

SEPTEMBER 1987

ISSUE NO. 129

# CALIFORNIA

*Track & Running News*



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*California's Only Track & Running Publication*

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# Cross Country

## At Fresno's Woodward Park

Make plans to be at one of these big cross country meets

**SEPTEMBER 12, 1987 • Fresno City College Invitational**

Contact: Bob Fries, Fresno City College  
1101 E. University Ave., Fresno, CA 93741 • (209) 442-4600

**SEPTEMBER 19, 1987 • Fresno State University Invitational**

Contact: Red Estes, Track Coach, Fresno State University  
Fresno, CA 93740 • (209) 294-4097

**SEPTEMBER 26, 1987 • Clovis High School Invitational**

Contact: Steve Ward, Clovis High School  
1055 Fowler Ave., Clovis, CA 93612 • (209) 299-7211

**OCTOBER 23, 1987 • Rough Rider High School Invitational**

Contact: Jim Fletcher, Roosevelt High School  
4250 E. Tulare, Fresno, CA 93702 • (209) 435-8780, home

**NOVEMBER 14, 1987 • N.C.A.A. Region 8 Championships**

Contact: Red Estes, Track Coach, Fresno State University  
Fresno, CA 93740 • (209) 294-4097

**NOVEMBER 21, 1987 • California Junior College State Championships**

Contact: Bob Fries, Fresno City College  
1101 E. University Ave., Fresno, CA 93741 • (209) 442-4600

**NOVEMBER 28, 1987 • California High School State Championships**

Contact: Bill Griffin, Madera High School  
200 S. L Street, Madera, CA 93637 • (209) 675-4500

**DECEMBER 5, 1987 • Kinney Western High School Championships**

Contact: Bill Cockerham, Fresno Pacific College  
1717 South Chestnut Ave., Fresno, CA 93702 • (209) 453-2100

**LODGING - The following motels are giving special team rates:**

### Travelers INN

TRAVELERS INN  
2655 East Shaw  
Fresno, CA 93710  
(209) 294-0224  
Contact Person: Cindy Flores

TRAVELERS INN  
6730 N. Blackstone  
Fresno, CA 93710  
Contact Person: Linda Peterson

### RODEWAY INN

RODEWAY INN  
4061 N. Blackstone  
Fresno, CA 93726  
(209) 222-5641  
Contact Person: Violet Meindersee

### RAMADA INN

RAMADA INN  
324 East Shaw Ave.  
Fresno, CA 93710  
(209) 224-4040  
Contact Person: Jan Coyle

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# CALIFORNIA

*Track & Running News*



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**4957 E. Heaton  
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(209) 255-4904**

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# Table of Contents

**September 1987**

**Issue No. 129**

Schedule Section .....	4
Road Racing	
College/Open Cross Country	
Around the Bay .....	14
Reebok Coach's Corner .....	17
Cross Country Running	
PA-TAC Notes .....	18
Grand Prix Leaders	
The Athlete's Kitchen .....	19
Bulking Up	
SoCal Diary .....	20
Cross Country Preview	
Dean Reinke on Running .....	21
Where Are They Now?	
High School Section .....	22
Prep Notes	
Southern Section X-C Preview	
Rating the State Girls Programs	
Prep Results	
1987 Girls State Ranking	
Masters Track & Field Results .....	34
College/Open Track & Field Results .....	36
Subscription Order Form .....	38
Road Racing Results .....	40

**ON THE COVER:** Ashley Black is one reason Palos Verdes High School figures to be number one in the state again this year. Black, a sophomore, who runs for Marathom's Racing Team in the off-season, has a 3200 track PR of 10:44. See page 23 for the Southern Section Cross Country Preview.  
*photo by Bill Leung, Jr.*



# 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 2 (Wed.)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### September 3 (Thursday)

**Huntington Beach:** Sunset in the Park, 2.8 & 4.8 mile cross country runs, Huntington Beach Central Park West, 6 p.m. (2.8 mile - high school only), 6:30 p.m. (4.8 mile - open). The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

### September 4 (Friday)

**Palo Alto:** Palo Alto Weekly Moonlight Run, 5 & 10K, Bayland's Athletic Center, 9 p.m. Palo Alto Recreation Dept., Anne Cribbs, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2429.

**Tahoe City:** Pepsi of Reno Lake Tahoe 72 Mile Run (counter-clockwise around lake), 6 a.m. (18 hour limit). Mike Hernandez: (916) 725-1526, eves.

### September 5 (Saturday)

**Sausalito:** Breakers to Bay 10K, Rodeo Beach, 8:30 a.m. (1000 limit). Marin Special Olympics, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (415) 924-4020.

**Santa Rosa:** Caledonian Run, 3K & 8K, Sonoma County Fairgrounds Racetrack, 8:00 a.m. Caledonian Run, c/o Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 874-2830.

**Lompoc:** Park to Park Cross City 8 Mile Run, Miguelito Canyon Park to La Punsima Mission Park, 8 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Norm Yiskis: (805) 733-3044.

**South El Monte:** Born to Run 2 Miler, Legg Lake Park, 8 a.m. (150 limit). Jim Granados, 2310 Havenbrook St., West Covina 91790. (818) 338-9685.

**South El Monte:** San Gabriel River 5K Morning Run, 9 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**San Diego:** 4-Mile Cross Country Run, Balboa Park, 8 a.m. San Diego T.C., P.O. Box 7853, San Diego 92107.

**Fresno:** Fresno Watermelon Runs, 2, 4 & 6 miles, Fresno State University, Red Estes, Track Coach, Fresno State University, Fresno 93740.

**Crescent City:** Crescent Beach 5K Fun Run & 10K Race, south of Crescent City (Ender's Beach Rd.), beach run, 2 p.m. Crescent Beach Run, Terry Baker, 1612 Amador St., Crescent City 95531. Jim Costello (707) 458-3636.

