

PACIFIC *Athlete*

Pacific Association of USA Track & Field

July-August, 1996 • \$2.50

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



Photo by Gary Prior/ALLSPORT

Nicole Carroll of San Francisco (pictured at last year's World Championships) is one of 10 Pacific Association athletes to qualify for the U.S. Olympic Track & Field team.

Top PA Athletes Head to Atlanta

**Olympic Track &
Field Schedule**

**Results From
Golden West &
Association
Championships**

**USATF Survey:
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The **Pacific Association** is one of 56 associations of USA Track & Field across the country. USA Track & Field is the national governing body for track & field, race walking, cross country running, ultra and long distance running.

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PA-USATF Annual Membership Dues

are \$15 for an individual athlete. Membership expires Dec. 31 of each year. Use the form below to join for this year.

Visit the Pacific Association site on the World Wide Web at: <http://www.bdt.com/home/trimble/PAUSATF.html>
and visit the *PACIFIC Athlete* site at: <http://www.runningnetwork.com>

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To Join USATF for 1996, complete and mail the form below with a self-addressed stamped envelope.

Please use these codes to indicate your membership category(ies) and sport area(s). Remember that—except for the contributing membership—only one \$15 fee is currently required for as many categories as you wish to indicate.

SPORT CODES:

T = Track Events, **F** = Field Events, **R** = Road Running, **U** = Ultra Running, **W** = Race Walking, **X** = Cross-Country

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AY = Athlete-Youth -or-
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PA = Parent

IMPORTANT INFORMATION FOR PROSPECTIVE YOUTH ATHLETE MEMBERS

- Coach may sign with permission of parent.
- New or lapsed member ship must submit copy of birth certificate or other ID.



National governing body for track & field, race walking, cross-country, long distance running, and ultra running

☐ New membership ☐ Renewal from last year
☐ Previous member (last year _____)

PACIFIC ASSOCIATION/USA TRACK & FIELD
120 Ponderosa Court
Folsom, CA 95630

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☐ Training Centers ☐ Other _____ in the amount of ☐ \$10 ☐ \$25 ☐ \$50
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Contribution: \$ _____

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Notes from the World of Athletics and the Pacific Association

Boston Results Correction

Jake Niebaum, 30, was mistakenly omitted from the results of top PA finishers in the 100th Boston Marathon in the last issue. Niebaum, of El Granada, finished 252nd overall in 2:38:18.

Ziwey, Waugh Win 25th Avenue of the Giants

The 25th Avenue of the Giants Marathon May 5th featured a number of past champions and newcomers. Two first-timers won the race, German Gunter Ziwey of Flagstaff, Ariz., ran away with the men's race in 2:29:13, winning by almost 11 minutes. Midori Waugh of Sacramento passed 1994 winner Genevieve Keogh at 24 miles to win her first marathon in 3:13:10.

Past marathon winners who returned to the race included Jim Howard (2:18:06 in 1981), 8th in 2:46:54; James Washington (1988 and 1993 winner), 3rd in 2:41:59; Dan Towner (1989), 4th in 2:41:59; and Ruth Anderson (1978), who won the 65-69 division of the 10 km in 56:20.

PA Clubs Win RRCA Journalism Awards

For the second time in four years, the *Buffalo Enquirer*, the quarterly magazine of the Buffalo Chips Running Club, took home the prize for the Outstanding Large Club Newsletter presented by the Road Runners Club of America at their national convention May 9-12 in Knoxville, Tenn.

Cynici Calvin of Auburn edits the *Enquirer* (Calvin also assists with production of *Pacific Athlete*).

The RRCA Jerry Little Memorial Club Writer Award was won by Timothy Martin, who writes for the Six Rivers Running Club Newsletter out of Arcata, Calif.

PA's Geoffrion Runs Freihofer's 5 km

Each year, the USATF national women's LDR committee offers the Association Athlete Development Program (AADP) transportation and lodging assistance to Association athletes who attend the Freihofer's Run for Women 5 km National Championship in Albany, N.Y. The Pacific Association selected Lisa Geoffrion of the Reebok Aggies to attend the June 1 race. Geoffrion was selected based on her performance in the Gimme Shelter 5 km PA Championship last April.

Here is Lisa's report of the event:

"The 18th running of Freihofer's was not only a national championship event, but a huge community event that other cities and sponsors should note. The efforts of the city, race sponsors, and hundreds of volunteers was plainly evident in this well-organized event. This was by far the best race I've ever run.

When I found out I was to be honored with an invitation to this race by the PA-LDR and the AADP, I was thrilled and immediately began to train hard. When I flew east the day before the race, I felt fit and ready for a fast time.

Race day was beautiful: sunny skies, about 70°, and no wind. The course itself starts with an uphill first half mile (which I didn't expect). It's then mostly flat and rolling for the next two miles. The finish goes down the same hill that was featured at the start.

I was impressed with this race, but not my personal performance. It was not a good day for me. I had one of those races where I was never comfortable. I finished in 17:30, 50th overall.

It was very disappointing to not have a good race when I'd traveled so far for such a quality event, but the experience was well worth it. Being able to race in such a quality field is a rare opportunity for most of us. The AADP is a wonderful opportunity for talented runners not yet at the elite level. I truly enjoyed being treated as well as the elite women with all the special perks.

Freihofer's Run for Women will always have a special place in my running memories. I highly recommend all you ladies race for the opportunity at next year's PA 5 km championships!"

Lisa Geoffrion

(Editor's note: See another Freihofer's article on page 6.)

A Pacific Athlete says "Thanks!"

Dear Editor,

I'm writing to thank all the people who came to my rescue at the Gimme Shelter 5 km in San Francisco April 21. I'm the one who was tripped within the first 100 yards at the front of the pack. My deepest appreciation goes to Chris Linke, my 5'2" 100 lb. teammate who, at the expense of her own race, and more importantly, at risk of injury to herself, created the human pylon I so desperately needed to avoid further trampling. There were others who also gave up their race, and some that stepped off the sidewalk to help. Due to the queasy, nauseating pain that comes from dislocating a shoulder, I could not even begin to remember

Trason First, Johnson Seventh at Comrades

Multiple world record holder and 1995 World 100 km Champion Ann Trason of Kensington won the women's division of the Comrades Marathon on June 17. Trason's time has been reported as either 6:13:12 or 6:14:12 for the "up" course between Durban and Pietermaritzburg, South Africa. (In alternating years the point-to-point course changes direction, in even years being primarily uphill, in odd years being primarily downhill), which was shortened this year to 86.7 km from its usual 91 km distance.

Trason bested defending champion and 1995 World bronze medallist Maria Bak of Germany (6:24:21) and 1994/1996 World 100 km champion Valentina Shatyaeva of Russia (6:30:49).

Last year, Trason had built a huge lead by halfway along the "down" course but was forced to withdraw with stomach troubles.

Tom Johnson of Loomis, the new American men's ultra star, following his surprise third place finish in the 1995 World 100 km, finished 7th in the men's race, won by Dmitri Grishine of Ukraine in 5:29:33. Johnson's 5:41:57 performance was the second best ever by an American man, following Alberto Salazar's surprise victory in the 1994 race. Over 13,000 ran the race.

King Repeats his Dipsea Victory

Submitted by Jim Furman

Joe King, a 70 year old newspaper columnist from Alameda, ran to a second straight victory in the warm and sunny Dipsea run on June 9. King won despite the imposition of the one-minute "winner's penalty" which decreased his headstart from the maximum 22 minutes to 21 minutes. Eve Pell, 59, won the women's competition.

The Dipsea is contested on an extremely steep and narrow trail connecting Mill Valley and Stinson Beach. It is the nation's second oldest (since 1905) continuously-held footrace, after the Boston Marathon. The race allows a maximum of 1,500 entrants, selected from a field of over 3,000 applicants.

Pl	Name	Age	Sex	Adjusted	Headstart	Actual
1	Joe King	70	M	48:19	21	1:09:19
2	Eve Pell	59	F	49:13	22	1:11:13
3	Melody-A. Schultz	54	F	49:57	6	1:05:57
4	Tim Minor	38	M	50:02	2	52:02
5	Stephen Lyons	55	M	50:06	9	59:06
6	Ken Keyte	33	M	50:55	1	51:55
7	Steve Stephens	52	M	51:09	7	58:09
8	Robert Dickinson	39	M	51:18	2	53:18
9	Alan Tracy	57	M	51:21	11	1:02:21
10	Cliff Lentz	31	M	51:40	1	52:40

Tamalpais Seek Relay Teams for World Record Attempt

On Tuesday evening, August 27, at the College of Marin in Kentfield, the Tamalpa Running Club will stage a 4 x 1600 relay for men 50-59 and 60-69. This will be an attempt to break the world records at this distance. The present records are 19:50.2 (4:59.3 mile), by the Boston Running Club and 24:06.6 (6:03.7 mile), by the King of the Hill Club.

The race will be part of the club's monthly track meet. The meet starts at 4:30 p.m. with the youth events. Adult events begin at 6:00 p.m. The relay will start at 7:00 p.m.

The club plans to have electronic timing and meet all requirements of the IAAF. A current USATF card is required and there will be a minimal entry fee to cover expenses.

All running clubs in the Pacific Association are invited to participate. If interested, please contact Bernie Hollander, phone (415) 897-6842, facsimile (415) 897-6842, E-mail bernie431@aol.com.

Race Walk Update: See next issue for a complete update on PA Race Walking

your names, but you were all my heroes, nonetheless. In the true spirit of a team member, Chris not only saved me from the trampling, but she continued on to post a 5 km time for Ryan's team. She was our fifth scorer, and it was probably an all-time slow for her, but she embodies the spirit of our team.

As for the man who, in his quest for a fast time, disregarded the safety of others, I hope that your maneuvering was worth the ten seconds you may have saved so early in the race. It cost me a racing season and caused me much pain. Sincerely,

Laura Sanchez

Officials Report

by Dick Connors

Wow! It's hard to believe that the local season is already coming to a close. The performances of the athletes in this Association, be it high school, collegiate, or age group, has been phenomenal. Times have improved, jumps are higher and longer, and the throwers have not let us down. From the very first All Comers Meet in Los Gatos in January, to the very successful Pacific Association Age Group Championships last week at Stanford, meet managers, athletes, coaches and officials have all had a very productive season. The quality of meet management has improved significantly, and the availability of members for this task has increased. Let's all keep up the good work!

My biggest thank you goes to each official in the Pacific Association for his help in making this an exceptional season. For our efforts, I have recently received checks from the following groups: The Sacramento International Track and Field Association for our work at the Nationals in 1995, the U. C. Davis for their very successful season this year, and James Wynn for our help in the Youth Athletics Championships.

You won't read this in your daily newspaper, but a special athlete needs our recognition. At the Bruce Jenner Classic on June 1st, **Wendell Gaskin**, set a World Record in the 100 meters. By running 10.21 seconds, Wendell broke his previous record for people who are deaf. Wendell also qualified for the U.S. Olympic Trials in Atlanta. Way to go Wendell!

As I look forward to the summer season on the track, I see that many officials from our Association will be traveling to national championships across the nation. If, as an official, you have never had the experience of working a national championship outside the Association, I would encourage you to think about going to Spokane, Wash., for the Masters Championships, August 15-18. I have application forms.

As mentioned in last month's column, "Five Ring Fever" is continuing to spread as a contagious disease and is about to reach the epidemic stage. I recently received a call from one of our Olympic Officials asking if I knew anyone with extra Olympic Games' Track and Field tickets, because his wife has decided to attend the Games. This past week, my own wife, Shirley, informed me she wanted to attend the Trials with me. By the time the third week in July arrives, I expect to have heard from all three of my sons, asking Dad for tickets for "just a couple of days" at the Games. If you know of anyone who has extra tickets, please give me a call.

LATE NEWS! the 1997 PAC-10 Track and Field Championships, originally scheduled for Stanford, have been transferred to the University of Washington in Seattle. Stanford was recently awarded the NCAA Men's Tennis Championship to be held the same week. Stanford is now scheduled to host the 1998 PAC-10's in track and field.

New Book is Based on Acorn TC; Feature Movie Next for Oakland Club

By Doug Thurston

Many in the Pacific Association are familiar with the Acorn Track Club of West Oakland. Since 1986, Darrell Hampton, co-founder and coach of the club, has built a championship girls track and field team in the Acorn low-income housing project.

Now, the rest of the country is learning about the club through "Run for Your Life," a powerful and uplifting novel based on the true story of the Acorn Track Club. The hard-cover book, published by Houghton Mifflin, is now available at bookstores nationwide.

The book has received a strong response on the east coast (Houghton is based in Boston). This summer, following the track season, Hampton will promote the book nationally with the girls through book signings and TV and radio talk shows.

"The book is fictionalized, but the stories are actual," Hampton said. "There are four main characters in the book drawn from the lives and experiences of 12 of my runners. I think the story is one of achieving dreams and setting an example by one's actions. Track and field has been the vehicle for these girls to break out of the cycle of poverty, single parenthood, and welfare."

Hampton said the idea for the book began back in 1989 when a friend, Virginia Bolton, told the Southern California owners of the Acorn housing project about the track club. The owners hosted the team when the girls were in Los Angeles for a national-qualifying meet.

At first, the thought of a book was a joke to Hampton. Soon, though, Hampton was being interviewed by Bolton and her friend, novelist Marilyn Levy, an author of two children's feature books. By 1990, the first draft of a "treatment," or idea for a movie, was created and being shopped around. It took two years to find a publisher for the book. The Fox Studio bought a two-year option for the movie.

By 1993, some of the girls were in high school and were starting to receive scholarship offers from colleges—which made the story more buyable. After Fox's option expired, Def-Polygram picked up on the movie. Laughing Willow Productions was signed on for the project. The producers met the girls and liked the story. Harold Sylvester, a noted African American actor turned writer, has written a script and the movie is in pre-production. Soon, it will begin filming in Atlanta. Because it's Hollywood, Hampton said, the script has more conflict and romance than the true life story.

"Each of the girls in real life have their own story; their relationships and motivations are different," Hampton said. "These projects make me very proud to see that this has come full circle from our humble beginnings and that our main goal has been achieved: education. At the start, the focus was about track; then it was about education."

"The book and the movie are a lot of fun for the girls. They try to guess or remember who each girl in the book is supposed to be. They remember a lot of the events they now see in the book."

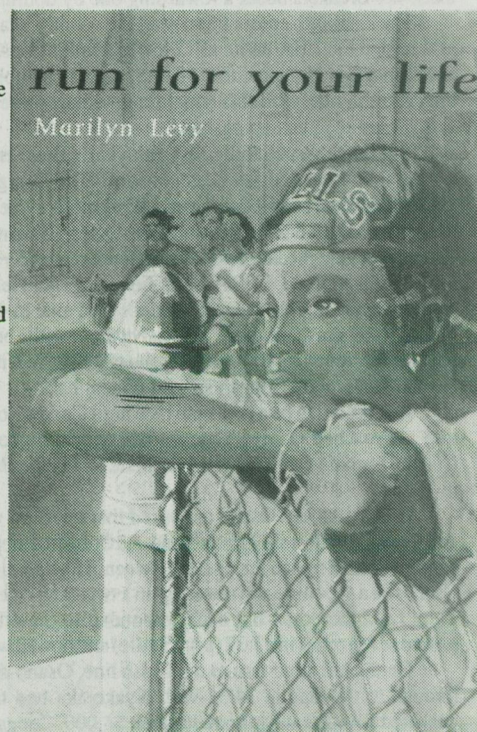
"The girls are part of the process of the movie," Hampton said. "I'm trying to get each of them included in the picture. And I want to represent West Oakland in a positive way."

The book and the upcoming movie are part of Hampton's plan, after 10 years, to chronicle why and how girls can use track and field to break out of a poverty cycle. Hampton sees other girls in the project who chose other things and are still in the projects. What is it about track and field that made his girls different, he wonders.

"If we bring these kind of programs to other projects and they are successful, can we draw a hypotheses on how to break out of poverty cycle?" Hampton wonders. "Can track and field create more of these local heroes who graduate from high school and get college scholarships?"

Hampton said his original team is now in colleges across the country. They come back in the summers and many are helping with the younger kids and going out into the community to spread their anti-drug, hard-work message.

"These girls are looked up to as goddesses," Hampton said.



