

PACIFIC *Athlete*



Pacific Association of USA Track & Field

November-December, 1994 • \$2

Track and Field, Long Distance Running, and Racewalking in Northern California and Northern Nevada

Fast Times, Good Crowds at the PA Cross Country Grand Prix

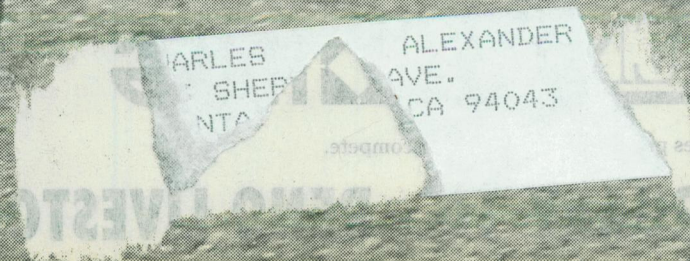
*15-year-old Julia Stamps (left)
races to a win and a new
course record at UC Davis*

*Matthews sets American
Record in 5 km Race Walk*

**Ultra Grand Prix Off
to a Fast Start**

*1995 Membership Form
Inside. Time to rejoin!*

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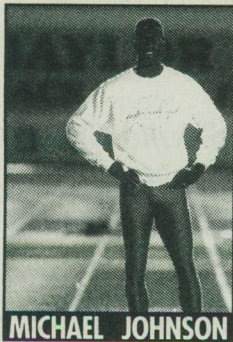
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Track & Field Games. Reno is one of five cities, and the only West Coast



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track & field meet will



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Livestock Events Center. For room reservations and event

information call 800-FOR-RENO.



Athletes pictured are scheduled to compete.

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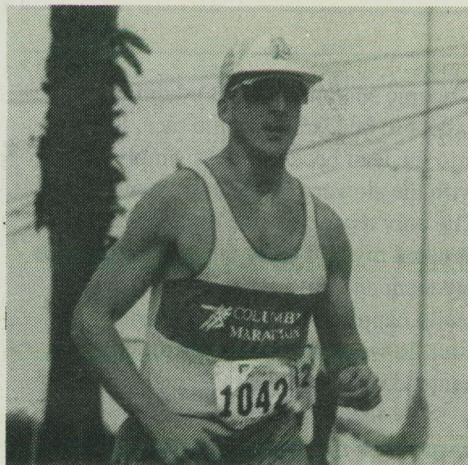
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The Pacific Association annual dues are \$12. Membership expires Dec. 31 of each year. Send checks for \$12, payable to The Pacific Association, with name, address, date-of-birth, phone number, and area of interest (track & field, racewalking, or long distance running) and club name (if known) to: Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630.

Letter from the Editor

The intensity of the current Pacific Association Cross Country Grand Prix is captured by the Empire Club's Mike Weddington on pages 12-13. Hollis Lenderking captures the drama of the start of the Ultra Grand Prix circuit with coverage of three events on page 19. The



Doug Thurston, Editor

LDR/Road Racing Grand Prix coverage continues with the Cox Cable Run for Goodwill, pps. 6-7, the Silver State 15 km, page 8, Bayside Technology 8 km, page 9, and the Humboldt Redwoods 1/2-marathon on page 22.

Congratulations to walker Jonathon Matthews on his American record 5 km. A race walking update is on pps. 16-17.

Today's young stars can become tomorrow's record holders. Long-distance running fans have heard of the accomplishments of young Julia Stamps of Santa Rosa, who is pictured on the cover. In two recent cross country meets, she handily defeated both the college and open runners. Age group track and field fans can identify with the Association's national champion sprinters, hurdlers, and throwers profiled on page five.

Editing a magazine can sometimes be a lonely job. After the publication is mailed, you're not sure how many people will read the magazine. The letter exchange between Barb Acosta and Florry Rodd, however, confirmed that the magazine is often read in great detail. See the point-counterpoint on page 4.

Your USA Track & Field membership is based on a calendar year. Please use the form below to renew your USATF membership for 1995.

Corrections:

In the September/October issue, Mike Sullivan was listed as author of the Mother Lode Mile article. That race account was written by Flory Rodd.

At the Association Junior Olympic Championships in San Jose, Jodi Nickolopoulos was omitted from the Youth Girls 800 meter results. Jodi won that competition in 2:22.6.

1995 USA Track & Field Membership Form

Use the form below to join USA Track & Field for 1995. Membership runs from Nov. 1, 1994 to Dec. 31, 1995. The fee for individual membership is \$12.

Associate Memberships are available for officials or other friends of the Association who do not compete in events. The fee is \$12 per year.

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ATHLETE'S
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Disneyland Plans Marathon and 5 km for March 26, 1995

The first **Disneyland Marathon and 5 km** on March 26, 1995, will feature a unique two-loop course with a start and finish at Southern California's famous theme park. The flat and fast Marathon course will run throughout Disneyland and by the Arrowhead Pond, home to the Mighty Ducks of the NHL, and Anaheim Stadium, home to the Los Angeles Rams and the California Angels.

Entries are limited. Make plans now to be a part of this unique, historic race. Contact the Pacific Association for more information, (916) 983-4622.

Letters to the Editor

Dear Editor:

I am writing to protest the comments made by Flory Rodd (*mistakenly credited to Mike Sullivan -ed.*) in an article on the Mother Lode Mile in the September-October issue of *Pacific Athlete*, page 11. I was quite insulted by Flory's assumptions about the turn around point in the race.

In fact, the race official did a poor job of describing the turn around point. He said to make sure you "run to the cones on the far right, then swing very wide to the cones on the left."

Leading the race before the turn around, I spotted cones in the center of the road (with a guy standing looking at the ground—he never even looked up at me), as well as cones way over on the right and cones way over on the left. What I didn't realize in my split-second decision was that these two sets of cones were simply blocking traffic.

I followed the race official's description, instead of my own instinct. Other runners were aware that the guy at the turn-around point was not giving any directions, like waving his hand or signaling to turn. That is why Jeannie Sapienza declared that I should have won.

I didn't really care who won, but I was frustrated by the coordination at the turn around. I told the race official at the finish line that he should have said, "turn around the cones in the center of the road, keeping always to the right of them."

You may ask, why did you not check out the course? Well, thinking I was tired from a PR marathon only a week before (and the high of qualifying for the

Olympic Marathon Trials), I did not expect to be leading a mile race. I moved into the lead because I was simply bored with the slower pace that was set initially. The only reason I came to the race and donated my \$20 entry fee was to run with my team and have a good time. I was really happy that my friend Maria Trujillo won and I did not protest or contend who won the race.

My feelings are that Flory should have called me for my understanding of what happened. I am a well-known runner in the Bay area and have received a number of phone calls about the article. To put it mildly, most people were not impressed with Flory's comments. The PA/USATF doesn't make friends when it insults one of the most talented and well-liked runners.

No matter what the circumstances of the race and the outcome, nobody likes to be cut down for not performing (no matter what kind of mistake occurred). I have made a decision not to compete in the PA/USATF circuit next year and probably beyond. There are plenty of other races to run. As a general rule, if you're not going to say anything nice about someone, don't say it.

Barb Acosta

Dear Editor:

This is in response to the letter forwarded to you from Barb Acosta writing in protest to the comments by the "Mike Sullivan" article in the September-October issue.

By this time, you know that it was me that wrote the article and not Mike (*noted, with apologies -ed.*).

I was quite taken aback by the severe tone of Ms. Acosta's remarks. She was "quite insulted" by the race director's assumptions about the turn around point and, on the basis of the misdirection, has

National Junior Olympic Cross Country Meet Scheduled for Reno Dec. 10

The nation's finest young harriers are expected in Reno Dec. 10th for the National J.O. Championships. The race is at Wild Creek Golf Course in Reno. The top 25 All American finishers receive 12" hand-carved wooden eagles.

Note to Pacific Association athletes: you must run the Nov. 13 meet in Santa Rosa to qualify for the National Championships.

For more information, contact Bruce Susong, meet director, at (702) 358-1401 (w) or (702) 849-0599 (h).

Pacific Association Bylaws Review Meeting

Wednesday, November 9, 1994, 7:30 p.m.
(S.F. Peninsula Location to be announced.
Contact Mark Winitz for location and directions at 415-948-0618)

The bylaws review task force of the Pacific Association will meet for a periodic review of our bylaws. Any recommendations for revision of the bylaws will subsequently be made to the Pacific Association Board of Athletics for their review. Everyone is welcome to this meeting. If you have a recommendation for revision (and you cannot attend the meeting), please send it in writing to the Pacific Association office as soon as possible. Copies of the current bylaws are available from the office.

Pacific Association Notes

Results from around the world... World Jr. Championships, Lisbon, Portugal, July 20-24, Association athletes: Pole Vault: **Scott Slover**, 9th, 5.10m; Decathlon: **Ross Bomben** dnf, pulled hamstring; Women's 1500-meters: **Meisha Marzell**, 4:33:98, 10th in heat; 3000-meters, **Julia Stamps**, 10:18:98, 11th in heat (fell); Discus: **Suzy Powell**, 3rd, 52.62....**Irene Oberra** of Fremont and the West Valley Track Club set two world-records in the USATF Masters Championships in Eugene, Oregon in August. At 100 meters, she ran 13.91. At 200 meters, she clocked 29.67....**Ann Trason** of Kensington ran to a new course record of 18:06.24 in the

Letters should be directed to:

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Editor reserves the right to edit letters for clarity or brevity.

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Contd. on page 22

Youth Spotlight: Two Take Different Paths to J.O. Championships

By Jerry Johnson

Chaniqua Ross of the Unity Track Club and Andrew White of the Westwind Flyers are both national Junior Olympic champions. The two reached this pinnacle of youth performance, however, through two different paths.

Chaniqua Ross is not new to the sport of track and field or to being a national champion. Chaniqua is last year's youth girls discus national champion. This year, she completed a sweep of the youth titles by winning again in the Gainesville, Fla., Junior Olympic National Championships. Her winning throw of 138' 10" was almost 16-feet ahead of the silver medalist.

Coached by her father, James Ross, Chaniqua has been competing for more than four years. Her experience makes her a seasoned athlete at an early age.

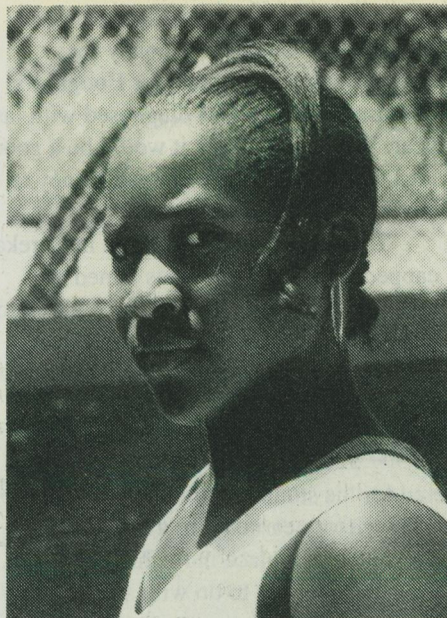
Chaniqua is attending a new school in Elk Grove and will obviously set a standard that will be hard to match by those who follow her. She plans to do some sprinting and relay running in high school and she is hoping to be a four-time high school state meet qualifier. With her dedication and ability, it's hard to imagine her not accomplishing her goals. Her ultimate goal is to make the 2000 Olympic team.

Chaniqua plans to continue in the Junior Olympics and other youth championships each year at the end of her high school seasons. Her dad feels Chaniqua has a good chance to sweep the intermediate division in the discus for the next two years. To help her accomplish this feat, her father has arranged for her to work twice a month with the noted discus coach Mr. Kashmir in Reno.

Andrew White is an athlete with little experience in track and field. It is hard to believe that this midget-class 80-meter hurdle national champion is in his first year of track competition. His best time of 12.3 was run in his semi-final race in Gainesville.

Andrew, a football player, got into track following the suggestion of one of his football coaches who saw his speed. In Florida, Andrew displayed his speed by winning the 80-meter hurdles, placing fifth in the 200-meter dash (25.23.) and rounding out his meet with a seventh in the 100-meter dash (12.8).

Claudia Wilde, Andrew's coach, said he is very talented with speed his greatest asset. The Fairfield community was behind



Chaniqua Ross

Andrew and his victory was shared by everyone who helped make the trip possible.

Andrew had to overcome a bit of adversity to become champion. He was feeling ill the day of the big race due to eating a bit too much candy and cake and staying up too late. On top of that, he hurt his ankle warming up for the 80-meter final, making his win a big surprise.

Andrew almost didn't become a national champion when he came close to missing the Association meet due to illness. His mother, Lily, made Andrew a promise. She told him if he ran in the Association meet and qualified for nationals, she would find a way to get him to Florida. He ended up winning the Association meet and later the regional meet on his way to Florida. His mother fulfilled her promise and Andrew became a national champion.

Photo by James Ross

Acorn's Fab Five: Oakland Young Women Fly to National Relay and Individual Championships

The Fab Five is not just a basketball team. The Fab Five in the Pacific Association is five young women from Oakland who have gained national prominence in track and field. Angela Harris, Kaselah Crockett, Reyna Goodwin, Aisha Wallace, and Malika Freeman run for the Acorn Track Club, coached by Darrell Hampton. The five traveled in July to Gainesville, Fla., and came back with three national Junior Olympic titles.

Their rise to the top began earlier this year in Pocatello, Idaho where they set a high school best mark in the indoor sprint medley relay. The group, with all members attending Skyline High School, are not unfamiliar with setting standards. In 1993, the team of Wallace, Goodwin, Freeman, and Harris had the fastest run in high school history in the indoor 4 x 200-meter relay in 1:37.59.

That this same team won the 4 x 100-meter relay in the young women's division in Gainesville should also come as no surprise. They were the national champions in the intermediate division in 1992, setting a national record of 46.73. The 1994 group missed the national record, but did record an excellent winning time of 46.54.

Changing Reyna Goodwin for Kasela Crockett makes up the national champion 4 x 400-meter relay team. This team won in Florida with a time of 3:40.64, just off the national mark of 3:39.84. The Acorn squad probably would have broken the record if pushed. The second place team was almost five seconds behind.

Individually, these runners made their mark in Florida as well. Angela Harris won an individual title in the 400-meter hurdles. Her time of 58.79 was the fastest for a high school girl this year and only two-hundredths off the national mark. Angela is also the California State Champion in the 300 meter hurdles and as part of the 1600-meter relay team. She had best times of 54.19 for 400 meters and 23.99 in the 200 meter event. She is now attending U.N.L.V. where she hopes to shine in the NCAA as she has as a high school and youth program athlete.

Malika Freeman placed third in the J.O. 400-meter run in 56.34. Her personal bests are 54.39 and 24.20 in the 200. She will be attending San Diego State.