### September 6 (Sunday)

**San Francisco:** DSE Kay Atkinson Memorial Run, 4.5 mile, Golden Gate Park (Spreckels Lake), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Millbrae:** Almost Annual Almost Flat Grape Race, 5K fun run and 2 mile stride, Mills High School, 9 a.m. The Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

**San Jose:** Menhune 10K Fun Run, Santa Clara County Fairgrounds, 9 a.m. Jane Alvarado, P.O. Box 1619, Cupertino 95015. (408) 296-0217.

**Livermore:** Wente's Cellar to Cellar Run, 10K, Champagne Cellars (Wente Bros.), 9 a.m. Wente Bros., 5565 Tesla Rd., Livermore 94550.

**Seaside:** Circle Seaside 10K, Seaside High School, 9 a.m. Guy Pruitt, 125 Ocean View Blvd., Pacific Grove 93950. (508) 375-8812.

**Mariposa:** Amigo de Oro Race, 10 mile, Mariposa County Fairgrounds, 7:30 a.m. Amigo de Oro Race, P.O. Box 155, Mariposa 95338.

**Valencia:** Valencia Arts & Sports Festival 8K, Valencia Meadows Park (2561 Fedala Rd.), 8:30 a.m. Gene Blankenship, P.O. Box 481, Newhall 91322. (805) 298-9268.

**South El Monte:** Legg Lake 8K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**Vacaville:** Onion Run, 10K & 5K Fun Run, back of City Hall, 8 a.m. Fleet Feet Sports, 1100-F Marshall Rd., Vacaville 95688. (707) 447-7867.

**San Diego:** Financial Independence 10K, Balboa Park, 7:30 a.m. Kathy Loper (619) 437-4556.

### September 7 (Monday)

**Auburn:** "Average Joe" Biathlon, 6 mile run, 7.45 mile bike, Bowman Elementary School, 8 a.m. (200 limit), Christian Runner's Ass'n., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Fallon, Nevada:** Cantaloupe Festival 10K, time TBA. Info: (916) 581-5119.

**Soda Springs:** Serene Lakes 5 Mile Handicap, Serene Lakes Lodge, 10 a.m. Denis O'Halloran, P.O. Box 7641, Tahoe City 95730. (916) 581-5119.

**McFarland:** Westwinds Triathlon, 1K swim, 40K bike, 8K run. McFarland High School (track), 8:30 a.m. Gary Farrell, McFarland Rec. & Park District, 100 So. Second St., McFarland 93250. (805) 792-3187.



**Redondo Beach:** South Bay Labor Day 2x5K Relay, TRW (#1 Space Park), 8 a.m. Runner's Image, 170 Manhattan Ave., Hermosa Beach 90254. (213) 376-0047.

**Ventura:** Labor Day Couples 2x5K Relay, Holiday Inn, 8:30 a.m. (male/female teams only). Inside Track, 1410 E. Main St., Ventura 93003. (805) 658-6043.

**Mount Baldy:** Mt. Baldy 8 Mile Run to the Top, Mt. Baldy Village (end of road at foot of ski lift), 6,000 to 10,000 feet, 9 a.m. Run to the Top, P.O. Box 639, Mt. Baldy 91759. Bob Barlet: (714) 982-7379.

**Westlake Village:** Labor Day 5K Run, Westlake Elementary School, 9 a.m. (No Pre-Entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

**Concord:** Big C Athletic Club 10K Run, Salvio & Grant Sts., 8:30 a.m. Bruce Stanley, 1950 Parkside Dr., Concord 94519. (415) 671-3370.

### September 8 (Tuesday)

**Clam Beach:** Clam Beach Sunset Run, 4.5 mile, South End (near parking lot), 7:00 p.m. Six Rivers R.C., P.O. Box 214, Arcata 95521.

### September 9 (Wed.)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### September 10 (Thursday)

**South El Monte:** Legg Lake 5K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### September 10-13 (Thr.- Sun.)

**Carson City, NV:** 166 mile, 4-day run or relay (4 person teams, 41.5 miles/day), to Sacramento. Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.



## □ Schedule

### September 12 (Saturday)

**Oakland:** Run Against the KKK, 5 & 10K, Lake Merritt (Old Boathouse, 14th & Lakeshore), 9 a.m. John Brown, Anti-Klan Committee, 220 Ninth St., #443, San Francisco 94103. (415) 431-8339.

**Gilroy:** Mt. Madonna Challenge, 10K, 20K & 4 mile fun run, Mt. Madonna Park (Hwy 152, Spig Lane), 8:30 a.m. Bill Flodberg, 12925 Foothill Ave., San Martin 95046. (408) 683-2453.

**Lake Berryessa:** Berryessa Biathlon, 1.25 mile swim, 24 mile bike, Royal Oaks Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Atascadero:** Atascadero Lake Park Triathlon, Distance Unknown, time TBA. Recreation Dept., City of Atascadero, P.O. Box 747, Atascadero 93423. (805) 466-8000, x124.

**Valencia:** "Run For The Health Of It" 5K, Henry Mayo Newhall Memorial Hospital, 8:30 a.m. Diana Pinto, c/o HMNMH, 23845 W. McBean Pkwy., Valencia 91355. (805) 253-8082.

**South El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**Seal Beach:** Seal Beach Triathlon, 1K swim, 20K bike, 10K run, Seal Beach Pier, 7:30 a.m. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 433-4557.

**Irvine:** The Pridemark 5 & 10K Run, Sky Park Industrial Tract (Sky Park South & Main St.), 7:30 a.m./10K, 8:15 a.m./5K. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**San Diego:** Naval Warfare 10K, NAB Heli Pad, 7 a.m. Ray Hollenbeck (619) 437-4556.

**Wrightwood:** Angeles Crest 100 Mile Endurance Run (mountain trails through Angeles National Forest to Pasadena), 5 a.m. Ken Hamada, 370 W. Colorado St., Arcadia 91006.

