



Somers Races to Olympic Marathon

**Stanford's Vin
Lananna Coaches
Bob Kempainen to
1st in Men's Trials**

**The Next Stars
in the Running
Tibaduiza Family**

**World Record at
Reno Games**

Jenny Spangler (61), Oakland's Linda Somers (7), Anne Marie Lauck (2) and Lynn Nelson eight miles into the U.S. Olympic Trials—Women's Marathon February 10 in Columbia, S.C.

Photo by Victor Sailer/Photo Run

CHARLES F. ALEXANDER
163 SHERLAND AVE
MT. VIEW CA 94043

Nonprofit Org.
Bulk Rate
U.S. Postage
PAID
Permit #88
Fair Oaks, CA



Do you live to run?
Or do you run to live?

Do you run to exhaustion?
Or do you run to exhilaration?

Does running make you more of a man?
Or does running make you more of a human?

Achieve New Balance.



new balance®

The 850, our newest and most advanced running shoe. For participating Foot Locker stores call 1-800-253-SHOE.

Plenty of Track on TV This Spring

Track fans note the following events and television air dates for the Track and Field Gold Serie on Prime SportsChannel Networks & Prime International. Check your local cable company listings for time and channel.

<u>TV Air Dates</u>	<u>Event (event date)</u>
March 21 & 27	Nike Cal Poly Invitational, San Luis Obispo, (3/16)
April 19	Pierce Golden Bear Challenge, Berkeley, (4/13)
April 26 & 27	Mt. San Antonio Relays, Walnut, Calif. (4/21)
May 3	California-Nevada Champs., UC Davis, (4/28)
May 17	Modesto Relays, Modesto JC, Modesto, Calif. (5/11)
May 24	Santa Monica Distance Classic, S. Monica CC (5/17)
June 7	Bruce Jenner Classic, San Jose City Coll. (6/1)
June 14	Golden West/National HS Invit., Sacramento (6/8)

Pending World, American Marks Set at Silver State Indoor Masters Classic

Milt Newton set a possible world record in the 200-meter dash for men in the 60-64 age group, Dee Dee Grafius set two pending American records in the sprints, and Stewart Thomson and Richard Hotchkiss established new American weight throw marks to highlight the Silver State Indoor Masters Classic at the University of Reno Feb. 18.

Newton's time of 26.27 barely edged fellow M60 runners Dick Richards (26.87) and Bobby Thomas (26.97). The three tangled again in the 60 meter with Richards pushing ahead in 8.00 to Thomas' 8.26 and Newton's 8.46. Richards also added an impressive lang jump of 5.27 meters.

Grafius toured four laps of the 200m banked oval in 2:23.3 for a pending 800 meter W45 American record. Her pending record performance in the 400 meters was a sizzling 1:02.5. She also cruised one lap of the track in 28.51.

Thomson, M60, set a pending AR in the weight throw of 18.14. Hotchkiss' new mark of 14.05 is a pending record for M55.

Other notable performances included Derek Mahaffey running 11:38.97 for 3000 meters in the M60 division, Ewar Gordillo clocking 10:06.89 for the same distance for M50, and Russ Hodge putting the shot 14.84 for M55, edging Hotchkiss by less than a meter.



<u>Date</u>	<u>Meet</u>	<u>Location/Contact Number</u>
March 9	All-comers	UC-Berkeley, 510-642-3158
March 9	Sacramento Invitational	CSU Sacramento, 916-278-6208
March 17	Nike Cal-Poly Invitational	San Luis Obispo, 805-756-2235
March 22-23	Stanford Track & Field Invitational	Stanford Univ., 415-723-2736
March 23	Wildcat Invitational	CSU-Chico, 916-898-5150
March 30	Stan Wright/Panther Invitational	Hughes Stadium, 916-558-2610
March 30	Warrior Invitational	Stanislaus State, 209-667-3312
April 6	Johnny Mathis Invitational	San Fran. State, 415-338-1561
April 12-13	Fresno Relays	Fresno, 209-278-4097
April 13	Berkeley Classic Invitational	UC-Berkeley
April 20	Woody Wilson Invitational	UC-Davis
April 20-21	Mt. SAC Relays	Mt. SAC, 909-594-5611, x4840
April 27	Ken Carmine Classic (masters + open)	CSU Sacramento, 916-885-5656
May 4	Pat Ryan Invitational	Santa Rosa CC, (707) 538-3568
May 4	Chico Invitational	CSU-Chico
May 11	Modesto Relays	Modesto, 209-524-3116
May 17-18	Asics Distance Classic	Los Angeles, 213-730-9617
May 18	Davis Invitational	UC-Davis
May 22	Hartnell Open Thrower's Meet (SP, DT)	Gary Shaw, 408-755-6845
May 25	Pacific Association Championships	San Mateo Coll., 415-574-6448
June 1	Bruce Jenner Classic	San Jose, 408-298-2181, x3731
June 14-23	USATF Championships/Olympic Trials	Atlanta, Ga., 317-261-0500
<u>Multi-Sport Events</u>		
March 22-23	San Francisco Multi	San Francisco State
April 1-2	Fresno State Multi	Fresno State University

Pacific Association Youth Track & Field Schedule

<u>Day, Date</u>	<u>Meet</u>	<u>Location</u>	<u>Meet Director</u>
Saturday, March 9	MP Striders TC, Bay Area	TBA	Bob Howard
	100m Champs., ages 6-12	Sacramento	(916) 428-094
Saturday, March 9	All Comers-Youth	Berkeley H.S.	Larry Brooks
		Berkeley	(510) 649-8587
Saturday, March 16	Kids on Track TC, Bay Area	Delta College	A.B. Coleman
	100m Champs., ages 6-12	Stockton	(209) 462-4623
Saturday, March 16	Oakland New Generation TC	Laney College	Sharon Carter
	5th Annual Section Track Meet	Oakland	(510) 638-6849
Saturday, March 23	Bay Area Track Club	Contra Costa College	Jered Butler
		Richmond	(510) 261-1819
Sat-Sun, March 30-31	SF Striders TC Bay Area 100	Kezar Stadium	Billy Ray Smith
	Meters Champs., ages 6-12	San Francisco	(510) 534-9650
Saturday, March 30	Salinas Track Club	Hartnell College	Dick Casper
	Sectional Track Meet	Salinas	(408) 753-5815
Saturday, April 20	Santa Rosa Express	Elsie Allen H.S.	Bob Shor
		Santa Rosa	(707) 538-0708
Sat-Sun, April 27-28	T-Shirt Track Club Invitational	TBA	Hubert Evans
		Sacramento	(916) 668-7901
Sat-Sun, May 18-19	3M Track Club Invitational	Chabot College	Will Pittman
		Hayward	(510) 581-4428
Sun-Mon, May 26-27	Pacific Association Champs.	TBA	James Wynn
			(408) 263-1607
Sat-Sun, June 8-9	Kids on Track Invitational	Delta College	A.B. Coleman
		Stockton	(209) 462-4623
Saturday, June 15	Santa Rosa Express TC Invit.	Elsie Allen HS	Bob Shor
		Santa Rosa	(707) 538-0708
Sunday, June 16	Junior Olympic Championships	Santa Rosa	Bob Shor
Sat-Sun, June 22-23	San Joaquin County Invitational	Delta College	Al Midgett
		Stockton	(209) 943-2520
Sat-Sun, June 29-30	Silver State Striders TC/West	Reed HS	Bruce Sussong
	Coast Classic Invitational	Reno, Nev.	(702) 849-0599
Wed-Sun, July 3-7	Youth National Championships	Salt Lake City, Utah	Rolan Colbert
			(801) 264-9922
Thu-Sun, July 11-14	Pacific Association Region 14	Central Calif. Assoc.	Brad Tomasini
	Junior Olympic Championships		(805) 758-3081
Fri-Sun, July 19-21	19th Annual International Track	Univ. of Oregon	Erin Olsen
	City Classic	Eugene, Oregon	(503) 687-8453
Tue-Sun, July 23-28	USATF Junior Olympic	Univ. of Houston	Willie Richardson
	National Championships	Houston, Texas	(713) 437-1758

The 1996 Reno Air™ Championship Races

15K Championship and 15K Relay (3 x 5K) Runs

5K "IGT" Run/Walk and "Kirby Kangaroo Kaper" Kids' Race



**Kids' Race on June 1, 1996
5K and 15K on June 2, 1996**

5K Starts at 8:30 AM — Truckee River Path on Greg Street
15K Starts at 9:00 AM — 220 Edison Way, Reno, Nevada

- **SPECTACULAR COURSE**
- 5K and 15K events take place on Sunday, June 2, 1996
- Finish in Downtown Reno along the river — paved, lots of shade, fast.
- 15K is USA Track and Field (USATF) Certified and Sanctioned
- Race Headquarters • Pre-Race Pasta Feed • T-Shirt for All Entrants
- Post Race Party and Refreshments
- 15K Prize Fund \$3050.00 All Divisions (Pacific Association/USATF Members/Residents Only)
- \$1,000.00 All-Comers Purse (Must Place 1st Open/Master Overall)
- Medals 3-Deep in All Divisions, All Races through 70+
- Drawing for Many Reno Air Tickets after the race — Must Be Present To Win
- Grand Prize Drawing: Trip for two to San Diego... Fly First Class on Reno Air!
- 15K Relay — Teams can be male, female or mixed. Team divisions will be based on combined ages and sex. Team entries must be submitted together.
- "Kirby Kangaroo Kaper" kids' race on Saturday, June 1... 9:00 AM start at Winfield Park, Downtown Reno
- Kids' Race T-Shirt only — pasta feed \$3.00 extra (not eligible for drawings)

Proceeds will benefit the Muscular Dystrophy Association of Northern Nevada and the Silver State Striders Junior Club.
See other side for Race Route Map and Air/Hotel Package information.

**CELEBRATE
THE RIVER!**



**News
Channel 8**
OLD-TV RENO

**SIERRA SCHOOLS
Federal Credit Union**

MDA



Race Hotline: (702) 688-3926

Entry Form (Please Print)

Name: first _____ last _____



Address: _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

Team Name _____ USATF Number _____

Event: (June 1) Kirby Kangaroo Kaper (June 2) 15K 15K Relay 5K walk/run

M F T-Shirt: S M L XL Age on Race Day _____

Waiver: (Must be signed)

In consideration of this entry, I hereby for myself, my heirs, executors and administrators, waive any and all claims I may have for damages against Reno Air, Inc., its officers, representatives, agents and affiliated companies, The Silver State Striders, MDA, the City of Reno, all sponsors and individuals associated with this event, their representatives, successors and assigns for any and all injuries suffered by me in connection with this event, including pre- and post-race activities. I am aware that running or walking an event may be dangerous and that I must be in good health and physical condition to participate. Therefore, I hereby attest and verify that I am physically fit and able to participate in the chosen event.

SIGNATURE (If under 18, parent's or legal guardian's signature)

DATE

Fees:

(Entry fees for all races [except Kirby Kangaroo Kaper] include Race, T-shirt, Pasta Feed and Goodie Bag.)

Make check payable and mail to:

**Reno Air Championship Run
13235 Fellowship Way • Reno NV 89511**

15K Run: \$20.00

15K Relay: \$45.00 per team

5K Run/Walk: \$15.00

Kirby Kangaroo Kaper: \$7.00

Extra Dinner Guest: \$8.00

Bus Service to Start: \$1.00

Total Enclosed: _____

After May 24, a Late Fee of \$5.00 applies.

Race Day Registration from 6:30 AM until 7:30 AM at the finish line (Winfield Park).

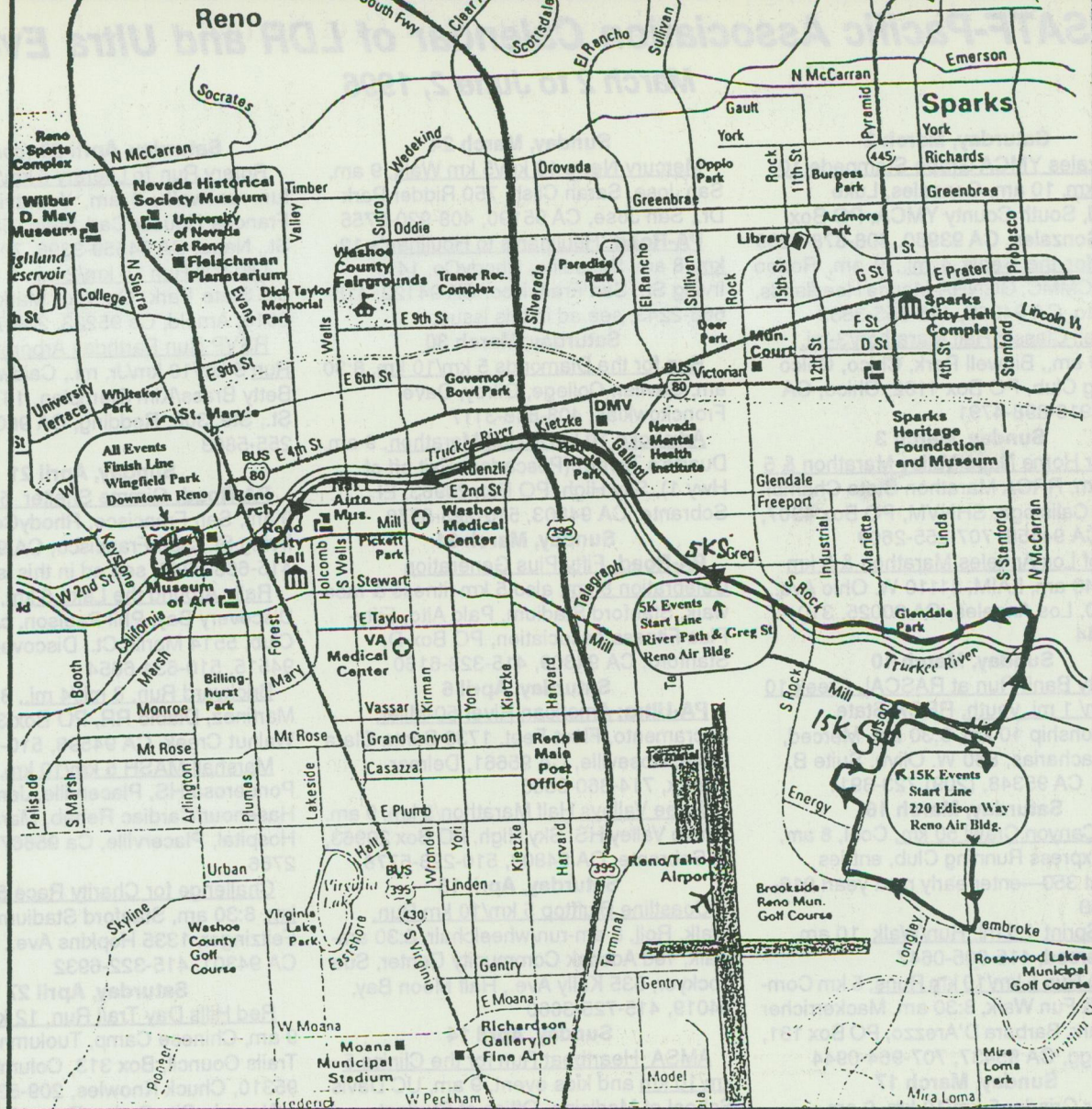
MDA Donations:

With your voluntary donation to MDA of at least \$50, you will receive a free entry into any event, prizes from MDA and entry in prize drawings. Additional incentives are available from MDA based on your level of donation.

For more details on personal or corporate donation incentives, call MDA at (702) 333-6789

MDA Donation Checks payable and mail to:

**MDA of Northern Nevada
1280 Terminal Way • Reno NV 89502**



Air & Hotel packages are available to participants in the 1996 Reno Air Championship Races

Friday Arrivals
from **\$156** pp
2 Nights

Saturday Arrivals
from **\$138** pp
2 Nights

Saturday Arrivals
from **\$120** pp
1 Night

- Includes roundtrip air from San Jose to Reno.
- Hotel accommodations.
- Transfers from airport to hotel.
- Prices based on lowest airfare availability, departures as noted.
- All prices are per person, double occupancy.
- Hertz rental car available at additional cost.

For package information and reservations please call
1-800-RENO-747
(Reservations can be made after March 1, 1996.)

QQUICK ESCAPES® VIA **Reno Air™**

USATF-Pacific Association Calendar of LDR and Ultra Events

March 2 to June 2, 1996

Saturday, March 2

Gonzales YMCA Grape Stampede 10 km/ 5 km, 10 am, Gonzales, Luke Seward, South County YMCA, PO Box 1106, Gonzales, CA 93960, 408-678-1239
Run for the Seals 4 mi., 9 am, Rodeo Beach, CMMC, GGNRA-Marine Headlands, Sausalito, CA 94965, 415-255-3833
Bidwell Classic Half Marathon/3-mi. Runs, 9 am., Bidwell Park, Chico, Chico Running Club, PO Box 1182, Chico, CA 95927, 916-898-4791

Sunday, March 3

Sutter Home Napa Valley Marathon & 5 km, 7 am, RRCA Marathon State Championship, Calistoga, SHNVM, PO Box 4307, Napa, CA 94558, 707-255-2609
City of Los Angeles Marathon & 5 km Run, 8:40 am, LAIM, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025, 310-444-5544

Sunday, March 10

County Bank Run at RASCAL Creek 10 km/3 km/ 1 mi. youth, RRCA State Championship 10 km, 9:30 am, Merced, David Zacharias, 860 W. Olive, Suite B, Merced, CA 95348, (209) 723-3911

Saturday, March 16

Cool Canyon Crawl 50 km, Cool, 8 am, Sierra Express Running Club, entries closed at 350—enter early next year! 916-885-3438

Irish Sprint 4.5 mi. Run/Walk, 10 am, Lake Merced, 415-905-0647

Whale Run 5 km/10 km Runs, 5 km Competitive & Fun Walk, 8:30 am, Mackerricher State Park, Barbara D'Arezzo, PO Box 131, Fort Bragg, CA 95437, 707-964-0944

Sunday, March 17

Ginder Grinder 5 km/10 km, 9 am, Borges Ranch Ranger Station, Sky High, PO Box 20963, El Sobrante, CA 94803, 510-223-5778

Dave's 4 mi. and Team Challenge, 9:30 am, Grupe Park (off of Benjamin Holt & I-5 near Stockton), Lloyd Medlin, 209/239-9347

Saturday, March 23

Redwood Wild River Run 15 km/5 km, 11 am, Crescent City, Ralph Hirt, 645 Miridian St., Crescent City, CA 95531, 707-464-3779

Greek Independence Day Run. 10 km/5 km/5 km family walk, 8:30 am, New Boat House, Lake Merritt, Oakland, George Zeuras, 601 Fortress Isle, Alameda, CA 94501, 510-521-3310

Applegate 5 km Spring Run & Walk, 9 am, Applegate, Nick Vogt, Christian Runner's Association, 1025 Grange Road, Meadow Vista, CA 95722, 916-878-0697

Sunday, March 24

Mercury News 10 km/5 km Walk, 9 am, San Jose, Sarah Clish, 750 Ridder Park Dr., San Jose, CA 95190, 408-920-5755

PA-Road: Houlihan's to Houlihan's 12 km, 8 am, Sausalito, RhodyCo, 1417 Irving St., San Francisco, CA 94122, 415-668-2243, see ad in this issue.