Reyna Goodwin will stay in the Bay area and attend San Francisco City College. She takes with her best 400 and 200 marks of 56.17 and 24.19, and as run 12.0 for 100 meters.

Aisha Wallace, nickname "Smoke," and Kaselah Crockett have returned to Skyline High School. They hope to pick up two or three new talented to help continue the standard this "Fab Five" has set.

-Jerry Johnson

PA Grand Prix: Cox Cable Run for Goodwill

By Timothy Martin

Race director Mike Williams is something of a miracle worker. In just 2-1/2 months, Williams, who is president of Humboldt Track Club, took a low-key no-name 10 km and molded it into a successful Pacific Association Championship complete with prize money, a certified course, and a list of elite runners as long as your arm. For Williams, the task was an easy one. After all, he was doing it for a friend: Mark Conover.

Conover, a former Humboldt State

University and Olympic athlete, owes a "substantial" amount of money for chemotherapy treatments for Hodgkin's Disease, which he was diagnosed with last year. Williams thought it would be a good idea to organize a race to raise money to cover some of the expenses.

The August 14th race, held in Eureka, capped three days of events aimed at raising money for Conover. In addition to the 10 km, there were Children's Fun Events, a 2 mile run/walk and a championship mile.

Mark Conover: "I'm On the Road to Recovery"

Mark Conover is probably best remembered for his stunning come-from-nowhere victory in the 1988 Olympic Marathon Trials. The victory earned him a spot on the Olympic Team in Seoul, South Korea. It also earned him a place in the history books.

But that's only part of Conover legacy. The other part has to do with a different kind of courage; a different kind of discipline. It has to do with a race against the toughest competitor Conover has ever faced. And thus far, he seems to be winning.

Last year, Conover was diagnosed with Hodgkin's Disease, an illness that attacks the lymph nodes and can kill if not detected early. Conover discovered he had the disease just days after his induction into the Humboldt State University Hall of Fame. He had been plagued by what he thought was asthma or a virus. When his sickness grew worse while visiting Humboldt, doctors found a cancerous lump in his neck, which was removed.

Almost immediately, Conover was subjected to chemotherapy treatments that caused his hair to fall out.

"I was pretty shocked to find out that I was that sick, but it was a relief to find out why I was so sick for two years," he said. "I didn't wallow in self pity."

Now, after six months of chemotherapy treatments, Conover is feeling great. He's back on the road, building up his mileage. He's even racing again. Conover ran a local 5 km on July 4th and posted a time of 15:22. At the Cox Cable 10 km Run (Aug. 14), he posted an impressive 32:40.

"I'm seeing progress. My times are coming down. I'm on the road to recovery.

Conover, age 34, worked at Humboldt State University's running camp this summer, where about 60 young athletes were in attendance.

"It was tiring," said Conover. "But fun. We put in a lot of miles, and then did a lot of socializing at the bar in the evenings."

There was plenty of socializing to be done. Hundreds of Conover's old teammates, competitors and friends rallied around him. Williams made sure of that. He called each and every one of them himself.

Conover and Williams have been friends since 1978. It was Williams, a former HSU teammate, who took Conover on his first run ever at Humboldt. They went up in the hills behind the University.

"Mike is a great guy," said Conover. "He has so much energy and enthusiasm. That's why the race turned out so good. He took the ball and ran with it. He's so in love with running."

"It's Conover who deserves the credit," said Williams. "He's the one who helped put Humboldt County on the map in the running world."

Now, with the cancer in remission, Conover is busy building his mileage and increasing the intensity of his workouts. Can he achieve the level of fitness he once had? Can he work his way back to the top? There are lots of questions and plenty of uncertainties. But don't worry about Mark Conover: he's a runner who's always known how to save his best performances for last.

-Timothy Martin

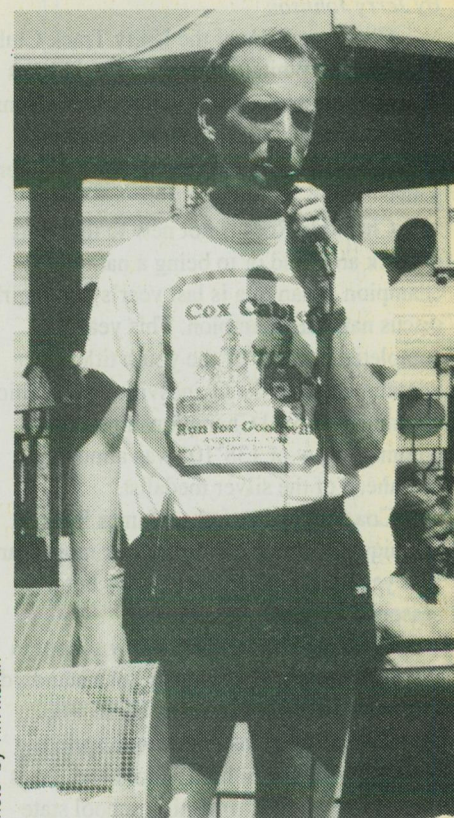


Photo by Tim Martin

Mark Conover Thanks the Crowd

"People were really enthusiastic about the race," said Williams. "They liked the course and the weather was great."

Billy Mills, the 1964 gold medalist in the 10,000 meters, was the official starter.

Brian Abshire of Phoenix, Arizona took command of the race in the first mile. By the 2.4 mile mark, the 30-year-old former indoor 3,000-meter record holder and 1988 Olympian had established a 20 second lead over the field.

For the next 2.5 miles, the second pack, consisting of Peter Wood, Al Dehlinger and Brent Griffiths, slowly began to reel in the leader. But at mile 5, Abshire (who had two days earlier run a 4:11 mile) unleashed a kick that would hold the others at bay. Abshire crossed the line first in a time of 29 minutes, 50 seconds. Peter Woods took second (30:04). Following Woods was Al Dehlinger (30:11), Brent Griffiths (30:20), and Eureka's Dennis Pfeifer (30:40). Mark Conover finished a respectable 29th in 32:40.

"It was a tough field," said Williams, noting that the first 20 runners all finished in under 32 minutes.

Contd. on page 7

Run for Goodwill, from page 6

"The top four male runners broke the (30 minute, 31 second) course record. And the top nine female runners set a new mark (getting under the 37:35 record).

"This was a great course," said Maria Trujillo, the women's winner. "The long straight streets were nice to pick up the pace. I felt that I ran a pretty good race."

Trujillo, Mexico's marathon representative in the '84 Olympic games, clocked in at 34:50, nearly three minutes better than the record. Following Trujillo was Roza Vladimirova (35:11), Lisa Geffrion (35:57), Christine Kennedy (36:03), Terry Schmidt (36:10), Julie Rohloff (36:33), Laura Sanchez (36:50), Rosa Gutierrez (37:11), and Kathy Wood (37:16).

Reaction to the race was positive from all runners. Williams will submit a bid to again host the Pacific Association 10 km championship event next year.

Cox Cable Run for Goodwill
10 km, August 14, Eureka, Calif.
255 Finishers (174 male, 81 female)

Top Male Finishers

Name, City, State	Age	Time
1. Brian Abshire, El Sobrante	30	29:50
2. Peter Roods, Remo, Nev.	27	30:04
3. Alan Dehlinger, Reno, Nev.	33	30:11
4. Brent Griffiths, Morro Bay	31	30:20
5. Dennis Pfeifer, Eureka	29	30:40
6. Amit Ne'eman, Isreal	36	30:42
7. J. Redding, Pocatello, Idaho	28	30:46
8. Peter Vicerio, Boise, Idaho	35	31:00
9. Daniel Grimes, Boise, Idaho	35	31:01
10. Joe Rubio, San Luis Obispo	31	31:02

Male 40-44

1. Francis John Gailson, na	41	31:18
2. James Tracy, San Francisco	44	33:04
3. G. Figueroa, Winnemucca, N.	43	33:43

Male 45-49

1. David Furst, na	47	34:35
2. Robert Darling, San Fran.	45	36:18
3. Bob Whitehead, na	45	37:59

Male 50-54

1. Sal Vasquez, Suison	54	33:59
2. Dan Preston, Santa Rosa	52	35:27
3. Jim Reitz, Livermore	50	35:50

Male 55-59

1. Craig Roland, Santa Rosa	59	37:59
2. Bernie Hollander, na	58	41:08
3. Walt Vanzant, na	55	43:43

Male 60-69

1. Carl Ellsworth, N. San Juan	63	41:37
2. Kan Napier, Los Gatos	62	44:30
3. William Flodberg, San Martin	60	46:19

Male 70-over

1. Walter Eugenio, na	72	49:14
2. Stan Demartinis, Saratoga	71	55:46
3. Bill Van Fleet, na	79	74:21

Top Female Finishers

1. Maria Trujillo, Marina	34	34:50
2. Roza Vladimirova, Salinas	30	35:11
3. Lisa Geoffrion, Petaluma	34	35:57
4. Chris. Kennedy, Cupertino	39	36:03
5. Terry Schmidt, Menden, N.	38	36:10
6. Julie Rohloff, Los Gatos	31	36:33
7. Laura Sanchez, Salinas	32	36:50
8. Rosa Gutierrez, Sunnyvale	30	37:11
9. K. D'Onofrio Wood, Truckee	30	37:16
10. Joanne Kelley, Sacramento	26	37:53

Female 40-44

1. Sally Cataldo, Santa Rosa	40	40:38
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2. Darlene Wallach, na	43	40:46
3. B. Simmie-Keseck, S. Rosa	42	41:15

Female 45-49

1. Nancy Ruffner, Redding	45	42:18
2. Jessie Stratton, Redding	48	43:49
3. Maureen Reiner, na	46	45:56

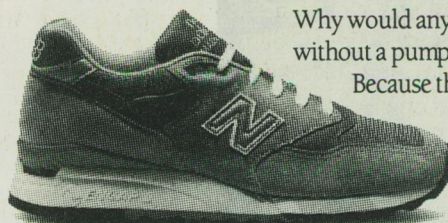
Female 50-54

1. Edda Stickle, na	52	46:31
2. R. Barnett, El Dorado Hills	52	46:58
3. Julie Yaffee, San Carlos	50	48:35

Female 55-59

1. Jo Anne Kambur, Novato	59	58:12
2. Janet Haberzette, Daly City	56	65:18

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Silver State 15 km Shines on PA Grand Prix

By Doug Thurston

Two veteran road racers, saying they're are running much stronger than a year ago, proved it with powerful victories in the Silver State 15 km, Sept. 25, in Sparks, Nev., just east of Reno. The race was

In the team division, both the Aggies and the Striders placed four in the top 10.

"I think maybe we pissed (the Aggies) off in a San Francisco cross country race," Dehlinger said. "They ran well. They're a tough team to beat."



Maria Trujillo on her way to victory in the Silver State 15 km.

Photo by Doug Thurston

presented by the Silver State Striders and is a part of the Pacific Association Long Distance Running Grand Prix. The 5,000-ft altitude of Sparks tested the endurance of low-altitude Grand Prix regulars.

Alan Dehlinger of Reno has been running some great races this year. Besides fast times, he's running with the confidence earned by even higher-altitude cross-country training runs. He controlled the Silver State race from the start, joining a band of five through seven miles, then dropping the pace to lung-searing levels until no one could stay with him. Dehlinger put 22 seconds on Jose Aispuro of the Reebok Aggies by the finish, running 46:57.

"This was a solid race for me," Dehlinger said. "I ran fast enough to win. I'm a lot stronger than last year."

Dehlinger, who is now a two-time winner of the Silver State to go with two second-place finishes, seems on pace for a sub-2:20 Olympic Trials qualifying time at the Cal International Marathon Dec. 4.

"I have about three more months to sharpen up on the track," Dehlinger said. "The Thursday trail runs at 9,000-feet have definitely helped."

Maria Trujillo of Marina came into the Silver State at the height of her training for the Oct. 30 Chicago Marathon. Despite high mileage and high altitude, Trujillo pushed from the start, shook off a challenge at three miles from Terry Adams-Schmidt, and pulled away at the end for a 54:15 win, almost three minutes better than her time here last year. Adams-Schmidt held on to place second in 54:43.

"You have to run slower at altitude because you breath harder," Trujillo said. "But I wanted to push from the start. I didn't want to gamble that I wouldn't catch up to anyone later in the race. If I start slow, I finish slow. I like to start fast."

Adams-Schmidt said she is still bothered by a tight hamstring suffered in the late-July San Francisco Marathon. A fall marathon is in her plans, though, as she hopes to get a Trials-qualifying time at Cal International.

Four Reebok Aggies and four members of the Ryan's team placed in the top 10.

In a tough masters contest, Frances John Gailson of Excelsior finished eight seconds up on Gustavo Figueroa of the Silver State Striders, 50:45 to 50:53.

Tamalpa's Leslie McHampton was the first woman over 40 in 59:06.

In the 5 km, the first male and female were Joerge Herbechtsmeier, 38, in 16:35, and Audrey Townsell, 15, in 19:50.

Silver State 15 km, Sept. 25, Sparks, Nev.

Male Open

1.	Alan Dehlinger, 33, Striders	46:57
2.	Jose Aispuro, 32, Aggies	47:19
3.	Brent Griffith, 31, Aggies	47:29
4.	Peter Woods, 28, Striders	48:01
5.	Joe Rubio, 31, Aggies	48:07
6.	Mike McManus, 28, Striders	48:10
7.	Miguel Tibaduiza, 37, Hoy's	48:21
8.	Kenny Brown, 25, Empire	48:37
9.	Robert Thwala, 33, Striders	48:45
10.	Charles Alexander, 30, Aggies	48:46

Male Masters

1.	Frances John Gailson, 41, Excelsior	50:45
2.	Gustavo Figueroa, 43, Striders	50:53
3.	Charles Thompson, 44, Excelsior	51:37
4.	James Tracy, 44, Excelsior	52:45
5.	Dale Magnin, 42	53:31

Female Open

1.	Maria Trujillo, 34, Ryan's	54:15
2.	Terry Adams-Schmidt, 38, Striders	54:43
3.	Christine Kennedy, 39, Impala	55:37
4.	Roza Vladimirova, 34, Ryan's	56:10
5.	Rosa Guitierrez, 30, Ryan's	56:16
6.	Kathy D'onofrio-Wood, 30, Aggies	57:42
7.	Laura Sanchez, 33, Ryan's	57:57
8.	Julie Rohloff, 31, Aggies	58:03
9.	Kristina Mathias, 24, Aggies	59:04
10.	Becky Kriege, 28, Aggies	59:12

Female Masters

1.	Leslie McHampton, 43, Tamalpa	59:06
2.	Joan Ottaway, 50, West Valley TC	60:42
3.	Bev Marx, 40, West Valley TC	61:31
4.	Sue Francis, 41, West Valley Juggers Striders	65:53
5.	Juana Stavolone, 48	68:28

SMOKING! Fast Times for Masters in Fremont 8 km

By Flory Rodd

Only 160 runners toed the line in the Bayside Technology Park 8 km Sept. 11th in Fremont, a small field by today's standards. But the quality line-up of Northern California's primo masters racers was gigantic. West Valley Track Club, the event's race directors, promised a flat and fast course and indeed it was.

