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CALIFORNIA Track & Running News



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MEMBER OF RUNNING USA

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September 1985

Issue No. 107



Start of the Michelob Light Independence Day 4 Mile in Visalia.

See story and results on page 42.

photo by Robert Hanashiro

The heel counter stabilizer keeps your foot remarkably stable throughout your stride.

NO, IT'S NOT A FACTORY SECOND. IT'S AN INDUSTRY FIRST.

At first glance, the lacing on this shoe might strike you as a manufacturing error, or a blatant attempt at gimmickry. But make no mistake. The new Converse Odessa™ is the most technologically advanced shoe a dedicated runner can wear.

The Dual Density removable insole gives you outstanding shock absorption.

Why the side lacing? Simple. Through biomechanical research, we proved it gives you more stability throughout the shoe. But the lacing is

just one reason Odessa is an industry first.

It's got three features that, together, give you an unprecedented combination of motion control and cushioning. In fact, the Odessa provides 15% more

The side lacing system works to keep your foot

stability and 13% more cushioning than any other running shoe.

The extended heel counter keeps your foot remarkably stable throughout your stride. The dual density midsole and urethane wedge work to cushion your foot better than any shoe in its class. And finally, our center-ofpressure outsole provides cushioning

and stability, and centers your foot during your Midsole provides

stride. But while it's heavy on features, this shoe is incredibly light on your feet.

So if you're a dedicated runner who thinks of Converse strictly as a great basketball shoe company, see the Odessa at your Converse

You'll immediately think of us as a great running shoe company.



The Dual Density Center-

of-Pressure outsole is made of Vibram Infinity®

for long-lasting dura-

your stride, without

bility. The outsole helps center your foot during

sacrificing cushioning.

Reach for the stars.



Schedule

By JACK LEYDIG

Please send scheduling information directly to **Scheduling Editor**, 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.

Road Racing

■September 1:

DSE Kay Atkinson Memorial Run (& Kid's Run). 4.5 Mile, San Francisco (Golden Gate Park), Spereckels Lake @ Kennedy & 36th Ave.), 10 a.m. (9:30 a.m./Kid's Run). Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415/855-1563).

Belmont Chamber of Commerce Blathlon. Crank 'n Shank - 20K Bike, 10K Run, Pedal 'n Plod - 10K Bike, 5K Run, Trike 'n Trot - 500 Yd. Trike, 100 Yd. Run, Belmont (Canada Rd. between Edgewood Rd & Hiway 92), 8 a.m./Crank, 10:30 a.m./Pedal, noon/Trike. Belmont Chamber of Commerce, P.O. Box 645, Belmont 94002 (415/595-8696).

Run for Recovery 10K. San Francisco (Golden Gate Park, Polo Field Parking Lot), 9 am. Charles Herich, California Therapeutic Comm., 1659 Scott Blvd., #30, Santa Clara 95050. (408) 244-1834.

South Lake Tahoe 5 & 15K. So. Lake Tahoe (Central Bank near "Y" Intersection of Hwy 50 & 89), 5 pm. Michael Jones, P.O. Box 7886, So. Lake Tahoe 95731, (916) 544-2284.

Grape Race 5K. Millbrae (between Mills & Capuchino High Schools), 9 am. Millbrae Rotary Club, P.O. Box 23, Millbrae 94030. (415) 692-4490, Chuck Osborn.

Paul Bunyan Relays. Listed as 8/17 in last isue in error. 43 miles, 5-person teams, Leggett to Fort Bragg (6-10-10-10-7 mile legs), 7 am. Capitol City Flyers, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

Pinedorado Days 8K & 1 Mile. Cambria (Coast Union H.S.), 8:30 am. Don Brauer, P.O. Box 1385, Cambria 93428. (805) 927-8840.

Coastal Classic 10K. Carlsbad (Cannon Park), also 2 mile, 7 am. Tom Hubbard (619) 729-8971.

■September 2:

Robert Mondavi 10K Run at Field & Fair Day. Lodi, 8 am. Field & Fair Day Office, P.O. Box B-1, Lodi 95241. (209) 333-6782.

Serene Lakes 5 Mile Handicap Race. Soda Springs (off Hwy. 80 at Donner Summit), 10 am. (6800 Ft.). Dennis O'Halloran/Aggies, P.O. Box 7641, Tahoe City 95730. (916) 581-5119.

KSON Farewell to Summer 10K & 2 Mile. San Diego (Balboa Park), 7:00 am/2 mile, 7:30 am/10K. Kathy Loper (619) 437-4556.

Average Joe Blathlon. 6.1 Mile Run, 7.45 Mile Bike, Auburn (Bowman Elem. School), Time TBA, Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

"Meals on Wheels" 5 & 10K Labor Day Runs. Westlake Village, 7:30 a.m. Emily Gonzales, 2361 Adrian, Newbury Park 91320 (805/498-0192).

Pamakid Summer Relays. 5x4.464 mile (loops around Lake), San Francisco (Lake Merced, Sunset Circle Parking Lot), 9 am. Pamakid Runners, P.O. Box 16131, San Francisco 94116. (415) 681-2322.

Labor Day Buddy Run. 10.6 miles, Winters (Lake Solano, Winters Community Park), 8 am. Davis Running Club, 218 Grande Ave., Davis 95616. (916) 756-9144, Don Winters.

America's Love Run. 10K, Fresno, 8 am. MDA, 1347 No. Wishon, Fresno 93728. (209) 486-3420.

■September 4:

Sri Chinmoy Runners are Smilers. 2 mile, San Francisco (Lake Merced), 6 pm. Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 759-7770 or (408) 996-8036.

■September 6:

Pepsi of Reno 72-Mile Lake Tahoe Run. Tahoe City (Commons Park, behind fire station), 6 am. Must finish by 10 pm. Loop around Lake (counterclockwise). Bill Stainbrook, 1503 13th Ave., Sacramento 95820. (916) 451-4845. Entries must be received by August 30.

■September 7:

Tri For Real. 1 mile swim, 5 mile run, 20.6 mile bike. Antioch (Contra Loma Regional Park), 8 am. Fleet Fet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-MILE.

Big Brothers/Big Sisters Triathion Relay. 10.5 mile bike, 7.75 mile boat, 7 mile run. Marysville (Riverfront Park), time TBA. Allan Harder, P.O. Box 2658, Marysville 95901. (916) 742-5151.

Millerton Lake Triathion. 1 mile swim, 24 mile bike, 10K run. Millerton Lake (near Fresno), time TBA. Global Map Store, 735 N. Fulton, Fresno 93728. (209) 266-9831.

Seal Beach Triathion. 1K swim, 20K bike, 10K run. Seal Beach (Seal Beach Pier), time TBA. Mike Braunstein, P.O. Box 30306, Long Beach 90853. (213) 431-2527.

Run Through The Roses 5 & 10K. Wasco, 7:30 am. Wasco Jr. Women's Club, 600 Minter, Shafter 93263. Attn: Gall Carty. (805) 758-2746.

Run for Shelter. 5 & 10K, Palmdale (Palmdale Hospital), 8 am. Running Promotions Unitd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

Four Mile Cross Country Race. San Diego (Balboa Park), 8 am. Mark Moran (619) 275-0996.

Toyota Distance Classic 15K & 2 Mile. San Diego (Balboa Park), 7 am. Lynn Flanagan (619) 275-0996.

World's Toughest Triathlon. 2.4 Mile Swim, 120 Mile Bike, 26.7 Mile Run, So Lake Tahoe, Time TBA. Charlie Lincoln, P.O. Box 10758, So Lake Tahoe 95731 (916/577-5073, eves).

Dave Scott Triathlon Clinic. Novato (Novato H.S.), \$30 (pre-registered), \$40 at door. Novato Aquanauts Parents, Inc., P.O. Box 743, Novato 94948 (415/897-4323).

Trl For Fun. 1 mile swim, 6.5 mile run, 20.6 mile bike. Novato (Indian Valley College), 8 am. Fleet Feet, 2086 Chestnut, San Francisco 94123. (415) 921-7188.

Park to Park 8 Mile. Lompoc (Miguelito Canyon Park) to La Purisima Mission, 8 am. LVDC, P.O. Box 694, Lompoc 93438. (805) 735-1491, Dora Martin.

Run for Your Life 3 Mile. Atascadero (Fitness Center), 8850 Santa Rosa Rd., 8 am. Atascadero Fitness Center, P.O. Box 2062, Atascadero 93423. Paula (805) 461-1500.

Orange County Blue Angels 5 & 10K. Fountain Valley (Mile Square Park), 7:30 am. OC-BA, 5302 Clark Cir., Westminster 92683. (213) 634-3027.

Strawberry Feet Race. 2 & 8 mile, near Benbow Lake State Park, 10 am(?). Bruce Strobridge, Rox 431, Miranda 95553.

■September 8:

Hometown Days Footrace. 5 mile, San Carlos (Burton Park/Chestnut St. cul-desac), 8 am. Hometown Days Footrace, P.O. Box 321, San Carlos 94070. Ruth Waters (415) 593-0572.

DSE Windmill Run. 6.5 mile, San Francisco (Golden Gate Park - Kennedy Dr. at Beach), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Hoy's Sports 10,000 Meter Classic. San Francisco (Golden Gate Park), 9 am. Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-HOYS.

Houston and Texas are having a birthday party.

Ya'll come, too!

We're 150 years young and still running strong.

The 14th Annual Houston-Tenneco Marathon • January 19, 1986

* An official event in the year-long celebration of the founding of the City of Houston and the Republic of Texas in 1836.

★ 5,000 runners expected. Many of

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★ In honor of the 150th birthday, Ten-

neco now awards a Texas-sized \$150,000 in athletic training development funds to be divided among the top-place finishers. Male and female winners each will receive a \$100,000 life insurance policy.

★ We've de-

signed a new course to show off our town. Single-loop, city-wide and scenic. From towering, multi-colored downtown skyscrapers past Victorian gingerbread cottages to stately Southern mansions, you will see how Houston lives and plays. Around here,

- * Running clinics, trade show expo, registration packet pick-up, pre-race banquet, all at one location, the Hyatt Regency.
- * Special air travel and hotel accommodation packages offered.

Information and registration material now available. Write to:

Houston-Tenneco Marathon P.O. Box 2511 Houston, TX 77001

Don't miss this marathon birthday bash, ya'll hear?

Sponsor.



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□ Schedule

Indian Ridge Run. 5 & 10K, Moraga (St. Mary's College, Guard House), 9 am. Nancy Sundland, Moraga Jr. Women's Club, P.O. Box 462, Moraga 94556. (415) 376-6008.

Run for Your Life. 5 & 10K, Oakland (Lake Merritt Boathouse, Belleve St.), 9 am. Eleanor Bilal (SCMS), 1652 47th Ave., Oakland 94601. (415) 436-7755.

Sportsmed Run for S.A.V.E. 10K & 1 mile, Fremont (Mowry Ave. & Paseo Padre Pkwy.), 8:30 am. Doug Ward, Recr. Dept., 38536 Knute Ct., Fremont 94536. (415) 791-4328.

Stride for Life 10K. Petaluma (Lucchesi Park), 8 am. Patty Hilligoss, P.O. Box 813, Petaluma 94953. (707) 778-1111.

The Wonderland Triathlon. 1.5K swim, 40K bike, 10K run, Redding (Whiskeytown Lake), 8 am. Redding Triathlon Club, 3331 Bechelli Ln., Redding 96001. (916) 223-2205.

Kirkwood 10K. Kirkwood, 8 am. Norm Rupp, 2608 Newlands Ave., Belmont 94002. (415) 591-2312.

Bike & Tie. Distances (?), Arcata/Eureka area, time TBA. Team event - 2 persons/1 bicycle.Six Rivers R.C., P.O. Box 214, Arcata 95521. Rich Glichrist(707) 443-1226.

West Hollywood 5 & 16K Run. West Hollywood (San Vicente & Santa Monica Blvds.), 8 am. Tom Proctor, 1314 N. Hayworth St., Suite 203, W. Hollywood 90046. (213) 876-8550.

Marina Breakers 10K. Marina del Rey (Fisherman's Village, Fiji Way), 8 am. The Fitness Center, Daniel Freeman Memorial Hospital, 333 N. Prairie Ave., Inglewood 90301. (213) 674-7050, x3031.

Dixon Ram Runs. 5 & 10K, Dixon (Northwest Park), 7:30 am. Jim Williams, P.O. Box 732, Dixon 95620. (916) 678-5877 or 678-4548.

Greater Outdoors Triathlon Series. ½ mile swim, 15 mile bike, 4 mile run. Big Bear (Meadow Park Beach), time TBA. Triathlon, P.O. Box 708, Big Bear 92315. (714) 866-7322.

\$ri Chinmoy 7 Miler. Foster City (Bowditch Middle School, Beach Park & Tarpon), 8 am. Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 759-7770 or (408) 996-8036.

Descente Star Test 10K. Los Osos (South Bay Community Park), 8:30 am. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406. No Pre-entries needed.

Maccabiah 5K. Orange (Irvine Park), 9:30 am. Plus ½ mile for 9/Under at 8:30 am & 1½ mile at 8:45 am.

NIKE/OTC 25K. Eugene, Oregon (Hayward Field), time TBA. Nike/OTC 25K, P.O. Box 10412, Eugene, OR 97440.

Corcoran Knights of Columbus Run. 6 & 1 mile, Corcoran (John Maroot Park), 7 am. Fred Pereira, 4048 N. Angus 93726. (209) 224-7857.

■September 11:

Sri Chinmoy Runners are Smilers 2 Mile. San Francisco (Lake Merced), 6 pm Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 759-7770 or (408) 996-8036.

September 12:

Manufacturers Hanover Corporate Challenge. 3.5 mile, Los Angeles (Griffith Park), time TBA. Manufacturers Hanover Corporate Challenge, P.O. Box 49913, Los Angeles 90049. (213) 472-5058. Note: For businesses & institutions only.

Carson City to Sacramento 166-Mile. (approx. one-fourth of total distance each day), Time TBA. Paul Reese, Box 585, Auburn 95603 (916/823-0276).

September 14:

The Sutter Shuffle 5 & 10K. Davis (Sutter Davis Hospital, Rd. 99 at Covell Blvd.), 8 am. Aenon Sawyer, c/o Sutter Davis Hospital, P.O. Box 1617, Davis 95617. (916) 756-6440.

North Shore Challenge. Swim 1/3 mile, run 5 miles, bike 20 miles, Tahoe City (Commons Beach), 10 am. Janet Zalewski, Tahoe City Parks & Recr. Dept., P.O. Box 33, Tahoe City 95730. (916) 583-5544.

Billy Mills-Tule River Indian 5 & 10K and 1 Mile. Porterville, 7:45 am/mile, 8 am/5 & 10K. KTIP Radio, Attn: Billy Mills Run, Route 1, Box 1450, Porterville 93257. (209) 784-1450.

Joker's Wild 4 Mile Fun Run. San Luis Obispo (Laguna Lake Park), 9 am. Paul Spangler, 3107 Flora St., San Luis Obispo 93401. (805) 543-8364.

Fleet Feet 5 & 10K (& 1 Mile Kids Cup). Irvine, 7:30 am/5K, 8 am/10K, 9 am/mile. NBRA, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

Chaffey College Triathlon. 200 yd swlm, 9.3 mlle bike, 3.1 mile run. Chaffey College (Alta Loma), 8 am. Mike Dickson, Chaffey College, 5885 Haven Ave., Alta Loma 91701. (714) 987-1737.

Park to Park Race. 1 & 5 mile, Stockton (Louis Park), 8 am/1 mile, 8:30 am/5 mile. Tarahumara R.C., P.O. Box 8422, Stockton 95208. (209) 952-6950 or (209) 467-1103.

Tri For Fun Championships. 1K swim, 20K bike, 5K run. Folsom (Folsom Lake), time TBA. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Dual at the Dam Biathlon. 14K run, 36K bike. Friant Dam (Parking Area)(N.E. of Fresno), 7:30 am. Dual at the Dam, 6073 N. First St., Dept. T, Fresno 93710. (209) 252-2222, after 7 pm. Sept. 1 Entry Deadline.

Fall Classic 5 & 10K. Yorba Linda (Yorba Regional Park), 7:30 am/5K, 8 am/10K Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

Run the Good Earth. 10K, La Mesa, time TBA. Bob Yarris (619) 465-0711, x375.

Mount Whitney Portal Run. 22 mile, Mt. Whitney, time TBA. Loeschhorn's Running Club, 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

Joel Mena Run. 1 mile & 5K, Bakersfield (Hart Park), 5 pm. Ted Oliver, 3012 Crest Dr., Bakersfield 93306. (805) 872-3707.

September 15:

Cloverdale Grape Run. 3 & 10K. Listed last issue as Sept. 8 in error. Cloverdale (Citrus Fairgrounds), 8 am. Clint Kemp or John Kirn, P.O. Box 571, Cloverdale 95425. (707) 894-4385.

Aztec Run. Oakland (Fruitvale BART Station at E. 12th & Fruitvale Ave.), 8:30 am. Spanish Speaking Citizen's Foundation, 1900 Fruitvale Ave., Suite 1-B, Oakland 94601. (415) 261-7839.

Vasona Park 10K Wildlife Run. Los Gatos, 8:30 am. Alan & Doris Burgess, 1275 Glenn Ave., San Jose 95125. (408) 292-6568.

DSE Twin Peaks Run. 3.36 mile, San Francisco (Portola & Twin Peaks Blvd.), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Art & Wine Festival 5K Fun Run. Mountain View (Church & Castro), 8:30 am. El Camino Hospital, Community Health Educ., 2500 Grant Rd., Mtn. View 94042. (415) 940-7202.

Pleasanton Heritage Day Run. 5 & 10K, Pleasanton (Amador Valley A.C.), 8:45 am/5K, 9 am/10K. Pam or Gretchen, Amador Valley A.C., 7090 Johnson Dr., Pleasanton 94566. (415) 846-5347.

Don Pedro Triathion. 1.5K swim, 35K bike, 10K run, Don Pedro Lake (Blue Oaks Campground), Tuolumne County, 8 am. Leon Casas, Triathion, 43 N. Green St., Sonora 95370. (209) 532-8342.

Boxer-China Camp 5 & 10K. San Rafael (No. San Pedro & La Pasada), 8 am. Boxer Re-Election Committee, P.O. Box 1464, Ross 94957, (415) 435-2241 or 461-5980.

Black Bart Trail Run 10K & 2 Mile Fun Run. Clayton (Village Oak Ctr.), 8 am. Mt. Diablo Health Care Foundation, 2625 Park Ave., Concord 94520. (415) 676-8595.

The Run for Peace & Health for Nicaragua. 5 & 10K, Oakland (Lake Merritt Boathouse), 9 am. RUN CHRICA, 513 Valencia, #6, San Francisco 94110. Kim Cox (415) 431-7760.

Ellis Eye Center Run for Sight 3 & 10K. Los Angeles (Cedars-Sinai Hospital), 8 am. Barbara Markell, Cedars-Sinai Hospital, 8700 Alden Dr., Los Angeles 90048. (213) 855-3664, days.

Fiesta Fun Run. 4 mile & 1 mile(Under 13), Fresno (Sacred Heart School, 4460 E. Yale), 6:45 am/1 mile, 7 am/4 mile. Fiesta Fun Run, 3713 N. Thesta, Fresno 93726. (209) 224-9749.

Bud Light U.S. Triathion Series. 1.5K swim, 40K bike, 10K run. San Diego (Solana Beach), time TBA. USTS, Box 886, Solana Beach 92075. (619) 565-9416.

Seaguil Half-Marathon & 10K. Solano Beach (San Dieguito Park), 6:30 am. Cheryl Loomis, P.O. Box 1161, Rancho Santa Fe 92067.

Corporate Classic Relay. Shelter Island (San Diego Area), 7:30 am. Kathy (619) 437-4556.

□ Schedule

■September 18:

Sri Chinmoy Runners Are Smilers. 2 miles, San Francisco (Lake Merced), 6 pm. Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 759-7770 or (408) 996-8036.

September 21:

U.S. Olympians International Reno Triathion. 1 mile swim, 35 mile bike, 10K' run, Pyramid Lake (near Reno, Nevada), time TBA. J.B. Bonelli, Holly Beatie, 101 Convention Center Dr., Suite 1200, Las Vegas, NV 89109. (702) 369-3101, days.

Rainbow Run. 5 & 10K, Claremont, 8 am. Julie Frick, KSPC Radio, Thatcher Music Blvd., Pomona College, Claremont 91711.

Balboa 8 Mile. San Diego (Balboa Park), 7:30 am (also 2 mile). Una Marie Pierce (619) 563-5677.

Bass Lake Classic Triathlon. 1.5K swim, 45K bike, 10K run. Bass Lake, time TBA. Franz Weinschenk, c/o Volunteer Bureau, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101.

Del Mar Days Triathlon. 1 mile swim, 20 mile blke, 10K run. Del Mar (17th St. at beach), time TBA. Ginny Lee Wood, 1050 Caminc del mar, Del mar 92014. (619) 481-1459. Mule Run 50K. Bishop, 7 am. Fleet Feet, 18232 Imperial Hiway, Yorba Linda 92686. (714) 528-3338.

Santa Barbara Bud Light Triathion. 1 ¼ mile swim, 50 mile bike, ½-marathon. Santa Barbara, time TBA. Anito Ho, Santa Barbara Recr. Dept., P.O. Drawer P-P, Santa Barbara 93102. (805) 962-7762.

Tug's Tavern Blathlon. ½ mile swim, 5½ mile run, ½ mile swim. San Diego, time TBA. Tom Warren, 2392 La Marque St., San Diego 92109. (619) 483-2498.

Prefontaine Memorial Run. 10K, Coos Bay, Oregon. Prefontaine Memorial Run, P.O. Box 1380, Coos Bay, OR 97420. 1-800-824-8486.

■September 22:

Auburn Classic Half-Marathon. Auburn (Fairgrounds), 8 am. Lynn St. Hillaire, Placer Women's Center, Box 9126, Auburn 95603. (916) 885-0443.

City of Fresno Centennial 2 & 6 mile runs. Fresno (1401 Fulton), 7 am. Raiph Garcia, c/o PG&E, 1401 Fulton, Fresno 93760. (209) 268-0132.

YMCA City to Port Run. San Luis Obispo, 11.2 miles, 8 am. YMCA, 1020 Southwood Dr., San Luis Obispo 93401. (805) 543-8235. DSE South Embarcadero Run. 6.25 mile (& 1 mile kid's run), San Francisco (Dolphin Club), 10 am. Mike Taheny, 411 Teresita Bivd., San Francisco 94127. (415) 855-1563.

See the Sea 8K (PA/TAC Championships). San Rafael (Loch Lomond Marina on Pt. San Pedro Rd.), 8:30 a.m. Big Sisters of Marin, 1717 Fifth St., San Rafael 94901 (415/457-5838).

Lake Merritt Joggers & Striders Fourth Sunday Runs. 5, 10 & 15K, Oakland (Lake Merritt, Old Boathouse), 9 am. LMJS, 745 Arimo Ave., Oakland 94610.

Bay to Breakfast 5 & 10K. Palo Alto (Baylands), 8:30 am. Mid-Peninsula Health Service, 704 Webster St., Palo Alto 94301. Betsy Titterington (415) 324-1085 or 385-5350.

Carousel to Coaster Race/Walk 10K. Santa Clara (Marriott's Great America), 9 am. Carousel to Coaster Race, 969 Kiely Blvd., Suite C, Santa Clara 95051.

Monterey Bay 10K. Pacific Grove (Lover's Point), 9 am. Ed Enquist, P.O. Box 68, Pebble Beach 93953. (408) 649-0082.

Founders Day Run. 5 & 10K, Dublin (Amador Plaza Rd.), 9 am. Angie Burns, 6787 Dublin Blvd., Dublin 94568. (415) 829-1381.

Casa to Casa 5 & 10K. Petaluma (Ely & Casa Grande Rd.), 8 am. Everett Neil, 333 Casa Grande Rd., Petaluma 94952. (707) 778-4677.



McFARLAND, CALIFORNIA SEPTEMBER 29, 1985 15 Mile Bike-500 Yd. Swim-5 Mile Run START: 1:00 P.M. at Sherwood & Mast, McFarland FINISH: McFarland High School Track Stadium COURSES: Bike - Flat, fast, 1-loop course on city & country paved roads, traffic controlled within city limits. Swim - Continuous pool swim using a maze system. Run - Loop course in town with 2 moderate hills on paved roads. AWARDS: Custom Medallions for all age divisions, Plaques for 1st in all divisions, plus trophies for 1st male & female overall, Tee Shirts to all finishers, awards will be at least 3 deep guaranteed with more possible in the divisions that get the most entries. CONTACTS: Gary Farrell (805) 792-3187 or Mike O'Haver (805) 792-3091, for flyer & entry form write: McFarland Recreation & Parks District, 100 S. 2nd Street, McFarland, CA, 93250. CO-SPONSORS: STEWART TITLE, STOCKDALF SAVINGS COME and plan to stay to see the beautiful WESTWINDS HOUSING DEVELOPMENT. Bring a picnic lunch and enjoy the outstanding recreational facilities McFarland has to offer.





Saturday, November 9, 1985

Runners Receive: (1) Pre-registrants will receive a T-shirt in their race packets. Others will receive their T-shirt by mail. (2) Marathon certificate. (3) Bus transportation back to start of both marathon and half marathon. (4) Post race refreshments. (5) Raffle prizes at pre-race dinner and at award ceremonies, including round trip air fare to Boston for a male and female qualifier. Pre-registration deadline: October 26.

Course: Fast, flat, scenic point-to-point city course. Half and full courses are RRCA distance certified. Race sanctioned by TAC for Boston qualifiers.

Pre-race dinner & runners seminar: Saint Agnes Sports Medicine Center of Fresno will sponsor a seminar and dinner on November 8 at 6 PM. Cost is \$3.50 and seating is limited to 200.

For Entry Form, write: 1985 Fresno Marathon 4424 E. Fairmont Avenue Fresno, CA 93726

FRIENDS * OF * THE * PORT



PORT of SAN FRANCISCO October 13, 1985 at 8:00 A.M.

"I am sure the Navy can give the City of San Francisco and the other Armed Forces a little competition!"

Admiral S. R. Foley
Commander in Chief, United States Pacific Fleet

The Friends of the Port are proud to respond to the Navy's Fleet Week challenge by inviting runners of all ages and abilities to participate in this beautiful event along the length of the Port of San Francisco from the Presidio to Pier 30-32. Several Navy ships will be docked at the finish line and all runners will be invited aboard for post-race refreshments.

Distance: 5 miles (certified)

Start: Crissy Field, Presidio of San Francisco

Finish: Pier 30-32 (Just South of Bay Bridge) Bus transportation will be provided back to start.

Course: Point to point, flat, 99% paved. One hill at Fort Mason. Presidio, Marina Green, Fort Mason, Aquatic Park, Jefferson Street, Embarcadero, to Pier 30-32.

Awards: Custom designed plaques to top three men and women; Medals to first 25 men and 25 women; Admiral's Awards to first three teams

T-Shirts: Commemorative, custom designed, long sleeve shirts will be given to all registered runners.

Entry Fee: \$8 (\$10 race day); \$5 active military personnel

Race packets will not be mailed after October 6, 1985. Walk-in entries will be accepted up to 2 p.m., Friday, October 11, 1985 at the Ferry Building, Room 339.

Corporate (Team) Challenge: Admiral Foley has challenged both individual and team runners. Many Navy ships and shore stations will field teams, as will the Army, the Marines, the Air Force, and the Coast Guard (military personnel will be issued special bib numbers). Teams may consist of as few as five runners or as many as desired. Results of the team competition will be scored as in cross country, with the top five members' scoring based on their final position (not time). Because of the nature of the team scoring, it is necessary to know the team composition three weeks prior to the race. No team may register after September 20, 1985. Teams may drop runners, but may not add more than originally entered. Substitutions of runners will be permitted up to one week before the race. No substitutions on race day. Team members are eligible for individual medals. Team runners will not have a separate finish chute. Teams may be all men, women, or mixed.

RACE HOTLINE: (415) 986-3452

INFORMATION: Friends of the Port, Room 339, Ferry Building, San Francisco, CA 94111

ENTRY FORM

Make checks payable to: FRIENDS OF THE PORT Send check and STAMPED, SELF-ADDRESSED 4" x 99:" envelope to: FLEET WEEK CHALLENGE RACE/FRIENDS OF THE PORT Room 339, Ferry Building, San Francisco, CA 94:11

In consideration of your accepting this entry, I, the undersigned, intending to be regally bound, for myself, my heary executive, and administration, where and release any and all rights and curms for damage. I may have a gainst the Friends of the Fron the Fron of Sale Francisco, Minning Train Athleric Association, the City of Sale Francisco, in Minning Train Athleric Association, the City of Sale Francisco, the City of Sale Francisco, in the Company of the Sale Francisco, and sale sale and all soften sponsors for impries tollered by men as and extent. I stated and extrip, that I am physically fit and have trained sufficiently for the completent of this extent Fainthe Thereby paint tally permission to any and all the forganic to use any photographs, where tapes, mining powers, recordings, or any ophotographs, where tapes, mining propose. No registration will be accepted without a signature

Signed (Parent or guardian if under 18)

Teams must be registered no later than September 20, 1985. THERE WILL BE NO RACE DAY TEAM REGISTRATION.

first
State Zip
Age (on race day) Sex
T-shirt size (50% - 50%)
-1 Circle one S M L XL
inch name
II IIIIII

□ Schedule

Walnut Festival 5 & 10K. 41st Annual. Walnut Creek (Heather Farms Park), 9 am. Jim Changaris, P.O. Box 2408, Walnut Creek 94598. (415) 935-6766.

Western Mountaineering Fall Equinox Run. 3 & 15K, Los Gatos (Loma Prieta School, 23845 Summit Rd.), 8:30 am. Paul Bousquet, 931 Pacific Ave., Santa Cruz 95060. (408) 429-6300.

Blue Lake 19K & 2 Mile. Arcata, 1 pm/2 mile. 1:45 pm/10K. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 668-5161.

Davis/Bud Light Triathion. Distances (?), Davis (Stonegate Country Club), time TBA Carol Lane, 3307 Canoe Pl., Davis 95616. (916) 753-7273.

Middle Way 10K. Geyserville (Geyser Peak Winery), time TBA. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

Run for the Animals 5 & 10K. Palo Alto (Palo Alto Baylands), time TBA. Shelley Cravalho, Palo Alto Humane Society, 546 Oxford Ave., Palo Alto 94306. (415) 856-3321.

Run for the Pumpkins. 1.25 & 5 mile, Atwater (3rd & Grove), 8 am. Pumpkin Run, Atwater Chamber of Commerce, 1020 Cedar Ave., Atwater 95301. (209) 358-4251.

YMCA Kids' Triathion. 1.5 mile run, 4 mile blke, 125 yard swim. Whittier, time TBA. Rhonda Wood, E. Whittier YMCA, 15740 E. Starbuck, Whittier 90603. (213) 943-7241.

CHOC/KFWB South Coast Classic. 5K and 10K, Costa Mesa, time TBA. CHOC Padrinos, P.O. Box 5700, Orange 92667. (714) 532-8683.

■September 25:

Sri Chinmoy Runners Are Smilers. 2 mile, San Francisco (Lake Merced), 6 pm. Giribar DeAngelo, 2438 - 16th Ave., San Francisco 94116. (415) 759-7770 or (408) 996-8036.

■September 28:

Corporate Cup X-Country Challenge. Distance TBA, Location(?), 9:30 am. Culture, Inc., P.O. Box 2303, Gilroy 95021. (408) 847-1093.

Lake Tahoe Marathon. Incline Village(?), Nevada, 7 am. Jim Lagano, P.O. Box 6714, Incline Village, NV 89450. (702) 831-3317.

Malibu 10K Rum Run. Malibu (Zuma Beach parking lot), 8 am. Malibu Community Center, 6955 Fernhill Dr., Malibu 90265. (213) 457-1558, days.

Lake Arrowhead 5/15K Runs. Blue Jay, 7:30 am. Stan Perrine (714) 337-8451 or (714) 337-1995.

The Gazette Journal 5-Mile Classic. Reno (YMCA, Foster Dr.), 9 am. Dean Church, P.O. Box 2200, Reno, NV 89520. (702) 788-6232.

Ironhorse Triathion. 2K swim, 38K bike, 10K run. Berkeley (Tilden Park, Lake Anza), 8 am. Women's Intramural Athletics, Univ. of Califonria, Joan Parker, 177 Hearst Gym, Berkeley 94720. (415) 642-2098.

Mt. Diablo Trail Classic. 6 & 13 mile, Mt. Diablo State Park (near Walnut Creek), 8 am. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

Run So That Others May See 5 & 10K. Sacramento, 8 am. Dave Edmiston, 77 Scripps Dr., Sacramento 95825. (916) 929-4883.

Benicia Rotorun. 5 & 10K, Benicia (High School), 9 am. Benicia Rotary Club, P.O. Box 421, Benicia 94510. (707) 745-2419.

Castalc Triathlon Series. 1K swim, 40K bike, 10K run. Castalc (Castalc Lake), time TBA. Runners Up, 22946 Lyons Ave., Newhall 91321. (805) 254-1833, days.

Chuck's Steak House Triathlon. 10K run, 20K bike, 2K swim. San Diego (Fiesta Island), time TBA. Deadline Sept. 18. Chuck's Triathlon, Alan Olson, 2923 Cadden Way, San Diego 92117. (619) 274-4144.

■September 29:

Harvest Festival 10 Mile. Lopez Lake to Arroyo Grande (Paulding Intermediate School), 8 am. Chuck Fellows, 202 Canyon Way, Arroyo Grande 93420.

DSE Colt Tower Run. 3.0 mile, San Francisco (Dolphin Club), 10 am. Mike Taheny, 411 Teresita Bivd., San Francisco 94127. (415) 855-1563.

Bud Light U.S. Triathlon Series Nat'l Champlonships. 1.5K Swim, 40K Bike, 10K Run, Hilton Head Island, So. Carolina, Time TBA. USTS, P.O. Box 1438, David 95617.

Bridge to Bridge. 8 Mile & 5K, San Francisco (Ferry Bidg./Embarcadero), 9 a.m. Bridge to Bridge, c/o KNBR-68, 1700 Montgomery St., San Francisco 94111 (415/951-7070, Isabelle Lemon).

Sonoma Vintage Runs. 5 & 10K, Sonoma (Sebastiani Vineyards, 389 Fourth St.), 8 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

Whiskeytown Relays. 19 mile relay/4-person teams. Start at Whiskeytown Lake (Brandy Creek marina) near Redding, 9 am. Info-Milt Schultz (916) 223-5700.

Santa Cruz Sentinel Tinman Triathion. 2K swim, 25K bike, 10K run. Santa Cruz, time TBA. Santa Cruz Sentinel, 207 Church St., Santa Cruz 95060. (408) 427-1728.

Hospice 10K. Santa Barbara (Santa Barbara City College), 9 am. John Brennand, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591.

Westwinds Triathlon. 15 mile bike, 400 yard swim, 5 mile run. McFarland, 1 pm. Gary Garrell, 100 S. 2nd St., McFarland 93250. (805) 792-3187, days.

Leukemia Society 2 Mile & 10K. Coronado, 7:45 am. Donna Donan, Leukemia Society of America, 4535 - 30th St., Suite 208, San Diego 92116. (619) 283-6131.

Portland Marathon & 5 Mile. Portland, Oregon, time TBA. Oregon Road Runners Club, P.O. Box D, Beaverton, OR 97075. (506) 226-1111.

October 5:

San Francisco: San Francisco Fall X-Country Challenge Series. 1 mile thru 4 mile (varying distances for each division), Polo Fields (Golden Gate Park), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

Vallejo: The Vallejo Executive Lions Club Moby Dick 10K Run. Waterfront, 8 am. Dan Donahue, 741 Tuolumne St., Vallejo 94590. (707) 644-0453.

Lancaster: The Hospital Run. Distance(?), 1600 W. Avenue J, 8 am. Running Promotions, Unitd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

San Diego: Moving Comfort Women's 8K. Mission Bay, 7:30 am. Joni Pendleton (619) 287-8694.

Uklah: Penofin Mile (road). (\$25,000 plus incentives) (Must be sub-4:00 miler to enter!), 3 p.m. John Mayginnes, c/o Performance Coatings Race, P.O. Box 478, Uklah 95482 (707/462-3023).

■October 6:

Ukiah: Penofin 10K. (\$35,000 plus Incentrives), 9 a.m. (also Runners Expo). Same address as Penofin Mile (above).

Stanford: Great Race at Stanford. PA/TAC Women's Championships in addition), 10K, Stanford Univ. (stadium), 8:30 a.m. John Law, 830 Los Trancos Rd., Portola Valley 94025.

Fresno: Pepsi/Fresno Fair Cross-City Race. 2 mile & 10K, Roeding Park, 7:30 am/2 mile, 7:45 am/10K, Cross City Race, 1121 E. Chance, Fresno 93702. (209) 255-3081.

Sacramento: Sacramento Marathon. 7 am. John McIntosh, The Sports Cottage, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181.

San Francisco Peninsula: Sri Chinmoy 12-Hour Run. On ¼-mile track, 7 am. Giribar D'Angelo, 22334 Santa Paula, Cupertino 95014. (415) 759-7770 or (408) 996-8036.

San Francisco: Alcatraz Challenge. 1.5 mile swim from Alcatraz, 20 mile bike, 15 mile Double Dipsea, 7 am. 150 Limit. Sally Bailey, 10 Camelford St., Moraga 94556. (415) 376-3468. \$100 Entry Fee.

San Francisco: DSE Mission Rock Run. 3.5 mile, 3rd St. & Mission Rock, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Santa Rosa: Sonoma County Harvest Fair 10K Run. Herbert Slater Jr. High, 9 am. YM-CA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

Oakland: Brass Pole Run 5 & 10K. Listed Incorrectly as Sept. 8 in last issue. Jack London Square, 9 am. Central Place, Attn: Brass Pole Run, 477 - 15th St., Oakland 94612. (415) 763-5214, days.

Modesto: Modesto Mile. 1 mile, 11th & I Sts., 9 am. Judy Keer, 913 Fontana Ct., Modesto 95355. (209) 524-6818.

☐ Schedule

Novato: Mt. Burdell Challenge 5 & 10K. Rolling Hills Club, 9 am. Carol Gabriel, c/o Rolling Hills Club, 351 San Andreas Rd., Novato 94947. (415) 897-2185.

Salinas: Salinas Skyclimb Run. 7.5 mile, Toro Regional Park, 9:30 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-3533.

Trinidad: Summer Clam Beach Run. Distance(?), time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

Bakersfield: Bicycle Warehouse Biathlon. 10K run, 40K bike, Hart Memoriai Park, 8 am. Bicycle Warehouse, 4405 Ming Ave., Bakersfield 93309. (805) 834-1512.

Barstow: Bud Light Barstow Triathlon. 30K bike, 10K run, 300 yd. swim. Al Vigil Indoor Pool. Brett Saari, 1354 E. Main St., Barstow 92311. (619) 256-2612.

Ojal: Ojal Park & Recreation 5/10K, 9 am. John Martin, P.O. Box 1570, Ojal 93023. (805) 646-1872.

San Luis Obispo: Cuesta Spirit & Body 50K Biathlon. 10K run, 40K bike, time TBA. Jeff Sloane, c/o Spirit of Cycling, 399 Foothill Blvd., San Luis Obispo 93401. (805) 541-5673.

October 12:

San Francisco: San Francisco Fall X-Country Challenge Series. 1 mile thru 4 mile (varying distances for each division), Golden Gate Park (Polo Fields), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

Petaluma: Petaluma Classic. 7.5K and 15K, High School track, 9 am. Wine Valley Footraces, Box 879, Forestville 95436.

Irvine: Sports Runner 5 & 10K. Mason Park, 7:30 am/5K, 8 am/10K. Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

San Diego: Stroh's Run For Liberty 8K. So of Hilton Hotel, 7:30 am. Toni Deal (619) 273-5156.

Fresno: Stroh's Run for Liberty II. Court House, 7:45 am. 8K. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

October 13:

San Francisco: Friends of the Port Fleet Week Challenge Run. 5 miles, Port of San Francisco, 8 am. Friends of the Port, Room 339, Ferry Building, San Francisco 94111. (415) 986-3452.

Weott: Humboldt Redwoods Marathon & Half Marathon. Dyerville Bridge, 9 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 688-5728 or 826-0616. Entries must be received by Oct. 6.

San Francisco: DSE Golden Gate Vista Run. 5.02 mile, 34th & Clement (Legion of Honor), 10 am. Mike Taheny, 411 Teresita Bivd., San Francisco 94127. (415) 855-1563.

Jackson: KNGT Charity 10K. Kennedy Talling Wheels Park, 8 am. Robert Mullan, P.O. Box 609, Jackson 95642. (209) 223-0241.

San Jose: XEBEC Run for the Rep 10K. Park Ave. & South Market St., 8:30 am. Run for the Rep, P.O. Box 2399, San Jose 95109. (408) 294-7595.

Lodi: Grape Race. 10K & 1 mile, Lodi Academy (1230 S. Central), 8 am. Bev Haffner, 212 Acacia, Lodi 95240. (209) 334-1355.

Danville: Primo's to Primo's 5K, 10K & Half Marathon. Time TBA. Janet Kinney, 16 Ray Ct., Danville 94526. (415) 837-0861.

Berkeley: Berkeley to Moraga 13 Mile. Claremont Resort, 8 am. Ernie Isaacs, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Sacramento: Sacramento Zoo Zoom 5 & 10K. Also ½ mile & 1 mile age group runs, Zoo, 9 am/5-10K, 8 am/½ mile, 8:30 am/1 mile. Sacramento Zoo (Attn: Zoo Zoom), 3930 W. Land Park Dr., Sacramento 95822. (916) 449-5166.

Concord: Spartan Cup 5 & 10K. De La Salle High School (Winton & Treat Blvd.), 9 am. Don Velasco, 4002 Royal Arch Ct., Concord 94519. (415) 687-0592.

Merced: Merced Bell Race. 3 & 15K, Applegate Park, 8:30 am. Merced Bell Race, 629 El Portal, Merced 95340. (209) 722-8385 or 383-3710.

Valencia: SPA/TAC 5K X-Country Championships. College of the Canyons, 8 am/Open, 8:45 am/Masters. Santa Clarita Runners, P.O. Box 298, Saugus 91350. Lorrin Peterson: (805) 259-1028.

Westwood: Race Westwood 10K. UCLA, 8 am. Race Westwood, P.O. Box 2323, Whittier 90610. (213) 208-6453.

Orange County: Holy Jim 50 & 100 Mile Runs. Santa Ana Mountains (Holy Jim Canyon), 6 am. Lt. Col. D.E. Niederhaus, 25632 Heatherow Cir., El Toro 92630. Must preenter by Oct. 1, 50 & 15 runner limits respectively.

■October 19:

San Francisco: San Francisco Fall X-Country Challenge Series. 1 mile thru 4 mile (varying distances for each division), Golden Gate Park (Polo Fields), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

Benicia: The Heritage Run. 5 miles, Marina (266 E. "B" St.), 9 am. Sally Ryan, 310 Military West, Benicia 94510. (707) 745-6650.

Marinwood: St. Vincent's Run. 3 mile & 10K, St. Vincent's School for Boys, 8:30 am. St. Vincent's P.O. Box M, San Rafael 94903. (415) 479-8831.

Fresno: Shoes & Spokes Run & Buddy Relay. 2 & 6 mile and 8 mile relay(2x4 mile), Roeding Park, 8 am. Doug Broten, CAPH Independent Living Center, 605 W. Home, Fresno 93728. (209) 237-2055.

Baja, California: Baja Triathlon. 1 mile swim, 24 mile bike, 6 mile run. Ensenada Bay, time TBA. 600 limit. Bicycling West, P.O. Box 15128, San Diego 92115. (619) 583-3001.

Chula Vista: Health Run. 2 mile & 10K, 240 Landis, 7:30 am. Dr. Kevin Malone (619) 422-9215. Pasadena: Eaton Canyon to Henniger Flats Up & Down Hill Race. 9.0 mile, Mt. Wilson Toll Road (1750 N. Altadena Dr.), 1700 ft. climb and back down, 8 am. Eaton Canyon Natura Center, 1750 N. Altadena Dr., Pasadena 91107. (818) 794-1866.

Reno, Nevada: PA/TAC 30K Championship & 5 Mile Fun Run. Reno, Nevada (2707 S. Virginia), 9 am. Wayne Whiting, 1685 Bonneville Ave., Reno, NV 89503. (702) 747-1784.

October 20:

Chicago, Illinois: America's Marathon/Chicago. Chicago, 8:45 am. Steve Project, America's Marathon/Chicago, 214 Erie St., Chicago, IL 60610. (312) 951-0660.

San Francisco: DSE Ocean Beach Low Tide Run. 6.0 mile, end of Balboa St., 10 am. Mike Taheny, 411 Teresita Bivd., San Francisco 94127. (415) 855-1563.

Santa Rosa: Young at Heart Run. 3.3 mile & 7 mile, Redwood Empire Ice Arena, 8:30 am. Redwood Empire Arena, 1667 Steele Ln., Santa Rosa 95401. (707) 546-7147.

Woodside: The Redwood Mountain Run. 10K, Bella Vista Restaurant (on Skyline Blvd. 5 miles south of Hwy 35), 8:30 am. KMVBF, 13889 Skyline Blvd., Woodside 94062.

Pleasant Hill: Run for the Roses 10K. Parks & Recr. Center (Taylor & Civic Dr.), 8:30 am. Steve Lack, P.O. Box 23635, Pleasant Hill 94523. (415) 798-3153.

Cupertino: Any Mountain 10K. Any Mountain (Sunnyvale/Saratoga Exit off I-280), 9 am. Joana Flood, 10495 N. DeAnza Blvd., Cupertino 95014. (408) 252-8000.

Antioch: Delta-Thon '85 10K. Fairgrounds, 9 am. Martha Ferring, 1700 Cavallo, P.O. Box 70, Antioch 94509. (415) 757-2525.

Hayward: Hayward Half-Marathon. Kennedy Park, 9 am. Hayward Recr. & Parks District, 1099 "E" St., Hayward 94541. (415) 881-6700.

Walnut Creek: S.O.S. (Support Our Schools) Run. 3K ? 10K, Walnut Creek (Northgate High School), 9 am. Ed Montgomery, 1254 Redlands Way, Concord 94521. (415) 672-6252.

Lake Tahoe: Angora Ridge Run. 6.2 mlles, Hwy. 89 & Fallen Leaf Lake Rd., 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

Santa Monica: Jon Douglas 5/10K. Washington & Ocean Ave., 8:30 am. Michael DiGiovanni, Jon Douglas Co., 11538 San Vicente Bivd., Los Angeles 90049. (213) 820-6651.

Bonita: Bonita Half-Marathon. Plaza Bonita, 7 am. Tom Coles (619) 475-5598.

Half Moon Bay: Pumpkin Festival Run. 1½ miles and 8K, 8:30 am. Coasters Running Club, Box 1101, Half Moon Bay 94019. (415) 726-3342.



Series.