Saturday, March 30

Run for the Diamonds 5 km/10 km, 8:30 am, Gavilan College, Gilroy, Dave Fronckowiak, 408-848-3117

Artichoke 10 km & Half Marathon, 9 am, Duarte's Tavern (Pescadero Exit off of Hwy 1), Sky High, PO Box 20963, El Sobrante, CA 94803, 510-223-5778

Sunday, March 31

PA-Road: Fifty Plus Generation Celebration 8 km, also 5 km fitness & race walk, Stanford Stadium, Palo Alto, Fifty-Plus Fitness Association, PO Box D, Stanford, CA 94309, 415-323-6160

Saturday, April 6

PA-Ultra: American River 50-Miler, Sacramento, Fleet Feet, 1730 Santa Clara Drive, Roseville, CA 95661, Delmar Fralick, 714-360-9566

Three Valleys Half Marathon/5 km, 9 am, Pinole Valley HS, Sky High, PO Box 20963, El Sobrante, CA 94803, 510-223-5778

Saturday, April 13

Coastline Blufftop 5 km/10 km Run. Walk. Roll, 8 am-run/wheelchair, 8:30 am-walk, Ted Adcock Community Center, Sue Lockyer, 535 Kelly Ave., Half Moon Bay, 94019, 415-725-3660

Sunday, April 14

AMSA Heartbeat Run for the Clinics 5 km/10 km and kids event, 9 am, UC Davis School of Medicine, Office of Student Affairs, Davis, CA 95616, 916-752-3170

Wildflower 10 km/5 km Fun Run & Walk/2 km, 9 am, Morgan Hill Soccer Field, AAUW Run, PO Box 451, Morgan Hill, CA 95038, 408-778-7024

DSE Walt Stack Trail 10 km, 9:30 am, 502 Jefferson St., DSE Runners, PO Box 210482, San Francisco, CA 94121-0482, 415-978-0837

Ukiah Stride 3 km & 1 km Walk, 8 am, Ukiah Valley Medical Center, Mike Harris, PO Box 1556, Ukiah, CA 95482, 707-468-5641

Saturday, April 20

PA-Ultra: Ruth Anderson 100 km, 6:30 am, Lake Merced, San Francisco, Dick Collins, BAUR, 1015 Hollywood Ave., Oakland, CA 94602, 510-530-6634

Run for Lupus 5 km, 9:00am, Vasona Lake Park, Los Gatos, Bay Area Lupus Foundation, 2635 North First St., #206, San Jose, CA 95134, 408-954-8600

Saturday, April 20 (cont'd.)

Rotary Run To Literacy 5 km/10 km/1 mi. fun run-walk, 8 am, Yountville Library, Frances Houser/Carl Stein, 580 Coombs St., Napa, CA 94559-3396, 707-253-4283
Old Mill Run 10 km/2 mi., 8 am, Columbia State Park, On Your Mark, P. O. Box 2016, Arnold, CA 95223, 209-795-7832
RSVP Run Earthday Arboretum Trail Run 5 km/10 km/Jr. mi., Caldwell Park, Betty Brass/Kim Stempien, 1670 Market St., Ste. 300, Redding, CA 96001, 916/255-5803

Sunday, April 21

PA-Road: Gimme Shelter 5 km/1-mi., 9 am, San Francisco, RhodyCo, 1417 Irving St., San Francisco, CA 94122, 415-668-2243, see ad in this issue.

Rally Around the Lake 5 km, 9:30 am, Discovery Bay, Phil Paulson, c/o Lions Club, 5514 Marlin Ct., Discovery Bay, CA 94515, 510-634-6654

Brickyard Run. 8 mi./4 mi., 8:30 am, Martinez, Diablo RR, PO Box 31236, Walnut Creek, CA 94598, 510-906-8880

Marshall MASH 5 km/10 km, 8:30 am, Ponderosa HS, Placerville, Jenna Hasenour/Cardiac Rehab, Marshall Hospital, Placerville, Ca 95667, 916-626-2766

Challenge for Charity Race 5 km/10 km, 8:30 am, Stanford Stadium, Kristin Feitzinger, 1335 Hopkins Ave., Palo Alto, CA 94301, 415-322-6932

Saturday, April 27

Red Hills Day Trail Run. 12 km/4 km, 9 am, Chinese Camp, Tuolumne County Trails Council, Box 313, Columbia, CA 95310, Chuck Knowles, 209-532-2954

Nevada City Spring Run. 10 km/5 km, 8:30 am, United Methodist Church, 433 Broad St., Nevada City, CA 95959, 916-265-2797

Gold Rush 50 km, 8:30 am, Georgetown, Paul Reese, 308 Forests Ct., Auburn, CA 95603, 916-823-0276

California 50 Mile Endurance Run, 8 am, Annadel State Park, Santa Rosa, Tom and Nancy Crawford, 707-526-0661

Paint the Town Red 5 km/10 km, Bergantz Nursery in Angels Camp, On Your Mark, PO Box 2061, Arnold, CA 95223, 209-795-7832

Sunday, April 28

Gold Rush 50 km. Day II, 8:30 am, Georgetown, Paul Reese, 308 Forests Ct., Auburn, CA 95603, 916-823-0276

Big Sur International Marathon. 5 km, 5-person marathon relay, 5 km, 7 mi., 10 mi., 21 mi. walks, BSIM, PO Box 222620, Carmel, CA 93922, 408-625-6226

PA-Road = Long Distance Running Grand Prix Event; PA-Ultra = Ultrarunning Grand Prix

Events Calendar, continued

Sunday, April 28 (cont'd.)

May Day Run 5 km/10 km/1 km kids'
run, 8:30 am, GG Park, Am. Heart Assoc.,
120 Montgomery St., Ste. 1650, San
Francisco, CA 94104, 415-433-2273

LSI Logic 5 km/10 km, 9 am, Nathan
Keyes, LSI Logic, 1551 McCarthy Blvd. M/S
D-263, Milpitas, CA 95035, 408-433-8525

Saturday, May 4

Run with the Flame 5 km, 3 pm,
Sacramento, DeBencik & Hensley, 918
2nd St., #200, Sacramento, CA 95814,
916-443-6223

Colfax Record 5 km/10 km & .5 mi. Kids
Run, 8:30 am, Janis Quinn, Soroptimist
Internat'l., PO Box 1036, Colfax, CA
95713, 916-637-4878

Foothills Fun Run 5 km & kids runs,
Woodcreek HS, Karen Darst, 7501
Foothills Blvd, Roseville, CA 95747, 916-
789-4652

What-Mi-Wok 100 km, 5 am, Rodeo
Lagoon in Marin Headlands, Bay Area
Ultra Running, Kellie Sheehan, 6 Gerke
Alley, San Francisco, 415-291-0772

Angel Island Run/Walk 4.5 mi., 12:30 pm,
The Guardsmen, 115 Sansome St., #310,
San Francisco, CA 94104, 415-781-6785

Sunday, May 5

25th Annual Ave. of the Giants Marathon/
10 km, SASE to Ken Yonasko, 281 Hidden
Valley Rd., Bayside, CA 95524, 707-443-
1226

Devil Mtn. 5 km/10 km & Kids Runs,
Town & country Village, DMR, PO Box 93,
Danville, CA 94566, 510-426-1435

Tandem's Up & Running 10 km/2-mi.
Run/Walk, & kids run, 9 am, Tandem, Inc,
HQ, 19333 Vallco Pkwy, Cupertino,
RhodyCo Prods., 415-668-2243

San Run 5-mi. Run/2.3-mi. Walk & .5-
mi. Kids Run, 8:30 am, Community
Clubhouse, Marsha Karley, Fair Oaks
Chamber of Commerce, PO Box 352, Fair
Oaks, CA 95628, 916-967-2903

Nihomachi 3-mi. Run, 9 am, San Jose
Japantown, Yu Ai Kai Community Center,
588 N. 4th St., San Jose, CA 95112, 408-
294-2505

Saturday, May 11

PA-Ultra: Quicksilver 50 km, San Jose,
Al Hill, 546 Bliss Court, San Jose, CA
95136, 408-978-5199

The Human Race 5-mi. Run, 8 am, Lark-
spur Ferry Terminal, Diane Faw, The Vol-
unteer Center of Marin, 650 Las Gallinas,
San Rafael, CA 94903, 415-479-5660

Human Race 10 km/5 km Run. Walk,
8:30 am, 4400 Rosewood Dr., The
Volunteer Center, 333 Division St.,
Pleasanton, CA 94566, 510-462-3570

Saturday, May 11 (cont'd.)

Donner Lake 7-mi./14-mi., Donner Lake
State Park, Sky High, PO Box 20963, El
Sobrante, CA 94803, 510-223-5778

Saturday, May 18

PA-Ultra: Silver State 50 km, Reno,
Ken McKim, 1460 Prospect, Sparks, NV
89431, 702-356-2024

KOT 10 km/5 km, 8 am, Brookside-
Stockton, A. B. Coleman, PO Box 645,
Stockton, CA 95201-0645, 209-462-4623
(days), 209-469-9524 (eves.)

Port of Oakland Run for the Cranes 5
km/10 km, 8 am, Jack London Square,
Richard Matthews, 510-601-7095

Sunday, May 19

Examiner Bay to Breakers 12 km, 8 am,
San Francisco, EXBB, PO Box 429200,
San Francisco, CA 94142, 415-808-5000,
x2222

Tilden Tough Ten 10-mi. Run, 9 am, In-
spiration Pt. in Tilden Park, LMJS, 12001
Broadway Terrace, Oakland, CA 94611,
510-601-7887

Saturday, May 25

San Bruno Memorial Cross Country
Run 4 mi., 8:30 am, San Bruno City Park,
Runners Inn, 486 San Mateo Ave., San
Bruno, CA 94066, Don Conklin, 415-952-
8127, Mike Sullivan 209-529-8341

Monday, May 27

Pacific Sun Races—10 km/2.5 mi./Youth
Track Races, 8 am, College of Marin, TRS,
80 Mitchell Blvd, San Rafael, CA 94903, 415-
472-RACE

Saturday June 1

Run of the Pines 1/2-mi., 5 km, 10 km &
13-mi. runs, 8 am, Sierra Ridge School,
Pollock Pines, Bruce Boom, 6126 Dolly
Varden, Pollock Pines, CA 95726, 916-
644-5908

Sunday, June 2

PA-Road: Reno Air Championship 15
km, 9:00 am, 220 Edison Way, Reno, Bill
Meister, 13235 Fellowship Way, Reno, NV
89511, 702-688-3926, see ad in this issue.

Reno Air Championship 5 km, 8:30 am,
Greg St./River Path in Sparks, Bill Meister,
13235 Fellowship Way, Reno NV 89511
702-688-3926

Alum Rock Run 10 km & .5-mi. Kids,
8:30 am, Alum Rock Park, Gary Hafley,
460 Park Ave., San Jose, CA 95110, 408-
277-4454 (days), FAX 408-277-3159

Send stamped, self-addressed envelope to
address listed. Please do not call after 10 pm.



Looking Ahead to Major Association Events:

Saturday, June 8

32nd Annual Captain Robert De Celle
II Memorial Tahoe Relay, 7 am, 72-mi., 7
person teams, 5th st. at Hwy 50/89
junction, Robert De Celle, PO Box 1606,
Alameda, CA 94501-0176, 510-523-2264
or 510-521-9626

Saturday, June 29

PA-Ultra: Western States 100 Mile, Norm
Klein, 11139 Mace River Court, Rancho
Cordova, CA 95670, 916-638-1161

Sunday, June 30

Lake Chabot Trail Challenge 1/2
Marathon/5 km, RRCA State Half Mara-
thon Championship, 8 am, Lake Chabot
Park Marina, Michael Raffee, Golden Bay
Runners, 4340 Krause St., Pleasanton,
CA 94588-8304, 514-484-1339

Sunday, July 7

PA-Road: Fleet Feet Mile, time tba,
Sacramento, 916-443-6223

Sunday, July 14

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

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

Sunday, August 4

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

For Free Event Listings

Mail or FAX detailed race informa-
tion 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

PA-Road = Long Distance Running Grand Prix Event; PA-Ultra = Ultrarunning Grand Prix



Donovan Bailey

By Fred Baer

Although the Reno Air Games are only two years old, they've already featured three world records, plus a pair of American records.

The inaugural meet, in 1995, produced world marks in the 400 meters, (a barrier-breaking 44.97 by Michael Johnson), and the 35-pound weight throw, (81-8 1/2 by Lance Deal).

The 1996 version, staged Feb. 9 at the Reno Livestock Events Center, didn't disappoint a near full house of 4,654 fans—from the opening pageantry of athletes and showgirls riding in on Harley-Davidson motorcycles to the record moments by a pair of world 100 meter champions in the evening's final events.

This year's world record was provided by Canada's Donovan Bailey, with a 5.56 clocking in the 50 meters, the final men's event. That eclipsed the oldest individual record in the IAAF record book, the 5.61 established by Manfred Kokot of East Germany on Feb. 4, 1973 in Berlin and equalled by James Sanford of the USA on Feb. 20, 1981, in San Diego.

"I go out and set certain goals," said Bailey, the reigning world champion at 100 meters. "I wanted to have a record some day."

He liked the staging of the meet too. "This was a real good show—especially for North America where the sport is not as popular as Europe."

Trying not to be overshadowed, women's 100 meter world champion Gwen Torrence concluded the meet with a 6.07 time in the women's 50 meters for an American record. In addition to wiping out the record of 6.10 set in 1993 by Olympic 100 m champion Gail Devers, Torrence is now the No.3 all-time world performer.

"After Donovan's race, I was pumped up," said Torrence. "When I heard that I set an American record, I couldn't believe it. I'm in awe of what I did."

JJK Just Misses Own American Record

Jackie Joyner-Kersey, who set an American record of 6.67 in the 50 meter hurdles last year,

Oldest World Record Falls at Reno Air Games

had to settle for just the No. 2 all-time U.S. performance of 6.73, while again edging Jamaica's Michelle Freeman (6.75).

"I feel it's best to utilize the indoor season but keep training for the heptathlon," said Joyner-Kersey. "The big picture is for me to come up healthy after indoors."

The two-time defending Olympic heptathlon champion liked the Reno meet's opening pageantry.

"Track and field needs something different. I've never been on a motorcycle before...I was really holding tight."

Rock Rolls Back to Reno

Prior to the meet-ending records there was a homecoming celebration for USA 800 meter champion Brandon Rock, a winner here in a world leading 1:46.81 over David Kiptoo of Kenya (who ran the world's second fastest time this year, 1:47.09).

"I wanted to do well for the home crowd," said Rock, who ran for University of Nevada until the school dropped its men's team after the 1994 season. The Las Vegas native transferred to Arkansas and won both NCAA and USA titles last year, then placed fifth in the World Championships. "My goal this year is to set the American record, go to the Olympic Trials, and make the Olympic team."

Rock is well ahead of his 1995 indoor pace.

"Last year my PR was 1:48 and I set that at the final indoor meet."

He began his collegiate career in California, at Taft College, which has also dropped its track program.

- In another fast race, Dave Dopek defeated defending national indoor 200 meter champion Tod Long in 20.73, fastest time by an American this season.

- Former women's world 400 meter champion Jearl Miles triumphed in 52.29, also the fastest time in U.S. this year and third best in the world.

PA Athletes Triumph

Pacific Association athletes Calvin Harrison and Suzy Jones posted impressive wins in the men's 400 meters and women's mile.

Harrison, the *Track and Field News* male prep athlete of the year in 1993 for North Salinas High, appears on his way back into form after being inactive much of '95. His 46.56 clocking ranks fifth in the world so far this season.

Jones, of UC Davis, triumphed in 4:53.66 over Lisa Myles (5:00.11) of Sacramento TC.

Betting Favorites Early Pays Off

Only the favored athletes paid-off (won) in the Eldorado Hotel/Casino's betting line events. The sponsoring casino set a betting line for the second

straight year—believed to be the only time betting lines have been set for U.S. track invitationals. Those who bet early fared the best, as odds on the favorites dropped by race time.

Reno Quotebook

Mark Crear, world's No. 1 ranked high hurdler and winner of men's 50 meter high hurdles in 6.48: "I'm happy to defend my victory from last year. I'm using the indoor season to see where I'm at, getting ready for the Olympic Games."

Dan O'Brien, world record holder in the decathlon, after finishing fourth here in the high hurdles: "I'm using every meet as preparation for the Olympics. I need to work on my second day events. I want to be able to score so well that even if I no height (in the pole vault) I'll still be in the 8,400 to 8,500-point range. I was kind of learning in 1992, '93, and '94. Right now I have a good idea of how to throw the shot, discus, and javelin"

The next day, at the Holiday Inn Invitational in the same arena, O'Brien pole vaulted 17-0 for fifth behind winner David Cox of Fresno (18-0 1/4), was third in the long jump at 24-8, and put the shot 49-0 1/4.

He'll be back in the area for other meets this spring, including the Modesto Relays.

Niall Bruton of Ireland, after winning the mile for a second straight week on the televised POWERaDE Indoor Circuit: "The indoor season is important. I use it as a stepping stone of the outdoor season. If I do well during the indoor season, it gives me confidence of the outdoor season." He "enjoyed" the pre-meet pomp: "I would have loved to be in the stands, watching with the fans. It's great. We are entertainers. Basketball does it; why not us?"

Record Book Springs Forward a Decade

With Manfred Kokot's 1973 world mark wiped out, the oldest men's individual record recognized by the IAAF is now Eamonn Coghlan's 3:49.78 mile mark set on Feb. 27, 1983 in East Rutherford, N.J.

The oldest individual record now belongs to a woman: Helena Fibingerova of Czechoslovakia, with a 73-10 shot put on Feb. 19, 1977.

Northern California Area Entries at Reno Men

Jeff Laynes, Oakland, 50 m

Brandon Rock, Arkansas (ex-Taft College and Univ. of Nevada), 800 m

George Kersh, Miss. (ex-Taft College), 800 m

Larry Harrington, Fresno, 50H

Brent Burns, Oakland, PV

Tim Bright, Soquel, PV

Dmitry Pieterman, Oakland, TJ

Contd. on page 11

Reno Air Games. Contd. from page 10

Women

Chryste Gaines, San Leandro, 50 m (ex-Stanford)
Regina Jacobs, Oakland, 800 m (ex-Stanford)
Sheila Hudson, Sacramento/Oakland, WLJ
Jackie Edwards, Oakland, WLJ (ex-California)

NorCal Entries in Collegiate Events

Men's 400: Calvin Harrison, Salinas; Mark Spatz & Jimmie Johnson, Stanford; Gerald McCladdie & Marvin Samuels, Cal State Bakersfield; Felix Kamangiria, U.Idaho.

Men's Shot Put: Pat Swanson, Stanford; Scott O'Brien, College of San Mateo; Jason Dossey, Fresno State (ex-San Mateo)

Women's Mile: Suzy Jones, UC Davis; Bigna Smauel, St. Vincent; Lisa Lopez, California; Dena Day & Mona Chokshi, Stanford; Danielle Nelson, Fresno State; Jamie Nelson, Nevada; Lisa Myles, Sacramento TC.

Women's Open/Collegiate Shot Put: Michelle Reis, UC Davis; Kerrie Gilbert, Nevada; Rebecca Morrison, Col. of San Mateo; Misako Hampton, Cal St. Bakersfield; Lesa Stephanie, Cal St. Sacramento.