Olympians Coogan, Lauck Win U.S 12 km Titles Breakers '96: Something Old, Something New

The 85th Examiner Bay to Breakers 12 km, held on Sunday, May 19, in San Francisco, produced something old and something new as two-time men's winner ('91-92) Thomas Osano returned to the victory stand, while Elana Meyer made her Breakers debut a rewarding one by dominating the women's race.

For the fourth consecutive year, the country's largest continuous road race also hosted the USA national 12 km championships, and, following that same above mentioned theme, the '93 U.S. men's champion Mark Coogan claimed the 1996 U.S. title, while his female counterpart Anne Marie Lauck won her first U.S. 12 km road championship.

Speaking of something new, this year's Breakers also had a grand marshal for the first time, and Jay Leno, host of "The Tonight Show" did the honors. Under near ideal conditions, Leno, on his motorcycle, led over 71,500 Breakers devotees on the 7.5 mile point-to-point course. The initial men's pack including Osano, Coogan, recent PRRO champion Lazarus Nyakeraka, two-time defending U.S. champion ('94-95) Chris Fox, and Dan Held quickly separated itself from the masses. This group passed the first mile in 4:34 and two miles in 9:18.

Nyakeraka made the first decisive move at the bottom of Hayes Street Hill. He later motioned for his uncle, Osano to help him with the pace. Together, they crested Hayes with Coogan several meters back.

It appeared to be a two-man race until Coogan joined the family reunion as they approached Golden Gate Park. The trio hit four miles in 19:08. Could Coogan become the first American male to win the Breakers since Ed Eyestone in 1986?

Nyakeraka and Osano answered that question with a surge between four and five miles into a slight headwind. As Coogan dropped back, the two Kenyans continued to increase the pace. Between fifth and sixth miles, Nyakeraka and Osano ran a 4:24 mile and it was again a two-man race. Both runners tried to pull away from the other, but each responded to the other's moves. The tandem passed seven miles in 32:37 (a 4:25 mile) and now, it would come down to a kick.

On the left hand turn to the finish line, Osano made his move and carried through to the tape in 34:35 with Nyakeraka two ticks back (34:37). Osano pocketed \$10,000 and his countryman \$4,000. Coogan, the '95 Pan Am Games marathon silver medalist, followed in third (35:01) and won the U.S. title and \$8,000.

"These guys (Osano and Nyakeraka) are peaking now, and I don't have the same leg turnover at this stage. In six weeks, I will be able to run with them. My main objective is getting ready for Atlanta," Coogan, a 1996 U.S. Olympic marathon team member, commented.

Chris Fox, the defending U.S. champion, finished fourth, second U.S. (35:48) and Dan Held placed fifth, 3rd American (35:53).

Top local master, Lloyd Stephenson, 41, from San Francisco, won the masters title (39:07) over Oxnard native, Barry Malony (39:13). Overall, both masters men finished 9th and 10th respectively.

In the women's race, pre-race favorite, Elana Meyer, from South Africa, ran with the lead pack which included Americans Anne Marie Lauck and Kristy Johnston, Kenyan Hellen Kimaiyo, and Russian Olga Markova (two-time Boston winner). At the bottom of the Hayes Street Hill, Meyer, 29, the '94 world half-marathon champion, began to push the pace. Meyer powered up the challenging hill without opposition.

After the race, she made light of the Hayes Street Hill by calling it "five little bumps."

As the whippet-thin Meyer entered Golden Gate Park at the four mile mark (22:10), the '92 10,000 meter silver medalist's only competition was the PowerBar Aggies centipede. Could she become only the fourth women to beat the "pede and thus, join an elite trio (Joan Samuelson, Grete Waitz and Lisa Ondieki)?

It was not to be, as the PowerBar Aggies passed Meyer just past seven miles and crossed the finish line in 38:43. The 1996 Olympic marathoner cruised to the tape to win the women's race handily in 38:56; she also earned \$10,000. Meyer's performance ranks as the Breakers 7th fastest women's time and makes her the 6th fastest woman overall.

Lauck, the '94 U.S. 15 km champion, pulled away from Markova and Kimaiyo at the six mile mark as she finished 2nd overall, first American (39:25) and earned \$9,000. Lauck, 27, also established a U.S. single age record.

For Lauck, the Hayes Street Hill proved to be more than "five little bumps," but she was not disappointed in her performance.

"I'm training through this race to prepare for the Olympic Marathon. Elana simply ran better on the hills," she explained.

In the masters women's race, Terry Adams-Schmidt, 40, from Stateline, Nevada captured the title in 43:56 over Christine Kennedy (46:17), 41, from Sunnyvale. Schmidt also finished 9th overall and set a national single age record.

Top Men Results

	Time	Award
1) Thomas Osano (KEN)	34:35	\$10,000/airline tickets
2) Lazarus Nyakeraka (KEN)	34:37	\$4,000
3) Mark Coogan (CO)	35:01	\$8,000/airline tickets
4) Chris Fox (MD)	35:48	\$5,000
5) Dan Held (WI)	35:53	\$2,000
6) Patrick Carroll (AUS)	36:11	
7) William Moore (TX)	38:30	\$500
8) John Hickey (WA)	38:41	\$500
9) Lloyd Stephenson (CA)	39:06	\$500 (1st master)
10) Barry Malony (CA)	39:13	

Top Women Results

1) Elana Meyer (RSA)	38:56	\$10,000/airline tickets
2) Anne Marie Lauck (GA)	39:25	\$9,000/airline tickets
3) Olga Markova (RUS)	39:41	\$3,000
4) Hellen Kimaiyo (KEN)	39:58	\$2,000
5) Kristy Johnston (CO)	40:22	\$4,000
6) Maria Trujillo (CA)	41:40	\$1,000
7) Anne Hare (NZL)	42:05	
8) Lynn Doering (GA)	42:35	\$500
9) Terry Adams-Schmidt (NV)	43:56	\$1000 (Open/1st master)
10) Nicole Murray (MT)	44:08	

USA Running Circuit Update

Jennings Wins Freihofer's Again, Sets U.S. Record

On Saturday, June 1, at the Freihofer's Run for Women 5 km in Albany, New York, Lynn Jennings—1992 Olympic 10,000 meter bronze medalist—successfully defended her U.S. 5 km road title for the third consecutive year; it was her fifth title overall.

From the gun, Jennings, 35, from Newmarket, New Hampshire, battled with 1996 Olympic marathoner, Anne Marie Lauck and with 100 meters left in the race, Jennings used her feared kick to set course and U.S. women's only race records (15:21). The three-time world cross country champion ('90-92) broke her own record (15:24) which she set last year. Jennings also earned \$12,000 (\$7000 for the win and \$5000 record bonus). Lauck ran 15:24 to finish second. Joan Nesbit placed third (15:42), while Kristy Johnston finished fourth (15:53). Jane Welzel, 41, from Fort Collins, Colorado set a U.S. masters record as she won the masters division in 16:28 (15th overall).

Women's USARC Standings After Five Races

- 1) Anne Marie Lauck, 27, Marietta, GA (37 pts.)
- 2) Lynn Jennings, 35, Newmarket, NH (30 pts.)
- 3) Kristy Johnston, 31, Boulder, CO (25 pts.)
- 4) Jenny Spangler, 32, Gurnee, IL (15 pts.)
- Jane Welzel, 41, Ft. Collins, CO (15pts.)
- 6) Colette Murphy, 31, Carmel, IN (13pts.)

1996 USARC Women's Schedule Update

In each USARC race, the top 10 U.S. finishers score points (15 points for first, 12 for second, 10, 7, 6, 5, 4, 3, 2 and 1). Over \$750,000 will be awarded in both circuits plus a \$25,000 grand prix purse for the top three scorers (\$12,000, \$8000 and \$5000) at the circuit's end. ESPN2's "Finish Line" program will highlight each event, and American Runner is the official publication of the USA Running Circuit.

USARC Women's Upcoming events are:

	Prize Money	Date
• Motorola Half-Marathon, Schaumburg, IL	\$8,100	September 29
• Tufts Health Plan for Women 10 km, Boston, MA	\$10,100	October 14
• Gallery Furniture 20 km, Houston, TX	\$16,775	October 20

1996 USARC Men's Schedule Update

The men's version of the USA Running Circuit (USARC) includes 11 races with nine national championship events; more races may be added in the coming months.

Upcoming events are:	Prize Money	Date
• Camden-Clark Parkersburg Half-Marathon, WV	\$17,175	August 17
• New Haven Labor Day 20 km, New Haven, CT	\$10,000	September 2
• Delchamps Senior Bowl 10 km, Mobile, AL	\$10,000	November 2
• Palm Desert 5km, Palm Desert, CA (date change!)	\$10,000	December 15

USATF Road Running Survey

INTRODUCTION: USA Track & Field is focusing on ways to increase its attention and services to the road running community. It's interested in your views about membership and how it should be improved to fit your needs. Your input on the following questions will help USATF serve you better.

- 1) Is road running in the U.S. increasing in popularity, holding level or declining? Circle one.

Increasing

Holding

Declining

- 2) Briefly describe your image of road running in the U.S.: _____

- 3) What is your perception of USA Track & Field? _____

- 4) Today, what does USA Track & Field currently do for road running members? _____

- 5) What should USA Track & Field do for road running? _____

- 6) How important on a scale of 1 to 5—with 1 being the lowest and 5 the highest—are the following USA Track & Field benefits to you? (Indicate "Don't know" with a zero "0").

- Providing athlete and event insurance _____
- Providing national race course measurement system _____
- Providing athletes, events, media and sponsors with running information and *On the Roads* Newsletter _____
- Conducting association, regional and national championships _____
- Governing a national system of rules _____
- Promoting road running nationwide _____
- Attracting corporate participants or sponsors _____
- Giving technical support for local events _____
- Ratifying records and providing competitive rankings _____

- 7) How important—on the same scale used in question 6 (1-5 or 0)—would the following be to you? Also rank the eight benefits—(1 being the most important to you and 8 the least).

- | | Score | Rank |
|---|-------|-------|
| • Getting USA uniform as competitive athlete—at local or national level | _____ | _____ |
| • Receiving discounts on running shoes/equipment | _____ | _____ |
| • Receiving discounts on running magazines subscriptions | _____ | _____ |
| • Getting invitations to special road running clinics | _____ | _____ |
| • Receiving training and health tips from experts | _____ | _____ |
| • Receiving athlete and event information on the Internet | _____ | _____ |
| • Having access to competitive opportunities at all levels | _____ | _____ |
| • Receiving other discounts (i.e., car rental, travel, etc.) | _____ | _____ |

- 8) How much more would you be willing to pay for your most important benefit ranked in question 7? \$ _____

Your two most important benefits? \$ _____

- 9) Overall, how important is it for USA Track & Field to manage and protect the quality of road running? Circle one:

Very Important

Important

Not too Important

Unimportant

- 10) Who is your road running hero? _____

- 11) Do you own any USA Track & Field apparel? If so, what is it (e.g., hat, pin, T-shirt, sweatshirt, etc.)? _____

- 12) Do you feel the image of USA Track & Field has grown more positive, negative or stayed the same over the past year? _____
Tell us why. _____

- 13) Does the sport promote itself well to the general public? What more should be done? Which target audience is the most important? _____

- 14) What is the most important issue USA Track & Field should tackle in 1997? _____

Survey Contd. on Reverse

Pacific Association Questions:

15) Do you understand the relationship between the Pacific Association and the national office of USA Track & Field?

Yes _____ No _____ Unsure _____

16) List your opinion and add comments as desired regarding the following Pacific Association activities: (From "1" if extremely dissatisfied to "5" if extremely satisfied; use "0" if you are unaware of this activity).

• Pacific Athlete magazine Rating _____

Comments: _____

• Road Running (LDR) Grand Prix Rating _____

Comments: _____

• Ultrarunning Grand Prix Rating _____

Comments: _____

• Cross Country Grand Prix Rating _____

Comments: _____

• California International Marathon Rating _____

Comments: _____

• San Francisco Marathon Rating _____

Comments: _____

17) Please rate the following Pacific Athlete magazine departments/features: (From "1" if extremely dissatisfied to "5" if extremely satisfied. Enter "0" if you do not read an area).

• Feature stories Rating _____

Comments: _____

• Grand Prix Standings Rating _____

Comments: _____

• Calendar of events Rating _____

Comments: _____

• Event results/stories: Rating _____

Comments: _____

• News items: Rating _____

Comments: _____

• Regular departments Rating _____

Comments: _____

DEMOGRAPHIC INFORMATION (This information is confidential):

Age _____ Profession _____

Gender _____ Hometown _____

Current Membership (circle one): USATF RRCA both

Status (circle one): fitness runner competitor official other

Average weekly running mileage _____

Number of races per year _____

Check if: Current Internet user _____

Future Internet user _____

Please return completed survey by August 31, 1996 to:

Pacific Association of USA Track & Field
120 Ponderosa Ct.
Folsom, CA 95630

Thank you!

PA Places 10 On Team for Atlanta

Johnson's 200-meter World Record Highlights Olympic Track Trials

By Doug Thurston

Michael Johnson's 200-meter world record and his blazing 400 meter were two of the biggest highlights in the Olympic Track & Field Trials June 14-23 in Atlanta's Olympic Stadium. In the last race on the final day, Johnson scorched the half-lap event in 19.66 seconds, breaking the record of 19.72, set by Italy's Pietro Mennea in 1979 and track's oldest record.

"Hopefully my record can last as long as his, unless I break it," Johnson said. "Now I can concentrate on the 400 record. I think that one's a lot easier."

The 200 final was his eighth race in eight days, previewing his bid to become the only male to win the 200-400 meter combination at the Olympic Games in Atlanta, July 19-August 4. Three days earlier, he won the 400 meters in 43.44, the fastest ever on U.S. soil and close to Butch Reynold's 43.29 world record.

"It's nobody's fault but mine that I didn't break the (400 meter) world record," Johnson said. "My coach instructed me to go out hard and I didn't do it."

10 Pacific Association Athletes Go For the Gold in Atlanta

The Pacific Association now has 10 athletes on the Olympic track and field team. The biggest surprise was Alvin Harrison of Salinas. Harrison ran four straight personal bests in the Trials, capping his remarkable meet with a 44:09 third-place finish in the final and an Olympic team spot. Alvin and his twin brother Calvin were prep superstars two years ago but then disappeared from the elite level track scene. Calvin just missed the final, finishing fifth by 100th or a second in his semifinal heat.

"I really thought it would be my brother (Calvin) and myself (on the team), but after Monday night's semis, I just thought I had to go on without him," Alvin said. "It's great to be with some of the best in the world. Michael Johnson and Butch Reynolds are like my heroes. A year ago I wasn't running or thinking about the Trials. It was a calling for me to come back and run."

Nine other Pacific Association athletes earned spots on the team. Linda Somers, Danville, marathon (qualified in February); Suzy Powell, Modesto, discus; Nicole Carroll, San Francisco, javelin; Sheila Hudson, Berkeley/Arkansas, triple jump; David Popejoy, San Jose, hammer; and Chris Huffins, Berkeley, decathlon; Regina Jacobs, Oakland, 1500 meters; Kevin McMahon, San Jose, hammer; and Eugene Swift, Oakland, 110-meter hurdles. (Other potential team members are Chrystie Gaines in the 4x100 relay and Calvin Harrison in the 4x400 relay).

Powell, is a sophomore at UCLA following an outstanding prep career.



Calvin Harrison (162) and Alvin Harrison (163) at the 1993 Golden West Invitational.

"I thought if I came out and had a good day, I'd be able to qualify," Powell said. "I don't think I was sure I would be in this position when I was in high school. This year I made some dramatic improvements in a lot of different areas, and my marks went up."

Nicole Carroll, a Fresno State graduate, competes for ASICS and the San Mateo Athletic Club and coach Mile Lewis.

"It feels really great to be an Olympian," Carroll said. "It's a matter of holding up under pressure. I was the favorite going in, and I'm not used to that." Carroll said her throws were not

great and she didn't take the lead until her last throw. She is the only qualifier to have already met the Olympic standard.

"My goal in the Olympics is to make it to the finals. I think it will take 60 meters to the last day," Carroll said. "I think I have it in me. It's a matter of time. When you hit the right throw, you can add an easy 15-to-20-feet."