**Tahoe City:** Northshore Challenge Triathlon, .5 mile swim, 5 mile run, 20 mile bike. Time TBA. Robyn McCulloch, Tahoe City Parks & Rec., P.O. Box 33, Tahoe City 95730. (916) 583-5544.

**Stockton:** Park to Park, 5 mile & 1 mile fun run, Louis Park (West of I-5 off Mt. Diablo exit), 8 am (1 mile)/8:30 am (5 mile). Tarahumara R.C., P.O. Box 8422, Stockton 95208.

**Bishop:** Mule Run Ultra 50K, time TBA. Bill Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211.

**Wasco:** Run Through the Roses, 5 & 10K, West Side Park, 7:30 a.m. Wasco Junior Woman's Club, Route 1, Box 219, Wasco 93280. (805) 758-2746, attn: Kathy Krause.

**Bakersfield:** Joel Mena Memorial Foothill Alumni 5K (& 1 mile), Foothill High School, 501 Park Drive, 5 pm (1 mile), 5:30 pm (5K). Ted Oliver, 3012 Crest Dr., Bakersfield 93306. (805) 872-3707.

**Lompoc:** Space Country Triathlon, 1/2 mile swim, 14 mile bike, 3 mile run. Lompoc Municipal Pool (Ocean Ave. & C St.), 8:30 am (100 limit). Lompoc Parks & Recreation Dept., 125 W. Walnut Ave., Lompoc 93436. (805) 736-6565.

**San Diego:** Constitution Run, 10K, time TBA. End of the Line, Box 1049, Coronado 92218. (619) 437-4667.

**San Diego:** Pacific Beach Toyota/Ford Distance Classic 10K, time TBA. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

**Fresno:** Mind Over Matter, 10K and 2 mile. HCA Cedar Vista Hospital, 7 am. Mind Over Matter, HCA Cedar Vista Hospital, 7171 N. Cedar Ave., Fresno 93710.

### September 12-13 (Sat.- Sun.)

**Cook's Station:** 83 Mile 2-Day Run (41.4 mile/day) to Sacramento. Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.

### September 13 (Sunday)

**San Francisco:** Hoy's Sports "Super Opera" Classic, 10K, Golden Gate Park, 9 a.m. Deborah Gellermann, c/o Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-4697.

**Albany:** People Chase 5 & 10K, Golden Gate Fields, 9 a.m. Carolyn Pugh, 848 Stannage Ave., #12, Albany 94706. (415) 549-7060.

**Oakland:** "Move for Peace" 5 & 10K, Lake Merritt Boathouse, 9 a.m. Committee for Health Rights in Central America, c/o Kim Cox, 513 Valencia St., #6, San Francisco 94110. (415) 431-7760.

**Fremont:** Sportsmed "Run for S.A.V.E." 5 & 10K, Sportsmed Medical Clinic (Paseo Padre Pkwy., near Mowry Ave.), 8:30 a.m. S.A.V.E., P.O. Box 8283, Fremont 94537. (415) 794-6056.



# CALIFORNIA INTERNATIONAL MARATHON

DECEMBER 6, 1987  
7:00 A.M.

FOR ENTRY SEND SELF-ADDRESSED, STAMPED ENVELOPE TO  
CALIFORNIA INTERNATIONAL MARATHON • P.O. BOX 161149 • SACRAMENTO, CA 95816  
PHONE: (916) 447-2786

Master Record held by  
Robert Nelson, USA - 2:27:51

Open Record held by  
Peter Butler, Canada - 2:10:56

Senior Record held by  
Glynn Wood, USA - 2:46:00

Master Record held by  
Gabriele Andersen,  
Switzerland/USA - 2:41:09

Open Record held by  
Nancy Ditz, USA - 2:31:36

Senior Record held by  
Sister Marion Irvine,  
USA - 2:51:01



## □ Schedule

**Pleasanton:** Heritage Days 5 & 10K, Amador Valley A.C., 8:30 a.m. Gretchen Sloan, 7090 Johnson Dr., Pleasanton 94566. (415) 463-2822.

**Point Richmond:** Brickyard Landing 10K & 2 Mile Run, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Jose:** San Jose Shelter Home Run, 10K, Spartan Stadium, 8:30 a.m. Dennis McNulty, San Jose Shelter Foundation, 607 N. First St., San Jose 95112. (408) 998-5433.

**Sacramento:** Sacramento Triathlon, Rancho Seco Park, 2 mile swim, 50 mile bike, 12.4 mile or 1 mile swim, 25 mile bike, 6.2 mile run. Rancho Seco Recreation Area (25 miles SE of Sac'to), 7 am (long course), 9 am (short course, including relay). Sacramento Triathlon, 2412 "J" St., Sacramento 95816. (916) 442-3338.

**Nevada City:** Banner Mountain Stampede, 4K & 12K, Pioneer Park, 9:30 a.m. Nancy Martin, P.O. Box 217, Browns Valley 95918. (916) 639-2204.

**South El Monte:** Legg Lake 8K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**San Diego:** Bud Light U.S. Triathlon Series, 1.5K swim, 40K bike, 10K run, time TBA. USTS, P.O. Box 1389, Solana Beach 92075. (619) 943-7500.

**San Diego:** PB Toyota 8K, Crown Point Dr., 7:30 a.m. In Motion (619) 483-9501.

**Pl. Reyes:** Drake's Bay 50 Mile Run, Bear Valley HQ, 6 a.m. (Rugged trails & 9,000 feet elev. gain). Enter by Aug. 20. Contact (415) 921-7138.

**Eugene, OR:** NIKE/OTC 25K and PW Pipe 5K Fun Run, Hayward Field, 8 a.m. Pete Gribkov, Oregon Track Club, P.O. Box 10412, Eugene, OR 97440. (503) 342-8082 or (503) 995-8248.