Reno Air Games Results for Finals

**Bill Cosby Track,
Reno Livestock Event Center
Reno, Nevada
Friday, February 9, 1996**

Girls 4x200 Meter Relay Midget

1	A	Team A	2:02.54
2	B	Team B	2:05.98
3	C	Team C	2:07.73
4	D	Team D	2:12.36

Girls 1,600 Sprint Medley Midget

1	A	Team A	5:03.09
2	B	Team B	5:38.72
-	C	Team C	DNF

Women's 50 Meter Dash

1	Torrence, Gwen	Atlanta, GA	6.07
2	Guidry, Carlette	Adidas	6.15
3	Gaines, Chryste	Powerade	6.29
4	Ball, Juan	S.C. Cheetahs	6.30
5	Taplin, Cheryl	Los Angeles	6.40
6	Jones, Esther	Atlanta, GA	6.40

Women's 400 Meter Dash

1	Miles, Jearl	Reebok	53.22
2	Jones, Camara	Powerade	53.83
3	Graham, Kim	Asics	54.17
4	Buford-Bailey, Tonja	Nike	54.30
5	Warren, Yolanda	Baton Rouge	54.65
6	Stevens, Rochelle	Unattached	55.00

Women's 800 Meter Run

1	Suzy Hamilton	Eugene	2:02.72
2	Wickus, Amy	Nike	2:04.12
3	DiMuro, Michelle	Eugene	2:06.46
4	McMullen, Jill	Asics	2:07.84
5	Jacobs, Regina	Mizuno	2:10.26
6	Thorsett, Sarah	Powerade	2:11.67
7	Jakubcak, Anna	Poland	2:17.87

Women's 1 Mile Run

1	Jones, Suzy	UC Davis	4:53.66
2	Myles, Lisa	Sacramento	5:00.11
3	Samuel, Bigna	St. Vincent	5:04.50
3	Lopez, Lisa	Cal Berkley	5:06.27
5	Nelson, Danielle	Fresno State	5:10.19
6	Whipple, Diane	Unattached	5:12.57

Women's 50 Meter hurdles

1	Joyner-Kersee, J.	Nike/Honda	6.73
2	Freeman, Michelle	Reebok/JAM	6.75
3	Bowles, Dawn	Footlocker	6.94
4	Martin-Floreal, L.	Reebok	6.96
5	Dickey, Cheryl	NikeS/Houst	6.97
6	Tashlin, Lesley	Canada	7.00

Women's 4x200 Meter Relay

1	FRE "B"	Fresno S.U..	1:39.96
2	SEAT	Seattle Pac. U.	1:42.12
3	FRE	Fresno S.U..	1:42.24
4	SAN	City Coll S.F.	1:49.37
-	CSBF	Cal S. Bakersfield	DNF

Women's 1,600 Meter Sprint Medley

1	FRE	Fresno S. U.	4:03.54
2	CSBF	Cal S. Bakersfield	4:07.65
3	NEVA	Univ. of Nevada	4:10.42
4	WEST	West Valley Coll.	4:33.67

Women's Long Jump

1	Williams, Shana	Eugene	21'09.50
2	Hudson, Sheila	Fayetteville	21'08.25
3	Edwards, Jackie	Oakland	21'08.00
4	Guthrie-Gresham	Virginia	21'04.25
5	Veltman, Marieke	L. A.	21'00.75
6	Brown, jacquo	Chicago	19'09.75
7	Blair, Kelly	Eugene	19'09.75

Women's Shot Put

1	Hampton, M. B	Bakersfield	45'07.25
2	Morrison, R.	San Mateo	43'10.50
3	Gilbert, kerrie	U. O	40'07.50

Boys 4x200 Meter Relay Midget

1	A	Team A	2:01.59
2	B	Team B	2:06.94

Men's 50 Meter Dash

1	Bailey, Donovan	Adidas/CAN	5.56
2	Powell, Donovan	Jamaica	5.70
3	Green, Maurice	Powerade	5.71
4	Neal, Henry	Nike/Lk. Wo.	5.71
5	Laynes, Jeff	Goldwin	5.72
6	Marsh, Mike	SMTc	5.79

Men's 200 Meter Dash

1	Dopek, Dave	Powerade, Bo	20.73
2	Long, Todd	Nike/Raleig	21.07
3	Bronson, Brian	Houston, TX	21.29
4	Lyles, Kevin	Adidas	21.52
5	Watkins, Slip	Atlanta, GA	21.63
-	Bridgewater, B.	Los angeles	DQ



Men's 400 Meter Dash

1	Harrison, Calvin	Unattached	46.56
2	McGuirk, Tom	Accusplit	47.65
3	McCladdie, Gerald	Bakersfield	48.20
4	Kusleika, Dent	Unattached	48.48
5	Samuels, Marvin	Bakersfield	49.34
6	Spatz, Marc	Unattached	51.40

Men's 800 Meter Run

1	Rock, Brandon	Powerade	1:46.81
2	Kiptoo, David	Nike/KEN	1:47.09
3	Tengelei, Joseph	Nike/KEN	1:49.06
4	Redwine, Stanley	Broken Arrow	1:49.51
5	Kersh, George	Reebok	1:49.94
6	Parrilla, Jose	Knoxville, TN	2:01.26

Men's 1 Mile Run

1	Bruton, Niall	Ireland	4:04.16
2	Baker, Brian	New Balance	4:05.24
3	Keino, Martin	Nike/KEN	4:06.29
4	Pyrarh, Jason	Provo, UT	4:07.05
5	Davis, Marc	Unattached	4:12.18
6	Lemora, Shannon	Eugene	4:17.78
7	Dailey, Mark	Bethlehem, PA	4:22.98

Men's 50 Meter Hurdles

1	Crear, Mark	Reebok	6.48
2	Knight, Derrick	L. A	6.50
3	Swift, Eugene	Richmond, CA	6.55
4	O'Brien, Dan	Footlocker	6.56
5	Harrington, Larry	Fresno, CA	6.59
6	Kingdom, Roger	Footlocker	6.60

Men's 4x200 Meter Relay

1	FRE	Fresno S.U..	1:28.03
2	IDAH	Univ. of Idaho	1:28.15
3	CSBF	CS Bakersfield	1:28.16
4	SAN	City Coll. S.F.	1:32.51
5	UCDV	UC Davis	1:33.20
-	FRE "B"	Fresno S.U..	DQ

Men's High Jump

1	Jenkins, R.	Knoxville, T	7'04.50
2	Noji, Rick	SSTC	7'04.50
3	Barton, Tony	Adidas	7'02.50
4	LeFrancois, C.	Canada	7'02.50
5	Thompson, Ian	Mizuno/BAR	7'00.50
5	Smith, Stephen	Nike	7'00.50

Men's Pole Vault

1	Manson, Pat	Goldwin	18'00.50
2	Cox, David	Fresno St.	17'06.50
-	Thorson, Jay	Fresno, CA	NH
-	Drath, Jim	Fresno, CA	NH
-	Bright, Tim	Milwaukee, OR	NH
-	Hysong, Nick	SSTC	NH
-	Payne, Bill	Asics	NH

Men's Triple Jump

1	Carter, Lamark	Powerade/Sh	54'09.25
2	Rogers, Charles	U.S. Army	54'08.25
3	Angello, Ivory	Asics	54'06.75
4	Walder, Eric	Fayetteville	54'02.00
5	Scott, Tyrone	Indianapolis	53'11.25
6	Cannon, Robert	Long Beach	52'10.00
7	Etheridge, C	Ashville, NC	51'07.25

Men's Shot Put

1	Godbehere, Matt	Unattached	59'00.00
2	Chronister, Rod	Unattached	54'05.25
3	Dossey, Jason	Fresno St.	52'06.50
4	Eubanks, Maurice	Bakersfield	51'07.75
5	O'Brien, Scott	Col. San Mateo	47'10.00
6	DeVault, Damon	Long Beach	47'10.00

Spangler Surprises at Women's Trials; Somers Comes on Strong for Second

By Doug Thurston

With cries of "Who is she?" heard across the rolling, scenic Columbia, S.C. course, Jenny Spangler of Gurnee, Ill., ran away from the U.S.'s best women marathoners and captured the 1996 Olympic Trials-Women's Marathon Feb. 10.

Spangler, who holds the U.S. junior marathon record with her 2:33:52 from the 1983 Grandma's Marathon, surprised the favorites by first staying with the lead pack then pulling away at mile 16, building a one-minute lead. Somers, of Oakland, Calif., cut into that lead the last few miles. At the finish, Spangler crossed in 2:29:54 to win \$45,000 and a spot on this summer's Atlanta Olympic Games marathon team. Somers crossed in 2:30:06 for \$40,000. Anne Marie Lauck, who with Spangler and Somers surged ahead after 10 miles, crossed the line third in 2:31:18 for \$35,000 and the final Olympic spot.

After a promising early career, Spangler's running suffered to burnout, college, and a failed marriage. The last two years, she returned to running, showing promise with her 2:43:02 qualifying race in Chicago in October, 1994, and a 1:13:57 half-marathon in April, 1995.

"I felt comfortable and it felt easy," Spangler said. "I was hanging on at 14 and hanging on at 16. I got scared for a few miles. Then I got focused and said to myself, 'Stay in control and run your race.'"

Although Spangler never looked back, she did sense Somers was "gaining on her."

"I wasn't sure where Linda was," Spangler said. "I was giving it all I had. It looked like the finish banner was 10 miles away."

Few would have bet Spangler would run away from the favorites, including Kim Jones (DNF), Gwyn Coogan (4th, 2:33:51), Kristi Johnson (5th, 2:34:21), and sentimental favorite Joan Samuelson (13th in 2:36:54). Number one seed Olga Appell did not compete due to injury. 1988 and 1992 Olympian Cathy O'Brien also did not compete due to injury.

U.S. Olympic Trials-Women's Marathon February 10, 1996 • Columbia, S.C.

1. Jenny Spangler, 32, Gurnee, Ill.	2:29:54
2. Linda Somers, 34, Oakland,	2:30:06
3. Anne Marie Lauck, 26, Marietta, Ga.	2:31:18
4. Gwyn Coogan, 30, Boulder, Colo.	2:33:51
5. Kristi Johnson, 30, Boulder, Colo.	2:34:21

Other Pacific Association finishers:

32. Diana Fitzpatrick, 37, San Francisco	2:42:19
49. Honor Fetherston, 41, Mill Valley	2:46:14
65. Lisbet Engberg, 32, San Francisco	2:49:17
86. Rosa Gutierrez, 32, Sunnyvale	2:53:31
116. Catherine Christensen, 29, San Jose	2:59:57
126. Sharlet Gilbert, 44, Richmond	3:09:19



Photo by Doug Thurston

The three Olympians: Lauck (l), Spangler, and Somers after the Columbia race.

Somers Talks About Her Training, Her Trials Race, and the Olympic Marathon

Linda Somers of Oakland ran the strongest marathon of her long career to capture second place in the U.S. Olympic Trials-Women's Marathon Feb. 10 in Columbia, S.C. Her time of 2:30:06 on the hilly course was only 12 seconds behind surprise winner Jenny Spangler of Gurnee, Ill.

Somers, 34, ran for UC-Davis, where she earned her law degree in 1986. The top U.S. finisher at the 1995 Boston Marathon, Davis also was the first U.S. runner and seventh overall in the 1995 World Championships marathon.

A few days after her big race, *Pacific Athlete* editor Doug Thurston visited with Somers by phone. **Pacific Athlete:** Going into the race, you knew you were in great shape but you were listed by most of the media as only an outside favorite. What were your feelings about your chances to make the Olympic team?

LS: People were evaluating me on past performances. My last six months of training had been quite good. Many were blinded by my old marathon PR (2:33:37 from Calif. International, 1989).

I had an inner confidence. I surprised myself with some of my training weeks: I had done some things I had never done before. I knew I could run a PR, even on that course. I knew I *could*, but I didn't know I *would*.

PA: Why the turn-around in your training?

LS: I started to do the right training with more tempo runs and I cut out speedwork. Some of the tempo runs were good speed work. I did a lot more strength work instead of a cycle of speed/rest/speed/rest.

Also, because I quit my job, I had time to do stronger, longer workouts.

I also started working again with my former coach at UC-Davis, Sue Williams. Sue started coaching me one month before last summer's World Championships.

After knee surgery in April, my training was going one step forward and two steps back. Sue decided I was missing the middle ground in my training (strength and tempo work). I noticed immediate improvement after starting a new program.

Also, after my knee surgery, I was very motivated. I was out to prove something. I had quit my full-time job to train full time.

Contd. on page 13

PA: What was your training like after the World Championships?

LS: I increased my workouts both in intensity and length. I went from 5 mile tempo runs to 12 miles. I ran as many as three tempo runs a week. There were very few days when I was running real easy. I increased my average pace. I was not really running slow at any time. I guess you could see I made a new definition of "slow."

PA: Describe the Olympic Trials race.

LS: Before a marathon, you never feel as good as you want to. I didn't feel springy. But as soon as the race started, I felt good.

Mentally, I tried to stay focused and concentrated on my race. The race pace was my pace. The race was going exactly as I wanted it to go. I thought running a 5:30-per-mile pace would make the team, allowing a little margin for slowing down at the end.

I was always running near the front, but I was aware of a bigger pack behind me. At three miles, the pack behind got smaller. I was conscious of just the three of us (with Spangler and Lauck), but I could sense two more behind us (Gwyn Coogan and Kristi Johnston).

At 10 or 11 miles, Coogan came up to the pack. We were all pushing the pace. Every person took the lead to make sure the pace stayed fast.

Right after 25 km (15.5 miles), Jenny put on a surge. She started to pull away and, at the same time, I felt the worst I had all race. I decided that was not the time to go.

My mind was focused on Anne Marie. At 17, I started to go after Anne Marie, passing her pretty quickly at 18 miles.

After getting by Anne Marie, I noticed Spangler had a huge lead. I started to panic a bit. She had a huge lead. I was surprised at how large her lead was! I thought I better go try to catch her. I worked really hard. But she maintained her pace. In the back of my mind, I thought she was going to die.

Once I got to 22, I could sense I was still pretty strong. I started running 10 seconds a mile faster than Spangler. I had cut her lead from 45 seconds to 12. I thought I could catch her, but she was going to have to really die. I know I was trying really hard.

In the last mile, I was really digging. I did not stop pushing until I saw her cross the finish line. But I just ran out of space: Spangler's gap was too big.

PA: Spangler was a largely unknown runner, wearing number 61 because of her 2:43 qualifying time. What did you think when she pulled away?

LS: I was running a fast, hard race, but there was still someone in front of me. But I didn't want to vary from my plan. She just wasn't part of my plan.

Placing in the top three is such a harsh task that I didn't want to play around at mile 16. I didn't take her gap serious enough. But, you never try to let someone go. I know from how I felt at the end, that I could have run a little harder. Had I gone with her at 16, I don't know if it would have changed the outcome. Maybe she had more left as well.

The lack of drama in the race surprised me. I expected others to push the pace. I always felt like it was just us three.

PA: What were your feelings after the race and now, a few days later?

LS: I felt disappointed at the finish line. But not now. Every day since the race, I've been feeling better and better. The disappointment came from wanting to win and that I couldn't catch her. It was the way I didn't win, you know? I put Anne Marie away, and it didn't matter. It's harder to accept when an unknown beats you.

Now I'm kind of excited with finishing second. Now, I'm more excited about Olympics. Finishing second is a motivating factor.

PA: The Columbia course was hilly, yet you ran a PR by more than three minutes.

LS: I think it was a 2:27-2:29 performance. At Boston, it would have been a 2:27. We raced all 26 miles. We never relaxed. There was always one of us picking up the pace.

PA: What type of performance will be needed in Atlanta?

LS: I think the race will be won with a 2:24 performance. I am planning on my training getting me in 2:24 shape. Today, I talked with my coach for six hours and we plotted out my training. I think I can bring it down. Training for the Trials, I was sick with a bad flu for six weeks in November. I had a few plantar fasciia problems. I think if I can get those things under control, I can go one step deeper.

I have a few more sacrifices I can make. I didn't go down to the bottom. I'm learning what it takes to be a world class athlete. I have to be willing to give up some things. It's very scary.

I have a very unique opportunity. When I quit my full-time job, I was very scared. For the first two months, I was out with a bad knee. All I could think of was getting a job and giving up this running thing. Now I understand the training camp mentality. Americans are victims of our own level of success. When you go to major national championships, you see another level. Going to the World Championships showed me another level higher than that. But I saw I can run with those people.

PA: The prize money from the Trials (\$40,000) should help.

LS: Because of money from Trials, I can do fewer races and concentrate more on training. I can run races as part of my training plan and not because of the money. I have bigger goals than money now.

What? Me Qualify for the Olympic Trials?



Kathy Ward at the Start of the Trials

By Kathy Ward

After I turned 40 in 1994, and after a few years of "lunch-hour" running, I decided to get more serious about this sport by participating in the 1995 Pacific Association Road Racing Grand Prix series.

My athletic background is one of modern dance, aerobics, cycling, and sailing. Racing catamarans has been my most time-consuming sport. I am a past national champion and have sailed in world championship events in Holland, France, Italy, and Mexico. I still participate; I'll be competing in the Persian Gulf in late February.

I wanted to try running as a sport because it is one in which I must rely solely on myself. As I progressed, I found I enjoyed the training and racing enough to set a goal to run Cal International, to qualify for the 100th Boston, and maybe even qualify for the Women's Olympic Trials with a sub-2:50 time.

At the start of CIM, I looked around at all the other runners and wondered about all they must know that I didn't. I wasn't sure if a sub-2:50 was within reach and yet, instinctively, I knew I was capable. I nervously retied my shoelaces and suddenly faced the realization that I was just about to run 26.2 miles!

Friends gave hugs and encouragement, the gun went off, and I found myself in a running event where fellow runners are supportive of each other—something not so common in shorter competitions.

Contd. on page 29

U.S. Olympic Trials-Men's Marathon

Three Head to Atlanta

By Doug Thurston

Charlotte, N.C., February 17—It takes a gutsy performance to make a U.S. Olympic team. Bob Kempainen showed the marathon world he had the guts as he pulled away from Mark Coogan and Keith Brantly in the last two miles of the U.S. Olympic Trials-Men's Marathon Presented by NationsBank despite throwing up three times near the 24 mile mark.

Under clear, blue skies and temperatures in the low to mid-30's, Kempainen ran in a pack of 40 runners the first 8 miles. They were not in front, however, as Paul Zimmerman, who qualified for the Trials in last December's California International Marathon in Sacramento (2:14:56), surged to a lead from the first few blocks. Zimmerman's bold move got him plenty of television time on the NBC broadcast as he built his lead to over a minute at 10 miles (passed in 49:58).

It was at 12 miles that Kempainen made his first move, breaking up the pack that included virtually all of the men's favorites. Zimmerman led through the half-marathon point in 1:06 with the pack just 35 seconds back led by Kempainen, new U.S. citizen Jose Inquez, and Southern California's Marco Ochoa.

By 15 miles, the pack was down to 12 as they swept by a quickly fading Zimmerman, who later dropped out. Pre-race favorites Mark Plaatjes and Arturo Barrios had already dropped out with injuries.

By mile 19, a group of five had broken out, including Kempainen, Brantly, Coogan, Steve Plasencia, and Keith Dowling. Ed Eyestone and Ochoa tried to hang on, but fell off quickly. Just after 20 miles, the three eventual qualifiers began to separate themselves, building a 15-second gap over Plasencia and Dowling.

Near mile 24, Kempainen began feeling queasy and threw up twice. Incredibly, he did not slow down and, in fact, started to pull away from Brantly and Coogan. By mile 25, Kempainen had thrown up again but had also built up a 15-second lead. At the finish, Kempainen had extended his lead to 20 seconds to cross the line in 2:12:45, a tremendous performance over the rolling course with several tough hills the second half. Coogan pulled away from Brantly in the last quarter mile for second.

Kempainen took home \$100,000 for the win, the largest-ever marathon first prize. Coogan took home \$40,000 and Brantly \$30,000.

Plasencia finished fourth in 2:14:20 and is the Olympic alternate. He earned \$20,000. Marco Ochoa, who qualified with a 2:19:43, ran a big PR to take fifth in 2:14:22 (\$15,000).

Kempainen said he was surprised by his stomach distress.

"At 22 miles, when I stopped for a bottle of water, I knew I didn't feel good. Once I got the first sip, that's when I got my upset tummy," Kempainen said. "I've taken the same type of fluids before and I never had any problems. I wasn't so worried about finishing as I was about inhaling and coughing up. My legs felt fine."

"I thought to myself, 'This guy is the toughest human being on the face of the earth,'" third-place finisher Brantly said about Kempainen. "There were a lot of big moves in this race, and Bob made them all. I just hung on for dear life."

Coogan, running only his third marathon, also was spent by the effort.

"I was just trying to survive until the finish. I was hurting pretty bad," Coogan said. "The crowd at the end got me pumped up and I was able to pull away from Keith."

Brantly said that after finishing fourth in the '88 5000-meter trials and fourth in the '92 Marathon trials, "It's a relief to make the team. It's the biggest monkey off my back not to finish fourth. I'm looking forward to going to Atlanta because the humid weather is good for my asthma."