Vochatzer, Hunt to Lead Track Teams

The U.S. Olympic Track and Field team will be coached in Atlanta by two standout Association coaches: Deanne Vochatzer of UC-Davis and Irv Hunt of UC-Berkeley.

Results, U.S. Olympic Track & Field Trials, Atlanta, Ga., June 14-23

Top three finishers in each event qualify for the U.S. Olympic Team



WOMEN'S RESULTS

100 METERS (Wind 1.1)

1. Gwen Torrence	10.82
2. Gail Devers	10.91
3. D'Andre Hill	10.92
4. Inger Miller	10.96
5. Chrystie Gaines	10.96
6. Dannette Young	11.06

200 METERS (0.1)

1. Carlette Guidry	22.14
2. Dannette Young	22.18
3. Inger Miller	22.25
4. Gwen Torrence	22.25
5. Zundra Feagin	22.33
6. Celena Mondie-Milner	22.55

400 METERS

1. Maicel Malone	50.52
2. Jearl Miles	50.61
3. Kim Graham	50.87
4. Rochelle Stevens	51.16
5. Linetta Wilson	51.49
6. Natasha Kaiser-Brown	51.52

800 METERS

1. Meredith Rainey	1:57.04
2. Joetta Clark	1:58.22
3. Suzy Hamilton	1:59.04
4. Kathi Harris-Rounds	1:59.28
5. Michelle DiMuro	1:59.85
6. Alisa Hill	2:00.06

1500 METERS

1. Regina Jacobs	4:08.67
2. Juli Henner	4:09.49
3. Vicki Huber	4:11.23
4. Amy Wickus	4:12.06
5. Sarah Thorsett	4:12.34
6. Kathy Franey	4:12.34

5000 METERS

1. Lynn Jennings	15:28.18
2. Mary Slaney	15:29.39
3. Amy Rudolph	15:29.91
4. Libbie Johnson	15:30.77
5. Annette Peters	15:39.91
6. Cheri Goddard	15:41.80

Contd. on page 10

10,000 METERS

1. Kate Fonshell	32:37.91
2. Olga Appell	32:43.79
3. Joan Nesbit	32:46.77
4. Lynn Nelson	33:05.03
5. Laurie Henes	33:16.59
6. Trina Painter	33:19.50

10 KM WALK

1. Debbie Lawrence	46:05
2. Michelle Rohl	46:37
3. Victoria Herazo	48:12
4. Debby Van Orden	49:13
5. Sara Standley	49:23
6. Teresa Vaill	49:36

100 METER HURDLES (Wind 0.6)

1. Gail Devers	12.62
2. Lynda Tolbert-Goode	12.69
3. Cheryl Dickey	12.76
4. Dawn Bowles	12.93
5. Tonya Lawson	12.94
6. Tanan Stanley-Boutte	12.97

400 METER HURDLES

1. Kim Batten	53.81
2. Tonja Buford-Bailey	53.92
3. Sandra Farmer-Patrick	54.07
4. Trevaia Williams	54.87
5. Rebecca Buchanan	55.69
6. Tonya Williams	55.94

HEPTATHLON

1. Kelly Blair	6406
2. Jackie Joyner-Kersey	6403
3. Sharon Hanson	6352
4. DeDee Nathan	6327
5. Jamie McNear	6287
6. Kym Carter	6281

SHOT PUT

1. Connie Price-Smith	19.09/62-7.75
2. Ramona Pagel	18.60/61-0.25
3. Dawn Dumble	17.73/58-2
4. Valeyta Althouse	17.61/57-9.5
5. Amy Christiansen	17.56/57-7.5
6. Teri Steer	17.28/56-8.5

LONG JUMP

1. J. Joyner-Kersey	7.04/23-1.2w
2. Shana Williams	6.93/22-9
3. Marieke Veltman	6.88/22-7
4. Sharon Couch	6.75/22-1.75
5. Sheila Hudson	6.70/21-11.75w
6. Gwen Loud	6.68/21-11

JAVELIN

1. Nicole Carroll	57.58/188-11
2. Windy Dean	57.10/187-4
3. Lynda Lipson	56.32/184-9
4. Paul Berry	55.56/182-3
5. Erica Wheeler	55.46/181-11
6. Meg Foster	54.78/179-9

TRIPLE JUMP

1. Cynthia Rhodes	14.06/46-1.5
2. Sheila Hudson	14.05/46-1.25
3. Diana Orrange	13.84/45-5
4. Wendy Brown	13.80/45-3.5
5. Telisa Young	13.69/44-11
6. Nicole Gamble	13.46/44-2

HIGH JUMP

1. Tisha Waller	1.95/6-4.75
2. Connie Teaberry	1.95/6-4.75
3. Amy Acuff	1.92/6-3.5
4. Karol Jenkins	1.92/6-3.5

5. T. Hughes-Jones	1.89/6-2.25
6. Angela Bradburn	1.89/6-2.25

DISCUS

1. Suzy Powell	60.58/198-9
2. L. Barnes-Mileham	59.66/195-9
3. Aretha Hill	58.04/190-5
4. Carla Garrett	57.56/188-10
5. Melisa Weis	57.26/187-10
6. Dawn Dumble	57.04/187-2

HAMMER

1. Connie Ellerbe	59.06/193-9
2. Leslie Coons	57.46/188-6
3. Katie Panek	56.34/184-10
4. Crystal Corbeil	56.20/184-4
5. Kiyomi Parish	55.90/183-5
6. Molly Duggan	55.70/182-9



Regina Jacobs (above), one of 10 Olympic hopefuls from the P.A. Good luck athletes, coaches and officials!

Nicole Carroll

San Francisco, Javelin

Alvin Harrison

Salinas, 400 Meters

Sheila Hudson

Berkeley, Triple & Long Jump

Chris Huffins

Berkeley, Decathlon

Regina Jacobs

Oakland, 1500 Meters

Kevin McMahon

San Jose, Hammer

Dave Popejoy

San Jose, Hammer

Suzy Powell

Modesto, Discus

Linda Somers

Oakland, Marathon

Eugene Swift

Oakland, 110-Meter Hurdles

Deanne Vochatzter & Irv Hunt

Track & Field Coaches

MEN'S RESULTS**100 METERS (Wind 1.1)**

1. Dennis Mitchell	9.92
2. Michael Marsh	10.00
3. Jon Drummond	10.01
4. Jeff Williams	10.06
5. Tim Harden	10.07
6. Leroy Burrell	10.07

200 METERS (1.7)

1. Michael Johnson	19.66 WR
2. Jeff Williams	20.03
3. Michael Marsh	20.04
4. Ramon Clay	20.08
5. Carl Lewis	20.20
6. Alvis Whitted	20.31

400 METERS

1. Michael Johnson	43.44
2. Butch Reynolds	43.91
3. Alvin Harrison	44.09
4. LaMont Smith	44.30
5. Derek Mills	44.67

800 METERS

1. Johnny Gray	1:44.00
2. Brandon Rock	1:44.64
3. Jose Parrilla	1:44.86
4. Rich Kenah	1:45.20
5. Stanley Redwine	1:45.68
6. Shaun Benefield	1:46.14

1500 METERS

1. Paul McMullen	3:43.86
2. Jim Sorensen	3:43.88
3. Jason Pyrah	3:44.05
4. Erik Nedeau	3:44.11
5. Brian Hyde	3:44.13
6. Andy Downin	3:44.25

5000 METERS

1. Bob Kennedy	13:46.17
2. Matt Giusto	13:56.69
3. Ronnie Harris	13:57.49
4. Jim Spivey	13:58.81
5. Steve Plasencia	13:59.95
6. Ray Pugsley	14:01.69

10,000 METERS

1. Todd Williams	28:46.58
2. Joe LeMay	29:06.89
3. Dan Middleman	29:13.81
4. Brad Barquist	29:20.07
5. Brian Clas	29:25.27
6. Travis Walters	29:29.68

STEEPLECHASE

1. Mark Croghan	8:18.80
2. Robert Gary	8:19.26
3. Marc Davis	8:20.73
4. Tom Nohilly	8:21.70
5. Francis O'Neill	8:32.22
6. Scott Strand	8:36.95

110 METER HURDLES (W- 0.9)

1. Allen Johnson	12.92=AR
2. Mark Crear	13.05
3. Eugene Swift	13.21
4. Steve Brown	13.28
5. Roger Kingdom	13.34
6. Tony Dees	13.67

400 METER HURDLES

1. Bryan Bronson	47.98
2. Derrick Adkins	48.18
3. Calvin Davis	48.32
4. Eric Thomas	48.54
5. Torrance Zellner	48.65
6. Stephon Flenoy	48.74

20 KM WALK

1. Curt Clausen	1:29:50
2. Tim Seaman	1:30:27
3. Gary Morgan	1:31:00
4. Allen James	1:31:17
5. Rob Cole	1:31:42
6. Phillip Dunn	1:32:33

DECATHLON

1. Dan O'Brien	8726
2. Steve Fritz	8636
3. Chris Huffins	8546
4. Kip Janvrin	8345
5. Drew Fucci	8227
6. Dave Johnson	8189

TRIPLE JUMP

1. Kenny Harrison	18.01/59-1.25w
2. Mike Conley	17.57/57-7.75
3. Robert Howard	17.19/56-4.75
4. LaMark Carter	17.06/55-11.75
5. Erick Walder	17.00/55-9.25
6. Desmond Hunt	16.95/55-7.5

SHOT PUT

1. Randy Barnes	70-1.5
2. John Godina	69-6.25
3. CJ Hunter	69-1.5
4. Kevin Toth	65-6.75
5. Mark Parlin	64-8
6. Ron Backes	64-6.5

POLE VAULT

1. Lawrence Johnson	5.80/19-0.25
2. Jeff Hartwig	5.80/19-0.25
3. Scott Huffman	5.70/18-8.25
4. Kory Tarpenning	5.70/18-8.25
5. Greg Duplantis	5.70/18-8.25
6. Pat Manson	5.70/18-8.25

JAVELIN

1. Todd Riech	81.86/268-7
2. Tom Pukstys	81.60/264-5
3. Breaux Greer	79.98/262-5
4. Dave Stephens	77.80/255-3
5. Roald Bradstock	77.24/253-5
6. Ed Kaminski	76.62/251-4

DISCUS

1. Anth. Washington	65.86/216-1
2. John Godina	64.58/211-10
3. Adam Setliff	63.28/207-7
4. Andrew Bloom	62.58/205-4
5. Brian Blutreich	62.18/204-0
6. Randy Heisler	61.98/203-4

HAMMER

1. Lance Deal	76.00/249-4
2. Dave Popejoy	74.26/243-8 PR
3. Kevin McMahon	73.58/241-5
4. John Walker	68.94/226-2
5. Steve Dering	68.82/225-9
6. Jim Driscoll	67.76/222-4

LONG JUMP

1. Mike Powell	8.39/27-6.5
2. Joe Greene	8.34/27-4.5w
3. Carl Lewis	8.30/27-2.75
4. Mike Conley	8.27/27-1.75
5. Sean Robbins	8.26/27-1.25
6. Erick Walder	8.22/26-11.75

HIGH JUMP

1. Charles Austin	2.30/7-6.5
2. Ed Broxterman	2.30/7-6.5
3. Cameron Wright	2.30/7-6.5
4. Matt Hemingway	2.30/7-6.5
5. Eric Bishop	2.27/7-5.25
6. Hollis Conway	2.27/7-5.25

1996 Olympic Games Track and Field Schedule

Friday, July 27 - Sunday, August 4

Olympic Stadium, Atlanta, Georgia

All times are Eastern Daylight Times

Check your local TV schedule for broadcast times and stations

Friday, July 27

08:00 AM-12:50 PM

M 20 km walk
W 800m round 1
M Shot put qualifying
W 100m round 1
M 100m round 1

04:30 PM-10:50 PM

W 100m round 2
M High jump qualifying
M 100m round 2
M 800m round 1
W 5,000m round 1
M Shot put final
M 10,000m round 1
W Javelin qualifying

Saturday, July 27

09:15 AM-02:30 PM

W Hep 100m hurdles
W Triple jump qualifying
M 400m round 1
M Hammer qualifying
W Hep high jump
W 400m round 1

05:30 PM-10:35 PM

W Hep shot put
M Triple jump qualifying
W 100m semifinal
M 100m semifinal
M 800m round 2
W Javelin final
W 800m semifinal
W 100m final
M 100m final
W Hep 200m
W 10,000m final

Sunday, July 28

07:05 AM-12:10 PM

W Marathon
W Hep long jump
W Discus qualifying
M 110m hurdles round 1
W 400m hurdles round 1

03:15 PM-10:00 PM

M Hammer final
M High jump final
W Hep javelin
M 110m hurdles round 2
M 400m round 2
W 400m round 2
W Triple jump final
M 800m semifinal
W 5,000m final
W Hep 800m final

Monday, July 29

08:30 AM-01:00 PM

W 10 km walk
M Discus qualifying
M 200m round 1
W 200m round 1
M 1,500m round 1
M 400m hurdles round 1

06:00 PM-10:30 PM

M 110m hurdles semifinal
W 200m round 2
M 200m round 2
W Discus final
W 400m semifinal
M Triple jump final
M 400m semifinal
W 800m final
M 110m hurdles final
M 3,000m stplchs round 1
W 400m hurdles semifinal
M 10,000m final

Tuesday, July 30

Rest Day

Wednesday, July 31

09:00 AM-12:35 PM

M Decathlon 100m
M Pole vault qualifying
W 1,500m round 1
M Decathlon long jump
W 100m hurdles round 1
M Decathlon shot put

05:15 PM-10:55 PM

W Shot put qualifying
M Decathlon high jump
W 100m hurdles round 2
M 200m semifinal
M Long jump qualifying
W 200m semifinal
M 400m hurdles semifinal
M Discus final
W 400m hurdles final
M 3,000m stplch semifinal
M 800m final
W 400m final
M 400m final
M Decathlon 400m
M 5,000m round 1

Thursday, August 1

09:00 AM-11:00 AM

M Decathlon 110m hurdles
W High jump qualifying
M Decathlon discus
W Wheelchair 800m
M Wheelchair 1,500m
W Long jump qualifying

02:00 PM-09:55 PM

M Decathlon pole vault
M Decathlon javelin
W 100m hurdles semifinal
M Long jump final
W 1,500m semifinal
M 1,500m semifinal
M 400m hurdles final
W 200m final
M 200m final
W 100m hurdles final
M 5,000m semifinal
M Decathlon 1,500m final

Friday, August 1

07:30 AM-11:05 AM

M 50 km walk
M 4 x 100m round 1
M Javelin qualifying
W 4 x 100m round 1
M 4 x 400m round 1

05:00 PM-10:10 PM

M Pole vault final
W Shot put final
W 4 x 100m semifinal
M 4 x 100m semifinal
W 4 x 400m round 1
M 4 x 400m semifinal
M 3,000m stplchs final
W 10,000m final
W Long jump final

Saturday, August 3

06:30 PM-09:55 PM

M Javelin final
W 4 x 100m final
M 4 x 100m final
W 1,500m final
M 1,500m final
M 5,000m final
W 4 x 400m final
M 4 x 400m final
W High jump final

Sunday, August 4

07:05 AM

at Clark Atlanta University Stadium,
Atlanta, GA

M Marathon

USATF-Pacific Association Calendar of LDR, Cross Country and Ultra Events

July 4 to September 29, 1996

Sunday, July 7

PA-Road: Fleet Feet Capitol Mile, 9 am to noon (multiple heats), Capitol Mall, Doug Thurston, 9182nd St., Sacramento, CA 95814, 916-443-6223

Spooner Lake 1/2 Marathon/ 10 mi./ 10 km, Spooner Lake near Lake Tahoe, Sky High, PO Box 20963, El Sobrante, CA 94803, 510-223-5778

Sunday, July 14

San Francisco Marathon/ 5 km, 8 am, USATF, 120 Ponderosa Ct., Folsom, CA 95630, 800-722-3466

Women's Distance Festival 5 km Run/Walk, 8 am, Pomolita School, Ruth Powell, North Coast Striders, PO Box 1556, Ukiah, CA 95482, 707-468-0888

Bay to Breakfast 5 km/10 km, 8:30 am, Baylands Athletic Center, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

