

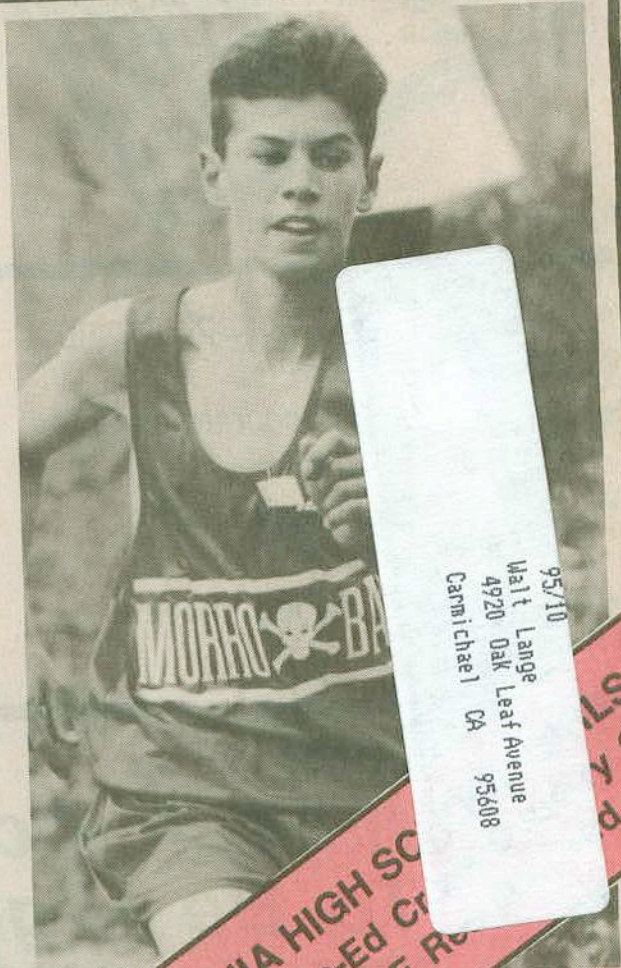
# CALIFORNIA

## Track & Running News

OCTOBER 1995

❖ Since 1974 ❖

ISSUE NO. 215



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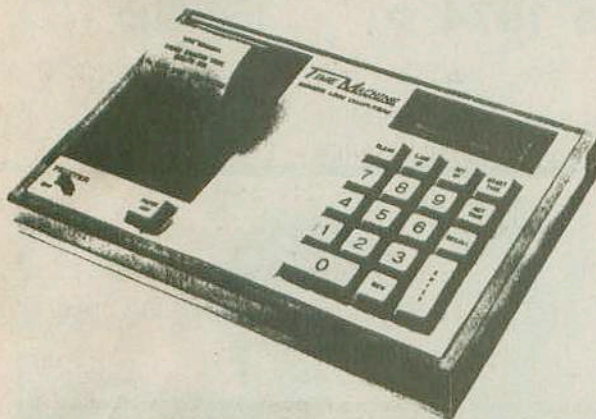
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# CALIFORNIA Track & Running News

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Since 1974

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## FROM THE EDITOR

### Both Take Endurance

Cross country is going fast and furious with invitationals, large and small, galore. Results of races from the current harrier season have been pouring in; and we will be attempting to keep you informed of all this action, beginning with this issue.

Just as it takes a lot of endurance to participate in cross country, it also takes a lot of endurance from all of your CTRN staff to put together each issue of the magazine. What you are holding in your hands as you read this, not only reports the results of a lot of hard work on the part of the athletes, but also represents a lot of hard work on the part of Doug Speck, Keith Conning, Jack Leydig, Bob Womack, Bill Minarik, George Payan, Cregg Weinmann and Judy Cockerham. I think you will agree with me, that just as I appreciate the efforts of the athletes, I also appreciate the efforts of those who bring us the news from the sport. THANK YOU!

Not only will you begin getting cross country results in this issue, you will also be reading lots of other helpful and interesting articles that pertain to the sport. Tom Weber and John Ahern share about their successful co-ed team concept at El Modena High School. Tim O'Rourke tells you how to use your school's football program to enhance

your cross country program. Eric Gumby Anderson shares some runner goal setting tips. For the more statistically inclined, you will enjoy the cross country team pre-season rankings in this issue, as well as the All-Time Girls Track and Field list.

All of the regular features are here as well--The Schedule, The Athlete's Kitchen, Mostly Shoes, Prep Notes, SoCal Diary and Coaches Alliance. Throw in a bunch of miscellaneous results and you've got another issue of *California Track & Running News*. I hope reading it is as enjoyable, but not as hard as putting it together.

**ON THE COVER:** Super sophs ELAINE CANCHOLA (Nordhoff HS, photo by Kirby Lee) and ISIAH FESTA (Morro Bay HS, photo by Elaine Rosenfield) are busy breaking course records this cross country season. See Prep Results section for more information.

# SCHEDULE

Please send schedule information...

## Cross country and track information--

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

## Road Racing information--

Jack Leydig, PO Box 1390,  
San Mateo, CA 94401  
FAX (415) 348-1862

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

## TRACK & FIELD

### High School

#### Cross Country

#### October 7 (Saturday)

Fresno: Clovis Invitational. Woodward Park.

#### October 13 (Friday)

Fresno: Rough Rider Invitational. 5K. Woodward Park. Limit 50 teams. Various divisions. Contact Bruce Wade (209) 441-3777.

#### October 14 (Saturday)

Kamuela, HI (The Big Island): 22nd Annual Hawaii Preparatory Academy XC Invitational. Boys and girls. Varsity and Jr. Varsity races. Info: Steve Perry, Athletic Director (808) 885-8227, Coach Joy Upshaw-Margerum (808) 885-8261 or Coach Phil Conley (808) 885-8218. No entry fee!

San Luis Obispo: Cal Poly XC Meet. (8:30 a.m./college-open 8K. 10:00 a.m./college-open 5K). High school races begin mid-morning.

#### December 2 (Saturday)

Fresno: Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 9 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

#### December 3 (Sunday)

Boston, MA: US Junior Cross Country Championships.

#### December 9 (Saturday)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

Baton Rouge, LA: Junior Olympic National Cross Country. Highland Road Park. Pete Boudreaux, 855 Hearstone Dr., Baton Rouge, LA 70806 (504) 383-3843.

## College & Open

### Track & Field

1996

#### February 10

Las Vegas: Las Vegas Invitational Indoor Track Meet. Contact Franken Enterprises (310) 278-2030.

Columbia, SC: Women's Olympic Marathon Trials.

#### February 17

Charlotte, NC: Men's Olympic Marathon Trials.

#### June 14-23

Atlanta, GA: US Olympic Trials.

#### July 20-August 4

Atlanta, GA: Olympic Games.

### Cross Country

#### October 7 (Saturday)

San Diego: Triton X-Country Invitational. UC San Diego campus--North Rec. Field. 9 a.m./5K/Women. 9:45 a.m./8K/Men. Info: Ted Van Arsdale, Cross Country, UC San Diego, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531 (619) 534-0328. FAX: Ted Van Arsdale, Triton X-Ctry Invitational, (619) 534-8172.

#### October 14 (Saturday)

San Diego: Balboa Classic X-Ctry Invitational. Balboa Park--West side, corner 6th Ave. & Laurel. 8 a.m./8K/Men. 8:45 a.m./5K/Women. Info: Ted Van Arsdale, Cross Country, UC San Diego, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531 (619) 534-0328. FAX: Ted Van Arsdale, Balboa Classic Invitational, (619) 534-8172.

San Luis Obispo: Cal/Nev Invitational. 8:30 a.m./college-open 8K. 10:00 a.m./college-open 5K. Brian Waterbury (805) 543-6750 or Stan Rosenfield (805) 543-6750.

#### October 21 (Saturday)

Belmont: Crystal Springs Challenge. PA/USATF Grand Prix Series. Open & collegiate. Men/4.2 miles; women 2.96 miles. Info: Dave Shrock (415) 574-6448.

Pomona: Bronco Invitational. 8:30 a.m.

#### October 28 (Saturday)

WAC Championships.

#### November 4 (Saturday)

Azusa: Golden State Athletic Conference.

#### November 11 (Saturday)

Azusa: Cougar Collegiate 2 Miler. 8 a.m. Walnut: USATF Western Regionals. Mt. SAC. 11 a.m.

San Diego: NCAA Div. III Western Regionals. 9:00 a.m./5K/Women. 9:45 a.m./8K/Men. UC San Diego campus--North Rec. Field. Info: Ted Van Arsdale (619) 534-0328.

#### November 18 (Saturday)

Kenosha, WI: NAIA X-C Nationals.

#### November 20 (Monday)

Ames, IA: NCAA Cross Country Championships.

#### December 3 (Sunday)

Boston, MA: USA National Cross Country Championships. Franklin Park. Junior & Senior Men and Women. 10 a.m. first race. 5K All-Corners and Press run at 9:15 a.m. Info: USATF/New England Office (617) 566-7600 days.

## Masters

#### October 1 (Sunday)

Long Beach: Sri Chinmoy Masters Games. CSU Long Beach. 40+. Bigalita Egger (310) 645-0271. Sri Chinmoy Marathon Team, 6199 Canterbury Dr., #202, Culver City 90230.

#### October 7 (Saturday)

Santa Barbara: Club West Masters Meet. Santa Barbara City College. Club West, 937 Arcady Rd., Montecito 93108 (805) 969-5851.

#### October 8 (Sunday)

Minneapolis, MN: Twin Cities Marathon (US Master's National Championships). Scott Schneder, 708 N. First St., Suite 33, Minneapolis, MN 55401 (612) 673-0778, FAX (612) 673-0780.

#### October 15 (Sunday)

Canandaigua, NY: Masters 10K Cross Country Championships. Peter Glavin, 160 Lacey Rd., Rochester, NY 14620 (716) 242-9031.

#### October 16-27

St. George, UT: Huntsman Senior Games. M&W 50+. Huntsman Games, 50 E. 100 South, Suite 211, St. George, UT 84770. (800) 562-1268 or (801) 374-0550.

# SCHEDULE

## October 29

**Long Beach:** Sri Chinmoy Masters Games. CSU Long Beach. 40+. Bigalita Egger (310) 645-0271.

## November 1-11

**Long Beach:** Long Beach Senior Olympics. 55+. Windi Snellen, 2760 Studebaker Rd., Long Beach 90815 (310) 570-1780.

## November 11 (Saturday)

**Landen, OH:** US Masters 5K X-C Championships. Scott Brooker, 230 Northland Blvd., #309, Cincinnati, OH 45246 (513) 860-2253.

## November 18 (Saturday)

**Boston, MA:** US Masters 8K X-C Championships.

## December 3 (Sunday)

**Boston, MA:** US National Masters 8K Cross Country Championships. Fred Treseler, 79 Ma-net Rd., Chestnut Hill, MA 02167 (617) 964-7802.

1996

## February 9-18

**Palm Springs:** California Senior Olympics. 55+. Ben Green, 480 South Sunrise Way, Palm Springs 92262 (619) 323-5689.

## February 24-27:

**Running Springs:** Running springs Winter Games. 55+. Harry Lund, PO Box 2656, Running Springs 92382 (909) 867-2411.

## All-Comers

## October 1, 15 & 22 (Sunday)

**Sacramento:** Timber Wolf T&F Club All-Comers Track & Field Meets. Encina High School (1400 Bell St., Sacramento). All ages and abilities--field events only Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708. (Other dates: November 11, 18; December 2, 16--throws only).

## October 21 (Saturday)

**Santa Cruz:** KELfield Throws Series #42. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

## November 11 & 18 (Saturday)

**Sacramento:** Timber Wolf T&F Club All-Comers Track & Field Meets. Encina High School (1400 Bell St., Sacramento). All ages and abilities--throws only Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708. (Other dates: December 2, 16--throws only).

## November 18 (Saturday)

**Santa Cruz:** KELfield Throws Series #43. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

## December 2 & 16 (Saturday)

**Sacramento:** Timber Wolf T&F Club All-Comers Track & Field Meets. Encina High

School (1400 Bell St., Sacramento). All ages and abilities--throws only Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708.

## December 16 (Saturday)

**Santa Cruz:** KELfield Throws Series #44. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

1996

## January 13 (Saturday)

**Santa Cruz:** KELfield Throws Series #45. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

## Camps & Clinics

## October 13-14: Sacramento

(Also 1996 dates below)

Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

## October 12-15

**Cancun, Mexico:** North America, Central

America and Caribbean Track & Field Coaches Association Track & Field Congress. NA-CACTFCA, PO Box 6284, Houston, TX 77256-6284. Contact Al Hernandez (510) 651-3162.

## December 3-7

**San Francisco:** USATF National Convention.

## December 27-31

**Atascadero:** Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

1996

## January 19-20: Las Vegas, NV

## February 2-3: San Diego & LA

Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

## January 20-21

**San Mateo:** USA Track & Field Level 1 Coaching Certification School. College San Mateo. 9 a.m. (1/20) through 5:00 p.m. (1/21). San Mateo Level 1 School, c/o Al Hernandez & Dave Schrock, 2132 Valorie St., Fremont Ca 94539.

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# SCHEDULE

## ROAD RACING

Compiled by Jack Leydig

### September 30 (Saturday)

**San Francisco:** San Francisco Coastal Trail Race, 5K/10K, Marina Green (Lyon St.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Woodside:** Woodside Marathon/Half-Marathon/5M, Huddart Park (off Kings Mtn. Rd.), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Santa Rosa:** Pacific Cross Country Series #4, 5K/Women, 8K/Men, Spring Lake Park, 9 a.m./5K, 9:45 a.m./8K-Masters, 10:45 a.m./8K-Open. Mike Weddington, 751 Beaver St., Santa Rosa 95404 (707/544-2756).

**Bakersfield:** Runway Runs & BBQ, 5K/10K, Meadows Field, 8 a.m. Skyway Flight Center, 907 Douglas St., Bakersfield 93308 (805/391-0676).

**Bakersfield:** KRRC Bike Path 30K, 7 a.m. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Santa Cruz Island:** Santa Cruz Island 10K, Santa Barbara County, 7 a.m. Info: Power Endurance Events (800/967-8758).

**Rolling Hills Estates:** 5K-10K Cross Country Runs, Ernie Howlett Park (25851 Hawthorne Blvd.), 8 a.m. Anne Giltner, Recr. Supervisor, City Hall, 4045 Palos Verdes Dr. North, Rolling Hills Estates 90274 (310/377-1577).

**Escondido:** Movin' Shoes 12K X-Country Run, Kit Carson Park, 8 a.m. Info: Rick (Movin' Shoes) (619/466-1656).

**Las Vegas, NV:** LVTC 5M/2M, Silver Bowl (near Russell Rd. & Boulder Hwy.), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

### October 1 (Sunday)

**San Francisco:** KNBR 68 Bridge to Bridge Run, 12K/5K, Ferry Bldg. to Presidio, 9 a.m. KNBR-68, Attn: Isabel Lemon, 55 Hawthorne, Suite 1100, San Francisco 94105 (415/995-6868).

**San Francisco:** DSE Memorial Run, 4.5 Mi. & Kids' Run, Golden Gate Park (Kennedy Dr. & 36th Av.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Hayward:** Run for the Future 5K, Cal State Univ. (practice field), 9 a.m. Associated Students, Calif. State Univ., Hayward 94542 (510/885-3064).

**Saratoga:** Falcon Run for the Track, 5K/10K Run, Saratoga H.S., 9 a.m. Hank Nothhaft, Saratoga H.S., 20300 Herriman Av., Saratoga 95070 (408/867-3411).

**San Jose:** Happy Hollow 5K, Happy Hollow Park & Zoo, 8:30 a.m. Mike Rudd, 1300 Senter Rd., San Jose 95112 (408/295-8383).

**Santa Cruz:** Santa Cruz County Sentinel Triathlon (1mS-23mB-10kR), Main beach by Boardwalk, 8 a.m. Santa Cruz Sentinel Triath-

lon, P.O. Box 638, Santa Cruz 95061 (408/423-4242, x301).

**Novato:** Novato Stampede 1M/5K/10K, San Marin H.S., 8 a.m./1M, 8:30 a.m. Novato Educ. Fndn., P.O. Box 1472, Novato 94948 (415/897-4254).

**Oakley:** Oakley Almond Festival "Love a Nut" 5K Fun Run, O'Hara & Cypress, 9 a.m. Pam Painter, Oakley Almond Festival, P.O. Box 8, Oakley 94561 (510/625-1881).

**Sacramento:** Sacramento Marathon/Half-Marathon, William Land Park, 8 a.m. Ronald Sturgeon, P.O. Box 995, Dixon 95620 (916/678-5005).

**Oceanside:** Run for the Fund of It, 5K, Mira Costa College (#1 Barnard Dr.), 7:30 a.m. Info: Mike Olayvar (619/757-2121, x364).

**Camp Pendleton:** "Do the Tri, Try the Du Series" #3 (0.5mS or 2mR-30kB-5mR), Club Del Beach, 8:30 a.m. Russ Jones, 32946 Paseo Miraflores, San Juan Capistrano 92675 (714/240-8547).

**Portland, OR:** Portland Marathon/5M/2M Kids' Run/Biathlon/24-Hr. Ultra, City Hall, 7 a.m. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076 (503/226-1111).

### October 6 (Friday)

**Calistoga:** Napa Golden Gate Cruz Relay, 200 Mi. (12/Team), finishes at Santa Cruz, 2 p.m. Randy Shapiro, 751 Laurel St., Suite 401, San Carlos 94070 (415/508-9700).

**Bakersfield:** Corporate Rate Race & Downtown Challenge 5K, 6 p.m. Boys & Girls Club of Bakersfield, 800 Monterey St., Bin 51, Bakersfield 93385 (805/325-3730).

### October 7 (Saturday)

**San Francisco:** DSE Distance Classic, 12 Hours (Golden Gate Park, upper Polo Fields track) & 5K, 7 a.m./12-Hr, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Oakland:** Pacific Cross Country Series #5, 5K/Women, 8K/Men, Mills College, 9 a.m./Women, 10 a.m./Men. Carla Jackson, Mills College Athletics, 5000 MacArthur Blvd., Oakland 94613 (510/430-3282).

**San Jose:** Quicksilver Challenge Half-Marathon, Castillero Middle School (Leyland Park Dr.), 8 a.m. Susan Brazelton, 6363 Firefly Dr., San Jose 95120 (408/778-3862).

**Monterey:** Seaside Fall Festival 1 Miler, age-group heats, Canyon Del Rey, 9 a.m. Les Waddel, 1009 Sonoma Av., Monterey 93955 (408/394-7382).

**Winters:** Rotary Lake Solano Run or Ride, 10K/Half-Marathon or 13M/Bike, Winters City Park (300 block of Main St.), 8 a.m. Rotary Run/Ride, P.O. Box 565, Winters 95694 (916/795-4587).

**Murphy:** Gold Rush 4 Miler, Murphy's Park, 9 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

**Truckee:** Where the Hell is Truckee 30K, Tahoe H.S., 8 a.m. Endorphin Express, P.O. Box 1291, Truckee 96160 (916/887-1153).

**Fresno:** Pillar to Pillar Run, 2 Mi. (time prediction) & 4 Mi., Fresno Pacific College (McDonald Hall), 7:30 a.m. Info: Ken Isaak (209/453-2000).

**Fresno:** The Big Fresno Fair 1995 Kid's Race. Ages 1-4 (1/4 mile), ages 5-9 (1K) and ages 10-12 (2K). 8 a.m. Fresno Fairgrounds. The Big Fresno Fair Kid's Race, 1121 Chance Ave., Fresno, CA 93702.

**Delano:** Delano Great Grape Runs, Distances, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Bishop:** Mule Run Ultra 50K, Mill Pond Recr. Park, 7 a.m. (No Raceday Reg., 200 Limit). Baz Hawley, P.O. Box 25, Fish Camp 93623 (209/683-7426).

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

**San Luis Obispo:** Kennedy Nautilus City to Port Race, 11.7 Mi., Kennedy Nautilus Center, 8 a.m. Brett Weaver, Kennedy Nautilus Center, 1050 Osos St., San Luis Obispo 93401 (805/781-3488).

**Wrightwood:** Wrightwood Mountain Challenge Half-Marathon & 5K, Time TBA. Info: Kathy Smith (619/249-5414).

**Manhattan Beach:** Manhattan Beach Old Hometown 10K Run, 3rd & Valley, 7:30 a.m. Info: 310/372-3553.

**Newport Beach:** Annual Heritage 5K/2K, Newport Harbor H.S. (600 Irvine Av.), 8 a.m./2K, 8:30 a.m. Info: 714/760-3339.

**Yorba Linda:** Canning Hunger Run, 5K & Kids' 1K, 4221 Rose Dr., 8 a.m./5K, 9:30 a.m./1K. Rocky Whan, 420 W. Lambert, #E, Yorba Linda 92621 (714/990-9551).

**Montclair:** Montclair Baldy View for the Children 5K/10K & 2K Kids' Fun Run, 5111 Benito St., 7:45 a.m. Info: Bill (619/625-9458).

**Chula Vista:** Arturo Barrios Fiesta Kids Runs (12 & Under, varying distances of 1 Mi. and less), 8 a.m. Info: Elite Racing (619/450-6510).

**San Diego:** Triton X-C Invit., 5K/Women, 8K/Men, UC San Diego (No. Rec. Field), 9 a.m./5K, 9:45 a.m./8K. Info: Ted Van Arsdale (619/534-0328).

**Las Vegas, NV:** LVTC 5M/2M, No. Las Vegas Airport (on N. Rancho), 8 a.m. LVTC, Tom Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

**St. George, UT:** St. George Marathon, Pine Valley Mtns., 6:45 a.m. Carlene Baron, 86 S. Main St., St. George, UT 84770 (801/634-5850).

**Kona, HI:** Gatorade Hawaii Ironman Triathlon (2.4mS-112mB-26.2mR), Time TBA. Sharon Ackles, 7127 Lunalupe Rd., Suite 11, Kailua-Kona, HI 96740 (808/329-0063).

### October 8 (Sunday)

**San Francisco:** The American Airlines California Mile, various heats & sports on uphill mile (California St.), various start times. Info: 415/383-0314.

**Palo Alto:** Great Race 10K, Stanford Univ. (football stadium), 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**San Ramon:** Primo's to Primo's 5K/10K Half-Marathon, The Marketplace (Bollinger/Alcosta) (Half starts in Danville), 7:30 a.m./HM, 8 a.m./5K-10K, Primo's Run, P.O. Box 1463, San Ramon 94583 (510/279-6670).

**Morgan Hill:** Columbus Day Biathlon (5mR-15mB), Live Oak H.S. (1505 E. Main St.), 9 a.m.



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South Valley Tri Sports, P.O. Box 1927, Morgan Hill 95038 (408/778-1443, 779-1482 or 779-2054).

**Salinas:** Salinas Skyclimb, 5K/7.5M, Toro Park, 9:30 a.m. Skip Latham, 105 Harvest St., Salinas 93901 (408/424-6155).

**Carmel:** Fine Arts 5K, Scenic Dr. (near Ocean Av.), 9 a.m. Bill Burleigh, P.O. Box 222620, Carmel 93922 (408/625-6287).

**Santa Rosa:** Harvest Fair 10K/3K, Sonoma County Fairgrounds, 8 a.m. Don Hicks/Kevin Kostoff, YMCA, 1111 College Av., Santa Rosa 95404 (707/545-9622).

**Merced:** Gateway to Yosemite Triathlon (2mR-6mB-400yS or 10kR-22mB-800yS), Yosemite Lake Park, 8:30 a.m. Gordon Wilkinson, 3326 Lagoon Av., Atwater 95301 (209/358-9385 or 384-1727).

**Sacramento:** Sacramento Zoo Zoom 5K/10K & Kids' Races, William Land Park (behind Sacto Zoo), 8 a.m./Kids, 9 a.m./5K, 9:30 a.m./10K. Zoo Zoom, c/o Sacramento Zoo, 3930 West Land Park Dr., Sacramento 95822 (916/264-5888).

**San Luis Obispo:** Cuesta Biathlon (10kR-40kR), Cuesta College gymnasium, 8 a.m. Cuesta Biathlon, P.O. Box 8106, San Luis Obispo 93403 (805/546-3207).

**Morro Bay:** Morro Bay Harbor Sprint Triathlon, 1/4 mile swim, 14 mile bike, 3 mile beach run, 8 a.m. City of Morro Bay Recreation & Parks Dept., 1001 Kennedy Way, Morro Bay 93442.

**Santa Clarita:** Newhall-Saugus Kiwanis Club Six Flags 5K Run, 8 a.m. Kiwanis Club, P.O. Box 221205, Newhall 91322.

**Chula Vista:** Arturo Barrios Invit. 10K/5K, Bayside Park, 7:30 a.m./5K, 8:15 a.m./10K, 9:45/Elite 10K. Info: 619/450-6510 or 714/548-4897.

**San Diego:** Mission Bay Triathlon (500mS-15kR-5kR), Mission Bay, 7:30 a.m. Info: Koz Enterprises (619/627-9111).

**Henderson, NV:** Lauren's Run (children 12 & Under), 2K(10-12), 1K(6-9), Tot Trot(3-5), Stroller Roll(0-3), 2020 Olympic Av., 9:30 a.m. Lauren's Run/City of Hope, 1050 E. Flamingo Rd., #137N, Las Vegas, NV 89119.

### October 14 (Saturday)

**Aptos:** Aptos Earthquake Scramble Marathon/Half-Marathon/12K, Aptos Village, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Auburn:** Cool Ride & Tie, 11/22M (1 horse, 2 riders alternate running/riding), Time TBA. Bill

McKean, 1670 Crockett Rd., Auburn 95603 (916/885-8610).

**Sacramento:** Wenmat Classic, 5K/10K/Kids' 0.5M, Arden Bar (William Pond Park, American River), 8:30 a.m./Kids, 9 a.m. Valerie Yocom, 5800 Winding Way, Carmichael 95608 (916/481-5004).

**Reedley:** Reedley Fiesta 5000, Pioneer Park, 7:15 a.m. Fiesta 5000, c/o Pirate Foundation, 675 W. Manning Av., Reedley 93654.

**Bakersfield:** Police Memorial Runs, Distance, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Lompoc:** Red Ribbon Runs, 10K/5K/1K, La Punsima Mission, 8 a.m./5K, 8:30 a.m./10K, 8:35 a.m./1K. Info: Laurie Lane (805/735-6751).

**Los Angeles:** National Crime Prevention 5K, Griffith Park, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Huntington Beach:** Running is for the Birds 5K/10K/1K Kids' Run, Bolsa Chica State Beach (north end), 8:30 a.m./10K, 8:40 a.m./5K, 9 a.m./1K. Amigos de Bolsa Chica, P.O. Box 3748, Huntington Beach 92605 (714/897-7003).

**Playa del Rey:** Run for the Children 10K/5K & Kids' 1 Mi. with Tot Trot, Dockweiler Beach, 8 a.m. Info: 213/351-5552 or 909/875-8045.

# SCHEDULE

**San Dimas:** Shield of Faith 5K/10K Runs, Bonelli Park, 8 a.m./5K, 8:30 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

**San Diego:** Alzheimer's Assoc. 5K Fun Run, Harbor Island, 9 a.m. Info: 619/541-1776.

**San Diego:** 10-Mile Handicap Race, Scripps Ranch (Lake Miramar), 7:30 a.m. San Diego TC, P.O. Box 7853, San Diego 92167 (Kevin Heaton: 619/578-7539).

**San Diego:** Balboa Classic X-C Invit., 8K/ Men, 5K/Women, Balboa Park (6th & Laurel), 8 a.m./8K, 8:45 a.m./5K. Info: Ted Van Arsdale (619/534-0328).

## October 15 (Sunday)

**San Francisco:** DSE Single & Double Lake Merced Runs, 4.6M/9.2M/Kids' Run, Sunset Blvd. Parking Lot, 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Half Moon Bay:** Pumpkin Festival 10K/1.4M, Church & Kelly Av., 8 a.m. Half Moon Bay Track, P.O. Box 1101, Half Moon Bay 94019 (415/726-9043).

**Palo Alto:** Theta Breakers 5K/10K, Stanford Stadium, 9 a.m. Susanne Waher, 1731 No. First St., Suite 3, San Jose 95112 (408/436-6459).

**Fremont:** Pumpkin Patch Run for Fun 5K, Central Park (swim lagoon), 9 a.m. Katie Fox, City of Fremont Recr. Dept., P.O. Box 5006, Fremont 94537 (510/791-4334).

**San Jose:** Almaden Classic Run for Youth Counseling 10K/2M, Leland H.S., 8:30 a.m. Kate Chimenti, 7188 Brooktree Ct., San Jose 95120 (408/268-2904).

**Marina:** Manna Cross-Country Challenge, 10K, Fritzsche Airfield (off Reservation Rd.), 9 a.m. Marina Challenge, Grace Santella, P.O. Box 1325, Marina 93933 (408/883-1861).

**San Anselmo:** Run to the Heavens 6.4M/2M, San Domenico School, 8:30 a.m./Kids, 9 a.m./ 6.4M, 9:15 a.m./2M. San Domenico School, 1500 Butterfield Rd., San Anselmo 94960 (415/ 258-1931).

**Kelseyville:** Vineyard Run for Literacy, 5K/ 10K, Konoti Winery (Hwy. 29 & Thomas Dr.), 9 a.m. Dallas Cook, Lake County Literacy Coalition, 1425 No. High St., Lakeport 95453 (707/263-7633).

**Davis:** Nor-Cal Duathlon #2 (5K/30K-5K), Davis Community Park (14th/F St.), 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

**Garden Valley:** Grizzly Runs, 10K/5K, Golden Sierra H.S., 9 a.m. Jim Sullivan, 3425 Secret Lake Trail, Cool 95614 (916/888-7372).

**Weott:** Humboldt Redwoods Marathon & Half-Marathon, Founder's Grove/Dyerville Bridge, 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570 (707/443-1220).

**Fresno:** Central California Asian/Pacific Women 10K/2M/1K Kids' Runs, Woodward Park (Mountain View Area), 7:15 a.m./1K, 7:45 a.m./2M, 8 a.m./10K. CCAPW, P.O. Box 26803, Fresno 93729 (Julia: 209/233-5330).

**Moreno Valley:** Tour de Moreno Valley Half Marathon, 7:30 a.m. Info: MV Parks & Recr. (909/243-3280).

**Hermosa Beach:** A Day at the Beach Triathlon (0.25mS-10mB-3mR), Hermosa Pier, 7:30

a.m. MESP, Inc., 29397 Agoura Rd., #109, Agoura Hills 91301 (818/707-8867).

**Coronado:** Do the Bridge 4M, Gaslamp Quarter (5th/Harbor), 8 a.m. Joan-Run USA/ Stride America, P.O. Box 2293, Del Mar 92014 (619/736-1001).

**Las Vegas:** Hard Rock Run, Paradise & Harmon, 8 a.m. Info: Tri-A-Run (702/870-8269).

## October 20 (Friday)

**Lompoc:** Goblin Gallop Run 3K, 7:15 p.m. YMCA at 201 West College Ave. Info: (805) 736-3483.

## October 21 (Saturday)

**San Mateo:** The Castaway Half-Marathon & 10K, Coyote Point County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/ 223-5778).

**Belmont:** Pacific Cross-Country Series #6, 2.95M/4.2M, Crystal Springs X-C Course (Hallmark Dr.), 10 a.m./2.95M-Women, 11 a.m./ 4.2M-Men. Dave Shrock, College of San Mateo Athletics, 1700 W. Hillsdale Blvd., San Mateo 94402 (415/574-6448, days; 415/342-9551, eve).

**San Leandro:** Firetrails Fifty, 50 Mi., Lake Chabon Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

**Vallejo:** Blue Rock Classic 10K, Redwood St./ Skyline St., 9 a.m. Dan Donahue, 515 Broadway St., Box 4427, Vallejo 94590 (707/554-6080).

**Boulder Creek:** Skyline to the Sea Trail Marathon/Half-Marathon/5M, Big Basin HQ (Hwy 236 of Hwy 9), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Watsonville:** Autumn Challenge 7K/13K, St. Francis Field (College Rd.), 8 a.m. Mary Hallett-Hernandez, P.O. Box 2672, Watsonville 95077 (408/722-4751).

**Davis:** Davis-Rutilio Grande City-to-City Benefit Fun Run, 5K/10K, S.E. corner of U.C. Davis Quad, 9 a.m. Terry Turner, 1224 Beech Ln., Davis 95616 (916/756-7681).

**Springville:** Big Apple Run, 5K/10K, Time TBA. Carol Lapham, 36183 Hwy. 190, HCR 2 Box 123, Springville 93265 (209/539-2521).

**Bakersfield:** Nova Care 5K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Atascadero:** Colony Days 5K, Atascadero Lake Park (Pavilion), 8:30 a.m. Susan Rovai, Atascadero Community Services Dept., 6500 Palma Av., Atascadero 93422 (805/461-5008).

**Paso Robles:** Great Pumpkin Foot Race, 10K & 5K, First United Methodist Church, 8 a.m. Great Pumpkin Foot Race, 1344 Oak St., Paso Robles 93446 (805/238-2006).

**Fountain Valley:** Goblin Gallop 5K, Mile Square Park, 8 a.m. Info: 714/965-4446.

**Orange County:** O.C.M.D. 60 Mile Relay (3.5M-5.5M-7.5M-8M), Anaheim (Angel) Stadium, 7 a.m. (\$375/Team). Ron Cooke, 1000 No. Parton St. "E", Santa Ana 92701 (714/953-4440).

**Camp Pendleton:** North County Armed Services YMCA's 10K Mud Run, Lake O'Neill, 10 a.m. Info: 619/722-7673.

**Victorville:** Mojave River Run, 5K/10K, Eva Dell Park, 8 a.m. Info: Dan Ramey (619/245-5551).

**Del Mar:** Jake's 3.6 Mi. Fun Run On the

Beach, Jake's, noon. Info: Patti (619/942-1442).

**La Jolla:** San Diego Classic Triathlon (1.2mS-56mB-13.1mR), Time TBA. Info: 619/ 588-3300 (x305).

**Las Vegas, NV:** Run for the Rose, 5K, Green Valley H.S. (Arroyo Grande & Warm Springs), 7:45 a.m. Run for the Rose, 102 E. Lake Mead Dr., Henderson, NV 89015 (Frank Plasso: 702/ 435-4836).

**Reno, NV:** Reno Gazette Journal Jog, 8K, Reno Family YMCA, 8:30 a.m. Helen Hitt, Marketing, Reno Gazette, P.O. Box 22000, Reno, NV 89520 (702/324-0225, code 1564).

## October 22 (Sunday)

**San Francisco:** Race for the Cure 5K, Golden Gate Park (Sharon Meadow), 8:30 a.m. Judy Ikenberry, P.O. Box 828, Rialto 92377 (800/698-8699, 909/874-5870).

**San Francisco:** DSE Beach Esplanade Run, 5.6M, Balboa Ave./Great Hwy., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Oakland:** Alameda County Bar Assoc. Race Judicata 5K/10K, Lake Merritt (boathouse at Bellevue Av. off Grand Av.), 10 a.m. Rick Waxman, Gillian Ross, P.O. Box 2047, Oakland 94604 (510/834-6600).

**Oakland:** Lake Merritt Joggers & Striders Fourth Sunday Runss, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th Sts. & Lakeside Dr.), 9 a.m. Info: 510/601-7787.

**Menlo Park:** Red Ribbon Run, 8K, Burgess Park, 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**Woodland:** Fall Mall Run, 10M/3M, Country Fair Mall (East St. & Gibson Rd.), 9 a.m. Jim Rademaker, 808 Helen Way, Woodland 95776 (916/662-0498).

**Nevada City:** Run Through the Colors 5K/ 10K, Pioneer Park, 8:30 a.m. Richard Thomas, Sierra Club, 10066 Rob-King Rd., Nevada City 95959 (916/265-2666).

**Fresno:** Brian Sturgeon Run, 1K Kids' Run, 2 & 4 Mi., Woodward Park (Mtn. View Shelter), 6:30 a.m. Info: 209/221-8272.

**Bakersfield:** Joel Mena Memorial 5K, Location TBA, 4 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Ventura:** Kinko's Roads Scholars Race, 5K/ 10K & 1M Fun Run/Walk, Mission Park, 8 a.m. Info: 800/800-8899 (Ext. 77723).

**Pomona:** Muriel Nicole Bruno 5K Run for Education, Cal-Poly Univ., 8:30 a.m. Info: 714/268-8639.

**El Segundo:** Rogers Run 5K/10K & Kids' Dash, 7:30 a.m. Info: Conte Productions (310/ 798-2488).

## October 28 (Saturday)

**Stanford:** Pacific Cross Country Series

# SCHEDULE

Race #7, 5K/Women, 8K/Men, Stanford Golf Course, 4:30 p.m. Info: Hoy's Sports (415/648-1467).

**Woodside:** Wunderlich Wildemess Wrun, 4.25M/10.25M, Wunderlich County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Brentwood:** Halloween Fun Run Against Drugs, 10K/5K, Liberty Union H.S., 9 a.m. Martha Wagner/Bryce Custodio, 850 Second St., Brentwood 94513 (510/634-3521, x211).

**Gilroy:** Halloween VI 10K/5K, Christmas Hill Park (near Gilroy H.S.), 9 a.m./10K, 9:15 a.m./5K. Gavilan Joggers & Striders, 7393 Egleberry St., Gilroy 95020 (408/842-4145).

**St. Helena:** St. Helena Hometown Harvest Festival Runs, 5K/10K/1M Kids' Run, St. Helena Church (Oak/Tainter St.), 8 a.m./Kids, 8:30 a.m. Rick Pina, P.O. Box 1007, St. Helena 94574 (707/963-5928).

**Calistoga:** Napa Valley Wine Country Classic Marathon/Half-Marathon/5M, Napa State Park (Hwy 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Ukiah:** Pumpkin Super Mile, North State Street (near Fairgrounds), 9 a.m. Pumpkin Races, P.O. Box 1556, Ukiah 95482 (Dottie Deerwester: 707/468-8024).

**Vacaville:** Melody Toyota-Lagoon Valley Classic 5K & Kids' Run, Lagoon Valley Park, 8 a.m. Todd Grames, City of Vacaville, 1100 Alamo Dr., Vacaville 95687 (707/449-5619).

**Big Sur:** Big Sur River Run, 10K, Pfeiffer Big Sur State Park, 10 a.m. The Treadmill Sports Boutique, 149 Crossroad Blvd., Carmel 93922 (408/624-4112).

**Merced:** Bell Fun Run, 15K, Applegate Park, 8:30 a.m. Merced T.C., P.O. Box 3275, Merced 93544 (David Simenson: 209/383-7441 or 723-4589).

**Sacramento:** Oak to Oak 10K/5K, Sierra College (5000 Rocklin Rd.), 8:30 a.m. Leukemia Society, 3020 Explorer Dr., #11, Sacramento 95827 (916/369-7581).

**Fresno:** Shoes & Spokes Run, 2M/10K/1K Kids' Run, 7:45 a.m. M.A. Bongiovanni, CAPH-ILC, 1617 E. Saginas, #109, Fresno 93704 (209/222-2274).

**Bakersfield:** Monster Bash, Distance, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**San Luis Obispo:** Great Pumpkin Runs, 1M/5K, Laguna Lake Park, Time TBA. Rich Ogden, SLO Recr. Dept., 860 Pacific St., San Luis Obispo 93401 (805/781-7305).

**Ridgecrest:** Ridgecrest Half-Marathon, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Santa Clarita:** Run Against Hunger 5K, Rye Canyon, 9 a.m. Santa Clarita Valley Food Pantry, 24133 Railroad Av., Newhall 91321 (Ellen Cutler: 805/255-9078).

**Alhambra:** Alhambra Moonlight 8K Run, Relay & Walk, Alhambra Park, 7 p.m. Alhambra Moonlight 8K, P.O. Box 828, Rialto 92376 (818/282-8481).

**Whittier:** The Village & The Hills Halloween Run for the YMCA 5K/10K, Hilton Hotel, 8 a.m. Marilyn Grant, YMCA, 15740 E. Starbuck, Whittier 90603 (310/943-7241).

**Temecula:** Great Temecula Pumpkin Run,

10K/5K/1M w/Toddler Trot & Diaper Dash, Community Center, 7 a.m. Info: 909/676-4718.

**San Diego:** Crimestoppers Light the Night Against Crime 5K/8K, downtown, 7 p.m. Info: Elite Racing (619/450-6510).

**San Diego:** Cuyamaca Ride & Tie, 15M/33M (1 horse, 2 runners alternate riding/running), Time TBA. Arlene Foster, 38230 Lorenzo Ln., Hemet 92544 (909/767-1237).

**Las Vegas, NV:** LVTC 5K/2M, Pueblo Park (Lake Mead Blvd. & Pueblo), 7:30 a.m. LVTC, Tom Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

## October 29 (Sunday)

### DAYLIGHT SAVINGS TIME ENDS!

**San Francisco:** San Francisco Classic 10K/5K, Golden Gate Park (10th Av./JFK Dr.), 8 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

**Daly City:** DSE San Bruno Mountain Run, 5K/10K, San Bruno Mtn. State Park (Guadalupe Canyon Pkwy.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Palo Alto:** "First & 10" 5K/10K Run, Baylands Athletic Center (Embarcadero & Geng), Time TBA. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Cupertino:** Oxford Eat & Run 10K/5K, DeAnza Football Stadium, 9 a.m. George, P.O. Box 4360, Santa Clara 95056 (408/235-1376).

**Alameda:** Streamline Half Marathon, Harbor Bay, 8:30 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

**Lafayette:** Lafayette Reservoir Run, 10K/2M, downtown (Mt. Diablo Blvd.), 8 a.m. Sue Cross, Lafayette Chamber of Commerce, 100 Lafayette Cir., #103, Lafayette 94549 (510/284-7404).

**Pleasanton:** YMCA Red Ribbon & Teddy Bear Trot, 5K/Kids' Mile, 9 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

**Santa Cruz:** Ocean Chevrolet/Santa Cruz Distance Classic, 15K/5K, Long Marine Lab (UC Santa Cruz), 8:30 a.m./15K, 8:45 a.m. Marty Kruger, Santa Cruz T.C., P.O. Box 3568, Santa Cruz 95063 (408/662-0886).

**Bakersfield:** KRRC Bike Path Marathon, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Baywood Park:** Oktoberfest 4 Mile Run, downtown (by boat dock), 9 a.m. Ron Roundy, 2160-B Pine St., Los Osos 93402 (805/528-0775).

**Marina del Rey:** The Marina Breakers Run, 5K/10K, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Santa Ana:** Monster Mash Dash 5K & Planet Hollywood 1K, South Coast Plaza Village, 8 a.m. Monster Mash Dash, c/o Race Pace, P.O. Box 795, Dana Point 92629 (714/661-6062).

**Irvine:** Spectrum 5000 5K, 8 a.m. SBR Sports, 5405 Alton Pkwy., #445, Irvine 92714 (714/858-7386).

**Rancho Santa Margarita:** Run Beneath the Peaks 8K, 8 a.m. SBR Sports Prods., 5404 Alton Parkway, #445, Irvine 92714 (714/858-7386).

**San Diego:** Light the Night 8K, 1st Av. near Broadway, 7 p.m. Info: Elite Racing (619/450-6510).

## November 4 (Sat.)

**San Francisco:** Pacific Cross Country Race #8, 4M/Women, 6M/Men, Golden Gate Park (30th Av. & JFK Dr.), 9 a.m./Women, 9:45 a.m./Men. Hoy's Sports, 1632 Haight St., San Francisco 94117 (415/252-5370, days; 415/648-1467, eve).

**Pescadero:** Pescadero Biathlon (5kR-17mB-5kR), Duarte's Tavern (Stage Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Morgan Hill:** Morgan Hill Marathon & Half-Marathon, 8 a.m. Dan Barger, California Sports Mktg., P.O. Box 794, Morgan Hill 95037 (408/776-3035, 779-5653).

**Big Sur:** Big Sur Trail Marathon/Half-Marathon/5M, Andrew Molera State Park, 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Sacramento:** Jingle Bell Run for Arthritis, 5K/10K, William Land Park, 8:30 a.m./Kids' Run, 9 a.m. Arthritis Fdn., Jon Stevie, 3040 Explorer Dr., #1, Sacramento 95827 (800/571-3456).

**Freshwater:** Bridgeville Relays, Distance TBA, 3 Corners on Old Arcata Rd., start between 5-8:30 a.m. Info: Jim Griggs (707/445-9377).

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

**Santa Barbara:** Santa Barbara News Press Half Marathon. Leadbetter Beach, 8 a.m. Santa Barbara Half Marathon, PO box 6616, Santa Barbara 93160 or call the News-Press Info Line at (805) 892-2250 #5050.

**Julian:** Julian 10K, Julian H.S., 8 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

## November 5 (Sun.)

**San Francisco:** DSE Land's End Run 5K, Balboa Av. & Great Hwy., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**San Francisco:** Olympic Circle 4.5M, Lake Merced (Sunset Blvd. Parking Lot), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**La Honda:** Pescadero Half-Marathon/10K, Pescadero Creek County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Mountain View:** Stevens Creek Trailblazer Race #2, 10K, Shoreline Blvd. (near Shoreline Pk.), 9 a.m. Friends of Stevens Creek Trail, Rhonda Sherber, 22221 McClellan Rd., Cupertino 95014 (408/255-5780 or 415/903-6067).

**Camino:** Apple Hill Harvest Run, 8M/3.5M/Kids' 0.5M, Larsen's Apple Barn, 8:30 a.m. Snowline Hospice, 3097 Cedar Ravine, Placerville 95667 (916/621-7828).

**Fresno:** Central California Half-Marathon & 5K, (Woodward Park/HM, Los Lake Park/5K), 8 a.m. Ron Gates, P.O. Box 17097, Fresno 93744 (209/261-1284).

**San Luis Obispo:** PENDING -- Black & Gold Boosters 10K 8:30 a.m. Edna Winery on Broad Street. Bruce Smith, c/o San Luis Obispo HS, 1350 California Blvd., San Luis Obispo 93401 (805) 544-2457 h.

**Los Angeles:** American Cancer Society

# SCHEDULE

**Minnie Ripperton Run, 5K/10K, L.A. Coliseum** (statue area), 8 a.m. Info: Julie Lemon (213/386-6102).

**Newport Beach:** Hard Rock Run for Cove, 10K/5K/Kids' 1K, Fashion Island (Hard Rock Cafe), 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

**Riverside:** Mission Inn Run, 5K/10K, Time TBA. Elite Racing, Silia Hatz, 10509 Vista Sorrento Pkwy., Suite 102, San Diego 92121 (619/450-6510).

**Upland:** Stride & Ride 5K/10K, Upland Memorial Park (Campus & Grove Sts.), 8 a.m./5K, 8:30 a.m. Finish Line Intl., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

**Las Vegas, NV:** Turkey Trot 10K/2M, Location TBA, 7:30 a.m. Info: Tri-A-Run (702/870-8269).

## November 11 (Sat.)

**San Mateo:** Judy Golding 75th Birthday Run, 8K, Clinton Dr./Anchor Rd., 8:30 a.m. Vintage A.A., P.O. Box 620732, Woodside 94062 (415/851-2555).

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**Arcata:** Arcata Bottoms Race, 2.4 & 8 Mi., St. Mary's School (Janes Rd.), 10 a.m./2.4M, 10:45 a.m. Info: Jim Griggs (707/445-9377).

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

**Temecula Valley:** Temecula Valley Triathlon (5K/14mB-150yS), Temecula Valley Recr. Center, Time TBA. Info: 909/699-9177 or 925-6650.

**San Diego County:** Borrego Springs Half Marathon, 8 a.m. Info: Power Endurance Events (800/967-8758).

**Las Vegas, NV:** Harry Reid 10K/2M, Spring Mtn. Ranch (Charleston Blvd. toward Blue Diamond), 7 a.m. Info: Tri-A-Run (702/870-8269).

## November 12 (Sun.)

**San Francisco:** DSE Rainbow Falls 5K & Kids' Run, Golden Gate Park (Transverse & JFK Dr.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/9778-0837).

**Oakland/San Francisco (Tentative):** Life-span Bay Bridge 10K (postponed from Sep. 24 due to insurance difficulties...verify date), Toll Plaza (shuttle buses req'd to start from City Center/12th St. BART from 5:30-6:30 a.m. only), 7 a.m. Info: 415/362-RACE.