Each of these athletes could be in the medal contention in Atlanta. Kempainen, running his second Olympic Marathon, works with Stanford coach Vin Lananna and knows how to prepare and peak for a big race. His 2:08:47 at the 1994 Boston Marathon also proves he can keep up with anyone. Coogan is young and, with a cross country and steeplechase background, has a lot of strength. Brantly loves the hot and humid weather expected in the Olympic Marathon in Atlanta. The focus, strength, and guts of these three Americans could bring a medal to the U.S. in the Olympic Men's Marathon for the first time since 1976.

One of best stories was Mark Conover's return after battling cancer since 1993. The 1988 Trials winner said before the race that going to the Trials again meant as much as his 1988 win.

U.S. Olympic Trials-Men's Marathon February 17, 1996, Charlotte, N.C.

- | | |
|--|---------|
| 1. Bob Kempainen, 29, Minn. | 2:12:45 |
| 2. Mark Coogan, 29, Boulder, Colo. | 2:13:05 |
| 3. Keith Brantly, 33, Ft. Lauderdale, Fla. | 2:13:22 |
| 4. Steve Plasencia, 39, Eugene, Ore. | 2:14:20 |
| 5. Marco Ochoa, 31, Fullerton, Calif. | 2:14:22 |

Pacific Association Finishers:

- | | |
|--|---------|
| 26. Joe Rubio, 32, San Luis Obispo | 2:20:30 |
| 49. Jeff Hacker, 35, San Francisco | 2:24:48 |
| 71. Mark Conover, 35, San Luis Obispo | 2:31:01 |
| 76. Jose Aispuro, 34, Watsonville | 2:32:49 |
| 79. Miguel Tibaduiza, 39, Reno, Nevada | 2:33:56 |

Stanford's Vin Lananna Coaches Kempainen to Top

Stanford University Track and Cross Country Coach Vin Lananna has been Bob Kempainen's coach for 12 years. Since recruiting the talented Minnesota teenager to Dartmouth College in New Hampshire, Lananna has guided Kempainen to become America's best marathoner.

Lananna began his coaching career with at C.W. Post College in upstate New York, his alma mater. Lananna was co-captain of the 1974 C.W. Post cross country team that finished 4th in the Division II championships.

"I was one of those 'Ra-Ra' kind of guys, but never really a good runner," Lananna said. "Coaching came naturally to me."

After five years, Lananna took the reins at Dartmouth, leading the small non-scholarship school to eight consecutive conference cross country championships. His runners included 13:30 5,000-meter runner Jim Sapienza, now living in Sacramento and a senior when Kempainen was a freshman. After 12 years at Dartmouth, Lananna left for Stanford in August 1992, recruited for the job by his old Dartmouth athletic director Ted Leland, who joined Stanford's staff in 1989.

"Stanford's been a great move," said Lananna, 42. "It's a great working environment being in the same building with such great coaches that are highly regarded in their fields. It's like being in the seeded heat."

Lananna's wife Betty is a schoolteacher. They have two sons, Brian, 12, and Scott 10.

The week after the Kempainen's win at the U.S. Olympic Marathon Trials, *Pacific Athlete* talked to Lananna about Kempainen's preparation for the Trials.

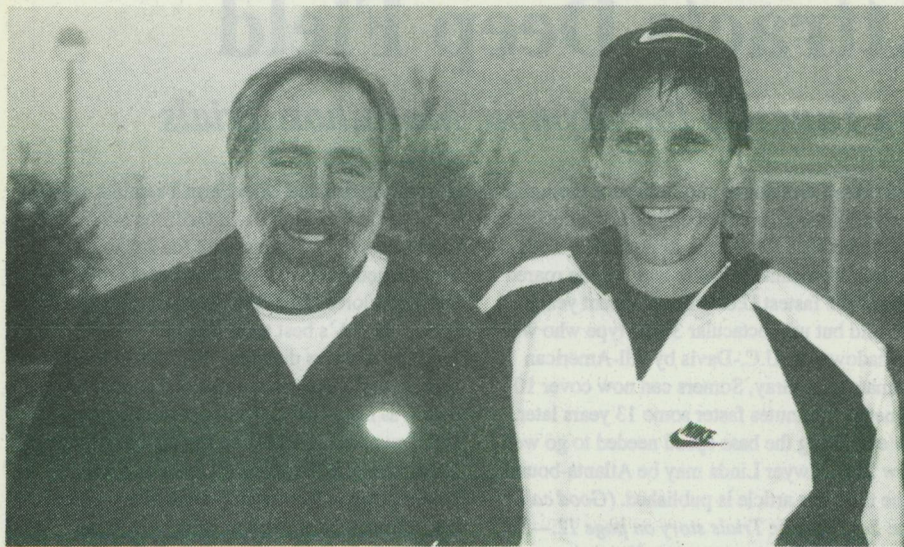
Pacific Athlete: Bob has been successful in every marathon he's run. What formula have you set up for his training?

Vin Lananna: We use the same basic blueprint that has worked well in the past. We try to look at strengths of each previous marathon and adjust accordingly and fine tune. We set up a program that will make sense for him. We think now that adding an altitude component is key. In the last 11 weeks, we keep in constant communication. That is particularly important the last seven weeks.

We work to develop a primary workout each week and long runs. The last seven weeks, the primary workout is supervised to see if it needs fine tuning.

PA: What about Bob's preparation going into the Trials?

Contd. on page 15



Vin Lananna and Bob Kempainen, shown after the Cal-10 race in January.

VL: All last year, into the Los Angeles Marathon and beyond, the workouts were faster, more intense, and shorter: mile repeats and less. The goal was to have him more fit to run a 10 km.

At the L.A. Marathon last March, it was raining, the rabbit dropped out after two miles, it was windy and miserable. We couldn't validate if it worked. (Kempainen placed second in 2:11:59.)

After LA, he had a problem with calf cramps in May and didn't get into the racing routine. We had to assume the program was working.

I planned for him to do fast some fast 10,000 last summer, but bagged that plan. That's one of the strengths of our relationship: we can change plans when we have to and it's not a big deal.

PA: What about last fall: when did the big build-up begin?

VL: In the fall, we kept the intensity high and started to string together two weeks of high mileage (up to 150 miles a week) and one week of moderate mileage. The high mileage was done both in San Francisco and at altitude in Ft. Collins, Colo.

PA: Bob has always been successful in the fall cross country season. What role did cross country play in his Olympic Trials build-up?

VL: Bob needed something to get excited about. He's good at cross country and he really likes it. It fit in because it got him excited about something. He certainly didn't train hard for races in September. He has asthma and it is tough for him to train in September in Minneapolis. He moved out to Ft. Collins in late October. The USATF Nationals (where he finished fifth) was a true indicator of really where he was at.

PA: Are indicators like Bob's cross country races important for athletes and coaches?

VL: Every athlete needs something to use as a bench mark. It can be a race or some scientific basis for comparison. With Bob, cross country season is always a time where he enjoys himself and he runs well. He always runs well and with

the top group. It's positive reinforcement that all athletes need.

PA: Bob's stomach problems at the Trials race are now the thing of legend. Were you aware of what was happening to him during the race?

VL: No, I wasn't. I saw him at four, eight, and 12 miles. But at that point in the race, I didn't expect to see him do anything. I tried to see him at 18 but missed him. The next time I saw him was at 20 miles. He was still with a group of four at that point. Our plan was that if the team was not self-selected by 20, he would push the pace and break it up.

I missed him at 22 and 24. I talked to some spectators and they said no. 3 (Bob's number) had a small lead. When I got back to the finish, I had heard about how Bob was so tough and that he had won. But I didn't see him until about 15 minutes after the finish. He then gave me the details about his problems.

What about when you saw it later on TV?

VL: It disturbed me that he was that ill that late in the race. After talking to physicians at Stanford, they were not disturbed. When you are running that hard, you can spasm in your stomach. You can gag. All that fluid was not absorbing. He didn't seem to be concerned about it after the race. I was more concerned about it then he was. It was distressing seeing it on TV as someone who cares about Bob.

PA: You mentioned about breaking up the field at 20 miles if the Olympic team hadn't been selected. How much did you and Bob talk about a race plan?

VL: A lot of thought went into it. It was his perception that the race was going to go slow and that no one would go to the front. We thought some of the other runners thought Bob might not have a big finish. Well, I don't believe that. He may not have the best last 500 meters, but he can run the last 5 km as fast as anybody in the world if the race has been run at a fast pace.

He planned to run intuitively and instinctively. We thought a 2:12-2:13 would clearly make the team. If anyone else could run faster, so could Bob. We wanted to put a cap on the first 10 miles and not go faster than 49 minutes. If the pace were slower than 51 minutes, he would make a move to get the pace going.

We worked to determine how slowly he could go in the first half and still run 2:13. We figured about 1:06:30 would be about right. As it turned out, he came through in 1:06:35.

If it was still crowded, he would put a move in there somewhere. We knew the part of the race he would really race was 21 to 26. He knew he could get control of the race at any time. We figured there were many ways for the race to go his way. We had circular discussions on tactics as late as Friday afternoon. Bob's a smart runner and I knew he would react to what happened during the race.

PA: It seems like the race played out perfectly for his plan.

VL: The race lent itself to Bob's strength. He clearly controlled the latter part of race. He ended up putting in a big surge at 14 and at 18, but they were not specifically planned. It was good for him to win a race instead of finishing second or third. I believe he can run very fast.

PA: How much of your planning was based on the other men in the race?

VL: We worried some about the 5 km-10 km runners who have innate leg speed. You do worry about guys whose 10 km PR's are a minute faster. We didn't want those people to feel too comfortable too late in the race.

PA: Were you surprised with how the race developed?

VL: I was surprised to see the race as still as tight as it was at 21 miles with Plasencia and Dowling only 14 seconds back at 21 miles. But Bob pulled away after 24 even though he didn't make a monstrous move. His move was almost coincidental.

PA: You've worked with Bob for a dozen years. What are your personal feelings after his win?

VL: I'm very proud of Bob. I'm proud of his ability to keep things in perspective. Running well at the Olympic level is a big priority for him. (The University of Minnesota Medical School) has been very accommodating spreading out his medical career. I'm emotionally invested in Bob. We're good friends. I'm as excited as if he were my own kid.

PA: What will the next 30 days be like for Bob and you?

VL: He'll take a break. Then go back to Minneapolis and do his medical residency rotation for seven weeks. Then we'll regroup and start our training program for the Olympics.

Editor's note: in the next issue, Lananna will describe Bob's preparation for Atlanta and going for the gold medal.

Cal-10 Attracts Deep Field

Kempainen & Somers Tune-Up for Olympic Marathon Trials

By Mike Weddington

January 7, Stockton—The Cal-10 Stockton 10 Mile PA-USTAF Championship continued its resurgence as one of the state's most competitive events with its deepest overall field since 1990.

Held on yet another new course in dense, foggy conditions, this venue holds promise as an attractive and stable site. The San Joaquin General Hospital location, actually in French Camp, some 10 miles south of Stockton, offers a lightening fast route, plenty of parking, and a cafeteria for the unusual post-race meal.

It was a special treat for running fans to witness two of the U.S.'s top marathoners, Bob Kempainen and Linda Somers. Doctor Bob, doing his final few months of pre-Olympic Trials training in the Bay Area, has not lost to an American in the Marathon since '92. U.C. Davis grad Linda was the top U.S. finisher at the World Championships in 1995, and is one of the most consistent and prolific racers in the nation. Both reinforced their chances in their February Olympic Marathon Trials races here by winning in 48:47 (4:52 pace) and 53:21 (5:20 pace), despite having "trained through" the week with mega-mileage.

Indeed, Okaland resident Linda spoke after the race of being in her "best shape ever." Intending to merely "work-out" in the Valley fog, she soon

found herself cruising at sub-5:20 pace through 2 miles with little effort. Emboldened, she decided to "hold the pace for as long as possible." Today, that virtually meant the entire way, as she roared to one of the fastest U.S. times in recent years.

A solid but unspectacular 34:30-type who was overshadowed at U.C.-Davis by All-American teammate Patti Gray, Somers can now cover 10 kilometers 2 minutes faster some 13 years later. Now exhibiting the base speed needed to go well below 2:30, lawyer Linda may be Atlanta-bound by the time this article is published. (*Good call, Mike. See Olympic Trials story on page 12.—Ed.*)

Temporary Bay Area resident Kempainen, appeared ready to make his second Olympic team based on his recent USTAF Cross Country Nationals race (5th in a kicker's finish), Redondo Beach 10 km (2nd-29:14), and Cal-10 outcomes, accomplished just after a strength build-up phase of 140-150 mile weeks.

At the gun, Kempainen looked to pack-run with the leaders for as long as possible at a 4:50 pace clip. It didn't quite work that way, as the leaders couldn't quite hold 4:50's through three miles. With such current PA heavyweights as Chris Schille, David Welsh and Mike Stone absent, Bob was left to fend for himself, as his 4:50's gradually deteriorated to 4:55's by the end.

Trailing a minute later was a scene increasingly common these days: a group of

Reebok Aggies and Nike Farm Team'ers duking it out to the line. Ags Brent Griffiths (49:53-'95 LDR Grand Prix Champ) and Joe Rubio (50:02) sandwiched Farmers Dave Scudamore (49:56) and Rey Flores (49:57) in a new chapter of what is now the PA's best team rivalry.

In the masters division, '95 LDR Grand Prix chief Lloyd Stephenson produced another superb result, as his 52:46 (5:16's) left Reebok Aggie Jeff Townsend (54:20) and Excelsior mate Brock Hinzmann (54:30) about 10 seconds a mile behind. Unless teammate Francisjohn Gailson can rebound from a recent string of sub-par performances, or Reebok Ag and '95 PA-XC king Dan Gruber offers a challenge, Stephenson may have the masters ranks to himself until Miguel Tibaduiza of Silver State and Danny Aldridge of Empire decide to compete in masters after both turning 40 later on this year.

The senior men had a deep and diverse cast, as Ewar Gordillo (57:51) of Silver State, upstart Buffalo Chipper Mike Ammon (58:00) and steady Empire Runner Dan Preston (58:21) wrested the top three places from four other sub-60 minute performers. No USTAF Association can compare with this kind of regular depth.

The super senior and veteran divisions were once again dominated by the West Valley Joggers and Striders (half of the combined top five in both divisions). They are perhaps the U.S.'s best 60-plus contingent. William Flodberg (72:07) and Frank Cunningham (85:33) led the way with wins in each division, respectively.

In the women's open race, no one could challenge Somers, but six others did earn sub-60 minute shirts. Ryan's Sports Olympic Trials Marathon qualifiers Maria Trujillo (57:29) and Rosa Gutierrez (58:13) book-ended infrequent PA-force Diana Fitzpatrick, now racing for Impala, for 2nd and 4th, with Lisbet Engberg (Impala), near-master Terry Adams-Schmidt of Silver State, and PA-XC stalwart Lisa Geoffrion (Reebok Aggies) also dipping under an hour.

Three masters women ran national-class sub-60 minute efforts, with Honor Fetherston (WVTC) leading matters with a phenomenol 57:50 (5:47 pace per mile), with Christine Kennedy (59:28) and Buffalo Chipper Kathy Ward (59:56) left in her wake. It is worth mentioning that all three are Marathon Trials qualifiers as masters. Fellow national WVTC star Joan Ottaway joined Ms. Fetherston as division champ by far-outdistancing Tamalpa's Melody Anne Schultz (62:54 to 66:39), who in recent months has been challenging Ottaway's unofficial title as the PA's leading senior.

1996 PA/USATF LDR Road Championships—(Grand Prix Circuit Events)

Date	Race/Location	Div.	Point Value	Prize \$
January 7, 1996	California 10-Mile Stockton	All	1.0	\$2,000
March 24, 1996	Houlihan's 12 km San Francisco	All	1.0	\$2,500
April 21, 1996	Gimme Shelter 5 km San Francisco	All	2.0	\$2,500 PA + \$7,500 open
June 2, 1996	Reno Air 15 km Reno	All	1.0 indivi. 2.0 teams	\$3,050
July 7, 1996	Fleet Feet Mile Sacramento	All	1.0	\$2,000
August 4, 1996	Cox Cable 10 km Eureka	All	2.0	\$3,500
Oct. 20, 1996	Humboldt 1/2 Marathon Weott	All	2.0	\$4,000
Nov. 17, 1996	Clarksburg 30 km Clarksburg	All	2.0	\$2,500
Nov. 23, 1996	PA Cross Country Champs Golden Gate Park/S.F.	All	1.0	\$2,000
Dec. 8, 1996	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. 8-9. 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>.

Contd. on page 17

Swiftest **super senior** this day was Oakland's Juliane Scheberies in a fine 87:31; as unfamiliar as the name Scheberies might be to some PA list readers, the moniker Po Adams may be familiar, as the lady Buffalo Chip continues to be the only 70+ gal racing regularly on the PA circuit these days. She won another **veteran's division** title here in 1:50:37.

On the team scene, unofficial results indicate that the Reebok Aggie men outlasted their Nike Farm counterparts with depth, as the Farm did not seem to have a full five present. With the Aggies apparently notching another **men's open division** win, the Buffalo Chips made a rare serious foray into LDR competition with their stable of fine marathoners, earning a team second in the process. Third place seemed to be up for grabs among Empire and Silver State.

The **masters** team race was won by Excelsior, as the Aggies' resurgent masters presence in cross country was absent here, save for new masters star Jeff Townsend. WVJS seemed to have the inside track for second place. For the **senior men**, it was one of the closer LDR team competitions in memory, with a Vasquez-less WVJS team probably ecking out a close win over Tamalpa. In the **super senior** and **veteran** ranks, WVJS once again ruled the day.

With sparse team results also available on the women's side, it appears that the **women's open division** was won by Ryan's Sports, who were bolstered by the presence of new scorer Christine Lincke (63:09). Ryan's, who had regular stars Trujillo, Gutierrez, Sanchez, and Jacobs present, often has been lacking a strong fifth over the last several months, and here today was the missing Lincke (pardon the bad pun). In a spirited duel for second, Impala seemed to score a recently rare but decisive win over the lady Reebok Aggies, as their top four all finished ahead of the Aggies' top quartet. With the likes of Diana Fitzpatrick, Lisbet Engberg, and Sandy Patterson all running well for a team that lacked a lot of depth last year, Impala could challenge for the LDR team title this year.

The **women's masters** team scene seemed to be led by WVTC and then the Chips, depending on the pending PA-USTAF card check. If the Reebok Aggies could get a regular third to go with Liz Edwards and Joann Dahlkoetter, they could make some serious team-race noise this season. In the **senior division**, it was, shades of Cross-Country, another tight tussle between Tamalpa and Impala, with Impala's Eve Pell and Louise Walters leading the way to an apparent win. No complete super senior or veteran teams were present.

In producing another large and fleet field, Cal-10 appears here to stay. The PS's presence can legitimately be given some of the credit for the event's re-birth. In 1994, Cal-10 played host for the first time as a PA Championship event, and since then has attracted 400-plus participants a year and 30-to-50 sub-55:00 finishers.