**Mountain View:** Art & Wine Festival Fun Run, 5K, Church & Castro Sts., 8:30 a.m. Lois Farley, Mtn. View YMCAS, 415 E. Middlefield Rd., Mtn. View 94043. (415) 969-4033.

**Auburn:** Park-to-Park 10K (includes Open Women's PA/TAC Championships), Regional Park, 8 a.m. Michael Kutzman, P.O. Box 3237, Auburn 95604. (916) 823-8270.

**Woodland:** Woodland Triathlon, 1/2 mile swim, 12 1/2 mile bike, 3K run or 1.6K swim, 25 mile bike, 10K run. Time TBA. Foy's Cyclery, 96 W. Main St., Woodland 95695. (916) 662-4306.

**Carson City, NV:** El Charro Dirty, Dusty, Damn Hot Rley, 3x5K, 10:30 a.m. Fleet Feet, 3771 S. Carson St., Carson City, NV 89701. (702) 883-3361.

**Pomona:** All American Biathlon Championships, 5 mile run, 10 mile bike, Cal-Poly Pomona, 7:30 a.m. Jim Sackett, 3801 W. Temple Ave., Pomona 91768. (714) 869-2831.

### September 15 (Tuesday)

**Los Angeles:** Manufacturers Hanover Corporate Challenge Race, 3.5 mile, Griffith Park, 5:30 p.m. Race Central, 245 S. Riverside Ave., Rialto 92376. (714) 874-5870.

### September 16 (Wed.)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### September 17 (Thursday)

**South El Monte:** Legg Lake 5K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### September 19 (Saturday)

**Cupertino:** Silicon Ralley, 5 & 10K, 8 a.m. Jennifer Murphy, Apple Computer Fitness Center, 10627 Bandleby Dr., Cupertino 95014. (408) 973-6802.

**Grass Valley:** Bear Fair Races & Quadrathlon, 100m dash, 200m race walk, 1500m track run, 10K road run, Bear River High School, 9 a.m. Nick Vogt, Track Coach, Bear River High School, 11130 Magnolia Rd., Grass Valley 95949. (916) 268-3700, days or 878-0692, eves.

**Bass Lake:** Bass Lake Classic Triathlon, 1.5K swim, 40K bike, 10K run. Pines Marina, time TBA. Franz Weinschen, 27720 Twin Ponds Rd., Clovis 93612. (209) 299-3195.

**South El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**Valencia:** Castaic Triathlon, Castaic Lake, 1K swim, 40K bike, 10K run. Time TBA. Tom Redfern, 23725 Castilia Ct., Valencia 91355. (805) 253-3118.

**San Diego:** KSON Farewell to Summer 10K & 2 Mile, Balboa Park, 7:30 a.m. End of the Line, P.O. Box 1049, Coronado 92118. (619) 437-4667.

**Albany, N.Y.:** National TAC Masters 10K Championships, time TBA. Bill Shrader, RD #1, Middleburgh, NY 12122. (518) 827-6709.

**Newport Dunes:** Human Race Triathlon, 1500 yd. swim, 19 mile bike, 10K run. 8 am. \$50. Sportech, 4255 Campus Dr., Suite A100, Irvine 92715. (714) 854-0364.

### September 20 (Sunday)

**San Jose:** Willow Glen Founders Day 10K, Willow Glen Elem. School, Lincoln & Minnesota Ave., 8 a.m. Steve Murphy, P.O. Box 8644, San Jose 95155.

**Palo Alto:** Bay to Breakfast, 5 & 10K, Baylands Athletic Field, 8:30 a.m. Midpeninsula Health Services, 704 Webster St., Palo Alto 94301. (415) 324-1085.

**Walnut Creek:** Walnut Festival Run, 5 & 10K, Heather Farms Park, 8:30 a.m. Walnut Festival Assoc., P.O. Box 3408, Walnut Creek 94598. (415) 935-6766.

**Woodside:** Pursuit of Excellence Half-Marathon, Canada College, 8:30 a.m. Terri Teixeira, Sequoia YMCA, 1445 Hudson St., Redwood City 94061. (415) 368-4168.

**Crockett:** Sugar City Fun Run, 2 mile & 10K, John Swett High School (track), 9 a.m. Dale Vigus, P.O. Box 174, Crockett 94525. (415) 787-1130.

**Oakland:** Aztec Run, 5 & 10K, Lake Merritt (Bellevue Ave.), 8:30 a.m. Spanish Speaking Citizens Foundation, 1900 Fruitvale Ave., Suite 1B, Oakland 94601. (415) 261-7839.

**Pacific Grove:** Monterey Bay 10K (PA/TAC Masters Championships also), Lover's Point Park, 9 a.m. Monterey Bay 10K, c/o The Beacon House, P.O. Box 301, Pacific Grove 93950. (408) 375-8812.

**Mineral:** Lassen Park Ultra, 28 mile, Hwy 172 (off Hwy 36), 7 a.m. (limit 250). The Clarks, P.O. Box 279, Mineral 96063. (916) 597-2240.

**San Francisco:** DSE South Embarcadero Run, 6.25 miles, Dolphin Club (502 Jefferson St.), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Sacramento:** Buffalo Stampede, 10 mile, Rio Americano High School (4540 American River Dr.), 8:30 a.m. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580.

**Davis:** Davis Triathlon, 1.5 mile swim, 22 mile bike, 10K run. Stonegate Country Club, 9 a.m. Fleet Feet, 132 "E" St., Davis 95616. (916) 758-6453.

**Blue Oaks:** Don Pedro Triathlon, 1.5K swim, 40K bike, 10K run. Don Pedro Lake, 8 am. (Sept. 18 deadline, 500 limit). Don Pedro Recreation Agency, P.O. Box 160, La Grange 95329. (209) 852-2396.