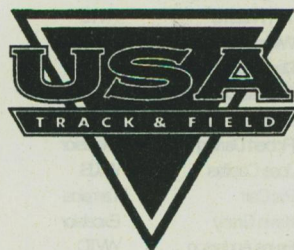
Fifty seven masters, a third of the field, showed up to contest the 40-to-49 age division, the 8 km championship on the Pacific Association Long Distance Running Grand Prix.

Men's winner Frances John Gailson, 41, broke the tape in 25:28, closely followed by James Tracy, 44, in 25:48 and third-place finisher Tom Cushman, 40, in 25:53. The top three masters averaged 5:07, 5:11, and 5:12-per-mile, respectively. To break into the top 20 masters, you had to be able to click off about five miles in 5:35 pace

The women's race was decided early when Tamalpa Runner's pride and joy, Leslie McHampton, 43, broke from the

pack to win with a 'non-pressed' 29:46. Elizabeth Edwards ran 6:14 miles to finish second among the women overall and in the 40-to-49 division in 31:01. Bev Marx was right behind in 31:11.

The 4.96-mile course, recently certified by Tom Knight, was also to the liking of the five kids of Mrs. Rosalie Pitts. All five, ages 5 thru 14, ran under the qualifying time standards for national ranking in 1994. On the other end of the age spectrum, 6-year-old Peggy Hanson also ducked under the national rankings scale with a time of 44:54.



Top Performers, Ages 40-and-over:

PL	Name	Age	Time
1.	Frances John Gailson	41	25:28
2.	James Tracy	44	25:48
3.	Tom Cushman	40	25:53
4.	Bob Grubbs	40	25:55
5.	Charles Thompson	44	26:04
6.	Tim Williams	40	26:46
7.	Sal Vasquez	54	26:49
8.	Jim Gorman	45	27:01
9.	David Furst	48	27:07
10.	Brock Hinzman	41	27:11
11.	David Stancliff	43	27:13
12.	David Amster	43	27:30
13.	Dan Anderson	42	27:37
14.	Michael Ignatius	40	27:41
15.	Jim Holben	40	27:48

Women ages 40-and-over:

1.	Leslie McHampton	43	29:46
2.	Elizabeth Edwards	40	31:01
3.	Bev Marx	40	31:11
4.	Sally Cataldo	41	31:19
5.	Melinda Vallar	42	32:24
6.	Sue Francis	41	42:44
7.	Shariet Gilbert	43	32:57
8.	JoAnn Dahikoetter	40	33:31
9.	Kazuko Aoyagi	42	34:34
10.	Charlene Bayles	43	34:53
11.	Irene Herman	45	35:25
12.	Linda Northcutt	42	36:33
13.	Katie Joseph	43	36:43
14.	Laury Fisher	49	36:50
15.	Antonina Ettars	40	37:16



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Open and Masters Road Grand Prix Standings

As of September 18, 1994. Does not include
Silver State 15 km or Humboldt 1/2-Marathon.

OPEN MEN			
Place	Name	Team	Total
1	Alan Dehlinger	Silver State	144.0
2	Robert Thwala	Silver State	120.0
3	Charles Alexander	Aggies	102.0
4	Danny Aldridge	Empire	80.5
5	Robert Anex	Aggies	96.0
6	Azzedine Sakhr	Ryan's	90.0
7	Jose Aispuro	Aggies	65.0
8	Patrick Johnson	Aggies	86.0
9	Ernie Freer	Unatt	84.0
10	Eric Walker	Empire	62.5
11	Miguel Tibaduiza	Hoy's	64.0
12	Jeff Hacker	Ryan's	60.5
13	Dennis Pfeiffer	Humboldt	59.0
14	Mike McManus	Silver State	59.0
15	Jeff Taylor	Aggies	59.0
16	Peter Woods	Silver State	55.5
17	Dave Soudamore	Unatt	24.0
18	Joseph Karnes	Hoy's	54.0
19	Ray Flores	Hoy's	52.0
20	Brent Griffiths	Aggies	51.0
21	Ray Cook	Silver State	47.5
22	Jamey Harris	Aggies	45.0
23	Thom Trimble	East Bay	37.5
24	David Naranjo	Aggies	14.0
25	Ben Turman	Hoy's	34.5
26	Alfred Lara	Unatt	13.0
27	Joseph Green	Aggies	27.0
28	Rick Reitz	WJUS	30.5
29	Bret Kimple	Aggies	13.0
30	Patrick Moreton	Hoy's	29.0

OPEN WOMEN			
Place	Name	Team	Total
1	Maria Trujillo	Ryan's	146.0
2	Terry Schmidt	Silver State	135.5
3	Jeanne Sapienza	Infinity RT	122.5
4	Laura Sanchez	Ryan's	88.0
5	Monica Townsend	Aggies	105.0
6	Kristina Mathias	Aggies	72.5
7	Kathy D'Onofrio-Wood	Aggies	65.0
8	Rosa Gutierrez	Ryan's	60.0
9	Rosa Vladimirova	Unatt	80.0
10	Lisa Geoffrion	Aggies	73.0
11	Rachael Hawlin	WUTC	51.0
12	Julie Rohloff	Aggies	67.0
13	Barbara Myers-Acosta	Ryan's	66.0
14	Kristin Jacobs	Ryan's	49.5
15	Ceci St. Germe	Unatt	60.0
16	Rae Henderson	Aggies	49.0
17	Leslie McHampton	Tamalpa	47.0
18	Lynn Nelson	Impala	44.0
19	Chris Kennedy	Impala	43.0
20	Joan Ottaway	WUTC	33.5
21	Amy Grafius	WUTC	36.0
22	Angela Mogielski	Impala	40.0
23	Kelly Lawson	Tamalpa	24.0

24	Jennifer Cobb	Impala	38.0
25	Melanie Voss	Aggies	36.0
26	Melinda Villar	WUTC	33.5
27	Shariet Gilbert	Chips	19.0
28	Shannon Sweeney	Aggies	32.0
29	Amanda Gerhardt	Ryan's	31.5
30	Amber Duncan	East Bay	30.5

MASTERMEN			
Place	Name	Team	Total
1	Gustavo Figueroa	Silver State	167.0
2	Charles Thompson	Excelsior	151.5
3	David Standtiffe	WJUS	141.0
4	James Tracy	Excelsior	139.0
5	Francesjohn Gailson	Excelsior	120.0
6	Sal Vasquez	WJUS	107.0
7	Kitt Flynn	Chips	103.0
8	Jim Gorman	Excelsior	98.5
9	David Furst	WJUS	93.0
10	Bill Knapp	Excelsior	81.0
11	Rich Govi	WUTC	68.0
12	David Amster	WUTC	66.0
13	Kim Liot	Excelsior	64.0
14	Dennis Kurtis	WJUS	60.0
15	Dan Preston	Empire	58.3
16	Tim Williams	WUTC	54.5
17	William Dunn	WJUS	52.3
18	Dan Anderson	WJUS	51.0
19	Thomas Cushman	Aggies	47.0
20	Jim Reitz	WJUS	43.8
21	Robert Darling Jr.	Excelsior	41.0
22	Jose Casillas	WJUS	39.5
23	Pat Carr	Tamalpa	35.0
24	Kevin Grady	Excelsior	33.5
25	Bruce Anderson	WUTC	33.0
26	Ron Brown	Tamalpa	32.0
27	Jon Macpherson	Tamalpa	29.0
28	Charlie Freeman	Ryan's	27.0
29	Ewar Gordillo	Excelsior	25.0
30	Tim Rostage	WJUS	24.0
30	Dan Sauers	WJUS	24.0
30	Jim Hampton	WUTC	24.0

MASTERWOMEN			
Place	Name	Team	Total
1	Leslie McHampton	Tamalpa	90.0
2	Bev Marx	WUTC	88.0
3	Melinda Villar	WUTC	81.0
4	Sue Francis	WJUS	74.5
5	Joan Ottaway	WUTC	61.5
6	Shariet Gilbert	Chips	49.0
7	Beckie Simmie-Kesecker	Impala	46.0
8	Sally Cataldo	Impala	45.0
9	Joann Dahlkoetter	Aggies	43.0
10	Kazuko Aoyagi	East Bay	31.0
11	Charlene Bayles	WUTC	28.5
12	Irene Herman	Impala	28.0
13	Patricia Fanelli	Impala	24.0
13	Darlene Wallach	Ryan's	24.0
15	Edda Stickle	Tamalpa	21.0
16	Eve Pell	Impala	18.0
17	Jutta McCormick	WUTC	15.0
18	Elizabeth Edwards	Unatt	14.0
19	Barbara Miller	WUTC	13.5
20	Patricia Falsone	Impala	12.0
20	Deedee Grafius	WUTC	12.0
20	Cyncl Calvin	Chips	12.0
23	Nancy Ruffner	Sweet Club	11.0
24	Patricia Story	Chips	10.0
25	Ann Veling	Chips	8.0
25	Louise Walters	Unatt	8.0
25	Gail Campbell	WJUS	8.0
25	Karen Kelley-Day	124	8.0
29	Becky Quararolo	Unatt	7.5

30	Ann Gerhardt	Chips	7.0
30	Jessie Stratton	Sweet Club	7.0

SENIORMEN			
Place	Name	Team	Total
1	Sal Vasquez	WJUS	100.0
2	Jim Reitz	WJUS	98.0
3	Dan Preston	Empire	92.5
4	Tim Rostage	WJUS	83.0
5	Steve Stephens	Tamalpa	57.5
6	Jon Macpherson	Tamalpa	57.0
7	Harvey Franklin	WUTC	48.0
8	Steve Lyons	Tamalpa	40.0
9	Frank Krebs	WUTC	34.5
10	Ron Nelson	WJUS	34.0

SENIOR WOMEN			
Place	Name	Team	Total
1	Joan Ottaway	WUTC	35.0
1	Edda Stickle	Tamalpa	35.0
3	Eve Pell	Impala	24.0
4	Louise Walters	Impala	19.5
5	Barbara Miller	WUTC	16.0
5	Rusty Barnett	WUTC	16.0
7	Jutta McCormick	WUTC	11.0
8	Sue Johnston	Impala	5.0
9	Julia Yaffee	WUTC	4.0
10	Pamela Horton	Empire	3.0

SUPERSENIORMEN			
Place	Name	Team	Total
1	Carl Ellsworth	Chips	61.0
2	Ken Napier	WJUS	37.0
3	Everett Riggie	Unatt	14.0
4	Ron Ogilvie	Unatt	12.0
4	Glynn Wood	WJUS	12.0

SUPERSENIOR WOMEN			
Place	Name	Team	Total
1	Margarethe Stykel	Sundance	35.0
2	Myra Rhodes	Chips	32.0
3	Judy Golding	WUTC	16.0
4	Hanna Szoke	NCSTC	10.0
5	Peggy Ewing	Chips	6.0

VETERANMEN			
Place	Name	Team	Total
1	Stan Dermatinis	WJUS	59.0
2	Gary Toji	LMUS	20.0
2	Jack Friedlander	WJUS	20.0
4	Walter Eugenio	Tamalpa	16.0
5	Frank Cunningham	Tarahumara	9.0

VETERAN WOMEN			
Place	Name	Team	Total
1	Judy Golding	WUTC	40.0
2	Jaclyn Caselli	NCSTC	6.0

OPEN MEN		
Place	Team	Total
1	Silver State Striders	67.0
2	Reebok Aggies	59.0
3	East Bay Striders	47.5
4	Empire Runners	46.0
5	Hoy's Racing Team	29.5
6	Tamalpa	26.0

OPEN WOMEN		
Place	Team	Total
1	Ryan's Racing Team	67.0
2	Impala	58.5
3	East Bay Striders	49.0
3	Reebok Aggies	49.0
5	Tamalpa	34.0
6	WUTC	32.5

Upcoming LDR Grand Prix Events:

Date	Race/Distance/Place	Divisions
11/13	Clarksburg 30 km, Clarksburg	All
11/19	X-Country, 10 km/6 km, S.F.	All
12/4	Cal. International Marathon	All

Contd. on page 22



PA Cross Country Season Off to a Fast Start

By Mike Weddington

As of this writing, it is the mid-season break for PA Cross-Country. The first half ended with the 5th of 9 events in the series, the Mills College meet, on October 8th. By the time you read this, the season will have resumed on October 22nd with the first-ever Crystal Springs Challenge in Belmont, San Mateo County, on one of the most renowned cross country courses in Northern California.

As hoped, more complete club teams and club individuals have participated in the series than ever before. The USF Invitational and the Empire Open both attracted some 200 PA runners, while the Sierra College/Reebok Aggies, U.C. Davis Aggie Invitational, and Mills College meets all attracted at least 100 PA runners each. This adds up to an unprecedented PA average participation of almost 150 runners per 'regular season' meet.

Also, more complete club teams are scoring than ever before in these meets leading up to the always-popular PA Championships on November 19th in San Francisco's Golden Gate Park. Eight different clubs having scored in the men's open division, four different clubs in the women's open (with regularity), three in men's masters, two in women's masters, two in men's seniors, and at least one in women's seniors. Of course, the PA-Cross-Country Championship race will inflate all of these figures as it is also a PA-LDR scoring event and always attracts much of the top distance running talent in Northern California.

Open Men's Clubs

On the club scene, the Reebok Aggies have asserted themselves thus far with the top men's and women's open teams. Even with national force Chris Schille absent for all but one of the first five meets, they have had enough depth to easily hold off community-oriented upstarts Humboldt TC, Empire Runners, and the mostly-absent but extremely-talented Silver State squad in the open men's division.

Barring a massive and simultaneous team injury or illness, or a sudden and mysterious inability to get to the start on time for the remaining races, the Aggies are a lock for the seasonal title; Humboldt and Empire will battle it out for second. Meanwhile, Hoy's, Infiniti, Tamalpa, and the East Bay Striders all deserve considerable credit for getting teams and individuals out to the races.

Open Women's Clubs

The women's team race is much tighter, as the Aggies lead the Impala team by only five points. Dispelling any doubts about their depth, the Aggies were given a big shot in the leg when long-time PA-cross country star Jeanne Sapienza signed on after the start of the season. With 1-2 PA-XC seasonal point leaders' Sapienza and Lisa Geoffrion leading the way, the Ags may be too tough for the Impalas to overtake.