Run for Liberty II

October 12, 1985 • 8K • Fresno

WHAT

An 8K (5 mile) fun run open to participants of all ages and athletic ability.

WHEN

Race will begin at 7:45 a.m. on Saturday. October 12, 1985.

WHERE

The Stroh's Run For Liberty II is a double loop course which starts on Van Ness Street and finishes at Courthouse Park. Splits will be called at each mile: there will be water along the course.

ENTRY FEE

\$8.00 if postmarked by October 1 (mail-in deadline). After October 1, \$11.00 late entry fee may be paid at designated locations in your race area. (U.S. currency only.) A \$2.00 minimum from each entry fee will be donated to The Statue of Liberty restoration.

EACH PARTICIPANT WILL RECEIVE

An official Stroh's Run For Liberty II commemorative medallion cast of 100% authentic material from the Statue of Liberty, mounted in an attractive lucite case, complete with a certificate of authenticity signed by Lee A. Jacocca. A commemorative booklet highlighting individual race results and event activities will be mailed to each entrant after the race.

AWARDS & PRIZES

Award presentations will be held following the race on courthouse steps (ramp).
First place overall male and female winners will receive a custom made Stroh's Run For Liberty II award. First through third places in each of the following groups will receive Stroh's Run For Liberty II commemorative awards.

MEN	WOMEN
19 and under	19 and under
20-24	20-24
25-29	25-29
30-34	30-34
35-39	35-39
10-14	40-44
45-49	45-49
50-59	50-59
60 and over	60 and over

Wheelchair Participants - First male and female.

RACE RESULTS/TIMING

Results will be sent to each participant showing time and place in their specific race and comparisons with all participants nationwide.

SPECIAL THANKS

To the Fresno Police Department.

MORE INFORMATION

For more information, contact Race Director Bobby Fries at (209) 439-6394.

Stroh's Run For Liberty II, 1501 East Browning, Fresno. CA 93710.

Plymouth &



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KKDJ-FM

adidas w athletic footwear and apparel

The Athlete's Kitchen

By NANCY CLARK, M.S., R.D.

Pollen Power



You've read the advertisements raving about "pollen power" - Pollen, the energy-boosting, natural food supplement that offers pure energy, contributes to zest and increased fitness; doubles your strength and stamina during training and competition. With pollen, you'll achieve your maximum anaerobic capacity and recover faster after exercise. You'll have energy to spare for all the day's activities - without drugs, chemicals or side effects. After all, bee pollen comes from nature's treasure chest of health - the Beehlive. What could be a more perfect supplement for athletes?!?

If these claims sound too good to be true, you're right - they are too good to be true! For most athletes, pollen is a waste of their money. But some athletes swear by pollen -it's their "security blanket". For example, Gary Fannelli (2:14 marathoner, entertainer and nutritional supplement salesman) has taken pollen for seven years. He sees it as an energizer that makes him feel stronger. After all, pollen comes from the male hormones of the plant, he says . . . so logically it seems that pollen should enhance strength. Marathoner Jim Henry also thrives on pollen. He takes two capsules per day as a high protein supplement. This, in addition to a multitude of other pills, seems to enhance his energy level. He's 38 - and claims that he still has the energy he had when he was 17. Triathlete Rob Spaulding uses pollen instead of caffeine when he's feeling tired. It gives him a boost to get him through another workout. The natural foods store Bread and Circus reports that pollen sales are substantial . . . pollen is a product they always keep stocked. Their customers seem to prefer the fresh pollen (@ \$8.50 per 8 ounces) over the

Not everyone, however, thrives on pollen. Boston Running News editor Jon Lorway once tried pollen. He felt no benefits and decided he'd rather spend his money on tastier food. Charlie Rodgers experienced a frightening allergic reaction from pollen. He vividiy remembers that within seconds after taking the yellowish tablet, his throat started to constrict and his skin got red and itchy. He spit the stuff out as fast as possible and never wants any again! Runner Doug Sweezy tried pollen for four months but then decided to stop when he determined that he'd never see any magical benefits. He has since concluded that a wholesome

dlet is a far superior energy booster than pollen.

These testimonials represent two sides to the pollen story. However, personal anecdotes cannot be considered as facts. That's why exercise physiologist Joe Chandler of Lander College in Greenwood, South Carolina tested the claims. He reported his findings at the May 1985 meeting of the American College of Sports Medicine. Chandler studied the effect of a 400 milligram pollen capsule (that's a horsesized pill, mind you!) vs an identical looking placebo filled with brown sugar. Forty-six healthy adults took the mystery capsule for 75 days, not knowing if they had pollen or sugar. Before and after the program, they performed strength tests to determine if pollen really did increase their athletic abilities. The results showed that no one gained any benefits - neither the pollen takers or the abstainers. Chandler noted that most of the subjects felt no advantages. Ten, however, suspected they were taking the pollen. When the "mystery" was uncovered, only two of those were pollentakers.

This research goes to show the power of suggestion. If you believe you're taking a power-packed-pollen that will energize you, it undoubtedly will. But in terms of documented physiological advantages, the data shows that pollen power is more in the mind that in the body. The "treasure chest of health" may not be the beehive, after all, but rather the wholesome foods that contribute to a high energy diet!

Nancy Clark, MS, RD, author of *The Athlete's Kitchen* (Bantam '83; available at Dalton Bookstores), offers nutrition advice to low-energy athletes at Boston-area's Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167.

Schedule

Continued from page 12:

NOV 30 - Raleigh, North Carolina: National TAC Jr. & Sr. Men's Cross Country Championships. Meredith College, time TBA. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

College/Open Cross Country

SEP 7 - Fresno: Fresno State Watermelon Runs. 8 am. Red Estes, Athletic Dept., Fresno State University, Fresno 93740. (209) 294-4097.

SEP 14 - Rocklin: Sacramento State Invitational. Sierra College, 10 am.

SEP 21 - Fresno: Fresno State Invitational. Woodward Park, 9 am. Red Estes, Athletic Dept., Fresno State University, Fresno 93740. (209) 294-4097. OCT 5 · Stanford: Stanford Invitational Cross Country Meet. Brooks Johnson, Athletic Dept., Stanford University, Stanford 94305. (415) 497-4591.

OCT 12 - Albany: Cal Invitational Cross Country Meet. 5K women, 5 miles men. Tony Sandoval, Athletic Dept., 100 Hearst Gym, University of California, Berkeley 94720. (415) 642-2098.

OCT 13 - Valencia: SPA/TAC 5K Cross Country Championships. College of the Canyons, 8 am. Santa Clarita Runners, P.O. Box 298, Saugus 91350. Lorin Peterson (805) 259-1028.

NOV 2 - Puliman, Washington: Nor-Pac Championships. Women. 11 am.

NOV 2 · Las Vegas, Nevada: PCAA Championships. UNLV, 11 am.

NOV 9 - San Francisco: PA/TAC 10K Cross Country Championships, Golden Gate Park (Polo Fields). Pamakid Runners (415) 681-2322.

NOV 16 - Seattle, Washington: NCAA Region 8.

NOV 25 - Milwaukee, Wisconsin: NCAA Div. I Championships.

NOV 30 - Raleigh, North Carolina: National TAC Jr. & Sr. Men's Cross Country Championships. Bob Baxter (919) 876-5674

Medical Notes for Runners

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

Athlete's Feet

thlete's feet, otherwise known as tinea pedis, is caused by fungal infection of the skin. There are two basic types of fungus that can infect the skin, the first being a yeast fungus and the second being Epidermophyton or Trichophyton. Fungus can live on the outer layers of the skin the dead layers and, likewise, in the thick keratin layers of toenails. They virtually live off the dead layers of skin and nails.

Fungi like a moist warm area to live in. Thus, if your feet sweat a lot and your feet are kept nice and warm in a pair of shoes with heavy socks, you'll have a tendency to develop athlete's feet or fungus.

The fungus infections can be acute or chronic. Acute means that, all of a sudden, you have quite a bit of itchiness at the bottom of your feet, and you may have little sores or vesicles that look like they have pus in them. The more chronic type consists of scaly itchy skin, red in nature, which has been with you for quite some time.

Athlete's feet between the toes may be yeast infection. If that is the case, there is a milky white substance between the toes,

and there may be cracking between the toes. The fungus on the skin on the bottom of the foot is, more often, not a yeast.

Can fungus be spread?

Yes it can; since it is an infection of either a yeast of other form of fungus, it can spread from person to person. Sometimes, you will pick up the fungus by going barefooted in a public swimming pool or shower.

What to do?

If your feet sweat a lot, I suggest you spray them with a deodorant type spray. You can also soak your feet in one-half cup vinegar per pan of water. This is good for athlete's feet since it changes the Ph of your skin, and also tends to dry out your feet. Next, change your socks once or twice a day and rotate your shoes. Let your shoes dry out in the sun if possible. Use socks made of a combination of synthetic and natural fibers that absorb perspiration.

Over the counter antifungal preparations are quite helpful. Such medications as Tinactin (R) powder and cream will usually do the job. If you have a yeast infection, you may need something stronger. There are

medications, which you can obtain from your podiatrist, that will treat the yeast and other forms of fungus quite effectively.

So, if you have athlete's feet, acute or chronic, get it taken care of. You don't need to suffer, and it's not fair for you to spread it to other people.

If you have athlete's feet of the nail, it should also be treated. The nails can be ground down by a podiatrist, and you can use a combination of antifungal medication with a weak acid to penetrate the nail plate to help get rid of the fungal condition. Fungus of the nail causes the nail to look yellow, and it starts scaling and cracking. There in some indication that fungal infections of the feet or nail go along with imbalances of the flora of the bowel. Acidophilus pills, six a day, may be helpful in reestablishing the normal bacterial flora in the gut and help with the fungal infection of the feet.

So those of you who are athletes, who have athlete's feet, get it taken care of.

Best of luck.

(R) - Schering Corporation, Kenilworth, NJ.

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By KEITH CONNING

- U.S. Jr. T&F Championships. York H.S., Elmhurst, Illinois.

June 21-22,
Douglas Smith (Dixon HS) placed

seventeenth in the long jump at 22-9w. Choo Choo Knighten (World Class AC/Locke HS, L.A.) placed second in the 200 meters in 23.98w

Knighten, the State Meet champion in the 400 in 52.72 and second in this meet last year in 52.99, won in 53.45. Soph Jea neen Vickers (Southern California Cheetahs/Pomona HS), fourth in the State Meet at 55.09 and eighth in this meet last year at 56.68, placed fifth in

Rebecca Chamberlain (Leigh HS, San Jose), the State Meet 3200 meters champion in 10:23.85, placed sixth in the 3000 meters in 10:08.74.

Vickers, fifth in the State Meet 100 meter low hurdles in 13.91w, placed eighth in 14.75w. She had placed fourth in

heat one in 14.39 (-1.3 mps). Leslie Maxie (Milibrae Lions TC/Milis HS, Milibrae), the defending champion in the 400 hurdles in 56.95, won again in

Kerry Bratton (Woodside Striders), the defending champion in the 3K walk, placed third in 15:23.24. Sybil Perez (Southern Calif. Roadrunners), second last year, placed fourth in 15:55:69. Kathleen Huddieston (Coast Athletics), eighth last year, placed seventh in 16:36.88. Suzette Garcia (Los Angeles Saints TC), ninth last year, was tenth in 17:15.58.

Rosalyn Mitchell (Southern Calif. Cheetahs), second in the State Meet long lump at 18-9, placed eighth at 18-11-34w. Her series: 18-11-34w, 18-21/4w, 17-111/4w, foul, 18-71/w, 18-41/w.

Christine Cerkel (Marin TC/Redwood HS, Larkspur), fourth in the State Meet at 18-3½, placed twelfth at 17-8½w. Her series: 17-0½w, 17-0½w, 17-6½w.

Cerkel, who falled to qualify for the State Meet triple jump finals with a 37-6 effort, placed third in 35-0½. Her series:

foul, 32-101/2, 30-71/2, foul, 35-01/4, 34-5.

Stephanie Smith (Yreka HS), placed sixth in the shot put at 41-214. Her series: 34-61/4, foul, 36-81/4, 41-21/4, foul, 39-4.

Stacey Hom (Cordova HS, Rancho Cordova), sixth in the discus in this meet last year at 146-0 and second in the State Meet at 147-7, placed third at 146-5. Joey Classen (Clovis HS), fourteenth last year at 117-4 and sixth in the State Meet at 142-0, placed fifth at 134-4. Stephanie Smith (Yreka HS), tenth last year at 128-10 and third in the State Meet at 146-3, plac-ed sixth at 128-8. Hom's series: foul, foul, 140-7, 128-6, 133-8, 146-5. Classen's series: foul, 122-4, foul, foul, 124-4, 134-4. Smith's series: foul, 123-3, foul, 128-8, 127-0, 118-0.

Men's Results

100 Meters: (second heat) (-2.0 mps) 6.

Calvin Scruggs (Fresno State) 11.05. 200 Meters: (third heat) 5. Anthony Washington (UCLA) 22.16.

Washington (UCLA) 22-16.
400 Meters: 1. Daymon Lee (So Bay TC/El Camino College) 45-80, 7. Anthony Washington (UCLA) 47-60.
800 Meters: 6. Andy Sims (UCLA) 1:55.08 (1:54.09 3rd heat, 1st).

1500 Meters: 9. Steve Schadler (Stanford TC) 3:56.67.

5000 Meters: 2. Chris Schille (Brown Univ/Redway, CA) 14:27-22, 7. Scott Nitti (Santa Monica TC/UCLA) 15:05.52.

10,000 Meters: 7. Ted Goodlake (Knox-ville TC/Fallbrook, CA) 32:55.47. 110 Meter Hurdles: (+ 1.9 mps) 2. Ray-mond Young (UCLA) 14.07, 8. Rod Jett (Cal) 14.44.

400 Meter Hurdles: 1. Gordon Bugg (LA St.) 51.62 (51.27 1st heat, 3rd).

Pole Vault: 11. Dean Starkey (Apex Vaulting Club/Logan HS, Union City 84)

Fine Flicks by Don Gosney



Chewuakii (Choo-Choo) Knighten

Long Jump: 17. Douglas Smith (Dixon)

Shot Put: 1, John Bender (Fresno State) 53-014, 4, Michael Nishanian (Long Beach CC) 49-81/2.

Discus Throw: 3. David Wilson (UCLA) 162-2, 8. James Stephens (Unat., Canoga Park) 149-7, 11. Mike Nishanian (Long Beach CC) 134-8.

Hammer Throw: 1. David Wilson (UCLA) 190-1, 3. Chad Stearns (Unat., Monte Sereno) 163-5, 4. William Carrillo (L.A. St)

Javelin Throw: 1. Fred Mondragon (Stanford) 225-9.

Decathlon: 2. David Dnaglels (Unat. Azusa) 6790, 3. John Gash, (Stanford)

Women's Results

200 Meters: (+2.5 mps) 2. Choo Choo

Knighten (World Class AC) 23.98.
400 Meters: 1. Choo Choo Knighten (World Class AC) 53.45, 5. Jeaneen Vickers (So. Calif. Cheetahs) 54.74
3000 Meters: 8. Rebecca Chamberlain

(Leigh HS, San Jose) 10:08.74.

100 Meter Hurdles: (+2.3 mps) 8. Jeaneen Vickers (So.Cal.Cheetahs) 14.75 (4th In 1st heat 14.39 (-1.3 mps).

400 Meter Hurdles: 1. Leslie Maxie (Milibrae Lions TC) 59.84.

(Millbrae Lions 10) 59.84.

3 Kilometer Walk: 3. Kerry Bratton (Woodside Striders) 15:23.24, 4. Sybil Perez (So.Cai.Roadrunners) 15:55.89, 7. Kathleen Huddleston (Coast Athletics) 16:36.88, 10. Suzette Garcia (L.A. Saints 17:15.58.

Long Jump: 8. Rosalyn Mitchell (SoCal Cheetahs) 18-1134w, 12. Christine Cerkel (Marin TC) 17-81/4 W.

Triple Jump: 1. Renita Robinson (So.Bay TC) 40-0, 3. Christine Cerkel (Marin TC) 35-014.

Shot Put 6. Stephanie Smith (Yreka HS) 41-21/4.

Discus: 1. Stacey Horn (Cordova HS, Rancho Cardova) 146-5, 5. Joey Classen (Clovis HS) 134-4, 6. Stephanie Smith (Yreka HS) 128-8.

Javelin Throw: 4. Durelle Schimek (Golden Empire Thunderbolts) 136-4.

Heptathion: 1. Durelle Schimek (Golden Empire Thunderbolts) 4482.

Brandon Richards Sets National Record. All-Corners, Hayward Field, Eugene, OR.,

Brandon Richards (San Marcos, Santa Barbara) set a new national high school record of 18-2. The old record of 18-1 1/4 was set by Joe Dial (Marlow, Ok.) at Stillwater, Oklahoma on August 25, 1981.

Richards is spending the summer in Eugene with Jay Davis, former South Eugene High School and future University of Oregon vaulter. Richards cleared several heights with ease including 17-6, then chose to pass at 18-0 while Earl Bell, co-winner of a pole vault bronze medal in the 1984 Olympic Games, was going over at that height.

Richards made 18-2 on his first try, while hitting the bar heavily.

- Track City Int'l. Classic Hayward Field, Eugene, Or. July 12-14.

There was drama at the pole vault pit, where two national age-group records were set. In each case, the old record belonged to Dave Volz of Bloomington, Indiana.

Brent Burns (Acalanes, Lafayette), the California State Meet Champion, began the assault with a vault of 15-10 to break Volz's 15-8 in the Intermediate class. Brandon Richards (San Marcos, Santa Barbara) went 17-0 4 to snag the Voiz mark of 17-0 in the young men's

Henry Thomas in Europe Edinburgh, Scotland. July 23.

Henry Thomas placed second in the 300 meters in 32.49. Todd Bennett (Britain), who had a best of 45.45 in the 400 and 20.36 in the 200 last year, won in 32.48. Darrell Robinson (LATC), second in

32.88. Darrell Hobinson La Tol, second in the TAC 400 at 44.94, was third in 32.74. On July 27th in Oslo, Norway at the Bislett Games, Thomas placed third in the 200 meters in 20.88. Adeoye Mafe (Britain), who had a best of 20.57 last year, won in 20.81. Chidi Imoh (Nigeria/Missouri), who finished fourth in heat 1 at the NCAA in 20.59, placed second in 20.85. Donovan Reid (Britain), who had a best of 20.62 last year, was fourth in 20.97

- Robin Eager (Vista)

Ed Mathews, the distance coach at Vista High School, writes that Robin Eager had the sixth fastest 800 time for girls in California this season. Eager ran 2:12.03 for fourth place in the San Diego

Section.

The San Diego Section gets three qualifiers per event for the State Meet. Therefore, the runner with the sixth best time in the state didn't get to compete in the State Meet 800. Fortunately for Robin she also qualified in the 1800 and placed tenth in the State Meet.

I feel the method of selection to the State Meet should be changed, so that outstanding performers are not excluded by virtue of being in a strong section

Both the Pac-10 and NCAA qualify by time or performance.

Maybe a compromise could be reached between the two-methods.

- Junior International

On July 21 in Pullman, Washington, Lestie Maxie (Miss, Milibrae), the California State Meet 300 hurdles champion, won an international race against Canada and Mexico. She ran the 400 hurdles in 57.73. She also ran the third leg on the winning 1600 meter relay team.

On July 27 In Burnaby, British Columbia, Canada she again won the 400 hurdles in 57.88 and ran the third leg on the 1600 meter relay that won.

Rebecca Chamberiain (Leigh, SanJose) Bill Hotchkiss, the coach at Leigh High School in San Jose, wrote a letter to the editor of Track & Field News bringing to their attention an idiotic ruling which was

Fine Flicks by Don Gosney



Leslie Maxie

handed down by the Games Committee at TAC. The ruling was the decision to pull a certain number of women's 10,000

runners off the track upon being lapped. Chamberlain, the California State Meet champion in the 3200 and winner of the San Jose Mercury News 10K, was lapped by Francie Larrieu Smith and she was not allowed to finish the race. This also happened to five others including Linda Van Housen of Woodside.

I feel strongly that an athlete should be allowed to complete the race that they start. TAC should change the qualifying standard if they want fewer runners.

U.S. Jr. Olympic T&F Championships Husky Stadium, U of Washington, Seattle July 24-28.

Effie Dastz (Leigh, San Jose) won the intermediate women's 100 meter hurdles 14.65. This final was re-run. Terry Robinson of Columbus, Ohio, the winner of the first qualifying heat on Friday, was disqualified after interfering in the first run. Effie is 5-8, 140, was born on February 14, 1989, and will graduate in

Steve Lopez (San Jose) won the intermediate men's 10K road race in 33:49 by 14 seconds.

Andrew Libert (Honolulu, Hawaii), 19th at the Kinney Western, won the young men's 10K road race in 33:09. Russ Hill (Silver Creek HS, San Jose), 3rd CCS 1600, placed third in 33:52. Libert is a 1985 graduate of Seabury High School and will attend Willamette College in the fall. He

is 5-9, 128 pounds, and was born 5/12/67. Erika Wheeler (Segulm, Wash.) set a new meet record in the young women's lavelin of 188-7. The old record of 185-10 was set by Lynda Hughes (Oregon) in 1980. Wheeler is 5-8, 145 pounds. Born 11/28/67. She is a 1985 grad of Sequim HS conduits lated Stanford in the 541. She is and will attend Stanford in the fall. She is also planning to attend the World University Games Aug. 29-Sept. 4 in Kobe, Japan. Sequim (SKWIM), an Indian word meaning "bountiful creature comforts," is located 17 miles southeast of Port Angeles on the Olympic Peninsula. It is also the home of Phil Woolpert, the coach of Bill Russell at USF in the 1950's. Woolpert just retired from driving a school bus in this community of 3,000. It was the second consecutive title for

Heidee Ruiz (Los Gatos HS), 2nd in the CCS long jump and 3rd in the shot put, placed second in the intermediate women's heptathion. Her breakdown by event: 100H 16.96, HJ 4-5, SP 34-5, 200 26.85, LJ 17-4, JT 109-1, 800 2:34.72, 4157 points. She was in 15th place after two events, but her shot put placed her in

Mike Wall (Lassen, Susanville) placed second in the young men's 5,000 meter run, despite taking a bad tumble into the Infield during the first 150 meters of the race. His father Bob Wall, the coach at Lassen HS, felt they should have restarted the race. Mike's splits: 1:12.9, 2:23.3 (1:10.4), 3:33.8 (1:10.5), 4:46.7 (1:12.9), 6:00.9 (1:14.2) 7:16.2 (1:15.3), 8:30.6 (1:15.4), 9:47.7 (1:17.1), 11:05.2 (1:17.5), 12:21.8 (1:16.6), 13:38.9 (1:15.1), 14:08 (laps to go), 14:46.3 (1:08.4), 15:13.75 (1:05.75).

All-Comers Meet
Chabot College, August 5.
Sally Wood (Piedmont), sixth in the State Meet 3200 at 10:42.45, won the two mile in 10:40.

Calvin Gaziano (Castro Valley), second in the State Meet 3200 in 9:03.16, won the 1800 in 4:18.8.

Mariner High School Invitational Cross Country Meet.

October 19 at Garin Park in Hayward. For information and entry call Phil Wilder (415) 582-5851. Includes a coaches race.



Brandon Richards



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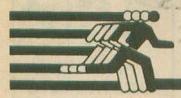


Open to all high school cross country runners from California and eleven other western states. The top eight male and top eight female finishers will be sent to the National Championships, all expenses

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Prep Notes



Kinney Western **Regional Cross Country Preview**

by Keith Conning



Hebecca Chamberlain



Laurie Chapman



Jason Lienau (left) & David Naranjo

MEN

The top 14 returning finishers from the 1984 Kinney Western Regional Cross Country Championships are listed below with their cross country and track perfor-

1. ERIC MASTALIR, Jesuit, Carmichael

1. ERIC MASTALIR, Jesuit, Carmichael Cross Country: 2) Sac-Joaquin Section 15:02, 7) Nor Cal 15:09.5, 3) Kinney Western 15:04, 6) Kinney National 15:19.1. Track: 3) State 3200 9:03.31, 7) State 1600 4:20.15, 1600 best of 4:13.1. 2. DAVID NARANJO, Sanger Cross Country: 1) Central Section 14:38.1, 2) Nor Cal 15:02.6, 5) Kinney Western 15:07, 28) Kinney National 16:15.4.

Track: 4) State 3200 9:03.83.
3. MARK MASTALIR, Jesuit, Carmichael Cross Country: 1) Sac-Joaquin Section 15:00.7, 6) Nor Cal 15:09.0, 8) Kinney Western 15:15, 17) Kinney National 15:43.3

Track: 2) State 1600 4:16.72, best 1600 4:12.5, best 1500 3:54.8.

4. GLENN MORGAN, Albuquerque, NM Cross Country: 12) Kinney Western 15:25.

Track: best 1500 3:55 19

*ENRIQUE RYAN,St.Louis,Honolu,HI Cross Country: 1) Hawall State 16:53, 13) Kinney Western 15:25 (first freshman by 25 seconds).

Track: Set an age 14 national record of

4:21.2 in winning the Hawaii State 1600. 6. DANNY LOPEZ, Sierra Vista, AZ Cross Country: 2) Arizona State 15:09, 15) Kinney Western 15:26.

7. STEVE IMLAY, Temple City
Cross Country: 8) Southern Section 3A
16:27, 20) Kinney Western 15:29.
Track: 11) State 3200 9:19.84, 3)
Southern Section 9:15.62.
8. JESS LLANEZ, McLane, Fresno

Cross Country: 5) Central Section 15:00.0, 24) Nor Cal 15:44.9, 24) Kinney Western 15:34.

9. *JASON LIENAU, Clovis

Cross Country: 3) Central Section 14:54.3, 8) Nor Cal 15:10.7, 25) Kinney Western 15:35.

Track: best 1600 4:15.95.

10. *AARON MASCORRO, Rosemead Cross Country: 1) Southern Section 3A 15:55, 26) Kinney Western 15:37. 11. *RAUL SERRATOS, El Monte

Cross Country: 3) Southern Section 3A 18:12, 29) Kinney Western 15:42. Track: best 1600 4:14.68.

12. DARREN STONEROCK, Saugus

Cross Country: 2) Southern Section 3A 16:01, 30) Kinney Western 15:44. Track: 6) State 3200 9:12.39, best 3200

9:08.65, best 3000 8:30.20.

13. ADAM MCABOY, Miramonte, Orinda Gross Country: 6) North Coast Section 14:48, 17) Nor Cal 15:36.9, 34) Kinney Western 15:46.

Track: 1) North Coast Section 9:07.78, best 1600 4:18.1.

14. CRAIG BLOCKHUS, Los Altos

Cross Country: 5) Central Coast Sec-tion 15:22, 19) Nor Cal 15:38.5, 35) Kinney Western 15:47.

The following athletes finished in the top nine in the State Track Meet 3200 and

JOHN DOMINGUE, Leigh, San Jose Cross Country: 1) Central Coast Sec-tion Region III 15:26, 80) Nor Cal 16:18.3. Track: 5) State 3200 9:10.06.

ROBERT ROBERTS, CasaRobie, Orangvil Track: 7) State 3200 9:17.05.
CHRIS HOEPKER, Encinal, Alameda

Cross Country: 9) North Coast Section 15:03, 32) Nor Cal 15:52.5.

Track: 8) State 3200 9:18.74, 3) North Coast Section 9:12.85.

*MARC DAVIS, San Diego Cross Country: 1) Kinney Western Frosh/Soph Unseeded 16:05, 1) San Diego Section 1A 17:01.

Track: 9) State 3200 no mark, 3) San Diego Section 9:20.89. JIM ZIMMER, Simi Valley

Cross Country: 9) Southern Section 4A 16:14.

Track: 3) State 1800 4:18.71, best 1600 4:13.48

JEFF RACHAL, Golden West, Visalia Cross Country: 17) Central Section 15:35

Track: 8) State 1800 4:19.49, 4) State

The following athletes finished in the top 14 of the 1984 CIF Nor Cal Cross Country Championships.

SCOTT MACHADO, Moreau, Hayward

Cross Country: 4) North Coast Section 14:36, 9) Nor Cal 15:14.6, 43) Kinney Western 15:51.

JONATHAN SMITH, Miramonte, Orinda Cross Country: 5) North Coast Section 14:38, 11) Nor Cal 15:28.2.

TOM ESTES, Lassen, Susanville Cross Country: 7) Northern Section 16:37, 14) Nor Cal 15:32.7.

WOMEN

The top 14 returning finishers from the 1984 Kinney Western Regional Cross Country Championships are listed below with their cross country and track perfor-

1. REBECCA CHAMBERLAIN, Leigh , S.J. Cross Country: 1) Central Coast Sec-tion 16:51, 1) Nor Cal 16:53.7, 2) Kinney Western 17:09, 2) Kinney National 17:04.7

Track: 1) State 3200 10:23.85, mile best 5:00.4, 6) U.S. Junior 3000 10:08.74, best 3000 9:43.9.

Roads: 1) San Jose Mercury News 10K 34:17. Won free trip to Hawaii

2. **TRACEY WILLIAMS, Mt. View, ElMont Cross Country: 1) Southern Section 2A 17:47, 5) Kinney Western 17:43, 24) Kinney National 18:29.3.

Track: best 3200 10:39.60.

3. LAURIE CHAPMAN, Gunderson, S.J. Cross Country: 5) Central Coast Sec-tion 17:56.7, 4) Nor Cal 17:53.8, 6) Kinney Western 17:49, 18) Kinney National

Track: 3) State 3200 10:31.77, best 2 mile 10:29.9, best mile 4:55.0, best 3000 9:48.2.

4. *MELISSA SUTTON, Newbury Park Cross Country: 1) Southern Section 4A 18:00, 7) Kinney Western 17:50, 25) Kinney

National 18:34.6. Track: 3200 best 10:44.7, 9) State no

mark.
5. *CHRISTY FARRELL, Thousand Oaks
Cross Country: 2) Southern Section 4A
18:08, 8) Kinney Western 17:51.

- Track: 8) State 3200 10:43.36.

6. DARCY ARREOLA, El Cajon

Cross Country: 1) San Diego Section 3A

14:22, 10) Kinney Western 18:00. Track: best 3200 10:39.81, 3) State 1600 4:58.35, 2) State 800 2:11.07, best 800 2:09.08

7. LAURA GOODWIN, Tucson, AZ Cross Country: 1) Arizona State 13:45, 13) Kinney Western 18:07.

13) Kinney Western 13.70 Clark, Mt. View Cross Country: 3) Central Coast Section 17:44.7, 2) Nor Cal 17:32.9, 14) Kinney Western 18:09.

Track: 1) State 1600 4:49.14, mile best

4:47.5, 1500 best 4:31.7.
9. SABRINA HAN, Westmoor, DalyCity
Cross Country: 4) Central Coast Section 17:47.3, 5) Nor Cal 18:09.4, 18) Kinney Western 18:18.

Track: 4) Central Coast Section 3200 10:42.9, mile best 5:00.0.

10. LISA RIZZO, Valencia

Cross Country: 1) Southern Section 3A 18:32, 22) Kinney Western 18:24. 11. *LISA WILLIAMS, Mt.View,EiMonte

Cross Country: 2) Southern Section 2A 18:57, 23) Kinney Western 18:24. 12. *MICHELLE LEWIS, Buens, Ventura

Cross Country: 4) Southern Section 4A 18:46, 24) Kinney Western 18:25. 13. **ANN KUPHALDT,BellaVists,FeirOk

Cross Country: 2) Sac-Joaquin Section 17:53.4, 7) Nor Cal 18:21.4, 27) Kinney Western 18:33. Track: 7) State 1600 Heat 2 5:07.50.

4. *KRISTI KLINNERT, Kodiak, AK Gross Country: 28) Kinney Western

The following athletes finished in the top 10 in the State Track Meet 3200 and 1600 or top three in the 800.

*MARY MENDOZA, Presentation, S.J. Track: 5) State 3200 10:40.54, best 3200 10:39.1c.

AMY DABUL, Temple City Cross Country: 70) Kinney Western 19:32

Track: 7) State 3200 10:42.64. TRACY WRIGHT, Irvine

Cross Country: 11) Southern Section 4A 19:24.

Track: 10) State 3200 no mark. SIDNEY THATCHER, Encinal, Alameda

Cross Country: 13) Nor Cal 18:44, 56) Kinney Western 19:15. Track: 4) State 1600 4:57.83.

NIKKI RICHOT, Edison, HuntingtonBch Track: 5) State 1600 4:58.01, 2) Arcadia 1600 4:55.00.

ROBIN EAGER, Vista Track: 10) State 1600 5;21.34, 5) State 1600 Heat 2 5:01.60.

LAURA CHAPEL, University City, SanDi Cross Country: 52) Kinney Western 19:08.

Track: 3) State 800 2:11.97, best 800 2:09.17, 1600 best 5:01.29.

The following athletes finished in the top 14 at the 1984 CIF Nor Cal Cross Country Championships.

*LORI ANDEEN, Menlo-Atherton, Ather.

Cross Country: 8) Central Coast Section 17:59, 8) Nor Cal 18:18. *KATIE MCCANDLESS, Castilleja, PalAI.

Cross Country: 8) Central Coast Section 18:03, 9) Nor Cal 18:30.

**WANDA BAILEY, Fairfield
Cross Country: 11) Nor Cal 18:38.

CALIFORNIA HIGH SCHOOL GIRLS All-Time Best Marks List

By BOB WOMACK

This is the 1985 update on the all-time California high school girls best marks list.

With the California girls program a dozen years old, the lists have become progressively more stable. Only the 300-meter hurdles has as many as three changes in the all-time Top Ten this year — and the long hurdles are a relatively new (five years old) event.

Not that there hasn't been continuing progress. Of all the athletes who won titles

at that first state girls meet in 1974, only two — long jumper Jody Anderson and shot putter Kathy Devine — still rate among the all-time leaders.

The digit appearing before the year in which the mark was made represents the number of state championships won in that event. (For instance, in the shot put, the "4" indicates that Natalie Kaaiawahia won the event four times.) Note that the year of the best mark and the year in which the athlete

won her title(s) are not necessarily the same.

As usual, I have relied heavily on the research and help of others, notably (but definitely not limited to) Ron Blackwood, Keith Conning, and Howard Willman. Obviously, they bear no responsibility for any errors, for which the author is solely to blame. Additions, corrections, and comments should be directed to Bob Womack, 4270 North Blackstone, Suite 211, Fresno, CA 93726

100 Meters

(automatic timing)

State Meet Record: 11.42 Sharon Ware (Berkeley) at Berkeley 1980. Frosh: 11.60 Brenda Winston (San Gorgonio, San Bernardino) 1976. Soph: 11.58 Brenda Winston (San Gorgonio, San Bernardino) 1977. Junior: 11.34 Sharon Ware (Berkeley) 1980. Senior: 11.50 Kim Robinson (Westchester, Los Angeles) 1977.

11.34	Sharon Ware (Berkeley)-2 at Knoxville	1980
11.50	Kim Robinson (Westchester, LA)	1977
11.51	Gall Devers (Sweetwater, Nat'l Cty)-1	1984
11.56	Jackie Thompson (Lincoln, SD)	1973
11.57	Valerie Brisco (Locke, LA)	1978
11.58	Brenda Winston (San Gorgonio, SanBdo)	1977
11.59	Monica Taylor (Grant, Sacramento)	1983
11.60	Gervaise McGraw (Ganesha, Pomona)	1977
11.61	Sheri Howard (Kennedy, Granada Hills)	1980
11.61	Carrie Franklin (Muir, Pasadena)	1985

200 Meters

(*220 yards minus 0.12)

State Meet Record: 23.19 Sheri Howard (Kennedy, Granada Hills) at Berkeley 1980. Froet: 24.01 Monique Robinson (Freese Jr., San Diego) 1982. Soph: 23.44 Leslie Maxie (Mills, Millbrae) 1983. Junior: 23.40 Denean Howard (Kennedy, Granada Hills) 1981 & Leslie Maxie (Mills, Millbrae) 1984. Senior: 23.08 Jackie Thompson (Lincoln, San Diego) 1973.

23.08	Jackie Thompson (Lincoln, SD)	1973
23.19	Sheri Howard (Kennedy, Grn His)-1	1980
23.25	Denean Howard (Kennedy, Grn His)-2	1982
23.27	Gervalse McGraw (Ganesha, Pomona)	1982
23.40	Leslie Maxie (Mills, Millbrae) .	1984
23.42*	Gwen Loud (Westchester, LA)-1	1979
23.54	Paulette Blalock (Compton)-1	1984
23.56	Tami Stiles (Hawthorne)-1	1985
23.59	Cathy Roberts (Cerritos)	1984
23.62	Sharon Ware (Berkeley)	1980
Hand Tir		1000
23.2	Mable Fergerson (Gamesha, Pomona)	1973
23.2	Chewuakii Knighten (Locke, L.A.)	1985

400 Meters

State Meet Record: 52:39 Denean Howard (Kennedy, Granada Hills) at Sacramento 1982. Frosh: 53.76 Leslie Maxie (Mills, Millbrae) 1982. Soph: 51.70 Denean Howard (Kennedy, Granada Hills) 1980. Junior: 51.09 Sherri Howard (San Gorgonio, San Bernardino) 1979. Senior: 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

50.87	Denean Howard (Kennedy, Gran Hills)-2	1982
	at Kn	oxville
51.09	Sheri Howard (San Gorgonio, SB+1	1979
51.91	Mable Fergerson (Ganesha, Pomona)	1972
52.17	Chewaukii Knighton(Locke, LA)-2	1985

52.85	Leslie Maxle (Mills, Millbrae)-1	1984
53,10	Linnetta Wilson (Muir, Pasadena)	1985
53.12	Freida Cobbs (Berkeley)	1978
53.13	Charlette Cooke (?, Los Angeles)	1966
53,20	Paulette Blalock (Compton)	1984
53.34	Jeannie Arnold (Locke, Los Angeles)	1982
Hand	Timing (*440 yards minus 0.3):	
51.8*	Kathy Hammond (Sacramento)	1969

Fine Flicks by Don Gosney



Polly Plumer (left) & Denise Ball

800 Meters

(*880 yards minus 0.7)

State Meet Record: 2:06.08 Donna Curtis (Culver City) at Norwalk 1981. Frosh: 2:02.43 Mary Decker (Portola JHS, Orange) 1973. Soph: 2:02.29 Mary Decker (Orange) 1974. Junior: 2:04.6* Ann Regan (Camden, San Jose) 1978. Senior: 2:03.8* Charlette Cooke (Los Angeles) 1968.

2:02.3	Mary Decker (Orange) at Durham	1974
2:03.8*	Charlette Cooke (Los Angeles)	1966
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:04.59	Kerri Zaleski (Millikan, Long Beach)-1	1985
2:04.91	Trena Hull (Compton)-1	1984
2:05.5	Linda Goen (North, Bakersfield)	1977
2:05.7	Rennie Durrand (Laguna Beach)	1980
2:05.84	Jessica Spies (Livermore)	1981
2:05.9	Francie Larrieu (Fremont, Sunnyvale)	1970
2:05.9	Lynn Hollins (Riverside)	1976

1500 Meters

(* En Route to Longer Distance)

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

4:16.8	Francie Larrieu (Fremont, Snyvie)	1969
The same		Stuttgart
4:16.8 *	Polly Plumer (Univ., Irvine)	1982
	at V	Vestwood
4:20.9	Cherl Williams (Livermore)	1978
4:21.0 ±	Vickie Cook (Alemany, MissHills)	1981
4:21.5	Elleen Claugus (Rio Amer, Sacto)	1972
4:23.0	Linda Goen (North, Bakersfield)	1979
4:24.17	Kathi Denz (Blair, Pasadena)	1978
4:24.3	Debbie Heald (Neff, La Mirada)	1972
4:24.4	Ann Trason (Pacific Grove)	1977
4:24.6	Paula Rose (Newport Harbor)	1976
4:25.0	Regina Jacobs (Argyll, N. Holywd)	1981

1600 Meters

("mile minus 1.8)

State Meet Record: 4:39.92 Poliy Plumer (University, Irvine) at Sacramento 1982. Frosh: 4:40.2* Mary Decker (Portola JHS, Orange) 1973. Soph: 4:46.0* Linda Goen (North, Bakersfield) 1977. Junior: 4:40.0* Vickie Cook (Alemany, Mission Hills) 1981. Senior: 4:33.44* Polity Plumer (University, Irvine) 1982.

4:33.44*	Polly Plumer (Univ, Irvine)-3	1982
		estwood
4:38.9*	Elleen Claugus (Rio Amer, Sacto)	1973
4:40.0*	Vickle Cook (Alemany, Wd His)	1981
4:40.2*	Mary Decker (Orange)	1973
4:43.15*	Cherl Williams (Livermore)-1	1978
4:43.90	Paula Bresnan (Kennedy, GrnHis)	1983
4:44.47	Denise Ball (Newbury Park)	1982

Prep Notes

Fine Flicks by Don Gosney



Cory Schubert

4:44.6*	Linda Goen (North, Bakersfield)-2	1979
4:44.76	Tracy Weber (Lynbrook, San Jose)	1981
4:44.93	Cory Schubert (Del Mar, SJ)-1	1983
4:45.00	Julie Seleine (University, Irv.)	1983

3000 Meters

(* En Route to Longer Distance)

Frosh: 9:50.4 Roxanne Bier (Independence, San Jose) 1977. Soph: 9:24.8 Vickie Cook (Alemany, Mission Hills) 1980. Junior: 9:22.3 Vickie Cook (Alemany, Mission Hills) 1981. Senior: 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

9:11.80	Cory Schubert (Del Mar, SJ)	1983
	at India	napolis
9:22.3	Vickie Cook (Alemany, Wood, Hills)	1981
9:30.3	Polly Plumer (University, Irv.)	1982
9:30.8	Elleen Claugus (Rio Amer, Sac)	1973
9:33.9	Roxanne Bier (Indep., San Jose)	1978
9:35.33	Tania Fischer (Chamin, Canoga Park)	1982
9:35.5+	Kirsten O'Hara (Palos Verdes)	1984
9:37.7	Su-Mei Lee (Eisenhower, Rialto)	1979
9:38.2	Katle Dunsmuir (Palisades)	1983
9:38.5 *	Denise Ball (Newbury Park)	1982

3200 Meters

(*2 mile minus 3.6)

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

Schubert	(Del Mai, dall 1000) 1000	
10:04.2	Cory Schubert (Del Mar, SJ)-1	1978
		at Berkeley
10:06.2*	Cheri Williams (Livermore)-1	1978
10:11.62	Kirsten O'Hara (Palos Verdes)-1	1984
10:11.78	Vickie Cook (Alemany, Wd Hls)-3	1982
10:15.8*	Elleen Claugus (Rio Amer, Sacto)	1973
10:15.99	Denise Ball (Newbury Park)	1982
10:16.4*	Cindy Schmandt (Santa Barbara)	1979
10:18.1*	Su-Mei Lee (Eisenhower, Rialto)	1979
10:19.10	Tania Fischer (Chaminade, CP)	1983
10:19.9*	Susie Meek (Palos Verdes)	1978

100 Meter Hurdles

(* 110 yards minus 0.04)

State Meet Record: 13.41 Gall Devers (Sweetwater, National City) at Los Angeles 1984. Frosh: 14.10 Yvette Bates (Berkeley) 1981. Soph: 13.74* Yvette Bates (Berkeley) 1982. Junior: 13.49 Chewuakii Knighten (Locke, Los Angeles)

1984.		
13.41	Gail Devers (Sweetwater, Nat'l City)-1	1984
	at Los A	ngeles
13,49	Chewuskii Knighten (Locke, LA)-1	1984
13.59	Wendy Brown (Woodside)	1984
13.65	Carrie Franklin (Muir, Pasadena)	1985
13.71	Mariene Harmon (Thousand Oaks)	1980
13.71	Sherifa Sanders (Berkeley)-1	1981
13.74	Yvette Bates (Berkeley)	1982
13.75*	Kris Costello (Lynbrook, San Jose)-2	1978
13.76	Lana Cantrell (Mulr, Pasadena)-1	1985
13.80	Aladrian Hunter (Dorsey, LA)	1981
Hand tim	ning:	
(# 33 lns	ch hurdles)	
13.4	Judy Young (Berkeley)-1	1980
13.4	Carrie Franklin (Muir, Pasadena)	1985
13.5 #	Lorna Tinney (Oceanside)	1972

300 Meter Hurdles

State Meet Record: 40.90 Leslie Maxie (Mills, Millbrae) at Los Angeles 1984. Froat: 43.68 Janeene Vickers (Pomona) 1984. Soph: 41.91 Gayle Kellon (Walnut) 1981. Junior: 40.18 Leslie Maxie (Mills, Millbrae) 1984. Senior: 41.45 Gayle Kellon (Walnut) 1983.

41.40 Claylo	Manou (Assembly 1909)	
40.18	Leslie Maxie (Mills, Millbrae)-2	1984
	at	Berkeley
41.09	Gayle Kellon (Walnut)-2	1982
41.44	Michelle Taylor (Ganesha, Pomona)	1984
41.54	Linnetta Wilson (Muir, Pasadena)	1985
41.78	Ronda Brooks (Oakland)	1985
42.25	Audrey Williams (Saugus)-1	1981
42.26	Gail Devers (Sweetwater, NatCty)	1983
42.36	Lana Cantrell (Muir, Pasadena)	1985
42.37	Sherifa Sanders (Berkeley)	1981
42.50	Janice Farwell (Millikan, LB)	1984

High Jump

State Meet Record: 6-2 Latrese Johnson (Clovis) at Sacramento 1985. Frosh: 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980. Soph: 6-0% Sue McNeal (Carisbad) 1978. Junior: 6-2 Latrese Johnson (Clovis) 1984. Senior: 6-2% Latrese Johnson (Clovis) 1985.

6-234	Latrese Johnson (Clovis)-1	1985
		Sanger
6-21/4	Wendy Brown (Woodside)-1	1984
6-1	Sue McNeal (Carlsbad)-1	1979
6-1	Tonya Mendonca (Mt. Whit., Visalia)-1	1983
6-0	Karen Lysaght (St. Fran, Sacto)-1	1980
6-0	Yleana Carrasco (Anaheim)	1985
5-111/2	Tonya Alston (Chico)-1	1979
5-11	Kathy Hamilton (Beyer, Modesto)	1979
5-11	Maggie Van Zeeland (Acalanes, Laf)	1981
5-11	Katrina Johnson (Marshall, LA)-2	1981
5-11	Ursula Lovely (Kennedy, La Palma)	1985

Long Jump

State Meet Record: 20-9 ¼ Wendy Brown (Woodside) at Los Angeles 1984. Frosh: 20-7 Dora Lee Roberts (Riverdale) 1971. Soph: 20-8 Wendy Brown (Woodside) 1982. Junior: 20-81½ Jodi Anderson (Washington, LA) 1975; Senior: 20-93¼ Wendy Brown (Woodside) 1984.