Men's Open Division

1. Bob Kempainen	Reebok Aggies	48:47
2. Brent Griffiths	Nike Farm	49:53
3. Dave Scudamore	Nike Farm	49:56
4. Rey Flores	Nike Farm	49:57
5. Joe Rubio	Reebok Aggies	50:02
6. Michael Tobin	Unattached	50:03
7. Miguel Tibaduiza	Silver State	50:13
8. Parker Kelly	Nike Farm	50:14
9. Kevin Corliss	Unattached	50:18
10. Bret Kimple	Reebok Aggies	50:24
11. Jeff Hacker	Ryans Sports	50:26
12. Jose Aispuro	Reebok Aggies	50:32
13. Mark Conover	Reebok Aggies	50:34
14. Mike Spencer	Reebok Aggies	51:38
15. Ty Strange	Empire Runners	51:44
16. Robert Anex	Reebok Aggies	51:52
17. Rich Hanna	Buffalo Chips	51:57
18. Jamey Harris	Reebok Aggies	52:03
19. Scott Kennedy	Hoys Sports	52:04
20. Aaron Pierson	Unattached	52:09

Men's Masters (40-49)

1. Lloyd Stephenson	Excelsior	52:46
2. Jeff Townsend	Reebok Aggies	54:20
3. Brock Hinzman	Excelsior	54:30
4. Joe Schieffer	East Bay Striders	55:48
5. Don Paul	Excelsior	56:00
6. Dan Sauers	WVJS	56:25
7. Sylvester Franklin	Excelsior	56:52
8. Dan Anderson	WVJS	57:09
9. Mike Deathreage	Unattached	57:54
10. Ed Casey	Unattached	58:02

Men's Seniors (50-59)

1. Ewar Gordillo	Silver State	57:51
2. Mike Ammon	Buffalo Chips	58:00
3. Dan Preston	Empire Runners	58:21
4. Frank Ruona	Tamalpa	58:36
5. Alphonso Jackson	Hoys Sports	58:48
6. Jim Reitz	WVJS	59:07
7. Jon Macpherson	Tamalpa	59:50
8. Martin Jones	Empire Runners	61:07
9. Tim Rostage	WVJS	61:47
10. David Taylor	East Bay Striders	61:51

Men's Super Seniors (60-69)

1. William Flodberg	WVJS	72:07
2. Patrick Devine	Unattached	72:21
3. Stephen Gaal	Unattached	72:27
4. Phil Phythian	Tamalpa	75:20
5. Marion Carter	WVJS	75:38

Men's Veterans (70+)

1. Fra. Cunningham	WVJS	85:33
2. Stan De Martinis	WVJS	87:26
3. Howard Powers	WVJS	94:16
4. Don Lundberg	Unattached	94:42
5. William Redmond	Unattached	97:16

Women's Open

1. Linda Somers		53:21
2. Maria Trujillo	Ryan's Sports	57:29
3. Diana Fitzpatrick	Impala	57:43
4. Rosa Gutierrez	Ryan's Sports	58:13
5. Lisbet Engberg	Impala	59:37
6. T. Adams-Schmidt	Silver State	59:43
7. Lisa Geoffron	Reebok Aggies	59:52
8. Rae Henderson	Reebok Aggies	60:16
9. Peggy Lavelle	Impala	61:16
10. Laura Sanchez	Ryan's Sports	61:58
11. Shan. Sweeney	Reebok Aggies	62:17
12. Catherine Dubay	Empire Runners	62:32
13. Sandy Patterson	Impala	62:46
14. Amanda Gerhardt	Reebok Aggies	63:02
15. Lynice Benton	Silver State	63:05
16. Christine Lincke	Ryan's Sports	63:09
17. Jennifer Cubillas	Unattached	63:24

18. Jenny Goettsche	Silver State	63:32
19. M. Dinell Schwartz	East Bay	63:35
20. Kristin Jacobs	Ryan's Sports	63:54

Women's Masters

1. Honor Fetherston	WVTC	57:50
2. Christine Kennedy	Unattached	59:28
3. Kathy Ward	Buffalo Chips	59:56
4. Liz Edwards	Reebok Aggies	64:35
5. Sharon Vos	Unattached	65:05
6. Joann Dahlkoetter	Reebok Aggies	65:31
7. Christine Iwahashi	Buffalo Chips	66:36
8. Shelly Sumner	WVTC	67:03
9. Kattie Gray	Tamalpa	67:33
10. Sue Francis	WVJS	68:20

Women's Seniors

1. Joan Ottaway	WVTC	62:54
2. M. Anne Schultz	Tamalpa	66:39
3. Judi Shade		68:15
4. Eve Pell	Impala	69:29
5. Louise Walters	Impala	71:25
6. Edda Stickle	Tamalpa	76:13
7. Ann Hardham	Tamalpa	77:51
8. Sue Johnston	Impala	78:48
9. Betty Root		81:07
10. Jean Schwisow		81:14

Women's Super Seniors

1. Juliane Scheberies		1:27:31
2. Marlene Kinser		1:42:21
3. Jean La Fever		1:50:51

Women's Veterans

1. Po Adams	Buffalo Chips	1:50:37
-------------	---------------	---------

WEDDINGTON'S RUNNING SERIES



Two First of a Kind Books Now Offered.

~ National Top 100 and
~ California Top 100 Road Race Volumes

Pre-Publication Sale

1 Vol. 19.95 (reg. 24.95), 2 Vol. Set 39.95 (reg. 49.90)

Each volume features extensive, hard to find information on America's & California's 100 largest events.

- Top 100 All-Time fastest Male and Female runners; Top 10-20 in age divisions plus Wheelchair listings.
- 200 race photos, 100 course maps.

Latest complete race information, including Distance, Date, Time, Registration, Awards, Amenities, Special Events, Sponsors...etc.

"Essential reading for the Running Enthusiast."

Published by Griffin Publishing
Official U.S. Olympic Committee Publisher

8 1/2 X 11 format. Approx. 420 pages. Paperback.

Special pre-sale price applicable if purchased by April 1, 1996; Publication date of the National Vol. by May 30, 1996, California Vol. by June 30, 1996. Add 2.00 for shipping.

To Order: Send check or money order to: *Weddington's Running Encyclopedia*, P.O. Box 5469, Santa Rosa, CA 95402-5469 or contact Tel: (707) 544-2756 or Fax (707) 528-8226.

THE MARIN INDEPENDENT JOURNAL & K101 FM PRESENT

HOULIHAN'S



HOULIHAN'S

A Celebration Of Running XIII
12K Across the Golden Gate Bridge

MARIN I.J. RESULTS ISSUE:

Entry fee (\$22.00) includes the HOULIHAN'S RACE RESULTS ISSUE of the Marin Independent Journal Newspaper. The Monday, March 25, 1996 issue will be mailed to your address. If you do not want the Race Results Issue, deduct \$2.00 from the entry fee. (U.S. Only.)

K101
101.3 FM

ij STANDS FOR MARIN!
Marin Independent Journal

S
SPORTS CHANNEL

SUNDAY • MARCH 24, 1996 • 8:00 AM

SHUTTLE TO START: 6:30-7:30 AM:

From Aquatic Park/S.F. & downtown Sausalito.

*THERE IS NO POST-RACE SHUTTLE.

3 WAVE START: Waves assigned by AGE/10K or 12K time and date received. Entries mailed in together will be automatically assigned to same wave - #2 or #3.
(NO FIRST WAVE ASSIGNMENTS ON RACE DAY!)

FOR SAFETY REASONS: Sorry, no wheelchairs, baby strollers, baby joggers, dogs or skates allowed on the course.

SPECIAL ACTIVITIES: St. Patrick's Day at either Houlahan's Restaurant - check the Marin I.J. or listen to K101 for details. Alumni Nite - Thursday, March 21, 5-7 PM at both Houlahan's Restaurants, random prizes drawings & a free buffet when you wear a previous year's Houlahan's shirt.

CLYDESDALE COMPETITION:

Men's 200 + lbs. Women's 150+ lbs. Prizes 3 deep.
Check box below to enter. Weigh-in required after the race.

SUTTER HOME WINE:

Prizes to top runners and Clydesdale winners.

SOUTHWEST AIRLINES TICKETS:

Register to win a pair of Southwest Airlines tickets at Houlahan's / S.F. or Houlahan's/ Sausalito by 3/24; each will give away a pair of tickets after the run. **1-800-I-FLY-SWA**



PRIZE MONEY: \$2500 PRIZE MONEY TO TOP MEN & WOMEN; PA/USA TRACK & FIELD CHAMPIONSHIP: Awards to top men & women in 18 age divisions. Official Qualifier for seeded positions in the EXAMINER BAY TO BREAKERS.

SPECIAL ORDER COMMEMORATIVE SWEATSHIRT FOR SALE: White with official race design. (See entry form for details.)

REFRESHMENTS & SERVICES ALSO BY: Albion Water, California Prunes, Celestial Seasonings, Pangea Sport, Pocket Pretzels, Sutter Home & Vitkoff Chiropractic.

OFFICIAL HOTEL: San Remo Hotel offering Special Runner's Room Rates, Call: (415) 776-8688 or (800) 352-REMO.

PowerBar
Fuel for Optimum Performance™

SAN REMO
HOTEL RESTAURANT
SINCE 1906

BENEFITS: EDGEWOOD CHILDREN'S CENTER • RACE MANAGEMENT: RhodyCo Productions • RACE HOTLINE: (415) 564-0532

TO REGISTER: Preregister for \$22.00 (or \$20.00 if you do not want the Marin I.J. Results mailed to you.) by 3/16/96 or register race day at Aquatic Park for \$25. (long sleeve finisher t-shirt to all registered participants). To pre-reg make check payable to & mail to **HOULIHAN'S TO HOULIHAN'S**, 1417 Irving Street, San Francisco, CA 94122. Include 4"x10" self-addressed stamped envelope to receive packet by mail. To order the SPECIAL COMMEMORATIVE SWEATSHIRT be sure to include an additional \$20. per sweatshirt with entry. Orders must be postmarked by 3/16/96. Sweatshirts must be picked up on race day. Sorry, No Refunds.

<input type="checkbox"/> - <input type="checkbox"/> - <input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/> M <input type="checkbox"/> F	Best '95 10K Time	<input type="checkbox"/>
Date of Birth		Age on race day	Sex	<input type="checkbox"/> : <input type="checkbox"/>	Clydesdale
LAST NAME		FIRST		REGISTRATION: \$	
ADDRESS				Marin I.J. Results issue (\$2. ea.) :	
CITY		STATE	ZIP	Commemorative Sweatshirt (\$20. each)	
				(in addition to long sleeve finisher t-shirt)	
				Quantity	Sizes:
					S M L XL
<input type="checkbox"/> * (Check box if you DO NOT want the HOULIHAN'S RACE RESULTS ISSUE of the Marin Independent Journal mailed to your address.		PHONE#		TOTAL: \$	

WAIVER: In consideration of your acceptance of my entry and my own free will, I for myself, my heirs, executors and administrators forever waive release and give up any and all claims, demands, liability damages, costs and expenses of any kind whatsoever, including personal injuries to me or wrongful death, against Golden Gate Bridge Highway and Transportation District, its Officers, Directors, employees, representatives, agents, contractors and subcontractors, the National Park Service GGNRA, City and County of San Francisco, U.S. Government Dept. of the Army Presidio, Gilbert Robinson Inc., RhodyCo Productions, Edgewood Children's Center, subcontractors, sponsors and volunteers, which may arise from my participation in the Houlahan's to Houlahan's event on Sunday, March 24, 1996 or while traveling to or from the event, even if caused in whole or in part by the negligence or other fault of the parties or persons I am hereby releasing, by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. I FULLY UNDERSTAND I AM FOREVER GIVING UP IN ADVANCE ANY RIGHT TO SUE OR MAKE CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES AND DAMAGES EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES MAY BE. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I grant full permission to any and all organizations which obtain photographs, motion pictures, videotapes, recording of any other record of the event to use them for any purpose whatsoever.

SIGNATURE: (Parent or Guardian if under 18)
ALL ENTRANTS MUST SIGN WAIVER

DATE:

A CELEBRATION OF RUNNING XIII

The Next Generation in the Tibaduiza Family

by John Trent

It all began about three years ago, when a concerned father decided his two oldest children watched too much TV.

Domingo Tibaduiza, a four-time Olympian from Columbia, whose best times in the 1970's and 1980's ranged from a 3:59 mile to a 2:11 marathon, had always wanted his children to be active.

Not necessarily runners, mind you. It was really up to them. Domingo, a runner for more than 30 years, had seen too many age group world record holders who were burned out and retired from the sport before they were teenagers. But it was one day after school when it dawned on him. Something needed to be done.

"I really wrestled with whether or not I should introduce them to running," said Domingo, an All-American in track and cross-country at the University of Nevada, Reno, from 1972-76. "It's a very difficult sport. But watching them glued to the TV, I finally said, 'Come on. This has got to change.' "Remembered son Ron, now 17: "We were active kids, but we ... well, we did watch a lot of TV, too. Now, with school, homework and our running, our TV time has really been cut down."

While the TV in the Tibaduiza home in south Reno has gone dim, two stars have risen and are shining brightly. Ron, a sophomore at Wooster High School, finished fourth at the Nevada AAA State Cross-Country Championships last November in Carson City. Tatyana, 14, an eighth grader at Vaughn Middle School, has accomplished even more. In her first serious season of competitive running, Tatyana won the national Junior Olympic cross-country 12-13 age group title in Reno in 1994. Last summer, in Baton Rouge, Louisiana, Tatyana finished second.

During the 1995 track season, Tatyana ranked second in the nation in her age group at both 1,500 and 3,000 meters. Her best times were 4 minutes and 45 seconds for 1,500 and 10:06 for 3,000.

"She's a champion, just a great competitor," said Bruce Susong, coach of Tatyana's club team, the Silver State Striders of Reno. "She has such fire and determination. And I really think her best years are still ahead of her." Thanks to her father's initial caution, Tatyana feels she is still learning the ropes of running. This is in contrast, she says, to many of her age group competitors.

"When I was younger I didn't want to run because I thought it was too hard," Tatyana said. "The girls I run against, many of them started at age 8, or 9. I was 11 when I really started to run. I thought it would be fun. I'm still finding out things about myself as a runner. To do so well when I first started out was surprising."

Domingo, track and cross-country coach at Wooster, attributed his daughter's success to several factors. "All parents have expectations," he said. "But Tatyana really surprised me. She's just one of those kids who is super-competitive. Her mother claims this desire to excel comes from her—but I think I had a little something to do with it, too. It's been a lot of work, and has required a lot of patience, consistency and motivation."

Domingo's running resumé is well-known. He was a member of Colombia's Olympic teams in 1972, 1976, 1980, and 1984 and extended his career into the 1990's as a world-ranked master. After retiring from competition following a record seventh victory at the Reno Gazette-Journal Jog in 1993, Domingo briefly came out of retirement last year. He showed his 27:53 10 km speed hadn't diminished much, winning the 3,000 meters in the 45-49 age group at the U. S. Track and Field Indoor Masters Championships in Reno.

Tatyana's mother, Angela, herself was a runner of note. In 1984, Angela briefly held the Colombian National Record in the marathon with a 2:45 at the Sacramento Marathon. She also recorded a 10 km best of 35:29. Tatyana's uncle, Miguel Tibaduiza, recently ran 2:20:52 at the California International Marathon to qualify for his second U.S. Olympic Marathon Trials. Her aunt, Rossy Cardenas, was a junior college cross-country and track All-American at Lassen College in Susanville, Calif., in the early '80's.

Not surprisingly, the running Tibaduizas are extremely close-knit. Domingo still occasionally trains with and advises Miguel, a former 2:12 marathoner. Rossy will sometimes jump in with Tatyana and Angela during one of mother and daughter's weekly 8-1/2 mile training loops.

Tatyana's training is sensible and low-key. Domingo stresses endurance and strength training over speedwork, fearing too much speedwork might burn his daughter out. Other than her 8-1/2 mile run with Angela, the other four workouts in her week rarely exceed 25 minutes.

"I believe in more of an emphasis on running at a sustained pace rather than speed," Domingo said. "A problem too many kids have is starting with too much speed early. They lose motivation, and quit before they can fully develop as runners. Tatyana is going to be better in the 3,200 as time goes on, as she matures. But for now she runs all the events—the 800 (with a best of 2:26), the mile."

The long run with Angela is almost always at a conversational pace. "Sometimes I push her, and sometimes she pushes me," Angela said. "We go out talking. It's a run that always seems to go by so quickly. Running comes easy to Tatyana. We enjoy those runs a lot. When we're done, we don't even know we've gotten in a long run." Added Tatyana: "Sometimes I don't want to do those runs, but once we're out there and we talk a little bit, it's over quicker than you think."

Domingo says that the hardest part of coaching his daughter is harnessing Tatyana's competitive and intuitive nature for races. It is in direct contrast to Ron, who is much more sedate and cerebral in his approach to running. "Ron is basically passive," said Domingo, who also has two younger sons, Raul, 9, and Bryan, 5,—neither runs. "He doesn't take risks. When Tatyana gets on the line, she becomes a totally different individual. She has fire ... I don't know where it comes from. She's a person who rises to the occasion. She gets in a race, she has no problem with wanting to run as hard as it will possibly take to win."

Tatyana said she visualizes every race before she runs it. Each visualization usually follows the same script: she is either winning a race or is being pushed by someone. "And eventually I end up going ahead," she said. "In races, I really don't feel any pain. I like to take it out from the beginning because it makes the race seems easier." Next season Tatyana will join Ron on Wooster High's team.

Observers of Nevada's high school running scene expect Tatyana to have an immediate impact. Her best 3,000-meter time equates to roughly a 10:50 3,200-meter time, which would have won Nevada's large-school state title last year by more than half a lap.

Said Susong, who has produced more than 30 age-group All-Americans, including Miesha Marzell, a 4:37 1,500-meter runner at age 13 who finished 21st at this year's NCAA Cross-Country Championships for Georgetown: "At nationals, Taty averaged 5:54 per mile for a 4 km race. (Defending Nevada State Champion) Sandy Acosta (of Sparks High) averaged 6:05 per mile for the girls' 5 km race at nationals. She's got vast potential going into high school. If I was Sandy, I'd be looking over my shoulder."

Ron Tibaduiza is even more matter of fact: "I think she's going to kill everybody next season. I think she's going to waste them. I think they know what is coming."

For Domingo, the pleasure isn't so much in watching his children win. It's in realizing they are enjoying a sport he loves. "We're trying to be sensitive, and not lose perspective," he said. "School and family are much more important. There's always a risk of pushing too hard. It's better to develop one step at a time ... over a medium or long period of time."

John Trent is a sports and outdoor recreation reporter for the Reno Gazette-Journal. He has covered the Tibaduizas for the past eight years.

JOIN US THIS SUMMER FOR RUNNING'S ULTIMATE HAPPENING!



The Leading Internet
Service Provider

Ascutney
Mountain Resort

NEW ENGLAND
runner



present the

**BILL
RODGERS**
**JOAN BENOIT
SAMUELSON**



Running & Fitness Camp

Tuesday, June 25
thru Sunday, June 30th

presented by **ALL SPORT**

Join **Bill Rodgers**, four time winner of the Boston and New York City marathons, and **Joan Benoit Samuelson**, 1984 Olympic Marathon Gold Medalist, along with their staff for this great Fitness Camp & Runners Week!

The clean fresh air of Vermont. Running terrain through the woods & across beautiful countryside. A complete Fitness Center within steps of our comfortable resort lodging. Special fitness & activity programs for your kids. And the Race Directors Conference on Friday, plus the Netcom 5K Road Race on Saturday!

Packages include: lodging for 2 or 5 nights, welcome reception, all meals, all clinics and runs. 5 night camp includes individual sessions with staff for more personalized training. For camp reservations, call Ascutney Mountain Resort at 1-800-243-0011.

2 night package \$299 ppdo (June 28-30)

5 night package \$669 ppdo (June 25-30)

Race Directors Conference & Workshop

Friday, June 28th

The **NETCOM 5K**

Saturday
June 29th

CLINICS include: Strength Training, Fitting Fitness into a Busy Schedule, Cross Country and Trail Running, Kids and Fitness, Spring and Summer Gear, and Biomechanical (gait) Analysis.

RUNS will take place every morning and afternoon. Lots of choices for pace and length! Individual coaching will be available. Bill, Joan and their staff of six can help you break through to new levels!

FITNESS ACTIVITIES, as an alternative to one or more of the runs, include aerobics, biking, hiking, and walking. **NUTRITION** expert **Nancy Clark**, author and nutrition counselor to casual and competitive athletes, will make a presentation following dinner on Saturday night.

New England Runner's Race Directors Conference and Workshop – Friday, June 28

SPECIAL TOPIC: Race Directing In Cyberspace!

Some of the nation's leading experts will guide us through the World Wide Web and how to put it to use promoting and marketing your events! Join us for this first-ever conference on the technology of the '90s and the next millenium, and how it applies to our sport.

This conference is national in scope, and we hope to welcome race directors from every region of the country. It is held in association with USA Track & Field, and in conjunction with the Bill Rodgers and Joan Benoit Samuelson Running and Fitness Camps at Ascutney Mountain Resort.

