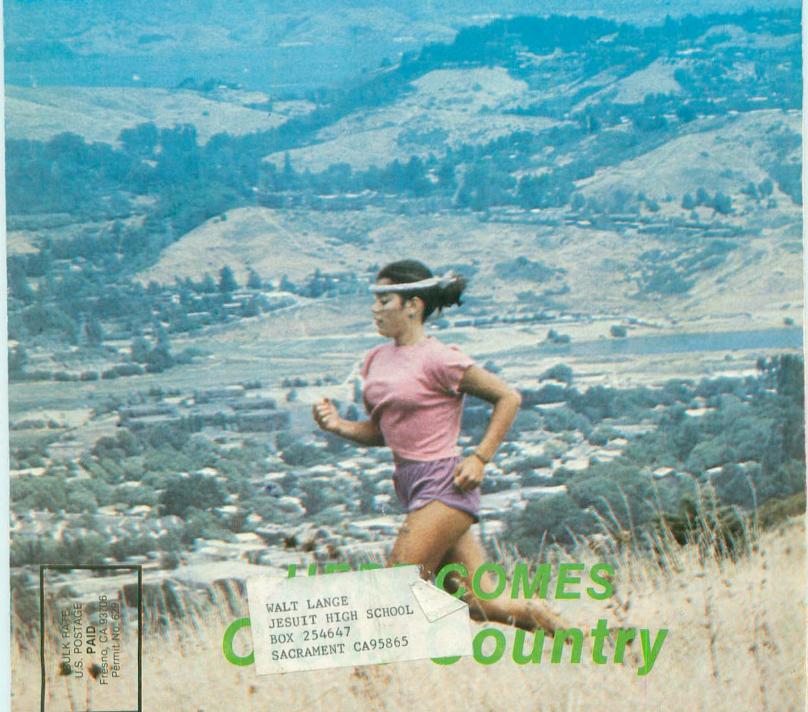
CALIFORNIA TRACK & RUNNING NEWS

SERTEMBER 1982

ISSUE NO.71



California's Only Track & Running Publication



OUT 'N BACK RACE

8-K PUN

DATE

Sunday, September 12, 1982

STARTING TIME 10:00 a.m. REGISTRATION.

830 - 930 a.m.

ENTRY FEE

\$7.5O

AWARDS.

Sports bags and medals to division winners. Special ribbons for second and third places. Ribbons to all

finishers. T-shirts to first 200

pre-registered.

OFFICIAL TIME CLOCK AT THE FINISH

A RENEFIT FOR. PARTNERS. A unique non-profit organization serving our youth.

DIRECTIONS.

Starts at Burlingame Athletic Club. 888 Hinckley Road, Burlingame.

REGISTRATION

INFO.

Pre-register at RUNNERS FEET.

1004 Oakgrove Ave. Burlingame, 343-4242.

BURLINGAME ATHLETIC CLUB

888 Hinckley Road, Burlingame, 697-1906.

or by mail through September 6. Registration also available on race day. For further information call-

PARTNERS, 595-5100.

1-MILE FUN RUN

TIME

Immediately following 8-K run

ENTRY FEE

AWARDS.

Ribbons to all finishers

WHERE.

Covote Point

(where &K run ends)

REGISTRATION. Register day of race

OFFICIAL TIME CLOCK AT THE FINISH

SPECIAL THANKS TO

The Burlingame Recreation Department and Running Feet.

SPONSORED BY, Burlingame Athletic Club

OLD-FASHIONED PICNIC

IMMEDIATELY FOLLOWING THE RUNS

at

COYOTE POINT PARK

Free hot dogs and drinks

Games including volleyball, water balloon &

egg toss, & MUCH MORE!

PRIZE DRAWING

There will be a prize drawing from all entrants.

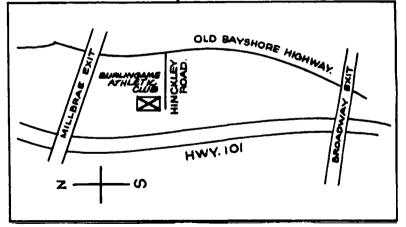
GRAND PRIZE: A Disneyland Package: Passes

for 4 and accommodations for

2 nights for 4

OTHER ASSORTED PRIZES TOO!

8-K run begins at Burlingame Athletic Club and ends at Coyote Point



California Track & Running News



Bill Cockerham

Judy Cockerham

Keith Conning

Richard Slotkin So. Cal. LDR Editor

Jack Leydig

Steve Subotnick

Len Wallach

Bob Martin

Barbara Smith Production Assistant

Photographers: G. David Brown/Innersports, Michael Chickey, Gene Cohn, Ross Gentry, Don Gosney, Louis Hirsch, Marty Higginbotham, Bill Leung, Jr., Richard Slotkin, Ken Takeuchi, Maurice Wilson.

Senior Editors: Tony Baker (Corporate Track); Calvin Brown (Girls and Women Track & Field); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); Doug Speck (Southern California High School); Gary Tuttle (LDR Column); Bob Womack (High School All Time Lists).

Correspondents: Fred Baer, G. David Brown, Ken Dose, Louis Hirsch, Rich McCann, Dennis Mc-Clanahan, Rich Romine, Chuck Skow, John Surge, Howard Willman.

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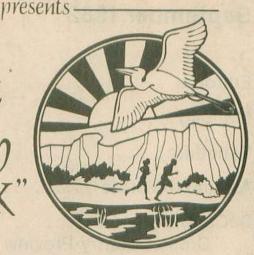
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ON THE COVER: Anne Rosenthal enjoying running over hill 'n dale up Mt. Tam, and overlooking the San Francisco Bay.

SUB 4 CAPROLAN NYLON

Newport Back Bay



Date: Sunday December 5, 1982

Start: Newport Back Bay (San Joaquin Hills Road and Back Bay Road). Eight kilometers (4.8

miles) scenic wildlife reserve. Paved, even surface with two hills.

Time: 8:00-9:30 a.m. Race Day Entry

9:00 a.m. Invitational Team Championships

10:00 a.m. Back Bay 8K

Special Pre-Entry Offer: The very popular Sub-4 100% cotton Long Sleeve Training Shirt with the Back Bay logo will be given to all those pre-registering at \$10. This custom training shirt

available only to those who participate in the race.

Entry: Pre-entry with Long Sleeve Training Shirt \$10

Pre-entry without shirt \$4 Race-day entry without shirt \$5

Back Bay Awards:

First Place Each Division: The Sub-4 tri-blend Windsong Training Suit. The new look and feel in elite training

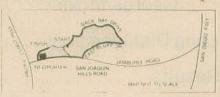
2nd thru 5th Each Division: Sub-4 European Mesh Singlets for the Men; Malibu Singlets for

Everyone has a Chancel 50 prizes including Sub-4 training apparel. Penaliel, and Carta Blanca will be given to participants in a random drawing

Refreshments: All participants will be served Penafiel

Race Information: Stay tuned to KFWB 98 AM for race information, interviews and updates. Or call 714-754-0385

Race Headquarters: The Newporter



SEND	CHECK	OR MONEY	ORDER	TO

Sub-4 Attn: Glenn Rouse, 11615 Coley River Circle, Fountain Valley, CA 92708

Last Name Sex_ Age on race day_ Mailing Address_ Apt. No. City_ State Zip Code

In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all right of claims for damages I may have against the city of Newport Beach, Sub-4, Allied Corp., KFWB, Penafiet, or any individual associated with the above for any and all injuries sustained by me in this event. I will additionally permit free use of my name and pictures in broadcasts, telecasts, etc. I further attest and verify that I am physically fit and have sufficiently trained for competition and my physical condition has been verified by a licensed medical doctor

Date Age

Signature of parent or legal guardian is required in addition to signature of participant if participant is under the age of 18.

KFWB ALLNEWS 98



THE NEWPORTER 👭



Editorial



Hill n' Dale

Fall is almost here, which means the end of vacation, the start of school, pretty leaves, and Thanksgiving - but, it also means the runners will be taking to the hills as cross country season starts off another cycle in the scholastic calendar. What is Fall without cross country? It would be Thanksgiving without turkey.

It used to be that cross country was a welcome diversion from the sport of track and field. Nearly all cross country performers were track athletes getting in shape for track. Some of us, however, looked at (and still do) the harrier season as a separate entity...an end in itself.

With the advent of the recent running boom cross country is becoming more and more accepted as a respectable sport in its own right. The explosion of the road running scene has also taken the diversion dimensions away from cross country as any given weekend during the year finds several and various running opportunities available to those wishing a diversion from the track.

I look back on my high school, college and club competitive harrier seasons with fond memories of experiencing my body in unity with and struggle against the beautiful, yet often harsh physical creation of the earth. Cross country teams were always the closest knit as every member of the team underwent exactly the same experiences in training and racing. For me cross country represented a freedom and freshness in running not experienced on the track.

This September issue initiates and signals the start of the 1982 cross country season in California. Gene Cohn's photo of 14-year old Anne Rosenthal atop Mt. Tam aptly depicts the feeling of cross country -"running free, over hill n' dale."

California Track & Running News will continue to treat cross country as a sport in its own right and will continue to bring you the news of the action in California.

Note about last month's editorial: As you'll remember I was describing the plan for Olympic tickets and suggested the best way to assure tickets for yourself was to sign up immediately with an experienced Olympic Tour group, at which point I recommended the Track & Field News Tour Group. However, Publisher Ed Fox wrote in to clarify the situation; "We are hopeful of getting a good allocation of tickets, but do not know how many we will get, if any," Said Fox. "To date, about 4300 people have signed up to go to Los Angeles with us. At this point, we don't know if we can or cannot take more, or if we'll be taking any people at all."

For many of you these words won't be encouraging if you haven't already signed up. But right now getting with a tour of some sort is the only thing you can do; otherwise it's just wait and see what you can scramble for at the announced ticket outlets. We'll do our best to keep you posted.

THE KGO RADIO— CHEVRON FUN RUN.

Sunday, October 24, 8:30 AM. All proceeds benefit The Recreation Center for the Handicapped.



Wheelchair Race Begins at 8:00 AM.

Distance: 5 miles. Course: around Lake Merced. Fee: \$7 (tax deductible). Race day \$8. Divisions: Men's & Women's Open. T-shirts for all runners.

Mail completed entry and check for \$7 payable to: Recreation Center For the Handicapped, 207 Skyline Blvd., San Francisco, CA. 94132.

T-SHIRT SIZE _____SM ____M ___L ___XL

In consideration of your accepting my entry into the KGO-Chevron Fun Run, a strenuous race, I, the undersigned, intending to be legally bound for myself, heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Recreation Center for the Handicapped, KGO Radio, American Broadcasting Co. Inc. Chevron U.S.A. City of Son Francisco, Golden Gote National Recreation Association, California Department of Parks, Beaches and Recreation, the race director and any and all injuries suffered by me evolving from this event I certify that I am physically fit and have sufficiently trained for this difficult event and have been examined by a licensed medical doctor within six months who will verify my condition.

LAST NAME FIRST NAME INITIAL

STREET ADDRESS STATE ZIP

CITY

AREA CODE HOME PHONE AREA CODE WORK PHONE SEX





Signature (Parent or guardian if under 18)

Race information will be mailed to entrants. T-shirts will be given at race finish

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THREE GREAT RUNS:

2 MILE FUN RUN - Start 7 FM - Hadienda Resort Hotel
10-K CHAMPIONSHIP RUN - 7 A.M. - Hadienda Resort Hotel
HALF MARATHON (Rated World's Best) - 8:30 A.M. Hadienda Resort Hotel

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:000000000000000000

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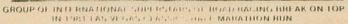
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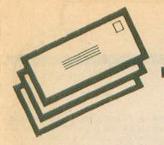












Mailbag

TYMN TAKES TUTTLE TO TASK

Dear Gary Tuttle,

I've enjoyed your column and have admired your running, but I'm prompted to take issue with you on a comment made in

your May issue column.

First of all, let me say that I'm no Foster, Tuttle, or Yifter, but I have been running for some 30 years and have recorded masters times of 31:42 for 10K and 2:28 for a marathon. My running has been fairly intense.

Incidentally, why does everyone insist upon making Yifter older than he says he is. He might look older than 35 or 36, but I know quite a few guys with receding hairlines and sun baked skin who look five or ten years older than their actual age. What possible reason could he have for saying he is younger than he is? He is not an entertainer or someone whose actual age could work to his detriment. More power to him if he is over 40, so why not admit it? Maybe there is some cultural aspect I'm not aware of.

To get to the point though, I'm questioning your comment that..."No longer is the runner concerned with piling on miles to build a strong base. For the veteran, the base is built years earlier, and now he is able to concentrate on shorter, quality miles."

My own experience has been that the endurance goes fast, but the strength and speed remain. To compete successfully, I need to get in 80-90 miles a week. I try to do one interval workout a week, e.g., 6 x mile at

Printed T-Shirts
CHEAP

Factory "Seconds" Minor "Misprints" Production Overruns

Specify size(s) and preferred color(s)...various running events, etc. If not satisfied, return for refund, less shipping charges.

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Make check payable and send to: Jack's Athletic Supply P.O. Box 459 San Carlos, CA 94070 (415) 341-3119

4:52 or 16 x 440 at 68, but I have found that without any real quality workouts I can continue to race within 20 seconds or so of my 10K time when I am doing the quality. On the other hand, if I drop down to 50-60 miles a week with two quality workouts a week, perhaps 2½, my 10K times will fall off by a minute or more.

There are so many factors involved that it's hard to isolate any one of them, as you know, and come to any real conclusions.

My experiences may not hold true for others, but it seems to apply to most of the masters runners that I know.

To conclude, I don't think anyone can cut back significantly on the mileage and expect to compete as well, no matter how much quality he puts in. The "base" disappears fast, but the strength remains for some time. You can get the speed back in a half dozen workouts.

Mike Tymn Hawaii

TUTTLE REPLIES

Thanks for your letter, Mike! If there's one thing I've learned about running and training, it's that no two runners are exactly alike, and no one training program works for everyone. If cutting down miles affects your racing, then don't cut down the miles.

However, I still contend that a runner who's been running 120 miles or 100 miles a week for 20 years, no longer needs as many miles once he's built up that base of running.

I agree, 60 miles a week is not enough, and 80 is better, but plugging out mile after mile just for the sake of running is no longer necessary.

A veteran runner can now concentrate a little more on quality and cut back on quantity.

No less a veteran as Jack Foster said 8 years ago just before his over-40 2:11:19 marathon, "I find I'm to the point where I don't need as many miles as I used to." The greatest advantage to aging is that you don't need to run as many miles. You still need to work hard at times, but it can be shorter (not short) than before.

Regarding Yifter's age, I admit to having no idea as to his true age, but the point is that apparently neither does he, and he was reported at around 35 nearly 10 years ago.

Gary Tuttle

POOR STATE MEET

Thank you for your excellent coverage of the State High School Meet. I must agree that the meet was poorly run.

As an athlete, among my main complaints were the time the events were run both nights. Friday night the meet ran approximately an hour late while Saturday they were about fifteen minutes ahead of schedule. This caused great difficulty for those spectators only interested in one event who didn't care to freeze in the stands all night and then arrive the next night on schedule only to find they almost missed their race of interest.

Also, in the 1600 meter heats Friday, the runners didn't find out until five minutes before the race whether the finalists would be the top five in each heat or the ten fastest times.

Finally, most insulting to me was the fact that I did not receive a place or time in the 1600 meter final. There were ten runners in the race, why couldn't they time all of them? Maybe I was behind the pack a little, but I never would have imagined I would not be timed in the state finals.

Brad Kearns L.A. Taft High School

SUPERMAN III

Since subscribing to CTRN over a year ago, I have noticed you write a great deal about Harold Kuphaldt. Not to take anything away from Harold, he is a fine athlete, but what is Steve Kerho, chopped liver?!

After Steve single-handedly tied Crenshaw for the California Boys T&F title, it seemed there was little mention of this feat in the synopsis of the meet. A performance such as his comes along about every ten or lifteen years, and I think Steve deserves much more credit than he has received over this last track season.

To know Steve is like playing a role in "Superman III." He has never ceased to amaze me over the last four years, either on the track or in the classroom. A 3.8 GPA is just as disastrous to him as a 15.0 over the highs. Steve is not one to ride on his natural athletic ability alone, either. He is the hardest working individual I have ever seen, and this determined attitude carries over to his personal life, as well. In my book, Steve Kerho is second only to Renaldo Nehemiah in athletic ability, and second to none in character.

I wish Steve Kerho all the luck in the world over his next four years at UCLA and beyond.

Chris Dixon El Toro

Schedule

by Jack Leydig Scheduling Director

Please send scheduling information directly to Scheduling Director, Jack Leydig, P.O. Box 459, San Carlos, CA 94070.

Schedule is subject to change. Please verify dates and times with meet directors before travelling to an event. Keep in mind that some events require advance entries and have entry limits and/or deadlines, It is a good idea to always include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

SEPTEMBER

SEP 1: California Challenge Race. 3 mile swim, 40 mile bike, 16 mile run, 6 mile paddie, 10 mile surfski/dory. Leo Carillo Beach to Long Beach, time TBA. Mark Thompson, P.O. Box 2678, Oxnard 93034. (213) 457-5538.

SEP 4: Run for the Scotch. 5 mile, Santa Rosa, 8:30 am. Linda Reitzell, P.O. Box 3506, Santa Rosa 95402. (707) 546-9922.

SEP 4: SPA/TAC District 10K Championships. Beliflower (Wm. Thompson Park), 8 am. Runner's High, 5519 E. Del Amo Bivd., Lakewood 90713. (213) 920-3580.

SEP 4: Poway 10K & 2 Mile Fun Run. Poway, time TBA. End of the Line, 1013 Park Pl., Coronado 92118. (714) 437-4556.

SEP 4: Sierra Crest Survival Run. 50, 75, and 100 miles, Squaw Valley, 7 am. Charles Mersereauy, 8895-B Salmon Falls Dr., Sacramento 95826. (918) 326-9660.

SEP 4: Sausalito Art Festival "Breakers to Bay Run" 6.5 mile, Rodeo Beach (Ft. Cronkite) to Sausalito, 8:30 am. Sausalito Art Festival, P.O. Box 566, Sausalito 94965. Chamber of Commerce: (415) 332-0505.

SEP 4: Visalia Runners Triathion. 1500m awim, 30k bike, 10k run, Visalia, 6 am. Jim Hill, 1514 So. Grant, Visalia 93277. (209) 733-2508.

SEP 4: Poway Soccer Club 10K & 2 Mile Fun Run. (listed as Sep. 6 in some schedules), Poway (Civic Center Dr.), 7 am. George Rosie (714) 566-0185 or 748-2013

SEP 5: Clayton Admission Day Run. 6.5 mile, Clayton (Center St.), 9 am. Bob Vas-quez, 3 Barcelona Way, Clayton 94517. (415) 672-2289.

SEP 5: Clovis Fire Explorers 6 Mile. Clark JHS (Clovis & 5th Aves.), 7:30 am. Ed Carrillo, 1790 Robinwood, Clovis 93612. (209) 299-8065. SEP 5: Silver State Marathon. (also Half-Marathon), Reno, 6:30 am. Davis Creek/Washoe Lake (15 miles So. of Reno). Registration Deadline - Aug. 20 postmark. YMCA, P.O. Box 750, Reno, NV 89504. (702) 825-6240.

SEP 5: San Francisco Gianta/Lite Beer Run to Home Plate. 2.5 miles, San Francisco, Noon. Caminar, 720 El Camino Real, Belmont 94002. (415) 591-2681.

SEP 5: DSE Bay-to-Breakers Revisited. 7.6 miles, San Francisco (Howard & Spear), 8 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

SEP 5: CRRC Half Marathon. Los Angeles (Griffith Park), 8 am. Catifornia Road Runners Club, P.O. Box 891, Tarzana 91356. (213) 888-5526.

SEP 6: Labor Day 10 Miler. (and 2 Mile Fun Run), Santa Rosa (Piner Elementary School), 8:30 am. Joe Phaby, 4100 Siskiyou Ave., Santa Rosa 95405. (707) 546-7892.

SEP 6: Labor Day Runs. 2 & 4 Miles, Napa College, Napa (Handicap start, predicted time races), 9 am. Bob Beatie, 3034 North Ave., Napa 94558. (707) 224-7260. Raceday Registration Only.

SEP 6: The Hot Tubs/KCBS-FM Labor Day Love Runs. 5 & 10K, Golden Gate Park (Polo Fields), San Francisco, 10 am. The Hot Tubs, 2200 Van Ness Ave., San Francisco 94109. (415) 441-829.

SEP 6: "Average Joe" Mini-Triathion. 6.4 mile run, 1/8 mile swim, 8.2 mile bike. Bowman Elementary School, Auburn, 8 am. (Entry Limit of 200). YFC Track Team, 1025 Grange Rd., Meadow Vista 95722. (916) 366-6705.

SEP 6: Love Run - 82, 10K & 2 Mile Fun Run, Cal State Fresno (near Amphitheater), 7:15 am. Dennis Lee, Fresno Community Hospital, Box 1232, Fresno 93715. (209) 298-4240 work or (209) 442-6000, ext. 3116 work.

SEP 6: Labor Day Buddy Run. 10.6 mile, Winters Community Park, 10 am. Fleet Feet R.C., 132 "E" St., Davis 95616. (916) 759 8452

SEP 6: Serene Lakes 5 Mile Handicap. Soda Springs (Donner Summit area), 10 am. Tahoe Outdoor A.C., P.O. Box 2575, Olympic Valley 95730. (916) 587-5571.

SEP 11: Sierra Nevada Triathion. 2 mile swim, 55 mile bike, 13.1 mile run. Folsom, 7 am. Bill Thomas, cio Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 966-TEAM.

SEP 11: September Special. 5-10-20K, Mason Park, Irvine. Jacqueline Wolf, South Coast Runners Association, 3122 S. Baker, Santa Ana 92704. (714) 641-1708.

SEP 11: Continental Relays, 3x2 mile (Many Divisions), Continental Racquetball Club, Oakland, 10 am. Continental R.C., 7717 Edgewater Blvd., Oakland 94621. (415) 568-0132.

SEP 11: Breuners-MJC Fun Run. 2 & 5 mile, Salida (Breuners), 8:30 am. Jack Albiani, Modesto Jr. College, Modesto 95350. (209) 526-2000.

SEP 11: Guadalupe Restoration Run. 4 mile & 15K, Guadalupe, 10 am. Frank Hutchinson, P.O. Box 1818, Santa Maria 93456. (805) 528-8437.

SEP 11: Strawberry Feet Forever 2 & 8 Mile. Garberville (Benbow Lake State Park), 10 am. Bruce Strobridge, P.O. Box 431. Miranda 95553. No Raceday Registration.

SEP 11: Castroville Artichoke Festival Run. 10K, Castroville Comm. Center, 9 am. Castroville Artichoke Festival, P.O. Box 1041, Castroville 95012. (408) 633-2465.

SEP 11: Gliroy Hotsprings 20K. Coyote Reservoir Camping Area (about 6 miles from Gliroy), 8:30 am. Bill Flodberg, 12925 Foothill Ave., San Martin 95046. (408) 683-2453.

SEP 11: International Triathlon Circuit
Western States Championship, 2 mile
swim, 65 mile bike, 13.1 mile run.
Norhtern Calif. (site TBA). Jim Theiring,
100 New Brighton Rd., Aptos 95003. Note:
Listed as Sept. 18th in other
sources...check with contact for lirm
date.

SEP 11: Synanon Wheels & Heels Half-Marathon. & 2 Mile Prediction Run, Badger, 7:30 am. Michele Gauthier, Synanon Running Club, Box 42, Badger 93603. (209) 337-2885.

SEP 11: Thousand Oaks 10K. Cal Lutheran College, Thousand Oaks, 8 am. Chris Meaney, Cal Lutheran College, Olsen Rd., Thousand Oaks 91360.

SEP 11: California Angels 10K Run for Cancer. Anaheim (Angel Stadium), 8 am. Sandy Sato, 4030 Birch, Newport Beach 92663. (714) 752-8600.

SEP 11: Castalc Lake Triathlon. 1 mile swim, 5½ mile run, 4½ mile canoe; Castaic Lake, time TBA. Dave Carlson, 9514-9 Reseda Blvd., No. 615, Northridge 91324, (805) 254-1833.

SEP 11: Harbor 10K. San Pedro, 7:30 am. Barry Pearce/Bill Friend, San Pedro & Peninsula YMCA, 301 S. Bandini Blvd., San Pedro 90731. (213) 832-4211.

SEP 11: Run With Christ 10K. San Diego Area, time TBA. E.O.L., 1013 Park Pl., Coronado 92118. (714) 437-4556.

SEP 11: TUG's Swim-Run-Swim Blathlon Workshop. ½-mile swim, 5½-mile run, ½-mile swim. San Diego, time TBA. Tom Warren, 2393 LaMarque St., San Diego 92109. (714) 483-TUGS.

SEP 11: Jug & Rose Run. 7.7 mile, Sutter Creek, 8 am. Mary Graham, Amador High School Cross Country Team, P.O. Box 219, Sutter Creek 95885. (209) 296-7791.

SEP 11: Run to the Summit 5 & 10K Run. Big Bear (Snow Summit Ski Area parking lot), 8:15. Jere Mitchell (714) 585-3309.

SEP 11: New Almaden Days Run. 10K, New Almaden Village (So. San Jose), 8 am. Peggy Melbourne, P.O. Box 65, New Almaden 95042.

SEP 11: Sugar City Fun Run. 10K & 2 miletpre-school), Crockett (John Swett High School), 9 am. Chris Valentini, P.O. Box 383, Crockett 94525. (415) 787-1320.

SEP 12: VMRC Spring Lake Relays. 3x4.15 mile, Santa Rosa (Springlake), 9 am. Dave Sjostedt, Box 562, Bodega Bay 94923. (707) 875-9925.

SEP 12: Conn Dam Relays. 2-8 person Teams (32 miles total), So. of St. Helena, 9 am. Kaye Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0683.

SEP 12: Nike Marathon. Eugene, Ore., 8 am. Nike Marathon. P.O. Box 10412, Eugene, OR 97440. (503) 687-2477. Entries limited to about 1,000, June 18 deadline.

SEP 12: Burlingame 2.85 Mile Fun Run. Burlingame (Coyote Point Park Beach Parking Lot), 8:30 am. Brock Riddle, Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010. SEP 12: CANCELLED - California Road Runners 5 & 19K. Cupertino (DeAnza College Parking Lot C), 9 am. Dennis Zamzow, DPM, 2500 Hospital Dr., Bldg. 9, Mtn. View 94040. (415) 964-4800.

SEP 12: The Out and Back 5 & 10K (& 1 Mile) Runs. Burlingame (Burlingame Racquetball Club), 9 am. Becky Cooper, Partners, 1250 San Carlos Ave., San Carlos 94070. (415) 595-5100.

SEP 12: Golden Gate Race Walkers 10K Championships, Angel Field, Stanford, 10 am. (also a 1-mile & 5K event). Harry Siltonen, 106 Sanchez, No. 17, San Francisco 94114. (415) 863-0479.

SEP 12: Crow Canyon 10K Classic. Crow Canyon Commons Shopping Center, San Ramon, 9 am. Crow Canyon Classic, clo Diablo Gymnastics School, 2417 Old Crow Canyon Rd., San Ramon 94583, (415) 820-6885, Irv Rashoff.

SEP 12: DSE Golden Gate Bridge Vista Run. 5.0 mile, Legion of Honor, San Francisco, 10 am, Walt Stack, 741 Kanses St., No. 2, San Francisco 94107.

SEP 12: Blue Lake Races. 2 & 6.2 miles, Blue Lake School, 1 pm. Rob Dickerson, P.O. Box 214, Arcata 95521. (707) 888-5161.

SEP 12: Indian Ridge Run. 5 & 10K, St. Mary's College, Moraga, 9 am. Moraga Jr. Women's Club, P.O. Box 462, Moraga 94556. (415) 376-8693.

SEP 12: Women's Buddy Run. 2.5 & 3.5 Mile, Stockton (Fleet Feet Store), 9 am. John Griffin, 2121 Gateway Cir., Lodi 95240, (209) 957-5646.

SEP 12: The Sundown Run 10K & 2 Mile Fun-Run. San Diego, 6 pm., Celeste Roberts, c/o E.O.L., 1013 Park Pl., Coronado 92118. (714) 584-4004.

SEP 12: SIDS Run for Life 10K. Tilden Park, Berkeley, 9 am. Northern California SIDS Foundation c/o Children's Hospital, 51st & Grove Streets, Oakland 94609. (415) 428-3627, Sandy Trachtenberg. September 5 Entry Deadline.

SEP 12: Cable Saves Cable Car Run. 10K, San Francisco, 8 am. HBO, 530 Bush St., San Francisco 94109. (415) 986-3660.

SEP 12: Squaw Valley Mountain Race. 3.5 mile, 10 am. Tahoe Outdoors A.C., P.O. Box 2575, Olympic Valley 95730. (918) 587-5571.

SEP 12: DeAnza Cove 50 Mile Run. San Diego area No Race Day Entries. Time TBA. Jerry Dietrich, P.O. Box 90426, San Diego 92109.

SEP 12: Corcoran Knights of Columbus 6 Mile. John Maroot Park (Corcoran), 7:30 am. Fred Pereira, P.O. Box 548, Corcoran 93212. (209) 224-7857.

SEP 12: KSFO Run For Safe 10K. Golden Gate Park (So. Parking Lott, Polo Fields), San Francisco, 9 am. Citizens Safety Project, 850 Bryant St., No. 553, San Francisco 94103. (415) 474-9318.

SEP 12: The 16th of Sept. Independence Run. 13.1 miles, Stockton, 8 am. Robert Marquez, Mexican-American Chamber of Commerce, 17 So. California St., Stockton 95202. (209) 464-5558.

SEP 12: The GLAZAKNBC Psacock 10K Run. Los Angeles (Griffith Park), 8 am. Saundra Willis, Press Dept., KNBC, 3000 W. Alameda Ave., Burbank 91523. (213) 666-5133.

SEP 17: Pepsi of Reno Lake Tahoe 72-Mile Run. Tahoe City (Commons Park), 7 am. Mark Elgert, 840 West Benjamin Holt Dr., Stockton 95207. (209) 951-3006. SEP 18: International Triathion Circuit (Western States Finals), See September 11.

SEP 18: Run for Your Life. 5 & 10K, Lake Merritt (New Boathouse, Bellevue St.), Oakland, 9 am. Sister Clara Muhammad School, 1652 - 47th Ave., Oakland 94601. (415) 438-7755, Samuel Rasheed.

SEP 18: "Be Special, Help Someone Special" Fun Run. Walk, Jog or Run and Distance over a 3 hour period, Cal-State Univ., Sacramento, 8 am. Be Special, P.O. Box 2150, Sacramento 95810. (916) 449-5276.

SEP 18: Run at Rancho. 10K, Rancho Los Amigos Hospital, Downey, 8 am. Run at Rancho, First Baptist Church, 6348 E. Third St., Downey 90241. (213) 923-1261, Rich Freeman.

SEP 18: China Cup Series Race No. 8. 5K X-C Run, Newport Beach, 2 pm, Newport Beach Runners Assoc., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

SEP 18: Jim Thorpe Memorial 5 & 10K, Lomita, 7 am/8 am. Lomita Chamber of Commerce, P.O. Box 425, Lomita 90717. (213) 328-6378.

SEP 18: Soccer Bowl 10K. San Diego, Time TBA. End of Line Race Consulting, 1013 Park Pl., Coronado 92118. (714) 437-4556.

SEP 18: Tahoe Tin Man Triathion. 600yd swim, 5 mile run, 20 mile bike. Incline Village(?), Nevada, 9 am. Fleet Feet, Box 6618, Incline Village, NV 89450. (702) 831-0668.

SEP 19: Relay to End World Hunger. 4 person, 21K total, Santa Rosa (Spring Lake Pk.), 9 am. Chris Oaks, P.O. Box 11282, Santa Rosa 95406. (707) 576-1516.

SEP 19: Sr. Men's National TAC 25K Chempionships. (and SPA/TAC District Championship), Ventura (Mission Park), 8 am. Team Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

SEP 19: National TAC 30K Championships. (All divisions), Schenectady or Albany, New York. George Regan, 231 Fourth St., Troy, NY 12180. (518) 273-3722.

SEP 19: Buffalo Stampede 10 Mile. Sacramento (Rio Americano High School), 9 am. Elliott Eisenbud, 6400 Coyle, Carmichael 95608. (916) 986-5404.

SEP 19: Walnut Festival 10K. Heather Farms, Walnut Creek, 9 am. 2000 Runner Limit. Walnut Festival, P.O. Box 4459, Wa'nut Creek 94596. (415) 935-6786.

SEP 18: Bigtoot-Bigheart 10K Race. San Francisco (So. Parking Lot, Polo Fields, Golden Gate Park), 9 am. Catholic Social Service, 50 Oak St., San Francisco 94102. (415) 864-7400, Alicia Gallegos.

SEP 19: The Great Grape Race 10K. San Jose (Quicksilver Mine Park - Castillero Jr. High), 8 am. Rocki Kramer, 6552 Jaremie Ct., San Jose 95120. (408) 997-2812

SEP 19: Footsteps Run. 4.2 mile. Pete's Harbor, Redwood City, 9 am. Debbie Foote, Dynomite Gymnastics Club, 955 Terminal Way, San Carlos 94070. (415) 591-4832.

SEP 19: DSE Low-Tide Ocean Beach Run. 6.5 mile, Balboa & Great Highway, San Francisco, 10 am. Well Stack, 741 Kansas St., No. 2, San Francisco 94107.

SEP 19: Nisene Marks Run-to-the-Creek 10K. Aptos (Nisene Marks State Park, Bayview Hotel), 9 am. Benjamin Sawyer, 148 Pryce St., Santa Cruz 95060. (408) 475-6367.

SEP 19: Run for Pumpkins. 2 & 5 mile, Ruiston Park, Atwater, 8 am. Randy Cagle, 2308 Santa Cruz Dr., Atwater 95301, (209) 358-3571.

SEP 19: South Bay 10K for Special Olympics. Hermosa Beach, 7:30 am. South Bay Special Olympics, c/o ARC-Southwest, 16921 S. Western Ave., Gardena 90247. (213) 532-8031.

SEP 19: Sri Chinmoy 10K. Santa Barbara (Goleta Beach County Park), 8 am. Tom Schaefer (805) 962-3450. SEP 19: Prefontaine Memorial Run. 10K, Coos Bay (Fourth & Anderson), 11 am. Prefontaine Memorial Run, P.O. Box 210, Coos Bay, OR 97420. (503) 269-0215.

SEP 19: Big Brothers/Big Sisters Triathion Relay. 6.5 mile bike, 5 mile boat, 8 mile run. Marysville, 8:30 am. Allan Harder, P.O. Box 2658, Marysville 95901. (916) 742-5151.

SEP 19: Kirkwood 10K Run, Kirkwood Ski Resorts Timber Creek Lodge, 9 am. Norm or Connie Rupp, 2608 Newlands Ave., Belmont 94002. (415) 591-2312 or Kirkwoods (209) 255-6000.

SEP 19: Love-A-Fair 10K. L.A. County Fair Grounds, Pomona, 7:30 am. Race Central, 249 So. Riverside Ave., Rialto 92378. (714) 874-5880

SEP 25: California Orienteering Champlonships. Calero Reservoir Park near San Jose (2-day meet), Class, time TBA. Joe Scarborough, 3151 Holyrood, Oakland 94611. (415) 530-3059.

SEP 25: Richmond YMCA Pancake 2.7 Mile Race. Richmond (Nicholi Park), 9 am. Ken Stein, 3230 MacDonald, Richmond 94804. (415) 234-1270.

SEP 25: Chuck's Triathlon. 10K run, 20K bike, 1 mile swim. Mission Bay, San Diego, Time TBA. Alan Olson, 3923 Cadden Way, San Diego 92117. (714) 274-4414.

SEP 25: KFWB/South Coast Classic 5 & 10K Races. Irvine (Mason Regional Park), 8am. Kathy, Children's Hospital of Orange County, Box 5700, Orange 92667. (714) 558-2884.

SEP 25: Davis Triathion. 6.2 mile run, 19.2 mile bike, 1.5 mile swim. Davis (Stonegate Country Club), 9 am. 550 Limit, No Raceday Entries. John Bracchi, 3307 Canoe Pl., Davis 95616. (916) 753-2005, Joanne Ball).

SEP 25: Santa Barbara Triathlon. 1.25 mile ocean swim, 50 mile bike, 13.1 mile run. Santa Barbara (1118 Cabrillo Bivd.), 7 am. Entries must be postmarked by Sept. 11. Laurie Jane Weiss, 6689 El Colegio Rd., No. 101, Goleta 93117. (805) 968-6351, eves.

SEP 25: Jr. Chamber of Commerce Half-Marathon & 10K. Los Angeles (Griffith Park), 8 am. Contact: (213) 482-1311.

SEP 26: Bridge to Bridge Run. 8 miles (& 5K Fun Run), San Francisco, 9 am. KNBR, 1700 Montgomery, San Francisco 94111. (415) 788-2611.

SEP 28: CANCELLED Muir Run. Walnut Creek.

SEP 26: CANCELLED Monterey Bay Ford Hospice Race. 10K, Monterey.

SEP 26: Sonoma Vintage 3.5 Mile & 10K Runs. Sonoma (Sebastiani Winery, 4th St.), 8 am. Butch Alexander, P.O. Box 632, Sonoma 94576.

SEP 26: Billy Mills/PA-TAC 10K Championships. Sacramento (Cosumnes River College), 9 am. Len Wallach, P.O. Box 9635, Sacramento 95823. (916) 428-1171, Larry Gury).

SEP 28: DSE Legion of Honor 4.5 Miler. San Francisco (34th Ave. & Clement), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

SEP 28: Home Town Foot Race. 5 mile, San Carlos (Burton Park, Brittan & Cedar), 9 am. Dave Branning, 510 DeAnza Ave., San Carlos 94070. (415) 365-5972, eves.

SEP 26: Dominican Sisters' 4 & 7 Mite Runs. San Rafael, time TBA. Patsy Vincent, 1520 Grand Ave., San Rafael 94901. (415) 454-9221.