20-9 %	Wendy Brown (Woodside)-2	1984
	at Los	Angeles
20-83/4	Kim Attlesey (Corona del Mar)	1971
20-834	Mariene Harmon (Thousand Oaks)-1	1980
20-81/2	Jodi-Anderson (Washington, LA)-3	1975
20-7	Dora Lee Roberts (Riverdale)	1971
20-7	Gall Devers (Sweetwater, NatCty-1	1984
20-5	Gwen Loud (Westchester, LA)-1	1979
20-41/2	Carrie McLaughlin (Davis, Modesto)	1979
20-31/4	Joanna Harper (Fremont, LA)	1980
20-21/4	Denise Paschal (Lowell, SF)	1986

Triple Jump

State Meet Record: 42-10½ Wendy Brown (Woodside) at Los Angeles 1984. Frosh: 39-7 Gayle Wadsworth (Hawthorne) 1982. Soph: 40-1 Wendy Brown (Woodside) 1982. Junior: 40-8 Wendy Brown (Woodside) 1983. Senior: 42-10½ Wendy Brown (Woodside) 1984.

42-101/2	Wendy Brown (Woodside)-3	1984
	at Los	Angeles
42-51/4	Yvette Bates (Berkeley)	1984
40-9	Sheila Hudson (Rio Linda)-1	1985
40-23/4	Renita Robinson (Manual Arts, LA)	1983
39-111/2	Jackie Anderson (Mt. Miguel, SpViy)	1985
39-91/2	Janis Diggs (Salinas)	1984
39-8	Camille Robertson (Redlands)	1984
39-7	Gayle Wadsworth (Hawthorne)	1982
39-7	Carole Jones (Chino)	1983
39-6	Gall Devers(Sweetwater, NatCty)	1984

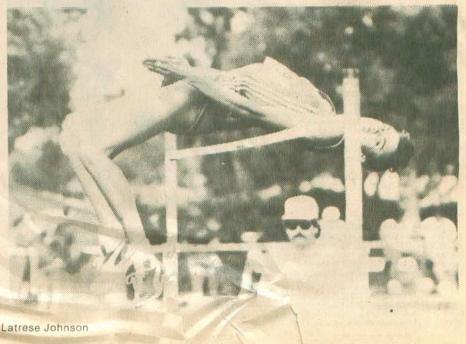
Shot Put 4k

State Meet Record: 52-7 Natalie Kaalawahia (Fullerton) at Bakersfield 1983, Frosh: 48-4½ Natalie Kaalawahia (Fullerton) 1980. Soph: 52-4½ Natalie Kaalawahia (Fullerton) 1981. Junior: 52-2½ Natalie Kaalawahia (Fullerton) 1982. Senior: 53-7¾ Natalie Kaalawahi (Fullerton) 1983.

53-73/4	Natalie Kaaiawahia (Fullerton)-4	1983
		at Norwalk
50-31/2	Lynn Graham (Muir, Pasadena)	1965
50-01/2	Emily Dole (Buena Park)	1975
49-6	Kathy Devine (Mission Bay, SD)-2	1974
48-113/4	Susie Ray (Villa Park)-1	1980
47-111/2	Iva Wright (Edison, Fresno)	1971

continued on next page...

Fine Flicks by Don Gosney



Prep Notes

47-9%	Debra Corley (Garces, Bakersfield)	1981
46-11	Elaina Oden (Irvine)-1	1985
46-9	Dot Jones (Hilmar)	1982
46-9	Latonia Floyd (Oakgrove)	1984
48-9	Heidi Adams (Mission Viejo)	1985

Discus

State Meet Record: 172-11 Leslie Deniz (Gridley) at Berkeley 1980. Frosh: 144-11 Leslie Deniz (Gridley) 1977. Soph: 182-10 Natalie Kaalawahia (Fullerton) 1981. Junior: 175-10 Leslie Deniz (Gridley) 1979. Senior: 183-11 Leslie Deniz (Gridley) 1980.

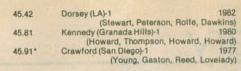
183-11	Leslie Deniz (Gridley)-2 at Lancaster	1980
174-9	Natalie Kaaiawahia (Fullerton)-2	1983
167-5	Jacque Norton (Mission Viejo)-1	1982
167-1	Laura DeSnoo (Washington, Frmt)	1981
184-10	Karen Nickerson (Cordova, RanCord)	1982
162-11	Kim Kesler (Vintage, Napa)	1983
162-2	Lil (III (Nogales)-1	1985
161-6	Linda Langford (Leigh, San Jose)	1969
159-1	Stacy Hom (Cordova (RchCdv)-1	1984
158-7	Toni Lutiens (Righetti, SM)	1983
158-4	Christi Pyle (Hoover, Glendale)-1	1978

400 Meter Relay

(*440 yards minus 0.23)

State Meet Record: 45.13 Berkeley (King, Ware, Johnson, Rodgers) at Norwalk 1981.

45.11	Hawthorne-1 at Walnut 1985
	(Wheeler, Grant, Amy, Stiles)
45.13	Berkeley-1 at Norwalk 1981
	(King, Ware, Johnson, Rodgers)
45.23	Muir (Pasadena) 1985
	(Cantrell, Miller, Wilson, Franklin)



Fine Flicks by Don Gosney



Jacque Norton

45 99 Hawthorne-1 1984 (Allen, Price, Burrell, Grant) 48.06 Poly (Long Beach) 1980 (Evans, Smith, Randolph, Paige) Angeles) 1981 46.14 Dorsey (Los Angeles) Hawthorne-1 (Burrell, Grant, Allen, Hill) Hand Timing (* = 440 yards minus 0.2) Berkeley (Rodgers, Ware, King, Young) Rerkeley 45 9"

1600 Meter Relay

(*mile minus 1.1)

State Meet Record: 3:37.71 Kennedy (Granada Hills)

(Howard,	Cook, Johnson, Howard) at Norwalk 1981	10
3:37.69	Muir (Pasadena)-1 at Walnut)	1985
	(Cantrell, Caddell, Franklin, V	(noaliV
3:37.71	Kennedy (Granada Hills)-1 at Norwalk	1981
	(Howard, Cook, Johnson, H	oward)
3:37.98	Kennedy (Granada Hills)-1	1980
	(Howard, Cook, Howard, H	oward)
3:38.65	Locke (Los Angeles)-1	1984
	(Giddens, Culliver, Sims, Kn	ahten)
3:39.07	Manual Arts (Los Angeles)	
The state of the s	(Holland, Wright, Jackson,	
3:39.83	Poly (Long Beach)	1980
0,00,00	(Rambo, Randolph, Smith,	
3:40.59	Compton	1984
0.10.00	(Bennett, Watson, Hull, B	CHARLES THE PARTY OF
3:41.21	Hawthorne	1985
3:41.33	Berkeley	1981
0.11.00	(Rice, King, Johnson, Ro	
3:41.72	Dorsey (Los Angeles)-1	1982
0.41.12	(Willis, Peterson, Rolfe, Da	1000000
3:42.79	Manual Arts (Los Angeles)	1980
3.42.70	(Holland, Jackson, White,	
3:43.0*	San Gorgonio (San Bernardino)-1	
3.43.0	(Howard, Howard, Howard, H	
3:43.26	Ganesha (Pomona)	1982
3.43.20		
	(Savage, Robinson, Taylor, M	GGTAW)

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SoCal Diary

By BILL MINARIK

SoCal Cross Country Preview

PAC 10

Consistent Oregon appears to have another titlest this year with surprizing Arizona as the runner-up. Washington State is a tough team to handicap as they are usually so small and potent that they can go from NCAA Champions to not even having a full team on the addition or loss of one athlete.

1 Oregon 2 Arizona 3 Washington St. 6 Stanford 7 Oregon St. 8 Washington

4 UCLA 5 Cal

9 USC 10 Arizona St.

PCAA - Men

Fresno State is definitely the class of the conference with 2nd place up for grabs. I'll give San Jose State the edge over UC Irvine which is coming off of probation.

Fresno St. 2 San Jose St.

6 Utah St.

3 UC Irvine 4 CS Long Beach

7 New Mexico St. 8 CS Fullerton

PCAA - Women

1 UNLV 2 UC Irvine 3 Hawaii 4 UCSB

CCAA - Men

CPSLO appears to be on top here, however there should be quite a battle for 2nd.

1 CPSLO 2 Cal Poly Pomona 5 CS Bakersfield

3 CS Northridge

6 UC Riverside 7 CS DominguezHI

8 Chapman 4 CS Los Angeles

CCAA - Women

1 CPSLO 2 CC Pomona 5 UC Riverside 6 CSDominguez HI

3 CS Northridge 4 CS Bakersfield 7 Chapman

SCIAC - Men

As usual this will boil down to a battle between Oxy and Pomona-Pitzer with the Bengals given a slight edge this time around.

1 Oxy 2 Pomona-Pitzer 5 Cal Tech 6 Whittier

3 Redlands 4 Claremont 7 La Verne

UCAC

Stanford appears to be the class of the conference with UCLA a strong 2nd.

Stanford

5 San Diego St.

UCLA 6 USC 3 Arizona

7 CS Long Beach

4 Arizona St.

Community College Men

Taft appears to have the beef to challenge for the Cross Country title this year, with perennial state titlest Grossmont and 3 metro conference powers in close pursuit.

Taft

El Camino Long Beach

2 Pasadena

Grossmont

Community Col. Women

El Camino appears to have another powerhouse here with Mira Costa right on their heels.

El Camino 2 Mira Costa

4 Mt. SAC 5 Santa Monica

3 East L.A.

NAIA Dist. III Men

Azusa Pacific showed their guns by winning the National Track & Field Championships, but I'll go with Point Loma in the long distances.

Point Loma

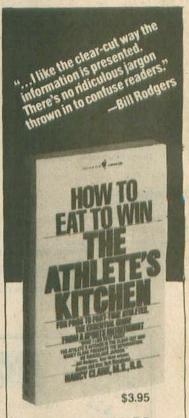
Azusa Pacific

Cal Lutheran Westmont

NAIA Dist. III Women

Still in its early stages of development at most District schools, women's cross country success is built on numbers. Azusa Pacific gets 'em out.

- Azusa Pacific
- Point Loma
- Westmont



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Technique & Training

By ROY STEVENSON

Running Safely in the Heat

With the hot summer months upon us, it's important that we review the one factor that can seriously endanger our lives whilst we are out running; The Heat.

According to the statistics, heat is the single most serious threat to a runner's health, when taking into account heat injury and fatalities as a combined figure. (It ranks above runner's accidents with cars and frostbite). Even elite athletes have been known to have heat problems. It is no coincidence that Salazar and Bill Rodgers perform poorly under conditions of high heat and humidity. In 1978 Alberto Salazar had the last rites administered to him after suffering from heat exhaustion in a 7 mile road race. And who could forget the pitiable sight of Gabriella Anderson-Scheiss staggering around that last lap of the Olympic women's marathon in 1984? It was only a few years ago that a president of the U.S.A., Jimmy Carter, collapsed during a 10K road

In fact it is the semi-conditioned rank and file runner who is the most susceptible to heat problems for a variety of reasons. Even "mere" dehydration can lead to unconsciousness or death if allowed to advance to the next stages of Heat Stroke or Heat Exhaustion.

Let's look at the factors that can combine to cause heat problems for you. They are air temperature, air movement, humidity, direct exposure to the sun, the intensity and duration of your run, and your previous exposure to heat (acclimatization).

We can generally tolerate temperatures as high as 80-90 degrees F. because we can sweat as much as 2 liters per hour, and dry air evaporates most of this sweat. However, as humidity increases, less sweat is absorbed by the already saturated air (vaporization) and we have problems tolerating the ensuing build up of body heat.

The greater the air movement around us, the greater the cooling effect on us. This is because moving air currents enhance evaporation of water. A headwind facilitates evaporation, however a tail wind reduces air flow over the body and actually reduces sweat evaporation.

Direct sunlight can cause a rapid rise in body heat by elevating the skin temperature. This can cause problems because the skin temperature must always be at least 2 degrees F. cooler than your core temperature. When this gradient is

decreased, your skin can act like an insulating blanket.

The intensity and length of your workout obviously contributes to stress produced by heat. When we exercise our body heats up. Our bodies aren't particularly efficient in this respect. Seventy Five percent of our expended energy is turned into heat. Thus, the faster and/or longer we run, the higher the heat load placed on the body.

The amount a runner has previously been exposed to heat (acclimatization) is also a factor concerning our adaptation to it. We can partially adapt out thermoregulatory mechanism, but never completely.

This inability to totally adapt is the bottom line for us. We have to realize that heat will always be a major limitation to endurance activities. Unfortunately, several hundred runners find this out the hard way, every summer. For some, it is a fatal experience.

To be able to prevent or minimize our chances of getting heat problems it is useful to have a basic understanding of what happens physiologically under hot conditions.

As shown from the earlier examples even fit runners can only tolerate a narrow range of internal (core) temperatures. The good news is that a fit person can tolerate a higher internal core temperature than an inactive person. For this reason heat problems usually arise when a runner is not adequately conditioned for a race, or pushing him/herself beyond their limits.

When we get a combination of two or more of the previously outlined sources of heat, the risk of heat injury increases correspondingly. The most formidable combination are simultaneously elevated heat and humidity levels. This mixture places an extra burden on the Cardiovascular and Thermoregulatory systems. It's not coincidence that runners with undetected cardiac problems "choose" hot races to collapse in!

For example, an air temperature of 60 degrees F. with 95% humidity can be more dangerous than a dry temperature of 85 degrees.

In addition, people respond quite differently to heat; therefore adjustments to exercising in the heat should be made on an individual basis.

For most runners though, our bodies try to maintain a 2 degree F. difference between skin and core temperature. The skin temperatures can fluctuate, but it should always be at least 2 degrees F. cooler than the core temperature.

But, with higher heat and humidity levels, combined with the heat produced by exercise, it become more difficult for the body to maintain this difference. This is where the sweating mechanism kicks in. Sweat evaporates to cool the skin. This is the most effective means of eliminating any internal heat load which has built up.

Heat from the body core is carried by the blood to the skin, where as we have learned, it evaporates. Thus the blood is cooled and returned to the body's core. Unfortunately, when the skin absorbs heat faster than sweat evaporation can cool it (due to the previously mentioned reasons), we start running into problems.

The Hypothalamus (thermostat center in the brain) detects this discrepancy and responds by dilating the blood vessels in the skin to permit more blood to flow under the skin to be cooled. It also makes the heart beat faster to pump more blood to the surface, and causes the sweat glands to produce more sweat (to cool the skin).

Then a vicious competition for blood ensues between the brain (which needs 25% of heart output to function), and the working muscles which need more blood but are getting less and less. It is here that inexperienced or foolish runners make a big mistake. Instead of slowing down, they keep pushing themselves. Not wise!

By continuing to push, the runner worsens his/her current stage of dehydration. With this increased sweat loss, the plasma becomes thicker and more viscous, causing the heart to pump harder.

Continued sweating without adequate fluid ingestion amplifies these demands on the circulatory system, which are by now becoming intolerable. At this stage you are now a prime candidate for heat exhaustion, and, if you ignore these signs, heat stroke.

Usually running performance declines about here, putting pressure on the imprudent runner to pick up his pace. Then the competition for blood becomes unbearable and the circulatory system and Hypothalamus shuts down. Blood pressure

■ Technique & Training

drops. Unconsciousness. Maybe death.

This is called heat stroke. It doesn't sound like a pleasant experience does it?

Now that you understand the mechanisms involved in heat injury (hyperthermia) you need to be able to recognized it in yourself or others around you. Warning signs of heat exhaustion include: dizziness, profuse sweating, weakness, dehydration, parched throat and hot red skin.

Warning signs of heat stroke are: headaches, dizziness, disorientation, nausea, pale dry skin, decrease in sweating, fatigue, blurred vision, pounding head, fainting and tingling sensation (goose bumps) on the trunk.

Treatment of Heat Exhaustion

- 1. Do not try to run through these symptoms!
- 2. Stop!
- Find shade and pour water on yourself (or the victim).
- 4. Seek medical help as soon as possible.
- 5. Raise your legs to get blood to the brain (raise heels 8" to 12").

Helping a Victim of Heat Exhaustion

- 6. Keep victim lying down.
- 7. Give victim cold water to drink for 1 hour.
- 8. Loosen clothing.
- Sponge bare skin with cold water or rubbing alcohol.
- 10. Use fan or aire conditioner to create cooling draft.

Treatment of Heat Stroke

- 1. 1-6 as above.
- Treat for shock. (shock = a condition resulting from a depressed state of many vital body functions). Do not cover the victim with blankets.
- Take immediate measures to cool the body quickly. Such as: If the temperature is over 105 degrees F, undress victim (using bath towel to preserve modesty).
- Sponge bare skin with cold water or rubbing alcohol.
- 5. OR apply cold packs continuously.
- OR place victim in tub of cold water,
- 7. OR rub victim with ice.
- 8. Use fan or airconditioner to create draft.
 Prevention of Heat Problems

Here is some advice on how to avoid heat

injury.

As a rule males handle heat less efficlently than females, as do larger people

ciently than females, as do larger people who have less cooling surface for their weight than slim people. It pays to be aware of these factors.

Food digestion interferes with the blood supply to the working muscles, so avoid large breakfasts before a long distance race.

On hot or humid days don't start too fast for your current level of fitness. Don't push yourself beyond your limits under these conditions. You must know your current fitness and be adequately conditioned for your race-if you aren't, you shouldn't be competing. There will always be more 10K's around.

Wear light colored clothing which breathes well and repels the suns rays. Don't run in races organized by amateurs unless they have adequate medical assistance at the start/finish and along the

If your life is jeopardized by poor medical coverage at a race you have a right to de-

mand your money back!
You can usually tell a "mickey mouse" race because it will be scheduled at midafternoon or late morning, presumably so that you can "enjoy the nice day". I ran in a race in Creswell, Oregon, two years ago which started at 2:00 p.m. in 85 degree F June weather. The race director (a supposed "physical educator") thought the heat was great and told us at the start to "enjoy the lovely weather". He wasn't so amused at the finish!

The American College of Sports Medicine in its excellent position stand of "Prevention of Thermal Injuries During Distance Running" has some first class recommendations for race directors to follow. In my opinion, any race director who does not follow these guidelines is negligent. One of the key points is that "races should be organized to avoid the hottest part of the day". Summer events in the hotter and more humid parts of the country should be scheduled before 8:00 a.m. or after 6:00 p.m. to minimize solar radiation. However, in cities with moderate climates like Seattle, any start before 10:00 a.m. should be safe. (Beware of those "freak" days though).

The ACSM also lays down recommendations for the wet bulb globe temperature (WBGT) which is a temperature/humidity index. Race Directors should have an exercise physiologist or sports medicine physician on hand as advisor for hot days. The ACSM also maintains that "an adequate supply of water should be available before the race and every 2-3 km during the race". Runners should be encouraged to consume 100-200 ml at each station.

Let's discuss drinking liquids. The best advice I can give you is to drink lots of cold water before, during and after your training and racing efforts. Make sure you eliminate excess water from the bladder a half hour before you run, then drink 200-500 mls 15 to 20 minutes before show time.

Also attempt to drink at least one cup of water about every 21 minutes during the run. Don't wait for your thirst response to indicate that you need fluids. It will be too late. You could even be dehydrated by then. You practice drinking during your training runs to get used to it. (If you live in the midwest or east coast this is necessary for survivial anyway).

Keep your body wet. Research has shown little physiological benefits in terms of reduced body temperature from icing, sponging and running through showers, etc. But the temporary relief makes this practice well worth it. I have also found that putting ice under my cap and letting it melt is quite refreshing.

A further precaution to ensure your safety during the hot/humid weather racing and training might be to run with a partner, and keep an eye on each other.

It is also not advisable to compete if you have been sick recently, prior to the competition.

On hot muggy days don't try to stick to your planned distance, and be prepared to cut back if conditions are dangerous. Also try to run in cooler shaded areas on excessively hot days.

For acclimatization purposes, attempt to run at least three days per week in conditions similar to those you will race in. If you can't do this, then avoid races held in the heat of the day. Early morning and evening runs will not fully prepare you to tolerate the midday heat. You know the old saying: "If you can't stand the heat, stay out of the kitchen".

Allow 10-14 days of slowly progressive running to adjust to the heat. The benefits of acclimatization are less perspiration at a given workload, and less elimination of electrolytes in your sweat. Also be aware that running in heat burns more calories in the form of muscle glycogen, than cold weather running. Adjust your diet correspondingly.

Now to debunk a few myths.

Salt tablets are not necessary if you are sweating heavily in hot weather. In fact, recent research has indicated that the chloride in salt has a counterproductive effect to acclimatizing to hot weather running. It can actually inhibit your body's ability to deal with heat stress.

Alcohol should be avoided before running in hot weather. It has a diuretic effect on the body and contributes to dehydration.

The use of rubber or nylon sweat suits on hot days is an extremely dangerous practice. Presumably people follow this practice because of the supposed weight loss associated with heavy sweating. This weight loss is primarily fluid loss and is replaced within an hour or two after the run when you drink water.

Lastly, there is nothing "macho" or intelligent about depriving yourself of water on your racing and training runs. In fact, this practice is usually detrimental to performance, and can even lead to heat injury.

For those of you who insist upon electrolyte replacement drinks, they are far too concentrated and can lead to gastrice upsets during competition. These products (ERG, Gatorade, etc.) can be diluted 200-300% for adequate effects and also save you money.

Through this coverage of the types of heat which can cause you problems, it is hoped that you will be more familiar with them. Recognition is half the battle to dealing with heat problems.

It is hoped that the description of what happens to us on the physiological level will give you further insight into the mechanisms of heat injury. Of most importance is a basic knowledge of how to treat the victim of heat injury, and the precautions you can take to avoid these problems altogether.

Good luck and enjoy your summer running safely!

Roy Stevenson is a New Zealander who has been running competitively for 17 years. He is head cross country coach at Shoreline Community College in Washington and has a Masters Degree in Exercise Physiology from Ohio University.

Improving Marathon Performance

When you've progressed to the point where you not only want to finish the marathon but have a time goal, some different elements are added to your training program. To improve endurance, you increase the long run to a final run a few weeks before the race of 28-30 miles. For speed, you run repeat miles, 20-30 seconds faster than race pace, to get used to the hard sustained effort of the marathon.

Starting with five one-milers (walking a few hundred yards between each) you increase by 1-2 miles each session until you run 13 one-milers in your last speed workout two weeks before the race.

These workouts are strenuous and should be performed on alternate weeks. This gives you six days of easy running between each of the hard days.

It is the long run that develops endurance and the repeat miles that develop speed, so run slowly on the long ones. Your goal on the other days is to recover from the stress days. Social runs, easy runs, scenic routes can be planned for these in-between sessions.

Form. Runners of all levels can benefit from form drills—nonstrenuous accelerations—twice a week.

During the Race

Pace. In your first marathon, don't worry about time. Just run to finish. Staying on your feet for 26 miles is a feat in itself. Then, after a marathon or two, you'll have an idea of what you can accomplish and you may want to run for time.

When you do have a time goal, run an even-paced race.

During the first 15 miles, run no faster than the pace you want to average for the entire race. If, after 15 miles, things are going well, you can increase your pace by five seconds per mile.

Run your own race. The marathon is a contest between your will and your resources. Try not to get carried away by the competitive spirit, especially early in the race. Remember that most time goals are lost by going out too fast in the beginning.

Water. Drink at each water stop—at least one cup on cool days and two cups when it's hot. Be sure to drink at the early water stops, even if you're not thirsty; it's common for runners to become dehydrated even before feeling thirsty.

Cramping. If you feel your legs cramping in the latter stages of the marsthon, don't stop at water stations—or at any other time. Instead sip your water while you jog very slowly. This keeps the muscles working in harmony. When you stop completely, the blood pools, circulation slows, and cramping and stiffness may increase.

Recovery After the Marathon

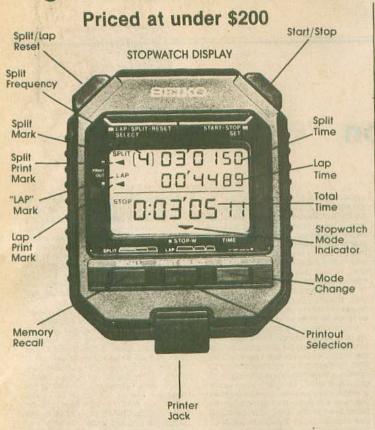
- . Immediately after race: Walk 1 mile.
- . Later that afternoon: Walk 3-5 miles.
- Remember Foster's Rule: A 26-mile race requires 26 days rest.
- Until 'rest days" have been served: Walk/jog for same number of minutes usually run on average days (before you started the speed section of your marathon program).
- Long runs: 12-14 miles about 10 days after marathon; 20+ miles about 21 days after race.

Marathon Goal: To Finish

Week Humber	Bion	(Form)	Wod	Thur (Form)	Pri	Sert	Sun	WATER AND
1	0-2 m.	2	0-2	2	0-2	0	2	This program is
2	0-2	2	0-2	2	0-2	0	3	not designed for
3	0-2	2	0-2	3	0-2	0	4	speed, but for finishing a mar-
4 easy	0	3	0	2	0	0	4	rathon comfort-
5	3	0-2	4	0-2	3	0	5	ably and with
0	0-2	3	0-2	4	0-2	0	8	reduced injury
7	4	0-2	3	0-2	4	0	7	will be no hills or
S cosy	0	4	0	3	0	0	8	speedwork in your
0	4	0-2	3	0-2	4	0	9	training program. Thousands of run-
10	0-2	4	0-2	4	0-2	0	10	ners have followed
71	4	0-2	4	0-2	4	0	11	this program and
12 sesy	0	4	0	4	0	0	8	successfully com- pleted marathons.
13	4	0-2	4	0-2	4	0	12	As you can see,
14	0-2	4	0-2	4	0-2	0	6	it's quite a bit
15	4	0-2	4	0-2	4	0	14	different from other marathon
16 easy	0	4	0	4	0	0	7	training schedules;
17	4	0-2	4	0-2	4	0	16	- the unique features
			0-2	4	0-2	0	8	are the low daily mileage and the
98	0-2	4			4	0	18	long run every
10	4	0-2	4	0-2		0	-	other week.
20 easy	0	4	0	4	0		9	Shown here is a 30 week program.
21	4	0-2	4	0-2	4	0	50	This assumes that
82	0-2	4	0-2	4	0-2	0	10	. your current long
23	4	0-2	4	0-2	4	0	22	constant and the
24 easy	0	4	0	4	0	0	11	your long run is longer than this,
25	4	0-2	4	0-2	4	0	24	
28	0-2	4	0-2	4	2	0	12	
27	4	0-2	4	0-2	2	0	26	current long run
28 easy	0	4	0	4	0	0	13	
20	4	0-2	4	0-2	4	0	12	easy or 5k race
30	0	4	0	2	1	0	M	arathoni

26 Miles, 385 Yards? The first marathon was run at the Olympic Games of 1896 from the village of Marathon to Athens, a distance of about 40 kilometers. In subsequent Olympics, the distance was roughly the same, varying slightly from year to year. In the London Olympics of 1908, the Princess of Wales was to start the race and it was decided to begin on the lawn at Windsor Castle so the royal grandchildren could see the start. The distance to the finish line at Shepherd's Bush Stadium? You guessed it: 26 miles, 385 yards and it's remained the same to this day.

Digital Quartz Stopwatch With Printer, SP11

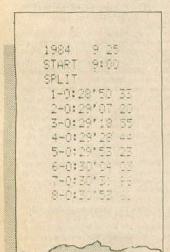


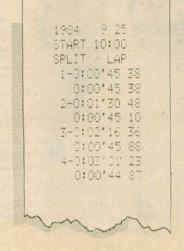
System Printer

The following data is printed permanently on tape:

- 1. Year, Month, Date and Time are automatically printed
- Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
- 3. Places: printed to "99," then start again at "0"
- Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

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Time Base & Accuracy:

Quartz oscillator, ±0.5 seconds (24 hours/70°F)

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9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per foll depending on print selection.

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LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

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Accuracy guaranteed range 23°F to 104°F; operational range 5°F to 131°F.

Dimensions:

Stopwatch: 2.25"W x 2.85"L x 0.7"D

Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

Batteries

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

Standard Accessories:

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Racing Report

San Francisco Marathon

By RICHARD LEE SLOTKIN

July 21. San Francisco.

Ric Sayre's friends had been kidding him for about a week before the marathon. He had won a local race in his home town of Ashland, Oregon on July 4th. The girl who had taken first in that race was Kristi Jacobsen of Denmark, one of the better runners from that country. Sayre had met her in New Zealand at a marathon and they met again at the Cascade Run-off in Portland. She told him that she would be running San Francisco and that she and her boyfriend would be driving down from Portland. So, Sayre invited them to stop off at Ashland and spend a day or two as his guests, and, in the meantime, entered her in the race, much to the disgust of the local ladies. Like, what chance did they have

Anyway, after the race, Sayre's friends started in with the you-guys-won-hereand-you-guys-are-going-to-win-there routine. Well, for Jacobsen, that was pro-bably a pretty safe bet. For Sayre, though, it was more like wishful thinking. I mean, like, was a guy who is running in the 2:15 to 2:18 range going to beat Gidamus Shahanga? This guy's an Olympian from a country that has more talent than some

photo by Richard Lee Slotkin



Brad Hawthorne 3rd Overall - 1st California

continents. Shahanga only has a PR of 2:10:19, only 3 minutes better than Sayre's.

there was Paul Cummings, nothing but speed. A couple more Kenyans one with a 2:11:48 and the other with no marathon experience, but with awesome 10K times, and this is the age of the 10K ace turned awesome marathoner.

Well, it was fun, maybe even a bit encouraging, but, forget it guys. If he could make the top ten, or maybe even the top five, well, that would be just fine. Just high enough to get at some of the prize

Oh yes. San Fran joined the club and had some bucks available for the fast folks. First place was worth an \$18,000 Audi 4000S Quattro, male and female. Even tenth got you enough to pay the rent, especially if you live in Ashland, and if Sayre did get 5th, the thousand dollar check that went with it would not only pay the rent but would take care of the groceries, tune up the car, take the family to a movie and supply a week's worth of beer for his optimistic but misguided friends. That's in Ashland of course, in L.A. It might have paid the rent. The guys

photo by Richard Lee Slotkin



Women's Winner

would have to bring their own beer. As you can see, Ashland is not exactly L.A. It's not exactly San Francisco either, except in one respect, and that was the magic ingredient that made Sayre's chances a lot better than he thought or than his friends really knew. You see, it is cold in San Francisco most of the time, even in mid July. A bit like Ashland maybe. Certainly closer to Ashland than to Kenya. Maybe not as cold as Orem, Utah, but then Cummings was claiming he wasn't really in shape and only intend-ed to run 20 miles as a workout.

Not to change the subject away from the race, but Cummings, nice a man as he is, was just a little bit disingenuous with that story. I mean, you don't pack up from Utah, Ily down to San Francisco to run 20 miles in a marathon that is offering an 18 grand Audi 4000S. Especially when you're a world class athlete. Especially when you have a reputation of going after the bucks even to the point of jeopardizing your chances for an Olympic medal. No, I think Cummings was serious about going the whole way . . . and doing it very quick-

Well, things didn't go as well as they might have at this year's San Francisco

photo by Richard Lee Slotkin



Ric Sayre Men's Winner

Marathon; not for Cummings, not for the Africans and not for the marathon itself. Oh, they didn't have any major disasters. The portable tollets were all there. It was people that they had a shortage of. In-stead of the usual 10,000 or so, there were less than 7,000 officially registered runners at the start. And there were a few no shows in the elite category. But, the crowd was still big enough to where you couldn't miss it. And the weather held

Just before the start, Gary Fanelli came up to the press truck and made an ncement. Fanelli is becoming an institution here, running the first ten miles in his Blues Brothers outfit. This year, he said, he was going to set his hat on fire. Well, when the gun went off, there, right in the middle of the Africans, Sayre, Jose Gomez and the rest of the boys was Elwood, but, so far as I could see, no fire. Now, he might have done the deed later, but for all those of us on the press truck would know, Godzilla and Rodan might have eaten the first thousand runners. The powers that were, in their very finite wisdom, decided that the press truck would race to four or five preselected locations on the course and we would make do with that. We wound up going to only three and by that time we were so far behind the leaders that we would have missed the finish if we had tried to get to the other spots. As it was, we got to point number three, the entry to Chinatown, too late to see the leaders. Fortunately, someone had a transistor radio and we have some idea of what was going on from the race coverage over the radio. And, how do you think they were getting their coverage? They had a reporter, plus former winner Pete Pfitzinger, in a station wagon riding along in front of the leaders.

Exactly where we should have been. Would have been at most any other race. Used to be at this one.

Oh well.

So, at eight o'clock, right about on schedule, the gun was fired and the mob surged. Despite the fall off in size, there were enough people jamming the wide John F. Kennedy Drive in Golden Gate Park to cause those lining up as far forward as the 3:15 to 3:30 (expect finish time) sign to lose a full 45 seconds by the time they crossed the start line. Leading the festivities was Jose Gomez, accompanied by the Kenyans, Shahanga, the Blues Brother, sans firey fedora so far, Sayre, Cummings, a few no-names and some of the local talent. A little further back, Jacobsen was pushing ahead of all the other women, except for Nancy Ditz. Ditz, a former winner here, wasn't sure what she was going to do. She entered at the last minute, to the delight of race director Scott Thomason and elite athlete liaison Mike Fanelli (yes, they are brothers, but not Blues Brothers), but she didn't really expect to run the whole thing. She said she'd see how she felt at 10 miles. She ran in second place for about that far, decided she didn't really have a good marathon in her yet, and call-

Gomez was the point man for the early going, taking the pack through a 4:37 1st mile. We saw him with about a step lead at 21/2 miles. I don't know why he does that. Jose is a very good runner, but he's Jose, not Rodolfo. He goes out front all the time and seems to pay for it most of the time, finishing at least a bit further back than he ought to, given his talent. Anyway, he was being closely talled by the Kenyans, Sammy Ngatia (with a PR of 2:11:48) and Joseph Kipsang, plus Shahanga, a Tanzanian, and about six others including Sayre and Cummings. By about 8 miles the Africans had taken the lead, followed by Cummings in 4th. Ngatia and Kipsang were in front with Shahanga appearing to be playing it cagey a few steps behind. As usual, because it was below 90 degrees, actually, it was more like 55 or 56, Shahanga as wearing a T-shirt. He doen't like it to be cold.

At this time, Sayre was well off the pace, but hoping. Coming through China Basin, crossing the drawbridge, just a bit over 10 miles, it was still Ngatia with Kipsang, both just ahead of Shahanga. The time was 51:21. Not especially fast. Twenty seconds later came Cummings along with Domingo Tibaduiza and Sam Sitonik, another African. Then, nothing. At 52:55, Jose came by, quite out of contention already, and 20 yards behind him came Monte Brothwell, who ended up in 10th place and the last money winner. Somewhere in there was a skinny red head from Ashland.

A few minutes later, Joel Hope, who took second two years ago came by and stopped. Still weak from Grandma's Marathon just a couple of weeks earlier, he had had enough and hopped into the press truck for a ride back to the finish

line and his dry sweats.
We got to Chinatown too late for the leaders, as I said but we did see Sayre come by, looking okay, but, like who knew? So, who really paid any attention? At 1:12:00, Jacobsen pushed up the sharp hill and swung around the corner into C-town. Sixteen seconds later, last year's runner up, Karen Dunn went by. This was somewhere around 12 to 121/2 miles into the race. A local hot shoe Janine Aiello, 3rd at Bay to Breakers this year, came along, really struggling. The hill at this point is steep but it was also quite early; too early to be laboring. This was Alello's first marathon and things weren't going Why? Who knows why? Even she wasn't sure, although she had stomach cramps by then. She dropped out at about 15 miles. She wasn't the only one, Sam Sitonik, another African and one of the early favorites, also dropped out, a bit before Alello, at the half marathon point, Boy, things really weren't going so well for this year's edition of the San Fran-cisco Marathon. Slowish time for the leaders, high attrition among the seeded runners, smaller than usual crowd and well, at least the port-a-potties were there.

One very striking thing at Chinatown was a small group who were playing drums, cymbals and operating a pair of small dragons, apparently signalling good luck to the runners. It seemed rather inspiring, and some of the runners agreed, although many said they were having too much trouble with the hill to appreciate it. I suppose that's the kind of thing that's best appreciated by the middle and back of the pack runners. Anyway, I thought it was one of the best support groups I've seen anywhere.

Meanwhile, the race continued. By 1:37:00, the two Kenyans had about a 40 yard lead on Shahanga and almost a half mile on Cummings in fourth. If that be the case, where in hell was Sayre? I mean, he's going to win this thing and he's not even over the county line yet.

Now things seemed to move a bit faster. Things, not the runners. By 23 miles, Ngatia was leading, going by in 1:58:30, Kipsang nearby, Shahanga was now 50 yards back, and if he was playing it cagey, he was overdoing it. In fact, he had overdone it. He had overdone something because he was about to drop his pace drastically. So, for that matter were the Kenyans. Cummings wasn't doing so hot either, but he wasn't going to fold. However, by now, Sayre had him in sight and although he had written off the Africans . . hat hal Little did he know . . he felt quite sure he could reel in Cumminos, maybe take 4th or so.

then came me snocker. For the first at 2:07:30, it was announced over the P.A. at the finish line, where the press had been cooling its collective heels for about an hour, that Ric Sayre had taken the lead. Who? Sayre? Where did he come from? What happened to the Africans? To Cummings? to ANYBODY??? What the hell was Sayre doing in the lead. Okay, so the Kenyans went out too fast and would have to pay a price. But when you have a 50 yard lead at 23 miles, you can afford to slow down a bit and pull your parts back together. And when you've got a half mile lead on 4th as Shahanga did, geez, you can stop and have a cup of coffee if you want to. And Sayre wasn't even in fourth.

Well, that's why they run these things. You can't call your time in; you have to go out and do it. Ngatla was in the process of coming to terms with his marathon. Kipsang, if you can believe it, was out. Less than three miles to go to an almost certain \$750 and maybe even a grand, and he was gone. Shahanga was fading just as badly and would not break 2:20:00.

Sayre found himself in the lead at about 24 miles and was in a state of total disbelief. "This is a mistake," he told himself. "There's got to be somebody else up there. They're not looking right or something," And that was only the half of it. As he passed each of the Africans in turn, he was almost shocked to see that they were WALKING! He passed Kipsang at about 23 miles; Shahanga at 24, and then, hallelujah! Ngatla at about 24½.

Okay. So now he was in first and there was still over a mile and a half to go. Behind him was an explosive kicker, a sub-four miler by the name of Cummings. Was he worried? "...a little bit...but.! thought it could be anybody. There were enough good people for somebody to come back so easily."

That wasn't to be. Sayre held his pace, he never really picked it up, and that was all he needed to get the win. Time was 2:15:08, slowest they've had on the new course, but the fastest they had this year. Worth that new red Audi and airfare to the Houston-Tenneco Marathon, Cummings came by about a minute and a half later. Coming through the last 200 meters he looked a little lackadaisical, saw the finish line, perked up for about 25 yards and then seemed to sink back into what looked like, for him, a jog. Two minutes later, third place came along. No not Ngatia, not a resurging Shahanga. already told you of his fate . . . but Brad Hawthorne, running his second ever marathon and, to the pleasure of the crowd, a local boy from nearby Pleasant Hill. Then came Ngatia in 2:19:17, and Shahanga was 5th in an almost embar-rassing 2:20:20. Well, he did finish, and in a time that 95% of the running population can't even dream about and earned a thou for his trouble. A thousand bucks can ease quite a bit of the sting of running a poor race.
Robert Nelson was the first master,

Robert Neison was the first master, finishing in 2:30:25 and was 25th overall.

Meanwhile, there was a women's race going on, too. Like the men's race, it was also a slow one. Jacobsen had hoped to be in the low 2:30's but found that she just couldn't hold the 5:45 pace that she had planned. Her boyfriend thought that the cool weather may have been a factor, but she herself didn't say. All she knew was that when she fried to pick up the pace, nothing happened. Karen Dunn also had a minor case of the slows, running 2 minutes slower than she ran here

last year. Last year, she went out too fast and paid for it later. This year, she planned to be more conservative early and reel folks in later. That worked for a while, and by 15 miles she moved into second, passing Patti Catalano. Catalano has been running well again as of late but she was having foot trouble today and wound up coming in 5th, literally limping, but with a 2:43:37, not bad, considering the foot and the marathon she had run only six weeks earlier, in the 2:30's yet. Meanwhile, Dunn was trying, but Jacobsen was maintaining, and Laurie Binder was gaining. So was Charlet Gilbert. Binder, who stays tough year after year, took third and Gilbert PR'd for 4th. San Diego's Oonagh Bruni ran the marathon of her life to take 8th place, get a PR by over 4 minutes to pick up a check for \$500. She said she was really feeling good with 3 miles to go. Early in the race she was as far back as 15th, but toward the end was picking up a lot of places, not to mention bucks. In the last 4 miles, she picked off three F's, the first of which was worth that \$500. The other two were insurance.

And Sandy Kiddy, 16th overall was the 1st female master, with a 2:56:23. Sandy is more inclined to the ultras, so this was just a speed workout for her.

So, that was it. Interesting, even exciting. True, the times weren't great, but they could have been. The talent was there, the weather was right, the course pretty good. Just one of those things, I suppose. For Ric Sayre, it was a great day. His best win anywhere in terms of prestigious races. For sure, his best payday. He was the only person on the course, it seemed, that ran his own race; and it paid off. I said to him afterwards,

"Ric, I saw you take second at Long Beach two years ago and you were a wreck. Here you won, in a faster time and you look great. Funny what a win does." He laughed and said, "The win does something. It gets the adrenaline going and you feel good ... I'll probably feel it in a couple of days but actually, this is the best I've ever felt after a marathon." Small wonder.

Top 100 - Men Ric Sayre, Ashland, OR 2:15:07 Paul Cummings, Provo, Utah Brad Hawthorne, PleasantHill 2:18:39 Sam Ngatia, El Paso,TX 2:19:18 Gidamis Shahanga, El Paso 2:20:19 Stephen Barlow, San Antonio 2:20:48 Dennis Kurtis, Cupertino 2:20:55 Jeffrey Sharp, Eugene, OR 2:21:09 Domingo Tibaduiza, Reno 2:21:55 Monte Brothwell, Belleune, ID 2:21:58 Jim Walker 2:22:11 12 Coty Pickney, Stanford 13 Mike Pinocci, So.Lake Tahe 2:22:25 2:22:51 14 Dave Charlez, FairOaks 2:24:41 2:25:48 15 Mike Williams, Arcata 2:26:07 16 No Name Alan Dehlinger, Reno 2:26:13 18 Chris Pierson, Vallejo 2:26:22 19 John Mansoor, Fair Oaks 20 John Francis Grabowski, AZ 2:26:48 2:29:02 Albertus Reimer, Mt. Lehman BC2:29:19 22 Emil Magallanes, Seaside 2:29:30 2:29:52 23 Jack Martinez, Stanford 24 Tim Loftos, San Antonio 2:30:01 25 Robert Nelson, 2:30:25 2:30:56 26 Martin Rizzo, Portola

continued on next page...

2:31:04

27 Uintana Rodriguez, Mexicali

Marathon Runners Tour of New Zealand

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	28 No Name	2:31:20	61 Tom Sloan, S.F.	2:38:01	94 Thomas Bennett, NevadaCity	2:43:13 2:43:25	24 Marina Boller-Hoyt, Burnsvie 25 Gigi Luthala, MenloPk	3:02:12
	29 Weston Press, Los Altos	2:31:26	62 Rudy Munoz, Reno	2:38:38	95 Dennis Urtlaga, UnionCity		26 Joan Reiss, Sacramento	3:04:11
	30 John Yeong, S.F.	2:31:31	63 Kenny Stumpf, ChulaVista	2:38:44	96 Skip Rochefort, LaJolla	2:43:31		
	31 No Name	2:31:45	64 No Name	2:38:57	97 Robert Lopez, LaHabra	2:43:47	27 Twyla Willis, Greenbrae	3:04:25
	32 Enrique Castro, L.A.	2:31:50	65 Jim West, Hayward	2:39:06	98 Gerald Burke, MillValley	2:43:50	28 Anne Hamilton, Milibrae	3:05:10
	33 Roberto Mendez, S.F.	2:32:00	66 George O'Connor, Piedmont	2:39:13	99 John McIntosh, Redding	2:43:56	29 Paula Beard, S.F.	3:05:18
3	34 Joseph Schieffer, Oakland	2:32:10	87 Joe Gassmann, Hawthorne	2:39:41	100Joe Cavanaugh, Lafayette	2:43:57	30 Cindy Cohagen, SanDiego	3:05:50
3	35 John Skeels, Berkeley	2:32:20	68 Dan Alarid, ElkGrove	2:39:43			31 Kim Rupert	3:06:40
3	6 Thomas Iredale, Spokane	2:32:30	69 Steven Hastings, SanDiego	2:40:05	Overall Results - Women		32 Marilou Heavner	3:06:45
3	37 Art Menchacha, Tucson	2:32:38	70 Jay Uretsky, L.A.	2:40:07	1 Kirsti Jacobsen, Copenhagen	2:38:02	33 Debbie Sawyer	3:07:58
1	38 Bill Frazier, SanBruno	2:32:48	71 Lon Kincannon, S.F.	2:40:19	2 Karen Dunn, Durham,NH	2:39:17	34 No Name	3:08:02
03	9 No Name	2:33:07	72 Mike Steinberg, Denver	2:40:27	3 Laurie Binder, Oakland	2:40:14	35 Theresa McCourt	3:08:25
V	O Juan Rivera, Mexicali	2:33:14	73 No Name	2:40:31	4 Charlet Gilbert, Richmond	2:42:37	36 Debbie Vispo	3:08:45
-	11 Jack Toepfer, Ft.Carson, Col	2:33:20	74 Anthony Bebbington, AZ	2:40:33	5 Patti Catalano, Boston	2:43:36	37 Donna Troyna	3:08:48
	2 No Name	2:33:50	. 75 Not Available, Irving.TX	2:40:38	6 Ann Trason, Berkeley	2:48:01	38 Leida Lux	3:09:03
	3 Douglas Chan, Mt.View	2:34:09	76 No Name	2:40:42	7 Luanne Park, Chico	2:48:26	39 Carrie Morrison	3:09:24
	14 No Name	2:34:20	77 Jose Luis Hinojosa, Mex.	2:40:48	8 Donagh Bruni, Encinitas	2:49:20	40 Susan Elsenberg	3:09:34
	15 Mark Williams, Los Altos	2:34:59	78 Ronald Navarrette Plac.	2:41:12	9 Josita Morales-Baer, Bishop	2:50:53	41 Marsha Stephanik	3:11:54
	6 Cesar Sabogal-Mora, NY	2:35:21	79 Bill Dunn, Campbell	2:41:23	10 Alison Unterreiver, SanCarlos	2:51:43	42 Barbara Mayer	3:13:14
	7 James Harris, Saratoga	2:35:30	80 Barry Giblin, Verona, NJ	2:41:33	11 Lena Hollmann, Carrboro, NC	2:53:04	43 Cindy Hart	3:13:39
	8 Doug Berbana, Modesto	2:35:41	81 Jerry Wittenauer, Stanford	2:41:34	12 Rosalba Tibaduiza, Reno	2:53:40	44 Susan Bryan	3:13:49
	9 No Name	2:35:43	82 Cory Cooper, San Jose	2:41:49	13 Debra Sharp, PortHueneme	2:54:34	45 Lauren Morse	3:14:17
	O Lawrence McKendall, S.Clara	2:36:07	83 Robert Coyle, Sacto	2:41:58	14 Anita Johnson, Mt.View	2:55:36	46 Flora Burke	3:14:20
	Barry Starkey, Hayward	2:36:09	84 David Urbina, Hemet	2:41:58	15 Pam Burkes, Monterey	2:56:20	47 Denise Bedford	3:14:57
	52 Charles Maroney, Mt. View	2:36:12	85 Michael McGle, Chico	2:42:03		2:56:23	48 Michele Schwartz	3:15:27
	3 Dan Rueckert, SanAnselmo	2:36:35	86 Don Rich, Mechanicsville, GA	2:42:07	16 Sandra Kiddy, PalmSprings		49 Viola Phillips	3:15:31
	Mark Adams, S.F.		87 Alexander Zygaczenko, Eureka		17 Chris Iwahashi, Davis	2:57:03	50 Sharon O'Connor	N.T.
		2:36:48	88 Glenn Weichart, Austin,TX	2:42:30	18 No Name	2:58:00	do dimento donne	1000
	55 Jim O'Brien, SanDiego	2:37:19			19 Sherry Simmons, Lomita	2:58:23		
	56 No Name	2:37:21	89 Perry Hayden, Reno	2:42:34	20 Yumi Takahashi, S.F.	2:58:51		
	7 Bob Goralka, Davis	2:37:29	90 Daniel Hollis, Pinole	2:42:37	21 Maribeth Duffy, SanRafael	2:59:23		
	58 Kenneth Grebenstein, MillVly	2:37:40	91 Michael Schweska, Berkeley	2:42:42	22 Susan Schapiro, Berkeley	3:00:42		
		2:27:40			22 tillian blaular Oakland			

2:42:52

2:42:54

Jones Intercable

59 Steve Ottaway, SanAnselmo

60 Steven Burke, Carlsbad

"Cable Stars" 10K Run

By GREGOR ROBIN

2:37:49

August 10. Oxnard.