**Miramar:** Run for the Coast, 5K/10K. RESCHEDULED TO DECEMBER 3.

**Alameda:** Harbor Bay 5K/10K, Harbor Bay Ferry Terminal, 8:30 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

**Mendocino:** Mendocino Trail Marathon/Half-Marathon/10K, Russian Gulch State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Pacific Grove:** Scenic Run, 3K/10K, Lover's Point, 9 a.m. Monterey County Special Olympics, Cindy Myers, 211 Pearl St., Monterey 93940 (408/373-1972).

**Clarksburg:** Clarksburg Country Run, 5K/30K/Kids' 1M, Delta H.S., 10 a.m./30K, 10:15 a.m./5K, 11:05 a.m./1M. Skip Seebeck, P.O. Box 20, Clarksburg 95612 (916/665-1712 or 983-4622).

**Pismo Beach:** Stride With the Tide Beach Runs, 5K, 10K & 1 mile (14&u), 9 a.m. Pismo Pier. Recreation Division, City of Pismo Beach, PO Box 3, Pismo Beach 93449 (805) 773-4658.

**Santa Clarita:** City of Santa Clarita Marathon, Canyon Country, 7 a.m. (500 Limit). Santa Clarita Runners, 26032 Laguna Ct., Santa Clarita 91355 (805/259-5441).

**Universal City:** The Backlot Run of Universal Studios Hollywood, 5K/10K, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Tustin:** Dinosaur Dash 5K/25K, Tustin Market Place, 8 a.m. Info: Tustin Public School Fdn. (714/544-7723).

**Columbus, OH:** Columbus Marathon, 9 a.m. Columbus Marathon, 6660 Doubletree Av., #8, Columbus, OH 43229 (614/433-0395).

**New York City, NY:** New York City Marathon (25,000 accepted), time TBA. New York City Marathon, P.O. Box 1388 GPO, New York, NY 10116 (212/423-2284).

## November 18 (Sat.)

**San Francisco:** Pacific Cross Country Series Finale (Race #9), 6K/10K, Golden Gate Park (Polo Fields), 9 a.m./Citizens 6K, 10 a.m./MM10K, 11 a.m./Women's 6K, 11:45 a.m./Men's 10K. Hoy's Sports, 1632 Haight St., San Francisco 94117 (415/252-5370, days, 648-1467, eves).

**So. San Francisco:** Thanksgiving Fun Run, 5 Mi., Genentech (460 Point San Bruno Blvd.), 9 a.m. Elaine Porter, So. S.F. Parks & Recr., 33 Arroyo Dr., So. San Francisco 94080 (415/877-8560).

**San Jose:** The Call of the Wild 10K/Half-Marathon/Marathon, Annadel State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Davis:** Davis Turkey Trot, 5K/10K, Civic Center Field, Time TBA. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

**Los Angeles:** The Friendship Run for L.A., 10M/5K, Coliseum, 8 a.m. Info: W2 Promotions (310/828-4123).

**Fullerton:** La Salida del Sol 5K/10K, Cal State Univ., 8 a.m./5K, 8:30 a.m. The Finish Line Intl., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

**Playa del Rey:** Jet to Jetty 10K/5K, Dockweiler Beach, 8 a.m. AMCS Jet to Jetty, 7891 La Tijera Blvd., Winchester 90045 (310/670-1410).

**Camp Pendleton:** Dan Daly 10K, Lake O'Neill, 8 a.m. Info: 619/725-3691.

**Poway:** Lake Poway Turkey Trot, 5K, 8 a.m. Info: Larry Beauchamp (619/679-4386 or 679-4342).

**San Diego:** Mission Bay 25K, Fiesta Island, 7:30 a.m. San Diego TC, P.O. Box 7853, San Diego 92167 (Jon Shirley, 619/292-6132).

**Las Vegas, NV:** Unity in the Community 5K, "D" St., 8 a.m. Info: Charles Bilbery (702/363-5213).

## November 19 (Sun.)

**San Francisco:** DSE Legion of Honor Run, 4.3 Mi., 34th & Clement, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Montecito:** Terry Fox Run & Fay Hobbs 10K Race (also 1M Kids' Run), Montecito Union School (385 San Ysidro Rd.), 8 a.m. Tana Chesky, Cancer Fdn., 2410 Fletcher St., #104, Santa Barbara 93105 (805/898-2116).

**Lompoc:** LVDC 5K/10K Thanksgiving Turkey Trots, Miguelito School (V St. & Olive Ave.), 5K walk/8:15 a.m., 5K run/8:30 a.m., 10K/9:15 a.m. Mary Rowan, Lompoc Valley Distance club, PO Box 694, Lompoc 93438 (805) 734-2761.

**San Luis Obispo:** Grandmother's House 5K Run & 1 Mile Walk, 8:30 a.m. Laguna Lake Park. Grandmother's House, PO Box 3116, San Luis Obispo 93406 (805) 541-1305.

**East Los Angeles:** Comida de Campeones, 5K/10K/1M Kids' Run (11 & Under), Belvedere Park, 8 a.m./5K, 8:45 a.m./10K, 10:15 a.m./1M, 10:45 a.m./Invit. 10K. Elite Racing, 1904 Church St., Suite B, Costa Mesa 92627 (714/548-4897).

**Ontario:** Friends of Ontario Airport Runway 5K/10K, south side of airport, 7:45 a.m./5K, 8:15 a.m./10K. Bea Martinez, Public Affairs, Terminal Bldg., Room 214, Ontario 91761 (909/988-2720).

# SCHEDULE

**San Pedro:** Conquer the Bridge 8K Run & Kids' Dash, Vincent Thomas Bridge (6th & Harbor Blvd.), 8 a.m. Info: 310/644-4487.

**San Diego:** Race for the Cure, 5K, County Admin. Bldg. (Harbor Dr.), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

## November 23 (Thu.)

**San Francisco:** San Francisco Turkey Trot, 5K/10K, Golden Gate Park (Polo Fields), 9 a.m. South Park Race Prods., P.O. Box 77681, San Francisco 94117 (415/665-3397).

**Sacramento:** Run to Feed the Hungry, 10K/2K, Sacramento State Univ., 9 a.m./10K, 9:15 a.m./2K. Up & Running, 11114 Oberlin River Ct., Rancho Cordova 95670 (916/852-TIME).

**Bakersfield:** Phantom Pie Run, Distance, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Dana Point:** Dana Point TurkeyTrot, 5K/10K/2K, Dana Point Harbor, 7:30 a.m. Info: Dana Point Chamber of Commerce (714/496-1555).

## November 25 (Sat.)

**Mill Valley:** Quadruple Dipsea, 28.4M, out-and-back twice over Dipsea Trail, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611 (415/894-1336, days).

**Cathedral City:** Desert Duathlon (2mR-16mB-2mR) & Super Kids Duathlon (1mR-4mB-1mR), Doubletree Hotel, 9:30 a.m. Info: Greg Klein (619/320-1341).

**La Jolla:** Hard Rock Cafe 5K, Prospect St., 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

## November 26 (Sun.)

**San Francisco:** Run to the Far Side, 5K/10K, Golden Gate Park (Calif. Academy of Sciences), 8:30 a.m. RhodyCo Prods., 3929 California St., San Francisco 94118 (415/668-2243 (hot-line), 564-0532).

**San Francisco:** DSE Coit Tower Run, 3 Mi., Dolphin Club, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Oakland:** Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. LMJS Hotline (510/601-7887).

## December 2 (Sat.)

**San Mateo:** Jingle Bell Run/Walk for Arthritis 5K/1M, Coyote Point Recr. Area, 9:30 a.m. Arthritis Fdn., 203 Willow St., Suite 201, San Francisco 94109 (415/673-6882).

**Palo Alto:** Skyline Ridge Christmas 12K/25K, Skyline Park (Hwy 35, 1 Mi. south of Page Mill Rd.), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Oakland:** Jingle Bell 5K Run, Lake Merritt, Time TBA. Arthritis Fdn., 203 Willow St., #201, San Francisco 94109 (800/464-6240).

**Antioch:** Holiday Run & Walk Against Drugs, 1M/3M/10K, Delta Memorial Hospital, 9 a.m./1M, 9:20 a.m. Lori Hayward, 1948 Babbe St., Oakley 94561 (510/625-8069).

**Marysville:** Running of the Elves 5K, First & D Sts., 9 a.m. Nick Vogt, Cross-Country Coach,

Yuba College, 2088 No. Beale Rd., Marysville 95901 (916/741-6839 or 878-0697).

**Bakersfield:** Mr. Toad's Wild 20K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Jamul:** Holiday 5K Fun Run, 5 p.m. Sand-Rock Productions, 7915 Silverton, #309, San Diego 92126 (619/530-1111).

**San Diego:** Balboa Park 5K, 6th & Laurel, 7:30 a.m./Men, 8 a.m./Women. Info: Bob Parkinson (619/280-8270).

**Las Vegas, NV:** LVTC 10M/5M/2M, Silk Purse Ranch, 8 a.m. LVTC, Tom Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

## December 3 (Sun.)

**Folsom:** California International Marathon, Folsom Dam to downtown Sac'to, 7:05 a.m. CIM, P.O. Box 161149, Sacramento 95816 (916/983-4622).

**Blue Lake:** West End Run, 2 & 4 Mi., Fish Hatchery, 1 p.m./2M, 1:45 p.m./4M. Info: Rich Gilchrist (707/443-1226).

**Goleta:** Goleta Rotary 5K/10K Fun Runs, Dos Pueblos H.S., 8 a.m. Info: Bill Schubert (805/899-2811).

**Miramar:** Run for the Coast, 5K/10K, near Miramar Restaurant, 9 a.m. Sheila Fellows, P.O. Box 370995, Montara 94037 (415/728-3315, eves).

**Los Angeles:** Lady Foot Locker 5K (separate men's & women's races), Location & Time TBA. Info: Elite Racing (714/548-4897; 619/450-6510).

**Beverly Hills:** Smith Barney/Beverly Hills 5K/10K & 1M Fun Run & Corporate Challenge, Beverly Hills H.S. (241 So. Moreno Dr.), 9 a.m. Beverly Hills 5K/10K, c/o Race Central, P.O. Box 828, Rialto 92377 (310/550-4654).

**Culver City:** Western Hemisphere Marathon & 5K, Overland & Culver, 8 a.m./Marathon, 9 a.m./5K. Jack Nakanishi, 4117 Overland, Culver City 90230 (310/202-5689).

**Loma Linda:** Holiday Classic 5K/15K, 8:15 a.m. Info: Jeff Francisco (909/684-5270).

**Van Nuys:** BHS Dads Club Holiday Classic 5K/10K, Woodley Park, 8 a.m. Margaret Reed, P.O. Box 16092, Encino 91416 (818/782-3780).

**San Juan Capistrano:** Saddleback Mountain Trail Marathon, Cleveland Nat'l. Forest (Blue Jay Campground), 8 a.m. Baz Hawley, P.O. Box 25, Fish Camp 93623 (209/683-7426).

**San Diego:** Holiday Hustle 8K, Mission Valley Center area, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

## December 9 (Sat.)

**Stinson Beach:** Stinson Beach Marathon/Half-Marathon/7M, Parkside Cafe, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Arcata:** (or Dec. 10) Arcata to Willow Creek Run, 40 Mi., Time TBA. Info: George Crandell (707/822-4004).

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

**La Quinta:** Desert Cities Marathon/Half-Marathon/Kids' 3K, Lake Cahuilla Regional Park, 7 a.m. Stephanie Mapelli, 36-066 W. Ave., Cathedral City 92234 (619/321-7564).

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# SCHEDULE

**San Diego:** Reindeer Romp n' Ride 5K/10K Run, Del Mar Highlands Town Center, 7:15 a.m. J&T Enterprises, P.O. Box 2293, Del Mar 92014 (619/736-1001).

**San Diego:** Jingle Bell 5K Run for Arthritis, Balboa Park, 8 a.m. Arthritis Fdn., 9089 Claremont Mesa Blvd., #300, San Diego 92123 (619/492-1090).

**Las Vegas, NV:** LVTC 5K/2M Predicted Time, Sunset Park (Sunset & Eastern), 8 a.m. LVTC, Tom Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

## December 10 (Sun.)

**San Francisco:** Christmas Classic 5K, Miracle Mile, Golden Gate Park (Mile/JFK at Rainbow Falls, 5K/JFK & Transverse), 8 a.m./Mi. (downhill), 8:30 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

**San Francisco:** DSE Presidio Gate Run, 3.3 Mi., Dolphin Club, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Angel Island:** Hark the Angels Run 12K & 25K, 10:30 a.m. Ayala Cove, Loop trail run. 10:00 a.m. ferry departure from Tiburon only. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Pt. Mugu State Park:** Lasse Viren 20K, Sycamore Canyon, 9 a.m. Steve Blum, 505 Briarwood Terr., Ventura 93001 (805/652-1744).

**Dana Point:** Rudolf Runoff 5K/2K, Marina, 8 a.m. Info: Race Pace Promos (714/661-6547).

**Palm Desert:** Palm Desert 5K and USATF Men's National Championships (alsos 0.5 & 1M Kids' Runs), 8 a.m. Elite Racing, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510 or 714/548-4897).

**Tucson, AZ:** Tucson Marathon/Marathon Relay/Half-Marathon/5K, Biosphere 2, 8 a.m. Pat Lekacz, 1715 E. Water St., Tucson, AZ 85719 (502/325-2736).

**Honolulu, HI:** Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Waiialae Av., Room 208, Honolulu, HI 96816 (808/734-7200).

## December 16 (Sat.)

**Alameda:** Harbor Bay Tri-Bi (5Kline-17mB-2.5mR or 2.5mR-17mB-2.5mR), Harbor Bay Pkwy., 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Sausalito:** Golden Christmas Trail Marathon/Half-Marathon/7M, E. Fort Baker (Mara. & HM), Rodeo Beach (7M), 8 a.m./Mara-HM, 9 a.m./7M. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**McFarland:** McFarland Christmas Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Santa Monica:** Venice-Marina Christmas 5K/10K, Ocean Park Blvd. & Barnard Way, 8 a.m. Info: 213/LUV2RUN, 310/644-4487.

**San Diego:** Mainly Masters 10K, Fiesta Island (Mission Bay), 7:30 a.m./Open, 8 a.m./Masters. Info: Peter Stern (619/272-5380).

**Las Vegas, NV:** LVTC Half-Marathon, Location & Time TBA. LVTC, Tom Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

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# SCHEDULE

## December 17 (Sun.)

**Pacifica:** DSE "Pacifica Terrifica" 5M, Linda Mar School (Rosita Rd.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**San Francisco:** 22nd Annual Christmas Relays, 4x4.464M, Lake Merced (Sunset Blvd. Pkg. Lot), 9 a.m. West Valley TC, Marc Lund, 1433 Norman Dr., Sunnyvale 94087 (Searcy Barnett: 510/635-9508).

**Alameda:** The Schedule's "Boston or Bust" Marathon (last chance to qualify for 100th Boston Marathon), Harbor Bay Ferry Terminal, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

## December 23 (Sat.)

**Las Vegas, NV:** LVTC 5M/2M, Silver Bowl (near Russell Rd. & Boulder Hwy.), 8 a.m. LVTC, Tom Hodges, P.O. Box 81045, Las Vegas, NV 89190 (702/898-RUNN).

## December 24 (Sun.)

**Oakland:** Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Info: LMJS Hotline (510/601-7887).

## December 30 (Sat.)

**Mill Valley:** New Year's Resolution Marathon/12K/31K, Muir Beach (Mara. & 31K), Mtn. Home Inn on Panoramic Hwy. (12K), 9 a.m./Mara-31K, 10 a.m./12K. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Las Vegas, NV:** LVTC 5K/2M, Hidden Palms Park (Pebble & Hidden Palms), 8 a.m. LVTC, Tom Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

## December 31 (Sun.)

**San Francisco:** First Run, 2 Mi., Presidio (Crissy Field), midnight. Info: RhodyCo Prods. (415/564-0532).

**Sacramento:** First Run, 2 Mi., Capitol Grounds (10th & N Sts.), midnight. Info: RhodyCo Prods. (415/564-0532).

## Jan. 1, 1996 (Mon.)

**San Francisco:** DSE Hangover Run, 3.53 Mi., Golden Gate Bridge lower parking lot, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Carmel:** Rio Resolution Run, 6.8 Mi., Rio Grill, Crossroads Shopping Ctr. (Hwy. 1 & Rio Rd.), 9 a.m. Rio Grill, 101 Crossroads Blvd., Carmel 93923 (408/648-3570).

## LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major Events, etc.)\*\*\*

### 1996

## January 113 (Sat.)

**Pt. Reyes:** Pt. Reyes Trail Marathon/25K/7M, Five Brooks (Hwy. 1 between Olema & Stinson Beach), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

## January 21 (Sun.)

**Sacramento:** Trackathon, 10K/20K/30K/Marathon/50K, 9 a.m. Paul Reese, 308 Forest Ct., Auburn 95603 (916/823-0276).

**Carlsbad:** San Diego Marathon & Half-Marathon, Plaza Camino Real, 7 a.m. San Diego Marathon, 511 S. Cedros Av., Suite B, Solana Beach 92075 (619/792-2900).

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## FREE SCHEDULE LISTING

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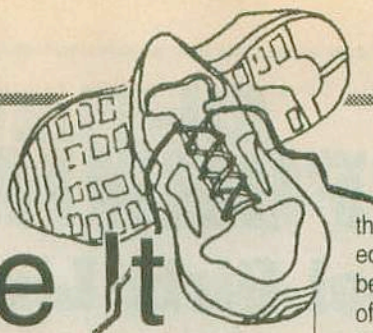
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CTRN Schedule  
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# MOSTLY SHOES

By Cregg A. Weinmann

## Just Change It



In the hunter gatherer societies which may have given rise to competitive running, stopping to pull the thorn from one's foot while pursuing dinner would definitely have had an adverse effect on the success of the hunt. Undoubtedly an early hunter would have loved to jog down to the local emporium (quite possibly run by a forebear of mssrs. Hoy, Five, or Sportsmart) and pick out a pair of the latest GPS (game pursuit shoes). I'm sure (s)he would have selected one of the motion controlling, energy returning, visco-elastic, framework supporting, forefoot flexing, heel cushioning, wallet depleting models recommended by Australopithecus salesclerki (perhaps named Lucy). Based on observation of behaviors which give every indication of being instinctual, a salesclerki almost certainly would have pointed out the encapsulated walrus blubber cushioning system located in both the forefoot and heel portions of the shoe.

An occasional running companion of mine asked me, with particular exasperation, "So, you write about running shoes. Why do the shoe companies discontinue hugely popular shoes, and then reintroduce the same name on a radically changed, often inferior model?" I thought for several moments before giving him my definitive answer--"I don't know". Of course, that wasn't nearly the end of the topic, because I have been thinking about it, both before and since. It does cause one to attempt to assemble some sort of sense from the question. Does it have to do with history? Marketing? Management? Perhaps it is just the capricious whimsy of the CEOs that run the shoe companies.

If you take a look at the major running shoe companies, all of them have been in business for quite a while. Adidas, ASICS, Avia, Brooks, Converse, Diadora, Etonic, Fila, Kahu, Lotto, Mizuno, New Balance, Nike, Patrick, Puma, Reebok, and Saucony, combine

for over 500 years in the business of making and selling shoes. Up until 35 years ago most of the products were nearly identical, and changed little from year to year or from company to company. Since then there has been considerable change. Adidas and Puma changed shoes from black to white, and made the trademark a prominent feature of the shoe. ASICS (as Onitsuka Tiger) introduced the innovation of nylon uppers and followed the trend of colorful shoes (along with adidas' suede shoes -- the Gazelle and the Mexicana). Nike pioneered the traction packed "waffle" sole and then came up with a new use for air. Etonic teamed with podiatry in developing motion controlling devices for running shoes. And Avia introduced the cantilever "system" which (along with Nike's Air) led the flood of other cushioning "systems". This seemingly pell-mell push for new uses of technology can probably be blamed on the space race. The development of new and improved materials to withstand the rigors of outer space has changed many of the products we take for granted every day. Teflon, polycarbonate, kevlar, and a host of previously developed fibers and foams have been made available to shoe designers. While many of these resources were available 35 or more years ago, traditional methods are hard to break. This would seem to indicate that something other than history is responsible.

Marketing. Just do it. Life is short--play hard. Loyal to the sport. Catchy slogans to attract the attention of the consumer. The promotion angle for that new product. Is it all just smoke and mirrors? Thankfully the hype is somewhat less than what has been witnessed recently with the buildup for Windows 95/NT. It is interesting to note that all running shoes have more similarities than differences, which allows for an apples and apples comparison. With this commonality

the major issue (all other things being equal) is price. A higher priced shoe may become more successful with a "wrapping" of hype, but on the road, trail or track it's performance that counts. The only real feedback that the marketers get is the result from the marketplace. If a popular shoe is selling well, there is no reason for the marketing folks to be overly concerned.

The decision-making functions are further up the flow chart than the marketing department. The management of the shoe companies must be where the decisions to discontinue those popular models happens. They authorize what the Research and Development department is researching and developing. Some radical new breakthrough may occur which surprises everybody, or a new material may become available which seems to beg to be put into a shoe, but often times the changes in shoes seem to be an attempt to stay in the lead. The old adage "If it ain't broke don't fix it", is apparently not applicable here. I realize that he may be considered the most powerful man in sports, but is that any reason for Phil not to return my calls?

As you can see, if you focus too closely on running and track & field equipment (but mostly shoes), it quickly becomes so involved as to make your head spin. Humans seem to be driven to satisfy the needs of an activity as comprehensively as possible, and this should never cease to amaze the interested observer.

If you'll excuse me, I have some experimenting to do with a glob of walrus blubber, some velcro straps, and an old snow tire. I'm thinking of calling it GPS-95.

Cregg A. Weinmann, an ardent fan and long-time participant in the sport of track and road racing, is a teacher living and working in Bakersfield, CA.

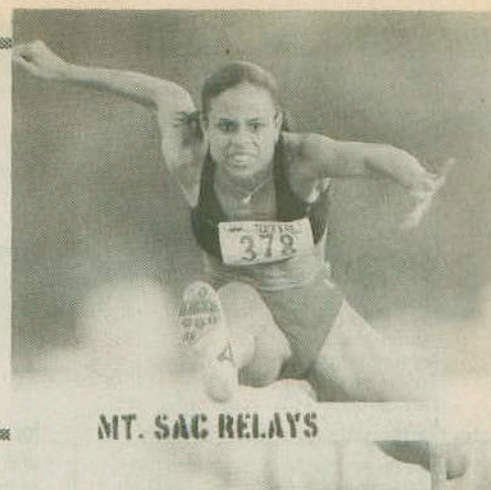


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# All-Time CALIFORNIA High School Girls List

Compiled by Bob Womack



JOANNA HAYES

Photo by Kirby Lee

The All-Time California Girl's High School List includes marks reported through August 31, 1995.

As usual, the author is indebted to all the individuals who have helped with additions, corrections, etc. Our special thanks go to CTR&N's hard-working high school editor, Keith Conning, and to the long-time chronicler of Central Section track, Ron Blackwood. Any and all errors, however, are the sole responsibility of the undersigned and corrections and additions should be sent to Bob Womack, 1465 East Portals, Fresno, CA 93710 (FAX 209-225-6951).

We started a girl's pole vault list last year, when it was an experimental event. This year, it was a scoring event--and notice the changes. Only one 1994 mark remains on the 1995 list. Check in two years and most of the '95 marks will be gone. As good as Melissa Price's state record looks, I give it two years, three max.

Oh, yes, the ritual warning: The numbers attached behind the hyphens are the number of state championships won; the year is the year of the best mark, not necessarily the year the athlete was state champion.

-Bob Womack

## 100 Meters

**State Meet Record:** 11.14 Marion Jones, (Thousand Oaks) 1992 @ Cerritos. **Frosh:** 11.24 Angela Williams (Chino) 1995. **Soph:** 11.17 Marion Jones (Rio Mesa, Oxnard) 1991. **Junior:** 11.14 Marion Jones (Thousand Oaks) 1992. **Senior:** 11.28 Marion Jones (Thousand Oaks) 1993.

|       |                                     |      |
|-------|-------------------------------------|------|
| 11.14 | Marion Jones (ThOaks)-4 at Cerr     | 1992 |
| 11.24 | Angela Williams (Chino)             | 1995 |
| 11.28 | Angela Burnham (Rio M. Oxn.)-2      | 1988 |
| 11.34 | Sharon Ware (Berkeley)-2            | 1980 |
| 11.47 | LaKeisha Backus (Wilson, LBCh)-1    | 1995 |
| 11.48 | Inger Miller (Muir, Pasadena)       | 1990 |
| 11.50 | Kim Robinson (Westchester, L.A.)    | 1977 |
| 11.50 | Andrea Anderson (Poly, LBeach)      | 1995 |
| 11.51 | Gail Devers (Swtwater, Natl/City)-1 | 1984 |
| 11.55 | Kelli White (Logan, Union City)     | 1995 |
| 11.56 | Jackie Thompson (Lincoln, SDiego)   | 1973 |
| 11.56 | Jernae Wright (Logan, Union City)   | 1995 |
| 11.57 | Valerie Brisco (Locke, L.A.)        | 1978 |
| 11.58 | Brenda Winston (San Gor, S.Bern.)   | 1977 |
| 11.58 | Heather Sumpter (Muir, Pasa)-1      | 1994 |
| 11.59 | Monica Taylor (Grant, Sacto)        | 1983 |

|       |                                   |      |
|-------|-----------------------------------|------|
| 11.60 | Aminah Haddad (Poly, LBeach)      | 1995 |
| 11.61 | Sherri Howard (Kenn, GranHills)   | 1980 |
| 11.61 | Gervaise McCraw (Gan, Pom)-1      | 1982 |
| 11.61 | Carrie Franklin (Muir, Pasadena)  | 1985 |
| 11.61 | Lesa Parker (O'Dowd, Oak)         | 1992 |
| 11.62 | Inger Peterson (Dorsey, L.A.)     | 1981 |
| 11.63 | Lisa Winston (Jordan, L. Beach)-1 | 1982 |
| 11.63 | Pam Qualls (Burbank, Sacto)       | 1984 |
| 11.64 | Alice Brown (Muir, Pasadena)      | 1978 |
| 11.64 | Robin Simmons (Crenshaw, L.A.)    | 1983 |
| 11.64 | Tamika Bradfield (Compton)        | 1991 |

## Hand Timing

|      |                                   |      |
|------|-----------------------------------|------|
| 11.4 | Jackie Thompson (Lincoln, SDiego) | 1972 |
| 11.4 | Elaine Parker (Oceana, Pacifica)  | 1978 |

## 200 Meters

(\*220 Yards Minus 0.12)

**State Meet Record:** 22.71 Marion Jones (Thousand Oaks) 1992 @ Norwalk. **Frosh:** 23.70 Marion Jones (Rio Mesa, Oxnard) 1990. **Soph:** 22.76 Marion Jones (Rio Mesa, Oxnard) 1991. **Junior:** 22.68 Marion Jones (Thousand Oaks) 1992. **Senior:** 23.00 Marion Jones (Thousand Oaks) 1993.

|        |                                     |      |
|--------|-------------------------------------|------|
| 22.58  | Marion Jones (Th.Oaks)-4 @ NewOr    | 1992 |
| 23.08  | Jackie Thompson (Linc,S.D.)@ Munich | 73   |
| 23.19  | Sherri Howard (Kenn, Gran Hills)-1  | 1980 |
| 23.21  | LaKeisha Backus (Wilson, LBCh)-1    | 1994 |
| 23.23  | Aminah Haddad (Poly, Long Beach)    | 1994 |
| 23.25  | Denean Howard (Kenn/Gran Hills)-2   | 1982 |
| 23.27  | Gervaise McCraw (Gan, Pomona)       | 1982 |
| 23.40  | Leslie Maxie (Mills, Millbrae)      | 1984 |
| 23.42* | Gwen Loud (Westchester, L.A.)-1     | 1979 |
| 23.45  | Angela Burnham (Rio Mesa, Ox)-2     | 1988 |
| 23.49  | Kelli White (Logan, Union City)     | 1995 |
| 23.54  | Paulette Blalock (Compton)-1        | 1984 |
| 23.56  | Tami Stiles (Hawthorne)-2           | 1985 |
| 23.57  | Inger Miller (Muir, Pasadena)       | 1990 |
| 23.59  | Cathy Roberts (Cerritos)            | 1984 |
| 23.59  | Simone Cain (Hueneme, Port Huen)    | 1988 |
| 23.60  | Andrea Anderson (LB Poly)           | 1993 |
| 23.62  | Sharon Ware (Berkeley)              | 1980 |
| 23.62  | Latasha Gilliam (Pittsburg)         | 1994 |
| 23.69  | Tamika Bradfield (Compton)          | 1991 |
| 23.72  | Frieda Cobbs (Berkeley)             | 1978 |
| 23.75  | Kelia Bolton (Hill, San Jose)-1     | 1978 |
| 23.77  | Valerie Brisco (Locke, L.A.)        | 1978 |
| 23.77  | Pam Qualls (Burbank, Sacramento)    | 1984 |
| 23.80  | Diana Pullins (Muir, Pasadena)      | 1982 |

## Hand Timing

|      |                                     |      |
|------|-------------------------------------|------|
| 23.0 | Andrea Anderson (LB Poly)           | 1993 |
| 23.1 | Jackie Thompson (Lincoln, S. Diego) | 1973 |
| 23.2 | Mable Ferguson (Gan, Pomona)        | 1973 |
| 23.2 | Chewuakii Knighten (Locke, L.A.)    | 1985 |
| 23.4 | Kathy Hammond (Mira Loma, Sac)      | 1969 |
| 23.5 | Brenda Winston (San Gorg,S.Bern.)   | 1977 |
| 23.7 | Latasha Gilliam (Pittsburg)         | 1994 |

## 400 Meters

(\*440 Yards Minus 0.26)

**State Meet Record:** 52.39 Denean Howard (Kennedy, Granada Hills) at Sacramento, 1982. **Frosh:** 53.40 Angela Williams (Chino) 1995. **Soph:** 51.70 Denean Howard (Kennedy, Granada Hills) 1980. **Junior:** 51.09 Sherri Howard (San Gorgonio, San Bernardino) 1979. **Senior:** 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

|       |                                    |      |
|-------|------------------------------------|------|
| 50.87 | Denean Howard (Ken)-2 @ Knox       | 1982 |
| 51.09 | Sherri Howard (San Gorgonio)-1     | 1979 |
| 51.91 | Mable Ferguson (Gan, Pomona)       | 1972 |
| 52.17 | Chewuakii Knighten (Locke, L.A.)-2 | 1985 |

continued next page.

# All-Time CALIFORNIA High School Girls List

|        |                                    |      |
|--------|------------------------------------|------|
| 52.25  | Janeene Vickers (Pomona)           | 1986 |
| 52.83  | Leslie Maxie (Mills, Millbrae)-1   | 1984 |
| 52.91  | Marion Jones (Rio Mesa, Oxnard)    | 1991 |
| 53.10  | Linnetta Wilson (Muir, Pasadena)   | 1985 |
| 53.12  | Frieda Cobbs (Berkeley)            | 1978 |
| 53.13* | Charlette Cooke (St. Mary's, L.A.) | 1966 |
| 53.20  | Paulette Blalock (Compton)         | 1984 |
| 53.27  | Carla Estes (Logan, Union City)    | 1995 |
| 53.34  | Jeannie Arnold (Locke, L.A.)       | 1982 |
| 53.40  | Angela Williams (Chino) -1         | 1995 |
| 53.42  | Arise Emerson (Westminster)-1      | 1978 |
| 53.42  | Gervaise McCraw (Gan, Pomona)      | 1982 |
| 53.46  | Marian Franklin (Balboa, S.Fran)   | 1979 |



ANGELA WILLIAMS  
Frosh 100 Meter Record

Photo by Bill Cockerham

|   |                                 |      |
|---|---------------------------------|------|
| 53.47   | Gwen Gardner (Crenshaw, L.A.)   | 1978 |
| 53.49   | Princess Bennett (Compton)-1    | 1986 |
| 53.51   | Faye Paige (Poly, Long Beach)   | 1980 |
| 53.55   | Angela Rolfe (Dorsey, L.A.)-2   | 1987 |
| 53.70   | Valerie Brisco (Locke, L.A.)-1  | 1978 |
| 53.76   | Gayle Kellon (Walnut)           | 1982 |
| 53.81   | Janice Farwell (Muir, Pasadena) | 1984 |
| 53.83   | Nedra Rodgers (Berkeley)        | 1982 |
| <b>Hand Timing:</b><br>(*440 Yards Minus 0.3) |                                 |      |
| 51.8*   | Kathy Hammond (Mira Loma, Sac)  | 1969 |
| 53.4*   | Janice Wiser (LaJolla)          | 1973 |

## 800 Meters

(\*880 Yards Minus 0.7)

**State Meet Record:** 2:06.08 Donna Curtis (Culver City) @ Norwalk, 1981. **Frosh:** 2:02.43 Mary Decker (Portola Jr., Orange) 1973. **Soph:** 2:02.29 Mary Decker (Orange) 1974. **Junior:** 2:04.6\* Ann Regan (Camden, San Jose) 1978. **Senior:** 2:03.8\* Charlette Cooke (St. Mary's, L.A.) 1966.

|         |   |      |
|---------|---|------|
| 2:02.29 | Mary Decker (Orange) @ Durham           | 1974 |
| 2:03.8* | Charlette Cooke (St. Mary's, L.A.)      | 1966 |
| 2:04.37 | Ann Regan (Camden, San Jose)-3          | 1977 |
| 2:04.59 | Kerri Zaleski (Millikan, L. Beach)-1    | 1985 |
| 2:04.91 | Trena Hull (Compton)-1                  | 1984 |
| 2:05.43 | Linda Goan (North, Bakersfield)         | 1977 |
| 2:05.61 | Nicole Teter (WVly, Cottonwood)-1       | 1991 |
| 2:05.7  | Rennie Durrand (Laguna Beach)-1         | 1980 |
| 2:05.84 | Jessica Spies (Livermore)               | 1981 |
| 2:05.9  | Francie Larrieu (Fremont, Snyvyl)       | 1970 |
| 2:05.9  | Lynn Hollins (Riverside)                | 1976 |
| 2:06.01 | Donna Curtis (Culver City)-1            | 1981 |
| 2:06.07 | Trescia Palmer (Westchester, L.A.)      | 1982 |
| 2:06.13 | Kim Toney (Atascadero) -2               | 1990 |
| 2:06.47 | Regina Jacobs (Argyll, NHollywd)        | 1980 |
| 2:07.25 | Becky Spies (Livermore)                 | 1991 |
| 2:07.3  | Marie Mulder (Sacramento)               | 1965 |
| 2:07.6* | Cis Schafer (Washington, Fremont)       | 1970 |
| 2:07.8  | Arise Emerson (Westminster)             | 1978 |
| 2:07.9* | Kathy Costello (Pleasant Hill, SJose)-2 | 1975 |
| 2:08.00 | Lesley Noli (Mt. Carmel, San Diego)     | 1985 |
| 2:08.18 | Michelle Taylor (Ganessa, Pomona)       | 1982 |
| 2:08.4  | Kristin Dowell (StTeresa, SJ)-1         | 1984 |
| 2:08.42 | Laura Chapel (Univer City, SJ)-1        | 1986 |
| 2:08.5* | Paula Rose (Newport Harbor)             | 1975 |

## 1500 Meters

(+Enroute to Longer Distance)

**Frosh:** 4:24.17 Kathi Denz (Blair, Pasadena) 1978. **Soph:** 4:28.2+ Nanette Garcia (Silver Creek, San Jose) 1983. **Junior:** 4:16.8 Francie Larrieu (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8+ Polly Plumer (University, Irvine) 1982.

|         |                                       |      |
|---------|---------------------------------------|------|
| 4:16.8  | Francie Larrieu (Frem, Snyv) @ Stutt  | '69  |
| 4:16.8+ | Polly Plumer (Univ, Irv) @ Westwd     | 1982 |
| 4:20.9  | Cheri Williams (Livermore)            | 1978 |
| 4:21.0+ | Vickie Cook (Alemany, Mission Hills)  | 1981 |
| 4:21.5  | Eileen Claugus (Rio Amer, Sacto)      | 1972 |
| 4:23.0  | Linda Goan (North, Bakersfield)       | 1979 |
| 4:23.9+ | Darcy Arreola (Grossmt, La Mesa)      | 1986 |
| 4:24.17 | Kathi Denz (Blair, Pasadena)          | 1978 |
| 4:24.3  | Debbie Heald (Neff, La Mirada)        | 1972 |
| 4:24.4  | Ann Trason (Pacific Grove)            | 1977 |
| 4:24.6  | Paula Rose (Newport Harbor)           | 1976 |
| 4:25.0  | Regina Jacobs (Argyll, N Hollywd)     | 1981 |
| 4:25.10 | Julia Stamps (Rincon Vly Jr, S. Rosa) | 1994 |
| 4:25.16 | Becky Spies (Livermore)               | 1991 |
| 4:25.2  | Gladys Prieur (La Lycee Franc, LA)    | 1983 |
| 4:25.4  | Michelle Bush (Rolling Hills)         | 1979 |
| 4:25.4  | Kristen Powell (STeresa, San Jose)    | 1985 |
| 4:25.6  | Tracy Weber (Lynbrook, San Jose)      | 1981 |
| 4:25.66 | Mary Decker (Portola Jr., Orange)     | 1973 |
| 4:25.7+ | Paula Bresnan (Kennedy, GrantHills)   | 1983 |
| 4:26.0+ | Laurie Chapman (Gund, San Jose)       | 1986 |
| 4:26.8+ | Julie Seleine (University, Irvine)    | 1983 |
| 4:27.7  | Roxanne Bier (Indep, San Jose)        | 1979 |
| 4:27.8+ | Tina Allen (Santana, Santee)          | 1982 |
| 4:27.8+ | Jessica Spies (Livermore)             | 1982 |

## 1600 Meters

(\* Mile Minus 1.8)

**State Meet Record:** 4:39.92 Polly Plumer (University, Irvine) @ Sacramento 1982. **Frosh:** 4:40.2\* Mary Decker (Portola Jr., Orange) 1973. **Soph:** 4:45.30 Julia Stamps (Santa Rosa) 1995. **Junior:** 4:40.0\* Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 4:33.44\* Polly Plumer (University, Irvine) 1982.

|          |                                      |      |
|----------|--------------------------------------|------|
| 4:33.44* | Polly Plumer (Univ, Irv)-3 @ Westwd  | 1982 |
| 4:38.9*  | Eileen Claugus (Rio Amer, Sacto)     | 1973 |
| 4:40.0*  | Vickie Cook (Alemany, Mission Hills) | 1981 |
| 4:40.2*  | Mary Decker (Portola Jr., Orange)    | 1973 |
| 4:42.77  | Darcy Arreola (Grossm, La Mesa)-1    | 1986 |
| 4:43.15* | Cheri Williams (Livermore)-1         | 1978 |
| 4:43.90  | Paula Bresnan (Kenn, Gran Hills)     | 1983 |
| 4:44.47  | Denise Ball (Newbury Park)           | 1982 |
| 4:44.6*  | Linda Goan (North, Bakersfield)-2    | 1979 |
| 4:44.76  | Tracy Weber (Lynbrook, SJose)        | 1981 |
| 4:44.93  | Cory Schubert (Del Mar, SJose)-1     | 1983 |
| 4:45.00  | Julie Seleine (University, Irvine)   | 1983 |
| 4:45.11  | Becky Spies (Livermore)-1            | 1991 |
| 4:45.13  | Laurie Chapman (Gund, San Jose)      | 1986 |
| 4:45.2*  | Jessica Spies (Livermore)            | 1982 |
| 4:45.32  | Julia Stamps (Santa Rosa)            | 1995 |
| 4:45.35  | Elissa Riedy (Miss SJose, Frem)-1    | 1995 |
| 4:45.46  | Tina Allen (Santana, Santee)         | 1982 |
| 4:45.6*  | Sandy Langan (El Camino, Sacto)      | 1971 |
| 4:45.7*  | Debbie Heald (Neff, La Mirada)       | 1970 |
| 4:45.98  | Kira Jorgensen (Vista)-2             | 1987 |
| 4:46.0*  | Allison Ehlen (Santa Barbara)        | 1981 |
| 4:46.59  | Robbyn Bryant (Hesperia)             | 1987 |
| 4:46.74  | Nanette Garcia (Silv Crk, SJose)     | 1983 |
| 4:46.8*  | Paula Rose (Newport Harbor)          | 1975 |

## 3000 Meters

(+ Enroute to Longer Distance)

**Frosh:** 9:28.50 Julia Stamps (Rincon Valley Jr., Santa Rosa) 1994. **Soph:** 9:21.99 Julia Stamps (Santa Rosa) 1995. **Junior:** 9:22.3 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

|         |                                      |      |
|---------|--------------------------------------|------|
| 9:11.80 | Cory Schubert (Del Mar, SJ) @ Indy   | 1983 |
| 9:11.99 | Julia Stamps (Santa Rosa)            | 1995 |
| 9:22.3  | Vickie Cook (Alemany, Mission Hills) | 1981 |
| 9:28.50 | Julia Stamps (Rin Vly Jr, S. Rosa)   | 1994 |
| 9:30.3  | Polly Plumer (University, Irvine)    | 1982 |
| 9:30.8  | Eileen Claugus (Rio Amer, Sacto)     | 1973 |
| 9:33.3+ | Laurie Chapman (Gund, San Jose)      | 1986 |
| 9:33.9  | Roxanne Bier (Indep, San Jose)       | 1978 |
| 9:35.33 | Tania Fischer (Cham, CanPark)        | 1982 |
| 9:35.5+ | Kirsten O'Hara (Palos Verdes)        | 1984 |
| 9:35.5  | Rebecca Chamberlain (Leigh, SJ)      | 1986 |
| 9:36.6  | Kira Jorgensen (Vista)               | 1987 |
| 9:37.7  | Su-Mei Lee (Eisenhower, Rialto)      | 1979 |
| 9:38.2  | Katie Dunsmuir (Palisades)           | 1983 |
| 9:38.5+ | Denise Ball (Newbury Park)           | 1982 |
| 9:40.1+ | Courtney Pugmire (Esper, Anahm)      | 1995 |
| 9:40.8+ | Amy Skiersz (Agoura)                 | 1995 |
| 9:41.2  | Gladees Prieur (La LyFranc, L.A.)    | 1983 |
| 9:41.6  | Deena Drossin (Agoura)               | 1991 |
| 9:42.0  | Tena Anex (Del Campo, Cam)           | 1972 |
| 9:42.0+ | Karen Hecox (South Hills, Covina)    | 1988 |
| 9:42.2+ | Lori Lopez (Sacred Heart, L.A.)      | 1981 |
| 9:42.3+ | Rayna Cervantes (Montebello)         | 1988 |
| 9:43.33 | Vicky Bray (Los Altos)               | 1977 |

continued next page.

# All-Time CALIFORNIA High School Girls List

9:46.0 Lisa Scaduto (Santa Monica) 1979  
9:46.1+ Colleen Donovan (Lodi) 1985

## 3200 Meters

(\* 2 Miles Minus 3.6)

**State Meet Record:** 10:08.14 Cory Schubert (Del Mar, San Jose) @ Bakersfield 1983. **Frosh:** 10:17.1\* Vickie Cook (Chaminade, Canoga Park) 1979. **Soph:** 10:14.78 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 10:04.2 Cory Schubert (Del Mar, San Jose) 1983.

10:04.2 Cory Schubert (DM SJose)-1 @ Berk. '83  
10:06.2\* Cheri Williams (Livermore)-1 1978  
10:11.62 Kristin O'Hara (Palos Verdes)-1 1984  
10:11.78 Vickie Cook (Alemany, MissHills)-3 1982  
10:12.86 Laurie Chapman (Gund SJose)-1 1986  
10:14.48 Courtney Pugmire (Esper, Anaheim) 1995  
10:15.27 Julia Stamps (Santa Rosa)-2 1995  
10:15.8\* Eileen Clausus (Rio Amer, Sacto) 1973  
10:15.99 Denise Ball (Newbury Park) 1982  
10:16.14 Karen Hecox (South Hills, Covina)-1 1988  
10:16.38\* Cindy Schmandt (Santa Barbara) 1979  
10:16.42 Amy Skiersz (Agoura) 1995  
10:18.04\* Su-Mei Lee (Eisenhower, Rialto) 1979  
10:18.80 Rayna Cervantes (Montebello) 1988  
10:19.10 Tania Fischer (Cham Canoga Pk) 1983  
10:19.63 Deena Drossin (Agoura)-2 1991  
10:19.94\* Susie Meek (Palos Verdes) 1978  
10:21.19 Lori Lopez (Sacred Heart, L.A.) 1981  
10:23.04 Mary Mendoza (Present, SJose)-1 1987  
10:23.4\* Gladys Prieur (La LycFranc L.A.) 1983  
10:23.85 Rebecca Chamberlain (Leigh, SJ)-1 1985  
10:24.23 Kira Jorgensen (Vista) 1987  
10:24.61 Milena Glusac (Fallbrook) 1991  
10:24.70 Tracey Williams (Mt. View, El Mon) 1986  
10:25.14 Katie McCandless (Castill, PAlto) 1988

## 100 Meter Hurdles--33"

**State Meet Record:** 13.45 Joanna Hayes (North, Riverside) 1995 @ Norwalk. **Frosh:** 13.86 Davetta Shepard (Kennedy, Richmond) 1994. **Soph:** 14.07 Davetta Shepard (Kennedy, Richmond) 1995. **Junior:** 14.09 Alyssa Sweeney (Tamalpais, Mill Valley) 1979. **Senior:** 13.38 Joanna Hayes (North, Riverside) 1995.

13.38 Joanna Hayes (N. Riv.) @ Raleigh, NC 1995  
13.83 Bisa Grant (O'Dowd, Okind) Knox -1 1994  
13.86 Davetta Shepard (Ken, Richmnd)-1 1994  
13.87 Effie Daetz (Indep., SJ) @ Tucson 1987  
13.92 Felice Lipscomb (Santa Monica) 1990  
13.95 Wendy Brown (Woodside) 1984  
14.01 Joanna Hayes (North, Riverside) 1994  
14.07 Aladrian Hunter (Dorsey, LA) 1981  
14.09 Alyssa Sweeney (Tamal, Mill Vly) 1979  
14.11 La Shawn McBride (LB Poly) 1987  
14.11 Kam Warner (West, Bkfld) 1992  
14.15 Kwani Stewart (Yuba City) 1990  
14.18 Ron Kelly (Morningside, Inglewood) 1995  
14.19 Ashley Bethel (Mission Viejo) 1995  
14.21 Michelle Hawthorne (El Cerrito) 1978  
14.23 Jennifer Odom (Indep, San Jose) 1994  
14.23 Janae Mitchell (El Cerrito) 1995  
14.24 Laurie Smith (Valley, Sacto) 1987  
14.25 Chewuakii Knighten (Locke, LA) 1984  
14.28 Kim Costello (El Camino, SoSF) 1978  
14.28 Leslie Maxie (Mills, Millbrae) 1983

14.28 Ayanna Grant (O'Dowd, Oakland) 1995  
14.30 Kris Costello (Lynbrook, SJ) 1978  
14.30 Judy Young (Berkeley) 1979  
14.30 Sherita Sanders (Berkeley) 1980  
14.32 Gail Devers (Sweetwater, NatlCity) 1984

## Hand-Timing --33"

13.5 Lorna Tinney (Oceanside) 1972  
13.6 Bobbette Krug (La Jolla) 1972

## 300 Meter Hurdles

**State Meet Record:** 40.26 Janeene Vickers (Pomona) @ Sacramento 1987. **Frosh:** 42.54 Twila Sims (Lompoc) 1989. **Soph:** 41.76 Twila Sims (Lompoc) 1990. **Junior:** 40.18 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 40.26 Janeene Vickers (Pomona) 1987.

