, 0.8 Mi., 5K, 5.4 Mi., & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Cathedral City: Desert Princess Duathlon Series, Fun 'n Sprint Course (3K Run, 15K Bike, 3K Run), Superkids Champs (1 Mi. Run, 5 Mi. Bike, 1 Mi. Run), Doubletree Hotel, Time TBA. Klein & Clark Sports Productions, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

December 5 (Saturday):

Antioch: The Holiday Run, 10K, 3 Mi., 1.4 Mi., Raley's Shopping Center (One Tree Way), 9 a.m. Rita Thatdock, 3420 Tabora Dr., Antioch 94509. (415) 757-2379.

Sacramento: Jingle Bell Run for Arthritis 10K (& 5K Walk), 9 a.m. Arthritis Fndn., 2424 Arden Way, Suite 450, Sacramento 95825. (916) 921-5533.

Redwood City: BAOE Emerald Hills Orienteering Meet, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Ron Hudson (415) 872-1858.

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

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

So. El Monte: Legg Lake Sunset Stream Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 3 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: March of Dimes Memorial Run, Distance, Location and Time TBA. Info: (702) 459-3220.

December 6 (Sun.):

San Francisco: DSE Twin Peaks Loop Run, 3.63 Mi., Portola Dr. & Twin Peaks Blvd., 9:30 a.m. Info: (415) 978-0837.

Folsom: California International Marathon, Folsom Dam to Capitol Bldg., 7 a.m. CIM/TAC, P.O. Box 161149, Sacramento 95816. (916) 983-4622.

**Jeff Galloway's
Vacations**



"My best vacation!"

"A wonderful group"

"Inspiring and fun"

For info send
a SASE to:
JFG, P. O. Box 76843,
Atlanta, GA 30358
(404) 875-4268

SCHEDULE

Novato: Jingle Bell Run for Arthritis 5K. IVC of College of Marin. 9 a.m. Arthritis Foundation, 203 Willow St., #201, San Francisco 94109 (415) 673-6882.

San Lorenzo: Sleigh Bells Dash. 5K (& "Sugar Plum Prance" for 2-10 year olds) Life Chiropractic College West. 9 a.m. Jim Scott, c/o Life Chiropractic College West, 2005 Via Barrett, San Lorenzo 94580 (510) 276-1436.

Culver City: Western Hemisphere Marathon & 5K, Time TBA. Info: (310) 202-5695.

Anaheim: Anaheim Memorial Hospital Int'l. Marathon Relay, Anaheim Stadium, Time TBA. Info: Elite Racing (714) 548-4887.

Northridge: The Roy Campanella Run, 5K & 10K, Cal-State Northridge campus, 9 a.m. W2 Promotions, 1501 Glenavon Ave., Venice 90291. (818) 885-5341.

So. El Monte: Legg Lake Rainbow Trout Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Dana Point: Rudolf Runoff & Egg Nog Jog, 5K, Dana Point Harbor, Time TBA. Info: (714) 661-6062.

December 12 (Saturday):

Alameda: Harbor Bay Biathlon, 2.5 Mi. Run, 11 Mi. Bike, 2.5 Mi. Run, Harbor Bay Parkway, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803

Folsom: Christmas Wish Run, 5K/10K, 9 a.m. Christmas Wish Run, c/o 11114 Overrun River Ct., Rancho Cordova 95670. (916) 635-7948.

So. El Monte: Legg Lake George Guerrero Run, 660 Yd., 2.3 Mi. & 8K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: LVTC Santa Claus 2 Mi. & 5 Mi., Silver Bowl (near Russell Rd. & Boulder Hwy.), 9 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV 89180. (702) 252-7249.

December 13 (Sunday):

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

San Francisco: DSE U.S.S.S.F. Monument to Baker Beach Run, 6.5 Mi., parking lot

above Clement & El Camino Del Mar (48th Ave.), 9:30 a.m. Info: (415) 978-0837.

San Francisco: Christmas Classic 5K & Miracle Mile, Golden Gate Park (Mile at Rainbow Falls on JFK Dr.; 5K at JFK Dr. & Polo Fields), 9 a.m./1 Mi., 9:30 a.m./5K. Christmas Classic, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

Pt. Mugu State Park: Lasse Viren Finnish Invitational 20K Race. 9 a.m. Finnish Invitational, c/o Steve Blum, 505 Briarwood, Ventura 93003 (805) 652-1744.

Long Beach: CSULB 16.2 Mi. Marathon Prep Run & 4.1 Mile Fun Run, Cal-State Univ., Time TBA. 4 Seasons Race Series, c/o Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804. (310) 494-2664.

So. El Monte: Legg Lake Missile Tow Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Pasadena: Run for the Roses 5K & 10K, Rose Bowl, 8 a.m./5K, 8:30 a.m. Boys & Girls Clubs of Pasadena, 3230 E. Del Mar Blvd., Pasadena 91107. (818) 577-5817.

December 19 (Saturday):

Las Vegas, NV: Las Vegas "Mini" Marathon & Relay, Half Marathon (4-person teams on relay), 7:30 a.m. Tri-A-Run, Inc., 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

McFarland: McFarland Christmas Runs, Distance, Location & Time TBA. McFarland Recreation & Park District, P.O. Box 337, McFarland 93250. (805) 792-3187.

So. El Monte: Legg Lake Feliz Navidad Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

December 20 (Sunday):

✓ **San Francisco:** Christmas Relays, 4x4.464 Mi., Lake Merced (Sunset Blvd. Parking Lot), 9 a.m. Marc Lund, 1433 Norman Dr., Sunnyvale 94087. Searcy Barnett (510) 635-9508, eves.

San Francisco: DSE Diamond Heights Run, 2.99 Mi., McAttee High School (Portola

& O'Shaughnessy), 9 a.m./Kids' Run, 9:30 a.m. Info: (415) 978-0837.

So. El Monte: Legg Lake Santa Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Encino: L.A. Chanukah Run, 5K/10K and 1K Family Fun Run/Walk, Woodley Park (Sepulveda Dam Basin), 1 p.m./5K, 3 p.m./10K & 1K. Info: Sterling Tallman (818) 784-1958.

December 24 (Thursday):

So. El Monte: Legg Lake Christmas Eve Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

December 25 (Friday):

San Francisco: DSE Christmas Blind Date Relays, 2 x 2 Mi. (Male/Female), Golden Gate Park (Stow Lake at Boathouse), 9:30 a.m. Info: (415) 978-0837.

So. El Monte: Legg Lake Red Nose Reindeer Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

December 26 (Saturday):

So. El Monte: Legg Lake Sunset Fin de Ano Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 3 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: LVTC 5 Mi. & No-Host Breakfast, Silver Bowl (near Russell Rd. & Boulder Hwy.), 9 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley 89180. (702) 252-7249.

December 27 (Sunday):

Fairfax: BAOC Orienteering Meet, Bon Tempe, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Gary Kraght (415) 383-4429.

So. El Monte: Legg Lake Resolution Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Fasters Masters/Open 10K, Fiesta Island, Time TBA. Info: Peter Stern (619) 272-5380.

SCHEDULE

December 31 (Thursday):

San Francisco: First Run, 2 Mi., midnight. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Fresno: Midnight Fun Run Into 93. 12 midnight. Woodward Park. 10K & 2 Mile Walk/Run. Midnight Run, PO Box 27751, Fresno 93729 (209) 487-5221.

So. El Monte: San Gabriel River New Year's Eve Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

So. El Monte: Legg Lake 2.3 Mi. New Year Midnight Run, midnight. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Looking Ahead

(Marathons, Relays, Important Dates, Major Events, Etc.)

Jan. 1 (Fri.): San Francisco: D S E 1993 Hangover Run, 3.53 Mi., Golden Gate Bridge (lower parking lot), 9:30 a.m. Info: (415) 978-0837.

Jan. 1 (Fri.): Sacramento: Resolution Run, 5K/10K, Promenade Shopping Center, 10 a.m. Race Ready Management, 813 Harbor Blvd., #228, West Sacramento 95691. (916) 372-7367.

Jan. 1 (Fri.): So. El Monte: San Gabriel River New Year Run, 1 Mi., 5K & 10K, 9:30

a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Jan. 1 (Fri.): Carmel: Rio Resolution Run. 6.8 mile. 9 a.m. (1000 Limit) Rio Resolution Run, c/o The Treadmill, 149 Crossroads Blvd., Carmel 93923 (408) 624-4112.

Jan. 2 (Sat.): So. El Monte: San Gabriel River Cougar Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Jan. 2 (Sat.): Las Vegas, NV: LVTC 25K, 5 Mi. & 2 Mi., Tule Springs (Floyd R. Lamb State Park), 8 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV. 89180. (702) 252-7249.

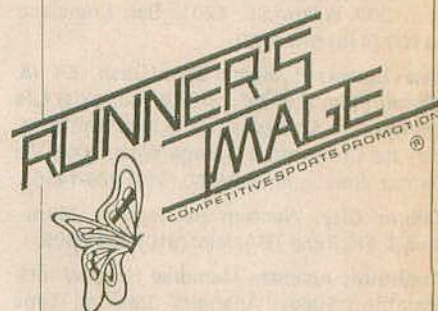
Jan. 3 (Sun.): So. El Monte: Legg Lake Sunset Bass Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Jan. 24 (Sun.): Carlsbad: San Diego Marathon & Half Marathon (& Corporate Relay), Plaza Camino Real, Time TBA. In Motion, Inc., 7847 Convoy Ct., Suite 105, San Diego 92111. (619) 268-5882.

Feb. 6 (Sat.): Las Vegas, NV: Las Vegas International Marathon, Half Marathon & Relay (5- person teams), 7 a.m./H-M, 7:30 a.m./Mar. & Relay. Las Vegas Marathon, Al Boka, P.O. Box 81262, Las Vegas, NV. 89180.

Feb. 7 (Sun.): Long Beach: Long Beach Marathon, Time TBA. Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804. (310) 494-2664.

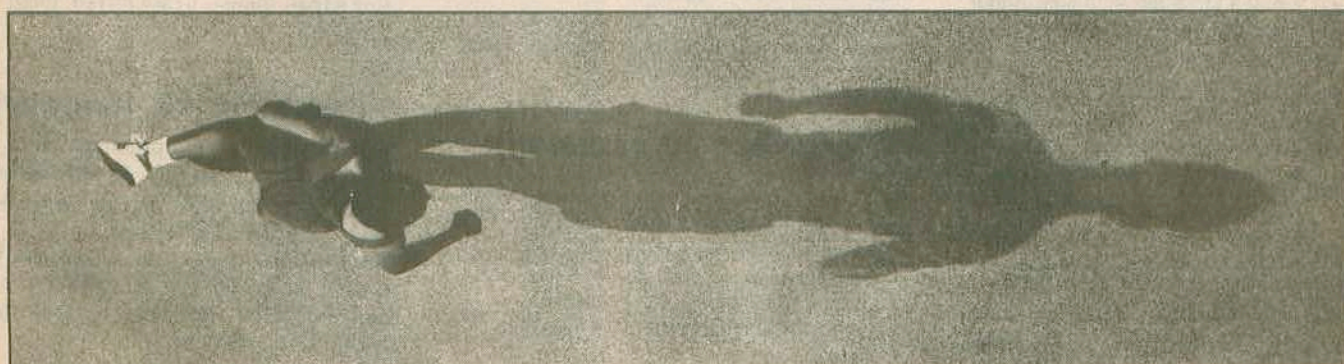
ATTENTION RACE DIRECTORS



- ★ Flyer distribution & race promotion
- ★ Finish line management, timing & results
- ★ T-shirts & accessories
- ★ Clock & timer rental

FLEXIBLE RATES

**CALL NOW
(310) 424-1875**



SEE WHAT TAKES SHAPE. EXERCISE.

American Heart Association 

© 1992, American Heart Association

THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.



Does A Low Fat Diet = A Leaner Body?

In this day and age of low fat, no fat, reduced fat and fake fat foods, you undoubtedly hear strong messages that if you eat fat, you will be stricken, not only by heart disease and cancer, but, by obesity. Hence, you may be restricting your fat intake, assuming that you will be healthier in the long run and leaner today.

Case in point, Paula, an already lean yet avid diet-and-exerciser who came to me determined to lose those final three pounds. Paula runs five miles every day after work, either swims or lifts weights before work and bikes 40-50 miles on Saturdays. "I don't eat any fatty foods: I have shredded wheat, skim milk and fruit at breakfast; a salad (no dressing), bagel and fruit at lunch; pasta and vegetables for dinner. I snack only on rice cakes, fruit and pretzels. I haven't had junk like cookies or ice cream for two years. I just can't understand why I haven't lost weight. . ."

Confusion abounds not only among athletes, but also among the researchers who have yet to come up with the definitive verdict as to whether or not you'll lose weight by eliminating fat from your diet. The following research reports include only a few that add to the confusion:

▼ While eating the same number of calories, normal weight women lost an average of 1 lb. of body fat when they ate a low fat diet (20% fat) for four months, as compared to maintaining weight on four months of a 40% fat diet (similar to the typical American diet). The news broke that if you eat less fat, you will lose body fat, but this study involved only 28 normal weight women. *What about overweight women, people genetically predisposed to obesity, occasional dieters and/or yoyo dieters -- would they respond the same?* (JADA Jan 1989)

▼ Women who ate a low (15-20%), moderate (30-35%) or high (45-50%) fat diet for two weeks each tended to eat 11% fewer calories on the low fat diet and 15% more calories on the high fat diet as compared to the moderate fat diet. The conclusion: people tend to consume

fewer calories if they eat low fat foods. But these women were restricted to only 20 food items. *Does a research environment reflect true food choices?* (Am J Clin Nutr 46:886, 1987)

▼ Lean men who ate breakfasts that varied in fat (and calorie) content and then were monitored for the rest of the day compensated by eating their normal amount of calories. With these subjects, the low fat diet did not lead to a calorie deficit; they ate their required calories regardless of fat intake. *Compared to women, are men better able to regulate their food intake?* (Amer J Clin Nutr 56:84-92, 1992)

Numerous other studies add to the confusion. Confounding factors include: 1) the *type of subjects* (genetically heavy people may differ from genetically lean people in their ability to lose weight; men may lose weight more easily than women) 2) the *eating environment and available food choices* (the reality of day to day eat-on-the-run commonly differs from controlled research laboratories), 3) the *duration of the study* (most studies are short-term; what happens in the long run?), 4) the *psychology of dieting* (in the long run, does the denial of fat lead to bingeing?) Thus, until The Definitive Study is accepted, I offer you my thoughts and suggestions based on my experience with sportsactive clients who exist in the "real world".

I've noticed that overweight people who cut fatty foods out of their diets tend to lose weight because they choose to eat fewer calories. That is, instead of having 700 calories of bacon and eggs for breakfast, they eat 400 calories of cereal and banana as part of a conscious effort to lose weight. In contrast, when genetically lean people (including athletes such as Paula who want to lose 3 pounds, but already are very lean) eat a low fat diet, they tend to eat more calories of carbohydrates to compensate for the reduced fat calories. (Paula ate her fill of calories in rice cakes, pretzels and other lowfat foods.

No wonder she didn't lose weight!)

I encourage my clients to consider the theory that weight control is based on a calorie budget, not only a fat budget. Fat loss occurs when you burn off more calories than you eat. That is, if you require 2,400 calories but eat only 2,000 calories, you will lose fat. The kind of calories may be of less consequence. That is, if you choose to spend 300 of your 2,000 calories on high fat peanut butter instead of bagels, you can still lose body fat. Fatty foods that fit into your calorie budget are not inherently fattening. You can appropriately eat 20-30% of your calories from fat (400-600 calories, 45-65 grams of fat). Within nutritional reason, you should spend your calories on the foods you want to eat. Otherwise, denial may lead to food binges.

Note that if you have already eaten your 2,400 calories and then succumb to 300 calories of peanut butter, you will gain fat. Excess fat calories are fattening. Excess fat calories are easily stored as fat and are more fattening than excess carbohydrate calories because your body has to work hard to convert excess carbohydrates into body fat.

The good news is that the food industry is developing many delicious new fake fat products that will help you control fat intake for health, if not weight, reasons. At a recent luncheon sponsored by the makers of Simplesse, I was pleasantly surprised by the great taste and texture of the fake-fat foods, especially the cheeses. (I'm eagerly awaiting the introduction of alfredo sauce for fettuccine!) Despite the low fat nature of the luncheon, I easily ate more than 1,000 calories of these tasty foods. Caution: Low fat does not mean low calorie nor weight reduction. . .!

Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, helps people successfully control weight. Her popular Nancy Clark's Sports Nutrition Guidebook is filled with helpful tips. Send \$16.50 to NESF, P.O. Box 252, Boston, MA. 02113.

Runners Urged to Follow Basic Training Principles

DO YOU FEEL YOU ARE NOT RUNNING YOUR BEST? Are you a runner who gets injured frequently? Training smart is the key to beginning, enjoying and maintaining a running program. Novices as well as seasoned runners can enhance their running and reduce their risk of injury by adhering to some basic training principles.

Duration: To strengthen your heart and lungs, exercise for at least 25 to 35 minutes, three to four days a week, or every other day. Additional mileage depends on your goals. Runners typically run more than the minimum to aid in weight loss, train for a race, reduce stress or for pure enjoyment.

10% Rule: Do not increase mileage by more than 10% per week, or 10% every two weeks. Exercise places stress on the body. The body grows stronger if it is stressed in small increments, but breaks down if stressed too much. Studies show that increasing mileage by 10% a week helps most people grow stronger and avoid injury. Follow the 10% rule whether you increase your weekly running from five minutes to 25 minutes, or from 40 miles to 60 miles. If you stop running for more than two to three weeks, build mileage back slowly.

Training specificity: Training is specific to the sport. Swimmers improve by swimming. Runners improve by running. The type of running is also specific. To run fast, incorporate fast runs into your training. To run long distances, incorporate long runs. It is best, though, to incorporate all types of running in your program and allow your goals to dictate what type of running gets the most emphasis. For example, if your goal is to run the fastest mile you can, you would not train by just running one mile every day at a fast pace. Longer runs would give you stamina to sustain a fast pace and keep you from fatiguing. Shorter runs help you build speed. On the other hand, marathoners benefit from doing shorter, faster runs as well as longer runs.