On a long straight road in an agricultural section of Oxnard, Bill Rodgers was testing Redondo Beach native and 4:03 miler Bob Leetch with little surges and an aggressive race in the third annual Jones Intercable "Cable Stars" 10K run, on August 10.

Lorich, 23, a burly runner in Adidas at-tire of the race until he neared the five mark. Then Rodgers, who had intent to sit back and wait, caught the ex-Kansas State 1500 meter man and ran with him until about five miles where Rodgers' surges finally made Leetch surrender for second.

Rodgers was running alone now, head-ed for a first place finish. His grey running outfit, with colorful designs interupting its formal look, provided a beautiful contrast to the green fields of vegetables stretching out to his right.

it was quiet, that's the first impression one sats of Rodgers' running when there isn't a cheering crowd around. Silence and a graceful stride. Squinting eyes, fair skin and a lightness of foot unmatched by anyone in running, that's Bill Rodgers.

Except for the hum of a van carrying a television camera crew and a few bicyclists riding nearby, Rodgers was silently striding toward the tape, which he hit in 29:03.

Watching Rodgers race starts one thinking about so many stories. The Trials in 1978, when he and Frank Shorter, (also at the Oxnard race)
ran so smoothly together before Shorter surged, to finish first.

You think of Boston, not just the race ne town. And all the millions of peoa's acknowledged before and after races. Rodgers stands for years of racing experience, the running boom, and many people's epitome of athletic greatness.

To see him cover ground so lightly, so gracefully, it's like watching a carefully

planned ballet.

92 Tom Eng, Novato

93 Jay Helgerson, S.F.

The race attracted 456 runners, it was one of the 25-27 races Rodgers plans to

compete in for the year.
Rodgers, Shorter, Von Kardons, Jeff
Galloway and Amby Burfoot were invited to the race and each runner competed. Shorter ended up sixth running 30:18, 12 seconds faster than the time he said he wanted to run. Kardons completed the race in about 31 minutes while the other heros of distance running past finished further back.

The day before the race Shorter and Rodgers were relaxing at a hotel in Ventura. Shorter was the first to be interviewed. Sandy Schultz, the race promoter, walked into the interview room and said Shorter was ready and he'd be in in a minute. Rodgers would come in later, looking more glassy-eyed and fatigued, yet just as cooperative.

When Shorter walked in and sat down in the comfortable chair, he was ready to talk, ready for a look into the past and a few predictions of the future.

In his yellow running shorts and t-shirt, the tanned 38-year-old gold and sliver medalist in the Olympic marathon looked fit, happy and very alert.
He said he's been traveling to two

races a month, at the most. His training now consists of 50-miles a week running and five hours a week of aerobics and exercise bicycle training in his hometown of Boulder, Colo. He looked like his lifestyle has been good to him. Afterall, who wouldn't be happy being flown out of Boulder to classy races to be housed in the best hotels, and wined and dined in the best restaurants?

"I like the West Coast," Shorter said when asked if he'd ever think of moving "I have a friend who lives in Ojai. like the weather, the vegetation and the air. I'm a warm weather person. I like the

sun. But my business is in Colorado. I would consider moving to this area for a while to get away from my business."

23 Hilary Naylor, Oakland

Throughout the interview, Shorter ex-pressed discontent about the time he must spend with his business interest He said he'd rather be training like the old

"I think the goal as I approach 40 is to spend two to three years to prepare," he said. "Go into semi-retirement in

Shorter said he knew it would be a long road back to peak fitness. It is easy to talk about, but doing it is another thing altogether

"I wish I was sitting here telling you just how fast I'll be running instead of what kind of training I should be doing," he said. "I'd rather be able to sit here and

say I'll run 28 to 30 minutes tomorrow."

But those kind of times, even for Shorter, require devotion, which he says he hasn't been able to find time for. But he doesn't look back and wish for things that can't be.

Part of my whole orientation is not to live in the past," he said. "That goes along with my whole training to begin with. It went along with school and running. But once you get to 35 and you are injured you lose focus. It's not just the act of training. It's the whole focus. But I don't look back and reminisce.

'Whatever level I find myself at, I'll be

photo by Gregor Robin



At the starting line (left to right): Gary Tuttle, Tracy Smith, Bill Rodgers, Frank Shorter, Mickey Mouse.

business, try and get back into it. I'd kind of like to live for it again - training and rac-ing. Working for a living is really back on

He said that he enjoyed seeing what he could do off the lower mileage and supplementary workouts.

"It's interesting to see how I can do," Shorter said. "I've been away from racing for so long, I'm itching to get back."

very competitive. Tomorrow I'll try 30:30. I'll try and achieve my goal.

Shorter did look back and talk about the incredible amount of training he did before his gold medal run.

'A big week was probably 170 miles at 8,000 feet in altitude," he said of his training the year before the 1972 Olympics. "That's training three times a day sometimes and intense speed training three times a week. That was the peak. The average for the year was 140 a week." Shorter said his training was only part

of his buildup for the sold medal.
"So much isn't just training," he said.

"So much isn't just training," he said.
"It's rest and recovery, 10 hours sleep and having time to recover."

Recovery time is something Rodgers, 37, doesn't need as much as most world class runners, Shorter said.

"I'm amazed that he is able to race as much as he does," Shorter said. "Bill is able to run a great number of very good races in a row. He does use races as workouts, (while) I would peak for a race."

Shorter said world marathon record holder and 1984 Olympic champion Carlos Lopes, 38, or Portugal trains the Frank Shorter way.

Frank Shorter way.
"He's a peaker," Shorter said. "He's a lot like I am. He runs only a few races a year and trains hard. Peakers have a better chance in the Olympics."

"In a sense I think Bill is saying, "Gosh, I wish I could be able to peak that way," and I'm sitting here wishing I could run that many (quality) races.

that many (quality) races.
"You look at Lopes and say, 'Gosh,
how does he do it?' Well, that's all he
does. He had not been hurt for four
years."

Shorter said peaking includes, "consistency, a schedule, faith and experience. The temptation to avoid is deviating from the program."

On the problems of handling his success, the publicity and the demands, Shorter said it didn't trouble him.

Shorter said it didn't trouble him.
"It never bothers me," he said. "Most people are nice. I've been in business for 10 years, I see the good side of people. I see people at their best.

"People want to interact. They want to learn, You can teach people. Most people want to learn something from you. I don't mind that."

Shorter said he thinks one reason for the lack of success for American marathoners in the 1984 Olympics and in general is money.

"Most (top) American athletes race too much," Shorter said. "They race for money. That's OK. Money's fine. But in endurance sports money afters the perspective. To have good success in long distance you don't race very much. Even I am a victim of that."

He said there was a long way to go

He said there was a long way to go before American runners get out of the pattern.

One thing that saves him from overtraining is the hard easy system which goes back to the Bill Bowerman days at Eugene, Oregon, where his friend and 1972 Olympic marathon fourth place finisher Kenny Moore ran.

"Bowerman told Kenny, (who would have hard days of up to 30-plus miles) that if Kenny ddn't run five miles on his easy days he'd take away his scholarship."

On his Olympic experience, and if he feels he is different than the average person, Shorter said:

"I think certain personalities gravitate to certain sports. I was lucky to have the desire and be blessed with the body type. I was a downhill skier but found out very fast I didn't have the mentality. I was chicken. Running you have to go to the limit and stay just this side without going over the edge, unlike downhill racing where you go over the edge," he said. He is still excited by the sport and is

He is still excited by the sport and is impressed with the athletes involved. "There is a certain commonality," he

There is a certain commonatry, he said of the lifestyle. "I'm training because I want to. I get satisfaction and reduce stress. The nice thing about looking at us (Rodgers, Shorter, Kardons, Galloway, Burfoot) at 35-years-old is you can see we're all fit. I'm the kind of guy who sees three people running down the street in the same direction and I jump in and say, "Where are we going?"

'Where are we going?"
Shorter had done a run with Rich
Castro of Nike, another reporter and Burfoot earlier in the day. As he stood up get-

ting ready to leave the interview room he was asked how far they went.

"Thirty five minutes, five miles," Shorter said, as if it wasn't anything to brag about. "We're beyond the point of exaggeration!"

As Rodgers accompanied race promoter Schuitz into the empty interviewing room, save one reporter, he asked, "How's the coffee?"

He didn't drink any during the interview, probably planning ahead for the naphe'd take afterwards.

photo by Gregor Robin



Bob Leetch - 2nd overall

Rodgers said he was content with his lifestyle in Sherborn, Mass. where he and his wife Gail have a home. He did say he almost moved to California in 1973, but felt intimidated because he didn't have a job or a place to live here.

"New England is where road racing began," Rodgers said. "Boston is the No. 1 city in the world for running. You see runners everywhere."

Rodgers sat in the same chair where Shorter had reclined and glanced at the reporter's pad of paper while he spoke freely about his life and running ex-

His wife is expecting their first child. He plans to run the upcoming New York Marathon in October. He said he'd race nearly every weekend until the weekend before New York, leading up to his second marathon this year. He placed second in the New Jersey Waterfront Marathon in 2:14:46 a few months ago.

He ran the fastest time he's ever run on the course at the Bix-Seven Miler on July 27 (32:59) to place second behind Mark Curp, so Rodgers is still in the hunt. "I think it was my best race so far in

1985," he said. "I was sort of surprised." The basic distance work and speed work is what keeps Rodgers competing with the best. He says the training is tough, as always.

"People often think that running isn't hard," Rodgers said. "I almost never feel good on my training days, I go to a track workout and don't believe I'm going to do

The way he overcomes the constant pains and strains is to tell himself to just 'Do the best I can.'

He's averaged 105 a week for the past six weeks, with a big mileage week of 120, he said. He does five to 10 miles of speedwork each week also.

A factor that is affecting his racing is the change from races having appearance money to having prize money for placing

"One thing that's harder is a lot of races I was Invited to had appearance money, (now) they have prize money," he said. "I've run more races for free this year than in the past 10 years."

He and Shorter have started to change their racing preferances.

"I think we both got off the big race circuit," he said. "We both go to small races to promote them."

He's changed a few of his goals, although he plans on making his third attempt for an Olympic Marathon team in the 1988 Olympics.

"My goal is to do as well as I can considering I've run 43 marathons," Rodgers said, "I'll probably aim for the Olympics in 1988. I don't expect to make it. I'll be 40. But, I think with the exception of Carlos Lopes, I have a chance to be the best masters marathoner in the world.

He said he plans on attempting to better New Zealander Jank Foster's master's marathon world record of 2:11-when he turns 4"

Like shorter, Rodgers tries not to look back too much.

"You do tend to look back, but it's kind of a negative thing," he said, "You say, 'Well I did well in '75 and ... You have to be leary unless you make yourself more competitive (by looking back).

Rodgers gave his impressions of Lopes' success and put a new light on the subject of the Lopes world record 2:07.11 and his Olympic title

and his Olympic title.
"Obviously he's very exceptional just as Viren," Rodgers said. "He is living in Europe. That system allows for more peaks. Also Lopes was out for three years with injuries. It gave him a mental break. And he had been there before."

Rodgers said that once Lopes achieved the success in the 1972 Olympics (he won a silver medal in 10,000), Lopes made his goals higher. The three injury years away from racing made him that much more hungry. Rodgers said he heard Lopes was unsatisfied with the silver medal, and that he probably stored the desire for the gold throughout the injured years.

On his own training, Rodgers said that training has always been natural to him. He lives for it, yet has it under control.

"I think it's not something that you have to force yourself to do," he said. "It's my personality, the type A, or agresive type of personality. I didn't have goals, (when he started). In a certain sense you could say I ran for the 'love of it'."

Rodgers says the amount of racing he's doing now doesn't vary much from when he was on top of the running pyramid.

"I have a heavy fall schedule, just like the old days," he said. "But the rest of the year is not intense."

When asked what he'd like to say to California runners he said they should do exactly what he was doing that next day on the open road in Oxnard.

"I hope your running goes smoothly," he said. "You want your running not to be too hard."

After the Jones Intercable 10K Rodgers could be found surrounded by smiling faced runners happy to be close to him and acting, as Shorter said, "at their best."

Shorter signed autographs also and then walked to a car to change his shoes. When asked how the race felt, Shorter

"Good! I was right on my anaerobic

HIS HEXT FACE - "I'll go run Fairmouth

As Rodgers signed more autographs, joked with young and old alike, third place finisher Gary Tuttle (29:38) of Ventura spoke of the race, one which he had made a bid to win by going out with

Leetch early on,
"I wish I'd of been up there with them,"
he said referring to when Rodgers and
Leetch were dueling at about 5 miles, "He
(Rodgers) is a great runner at any age."

Rodgers kept signing autographs and

spoke to a reporter about the race.
"I though it was going to be Gary (Tuttle) but it turned out to be this other guy," he said. "It's always hard to go out and lead. He (Leetch) was very strong, Maybe he would have won if he had held back."

A nice compliment from Rodgers to enother one of the hundreds of young atmetes trying to carrell in reminiscing at his own game.

Gregor Robin is a freelance writer and a 2:35 marathoner from Santa Barbara.

Overall Results - Men's 10K

1 Bill Rodgers

100	Dill Hougela	29.00
2	Bob Leetch	29:17
3	Gary Tuttle	29:38
3.45	Gordon Christie	30:05
5	Andy DiConti	30:14
8	Frank Shorter	30:18
6	Chuck Smead	30:47
	Overall Results - Women's 10	100
1	Elaine Campo Triplett	37:08
1 2	Mary Ryzher	37:31
3	Pauline Brown	37:37
4	Kathleen O'Neill	37:37
5	Susan Lunt	37:39
	Overall Results - Men's 5K	
1	Steve Blum	15:48
100	Barrier Barrier and Committee	22

2 Dave Babiracki 16:03 3 Dave Ortiz 16:05 Overall Results - Women's 5K 1 Anne Hayden 18:19

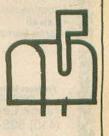
 1 Anne Hayden
 18:19

 2 Claudia Morales
 18:52

 3 Terri Goodreau
 18:54

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Taco Bell Summer Games

July 13. Warmerdam Field, Fresno.

100 Metera: (35-39) 1. Glenn Johnson 11.0, 2. Roger Trujillo 11.4, 3. Marvin Thompson 11.7, (50-54) 1. Phil Presber 11.7, 2. Jerry Stanners 13.0, 3. Tom Slaven 13.2, 4. Ray Griffin 14.9. (55-59) 1. Frank Corrales 14.8.

200 Meters: (30-34) 1. Bobby Aragon 26.3. (35-39) 1. Glenn Johnson 22.5, 2. Steve Hardison 23.2. (40-44) 1. Dennis Duffy 23.6, 2. Dave Romain 25.6. (45-49) 1. Gary Carr 31.8, 2. Fred Enom 46.3, 3. Hugh Adams DNF. (50-54) 1. Phil Presber 24.8, 2. Tom Slaven 28.1. (55-59) 1. Frank Perales

400 Meters: (35-39) 1. Jerry Baladad 57.2 (40-44) 1. Dave Romain 53.6 (45-49) 1. Jerry Carr 1:10.4. (50-54) 1. Ray Griffin 1:02.3, 2. Tom Slaven 1:06.7. (55-59) 1. Frank Perales 1:12.6.

800 Meters: (30-34) 1. Bruce Watkins 2:26.6. (35-39) 1. Ray Reyes 2:25.3. (40-44) 1. Dave Romain 2:00.9, 2. Fernie Montanez DNF

110 HH: (30-34) 1. Mike Saafir 16.4, 2. Gary Schmidt 16.8. (45-49) 1. Hugh Adams 15.8. (50-54) 1. Jerry Stanners 18.0, 2. Dave Douglass 19.6.

Below Best

AIRFARE

For More Information

CONTACT

Jack Leydig

(415) 595-2249

 Continental US •Hawaii

·Some Europe

400 IH: (45-49) 1. Gerald Tatham 1:15.3, 2. Hugh Adams 1:15.3. (50-54) 1. Jerry Stanners 1:15.3.

Discus: (30-34) 1. Gary Schmidt 116-6. 35-39: 1. Mike Holzgang 90-9. (40-44) 1. Lloyd Higgins 168-5, 2. Jim Glinn 119-1. (45-49) 1. Richard Rodarte 121-11, 2. Gerald Tatham 99-2, 3. Jim Clark 91-2. (50-54) 1. Dave Douglass 101-11, 2. Jerry Stanners 90-5. (65-69) 1. Quinto Merlo

Hammer: (40-44) 1. Lloyd Higgins 169-4. (50-54) 1. Dave Douglass 125-7

(30-54) 1. Dave Douglass 120-7.
Pole Vault: (30-34) 1. Regg Holbert 9-6.
(35-39) 1. Steve Hardlson 15-0, 2. Rich Ying 10-0. (40-44) 1. Mike Morris 12-0. (50-54) 1. Jerry Stanners 10-6, 2. Dave Douglass 8-6.

Javelin: (30-34) 1. Gary Schmidt 161-3. (35-39) 1. Mike Holzgang 133-1. (40-44) 1. Lloyd Higgins 182-4. (45-49) 1. Larry Stuart 207-5. (50-54) 1. Dave Douglass 108-8, 2. Jerry Stanners 101-6.

Jerry Stanners 101-0.

Long Jump: (30-34) 1. Mike Saafil 18-0½; 2. Gary Schmidt 17-10. (35-39) 1. Roger Trujillo 20-11½. (40-44) 1. John Lawson 17-0. (50-54) 1. Jerry Stanners

Triple Jump: (35-39) 1. Roger Trujillo 43-91/2. (40-44) 1. John Lawson 34-4. (50-54) 1. Don Smith 35-81/4, 2. Jerry Stanners

Shot Put: (30-34) 1. Gary Schmidt 40-6. (35-39) 1. Mike Holzgang 33-7. (40-44) 1. Jim Glinn 43-4. (45-49) 1. Jim Clark 26-3. (50-54) 1. Dave Douglass 34-7, 2. Jerry Stanners 32-2. (65-89) 1. Quinto Merio 40-0

High Jump: (30-34) 1. Michael Saafir 6-8. (35-39) 1. Roger Trujillo 5-8. (40-44) 1. John Lawson 4-10. (45-49) 1. Gerald Tatham 5-0. (50-54) 1. Don Smith 5-2, 2. Jerry Stanners 5-0, 3. Dave Douglass 4-6, Gerald 4. Ray Griffin n.h.

Track City Int'l Classic

July 12-14. Hayward Field, Eugene, Or. Young Men's Results

100 Meters: 1. Curtis Rogers (Sacto)

200 Meters: 3. Ralph Banks (Ventura) 22.60.

400 Meters: 2. Ralph Banks (Ventura)

50.08 1500 Meters: 2. Adam McAboy (Orinda)

4:02.63, 5. Mike Wall (Lassen TC) 4:08. 3000 Meters: 3. Adam McAboy (Orin-da/Unat.) 8:44.5, 4. Mike Wall (Lassen TC)

400 Hurdles: 3. Lonnie Crittenden (L.A.) 56.85

400 Relay: 1. Philippians TC, Sacto. (Wynkoop, Rogers, Coleman, DeLeon)

Pole Vault: 1. Brandon Richards (Unat/Santa Barbara) 17-03/4.

Long Jump: 3. Christopher Quilantang (Stockton) 21-2.

Shot Put: 2. Ken Lauther (Ventura Co.)

Javelin: Marc Tourville (Unat.) 194-4. Intermediate Boy's Results

100 Meters: 2. Quincy Watts (Canoga Park) 10.95, 3. Anthony Pack (Canoga Park) 11.01.

200 Matera: 1. Quincy Watts (Canoga

400 Meters: 2, Robert Harris (Ventura Co.) 50.39.

1500 Meters: 3. Haissam Sabra (Santa Ana) 4:04.41

110 Hurdles: 2. Malcolm Dunbar (Berkeley) 16.09.

400 Hurdles: 1. Albert Pride (Richmond) 56.76.

400m Relay: 1. Ventura County Track Club (Chambers, Gibson, Harls, Carnes) 43.39, 2. West Valley Eagles (Canoga

Mile Relay: 2. West Valley Eagles (Canoga Park) 3:30.15, 3. Grant Track Club, Richmond 3:32.2.

3000 Race Walk: 1. Hector Flores (San Jose) 15:21.9, 3. Joel Rapp (Ventura Co.)

High Jump: 1. Luis Juico (San Jose) 6-10

Pole Vault: 1. Brent Burns (Lafayette) 15-10, 3. Geoff Burke (Lafayette) 12-0.

Shot Put: 1. Ralph Orton (Porterville) 46-61/4, 2. Ken Hoeflinger (Ventura Co.) 46-6. 3. Kevin Marks (Grass Valley)

Discus: 1. Scott Paulson (San Bernardino) 138-6, 2. Raiph Orton (Porterville) 137-5, 3. Ken Hoeflinger (Ventura Co.)

Javelin: 3. Ken Hoeflinger (Ventura

Young Women's Results

1500 Meters: 1, Angela Bonomini (Unat./Red Bluff) 4:44.24.

3000 Meters: 2. Wendy Knox (Unat.) 10:44.7, 3. Monica Daley (Los Gatos) 10:55.1

100 Hurdles: 2. Jescia Casimir (S.F.) 15,16.

3000 Race Walk: 3. Jan Olsobrook (Forestville) 18:00.0.

Triple Jump: 2. Euphemia Neely (Long Beach) 35-73/4, 3. Christine Cerkel (Milli Valley) 35-43/4.

Javelin: 3. Lisa Johnson (Long Beach)

Intermediate Girl's Results 100 Meters: 2. Nicole Devoe (San Jose) 12.57, 3. Stacey Rogers (Sacto) 12.58.

200 Meters: 1. Nicole Devoe (San Jose)

800 Meters: 2. Angela Stearns (Los Gatos) 2:20.0.

1500 Meters: 1. Angela Stearns (Los Gatos) 4:48.69, 2. Kathy Dalton (Sonoma) 4:51.22

3000 Meters: 1. Kathy Dalton (Sonoma) 10:29.4

400 Relay: 3. Los Gatos AA 50.80. Mile Relay: 1. Los Gatos AA (Ruiz,

Jensen, Sprowl, Stearns) 4:04.44.

3000 Race Walk: 1. Sybil Perez (San Bernardino) 15:50.56, 2. Carolyn Holguin (San Bernardino) 17:04.20.

Triple Jump: 2. Lezli Jensen (Los Gatos)

Shot Put: 3. Heldee Ruiz (Los Gatos) 34-73/4

Javelin: 2. Brooke Reyes (Santa Bar-

U.S. Jr. Olympic Track & Field Championships

July 24-28. Husky Stadium, U of Wash. Seattle, WA.

Young Men's Results 200 Meters - Heat 1: 1. Fred McCoy (Indianapolis, Ind.) 21.80 (McCoy will at-

(Hadarapolis, Ind.) 21.80 (McCoy will attend Pasadena City College in the fall).
200 Meters - Final: 2. Fred McCoy 21.85,
1500 Meters - Heat 1: 3. Ell Gonzales
(Bakersfield) 4:02.16. Heat 2: 5. Matthew

Hopkins (Fredericksburg, VA) 4:04.95 (Hopkins placed 22nd in Kinney National) 1500 Meters - Final: 1. Matthew

Hopkins 3:55.55, 5. Ell Gonzales 4:01.70. 5000 Meters - Final: 2. Mike Wall (Susanville) 15:13.75, 6. Roger Dix (South Lake Tahoe) 15:32.82.

10,000 Meters Road Race: 1. Andrew Libert (Honolulu, Hawaii) 33:09 (Libert finished 19th at Kinney Western.), 3. Russ Hill (San Jose) 33:52.

400 Hurdles - Heat 2: 5. Phillip LeCompte (Milibrae) 57.85

3000 Meters Race Walk - Final: 7. Charles Hooks (Jamesville) 17:37.9. High Jump - Final: 11. Gregory Brown

(Elk Grove) 6-4. Pole Vault - Final: 11. Jeff Juhala (An-

tioch) 11-11%. Shot Put - Final: 5. Robert Strom (Sacto)

54-8¾, 13. David Lambert (Saratoga) 48-0. Decathlon - Final: 17. John Bogler (Fresno) 5029. DNF - Mike Carpenter (Simi Valley) 2290 (4 events).

Young Women's Results

800 Meters - Heat 2: 1. Kelly Roark (Littleton, Colo) 2:17.87 (Roark will attend UCLA in the fall), 5. Jana Jarosz (Oakland) 2:29.17

800 Meters - Final: 2. Kelly Roark 2:15.40.

1500 Meters - Final: 14. Sandrine de Marval (Portola Valley) 4:59.0(h), 16. Kim Himenes (Menio Park) 5:05.4(h), 17. Jana

Jarosz (Oakland) 5:09.7(h). 3000 Meters - Final: 10. Kim Himenes (Menio Park) 10:43.3(h), 14. Sandrine de Marval (Portola Valley) 11:17.0(h).

100 Hurdles - Heat 1: 3. Jessica Casimir (S.F.) 15.22. Heat 3: 3. Staci Leach (Thou-sand Oaks) 15.85.

100 Hurdles - Final: 5. Jessica Casimir 15.15

400 Hurdles - Heat 1: 2. Staci Leach

(Thousand Oaks) 65.73. 400 Hurdles - Final: 8. Staci Leach 77.2(h).

4 x 880 - Final: 4. Woodside Striders 10:00.74, 7. Millbrae Lions TC 10:40.44

Shot Put - Final: 10. Hannah Rehder (Santa Maria) 38-41/2.

Discus - Final: 10. Christine Sexton (San Bruno) 121-9, 12. Lori Parker (Ramona) 120-11. Javelin - Final; 1. Erika Wheeler (Se-

quim, Wash) 168-7 (betters Championship record of 165-10 by Lynda Hughes; Oregon in 1980;Wheeler will attend Stanford in the fall), 11. Kary O'Malley (Bakersfield) 91-10, 14. Ashley Andeen (Menlo Park) 67-1.

Heptathion - Final: 11. Mara Konopasek (Sebastopol) 3801.

Intermediate Men's Results 1500 Meters - Heat 1: 1. Enrique Ryan

(Honolulu, Hawaii) 4:03.55 (Ryan was the top freshman at Kinney Western.)
1500 Meters - Final: 2. Enrique Ryan

(Honolulu) 4:00.79. 5000 Meters - Final: 5. Steve Lopez (San Jose) 15:18.64.

10,000 Meters Road Race - Final: 1. Steve Lopez (San Jose) 33:49. Pole Vault - Final: No Height, Patrick M.

Alduenda (Pomona).

Triple Jump - Final: 8. Stephen Lewis (West Sacto) 43-01/2 (+1.94 mps), 13. Timothy Young (Los Angeles) 41-31/4.

Javelin - Final: 9. Kenneth Haeflinger (Thousand Oaks) 148-11.

Intermediate Women's Results 100 Meters - Heat 2: 3. Shawnette Sapp (San Diego) 12.97.



200 Meters - Heat 3: 5. Shawnette Sapp (San Diego) 28.55.

400 Meters - Heat 2: 4. Mary Sprowl (San Jose) 59.71. 800 Meters - Heat 1: 2. Joann Arnold (Palo

Alto) 2:17.40.

800 Meters - Final: 6. Joann Arnold 2:19.97

1500 Meters - Final: 3. Joann Arnold 4:49.76 3000 Meters - Final: 11. Katy Mc-

Candless (Portola Valley) 11:03.4(h). 10,000 Meters Road Race - Final: 6.

Angela Steams (San Jose) 42:28. 100 Hurdles - Heat 2: 1. Effie Daetz (San Jose) 15.16.

400 Hurdles - Heat 1: 7. Sheryl Gwin (Santa Rosa) 74.1(h).

4 x 100 - Heat 2: 4. Los Gatos Athletic

Ass'n., 49,36.

4 x 100 - Final: 5. Los Gatos AA 48.70. 4 x 440 · Heat 1: 4. Los Gatos AA 4:05.99.

4 x 440 - Final: 4. Los Gatos AA 4:01.08. High Jump - Final: 15. Lariesa Roostee (San Juan Capistrano) 5-1. Long Jump - Final: 7. Lezii Jensen (Los

Gatos) 17-51/2 w (+4.76 mps).

Triple Jump - Final: 3. Lezii Jensen (Los Gatos) 38-51/2w (+3.08 mps). Shot Put - Final: 7. Heldee Ruiz (Los

Gatos) 38-7. Diecus · Final: 7. Laurie Edelbrock (Lompoc) 112-0.

Javelin - Final: 3. Ashley Selman (Santa Ana) 127-0, 6. Laurie Edelbrock (Lompoc)

Heptathion - Final: 2. Heldee Ruiz (Los Gatos) 4157.

Masters Track & Field Results

TAC Decathlon Championship

July 5-8. Point Loma College, San Diego. Meet promotors were expecting a small attendance at the National Masters Decathion and Heptathion championships because it was held less than a week after the end of the world championships in Rome but they were in for a surships in Home but they were in for a sur-prise. 55 athletes from 17 states entered from as far away as New Hampshire, North Carolina, Washington and all over California making it truly a national championship. Was it the challenge of the decathlon or the beauty of San Diego that attracted the competitors? That we'll never know. Missed were probable medalists Dale Lance, Gary Miller, Leon Trout, Hal Wallace, Al Brenda and Gilberto Gonzalez who were in Rome.

There were four new decathlon age records set: 6507 IAAF points for age 38 by Rex Harvey, 6450 IAAF points for age 39 by Dave Robinson in his first masters decathion competition, 5294 IAAF points for age 48 by Ed Oleata and 3880 IAAF points for age 64 by ageless Bob Morcom, In addition Morcom set a new age 64 pole vault record of 3.64 meters (11-111/4).

There were a couple of hard fought batties with the outcome in doubt until the final event. Veteran Rex Harvey and newcomer Dave Robinson traded the lead back and forth with each event until a 14-71/4 vault by Harvey squeaked out a 57 point victory. In the 50-54 age group Ray Fitzhugh, Woody Grover, Hector Cisneros and Jerry Stanners traded positions with each event before finally finishing in the above order with only 233 points separating all four.

Age factoring was used for this meet for the first time, it presented one problem. The mathematical manipulations took so long that the scoring was always two events behind. This means that many the athletes had no idea where they stood during the competition. This was no problem for the competitions that weren't close but it kept some of the athletes from knowing how close they were from winning or losing a medal.

Generally, it was liked by all and it was voted to continue It's use at least one more year. Age factoring offers a few advantages. It puts all athletes on an equal basis regardless of age, it shows the athlete how his performance of that day would have fared it he were in his prime, and it allows the athlete at the end of his age group to compete on an equal basis with someone at the beginning of his age group. In spite of this age factoring only



Woody Grover 50-54 placer

caused changes in two finishes over the old IAAF scoring: it swapped 2nd and 3rd in the 40-44 group and it swapped 2nd and 4th in the 50-54 group. If the entire meet had been age factored the five highest scores would have been:

Boo Morcom (64) Ed Oleata (48) Dave Robinson (39) 7732 7578 Rex Harvey (38)

Jerry Reiserer (55) 6959 A heptathion competition was also held but only two athletes entered, Penny Gilkey from Oregon and Alice Leicht from San Diego. They both had a good time but would have loved some competition. Maybe next year.

Drake Stadium in Des Moines, lowa has the inside track on the 1986 meet but there were some rumblings that Eugene, Oregon may bid for the '86 meet also. The decision will be made at the TAC convention in December. Keep practicing and we'll all get together for another friendly competition next July.

Northern Calif. Seniors Classic

July 20. Edwards Stadium, Berkeley.

Men's Results 100 Meters: (80 & O) 1. Robert Boothe 27.6. (75-79) 1. Fred Blerlein 17.8. (70-74) 1. Harry Koppel 14.4, 2. John Satti 15.2, 3 Alan Cranston 16.8. (65-69) 1. Sam Hoover 15.4. (60-64) 1. Bob Roemer 13.5, 2. Jim Johnson 14.1, 3. Bill Toaspern 14.9. (55-59) Huel Washington 12.7, 2. Dick Marlin 12.7, 3. Vernon Regier 13.1. (50-54) 1. Phil Prasber 12.2, 2, Richard Hansen 12.4, 3 John Poppell 12.8. (45-49) 1. Martyn Adamson 12.0, 2. Carlos Munoz 15.5, (40-44) 1 Dan Fitzsimmons 11.4, 2. Walt Butler 11.4, 3. John Hartfield 11.5. (35-39) 1. Fred Booker 11.0, 2. Norbert Payton 11.0, 3. Glenn Johnson 11.2. (30-34) 1. Akin Lewis 11.0, 2. Lee Larkins 11.4, 3. Roger Smith

200 Meters: (55-59) 1. Huel Washington 26.6, 2. Dick Marlin 27.1, 3. Vernon Re 27.2. (60-64) 1. James Warren 31.6. (50-54) Phil Presber 25.5, 2. Richard Hansen 25.9, 3. Ed Mahany 26.8. (45-49) 1. Martyn Adamson 23.8, 2. Bill Knocke 24.0, 3. Ben Anixter 24.9. (40-44) 1. Dan Fitzsimmons 23.4, 2. Mel Brooks 24.2, 3. Bobby Simp-son N.T. (35-39) 1. Fred Booker 24.3, 2. Glenn Johnson 24.6, 3. Ray Yeck 24.8. (30-34) 1. Ramon Vasquez 23.8, 2. Lee Larkins 25.0, 3. Charles Missouri 25.8.

400 Meters: (70-74) 1. Harry Koppell 1:09.9. (65-69) 1. Bob Hunt 1:08.8, (55-59) 1. Charles Rice 1:01.8, 2, Alex Pappas 1:03.8, (50-54) 1. E. Mehmedbasich 1:02.4. (45-49) 1. Martyn Adamson 52.8. (40-44) 1. Matthew Pruitt 50.9, 2. David Romain 52.0, 3. Clive Matson 56.7. (35.39) 1. Bernard Turner 53.9, 2. Dave Detlefsen 53.9, 3. Morris Turner 59.2. (30-34) 1. Ramon Vasquez 53.4, 2. Jerry Williams 53.4, 3. Alex Marchan 55.9.

800 Meters: (80-64) 1. Wallace Cole 2:42.6, 2. Don Wilgus 2:55.2. (55-59) 1. Aart Rackwitz 2:27.4. (50-54) 1. Pete Richardson 2:09.5. (45-49) 1. George Cohen 1:59.7 Jack HIII 2:24.9. (40-44) 1. Browne 2:02.3, 2. John Bulash 2:22.7, 3. Rick Fambrini 2:29.5, (35-39) 1, Bill McCarthy 2:05.0, 2. Michael Green 2:17.6, 3. Morris Turner 2:21.1. (30-34) 1. Phil Kay 1:57.6. 2. Robert Parks 1:59.1, 3. Jerry Williams 2:09.1

1500 Meters: (75-79) 1. Fred Bierlein 7:43.1. (75-69) 1. Alan Waterman 6:00.2, 2. Harry Harder 6:12.7. (60-64) 1. Don Wilgus 8:04.0. (40-45) 1. Chris Looseley 4:12.3, 2. Gene Gilligan 4:29.4. (35-39) 1. Malcolm Scotchler 4:48.7.

3000 Meters: (75-59) 1, Wm, J. Monhelt 18:02.7, (65-69) 1, Harry Harder 12:38.0, 2, Allan Waterman 12:39.0, 3. Tom McGee 13:25.9. (60-64) 1. John Gilkey 12:06.1. (55-59) 1. Dave Stevenson 10:30.2, 2. Don Pickett 11:27.4. (50-55) 1. Ray Hatton 9:10.2, 2. Ken Allen 10:17.2, 3. John Stayton 10:23.7. (40-45) 1. Harvey Franklin 9:08.2, 2. Nell Doherty 9:10.3, 3. Gene Gilligan 9:15.3. (35-39) 1. Allan Stanbridge 9:19.8, 2. Karl Romano 9:31,6, 3. Robert Gent 10:15.5.

100 Meter Hurdles: (85-89) 1, Bob Hunt 17.7. (60-64) 1. Bob Roemer 17.9, 2. Jim on 19.5

110 Meter Hurdles: (50-54) 1. Richard Hickman 17.3, 2. Mal Andrews 18.6, 3. Jerry Stanners N.T. (40-44) 1. Walt Butler 15.0, 2. Ted Cain 16.5. (30-34) 1. Michael Jones 16.1, 2. Gary Schmidt 16.9.

400 Meter IH: (85-69) 1. Bob Hunt 79.2. 400 Meter IH: (80-99) 1. Bob Hunt 79.2. (45-49) 1. Hugh Adams 59.40Q, 2. Billi Knocke 1:00.8. (40-44) 1. Ted Cain 58.1, 2. Michael Ackley 64.2. (35-39) 1. Don Roberts 60.3, 2. Stevon Schwartz 60.6. 4 x 100m Reley: 1. San Francisco T&F Club (Thoman, Isham, Demby, Bryant, Turner) 46.9, 2. St. George Track Club (Cullantang, Quillantang, Quillan

(Quilantang, Quilantang, Quilantang)

4 x 400m Relay: 1. Pacific Bell (Missouri, Johnson, Vasquez, Parks) 3:37.5, 2. San Francisco T&F Club (Isham,

French, Turner, Thoman) 3:46.7. Shot Put: (70-75) 1. Ross Carter 45-53/WR. (65-69) 1. Jack Thatcher 39-21/4, 2. Hal Cronkhite 37-11/2, 3. Hy Booth 35-0. (60-64) 1. Bill Toaspern 27-21/2. (50-54) 1. Robert Beedle 36-101/4. (45-49) 1. James Hart 42-10, 2. R. Hotchkiss 40-1, 3. Joseph Orsini 26-914. (40-44) 1. Mickey Murray 37-10, 2. Roger Barisdale 27-714. (36-38) 1. Gary Kelmenson 37-5, 2. John Case 34-11, 3. Mike Holzgang 33-0%. (30-34) 1. Gary Schmidt 38-101/2

Discus: (80-85) 1. Robert Boothe 68-4. (70-74) 1. Ross Carter 126-10, 2. Jim Mc-Carthy 85-9, 3. Bill Walker 81-11. (65-69) 1. Hy Booth 132-9, 2. Jack Thatcher 114-7, 3, Hal Cronkhita 98-9. (50-54) 1. Perry O'Brien 179-0, 2. Bob Beedle 106-5, 3. Don Rose 102-8. (45-49) 1. James Hart 132-0, 2. Dick Hotchkiss 131-3, 3. Joseph Orsini 83-3. (40-44) 1. Mickey Murray 115-0, 2. Eric Westin 108-4. (35-39) 1. Gary Kelmenson 115-9, 2. John Case 101-10, 3. Mike Holzgang 94-7. (30-34) 1. Gary Schmidt 117-1, 2. Alex Marchan 107-7.

Long Jump: (70-74) 1. John Satti 12-1 1/4. (60-83) 1. Jlm Johnson 15-101/2. (50-54) 1. Mai Andrews 16-91/2w, 2. Jerry Stanners 16-814, 3. Ed Mahany 15-914. (45-49) 1. Darrell Horn 19-10w. (40-44) 1. John Hartfield 21-7%, 2. Don Dvorak 17-5%. (35-39) 1. Frank Qullantang 17-3, 2. Tim Qullantang 15-4%, 3. Rick Powers 14-2%. (30-34) 1. Gary Schmidt 17-10-4, 2. Alex Marchan 17-71/2, 3. Rich Quilantang 15-111/2.

High Jump: (70-74) 1. James McCarthy 4-2. (60-64) 1. Jim Johnson 4-4. (50-54) 1. Jerry Stanners 5-0, 2. Don Rose 5-0. (45-49) Jim Brown 5-8. (40-44) 1. John Hartfield 5-10. 2. Don Dyorak 4-10.

Triple Jump: (70-74) 1. John Sattl 24-1½. (60-64) 1. Jim Johnson 29-0¼. (50-54) 1. Ed Mahany 29-7. (40-43) 1. John Hartfield 43-91/2, 2. Don Dvorak 34-51/4, (35-39) 1. James Veilleux 31-11/4, 2. Jim Scileny 23-31/4. (30-34) 1. Gary Schmidt 35-10%

Pole Vault: (60-64) 1. Jim Johnson 9-0. (50-54) 1. Jerry Stanners 10-6. (40-44) 1. Bruce Hotaling 13-6, 2. (tie) Gary Lemen and Roger Werne 12-0. (35-39) 1. James Veilleux 11-6, 2. Rich Ying 11-6. (30-34) 1. Cralg Boyak 14-6, 2. Leon Roach 14-0.

Javelin: (80-85) 1. Robert Boothe 55-4. (75-79) 1. Emery Curâce 99-4. (70-74) 1. Jim McCarthy 89-0. (85-69) 1. Hy Booth 85-8, 2. Dick Mack 83-8. (60-64) 1. Bob Roemer 129-1. (60-54) 1. Phil Conley 166-5. (40-44) 1. Mickey Murray 159-8, 2. Eric Westin 158-3, 3. Roger Barisdale 102-7. (35-39) 1. Mike Holzgang 137-11, 2. Bill Henderson 133-11, 3. Gary Kelmenson 115-11. (30-34) 1. Gary Schmidt 154-8.

Division Results - Women 100 Meters: (65-89) 1. Marjorie Hunt 23.4. (60-64) 1. Molly Jane Monheit 21.7. (55-59) 1. Shirley Dietderich 18.0, 2. Florence Stage 20.2. (50-54) 1. Irene Obera 13.2, 2. Marjorie Moore 18.2. (45-49) Cherrie Sherrard 13.9. (35-39) 1. Janie Duff

14.4, 2. Maria Magana 15.6. 200 Metera: (55-59) 1. Shirley Dietderich 38.9. (50-54) 1. Irene Obera 28.3, 2. Marjorie Moore 38.8. (35-39) 1. Janie Duff 30.2, 2. Mary L. Nocletti 31.8, 3. Maria Magana 32.5

400 Meters: (50-54) 1. Irene Obera 64.6. (45-49) 1. Almeta Parish 74.8. (35-38) 1. Janie Duff 66.2, 2. Mary L. Nocoletti 73.1. 3000 Meters: (60-84) 1. Jaclyn Caselli

12:56.9 (55-59) 1. Ruth Anderson 12:34.8 (25-49) 1. Vicki Bigelow 10:54.6. (35-39) 1. Kathy Kennedy 11:08.5.

Shot Put: (45-49) 1. Cherrie Sherrard 32-814

Discus: (55-59) 1. Shirley Dietderich 63-6. (35-39) 1. Janice Orsini 55-6.

Long Jump: (35-39) 1. Dianne J. Lyle

Javelin: (55-59) 1. Shirley Dietderich 71-10. (40-44) 1. Fran Conley 85-0. (35-39) 1. Janie Duff 82-9.

N. America **Masters WAVA** Championships

August 3-4. Los Gatos. Men's Results

100 Meters: (80-84) 1. Homer VanGelder 19.67. (75-79) 1. A.J. Puglizevich 17.54. (70-74) 1. Harry Koppel 14.15. (65-89) 1. Payton Jordan 13.35, 2. Henry Fairbank 14.74, 3. Sam Hoover 15.13. (60-64) 1. Bob Roemer 13.40, 2. Jim Johnson 14.04, 3. George Simon 14.44. (55-59) 1. Huel Washington 12.64, 2. Dick Mariin 12.73, 3. Sheridan Holland 12.90. (50-54) 1. Phil Presber 12.28, 2. Richard Hansen 12.46, 3. John Poppell 12.96. (45-49) 1, Bill Knocke 11.71, 2. Fred Niedermeyer 11.94, 3. Ron Kirkpatrick 12.10. (40-44) 1. Brendon Wilson 11.31, 2, Dan Fitzsimmons 11.33, Walt Butler 11.40. (35-39) 1. Stan Whitley 11.20, 2. Earl Bryant 11.94, 3. Ray Yeck 12.20. (30-34) 1. Akin Lewis 10.71, 2. Lee Larkins 11.31, 3. Charles Missouri

200 Meters: (70-74) 1. Harry Koppel 29.63. (65-69) 1. Payton Jordan 27:75. (60-64) 1. Bob Roemer 27.40, 2. George 30.01, 3. Bill Toaspern 1. Huel Washington 26.65, 2 (55-59) Sheridan Holland 27.45, (50-54) 1. Richard Hansen 26.14, 2. Mai Andrews 26.94, 3 Phil Presber 27.45, (45-49) 1. Bill Knocke 23.90, 2. Martyn Adamson 24.22, 3. Ben Anixter 24.23. (40-44) 1. Brendon Wilson 22.68, 2. Matt Pruitt 22.70, 3. Dan Fitzsimmons 23.00. (35-39) 1. Gienn Johnson 23.13, 2. Earl Bryant 24.70, 3. Sam Robin-son 24.77. (30-34) 1. Akin Lewis 21.85, 2. Lee Larkins 23.67, 3. Rick Thoman 24.12.