40.18 Leslie Maxie (Mills, Millbr)-2 @ Berk 1984  
40.26 Janeene Vickers (Pomona)-2 1987  
40.89 Joanna Hayes (North, Riverside) -1 1995  
41.09 Gayle Kellon (Walnut)-2 1982  
41.44 Michelle Taylor (Gan, Pomona) 1984  
41.54 Linnetta Wilson (Muir, Pasadena) 1985  
41.69 Felicia Lipscomb (Santa Monica) -1 1990  
41.76 Twila Sims (Lompoc) -1 1990  
41.78 Ronda Brooks (Oakland) 1985  
41.86 Effie Daetz (Leigh, San Jose) 1987  
41.89 Naeemah Witney (Poly, LBeach) 1995  
41.94 Laurie Smith (Valley, Sacramento) 1987  
42.16 Michelle DeCoux (O'Dowd, Oakl)-1 1988  
42.25 Audrey Williams (Saugus)-1 1981  
42.26 Gail Devers (Sweetwater, NatlCity) 1983  
42.33 Angela Harris (Skyline, Oakland)-2 1994  
42.36 Lana Cantrell (Muir, Pasadena) 1985  
42.37 Sherita Sanders (Berkeley) 1981  
42.50 Janice Farwell (Milikan, LBeach) 1984  
42.55 Sharon Hatfield (Fountain Valley) 1982  
42.55 Melissa King (Fremont, L.A.) 1984  
42.60 Keri Sanchez (Santa Teresa, SJ) 1989  
42.62 Felicia Thompson (Jordan, LBeach) 1982  
42.69 Staci Leach (Thousand Oaks) 1987  
42.69 Erin Blunt (San Pasq, Escondido)-1 1991

## Hand Timing:

42.5 Laura Ainsworth (Fremont, L.A.) 1987

## High Jump

**State Meet Record:** 6-0 Latrese Johnson (Clovis) @ Sacramento 1985. **Frosh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980 & Kristy Kierulff (Esperanza, Anaheim) 1992. **Soph:** 6-0 1/4 Sue McNeal (Carlsbad) 1978. **Junior:** 6-2 Latrese Johnson (Clovis) 1984. **Senior:** 6-2 3/4 Latrese Johnson (Clovis) 1985.

6-2 3/4 Latrese Johnson (Clovis)-1 @ Sng 1985  
6-2 1/4 Wendy Brown (Woodside)-1 1984  
6-2 1/4 Juliann Broughten (Woodland) 1989  
6-1 Sue McNeal (Carlsbad)-1 1979  
6-1 Tonya Mendonca (Mt. Whit, Vis)-1 1983  
6-0 Karen Lysaght (St. Franc, Sacto)-1 1980  
6-0 Yleana Carrasco (Anaheim)-1 1985  
6-0 Celia Willis (Clovis West) 1988  
6-0 Crissy Mills (Campbell Hall, L.A.)-2 1989  
6-0 Tara Flaming (Immanuel, Reedley)-1 1995  
5-11 1/2 Tonya Alston (Chico)-1 1979  
5-11 Kathy Hamilton (Beyer, Modesto) 1979  
5-11 Katrena Johnson (Marshall, Pa)-2 1981  
5-11 Danielle Boswell (Bullard, Fresno) 1992  
5-11 Maggie Van Zealand (Acalanes) 1981  
5-11 Tanya Smith (Rancho Cordova)-1 1991

5-11 Ursula Lovely (Kennedy, LaPalma) 1985  
5-11 Chi Johnson (Menlo-Atherton) 1985  
5-10 3/4 Lori Svoboda (El Dorado, Placen) 1989  
5-10 3/4 Kristy Kierulff (Esper, Anaheim)-2 1994  
5-10 1/2 Denise Yamada (Dos Pueb, Goleta) 1983  
5-10 1/2 Lori Mertes (Chatsworth) 1989  
5-10 1/4 Cindy Gilbert (Ocnaside) 1974  
5-10 1/4 Kari Gosswiller (Upland)-2 1978  
5-10 1/4 Nancy Redican (Simi Valley) 1978

## Pole Vault

**State Meet Record:** 11-2 Melissa Price (Kingsburg) 1994 @ Cerritos. **Frosh:** 10-7 Allison Knode (Kingsburg) 1995. **Soph:** 10-6 Melissa Price (Kingsburg) 1993. **Junior:** 11-6 1/4 Melissa Price (Kingsburg) 1994. **Senior:** 13-1 3/4 Melissa Price (Kingsburg) 1995.



MELISSA PRICE

Photo by Bill Leung, Jr./Geek Media

13-1 3/4 Melissa Price (Kingsb) -2 @ Walnut 1995  
11-3 3/4 Vanessa Brunton (TemeCyn, Lk Els) 1995  
11-0 Kristi Draher (Mira Costa, S Diego) 1995  
10-10 Bridgette Pearson (Toll Jr., Burbk) 1995  
10-8 Amanda Bauer (Mission SJFremont) 1995  
10-7 Allison Knode (Kingsburg) 1995  
10-6 1/4 Shannon Flett (Acalanes, Lafayette) 1995  
10-6 Jocelyn Chase (Beverly Hills) 1994  
10-6 Paula Serrano (San Marcos) 1995  
10-4 Jennie Candipan (Marina, HuntBch) 1995  
10-2 Denise Warner (Pond, Shingle Spr) 1995

continued next page.

# All-Time CALIFORNIA High School Girls List

|         |                                      |      |
|---------|--------------------------------------|------|
| 10-0    | Laura Eckley (WVly, Cottonwood)      | 1995 |
| 10-0    | Kolby Keiser (Sanger)                | 1995 |
| 10-0    | Julie Patton (Foothill, Santa Ana)   | 1995 |
| 9-10    | Juliana Castro (Huntington Beach)    | 1995 |
| 9-10    | Brianna Haut (Santa Cruz)            | 1995 |
| 9-10    | Erica Lindgren (Foothill, Santa Ana) | 1995 |
| 9-10    | Maria Lopez (Memorial, Newark)       | 1995 |
| 9-10    | Kim Pickup (Chatsworth)              | 1995 |
| 9-10    | Becky Studebaker (SFork, Mirand)     | 1995 |
| 9-10    | Amanda Sweeten (Tokay, Lodi)         | 1995 |
| 9-6 1/4 | Rachel Hemingway (TorrPines, SD)     | 1995 |
| 9-6 1/4 | Jenny Thompson (Woodbri, Irvine)     | 1995 |
| 9-6     | Catherine Azar (Kingsburg)           | 1995 |
| 9-6     | Petra Chlouba (Mitty, San Jose)      | 1995 |
| 9-6     | Franci Pleth (Burroughs, Burbank)    | 1995 |

## Long Jump

**State Meet Record:** 22-0 1/2 Marion Jones (Thousand Oaks) 1993 @ Cerritos. **Frosh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-9 Juliana Yendork (Walnut) 1989. **Junior:** 21-3 1/4 Juliana Yendork (Walnut) 1990. **Senior:** 22-0 1/2 Marion Jones (Thousand Oaks) 1993.

|           |                                     |      |
|-----------|-------------------------------------|------|
| 22-0 1/2  | Marion Jones (Th.Oaks)-1 @ Cerr     | 1993 |
| 21-3 1/4  | Juliana Yendork (Walnut)-3          | 1990 |
| 20-11 1/4 | Madette Smith (Quartz Hill)-1       | 1986 |
| 20-9 3/4  | Wendy Brown (Woodside)-2            | 1984 |
| 20-9 3/4  | Pam Simpson (Poly, Long Beach)      | 1995 |
| 20-9 3/4  | Jernae Wright (Logan, UnCity)-1     | 1995 |
| 20-8 3/4  | Kim Attlesley (Corona Del Mar)      | 1971 |
| 20-8 3/4  | Marlene Harmon (ThouOaks)-1         | 1980 |
| 20-8 1/2  | Jodi Anderson (Washington, L.A.)-3  | 1975 |
| 20-7      | Dora Lee Roberts (Riverdale)        | 1971 |
| 20-7      | Gail Devers (Sweet, Natil City)-1   | 1984 |
| 20-7      | Annette Coleman (Carlmont, Belm)    | 1989 |
| 20-6 1/4  | Kam Warner (West, Bkfld)-1          | 1992 |
| 20-5      | Gwen Loud (Westchester, L.A.)-1     | 1979 |
| 20-5      | Amy Littlepage (Mt. Miguel, SprVly) | 1993 |
| 20-4 1/2  | Carrie McLaughlin (Davis, Mod)      | 1979 |
| 20-3 1/2  | Joanna Harper (Fremont, L.A.)       | 1980 |
| 20-2 1/2  | Denise Paschal (Lowell, San Fran)   | 1966 |
| 20-1 1/4  | LaShawn Simmons (El Monte)          | 1987 |
| 20-1      | Pam Simpson (Poly, Long Beach)      | 194  |
| 20-0      | Tammy Bryant (Ventura)              | 1983 |
| 19-11 1/2 | Sabrina Williams (Vly Christ, Cerr) | 1981 |
| 19-11 1/4 | Serina Strange (Indio)              | 1987 |
| 19-10 1/2 | Melanie Markham (Dorsey, L.A.)      | 1980 |
| 19-10     | Yvette Roberts (Washi, Easton)-1    | 1985 |
| 19-9 1/2  | Lisa Collett (Lynbrook, SanJose)    | 1991 |

## Triple Jump

**State Meet Record:** 44-0 1/2 Juliana Yendork (Walnut) @ Cerritos 1991. **Frosh:** 39-9 1/2 Keri Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 42-6 3/4 Juliana Yendork (Walnut) 1989. **Junior:** 42-6 3/4 Juliana Yendork (Walnut) 1990. **Senior:** 44-0 1/2 Juliana Yendork (Walnut) 1991.

|           |                                    |      |
|-----------|------------------------------------|------|
| 44-0 1/2  | Juliana Yendork (Wain)-3 @Cerr.    | 1991 |
| 42-10 1/2 | Wendy Brown (Woodside)-3           | 1984 |
| 42-5 1/2  | Yvette Bates (Berkeley)            | 1984 |
| 41-8 1/4  | Jackie Anderson (Mt. Mig, Spr Vly) | 1987 |
| 40-11 3/4 | Kayla Montgomery (Clovis West)-1   | 1992 |
| 40-11     | Sheila Hudson (Rio Linda)-1        | 1985 |
| 40-11     | Latasha Burnett (Lynwood)          | 1992 |
| 40-9 3/4  | Althea Moses (Morn, Inglewd)-1     | 1988 |
| 40-8 3/4  | La Frenia West (Grossmt, La Mesa)  | 1988 |
| 40-6 3/4  | Rochelle Johnson (Henry, SD)       | 1989 |

|           |                                     |      |
|-----------|-------------------------------------|------|
| 40-6 1/2  | Kelly O'Connor (Espera, Anaheim)-1  | 1995 |
| 40-6 1/4  | Tamika Porter (Orange Gl, SDiego)   | 1993 |
| 40-6      | Ebony Henderson (Bakersfield)       | 1993 |
| 40-4      | Amy Littlepage (Mt. Mig, Spr Vly)   | 1993 |
| 40-2 3/4  | Renita Robinson (Manual Arts, L.A.) | 1983 |
| 40-2      | Felicia Harris (San Lorenzo)-1      | 1986 |
| 40-1 1/2  | Keri Sanchez (Santa Teresa, SJ)     | 1989 |
| 40-1 1/4  | Cheaza Figueroa (Quartz Hill)-1     | 1993 |
| 39-11 1/2 | Lisa Fager (Mission Viejo)          | 1989 |
| 39-11     | Krystal Kirkland (Hesperia)         | 1989 |
| 39-10     | Rosanda Glenn (West Covina)         | 1989 |
| 39-9 1/2  | Janis Diggs (Salinas)               | 1984 |
| 39-9 1/2  | Vanetta Kinard (ElCamR, WoodHls)    | 1993 |
| 39-8 1/4  | Debbie Orr (Ocean View, HuntBch)    | 1986 |
| 39-8      | Camille Robertson (Redlands)        | 1984 |

## Shot Put

(4 Kg.)

**State Meet Record:** 52-11 1/2 Kristan Heaston (Ygnacio Valley, Concord) 1993 @ Cerritos. **Frosh:** 48-4 1/2 Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4 1/2 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2 1/4 Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 53-7 3/4 Natalie Kaaiawahia (Fullerton) 1983.

|           |                                     |      |
|-----------|-------------------------------------|------|
| 53-7 3/4  | Natalie Kaaiawahia (Full)-4 @ Norwk | 1983 |
| 52-11 1/2 | Kristan Heaston (Ygnacio Vly)-2     | 1993 |
| 50-11 3/4 | Dawn Dumble (Bakersfield)-2         | 1990 |
| 50-3 1/2  | Lynn Graham (Muir, Pasadena)        | 1965 |
| 50-0 1/2  | Emily Dole (Buena Park)             | 1975 |
| 49-6      | Kathy Devine (Miss Bay, San Di)-2   | 1974 |
| 49-2      | Melisa Weis (Bakersfield)-1         | 1990 |
| 49-2      | Delores Tuimolau (Chan Isl, Oxn)-1  | 1994 |
| 48-11 3/4 | Susie Ray (Villa Park)-1            | 1980 |
| 48-1 3/4  | Rebecca Morrison (Presen, SJ)-1     | 1995 |
| 47-11 1/2 | Iva Wright (Edison, Fresno)         | 1971 |
| 47-9 3/4  | Debra Corley (Garces, Bakersfield)  | 1981 |
| 47-6 1/2  | Christine Etuale (Jeff, Daly City)  | 1995 |
| 47-5 1/4  | Gina Heads (Newport Harbor)         | 1994 |
| 47-4 1/2  | Brandi Gail (Rowland, Hac Hts.)-1   | 1986 |
| 46-11 1/4 | Elaina Oden (Irvine)-1              | 1985 |
| 46-9      | Dot Jones (Hilmar)                  | 1982 |
| 46-9      | Latonia Floyd (Oak Grove)           | 1984 |
| 46-9      | Heidi Adams (Mission Viejo)         | 1985 |
| 46-6 1/2  | Pam Alexander (Arlington)-1         | 1983 |
| 46-1 1/2  | Rosario Ramos (Anaheim)             | 1979 |
| 46-0 1/2  | Lorraine Costanzo (Saugus)          | 1981 |
| 45-11 1/2 | Crystal Brownlee (Westlake)         | 1993 |
| 45-11 1/4 | Mika Hilaire (Pittsburg)-1          | 1991 |
| 45-11     | Lisa Missipeka (Temecula Vly)       | 1993 |

## Discus

**State Meet Record:** 176-7 Suzy Powell (Downey, Modesto) 1993 @ Cerritos. **Frosh:** 162-11 Suzy Powell (Downey, Modesto) 1991. **Soph:** 169-8 Suzy Powell (Downey, Modesto) 1992. **Junior:** 180-8 Suzy Powell (Downey, Modesto) 1993. **Senior:** 189-7 Suzy Powell (Downey, Modesto) 1994.

|        |                                  |      |
|--------|----------------------------------|------|
| 189-7  | Suzy Powell (Downey, M)-3 @Mod   | 1994 |
| 183-11 | Leslie Deniz (Gridley)-2         | 1980 |
| 176-2  | Melisa Weis (Bakersfield)-3      | 1990 |
| 174-9  | Natalie Kaaiawahia (Fullerton)-2 | 1983 |
| 171-2  | Dawn Dumble (Bakersfield)-1      | 1990 |
| 167-8  | Candy Roberts (Don Lugo, Chino)  | 1989 |
| 167-5  | Jacque Norton (Mission Viejo)-1  | 1982 |
| 167-1  | Laura DeSnoo (Wash, Fremont)     | 1981 |
| 165-10 | Kristen Heaston (Ygnacio Vly)    | 1993 |
| 164-10 | Karen Nickerson (Cord, RanCord)  | 1982 |

|        |                                      |      |
|--------|--------------------------------------|------|
| 162-11 | Kim Kesler (Vintage, Napa)           | 1983 |
| 162-2  | Lil Ili (Nogales, La Puente)-1       | 1985 |
| 162-0  | Lori Parker (Ramona)                 | 1986 |
| 161-10 | Linda Langford (Leigh, San Jose)     | 1969 |
| 161-9  | Nadia Lopez (Arroyo Grande)-1        | 1995 |
| 160-11 | Celeste McVey (Redlands)-1           | 1991 |
| 160-6  | Alison Franke (Canyon, Anaheim)      | 1989 |
| 159-1  | Stacey Hom (Cord, RanchoCrd)-1       | 1984 |
| 158-7  | Toni Lutjens (Righetti, Santa Maria) | 1983 |
| 158-4  | Christi Pyle (Hoover, Glendale)-1    | 1981 |
| 157-9  | Tracy Crawford (Southwest, SD)-1     | 1986 |
| 157-6  | Rashawnda Holmes (Tenny, Hayw)       | 1994 |
| 157-6  | Lacy Barnes (Burr, Ridgecrest)       | 1983 |
| 156-7  | Mandy Buckey (Bakersfield)           | 1995 |
| 156-1  | Jennifer Peters (Gunn, Palo Alto)    | 1989 |



SUZY POWELL

Photo by Bill Leung, Jr./Geek Media

## 400 Meter Relay

Hand Timing

(\* 440 Yards Minus 0.23)

**State Meet Record:** 45.13 Berkeley (King, Ware, Johnson, Rodgers) @ Norwalk 1981. **Hand:** 45.1 Poly, Long Beach (Snowe, Haddad, Simpson, Anderson) 1995 @ Norwalk.

continued next page

|                     |   |      |
|---------------------|---|------|
| 45.11               | Hawthorne -1<br>(Wheeler, Grant, Amy, Stiles)                     | 1985 |
| 45.13               | Berkeley -1<br>(King, Ware, Jackson, Rodgers)                     | 1981 |
| 45.20               | Poly (Long Beach) -1<br>(Snowe, Haddad, Simpson, Anderson)        | 1995 |
| 45.23               | Muir (Pasadena)<br>(Cantrell, Miller, Wilson, Franklin)           | 1985 |
| 45.42               | Dorsey (Los Angeles) -1<br>(Stewart, Peterson, Rolfe, Dawkins)    | 1982 |
| 45.54               | Hawthorne -1<br>(Thomas, Wheeler, Amy, Stiles)                    | 1986 |
| 45.59               | Poly (Long Beach) -1  | 1993 |
| 45.68               | Wilson (Long Beach)   | 1995 |
| 45.81               | Kennedy (Granada Hills) -1<br>(Howard, Thompson, Howard, Howard)  | 1980 |
| 45.83               | Morningside (Inglewood) -1<br>(Williams, Nickson, Gibson, Arnold) | 1992 |
| 45.83               | Poly (Long Beach)   | 1992 |
| 45.90               | Poly (Long Beach)<br>(Green, Haddad, Simpson, Anderson)           | 1994 |
| 45.90               | Poly (Long Beach)<br>(Green, Haddad, Simpson, Anderson)           | 1994 |
| 45.90               | Logan (Union City)  | 1995 |
| 46.91*              | Crawford (San Diego) -1<br>(Young, Gaston, Reed, Lovelady)        | 1977 |
| 45.99               | Hawthorne -1<br>(Allen, Pirce, Burrell, Grant)                    | 1984 |
| 46.01*              | Berkeley  | 1979 |
| 46.05               | Skyline (Oakland)   | 1993 |
| 46.06               | Poly (Long Beach)<br>(Evans, Smith, Randolph, Paige)              | 1980 |
| 46.07               | Muir (Pasadena)   | 1990 |
| 46.07               | Muir (Pasadena)   | 1995 |
| 46.14               | Dorsey (Los Angeles)  | 1981 |
| 46.15               | Hawthorne -1<br>(Burrell, Grant, Allen, Hill)                     | 1983 |
| 46.15               | Wilson (Long Beach) -1<br>(Nelson, Backus, Harris, Davis)         | 1994 |
| 46.16               | Berkeley  | 1982 |
| 46.19*              | Centennial (Compton)<br>(Whitehead, Rice, Bates, Rodgers)         | 1977 |
| 46.19               | Skyline (Oakland)<br>(Wallace, Jackson, Goodwin, Harris)          | 1994 |
| 46.21               | Fremont (Los Angeles)<br>(James, Gill, Harper, Ellery)            | 1982 |
| <b>Hand-Timing:</b> |   |      |
| 45.7                | Berkeley (Rodgers, Ware, King, Young)                             | 1980 |

### 1600 Meter Relay

(\* Mile Minus 1.1)

**State Meet Record:** 3:37.71 Kennedy (Granada Hills)  
(Howard, Cook, Johnson, Howard) @ Norwalk 1981.

|         |   |      |
|---------|---|------|
| 3:37.69 | Muir (Pasadena)-1 @ Walnut<br>(Cantrell, Caddell, Franklin, Wilson) | 1985 |
| 3:37.71 | Kennedy (Granada Hills)-1<br>(Howard, Cook, Johnson, Howard)        | 1981 |
| 3:37.98 | Kennedy (Granada Hills)-1<br>(Howard, Cook, Howard, Howard)         | 1980 |
| 3:38.65 | Locke (Los Angeles)-1<br>(Giddens, Culliver, Sims, Knighten)        | 1984 |
| 3:39.07 | Manual Arts (Los Angeles)<br>(Holland, Wright, Jackson, Bonty)      | 1981 |
| 3:39.53 | Poly (Long Beach) -1<br>(Williams, Simpson, Haddad, Anderson)       | 1995 |
| 3:39.83 | Poly (Long Beach)<br>(Rambo, Randolph, Smith, Paige)                | 1980 |
| 3:40.06 | Skyline (Oakland)   | 1995 |



This SoCal trio appear on both the 100 and 200 lists (from left): **ANDREA ANDERSON, LAKEISHA BACKUS and AMINAH HADDAD.**

Photo by Kirby Lee

|         |  |      |
|---------|--|------|
| 3:40.59 | Compton<br>(Bennett, Watson, Hull, Blalock)                        | 1984 |
| 3:41.21 | Hawthorne<br>(Allen, Stiles, Amy, Oates)                           | 1985 |
| 3:41.33 | Berkeley<br>(Rice, King, Johnson, Rodgers)                         | 1981 |
| 3:41.72 | Dorsey (Los Angeles)-1<br>(Willis, Peterson, Rolfe, Dawkins)       | 1982 |
| 3:41.90 | Skyline (Oakland) -1<br>(Wallace, Crockett, Goodwin, Harris)       | 1994 |
| 3:42.31 | Compton-1  | 1986 |
| 3:42.58 | Poly (Long Beach)<br>(Washington, Simpson, Haddad, Anderson)       | 1994 |
| 3:42.75 | Poly (Long Beach)-1  | 1993 |
| 3:42.79 | Manual Arts (Los Angeles)<br>(Holland, Jackson, White, Wright)     | 1980 |
| 3:43.0* | San Geronio (San Bernardino)-1<br>(Howard, Howard, Howard, Howard) | 1979 |
| 3:43.0  | Skyline (Oakland)  | 1993 |
| 3:43.15 | Hawthorne<br>(White, Thomas, Stiles, Amy)                          | 1986 |
| 3:43.26 | Ganesha (Pomona)<br>(Savage, Robinson, Raylor, McCraw)             | 1982 |
| 3:43.35 | Milikan (Long Beach)<br>(Stiles, Zaleski, Hall, Farwell)           | 1984 |
| 3:43.5  | Manual Arts (Los Angeles)<br>(Bonty, Munns, Wright, Lowe)          | 1982 |
| 3:43.71 | Morningside (Inglewood)<br>(Thomas, White, Daniels, Williams)      | 1994 |
| 3:44.16 | Morningside, Inglewood -1  | 1990 |
| 3:44.66 | Hawthorne<br>(Allen, Price, Amy, Willis)                           | 1984 |
| 3:44.93 | Hawthorne  | 1990 |
| 3:44.93 | Morningside (Inglewood)  | 1993 |

### Miscellaneous Records:

|                   |                             |      |
|-------------------|-----------------------------|------|
| <b>100 yards:</b> |                             |      |
| 10.62             | Gwen Loud (Westchester, LA) | 1979 |

|                          |  |      |
|--------------------------|--|------|
| <b>100 yards (Hand):</b> |  |      |
| 10.4                     | Mable Ferguson (Ganesha, Pomona)                 | 1973 |
| 10.4                     | Frieda Cobbs (Berkeley)                          | 1979 |
| <b>5000 Meters:</b>      |  |      |
| 16:31.2                  | Julia Stamps (Santa Rosa)                        | 1995 |
| <b>10,000 Meters:</b>    |  |      |
| 34:54.8                  | Roxanne Bier (Independence, NJ)                  | 1978 |
| <b>Marathon:</b>         |  |      |
| 2:43:00                  | Heike Skaden (Encina, Sacramento)                | 1980 |
| <b>400 H:</b>            |  |      |
| 55.20                    | Leslie Maxie (Mills, Millbrae)                   | 1984 |
| <b>4x200:</b>            |  |      |
| 1:36.77                  | Poly (Long Beach)                                | 1994 |
| <b>4x800:</b>            |  |      |
| 9:07.77                  | Poly (Long Beach)                                | 1995 |
| <b>4x1500:</b>           |  |      |
| 18:52.5                  | University (Irvine)                              | 1982 |
| <b>4x1600:</b>           |  |      |
| 20:29.15                 | Agoura<br>(Hayward, Nekota, Camp, Skieresz)      | 1992 |
| <b>4xMile:</b>           |  |      |
| 20:49.8                  | Miramonte (Orinda)                               | 1981 |
| <b>800 Medley R:</b>     |  |      |
| 1:42.00                  | Hawthorne<br>(Thomas, Wheeler, Amey, Adams)      | 1987 |
| <b>Sprint Medley:</b>    |  |      |
| 4:04.70                  | Hawthorne<br>(Kennerson, Adams, Johnson, Marvin) | 1989 |
| <b>Distance Medley:</b>  |  |      |
| 11:43.53                 | University (Irvine)                              | 1982 |
| <b>Hammer:</b>           |  |      |
| 125-9                    | Rebecca Morrison (Presentation, SJ)              | 1995 |
| <b>Javelin:</b>          |  |      |
| 196-1                    | Cathy Sulinski (ElCamino, SSF)                   | 1976 |
| <b>Heptathlon:</b>       |  |      |
| 5237                     | Sharon Hatfield (Fountain Valley)                | 1982 |

# THE ATHLETE'S KITCHEN

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

## Chronic Fatigue

**Question:** What gets stale besides bread?

**Answer:** Athletes and active people who exercise hard every day but plan too little rest into their weekly training schedule.

Rest days are a very important part of an exercise program but their value is often underestimated. Tired muscles require time to 1) heal the tiny injuries that occur during training, and 2) refuel depleted glycogen stores. Athletes who train relentlessly set the stage for injuries, chronic glycogen depletion and chronic fatigue.

If you are among the many active people who have imbalances between training and recovery, and pound your body in the name of marathon training, weight reduction or getting in shape, you may relate to some of the following sign of staleness. Take heed if any two of these are present for you: 1) unusually poor performances in training and competition; 2) failure to improve despite a good training program; 3) loss of appetite and weight—the "I'm too tired to eat" syndrome; 4) insomnia or restless sleep and feeling that you are "always tired"; 5) irritability and anxiety accompanied by depression.

If you know that rest is important but just don't heed the advice, here are some tips to help you rest—in peace.

*"I'm afraid to take a rest day. I worry that I'll eat just as much and get fat from all the excess calories..."*

**Answer:** When you take a rest day from exercise, you will probably be just as hungry and want to eat just as much food, even though you are expending fewer calories. Here's why. Instead of burning the carbohydrates you eat for muscle fuel, your body finally has the chance to store them as glycogen in the depleted muscles. For each 1 ounce of stored carbohydrate, you store 3 ounces of water—and the scale jumps up 2 to 4 pounds. This jump may frighten you into believing you are "getting fat" just because you took a day off from exercise. Not the case!

Water-weight differs from fat-weight. Throw away the scale and pay attention to how much better you feel during your workouts. You'll likely have more energy and perform better after a rest day. Athletic improvement comes with quality workouts—not just quantity.

*"I always feel so guilty when I skip a day of training . . . I'd rather drag myself through the motions of exercise than sit home fretting that I'm getting lazy."*

**Answer:** Compulsive exercisers relentlessly push themselves to the limit and deny themselves permission to take rest days, but dedicated athletes look forward to a day off as an integral part of their training program. If you are a compulsive exercise, you may have the following personality traits that interfere with your training program. You--

--like to be "in control". Regular exercise give you a sense of control over your day's chaotic schedule.

--are a perfectionist. You demand of yourself the "perfect" training program (read that--no days off).

--are compulsive in other areas of your life. Are you a foodaholic or workaholic?

These personality traits are common to athletes who grew up in families that abused addictive substances such as alcohol. Now exercise-addicted, these athletes exercise 7 days a week, twice per day, and even train while injured.

*How much rest is enough before a competition? .. I'm afraid of getting out of shape if I take one day off.*

**Answer:** Rest will enhance, not hurt, your performance! You won't lose fitness, but rather will be able to perform better with better-fueled muscles. Here's what some studies show about the benefits of reducing exercise:

Runners who reduced training volume by 70% from 50 miles in 6 days/week to 15 miles in 5 days/week x 3 weeks (including ~ 3 miles of high intensity intervals) maintained fitness and ran 9% longer in an exercise test.

Cyclists who intensely trained for 6 weeks then tapered their exercise for up to 2 weeks improved by about 9%.

Triathletes who reduced their training for 10 to 13 days before a 3.1 mile race finished 12 to 16% faster than when they raced without rest. This translates into knocking minutes off their racing time.

Marathon runners (training 45 to 50 miles per week) who tapered for only 1 week showed the best improvement when they ran only 6 miles during taper week and included some speed workouts (500-meter intervals) as compared to a taper with no running or about 20 miles per week of slow running.

If you are severely overtrained, you may need weeks, if not months, to recover. One study with swimmers showed that a 2 1/2 week taper was inadequate to recover from the staleness acquired during a 6 month season.

*I've been training harder, but my times are getting slower . . . Is my junk food diet catching up with me?*

**Answer:** Probably. Muscles need carbohydrates immediately after exercise, not "sorry, no time to eat right." One simple solution is to drink extra juices for quick and easy carbs that quench thirst as well as supply needed fuel. Target 50 grams of carbohydrates (200 calories) every 2 hours after exhaustive exercise - ideally, a total of 600 grams carbs per 24 hours for a very active 150 pound athlete. This means carbs at every meal, not high-fat "junk food."



Nancy Clark, MS, RD, offers private nutrition consultations at Boston-area's SportsMedicine Brookline. Her books provide additional information: Nancy Clark's Sports Nutrition Guidebook (\$18) and The New York City Marathon Cookbook (\$23). Send check to Sports Nutrition Materials, 830 Boylston St., Boston, MA 02167.

# PREP NOTES

By KEITH CONNING

## ■ HIGH SCHOOL CROSS COUNTRY RESULTS WANTED

Please send high school cross country results to the following locations:

Northern California: Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823; FAX (510) 849-3342; e-mail: conning@aol.com

Southern California: Doug Speck, 563 N. Willowgrove, Glendora, CA 91740.

Central Section: California Track and Running News, 4957 E. Heaton, Fresno, CA 93727, FAX (209) 255-4904, e-mail: CTRN @ AOL.COM.



KAREN HECOX

Photo by Elaine Rosenfield

## ■ BORLANGE

**BORLANGE, Sweden, July 28--Darcy Arreola** (Grossmont High School, La Mesa 1985) won the 1,500 meters in 4:11.91. **Karen Hecox** (South Hills High School, West Covina 1990) placed second in 4:16.83, a personal record. Her personal record through 1994 was 4:19.92.

## ■ HASLIP CLEARED TO PLAY FOOTBALL FOR THE TROJANS

**August 16 (The Orange County Register)** -- **Ken Haslip**, whose eligibility to play football at USC had been challenged by the Educational Testing Service of Princeton, N.J., was reinstated Tuesday by an NCAA arbitration board.

Pending official written notification by the NCAA Clearinghouse, Haslip, a defensive back and wide receiver, will be eligible to play for the Trojans this year as a redshirt freshman.

Haslip entered USC last year after graduating from Muir High in Pasadena. He tore knee ligaments in preseason training and missed the 1994 season after undergoing surgery.

The ETS had challenged Haslip's score in his fourth attempt at passing the Scholastic Assessment Test because the score was significantly higher than the previous three.

"We're glad to have Ken back," USC coach John Robinson said. "It's been a tough year for



KEN HASLIP

Photo by Kirby Lee

him with his knee and this academic question. He did very well in his classwork his first year here."

As a 1993 senior at Muir, Haslip (5-10, 160) made 20 catches for 344 yards and six touchdowns as a receiver and four interceptions as a cornerback.

(Prep Editor: **Kenny Haslip** (John Muir High School, Pasadena) won the 1993 California State Meet 300 meter intermediate hurdles in 37.80.)

## ■ REDSHIRT FRESHMAN DESAUSSURE'S SIZE, SPEED MIGHT BECOME NEW HUSKY THREAT

**August 16 (Seattle Post-Intelligencer)** -- He is hardly the finished product as a wide receiver, but **Andre DeSaussure**, the Washington redshirt freshman, represents the first Husky deep threat since Orlando McKay on the national champions of 1991.

"He's made tremendous strides catching the ball, in the softness of his hands and his concentration," said Jim Lambright, the UW coach, after the Huskies ended their third of two-a-day drills yesterday. "He's on the verge of being able to make some really big plays."

DeSaussure (pronounced DESS-uh-sheer) is still somewhat unrefined as a receiver, but his size (6-2, 200) and speed (he won the 1993 Los Angeles city 100, 200 and 400 meters and has run a wind-aided 20.93 200) mark him as somebody defenses cannot ignore.

"If you were to stand behind me as he runs down the numbers (the sideline)," said quarterback Damon Huard, "You'd say, 'No way can he catch that ball.' The guy can fly. I think he's going to be in the Olympics someday."

DeSaussure's hurdles are similar to many who make the track-to-football transition. But his size helps.

"The first thing you look at with a track man is, can he get around you," said Lambright, referring to the importance of strength.

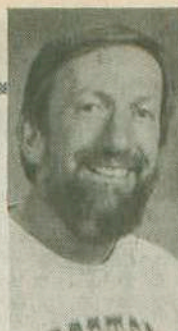
DeSaussure didn't play football until he was a high school junior, and even then he performed on a team (Taft High in Woodland Hills, Calif.) that didn't throw effectively.

"They didn't have a quarterback that could throw the ball," said Lambright, "so they ran it. He ran deep and looked good in his uniform."

(Prep Editor: **Andre DeSaussure** (Taft High School, Los Angeles) placed second in the 1993 California State Meet 400 meters in 47.11. **Calvin Harrison** (North Salinas) won in 45.25, a new record.)

## ■ LINZ

**LINZ, Austria, Aug 22 - Donovan Bailey** of Canada, the world champion over 100 meters, had planned to race in Linz but had to pull out



with a back injury. His compatriot **Bruny Surin**, who came in a close second to Bailey in Gothenburg, won in 10.09 seconds (-0.7). **Mike Marsh** (Hawthorne High School 1985) placed fourth in 10.29.

**Damien Marsh** (Australia) won the 200 meters in 20.32 (-0.2). **Jeff Williams** (Washington High School, Los Angeles 1982) placed second in 20.47 (-0.2).

**Johnny Gray** (Crenshaw, Los Angeles 1978) won the 800 meters in 1:45.07. **Heike Drechsler** (Germany) won the long jump at 23-2 1/2, the outdoor world leader. **Marieke Veltman** (Leland High School, San Jose 1989) placed sixth at 21-6.

**Zhihong Huang** (China) won the shot put at 65-10 1/4. **Ramona Pagel** (Schurr High School, Montebello 1979) placed sixth at 60-1 1/4.

## ■ COPENHAGEN GAMES

**COPENHAGEN, Denmark, August 23** -- Ageless **Ruth Wysocki** (Azusa High School 1974) ran the 800 meters in under two minutes for the first time since 1984, winning in 1:59.78.

## ■ ROVERETO

**ROVERETO, Italy, August 23** -- **Jeff Williams** (Washington High School, Los Angeles 1982), the bronze medalist at the World Championships, won the 200 meters in 20.53.

**Jim Connolly** placed sixth in the javelin at 227-10. **Tom Pukstys** (United States) won at 272-4. **Marieke Veltman** (Leland High School, San Jose) placed sixth in the long jump at 20-1 1/2. **Valentina Uchedu** won at 21-11.

## ■ LEON CALLEN RUNNING BACK -- DE LA SALLE

**August 25 (Oakland Tribune)** -- Despite a limited number of carries, **Leon Callen** produced surprising numbers as a junior running back at De La Salle High last season. He could post frightening stats this year.

Last season, Callen split rushing duties on a Spartans team that won its third straight North Coast Section 3-A championship. In 1995, he's the featured back in an offense that rushed for more than 4,000 yards last season.

Callen got his share of yardage -- 1,590 yards -- and he did it on just 130 carries. That 12.2 yards-per-carry average could translate into huge numbers as he enters his final season. He also scored 19 touchdowns last year.

"It's a big year for him," De La Salle athletic director and assistant football coach Terry Eidson said. "He's obviously very excited."

Callen has paid his dues: He watched from the sideline for most of his sophomore season, then witnessed quarterback Mike Bastianelli re-

continued next page.

# PREP NOTES

ceive the bulk of attention during last year's title season. But the 1994 first team all-Alameda Newspaper Group performer and member of the Student Sports magazine's preseason All-State team is now the main man.

The 5-foot-11, 180-pounder boasts blistering speed, which makes him a special back in a conference -- the Bay Valley Athletic League -- chock full of great runners. He has been clocked at 4.4 seconds over 40 yards and was the North Coast Section 200-meter sprint champion last spring, making him a popular performer for college scouts.

"His size is great but his speed is what provides something you just can't coach," Eidson said. "His speed is his biggest advantage."

(Prep Editor: The Bay Valley Athletic League is composed of eight schools: Antioch, Berkeley, Carondelet (Concord) (Catholic girls' school), De La Salle (Concord) (Catholic boys' school), Liberty (Brentwood), Monte Vista (Danville), Pinole Valley (Pinole), and Pittsburg. It is considered the top football league in the San Francisco Bay Area.

De La Salle has posted 39 consecutive wins, 11 straight appearances in a North Coast Section title game and nine NCS championships. It has lost just four regular-season games the last 13 years.

Leon Callen played his freshman year at Alhambra High School in Martinez.

Callen won the North Coast Section Meet of Champions 200 meters in 21.51 (-1.40). He finished fourth in heat three of the state meet in 21.53w (+2.03).

## ■ IVO VAN DAMME MEMORIAL GRAND PRIX

**BRUSSELS, Belgium, August 25** -- Michael Marsh (Hawthorne 1985) placed second in the 200 meters in 20.14 seconds. Jeff Williams (Washington High School, Los Angeles 1982) was third in 20.40. Frankie Fredericks (Namibia) won in 20.13.

World 800 meters champion Wilson Kipketer (Denmark) produced a typically strong kick in the final 80 meters to take the two-lap race in one minute, 44.38 seconds. Johnny Gray (Crenshaw High School, Los Angeles) placed second in 1:44.79.

Danny Harris (Perris High School 1983) placed second in the 400 hurdles in 47.56. Samuel Matete (Zambia) won in 47.52. Derrick Adkins (U.S.), the world champion, was third in 47.78. Percy Knox (Antelope Valley High School, Lancaster) placed fourth in the long jump at 26-1. Ivan Pedroso (Cuba), the world champion, won at 27-5 1/4.

## ■ LONDON

**Crystal Palace, August 27** -- Danny Harris (Perris High School 1983) won the 400 meter hurdles in 48.79. Derrick Adkins (U.S.), the world champion, was second in 49.24.

## ■ INTERNATIONAL JUNIOR MEET CORAL GABLES, Florida, August 27

The University of Miami played host to Junior teams from the U.S., Canada, Puerto Rico, and the Bahamas in a tune-up event for the Pan

American Junior Championships, Sept. 1-3, in Santiago, Chile.

U.S. team press officer Glen McMicken reports that the meet was held during a steady rain. Winning American performers at Coral Gables included Jerome Young (400m - 45.71), Justin Marrujo (3000m Race Walk - 12:46.76), Jeremichael Williams (110m hurdles - 14.48), Rodriguez Pfister (400m hurdles - 53.54), Robert Staten, Braxton Cosby, Obea Moore (Muir High School, Pasadena), Jerome Young (4x100m relay - 40.38), Robert Staten, Obea Moore, Mark Miller, Jerome Young (4x400m relay - 3:09.78), Jason Pearce (PV - 4.95m, 16-3), Dominick Millner (LJ - 7.71m, 25-3 1/2w), Steve Pina (TJ - 14.90m 48-10 3/4), Luke Sullivan (DT - 53.82m, 176-7), Mark Mazzoni (Bellarmine Prep, San Jose) (HT - 50.74m, 166-6), Aaron Gumm (JT - 63.24m, 207-6).

Women's team winners were Angela Williams (Chino High School) (100m - 11.72), Carla Estes (James Logan High School, Union City) (400m - 55.96), Julia Stamps (1500m - 4:29.48), Anye-Marie Ruoss (3000m race walk - 14:05.28), Joanna Hayes (North High School, Riverside) (100m hurdles - 13.98w), Joanna Hayes, Kwajalein Butler, Kelli White (James Logan High School, Union City), Angela Williams (4x100m relay - 45.29), Heather Hanchak, Kadrina Coffee, Andrea Anderson (Long Beach Poly), Carla Estes (4x400m relay - 3:44.39), Jeana McDowell (HJ - 1.78m, 5-9), Angie Brown (LJ - 6.02m, 19-9), Deana Simmons (TJ - 12.80m, 42-0), Alisa Raymond (SP - 14.40m, 47-3), Suzy Powell (Downey High School, Modesto/UCLA) (DT - 52.62m, 172-8), Ann Crouse (JT - 50.84, 166-9).

(Source: USATF Weekly Notes, August 28, 1995.)

## ■ REKINDLING OLYMPIC MEMORIES

When Inger Miller steps on the track to compete in the 100 meter event at the World University Games this week in Fukuoka, Japan, it may revive some Olympic memories for Charlie Greene, co-team leader for the men's squad.

Miller's father, Lennox Miller of Jamaica, edged Greene for the silver medal in the 100 meter final at the 1968 Olympic Games in Mexico City.

Miller was timed in 10.04 and Greene in 10.07 as both athletes finished behind American Jim Hines (McClymonds High School, Oakland 1964), who set a world record with a time of 9.95. Miller went on to capture a bronze medal in the 100m at Munich in 1972.

Prior to the 1968 Olympic Games, Greene shared the world record in the 100 with Hines and Ronnie Ray Smith at 9.9 and had beaten Hines in eight of their last 12 races.



INGER MILLER

Photo by Bill Leung, Jr.

After winning the bronze medal in the 100, Greene went on to capture a gold medal as the lead leg of the 4x100 meter relay, which set a world record with a time of 38.23.

Like her father, 23-year-old Inger Miller ran collegiately at the University of Southern California. Unlike her dad, Inger grew up in Pasadena and is a U.S. citizen. Miller was eight in the 100 meters at last June's USA Mobil Championships in Sacramento.

(Source: USOC's World University Games Daily Newsletter.)

## ■ MOSES NOW A FINANCIAL CONSULTANT

Joe Drape of the Atlanta Journal-Constitution reports that Hall of Fame hurdler Edwin Moses is now a financial consultant for Robinson-Humphrey Co. in Atlanta. Moses, a two-time Olympic 400m hurdles champion who owns a B.A. in physics from Morehouse College, earned a master's in business administration from Pepperdine University. Drape writes that Moses is intent on showing that African-Americans are more than athletes or entertainers.

"Our kids are being overwhelmed by the images in shoe commercials and things they've seen on TV," says Moses. "The sports industry has corrupted our youth. They should be getting educations."

(Source: USATF Weekly Notes, August 28, 1995.)

## ■ WORLD UNIVERSITY GAMES

**FUKUOKA, Japan, August 29-September 3** -- David Oaks (United States) won the 100 meters in 10.28 (1.3). Terrence Bowen (Madara High School 1989) placed third in 10.36. Bryan Woodward (Long Beach Poly 1992/Georgetown), third in the 1992 California State Meet 800 meters in 1:50.22, placed seventh in semifinal II in 1:51.79.

The United States men's 4x100 meter relay team of B. Lewis, Jeff Laynes (Oakland High School 1989), Peter Hargraves (University of California at Riverside 1993), and Dave Dopek won heat one in 39.01.

The United States men's 4x100 meter relay team of David Oaks, Terrence Bowen (Madara High School 1989), Peter Hargraves (U.C. Riverside 1993), and Dave Dopek won the final in 38.96.

The United States men's 4x400 meter relay team of Hayden, Bryan Woodward (Long Beach Poly High School 1992), Octavius Terry, and Anthany Maybank won heat II in 3:04.89.

Balazs Kiss (University of Southern California) won the hammer throw at 261-7. Kevin McMahon (Bellarmine Prep, San Jose 1990) placed fifth at 243-9. Dave Popejoy (Bellarmine Prep, San Jose 1990) was 14th at 225-0.

Inger Miller (John Muir High School, Pasadena 1990), second in the 1989 California State Meet 100 meters in 11.46, placed fifth in semifinal II in 11.79 (0.5).

Stella Jongmans (Holland) won the 800 meters in 2:02.13. Nicole Teter (West Valley High School, Cottonwood 1991), the 1991 California State Meet champion in 2:08.14, placed eighth in

continued next page.

# PREP NOTES

2:07.50. Teter placed second in heat IV in 2:04.71.

**Nicole Ramalanirina** (Mad) won the 100 hurdles in 13.02 (0.6). **Doris Williams** (Poly High School, Riverside 1987) placed fifth in 13.33. Williams ran 13.20 (0.8) in heat II.

The United States women's 4x100 meter relay team of **Cheryl Taplin**, **Inger Miller** (John Muir High School, Pasadena 1990), **Juan Ball** (Humboldt State 1995), and **Sue Walton** won in 43.58.

**Wu Xianchun** (China) won the shot put at 60-1. **Dawn Dumble** (Bakersfield High School 1990) placed tenth at 50-10 3/4.

**Natalya Sadova** (Russia) won the discus throw at 206-5. **Melisa Weis** (Bakersfield High School 1990) placed ninth at 173-7.

**Felicia Tilea** (Romania) won the javelin throw at 203-11. **McCormick** (San Mateo High School 1989) placed ninth at 174-8.

## ■ OBEA MOORE SETS NATIONAL RECORD AT PAN AMERICAN GAMES

**SANTIAGO, Chile, September 1-3 -- Obea Moore** (Muir High School, Pasadena), the California State Meet 400 meter champion in 46.08, set new championship and national 16-year-old record of 45.14! The old championship record of 45.64 was set by **Roberto Hernandez** (Cuba) in 1986. The old automatic 16-year-old record of 45.80 was set by

**Chris Nelloms** (Dunbar High School, Dayton, Ohio) in 1988. Nelloms went on to win the NCAA 200 meter title for Ohio State University in 1993. The old hand-timed 16-year-old record of 45.4 were turned in by **Clinton Davis** (Steel Valley High School, Munhall, PA) in 1982 and by **William Reed** (Central High School, Philadelphia, PA) in 1986. Moore's time is the fourth fastest in United States history and second fastest in California history.

The United States men's 4 X 400 team of **Rodriguez Pfister** 47.3, **Obea Moore** 45.3, **Mark Miller** 46.6, and **Jerome Young** 45.2 won in 3:09.78.

**Julia Stamps** (Santa Rosa High School) won the 3,000 meters in 9:30.39.

**Joanna Hayes** (North High School, Riverside) won the 100 meter hurdles in 13.69 (-0.9).

The United States women's 4 X 100 team of **Aminah Haddad** (Long Beach Poly High School), **Andrea Anderson** (Long Beach Poly High School), **Kelli White** (James Logan High School, Union City), and **Angela Williams** (Chino High School) won in 44.89.

**Suzi Powell** (Downey High School, Modesto 94/UCLA) won the discus at 173-10.

## ALL-TIME HIGH SCHOOL 400 METER LIST

44.69 Darrell Robinson (Wilson, Tacoma, WA)82  
45.01 Jerome Young (Prince Tech, Hartford, CT)95

45.09 Henry Thomas (Hawthorne)85  
45.14 \*Obea Moore (Muir, Pasadena)95  
45.17 \*William Reed (Central, Philadelphia, PA)87

## ■ HIGH SCHOOL CROSS COUNTRY RUNNER SEEKS FAULKNER'S SPOT AT THE CITADEL

**September 1 (Knight-Ridder News Service)** — She's a star athlete, a second lieutenant in her high school military academy, the daughter of a Citadel graduate and the sister of a Citadel cadet.

And Nancy Mellette wants to join the Citadel corps of cadets.

Mellette, 17, whose family lives in Imo, S.C., asks in documents filed on her behalf Thursday in federal court that her name be substituted for that of Shannon Faulkner in a lawsuit to break the Citadel's gender barrier.

### FAMILY TIES

Mellette's brother is a senior at the Citadel, and her father is a 1963 Citadel graduate. She is a senior at Oak Ridge Military Academy, a boarding school near Greensboro, N.C.