Behind the big two are PA newcomers Empire and Tamalpa, firmly entrenched in third and fourth, respectively. All four clubs have done a tremendous job of getting complete teams to almost every race, and will hopefully provide inspiration to other women's teams who are struggling to get going.

Masters and Senior Divisions

In the masters and seniors divisions, Tamalpa, Empire and Impala stand out, as all three clubs have far surpassed other clubs' efforts in fielding complete vet teams. Probably the most exciting team divisional duel of all is between the Tamalpa and Empire master men's teams, as both have traded off first and second place in every meet. As of now, Empire leads by a narrow margin of three points (59 to 56), with Silver State a microscopic third (8 pts).

In the women's masters, Impala and Tamalpa have both scored teams, with Impala apparently ahead in points, although it is unclear by how much. Which seniors have dropped down in which races and which teams are clearly point-eligible in which event must still be determined. As the seniors go, no complete women's teams of three or more have

apparently scored thus far.

In the senior men's team race, Tamalpa is the standard as only they have gotten teams out with any consistency. Empire, scoring second at their home Empire meet, are behind, while no other teams have apparently scored with the requisite three-man teams. Unfortunately, the West Valley TC could be doing well if only they could get one or two more runners to a few meets.

Open Men

Individually, Mike Spencer of the Aggies and Ray Cook of Silver State have emerged as the two front-runners for the PA-XC open men's seasonal point title. A classic rivalry, each has taken the other's measure twice, with Spencer the overall leader, as Cook did not contest Mills College. Defending PA Champion Schille could muscle into the picture, however, if he decides to run the remainder of the seasonal schedule.

Masters and Senior Men

The masters men's race is wide open! The most talented (Francis John Gailson of Excelsior, Tom Cushman of the Ags, and Butch Alexander of Empire) don't race that often, leaving the door open for such persistent runners as Jerry Neal and Pat Carr of Tamalpa and Scott Peterson of Infiniti to wedge in for top honors.

Gordon Abbott (Tamalpa) is the runaway leader in the men's senior division as his top peers are usually pre-occupied with PA road duties. Don Pickett of Tamalpa looks appears the likely seasonal Super Senior titleist.

Open Women

For the Open Women, the aforementioned Aggie twosome of Sapienza and Geoffrion are pushing each other for seasonal title honors, with Sapienza currently in the lead. With usual PA powers Ceci St. Geme (one race thus far) and Robyn Berry (zero) out of the picture, both look to battle it out to the end, barring a St. Geme revival and unexpected appearances by high school phenom Julia Stamps.

Contd. on page 13

1994 Pacific Association Cross Country Grand Prix

Remaining Events:

Date	Race	Location	Distance, M/F	Point Value
11/5/94	Alum Rock Park Cross Country	San Jose	5M/4M	1.0
11/19/94	PA/USATF Championship (Also: USATF Western Regional & Reebok National G.P. Event)	S.F./GG Park	10 km/6 km	2.0

Contact
Andrea Byers, 408-288-6951
Hoy's Sports (415) 252-5370; or,
Tim Wason, 415-648-1467 (eve.)

PA/USATF Championship offers \$2,000 to PA athletes/teams. In addition, as the last event on the 1994 USA Reebok National Cross Country Grand Prix, and as the USATF Western Regional Championship, an additional \$3,000 open purse is being offered (U.S. citizenship and USATF card necessary for open money)

The Cross Country Grand Prix is designed to encourage the development of post-collegiate athletes and to provide competitive cross country opportunities for older athletes as well. All scoring individuals must be current Pacific Association/USATF members, and must reside within the Pacific Association geographical boundaries.

For complete information about rules and scoring, send a self-addressed, stamped envelope to: Mark Winitz, PA/USATF LDR Committee Chair/Office, P.O. Box 1621, Los Altos, CA 94023 Ph. (415) 948-0618 Fax (415) 949-2172.

Masters and Senior Women

Masters and seniors-wise, Impalan Beckie Simmie-Kesecker is dominating the Masters contingent, with Marilyn Taylor of the Greater San Francisco Track Club a frequent second. Eve Pell of Impala is the clear leader of the seniors, while Barbara Robben and Ruth Anderson of NCSTC lead the super-seniors.

MEET RESULTS-INDIVIDUAL

PA-XC #1: USF Invitational, Golden Gate Park, S.F., Sept. 10

Men's Open 5 km: 1. Peter Wood-15:17 (Silver State) 2. Mike Spencer-15:19 (Reebok Aggies) 3. Dan Aldridge-15:20 (Empire Runners) 4. Ray Cook-15:20 (Silver State) 5. Alan Dehlinger-15:23 (Silver State) 6. Robert Thwala-15:27 (Silver State) 7. Bret Kimple-15:32 (Reebok Aggies) 8. Mike Reilly-15:41 (Unattached) 9. Dave Goodrich-15:50 (Reebok Aggies) 10. Reed Elmore-15:51 (Humboldt TC).

Men's Masters 5 km: 1. Francis John Gailson-16:29 (Excelsior) 2. Gary Davis-17:26 (Excelsior) 3. Bob Cooper-17:38 (Tamalpa) 4. Jon Hermstad-18:05 (Empire Runners) 5. Pat Carr-18:19 (Tamalpa). **Men's Senior 5 km:** 1. Tim Rostege-18:37 (West Valley Joggers & Striders) 2. Gordon Abbott-18:58 (Tamalpa) 3. Bill Clark-19:06 (West Valley Track Club) 4. Mike Repp-19:23 (Tamalpa) 5. Peter Carr-19:50 (Tamalpa).

Men's Super Senior (60-69) 5 km: 1. Tom Guldman-21:28 (Tamalpa) 2. John Russell-22:56 (Unattached) 3. Ed Mooney-23:36 (Unattached).

Women's Open 5 km: 1. Julia Stamps-17:34 (Unattached) 2. Lisa Geoffrion-18:13 (Reebok Aggies) 3. Jeanne Sapienza-18:19 (Unattached) 4. Denise Walker-18:21 (Humboldt TC) 5. April Powers-18:30 (Impala) 6. Kathy D'Onofrio-Wood-18:33 (Reebok Aggies) 7. Carol Stubbs-18:36 (Impala) 8. Beth Vitalis-18:51 (Tamalpa) 9. Melanie Voss-18:57 (Reebok Aggies) 10. Sandy Patterson-18:57 (Impala). **Women's Masters/Senior/ Super-Senior:** none.

PA-XC #2: Sierra College/Reebok Aggie Cross-Country, Rocklin, Sept. 17

Men's Open 4M: 1. Mike Spencer-20:22 (Reebok Aggies) 2. Jason Lienau-20:25 (Reebok Aggies) 3. Ray Cook-20:30 (Silver State) 4. Mike McManus-20:33 (Silver State) 5. David Naranjo-20:42 (Reebok Aggies) 6. Bret Kimple-20:59 (Reebok Aggies) 7. Erich Ackermann-21:09 (Reebok Aggies) 8. Jeff Taylor-21:16 (Reebok Aggies) 9. Russell Hill-21:20 (Reebok Aggies) 10. Jim Sapienza-21:29 (Infiniti). **Men's Masters 4M:** 1. Francis John Gailson-22:05 (Excelsior) 2. Tom Cushman-22:14 (Reebok Aggies) 3. Jim Price-23:16 (Excelsior) 4. Adam Ferreira-23:19 (West Valley TC) 5. Scott Peterson-24:26 (Infiniti). **Men's Senior 4M:** 1. Gordon Abbott-24:44 (Tamalpa) 2. Bill Clark-25:17 (West Valley TC) 3. Frank Krebs-26:10 (West Valley TC) 4. Peter Carr-26:29 (Tamalpa) 5. Eamon Cooke-27:24 (Tamalpa).

Women's Open 5 km: 1. Jeanne Sapienza-18:27

(Unattached) 2. Julie Rohloff-18:33 (Reebok Aggies) 3. Kathy D'Onofrio-Wood-18:53 (Reebok Aggies) 4. Rae Henderson-19:01 (Reebok Aggies) 5. Melanie Voss-19:03 (Reebok Aggies) 6. JoAnne Kelley-19:08 (Reebok Aggies) 7. Carol Stubbs-19:22 (Impala) 8. Barbara Richardson-19:23 (Reebok Aggies) 9. Suzanne Cordes-19:35 (Impala) 10. Jennifer O'Reilly-19:48 (Impala). **Women's Masters 5 km:** 1. Beckie Simmie-Kesecker-20:22 (Impala) 2. Ellen Clark-25:19 (West Valley TC) 3. Carlette Strachan-30:30 (Unattached). **Women's Senior/Super Senior 5 km:** 1. Ruth Anderson-28:38 (NCSTC).

XC #3: UC Davis Aggie Inv., Davis, Sept. 24

Men's Open 8km: 1. Dave Scudamore-24:18 (Unattached) 2. Ray Cook-24:35 (Silver State) 3. Mike Spencer-24:48 (Reebok Aggies) 4. Russell Hill-25:01 (Reebok Aggies) 5. Dave Goodrich-25:32 (Reebok Aggies) 6. Corey Trovinger-25:48 (Humboldt TC) 7. Steve Pappa-25:53 (Unattached) 8. Pat Rainey-25:57 (Reebok Aggies) 9. Scott Steinmaus-25:59 (Infiniti) 10. Hector Delgado-26:00 (Unattached). **Men's Masters 8 km:** 1. Butch Alexander-27:36 (Empire Runners) 2. Pat Carr-29:24 (Tamalpa) 3. Jerry Neal-29:27 (Tamalpa) 4. Scott Peterson-29:53 (Infiniti) 5. John Royston-30:44 (Empire Runners). **Men's Senior 8 km:** 1. Gordon Abbott-29:40 (Tamalpa) 2. Bill Clark-30:07 (West Valley TC) 3. Peter Carr-31:37 (Tamalpa). **Men's Super Senior 8 km:** 1. Don Pickett-39:51 (Tamalpa).

Women's Open 5 km: 1. Julia Stamps-16:59 (CR-unattached) 2. Cathy Christenson-17:44 (Unattached) 3. Jeanne Sapienza-17:54 (Unattached) 4. Melanie Voss-18:03 (Reebok Aggies) 5. Michelle Deasy-18:22 (Unattached) 6. Carol Stubbs-18:29 (Impala) 7. Beth Vitalis-18:30 (Tamalpa) 8. Cathy Dubay-18:33 (Empire Runners) 9. Barbara Richardson-18:38 (Reebok Aggies) 10. Suzanne Cordes-18:49 (Impala).

Women's Masters 5 km: 1. Beckie Simmie-Kesecker-19:37 (Impala) 2. Marilyn Taylor-20:06 (Greater SF TC). **Women's Senior/Super Senior 5 km:** 1. Barbara Robben-25:34 (NCSTC).

PA-XC #4: Empire Cross-Country Open, Spring Lake Park, Santa Rosa, Oct. 1

Men's Open 8 km: 1. Chris Schille-24:15 (Reebok Aggies) 2. Ray Cook-25:00 (Silver State) 3. Mike Spencer-25:04 (Reebok Aggies) 4. Jason Lienau-25:15 (Reebok Aggies) 5. Victor SantaMaria-25:18 (Reebok Aggies) 6. Dan Aldridge-25:24 (Empire Runners) 7. Erich Ackermann-25:26 (Reebok Aggies) 8. David Naranjo-25:28 (Reebok Aggies) 9. Reed Elmore-25:44 (Humboldt TC) 10. Chris Parmer-25:47 (Humboldt TC). **Men's Masters 8 km:** 1. Francis John Gailson-26:15 (Excelsior) 2. Tom Cushman-26:57 (Reebok Aggies) 3. Butch Alexander-27:49 (Empire Runners) 4. Jim Price-28:49 (Excelsior) 5. Jon Hermstad-29:21 (Empire Runners). **Men's Senior 8 km:** 1. Jim Gibbons-29:07 (West Valley TC) 2. Dan Preston-29:13 (Empire Runners) 3. Gordon Abbott-29:31

(Tamalpa) 4. Bill Clark-30:37 (West Valley TC) 5. Peter Carr-31:28 (Tamalpa). **Men's Super Senior 8 km:** 1. Mort Gray-34:56 (Empire Runners) 2. Don Pickett-39:45 (Tamalpa). **Women's Open 6 km:** 1. Ceci St. Geme-20:53 (Asics) 2. Lisa Geoffrion-21:23 (Reebok Aggies) 3. Rae Henderson-21:31 (Reebok Aggies) 4. Kris Luckin-21:38 (Impala) 5. Jeanne Sapienza-21:49 (Reebok Aggies) 6. Julie Rohloff-21:58 (Reebok Aggies) 7. Carol Stubbs-22:09 (Impala) 8. April Powers-22:18 (Impala) 9. Beth Vitalis-22:19 (Tamalpa) 10. JoAnne Kelley-22:20 (Reebok Aggies). **Women's Masters 6 km:** 1. Beckie Simmie-Kesecker-23:49 (Impala) 2. Marilyn Taylor-24:35 (Greater SF TC) 3. Deborah Hannaford-25:40 (Tamalpa) 4. Katie Gray-25:44 (Tamalpa) 5. Kazuko Aoyagi-26:40 (East Bay Striders). **Women's Senior 6 km:** 1. Eve Pell-25:59 (Impala). **Women's Super Senior 6 km:** 1. Barbara Robben-31:10 (NCSTC).

XC #5- Mills College Invit. Oakland, Oct. 8

Men's Open 8 km: 1. Mike Spencer-26:22 (Reebok Aggies) 2. Reed Elmore-26:34 (Humboldt TC) 3. Russell Hill-27:01 (Reebok Aggies) 4. Corey Trovinger-27:15 (Humboldt TC) 5. Jeff Shaver-27:21 (Reebok Aggies) 6. Jeff Taylor-27:37 (Reebok Aggies) 7. Lou Ortiz-27:38 (Humboldt TC) 8. Martin Smith-27:41 (Reebok Aggies) 9. Ian Blair-27:48 (Humboldt TC) 10. Pat Rainey-27:55 (Reebok Aggies). **Men's Masters 8 km:** 1. Jerry Neal-31:01 (Tamalpa) 2. Pat Carr-31:22 (Tamalpa) 3. Tom Robinson-31:25 (Unattached) 4. Don Jedlovec-31:28 (Unattached) 5. Frank Ruona-31:38 (Tamalpa). **Men's Senior 8 km:** 1. Gordon Abbott-30:57 (Tamalpa) 2. Bill Clark-32:02 (West Valley TC) 3. Harvey Franklin-32:37 (West Valley TC) 4. Peter Carr-32:44 (Tamalpa) 5. Elmo Shropshire-40:56 (Tamalpa). **Men's Super Senior 8 km:** 1. Don Pickett-42:03 (Tamalpa).