Saturday, July 20

Jim Skophammer 24-Hour Track Run, Foot-hills College, Los Altos, 415-960-3604

Sunday, July 21

Garden Court Hotel Breakfast Run 5 mi., 8:30 am, Garden Court Hotel, Palo Alto, RhodyCo Productions, 3929 California St., San Francisco, 94118, 415-564-0532

Safeway Challenger 5 km Run/ Walk, 8:30 am, Seascape Resort and park, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

Saturday, July 27

The Mountain Run/Walk at Squaw Valley, 3.6 mi. uphill, 9 am, Squaw Valley Ski Resort, Holly Beattie, Image Promotions Ltd., PO Box 2575, Olympic Valley, CA 96146, 916-426-9559

Run for the Stinkin' Roses 10 km/ 5 km, 7:15 am, Gavilan Community College, Chris Filce, Gilroy Garlic Festival, PO Box 2311, Gilroy, CA 95021, 408-842-1625

Sunday, July 28

Wharf to Wharf 10 km, 8:30 am, Santa Cruz Wharf to Capitola Wharf, SASE to Kirby Nicol, PO Box 307, Capitola, CA 95073

Delta Pear Fair 5 Miler/ 10 Miler, 8 am, Bates Elem. School, EZ Living Casuals, PO Box 1025, Walnut Grove, CA 95690, 916-776-1627

Saturday, August 3

Summit Challenge 10 km/ 5 km/ 2 mi. walk, 8:30 am, Loma Prieta School, Linda Sullivan, 23800 Summit Rd., CA 95030, 408-353-2834

Sunday, August 4

PA-Road: Run for Goodwill Cox Cable 10 km/ 2 mi., Cox Communications, 911 W. Wabash Ave., Eureka, CA 95501, 707-443-5706

Alameda Run for the Parks 10 km/ 2 mi., 9 am, South Shore Shopping Center, Dale Lillard, 2250 Central Ave., #140, Alameda, CA 94501, 510-748-4565

PA-Ultra: Skyline 50 km Endurance Run, 7 am, Lake Chabot Marina, Castro Valley, Wil Uher, 16183 Lyle St., San Leandro, CA 94578-1112, 510-278-0451

YWCA Run for Shelter 10 km/ 5 km Run or Walk, 9 am, Lovers Point Park, Pacific Grove, Sara Kilpatrick, YWCA, 150 Mar Vista Dr., Monterey, CA 93940, 408-649-0834

Run for Your Heart 5 km/ 10 km, 8:30 am, Baylands Athletic Center, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

Wednesday, August 7

Chase Corporate Challenge 3.5 Mi., 7 pm, Justin Herman Plaza San Francisco, register team by 8/2, 415-586-8505

Saturday, August 10

Susan B. Anthony Women Only 5K, 8 am, Glen Hall Park, Sacramento, 916-481-3653
Devil's Outlook 1/2 Marathon/ 10 km, 9 am, Serene Lakes near Soda Springs, Sky High, PO Box 20963, El Sobrante, CA 94803, 510-223-5778

Sunday, August 11

A Run in the Country 10 km/ 5 km, 9 am, Aromitas Rd, Chris Jones, 1609 Aromas Hts., Aromas, CA 95004, 408-726-3530

Pinecrest 1 mi./ 5 mi., 8 am, Pinecrest Lake Beach, Laurie Cashman, PO Box 1216, Pinecrest, CA 95364, 209-965-4362

Dog Daze 3 km/ 10 km Run/ Walk, 8 am, Oak Manor School, Ukiah, Gordon Elton, PO Box 1556, Ukiah, CA 95482, 707-462-3329

Saturday, August 17

PA-Ultra: Cameron Park 50 Mi., 7:30 am, George Staub, Fleet Feet, 2222 Francisco Dr., El Dorado Hills, CA 95762, 916-939-1967

Dammit Run 5 mi., 8:30 am, Los Gatos HS, Bruce Springbett, 220 Oakmeadow Dr., Los Gatos, CA 95030, 408-354-7365

Northstar 5 km/ 10 km, 9 am, Northstar Village near Lake Tahoe, Donna Morgan, PO Box 129, Northstar, CA 96160, 916-562-3577

Saucony/RRCA Women's Dist. Festival 5 km & Men's Electric City Challenge 5 km, 8:30 am, San Luis Obispo, San Luis Distance Club, PO Box 1134, San Luis Obispo, CA 93406, 408-528-4059

Sunday, August 18

Blackberry Festival Footrace 10 km/ 5 km run-walk, 8 am, The Buckhorn in Covelo, Friends of the Public Library, PO Box 620, Covelo, CA 95428, 707-983-8167

Race Through the Redwoods 10 km, 8:30 am, Covered Bridge Park, Felton, Steve Richmond, PO Box 6, Felton, CA 95018, 408-335-3542

San Francisco Hook & Ladder 10 km, 9 am, Golden Gate Park, Firefighters Road Runners Club, Jim Gallagher, 1671-16th Ave., SF, CA 94122, 415-753-0880

Friday, August 23

Florentine's T.G.I.F. 5 km/ 10 km, Baylands Athletic Center, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

Saturday, August 24

PA-Ultra: Pt. Reyes 50 km, Pt. Reyes, Guy Palmer 49 Harte Ave., San Rafael, CA 94901, 415-459-8649, E-mail guy@barthsuucp.netcom.com

Wolf Mountain Challenge 10 km/ 1.8 mi./ .25 mi. kids, 9 am, Wolf Mtn. Christian Camp near Grass Valley, Nick Vogt, 1025 Grange Rd., Meadow Vista, CA 95722, 916-878-0697

San Francisco Giants Run to Home Plate 5K, 10 am, Candlestick Park, 415-330-2516

Run the Runway 5 km/ 10 km Run/ Walk, 8 am, Moffet Field near Mountain View, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

Shout 5 km, 8 am, Hope Center Covenant Church, Pleasant Hill, Mike Parker, 2056 Commerce Ave., Concord, CA 94520, 510-376-8277

Sunday, August 25

Silver State Marathon/ Half-Marathon/ 10 km, 6 am, Bowers Mansion, Ken McKim, 2358 Camelot, Reno, NV 89509, 702-849-0419, Fax 702-329-6122

Cattfish Jubilee 5 Miler, 8 am, Walnut Grove Elementary School, EZ Living Casuals, PO Box 1025, Walnut Grove, CA 95690, 916-776-1627

Mt. Madonna Challenge 12 km/ 6 km Run/ Walk, 8:30 am, Mt Madonna County Park, South Valley Symphony, 7664 Los Padres Ct., Gilroy, CA 95020, 408-842-4926

Time is on Your Side 5 km/ 10 km Run, 5 km Walk, 9 am, Lake Merritt Old Boathouse in Oakland, LMJS, 2634 Arlington Blvd., El Cerrito, CA 94601-7887.

Saturday, August 31

U.O.P. Cross-Country Benefit 5 km Run/ Walk, 8:30 am, Brookside Field at U.O.P., Felicia Rowley, U.O.P. Athletic Dept., 3601 Pacific Ave., Stockton, CA 95211, 209-946-2472

A Run with a View 5 km/10 km Run/ Walk, 10 am, Kirkwood, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

Sunday, September 1

Run on the Sly 50 mi./50 km/30 km/7 mi., 6:15 am, Sly Park nr. Pollock Pines, Margie Lopez, 853 Holly Way, Placerville, CA, 916-626-8846

Monday, September 2

49er Canyon Classic 10.45 mi., 8 am, Bowman Elementary School near Auburn, Nick Vogt, 1025 Grange Rd. Meadow Vista, CA 95722, 916-878-0697

Saturday, September 7

PA-Cross-Country: Golden Gate Park, SF, 4M/4M, Tim Wason, 415-648-1467 (eve.)

Oakland A's All-Star 5 km/ 10 km Runs, 9 am, Oakland Coliseum, Lake Merritt Breakfast Club, 3446 Noyo St., Oakland, CA 94602, 510-530-4586

Humane Society Benefit 10 km Run/ Walk, time, fee tba, Spooner Lake near Lake Tahoe, Dawn Armstrong, Box PET, South Lake Tahoe, CA 96158, 916-577-4521

Historic Downtown Larkspur 5 km/1 mi. Kids, 9 am, Magnolia at Ward, Larkspur Rec. Dept., 400 Magnolia Ave., Larkspur, CA 94939, 415-927-5110

John Orogden Memorial Cross Country 5 km, 8 am, River Front Park, Nick Vogt, Yuba College, 2088 North Beale Rd., Marysville, CA 95901, 916-634-7727

Doggy Dash 2 km/ 5 km Run/ Walk, 9:15 am, CSU Sacramento, Charlene Mattison, SPCA, 6201 Florin Perkins Rd., Sacramento, CA 95828, 916-383-7387, x43

Peninsula Humane Soc. Mutt Strutt 5 km, 9 am, Coyote Pt. Park, Judy Calhoun, 12 Airport Blvd., San Mateo, CA 94401, 415-340-7022, x327

Sunday, September 8

The 22nd Annual Buffalo Stampede 10 Miller and 5K, 8 am, Rio Americano High School, Carol Parise, PO Box 19908, Sacramento, CA 95819-0908, 916-481-3653

Walnut Festival 10 km/ 5 km Run & Walk, 8:30 am, Heather Farms Park, Sue Palmer, PO Box 3223, Walnut Creek, CA 94598, 510-746-7175

Saturday, September 14

Sacramento Race for the Cure 5 km, 9 am, Capitol Mall, Doug Thurston, PO Box 388, Sacramento, CA 95812-0388, 916-443-6223

PA-Cross-Country: Humboldt Invitational 10 km/5 km, Arcata, David Wells, 707-826-5955

Tahoe To Run-Osaurus 5 km/ 10 km & Tot Trot, 8:30 am, Bijou Park, Kiwanis Sunrider, Box 555, So. Lake Tahoe, 96156 916-544-6771

Park to Park 1 mi./ 5 mi., 8 am, Louis Park, Lloyd Medlin, TRC, PO Box 8422, Stockton, CA 95208, 209-239-9347

Sunday, September 15

Burney Classic Marathon/ 1/2 Marathon/ 10 km/ 5 km, 8 am, Burney HS, Don Jacobs, PO Box 217, Dept. M, Burney, CA 96013-0217, 916-335-2825

Ponderosa Sac Attack 5 km/ 10 km & 5 km Race Walk, Ponderosa HS in Shingle Springs, 8 am, J. Lapanja, 3450 Palmer Dr., Box 123, Cameron Park, CA 95682, 916-677-3986

Ron's Wildlife 10 km/ 5 km/ Kids' 2 km, Vasona Park, Youth Science Institute, 296 Garden Hill Dr., Los Gatos, 95030, 408-356-4945

Golden Gate Presidio 10 Mile & 3 Mile Runs for the Kids, 8:30 am, Presidio Park Parade Grounds, San Francisco, Andy Fitzpatrick, 7 Azalea Dr., Mill Valley, CA 94941, The Guardsmen, 415- 781-6785

Prune Festival 5 km/ 10 km Run & Walk, 8 am, Boyd St. at Bridge St. in Yuba City, Marie Kroeger, Yuba College, 2088 North Beale Rd., Marysville, CA 95901, 916-634-7727

Saturday, September 21

PA-Cross-Country: Sierra College X-C Challenge, 4 mi./5 km, Rocklin, Ron Richardson, 916-688-7258

Chevy's to Chevy's 12 km, 8:30 am, Chevy's Sacramento Riverfront location, A Change of Pace, 221 G St. #205, Davis, CA 95616, 916-757-6017

Healthy Choice American heart 5 km/ 10 km Run/ Walk (& a 10 km bike), 9 am, Laguna Seca Raceway, Bobby Price, 1514 Moffett St., Ste. A, Salinas, CA 93905, 408-757-6221

Pacific Crest Trail 50 km/ 25 km/ 50 km Relay, 8 am, Olympic Village at Squaw Valley, Sky High, PO Box 20963, El Sobrante, CA 94803, 510-223-5778

Sunday, September 22

Cordova Fall Classic 5 mi. Run/ Walk, 9 am, Cordova HS, Up & Running, 11114 Oberun River

Ct., Rancho Cordova, CA 95670, 916-362-1841

Run for the Future 10 km/ 3 km, 8:30 am, Rohnert Park Comm. Center, Boys & Girls Club, Po Box 2426, Rohnert Park, CA 94927, 707-795-0139

Run & Walk for Open Space 4 mi., 8:30 am, Memorial Park, Kathy Sanders, 310 Redwood Rd., San Anselmo, CA 94960, 415-456-5476

San Francisco Hillstride 7 mi., 9 am, Marina Green, Rhodyco Productions, 3929 California St., San Francisco, 94118, 415-564-0532

Coyote Trail 6 mi. Run/ Walk, 9 am, Lake Mendocino, Vic Crosetti, North Coast Striders, Po Box 1556, Ukiah, CA 95482, 707-462-3329

Saturday, September 28

PA-Cross Country: UC-Davis Aggie Invitational, 8 km/5 km, Davis, Sue Williams, 916-752-1942

Harbor Bay 5 km/ 10 km, 8:30 am, Harbor Bay Ferry Terminal, Streamline Fitness, 909 Marina Village Pkwy, #139, Alameda, CA 94501, 510-521-6460

Shoreline Run & Festival 10 km/ 3 km, 8:45 am, San leandro Marina, Dan Piva, San Leandro Comm. Services, 300 Estudillo Ave., San Leandro, CA 94577, 510-577-3462

Marti Nelson Cancer Research Foundation 5 km/10 km, time tba, Vaca-Valley Pkwy, 707-446-5507

Sunday September 29

Empire Mine Gold Rush 5.1 mi. Run/ 3.37 mi. Walk, Sherree Bell, Sierra Trail Blazers RC, 101 Providence Mine Rd., Ste. 202, Nevada City, CA 95959, 916-265-5841

Race For Education 5 mi. & Youth Track Races, 8 am, Laney College, Richard Williams, Peralta Colleges Alumni Assoc., 333 East 8th St., Oakland, CA 94606, 501-466-7314

Almond Festival "Love a Nut" 5 km Fun Run/ Walk, 8:30 am, Pam Painter, Oakley Almond Festival, PO Box 8, Oakley, CA 94561, 510-625-1881

"Run for the Beacon" Monterey Bay 10 km/ 5 km & kids mi., 8:15 am, Lover's Point Park, Dan Gearhart, 370 Trinity Ave., Seaside, CA 93955, 408-899-1570

Fog Jog 5 mi./ 3 mi. Stride, 9 am, Davis G. Barry, Pacifica Rec. Dept., 170 Santa Maria Ave., Pacifica, CA 94044, 415-738-7354

Carousel to Coaster 10 km Run & 5 km Stride, 8:30 am, Paramount's Great America, City of Santa Clara Parks & Rec. Dept., 1500 Warburton Ave., Santa Clara, CA 95050, 408-984-3223

For Free Event Listings

Mail or FAX detailed race information including type of event, event name, location, date, starting time(s), distance(s), contact name, contact address, and phone number to:

PACIFIC Athlete
120 Ponderosa Ave.
Folsom, CA 95630
FAX (916)983-4624

Looking Ahead to Major Association Events:

Saturday, October 5

PA-Cross-Country: Empire Cross Country Open, Santa Rosa, 8 km/6 km, Mike Weddington, 707-544-2756

Saturday, October 12

PA-Ultra: Firetrails 50, 6:30 am, Lake Chabot Marina, San Leandro, Dick Collins, Bay Area Ultrarunners, 1015 Hollywood Ave., Oakland, CA 94602, 510-530-6634

PA-Cross-Country: Mills Invitational, Oakland, 8 km/5 km, Carla Jackson, 510-430-3282

Saturday, October 19

PA-Cross Country: Crystal Springs Challenge, Belmont, 4 mi./3 mi., Ken Grace, 510-786-6929

PA-LDR: Humboldt 1/2 Marathon, 9 am, Weott, Six Rivers RC, PO Box 4989, Arcata, CA 95518-4989, 707-443-1220

PA-Cross-Country: Crystal Springs Challenge, Belmont, 4 mi./ 3 mi., Ken Grace, 510-786-6929

Saturday, November 2

PA-Cross-Country: NorCal Open, Palo Alto/Stanford, 8 km/5 km, Marc Lund, 415-966-1511 or Kieran Sherlock, 415-325-9258

Saturday, November 2

PA-Cross-Country: Tamalpa Challenge, Marin Headlands, 5.5 mi./5.5 mi., Craig Stern, 415-892-0597

Sunday, November 17

PA-LDR: Clarksburg 30 km, Clarksburg, 916-372-7367

Saturday, November 23

PA-Cross Country: PA/USATF Championship, S.F./GG Park, 10 km/6 km, Tim Wason (see above). This is also a USATF Western Regional & Reebok National G.P. Event

Saturday, Nov. 30

PA-Ultra: Quadruple Dipsea, 28.4 Miles, trail, Mt. Tamalpais, John Medinger, 2060 Manzanita Drive, Oakland, CA 94611 415-894-1336

Sunday, December 8

PA-LDR: California International Marathon, Folsom to Sacramento, Pacific Association, USATF, 120 Ponderosa Ct., Folsom, CA 95630, 916-983-4622



For entries and information, send a stamped, self-addressed envelope to address listed. Please do not call after 10 pm.