Citadel spokesman Terry Leedom said Thursday that the school had not received an application from Mellette, but would handle it the way it handled two other applications from women. Officials will send her a letter telling her that the Citadel is awaiting the outcome of the original lawsuit.

A judge ruled that Faulkner be admitted for the fall semester, pending a hearing set for November on whether a new Converse College leadership program ensures women in South Carolina have comparable educational opportunities as male cadets. The program was designed to try to keep women out of the Citadel.

Citing stress and isolation, Faulkner withdrew from the school Aug. 18, less than a week after becoming the first woman to integrate the Citadel's prestigious Corps of Cadets. She had fought 2 1/2 years of legal battles to be admitted.

**LIFELONG DREAM**  
For Mellette, it has been a lifelong dream to attend the Citadel, said her friends and her twin sister, Catherine.

"I remember the first time I met her in the sixth grade, she told me she was going to be the first girl to go to the Citadel," said Jodi Anderson, a Chapin High School student. "Somehow, I knew she would do it."

Nancy Mellette, who couldn't be reached for comment, is being represented by Faulkner's attorneys. They are asking that she be allowed to intervene in the case and to join the corps of cadets as a freshman in the fall of 1996.

They also are asking that the case be declared a class-action lawsuit, which would mean she would represent other women who want to become Citadel cadets.

(Prep Editor: According to the Associated Press, Nancy Mellette is on the cross country, track, basketball and softball teams at the Oak Ridge Military Academy.)

"I think she could do the physical part of it...but I'm not too sure how they would treat her," Catherine Mellette, her twin sister, said.)

## ■ BERLIN

**BERLIN, Sept 1 (Reuter and Prep Editor)** — Britain's Olympic sprint champion **Linford Christie** lost his chance of picking up the most lucrative prize in athletics on Friday when he was beaten by world champion **Donovan Bailey** by the thickness of a dollar bill.

On a cloudy, cold evening, poor for sprinting, the 35-year-old Christie was just pipped by the Canadian in a photo finish in the 100 metres at the Berlin grand prix meeting. Both sprinters were given the same time of 10.10 seconds (0.0).

Christie was among five athletes who came to Berlin with a chance of sharing the jackpot of \$250,000 in gold bars for winning their events in the Golden Four series of meetings in Oslo, Zurich, Brussels and Berlin.

Christie had beaten Bailey in Zurich and Brussels following his failure to hold on to his 100 metres title at last month's world championships where he was thwarted by a hamstring injury. But on Thursday, running against a headwind, Bailey came through strongly in the second 50 metres to just dip ahead of the Olympic champion. American **Jon Drummond** finished third in 10.17.

"I'm always quick in the last 20 metres. I run my race. That's all I can say," Christie said.

**Mike Marsh** (Hawthorne High School 1985) finished sixth in 10.27.

**Ate Douglas**, Norway, won the 800 meters in 1 minute 44.95 seconds. **Johnny Gray** (Crenshaw High School, Los Angeles 1978) was 11th in 1:47.42.

Britain's former world high hurdles champion **Colin Jackson**, who missed the world championships because of injury, was also just beaten into second place by American **Mark Crear** (Rowland High School, Rowland Heights 1987) in the 110 metres hurdles.

Jackson, who shared the golden jackpot with American long jumper **Mike Powell** (Edgewood High School, West Covina 1981) last year, looked in control of the race in the first 50 metres. But Crear, who also missed the Gothenburg championships after a disappointing U.S. trials, came through strongly in the second half to clock 13.28 seconds (-0.3) with the Welshman 0.01 behind. Britain's world silver medalist **Tony Jarrett** took third in 13.33 with American double Olympic champion **Roger Kingdom** fourth in 13.57.

**Okkert Brits**, South Africa, won the pole vault at 19-6 1/4. **Sergei Bubka**, Ukraine, placed second at 19-4 1/4. **Dean Starkey** (James Logan High School, Union City 1984) was tied for tenth at 18-0 1/2.

**Astrid Kumbernuss** (Germany) won the shot put at 66-9 1/4. **Ramona Pagel** (Schurr High School, Montebello 1979) placed sixth at 61-9 1/2.

## ■ RIETI GP II

**RIETI, Italy, September 5 -- Linford Christie** (Britain) won the 100 meters in 10.20 (0.8). **Michael Marsh** (Hawthorne High School 1985) was fifth in 10.52.

**Michael Johnson** (United States), the world champion, won the 200 meters in 20.09 (-1.1).

continued next page...



OBEA MOORE

Photo by Bill Cookerham

# PREP NOTES

**Jeff Williams** (Washington High School, Los Angeles) placed second in 20.72.

## ■ USATF ON WORLD-WIDE WEB

**INDIANAPOLIS, Indiana, September 5** -- USA Track & Field's 'Home Page' on the World Wide Web is now up and running. To access it, use this address: <http://www.usatf.org> (note: it may be necessary to add, temporarily, /usatf/ to the end of this address). Several topics are already on the page, while others are currently 'under construction.' USATF's home page will include general and membership information, a listing of associations, athlete profiles, records and other items of interest.

(Source: USATF Weekly Notes)

## ■ WHO IS THE FARTHEST AMERICAN-BORN TRIPLE JUMPER?

Britain's **Ashia Hansen**, a native of Evansville, Indiana, holds the British women's TJ record (48-1 1/4 as of August 21), 16 and 1/4 inches farther than **Sheila Hudson-Strudwick's** (Rio Linda High School 1985) American record of 46-9. Hudson, however, was born in Wartburg, Germany.

A 45-4 1/4 performance in 1988 by **Wendy Brown** (Woodside High School), a native of Gainesville, Florida, is the best by an U.S. native who still pledges allegiance to a red, white and blue flag with 50 little stars.

(Source: USATF Weekly Notes, Sept. 5.)

## ■ WORLD RECORD HOLDER FLORENCE GRIFFITH JOYNER ON BALLOT TRACK & FIELD'S 1995 HALL OF FAME CANDIDATES SET

**INDIANAPOLIS, Indiana, September 8** -- **Florence Griffith Joyner** (Jordan High School, Los Angeles), the glamorous sprint star who won four Olympic medals at the 1988 Games in Seoul, is one of ten candidates for election to the National Track and Field Hall of Fame. USA Track & Field on Friday announced the nominees for the Class of 1995, which includes "Flojo" and five other first-time hopefuls. Balloting takes place through September 25. The nominees, with first-times indicated by asterisk (\*), are:

\*\*\***CLEVE ABBOTT**

\*\*\***VALERIE BRISCO HOOKS** (Locke High School, Los Angeles), who became the first-ever 200/400 meter double winner in Olympic history at the 1984 Games in her hometown of Los Angeles. Brisco-Hooks also ran on the victorious U.S. 4x400m relay in '84 for a total of three gold medals. In 1988 she again ran a leg on a triumphant U.S. long relay team. Brisco-Hooks' 48.83 for the 400m in 1984 is still the American record. The 35-year-old Greenwood, Miss., native and Cal-State Northridge alumna lives in Hawthorne, Calif.

\*\*\***HENRY CARR**

\*\*\***FLORENCE GRIFFITH JOYNER**, whose long nails, stylish garb and blazing speed created a world wide stir seven years ago, still holds world and American records at 100 (10.49) and



**FLORENCE GRIFFITH JOYNER**  
Photo by Herb Hillenmeyer

1984 Olympic triple jump champion Al Joyner, live in Rancho Santa Margarita, Calif.

**DON LASH**

**MARTY LIQUORI**. In 1967 Liquori became the third (and, so far, the last) U.S. high school sub-four minute miler.

The late **EARLE MEADOWS**, the Olympic pole vault champion in 1936 and a former world record holder. Meadows and U. of Southern California teammate Bill Sefton were known as "the Heavenly Twins" when they ruled their event during the Depression Years. In 1937, Meadows and Sefton both set world records by vaulting 14-11. The Twins might have become the first 15-foot vaulters, but the standards couldn't be raised any higher. Before attending USC, Meadows was a Texas state vault champ. Born in Corinth, Miss., Meadows died in Fort Worth, Tex., in 1992 at the age of 79. He was also on the 1994 Hall of Fame ballot.

\*\*\***LOUISE RITTER**

\*\*\***MEL ROSEN**

**WALTER TEWKESBURY**

Membership in the National Track and Field Hall of Fame is open to athletes, coaches and contributors. The three candidates with the most votes automatically enter the Hall. The National Track and Field Hall of Fame is located in the RCA Dome in Indianapolis.

The members of the Class of 1995 will be inducted on November 30 in ceremonies at a Hall of Fame luncheon during USATF's annual conference in Atlanta.

## ■ COLLEGE FOOTBALL -- WHAT PRICE GLORY?

**LINCOLN, Neb., September 14 (AP)** -- It happened at Oklahoma. It happened at Miami. It happened at Colorado. And it is happening at Nebraska.

The Sooners, Hurricanes, Buffaloes and Cornhuskers reached the dizzying height of college football's Division I national championship, only to tumble in a swamp of player discipline problems.

Athletes at schools with less successful teams also get into trouble, but recent Division I football champions almost always seem to have player woes. Is it a coincidence or does a coach need unruly players to win the national crown?

Defending national champion and second-ranked Nebraska has three players facing criminal charges: Heisman Trophy contender **Law-**

**rence Phillips** is accused of hitting his ex-girlfriend; cornerback **Tyrone Williams** is accused of shooting at a car, and receiver **Riley Washington** (Southwest High School, San Diego 1992) is charged with attempted murder.

A fourth player was arrested last weekend on suspicion of assault. Two other members of the national title team earlier were put on probation for sexual assault and possession of stolen property.

Are violence-prone players needed to play the intense, brutal, lights-out football that is required to win a national title?

"No," coach **Tom Osborne** says.

"Personally, I'm a little offended by that question."

Other champs have had their share of post-title hangovers: 1990 co-champion Colorado had 24 player arrests in the months following its winning season. Miami gained a reputation for unsportsmanlike conduct. A few years after Oklahoma won the 1985 title, a player shot a teammate and three players were charged with raping a woman in the football dorm.

Osborne said that with any group of 150 college-age men -- not just football players -- there will be three or four brushes with the law every year. He also said he will not tolerate violence against women.

A member of the Nebraska Chancellor's Commission on the Status of Women, **Jane Conoley**, applauded Osborne for indefinitely suspending Phillips but said a problem remains.

"I see this -- and I think people on the commission see this -- as a dramatic example of the larger problem that there's still a lot of violence against women" on campus, she said.

Conoley, a professor of educational psychology, said she believes men in all-male enclaves are more prone to violence toward women, and I'd include fraternities as well as athletic teams." She said men in such groups commit a disproportionate number of offenses on campus.

**Jim Griesen**, the university's vice chancellor for student affairs, said there is no more violence among athletes than among all students at the Lincoln campus. He said campus violence has mirrored the increase in violence in society.

**Ron Brown**, who coaches Nebraska receivers, said it was ludicrous to suggest a tendency to violence is necessary for great football achievement.

"We live in a violent world, and if you look at most of the violence in this country, it doesn't come from athletes," Brown said. He added that great players must be aggressive but they are not prone to violence and many are gentle off the field.

Across town from Memorial Stadium, where the Huskers routinely overwhelm opponents, psychiatrist **Eli Chesen** disagreed. He has observed college running backs for 15 years and is writing a book titled "Darwin and the Running Backs," a reference to naturalist Charles Darwin, who developed theories of evolution. Darwin's name is commonly associated with the phrase, "the survival of the fittest."

On the field, Chesen said, the meanest running backs survive.

"The ones who are the best tend to be the most violent," he said.

*continued next page.*

# PREP NOTES

He said aggressive behavior is the way this sort of individual approaches just about every life situation.

"It doesn't shut off when they leave the field," Chesen said.

## ■ SMALL-TIME FACILITIES HOUSE BIG-TIME, OLYMPIC DREAMS

**SHIPROCK, N.M., Sept. 14 (AP)** -- Bill Silverberg's forehead shines with sweat as he shuffles through papers in his basement office between a boiler room and the gym at Navajo Community College. It's registration day at NCC. Runners on Silverberg's cross country team funnel in and out, unaffected by the simmering heat in the dusty office. A few folding chairs are available for those who want to stay a while to chat or check out the view: a sun-baked, dirt field surrounded by rickety trailers.

A former All-American runner, Silverberg says he's happy at NCC, where small-time facilities don't keep him from going after a big-time dream: He wants the school to produce an American Indian Olympic gold medalist, like Billy Mills, who won the 10K in the 1964 Games in Tokyo.

Silverberg roomed with Mills at the Olympic Trials in 1964 and has stayed close with him since. He says his connection with Mills is one reason he wants to help Indian runners. His reason for choosing NCC as the place to do that is simple as well.

"I like the underdog," Silverberg says. "We're definitely in that situation. We don't have the fancy domes for them to live in. We don't have the fancy homes. We have no transportation for them. They have to bring their own equipment."

Somehow, that recruiting pitch -- and an annual budget of about \$6,000 -- has kept some of the Navajo reservation's top runners at the school. It also has helped Silverberg land some African runners, who he hopes will push the Indians into training more effectively.

"We've always had tremendous talent out here," Silverberg says. "The problem has been motivating them. We figured if we could get some of the African world-class runners in here, it would help."

As a side job, Silverberg plans safaris to Kenya. His 46 trips there over the last 30 years helped him become friends with Kenyans Henry Rono -- who in 1978 set four track and field world records in a span of 80 days -- and Joseph Nzau, also a former Olympian. Both have helped Silverberg recruit, and Nzau is expected to serve as assistant coach at NCC this year.

They helped NCC land top African runners Abukar Adani of Somalia, Philip Keny of Ken-

ya and Moli Yeskey, a two-time Olympian from Chad. Silverberg says they're at the school to advance their own careers and to push five Indian runners, including Lenny Esson and Eugene Hogue.

Esson is trying to revive a running career that almost ended four years ago when he injured his back while running for Yavapai College in Prescott, Ariz. Esson trains alone and takes correspondence courses at NCC while coaching a junior high cross country team in Leupp, Ariz. He says training programs sent to him by Silverberg and Nzau have helped. So has their support.

"I can see a light at the end of the tunnel," says Esson, who heads to Shiprock on week-ends to travel with the team to meets. "It helps knowing you have people like that who support you and believe in you."

Esson and Hogue are considered among the top marathon runners on the Navajo reservation, Silverberg says. Both have clocked marathon times in the 2-hour, 30-minute range, which is good, but not good enough to qualify for next year's Olympic Trials. It takes 2:22 to qualify for the Olympic Trials.

The runners will try to shave their times this fall by training on shorter cross country courses as NCC goes for its fourth small college men's championship in the program's fourth year of existence. Silverberg says he hopes the runners will be ready to qualify for the trials in marathons next spring.

Getting to the Olympics may never have been a mission at NCC had it not been for a break Silverberg got from tiny Navajo Prep High School in nearby Farmington. When Silverberg moved to Farmington in 1991 he had trouble finding work. His resume includes stints as the track coach at the University of New Mexico and cross country coach at Oklahoma, but Silverberg's only job offer came from Navajo Prep. He says he formed a loyalty to Navajos while working at Prep as football coach and athletic director.

"When I came up here, I didn't get a lot of help from white people," Silverberg says. "The Navajos were the ones who helped me. They're the ones who have gotten me the jobs."

So when NCC had an opening for a physical education instructor in 1992, Silverberg applied with intentions of expanding the role.

"A cross country team here has always been a natural," he says, noting that nearby Gallup High School has won 12 straight state championships, mostly with Indian runners. "The program here gives the good runners a place to keep it going."

Yeskey and Andy Crain -- the team's only Anglo runner -- agree that while NCC lacks amenities, it creates a good training atmos-

phere, void of distractions, but surrounded by thin air and good long-distance running courses.

"If you come here, you know you're going to get better because they have good coaches," Yeskey says. "They know we don't come here for the great scenery or the social life. All we want to do is run."

## ■ BANNISTER SPECULATES ON SPRINTERS

**September 14 (Chicago Tribune)** -- Roger Bannister, saying he was "prepared to risk political incorrectness," said Wednesday black sprinters have "certain natural anatomical advantages" over white rivals. Bannister, who in 1954 became the first person to break the 4-minute mile, said it was possible black athletes' muscles were better adapted to hot climates and therefore better at providing energy quickly. He also suggested they could have better power-to-weight ratio because they have less fatty tissue under the skin. Bannister, a 66-year-old retired neurologist, gave no evidence to support his position.

Bannister, a speaker at a conference of the British Association for the Advancement of Science in Newcastle, England, noted the vast number of all-black sprint finals and a high proportion of black athletes in other events at the recent world championships.

"As a scientist rather than a sociologist, I am prepared to risk political incorrectness by drawing attention to the seemingly obvious, but under-stressed, fact that black sprinters and black athletes in general all seem to have certain natural anatomical advantages." He also said anatomy was not always the vital factor.

"Linford Christie has a superb muscular development compared with the slenderer Carl Lewis whom he displaced but who achieved a greater record than Christie in winning three gold medals at the same Olympics," Bannister said. "The brain, not the heart or lungs, is the critical organ." Both Lewis and Christie are black.

## ■ RILEY WASHINGTON

**LINCOLN, Nebraska, September 14** -- Nebraska receiver Riley Washington, entered a plea of innocent, to charges last month of attempted second-degree murder and use of a firearm to commit a felony.

(Prep Editor: Riley Washington, Southwest High School, San Diego 1992, won the 1992 California State Meet 100 meters in 10.30, a meet record, and placed second in the 200 meters in 21.02.)

## ■ TOTO INTERNATIONAL

**TOKYO, Japan, September 15** -- Allen Johnson (United States), the World Champion, edged Mark Crear (Rowland High School, Rowland Heights) by .02 in the 110 hurdles--13.07 to 13.09. Colin Jackson (Great Britain), the world record holder at 12.91, was third in 13.19.

Gail Devers (Sweetwater High School, National City), the World Champion, won the 100 hurdles in 12.90.

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# PREP RESULTS

## ▼ Track & Field

### 1995 Junior Olympic National Championships

By Doug Speck

In many ways the greatest track meet in the world, the U.S. Junior Olympic Track & Field Championships, from June 25-30th at San Jose City College in California, once again had its 6000 athletes in ten divisions and supporters along in spirited style. Many of the finals event competitions feature the athletes lining up first with the tiny bantam divisions, and gradually move up to the near-adult Young Men and Young Women's races, with a number of legends created within these championships still active, and each new edition creating some of America's eventual future adult stars. Startling performances far beyond the age-level of the athletes took place in many events. It was hot on Thursday and Sunday, but generally the "non-humid" conditions were very good during the week to action.

Under the direction of National Youth Athletics Chair **Kim Haines** and local Meet Director, **Steve Haas**, the competition rolled through nearly a week of heavy action in usual, flawless presentation style that could be a lesson for all levels of the sport. A massive number of very well-intentioned volunteers make this a joy of an activity to be around.

Veteran "legends in their time," **Angela Williams**, **Obea Moore**, **Char Foster**, and **Julia Stamps**, had fine performances, with **Leshinda Demus**, **Jerome Young**, **Deanna Simmons**, **Seilale Sua**, **Thavius Nelson**, **Shayla Wallace**, **Sharif Paxton**, **Adrienne Sims**, and **Gerald Williams** impressive new faces at the top end. **Angela Williams**, who shocked a month ago with an 11.24 100m win in the Junior Nationals, continued to roll here. Suddenly on the clock among the current top dozen American female sprinters of any age, Williams showed quite impressive gears in the Intermediate 100m event, the race of her choice here. In a Friday heat Williams rocketed away from the field early with 1.6 meters per second of wind behind her on the way to an 11.34 win which took down the Meet Record of 11.64 set by **Sabrina Her-ring-Kelly** (World Junior gold medalist 1994) from 1991. In Sunday's Finals Williams was 11.47 with +1.7 wind, with surprising ninth grader,

Texan **Lakeesha White**, 11.63 also under the old divisional record. There was some unreal depth at the Girls Intermediate level, typically ninth and tenth graders with the 1979-80 year of birth requirement. **Char Foster**, two-time National Junior 400m hurdle champion as only a ninth grader (!), had two super barrier contests here. A 58.88 Finals 400m hurdle run demolished the old Meet Record of 61.50, with **Daveeta Shepherd** also under the old standard with a 61.16 in second.

The Girls Intermediate 100 Meter High Hurdles event was a classic, with Foster, Heptathlon (4836 best prep score of year) and Long Jump (19-03.5 (5.87) winner **Ashley Bethel**, and **Shepherd**, battling. Foster had a 13.87 heat win and was expected to dominate, but Bethel and Shepherd (14.05 heat run) are very talented. With Foster in the middle and the other two on either side, the group flew down the track, with Foster a narrow lead, but never more than half a meter between all three as Foster leaned in with a 13.77w (+2.2) win over **Shepherd** (13.82w) and **Bethel** (13.83w).

**Julia Stamps** took time out from a summer job parking cars at the county fair to run the 3000m here, with a fine solo 9:41.32 that established a National and Meet record, taking down the 9:43.81 by one of her current good friends, **Ceci Hopp**, from 1981.

There were some fine male efforts also. **William "Obea" Moore** is one of the true legends at this level, holding a host of records between 200 and 800 meters, with some classic relay efforts for the L.A. Jets. The prep sophomore at Muir HS in Pasadena cranked a 21.10 (+1.2) 200m on Saturday to take down the Intermediate 200m record, then continued the show on Sunday. Giving the crowd its money's worth, Moore charged out in the 400, winning by nearly 20 meters in 45.99 in taking down the 46.91 meet divisional standard by nearly a second! An anchor on the winning 41.41 4x100 L.A. Jets team was followed by a 45.4 solo anchor for Moore on the victorious 4x400 squad.

Second in the Junior Nationals 400m (45.63), Moore will have his first international experience in the Pan-Am Games in early September in Chile.

There is always a star or two created at the younger levels of these championships, with **Leshinda Demus** of Fast Action TC, a resident of Palmdale (Ca) in the Midget Girls, leaving viewers stunned with her effort over 800 meters. The defending Champion in this 11 and 12 year old division, Demus charged out in a very aggressive style (29.6-62.0-1:37.8) that had her with-

in reach of the 2:14.29 National Record by **Shalynn Carr** from 1988, with the determined lass charging down the homestretch to an amazing 2:13.65 and nearly fifty meter victory. Demus added a 2:18.9 leg on the Fast Action National Record setting 4x800 group, and ran on the first ever 4x400 team at this level to break 4:00.0.

Connecticut's **Jerome Young**, who recently became an American citizen after he could not get the time of day from his native Jamaica athletically as a Connecticut resident, continued his fine year. After a 45.01 Junior National win, Young here was a Young Men's 20.97 (+1.1) 200m winner, then was 45.63 for a 400 victory over **Michael Granville**, who looked strong at 46.15 in second. Michael had taken late June off after a loss in the state meet, with illness affecting his Senior National effort and non-participation in the Junior Nationals with the same illness problems. Here, Granville later anchored the West Valley Eagles to the 4x400 win with a gliding, solo 45.4, after University of Oregon frosh **Pat Johnson** had given him the lead with a third leg of the same time.

**Deanna Simmons**, an eleventh grader who competes in Illinois, where the Triple Jump is not a state meet event, surprisingly starred in the three bounder. The Junior National runner-up, Simmons would here meet the third placer, Texan **Alissa Broussard**. A great competition it was, with Simmons emerging the winner on her final jump, with a 41-04.5 (12.61 +1.32), to win over Broussard's 40-08 (12.39 - 0.67). Simmons took down the old Meet Record with her win.

Florida eleventh grader, **Seilale Sua**, continued a long season of fine weight event throws, close to her personal best in the Young Women's Shot Put at 47-10.5 (14.59), with a second to **Suzy Powell**'s 170-05 (51.94) in the Discus with a 165-02 (50.36) throw. Georgian **Thavius Nelson** was very impressive in the Young Men's High Hurdles, racing a 13.75 (+0.4) Final after a 13.88 +1.8 heat. **Shayla Wallace**, a soph at Northwest Catholic HS in Hartford, Ct, was another pleasant surprise with her sprinting at the Young Women's level. A state 100m champ at 11.92 and New England champ at 11.5w, Wallace here shone over 200 meters, cranking an impressive 23.54 (+2.0) heat win, then impressing with a big three meter win over a very strong national group in the finals, at 23.54w (+2.7).

**Sharif Paxton**, a student at Crenshaw H.S. in L.A. who was not on the school team this spring, and participant here for the L.A. Jets, was quite

shocking in the Boys Intermediate 110m High Hurdles, blasting a 14.19 heat (+2.0), then romping away to a five meter win in the Finals at 13.99 (+0.5).

**Adrienne Sims**, a tall North Carolinian, took the Intermediate Girls High Jump at 5-11(1.8) for a Meet Record. **Gerald Williams**, from Lynwood, Ca, shocked with a nearly two foot improvement in the Young Men's Triple Jump, out to 50-10.75 (15.51 -0.4) for a yearly prep national leader. There were many other stars. San Diegoan **Monique Henderson** continues to dominate the long sprints in the younger girls divisions, racing 57.14 to equal the Meet Record Midget 400m best. Seattle's **Nicole McRae** had her usual fine weekend of Youth 800m running, taking a heat at 2:13.29, leading off a 4x800 team at 2:13.5, then surprisingly finding herself edged by **Tyra McCoy** 2:13.46 and **Shelima Yarbrough** 2:13.54 in the 800 final at 2:13.63 when she tired down the stretch. McRae was out at 29.9 and 62.5 in the final.

Southern Californian **Malika Edmonson**, who has some select blood-lines with father Warren a UCLA dash champ at UCLA and mom **Barbara Farrell** an Olympic medalist in 1968, took the Intermediate Girls 200m at 23.83 (+1.5) after a 23.81 +1.7 Meet Record heat run. Relay action with her Southern Cal Sports Club teammates featured the intact team from St. Bernard HS in Playa del Rey. In the 4x100 they clocked 45.83 (#4 of year for preps), with Malika anchoring in a stunning 52.8 for the 3:45.02 4x400 winners. Tall ninth grader, **Demetria Washington** (NC), won over a super intermediate Girls 400 field at 54.48 with the first five in the race under 58.0. Washington led off her Fayetteville Flyer 4x400 in 54.6.

Fine intermediate Boys field event action had Illinois prep, soph **Chris Hercules**, Triple Jump 49-05.75 (15.08 +1.22), a new Meet Record. Super frosh prep weight athletes **Chris Sprague** (Or) and **Van Mounts** (Ca) battled in the Shot, with the Oregon 4A champ winning 57-11.75 (17.67)-54-08 (16.66).

In the Young Women's division, Georgian **Kelly Perryman** raced a 23.95 heat winner in the 200m and then scratched from the Final with a slight hamstring problem. Things were worked out and Kelly showed up the last day for the 100 final and promptly defended her championship there, racing 11.67 (+1.4) against a top group. Kentucky's **Shekera Weston** looked great in a 54.37 400m win at the Young Women's level, and added

# PREP RESULTS

a 54.4 second leg for the Music City 4x400. Zodiacs TC, New York City area stars, **Tameika Grizzle** (800m) 2:09.94—out at 59.3 400m and **Desiree McQueen** (100m) 13.87 +0.5, were big winners there. Local girl, **Tisha Ponder**, took the Long Jump at 19-08.25 (6.00) over a good field.

**Bryan Howard**, a Californian hobbled since March with a bad groin strain, is healthy now. He took it out on a good Young Men's 100m field, racing an eased up 10.54 +0.7 heat win, then was still sharp after two re-calls in the Finals, rocketing a 10.41w (+2.3) that had him shut it down 10 meters out, probably still not totally confident in all the body parts. Fellow Californian, **Clarence Scott**, national Long Jump leader, took his event at 24-06.25 (7.47 0 wind).

## RESULTS

**Junior Olympics National Championships - San Jose City College - Tuesday July 26 (a) - Wed July 27 (b) - Thur July 28 (c) - Fri July 29 (d) - Sat July 30 (e) - Sun July 31 (f)**  
(winds below in meters per second)

### Bantam Girls

100m (+1.4) (f) Courtney Champion (Billy Hutton TC) 13.39 200m (e) (-0.5) Geneca Glover (Cedar Hill, Tx) 27.34. 400m (f) Kamillah Salaam (Wilmington TC, De) 62.61. 800m Monique Blake (Turtle Track Club, NJ) 2:31.22. 1500m (f) Monique Blake (Turtle Track Club, NJ) 5:09.87. 4x100m (f) L.A. Jets (Ca) 55.57. 4x400m Jeuness TC (Brooklyn, NY) 4:26.71. HJ (d) Louis Dailey (Owasso, Ok) 4-09.25 (1.45) LJ (d) Bili Lawal (Baltimore, Md) 15-08.75 (4.79) (Meet Record). SP (d) (6 lb) Amber Curtis (Monroe, Wi) 34-04 (10.46) (Nat'l & Meet Record). Triathlon (b) Shani Boston (Atlanta, Ga) 11:61. Bantam Boys  
100m (+0.5) (f) Omar Wells (Jesse Owens TC, Az) 13.23. 200m (e) Omar Wells (Phoenix, Az) 26.82 (+1.6). 400m Jayren Griffin (Long Beach Sprinters) 60.08. 800m Jayren Griffin (L.A., Ca) 2:20.16. (Meet Record). 4x100m (f) Baltimore-Ed Waters TC (Md) 53.25. 4x400m (f) Tigers Youth (Houston, Tx) 4:20.70. HJ (c) Leslie Murillo (Lemoore, Ca) 4-03.25 (1.30) LJ (c) Tiffany McDonald (Phoenix, Az) 14-01 (4.29) (Meet Record). SP (e) (6 lb) Jason Rooters (Fresno, Ca) 32-05 (9.88) Triathlon (b) Michael Pagan (L.A., Ca) 8:07.

### Midget Girls

100m (+1.2) (f) Tanisha Alleyne (Chillum Striders, Md) 12.47. 200m (e) (+0.8) Monique Henderson (MLK Blasters, San Diego) 25.14. 400m (f) Monique Henderson (MLK Blasters, San Diego, Ca) 57.14 (Equals Meet Record-57.0 by Shanoa Griffin, L.A., Ca 1986). 800m Lashinda Demus (Palm-dale, Ca) 2:13.65 (National & Meet Record - Nat'l 2:14.29 Shalynn Carr 1988. Meet Demus 2:17.93 1994) (2nd 2:18.93). 1500m (f) Eva Dencer (Valley Striders, Ca) 4:55.32. 3000m Chas LaHodny-Barber (Las Vegas, NV) 10:51.15. 800m Hurd (30") (+0.6) (f) Amber Williams (Lakeland Roxbury, NJ) 12.81. 4x100m Re (f) South Central

AA (Seattle, Wa) 50.23. 4x400m (f) Fast Action TC (Long Beach, Ca) 4:00.41. (3:59.67 Nat'l & Meet Record in heats) 4x800m (d) Fast Action TC (Long Beach, Ca) 9:45.73 (Nat'l & Meet Record, old 10:04.10 Fast Action 1994). HJ (c) Schquay Brigac (Sun Valley, Ca) 5-03 (1.60) (also Toni Muratore (Merced, Ca) 1.60 tied Meet Record). LJ Jill Bell (Seattle, Wa) 15-11.5 (4.86) (nwl). SP (d) (6 lb) Abby Emsick (Council Bluffs, Ia) 35-04.5 (10.78). DT (1kg) Abby Emsick (Council Bluffs, Ia) 100-10 (30.74). Pentathlon (a-b) Amber Williams (Succasuna, NJ) 3256 (Nat'l & Meet Record).

### Midget Boys

100m (+2.2) (f) Eugene Lee (Roadrunners TC, Ga) 11.48w (11.88 +1.2 1st (d). 200m (e) Maurice Dosty (Stockton, Ca) 23.99 (+0.7). 400m (f) Travis Jones (Nor West Cheetahs TC, NM) 54.90. 800m (e) Davon Easterling (Brooklyn, NY) 2:11.96. 3000m (e) John Nay (Bloomington, In) 9:47.11. 800m (30") +0.3 (f) Bershawn Jackson (Miami NW Express, Fl) 12.27. 4x100m Re (f) Roadrunners (Ga) 48.51. 4x800m (d) Kenyan Runners (Brooklyn, NY) 9:17.49 (National Record - old 9:41.15 KY TC 1994!). HJ (e) Andrew Roy (Poland Spring, Me) 5-03 (1.60). LJ (c) Trevell Quinley (San Jose, Ca) 18-00.75 (5.50) (nwl). SP (e) Nathan Juarez (Reedley, Ca) 45-03.5 (13.80) (6 lb). DT (c) Eric Jaske (DeKalb, Il) 102-08 (31.30). Pentathlon (b) Kenzy Davis 2972

### Youth Girls

100m (+0.6) (f) Miya Edmonson (West Valley Eagles, Ca) 82.12.03. 2. Natasha Cain (No Alabama Trackers) 82.12.14. 3. Tiffany Thompson (West Valley Eagles, Ca) 81.12.17 (1st 12.14 +0.9). 4. Aleah Williams (Montclair, NJ) 81.12.26 (1st 12.22 +1.7). 200m (+2.0) (e) Aisha Margain (Acom TC/Oakland, Ca) 24.74. 2. Charkamaly Sidney (Oakland, Ca) 24.76. 3. Aleah Williams (Montclair, NJ) 24.79. 400m (f) Kristina Bratton (Florida Express TC) 81.55.98. 2. Joni Smith (Carson Unicorns, Carson JHS, Ca) 81.56.01. 3. Raquel Johnson (West Coast Express, L.A., Ca) 56.46. 4. Mia Campo (Turtle Track Club, NJ) 81.56.72. 5. Lijini Hogg (Billy Hutton TC, San Francisco) 81.57.26. (Aisha Margain Oakland, Ca) 81.56.80 Ht did not run finals) 800m (e) Tyra McCoy (Phoenix, Az) 2:13.46. 2. Shalima Yarbrough (Ft. Washington, Md) 2:13.54. 3. Nicole McRae (Seattle, Wa) 2:13.63 (1st 2:13.29 c). 4. Anbelita Green (Lawndale, Ca) 2:14.45. 1500m (f) Michelle Delavina (Valparaiso TC, In) 82.4:45.00.

3000m (c) Michelle Delavina 10:15.71. 3000m Racewalk (e) Brandy Woodley (Albuquerque, NM) 15:05.30. 100m Hurd (+1.4) (30") Tameisha King (Northside Red Runners, Ga) 14.73 (Brandi Hogan (Pittsburgh, Pa) 1st 14.80w +3.3 (e) 200m Hurd (30") (f) Brandi Hogan (River City Elite/Pittsburgh, Pa) 28.49 (nwl). 4x100m Re (f) Carson Unicorns (Ca) 48.67. 2. West Valley Eagles (Ca) 48.72. 3. MLK Blasters (San Diego) 48.95. 4x400m (f) L.A. Jets 3:49.88. 2. Carson Unicorns (Long Beach, Ca) 3:53.21. 4x800m (d) L.A. Jets 9:39.01. HJ (e) Jessi-

ca (Tess) Zatica (Homedale, Id) 5-03 (1.60). PV (c) (Exhibition) Amber Henley (Orange, Tx) 7-06.75 (2.30). LJ (c) Tameisha King (Mableton, Ga) 18-01.75 (5.53) (nwl). TJ (d) Jodi Schlesinger (NY) 37-08.75w (11.50) (+2.7) (11.25 36-11 wind legal). SP (c) (6 lb) Jessica Cosby (Mission Hills, Ca) 46-06. DT (d) (1kg) Christy Herman (West Carrollton, Oh) 117-06 (35.82). Jav (600 gr) Katy Polansky (Eugene, Or) 112-01 (34.16). Pentathlon (a-b) Tameisha King (Mableton, Ga) 3093.

### Youth Boys

100m (+1.8) (f) R Beard (Northwest Flyers, Houston, Tx) 11.09 (11.02w 1h3 +3.5 (d). 200m Gerald Green (New Orleans, La) 22.37w (+3.0). 400m Aaron Luster (Young Achievers TC/Fl) 50.58. 800m (e) Reade Kidd (Cincinnati, Oh) 2:02.99. 1500m (f) Dustin Bauer (Loveland Track Team/Co) 4:13.97. 3000m (c) Noel Paulson (Auonsville, Or) 9:20.76. 3000m Racewalk - Danny Dalton (Kettering, Oh) 15:50.03. 100mH (33") +0.1 (f) Chris Hickman (Wings TC, Houston, Tx) 13.51. (13.48w +2.7 1st) 200m H - (-0.3) Chris Hickman (Houston, Tx) 24.88. Meet Record 1st (-0.3). 4x100m (f) Westside Kickers (Oakland, Ca) 44.99. 4x800m (d) Cornhusker Flyers TC (Lincoln, Ne) 8:32.22 (National & Meet Record - old 8:35.14 LA Jets 1992). HJ Chucky Ryan (Santa Rosa, Ca) 6-03 (1.90). PV (d) Eric Eshbach (Orange, Tx) 11-09.75 (3.60). LJ (c) Anthony Carter (Cincinnati, Oh) 21-02.75 (6.47) (nwl). TJ (d) Brinson Perry (Middlesex, NC) 41-07.75 (12.69). SP (e) (4 kg) Khari McQueen (Springfield, Ma) 56-02.25 (17.12). 2. Rodney Lisle (Bakersfield, Ca) 56-01 (17.09). DT (d) (1kg) Joel Armistage 185-07 (56.58) (National & Meet Record old 184-04 Matthew Diddinger, Nv 1985). Jav (e) (600 gr) Matt Crisp (Visalia, Ca) 155-11 (47.52). Pentathlon (a-b) Marcel Allmond (Walnut, Ca) 3120.

### Intermediate Girls

100m (+1.7) (f) Angela Williams (So Cal Cheetahs/Chino HS, Ca) 80.11.47 (Meet Record, but Anglia 11.34 1st (+1.6) - old record 11.64 Sabrina Herring-Kelly 1991). 2. Lakeesha White (Wings TC/Yates HS, Houston) 80.11.63 (2nd 11.67 +1.6). 3. Shakedia Jones (Aurora Flyers, IL/Waukegan HS) 79.11.85. 4. Jemia Ellis (K-Y TC, La/Scottlandville HS, Baton Rouge) 80.11.87. 5. Malika Edmonson (So Cal Sports Club/St. Bernard HS, Playa del Rey) 79.11.88 (1st 11.82 +2.0). 6. Miesha Withers (South Bay Panthers/Morningside HS, Inglewood, Ca) 80.11.89 (1st 11.82w +2.6). 7. Crystal Cox (Fayetteville Flyers/Pine Forest HS, Fayetteville) 79.11.93. 8. Daveeta Shepherd (Bay Area TC/Salesian HS, Richmond) 79.12.07 (1st 11.92 +1.1). 200m (d) (+1.5) Malika Edmonson 23.97 (1st 23.81 +1.7 Nat'l & Meet Record old 23.83 Donna Howard 1985). 2. Shakedia Jones 24.06 (1st 23.82 +1.8 c). 3. Crystal Cox 24.10 (1st 23.82w +2.6 c). 4. Whitney Renfurn (Jaguar TC/Lovett HS, Ga) 24.38. 5. Myra Combs (Barbe HS, Lake Charles, La) 24.44. 6. Kadrina Coffee (L.A. Jets/Palmdale HS, Ca) 80.24.63. 7. Tamara Edgar (Rosedale, NY) 24.67. (La-

keesha White 1st 24.29 +0.9). 400m (f) Demetria Washington (Fayetteville Flyers, JHS, Fayettev. NC) 79.54.48. 2. Whitney Renfurn 54.81. 3. 54.82. 4. Regine Garuthers (So Cal Sports Club) 79.55.55. 5. Heather Hanchak (River City Elite/Ellis School, Pittsburgh, Pa) 79.55.78. 6. Alex Allen (South Central AA/Blanchet HS, Seattle) 79.56.51 (1st 55.88). (Theodusha Rivers (Moreno Valley, Ca) 79.55.07 1st.) 800m (e) Dawn Gilson (Phoenix, Az) 80.2:15.15. 1500m (f) Lisa Weltzer (New Braunfels TC/New Braunfels HS, Tx) 79.4:48.20. 3000m (c) Lisa Weltzer 10:22.87. 3000m Racewalk (f) Lisa Kutzing (Island Jaguars TC/NY) 14:29.81. 100mH (33") (+2.2) (f) Char Foster (Greater Clearwater TC/Clearwater Centr Catholic HS, Fl) 13.77w (1st 13.87 +1.6 (a)). 2. Daveeta Shepherd (Bay Area TC/Richmond HS, Salesian, Ca) 13.82w (1st 14.05 +2.0). 3. Ashley Bethel (Silver Wings TC/Mission Viejo HS, Ca) 13.83w (1st 14.27 +0.9). 4. Janae Mitchell (Richmond, Ca/ Cerrito HS) 14.12w (2nd 14.52 +1.4). 5. Natasha Neal (3M Track Club/Castro Valley, Ca) 14.14w (2nd 14.74 +9). 6. Jacqueline Madison (Quicksilver TC/Douglass HS, Atlanta, Ga) 14.41w (2nd 14.43 +1.6). 7. Camee Williams (Northwest TC/South HS, Springfield, Oh) 14.43w (1st 14.47 +1.4). 8. Chava Demart (Wings TC/Cy Creek HS, Houston, Tx) 14.65w (3rd 14.74 +1.6). 400m Hurd (30") (f) Char Foster (Greater Clearwater TC/Clearw Central HS, Fl) 80.58.88 (Meet Record old 61.50 Brandy Dames 1994) (1st 60.38). 2. Daveeta Shepherd (Bay Area TC/Salesian HS, Richmond) 79.61.16. 3. Natasha Neal (3M Track Club/Castro Valley, Ca) 80.62.08. 4. Brenda Taylor (Elite TC/Watuga HS, Boone, NC) 79.63.39. 400m Re (f) So Cal Sports Club (intact team from St. Bernard HS, Playa del Rey, Ca) 45.83 (National & Meet Record, old 46.78 Jaguar TC, GA 1993) (1st 46.31 (e). 2. K-Y TC (La) 47.26. 3. Fayetteville Flyers (NC) 47.49. 4x400m (f) So Cal Sports Club (Inglewood, Ca) (team intact from St. Bernard HS, Playa del Rey - Malika Edmonson 52.8 anchor) 3:45.02. 2. Fayetteville Flyers (NC) 3:47.44. 4x800m (d) South Central AA (Seattle, Wa) 9:37.56. HJ Adriane Sims (Fayetteville, NC) 5-11 (1.80) (National & Meet Record - old 1.79 Sarah Arrowsmith 1991). 2. Ashley Bethel (1.70) 5-07. PV (c) (Exhibition) Megan McCarl (Grove City, Pa) 7-06.75 (2.30). LJ Ashley Bethel 19-03.25 (5.67) (0 wind). 2. Desiree Jones (Buchtell HS, Akron, Oh) 18-08.25 (5.69) (+1.6). TJ (e) Desiree Jones (Akron, Oh) Buchtell HS) 38-05.25 (11.71) (+2.0). 2. Shanell McMiller (Miami, Fl) 38-04.75 (11.70) (+1.2). 3. Darnesia Griffin (San Diego, Ca/Trabuco Hills HS, Mission Viejo) 38-03.5 (11.67) (+1.2). 4. Danielle Brown (New Orleans, La/McMain HS) 38-00 (11.58) (+1.3). SP (c) Chaniqua Ross (Laguna Creek HS, Elk Grove, Ca) 44-08 (13.61). 2. Sharonda Hayes (Westfield HS, Houston, Tx) 42-04.75 (12.92). DT (e) (1.0 kg) Jill Pedretti (Verona, Wi) 142-10.25 (43.54).

# PREP RESULTS

2. Amber Jones (Shenendehowa HS, Clifton Park, NY) 138-05.5 (42.20). 2. Alana Robinson (Grosse Ile, MI) 136-08.25 (41.66). Jav (e) (600 gr) Cassie Gady (Plains, MI) 133-09 (40.78). Pentathlon (a-b) (All Int'l hits & wts) Ashley Bethel 4836. 2. Liz Giltner (Canoga Park, Ca/Chaminade HS, Canoga Park) 4799. 3. Ursula McLean (Raleigh, NC/Enloe HS) 4636. 4. Desiree Jones (Buchtell HS, Akron, OH) 4494. 5. Loren Levertson (Garland, Tx/Naaman Forest HS) 4423.

## Intermediate Boys

100m (+1.0) (f) Mike Blevins (Mansfield Northside HS, OH) 10.82. 200m (e) (+1.2) William Obea Moore (South Pasadena, Ca/Muir HS, Pasadena) 21.10 (Meet Record - old 21.19 Donald Marshall 1987). 2. Miguel Fletcher (Santa Clarita, Ca/Alemany HS, Mission Hills) 21.77. 400m (f) William Obea Moore (L.A. Jets TC/Muir HS, Pasadena) 45.99 (Meet Record, old 46.91 Desmond Johnson 1993). 2. George Williams (Lord's Striders/Prince Tech HS, Hartford, CT) 47.83. 800m (e) Jose Martinez (New Haven, CT) 1:57.80. 2. Jason Mayers (Piscataway, NJ) 1:57.81. 1500m (f) Joey Corr (Redmond, WA) 4:08.05. 3000m (e) Joseph Corr (Redmond, WA/Eastlake HS) 8:55.74. 3000m Racewalk (f) Scott Crafton (In Racwalkers) 14:37.53. 110mHH (39") (f) +0.5 Shant Paxton (L.A. Jets, Ca/Crenshaw HS, L.A.) 13.99 (1h5 14.19 +2.0). 2. Regina Delapass (San Diego, Ca/Montgomery HS, Chula Vista) 14.44. 3. Calvin William (K-Y TC, La/Catholic HS, Baton Rouge) 14.45. 400m H (36") (f) - Michael Roberts (Wilmington, DE) 53.94. 4x100m L.A. Jets 41.41. 4x400m (f) L.A. Jets 3:14.64. 4x800m (d) East Atlanta 8:11.15. HJ (c) Brandon Brown (Asheville, NC) 6-06.75 (2.00). PV (e) Erik Rasmussen (Modesto, Ca) 14-05.25 (4.40). LJ (c) Jessie Grant (Chesapeake, Va) 23-04.75 (7.13) (nw). TJ (e) Chris Hercules (Palatine HS, IL) 49-05.75 (15.08) (+1.22) (Meet Record old 14.87 (48-08.75 Tyrell Tait 1987). SP (e) (12 lb) Christopher Sprague (Eugene, Or/South HS) 57-11.75 (17.67). 2. Van Mounts (Bakersfield HS, Ca) 54-08 (16.66). DT (e) (1.6 kg) Edmond Stansbury (El Paso, Tx/Irvin HS) 177-08.5 (54.16) (Meet Record old record 171-11 Dennis Black 1989). Jav (c) (800 gr) Nathan Junius (New Orleans, La) 186-10 (56.96). Decathlon (a-b) Josh Pearson (Phoenix, AZ) 5898.

## Young Women

100m (+1.4) (f) Kelly Perryman (DC Express/Columbia HS, Decatur, Ga) 77 11.67 (1h1 11.74 +1.9 (d)). 2. Heather Sumpter (Pasadena Running Roses/Muir HS, Ca) 77 11.72. 3. Shayla Wallace (Lord's Striders/NW Catholic, Hartford, CT) 78 11.81 (1h2 11.76w +2.4). 4. Parisia Jackson (Jaguar TC/Cedar Grove HS, Ellenwood, Ga) 77 11.83. 5. Kimberly McGruder (Houston Express Youth TC/North Shore HS, Houston) 77 11.84. 6. Erica Burrell (K-Y TC, La/Scotlandville, Baton Rouge, La) 78 12.10 (2h1 11.87 +1.9) (Autoya Hampton (Miami NW Express/Central HS, Miami, FL) 78 1h3 11.87w +2.9) (Dana Hope (Elite TC/Harding

HS, Charlotte, NC/79 2h5 11.94w +2.3). 200m (e) (+2.7) Shayla Wallace 23.54w (1h4 23.54 +2.0). 2. Kimberly McGruder 23.92w. 3. Sumpter 24.11w. 4. Aminah Haddad (Long Beach, Ca/Poly HS) 24.21w. 5. Stephanie Redden (Houston, TX/Forest Brook HS) 24.47w. 6. Autoya Hampton 24.83w (1h5 24.47 +1.7). 7. Marquita Moss (North HS, Springfield, OH) 24.89w (2h4 24.24 +2.0). (Kelly Perryman 1h2 23.95 +1.5 (scratched from final).