**Blue Lake:** Blue Lake Race, 10K & 2 mile, Blue Lake School, 1 p.m./2 mile, 1:45 p.m./10K. Six Rivers R.C., P.O. Box 214, Arcata 95521. Bob Dickerson (707) 668-5161.

**Fresno:** Fall Festival Run in the Park, 2 & 6 mile, Woodward Park (Mtn. View Shelter), 7:30 a.m./2 mile, 8 a.m./6 mile. Nikkei Service Center, Nadine Nishio, 912 "F" St., Fresno 93706. (209) 237-4006, 661-2074.

**San Luis Obispo:** YMCA City to Port Race, Higuera St. (MSO Store), 11.2 mile, time TBA. Vicki Fisher, YMCA, 1020 Southwood St., San Luis Obispo 93401. (805) 543-8235.

**Malibu:** Malibu Triathlon, 1K swim, 30K bike, 9K run. Zuma Beach, time TBA. Michael Epstein, Tri-Pro Race Specialties, 5412 Las Virgenes Rd., Calabasas 91302. (818) 880-4195.

**Costa Mesa:** South Coast Classic, 5 & 10K Invitational, 7:25 a.m. Choc Padrinos, P.O. Box 5700, Orange 92667. (714) 997-3000, x5084.

**San Diego:** Balboa 8 Mile & 3 Mile, Balboa Park, 7 a.m. Bob Parkinson (619) 280-1138.

**Squaw Valley:** Pacific Crest Trail Ultra-Marathon, Half-Marathon & Relay, (50K Ultra is PA/TAC Open Championships), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Cloverdale:** Cloverdale Grape Run, 3 & 10K, Cloverdale Citrus Fairgrounds (Hiway 101), 8 a.m. Clint Kemp, 480 Josephine Dr., Cloverdale 95424. (707) 431-3981 or 894-4385(h).

**Atwater:** Run for the Pumpkins, 1.25 & 5 mile, Ralston Park (3rd & Grove), 8 am. Pumpkin Run, Atwater Chamber of Commerce, 1181 Third St., Atwater 95301. (209) 358-4251.

**Rancho Cucamonga:** Lewis Homes Autumnfest 5 & 10K, Terra Vista Homes (Baseline Rd. & Haven Ave.), 8 am/5K, 8:30 am/10K. Gordon Reed, Track Coach, 5885 Haven Ave., Alta Loma 91701. (714) 987-1737.

**Oakhurst:** Sierra Mountaineer Days Run, 10K and 2 mile, 49269 Golden Oak Drive, 8:30 a.m. Sierra Fitness Club, P.O. Box 243, Oakhurst 93644. (209) 683-4211.

### September 23 (Wed.)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### September 24 (Thursday)

**South El Monte:** Legg Lake 5K Evening Run, 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### September 26 (Saturday)

**San Francisco:** Golden Gate Park Cross-Country Series, 4 mile., Lindley Meadow (30th Ave. & JFK Dr.), 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

**San Bruno:** San Bruno Mountain Elfin Run, 6.7 mile, Guadalupe Canyon Pkwy. & Radio Rd., 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Francisco:** DSE Walt Stack Birthday Run, 3 mile plus 1/2 mile kid's run, Golden Gate Park (Stow Lake Boathouse), 10 am/3 mile, 9:30 am/kids. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Santa Barbara:** Sri Chinmoy 5 Mile Run, Palm Park (across from Red Lion Inn), 8 a.m. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

**Newport Beach:** Rusty Pelican's Human Race Triathlon, 1.5K swim, 30K bike, 5.9K run, time TBA. Jack Caress, 4255 Campus Dr., Suite A-100, Irvine 92715. (800) 331-4871.

**South El Monte:** Legg Lake 8K Evening Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.



# Pacific Crest Trail



☆ **Ultramarathon—50K/TAC Open Championships**

☆ **Ultra-Half Marathon—25K**

☆ **Relay—2x25K**

TAHOE



California

**Sunday  
Sept. 20, 1987**



**patagonia®**

**Time:** 8 a.m. (Number pick-up 7-8 a.m.)

**Place:** Squaw Valley Mall at base of Cable Car. To reach start, take Interstate 80 to Hwy. 89S at Truckee. Continue to Squaw Valley Road, turn right and continue until road dead ends in Squaw Valley USA Ski Resort parking lot.

**Entry Fee:** Pre-registration by Sept. 16, 1987—\$30 for 50K Ultra, \$25 for 25K Ultra-Half, \$50 for relay (\$25 per person). On race day—\$35 for 50K Ultra, \$30 for 25K Ultra-Half, \$60 for relay (\$30 per person). A given person may sign up for only one race.

Long-sleeved t-shirts free to each participant.

**\$\$\$ Awards:** For 50K Open only. Men and women individuals—1st \$250, 2nd \$150, 3rd \$100. Must be registered with TAC prior to race day to qualify for money. Men and women's teams consisting of 5 members (Each completing 50K)—1st \$350, 2nd \$150. Teams must be registered with TAC prior to race day to qualify for money. All scoring done according to TAC rules. Direct questions to TAC (916) 966-6185.

**Age Groups:** ULTRA AND HALF Men & Women: 16-29, 30-39, 40-49, 50-59, 60 plus. RELAYS: Men, Women, Man & Woman — Open (total age of 2 entrants less than 80), Masters (total age of 2 entrants greater than 80).

**More Information:** TEAM CHALLENGE, Berkeley (415) 841-1190.

**BEST DEAL...Sleep and eat  
at SQUAW VALLEY INN (800-323-7666)**  
Mention Pacific Crest Trail

Room Rates: Single occupancy \$42.50, double occupancy \$42.50, triple \$53, quad \$63.60.

PCT buffet breakfast at Squaw Valley Inn, Sept. 19 and 20—\$4.95 each. PCT buffet dinner at Squaw Valley Inn, Sept. 19—\$7.95 each. Reserve by calling Squaw Valley Inn (800)323-7666.