SEP 26: Petaluma Countryside Run. 7.5 mile, Petaluma (Petaluma Plaza NOrth Shopping Center), 9 am. Sports-A-Foot, 275 No. McDowell Blvd., Petaluma 94952. (707) 762-4749. TENTATIVE

SEP 26: Whiskeytown Lake Relays. Whiskeytown Lake, nr. Redding 9 am. SWEAT, 2191 Penn Dr., Redding 96002. (19.3 mile - 4-person learns) Info. (916) 243-8448, Andy. TENTATIVE

SEP 28: Police & Friends 6 Mile Run. Fresno (Shaw & Palm), 7:30 am. Fresno Police Officers Ass'n, Raul Saldana, 2975 E. Belmont, Fresno 93701. (209) 286-8155.

SEP 26: Kit Carson 10K. Escondido (Kit Carson Park), 7:30 am. Escondido Llons Club, P.O. Box 991, Escondido 92025. (714) 745-7576.

SEP 26: St. Johns 10K. Marina Del Rey, Time TBA. Contact: (213) 829-8426.

SEP 26: CANCELLED Fall Classic 5 & 10K. Salinas (Toro Park Estates), 9 am. Tony Ramirez (408) 757-7536.

SEP 26: North Coast Runs. 5, 10 & 20K, Ft. Bragg (Mendocino), 8 am. North Coast Run, c/o The Foor Bank, 242 No. Harrison St., Ft. Bragg 95482. (707) 964-9404.

SEP 26: NAS Lemoore X-C Championships & Open Race. 6.5 mile, downtown Lemoore, 9 am. Carl Whitaker, Recreation Services, NAS Lemoore, Lemoore 93245.

SEP 26: Harvey's Tahoe 10K. Cave Rock to Stateline, Nev., 9 am. Tahoe-Douglas Chamber of Commerce, Box 401, Zephyr Cove, NV 89448. Richard Lawson (800) 648-3361. \$16,150 In Prize Money!

OCTOBER

OCT 2: CANCELLED — California Road Runners 100-Mille Endurance Run. Cupertino (DeAnza College, Parking Lot C), 4 am. Dennis Zamzow/William Feigel, 2500 Hospital Dr., Bidg. 9, Mountain View 94040, 415 964-4800.

OCT 2: Walt Stack Birthday Run, 10K, Ft. Mason, San Francisco, 9 am. Sherman Welpton, 258 40th Street Way, Oakland 94611. (415) 653-1055, eves. before 10.

OCT 2; Selma Cancer Run. 2 & 6 miles, Selma (Bretlinger Park), 8 am. Sept. 24 Entry Deadline. Tony Dominguez, 3746 Gaynor St., Selma 93662. (209) 896-1028. OCT 2: Fitness Classic 5 & 10K. Lancaster, time TBA. Running Promotions, Unitd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

OCT 2: Del Mar Day Triathlon. 1 mile swim, 10k run, 20 mile bike. Del Mar, time TBA. Betsy Milich or John Collins, 1050 Camino del Mar, Del Mar 92014. (714) 755-9313.

OCT: 2: Benicia Rotary Run 10K. Benicia, 10 am. Benicia Rotary Club, P.O. Box 421, Benicia 94510. (707) 745-4600, days.

OCT 2: Sierra Crest Ridge Run. 13.1 miles, Donner Summit to Squaw Valley, 9 am. Chris Vandiver, c/o TOAC, P.O. Box 2575, Olympic Valley 95730. (916) 587-2630.

OCT 2: Heritage Day Run. 10K & 2 mile, Waterford (12 miles east of Modesto), 8 am. Don Lundberg, 12607 Lone Oak Rd., Waterford 95386. (209) 874-2229.

OCT 2: CRRC Tune-Up Series. 20 mile & 10K Fun Run. Griffith Park, Los Angeles, 8 am. California RRC, Box 891, Tarzana 91356. (213) 888-5526.

OCT 2: Burbank Community Hospital Dlamond Jubilee 4 & 8K Runs. Burbank, 8 am. R.A.C.E., Box BC, Westminster 92683. (213) 846-3135. ext. 8670.

OCT 2: Salinas Sky Climb. 7.5 miles, Torro Park, Salinas, 9:30 am. Monterey County A.C., Don Dugdale, 607 Kirkwood Ave., Salinas 93901. (408) 422-1681.

OCT 2: Learn Not To Burn 19K & 1 Mille. Lakeside/Santie Park, San Diego. End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. Ross Nightingale (714) 449-4562.

OCT 3: ORRC Portland Marathon. Memorial Collseum, Portland, Oregon, 8 am. Deadline is Sept. 20. ORRC Portland Marathon, 2131 N.W. Kearney, Portland, OR 97210.

zip code

BUFFALO CHIPS

RUNNING CLUB

PRESENTS
What: The Buffalo Stampede 10 Mile

When: September 19, 1982 promptly at 9 A.M.

Where: Rio Americano High School 4540 American River Drive, Sacramento, CA.

Course: FLAT, FAST, Out-and-back

Entry Fee: \$6 before 9/12; \$8 later 6 race day Checks payable to "Buffalo Stampede" Awards: First 500 finishers T-shirts, various

division awards, refreshments Amenities: Good parking, showers available

In consideration of accepting my entry, I waive all claims against the race and its officials for any injuries I may incur related thereto.

	Age:	Sex:
gnature		

last name, print first name

address

Club/team: Mail To: E. Eisenbud, 6400 Coyle, Carmichael, 95608

COMING

CLARKSBURG CLASSIC 20 HILER, Nov. 21, 1982

Register before 11/1/82 for only \$7 (\$10 Late fee) Apps: 20 Mile Run/1982, Fleet Feet,2408 J, Sac'to Zip Code: 95816 (SASE Please)

Schedule

OCT 3: Great America Run 10K. Great America (Santa Cruz), 9 am. Great America Run, 726 Woodhams Rd., Santa Clara 95051. (408) 984-3223.

OCT 3: Conejo Track Club 10K. Westlake Elementary School, 8 am. Brian Pritchard, 1626 Weilington Pl., Westlake Village 91361. (805) 495-8705.

OCT 3: Run for Health 10K & 2 Mile. Balboa Park, San Diego, 7 am. End of the Line Race Consulting, P.O. Box 1049, Coronado 92118, (714) 582-3516, ext. 224.

OCT 3: Great Race at Stanford. 10K, Stanford Stadium, (also 2.5K Fun Run), 8:30 am/2.5K, 9 am/10K. Oz Crosby, 535 Middlefield, Suite 250, Menio Park 94025. (415) 329-0862.

OCT 3: Sacramento Marathon & Half Marathon. Sacramento (William Land Park), 7 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181.

OCT 3: National TAC Masters 15K Champlonships. Washington D.C. Larry Noel, 105 Northway Dr., Greenbelt, MD 20770. (301) 474-9362.

OCT 3: Rabbit Run 9-Mile, Belmont (Fox School, 3100 St. James), 9 am. Len Wallach or Bob Kisick, Boardwalk VW, 350 Convention Way, Redwood City 94063. (415) 364-0100.

OCT 3: Delta-thon. 1.9 & 6.2 mile, Contra Costa District Fairgrounds, Antioch, 9 am. Jill Cogan, Delta-thon, P.O. Box 70, Antioch 94509. (415) 757-2525, ext. 61.

OCT 3: Sonoma County Harvest Fair 10K. Santa Rosa (Howarth Park), 9 am. Pete Peterson, Sonoma County YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545.0829 OCT 3: Northwood Classic 5 Mile & 1.5 Mile Fun Run, Napa, 9 am. Bob Benning, Northwood School, 2214 Berks, Napa 94558, (707) 226-9844.

OCT 3: Harbor Lite Half-Marathon. San Pedro (Peck Park), 7:30 am. Barry Pearce, San Pedro & Peninsula YMCA, 301 S. Bandini Bivd., San Pedro 90731. (213) 832-4211.

OCT 3: Santa Cruz County Half-Marathon. Santa Cruz (Long Marine Lab, UCSC), near Natural Bridges State Park, 8 am. Mike Moser, c/o Marine Studies, Univ. of California, Santa Cruz 95064. (408) 429-4675 or 2883.

OCT 3: DSE Colt Tower Run. 3.0 mile, San Francisco (Dolphin Club), 10 am. Watt Stack, 741 Kansas St., No. 2, San Francisco 94107.

OCT 3: Hunt Loop Race. 2 & 7.2 mile, Arcata, 1:45 pm. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

OCT 3: Run for Health. Balboa Park, San Diego, time TBA. Tom Thompson, E.O.L., 1013 Park Pl., Coronado 92118. (714) 5582-3518, ext. 224.

OCT 3: AMJA Ultra-Marathons. 50 mile & 100K, Chicago, IL, 7 am. Dr. Noel Nequin, 5145 N. California Ave., Chicago, IL 60625. (312) 878-8200, ext. 5327. RRCA National Championship.

OCT 9: Ironman Triathlon World Champlonship. Kaliua-Kona, Hawaii. 2.4 mile ocean swim, 112 mile bike, 26.2 mile. Ironman, P.O. Box 25861, Honolulu, Hi 96825. (808) 395-4582.

OCT 9: Pamakid Lake Merced 8.5 Mile Run. San Francisco (Sunset Bivd. Pkg. Lot, Lake Merced), 10 am. (Note date change from Oct. 2). Bill Dake, P.O. Box 27385, San Francisco 94127. (415) 583-6268. OCT 9: Zoo Zoom 5 & 10K. William Land Park, Sacramento, 9 am. Rae London, 7263 Farmdale Way, Sacramento 95831. (918) 422-4993.

OCT 9: The Great Grape Run. 5 & 10K, Delano (11th & Main St.), 8 am. Dr. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

OCT 9: Petaluma Classic. 7.5 & 15K, Petaluma High School, 9 am. Clark Rosen, 120 Rocca Dr., Petaluma 94952. (707) 763-7096.

OCT 9: Run for the Cheese of It. 7.65 & 2.0 miles, Riverbank, 9 am. Don Lenkeit, 3237 Santa Fe, Riverbank 95367. (209) 869-4541.

OCT 9: Moving Comfort 8K Women's Race. San Diego, time TBA. Gall Weaver, Box 3249, LaJolla 92038.

OCT 9: SPA-TAC 8K Championships, Griffith Park, 8 am. CRRC, Box 891, Tarzana 91356.

OCT 9: L.A. City Fire Dept. 10K. Patrick Patterson, Los Angeles City Fire Dept., 200 N. Main St., Suite 900, Los Angeles 90012

OCT 10: Berkeley-Moraga 13.1 Mile Hill Run. Berkeley (Claremont Hotel), 8 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

OCT 10: Columbus Day Golden Gate Bridge 10K. San Francisco (Presidio Parade Grounds), 8 am. Sausalito Presbyterian Church, 112 Bulkley, Sausalito 94965. (415) 332-2999.

OCT 10: Sulphur Springs Ribbons Runs. 2 & 4.5 miles, St. Helena (Crane Park), 9:30 am. Jack Potter, 1604 Pueble, No. 11, Napa 94558.

OCT 10: Visalia Runners Half-Marathon. Visalia (Mooney Grove), 7:30 am. Visalia Runners, P.O. Box 3638, Visalia 93278.

OCT 10: Spartan Run. 10K, DeLaSalle High School, Concord, 9 am. Tom Barnett, 3685 Bon Homme Way, Concord 94520. (415) 676-7313.

OCT 10: Festival Runs. 5 & 10K, New Boathouse (Lake Merritt), Oakland, 8 am. Limit 1000 Runners. Barbara de Janvry, Alameda County Festival Ass'n, 1515 Webster St., Room 505, Oakland 94612. (415) 893-0681.

OCT 10: Reno "Journal Jog" 5 mile, Reno, Nevada, 9 am. Reno Star Journal (702) 786-8989.

OCT 10: DSE National Jogging Day Run. 6.5 mile (South Embarcadero Run), Dolphin Club, San Francisco, 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

OCT 10: Pony Express Days 5 & 10K. Westlake/Agoura area, 8 am. Dr. David Halpert, 5611 Kanan Rd., Agoura 91301, (213) 889-2020.

OCT 10: Heart of San Diego Marathon & 10K Fun Run. Coronado, 7.am. American Heart Ass'n, 3649 Fifth Ave., San Diego 92103. (714) 291-7454.

OCT 10: RRCA National Marathon Champlonships. Minneapolis, MN, 8 am. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. (612) 920-0558.

OCT 10: Humboldt Redwoods Marathon & Hall Marathon. Weott, 9 am. Six Rivers RC, P.O. Box 214, Arcata 95521 (707) 822-3136. 1200 TOTAL entrants, both races combined.

OCT 10: Sam's Marathon. Cameron Park (east of Placerville), 8:30 am. M.O.R.E. Workshop, 2850 Cold Springs Rd., Placerville 95667. (916) 622-4848.

OCT 16: Seaguil Run, 5 & 10K(?). Treasure Island (S.F. Bay), 9:30 am(?). Special Services Dept., Bidg. 265 (Attn: Seaguil Run), NSA Treasure Island, San Francisco 94130. (415) 765-5088.

OCT 18: Boys' Club Run for Youth 5 Miler. Fresno (1621 S. Cedar), 8 am. Randy Keeler, Boys' Club of Fresno, 327 No. Van Ness, Fresno 93701 (209) 266-3117. OCT 16: Silverado Days 10K. Buena Park area. Boys Club of Buena Park, 7758 Knott Ave., Buena Park 90620. (714) 522-7259.

OCT 16: Summerville AFS 5 & 10K Run. Tuolumne City (City Park), 9 am. Ralph Epstein, 16915 Country Rd., Sonora 95370. (209) 928-3673.

OCt 16: Mother Goose Chase, 10K, Granite Hills High School, 8 am. John Meyer, End of the Line Race Consulting, P.O. Box 1049, Coronado 92118, (714) 462-9225.

OCT 17: Santa Barbara Marathon. Santa Barbara City College, 7:30 am. John Brennand, Box 6616, Santa Barbara 93111. (805) 964-2591.

OCT 17: Brass Pols Run. 10K, Oakland (Lake Temescal to Jack London Village), 9 am(?). The Oakland Brass Pols Run, P.O. Box 13037, Oakland 94611. (415) 451-4789

OCT 17: Angwin to Angwish 7.6 Mile. (Tentative). Angwin (Pacific Union College), 10 am. Dr. Daryl Stewart, P.E. Dept., Pacific Union College, Angwin 94508. (707) 965-6245.

OCT 17: Concord Classic 10K & 2 Mile. Concord (Clayton Valley High School), 10 am. Becky Gibson, 631 Thornhill Rd., Darville 94526. (415) 820-6205.

OCT 17: Half Moon Bay 1½ & 5-Mile Pumpkin Feetival Runs. Half Moon Bay (Main & Higgins-Purissima Rds.), 8:30 am. Bill Hurja, 637 Buena Vista St., Moss Beach 94038. (415) 728-5262.

OCT 17: Fort Baker Handicap 14-Mile. (Tentative). Ft. Baker Parade Ground, 8 am. Steve Overman, Nat'l Park Service, Golden Gate Nat'l Recreational Area, Ft. Mason 94123. (415) 556-0560.

OCT 17: Sacramento Bee 10K. Sacramento (City Hall), 9 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (918) 488-7181.

OCT 17: Loomis Basin 10-Mile. Penryn, 8:30 am. Fleet Feet R.C., c/o Dick Hunt, 1419 Caperton Ct., Penryn 95663. (916) 783-4558.

OCT 17: Berkeley Waterfront Run. 5.09 miles, Berkeley (4th & Addison), 9 am, Nike Berkeley, 2114 Addison, Berkeley 94704. (415) 843-7767.

OCT 17: Young at Heart Run. 12K & 3 Mile. Santa Rosa (Redwood Empire Ice Arena), 8 am. Public Relations, Memorial Hospital, 1165 Montgomery Dr., Santa Rosa 95402. (707) 546-3210.

OCT 17: 5K Pumpkin Run. Woodland Hills (El Camino High School), 8 am. Don Dunn, 23461 Hamilin, Canoga Park 91307. (213) 346-8160.

OCT 17: Great Bell Race. 3 & 15K, Merced (26th & "O" Sts.), 9 am. Merced Track Club, P.O. Box 3275, Merced 95344. (209) 723-8579.

OCT 17: Agnews Coyote Creek Run. 10K, Agnews State Hospital, San Jose (Zanker & Center), Time TBA, Robyn Spiegal, clo Program 8, Agnews State Hospital, San Jose 95114.

OCT 17: DSE Baker Beach B.Y.O. Plonic/Run. 3.0 miles, San Francisco Presidio (Baker Beach), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

OCT 17: Del Mar Race Track 10K. Del Mar, 8 am. Don Bomar, E.O.L., 1013 Park Pl., San Diego 92118. (714) 755-0227.

OCT 17: CAPH 5K Run. Bakersfield (Hart Park), 8 am. Bakersfield TC, Mike O'Haver, 3512-C Sampson Ct., Bakersfield 93309. (805) 832-0749.

OCT 17: A 10 Mile Run. Mason Regional Park, Irvine, 8 am. South Coast Runners, 3122 South Baker, Santa Ana 92704. Jacqueline Wolf (714) 841-1708.

OCT 23: Nevada Appreal 13.1 Mile Mini-Marathon. Carson City (Governor's Field), Nevada, 9 am. Dave Osborn, Nevada Appeal, P.O. Box 2288, Carson City, NV 89702. (702) 882-2111.



NOTECARDS & POSTERS

- FOLDED NOTECARDS (4'/4" × 5'/2"), 15 DESIGNS, BLACK 4 WHITE, PKGS. OF 12, INCL. ENVELOPES, ONE DESIGN PER PKG. PERFECT FOR LETTERS, BIRTHDAY + HOLIDAY CARDS. #4.25 POSTPAID.
- POSTERS (11" x 15"), PERFECT AS GIPTS #2.25 PPD.
- WORK ON LOGOS, CERTIFICATES, T-SHIRTS, & SPECIAL AWARDS.
- FREE BROCHURE, WRITE: HERB PARSONS

HERB PARSONS BOX 501 C NORTH HAVEN ME 04853







OCT 23: Pumpkin Trot. Fair Oaks (Fleet Feet), Distance TBA, 9 am. Bobbie Stavis, 8128 Fair Oaks Ave., Fair Oaks 95628. (916) 323-8905.

OCT 23: Toys for Tots Run. 10K & 2 Mile, Fresno (Woodward Park), 9 am. Major R.A. Weigand, 5315 E. Cassino Ave., Fresno 93727 (209) 487-5330.

OCT 23: Beniclans for the Prevention of Nuclear War 5 & 10K Runs. Benicla (City Park), 10 am. BPNW, c/o Mary Swift, 770 West "K" St., Benicla 94510. (707) 745-0935.

OCT 23: Big Sur River Run. 10K, Pfeilter State Park (Big Sur), 10 am. Big Sur River Run, c/o Fernwood, Big Sur 93920.

OCT 23: Ed Jerom. Memorial 5K & Half Marathon. Lancaster (Lane Park), 8:30 am. Running Promotions, P.O. Box 128, Lancaster 93534, (805) 942-3820.

OCT 23: Tokal Bank/AIA 5-Miler. Fountain Valley (Mile Square Park), 8 am. 2500 Max. AIA 5-Miler, 17102 Newhope St., Fountain Valley 92708. (714) 957-1855.

OCT 23: 10K & 2 Mile Runs, San Diego, time TBA, E.O.L., 1013 Park Pl., San Diego 92118

OCT 24: Los Angeles Harbor Marathon. San Pedro (Pt. Fermin Park), 7 am. Bill Friend, YMCA, 301 S. Bandini St., San Pedro 90731. (213) 832-4211.

OCT 24: Monterey County Marathon & Half Marathon, Salinas, 8 am. Dave Lewis, Fleet Feet R.C., P.O. Box 475, Salinas 93902. (408) 424-4343.

OCT 24: Hayward Half-Marathon. (PA-TAC Championships), Hayward (Kennedy Park), 9 am. Phil Denoncourt, Recreation & Parks District, 1099 "E" St., Hayward 94541, (415) 881-6710.

OCT 24: City of Fremont Pumpkin Patch 10K Run. Fremont (Central Park Swim Lagoon Parking Lot), 9 am. Sarah Cole, Recreation Dept., P.O. Box 5006, Fremont 94538. (415) 791-4320.

OCT 24: ESL Runaway. 10K & 1 mile, Sunnyvale (ESL, Inc., Geneva & Java), 8:30 am. Dave Thomas, 1330 Geneva, Sunnyvale 94086. (408) 743-6133.

OCT 24: Women's Run In the Park. 5 Mile, Golden Gate Park, San Francisco (Polo Fields), 9 am. Women's Run in the Park, Women's Bidg., 3543 18th St., San Francisco 94110. (415) 431-1180.

OCT 24: The KGO Radio-Chevron 5-Miler. Lake Merced, San Francisco, 8:30 am. Five-Mile, c/o Recreation Center for the Handicapped, 207 Skyline Blvd., San Francisco 94132.

OCT 24: Fall Color Tour 15K. Geyserville High School (No. of Santa Rosa), 9 am. Ken Howe, 529 El Dorado Ct., Santa Rosa

OCT 24: Witshire Community Police Council 10K Run. Wilshire (Wilshire Blvd. & Oxford), B am. Jim Richart, P.O. Box 19886. Los Angeles 90019. (213) 485-4020.

OCT 24: Aztlan 5-Mile Hill Challenge. Montecito Park (Ernest Debs Park), 8 am. Frank Meza, MD, 448 No. Ave. 58, Los Angeles 90042. (213) 255-3041.

OCT 24: Lake Merritt Joggers & Striders 5, 10 & 15K Runs. Oakland (Lake Merritt, Old Boathouse), 9 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

OCT 24: The Breakfast Run. 30K, Stockton, time TBA. Don Hoffman, 7025 Shoreham, Stockton 95207.

OCT 24: Leukemia 10K & 2 Mile Fun Run. San Diego, 7 am. E.O.L., 1013 Park Pl., San Diego 92118.

OCT 24: Run for Choice 5K. Lake Hollywood, 9 am. Carol Downer, National Abortion Federation, 6520 Selma Ave., Box 551, Los Angeles 90028. (213) 469-4844

OCT 24: SPA-TAC 50 Mile Championships. Rose Bowl, 6 am. Hully Fetico, Box 891, Tarzana 91356. OCT 30: Dry Run. 5 & 10K, San Francisco (Golden Gate Park), 10 am. Bill Cullen, AIA, 1050 Redwood Hwy, Mill Valley 94941. (415) 621-7097, Ohlhoff House.

OCT 30: Pt. Pinole Skunk Run. 1.5, 3 & 10K, Richmond (Pt. Pinole Regional Park), 10 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

OCT 30: Halloween 8K. Visalia (Mooney Grove Park), 8 am. Craig Newport, P.O. Box 3638, Visalia 93278, (209) 734-5441.

OCT 30: Lodi Life & Times 10K. Lodi (Lodi Lake Park), 9 am. John Griffin, Fleet Feet, 2121 Gateway Cir., Lodi 95240. (209) 957-5846.

OCT 30: The Great Cookle Caper Runs. 10K and 2 Mile, Fresno, 8 am. Jane Martin, P.O. Box 73, Kingsburg 93631-0073. (209) 897-4684

OCT 30: Santa Ana Golden City Days 10K. Santa Ana, 8 am. Ken Henderson, Santa Ana Tustin YMCA, 205 W. Civic Center Dr., Santa Ana 92701. (714) 542-3511.

OCT 30: San Diego Symphony Classic 10K & 2 Mile. Balboa Park, 7 am. End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. Don Mizak (714) 452-8014

OCT 30: Whittier Village 5 & 10K. Whittier, 8 am. Whittier Village Race Committee, P.O. Box 1959, Whittier 90608.

OCT 31: YMCA Golden Gate Marathon & Half Marathon. San Francisco (Ferry Bldg.), 7 an. YMCA GGM, Box 62196, San Francisco 94162. (415) 392-4218.

OCT 31: Sportsmen of Stanislaus Natural Light Footrace. 10K & 2 Mile, Modesto (MJC West Campus, Blue Gum Dr.), 8:30 am. Jeff Highiet, 229 Charlemagne Way, Modesto 95350. (209) 527-7597.

OCT 31: UCSC Symphony Run. UC Santa Cruz (Carriage House), 4½ mile, time TBA, Santa Cruz County Symphony, 6500 Soquel Dr., Aptos 95003, (408) 462-0553.

OCT 31: DSE Golden Gate Promenade Run. 7.5 miles, Dolphin Club, San Francisco, 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

OCT 31: Earthquake Run. 10K, Hollister (Spring Grove School), 9 am. Ed Singleton, 811 Carpenter Dr., Hollister 95023. (408) 637-3126.

OCT 31: Madera Half Marathon. Madera (Town & Country Park), 8 am. Bob Owen, 121 Berry Dr., Madera 93637. (209) 673-3089.

OCT 31: Steve Garvey 5 & 10K. Pierce College, 8 am. Sports Classics, 23480 Park Sorrento, No. 2008, Calabasas Park 91302 (213) 888-7406.

OCT 31: Legg Lake Halloween Classic. 25K, 10K & 10 miles, 8 am. Monterey Park Optimist Club, P.O. Box 536, Monterey Park 91754.

OCT 31: Halloween 5 & 10K Runs. Mason Regional Park, Irvine, 8 am. South Coast Runners, 3122 South Baker, Santa Ana 92704. Jacqueline Wolf (714) 641-1708.

OCT 31: Great Pumpkin Festival 10K. Westlake Village, time TBA. Chris Carroway, 31718 Dunrayen, West Lake Village 91361. (213) 705-6167.

COLLEGE/OPEN CROSS COUNTRY

SEP 4: FSU Watermelon Run. 2, 4, & 6 miles. Fresno State University campus, 8:30 am. Red Estes, Cross Country Coach, Fresno State University, Fresno 93740. (209) 294-4097.

SEP 11: Toro 10K X-Country. Cal State Univ. Dominguez Hills, Carson (Victoria & Avalon Blvds.), 7:30 am. Mitch Harmatz, CSUDH Toro X-C Series, Dept. of Physical Education, Carson 90747, (213) 516-3761, 400 Runner Limit.

SEP 11: Vermont Canyon X-Country. 1 & 3.5 mile, Los Angeles (Griffith Park), 8 am. Sept. 7 Entry Deadline: Fred Honda, 3900 Chevy Chase Dr., Los Angeles 90039. (213) 246-5613.

SEP 11: Central Cal Cross Country Run. 5 mile men, 2 mile women. Woodward Park, Fresno. Red Estes, Cross Country Coach, Fresno State University, Fresno 93740. (209) 294-4097.

SEP 11: Griffith Park Cross Country, Fred Honda, 3900 Chevy Chase Dr., Los Angeles 90039. (213) 246-5613.

SEP 18: UCLA invitational. Westwood, 9 am. Bob Larsen, Cross Country Coach, UCLA Athletic Dept., 405 Hilgard Ave., Los Angeles 90024.

SEP 19: SDTC 4-Mile X-C. Balboa Park, San Diego, 8 am. Bob Parkinson (714)

SEP 25: FSU X-Country Invitational. Men 10K, women 5K, Woodward Park, Fresno. Red Estes, Cross Country Coach, Fresno State University, Fresno 93740. (209) 294-4097.

SEP 25: UC Riverside Invitational. Chris Rinne, Cross Country Coach, UC Riverside Athletic Dept., Riverside 92521.

OCT 9: Stanford Invitational. Stanford Golf Course 10 am. Brooks Johnson, Cross Country Coach, Stanford Athletic Dept., Stanford 94305.

OCT 9: Road Runner Invitational, Cal State Bakersfield, 10 am, Men 10K, women 5K. Bob Coons, Cross Country Coach, Cal State Bakersfield, 9001 Stockdale Hwy., Bakersfield 93309. OCT 9: Cal Aggle Invitational. UC Davis, 11 am. John Pappa, Cross Country Coach, UC Davis Athletic Dept., Davis 95519.

OCT 18: Biola Invitational. La Mirada Park, 9 am. Colin McDougall, Cross Country Coach, Biola College, 13800 Biola Ave. La Mirada 90639.

OCT 22: Mt. SAC Invitational, J.C. Division. Mt. San Antonio College, 8:30. Don Ruh, Athletic Dept., Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789.

OCT 23: Mt. SAC Invitational, Open Men & Women Division. See contact above.

OCT 30: FWC, CCAA and NCAA II Western Regional, UC Riverside, Chris Rinne, Cross Country Coach, UC Riverside Athletic Dept., Riverside 92521.

NOV 13: NCAA Dist. 8 & PCAA Cross Country Chempionships. Woodward Park, Fresno, Red. Estes, Cross Country Coach, Fresno State University, Fresno 93740. (209) 294-4097.

NOV 13: NCAA Div. II Nat'l Championships. St. Cloud, Minn.

NOV 22: NCAA Div. I Nat'l Championships. Bloomington, Indiana.

NOV 27: TAC Nat'l Championships. Men 10K, Women 5K. Belmont Race Track, New York. Nat'l Champs, clo NYRRC-IRC, 9 East 89th St., New York, NY 10028. (212) 860-4455.

COACHES: Please send cross country schedules.

LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc.):

NOV 6: 50 Mile Run. Santa Cruz to Half Moon Bay, 6 am. Stephen Figoni, 534 Spindrift Way, Half Moon Bay 94019, (415) 726-4273

NOV 7: Stockton Marathon & Half Marathon. Stockton, 7:30 am. Don Hoffman, 7025 Shoreham Pl., Stockton 95207. (209) 952-2055, eves.

NOV 7: Orange Grove Marathon, Loma Linda, 7 am. Loma Linda Lopers, P.O. Box 495, Loma Linda 92354. (714) 824-1779, eves.

NOV 7: Golden Empire 10K, Haif Marathon & Full Marathon. Bakersfield, 7:30 am. Michael Callagy, P.O. Box 9013, Bakersfield 93389. (805) 325-9474-Wk, (805) 323-8800-H.

NOV 7: Excelsior West End Run. (PA/TAC 10K X-C Championships), San Francisco (Golden Gate Park, Polo Fields), 10 am. Tom Mann, 2661 Rollingwood Dr., San Bruno 94066.

NOV 14: Summit Marathon. Los Gatos (to Soquel), Los Gatos High School, 7 am. Runner's Factory, 51 University Ave., Los Gatos 95031. (408) 395-4311.

NOV 14: Nat'l TAC Masters 10K X-C Champlonships. University Park, Penn. (Penn State Univ.), Illme TBA. Harry Groves, Track Coach, Penn State Univ., University Park, PA 16802, (814) 863-0237.

NOV 14: Tiger Newport Beach/Irvine Marathon. Newport Beach, 7 am. John Blair, 1162 Dorset Ln., Costa Mesa 92626 (714) 966-0556.

NOV 20: Nat'l TAC Sr. Men's 20K Champlonships. Tuísa, Okla. (Mohawk Park), time TBA. Joe McDaniel, 1416 So. Marion Ave., Tuísa, OK 74112. (918) 561-2781.

NOV 20: Central California Marathon. Fresno State Univ., Fresno (Barstow & Cedar), 7:30 am. Bill Woody, 8038 N. Mariposa, Fresno 93710. (209) 431-6820. NOV 21: Clarksburg Classic 20 Mile. Clarksburg (Delta High School), 11 am. George Parrott, Psychology Dept., Cal State Sacramento, Sacramento 95819. (916) 454-884.

NOV 21: Nat'l TAC Sr. Women's 15K Championships. Phoenix, Ariz., time TBAI. Pete Fairman, 41-48 East Calle Redonda, Phoenix, AZ 85018. (602) 990-1273.

NOV 21: Rose Bowl Marathon (also Half Marathon, 5 & 10K). Psaadena, 7:30 am. Nov. 7 Deadline. Milton Vaught, 235 Holly, Pasadena 91001. (213) 793-3131.

NOV 28: Nat'l TAC Masters 5K X-Country Championships. Raleigh, N.C. (Meredith College), time TBA. Bob Baxter, 800 Purdue St., Raleigh, NC 27609 (919) 876-5674.

NOV 27: Nat'l TAC Masters 15K X-Country Champlonships, San Diego (Balboa Park), time TBA. Ken Bernard, P.O. Box 80512, San Diego 92138. (714) 488-3960.

NOV 28: Zephyr A.C,'s Ultra Challenge 50K. Richmond (Wildcat Canyon Park), 8 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

DEC 4: Flesta Bowl Marathon. Scottsdale, Airz., 7:30 am. Nov. 8 deadline. Flesta Bowl Marathon, P.O. Box 1032, Scottsdale, AZ 85252.

DEC 5: Western Hemisphere Marathon. Culver City, 8 am. Jack Nakanishi, 4117 Overland Ave., Culver City 90230. (213) 202-5889.

DEC 11: Las Vegas Classics Half Marathon, 10K, and 2 Mile. Las Vegas Strip. Bob Fowler. Las Vegas Classics, Hacienda Hotel Suite 500, Las Vegas, NV 89119. (800) 634-67.13.

DEC 12: Honolulu Marathon. Honolulu, Hawali, 6 am. Entry deadline usually in Oct. Honolulu Marathon Assn., Attn: David Benson, P.O. Box 27244, Chinatown Sta., Honolulu, HI 96827, (808)

DEC 19: Christmas Relays. 4.464 mile x 5 legs, San Francisco (Lake Merced), 9 am. Relays, P.O. Box 652, Burlingame 94010. (415) 837-6674, Mari.

Around the State



Lewis Jumps 27-10.75w Ashford Sprints 10.93

By John A. Ortega

At the 1981 ARCO Jesse Owens Games National Championships (a meet for 10-15 year old athletes from metropolitan areas throughout the country), a special mens 100 meter dash race was added to the program in hopes that Jim Hines' 9.95 WR from 1968 would be broken. Although Hines' mark survived, James Sanford did clock a good 10.08 in defeating a field which included Carl Lewis. At this year's August 10th meet, two "World Class Challenge" events were included in the program; the mens long jump and the womens 100 meters. The two big attractions were Carl Lewis and Evelyn Ashford.

Lewis, the sprinter/long jumper who was ranked number 1 in the world in both the 100m and the long jump in 1981, had leaped 28-9 (8.76m) at the United States Olympic Committee (USOC) Sports Festival in Indianapolis two weeks earlier. In addition to that. Lewis claimed to have had a foul over 30 feet! Many people (especially the media) were fairly confident that Bob Beamon's once thought impossible 29-21/2 (8.90m) WR would finally be broken. Lewis only stated that he was looking for a 28 foot jump.

Although he was unable to break Beamon's record, Lewis still turned in a fine (for anyone else a fantastic) series which included four jumps (two wind-aided) of 27 feet or farther. His winning effort of 27-10.75 (8.50m) was wind-aided, however he did have a legal best of 27-101/4 (8.49m, 12th performance in history). Appearing somewhat tentative in his approach (perhaps because of four opening fouls at the Sports Festival), Lewis never put it all together during the competition. Even on his best legal jump of the day he took off a good three to four inches behind the end of the board. TAC runner-up Jason Grimes finished 2nd with a jump of 26-10 (8.18m) while NCAA runner-up Michael Conley of Arkansas finished 3rd with a 25-91/2 (7.86m)

Afterwards, Lewis said that he wasn't disappointed in his effort, explaining that he gave it his best shot two weeks earlier at the Sports Festival and just didn't have enough left over for a big one here. He stated, "It's only two weeks after my biggest meet of the year. It was hard for me to think about records and things. I just wanted to compete well."

"There was a time when everyone would have been excited about 27-10.75." Lewis said. "Now, if I don't jump close to 29, it seems like everyone is disappointed."

In the womens 100, Evelyn Ashford, the two-time world cup champion at 100 and 200 meters and 1981 female track and field athlete of the year, was attempting to lower the 10.88 WR of East Germany's Marlies Gohr; which was first set on July 1, 1977. Running out of lane four, Ashford came out of the blocks quickly and never looked back, destroying a good quality U.S. field in the process. Her time of 10.93 is equal to the 5th fastest performance in history and is the fastest non-altitude 100 ever run by a U.S. woman. Dianne Williams and Jeanette Bolden finished 2nd and 3rd in times of 11.24 and 11.32 respectively.

With his performance here, Carl Lewis continues to dominate the long jump's all time world performance list. Of the nine legal jumps in history over 28 feet, Lewis has seven. Of the eleven legal jumps in history of 8.50m (27-10.75) or farther, Lewis claims eight (including numbers 2-8) of them and he also has fourteen of the seventeen legal jumps in history of 27-91/4 (8.46m) or farther.

Although Evelyn Ashford can't claim Lewis type domination in the 100, she is quickly becoming one of the dominant forces on the all time world performance list. Of the seventeen legal sub-11 clockings in history, Ashford has run seven of them, including the 3rd, 5th, 9th and 10th fastest in history.

Dannon Comes to S.F.

The national series of road races sponsored by Dannon Yogurt and organized by the Road Runners Club of America (RRCA) comes to the Bay Area on Saturday, October 2 with a 10 Kilometer Run at Fort Mason. The series offers an entry fee of \$1.00, virtually unheard of in road racing to-

Organized locally by the Dolphin-South End Runners Club, the Dannon Road Runners Club 10K Race is expected to draw thousands of runners, who will come both to honor Walt Stack's birthday and because of the interest created by the national Dannon Series.

In a recessionary economy, the Dannon Road Runners Club races are a bargain. The traditionally-low \$1.50 entry fee has been reduced to \$1,00, and all the money remains in the running community. As another feature of the concept behind the series, runners are encouraged to evaluate the races on postage-free reply cards, which are sent to series officials for their review.

Additional information and entry forms for the Dannon Road Runners Club 10K Race may be obtained by sending a selfaddressed, stamped envelope to C.

Welpton, 655 Caldwell Ave., Oakland, CA 94611 or by calling Sherman Welpton at (415) 653-1055 (6-10 p.m. Monday-Friday, and on weekends.) Entry deadline is September 17. Race day registration is possible, between 7 and 8:45 a.m. (at \$3.00). Series caps and race packets can be picked up during the same hours on race day.

Multi-Event Clinic

San Francisco State University and TAC are sponsoring, under the guidance of SFSU coach Harry Marra, a Multi Event Clinic (decathlon & heptathlon) on Saturday, October 23, 1982, at San Francisco State's Cox Stadium. Athletes will be admitted Free, and coaches will pay a nominal \$5 fee.

CLINICIANS INCLUDE:

Bruce Jenner: 1976 Olympic Champion, former world record holder, American record holder and Olympic Games record holder.

• Fred Dixon: Two-time Olympian (1976 & 80), 3rd all time highest point scorer in US.

• Fred Samara: 1976 Olympian, head field event coach at Princeton University, 1975 National AAU decathlon champion.

•Russ Hodge: 1964 Olympian, former American and world record holder.