The Pacific Association of USAT&F Open Track & Field Championships College of San Mateo, May 25

Top Three Finishers in Each Event:

Women's 100 m: 1. Lesa Parker (Sac TC) 11.70; 2. Valerie Manning (Sac TC) 12.12; 3. Seema Kamal (U. of Saskatoon) 12.54

Women's 200 m: 1. Lesa Parker (Sac TC) 24.38 w: +2.20; 2. Seema Kamal (Saskatoon, U. of) 25.48; 3. Stephanie Thomas (Unat) 26.96

Women's 400 m: 1. Tanya Dooley (Athletics In Action) 53.56; 2. Roshawnda Walker (Unat) 59.78; 3. Darlene Green (Unat) 1:07.50

Women's 800 m: 1. Diane Whipple (Pearl Izumi TC) 2:10.07; 2. Denise Walker (Humbolt TC) 2:11.76; 3. Jen Carr (Stanford) 2:16.19

Women's 1500 m: 1. Bigna Samuel (Unat) 4:28.72; 2. Ryan Thomas (Stanford) 4:46.50; 3. Linn Schulte-Sasse (Stanford) 4:48.27

Women's 3,000 Steeplechase: 1. Christine Morgan (Unat) 10:51.46; 2. Jennifer Latham (Unat) 10:58.53; 3. Kristin Von Teuber (Unat) 11:03.54

Women's 5,000 m: 1. Beth Bartholomew (Unat) 18:31.10; 2. Allison White (Stanford) 18:40.78; 3. Kim Fitchen (The Farm Team) 18:42.26

Women's 10,000 m: 1. Alexandra Newman (Impala Racing Team) 41:02.5; 2. Maureen Sweda (DeAnza Coll.) 44:42.5

Women's 5,000 Race Walk: 1. Chris Sakelarios (Unat) 24:01.0; 2. Therese Inkoian (Golden Gate Racewalkers) 24:33.0; 3. Marlene Coe (Unat)

Women's 100H/33": 1. Valerie Manning (Sac TC) 13.19 w: +3.40; 2. Monica Missick (Unat) 13.20; 3. Seema Kamal (U. of Saskatoon) 13.80

Women's 400 IH: 1. Aldin Harrison (Fresno State) 59.68

Women's Long Jump: 1. V. Monar-Enweani (Saskatoon T&F Club) 6.20 (20-04.25); 2. Grace Upshaw (Unat) 5.92 (19-05.0); 3. Lisa Hale (Unat) 5.79 (19-00.0)

Women's Pole Vault: 1. Jennifer Dalton (Stanford) 3.36 (11-00.25); 2. Tyra Holt (Stanford) 3.36 (11-00.25); 3. Jennifer Greene (Sac TC) 2.76 (9-00.5)

Women's Shot: 1. Peggy Odita (Sac TC) 11.76 (38-07.0)

Women's Discus: Allison Franke (Unat) 50.10 (164-04.0); Laura Desnoo (San Mateo AC) 50.92 (167-01.0)

Women's Javelin: 1. Nicole Carrol (San Mateo AC) 56.78 (186-03.0); 2. Erica Wheeler (San Mateo AC) 56.24 (184-06.0); 3. Meg Ann Foster (Unat) 53.70 (176-02.0)

Women's Hammer: 1. Erika Dice (Unat) 55.52 (182-02.0); 2. Rebecca Morrison (San Mateo AC) 44.34 (145-06.0); 3. Gina Camacho (Cosumnes River Coll.) 36.64 (120-02.0)

Men's 100 m: 1. Ivory Veale (Chico Cheetahs) 10.39 w: +2.60; 1. Roger Sarria (Unat) 10.68; 2. Lorenzo Hathome (Unat) 10.50; 2. Nathaniel Williams (Motorola) 10.84; 3. Andre' Jackson (Unat) 10.84

Men's 200 m: 1. Roger Sarria (Unat) 21.90 w: +3.00; 2. Tom Jonsson (Coll. of San Mateo) 21.90; 3. Joe Waters (Humbolt TC) 22.26

Men's 400 m: 1. Aaron Samanski (Fresno State) 47.52; 2. Chris Wilcox (Visa Decathlon Club) 48.74; 3. Jeff Garvin (Unat) 49.26

Men's 800 m: 1. Robert Price (Unat) 1:49.36; 2. Patrick Robinson (Sac TC) 1:49.38; 3. Gable Barmer (Unat) 1:55.35

Men's 1500 m: 1. Fred Carter (The Farm Team) 3:52.10; 2. Jon Genant (Unat) 3:57.60; 3. John Coyle (The Farm Team) 3:59.19

Men's 3,000 Steeple: 1. Bart Stephens (Unat) 9:11.39; 2. Leonardo Farrandez (Hartnell Coll.) 9:34.52; 3. Steven Moreno (Hartnell Coll.) 9:43.6

Men's 5,000 m: 1. Russell Hill (Reebok Aggie Running Club) 15:22.83; 2. Jonathan Pritchard (The Farm Team) 15:41.78; 3. Juan Pinales (Unat) 15:51.55

Men's 10,000 m: 1. James Scarborough (BA Orienteering) 32:46.7; 2. Chris Lundstrom (Stanford) 32:54.9; 3. E.J. Bohn (Empire Runners) 33:36.4

Men's 5,000 Race Walk: 1. Nelson Funes (Unat) 21:01.0;

2. Roger Welborn (Pacific RaceWalkers Org.); 3. Dick Petrucci (Pacific RaceWalkers Org.) 28:13.0

Men's 110H: 1. Richard Benoy (SpringCo TC) 13.56 w: +2.60; 2. Dudley Dorival (Connecticut, U. of) 13.59; 3. Rod Jett (Unat) 13.82

Men's Long Jump: 1. Lee Adkins (Quiet Storm TC) 7.64 (25-00.75); 2. Terry Simpson (Unat) 7.45 (24-05.5); 3. Byron Young (Unat) 7.15 (23-05.5)

Men's Triple Jump: 1. Michael Harris (Unat) 15.82 (51-11.0); 2. Lee Adkins (Quiet Storm TC) 14.59 (47-10.5); 3. David Assa (Unat) 14.07 (46-02.0)

Men's High Jump: 1. Scott Tucker (Humbolt TC) 2.03 (6-08.0); 2. James Le Vain (Unat) 1.98 (6-06.0); 3. Rand Crippen (Unat) 1.83 (6-00.0)

Men's Pole Vault: 1. Sheldon Blockberger (USA/Visa) 4.57 (15-00.0)

Men's 16# Shot Put 1. Andy Bloom (Wake Forest) 17.97 (58-11.5); 2. Gabe Allende (San Mateo AC) 16.53 (54-02.75); 3. Dennis DeSoto (Sac TC) 16.29 (53-05.5)

Men's Discus: 1. Ramon Jimenez-Gaona (Unat) 59.40 (194-10.0); 2. Mike Buncic (Nike Coast) 57.98 (190-03.0); 3. Andy Bloom (Wake Forest) 57.10 (187-04.0)

Men's Javelin: 1. Jason Bender (Bruin TC) 74.86 (245-07.0); 2. Sigi Einarsson (Unat) 70.10 (230-00.0); 3. John Lally (Unat) 65.80 (215-10.0)

Men's Hammer: 1. Justin Strand (Stanford) 65.46 (214-09.0); 2. Justin Carvalho (Sac State) 62.90 (206-04.0); 3. Dave Debus (Sac TC) 62.56 (205-03.0)

Junior Boys Hammer: 1. John Badovinac (Sac TC) 60.10 (197-02.0); 2. Brian Hoard (Unat) 50.68 (166-03.0); 3. Alex Maschmeyer (Unat) 45.96 (150-09.0)

Association Championship Top 5 Team Scores

Pl.	Men's Teams	Pts.	Women's Teams	Pts.
1st	USA/Visa	31	Sacramento TC	56
2nd	Sacramento TC	26	Stanford	46
3rd	Farm Team	24	San Mateo AC	23
4th	Stanford	22	Impalas	10
5th	Hartnell	15	CSM/ Humboldt	8

Top Finishers

Pacific Association Youth Championships Stanford University, May 26 & 27, 1996

Sub-Bantam Girls: 100 Meter: (w:nwi) 1. Maxwell, Candise, Kids On Trac 15.64

400 Meter: 1. Boxdell, Antoinette, Classic 1:20.37 **4x100 Meter Relay:** 1. Classic 1:06.06 **4x400 Meter Relays:** 1. Classic 5:22.88 **Long Jump:** 1. Steinle, Carolyn, Renaissance 2.90m w:nwi (9-06.25); **Shot:** 1. Garr, Keisha, McClellan 3.63m (11-11); **Bantam Girls: 100 Meter:** (w:-1.9): 1. Champion, Courtney, San Francisco 14.12; **200 Meter:** (w:2.9): 1. Champion, Courtney, San Francisco 29.28; **400 Meter:** 1. Bryant, Janaya, Golden State 1:07.97; **800 Meter:** 1. Bryant, Shawna, Golden State 2:45.40; **1,500 Meter:** 1. Boyle, Sarai, Westwind 5:33.81; **1,500 Meter Race Walk:** 1. Boyle, Sarai, Westwind 8:46.30; **4x100 Meter Relay:** 1. Oakland Pal 1:01.51; **4x400 Meter Relay:** 1. Kids On Trac 5:24.37; **High Jump:** 1. Quinley, Shelly, Golden State 1.12m (3-08); **Long Jump:** 1. Bryant, Janaya, Golden State 4.08m w:nwi (13-04.75); **Shot Put:** 1. May, Rhea O, Golden State 4.97m (16-03.75); **Midget Girls: 100 Meter:** (w:2.0): 1. Goins, Latalia, San Francisco 13.09; **200 Meter:** (W:L.L): 1. Howard, Camae, San Francisco 27.43; **400 Meter:** 1. Odiye, Debbie, San Francisco 1:05.10; **800 Meter:** 1. Aldridge, Jenny, Santa Rosa 2:36.65; **1,500 Meter:** 1. Nelson, Nicole, Santa Rosa 5:08.70; **3,000 Meter:** 1. Nelson, Nicole, Santa Rosa 11:20.20; **1,500 Meter Race Walk:** 1. Elze, Raeanna, Westwind 9:31.37; **80 Meter Low Hurdles:** (w:nwi) 1. Loudre, Ashley, Renaissance 14.20; **4x100 Meter Relay:** 1. San Francisco 52.41; **4x400 Meter Relay:** 1. Renaissance 4:43.81; **4x800 Meter Relay:** 1. Santa Rosa 11:46.10; **High Jump:** 1. Allen, Heather, Westwind 1.28m (4-02.25); **Long Jump:** 1. Allen, Heather, Westwind 4.64m w:nwi (15-02.75); **Shot Put:** 1. Warren, Kamaiya, Classic 10.51m

(34-05.75); **Discus Throw:** 1. Warren, Kamaiya, Classic 21.58m (70-09). **Youth**

Girls: 100 Meter: (w:-0.3): 1. Parsons, Tori, Ace 12.40; **200 Meter:** (w:0.4): 1. Rosbey, Sani, Monterey Bay 26.03; **400 Meter:** 1. Jarvis, Choloe, T-Shirt 59.26;

800 Meter: 1. Jarvis, Choloe, T-Shirt 2:23.53; **1,500 Meter:** 1. Johnson, Lindsay, Santa Rosa 4:58.80; **3,000 Meter:** 1. Solozhuk, Larisa, Ace 11:09.40; **3,000 Meter Race Walk:** 1. Ackeret, Ericka, Golden Gate 16:00.40; **100 Meter Low Hurdles:**

(w:nwi): 1. Green, Tenia, Classic 15.86; **200 Meter Int Hurdles:** 1. Green, Tenia, Classic 29.09 w:2.6; **4x100 Meter Relay:** 1. Classic 50.28; **4x400 Meter Relay:** 1. Classic 4:06.11; 2. Golden State 4:13.80; 3. Oscar Bailly 4:22.01; **Youth Girls 4x800 Meter Relay:** 1. Salinas 11:15.60; **High Jump:** 1. Montenero, Jasmine, Petaluma 1.42m (4-07.75); **Long Jump:** 1. Burnham, Rebecca, Golden State 4.60m w:nwi (15-01.25); **Triple Jump:** 1. Robinson, Sharonda, San Francisco 9.54m w:nwi (31-03.75); **Shot Put:** 1. Kirkwood, Sabrina, Unattached 11.27m (36-11.75); **Discus**

Throw: 1. Skarl, Samantha, Diablo 27.52m (90-03). **Intermediate Girls: 100**

(continued on next page)

Pacific Association Youth Track & Field Schedule

Day/Date	Meet	Location/Meet Director
Thu-Sun, 8/ 11-14	PA Region 14 Junior Olympic Champs.	Central Assoc, Brad Tomasini (805) 758-3081
Fri-Sun, 8/ 19-21	19th Internat'l Track City Classic	Univ. of Oregon, Erin Olsen Eugene, Ore., (503) 687-8453
Tue-Sun, 8/ 23-28	USATF Junior Olympic National Championships	Univ. of Houston, W. Richardson Houston, Texas, (713) 437-1758

Race Walking returns with a complete report in the next issue...

PA-USATF Reno Air 15 km Championships

Reno, June 2

by Mike Weddington

One of the world's most prolific and successful racers, Eddy Hellebuyck of Belgium, made his PA-USATF circuit debut here at the Reno Air 15 km Championship. His presence bolstered race director Bill Meister's intensive efforts to improve the overall attraction of this long-time Pacific Association Grand Prix event.

Easy Eddy

Crediting the PA's LDR director Mark Winitz with necessary assistance, Meister attracted the Albuquerque-based Hellebuyck to Reno with a racing opportunity that promised to perfectly augment the Belgian's Olympic Marathon preparations for Atlanta. This was no mean feat, as Eddy has reportedly cut his peripatetic racing schedule (normally consisting of 40+ races a year world-wide) way back under a temporary pre-Olympic agreement with concerned Belgian Olympic officials. Most observers in the running world have long felt that the diminutive 2:11 marathoner would be capable of running well under 2:10 if he were only to rest more often.

In Reno, however, Hellebuyck demonstrated why he is ultimately far more valuable to the running world as a busy 2:11-2:15 marathoner, as opposed to a well-rested 2:09 type; he is one of our sport's finest international ambassadors. Similar to the U.S.'s Doug Kurtis in this respect, albeit on a more competitive plane, Hellebuyck played the part of a most gracious world-class guest here. Despite suffering from a cold, he enthusiastically signed autographs throughout the weekend, started the wildly successful "Kirby Kangaroo Kaper" Kids Races on Saturday morning, made an appearance on a local radio station, and generally did whatever was asked by the local hosts. Stating that "he enjoys traveling and racing throughout the world" and "feels best when he is competing often," easy Eddy is already looking past Atlanta towards the fall and winter schedule.

Reno's Masterful Duo

Two other crowd favorites at the Reno Air 15 km Championships were long-time area aces Miguel Tibaduiza and Terry Adams-Schmidt. Miguel, who turns 40 this coming September 29th, and Adams-Schmidt, who entered the masters ranks in recent months, promise to be two of the most dominant masters on the West Coast within the next few years.