400 Meters: (85-89) 1, Paul Spangler 2:00.25, (70-74) 1, Harry Koppel 1:28.13. (65-69) 1. Bob Hunt 1:09.15, 2. Bill Fair bank 1:14:21. (60-64) 1. George Simon 1:15:54. (55-59) 1. Aart Rackwitz 62:00, 2. Sheridan Holland 63.58, 3. Huel Washington 66.47. (50-54) 1. Will Robin son 60.32, 2. Enver Mehmedbasich 66.40, 3. Andy Lavario 1:35.95. (45-49) 1. Martyn Adamson 54.64, 2, Bill McMillen 56.36. (40-44) 1. Ted Cain 54.21, 2. Mark Sangster 58.51, 3. Clive Matson 58.28. (35-39) 1. Bernard Turner 54.06, 2. James Johnson 54.36. (30-34) 1. Gerry Williams 53.19, 2. Charles Missouri 53.21.

800 Meters: (85-89) 1. Paul Spangler 4:20.3. (85-89) 1. Henry Fairbank 2:49.2. (80-84) 1. Don Wilgus 2:58.6. (55-59) 1. Aart Rackwitz 2:29.7, 2. Marcel Diraison 2:51.4, 3. William Cameron 2:54.2. (50-54) 1. Pete Richardson 2:08.8, 2. Ken Napier 2:11.6, 3. Andy Levario 3:16.5. (45-49) 1. George Cohen 1:57.8, 2. Jack Hill 2:22.7. (40-44) Barry Adams 1:59.3, 2. Bob Browne 2:00.6, 3. Jake Madderom 2:03.9. (35-39) 1. Dennis Tracy 1:58.0, 2. Danny Moon 2:04.3, 3. James Johnson 2:08.9. (30-34) 1. Gerry Williams 2:03.9.

1500 Meters: (85-89) 1. Paul Spangler 8:50.1. (65-69) 1. Alan Waterman 5:42.7, 2. Troy Grove 5:45.1. (80-84) 1. Vic Crosetti 5:50.6. (55-59) 1. Patrick Devine 4:57.8. (50-54) 1. Pete Richardson 4:44.3, 2. Steve Geraghty 6:05.8. (45-49) 1. Mel Elliott 4:13.3, 2. Frank Reynolds 4:15.6. (40-44) 1. Chris Loosley 4:04.2, 2. Barry Adams 4:07.3, 3. Harvey Franklin 4:09.2 (35:39) 1. Danny Moon 4:27.0, 2. Jim Scileny 7:14.6. (30-34) 1. Tim Williams 4:03.4, 2. Bruce Hamilton 4:06.3.

5000 Meters: (65-69) 1. Otto Som-merauer 25:57.2. (60-64) 1. Vic Crosetti 21:48.4. (55-59) 1. Dave Stevenson 17:36:4, Patrick Devine 17:40.0, 3. Marcel Diraison 19:45.0. (45-49) 1. Bernie Finch 21:26.8. (40-44) 1. Jerry Jobski 15:49.1, 2. Bill Clark 16:04.0, 3. Joe Cote 16:58.3. (35-39) 1. Jim Hampton 16:34.2, 2. Karl

Romano 16:59.2. (30-34) 1. Tim Williams 15:38.5

10,000 Meters: (60-64) 1. Vic Grosetti 45:02.4. (55-59) 1. Patrick Devine 36:29.8. 2. Marcel Diraison 44:40.4. (50-54) 1. Larry Hunt 45:47.5. (30-34) 1. Robert Nielsen 33:25.7

100 Meter Hurdles: (65-89) 1. Bob Hunt 17.89. (60-64) 1. Bob Roemer 18.13, 2. Jim Johnson 20.06.

110m High Hurdles: (55-59) 1. Buck Bradberry 18.26. (50-54) 1. Mai Andrews 18.17, 2. Dave Douglass 20.44. (40-44) 1 Walt Butler 15.04, 2. Ted Cain 16.42, 3. William Busby 18.13. (36-39) 1. Fred Johnston 16.65. (30-34) 1. Frank Roublick 15.86, 2. Richard Rucker 16.26, 3. Gary Schmidt 17.18

400 Meter IH: (65-69) 1. Bob Hunt 1:30.59. (50-54) 1. Will Robinson 69.97 (40-44) 1. Steve Ligon 63.14, 2. Guy Newgren 65.94, 3. Bill Busby 67.27. (30-34) 1. Richard Rucker 76.67.

Steeplechase: (55-59) 1. Dave Stevenson 11:54.8. (50-54) 1. Don Slocomb 10:49.9. (45-49) 1. Bernie Finch 11:55.1. (30-34) 1. Hank Lawson 9:33.7, 2. Bruce Hamilton 10:07.0.

4 x 100 Relay: (30-39) 1. San Francisco TC 45.37, 2. Stockton St.George TC 47.04. (40-49) 1. West Valley TC 45.52.

4 x 400 Relay: (30-39) 1. San Francisco TC 4:02.1

5000 Meter Walk: (75-79) 1. Gordon Wallace 31:50. (65-59) 1. Otto Som-merauer 33:49. (50-54) 1. Ted Greiner 27:25. (45-49) 1. Peter Talbert 31:11. (35-39) 1. Jim Scileny 33:08.

20,000 Meter Walk: (75-79) 1. Gordon Wallace 2:17:43. (55-59) 1. Carl Fry 2:14:07, 2. Rich Hansen 2:20:26. (50-54) 1. Karl Krueger 1:58:09. (45-49) 1. Peter Talbert 2:20:32. (35-39) 1. Jim Scileny 2:38:39.

Pole Vault: (70-74) 1. Carol Johnston 9-8. (65-69) 1. Jim Vernon 9-8. (60-64) 1. Jim Johnson 9-0. (55-59) 1. Al Brenda 10-6. (50-54) 1. Dave Douglass 9-0. (40-44) 1. Charile Polhamus 14-6, 2. Roger Werne 13-0, 3. Bruce Hotaling 13-0. (35-39) 1. Richard Ying 11-0, 2. James Veilleux 11-0. (30-34) 1. Jim Williams 14-6.

High Jump: (80-84) 1. Homer Van Gelder (75-79) 1. A.J. Puglizevich 3-3. (70-74) 1. Carol Johnston 4-0. (85-89) 1. Jim Ver non 4-2. (60-64) 1. Jim Johnson 4-2. (55-59) Buck Bradberry 4-8. (50-54) 1. Tom Lngenfeld 5-9, 2. Don Rose 4-10, 3. Steve Richmond 4-8. (45-49) 1. Jim Brown 5-10, 2. Richard Hotchkiss 5-2. (40-44) 1. Don Dvorak 5-0. (35-39) 1. Roger Trujillo 6-0, 2. Jim Scileny 3-6. (30-34) 1. Richard Ulrich

Long Jump: (80-84) 1 Homer VanGelder 2.82. (80-84) 1. Jim Johnson 4.74. (55-59) 1. Buck Bradberry 5.35, 2. Burton Otzinger 5.10, 3. Al Brenda 4.75, (50-54) 1. Darrold Skartvedt 5.72, 2. Phil Presber 5.69, 3. Steve Richmond 4.61, (45-49) 1. Rick Schmidt 5.89. (40-44) 1. Ed Jones 6.67, 2 Don Dvorak 5.76, 3. Bill Busby 5.68, (35-39) 1. Roger Trujillo 7.09, 2. Stan Whitley 7.08, 3. Jim Scileny 3.91. (30-34) 1. Richard Rucker 6.11, 2. Ricardo Quilantang 5.76, 3. Gary Schmidt 5.72.

Triple Jump: (80-84) 1. Homer Van Gelder 20-3. (65-69) 1. Charles Mercurio 28-2. (60-64) 1. Jim Johnson 29-7. (55-59) 1 Al Brenda 33-91/2, 2. Buck Bradberry 33-8. (50-54) 1. Tom Langenfeld 36-7. (40-44) 1. Ed Jones 38-11½, 2. Don Ovorak 37-7, 3. John Lawson 36-2 (35-39) 1. Roger Trujillo 48-10½, 2. Jim Veilleux 30-3, 3. Jim Sclieny 26-10 1/2. (30-34) 1. Richard Rucker

41-2, 2. Gary Schmidt 37-71/2. Shot Put: (80-84) 1. Homer Van Gelder 7.14. (75-79) 1. A.J. Puglizevich 10.08. (70-74) 1. Ross Carter 12.80, 2. Don Pierotti 9.74. (65-69) 1. Bob Stone 10.16, 2. Hall Cronkhite 9.88, 3. Hy Booth 9.59. (80-84) 1. Bill Bangert 12.42, 2. Bill Toaspern 8.42 (50-54) 1. Robert Beedle 11.68, 2. Dave Douglass 10.68. (45-49) 1. Jim Hart 13.42, 2. Richard Hotchkiss 12.44, 3. John White 10.34. (40-44) 1. Brian Oldfield 20.30, 2. Eric Westin 9.78, 3. William Busby 9.04. (35-39) 1. Frank Reilly 16.10, 2. Kelmenson 12.10, 3. John Case 10.54 (30-34) 1. Gary Schmidt 11.56.

Discus: (70-74) 1. Don Pierotti 26.70, 2. Ross Carter 39.92. (65-69) 1. Hy Booth 41.08, 2. Bob Stone 40.14, 3. Hal Cronkhite 29.76, (60-64) 1. Bill Bangert 37.28, (50-54) Robert Beddle 34.12, 2. Dave Douglass 33.02, 3. Don Rose 32.92. (45-49) 1 Hart 43.52, 2. Richard Hotchkiss 39.54, 3. John White 30.20. (40-44) 1. Lloyd Higgins 52.08, 2. Eric Westin 33.44. (35-39) 1. Frank Reilly 54.26, 2. Gary Kelmenson 35.42, 3. John Case 31.08. (30-34) 1. Dennis Umshler 49.98, 2. Gary Schmidt 35.34.

Hammer: (70-74) 1. Jim York 83-8. (65-69) 1. Bob Stone 103-4, 2. Hy Booth 65-21/4. (55-59) 1. Jack Modelli 91-9. (50-54) 1. Dave Douglass 108-2. Z. Gary Dawson 103-7. (45-49) 1. Ed Burke 183-4, 2. 117-11, 3. John White 92-9. (40-44) 1. Lloyd Higgins 131-8, 2. Richard Stepp 98-2. Westin 88-7. (35-39) 1. Frank Reilly

154-2, 2. Gary Kelmenson 147-9. Javelin: (75-79) 1. Emery Curtice 103-0. 2. A.J. Puglizevich 75-2. (65-69) 1. Bob Stone 107-6, 2. Hy Booth 76-3. (55-59) 1. Jack Morrill 94-7. (50-54) 1. Phil Conley 186-6, 2. Don Rose 147-3, 3. Gary Dawson 106-1. (45-49) 1. Larry Stuart 193-11, 2. Bernie Griff 117-0, 3. Joe Orsini 93-0. (40-44) 1 Lloyd Higgins 181-5, 2. Eric Westin 168-4 Bill Busby 149-11. (35-39) 1. Glen Weaver 200-7, 2. Frank Reilly 169-9, 3. Darryl Peables 156-2.

Women's Results

100 Meters: (65-69) 1. Josephine Kolda 16.75, 2. Marjorie Hunt 22.59. (60-64) 1. Thelma Rubin 18.78, 2. Martha Fairbank 19.04. (55-59) 1. Shirley Dietderich 17.44. (50-54) 1. Irene Obera 15.06, 2. Magdalena Kuehne 18.28, 3. Marj Moore 17.50. (40-44) 1. Ronnie Griese 15.59. (35-39) 1. MaryLou Nicoletti 15.13, 2. Maria Magana 15.54,

200 Meters: (65-69) 1. Josephine Kolda 35.13. (60-64) 1. Thelma Rubin 38.80, 2. Martha Fairbank 42.70. (55-59) 1. Shirley Dietderich 37.62 (50-54) 1. Irene Obera 28.83, 2. Marj Moore 37.74. (40-44) 1. Ronnie Griese 32.38. (35-39) 1. Janie Duff 30.13, 2. Mary Lou Nicoletti 31.36, 3. Maria Magana 32.06.

400 Meters: (60-64) 1. Thelma Rubin 1:31.27. (50-54) 1. Irene Obera 73.63. (40-44) 1. Ronnie Griese 74.00. (35-38) 1. Janle Duff 67.21, 2 Mary Lou Nicoletti

5000 Meters: (60-64) 1. Jaclyn Caselli 25:57.2. (40-44) 1. Sharon Greiner 19:55.4.

5000 Meter Walk: (75-79) 1. Elena Carola 48:31. (60-84) 1. Lorraine Actor 39:22. (45-49) 1. Lori Maynard 27:12, 2. Shella Mullen 37:39. (40-44) 1. Allison Kravetz 29:48. (30-34) 1. Cindy Paffumi 30:09, 2. Pat Chadwick 31:51.

Long Jump: (50-54) 1. Magdalena

Triple Jump: (50-54) 1. Magdalena Kuehne 25-3.

Shot Put: (50-54) 1. Magdalena Kuehne 6.82. (30-34) 1. Joan Stratton 11.92, 2. Hilary White 6.36.

Discus: (55-59) 1. Shirley Dietderich 20.40. (35-39) 1. Sandra Stepp 33.14. (30-34) 1. Joan Stratton 38.82, 2. Hilary White 19.16.

Hammer: (35-39) 1. Sandra Stepp 109-11. (30-34) 1. Joan Stratton 111-3.

Chihuahua Road

Run

from Ken Takeuchi

took part in the 7th annual Chihuahua

Road Run. The race started and finished

ing Club won the overall title by winning the 6 mile race in 28:51. Shirley Johnson

Tony Ramirez of the Fleet Feet Runn-

June 2, Fresno, 2 Mile & 6 Mile. Ideal running conditions resulted in several course records as 800 runners

under leaden skies and sprinkles.

Javelin: (55-59) 1. Shirley Dietderich 69-8. (40-44) 1. Fran Conley 90-8. (35-39) 1. Janie Duff 94-3. (30-34) 1. Joan Stratton

Road Racing Results

58:16

20.52

Mountain Run

Keith Chambers (32) Grass Viy 1:00:30

Marysville, 9.2 Mile & 5K. Overall Results - 9.2 Mile

Tim Hayes (35) Yuba City

3	Ken Gaal (45) Yuba City	1:01:07
1	Rick Tweedt (20) Oroville	1:01:19
5	Skip Hutchison (40) S.F.	1:01:47
3	Nicholas Howe (34) Dobbins	1:06:15
7	Bruce Hilger (43) Marysvie	1:07:17
3	Jackle Walker (37F) Yuba City	1:07:42
3	George Griffin (31) Yuba City	1:07:44
10	Joseph Clancy (32) NevadaCity	1:08:07
	Overall Results - 5K	
	Bob Hastings (27) Oroville	18:04
2	George Ledford (22) Oroville	18:18
3	Michael McAllister (18) GrassV	18:28
4	Chris Knorzer (16) Oroville	18:51
5	Aaron Mautz (15) Portland	19:53
B	Kevin Reid (19) Carson City	20:10
7	Terry Stackhouse (28) GrassVly	20:19
8	Robert Haynes (16) Palermo	20:46

of Visalia running for the Peregrine Running Club set a course record in winning the women's title in 35:34 breaking Rosa Medina's 1984 record of 36:32. Julie Matteson of the Fresno YMCA was also

under the old standard with a 35:59. In the 2 mile race, Paula Ramirez won the female division with a 11:50 and Steve Gilbert prevailes in the men's class with a 9:42

Freano Track Club's Jim Brooks won

the wheelchair category in 41:23.

Division Results - Men's 2 Mile
12 & Under: 1. Brent Fernandez 11:50, 2. Alex Cordova 12:03, 3. Curtis Summers 12:16. 13-17: 1. Dan Vega 10:09, 2. Brian Butler 10:51, 3. Brett Cook 11:14. 18-29: 1. Steve Gilbert 9:42, 2. Leroy Rivera 9:45, 3. Baldemar Bettencourt 9:51. 30-39: 1. David Cords 10:21, 2. Ron Enos 10:32, 3. Steve Meynler 11:12, 40-49: 1, Santana Perez 12:02, 2. Pete Santellano 12:05, 3. Ron Rodriguez 12:35. 50-59: 1, Bob Fries 11:43, 23, Grant Sharp 12:02, 3, Chris Denny 12:54. 60 & Over: 1. Bob Musso 12:37, 2. Leon Alonzo 13:32, 3. Woody Cape 13:40.

Division Results - Women's 2 mile 12 & Under: 1. Jeannie Horg 13:04, 2. Heather Rees 13:15, 3. Lori Fraijo 14:18. 13-17: 1. Allison Core 11:58, 2. Kellle Morgan 12:52, 3. Erin Valdez 12:57. 18-29:

San Francisco **Practice Dipsea**

June 2. Mill Valley. 7 Miles. Top Five - Men

Rudy Vallejo (45) Reno

10 Grant Ramey (40) OregonHse

1	Wyborn Mercer	53:24
2	Bob Alexander	54:33
3	Fred Haber	57:21
4	John Ingram	57:30
5	Julian Peet	59:47
	Top Five - Women	
1	Barbara Levy	1:06:26
2	Elaine Parliman	1:11:31
3	Cynthia Nesvia	1:13:37
4	Mary Mages	1:14:15
5	Mary Papale	1:14:59

1. Paula Ramirez 11:50, 2. Tone Nichols 12:34, 3. Karen Brogger 13:56. 30-39: 1. Alfreda Hall 14:17, 2. Jeannie Aguirre N.T., 3. Terri Thompson N.T. 40-49: 1. Margie Miller N.T., 2. Mariane Lecinopte N.T., 3. Heldi Fialho N.T. 50-59: 1. Isabel Verduzco 14:05, 2. Elaine Clark N.T., 3. Arlene Stine N.T. 60 & Over: 1. Dorothy Thomas 14:50, 2. Evelyn Krumbein N.T., 3. Jean Avery N.T.

Division Results - Men's 6 Mile 17 & Under: 1. Gilibert Delgado 33:11, 2. David Souza 35:32, 3. Randy Torres 35:33. 18-29: 1. Juan Molina 29:15, 2. Juan Garcia, vir. 29:20, 3. Hugo Cibrian 29:46. 30-39: 1. Tony Ramirez 28:51, 2. Jim Hartig 30:16, 3. Al Lomeli 32:13. 40-49: 1. Mark Haymond 34:22, 2. Bob Perry 35:40, 3. Dave Meyer 36:38. 50-59: 1. Dick Cain 36:25, 2. Frank Morris 40:12, 3. Ray Barrios 40:54. 80 & Over: 1. Harry Harder 42:49, 2. John Paredes 44:13, 3. Buck Buchenberger 45:26. Wheelchair: 1. Jim Brooks 41:23, 2. Allyn Roope 1:13:58.

Division Results - Women's 6 Mile 17 & Under: 1. Kim Vogel 41:38, 2. Chrystal Wells 42:07, 3. Kandl Mulhern 45:08. 18-29: 1. Shirley Johnson 35:34, 2. Julie Matteson 35:59, 3. Janet O'Brien 39:21. 30-39: 1. Rosa Medina 37:30, 2. Deanna McDaniel 37:49, 3. Sandy Jacob 43:14, 40-49: 1. Carolyn Campbell 40:75, 2. Marge Timberlake 42:25, 3. Mary Ann Barvoso 43:30. 50-59: 1. Sue Takayama 54:18, 2. Dorothy Hunter 58:14.

Hayward Soccer Classic

June 9. Hayward. 10K & 5K. Overall Results - 10K Bryan Mayberry (21) Kensington 32:25 Barry Starkey (26) Hayward Rudy Mondragon (41) Hayward 33:31 Danny Urtiaga (36) UnionCty 33:32 John Skeels (30)Berkeley 33:43 David Taylor (40) Concord 35:06 John Silva (20) CastroViy Gil Sarcia (37) UnionCty 35:23 35:32 9 Jack Bellah (30) RedwoodCty 10 Stephen Gilbert (22) Stanford Division Results - Men's 10K 35:47

10 & Under: 1. Matt McQueen 49:16, 2. Charles Whittemore 51:50, 3. Matthew Zytkoskee 55:11, 11-13: 1. Jamile Igue 45:16, 2. Casey Cook 54:08, 3. Rick Burruss 1:07:56, 14-19: 1. John Steinmaus 38:05, 2. Jamile Olson 39:45, 3. Josh Borof 43:58, 20-29: 1. Bryan Mayberry 32:25, 2. Barry Starkey 33:03, 3. John Silva 35:23, 30-39: 1. Danny Urtiaga 33:32, 2. John Skeels 33:43, 3. Gil Sarola 35:32, 40-49: 1. Rudy Mondragon 33:31, 2. David Taylor 35:06, 3. Mike Schoelz 36:20, 50-59: 1. Ken Mills 38:43, 2. Don Hildbrand 41:05, 3. Bob Ontiveros 42:08, 80 & Over: 1. Theodore Martin 46:23, 2. Bob Gordon 47:20, 3. Tony Marshall 57:25.

Division Results - Women's 10K 10 & Under 1. Erin Moore 1:03:13. 20-29: 1. Joan Pooliav 43:47, 2. Jeanne Snyder 44:59, 3. Ruth Garcia 48:29. 50-59: 1. Barbara Zolidan 43:32, 2. Bobbie Freschi 49:04, 3. Barbara Diugozima 49:07. 40-49: 1. Angle Bonilla 50:05, 2. Kathy Cook 53:55, 3. Maria Giezendanner 55:20. 50-59: 1. Joan Williams 1:12:48.

1.	Joan Williams 1:12:48.	
	Overall Results - 5K	
1	David Anderson (21) CastroViy	15:47
2	Billy Kitchell (21) Oakland	16:15
3	Raymond Sisson (28) Hayward	16:39
4	Mike Hotton (31) Antioch	16:43
5	Sammy Castillo (39) SanJose	16:57
6	Don Looby Jr (25) Hayward	17:01
7	Brian Rivers (15) Fremont	17:02
8	Robert Punzo (16) SanRamon	17:08
9	Alex Miroshnichenko(19)Sunyvi	17:14
10	Steve Tietz (29)San Jose	17:32
	Division Results - Men's 5K	

10 & Under: 1, John Lockhard 20:39, 2, Billy May 23:00, 3, Jonathan Sargent 23:22, 11-13: 1, Jeff Kelly 20:15, 2, Robert Nicolini 20:53, 3. Reggle-Galan 21:34. 14:19: 1. Brian Rivers 17:02, 2. Robert Purzo 17:08, 3. Alex Miroshnichenko 17:14. 20:29: 1. David Anderson 15:47, 2. Billy Kitchell 16:15, 3. Raymond Sisson 16:39. 30-39: 1. Mike Hotton 16:43, 2. Sammy Castillo 16:57, 3. Ron Tanaka 17:51. 40-49: 1. Chris Wilder 19:22, 2. Joseph Brown 20:12, 3. Harvey Sargent 21:37, 50-59: 1. John Finch 18:02, 2. Glenn Unsicker 18:14, 3. Dick Donohue 19:52. 60 & Over: 1. Don Wilgus 22:27, 2. John Guinee 25:18, 3. Gabe Flores 27:47.

Division Results - Women's 5K 10 & Under: 1, Jennifer Burruss 35:08, 2, Susan Madaras 35:58, 3. Heldi Haavik 41:40. 11-13: 1. Anna Burdoin 24:31, 2, Laurie Beriedict 25:18, 3. Jennifer Carlson 31:30. 14-19: 1. Linda Hillyard 27:35, 2. Laurey Hemenway 30:33, 3. Jeanst Terric 31:06. 20-29: 1. Cheri Williams 18:13, 2. Theresa Muela 18:30, 3. Jean Gutsche 18:40. 30-39: 1. Peggy Smith 19:17, 2. Mary Dageforde 24:45, 3. Katharine Hardy 25:13. 40-49: 1. Averil Carmona 22:37, 2. Sandi Detata 22:53, 3. Mary Fox 22:59. 50-59: 1. Ann Sievert 28:10.

	Wheelchair Results	
1	Troy Durham (51) Hayward	31:55
2	Stanford Phillips(25)Hayward	32:35
3	Russell Nieman (44) Newark	43:28
4	Don Lively (24) RohnertPk	60:43

Heart Club

June 9, El Segundo. 5K.

Overall Results - Men

	Overall Results - Men	
1	Michael Scott (17)	15:31
2	Torn Lowry (32)	15:38
3	Rudi Krause (30)	15:40
4	Phil Smith (25)	15:42
5	John Aranas (27)	16:58
6	Henry Lange Jr. (36)	16:07
7	Paul Marcel (35)	16:15
8	Glenn Tanner (30)	16:29
9	Chris Smith (29)	16:39
10	Daryl Johnson (28)	16:43
11	Jesus Morales (32)	16:46
12	Bill Balcer (28)	16:48
13	Paul Wilder (23)	16:49
14	Marcos Chavez (25)	16:52
15	Roberto Lopez (14)	16:56
16	Javier Lana (28)	17:01
17	Mark Silva (22)	17:03
18	Mike Guaderama (23)	17:04
	Rene Diaz (41)	17:08
20	Ed Lopez (25)	17:12
21	John Thrane (26)	17:14
	Scott Sandus (17)	17:15
23	John Phaton (33)	17:20
24	Ron Poston (51)	17:23
25	Bryan Hennes (27)	17:26
26	Harry Harris (29)	17:31
27	Scott Wingo (30)	17:34
28	Bill Roybal (42)	17:37
29	Gary Mayeda (33)	17:37
30	Kim Stocksdale (32)	17:40
	Division Results - Men	

13 & Under: 1. Kevin Phillips 24:43, 2. James Uyguangco 25:05, 3. Scott Magie 26:36. 14:19: 1. Michael Scott 15:31, 2. Roberto Lopez 16:56, 3. Scott Sandus 17:15. 20:29: 1. Phil Smith 15:42, 2. John Aranas 16:58, 3. Chris Smith 16:39, 30-39: 1. Tom Lowry 15:39, 2. Rudi Krause 15:40, 3. Henry Lange Jr. 18:07. 40-49: 1. Rene Diaz 17:08, 2. Bill Roybal 17:37, 3. Ed-Moore 17:45: 50-59: 1. Ron Poston 17:23, 2. Leonard Waitz 18:51, 3. Robert Lyons 19:12, 60-69: 1. Larry Banuelos 19:11, 2. David Cohen 21:10, 3. Ken Schuchard 21:23.

0.2	900		Counter
2	11:	23.	
		Overall Results - Women	
1		Renee Williams (23)	18:34
2	2	Lisa Allen (40)	18:45
3		S. Deary (23)	19:48
4	10	Linda King (41)	19:50
6		Jo Stiles (33)	19:58
8		Roberta Lamping (44)	20:10
7	-	Claudia Velletri (30)	20:24
3	3	Pam Elliott (32)	20:41
8	1	Diane Dandurand (21)	20:44
1	10	Maryann Kestner (31)	20:57
1	1	Pamala Donesly (38)	21:13
1	2	Atsuko Fujimoto (50)	21:20
1	3	Barbara Varon 33)	21:38

14	Monika Lemke (24)	21:46
15	Corrine Schratz (40)	21:59
16	Wilma Reed (24)	22:09
17	Kari Nordaas (43)	22:15
18	Rosie Duenas (24)	22:19
19	Jan Delaney (32)	22:20
20	Kathryn Owen (44)	22:25
21	Julia Dibella (25)	22:32
22	Monica Grillo (20)	22:33
23	Jackle Skenan (16)	22:35
24	Diane Harman (36)	23:05
25	Penelope Coy (45)	23:18
	Division Results - Women	

13 & Under: 1. Kristina Magnuson 23:52, 2. Dawna Stone 25:35, 3. Ann Marie Windes 26:34. 14-19: 1. Jackle Skenan 22:35, 2. Linda Lemke 25:35, 3. Susan Angel 26:00. 20-29: 1. Renee Williams 18:34, 2. S. Deary 19:46, 3. Diane Dandurand 20:44. 30-39: 1. Jo Stilles 19:58, 2. Claudia Velletri 20:24, 3. Pam Elliott 20:41. 40-49: 1. Lisa Allen 18:45, 2. Linda King 19:50, 3. Roberta Lamping 20:10. 50-59: 1. Atsuko Fujimoto 21:20, 2. Trudy Wadman 25:29, 3. Iona Scappie 26:10. 80 & Over: 1. Mary Rennells 45:40.

Dipsea Race

June 9. Mill Valley. 7.1 Mile. Overall Results

	Overall Results	
1	Sal Vasquez (45)	45:58
2	Peggy Smyth (33F)	48:47
3	P. Russ Klernan (47)	46:58
4	Roger Daniels (49)	47:13
5	Christie Patterson (37F)	47:14
6	Leslie McMullin (34F)	48:51
7	Don Pickett (57)	49:23
8	Debbi Waldear (35F)	49:30
9	Joe Ryan (39)	49:39
10	George O'Hara (62)	49:55
11	Patricia Whittinaslow(45F)	50:02
12	Robert Malain (58)	50:10
13	Darryl Beardall (48)	50:18
14	Wink Luskin (33)	50:27
15	Butch Alexander (31)	50:32
16	Brian Maxwell (32)	50:40
17	Eve Pell (48)	50:51
18	Jim Movies (33)	50:53
19	John Cobourn (38)	50:54
20	Steve Ottaway (32)	51:00

Santee Father's Day 10K

June 15. Santee. Overall Results - Men Rich Brownsberger, ElCajon Tim Varley, San Diego 29:39 30:22 Tom Lux, San Diego Robert Lusitana, San Diego 30:47 31:30 Andy Mackay, Santee 33:08 Boris DeSwan, LaJolla 34:25 Paul Arreola, ElCajon Robert Latimer, SanDiego 35:04 35:21 Larry Lake, San Diego 35:27 10 Gregory Greiner, ElCajon Overall Results · Women 36:29 Lorrie Dierdorff, SanDiego 37:10 Lita Lux, SanDiego 37:13 Nancy Gardetto, SanDiego Charlotte Jones, SanDiego 39:13 39:32 Robin Paine, SanDiego 40:41 Kathy Nelson, SanDiego 40:53 Nancy Nagel, ChulaVista Terry Flynn, Lakeside 41:11 42:00 Cheryl Wightman, Carlsbad 43:16 Lois Polesky, Bellmore, NY Division Results - Men 12 & Under: 1. Chris Shaffer 38:00, 2. Tony

12 & Under: 1. Chris Shaffer 38:00, 2. Tony Tan 39:26, 3. Greg Moss 42:10. 13-17: 1. Hau Tan 36:58, 2. Jeff Hopper 39:15, 3. Edward Burbridge 41:39. 18-29: 1. Rich Brownsberger 29:39, 2. Tim Variey 30:22, 3. Robert Lusitana 31:30. 30-39: 1. Tom Lux 30:47, 2. Andy Mackay 33:06, 3. Boris DeSwan 34:25. 40-49: 1. Larry Lake 35:27, 2. John Meyer 36:46, 3. Edward Garrity 36:53. 50-59: 1. John Terrell 40:06, 2. Frank Morris 41:03, 3. Leon Musil 42:29. 80-89: 1. Lowell Tozer 45:59, 2. Steven Schanes 47:23, 3. Arthur Varley 48:12. 70 & Over: 1. Walt Kuetzing 51:26.

Division Results - Women

12 & Under: 1. Lisa Uribe 46:56, 2. Karle Baum 52:22. 18-29: 1. Lorrie Dierdorff 37:10, 2. Lita Lux 37:13, 3. Charlotte Jones 39:32. 30-39: 1. Nancy Gardetto 39:13, 2. Robin Paine 40:41, 3. Kathy Nelson 40:53. 40-49: 1. Betty Hill 55:20, 2. Sonja Itson 55:29, 3. Marilyn Kibler 1:13:00, 50-59: 1. Wanda Scott 53:25. 60-69: 1. Mary Storey 47:12.

Father's Day Run

29:07

Juns 16. Fresno. 6 Mile & 2 Mile. Oversit Results - 6 Mile 1 Tony Ramirez (30)

2 Juan Molina (28)	29:18
3 Juan Garcia (29) 4 Jim Hartig (30)	29:41 30:06
5 Hugo Cibrian (19)	30:12
6 Sal Lazano (25)	30:15
7 David Naranjo (18)	30:26
8 Shawn Smallwood (22) 9 Brian Fahrenbach (28)	31:15
9 Brian Fahrenbach (28) 10 Pat Moss (30)	31:18 31:26
11 Jess Llunez (17)	31:29
12 Bald. Bettancourt (28)	31:25
13 James Williams (19)	31:50
14 Richard Thiel (24) 15 Juan Garza (33)	31:59
15 Juan Garza (33) 16 Eric Little (25)	32:02 32:13
17 Hermillo Guerrero (15)	32:22
18 Jason Lienau (15)	32:25
19 Bob Lindsay (40)	32:29
20 Kevin Swalm (21) 21 David Williams (33)	32:29
21 David Williams (33) 22 Ed Taylor (28)	32:45 32:58
23 Bob Eberle (34)	33:02
24 Gilbert Delgado (16)	33:03
25 Wayne Van Dellen (48)	33:06
26 Danny Hernandez (30 Whch) 27 Raul Garza (28)	33:13
28 Jeff Chandler (25)	33:30 33:32
29 Danny Vega (17)	33:35
30 Richard Mead (28)	33:36
31 Jlm Greenbarg (23)	33:37
32 Scott Thornton (23) 33 Rito Fuentes (33)	33:56 33:57
34 Gary Reimer (34)	34:02
35 Ken Drew (35)	34:08
36 Richard Hauck (16)	34:13
37 Ramon Fernandez (18) 38 Richard Harkless (18)	34:19
39 Dan East (25)	34:25
40 Ron Enos (39)	34:33
41 John Aldrich (34)	34:33
42 Hector Sepulveda (20)	34:35
43 Zackary Taylor (23) 44 Odilon Carrera (34)	34:38 34:38
45 Pete Narranjo (18)	34:30
46 Curt Royer (34)	34:45
47 Gordon Keller (38)	34:50
48 Frank Padilla (48) 49 Steve Levy (35)	34:46
50 Thomas Morgan (19)	34:48
51 Thomas McFadden (30)	34:54
52 Kim Fertig (26)	34:55
53 John Blair (30) 54 Bruce Anderson (32)	35:02 35:08
55 Fabian Rodriquez (15)	35:09
56 Pat Phelan (32)	35:09
57 Tanis Leyendekker (25F)	35:11
58 Mark Haydon (41)	35:13
59 Burt Pope (25) 60 Bob Higby (35)	35:13 35:14
61 Tom Chavez (31)	35:15
62 Dan Ferguson (28)	35:17
63 Len Thornton (54)	35:20
64 Amos Macias (17) 65 Robert Rainwater (35)	35:24 35:30
66 Mark Freemna (29)	35:33
67 Ron Schaefer (24)	35:38
68 Tom Davidson (22)	35:38
69 Josephn Alioto (34) 70 Robert Garcia (31)	35:47 35:57
71 Ric Zamarrapa (51)	35:58
72 Steve Meunier (37)	35:59
73 Gary Rodgers (28)	36:06
74 Jose Hurtado (16) 75 Alex Muro (16)	36:11
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continued on next page...

76 Brian Butler (16)	36:12
77 Scott Kennedy (15)	36:13
78 Cris Jensen (21)	36:15
79 Frank Delgado (49)	36:17
80 Scott Cole (15)	38:18
81 Harlan Young (21)	38:20
82 Jim Brooks (34 Whic)	36:22
83 Mark Hougard (39)	36:22
84 Jay Martin (34)	36:33
85 Juan Muaracha (18)	36:39
86 Evan Orme (48)	36:39
87 Dick Cain (52)	36:42
88 Manuel Cruz (20)	36:43
89 Gerry Rodriguez (33)	36:49
90 Robert Maeyama (37)	36:52
91 David Souza (17)	36:54
92 Robert Walker (30)	37:54
93 Richard Eberle (28)	37:54
94 Don McQuown (44)	37:57
95 Henry Ovalle (43)	37:05
96 Bob Fries (55)	37:06
97 Alfonso Gamino (16)	37:08
98 Steven Costner (34)	37:09
99 Paul Bissonnette (41)	37:09
100T. L. Williams (36)	37:14
Division Results - Men's 6	Mile

10-14: 1. Brent Fernandez 38:32, 15-19: 1. Hugo Cibrian 30:12, 20-24: 1. Shawn Smallwood 31:15. 25-29: 1. Juan Molina 29:18, 30-34; 1. Tony Ramirez 29:07, 35-39; 1. Ken Drew 34:08, 40-44; 1. Bob Lindsey 32:29, 45-49; 1. Wayne Vandellen 33:06. 50-54: 1. Len Thornton 35:20. 55-59: 1. Bob Fries 37:06. 60-64: 1. Jack Robertson 43:37. 65-69: 1. Harry Harder 43:31. 70 & Over: 1. William Reed 51:50.

Division Results - Women's 6 Mile 10-14: 1. Heather Reid 44:43. 15-19: 1, Keille Morgan 43:07. 20-24: 1. Shirley Johnson 38:14. 25-29: 1. Tanis Leyendek-ker 35:11. 30-34: 1. Maurie Potts 41:33. 35-39: 1. Rosa Medina 38:05. 40-44: 1. Majorie Timberlake 42:56. 45-49: 1. Fay Daly 48:36. 50-54; 1. Irene Valero 55:40, 55-59; 1. Dorothy Thomas 49:21, 60-64: 1, Evelyn Krumbein 61:05.

Father/Son: 1. Scott & Ken Thornton 69:22. Mother/Daughter: 1. Cathy & Scott Kennedy 74:27. Brother/Sister: 1. Tom & Keille Morgan 77:55. Husband/Wife: 1. Pat

& Gina Moss 74:08.

Overall Results - 2 Mile

	Overen Meanita - 5 Miles	
1	Leroy Rivera (20)	9:41
2	Darin Jaurequi (18)	10:00
3	Ron Jones (20)	10:04
4	David Cords (35)	10:14
5	Chano Salas (15)	10:26
6	Gilbert Guzman (24)	10:48
7	John Forenti (38)	11:02
8	Fernando Montanez (45)	11:07
9	S. Rey Pena (45)	11:07
10	Casey Clark (28)	11:14
11	Gabriel Santiago (14)	11:27
12	Rick Hernandez (19)	11:30
13	Genaro Salazar (29)	11:33
14	Tony Monroe (18)	11:34
15	Darrel Ketner (27)	11:35
16	Frank Gonzales (14)	11:42
17	Alex Nunez (29)	11:54
18	Santana Perez (48)	11:54
19	Isaac Meld (43)	11:56
20	Mike Vartanian (25)	11:57
21	Pete Santellano (42)	12:02
22	Domingo Pena (31)	12:02
23		12:03
24	Jess Rivera (57)	12:05
25	Jim East (15)	12:06
26		12:08
27		12:11
28		12:15
29		12:16
30	Jessie Espinoza (15)	12:17
31	Tiffany Shaw (18)	12:21
32	Loran Miller (46)	12:22
33		12:25
34	William Carr (40)	12:26
35	Jeff Stahl (14)	12:27
36	Jack Galtan (30)	12:29
37		12:33
38		12:34
39		12:34
40	Bob Strickland (37)	12:35
-01	0	

41	John Torres (36)	12:36
	Alred Aguirre (35)	12:37
43	Bob Musso (62)	12:38
44	Clay Barnett (32)	12:40
45	Ron Hudson (37)	12:43
46	Larry Harder (37)	12:48
47	Mark Tatham (18)	12:50
48	Gustavo Armenta (41)	12:51
49	James Plus (40)	12:51
50	Mario Estrada (33)	12:53
	Division Results - Men's 2	Mile

10-14: 1. Gabriel Santiago 11:27. 15-19: 1. Darin Jaurequi 10:00. 20-24: 1. Leroy Rivera 9:41. 25-29: 1. Casey Clark 11:14. 30-34: 1. Domingo Pena 12:02. 35-39: 1. David Cords 10:14. 40-44: 1. Isaac Meld 11:56. 45-49: 1. Fernie Montanez 11:07. 50-54: 1. Richard Stewart 14:01. 55-59: 1. Jess Rivera 12:05. 60-64: 1. Bob Musso

Division Results - Women's 2 Mile 10-14: 1. Stephanie Lopez 13:31. 15-19: 1. Jessie Espinosa 12:17, 20-24; 1. Susan Gentry 14:03, 25-29: 1. Tone Nichols 12:11. 30-34: 1. Beatrice Mitchell 15:13. 35-39: 1. Terrie Thompson 15:16. 40-44: 1. Margie Miller 16:39. 45-49: 1. Patsey Heigren 15:42. 50-54: 1. Marie Sorenson 16:09. 55-59: 1. Elaine Clark 19:56.

Levi's Ride & Tie

June 18. Foresthill, San Francisco.

Jim Larimer retained his stature as the winningest individual in the Levi's Ride & Tie by taking first place in the 15th Annual event held June 16 in the Sierra Nevada foothill town of Foresthill, Calif.

This year's victory was especially sweet for Larimer, 37, of Cool, Calif., and his partner, Jim Howard, 30, of Foresthill, as it took place in front of an enthusiastic hometown crowd.

Larimer, Howard and their Arabian "Stormy", captured first place with a time of 4:57:12, more than 12 minutes ahead of the second-place team. First place was worth a \$5,000 cash prize and specially designed trophy buckles. "Stormy" was awarded a denim horse blanket for being voted the "best conditioned" horse by race veterinarians.

The stiffest competition to Larimer and Howard was anticipated from the firstseeded team of Ron Nehring, 37, and Howard Ingle, 33, both of Salt Lake City. The Nehring-ingle team's horse "Pilot, failed to pass the second vet check and was withdrawn from the race.

Second place and winners of the Master's (40+) title went to the team of Sherode Powers, 48, and Russ Klernan, 47, both of Mill Valley, Calif., with a time of 5:10:26. They finished just 50 seconds ahead of the third place squad of Jeff Windeshausen, 46, and Chris Turney, 27, of Rancho Cordova, CA, with a time of

Thirty-four year old Deborah Wagner and her forty-two year old husband, David, riding "Lew's Big Red," dethroned Jon and Robyn Root of Paso Robles, CA, as the first place man-woman team champlons. The Roots have won the title the past three years but this year their horse, "Shad," failed the finish-line vet check. The Wagner's time of 5:32:11 placed them in the top ten overall with an eighth place

Val Le Bel, 39, and Peggy Smyth, 33, returned to the victory stand as they regained their two-woman team title. Their previous titles were won in 1981 and 1982. Le Bel and Smyth of Topanga, CA, finished with a time of 5:40:22 and placed ninth overall. Last year's winning twowoman feam of Debra Pack, 30, and Bevery Grey, 33, both from Park City, Utah, withdrew their horse "Unita" from competition

The challenging conditions of this year's race did not prevent the youngest and oldest competitors from completing

Jenny Scheinman, 12, and her mother, Ellen Taylor, 43, of Petrolia, CA, crossed the finish line with a time of 8:20:41 for 45th place overall and sixth place in the two-woman competition.

Smokey Killen, 69, of Applegate, CA, and his partner, Dan Hounchel, 28, of Auburn, came in 49th with a time of 8:27:44. Smokey's 17 year-old Arabian, "Bandit", has logged more than 20,000 miles of endurance competition.

The elements severly tested the top athletes who competed in this 15th Annual Levi's Ride & Tie, With temperatures near 100 and the 39.5 mile course over rugged terrain at elevations of 2,600 -4,400 feet, top finishers needed five hours instead of the expected four hours to complete the grueling course.

The race, which features teams of one

horse and two humans alternately running and riding their equine teammate, is one of the most grueling endurance sports events. Of 146 teams that started this year's race, 83 competed.

The finishing teams were comprised of 36 two-man teams, 27 man-woman teams and 22 two-woman teams.

Run For The Fun of It

from Roy Crambilt

June 16. Hollister, 5 Mile.

The second annual five mile "Run for the Health of It" was held on Father's Day, Sunday June 16, in Hollister, Calif., an hour south of San Jose. The race started promptly at 8:30 a.m. and the win-ner, Emil Magallanes of Seaside, Calif. crossed the finish line twenty five minutes and thirty six seconds later. Magallanes, listed as one of the top 100 amateur marathon runners in the nation led the field all the way, is training for the San Francisco Marathon, and has also run the Boston Marathon. Finishing second at 25:44.6 was another runner from Seaside, William Lyberr, who was never more than 12 seconds behind the leader, Jim Press, from Campa II, Calif., came in third overall at 26:07.8.

Female runners also posted some fast times. Kim Havas of Fort Knox, Kentucky was the overall winner in the female division with a time of 32:30.2. Karen Liemura of Hollister finished second with a time of 33:34.8, and Ginger Jones from Salinas was third with a 35:24.7 time.

Dick Houston Memorial Wood-**Minster Race**

Ju	ne 18. Oskland. 9 Mile.	
	Overall Results	
1	Sharlett Gilbert (34F) Zephyr	51:22
2	Mike Wheeler (38) Oakland	52:22
3	Sarah Tabbutt (26F) Berkeley	53:56
4	Tom Borschel (27)Reebok	56:27
5	John Cobourn (38) Tamalpa	56:44
8	Heidi Quadri (27F) Tamalpa	57:06
7	Bob Malain (58) NCSTC	57:32
8	Joss Walter (21) Team L P	57:37
9	Tad Beach (27) Reebok	57:43
10	George Frazier (38) Tamalpa	58:24
11	Jeff Cowling (26) Athlein	58:57
12	J. Talco (38) Oakland	59:00
13	Vicki Chase (36F) Tamalpa	59:35
14	B. Holmes (50)	59:57
15	Eve Pell (48F) Tamalpa	60:30
16	R. Cordone (36) Tamalpa	61:08
17	Richard Mowat (41) Berkeley	61:18
18	John Swyers (45) Tamalpa	61:28
19	Mellisa Behr (30F) Oakland	61:29
20	Judie Donovan (49F) Tamalpa	61:34
21	Robi Mulford (27F) BadClams	62:23
22	B. Mered (47) Orinda	62:24
23	Julios Ratti (34) RattiRunners	82:25
24	Jim Myers (36) Tamalpa	62:27
25	Kay Willoughby (49F) Tamalpa	62:31
100		100000

Dad's Day Dash

June 16. Hermosa Beach. 10K. Overall Results - Men

	Chaigh Descrits, well	
1	Jeff Dettmer (24)	31:48
2	Dan Brady (25)	32:50
3	Rudi Krause (30)	33:13
4	Dan Davies (28)	33:23
5	Carl Maravilla (25)	33:24
6	Jeff Harbell (22)	33:45
7 .	Bob Wilder (27)	33:48
8	Robert Kessler (29)	33:50
9	Jamesl Curry (31)	34:04
10	Denis Bauke (26)	34:35
11	Geoff Guerrero (34)	34:38
12	Philip Delacerda (34)	34:53
13	Robert Davison (40)	34:54
14	Javier Lara (28)	34:57
15	Edward Mantini (32)	35:00
	Bruce Geddes (40)	35:05
17	David Canine (22)	35:09
18		35:12
	Jesus Morales (32)	35:15
20	Eddle Edwards (23)	35:25
21		35:27
22	Thomas Judge (32)	35:45
23	Daryl Johnson (28)	35:53
24	John Thrane (26)	35:56
25	Dennis Hall (29)	35:57
26		36:01
27	John Bacon (33)	36:03
28	Larry Andrews (34)	36:04
	Salvador Gonzalez (37)	36:13
	Manny Burrola (39)	36:14
31	Michael Grigo (26)	36:31
32	Bill Harns (39)	36:31
33	Erik Nygaard (25)	36:37
34	Steve Acuff (30)	36:46
35	Phil Gerard (31)	36:51
36	Troy Smith (15)	36:53
37	Russ Omey (41)	36:53
38	Ron Poston (51)	36:55
39	Roger Harris (16)	36:56
40	Michael Chan (32)	37:00
41	Jeffrey Weiss (33)	37:03
42	Steve Mangum (37)	37:03
43	David Quaglia (32)	37:12
44	Mark Hatch (16)	37:18
45		37:19
46	Jeffrey Penteris (24)	37:20
47	Jim Kostick (28)	37:21
48		37:21
49		37:23
50		37:26
20	Division Results - Men	37,20
19	& Under 1 Poter Delacarda 4	0-20 2

13 & Under: 1. Peter Delacerda 40:20, 2.