Hard/easy concept: A hard run one day should be followed by an easy run the next. Exercise damages muscles and they need time to repair themselves. If given time to heal, muscles come back stronger than before. This is how runners grow stronger and faster. If, however, muscles aren't given time

to rest and repair themselves, they run the risk of being injured.

A "Hard" run is defined as one that includes more distance or speed than usual. A hard run means something different to every runner. For the novice who has never run for 10 minutes without stopping, a 10-minute run is hard. For the seasoned runner who has never run a seven-minute-mile, then running a seven-minute mile is hard. If a run feels hard, go easy the next day.

An "easy" day can mean that you take an entire day or two off, or that you run at a distance and pace that feels comfortable, enjoyable and relaxing. During easy days, you should be able to carry on a conversation while running. Some easy days could also be days when you are training hard, but not with the same muscles you use in running. Cross training on a bicycle is a good complement to running because bicycling strengthens muscles that are not used much in running. You can train hard more often and still use the hard/easy concept. The hard/easy concept should be incorporated into all phases of training. Easy days follow hard days; easy weeks follow hard weeks; easy months follow hard months; and easy years follow hard years.

There are a number of training methods you can include in your running program:

1) Long Run: No more than once a week, but at least once a month, incorporate a long run into your schedule. The long run of ten equals about 20% to 30% of your total weekly mileage. Long runs help build endurance (the ability to withstand fatigue over a certain amount of time) and will make shorter runs feel easier. The pace for a long run should be slow and comfortable. Concentrate on finishing the distance. If you have raced before, the long run should be about 90 seconds to two minutes slower than your 10K race pace.

2) Hill Run: Hill running (or stair climbing if there are no hills in your area) helps runners build strength. You need a hill that rises one foot in 15 and not steeper than one in 10. Anything steeper may cause you to lose good form. Your hill should be from 100 to 300 yards long. Run up the hill at an intensity that feels like a 5K or 10K pace. This will be fast

enough to be effective, yet will allow you to run with good style and rhythm. Jog slowly down the hill for recovery.

3) Intervals, fartlek and tempo runs: Intervals refer to a structured type of speedwork that you do on a measured track. You go the measured distance at a pre-set time goal, and you never completely recover after each burst of speed. Fartlek, or speed play, is where you begin your run at a comfortable pace. Once you are warmed up, increase your speed and run for a few minutes until you begin to feel fatigued, then slow down and run at a comfortable pace until you get your wind back. The speed up again. Repeat these speed burst/recovery runs for the entire distance you plan to run for the day. In time you will notice your speed bursts lasting longer and going faster. Use fartlek during any phase of your training. Tempo runs build your ability to maintain long, hard running as you must do in a race. After warming up, run for 20 to 30 minutes at a "comfortably hard" pace, about 15 seconds per mile slower than your 10K race pace.

4) Warm-ups, cool-downs and stretches: Every workout should begin with a warm up, cool down and stretching. Warm up by walking briskly or jogging slowly until you begin to sweat or feel warmer. This will warm your muscles before vigorous activity, thus reducing your risk of injury because it's more difficult to strain or "pull" a muscle that has been warmed up. After running, cool down by walking briskly or jogging slowly. Cooling down allows you to slowly bring your heart rate back to normal. After cooling down, do some gentle stretches of the Achilles tendon, calves, hamstrings and lower back. These areas contract when you run and stay in that position until you stretch them. If you do not stretch, you run the risk of pulling the muscle later. Stretching should always be done when your muscles are warm. Stretching a cold muscle can invite injury.

All runners, new and experienced, benefit from setting goals and following these basic training principles of running. No matter what your goal is, you will benefit from training smart by reducing your risk of injury, and enjoying your running to its fullest.

For a free brochure on the basic training principles of running, send a long, stamped (\$52), self-addressed envelope to the American Running and Fitness Association (AR&FA), 9310 Old Georgetown Road, Bethesda, MD 20814. AR&FA is a non-profit, educational association of athletes and sportsmedicine professionals who come together to educate the public about the benefits of a regular aerobic exercise program.

Hard Work That Pays Off

By Jeff Galloway

If you want to improve your running you have two choices: to run all of your training runs slowly and complain about slowing down OR run hard at least once a week in the quest for improvement. Yes, it is a "quest" with no guarantee of success. Yes, there are increased risks of injury and fatigue when you insert speed into your program. But running faster can bestow rewards that are much more satisfying than time improvements in selected distances.

There are sources of strength inside you which will lead to a better understanding of yourself. Speed training can teach you where and how to draw upon those hidden powers. The quest of a goal will often help you develop

which makes the difference between a good meal and a gourmet dining experience. When you challenge yourself, it gives a little extra meaning to the satisfaction of running.

You can decrease the chance of speedwork injuries by adding more rest days per week. Unless you're already running every-other-day, you should take one additional day off from running, when you start speedwork. You can insert a non-pounding alternative exercise (such as swimming or water running) on this "running holiday", and you may maintain the same weekly mileage by adding more miles to the other running days.

One weekly speed session is usually enough to help you improve. Hill training will build strength, and increase the effective-

stronger and with greater efficiency when they are creatively challenged. They will become overly fatigued and/or injured when pushed too far beyond their capacity.

Each week, you will push slightly further than the workout of the week before--into an unknown area. You'll be tempted to slow down or quit at the end of some of these, but somehow, you find the energy and inner strength to get the job done.

Each time you push further, you desensitize yourself to the discomfort of the physical challenge. This helps you ignore similar problems in a race situation. You'll also learn which discomforts are real, and which may be early warning signs of injury, heat stress and other health risks.

You'll also discover that it is possible to run fast--even when you're tired. The tiredness produced by speedwork, forces your body to find little form improvements which can keep you running in a fast, gliding motion--even when fatigue seems to take over every muscle.

Your body and mind are programmed to improve--but you must challenge them to stimulate this process. If you are open to the experiences along the way, you may get more out of the challenge than the time improvements at the end. Many time goal runners discover ways of confronting stress which are applicable to other areas of life. The challenge of speedwork proves that you're a lot tougher than you thought you were!

Note: Olympian Jeff Galloway has written the best-selling running book in North America. Galloway's Book on Running. He conducts interesting and informative seminars on running and wellness: JFG, P.O. Box 76843, Atlanta, GA. 30358. (404) 255-1033.

When you challenge yourself, it gives a little extra meaning to the satisfaction of running.

the positive attitude and self confidence to use this "increased capacity" in other parts of your life.

To improve, you must push through the difficult part of a race. Hill training and other speedwork not only desensitizes you to the discomfort--it trains you to run fast while under duress. This challenge can bring the mind and body into a powerful team.

Don't apologize if you don't want to improve. Fitness running bestows great mental and physical benefits--and requires no speedwork. A program of regular speed workouts, however, is like the extra seasoning

ness of more challenging speedwork which may follow. Light accelerations, placed in the middle of other days (except the long runs) will also encourage your body to run more efficiently. Make sure you're warmed up before beginning these. On each of these (4-8) 50-100yd accelerations keep your foot low to the ground, run with upright posture and a smooth and quick leg turnover.

Never sprint!

To avoid over-extending yourself, start with a speed session that is easy for you, and gradually increase the difficulty of the workout. Your muscles, tendons, etc. will rebuild

RESULTS

MEET DIRECTORS . . . Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

Foothill Footrace

July 18. Yosemite Lakes Park. 2 MI. & 5 MI.

Division Results - Men's 2 Mile

Overall Winners: 1. John Robinson 11:02, 2. Craig Elia 11:31, 3. Ron Jones 11:35, 4. Eldredge Lima 11:39, 5. Bill McCarthy 12:03, 6. Gary Walker 12:55, 7. Chris Datu 12:57, 8. Jeremy Godfrey 13:01, 9. Dustin Robinson 13:04, 10. Simon Lopez 13:09.

12 & Under: 1. Tommy Ochoa 17:47, 2. Ross Avina 20:04, 3. David Salmon 20:23, 13-19: 1. Eldredge Lima 11:39, 2. Chris Datu 12:57, 3. Jeremy Godfrey 13:01, 30-39: 1. John Robinson 11:02, 40-49: 1. Craig Elia 11:31, 2. Bill McCarthy 12:03, 3. Gary Walker 12:55, 50-59: 1. Steve Freeland 15:07, 2. Jerry Carr 42:59, 60 & Over: 1. Hal Browder 19:25, 2. Guy Johnson 20:35.

Division Results - Women's 2 Mile

Overall Winners: 1. Leslie Bridges 16:08, 2. Susie Sutton 17:46, 3. Lorraine Spaulding 18:56, 4. Debra Gunderson 20:07, 5. Erin McKeand 20:44.

12 & Under: 1. Aubrie Avina 19:39, 2. Erin McKeand 20:44, 3. Cindy Covy 20:54, 20-29: 1. Susie Sutton 17:46, 2. Lorraine Spaulding 18:56, 30-39: 1. Leslie Bridges 16:08, 2. Debra Gunderson 20:07, 40-49: 1. Christine Wilson 29:18, 2. Jan Brown 31:02, 3. Karen Kubar 31:02, 50-59: 1. Jan Stoltzner 21:17, 60 & Over: 1. Audrey Ashcock 31:27, 2. Ruth Robinson 42:58.

Division Results - Men's 5 Mile

Overall Winners: 1. Artemio Villegas 27:13, 2. Shawn Young 28:13, 3. Tim Padilla 28:48, 4. Curtis Elia 29:06, 5. Robert Garcia 29:18, 6. Felipe Cabrera 30:19, 7. Christopher Smith 30:28, 8. John Minney 30:43, 9. Tommy Upton 31:33, 10. Manuel Garcia 31:33, 13-19: 1. Shawn Young 28:13, 2. Tim Padilla 28:48, 3. Tony Reyes 35:54, 20-29: 1. Manuel Garcia 31:33, 2. Daryl Glenney 42:50, 30-39: 1. Art Villegas 27:13, 2. Robert Garcia 29:18, 3. Felipe Cabrera 30:19, 40-49: 1. Curt Elia 29:06, 2. John Minney 30:43, 3. John Peterson 31:47, 50-59: 1. Tommy Upton 31:33, 2. Rob Swagger 32:17, 3. Mike Rahe 34:41.

Division Results - Women's 5 Mile

Overall Winners: 1. Karen Padilla 34:01, 2. Kathy Hildebrand 34:30, 3. Sharon Brown 36:24, 4. Kimberly Crockett 38:45, Heidi Florentino 39:33, 13-19: 1. Karen Padilla 34:01, 20-29: 1. Kimberly Crockett 38:45, 2. Heidi Florentino 39:33, 30-39: 1. Kathy Hildebrand 34:30, 2. Sharon Brown 36:24, 3. Terry Driscoll 40:45, 40-49: 1. Jane Fraser 41:37.

Legg Lake Runs Sunset Fish Hook Run

July 29. So. El Monte. 5K.

1. Avery Bryant (68) 20:50, 2. Daniel Sorzano (42) 24:17, 3. James Uyechi (38) 26:52.

3rd 099'ers Run

August 1. So. El Monte. 5K.

1. Michael Morales (16) 18:56, 2. Mario Vasquez (49) 23:17, 3. Bruce Odue (64) 23:18, 4. Mike Lalum (48) 24:10, 5. Jose Becerra (32) 24:56.

Blue Jay Run

August 16. So. El Monte. 5K.

1. Donelson Moss (57) 22:09, 2. Bill Coomes (52) 22:49, 3. Mike Lalum (48) 22:59, 4. Bruce Odue 26:36, 5. Henry Lesser (45) 27:24.

RRCA Challenge Series

August 1. San Luis Obispo. 5K.

Men's Electric City Challenge

1. Paul Lee (31) Santa Maria 15:42, 2. Kevin Ochs (22) SLO 16:02, 3. Juan Leon (16) Oceano 16:06, 4. Steve Boaz (35) Los Osos 16:30, 5. Sean McCormick (28) Paso



JENNIFER LACOVARA

Photo by Vikki Waterbury

Robles 16:47, 6. Luke Roundy (19) Los Osos 16:53, 7. Eric Benson (26) SLO 17:13, 8. Brian Waterbury (43) SLO 17:21, 9. Joe Larwood (24) SLO 17:25, 10. Henry Hernandez (38) Los Osos 17:32.

11. Peter Cornell (17) Nipomo 17:38, 12. Trevor Strohman (14) Los Osos 17:45, 13. Lionel Palomarez (15) Grover City 18:00, 14. Clem Michel (48) Los Osos 18:17, 15. Randy Bio (15) Pismo Beach 18:30.

Women's Distance Festival 5K

1. Kristina Hand (22) SLO 17:36, 2. Jennifer Lacovara (18) Los Osos 18:06, 3. Lauren Jefferson (17) SLO 18:48, 4. Janet Norem (35) SLO 18:53, 5. Faye Roundy (16) Los Osos 19:32, 6. Traci Skeen (21) SLO 19:38, 7. Mary Cooper (35) SLO 19:39, 8. Brandy Barr (16) Nipomo 20:09, 9. Colleen Cooke (20) SLO 20:26, 10. Lisa Rutkowski (21) SLO 20:30.

11. Mindy Hagstrom (14) Nipomo 21:10, 12. Mary Lopez (45) SLO 21:32, 13. Lisa Terracciano (22) SLO 21:35, 14. Carol Florence (38) SLO 21:39, 15. LeeAnn Reed (22) SLO 21:47.

Coors Light Duathlon

August 2. Ontario.

Division Results - Men

Overall Winners: 1. Matthew Brick 1:13:58, 2. Gregory Watson 1:15:54, 3. Adam Joyce 1:16:53, 15-19: 1. Dave Hartman 1:24:04, 2. Donald Reeb 1:24:29, 3. Chris Halliwell 1:25:28, 20-24: 1. Rick Kalinowski 1:23:05, 2. Kyle Bailey 1:23:30, 3. David Meisinger 1:25:40, 25-29: 1. Terry Sedgewick 1:20:05, 2. Rich Dissly 1:21:19, 3. Collin Spooner 1:22:04, 30-34: 1. Eoin Fahy 1:19:40, 2. Tim Pontarelli 1:21:55, 3. Jay Loesche 1:22:05, 35-39: 1. Richard Wolf 1:19:54, 2. Dan Rindfleisch 1:23:34, 3. Robert Weigand 1:25:33, 40-44: 1. Gianni Carpani 1:25:18, 2. Tinsley James 1:25:57, 3. Chris Johnson 1:27:00, 45-49: 1. Dennis Dasischke 1:24:36, 2. Joe Jacobsen 1:27:03, 3. Gene Mote 1:29:00, 50-54: 1. Bob Tarozzi 1:31:37, 2. Tom Morrow 1:40:50, 3. James Girard 1:41:16, 55-59: 1. Jerry Bordon 1:39:22, 2. Art Gonzales 1:40:49, 3. Nate Spunt 1:41:02, 60-64: 1. Chris Christlieb 1:57:57, 65-69: 1. Lono Tyson 1:51:56, 70-74: 1. Thomas Miller 1:52:52.

Division Results - Women

Overall Winners: 1. Michelle Jones 1:24:04, 2. Gail Viola 1:24:41, 3. Lisa Marie Goldsmith 1:25:14, 20-24: 1. Candice Kutroski 1:33:18, 2. Pamela Morgan 1:35:35, 3. Eileen Hargaden 1:52:34, 25-29: 1. Laura Stuart 1:31:16, 2. Wendy Becker 1:34:23, 3. Cathy Owen 1:35:15, 30-34: 1. Helen Knox 1:28:54, 2. Terry Martin 1:29:28, 3. Marilyn Mayo 1:31:34, 35-39: 1. Thea Fox 1:36:09, 2. Vicki Somerville 1:37:17, 3. Diane McCloskey 1:38:08, 40-44: 1. Sharon

Swann 1:33:39, 2. Judi Thompson 1:34:34, 3. Mindy Ireland 1:40:24, 45-49: 1. Angela Davis 1:37:49, 2. Janice Conta 2:07:59, 3. Susan Baker 2:17:45, 50-54: 1. Joe Ann Goltra 1:42:14, 2. Karl Nordaas 1:59:29, 3. Helen Geoffrion 2:26:54.

Teams

Mens

32-60: 1. Taggart/Hall 1:23:14, 2. Hernandez/Wade 1:23:29, 3. Perez/Gonzalez 1:25:17, 61-79: 1. Volt/Doyle 1:18:02, 2. Young/Moynihan 1:27:13, 3. Mann/Vaughn 1:27:52, 80 & Over: 1. Daniels/Bush 1:22:52, 2. Valdez/Smith 1:29:04, 3. Durham/Rogan 1:41:19.

Women

32-60: 1. Fonken/Snell 1:49:36, 2. Coker/Hawkins 2:03:11, 61-79: 1. Sienicki/Wright 1:31:57, 2. Young/Cross 1:40:20, 3. Christensen/Talton 1:47:16, 80 & Over: 1. Phillips/Shere 1:30:30, 2. Lauder/Ripple 1:48:34, Mixed: 32-60: 1. Monroe/Ahn 1:25:24, 2. Olsen/Quock 1:26:21, 3. Nelson/Bolen 1:31:04, 61-79: 1. Babcock/Young 1:29:19, 2. Fearon/Fearon 1:30:01, 3. Bermudez/Chaney 1:34:14, 80 & Over: 1. Rizzi/Rizzi 1:32:17, 2. France/France 1:34:25, 3. Tuffley/Tuffley 1:34:44.

Class 5 Fitness Mother Lode Mile

August 2. Sonoma.

Division Results - Men

17 & Under: 1. Chris Cotton 4:48, 2. Aaron Bell 4:49, 3. Michael Orellana 4:53, Open: 1. (tie) Joseph Carnegie (25) Fresno and Mark Mastair (23) Portola Vly 4:13, 3. Roger Dix (25) Chico 4:19, 40-49: 1. James Milton 4:39, 2. Dennis O'Halloran 4:42, 3. Rich Govi 4:45, 50-59: 1. Don Spicklemier 5:01, 60-69: 1. Carl Ellsworth 5:45, 70-79: 1. Ray MaLannah 8:30.