Columbia-native Miguel, a Reno resident since 1978 and a U.S. citizen since 1984, actually made a comeback here after a two-month layoff, due to an injury suffered during the U.S. Olympic Marathon Trials in February. Mentioning that "he got kicked" at about the 9 mile mark during the race, Miguel soon felt "serious pain" in one of his calves. He nevertheless gutted it out to complete the Trials in 2:33. Thereafter, he discovered that his afflicted gastrocnemius muscle actually tore during the competition, thus amply explaining his sub-par performance after previously blazing a 2:19 as a 39-year-old at Cal International in December and a 50:09 at Cal-10 in January.

During a short interview, Miguel stated that he was just starting to feel good again coming into this event, feeling "about 80 percent." A local high school teacher, the former Las Vegas winner (2:13) talked of "planning to race perhaps two more years at a high level," before turning his energies more fully towards his work and family. Having already reduced his training schedule from 80-100+ miles to a more relaxed 40 to 50 miles a week over the last few years, Miguel has nevertheless managed to remain one of the PA's elite with "smart" training and "confidence from having done it a long time." Allowing that "running comes easily to him," Miguel is strikingly similar in many respects to older brother Domingo, who came out of "retirement" to win the 5 km fun run held in conjunction with the 15 km Championships.

Terry Adams-Schmidt, in contrast to Miguel, looks forward to many more years of competitive racing. One of the Pacific Association's top road racers for over a decade now, her still-glowing desire may partially be attributed to the fact that she never ran as a youth. A secretary in San

Francisco's financial district in the mid-70's, Terry was actually entered into her first race by a friend. Thereafter, duly inspired by the regular running crowd on the City's picturesque Marina Green, Terry started running regularly. Over time, she gradually developed into one of Northern California's top runners, posting wins at such mega-events as Wharf to Wharf and Houlihan's, and achieving a fine 2:38 at the Chicago Marathon.

Now modulating her training schedule with 70 miles a week during her non-peak racing periods and 40+ miles during them, with road speed sessions sprinkled throughout for sharpening purposes, Terry credits her successful transition to the masters age bracket to being totally injury-free for the first time in years. This has translated into a recent masters win at Bay to Breakers, where she dipped under 44 minutes for 12 km (7.46 miles). Enjoying her running as much as ever, she is looking to America's Finest Half Marathon in the fall, where she hopes to eclipse Laurie Binder's course record of 1:18:29 (6:00 pace).

One other cause of Terry's current good racing fortune can probably be traced to an event held two years ago. At the Fujitsu 8 km PA-Championships held in 1994, Terry was jostled at the gun, and landed hard on her head. Bleeding and crying, she instinctively struggled to her feet. Amid cries from her husband of "run, Terry, run!" Adams-Schmidt used a potent adrenaline-rush to her advantage and plunged back into the fray. Making up ground quickly, she roared on to an amazing 27:56 performance for the 4.96 miles (about 5:37 pace) and a National 8K Record for 38-year olds. "That gave me a great deal of confidence," Adams-Schmidt relates, thus toughening her mental approach to racing's various challenges.

The Race

The 15 km races themselves were easily won overall by Hellebuyck and the PA's top female regular, Maria Trujillo of Marina (near Monterey). Each drew away from the field during the early stages of the race, thus continuing the long-time dominance of marathoning-type strength runners of this 9.3-mile event held at 5,000+ feet of altitude (Mark Conover and Trujillo were winners in 1995).

Hellebuyck's winning time was 48:02 (his flat land marathon pace), with Miguel Tibaduiza comebacking nicely with an overall second place and winning PA-member effort in 49:30.2. Fifteen seconds back in third was Reebok Aggie and fellow Oly-Trials mate Jose Aispuro. Meanwhile, Trujillo notched a record third consecutive Reno 15 km win with a 56:32 performance, with four-time Reno champion Adams-Schmidt following in second in 58:20. Trujillo's Ryan's Sports teammate Kristin Jacobs recorded a 58:51 for third.

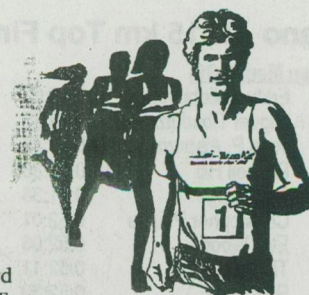
In the Masters and Seniors Divisions, Adams-Schmidt and Excelsior's indefatigable Lloyd Stephenson led the 40 to 49 year-olds, with recent Bay to Breakers Masters Champ Stephenson edging out by over a minute (51:20 to 52:40) a comebacking Matt Yeo of the Reebok Aggies.

A still vibrant Sal Vasquez earned yet another 50-59 title with his 53:50 race, and he was joined by Barbara Miller (1:04:47) as Senior titleists. The Super Seniors (60-69) were paced by Roger Bryan (1:04:10) and Margarethe Styskel (1:20:36), while David Valles won the Veteran's (70+) Pacific Association Division crown in 1:26:08.

With Some Fine Tuning A Potentially Great Event

Putting in long hours over the last several months, Reno Air race director Bill Meister has developed an event that is now poised to become one of California and Nevada's finest, given a few needed changes.

The course was altered this year, as Meister achieved a long-sought goal of coordinating the race with the Reno "Celebrate The River" downtown festival, held on the same weekend. With the same start as last year at the



(continued on next page)

Reno Air 15 km Top Finishers

Open Men (0-39)

1	Eddy Hellebuyck	0:48:02	10	Malia Scuwartz	1:04:20
2	Miguel Tibaduiza	0:49:32	11	Maria Figueroa	1:04:38
3	Jose P. Aispuro	0:49:47	12	Rachel L. Atchley	1:04:43
4	Russell Hill	0:50:36	13	Marianne Zerebko	1:04:55
5	Ty Strange	0:51:36	14	Midori Waugh	1:05:19
6	Christopher Phipps	0:52:01	15	Amy Grafius	1:05:56
7	Eter Woods	0:52:06	16	Shannon Sweeney	1:06:11
8	Tim Minor	0:52:11	17	Libby Almeida	1:06:14
9	Rick Reitz	0:52:39	18	Cindy Crawford	1:06:46
10	Eric Walker	0:53:00	19	Jennifer Devine	1:07:20
11	Eric J. Bohn	0:53:29	20	Carol Parise	1:08:27
12	Alan Dehlinger	0:53:36	21	Cheryl Kruse	1:08:48
13	Joe Pendleton	0:53:44	22	Dawn Eggerts	1:09:05
14	Jeff Teeters	0:54:45	23	Shaun Hellebuyck	1:09:14
15	Larry Menard	0:55:05	24	Jennifer Murnane	1:09:26
16	Antonio Corgas	0:55:56	25	Terrie West	1:09:41
17	Raymond Cook	0:56:02			
18	Jeffery Adams	0:56:14			
19	Robert Pyzel	0:56:20			
20	Floyd Gerhardt	0:57:26			
21	Tony Fong	0:57:29			
22	Tyler Abbott	0:57:38			
23	Tim Keenan	0:58:20			
24	Scott Bang	0:58:29			
25	Anthony Davies	0:58:40			
27	Chris Lucey	0:59:10			

Master Men (40-49)

1	Lloyd Stephenson	0:51:20
2	Matt Yeo	0:52:40
3	Jeff Townsend	0:53:12
4	Gustavo Figueroa	0:53:31
5	Joerg Herbrechtsmeier	0:55:04
6	Brock Hinzmann	0:55:20
7	Dale Magnin	0:56:05
8	Eric Standifer	0:56:18
9	Sylvester Franklin	0:57:08
10	Bill Dunn	0:57:09
11	Bill Knapp	0:57:24
12	Charlie Freeman	0:58:35
13	Steve Tietz	0:59:14
14	Julius Ratti	0:59:17
15	Robert Darling	0:58:58
16	Guillermo Sanchez	0:59:45
17	David Amster	0:59:50
18	Harold W. Gauthier	1:00:07
19	Doug Rasmussen	1:00:24
20	Dan Ramos	1:00:51

Open Women (0-39)

1	Maria Trujillo	0:56:32
2	S. Berntsen-Heber	0:58:25
3	Kristin Jacobs	0:58:51
4	Lisbet Engberg	1:00:12
5	Christine Lincke	1:01:43
6	A. Hess Gerhardt	1:01:52
7	Peggy Lavelle	1:04:09
8	Lynice Benton	1:04:09
9	Kristina Mathias	1:04:10

(continued from page 17)

Reno Air corporate office (located near the Airport in an industrial section of town), the 15 km course took one giant loop past the start before heading along the Truckee River towards downtown. Finishing near the Nevada Museum of Art, the finish took place in Wingfield Park, amidst ongoing "Celebrate The River" festivities. As mentioned earlier, a concurrent 5 km "IGT" Run was held on the 15 km morning, with the 5 km runners & walkers traversing the final 3 miles of the 15 km route. 850 total participants took part in the 15 & 5 kilometer events.

The day before, some 350 youth took part in the aforementioned "Kirby Kangaroo Kaper" Kids Races, a resounding success for a first-time event. Later in the evening, a deluxe pasta dinner was served free of charge to runners at the Flamingo Hilton, where acclaimed running-journalist Joe Henderson and the PA's own Mark Conover made popular appearances. The weekend's wealth of running riches, including PA Grand Prix prize money totaling over \$3,000 and an all-comer's purse of \$1,000, was made in possible in large part by generous support from title sponsor Reno Airlines and Sierra Schools Federal Credit Union, with the Reno Flamingo Hilton, Sports West, News Channel 8/KOLO-T.V., IGT Corp., 7 UP Bottling Company, MDA Corp. and Celebrate the River Inc., also making substantial contributions.

Areas of include the vital need for better timing and results management, now that both the 15 km and 5 km have grown in popularity, and fine-tuning the pre-race shuttle and aid station components associated with the new course. Overall, however, Meister and supporting Silver State Strider Running Club volunteers must be congratulated on coming up with a more scenic, if slower, course (due to all the undulations along the Truckee River bike path), a more festive and comfortable finish location, a superb pre-race pasta dinner, and a generous amount of prize money and related awards and services. Meister is meanwhile looking forward to 1997, as he has already hired Domingo Tibaduiza to help attract even bigger and faster fields to Reno.

Master Women (40-49)

1	Terry Adams-Schmidt	0:58:20	20	Floyd Whiting	1:10:20
2	Patty Howell	1:04:18	21	Ted Aiarcon	1:10:49
3	Joann Dahlkoetter	1:04:19	22	Frank D. Lemus	1:10:50
4	Peggie Black	1:04:41			
5	Christine Iwahashi	1:04:45			
6	Claire M. Fry	1:05:13			
7	B. Simmie-Kesecker	1:05:47			
8	Dee Dee Grafius	1:05:59			
9	Sue Francis	1:06:38			
10	Lourdes Livingston	1:08:42			
11	Janet Griswold	1:08:50			
12	Anne Veling	1:09:37			
13	Helen Neff	1:11:59			
14	Missy Sandeman	1:12:44			
15	Irene Herman	1:13:31			
16	Darlene Wallach	1:13:37			

Senior Women (50-59)

1	Barbara E. Miller	1:04:47
2	Cynci Calvin	1:10:43
3	Pamela Horton	1:10:57
4	Louise Walters	1:11:28
5	Sue Johnston	1:16:28
6	Deea Stickle	1:17:54
7	Ann Hardham	1:22:01
8	Georgia Riley	1:23:17
9	Micki Kaderabek	1:26:39
10	Madelyn Moon	1:27:40
11	Rosemary Fajen	1:29:31

Super Senior Men (60-69)

1	Roger Bryan	1:04:10
2	Bernie Hollander	1:05:41
3	Norman Saucedo	1:10:02
4	Ron Ogilvie	1:11:52
5	Bryan Holmes	1:12:04
6	William J. Flodberg	1:12:28
7	Philp Phythian	1:12:43
8	Gene Antonides	1:14:23
9	Marion Carter	1:17:50
10	Boyce Jacques	1:18:30

Super Senior Women (60-69)

1	Margarethe Styskel	1:20:36
2	Myra Rhodes	1:24:34
3	Juliane Scheberies	1:34:12
4	Trudy Tudor	1:36:06

Veteran Men (70 & Over)

1	David Valles	1:26:08
2	Stan Demartinis	1:27:53
3	Howard Powers	1:46:55

1996 PA/USATF LDR Road Championships Grand Prix Circuit Events

Date	Race/Location	Div.	Point Value	Prize \$
✓ Jan. 7	California 10-Mile Stockton	All	1.0	\$2,000
✓ Mar. 24	Houlihan's 12 km San Francisco	All	1.0	\$2,500
✓ April 21	Gimme Shelter 5 km San Francisco	All	2.0	\$2,500 PA + \$7,500 open
✓ June 2	Reno Air 15 km Reno	All	1.0 individ. 2.0 teams	\$3,050
July 7	Fleet Feet Mile Sacramento	All	1.0	\$2,000
Aug. 4	Cox Cable 10 km Eureka	All	2.0	\$3,500
Oct. 20	Humboldt 1/2 Marathon, Weott	All	2.0	\$4,000
Nov. 17	Clarksburg 30 km Clarksburg	All	2.0	\$2,500
Nov. 23	PA X-Country Champs Golden Gate Park/S.F.	All	1.0	\$2,000
Dec. 8	Cal Int. Marathon Sacramento	All	2.0	\$4,000 PA + open

For more information about these events, refer to the Calendar of LDR Events on pp. 12-13. For more information about the PA-LDR Grand Prix, send a self-addressed, stamped envelope to LDR Chair Mark Winitz, P.O. Box 1621, Los Altos, CA 94023, (415) 948-0618 (days)/fax (415) 949-2172. E-mail Mark at winitusatf@aol.com. USATF home page on the World Wide Web: <http://www.bdt.com/home/trimble/PAUSATF.html>.

1996 Pacific Association Long Distance Running Grand Prix Standings

(through the Reno Air 15 km, June 2, 1996)

Open Men (39 and under)

Pl	Name	Team	Total
1	Jose Aispuro	Aggies	104.0
2	Ty Strange	Empire	73.0
3	Ken Keyte	Empire	68.0
4	Earnest Freer	Aggies	60.0
5	Jeff Hacker	Ryan's	59.0
5	Danny Aldridge	Empire	59.0
5	Lloyd Stephenson	Excelsior	59.0
8	Jamey Harris	Aggies	57.0
9	Alan Dehlinger	Silver State	54.0
10	John Moreno	Hoy's	52.0
11	Russell Hill	Aggies	51.0
11	Miguel Tibaduiza	Silver State	51.0
13	Brent Griffiths	Aggies	49.0
14	Mark Conover	Aggies	48.0
14	Chris Schille	Aggies	48.0
16	Joe Rubio	Aggies	40.0
17	Aaron Pierson	Hoy's	39.0
18	Richard Reitz	WVJS	33.0
18	Chris Phipps	Aggies	33.0
20	Mike Livingston	Aggies	30.0
20	Rod Heskett	Aggies	30.0
22	Francesjohn Gailson	Excelsior	26.0
23	Robert Anex	Aggies	25.0
23	Eric Walker	Empire	25.0

Open Women (39 and under)

Pl	Name	Team	Total
1	Maria Trujillo	Ryan's	132.0
2	Terry Adams-Schmidt	Silver State	109.0
3	Lisbet Engberg	Impala	96.0
4	Amanda Gerhardt	Aggies	84.0
5	Lisa Geoffrion	Aggies	81.0
6	Lynice Benton	Silver State	61.0
7	Regina Jacobs	Unatt	60.0
7	Kristina Mathias	WVJS	60.0
9	Linda Somers	Unatt	58.0
10	Barb Acosta	Unatt	46.0
10	Becki Kriege	WVJS	46.0
10	Christine Lincke	Ryan's	46.0
13	Shannon Sweeney	Aggies	45.0
14	April Powers	Impala	42.0
15	Margaret Svoboda	Chips	38.0
16	Kristin Jacobs	Ryan's	36.0
17	Sandy Patterson	Impala	35.0
17	Malia Schwartz	East Bay	35.0
19	Laura Sanchez	Ryan's	34.0
20	Peggy Lavelle	Impala	31.0
21	Laura Stanfield	Aggies	26.0
22	Diana Fitzpatrick	Impala	23.0
22	Sissel Berntsen-Heber	WVTC	23.0