## REGISTRATION FORM

Fill out form completely and sign the waiver. Make checks payable to **Team Challenge**. Mail registration to Team Challenge, P.O. Box 962, El Sobrante, CA 94803-0963.

NAME \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

CHECK ONE: ☐ Ultra ☐ Ultra-Half ☐ Relay Member #1 (Squaw to Donner)

TO QUALIFY FOR 50K PRIZE MONEY: TAC# \_\_\_\_\_, TAC Team Affiliation \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ CIRCLE ONE: Male Female

RELAY MEMBER #2 \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ CIRCLE ONE: Male Female

**WAIVER:** In consideration of accepting this entry into this race, I, the undersigned, do hereby for myself, my executors and administrators, waive and release any and all rights and claims for damages I may have or acquire against the beneficiaries, organizers, sponsors, advertisers, employees and Federal, State or local governments or private parties on whose property this race may be run, of any and all injuries suffered by the participant due to participation or competition in this race.

SIGNATURE OF PARTICIPANT\* \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARTICIPANT #2\* \_\_\_\_\_ DATE \_\_\_\_\_

\*Parent or Guardian must sign for participants under 18.



## □ Schedule

**Five Brooks:** Bolinas Ridge Wild Board 18 mile, Western Marin County (finish at Stinson Beach), 9 a.m. No raceday registration. Tri Sports, 21 Live Oaks, Berkeley 94705. (415) 540-7008.

**Santa Barbara:** Quality of Life 5 Mile (& 3 mile fun run), Red Lion Inn (Cabrillo Blvd.), 9 a.m. Info. (805) 569-7094.

**Alta Loma:** Chaffey College Triathlon, 3 mile run, 9 mile bike, 200 yd. swim, 8 a.m. Mike Dickson, 5885 Haven Ave (Chaffey College), Alta Loma 91762. (714) 986-7696.

## September 27 (Sunday)

**Antioch:** Women's Challenge Triathlon, 1 mile swim, 7 mile run, 22 mile bike. Contra Loma Regional Park, 9 a.m. (Women Only). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Lafayette:** Lafayette Stride, 5.6 Mile, Lafayette Community Center, 8:30 a.m. Carol Hunter, Lafayette Community Center Foundation, 500 St. Mary's Rd., Lafayette 94549. (415) 284-2232.

**Los Gatos:** YSI Vasona Park 10K Wildlife Run, 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030. (408) 356-4945.

**Oakland:** Lake Merritt J&S Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

**Antioch:** Delta Biathlon & Deltathon, 10K run & 20K bike or 1 mile run or 10K run. Antioch Fairgrounds (10th & L St.), 8 a.m. American Trophias, 504 W. Fourth St., Antioch 94509. (415) 754-7878.

**Folsom Lake:** Pacific Swim & Sport Biathlon, 1.5 mile swim, 6.2 mile run, Beale's Point, 9 a.m. CCT, 428 "J" St., Suite 101, Sacramento 95814. Gail Benty (916) 442-SWIM.

**Santa Cruz:** Santa Cruz Sentinel Triathlon, 1 mile swim, 24 mile bike, 10K run. Main Beach, 8 a.m. Alice Helmer, Santa Cruz Sentinel, 207 Church St., Santa Cruz 95060. (408) 423-4242, x301.

**Sonoma:** Sonoma Vintage Run, 5 & 10K, Sebastiani Vineyards, 8 a.m. Stan/Sandi Augustine, P.O. Box 608, Glen Ellen 95442. (707) 996-4815.

**Arroyo Grande:** Harvest Festival 10 Mile, Lake Lopez to City Hall, time TBA. Lynne Toomey, 172 Station Way, Arroyo Grande 93420. (805) 481-1526.

**Ventura:** SCA/TAC Half-Marathon District Championships, Ventura Mission Park, 8 a.m. Gary Tuttle, Inside Track, 1410 E. Main St., Ventura 93001. (805) 4643-1104.

**Encino:** McDonald's Run for Summer Fun, 1K, 5K, & 10K, Woodley Park, 7:45 a.m. McDonald's, 18753 Sherman Way, Reseda 91335. (818) 881-6801.

**San Diego:** Leukemia Society 10K & 2 Mile, 7:45 a.m. In Motion (619) 283-6131.

**Portland, OR:** Portland Marathon, time TBA. Portland Marathon, P.O. Box D, Portland, OR 97075. (503) 226-1111.

**Hilton Head, SC:** Bud Light USTS National Championships, 1.5K swim, 40K bike, 10K run. Entry by invitation/qualification only. Time TBA. Bud Light USTS Championships, P.O. Box 1389, Solana Beach, CA 92075. (619) 943-7500.

**San Francisco:** Bridge to Bridge 5K & 8 Mile, Ferry Bldg. (Embarcadero), 9 a.m. Bridge Run, c/o KNBR Promotions, 1700 Montgomery St., Suite 400, San Francisco 94111.

**Merced:** Gateway to Yosemite Biathlon, (Long): 10K run, 27 mile bike; (Short): 2 mile run, 11 mile bike. Lake Yosemite Park (Rotary Cove), 8 a.m. Ted Rench, 2875 Green St., Merced 95340. (209) 723-2661.

**Santa Barbara:** Sri Chinmoy Rainbow Marathon, Santa Barbara Research Park (near Hollister & Storke), 7:30 a.m. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

## September 30 (Wed.)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

## October 1 (Thursday)

**So. El Monte:** Legg Lake 5K Evening Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

## October 3 (Saturday)

**Folsom:** Sierra Nevada 50-Miler, Folsom Lake, 7 a.m. (40 mile trail, 10 mile pavement). D. Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 626-0199 or 965-8326.