·Sam Adams: Former decathlete, manytime national coach of team decathlon competitions, head track coach at UCSB, coach/advisor of many US decathletes.

Jane Frederick: Current American record holder in heptathlon, two-time Olymplan (1972 & 76), many time internationalist.

Dr. Harmon Brown: National Chairman TAC Development Committee, coach of Millbrae Lions TC, throwing coach at Cal State Hayward.

•Ed Parker: Coach at Millbrae High and Millbrae Lions TC coach of many female multi-event athletes.

· Mike Brown: Active US decathlete, 3rd at 1982 TAC Championships, best score

· Mike Orechia: Assistant coach at SFSU, former New England High School Coach of Year, Springfield College graduate.

·Harry Marra: Head Coach at SFSU, former decathlete, Western Regional Chairman of TAC Decathion Development Com-

Registration for the clinic will take place between 10 and 11 AM on the 23rd at the Track Stadium.

FOR MORE INFORMATION: Call Harry Marra, Head Track & Field Coach, San Francisco State University: (415) 469-1561 or (415) 345-0799.

Las Vegas Classics

The invitations are rolling out and entry blanks are available for the 4th annual Las Vegas Classics Road Racing Championships to be held December 11, 1982.

A record 2,000 runners are expected to compete in the three scheduled events — the 2-mile Fun Run, the 10-kilometer run and the world-famous Half Marathon.

All races will start and finish at the Hacienda Hotel on the fabulous Las Vegas Strip, said Bob Fowler, Sr., president of the Las Vegas Classics, Inc.

Defending champion Mike Musyoka of Kenya who set a world record time of 1:02:07 in the Half Marathon last year, is expected to be in the lineup in December. Also expected back is 10K winner Nick Rose of Oregon and the ladies 10K champion, Mary Decker-Tabb, also of Oregon. Marathon champion Antonio Villanueva of Mexico may be another returnee to the Las Vegas Road Classics.

The three races are open to both men and women of all ages in 11 different divisions. Awards will be given to the top three finishers of each division and certificates, as well as a beautiful gift, will be given to all official entries.

Competitors will relish the course as they race over a paved surface in 40-50 degree temperatures. The low altitude of Las Vegas and the 10-15 degree humidity has helped to produce three world records in the Half Marathon that has been sanctioned and certified by TAC.

A national running publication declared the Half Marathon as the No. 1 race in the country. The popularity of the race is evidenced in the number of entries since its inception. In 1979 there were 1,200 entrants in the LV Classics. In 1980 there were 1,647 and last year there were 1,843.

The Half Marathon, to say the least, has been a thrilling race for spectators as well as competitors. Kirk Pfeffer of Colorado won the inaugural by 24 seconds over Tom Wysocki and nearly a minute over Bill Rodgers. In 1980 Ric Rojas outdistanced New Zealand Olympian Dick Quax and Wysocki again.

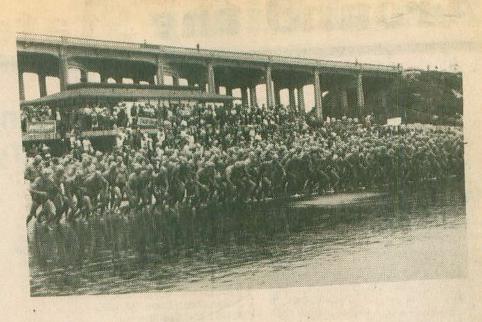
Computerized final results supplied by the Las Vegas Classics have revealed that 90 percent of past participants have recorded their career best times in all three races.

For information on the races, contact Las Vegas Classics, Hacienda Hotel, Suite 500, Las Vegas, NV 89119. Or call toll free at (800) 634-6713 or (800) 634-6611.

California Triathlon Championships

San Diego (August 10, 1982) - Triathletes Dean Harper of Lafayette, Calif., and Kathleen McCartney of Newport, Calif., have been named California Regional Champions of the United States Triathlon Series (USTS).

The championships were determined by combining finish times at each of the California regional USTS triathlons: San Diego (June 12), Los Angeles (July 10) and



San Francisco (July 31). Each race consisted of, back-to-back, a 2K swim (1.2 miles), 35K bike (21.7 miles) and 15K run (9 miles).

Harper, 29, a veteran swimmer and water polo player, won the championships in an unlikely turn of events.

Scott Molina had been the favored winner of the California series. The 22 year old swim instructor from Pittsburg, Calif., had stunned the field in San Diego, finishing second behind Dave Scott of Davis, Calif., and just seconds ahead of Hawaii Ironman champ Scott Tinley. In Los Angeles, Molina scored a commanding victory, literally dusting the field.

The dust flew again at the San Francisco race, but not in Molina's favor. He finished first again, but was disqualified because he did not wear a safety helmet during the cycle portion of the race.

Harper, fourth in line for the championship title going into the San Francisco race, finished two minutes and 38 seconds behind Molina in second place. After the ruling against Molina, however, Harper was declared the winner of the race and crowned California Champ.

"I feel real good about the way I performed in this race," Harper told a reporter arterward. "But I'm also torn over what happened. Scott and I train a lot together. He ran a great race and I never had a chance to beat him."

Dale Basescu, 26, of Santa Monica, Calif., had about as good a chance to win the regional championships as did Harper before the race. He had finished fourth in San Diego in front of Harper; fifth in Los Angeles. But the rugged San Francisco course slowed the Castaic Lake triathlon champ and Basescu finished almost four minutes behind Harper, losing the championship by less than three minutes.

As the most experienced triathlete at the San Francisco race, Tinley had a good shot at the championships as well, but fell out of the running after battling a virus that resulted in a seven-pound weight loss just days prior to the race. Tinley finished 40th at 2:35:12 -- too far back to be considered for the regional title.

The women's race was determined in San Diego. McCartney scored her first victory of the USTS series there, fleecing the field by a landslide.

In Los Angeles, the going was tougher for the 23 year old Ironman champ. In a sprint for the finish, McCartney won the race by a matter of seconds in front of Claire McCarty of Santa Monica, Calif.

Yet coming into the San Francisco race, McCartney had secured an overall lead of four minutes and 40 seconds for the championship. Julie Moss, 23, of Carlsbad, Calif., was second in line for the title.

In the end it was Liz Applegate, 26, of Davis Calif., who won the San Francisco race decisively. But Applegate had not competed in the San Diego and Los Angeles triathlons so did not qualify for the championships. As far as the regionals were concerned, the only times that really mattered were those for Moss and McCartney.

The Moss/McCartney rivalry began in February at the 1982 Hawaii Ironman triathlon. There, Moss had maintained a lead during most of the 140 mile endurance race and looked to be the winner after more than 11 hours of swimming, biking and running. Within sight of the finish line, Moss collapsed only to watch McCartney come from out of nowhere to win the race.

Even so, the Ironman champ had a rough time on the San Francisco course. McCartney joked afterward about the "hills on the swim" — a comment indicating her impression of the entire race. She clocked in at 2:56:43 in fourth place, however, at a pace fast enough to cinch the championships.

Moss took second place in the race and finished second overall for the champion-ships.

In all, more than 2.500 individuals competed in the first three races of the U.S. Triathlon Series. Sponsored by Nautilus Sports/Medical Industries. Speedo swimwear and Mizuno running shoes, the USTS is the first city-to-city triathlon competition ever staged in the United States.

Northwest regional champions will be crowned following the final two races of the series in Portland on August 14, and Seattle on August 28.

SoCal Diary

By BILL MINARIK

Southern California Collegiate Cross Country Preview

PAC-10

If depth is any consideration, you would have to give UCLA an edge here as reports from Westwood indicate coach Bob Larsen has had so many athletes turn out for cross country he has had to eliminate some from even working out with the team. While other teams may match the Bruins front line strength, I look for the Westwooders to come out on top by a bigger margin than last year's one-point win.

1. UCLA 2. Washington St. 6. UC Berkeley 7. Oregon St.

3. Arizona

8. Washington 9. Arizona St.

4. Oregon 5. Stanford

PCAA

Even though defending champion Fresno State picked up West Valley College's Eddie Fuel and Fresno City College's Scott Thornton to go along with three big returners it will be a battle with UC Irvine's Vince O'Boyle making a big push in his first year as coach.

1. UC Irvine 2. Fresno State 5. Utah State 6. UCSB 7. CS Fullerton

3. San Jose State 4. CS Long Beach



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WCAA

Whether or not the addition of Vickie Cook and Polly Plumer will put UCLA back in the chips remains to be seen, but things should definitely be closer for the Bruins than they were last year.

1. Arizona 2. UCLA

5. Arizona State

6. CS Fullerton 7. USC

3. San Diego State

4. CS Long Beach

CCAA

This year's cross country race appears to be just as close as last season's track championships. I'll go with Cal Poly SLO on the basis of tradition, however, any of the first four could take it.

1. Cal Poly SLO 2. Cal Poly Pomona 6. CS Bakersfield 3. UC Riverside

5. CS Los Angeles 7. CS Dominguez H.

4. CS Northridge 8. Chapman

SCIAC

Pomona-Pitzer appears still to have an edge over Oxy, but look for the Tigers to close last year's gap.

1. Pomona-Pitzer 2. Oxy

5. Cal-Tech 6. Whittier

3. Claremont-Mudd

7. La Verne

4. Redlands

Community College Men

About the only question to be answered here is whether Orange Coast can repeat last year's upset of Grossmont. The Griffins will undoubtedly not make the same training mistakes they made last season, thus they must be given the edge on talent alone.

1. Grossmont 2. Orange Coast 4. L.A. Valley 5. Long Beach

3. El Camino

Community College Women

Again, it looks like the same teams from last year battling it out with no significant changes in position.

1. Orange Coast 2. Grossmont

4. Santa Barbara 5. Harbor

3. El Camino

NAIA Dist. 3 Preview

From Jeff Potter

MEN: Pt. Loma, winner of last 3 con-secutive District III titles, is the favorite. They are led by Tomas Anderson, the top contender for the individual title, and J.C. transfers Frank Salvaggio (Citrus), Brian Kleinsasser (Citrus) and Bob Franks (SD Mesa)

Westmont, 3rd last year, has been improving each year under coach Russ Smelley, and this year should be no exception. The Warriors have 3 strong runners returning: senior Paul Croft, junior Karl Cook and Robert Scott.

Azusa Pacific, 4th last year, has a new coach, Jeff Potter, and a strong crop of freshmen. Scott Bishop, San Luis Obispo freshman; and Chris Erdman, Longview, WA freshman, along with 4 returners should make APU much improved.

Cal Lutheran, 2nd last year, in Coach Don Green's finest cross country season, lost 5 of the top 7 runners. David Maxwell, national qualifier as a freshman last year, should be a strong first man. Green will depend a lot on a large crop of freshmen.

UC San Diego, 5th last year, could be a sleeper. The Triton distance men made great strides during the track season, and they return virtually their entire team. The top two runners should be Brian Barton and Chris Bowles.

1. Pt. Loma 2. Westmont 3. Azusa Pacific

5. UC San Diego 6. Biola

7. Cal Tech 4. Cal Lutheran 8. L.A. Baptist

WOMEN: Pt. Loma returns most of last year's squad, and their leading runner is Carmen Stickney, 4th in District III last year.

Westmont returns its entire team and is led by defending district champ Mary Ann

Azusa Pacific has Liz Garman, an NAIA All-American last year, and a large group of freshmen.

Cal Lutheran has a fine runner in Marion Mallory, but is of unknown quality after her.

1. Westmont 2. Azusa Pacific 4. St. Mary's

3. Point Loma

5. Cal Lutheran 6. L.A. Baptist

Address Change?

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Tuttle's Track Topics

By GARY TUTTLE

Running, Living and Learning at the Sports Festival

e are supposed to learn from every mistake, and never make the same mistake twice. Unfortunately, at least once a year I keep making the same mistake. I never seem to learn. I keep running one more marathon.

Sunday, I repeated my error by representing the West in the National Sports Festival at Indianapolis, Indiana.

Even if we are doomed or fated to continue making mistakes, at least we can always learn something from our experiences, and this weekend I learned a lot.

First of all, I think I've finally learned, after some 25 marathons, there has to be more reward involved than the "pure pleasure" of competing in a marathon. For me, there just really isn't much pleasure packed into 26 miles in a race.

I've learned that next time I'm going to be more selective. In order for a marathon to be worth the physical abuse it's going to have either a monetary incentive, (at least \$10 a mile) or a trip to some exotic land. (I'm scheduled to run in the People's Republic of China in Scheduler)

A marathon at 5:15 per mile pace is just too demanding. My legs are so stiff and sore afterwards, it sets my training and racing back two months, and at my age, two months of quality racing is precious.

Having finished second this trip (2:18.10) to a youngster 12 years younger, I learned that my motto, "old-age and treachery will overcome youth and talent," doesn't always work.

I stayed with eventual winner, Tom Raunis (2:14.11) eight miles, but as the temperature hit the 80s, I backed off of 5:05 miles and let him go. I learned long ago that you don't push hard in the heat. Unfortunately, Tom was too inexperienced to know that, and he just kept

For all 27 of us in the race, the heat became pretty intense, but fortunately I learned quickly how to combat it. Before the race, I drank plenty of water and fruit juices. Just moments before the start I soaked my head and shoulders with water.

In addition, contrary to most racers, I did very little warm-up, thereby keeping my core-body temperature to a minimum. Also, while doing the small warm-up, I kept my sweats off and tried to stay cool. Some of the inexperienced runners warmed up with sweats on and went to the starting line already hot and sweaty. Raising the body temperature is necessary for short or cool races, but is counterproductive for the long hot races.

During the race I learned quickly that the best way to stay competitive in the heat is to stay wet. Right from the gun I was grabbing every cup of water and pouring it on my head and shoulders. At each of the 16 aid stations I grabbed two or three sponges and squeezed them under my hat and in my shorts. A couple of times I snatched ice cubes and ran with them in my hands, letting them cool the surface blood.

I also began drinking water immediately. I didn't wait until I needed it. I was fortunate to have a bike rider accompanying me over the last 20 miles, and I was grabbing his squeeze-bottle at least every half mile. Every time I had the bottle, I'd drink long and slow, making sure I'd digest plenty of water.

All the while I was drinking and dunking, I was very careful to keep my feet from getting too wet. I learned several years ago at the



Hawaii Marathon that wet feet mean blistered feet. When pouring water on your head, bend forward slightly so that the water drips off your head and shoulders to the ground, and doesn't run down your body to your shoes.

The worst mistake you can make is to let the "hose brigade" spray you. Almost always they aim directly for the feet, which does nothing but soak the shoes.

This marathon I put into practice something I only just learned after 18 years of racing. I've always had the philosophy that light weight is best for racing, and for 10K's I still think it's true, but I learned the hard way that lightness is bad forme in a marathon. Prior to a marathon I now stuff myself with food, and therefore glycogen, for at least two days prior to the race. In Indiana I ate four huge meals the day before. In addition, I ate little or no fat and protein, concentrating strictly on carbohydrates.

I think the most important thing I learned is that I'm not a quality marathoner, never have been nor never will be, and I'll last longer in the world of road racing if I stick to 10Ks.

I only spent two days at the Sports Festival, but I learned some interesting facts about the week-long national event.

The Saturday track attendance was 12,700, "largest crowd ever to watch a track meet east of the Mississippi."

The budget for the NSF was \$2 million.

About 2,600 Americans are competing in 33 events.

All 3300 NSF athletes and officials were outfitted by Levi. Each track competitor received: one travel bag, one hat, two pairs of socks, two USA tops, one pair of USA shorts, one velour sweat suit, and one USA rain suit.

Indianapolis spent \$100 million to build the Sports Center Complex. The city built 18 clay and six asphalt tennis courts with an 8,000-seat stadium. A 550-seat Natatorium which includes eight-lane and six-lane, 50-meter pools and a diving tank. Also part of the complex is a \$3 million track and field stadium which seats 13,500 spectators.

And finally, the new Velodrome, an outdoor, banked concrete oval track measuring 333 1/3 meters and seating 3,000, was the site of bike racing.

Incredibly, although the men's events included the 3,000-meter steeplechase, the 5,000 meters, the 10,000 meters and marathon, the women were only able to run a 3,000-meter and a marathon.

The women's marathon was won in 2:47.55 by Chilcoat.

1982 Community **College Ranking**





Compiled by Fred Baer

Please send all updates and summer marks to Fred Baer, P.O. Box 5401, San Mateo, CA 94402.

Men

100 Meters

JC/CC Record: 10.13 FAT, 10.0 Hand Jerone Harrison, Pasad 10.45,10.3 Mike Turner, Pasadena 10.46 Kelvin Jackson, LgBch 10.49 Tyrone Ervin, Mt.Sac. 10.50 Eric Williams, Citrus 10.51 Ken Smith, Foothill 10.54 Al Miller, Mt.Sac. Will James, Antelope Vy. Howard Hawkins, LgBch 10.3w 10.55, 10.4 Lyle Jackson, Sacramento DeAndre Jones, LgBch 10.60w, 10.62 10.61 10.62,10.4 Darren Turner, LgBch Clifton Quarrie, Pasadena Eric Decatur, C. Costa 10.4 10.4w National Leaders: Ollie Anderson, Pratt, KS.

200 Meters

JC/CC Record: 20.10 20.5 Jerome Harrison, Pasad 20.76 Kelvin Jackson, LgBch Mike Turner, Pasadena Eric Decatur, C.Costa John Johnson, Delta 20.87w,21.28 21.03w,21.22 21.06w,21.37 Lyle Jackson, Sac. 21.12 Frank Robinson, LA Vy 21.18 Alfred Miller, Mt.Sac. National Leaders Harrison 20.76 Jackson

400 Meters

14

JC/CC Record: 45.2 Mike Turner, Pasadena 46.02 Frank Robinson, LA Vy Dwayne Biggers, El Camin. 46,35 46.6 Rulus Jackson, Pasadena 46.78 Leonard Graham, Pasad. 46.86 Rod Green, Mt.Sac 47.04 Greg Peppers, LgBch 47.26 Vincent Bostic, Pasadena Rich McColley, M.Costa 47.27 47.31 George McKenley, Merritt Chris Harper, Shasta 47.3 Kavin Flint, Glandala

Eric Decatur, C. Costa
Greg Washington, LgBch
Kelth James, Mt.Sac
Ken Fisk, LgBch
Sandy Chapman, Mt.Sac.
Kevin Stockdale, Los Med.
eader:
Turner

800 Meters

JC/CC Record: 1:45.7 Sandy Chapman, Mt.Sac Jack Preijers, El Camino Howard Gardner, West LA 1:47.30 1:49.83 1:50.81 Glenn Cunningham, MtSac Eric Behring, Fullerton Bob Ingram, West Vy 1:51.21 1:51.3 1:51.72 Chuck Franks, LoBch 1:51.76 Donald Dixon, Mt. Sac 1:51.82 Darryl Richie,LgBch 1:52.4 Paul Carrozza, Butte Roger Solar, Hancock 1:52.4 1:52.5 Willie Cage, San Fran 1:52.94 Johnnie Langerston, Merrit National Leader: Chapman

1500 Meters

JC/CC Record: 3:41.6 Mark Ruelas, Citrus 3:47.0 Bob Ingram, West Vy Andrew Diconti Glendale 3:48.96 Sandy Chapman, Mt. Sac 3:49.86 Roger Soler, Hancock Bob Leetch, El Camino Cesario Marquez, LgBch 3.49 9 3:50.87 3:51.7 Paul Carrozza, Butte Steve Uchytil, Orange Cst Chris Romero, Diablo Vy 3:51.82 3:52.2 3:52 2 David Lehrman, Kings Riv 3:52.42 Jack Preijers, El Camino 3:52.16 Hector Romero, Oxnard 3:54.0 Jeff Nelson, Glendale National Leader:

3000 Meter Steeplechase

JC/CC Record: 8:38.80; Callf.:8:47.0 Bob Ingram, West Vy Danny Martinez, Pasadena 8:55.7 9:09.2 9:16.4 German Aranda, Hancock

9:17.3	Eric Rutherford, Grossm
9:17.6	Ray Webb, Bakersfield
9:18.5	Mike Cariton, Citrus
9:19.9	Glenn Lee,LgBch
9:21.4	David Powell, Merritt
9:23.6	Jesse Torres, San Jose
9:26.6	Dan Clarke, Butte
9:28.8	Kirk Dye, Marin
9:28.9	Ray Webb, Bakersfield
National L	eader:
8:55.7	Ingram

5000 Meters

JC/CC Record: 13:56.8; Callf. 14:00.5 13:59.20 Mark Ruelas, Citrus Rich Brown, LA Valley 14:34.90 14:35.6 Mike Serna, Orange Coast 14:36.2 Dan Gonzales, Foothill Sean Evans, Grossmont 14:36.7 14:37.2 Norm Steeg, LA Valley 14:37.4 Dan Martinez, Pasadena 14:38.0 Tyrus Deminter,LgBch Roger Soler,Hancock 14:38.2 14:39.7 Cesario Marquez, LgBch 14:40.6 Jesse Torrez, San Jose Eddie Fuel, West Valley 14:42.4 Jeff Woodland, San Diego 14:42.5 John Lee, Fullerton 14:44.0 Nelson Bernal, West Vy National Leader 13:59.20 Ruelas(CA.CC Record)

10,000 Meters

30:02.5

JC/CC Record: 29:03.0 30:02.5 German Aranda, Hancock 30:03.5 Sean Evans, Grossmont Danny Martinez, Pasadena 30:20.8 30:25.8 Dan Gonzalez, Foothill Jeff Woodland,SanDiego Brian Harold,Orange Cst 30:34.5 30:34.9 Jesse Torrez, San Jose 30:39.6 Mike Warr, American Riv 30:43.2 Chris Brenneman, LA Vy 30:51.6 Tom McKeown, Cuesta 30:52.0 John Lee, Fullerton 30:54.2 Nelson Bernal, West Vy 31:09.3 Scott Thornton, Fresno 31:10.9 Tyrus Dementer, LgBch 31:18.0 Ted Franse, San Joaquin D National Leader

Decathlon

6546

6431

6395

6374

6341

6308

6259

6205

JC/CC Record: 8230 7144 Darran Hall, Shasta 7091 Steve Odgers, Orange Cst Mark Sanders, Ventura Joe Hicks, Hartnell 7008 6922 6904 Bart Goodell, Redwoods Marty Cowan, Cerritos Marc Hazel, West Vy 6789 6756 6749 Jon Gold, Mt. Sac 6709 Jeff Dodd, Santa Barbara 6696 John Pauley, Skyline Todd Funk,San Bernadino Vince Adkins,Southwestn 6579 Rob Bergbower,San Jose Clint Hunt, Bakersfield John Wotawa, Yuba Scott Martin, Shasta Jay Gonzales, San Diego Todd Devlin, De Anza Dion Giuliano, Glendale Matt O'Donnell, Mt. Sac National Leader Conny Silfver, Ricks, ID

400 Meter Relay

39 82 Long Beach CC 39.89 Pasadena CC Bakersfield 40.66 Mt.San Antonio 40.68 Sacramento CC 40.93 El Camino 41.13 Contra Costa 41.22 Los Angeles CC 41.31 Merritt 41.42 San Diego Mesa 41.47 Citrus 41.62 Fullerton 41.66 Antelope Valley 41.66 Hartnell Leader: 39.82 Long Beach CC

1600 Meter Relay

JC/CC Record: 3:06.81 Mile Relay: 3:07.07

JC/CC Record: 39.56

3:07.17v Pasadena CC 3:06.78m Long Beach CC 3:07.00m Mt.San Antonio 3:10.49y El Camino 3:11.979 Glendale

3:10.9m	Merritt
3:11.6m	San Jose CC
3:12.1m	Los Medanos
3:13.4y	Palomar
3:12.6m	Contra Costa
3:13.3m	Sacramento CC
3:14.80y	Bakersfield
3:14.5m	CC S.Francisco
3:15.05m	San Bernardino
3:16.27y	Los Angeles CC
3:16.39y	Fullerton
National	Leader:
3:07.17y	Pasadena
3:06 16m	

110 Meter High Hurdles

JC Best: 13.45 FAT JC/CC Record: 13.7 Hand Albert Lane, Bakersfield 13.75 13.77 John Johnson, Delta Ben Robinson,San Jose 14.1 David Ashford,Saddleback 14.0 Byron Bolton,Sacramento 13.9w 13.8w 14.07 Fred Smith,Palomar Joe Hicks, Hartnell 14,37 Mark Wilson,Santa Monica Derek Ware,Pasadena 13.9 14.19w 14.23 Gary Lee, LgBch 14,43 Ed Riley, LgBch National Leader:

400m Intermediates

	JC/CC Record:49.4
49:88	Greg Johnson, Mt. Sac
51:10	Michael Chukes, San Jose
51:20	Leonard Robinson, S. Jose
51:34	Ken Fisk,LgBch
51:49	Ron Seanez, Gavilan
51:77	Ed Riley,LgBch
51:91	Bruce Mitchell, Pasadena
52:00	Ramon Binns, LgBch
52:10	Kevin Kellum, S. Bernadino
52:30	David Ashford, Saddleback
52:3	Ed Cooper, El Camino
52:77	John Ayres, C. Costa
Nationa	il Leader:
49:88	Johnson

High Jump

	JC/CC Record: 7-5
7-4	Chris Bonner, Pasadena
7-21/2	Greg Denby, LA Southwest
7-1/4	Barry Uzzell, Merced
7-0	John Landon, LaBch
7-0	Ron Raymond, Sac.
7-0	Doug Williams, Sac.
6-111/2	Eric Woodard, Cosumnes
6-111/4	Joe Hicks, Hartnell
6-103/4	Ron Kamaka, Santa Rosa
6-101/2	Dean Young, El Camino
National	Leader:
7-4	Bonner

Pole Vault

	JC/CC Record: 17-4
17-6	Ralph Preiman, Foothill
17-0	Steve Tully,LgBch
16-3	Don Jackson, Pasadena
16-0	Tobie Hatfield, Mt. Sac
15-9	Greg Ellis,San Mateo
15-9	Bill Malins, Mt. Sac
15-6	Willie Thoms, Glendale
15-6	Clint Hunt, Bakersfield
15-4	Mark Anderson, West Vy
15-3	G.Hassapakis,Modesto
15-3	Wade Nichols, American R
15-2	Dion Giuliano, Glendale
Nationa	al Leader:
17-6	Preiman
	(National JC & CA.CG Record)

Long Jump

	JC Best:26-5;
	JC /CC Record: 26-23/
25-111/2	Ken Smith, Foothill
25-11/4W	Bob Rust,LgBch 25-1
24-51/2 W	Ron Rivers, LgBch
24-5w	Darryl Taylor, LA City

24-4	Gary McCullough,LgBch
24-31/4	Tracy Mitchell, Saddlebk
24-21/4W	Gerald Nails, Merritt
24-0 1/4 W	Chuck Dounley, Shasta
24-0W	Eric Wright, Chabot
23-11W	David Carr, Mt. Sac
23-11W	Chris Logan, Antelope Vy
National	Leader;
25-111/2	Smith

Triple Jump

TARCE MALE	
	JC/CC Record: 52-9
54-31/4	Byron Criddle, C. Costa
52-71/2	Oscar Harris, LgBch
51-4	Jerome Hendrix,El Ca.
51-21/2	Jose Salazar, LgBch
50-111/2	Willie Williams, Mt.Sac
50-61/2	Danyel Kelley, Pasadena
50-4	Darryl Taylor, LA City
49-103/w	Burian Hill,LA Southwest
49-101/4	Victor Torres,San Jose
49-81/4W	Kevin Dye, American River
49-8w	Anthony Trammell, Merritt
49-21/2	Alton Henley, Bakersfield
49-1	David Carr, Mt. Sac
48-9w	Wendell Slider, Cosumnes
48-71/4	Cedric Merrick, LgBch
48-7	Jeff Thomas, C. Costa
National	Leader:
54-31/4	Criddle
	National JC & CA.CC Record

Shot Put

0110	
	JC Best: 70-1/2
	JC /CC Record: 62-10; Calif.:62-5
65-31/2	Hank Kraychir,LgBch
60-11	Jeff Voorhees,Santa Rosa
57-4	Cameron Baxter, Cos. River
57-0	Andy Gillam, Santa Rosa
55-8	Jim Spillers, Mt.Sac
54-3	Pat Neal,Taft
53-93/4	Curt Thomas, Citrus
52-11	Greg Glicken, Orange Cst
52.9	Jack Cremen, Skyline
52-5	Luke Jones, Santa Rosa
52-31/4	Fran Ogbogu,Mt.Sac
52-11/2	Jack Bron, Mt. Sac
52-0	Clark Davidson, Los Med.
52-0	Mike Sansome, DeAnza
Nationa	Leader:
65-31/2	Kraychir
	(National JC & CA.CC Record)
Disc	eus

	JC /CC Record: 194-1
183-9	Hank Kraychir, LgBch
176-3	John Garvey, Skyline
171-0	Jeff Voorhees, Santa Rosa
170-2	Kevin Jefferies, Glendale
168-8	Curt Thomas, Citrus
168-4	Jim Thiss,San Diego Mesa
167-1	Rick Wyers, Foothill
166-11	Phil Cookson, Grossmont
166-9	Matt Gallo, Modesto
166-6	Steve Struble, De Anza
165-6	Steve Colvin, Skyline
165-2	Dave Nagengast, West Vy
161-2	Cameron Baxter, Cos. River
160-3	Mike Fleming, Foothill
159-7	Fran Ogbogu, Mt. Sac
Nationa	il Leader:
183-9	Kraychir

Hammer Throw

	JUICE Hecord: 187-11
177-7	Cameron Baxter, Cos. River
172-11	Jim Thiss,San Diego Mesa
168-8	Machan Littleton, Fresno
167-6	Eric Roth, Bakersfield
159-7 1/2	Scott Rohovit, Chabot
156-8	Morris Kyle, Fresno
155-9	Rob Missio,LgBch
155-4	Curt Thomas, Citrus
150-9	Brian Christensen, Cos.R.
149-3	Bo Cupp, Chabot
147-6	Cal Witcher, Cos. River
144-4	Tom Hancock, Fresno
142-8	Kent Kading, Amer. River
137-10	A.Graves, Modesto
137.7	Ed Hotz,Fresno
National	Loader.
195 6	Lonnart Bodolf, Ricks, ID
	(National JC Record)

Javelin Throw

	JC/CC Record: 273-0; Calif.: 2
231-8	Steve Tully, LgBch
24-1	Dave Stevens, Butte
223-6	Mark Richardson, Bakersfd
216-2	Mike Parker, Bakersfield
214-5	Horst Klotzer, Cypress
214-4	Clark Davidson, Los Med.
212-6	Curt Thomas, Citrus
210-9	Kevin Jefferies, Glandale
210-3	Len Gant, Taft
205-10	Mike Young, Grossmont
National	Leader:
253-3	Juan de la Garza,TX.

Women

100 Meters

	JC/CC Record: 11.56
11.52	Ada Hay,Santa Monica
11.5w,11	8Faith Burleson,Sac.
11.83	Gwen Gardner, West LA
11.99w	Ronda Robinson, San Mat. 11.8
12.02w	Shiri Milton, Sac. 12.6
12.05	Stephanie Brown, Citrus
12.11	Aladrian Hunter, West LA
12.16	Brenda Winston, S. Berndo
12.20	Katle Gaston,SD Mesa
12.22	Chris Cooksey, S. Diego CC
12.0	Elsa Antunis, Santa Mon.
12.28w	Cynthia Miller, C. Costa
12.1	Rolanne Byrd,Ohlone
National	

Hay National JC & CA.CC Record

JC/CC Record: 23.49

200 Meters

23.64W	Ada Hay, S. Monica 23.77
23.69	Gwen Gardner, West LA
24.28	Faith Burleson,Sac
24.33w	Ronda Robinson, San Mat. 24.7
24.62	Stephanie Brown, Citrus
24.64W	Terry Brown, Citrus 24.96
24.71w	Shiri Milton, Sac 24.82
24.86	Elsa Antunez, S. Monica
24.91	Kathle Gaston,SD Mesa
24.91	Carla Kendrix,Ohlone
24.98w	Lori Robbins, Mt.Sac
25.14	Teresa Hardy, C. Costa
25.17	Debra Johnson, Southwest
25.22	Cheryl Griffin, Cosumnes
25.32	Brenda Bertillion, Chabot
25.1	Donna Rowe, West LA
National	Leader

400 Meters

Gardner

	JC/CC Record: 52.62
52.68	Gwen Gardner, West LA
55.29	Elsa Antunez, S. Monica
55.65	Cheryl Griffin, Cosumnes
55.93	Cathie Wilson, Bakersfield
56.05	Debra Johnson, LA Southw
56.19	Tressie Gibbs, El Camino
56,35	Carla Kendrix,Ohlone
56.89	Terry Brown, Citrus
56.99	Joann Poggi, Sierra
57.26	Sarah Scott, Cerritos
Nationa	il Leader.
52.68	Gardner

800 Meters

	JC/CC Record: 2:01.9
2:10.99	Tressie Gibbs, El Camino
2:11.19	Kathy Douglas, C. Costa
2:13.38	Julie Hawks, Miracosta
2:13.76	Diane Harrell, El Camino
2:13.78	Laura Miller, LA Pierce
2:13.80	Kelly Ringer, Orange Cst
2:14.21	Linda Spaargaren, Skyline
2:14.33	Shella Rogers, Butte
2:15.19	Allison Owen, Santa Barb.
2:15.90	Angie Stevens, Orange Cst
2:16.3	Polly Wright, C. Costa
2:16.94	Joan Grass, Santa Ana
2:17.5	Diana David, Butte
2:17.65	Marcy Amonette, Marin
2:17.9	Shelley Agrimson, Seque
National	Loader
2 10 46	Debbie Heatty,OR

1500 Meters

0		JC/CC Record: 4:06.5, CA.,4:18.0
~	4:33.4	Jeanette Alired, Am. River
	4.33.7	Rene Wyckoff, Sequoias
	4:36.4	Shella Rogers, Butte
	4:37.02	Diane Harrell, El Camino
	4:37.3	Monika Zieschang, SMateo
	4:37.45	Lynn Hill,Santa Monica
	4:38.08	Laurie Meighan, El Camino
	4:38.1	Bonnie Dwyer, S. Francisco
	4:39.06	Lorraine Mercado Ventura
	4:39.58	Erin Sherman, El Camino
	4:39.7	Polly Wright, C. Costa
	4:40.14	Julie Hawkes, MiraCosta
	4:40.75	Barble Ludovise, Org. Cst
	4:41.14	Renee Williams, El Camino
	4:41.5	Peggy Smythe,Santa Rosa
	4:41.88	Carol Werner, Santa Barb
	4:42.53	Laura Miller, LA Pierce
	4:43.5	Linda Spaargaren, Skyline
	4:43.7	Laura Crisp, Modesto
		Leader
	4:33.4	Allred

3000 Meters

	JC/CC Record: 8:46.6, CA.9:32.02
9:47.41	Rene Wyckoff, Sequoias
9:53.5	Bonnie Dwyer, S. Francisco
9:54.5	Laurie Crisp, Modesto
9:55.6	Peggy Smythe, Santa Rosa
9:57.16	Diane David, Butte
9:58.87	Jeanette Allred, Am. River
9:59.59	Barbie Ludovise, Org. Cst
10:02.24	Lynn Hill,Santa Monica
10:03.75	Renee Hicks,S.Francisco
10:04.43	Renee Williams, El Camino
10:04.56	Erin Sherman, El Camino
10:08.9	Kathy Koudela, De Anza
10:09.9	Sharon Powers, S. Rosa
10:10.0	Jolie Gelegan, Fresno
10:12.6	Sue Zika, Orange Coast
10:18.72	Lorraine Mercado. Ventura
10:19.8	Jeanette Singerland, Am.R.
10:20.3	Sheila Rogers, Butte
National	Leader:
9:47.41	Wyckoff

continued on next page...



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100 Meter Hurdles

	JC/CC Record: 13.72
13.97	Shiri Milton, Sacramento
14.03w	Kellie Gaines, Marin 14,47
14.12w	Madrian Hunter, West LA 14.33
14.2	Rolanne Byrd, Ohlone
14.67	Cynthia Miller, C. Costa
14.81	Kelly Hunt, Delta
14.6	Julie Herron, San Mateo
14.7W	Tawny Singleton, Ventura 15.22
14.97	Shann Kern, Mt.Sac
15.03w	Gall Monger, Cos. River 15.59
14.8w	Sue Deese,Lassen 15.26
15.08	Lynne Wingle, Moorpark
15.12w	Jeanne Sceales, S. Rosa
14.9	Sherri Luttrell, San Mateo
National	Leader:
13.89w	Kay Garnett, Bellevue
13.97	Milton

400 Meter Hurdles

	JC/CC Record: 60.8
62:49	Annie King,SD Mesa
63.31	Sue Deese, Lassen
63.72	Cathy Ledesma, Cerritos
63.90	Emma Gaddis, C. Costa
64.01	Susie Tasso, Glendale
64.26	Sue Patterson, LA Vv
64.29	Brenda Bertillion, Chabot
64.37	Missy Moses, American R
64.49	Bobbie Rossie, Hancock
64.4	Angela Paradise, Cabrillo
64.84	Kelly Hunt, Delta
65.06	Shann Kern, Mt. Sac
65.0	Tawny Singleton, Ventura
Nationa	I Leader:
62.49	King

High Jump

	JUICU NECOIG: 04
5-8	Babs Gilmore, Sacramento
5-8	Deon Villa, Cerritos
5-6	Angela Phifer,San Jose
5-6	Genny Gold Napa
5-6	Deanne Malvino, S. Rosa
5-6	Deanna Johnson, Grossmt
5-6	Sue Patterson, LA Vy
5-6	Jacki Walker, DeAnza
5-41/4	Rhonda Whitlow, MiraCsta
5-4	Lis Stary, Long Beach
5-4	Kim Walker, Chabot
5-4	Brenda Bertillion, Chabot
5-4	Lori Costello, Pasadena
5-4	Teresa Misso, Modesto
5-4	Von Essen, Ventura
Nationa	I Leader:
5-8	Gilmore and Villa

Long Jump

	JC/CC Hecord: 20-5 /2
19-103/4W	Shiri Milton, Sac 19-7
19-51/4	Norma McClain, S. Bernard 18-
19-114	Stephanie Brown, Citrus
18-101/2	Lori Costello, Pasadena
18-101/2	Angela Phiffer, San Jose
18-93/4	Sabrina Pendleton, SadlBk
18-101/4 W	Brenda Bertillion, Chabot 18-6
18-61/2	Michelle Hong, Diablo V
18-53/4	Gail Monger, Cosumnes
17-111/4	Deame Malvino, S. Rosa
17-11	Rene Jackson, Skyline
17-101/2 W	Kathy Walker, Porterville
17-7 VzW	Ticka Simon, Hartnell
17-7 V2W	Carole Stanford, Contra C
17-7	Cathy Ledesma, Cerritos
National I	Leader:
20-1/4	Sonja Wortham, Arizona

Shot Put

JC/CC Record: 48-11; CA. 45-8 44-3½ Jeanne Gallegos,Los Med 42-3 Celeste Carrington,Cerrito

42-1	Jill Schultz, Yuba
41-101/2	Kim Childress, El Camino
41-5	Lynette Colter, Santa Rosa
41-4	DeAnn Phillips, Am. River
41-4	Diana Ramirez, San Jose
40-93/4	Caryn Edmonston, S. Jose
40-8	Liz Mueller, Palomar
40-23/4	Michelle Neely, Solano
National	
47-111/2	Mary Ann Barry, Arizona

Discus Throw

	JC/CC Record: 171; CA. 146-5
141-5	Karen Woodbeck, De Anza
141-2	Karen Moore, Marin
139-8	Jill Schulz, Yuba
138-2	Liz Mueller, Palomar
134-9	Jac Bergman, De Anza
134-7	Kristie Hiatt, Miracosta
131-8	Lori Mize, Delta
131-0	Janine Tribolet, Saddlebk
130-8	Tawny Singleton, Ventura
130-1	Brenda Westbrook, C.Cost
Mationa	London

Becky Levi, Arizona

Javelin Throw

159-2

	JC/CC Record: 167-6
173-6	Barbara Moro, Fullerton
173-3	Liz Mueller, Palomar
145-10	Kim Warner, Grossmont
132-4	Janet Oberg, El Camino
131-9	Ticka Simon, Hartnell
131-5	Kathie Wilson, Bakersfd
130-6	Laura Ybarra, Moorpark
130-2	Sandra Milne, Santa Ana
130-0	Xena Kistler, Ventura
129-7	Carie Mullins, Skyline
129-2	Tawny Singleton, Ventura
127-4	Stacy Soloman, LA Southy
126-4	Renee Funk, Fresno
125-4	Nancy Alvarez, Foothill
124-2	Maureen Robinson, Citrus
124-1	Judith Bodner, Saddlebk
Nationa	Leader:
470 0	11.