Scott Abreu 43:17, 3. James Brown Jr. 48:06. 14-18: 1. Troy Smith 36:53, 2. Roger Harris 36:56, 3. Mark Hatch 37:18. 19-24: 1. Jeff Dettmer 31:48, 2. Jeff Harbell 33:45, 3. David Canine 35:09. 25-29: 1. Dan Brady 32:50, 2. Dan Davies 33:23, 3. Carl Maravilla 33:24. 30-34: 1. Rudi Krause 33:13, 2. James Curry 34:04, 3. Geoff Guerrero 34:38. 35-39: 1. Salvador Gonzalez 36:13, 2. Manny Burrola 36:14, 3. Bill Harns 36:31. 40-44: 1. Robert Davison 34:54, 2. Bruce Geddes 35:05, 3. Russ Omey 36:53, 45-49; 1. Frank Greene 37:21, 2. Bill Tostevin 38:13, 3, Joe Macias 39:35. 50-54: 1. Ron Poston 36:55, 2. Vince Gilliland 38:04, 3. George Davall 38:30. 55-59: 1. John Feyk 40:43, 2. Tracy Brown 41:34, 3. Bill Stowell 42:22. 60 & Over: 1. Ken Morreson 41:42, 2. Richard Creese

	il mollosofi 41.46, & Illohara	Oronon
42:	41, 3. Jose Canchola 44:57.	
	Overall Results - Women	
1	Sherry Simmons (27)	36:57
2	Brianne Carrier (23)	37:56
3	Renee Williams (23)	38:06
4	Donna Stocker (25)	38:10
5	Lisa Allen (40)	38:21
6	Terri Goodreau (35)	38:44
7	Jill Horne (24)	39:25
8	Janice Gannon (32)	40:32
9	Linda Salafía (25)	40:46
10	Yvonne Harter (27)	41:03
11	Deanna Holleman (43)	41:28
12	Annee Brennan (35)	41:39
13	Cheryl Labrucherie (37)	42:31
14	Joyce Momita (48)	42:57
15	Kathleen Parks (30)	43:17
16	Maureen Bradley (20)	43:28
17	Mary Anderson (38)	43:32
18	Patty Moran (23)	43:33
	Kellie Hourigan (15) *	43:46
	Sarah Fulcher (23)	43:49
	Karen Turney (26)	43:53

22	Sandi Schmitt (27)	43:59
23	Jonna Hoppes (35)	44:01
24	Darda Harrison (34)	44:02
25	Jessica Reifer (11)	44:04
26	Doreen Assumma-Fay (27)	44:37
27	Leigh Youens (26)	44:40
	Jennifer Peterson (22)	44:53
29	Carrie Newburn (22)	45:08
	Margi Heimforth (31)	45:23
1737	Division Results - Women	

13 & Under: 1. Jessica Reifer 44:04, 2. Samantha Brown 52:48, 3. Meta Hodgkinson 1:02:21, 14-18: 1. Kellie Hourigan 43:46, 2. Julie Lawtor 50:24, 3. Jennifer Wiley 56:52, 19-24: 1. Brianne Carrier Wiley 56:52. 19-24: 1. Brianne Carner 37:56, 2. Renee Williams 38:06, 3. Jill Horne 39:25. 25-29: 1. Sherry Simmons 36:57, 2. Donna Stocker 38:10, 3. Linda Salafia 40:46. 30-34: 1. Janice Gannon 40:32, 2. Kathleen Parks 43:17, 3. Darda Harrison 44:02. 35-39: 1. Terri Goodreau 38:44, 2. Annee Brennan 41:39, 3. Cheryi 36.44, 2 Anties Breiman 41.39, 3 Celly Labrucherie 42:31, 40-44: 1. Lisa Allen 38:21, 2. Deanna Holleman 41:28, 3. Alleen Blair 49:01, 45-49: 1. Joyce Momita 42:57, 2. Marilyn Clark 47:37, 3. Sarah Jones 54:01. 50-54: 1. Nancy Leslie 53:59, 2. Jeanne Carrier 54:27, 3. Mary Feyk 55:17. 55-59: 1. Ingrid Zamfirescu 52:17, 2. Beverly Smith 53:43, 3. Nannette White 1:02:20. 60 & Over: 1. Theima Anderson 1:15:58, 2. Ruth Cleland 1:16:58.

Bacardi Rum 5K

June 18. Oakland.

The Columbian who often trains at 11,000 feet near his home in South America, Domingo Tibaduiza, took this race in the final mile. A large pack led by South San Francisco, California's John Moreno set out in 75-80° warm conditions on this flat course around Lake Merritt. Moreno continued to hold the lead until the third mile, when the Columbian who's been living in Reno, Nevada, and who took 6th in the Bolder Boulder, passed him and continued on to win in 14:07, or 4:33 per mile. 4th-place Bay to Breakers finisher, Bill Donakowski could only manage 6th in this deep field. New Zealander Lorraine Moller finally showed some of last year's form in the women's contest. "I ran with Janine (Aiello) and Joan (Fox) for the first mile," the women's Olympic Marathon 5th-place finisher said following her victory. Conservatively passing mile 1 in 5:12, Moller picked it up to finish 43 seconds up on Bay to Breakers 3rd-place finisher, Alello, in 16:04, or 5:09 per mile.

Masters runner Sal Vasquez ran an ex-cellent time of 15:05, while Gabriele Andersen-Schiess took the female masters' honors. 600 runners competed in the men's race and 600 also ran in the women's event.

Overall Results - Men's 5K

1	Domingo Tibaduiza, Col.	14:07		
2	John Moreno, CA	14:11		
3	Steve Venable, CA	14:15		
4	Benton Hart, CA	14:20		
5	Dave Renneisen, CA	14:24		
6	Bill Donakowski, CA	14:27		
7	Jeff Adkins, CA	14:34		
8	Dan Harvey, CA	14:41		
9	Steve Crowley, CA	14:49		
10		14:51		
Overall Results - Women's 5K				
1	Lorraine Moller, NZL	16:04		
2	Janine Alello, CA	16:47		
3	Joan Fox, CA	16:55		
4	Gabriele Schiess, SWI	17:00		
5	Laurie Binder, CA	17:02		
6	Helke Skaden, CA	17:02		
7	Heldi Terhan, CA	17:18		
8	Ingrid Hemenway, CA	17:19		
9	Leslie McMullin, CA	17:22		
10	Marilyn Taylor, CA	17:35		
	Masters Men			
1	Sal Vasquez, CA	15:05		
	2345678910 12345678910	2 John Moreno, CA 3 Steve Venable, CA 4 Benton Hart, CA 5 Dave Renneisen, CA 6 Bill Donakowski, CA 7 Jeff Adkins, CA 8 Dan Harvey, CA 9 Steve Crowley, CA 10 Joe Green, CA 7 Overall Results - Women's 5K 1 Lorraine Moller, NZL 2 Janine Aiello, CA 3 Joan Fox, CA 4 Gabriele Schiess, SWI 5 Laurle Binder, CA 6 Helke Skaden, CA 7 Heldi Terhan, CA 8 Ingrid Hemenway, CA 9 Leslie McMullin, CA 10 Marilyn Taylor, CA Masters Men		

2	Bill Clark, CA	15:44
3	Joe Becerra, CA	16:02
	Masters Women	
1	Gabriele Schless, SWI	17:00
2	Gigi Luhtala, CA	18:53
3	Sandy Coffee, CA	19:04

Valley of the Flowers Runs

June 16, Lompoc, Marathon/Half Mara,

-		
1	Thomas Sneddon (35-39) PanCy	2:42:24
2	Steve Dornish (40-44) Encin	2:43:30
3	John Trump (18-29) VandAFB	2:50:02
4	Joe Gassmann(45-49) Hawthor	2:52:19
		2:52:25
		2:53:32
		2:53:44
		2:58:46
9		
10		
14		
21		
27		
32		
51		3:49:07
62		4:00:05
		4:52:42
	Overall Results - Half Marath	on
1	Rudy Hernandez(30-34)SantaM	1:10:16
2		
3	Gary Puhek(17&U)L.A.	1:13:55
4		1:14:24
5	Terry Mack(30-34)ManhattBch	1:15:03
	1 2 3 4 5 6 7 8 9 10 14 21 27 32 36 51 62 87 1 2 3 4	Overail Results - Marathon Thomas Sneddon (35-39)PanCy Steve Dornish (40-44) Encin John Trump (18-29) VandAFB Joe Gassmann(45-49)Hawthor Bob Farrington(50-54)SanJos Larry Jamison(40-44)SLO E.R. Silver(50-54)SanJose Nick Donoff(40-44)LagunaBch Ray Langston(50-54)Portland Dorsh Sanders(40-44)Bakerstid Russ Gamble(30-34)SanRamon Lindsay Wagner(18-29F)Rivers Joan Vita(35-39F)RedondoBch Gaby McQuitty(45-49)SantaMar William Casteel(55-59)Sarato Pat Kelly(40-44)SantaBarb Jan Delaney(30-34)Lomita Howard Linnard(80-80)Berk Overail Results - Half Marath Rudy Hernandez(30-34)SantaM Peter Puhek(18-29)VandenAFB Gary Puhek(178-U)L.A. Ricky Medina(18-29)Rediands

3	nuuy nemanuezioo-o-yoamam	Trans.
2	Peter Puhek(18-29)VandenAFB	1:12:1
3	Gary Puhek(17&U)L.A.	1:13:5
4	Ricky Medina(18-29)Redlands	1:14:2
5	Terry Mack(30-34)ManhattBch	1:15:0
6	Paul Lee(18-29)ArroyoGrande	1:15:0
7	Hal Kyles(18-29)Ocenaside	1:15:2
8	Jose Jniguez(18-29)	1:15:3
8	Malcolm Maxwell(18-29)S.M.	1:15:5
10	Keith Golding(18-29)S.M.	1:16:0
11	Sergio Torres(18-29)L.A.	1:16:1
12	Jon Eifler(18-29)HuntngBch	1:17:1
13	Kelth Lee (30-34) VandnAFB	1:18:3
14	Dennis Odion(18-29)S.B.	1:18:3
15	Dennis Mihora(40-44)S.B.	1:18:4
16	John McIntosh(35-39)Redding	1:18:4
17	Robert Limon(18-29)FtCollin	1:19:1
18	Tom Halpin(18-29)Lompoc	1:19:3
19	Charlle Pondella(40-44)SherO	1:19:4
20	Jim Armantrout(45-49)GranHis	1:20:0
21	Arne Hamala(35-39)Irvine	1:20:0
22	Michael Schutten(18-29)Fonta	1:20:2
23	Russell Sharer(30-34)S.M.	1:20:3
24	Chris Connors(30-34)SLO	1:20:3
25	Mike Uema(40-44)Lompoc	1:20:3
26	Keith Kirkpatrick(35-39)LosOs	1:21:2
27	Edward Russell(18-29)Oceans	1:21:3
28	Frank Ramirez(18-29)Lompoc	1:21:3
29	Harry Maloney(35-39)Bakersf	1:21:4
30	Daniel Contreras(35-39) Rivers	1:21:4

Imperial Beach 8K Race

24	ne to, impenal peach.	
	Overall Results - Men	
1	Steve Hastings, SanDiego	29:09
2	Eneterio Nava, SanDiego	29:14
3	Randy Stoppelmoor, SanDiego	29:33
4	Ron Wells, Alpine	29:35
5	George Staub, SantaFe	30:23
6	Micahel Bertolino, ElCajon	31:06
7	Benny Holt, ImperialBch	32:08
8	Mike Baer, ImperialBch	32:09
9	Edward Boyle, ImperialBoh	32:14
10		32:15
	Overall Results - Women	
1	Cion Ruiz, SanDiego	36:38
2	Monica Naranjo, SanDiego	40:58
2	Robin Wieland, ImperialSch	41:00
4	Takako Kelley, ImperialBch	44:04
5	Linda Ghiotto, SanDiego	44:09
6	Anne Kibney, LaMesa	44:33
7	Maria Marin, ImperialBch	44:54
В	Kandy Goodman, ChulaVista	49:19
9	Marina Haberle, SanDiego	49:20
10	Karen Peter, ChulaVista	49:30
	Division Results - Men	1000
12	& Under 1 Michael Kincaid 41	-58 2

Hiram Aguirre 46:23, 3. Gabriel Chuluan

47:07. 13-17: 1. Edward Boyle 32:14, 2. Richard Pharr 39:05, 3. Nicanor Silvestre 39:51. 18-29: 1. Steve Hastings 29:09, 2. Eneterio Nava 29:14, 3. Randy Stop-pelmoor 29:33. 30-39: 1. Ron Wells 29:35, 2. James Barkhurst 32:37, 3. Herschield Keaton 32:49, 40-49: 1, Benny Holt 32:08, 2. Larry Lake 33:18, 3. Steven Harris 34:42. 50-59: 1. Ron Morgan 37:30, 2. Morris Walker 37:40, 3. Ken Stahl 38:30. 60 & Over: 1. Hal Elrick 43:02, 2. Bob Hutchins 50:12, 3. Lowell Gates 57:49.

Division Results - Women 12 & Under: 1. Veronica Guerreno 49:50, 2. Leonor Chocnan 51:31, 3. Marpue Corfah 58:13. 13-17: 1. Dana Sachs 51:23, 2. Michaelle Jerome 56:20. 18-29: 1. Monica Narranjo 40:58, 2. Robin Wieland 41:00, 3. Anne Kibney 44:33. 30-39: 1. Clon Ruiz 36:36, 2. Marina Haberle 49:20, 3. Bonnie McCollum 50:50. 40-49: 1. Linda Ghiotto 44:09, 2. Karen Peter 49:30, 3. Diane Martinez 50:45. 50-59: 1. Takako Kelley 44:04, 2. Kathy Rolfes 1:42:49.

Otay Lakes Biathlon

from Bruce Norvell

June 22. Chula Vista. Overall Results - Men Hans Deben

2:09:56 Larry Murry Kai Soreno 2:10:29 2:11:39 2:11:40 Jim Brown 2:11:44 2:11:45 Dan Jenkins Dan Rick Ted Uhler 2:11:46 Ken Solzp 2:11:05 Leonard Filipowski 2:13:05 10 Robert Judge Overall Results - Women 2:13:50

Cynthia Heck Denise LeStrange 2:28:32 2:32:32 Sally Burton 2:35:16 JoAnn Wichary 2:39:38 Gloria Jones 2:40:17 2:41:03 Robin Davis Debbie Lewis Melanie Campbell 2:44:04 2:44:05 Lizzy Kemp 10 Heldi Fish 2:47:45

Run for Rio

June 22. Anshelm Stadium. 5K & 10K. Division Results - Men's 10K

14 & Under: 1. Mike Acosta 38:20, 2. Bebe Martinez 43:35. 15-19: 1. Gumby Anderson 35:09, 2. Ken Vendley 35:15, 3. Nate Donavan 40:01. 20-24: 1. Kevin Broady 30:44, 2. Gregg Remsey 31:43, 3. Abel Mata 32:29. 25-29: 1. Thomas French 32:18, 2. Phil Smith 33:20, 3. Craig Lowrie 34:59. 30-39: 1. Rudi Krause 33:16, 2. Robert Williams 35:32, 3. Gary Burton 36:00. 40-49: 1. Bob Hill 36:20, 2. Ralph Smith 40:21, 3. Mel Rich 40:27. 50-59: 1. Wally Ingram 38:12, 2. Rudy Subla 40:58, 3. Carl Ingalis 42:43. 60 & Over: 1. Frank Monteleon 44:37, 2. Jack Davison 57:58.

Division Results - Women's 10K 20-24: 1. Alexandria Aquirre 38:05, 2. Liz Remiey 41:32, 3. Alane Daugherty 44:33. 25-29: 1. Kathy Anno 42:24, 2. Jean Besta 44:51, 3. Joy Carney 44:54. 30-39: 1. Bogwell 44:46, 2. Lori Smith 46:01, 3. Bonnelle Murphy 47:01, 40-49: 1. Haralene Walters 38:28, 2. Viola Phillips 42:30, 3. Jan Toohey 46:18. 50-59: 1. Pauline Dean 52:03, 2. Doris Breding 54:39, 3. Trosino 55:28. 80 & Over: 1. Nyla Cook N.T. Wheelchair: 1. Roger Lee 35:45, 2. Mary Jones 44:55, 3. Gilbert Collins N.T. 70 & Over: 1: Jacob Bishin 1:20:17.

Division Results · Men's 5K 14 & Under: 1. Nathan Conkle 19:45, 2. Raul Barrera 20:54. 15-19: 1. Kyle Korcha

16:36, 2. Dan Meehan 16:42, 3. Armano Crespo 18:05, 20:24: 1. Valentino Nunez 16:01, 2. Marco Gonzales 18:02, 3. David Borton 18:03. 25-29: 1. Jon Myers 16:15, 2.

Danny Young 16:38, 3. Meadows 17:24. 30-39: 1. Fred Ortega 16:04, 2. Walt Hitt 16:48, 3. Bill Summer 16:59. 40-49: 1. John Shelton 17:47, 2. Gary Smith 18:23, 3. Joe Yanez 18:54. 50-59: 1. Wally Ingram 17:51, 2. Black 18:44, 3. McGoffigore 18:59. 80 & Over: 1. Larry Banuelos 18:52, 2. Dick Diener 21:18.

Division Results - Women's 5K 14 & Under: 1. Nicole Lyman 20:24, 2. Allison Norell 21:30. 15-19: 1. Suzette Basare 18:22, 2. Carrie Freeman 20:43, 3. Therese Victor 21:36. 20-24: 1. Susan Teaters 22:49, 2. Darlene Nielsen 23:40, 3. Cindy Richards 24:53. 25-29: 1. Olivia Padilla 19:02, 2. Jill Angel 21:35, 3. Brenda Plevney 22:07. 30-39: 1. Lois Curl 18:57, 2. Jean Mulvey 23:26, 3. Maria Rodriguez 24:09. 40-49: 1. Carol Jones 22:55, 2. Kathy Adams 23:36, 3. Fran Goodman 25:01. 50-59: 1. Joan Boatright 26:01, 2. Alma Shelton 30:56, 3. Dee Jones 31:44. 80 & Over: 1. Mary Bowman N.T.

Double Dipsea

June 22. Mill Valley. 13.7 Miles.

Overall Results-Handicap Times				
1	Roger Daniels (49)	1:28:57		
2	Butch Alexander (32)	1:32:54		
3	Christie Patterson (37)	1:33:57		
4	Craig Moore (32)	1:35:06		
5	Darryi Beardali (48)	1:35:25		
8	Heidi Quadri (24)	1:35:45		
7	Russ Klernan (47)	1:36:12		
8	Robert Bunnell (34)	1:37:26		
9	Bert Johnson (42)	1:40:26		
10	M. V. Mackenzie (41)	1:40:52		
11	Richard Mowat (41)	1:40:53		
12	Lynn-Marie Zito (29)	1:40:54		
13	George Frazier (38)	1;41:48		
14	Cynthia Chilton (31)	1:42:13		
15	Ron Young (31)	1:43:29		
16	Fred Fravens (31)	1:43:36		
17		1:43:53		
18		1:43:58		
19	Ralph Pilley (35)	1:44:33		
20	Richard Sextro (40)	1:45:33		
21	Larry McKendell (24)	1:45:57		
22	Tomas Pastalks (38)	1:46:12		
23	Leonard Iventosch (29)	1:46:15		
24	Milano Zeman (43)	1:47:27		
25	Bob Ward (45)	1:47:33		

Potrero 8K Scenic Scamper

from Enola D. Maxwell

Ju	ne 22. Sen Francisco.	
	Overall Results	
1	Eddle Lanzarin (30-39)	25:56
2	Roberto Mendez (30-39)	26:39
3	Dean Glenn (18-29)	26:58
4	Jim Muela (30-39)	29:09
5	Chuck Ogle (18-29)	29:24
6	Daniel Rosenthal (18-29)	29:36
7	John Galleta (40-49)	30:03
8	Roy Savery (40-49)	30:15
9	Nell DeNatale (18-29)	30:58
10	Bill Bucler (40-49)	31:11
22	Elise Sachs (18-29)	34:57
26	Fatima Johnson (14&U)	35:55
27	Nell Mahoney (50-59)	36:00
28	Barbara Johnson (30-39)	38:04

4-H Fair Fun Run

June 22. Livermore. 5K.

Open Men's Results
8 & Under: 1. Erik Detletsen, Castro
Valley, 9-13: 1. Hanns Dotlefsen, Castro
Valley, 14-19: 1. Dan Gabor, Golden Bay
RC. 20-29: 1. Mike Gama, Golden Bay
Club, 15:10. 30-39: 1. Julios Ratti, Oakland. 40-49: 1. Alan Lauwaert, Con-cord. 50 & Over: 1. G. C. Reinhardt, San Leandro. Walkers: 1. Benjamin Levitan,

continued on next page...

Open Women's Results

8 & Under: 1. Rebecca Johnson, Liver-more. 9-13: 1. Megan Ranney, Livermore. 14-19: 1. Erika Schuh, Pleasanton. 20-29: 1. Grace Gordillo, Pt. Richmond, 21:11. 30-39: 1. Katharine Aardy, Fremont. 40-49: 1. Diane Bromstead, San Jose, 50 & Over: Donna Ogelvie. Walkers: 1. Gwyneth

McMillan, Albany. 4-H Men's Results 9-13: 1. Steven Myers, Livermore. 14-19: 1. Mark Miller, Livermore. 30-39: 1. Armando, Hayward. 40-49: 1. Chuck Lee, Dublin.

4-H Women's Results

9-13: 1. Kimberly, Hayward. 14-19: 1. Ann Lyke, Castro Valley. 30-39: 1. Jeri Lee, Dublin. 40-49: 1. Bonnie Hughes, Liver-more. Walkers: 1. Cassie Patterson, Livermore. Wheelchair: 1. Tammy Theissen, Hayward.

Fitch Mountain Footrace

June 23. Healdsburg, 10K.

	Overall Results - Men	
1	Ray Castro, Healdsburg	33:13
2	· Steve Scharmann, S.R.	33:14
3	Paul Ghidoss, SanBruno	33:33
4	Joss Walter, Woodbridge	34:16
5	Dan Rueckert, SanAnselmo	34:42
6	Carlos Hernandez, Healdsburg	34:55
7	Ted Pawlak, S.R.	34:59
8	B. Phinney, Novato	36:06
8	Brendan Hutchinson, S.R.	36:19
10	Stephen Lyons, Quentin Village	36:43
	Division Results - Men	-

13 & Under: 1. T. Stevens 41:43, 14-18: 1. Luke Ottmann 40:03, 19-29: 1. Ray Castro 33:13, 30-34: 1. Tim Stewart 38:26, 35-39: 1. Tadese Gebre 37:12. 40-44: 1. Brendon Hutchinson 36:19. 45-49: 1. Joe Dana 41:17. 50 & Over: 1. Hank Fragoza 38:56.

Overall Results - Women Kathy Dalton, Sonoma Marcia Kremer, Oakdale, MN 40:31 Nika Horn, Santa Rosa 42:32 Maureen Medders, Pacifica 43:20 Susan Ayers, Desmoines, Iowa 43:58 Caria Dalcolletto S.C. 44:22 Debra Matz, Healdsburg 46:13 Beth Broomhear, Windson 48:41 Amy Schmitz, SantaRosa 49:12 10 Sue Wagers, Healdsburg Division Results · Women 49:18

13 & Under: 1. Nika Horn 42:32. 14-18: 1. Kathy Dalton 38:38. 19-29: 1. Maureen Medders 43:20. 30-34: 1. Susan Ayers 43:58. 35-39: 1. Marcia Kremer 40:31. 40-44: 1. Michele Paul 54:55. 45-49: 1. Patty Soto 52:53. 50 & Over: 1. Louis Cook

Fourth Sunday Run

Ji	ine 23. Lake Merritt, Oakland.	
	Overall Results - 5K	
1	Noah Hinkston (19) Oakland	16:20
2	Tim Corbin (16) Danville	16:36
3	Brian Rivers (15) Fremont	17:12
4 5	Pedro Reyes (23) Sacto	17:42
5	Alphonzo Jackson (39) Oakland	17:42
	Overall Results - 10K	
1	Don Jedlovec (30) Fremont	34:52
2	Dave Ripp (33) Richmond	37:49
3	Chris Larsen (38) Walnut Creek	38:04
4	Dick Malkin (45) Berkeley	38:3
5	Jason Look (31) Oakland	39:01
-	Overall Results - 15K	
1	Howard Worrell (30) Oakland	53:00
2	Mal Scotcher (39) Berkeley	58:21
3	Roger Sharpe (44) Berkeley	58:40
4	Jack Zakarian (33) Vallejo	59:00
5	Vince Alcantar (48) San Lorenzo	63:22

Seabreeze Runs

June 23. Ventura. 10K & 20K. Overall Results - 10K

CANISTI LIGHTIES - 101	· · · · · · · · · · · · · · · · · · ·
1 Gary Tuttle (37)	31:05
2 Gordon Christie (23)	31:54
3 Tim Minor (27)	32:44
4 Jim Reish (22)	
5 Joe Karnes (19)	33:07
	33:07
	33:15
7 Aldolfo Huerta (30)	33:47
8 Craig Mead (32)	33:50
9 Jesus Morales (29)	33:51
10 John Brennand (49)	
11 Brian Nelson (27)	34:18
	35:02
	35:04
13 Ric Hatch (30)	35:18
14 Mark Westerline (22)	35:39
15 Juan Hernandez (38)	35:45
16 Chris Kirkgaard (19)	35:49
17 Felix Randall (18)	
18 Charles McClung (44)	36:01
	36:06
19 Salvador Panlagua (33)	36:10
20 Eric Deam (25)	36:14
21 Joe Ramirez (27)	36:30
22 Bill Little (32)	36:52
23 Michael Frank (27)	
24 Mike Frick (17)	37:04
	37:21
	37:22
28 Ken Gaskell (50)	37:55
32 Ann Cladue (23F)	38:30
36 Ester Scherzinger (24F)	39:43
37 Susan Shoemaker (25F)	39:45
54 Terry Ancellotti (33F)	
11/2/11/01/11/00/	41:27
The state of the s	41:28
69 Maureen Little (33F)	42:56
85 Lissa Scobey (21F)	44:22
136Joanne Barker (46F)	48:12
Overall Results - 20K	ALL CAR
1 Allen Just (22)	1:03:20
2 Ted Cotti (23)	
	1:07:11
	1:07:21
4 Fred Snyder (25)	1:08:28
5 Eric Kirkgaard (22)	1:08:45
6 Will Pittenger (34)	1:09:53
7 Chuck Smead (33)	1:09:53
8 Rick Caintalan (21)	1:10:03
9 David Musgrove (25)	
	1:10:07
	1:10:58
11 BIII Scobey (40)	1:11:48
12 Scott Quady (31)	1:12:33
13 Mike Barton (17)	1:12:37
14 Ed Rambuski (27)	1:13:27
15 Steve Blum (30)	1:14:08
16 Chris Wikel (22)	
Carried Assert	1:14:26
	1:16:43
18 Sara Denning (32F)	1:18:44
19 Frank Russo (46)	1:18:56
20 Steve Hipsman (31)	1:19:06
32 Terri Gondreau (35F)	1:22:18
34 Jack Thomas (54)	1:22:38
37 Gina Faust (48F)	
	1:23:10
32 Judith Richardson (40F) 39 Jan Franzese (42F)	1:28:31
SW Jan Franzoeo (49E)	
39 Jan Franzese (42F)	1:29:41

St. Patricks **Benefit Runs**

from Robert Rain

June 23. Fresno. 1 Mile & 5 Mile.

	Overall Results - 5 Mile	
1	Alfred Lara	26:2
2	Bill Woody	29:2
3	Gabriel Santiago	29:53
4	Bob Perry	30:0
5	Ric Zamarripa	30:23
8	BIII Schwartz	31:30
7	Michael Harris	31:44
8	Steve Hopson-Walker	31:52
9	Brian Montgomery	32:30
10	Tone Nichols	32:40
	Distalan Decite as a	

ion Results - Men's 5 Mile 10-14: 1. Gabriel Santlago 29:53, 2. Keith Miller 38:21. 19-29: 1. Alfred Lara 26:27, 2. Brian Montgomery 32:30. 30-39: 1. Bill Schwartz 31:30, 2. Michael Harris 31:44, 3. Steve Hopson-Walker 31:52, 40-49: 1. Bill Woody 29:27, 2. Bob Perry 30:05, 3. Gary Schroeder 38:43, 50 & Over: 1. Ric Zamarripa 30:23, 2. Jim Martin 56:28.

Division Results - Women's 5 Mile

19-29: 1. Tone Nichols 32:40, 2. Katle Lowe 34:33, 30-39: 1. Maurie Potts 34:19, Sandy Jacobs 35:54, 3. Beth Case 38:49. 40-49: 1. Mary Ann Barroso 36:15, 2. Jackie Ryle 38:48, 3. Mary Hooper 43:16. 50 & Over: 1. Virginia Martin 56:27.

Overall Results - 1 Mile Jess Llanez Gilbert Guzman, Jr. 4:43.8 Erin Woody 4:52.1 Ron Jones 4:52.8 Juan Llanez 5:12.1 Scott Dye Jerry Christiansen Matt Mazurek 5:16.7 5:18.8 5:20.8 Tom Ockey 5:31.8 10 Fred Pereira 5:51.8

Division Results - Men's 1 Mile 9 & Under: 1. Eric Lindegren 6:32, 2. Eric Campbell 7:14, 3. Noah Dye 7:18. 10-14: 1. Juan Llanez 5:12, 2. Matt Mazurek 5:20, 3. Sam Ramsey 7:08. 15-18: 1. Jess Llanez 4:42, 2. Erin Woody 4:52, 3. Jerry Christiansen 5:18. 19-29: 1. Gilbert Guzman Jr. 4:34, 2. Ron Jones 4:52, 3. Tony Miranda 5:54, 30-39; 1. Scott Dye 5:16, 2. Pete Cervantez 6:22, 3. Jack Nicholas 6:38, 40-49: 1. Tom Ockey 5:31, 2. Jerry Friesen 5:59, 3. Bill Ramsey 6:00. 50 & Over: 1. Fred Pleira 5:51, 2. Frank Perales 7:07.

Division Results - Women's 1 Mile Division Results - Women's 1 Mile 9 & Under: 1. Renee Kops-Jones 7:35, 2. Jenny Houghton 8:08, 3. Amy Campbell 9:27, 10-14; 1. Anita Campbell 7:24, 15-18; 1. Debra Garcia 8:38, 30-39; 1. Olga Salazar 8:24, 40-49; 1. Caryl Friesen 8:21, 50 & Over: 1. Connie Garcia 8:13, 2. Irene Walker 13:16, 3. Lucy Faretta 13:46.

Jacoby Creek Streek

June 23. Bayside, 4.8 Mile & 1.8 Mile.

	Overall Results - 4.8 Mile	1753.0
1	David Figueinedo	25:08
2	Chris Romero	25:12
3	John Zinselmeir	25:16
4	Brian Presson	25:22
5	Wayne Arrison	25:39
6	Rob Britt	25:47
7	Jon Myers	25:49
8	Jeff Ball .	26:55
9	Jim Griggs	29:58
10	Chuck Ehlers	30:10
	Overall Results - 1.8 Mile	2000
1	Dennis Pfeifer	8:01
2	Randy Carrico	9:30
3	Rick Hrdins	10:07
4	Ellsworth Pence	10:20
5	Vincent Zinselmeir	10:31

Top-of-the State Footraces

by Lea Ferrero

June 29. Weed. 4.7 Mile & 7 Mile.

A compact field of 180 runners rang down the curtain on the first decade of the Top-of-the State Footraces in Weed as the oldest race in far northern California looks ahead to its eleventh year next

Two Redding-area runners, Al Masterson in the seven-mile and Brian Gaddy in the 4.7-mile race, set the tempo as they won their respective races. The two-mile fun run, which had a crowded field of 70 runners and walkers, was captured by Bill Lee with a time of 13:49.9. The first woman in that run was Jacqui Wright of Mt. Shasta, in 17:00.

Masterson, who is well on his way to capturing the south county "Triple Crown" (Railroad Days Killer Kilometers, Top-of-the State and Mt. Shasta Fourth of July), covered the hilly seven mile route in 43:33 as he was unpressed throughout. Julie Knorr of Redding was the first woman to finish, as she worked her way with 51:22 time. The week before, Master son won the Dunsmuir 10K race.

In the 4.7 miler, Gaddy barely escaped the quick finish of Mt. Shasta's Tim Har-

ding, as he won in 26:24.3 while Harding was an eyelash behind in 26:25.7. Anderson's Marge Dunlap was the first woman to cross the line as she turned in a clocking of 33:01.9.

Division Results - 4.7 Miles - Men Division Results - 4.7 Miles - Men 12 & Under 1. Travis Price 36:36, 2. Blake Powers 36:08. 13-18: 1. Brian Gaddy 26:24, 2. Tim Harding 26:25, 3. Gabe Metzger 34:07. 19-29: 1. Robert Patton 29:55, 2. Gary Moll 31:57, 3. Kevin Lahey 37:55. 30-34: 1. Cralg Peterson 28:34, 2. David Shields 29:31, 3. Lupe Monarrez 31:04. 35-39: 1. Mike Garcia 26:52, 2. Greg Gattin 34:15. 3. Simon Michael 35:10. 40-44: 1. 34;15, 3. Simon Michael 35:10. 40-44: 1. Tony Johnson 29:01, 2. Patrick Bushey 10h; Johnson 29:01, 2: Patrick Bushey 29:11, 3. Louis Quiggle 31:57, 45-49: 1. Ron Dunlap 31:04, 2: Gary DeSalvetore 34:49, 3. Bill Balfrey 34:53. 50-54: 1. Gary Thoreson 34:47, 55-59: 1. Dale Vanderhoof 35:48, 2. Gene Moyer 38:35.

Division Results - Women's 4.7 Mile 12 & Under: 1. Catherine Skicki 41:55. 19-29: 1. Heldi Messerchmitt 34:24, Thereas Rothenberger 35:28, 3. Leslie Hill 39:36. 30-34: 1. Sherry Gaddy 38:52, 2. Janice Sale 39:37, 3. Jacalyn Perry 40:38. 35-39: 1. Jessie Stratton 33:27, 2. Sue Gatlin 37:11, 3. Carol Winston 37:36. 40-44: 1. Lynn Bushey 35:46, 2. Jeanie Minuth 42:26, 3. Donna Hurlburt 42:26. 45-49: 1. Marge Duniap 33:01, 2. Rosalind Quiggle 39:37, 3. Charlotte Rice 40:10. 50-54: 1. Marlyn Hines 48:00, 2. Dalay Roberts 46:22. 55-59: 1. Mary Malain

Division Results - Men's 7 Miles 19-29: 1. Al Masterson 43:33, 2. Mike Mangas 50:16, 3. Mike Murphy 62:30. 30-34: 1. Joe McCarry 58:34, 2. Bob Dodson 59:24, 3. John Dawson 62:28, 35-39: 1. Mike Tuffs 48:12, 40-44: 1. Ron Prior 46:50, 2. Butch Stratton 48:02, 3. Jim Parker 2. Butch Stratch 48.02, 3. Jim Parker 49:52. 50-54: 1. Don Bemis 48:43, 2. Lee Bunnell 49:08, 3. Darryl Tuggle 51:30. 56-59: 1. Bob Malain 47:33, 2. Gerry Sprunger 58:33, 3. Dwight Roberts 58:56.

Division Results - Women's 7 Miles 13-18: 1. Amy Escatel 1:33:09. 19-29: 1. Julie Knorr 51:22. 30-34: 1. Rebecca Franco 52:12. 35-39: 1. Charlotte Soohoo 1:34:29. 50-54: 1. Georgia Strausbaugh 1:47:54

Bloodrun 6

June 29. Sacramento. 5K & 10K. Division Results - Men's 5K

19 & Under: 1. Benjamin Ayers 16:20, 2. Michael Adreani 16:43, 3. Esteban Luna 18:00. 20-29: 1. Daniel Silva 16:51, 2. Armando Velez 17:03, 3. James Williams 18:47, 30-39: 1. Sammy Trujillo 17:12, 2. Jim Geary 18:02, 3. David Allen 18:37, 40-49: 1. Abe Underwood 17:13, 2. Charles Conway 17:41, 3. Jim Heath 19:02, 50 & Owen 1, 19:e81, 40-49 Over: 1. Russell Albright 22:06, 2. James McManus 22:10, 3. Robert Burns 22:47.

Division Results - Women's 5K 19 & Under: 1. Carol Kinter 25:36, 2. Brenda Lipe 27:16, 3. Katrina Herr 27:17. 20-29: da Lipe 27:16, 3. Katrina Herr 27:17, 20-24;
1. Terry Thole 26:42, 2. Tracy Simpson 27:43, 30-39; 1. Cynthia Underwood 21:29, 2. Ronna Toombs 22:26, 3. Angelina Melendez 25:06. 40-49; 1. Carole McManus 24:40, 2. Marilyn Won 29:30, 3. Dee Brown 31:06.

Division Results - Men's 10K 19 & Under: 1. Gerardo Servin 41:25, 2. Antonio Martinez 41:31. 20-29: 1. Mike Kintes torilo martinez 4:131, 20-20; 1, Mike Kintes 33:38, 2, Daniel Garcia 35:32, 3, Mark Markel 38:42, 30-39; 1, Marc Reynolds 35:18, 2, George Simons 36:51, 3, Ron Pina 39:21, 40-49; 1, Jim Bossier 36:21, 2, David Ragsdale 36:55, 3. Clark Gossett 37:15. 50 & Over: 1. Kenneth Johnson 42:00, 2. Dick Kinter 46:04, 3. Bill Keenan

Division Results - Women's 10K 20-29: 1. Lora Sullivan 49:10. 30-39: 1. Jami Harrison 41:17. 40-49: 1. Jan Finney 52:51.

photo by David Weintraub



Michael Musyoki Men's Winner

Cascade Run Off

June 30, Portland, OR, 15K,

Michael Musyoki and Grete Waitz decisively beat star-studded fields to claim the 15 kilometer Cascade Run Off championship in Portland, Oregon on June 30

Waitz posted a time of 48:35 on the hilly loop course to break her own course record.

Musyoki's winning time of 42:48 marks the third fastest 15K time ever, with all of the top three times for the distance being posted on the challenging Cascade Run

Musyoki's 1983 winning Cascade Run Off time of 42:27 still stands as the world

Aggressive running by Musyoki over the steep first half of the course broke a lead pack of 20-25 runners. Only fellow Kenyans Simeon Kigen, Joseph Nzau and Ibrahim Hussein and American Mark Curp and Brazillan Jose Joao da Silva were able to stick with the three-time Run Off champion.

Upon creating the course's high point after a 450 foot elevation gain, Musyoki accelerated on the downhill breaking in succession da Silva, Curp and Hussein. Nzau and Kigen gamely hung with their

fellow countryman but mile splits which included 4:20 and 4:17 made the race Musyoki's and left Nzau and Kigen to fight for second.

Waltz reasserted her dominance among women distance runners by besting one of the sport's strongest fields by over one minute.

New Zealander Anne Audain ran 49:45 and top American Lisa Larsen Wiedenbach posted an impressive 49:53 but had to settle for second and third respective-

The increasing competitiveness of women's distance running is Illustrated



Grete Waitz Women's Winner

by the fact that places third through tenth were separated by less than a total of one minute. It took breaking 51 minutes to crack the top ten.

In addition to those athletes listed in the top 10 results, world class runners who falled to place in the money included Alex Hagelsteen (Belgium); Joseph Kipsang (Kenya); Michael Spoettel (West Germany); Sam Ngatia (Kenya); Peter Butler (Canada); Lorraine Moller (New Zealand); Regina Joyce (Ireland); Kersti Jakobsen (Denmark); and Veronique Marot (England).

The first ever confrontation among Masters Gunter Mielke of West Germany, American Barry Brown and Mexican Antonio Villanueva turned into an impressive 45:50 victory by Villanueva, plac-ing him 31st overall. Mielke was unable to catch his Mexican rival and finished second in 46:08. Former US Olympian Tracy Smith claimed third in 47:40, as Barry

Brown faded to ninth Masters.
As usual, Englishwoman Priscilla
Welch claimed first masters with a time of 50:14, placing her sixth woman overall.

In an interesting confrontation in the 50 and over bracket, Norm Green defeated Ray Hatton and set a new American record of 49:25. Hatton finished in 50:47. Course conditions at race time were

overcast, 60 with 64% humidity.

	Overall Results - Men	
1	Michael Musyoki (29) Kenya	42:48
		\$10,000
2	Joseph Nzau (31) Kenya	43:03
		\$6,000
3	Simeon Kigen (23) Kenya	43:08
		\$4,000
4	Mark Curp (26) Missouri	43:19
		\$3,000
5	Ibrahim Husseln (27) Kenya	43:40
		\$2,000
6	Rex Wilson (25) New Zealand	43:42
		\$1,000
7	Jose Joao da Silva (29) Brazil	43:43
		9600

8	Jon Sinclair (27) Colorado	44:00
		\$400
9	John Bowden (28) New Zealand	44:09
	THE COURT OF STREET AND ADDRESS OF THE PARTY	\$300
10	John Welferding (30) Kentucky	44:18
		\$200
	Overall Results - Women	
1	Grete Waltz (31) Norway	48:35
	\$	10,000
2	Anne Audain (29) New Zealand	49:45
		\$6,000
3	Lisa Larsen Weidenbach(23)MA	49:53
		\$4,000
4	Lesley Welch (22) MA	50:06
		\$3,000
5	Jacqueline Gareau (32) Canada	50:10
		\$2,000
6	Priscilla Welch (40) England	50:14
		\$1,000
7	Maureen Custy (29) Colorado	50:17
		\$600
8	Kellle Cathey (23) Arizona	50:41
		\$400
9	Gall Volk Kingma (24) Seattle	50:43
		\$300
10	Glenys Quick (27) NewZealand	50:52
		\$200

Division Results - Men

18 & Under: 1. Lewis Barnes III 48:41, 2. Mark Mohnen 48:44, 3. Matt Messner 48:50. 19-29: 1. Michael Musyoki 42:48, 2. Simeon Kigen 43:08, 3. Mark Curp 43:18. 30-34: 1. Joseph Nzau 43:02, 2. Jose Joac Da Silva 43:42, 3. John Wellerding 44:17 35-39: 1. Domingo Tibadulza 45:04, 2. Steve Flanagan 47:14, 3. West Wessely 48:32. 40-49: 1. Antonio Villanueva 45:50, 2. Gunter Mielke 46:08, 3. Tracy Smith 47:40, 50-59: 1. Norman Green 49:24, 2. Ray Hatton 50:47, 3. Bruce Holtzman 52:15. 80 & Over: 1. Clive Davies 58:41, 2. Donald Dilworth 1:03:11, 3. Bill Williams 1:05:39.

Division Results - Women 18 & Under: 1. Alice Peters 1:01:14, 2. Kristin Berdan 1:02:09, 3. Kari Krebsbach 1:04:33. 19-29: 1. Anne Audain 49:45, 2. Lisa Weldenbach 49:53, 3. Leslie Welch 50:08. 30-34: 1. Grete Waltz 48:35, 2. Jac queline Gareau 50:11, 3. Lorraine Moller 53:49. 35-39: 1. Laurie Binder 54:05, 2. Cherrie Flanagan 57:05, 3. Ann Danzer 57:33. 40-49: 1. Priscilla Welch 50:14, 2. Carol Flexer 56:56, 3. Betty Poppers 57:14. 50-59: 1. JoAnn Phillips 1:08:56, 2. Billie Murphy 1:09:16, 3. Carol Gross 1:11:21. 60 & Over: 1. Mary Storey 1:15:14, 2. Josephine Hess 1:25:59, 3. Lorraine Purnell 1:31:46.

Monterey Bay Triathlon

June 30. Uvas Lake, SantaClara County.

The 4th annual Monterey Bay Triathlon, sponsored by Friends Outside, was held on June 30. It was a 1.5 mile swim, 52 mile bike, and a 13 mile run, starting at Uvas Lake in Santa Clara County, and ending in Toro Park between Salinas and Monterey.

Defending champion, Grant Boswell of Chico, California, and Mark Montgomery of San Diego, tied for 1st place to win \$750 each

Jacqueline Shaw of Del Mar, California was the winning female triathlete, taking home \$1,000. Diane Israel of Boulder, CO placed second in the female category, and defending champion, Marquerite Meyer, also of Boulder, was 4th, behind Judy Glynn of Walnut Creek.

Overall Results - Men Grant Boswell, Chico Mark Montgomery, San Diego 4:23:22 Mike Pigg, Arcata 4:26:15 Donald Seymour, Pleasant Hill 4:34:33 Runar Bowman, SanLuis Obis 4:35:00 Overall Results - Women 4:59:12 Jacqueline Shaw, Del Mar Diane Israel, Boulder 5:03:37 Judy Glynn, WalnutCreek 5:04:27 5:18:08 Marguerite Meyer, Boulder Robin Davis, Del Mar 5:22:17

Division Results - Men

19 & Under: 1. Guy Vannatta 5:00:29, 2. Chase Watts 5:34:16, 3. Steve Reinmuth 5:34:59. 20-29: 1. Grant Boswell 4:23:22, 2. Mark Montgomery 4:23:22, 3. Mike Pigg 4:26:15. 30-39: 1. Bob Dietz 4:55:01, 2. Curt Haury 4:56:11, 3. Norm Gould 4:56:56. 40-49: 1. Hans Dieben 5:02:11, 2. George Wright 5:02:46, 3. Walter Radioff 5:12:11. 50-59: 1. John Payotells 5:36:02, 2. Jack Eberly 5:57:46, 3. Tom Taylor 6:13:45. 60 & Over: 1. James DeTar 6:21:16.

Division Results - Women 19 & Under: 1, Julie Coudeyre 6:38:56, 2, Marie Laughlin 7:32:05, 20-29: 1, Jac-queline Shaw 4:59:12, 2, Diane Israel 5:03:37, 3, Marguerite Meyer 5:18:08. 30-39: 1. Judy Glynn 5:04:27, 2. Susan Griffin 5:24:13, 3. Debble Walker 5:49:29, 40-49: 1. Valerie Doyle 6:03:51, 2. Barbara Wright 6:30:38, 3. Ariene Fowler 6:58:33.