The 1st NETCOM 5K Road Race – Saturday, June 29

NETCOM 5K at the Ascutney Mountain Resort, Brownsville, Vermont

This inaugural event will be part of the festivities at the Bill Rodgers and Joan Benoit Samuelson Running and Fitness Camps. Run along with Bill and Joan and their staff on a scenic, certified 5K loop through beautiful Vermont countryside.

For brochures and information: New England Runner, PO Box 252, Boston, MA 02113 (617) 891-1844

Sports Massage and Chiropractic Adjustments: Can They Help?

By Len DeBenedictis

Many elite athletes include sports massage in their routine, but does sports massage really differ from regular massage? Some therapists offer sports massage as if it were simply a style of massage which might be offered to anyone. The more experienced athlete knows, however, that the best sports massage is the art of a specialist who is committed to working with athletes.

After working with runners and other athletes for seven years, I've found that certain forms of massage combined with assisted stretching promote recovery from injury, help prevent injury and improve performance.

Faster Injury Recovery

Residual pain from healed muscle strains, iliotibial band syndrome and other pain and dysfunction due to excessively-tight tissues can be reduced and eventually eliminated with deep tissue massage, in which very slow, progressively heavier massage strokes are applied along the length of the tissue fibers. Furthermore, chronic pain due to scar tissue in muscles or inflamed scar tissue in tendons (chronic tendonitis) can often be resolved with 6-12 sessions of deep cross-fiber massage, in which the therapist's digit is placed on the exact site of the lesion and rubbed hard across the grain of the tissue for about 20 minutes. This procedure is performed without lubricant or moving the fingertip across the skin.

Many muscle "pulls" or mild strains are actually muscle tissues with trigger points and related spasm, rather than torn fibers. A myofascial trigger point (no relation to acupuncture point) is a very tender spot within a tight band of skeletal muscle tissue or fascia and is very common in athletes. It is painful when pressed and can radiate pain and tightness to other muscles and joints, sometimes distant from the trigger point itself. It will also cause weakness and restriction of the involved muscle. Deep tissue massage and manual pressure, combined with stretching and heat, comprise an effective method of deactivating trigger points and reestablishing pain-free movement. Even when some fibers are torn in a minor strain, they are usually healed within a week and the residual restriction and pain can be eliminated in the same manner.

With serious muscle strains, tissue fibers are torn and the resultant scar joins the fibers end-to-end, which is necessary to restore function, and mats them transversely. These microscopic transverse adhesions may cause chronic pain when the muscle contracts and they can be broken up by deep cross-fiber massage. Similarly, scars and related adhesions in a tendon can cause chronic tendonitis and may be resolved by deep cross-fiber massage.

However, it needs to be pointed out that deep tissue massage, deep cross-fiber massage, heavy manual pressure or intense stretching administered too soon after serious muscle injuries or in certain types of tendon or tendon sheath injuries can increase their severity. No massage therapist should attempt to diagnose and treat serious injuries alone. As part

of a team, which includes the physician, coach, physical therapist or athletic trainer, the sports massage therapist can offer valuable and affordable support in returning the athlete to the track more quickly and more fully recovered.

Injury Prevention

Excessive tightness can be a setup for muscle strain. If the tight and shortened muscle tissue is relatively overstretched during a run, a strain can occur even if the activity was no different from previous runs. In addition, chronic muscle tightness can injure and inflame connected tendons, fascia and bursae, resulting in iliotibial band syndrome, shin splints, Achilles tendonitis, and plantar fasciitis.

An experienced therapist can feel tissue tightness and focus both massage and stretching in those areas, helping to prevent onset of injury. As each sport has a pattern of common injuries and each athlete unique vulnerabilities, an effective sports massage therapist knows the sport and the athlete.

Don't lie down on a massage table after a race until properly cooled down and rehydrated.

Through regular deep tissue work, the athlete learns to recognize abnormal tightness or sensitivity and, along with the coach or athletic trainer, can take preventative action regarding training, stretching, taping or therapy before an injury occurs.

In the case of an athlete on his/her own and without the support of an athletic trainer or team physician, the sports massage therapist may be the only person in a position to recognize the need for medical evaluation and refer the athlete to the appropriate medical professional before a problem progresses and interferes with training.

Performance Improvement

Although the evidence is mostly anecdotal from athletes, sports massage appears to improve both speed and endurance. Many runners have reported to me that regular sports massage has made it possible to change old holding patterns associated with inflexibility, allowing them to run more relaxed, run harder, more efficiently and often with increased stride. I believe this is because deep tissue massage reduces restrictive and sometimes painful muscle tissue contractions and trigger points, promoting easier stretching and better flexibility.

Regarding endurance, excessively tight muscle tissue does not get normal circulation and may become inhibited and irritated during workouts. By comparison, when tissues are relaxed and getting optimum circulation, muscles are stronger and training can be sustained at a higher level with less pain and breakdown, permitting the athlete to build a better base.

Deep tissue massage should not be performed closer than 24-48 hours before an important race, because it can cause soreness and fatigue or interfere with coordination. Pre-event sports massage uses

broad compressions, shaking and gentle cross-fiber on tendons to help relax the athlete before a race. It is not as effective as deep tissue work and is an adjunct to, but not a substitute for, warmup.

After a race it is best to delay deep work for 4-6 hours to allow tissues to normalize. In the case of hot weather, it needs to be emphasized that deep work right after a race may increase body core temperature and should always be avoided. Post-event sports massage employs light techniques, such as effleurage, which are also not as effective as deeper work but can be used to relax tissues and move fluids to hasten recovery between events. Pre-event and post-event techniques are also useful in working with athletes who are unusually sensitive to pressure. No athlete should lie down on a massage table after a race for any form of work until he or she has properly cooled down and begun rehydration.

The ultimate test is to find a specialist with good references and see if sports massage works for you. If so, you may join the ranks of other athletes, coaches and team physicians who have witnessed improved performance and less down-time from injuries by making it a regular part of their routine.

About the Author:

Len DeBenedictis is the owner of Stanford Sports Massage in Palo Alto, California where he has supported elite athletes since 1989. Many of his clients are referred by Stanford medical and coaching staff and by other Bay Area physicians and therapists. If you have any questions, you can reach Len at (415) 322-2809.

Chiropractic Adjustments

By Dr. John K. Moore

For over 100 years, the chiropractic profession has flourished. It has become the largest natural health care profession in the world. Chiropractic training rivals medical school with more than 5,000 hours of course work and clinical experience.

At the heart of this profession is the "chiropractic adjustment." A chiropractic adjustment is a specific force skillfully applied to the spine to correct a misaligned vertebrae. When a vertebrae moves out of its normal position it may create muscle spasm, pressure on nerves and even premature spinal degeneration.

Misalignments can occur outside of the spinal column as well. Extremities such as ankles, knees, or shoulders can also be misaligned due to the repetitive strains of training or trauma.

When a joint is misaligned and not doing its proper job biomechanically, it is termed a "subluxion." Chiropractic adjustments to correct these misalignments or subluxations are usually gentle and painless and often restore normal spinal movement and relieve pain quickly.

About the Author:

Dr. Moore is a chiropractic physician who is certified in sports care and kinesiology. He has been in practice for eight years in Northern California and specializes in the care of athletes.

Berrett of Canada Wins 50 km Race Walk, Nelson and Green Into Olympic Trials

By Ron Daniel, Race Walk Chair

Jan. 28, 50 km Qualifier (and 20 & 30 km), Palo Alto, Calif.

The fifth annual Pacific Association sponsored/organized 50 km was held on a beautiful day on the fast Palo Alto course.

With Olympic "A" standards, U.S. Olympic Trials standards and positions on Olympic teams being offered, 29 walkers (17 at 50 km, 4 at 30 km, and 8 at 20 km) were attracted to the race. While most of the excitement came in the 50 km, there are also stories in the other distances.

Under near perfect conditions, Tim Berrett of Canada demonstrated why he is currently the premier 50 km race walker north of the Mexican boarder. With a final time of 3 hrs. 57 min. 21 sec., Tim clinched a spot on the Canadian Olympic Team. Having been under 4 hours twice last year, Tim only needed a 4:10 to show conditioning. Training in San Diego since December, we can only wait to see how much more speed he'll show later in the spring. With all but two laps under 12 minutes on the 2500 meter loop, Tim accelerated slightly in the middle and then coasted in, comfortably walking the second half 20 seconds faster than the first. For the statisticians, Tim's 10 km splits: 47:38, 47:43, 47:03, 47:02 and 47:55.

Pre-race expectations had all three members of the 1992 50 km U.S. Olympic team (Carl Schueler, Marco Evoniuk and Herm Nelson) shooting for the 4:00-hour "A" standard. Even with years of experience and a perfect setting, Sunday wasn't their day. Carl was the first to slip off the course at 25 km at 2:01:58. Short on the necessary training but long at the office, Carl's legs began to tie up and he decided to save them for the Trials on April 20. Meanwhile, Marco looked very much on track, passing 20 km in 1:59:18 and 30 km in 2:24:08 (just over the 4 hour pace), when he started having leg cramping problems causing him to take 13:18 to cover the next 2.5 km. He decided to step off the course. The third member of the '92 team, Herm Nelson, found himself at 2:00:30 half-way but slipping from the 12 minute-per-lap goal. For Herm, the option to step off he course didn't exist because he still lacked a qualifying time to be invited to the trials. Herm continued to cruise to 35 km, 3:49:24 (still excellent pace), then coasted in for a 4:11:14 finish and a trials invitation.

With contrasting strategies and "life begins at 40" attitudes, relative newcomer, Warrick (Rick) Yeager, 41, from Twenty-Nine Palms, Calif., took on Mark Green, 40, Las Vegas, Nevada (formerly Pacific Association) an Olympic Trials 50 km participant in 1988. Both having a pre-race goal of making the 4:25 standard to get invited to the trials, Rick was unable to resist the sense of ease in the early laps as he went out with the

other 4 hour hopefuls. But that wasn't enough, Rick found himself leading through 20 km in 1:35:10 before reality began to set into his legs and energy stores. Even so, he was still under the four hour pace at 30 km (2:23:43), when the suffering began. Much to his credit, with his 17th lap taking over 20 minutes, Rick struggled on to record a very creditable 4:27:00 in his first ever finish at 50 km. Meanwhile, Mark, ever patient, stuck to his plan perfectly. It may not have been as exciting but it produced a PR, 4:17:27 (previous best, 4:18:47 in '88) as well as an automatic invitation to the Trials.

Sandwiched between Mark and Rick was Nelson Funes of Guatemala. Nelson participated in some of the early pace setting, passing 20 km in 1:35:22 and 25 km in 2:00:40 before slowing to a 4:23:35 finish.

The next finisher, Curtis Fisher in 4:33:17, is currently 14th in the ranking (all 4:25 qualifiers are automatic into the trials, if there are fewer than 15 automatic then the field is filled to the top 15 qualifiers by time). Sporting one of the longest faces after the race was Dave Marchese, with a final time of 4:36:38, he is 16th in the ranking. He may look for another 50 km to lower his time.

In the concurrent 30 km, Max Green, who turned 64 a month after the race, (and Mark's dad, for those who didn't know) one of the outstanding Master's walkers in the world, showed excellent form and great strength, winning in 2:51:30.

The concurrent 20 km found many-time visitor Ian Whately, streaking to the front and cruising through to a 1:32:31 final time. Of late, Ian has been having knee problems and was using this race as a training effort. Ian also finds himself in the unenviable position of being the number 15 ranked 50 km walker with a time from last year of 4:35:09.

The women's winner in the 20 km was Susan Heiser with a time of 2:01:19. Walking less than a year, this was Susan's first 20 km. Along the way, Susan had a 10 km PR 59:19. Look for even bigger things from Susan this spring.

Many thanks to Collagen Corp. for the use of their facilities after the race and to the members of the Golden Gate Race Walkers, Pacific Racewalk Organization and Monterey Peninsula Walk Walk Walk Club for their volunteer support. The course and materials were once again made available by Tom Osborn and the Palo Alto Parks and Recreation Department. Lastly, thanks to the officials for their support.

PA Walkers Get National Ranking

The 1995 race walking rankings are taken from the *Ohio Race Walker* and based on time. At 10 km: Kerry Moskalik, GGRW-10; Kim Wilkinson, MPWWWC-15; Karen Stoyanowski, Unat-28 and Therese Iknoian, GGRW-40.

Occasional PA residents Susan Armenta and Chris Sakelarios placed 9th and 27th.

At 20 km: Marco Evoniuk was ranked 19th. Jonathan Matthews, injured most of the year, went unranked for the first time. His 20 km time en route in a 50 km would have him in the top 30.

In the 50 km, Matthews ranked 3rd and Evoniuk 5th.

Championship Age Groups Revised

In only one 1995 Association race walk championship race did we have a winner in the men's ages 34-and-under category. The most competition came in the 50-plus group. With the obvious disparity in the age distributions, for 1996 the age groupings will be changed to: up to 44, 45 to 59 and 60 plus.

Schedule through May

- **March 17**, PA Champ and Grand Prix 20 km M&W with 10 km Women's Qualifier, Palo Alto. Contact Jack Graf (415) 948-0963.
- **April 28**, PA Champ and Grand Prix 10 km, CSM. Contact Jack Graf (415) 948-0963.
- **May 19**, Western Regional and Grand Prix 10 km Women and 20 km Men, Palo Alto, Contact Jack Graf (415) 948-0963.
- **May 25**, PA T & F Championships, CSM.

PA 50 km Qualifier, Jan. 26, Palo Alto

50 km RESULTS

1	BERRET, TIM	CANADA	3:57:21
2	NELSON, HERM	CLUB NW	4:11:14
3	GREEN, MARK	LAS VEGAS W	4:17:27
4	FUNES, NELSON	GUATAMALA	4:23:35
5	YEAGER, WARRICK	UNAT	4:27:00
6	FISHER, CURTIS	NYAC	4:33:17
7	MARCHESE, DAVID	ATHL. IN ACT.	4:36:38
8	PETERS, COLIN	UNAT	5:10:32
9	LOGAN, BRUCE	MAC	5:23:18
	SCHUELER, CARL	UNAT	DNF
	EVONIUK, MARCO	UNAT	DNF
	PECINOVSKY, S.	POT VALL. S.	DNF
	BLANCHARD, MIKE	HART	DNF
	KELLEY, RODNEY	MID-ATL.	DNF
	DOHERTY, DAVID	POT VALL. S.	DNF
	SOUCHECK, JOHN	SHORE AC	DNF
	HEPPNER, AL	WISC-PKSID	DQ

30 km RESULTS

1	GREEN, MAX	WOLVERINE P.s	2:51:30
2	DUNN, FRED	GGRW	3:31:17
	ROBERTSON, PAUL	GGRW	DQ
	BOWER, GARY	GGRW	DQ

20 km RESULTS

1	WHATLEY, IAN	POT VALL. S.	1:32:31
2	HEISER, SUSAN	GGRW	2:01:19
3	THAN, QUAN	MPWWWC	2:07:33
4	KLEIN, ART	SCTC	2:08:27
5	MOORE, JACKIE K-	UNAT	2:12:17
6	MEARS, SUSAN	LAS VEGAS W's	2:18:08
	IKNOIAN, THERESE	GGRW	DNF
	WHEELER, RALPH	GGRW	DQ

JUDGES: LAURA CRIBBINS, DICK PETRUZZI, TONI HARVEY, LORI MAYNARD, CHARLIE SHEPPARD, BOB WILSON, MARTIN RUDOW, chief

Jed Smith 50 km

Pacific Association Ultrarunning Grand Prix Event

Gibson Ranch County Park, Sacramento

January 20, 1996

by Hollis Lenderking

Uniquely among Ultra Grand Prix events, the Jed Smith 50 km has functioned as the "Great Crossover Race," merging the road-racing circuit's endurance junkies with ultrarunning's sprint specialists. This year, the event's accessible and festive setting—at Gibson Ranch since 1990, at less attractive sites during the eighties—served an expanded gathering of two breeds, as an added 30 km attracted a sizeable sub-ultra field to augment the 50 km and the 50-mile contestants. Perhaps buoyed by this broader base of anticipation, ultradistance registration rebounded after a few years of decline, and so did the quality: sixteen 50 km runners finished under 4 hours, just one off the event record of seventeen in 1993.

Circling a 3.3-mile road loop—half paved, half dirt—Brad Lael, 31, was the day's pacemaker, a familiar role for him in local ultras. In 1994 he put it all together on this course, recording the second fastest time in its history, 3:03:23. Lael was joined at the outset by veteran crossover standout, Joe Schieffer of Oakland. Schieffer has enjoyed some proud ultra finishes—e.g., leading American at the 100 km World Cup II in Italy ('91), a 50 km best of 3:07 ('86), and an overall win, at 41, in the 50-mile event here in 5:38:57 ('93). Now at 44, he retains enough leg speed to have notched a 55:48 at the Cal 10, two weeks before the 50 km. At two miles, Schieffer's instinct dictated a gentle retreat from Lael's early push, and the pair held one-two through mid-race.

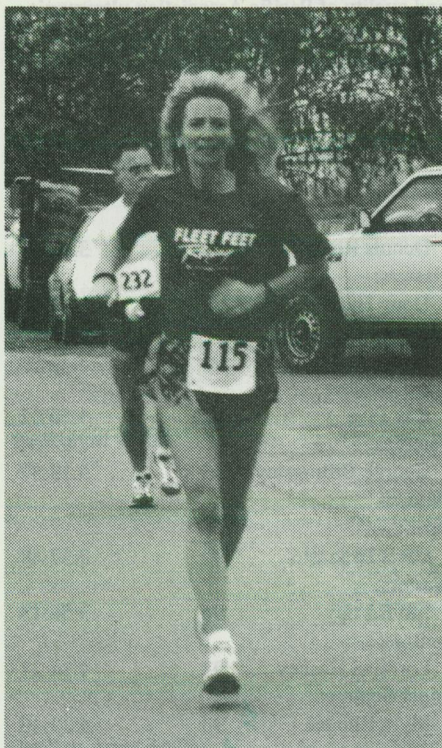
Lurking just behind was intriguing neophyte Mike Gottardi, 28, whose resume of multi-distance, all-terrain versatility was destined to record another eye-catching entry. With a 2:26 marathon (St. George, '92) and a 52:03 10-mile best, he has leg speed comparable to ultrarunning's elite. But that talent is subordinate to the sport's hard-earned prerequisites of mental discipline and physical endurance, qualities which have humbled many who have possessed Gottardi's natural gifts. As speed often frustrates endurance, so endurance can stifle speed. Mental discipline—from conception to experience to execution, with much reassessment and remedy *en route*—is the distinguishing feature of the champion, the fulcrum on which speed and endurance are balanced in equipoise.

Gottardi's name first flashed on ultrarunning's marquee last fall, when the Sacramentan upset the Mt. Tam homeboys at the Quadruple Dipsea. Now there's a course designed to mortify the merely speedy, with it's 9,000-plus feet of ascent distributed with mad abandon over 28.4 miles of trail, stairs and tree roots. Gottardi, the flatlander on his first mission to the mountain, flattened a field of veteran Tamalpans, screaming, in effect, that there was much more in this Buffalo Chip's arsenal than tempo workouts on the bikepath.

At 15 miles, he made his first decisive move, moving alongside Schieffer, then nudging onward. "I knew I wouldn't stick," Schieffer later recalled of a day he would rate as "a day on the downside of okay-to-poor. At the end, I was barely hanging on to a 7 minute per mile pace." Schieffer's rather masochistic grading system ignored the simple fact that his third-place 3:18:03 was the second fastest Masters time in Jed Smith history, barely missing Doug Huff's standard of 3:17:20 from 1990.