Division Results - Women

17 & Under: 1. Regina Martinez 5:50, 2. Jaynee Daniel 6:01, 3. Liz Larlosa 6:11, Open: 1. Patricia Stone (23) Pleasant Hill 5:11, 2. Eileen Brennan-Erler (18) San Francisco 5:14, 3. Sandrine McFadden (25) San Carlos 5:15, 40-49: 1. Sharlet Gilbert 5:30, 2. DeeDee Grafius 5:34, 3. Melinda Villar 5:45, 50-59: 1. Not Available 5:21, 60-69: 1. Myra Rhodes 7:00.

Skyline 50K Endurance Run

August 2. Castro Valley. 50K.

Division Results - Men

Overall Winner: 1. Adam Rhoads 3:51:27, 18-29: 1. Damien Curry 4:06:22, 2. Tom Lyons 4:22:25, 3. Daniele Piazza 4:41:44, 30-39: 1. Adam Rhoads 3:51:27, 2. Jerry

RESULTS

Wittenauer 4:03:05, 3. Lance Davis 4:16:51, 40-49: 1. Errol Jones 4:17:59, 2. Steve Christian 4:19:02, 3. Peter Franks 4:22:25, 50-59: 1. Edward Frisch 4:50:51, 2. Joe Livak 4:56:50, 3. Roger Sharpe 5:19:08, 60 & Over: 1. Richard Laine 5:31:35, 2. George Collins 7:38:30, 3. Keith Weaver 11:09:42.

Division Results - Women

Overall Winner: 1. Leslie Mattingly-Vitale 5:09:01, 18-29: 1. Rachel Atchley 5:32:26, 2. Laura Vaughan 5:32:26, 30-39: 1. Leslie Mat-Vitale 5:09:01, 2. Geri Kilgariff 5:23:51, 3. Heidi Ryan 5:38:30, 40-49: 1. Susan Solorio 5:35:34, 2. Ellen Troth 6:10:41, 3. Barbara Miller 6:34:23, 50-59: 1. Ann Grove 5:38:47, 2. Margaret Curtis 6:10:31, 3. Joan Szarfinski 6:34:22.

Tiburon Volunteer Fire-Fighter Triathlon

August 2, Tiburon.

Division Results - Men

10-15: 1. Jonathan Genant 5:14:44, 2. Patrick Caurant 5:14:30, 3. Lohrey 1:01:03, 16-24: 1. Matthew Metzger 5:53:53, 2. Galen Abbott 5:56:09, 3. Stefano Filippelli 1:03:39, 25-34: 1. Cliff Dimand 5:03:38, 2. Rob Cuenin 5:10:03, 3. Jack Clayton 5:34:49, 35-44: 1. Wyby Mercer 5:07:06, 2. Hans Facer 5:29:23, 3. Mark Gradney 1:04:56, 45-55: 1. Jim McMillen 5:28:23, 2. Richard Clark 1:00:10, 3. Ed Dougherty 1:00:54, 56 & Over: 1. Alan Schmeiser 5:58:19, 2. Charles Gooding 1:13:23, 3. Verne Scott 1:15:31.

Division Results - Women

10-15: 1. Christine Caurant 1:07:08, 16-24: 1. Tani Atkinson 1:01:35, 2. Ingeborg Schlate 1:02:02, 3. Kim McEthiney 1:04:04, 25-34: 1. Tony Valentine 1:01:25, 2. Jennifer Stanley 1:03:46, 3. Carolyn Hollingsworth 1:03:47, 35-44: 1. Debbie Melnikoff 5:20:20, 2. Elizabeth Danel 1:05:18, 3. Kathy Frank 1:12:55, 45-55: 1. Shirley Shean 1:27:20, 56 & Over: 1. Barbara Robben 1:14:37, 2. Loretta Madden 1:34:28.

Survival of the Fittest River of No Return

August 9, Healdsburg.

Overall Results

1. Jon Moens 3:36:42, 2. Tony Walsh 3:36:42, 3. Michael Kenny 3:42:54, 4. Bob Bush 3:42:54, 5. Bill Driskill 3:43:57, 6. Mark Shaw 3:43:57, 7. Gene Sandwina 3:56:27, 8. Alan Hammond 3:59:19, 9. Keith Edney 3:59:19, 10. Neil Post 4:02:16, 11. Rick Howson 4:06:41, 12. Bill Marshall 4:06:41, 13. Rick Blackmon 4:06:44, 14. Chuck Ishii 4:10:55, 15. Dean Clark 4:10:55, 16. Jack Edney 4:12:44, 17. David LaMar 4:15:29, 18. Ed Baker 4:17:09, 19. Jeff Child 4:17:19, 20. Steven Vukazich 4:17:20.

Dog Daze Run

August 9, Ukiah.

Overall Results - 10,000m

1. Jerold Drew (34) Ukiah 34:41, 2. Bob Rogers (35) Santa Rosa 36:02, 3. Joe Fairwell (40) Gardenville, NV. 36:43, 4. Mike Cannon (37) Ukiah 37:03, 5. John Royston (38) Santa Rosa 37:22, 6. Luke Frey (32) Redwood Valley 37:29, 7. Jim Longwith (46) Kelseyville 37:59, 8. Howie Hawkes (41) Ukiah 38:12, 9. Parker Mills (40) Elk 38:14, 10. Larry Goodman (35) Ukiah 38:18, 11. Mitchell Castleberry (29) Santa Rosa 38:19, 12. Tom Jutzy (30) Ukiah 38:40, 13. Tom Wallow (26) Albany 39:25, 14. Bill Browne (42) Santa Rosa 39:41, 15. Bill Ryan (34) Santa Rosa 40:07, 16. Jamie Damiano (39) Ft. Bragg 40:16, 17. Robert Pitchford (23) Santa Rosa 40:30, 18. Barry Waugaman (44) La Quinta 40:37, 19. Lura Damiano (35) Ft. Bragg 40:41, 20. Mark Carlstedt (37) Redwood Valley 41:26.

Overall Results - 3000m

1. Roberto Olea (18) Ukiah 9:45, 2. Jim Gibbons (48) Willits 9:59, 3. Michael Long (17) Ukiah 10:30, 4. Douglas Rustad (51) Santa Rosa 10:45, 5. Scott Wallace (35) Ukiah 11:38, 6. Jeremiah Hume (35) Sebastopol 11:52, 7. Tony Barboza (57) Santa Rosa 12:20, 8. Gary Chapin (50) Santa Rosa 12:25, 9. Nancy Sawyer (32) Ukiah 12:36, 10. Kevin Crew (15) Ukiah 13:29, 11. Frank Merritt (37) Ukiah 13:31, 12. Laurie Smith (34) Willits 13:47, 13. Luke Behnke (12) Ukiah 14:00, 14. Cindy Dry (12) Monte Rio 14:22, 15. David Cole (69) Sonoma 14:31.

Fiesta 5000

August 9, San Clemente.

Division Results - Men

Overall Winners: 1. Jeff Sokol 15:16, 2. Damian Capozzola 15:19, 3. Daniel Niednagel 15:21, 12 & Under: 1. Luis Hennigar 20:05, 2. Racardo Beas 20:26, 3. Carlos Guevara 21:56, 13-15: 1. Patrick Omara 17:08, 2. Josh Slater 17:36, 3. Curtis Douglas 17:42, 16-19: 1. Daniel Niednagel 15:21, 2. Damion Lewin 15:48, 3. Christafa Lynch 15:54, 20-24: 1. Jeff Sokol 15:16, 2. Damian Capozzola 15:19, 3. Ben Cravatt 15:22, 25-29: 1. Rick Herr 15:50, 2. Gus Quinonez 15:51, 3. Rikie Martinez 15:52, 30-34: 1. Allen Russell 15:26, 2. Gordy Haskett 16:05, 3. Antonio Olbera 16:05, 35-39: 1. Nicolas Hernandez 17:06, 2. Foster Cobb 17:16, 3. Herb Massinger 17:19, 40-44: 1. Joe Alvarado 16:46, 2. Don Ocana 16:47, 3. Rich Valdez 17:19, 45-49: 1. Sean McCormick 17:29, 2. Ruben Sandoval 17:32, 3. Richard Kenworthy 17:53, 50-54: 1. Jim Chenoweth 17:27, 2. Richard Greene 17:56, 3. John Rawlings 18:27, 55-59: 1. Carlos Valle 18:22, 2. John Ayres 19:33, 3. Frank Vasquez 20:20, 60-64: 1. Paul Saucedo 19:32, 2. Mel Schultz 21:08, 3. Martin Hicks 22:30, 65-69: 1. Larry Banuelos 20:50, 2. Milo Sather 21:57, 3. Walter Atcheson 23:00, 70 & Over: 1. Robert Balfour 26:31, 2. Ken Ihara 33:05, 3. Ken Anderson 35:06.

Division Results - Women

Overall Winners: 1. Marie Murphy 17:03, 2. Kathleen Smith 17:21, 3. Claudette Groenendaal 17:42, 12 & Under: 1. Sommer Owens 22:37, 2. Lacie Grimshaw 23:27, 3. Sara Blackler 25:25, 13-15: 1. Claris Fernandez 19:55, 2. Jackie Guesno 20:17, 3. Andrea Steinberger 20:18, 16-19: 1. Marisol Pedraza 19:11, 2. Sara Valdez 19:53, 3. Noel Landreth 20:07, 20-24: 1. Liliana Mendoza 18:00, 2. Diane Whipple 18:23, 3. Rosa Cazares 18:33, 25-29: 1. Kathleen Smith 17:21, 2. Claudette Groenendaal 17:42, 3. Kirsten O'Hara 18:05, 30-34: 1. Marie Murphy 17:03, 2. Stacy Kneeshawrucke 17:55, 3. Tammy Babiraci 18:17, 35-39: 1. Pernilla Evans 18:21, 2. Thea Fox 19:50, 3. June Gessner 20:09, 40-44: 1. Lol Coker 19:29, 2. Patti Tison 21:23, 3. Kim Strong 21:26, 45-49: 1. Bonnie Frankel 23:14, 2. Margaret Neville 23:19, 3. Cheryl Hinchman 23:22, 50-54: 1. Carolyn Hickey 24:33, 2. Raquel Magana 26:07, 3. Bootie Cohen 27:28, 55-59: 1. Laetitia Walukik 26:37, 2. Lorraine Parker 27:46, 3. Shirley Chadwick 29:19, 60-64: 1. Verian Bruce 32:07, 2. Marge Morris 43:03, 3. Jeannette Melin 44:32, 65-69: 1. Mary Storey 25:39, 2. Bette Anderson 34:08, 3. Henry Delnum 35:02, 70 & Over: 1. Mary Schudy 40:23, 2. Bobbie Viktor 43:31, 3. Edith Allen 45:19.

Mammoth Times Triathlon

August 9, June Lake.

A new event was held in the Mammoth Lakes area of the beautiful eastern sierra mountains on August 9th. The Mammoth Times Triathlon took place in the quaint european style town of June Lake, CA. It was the first Triathlon held in June Lake in many years and the first in the area since the Mammoth Snowcreek Triathlon became extinct in 1990.

The 1.5K swim took place in the crisp clear waters of June Lake. Robert Hepler of Sparks, NV, was first out of the water with a time of 20:14.5 only to be overtaken in the 40K bike ride by the eventual winner Scott Miller. Miller, a Reno resident, rode the moderately hilly bike in 1:03:35.4, only local competitor and Mammoth Lakes resident Todd Hensley was faster with a time of 1:03:22.7. The majority of the 95 competitors, however, simply cruised the bike course, which wound past a total of four high mountain lakes and boasted some of the most spectacular scenery in the area. The 10K run, circled June Lake and was the toughest of the three disciplines. The final two and a half miles wound up and down off-road fire trails along the back side of the lake before finishing back at June Lake beach. Miller powered through the run in 39:51.6 and was the first across the finish line with a total time of 2:03:44.1. He was followed closely by Hepler and local ironman, 49 year old George Wright.

Division Results - Men

19 & Under: 1. Jason Hooper 2:24:27, 20-29: 1. Todd Hensley 2:10:10, 2. James Whe-

lan 2:25:15, 3. Christian Waldvog 2:30:54, 30-39: 1. Scott Miller 2:03:44, 2. Robert Hepler 2:07:35, 3. Scott Grindell 2:21:50, 40-49: 1. George Wright 2:08:24, 2. Russell Beecher 2:29:38, 3. Chris Neilson 2:36:47, 50-59: 1. Larry Ford 2:30:07, 2. Jim Piper 2:47:14, 3. George Nelson 2:48:41.

Division Results - Women

19 & Under: 1. Kelly Wright 3:01:36, 20-29: 1. Stephanie Larson 2:40:35, 2. Sharon DeMattia 2:56:47, 3. Julie Plzak 3:05:30, 30-39: 1. Cathy Cunliff 2:39:42, 2. Janet Carle 2:41:41, 3. Caroline MacGrego 2:55:38, 40-49: 1. Sally Gains 2:30:21, 2. Barbara Wright 2:41:07, 3. Lesley Tuggle 2:47:49, 50-59: 1. Janice Gray 2:55:19, 2. Mardi Briggs N.T.

Run for the Parks

August 9, Alameda, 10K.

Division Results - Men

6-13: 1. Daniel Garcia 42:46, 2. Cameron Sarmiento 48:06, 3. James Jarosz 49:40, 14-18: 1. Andrew Pendoley 35:12, 2. Michael Prindiville 35:49, 3. Paul Ward 36:18, 19-29: 1. Jay Marden 29:52, 2. Kenrick Sealy 31:09, 3. John Morse 31:44, 30-39: 1. Rich McCandless 29:53, 2. Jeff Shaver 31:14, 3. Dennis Kurtis 31:39, 40-49: 1. Charles Thompson 32:57, 2. Dan Anderson 33:54, 3. Mark Graves 34:23, 50-59: 1. Tim Rostegge 35:55, 2. Tom Mota 36:26, 3. Jim Williams 36:50, 60-69: 1. Joe King 39:00, 2. John Russell 43:52, 3. Joseph White 46:42, 70-79: 1. Jack Friedlander 53:06, 2. John Guinee 1:01:40, 3. Gordon McHugh 1:02:26, Wheelchair: 1. Taylor Carey 23:08, 2. Jerry Deets 24:14, 3. Marty Ball 25:13.

Division Results - Women

6-13: 1. Katherine Lambden 49:49, 2. Erinne Lambden 55:01, 3. Bonita Castro 1:03:50, 14-18: 1. Krissy Look 39:33, 2. Riva Rahl 42:01, 3. Michael Bra 46:25, 19-29: 1. Becki Kriege 36:49, 2. Kristin Cooper 37:42, 3. Karen Saxena 39:15, 30-39: 1. Jeannie Urness 35:28, 2. Honor Fetherston 37:46, 3. Linda Jannelli 38:09, 40-49: 1. Shariet Gilbert 36:27, 2. Melinda Villar 39:12, 3. Kathy Kennedy 40:30, 50-59: 1. Shirley Matson 36:51, 2. Edda Stickie 45:59, 3. Sandy Vaur 47:47, 60-69: 1. Kit Pickles 53:47, 2. Fonda Mariott 1:10:16, Wheelchair: 1. Emily Ball 35:00, 2. Lenae Liebrau 39:46.

Switchback Challenge 1992

August 9, Hacienda Heights, 5K & 10K.

Overall Results - 10K

1. Francisco Garcia (35-39) 41:22, 2. Kevin Herbert (25-29) 43:13, 3. Scott Engel (30-34) 43:59, 4. Rick Waterman (30-34) 44:39, 5. Mark Williams (40-44) 45:09, 6. David Loud (25-29) 45:17, 7. Ray Chavira (25-29) 46:18, 8. George Guerrero (35-39) 46:18, 9. Steve Cacino (30-34) 46:42, 10. Reyes Guillermo (30-34) 47:12, 11. Devin Ng (16-19) 47:38, 12. Michael Anderson (30-34) 47:46, 13. Marc Gallardo (25-29) 48:48, 14. Jesse Luna (30-34)

RESULTS

49:17, 15. Bill Darby (45-49) 50:06, 16. Jason Blagg (16-19) 50:21, 17. Bobby Aswell, Jr. (25-29) 50:33, 18. John Dunn (30-34) 50:35, 19. Brandon Clannin (16-19) 50:36, 20. Glenn Hattori (34-39) 50:45.

Overall Results - 5K

1. David Fleming (30-34) 19:05, 2. Brendan Mahon (16-19) 19:55, 3. Ray Butman (16-19) 20:12, 4. Robert Mahon (16-19) 20:59, 5. Jeff Domis (16-19) 21:00, 6. Scott Ayers (20-24) 21:35, 7. David Butler (20-24) 22:24, 8. Fidel Diaz (35-39) 23:31, 9. Gabriel Ramirez (45-49) 23:38, 10. Rey Venegas (40-44) 23:58.
11. Mark Stapleton (25-29) 24:15, 12. Miles Smith (25-29) 24:15, 13. Dave Griffin (20-24) 24:41, 14. Mark Rinaldi (25-29) 24:49, 15. Jay Edgerton (50-59) 25:03, 16. Christopher Whalen (25-29) 25:44, 17. Arthur Villanova (30-34) 26:13, 18. Ernest Ramirez (30-34) 26:32, 19. Wesley Cureton (20-24) 26:36, 20. Andrew Wiesmann (30-34) 26:42.

Distance Derby

August 15, Huntington Beach, 10 Mile.