Women's Open 5 km: 1. Lisa Geoffrion-18:33 (Reebok Aggies) 2. Jeanne Sapienza-18:41 (Reebok Aggies) 3. Carol Stubbs-19:10 (Impala) 4. Michelle Deasy-19:16 (Unattached) 5. Melanie Voss-19:20 (Reebok Aggies) 6. Suzanne Cordes-19:21 (Impala) 7. Monica Townsend-19:23 (Reebok Aggies) 8. Sandy Patterson-19:26 (Impala) 9. Cathy Dubay-19:38 (Empire Runners) 10. Lynn Erdman-19:51 (Impala). **Women's Masters 5 km:** 1. Beckie Simmie-Kesecker-20:56 (Impala) 2. Katie Gray-22:02 (Tamalpa) 3. Marty Maddox-22:40 (Impala) 4. Kazuko Aoyagi-22:53 (East Bay Striders) 5. Patti Pickett-24:14 (Tamalpa). **Women's Senior 5 km:** Eve Pell-22:25 (Impala) **Women's Super Senior 5 km:** 1. Barbara Robben-27:06 (NCSTC) 2. Ruth Anderson-27:48 (NCSTC).

NorCal-SoCal Dual Added to 11/19 Meet
The Nov. 19 PA/USATF and Western Regional Championships will also feature a unique NorCal-SoCal challenge with clubs and individuals from Southern California! This is sure to be a great addition to the race.

Pacific Association Events November, 1994-January, 1995

Saturday, Nov. 5

Julian 10 km Run/5 km Walk, 8 am, Kathy Loper Events, 619-298-7400

PA X-C: Alum Rock Park Cross Country, San Jose, 5 Miles/4 Miles, Andrea Byers, 408-288-6951

Big Sur Trail Marathon, 1/2 Marathon, 10 km, trail runs, Molera State Park, 8 am, 415-868-1826, Enviro-Sports, P. O. Box 1040, Stinson Beach, CA 94970

Sunday, Nov. 6

Apple Harvest Run, 8 Miles/3.6 Miles, Camino, 8:30 am, Snowline Hospice, 916-621-7828, 3097 Cedar Ravine, Placerville, CA 95667

Sonora Heart & Sole Classic, 10 km/2 Miles, 8:30 am, Mike Sullivan, 209-532-1910, Sonora Community Hospital, 1 S. Forest Rd., Sonora, CA 95370

Almond Bowl Run/Walk 3-6 Miles, Chico, 10 am, Walt Schafer, 916-898-4791, 5357 Nimsheir Run, Chico, CA 95928

Olympic Circle 4.5-Miles, San Francisco, 8:30 am, The Final Results, 800-491-8988, 460 Wisnom Ave., San Mateo, CA 94401

Saturday, November 12

PA Ultra: Gibson Ranch Multiday Classic, (24-, 48, 72-Hour Races & 6-Day Race), Sacramento, 9 am, Norman Klein, 916-638-1161, 11139 Mace River Ct., Rancho Cordova, CA 95670

Morgan Hill Marathon & Half-Marathon, 8 am, Calif. Sports Marketing, 408-776-3035, P.O. Box 794, Morgan Hill, CA 95037

Pilgrim's Progress 5 km/10 km, El Dorado Hills, 9 am, Leslie Fritz, 916-933-4540, 110 Harvard Way, El Dorado Hills, CA 95762

Sunday, Nov. 13

PA Road: Clarksburg 30 km, Clarksburg, 9 am, Skip Seebeck, 916-665-1712, Box 20, Clarksburg, CA 95612

Scenic Run, 3 km/10 km, Pacific Grove, 8 am, Monterey Co. Special Olympics, 408-373-1972, 211 Pearl St., Monterey, CA 93940

Exertec Annual Turkey Trot, 5 km, 8 km, kids mile, Napa, 9 am, Tad Fuller, 707-226-1842, Exertec, 920 Yount St., Napa, CA 94559

DSE Windmill Run, 6.5-miles, San Francisco, 9:30 am, 415-978-0837.

Saturday, Nov. 19

PA X-C: Pacific Association/USATF Cross Country Championships 10 km-m/6 km-w, San Francisco, Hoy's Sports, 415-252-5370

21st Annual Thanksgiving Fun Run 5 Miles, So. San Francisco, 9 am, Elaine Porter, 415-877-8560, 33 Arroyo Dr., So. San Francisco, CA 94080

Davis Turkey Trot 5 km/10 km, Davis, 8:30 am, Change of Pace, 916-757-6017, 221 G St., Ste. 205, Davis, CA 95616

Sunday, Nov. 20

DSE Diamond Heights Run, 3 miles, San Francisco, 9:30 am, 415-798-0837

Thursday, Nov. 24

Thanksgiving Turkey Trot, 5 km/10 km, Golden Gate Park, San Francisco, 9 am, South Park Race Prods., 415-665-3397, P.O. Box 77681, San Francisco, CA 94107

Gold Medal Turkey Trot, 4 miles, Pinole, 9 am, Sky High, 510-223-5778, P.O. Box 20963, El Sobrante, CA 94803

Run to Feed the Hungry, 10 km, 2 km, Sacramento, 9 am, Sacramento Food Bank, 916-456-1980, 3333 3rd Ave., Sacramento, CA 95817

Saturday, Nov. 26

Run Your Turkey Off 10 km/5 km, Reno, 10 am, Silver State Striders, 702-849-0419, P.O. Box 21171, Reno, NV 89515

PA Ultra: Quadruple Dipsea, 28.4-miles, trails, Mt. Tamalpais, John Medinger, 415-894-1336 (w), 2060 Manzanita Dr., Oakland, CA 94611

Sunday, Nov. 27

Run to the Far Side VII 10 km/5 km, San Francisco, 8:30 am, RhodyCo Productions, 415-387-2178, 3929 California St., SF 94118

Fourth Sunday Run 5 km/10 km/15 km, Oakland, 9 am, Len Goldman, 510-339-2430, 1910 Arrowhead Dr, Oakland, CA 94611

DSE USSSF Monument to Baker Beach Run, San Francisco, 9:30 am, 415-978-0837.

Saturday, Dec. 3

USA Cross Country Championships 10 km (men)/5 km (women), Sandy, Oregon, Harry Simonis, 503-695-2876, P.O. Box 1133, Sandy, OR 97055

Holiday Run & Walk Against Drugs, 3 mile/10 km, Antioch, 9:20 am, Lori Haywood, 510-625-8069, 1948 Babbe St., Oakley, CA 94561

Jingle Bell Run/Walk for Arthritis, 10 km/5 km, Novato, Arthritis Fdn., 415-673-6882, 203 Willow St., Suite 201, San Francisco, CA 94109

Jingle Bell Run/Walk for Arthritis, 5 km/1 mile, San Mateo, Arthritis Fdn., 415-673-6882, 203 Willow St., Suite 201, San Francisco, CA 94109

Chevron BAH Humbug 5 km Classic, San Ramon, 9 am, Jim Wheeler, 510-275-2300, 12501 Alcosta Blvd., San Ramon, CA 94583

Foothill College All-Comers Track Meet, Foothill College, Los Altos Hills, open, HS girls, HS boys, women, masters. Hank Ketels, 415-949-7337

Sunday, Dec. 4

PA Road: California International Marathon, 2.62-mile MaraFun Run, 5-mile MaraWalk, Folsom, 7 am, Pacific Association, 916-983-4622, 120 Ponderosa Ct., Folsom, CA 95630

Jingle Bell Run for Arthritis, 5 km, 1 mile, Los Gatos, Arthritis Fdn., 800-464-6240, 203 Willow St., Suite 201, San Francisco, CA 94109

DSE Kennedy Drive Run, 4.7 mile, San Francisco, 9:30 am, 415-978-0837

Saturday, Dec. 10

Cordova Christmas Classic 10 km/5 km, Rancho Cordova, 8 am, Up & Running, 916-852-TIME

Last 10 km/2 mile, Santa Rosa, 9 am, John Anderson, 707-792-4750, 2807 Yulupa Ave, # 33, Santa Rosa, CA 95405

USA Track & Field Junior Olympic National Cross Country Championships, Reno, Nev., Bruce Susong, 702- 849-0599 (h); 702-359-1401 (w)

Foothill College All-Comers Track Meet, Foothill College, Los Altos Hills, open, HS girls, HS boys, women, masters. Hank Ketels, 415-949-7337

Sunday, Dec. 11

Christmas Classic 5 km & Miracle Mile, San Francisco, 8 am, People Events, 510-589-7417, 528 Larch Ave., So. San Francisco, CA 94080

DSE Roller Coaster Run, 3 miles, San Francisco, 9:30 am, 415-978-0837

Sunday, Dec. 18

DSE Daly City Scenic Run, 6.8 miles, Daly City, 9:30 am, 415-978-0837

Christmas Relays 4x4.64 mile, Lake Merced, San Francisco, 9 am, Searcy Barnett, 510-635-9508, West Valley Track Club, 1433 Norman Dr., Sunnyvale, CA 94087

Sunday, Dec. 25

Fourth Sunday Runs, 5 km/10 km/15 km/5 km walk, Lake Merritt, Oakland, 9 am, 510-601-7887

Santa's Gold Rush 5 mile, Richmond, 10 am, Sky High, 510-223-5778, P.O. Box 20963, El Sobrante, CA 94803

DSE Christmas Blind Date Relays, 2 x 2 mile, San Francisco, 9:30 am, 415-978-0837

Saturday, Dec. 31

First Run, 2 mile, Capitol, Sacramento, midnight, RhodyCo Prod., 415-387-2178

First Run, 2 mile, Presidio, San Francisco, midnight, RhodyCo Prod., 415-387-2178

Sunday, Jan. 1

Sea Breeze Five Mile, Berkeley, 10 am, Sky High, 510-223-5778, P. O. Box 20963, El Sobrante, CA 94803

Rio Resolution Run, 6.8/3 miles run/walk, Carmel, 9 am, 408-644-2611

DSE 1995 Hangover Run, 3.5 mile, San Francisco, 9:30 am, 415-978-0837

Celebration Run, 5 km run/walk & 10 km run, Santa Cruz, 9:15 am, Richard & Laurel Ulrich, 408-336-3333, P. O. Box 1312, Santa Cruz, CA 95061

1995 Resolution Run, 10 km/5 km, Pocket area, South Sacramento, 10 am, Race Ready Management, 916-372-7367, 813 Harbor Blvd. #228, W. Sacramento, CA 95691

PA Road=Long Distance Running Grand Prix Event; **PA Ultra**=Ultrarunning Grand Prix; **PA X-C**=Cross Country Grand Prix

Saturday, Jan. 8

PA Road: 23rd California 10, 10 miles,
Stockton, 9 am, Larry Frank, 209-478-2802,
3627 Fourteen Mile Dr., Stockton, CA 95219

Saturday, Jan. 14

Willy's Road Race, 5 miles, Los Altos, 10
am, Ellen Clark, 415-948-8029, 156 Marvin
Ave., Los Altos, CA 94022

Saturday, January 21

Record Searchlight Half Marathon, 10 km,
2 mile, Redding, 10 am, Randy Jensen, 916-
241-3215, P. O. Box 994206, Redding, CA
96099

Sunday, Jan. 22

Trackathon 10 km, 20 km, 30 km,
Marathon & 50 km, American River College
400-meter track, Sacramento, 9 am, Paul
Reese, 916-823-0276, 308 Forest Ct.,
Auburn, CA 95603

Sunday, Jan. 29

Home Depot San Francisco Half Mara-
thon/5 km, 8 am, John Blankenship, 415-
346-2846

Santa Cruz County Special Olympics
Super Bowl Sunday Fun Run '95, 10 km/3
km, S.C. County Special Olympics, 408-479-
5288, 809 Bay Ave., Capitola, CA 90510

Editor's Note:

This schedule of events was compiled from a
variety of sources. Some of the listed events
were not verified at press time. If you have
any questions about an event, contact the
person listed by phone or by sending a self-
addressed, stamped envelope. Most phone
numbers listed are home numbers. Please do
not call after 10 p.m.

1995 Open Track and Field Schedule

Listed below is the tentative schedule of track meets of interest to Pacific Association
athletes through June, 1995. For more information, contact the track and field office of
the school listed, the PA office, or Open Track & Field Chair Jerry Coleman at (916)
487-3175. Watch upcoming issues of Pacific Athlete for more information.

Date	Meet	Location
January 7, 14, 21, 28	All-comers	UC Berkeley
Jan. 21, 28 & Feb. 4, 11	Indoor meets	U. of Nevada-Reno
Feb. 4, 11, 18	All-comers	UC Berkeley
Feb. 10	Mobil Indoor Grand Prix	U. of Nevada-Reno
Feb. 25	John Pappa Relays	UC Davis
March 3-4	USATF Indoor Champs.	Atlanta, GA
March 18	Nike Cal Poly Invitational	San Luis Obispo
March 24-25	Stanford Invitational	Stanford
March 25	Chico Open	Chico
April 1	Panther Invitational	Sacramento City College
April 1	Fresno Relays	Radcliff Stadium, Fresno
April 8	Woody Wilson Invitational	UC Davis
April 14-15	Mt. SAC Relays	Mt. SAC, Walnut
April 15	Johnny Mathis Inviational	S. F. State
April 22	Warrior Invitational	Stanislaus State, Turlock
April 22	All-comers	Stanford
May 6	Chico Invitational	Chico
May 13	Modesto Relays	Modesto
May 19-20	Santa Monica Distance Classic	Los Angeles
May 20	Davis Invitational	UC Davis
May 27	Bruce Jenner Invitational	San Jose
June 13-17	USATF Outdoor Champs.	Hughes Stadium, Sacramento

Multi Events

Jan 21-22	USATF Indoor Multi Champs.	U. of Idaho
Feb. 4-5	PA Indoor Multi Champs.	U. of Nevada-Reno
April 14-15	Visa Multi Event/Sac City Coll.	Hughes Stadium, Sac.
June 13-14	USATF Outdoor Multi Champs.	Hughes Stadium, Sac.

Attn: Race/Meet Directors

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Distance(s): _____ Certification Number: _____

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City/State/ZIP: _____

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Additional event information: _____

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MATTHEWS LEADS U. S. TO 2nd PLACE TEAM in PAN AM CUP



By Ron Daniel, Race Walking Chair

The Atlanta Committee for the Olympic Games (ACOG) kicked off its preparation for the Centennial Olympic Games by hosting, for the first time in the U. S., the Sixth Pan American Race Walk Cup on September 23 and 24.

Racing on a hilly 2 km loop course, considered merely challenging by some and downright horrible by others, Jonathan Matthews, GGRW, led the U. S. race walking team to a second place finish in the Pan American Area team championship. For the third time in as many starts in international race walking team events, Jonathan was the first U. S. finisher.