Master Men (40-49)

Pl	Name	Team	Total
1	Lloyd Stephenson	Excelsior	108.0
2	John Moreno	Hoy's	90.0
2	Brock Hinzmann	Excelsior	90.0
4	James Tracy	Excelsior	81.0
5	Dan Sauers	WVJS	79.0
6	Sylvester Franklin	Excelsior	72.0
7	Jeff Townsend	Aggies	69.0
9	Bob Ebert	WVJS	67.0
9	Sal Vasquez	WVJS	63.0
10	J. Herbrechtsmeier	Silver State	59.0
11	Eric Standifer	Excelsior	58.0
11	Richard Flores	Empire	50.0
13	Joseph Schieffer	East Bay	48.0
14	Francesjohn Gailson	Excelsior	46.0
14	Dan Preston	Empire	46.0
16	Bill Knapp	Excelsior	44.0

17	William Dunn	WVJS	38.0
18	Ewar Gordillo	Silver State	37.0
19	Don Paul	Excelsior	36.0
19	Dave Reed	Unatt	36.0
21	Brian Davis	Unatt	34.0
22	Gary Davis	Excelsior	27.0
23	Dan Anderson	WVJS	26.0
23	Dale Magann	Silver State	26.0
25	Matt Yeo	Aggies	24.0
26	Gustavo Figueroa	Silver State	22.0

Master Women (40-49)

Pl	Name	Team	Total
1	T. Adams-Schmidt	Silver State	80.0
2	Joann Dahlkoetter	Aggies	62.0
3	Sue Francis	WVJS	43.0
4	Melody-Anne Schultz	Tamalpa	42.0
5	Anne Jeffrey	Tamalpa	39.0
6	B. Simmie-Kesecker	Impala	28.0
6	Barbara Miller	Chips	28.0
8	Christine Iwahashi	Chips	27.0
9	Elizabeth Edwards	WVTC	24.0
10	Patty Howell	Silver State	23.0
11	Honor Featherston	WVTC	20.0
12	Kattie Gray	Tamalpa	18.0
13	Cindy Scott	Chips	16.0
14	Sharlet Gilbert	Chips	15.0
15	Christine Kennedy	WVJS	14.0

Senior Men (50-59)

Pl	Name	Team	Total
1	Ewar Gordillo	Silver State	74.0
1	Sal Vasquez	WVJS	74.0
3	Dan Preston	Empire	70.0
4	Alphonzo Jackson	Hoy's	58.0
5	James Reitz	WVJS	51.0
6	Perry Hayden	Silver State	40.0
7	James Williams	Tamalpa	35.0
8	Frank Ruona	Tamalpa	34.0
9	Jon Macpherson	Tamalpa	30.0
10	Doug Butt	WVTC	28.0
11	Dick Chimenti	WVJS	22.0
12	Steve Stephens	Tamalpa	15.0
13	Karl Gripenburg	Tamalpa	14.0
14	James Gibbons	WVTC	12.0
15	Skip Houk	Silver State	11.0
16	Martin Jones	Empire	9.0
17	Tim Rostegge	WVJS	8.0
18	David Taylor	East Bay	7.0
19	Walt Radloff	WVJS	6.0
19	Joe Hurtado	WVJS	6.0

Senior Women (50-59)

Pl	Name	Team	Total
1	Melody-Anne Schultz	Tamalpa	36.0
2	Barbara Miller	Chips	22.0
3	Joan Ottaway	WVTC	10.0
3	Judi Shade	WVJS	10.0
5	Louise Walters	Impala	9.0
6	Jutta McCormick	WVTC	8.0
7	Eve Pell	Impala	6.0

Super Senior Men (60-69)

Pl	Name	Team	Total
1	Bernie Hollander	Tamalpa	36.0
2	Roger Bryan	WVJS	28.0
3	William Flodberg	WVJS	16.0
4	Carl Ellsworth	Chips	8.0
5	Stephen Gaal	Sundance	6.0
5	Norman Salicedo	WVJS	6.0
7	Phil Phythian	Tamalpa	5.0

Super Senior Women (60-69)

Pl	Name	Team	Total
1	Margarethe Styskel	Tarahumara	32.0
2	Vicki Bigelow	Unatt	20.0
2	Myra Rhodes	Chips	20.0
4	Juliane Scheberies	Unatt	18.0
5	Marlene Kinser	Tarahumara	6.0
6	Po Adams	Chips	5.0
7	Ruth P. Anderson	Bay Area UR	4.0
8	Jean Lafever	Tarahumara	2.0
8	Joanne Kambur	Tamalpa	2.0
8	Peggy Hansen	Unatt	2.0

Veteran Men (70 and over)

Pl	Name	Team	Total
1	David Valles	WVJS	40.0
2	Stanley Demartinis	WVJS	24.0
3	Gary Toji	Unatt	18.0
4	Howard Powers	WVJS	16.0
5	Frank Cunningham	WVJS	10.0
6	Jack Friedlander	WVJS	3.0
7	William Redmond	Unatt	2.0

Veteran Women (70 and over)

Pl	Name	Team	Total
1	Po Adams	Chips	32.0
2	Jaclyn Caselli	NCSTC	20.0

1996 Long Distance Grand Prix Team Standings

(through RenoAir 15 km)

Standings tentative until confirmed by Clubs.

Open Men

Pl	Name	Total
1	Aggies	60.0
2	Empire	50.0
3	East Bay	43.0
4	Silver State	33.0
5	Excelsior	32.0
6	WVJS	25.0
7	Chips	15.0
8	Tamalpa	14.0

Open Women

Pl	Name	Total
1	Aggies	53.0
2	East Bay	39.0
3	Impala	37.0
4	Ryan's	32.0
5	Silver State	31.0
6	Chips	29.0
7	WVTC	26.0
8	Tamalpa	21.0

Master Men

Pl	Name	Total
1	Excelsior	60.0
2	WVJS	47.0
3	Ryan's	46.0
4	Silver State	44.0
5	East Bay	36.0
6	Tamalpa	12.0
7	Aggies	10.0
8	Chips	9.0
9	Hoy's	8.0

Master Women

Pl	Name	Total
1	Silver State	50.0
2	Impala	46.0
3	WVJS	42.0
4	Chips	36.0
5	Tamalpa	26.0

Senior Men

Pl	Name	Total
1	WVJS	57.0
2	Tamalpa	53.0
3	Silver State	51.0
4	Empire	35.0
5	East Bay	14.0
6	Chips	9.0

Senior Women

Pl	Name	Total
1	Tamalpa	56.0
2	Impala	52.0
3	WVJS	48.0
4	Chips	20.0

Super Senior Men

Pl	Name	Total
1	WVJS	58.0
2	Tamalpa	29.0

Veteran Men

Pl	Name	Total
1	WVJS	60.0
(no Super Senior or Veteran Women's Teams scored)		

Ultra Grand Prix at Quicksilver and Silver State

by Hollis Lenderking

Mike Popolizio Quicksilver 50 km/50 Miler

Near San Jose on May 11

It's the time of year when ultrarunners are nursing two agendas. On the one hand they wish to obey the existential imperative to make the most of every day, to "be here now" as the New Age commands, and run as hard, compete as well, as one reasonably can. On the other hand, they wish to be ever mindful of the calendar, to run prudently enough that one can "train through" the event without an extensive recovery period, the better to strike a balance between enhancing and yet preserving one's condition for the big-ticket 100-milers on the summer schedule—principal among them being the sport's mightiest crucible, the snow-splattered, sun-soaked ordeal at June's end, the Western States 100.

One of the original events of the Pacific Association Ultra Grand Prix circuit, Quicksilver (named for the late Santa Clara County jurist/ultra runner, Mike Popolizio) has always posed this quandary. A beautiful, historic, and endlessly hilly park, Almaden Quicksilver, with well-groomed trails, stunning vistas, and generous splashes of floral color, serves as the site for these twin events. But this outstanding venue has not always received the blessings of the weather gods.

It has, in fact, become rather notorious for demonstrating to hapless entrants exactly how it is that, incredibly, just one cubic yard of saturated soil weighs one whole ton. The soils of Almaden have long been in revolt against all precipitation, declining the courtesy of drainage and instead insisting that it be held hostage at the earthen surface, the better to hitch the entire concoction to the soles of runners' shoes. Despite the uncommon loyalty of ultra fans, one might have wondered how many more perversely wet and gooey years the race would survive without a substantial dip in applicants. With a strong starting field of 160 (both events) and a spell of warm, dry weather in the offing, the nagging doubts could return to hibernation. Quicksilver 1996 was back to normal, a worthy trial for the rigors of a sometimes scalding summer schedule.

Both races emerged as uncontested, record-razing conquests by a pair of dominant athletes—one, Greg Nacco, who, at 36, is new to the elite ultra-ranks, and another, Carl Andersen, who would add another outstanding mark to his bulging portfolio of NorCal course records. In fact, the only marginal showing of the day was between these two, who chugged into the 50 km finish together, fast enough for Nacco to claim the "new course" record in 3:44:03. *[Quicksilver poses an unresolved ambiguity about such marks, having modified its courses three years ago—lengthened slightly to meet certification standards, but with some net verticality discarded in the process; it is doubtful whether the changes, as a whole, warranted a new record book, but it exists in fact; at the same time, all should recognize the sustained validity of the old records, in this case Dave Scott's 3:38:40.]* Meanwhile, Andersen executed the obligatory 180-degree exit and continued on his 19-mile loop to glory.

Heretofore, Nacco's finest running hours have been on his Tamalpan home territory, in the world's signature sub-ultra trail race, the incomparable Dipsea. There he has claimed five blackshirts, finishing as high as fifth. He debuted in ultra running several years ago, agonizing through an injury-plagued Western States in 1994. Not until this spring, though, have the years of trial, error and experience paid off in breakthrough performances, starting with his fourth at the talent-rich Cool Canyon 50 km in March, just 5:13 behind the Tom Johnson/Carl Andersen tie.

There followed another leap forward at the American River 50 Mile, where Nacco surged to a third-place 6:11:52, just 3:57 off Sean Crom's winning effort. "American River is a good course for me, with both road and trail," Nacco reflected. "With my height I'm probably a better road runner, but I prefer the trails, which is where I wanted to be later in the race, when I was hurting. I've finally become consistent now, primarily because of all that I've learned from training with experienced ultra runners. There's just so much to learn about handling the distance."

What Nacco has learned, above all, is how to avoid the Big Bonk which

sabotaged his earlier efforts, as he had felt the bottom fall out during previous 7:01 and 6:57 finishes at AR. This year it was he who played the predator, dusting a handful of elite runners in the second half.

At Quicksilver, the field was not so stacked, and Nacco had only Andersen for company. "At 22 miles," he recalled, "Carl offered just one word of advice—relax—and I took it to heart." It will suffice as a worthy mantra during what promises to be another breakthrough opportunity for Nacco at Western States.

Other performances were noteworthy over the 50 km distance, starting with Nacco's teammate and Quicksilver runner-up **Bruce Linscott**, 38. The rookie sensation of the 1992-93 Grand Prix campaign, Linscott is now among the veteran elite, cited by Nacco as a primary influence in his own ultra ascendancy. No mere mentor either, he is still mastering his craft, improving steadily. His Quicksilver times, gradually homing in on the four-hour barrier, have led inexorably to this year's superb 3:58:08. Poised for a return to his eighth-place form of 1993 at Western States, Linscott and Nacco stand two-three in the Grand Prix Open division heading into the Big Event, behind **Jerry Wittenauer**, fourth at Quicksilver in 4:01:17.

Charles Crompton of Santa Cruz, running away with this year's Grand Prix Masters competition—no mean feat when, at 48, he's pushing Senior status—runs this race often and always well. With his fifth-place overall in 4:29:04, he recorded the fastest Masters effort here since 1993, when Joe Schlereth toured the distance in 4:17:37. Natural ability aside, the secret of Crompton's longevity—dominating his densely competitive age-group from the upper end of the bracket—must be that he is still enjoying the springtime of his running life.

"I was a high school wrestler," he recalled. "I didn't really run until I was 40, and didn't do my first ultra until I was 43." In that very first year, when he was still turning a 4:48 mile despite a full load of endurance training, his grappler's in-bred toughness was on full display: despite enduring kidney failure which required a three-day hospital trip, Crompton finished 15th at Western States, in 21:11:25.

Napa's **Gard Leighton**, at 61, coming back strong after his stunning post-angioplasty showing at last year's Western States, shattered his own Super Senior course record with a 14th-place 4:52:59. This marked a 2:00-plus improvement over his 1995 standard, which was the first sub-5:00 by a 60-year-old.

The women's field registered some outstanding performances as well. Ahead of the rest—and 11th overall—was **Suzie Lister**, at 31, returning to the form which made her the star of the Grand Prix circuit in her first ultra season, 1993-4. Lister is a fast-closing second in the Open Women's points race, having missed most of the first half of the season due to other priorities. Her 4:49:46 at Quicksilver secured a 10:00 margin of victory over a promising newcomer, **Christine Jones**, just 26, who staged a heroic battle with the five hour barrier, getting the better of it in 4:59:54.

Kathy Welch, 42, prevailed in the Masters competition, with a solid 5:13:50, 21st overall among 89 finishers, and a time good enough to have won all the women's marbles last year. Her finish edged her into third on the Grand Prix chart in the tightening race for division laurels.

The 50-mile event here, though not a Grand Prix event, has always attracted a handful of elite runners, this year led, of course, by Andersen. With a 6 am start for everyone, the rising temperature was not a factor for any but the late finishers in the 50 km field. But in the 50-miler, with the temperature at 80 degrees by 11 am, the heat became an issue for many.

Not for Andersen. He launched from the 50 km turnaround and never relented to walk a step, even in the "elevator shaft" which greets the weary shortly after the second-half kickoff. There would be no ambiguity about Andersen's new standard, either: the first sub-6:30 in the event's history, his 6:24:31 not only shattered Tim Ball's all-time mark of 6:32:34 from 1990, but also lowered the Household Limbo Bar from the still incredible—after all *she's* done in the interim—6:43:52 recorded by His Wondrous Wife in her outright win of '92.

No, Ann Trason's Quicksilver standard is not likely to fall in the next millennium either, but **Chrissy "I Love the Heat" Duryea** fulfilled a long-pursued quest on this course, becoming the first woman not named Trason to crash the 8:00 barrier. After several close calls, she blasted home in 7:59:23, fourth overall among the 42 finishers.

Mo Bartley's record shelf acquired another shiny medal as, at 41, she broke her own women's Masters standard with a fifth-overall 8:23:05, a 7:00-plus shaving off her '95 effort. Fresno's **Schlereth**, 46, also defended his '95 division title successfully with a 7:51:50 for third place. He heard ominous footsteps, however, as runner-up **Brian Purcell** bested him by 7:00; at their next meeting, Purcell will have entered Masterhood.

The competition toughened for the stragglers, as the mercury crested at 88 by 3 pm, becoming everyone's most dogged opponent. But there was nothing so stirring as the extended Tussle-to-Eternity witnessed trailside between a rattler and a bobcat; yes, ultra runners "brake for blood & guts." To all appearances, the bobcat emerged triumphant, with *serpent a la carte* dangling limply from its jaws, ready for room service back at the den: *tastes just like chicken!* Witnesses were unsure, however, whether the snake might have struck a fatal injection during the thrust-and-parry jousting which preceded the *coup de grace*.

There was nothing quite so competitive on the Quicksilver course itself, but eye-opening performances abounded nonetheless.

Silver State 50 km

West of Reno on May 18

Team Tamalpa did not take kindly to the invader plundering its home course for championship booty. That was last fall, at a hotly contested Quadruple Dipsea, four times up and across the southern shoulder of Mt. Tamalpais. The invader—from The Big Valley; no less—was Mike Gottardi, Buffalo Chip, suddenly a top-ranked Mountain Man. Measures must be taken, the Rightful Throne Reclaimed.

And so, Team Tamalpa gathered its forces and struck out for the farthest reaches of the Pacific Association's Grand Prix circuit, the Biggest Mountain Of Them All—the Sierra Nevada—and the ninth running of the Silver State 50 km. For good measure, they took the mountain at nearly its composite worst: last year's snow on high ground (up to 8,900 feet), accented by snowy, 30-degree conditions, combined with this year's novelty below, a muddy trail courtesy of a pre-race rainstorm. A road trip can't get much more adverse than that.