400m (f) Shekera Weston (Music City TC/Fl. Campbell HS, Ky) 77 54.37. 2. Lana Garner (Flo Jo Int'l/Morse HS, San Diego, Ca) 78 54.53. 3. Khadijah Conda (Univ Chicago TC/Fenger HS, Chicago, IL) 78 55.62. 4. Dywana Crudup (Fl. Worth Wildcats/Dunbar HS, Ft W, Tx) 78 56.36. 5. Sheneka Griffin (DC Express/ Ga) 78 56.38. 6. Nikia Matthews (Quicksilver TC/Lovejoy HS, Ga) 78 56.47 (2h2 56.24). 7. Letitia Parsons (Jacksonville, FL/Miami-Springs HS) 76 56.92. 800m (e) Tamekia Grizzle (Bronx, NY/Washington HS, NYC) 2:09.94. 2. Tanqueray Hayward (Philadelphia, Pa/Overbrook HS) 2:13.17. 3. Amber Barrett (Upper Marlboro, Md/Largo HS) 2:15.42. 4. Lana Garner (San Diego, Ca/Morse HS) 2:15.57.

1500m (f) Alyson Butterfield (Flying J's TC/Worthington HS, OH) 4:38.53 (76). 2. Neil Shields (Casa TC/Glenbard West HS, Glen Ellyn, IL) 4:38.60 (78). 3. Maggie Fleming (Kansas Flyers TC/St Mary's-Colgan HS, Pittsburg, KS) 4:40.63 (77). 4. Jamie Temple (Kansas Flyers/Marysville HS) 78 4:40.84. 5. Sarabeth Schweitzer (Marysville, Ca) 78 4:41.97. 6. Ken Freeman (New Braunfels TC/Clark HS, TX) 79 4:44.24. 3000m (c) Julia Stamps (Santa Rosa HS, Ca) 9:41.32 (National & Meet Record - old 9:43.81 Cecil Hopp 1981). 2. Sarabeth Schweitzer (Marysville, Ca) 10:22.88. 3000m Racewalk (f) Erin Taylor (Milwaukee TC) 15:58.90. 100mHH +0.5 (f) (33") Desiree McQueen (Zodiaks TC/Randolph HS, NYC, NY) 13.87 (1h1 14.28w +2.2 (e)). 2. Ayana Grant (Oakland, Ca/Bishop O'Dowd HS, Oak) 14.06. 3. Nzingah Kaman (Wings TC/Westbury HS, Houston, TX) 14.35. 4. Trudy Bihm (K-Y TC/Southern Lab, Baton Rouge, La) 14.46. 5. Deaweh Totmeh (San Francisco Senators/Vailey HS, Sacramento, Ca) 14.53. 6. Angela Polk (Cerritos HS, Ca) 14.71. (Vanessa Johnson (Aurora, IL/Waukegan HS) 1h2 14.47w +2.4 (e) 400m H (30") (f) Charon Stewart (3M Track Club/Beacon HS) 77 61.55. 2. Patricia Davis (Joe Gentry TT/Rampart HS, Colo Spr, Co) 77 62.17. 3. Lisa Edwards (Bronx, NY/St. John's HS, Queens) 78 63.37 (1h2 63.17 (d)).

4x100m (f) K-Y TC (La) 46.28. 2. Glen Arden TC (Md) 46.60. 3. Elite TC (NC) 46.61. 4x400m (f) Glenarden TC (Md) 3:44.52. 4x800m (f) Music City TC) 9:24.64. HJ (e) Rochelle Young (Las Vegas, NV/Eldorado HS) 5-09 (1.75). 2. Erin Anderson (Hersher HS, IL) 5-07 (1.70). PV (c) (exhibition) Kimberly Kite (Orange, TX) 9-00.5 (2.75). LJ (d) Tisha Ponder (Del Mar HS, San Jose, Ca) 77 19-08.25 (6.00) (+.89). 2.

nah, (Long Beach Poly HS) 25.15. 400 -- 1. Estes, Carla, James Logan HS, Union City) 55.96. 2. Coffee, Kadrina, (Lancaster, LA Jets) 56.21; 800 -- 1. de Geest, Heather, Canada 2:09.13; 2. Chenard, Melissa, Canada 2:10.87; 3. Nicolini, Kristen, Annapolis, MD 2:11.84; 4. Johnson, Kristie, (Central HS, Fresno) 2:12.07.

1,500 -- 1. Stamps, Julia, (Santa Rosa HS) 4:29.48; 2. Darroch, Francine, Canada 4:36.42; 3. Mendozza, Tara, USA 4:36.46. 3,000 -- 1. Tollefson, Carrie, USA 9:52.61; 2. Fidler, Donna, USA 9:52.66; 3. Schotte, Margaret, Canada 9:56.23; 3,000 Walk -- 1. Ruoss, Anye-Marie, USA 14:05.28. 2. Chumbley, Lisa, USA 15:18.17; 3. Kim, Isabelle, Canada 15:19.24; 100 HH (3.0) -- 1. Hayes, Joanna, USA 13.98; 2. McCray, Yolanda, USA 14.02; 3. Hahn, Maisie, Canada 14.74.

400IH -- 1. Schmiedt, Nadia, Canada 59.69; 2. Tolbert, Ryan, USA 1:00.46; 3. Bell, Deniece, Canada 1:00.55; 4x100 -- 1. USA (Joanna Hayes, Kwajalein Butler, Kelli White, Angela Williams) 45.29; 2. USA 'B' 46.83; 3. Canada 48.40. 4x400 -- 1. USA (Heather Hanchak, Kadrina Coffee, Andrea Anderson, Carla Estes) 3:44.39; 2. Canada 3:49.59.

High Jump -- 1. McDowell, Jeana, USA 1.75m; 2. Fleming, Tara, USA 1.70m; Long Jump -- 1. Brown, Angie, USA 6.02m w:0.1; 2. Hunt, Marita, USA 5.87m w:0.0; 3. Reid, Stephany, Canada 5.68m w:0.2; Triple Jump -- 1. Simmons, Deana, USA 12.80m w:0.0; 2. Christopher, LaShondra, USA 12.30m w:0.0; 3. Reid, Stephany, Canada 12.06m w:0.0; Shot Put -- 1. Raymond, Alisa, USA 14.40m; 2. Fournier, Michelle, Canada 12.72m; Discus Throw -- 1. Powell, Suzy, USA 52.62m; 2. Small, Sami Jo, Canada 46.24m; 3. Fournier, Michelle, Canada 43.00m; Hammer Throw -- 1. Conlon, Ruth, Canada 47.48m; 2. Fournier, Michelle, Canada 43.98m; 3. Melledge, Patricia, USA 41.52m; Javelin Throw -- 1. Crouse, Ann, USA 50.84m; 2. Schrader, Kary, Canada 43.20m; 3. Gullett, Annie, Canada 40.50m.

## Men

100 (0.0) -- 1. Tomlin, Dave, Canada 10.69; 2. Allen, Charles, Canada 10.78; 3. Williams, Bobby, USA 10.90; There was no men's 200m. 400 -- 1. Young, Jerome, USA 45.71; 2. Moore, Obea, USA 46.50; 3. Nemi, Shane, Canada 47.57; 800 -- 1. Whitmarsh, Zach, Canada 1:51.84; 2. Cantin, Jay, Canada 1:52.52; 3. Huffman, Jeremy, USA 1:54.91;

1,500 -- 1. Bogner, Stephen, Canada 3:49.22; 2. Stember, Michael, USA 3:49.23; 3. Pacheco, Brandon, USA 3:52.86; 3,000 -- 1. Rosario, Joel, Puerto Rico 8:40.24; 2. Fulmer, Dean, USA 8:46.18; 3. Gibbs, Rondie, USA 8:49.85; 3,000 Walk -- 1. Marrujo, Justin, USA 12:46.76; 2. Berube, Francois, Canada 12:55.99; 3. Perry, Brandon, USA 13:30.96; 100HH (1.9) -- 1. Williams, Jeremichael, USA 14.48; 2. Cosby, Braxton, USA 14.56; 3. Lissade, Andrew, Canada 14.71.

400 IH -- 1. Pfister, Rodriguez, USA 53.54; 2. May, David, Canada 54.61; 3.

McQuinn, David, Canada 55.33. 2,000 Steeplechase -- 1. Greaux, Alex, Puerto Rico 6:03.55; 2. Knutsen, Konrad, USA 6:05.32; 3. Holland, Derek, Canada 6:07.70; 4x100 -- 1. USA 'B' (Robert Statten, Braxton Cosby, Obea Moore, Jerome Young) 40.38; 2. Canada 40.79; - USA DQ. 4x400 -- 1. USA (Robert Statten, Obea Moore, Miller, Jerome Young) 3:09.78.

High Jump -- 1. Grant, Kevin, Canada 2.15m; 2. Suderman, Tony, Canada 2.00m. Pole Vault -- 1. Pearce, Jason, USA 4.95m. 2. Haag, Dan, USA 4.35m; - Wilson, Kristian, Canada FAIL; - Orloff, Borya, USA FAIL. Long Jump -- 1. Milliner, Dominick, USA 7.71m w:2.8; 2. Scott, Clarence, USA 7.67m w:3.5; 3. Soto, Luis Daniel, Puerto Rico 7.11m w:1.3; Triple Jump -- 1. Pina, Steve, USA 14.90m w:0.0; 2. Prebyl, Benji, USA 14.79m w:0.6; 3. Henderson, Cory, Canada 13.68m w:0.0. Shot Put -- 1. Snyder, Brad, Canada 16.83m; 2. Santoli, Steve, USA 15.42m; 3. Mannon, Kevin, USA 14.01m; Discus Throw -- 1. Sullivan, Luke, USA 53.82m; 2. Gervais, Jason, Canada 47.78m; 3. McPherrin, Scott, USA 45.86m; Hammer Throw -- 1. Mazzoni, Mark, USA 50.74m; 2. Mannon, Kevin, USA 49.42m; 3. Cormier, Shaun, Canada 45.80m; Javelin Throw -- 1. Gumm, Aaron, USA 63.24m; 2. File, Darin, USA 62.44m; 3. Russell, Scott, Canada 55.08m.

## 8th Pan American Juniors

Santiago, Chile, September 1-3, 1995.

From: Hal Bateman (USATF)

## Day 1

Heptathlon 100m Hurdles Heat 1 (wind 0.0): 1. Janet Blomstedt (USA), 14.68 Heat 2 (wind -0.3): 1. Katia Da Silva (BRA) 14.68; 2. Sheila Acosta (PUR), 14.68; 3. Erin Narzinski (USA), 15.25. Heptathlon High Jump: Janet Blomstedt (USA), 1.74 (5-8.5); Karine Lamontagne (CAN), 1.65 (5-5); Sheila Acosta (PUR), 1.65 (5-5); Erin Narzinski (USA), 1.65 (5-5). Heptathlon Shot Put: Katia Da Silva (BRA), 11.13 (36-6.25); Jaqueline Viana (BRA), 10.86 (35-7.75); Sheila Acosta (PUR), 10.83 (35-6.5); Erin Narzinski (USA), 10.57 (34-8.25); Paula Palma (CHI), 10.46 (34-4); Janet Blomstedt (USA), 10.17 (33-4.5). Heptathlon 200m: Heat 1 (wind 0.3): 1. Janet Blomstedt (USA), 25.32; 2. Stephanie Grant Daniels (CRC), 25.41; 3. Susana Diaz (MEX), 26.30. Heat 2 (wind 0.5): 1. Sheila Acosta (PUR), 26.32; 2. Erin Narzinski (USA), 26.36; 3. Jaqueline Viana (BRA), 26.77.

Pole Vault Qualifying: 1. tie between Borya Orloff (USA) and Jason Pearce (USA) 4.40 (14-5.25).

Women's 100m Hurdles Preliminaries: Heat 1 (wind -0.9): 1. Joanna Hayes (USA), 13.57. Heat 2 (wind 0.4): 1. Yolanda McCray (USA), 13.93.

Men's 110m Hurdles Preliminaries: Heat 1 (wind -0.4): 1. Anier Garcia (CUB), 14.06; 2. Braxton Cosby (USA), 14.18; 3. Andrew Lissade (CAN). Heat 2 (wind -0.2): 1. Maurice Wilgnall (JAM), 13.93; 2. Yoel Hernan-

# PREP RESULTS

dez (CUB), 14.13; 3. Jeremichael Williams (USA), 14.42.

**Women's 400m Preliminaries:** Heat 1: 1. Karina Soto (URU), 56.24; 2. Carla Estes (USA), 56.39; 3. Sandra Ferreira (BRA), 57.12; Heat 2: 1. Claudine Williams (JAM), 53.6; 2. Kadrina Coffee (USA), 57.1; 3. Anice Schouten (BRA), 57.3.

**Men's 400m Preliminaries:** Heat 1: Jerome Young (USA), 46.72; 2. Shane Neimi (CAN), 47.62; 3. Rohan McDonald (JAM), 47.73; Heat 2: 1. Obea Moore (USA), 47.16; 2. Avarad Moncur (BAH), 47.95; 3. Gustavo Aguirre (ARG), 49.23; Heat 3: 1. Omar Bailey (JAM), 49.05.

**Women's 100m Preliminaries:** Heat 1 (wind 0.0): 1. Debbie Ferguson (BAH), 11.74; 2. Margaret Fox (CAN), 11.85; 3. Helena Guerrero (COL), 12.01; Heat 2 (wind -0.3): 1. Angela Williams (USA), 11.74; 2. Maria Brown (JAM), 11.85; 3. Paola Restrepo (COL), 12.19; Heat 3 (wind 0.5): 1. Kwajalein Butler (USA), 11.86; 2. Tulia Robinson (JAM), 11.91; 3. Tamara Cherebin (BAH), 12.05.

**Men's 100m Preliminaries:** Heat 1 (wind 0.0): 1. Ricardo Williams (JAM), 10.65; 2. Rodrigo Sandoval (CHI), 11.01; 3. Cesar Lopez (MEX), 11.02; Heat 2 (wind 0.0): 1. Kim Collins (STK), 10.63; 2. Billy Fobbs (USA), 10.77; 3. Alejandro Valdez (MEX), 10.96; Heat 3 (wind 1.0): 1. Dave Tomlin (CAN), 10.56; 2. Brian Raspberry (USA), 10.73; 3. Lynden Fritter (JAM), 10.86.

**Women's Javelin FINAL:** 1. Oisdeilys Hernandez (CUB), 51.30 (168-4); 2. Nora Ricat (CUB), 50.00 (164-0); 3. Ann Crouse (USA), 49.12 (161-2).

**Women's High Jump FINAL:** 1. Jeana McDowell (USA), 1.76 (5-9.25); 2. Yaniseldis Fernandez (CUB), 1.76 (5-9.25); 3. Niurka Lussan (CUB), 1.74 (5-8.5); 8. tie between Gisela Pfeiffer (ARG), Megan Moncrieffe (JAM) and Tara Fleming (USA), 1.65 (5-5).

**Men's Shot Put FINAL:** 1. Brad Snyder (CAN), 16.74 (54-11.25); 2. Marco Verni (CHI), 16.23 (53-3); 3. Christopher Merced (PUR), 15.50 (50-10.25); 4. Steve Santoli (USA), 14.73 (48-4); 5. Kevin Mannon (USA), 14.63 (48-0).

**Men's Long Jump FINAL:** 1. Maurice Wignall (JAM), 7.75 (25-5.25); 2. Dominick Miller (USA), 7.71 (25-3.5); 3. Sergio Dos Santos (BRA), 7.31 (23-11.75); 4. Clarence Scott (USA), 7.30 (23-11.5).

**Men's 10,000m FINAL:** 1. David Galindo (MEX), 29:46.72; 2. Clodoaldo Da Silva (BRA), 29:51.75; 3. Francisco Mondrago (MEX), 30:02.40; 6. Riondie Gibbs (USA), 31:13.41; 7. Tim Briggs (USA), 31:57.48.

**Women's 100m Hurdles FINAL (wind -0.9):** 1. Joanna Hayes (USA), 13.69; 2. Yolanda McCray (USA), 13.93; 3. Maisie Haan (CAN), 14.38.

**Men's 100m Hurdles FINAL (wind 0.2):** 1. Anier Garcia (CUB), 13.84; 2. Jeremichael Williams (USA), 13.84; 3. Maurice Wignall (JAM), 14.00.

**Women's 100m FINAL (wind 0.1):** 1. Debbie Ferguson (BAH), 11.58; 2. Angela Williams (USA), 11.64; 3. Margaret Fox

Vanessa Johnson (Aurora, IL/Waukegan HS)/78 19-07.25 (5.97) (+.50); 3. Deanna Simmons (Decatur, IL/MacArthur HS) 19-04.5 (5.90) (+1.54); TJ (f) Deanna Simmons (Decatur IL/MacArthur HS, Decatur, IL) 41-04.5 (12.61) (+1.32) (Meet Record, old 12.60 Shelly Talbert (De) 1993); 2. Alisha Broussard (Champions TC/Dobie HS, Houston, TX) 40-08 (12.39) (-0.67); 3. Michelle Hickman (Harbor TC/Randolph HS, NY) 40-02.75w (12.26) (+2.07) (11.83 38-09.75 wind legal best); 4. Tisha Ponder (Del Mar TC/Del Mar HS, San Jose, CA) 39-11.75 (12.18) (+1.22); 5. Charlene McQueen (Miami NW Express 37-0-8.75 (11.50) (+1.39); SP (d) (4K) Seilala Sua (Clearwater, FL/ST Thos Aquinas, FL/Lauderdale, FL) 47-10.5 (14.59); 2. April Kockrow (Rushville, NE) 43-11.75 (13.40); 3. Rebecca Morrison (Presentation HS, San Jose, CA) 42-07.25 (12.98).

DT (f) Suzy Powell (Modesto, CA/UCLA) 170-05 (51.94); 2. Seilala Sua (FL) 165-02 (50.36); 3. Andrea Pappas (DC Express/Brookwood HS, Snellville, GA) 136-06 (41.60); Jav (f) Sara Lind (Sunnyside TC) 142-01 (43.32); 2. Rachelle Cummings (Maine TC/Sleams HS) 129-05 (39.46); Heptathlon (a-b) Ta'azar Bingham (Richmond, VA/Univ No Carolina) 4482; 2. Jennifer Shupe (Allen, TX) 4398; 3. Sufia Wail (Cheyenne HS, N. Las Vegas, NV) 4226; 4. Kim Richardson (New Bern, NC) 4019.

## Young Men

100m (+2.3) Bryan Howard (West Valley Eagles/Canyon Springs HS, Moreno Valley, CA) 10.41w (1h3 10.54 +0.7); 2. Anthony Arthuriee (Southeast Sundevils/Sterling HS, Houston) 10.56w; 3. Karon Conwright (So Cal Sports Club) 10.62w (1h5 10.54 +1.3); 4. Bryan Harrison (West Valley Eagles/Dana Hills HS, Dana Point, CA) 10.63w (1h2 10.59 +0.6); 5. Terry Sams (Gainesville Striders/Bucholz HS) 10.72w (Julian Jackson (Jaguar TC/SW Delkath HS, Decatur, GA) 2h5 10.64 +1.3); 200m (e) Jerome Young (Hartford, CT/Prince Tech HS) 20.97 (+1.1); 2. Bashir Livingston (Seaside HS, Monterey, CA) 21.42; 3. Donovan Martin (Navarre, FL) 21.43 (1h5 21.36w +3.8 (c)); 4. Karon Conwright 21.48 (1h3 21.27w +4.3 (c)); 5. Julian Jackson (Lithonia, GA/SW Dekalb HS, Decatur) 21.57; 6. Felton Charles (Daly City/McAteer HS, San Francisco, CA) 21.79 (1h1 21.27w +2.2 (c)); Chad White (Lincoln TC/LI) 1h4 21.56 -1.1).

400m (f) Jerome Young 45.63 (Meet Record, old 46.38 Milton Campbell 1994) (1h1 46.46); 2. Michael Granville (West Valley Eagles/Bell Gardens HS, CA) 46.15 (1h3 47.04); 3. Dameron Johnson (Baltimore-Ed Waters TC, Md/Carver HS, Baltimore) 47.11; 4. Robert Staten (Houston Express/Sugarland HS, Willowridge, TX) 47.47; 5. Chad White (Lincoln TC/IL) 47.64 (1h2 47.34); 6. Lydell Burston (Flo Jo Int'l/Morse HS, San Diego, CA) 47.74 (Arif Welcher (East Orange, NJ/St. Benedicts HS, Newark, NJ) 2h4 47.71); 800m (e) Mohammed Yagoub (Colorado Springs, CO) 1:52.51; 2. Trinity Gray (Philadelphia, PA/Franklin HS) 1:53.07; 3. Christopher Johnson (Atlanta,

Ga/North HS) 1:53.63; 4. Jesse Carlson (Yelm HS, WA) 1:54.95; 1500m (f) David Gonzalez (Bolingbrook HS, IL) 3:58.06; 2. Bolota Asmeron (San Francisco Senators, McAteer HS, San Francisco, CA) 4:01.55; 5000m Bolota Asmeron (San Francisco, CA/McAteer HS) 15:16.48; 3000m Race-walk (f) Shaun Foster (La Grange TC, GA) 15:10.73; 110mHH (39") +0.4 (f) Thavious Nelson (LaGrange TC/LaGrange HS, Troupe, GA) 13.75 (1h1 13.88 +1.8 (e)); 2. Bill Lemaster (Topeka Thunderbolts/Burlington HS, KS) 14.44 (2h1 14.31 +1.8); 3. Verno Pitcher (K-Y TC, La/McKinley HS, Baton Rouge, LA) 14.50 (2h2 14.41w +2.7); 4. Brandon May (Lubbock Olympians/Coronado HS, Lubbock, TX) 14.53 (1h3 14.40w +2.7); (Robert Prescott (Kennedy HS, Seattle, WA) 1h5 14.35w +2.6).

400mH (36") (f) Kyle Gossarth (Avondale, AZ) 53.11; 2. Albert Johnson (Missouri City, TX) 53/12; 3. Vernon Pitcher (Baton Rouge, LA) 53.55; 4x100m West Valley Eagles (CA) (Bryan Harrison - Ramsey Jay - Pat Johnson - Bryan Howard) 40.17 (1h1 40.60 (e)); 4x400m (f) (West Valley Eagles (Ramsey Jay 48.1 - Bryan Howard 48.2 - Pat Johnson 45.6 - Michael Granville 45.6) 3:07.56; 4x800m (d) Quicksilver TC (GA) 7:50.51.

HJ (f) Charles Medley (Joliet Sonic TC) 6-08.75 (2.05); PV Scott Wenzel (Gilroy HS, CA) 15-05.25 (4.70); 2. Jacob Davis (Orange County TC/Orangefield, TX) 15-05.25; 3. Jamie Lewis (Newcomerstown HS, OH) 15-05.25; 4. Joshua Dispennit (Terra Haute, IN/West Vigo HS) 15-05.25; LJ (e) Clarence Scott (L.A., CA/Fremont HS) 24-06.25 (7.47) (0 wind); 2. James McGee (San Francisco Senators/Sacramento HS) 23-10.75 (7.28) (+1.20); 3. Ray Richardson (Milwaukee TC/Or) 23-10.25 (7.27) (0); 4. Kareem Leggett (Carolina Eagles/Raleigh, NC) 23-08 (7.21) (+1.88); 5. Dwight Phillips (Quicksilver TC/Tucker HS, GA) 23-06.75 (7.18) (+0.64); TJ (f) Gerald Williams (Hang Time TC/Lynwood HS, CA) 50-10.75 (15.51) (-0.4 mps); (also 15.24 50-00 +0.7); 2. Kareem Leggett (Carolina Eagles) 47-10.25w (14.58) (+2.2) (47-09.75 14.57 wind legal best); 3. Drexell Owusu (Crusaders TC/Big Spring HS, TX) 47-10.25 (14.58) (0); SP (d) Sheddric Gurley (Quincy, FL/Godby HS, Tallahassee, FL) 58-00.25 (17.68); DT (f) Travis Coddington (Fluid Movement/Renton HS, WA) 182-06 (55.62); 2. Ben Jackson (Floyds Knobs, IN/Floyd Central HS) 179-08 (54.76); 3. Sheddric Gurley 179-07.25 (54.74); Decathlon (a-b) Kyle Gossarth (Westview HS, Tollefson, AZ) 6668.

## International Junior Meet

Coral Gables, Florida  
Aug 27, 1995

### Women

100 (0.7) -- 1. Williams, Angela (Chino HS), 11.72; 2. Anderson, Andrea (Long Beach Poly HS), 11.88; 3. Fox, Margaret (Canada, 12.00; 200 (rwi) -- 1. Ferguson, Debbie, Bahamas 23.95; 2. Fox, Margaret, Canada 24.15; 3. White, Kelli, (James Logan HS, Union City) 24.38; 4. Haddad, Ami-

(CAN), 11.83; 6. Kwajalein Butler (USA) 11.86.

**Men's 100m FINAL (wind 1.0):** 1. Dave Tomlin (CAN) 10.1 manual time; 2. Kim Collins (STK), 10.4; 3. Brian Raspberry (USA), 10.4; 6. Billy Fobbs (USA).

### Day 2

**Decathlon 100m:** Heat 1 (wind 0.4): 1. Moises Pereira (BRA), 11.30; 2. Daniel Haag (USA), 11.35; 3. Albert Miethe (CHI), 11.60; Heat 2 (wind 0.0): 1. Jose Antonnetti (PUR), 11.22; 2. Antonio Avena (MEX), 11.37; 3. Tom Pappas (USA), 11.43. **Decathlon Long Jump:** Jose Antonnetti (PUR), 7.28 (23-10.75); Tom Pappas (USA), 6.96 (22-10); Moises Pereira (BRA), 6.94 (22-9.25); Daniel Haag (USA), 6.70 (21-11.75).

**Decathlon Shot Put:** Daniel Haag (USA), 12.08 (39-7.75); Tom Pappas (USA), 11.86 (38-11); Jose Antonnetti (PUR), 11.40 (37-5). **Decathlon High Jump:** Tom Pappas (USA), 2.06 (6-9); Alejandro Acosta (ARG), 1.97 (6-5.5); Moises Pereira (BRA), 1.94 (6-4.25); Daniel Haag (USA). **Decathlon 400m:** Heat 1: 1. Daniel Haag (USA), 50.01; 2. Albert Miethe (CHI), 51.29; 3. Alejandro Acosta (ARG), 51.79; Heat 2: 1. Jose Antonnetti (PUR), 50.24; 2. Tom Pappas (USA), 50.36; 3. Antonio Avena (MEX), 50.48. **Decathlon Standings after Day 1:** Tom Pappas (USA), 3816; Jose Antonnetti (PUR), 3790; Daniel Haag (USA), 3701.

**Heptathlon Long Jump:** Janet Blomstedt (USA), 5.68 (18-7.75); Stephanie Daniels Grant (CRC), 5.33 (17-6); Erin Narzinski (USA), 5.31 (17-5.25). **Heptathlon Javelin:** Sheila Acosta (PUR), 40.14 (131-8); Katia Da Silva (BRA), 38.70 (127-0); Janet Blomstedt (USA), 34.80 (114-2); Jacqueline Viana (BRA), 32.36 (106-2); Paula Palma (CHI), 32.30 (106-0); Erin Narzinski (USA). **Heptathlon 800m:** Janet Blomstedt (USA), 2:21.98; Stephanie Grant Daniels (CRC), 2:22.13; Susana Diaz (MEX), 2:25.84; Sheila Acosta (PUR), 2:30.32; Jacqueline Viana (BRA), 2:30.70; Erin Narzinski (USA). **Heptathlon FINAL POINT STANDINGS:** 1. Janet Blomstedt (USA), 5304; 2. Sheila Acosta (PUR), 5008; 3. Katia Da Silva (BRA), 4703; 4. Erin Narzinski (USA), 4676.

**Women's Long Jump Qualifying:** Manta Hunt (USA), 5.98 (19-7.5); Angie Brown (USA), 5.85 (19-2.5); Maurren Maggi (BRA), 5.75 (18-10.5).

**Men's High Jump Qualifying:** Kevin Grant (CAN), 2.06 (6-9); Jeremy Fischer (USA), 2.06 (6-9); Alberto Juantorena (CUB), 2.06 (6-9); Cesar Valleseros (MEX), 2.00 (6-6.75); Jason McGinnis (USA), 2.00 (6-6.75).

**Women's 200m Preliminaries:** Heat 1 (wind 0.1): 1. Peta-Gaye Dowdle (JAM), 24.24; 2. Aminah Haddad (USA), 24.36; 3. Danielle Janzen (BRA), 25.16; Heat 2 (wind 0.8): 1. Dewana Wright (BAH), 24.48; 2. Beverly Langley (JAM), 24.97; 3. Elena Gonzales (MEX), 25.98; Heat 3 (wind 0.8): 1. Debbie Ferguson (BAH), 24.02; 2. Kelli White (USA), 24.15; 3. Margaret Fox (CAN), 24.27.

# PREP RESULTS

**Men's 200m Preliminaries:** Heat 1 (wind 1.1): 1. Dave Tomlin (CAN), 21.14; 2. Robert Staten (USA), 21.62; 3. Kim Collins (STK), 21.66. Heat 2 (wind 1.2): 1. Elston Cawley (JAM), 21.40; 2. Paulo Poersch (BRA), 21.66; 3. Bobby Williams (USA), 21.72.

**Men's 10-kilometer Race Walk FINAL:** 1. Jesus Sanchez (MEX), 42:14.82; 2. Francisco Pantoja (MEX), 42:43.73; 3. Henry Aguirre (ECU), 43:24.90; 4. Nixon Zambrano (COL), 43:39.26; 5. Edson Do Prado (BRA), 46:39.44; 6. David Michielli (USA), 47:58.13.

**Women's Hammer Throw FINAL:** 1. Doreen Heldt (USA), 45.88 (150-6); 2. Josiane Soares (BRA), 45.40 (148-11); 3. Patricia Mellodge (USA), 43.90 (144-0).

**Women's Discus FINAL:** 1. Suzy Powell (USA), 52.98 (173-10); 2. Sellala Sua (USA), 50.22 (164-9); 3. Sami Jo Small (CAN), 48.52 (159-2).

**Men's Discus FINAL:** 1. Luke Sullivan (USA), 53.82 (176-7); 2. Scott McPherron (USA), 51.64 (169-5); 3. Christopher Merced (PUR).

**Women's 400m FINAL:** 1. Claudine Williams (JAM), 52.34; 2. Carla Estes (USA), 55.71; 3. Kadrina Coffee (USA), 55.99.

**Women's 10,000m FINAL:** 1. Erika Olivera (CHI), 34:43.10; 2. Casi Florida (USA), 35:21.67; 3. Donna Fidler (USA), 36:10.51.

**Men's 400m FINAL:** 1. Obea Moore (USA), 45.14 (Championship record, bettering old mark of 45.64 by Roberto Hernandez of Cuba in 1986); 2. Jerome Young (USA), 45.74; 3. Shane Niemi (CAN), 46.69.

**Women's 1500m FINAL:** 1. Heather de Geest (CAN), 4:22.50; 2. Bertha Sanchez (COL), 4:27.00; 3. Karla Betancourt (MEX), 4:28.17; 4. Kristen Nicolini (USA), 4:30.11; 5. Carrie Tollefson (USA), 4:34.48.

**Women's Long Jump FINAL:** 1. Angie Brown (USA), 6.32 (20-9); 2. Marita Hunt (USA), 6.16 (20-2.5); 3. Solange Witteven (ARG), 5.67 (18-7.25).

**Men's 3000m Steeplechase FINAL:** 1. Alexander Greaux (PUR), 9:10.30; 2. Richard Arias (ECU), 9:11.35; 3. Carlos Ruiz (MEX), 9:11.81; 8. Konrad Knutsen (USA), 9:31.56.

**Men's Pole Vault FINAL:** 1. Jason Pearce (USA), 5.30 (17-4.5); 2. Borya Orloff (USA), 5.20 (17-0.75); 3. Ryan Hvidston (CAN), 5.05 (16-6.75).

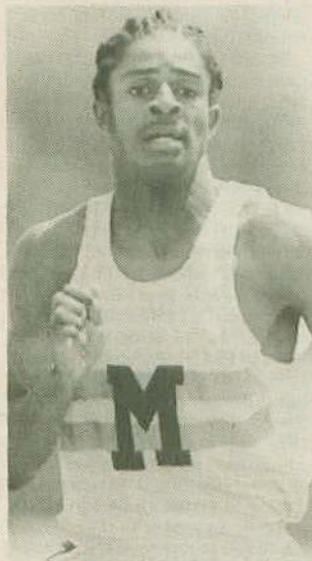
**Men's 1500m FINAL:** 1. Marcio Da Silva (BRA), 3:45.80 (Championship record, bettering old mark of 3:49.81 by Charles Marsala of the United States in 1984); 2. Michael Stember (USA), 3:46.65; 3. Rodolfo Gomez (MEX), 3:47.90; 8. Brandon Pacheco (USA), 3:56.18; 9.

## DAY 3

**Decathlon 110m Hurdles:** Heat 1 (wind -0.4): 1. Moises Pereira (BRA), 15.30; 2. Tom Pappas (USA), 15.45; 3. Alejandro Acosta (ARG), 15.67. Heat 2 (wind 0.0): 1. Jose Antonnetti (PUR), 15.27; 2. Daniel Haag (USA), 15.30; 3. Antonio Avena (MEX), 15.57. **Decathlon Discus:** Tom Pappas (USA), 38.84 (127-5); Daniel Haag (USA), 36.28 (119-0); Jose Antonnetti

(PUR), 35.76 (117-4). **Decathlon Pole Vault:** Tom Pappas (USA), 4.50 (14-9); Daniel Haag (USA), 4.40 (14-5.25); Moises Pereira (BRA), 3.80 (12-5.5). **Decathlon Javelin:** Daniel Haag (USA), 54.42 (178-6); Tom Pappas (USA), 49.50 (162-5); Alejandro Acosta (ARG), 49.00 (160-9). **Decathlon 1500m:** Antonio Avena (MEX), 4:43.54; Albert Mielhe (CHI), 4:44.69; Alejandro Acosta (ARG), 4:46.92; Jose Antonnetti (PUR), 4:54.00; Tom Pappas (USA), 4:54.05; Daniel Haag (USA), 4:54.06. **Decathlon FINAL POINT STANDINGS:** 1. Tom Pappas (USA), 7198; 2. Daniel Haag (USA), 7083; 3. Jose Antonnetti (PUR), 6889.

**Men's 400m Hurdles Preliminaries:** Heat 1: 1. Rodriguez Pfister (USA), 52.68; 2. Edson Dos Reis (BRA), 52.81; 3. Efrén Garcia (MEX), 54.41. Heat 2: 1. Braxton Cosby (USA), 52.68; 2. Cleber Da Silva (BRA), 52.85; 3. David May (CAN), 53.94.



OBEA MOORE

Photo by Kirby Lee

**Women's 400m Hurdles Preliminaries** (all times manual): Heat 1: 1. Nadia Schmiedt (CAN), 59.3; 2. Angeles Pantoja (MEX), 60.4; 3. Ryan Tolbert (USA), 61.4. Heat 2: 1. Stacy Jordan (USA), 61.2; 2. Deniece Bell (CAN), 61.5; 3. Ondina Rodriguez (ECU), 62.0.

**Men's 800m Preliminaries:** Heat 1: 1. Rodolfo Gomez (MEX), 1:52.21; 2. Zach Whitmarsh (CAN), 1:52.21; 3. Marcio Da Silva (BRA), 1:52.34; ... 5. Curtis Lassiter (USA), 1:54.53. Heat 2: 1. Eronildo Almeida (BRA), 1:53.08; 2. Jay Cantlin (CAN), 1:53.27; 3. Cesar Suarez (COL), 1:53.56; 4. Jeremy Huffman (USA), 1:54.06.

**Women's 800m Preliminaries:** Heat 1: 1. Mairlein Fuentes (CUB), 2:11.52; 2. Karla Betancour (MEX), 2:12.60; 3. Tara Mendo-

za (USA), 2:12.82. Heat 2: 1. Natalia Rivalola (ARG), 2:15.54; 2. Kristie Johnston (USA), 2:15.57; 3. Melissa Chenard (CAN), 2:15.58.

**Men's Hammer Throw FINAL:** 1. Yosmel Montes (CUB), 65.40 (214-7) (Championship record, bettering old mark of 63.52/208-5 by Alberto Sanchez of Cuba in 1991); 2. Juan Cerra (ARG), 64.24 (210-9); 3. Sebastian Barlasina (ARG), 53.94 (177-0); 4. Kevin Mannon (USA), 52.32 (171-8); 7. Marc Mazzoni (USA), 48.20 (158-2).

**Women's Triple Jump FINAL:** 1. Deana Simmons (USA), 12.88 (42-3.25); 2. LaShonda Christopher (USA), 12.43 (40-9.5); 3. Sorileny Quintero (VEN), 12.26 (40-2.75).

**Women's 5-kilometer Race Walk FINAL:** 1. Victoria Palacios (MEX), 23:12.16 (Championship record, bettering old mark of 24:03.47 by Rosario Sanchez of Mexico in 1991); 2. Abigail Saenz (MEX), 23:18.46; 3. Angela Allaga (BOL), 24:32.15; 4. Lisa Chumbley (USA), 25:18.06.

**Women's 400m Hurdles FINAL:** 1. Nadia Schmiedt (CAN), 58.43; 2. Stacy Jordan (USA), 59.72; 3. Angeles Pantoja (MEX), 60.00; ... 5. Ryan Tolbert (USA), 62.80.

**Men's 400m Hurdles FINAL:** 1. Rodriguez Pfister (USA), 51.26; 2. Braxton Cosby (USA), 51.36; 3. Edson Dos Reis (BRA), 52.63.

**Women's 200m FINAL** (wind -0.9): 1. Debbie Ferguson (BAH), 23.44; 2. Kelli White (USA), 23.93; 3. Margaret Fox (CAN), 24.00; 6. Aminah Haddad (USA), 24.53.

**Men's 200m FINAL** (wind -0.4): 1. Dave Tomlin (CAN), 20.96; 2. Elston Cawley (JAM), 21.44; 3. Robert Staten (USA), 21.48; 4. Bobby Williams (USA), 21.53.

**Women's Shot Put FINAL:** 1. Sellala Sua (USA), 14.13 (46-4.25); 2. Ailsa Raymond (USA), 14.04 (46-0.75); 3. Josiane Soares (BRA), 13.98 (45-10.5).

**Men's 800m FINAL:** 1. Zach Whitmarsh (CAN), 1:50.39; 2. Eronildo Almeida (BRA), 1:50.74; 3. Marcio Da Silva (BRA), 1:50.95; ... 8. Jeremy Huffman (USA), 1:57.54.

**Women's 800m FINAL:** 1. Mairlein Fuentes (CUB), 2:09.08; 2. Kristie Johnston (USA), 2:10.24; 3. Tara Mendoza (USA), 2:11.60.

**Women's 3000m FINAL:** 1. Julia Stamps (USA), 9:30.39; 2. Erika Olivera (CHI), 9:32.52; 3. Berte Sanchez (COL), 9:46.93; 4. Courtney Adams (USA), 9:52.78.

**Men's Triple Jump FINAL:** 1. Rene Hernandez (CUB), 16.03 (52-7.25); 2. Gustavo Pinto (BRA), 15.94 (52-3.75); 3. Allan Mortimer (BAH), 15.65 (51-4.25).

**Men's Javelin FINAL:** 1. Maximo Kigondeaux (CUB), 67.82 (222-6); 2. Francisco Galotto (ARG), 62.78 (206-0); 3. Darrin File (USA), 62.64 (205-6); 4. tie between Aaron Gumm (USA), and Alfonso Palomeque (COL), 61.74 (202-7).

**Men's High Jump FINAL:** 1. Erasmo Jara (ARG), 2.18 (7-1.75); 2. Felipe Apablaza (CHI), 2.16 (7-1); 3. Tony Suderman (CAN), 2.13 (6-11.75); 4. tie between Jeremy Fischer (USA) and Luis Soto (PUR), 2.13 (6-11.75); 11. tie between Cesar Vallesteros

(MEX) and Jason McGinnis (USA), 2.00 (6-6.75).

**Men's 5000m FINAL:** 1. Miguel Del Valle (MEX), 14:27.24; 2. David Galindo (MEX), 14:29.38; 3. Jose Carrasco (COL), 14:34.25; 6. Travis Landreth (USA), 14:49.31; 9. Dean Fulmer (USA), 15:10.21.

**Women's 4x100m Relay FINAL:** 1. United States (Aminah Haddad, Andrea Anderson, Kelli White, Angela Williams), 44.89; 2. Jamaica, 45.18; 3. Colombia, 46.73.

**Men's 4x100m Relay FINAL:** 1. Jamaica (McIntosh, Williams, Frater, Cawley), 40.23; 2. United States (Billy Fobbs, Brian Raspberry, Obea Moore, Jerome Young), 40.28; 3. Brazil, 41.69.

**Women's 4x400m Relay FINAL:** 1. Jamaica (Thomas, Burgher, Whyte, Williams), 3:38.57; 2. United States (Hanchak, 54.9 Coffee, 56.8, Anderson 53.6, Estes 54.6), 3:39.91; 3. Brazil, 3:50.14.

**Men's 4x400m Relay FINAL:** 1. United States (Rodriguez Pfister 47.3, Obea Moore 45.3, Mark Miller 46.6, Jerome Young 45.2), 3:04.37; 2. Jamaica, 3:11.51; 3. Brazil, 3:13.64.

## ▼ Cross Country

### Vaquero Stampede

Saturday, September 2. Lindo Lakes - flat course (hot/humid day) (From "Track Magazine (619) 765-3185 subscription info) Boys top ten times all (Jr/Sr's) (Fr/So 1.65 mi).

1. Larry Henderson (Mira Mesa) 10:20; 2. David McQuitty (Grossmont, La Mesa) 10:28; 3. Adrian Ramirez (Chula Vista) 10:41; 4. Eron Tello (Rancho Bernardo) 10:42; 5. Matt Galaviz (Rancho Bernardo, SD) 10:50; 6. Gailen Reid (Ramona) 10:59; 7. James Adams (Ramona) 11:00; 8. Fernando Blanco (Rancho Buena Vista, Vista) 11:02; 9. Chris Farino (Rancho Bernardo, SD) 11:03; 10. Jose Ramirez (Chula Vista) 11:08.

**Girls top ten times all grades (1.65 miles)**  
1. Sarah Schmidt (Scripps Ranch) 9:40; 2. Sonia Rodriguez (Vista) 9:42; 3. Laura Carpenter (Rancho Buena Vista, Vista) 9:45; 4. Gina Rennix (Orange Glen, Escondido) 9:50; 5. Kristina Skasko (Scripps Ranch) 9:52; 6. Cara Rumble (Orange Glen, Esc) 9:54; 7. Larissa Gregerson (El Capitan, Lakes) 9:55; 8. Sarah Wilkins (Rancho Bernardo, SD) 9:57; 9. Noelle Magana (Vista) 10:06; 10. Fatina El Farrah (Vista) 10:08; Aida Garcia (Chula Vista) 10:08.

### West Hills (Santee) Invitational

Saturday, September 2, moderate hills Boys - 2.5 miles - top ten times top three grades only:

1. Dustin Diaz (West Hills, Santee) 13:47  
2. Chris Nagao (West Hills, Santee) 14:38

# PREP RESULTS

3. Jose Moreno (Sweetwater, Nat'l City) 14:39. 4. Baruch Vega (Sweetwater, NC) 14:49. 5. Jon Landau (University City, SD) 14:55. 6. Matt Stuart (West Hills, Sant) 14:59. 7. Enrique Aranda (Sweetwater, NC) 15:22. 8. Zach Read (Hilltop, Chula Vista) 15:24. 9. Gonzalez (Sweetw, NC) 15:27. 10. Nathan Snodgrass (Santana, Santee) 15:31.

**Girls: - 2.05 miles - top ten times top three grades only**

1. Jaymie Harper (Santana, Santee) 12:18. 2. Heather Shurtleff (West Hills, Sant) 12:53. 3. Natalie Sullivan (Heix, La Mesa) 13:13. 4. Jessica Cabrera (Sweetwater, NC) 13:34. 5. Jenny Bergen (University City, SD) 13:43. 6. Jenny Holdzkorn (West Hills, S) 13:47. 7. Kristi O'Grady (Santana, Sant) 13:58. 8. Sarah Garcia (West Hills, S) 14:00. 9. Shelley Van Winkle (West Hills, S) & Olivia Telez (Pt. Loma, SD) 14:01.

## Seaside Invitational

San Buenaventura State Beach (Ventura, Ca). Course 3 miles flat concrete parking lots and beach bike path.

### From Doug Speck

**Kim Mortenson**, Thousand Oaks HS senior, blasted a good course record with a 16:35 12th grade race win that highlighted this season-opening weekend affair in Southern California. Mortenson, 4:59.23 (1600m) and 10:42.85 (3200m) last spring, obviously worked hard this summer, with Coach Jack Farrell indicating that the senior took the challenge of training "with the guys" seriously, showing strength all summer in coping with the increased workload and effort in preparation. The old Course Record was 17:03 by **Maribella Aparicio** (Fillmore) from 1992, with **Deena Drossin** 17:11 (1990), both high Foot Locker National Finals placers. In most years most good prep females have been able to run within 20-40 seconds of their time on this course at the Mt. San Antonio College Course or Woodward Park State and Western Foot Locker Regional course.

**Julia Stamps** put the Mt. SAC record under 17:00 last Fall, with her race October 21st (should she travel down to compete again) against Mortenson one of the local Fall highlights. Off Mortenson's big time, Thousand Oaks had the fastest team time of the day at 91:55 (18:23 average for 5), with improved Canyon (Canyon Country) 93:32. Top Boys time was 14:49 by **John Duarte** (Hart, Newhall), with **Kevin Kooper** (St. Francis, La Canada) 14:56 there in second. McFarland, many time State Small Schools champ, had the day's quickest Boys team time at 78:07 (15:38 average). 10:57.78 3200m runner, **Danielle Day** (Quartz Hill) was the soph Girls winner at 18:02, with **Julie Harris** (Canyon, CC) 11:28.94 last spring in track 17:56 in winning the eleventh grade contest.

**Ronnie Buchanan** (Righetti, Santa Maria), the state's #2 frosh 3200m runner in the spring at 9:34.59 was 15:23 to win the Soph Boys contest.

## Results

### Girls:

(Fr) Carly Harrill (Quartz Hill) 18:44. 2. Amaris Weitzman (Hart, Newhall) 19:02. 3. Lauren Fleishman (Canyon, CC) 19:10. 4. Caren Jordan (St. Bonaventure, Ventura) 19:12. 5. Lauren Tanaka (Dos Pueblos, Goleta) 19:35. 6. Sara DiSalvo (San Marcos, Santa Barbara) 19:53. 7. Heather McRae (Righetti, Santa Maria) 20:35. (So) Danielle Day (QH) 18:02. 2. Erin Sorenson (Thousand Oaks) 18:49. 3. Yvonne Curtis (Little Rock) 19:10. 4. Jenni Blair (Foothill, Santa Ana) 19:19. 5. Nancy Moulton (Hart, Newhall) 19:29. 6. Stephanie Davis (West Torrance) 19:29. 7. Heather Phelps (Hart, Newhall) 19:41. 8. Aubrey Perryman (Claremont) 19:46. 9. Blair Thompson (Claremont) 19:52. 10. Lindley Conger (Dos Pueblos, Goleta) 19:58.

(Jr) Julie Harris (Canyon, CC) 17:56. 2. Breanne Schweitzer (Saugus) 18:06. 3. Christian Sanchez (McFarland) 18:21. 4. Greta Martinez (Foothill, Santa Ana) 18:27. 5. Nici Desmond (Foothill, SA) 18:27. 6. Lisa Klinger (Hart, Newhall) 18:32. 7. Barb Ahmaraz (Buena, Ventura) 18:37. 8. Andrea Niepp (Highland Palmdale) 18:45. 9. Beth Cobb (Santa Barbara) 19:02. 10. Leann Sickafoose (Santa Barbara) 19:04. 11. Lorena Solis (Righetti, Santa Maria) 19:05. 12. Tania Savage (Thous Oaks) 19:07. 13. Meghan Dunne (Buena, Ventura) 19:09. 14. Cyndy Alpaugh (Rio Mesa, Oxnard) 19:26. 15. Zahara Wignot (Dos Pueblos, Goleta) 19:27.