**Jackson, MI:** The Ultimate Runner, 10K, 400m, 100m, 1 mile, marathon (points awarded on performance in each event), 8 a.m. thru 2 p.m. Mike McGlynn, The Ultimate Runner Jackson Community College, 2111 Emmons Rd., Jackson, MI 49201. (517) 787-0800, x281.

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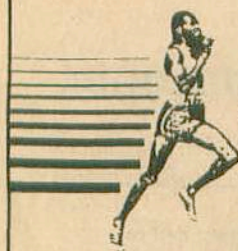
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FRIDAY SEPTEMBER 25, 1987 7:00-10:00 P.M.

SAN FRANCISCO CITY COLLEGE--NORTH GYM(WOMEN'S GYM) 50 PHELAN AVENUE SAN FRANCISCO

ADMISSION: \$2.00 per person. FREE ADMISSION FOR  
ATHLETES AND COACHES COMPETING IN THE  
SATURDAY'S MEET.

HELD IN CONJUNCTION WITH THE LOU VASQUEZ JUNIOR  
COLLEGE CROSS COUNTRY INVITATIONAL AND THE  
REEBOK-GOLDEN BEAR CROSS COUNTRY INVITATIONAL  
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DON'T MISS THE OPPORTUNITY TO HEAR ONE OF THE  
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AND MOTIVATION. JOIN US SATURDAY FOR THESE TWO  
GREAT CROSS COUNTRY MEETS!

ANY QUESTIONS ? CALL 415-642-9447 OR 415-239-3419 FOR INFORMATION.



## □ Schedule

**So. San Francisco:** Point to Point Fun Run, 5K, 400 Oyster Pt. Blvd., 9 a.m. Nancy Kelly, 400 Oyster Pt. Blvd., Suite 325, So. San Francisco 94080. (415) 583-9238.

**Berkeley:** Wildcat Triathlon, 1/2 mile swim, 5K run, 15K mile bike. Lake Anza (Tilden Regional Park), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Yosemite:** Yosemite Trail Series (a series of trail runs in Yosemite Nat'l Park ... thru Oct. 11). Tri Sports, 21 Live Oaks, Berkeley 94705. (415) 540-7008.

**Reno, Nevada:** Reno Gazette Journal Jog (no other information available) ... contact newspaper (702) 788-6200.

**Morro Bay:** Harbor Sprint Triathlon, 1/4 mile swim, 13 mile bike, 2.5 mile run. Time TBA. Morro Bay Rec. Dept. (805) 772-1214, x229.

**Playa Del Rey:** Learn Not to Burn 5 & 10K, Imperial & Vista del Mar, 8 a.m./5K, 8:30 a.m./10K. Alisa Ann Ruch Burn Foundation, 20944 Sherman Way, Suite 115, Canoga Park 91303.

**San Jacinto:** Lions Run, 2K & 10K, San Jacinto High School (500 Idyllwild Dr.), 8 a.m./2K, 8:30 a.m./10K. Lions Run, P.O. Box 883, San Jacinto 92383. (714) 654-7774.

**San Dimas:** San Dimas Runs, 1 mile, 5 & 10K, San Dimas City Hall (245 E. Bonita), 7:30 a.m. San Dimas Runs, 245 E. Bonita Ave., San Dimas 91773. (714) 592-4344.

**Avalon:** Avalon Lions Club Runs, 3.4 mile, 10K & 10.8 mile, 7:30 a.m./10.8 mile, noon others. Avalon Lions Club, P.O. Box 305, Avalon 90704. Paul McIlroy (213) 510-0856.

### October 4 (Sunday)

**Novato:** Mt. Burdell Challenge, 5 & 10K. Rolling Hills Club, 9 a.m. Lauren Catuzzi, c/o Rolling Hills Club, 351 San Andreas, Novato 94947. (415) 897-2185.

**Santa Rosa:** Sonoma County Harvest Fair 10K, Herbert Slater Jr. H.S. (3500 Sonoma Ave.), 9 a.m. Sonoma County Family YMCA 1111 College Avenue, Santa Rosa 95404. (707) 545-YMCA.

**Glen Ellen:** Glen Ellen Hot Foot Run, 2.5 Mi. & 10K, Madrone Rd. & Arnold Dr., 8 a.m. Glen Ellen Fireman's Association, 13445 Arnold Dr., Glen Ellen 95442. (707) 996-4938.

**San Francisco:** Perry's to Perry's 8K and Half-Marathon, Perry's (Union & Laguna), 8 a.m. (Limits: 400/8K, 2000/H-M) (No Raceday Reg.). Perry's to Perry's, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (Info: (415) 387-2178).

**San Francisco:** California Mile, California & Drumm Sts. (278-Ft. climb up California St.), Time TBA. The Winning Team, P.O. Box 416, Belmont 94002. (415) 593-2788.

**Oakland:** Oakland Firefighters Brass pole Run, 5 & 10K, Jack London Square, 9 a.m. Oakland Brass Pole Run, P.O. Box 13037, Oakland 94611. (Barbara Versino: (415) 763-5214).

**Moraga:** Oktoberfest Run, 5 & 10K, St. Mary's College, 9 a.m. Kelly Collins, P.O. Box O, St. Mary's College, Moraga 94575. (415) 376-4411 x218.

**San Bruno:** Artichoke Joe's 5K Fun Run, San Bruno Av. & Huntington, 9 a.m. The Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

**Stanford:** The Great Race, 10K, Stanford Univ., 9 a.m. Anne Cribbs, c/o Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2429.

**Napa:** Northwood Classic & Fun Run, 8K & 1 1/2 Mi., 9:30 a.m. Craig Dillingham, 4066 Fairfax Dr., Napa 94558. (707) 252-7244.

**Fresno:** Pepsi-Longs Big Fresno Fair Cross-City Race, 2 Mi. & 10K, (2 Mi.-Huntington Blvd. & First St.; 10K-Roeding Park), 7:30 a.m./2 Mi., 8 a.m. Big Fresno Fair Cross-City Race, 1121 Chance Ave., Fresno 93702. (209) 255-3081.