Overall Results

1. Ralph Garibaldi (29) 51:39, 2. Enrique Alvarez (38) 53:29, 3. Matt Capelouto (22) 53:53, 4. Steven Berry (33) 54:15, 5. Greg Mislick (34) 55:52, 6. Martin Callahan (29) 56:01, 7. Brandon Dedenich (20) 56:03, 8. Marty Horan (32) 56:21, 9. Paul Robinson (39) 56:44, 10. Kevin Herbert (28) 56:57.
11. Tom Berich (33) 57:03, 12. Jesus Padilla (35) 57:58, 13. Eric Walecki (26) 58:10, 14. Eric Anderson (24) 58:25, 15. Daniel Dozal (23) 58:45, 16. Dan Zelinski (25) 58:55, 17. Terry Sedgewick (28) 59:04, 18. Paul Marcelli (42) 59:58, 19. Charles Nak (45) 1:00:14, 20. Dale Frank (36) 1:00:42.
21. Rick Waterman (34) 1:00:58, 22. Pete McKincay (24) 1:01:07, 23. Bill Sumner (44) 1:01:12, 24. Ron Combs (25) 1:01:21, 25. Kathleen Smith (26) 1:01:35.

Signal Hill Runs

August 15, Signal Hill, 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Greg Houlgate 16:15, 2. Barry Schoefer 17:01, 3. James Weldon 17:26, 14 & Under: 1. Brian Vanisi 21:53, 2. Bryan Marquez 23:10, 3. Eric Villalobos 27:52, 3. Alex Miglorini 31:45, 15-18: 1. Ernie Navarro 19:24, 2. Juan Guadanano 19:32, 3. Jose Almengor 19:43, 19-24: 1. Greg Houlgate 16:15, 2. D. Butler 19:17, 3. William Dodge 21:15, 25-29: 1. James Weldon 17:26, 2. Luis Ruiz 18:07, 3. Eddy Lydeen 21:28, 30-34: 1. Carlos Venegas 19:01, 2. Rick Rohr 19:55, 3. Nick Trozzi 20:22, 35-39: 1. Fred Vartanian 19:17, 2. Raul Nieto 21:34, 3. Pete Salgado 22:17, 40-44: 1. Barry Schoefer 17:01, 2. Jesus Figueroa 18:11, 3. Walt Hitt 20:16, 45-49: 1. Randall Shelley 21:56, 2. Albert Allen 23:14, 3. Daniel Cabos 23:51, 50-54: 1. Gary Riley 20:03, 2. Gerald Smith 20:50, 3. Bill Coomes 23:32, 55-59: 1. Frank Greene 22:05, 2. Joe Isen 22:17, 3. Carlos Vega 22:34, 60-64: 1. Kiley Stolz 28:19, 2. Lupe

Costillo 29:34, 3. Jack Bruce 33:47, 65-69: 1. Daniel Colman 30:32, 70 & Over: 1. Fred Shanley 34:54, 2. Dean Scofield 40:43.

Division Results - Women's 5K

Overall Winners: 1. Carolyn Beck 22:00, 2. Elide Ocampo 22:32, 3. Dione Aguilera 24:13, 14 & Under: 1. Ronda Blackwell 30:15, 2. Jennifer Halsworth 30:42, 3. Jessianna Sifurantes 30:42, 15-18: 1. Elide Ocampo 22:32, 2. Elizabeth Perez 26:23, 3. Ada Fletes 27:14, 19-24: 1. Emily Nicholson 27:53, 2. Rosemary Tetreault 29:27, 3. Amy Bodek 30:23, 25-29: 1. Regina Olkias 29:50, 2. Melinda Redman 30:08, 30-34: 1. Carolyn Beck 22:00, 2. Kayla Howe 26:50, 3. Karen MacDougall 28:15, 35-39: 1. Nancy Robbins 24:59, 2. Selma Pierce 26:34, 3. Julie Leopold 27:02, 45-49: 1. Dianne Aguilera 24:13, 2. Rosalia Mireles 26:12, 3. Sue Danson 28:56, 50-54: 1. Elaine Nostee 28:54, 2. Nancy Green 29:49, 3. Natalie Olson 30:05, 55-59: 1. Charlene McCandry 49:27, 2. Sharon Jarman 59:18, 60-64: 1. Verian Bruce 34:23, 2. Jean Windishar 39:29, 3. Aurora Roldou 45:56.

Division Results - Men's 10K

Overall Winners: 1. Tyrus Deminter 32:29, 2. Harold Ketting 34:15, 3. Pat Frederick 34:41, 14 & Under: 1. David Anderson 53:43, 2. David Eisenberg 54:52, 3. John Anderson 1:14:04, 19-24: 1. Randy Kuwahara 34:46, 2. Jose Villanueva 36:14, 3. Darren Hughes 45:38, 25-29: 1. Tyrus Deminter 32:29, 2. Pat Frederick 34:41, 3. Sean Smith 37:37, 30-34: 1. Dave Dennis 34:44, 2. Jose Fuentes 37:23, 3. David Fisher 37:43, 35-39: 1. Harold Ketting 34:15, 2. Angelo DeCalibus 36:16, 3. Mike Norris 37:11, 40-44: 1. Bruce Horiguchi 40:37, 2. Joseph Rizzo 40:40, 3. Bill Fitzpatrick 41:34, 45-49: 1. Dan Kelly 38:59, 2. Wayne Mitchell 39:13, 3. Don McCarthy 40:09, 50-54: 1. Jim Chenoweth 38:23, 2. Ron Hardesty 40:55, 3. Manouch Lankarani 43:07, 55-59: 1. Andre Tocco 40:23, 2. Bruce Lin 43:35, 3. Le Kim 44:09, 60-64: 1. Hugh McHugh 46:29, 2. Chuck Grantham 48:36, 3. Bob Vitale 48:52, 65-69: 1. Milo Sather 49:44, 2. Bob Koch 50:57, 3. Robert Frankenfelt 1:04:06, 70 & Over: 1. Ed Hornung 58:56, 2. Fraser MacMinn 59:28.

Division Results - Women's 10K

Overall Winners: 1. Tracy Rose 39:18, 2. Jeannie Delaney 41:12, 3. Maria Lopez 42:02, 14 & Under: 1. Tamara Araya 1:02:42, 15-18: 1. Maria Lopez 42:02, 2. Jackie Guesno 48:38, 3. Rebecca Christenson 58:55, 19-24: 1. Heather Beard 44:29, 2. Martina Ball 54:05, 3. Shannon Vaughn 57:02, 25-29: 1. Tracy Rose 39:18, 2. Jeannie Delaney 41:12, 2. Heather McVickar 47:57, 3. Sue Snyder 49:53, 30-34: 1. Cheryl Suing 42:46, 2. Tere Hemond 43:42, 3. Marie Romero 44:05, 35-39: 1. Sherry Simmons 42:39, 2. Olegaria Hernandez 44:04, 3. Sese Novas 44:58, 40-44: 1. Cindy Van Stralen 48:24, 2. Barbara Millen 53:39, 3. Kathy Elmen 56:37, 45-49: 1. Isadora Johnson 45:45, 2. Wendy Watson 46:02, 3. Nancy Buchanan 53:29, 50-54: 1. Hwaia Andrade 51:50, 2. Sachiko Kim 55:47, 3. Nancy Fleeman 1:09:02, 60-64: 1. Yukie

Mochida 57:13, 65-69: 1. Antoninette Hill 1:00:47, 70 & Over: 1. Nyla Cook 1:15:48.

American's Finest City Half Marathon

August 16, San Diego.

Despite the loss of their sponsor for the 15th annual race, the organizing committee from the American Lung Ass'n. of San Diego and Imperial Counties was heartened by a field of over 4500 competitors fronted by Bill Donakowski, Ireland's Jerry Kiernan (the winner in 1985), and Laura Lamena-Coll (the women's winner from 1990). Indeed, Kiernan and Lamena-Coll had added incentive to perform well; no sponsor meant no prize money this year, but a \$500 bonus would go to any past winner who could repeat that accomplishment this time around.

Consequently, both Lamena-Coll and Kiernan were quickly at the front of their respective fields as they negotiated the undulating opening two miles that led toward the steep downhill section between two and a half and four and a half miles.

"I led after the first half mile," explained Lamena-Coll, who ignored the oppressive heat and dominated the race from that point on. At the finish line, a time of 1:16:23 served as testimony to the severe conditions and the notoriously testing course. "My only problem was a pack of men who ran with me the whole way," she continued. "They got in the way all the time and I found it hard to get water. I didn't run as fast as I wanted to, but I'm happy with the win."

Kiernan, meanwhile, was unable to emulate Lamena-Coll. As the pack cruised through an opening mile of 5:05 and five miles in 24:54 (with a fourth downhill mile of 4:38) he steadily lost contact with the leaders ultimately placing eighth in 1:10:52. Donakowski, the other runner of considerable pedigree in the field, fared considerably better, hanging with a lead group composed entirely of South Americans until Leopoldo Lopez-Baca made a break at the 10K mark (31:10).

Making the one and a half mile circuit of Harbor Island, only Jose-Marcos Rosendo, a 24 year-old Brazilian living in San Diego, made any effort to contain Lopez-Baca. Indeed, he did so to such good effect that, by the time the leaders departed the Island, it was Rosendo who held a comfortable lead, with Lopez-Baca having to concern himself with warding off the hard charging Donakowski.

At ten miles, the clock read 50:58 for Rosendo, with the closest of his pursuers close to 45 seconds in arrears. Even though the Brazilian labored on the testing Sixth Avenue Hill that brought the runners toward the finish line in Balboa Park, there was nothing any of them could do to deny him victory. At the line, a time of 1:08:36 gave him an advantage of 24 seconds over Donakowski - who will be running the Berlin Marathon in September - with third position going to Lopez-Baca in 1:09:14.

"The pace was comfortable," commented

the delighted winner, "but I felt the sun was very hot so I wanted to conserve my energy. After seven miles I felt good, so I said 'Go ahead.'"

This was only Rosendo's second race on the roads, his first having come only two weeks previously, also finishing in Balboa Park. "My specialty is the track," he explained. "Last year I won every race I ran."

Mindy Ireland from Escondido was a comfortable winner of the women's over-40 division, placing 10th overall in 1:26:13. On the men's side, the master's victory went to Sam Hajj from San Diego who crossed the finish line in 1:16:19.

Division Results - Men

Overall Winners: 1. Jose-Marcos Rosendo 1:08:36, 2. Bill Donakowski 1:09:00, 3. Leopoldo Lopez-Baca 1:09:14, 17 & Under: 1. Jason Kayne 1:15:21, 2. Juan Alva 1:16:22, 3. Jose Ramirez 1:25:57, 18-24: 1. Carlos Valenzuela 1:11:57, 2. William Aranson 1:14:49, 3. Chris Douville 1:14:53, 25-29: 1. Nester Gutierrez 1:12:26, 2. Jose Hinojosa 1:14:36, 3. Gabriel Anezcu 1:14:47, 30-34: 1. Miles Baron 1:12:31, 2. Daniel Winterroth 1:14:57, 3. Steve Greenspan 1:15:44, 35-39: 1. Steve Jawor 1:12:06, 2. Jim Hartig 1:13:26, 3. Pete Kaplan 1:15:07, 40-44: 1. Sam Hajj 1:16:19, 2. Ian Cumming 1:16:37, 3. Bill Tippets 1:16:39, 45-49: 1. Byrie Smalen 1:16:42, 2. Juan Cabeza 1:22:16, 3. Ron Ogilvie 1:23:08, 50-54: 1. Tim Rostege 1:22:32, 2. Richard Greene 1:25:14, 3. William Reschke 1:27:49, 55-59: 1. Jerry Albert 1:31:34, 2. Frank Vasquez 1:31:43, 3. Ricardo Ramirez 1:32:15, 60-64: 1. Hal Higdon 1:37:51, 2. John Smith 1:47:42, 65-69: 1. Raymond Penkert 1:43:17, 2. Louis Ojeda 1:59:53, 70 & Over: 1. Tom Edwards 1:48:28, 2. Carl Agriesti 2:01:26.

Division Results - Women

Overall Winners: 1. Laura Lamena-Coll 1:16:23, 2. Marie Murphy 1:19:37, 3. Cheryl Boessow 1:21:06, 17 & Under: 1. Sara Valdez 1:42:04, 2. Sonya Melendez 1:42:09, 18-24: 1. Lan Clayton 1:26:32, 2. Liliana Mendoza 1:27:56, 3. Maria Morales 1:28:59, 25-29: 1. Audrey Jackson 1:30:41, 2. Ginny Fess 1:34:58, 3. Anne Pavel 1:36:34, 30-34: 1. Stefania Oggiano 1:28:07, 2. Beverly Buss 1:29:12, 3. Anne Langstaff 1:30:42, 35-39: 1. Mary Ryzner 1:26:35, 2. Maria Luisa Madueno 1:26:56, 3. Honor Fetherston 1:27:16, 40-44: 1. Mindy Ireland 1:26:13, 2. Lorraine Ordaz 1:33:41, 3. Sandra Marshall 1:34:02, 45-49: 1. Angela Davis 1:40:24, 2. Yoko Eichel 1:40:35, 3. Connie Bouchard 1:41:22, 50-54: 1. Kathy Loper 1:36:42, 2. Ursula Rains 1:48:19, 55-59: 1. Irene Oberz 1:42:52, 2. Wen-Shi Yu 1:43:11, 60-64: 1. Lois Filreis 2:08:55, 65-69: 1. Mary Storey 2:09:03, 70 & Over: 1. Lois Edds 2:22:27.

Alpine County 10K Series Final

August 16, Markleeville.

Division Results - Men

17 & Under: 1. Paul Jones 41:06, 2. Bryan Sihachtelle 44:46, 3. Jason Budowski

RESULTS

47:37. 18-29: 1. Michael Garrison 41:14, 2. Skip Canfield 45:02. 30-39: 1. John Gailson 34:04, 2. Bill Devine 34:14, 3. Ed Klotz N.T. 40-49: 1. Lyle Freeman 39:38, 2. Joe Fairwell 40:00, 3. Ralph Johnson 41:24. 50-59: 1. Kenneth Schwison 41:31, 2. Wayne Kocher 46:03, 3. Jack Wedgwood 48:10. **60 & Over:** 1. Kenneth Nash 51:40. **Best of Series:** John Gailson.

Division Results - Women

18-29: 1. Amy Cathcart 43:02. 30-39: 1. Ellen Lucas 42:03. 40-49: 1. Ann Jarman 48:02, 2. June Lane 52:12, 3. Jean Schwison 53:32. **60 & Over:** 1. Margaretthe Skyley 52:25. **Best in Series:** Amy Cathcart.

Children's Challenge '92

August 16, Fresno.

Division Results - Boys

7: 1. John Airola 23:06, 2. Jason Donald 24:11, 3. Jeff Guess 24:15. 8: 1. Jamin Chepernick 18:12, 2. Michael Muscato 18:53, 3. Nicholas Debban 20:07. 9: 1. Joshua Payne 20:40, 2. Lance Cunningham 21:01, 3. Matthew Crenshaw 21:34. 10: 1. Damon Peterson 17:22, 2. Aaron Kircher 17:41, 3. Beau Howard 17:54. 11: 1. Steve Worthy 30:49, 2. Ryan Chepernick 30:52, 3. Benjamin Merson 32:17. 12: 1. Paul Coakley 30:14, 2. Brandon Skiba 31:07, 3. Chase Savant 34:24. 13: 1. Mark Friesen 27:02, 2. Alex Sanchez 33:26, 3. Travis Burdick 33:42. 14: 1. Ryan Sullivan 31:52, 2. David Airola 32:07, 3. Brandon Cunningham 33:08.

Division Results - Girls

7: 1. Karin Oakley 25:41, 2. Stephanie White 28:43. 8: 1. Leslie Jackson 22:51, 2. Melissa Mautis 22:51, 3. Carly Sorenson 24:25. 9: 1. Erika Campagne 20:05, 2. Tatia Spencer 21:56, 3. Stephanie Souza 23:05. 10: 1. Lauren Bush 17:54, 2. Kymberlee Clark 18:21, 3. Heather Jenkins 18:36. 11: 1. Heather Nelson 35:20, 2. Krista Campagne 37:00, 3. Kaylee Hayden 43:57. 12: 1. Melissa Willard 36:29, 2. Laura Chepernick 41:45, 3. Eliza Flores 45:33. 13: 1. Rosemarie Richardson 34:07, 2. Nicole Wada 34:21, 3. Serena Kubiak 36:25. 14: 1. Jennifer Noullet 40:55.

Promise 5K Run

August 16, San Francisco.

Overall Results - Men

1. Gary Stolz (20) Torrance 15:05, 2. Dennis Kurtis (38) San Jose 15:39, 3. Kenny Brown (23) Ronnet Park 16:02, 4. Jon Schroeder (33) Walnut Creek 16:32, 5. Jason Plumarta (22) San Jose 16:49, 6. Nat Lopes (17) Tiburon 17:01, 7. John Piazza (17) San Francisco 17:30, 8. Wynship Hiller (24) San Francisco 17:53, 9. Rick Murray (41) San Francisco 18:07, 10. Ron Kiyond (44) Union City 18:22.

11. Paul Artt (36) Dallas, TX 18:59, 12. Robert Lanway (37) Concord 19:01, 13. Bill Dederichs (48) Fort Worth, TX 19:02, 14. Tony Watkins (39) Richmond 19:11, 15. Alex Derieux (58) San Francisco 19:22, 16. Dave Stamper (50) Half Moon Bay 19:23,

17. Steven Albright (40) 19:24, 18. Brett Watson (28) Burlingame 19:35, 19. Michael Schutt (22) Fremont 19:36, 20. Jeffrey Gardner (39) San Francisco 19:52.

Overall Results - Women

1. Brandi Evans (22) Los Altos 17:39, 2. Michelle Kiyono (14) Union City 20:31, 3. Karen Bowman (25) Half Moon Bay 21:03, 4. Tracy Kierce (34) Planos, TX 21:37, 5. Sherrie Satterberg (34) Glenwood Springs, CO 22:06, 6. Lisa Harris (30) Costa Mesa 22:19, 7. Joann Nickel (35) Windsor 22:26, 8. Jennifer McMann (23) Foster City 22:35, 9. Sarah Langdon (24) Chicago, IL 22:40, 10. Susan Bazela (37) Richmond 22:43.