Division Results - Men's Relays 19 & Under: 1. Dan O'Keefe, Mark Kilner, Ben Valpey, 4:51:58. 20-29: 1. Schroeder, Alec Isabeau, Greg Szanto, 4:19:50: 30:39: 1. David Kenyon, Joe Ryan, Robert McLennan, 4:18:18. 49-49: 1. William Daniels, William Soskin, Glynn Wood, 5:02:11. 50-59: 1. Robert Schubert, Don Reid, Jas Groves, 6:15:47. Division Results - Women's Relays

20-29: 1. Denise Ellestad, Sharon Power, Ann Trason, 5:21:23. 30-39: 1. Sharmen Miller, Sharon Seegelken, Amanda Roberts, 6:27:39.

Tahoe Series 10K

June 30. Lake Tahoe.

Division Results - Men 19 & Under: 1. J. Finer 46:46, 2. B. Riggs 47:07, 3. D. Taitano 47:53, 20-29: 1. J. Townsend 34:15, 2. B. Butterfield 35:33, 3. Townsend 34:15, 2, B. Butterfield 35:33, 3, M. Gregor 36:41, 30:39: 1, D. O'Halloran 33:54, 2, D. Fugat 39:53, 3, K. Gurley 40:44, 40-49: 1, J. Tompkin 42:12, 2, A. Angle 42:30, 3, R. Frazier 43:12, 50-59: 1, M. Jeneld 43:09, 2, C. Lahr 44:43, 3, B. Grawford 45:12, 80 & Over: 1, D. Christieni 58:12

Division Results - Women 20-29: 1. A. Allender 46:12, 2. Gabriela O'Neil 46:29, 3. Leslie Berck 49:14, 30-39: 1. P. Izzett 44:17, 2. B. Carle 48:06, 3. M. Fillmont 49:37, 40-49: 1. V. Johnson 45:42, 2. C. Jeneid 51:17, 3. G. Bri? 1:13.00. 50-59: 1. J. Crawford 1:01:49, 2. P. Ewing

Brisbane Dance Workshop 5K

Top 3 - Men Bob Darling Alan Stanbridge 15:50 D. Garcia 17:12 Top 3 - Women Ann Hamilton 17:28 Shawn Pedrotti 19:56 Denise Dunbar

Double Lake Merced

July 4. San Francisco. 9 Mile. Ton Flya . Man

1	Mike McManus	48:08
2	Bob Darling	49:03
3	Michael Hughes	50:07
4	Dan Martinelli	51:48
5	Chris Lee	52:52
	Top Five - Women	
1	Elizabeth Rodgers	65:45
2	Becky Rozewicz	67:04
3	Marian Volpe	68:23
4	Marilyn Cornel	70:23
5	Mary Magee	71:04

The Scripps Ranch Run

July 4. San Diego. 10K. Division Results - Iden 9 & Under: 1. Shane Mullen 48:14, 2. Scott Stewart 48:02, 3. Billy Lofft 49:02, 10-13: 1. Bill Aronson 41:37, 2. Vince Wallace 43:26, 3. Darren Malloy 43:44, 14-17: 1. Richard Morales 35:02, 2. Andrew Tastad 35:56, 3. Craig Miller 37:38, 18-25: 1. Steve McCormack 30:31, 2. Jack Kalry 31:09, 3. Mark Shreckengast 31:24, 28-90; 1, Robert Lusitana 31:27, 2, Greg Marino 33:12, 3, Wilhelm Anderson 34:34, 31-35; 1, Kevin McCarey 30:54, 2. Tom Lux 31:13, 3. Andy MacKay 33:38. 36-39: 1. Steve Myhro 33:40, 2. Ron Wells 33:49, 3. John Mon-tigomery 34:15. 40-46: 1. Peter Stern 34:20, 2. Richard Ruiz 34:33, 3. Piet Sanchez 38:00. 50 & Over: 1. Marsh Haraden 37:58, 2. Terrel Eddy 40:11, 3. John Terrell 40:15. Division Results - Women

9 & Under: 1. Lindsey Oliver 73:34, 2. Jody Loduca 79:51. 10-13: 1. Monique Hedder son 58:14, 14-17: 1. Laura Chapel 38:41, 2. Kerry Smith 45:38, 3. Shanti Hedderson 45:40. 18-88: 1. Lita Lux 38:09, 2. Gretchen Bohan 30:50, 3. Christy Babb 41:03, 26-30: 1. Sylvia Moinar 41:32, 2. Suzanne Marinello 42:21, 3. Wanda Gunderson Marrieno 42:21, 3. Wanda Gunosson 44:23. 31-86: 1. Minty Ireland 35:29, 2. Susan Elden 40:01, 3. Renee Gerrick 42:04. 38-86: 1. Janie Shankies 41:33, 2. Jerrilyn Sober 44:42, 3. Mary Morris 48:04. 40-49: 1. Lynn Flanagan 44:10, 2. Karen Rocheleau 67:42, 3. Ginni Nordstrom 48:42. 50 & Over: 1. Elsa Sandberg 51:10, 2. Wanda Boott 55:55, 3. Shirley Tobin

Michelob Light Independence **Day Four Mile**

July 4. Mooney Grove, Visalia.

Gary Tuttle led from start to finish in winning his second title at the Michelob Light Independence Day Four Miler, Tut-tie's time of 18:44 broke his own course record of 18:51 he set in 1981. Tony

photo by Glenn Williams



Gary Tuttle

Ramirez and Rob Anex both of the Adidas Regional Running Team gave Tuttle a chase. Tuttle led through spilts of 4:33-9:13-14:02-18:44 finishing a comfortable five seconds ahead of Ramirez 18:49 who finished one second ahead of Anex 18:50. Helke Skaden also of the adidas Regional Team defended her title and set a course record in the process clocking 22:40.

Frank Padilia clocked 22:26 in taking the masters title while JoAnn Branco clocked 29:12 for the womens masters

	Overall Results - Men	
1	Gary Tuttle	18:44
2	Tony Ramirez	18:49
3	Rob Anex	18:50
4	Juan Garcia	19:13
5	Juan Molina	19:24
6	Dave Rennelsen	19:20
7	Sal Layano	19:35
8	Hugo Cibrian	19:43
9	Ed Taylor	19:58
10	David Naranjo	19:59
	Overall Results - Women	
1	Helke Skaden	22:40
2	Tanis Levendekker	22:55
3	Anita Johnson	23:30
4	Shirley Johnson	23:38
5	Jube Matteson	24:02

14 & Under: 1. Juan Alanez 25:28, 2. Isac Naranjo 25:51, 3. Chris Chapman 26:31. 15-19: 1. Hugo Cibrian 19:43, 2. David Naranjo 19:59, 3. Brett Lizotte 21:20. 20-24: 1. Robert Taylor 21:14, 2. Glibert Guzman 21:32, 3. Mike Lizotte 22:08. Juan Garcia 19:13, 2. Molina 19:24, 3. Sal Lozano 19:35. 30-34: 1. Bryan Patterson 22:22, 2. Robert Aragon 22:58, 3. Tom Whited 24:21. 30-39: 1. Thomas Williams 23:49, 2. Bert Wilgenburg 23:56, 3. Jim Hill 24:00. 40-44: 1. Dave Durg 23:56, 3. Jim Hill 24:00. 40-44: 1. Dave Meza 24:05, 2. Al Branco 24:33, 3. Bob Blakeley 24:34. 45-49: 1. Frank Padilla 22:26, 2. James Lipford 23:54, 3. Fred Keenom 25:29. 50-58: 1. Rick Zemarripa 23:23, 2. John Liston 28:38, 3. Mel Bone 32:08. 60 & Over: 1. Leon Alanzo 27:22, 2. Ed Preston 28:06, 3. Harry Harder 28:25. Division Results - Women

Division Results - Men

14 & Under: 1. Stephanie Stewart 31:36, 2 Elizabeth Torres 36:02, 3. Kim Hawkins 36:02. 15-19: 1. Jennifer Baker 25:52, 2 Shannon Battles 27:26, 3. Natalle Men doza 28:38. 20-29: 1. Tanis Leyendekker 22:55, 2. Anita Johnson 23:30, 3. Shirley Johnson 23:38, 30-39: 1. Kathy Kennedy 25:19, 2. Mauri Potts 26:27, 3. Kathy Bush 30:24. 40 & Over: 1. JoAnn Branco 29:12, 2 Julie Wilson 32:21, 3. Linda Sergrave

photo by Glenn Williams



Tanis Leyendekker

Peachtree Road Race

July 4. Atlanta, Ga. 10K.
Picking up where they left off days earlier at the Cascade Run Off, Michael Musyoki and Grete Waltz claimed their second straight ARRA Circuit victories at Atlanta's Peachtree Road Race. Under some of the most favorable conditions in Peachtree history, 70 degrees with 75% humidity, Musyoki and Waltz led the first six men and first four women under last year's winning times, with Musyoki setting a new course mark

After an opening mile of 4:33, Musyoki broke away from the dozen-strong lead pack, with Nzau just off his shoulder, and Kigen and Hussein a few yards back. Pressing the pace through splits of 8:50 and 13:15, Musyoki eased over the hilly tourth mile in 4:53 before gearing down for a 4:21 fifth mile. Nzau held on, but Musyoki finally dropped him with a 4:14 sixth mile, and raced home to a 27:58 victory, worth \$5,000. Musyoki's time was six seconds ahead of Craig Virgin's 1981 standard, and nine seconds ahead of Nzau. Kigen and Husseln picked up third and fourth, while Ireland's Jerry Klernan was a close fifth, and Oympian John Tuttle, in sixth, was the top American.

"I wanted to put pressure on everybody and myself so that we could have a good time here," said Musyoki after the race.

"Under 28:00 . . That's a great feeling."
Waltz proved once again to be the class of the women's field as she moved into an early lead, with British masters ace Priscilla Welch offering a challenge during the first few miles.
"I slowed down a bit when I ran the first

uphill and started to get tired," Waitz said later. "I knew I had three miles to go, and you not only run with your legs, but with your head as well."

Waltz proved more than tough enough over the final miles, as she left behind Welch and the rest of the field to capture the \$5,000 first prize with a 32:03 clockjust shy of her 1983 course record of 32:00, and thirty seconds ahead of Judi St. Hilaire of Marbiehead, MA. Suzanne Girard (32:48), Ellen Reynolds (32:48), and Pattl Sue Plummer (32:57) picked up the next three spots, while Welch, who faded from second to sixth in the last mile to finish in 32:58, won \$1000 as the top masters competitor.

In the men's field, top master Antonio Villanueva successfully defended his Peachtree title with a 30:13 victory, over a minute shead of Graham Tattersall of New Zealand

Overall Results - Men Michael Musyoki, Kenya, \$5,000 27:58 Joseph Nzau, Kenya, \$3,000 28:07 Simeon Kigen, Kenya, \$2,000 Ibrahlm Hussein, Kenya, \$1,500 28:27 Jerry Kiernan, Ireland, \$1,000 28:29 John Tuttle, Douglasville,\$800 28:34 Adrain Leek, G.B., \$700 Alex Hagelsteen, Belglum, \$600 28:37 Keith Brantly, Gainesvie,\$500 Martin Gomez, Mexico, \$400 28:43 Overall Results - Women Grete Waitz, Norway, \$5,000 Judi St. Hilaire, Brighton, \$3,000 32:03 32:33 Suzanne Girard, Wash. DC, \$2,000 32:46 Ellen Reynolds, Griffin, \$1,500 Patti Plummer, Palo Alto, \$1,000 32:4B 32:57 Priscilla Welch, G.B., \$1,000 32:58 Linda McLellan, Phoenix, Veronique Marot, G.B. 32-58 33:09

La Palma-ADP 5K & 10K

33:09

July 4. City of La Palma. Overall Results - Men's 5K Richard Graves (19-24) James McKenzie (19-24)

Marty Cooksay, Kirkwood

10 Sue King, Mobile

3	Art Cendejas (25-29)	15:43
4	Eric Ree (19-24)	15:53
5	Joseph Karnes (19-24)	16:02
6	Terrence Mahon (14&U)	16:06
7	Greg King (19-24)	16:11
8	Lorenzo Tyner (19-24)	16:12
9	Robert Thiede (19-24)	16:16
10	David Withers (19-24)	16:20
	Overall Results - Women's 5K	San San
1	Sylvia Mosqueda (19-24)	17:53
2	Helen Lopez (25-29)	18:27
3	Tammy Sargeant (25-29)	18:32
4	Julie Lloyd (35-39)	19:09
5	Carolyn Slade (35-39)	21:17
6	Marcia Chaney (30-34)	21:18
7	Maureen Mishloka (25-29)	21:31
8	Wendy Bracamonte (30-34)	21:39
9	Ida Hendrick (45-49)	21:49
10	Diana Steller (15-18)	21:51
	Overall Results - Men's 10K	
1	Rory Cooper (25-29Whch)	30:18
2	Ron Gee (30-34)	30:48
3	Dan Osburn (19-24Whch)	30:58
4	Jeff Dettmer (19-24)	31:38
5	Ray Stewart (30-34)	33:42
6	James Curry (30-34)	33:50
7	Bernie Brizvela (25-29)	33:56
В	Mark McKinzle (25-29)	34:28
9	Kevin Cannon (19-24)	34:29
10	Stephen Webb (25-29)	34:51
	Overail Results - Women's 10k	
1	Rhonda Davidson (19-24)	40:46
2	Neva Ingersall (35-39)	42:12
3	Becky Garcia (25-29)	44:14
4	Karen Christoffersen (25-29)	45:08
5	Cheryl Richardt (30-34)	47:30
В	Raquel Cordero (19-24)	47:59
7	Lori Matsumoto (15-18)	48:05
8	Gall Gross (25-29)	48:33
9	Margaret Waldron (40-44)	49:27

Run for Independence

49:48

July 4. Atwater. 5 Mile & 2 Mile.

10 Jeannie Cole (30-34)

	Overall Results - 5 Mile	
1	Doug Twilleager	25:21
2	Dan Murray	25:24
3	Eddle Buehner	26:16
4	Daniel Valdez	26:40
5	Fred Villegas	27:13
6	K. Cowley	27:30
7	E. Petersen	27:47
8	Dan Leitner	27:59
9	Jim Nabholz	28:08
10	Charles Pittel	28:21
	Dhriston Beautte - Man's E t	Allla

13-17: 1. J. Mabholz 28:07, 2. C. Buehner 29:02, 3. P. Brown 31:32, 18-29: 1. D. Twilleager 25:21, 2. E. Buehner 26:16, 3. D. Valdez 26:40. 30-39: 1. D. Domant 28:32, 2. C. Royer 28:34, 3. T. Jones 28:59, 40-49: 1. D. Murray 25:24, 2. T. Parker 30:52, 3. B. Starck 31:29. 50-59: 1. L. Thornton 29:18, 2. Harman 40:03, 3. J. Kaufman 42:32. 60 & Over: 1. A. Lundberg 35:28.

Redwood City's 4th of July Parade Run

July 4. Redwood City. 5000 Meters. Division Results

Open Men: 1. Calvin Gaziano 15:12, 2. Dennis Tracy 15:28, 3. Len Sperandeo 15:33, 4. Steve Lopez 15:33, 5. Dave Anderson 15:43. Open Women: 1. Linda Van Housen 17:08, 2. Laura Silva 19:08, 3. Terry Juri 20:34, 4. Louise Penna 21:23, 5. Carmen Gallego 21:32. Master Men: 1. Gene Gilligan 16:32, 2. Robert Plant 17:08, 2. Robert Plant 17:06, 3. Warren Yeend 18:39, 4. J. Bramfitt 18:57, 5. David Bostic 18:58. Master Women: 1. Carole Mawson 21:47, 2. Barbara Tyson 22:38, 3. Sherry Gaskin 22:47, 4. Rose Graboski 23:57, 5. Barbara Rubben 24:26.

Monarch Bank Run in the Park

July 4. Laguna Niguel, 5K/10K.

Division Results - Men's 10K 9 & Under: 1. Brandon Kapian 46:06. 10-14: Robert Van Dijk 44:46, 2. Beau Fenske 48:31. 15-19: 1. Brian Gaipin 38:15, 2. Mike Richardson 38:16, 3. Dan Smith N.T. 20-24: 1. Bob Isaak 34:59, 2. Steven Shapiro 35:30, 3, Javier Camparan 36:01. 25-29: 1. Joe Jenkins 32:16, 2. Greg Mislich 32:57, 3. Paul McCarthy 36:55. 30-34: 1. Tom Berrymore 35:51, 2. Greg Stromberg 36:03, 3. Dave Crocket 38:08. 35-39: 1. Rich Kenworthy 34:41, 2. John Allen 36:35, 3. Fred Millard 36:51. 40-44: 1. Bob Hill 35:15, 2. David Carter 35:45, 3. Harry Hunt 36:07. 45-49: 1. Larry Esau 39:19, 2. Ralph Smith 42:31, 3. Ron Walters 43:48. 50-54: 1. Julius Schnell 40:12, 2. Cyril Jones 41:46, 3. Fred Cox 41:47. 55-59: 1. Tom Wilson 41:49, 2. Jack Green 43:14, 3. Angelo Rugglera 48:23. 80 & Over: 1. Jack Britton 49:38.

Division Results - Women's 10K 9 & Under: 1. Tiana Fenske 59:00. 15-19: 1. Angle Stempel 42:48, 2. Heather Hart 60:12. 20-24: 1. Mary Depaoli 45:28, 2. Amy Luedeke 53:28, 3. Audrienne Pennington 55:11. 25-29: 1. Diane Bjelland 41:43, 2. Dorothy Demond 43:05, 3. Diane Sullivan 45:55. 30-34: 1. Ellen Coleman 41:49, 2. Margaret Montoya 42:34, 3. Barbara Lee 43:01. 35-39: 1. Julie Millard 38:34, 2. Candy Clark 41:22, 3. Sherry Leulyate 44:49. 40-44: 1. Haroline Walters 38:32, 2. Carolyn Doty 41:54, 3. Gaye Sprout 49:04. 45-49: 1. Judy Martin 44:09, 2. Mickie Shapiro 48:40, 3. Linda Wahi 56:43. 50-54: 1. Beverly Triggs 50:59, 2. Sistle Stevens 57:17. 55-59: 1. Patricia Pruitt 51:34, 2. Dorothy Griggs 52:51.

Division Results - Men's 5K

9 & Under: 1. Brian Casola 23:34, 2. J.J. Linini 25:38, 3. Ross McBride 26:45. 10-14: 1. Adam Maki 18:13, 2. Chris Roberts 18:39, 3. Todd Clark Jr. 19:38, 15-19: 1. Bob Belo 18:35, 2. Chris Bube 18:59, 3. Craig Springer 17:14, 20-24; 1. Jim McCarthy 16:01, 2. Matt O'Day 16:26, 3. Mike Ahern 16:39. 25-29: 1. Forest Metcalf 15:30, 2. Dave Smith 15:40, 3. Stewart Calderwood 16:08. 30-34: 1. Mark Van Iderstein 16:54, 2. Tim Hayes 17:54, 3. Tim Woolston 18:34, 35-39: 1. Fred Pichay 17:20, 2. John Comes 18:18, 3. M. Densham 18:41, 40-44: 1. Nell Doherty 16:20, 2. Bill Elam 17:32, 3. Pete Petersen 18:07. 45-49: 1. Kent Steel 19:30, 2. Jim Cleveland 19:36, 3. Kriss Sands 20:23. 50-54: 1. Norman Dickinson N.T., 2. Fred Cox 21:06, 3. Eugene Lleshikar 23:49. 55-59: 1. Frank Husak 21:30, 2. A.U. Goldstein 21:43, 3. Bob Kay 21:50. 60 & Over: 1. Tom Mathews 21:10, 2. Delmar Gouriey 21:09, 3. Bill Nice 22:42. Division Results - Women's 5K

9 & Under: 1. Janet Thomas 24:36, 2. Erin Harrell 25;38, 3. Nickl Roemer 30:48. 10-14: T. Cristen Niederhaus 22;22, 2. Denisha Benoz 23:38, 3. Samatha Toomey 25:14. 15-19: 1. Catrhy Smith N.T., 2. Eva Duran N.T., 3. Nancy Long N.T. 20-24: 1 Ester Scharzinger 19:11, 2. Traci Danlelson 22:48, 3. Kim Kobza 23:28. 25-29: 1. Cathy Anno 20:00, 2. Dee Hoeper 23:57, 3. Anita Prettyman 24:21. 30-34: 1. Ann Knowles 21:42, 2. Kathy Burke 22:15, 3. Dawn Didion 24:11. 35-39: 1. Tonya Prescott 23:17, 2. Marsha Mulroney 25:05, 3. Sue Davis 26:54. 40-44: 1. Teresa Ross 21:36, 2. Donna Dilcreto 25:37, 3. Chris Roberts 28:31. 45-49: 1. Pat Johnson 27:21, 2. Dee Elam 27:35, 3. Karen White 28:18. 50-54: 1. Amy Goldstein 24:11, 2. Alice Velarde 37:52. 55-59: 1. Corrine Chapman 30:06, 2, Alma Shelton 31:01, 60 & Over: 1. Charloette Sizemore 37:43, 2. Billie Abbott 37:58.

Fourth of July Jubilee Run

from Ken Yanosko

July 4. Arcata. 10K.

A five-year-old record was smashed in the seventh annual Northern California Fourth of July Jubilee Run held in Arcata.

Ray Webb, 23 year old Humboldt State distance runner, ran the ten kilometer course in 31:28, breaking the previous record time of 32:15 set by Scott Gillis in 1980. Webb easily outdistanced David Figueiredo, 27, and Greg Zentner, 25, who finished together in a 33:03 tie. Alex Zygaczenko was fourth in 33:08 and Mike Holt fifth in 33:43.

The first female finisher was 39-year old Karen Angel, who ran the course in 40:44. Erin Twomey, 22, was second in 42:58, and in third was Terry Owens, 33, in

a time of 45:50.

In addition to Webb's effort, three other age division records were set: In the men's 35-39 age group, Zygaczenko's 33:08 bested the previous time of 34:30. In the men's 50-54 age division, George Herd beat the old record by over two and a half minutes, running in 36:39. And in the women's 45-49 division, Dorothy Story took twelve seconds off the old mark, finishing in a time of 50:14.

In the three kilometer fun run that preceded the main event, 17-year-old Jeff Johnson blistered the course in 9:51, followed by Reed Elmore, 16, In 10:03 and Allen Brooks, 17, In 10:31. Cathy Dicker-son, 26, was the first female in 13:00, edging out Kristine Mechals, 29, who was three seconds behind. The three kilometer run had 63 finishers, while 102 runners competed in the ten kilometer

Division Results - Men 15-19: 1. Jon Myers 35:50. 20-29: 1. Ray

Webb 31:28. 30-34: 1. James Washington 34:38. 35-39: 1. Alex Zygaczenko 33:08. 40-44: 1. Bill Morris 36:49. 45-49: 1. Roy Veal 40:01. 50-54: 1. George Herd 36:39. 60-64: 1. Charlie Swingrover 58:38. 65-69: 1. Ira Samuels 48:27.

Division Results - Women 20-29: 1. Erin Twomey 42:58. 30-34: 1. Terry Owens 45:50. 35-39: 1. Karen Angel 40:44. 40-44: 1. Linda Forbes 48:32. 45-49: 1. Dorothy Story 50:14.

Will Rogers 10K

July 4, Pacific Palisades.

Men
OVERALL—1 Luis Tipan (Guapolo, Ecuador), 30:53:0, 2 Mark Mester (El Segundo), 31:40:1:3 Bob Macias (Santa Monica), 32:03:7, 4 David Greifinger (Pacific Palisades), 32:05:5, 5 Patrick Ewing (El Segundo), 32:15:9.
AGE 12:8 UNDER—1 Neil Wechsler (Santa Monica), 39:53:0, 2 Chip English (Santa Monica), 44:02:8, 3 Stepher Gabor (Pacific Palisades), 53:18:5.
AGE 13:15—1 Kent Holiday (Broomfield, Col.), 40:06:5, 2 Greg Brawer (Pacific Palisades), 51:19:0.
AGE 16:18—1 Richard Tanner (Cheviot Hills), 34:23:4, 2 David Kahan (University HS), 36:03:4
AGE 19:29—1 Mark Mester, 31:40:1; 2 David Greifinger, 32:05:5, 3. Patrick Ewing, 32:15:9.

Zu Davio Greininger, 32:05.5, 3. Patrick Ewing, 32:16.9. AGE 30:34—1. Lujs Tipan, 30:53:0, 2. Jose Castellanos (North Hollywood), 33:24.6; 3. Robert Hendrix (Canoga Park), 36:18:0.

AGE 35-39—1. Bob Macias (Santa Monica), 32 03.7; 2 Gianni Carpani (Los Angeles), 33:45.8; 3. John Merhaut

(Westwood), 33.49.5.

AGE 40-44—1. Robert Davison (Los Angeles), 35.49.5; 2. Bruce Mitchell (Santa Monica), 37.26.9; 3. Tom Morrow

(Santa Monica), 37:26.9; 3. Tom Morrow (Santa Monica), 37:53.4.

AGE 45-49—1. Merl Glauser (Northridge), 36:06.2.2. Brian Fernee (Pacific Palisades), 36:15.0; 3. George Kingsley (Los Angeles), 37:05.7.

AGE 50-59—1. John Ghini (Topanga), 40:00.7; 2. Dusty Snyder (Santa Monica), 42:20.8; 3. Leroy Carter (Inglewood), 43:21.1

AGE 60 & OVER—1. Richard Creese (Pacific Pelisades), 44.39.7; 2. Tony Margo (Woodland Hills), 48.41.1; 3. Stanley Neufeld (Santa Monica), 50.58.4 Women

OVERALL—1. Beth Milewski (North Hollywood), 36:42.3, 2. Sherry Simmons (Lomita), 37:44.9, 3. Wendy Logsdon (St. Monica HS), 37:56.0, 4. Teresa Haro-Coe

(Lomita), 37:44-9; 3. Wendy Logsdon (St. Monica HS), 37:56.0, 4. Teresa Haro-Coe (Brentwood), 38:51.4.

AGE 12 & UNDER—1. Candy Overland (Pacific Palisades), 61:01.4: 2. Heather Perez (Pacific Palisades), 66:59.3; 3. Celeste Csato (Pacific Palisades), 67:26.6.

AGE 13-15—1. Erika Bernheimer (Brentwood), 48:40.3; 2. Krista Olson (Pacific Palisades), 57:44.6; 3. Chimei Humbird (Redondo Beach), 59:19.8.

AGE 18-18—1. Wendy Logsdon, 37:56.0; 2. Arienades, 42:01.3.

AGE 19:29—1. Beth Milewski, 36:42.3; 2. Sherry Simmons, 37:44.9; 3. Teresa Haro-Coe, 38:51.4.

AGE 30-34—1. Bev Lowe (Pacific Palisades), 40:03.8; 2. Arlene Ucinski (Santa Monica), 42:53.9; 3. Freyda Chalett (Santa Monica), 43:40.0.

AGE 35-39—1. Mery Elsom (Los Angeles), 40:35.9.1. Mery Elsom (Los Angeles), 45:46.7; 2. Carol Noonan (Santa Monica), 49:46.3; 3. Kety Stewart (Venice), 50:35.0.

AGE 40-44—1. Carmen Connolly (La Crescentz), 48:28.9; 2. E. Silvarhiett

Monical, 49:40-4.

AGE 40-44—1. Carmen Connolly (La Crescenta). 48:28.9. 2. E. Silverblatt (Pacific Palisades). 51:27.0. 3. Bindy Boylin (Los Angeles). 53:25.9.

AGE 46-49—1. Ritta Gilmore (Pacific Palisades). 43:04.6. 2. Katy Kusner (Hollywood). 48:04.4; 3. Roberta Elliot (Encino). 49:45.5.

AGE 50-59—1. Nelly Williams (Culver City). 48:44.6; 2. Atsuko Fujimoto (Pacific Palisades). 48:57.7; 3. Adine Kretschmer (Santa Monica). 57:56.5.

AGE 60.8. OVER—1. Terry Sobo (Reseda). 95:53.2; 2. Jean Shargo (Pacific Palisades). 96:53.3.

Independence Day 10K

July 4. Newhall.

		CVersii Hesuits	
-		Farron Fields (23)	30:06CR
2		Alan Dehlinger (24)	31:34
3		Chris Schallert (25)	31:43
4	1	Daren Stonerock (17)	31:59
ŧ		Enrique Castro (28)	32:19
6		Marco Garcia (24)	32:26
7		Michael Trujillo (22)	34:42
8	1	Marshall Matye (41)	32:47
8		Tim Watson (19)	32:55
3	0	Bob Badgett (19)	33:01
4	1	Rich Burns (30)	33:33
3	2	Robert Radnotl (27)	33:38
1	3	Andre Tocco (49)	34:01
H	4	Casey Jones (26)	34:28
6	5	Mark Van Leeuwen (24)	34:33
		Bob Caro (25)	34:37
	7		34:49
1	8	Ken Buckspan (33)	34:55
1	9	Mark Dawson (30)	35:02
2	0		35:08
2	1	Phil DeLaCerda (35)	35:26
2	2	Meteyer (25)	35:34
2	3		35:37
2	4	Charles Pondella (44)	35:39
2	5	John Frankman (27)	35:43
		Division Results - Men	

13 & Under: 1. Steven Lepken 40:09, 2. Peter DeLaCerda 41:18, 3. Deron Ericksson 47:53. 14-17: 1. Daren Stonerock 31:59, 2. Steve Brody 35:59, 3. Dan Rattary 36:43. 18-24: 1. Alan Dehl-

inger 31:34, 2. Marco Garcia 32:26, 3. Michael Trujillo 32:42. 25-29: 1. Chris Schallert 31:43, 2. Enrique Castro 32:19, 3. Robert Radnoti 33:38, 30-34; 1, Rich Burns 33:33, 2. Ken Buckspan 34:55, 3. Mark Dawson 35:02. 35-39: 1. Philip Det.aCerda Dawson 35:22, 28-38: 1. Prillip Det.acerda 35:26, 2. George Morse 35:50, 3. Enrique Flores 36:11. 40-44: 1. Marshall Matye 32:47, 2. Charles Pondella 35:39, 3. Charles McClung 35:52, 45-49: 1. Andre Tocco 34:01, 2. Freddie Perez 36:36, 3. Aba Ramirez 38:21, 50-54: 1. Mike McSkane 39:06, 2. Hank Norton 42:14, 3. Barry Truex 42:48. 55-59: 1. Maynard Mickelson 47:03, 2. Walt Majone 47:23, 3. Al Friedman 47:40. 60-69: 1. Jim Talley 41:39, 2. Roy Steward 46:02, 3. John Cleary 47:39, 70 & Over: 1. Jacob Bishin 1:24:48.

Division Results - Women

13 & Under: 1. Maria Sanchez 48:55, 2. Amy Thurston 1:01:37, 14-17: 1. Shannon Hotton 1:08:23, 18-24: 1. Jill Walker 38:39, 2. Tara Slatton 39:43, 3. Margaret Barlog 40:52. 25-29: 1. Shella Raiston 37:10, 2 Mary Bullock 40:06, 3. Kathy Praglin 44:00. 30-34: 1. Claudia Morales 40:00, 2. Gayle Cory 48:21, 3. Roste McNenny 48:30. 35-39: 1. Gall Blodgett 43:19, 2. Deborah Hobbs 46:48, 3. Sarah Hulels 47:21. 40-44: 1. Judy Kewley 41:14, 2. Sharon Diemert 51:37, 3. Julie Andolsek 52:17. 45-49: 1. Gina Faust 40:07, 2. Judy Stewart 53:11, 3. Janice Holloway 1:01:41. 50-54: 1. Marjorie Gilmore 48:32, 2. Luana Schmidt 55:20. 60-69: 1. Daisy Wong 55:33, 2. Dorothy Lineberry 1:01:25, 3. Liz Cotton 1:05:39. 70 & Over: 1. Olive Rohrer



Semana Nautica/ SPATAC 15K Championships

July A Santa Barbara

40.00	y Ti Smille College	
	Overall Results	
1	Gordon Christie (23) LosOlivos	48:16
2	Luis Sanchez (27) SantaMonica	48:58
3	Robert Hollister (26) SantaBarb	49:27
4	Daniel Holmes (19) SantaBarb	49:33
5	Clyde Matsamura (25) SantaMon	49:57
6	Tom Phillips (30) SantaBarb	50:27
7	Cleveland Whalen(31)Venice	50:44
8	Steve Close (42) SantaBarb	50:52
9	Larry Montag (33) Ventura	50:55
10	Michael Lohr (26) SantaBarb	51:51
11	Craig Lowrie (29) SLO	51:54
12	Paul Lee (24) Arroyo Grande	51:55
13	Terry Howell (29) SantaBarb	52:02
14	Brian Nelson (27) Ventura	52:18
15	Hans Van Koppen (30) Ventura	52:29
16	Wayne Matsumura (22) S. Monica	53:05
17	John Kennedy (41) SantaBarb	53:37
18	Ric Hatch (30) Ventura	53:38
	John Jones (36) SantaBarb	53:44
20	Brian Shiffman (35) SantaBar	54:13
	Division Desuite Man	

18 & Under: 1. Lamberto Esparza 58:30, 2. Bret Kimple 1:00:27. 19-29: 1. Gordon Christle 48:18, 2. Luis Sanchez 48:58, 3. Robert Hollister 49:27. 30-39: 1. Tom Phillips 50:27, 2. Cleveland Whaten 50:44, Larry Montag 50:55. 40-49: 1. Steve Close 50:52, 2. John Kennedy 53:37, 3. Philip Grant 55:35: 50-59: 1. Patrick Devine 57:10, 2. Ken Gaskell 58:55, 3. George Davall 59:45.

Division Results - Women 19-29: 1. Petra Kemper 1:03:19, 2. Susan Tobias 1:04:10, 3. Dariene Snow 1:11:02

30-39: 1. Terri Goodreau 1:01:39, 2. Abbit Rickwell 1:03:37, 3. Mimi Baranows 1:05:45, 40-49: 1. Gudrun Fink 1:14:46, Hilda Hoffmann 1:14:49. 50 & Over: Helen Dick 1:07:33

Coronado Independence Day Half Mara.

After so-called being the "bridesmaids" for the last two years, UCLA's Rich Brownsberger and Oonagh Bruni improved from their second-place finishes of a year ago to win their respec-tive divisions at the 12th annual Cor-onado independence Day Half Marathon sponsored by Chart House Restaurants.

Following a third place in 1983 and a runnerup spot last year, Brownsberger, who is from nearby El Cajon, scored an easy victory over two-time champion Ed Mendoza of Temps, Ariz., with a time of 1:05:07 for the 13.1-mile course.

In the women's race, Brunl, who is from Encinitias, also scored an easy victory, running 1:19:55, well ahead of women's runnerup Lorrie Dierdorff of San Diego, who had a 1:20:51.

Jerry Marsh, Brownsberger's teammate at UCLA, finished third for the secondstraight year in the men's race at 1:05:55 while third in the women's division was Theresa Sherry of La Mesa, Calif., in

Jim O'Nell of La Jolla, Calif., set an American age record in the 60-year-old class with a time of 1:18:14, well under the listed American mark of 1:22:50 set by

Jack Start of Trenton, N.J., in 1981. A week-long heat wave in the San Diego area broke the morning of the race and foggy conditions held down the heat although a strong head wind midway through the race probably held down

	Overall Results - Men	
1	Rich Brownsberger, El Cajon	1:05:07
2	Ed Mendoza, Tempe, AZ	1:05:49
3	Jerry Marsh, San Diego	1:05:55
4	Gilberto Alvarez, Mexico	1:06:43
5	John Grabowski, Phoenix, AZ	1:09:08
6	Victor Rodriguez, Mexico	1:09:10
7	Alfredo Moron, Mexico	1:09:12
8	Norberto Avila, ChulaVista	1:09:37
9	Juan Naranjo, Coronado	1:09:53
10	Raymond Hayes, Mesa, AZ	1:10:07
	Overall Results - Women	
1	Oonagh Bruni, Encinitas	1:19:55
2	Lorrie Dierdorff, San Diego	1:20:51
3	Theresa Sherry, LaMesa	1:22:06
4	Kathy Kinane, SanDiego	1:22:23
5	Christie Bond, LaJolia	1:24:33
6	Judy Dodge, SanDiego	1:25:18
7	Joni Pendieton, SanDiego	1:25:30
8	Kathy Thomas, SanDiego	1:26:03
9	Debbie Lewis, SanDiego	1:26:40
10	Carrie Morrison, SanDiego	1:28:02
	Philadelphia Physician Billian	

17 & Under: 1. Ellis Del Soi 1:14:16, 2. Sergio Magana 1:17:23, 3. Fernando Sarmora 1:20:21. 18-29: 1. Rich Brownsberger 1:05:07, 2. Jerry Marsh 1:05:55, 3. Gilberto Alvarez 1:06:43, 30-39: 1. Ed Mendoza 1:05:49, 2. John Grabowski 1:09:06, 3. Raymond Hayes 1:10:07, 40-49; 1. Gary Novak 1:14:58, 2. John Metz 1:16:32, 3. Steve Dor-nish 1:17:32, 50-59; 1. Joe Wilson 1:20:05, 2. Warren Osborn 1:23:59, 3. Kjell Gronhaugh 1:24:23. 60 & Over: 1. Jim O'Nell 1:18:14, 2. Rudy Iglesias 1:29:52, 3.

Palos Martinez 1:30:52.
Division Results - Women

17 & Under: 1. Christie Bond 1:24:33, 2. Loretta Harman 1:31:25, 3. Gisele English 1:44:29. 18-29: 1. Oonagh Bruni 1:19:55, 2. Lorrie Dierdorff 1:20:51, 3. Kathy Kinane 1:22:23. 30-39: 1. Theresa Sherry 1:22:06, Judy Dodge 1:29:18, 3. Joni Pendleton
 1:25:30. 40-49: 1. Sharon Greiner 1:29:08,
 Ursula Rains 1:29:32, 3. Josie Fox 2. Ursura hairis 1:32:54. 50-59: 1. Anne Johnson 1:37:07, 2. Marlys Creigh 1:43:03, 3. Nickl Hobson 1:44:10. 60 & Over: 1. Mary Storey 1:47:38, Virginia Hastings 1:58:52, 3. Dolores Milar 2:39:01

Ponderosa Ridge Run

July 6. Lake Tahoe, NV. 9.5 Mile.

Rick Gentry broke the course record at the 11th Annual Ponderosa Ridge Run with a time of 1:01:40 for the rugged 9.5 mile course.

Fourty three runners completed the race held July 6th, from Spooner Summit to Kingsbury Grade on the east shore of Lake Tahoe all above 7000 feet on rocks, sand and dirt.

Roger Dix also broke the 19 & Under record with a time of 1:14:26 for 7th place.

Steve Brown held the old record for open division of 1:02:32 set in 1981 and Bret Cushenbery held the old junior record of 1:15:31 set in 1978.

The course is the toughest part of the 26.8 mile run in the Worlds Toughest Triathion to be held September 7, 1985 in So. Lake Tahoe.

Ove		

1	Rick Gentry	1:01:40
2	Bill Bailey	1:06:58
3	Dave Carlson	1:08:37
4	Mark Hoefer	1:11:11
5	Matt Jones	1:11:15
8	Art Volpe	1:12:31
7	Roger Dix (age group record)	1:14:26
8	Gary Geragioli	1:14:43
9	Steve Madison	1:18:42
10	Kurt Pastory	1:19:06
11	John Stroud	1:19:57
12	Bob Weber	1:21:53
13	Austin Angell (42)	1:23:16
14	David Hall	1:25:36
15	BIII Crawford (51)	1:26:27
16	Frank Perry (44)	1:26:54
	Ron Yanki (42)	1:27:08
25	Kathy Ceragloli (F)	1:34:07
		- Contract of the Contract of

Westlake Community Hospital

July 6. Westleke Village. 5/10K. Overall Results - 5K

	CAMERIA LIMBOURS - SAF	
1	Mark Westerline (22)	16:16
2	Randell Felix (18)	16:37
3	Rick Hallblom (36)	16:49
4	Nick Trozzi (25)	16:53
5	Ted Eggleston (43)	16:55
6	George Clendinning (29)	16:57
7	Allan Baxter (36)	16:59
8	Moose Dobra (31)	17:03
9	Gayle Olinekova (32)	17:13
10	Juvenal Vasquez (16)	17:20
11	Scott Davis (20)	17:21
12	Ralph Gonzales (39)	17:43
13	Gary Lynn (34)	17:50
14	Ken Gaskell (50)	17:52
15	Joe Jacobsen (41)	17:55
16	Buck Taylor (47)	18:02
17	Harry Pantelas (48)	18:03
18	Fred Glover (48)	18:10
19	Andrew Ella (12)	18:11
20	Roy Bollinger (15)	18:14
	Overall Results - 10K	
1	Jon Sutherland (34)	32:04
2	Chris Spitz (21)	32:14
3	Richard Larsen (22)	33:01
4	Scott Quady (31)	35:05
5	Mike Barton (17)	35:30
8	Mark Westerline (22)	35:55
7	Felix Randell (18)	36:18
8	Todd Slowey (25)	36:19
9	Bernard Brestan (40)	36:29
10	Warren Young (38)	36:56
11	Nick Trozzi (25)	37:17
12	Joshua King (16)	37:25
13	Allan Baxter (36)	37:31
	Melissa Sutton (16)	37:44
	Gene Ball (39)	37:48
	Joe Wells (42)	37:50
	Scott Davis (20)	37:57
18	Michael Mutek (33)	38:03
19	Derek Lowe (17)	38:04

38:17

20 Ken Gaskell (50)

Burney Basin Days Marathon And Half Mara.

July 6. Burney. Overall Results - Marathon Patrick Schaughnessy 2:57:30 Rick Sylvester 3:07:11 John Prior 3:23:10 Paul Reese 3:47:53 Daryl Leatham 3:49:02 Sherman Welpton 4:59:51 Fred Wade 5:33:45 Overall Results - Half Marathon Dave Larabse (18-29) 1: 1:19:50 Nelson Cobb (18-29) 1:23:08 Ron Prior (40-49) 1:25:41 Butch Stratton (40-49) 1:28:21 Wally Hesseltine (40-49) 1:32:45 Ron Duniap (40-49) 1:33:18 John Allison (40-49) Herb Quinn (18-29) 1:35:16 1:38:14 Marge Duniap (40-49) 1:38:51 Louis Quiggle (40-49) 1:40:53 Jessie Stratton (35-39) 1:44:13 Bob Dodson (30-34) Hector Montengro (18-29) 1:50:20 14 Larry Wright (30-34) 15 Jacqui Wright (30-34) 16 Jim Friesner (40-49) 1:31:19 1:51:19 1:51:32

17	Gary Thoreson (50&O)	1:54:2
18	Sheryl Lanler (40-49)	1:55:2
19	Diane Allen (35-39)	2:21:5
20	Elaine Reese (50&O)	3:12:2
	Overall Results - 3 Mile	
1	Larry Dodd	19:0
2	Lisa Cobb	19:1
3	Scott Hughes	20:1
4	Joel Modisette	20:3
5	Ron Schmidt	21:1
8	Bob Lorensen	22:0
7	Michael Kiser	23:2
8	Greg Lander	23:5
9	Larry Fitzpatrick	24:1
10	Mark Mode	24:2

Carlsbad Triathlon

July 6. Carisbed.

Division Results - Men 19 & Under: 1. John O'Beirne 1:51:08, 2. Brian Seymour 1:57:11, 3. Fred Pantoja Brian Seymour 1:57:11, 3. Fred Pantoja 2:01:58. 20-24: 1. Garrett McCarthy 1:48:57, 2. Larry Roberts 1:47:09, 3. Barry Irvine 1:48:09. 25-29: 1. Tob Bistodeau 1:48:38, 2. Kyle Ditzler 1:54:06, 3. Brian Weintraub 1:54:38. 30-34: 1. Ted Uhler 1:49:14, 2. Wayne Buckinghâm 1:52:25, 3. Mario Chappins 1:52:41, 35-39: 1. Robert Janis 1:51:55, 2. Thom McHale 1:56:19, 3. Andrew O'Leary 1:58:11. 40-44: 1. Bill Belding 1:57:31, 2. Patrick Wickens 2:02:02, 3. Reynold Kalstroh 2:02:09. 45-54: 1. Kemp Aaberg 2:01:44, 2. Jerry Stowe 2:09:16, 3. Buddy Belshe 2:11:47, 55 & Over: 1. Langdon Smith 2:14:07, 2. Rod Johnson 2:19:19, 3. Curtis Frame 2:35:25. Relays: 1. Lance O'Donnel, Mal Maloney, Augle Gonzalez 1:52:05; 2. Marc Mone, Al Wilson, Randy Montesanto 1:43:44; 3. Michael Lynch, Vince Hernandez, James Peel 1:48:01.

Division Results - Women

19 & Under: 1. Shannon Delaney 2:05:56, 2. Tara McElhaney 2:12:15, 3. Tessie Hartman 2:14:09. 20-24: 1. Dawn Carlson 2:03:19, 2 Gina Aubrey 2:08:52, 3. Erin Elizabeth Riley 2:07:26. 25:29: 1. Cathy Vanoni 2:04:32, 2. Carol Ekeland 2:08:22, 3. Lenita Wilson 2:11:04. 30-34: 1. Cheri Savage 2:11:50, 2. Janine Rees 2:12:00, 3. Pamela Maher 2:15:41. 35-39: 1. Robin Haynes 2:23:04, 2. Marsha Carry 2:37:20, Gall Newell 2:48:32. 40-44: 1. Nancy Gardner 2:37:47, 2. Patricia Honey 3:30:03. 45-54; 1. Sue Hutchinson 2:30:05. Relay: 1. Mary Qualls, Cindy Reeside, Sandy Blakeslee 2:02:30; 2. Donna Lange, Ursula Hill, Carol Bahnsen 2:05:30; 3. Polly Reidasson, Joanne Norman, Lori Dowdy 2:10:05

Democracy Fun Run

July 6. Coyote Point Park, San Mateo.

	Top Three - Men's 1 Mile	
1	Joseph Janakes	9:47
2	Joseph Evangelos	11:34
3	Simo Leontlades	11:54
	Top Three - Women's 1 Mile	
1	Anna Burdoln	7:22
2	Diane Quardi	10:45
3	Jenifer Janakes	11:44
	· Top Three · Men's 5K	
1	Paul Ghidossi	16:24
2	Robert Mendez	16:50
3	Gregory Mandaniz	17:31
	Top Three - Women's 5K	
1	Mary Greaney	20:43
2	Karen Gotelli	23:03
3	Valerie Nielsen	23:20
		500

Semana Nautical/ Santa Barbara **Sports Fest** Biathlon

July 6. Santa Barbara.

Division Results - Men 29 & Under: 1. Jon E. Clark 45:01, 2. Bill Yates 46:12, 3. Jeff Reilly 47:51. 30 & Over: 1. John Lobdell 46:40, 2. Tex Haraszti 49:30, 3. Howard Walter 53:58.