Competing at 20 km, Jonathan found himself matched up with 32 of the best race walkers from 10 North, Central and South American countries. Led by Bernardo Segura (new world record holder) and Daniel Garcia ('93 World Cup 20 km champion), the Mexican team, defending champions, ensured that this would be no leisurely "walk in the park."

Because of the course and a light rain, the field started very conservatively. "Strolling" the first two laps in only 18:10 (over 1 hr 30 min. pace), Jonathan found himself in the lead pack with most of the field still in contact. By now the leaders were comfortable with the course and major gear shifting began; the next two laps went in 17:10 and 10 km in 44:02.

Thoroughly enjoying racing in the lead pack, Jonathan was still in the race at 12 km in 52:35 (17:15 for that 4 km). Slowing slightly to 8:48 on the next lap, he could only watch in awe at the acceleration over the last four laps by the eventual medalists, as he finished a solid 12th in 1:28:08.

More impressive than Segura, 1:24:15 and Garcia, 1:24:23, in first and second, was the tenacious race by 20 year old Jefferson Perez, Ecuador, third in 1:24:34. After he gains strength and experience, Jefferson, the 1992 World Junior champion, could be a contender in '96.

Rounding out the U. S. team scoring was Alan James, 14th, 1:30:01 and Andrezej Chylinski, 18th, 1:32:15.

The second race of the day was another close battle among the medalists as U. S. 10 km national champion Theresa Vaill battled to a hard earned second in 46:20. Graciela

Photo by Jamie Janos

The smooth form of Jonathon Matthews, America's Fastest Race Walker at 5 km.

Contd. on page 17

Race Walking, from page 16

Mendoza, 46:14, and Francesca Martinez, 46:28, led Mexico in a successful defense of the team title. Theresa was joined by Victoria Herazo, 8th, 47:48 and Debbi Van Orden, 10th, 48:15 to take a well deserved second place team. There were 30 starters from six countries.

A rainy Saturday greeted the 22 50 km competitors as once again Mexico started their top men. Missing the event record by just 36 seconds, Carlos Mercenario ('93 World Champion) and Miguel Rodriguez finished 1-2 in the same time 3:52:06. In this race, Mexico swept the top five places.

Rob Cole, 8th, 4:23:10, Steve Pecinovsky, 10th, 4:33:50 and former Orinda resident, Dave Marchese, 11th, 4:34:11 filled in the U. S. scoring.

In winning seven out of the nine individual medals at this Cup and winning all three races for the third straight time, Mexico showed that they take this Cup event serious by racing their best.

Stoyanowski and Bray Win Double Gold at National Masters Meet

August 12-14, USATF Masters Championships, Eugene, Ore.

After the two previous years at either altitude or desert heat, the National Masters meet was finally held where distance athletes could perform up to their ability. Accepting the challenge, Pacific Association race walkers captured 22 medals over four races (6 golds, 6 silvers, 10 bronze), the most of any association.

In her first Masters meet, Karen Stoyanowski (39), Sierra RW, upheld the Association tradition by winning the 5 and 10 km walks in the 35-to-39 category. Placing second on both days, Therese Iknoian, GGRW, repeated her double silver from 1993. Karen and Therese lead the PA on a sweep of the top four places in both races. All ages combined, Karen (25:24.7, 51:41) and Therese (25:52.9, 53:36) placed second and third behind overall double winner, U. S. national team member Sally Richards-Kerr (40), of Colorado (24:25.6, 50:38). Also scoring gold was Dorothy Roberts (80-89), Marin RW, at 5 km.

On the men's side, Jack Bray, Marin RW, successfully defended his double victories of '93 as Troy Grove (75-79) added more gold for Marin at 5 km.

The other PA race walkers bringing home medals were at 5 km: Deborah Stegman, 3rd 35-39; Robin Fujinaka, 2nd

40-44; Paula Kash-Mendell, 3rd 40-44; Betty Crews, 3rd 60-64; Bill Penner, 3rd 45-49; and Herb Appenzeller, 3rd 75-79. At 10 km: Laura Cribbins, 3rd 35-39; and Shirley Dockstader, 2nd 60-64.

At 20 km: Penner, 3rd; Pete Chiachetti, 3rd 50-54; John Schulz, 3rd 55-59; Robert Eisner, 3rd 65-69; Grove, 2nd and Appenzeller, 3rd.

Matthews Wins National Race and Sets American Record

September 16, USATF 5 km National Road Championship, Kingsport, Tenn.

Winning his third lifetime national title and second 5 km National Championship of the year, Jonathan Matthews broke Doug Fournier's three year old American record. With a time of 20:11.4, Jonathan easily bested Dave McGovern, 20:35, Alan James, 20:54, and 100 or so other competitors. The old record was 20:14.

The toughest part of the race was walking wide to pass lapped walkers on the five-plus lap course.

Matthews Cruises to Easy Win

September 11, GGRW Founders' 10 km, Oakland

Using this annual race as the middle 10 km of a 30 km workout, Jonathan Matthews demonstrated why he is the top U. S. race walker. In order to not alter his preparation for the National 5 km and the Pan Am Cup races (see above), Jonathan found it necessary to literally train through this race. Warming up with a 52 minute 10 km, he then turned up the effort to record a comfortable 44:01, four-lap victory tour of the Arrowhead Marsh course. Chasing, but at a distance, Karen Stoyanowski, 52:45 out-lastred Therese Iknoian 53:15 for second place. Former Jr. National Team member Kerry Bratton-Moskalik showed some of her old form in finishing fourth in 56:16. Impressive in his first race and finishing second man was Dennis King in 57:03. Rounding out the sub-one hour performers was Robin Fujinaka in 58:02.

As the remainder of the 25 finishers finished, Jonathan was seen cooling down with another 10 km. Whew!!

Last Race of '94

Nov. 13, 1994 PA 1-Hr Champ. Foothill Col., Los Altos Hills

Contact: W. Brooks (415) 966-8788

Major Events in 1995

• Mark your calendar for January 8 in Palo Alto for another 50 km. Next years' championship will serve as the trials race

for the Pan Am Games, the World Cup, and the World Championships. Association-wide volunteer assistance is requested.

• Also successful was a bid by MPWWC and the newly formed Monterey Sports Authority. They will host the men's 20 km World Cup U. S. team trial, February 19, at Fort Ord. Volunteers for this event are also needed.

• The USATF Indoor National Masters meet, Reno, February 24-26; the USATF Outdoor USATF Championships, June 14-18, Sacramento; and the Junior Olympics, July 25-30, San Jose; are hosted by the Pacific Association. Assistance for the race walks will be coordinated through the PA Officials Committee and the PA RW Committee.

Chairman's Notes

• A committee budget of \$700 was approved for 1995.

• Contact Lori Maynard, (415) 369-2801, for information on how to schedule a judge's clinic.

• Contact Ron Daniel, (415) 964-3580, for information on scheduling a race walking clinic. Special arrangements are available for youth coaches and clubs.

• Congratulations to Jim and Dick Petrucci on becoming Association-level race walk judges.

GGRW 10 km Club Championship
Sept. 11, 1994, Arrowhead Marsh, Oakland

<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>DIV</u>
1. Jonathan Matthews	GGRW	44:01	B
2. Karen Stoyanowski	Sierra RW	52:45	B
3. Therese Iknoian	GGRW	53:15	B
4. K. Bratton-Moskalik	Woodside	56:16	A
5. Dennis King	GGRW	57:03	A
6. Robin Fujinaka	Unatt	58:02	B
7. Jennifer Granucci	GGRW	60:13	A
8. Terri Brothers	Sierra RW	61:18	B
9. Sandy Womack	GGRW	62:16	B
10. Keith McConnell		62:35	C
11. Art Klein	Santa Cruz	62:36	B
12. Patricia Durham	GGRW	65:35	B
13. James Fisher	GGRW	66:35	C
14. Leslie Brown	Sierra RW	68:46	A
15. Jon Borset	GGRW	71:41	C
16. Helen Storrs	Sierra RW	72:19	A
17. Judy Geldin	GGRW	72:36	B
18. Richard Hansen	GGRW	74:38	C
19. Gary Bower	GGRW	75:06	C
20. Elizabeth Healy		75:17	A
21. Ernest Lucken (79)	GGRW	76:56	C
22. Laine Silber		78:01	B
23. George Fouke	GGRW	78:07	C
24. Pat Draves	GGRW	79:32	C
25. Shirley Parlan	GGRW	80:58	F
DNF	Lorrie Leiker		
DNF	Mort Landsburg		

GGRW, Golden Gate Race Walkers
Divisions: A (to 34), B (35-49), C (50+)
Judges: R. Daniel, Chief; L. Maynard; S. Maynard,

1994-95 Ultra Grand Prix Schedule

DATE	RACE	LOCATION	DIFFICULTY/CONTACT
Aug. 7, 1994	Skyline 50 km (trail)	Castro Valley	2.0 Will Uher 1681 Lyle Street San Leandro, CA 94578 Tel: (510) 278-0451 (h)
Aug. 27, '94	Pony Express 50 Miler (trail)	Cameron Park	2.0 Delmar Fralick c/o Fleet Feet 1730 Santa Clara Dr., # 3 Roseville, CA 95661 Tel: (916) 783-4558
Sept. 10, '94	Run for Sight 12 Hours (track)	Sonoma	2.8 Wayne Cannon 34 West Spain Sonoma, CA 95476 Tel: (707) 996-2509
Sept. 24, '94	Napa Valley 50 Miler (road) \$1,750 prizes	Napa	3.0 Mike Tarvid 979 Liberty Drive Napa, CA 94559 Tel: (707) 258-2802
Oct. 15, '94	Firetrails 50 Miler (trail)	San Leandro	3.2 Dick Collins 1015 Hollywood Ave. Oakland, CA 94602 Tel: (510) 530-6634
Nov. 12, '94	Gibson Ranch 24 Hour (road)	Sacramento	5.0 Norm Klein 1139 Mace River Court Rancho Cordova, CA 95670 (916) 638-1161
Nov. 26, '94	Quadruple Dipsea (28.4 Miles, trail)	Mt. Tamalpais	2.4 John Medinger 2060 Manzanita Drive Oakland, CA 94611 Tel: (415) 894-1336 (w)
Feb. 11, '95	Jed Smith Ultra Classic 50 km (road)	Sacramento (Gibson Ranch)	1.0 Jim Drake 3442 Whitnor Ct. Sacramento, CA 95821 (916) 344-2878 (w) (916) 485-8013 (h)
Feb. 18, 1995	Helen Klein 100 km (road)	Sacramento	3.5 Norm Klein (see Nov. 12 above)
April 1 1995	American River 50 Miler (trail)	Sacramento	2.4 Delmar Fralick (see above)
April 15, 1995	Ruth Anderson 100 km (road)	San Francisco	3.5 Jim Skophammer, (415) 994-6128
May 13, 1995	Quicksilver 50 km (trail)	San Jose	2.0 Al Hill 546 Bliss Court San Jose, CA 95136 Tel: (408) 978-5199
May 20, 1995	Silver State 50 km (trail)	Reno	2.25 Ken McKim 1460 Prospect Ave. Sparks, Nevada 89431 Tel: (702) 356-2024
June 24, '95	Western States 100 Miler (trail)	Squaw Valley	8.0 Norm Klein (see Nov. 12 above)

For a comprehensive list of rules for the 1994/95 Pacific Association Ultra Grand Prix, including new rules for 1994/95, send a self-addressed, stamped envelope to PA Long Distance Running Chairman Mark Winitz, P.O. Box 1621, Los Altos, CA 94023, Tel: (415) 948-0618, Fax: (415) 949-2172. Or, you may contact PA Ultrarunning Coordinator Rae Clark, 2725 Iris Lane, Camino, CA 95725, Tel: (916) 644-7295 (h).

PowerBar
Fuel for Optimum Performance



1994-95 PA/USATF Ultra Grand Prix Standings

Standings after the first four events. For more information, contact Rae Clark at (916) 644-7295 (eve.) or Mark Winitz (415) 948-0618 (day).

OPEN MEN (39 & Under)			
Pl.	Name	Team	Total
1	Dave Scott	Unatt	188
2	Mark Richtman	Tamalpa	150
3	Mike Tarvid	Tamalpa	102
4	Bruce Linscott	Tamalpa	96
5	Tom Lyons	Tamalpa	88
6	Carl Andersen	Unatt	75
7	Robert Slate	BAUR	70
8	Thomas Larson	Unatt	50
9	Jeff Teeters	East Bay	32
10	Guy Palmer	Tamalpa	28
11	Robert King	Unatt	24

OPEN WOMEN (39 & Under)			
Pl.	Name	Team	Total
1	Suzie Lister	Unatt	145
2	Chrissy Duryea	Unatt	60
3	Maryann Murphy	Unatt	55
4	Christine Iwahashi	Chips	50
5	Melinda Creel-Mattingly	Ultramarin	40
6	Rhonda Davidson	Unatt	36
7	Barb Geringer-Frazier	Tamalpa	32
8	Marie Gonzales	Unatt	28

MASTER MEN (40-49)			
Pl.	Name	Team	Total
1	Dave Hannaford	Tamalpa	245
2	Martin Jones	Ultramarin	155
3	Jamieson Van Eaton	SWEAT	134
4	Dave Kim	BAUR	130
5	Mike Palmer	East Bay	106
6	Gene Weddle	Quicksilver	102
7	Eric Ianacone	Chips	76
8	Jim Magill	Unatt	72
9	Louis Quiggle	SWEAT	65
10	Rae Clark	Chips	60
11	Stan Jensen	BAUR	50
12	Peter Franks	Tamalpa	50
13	Jim Longwith	North Coast	42
14	Hollis Lenderking	Unatt	38
15	Barry Turner	Unatt	36
16	Mark Williams	WVJS	33
17	Marion Hays	Tamalpa	30
18	Charles Crompton	Santa Cruz TC	28
19	Ray Scannell	Unatt	28
20	Tom Morstein-Marx	Unatt	24

MASTER WOMEN (40-49)			
Pl.	Name	Team	Total
1	Barbara Ann Miller	Chips	222
2	Lorraine Hashey	SWEAT	181
3	Marge Dunlap	SWEAT	166
4	Famida Hanif	Quicksilver	116
5	Eldrith Gosney	Unatt	112
6	Dina Kovash	Impala	107
7	Shirley Church	Unatt	100
8	Leslie Mattingly-Vitale	Ultramarin	60
9	Lucinda Fisher	Unatt	36
10	Joan Szarfinski	BAUR	24

Contd. on page 20

Richtman Off to a Good Start at Skyline

By Hollis Lenderking

It's been an unusually-cool Bay area summer, with little of the 90-degree heat which made 1993 weather memorable. But a week-long warming trend concerned the ultra multitudes assembled for the 13th annual Skyline 50 km on August 7. The event, kicking off the 4th PA Ultra Grand Prix season, just might break the spell of superlative midsummer running weather. Not to worry: the race itself nipped the trend in the bud, with the heat being applied by not to the pack of 171 starters. Accordingly, nearly twice as many competitors (31) as last year broke the coveted 5-hour barrier.