National JC & CA.CC Record

400 Meter Relay

	JC/CC Record: 46.00y
46.96	Sacramento CC
47.00	Citrus
47.24	Santa Monica
47.49	San Bernardino
47.9	West LA
48.11	Cerritos
48.59	San Diego CC
48.73	San Mateo
48.74	El Camino
49.17	LA Valley
49.19	Contra Costa
49.19	SJ Delta
49.1	LA Southwest
49.29	Bakersfield
49.2	American River
49.41	Fresno
49.61	Ventura
Nationa	I Leader:
46.96	Sacramento

1600 Meter Relay

JC/CC Record: 3:46.30 Mile Relay: 3:49.73

3:46.42	Sacramento CC
3:46.64m	Cerritos
3:49.8m	West LA
3:53.64y	Bakersfield
3:54.3m	El Camino
3:58.25y	LA Valley
3:57.2m	Contra Costa
3:58.0m	Hartnell
3:59.16y	SD Mesa
3:58.5m	Sierra
4:00.5m	San Mateo
4:00.6m	Butte
4:01.86y	Pasadena
4:01.0m	Saddleback
4:02.6y	LA Southwest
4:02.8m	MiraCosta
National	
3:46.42	Sacramento

COLLEGE DIVISION COMPARISONS ON A 5-3-2-1 BASIS

From BILL MINARIK

Because we mixed up the headings and totals on the college comparison last month, we are re-running it again this month, with apologies to Bill Minarik and the college coaches.

A 5-3-2-1 scoring was used for the marks.

Only events which were scoring in all of the meets were used in the comparison. All results were courtesy of Track & Field News.

As was the case in the prior comparison, the Community Colleges have again outscored their 4-year college counterparts. In addition, when you consider that the CCs have only freshmen and sophomores, it becomes apparent that the country's top prep tracksters have indicated a definite preference for the community colleges as opposed to 4-year schools with the exception of NCAA Div. I. The California Community Colleges, by the way, posted 15 of the 19 best marks for the CCs with the rest of the country (NJCAA) accounting for only four.

	NCAA II		NCAA III		NAIA		Comm. Co	ol.
Event	Mark	Pts.	Mark	Pts.	Mark	Pts.	Mark	Pts.
100	10.57	2	10.63	1	10.32	5	10.35	3
200	20.96	2	21.44	1	20.84	3	20.75	5
400	45.93	3 2	46.14	1	46.02	2	45.78	5
800	149.97	2	1:50.29	1	1:47.77	5	1:48.78	3
1500	3:41.82	5	3:44.50	3	3:46.46	2	3:49.32	1
3000 SC	8:45.45	5	8:52.95	2	8:51.74	3	9:02.2	1
5000	14:09.09	5	14:33.39	1	14:13.05	3	14:14.05	2
10,000	29:04.94		29:56.07	2	29:30.76	3	30:30.7	1
110 HH	13.97	5 3 3	13.99	11/2	13.99	11/2	13.75	5
400 IH	50.22	3	52.63	1	50.36	2 2	50.07	5 5 3
400 Relay	39.80	5	40.71	1	40.03	2	39.82	
1600 Relay	3:09.17	3	3:09.52	2	3:11.39	1	3:06.16	5
LJ	26-2	5	24-0	1	24-1	2	25-11	3
TJ	53-8	3	49-8	1	53-1	2	54-3	5
HJ	7-0	11/2	7-0	11/2	7-1	3	7-4	5
PV	17-3	2	15-6	1	18-3	5	17-6	3
SP	59-11	1	63-10	3	61-0	. 2	65-4	5
DT	187-8	3	190-9	5	183-9	2 6	178-6	1
JT	244-8	2	225-8	1	255-8	5	253-3	3
Totals		601/2		31		531/2		64

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Prep Notes

By KEITH CONNING

* TAC Junior Olympics

Lincoln, Nebraska, July 31-August 1-Junior Maurice Crumby (Balboa, San Francisco), the State Meet high jump champlon, broke the California high school lunior, meet, and stadium records on August 1 with a high jump of 7-3 in the young men's division.

The effort by the 6-31/2, 17-year-old Crumby, surpassed the lunior record of 7-03/4 set by Revnaldo Brown (Compton) in 1968. The old meet record of 7-21/4 was set by Gregg Gonsalves (Falmouth, Massachusetts) in 1980. The old Ed Weir Stadium record of 7-23/4 was set by Kurt Nielsen of Nebraska Weslevan in 1974.

Crumby, whose previous best was 7-1, was the intermediate men's champion last year with a jump of 6-8. On July 31, Mark Truillo (Reno, Nevada) broke Crumby's intermediate men's record with a lump of

What made the San Franciscan's achievement more remarkable was his revelation that he pulled a muscle on the first jump. However, he said he was able to shake off its effects and thereafter "the leg really didn't bother me." He established his records on his final effort.

Crumby added that the heat also was a factor affecting his performance with temperatures hitting the mid-90's. "It was really hot out there," Crumby said. "I felt

kind of tired."

Crumby moves into a tie for number two on the California All-Time List with threetime State Meet champion and 1968 Olympian Reynaldo Brown and Tim Polti

(Alemany, Mission Hills, 1979).

The California record of 7-31/4 was set by Lee Balkin (Glendale) at the 1979 State Meet in Sacramento. Next year Crumby can jump for Balkin's record. The United States record of 7-41/4 was set by Gall Olson (Sycamore, Illinois) at Geneva, Illinois on May 15, 1978. Olson also holds the national junior and age 17 record of 7-4.

Crumby's jump equals the nation's best schoolboy jump this year. Bill Jasinski, 18, (Parkview HS, Springfield, Missouri), surpassed seven feet seven times this season, won the Golden West Invitational in Sacramento, and at the Missouri State Meet in Jefferson City set a state record of

7-3.

Junior Kimmle James (Richmond), third in the State Meet 800, won the young men's

800 in 1:51.40.

Junior Michael Kibort (Saratoga) won the pole vault at 16-1 in the young men's division. He narrowly missed the Northern California record of 16-13/4 by Bert Tardieu (Del Mar, San Jose) in 1978. However, he becomes the leading prep vaulter in Califor-



MAURICE CRUMBY

nia this year, surpassing the 15-9 of junior Doug Fraley (Clovis West, Clovis).

Kibort had been the leading State Meet qualifier at 15-6, but he failed to qualify for

Dan Katches (Mills, Millbrae), second in the State Meet Discus, won the young men's division with a throw of 180-11.

Second Junior Pan American Athletic Championships

Barquisimeto, Venezuela, July 31-August 1-Junior Natalie Kaalawahia (Fullerton), the State Meet Champion, won the shot put at 50-91/2 (15.48 meters).

Polly Plumer (University, Irvine), the State Meet 1600 Champion, won the 1500 in

4:23.07.

Gayle Kellon (Walnut), the State Meet 300H Champion, won the 400-meter hurdles in a record 58.18 seconds, breaking the old record of 60.13. She also set new American Junior and high school records, surpassing her 58.22 on July 1 at the TAC Junior meet.

Sharon Hatfield (Fountain Valley) placed third in the heptathlon with 5,232 points.

* Will Stephens Dies

Corvallis, Oregon, August 3-Will Stephens, head women's track and field coach at Oregon State University for the

last five years, died at a Corvallis hospita after a long illness. He was 62.

Before taking the OSU position Stephens coached for 18 years at Encin High Schoool in Sacramento, where h founded the Will's Spikettes, an Amateu Athletic Union team that won 18 nations titles during his tenure. The Spikettes in cluded Olympians Kathy Hammond, Kath Weston and Evelyn Ashford.

Kathy Hammond still holds the Norther California high school record for the 40 meters at 52.1, which she set in 1969 while student at Mira Loma HS in Sacramento.

* East Germany vs. United States

Karl-Marx Stadt, East Germany, Ju 9-Denean Howard (Kennedy HS, Granac Hills), the State Meet 400 Champion, wi was ranked 9th in the world by Track & Fie News last year, met two women who we ranked above her. Marita Koch (East Ge many), the world record holder at 48.60, wh was ranked 2nd, won in the excellent tin of 48.77. Dagmar Rubsam (East German) who was ranked 5th, placed second 50.52. Howard was third in 51.17, the nin best U.S. performance all-time and the thi best by a U.S. junior. Rosalyn Bryant (U was fourth in 51.85.

The 4X400 team of Rosalyn Bryant 50 Arlise Emerson 51.6, Diane Dixon 50.9, a

Denean Howard 49.8 ran the second fastest U.S. performance all-time in placing second in 3:23.13. Marita Koch's 48.0 anchor leg was the fastest ever. East Germany ran 3:20.23, the fourth fastest ever.

Darrell Robinson (Wilson HS, Tacoma, Washington), the winner of the Golden West Invitational 400 in Sacramento, broke his own national high school record of 45.22, with a fine 45.16 second place effort. Cliff Wiley (US), ranked 1st in the world last year, won in 44.86. Before this season, Bill Green (Cubberley HS, Palo Alto, 1979) was the holder of the record at 45.51.

* USOC Sports Festival

Indianapolis, Indiana, July 24-Darrell Robinson (Wilson HS, Tacoma, Washington), who is going to the University of Houston, shattered his own national high school record by placing second in 44.68, the 12th fastest performance ever.

Sunder Nix (Indiana/Chicago), the NCAA consolation winner, set a new Sports Festival record of 44.67 to edge Robinson

by the narrowest of margins.

Kim Gallagher (Upper Dublin, Ft. Washington, Pennsylvannia) also lowered her national high school 800 record from 2:01.82 to 2:00.07, while upsetting Joetta Clark (Tennessee/Newark, New Jersey), the runnerup in the NCAA. Gallagher is going to the University of Arizona.

According to Jack Shepard, the high school editor of Track & Field News, spring graduates remain eligible for high school records until August 31 of their graduating year.

All Time Top 10 400 Performances

44.68 Darrell Robinson(Tacoma)7/24/82

45.16 Robinson 7/9/82 45.22 Robinson 6/20/82

45.36 Robinson 7/2/82 45.51 Bill Green(Palo Alto)6/17/79

45.64 Anthony Ketchum(TX)81

45.69 Ketchum 81 45.70 Ketchum 81

45.73 Robinson 6/19/82

45.74 Robinson 5/29/82

Robinson claims six of the top ten alltime performances. He and Ketchum will be teammates at Houston.

* The Big Mt. SAC Cross Country Meet

Mark October 29-30 on your calendar for two big days of prep cross country action. Running in this, the state's biggest harrier meet, begins each day at 8:00 a.m. on the Mt. San Antonio field. For information contact: Don Ruh, Athletic Dept., Mt. San Antonio College, 1100 N. Grand Ave., Walnut, CA 91789.

* Granada Invitational

September 25th at Shadow Cliffs Regional Park in the Livermore-Pleasanton area. Starts at 9:00 am. 3 miles for varsity boys and girls, 2 miles for j.v. and froshsoph. Contact Bill Wooten, Granada High School, 400 Wall St., Livermore, CA 94550. (415) 443-5000. * Postal Mile Races

November 7th, one mile runs on the track at Acalanes High School, Lafayette, 1 pm. \$1. Several age groups. Contact Diablo Valley Track Club: (415) 945-1118.

* Junior Olympic XC Trials.

November 11th, Pleasant Hill High School, Pleasant Hill, 3 pm. 10 age groups. Contact: Becky Gibson, 631 Thornhill Rd., Danville, CA 94526. (415) 820-6205.

* Unofficial State Meet

it's not sponsored by C.I.F., the runners can't run for or wear their school uniforms and no school scores are kept, but the Kinney Western Champion is the closest thing to a California State High School Cross Country Championships that we have. The top runners from the North will face the top runners from the South. Top 8 boys and top 8 girls will be sent to the Kinney U.S. National in Orlando, Florida. The Western Championship takes place November 27, 1982 at Fresno's Woodward Park. For information and/or entry blank contact: Bill Cockerham, P.O. Box 6103, Fresno, CA 93703 or call (209) 264-5847.

* Kinney Preview

High school runners wishing to preview the Kinney Western course at Fresno's Woodward Park may do so by competing in the Clovis Invitational which will be run over the same loop on September 18. Contact: Steve Ward, Clovis High School, 1055 Fowler Ave., Clovis, CA 93612. (209) 298-3388.

KINNEY CROSS COUNTRY CHAMPIONSHIPS

The Fourth Annual Kinney Cross Country Championships is open to male and female high school students who have been running competitively during the current season. They have an opportunity to compete in one of four regional qualifying meets leading to the National Championships.

Northeast New York

Van Cortlandt Park

November 26, 1982

Southeast Charlotte

McAlpine-Greenway Park

November 27, 1982

Midwest

Katherine Leggy Park (Hinsdale, ILL) November 27, 1982

West

Woodward Park

November 27, 1982

The course for all events will be 5000 meters

High school runners who qualify at the regional meets will be invited to compete in the National Championships held in Orlando, Florida on December 11, 1982

For more information please contact

Northeast Region Marty Lewis

Marty Lewis South Shore H S 6565 Flatlands Ave

Brooklyn, N.Y. 11236 (212) 531-4454

Southeast Region Max Mayo

Cedar Shoals H S Athens Ga 30603 (404) 546-5375

Don Garber Ruder Finn & Rotman 110 East 59 Street New York: N Y: 10022 (212) 593-6391 Midwest Region

Joe Newton York H S

355 West St. Charles Road Elmhurst ILL 60126 (312) 530-1240

Western Region

Bill Cockerham
California Track & Running
News

PO Box 6103 Fresno, Ca 93703 (209) 264-5847

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Prep X-C **Preview**

From Keith Conning

Presented this month is the high school cross country outlook for the northern half of the state. Next month we plan to present the preview for the southern half. Please send all input to Keith Conning, Prep Editor, 2235 Browning St., Berkeley, CA 94702.

North Coast Section Boys

4A

Leo Scott(San Ramon, Danville) Track: 2)EBAL mile 4:35.7. Cross Country: 3)EBAL 15:39, 4)4A 12:56.6, 9)MOC 15:57.0.

Jim West(Livermore)

Track: 4)EBAL 2 mile 9:58.7, 6)4A 3200 9:45.6. Cross Country: 5)EBAL 15:56, 5)4A 13:00.3, 8)MOC 15:50.9.

John Wilhelmy(Nthgte, Wal.Ck) Track: 4)DVAL 1600 4:39.7, Cross Country: 4)DVAL 16:12, 11)4A 13:07.7, 15)MOC 16:08.5.

Eric Farwell(El Cerrito) Track: 2)RBAL 2 mile 9:45.1. Cross Country: 6)RBAL 16:55, 13)4A 13:11.6.

*Jim Howard(Nthgte, Wal Ck) Track: 3)DVAL 1600 4:35:4, 3)DVAL 3200 9:52.8, 4)4A 3200 9:42·1, Best 3200 9:40.0. Cross Country: 3)DVAL 16:08, 14)4A 13:13.2, 58)MOC 16:52.

Jim Chaney(College Pk.Pl.Hill) Track: 2)DVAL 3200 9:45.4. Cross Country: 5)DVAL 16:17, 16)4A 13:16.2

David Basinger(Granada, Livmr) Cross Country: 6)EBAL 16:01, 18)4A

*Scott Hill(Mission SJ,Fremnt) Track: 3)MVAL 1600 4:37.7, 1)MVAL 3200 9:52.1, 3)4A 3200 9:40.0, Best 3200 9:36.21. Cross Country: 3)MVAL 15:42, 22)4A 13:31.1.

Jeff Verhoek(Mt.Diablo,Concd) Track: 5)DVAL 3200 10:25.7. Cross Country: 9)DVAL 16:30, 24)4A 13:34.3.

Jim Bloomer(El Cerrito) Track: 2)4A 1600 H1 4:27.5, 6)4A 1600 4:25.7, 3)MOC 1600 H2 4:22.2, 7)MOC 1600 4:31.5. Cross Country: 4)RBAL 16:45,

*Martin Higginbotham(Bkley) Cross Country: 33)4A 13:46.2

Others' Kimmie James(Richmond)

Track: 1)RBAL 880 1:55.4, 1)4A 800 H2 1:56.1, 1)4A 800 1:53.5, 2)MOC 800 H1 1:58.7, 1)MOC 800 1:53.1, 1)State 800 H2 1:51.5, 3)State 800 1:50:49. (Note: If he runs cross country, he could be the best in the entire section)

"Brian Vaughn(Berkeley)

Track: 4)RBAL 3200 9:59.1, ?)4A 3200 10:02.1, Roads: 2:59 marathon at age 14.

44Robert Latting(Martinez) Cross Country: TAC JO A-C 13-14 10:06.8, 2)TAC Boys CA-NV 12-13-12:43, 1)PATAC JO 13-14 12:49.2.

Oscar Dominguez(Newk-Meml) Track: 5)MVAL 3200 10:26.3. Cross Country: 4A 14:39.9.

3A

Craig Wilson(Novato)

Track: 4)3A 3200 9:47.1 Cross Country: 2)MCAL 16:30, 4)3A 16:59, 12)MOC 16:05.4, 2)PATAC JO 15-16 15:32, 2)TAC JO Reg.13 17:51.3.

Steve Sparks(Terra Lda, S. Raf) Track: 2)3A 1600 4:26.0, 4)MOC 1600 H1 4:23.9, 6)MOC 1600 4:27.4. Cross Country: 7)MCAL 17:05, 8)3A 17:06, 26)MOC

Rich Dunn(Sonoma)

Track: 2)3A 3200 9:40.6. Cross Country: 1)SCL 17:19, 9)3A 17:15, 5)PATAC JO 15-16 15:46, 3)TAC JO Reg.13 17:59.5.

*Ryan Gilliam(Crdl Newmn,SR) Track: 2)3A 1600 4:28.3, 8)MOC 1600 H1 4:32.6. Cross Country: 3)NBL 17:07.8.

Martin Ruiz(Ukiah) Track: 3)3A 3200 9:44.0. Cross Country: 4)NBL 17:08.7.

Kris Klinger(Fortuna) Track: 513A 3200 9:53.4.

*Henry Tyson(Drake, S. Anselo) Cross Country: 6)MCAL 16:59, 1)PATAC JO 15-16 15:29.6, 5)TAC JO Reg. 13 18:10.6.

2A

Dave Hansell(Acalanes, Lfyte) Track: 1)FAL 1600 4:29.6, 2)FAL 3200 9:39.3, 2)2A 1600 4:28.3, 4)2A 3200 9:33.0, 7)MOC 1600 H2 4:27.5, Best 3200 9:25.7 Cross Country: 2)FAL 14:44, 2)2A 12:54.1, 49)MOC 16:47.

John Morse(Ls Lomas, Wal Ck) Track: 2)FAL 1600 4:35.1, 1)FAL 3200 9:35.4, 2)2A 3200 9:22.9 Cross Country: I)FAL 14:27, 5)2A 13:15.6, 7)MOC 15:46.5.

Marco Margiotta(LsLo, Wal Ck) Cross Country: 3)FAL 14:56, 10)2A 13:28.1.

*John Foley(Miramonte,Orda) Cross Country: 4)FAL 14:59, 11)2A 13:28.8, 22)MOC 16:18.0.

*David Dodge(Campo.Moraga) Cross Country: 6|FAL 15:01, 12|2A 13:29.5, 2)TAC JO A-C 13-14 10:11.4, 2)PATAC JO 13-14 12:53, 3)TAC Boys CA-NV 12-13 12:47.

**Calvin Gaziano(Castro VIy)
Cross Country: 23)2A 13:48.7, 44)MOC
16:42, 3)TAC JO A-C 13-14, 10:12.8, 3)PATAC JO 13-14 12:59, 5)TAC JO Reg. 13 13-14 14:20.2

Jeff Mihm(Acalanes, Lfyte) Cross Country: 7)FAL 15:02, 25)2A 13:50.8, 40)MOC 16:36.

"Van Robbins(Miramte, Orinda) Cross Country: 27)2A 13:54.7, 47)MOC 16:46, 5)TAC Boys CA-NV 12-13 13:00, 6)TAC JO A-C 13-14 10:28.0.

Others: *Ken Green(Bishop O'Dd.Okld) Track: 3)CAL 800 1:58.9, 3)2A 800 1:58.6, 2)MOC 800 H2 1:57.0, 7)MOC 800 1:57.4.

John Fitzsimmons(DLSal,Cnd) Track: 4)CAL 1600 4:40.3, 2)CAL 3200 10:20.1, 4)2A 1600 4:29.5, 7)MOC 1600 H1 4:29.0. Cross Country: 157)Kinney Western 18:0?.

Greg MacEachern(LL, Wal Ck) Track: 1)FAL 800 1:59.8, 4)2A 800 1:58.6, 7)MOC 800 H1 2:00.6.

1A

*Chris Schille(S.Fork, Miranda) Track: 3)1A mile 4:42.0, 1)1A 2 mile 9:41.2. Cross Country: 4)1A 19:51, 43)MOC 16:41

Steve McMillen(Ft.Bragg) Track: 2)1A 800 2:00.6, 8)MOC 800 H1 2:02.6.

North Coast Section Girls

**Danise Rogers(Concord) Cross Country: 1)DVAL 11:47, 1)4A

Dana Whitney(Mis.SJ, Fremont) Track: 1)MVAL 1600 5:14.4, 1)MVAL 3200 11:25.9, 2)4A 1600 H1 5:18.5, 4)4A 3200 11:36.3, Best 3200 11:23.9. Cross Country: 1)MVAL 11:32, 2)4A 15:36.8, 18)MOC 19:08.7, 13)PATAC JO 18:54.

Heather Watkins(Berkeley)

Track: 1)RBAL mile 5:25.4, 3)4A 1600 H1
5:18.6, 1)4A 1600 5:07.1, 4)MOC 1600 H1
5:10.8, 6)MOC 1600 5:03.26, Best 3200
11:33.0. Cross Country: 1)RBAL 20:01,
3)4A 15:40.6, 9)MOC 18:35.4, 24)NorCal 18:06

Janice Bishop(Livermore) Track: 4)EBAL 2 mile 12:10.7. Cross Country: 4)EBAL 15:39, 4)4A 15:46.1, 22)MOC 19:14.1, 1)PATAC JO A-C 15:16 14:59.4, 11)PATAC JO 15-16 18:44.

Becky Pierce(Calif.San Ramon) Track: 4)EBAL mile 5:34.6, 3)4A 1600 H2 5:23.0, 4)4A 1600 5:19.2, 5)MOC 1600 H1 5:14.5, Cross Country: 2)EBAL 15:34, 5)4A 15:46.8, 26)MOC 19:22.4.

*Kathy Daley(Granada, Livrmre) Track: 3)EBAL 2 mile 12:05.9. Cross Country: 5)EBAL 16:27, 8)4A 16:07.8.

Amy Cathcart(Amador, Pitown) Track: 4)EBAL 800 2:25.1, 1)EBAL mile 5:25.2, 5)4A 800 H2 2:21.5, 1)4A 1600 H2 5:21.8, 2)4A 1600 5:13.6, 2)MOC 1600 H2 5:19.0. Cross Country: 7)EBAL 16:27, 13)4A 16:32.3, 38)MOC 19:44

*Doniece Johnson(Berkeley) Track: 2!4A 800 H2 2:19.6, 2!4A 800 2:13.1, 1)MOC 800 H2 2:19.1, 3)MOC 800 2:13.7, 3)State 800 H3 2:13.29, DO)State. Cross Country: 3)BBAL 20:53, 14)4A 16:35.1, 21)MOC 19:13.5.

*Julie Rivers(Miss.SJ,Fremont) Track: 3)MVAL 1600 5:38.6, 3)MVAL 3200 11:58.5. Cross Country: 16)4A

*Ann Peissner(Ygnacio Vy,Cd) Track: 4)DVAL 1600 5:39.7, 2)DVAL 3200 12:17.3, 6)4A 3200 11:46.3. Cross Country: 4)DVAL 12:30, 24)4A 17:04.9.

Jeni Sholes(SanRamon, Davile)

Track: 1)EBAL mile 5:25.3, 1)EBAL mile 11:24.6, 2)EBAL 880 2:23.0, 3)4A 1600 5:16.0, 1)4A 3200 11:06.9, 4)MOC 3200 11:01.8, Best 1600 5:13.0.

*Tresa Currie(Pittsburg)

Track: 1)DVAL 800 2:23.6, 3)4A 800 H2 2:20.3, 3)4A 800 2:15.6, 3)MOC 800 H2 2:20.2, 5)MOC 800 2:17.0.

Track: 1)MVAL 800 2:16.0, 1)4A 800 H1 2:19.8, 4)4A 800 2:16.2, 5)MOC 800 H1

Tina GoodyKoontz(SR,Danvil) Track: 3)EBAL mile 5:32.0, 4)4A 1600 H1 5:22.3, 5)4A 1600 5:19.3, 6)MOC 1600 H2 5:28 6

Michelie Manssewitsch(WI Ck) Track: 1)DVAL 1600 5:21.5, 2)4A 1600 H2 5:21.9, 6)4A 1600 5:20.2, 6)MOC 1600 H1 5:17.5. Cross Country: 9)DVAL 13:21.

Adrienne Clark(SR, Darville) Track: 3)EBAL 800 2:23.4, 3)4A 800 H1 2:22.4, 6)4A 800 2:18.5.

Kristy Craig(Irvington,Fremont) Track: 2)MVAL 800 2:27.1, 2)MVAL 1600 5:24.7, 4)4A 1600 H2 5:24.0, 7)4A 1600

3A

Terrie Martin(Redwd, Larkspur) Cross Country: 5)MCAL 19:29, 5)3A 19:30.0, 11)MOC 18:37.3, 15)NorCal 17:53, 57)Kinney Western 19:12.

*Marcy Holzgang(Terra Lin,SR) Cross Country: 4)MCAL 19:27, 9)3A 20:06.4, 24)MOC 19:17.2, 28)NorCal 18:22, 69)Kinney W. 19:35.

Nancy Reese(Terra Lin,S.Raf) Cross Country: 6)MCAL 20:11, 18)3A 21:01, 25)MOC 19:18.3, 30)NorGal 18:25, 47)Kinney W 18:57.

Others: "Jenny Bocca(Analy, Sebastop) Track: 3)3A 800 2:20.4, 6)MOC 800 H1

2A

Wendy Sihner(Miramnte, Orda) Track: 4)FAL 800 2:21.8, 1)FAL 1800 5:09.9, 1)FAL 3200 11:14.7, 3)2A 1800 5:06.0, 1)2A 3200 10:47.8, 1)MOC 3200 10:34.7, 7)State 3200 10:43.53 Cross Country: 2)FAL 16:44, 1)2A 15:04.9, 1)MOC 17:38.6, 2)NorCal 17:12, 10)Kinney W. 17:38.6, 2)NorCal 17:12, 17:27. Ranked 9th in State.

Paige Tully(Alhambra, Martinz) Track: 2)FAL 800 2:20.2, 3)FAL 1600 5:29.9, 5)2A 1600 5:08.0, 1)MOC 1600 H1 5:07.2, 3)MOC 1600 4:58.87, Cross Country: 3)FAL 17:22, 3)2A 15:29.4, 8)MOC 18:34.5, 12)NorCal 17:45.

Noreen deBettencourt(Concd) Track: 1)CAL 800 2:21.4, 1)CAL 1600 5:31.8, 2)2A 1600 5:01.9, 3)MOC 1600 H2 1)MOC 1600 4:53.56. 7)State 1600 H1 5:05.84. Cross Country: 4)2A 15:42.7. 7\MOC 18:28 8

Missy Moore(Piedmont)

Track: 1)ACAL 800 2:12.7, 1)2A 800 2:12.0, 1)MOG 800 H1 2:15.3, 2)MOC 800 2:10.7, 2)State 800 H3 2:13.10, 5)State 800 2:10.44, Best 1600 5:13.2. Cross Country: 6)2A 15:53.3, 10)MOC 18:36.4, 99)Kinney W 20-31

Mary Ann Morse(LL, Wal Ck) Cross Country: 4)FAL 17:33, 7)2A 16-01 1

*Trisha Herzog(Campol.Mrga) Cross Country: 6)FAL 17:58, 9)2A 18-07.1

Ann Ratto(Alameda)

Track: 2)ACAL 800 2:15.8, 1)ACAL 1600 5:13.5, 1)2A 1600 5:01.8, 7)MOC 1600 H1 5:18.7. Cross Country: 10)2A 16:11.2.

Jennifer Thatcher(Encinal, Al) Track: 3)ACAL 800 2:28.6, 1)ACAL 3200 11:32.1, 3)2A 3200 11:32.1, Best 3200 11:23.9. Cross Country: 11)2A 16:14.3, 15)MOC 18:56.0.

photo by Keith Conning



PAIGE TULLY

Sue Banfield(Miramnte, Ornda) Cross Country: 5)FAL 17:48, 12)2A

Kim Halsey(Miramnte, Ornda) Cross Country: 8)FAL 18:50, 17)2A 16:29.9, 37)MOC 19:43

Allison Keller(Piedmont) Track: 4)ACAL 1600 5:34.0, 2)ACAL 3200 11:35.0, 2)2A 3200 11:31.1, Best 3200 11:30.0. Cross Country: 20)2A 16:37.2, 40)MOC 19:49, 79)Kinney W 19:58.

"Mimi Sandel(Campol.Moraga) Cross Country: 7)FAL 18:40, 25)2A

*Suzanne Lehmkuhl(Acal.Lfyte) Track: 1)FAL 800 2:17.0, 2)FAL 1600 5:10.9, 3)2A 800 2:17.4, 4)2A 1600 5:08.8, 3)MOC 1600 H1 5:09.3, 5)MOC 1600

1A

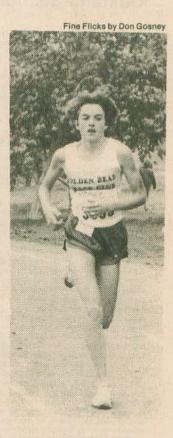
Dana Pyorre(Ft.Bragg)
Track: 4)1A 2 mile 12:19.8. Cross Country: 1)NCL 1 13:52, 1)1A 20:59, 13)MOC

**Michelle Hawk(SFork, Mirnda)
Track: 2)14 5:34.6, 2)14 2 mile 11:50.1,
9)MOC 1600 H1 5:30.0. Cross Country: 3)1A 21:25, 46)MOC 20:03.

Courtney Frisbie(CS-Up., Hilsb) Track: 1)1A mile 5:31.8, 7)MOC H2 5:31 0

*Sally Carlson(Ferndale) Track: 1)1A 2 mile 11:50.

"Melissa Seale(Ft.Bragg) Track: 2)1A 800 2:28.4, 8)MOC 800 H1



WENDY SIHNER

Central Coast Section

I have divided the Central Coast Section into its four Regions I, II, III and IV. Within each Region I have listed the athletes according to the following criteria: 1)nlace in the Region Cross Country Championship last year, 2)place in the Central Coast Section Track Championship 1982 in three events (800 meters, mile and/or two mile). 3)place in the Region Track Championship 1982.

Thus, sophomore Nanette Garcia (Silver Creek, San Jose), the Central Coast Section two mile champion, is listed after the girls in Region III who ran in the Region III Cross Country Championship last year. Garcia competed for the San Jose Cindergals in cross country last year.

After each athlete I have listed their cross country and track record with places and

CCS Region I (Boys)

*Shawn Ayers(Bellarmine, SJ) Cross Country: 1)Region I 15:42, 12)CCS 15:54.84, 53)Kinney W 15:42, Track: 3)Region I 2 mile 9:48.3, 8)CCS 2 mile 9:43 8

photo by Keith Conning



HEATHER WATKINS

Rod Sellard(Bellarmine, SJ) Cross Country: 4)Region I 15:54, Track: 1)Region I 800 1:58.0, 2)Region I Mile 4:29.1, 3)CCS 800 1:54.6, 8)CCS Mile 4:25.8, 5)State 800H 1 1:54.9.

Paul Ghidossi(Capuchino,SB) Track: 1)Region 12 mile 9:46.0, 3)CGS 2 Nathan Racine(Westmr.Dv Ctv) Track: 3)Region I 800 2:01.0.

Chris Spurlock(Bellarmine,SJ) Cross Country: 43)Kinney W 17:08. Track: 4)Region I 800 2:02.0.

CCS Region II

Grant Foster(MontaVista, Cupt) Cross Country: 1)Region II 15:09, 1)CCS 1:15.02, 10)Nor Cal 14:49, 44)Kinney W

*Eugene Tung(MontaVista,Cu) Cross Country: 7)Region II 15:56, 15)CCS 16:02.26.

Doug Golliher(Saratoga) Cross Country: 10)Region II 16:04, 18)CCS 16:07.67, 33)NorCal 15:15. Track: 3)Region II 2 miles 9:49.1, 9)CCS 2 miles

Matt Najarjan(Homestd,Sunvi) Track: 3)Region II 800 1:58.0, 6)CCS 800

Lawrence Haggins(M-A,Ather) Track: 2)Region II 800 1:55.5, Best 800 1-55 1

*Blair Bullock(Carlmt, Belmnt) Track: 4)Region II 800 1:59.8.

CCS Region III

Roy Garcia(Leigh, San Jose) Cross Country: 6)Region III 15:42, 7)CCS 15:39.27, 32)NorCal 15:12, 43)Kinney W 15:38. Track: Best 2 mile 9:22.6.

Dave Bell(Leigh,San Jose) Cross Country: 8)Region III 15:48, 11)CCS 15:53.97, 18)NorCal 14:57, 39)Kinney W 15:36.

*Chris Craig(Leigh,San Jose) Cross Country: 7)Region III 15:43, 14)CCS 16:00.81, 43)NorCal 15:23, 78)Kin-ney W 16:01. Track: 5)Region III 3200 9:25.0, 6)CCS 2 mile 9:36.2, Best 2 mile

Mike Livingston(Wil Glen,SJ) Track: 2)Region III 3200 9:23.2, 2)CCS 2

*Tom Legan(Independ.SJ) Cross Country: 4)PATAC JO 15-16 15:44, 1)TAC JO Reg.13 15-16 17:21. Track: 4)Region III 3200 9:24.0, 4)CCS 2 mile 9:29.7, Best 2 mile 9:26.1.

Gregg Skarmas(Wstmt.Campb) Track: 5)Region III 800 1:56.4, 8)CCS 800

Jim LaFuente(Mt.Pl.,SJ) Cross Country: 56)Kinney W 15:45. Track: 5)Region III 1600 4:24.0, 10)CCS Mile 4:28.9

Sean Crowley(Overfelt,SJ) Track: 4)Region III 1600 4:23.3, Best

CCS Region IV

Mike Rome(SLV,Ben Lomnd)
Cross Country: 7)Region IV 16:33.
Track: 2)Region IV 2 mile 9:48.9.

Chris Bowe(Pacific Grove) Track: 2)Region IV mile 4:28.5, 7)CCS mile 4:25.2

*Troy Curran(York, Monterey) Track: 1)Region IV 2 mile 9:45.6.

Jay Avenbarg(SLV, Ben Lomnd) Track: 2)Region IV 800 1:58.3, Best 800

continued on next page ..

CCS Region I (Girls)

Karen McGough(Mills, Millbrae) Cross Country: 4)Region I 18:59. Track: 3)Region I 2 mile 11:49.6, 8)CCS 2 mile 11:35.0, Best 2 mile 11:31.1.

Sharon Yaninek(Present.,SJ) Cross Country: 5)Region 1 19:32, 14)CCS 19:13:90, 46)Kinney W 18:53. Track: 1)Region I 800 2:19:9, 1)CCS 800 2:11.2, 4)State 800 H2 2:12.79, 4)State 800 2:10.39, Best mile 5:13.0.

*Susie Nelson(San Mateo) Cross Country: 8)Region I 19:40, 23)CCS 19:38.79. Track: 5)Region I mile

Kim Mygatt(Castilleja,PAlto) Track: 2)Region I 800 2:25 9

*Lori Wilson(Terra Nova, Pac) Track: 3)Region I mile 5:28.8.

Michelle Kerley(ElCam,S.SF) Track: 3)Region | 800 2:26.3.