11. Doretta Dea (28) San Francisco 24:14, 12. Theresa Giesker (35) Millbrae 24:15, 13. Shana O'Neil (25) Phoenix, AZ 24:25, 14. Sharon Gallagher (19) Sugar Land, TX 24:56, 15. Jill Citrowske (26) Pleasanton 25:00, 16. June Pierre (20) Upland 25:36, 17. Robin Jensen (30) Springdale, AR 25:49, 18. Sharon Lamb (43) Huntington Beach 25:52, 19. Estella Stanton (47) San Francisco 26:04, 20. Sylvia Fino (31) Alhambra 26:24.

Union Bank Heart of the City Run

August 19, San Jose, 5K.

Division Results - Men

Overall Winners: 1. Kenrick Sealy 14:59, 2. Kevin Osterberg 15:00, 3. Steven Lopez 15:12. **13 & Under:** 1. Paul Neves 23:43, 2. Scott Morrison 27:17, 3. Trevor Bane 28:29. **14-19:** 1. Randy Stone 16:54, 2. Benjamin Mack 17:00, 3. Eduardo Sandoval 17:01. **20-29:** 1. Steven Lopez 15:12, 2. Stacy VanHorn 15:55, 3. Dave Drew 15:59. **30-39:** 1. Kevin Osterberg 15:00, 2. Bob Tapia 15:47, 3. David Fergie 16:09. **40-49:** 1. Dan Sauers 15:57, 2. John Taylor 17:05, 3. Bill Dunn 17:08. **50-59:** 1. Alex Vago 18:58, 2. Robert Schmitt 19:53, 3. Frank Stempski 20:37. **60-69:** 1. Dennis Egle 21:49, 2. Ken Nash 22:04, 3. Lloyd Anderson 22:41. **70 & Over:** 1. Albert Jarschke 29:12, 2. Larry Viglienza 35:58, 3. Bob Mejia 46:01.

Division Results - Women

Overall Winners: 1. Jeannie Umess 16:56, 2. Janet Bowie 17:02, 3. Nanette Garcia 18:09. **13 & Under:** 1. Rachael Wiseman 26:58, 2. Macie Klumper 32:08, 3. Whitney Garcia 33:13. **14-19:** 1. Thea Roberts 19:47, 2. Michelle Ruiz 21:51, 3. Kim Granata 22:40. **20-29:** 1. Janet Bowie 17:02, 2. Nanette Garcia 18:09, 3. Stacey Moseley 18:21. **30-39:** 1. Fiona Smith 20:35, 2. Sandra Gillis 20:43, 3. Kathy McAuliffe 20:49. **40-49:** 1. Sharon Svensson 19:35, 2. Eileen Hoefler 21:14, 3. Kathy Martin 21:34. **50-59:** 1. Pat Vorreiter 24:00, 2. Barbara Robben 24:10, 3. Joanne Hall 24:35. **60-69:** 1. Annie Sievert 35:14.

Avila Pier Run

August 22, Avila Beach, 5K.

Division Results - Men

Overall Winners: 1. Eric Dunn (16) AGHS

15:26, 2. Scott Peterson (24) SLO 15:42, 3. Juan Leon (18) AGHS 15:53. **16 & Under:** 1. Eric Dunn (AGHS) 15:26, 2. Juan (AGHS) 15:53, 3. Angel Ibarra (RHS) 16:16. **17-29:** 1. Scott Peterson (SLO) 15:42, 2. Sean McCormick (SLDC) 16:22, 3. Aaron Stern (Pismo Beach) 17:03. **30-39:** 1. Henry Hernandez (SLDC) 17:19, 2. R.D. Delgado (Grover City) 18:18, 3. Stan Reyes (Nipomo) 19:45. **40-49:** 1. Louie Quintana (Nipomo) 18:03, 2. Mark Anderson (SLDC) 19:19, 3. Stan Rosenfield (SLDC) 19:19. **50-59:** 1. Bill Graham (LVDC) 18:02, 2. Larry Jamison (SLDC) 18:18. **60 & Over:** 1. Bill Winstanley (SLDC) 22:57, 2. Ted Locker (SLDC) 23:31, 3. Virgil Just (SLDC) 24:14.

Division Results - Women

Overall Winners: 1. Angela Orefice (CPSLO) 18:25, 2. Brandy Barr (AGHS) 20:23, 3. Mindy Hagstrom (AGHS) 21:42. **16 & Under:** 1. Brandy Barr (AGHS) 20:23, 2. Mindy Hagstrom (AGHS) 21:42, 3. Jeanee Sopp (AGHS) 22:08. **17-29:** 1. Angela Orefice (CPSLO) 18:25, 2. Shamra Delashmutt (AGHS) 21:55, 3. Emily Weathers (Atascadero) 29:14. **30-39:** 1. Carrie Anderson (Aggie RC) 22:10, 2. Tammy West (SLDC) 23:42, 3. Julie Hiramatsu (Santa Maria) 24:28. **50-59:** 1. Jeanette Locker (SLDC) 25:07, 2. Ellen Kanthack (SLDC) 27:52, 3. Pat Winstanley (SLDC) 36:05. **60 & Over:** 1. Jean Spierling (SLDC) 26:19, 2. Barbara Thompson (SLDC) 26:28, 3. Olga Trudeau (Pismo Beach) 38:16.

Main Street Mile

August 22, Susanville.

Overall Results

1. Noah Hinkston (27) Oakland 4:19, 2. Rick Kushman (37) Sacramento 4:32, 3. Dan Krouse (17) Chico 4:36, 4. Ben Hipple (37) Susanville 4:43, 5. Sherman Moore (16) Susanville 4:50, 6. Eric Johnson (37) Reno 4:51, 7. Martin Balding (55) Eagle Lake 4:52, 8. Joe Bissell (45) Susanville 4:52, 9. Jim Reichle (35) Susanville 4:53, 10. John Barajas (18) Reno 4:59. **13. Theresa McCourt (33) Sacramento 5:02, 22. Paige Wynn (27) Susanville 5:22, 23. Sally Pyle (15) Susanville 5:27, Stephi Giuntini (16) Susanville 5:33, Vickie Monroe (34) Susanville 5:52.**

Pikes Peak Marathon

August 23, Maritou Springs, CO.

Overall Results - Men's Ascent

1. Scott Elliott (28) Boulder, CO 2:11:11, 2. Christopher Nelson (23) Florence, CO 2:17:33, 3. John Ortega (25) Albuquerque, NM 2:23:37, 4. Mark Blaser (34) Howards Grove, WI 2:25:36, 5. Ricky Denesik (33) Telluride, CO 2:27:08, 6. Dale Petersen (35) Denver, CO 2:28:33, 7. Dan Nielsen (30) Avon, CO 2:30:48, 8. Andre Boesel (42) Vail, CO 2:31:12, 9. Eric Pierson (32) Durango, CO 2:32:13, 10. Craig Dickson (25) Boulder, CO 2:34:28.

Overall Results - Women's Ascent

1. J'ne Day-Lucore (31) Denver, CO 4:28:28, 2. Gwen Martinez (25) Colorado

Springs, CO 3:02:10, 3. Vicki Ash (31) Boulder, CO 3:04:48, 4. Jolene Dewaal (28) Bountiful, UT 3:08:54, 5. Nancy Stark-Stevenson (38) Denver, CO 3:09:06, 6. Heidi Mosburg (30) Alta, UT 3:09:51, 7. Jenny McCargo (29) Telluride, CO 3:12:14, 8. Amelia Ingersoll (27) Hot Springs, AR 3:12:48, 9. Sherry Johns (37) Tucson, AZ 3:13:23, 10. Lisa Mills (30) Aurora, CO 3:14:26.

Top California - Ascent

1. Dave Joseph (37) Costa Mesa 2:58:26, 2. Tom Lorensen (33) Sunnyvale 3:27:00, 3. Jim Stuebe (39) Santa Monica 3:27:08, 4. John Wells (40) LaCanada 3:31:31, 5. Mark Maki (29) San Diego 3:38:22, 6. John Tarr (40) Moraga 3:38:38, 7. Lyle Hatridge (30) Pasadena 3:41:11, 8. Dan Meyers (35) Mammoth Lake 3:45:34, 9. Peter White (50) San Ramon 3:47:33, 10. Bill Dickey (52) Arcadia 3:48:42.

11. Eileen Burger (37) Mammoth Lake 3:54:11, 12. Valerie Doyle (50) Berkeley 3:56:07, 13. Cheryl Doughty (32) San Diego 4:06:19, 14. Dan Burton (32) La Verne 4:10:58, 15. Douglas Hogg (44) Santa Barbara 4:12:37, 16. Caroline Doll (33) Ventura 4:12:44, 17. Janet Franzese (49) Thousand Oaks 4:18:35, 18. Dale Bucek (31) Cupertino 4:19:38, 19. James Arthurs (61) Occidental 4:25:00, 20. Rosemary Blaney (44) Occidental 4:34:04.

21. Steve Doll (38) Ventura 4:35:33, 22. Hans Krausche (56) Oakland 4:49:35, 23. Bernice Brucker-Vincent (65) Berkeley 4:50:11, 24. Rachel Conrad (29) Berkeley 4:50:13, 25. Bruce Bergevin (42) Huntington Beach 4:54:17.

Overall Results - Men's Marathon

1. Ricardo Mejia (29) De Guadalupe, Mex. 3:24:25, 2. Matt Carpenter (28) Colorado Springs, CO 3:43:45, 3. Mohamed Elhajouri (30) Colorado Springs, CO 3:56:10, 4. Stephen Smatzel (28) Boulder, CO 3:56:40, 5. Dave Aschwanden (24) Boulder, CO 3:58:40, 6. Senovio Torres (38) Cordova, NM 3:59:09, 7. Vernon Morris (30) Daggett 4:00:38, 8. Andrew Bielecki (33) Kapaa, HI 4:05:56, 9. Jared Higgins (38) Alta, UT 4:10:15, 10. Rick Trujillo (44) Ouray Colorado, CO 4:12:50.

11. Jared Deorsay (23) Bellvue, CO 4:13:36, 12. Stephen Parziale (33) Aspen, CO 4:15:34, 13. Bijan Pimia (33) Colorado Springs, CO 4:16:16, 14. Paul Brennan (31) Salt Lake City, UT 4:21:18, 15. Rob Pedretti (28) Boulder, CO 4:21:35, 16. William Platt (34) Rock Hill, SC 4:22:03, 17. Allen Choma (39) Columbus, OH 4:24:01, 18. Michael Donovan (40) Los Alamos, NM 4:24:23, 19. George Beech (42) Denver, CO 4:25:32, 20. Paul Fuller (41) Boulder, CO 4:27:59.

21. Mark Barbour (32) Aspen, CO 4:33:46, 22. Ron Lund (35) Basalt, CO 4:33:47, 23. Thomas Howell (22) Wayneville, NC 4:39:14, 24. William Cordova (39) Colorado Springs, CO 4:40:29, 25. David Wilcox (30) Dillon, CO 4:40:32.

Overall Results - Women's Marathon

1. Jo Gathercole (38) Jackson, WY 4:44:15, 2. Deborah Wagner (41) Draper,

RESULTS

Ut. 4:51:36. 3. Wendy Sanem (24) Ft. Collins, CO. 5:06:40. 4. Katerina Straskraba (30) Lakewood, CO. 5:16:49. 5. Jill Case (33) Colo. Springs, CO. 5:17:41. 6. Margie Loyd-Allison (43) Colo. Springs, CO. 5:19:11. 7. Mary Beacco (38) Salt Lake City, UT. 5:28:59. 8. Penny Hobert (45) Denver, CO. 5:30:31. 9. Lisa Smith (31) Far Hills, NJ. 5:31:18. 10. Lorraine Gersitz (38) Fullerton 5:34:39.

11. Cynthia Silva (34) Ft. Huachuca, AZ. 5:35:12. 12. Shane Holonitch (41) Englewood, CO. 5:44:08. 13. Laura Graglia (27) Colo. Springs, CO. 5:44:59. 14. Sigrid Meiris (41) Colo. Springs, CO. 5:45:53. 15. Marge Paulov (40) Colo. Springs, CO. 5:49:06. 16. Jane Sheffer (46) Colo. Springs, CO. 5:49:19. 17. Cindy Geiman (35) Colo. Springs, CO. 5:51:31. 18. Carol Quinlan (30) Colo. Springs, CO. 5:53:11. 19. Judy Connolly (48) Colo. Springs, CO. 5:56:23. 20. Elaine Nolan (45) El Dorado, AR. 5:57:18.

21. Lori White (36) Englewood, CO. 5:58:39. 22. Joyce Taylor (45) Gurdon, AR. 6:01:38. 23. Carla Branch (40) Little Rock, AR. 6:02:23. 24. Lori Cohen (34) Manitou Springs, CO. 6:02:51. 25. Kathy Welch (39) Soquel 6:03:52.

Top California - Marathon

1. Vernon Morris (30) Daggett 4:00:38. 2. Earl Towner (42) Laguna Beach 4:42:52. 3. Mark Marcelli (33) San Diego 4:43:41. 4. Richard Hillestad (50) Topanga 5:10:54. 5. Brad Curry (33) Menlo Park 5:18:42. 6. Scott Howard (24) Sequoia Nat'l. Park 5:22:29. 7. Carl Anderson (31) Kensington 5:25:16. 8. Robert Thomas (36) Atascadero 5:28:22. 9. Lorraine Gersitz (38) Fullerton 5:34:39. 10. John Campbell (47) Palo Alto 5:35:21.

11. Kyle McNeil (40) Mission Viejo 5:38:54. 12. Anthony Capasso (40) Grass Valley 5:43:40. 13. Kathy Welch (39) Soquel 6:03:52. 14. Joan Mork (38) Soquel 6:03:53. 15. John Marshall (55) El Segundo 6:20:16. 16. Carlos Banderas (42) West Covina 6:21:13. 17. Bruce Guter (38) Fullerton 6:22:27. 18. Mad Dog Rehorn (51) Templeton 6:25:26. 19. Louise Comar (39) Atascadero 6:31:00. 20. Bill Dickey (52) Arcadia 6:36:35.

21. Allan Kaplan (37) San Francisco 6:38:53. 22. Nancy Tinker (40) Monrovia 6:45:54. 23. Nancy Stover (39) Berkeley 6:51:08. 24. Brice Hammerstein (41) Manteca 6:57:04. 25. Harrison Long (45) Costa Mesa 7:05:24.

Northwood Run for Make-A-Wish

August 23. Irvine. 5K & 10K.

Division Results - Men's 5K

14 & Under: 1. Ryan Vance 20:11. 2. Ted Teske 20:17. 3. Mark Singleton 20:22. 15-19: 1. Brendan Mahon 15:25. 2. Ben Flamm 15:49. 3. Gilbert Gomez 16:56. 20-24: 1. Michael Conover 15:23. 2. Jim Maynard 15:39. 3. Rod Hansen 16:46. 25-29: 1. Fred Cowles 15:13. 2. Rikie Martinez 15:15. 3. Eric Reade 15:40. 30-34: 1. David Fleming

15:13. 2. Antonio Munoz 15:21. 3. Bert Potwin 16:13. 35-39: 1. John Koningh 14:34. 2. Enrique Alvarez 15:12. 3. James Kim 16:45. 40-44: 1. Steve Kellmyer 16:49. 2. Walt Hitt 17:34. 3. Robert Baker 18:35. 45-49: 1. Anthony Teske 18:55. 2. Randall Shelley 19:02. 3. Bob Kingery 19:20. 50-54: 1. Harry Hunt 17:46. 2. Dick Jones 18:01. 3. Gary Riley 18:21. 55-59: 1. Tom Murphy 21:55. 2. Daniel Griffith 21:56. 3. Norm Landsman 22:04. 60-64: 1. Paul Saucedo 19:08. 2. Bob Berg 27:06. 3. Kenneth Hughey 27:32. 65-69: 1. Larry Banuelos 20:35. 2. Bud Bura 49:13.

Division Results - Women's 5K

14 & Under: 1. Sommer Owens 21:23. 2. Kristen Stevens 23:20. 3. Jennifer Marquand 24:31. 15-19: 1. Kim Tardif 19:38. 2. Jackie Guesno 20:07. 3. Joyce Lee 20:48. 20-24: 1. Lara Minassian 19:17. 2. Susan Scoggins 23:58. 3. Nguyen Kim-Chi 24:13. 25-29: 1. Tracy Rose 16:55. 2. Christian Hoscoe 20:50. 3. Diana Greenwood 21:16. 30-34: 1. Ruth Horton 18:38. 2. Lori Tooker 19:42. 3. Jennifer Setlak 20:10. 35-39: 1. Thea Fox 19:04. 2. Hillary Willett 20:23. 3. Lynne Scott 20:51. 40-44: 1. Sherri Hall 17:19. 2. Lori Coker 18:24. 3. Marina Jones 19:49. 45-49: 1. Sue Reinhardt 19:39. 2. Joann Sherman 22:17. 3. Carolyn Slade 22:50. 50-54: 1. Ida Hendrick 23:04. 2. Sandra Wolff 29:38. 3. Marilu Lee 33:34. 55-59: 1. Laetitia Waluk 25:02. 2. Sue Hughey 25:22. 3. Judy Demenno 28:33. 60-64: 1. Chris Cromer 24:53. 2. Willa Porter 43:14. 65-69: 1. Clara Luzzi 39:41. 2. Anna Griffith 41:20. 3. Julie Vura 48:56. 70 & Over: 1. Lucile Adney 44:34.