National Ride & Tie champion Mark Richtman has been feeling his way into the elite ranks of Northern California ultrarunning for a few years now. After his 5th-place debut at the discontinued Cow Mountain 50 mile in 1984, he did not return to the ultra wars until 1992 at the Cool Canyon Crawl, a popular 50 km which always draws a fast pack of elites. There he held on for fourth, a placing he duplicated earlier this year with a five-minute faster time.

Meanwhile, he has earned a pair of national Ride & Tie crowns, first in '93 with Western States course record-holder Tom Johnson as his partner, then again this summer with defending Wasatch 100-mile champ Debbie Wagner, the first mixed team to win the title.

Johnson has encouraged Richtman to extend his range, and the early returns have been more than a little promising.

Not knowing how far or how fast his ultra legs would take him, Richtman has taken good advantage of the sport's distinctive sociable competitive environment, subscribing to the option of picking his friends first and pacing himself accordingly. The Novato resident has picked Johnson and national 100 km titlist Rich Hanna at Cool and has paid the piper.

At Skyline, he let last year's open division Grand Prix champ Dave Scott and 1993 Skyline runner-up Jeff Teeters run away, while he hung back with his Tamalpa teammates Bruce Linscott and Tom Lyons. When teeters lost his stomach at 20 miles, Richtman surged ahead and set his sites on the big kill, catching Scott a mile later, just before the summit of the steep haul out of Redwood Canyon.

It was all Richtman in the final 10 miles, as he glided home at a smooth 6:00-minutes-per-mile-pace along the Lake Chabot shoreline, notching a 6:00-minute victory over Scott in 3:50:42. His experiments with picking his friends just may be at an end. Richtman looks like he's ready to run his own race now.

San Ramon's Suzy Lister made a dramatic Grand Prix debut her last year, failing by a single second to reel in the women's winner. This year, after a sparkling 21:29:38 4th-place at Western States, she was in a less competitive frame of mind.

"I'm not recovered from that one (Western States). I'm just taking it easy for now," she said.

Last season's runaway Grand Prix champ kept company with training partner Maryann Murphy, and the pair cruised to a comfortable 4:56:24 tie, 5:00 in front of veteran standout Melinda Creel-Mattingly.

Apprehensions aside, the day featured just the sort of weather which makes the Bay area the midsummer envy of a sweltering nation: placid mercury, cooling breeze, limpid skies, and expansive vistas of the Golden Gate and the city's fog-backed skyline, just a wilderness away. However, had the previous year's heat returned, the sponsoring Golden Bay runners were fully prepared with great aid stations featuring plenty of iced fluids, sponges, and hoses to provide all entrants with a still golden day to be treasured not for its miseries but for its mercies.

Pony Express 50M

By Hollis Lenderking

The Sierra foothills don't figure to offer mild conditions for summer ultras, but this year's edition of the Pony Express 50-miler on August 27th, a 40-lap circumference of Cameron Lake, was about as runner-friendly as it can get.

While the mercury hovered at 90, a steady breeze swept off the lake and cooled all whose pace was prudent and whose hydration was heavy. As it turned out, the chief beneficiaries of such good fortune were the pair who won this event last year in the face of greater adversity. But while Rae Clark again nabbed the men's title with little challenge, his closest pursuer was another story altogether.

It's safe to say that firefighter Chrissy Duryea can take the heat. The top American woman (7th overall) at this year's World Cup 100 km in Japan, she staged a mid-race surge that chewed into Clark's margin. At 30 miles, Duryea was just one minute behind Clark's lead.

Braced by the unexpected challenge, Clark, the American record holder for 100 miles and 24 hours, pressed on and strengthened his grip on the overall title with a six minute cushion at 40 miles, holding on for a fine 6:15:42 finish to Duryea's record 6:22:31.

It is just a little bit scary how dramatically and consistently Duryea continues to improve at all variety of events. As a dependable producer of quality outings between 50 and 100 miles, Duryea may have no American peer save the truly peerless Ann Trason.

Another noteworthy competitor in the women's field was veteran road racer Chris Iwahashi, owner of a sparkling 2:45 marathon PR. This race marked her serious ultrarunning debut beyond a few "training run" 50 km's.

"I felt like I was holding back; I was a lot more comfortable at 20 miles than I am (at that point) in a marathon," Iwahashi said. "I'd hoped

to feel like that until late in the race, so that I'd have a chance to break seven hours. But I really tired around 35 miles. Then I just ran to finish."

"It was definitely a learning experience," she reflected. "Plus, I gained a lot of respect for the runners who specialize in ultras. Obviously, a marathoner can't just cut back the pace and expect to hold on to it for 50 miles. You really have to train specifically to do these well."

Iwahashi's 7:08:39 was still good for fifth overall: not a challenger to Duryea yet, but a hint that today's champion may one day be looking over her shoulder at another woman whose steady improvement commands attention.

Napa Valley 50M

By Hollis Lenderking

The early-season Ultra Grand Prix death shuffle—four ultras in eight weeks—concluded with an auspicious debut for a new event, the Napa Valley 50, contested September 24th on a 5-mile road loop around the Silverado Country Club just outside the city of Napa.

A cool, pre-dawn start gave way to a fluid-sapping, dry-hot morning, bright and breezy with

Contd. on page 20

12 Hour Run for Sight

by Dave Simpson, O.D., Race Director

The Wine Country of Sonoma in late summer offers the country's finest setting for breaking ultra records. A 12-hour run beginning in the evening with 60-degree temperatures and running through the night to end early morning with temperatures in the 50's is a dream for 12-hour ultras.

The Run for Sight in Sonoma Sept. 10-11 featured great weather and great competition. This year's winner, David Kim, put on an inspiring display of athleticism, completing 72 miles and beating his nearest competitor Mike Palmer by 1.8 miles. This was particularly noteworthy because Kim is 11 years older than Palmer. Jamieson Van Eaton placed third with 64.70.

Eldrith Gosney, Lorraine Hashey, and Marge Dunlap ran a hard-fought duel that was not decided until the sun peaked through the fog on Sunday morning. Dunlap, 55, last year's top placer in the seinor women Ultra Grand Prix events, ran the race of her life but her 60.38 miles was edged by Gosney's 63.40 miles and Hashey's 60.38.

The Run for Sight supports the Lions in Sight Foundation which recycles over half a million pairs of used eyeglasses each year and distributes them in developing countries. For the second year, Mike Tselentis, \$6,000, raised the most pledge money. Eighteen runners finished the event.

Ultra Grand Prix Standings

Contd. from page 18

SENIOR MEN (50-59)

Pl.	Name	Team	Total
1	Martin Jones	Ultramarine	210
2	David Kim	BAUR	170
3	Gene Weddle	Quicksilver	144
4	Louis Quiggle	SWEAT	139
5	Rod Carveth	Unatt	96
6	Gard Leighton	Ultramarine	75
7	Ray Piva	Unatt	60
8	Barry Turner	Unatt	48
9	Dick Collins	BAUR	42
10	Marion Hayes	Tamalpa	42

SENIOR WOMEN (50-59)

Pl.	Name	Team	Total
1	Lorraine Hashey	SWEAT	200
2	Marge Dunlap	Sweat	176
3	Dina Kovash	Impala	134
4	Shirley Church	Unatt	125
5	Eldrith Gosney	Unatt	120
6	Lucinda Fisher	Unatt	50
7	Joan Szarfinski	BAUR	32
8	Mary Cantini-Norkin	BAUR	28

SUPER SENIOR MEN (60-69)

Pl.	Name	Team	Total
1	Rod Carveth	Unatt	51
2	Gard Leighton	Ultramarine	45
3	Dick Collins	BAUR	35
4	Frank Rodriguez	BAUR	30
5	Ray Piva	Unatt	30
6	Neil Moore	Unatt	10

MENS TEAMS

1	BAUR	28
2	Tamalpa	20

WOMENS TEAMS

none

MIXED TEAMS

1	SWEAT	46
2	Tamalpa	20
3	Chips	20
4	BAUR	16

Association Officials Honor Their Own; Adopt New Policies at Annual Meeting

By Dick Connors

Pacific Association officials approved a new set of operating policies and honored their own during their annual meeting and awards luncheon Sept. 18th in Sacramento.

The interest in the business-portion of the meeting was particularly keen due to the discussion of an entirely new set of operating policies. The policies had been put together over the past two years by a dedicated group of the membership. Those members serving on the policy writing committee were Joan Wilson, Myron Godwin, Gail Wetzork, Rich Zulaica, George Kleeman, Bob Mason, Jim Hume, Bob Podkaminer, Sonny Maynard, John Luppess, and Dick Connors.

Myron and Bob Mason took care of computer input and the secretarial task, respectively, and "Pod" printed copies for the membership.

The committee received a great deal of good evaluative input from Don Wilson, Eddie Seese, Kurt Servos, and many others. After a spirited discussion and several explanations by Podkaminer and others, the operating policies were overwhelmingly approved by proxy count.

Rich Zulaica, chair for equipment, reported on the equipment inventory. From this year's budget, it is Rich's intent to purchase more two-way radios for the group. He is also looking at new wind

gauges. Zulaica encouraged spreading the word of the Association's available equipment to meet directors.

As certification chair, Bob Podkaminer reported that the Association has 250 officials on the roster, of which 200 are active members. All outstanding dues have been collected.

Two guests at the meeting made presentations. Jean Snuggs of American River J.C. and the meet director of the USATF Senior Nationals in Sacramento gave a progress report on the June, 1995 meet. Joe Neff, head track coach at Sacramento State College, addressed the officials about the formation of a new Division I track and field league, The American West. The league will hold its first championship meet at Sacramento State on May 19-20. Both meets will need officials.

The presentation of the annual awards is the part of the meeting looked forward to by most. This year, award chair Myron Godwin was in rare form as made the committee report followed by the presentation of the awards.

Tom Moore of Modesto is the recipient of the 1994 Dick Barbour Memorial award. Don Wilson of Alameda won the USATF Officials award. Special recognition plaques were given to Lori Maynard of Redwood City, Bobby Hughey of San Jose, and Bob Podkaminer of Menlo Park.

Certificates of recognition were presented to Bill Edgar of Sacramento, Brad Pearson of Alameda, Rick Urband of Palo Alto, Charles Shepard of San Jose, and Howard Brown of Vallejo.

Congratulations to all of these very worthy, hard-working volunteer officials!

Officials: Where the Action Is

Mike Powell jumping 29 feet...Gail Devers winning the sprints and the hurdles...pole vaulters sailing over 19 feet...Sound exciting?

USATF officials are right in the middle of the action! More interested, capable officials are needed in 1995 as the Pacific Association hosts several national championships. Contact Dick Connors for more information at (415) 341-6781 (eve.)

Napa Valley 50M, contd. from page 19

a beauty that can kill. Mark Richtman had chosen this race for his first serious 50-mile effort, and it was his good fortune that veteran Carl Anderson was on hand to offer a challenge.

While Richtman had projected a 6:45-per-mile pace for himself, Anderson was less sure of his prospects. Battling persistent hip pain all year, he was mainly craving a solid effort without aggravating his injury. A sub-7:00-per-mile pace without undue stress would suit him just fine. Still, he clung to Richtman for 10 miles and continued to accelerate through the half-way point. His 20-to-25 mile split with his day's fastest (6:38-per-mile).

Richtman, however, was a different story, accelerating and then some. His 2:00 lead at the half grew steadily to 3:00 at 30 miles, where he notched his fastest split at a 6:28/mile pace. He then doubled his margin by 40 miles, and hammered his way home in 5:34:55 to Anderson's 5:45:58. This was a win-win finish for the pair. Richtman exceeded his projected pace at 6:41-per-mile and Anderson averaged a strong 6:55-per-mile pace without untoward pain.

Suzie Lister prevailed in the women's competition with a fine 6:51:33, giving every indication that this season she will defend her Open Women's Grand Prix championship with the same consistency she displayed as she ran away with it last year.

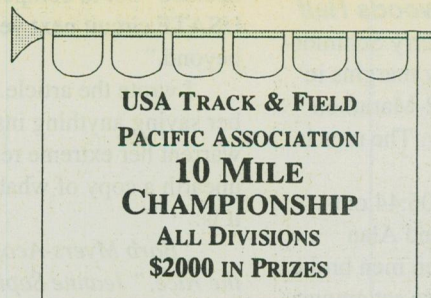
Special accolades to the Dave Hannaford and Barbara Miller for completing the entire sequence of four ultras in August and September. Hannaford is well on his way to demolishing the masters competition. Miller, at 49, is a marvel of tireless durability. Hannaford ran the Napa 50 only 12 minutes slower than the Pony Express 50 a month previous, 6:49:24 vs. 6:37:19, and he logged another 50 miles on the track between these two events. This is ultrarunning!

23nd CALIFORNIA-10

Sunday, January 8, 1995

9:00 AM Stockton

Free Lunch Following Run



Sundance
RC

DIRECTIONS: From I-5 north, take the Fremont Street Exit, go left (East) on Fremont, to Center Street. From I-5 South, take the Pershing Ave Exit, turn right (East) on Oak Street to Center Street, turn right (South) to Fremont. Signs/volunteers will direct you to parking.

START/FINISH:

Stockton Civic Center Auditorium
Center & Fremont Streets, Stockton

COURSE:

Flat, fast, paved loop 10 miles
USA Track & Field Certified
Traffic control ends at 2 hours; no strollers

REGISTRATION:

Send \$15 (non-refundable) post-marked by
12/31/93. Please don't mail applications
after this date!

RACE DAY REGISTRATION:

\$20 7:30 - 8:30 AM

BENEFITS:

San Joaquin Child Abuse Prevention Council

AWARDS:

Sub-50 shirts to runners under 50 min.

Sub-55 shirts to runners under 55 min.

Sub-60 shirts to runners under 60 min.

Sub-70 shirts to female runners and to male
runners 50 yrs and older under 70 min.

*All runners get shirts! "Sub" shirts are long
sleeve. Short sleeve T-Shirts for "non-subs".*

PRIZE MONEY:

Award winners must be Pacific USATF
members. Prize money is awarded to
Pacific USATF residents only.