But Lael was another story, one as far from Gottardi's mind as his sight—over a mile ahead. As he inched away from Schieffer, Gottardi focused on the assignment he had set for himself: "I had several goals in

photo by George Parrott



Mo Bartley sets a new Master's Jed Smith 50 km course record with a time of 3:56:13

mind—to run the laps in 20:30 (6:10/mile), to work on my pacing and consistency, and especially to have a strong final lap, with something in reserve." Note the absence of win, place or show in his calculations. Thus fixated, Gottardi set himself up for some early self-reproach as he sped to a sub 20:00 first lap, perhaps lulled by his position behind the leaders. Crucially, though, he instinctively heeded his master plan and his heart monitor, hitting the breaks early and thus skirting the temptation of "early legs," the bane of the swift.

Lael still clung to a seemingly comfortable 4-minute lead with 6.6 miles to go, but his rabbit start was taking its toll. Gottardi carved 3-minutes from that cushion on the penultimate lap—a nearly minute-per-mile faster pace. "I really didn't know I was in the hunt until the start of the gun lap," he recalled. A couple of miles later, the race was his in his perfectly timed *coup de grace*, as he kicked home in 3:10:21 to Lael's 3:11:42. Having demonstrated not merely that the Quad was no fluke, but that he is as quick a learner as he is a gifted and adaptable runner—in short, that he is an *athlete*—Gottardi will no longer have the luxury of sneaking up on anyone. Come the mini-summit at the American River 50 Miler, all eyes will be alert to this radiant prospect as he hunts his fortune among several of the dominant forces in American ultrarunning.

Schieffer's narrow miss notwithstanding, the day's top men's age-group performance was recorded by Frank Ruona, announcing, at a fresh 50, that he will be a formidable force among the half-century set. His 3:34:00 earned him seventh overall, and a huge Senior course record over Ed Frisch's 3:51:09 ('93). Also noteworthy was Super Senior standout Gard Leighton, 61, logging a fine 3:59:19.

Meanwhile, still among the young pups, powering his way towards Masterhood, was a hard-finishing Brian Purcell, closing fast on the fading Schieffer for fourth, just 9 seconds behind in 3:18:12 to round out the sub-3:20 elite. Jerry Wittenauer, 36, Gibson Ranch's 24-hour champion (November, '95), trailed in 3:25:55 for fifth.

Although the concurrent 50-mile race is not a Grand Prix event, special mention must be made of the re-emergence of Reno's Sean Crom, competing in his last Open division effort. 1989's North American Male Ultrarunner of the Year and a four-time winner of the American River 50-Miler, Crom has raced infrequently for several years, due to the benign constraints of fatherhood and his other athletic passion, mountaineering. In fact, the 1990 50 km champion here (3:07:48) had not finished a race in over a year, and has been tinkering with his training regimen in order to adapt to the imperatives of Real Life.

"I'll never run the training miles I used to, so I have to emphasize the quality," he observed, suggesting an enviable gift that will facilitate recovery of his position among the elite: "I don't put weight on." For his 50-mile test at Gibson Ranch, "I hoped to be around 5:30." Despite lacking any pressure whatsoever—the runner-up trailed by nearly an hour—Crom answered his own call with a 5:33:31 effort, mere seconds removed from Kevin McCarey's 1990 course record 5:32:46. Next up is Mastery of his new age group, come American River.

Chris Iwahashi, Mo Bartley, Suzie Lister, and Rachel Atchley headlined a stong women's field. Iwahashi, 40, holds the 3:37:48 record on this course, from 1992, when her mark was the second fastest in America; it still earns her sixth-place on the all-time North American list. But she was admittedly weary from a draining competitive schedule in late '95, with 80 road-racing miles over a six-week span. "I'm not focused on competition now, just thinking in training terms. It's more mental than physical," she reflected of her lingering malaise, adding, "The really valuable lesson I've learned from ultras is just knowing that, if I want it badly enough, I can hang on physically even when I'm hurting." Unfortunately, mental fatigue bludgeoned her desire, and she withdrew at 20 miles.

Another fresh inductee into the Master's ranks, Cool's Mo Bartley, hooked up with 1994 champion Suzie Lister (3:53:03) to set the early pace, with 1993 champ Rachel Atchley (3:55:47) making it a threesome by mile eight. By mile 20, Bartley was wielding the hammer, Atchley in pursuit. Lister regained contact six miles later, and then pulled away from Atchley on the final lap. Bartley, however, was out of reach and on her way, in 3:56:13, to a pair of milestones: she became only the fifth woman (and first Master) to break 4 hours on this course, and she shattered Jan Levet's Masters course standard of 4:11:02 from 1993. Lister closed in 4:04:03, with Atchley 3 minutes behind, as the pair finished one-two in the Open division. Ann Grove's steady 4:44:29 was good for the Senior (50-59) title.

The sterling age-group competition at Jed Smith highlights an aspect of ultrarunning which may escape the attention of those for whom the marathon is The Distance: more often than not, course records deserve to be taken lightly. It's a trail-dominated sport, where pacing and time goals tend to take a back seat to more tactical concerns, such as the race-day variables of course conditions and competition. Depending on the layout and calendar slot, such factors as surface and weather can vary widely from year to year. And then there's a basic rule of thumb: the more ultra the distance, the more heavily modest variations will impact the results.

But two events, back-to-back now on the Ultra Grand Prix circuit, form an exception to

this notion. Due to their tradition (now approaching 20 years), the size and competitiveness of their fields, and a history of relatively stable race-day conditions, both the Jed Smith 50 km and the American River 50-Miler boast a remarkable roster of age-group records. The eye-catching feature of the top Jed Smith finishes is that there is not a single household ultra name on the list—not a Trason, Johnson, Hanna or Andersen in the bunch. Part of the reason, of course, is that a near-flat 50 km is very much a crossover event, with many of the record holders better known in road racing circles than among the ultra crowd. But beyond that, these marks demonstrate the depth and quality of Pacific Association ultrarunning, even when its recognized stars are on the sidelines.

Jed Smith 50 km Records

Men

Open:

Dennis Rinde '93 3:02:31

Masters:

Doug Huff '90 3:17:20

Seniors:

Frank Ruona '96 3:34:00

Super Seniors:

Ray Piva '92 3:50:02

Veterans:

George Billingsley '93 5:18:57 (65-69 World Best)

Women

Open:

Chris Iwahashi '92 3:37:48

Masters:

Mo Bartley '96 3:56:13

Seniors:

Lorraine Hashey '93 4:34:27

Super Seniors:

Myra Rhodes '93 4:39:46 (60-64 American Best)

1996 Jed Smith 50 km Results

Male Overall Winners

1. Mike Gottardi 3:10:21
2. Brad Lael 3:11:42
3. Joe Schieffer 3:18:03

Open Male

1. Mike Gottardi 3:10:21
2. Brad Lael 3:11:42
4. Brian Purcell 3:18:12

Masters Male

3. Joe Schieffer 3:18:03
10. Bruce Aldrich 3:44:00
11. Mark Samuelson 3:48:20

Seniors Male

26. Frank Ruona 3:34:00
7. K. C. Young 4:11:12
35. David Kim 4:17:12

Super Seniors Male

16. Gard leighton 3:59:19
53. Steven Gaal 4:35:00
62. Ephraim Rosemberg 4:45:12

Female Overall Winners

1. Mo Bartley 3:56:13
2. Suzie Lister 4:04:03
3. Rachel Atchley 4:07:03

Open Female

2. Suzie Lister 4:04:03
3. Rachel Atchley 4:07:03
50. Marie Gonzales 4:29:41

Masters Female

1. Mo Bartley 3:56:13
45. Kathy Welch 4:26:50
67. Joanie Mork 4:49:00

Senior Female

61. Ann Grove 4:44:29
65. Ginger Bryan 4:47:48
77. Barbara Elia 5:00:24

Super Senior Female

122. Ruth Anderson 6:09:26

Veteran Female

133. Po Adams 7:35:12

1996 Jed Smith 50 Mile Overall Results

Male Overall Winners

1. Sean Crom 5:33:31
2. Michael Carlson 6:28:31
3. Lars Saetran 6:35:30

Open Male

1. Sean Crom 5:33:31
2. Michael Carlson 6:28:31
12. Warren Cellum 6:35:30

Masters Male

3. Lars Saetran 6:35:30
6. Wayne Miles 6:55:05
10. Bob Uleoa 7:33:57

Seniors Male

9. Wayne Kocher 7:32:05
13. Floyd Whiting 7:55:57
19. John Giovengo 8:38:35

Female Overall Winners

1. Helen Hull 7:25:55
2. Linda Elam 8:10:49
3. Renda Gail 8:44:40

Open Female

1. Helen Hull 7:25:55
27. Stephanie Mills 10:17:42

Masters Female

3. Renda Gail 8:44:40
25. Janet Rivard 9:29:10

Seniors Female

2. Linda Elam 8:10:49
29. Dexter Dubberpohl 10:24:34

Jed Smith 30 km "Sprint" Overall Results

Male Overall Winners

1. Doug Thurston 1:58:56
2. John Kennedy 2:09:08
3. Jon Priest 2:13:02

Female Overall Winners

1. Renee Golenz 2:26:27
2. Beth Gouge 2:30:03
3. Cary Craig 2:30:20

ULTRA GRAND PRIX STANDINGS, through The Jed Smith 50 km

OPEN MEN (39 & Under)			
Pl	Name	Team	Total
1	Jerry Wittenaur	Unatt	356
2	Bruce Linscott	Tamalpa	261
3	Brian Purcell	Tamalpa	250
4	Eric Robinson	BAUR	197
5	Geoff Vaughn	Tamalpa	167
6	Rick Simonsen	FFSEDH	128
7	Greg Nacco	Tamalpa	119
8	John Lundy	Tamalpa	118
9	Mike Gottardi	Chips	102
10	Jim Ross	FFSEDH	94
11	George Rehmet	BAUR	78
12	Dave Scott	Unatt	76
13	John Edgcomb	Tamalpa	70
14	Stan Wingate	Unatt	50
15	Bruce Mace	Tamalpa	38
16	Bob Crowley	Unatt	38
17	Tom Larson	Chips	38
18	Tim Twietmeyer	Unatt	26
19	Brad Lael	Chips	25
20	Grant Irwin	Chips	22
21	Guy Palmer	Tamalpa	19
22	Chris Hall	Unatt	18
23	Dave Combs	WVJS	16
OPEN WOMEN (39 & Under)			
Pl	Name	Team	Total
1	M. Kadkhodayan	BAUR	325
2	Suzie Lister	BAUR	226
3	Terry Cray	Unatt	179
4	Helen Hull	Unatt	164
5	MaryannMurphy	Unatt	120
6	Emma Davies	Unatt	110
7	Dhvaja Dorn	Impala	94
8	Rena Schumann	Unatt	80
9	Laurie Riebeling	Tamalpa	72
10	B.Geringer-Frazier	Tamalpa	40
11	Karen Geryk	Unatt	38
12	Marie Gonzales	Unatt	32
13	Rachel Atchley	Silver Sta	25
MASTER MEN (40-49)			
Pla	Name	Team	Total
1	Charles Crompton	Santa Cr	296
2	Mike Palmer	East Bay	244
3	Syl Pascale	Unatt	212
4	John Rhodes	Silver Sta	160
5	Eric Ianacone	Chips	156
6	Ron Howard	Unatt	125
7	Chris Batteate	Tarahum	109
8	Joe Schieffer	East Bay	100
9	Patrick Peregrin	Unatt	83
10	Eric Poulsen	Unatt	80
11	Ray Scannell	Unatt	76
12	Rae Clark	Chips	70
13	Randy Ouellet	BAUR	64

MASTER MEN, CONTINUED			
14	Bill Hambrick	Chips	63
15	Roger Dike	Chips	62
16	David Innes	Unatt	60
17	Josh Babad	Unatt	60
18	Stan Jensen	BAUR	56
19	Harry Islas	Tarahum	51
20	Mark Lyon	Unatt	50
21	Fred Liebes	Tamalpa	50
22	Phil Penna	Unatt	42
23	Denis Zilaff	Unatt	40
24	Michael Schiff	Unatt	40
25	Will Uher	Golden B	38
MASTER WOMEN (40-49)			
PL	Name	Team	Total
1	F. Hanif-Weddle	Quicksilv	201
2	Jan Levet	FFSEDH	200
3	Linda Elam	Silver Sta	120
4	Pat Wellington	BAUR	118
5	Carol Cuminale	Santa Cr	97
6	Kathy Welch	Unatt	68
7	Joanie Mork	Unatt	60
8	Christine Flaherty	Chips	60
9	Leslie M.-Vitale	Ultramari	50
10	Leslie Nacanisi	Impala	36
11	Edna Nerio	Unatt	30
12	Mo Bartley	FFSEDH	28
13	Lisa Felder	Impala	14
14	Linda Parr	Unatt	11
15	Joan Scannell	Unatt	10
16	Margaret Pinuelas	Unatt	9
17	Margie Lopez	Unatt	8
18	Kate Sutherland	Unatt	
SENIOR MEN (50-59)			
Pla	Name	Team	Total
1	David Kim	BAUR	202
2	Dave Remington	Tamalpa	168
3	Al Bogenhuber	BAUR	156
4	Lyal Holmberg	BAUR	127
5	Bob Longwell	Unatt	125
6	Floyd Whiting	Silver Sta	102
7	Joe Holmberg	Chips	88
8	John Clark	Unatt	80
9	Martin Jones	Ultramari	70
10	Richard Phelps	Unatt	60
11	Ed Frisch	Silver Sta	60
12	Richard Clark	Unatt	50
13	Charles Johnson	Unatt	40
14	Raymond Padilla	Unatt	40
15	Jerry Colletto	Tamalpa	38
16	Gene Weddle	Quicksilv	25
17	Robin Rogerson	Unatt	24
18	Wally Hesseltine	BAUR	22
19	Tom Grossi	Unatt	20
20	Jerry Young	Tarahum	20

SENIOR MEN, CONTINUED			
21	Ron Kovacs	Unatt	16
22	Ron Peck	Chips	14
23	Joshua Babad	Unatt	14
24	Manuel Borba	Unatt	11
25	Cliff Kirk	Unatt	10
SENIOR WOMEN (50-59)			
PL	Name	Team	Total
1	Barbara Ann Elia	Chips	205
2	Dina Kovash	Impala	180
3	Joan Szarfinski	BAUR	126
4	Shirley Church	BAUR	79
5	Ann Grove	BAUR	72
6	Noel Relyea	Unatt	68
7	Eldrith Gosney	Unatt	66
8	Lucinda Fisher	Unatt	60
9	Sandy Becker	Tarahum	25
10	Judy Shipman	Unatt	18
11	Jane Colman	Impala	14
12	Elaine Koga	WVTC	
SUPER SENIOR MEN (60-69)			
PL	Name	Team	Total
1	Dwayne Batt	Unatt	91
2	Gard Leighton	Ultramari	88
3	Stephen Gaal	Sundanc	38
4	Dieter Walz	BAUR	33
5	John Chappel	Silver Sta	32
6	Ephraim Romesbo	WVJS	22
7	Neil Moore	Unatt	12
8	Dick Collins	BAUR	6.4
9	Dick Laine	Pamakids	2.4
10	John Mortell	Unatt	
SUPER SENIOR WOMEN (60-69)			
PL	Name	Team	Total
1	Ruth Anderson	BAUR	75
VETERAN MEN (70+)			
PL	Name	Team	Total
1	Frank Rodriguez	BAUR	70
VETERAN WOMEN (70+)			
PL	Name	Team	Total
1	Po Adams	Chips	15
MENS TEAMS			
PL	Team	Total	
1	BAUR	125	
2	Tamalpa	106	
3	Chips	21.6	
WOMENS TEAMS			
PL	Team	Total	
1	BAUR	51.6	
2	Impala	27	
3	Chips	24	
MIXED TEAMS			
PL	Team	Total	
1	BAUR	61	
2	Tamalpa	44	
3	FFSEDH	10	



SUNDAY

APRIL 21, 1996

9:00 A.M.

5K RUN/1 MILE WALK

KID'S SPRINTS

SAN FRANCISCO

YERBA BUENA

CENTER

FAST, FLAT

COURSE!




© 1995 SUTRO & CO.

M.HOBURG

ST. VINCENT DE PAUL SOCIETY

5K RUN/1 MILE WALK TO HELP THE HOMELESS

"\$10,000 POWERBAR PRIZE MONEY"  \$7500. to all comers split between men & women in Open, Masters and Wheelchair. \$2,500 for USA Track & Field Pacific Association 5K Grand Prix.

KID'S SPRINT: (ages 2-6) \$5.00 (\$10.00 Race Day.) Fee includes kid's T-shirt, special kid prizes and refreshments. 50 Yard sprints (by age group) on grass, led by one of the top runners. Every child is a winner!

AGE DIVISION AWARDS: Awards will be presented 3 deep in 16 age divisions and wheelchair both for men and women.

SAN FRANCISCO BUSINESS TIMES 5K BUSINESS CUP CHALLENGE: All teams must be pre-registered under the exact same team name with five or more members per team. Call (415) 759-2690 for Business Cup packet. 1st place business team name on the San Francisco Business Times perpetual trophy and an *Eller Media billboard for one month.

*(Production and labor not included and on a space available basis.)

Top 3 teams receive dinner gift certificates (\$500, \$300, \$200 respectively) from: **KULETO'S**

SUTRO & Co. 5K MUNICIPAL CUP CHALLENGE:

All teams must be pre-registered under the exact same team name with five or more members per team.


Call (415) 759-2690 for Municipal Cup packet.

1st place team name on Sutro & Co. perpetual trophy.

Top 3 teams receive dinner gift certificates

(\$500, \$300, \$200, respectively) from: *Harry Denton's*

ABOUT THE

ST. VINCENT DE PAUL SOCIETY OF THE GREATER BAY AREA 

There are seven county councils which have been helping the poor and needy of the Bay Area for over 100 years. They offer a wide variety of programs and services with the dual purpose of providing immediate relief to people in need and helping them make the transition to a different way of life.

St. Vincent de Paul accomplishes this through

- Homelessness prevention programs
- Emergency shelters
- Emergency detox treatment centers
- Transitional family housing
- Social services; including job training and placement
- Free dining rooms & food and clothing distribution.

LIVE T.V. RACE COVERAGE:

CHANNEL 7 MORNING NEWS.

NATIONAL TV COVERAGE:

SAUCONY "RUNNING & RACING" ON ESPN.

T-SHIRT, LIVE MUSIC, REFRESHMENTS:

As a thank you for your support, all registered participants will receive an official event t-shirt and enjoy live music and great refreshments at the post race in the beautiful Yerba Buena Gardens.

REFRESHMENTS & SERVICES BY:

Blue Moon Personnel, Inc., Cohn Productions, M. Hoburg, La Seine Bakery, Printing Plus & more.

FOOD & CLOTHING DRIVE: 

St. Vincent de Paul trucks will be on site to accept donations of food and clothing.

EVENT MANAGEMENT: RhodyCo Productions

FOR INFORMATION CALL: (415) 564-0532

SUTRO & CO.
Investment Professionals Since 1958

KFRC
101.1 FM
94.7 FM 95.0 AM

San Francisco BUSINESS TIMES
Where Bay Area Business Is Done First

PowerBar
Fuel for Optimum Performance

KGO-TV MARKETPLACE

ELLER MEDIA COMPANY

SOUTHWEST THE LOW FARE AIRLINE
1-800-IFLYSWA

TO PRE-REGISTER: Complete entry, include a \$15.00, (\$5.00 for Kids 6 & under) check or money order payable to: St. Vincent de Paul Society & mail by 4/12/96 with a 4"x10" self-addressed, stamped envelope to: GIMME SHELTER c/o RhodyCo Productions, 1417 Irving Street, San Francisco, CA 94122. Or join us event day for \$20.00. and \$10.00 for KID'S SPRINT. Sorry, no refunds.