CCS Region II

Susan Brodie(St.Fran, Mt.View) Crose Country: 2)Region II 18:29, 1)CCS 18:22.59, 13)NorCal 17:46, 45)Kinney W 18:51. Track: 2)Region II 2 mile 11:25.5, 5)CCS 2 mile 11:07.0, Best mile 5:16.0.

*Connie Buckler(Saratoga) Cross Country: 3)Region II 18:50, 8)CCS 18:53.46, 21)NorCal 18:24. Track: 3)Region Il 2 mile 11:32.4, 7)CCS 2 mile 11:23.5, Best 2 mile 11:16.2.

**Kim Himenes(St.Fran,Mt.Vw) Cross Country: 4)Region II 18:51, 9)CCs 18:55.51, 26)NorCal 18:09. Track: 3)Region II mile 5:20.7.

Race Clocks

SPECIAL PRICE CHRONOMIX CC-811 DIGITAL CLOCKS - We have several customers that are interested in selling their digital display clocks for \$900-\$1000 (the original retail price was \$1295), so they can purchase the newer CC-601 (\$1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 341-3119. These will probably go very fast at this price, so we suggest you respond immediately if you're at all in-Prices are terested. "negotiable." We also have an indoor display clock on sale for \$500.

- (Spoisischeming magnitude Cross Country: 21)CCS 19:35.19.
- *Nora Williams(M-A, Athlerton) Track: 2)Region II mile 5:20.4, 6)CCS mile 5:15.3. Best mile 5:13.6.
- **Winnie Burns(M-A.Atherton) Track: 3)Region II 800 2:21.8, 7)CCS 800
- *Laura Burtness(Gunn.PAlto) Track: 4)Region II 2 mile 11:44.3. 10)CCS 2 mile 11:41 5
- *Madeleine Ostertag(Mrcv,SF) Track: 4)Region II 800 2:22.2, 10)CCS 800 2:21.7.

CCS Region III

Carla Halford(Leland,SJ)

Cross Country: 5)Region III 19:15. Track: 5)Region III 800 2:16.6, 4)Region III 1600 5:10.2, 2)CCS mile 5:02.8

*Barbara Keehner(Hill, SJ) Cross Country: 6)Region III 19:16, 10)CCS 18:56.83 Track: 9)CCS 800 2:21.2

Cory Schubert(Del Mar,SJ)

Cross Country: 7)Region III 19:22, 20)CCS 19:32.76. Track: 5)Region III 1600 5:11.0, 2)Region III 3200 11:18.9, 7)CCS

- *Jeanette DeMoss(Leland,SJ) Cross Country: 17)CCS 19:25.54.
- **Nanette Garcia(Silver Ck,SJ) Cross Country: 18)Kinney W 17:54. Track: 3)Region III 1600 5:08.5, 1)Region III 3200 11:04.7, 1)CCS 2 mile 10:39.7, 5)State 3200 10:30.40, Best 800 2:17.7c.
- **Karen Dowell(San, Teresa, SJ) Track: 4)Region III 800 7:15.1, 5)CCS 800
- **Sharlene Rogers(Indep.,SJ) Cross Country: 80)Kinney W 20:01. Track: 6)Region III 800 2:20.7, 8)CCS 800 2:20 4

Andrea Hembecker(WGlen,SJ) Track: 6)Region III 3200 11:43.0.

**Therese Fisher(Los Gatos) Cross Country: 21)Kinney W 17:59. Track: 4)Region III 3200 11:34.0, Best mile 5:07.82c, Best 2 mile 11:14.2.

Nora Baker(Del Mar, SJ) Track: 5)Region III 3200 11:41.3.

CCS Region IV

Helen Muth(Soquel)

Cross Country: 1)Region IV 18:32, 6)CCS 18:33.92, 18)NorCal 17:55, 31)Kinney W 18:21. Track: 1)Region IV mile 5:24.0, 1)Region IV 2 mile 11:33.9, 6)CCS 2 mile 11:15.7

Mona Lopez(Notre Dame, Sal.) Track: 1)Region IV mile 5:30.0, 3)Region IV 2 mile 12:02.0, 12)CCS 2 mile 11:46.3.

Karen Cantoni(Aptos) Track: 2)Region IV 800 2:22.0, 12)CCS

*Trish Wilkinson(King City) Track: 3)Region IV mile 5:31.3.

Northern Section

Jim Frey(Yreka)

800 2:23.8

Cross Country: 1)Northern Athletic League, 2)Northern Section 15:18, 4)Nor-Cai 14:31, 15)Kinney W 15:11, Ranked 11th In State. Track: 1)NS 1600 4:13.2, 2)State 1600 H1 4:15.4, 2)State 1600 4:10.32.

Kevin Allison(Anderson) Cross Country: 3)NAL 15:35, 3)NS 15:20, 25\NorCal 15:08

*Mike Weldlein(Anderson) Cross Country: 4)NAL 15:49, 7)NS 16:08, 29\NorCal 15:10

Mike Wall(Lassen, Susanvile) Cross Country: 5)PATAC JO 13-14 13:11, 3)TAC JO Reg 13 Youth Boys

(Girls)

**Danae Dunlap(Anderson) Cross Country: 1)NAL 15:23, 15:30.3. Track: 1)NS 3200 11:40.8.

- *Donna Martin(Enterp.Redding) Cross Country: 3)NAL 15:49, 2)NS 15:31, 35)NorCal 18:38.
- **Chris Mayle(Oroville) Cross Country: 1)EAL 12:46, 3)NS 15:41, 89)NorCal 20:06.

Jennifer Korte(Pl.Vly,Chico) Cross Country: 3)EAL 13:16, 4)NS 15:49, 42)NorCal 18:47. Track: 1)NS 1600 5:21.5.

Britt Fellner(Chico)

Cross Country: 2)EAL 13:02, 6)NS 15:50, 76)NorCal 19:46

Oakland Section

Charlie Cypher(Skyline,Oak.) Cross Country: 1)Oakland Section 14:08, 23)NorCal 15:03.

Sac-Joaquin Section

Team Championship (Boys)

Bella Vista (Fair Oaks), the defending champions, will be hard pressed to repeat a third consecutive year. With the gradua-tion of Harold Kuphaldt (Univ. of Oregon) and Mike Lee (Arizona State Univ.), the Broncos, led by senior Mike Marotte and junior Nick Sparks, will have to challenge the preseason favorite in Jesuit (Car-michael). The Jesuit harriers are paced by senior Brett Stauffer (did not compete in 1981 section meet due to injury) and return their entire squad which finished third in 1981. In last year's championship meet (without Stauffer) Jesuit's entire seven man team finished within a 30 second span averaging 16:45 over the hilly Sierra College course.

Rounding out the remainder of the teams in contention for the team title are the first and second place finishers in last years junior race, Piacer (Auburn) and Lodi, and the fourth and fifth place teams in last years varsity division, Vacaville and El Dorado (Placerville). Both of the varsity division teams have lost their top runner due to graduation—Wayne Bratter (Vacaville) and John Hansen (El Dorado)—and, consequently, their team success will rely heavily on the influx of talent from their sophomore and junior teams. South Tahoe, a perennial contender for the team title, will not be involved in the Sac-Joaquin Section this year, choosing instead to compete in Nevada.

Team 1981 Team Placings Jesuit(Carmichael) Bella Vista Bella Vista(Fair Oaks) South Tahoe

Jesult 3 Placer(Auburn) Vacaville 5 El Dorado(Placerville) El Dorado

Individual Championship

In difference to last year when Harold Kuphaldt (Bella Vista, Fair Oaks)

dominated the individual races throughout the entire season, no "clear cut" favorite for the individual crown has emerged. From their performance in the 1981 cross country championship meets, three athletes are in contention for the individual title-Rod Curry (Christian Brothers, Sacramento), Jason Flamn (La Sierra, Carmichael), and Mike Larsen (Del Campo, Carmichael). Based on their per-formances during the past track season, Jason Flamn (4:19n, 9:14n, 15:03n (5,000m)) would appear to be the preseason favorite followed closely by Mike Larsen (4:16n, 9:33n).

Place Individual

- Jason Flamn (La Sierra, Carmichael)
- Mike Larsen (Del Campo, Carmichael) Rod Curry (Christian Brothers, Sac.) Brett Stauffer (Jesuit, Carmichael)
- Alberto (Modesto)
- Nick Sparks (Bella Vista, Fair Oaks) Adcock (Placer, Auburn)
- Mike Marotte (Bella Vista, Fair Oaks)
- Chavez (Franklin)

Team Championship (Girls)

Although led by their outstanding junior duo of Liz McDowell and Stacey McAffee (second and fifth, respectively, in the 1981 championship meet), defending section champions Del Oro (Loomis) will find it difficult to retain their title against upstarts Del Campo (Carmichael) and El Dorado (Placerville). Runner up in the 1981 section meet, El Dorado is paced by sophomore Tammy Foster (seventh in last years meet) and Kim Payton. Led by last years meet) and kim Payton. Led by sophomore Dionne Self (fourth in last years meet), the Del Campo harriers return their entire 1981 team which placed third at the section championships. With each of the top three teams led by outstanding individuals, the team title will be determined by the team strength in the final scoring positions. With the return of its entire 1981 team and the improvement indicated during the 1982 track season, Del Campo is ranked first followed closely by El Dorado and Del Oro in this extremely close team competi-

Rounding out the top five teams are last year's fourth and fifth place finishers Vacaville and Merced. Vacaville is led by defending individual section champion Joni Mooney (a junior) with Merced's team paced by junior Kelly Donaldson The preseason team rankings are as follows:

Team 1981 Team Placing

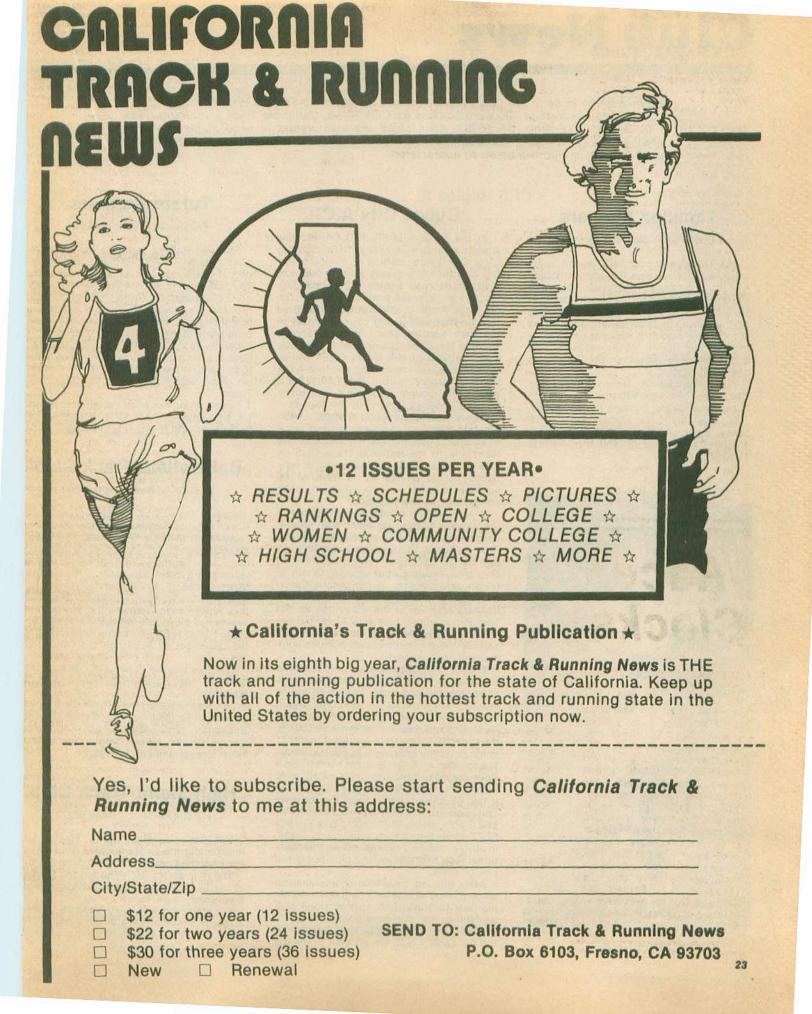
- Del Campo (Carmichael) Del Oro(Loom,
- El Dorado (Placerville) El Dorado (Pirvi Del Oro (Loomis) Del Campo(Carmich.
- Vacaville Vacaville
- 5 Merced

Individual Championship

As in the selection of the girl's team champion, the girls individual champion will be determined from a number o outstanding competitors. As defending champion and undefeated last year against section competition, junior Jon Mooney (Vacaville) should successfully defend her cross country title. Individua capable of capturing the title should Mooney falter include juniors Li. McDowell and Stacey McAffee (Del Orc Loomis), junior Sally Pinkner (Davis) the section 3200m champion and third inthis meet last year, and Dionne Self (Del Cam po, Carmichael) a sophomore.

Place individual

- 1 Joni Mooney (Vacaville)
- Liz McDowell (Del Oro, Loomis)
- Stacy McAffee (Del Oro, Loomis) Sally Pinkner (Davis)
- Dionne Self (Del Campo, Carmichael)
- Tammy Foster (El Dorado, Piacerville)
- 7 Julie Van Horn (Kennedy, Sac.)
- 8 L.Bushling (Yuba City) 9 Kelly Donaldson (Merced)



Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Also, clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

Tamalpa Runners

P.O.Box 701, Corte Madera 94925

The Tamalpa Runners are headed up by president Dick Hayden; vice president Judy Klingbeil; treasurer Siegfried Kohl and secretary Bunny Goar. The club holds interval workouts on Wednesdays and fun runs on the second and fourth Saturdays of the month. They also hold mini track meets the second and fourth Wednesdays of the month and a mountain run the first Saturday of the month.

Team directors are: Men — juniors Kirk Dye, open Mark Allen Warford, submasters Peter Laskier and masters Hans Roenau. Team Directors for the women are — junior Jenny Biddulph, open Pat English, submaster Barbara Magid, and masters Els

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JEFF JOHNSTON

Culver City A.C.

At the 3rd annual SPATAC Outstanding Athlete Awards Race at Griffith Park on July 25th, CCAC was honored as the outstanding club for the previous year. In addition, Skip Shaffer was named the outstanding masters male for the same period. With the great job Frank Duarte has been doing so far this year, that award could just stay in the club another year. At the National Masters Marathon Championship held outside Portland at the Gales Creek Valley race. Duarte was 2nd over-all and first in the masters category with a fine 2:30:19 on a tough, hilly course. Teammate Jim Knerr was 6th over-all, and 2nd in the 45+ category, running a good 2:35:23. Unfortunately. Shaffer had a bad race and came in at 2:50:13, costing his team to lose the team ti le to the National Track Club by 1:35. It serves as a good example of why teams should always try to have an insurance runner or two, just in case something like that happens.

In July, 3 team members participated in the Western States 100, along with several supporting teammates acting as handlers. Rich Belliveau, tackling the forbidding terrain for the third time, ran an excellent 19 hour race, showing what experience can do for an ultra-distance runner. Another plusforty team member, Rich Dinges, also finished high up in the standings as did Tom Perry, whose time was 22:48, putting all three under the "goal" of 24 hours and earning the magnificent belt buckles com-

memorating that feat.

A week later, the team went up to Santa Barbara in force for the district's 15 K championship and came away with a new masters' team record for total time. Again led by Frank Duarte's incredibly fast time of 48:34, (the old masters' record was 50:20!), the top 5 CCAC masters averaged under 51 minutes on the grueling S.B. course. Andre Tocco, 50:54; Skip Shaffer, 50:58; Bart Coventry, 52:03; and Jim Knerr, 52:10, were the other scorers. Master, Mary Rowley ran a fine 52:32 and didn't make the top five! The open runners were well represented by Eric Faiz's good 49:30, and Dave Glyer's 52:27 on his return from injuries and Texas. In all, the club had 12 finishers on this traditional race and enjoyed the picnicking and chatter after.

After winning 3 national championships since turning 40 last fall Frank Duarte is being sent by NIKE, who also provided club assistance for our marathoners to go to Portland, to Philadelphia this August for the big sport's fest. We all wish Frank the best of luck.

Tulare Runners

P.O.Box 517, Tulare 93275

Shannon Battles captured the women's 13-15 division in 44:02 to highlight club action at the Tulare Road Run on July 24th. Top club finisher Dennis Wong led thirteen other club members with a 32:38 good for a fifth place in the 25-29 division. A.R.Souza completed club award winners with a second place in the 50-59 with a 38:31.

Dennis Wong is busily making preparations for the club sponsored Fair Day Mile to be held on the Tulare County Fair opening day, September 21st in downtown

Tulare.

Dennis Wong has been accepted to run in the Nike/Oregon Track Club Marathon on September 12th in Eugene, Oregon.

Bakersfield Track Club

Box 10371, Bakersfield 93389

Current leaders in the Bakersfield T.C. Championship Series are Male-12 under, Larry Main, 13-18 Larry Bayless, 19-29 Paul Anderson, 30-39 Jim Moran, 40-49 Leo Marquez and 50 plus John Fosse. Female leaders are, 12 under Kathy Kim, 13-18 Marie Erickson, 19-29 Brenda Villanueva, 30-39 Kris Moran, 40-49 Verla Phillips and 50 plus Anita Foose, Remaining races on this years championships series include the October 17 CAPH 5K and 1 mile handicap and the December 18 Marathon Prep 15K and 30K.

The club has set Febuary 5, 1983 as the date for the Bakersfield Full and Half

Marathon.

Joining the Bakersfield Track Club ranks are Lowell Saunders, Bruce Walker, Arnold Buchanan, Joel Maki, Rob Robinson, George Dewar, Kelley Cargill, David and Terrie Brewer and Larry Jackson.

High Sierra Track Club

112 Green Oaks, Visalia 93277

Bob Loux led High Slerra Track Club members at the Tulare Six Mile Roast Run. Loux finished second overall timing 31:26.

The High Sierra T.C. captured third place at the Sierra Pines Relays held Aug. 7th at Bass Lake.

Ozzie Osgood who ran a good 26.2 miler in San Francisco ran a 21:30 winning his division at the Summer Run Four Miler in Visalia.

Aggie Running Club

773 Harvard Ave, Menlo Park, CA. 94025

It has always been the design of the club to provide a closeknit group of friends, acting as a team, running well, and having fun as they do it. Few other clubs, if any, can consistantly pull together the numbers like the AGGIE RUNNING CLUB. The club has really begun to show its local prowess through the domination of Northern California road races. Recent examples include the Monterey Super Race V (30 Aggs, 6 of the top 7, including first), and the PA TAC 15K (30 Aggs, 6 of the top 10 men, 5 of the top 10 women). Now there is the ultracompetitive, hyper-fast Santa Cruz to Capitola Wharf to Wharf Race. The 5.82 mile classic now boasts an entry size of about 4,000 people. Last year Adrian Royle pushed Duncan MacDonald to a course record 26:26. This year it was won for the first time by an Aggie, local favorite Dan Gruber, in 26:57. Dan, fresh from a month of successful racing in Europe, was ecstatic with this win, which has eluded him for years. Other recent runs of Dan's have been the Cherry Blossom in Washington D.C., where he was third, and a fifteenth at the Lilac Bloomsday.

But back to domination. The Aggle men placed six in the top ten, eight in the top fifteen, and twelve in the top twenty. People were in awe of the continuing flow of the Converse-shod blue and white Aggs. Joining Gruber in the lead pack at the start were Aggies Ivan Huff and Carmelo Rios, along with Mark Conover and John Moreno and Bill Graham. By three miles (13:36), Gruber began to pick up the pace and string out the pack. The second pack, consisting mainly of Aggs Rich Langford, Emil Magallanes, Rudy Munoz, and Aggs on the rise Mark Genet and Bill Gail, remained in a pack to the finish. They were followed closely by Peanut and Joe Fabris. At the finish, Dan pulled away from Conover and Moreno. Tom Downs moved up for fourth, followed by Ivan and then Carmelo. Bill Graham held on for seventh. Fast finishing Fabris moved from fifteenth to eighth over the last 400 meters to log eighth. He had to pass teammates Genet (9), Gail (10), Magallanes (11), and Langford (12). Rudy was sixteenth, Submasters Denis O'Halloran (18) and Peanut (19) went one-two in their division. Rounding out the top twenty was a rapidly recovering Pete Sweeney, who has been down with injury for the past nine months.

The women's race held to a similar story line, with the Agglettes grabbing fourth through tenth. Heading the Aggle on slought was new Agg Eileen Draemer, formerly from Cal Poly San Luis Obispo, where she was a three time national champlon. After her came Kathy Way, Amy Harper, Tena Harms, Denise Bigelow, Jolle

Houston, and Janet Smith.

As for total numbers, there were at least fifty Aggles running the race, with another twenty or so along to add support and join in on the club picnic on the Capitola Beach after the awards ceremony.



DAN GRUBER

Visalia Runners

P.O.Box 3638, Visalia 93277

Several club members ventured north to the big San Francisco Marathon. Roger Sebert led the Visalia Runners timing 2:43:39, Rob Stephenson was next at 2:45:57, others included Dave Calderon 2:47, Jim Hill 2:51, Ron Aschwanden 3:00:40, Louie Martin 3:09:03, and Al Branco 3:09.

Ed Taylor led club runners at the Tulare Road Run Six Mile. Taylor was third overall in 31:36, Bryan Patterson was next in 32:30, followed by Dave Calderon 33:40 and Craig Newport 34:25.

Robert Taylor timed 15:53 winning the Heat Wave 5K. He also timed 20:05 in taking the Summer Run Four Mile. Brother Ed Taylor followed in third timing 20:31.

Rob Stephenson will host the grueling but very scenic Mineral King Marathon on September 26th.

Empire Runners

4700 Fuulger Drive, Santa Rosa 95405

The Empire Runners will host the Fourth Annual Labor Day Ten Miler which is a nationally certified course which is a scenic loop course that runs through the Santa Rosa farmlands and orchards.

Club president Mike McGuire was the winner at the Rincon Valley 6.2 miler timing 36:08. McGuire also captured his division in the Kenwood Footrace. His time was 36:04.5 over the 10K layout, good enough, for the 35-39 age group title.

Club member Marton Gray competed in this years San Francisco marathon and described it as fantastic, and recommends the race for everyone.

Fresno Track Club

P.O.Box 6103, Fresno 93703

The Club's outstanding group of Junior Runners turned in some fine performances recently. At the July 10 All-Comer's Meet, Emily Leone and Jenny Horg each won combined age group 1500 meter races with Emily timing in at 5:42 to win in the 10-11 class and Jenny taking the 9 and under win at 5:53. Not to be outdone, Jason Allen and Greg Sansom ran in a combined 800 together with Greg pulling an upset of sorts clinching the 10-11 division and first overall thanks to a super strong finish that resulted in a very good time of 2:24. In the 9 and under category, Jason ran his first 800 placing sixth overall and clocking a strong 2:43 for first in class.

At the Region XIII Junior Olympics held at CSUF, Emily set a personal record by 15 seconds to take second in the 3000 meters with an exceptional time of 11:33. Jason Allen, Jenny Hong, Greg Sansom, and Emilly are all under the tutelage of the clubs premier runner, Coach Jim Hartig. The foursome had an outstanding season perform-

ing well at every meet.

Rosemary Alcarez and Erin Valdez took first and second at the recent Sacred Heart Parish Fiesta six miler timing in respectively at 43:09 and 45:32 to sweep honors in the under 18 women's division. At the same meet Al Lomeli won the 30-39 class at 32:14 following up his Visalia Four mile win the day before with a very strong 20:40. The "Iron-Man" of the FTC is having a great season.

Greg Steinhauer got his act together to run his best race all year taking first in the highly competitive under 18 class with a

swift 33:18 and sixth overall.

Central California Marathon Race Director Bill Woody will release information shortly on the November 20 Boston Qualifier. The popular 26.2 mile race will follow last year's out and back course starting at CSUF. Woody said entry blanks will be available the first of September.

David Naranjo set a course record of 31:39 to win the 13-15 class at the annual six mile Tulare Road Run. The talented Junior High School standout placed fourth

overall.

Frank Delgado turned in a fine 35:21 to set a course record and win in the 45-49 class. Al Lomeli won the 30-34 group with a time of 31:45 with Larry Lung second at 33:20. Bill Woody placed second with his 36:16 in the 40-44 age bracket. Woody Cape getting back into stride by taking second in the 60 plus class with his 49:03. Erin Valdez took second in the women's 13-15 division with her 49:15. A fine field of two hundred runners took part in the six mile and two prediction races.

Mark Hull and Steve Ward finished second and third respectively in the open division at the Bunion Derby just concluded. Al Lomeli continues his winning form by taking the 30-39 men's category ahead of former CSUF Star, Pat Dunning and Local attorney Jim Lambe. In the 40-49 bracket, Frank Delgado won with Bill Woody taking third. Tom Morgan won the high school

Fresno TC, continued:

boy's category with three impressive wins. In the Junior High School division the winner was David Naranjo of Sanger's Washington Junior High. Erin Valdez swept the elementary girl's class and Jim Brooks was the winner of the Wheelchair division.

Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

At the May 22nd Miller Lite 5 & 10K, Larry Bayless, Paul Cross and Eddie Lujan fought it out in the 10K with Larry winning in 34:12, Paul 2nd in 35:37, and Ed closing fast in 35:59. Denise Ansolabehere was first female in 45:24. In the 5K Leon Jackson outdueled Darren Masonheimer 16:28 to 16:30. Bill Loughry was 3rd in 17:47.

Dennis Burkett and Bob Moses were two of the 145 finishers June 27th in the Western States 100 (310 starters). Dennis

hit 23:15 and Bob a 27:10.

The BTC Championship Series for 1982-83 consists of 6 races and all of the BTC Fun Runs. Big leaders are Beneda Villanueva in the Female 19-29, Verla Phillips in the Female 40-49 and Leo Marquez in the Male 40-49.



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James Robinson's 1982 track season has been progressing according to schedule. He planned to run a limited amount of quality open 800's. He ran twenty-six last year which was a bit too many. Quality replaces quantity. At the TAC Championships and during the first half of the European season. Robinson experimented with new racing strategies designed to aid in his attempts to break the record. Staying near the front and starting his kick early resulted in some fast times, but also in a couple of close defeats. Robinson may have to get the record on his own by front running. This would represent a radical change in his style of racing.

To date, Robinson has been able to produce the quality times that he desired. He ran 1:46.12 at the TAC's (6/20), 1:46.32 in Osio (6/26), 1:49.09 in Budapest (6/30), 1:44.72 in Osio (7/7), 1:45.8 in Paris (7/11), and 1:45.24 in Lausanne, Switzerland (7/14). The 1:44.72 represents his 5th sub 1:45 800 meters, the only American with more is Rick Wohlhuter with 12 career half miles under

the super fast 1:45 mark.

Robinson has very quietly been collecting honors and medals from major track championships. In addition to his five American Championships Golds, he has a Pan Am Gold and two World Cup Silvers. He only needs an Olympic Medal to complete his set.

Lloyd Johnson, ICAC 800 meter specialist, was recently named the outstanding performer at the Regional Corporate Cup Champs on June 26th. Johnson, who was representing IBM where he is employed as a sales representative, had relay splits of 47.8 for 400 meters, 1:48.4 for 800 meters and 4:15.9 for the mile. At the Nationals (7/24) he won the mile in 4:10.6 and had relay splits of 1:51.2 and 47.4.

Pamakid Runners

185 Stanford Ave., Mill Valley 94941

Several Pamakid Runners have turned in outstanding performances in the past. Jimmy Nicholson took second place honors at the Pacific Sun 10K in the 50-59 age group timing 38:38. Sally Hess was the fifth place woman overall at the Big Brothers/Big Sisters 10K, timing 39:36. The mens Master Team finished second at the PA-TAC 15K championships. Sal Vasquez was the winner in 48:16, Hal Knudsen ran 52:39 and Jimmy Jacobs 56:58. Vasquez also had other very impressive performances, he was eighth overall and first masters finisher at the Devil Mountain run in 30:58 and finished 31st at Bay-to-Breakers with a time of 38:53.

Dick Shupbach, who recently joined the club, won the masters division at the Pacific Sun 10K. He also proved he can run track as he ran a 1:59.2 800 meter at the Pacific Masters Championships and came back three hours later to win the 1500 m in 4:08.6

Las Vegas Track Club

4224 Claymont St. 3, Las Vegas, NV 89109

The Las Vegas T.C. has elected new officers for 1982-83. The new club president will be Rod Gardner. Vice Presidents are Robin Savalli, Mike Reago and Dave Stansbury. Colton Borchardt was elected the clubs secretary.

Dates have been set for the clubs two biggest events, the Mini Marathon and Las Vegas T.C. Marathon. November 14 is the date for the 13.1 miler, while February 5, 1983 will be the L.V.T.C. Marathon.

The club recently held their annual banquet with awards going to Keith Farley for most improved male, Denise Pepen for most improved female, Colton Borchardt for most improved newcomer, Artie Castle for outstanding youth, Mike Reago for outstanding sportsman and Lydia Russel for outstanding service.

Frank Plasso Jr. turned in a fast ten miler at the Dannon Ten Mile clocking 49:02.

Club member Joel Lobel completed one of the most grueling endurance events in the world — The Western States 100. Lobel finished 98th in 25 hours 28 minutes.

Several Las Vegas T.C. members competed in the San Francisco Marathon. Running their first 26.2 miler was Tom Hasea and Tony Pryatel. Hasea timed 2:59 and Pryatel clocked 3:11:04. Bob Ellsworth ran 3:17 while Vance MacDonald was fifth in the 45-49 age group timing 2:44:59. Robin Savalli ran a 3:43:29.

Nor Cal Seniors

3784 Army St., San Francisco 94110

The Nor Cal Seniors won the Masters Womens team championship at the San Francisco Marathon. The three scorers were Sister Marian Irvine 3:06, Ruth Waters 3:22 and Ruth Anderson 3:28. They were backed up by Mimi St. Clair, Marty Maricle, and Kathy Brieger.

Josephine Kolda took first in the 50m, 100m and 200m for the womens 60-70 age group at the Seattle Senior Olympics. At the Hayward Classic in Eugene, Oregon, Harry Koppel timed a fast 65.3 in the 400m bettered the listed world record by 3.6 seconds and also surpassed his world record time of 66.5 set in Los Gatos on June 12. His 100m and 200m times at Los Gatos established world records, 13.01 100m and 26.7 200m.

The Nor Cal Seniors have welcomed three new members to its ranks: Vilta Neitters Gill age 47 a distance runner; Richard Cunningham age 39 with times of 4:30 for the mile, 15:50 5k and 32:40 10K; and Marvin Thompson age 34 a 100m and 400m runner who has run 13.92 in the 110m hurdles and 22.95 for the 200m.



Flatlanders

P.O. Box 178414, San Diego 92117

The Flatlanders is an ultra distance, nonprofit club which promotes the sport of ultra running and race walking. Anyone who desires to join the club must write for a questionnaire. Qualifications for membership: a hundred miler under 24 hours and a ³/₄ vote from the members.

Jim Pellon led all Flatlanders at the rugged Western States 100 Miler with his second place finish and superior time of 17:22:58. John Coffee was 4th with 17:48:37. Rae Clark also placed in the top-10 with a fine 18:47:28.

Flatlander Dale Sutton persevered 80 degree temperatures and racewalked 312 3/4 miles, setting a new World Racewalking Record in the Chula Vista Six Day Race.

San Luis Distance Club

P.O. Box 1134, San Luis Obispo 93406

On June 6th Paul Lee placed second overall in the popular Cayucos to Morro Rock Six Miler with a 34:40 along the sand. Top club female was Marci Stevenson in 29th at 40:03.

Paul Spangler set an age record when he ran 1:32:48 at the SPA 15 Kilometer Championships in Santa Barbara on July 3.

Brian Waterbury travelled to Oregon to take a 12th place finish in the Corvallis River Run 10K with a 36:31 (3rd in 30-34).

Top club member at the big San Francisco Marathon was Frank Hutchinson in 2:34. Others breaking the "magic" 3-hour barrier were: Jeff Herten (2:49), Clem Michel (2:50), Michael Beckmann (2:52), Bill Norman (2:57), and Bill VanWyngaarden (2:57).

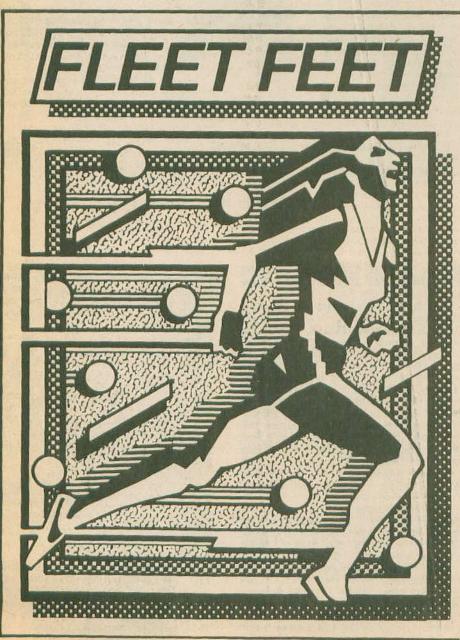
South Tahoe Track Club

P.O. Box 1521, S. Lake Tahoe 95708

At the July 7th meeting, Bill McKean, an ultramarathoner, spoke about his experiences running the Western States 100-Mile Endurance Race. This event covers terrain from Squaw Valley to Auburn and the runner must cover it in 24 hours or less to place.

On Tuesday, July 13th, approximately 25-30 members of the club had an opportunity to run and clinic with Arthur Lydiard. Mr. Lydiard spoke about training techniques, schedules and nutrition.

The club is preparing for a big showing at the September 26th Harvey's professional race 10K.



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NEVADA: Carson City, Incline.



Masters Scene

West Valley Masters

From Bruce Springbett

July 24. Los Gatos. MEN'S EVENTS:

5000 Walk: 30-34: 1.Manny Adriano (34) 25:34.8. 35-39: 1.Bill Penner (35) 24:21.6. 40-44: 1.Gary West (41) 23:01.6. 50-54: 1.Fred Dunn (53) 26:05.8, 2.Walter Newman (52) 30:29.2, 3.John Freisen (54) 31:04.6. 55-59: 1.Harry Siltonen (56) 31:12.4. 65-69: 1.Frank Saylor (68) 32:53.2.

5000: 40-44: 1.Richard Higgins (40) 20:24.7, 2.Don Jacklin 21:08.4. 45-49: 1.Kent Guthrie (45) 16:25.7. 50-54: 1.Don Pickett (54) 18:17.5, 2.Gail Wetzork (51) 20:03.9, 3.Jim Waste (53) 22:12.6, 4.Gib Landell (50) 22:49.0. 55-59: 1.Harry Siitonen (56) 25:07.9. 70-74: 1.Mel Shine (73) 22:56.1, 2.John McGee (73) 26:15.2. 80-84: 1.Paul Spangler (83) 26:44.7.

400 Relay: 30-39: 1. West Valley TC 48.7, Brooks, Kolling, Hansen and Kuhfeld.

110 Hurdles: 30-34: (39")1.Ed Baskauskas (31) 15.7. 35-39: 1.George Carty (36) 14.4, 2.Fred Johnson (36) 15.2, 3.Cornelius McCormick (38) 15.7. 40-44: (36") 1.Hugh Adams (42) 15.3, 2.Dee DeWitt (43) 15.8, 3.Ted Cain (42) 16.4, 4.Thom Jones (42) 20.6. 45-49: 1.Jerry Stanners (47) 19.6. 50-54: (33") 1.Jim Waste (53) 29.5. 55-59: 1.Robert Higginbotham (55) 17.9. 60-64: (30") 1.Fritz Meyers (60) 23.6.

100: 30-34: 1. Greg Marshall (34) 11.3, 2. Del Eckels (33) 11.6. 35-39: 1.Paul Dungan (38) 11.1, 2.George Carty (36) 11.3, 3.Herman Kuhfeld (39) 11.7, 4.James Johnson (35) 11.7, 5.Bill Alston (38) 11.8, 6.Bill Weller (35) 11.9, 7.Steve Franklin (35) 12.1. 40-44: 1.Mel Brooks (41) 11.5, 2.Bob Simpson (40) 11.5, 3.Dee DeWitt (43) 12.1, 4.Gerald Varty (40) 12.3, 5.Doug Felder (40) 12.6, 6.Bill Simmons (43) 12.9, 7.Steve Nevins (41) 13.3. 45-49: 1.Gil LaTorre (45) 11.4, 2.Bruce Springbett (49) 11.7, 3.Ed Hicks 12.9, 4.Bert Frescura (45) 13.0. 50-54: 1. Richard Hansen (50) 12.6, 2. Huel Washington (53) 12.6, 3.Ed Mahany (51) 12.7, 4.Bernard Stevens (53) 12.7, 5.Ed Mahany (51) 14.0. 55-59: 1. Vern Regier (55) 12.7, 2.Richard Zumwalt (55) 13.1, 3.Robert Higginbotham (55) 13.3, 4.Jim Johnson (59) 13.9, 5.Don Scherba (58) 14.0. 60-64: 1. Clarence Killion (64) 13.5, 2.Sam Hoover (63) 14.2, 3.Rulon Bigelow (61) 14.6, 4.Mark

(69) 13.3. 75-79: 1.Josiah Packard (75) 15.9. 800: 30-34: 1.Danny Moon (34) 2:05.2, 2.Alan Kolling (30) 2:13.6, 3.Willie Harmatz (30) 2:13.6. 35-39: 1.George Mason (38) 1:57.7. 40-44: 1.Dave Roamin (40) 1:58.7, 2.Eric Owers (41) 1:58.8, 3.John Pitman (43) 2:03.3, 4.Andre Dunkell (40) 2:03.9, 5.Walt Van Zant (43) 2:12.7. 45-49: 1.Pete Richardson (47) 2:09-7, 2.O.Eugene Legend (45) 2:21.8. 50-54: 1.Jack Hodges (50) 2:13.0, 2.Dave Stevenson (53) 2:14.6, 3.Jerry Withers (52) 2:16.6, 4.Don Pickett (54) 2:37.0, 5.Darrell Dukes (53) 2:39.7. 55-59: 1.Don

Henderson (61) 14.6. 65-69: 1. Harry Koppel



JIM JOHNSON, MULTI-EVENTER

Jackson (55) 2:19.6. **65-69**: 1.Jerry Lopes (66) 2:51.3. **70-74**: 1.Mel Shine (73) 2:58.0. **80-84**: 1.Paul Spangler (83) 3:40.3.