"The most important factors for me," reflected the eventual winner, Penngrove's **Bruce Linscott**, "Were that [last year's champion] Jack Power did not start, and [local powerhouse and veteran mountain man] Greg Atchley ran the (companion) 50-miler." In discounting his own gifts, Linscott committed a grave omission. He has been on a tear all year—his strongest campaign since his debut three years ago—stalking points-leader Jerry Wittenauer as closely as he did at last fall's definitive 24-hour run, when Wittenauer squeezed just 2.5 miles more into his tour of the clock. "That 24-hour really did me in," Linscott now surmises. "It took me forever to get my conditioning back afterwards." Maybe so, but he has it back now, with consecutive weekends producing a second at Quicksilver and a first at Silver State.

"I think the snow was worse than last year," Linscott suggested. "It might not have been as deep, but the footing was worse, from the rain the night

before. And there was all the mud—the kind that really grabs and holds—on the trail below the snow line." Linscott's finish, in 5:57:32, would verify his evaluation: 8:00 slower than his own runner-up showing last year.

"I've always been passed near the summit before, and I was sure it would happen again this year, because I was walking a little in the snow flurries. I especially was expecting, my teammate, **Charlie Ehm**, to pass, since he's such a strong downhiller." Ehm's downhill legs pestered the other pursuers, but not Linscott, who notched a solid 30-minute victory. Fellow-Tamalpais **John Edgcomb** and **Greg Nacco** (the Quicksilver 50 km winner a week before) followed in fourth and fifth for a near top-five sweep by the North Bay trail titans, interrupted only by Masters champ **Joe Schlereth's** 6:28:54 for third.

Schlereth has enjoyed many successes on this course, usually exercising the 50-mile option. Behind him in the division-and-sixth overall in 6:46:26—was the previous week's Quicksilver 50 km Masters champ, the Very Coastal **Charles Crompton** from Santa Cruz, a marvel of adaptability. The Seniors were led by Tom Wright, now 51—the Grand Prix Masters division champion of four years ago—in an eighth-place 6:53:30. And then, in 10th, was the ever astounding **Gard Leighton**, the Super Senior titlist in 7:06:24.

(continued on page 23)

PA/USATF 1996-97 Ultra Grand Prix Schedule

Date/ Location/ Race	Divisions	Difficulty	Contact
Aug. 4, 1996 Skyline 50 km (trail) Castro Valley	All	2.0	Will Uher 16183 Lyle Street San Leandro, CA 94578 Tel: (510) 278-0451 (h)
Aug. 17, 1996 Cameron Park Cameron Park 50 Miler (trail)	All	2.0	George Staub c/o Fleet Feet 2222 Francisco Drive El Dorado Hills, CA 95762 (916) 939-1967
Aug. 24, 1996 Pt. Reyes Pt. Reyes 50 km	All	2.0	Guy Palmer 49 Harte Avenue San Rafael, CA 94901 Tel: (415) 459-8649
Oct. 12, 1996 San Leandro Firetrails 50 Miler (trail)	All	3.2	Dick Collins 1015 Hollywood Ave. Oakland, CA 94602 Tel: (510) 530-6634
Nov. 30, 1996 Mt. Tamalpais Quadruple Dipsea (28.4 Miles, trail)	All	2.4	John Medinger 2060 Manzanita Drive Oakland, CA 94611 Tel: (415) 894-1336 (w)
Jan. 18, 1997 Sacramento Jed Smith 50 km	All	1.0	Jim Drake (Buff. Chips) 3442 Whitnor Ct. Sacramento, CA 95821 Tel.: (916) 485-8013 (h)
April 5, 1997 Sacramento American River 50 Miler (trail)	All	2.4	Delmar Fralick 28188 Moulton Pkwy. #627 Laguna Niguel, CA 92677 Tel: (714) 360-0583 or (916) 965-8326
April 19, 1997 San Francisco Ruth Anderson 100 km (road)	All	3.5	Dick Collins (see information above)
May 10, 1997 (TENTATIVE) San Jose Quicksilver 50km (trail)	All	2.0	TBA
May 17, 1997 Reno Silver State 50km (trail)	All	2.25	Ken McKim 2358 Camelot Way Reno, Nevada 89509 Tel: (702) 329-6122
June 28, 1997 Squaw Valley Western States 100 Miler (trail)	All	8.0	Norm Klein 1139 Mace River Court Rancho Cordova, CA 95670 Tel: (916) 638-1161

For more information on the Ultra Circuit, you may contact PA Ultra Running Coordinator Rae Clark at 12350 Krista Lane, Auburn, CA 95603, Tel: (916) 885-0502 (h). For Ultra Grand Prix rules, send a SASE to Pacific Assoc., 120 Ponderosa Court, Folsom, CA 95630.

Remaining 1996 National Ultra Championships

Date	Distance	Race/Location/ Contact
September 15	24 hour	Olander Park, Toledo, Ohio Dave Payette (419) 475-0731
October 19	100 km	Edmund Fitzgerald, Duluth, Minn. Bill Wenmark (612) 476-0015
December 14	50 km/ 50 mi.	Sunmart Texas Trail Endurance Run Huntsville, Texas Norman Klein (916) 638-1161

1996 Pacific Association Ultra Running Grand Prix Standings

(through Silver State 50 km, May 18, 1996)

Open Men (39 & Under)

Pl	Name	Team	Total
1	Jerry Wittenaur	FFSEDH	468
2	Bruce Linscott	Tamalpa	412.5
3	Greg Nacco	Tamalpa	283.8
4	Brian Purcell	Tamalpa	250
5	Eric Robinson	BAUR	197.2
6	John Edgcomb	Tamalpa	173.9
7	Geoff Vaughn	Tamalpa	167.2
8	Mike Gottardi	Chips	145.2
9	Rick Simonsen	FFSEDH	128
10	Jim Ross	FFSEDH	122.8
11	John Lundy	Tamalpa	117.6
12	Ken Cicinelli	Unatt	86.1
13	George Rehmet	BAUR	78.4
14	Dave Scott	Unatt	76
15	Tom Larson	Chips	74.6
16	Stan Wingate	Unatt	50
17	Bruce Mace	Tamalpa	38.4
18	Bob Crowley	Unatt	38.4
19	Jack Powell	Silver State	38.4
20	Grant Irwin	Chips	36.4
21	Greg Fembacher	Unatt	36
22	Greg Atchley	Silver State	33.6
23	Scott Abrams	Silver State	31.5
24	Steve Bartis	Unatt	28
25	Tim Twietmeyer	Unatt	26.4

Open Women (39 & Under)

Pl	Name	Team	Total
1	Miriam Kadkhodayan	BAUR	500
2	Suzie Lister	BAUR	451
3	Terry Cray	Silver State	369.5
4	Rena Schumann	Unatt	296.1
5	Helen Hull	Unatt	164
6	Dhvaja Dom	Impala	120.4
7	Maryann Murphy	Unatt	120
8	Chrissy Duryea	Unatt	112.5
9	Emma Davies	Unatt	110
10	Laurie Riebeling	Tamalpa	72
11	Lisa Macias	FFSEDH	56.3
12	Karen LeFebre	Silver State	48
13	Cynthia Lindsey	Unatt	43.2
14	Barb Geringer-Frazier	Tamalpa	40
15	Karen Geryk	Unatt	38.4
16	M. Herrera-Mefford	Unatt	38.4
17	Marie Gonzales	FFSEDH	32
18	Rachel Atchley	Silver State	25

MASTER MEN (40-49)

Pl	Name	Team	Total
1	Charles Crompton	Santa Cruz	517.3
2	Eric Ianacone	Chips	336.2
3	Mike Palmer	East Bay	295.6
4	John Rhodes	Silver State	240.5
5	Syl Pascale	Unatt	224.4
6	Ray Scannell	Unatt	153.2
7	Stan Jensen	BAUR	139.8
8	Harry Islas	Tarahumara	138.6
9	Joe Schelerth	FFSEDH	127.5
10	Ron Howard	Unatt	125
11	Rae Clark	Chips	118
12	Chris Batteate	Tarahumara	108.4
13	Joe Schieffer	East Bay	100
14	Patrick Peregrin	Unatt	83.2
15	Eric Poulsen	Unatt	80
16	Bob Slate	BAUR	80
17	Gary Henslee	??	76

Master Women(40-49)

Pl	Name	Team	Total
1	Famida Hanif-Weddle	Quicksilver	389.1
2	Carol Cuminala	Santa Cruz	270.2
3	Kathy Welch	Unatt	261.3
4	Jan Levet	FFSEDH	261
5	Linda Elam	Silver State	200
6	Joanie Mork	Unatt	191.8
7	Mo Bartley	FFSEDH	189.5
8	Pat Wellington	BAUR	148.4
9	Chris Flaherty	Chips	98.4
10	Leslie Mattingley-Vitale	Ultramarine	93.6
11	Lisa Felder	Impala	79.2
12	Toni Miller	Unatt	66.9
13	Leslie Nacanisi	Impala	50
14	Toni Belaustegui	Silver State	43.2
15	Janet Rivard	Unatt	38.4
16	Edna Nerio	Unatt	36
17	Linda Parr	Unatt	35.6
18	Renda Gail	Chips	24
19	Joan Risse	Unatt	16.8
20	Joan Steidinger	BAUR	12

Senior Men(50-59)

Pl	Name	Team	Total
1	David Kim	BAUR	679.5
2	Lyal Holmberg	BAUR	246
3	Joe Holmberg	Chips	237
4	Dave Remington	Tamalpa	216.4
5	Bob Longwell	Unatt	196.4
6	Martin Jones	Ultramarine	188
7	Al Bogenhuber	BAUR	168
8	Floyd Whiting	Silver State	163.4
9	Ed Frisch	Silver State	127.5
10	Gene Weddle	Quicksilver	125.9
11	John Clark	Unatt	88
12	Dana Gard	FFSEDH	72
13	Frank Ruona	Tamalpa	70
14	Richard Phelps	Unatt	69.6
15	Richard Clark	Unatt	60
16	Bill Roehr	Unatt	56
17	Charles Johnson	WVTC	54.8
18	Joshua Babad	Unatt	45.6

Senior Women (50-59)

Pl	Name	Team	Total
1	Barbara Ann Elia	Chips	625.4
2	Dina Kovash	Impala	257.8
3	Shirley Church	BAUR	222.3
4	Lucinda Fisher	Unatt	181
5	Joan Szarfinski	BAUR	180
6	Eldrith Gosney	Unatt	161.2
7	Ann Grove	BAUR	139.2
8	Noel Relyea	Unatt	120
9	Jane Colman	Impala	105.5
10	Linda Elam	Silver State	72
11	Joan Scannell	Unatt	67.5
12	Sandy Becker	Tarahumara	60
13	Diana Fields	Tarahumara	33.6
14	Barbara Brady	Impala	28
15	Judy Shipman	Unatt	25
16	Elaine Koga	WVTC	14

Super Senior Men (60-69)

Pl	Name	Team	Total
1	Dwayne Batt	FFSEDH	305.5
2	Gard Leighton	FFSEDH	164.8
3	Dieter Walz	BAUR	90.5
4	Stephen Gaal	Sundance	88
5	Ephraim Romesberg	WVJS	43.8
6	John Chappel	Silver State	33.2
7	Dick Laine	Pamakids	30.4
8	Dick Collins	BAUR	26.6
9	Neil Moore	Unatt	22
10	Mike Tselentis	BAUR	7.2
11	John Mortell	Unatt	2.4

SUPER SENIOR WOMEN (60-69)

Pl	Name	Team	Total
1	Ruth Anderson	BAUR	90
2	Gloria Dake	Unatt	30

VETERAN MEN (70+)

Pl	Name	Team	Total
1	Frank Rodriguez	BAUR	122.5

VETERAN WOMEN (70+)

Pl	Name	Team	Total
1	Po Adams	Chips	15

Pacific Association of USATF 1995-96 Ultra Grand Prix Schedule

Date	Race	Diff	Status
Aug. 6, 1995	Skyline 50 km (trail)	2.0	Completed
Sept. 9, 1995	Cameron Park 50 Mi. (trail)	2.0	Completed
Oct. 21, 1995	Firetrails 50 Miler (trail)	3.2	Completed
Nov. 11, 1995	Gibson Ranch 24 Hour (road)	5.0	Completed
Nov. 12, 1995	Gibson Ranch 50 Mile (road)	2.0	Completed
Nov. 25, 1995	QuadDipsea (28.4 Miles, trail)	2.4	Completed
Jan. 20, 1996	Jed Smith 50 km (road)	1.0	Completed
April 6, 1996	American River 50 Miler (trail)	2.4	Completed
April 20, 1996	Ruth Anderson 100 km (road)	3.5	Completed
May 11, 1996	Quicksilver 50 km (trail)	2.0	Completed
May 18, 1996	Silver State 50 km (trail)	2.25	Completed
June 29, 1996	Western States 100 Mi (trail)	8.0	Norm Klein, 916) 638-1161

Western States "past deadline" for this issue. A report and results will be in the September/October issue. See page 21 for the 1996-1997 Ultra Grand Prix schedule.

1996 Ultra Grand Prix Team Standings

MENS TEAMS

Pl	Team	Total
1	BAUR	194.2
2	Tamalpa	171.5
3	Chips	49.6
4	FFSEDH	39.6
5	Silver State	20.3

WOMENS TEAMS

Pl	Team	Total
1	BAUR	95.6
2	Impala	66.6
3	Chips	24

MIXED TEAMS

Pl	Team	Total
1	BAUR	157.9
2	FFSEDH	56.5
3	Tamalpa	44

Ultra Events,
Contd. from page 21

Lake Tahoe's **Wendy Ackermann**, 30, claimed her first win of a Grand Prix event in 7:35:59, 17th overall among 66 finishers [39 more found 50 km of this drill to be insufficiently taxing; they held out for the 50-mile version, while an impressively low count of 11 dropped out during the festivities]. Running most of the way with eventual Masters winner **Mo Bartley** (7:41:49), Ackermann edged ahead with about six miles to go, assigning her good fortune to Bartley's mixed agenda of tackling the Bay Area's Ohlone Wilderness 50 km the following day. While both women seconded Linscott's assessment of the conditions as more vexing than even last year's, Ackermann acknowledged that her wealth of high-country, winter-season experience gave her a major advantage: "The footing was fine for me, not a problem. I really enjoyed the challenge and finished strong."

Not so easily said by those Tamalpan imperialists from the coastal zone, but just as impressively done.

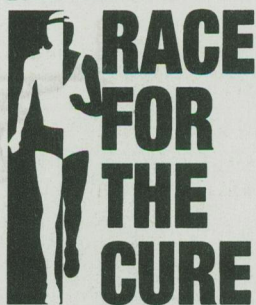
Grand Prix Notes . . .

It remains perplexing that, by their performances at the 100 km World Challenge in The Netherlands last September, a pair of Pacific Association athletes—Anni Trason and Tom Johnson—have grabbed the international ultra running community by the throat and compelled its focus on Americans in action, and yet the distance, on the road, remains a nearly impossible sell to home-turf open male runners.

The only road 100 km in the region this year, the 11th Ruth Anderson Run was held in San Francisco on April 20, on a pleasant 4.4-mile loop around Lake Merced. The event attracted a deep field of Masters and Seniors division runners—41 starters altogether—and several strong women, led by former National Champion **Suzie Lister** with her 9:23:12, well off her best but good enough for fourth overall. Norway's **Lars Saetron**, 46, won in a comfortable 8:23:52, while **Charles Crompton**, in third, was the top Pacific Association finisher in 9:15:10. The Grand Prix dominant Senior male, **David Kim**, led his division with a sixth-place 9:57:58. There were no PA Open division male finishers (among 30). A pending American age-group record did emerge from the day, however: **Frank Rodriguez**, at 70, finished in 14:13:58 . . .

If the 50-miler, instead of the 50 km, were the Grand Prix event at Quicksilver, Carl Andersen's splendid course-record performance would have given him a third outright record among Grand Prix events. As it is, he is tied with Tom Johnson and Rae Clark with two apiece, owning the standards at the Quadruple Dipsea and Firetrails 50-mile, as well.

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