LAST NAME	<input type="text"/>															FIRST	<input type="text"/>															AGE (ON RACE DAY)	<input type="text"/>	<input type="text"/>	SEX	<input type="text"/> M <input type="text"/> F		
ADDRESS	<input type="text"/>																														For Official Use Only							
CITY	<input type="text"/>															STATE	<input type="text"/>	ZIP	<input type="text"/>																			
PHONE#	<input type="text"/>															DATE OF BIRTH	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>																
CORPORATION NAME/MUNICIPAL DEPT. & CITY	<input type="text"/>																														CORPORATE CUP <input type="checkbox"/>				MUNICIPAL CUP <input type="checkbox"/>			

KID'S SPRINT ☐

WAIVER: In consideration of your accepting this entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and / or administrators, waive and release any and all claims for damages I may accrue against St. Vincent de Paul Society, RhodyCo Productions, Sutro & Company Incorporated, all sponsors of the event, City and County of San Francisco, Yerba Buena Center, any and all contractors, their employees, representatives, agents and heirs from any and all injuries that may be suffered by me at or enroute to or from this event. I attest that I am physically fit and sufficiently trained for this strenuous competition. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. As part of this waiver I acknowledge that I have read and understood all of the above and, in consideration of this being an amateur event, I release the rights to any and all photographic material, motion picture, videotape, recording and / or computer information organizers may wish to release for this event without obligation to me.

SIGNATURE (Parent or Guardian if under 18) _____
ALL ENTRANTS MUST SIGN WAIVER

DATE: _____

Ultrarunning 1995: A Look Back at a Breakthrough Year

By Hollis Lenderking

Ours is a grass-roots sport—literally as well as figuratively—in a democratic culture. Typically, back-of-the-pack runners receive as much support just to finish as do the leaders enroute to their seemingly mind-bending feats. The level playing field is the ritual table-setting for our feast. All are welcome; none is favored.

In this respect, ultrarunning is not unlike its tradition-rich ancestors: track and field and cross-country. Unlike other nations who chose teams by resume, America demands its prospective athletes engage in trial by single combat and prior credentials be damned.

The USATF establishment carries the meriocratic skepticism of "what have you done for us lately" to its logical extreme with "don't bother to answer, we really don't care—just ask Dan O'Brien."

American ultrarunning is like this, only less so. There are two six-runner national 100 km squads. Half of each are the top three finishers of the national championships. The other three are chosen by committee review, in recognition of the peculiar stresses inherent in our sport. But as if to compensate for this breach of democratic ethics, the single airfare granted by the host organization has been divided into equal shares for each member. In other countries it is awarded to the fastest runner—the better to ensure an eminent display of national effort.

When the French social critic DeTocqueville viewed the American experiment in its infancy 150 years ago, he took aim at this inherent societal tension. He questioned whether people so conflicted (between their desire for equal opportunity to all, and their need to encourage the most talented to achieve all they might) would be able, in the long run, to master this delicate balance. He questioned whether they could allow the gifted to flourish while satisfying the collective urge for a common bond.

Ultras are not just "the long run," but the longest run, the ultimate destiny of a sport moving inexorably from track to road to raw earth, and 1995 has provided the epoch-making response to DeTocqueville's quandary. Officially now, American ultrarunning has it both ways. The sport's grass roots continue to multiply, with nearly 300 races and 15,000 entrants nationally. The Pacific Association's American River 50-Mile is the largest single American event, with about 500 starters annually. The average ultra race size is about 50 runners and this continues to reflect the sport's more home-grown, makeshift origins. But this isn't news.

It's the other half of the equation that has now come into focus—the part about the cream that may have been impeded in its rise to the top, in a culture as egalitarian as ours. Without errand boys sent by grocery clerks to collect the bill, multiplying like staffers in a legislature, how could exceptional prospects find their way into our game. And then, how could they proceed, as their varied capacities permit, to rise through its ranks and into the stratosphere? How could Americans—self-selected, self-directed, not coddled and nursed by a monolithic sports culture—ever be able to find their way into the major fray with (gulp) the traditional European powers, with (gasp) South Africans, with (oh please) Russians?!

The "Sublime Nine" listed on page 28 document the arrival on the world stage of American ultrarunning in general, and Pacific Association ultrarunning in particular. Sure,

there are still certain ultra-achievements which seem otherworldly, and they now seem to be reduced to one word: Kourois. His many accomplishments were crowned last May, when he shattered his own record for a 48-hour run (in 100 degree F temperatures) of 292.6 miles.

But there is not another mark which seems out of Californians' reach. After her 7:00:47 demolition of her own world 100 km record at the World Challenge last September, Ann Trason has now covered this distance 18 minutes faster than any other woman. She also holds the 100-mile record by nearly an hour. She distinctly disavows any interest in the "hamster head" events, and she may well content herself with domination of the arena she enjoys—100 miles and under.

Contd. on page 28

Pacific Association of USATF 1995-96 Ultra Grand Prix

Date	Race	Location	Div.	Diff.	CONTACT
Aug. 6, 1995	Skyline 50 km (trail)	Castro Valley	All	2.0	Completed
Sept. 9, 1995	50 Miles @ Cameron Park	Cameron Park	All	2.0	Completed
Oct. 21, 1995	Firetrails 50 Miler (trail)	San Leandro	All	3.2	Completed
Nov. 11, 1995	Gibson Ranch 24 Hour (road)	Sacramento	All	5.0	Completed
Nov. 12, 1995	Gibson Ranch 50 Miler (road)	Sacramento	All	2.0	Completed
Nov. 25, 1995	Quadruple Dipsea (28.4 Miles, trail)	Mt. Tamalpais	All	2.4	Completed
Jan. 20, 1996	Jed Smith 50 km	Sacramento	All	1.0	Completed
April 6, 1996	American River 50 Miler (trail)	Sacramento	All	2.4	Fleet Feet 1730 Santa Clara Drive Roseville, CA 95661 Delmar Fralick (714) 360-9566
April 20, 1996	Ruth Anderson 100 km (road)	San Francisco	All	3.5	Dick Collins 1015 Hollywood Ave. Oakland, CA 94602 Tel: (510) 530-6634
May 11, 1996	Quicksilver 50 km (trail)	San Jose	All	2.0	Al Hill 546 Bliss Court San Jose, CA 95136 Tel: (408) 978-5199
May 18, 1996	Silver State 50 km (trail)	Reno	All	2.25	Ken McKim 1460 Prospect Ave. Sparks, Nevada 89431 Tel: (702) 356-2024
June 29, 1996	Western States 100 Mi (trail)	Squaw Valley	All	8.0	Norm Klein 1139 Mace River Ct. Rancho Cordova, CA 95670 (916) 638-1161

For more information about the Ultra Grand Prix, contact Ultrarunning Coordinator Rae Clark, 12350 Krista Lane, Auburn, CA 95603, (916) 885-0502 (h), or PA Long Distance Running Chairman Mark Winitz at (415) 948-0618.

For complete Ultra Grand Prix rules, send a SASE to Mark Winitz, P.O. Box 1621, Los Altos, CA 94023.

PowerBar.
Fuel for Optimum Performance™

PowerBar.
Fuel for Optimum Performance™

PowerBar.
Fuel for Optimum Performance™

PowerBar.
Fuel for Optimum Performance™

PowerBar.
Fuel for Optimum Performance™

PowerBar.
Fuel for Optimum Performance™

THE SUBLIME NINE 1995

FEMALE ATHLETE

	EVENT	PERFORMANCE
1. Ann Trason	Western States 100-mile	18:40:01
2. Ann Trason	100 km World Chall.	7:00:47
3. Chrissy Duryea	Arkansas Traveller 100-mile	17:53:10
4. Chrissy Duryea	100 km World Challenge	7:44:235
5. Ann Trason	Cool Canyon & Track 50 km World Record (in one week!)	3:56:55 3:20:23
6. Linda Lee	Leadville 100-mile	22:59

7. Ann Trason	American River 50-Miler	6:11:48
8. Helen Klein	Marathon des Sables	41:28:49
9. Linda Elam	Gibson Ranch 24-hour	112.6 mi.

MALE ATHLETE

	EVENT	PERFORMANCE
1. Tom Johnson	100 km World Challenge	6:30:11
2. Rich Hanna	100 km National Championships	6:42:09
3. Tim Twietmeyer	Western States 100 mi.	18:34:58
4. Dwaine Batt	Gibson Ranch 24-hour	129.2 mi.
5. Mark Samuelson	Leadville 100-mi.	20:55:26
6. Joe Brabinburg	Western States 100 mile	20:55:26
6. Gard Leighton	Western States 100 mile	23:30:49
7. Rich Hanna	American River 50 mile	5:37:14
8. Dave Scott	Western States 100 mile	19:49:33
	Quicksilver 50 km	3:49:25
9. Carl Andersen	Ruck-a Chuck 50 km	3:55:14

Notes About the Women's List

1. & 2. Rating Trason's WS over her 100 km is bound to incur the scorn of the sport's Euro-establishment. But WS conditions were nightmarish, and Trason fell short of an outright win by a bat-of-the-eyelash 5:03. At the 100 km, she harbored misgivings, including a pronounced dislike of multi-loop events. At Western States, she still carried the insecurity of having had to drop out at the 90 km Comrades Marathon in May (where her sponsor, Nike had expected great things of her), due to a whopping intestinal virus she had contracted the week before. In spite of the alibi, she was afraid she had simply gone out too fast and massive self-doubt ensued, until WS.
3. & 4. More scorn, please, roadies: Duryea not only broke her own course record by 47:26, finishing second overall, but did so just three weeks after her 100 km PR at the World Challenge.
5. World track record, one week after an overall win (tied with Dave Scott) at always competitive Cool Canyon.
6. Despite horrible conditions (cold, wet, muddy), at one of the toughest ultras around, and despite this being her first test at Leadville, Lee won the women's crown handily with a fifth-place finish.
7. Trason's time at least equaled her course-record (6:09:08) at this event—the course was several minutes slower this year due to storm-caused detours.
8. At 72, the 109-pound Klein tackled the Moroccan monster—143 Saharan miles, toting a 22-pound pack—and was 153rd out of 192 finishers and 203 starters.
9. Just weeks before her 50th birthday, this was a big win in a grueling and competitive event, but the biggest story is in her comeback from a 1992 hip fracture and surgery.

Notes About the Men's List

1. An American record, 14 years in the waiting, and a strategic third place finish by edging out the current Comrades champion in the stretch.
2. Hanna PR'd despite wilting February heat and acquired his third sub-6:50 in a year.
3. Twietmeyer became the third 3-time WS winner and shod (for the first time) that he could respond to furious late-race pressure (from Trason and Bautista).
4. Third overall, the 60-year old Batt set an all-surface American 24-hour record for his 60-64 age group, as well as an American 100-mile road record of 18:02:35.
5. At 41, this was a breakthrough for the veteran Samuelson in his nemesis event, the trail 100-mile, a second-place overall, and a Masers title in ugly conditions.
7. Hanna's time was roughly equal in quality to Johnson's CR of 5:33:21 (see Women's 7.)
8. Scott notched a big record on a tough course (6,000 feet of ascent) at Quicksilver, but in the thick of it leaving Foresthill, he faltered in the heat, finishing a valiant fourth.
9. This was *another* big course record for Andersen. An interesting note: Andersen's debut 100 km time of 6:54:25 combined with Trason's world record 7:00:47 places the couple only eleven seconds behind Germans Kazimierz and Maria Bak for the eagerly contested honor of the World's Fastest 100-km Spouses (13:55:01 to 13:55:12)!

With Trason on board, and with a big assist from Chrissy Duryea's eighth-place 7:44:23, the American women's 100 km team improved its time by two and a half hours from 1994. In so doing, they captured the first world ultra title ever for an American team, and set a world team record of 22:28:20. They defeated the favored German and Russian teams by almost an hour.

Tom Johnson's quest for the American 100 km record began humbly in 1992 with a 7:30:49 debut time for the distance run on the Washington D. C. mall. His confidence never flagged, and at the 1994 World Challenge in Japan he nailed a 6:41:40 and became the first American top ten male finisher (9th) in championship history. Johnson's arc of improvement continued its parabolic reach last year in Holland, where in the final stretch he sprinted past the third place South African to capture the bronze in 6:30:11. He trailed a pair of world champions, Brazils Valmir Nunes (6:18:09) and Alexei Vilgin (6:20:44). Even without Rich Hanna, the team was only slightly off its 1994 mark, finishing in 20:35:26.

Above all, what should come from this moon landing by the Americans is an international respect, heretofore lacking, for ultrarunning American-style, specifically California-style, with its bias for off-road, adventure-oriented trail events, away from the road and track settings which predominate across the Atlantic.

Consider the case made by the Pacific Association's elite in 1995 alone. I was roundly scolded for my arbitrary consideration of certain factors, to the exclusion of others, in 1994's listing. For 1995, I have thrown the door open, with such elements as age, running resume, injury/recovery history, competition schedule, and so on—all thrown into the blender-brain, along with obvious factors such as race difficulty and race-day conditions.

I expect to hear as many complaints, but no matter. The point here is to look at this wondrous variety of achievement, by men and women of all ages, who have traversed all manner of terrain under widely variable conditions in events spanning several continents. Look what we do, not by having been picked to do it but by merely by heeding the call of the wild.

Only the best of us are listed here; their performances prove that the cream has indeed risen. But the delicate balance has been attained as well: we are all in this together. We, the floundering as well as the fleet, have met the enemy and made him our friend. And we are all the stronger for it.

Kathy Ward. Contd. from page 12

I felt comfortable at a 6:20 pace as I waved at friends and family along the course. I was passing more and more runners.

At mile 18 a "lull" hit me that was gone as quickly as it came on. I welcomed the H Street Bridge for the change in stride that the hill provided, and kept a steady pace to the last mile. Here my legs stiffened, but I responded by pushing the pace, and as I rounded the last turn I saw 2:46 on the clock and really pushed to make sure it didn't change to 2:47.

I crossed the finish line into the arms of friends and family with smiles, laughter, and a sense of accomplishment and honor to have achieved my "dream" goal of qualifying for the Olympic Marathon Trials.

My next challenge was to recover and then to train for the Trials scheduled just over two months away. In spite of a seemingly workable plan for this, I developed tendonitis in my foot in mid-January. My training switched to hours of soggy pool running, boring stairmaster workouts, and cycling in an attempt to maintain fitness.

Meanwhile, preparations by the "Columbians" (as the hosts from Columbia, S. C. called themselves) were in full swing. I received a notice that my personal-liaison-Columbia-resident, Wilma, was on call to answer any questions I might have about my visit. I laughed when I received a questionnaire

to fill out about my running "history"—I had to leave it almost blank!

I was also assigned to a third grade class, with whom I exchanged letters and pictures. They sent me drawings and said they would be on the course to cheer on "their" runner.

When I arrived in Columbia, I was greeted with banners, flowers, assistance with luggage and transportation, food, drinks, and gifts that included a Southern cookbook and a glass box etched with the Trials logo.

A reunion-like atmosphere prevailed, as many of the women knew each other from years of competition, and I was in awe of the caliber of woman athletes that surrounded me.

The hospitality was nonstop—two hospitality suites were available at the hotel, along with a medical/massage room and helpful people everywhere. On Thursday, small groups were taken in mini-vans for a course tour, where I made like a sponge to soak up all the information and experience from the runners in my group.

I felt like a babe in the woods—bewildered yet honored—but *here* in spite of not feeling experienced enough to run with the best. *Runners World* organized a photo-shoot of all the women's masters who were running—I enjoyed more unaccustomed attention as a crowd gathered to watch.

By Friday, race excitement was rising. There was a sports expo, and runners for the 10 km and Columbia Marathon were arriving. Of course, the

Trials runners simply tried to relax.

Race morning dawned cool and clear. The runners were provided a 2-block area in which to warm up and stretch. After a band played the Star Spangled Banner, all 183 of us went to the start line.

The field was so small it felt overshadowed by the spectators. The starting gun fired as a church bell struck 9 am and the crowd roared its encouragement. The first half of the race went well. Spectators cheered, often using the Carolina phrase "You go girl!" My 3rd grade class recognized and cheered me by name.

Shortly after the run through Fort Jackson, where clapping and shouting military personnel lined the course, my foot started to hurt. I slowed a bit at mile 17, hoping I could ease the tension, but it didn't help. Fearful of the risk I would take if I continued, with a heavy heart I pulled off the course at mile 18.

When I saw the finish line stretch from the support vehicle, tears came to my eyes. I had so wished to cross that line on those legs that had carried me to the finish line of my first marathon, enabling me to participate in this special and elite event. But I brought home with me the inspiration that can only come from having the chance to run with the best women marathoners in the United States.

Kathy Ward is a microbiologist in Sacramento.

ACCESS "THE NET"

and THE RUNNING Network

w/



Leading Internet
Service Provider

Call Today!
1-800-295-3004
and ask for your
FREE

Running Network Online
Net Cruiser disk plus:

FREE registration (a \$25.00 value)
420 hours of connect time for \$19.95
Weekends and evenings are FREE

TODAY!

This custom disk comes to you ready to sign
on to the Internet and takes you directly to

THE RUNNING Network

<http://www.RunningNetwork.com>

To use Net Cruiser you need a computer modem and phone line.
Net Cruiser software is PC / Windows compatible.

RUN the WEB

on

THE RUNNING
Network

<http://www.RunningNetwork.com>

&

PACIFIC ATHLETE

<http://www.RunningNetwork.com/PacificAthlete>

WEB SITE SPONSORS:

NATIONS BANK
WALT DISNEY WORLD MARATHON

Supported in part
by The Athletic Footwear Association
and Sportlink

<http://www.sportlink.com>

in affiliation with Sportsite



For access to the World Wide Web
select the NETCOM NETCRUISER

You Can Find The ETONIC STABLE AIR Pro III

"The most stable running shoe
in the world" at...

Phidippides
Encino

Fleet Feed Triathlete
Fair Oaks

Snail's Pace
Fountain Valley

Movin Shoes
San Diego

Runners Factory
Los Gatos

The Starting Line
Marina Del Ray

Runner's High
Menlo Park

Transports
MetroSports

MetroSports
Palo Alto

The Running Center
Redlands Beach

Fleet Feet
Roseville

Fleet Feet
Sacramento

Fleet Feet
San Francisco

Hoy's Sports
San Francisco

On The Run
San Francisco

Fleet Feet Sports
Walnut Creek

Fleet Feet
Davis



THE ETONIC STABLEAIR PRO III.

THE MOST STABLE RUNNING SHOE

IN THE WORLD.



MEDIAL POST. OUR SPECIALLY DESIGNED THERMOPLASTIC URETHANE MEDIAL POST (TPU) FUNCTIONS AS A STABILIZER AND IT PREVENTS PRONATION.

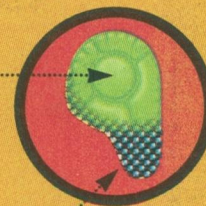


ANATOMICALLY CONTOURED MIDSOLE. OUR ANATOMICALLY-SHAPED LAST ALLOWS US TO CONTOUR THE MIDSOLE AND FOLLOW THE ACTUAL SHAPE OF THE FOOT. THIS PROVIDES A CRADLING OF THE FOOT FOR BETTER FIT AND STABILITY.



SOLID EVERDURE® OUTSOLE. OUR WIDER PLATFORM OFFERS A GREATER BASE OF SUPPORT AND THE LUGGED FOREFOOT ADDS MORE TRACTION AND DURABILITY.

STABLEAIR™ UNIT. ETONIC STABLEAIR IS A SERIES OF INDEPENDENT AIR CELLS WHICH PROVIDE IMPROVED CUSHIONING, YET MAINTAIN STABILITY.



DYNAMIC REACTION PLATE® (DRP) IMPACT FORCES UPON HEEL STRIKE ARE SPREAD OUT OVER THE DYNAMIC REACTION PLATE, THEREFORE REDUCING THE FORCES THE FOOT RECEIVES.



WIDTH SIZING. FIT IS EVERYTHING, AND WE HAVE THE RIGHT FIT FOR EVERYONE.

	MED	WIDE	X-WIDE
MEN	D	EE	EEEE
WOMEN	B	D	

TO FIND OUT HOW WE CAN MAKE SUCH A BOLD STATEMENT, CALL 1-800-84-ETONIC.

Etonic
BUILT SO YOU CAN LAST.



The Bridge. The City. The Race.

Sunday, July 14, 1996
San Francisco Marathon & 5K
P.O. Box 77148
San Francisco, CA 94107
(800) 722-3466 or (916) 983-4622