200: 30-34: 1.Greg Marshall (34) 23.3. 35-39: 1.Matt Pruitt (36) 22.0, 2.Paul Dungan (38) 22.2, 3.Bill Weller (35) 23.4, 4.Dan Burke (37) 24.2, 5.James Johnson (35) 24.4, 6.Bill Alston (38) 24.7. 40-44: 1.Bill Knocke (42) 23.4, 2.Mel Brooks (41) 23.5, 3.Bob Simpson (40) 23.6, 4.Gerald Varty (41) 25.0, 5.Phil Maresca (43) 25.1, 6.Bill Simmons (43) 25.9, 7. Steve Nevins (41) 27.6. 8. Mark Rocchio (42) 28.5. 45-49: 1.Gil LaTorre (45) 24.0, 2.Bruce Springbett (49) 24.2, 3.Bert Frescura (45) 28.4. 50-54: 1.Ed Mahany (51) 25.6, 2.Huel Washington (53) 25.6. 55-59: 1. Vern Regier (55) 26.4, 2.Richard Zumwalt 27.3. 60-64: 1.Clarence Killion (64) 27.8, 2.Sam Hoover (63) 30.9. 65-69: 1. Harry Koppel (69) 27.3, 2.John Satti (68) 29.3.

400 Hurdles: 35-39: (36") 1.Cornelius Mc-Cormick (38) 59.1. 40-44: (33") 1.Hugh Adams (42) 57.2, 2.Ted Cain (42) 60.7. 50-54: (30") 1.Jim Waste (53) 1:32.0. 70-74: 1.Wilfred Bigelow (71) 1:25.9.

1500: 30-34: 1.Reynaldo Corona (32) 4:13.5, 2.Danny Moon (34) 4:21.5, 3.Gary Dilley (34) 4:36.0. 35-39: 1.Harvey Franklin (39) 4:11.4, 2.Ken Kohon (36) 4:16.7, 3.Richard Cunningham (39) 4:19.1, 4.Michael Holbrook (39) 4:24.3. 40-44: 1.Eric Owers (41) 4:24.4, 2.Richard Higgins (40)

5:43.1, 3.John Korntved (43) 6:17.2. 45-49: 1.Kent Guthrie (45) 4:29.6. 50-54: 1.Dave Steventon (53) 4:41.9, 2.Jerry Withers (52) 5:00.6, 3.Steve Geraghty (50) 6:18.5. 70-74: 1.Wilfred Bigelow (71) 6:38.3, 2.John McGee (73) 6:47.0.

400: 30-34: 1.Greg Marshall (34) 55.8. 35-39: 1.Matt Prultt (36) 49.9, 2.George Mason (38) 51.9, 3.Bill Weller (35) 55.6. 40-44: 1.Dave Romain (40) 50.9, 2.Bill Knocke (42) 51.0, 3.Bob Simpson (40) 54.1, 4.Phil Maresca (43) 54.9. 45-49: 1.Bruce Springbett (49) 56.2, 2.O.Eugene Legend (45) 59.3. 50-54: 1.Bernie Stevens (53) 58.7, 2.Jim Waste (53) 1:21.4. 55-59: 1.Don Jackson (55) 58.1. 60-64: 1.Clarence Killion (64) 1:07.7. 65-69: 1.Harry Koppel (69) 1:06.5.

High Jump: 30-34: 1.Del Eckels (33) 5'10", 2.Gary Dilley (34) 5'8", 3.Ed Baskauskas (31) 5'8". 40-44: 1.Jim Brown (43) 6'0", 2.Thom Jones (42) 4'6". 45-49: 1.Don Rose (47) 5'6", 2.Jerry Stanners (47) 5'2". 50-54: 1.Herm Wyatt (50) 5'2". 60-64: 1.Mark Henderson (61) 4'10", 2.Fritz Meyers (60) 4'6". 75-79: 1.Homer Van Gelder (77) 3'8".

Pole Vault: 35-38: 1.Bruce Hotaling (38) 13'0", 2.Roger Werne (38) 13'0". 40-44: 1.Dee Dewitt (43) 11'6", 2.Thomas Watts (40) 9'0", 3.Thom Jones (42) 8'0". 45-49: 1.Tom Woodring (45) 12'6", 2.Jerry Stanners (47) 10'6". 55-59: 1.Jim Johnson (59) 8'0".

Long Jump: 30-34: 1.Don Eckels (33) 20'7¾. 35-39: 1.Lester Bond (38) 21'6¼, 2.Steve Franklin (35) 18'8½, 3.Fred Johnson (36) 18'4. 40-44: 1.Ted Cain (40) 19'5¼, 2.Chuck Kappen (40) 17'4¼, 3.Gerald Varty (41) 17'4, 4.Bill Mitchell (42) 17'2¾. 45-49: 1.O.Eugene Legend 18'2½, 2.Phil Conley (47) 17'5¾, 3.Jerry Stanners (47) 14'10½, 4.Gary Dawson (48) 14'6. 50-54: 1.Ed Mahany (51) 16'11¼, 2.Louis Sarto (51) 13'6¾. 55-59: 1.Jim Johnson (59) 15'5¼. 60-64: 1.Harry Huseny (62) 13'4¾. 65-69: 1.John Satti (68) 14'11¾, 2.John McDonnell (68) 10'9¾. 75-79: 1.Homer VanGelder (77) 10'11½.

Discus: 30-34: 1.Bill Shissler (31) 36.78, 2.Gary Kelmenson (31) 34.72, 3.William Helm (32) 31.40. 35-39: 1.Cornelius McCormick (38) 43.04, 2.Fred Johnson (36) 39.86, 3.William Henderson (35) 29.92, 4.Jerry Riley (37) 28.76. 40-44: 1.Dick Shelton (40) 35.10, 2.Thom Jones (42) 30.04, 3.Bill Mitchell (42) 26.64. 45-49: 1.Jim Hart (45) 41.76, 2.Gary Dawson (48) 28.86, 3.Bernie Griff (46) 27.52, 4.Jerry Stanners (47) 25.26, 50-54; 1.Louis Sarto (51) 27.22, 55-59; 1.James Curran (57) 26.60, 2.Belton Wolf (59) 21.64, 3.Brad Pearson (59) 20.16. 60-64: 1.Mike Castaneda (63) 40.58, 2.Quinto Merlo (62) 39.34, 3. Harry Huseny (62) 35.66, 4. Mark Henderson (61) 35.38, 5.Bob Stone (62) 34.40. 65-69: 1.Ross Carter (68) 28.60, 2.Jim York (69) 30.58, 3. John McDonnell (68) 28.60, 4.Frank Saylor (68) 21.99. 70-74: 1.Bill Walker (70) 27.84.

Triple Jump: 35-39: 1.Steve Franklin 37'7'3'. 40-44: 1.Dee DeWitt (43) 35'8'4'. 45-49: 1.Phil Conley (47) 34', 2.Jerry Stanners (47) 30'11'½, 3.Gary Dawson (48) 30'3/4'½ 50-54: 1.Ed Mahany (51) 33', 2.Jack Shields (52) 31'11'4'. 55-59: 1.Jim Johnson

(59) 30'5. 65-69: 1. John Satti (68) 29'11 34.

Shot Put: 30-34: 1.Gary Kelmenson (31) 35'11, 2.Bill Shissler (31) 32'234. 35-39: 1.Cornelius McCormick (38) 39'3, 2.Sam Goldberg (38) 36'7, 3. William Henderson (35) 35'111/2. 40-44: 1.Dick Shelton (40) 37', 2.Thom Jones (42) 29', 3.Gary Dawson 28' 1/2. 45-49: 1.Jim Hart (45) 43'334, 2.John Kidd (45) 35'71/4, 3.Jerry Stanners 27'33/4. 50-54: 1.Ted Wassam (50) 44'9 1/4, 2.Louis Sarto (51) 29'714, 3.Jim Waste (53) 25'5. 55-59: 1. James Curran (57) 33'6, 2. Belton Wolf (58) 27'5, 3.Brad Pearson (59) 26'4. 60-64: 1.Mike Castaneda (62) 45'11/2, 2.Mark Henderson (61) 43'71/4, 3.Bob Stone (62) 43'33/4, 4.Quinto Merlo (62) 42'1, 5.Hal Cronkhite (64) 36'534, 6. Harry Huseny (62) 32'11. 65-69: 1.Ross Carter (68) 42'61/2, 2.Jim York (69) 36'51/2. 75-79: 1. Homer Van Gelder (77) 28'10.

35 lb.Weight: 30-34: 1.Gary Kelmenson (31) 32'2, 2.Bill Shissler (31) 31'1½. 35-39: 1.William Henderson (35) 31'10. 40-44: 1.Dick Shelton (40) 44'10½, 2.Gary Dawson (40) 29'1. 45-49: 1.Jim Hart (45) 38'9¾, 2.John Kidd (45) 24'6½. 50-54: 1.Jim Waste (53) 13'8¾. 55-59: 1.Bob Backus (55) 55'1½, 2.Brad Pearson (59) 17'11½. 60-64: 1.Bob Stone (61) 30'¾. 65-69: 1.Jim York (69) 23'11.

WOMEN'S EVENTS:

5000 Walk: 30-34: 1.Diane Mendoza (34) 32:53.0. 35-39: 1.Bonnie Dillon (35) 24:43.7, 2.Daphne Dunn (35) 32:53.0. 40-44: 1.Sheila Mullen (41) 33:30.0. 45-49: 1.Lori Maynard (46) 26:05.8. 55-59: 1.Yukie Ohara (57) 36:22.2. 70-74: 1.Elena Carola (74) 44:24.4.

5000: 35-39: 1.Ronnie Griese (38) 20:44.8, 2.Daphne Dunn (35) 22:13.1. 40-44: 1.Joan Schiveley (40) 21:51.2, 2.Judy Tom (40) 24:35.8. 45-49: 1.Vickie Bigelow (46) 17:58.9. 60-64: 1.Jaclyn Caselli (61) 21:15.0.

400 Relay: Marie Hill, Myra Service, Gloria Gonzales, and M. Williamson 62.9.

110 Hurdles: 40-44: 1.Cherrie Sherrard (43)

100: 30-34: 1.Marie Hill (31) 13.7. 35-39: 1.Janie Duff (36) 13.7. 40-44: 1.Cherrie Sherrard (43) 13.2, 2.Lucille Ligon (43) 14.3, 3.Carol Griff (43) 17.6. 45-49: 1.Almeta Parish (45) 13.9. 55-59: 1.Shirley Dietderich (55) 16.2, 2.Norma Willer (59) 20.0. 60-64: 1.Josephine Kolda (64) 16.2, 2.Thelma Rubin (60) 20.1.

800: 30-34: 1.Donna Eckels (32) 2:45.4. 35-39: 1.Janie Duff (36) 2:30.1, 2.Remzy Huseny (35) 3:36.4. 40-44: 1.Miriam St.Clair (41) 2:45.4.

200: 30-34: 1.Marie Hill (31) 29.7. 35-39: 1.Janie Duff (36) 29.2, 2.Jofannie Houk (38) 32.5. 40-44: 1.Cherrie Sherrard (43) 29.2, 2.Carol Griff (44) 35.8. 45-49: 1.Almeta Parish (45) 30.1. 55-59: 1.Shirley Dietderich (55) 35.0. 60-64: 1.Josephine Kolda (64) 34.1

1500: 35-39: 1.Roni Griese (38) 5:32.6 40-44: 1.Miriam St. Clair (41) 5:32.1, 2.Joan Shiveley (40) 5:39.8. 60-64: 1.Jaclyn Caselli (61) 6:27.6.

400: 45-49: 1.Almeta Parish (45) 1:15.9. 55-59: 1.Shirley Dietderich (55) 1:29.1. 60-64: 1.Josephine Kolda (64) 1:24.1.

High Jump: 40-44: 1.Cherrie Sherrard (43) 4'2. 50-54: 1.Joan Tyksinski (50) 3'6.

Long Jump: 40-44: 1.Lucille Ligon (43)

Discus: 40-44: 1.Cherrie Sherrard (43) 25.40. 50-54: 1.Joan Tyksinski (50) 17.72.35-39: 1.Remzy Huseny (35) 19.17.

Shot Put: 40-44: 1.Cherrie Sherrard (43) 33'3¾, 2.Lucille Ligon (43) 30'10. 45-49: 1.Almeta Parish (45) 23'3¾. 50-54: 1.Joan Tyksinski (50) 20'3.

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Medical Notes for Runners

By STEVEN I. SUBOTNICK, D.P.M., M.S.

George Moss

Older and wiser and still running after all these years, but with a new outlook on life and running.

eorge Moss is a friend of mine through running and a patient of mine for many, many years. He's been running for ten years. He started in 1972 when he weighed two-hundred pounds, ate too much, drank heavily, and smoked. He was fat, flabby, and getting worse. He was 37 at that time. He was getting no exercise and had no background in running, track, or field or, in fact, any sport. He enrolled in an oxercise-weight loss program at the West Contra Costa YMCA in Richmond which included jogging. Within six months, he lost fifty pounds. The first race he ever ran was the 1973 Bay to Breakers. It was during this race that he discovered that he had some talent for distance running. He became hooked. He entered Phase I of his current running term. This lasted from 1973 until the summer of 1976. During these early years, he enjoyed himself discovering the world of running and learning about training. His performances improved, he began winning trophies, medals, and ribbons and getting recognition as a good Masters runner. He had fun meeting the other Masters runners who were quite friendly and generous with advice and suggestions. He ran every day. He never missed a day from September, 1973 until April 3, 1976, ninehundred and forty-six consecutive days, until he fell and sprained his ankle while painting a room in a house. He logged over 3,000

kilos in 55 minutes, 10 miles in 59:40 minutes, and a half-marathon in 1:18. He did all these during his first three years of running and had few injuries; some minor tendonitis, an occasional sore knee, a little bit of low back pain, and a pulled muscle, but nothing serious and nothing to write home to mother about. In those early days, he raced every weekend and, sometimes, twice a week.

In retrospect, George was enjoying his first three years of running with success and very little injury. You recall, in my last article, I stated that most of us have three good years. Some of us take it in junior high school, some in high school, some in college, and some when we are 37 years of age. George had his three years between 37 and 40. He ran hard and he ran well despite the fact that he had minor biomechanical abnormalities in his lower extremities and really was overtraining at times. Phase I ended in the spring-summer of 1976. He burned out! He became too performance oriented. If he didn't run a good time or win a prize, he was disappointed. The microtraumas accumulated. He became stiff, sore, fatigued, and irritable. He was underweight. His total body fat was too low. He was undernourished. He had become a strict vegetarian; no processed foods, no stimulants, no vitamins or minerals. He had become a risk for injury and fatigue. He was

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with his obsessive running. She considered him to be going through menopausal running. In July, 1976, George was shocked and dismayed by the death of our past friend. Jim Shetler. He had died from a heart at tack. He was a champion masters runner, a clubmate, and a friend. That did it. The Enc of Phase I.

Phase II - The Withdrawal Phase

This began in the summer of 1976 and lasted for four years until the summer o 1980. During this period, George did little running, a few hundred miles per year. H ran only in local DSE and fun runs. Th overuse injuries slowly healed. He gaine weight, from 165 up to 170 pounds. Durin Phase I, he was a 6"1', 150 poun underweight runner. He abandoned th vegetarian diet for a normal, balanced moderate diet. He started taking vitamin and mineral supplements. He played tenni and racquet ball, swam, and played som softball. His racing times had declined du ing his previous burn-out. These wer sports he enjoyed but had no particula talents for. Running had become peripheral activity, which had been such focal point in his life during that intens period between 1974 and 1976. Yet he note that there was a lack. Something was mising and he felt unfulfilled. He was missin the pleasure and satisfaction that ha come from being a good competitive runne in a sport he did well in. He was frustrate Yet, he was reluctant to revert to the o

"...as we get older, we need more moderation."

miles in both 1974 and 1975. He had a 70-80-90 and, once, over 100 mile week. His PRs (personal records) and various distances, all set in 1974, 1975, and 1976, are 2:04.4 in the 800 meter relay leg, 4:53 mile in an all-comer meet, 16:55 in the 5,000 meters; 36:10 in the ten kilometer race, 15

paying the price for his first three good years, those three years where you can get away with almost anything. We take what we want out of life and then we pay the price.

He recalls having cramping and diarrhea. His wife became progressively unhappy obsessive approach characteristic of Phase I. He began a search for a middle way, a training program that would enable him to perform well but reduce the risk of injury; a training style that would fit in well to an integrated life style pattern without interfering with other interests and activities. He entered into Phase III of his training.

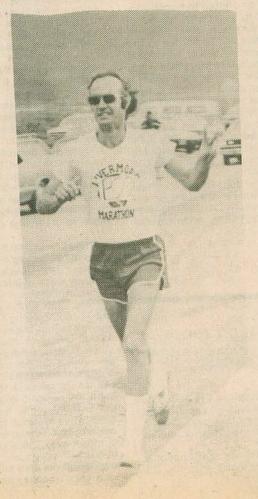
Phase III was entered when he came to my office and he and I went for a long run. We reviewed his past years of accomplishments during Phase I, his years of drop-out during Phase II, and his future. I explained to George on these long runs that I, too, was getting older and that my body just couldn't keep up the hard pace I used to have in the old days. I've told him that the research shows that running more than five followed my advice of moderate balanced training. He noted that he could have just as good race results by following the program I had outlined for him. This program was simple. I again started him on 20 miles per week and, very slowly, increased him to about 40 miles per week. I allowed him to have one good fast workout per week and one race on the weekend if he was feeling good. Accompanied with this, he should have one long run during the week. The other runs were fillers and should be done easily and for fun. There was no need to overdo it on the fillers. One to two days per week rest was compulsory. After doing this, George came back for a run with me. He noted that he had won an age group race and then a second place in his age group.

"... most of us have three good years. Some of us take it in junior high school, some in high school, some in college, and some when we are 37 years of age."

days a week can cause up to 50% injuries. I explained to him that as we get older, we need more moderation. I've told him that his times could be just as good if he ran hardeasy-hard-easy and took some time off. I told him that, in my experience, we all have three great years and that he had already taken his. It was time now to have the rest of his life, his good years, with occasional bursts of greatness. He had already begun

Jular training in the summer of 1980 as he had approached his 45th birthday but, even with this running, as he was building up and watching his mileage carefully, he was getting injured. In February, 1981, he won the Western Regional Indoor Mile Championship for his age group with a 5:05. Later, he ran 5:00 minutes in the mile and got the 5,000 meter time down to 17:30 but then he got hurt again. He pulled a hamstring, had achilles tendonitis, and other overuse injuries which he sought my attention for. On May 30, 1981, while running a 5 kilo race, he felt a pop in his right achilles tendon. It went numb. He had no drive in the right leg. I diagnosed this as a partial rupture of the achilles. I put him in a cast and warned him that it was serious. I was concerned that there might be permanent damage to the tendon. During his weeks of enforced idleness in cast immobilization, he felt rage and frustration. These feelings gave way to depression at the thought of never being able to run or race normally again. He also realized, as did I, that he was repeating the same old patterns. He had been running fewer miles but still was too competitive and too preoccupied with performance in competition. He noted, "Perhaps I was lucky. Perhaps God favors fools and runners." The injury healed in three months and the tendon was sound, 100% ehabilitated with proper physical therapy and exercise. I started him on slow jogging. After three months of rehabilitative runnng, he went to regular training. He carefully

He noted that here he was competing with his peers on less mileage with less intensity and still winning races and placing high. Running was fun again. He had a realistic approach to life and to himself as a runner.



A typical workout for him is as follows:

Day 1: Track work out. Pace work. 2.5 miles, 14:30.

Five mile slow continuous run. Day 2:

Rest. Day 3:

Five mile road race in which the Day 4: patient won second place.

Eight miles of a really, really, slow Day 5: run.

Eight miles, very slow. Day 6:

Six miles, at 7 minute pace. Day 7: Six miles of fartlek.

Day 8: Six miles of hills. Day 9:

Day 10: Rest.

George noted, on subsequent runs which he had taken with me, that this program was a moderate program which he could handle comfortably. I told him that it still might be too much and, if he felt any fatigue, to cut back. Basically, the approach was one long run a week and, for George, that's a ten mile run, usually on a Sunday; a road race, three weeks per month. (George had won three out of the past four races he had entered.) More important, he has been running injury free. His running and racing are fun again. His weight is steady at 157 to 158. He carefully monitors his body for signals of overuse. He never runs more than five or six days a week. He is never fatigued. He has not had the flu or a cold in a year. He has a high energy level every day and enjoys life, training, running, and racing.

He sees me on a regular consultative preventive basis rather than coming in hobbling with broken parts to be patched up. Most of the time, he has just some minor problem that he needs advice on and we go

"...running more than five days a week can cause up to 50% more injuries."

for a run and talk things over. I've learned from George and George has learned from me. He notes that he never runs without his sporthotic devices which has significantly curtailed excessive pronation. He does a lot of stretching before and after each run and gets deep massage on a regular basis. His diet is well balanced and nourishing. He has no cramps and no diarrhea.

When I last saw George, he stated that running and racing are an integral but limited part of his total life, an activity to be enjoyed over the long run (pun intended) as a life-enhancing activity in the decades

ahead. He is now in Phase III. Phase III is enjoy. ing life and enjoying the running for the rest of his life.

He stated, in the summary he sent to me from which I wrote this paper, that he is deeply grateful for my wise and patient counsei and my medical expertise as & physician, friend, and fellow runner.

In return, I'm deeply grateful for having George Moss as my patient and it's with respect and affection that I write this story.

Long Distance Log

NorCal Notes

By Jack Leydig

NOTE: Please send newsy information and "tidbits" for the NorCal area (Fresno northward) directly to — Jack Leydig, P.O. Box 459, San Carlos 94070, or phone (415) 341-3119. If you think you have some news that may be of interest to our readers, don't be bashful! Mall it in right away. Deadline for receipt of materials is the 10th of each month for the following month's issue. We still aren't getting very much response. Remember, if you want this column to be interesting and representative, we must get some input!

PEOPLE NEWS: Cal-State Hayward, which has had a lot of success on all track fronts despite having only part-time coaches, finally has appointed full-time staffers beginning next spring. Marcel Hetu will be the men's head coach, and Bob McGuire the women's coach—both had held jobs previously on a part time basis... New women's cross country and track coach at Cal-Berkeley is Tony Sandoval, former head women's mentor at New Mexico... Harold Kuphaldt of Bella Vista High, who owns a 4:06, 8:56 and 14:24 m, will be going to the Univ. of Oregon next fall on a scholarship... Tom Pagani, an assistant coach at Stanford the past three years will move to Fresno State as an assistant in charge of women's cross country and track beginning this fall. The 45-year-old Pagani has been a coach in the collegiate ranks for the past 18 years.

RACE INFO: The Oakland Marathon will be shifted to hopefully a permanent "1st Sunday in February" date beginning with Feb. 6th in 1983-there will be no 1982 race! Cherie Swenson, meet director, also announced that the Great Berkeley Race will be shifted to the slot usually reserved for the Oakland Marathon-it was scheduled for Nov. 7th in the LDR Handbook...San Francisco Marathon director Scott Thomason, indicated that there will probably be a 10,000-12,000 limit to next year's field, but an exact limit has not yet been set up... The PA/TAC has awarded the remaining 1982 Championships as follows: the 10-Mile will be the Buffalo Stampede on Sept. 19 in Sacramento. The Half-Marathon will be at the Hayward Half-Marathon on Oct. 24th, and the 10K (Road) will be the Billy Mills 10K on Sept. 26th in Sacramento. The 25K will be the China Camp 25K in Marin, which has acquired a sponsor that will provide \$2400 in prize money to top teams and individuals-After the June 27th LDR Meeting (following Los Altos 15K), a number of 1983 Championships were also decided upon, and many of these will be "revealed" in upcoming columns. Next PA/TAC LDR Meeting will follow the Billy Mills 10K (PA Championship) in Sacramento on Sept. 26th. All interested individuals are encouraged to attend.

SoCal Notes

By Richard Lee Slotkin

NOTE: Plese send newsy information and "tidbits" for the SoCal area (Bakersfield/San Luis Obispo southward) directly to—Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

It's been a while...two months, to be specific...since I've done this column. A combination of too much other work and not enough time has been doing me in. I don't know how those other guys...Tuttle, Leydig, Subotnick...can turn out their stuff month after month without missing a deadline, let alone a column.

I, on the other hand, have never met a deadline, and that's not only true for CTRN, but for every other publication that I write for. It's because of guys like me that editors have ulcers.



SAL VASQUEZ

It's kind of a shame, too, because this column is my favorite iter in my whole world of running activities. I can write just about anything I want to, and It all gets printed just as I write it...typos an all! For me, this is journalistic freedom, par excellence.

It's also the most expendable item that I do. CTRN can get be

It's also the most expendable item that I do. CTRN can get b without my thoughts and chatterings, but we have to have th results, race stories and even P.R.'s. So, when things get tight tim and space wise, this column becomes the first casualty. And that' my fault, not Cockerham's. If I get it in, he'll run it. This month, I mad it

When you're hot, you're hot. After hitting some of the meets i Europe, Carl Lewis came back to the States for a few. Santa Monic Track Club's telephone has been ringing off the hook ever since. Promoters from Norway, Holland, Germany....All with the same que tions: Where is Carl Lewis? Can he be in Norway (or Holland, or Germany) for a meet on Tuesday?

Meanwhile Lewis continues his assault on Bob Beamon's recor-

Speaking of the S.M.T.C., some of their local boys have done quiwell this summer. A trio of two-lappers, Dave Mack, Johnny Gray ar Charlie Tallefero, have run the best of their careers. Gray ran 1:45.91 at the International Tri meet in Durham, N.C. and he's beet the 1:46's all the rest of the time. If it weren't James Robinson, he have a flock of firsts instead of those seconds. Tallefero, whose be was around 1:49 or so, and who has been having troubles breakir 1:50, mostly because he's always injured, took advantage of beir healthy and ran to a 1:46.85 at the World Games in Heisinki. Dav Mack PR'd in Oslo in 1:45.55. With Mack, Gray, Tallefero and, so Gerald Masterson or a Healthy Don Frichtel, is there any doubt the Joe Douglas's crew won't add the outdoor 4x800 meters world recount of the one they already have indoors? Did you ever see so much 80 meter talent in one club?

Things looked so bad for the Seniors Track Club, that they decide at a board meeting to announce disbanding and distribution of clussets. Their January newsletter carried what amounted to a obituary. Lack of interest on the part of most members was the chi culprit. Another was defection on the part of some to the Culver Cl Athletic Club. With members like Skip Shaffer, Frank Duarte and A dre Tocco boosting C.C.A.C.'s stock, I guess some of the STCel wanted to join the new champ's entourage.

Well, whatever, "Senlors" isn't dead. They've reorganized and a still in business. I'm glad, because it would be a shame to see a loc club which has been around a long time...since 1966...and which halways done well in the local competition, fold its tent and disapear. All it takes is for each member to put just a little effort in some area of club support and a club will flourish. But if only a figure to everything into it and the rest do nothing, it's only a matter time before any club fails. There are a few other clubs which are veclose to going under for the same reasons. Some of the names mig surprise, even shock you. Nobody's immune. If you're in a club, st port it with your time. Your dues money isn't enough. If you can't won't, quit the club and either find one you will work for, or do the all a favor and stay unattached.

Looking back to the recent San Francisco Marathon, I came across this little curio:

Gail Rodd had run the Avon Marathon a few weeks before, so she decided to sit this one out as a spectator, while husband Flory and several of her friends ran. But she didn't just sit there and wave when they went by. She drove around and logged times at 10, 15, 22 and 26.2 miles and some really interesting statistics emerged.

For example, Sharlit Gilbert was the first woman at 6 miles. By 15 miles she was 8th and at 22 miles she was 11th. By the end, she had moved back to 8th. Now, look, at her pace: at 15, she was on 6:21 pace, compared to 6:08 for Sue Peterson who finished 5th, 6:29 for Margo Elson, who finished 7th and 5:43 for Nancy Ditz, who was in first place at that point. Peterson claimed that she "fell apart" at 14 miles. Her pace for the 7 miles between 15 and 22 miles was 6:51 and for the last 4.2 miles, a really struggling 7:15. Gilbert, on the other hand, dropped to a 6:59 pace in the 15.2 mile stretch, but then picked it up to a 6:47. Fiorianne Harp had a similar pattern: 6:27 at 15 miles and 13th place, 7:05 at 22 miles and down to 16th place, and then a push down the stretch in a 6:56 pace which moved her up to 11th probably the best position she had since the first couple of miles.

Most of the people in Gall's sample, though, showed a steadily deteriorating pace. That's to be expected in general, but some of them took what can be best described as spectacular nosedives.

Jane Sowersby was 13th woman. She started out at a 6:24 pace for 10 miles. Over the next 5, she just about held the same pace, slipping slightly to 6:27. In the next 7 miles, she dropped to 6:53, although, strange to say, she held her position at 12th place. There were some gals going down faster than she was. Then, for the last 4.2 miles, Jane averaged 7:28. So, with a 2:56 finish, she came in at a 3:16 rate.

But that was a sizzling Rick compared to what Sal Vasquez showed. Going out in a 5:30 pace for 15 miles, and 5:49 over the next 7 miles, Vasquez's famous insistance on low mileage training caught up to him, and with a vengeance. His last 4.2 miles were done in 35:31. That's 8:22 per mile!

Ouch!

And, despite that swan dive, Vasquez still finished in 2:38.

But, the Grand Prize, the El Foldo of the day, had to go to Gail's roommate, Husband Flory.

Last Year, Flory won his division, 55-59, with a 2:55. This year, he

was going for a sub-2:50.

Well, at 10 miles, Flory went by at 64:03. So far, so good. A 6:24

pace and a 2:48 finish.

However, he was already feeling badly. He told a friend he didn't know if he was even going to be around at the finish. And, over the next 5 miles, Rodd dropped to a 6:58 pace. That won't even break 3

From miles 15 to 22, Flory dropped to 8:10. Yeah, eight minutes and ten seconds per mile. You'd think the gods would let a guy alone after that, but they saved the best for last. Flory's last 4.2 miles were...choose one of the following: a)walked, b)limped, c)crawled,

d)jogged, e)all of the above...in a 9:53 pace!

hours. But the worst was yet to come.

That's almost 10 minutes per mile! Yet, for all that, Flory's time was 3:17, which isn't all that bad when you think about it. But those last 4 miles, for both Rodd and Vasquez, must have been a real trial. They both must have thought they "should a stood in bed."

Gail Rodd's only regret was that she didn't run after all. She figured that if she had, at about 23 miles she'd have gone by Flory, which would have been a new experience for her. If she did, she would have said, "Hi dear. Last one in takes out the garbage."

I'll tell you one thing: I'd hate to be trying to chase Flory Rodd in his next marathon, which happens to be New York, next month.

Results

Run Your Plaque Off

Ma	y 23. Foster City. 10K.	
1	Bob Cooper	33:26
2	Charles Harris	34:00
3	J. Vance	34:33
4	Alex Rodriguez	34:58
4 5	Jeff Porto	35:15
B	Rich Whitewater	35:39
7	M. Giusto	36:26
В	Mark Valera	36:49
9	Danny Gracia	36:57
10	J. McCormick	36:58
11	Mark Miller	37:04
12	Bruce Gouvela	37:06
13	D.K. Grant	37:11
14	T. Moore	37:12
15	A PARTICIPATION OF THE PARTICI	37:17
31		40:23
18		42:57
31		43:16
4.8	Print per periodoria	40.10

SFPD Run For Youth

une 12. 4.5 Miles.	
Jim VanDine	21:55
Gregg Szanto	22:17
Steve Ferraz	22:49
Paul Ghidossi	22:55
Kevin Crulkshank	23:09
Jeff Wall(40-44)	23:21
Mike Warr	23:26
Robert Clay	23:35
Virginio Dearanto	23:47
3 Eddie Lanzarin	23:52
1 Alex Rodriguez	24:29
2 Richard Whitewater(40-44)	24:35
3 Adrian Wong	24:51.3
Norm McAbee(1-50)	24:51.3
3 David Garcia	25:07
3 Larry Mateo	25:09
Thomas Willis	25:14

18 Wayne Schvartz(40-44)	25:19
19 David Grant	25:28
20 Marilyn Taybr Allen(1/F)	25:31
21 Steve Erickson	25:39
22 Steve Jaber	25:40
23 Rudy Brelaid	25:48
24 Francisco Iragon	25:48.0
25 Jim Sarami	25:48.1
41 Jane Sowesby(2/F)	26:32
46 Ragna Rolsvag-Zanger(3/F)	26:43.3
49 Paul Wegjenmann(45-49)	26:54.4
50 George Miss(45-49)	26:54.7
51 Rosa Raynond(45-49)	26:56
64 Richard (aine(2-50)	27:34
74 Joe Ballad(3-50)	27:59.8
130Ed Prestin(1-60)	29:38.5
162Barbara lolldan(5/F)	31:04
166Danelle jeong(6/F)	31:13
181FrancesCotter(7/F)	31:31
184Liz Frieman(8/F)	31:36
187Brita Fradrich(9/F)	31:38.1
195Nelda Villiams(10/F)	31:45.8
200Sarah Domis(11/F)	31:53.2
286Lucy Rbs(1/F40-44)	33:21.2
297Vivian lodriguez(1/F45-49)	33:30
327ValerieGnesdiloff(2/F40-44)	33:59.1
373Barbaa Robben(2/F45-49)	34:48
456Annabi Marsh(1/F-50)	36:51.7
623Floreice Ewing(1/F-60)	41:39.5

Run For Youth

Ju	ne 13 Baywood. 4 Miles.	
1	TomMcKeown	20:12
2	MikiWhite(27)	20:41
3	Fran Hutchinson(29)	21:36
4	Day Furbee(24)	21:42
5	Chrs Berger(18)	22:03
6	Josph Berger(18)	23:07
7	Pa(Lee(21)	23:07
8	Sa) Fox(25)	23:20
9	Le Broshears(31)	23:21
10	Prer Roske(20)	23:53
11	Pal Semonsen(22)	24:17
	Lirry Sherburne(29)	25:07
13	Tdd Smilovitz(14)	25:13
	Riph Velasquez(28)	25:22
15	Ady White(22)	25:26

19	Frank Fiedler(55)1-50	25:59
24	Galen Kirn(42)1-40	27:03
25	Dick Brocker(40)2-40	27:07
32	Leslie Bowker(41)3-40	27:59
34	Harry Heystee(54)2-50	28:03
37	Patty Work(25)1/F	28:16
43	Teresa Ogle(15)2/F	28:40
44	Kathy Lewis(15)3/F	28:40
52	Diane Dixon(27)4/F	29:09
55	Lorrie Haydock(20)5/F	29:15
76	Susan Hood(40)1/F-40	30:50
133	3Mary Haworth(58)1/F-50	36:29

Good Earth Restraunts 10K Run

Top 10 Men: 1 Ron Fritzke (\$200) 30:0 2 Simon Killii (\$125) 30:2	2
2 Simon Kilili (\$125) 30:2	2
	1
3 Dan Buntman (\$50) 30:4	7
4 Michael Smith (\$25) 32:0	
5 Leroy Kotchevar 32:5	1
6 Tom Billmaier 35:5	0
7 Michael Hayes 36:0	0
8 James Cunningham 36:2	6
9 Everett Riggle 36:3	5
10 Eric Petersen 36:5	8
Top 5 Women:	
1 Amy Haberman (\$200) 39:2	5
2 Lindy Hayes (\$50) 43:0	1
3 Marcia Bradford (\$25) 43:0	1
4 Claudia Thibault 46:3	1
5 Rosie Fallon 47:5	2

Lake Tahoe Series

Ju	ine 20, 10K.	
1	Greg Hitchcock	32:47
2	Tim Powell	34:04
3	Jerry Jot ski	34:15
4	Larry Grant	34:21

5 Johnny Jet Talco 35:13
6 Dominique Westlake 36:01
7 Dougas Read 37:37
8 Jerry Black 37:38
9 Dan Lucas 37:59
10 Robert Weber 38:11
11 Vance Goss 38:49
12 Ney Grant 38:49.5
13 Chris Knorr 39:22
14 Gary Ceragioli 39:28
15 Richard Sadigur 39:31
Division Winners: Overall Winners: Greg
Hitchcock 32:47, Melissa Duffy 43:10.
5-10: David Augustine 77:32. 11-15: Andy
Foster 43:25, Nancy Waltz 67:49. 16-25:
Greg Hitchcock 32:47, Colleen Conners
44:38. 26-35: John Talco 35:13, Melissa
Duffy 43:10. 36-45: Jerry Jobski 34:15,
Hedda Facchino 50:42. 46-55: Michael
Jeneid 41:17, Barbara Durham 58:18.
56-65: Norm Moonitz 51:46.

LaJolla Kiwanis 10K Run

From End of the Line Consultants

June 20. Balboa Park, San Dieg	0.
Top 10 Men:	
1 Tim Varley	30:39
2 Sean Evans	30:45
3 Chris Sodier	31:05
4 Bill Davies	31:12
5 Dennis Wilson	31:18
6 Ted Goodlake	31:46
7 Dan Murray	31:47
8 Kris Norton	32:03
9 Joe Manuel	32:11
10 Art Schauder	32:19
Divisions: 17 & Under: 1.Ted	Goodlake
31:46, 2.Joe Manuel 32:11, 3.Art	Schauder
32:19. 18-29: 1.Tim Variey 30:3	9, 2.Sean
Evans 30:45, 3.Chris Sadler 31	05, 4.Bill
Davies 31:12. 30-39: 1.Dan Muri	ray 31:47.
2.Dennis Smith 34:34, 3.Robin	Schultz
34:40, 4.Glen Mathis 34:42. 40-4	9: 1.Hugh

Kirkman 33:28, 2. Howdy Moody 34:43,

Results

3.Robert McAndrews 34:52, 4.Keith Wetterer 36:00, 50 & Over: 1.Tracy Brown 38:07, 2.Bud Blockwood 41:19, 3.Tom Lambert 41:54, 4.Don Mitasuki 42:33.