(Sr) Kim Mortenson (Thousand Oaks) 16:35 (CR). 2. Tara Marsden (TO) 18:21. 3. Kelly Stigle (Canyon, CC) 18:28. 4. Stacy Hebert (Buena, Ventura) 18:46. 5. Shannon Earle (Highland, Palmdale) 18:49. 6. Lisa DeFazio (Foothill, SA) 18:54. 7. Tiffany Furnya (Canyon, CC) 18:55. 8. Gina DeFazio (Foothill, SA) 19:00. 9. Allison Feinstein (Thous Oaks) 19:03. 10. Danielle Hadfield (Canyon, CC) 19:03. 11. Natalie Shaw (Simi Valley) 19:06. 12. Jennifer Blackburn (Hart, Newhall) 19:07. 13. Kari Ann Hong (Westlake, West Vill) 19:08. 14. Kati Scherrei (Thous Oaks) 19:09. 15. Jessie Thomas (Saugus) 19:10. 16. Anglea Gundry (Saugus) 19:20. 17. Schyun Oh (W Torrance) 19:24. 18. Jamie Thomas (Saugus) 19:33. 19. Sonia Hiber (Arroyo Grande) 19:36. 20. Michelle Carter (Hart, New) 19:44.

Team: (Top 5 times from all races): 1. Thousand Oaks 91:55. 2. Canyon (CC) 93:32. 3. Foothill (SA) 94:07. 4. Hart (Newhall) 95:51. 5. Saugus 95:56. 6. Quartz Hill 97:07. 7. Buena (Ventura) 97:16. 8. Santa Barbara 99:52. 9. Dos Pueblos (Goleta) 100:05. 10. McFarland 100:58. 11. Arroyo Grande 101:16. 12. Righetti (Santa Maria) 101:33. 13. Rio Mesa (Oxnard) 102:02. 14. Claremont 102:37. 15. Highland (Palmdale) 102:59.

### Boys:

(Fr) Bryan Kay (Agoura) 16:25. 2. Steve Wade (Saugus) 16:26. 3. Dave Phillips (St. Francis, La Canada) 16:58. 4. Eric Peatman (Hart, Newhall) 17:02. 5. Ryan McRae (Righetti, Santa Maria) 17:06. 6. Jose Velasco

(McFarland) 17:20. 7. Alex Kocina (San Diego) 17:24. (So) Ronnie Buchanan (Righetti, Santa Maria) 15:23. 2. Rudy Ballardo (McFarland) 15:32. 3. CJ Mariales (Tustin) 15:48. 4. Matthew Torres (St. Bonaventure, Ventura) 15:53. 5. Jose Arambila (McFarland) 15:58. 6. Johnny Kuehn (Foothill, Santa Ana) 16:02. 7. Osualdo Cruz (San Diego) 16:07. 8. Eric Graff (Irvine) 16:15. 9. Jose Meza (Fillmore) 16:17. 10. Bismark Lespe (Oxnard) 16:21.

(Jr) Efrain Garcia (Fillmore) 15:19. 2. Bryan Green (Little Rock) 15:26. 3. Joel Lopez (McFarland) 15:35. 4. Ross Wood (Newbury Park) 15:38. 5. Rudy Cavazos (?) 15:39. 6. Jacob Geyer (Palmdale) 15:41. 7. Justin Nyberg (Irvine) 15:47. 8. Schuyler Clark (Saugus) 15:53. 9. Morgan Haggleson (Oak Park) 15:58. 10. Fernando Arteaga (Channel Islands, Oxnard) 15:58. 11. Eric Gans (Dos Pueblos, Goleta) 15:59. 12. Brandon Heiren (Agoura) 16:00. 13. Geoff Thurber (Desert Christian, Lancaster) 16:00. 14. Julio Ponce (Canyon, CC) 16:03. 15. Martin Kuklinski (Tustin) 16:06.

(Sr) John Duarte (Hart, Newhall) 14:49. 2. Kevin Kooper (St. Francis, La Canada) 14:56. 3. Todd Disney (TO) 14:58. 4. Sean Phillips (Dos Pueblos, Goleta) 15:02. 5. Andy Van Orden (St. Francis, LG) 15:08. 6. Mario Arce (Palmdale) 15:09. 7. Marc Hutcheson (Arroyo Grande) 15:16. 8. Mike Gavar (Tustin) 15:21. 9. Josh Carolan (TO) 15:22. 10. Geraldo Soto (McFarland) 15:36. 11. Matt Schwartz (Newbury Park) 15:43. 12. Jose Galvan (McFarland) 15:45. 13. Tony Zarate (Tustin) 15:48. 14. Ryan Rocherts (Oak Park) 15:50. 15. Zach Rattray (Dos Pueblos, Goleta) 15:51. 16. Sandro Sidler (Hart, Newhall) 15:54. 17. Andy Fudacaro (Palmdale) 15:58. 18. Mark Regemer (Irvine) 16:02. 19. Ramon Barragan (Fillmore) 16:04. 20. Chris Simonds (Crescent Valley, La Cresc) 16:10.

Team: (top 5 from all races): McFarland 78:07. 2. Tustin 79:16. 3. Thousand Oaks 79:34. 4. St. Francis (La Canada) 80:30. 5. Hart (Newhall) 81:00. 6. San Diego 81:09. 7. Dos Pueblos 81:11. 8. Irvine 81:11. 9. Newbury Park 81:28. 10. Oak Park 81:30. 11. Palmdale 81:33. 12. Fillmore 82:02. 13. Rio Mesa (Oxnard) 82:27. 14. Foothill (Santa Ana) 82:29. 15. Arroyo Grande 82:30.

## Yreka/Taco Bell Invitational

Saturday, September 9th - Yreka - Boys 5,000m, Girls 4,000m.

### Boys:

1. Aaron Gillen (Yreka) 15:53 (CR 15:41). 2. John Lucas (Eagle Point, Or) 16:42 (frosh). Team: South Medford (Or) 74. 2. West Valley (Cottonwood) 87.

### Girls:

1. Heather Miller (Henley, Klamath Falls, Or) 15:21 (CR 14:22). 2. Heather Koppes (Foothill, Redding) 15:30. Team: So Medford 57. 2. Henley 89.

## Las Vegas Invitational

Basic HS (Henderson) - Boys: 3.0 miles (?) Girls: 2.5 miles (all Californians unless noted)

(Large) 1. Angie Winkler (Fountain Valley) 15:06. 2. Summer Shaw (Huntington Beach) 15:12. 3. Leslie Burton (El Modena, Orange) 15:42. 4. Jessica Dahlberg (El Modena, Or) 15:42. 5. Katie Kennedy (El Modena, Or) 15:42. Team: 1. El Modena (Orange) 59. 2. Vista 93. 3. Orange Glen (Escondido) 95. 4. Dana Hills (Dana Point) 111.

(Small) 1. Banks (Rialto) 15:48. 2. Leyrer (Villa Park) 16:37. 3. Peggy Hall (Trabuco Hills, Mission Viejo) 16:47. Team: 1. Villa Park 34. 2. Trabuco Hills (Mission Viejo) 45. 3. Coachella Valley (Thermal) 90.

### Boys:

(Large) Chavez (So Cal Roadrunners) 14:09. 2. Dan Gaston (Huntington Beach) 14:12. 3. Steve Ketcham (Vista) 14:19. 4. Tony Trueba (Hunt Bch) 14:26. Team: 1. Huntington Beach 72. 2. Vista 89. 3. Trabuco Hills (Mission Viejo) 139.

(Small) Manual Andrade (Coachella Valley, Thermal) 14:09. 2. Ryan Emenaker (El Modena, Or) 14:16. Team: El Modena 28. 2. Villa Park 64. 3. Coachella Valley (Thermal) 72.

## Bronco Invitational

Cal Poly/Pomona - 3.0 mile campus course, some hills. All Boys in one race, all girls in another, resulting in some high team scores. Course runs about 12 seconds faster than Mt. SAC. Girls:

1. Annie Ebner (St. Lucy's, Glendora) 18:25. 2. Jennifer Burris (Ayala, Chino Hills) 18:50. 3. Katie Nuanes (Santa Margarita, Rancho SM) 18:53. 4. Shelby Horgan (Temescal Canyon, Elsinore) 18:53. 5. Shalynn Fullove (Louisville, Woodland Hills) 19:41. 6. Nancy Zhang (Rowland, Rowl Hts) 20:00. 7. Sunny Shaffer (Temescal Canyon) 20:05. 8. ? 20:14. 9. Jennifer Smith (Ayala) 20:22. 10. Karen Nilsson (Ayala) 20:22. 11. ? (Louisville) 20:33. 12. Lisa Lindberg (Alta Loma) 20:35. 13. Kimi Grether (Santa Marg) 20:39. 14. Kelly Allen (Temes Canyon) 20:39. 15. Nancy Pinto (Katella, Anaheim) 20:42. (Girls Frosh/Soph) Miranda Perez (Millikan, Long Beach) 20:07.

Teams: Div I Ayala 114 (101:31). 2. Corona 204. II. Santa Margarita (Rancho SM) 97 (103:06). 2. St. Lucy's (Glendora) 139 (104:04). III. Temescal Canyon (Elsinore) 140 (103:09). 2. Alemany (Mission Hills) 214 (108:40). IV. Louisville (Woodland Hills) 143 (104:33). 2. Linfield Christian (Riverside) 962.

### Boys:

1. Mike Murray (Santa Margarita, Rancho SM) 15:56. 2. Edgar Benitez (Katella, Anaheim) 16:05. 3. Steve Smith (Ayala, Chino Hills) 16:10. 4. Daniel Phifer (Bosco Tech, Rosemead soph) 16:10. 5. Erick Miramontes (Katella, Anaheim) 16:12. 6. Eddie Venegas (Rowland, Rowl Hts) 16:13. 7. John Hake (Arroyo, El Monte) 16:14. 8. Jarred Partridge (Glendora) 16:18. 9. Mario Arteaga (Nogales, La Puente) 16:21. 10. Dan Whittington (Santa Margarita, RSM) 16:25. 11. Mike Case (Brea) 16:30. 12. Juan Vanegas (Katella, Anaheim) 16:30. 13. Matt Brown (Corona) 16:34. 14. Nick McMurray (Ayala) 16:35. 15. Dustin Hawes

# PREP RESULTS

(Alta Loma) 16:36.

**Teams:** (team times best five for teams from all divisions during day) Div I Ayala (Chino Hills) 150 (84:15), 2. Alta Loma 209 (85:49), 3. Nogales 86:34, 4. Diamond Bar 86:53, 5. Corona 86:55 (II) Katella (Anaheim) 65 (82:28), 2. Santa Margarita (Rancho SM) 103 (83:19), 3. Brea Olinda 196 (85:13), 4. Arroyo (El Monte) 314 (85:15), 5. Glendora 200 (85:34), 6. Bosco Tech (Rosemead) 227 (85:42), 7. Anaheim 267 (86:50) III Temescal Canyon (Elsinore) 513 (92:31), 2. Alemany (Mission Hills) 528 (92:54) IV Woodcrest Christian (Riverside) 562 (93:45).

## Colton Invitational

Campus course - 3.0 miles

### Boys:

1. Jackson (Rim of World, Lake Arrowhead) 15:43, 2. Evans (Apple Valley) 16:23, 3. Garcia (Redlands) 16:43, 4. Swigart (Canyon Springs, Moreno Valley) 16:48, 5. Ing (Apple Valley) 16:51.

### Girls:

1. Mallinalli Martinez (Bishop Amat, La Puente) 18:50, 2. McCaulley (Canyon Spr, Mor Vail) 19:19, 3. Dubose (Apple Valley) 19:38, 4. Holzbaugh (Canyon Springs, Mor Vail) 19:46.

## Morro Bay Invitational

Morro Bay High School

### Varsity Girls:

1. Elaine Canchola (Nordhoff, Ojai) 21:28, 2. Terra Chapin (Nordhoff, Oj) 21:36, 3. Tracy Bowling (Taft) 21:52, 4. Siobhan Elster (Morro Bay) 23:04, 5. Leah Etling (Santa Ynez) 23:17, 6. Jessica Hackler (Taft) 23:18, 7. Kendra Michelsen (Atascadero) 23:24, 8. Beth Zacher (Nord) 23:27, 9. Micharla Pepple (Atasc) 23:30, 10. Brittany App (Morro Bay) 23:48.

### Varsity Boys:

1. Isiah Festa (Morro Bay soph) 17:10 (NEW COURSE RECORD, OLD RECORD 17:26 DAVE MITCHELL (MB) 1993), 2. Michael Kasahun (Fresno) 17:18, 3. Mason Moore (Nordhoff, Ojai) 17:53, 4. Will Bernaldo (Nord) 17:58, 5. Omar Vega (Nord) 18:16, 6. Mica Fuson (Taft) 18:19, 7. Dusty Herman (Nord) 18:28, 8. Alex Palacia (Corcoran) 18:34, 9. Martin Urroz (Fresno) 18:42, 10. Rico Gomez (MB) 18:45.

## Bronco Round-up

Saturday, September 9. Kit Carson Park - (From "Track Magazine (619) 765-3185 subscription info)

All Races 2 miles - moderately hilly course

### Boys Top ten times all races:

1. Larry Henderson (Mira Mesa) 10:15, 2. Eron Tello (Rancho Bernardo, SD) 10:27, 3. Travis Kirtley (Poway) 10:38, 4. Nick Jacques (Hemet) 10:38, 5. Robert Frost (Hemet) 10:41, 6. Galen Reid (Ramona, SD Sect) 10:42, 7. Dave McQuitty (Grossmont, La Mesa) 10:43, 8. Matt Galaviz (Rancho Bernardo, SD) 10:46, 9. Bob Fichtel (Hemet) 10:50, 10. Jack McNeely (Poway & Dustin Diaz (West Valley, Santee) 10:51.

### Girls Top ten times all races:

1. Veronica Clark (Ramona) 12:27, 2. Devon Straitiff (Torrey Pines, Encinitas) 12:36, 3. Jaymie Harper (Santana, Santee) 12:37, 4. Melissa Aronson (Hemet) 12:42, 5. Sarah Wilkins (Rancho Bernardo, SD) 12:43, 6. Julie Ott (University, SD) 12:47, 7. Lanelle Cox (Escondido) 12:52, 8. Larissa Gregerson (El Capitán, Lakeside) 12:56, 9. Jaclyn Nolan (Torrey Pines, Enc) 13:02, 10. Shannon Kilian (Escondido) 13:04.



**Teams--Small:** 1. McFarland 17.

### Fresh Boys

1. Jose Velsco (McFar) 11:24, 2. Robbitt Egan (Mt Whit) 11:31, 3. Angel Rodriguez (Fire) 11:39, 4. Mark Alcorn (Clovis) 11:40, 5. Ryan Smithhart (Buchanan) 11:41. **Teams--Small:** 1. Yosemite 87, Large: 1. Mt. Whitney 26.

## ISAIAH FESTA (left) & MICHAEL KASAHUN

Photo by Elaine Rosentfield

## Sanger Invitational

September 15. Avocado Lake.

### Varsity Girls

1. Emill Lawson (Clovis West) 19:00, 2. Theresa Nesmith (Mt. Whitney) 21:18, 3. Keren Padilla (Yossem) 21:21, 4. Jherysa Peteson (Yossem) 21:41, 5. Valerie Lawrence (Yossem) 22:13, 6. Rosa Dela Cruz (Sanger) 22:18, 7. Michelle Murphy (Clovis) 22:29, 8. Reanin Beggs (SJM) 22:32, 9. Rosie Macias (Coalinga) 22:36, 10. Bridgett Carney (Yossem) 22:38. **Teams--Small Schools:** 1. Yosemite 22, San Joaquin Memorial 61, 3. Tranquility 96. **Large Schools:** 1. Mt. Whitney 53.

### Varsity Boys

1. Kenny Rhoan (Sierra) 16:03, 2. Matt Duma (Mt. Whit) 16:14, 3. Victor Ochoa (Mendota) 16:38, 4. R. Arias (Mendota) 16:42, 5. J. Tullis (Clovis) 17:03, 6. Reboilo (Mendota) 17:18, 7. Dan Aved (Wash U) 17:20, 8. Michael Aviles (Mend) 17:26, 9. Ryan Soares (Sierra) 17:28, 10. Pablo Vasquez (Firebaugh) 17:46. **Teams--Small Schools:** 1. Mendota 45, 2. Firebaugh 74, 3. Yosemite 81. **Large Schools:** 1. Central 93.

### Soph Boys

1. Robert Lopez (Sanger) 10:33, 2. Michael McDonnell (Mt. Whit) 11:06, 3. Francisco Pena (Parlier) 11:53, 4. Silverio Perez (Cent) 12:00, 5. Ben Tullis (Clovis) 12:09. **Teams--Small Schools:** 1. Yosemite 33. **Large:** 1. Mt. Whitney 51.

### Fresh/Soph Girls

1. Juli Lawson (Clovis) 13:03, 2. Jennifer Fielder (Clovis) 13:16, 3. Jennifer Toler (Clovis) 13:16, 4. Sandra Russler (Clovis) 13:34, 5. Sarah Smith (Clovis) 13:57. **Teams--Small:** 1. McFarland 95, Large: 1. Clovis West 15, 2. Mt. Whitney 65.

### Junior Boys

1. Alex Hamlin (Clovis) 17:53, 2. Cesar Reyes (McFar) 18:18, 3. Rene Briones (McFar) 18:38, 4. Claudio Bermejo (Sang) 18:42, 5. Edward Agundez (McFar) 18:43.

## Rim Run

Saturday, September 16. Rim of the World HS, Lake Arrowhead. 3.0 miles 6100 ft. elevation. Hilly, 65+ degrees. 28 schools.

### Boys:

**Small Schools:** 1. David Jackson (Rim) 16:48, 2. Patterson (Yucca Vly) 17:01, 3. James (Boron) 17:17, 4. Bernal (La Sierra) 17:18, 5. Jordan (Aquinas) 17:41, 6. Ramos (Bloomington) 17:44, 7. Morgan (Range Luth) 18:01, 8. Fisher (Orange Luth) 18:09, 9. Rodriguez (La Sierra) 18:27, 10. Avila (Beaumont) 18:30. **Teams:** 1. La Sierra 63, 2. Yucca Vly 68, 3. Beaumont 108, 4. San Jacinto 145, 5. Orange Lutheran 162.

**Large Schools/Varsity:** 1. Jeremy Lyon (Hesperia) 16:38, 2. Ibarra (Arlington) 16:43, 3. Hawes (Alta Loma) 16:57, 4. Tait (Centennial) 17:13, 5. Inzuna (Miller) 17:14, 6. Murphy (Arl) 17:22, 7. Ludwig (Arl) 17:22, 8. Castaneda (Arl) 17:29, 9. Camahan (Victor Vly) 17:30, 10. Fortune (San Bdn) 17:38. **Teams:** 1. Arlington 37, 2. Alta Loma 90, 3. Centennial 97, 4. Redlands 112, 5. Apple Valley 144.

**Small Schools (2 mile):** 1. Sedina Banks (Rim) 11:34, 2. Heard (Yucca vly) 12:16, 3. Britton (LaSierra) 12:47, 3. Rodriguez (LaSierra) 12:48, 5. Romeo (29 Palms) 12:52, 6. Midgett (La Sierra) 12:53, 7. Henderson (Rim) 13:03, 8. McIntosh (Orange Luth) 13:12, 9. Morgan (Serrano) 13:14, 10. Lyons (Banning) 13:18. **Teams:** 1. La Sierra 46, 2. 29 Palms 87, 3. Rim of the World 98, 4. Orange Lutheran 104, 5. Ontario Christian 162.

**Large Schools/Varsity (2.0 miles):** 1. Rachea McCauley (Cyn Springs) 11:44, 2. DuBose (Apple Vly) 11:57, 3. Tolar (Red) 12:18, 4. Ferguson (Red) 12:20, 5. Mathis (Centen) 12:26, 6. Lindberg (Alta Loma) 12:29, 7. LaZane (Apple Vly) 12:31, 8. Holzbaugh (Cyn Spr) 12:32, 9. Jimenez (Apple Vly) 12:44, 10. Grenfell (Red) 12:47. **Teams:** 1.

Redlands 44, 2. Apple Valley 63, 3. Arlington 101, 4. Alta Loma 102, 5. Centennial 106.

## Rotary West Ojai Invitational

September 16. Lake Casitas - 3 miles

Over 850 athletes from a couple of dozen schools took part in this competition at the oft-used Lake Casitas course in Ojai. Nordhoff (Ojai), one of the nation's top programs with a total four year student body of just over 1000, rolled on both the Boys' and Girls' side, moving to big "team-time" wins that showed the power of their "inside the top twenty nationally" rankings for both squads. Super sophs Isiah Festa: 9:29 last spring as a ninth grader for 3200m, and Elaine Canchola, 19th in the Foot Locker Nationals last December (top frosh finisher in nation), started off her 1995 Fall season in fine style with a class course record of 18:36. A number of other small schools showed fine potential for the sport this season.

### Boys:

1. Isiah Festa (Morro Bay) 15:38 (soph course record), 2. Will Bernaldo (Nordhoff, Ojai) 16:00, 3. Avery Blackwell (San Luis Obispo) 16:00, 4. Omar Vega (Nordhoff, Oj) 16:12, 5. Mason Moore (Nordh. Oj) 16:20, 6. Efrain Garcia (Fillmore) 16:28, 7. Victor Ochoa (Nord, Oj) 16:33, 8. Matt Swarts (Newbury Park) 16:42, 9. Dusty Herman (Nordhoff, Ojai) 16:44, 10. Ross Wood (Newbury Park) 16:49, 11. Tim Elston (Moorpark) 16:50, 12. Ezra Young (Cabrillo Lompoc) 16:50, 13. Kent Yankee (Cabrillo Lomp) 16:51, 14. Morgan Harrelson (Oak Park) 16:54, 15. Rico Gomez (Morro Bay) 16:55.

**Team Times:** Nordhoff (Ojai) 81:49, 2. Morro Bay 84:58, 3. Fillmore 86:11, 4. Newbury Park 86:20, 5. San Luis Obispo 87:17, 6. Oak Park 87:29, 7. Cabrillo (Lompoc) 88:32, 8. St. Bonaventure (Ventura) 89:49, 9. Moorpark 89:58.

### Girls:

1. Elaine Canchola (Nordhoff, Ojai) 18:36 (soph course record), 2. Terra Chapin (Nordh. Oj) 19:39, 3. Siobhan Elster (Morro Bay) 20:21, 4. Brittany App (Morro Bay) 20:33, 5. Kerri Moran (Moorpark) 20:42, 6. Beth Zacher (Nordhoff, Oj) 20:43, 7. Samantha Michel (Mor By) 20:47, 8. Garen Jordan (St. Bonaventure, Ventura) 20:49, 9. Kim Uttersen (La Reina, 1000 Oaks) 20:50, 10. Birdie Hatch (Nord, Oj) 20:55, 11. Leah Etling (Santa Ynez) 20:56, 12. Lindley Conger (Dos Pueblos, Goleta) 20:56, 13. Jennifer Sneed (Santa Clara Oxnard) 20:57, 14. Sami Conroy (La Reina 1000 Oaks) 21:16, 15. Lauren Tanaka (Dos Pueb. Golt) 21:18.

**Team Times:** Nordhoff (Ojai) 101:27, 2. Morro Bay 106:21, 3. Moorpark 108:38, 4. La Reina (1000 Oaks) 109:31, 5. Dos Pueblos 110:39, 6. San Luis Obispo 111:54, 7. Fillmore 116:12, 8. Newbury Park 116:35, 9. Lompoc 118:15.

# PREP RESULTS

## Woodbridge Invitational

September 16, Woodbridge HS, Irvine.

From Doug Speck

Outstanding weather greeted 3500 preps from over 140 high schools at the 9/16 Woodbridge HS invite in the Orange County area of Southern California. With a gathering of some of the state's best there were some fireworks. Fine individual and team racing on the Girls side was best. Annie Ebner, 16th Foot Locker Western Regional 1994, looked very strong and poised, racing the course's #3 prep time ever in her Div III Varsity win at 17:17, with the CR by Melissa Sutton 17:01. Ebner defeated Kimi Walsh (17:45) and 1994 FL Finalist Heather Garritson (17:59) in her race, with Yucaipa racing an impressive 91:20 Team time (18:16 ave for five) in their team win. 1994 State Div II runner-ups on the 6th runner rule after tying with Buchanan (Clovis) at 108. Yucaipa is out charging, with their team time today comparing quite favorably with "end of season" #13 nationally 1994 ranked Peninsula (Rolling Hills) (95:46 1994 here).

Top Boys' efforts were Alfonso Ibarra and David Lopez, with Lopez's Hoover squad the day's quickest at 77:45 overall for five, with the CR 77:28. Boys CR is 14:20 by Ryan Wilson.

### Combined Top Girls Times

1 EBNER, ANNIE (SAINT LUCY'S, GLENORA) 17:17, 2 CORBIN, JESSICA (IRVINE) 17:42, 3 WELSH, KIMI (YUCAIPA) 17:45, 4 GARRITSON, HEATHER (BUENA PARK) 17:59, 5 BROWN, MINDY (YUCAIPA) 18:00, 6 DAY, DANIELLE (QUARTZ HILL) 18:02, 7 WHITE-SIDE, VICKIE (YUCAIPA) 18:06, 8 FULLOVE, SHALUINN (LOUISVILLE, Woodland Hills) 18:07, 9 MARQUAND, ALLYSON (UNIVERSITY, IRVINE) 18:10, 10 NUANES, KATIE (SANTA MARGARITA, RANCHO SM) 18:12, 11 ZHANG, NANCY (ROWLAND, ROWL HTS) 18:18, 12 HARRIS, JULIE (CANYON CANYON COUNTRY) 18:21, 13 HARPER, JAYMIE (SANTANA, SANTEE) 18:22, 14 BATES, KIMBERLY (LOS ALAMITOS) 18:23, 15 HALL, PEGGY (TRABUCO HILLS, MISSION VIEJO) 18:24, 16 LEONARD, SIDNEY (DANA HILLS, DANA POINT) 18:24, 17 GRONCY, KRISTIN (LUTHERAN, ORANGE) 18:29, 18 SAMARIN, KATHRYN (MAYFAIR, LAKEWOOD) 18:29, 19 MARTINEZ, MALINALLI (BISHOP AMAT, LA PUENTE) 18:32, 20 SCHWECHERL, MANDY (LAGUNA HILLS) 18:33, 21 HAWKING, KRISTIN (ESPERANZA, ANAHEIM) 18:33, 22 KRONINGER, LAURA (DANA HILLS, DP) 18:37, 23 STIGILE, KELLIE (CANYON C.C.) 18:37, 24 MEYER, SERENA (YUCAIPA) 18:37.

### Girls Team Meet Results Through Race 26

1 YUCAIPA 1:31:20, 2 CANYON (CC.) 1:34:47, 3 LOS ALAMITOS 1:35:19, 4 ESPERANZA (ANAHEIM) 1:35:21, 5 DANA HILLS (DANA POINT) 1:35:37, 6 IRVINE 1:36:26, 7 LOUISVILLE (WOODLAND HILLS) 1:37:00, 8 EL TORO 1:37:13, 9 QUARTZ HILL 1:37:37, 10 SANTA MAR-

GARITA (RANCHO SM) 1:37:46, 11 FOOTHILL (SANTA ANA) 1:37:50, 12 TRABUCO HILLS (MISSION VIEJO) 1:38:23, 13 SANTA ANA VALLEY 1:38:27, 14 HART (NEWHALL) 1:38:32, 15 CORONA DEL MAR (NEWPORT HARBOR) 1:38:43.

### Combined Top Boys Times

1 IBARRA, ALFONSO (ARLINGTON, RIVERSIDE) & LOPEZ, DAVID (HOOVER, GLENDALE) 15:03, 3 AVELLAN, MIKE (ORANGE) 15:04, 4 CLENDANIEL, SEAN (YUCAIPA) 15:04, 5 WICKERSHAM, MATT (MATER DEI, SANTA ANA) 15:07, 6 CHAVEZ, RAMON (RIALTO) 15:08, 7 BARRAGAN, JESSE (WILSON (L.B.) 15:08, 8 DUARTE, JOHN (HART, NEWHALL) 15:09, 9 CHOU, RICHARD (UNIVERSITY, IRVINE) 15:10, 10 MAITA, BERNARD (WHITTIER) 15:16, 11 DEANNE, RYAN (PENINSULA, ROLLING HILLS) 15:16, 12 MURREY, MICHAEL (SANTA MARGARITA, RANCHO SM) 15:16, 13 MONTORO, FELIPE (HOOVER, GLENDALE) 15:17, 14 AQUINO, WILSON (HOOVER, GLENDALE) 15:21, 15 RUSSELL, NICK (ORANGE) 15:21, 16 GONZALEZ JOSE (RIALTO) 15:22, 17 TRUEBA, TONY (HUNTINGTON BEACH) 15:24, 18 VENOOK, ROSS (WOODBRIDGE, IRVINE) 15:24, 19 GASTON, DAN (HUNTINGTON BEACH) 15:26, 20 FARLEY, CHRIS (DEL CAMPO, FAIR OAKS) 15:26, 21 RIVERO, DANNY (SANTA ANA) 15:26, 22 QUINONEZ, RAUL (SANTA ANA) 15:28, 23 ESTRADA, LUIS (SANTA ANA VALLEY) 15:29, 24 GAVAR, MIKE (TUSTIN) 15:30.

### Boys Team Meet Results

1 HOOVER, GLENDALE 1:17:45, 2 SANTA ANA 1:18:25, 3 DELCAMPO (FAIR OAKS) 1:18:57, 4 TUSTIN 1:19:20, 5 ORANGE 1:19:31, 6 HUNTINGTON BEACH 1:19:40, 7 YUCAIPA 1:19:41, 8 SANTA MARGARITA (RSM) 1:20:07, 9 MATER DEI (SANTA ANA) 1:20:15, 10 PENINSULA (ROLL HILLS) 1:20:28, 11 SADDLEBACK 1:20:33, 12 RIALTO 1:20:35, 13 SANTA ANA VALLEY 1:21:03, 14 WILSON (L.B.) 1:21:15, 15 HART (NEWHALL) 1:21:19.

## Rosemead Invitational

Saturday, September 16th - Rosemead HS - 3.0 mile flat campus course (from Rich Gonzalez)

### Boys:

Kevin Kooper and Andy Van Orden went 1-2 in the Boys Jr/Sr race to lead St. Francis to an 80:21 team time in the flat fast three mile competition at Rosemead High School that attracts most of the schools from the west end of the San Gabriel Valley. Breanne Schweitzer (Saugus) did the same for her team, racing 18:12, with her Century 97:45 for the best team time by over six minutes.

(Jr-Sr) 1. Kevin Kooper (St. Francis, La Canada) 15:11, 2. Andy Van Orden (St. Francis, LC) 15:12, 3. Omar Orendain (San Gabriel) 15:30, 4. Mario Arteaga (Nogales,

La Puente) 15:38, 5. Jarred Partridge (Glendora) 15:43, 6. Rigoberto Landeros (Sierra Vista, Baldwin Park) 15:46, 7. Scott Dominguez (Loyola, L.A.) 16:03, 8. Richard Crenganzan (Loy, LA) 16:11, 9. John Chinte (Loy, LA) 16:13, 11. Jacob Ward (Glendora) 16:15, 12. Chris Guanajuato (Loy, LA) 16:20, 13. Mike Hernandez (Loy, LA) 16:21, (Jr) 1. James Perez (Rosemead) 15:28, 2. Clark Schuyler (Saugus) 16:02, 3. Roy Castellon (West Covina) 16:15, 4. Zoltan Ronaske (Glendora) 16:19, 5. Luis Cervantes (Bosco Tech, Rosemead) 16:21, (So) Daniel Phiffer (Bosco Tech, Rosemead) 15:53, 2. Michael Luna (Bsc T) 16:43, 3. Zack Mills (Bsc T) 16:46, 4. John Getskow (Saugus) 16:51, (Fr) David Phillips (St. Francis, LC) 16:40, 2. Steve Wade (Saugus) 16:43, 3. Armando Solis (Bsc T) 17:09.

Team Times: St. Francis (La Canada) 80:21, 2. Loyola (L.A.) 81:08, 3. Glendora 81:42, 4. Bosco Tech (Rosemead) 82:49, 5. Nogales (La Puente) 83:34, 6. Saugus 83:57, 7. West Covina 84:21, 8. South Pasadena 84:40, 9. Covina 85:19, 10. San Marino 87:02, 11. Maranatha 87:06, 12. Schurr (Montebello) 87:04.

### Girls:

(Jr-Sr) Breanne Schweitzer (Saugus) 18:12, 2. Gabriela Hernandez (West Covina) 18:33, 3. Angela Gundry (Saugus) 19:39, 4. Jamie Thomas (Saugus) 19:42, 5. Elsa Arellano (Bell Gardens) 19:49, 6. Katie Kingston (San Marino) 19:58, 7. Jessie Thomas (Saugus) 20:02, 8. Liz De Caussin (Saugus) 20:10, 9. Tracy Maxwell (Maranatha, Sierra Madre) 20:25, 10. Maricella Toribio (Montebello) 20:26, 11. Arianna Gonzalez (West Covina) 20:27, 12. Elsa Greco (Schurr, Montebello) 20:29, 13. Frances Chiu (San Marino) 20:39, (Jr) Angela Calderon (Gabriellino, San Gabriel) 20:05, 2. Chrissy Hamble (Saugus) 20:14, 3. Hillary Burton (San Marino) 20:23, 4. Kristen Storm (Glendora) 20:25, 5. Loretta Apodaca (Whittier Christian, La Habra) 20:30, 6. Kristen Ullom (South Pasadena) 20:48, 7. Roxanna Gonzalez (West Covina) 20:32, 8. Colleen Foster (So Pas) 20:57, 9. Julie Stewart (Downey) 21:02.

Team Times: Saugus 97:45, 2. San Marino 103:54, 3. Glendora 104:52, 4. South Pasadena 106:02, 5. West Covina 106:03, 6. Bell Gardens 107:01, 7. Covina 108:36, 8. Maranatha (Sierra Madre) 108:37.

## Sunny Hills (Fullerton) Invitational

September 16.

### Boys:

(Sr) Glati (Edison, Huntington Beach) 16:03, 2. Gallegos (St. John Bosco, Bellflower) 16:07, 3. Roberts (Edison, HB) 16:12, 4. Bhattacharya (Sunny Hills) 16:18, 5. Milton (Edison, HB) 16:19, (Jr) Bincolet (La Mirada) 16:31, 2. McMurray (Ayala, Chino Hills) 16:52, 3. Alvarez (Sunny Hills) 17:12, (So) Smith (Ayala, CH) 16:16, 2. Wilkerson (Lakeview) 17:13, 3. Corral (St. Paul, Whittier) 17:20, (Fr) Knudsen (Edison, HB) 17:07, 2. Kier (Ayala) 17:28, 3. Becerra (St. John

Bosco, Bellflower) 17:48.

### Girls:

(Jr/Sr) Ramirez (Ayala, CH) 20:21, 2. Kulkak (Sunny Hills) 20:24, 3. Jackson (St. Joseph, Lakewood) 20:34, 4. Garcia (La Puente) 21:05, 5. Berdote (Sunny Hills) 21:10, (Soph) Burris (Ayala) 19:28, 2. Mallan (St. Joseph, L) 20:41, 3. Anderson (La Mirada) 21:14, 4. Zavala (La Mirada) 21:23, 5. Alvaraz (Sunny Hills) 21:25, (Frosh) Palik (St. Paul, Whittier) 20:57, 2. Gurnier (Ayala) 21:09, 3. Lozano (Ayala) 21:55.

## Mt. Carmel Invitational

September 16, Balboa Park (San Diego)

weather cool in morning, slight warming later Boys: (2.95 miles) Top twenty all races: (schools from San Diego unless noted)

1. Larry Henderson (Mira Mesa) 14:41, 2. Ayub Abdusalam (Hoover) 14:45, 3. David McQuitty (Grossmont, La Mesa) 15:25, 4. Todd Disney (Thousand Oaks) 15:28, 5. Robert Frost (Hemet) 15:30, 6. Adrian Ramirez (Chula Vista) & Travis Kirtley (Poway) 15:34, 8. Seaman (Sunnyside, Tucson, Az) 15:38, 9. Jeremy Lyon (Hesperia) 15:40, 10. Robert Frichte (Hemet) 15:44, 11. Urbanski (Salpointe, Tucson) 15:46, 12. Nick Hamlin (Madison), Nick Jacques (Hemet), & Eron Tello (Rancho Bernardo) 15:53, 15. Steve Ketcham (Vista) 15:56, 16. Jason Land (Vista) 16:02, 17. Dustin Diaz (West Hills, Santee) & Gonzalo Garcia (Vista) 16:04, 19. James Adams (Ramona) & Galet Reid (Ramona) 16:08.

Girls: (2.6 miles) Top twenty all races (schools from San Diego unless noted)

1. Kim Mortensen (Thousand Oaks) 14:54, 2. Devon Straitiff (Torrey Pines, Encinitas) 15:49, 3. Sonia Rodriguez (Vista) 15:54, 4. Shelby Lorgan (Temescal Canyon, Elsinore) 15:54, 5. April Lyon (Sultana, Hesperia), 6. Melissa Aronson (Hemet) 16:12, 7. Sunny Shaffer (Temescal Canyon, Els) 16:21, 8. Tara Marsden (Thousand Oaks) 16:23, 9. Cara Rumble (Orange Glen, Escondido) & Sarah Schmidt (Scripps Ranch) 16:26, 11. Erin Doherty (Flowing Wells, Tucson, Az) 16:27, 12. Veronica Clark (Ramona) 16:32, 13. Larissa Gregorson (El Capitan, Lakeside) 16:33, 14. Sarah Wilkins (Rancho Bernardo) 16:34, 15. Jinna Rohde (Fallbrook) 16:35, 16. Kristina Skasko (Scripps Ranch) 16:36, 17. Noelle Magana (Vista) 16:37, 18. Mandee Ash (Flow Wells, Tucs, Az) 16:41, 19. Erin Sorenson (Thousand Oaks) 16:42, 20. Andrea Clemons (Valhalla) 16:43.

## Bell-Jeff Invitational

September 23, Griffith Park

### Boys:

Div I - Lopez (Hoover, Glendale) 14:40, 2. Martinez (Belmont, L.A.) 14:43, 3. Montoro (Hoov, Gl) 15:14, 4. M. Arce (Palmdale) 15:20, 5. Geyer (Palmdale) 15:22, Team: McFarland 53, 2. Hoover (Gl) 57, 3. Belmont (L.A.) 62, 4. Palmdale 116, Div II - Andrade (Coachella Valley, Thermal) 14:52, 2. Herrera (Arvin) 14:55, 3. Jorge Castro (Arvin) 15:12, Team: Arvin 64, 2. Palisades

# PREP RESULTS

(Pac Pali) 68, 3. Coachella Valley (Thermal) 69. Div III Green (Little Rock) 15:17. Team: Moorpark 36, 2. Littlerock 45, 3. Yucca Valley 72. Div IV - Mullen (La Salle, Pasadena) 15:50. Team: La Salle (Pas) 74, 2. Paraclete (Lancaster) 90, 3. Bell-Jeff (Burbank) 112, 4. St. Joseph (Santa Maria) 114, 5. Santa Ynez 121. Div V - Thurber (Desert Christian, Lancaster) 16:27. Team: Desert Christian (Lanc) 40, 2. Maranatha (Sierra Madre) 63, 3. Woodcrest Christian (Rivers) 87.

## Girls:

Div I - Shaw (Simi Valley) 19:12, 2. Demico (North Torrance) 19:54. Team: Simi Valley 67, 2. North Torrance 84, 3. Bell 99, 4. Taft (Woodland Hills) 112. Div II - Montgomery (San Marcos, Santa Barbara) 19:39. Team: Crescenta Valley (La Crescenta) 45, 2. San Marcos 67, 3. Burroughs (Burbank) 75. Div III - Banks (Rim of World, Lake Arrowhead) 18:20, 2. Eschrich (Notre Dame, Sherman Oaks) 18:46, 3. Hunt (Yucca Valley) 19:16, 4. Curtis (Little Rock) 19:32. Team: Moorpark 62, 2. South Torrance 71, 3. Rim of World (Lake Arrow) 82. Div IV - McPherson (Flintridge-Sacred Heart, La Canada) 19:00, 2. Bruwaka (Laguna Beach) 19:05, 3. Lofthouse (FSH, LC) 19:26. Team: McFarland 68, 2. Flintridge-Sacred Heart (La Can) 69, 3. Paraclete 139, 4. La Salle (Pas) 150, 5. St. Joseph (Santa Maria) 153. Div V Curtis (Desert

Christian, Lancaster) 20:34. Team: Desert Christian (Lanc) 36, 2. Brentwood (L.A.) 84, 3. Woodcrest Christian (Rivers) 109, 4. Flintridge Prep (La Can) 123.

## Laguna Hills

Saturday 9/23. Laguna Hills HS Boys:

Another shocking team performance by the Yucaipa Girls squad and fine individual running by two of the nation's best, Kim Mortensen (Thousand Oaks) and Larry Henderson (Mira Mesa, San Diego), were the highlights of the Laguna Hills invite. Yucaipa, now moved up to 15th in the last *Harrier Magazine* national ranking, blasted #9 ranked in the nation, Thousand Oaks, by over three minutes on the team-time watch. Frustrated after losing the State Meet Div II on the sixth runner rule to Buchanan (Clovis), the girls from Yucaipa have obviously come out charging in 1995.

Kim Mortensen, running in the warmer late morning races (the sun came out about 11:00 a.m. and the temperature rose 15-20 degrees in the next 45 minutes), looked superb. With Jessica Corbin tagging along early, Mortensen was out in the mid 5:20's for the first mile, and pulled away to eventually win by a minute in a time (16:49) just a second short of Milena Glusac's good course record. Larry Henderson, 4:09.58 last spring for 1600m after playing basketball as a junior,

looked very good in his fastest of day 15:15 win. Henderson commented that he planned to play roundball this winter if his school's team, "is any good." He has the ability to run very, very fast over 1600m with a good winter.

## BOYS Top Individuals (from all races):

1. Henderson (Mira Mesa, San Diego) 15:15, 2. Clendaniel (Yucaipa) 15:19, 3. Chou (University, Irv) 15:21, 4. Murray (Santa Margarita, Rancho SM) 15:22, 5. Disney (TO) 15:26, 6. Ross Venook (Woodbridge, Irv) 15:33, 7. Luis Estrada (Valley, Santa Ana) 15:34, 8. Jesse Barragan (Wilson, Long Beach), Josh Carlan (Thousand Oaks), & Nicholas Jacques (Hemet) 15:40, 11. Martin Brix (University, Irv) 15:41, 12. Adrian Ramirez (Chula Vista) 15:45, 13. Dan Whittington (Santa Margarita, Rancho SM) 15:45, 14. C.J. Marciales (Tustin) 15:46, 15. D. Smith (Edison, HB) 15:47, 16. Mark Gleason (Mission Viejo) 15:48, 17. Chad Durham (Poly, Long Beach) 15:50, 18. Mike Gavar (Tustin) 15:51, 19. Steve Sorenson (Yucaipa) 15:52, 20. Spencer Tait (Centennial, Corona) 15:53.

Div I 1. Hemet 80:23, 2. Valley (SA) 81:23, 3. Capistrano Valley 81:42, 4. Wilson (Long Beach) 82:07, 5. El Toro 82:08 & Thousand Oaks 82:08, 7. Centennial (Cor) 82:10, 8. Esperanza (Anah) 82:17, 9. Irvine 82:21 & Poly (Long Beach) 82:21. Div II 1. Yucaipa 79:54, 2. Santa Margarita (Rancho SM) 81:06, 3. Tustin 81:54, 4. University (Irv) 81:57, 5. Woodbridge (Irv) 82:03, 6. Capistrano Valley (MV) 83:14, 7. Trabuco Hills (MV) 83:47, 8. Laguna Hills 83:51. Div III 1. Corona del Mar 83:20, 2. Ramona (San Diego) 83:40, 3. San Diego 84:12, 4. Santiago (GG) 84:17, 5. Newport Harbor (NB) 86:01, 6. Coronado 86:38, 7. Servite (Anah) 87:28, 8. Escondido 88:21, 9. Helix (LM) 88:39, 10. Sherman Indian (Rivers) 90:02.

## GIRLS Individuals: (from all races):

1. Kim Mortensen (Thousand Oaks) 16:49 (1 second off course record 16:48 by Milena Glusac (Fallbrook), 2. Corbin (Irv) 17:49, 3. Welsh (Yucaipa) 17:53, 4. Spahr (Huntington Beach) 17:55, 5. Nuanes (Santa Margarita, Rancho SM) 17:59, 6. Whiteside (Yucaipa) 18:06, 7. Brown (Yucaipa) 18:11, 8. Aronson (Hemet) 18:12, 9. Malinali Martinez (Bishop Amat, La Puente) 18:26, 10. Mandy Schwecherl (Laguna Hills) 18:27, 11. S. Schmidt (Scripps Ranch, SD) 18:31, 12. S. Meyer (Yucaipa) 18:37, 13. Kim Bates (Los Alamitos) 18:41, 14. Christy Cummins (Corona del Mar, Newport Bch) 18:42, 15. C. Ray (Yucaipa) 18:44, 16. Kristin Hawking (Esperanza, Anaheim) 18:48, 17. Young (Pacific, Garden Grove) 18:50, 18. Kristin Groncy (Orange Lutheran) 18:56, 19. Veronica Clark (Ramona, SD Sect) 18:58, 20. Erin Zehntner (Irvine) 18:59.

Div I 1. Thousand Oaks 94:34, 2. Esperanza (Anaheim) 96:02, 3. Los Alamitos 96:46, 4. Irvine 96:48, 5. Dana Hills (Dana Point) 99:05, 6. El Toro 100:35, 7. San Marcos (SD) 101:30, 8. Chula Vista 101:51, 9. Poly (Long Beach) 102:29, 10. Hemet 102:59. Div II 1. Yucaipa 91:31, 2. Scripps Ranch (SD) 96:32, 3. Santa Margarita

(Rancho SM) 97:28, 4. Mission Viejo 100:30, 5. Laguna Hills 100:29, 6. Huntington Beach 101:23, 7. Bishop Amat (La Puente) 101:45, 8. Trabuco Hills (MV) 101:59, 9. Capistrano Valley (MV) 102:14, 10. Edison (HB) 102:33. Div III 1. Corona del Mar 98:09, 2. Newport Harbor (Newp Bch) 101:01, 3. Escondido 102:45, 4. Ramona (SD Sect) 103:03, 5. Orange Lutheran 103:48, 6. Pacific (GG) 107:34, 7. Corona del Mar 111:15, 8. Rosary (Anaheim) 113:02, 9. Los Amigos 114:10, 10. Calvin Christian (Esc) 114:58.

## Chaffey District Invitational

September 23. Red Hill Park - Rancho Cucamonga

## Boys:

1. Steve Smith (Ayala, Chino Hills) 15:29, 2. Dustin Hawes (Alta Loma) 15:31, 3. Nick McMurray (Ayal, CH) 15:52, 4. Kevin Siana (Alta Loma) 15:55, 5. Eric Loudon (Ayala, CH) 15:59, 6. Aaron DeLao (Ayala, CH) 16:04, 7. Ricky Padilla (Chino), 8. Robert Gomez (Alta Loma) 16:09, 9. Sonny Salas (Ayala, CH) 16:10, 10. Jason Buda (Don Lugo, Chino) 16:18. Scores: Ayala 24, 2. Alta Loma 38, 3. Chino 90, 4. Upland 108, 5. Etiwanda 141.

## Girls:

1. Jennifer Burris (Ayala, CH) 18:23, 2. Jennifer Smith (Chino) 18:51, 3. Nicole Gurnicz (Ayala) 19:28, 4. Kareen Nilsson (Ayala) 19:32, 5. Diana Garcia (Don Lugo, Chino) 19:52, 6. Amanda Kingsbury (Ayala) 19:59, 7. Lisa Lindberg (Alta Loma) 20:01, 8. Debbie Slocum (AL) 20:07, 9. Stephanie Hobbs (Don Lugo) 20:18, 10. Heather Lozano (Ayala) 20:23. Scores: Ayala 24, 2. Alta Loma 66, 3. Chino 66, 4. Don Lugo 86, 5. Upland 140.