Division Results - Women 29 & Under: 1. Mary Barron 54:34, 2. Ann Cohan 1:03:31, 3. Sarah Sweeny 1:03:31, 30 & Over: 1. Monica Buvick 58:58, 2. Mary Johnson 1:05:12, 3. Dana Broadbooks

Benbow Triathlon

from Bob Stawart

July 8. Benbow.

Saturday, July 6th was another warm and sunny race day in Southern Humboldt (Sure glad we don't direct Arcata to Willow Creek in December!). If you've never entered this event or enjoyed it as a spectator - try it, you'll like it!

There are three legs to this event. The runners lined up behind the bikers and the race started at 9 a.m. with a bang (Bruce Strobridge at the gun). The runners went out and back for a 4 mile run; the bikers went out and back for a 9.4 mile pedal; and both team members met at the innertubes to attempt swimming together across the lake. (The term swimming is used only for a lack of knowing what exactly it is two people do best in the water with an innertubel)

All 30 teams showed good competitive spirit. Even the race for last place was exciting with only 2 seconds difference for the honor.

This years' winner was the team of David Banducci and Brian Schoenfeldt; Eric Cortez and Suzzi Nielsen were the first man-woman team; and Kim Pieratt and Donna Carrell were the first females.

David and Brian set a new course record with their time of 60:23. Since the course was shortened .4 miles and the last years' winners were not present, we

hope the challenge is there for next year! Division Results - Men 20: 1. Don Perkis and Eric Graham 84:04, 2. Joe Corcoran and George Spinas 64:43, 3. Tom Lewis and Winter Lewis 72:10. 30: 1. David Banducci and Brian Schoenfeldt 60:23, 2. Dan Steffen and Ron Meyers 63:53, 3. Ron Victorine and Don Viggers 74:38. 40: 1. Henry Ramirez and Chris Christensen 68:40, 2. Dick Giacolini and Jim Ely 73:04.

Division Results - Women 20: 1. Kim Pieratt and Donna Carrell 73:56,

 Debble Rogers and Lanore Bergenske 80:48, 3. Lindsey Sanford and Linda San-ford 84:22.
 1. Leslie Heller and Paulette Buckman 87:48. 40: 1. Penny Ferry and Susan Anderson 84-20, 2 Deanna Carlson and Bonnie Breeze 93:04.

Division Results - Mixed 20: 1. Sharon Morrison and Marc Morrison 72:25, 2. Mark DeBere and Jennifer DeBere 76:17, 3. Nicoletta Nassopoulos and Roy McKenna 81:33. 30: 1, Eric Cortez and Suzzi Nielsen 68:55, 2. Barbara Zoildan and Roger Zolldan 71:22, 3. Nancy Victorine and Charles Funitus 83:26. 40: 1. Nancy Caneday and Wes Anderson

Lake Gregory Summerfest

July 6. Lake Gregory, 5K & 10K. Division Results - Men's 5K 12 & Under: 1. Chris McAllister 20:57, 2. Kenneth Hale 21:54, 3. Jason McKeever 24:37. 13-19: 1. Mark Prestwich 17:27, 2. Tim Mulhall 18:02, 3. John Alvarez 19:24. 20-29: 1. Ron Jones 17:03, 2. Leo Hernandez 18:06, 3. Bryan Hendry 19:54. 30-39: 1. Stephen Arebalo 17:56, 2. Mike Deuaney 18:19, 3. Jay Buchanan 18:47. 40-49: 1. Daye Arntson 18:53, 2. Bryce Larkin 19:17, 3. Anthony Gomez 19:34, 50 & Over: 1. Wally Inglam 18:29, 2. Robert Culling 19:36, 3. Hal Sullivan 19:57.

Division Results - Women's 5K 12 & Under: 1. Brenda Savolskis 25:25, 2. Kristin Fulton 26:36, 3. Marissa Moore 31:45, 13-19: 1. Nicole Robbins 22:50, 2. Gina Aliotta 28:57, 3. Brenda Osburn 30:20. 20-29: 1. Doreen Assumma-Fay 23:55, 2. Connie Dodge 24:49, 3. Janet Vondriska 25:42, 30-39: 1. Lih-Jiau Hendry 19:39, 2. Sandy Robbins 21:34, 3. Smokey Carter 24:01. 40-49: 1. Pamela Cobb 25:55, 2. Donna Thomas 27:43, 3. Carolyn Hickey 29:23. 50 & Over: 1. Linda Sipprelle 22:40, 2. Wilma Maddock 22:48, 3. Patti Hodge

Division Results - Men's 10K 12 & Under: 1. Eric Sanchez 45:28, 2. Chris Johnson 46:20, 13-19: 1. Darren McIntosh 38:40, 2. Salvador Godor 44:31, 3. David Beresford 44:33. 20:29: 1. Dan Davies 34:52, 2. Francisco Garcia 35:59, 3. Steve Romero 37:51. 30-39: 1. Rob Raymer 36:59, Stewart Boden 37:17, 3. Bob Heaton 37:55, 40-49; 1. Bob McGeough 37:39, 2.
 Frank Ogawa 38:31, 3. Mike Fuller 39:25. 50 & Over: 1. Eddle Swan 42:42, 2. Dick Bellisa 43:33, 3. Don Moore 44:49.

Division Results - Women's 10K 13-19: 1. Brigid Freyne 43:58. 20-29: 1. Lauree Bradley 48:59, 2. Lianne Patterson 1:00:18. 30-39: 1. Patricia Mueller 41:39, 2. Jan Delaney 47:30, 3. Lora Cooley 53:05. 40-49: 1. Rosalinda Phillips 51:04, 2. Carol Salcedo 56:58, 3. Caroline Hale 59:30. 50 & Over: 1. Celia Swan 49:54, 2. Dixie Grimes 1:10:03.

Western States **Endurance 100** Mile Run

by Joe Delgado

July 6. Squaw Valley.

The Western States 100 mile en-durance run was held this year on July 6, with 325 runners cleared for competition with approximately 290 lining up to start the run at 5:00 a.m. Saturday morning. The pre-race drop-outs apparently regained their sanity and sounder judgment prevailed in favor of opting to forgo the grueling trek, that would take the finishers from Squaw Valley, at 6,200 feet, up through Emigrant Pass, 8,750 fest, in the first 41/2 miles. From there, they descend 22,000 feet and climb nearly 15,000, along the trail first fashioned by Palute and Washoe Indians and refined by the Gold Rush pioneers, finishing at the running track at Placer High School in Auburn,

after 100 miles of wear and tear.
In recent years, in order to preserve the Western States Trail along which it's contested, the event has been limited to about 325 runners. The best credentialed entrants are seeded, with the rest determined by pre-ultra distance races and physical fitness preparation.

Jim King, 28, of Nevada City did it again this year for the third time, in 18:02, 48 minutes shead of second place finisher Jim Pellon, 35, of Encino. The time was more than an hour off his record 14:51 set last year, but however, 6.5 miles were added as the course was previously short of the 100 mile distance. Terri Gerber, 36, of Encino presevered to win the women's title in 20:30, 18th overall. She passed leader Kim Beaulleu-Moody who pulled out of the race at 80 miles. Kathy D'Onofrio, 20, was a distant second in 21:43 becoming the youngest runner to finish the Western States. Brother Chris, 50, of Citrus Heights, and Club Member, finished in 19th place overall, in 20:32, less than two minutes behind the first woman finisher Terri Gerber. This was Chris' first finish, having had his wheels come out at the 92 mile point last year. Chris was running on a 18 hour pace through the 70 mile marker, but lost considerable time in the remaining 30 miles as darkness set in and running in the rugged mountainous terrain became another adversary, with extreme darkness added to fatigue, which usually takes its toll at this stage of the race Chris summed it up best with comments to the Press-Tribune, (Local paper) couldn't see very well and the night became a nightmare." It was a good run, everything ran on schedule until dark. If I could have seen, I could have finished in the top 10. Those extra miles were killars.

166 out of the 290 starters finished the grueling couse, with 98 coming under the magic 24 hour period.

The Western States Endurance run is regarded as probably one of the most demanding human tests of physical endurance, as the distant and rugged terrain, combined with hostile encounters. what with rattlesnakes and bears, and extreme temperature changes place this extra-ordinary event in a class by itself. The temperatures of sub-40 degree nights and 100 plus days while scrambling up bluffs of decomposed granite and slipp-ing down drops of 600 or more feet and fording mountain streams, takes its toll on even the fittest of fit runners.

The Western States official program warns that "if you have not been able to prepare adequately, DO NOT RUN!" Death and renal shutdown (Kidney failure) have been reported in other ultra marathons... Heat illness or heat stroke are serious risks. These can cause death, kidney failure and brain damage . . . The high altitude plus exertion can also produce various degrees of mountain (altitude) sickness. This can lead to severe lung and brain swelling, and even death. Despite the above warning by the Medical Community the Western States 1,700 participants, in the eight year period had only two people become ill enough to require hospitalization and only for a short period in both instances.

Medical checkpoints along the route test the runner's vital signs and make certain they have not lost too many pounds Runner's consume a tremendous amount of fluids and solid foods in order to sustain their energies over the long ordeal. At a 59% drop in weight, a runner is considered in the danger zone. At 79 one is not allowed to continue running. The deadline for completing the course is 30 hours. After this period one would not be officially timed by the race officials. The magic time for most runners is to finish within the 24 hour period - a feat that earns them the prized sterling silver Western States belt buckle, with name and time inscribed on back of buckle. It is very difficult for one to imagine the men-tality of putting yourself through such an arduous event, only for the sake of a belt buckle, but its really more than this, I believe with most runners its simply an instinct to conquer.

As a spectator and crew member at this years event it was quite an eye opener for me, to observe that one would subject themselves to such personal punishment for the realization of the goal of finishing the race. Ordinarily when I'm a spectator at a running event, it tends to motivate me to want to compete needless to say, watching the Western States 100 miler made me EXTREMELY HAPPY I was simply an interested observer.

This years event drew national ex-posure, as ABC-TV was there with five an-nouncers, a production staff of nine, a camera crew of 20, and 20 technical support people to tape the race for a later showing on Wide World of Sports. Coverage is expected sometime in late August or early September on ABC-TV Wide World of Sports, with one hour to one and half hours devoted to coverage.

Single Muni Pier

July 7. San Francisco, 1.27 Mile.

	Top Five - Men	
1	Mike McManus	5:44
2	Gary John	5:32
3	Thomas Yeadaker	6:07
4	Brian Hurdan	6:08
5	Armen Khachadurian	6:12
3	Top Five - Women	
1	Doerte Murray	7:51
2	Mary Magee	8:00
3	Kate Paurn	8:45
4	Kim Shea	8:55
5	Trish O'Halloran	8:57
	THE RESERVE TO SERVE THE PARTY OF THE PARTY	

Benbow Race

July 7. Banbow, CA. 10K & 2 Mile. The annual Benbow Race was staged with over 50 runners participating in the The weather was absolutely magnificent and surely helped in produc-ing some outstanding performances. As for the 2 mile race, John Slavin of Redway was the individual winner in a time of 10:16. On the distaff side, LeeAnn Ramsey of Redway finished first in 14:50. The 10K race was won for the second year in a row by Stephen Imlay of Temple City, in a fine time of 33:47. He was followed closely by Brian Presson, who finished in 33:57. Kim Pjeratt won the woman's divi-

sion with a time of 41:59. Overall Results - 10K Stephen Imlay (16) Brian Presson (17) 33:57 Mike Holt (36) 33:59 John Zinselmeir (37) 34:13 Kris Klinger (19) 36:03 Richard Stewart (37) Gene Livingston (18) 37:09 37:44 Jack West (38) 38:03 Roger Zolldan (38) 38:24 10 Mark Debere (27) 39:40 16 Kim Pieratt (21F)

20	Barbara Zolldan (37F)	45:12
24	Donna Carrell (24F)	50:48
28	Jennifer Debere (27F)	59:28
29	Sally Winthers (38F)	60:38
	Overall Results - 2 Mile	
1	John Slavin (38)	10:16
2	Jeff Johnson (17)	10:23
3	Colin Dazzi (42)	11:04
4	Brian Veal (17)	12:41
5	Vincent Zinselmeir (11)	12:54
6	Alan Veal (16)	14:47
7	Tom Ehret (16)	14:47
8	Lee Ann Ramsey (15)	14:50
9	Larry Bennett (48)	15:20
10	Nicoletta Nassopoulos (26F)	15:36

Great Calistoga Footrace

July 7. Calistogs. SK. Overall Results Jerold Drsw (27) Uklah Mason Myers (16) Vallejo 28:41 Robert Clay (38) Kelseyville 25:51 Mike Goraika (17) Livermore Tim Francis (24) Minot, ND 25:58 26:01 Daniel O'Leary (21) San Jose 28:14 Daniel Lucas (22) St. Helena Doug Butt (40) Fairfield 26:34 26:36 Bob Goralka (23) Davis 27:02

9 Bob Goralka (23) Davis 27:06

10 Martin Higginbotham (18) Barkly 27:06

Division Results - Bear

13 & Under: 1. Michael Lasker 37:50.

14-16: 1. Mason Myers 25:41. 19-38: 1.

Jerry Drew 25:28. 39-34: 1. Patrick Lecourt

28:40, 35-36: 1. Robert Clay 25:51. 49-44: 1.

Doug Butt 26:38. 48-49: 1. Derryl Beardall

28:05. 85-86: 1. Hank Fragoza 29:28. 68 &

Cheer 1. Jim Beardon 33:14. Over: 1. Jim Reerdon 33:14.

Oversion Results - Women
13 & Under: 1. Chrissy Reuser 41:41.
14-16: 1. Molty Burke 30:54. 18-36: 1.
Elleen Smith 30:41. 30-34: 1. Diana
Wimbarly 36:09. 38-38: 1. Rhonda Provoat
35:47. 40-44: 1. Virginia Pollard 42:08. 48-48: 1. Yoka Zwetaloot 34:01. 88-88: 1. Barbara Robben 39:19. 60 & Over: 1. Maria Carlson 48:51.

Good Sport Couples Relay

from Barry Spitz

July 7. Larkspur.

	Overall Results	
1	Peggy Smyth/Rod Berry	19:24
2	LeslieMcMullen/Brad Hawthorne	19:44
3	Sarah Tabbutt/Tom Borschel	20:08
4	Sharlet Gilbert/Allan Smith	20:13
5	Laura Starrett/Tom Schmitt	20:31
6	Elleen/Matt Vukicevich	20:45
7	Sherri Minkles/Tony Burke	20:51
8	Jenny Braddulph/B.Maxwell	21:02
9	Heldi Quadil/Steve Ottaway	21:11
10		21:17



Summer 5K X-C Series

Jul	ly 11. Valencia.	
	Overall Results	
1	Tim Watson (19-24)	17:16
2	Ed Chaidez (30-34)	17:41
3	Bobby Bans (13-15)	18:05
4	Glenn Johnson (18-18)	18:31
5	Frank Flores (16-18)	18:38
6	George Serrano (16-18)	18:43
7	Tim Campbell (19-24)	19:00
B	Ed North (25-29)	19:07
9	Kendali Moss (16-18)	19:13
10	Kyle Younkers (16-18)	19:17
11	Steve Durand (25-29)	19:28
12	Constitution of the Consti	19:35
13		19:42
14		19:54
	Gene Blankenship (40-44)	20:01
16		20:10
17		20:18
	Jeff Boyd (30-34)	20:20
	Tony Berquam (16-18)	20:30
20	Greg Michaud (25-29)	20:35
		AE

L.A. Beer Corp. Classic

July 12. San Francisco. 2.5 Mile.

On a cold and foggy San Francisco evening in Golden Gate Park 1,010 runners representing 85 Bay Area corporations battled one another over a 2.5 mile course in the L.A. Beer Corporate Classic. This was the first race in a national series of corporate races sponsored by Anheuser-Busch's L.A. Beer, Brad Hawthorne and Jeff Adkins of Chevron sprinted into the Polo Fields in Golden Gate Park leading the pack of their corporate competitors with 1/2 mile to go. Coming out of the final curve of the fogshrouded oval they held their one/two positions to the finish, setting-up the Chevron team as the big winner of the evening. Teams were scored 3 to a team in each devision; scores were determined by finishing place (cross country style). The third runner for Chevron, Jim Rentschler, finished in 6th place to give Chevron the winning low score of 9, for the men's open division.

In the women's open division Chevron's Ingrid Hemmingway edged out Sarah Tabbutt, of the UC Berkeley Blo-Chem Team, by 2 seconds at the finish line. But, Ingrid's first place finish gave her team only 2nd place as the UC Berkeley Bio-Chem Team placed 2nd, 9th and 17th (score: 28) to beat the women's Chevron team score of 33 (1st, 8th & 24th). The division winners, including the masters' IBM Team, will be flown to Sarasota, Florida in Sept. for the Championships of the L.A. Beer Corporate Classic Series. They will compete against the winning corporate teams from the St. Louis and Boston races

Division Results

Men's Open Division: 1. Chevron, 9; 2 Lockheed, 21; 3. Hewlett Packard, 38. Women's Open Division: 1. UC Berkeley Blo-Chem, 28; 2. Chevron, 33; 3. Hewlett Packard, 50. Mixed Masters Division: 1. IBM, 20; 2. General Electric, 37; 3. Chevron, 57

Tri For Fun Series #1

from Tony Ramirez

July 13. Fresno. Overall Recults

	Chaimii Mosnite	
1.	Jeff Moffit	1:02:08
2	Eric Little	1:02:13
3	Jeff Newman	1:07:03
4	Allen Richburg	1:08:16
5	Dan Ferguson	1:08:56
6	Darrel Cox	1:09:06
7	Robert Mills	1:10:07
8	Julie Matteson	1:10:07
9	Daniel Barrows	1:10:09
10	Woods, Hodge, Meyer(Relay)	1:10:19
11	Wilson, Widinark, Wilson(Rly)	1:10:45
12	Greg Sulivan	1:11:35
13	Rowdy Janzen	1:11:40
14	Popovich, Battles, Mello(Rly)	1:12:00
15	Mike Lenneman	1:12:34
	Division Results - Men	

18 & Under: 1. Bret LaFerrera 1:16:07, 2. Harry Morton 1:20:05, 3. Mark Dean 1:20:39. 19-29: 1. Jeff Moffit 1:02:08, 2. Eric Little 1:02:13, 3. Jeff Newman 1:07:03. 30-39: 1. Darrel Cox 1:09:06, 2. Robert Mills 1:10:07, 3. Mike Leneman 1:12:34. 40-49: 1. Lee Case 1:12:36, 2. Don Monlague 1:16:18, 3. Gerald Alexander 1:17:06. 50-59: 1. Len Thornton 1:14:45. 2. Chris Denny 1:19:30, 3. William Ziering 1:34:16.

Division Results - Women 18 & Under: 1. Angle Wilkinson 1:39:09. 19-29: 1. Julie Matteson 1:10:07, 2. Tanis Leyendecker 1:16:56, 3. Karl Fike 1:18:34. 30-39: 1. Jean Roberts 1:16:17, 2. Cathy Hamilton 1:19:54, 3. Julie Johnston 1:36:33. 40-49: 1. Judy Miller 1:35:44, 2. Carol DeVries 1:46:50.

Stride for Life

July 13. Petaluma. 10K & 3K.

Division Results - Men's 10K 13-15: 1. Jay Ryan 39:08, 2. Mark Raymond 50:31, 3. Dusty Niles 55:10. 16-18: 1. Tom Rennie 40:25. 19-24: 1. Kevin Kramer 35:05, 2. Alan Geraldi 35:15, 3. Don Nauman 35:31. 25-29: 1. Dan Aldridge 29:39, 2. Randy Moser 32:59, 3. Bruce Phinney 34:57. 30-34: 1. Terry Goetzel 32:59, 2. John Anderson 35:46, 3. Brad Vicknair 38:00. 35-39: 1. Tadese Gabre-Hawariat 35:18, 2. Wayne Hinrichs 35:48, Peter Verbiscar-Brown 38:27, 40-44; 1.
 Ray Gin 35:37, 2. Will Reed 36:59, 3.
 Walter Bales 37:23, 45-49; 1. Len Geraldi 39:48, 2. Ray Young 40:44, 3. James Riley 42:13. 50:54: 1. Bryan Holmes 37:26, 2. Bob Chadwick 41:19, 3. Larry Tanager 44:55. 55-59: 1. Herm Jensen 47:42, 2. William Newcomb 58:39. 60 & Over: 1. Wayne Collier 45:10.

Division Results - Women's 10K 13-15: 1. Kelly Niles 55:56, 2. Laura Adams 55:58. 16-18: 1. Grace Torres 47:49. 19-24: 1. Lori Shanoff 37:18, 2. Maureen Sheehy 41:05, 3. Deanna Rossini 43:48, 25-29; 1 Tamara Gonzalez 37:26. 30-34: 1. Sharlet Gilbert 35:39, 2. Kim Swayze 42:48, 3 Charlotte Lane-McGraw 46:38, 35-39: 1 Diane Parish 49:46, 2. Ann Sears 54:38, 3. Betty Vallette 58:18. 40-44: 1. Caron Schaumberg 41:09, 2. Edda Stickle 46:37 3. Carly Mikita 48:44. 45-49: 1. Elaine Frank 48:46. 50-54: 1. Laura Camm 1:09:48. 60 & Over: 1. Maria Carisen

Division Results - Men's 3K 12 & Under: 1. David Reuser 14:06, 2. Jimmy Harberson 15:54, 3. David Niles 16:01. 16-18: 1. Brian MacKay 9:54: 19-24: 1. Richard Johnson 9:31. 25-29: 1. Matt Byrne 13:27, 2. Donald Ransom 14:21, 3. Robert Ransom 15:02. 30-34: 1. Dan Andrews 10:51, 2. Jeffry Bell 11:14, 35-39: 1. Michael Weber 12:33. 40-44: 1. Robert Gardner 13:40, 2. Jim Raymond 14:46, 3. Jim Harberson 15:54. (50-54) 1. John Molnar 14:25.

Division Results - Women's 3K 12 & Under: 1. Melissa MacPherson 15:17, 2. Amy Niles 18:18, 3. Rachel Renzi-Balley 18:34, 16-18: 1, Erika Gardner 13:20, 18-24, 18-18: 1. Maribeth Duffy 11:03, 25-29: 1, Maria Birikland 23:37, 2, Cyndi Poggi 23:38, 30-34: 1, Laurie Ross 14:32, 2, Pattl Hartsfield 17:02, 35-39: 1, Diana Van Ry 15:00, 18 18:34. 16-18: 1. Erika Gardner 13:25. 19-24: 2. Sue Thomsen 15:19, 3. Mary Jo Renzi 18:35. 40-44: 1. Sonia Seeman 15:20, 2. Betsy Niles 16:01. 45-49: 1. Jan Dimick 14:36. 50-54: 1. Frances Wilson 23:14. 60 & Over: 1. Juanita Orlando 24:19.

Gay Run '85

July 14. San Francisco. 5/10K. Top 3 - Men's 10K Charles Thompson (30-39) S.F. 32:44 Paul Beisser (30-39) Fairfield 34'40 J.W. White (30-39) Berkeley Division Results - Men's 10K 19 & Under: 1. Lawrence Hernandez 45:30 20-29: 1. Bernie Piotrowski 35:54, 30-39: 1

39:38. 60-69: 1. George Trigueros 58:01. Top 3 · Women's 10K Debbie Chaddock, San Diego Lisa Heigh, San Francisco 40:07 Susan Ramon, San Diego
Division Results - Women's 10K 40:58

Charles Thompson 32:44, 40-49: 1. Mike Claycomb 38:42, 50-59: 1. John Lockhart

20-29: 1. Debbie Chaddock 38:46: 30-39: 1

Susan Ramos 40:58, 40-49: 1, Shane Devonshire 49:46. 50-59: 1. Sue Durling Top 3 - Men's 5K

Peter Lewandosowski, S.F.

John Yeong, S.F. 16:27 Mike Rodriguez, S.F. 16:50 Division Results - Men's 5K 19 & Under: 1. Dario Salcido 20:39. 20-29: Peter Lewandsowski 15:23, 30-39: 1.
 John Yeong, S.F. 16:27, 40-49: 1. Jerry Chism, S.F. 19:48. 50-59: 1. Richard Flores

Top 3 - Women's 5K Teresa Basgall, S.F. Abigail Jeung, S.F.

18:14

20:28

Elleen Flaherty, Berkeley Division Results - Women's 5K 19 & Under: 1. Stacey Hodge 28:36, 20-29: 1. Teresa Basgall 18:14. 30-39: 1. Abigail Jeung 19:58. 40-49: 1. Bonnie Baer 20:59. 50-59; 1. Sally Wolfer 20:29.

Tiburon 8 Miler

by Kees Tuinzing

July 14. Tiburon.

First time road racing sponsors, First Nationwide Savings enthusiastically revived the prestigious Tiburon Classic rolling 8 mile loop course around the Tiburon peninsula in an attempt to bring It back as one of the competitive races on the circuit. Some 500 runners from all over the Bay Area joined in this debut on a cool overcast summer Sunday morning.

A touch of class was also added with the unexpected participation of vacationing Gary Tuttle from Ventura, and 2nd place winner in the 1985 Boston Marathon, Noted Bay Area runners Rod Berry (winner of a former Tiburon race, Pacific Sun 10K, HBO, etc., and 29 10K runner), Roy Kissin (O. Trials 10K qualifier 28 + , 10K runner), and the ever dominant Master runner Sal Vasquez (4-time Dipsea winner, 20th in Bay Breakers), made the most of the opportunity to test their fitness against guest Tuttle.

Gary Tuttle who had never heard of Rod Berry will never forget him, when Berry decisively broke free from the pack on an uphill surge after 4.5 miles never to rel-inguish the lead. He finished well under 40 minutes (38:23) and over half a minute ahead of Tuttle for a solid 4:48 per mile average pace. Tuttle lamented, "I hate to lose, but I had half the race to think about it." We hope you come visit the Bay Area again Gary to try the local races. Rod Berry, home on summer vacation from graduate business school in Illinois, has been training and racing successfully in the Bay Area races.

In the women's field Kathleen Hildebrand, Livermore, averaged 6:17's (50:15), to win first overall followed by Heidi Quadri of Mill Valley (50:54), and Ruth Vomund (51:26) of Ventura also, Sal Vasquez, Alameda, placed 4th overall (40:49) and won the Master's division followed by David Taylor, Concord (45:14-18th), and Joe Cavanaugh, Lafayette, (46:04-23rd).

Local racer, Kay Willoughby, of Ross and Tamalpa Runners averaged just over 7 minute pace (56:16) to win the Women's Masters, followed by Molly Hynes, Tiburon (59:51), and Jane McClure, Mill Valley (60:46). In the 50-59 division it was: Don Hildebrand, Orinda (53:10)-are these all family winners?, Thomas Guldman, Kentfield (53:41), Tim Treacy, S.F. (53:57). Women 50:59: Rosemary Grow, Mill Valley (64:50), Marjorie Macris, S.F. (65:36), In the 60 & Over division: Harlan Koch, S.F. (59:21), Howard Powers, Santa Cruz (60:10), and Ulysses Ratti, Oakland (63:52). Women's 60 & Over: none other than my Mom Els Tuinzing, in 69:26, then Helen Kuziara, Santa Rosa (1:17:54), and Annabel Marsh, S.F. (1:23:04) who this year ran across the USA averaging 30

miles per day. This race will be on again next year with more incentive awards.

	Overall Results	
1	Roderick Berry (19-29) Kentfield	38:24
2	Gary Tuttle (30-39) Ventura	39:01
3	Roy Kissin (19-29) S.F.	40:30
4	Sal Vasquez (40-49) Alameda	40:49
5	Jerry Drew (19-29) Uklah	40:51
8	Ed Bomber (19-29) San Jose	40:54
7	Peter O'Rellly(19-29)SanAnsel	42:10
8	Hank Lawson (30-39) Cupertino	42:13
9	Steve Ottoway (30-39) SanAnsel	42:30
10	Dale Richard (19-29) SanJose	42:31
11	Estaban Martinez(30-39)S.F.	42:31
12	David Stancliffe (30-39) S.Rafael	42:38
13	Fred Frauens (30-39) S.Anselmo	43:01
14	Andrew Huggins(18&U)Kentfield	43:38
15	Ted Pawlak (19-29) SantaRosa	43:48
16	Ken Olsen (19-29) WalnutCk	44:24
17	Stephen Freitas(30-39)Martinez	44:25
18	David Taylor (40-49) Concord	45:14
19		45:14
20	Thomas Lucas (19-29) RedwoodC	45:27

Tall Trees Fun Sun Run

July 14. Orick. 18 Miles. We had twenty four runners at the Tall Trees Fun Sun Run. The new distance for the complete run is 18 miles which includes the loop through the Tall Trees Grove. Sherman Schapiro added 4 miles by running to the shuttle bus stop beyond the Tall Trees loop. It was a mild, sunny day near the Tall Trees, with fog and cooler temperatures at the trailhead. Our thanks to the National Park Service for providing water at the 8.5 mile mark.

Overall Results Karen Angel (39) Big Lagoon Larry Bennett (48) Fortuna 18 MI Marilyn Bennett (41) Fortuna 18 MI. Bran Collingwood (39) Arcata 18 MI. Bill Daniel (40) Arcata 17 MI. Lenny Escarda (53) Eureka 17 Mi Gerry Gray (24) Trinidad 18 MI Gerald Hoopes (44) Arcata Larry Moss (51) Big Lagoon Matthew Painter (36) Eureka 5 MI. 18 MI Matt Painter, Jr.(7) Eureka 3 MI. Sunni Painter (13) Eureka 3 MI Merilea Partch (31) Trinidad 12 MI Paul Perrine (71) Fortuna 15 MI Lauren Philbrick (28) Westhaven 18 Mi. Ron Ross (43) Arcata 18 MI Sherman Schapiro(37)BlueLake 22 Mil. Sherry Skillwoman(37) Arcata 18 MI Bill Spenceley(35)McKinleyvi 18 MI Richard Stepp (40) Fieldbrook 18 MI Sandra Stepp (35) Fieldbrook 18 MI. Hisa Veal (46) Eureka 3 MI Roy Veal (47) Eureka Bill Wilkinson (38) Bridgevi 18 MI 18 MI

Run in the Vineyard

July 14. Domaine Chandon, Yountville.

267 runners completed the Sixth Annual Run in the Vineyard, held at Domaine Chandon on Sunday, July 14th.
The first place finisher was Teshome Kebere of Napa with a time of 33:35. Second place.

cond place went to Chris Thomas of Sausalito (33:44) and the third place finisher was Dwight Hendrix of Berkeley

The first woman to cross the finish line was Marilyn Acquistopace of Pt. Richmond with a time of 40:35. Second was Jessica Tisdale of San Francisco (40:59). and third went to Julia Smetana of Mill Valley (41:30).

The challenging course entailed a one mile loop around the Veterans Home of California in Yountville, a jaunt through the grounds of Domaine Chandon and 4 miles through the neighboring vineyards.

Women's Distance Festival

July 14. San Francisco. 4.30 Mile.

	Top Five - Men	
1	Mike McManus	23:48
2	Fred Haber	26:14
3	Jim Ros	26:48
4	Keith Nowell	26:52
5	Breland Rudy	28:09
	Top Five - Women	
1	Maryetta Boltano	29:05
2	Becky Rozewicz	31:50
3	Marilynn Cornel	33:01
4	Nano Visser	33:08
5	Robin Ananalt	36:38

College of the Canvons 5K Series

July 18. Valencia.

Cooler weather lead to some fast times and more age-group records fell. Heather Scobie was the first female finisher and not only broke the 13-15 age group record but moved up to number 5 spot on the "All-Time Top Ten" list. This was her first appearance on the summer course. Kirk and Daren Stonerock also made their first appearance and won the race. Sue Simms broke Gall Blodgett's record (set just last week) for women 35-39.

	Overall Results	
1	Kirk Stonerock (16-18)	17:01
2	Daren Stonerock (16-18)	17:02
2 3	Mark Van Leeuwen (19-24)	17:17
4	Chuck Pontlus (19-24)	17:22
4 5	Scott Thomas (16-18)	17:46
6	Joe Devine (13-15)	18:06
7	Tim Campbell (19-24)	18:12
8	Martin Desenbacher (16-18)	18:40
9	Philip Delacerda (35-39)	18:45
10	Ed North (25-29)	18:49
11	Mike Thompson (16-18)	18:55
12	Greg Wilkinson (30-34)	18:58
13	Barry Foose (35-39)	19:02
14	Tim Barnett (16-18)	19:15
15		19:25
	Tom Pilaraki (16-18)	19:32
	Earl Beverly (40-44)	19:42
	Mike MacLean (16-18)	19:46
	Pete Thompson (25-29)	19:48
	Joe Natoli (16-18)	19:50
	Tom Greenwood (13-15)	19:52
	Steven Watanabe (30-34)	20:05
	Danny Richey (35-39)	20:12
	Heather Scobie (13-15F)	20:18
	Joe Hampton (25-29)	20:25
	Joe Abejon (18-18)	20:25
	Beat Wirz (25-29)	20:32
	Steven Lepken (12&U)	20:33
	Peter DelaCerda (13-15)	20:37
30	Tony Johnston (35-39)	20:42

RRCA Women's Distance Festival

July 20. San Luis Obispo. 5000 Meters.

	Orman mounts	
1	Amy Dabul (17) TempleCty	18:41
2	Sharon Plante (15) PlamoBch	18:49
3	Tracey Ross (23) SLO	19:35
4	Marian Florentino(23)SLO	20:25
5	Brigid Freyne (14) Riverside	20:26
6	Unofficial	
7	Marci Snodgrass (31) Morro Bay	20:52
8	Laurie Gladstone (25) SLO	20:59
9	Barbara Barcellona(15)GroverCy	21:19
10	Victoria Lopez (15) Oceano	21:51
11	Latisha Balko (18) ArroyoGrnd	21:53
12	Mauri Javine (14) ArroyoGrande	21:58
13		21:58
14		22:00
	Nancy McKrell (15) Atascad	22:02
	The state of the s	

Krazy Daze Run

trom Norm Takauchi

July 20, Tulare, 4 Mile.

Visalia's Marty Higginbotham held off a fast-closing Ed Taylor to win the Tulare Krazy Daze Four Mile Run in 20:17. Tanis Leyendekker captured the women's crown in 23:17.

Higginbotham, of Team Adidas, took the lead shortly after a 4:51 opening mile, opening up a sizeable lead over Baldemar Bettancourt with Taylor holding down the third position. Taylor moved into second place during the final mile and closed Higginbotham's winning margin to five seconds, Taylor finishing in 20:22. Bettancourt held on for third in 20:41. Bruce McDowell, an outstanding high school runner from Vancouver, Wa., finished fourth in 21:01.

Leyendekker defeated Peregrine teammate Shirley Johnson and Fleet Feet's Julie Matteson to maintain her status as the top female road runner in the central San Joaquin Valley. Johnson finished se-cond in 23:45 with Matteson third in 24:09.



Marty Higginbotham Krazy Daze Winner

Division Results - Men

12 & Under: 1. Chris Chapman 28:46. 13-15: 1. Amador Ayon 23:05, 2. Egan Titus 23:10, 3. Terry Beair 26:44. 16-18: 1. Bruce McDowell 21:01, 2. Jess Llanez 21:16, 3. Thomas Valles 22:11, 19-24: 1. Rod Marvin 21:15, 2. Antonio Ramirez Jr. 21:50, 3. Ruben Ozuna 22:55. 25-29: 1. Marty Hig-ginbotham 20:17, 2. Ed Taylor 20:22; 3. Baldemar Bettancourt 20:41. 30-34: 1. Robert Aragon 23:08, 2. Alex Hernandez 23:18, 3. Bruce Watkins 25:43. 35-39: 1. Ozzie Osgood 21:52, 2. Ray Hernandez Jr. 23:26, 3. Jim Hill 23:52. 40-44: 1. Charles Breshears 24:44, 2. Newell Bringhurst 26:59, 3. Ken Washman 29:06. 45-49: 1. Frank Padilla 22:49, 2. Fred Mendoza 23:50, 3. Phil Plascencia 27:13. 50-59: 1. Len Thornton 23:45, 2. Tommy Upton 25:41, 3. John Sanchez 26:45.

Division Results - Women 12 & Under: 1. Laura Jacobsma 31:27. 13-15: 1. Michelle Freitas 31:30. 16-18: 1. Shannon Battles 28:08, 2. Naomi Guardiola 35:08. 19-29: 1. Tanis Leyendekker 23:17, 2. Shirley Johnson 23:45, 3. Julie Matteson 24:09. 30-39: 1. Maurie Potts 27:01, 2. Missy Lestrange 27:30, 3. JoAnn Joiner 30:31. 40-49: 1. Faye Daly 29:22, 2.

Jackie Ryle 29:45.

Wine Valley Women's 5K Run

July 20. Sebastopol. **Division Results**

12 & Under: 1. Nika Horn 20:13, 2. Kari Horn 23:18. 13-15: 1. Caltlin Twain 25:49. 16-18: 1. Molly Burke 19:26, 2. Chrissy Mason 20:16, 3. Deelyn Beardall 20:36. 19-24: 1. Lisa Pakutka 18:14, 2. Claire Rrie 22:33, 3. Linda Ruthermich 27:40. 25-29: 1 Nancy Kubasek 17:55, 2. Anne Prouty 19:39, 3. Sally Kingshill 23:06. 30-34: 1. Beckie Simmle 19:01, 2. Margie Moore 20:17, 3. Arlene Weir 24:03. 35-39: 1. Linda Zimmy 22:32, 2. Patty Sanders 23:03, 3. Sally Rubinson 24:14. 40-44: 1. Karen Eberhart 20:16, 2. Hanna Pena 23:43, 3. Pat Perata 25:06. 45-49: 1. Lillan Woodward 23:08, 2. Gretchen Covington 23:31, Pat DeLambert 25:15. 55-59: 1. Kit Pickles 25:43, 2. Jackie Leach 26:32, 3. Jean Whitesell 31:41, 60 & Over: 1, Helen Kuziara 27:42, 2. Maria Carlson 30:??, 3. Peg Perry 30:50.

Women's Distance Festival

Jul	July 20. Ukiah. 5K.		
	Overall Results		
1	Xena Huff (18) Elk	19:51	
2	Annette Shearer (24) Uklah	19:56	
3	Rachel Huff (16) Elk	20:29	
4	Arleen Boyd (16) Uklah	20:43	
5	Diane Bromstead (48) San Jose	22:27	
8	Karen Clay (33) Kelseyville	23:11	
7	Andrea Vau (25) Uklah	23:13	
8	Kristin Weldon (14) Kelseyville	23:18	
9	Margaret Morrison (24) Ukiah	23:19	
10	Cam Downey (34) Lakeport	23:48	
	Division Results		
4 40		No. A. Dalland	

13 & Under: 1. Bernadine Peticolas 24:57, 2. Susie Peticolas 31:47, 14-19; 1. Xena Huff 19:51, 2. Rachel Huff 20:29, 3. Arleen Boyd 20:43. 20-29: 1. Annette Shearer 19:56, 2. Andrea Vau 23:13, 3. Margaret Morrison 23:19, 30-39: 1. Karen Clay 23:11, 2. Cam Downey 23:48, 3. Brenda Jarrett 23:50. 40-49: 1. Diane Bromstead 22:27, 2 Rose Collins 24:02, 3. Barbara Maygranes 29:55. 50-59: 1. Naomi Kewvin 30:39, 2. Angle Lowe 31:49, 3. Kit Nelson 32:46

Tug's Tavern Swim-Run-Swim

July 20, San Diego.

16 & Under: 1. Doug Sutherland 62:37, 2. Daniel Pierce 70:27, 3. Te McLaughlin 71:33. 17-24: 1. George Hoover 55:20, 2. Tom Gallagher III 56:49, 3. Colin Brown 57:38, 25-29; 1. Scott Tingy 54:21, 2. Rob Bistadeau 57:03, 3. Roy Harkins 58:04. 30-34; 1. Wally Buckingham 56:48, 2. M. Reinschreiben 57:52, 3. Ted Uhler 59:36. 35-39: 1. James Williams 60:30, 2. Charlle Stebbins 62:10, 3. Andrew OLeary 62:53. 40-44: 1. Reynold Kalstrom 65:00, 2. Bruce Beach 67:37, 3. John Metz 69:21. 45-49: 1. Pat Duffy 68:06, 2. Jerry Stowe 68:11, 3. Richard Jernigan 72:25. 50-54: 1. David Lamott 70:53, 2. Jim Kassner 84:05, 3 Richard Schneider 89:18, 55-59: 1, Rod Johnson 78:51, 2. Bud Schumacker 80:24, 3. Brockway Clark 80:42.

Division Results - Women 18 & Under: 1, Ellen Biehl 82:08, 17-24: 1. Jenny Lamott 63:47, 2. Lori Elwood 66:36, 3. Sherl Lenora 67:10. 25-29: 1. Lisa Gonzales 63:42, 2. Carol Keenan 67:00, 3. Julie Moss 68:22. 30-34: 1. Roberta Troyell 63:20, 2. Kim Shocklay 68:40, 3. Laura Hove 70:05. 35-39: 1. Robin Paine 79:27, 2. Anne Marston 82:00, 3. Carol Burchard 85:39. 40-44: 1. Mary Martan 75:50, 2. Nancy Gardner 80:50, 3. Cillian Auciard 94:00, 50-54: 1. Elsa Sandberg 107:30. 55-59: 1. Alicia Coleman 92:39, 2. Betty Talbot 114:50, 3. Claire Aukerman 117:00.

Coneio 8K

July 21. Westlake Village. Overall Results Benito Cruz (20) Van Nuya Steve Blum (30) Ventura 24:54 27:04 Craig Mead (32) Northridge 27:45 Chris Pressman (17) Simi Valley 28:23 Rick Hallblom (36) SantaBarb 28:27 Roger Evans (37) SimiValley 29:22 29:30 George Clendenning (29) S.B. Bernard Breslau (40) WestlakeV 29:41 Denise Ball (21F) Newbury Pk 30:07 Gary Lynn (34) Thous. Oaks Joe Jacobsen (41) WestlakeV 30-21 Russell Stockard (38) AgouraHils 30:25 Joyce Klausmeler (29F) SimiV 30:29 30:55 Paul Jayson (38) NewJersey 15 Vicente Rivera (26) ElMonte 31:23 16 Shawn Hodges (14) Mira Loma 31:45 Ron Baumstelger (43) Moorpark 32:09 Gary Farnham (48) Newbury Pk 32:22 19 Robert Poules (30) Camarillo 32:27 20 Gunnar Brickner (59) MarinaDelR 32:40 Steve Kennerly (40) SimiVly 32:43

Jerry Cox (21) Thousand Oaks

23 Darin Lasky (14) Camarillo 24 Tom King (29) Ventura

25 Ted Noller (44) ThousOaks

C.O.C. 5K **Cross Country** Run

32:54

32:55

33:09

33:13

July 25. Valencia. Overall Results 1 Mike Fretz (17) Saugus 17:19		
	Overall Results	
1	Mike Fretz (17) Saugus	17:19
2	Ed Chaidez (33) Valencia	17:29
3	Bobby Bans (16) Valencia .	17:49
4	Santos Villastrigo(17)ManhatBc	18:10
5	Dan Rattary (17) CanyonCo	18:11
6	Glenn Johnson (17) Newhall	18:23
7	Barry Foose (38) LakeViewTer	18:25
8	Joe Devine (15) Saugus	18:40
9	Ed North (27) Valencia	18:40
10	Steven Durand (28) CanyonCo	18:43
27	Pam Thompson (19F) Saugus	20:05

Grizzly Run

July 27. Big Bear Lake. 5/10K. Division Results - Men's 5K

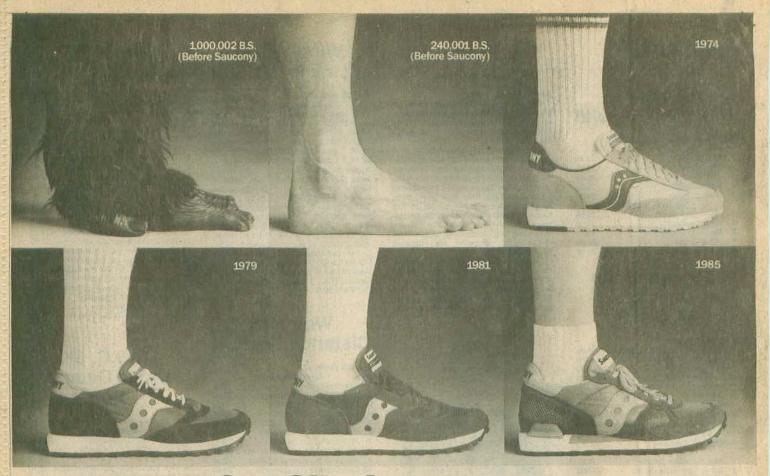
16 & Under: 1. Donald Johnson 19:22, 2. Raul Saenz 20:18, 3. Mike Carlson 21:08. 17-25: 1. Rick Hormel 17:07, 2. Alex Miranda 17:18, 3. Stewart Brydges 18:34. 28-36: John Tüttle 17:14, 2 Michael Leong 18:42, 3. Dennis Payne 19:14. 38-45: 1. Mike Fuller 18:57, 2. Tom Richards 19:50, 3. Rook Oxandaboure 20:23. 48 & Over: 1. Russell Borders 23:03, 2, Fred Belli 25:16, 3: Malcolm Harwood 25:38.

Division Results - Women's 5K 16 & Under: 1. Nicole Robbins 23:04, 2. Nicole Mitts 23:43, 3. Amy Watt 24:04. 17-25: 1. Janice Kelley 20:23, 2. Michele Paul 21:07, 3. Misty Griffin 27:45. 28-35: 1. Lorl Willson 19:58, 2. Sandy Robbins 21:23, 3. Jennifer Kun 22:12. 38-45: 1. Pamela Cobb 27:42. 46 & Over: 1. Deanna Ashford 30:51, 2. Red Akkerman 31:05, 3. Judy Glasgow 31:49.

Division Results - Men's 10K

16 & Under: 1. Terence Gook 38:10, 2. Geoff Skarr 48:11. 17-25: 1. Vernon Morris 33:53, 2. Andy Ligeti 35:39, 3. Matt Penn 41:52. 26-35; 1. Rob Raymer 37:07, 2. Robert Williams 37:41, 3. Mike Marinis 38:28. 38-45: 1. Manouch Lankarani 42:10, 2. Ray Panken 44:01, 3. Joseph Robbins 47:11. 48 & Over: 1. Don Moore 42:21, 2. Tom Cook 43:43, 3. Eddie Swan 43:51.

Division Results - Women's 10K 17-25: 1. Virginia Abarcs 45:33, 2. Karen Delle Fave 60:00. 28-35: 1. Terri Marceau 65:16. 36-45: 1. Becky LePera 56:51, 2. Geanne Periman 67:02. 46 & Over: 1. Celia Swan 50:40, 2. Virginia Taneja 55:35, 3. Ingo Hoffren 62:25.



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