Top 10 Women:
1 Elizabeth Baker 34:49
2 Sue Krenn 38:20
3 Victoria Majors 39:30
4 Cindy Cohagen 39:39
5 Joanna Erginger 40:18
6 Oonagh Bruni 40:50
7 J. Pendieton 40:56
8 Anne Johnson 41:52
9 Lynda Gregg 42:07
10 Judy Splitgerber 42:41
Divisions: 17 & Under: 1.Chris Goodbody
47:30, 2.Beth McAdams 51:10, 3.Lisa
McBride 53:20, 4.Irene Arias 55:03. 18-29:
1. Elizabeth Baker 34:49, 2. Victoria Majors
39:30, 3. Joanna Erginger 40:18, 4. Oonagh
Bruni 40:50. 30-39: 1.Sue Krenn 38:20,
2.Clndy Cohagen 39:39, 3.J. Pendleton
40:56, 4.Lynda Gregg 42:07, 40-49; 1.Judy
Splitgerher 42:41 2 Barbara Woods 43:50

Bunion Derby

3. Virginia Dickerson 46:17, 4. Dixie Bar-

nard 49:20. 50 & Over: 1.Anne Johnson

41:52, 2.Alice Scott 51:55.

From Larry Lung

June 26. Roeding Park,	Fresno. 3000
meters.	9:00.7
1 S. Thornton	9:04.3
2 A. Lomeli .	9:08.5
3 M. Hull	9:14.6
4 R. Marvin	9.28.7
5 J. Tilford	9:20.7
6 S. Ward	9:41.4
7 B. Johnson	9:41.6
8 J. Lienau	9:48.0
9 F. Delgado(1-40) 10 R. Thrash	9:55.3
	9:57.4
11 David Williams	10:03.7
12 J. Lambe	10:04.6
13 T. Morgam	10:06.5
14 R. Smith 15 R. Harkless	10:07.4
	10:11.0
18 D. Overstreet(2-40)	10:14.4
19 R. Zamarripa(3-40) 21 J. Rivera(1-50)	10:25.4
40 C. Denny(2-50)	11:08.9
42 S. McPherson(1/F)	11:11.3
46 R. Rozier(3-50)	11:15.9
47 S. Santistenan(2/F)	11:17.1
50 J. Gordon(3/F)	11:26.5
62 H. Harder(1-60)	12:01.2
73 J. Brooks(1WC)	12:46.0
89 J. Semrau(1/F-40)	14:41.4

Breakers 10 Mile Run

From End of the Line Race Consultants

June 26. Mission Beach, San Diego).
Top 10 Men:	
1 Terry Cotton(27)	49:2
2 Chris Sadler(23)	50:1
3 Richard Samuel(29)	51:3
4 Phillip Hinck(28)	52:0
5 Gilbert Alvarez(23)	52:3
6 Dan Murray(37)	52:4
7 Dan Sweeny(26)	54:0
8 Robert Franks(21)	54:0
9 Brian Lucas(22)	54:1
10 Norman Hammond(20)	54:5
Divisions: 12 & Under: 1 John Koper	have
65:30, 2.Jonathan Rice 69:28, 3.	ddob
Fornov 70-26 4 Andrew Matthews	70.00

65:30, 2.Jonathan Rice 69:28, 3.8obby Feeney 70:26, 4.Andrew Matthew 72:22. 13-17: 1.Doug Beichenberg 57:53, 2.Sean Stevenson 62:15, 3.Arthur Diaz 62:55, 4.Ramon Magana 64:41, 18-29: 1.Terry Cotton 49:23, 2.Chris Sadler 50:11, 3.Richard Samuel 51:39, 4.Phillip Hinck 52:02, 30-39: 1.Dan Murray 52:41, 2.Jim Legakis 54:56, 3.Chris Cortez 55:20, 4.Dan Harrison 55:33: 40-49: 1.Dan McCaskill 56:01, 2.Will Rasmussen 59:52, 3.Bud Wetzler 60:48, 4.Neville Clark 61:44, 50-59: 1.Jim O'Nell 59:49, 2.Bill Stock 65:06, 3.Rudy Iglesias 65:43, 4.Bud Blackman 67:51, 60 & Over, 1.Casey Poole 69:45, 2.John Lafferty 69:50, 3.Don Bradley 75:28, 4.Anthony Valdivia 77:05.

75	:25, 4.Anthony Valdivia 77:05.
To	p 10 Women:
1	Elizabeth Baker(24) 57:57
2	Melinda Ireland 60:20
3	Sue Krenn(32) 61:54
4	Yvonne Yanke(18) 61:56
5	Shiriey Matson(41) 62:45
6	Patty Madrigat(16) 65:40
7	Anne Zampardo(20) 67:02
8	Dorothy Stock(49) 67:30
9	Mary Burns(24) 68:07
10	Anne Igoe(32) 58:14
Di	visions: 12 & Under: 1 Tammy Kniffing
	:04, 2.Marilyn Honea 74:16, 3.Rana
M	indy 87:35, 4.Anne Eddy 97:20, 13-17:
1.1	Patty Madrigal 65:40, 2.Catheine
	ierarra 76:25, 3.Robin Pennel 103:10,
	Eunice Tanjuaquito 103:20. 18-29:
	Elizabeth Baker 57:57, 2. Yvonne Yanke
61	:56, 3.Anne Zampardo 67:02, 4.Mary
Bu	rns 68:07. 30-39: 1, Melinda Ireland
60	20, 2.Sue Krenn 61:54, 3.Ann Igoe
68	114, 4.Diane Smith 70:00. 40-49:
1.5	Shirley Matson 62:45, 2.Dorothy Stock
67	:30, 3.Judy Splitgerber 72:14, 4.Toni
	al 76:01. 50-59: 1.Ann Johnson 69:50,
2.1	Merry Vansant 75:59, 3.Peggy Naas
	12, 4. Virginia Hastings 93:25. 60 &
	er: 1 Gerry Davidson 82:30, 2 Felicitas

Tioga Pass Run

J	une 26 Mono Lake, 12.3 miles.	
1	Kurt Swanson (Bishop)	1:31.4
2	MikeSovec (Northridge)	1:32.3
3		1:33.4
4	Gary Walecke (Tom's Place)	1:35.2
5	Steve Symanovich (Mammoth)	1:37.0
6		1:38.2
7	Bill Spance	1:38.2
8	Ed Bradford	1:38.5
8	Mike Blisbin	1:41.3
1	0 Steve Smith	1:43.2

Sweat, Don't Fret

June 26. Sarta Ana. 5K,10K,20K.

5K. Men: 14 t Under: 1.John Soto 15:58, 2.Eddie Lavele 16:48. 15-18: 1.Art Logan 16:05, 2.Rof Milligan 16:19, 3.Mike Madleh 16:34, 19-29: 1.Kevin Jacobs 15:20, 2.Jamet Dyer 15:22, 3.Brad Guiso 15:27, 4.Wastin Tyme 15:44, 5.Robert Palmer 16:10. 10-39: 1.Ron Kyrrle 15:27, 2.Henry Lange 15:50, 3.Harry Hartley 16:26, 4.Jesuß Ocana 16:44, 5.Jarrett Williams 17:05.40-49: 1.Lee Miller 17:09, 2.Alan Duggard 17:24, 3.Dick Vosburgh 17:26, 50 plus: .Walter Atcheson 17:45, 2.Leonard Walts 18:12.

Women: 14 & Under: 1.Sheri Lawson 18:13, 2.Lisa Tores 19:27, 15-18: 1.Donna Feagle 19:03, 1.Lois ibbelton 21:51, 3.Chris Haslam 33:22. 19-29: 1.Victoria Majors 18:21, 2Donna Stoker 18:28, 3.Tracy Hightowei 19:25, 4.Janet Roberts 21:15, 5.Jo Barry 21:52, 30-39: 1 Marsha Bream 20:36, 2.faiva Jusionis 20:46, 3.Lois Ann Curl 21:12, 4.Pat Burnette 21:21, 5.Deb Hobbs 21:40, 40-49: 1.Sally Wozniak 22:44, 2.Earbara Daniels 23:50, 3.Betty Sullivan 25:26, 50 plus: 1.Cella Swan 24:09, 2.Chrisina Hodowski 29:00.

Men: 1/ & Under: 1 len McFadden 36:35, 2.Mir ael Duarte 5:00. 15:18: 1.Mark Junkerman 34:02, 2 Jeffrey King 34:27, 3.Marco Ochoa 36:2, 19-29: 1.Danny Reed 31:17, 2.Fran Danncey 31:30, 3.Thomas Babiracki 2:06, 4.Ron Amundson 32:39, 5.Vincent hujillo 32:47, 30-39: 1.Geoff Zehneder 3'44, 2.Bill Sumer 35:03, 3.Steve Lestch 36:02, 4.Sherman Schapiro 36:30, 5.Jin Van Dell 36:33. 40-49: 1.Frank Duarte 3:58, 2.Pete Peterson 34:30, 3.Michael lermine 35:43, 50 plus: 1.Wally Evertz 37:11, 2.Bob Gerlach 38:37.

Women: 14 & Under: IRomy Jacobson 53:55, 2.Terri Campbel 55:40, 15-18: 1.Clare Felt 37:33, 2.Suan Armentrout 39:52, 3.Lori Walls 56:11 19-29: 1.Dlane Bjelland 38:31, 2:Sharon Holthus 41:14, 3.Joanie Eiffer 41:59, 4.Leslie Skow 44:39, 5.Paula Neuschle 44:57, 30:39: 1.Sue Peterson 37:05, 2.Debbie Wilkinson 38:58, 3.Sandy Polis 45:37, 4.Ronnie Levine 46:23, 5.Nancy Waldeck 48:38, 40-49: 1.Irene Berregard 47:54, 2.Kit Hendener 53:25, 3.Ada Mickas 54:30, 50 plus 1.Reina Hart 41:55, 2.Nelly Williams 48:26, 20K

Men: 14 & Under: 1.Scott Deboer 1:46:14
2.Adam Habib 1:47:15, 15-18: 1.Arnie Holl
day 1:16:15, 2.Dennis Gerdes 1:33:25
3.Tony Massa 1:38:21, 19-29: 1.Micnae
McCaffery 1:09:08, 2.John Fenton 1:08:31
3.James Jurrado 1:09:48, 4.Robin Ken;
1:10:28, 5.David Vanderveen 1:11:00
30-39: 1.Paul Mailer 1:04:52, 2.Paul Hal
1:16:07, 3.Steve Farris 1:18:58, 4.Normal
Sterling 1:19:38, 5.Nelson Cunninghan
1:20:02, 40-49: 1.R.Navareite 1:12:23
2.Don Hufstader 1:17:12, 3.Rick Hard
1:18:40, 50 plus: 1.William Ferrel 1:27:04
2.Richard Hochschild 1:27:30

Women: 14 & Under: 1.Karen Ringcam; 1:43:22, 2.Marisa Cantrell: 1:44:30, 19-28; 1.Sherry Simmons 1:18:06, 2.Tina Constantion 1:28:42, 3.Mary Rowell: 1:31:31, 4.Lei Naum 1:34:50, 5.Joan Evans 1:40:07; 30-38; 1.Candy Clark 1:25:31, 2.Dinn Shryock 1:31:45, 3.Titl: Jacobson 1:49:56, 4.Nancy Hunter 1:50:34, 5.Pam Fische 1:50:55, 40-49; 1.Elaine Havens 1:33:57; 2.Patricia Kenedy, 1:44:44, 3.Ann Wilso; 1:47:15, 50 plus; 1.Mary Storey 1:35:56, 2.Sherri Harmon 1:58:43.

Bacardi Rum Rur

15:4

June 27. Lake Merritt, Oakland 1 Dwight Smith(23)Modesto

Kevin Cruikshank(24)SF

3 Tom Schmidt(17)S.Rafael	15:5
4 Brian Griffiths(20)Moraga	15:5
5 Cavin Gaziano(15)CastroVy	15:5
6 Richard Cunningham(39)Oakid.	16:0
7 Robert Vizas(35)Berkeley	16:0
8 Tom Kirchner(41)SF	16:0
9 Jim Bloomer(17)Kensington	16:1
10 Patrick Shartle(24)Santa Cruz	18:2
13 Tim Rostege(42)San Jose	16:3
21 Juan Armendariz(42)Milpitas	17:0
27 Jack Hodges(50)Oakland	17:2
31 Mary Gaffield(19)Cerrito, 1/F	17:5
35 Laura Starett(18)Kentfleld	18:2
38 Ralph Boyd(50)Burlingame	18:3
40 Ingrid Carlsan(29)Oakland	18:4
43 Jess Chanez(51)Berkeley	18:4
65 Carole Stothers(19)Berk.	19:2
76 Mary Dunpay(27)Alameda	19:5
78 Serina Delacruz(12)S.Jose	19:5
82 Sheila Schwartzburg(47)Berk.	19:5
90 Dede Dobbs(24)Berkeley	20:1
119Liz Ray(43)Oakland	21:1
138Barbara Carlson(47)Orinda	21-4
10K	150
1 Dan Anderson(30)CastroVy	31:3
2 Mark Graves(32)Castro Vy	31:4
3 Gerald Harnett(24)Berkeley	32:0
4 Nell Berg(33)Kensington	33:1
5 David Periman(20)Wal,Ck.	33:
7 Jim Lawson(28)SF	33:1
8 James Owen(35)Palo Alto	34:
9 Wolf Goubau(37)Berkeley	34:
10 Mike Gama(23)Hayward	34:
11 Brian Vaughan(15)Berkeley	34:
12 Richard Beener(20)Fairfield	34:5
13 Stephan Cooke(20)Oakland	35:
14 John Lehman(20)Kingston	35:1
15 Phil Garcia(30)Monterey	35:
37 Kathy Pflefer(23)Sac.1/F	365
43 Ron Peck(40)Richmond	37:
48 Vincente Ramirez(42)Oakid.	38:
49 Teresa Housen(24)Palo Alto	38:
50 Herbert Wesley(42)PI.HIII	38:1
58 Jerry Faulkner(50)Cerrito	38:
63 Joseph Hancock(44)Berkeley	38:
91 Wanda Bailey(12)Fairfield	40:
93 Renee Hicks(25)SF	40:
98 Charles Squires(51)Pt.Richmod	40:

ARE YOU HOSTING A RUN OR MEET?

Salazar 114:40.

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

information b	crow and man min	moditatory:			
Date of Event	Lo	cation of Event			
Name of Event_					
Type of Event:	long distance run	track meet	cross country	other	
Starting Time	Distant	ce if a running e	vent		
Other Important	Info				
Contact Person			Ph	one	
Address	Street	City	State		Zip

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070

Redwood City 4th of July Race

July 4. 5K.	E = kinti
1 Bill Gall(24)	14:49
2 T. Zerzan(20)	15:26
3 M. Graves(32)	15:41
4 Dave Anderson(19)	15:46
5 D. Tracy(36)	15:53
6 Dave Markstrom(26)	15:54
7 Brad Pace(26)	15:55
8 Allan Stanbridge(35)	15:56
9 P. Duncan(19)	16:02
10 Unknown	
11 P. McClure(20)	16:16
12 T. Martinez(18)	16:28
13 Amol Saxena(20)	16:33
14 S. Carvey(29)	16:38
15 Tom Green(16)	16:49
16 Kerry Hickam(18)	16:52
17 John Hawkes(33)	16:55
18 Tom Moore(16)	16:57
19 Patrick Todd(20)	17:06
20 Steve Lippi(29)	17:12
33 Art Reed(48)1-40	17:49
35 Sav Harasymiv(40)2-40	17:58
41 John Bramfitt(49)3-40 48 Judy Levdig(31)1/F	18:12
	18:28
49 Richard Laine(52)1-50 62 Ralph Boyd(50)2-50	18:28
64 Don Lucero(54)3-50	18:58 19:07
88 Ruth Waters(48)1/F-40	19:54
100Laura Silva(19)3/F	20:10
113Dee Gibson(31)4/F	20:10
117Betay Potter(30)5/F	20:48
124Miriam St.Clair(41)2/F-40	20:09
132Jim Powell(61)1-60	21:27
TOLUMIN FOWGING T) 1-00	21:21

Firecracker 10K Run

July 4. Santa Cruz.	
Men's Open:	
Patrick Shartle	32:03
Randy Horney	32:24
Mike Hurgons	32:26
I Pablo Chagolia	32:35
Gary Benito	33:16
Scott Donella	33:45
Robert Stinson	34:47
I Gary Brint	34:51
Rob Oliveros	35:54
0 Robert Radovich	35:54
1 Paul Bousquet	36:19
2 Jim Gruddas	36:42
livisions: 12 & Under: 1.Matt Alle	n 47:04.
6 & Under: 1.Patrick Rainey 34:13	
Bill Jenkins 34:04, 2.Phillip	
5:02, 3.Tim Hurlbut 35:14, 40-49	
Iryan 39:38. 50 & Over: 1.Lee Holle	

Sandra Sanchez Cora Einterez 38:41 Cathy Stracener 40:41 Katle Bargetto 41:40 Valerie Martini 42:21

Vomen's Open:

livisions: 12 & Under: 1.Melanie Dominuez 54:46. 16 & Under: 1.Margaret Shea 47:49, 30-39: 1.Loretta Polsdorfer 7:34. 40-49: 1.Emlly Duffus 49:55. 50 & p: 1.Jeanne Feaster 52:29.

(enwood Natural 10K

lly 4.	
Dave Royals(21)	32:03.6
Edward Bomber(22)	32:25.3
Jim Bowers(43)	32:38.6
Jim Noonan(22)	33:27.8
Rudy Balle(22)	33:28.9
Terry Pintane(31)	34:32.6
Butch Alexander(29)	34:33.8
Daniel McCullough(25)	The state of the s
	34:39.9
Dan Preston(40)	34:47.9
Darryl Beardall(45)	34:58.9
Dick Ogg(19)	35:04.4
Ken Cox(19)	35:35.7
Tony Burke(19)	35:42.0
Dave Simpson(18)	35:42.8
Stacy VanHorn(18)	35:59.6
M. McGuire(37)	100000000000000000000000000000000000000
	36:04.5
George Frazier(35)	36:24.8
Larry Meredith(25)	36:29.3

19 David Pratt(20)	36:31.9
20 Eric Risley(17)	36:33.4
21 Mark Glisson(20)	36:38.3
22 John Hogan(17)	36:45.0
23 Russ Klernan(44)	36:48.3
24 Ken Campbell(25)	36:52.8
25 Craig Roland(47)	36:55.1
26 Morton Gray(59)1-50	37:15.4
33 Michelle Perry (1/F)	37:56.7
48 Peggy Smythe(30)2/F	38:44.6
81 Pam Purchell(37)3/F	40:55.8
88 Leo Steneck(51)2-50	41:24.5
92 Mary Maloney(19)4/F	41:29.5
99 Kim Reinking(16)5/F	42:00.0
112Leo McMillian(52)3-50	42:41.5
131Eve Pell(45)1/F-40	43:09.7
134Margaret Oakes(40)2/F-40	43:15.1

Fourth of July Jubilee Run

From Ken Yanosko

July 4. Arcata. 10K.

The fourth annual Northern California Fourth of July Jubilee Run was held in Arcata Sunday in connection with the Arcata Chamber of Commerce's Fourth of July Jubilee. Seventy-nine runners participated in the 3 kilometer fun run, followed by 178 runners in the 10 kilometer main event.

The first finisher overall was Arcatan Mike Williams in a time of 33:09, followed by Jack West of Garberville in 33:33, and Tom Greene, Fortuna, in 33:52.

The top three women were Sharon Powers of Orick, 39:29, Chris Van Fleet, Tallahassee, Florida, 40:59, and Eurekan Karen Kelley-Day, 42:40.

Eight new course records were set in the annual Six Rivers Running Club classic. Tom Greene's 33:52 set a new mark in the men's age 15-19 division; Clarence Nason ran 35:18 to eclipse Bill Morris's age 35-39 record; but Morris, who just turned 40, bettered the old men's 40-44 mark to 36:25; Bill Van Fleet Improved his own age 65-69 record by three seconds to 46:09.

On the women's side, Van Fleet's daughter Chris ran 40:59 in the women's 40-44 division; Nancy Gardner took nearly four minutes off her old age 45-49 mark by finishing in 50:26; Betty Jain set the record for women 50-55 in 50:36; and Virginia Terry ran 51:17 for women 55-59. Division Winners: Women: 15-19: Jane Swingrover 57:34. 20-34: 1.Sharon Powers 39:29, 2.Karen Kelley-Day 42:40, 3.Jane Wooton 43:18, 4.Marcie Anderson 44:50, 5.Berit Meyer 45:25, 35:39: 1.Susan Sohrakoff 45:28, 2.Nancy Morris 45:33, 3.Linda Forbes 46:49, 40-44; Chris Van Fleet 40:59. 45-49: Nancy Gardner 50:26 50-54: Betty Jain 50:36. 55-59: Virginia Terry 51:17.

Men: 14 & Under: 1.Mark Dani 39:44, 2.Derek Erickson 44:38, 3.Phil Evans 44:40. 15-19: 1, Tom Greene 33:52, 2, Todd Miller 37:09, 3.Mark Wilcox 37:54, 20-34: 1.Mike Williams 33:09, 2.Jack West 33:33, 3.James Washington 34:21, 4.Peter Jain 34:57, 5.Bruce Caputo 35:26, 35:38; 1.Clarence Nason 35:18, 2.Biil Daniel 36:59, 3.Biil Eter 39:49, 4.David Pedro 40:19, 40-44; 1.Biil Morris 36:25, 2.Biil Dani 37:21, 3.Gerald Hoopes 38:28, 45-49; 1.George Crandell 39:06, 2.Jim Ely 40:05 50-54: Don Hughes 40:17. 60-64: Bob Dickerson 44:02. 65-69: Bill Van Fieet

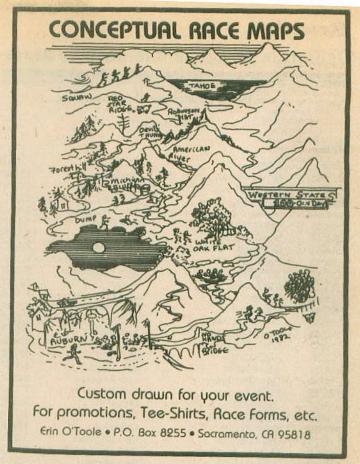
Run for Youth

July 4. Lake Merritt. 5 Miles. Men: Division Winners-13 & Under: 1.Peter Duncan 32:37.7, 2.Jim McManus 32:53.5, 3.David Wasserman 34:01.2. 14-19: 1.Wayne Cottrell 26:49.0, 2.Francis Mason 28:35.3, 3.David Wnite 28:40.2 20-24: 1.Vernon Sallaz 26:00.9, 2.Dave Waltz 26:30.0, 3.Mark Hammond 26:54.4 25-29; 1.John Embody 24:50.5, 2.Lester

Mina 26:18.6, 3.Mark Timmerman 27:58.5.

30-34: 1.Mike Wheeler 26:40.0, 2.Julios

Ratti 27:26.6, 3.Sheldon Clark 27:33.4.



35-39: 1.Bill Sevald 25:25.9, 2.Richard Cunningham 26:32.9, 3.Harvey Franklin 26:39.4. 40-44: 1.Stephen Cooke 26:51.7, 2.Richard Keene 30:00.1, 3.Roger Sharpe 30:22.8. 45-49: 1.Ray Menzie 30:36.8, 2.George Moss 30:48, 3.Paul Baker 31:10.8. 50 & Over: 1.John Gregson 30:46.6, 2.Flory Rodd 31:18.1, 3.Arnold de la Rosa 31:18.5

Women: Division Winners-13 & Under: 1.Katle Ryan 38:17.3, 2.Laura White 38:40.4, 3.Natasha Burrows 52:28, 14-19: 1.Alisabeth Thurston 32:44.1, 2.Dianna Huff 37:25.2, 3.Linda Sverdrup 39:49. 20-24: 1.Robi Mulford 34:23, 2.Susan Cooper 35:53, 3.Christine Orine 37:43.8. 25-29: 1.Bridgett Goodwin 30:37.8, 2.S. Vinella-Brusher 31:33, 3.Ingrid Carlsen Vinella-Brusher 31:33, 3.Ingrid Carlsen 31:54.8. 30-34: 1.Margo Elson 30:09.4, 2.Jacelyn Pare 36:06.3, 3.Ruth Grimes 37:44, 35-39: 1.Hilary Naylor 31:53.6, 2.Gall Rodd 33:22.3, 3.Sally Savitz 33:55.3. 40-44: 1.Agatha.Sue Lee 31:07.1, 2.Pat Whittingslow 32:28.7, 3.Doerte Murray 35:22.4, 45-49: 1.Laverne Riley 36:32.6, 2.Jess Nourse 37:58.4, 3.Flyvn Blair 2.Jess Nourse 37:58.4, 3.Elvyn Blair 39:03.5. 50 & Over: 1.Maria Brown 42:49. 2.Joan Boer 52:42, 3.Mary Smith 56:45.

Great Calistoga Footrace

By Reg Harris

July 5. 8K.

The Fourth of July weekend. Firecrackers, skyrockets, sparklers. This year the Fourth provided even more excitement: the longest lunar eclipse in this century, and for area runners, The Great Callstoga Footrace in which the fireworks were provided by the female runners in attendance.

Overall, the race was won by Napa's Mark Proteau. Proteau, who qualified for the 1980 Olympic Marathon Trials, laid off the fast early pace set by Fairfield's Doug Butt and passed the mile in five minutes. At the 2.5-mile mark he moved into the lead, and went on to hold off a strong challenge by Lower Lake's Robert Clay to take the win

But, while Proteau was winning, the real fireworks were going off further back, where women were breaking five of six division records and the women's course standard.

The record parade was led by Beckle Simmle of Santa Rosa. Simmle shattered the course standard by over two minutes with a time of 29:17.0, a time which broke the former submaster women's record by-are you ready-over five minutes!

But Simmle wasn't alone in the new record department, as four other women set division marks. American Canyon's Jenny Potter, a siender nine-year-old, clipped over a minute off her own youth women's record with a time of 37:06.1—the second fastest 8K time in the country by a girl her age

Yountville's Eileen Cunningham clip-ped the old open women's record by 15 seconds with her 32:16.8, and Marilyn Harbin of Martinez demolished the master's women mark by over three minutes with a time of 31:53.7. Harbin's time missed the national age-group

record by only 43 seconds.

Lois Harris of Calistoga provided the final women's record when she slashed almost two minutes off her veteran standard with a time of 41:59.0. Erica Rothen-burger of Santa Rosa was the other women's division winnner at 36:34.9 in the junior class.

The highlight of the men's division was 27:10.3 by Santa Rosa master Darryl Beardall. At race time, the national best for the 45-49 age group was listed at 27:12, a time which Beardall beat by two seconds. When I called the national Running Data Center on Tuesday after the race to initiate the paperwork for his record, I was told that a time of 26:37 had just been submitted, so Beardall's time becomes the second best in the country.

Only two men's records fell in this race. Lewis Stojanovich of San Jose knocked almost two minutes off his youth record with a 30:20.1 and Hank Fragoza of Vallejo improved his veteran mark with a 30:30.2 Top 20

Mark Proteau(Napa)29

Robert Clay(Lower Lake)35

25:53.8 26:06.7

California All-Comers Marathon Bests

(Races run on certified courses in California)

from Marty Post

MEN:			
Time	Name	Location	Date
2:13:01	Mike Layman	Oakland	12-5-81
2:13:14	Tom Fleming	Los Angeles	3-29-81
2:13:37	Mike Pinocci	Oakland	12-5-81
2:14:32	Miguel Tibaduiza	San Francisco	7-11-82
2:14:40	Craig Virgin	San Diego	1-14-79
2:14:43	Mike Manley	San Diego	1-13-80
2:14:53	Domingo Tibaduiza	San Francisco	7-11-82
2:15:10	Hal Schultz	San Francisco	7-11-82
2:15:17	Hal Schultz	San Francisco	7-12-81
2:15:21	Bill Socbey	Culver City	12-5-71
2:15:29	Ric Sayre	San Francisco	7-11-82
2:15:42	Mike Pinocci .	San Francisco	7-11-82
2:15:45	Charlie McMullen	Orange	1-28-79
2:15:48	Doug Schmenk	San Mateo	6-17-73
2:15:52	Norm Higgins	Culver City	12-5-71
2:15:58	Ric Sayre	Oakland	12-5-81
2:16:03	Kirk Pfeffer	San Diego	1-15-77
2:16:19	Dave Patterson	Los Angeles	3-29-81
2:16:33	Ed Mendoza	San Diego	1-11-75
2:16:34	Jaime White	Napa	3:09:81
2:16:58	Mike Cassaday	Oakland	12-5-81
2:17:09	Dave Young	Oakland	12-5-81
2:17:11	Jaime White	Los Angeles	3-29-81
2:17:16	Duncan Macdonald	San Mateo	2-12-78
2:17:22	Alvaro Mejia	San Mateo	3-7-71

2:36:13	Lorraine Moller	San Francisco	6-6-82
2:38:04	Laurie Binder	San Francisco	7-12-81
2:38:32	Carey May	San Francisco	6-6-82
2:39:33	Cindy Dalrymple	Los Angeles	3-29-81
2:39:46	Laurie Binder	San Francisco	6-6-82
2:40:59	Doreen Ennis-Schwarz	Los Angeles	3-29-81
2:42:08	Sue Kinsey	Bakersfield	2-3-79
2:42:31	Eileen Claugus	San Francisco	7-12-81
2:42:54	Cindy Dalrymple	Pasadena	11-23-80
2:42:59	Eileen Claugus	San Francisco	6-6-82
2:43:20	Joann Dahlkoetter	San Francisco	7-13-80
2:43:31	Marty Cooksey	Los Angeles	5-26-79
2:43:33	Iciar Martinez	San Francisco	6-6-82
2:43:42	Sharlet Gilbert	San Francisco	6-6-82
2:43:55	Jacqueline Hansen	Culver City	12-1-74
2:44:05	Nancy Ditz	San Francisco	7-11-82
2:44:13	Doreen Ennis	Pasadena	11-23-80
2:44:41	Gail Volk	San Diego	1-13-80
2:44:46	Elaine Campo	Irvine	1-25-8
2:44:53	Mary O'Connor	San Francisco	6-6-8
2:45:04	Cindy Dairymple	San Francisco	6-6-8;
2:45:15	Joann Dahlkoetter	Los Angeles	3-29-8
2:45:20	Wendy Walker	Bakersfield	2-3-7
2:45:23	Julie Brown	Culver City	12-5-7
2:45:31	Gretchen Stermitz	San Francisco	6-6-8

Location

Date

Special "Thanks" to Marty Post of Runner's World magazine for compiling this list of fastest marathons ever run in California. Hoted a bit of suspicion about the Jordache L.A. race (3-29-81) but in cluded it since the course is listed in the National Running Dat Center booklet of certified courses. Marty is working on an up-to date list of the top 25 California men and women and should have ready for you soon.

Please send all corrections and/or additions to: California Track

Running News, P.O. Box 6103, Fresno, CA 93703.

LOMA LINDA LOPERS 6th ANNUAL

ORANGE GROVE MARATHON

HALF MARATHON and 10K SUNDAY NOVEMBER 7, 1982 7 A.M.

GREAT, CERTIFIED COURSE FOR FIRST-TIMERS

ENTRY FEE OF \$9.00 (POSTMARKED BY OCT. 30) (\$4.00 NO SHIRT)

\$6.00 NO SHIRT OCT. 31 TO RACE DAY

INCLUDES:

BREAKFAST, TANK-TOPS FOR MEN, FRENCH-CUT SHIRTS FOR WOMEN, CERTIFICATES, RIBBONS,

VISORS FOR FULL MARATHON FINISHERS.

STARTS AND FINISHES AT GENTRY GYMNASIUM STEWART AND ANDERSON STS. LOMA LINDA CA

10 DIVISIONS EACH RACE, 3 PLACES EACH DIVISION

*AID STATIONS EVERY 2 MILES *FREE MASSAGE AFTER RACE

*ICE-COLD SPONGES AT AID STATIONS

PLUS WATER, ERG, VASELINE, ASPIRIN *FREE FITNESS SCREENING

*FREE FITNESS SCREENING *MINI HEALTH FAIR *PLUS MANY SURPRISES Send Entry Form with Fee to: LOMA LINDA LOPERS P.O. BOX 495 LOMA LINDA CA 92354

WOMEN:

Name

Time

BREAKFAST FOR FAMILIES AND GUESTS AT NOMINAL FEE (RUNNERS FREE)

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Central California Marathon Fresno, California

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Sun World

137

Cinderella Raisins

26 Miles, 385 Yards — Certified Course

Sun World

DATE & TIME: Saturday, November 20, 1982 - 7:30 a.m.

OCATION: Start and finish at NW corner of the campus of California State University, Fresno (near gym and track).

ENTRY FEE: \$8.00 if received prior to November 6, 1982. \$12.00 after November 6, 1982. Make check payable to

Central California Marathon. Mail entry and fee to:

Central California Marathon, 8038 N. Mariposa, Fresno, CA 93710.

INTRY DEADLINE: No entries accepted after November 17, 1982. NO EXCEPTIONS!

HECK-IN: To receive name tag and number, and to avoid race day check-in, enclose Self-Addressed Stamped Envelope. Entrants not enclosing SASE must pick up number, etc., day of race between 6:30 and 7:15 am in C.S.U.F. Gym, Barstow and Cedar Aves.

DIVISIONS & NUMBER OF AWARDS:

Men	Awards	Women	Awards	Team	Awards
15/under	(1)	15/under	(1)	First 3 Team R	unners
16-29	(10)	16-29	(3)	Total Time	
30-39	(10)	30-39	(3)		
40-49	(10)	40-49	(3)	Men's	(1)
50/over	(3)	50/over	(1)	Women's	(1)
wheelchair	(1)	wheelchair	(1)		

WARDS: 1—Awards will consist of trophies to all place winners.

2-Many merchandise awards will be presented by random drawing.

3—T-shirts to all finishers.

4-Awards ceremony - 12:00 noon.

5-Unofficial results for all runners age 15 and under.

ENTRY FORM AND WAIVER (Please Print)

NAME (last)	, (first)			(middle initial)	as of 11/20	821
ADDRESS (number & Street)	(city or town)		(state)	(zip)	Male 🗆	Female [
Phone	School or Club		I Little Town	T-shirt size:	S M	L XL (circle)
Previous best marathon: Time	Date	Location				
MIVER: In consideration of your accepting my entry, I, inten- ave or which may hereafter accrue to me against the Fresno ny other sponsors, officials or volunteers or their respective of hysically fit and have sufficiently trained for the completion	Joggers, the Fresno TC, RRCA, the City of Fre officers, agents, representatives, successors,	isno, the County of Fresno, Cal	litornia State University, F	resno, West Coast Growers .	and Packers, Inc	Sun World, Inc. and
lignature				Date		
arent's or Guardian's signature (if under 18 years of age)			1-1-1-1	Date		

Mail \$8.00 entry fee and entry form to: Central California Marathon, 8038 N. Mariposa, Fresno, CA 93710. Enclose GASE to receive race number and race instructions.

Results

3	Doug Butt(Fairfield)37	26:17.2
4	Brian Hoyt(Santa Rosa)20	26:20.5
5	Gene Dangel(Walnut Creek)35	26:40.5
6	Keith Golding(Napa)21	26:59.4
7		27:10.3
8		27:59.8
9	Hugh McWilliams(San.Rosa)20	26:07.9
10		28:14.6
11	John Hawkley(Napa)23	28:30.1
12	Bob Goodrich(Benicla)42	28:40.9
13	Greg Durbin(Santa Rosa)25	28:47.6
14	John Seibert(Vacaville)27	28:54.1
15		28:55.1
16	Walt Vennum(Sebastopol)41	28:58.3
17	Frank Anderson(St. Helena)44	29:01.0
18		29:07.5
19	Charles Kramer(Calistoga)46	29:11.4
20		29:14.8
	islons	
13	& Under: Jenny Potter 37:06.1.	Lewis

13 & Under: Jenny Potter 37:06.1, Lewis Stojanovich 30:20.1. 14-18: Erica Rothenburger 36:34.9, Stacy VanHorn 27:29.8. 18-29: Elieen Cunningham 32:16.8, Mark Proteau 25:53.8. 30-39: Beckie Simmie 29:17.0, Robert Clay 26:06.7. 40-49: Marilyn Harbin 31:53.7, Darryl Beardall 27:10.3. 50 & Over Lois Harris 41:59.0, Hank Fragoza 30:30.2.

Double Back Run

Jul	ly 10. Morro Bay. 20K.	
1		1:12.24.5
2	Chris Berger (18)	1:16.52.2
3	Fred Dellagatta (23)	1:18.29.6
4	Eric Griffin (18)	1:18.46.8
5	Bill Peck (42)1-40	1:19.27.6
15	John Herd (55)1-50	1:25.44.8
19	Alvera Sabin (37)1/F	1:30.57.4
20	Rose Lorenzp (29)2/F	1:33.40.9
29	Phillis Rodenberger(49)1/F-40	1:57.46.4

Natural Life 10K Run

From End of the Line Consultants

From End of the End Consuma	
July 10. San Diego.	
Top 10 Men:	
1 Ted Kula	33:45
2 Donald Fowler	34:29
3 Leslie Christian	34:32
4 Dan Oden	34:37
5 Howard Moody	34:47
6 Bill Molloy	35:14
7 John Collias	35:23
8 Nick Claccio	35:28
9 David Lesley	35:43
10 Paul Haack	35:47
Top 10 Women:	
1 Sue Smith	37:30
2 Tammy Kniffing	41:28
3 Mary Burns	41:54
4 Mary Akins	42:12
5 Wanda Gunderson	42:34
6 Pauline Esqubel	42:36
7 Judy Splitgerber	42:46
8 Barbara Lambisis	42:49
9 Camille Keller	42:52
10 M. Hoyt	43:00
Men: Divisions-17 & Under: 1.D	
Fowler 34:29, 2.Paul Haack 35:47, 3	
Narajo 37:00. 18-29: 1.Ted Kukla	
2.John Collias 35:23, 3.Nick Ci	accio
35:28. 30-34: 1.Dan Oden 34:37, Molloy 35:14, 3.Andrew Mackay	2.BIII
Molloy 35:14, 3.Andrew Mackay	36:23.
35-39: 1.Leslie Christian 34:32, 2.	
Leslie 35:43, 3.Samuel Aguimatang	
40-44: 1. Howard Moody 34:47, 2.W	
Dunn 39:20, 3.MII Rich 39:41, 45-49: 1	
ren Osborn 38:56, 2.Wes Barret	
3.Ed Webb 40:35. 50-59: 1.Donald	Rawn
39:01, 2.Dean Thackrey 39:09, 3.	Silver
Macias 41:09. 60 plus: 1. Wayne	Zook
42:31, 2.Bob Hutchins 50:01, 3.L	llewo.
Tozer 50:11.	