## Nogales Invitational

September 23. Citrus College (Azusa) 2.9 miles flat campus course

## Boys: (top times all grades)

1. Hake (Arroyo, El Monte) 14:39, 2. Duarte (Hart, Newhall) 14:44, 3. Lyon (Hesperia) 14:59, 4. Arteaga (Nogales, La Puente) 15:02, 5. Partridge (Glendora) 15:07, 6. Guiterres (San Dimas) 15:11, 7. Solen (Hart, Newhall) 15:15, 8. Diaz (South Hills, W Covina) 15:17, 9. Landerso (Sierra Vista, Baldwin Park) 15:24, 10. Villareal (Rubidoux, Riverside) 15:25.

## GIRLS: (top times all grades)

1. Zhang (Rowland, Row Hts) 17:40, 2. Hernandez (W Covina) 17:44, 3. Lyon (Sultana, Hesperia) 17:54, 4. Jepson (South Hills, W. Covina) 18:33, 5. Tressler (Rubidoux, Riverside) 18:37, 6. Doran (Bonita, La Verne) 18:39, 7. Klinger (Hart, Newhall) 18:41, 8. Weithman (Hart, Newhall) 18:46, 9. Merryman (Claremont) 18:49, 10. Hatlin (Norco) 18:56.

## Blue Lagoon Invitational

September 23. UCSB - Goleta

## Boys:

1. Festa (Morro Bay) 15:23, 2. Bernaldo (Nordhoff, Ojai) 15:38, 3. Phillips (Dos Pueb

## 26.2 -- Trail of Truth

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# PREP RESULTS

bios. Goleta) 15:52, 4. Vega (Nordhoff, OJ) 16:05, 5. Ochoa (Nord) 16:14, 6. Farley (Lompoc) 16:24, 7. Herman (Nordh) 16:25, 8. Gomez (MB) 16:36, 9. Garcia (Fillmore) 16:43, 10. Buchmore (MB) 16:48.

## Girls:

1. Canchola (Nordhoff, Ojai) 18:30, 2. Chapin (Nord) 19:24, 3. Macintosh (Ventura) 20:07, 4. Zacher (Nordh) 20:16, 5. App (MB) 20:25, 6. Michel (MB) 20:26, 7. Elster (MB) 20:30, 8. Conger (Dos Pueblos) 20:38, 9. Tanaka (Dos Pueblos) 20:40, 10. Etling (Santa Ynez) 20:42.

## 3rd Annual La Mirada Roadrunner Classic

September 23. Sponsored by St. John Bosco HS (Bellflower) - La Mirada Park - 3.0 miles (from Rich Gonzalez)

## Boys:

1. Dan Gaston (Huntington Beach) 15:22, 2. Tony Trueba (HB) 15:30, 3. Matt Wickershaw (Mater Dei, Santa Ana) 15:34, 4. Dylan Glatt (Edison, Hunt Bch) 15:36, 5. Saul Gallegos (St. John Bosco, Bellflower) 15:37, 6. Carlos Rojas (Valencia, Placentia) 15:39, 7. Kent Roberts (Edison) 15:39, 8. Luisino Lara (South El Monte) 15:41, 9. Jess Strutz (HB) 15:47, 10. Jeremy Milton (Edis) 15:51, 11. Mike Case (Brea) 15:52, 12. Evan Wride (Mater Dei) 16:01, 13. Mike Solis (Brea) 16:02, 14. Eric Chowdury (Diamond Bar) 16:05, 15. Daniel Phiffer (Bosco Tech, Rosemead) 16:07.

Teams: (Large) 1. Huntington Beach 49 (79:36), 2. Edison (Hunt Bch) 54 (80:16), 3. Mater Dei (SA) 73 (80:56), 4. Brea Olinda 84 (81:45), 5. Diamond Bar 120 (82:28), 6. Bosco Tech (Rosemead) 135 (83:16), 7. St. John Bosco 153 (84:37), (Small) 1. South El Monte 52 (83:45), 2. Salesian (L.A.) 53 (84:53), 3. Covina 81 (86:59), 4. La Mirada 97 (88:07).

## Girls:

1. Gina Segura (Mater Dei) 19:30, 2. Allyson Kulak (Sunny Hills, Fullerton) 19:33, 3. Kimberly Jackson (St. Joseph, Lakewood) 19:45, 4. Stephanie Hyink (MD) 19:48, 5. Kristi Patton (MD) 19:50, 6. Elizabeth Malton (St. Jos) 19:54, 7. Christine Riel (MD) 20:05, 8. Danielle Gurnick (MD) 20:22, 9. Melissa Anderson (La Mirada) 20:27, 10. C. Damico (North Torrance) 20:33, 11. Jennifer Buttil (Diamond Bar) 20:35, 12. Gabby Gonzalez (Huntington Park) 20:36, 13. Kara Walkermontes (DB) 20:40, 14. Vanessa Sandoval (Bishop Montgomery, Torrance) 20:48, 15. Mariza Hernandez (Huntington Park) 20:49.

Scoring: (Large) 1. Mater Dei (SA) 19 (99:35), 2. Sunny Hills (Fullerton) 66 (106:23), 3. Huntington Park 66 (109:24), 4. Diamond Bar 74 (110:17), (Small) 1. St. Joseph's (Lakewood) 47 (106:12), 2. Covina 60 (109:23), 3. North Torrance 81 (111:26), 4. Bishop Montgomery (Torrance) 95 (113:30), (South El Monte) 105:52 in JV race when missed Varsity race).

## Fairview Invitational

September 26. Fairview Park (Costa Mesa) - 3.1 miles

## Boys:

1. Salgado (Estancia, Costa Mesa) 17:58. Teams: Estancia 38, 2. Rancho Alamitos 48.

## Girls:

1. Martinez (Estancia) 22:02. Teams: 1. Estancia 15, 2. Rancho Alamitos 46.

## Sonora Invitational

September 23. Carbon Canyon Park - 3.0 miles

## Boys:

Div I - Ibrahim (Garden Grove) 15:53, 2. Bacerra (Warren, Downey) 16:16, 3. Humady (Warren) 16:17. Teams: 1. Warren 29, 2. Garden Grove 41. Div II - Mejia (Anahiem) 15:59, 2. Cruz (Ana) 16:01, 3. Reyes (Ana) 16:02. Teams: 1. Anaheim 22, 2. Buena Park 96. Div III - Guerrero (La Puente) 15:54, 2. Blisborough (Barstow) 16:02, 3. Ybarra (Barstow) 16:13. Teams: 1. Barstow 41, 2. Northview (Covina) 100. Div IV - Ligon (Woodcrest Christian, Riverside) 15:53, 2. LeCour (WC) 16:12, 3. Morgan (Or Lutheran) 16:18. Teams: 1. Woodcrest Christian (Riverside) 48, 2. Orange Lutheran 52.

## Girls:

Div I - Winkler (Fountain Valley) 17:28, 2. Day (Quartz Hill) 17:44, 3. Craddock (FV) 18:28. Teams: 1. Quartz Hill 43, 2. Fountain Valley 43. Div II - Gartson (Buena Park)

18:36, 2. Gonzalez (Paramount) 20:02, 3. Maxey (Sonora, La Habra) 20:14. Teams: 1. Paramount 37, 2. Buena Park 39. Div III - Garcia (La Puente) 20:10, 2. Mendoza (Fullerton) 20:29, 3. Dunn (Troy, Fullerton) 20:40. Teams: 1. Troy 43, 2. Northview (Covina) 44. Div IV - Calderon (Gabrielino, San Gabriel) 19:58, 2. Mendonca (Woodcrest Christian, Rivers) 20:02, 3. Nagle (Brethren Christian, Cypress) 20:50. Teams: 1. Woodcrest Christian 37, 2. Brethren Christian 36.

## Lowell Invitational

Golden Gate Park, San Francisco September 23, 1995

Distance: 2.8 miles

## Boys Teams

1. Del Campo (Fair Oaks, SJS) 50  
2. Bellarmine (San Jose, CCS) 75  
3. St. Ignatius (San Francisco, CCS) 97  
Boys Individuals  
1. Paul Wellman (St. Ignatius) 14:38  
2. Bolota Asmeron (McAteer, San Francisco) 14:44  
3. Daniel Gohlke (Skyline, Oakland) 14:45

## Girls Teams

1. St. Ignatius (San Francisco) 50  
2. Lowell (San Francisco) 70  
3. Skyline (Oakland) 82

## Girls Individuals

1. Laura Sandoval (St. Ignatius) 17:28  
2. Shana Driscoll (St. Ignatius) 17:35  
3. Rachel Wiseman (Mt. Pleasant) 18:02



KAARON CONWRIGHT

Photo by Kirby Lee

# CALIFORNIA Track & Running News

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# California Track and Cross Country Coaches Alliance

## Why Should I Join The Coaches Alliance?

Now in its sixth year, the CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The COACHES ALLIANCE directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the COACHES ALLIANCE is involved with clinics in San Diego, Los Angeles, Fresno, and San Francisco.

## What Do I Receive For My Membership?

COACHES ALLIANCE members will receive a year's editions of **California Track & Running News**, the official publication of the ALLIANCE. Each month, members will be kept current with happenings around the state in the COACHES ALLIANCE section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings are organized around the State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

The COACHES ALLIANCE works directly with the State CIF regarding the selection of the Honor Coaches from each section in our sports. Starting in the fall of 1994, as a member of the Alliance, you will be able to vote in this process.

**To join, please fill out and return the following: (Please Print)**

Name: \_\_\_\_\_ School: \_\_\_\_\_

Section: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ School (\_\_\_\_) \_\_\_\_\_

**Dues for 1995/96 year (Tax Deductible) -- \$25.00.**

**Make check out to "Coaches Alliance" and send to:**

Dennis McClanahan, Treasurer  
c/o California Track & Running News  
4957 East Heaton Ave., Fresno, CA 93727

**Associate Member \$12** -- If you want to join the Coaches Alliance, but do not want the magazine. You will receive clinic discounts and any membership mailouts during the year.

**School Membership \$50** -- Schools will receive discounts for all members of their staff at clinics, as well as a second copy of *California Track & Running News* (you can have it sent to the library, assistant coach, etc.). Please indicate name and/or address for the second copy below.

California Track and Cross Country

# COACHES ALLIANCE

COACHES' CORNER

George Payan, Editor



Weber (left) & Ahern

## Co-Ed Cross Country Team Concept

By TOM WEBER & JOHN AHERN  
Co-Head Coaches, El Modena Cross Country

### Part I Summer Base Training & Team Building

Each year the CIF Southern Section regulations stipulate our legal beginning practice date. Our practices begin at 8:30 a.m. on the first legal Monday with situps and pushups. The amount of situps and pushups will increase each week until the team reaches 100 situps and 50 pushups daily before running camp.

We do not cut and offer varied ability levels. Therefore, all practices are broken into four or five groupings. Each group (based on ability, not gender) has a run which splinters off the main run. For the first practice, the shortest run is two miles, with mileage increments building to a longest run of seven miles. Coaches and/or experienced runners are working on "packing" during runs; our goal is to keep a directed pace with pack running.

Runs vary in terrain and utilize the hard-easy principle throughout the summer weeks. An alumni race, held in early August, helps emphasize the traditions and success of the program.

### Part II Running Camps

El Modena, as a team, does not attend outside camps which separate team members. We hold our own camps at Idyllwild or Morro Bay each year. Tent

camping is preferred. Team leaders are assigned crews for working at camp. For instance, a sub-crew of 4 might prepare salads, fruits, vegetables, etc., for dinner with a potential team captain responsible for their efforts. Team responsibility and leadership are emphasized throughout camp at team meetings. Captains are voted on prior to the end-of-camp race.

Practices at running camp begin our two-a-day workouts. Approximately forty athletes are still practicing in three groupings. Through co-ed relays and runs, a merging of the groupings will occur during the week. At the pre-race camp meeting, focusing the athletes on team success at courses such as Mt. SAC and Woodward Park is emphasized. The course used at the camp will pattern itself, as much as possible, to those courses. An awards ceremony is held after the race with race and camp awards handed out along with the announcement of the Team Captains for the season.

### Part III Early Season

As school begins, a continuation of two-a-day practices on Monday, Wednesday and Fridays includes weightlifting during the 6:00am sessions.

The weightlifting circuit entails bench press, military press, plate extensions and reverse curls. After lifting, there is a three to four mile run. Afternoon ses-

sions are daily at 2:00 p.m. and continue situps and pushups prior to runs. Since new members will join when school begins, a new group will form and ability groupings will splinter off runs. Mileage will continue with a weekly run over ten miles for the top group. Leaders and long interval work occur once a week. For example, a cross country course is broken into segments of one mile and four half-miles at race pace. During interval training the pack is emphasized, with our goal to maintain pack integrity, not individual performances. We repeatedly tell the team they are only as good as their fifth runner, not their number one runner.

Early season races are selected based on the team concept. No invitations are selected that divide out athletes into grade levels or team position. Because of the tough Century League, teams, we restrict the number of invitations we compete in to two or three for the season. The boys' and girls' team goals are CIF Finals and the California State Meet, not a mid-season ranking. There will also be one overnight invitational. Last year we competed in the Manhattan Invitational in New York City.

### Part IV League Competition

For the majority of cross country athletes, league dual meets are the prime season. Unless they are varsity caliber

*continued next page..*

athletes, their success is based on improvement in times and lower level victories. Therefore, it is important for those athletes to have dual meet competition and not modified quadrangular meets which resemble invitationals where they cannot track the team competition. Many fifth place varsity senior athletes were motivated by a particular frosh-soph race in a dual meet that they helped the team win.

With league competition being held on Thursdays, workout days are Mondays, Tuesdays and Saturdays. One day remains a long run day of mileage over ten miles. Another day will be intervals. These will decrease in distance and increase in speed—for example, sixteen quarters at race or faster pace with twenty-five second walk rest. The other prime practice day will be a medium distance run with some terrain or variation involved in the run—for example, a six mile run with fartlek for three middle miles of the run. Morning workouts continue through the beginning weeks of this time of season. Two weeks prior to league finals, mornings are dropped for all except a few. Athletes that need pool work for rehabilitation would be one such exception.

The week prior to the Century League finals meet, we emphasize tradition and hold time trials which has been done for over a decade. One time trial is a mile for time on an all-weather track. Times are recorded for every athlete in the co-ed mile run. Athletes are primed for strong league final performances by emphasizing the team concept and team strategy.

## Part V CIF Competition

If all goes well, we will then compete in two weeks at the CIF preliminary meet at Mt. SAC. All season long, El Modena success at this course has been reinforced. We do not incorporate more hills in our training regimen. We do emphasize the strategy for running well at Mt.

*continued next page...*



# Goal Setting

By Eric Gumby Anderson, M.A., Coach  
Huntington Beach High School

During the final phase of the race the pain becomes intense, your muscles cry in agony, your head rationalizing reasons to stop or quit—but you don't. What then keeps you going? Your goals.

In this case, a goal that you have set for this particular race. Goals also keep us motivated throughout the duration of a season, or a lifetime. By continually setting short and long-range goals, we continue to strive for our own intrinsic satisfaction of seeing those goals achieved.

Most of us do set goals—the night before a race we set a time goal. Occasionally, we set time goals for a season. Most of the time, however, we aimlessly train without a seasonal pyramid in mind, nor goals to correspond with the plan. Contrast this to the runner who sets time goals in a methodical manner that correlate with the point of the season. He then uses a series of short-range goals to accomplish a long-range goal. In this manner we see goals as serving the purpose of not only motivating us to continue with our efforts, but we break down the ultimate goal into smaller, more manageable sections.

Just how should we set goals? First, set three goals: A **dream goal**, a **challenging goal**, and a **realistic goal**. The realistic goal is a time that you have already run before, or perhaps a little better. The challenging goal is one that you think you are capable of obtaining with hard work and a little luck. The dream goal is a dream, but within range. For example, a fifteen flat 5,000 meter runner might

choose 15:05, 14:50 and 14:30 as three season goals. By setting a range of seasonal goals you set yourself up for success; you maximize your possibility for success. Should our 5,000 meter man set only one goal (the dream goal) and then improved by 29 seconds, but missed the dream goal by one, he may consider himself a failure or be upset that he missed it. With all three goals set, this runner would have broken his realistic and challenging goals and he would be victorious. Knowing this, you can set goals that are easier to obtain, break those, and set new goals.

Goals need to be flexible both ways. Should it grow evident that your times are not improving at a desired rate, lower the goals. It's OK to de-goal. Next, **create affirmations to correspond with the goals**. The 15:00 5K runner would create a simple affirmation that says, "I am a 14:30 5,000 meter runner." Always design your affirmations around your dream goal.

I recommend creating **three sets of goals**. The first relates to **times**, the second to **places**, and the last to **personal attributes**. For the third column take a racing or training weakness and set goals to improve it. For example, one who lacks speed on the downhills might create an affirmation, to improve his downhill speed. These types of goals are not always measurable, but they need not be, they are simply designed to help you improve upon an area of your racing or training.





## Using Your School's Football Program to Enhance Your Cross Country Program

By Tim O'Rourke, Head Coach  
Arroyo High School

One of the most effective myths perpetrated by football coaches, athletic directors and high school principals is that football deserves all the financial support and attention it gets because it generates the revenue that supports all other sports.

In fact, while this might be the case at the University of Notre Dame, it is not even true for 90% of NCAA Division I football programs according to a recent article in *Sports Illustrated*.

It is also not true for virtually every single high school in America. Not only do the vast majority of high

school football programs *not* raise enough revenue to help finance other sports, they, in fact, also often drain more money from the athletic budget than every other sport. The operating costs associated with running a football program are staggering.

Those costs include the following:

### **Mandatory safety equipment**

-- Helmets, mouth pieces, shoulder pads, hip and knee pads, and ankle braces amounting to \$400-500 per player. Multiply that by more than 30-40 players on the typical high school's varsity, JV and frosh-soph squads.

**Personnel and staff for each home game** -- Game officials, ticket

operations, crowd control, faculty supervision, police and security, parking, attending physicians, paramedics, etc.

**Facility and field maintenance** -- Regular preparation and cleanup of fields and stadiums and off-season field re-conditioning.

**Big ticket facility expenditures** -- Stadiums, bleachers, lights (on-going lighting costs), PA systems, scoreboards and press boxes.

**Salaries** -- Football staffs are larger than all other sports. Furthermore, they usually are paid more

*continued next page...*

SAC and utilize our practice sessions to improve that style of running. For example, we have a workout which practices transition running from uphill to downhill. We run five by 660s starting up with a coach at the transition point to emphasize where to accelerate.

Mileage is obviously decreased at this time of season. Runs do not exceed eight miles. Negative split three mile runs and fartlek are used to sharpen the athletes' leg speed. We carry nine to ten athletes and, as coaches, make the determination of which seven will run during CIF. Hopefully, both boys' and girls' teams will advance to CIF Finals. It is important for each team to encourage the other throughout the competition. Then, if fortunate, both team's success leads to one last week of competition in Fresno.

## Conclusion

The El Modena girls' team has been to the state meet for four straight years and the 1994 team was joined by our boys' team for the first time. It was not mere coincidence that both teams placed well at the finals. While the boys' team was competing, the girls' squad was warming up out on the course and encouraging the boys. Then, since the boys were done competing, they were all over the course in strategic locations helping the girls. Fortunately, parents convinced the boys' awards ceremony to hold up their presentations until the girls' race was over because the boys were out on the course.

Co-ed cross country has some complications, due to inconvenient time schedules, but the rewards can outweigh those complications when the two

teams work together for mutual success.

*The information in the Coaches' Corner column is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. George Payan (Head Cross Country and Track coach at Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.*

*California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677.*

*In addition, please send any information you have on California coaching clinics. Thank you!*



## California Track and Cross Country COACHES ALLIANCE

and they are usually paid for spring practice.

On the revenue production side, most students who attend games use an ASB card, so they do not pay to attend games.

Additionally, all money received during regular season games is shared by both teams. In play-offs, however, the lion's share of the profits go to the local and state federations. In fact, in every round of the CIF Southern Section football playoffs, the Southern Section takes 50% of the revenues, leaving only 25% for each of the two competing schools.

It is no wonder that national figures show that nearly 85% of the average high school's entire athletic budget goes to football and boy's basketball. **This is indefensible.** The case simply *cannot* be made that football and basketball provide inherently greater educational experiences and opportuni-

ties for personal growth than other school sports.

Without suggesting that cross country should receive the same funding as football, these facts and figures and a copy of your school's athletic budget--a matter of public record--can, at the very least, provide cross country coaches with leverage to demand the same proportion of school funding for their budgetary needs as football. The battle is being fought and won at high schools across the country, especially by coaches of sports with large numbers of student-athletes on their boys' and girls' squads, along with parents who are made aware of their school's overall athletic budget and funding policies.

Such leverage can extend beyond equitable funding practices. Savvy cross country coaches are using the disproportionate school and community support lavished on football to piggyback increased recognition and publicity for their programs.

For example:

Lobbying to have cross country and other fall sport teams included in all-school pep rallies for the football team.

Lobbying to have a school-sponsored "Runner of the Week" awards if their school promotes a special recognition program for football such as "Player of the Week."

Lobbying to get the cross country team picture, record, and meet schedule in their school's football program, and offering to help sell it at games.

Lobbying to have the dates and times of their cross country home meets and race results announced during home games.

Finally, if the football coaches aren't expected to line their field for Friday night's game, then the cross country coaches should not even be asked to flag and mark the cross country course for home meets.

## CALIFORNIANS AROUND THE COUNTRY

Info from X-Country X-Press -- Available from Walt Murphy (718) 291-0489 (P.O. Box 750994 - Forest Hills, NY 11375 - GREAT CROSS COUNTRY INFO)

9/8 - Audobon Inv - New Orleans, La 2.0 mi (Wom) 6. **Carrie Garrison** (Alabama/Buena Park HS) 11:20 (#3 Alab). Scores: 1. Alabama 33. 9/9 - **Crown Hurricane Inv - Tulsa, Ok** (2.0 mi) (Wom) 29. **Alicia Nicodemus** (Arkansas/Valhalla HS, El Cajon) 13:14. Teams: 1. Arkansas 24. 9/15 - **Illinois State Invitational** (8k) - 1. **James Menon** (Wisconsin/San Luis Obispo HS) 24:35....6. **Mark Hauser** (Wisc/St. Augustine HS, San Diego) 24:49 (5th man). Team: 1. Wisc 16. 9/15 - **Baylor Inv - Waco, Tx** - 8k (?) - (Men) 6. **Brian Keim** (Baylor/San Pasqual HS, Escondido) 26:54 (#1 Baylor). 7. **Dave Hartman** (Univ Texas/San Antonio/Canyon HS, Cyn Country) 27:01 (#1 man). 8. **David Monk** (Baylor/Fairfield HS) 27:07 (#2 Baylor). 11. **Charles Williams** (SMU/Hogan HS, Vallejo) 27:30 (#2 man). Teams: 1. SMU 55, 2. Baylor 69. (Wom) 11. **Jennifer Hanel** (Baylor/Merced HS) 19:50 (#2 runner)...13. **Nancy Dollar** (Baylor/San Clemente HS) (#3 Baylor). Scores: 1. SMU 25, 2. Baylor 50. (10 teams). 9/16 - **Jack's Nitch Southern Stampede** (honest!) - Joplin, Mo

- 8k 10. **Dave Levy** (Arkansas/Mission Bay HS) 25:48 (winner 23:51) Levy #7 Arkansas). Teams: 1. Arkansas 19. 9/16 **Wake Forest Classic - Winston-Salem, NC** - 8k 2. **Eric Dunn** (Wake For/Arroyo Grande HS) 24:56 (1st man)...13. **Brett Strahan** (Wake For/Hart HS, Newhall) 25:46 (#6 man). 9/16 - **Fordham Inv - Van Cortlandt Park, NYC** 5.0 mi - 15. **Brendan (?) Mahon** (Naval Academy/La Habra HS) 26:18. (#3 man). Teams: 1. Princeton 65, 2. Navy 72 (27 teams). 9/16 - **Pier Park Inv - Portland, Or** - 5.650m. (Wom) 4. **Namh Zwagerman** (Univ Oregon) 21:22 (#4 Ore)...9. **Kristie Engesser** (Ore/Ocean View HS, Hunt Bch) 22:02 (#8 Ore). Teams: 1. Oregon 16. 9/16 - **Illinois Inv - Champaign, Il** - 8k - 3. **Margarito Casillas** (Arizona/Hoover HS, Glendale) 24:40 (#2 Az)...7. **Jeff McLarty** (Ariz/Ayala HS, Chino Hills) 24:57 (#4 Az). Teams: 1. Arizona 22. 9/16 - **Buckeye Inv - Columbus, Oh** - 8k (Men) 10. **Antonio Arce** (Notre Dame/Palmdale HS) 25:40 (#6 ND). Teams: 1. Notre Dame 22. 9/16 - **Crimson Classic - Tuscaloosa, Alab** 5k - 8. **Carrie Garrison** (Alabama/Buena Park HS) 18:25 (#4 Alab). 9/16 - **Woody Greene Inv - Lincoln, Ne** - 5k? - (Wom) 13. **Christina Blackmer** (Nebr/Lincoln/Upland HS) 19:07 (#7 Nebr). 9/16 - **Whitman Inv - Walla Walla, Wa** - 5k

- (Wom) 5. **Sherrie Donovan** (Boise State/Madera HS) 18:36. Teams: 1. Boise St 19. 9/22 - **National Catholic Inv - Notre Dame, In** - (Men) 8k 10. **Antonio Arce** (Notre Dame/Palmdale HS) 25:32 (#5 ND). Teams: 1. Notre Dame 24. 9/23 - **Big Cross 95 - Pasco, Wa** - 5k - (Wom) 8. **Dahlberg** (Colorado/El Modena HS, Orange) 18:48 (#4 Colo). Teams: 1. Colorado 26. 9/23 - **Washington Inv - Seattle** - (5k) (Wom) 5. **Milena Glusac** (Oregon) 17:37 (#2 Ore)...16. **Courtney Pugmire** (BYU/Esperanza HS, Anaheim) 17:56 (#3 BYU)...18. **Maribella Aparicio** (BYU/Fillmore HS) 17:57 (#4 BYU)...25. **Zwagerman** (Ore) 18:11 (#6 Or). Teams: 1. Washington 50, 2. Stanford 54, 3. Oregon 57, 4. BYU 82. (Men) 5. **Craig Lawson** (BYU/Clovis West HS, Fresno) 25:28 (#1 BYU). Teams: 1. BYU 25. (8 teams). 9/23 - **U Mass-Dartmouth Inv - North Dartmouth, Mass** - (Wom) 5k - 1. **Tammy Wilcox** (Coast Guard Academy/Palos Verdes HS) 17:45. (Men) 6. **Jon Genant** (Brown/Branson HS, Oakland) 25:25 (#3 Brown) 9/23 - **Popeye's Ragin Cajun Inv** (honest!) - Lafayette, La - 3.0 mi - 2. **Maria Pleyte** (Tulane/San Benito HS, Hollister) 17:52 (#1 runner). Team: 1. Tulane 33. 9/23 - **Boston Festival - Franklin Park, Boston** - 5.0 mi 19. **Mahon** (Naval Academy/La Habra HS) 24:53 (#4 Navy). Teams: 3. Navy 75.

# California Track and Cross Country COACHES ALLIANCE

## ✓ MINUTES

### State Track/Cross Country Advisory Committee Meeting

September 26

✓ Present: Helen Lehman, Jim Dual, Hal Harkness, Michelle Buchicchio, Doug Speck, Margaret Davis, Marty Simpson, Brian Weaver and Jerry Laird.

✓ Welcome to new Committee Charman, Jerry Laird (Sierra HS, Tollhouse Principal)

✓ Approval of Minutes from January 19, 1995 Meeting.

✓ Location of Future Track & Field/Cross-Country State Championship Meets

- a. State Basketball committee had recommended a possible move of the State Basketball tournament from the north to the south in the future. This issue will be voted on in the near future.
- b. Cross-Country -- Woodward Park is a great site and all support it. Mt. SAC was brought up as a possibility with its ability to charge admissions, with the Southern Section meets generating large revenues, the ability to run a tightly-scheduled meet (races can overlap on the course), and it does have a fine history in the sport.
- c. Track -- UC Berkeley and Stanford are both building new track facilities and were mentioned as possible sites. UC Berkeley is going to have a nine lane track, with questions raised about the amount of spectator seats available. Questions about number of lanes and seats available at Stanford were also raised. Need for lights was raised as an issue for Friday's Prelims.

✓ It was suggested that a text on how to run the state meet should be a continual project that can be passed on to anyone who should run the meet in a different area if the meet is moved. It was felt by some that any section could run the meet with proper direction, which could include the assistance of current State Meet Director, Hal Harkness.

The obvious past successes of the Cerritos competition, both from a management and competitive standpoint, was mentioned. The ability of Cerritos to successfully handle the huge press corp (150-200) was mentioned as an important positive factor in the use of that facility.

The Committee decided that it would await a vote on the basketball situation before making a suggestion on the future sites of the Track & Cross Country championships.

- a. "At-large" vs adding a fifth division. With a number of strong teams statewide not making it to the state meet in Cross Country it has been hoped that there could be some "at-large" teams added to the State Meet. At a March meeting of Section Commissioners when the "at-large" issue was discussed, the commissioners voted to recommend that the Cross Country Advisory Committee come back with a proposal for a fifth division for the 1996-97 school year in Cross Country.

The question of adding the fifth division and financial concerns of school administrators with more teams

and individuals going to the meet was discussed. The possibility of adding the fifth division and somehow reducing the number of individuals to continue to have the meet at roughly the same student population was brought up.

A study that was done that had five divisions (team qualification and numbers from sections remaining the same) and a reduction of individuals to three per section and the Southern Section five showed a moderate increase in total state meet participation.

The committee carried a motion to support the movement for a fifth division in the State Cross Country Championships. On individuals entries to the State Meet the group supported a move to allow every Section five individual entries, with Southern Section individuals needing to finish in the top twenty of their Section Finals, with other section individuals needing to finish in the top dozen of their Section Finals where two teams qualify. In Section divisions where only one team qualifies, individuals would need to be in the top eight individual placings. This decision was felt to insure that top quality individuals would move on to the State Meet.

- b. Honor Coaches -- The process of naming "Honor Coaches" has not been smooth in some of the sections. Coaches Alliance committees within each section have judged coaches on longevity, contributions, success/contributions to the sport, and after checks with Section Offices, decisions have been made. A few sections have had their own system, and did not want the Alliance involved in the process. The Commissioners at their March meeting suggested that specific Section affiliations be left off of the selections. Discussion led by Dennis McClanahan indicated that there would be twenty people nominated statewide with consideration to geographic, gender, and other balance issues.

Other issues: A study is being done by Doug Speck on school enrollment figures with the goal of re-assessing the division make-ups in State Championship sports.

✓ Marty Simpson - State Cross-Country Meet Director report

- a. Chute changes-- The finish chute will go more straight instead of "downhill," and a "Coaches Corner" for questions will be manned.
- b. A new form for state entries that include nine athletes per team was passed around.
- c. The placement of clocks at the mile marks was brought up and supported.

✓ Track & Field Issues

- a. Pole Vault Subcommittee Report. At a pre-meeting discussion by the Pole Vault committee, a discussion was held on "handhold" rules and some reported violations by coaches and athletes on vaulter's weights and pole usage rules from 1995.

-The success of paperwork and its use nationally put out by the special California State Pole Vault committee last year was noted.

-A suggestion was made to give a meet manage-

ment of a five or more school meet the option of "spot-checks" on the weight of entered vaulters through the use of a scale.

-Variable weight poles -- Committee felt that variable weight poles should not be used in competition.

-One inch band to mark the hand hold area cannot be taped over and must be "clearly visible."

-Hard surfaces around the pole vault area -- Suggestions were to take a 20 foot circle with a chalk line around the vault box, and to have the meet referee survey the area.

-A need to emphasize the need for standards that are stable and sufficient padding around the standard bases with two inches of foam was emphasized.

- b. Entry and Scratch procedure. Hal Harkness would like to discuss with the Section Commissioners the procedures on late scratches for the State Meet. Problems have taken place when athletes showed up to the state meet to replace an athlete they indicate "was scratched" from their section.
- c. Honest Effort Rule. Problems take place when highly seeded athletes scratch from one of their state meet events. When these calls come in as late as Tuesday evening prior to the state meet, it causes difficulties with the seeding of events. Redrawing of the entire event is often required at that late date. A remedy is felt to be the "honest effort rule," which requires athletes to compete in all events entered with an honest effort or face disqualification from the entire meet.

Hal Harkness would like to have as an agenda items for the January meeting of this group an increase in the number of qualifiers in the 1600m from 9 to 12, and revisit the opening heights and progressions in the High Jump and Pole Vault at the State Meet.

Other:

--Michelle Buchicchio indicated that only 18 of 50 questionnaires were returned by California individuals from the annual National Federation office mailout on the sport. Margaret Davis indicated that the procedure will be changed this year and the California State office will handle the mail-outs this year, with a planned better return percentage.

--858 Track & Field Coaches and 323 Cross Country Coaches went through the AAF/CIF Track & Cross Country clinics this past year. A pilot program in Sacramento had 45 coaches participate. The clinics are now one weekend only. There will be a "hot-topics" clinic one day in the Los Angeles area week in January.

#### Winter AAF/CIF Track & Field Clinic Schedule

2 1/2 day USAF National High School Coaching Course:

|                  |  |
|------------------|--|
| January 12-13-14 | UC Riverside/Santa Barbara CC            |
| January 19-20-21 | Long Beach State                         |
| February 2-3-4   | San Diego HS/Birmingham HS<br>(Van Nuys) |

#### AAF/CIF "Hot Topics" Track & Field Clinic

Jan 27 Los Angeles area

ARCO sponsorship. More specifics will be forthcoming in.

Date for next Track/Cross Country Advisory Committee Meeting -- Thursday, January 11, 1996.

Submitted,  
Doug Speck

# California Track and Cross Country COACHES ALLIANCE

## STATE PRE-SEASON HIGH SCHOOL CROSS COUNTRY RANKINGS

By Doug Speck & Ray Scofield

With help from Steve Fagundes (SJS), Jim Eckman (No), Dennis DeWitt (CE), Peter Brewer (NCS), Hal Daner (CCS), Manuel Gomez/Alex Carmona (LA), Dennis McClanahan/Buzz Thom (SD), & Bob Rush. Section abbreviations: SS=Southern, SD=San Diego, LA=Los Angeles, CE=Central, CC=Central Coast, NC=North Coast, SJ=Sac Joaquin, No=Northern, OK=Oakland, SF=San Francisco

### Boys Div I

(1516 - up for top three grades)

1. Hoover (Glendale) (SS)
2. Chula Vista (SD)
3. Vista (SD)
4. Santa Ana (SS)
5. Santa Ana Valley (SS)

### Boys Div II

(1140-1515)

1. Jesuit (Sacramento) (SJ)
2. De la Salle (Concord) (NC)
3. Katella (Anaheim) (SS)
4. Edison (Huntington Beach) (SS)
5. Yucaipa (SS)

### Boys Div III

(705-1139)

1. Nordhoff (Ojai) (SS)
2. Livermore (NC)
3. St. Ignatius (San Francisco) (CC)
4. El Modena (Orange) (SS)
5. Serra (San Mateo) (CC)

### Boys Div IV

(1-704)

1. McFarland (CE)
2. Morro Bay (SS)
3. Piedmont (NC)
4. Bell-Jeff (Burbank) (SS)
5. Coronado (SD)

### BOYS OVERALL TOP TEN

1. Jesuit (Sacramento) (SJ) II (#7)\*
2. Nordhoff (Ojai) (SS) III (#15)\*
3. Hoover (Glendale) (SS) I
4. Chula Vista (SD) I (#19)\*
5. Livermore (NC) III
6. Vista (SD) I
7. De la Salle (Concord) (NC) II
8. Katella (Anaheim) (SS) II
9. Santa Ana (SS) I
10. Edison (Huntington Beach) (SS) II

\* = Pre-season National Ranking according to *Harrier* magazine

### Girls Div I

(1516 - up)

1. Thousand Oaks (SS)
2. Vista (SD)
3. Peninsula (Rolling Hills) (SS)
4. Poway (SD)
5. El Toro (SS)

### Girls Div II

(1140-1515)

1. Buchanan (Clovis) (CE)
2. Yucaipa (SS)
3. Torrey Pines (Encinitas) (SD)
4. Bishop Amat (La Puente) (SS)
5. Del Oro (Loomis) (SJ)

### Girls Div III

(705-1139)

1. Clayton Valley (Concord) (NC)
2. Nordhoff (Ojai) (SS)
3. El Modena (Orange) (SS)
4. Temescal Canyon (Elsinore) (SS)
5. St. Ignatius (San Francisco) (CC)

### Girls Div IV

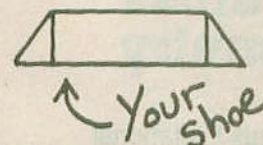
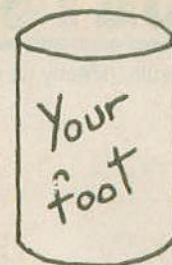
(1-704)

1. Morro Bay (SS)
2. Miramonte (Orinda) (NC)
3. Flintridge/Sacred Heart (La Canada) (SS)
4. Orange Lutheran (SS)
5. Taft (CE)

### GIRLS OVERALL TOP TEN

1. Clayton Valley (Concord) (NC) III (#5)
2. Thousand Oaks (SS) I (#8)
3. Nordhoff (Ojai) (SS) III (#14)
4. Vista (SD) I
5. Buchanan (Clovis) (CE) II
6. Yucaipa (SS) II
7. Peninsula (Rolling Hills) (SS) I
8. El Modena (Orange) (SS) III
9. Poway (SD) I
10. Torrey Pines (Encinitas) (SD) II

\* = Pre-season National Ranking according to *Harrier* magazine.



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# RESULTS

Please send results directly to: CTRN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

## ▲ Cross Country

### Stanislaus Invitational

September 9, Modesto.

#### Overall Results-8K Men

1. Oswaldo Servin, Stanislaus State, 25:27. 2. Eric Ricketts, Chico, 25:35. 3. Noah Marcus, Chico, 25:40. 4. Jaime Bastidas, UC Riverside, 25:52. 5. Steve Nudge, UC Riverside, 26:01. 6. Jose Bustamante, unaff., 26:05. 7. Kevin Selby, Chico, 26:18. 8. Tyson Thomas Stanislaus, 26:22. 9. Javier Ramirez, UC Riverside, 26:25. 10. Ryan Luce, Chico, 26:53.

11. Mark Taylor, UC Riverside, 26:58. 12. Pete Sturtevant, UC Riverside, 27:01. 13. David Kopec, unaff., 27:03. 14. Bill Rice, Stanislaus, 27:10. 15. Vince Hott, UC Riverside, 27:17.

**Team Scores:** 1. UC Riverside (38) 2. Chico State (39) 3. Stanislaus State (51) 4. Fresno Pacific (100).

#### Overall Results-5K Women

1. Rhonda Heise, Fresno Pacific, 18:57. 2. Danielle Pekar, UC Riverside, 19:22. 3. Margarita Renteria, UC Riverside, 19:37. 4. Sherish Marion, UC Riverside, 19:41. 5. Derry Sue Houchin, Fresno Pacific, 19:51. 6. Kim Fichtner, Fresno Pacific, 20:06. 7. Tracy Yaddow, Chico, 20:14. 8. Erica Greene, Stanislaus, 20:16. 9. Angela Sisk, Fresno Pacific, 20:21. 10. Laura Bracht, Stanislaus, 20:27.

11. Vanessa Allen, Fresno Pacific, 20:34. 12. Angel Lutz, Stanislaus, 20:47. 13. Katy Donahue, Stanislaus, 21:07. 14. Jaynee Daniel, Fresno Pacific, 21:11. 15. Myrna Arana, UC Riverside, 21:14.

**Team Scores:** 1. Fresno Pacific (30) 2. UC Riverside (38) 3. Stanislaus State (58).

### Whittier Invitational

September 9, Clark Park, Whittier.

#### Overall Results-Men

1. Ivo Rodrigues, East L.A. College, 18:48. 2. John Gachou, Azusa, 19:01. 3. Wes Ashford, unaff., 19:05. 4. Jose Arriaga, East L.A. College, 19:18. 5. Angel Martinez, Azusa, 19:19. 6. Denes Balazs, Azusa, 19:34. 7. Jaime Martinez, Azusa, 19:35. 8. Anthony Fisher, Azusa, 19:35. 9. Scott Rehnstrom, Azusa, 19:38. 10. Ian Blair, Humboldt TC, 19:43.

11. Phillip Gonzales, Pasadena City, 19:51. 12. Jason Schaefer, Southern Cal. College, 19:51. 13. Dan Trejo, Azusa Pacific, 20:00. 14. Joe Vella, Pomona Pitzer, 20:09. 15. Jorge Parra, East L.A. College, 20:10. 16. Armand Crespo, Gardena Reebok, 20:12.

17. Larry Holland, Southern Cal. College, 20:17. 18. Oscar Estrada, Pasadena City, 20:22. 19. Jed Colvin, Cal Lutheran, 20:23. 20. Oscar Sanchez, Pasadena City, 20:23.

21. Andrew Christopherson, Azusa, 20:28. 22. Alfredo Trujillo, East L.A. College, 20:31. 23. Trevor Suybert, Biola, 20:31. 24. Tim Hardin, Southern Cal. College, 20:32. 25. Brad Aagaard, Stags TC, 20:38. 26. Matt Newman, CMS, 20:41. 27. Kele Perkins, unaff., 20:42. 28. Steve Pye, Azusa, 20:42. 29. Wes Hinson, Southern Cal. College, 20:45. 30. Ismael Bernal, East L.A. College, 20:46.

**Team Scores:** 1. Azusa Pacific "A" (28) 2. East LA College (72) 3. So. Cal. College (125) 4. Pasadena City (130) 5. Azusa Pacific "B" (140) 6. CMS "A" (196) 7. Biola (221) 8. East LA College (246) 9. CMS "B" (329) 10. Pas. City Col. "B" (335).

11. Cal. Tech. "A" (423). 12. Concordia (427). 13. Col. of the Canyons (437). 14. East LA College "C" (443). 15. Golden West "A" (529). 16. Cal. Tech. "B" (540). 17. Chapman (639).

#### Overall Results-Women

1. Teri McAllister, Fi-Bar Tri. Club, 23:10. 2. Michele Buchicchio, Asic's TC, 23:21. 3. Mikee Pool, Fi-Bar Tri. Club, 23:42. 4. Sue Davis, So. Cal. College, 23:30. 5. Caillin Henderson, Cal. Tech., 24:14. 6. Jennifer Stuart, CMS, 24:18. 7. Jenny Davis, CMS, 24:35. 8. Sarah Laufer, Azusa, 24:37. 9. Heather McGloire, Azusa, 24:40. 10. Andrea Warner, Azusa, 24:48.

11. Louise Tench, CMS, 24:51. 12. Aldita Gibson, Pasadena City, 24:51. 13. Colleen Fitzpatrick, Whittier, 25:05. 14. Amy Ward, CMS, 25:08. 15. Amy Van Atta, Cal Lutheran, 25:09. 16. Sarah Gerard, CMS, 25:10. 17. Debra Deming, Fi-Bar Tri. Club, 25:11. 18. Lillia Covarrubias, East LA, 25:22. 19. Elaine Rutkowski, Fi-Bar Tri., 25:27. 20. Heather Salisbury, So. Cal. College, 25:30.

21. Shoshana Ziblat, CMS, 25:32. 22. Pavia Dusek, CMS, 25:33. 23. Teriann Boglio, So. Cal. College, 25:34. 24. Heidi Tisovik, unaff., 25:35. 25. Heather Backer, Whittier, 25:37. 26. Sara Stockman, Whittier, 25:37. 27. Darlene Pruitt, So. Cal. College, 25:40. 28. Beth Hake, Azusa, 25:40. 29. Jordi Manley, Irvine Valley, 25:41. 30. Lynell Johnson, Biola, 25:55.

**Team Scores:** 1. CMS (54) 2. Fi-Bar Tri. Club (76) 3. So. Cal. College (107) 4. Azusa Pacific "A" (128) 5. Pasadena City (149) 6. Whittier College "A" (165) 7. CMS "B" (254) 8. Biola (274) 9. Chapman "A" (316) 10. Pas. City Col. "B" (322).

11. Irvine Valley "A" (323). 12. Pomona Pitzer "A" (335). 13. East LA College "A" (356). 14. Whittier College "B" (394). 15. Golden West "A" (408). 16. Concordia (421). 17. Redlands "A" (458).

**Sweepstakes:** 1. Azusa Pacific University (156). 2. Southern California College (232). 3. Claremont/Mudd/Scripts (250). 4. Pasadena City College (279). 5. East Los Angeles College (428). 6. Biola (495). 7. Concordia (848). 8. Golden West College (937). 9. Chapman University (955).

### UCSD Invitational

September 9, Morley Field, Balboa Park, San Diego.

#### Overall Results-Men

1. Goss Lindsey, UCSD, 16:25. 2. J.J. Castner, UCSD, 16:25. 3. John Walsh, UCSD, 16:25. 4. Ola Knutsson, USD, 16:34. 5. Brian Holmes, USD, 16:38. 6. Nat Johnson, UCSD, 16:39. 7. Pat Pear, SCU, 16:39. 8. Gavin Klinger, UCSD, 16:40. 9. Neal Harder, UCSD, 16:49. 10. Dennis Gorsuch, SCU, 16:50.

11. Steve Vamell, UCSD, 16:57. 12. Mats Aaman, USD, 17:01. 13. Robert Ho, UCSD, 17:02. 14. Jeremy Park, PLNC, 17:03. 15. Rhodes Walton, UCSD, 17:07. 16. Justin Whittall, SCU, 17:16. 17. Edgar Nidome, UCSD, 17:21. 18. Bobby Belencourt, Jamul Toads, 17:23. 19. Mike Wallace, UCSD, 17:28. 20. Mark Anderson, SCU, 17:30.

**Team Scores:** 1. UC San Diego (20) 2. University San Diego (56) 3. Santa Clara University (63) 4. Point Loma Nazarene (113) 5. Pepperdine University (126) 6. Loyola Marymount (168).

#### Overall Results-Women

1. Michele Cox, USD, 19:28. 2. Heather Iverson, SMC, 19:47. 3. John Michels, SMC, 19:51. 4. Christina Bjork, PLNC, 20:20. 5. Molly Lawrence, SMC, 20:25. 6. Kristen O'Brien, SMC, 20:32. 7. Stephanie Hovancik, SMC, 20:53. 8. Traneca Hicks, PLNC, 20:56. 9. Kyndra Smith, UCSD, 21:00. 10. Sara Best, PLNC, 21:08.

11. Maggie Dwire, UCSD, 21:23. 12. Jane Zimmerman, UCSD, 21:25. 13. Jamie Simpkins, PLNC, 21:31. 14. Thea Van Gordon, PLNC, 21:34. 15. Shannon Rogers, PEP, 21:35. 16. Miranda Maison, USD, 21:35. 17. Joanna Lee, USD, 21:36. 18. Colleen Lavery, SCU, 21:47. 19. Robyn Herskowitz, UCSD, 21:59. 20. Courtney Gray, UCSD, 22:08.

**Team Scores:** 1. St. Mary's College (23) 2. Point Loma Nazarene (49) 3. UC San Diego (71) 4. University San Diego (86) 5. Santa Clara University (125) 6. Pepperdine University (155) 7. Loyola Marymount DNF.

### Westmont Invitational

September 16, Santa Barbara.

#### Men-6000 Meters

1. Kevin Sturm (West) 20:22. 2. Phil Schoensee (SLDC) 20:29. 3. Paul Ashby (West) 20:46. 4. Jed Colvin (CLU) 20:49. 5.

Andy Morales (West) 21:04. 6. Sean McCormick (SLDC) 21:09. 7. Matt Pelaschini (West) 21:21. 8. Henry Hernandez (SLDC) 21:36. 9. Matt Novotny (Masters) 22:11. 10. Cory Stigle (CLU) 22:15.

**Team Scores:** 1. Westmont 29. 2. San Luis Distance Club 42. 3. Cal Tech 76. 4. Cal Lutheran 82. 5. Notre Dame 129. The Master's incomplete.

#### Women-5000

1. Caillin Henderson (CT) 20:37. 2. Janet Norem (SLDC) 20:47. 3. Amy Van Atta (CLU) 21:10. 4. Debbie Toste (ND) 21:29. 5. Mary Cooper (SLDC) 21:40. 6. Jennifer Wheelock (ND) 22:19. 7. Rebecca Redon (West) 22:24. 8. Christen Hamley (Masters) 22:27. 9. Janet Sun (CT) 22:30. 10. Amy Johnson (West) 22:50.