Division Results - Men's 10K

14 & Under: 1. James Christman 52:06. 2. Nicholas McVeigh 58:59. 15-19: 1. Gabriel Garduno 41:05. 2. Dan Dupuis 44:10. 20-24: 1. Matt Capelouto 31:22. 2. Im Gumby 33:51. 3. Shimoda Teruo 35:36. 25-29: 1. Salomon Mendoza 32:38. 2. Moises Hernandez 33:13. 3. Henrik Gabrielyan 33:40. 30-34: 1. Farron Fields 29:40. 2. Kevin Broadly 30:21. 3. Greg Mislick 31:55. 35-39: 1. Jesus Padilla 33:42. 2. Dan Babcock 34:04. 3. Gregg Buchbinder 39:19. 40-44: 1. Hugo Velasquez 36:21. 2. Mike Marquand 39:42. 3. Frank Odonnell 39:43. 45-49: 1. Ron Ogilvie 34:53. 2. Bob Goodson 38:19. 3. Bruce-White Wolf 41:52. 50-54: 1. Gamma Chavez 37:10. 2. Terry Jones 39:18. 3. Bob Norton 39:57. 55-59: 1. Sam Mayo 41:10. 2. Martin Spoto 47:39. 3. Bob Alloy 51:31. 60-64: 1. Ed Foat 37:59. 2. Harry Cromer 47:40. 3. Jack Wallace 49:09. 65-69: 1. Bob Koch 45:54. 70 & Over: 1. Fredi Gonzales 57:40.

Division Results - Women's 10K

25-29: 1. Marilyn Broadly 36:34. 2. Kerry O'Connor 45:43. 3. Denise Severloh 47:33. 30-34: 1. Mary Button 35:46. 2. Kelly Babcock 37:15. 3. Jennifer Heaton 40:59. 35-39: 1. June Gessner 40:35. 2. Diane Farson 44:44. 3. Nancy Seidler 46:21. 40-44: 1. Judy Boehme 47:47. 2. Marilyn Holland 48:38. 3. Soraya Behnam 49:05. 45-49: 1. Harolene Walters 41:08. 2. Ann Lister 51:37. 3. Norma Severloh 53:17. 50-54: 1. Nancy Green 55:30. 2. Mary Bradbury

58:45. 3. Jeri Fender 1:03:14. 55-59: 1. Marlene Zamberlin 1:08:57.

DSE McLaren Park Run

August 23. San Francisco. 3.5 Mile.

Overall Results

1. Antonio Corgas 19:18. 2. Pete Nowicki 19:29. 3. James Stratta 20:22. 4. Ron Long 20:32. 5. Chuck Winters 20:52. 6. Al Taliaferro 21:00. 7. Juan Bayon 21:43. 8. Larry Wuerstle 21:50. 9. Scott McBride 22:02. 10. Dan Schirm 22:13.

11. Len Garriott 22:58. 12. John Weldinger 23:34. 13. Reid Walden 23:56. 14. Dave Picariello 24:07. 15. Marilyn Cornet 24:27.

19. Elaine Mah 25:48. 32. Suzanne Arias 30:34. 33. Wendy Newman 30:42. 35. Frank Evans 30:58.

Run From The Itch

August 23. Forestville Youth Park, Forestville.

Kenny Brown, 23, of Rohnert Park set a blistering pace this past weekend to win the 1st annual Run From The Itch Road Race, held in conjunction with Forestville's 8th annual Poison Oak and Berry Festival. Brown's 30:36 for the hilly 5.85 mile course through and around the west county town would translate to a 32:26 at the standard 10K distance.

In the women's division, Amada Lamb, 25, of Vacaville, took 29th place overall and turned in the best women's performance with a time of 41:34.

Name	Town	5.85M	10K
1. Kenny Brown	Rohnert Pk	30:36	32:26
2. Byron Choiniere	Walnut Ck	31:40	33:38
3. Michael Duncan	San Mateo	32:05	33:56
4. Jeremy Hall	Sebastopol	33:48	35:55
5. Eddie Freyer	Santa Rosa	34:14	36:21
6. Gwin Stumbaugh	Santa Rosa	35:36	37:48
7. Wayne Hinrichs	Novato	36:04	38:24
8. Robert Barber	Half Moon Bay	36:19	38:36
9. Ed Russell	Pleasant Hill	36:49	39:08
10. Mitch Castleberry	Santa Rosa	37:24	39:46
11. David Daniels	Torrance	37:37	39:58
12. Robert Pitchford	Santa Rosa	37:39	40:01
13. Anthony Gangi	Petaluma	37:47	40:12
14. Mario Molinari	Santa Rosa	37:52	40:15
15. Keif Roberts	Guerneville	38:16	40:48

Tamalpa Couples Relay

(2 x 2 miles)

August 23. Tamalpa.

Overall Results

Woman	Man	Com Time
1. J. Sapikan (10:57)	M. McManus (9:16)	20:16
2. J. Thatcher (10:48)	P. O'Reilly (9:47)	20:35
3. J. Urness (10:56)	A. Pierson (9:44)	20:40
4. L. Spaargaren (11:13)	K. Ostenberg (9:37)	20:50
5. L. Zaragoza (11:20)	J. Lizaraga (9:36)	20:56
6. L. Buess (11:06)	R. Buess (9:56)	21:02
7. L. Fritz (11:21)	J. Kames (9:46)	21:07
8. J. Cubillas (11:07)	K. Cubillas (10:05)	21:12
9. L. McMullin (11:25)	J. Hampton (10:07)	21:32
10. N. Horn (11:29)	S. Fitzpat (10:21)	21:50
11. T. Nelson (12:46)	D. Aldridge (9:06)	21:52
12. E. Brann-Erler (10:58)	J. Rosenthal (11:08)	22:06
13. J. Finch (12:33)	J. Furber (9:39)	22:12
14. K. Saxena (11:41)	A. Saxena (10:38)	22:19
15. L. Geoffrion (11:07)	D. Geoffrion (11:14)	22:21
16. P. Daniel (11:43)	M. Fanelli (10:47)	22:30
17. K. Crowley (12:48)	D. Held (9:44)	22:32

18. A. Cathcart (11:57) C. Nielson (10:38) 22:35
19. V. Murray (11:52) D. Garda (10:50) 22:42
20. F. Holland (12:32) P. Holland (10:23) 22:55

Great North Triathlon

August 23. Davis.

Overall Results - Elite

1. Andrew Kelsey (24) 1:59:32. 2. Ty Nickel (23) 2:01:38. 3. Nicholas Kurth (31) 2:02:03. 4. Ryan Adamson (25) 2:08:37. 5. John Amour (25) 2:09:13. 6. Stefan Laurson (22) 2:11:25. 7. Jill Newman (24) 2:26:46. 8. Ann Motekaitis (31) 2:29:42. 9. Elise Sachs (24) 2:29:54. 10. Michael Caniglia (25) 2:47:02.

Overall Results - Age Group

1. Jon Christensen (28) 2:05:36. 2. Sean Ford (31) 2:07:42. 3. Timothy Marquardt (26) 2:09:39. 4. Stephen McCaw (26) 2:10:42. 5. Tom McCleary (29) 2:11:29. 6. Arne Hanson (24) 2:11:49. 7. Spencer Fine (17) 2:12:57. 8. Ryan Iwanaga (26) 2:13:39. 9. Alistair Craft (26) 2:14:03. 10. Jack Powless (31) 2:14:05.

11. Cliff Dimond (31) 2:14:05. 12. Tom Faulkner (24) 2:14:30. 13. Kenny Leader (33) 2:14:53. 14. Jerry Brendel (34) 2:15:18. 15. Dan Burger (27) 2:15:18. 16. William Fried (33) 2:15:59. 17. Anthony Brantley (21) 2:16:07. 18. Nick Bingham (21) 2:16:26. 19. Daniel Greenhalgh (19) 2:16:37. 20. Frank Scribbick (31) 2:17:34.

Relays

Men: 1. Birnie/Ussher DeRoo 2:21:02. 2. Messner/White Lee 2:23:47. 3. Team Woodbrin 2:30:13.

Women: 1. Cleveland/Forman/Nurs 2:41:43. 2. Beagle Lanser Ronce 2:47:58. 3. Choi/Elliott Taylor 2:58:46.

Mixed: 1. Team Darkside 2:20:32. 2. Alpert/Olson MacFarlan 2:27:06. 3. Foundation Health 2:44:52.

Overall Results - Sprint

1. Robert Hepler Jr. (30) 1:10:59. 2. Morgan Rosenbach (26) 1:12:05. 3. Brian Timmerman (21) 1:12:07. 4. Don Anderson (40) 1:13:35. 5. Curtis Fritz (29) 1:14:04. 6. Gerald Badding (26) 1:14:16. 7. Mark Oslund (27) 1:14:31. 8. Tim Lavelle (44) 1:15:47. 9. Craig Grimes (35) 1:16:21. 10. Darryl Metz (33) 1:17:18.

11. Jim Sharpe (35) 1:18:34. 12. Ed Ashen (29) 1:19:15. 13. Gordon Gould (48) 1:19:27. 14. George Spinaz (38) 1:20:13. 15. Christine O'Harden (22) 1:20:22. 16. Neil Leary (26) 1:20:43. 17. Glen Vegas (38) 1:21:55. 18. Kent Robison (45) 1:22:07. 19. Cindy Sharpe (30) 1:22:15. 20. Carrie Frates (21) 1:22:44.

Relays

Men: 1. Gonzales/Towle/Zook 1:24:23. 2. Haessler/Stone DeDamen 1:35:55. 3. Sloane/Weiner 1:58:24.

Women: 1. Burnside/Houlihan/Lop 1:43:57. 2. Flagg/Schwartz 2:10:49.

Mixed: 1. Team McWilson 1:13:12. 2. Bike Barn 1:21:38. 3. Team Rama 1:25:21.

RESULTS

World's Toughest Triathlon

August 29, Lake Tahoe.

(2 MI. Swim, 100 MI. Bike, 18.6 MI. Run)

Overall Results - Men's Toughest Tri

1. David Turner (30) 8:21:12, 2. Scott Miller (31) 8:26:31, 3. Charles Cox (40) 8:53:36, 4. Eric Johnson (34) 8:57:03, 5. Warren Ross (27) 9:01:42, 6. Chris Torrigno (29) 9:12:59, 7. George Wright (49) 9:24:03, 8. Bill McDermott (41) 9:35:13, 9. Mark James (25) 9:47:59, 10. Steven Bono (25) 9:56:58.

11. Tomas Navarro (26) 10:06:08, 12. Jameson Van Eaton (45) 10:06:58, 13. Vince Fausone (31) 10:15:35, 14. Greg Sykes (31) 10:23:06, 15. Clark Presswood (28) 10:23:58, 16. George Sobottke (26) 10:24:34, 17. Jon Paul (23) 10:24:36, 18. Page Karsteter (25) 10:26:03, 19. Eric Boltz (26) 10:27:12, 20. Kimball Larsen (22) 10:27:48.

Overall Results - Women's Toughest Tri

1. Rebecca Jones (28) 10:28:51, 2. Suzanne Roat (29) 10:32:27, 3. Danelle Balenger (21) 11:09:56, 4. Robin Davis (32) 11:12:44, 5. Alexander Smith (30) 11:23:06, 6. Judy Glynn (44) 11:35:14, 7. Susan Shaler (41) 11:49:42, 8. Ellen Saltis (27) 12:07:41, 9. Barbara Wright (47) 12:30:45, 10. Peggy Lavelle (31) 12:40:16.

Overall Results - Toughest Tri Relays

1. Team Skyline 7:59:16, 2. Team Power Bar 8:35:00, 3. Team Snider 8:47:37, 4. Team Cor 8:59:48, 5. Team Hardy 9:05:45.

Overall Results - Men's Semi-Toughest Tri (1.5K Swim, 50K Bike, 10K Run)

1. Dominic Panziera (32) 2:36:23, 2. Pete Kain (29) 2:39:06, 3. Robert Hepler (30) 2:41:56, 4. Jon Christensen (28) 2:42:28, 5. Rob Swan (22) 2:45:17, 6. Andy Clark (29) 2:48:20, 7. Paul Every (28) 2:50:57, 8. Forrest Bond (49) 2:51:16, 9. Don Duff (40) 2:52:38, 10. Andrew McKinnon (38) 2:55:44.

11. Scott Kress (32) 2:59:01, 12. Thomas Schwaninger (28) 3:00:46, 13. Robert Crockett (43) 3:01:01, 14. Kent Robison (45) 3:01:49, 15. Kevin Sutton (34) 3:02:17, 16. Lester Waddell (43) 3:02:29, 17. Mike O'Farrell (29) 3:04:05, 18. Kris Danforth (17) 3:04:15, 19. Patrick Ryan (24) 3:05:56, 20. Bill Richards (40) 3:06:53.

Overall Results - Women's Semi-Toughest Tri (1.5K Swim, 50K Bike, 10K Run)

1. Erin McCarty (21) 2:50:46, 2. Elise Sachs (24) 3:01:46, 3. Linda Casillas (29) 3:02:00, 4. Leigh Ann Cox (30) 3:07:02, 5. Holly Martin (34) 3:10:54, 6. Sally Gaines (40) 3:17:39, 7. Stephanie Green (23) 3:18:10, 8. Heidi Lutu (24) 3:21:18, 9. Patti Goldhammer (25) 3:21:24, 10. Pam Adams (28) 3:21:37.

Where the Hell is Brisbane

August 30, Brisbane, 5.18 Mile.

Overall Results

1. Kevin Cowan 28:50, 2. David Piazza 30:45, 3. Ron Long 31:02, 4. John Zarembski 31:49, 5. Joe Hancock 32:06, 6. John Weidinger 33:04, 7. Mark Scheuer 33:10, 8. Dan Schirn 33:17, 9. Larry Wuerstle 33:47, 10. George Baptista 33:51.

11. Len Brink 33:54, 12. David Searles 34:24, 13. Jeff Houston 34:39, 14. Ron Dorey 35:16, 15. Bob Besso 35:25.

24. Kiko Baptista 39:31, 28. Doerte Murray 40:01, 33. Jeanie Jones 42:08.

Catfish Jubilee

August 30, Walnut Grove, 5 Mile.

Division Results - Men

Overall Winner: 1. Don Hicks 27:21, 18 & Under: 1. Ken Rhoades 28:45, 2. Chris Solinger 29:05, 3. Jason Reed 38:14, 19-29: 1. Jose Loza 30:14, 2. Rodney Paplow 31:15, 3. Paul Vosti 31:25, 30-39: 1. Don Hicks 27:21, 2. Ron Richardson 28:19, 3. Tim Williams 28:36, 40-49: 1. Karl Bacon 29:42, 2. Jim Davis 30:16, 3. Del Barbray 31:29, 50-59: 1. Robin Ward 35:31, 2. Harry Sliskovich 36:55, 3. Michael Otten 37:30, 60 & Over: 1. John Milne 36:41, 2. Jimmy Low 38:12, 3. Tod Anton 41:15.

Division Results - Women

Overall Winner: 1. Barbara Hood 32:53, 18 & Under: 1. Rebecca Phillips 45:00, 2. Liz Allbut 50:19, 19-29: 1. Ann Patten 34:24, 2. Martha Jennings 38:11, 3. Karie Kozak 41:08, 30-39: 1. Barbara Hood 32:53, 2. Marlene Farley 38:05, 3. Janet Keller 40:15, 40-49: 1. Bettie Powers 39:13, 2. Terri Dusch 40:01, 3. Beverly Fletcher 45:05, 50-59: 1. Dina Fields 41:47, 2. Marlene Kinser 45:24, 3. Kathleen Tornow 47:40, 60 & Over: 1. Angie Given N.T.

Run for Mental Wellness

August 30, Santa Cruz, 5K & 10K.

Division Results - Men's 5K

14 & Under: 1. Jonathan Warning 28:57, 2. Adam Stagnaro 33:34, 15-19: 1. Changamire Wilson 18:36, 2. Edwin Sic 18:44, 3. Edward Payne 20:12, 20-29: 1. Joseph Carnegie 16:20, 2. Art Molina 16:43, 3. Erik Knight 17:21, 30-39: 1. Terence Boynton 16:25, 2. Tony Munoz 17:24, 3. Martin Krilanovich 19:02, 40-49: 1. Neil Gelblum 18:37, 2. Jan Valencia 18:41, 3. Dick Duccini 20:09, 50-59: 1. Jerry Dietrich 21:35, 2. Bob Feldman 22:17, 3. Luis Reyes 22:46, 60-69: 1. Dave McCarthy 28:15.

Division Results - Women's 5K

14 & Under: 1. Elizabeth Conery 27:46, 15-19: 1. Danielle Wall 21:51, 2. Melissa Conery 27:30, 20-29: 1. Melina Meza 23:50, 2. Julie Blau 26:52, 3. Antonina Hines 27:11, 30-39: 1. Sandra Rotstein 20:57, 2. Diana Moore 21:40, 3. Kathy Crompton 21:54, 40-49: 1. Brigitte Schlatter 21:04, 2. Carol Cuminale 22:02, 3. Grace Voss 23:19, 50-59: 1. Sharen Gillette 29:29, 60-69: 1. Kit Pickles

27:44, 2. Edith Nelson 35:57.

Division Results - Men's 10K

15-19: 1. Liam Jones 34:36, 2. Guillermo Medrano 35:16, 3. Luis Chacon 40:10, 20-29: 1. Joseph Carnegie 32:18, 2. Andrew Cook 35:31, 3. Chris Andrade 35:42, 30-39: 1. Gilbert Munoz 31:49, 2. Albert DeLaTorre 32:27, 3. Torin Rotstein 34:38, 40-49: 1. Dan Sauters 33:32, 2. Gregory Brock 34:45, 3. David Barry 36:32, 50-59: 1. Luis Reyes 45:47, 2. Nick Vomvolakis 50:53, 3. Pete Ryan 52:27, 60-69: 1. Dick Yaeger 46:54, 2. Bill Dunn 54:50, 70 & Over: 1. George Leayitt 55:27, 2. Gordon McHugh 58:13.

Division Results - Women's 10K

14 & Under: 1. Zoe Willett 48:47, 2. Laura Sheppard 58:50, 3. Marilyn Bates N.T., 15-19: 1. Alison Sato 49:26, 2. Michelle Cunniff N.T., 20-29: 1. Deanne Klimkosky 40:24, 2. Randy Lunsford 44:08, 3. Stephanie Rousseau 44:42, 30-39: 1. Annie Conneau 42:37, 2. Jenni Bahr 43:12, 3. Janet Sobczak 43:56, 40-49: 1. Kristin Hoyer 43:24, 2. Marianne Ellis 49:10, 3. Dianne Carter 49:59, 50-59: 1. Phyllis Buie 55:00, 60-69: 1. Bobbie Bailey 1:01:30.