Women: Division-17 & Under: 1.Tammy Kniffing 41:28, 2.Elien Fianningan 44:58, 3.Susan Commings 44:59, 18-29: 1.Sue Smith 37:30, 2.Mary Burns 41:54, 3.Mary Akins 42:12, 30-34: 1.Mary Hoyt 43:00, 2.Judy Stamm 45:00, 3.E.Ashmead 46:16, 35:39: 1.Barbara Lambesis 42:49, 2.Unknown, 3.Bonnie Baer 45:48, 40-44: 1.Judy Splitgerber 42:46, 2.Virginia Dickerson 45:55, 3.Tonl Deal 45:57, 45-48: 1.Unknown, 2.Martha Walker 46:46, 3.Wanda Scott 5:31

Bunion Derby

From Larry Lung

July 10. Fresno. 5000 meters.	
1 S. Thornton	15:44.2
2 M. Hull	15:54.6
3 J. Tilford	16:05.0
4 R. Marvin	16:08.8
5 D. Narango	16:20.4
6 S. Ward	16:38.5
7 B. Johnson	17:01.4
8 P. Dunning	17:12.3
9 R. Thrash	17:14.0
10 D. Williams	17:16.6
11 D. Jueng	17:16.9
12 T. Morgan	17:20.4
13 T. Ross	17:23.6
14 J. Lambe	17:25.3
15 R. Harkless	17:33.8
23 B. Woody (1-40)	18:12.5
25 C. Steffensen (2-40)	18:15.5
26 J. Rivera (1-50)	18:15.7
27 R. Zamarripa (3-40)	18:23.9
40 C. Denny (2-50)	19:21.7
43 D. Rozler (3-50)	19:29.0
47 S. Santistenan (1/F)	19:50.0
50 J. Gordon (2/F)	19:52.7
61 H, Harder (1-60)	20:52.8
DESCRIPTION OF THE PROPERTY OF	-112700

Race Thru The Redwoods

By Marty Kruger

July 10. 6.9 Miles.

This years edition of Santa Cruz County's cidest road race (12th annual) proved tougher than normal, as winter storms deposited extra sand on the trails of Henry Cowel Redwoods State Park and temperatures at race time sweitered well into the 80's, times were generally 1½-2 minutes slower than last year.

With defending champ and course record holder, local distance ace Dan Gruber, in Europe ala Converse, the front spot was up for grabs. Gruber's aggle teammate "Leavon" and "Justin" Tyme finished together with "Leavon" (Mark Genet) getting the win. The two handled the tough course (it climbs 600 ft. in a one mile section) in 38:38.7 and hardly seemed winded as they finished. The two split the \$50.00 first place award as the race was the areas first "open" race.

In the women's division, Santa Cruz's Cathleen Chandler won her first race ever with a strong 46:49 for the tough 6.9 mile course, over 2 minutes ahead of 2nd lady Lindy Hayes (48:58).

The race also features special "Heavyweight" divisions for men (190°lbs) and women (140°lbs). Bill Jenkins of Santa Cruz won the men's divisions for the 5th year in a row placing 22nd overall in 44:30. Mercy Poitz (one of the few lady's to admit they weighed 140°lbs placed 181st in 1:01:30.

Super Vet Jerry Lynch has been hot locally. The 40 year old finished 5th overall in an outstanding 40:31 while capturing the Master's Division. Susan Roberts (70th) won the women's masters in 49:59.

1	Leavon Tyme (Mark Genet)	38:38.7
2	Justin Tyme (24)	38:38.9
3	Tony Munoz (27)	39:05
4	Chris Cummings (20)	40:03
5	Jerry Lynch (40)1-40	40:31

Jim Moyles (30)	41:23
James Cunningham (36)	41:31
Mike Lotter	41:57
Pablo Gaagolla	42:02
Mike Hargens	42:12
Tim Rostege (42)2-40	42:18
Ben Yates (17)	43:26
Date Londre (30)	43:35
Mike Matthews	43:44
Frank Stempski (40)3-40	43:47
Andree Dunkell (40)4-40	43:52
Louis Davidson (38)	43:53
Ben Sawyer (45)5-40	43:55
Scott Donnellon (24)	44:16
David Davis (27)	44:23
Bill Jenkins (32)	44:30
Don Farrington (34)	44:40
Anthony Gutlerrez (27)	44:47
Joe Telles (21)	44:52
Cathleen Chandler (26)1/F	47:45
Lindy Hayes (30)2/F	48:50
Nancy Ogle (29)3/F	49:16
Susan Roberts (40)1/F-40	49:59
Betsy Jones (29)5/F	51:3
Joanneke Verschuvr (6/F)	52:31
Cathy Stracener (18)7/F	52:4
8Betsy Fraser-Smith(44)2/F-4	0 55:5
5Virginie Mitchum (41)3/F-40	57:3

Larry Barthalomew (25)

40:56

Rowdy Creek Rur

July 10. Smith River. 5 & 10K. Lyle Purdue(OR) Charles Morehead(OR) Jim Costello(CA) Mark Mathews(OR) Gordy Myrah(OR)
Pat Porter(OR)1-50 Rick Ross(CA) Clint McKinnon(CA) Bob Barbee(CA)1-40 10 Larry Sebring(OR) 13 Cindra Barbee(CA)1/F 24: Penny Vargas(CA)2/F 24 Laura Mathews(OR)3/F 35 Betty Hamblin(CA)1/F-50 Roberta Foxley(OR)1/F-40 53 Lee White(CA)1-60 Mark Anderson(OR) David Thompson(CA) John Reichlin(CA) Mike Addis(CA) Arlo Pade(OR)

Marty Andersen(OR) David Ely(CA) Jim Costello(CA)

Ray Sebring(OR)

Newton Perry(CA)

11 Pat Porter(CA)1-50

17 Jennifer Pade(OR)1/F

18 Elaine Delsman(OR)2/F 29 Carol Davis(OR)1/F-40

Ponderosa Ridge Run

 July 10. So. Lake Tahoe. 9.5 Miles.

 1 Greg Hitchcock
 1:

 2 Steve Pradere
 1:

 3 Bill Devine
 1:

 4 Andy Takaha
 1:

 5 John Tallo
 1:

5 John Iallo
6 David Weller
7 Mike Longero
8 Dan Lucas
9 Bruce McDowell
10 Bruce Ziegler
12 Carla Pittelkow(1/F)
19 Pete Schoener(1-40)
21 Inga Thompson(2/F)

22 Bob Malain(2-40)

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Jack Leydig: Box 459, San Carlos, CA 94070 Phone (415) 341-3119

California Road **Runners Club**

From Chuck Lichter

uly 11. Griffith Park, L.A. 10 Mil	65.
op Twenty	
Jim Scott	49:54
Danny Martinez	1:08.2
Tom Axell	52:54
Enrique Castro	52:56
Tom Moriart	53.02
Phil Ryan	53:14
Ted Cotti	53:27
Ruben Garcia	53:28
Dick Gentili	53:42
) C. Hoover	53:59
I Cleveland Whale	54:21
2 Joseph Kender	54:28
3 Ron French	55:25
I Barry Kelly	56:3
5 Bill Silverman	56:49
3 James Hinckley 7 William McCar	58:07
7 William McCar	59:26
3 Nick Trozzi	59:38
) Skip Witt(1-40)	1:00.11
) Tom Carroll(2-40)	1:00.15
Ivision Winners: 0-18: Toni Artis	8 1:17.43.
1-29: Maureen Nisitio 1:18.3	8. 30-39:
heila Hasham 1:09.39. 40-49	: Joyce
omita 1:13.59, 50-59; Aurelio (
01 38 80-89: Eddle Lewin 1:05	43

Health Run

ily 17. Watsonville, 10K.	
Salvador Berumen	33:31.4
Tony Munoz	33:33
Allen Gamber	35:00
Pablo Chagolla	35:25
Tim Rostege	35:43.8
Frank Velasquez	35:51.6
Javier Narango	36:46.3
Glynn Wood	36:48.7
Joe Telles	37:32.7

Lake Tahoe Series 10K

ly 18.	
Dave Kraus	32:19
Tim Powell	33:51
Jerry Jobski	33:58
John Jet Talco	35:20
John Hancock	36:43
Doug Read	37:17
Craig Williams	37:23
Dan Lucas	37:43
Jim Ashton	37:54
Robert Engel	38:03
Tom Sullivan	38:06
Vance Goss	38:09
	No.
Tom Swope	38:20
Richard Bily	38:38
Robert Weber	38:43
risions: 11-15: Scott Peterson	
25: Dave Kraus 32:19, Colleen Co	
00. 26-35: John Talco 35:20, M	
:Cormick 42:49. 36-45: Jerry .	Jobski
:58, Joan Skrmetta 48:35.	46-55:
chael Jeneld 38:50, Betsy Wilson	58:45.
85: Norm Moonitz 52:15, Grace	Gam-
11 58:28.	

San Luis Obispo Triathlon

ly 18. 1/2	Mile	Swim, 1	4.3	Bike,	3.5 Run
Richard	Ales	hire(36)			1:13.23
Scott M	cMill	an(31)			1:13.29

3	George Laird(25)	1:15.52
4	Darrin Freeman(22)	1:16.15
5	Pierre Deyo(19)	1:16.53
В	Roger Ely(21)	1:17.12
7	David Wilson(25)	1:17.13
8	Dale Mercier(27)	1:17.43
9	Dave Farmer	1:17.44
10	Craig Baldwin(28)	1:17.53
11	Clifford Clarke(22)	1:18.43
12	Dale Evers(26)	1:18.50
13	Steve Rinell(24)	1:18.55
14	Les Beck(38)	1:19.01
15	Steve Neal(30)	1:19.40
65	Catherine Hennelly(22)1/F	1:27.20
68	Dawn Carlson(21)2/F	1:27.42
78	Paula Kobliska(20)3/F	1:28.32
84	Debbie Arebaio(24)4/F	1:29.40
97	Mike Rehorn(42)1-40	1:31.06
11	5Ann Jordon(33)5/F	1:32.55
17	1Edd McSorely(51)1-50	1:38.10
17	9Nada Herd(50)1/F-50	1:38.31

Burlingame Summer Fun Runs

July 18. 2.85 miles.	
Top 5 Male:	
1 Ramsey Thomas	14:45
2 Jay Gehrig	14:55
3 Mike Crang	15:00
4 Mark Gutsche	15:08
5 Tony Madera	15:10
Divisions: 10 & U: 1, Adam Benedict	26:59.
11-15: 1.Armand Musey 16:18.	
1.Tony Madera 15:10. 21-30: 1.Mike	
15:00. 31-39: 1.Ramsey Thomas	
40-49: 1.Ned Benedict 16:39. 50	
1.Ralph Boyd 17:29.	33.00
Top 5 Females:	
1 Jeanne Eldridge	17:37
2 Toni Hartlaub	19:15
3 Doerte Murray	19:20
4 Denise Vaikeman	19:41
5 Theresa Daniels	22:59
Divisions: 10 & U: 1.Carrie Rob	Charles and the contract of th
24:27. 11-15: 1.Toni Hartlaub 19:15.	
1.Jeanne Eldridge 17:37. 31-39:	
Crang 26:16. 40-49: 1. Doerte Murray	
50 & O: 1.Charlene Schmitz 24:50.	10,120
July 15. 2.85 miles.	
Top 5 Majes:	
1 Dave Ribertson	15:05
O DI-L ONLING	15.00

top o mares.
1 Dave Ribertson 15:05
2 Rich Stiller 15:10
2 Rich Stiller 15:10 3 Tony Madera 15:28
4 Bruce Gouvela 18:40
5 Stephen Bournes 16:49
Divisions: 10 & U: 1.Miles Conrad 27:40.
11-15: 1.Robert Costello 17:08. 16-20:
1.Tony Madera 15:28, 21-30; 1.Bruce
Gouvela 16:40. 31-39: 1. Dave Robertson
15:05. 40-49: 1. Phillip Banda 17:47. 50 & O:
1.Ralph Boyd 17:09.
Top 5 Females:
1 Judith Russo 19:14
2 Frances Sackerman 20:43
3 Beth Carlton 21:06
4 Carol Nishimura 21:17
5 Barbara Robben 22:06
Divisions: 10 & U: 1.Anne Parkes 25:59.
11-15: 1.Trish Webster 22:17. 21-30: 1.Beth
Cariton 21:06, 31-39; 1, Judith Russo 19:14.
40-49: 1.Barbara Robben 22:06, 50 & O:

Aptos Women's Five Miler

1.Frances Sackerman 20:43.

By Gall Goettelmann

Ju	ly 18. Aptos.	
1	Nancy Ditz	30:09
2	Sue Munday	30:57
3	Nanette Garcia	31:29

4	Sandy Sanchez	32:13
5	Shari McCarroll	32:14
6	Susan Radford	32:33
7	Jennifer Glockner	32:49
8	Nancy Ogle	32:56
9	Mona Lopez	33:53
10	Karen Seaward	34:08
11	Cathy Stracener	34:13
12	Betsy Jones	34:19
13	Jackle Dixon Romanow	34:47
14	Valerie Macken-Martini	34:58
15	Susan Brewer	35:04
16	Katie Bargetto	35:09
17	Judy Dorosin(140-49)	35:12
	Dondl Hart	35:30
19	Patty McGrath	35:31
20	Marta Champeny	35:35
21	Lani Medeiros	35:45
22	Leticia Ancheta	36:04
23	Laurel Girmaldi	36:20
24	Lonnie Truax	36:24
25	Maria Minicucci	36:25
38	Elizabeth Ross(1-50)	38:43
50	Ginger Behm(240-49)	40:52
53	Carol Teachout(340-49)	41:10
	4SIIvia Sweet(2-50)	46:53
120	OJoan Valdes(3-50)	47:40

A Mid-Summer Run

July 18. Los Osos. 3.5 Miles.	
1 Terry Gibson	17:22
2 Manny Bautista	17:40
3 Leo Lenting	17:40
4 Bob O'Brien	17:58
5 Jim Warrick	18:09
6 Frank Hutchinson	18:21
7 Aaron Stern	18:34
8 Chris Berger	18:50
9 Paul Lee	19:03
10 C.B. Bidleman	19:23
11 Bob Nanninga	19:24
12 Peter Roske	19:30
13 Joseph Berger	19:35
14 Sam Fox	19:56
15 Steve Sornish	20:02
Division Winners: 1-17: Matthew	
20:21, Zan Mendonca 28:33, 18-30. Gibson 17:22, Marleen Haverty	
31-40: Bob Nanniga 19:24,	
Balthaser 25:59. 41-50: Galen Kirn	
Vera Issaeff 28:17. 51-60:	
Rodenberger 25:34, Sarah Mo	
28:48.	

Santa Barbara Country Fair 10 Mile Run

Ju	ly 20.	
1	Scott Mayfield(22)Whittier	47:20.4
2	Ivan Huff(22)San Luis Obispo	48:49.8
3	Carmelo Rios(22)San Luis Ob.	49:46.3
4	Chris Emmons(18)Santa Maria	51:59.7
5	Mike Ryan(35)Lompoc	52:38.9
6	Steve Barlow(21)Santa Maria	52:58.9
7	Phil Sosa(20)Santa Maria	53:15.5
8	Rudy Hernandez(30)Orcutt	53:35.1
9	Danilo Perez(20)Santa Maria	54:11.3
10	Craig Lowrie(26)San Luis Ob.	54:22.0
11	Joe Eberhard(18)Santa Maria	54:30.2
12	Frank Hutchinson(29)Los Osos	
13	Mike Whitcombe(18)Man.Bch.	55:10.1
14	Eric Quinones(15)Santa Maria	55:42.0
15	Clifford Bidleman(25)SLO	56:01.2
16	Tom Jermyn(19)VAFB	56:08.3
17	David Trissel(17)Santa Maria	56:30.5
18		56:49.2
19	Paul Lee(21)Arroyo Grande	57:05.5
20		57:07.4
21	Steve Jones(22)VAFB	57:25.3
22		58:08.4
23		59:05.8
24		59:32.1

25	Russ Sharer(28)Santa Maria	60:04.9
34	Diane Killeen(25)1/F SanBar	62:36.8
39	Pete Osborne(41)Goleta 1-40	63:00.6
42	Art Schickram(53)Lompoc 1-50	63:45.9
43	Wayne Nelson(46)SanBar 2-40	63:50.7
47	Carl Whinery(43)SanMar 3-40	64:54.7
48	Carol Adams(20)SLO 2/F	64:56.1
58	Ray GII(57)Lompoc 2-50	66:31.0
61	Donna Adamoli(19)Nipomo 3/F	66:44:7
64	John Holoubek(66)Lomp. 1-60	66:48.7
83	Catherine Herfnelly(22)SLO 4/F	69:01.3
91	Susan Griffin(27)Lompoc 5/F	70:23.9
120	Joanne Cargill(1/F-40)Lompoc	75:12.7
16	BRuth Adams(2/F-40)Lompoc	82:14.1
17:	2Gaby McQuitty(3/F-40)San.Mar	82:41.7

Run for Gav Pride

June 20, Los Angeles, 5K & 10K.

500 plus runners took part in the first Run for Gay Pride; Los Angeles. The one loop 5k — two loop 10k course through the Silverlake Community while not hilly, had enough upgrades to make it challenging. The 8 am start was on time and Ruben Garcia quickly took the lead and never lost it. He pulled the lead pack through the 1st mile in 4:43. He was followed closely by Henry Lange Jr. and Tony Nielsen both good local runners. Luckily for Lange, Garcia had come to run the 10k. When Garcia went by the 5k finish line in 15:50 to do another loop-2nd place Lange wisely crossed it to win the 5k race in 16:01. The next 4 runners also decided to cross the 5k line leaving Garcia virtually unchallenged. With no one to push him, he finished the 10k in 33:08. While not a PR at the distance, he was very happy about his first overall win. He has been training with Lazlo Tabori (San Fernando Valley Track Club) for several months now and manages to be in the top 10 whenever he competes. His 2:38 debut marathon in Culver City last December (Western Hemispheres Marathon) was good for 3rd overall and he's looking to go under 2:30 his next time out at that distance. Ruben Garcia-a name to watch for in So. Calif. Road Racing.
On the womens side the 5k race was

hotly contested between 40 yr. old Cathy Fogarty of San Diego and 23 yr. old Teresa Jenkins of Long Beach with Fogarty taking it in 19:25 to 2nd place Jenkins 19:40. The 10k women's race was a lesson in why its best to pre-register. 25 yr. old April Kost-Dean arrived late to the race with time only to either late register or make a last minute pit stop before the start. Nature won out and April had to "bandit" the race. She was the unofficial winner in 40:50- a lucky break for 27 year old Sabina Havkins from San Diego who won officially in 42:44.

Frontrunners Track Club of Los Angeles was very pleased with their first time event and plans to do it annually.

10K Men: (Overall Winner) Ruben Garcia 33:08. 19 & U: Jeff King 34:39. 20-29: Ron Shirley 34:22. 30-39: Don Bowman 35:52. 40-49: Keith Johnson 38:46. 50 Plus: Bob Larkin 39:57.

Women: (Overall Winner) Sabina Havkins 42:44. 20-29: Diane Shrock 43:56. 30-39: Laura Lipkin 45:42. 40-49: Janet Hiarth 46:34. 50 Plus: Pat Russell 50:53.

5K Men: (Overall Winner) Henry Lange Jr. 16:01. 19 & U: Carlos Vasquez 18:01. 20-29: Mark Cote 16:38. 30-39: Peter Rice 16:50. 40-49: Richard Flores 17:28. 50 Plus:

Malcolm McCabe 24:45. Women: (Overall Winner) Cathy Fogarty 19:25. 19 & U: Trish Harper 19:45. 20-29: Teresa Jenkins 19:40. 30-39: Cell Miller 21:56. 40-49: Jane Dods 21:36. 50 Plus: Cecila Nash 31:15.

Subscribe to California Track & Running News

Women's Distance Festival

From Stan Rosenfield

July 24. Laguna Lake Park, San Luis Obispo, 5K.

Obispo. 5K.			
1	Carol Adams (20)	19:33.9	
2	Kim Barton (20)	20:16.0	
3	Sarah Quady (21)	20:19.0	
4	Jenniter Simmons (32)	21:45.4	
5	Nicole von Ruden (14)	22:18.7	
8	Cathy Jones (16)	22:22.8	
7	Mary Miller (24)	22:34.2	
8	Lynde Seffel(15)	22:42.3	
9	Susan Hood (40)	22:45.6	
10	Karen Munoz (25)	22:45.9	
11	Sheila Smith (35)	22:51.0	
12	Celeste Grijalva (28)	22:53.7	
13	Diane Dixon (27)	23:04.3	
14	Paule Kwasniewski (29)	23:07.6	
15	Petra Clayton (36)	23:23.2	
16	Molly Ruedas (18)	23:33.9	
17	Shawna Cowdin (22)	23:34.6	
18	Bonnie Brady (33)	23:39.5	
19	Robin O'Hara (31)	23:54.6	
20	Sandie Cano (29)	23:14.3	
21	Jamie Vohs (20)	24:18.8	
22	Barbara Bullock (26)	24:21.9	
23	Amy Lee Goldstein (49)	24:24.1	
24	Phyllis Rodenberger (49)		
25	Darrylin MacCartney (34)		
26	Terri Hayes (39)	24:38:3	
27	Kim Newman (14)	24:45.9	
28	Janis Butch (17)	24:52.3	
29	Terri Elfrink (26)	24:53.0	
30	Marilyn Rehorn (47)	24:59.7	
31	Mary Stallard (45)	25:01.2	
32	Vera Issaeff (48)	25:22.8	
33	Gaby McQuitty (45)	25:29.1	
36	Jeni Bailey (9)	25:55.3	
47	Aimee Van Noy (13)	28:45.6	

photo by Norm Takeuchi



Bob Loux (Ift) and Marty Higginbotham at the Tulare race.

Tulare Road Run

From Norm Takeuchi

July 24. Tulere. 6 Miles.

Visalian Marty Higginbotham sprinted away from Bob Loux of Tulare in the final 600 yards to win the third annual Tulare Road Run, a six mile event From the beginning, the Daisy Fresh Track Club runner joined team-mate Ed Taylor and Loux in dueling for the lead. Taylor succumbed at three miles to Higginbotham and Loux, probably due to the unusually

humid July tempertures. Higginbotham's final sprint produced a seven second victory over the High Sierra Track Club's Loux. Higginbotham's time of 31:19 was well off of Gerry Staunton's 1981 course record of 29:43, when cooler temperatures prevailed. Loux finished in 31:26 with Taylor grabbing third in 31:36. Deanna McDaniel of Porterville ran un-

Deanna McDaniel of Porterville ran unchailenged and captured the women's title in 38:50. High Sierra Track Club's Ruby Hernandez finished well back in 40:46 for second place. Lupe Uranga of Visaila timed 41:15 to win the 30-39 age division and to share Debble Aschwanden's course record, established last year. New course records were set in the 12

New course records were set in the 12 and under division by Jose Hurtado in 41:19 and Jennifer Power's 52:44, on the distaff side. Virginia Martin's 1:08:12 produced a course record as a new 60 and over division was added this year. Other men's new records included David Naran-jo's 31:39 in the 13-15; Illinoian Don Sage's 33:01 in the 35-39 and Frank Delgado's 35:21 in the 45-49 division.

One hundred and sixty runners finished the combined road and dirt course at Live Oak Park, under less than desirable weather conditions.

Women: 12 & Under: 1.Jennifer Powers 52:44, 13:15: 1.Shannon Battles 44:02, 2.Erin Valdez 49:15, 19:29: 1.Deanna McDaniel 38:50, 2.Ruby Hernandez 40:46, 3.Dana Carrera 46:10, 30:39: 1.Lupe Uranga 41:15, 2.Cherie Stephemson 42:05, 3.Mary Ann Borroso 45:06, 40:49: 1.Cee Conway 48:53, 2.Julie Wilson 54:59, 3.Phyllis Cardoza 59:41, 60 & Over: 1.Virginia Martin 1:06:12.

Men: 14 & Under: 1.Jose Hurtado 41:19, 2.Terry Beair 49:10, 13-15: 1.David Naranjo 31:39, 2.Miguel Hurtado 32:57, 3.David 51:39, 2miguel Hortado 52:37, 2miguel Hinojosa 37:16, 16-18; 1.Jaime Pimental 32:47, 2.Ricky Bernal 32:52, 3.Joseph Contreras 34:18, 19-24; 1.Fred Castillo 33:34, 2.David Caideron 33:40, 3.Ron Schafer 33:52, 4.Adrian Huerta 34:38, 5.Bob Darby 37:19, 6.Ralph Mendoza 40:52. 25:29: 1.Marty Higginbotham 31:19, 2.Bob Loux 31:26, 3.Ed Taylor 31:36, 4.Brian Patterson 32:30, 5.Dennis Wong 32:38, 6.Baldemar Bettancourt 33:24. 30-34: 1.Al Lomeli 31:45, 2.Larry Lung 33:20, 3.Curt Elia 33:38, 4.John Aldrich 35:26, 5.Dan Currier 35:28, 6.Jim Hill 35:45, 35-39: 1.Don Sage 33:01, 2.Ozzie Osgood 33:10, 3.Dave Bronzan 33:32, 4 Craig Newport 34:25, 5 Roger Sebert 35:10, 6 Alex Orosco 35:56, 40-44: 1.Fred Mendoza 35:43, 2.Bill Woody 36:16, 1.Fred Mendoza 35:43, 2.Bill Woody 35:16, 3.Bob Blakeley 38:38, 4.Dave Duerkson 39:03, 5.Jim Raymond 39:24, 45-49: 1.Frank Delgado 35:21, 2.Rick Zamarripa 35:40, 3.James Lipford 36:58, 4.Roger Richards 37:44, 5.Tommy Upton 38:12. 50:59: 1.Jess Rivera 36:23, 2.A.R.Souza 38:31, 3.Christopher Denney 39:12, 4.Fred Fitchhorn 42:16, 5.Ken Takeuchi 43:19. 60 & Over: 1. Harry Harder 41:16, 2. Woody Cape 49:03.

Sri Chinmoy 10K Run

July 25. Atherton.				
	1	Frank Jones(31)FLA	32:25	
	2	Brian Blue(22)Palo Alto	32:44	
	3	Paul McCavitt(27)OH	32:52	
	4	Raymond Wieand(23)Belmont	32:56	
	5	Ron Bodine(21)Moffet Field	33:32	
	6	Eduardo DeUriarte(30)San Fran.	33:50	
	7	Douglas Chan(31)Mt.View	34:12	
	8	Jay Gehrig(31)Redwood City	34:20	
	9	Dave Wills(31)Castro Vy	34:21	
	10	Adrian Wong(31)San Fran	34:39	
	To	p Women		
	1	Rose Gutierrez(18)San Jose	35:21	
	2	Bridget Goodwin(26)Oakland	38:22	
	3	Pearl Anit(22)Pacifica	38:59	
	4	Terri Muela(26)Daly City	39:10	
	5	Karyn Davis(28)NJ	39:48	
	Me	n's Masters		
	1	Robert Beyer(40)Stanford	34:43	
	2	H. Siemens(42)San Jose	34:48	
	3	Dave Stevenson(53)Los Alfos	36:20	
Women's Masters				
	1	Huth Anderson(52)Oakland	42:23	
	2	Sandy Vernon(44)San Fran	43:38	
	3	Ruth Bortz(51)Portola Vy	46-53	

P.R.'s

By Richard Lee Slotkir

By Richard Lee Slotkin	
Shirii Allen (age 621), (South Coast Runners Assoc.) Summer Classic	5K 46
Rich Binns (TRW TC) Second Wind 10K	41:
Chris Bourke (TRW TC) CSULA Track Meet 800m	2:00
Dan Buntman (GSFRC) San Francisco Marathon - 10th place Albert Codd (TRW TC) Love Your Heart 10K	*2:19
Lori Collins (South Bay R.C.) Love Your Heart 10K	58
Jerry Colmery (TRW TC) Palos Verdes Marathon	2:57
Gene Cook (South Bay RC) Palos Verdes Marathon Gene Cook (South Bay RC) Torrance Armed Forces Day 10K	3:36: 40
Bill Czuleger (TRW TC) Palos Verdes Marathon	3:38
Nancy Ditz - San Francisco Marathon - first woman	*2:44
Don Feinstein (South Bay RC) Topanga 10K (A Mountain Trail Run)	54
Bill Fitzgerald (TRW TC) CSULA Track Meet 800m - age 57 WR Debbie Flynn (TRW TC) Palos Verdes Marathon	2:0
Hank Granville (South Bay RC) Palos Verdes Marathon	3:46
Kirby Harkness (South Bay RC) Run with Jim 10K	42
Al Harper (TRW TC) CSULA Track Meet 800m	2:1
Denny Hodgdon (TRW TC) Paper Chase 1/2 Marathon Jim Horner (South Bay RC) Palos Verdes Marathon	1:32 3:36
Gigi Jewell (South Bay RC) Run with Jim 10K	60
Andy Johnson (South Bay RC) Palos Verdes Marathon	3.03
Fred Kiddy (STC) San Francisco Marathon	2:37
Sandy Kiddy (STC) San Francisco Marathon - age 45 women's AR	2:53 39:
Jim Kirner (Hughes TC) Century City 10K Eddle Lavelle (Blue Angels) Track City Int'l Classic, Eugene 1500m	4:38
Eddie Lavelle (Blue Angels) Track City Int'l Classic, Eugene 3000m	9.5
Eddie Laveile (Blue Angels) Pre-Sweet Pea Tune-up 8K	28;
Dave Lawful (South Bay RC) Palos Verdes Marathon	3:04:
Dave Lawful (South Bay RC) Marinerthon 5K Kim Marks (South Bay Running Club) San Francisco Marathon	4:21:
Norm McAbee - San Francisco Marathon - 1st 50-54 AR age 50	2:40
Dwight Moberg (South Bay RC) Love Your Heart 10K	40
Dwight Moberg (South Bay RC) San Francisco Marathon	3:23:
Kay Nestande (South Bay RC) Run with Jim 5K Joe Olivas (South Bay RC) Palos Verdes Marathon	2:45:
Mike O'Rosel (South Bay RC) Palos Verdes Marathon	3:46:
Linda Papermaster (South Bay RC) Palos Verdes Marathon	3:35:
David Pascal (SMTC) Int'l Meet, Farsta, Sweden, 800m	1:50
David Pascal (SMTC) Int'l Meet, Lage, Germany 800m David Pascal (SMTC) Int'l Meet, Bieloeb, Germany 5000m	1:49.
Peter Pawlowski (TRW TC) Palos Verdes Marathon	2:51:
John Piner (South Bay RC) Run with Jim 5K	20:
Ken Price (South Bay RC) San Francisco Marathon	2:46:
Scott Rasmussen (SMTC) San Francisco Marathon Chris Redlitz (South Bay RC) Run with Jim 5K	3:15:
David Salo - San Francisco Marathon - 1st 45-49, age 49 AR	2:30:
Bob Schratz (TRW TC) Hawthorne 10K	37
Hal Schultz (WVTC) San Francisco Marathon	2:15:
Steve Scott (Sub-4) Oslo Games mile (correction to last month) Steve Scott (Sub-4) Byrkjelo, Norway track meet 800m	3:47. 1:45.
Loretta Smith (South Bay RC) San Francisco Marathon	4:02
Rick Smith (TRW TC) Palos Verdes Marathon	3:58:
Rick DeLaSota (South Bay RC) Palos Verdes Marathon	2:52:
Jack Spencer (TRW TC) Paper Chase 1/2 Marathon Harry Staalberg (South Bay RC) Palos Verdes Marathon	1:49: 2:43:
Harry Staalberg (Sough Bay RC) Grunion Run10K	31:
Corbin Strickler (TRW TC) Second Wind 10K	40:
Bob Stumpus (South Bay RC) Palos Verdes Marathon	3:26:
Greg Stumpus (South Bay RC) Love Your Heart 10K Greg Stumpus (South Bay RC) Palos Verdes Marathon	36; 3;12:
Greg Stumpus (South Bay RC) Griffith Park 10 Mile	62:
Peggy Taggart (South Bay RC) Palos Verdes Marathon	3:14:
Charlie Tallafero (SMTC) World Games, Helsinki 800m	1:46.
Pat Tanner (South Bay RC) Love Your Heart 10K Miguel Tibaduiza (WVTC) San Francisco Marathon - 1st	39:
Barbara Vail (SMTC) Venice All-Comers mile	2:14:
Barbara Vail (SMTC) Venice All-Comers mile	6:
Barbara Vail (SMTC) Venice All-Comers mile	6
Barbara Vall (SMTC) SPATAC Masters T&F 1500m - 1st 50-54	6:05
Barbara Vall (SMTC) Senior Olympics 1500m - 1st 50-59 Barbara Vall (SMTC) Senior Olympics 800m - meet record	6:0; 2:5£
Dennis Walsh (South Bay RC) Run with Jim 10K	42:
Wendy Watson (TRW TC) Run with Jim 5K	19:
Jeff Wilkins (TRW TC) Palos Verdes Marathon	4:
A.A. Witeles (TRW TC) Palos Verdes Marathon Nick Yray - Garlic Gallop 10K	3:03:
Nick Yray, Jr Garlic Gallop 10K	42
Alan Zabel (TRW TC) Love Your Heart 10K	39:
Alan Zabel (TRW TC) San Francisco Marathon	3:04:
* indicates first time at distance.	

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

LWG			
N	a	m	١,
	-		

Event

Mark

| | Check if first time.

California's Running Experts

These fine running stores will not only meet all of your equipment and apparel needs, but their staff of experienced runners can provide expert advice and information. You can also buy the latest copy of California Track & Running News at these locations.

Northern California

Fleet Feet 222 West 3rd St. CHICO

Fleet Feet 1642 Market St. REDDING

Jogg'n Shoppe 708 9th St. ARCATA

Jogg'n Shoppe 410 2nd St. EUREKA

Central California

Athletic World 711 W. Shaw Ave. CLOVIS

Flest Afoot 1st & Ashlan Ctr. FRESNO

> Fleet Feet 132 E Street DAVIS

Fleet Feet 8128 Madison Ave. FAIR OAKS

Fleet Feet 107 S. Harding Blvd. ROSEVILLE

> Fleet Feet 2408 J Street SACRAMENTO

Fleet Feet 364 Main St. SALINAS

Fleet Feet Swiss Chalet Village S. LAKE TAHOE

Fleet Feet 4709 Quail Lakes Dr. STOCKTON

> Fleet Feet 100 Peabody VACAVILLE

Phidippides 420 Dei Monte Center MONTEREY

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> Fleet Feet Princeton Plaza SAN JOSE

Fleet Feet 2086 Chestnut St. SAN FRANCISCO

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Lyon Enterprises 2444 Durant Ave. BERKELEY

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Runners Feet 1004 Oak Grove Ave. BURLINGAME

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Ryan's Sports Shop 1000 Lafayette SANTA CLARA

Southern California

All Pro Sports 16919 Ventura Blvd. ENCINO

Beach Running & Sports 5059 Newport Ave. OCEAN BEACH

The Complete Runner 2658 E. Garvey Ave. WEST COVINA

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> Inside Track 1410 E. Main VENTURA

Loeschhorn's 145 East Duarte ARCADIA

Loeschhorn's 10810 Warner Ave. FOUNTAIN VALLEY

> Marathoms 1434 W. 25th SAN PEDRO

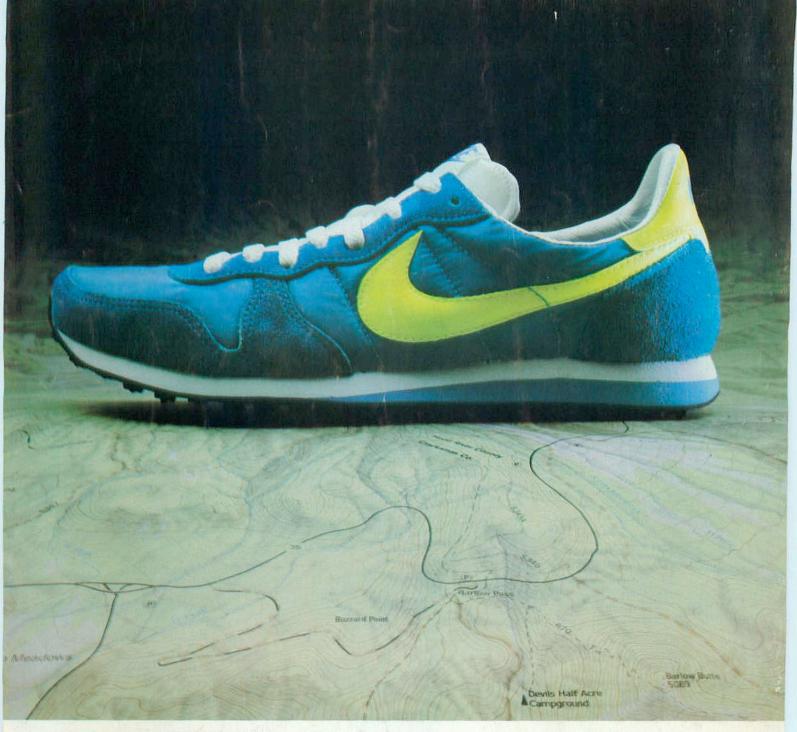
Phidippides
16545 Ventura Bivd.
ENCINO

Runners High 5519 E. Del Amo LAKEWOOD

The Running Center 249 S. Riverside RIALTO

A Running Experience 5304 E. 2nd Street LONG BEACH.

Second Sole? 950-Aviation Blvd. "HERMOSA"BEACH



THIS COUNTRY SHOULD BE RUN BY THE ELITE.

Not so long ago, the Elite did rule.

There was hardly a crosscountry title that didn't fall victim to this shoe. In either collegiate or high school competition. In fact, in its heyday, the Elite set the American record for the marathon.

Well, you can kiss those days

goodbye.

Because now there's the Elite Classic. And, frankly, it puts the old Elite to shame.

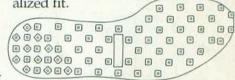
Oh, the colors are the same.

And the patented Waffle outsole is still there—because there is just nothing better suited to both road and trail.

What's missing is the weight. The new Elite Classic is more than an ounce lighter than the original.

By going to a new EVA formulation in the midsole, we were able to knock the weight down and yet leave the cushion right up there.

Pretty astonishing. And so is the fit. The new Elite Classic is made on an improved curved last that gives more room in the toe box and a more stable heel. We also added our Variable Width Lacing System for a personalized fit.



In short, the shoe that made history is back for a rewrite. So if you have any interest in cross-country or road racing, get your hands on the new Elite Classic.

And run it out of town.

Beaverton, Oregon