INFORMATION:

Larry Frank (209) 478-2802
Jerry Babineau (209) 474-7395

CALIFORNIA 10 Waiver and Registration (may be duplicated)

Send \$15 per entry to:

Sundance Running Club, c/o Larry Frank,
3627 Fourteen Mile Dr., Stockton, California 95219-3804

--	--

USATF Number

PACIFIC USATF TEAM

--	--

LAST NAME

FIRST NAME

--	--

ADDRESS

HOME PHONE

--	--	--	--

CITY

STATE ZIP

AGE(Race Day)

Award winners must be Pacific USATF members.

WAIVER: (The following must be signed to enter the race. If you are under 18, your parent or guardian must sign for you.)

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive and release forever any and all rights and claims or damages I may accrue against the California 10 race management, Sundance RC, the City of Stockton or against any and all organizations, sponsors, and/or individuals connected with this event, their representatives, successors and assigns for any & all injuries suffered by me in connection with this event including pre and post race activities.

To protect athletes' amateur status, USA Track & Field requires notification that entrants may be required to submit to drug testing. For information on recently upgraded list of disallowed drugs call USOC Hot Line (800)-233-0393.

DIVISIONS (check one)

MEN

- 1. 18 & under _____
- 2. 19-24 _____
- 3. 25-29 _____
- 4. 30-34 _____
- 5. 35-39 _____
- 6. 40-44 _____
- 7. 45-49 _____
- 8. 50-54 _____
- 9. 55-59 _____
- 10. 60-64 _____
- 11. 65-69 _____
- 12. 70-74 _____
- 13. 75-79 _____
- 14. 80-84 _____
- 15. 85-89 _____
- 16. 90 and up _____
- 17. Wheeler _____

WOMEN

- 18 & under _____
- 19-24 _____
- 25-29 _____
- 30-34 _____
- 35-39 _____
- 40-44 _____
- 45-49 _____
- 50-54 _____
- 55-59 _____
- 60-64 _____
- 65-69 _____
- 70-74 _____
- 75-79 _____
- 80-84 _____
- 85-89 _____
- 90 and up _____
- Wheeler _____

Prize money is awarded to Pacific USATF residents only.

I have read my rights: Signed: _____ Date: _____

Scudamore, Schmidt-Adams Capture Humboldt Redwoods Half

Dave Scudamore and Terry Schmidt-Adams ran to narrow victory margins in the Humboldt Redwoods 1/2-Marathon Oct. 16 in Humboldt County. The race is part of the PA Grand Prix.

Scudamore's time of 1:06:44 out-paced Joe Rubio (1:06:55) and Alan Dehlinger (1:06:58). Fourteen men broke 1:10 on the fast, scenic course set among towering redwood trees near Garberville.

For the women, Schmidt-Adams was a 20-second winner in 1:16:47 over Honor Fetherston. Christine Kennedy was third in 1:17:56.

In the masters race, Frances John Gailson won by 20 seconds over George Hernandez, 1:11:32 to 1:11:52.

Leslie McHampton had no trouble besting other women 40 and over, crossing the line in 1:23:06. Joan Ottaway, 50, was second master in a sensational 1:24:14.

There were 538 male and 442 female finishers, a total of 980.

Humboldt Redwoods Half-Marathon, Oct. 16

Pl.	Name/City	Age	Time
1.	Dave Scudamore, na	24	1:06:44
2.	Joe Rubio, na	31	1:06:55
3.	Alan Dehlinger, Reno	33	1:06:58
4.	Jose Aispuro, Watsonville	33	1:07:11
5.	Robert Anex, Davis	35	1:07:15
6.	Tim Minor, Reno	36	1:07:49
7.	Jeff Hacker, Santa Clara	34	1:08:12
8.	Charles Alexander, M. View	30	1:08:30
9.	Jeff Hildebrand, Roseville	34	1:08:40
10.	Danny Aldridge, Santa Rosa	38	1:08:50
11.	Eric Walker, Santa Rosa	26	1:08:51
12.	Miguel Tibaduiza, Reno	38	1:08:54
13.	Patrick Johnson, na	26	1:09:46
14.	Robert Thwala, na	33	1:09:48
15.	Mark Hoefer, na	32	1:10:16

Male Masters

1.	Frances John Gailson, na	41	1:11:32
2.	George Hernandez, na	41	1:11:52
3.	Thomas Cushman, Chico	41	1:11:53
4.	Charles Thompson, S.F.	44	1:12:15
5.	Gustavo Figueroa, Winn.	43	1:12:32

Overall Women Finishers

1.	Terry Schmidt-Adams, Nev.	38	1:16:47
2.	Honor Fetherston, M. Val.	39	1:17:04
3.	Christine Kennedy, Cupertino	39	1:17:56
4.	Francie Benson, na	32	1:18:38
5.	Kathy D'onofrio-Wood, Tr.	30	1:19:18
6.	Cathy Christensen, San Jose	28	1:19:55
7.	Julie Rohloff, Los Gatos	31	1:20:13
8.	Laura Sanchez, na	33	1:22:15
9.	Kristina Mathias, Sunnyvale	21	1:22:29
10.	Rachael Hawlin, San Fran.	28	1:23:01

Female Masters

1.	Leslie McHampton, San Raf.	43	1:23:06
2.	Joan Ottaway, Sausalito	50	1:24:14
3.	Elizabeth Edwards, Piedmont	40	1:27:04
4.	Bev Marks, Fair Oaks	40	1:28:04
5.	Darlene Wallace, na	43	1:29:00

Letters to the Editor, Contd. from page 4

decided "not to compete in the PA/USATF circuit next year and probably beyond."

I wrote the article. I couldn't remember saying anything insulting that would warrant her extreme response. I had to unearth a copy of what I had written. Here it is:

"Barb Myers-Acosta shoulda' won the race," Jeanne Sapienza told the race director at the finish line.

Jeanne, last year's second place finisher, said "Barb Acosta was clearly in

the lead but failed to make the turn for home at the half-mile turn around or she would have won easily."

What's this? You mean that a top-notch national runner didn't see the rows of orange cones arced in mid-street showing the turn around point?

Do you see anything remotely offensive that would warrant this type of criticism? Read it again. The only line that could possibly be construed as "insulting," which would justify numbers of phone calls about the article from her friends, was: "You mean that a top-notch national runner didn't see the rows of orange cones arced in mid-street showing the turn around point?"

I wish to point out that I did not write the article in a deliberately mean-spirited way. I hold no animosity towards Ms. Acosta as we have never met. I must confess that I don't even know what she looks like. (I didn't see the race in question as I was busy working in the results tent.)

In summation, I would like to point out that the "remarks" were solely mine—why take it out on the Grand Prix circuit? Also, her misdirected race was only one of the eight heats run over the course that day. None of the other seven heats experienced problems with the cone markings or course directions—for the third straight year.

Flory Rodd



PA Notes, Contd. from page 4

Leadville Trail 100, a 100-mile race at elevations above 10,000 feet in the Colorado Rockies August 21st. She finished second overall....**Suzie Powell** of Modesto set an American Junior record of 184-4 in the discus at the U.S.-Canada Junior Meet in Buffalo, New York July 14-15...**The West Valley Track Club's** 50+ men's 4 x 800m relay team ran 8:45.88 to set a pending world record Sept. 10th at Edwards Field at UC-Berkely...**Suzie Lister** and **Maryann Murphy**, both of San Ramon, finished second and third in a U.S./Canada/North American 100 km international race August 31 in Victoria, British Columbia. Lister ran 9:06:01 and Murphy 9:11:31....With sadness we note the passing of Fred Lebow October 9th after a second bout with brain cancer. The New York Road Runners Club and New York City Marathon founder was 62.

Grand Prix Team Standings, from pg. 10

MASTERMEN		
Place	Name	Total
1	Excelsior	730
2	WVUS	695
3	East Bay	495
4	WVTC	470
5	Tamapa	350
6	Chips	170
7	Silver State	120
8	Ryans	50
MASTERWOMEN		
Place	Name	Total
1	WVTC	650
2	WVUS	605
3	Impala	580
4	Tamapa	220
5	Chips	160
SENIORMEN		
Place	Name	Total
1	WVUS	730
2	Tamapa	675
3	Empire	500
4	Silver State	395
5	WVTC	270
6	Chips	130
7	Excelsior	110
8	East Bay	110
9	Tarahumara	75
SENIORWOMEN		
Place	Name	Total
1	WVTC	600
2	Tamapa	490
3	Impala	485
4	WVUS	190
SUPERSENIORMEN		
Place	Name	Total
1	WVUS	740
2	Tamapa	595
SUPERSENIORWOMEN		
Place	Name	Total
1	Tamapa	90
VETERANMEN		
Place	Name	Total
1	Tamapa	100



START TIME 6:58 a.m., SUNRISE!

COURSE The 8.25 mile (13k), relatively flat course starts at Aloha Tower in downtown Honolulu, winds its way along the historic harbor, down Nimitz Highway and on to Aloha Stadium. Entertainment along the entire course!

RUNNING AWARDS T-shirts to all finishers! Trophies to elite - first three male and female finishers - including wheelchair, racewalk, and military divisions; medals to first three age group finishers in the following divisions: 7-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

RACE NUMBER PICK-UP At the Great Aloha Run Health & Fitness Expo, Neal Blaisdell Center on Friday, February 17, 4-10; Saturday, February 18, 11-9; and Sunday, February 19, 11-6.

PASTA PARTY Fantastic pasta party scheduled for the weekend prior to the race! Call for details.

POST-RACE ACTIVITIES Join the celebration at Aloha Stadium! Tailgating, food, entertainment, awards and prizes.

TRAVEL For information on special discounted Great Aloha Run packages to Honolulu by Pleasant Hawaiian Holidays, call the Group Sales hotline at 1-800-542-9244, 8 am to 5 pm Mon.-Fri. (Pacific Standard Time).

INFORMATION Call (808) 735-6092.

**MONDAY, PRESIDENTS DAY,
FEBRUARY 20, 1995
HONOLULU, HAWAII**

**One of the top six races in the world
with 8.25 miles of excitement!**

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More airline for your money.™

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DOING IT RIGHT

**1995 GREAT ALOHA RUN
OFFICIAL ENTRY FORM**

Use ink and print clearly. One application per participant! Copies OK.

PLEASE READ AND SIGN (Sorry, we cannot process without your signature.)

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather including high heat and humidity, and the condition of the roads, all such risks being known and appreciated by me.

Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge The Carole Kai Charities, Inc., The Great Aloha Run, its officers, directors, members, volunteer-agents, sponsors, the City & County of Honolulu, State of Hawaii, their officials, employees, representatives, successors, or assigns or anyone acting on their behalf, from any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event.

This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

I further grant full permission to The Carole Kai Charities, Inc., The Great Aloha Run and/or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.

X
Signature

Parent or guardian if under 18

Date

Last Name First Name M.I.

Mailing Address Apt. #

City State Zip Country (other than US)

Day Phone Number (with area code) Evening Phone Number (with area code)

T-shirt (circle one) - Unisex adult sizes: S M L XL XXL
Youth sizes: M L

Sex (circle one): M F Date of birth: / / Age on 2/20/95

Estimated Finish Time: Hours Minutes

Free bus to downtown
(check only one please)
Before After

ENTRY DONATION			
Proceeds from the Great Aloha Run go to over 16 local charities.			
1st 5,000 to enter by 11/30/94 get a FREE "In Training" t-shirt!	Regular by 1/17	Late 1/18 - 2/1	At Expo 2/17 - 2/19
Regular Entry	\$17.00	\$20.00	\$30.00
Children/Seniors (12 & under) (65 & over)	\$12.00	\$15.00	\$15.00
Pasta Party	\$7.00	\$7.00	\$8.00
Contribution			
Total Enclosed			

Please make your non-refundable entry donation check payable to:
GREAT ALOHA RUN

Mail to:
GREAT ALOHA RUN
P.O. Box 31000
Honolulu HI 96849-0014

Entries postmarked by deadline dates.



CALIFORNIA INTERNATIONAL MARATHON

Folsom-Sacramento
Sunday, December 4, 1994

OFFICIAL MARATHON, MARAFUN AND MARAWALK RELEASE/AGREEMENT

As consideration for being permitted by USATF, McClatchy Newspapers, Inc., and the cities and counties in which the race is contested, (hereinafter collectively referred to as "Promoters and Sponsors") to participate in the California International Marathon (CIM) Marafun Run/MaraWalk, I hereby agree that I, my assignees, heirs, distributees, guardians and legal representatives will not make a claim against, sue or attach the property of the promoters and Sponsors, for any and all injuries or damage arising from my participation in CIM/Fun Run/MaraWalk. I also give free use of my name and/or picture in any broadcast, telecast, or other account of this event. Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from the event, and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances." Information regarding drugs and testing may be obtained by calling the ISOC Hotline at 1-800-233-0393.

ASSUMPTION OF RISK

I am aware that running a marathon is a strenuous and potentially dangerous activity with knowledge of the risk involved and hereby agree to accept any and all risks of injury or death. I represent and certify that I am physically fit and have sufficiently trained for competition in this event.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE PROMOTERS AND SPONSORS AND SIGN IT OF MY OWN FREE WILL.

Signature _____		Date _____
Signature of parent/guardian (if under 18 years) _____		Date _____
Last Name _____	First Name _____	Middle Initial _____
Street _____		Phone Number _____
City _____	State _____	Zip Code _____
Country (if not USA) _____	Age (on 12/4/94) _____	Birthdate _____ Sex _____
USATF Number _____	T-Shirt Size (S/M/L/XL) _____	
<input type="checkbox"/> Longsleeve <input type="checkbox"/> Shortsleeve (guaranteed only by 11/1/94)		

Wheelchair _____ USATF Team/Corporate Relay Team _____

All entries must be accompanied by the entry fee. Please make check payable to The California International Marathon. Send entry and check to: The California International Marathon, PO Box 161149, Sacramento, CA 95816. Please include a self-addressed, stamped envelope for confirmation of entry and race instructions. This entry form may be copied and used to apply for acceptance.

CIM entry prior to November 1 (\$30) _____
 CIM entry prior to November 18 (\$40) _____
 USATF Card Fee (\$12) _____
 Bus Transportation from Sacramento Hilton to start (\$4) _____
 Extra T-shirts (\$10 each) _____
 Marathon poster (\$15 each, w/frame (\$85) _____
 Marathon Poster signed by artist (\$20 each, w/frame (\$95) _____
 VIP seating at finish line (\$25 per person) _____
 Marafun Run prior to Nov. 24 (\$10) _____
 Southwest Airlines Corporate Relay Challenge (\$100-250) per team _____
 MaraWalk prior to Nov. 24 (\$10) _____
 Total Enclosed \$ _____

Is this your first marathon? _____
 Is this your first CIM? _____
 How many past CIMs have you run? _____
 How many other marathons have you run this year? _____
 Do you have any interesting running stories? _____
 Please feel free to submit them for our media use. _____