Sunset in the Park

Sept. 3, Huntington Beach, 2.8 MI. & 4.8 MI.

Division Results - Men's 2.8 Mile

14-17: 1. Jerrod Jones 22:06, 18-23: 1. Matt Capelouto 15:17, 2. Vince Saltarelli 17:17, 3. Randy Yoshioka 17:44, 24-29: 1. David Schumacher 14:32, 2. Dan Arsenault 14:48, 3. Tom Curtin 14:51, 30-34: 1. Antonio Munoz 15:09, 2. Mark Cleary 16:15, 3. Tony Konaulin 16:26, 35-39: 1. Rob McNair 16:08, 2. Rick Waterman 17:03, 3. Fidel Diaz 17:41, 40-44: 1. Bill Sumner 16:05, 2. Walt Hitt 17:32, 3. Mel Sanchez 17:38, 45-49: 1. Roy Nilsson 21:47, 2. Hugh Brown 22:06, 3. Pete Ganulin 22:30, 50-54: 1. Ed Arasim 18:20, 2. Bob Norton 18:28, 3. Tom Bay 20:57, 55-59: 1. Juvenal Herrera 18:14, 2. Frank Greene 20:21, 3. David Behlenger 21:35, 60 & Over: 1. John Mooshagian 28:19.

Division Results - Women's 2.8 Mile

14-17: 1. Lana Atchley 18:31, 2. Tara Alvarez 19:27, 3. Ana Rothenay 25:09, 18-23: 1. Kara Bradbury 17:22, 2. Denisha Beaz 18:06, 3. Ann Apodaca 27:04, 24-29: 1. Kathleen Smith 16:34, 2. Lenora Day 23:39, 3. Linda Plexico 24:11, 30-34: 1. Jennifer Heaton 18:11, 2. Theresa Hilliker 19:50, 3. Julia Brown 19:54, 35-39: 1. Chris Goins 21:55, 2. Louise Anderson 24:27, 3. Pamela Penton 24:45, 40-44: 1. Lol Coker 18:21, 2. Solange Stramler 21:28, 3. Lori Grace 28:28, 45-49: 1. Sue Reinhardt 19:59, 2. Karen Bertram 42:29, 3. Pat Potter 42:47, 50-54: 1. Julie Mullen 27:43, 55-59: 1. Sharon Sims 23:53, 2. Joan Potter 35:05, 3. Katharine Fuller 42:47.

Division Results - Men's 4.8 Mile

13 & Under: 1. Edward Tovar 38:46, 14-17: 1. Sergio Lopez 31:25, 18-23: 1. Michael Conover 25:32, 2. Scott Urrer 25:49, 3. Matt Capelouto 26:42, 24-29: 1. Michael Cotter 25:18, 2. Tom Curtin 26:08, 3. Dan Zelinski 27:35, 30-34: 1. Michael Leong

28:30, 2. Mark Cleary 28:54, 3. Tony Konvalin 29:17, 35-39: 1. Rob McNair 30:44, 2. Ernest Shwanor 31:41, 3. Jim Iacono 32:48, 40-44: 1. Irv Ray 28:30, 2. Steve Keimyer 28:32, 3. John Reese 33:29, 45-49: 1. Dale Fairchild 30:14, 2. Ian Baillie 33:52, 3. Oliver Black 34:52, 50-54: 1. Ed Arasim 33:03, 2. Bob Norton 33:46, 3. Lowell Hardison 35:14, 55-59: 1. Bill Phillips 35:32, 2. Frank Greene 36:33, 3. John Pollard 38:33, 60 & Over: 1. Richard Whitney 45:33.

Division Results - Women's 4.8 Mile

18-23: 1. Heidi Orapeza N.T., 24-29: 1. Staci Schilling 32:51, 2. Megan Duffy 35:56, 3. Tracey Chmielewski 43:10, 30-34: 1. Cherie Bunnell 32:51, 2. Jennifer Heaton 34:13, 3. Theresa Hilliker 35:41, 35-39: 1. Patty Morrison 36:23, 2. Charlen Cameron 40:04, 3. Phillis Bourgault 40:37, 40-44: 1. Lol Coker 28:30, 2. Patti Tison 35:41, 3. Marilyn Gushard 40:25, 45-49: 1. Sue Reinhardt 36:02, 2. Sue Robbins 39:22, 3. Carolyn Hartling 44:44, 50-54: 1. Sue Cummings 42:16, 2. Aleeta Jones 47:51.

Masters Results

Men's Masters: 1. Ed Arasim 51:16, 2. John Reese 52:04, 3. Bob Norton 52:14, **Men's Sub-Master:** 1. Tom Curtin 40:59, 2. Matt Capelouto 41:59, 3. Dan Zelinski 43:05, **Women's Masters:** 1. Lol Coker 50:37, 2. Sue Reinhardt 56:01, **Women's Sub-Master:** 1. Jennifer Heaton 52:24, 2. Theresa Hilliker 54:54, 3. Julia Brown 55:22.

Golden Gate Tunnel Run

Sept. 5, Ft. Cronkhite, 3.6 MI. & 6.7 MI.

Overall Results - 3.6 Mile

1. Nick Nickols (32) 21:21, 2. Peter de Laeaga (35) 41:25, 3. Jack Rosen (35) 42:00.

Overall Results - 6.7 Mile

1. Nickos Moutos (34) 39:58, 2. Mike Tarvid (30) 40:37, 3. Carry Menard (34) 41:32, 4. Bart Ferrell (31) 41:36, 5. Don Anderson (40) 42:01, 6. Ken Cicinelli (26) 42:12, 7. John Campbell (47) 43:46, 8. Bill Reschke (26) 44:33, 9. Doug Engner (34) 44:38, 10. Mitch Deshields (27) 44:50, 11. John Zaromski (42) 45:26, 12. Joe Paniccia (30) 46:23, 13. Ray Brown (45) 47:06, 14. James DeYoung (36) 47:24, 15. Richard Askren (42) 48:27.

Bolinas Ridge Wild Boar Runs

Sept. 5, Stinson Beach, 18M, 9M & Marathon.

Overall Results - Marathon

1. Andrew Kotulski (52) Danville 4:01:10, 2. Mark Johnson (35) Antioch 4:02:35, 3. Trey MacPhee (33) San Francisco 4:15:30, 4. Helen Hull (33) Sacramento 4:20:37, 5. Stan Jensen (39) Moss Beach 4:26:58.

Overall Results - 18 Mile

1. Brian Purcell (35) Sebastopol 2:09:58, 2. Guy Palmer (33) San Rafael 2:16:35, 3. Peter Franks (46) Sausalito 2:16:40, 4. Patrick Schuck (28) Mt. View 2:19:45, 5. Mark Engemann (32) Greenwood 2:29:15,

RESULTS

6. Scott Patton (38) Pleasanton 2:36:47, 7. Geoff Espin (31) Oakland 2:47:45, 8. John Schuck (40) Palo Alto 2:51:10, 9. Tony Brown (45) San Rafael 3:03:15, 10. Walter Lehle (45) San Francisco 3:05:30.

Overall Results - 8 Mile

1. Lindy Miller (36) San Mateo 56:45, 2. Robert Sanchez (34) Livermore 59:30, 3. Patrick Durham (29) Sacramento 1:04:00, 4. Nicholas Kaufman (17) San Francisco 1:05:15, 5. Jay Hoag (34) San Francisco 1:06:18.

Amigo de Oro Runs

Sept. 6. Mariposa Fair Grounds, 5 & 10 Miles.

The 18th Annual "Amigo de Oro" 5 and 10 mile run started on time on a pleasantly cool Sunday at 7:30 a.m. at the Mariposa Fair Grounds. One course record was broken by Brenda Cranford of Salinas in the 30-39 age group, 5 mile Women's Division, breaking her record of last year of 38:01 (18-29 Division), finishing in 35:56. This is also a women's record for the course. Jack Kirk of Mariposa and father of the "Dipsea" completed the 10 mile (oldest so far, age 85). A thrill was the 10 mile spring competition among Gary Grillet and Fred Villegas of Merced, and Daniel Rusk of Winton in 55:56, 56:27, 1 hour 45 seconds respectively (and respectfully), none surpassing course record of Fred's 54 min. 24 sec. in 1982.

Division Results - Men's 5 Mile

Overall Winners: 1. James Umpleby 30:08, 2. Tom Diehl 32:25, 3. Augie Capuchino 33:00, 4. John Peterson 33:21, 5. Skip Latham 34:28. **12 & Under:** 1. Elisha Peterson 48:05, 13-17: 1. Mike Pratt 35:41, 18-29: 1. Tung Huynh 47:31, 30-39: 1. James Umpleby 30:08, 2. Tom Diehl 32:25, 3. Augie Capuchino 33:00, 40-49: 1. John Peterson 33:21, 2. John Minney 36:12, 3. Richard Seaman 45:10, 50-59: 1. Lon Hendricks 39:59, 2. David Gomez 42:17, 3. Walter Brown 48:01, 60-69: 1. Mel Elliott 41:48, 2. Chris Denny 45:22, 3. Joseph Rhoad 49:48, 70 & Over: 1. Ray Mahannah 53:44, 2. Bob Manly 1:50:13.

Division Results - Women's 5 Mile

Overall Winners: 1. Brenda Cranford 35:56, 2. Therysa Peterson 44:53, 3. Sarah Breuster 1:02:10, 13-17: 1. Therysa Peterson 44:53, 30-39: 1. Brenda Cranford 35:56, 40-49: 1. Sarah Brewster 1:02:10, 2. Patricia Taylor 1:05:03, 3. Antonia Holoquin 1:33:45, 50-59: 1. Marvele Taylor 1:06:08.

Division Results - Men's 10 Mile

Overall Winners: 1. Gary Grillet 55:56, 2. Daniel Rusk 1:00:45, 3. Chris Smith 1:04:10, 4. John Gayman 1:04:49, 5. Curt Royer 1:05:28, 13-17: 1. Isaiah Peterson 1:17:26, 18-29: 1. Fred Villegas 56:27, 2. Daniel Rusk 1:00:45, 3. Chris Smith 1:04:10, 40-49: 1. John Gayman 1:04:49, 2. Curt Royer 1:05:28, 3. Lee Anderson 1:19:46, 50-59: 1. Ken Schwison 1:08:11, 2. Tommy Upton 1:12:07, 60-69: 1. Ralph Seely 1:26:34, 2. Bob Evans 1:48:39, 70-79: 1. Harry Harder 1:39:58, 80 & Over: 1. Jack Kirk 4 hrs. approximately.

Division Results - Women's 10 Mile

Overall Winners: 1. Pamela Royer 1:20:45, 2. Anne Carota 1:24:13, 3. Jean Schwison 1:24:46, 13-17: 1. Anne Carota 1:24:13, 30-39: 1. Colleen Werner 1:31:47, 2. Elizabeth Waldon 1:31:51, 40-49: 1. Pamela Royer 1:20:45, 2. Jean Schwison 1:24:46, 3. Cherry Payne 1:31:45, 50-59: 1. Heidi Fialho 1:51:31, 60-69: 1. Florence Seely 2:24.

Double Bay Run

Sept. 6. Emeryville, 5 Mile Run, Stride, Walk.

Overall Results

1. Nick Nickols (32) 27:38, 2. John Plaza (17) 28:34, 3. Thomas Arbuckle (30) 28:47, 4. Kevin Suerduk (34) 29:49, 5. Sharlet Gilbert (41) 30:11, 6. Kent Sasaki (28) 30:11, 7. Tim McJugh (44) 30:34, 8. Jukka Valkonen (25) 30:56, 9. Rolf Nevelune (52) 31:05, 10. Manuel Parra (38) 31:05, 11. John Weldinger (51) 31:06, 12. Tom Ford (40) 31:22, 13. Dean Tatsuno (42) 31:51, 14. Claire Fry (39) 32:16, 15. Dean Cheesman (49) 32:31.

DSE Memorial Run

Sept. 6. San Francisco, 4.5 Mile.

Overall Results

1. John Howell 24:28, 2. Kevin Cowan 24:48, 3. Antonio Corgas 25:13, 4. Peter Gebbie 25:34, 5. Pete Nowicki 26:13, 6. Richard Morrissey 26:27, 7. Chuck Winters 26:40, 8. Ron Long 27:10, 9. Paul Morrison 27:21, 10. Herman Escajadillo 27:40, 11. Dan Conley 27:42, 12. Dimitris Sklavopoulos 28:08, 13. James Stratta 28:08, 14. Dan Schirm 28:39, 15. Dave White 29:00, 40. Becky Rozewicz 32:16, 42. Karen Manning 32:29, 48. Chantal Geoffrion 34:12.

Out Where The Tule Elk Roam

Sept. 6. Pt. Reyes, 9 Mi. Trail.

Overall Results

1. Richard Parker (46) San Francisco 1:05:05, 2. Jim Bystrek (41) San Rafael 1:08:34, 3. Tom White (32) Sacramento 1:21:40, 4. Charlie Gonzales (48) Los Angeles 1:22:42, 5. Dan Jenkins (42) Shingle Springs 1:22:55, 6. Joseph Staats (51) Sacramento 1:23:40, 7. Vince Peterson (32) Sunnyvale 1:24:06, 8. Robert Page (47) San Francisco 1:25:57, 9. Robert Wallace (43) Santa Rosa 1:27:40, 10. Steven DeMartini (36) Sunnyvale 1:27:49.

49'R Canyon Classic Biathlon

Sept. 7. Auburn.

Overall Results

1. Rich Hanna (Sacto) 58:59, 2. Nick Bingham/Anthony Brantley (Sacto) 1:01:59, 3. Scott Young (Reno) 1:02:33, 4. Troy Soares/Allyn Hodges (San Jose) 1:03:22, 5. John Whitney (Fairfield) 1:03:54, 6. Parker

Piner/Kevin Casey (Grass Vly) 1:03:58, 7. Lyle Freeman (Gardnerville, NV) 1:06:05, 8. Bruce Aldrich (Sacto) 1:06:06, 9. Delmar Fralick/Stan Salva (El Dorado Hills) 1:07:33, 10. Michael Agah (Sunnyvale) 1:07:51.

11. Rae Clark (Camino) 1:08:14, 12. Tom Pesco (Placerville) 1:09:38, 13. Inga Thompson (Reno) 1:10:04, 14. Jan Rivas/Glenn McCarthy (Fair Oaks) 1:10:48, 15. Tom Wright (Placerville) 1:11:30, 16. Mark Haase/Jack Wenzel (Truckee) 1:11:56, 17. Chris Mohler (Loomis) 1:11:58, 18. Jim Kirby (Santa Rosa) 1:13:08, 19. Leighton Reynolds (Monterey) 1:13:13, 20. Evan Chang/Dean Walters (Woodland) 1:14:03.

Labor Day Run

Sept. 7. McFarland, 5K & 10K.

Overall Results - 5K

1. Thomas Valles (22) 16:11, 2. Mark Friesen (13) 18:01, 3. Fabian Vega (14) 18:20, 4. Michael Maronez (16) 18:32, 5. Chris Hardin (16) 18:33, 6. Dorsh Sanders (49) 18:34, 7. Robert Tafoya (42) 18:41, 8. Mark Sweo (35) 18:53, 9. Brenda Villanueva (31) 18:55, 10. Robert Perry (51) 19:03.

Division Results - Men's 5K

14 & Under: 1. Mark Freisen 18:01, 15-19: 1. George Rivera 15:32, 20-29: 1. Thomas Valles 16:11, 30-39: 1. Steve Moreno 17:38, 40-49: 1. Dorsh Sanders 18:34, 50-59: 1. Robert Perry 19:03, 60 & Over: 1. Gilbert Hinz 20:54.

Division Results - Women's 5K

15-19: 1. Cindy Carter 20:10, **20-29:** 1. Susan Block 23:57, **30-39:** 1. Helen Moreno 18:28, **40-49:** 1. Kathy Sweo 21:45, **50-59:** 1. Marjorie Turner 29:00.

Overall Results - 10K

1. Eduardo Verdejo (17) 34:45, 2. Amador Ayon (22) 36:11, 3. Eric Pugh (40) 36:12, 4. Bill Enoch (35) 36:57, 5. Carl Hatley (33) 38:26, 6. Jerry Moronez (15) 39:28, 7. Terry Lewis (34) 39:40, 8. Mike Shifflett (17) 40:22, 9. David Shifflett (45) 40:23, 10. Bruce Greenway (43) 40:32.

Division Results - Men's 10K

14 & Under: 1. Pete Moronez Jr. 45:53, **15-19:** 1. Eduardo Verdejo 34:45, **20-29:** 1. Amador Ayon 35:14, **30-39:** 1. Bill Enoch 36:57, **40-49:** 1. Eric Pugh 36:12, **50-59:** 1. Bill Peck 41:09, **60 & Over:** 1. Jim Nagatani 55:12.

Division Results - Women's 10K

15-19: 1. Nicole Bergstrom 47:09, **20-29:** 1. Brady Bennett 44:53, **30-39:** 1. Kacy Ginsbarg 46:49, **40-49:** 1. Lee Denham 47:50, **50-59:** 1. Becky Whitehead 58:20, **60 & Over:** 1. Aurora Perez 1:09:00.

Run for the Children

September 7. Sacramento, 3 Mile & 5 Mile.

Division Results - Men's 5 Mile

18 & Under: 1. Curtis Pfleger 40:40, **19-29:** 1. Phil Heiser 30:15, 2. Brian Steber 30:18, 3. Leland Crawford 35:41, **30-39:** 1. Greg Morin 26:45, 2. Robert Coyle 26:46, 3. Bruce Fujimoto 28:12, **40-49:** 1. Chuck Nicoles 27:51, 2. Ted McKnight 29:43, 3. Dick Ratliff 29:14, **50-59:** 1. David Ragsdale 32:49, 2. Jerry Hill 34:14, 3. Robert Snyder

34:30, **60 & Over:** 1. Robert Miller 42:21, 2. John Waddell 49:14, 3. Lawrence Viglienza 52:10, **Wheelchair:** 1. Chris Houde 23:40, 2. Chuck McAvoy 28:20.