**Team Scores:** 1. Westmont College & San Luis Distance Club 54. 3. Cal Tech 71. 4. Notre Dame 73. 5. Cal Lutheran 86. The Master's incomplete.

### Bronco Invitational

September 23, Crystal Springs.

#### Men-8000 Meters

1. Pat Fear (Santa Clara) 26:49. 2. Dennis Gorsuch (Santa Clara) 27:12. 3. Mark Anderson (Santa Clara) 27:24. 4. Zane Nielsen (Creighton) 27:39. 5. John Suazo (Dominican) 27:41. 6. Nate Homan (Dominican) 27:42. 7. Kevin O'Connor (Creighton) 27:55. 8. Ryan McNelly (St. Mary's) 28:07. 9. James Cardoza (Santa Clara) 28:15. 10. Justin Whittall (Santa Clara) 28:27.

**Team Scores:** 1. Santa Clara 21. 2. Creighton 43. 3. St. Mary's 68. Dominican incomplete.

#### Women-4920 Meters

1. Cathy Christensen (un) 18:08. 2. Chrissy O'Brien (St. Mary's) 19:09. 3. Jennifer Michels (St. Mary's) 19:15. 4. Heather Iverson (St. Mary's) 19:41. 5. Molly Lawrence (St. Mary's) 19:42. 6. Amy Shiel (Creighton) 19:51. 7. Sarah Hey (San Jose St.) 19:57. 8. Carol Burns (San Jose St.) 20:03. 9. Stephanie Hovancik (St. Mary's) 20:21. 10. Leslie Asbury (San Jose St.) 20:30.

**Team Scores:** 1. St. Mary's 18. 2. San Jose State 43. 3. Creighton 63. 4. Santa Clara 112. Dominican & Menlo incomplete.

### Fresno Cross Country Invitational

September 23, Woodward Park, Fresno.

#### Men-5 Miles

1. Kipp Ortenburger (Fresno St) 25:17. 2. Bryan Dameworth (Future Track) 25:20. 3. Israel Pose (Fresno St) 25:22. 4. Derek Kite (Future Track) 25:23. 5. Brent Hauser (Stanford) 25:25. 6. Brad Hauser (Stanford) 25:26. 7. Nacho Flores (Fresno St)

# RESULTS



**KIPP ORTENBURGER**

Photo by Bill Leung, Jr./Geek Media

25:35, 8. Fernando Mendoza (Fresno St) 25:40, 9. Matt Nealon (Westmont) 25:44, 10. Ryan McCalmon (Stanford) 25:50, 11. James Long (Stanford) 25:50, 12. Rob Reeder (un) 25:56, 13. Chris Lundstrom (Stanford) 26:03, 14. Polo Duarte (Fresno St) 26:09, 15. Tim Domis (CPSLO) 26:11, 16. Curtis Alexander (Fresno St) 26:13, 17. Eben Robinson (Westmont) 26:29, 18. Zak Wright (Stanford) 26:42, 19. Gil Serrano (Stanford) 26:43, 20. Richey Shehadey (Fresno St) 26:44.

**Team Scores:** 1. Fresno State 32, 2. Stanford 44, 3. Future Track 83, 4. Cal Poly SLO 109, 5. Westmont 112, 6. Fresno Pacific 160.

## Women-5K

1. Angela Orefice (CPSLO) 17:33, 2. Danielle Nelson (Fresno St) 17:57, 3. Amanda White (un) 18:28, 4. Miriam Niednager (Westmont) 18:33, 5. Nikki Shaw (CPSLO) 18:34, 6. Melanie Hand (CPSLO) 18:42, 7. Lori Fancon (CPSLO) 18:44, 8. Jami Nelson (Nav Reno) 18:47, 9. Amber Robertson (CPSLO) 18:50, 10. Devon Moates (Fresno St) 18:50.

11. Rhonda Helse (Fresno Pacific) 18:52, 12. Liz Leigh-Wood (Fresno St) 19:03, 13. Claire Becker (CPSLO) 19:03, 14. Jennifer Lacovara (CPSLO) 19:05, 15. Gina Blanchard (CPSLO) 19:05, 16. Sarah Dawson

(Fresno St) 19:09, 17. Bryan Abby (Westmont) 19:19, 18. Laura Bevil (CPSLO) 19:26, 19. Amy Bergenske (Westmont) 19:26, 20. Annaka Gustafson (Westmont) 19:27.

**Team Scores:** 1. Cal Poly SLO 24, 2. Fresno State 54, 3. Westmont 73, 4. Nevada Reno 100, 5. Fresno Pacific 113.

## Riverside Invitational

September 23.

### Men-5 Mile

1. Gray (un) 24:41, 2. Dan Reed (UCR) 24:45, 3. Bahr Huesain (RivCC) 25:16, 4. Mark LaPlant (AsicsTW) 25:24, 5. Tyrus Deminter (Men of Troy) 25:29, 6. Jacques Salberg (CSLA) 25:38, 7. Will Allan (Occid) 25:47, 8. Ossie Servin (CS Stanislaus) 25:50, 9. John Koningh (PumaTC) 25:56, 10. Sean O'Hara (AsicsTW) 26:04.

11. Rick Herr (un) 26:07, 12. Kevin Borda (Grand Cyn U) 26:07, 13. Steve Nudge (UCR) 26:07, 14. Brian Godsey (CS Northridge) 26:12, 15. Brian Holmes (U of SC) 26:14, 16. Jesse Galvan (Yavapai) 26:15, 17. Ola Knutsson (U of SD) 26:18, 18. Pete Sturtevant (UCR) 26:19, 19. Jaime Bastidas (UCR) 26:24, 20. Javier Ramirez (CS North) 26:31.

21. Dave Olds (Asics TW) 26:33, 22. Augustus Harper (un) 26:37, 23. Jon Spano (Yavapai Coll) 26:37, 24. Calvin Goetz (Yavapai Coll) 26:37, 25. Roman Morales (CS Stanislaus) 26:44.

**Team Scores:** 1. UC Riverside 70, 2. Yavapai College 107, 3. Cal State Stanislaus 160, 4. Cal State LA 166, 5. Occidental 180, 6. Grand Canyon 186, 7. UC San Diego 251, 8. Cal State Northridge 254, 9. Claremont-Mudd 269, 10. Riverside CC 282.

### Women-5K

1. Emebet Shiferaw (USC) 18:25, 2. Lesley Noll-Mayne (Asics TW) 18:34, 3. Kristen Von Teuber (un) 18:35, 4. Annie Seawright (Asics TW) 18:53, 5. Michele Cox (U of SD) 19:03, 6. Autumn McManis (Grand Cyn U) 19:04, 7. Priscilla Boldt (Yavapai Coll) 19:09, 8. Tanja Brix (UC Irvine) 19:09, 9. Charlotte Mayock (Riv CC) 19:11, 10. Leticia Mora (USC) 19:15.

11. Stephanie Shideler (Pom-Pitz) 19:17, 12. Brenda Enderle (Grand Cyn) 19:19, 13. Lori Miller (CS Northridge) 19:22, 14. Adriana Lozano (USC) 19:23, 15. Jamie Whitmore (CS North) 19:24, 16. Zetta Daniel (Grand Cyn U) 19:25, 17. Louise Tench (Clare-Mudd) 19:25, 18. Jessica Graham (UCLA) 19:26, 19. Natalie Austin (Occid) 19:30, 20. Jennifer Stuart (Clare-Mudd) 19:36.

21. Christina Bjork (Pt. Loma Naz) 19:42, 22. Ellen Muench (CS North) 19:43, 23. Sara Valdez (UCI) 19:44, 24. Erica Greene (CS Stanislaus) 19:45, 25. Krystal Schindler-Pi (U of Redlands) 19:45.

## Road Racing

### Ocean Beach 5K & 10K

July 2, San Francisco.

#### Men-5K

**12&U:** 1. Matthew Johnson 28:17, 2. Kiyu Dayter 31:27, 3. Donnie Zahner 35:23, 13-19: 1. Brandon Weyandt 25:16, 2. Cody Stuckey 39:02, 3. Ryan Eddy 39:10, 20-29: 1. Gerardo Gasm 20:04, 2. Franklin Chang 21:27, 3. Aaron Levin 21:36, 30-39: 1. Nektarios Butterfield 21:02, 2. Ron Dorey 22:29, 3. Scott Fitzpatrick 22:55, 40-49: 1. Bob Cooper 19:05, 2. Arthur Morris 19:50, 3. Donald Lane 20:42, 50-59: 1. Robert Brauer 26:02, 2. Ernie Jahnke 27:45, 3. Dennis Lem 28:40, 60-69: 1. Gilman Jung 27:32, 2. Richard Loehner 45:07, 3. Paul Sindstrom 48:57, 70-79: 1. Howard Powers 31:35, 2. Ted Flagg 34:32, 3. John Guinee 35:28.

#### Women-5K

**12&U:** 1. Larisa Solozhuk 23:17, 2. Jennifer Drake 50:00, 3. Lauren Bockman 51:11, 13-19: 1. Laura Sandoval 21:41, 2. Monielle Schlueter 22:19, 3. Quo Judkins 23:17, 20-29: 1. Merri Green 22:16, 2. Linda Kurtyka 26:16, 3. Rebecca Owston 27:08, 30-39: 1. Laura Schmitt 21:13, 2. Brent Cyr 25:51, 3. Andrea Hood 27:57, 40-49: 1. Susan Wheeler 30:03, 2. JoAnn McGoff 30:07, 3. Vivian Ying 32:23, 50-59: 1. Pamela Horton 25:03, 2. BJ Empey 28:11, 3. Patricia Cadenasso 32:34, 60-69: 1. Barbara Robben 32:06, 2. Gloria Cauthorn 38:56, 3. Ruth Levitan 39:29.

#### Men-10K

**13-19:** 1. Tony Bullock 45:58, 2. Adam Delrio 47:57, 20-29: 1. John Hines 39:59, 2. David Loutzenheiser 41:31, 3. Rich Mandler 42:22, 30-39: 1. Aaron Pierson 34:50, 2. Michael Maguire 37:58, 3. James McLaren 40:01, 40-49: 1. Chris Davis 39:56, 2. Jim Lawson 40:22, 3. Robert Sobsey 42:35, 50-59: 1. Jerry Freid 46:38, 2. Paul Mosel, Sr. 48:40, 3. Paul Sporer 51:27, 60-69: 1. Lee Jones 51:10, 2. Big Al Kirkman 51:34, 3. Chris Harrigeld 51:37.

#### Women-10K

**20-29:** 1. Stacey Weinthal 47:46, 2. Leslie Asbury 48:38, 3. Jessica Lanning 49:59, 30-39: 1. Sissel Heber 42:47, 2. Beth Vitalis 47:08, 3. Barbara Wismer 49:06, 40-49: 1. Carol Bruton 51:52, 2. Melanie Mocini 52:26, 3. Evelyn Martinez 56:09, 50-59: 1. Nancie Bottmeyer 1:03:02, 2. Kathryn Von Blankenburg 1:16:32, 3. Margery Gray 1:27:06, 60-69: 1. Liese Rapozo 1:27:17, 70-79: 1. Judy Golding 1:17:27.

## America's Finest City Half Marathon & 5K

August 20, San Diego.

### Overall Results-1/2 Marathon Men

1. Driss Dacha (32) 1:05:11, 2. Kip Kimeli (28) 1:05:33, 3. Danny Reed (34) 1:06:08, 4. John Hill (27) 1:06:40, 5. Sean Berrin (24)

1:07:03, 6. Hector Lopez (28) 1:07:13, 7. Rey Flores (30) 1:08:25, 8. Gus Mojarr (32) 1:08:41, 9. Ed Holloway (26) 1:08:45, 10. Mark Gilmore (27) 1:08:59.

11. Filomeno Apodaca (29) 1:09:09, 12. Phil Vannette (37) 1:10:06, 13. Javier Zavala (23) 1:10:39, 14. David Adams (34) 1:10:40, 15. Liborio Nunuz (24) 1:10:57, 16. Chris Gilbert (25) 1:11:41, 17. Scott Long (30) 1:11:11, 18. Bill Ricketts (23) 1:11:41, 19. Rick Fenno (38) 1:11:56, 20. Jaime Bastidas (20) 1:12:11.

### Division Results-1/2 Marathon Men

**17 & U:** 1. Edgar Benitez (17) 1:16:32, 2. Brent Bolton (17) 1:16:46, 3. Jorge Soriano (17) 1:19:21, **18-24:** 1. Javier Zavala (23) 1:10:39, 2. Liborio Nunuz (24) 1:10:57, 3. Bill Ricketts (23) 1:11:41, **25-29:** 1. Hector Lopez (28) 1:07:13, 2. Ed Holloway (26) 1:08:45, 3. Mark Gilmore (27) 1:08:59, **30-34:** 1. Rey Flores (30) 1:08:25, 2. Gus Mojarr (32) 1:08:41, 3. David Adams (34) 1:10:40, **35-39:** 1. Phil Vannette (37) 1:10:06, 2. Rick Fenno (38) 1:11:56, 3. Joe Hope (37) 1:13:07, **40-44:** 1. San Halj (44) 1:13:18, 2. Sal Salmi (40) 1:14:53, 3. Tom Bulger (42) 1:16:25, **45-49:** 1. Donald Ocarina (46) 1:19:10, 2. Stephen Freiyas (45) 1:21:58, 3. Mike Patrick (47) 1:23:09, **50-54:** 1. Hal Goforth Jr (50) 1:19:56, 2. Juan Cabeza (51) 1:20:22, 3. Chuck Sorenson (52) 1:27:40, **55-59:** 1. Brent Pinder (51) 1:27:07, 2. Larry Barrett (57) 1:29:14, 3. Tom Morrow (56) 1:29:19, **60-64:** 1. B. Dodson (60) 1:27:57, 2. Ramon Sandoval (61) 1:34:58, 3. Warren Osborn (61) 1:36:50, **65-69:** 1. Patrick Devine (66) 1:34:04, 2. Francis Petracek (67) 1:40:55, 3. George McGaffigan (65) 1:44:59, **70-79:** 1. John Cahill (71) 1:35:56, 2. Jim O'Neil (70) 1:36:03, 3. Gary Kline (76) 1:40:42, **80 & O:** 1. Walt Kuetzing (83) 2:31:56.

### Overall Results-1/2 Marathon Women

1. Lisa Ondieki (35) 1:12:52, 2. Lynn Doering (30) 1:13:15, 3. Trina Painter (29) 1:14:55, 4. Maria Trujillo (35) 1:15:06, 5. Amber Anderson (27) 1:16:23, 6. Joy Smith (33) 1:17:13, 7. Milena Glusac (19) 1:17:40, 8. Teresa Barrios (28) 1:18:05, 9. Diane Bussa (34) 1:18:12, 10. Barb Acosta (37) 1:18:28.

11. Susie Stewart (25) 1:20:02, 12. Nancy Riedel (31) 1:20:26, 13. Katie Dusmair (29) 1:20:39, 14. Terry Adams-Schmidt (39) 1:21:08, 15. Mary Burns-Prine (37) 1:21:20, 16. Elise Rainbowstar (33) 1:22:35, 17. Diana Mortensen (29) 1:23:16, 18. Lisbet Engberg (31) 1:23:30, 19. Mary Button (35) 1:23:32, 20. Laura Sanchez (33) 1:23:36.

### Division Results-1/2 Marathon Women

**17 & U:** 1. Morgan Soule (12) 1:42:49, 2. Nancy Pinto (16) 1:42:57, 3. Rachel Tisher (17) 1:43:28, **18-24:** 1. Milena Glusac (19) 1:17:40, 2. Karen Caslo (24) 1:25:30, 3. Gabe Pichon (23) 1:26:19, **25-29:** 1. Teresa Barrios (28) 1:18:05, 2. Susie Stewart (25) 1:20:02, 3. Katie Dusmair (29) 1:20:39, **30-34:** 1. Joy Smith (33) 1:17:13, 2. Diane Bussa (34) 1:18:12, 3. Nancy Riedel (31) 1:20:26, **35-39:** 1. Barb Acosta (37) 1:18:28, 2. Terry Adams-Schmidt (39) 1:21:08, 3. Mary Burns-Prine (37) 1:21:20.

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# RESULTS

40-44: 1. Marina Jones (43) 1:24:21. 2. Elizabeth Edwards (41) 1:26:22. 3. Darlene Wallach (44) 1:26:45. 45-49: 1. Sandra Marshall (47) 1:32:30. 2. Julie Lister (48) 1:33:31. 3. Cyncl Calvin (49) 1:33:43. 50-54: 1. Dianne Rindt (50) 1:45:57. 2. Darlene Burns (51) 1:47:21. 3. Sandy madden (51) 1:49:07. 55-59: 1. Yvette Iavigne (55) 1:37:21. 2. Eileen Pae (55) 1:37:43. 3. Barbara Valstro (56) 1:47:22. 60-64: 1. Audrey Hauth (61) 2:12:18. 2. Amy Goldstein (62) 2:15:17. 3. Ruth Dundon (62) 2:16:38. 65-69: 1. Antoinette Hill (69) 2:02:04. 2. Doris Gordon (69) 2:13:35. 3. Trudy Pietrolungo (66) 2:31:37. 70-79: 1. Mary Storey (71) 2:06:55. 2. Dorothy Shumway (70) 2:24:50.

## Overall Results-5K Men

1. James Sheremeta (31) 15:20. 2. Jose Zavala (25) 15:48. 3. James Stephens (29) 16:18. 4. Mike Copean (18) 16:33. 5. Brandon Strong (16) 16:38. 6. John Asbury (33) 16:39. 7. Bill Dustong (35) 16:46. 8. Wallace Madden Jr (28) 16:59. 9. mark Actelli (37) 17:04. 10. Manuel Flores (14) 17:21.

11. James Harrell (27) 17:35. 12. Jon Landau (14) 17:38. 13. Rick Ellington (40) 17:41. 14. David Goehring (35) 17:42. 15. Joe Hinto (30) 17:52. 16. A Gonzalez-Pacheco (30) 17:52. 17. Juan Limon (23) 17:54. 18. Mathew Dos Santos (16) 18:03. 19. Paul Miller (33) 18:12. 20. Coria Edgar (14) 18:14.

## Division Results-5K Men

17 & U: 1. Brandon Strong (16) 16:38. 2. Manuel Flores (14) 17:21. 3. Jon Landau (14) 17:38. 18-24: 1. Mike Copean (18) 16:33. 2. Juan Limon (23) 17:54. 3. David Madrigal (23) 18:45. 25-29: 1. Jose Zavala (25) 15:48. 2. James Stephens (29) 16:18. 3. Wallace Madden Jr (28) 16:59. 30-34: 1. James Sheremeta (31) 15:10. 2. John Asbury (33) 16:39. 3. Joe Hinto (30) 17:52. 35-39: 1. Bill Dustong (35) 16:46. 2. Mark Actelli (37) 17:04. 3. David Goehring (35) 17:42. 40-44: 1. Rick Ellington (40) 17:41. 2. Dan Guillory (42) 18:24. 3. Patrick Leal (42) 18:43. 45-49: 1. Ron White (45) 18:38. 2. John Pappas (48) 19:45. 3. Michael Wilkes (49) 21:01. 50-54: 1. Dick Jones (53) 19:42. 2. Marshall Cheung (50) 22:38. 3. Frank Swayze (52) 24:54. 55-59: 1. Don Garsh (56) 20:20. 2. Melvin Jones (55) 24:20. 3. Richard Hubbard (59) 26:02. 60-64: 1. Earl Davis (60) 22:22. 2. Wayne Watson (63) 23:27. 3. Art Gonzales (60) 23:36. 65-69: 1. Jim Selby (67) 20:39. 2. Wayne Watson (63) 23:27. 3. Harry Cromer (65) 23:35. 70-79: 1. Wayne Zook (78) 27:09. 2. Bill Dietrich (75) 31:20. 3. Asato Nonaka (71) 55:56.

## Overall Results-5K Women

1. Marcella Teran (40) 18:15. 2. Julie Manson (13) 19:25. 3. Pamela Cole (49) 20:25. 4. Cindy Evans (43) 21:12. 5. Kerry Tabler (45) 21:15. 6. Kathy Loper (53) 21:21. 7. Angela Brittsan (38) 21:28. 8. Theresa Chwastek (22) 21:39. 9. Veronica Alvarez (26) 22:09. 10. Bonnie Harkins (54) 22:25. 11. Rosanne Pappas (52) 22:28. 12. Robin Smith (36) 22:34. 13. Katie Busser (30) 22:42. 14. Ros Lesane (32) 22:45. 15. Leticia Zavala (24) 23:09. 16. Christina Ahu-

mada (28) 23:11. 17. Esmeralda Cervantes (13) 23:11. 18. Sharon Taylor (36) 23:12. 19. Rosa Ortiz (35) 23:30. 20. Suzanne Chwastek (47) 23:32.

## Division Results-5K Women

17 & U: 1. Julie Manson (13) 19:25. 2. Esmeralda Cervantes (13) 23:11. 3. Lisa Fernandez (15) 23:58. 18-24: 1. Teresa Chwastek (22) 21:39. 2. Leticia Zavala (24) 23:09. 3. Marisa McGrath (24) 23:38. 25-29: 1. Veronica Alvarez (26) 22:09. 2. Christina Ahumada (28) 23:11. 3. Laura Yoerns (27) 24:23. 30-34: 1. Katie Busser (30) 22:42. 2. Ros Lesane (32) 22:45. 3. Fiona Vaughan-Russell (30) 24:05. 35-39: 1. Angela Brittsan (38) 21:28. 2. Robin Smith (36) 22:34. 3. Sharon Taylor (36) 23:12. 40-44: 1. Marcella Teran (40) 18:15. 2. Cindy Evans (43) 21:12. 3. Maggie Uribe (40) 24:33. 45-49: 1. Pamela Cole (49) 20:25. 2. Kerry Tabler (45) 21:15. 3. Suzanne Chwastek (47) 23:32. 50-54: 1. Kathy Loper (53) 21:21. 2. Bonnie Harkins (54) 22:25. 3. Rosanne Pappas (52) 22:28. 55-59: 1. Sheila Swartz (55) 30:24. 2. Dorita Kirchick (58) 33:07. 3. Yoko Tamitha (55) 36:39. 60-64: 1. Chris Cromer (63) 25:09. 2. Annette Kilgariff (60) 33:02. 3. Shirley Mueller (64) 35:49. 65-69: 1. Cleofas Ramirez (68) 24:59. 2. Jackie Delbaugh (67) 35:33. 3. Dina Keppeler (67) 41:02. 70-79: 1. Julie Myers (77) 30:12. 2. Leonor Flores (72) 32:41. 3. Judy Simon (79) 33:17.

## Florentine's T.G.I.F. 5K and 10K Run

August 25, Palo Alto.

### Overall Results-10K Men

1. Enrique Henriquez (30) 34:11. 2. Larry Hyde (13) 35:05. 3. Steve Scholz (30) 35:49.

### Division Results-10K Men

13-18: 1. Enrique Henriquez (13) 35:05. 19-24: 1. Paul Davis (19) 36:54. 25-29: 1. Timmy Reif (25) 36:24. 2. David Hauri (25) 41:20. 3. Roland James (25) 42:29. 30-34: 1. Russ un (30) 34:11. 2. Steve Scholz (30) 35:49. 3. Curtis Sukut (30) 40:38. 35-39: 1. Craig Whicharo (35) 37:34. 2. Michael Brandl (35) 40:51. 3. Walter Alvey (35) 42:14. 40-44: 1. Larry Hyde (40) 35:14. 2. Neil Gebium (40) 37:48. 3. Don Jedlovac (40) 38:12. 45-49: 1. Martin Bernstein (45) 37:33. 2. Steve Joynes (45) 41:31. 3. Stan Yasuhara (45). 50-54: 1. Jerry Yaffee (50) 42:10. 2. Roger Quimby (50) 47:33. 3. Brian Low (50) 49:47. 55-59: 1. Bob Feldman (55) 44:05. 2. Martin Carnoy (55) 50:57. 3. Jim Kaulfeld (55) 56:26. 60-69: 1. Chris Harrigfield (60) 48:37. 2. Ed Reyna (60) 50:59. 3. Eugene Moore (60) 52:14.

### Overall Results-10K Women

1. Cathy Christensen (25) 38:50. 2. Peggy Lavelle (30) 39:48. 3. Dee Gray (35) 42:15.

### Division Results-10K Women

13-18: 1. Rachel Mosher (13) 43:54. 2. Jennie Weing (13) 44:00. 3. April Kihara (13) 45:56. 19-24: 1. Michelle Ruiz (19) 42:57. 2. Allison Reif (19) 43:02. 3. Kimberly Van Kuran (19) 45:18. 25-29: 1. Cathy Christensen (25) 38:50. 2. Sheri Dister (25) 45:27. 3.

Kelly Leal (25) 48:31. 30-34: 1. Peggy Lavelle (30) 39:48. 2. Karen Anderson (30) 42:33. 3. Teresa Quan (30) 44:12. 35-39: 1. Dee Gray (35) 42:15. 2. Mary Massee (35) 45:39. 3. Peggy Alfred (35) 45:44. 40-44: 1. Donna Troyna (40) 43:20. 2. Pauline Harper (40) 51:16. 3. Linda Chin-Wong (40) 53:07. 45-49: 1. Nancy Rusch (45) 46:43. 2. Janice O'Grady (45) 47:27. 3. Inga Bellamy (45) 49:19. 50-54: 1. Bonnie Burns (50) 46:45. 2. Julia Yaffee (50) 47:33. 3. Karin Bivens (50) 51:02. 55-59: 1. Carol Halter (55) 56:28. 60-69: 1. Marina Riva Flores (60) 56:46.

### Overall Results-5K Men

1. Jonathan Stevens (13) 16:20. 2. Adam Kemist (19) 16:21. 3. Ole Agesen (25) 16:31. 4. Stephen Beebe (25) 16:33.

### Division Results-5K Men

13-18: 1. Jonathan Stevens (13) 16:20. 2. Andrew Atkins (13) 18:53. 3. Yoshiro Nakajima (13) 20:49. 20-24: 1. Adam Kemist (19) 16:21. 2. Andy Beugen (19) 17:59. 3. David Noland (19) 18:21. 25-29: 1. Ole Agesen (25) 16:31. 2. Stephen Beebe (25) 16:33. 3. Gary Gellin (25) 17:01. 30-34: 1. Amol Saxena (30) 16:52. 2. Manuel Morales (30) 17:36. 3. David Connolly (30) 18:36. 35-39: 1. Paul Skolowski (35) 17:21. 2. Ray Russell (35) 17:34. 3. Thanos Etme-kizoglou (35) 17:43. 40-44: 1. Gilbert Uresti (40) 17:16. 2. Jim Bordon (40) 17:39. 3. Mark Medearis (40) 18:18. 45-49: 1. Jim Gorman (45) 16:35. 2. Bill Dunn (45) 17:03. 3. Danny Moon (45) 17:58. 50-54: 1. Bill Clark (50) 18:16. 2. Dick Chimenti (50) 18:39. 3. Jerry Goodwin (50) 18:43. 55-59: 1. Karl Misner (55) 19:50. 2. Charles Cassell (55) 21:13. 3. Bob Lord (55) 21:15. 60-69: 1. Norman Sadedy (60) 20:00. 2. Gerry Czamske (60) 21:26. 3. Marion Carter (60) 22:38. 70 & O: 1. Stan Demartinis (70) 25:08. 2. Howard Powers (70) 25:28. 3. David Cole (70) 27:35.

### Overall Results-5K Women

1. Becki (25) 18:08. 2. Ellen Lyons (30) 18:31. 3. Ashley Holt (13) 19:14. 4. Michelle McCullough (30) 19:31.

### Division Results-5K Women

12 & U: 1. Nicola Wood (12) 24:28. 2. Caroline White, time un. 13-18: 1. Ashley Holt (13) 19:14. 2. Michelle Kiyono (13) 19:48. 3. Melody Page (13) 21:17. 19-24: 1. Christina Cribbs (19) 24:38. 2. Leslie Okeefe (19) 26:35. 3. Debra Sagan (19) 29:51. 25-29: 1. Becki Driega (25) 18:08. 2. Leslie Westbrook (25) 20:42. 3. Amy Fovel (25) 21:38. 30-34: 1. Ellen Lyons (30) 18:31. 2. Michelle McCullough (30) 19:32. 3. Julie Giacomini (30) 19:39. 35-39: 1. Marian Richard (35) 20:55. 2. Constance Cummings (35) 24:53. 3. Carolyn Mar (35) 26:25. 40-44: 1. Sue Francis (40) 20:12. 2. Joann Dahlkoetter (40) 20:19. 3. Maureen Whalen (40) 25:53. 45-49: 1. Sandy Sanchez (45) 21:43. 2. Betty Root (45) 24:01. 3. Ellen Clark (45) 24:19. 50-54: 1. Georgia Riley (50) 22:49. 2. Madelyn Moon (40) 23:15. 3. Jan Hafner (50) 24:35. 55-59: 1. Sylvia Hughes (55) 25:36. 2. Joan Masul (55) 27:27. 3. Margaret Rosenberg (55) 27:38. 60-69: 1. Roberta Carlson (60) 27:02. 2. Dot Weinstock (60) 29:08. 3. Annie Sievert, time un.

## Hood To Coast Relay

August 25-27, Portland, Oregon  
Division Results-Men

Men's Elite: 1. Team Nike/Mambu Baddu. 15:44. 2. Rolling Thunder. 16:46. 3. Bucknell Alumni Team. (CA) 16:55. Open: 1. Deand On Arrival. 18:39. 2. Kansas City Northland Runners. 18:59. 3. Dirty Half Dozen +6. 19:02. 4. Santa Cruz Track Club Too (CA) 19:46. 5. The High Hard Ones. 19:53. 6. House Of Pain (CA) 20:26.

18. Hophead Harriers (CA) 21:53. 21. Mojo: Not Just a Name, a Concept (CA) 22:19. 31. de Broglie (CA) 23:10. 42. Dox and Jox (CA) 23:39. 47. Bay Area Bombers (CA) 23:42. 120. The Hood VII (CA) 26:04. Submasters: 1. Runnin'Woodies. 17:38. 2. DSE Hares (CA) 18:58. 6. Team Runners High (CA) 20:44. 17. Sleepless in Portland (CA) 24:24.

30. Alamo Crazies (CA) 25:24. 31. The 24 Feet Above Sea Level Team (CA) 25:26. 39. Baylands BaBushkas (CA) 26:12. 43. Duck Brothers (CA) 26:32. 46. Team Chaudoin (CA) 26:53. Masters: 1. Pace Setter Blast From The Past. 19:40. Corp. Men's Open: 1. Nike Sprinter. 18:05. 44. The Runz (CA) 24:53. 67. Team Chevron-California Crawlers (CA) 25:19.

92. Coasties 'N The Hood (CA) 26:22. 106. Semi Conscious (CA) 26:41. 143. Hood to Hawaii Biathlon Team (CA) 27:55.

### Division Results-Women

Open: 1. Rolling Thunder II. 19:04. 6. Santa Cruz Track Club (CA) 25:07. Submasters: 1. Beyond Tualatin. 26:54. Masters: 1. Wild Women Do. 23:30. Corp. Women's Open: 1. Not Tonight Honey...I'm Running. 25:06. Mixed Open: 1. Nike Team Swoosh. 19:22. 6. Asick/Power Bar Team (CA) 20:29. 14. Palo Alto Ruckin' Runners (CA) 22:53. 20. Stanford Masters Fish Out Of Water (CA) 23:39. 32. The Golden Galters (CA) 24:29. 147. What Were We Thinking? (CA) 26:50. 153. Baylands FunRunners (CA) 28:58. 171. Pony's Express (CA) 30:28. Mixed Submasters: 1. Alpine Crabs. 21:24. 2. Rain Runners. 22:13. 3. Baylands FrontRunners (CA) 22:24. 4. Hurling To The Coast (CA) 23:03. 19. Baylands Bucks'r Babes (CA) 25:53. 28. DSE Tortoises (CA) 26:35. 35. Is 8 Crazies Enough? (CA) 27:31. 36. Team Motrin (CA) 27:33. Mixed Masters: 1. The Team. 22:09. 38. The California Casualties (CA) 27:08.

## Avila 5K

August 26, Avila

Ivan Huff of San Luis Obispo outran 1994 winner Brent Griffiths of Morro Bay and Janel Davolina finished ahead of 1994 women's champ Angela Orefice of Cal Poly as both were winners at the Avila Pier 5K run held Saturday in Avila Beach. Huff, a former Cal Poly runner and Olympic Trials Marathon qualifier, was timed in 14:45 to finish 8 seconds ahead of Griffiths with Joe Rubio third. Huff had won the Pozo 5K earlier this summer. Davolina, winner of the Women's Distance Festival race in San Luis Obispo a week earlier, finished 16th overall in

# RESULTS

17:10. The race had 192 finishers and served as a fund raiser for the San Luis Obispo HS cross country teams.

## Overall Results-5K

1. Ivan Huff (36) 14:45. Brent Griffiths (320) 14:53. 3. Joe Rubio (310) 15:33. 4. Ronnie Buchanan (16) 15:58. 5. Sean McCormick (31) 16:13. 6. Frank Hutchinson (42) 16:18. 7. Avery Blackwell (16) 16:19. 8. Henry Hernandez (41) 16:42. 9. Carmelo Rios (35) 16:32. 10. Paul Lee (34) 16:44. 11. Garth Wilwand (31) 16:48. 12. Brian King (28) 16:55. 13. Jim Hartig (41) 17:02. 14. Kevin Cooper (36) 17:06. 15. Vernon Sallaz (36) 17:06. 16. Janell Dovolina (26F) 17:10. 17. Brain Waterbury (47) 17:12. 18. Angela Orefice (20F) 17:18. 19. Joe Bergquist (310) 17:23. 20. Louie Quintana (42) 17:42. 21. Ken Hammond (31) 17:31. 22. Lance Pate (17) 17:32. 23. Bruce Phinney (35) 17:36. 24. Joe Jr. Morris (16) 17:46. 25. R.O. Delgado (39) 17:47. 43. Lori Fancon (19F) 18:23. 47. Janet Norem (38F) 18:38. 68. Mary Cooper (38F) 19:54. 73. Jennifer Rubio (26F) 19:54. 76. Catherine Arnold (35F) 20:20. 79. Kim Schoensee (31F) 20:28. 84. Dana Tryde (39F) 20:40. 87. Karen Gorton (33F) 20:52.



JANNEL DAVOLINA

Photo by Vikki Waterbury



IVAN HUFF

Photo by Vikki Waterbury

team was lead by veteran Andy Assereto and included strong support of our other veteran runners: Brendan O'Leary, Brett Evar, Bill Posedel, and J. Louis Ramirez. Ramirez has been a strong supporter of many of our teams, however, this is his first time to be among the top five in the Hook & Ladder 10K. Congratulations to all of the fine runners of the San Francisco Fire Department.

## Overall Results-10K

1. Steve Isbel (23) 30:27. 2. Dan Mancini (31) 32:26. 3. Jake Furber (28) 32:29. 4. Marc Ziblat (32) 32:44. 5. Jeff Mello (un) 33:20. 6. Sal Vasques (55) 33:21. 7. Scott Dash (16) 34:14. 8. Jose Lizarraga (34) 34:47. 9. Michael Maguire (32) 34:56. 10. And. Chan (24) DSE, 35:17. 11. Jake Candelana (39) 35:27. 12. Pat DeVaney (40) 35:34. 13. Paul Crew (29) 35:38. 14. John Hirschberger (43) 35:42. 15. Sandro Soler (17) 35:48. 16. Lynn Nelson (33f) 35:59. 17. John Norris (44) 36:24. 18. Wayne Linse (38) 36:25. 19. Jerry Lee (17) DSE, 36:31. 20. Alex (17) 36:36.

21. Allen Bogdanoff (27) SFFD, 36:57. 22. Turkey, un. 23. Michael Becher (37) 37:10. 24. Paul Cioi (16) EPSIL, 37:17. 25. John Kammeyer (30) DCFD, 37:24. 26. Mark Anderson (25) 37:26. 27. Jim Lawson (22) 37:51. 28. Hans Williams (32) 38:28. 29. Franklin Chang (30) 39:30. 30. Thomas Nichol (43) 38:37.

31. Andy Assereto (42) SFFD, 38:41. 32. Antonio Rojas (32) 38:48. 33. Tom Riedel (48) 38:53. 34. Gary Bluth (46) 38:55. 35. John Kruse (34) 38:57. 36. Devon McMahon (16) Hart, 39:02. 37. Trevon C. Wisor (15) Hart, 39:02. 38. Eric Peatman (13) Hart, 39:03. 39. Garrett Peyton (15) Hart, 39:06. 40. Bryce St John (13) 39:11.

56. Joanne Dahlkoetter (41f) 40:41. 74. Yvonne Coady (32f) 41:39. 80. Susanne Rundberg (34f) 42:03. 95. Lourdes Livingston (41f) 43:14. 104. Jennifer Blackburn (18f) 43:36.

## Division Results-10K Men

18 & U: 1. Scott Dash 34:14. 19 & U: Steve Isbel, 30:27. 2. Dan Mancini, 32:26. 3. Jake Furber, 32:29. 4. Marc Ziblat, 32:44. 5. Jeff Mello, 33:20. 40-49: 1. Pat DeVaney, 35:34. 2. John Hirschberger, 35:42. 3. John Norris, 36:24. 50-59: 1. Sal Vasques, 33:21. 2. Rick Kell, 39:35. 3. Theo Jones, 40:26. 60 & O: 1. Pat Gunneer, 44:18.

Fire-Police: 39 & U: 1. Allen Bogdanoff (AFFD) 36:57. 40-49: 1. Andy Assereto (SFFD) 38:41. 50 & O: 1. Bill Posedel (SFFD) 42:03.

## Division Results-10K Women

18 & U: 1. Jennifer Blackburn, 43:36. 19-39: 1. Lynn Nelson, 35:59. 2. Yvonne Coady, 41:39. 3. Susanne Rundberg, 42:03. 4. Elaine Mah, 44:33. 40-49: 1. Joanne Dahlkoetter, 40:41. 2. Lourdes Livingston, 43:14. 3. Susan Riedel, 45:13. 50-59: 1. Jessie-Lea Hayes, 46:18. 60 & O: 1. Marty Maricle, 56:08.

## Shout on the Green 5K

August 26, Pleasant Hill

### Division Results-5K Men

Overall: 1. Joe Menchaca, 18:31. 19 & U: 1. Joe Menchaca, 18:13. 2. Josh Wilson, 19:03. 3. Zack Sampson, 19:49. 20-29: 1. Giovanni Morfin, 21:15. 2. Samuel Huber, 23:37. 3. Andrew Morrell, 23:54. 30-39: 1. Kevin Cubillas, 18:31. 2. Rick Cordes, 18:34. 3. Tim Deenan, 18:37. 40-49: 1. Robert Hardy, 18:18. 2. Bob Hermens, 20:30. 3. Scott, Smith, 20:43. 50-59: 1. Fred Martin, 21:20. 2. Rolf Nebelung, 21:30. 3. Mike Ishikawa, 22:37. 60-69: 1. Bryan Holmes, 23:11. 2. Eugene Ross, 26:54. 70 & O: 1. Lawrence Villaforte, 36:45. 2. Hans Beetz, 37:39.

### Division Results-5K Women

Overall: 1. Amber Robinson, 19:54. 19 & U: 1. Amber Robinson, 19:54. 2. Shannan Mathre, 22:09. 3. Elizabeth Berloye, 22:51. 20-29: 1. Jennifer Cubillas, 19:59. 2. Catherine Wraa, 25:40. 3. Kelly Campbell, 26:16. 30-39: 1. Ann Dethloff, 22:50. 2. Mary Walsh, 25:21. 3. Theresa Conroy, 28:12. 40-49: 1. Phyllis Miller, 25:49. 2. Joan Linn, 27:05. 3. Marian Wetzel, 27:42. 50-59: 1. Lexie Fry, 36:04. 2. Carol Miller, 43:21.

## Hook & Ladder 10K

August 27, San Francisco.

The seventeenth annual Hook & Ladder 10K race was held in excellent racing conditions. The weather was overcast, in the low 60's with modest westerly winds. The course had been properly prepared by Calvin Fong who marked the course, and Mike Belcher's team (Dean Litchfield, Pat Magee, etc.) which coned the entire course to insure the runners' safety.

At 9:00 am the runners were poised at the start line. After brief race acknowledg-

ments and instructions, Chief Arthur Kenny was introduced. He immediately gave the race command and triggered three rounds, one of which fired, and the runner's were off.

Prior to the first mile, Steve Isbel established a commanding lead. Steve's first mile time was 4:46--an amazing pace. Lead bicyclist, Jim Batz, noted that Isbel looked strong and did not look back for any challengers.

Steve continued at his blistering pace and won the race handily (by nearly two minutes) in 30:27. His time averaged 4:54.7 per mile over the 6.2 mile course. Steve's winning time is the third fastest time recorded on the Hook & Ladder course. The course record holder, Steve Ortiz, bettered the winning time twice in 1983 and again in 1984.

Dan Mancini and Jake Furber, Hoy Sprot's teammates, ran together for most of the race. Dan pull away during the last mile to capture second place over Jake by three seconds. Marc Ziblat trailed shortly behind his teammates, and finished fifteen seconds behind Furber.

The first woman, Lynn Nelson, was a 1988 US Olympian. Lynn won her division by a wide margin in the time of 35:59 finishing 16th overall. It is my understanding that Lynn has recently started her preparations for the 1996 women's olympic trials.

Sal Vasques had another great race on the Hook & Ladder course. Sal finished sixth overall in 33:21 and was the first Master (over 40) and Grand Master (over 50). Sal's time, 33:21 (5:22.7 minutes per mile), is within ten seconds of his course record of 33:11 for the 50-59 age division which he set five years ago when he first turned 50, and is one second faster than his last year's time. In general, the cooler temperature of this year's race contributed to many faster

times; however, in Sal's case, living in the much warmer climate of Suisun he was definitely heat adapted.

Scott Dash from Hart High School won the male 18 and under division. Scott had an excellent time of 34:14 and should have an excellent cross country season this coming Fall. Scott was joined by 71 teammates who journeyed from Newhall and Valencia, California to run in the Hook & Ladder 10K.

Pat DeVaney (35:34) edged John Hirschberger by eight seconds to win the male master division. In the woman's master division, Joanne Dahlkoetter breezed to victory by two minutes and thirty-three seconds.

Jessie-Lea Hayes was the winner in the women's Grand Master division (50-59) with a time of 46:18. Daly City firefighter, Pat Gunneer, was first in the male 60+ division with a time of 44:18. Pamakid Marty Maricle was the first woman in the 60+ division.

Fire-Police, Allen Bogdanoff (Station 3) was this year's winner of the Fire-Police open male division. Allen, a 27 year-old probationary firefighter, has shown a great deal of improvement this year, and pounded out a 27 second margin of victory over Daly City firefighter, John Kammeyer.

Following Kammeyer was Andy Assereto in 38:41, who captured first place in the Fire-Police Master's division. Andy was followed by Brendan O'Leary who place second in the Fire-Police division. SFFD firefighter, Bill Posedel was the first Grand Master with a time of 42:03.

SFFD Teams Continue To Win. Once again SFFD runners dominated in the Fire-Police divisions. The open (under 40) team, lead by Bogdanoff, included Dean Litchfield, Vince Perez, John Danner, and Ron Lewin. Litchfield is the only veteran of previous winning Hook & Ladder Open teams. The Master



**Saturday, Oct. 21, 95.** SPONSORED BY RENO GAZETTE-JOURNAL

**8K Run, Jog & Walk**

All proceeds benefit the Lend-A-Hand Foundation. For more information call 702 324 0225 Code 1564

**PACKET PICK-UP:** Complete Journal Jog race packets may be picked up Friday, Oct. 20 from 5:45 p.m. - 8:30 p.m. in the rear west parking lot at the Peppermill Hotel/Casino or on Saturday Oct 21, 1995 from 7:30 a.m. - 8:30 a.m. at Glenn Hare Occupational Center, 350 Hunter Dr. Reno.

**FREE PASTA FEED:** Registration entitles runners to a free pasta feed Friday, Oct. 20 from 6:00 p.m. to 8:30 p.m. in the 2nd floor convention center, at the Peppermill. Tickets will be available for non-runners at the door. (\$11.00 for adults and \$7.00 for children)

**ENTRY FEE:** \$15.00 **DEADLINE:** October 13, 1995, 5 pm.

**AFTER DEADLINE ENTRY FEE:** \$20.00 until the FINAL DEADLINE, Tuesday, Oct. 17, 1995. Entries received after the final deadline will not be accepted. No race day registration or entry changes.

**START TIMES:** \* Sub 35 minute race will begin at 8:30 a.m. \* Stroller/wheelchair race will begin at 9:10 a.m. \* All other categories will begin at 9:15 a.m.

**AGE GROUPS/JOGGERS:** 1 - 9, 10 - 14, 15 - 18, 19 - 25, 26 - 35, 36 - 45, 46 - 55, 56 - 61, 62 - 69, 70+ **WALKERS:** 1 - 14, 15 - 35, 36 - 55, 56+

New this year! Race day packet pick-up and awards ceremony to take place at Glenn Hare Occupational Center, 350 Hunter Lake Dr.

**PRIZE /MEDALS:** The mission of the Journal Jog has always been to bring a fun and healthy event to the community. In conjunction with generating funds for the Lend-a-Hand Foundation, a non-profit organization helping northern Nevada's in need. In keeping with this fundraising goal, Journal Jog will no longer be awarding prize money. All entrants will receive a free Journal Jog T-shirt and complimentary pasta feed the night prior to the Journal Jog.

Medals will be awarded in the sub 35 minute race on an individual basis only, by gender and age category (1st-3rd).

In the 9:10 am and 9:15 am races, medals will be awarded to the top three finishers of each age category (male & female). Categories or teams with multiple runners will be awarded 1st - 3rd prizes with no age or gender breakdowns.

**ACCOMODATIONS:** For room reservations, call the Flamingo Hilton Reno Hotel/Casino at 1-800-638-4882.

Co-sponsor:

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# RENO GAZETTE-JOURNAL JOG ENTRY FORM

Please print clearly with pen

First Name

Last Name

Address

City  State

Zip  Phone

Age  Sex ☐ M ☐ F ☐ T-Shirt Size ☐ S ☐ M ☐ L ☐ XL

**Entry Fee:** July 21, thru Oct 13, 1995, 5 pm.: \$15. (\$20.00 per person if registering between Oct 14, thru Oct 17). Please make checks payable to Lend-A-Hand.  
No entries will be accepted after 5:00 p.m. October 17, 1995

**TEAM AND PAIR ENTRIES:** Each member must submit an entry form and \$15.00 (\$20.00 per person if registering between Oct 14, thru Oct 17). All team and pair entries must be submitted together!

**Team Name**

(Parent or guardian must sign waiver below for stroller occupant.)

**STROLLER ENTRIES:** One entry form needed, one T-shirt and one race bib will be distributed. Parent or guardian must sign waiver for stroller occupant.

**Stroller Name**

## CATEGORIES (Select Only One)

☐ Sub 35 minutes ☐ Husband & Wife ☐ Pair

☐ Individual Jog ☐ Corporate Team (3 or more) ☐ Mother/Son

☐ Individual Walk ☐ Family (3 or more) ☐ Father/Son

☐ Mother/Daughter ☐ Over 200 lbs. ☐ Stroller

☐ Father/Daughter ☐ DJ/KRZQ ☐ Wheelchair

## WAIVER (MUST BE SIGNED BY ALL ENTRANTS)

In consideration of accepting this entry, I, depending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Reno Gazette-Journal, Lend-A-Hand, Reno Family YMCA, City of Reno, Glenn Hare Occupational Center, Washoe County School District and any of their officials and representatives for any and all injuries suffered by me in the Reno Gazette-Journal Jog, including liability while traveling to and from Reno and the event. I understand participation in the Gazette-Journal Jog constitutes permission for Reno Newspapers Inc. to use my name and/or photographs in publicity.

Entrant Signature  Date

**Applicants Under 18:** I, the undersigned parent or legal guardian does hereby represent that I am in fact acting in such capacity and agree to hold all liability, loss, claims or damage whatsoever.

Guardian Signature  Date

(Parent or Legal Guardian)

**Absolutely no race day registration or entry changes.**

**Make checks payable to:** Lend-A-Hand Foundation  
**Mail to:** Reno Gazette-Journal Jog, P.O. Box 22000, Reno, Nevada 89520.