Division Results - Women's 5 Mile

18 & Under: 1. Sarah Moer 34:55, **19-29:** 1. Jill Ewing 33:26, 2. Kim Tierney 37:53, 3. Evon Redding 40:27, **30-39:** 1. Alice Jacobs 26:26, 2. Brenda Flores 27:49, 3. Lucy Reyes 28:00, **40-49:** 1. Linda Keller 28:09, 2. Encina Fung 29:17, 3. Charlene Look 30:04, **50-59:** 1. Beverly Thayer 27:13, 2. Marge Estey 28:50, 3. C. Cain 30:39, **60 & Over:** 1. Charlotte Walker 28:36, 2. Nancy Ware 38:51.

Run for the Square

Sept. 7. Lodi, 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Gary Johnsrud 16:27, 2. Robert Martinez 16:49, 3. Brian Erbele 17:09, **12 & Under:** 1. Dustin Marzoff 19:37, 2. Sean Marzoff 23:01, 3. Jason Martinez 23:02, **13-18:** 1. Michael Hoggard 17:27, 2. Maric Gauna 18:12, 3. Derek Borington 20:55, **19-29:** 1. Bryan Meorano 18:54, 2. Kevin Stamper 20:43, 3. Matt Farrand 21:04, **30-39:** 1. Gary Johnsrud 16:27, 2. Robert Martinez 16:49, 3. Brian Erbele 17:09, **40-49:** 1. Jerry Martinez 17:33, 2. Ron Kiyono 17:48, 3. Phil Murphy 18:03, **50-59:** 1. Dick Shorman 19:04, 2. Ron Fugazi 21:12, 3. Ricardo Guidolin 22:49, **60-69:** 1. Harold Linde 26:53, 2. William Hughes 30:18, 3. Masayuki Kinoshita 38:02.

Division Results - Women's 5K

Overall Winners: 1. Carla Morilla 17:44, 2. Regina Martinez 20:32, 3. Angelina Martinez 20:35, **12 & Under:** 1. Regina Martinez 20:32, 2. Angelina Martinez 20:35, 3. Francesca Martinez 22:43, **13-18:** 1. Carrie Tacheira 17:43, 2. Michelle Kiyono 21:00, 3. Nicole Katcpoths 21:46, **19-29:** 1. Carla Morilla 17:44, 2. Kihm Munoz 22:07, 3. Melissa Schultz 22:43, **30-39:** 1. Janet Keeter 22:35, 2. Angie Raiston 22:52, 3. Dana Allred 22:53, **40-49:** 1. Patty Jacques 22:07, 2. Darlene Simondro 24:15, 3. Diane Repulles 25:01, **50-59:** 1. Denise White 29:38, 2. Arlith Howard 30:42, 3. Carol Linde 40:10, **60-69:** 1. Margie Sedillo 30:33, 2. Adela Angie Girven 31:04, 3. Edna Martin 37:07.

Division Results - Men's 10K

Overall Winners: 1. Don Hicks 33:01, 2. Charles Locke 34:41, 3. Dan Kroll 35:40, **12 & Under:** 1. Dan Garcia 39:59, 2. James Mercer 46:49, **13-18:** 1. Morgan Kapci 36:29, 2. Jason Reed 50:16, 3. Tyson Spears 57:52, **19-29:** 1. Dan Kroll 35:40, 2. Bob Korock 36:06, 3. Arthur Gonzales 36:36, **30-39:** 1. Don Hicks 33:01, 2. Charles Locke 34:41, 3. Chuck Arellano 37:24, **40-49:** 1. Steve Tredway 36:29, 2. Armand Repulles 37:17, 3. William Mitchell 40:02, **50-59:** 1. Pat Yaman 42:13, 2. Larry Lusk 43:02, 3. Clark Herzog 44:15, **60-69:** 1. Vic Lyons 53:30.

Division Results - Women's 10K

Overall Winners: 1. Sharlet Gilbert 36:20, 2. Anita Lee 46:04, 3. Laurie Luck 46:27, **12 & Under:** 1. Allyson Broderick 48:29, 2.

RESULTS

Brenna Broderick 48:29, 3. Sherli Loya 53:09. 13-18: 1. Dawn Cabitac 47:00, 2. Nhan Nguyen 49:19, 3. Rebecca Phillips 50:56. 19-29: 1. Laura Demmel 47:33, 2. Laurie Hartwell 49:00, 3. Lori Haughey 51:40. 30-39: 1. Laurie Lusk 46:27, 2. Ivy Sarratt 46:56, 3. Maureen Forney 49:59, 40-49: 1. Shariet Gilbert 36:20, 2. Anita Lee 46:04, 3. Marion Sacits 51:01. 50-59: 1. Chyo Shingn 50:07, 2. Karen Diekmeyer 53:43, 3. Marlene Kinser 54:55. 60-69: 1. Mararetthe Styskel 48:26.

Sweatheart 10K Relay

Sept. 7. Ventura. 5K Women/5K Men. Overall Results

1. Hecox/Candale (40-49)	34:10
2. Minassin/Felds (50-59)	34:37
3. Triplett/Goldschmidt (70-79)	34:44
4. Schroyer/Torres (50-59)	36:23
5. Pistonik/Pistonik (60-69)	37:52
6. Beck/Macaulay (50-59)	37:57
7. Baranowski/Ball (90-99)	38:01
8. Niednager/Bum (50-59)	38:11
9. Ruffin/DeAngelis (30-39)	38:12
10. Huerta/Huerta (Father/Daughter)	38:27
12. Van Alta/Grimm (28 & Under)	39:07
22. Bronk/Bronk (Mother/Son)	40:30
26. Monte/Monte (80-89)	41:10
46. Ziegler/Laub (100 & Over)	45:17

Minimar Triathlon

Sept. 7. Pinole. (250y Swim, 2 Mi. Road & Trail Run, 8 Mi. Bike)

Division Results - Men

20-29: 1. Peter Treppo 33:37, 2. Gerald Badding 36:57, 3. Martin Olson 38:15, 4. Philip Olson 39:26, 5. Jason Maintzer 40:16. 30-39: 1. Duane Franks 36:56, 2. Mark Mercado 40:11, 3. Chris Garvin 40:31, 4. Craig Welch 41:05, 5. Dereck Knee 41:40. 40-49: 1. Steve Worthy 39:37, 2. Wolf Hillesheim 40:26, 3. Gary Wilhelm 41:03, 4. Dennis Imada 42:33, 5. Dennis Dykstra 43:05. 50-59: 1. Jack Ball 44:28, 2. Chuck Frevier 51:04, 3. Morgan Peterson 51:34, 4. Jim Eckhardt 54:31, 5. Wally Rapozo 1:00:25.

Division Results - Women

20-29: 1. Amy White 40:33, 2. Denise Mortimer 42:14, 3. Jeaneen Teixeira 43:48, 4. Joan Wilson 44:13, 5. Carolyn Reid 44:30. 30-39: 1. Stella Marquez 43:57, 2. BZ Churchman 44:16, 3. Lain Haddock 46:09, 4. Michelle Williams 48:43, 5. Stacy Farmer 51:02. 40-49: 1. Toni Mounts 43:20, 2. Kay Johnson 58:55, 3. Lena Chu 1:00:58, 4. Cindy Anderson 1:05:35, 5. Marie Germain 1:06:52. 50-59: 1. Judy Bahl 51:15, 2. Barbara Robben 54:27, 3. Diane Bromstead 1:01:36, 4. Liese Rapozo 1:13:22, 5. Jeanne Allison 1:15:45.

Division Results - Teens

Boys: 1. Scott Demai 44:21, 2. Kevin Kleinhenz 44:26, 3. Brian Neesham 45:31, 4. Daniel Mindelzun 45:49, 5. Warren Lanier 46:27.

Girls: 1. Regina Wilhelm 47:38, 2. Catherine Vanables 48:18, 3. Vivian Kwok 54:38, 4. Carrie McKeligan 54:23, 5. Claire Germain 56:30.

Division Results - Teams

1. Mike, Matt, Carl 36:54, 2. The Stom-

pers 39:32, 3. Marvin, Nick, Chris 39:41, 4. Christina, Frank, Danny 42:40, 5. Marin YMCA 45:01.

Berryessa Biathlon

Sept. 12. Berryessa.

Overall Results

(500y. Swim, 22 Mi. Bike).

1. Chuck Ishii (31) 1:11:04, 2. Tom Maneri (28) 1:12:15, 3. Dennis Imada (43) 1:14:13, 4. Christopher X. (25) 1:18:43, 5. Jim Boston (46) 1:18:57.

Overall Results

(1 1/4 Mi. Swim, 22 Mi. Bike)

1. Bob Kurock (25) 1:23:14, 2. Dan Ordoins (28) 1:24:50, 3. Don Anderson (40) 1:29:06, 4. John & Jeff (Team) 1:29:59, 5. Karen Kureck (30) 1:30:01, 6. Kirk Johnson (33) 1:31:05, 7. Curtis Fritz (29) 1:31:44, 8. John & Eric (Team) 1:31:25, 9. Michael Schultz (31) 1:33:01, 10. John & Michelle (Team) 1:33:30.

YMCA Harbor Light Half Marathon

Sept. 12. No Place Available. Half Mara. & 5K.

Overall Results - Half Marathon

Men: 1. Alfredo Rosas (32) 1:11:43, 2. Thomas Schumann (27) 1:12:28, 3. Ezequiel Hernandez (30) 1:14:06. Masters: 1. Donald Ocania (41) 1:15:51, 2. Rich Valdez (40) 1:22:37, 3. Joe Lazzare (43) 1:22:59.

Women: 1. Mary Button (33) 1:21:06, 2. Lili-ana Mendoza (24) 1:23:41, 3. Laura Guzman (30) 1:27:29. Masters: 1. Carol Mortier (43) 1:34:35, 2. Claudia Morales (42) 1:34:41, 3. Ross Smith (42) 1:34:46.

Overall Results - 5K

Men: 1. Jerry Hernandez (28) 15:38, 2. Dean Lofgren (32) 16:22, 3. Ron Combs (25) 16:41. Masters: 1. Carmelo Hernandez (42) 16:54, 2. Mark Hemphill (43) 17:10, 3. Bob Gallagher (44) 20:21.

Women: 1. Diana Tracy (39) 17:56, 2. Christi Bengston (30) 18:00, 3. Leanna Degazon (15) 20:39. Masters: 1. Pamela Dugan (42) 24:24, 2. Dori Ramsay (42) 24:44, 3. Cynthia DeLaMeter (42) 30:48.

Overall Results - 5K Racewalk

Men: 1. Richard Mathew (45) 35:13, 2. Charley James (44) 35:17, 3. R Roadrunner (52) 36:06.

Women: 1. Francene Bustos (28) 27:46, 2. Margaret Govea (30) 27:47, 3. Margie Alexander (28) 30:40.

Jug and Rose Race

Sept. 12. Volcano. 7.7 Mile.

Overall Results

Men: 1. Tim Ketrin 40:09, 2. Curt Feenstra 40:38, 3. Tom Ulk 43:23, 4. Andy Asserto 44:46, 5. Herman Escaladillo 45:11.

Women: 1. Doerte Murray 55:48, 2. Caroline Wiser 56:57, 3. Rosalie Pryor 57:53, 4. Sandra Staples 61:52, 5. Linda O'Keefe 62:02.

Walkers: 1. Barbara Barnhart, 2. Frances

Farmer, 3. April Reese, 4. Carla Brayton, 5. Jan Migliaccio.

Prunedale Run

Sept. 12. Prunedale. 10K.

Division Results - Men

19 & Under: 1. Britton Owen 35:33. 19-29: 1. John Oliveira 38:00, 2. Mark Kozar 47:12, 3. Bruce Becker 49:36. 30-39: 1. Tom Savage 36:24, 2. Eddie Vargas 41:55, 3. Floras Ramon 42:10. 40-49: 1. Kenny Ward 39:45, 2. Don Betts 53:14, 3. Thomas Carson 53:54. 50-59: 1. Jay Cook 40:31, 2. Glenn Spitzer 57:03. 60 & Over: 1. Albert Jarschke 57:37.

Division Results - Women

19 & Under: 1. Alexis Waddel 49:54, 2. Laura Vik 1:08:58. 19-29: 1. Laura Dubree 52:49. 30-39: 1. Annie Conneau 47:46, 2. Laurey Davis 52:27, 3. Annie Martinez 59:38. 40-49: 1. Kathy Camino 50:47, 2. Karen Cook 53:12, 3. Candice Smith 55:27.

Overall Results - 5K

1. Luis Granado 19:52, 2. Jeremy Conorey 20:52, 3. Marc Lieberman 21:00.

South Ukiah Rotary Triathlon

Sept. 12. Ukiah.

Overall Results

1. Don Weaver (32) Fair Oaks 1:21:13, 2. Sean Ford (31) Davis 1:24:37, 3. Bradley Hillebrandt (25) Oakland 1:25:21, 4. John Armour (25) Citrus Heights 1:26:05, 5. Doug Denny (26) Ukiah 1:27:53, 6. Douglas Mull (28) Fasam 1:28:38, 7. Kevin McLaughlin (28) Berkeley 1:30:38, 8. Rick Niles (45) Santa Rosa 1:32:44, 9. Martin Olson (26) El Sobrante 1:33:25, 10. Gene Sandwina (29) Santa Rosa 1:33:47.

11. Howie Hawkes (41) Ukiah 1:34:03, 12. Elizabeth Black (34) Ukiah 1:35:02, 13. Jamie Damiano (39) Fort Bragg 1:35:12, 14. Rick Blackmon (35) Cloverdale 1:35:30, 15. Dave Brancamp (30) Santa Rosa 1:36:37, 16. Paul Lopez (31) San Jose 1:38:35, 17. Jim Pearce, Jr. (42) Petaluma 1:39:06, 18. Tom Stone (34) Santa Rosa 1:39:19, 19. Michael Locati (40) Novato 1:39:40, 20. Cristofer Garvin (30) Half Moon Bay 1:40:05.

Division Results - Men

15-19: 1. Andy Sluts 2:16:18. 20-29: 1. Bradley Hillebrandt 1:25:21, 2. John Armour 1:26:05, 3. Doug Denny 1:27:53. 30-39: 1. Don Weaver 1:21:13, 2. Sean Ford 1:24:37, 3. Jamie Damiano 1:35:12. 40-49: 1. Rick Niles 1:32:44, 2. Howie Hawkes 1:34:03, 3. Jim Pearce 1:39:06. 50-59: 1. Paul Jensen 1:53:09, 2. Ray Fishman 2:17:07, 3. Charles Israel 2:28:47. 65-69: 1. Vic Crosetti 2:22:03.

Division Results - Women

15-19: 1. Mindi Woolf 2:10:35. 20-29: 1. Catherine Dubay 1:44:49, 2. Lisa Welke 1:46:49, 3. Karen Emanuel 1:58:21. 30-39: 1. Elizabeth Black 1:35:02, 2. Lisa Homen 1:42:07, 3. Marie O'Connell 1:43:31.

Team Results

Men: 99 & Under: 1. Kircher/Fawson/McKell 1:41:11.

Mixed: 100-119: 1. Montgomery/Demeulenaere/Rivera 1:54:19.

Women: 99 & Under: 1. Brazil/Madrival/Vogel 2:03:17. 100-119: 1. Rice/Palmer/Sommers 2:19:07.

Annadel Loop

Handicapped Trail Race

Sept. 13. Santa Rosa. 6.5 Mile.

Overall Results

Name/Age	Ck Time	Hcp	Actual Time
1. Lura Damiano (35)	36:05	10	46:05
2. Alec Isabeau (31)	38:28	0	38:28
3. Darryl Beardall (55)	38:44	8	46:44
4. Audrey Schrift (33)	38:56	9	47:56
5. Bob Rogers (35)	39:55	1	40:55
6. Eamon Cooke (49)	40:35	5	45:35
7. Walter Dehorly (20)	40:58	1	41:58
8. Pamela Horton (49)	41:31	12	53:31
9. Don Rothenstein (42)	41:51	2	43:51
10. Scott Ames (34)	42:03	0	42:03
11. Tom Gaim (14)	42:22	6	48:22
12. Toli Au (15)	42:30	5	47:30
13. Heather Cupp (28)	42:30	9	51:30
14. Mike Weddington (30)	42:55	0	42:55
15. Jim Manwaring (55)	43:08	8	51:08
16. Cecelia Peters (41)	43:37	11	54:37
17. Isaac Rays (16)	43:47	4	47:47
18. Edda Stickle (50)	43:49	12	55:49
19. Ron Bishop (35)	43:54	1	44:54
20. Tom Anderson (45)	43:58	3	46:58

DSE Biathlon

Sept. 13. San Francisco. 2.5 Mi. Run/0.5 Mi. Swim.

Overall Results

(Run Only): 1. Demian Smiley 14:05, 2. Larry Wuerstle 14:25, 3. Robert Wesman 14:36, 4. Patrick Lee 15:43, 5. Ed Mooney 15:45, 6. Irv Fishman 16:26, 7. Peking Duck 16:28, 8. Joe White 17:00, 9. Bob Cantwell 17:38, 10. Mark Shea 17:49.

(Biathlon): 1. Matthew Cevallos 23:28, 2. Anel Austria 26:58, 3. Armen Khachadourian 27:25, 4. Troy Soares 27:35, 5. Venu Riggio 28:10, 6. Graciano Najera 28:50, 7. Dimitri Sklavopoulos 29:43, 8. Jean Germain 30:46, 9. Cathy Huang 31:13, 10. Keith Nowell 31:28.

16. Susan Allen 32:54, 19. Elisa Cicinelli 33:22, 20. Valerie Doyle 33:36.

If you will be moving soon, let us know your new address as soon as possible; CRN is mailed third class and is NOT forwardable. Thank you!



What is it with the Kenyans?
Why are they so good?

Why can't I be Kenyan?