**So. El Monte:** San Gabriel River 10 Mile Run, 4 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**Agoura Hills:** Pony Express 2K, 5K & 10K, Agoura High School, 8 a.m./5K, 8:30 a.m./10K, 10 a.m. Harry Cook, 29400 Quail Run, Agoura Hills 91301. (818) 889-2005.

**Marina Hills:** Marina Hills 8K Run & The Taylor Woodrow Beach Mile, Marina Hills Dr. & Niguel Rd., 12 Noon. Marina Hills 8K, Sports Directions, P.O. Box 795, Dana Point 92629. (714) 661-6062.

**San Diego Area:** Wild Animal Park 15th Birthday Run, 10K & 5K Walk, Wild Animal Park, 7:30 a.m. Kathy Loper, End of the Line, Box 1049, Coronado 92118. (619) 437-4556.

**Malibu:** Zuma Beach 5 & 10K Runs, 8 a.m. Ruth Ello, 568 East Mount Curve Ave., Altadena 91001. (818) 794-6753.

### October 7 (Wednesday)

**San Jose:** Union Bank Heart of the City 5K Run, 6:15 p.m. Union Bank 5K Run, Paul Martin, P.O. Box 610, San Jose 95106.

### October 8 (Thursday)

**So. El Monte:** Legg Lake Art Martinez Birthday 5K Run, 5:30 p.m. Art Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

### October 10 (Saturday)

**San Francisco:** Potrero Scenic Scamper, 8K, 953 DeHaro St., 9 a.m. Ruth Passen, Potrero Hill Neighborhood House, 953 DeHaro St., San Francisco 94107. (415) 826-8080.

**Knights Ferry:** Knights Ferry Biathlon, 10K Run, 30 Mi. Bike, 8 a.m. (300 limit). Don Bryan, 1751 N. Hunter, Stockton 95204. (209) 462-4395.

**Carson City, NV:** Jim Frank Invitational 5K Cross Country Run, 8:30 a.m. Fleet Feet, 3771 S. Carson St., Carson City, NV 89701. (702) 883-3361.

**Delano:** The Great Grape Run, 5 & 10K, Civic Center (1009 11th Ave.), 8 a.m. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

**Newport Beach:** Harbor Heritage Run, 5K & 2K Fun Run, Newport Harbor High School (16th St. between Dover & Irvine Ave.), 8 a.m. Debbie Benedict, Newport Harbor High School P.T.A., 119 Via Iriveto, Newport Beach 92663. (714) 760-3339.

**San Diego:** Moving Comfort 8K For Women (also 8K for Men), South of Hilton Hotel, 7 a.m./Men, 7:30 a.m./Women. Paul Greer: (619) 755-1639.

**Fountain Valley:** SCA/TAC 50 Mile District Championships, Mile Square Regional Park (16801 Euclid St.), 6:30 a.m. (12-Hr limit, no raceday entries). Lee Preble, West Coast Univ., 550 S. Main St., Orange 92668. (714) 953-2700.

### October 11 (Sunday)

**San Francisco:** Fleet Week Challenge, 5 Mi., Crissy Field, 8 a.m. RhodyCo Productions, 805 Lake St., #3, San Francisco 94118. (415) 387-2178.

**Danville:** Primo's to Primo's 10K, 5K & 1/2 Mile, Diablo & Hartz Ave., 7:30 a.m./1/2 Mi., 8 a.m. Jan Kinney, 16 Ray Ct., Danville 94526. (415) 837-0861.

**Palo Alto:** Run for the Animals, 5 & 10K, Palo Alto Baylands Athletic Center, 9 a.m. Anne Cribbs, c/o Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2429.



### 1987 CALIFORNIA MILE

Sunday October 4, 1987

One mile uphill. Open to runners of all ages and abilities.

For entry forms & info:  
Winning Team, P.O. Box 416  
Belmont, CA 94002  
(415) 593-2788

**Fremont:** Pumpkin Patch Fun Run, 5K, Central Park Swim Lagoon, 9 a.m. Pumpkin Patch Run, c/o Recreation Dept., P.O. Box 5006, Fremont 94537. (415) 791-4320.

**Morgan Hill:** Columbus Day Biathlon, 5 Mi. Run, 15 Mi. Bike, Live Oak High School, 9 a.m. Gavilan Wheelers, 14735 Amberwood Ln., Morgan Hill 95037. (408) 779-2054.

**Coloma:** Rush for the Gold, 5 & 10K Run (& 1/2 Mi. Children's Run), River Park, 8 a.m. Coloma-Lotus Merchants Assoc., P.O. Box 201, Coloma 95613.

**Reno, NV:** The Peppermill 15 (PA/TAC 15K Championships), also 5K (non-championship), 9 a.m. Silver State Striders, P.O. Box 21171, Reno, NV 89515.

**Pacific Grove:** Breakers & Butterflies 10K, Pacific Grove H.S., 9 a.m. (Children's 1 Mi. X-C at 8:30 a.m.). Richard Chamberlin, 712 Sunset Dr., Pacific Grove 93950. (408) 372-2009, eves.

**Merced:** MTC Bell Race, 15K, Applegate Park (26th & O Sts.), 8:30 a.m. MTC Bell Race, 629 El Portal Dr., Merced 95340. (Jean Schwisow: (209) 722-8385).

**San Luis Obispo:** Cuesta Spirit Biathlon, 10K Run, 40K Bike, Cuesta College, 8 a.m. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403. (805) 544-2943, x289.

**So. El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**So. El Monte:** 5K Challenge, Legg Lake, 7:30 a.m./Women, 8 a.m./Men. Enrique Serratos, 13445 Waco, Suite A, Baldwin Park 91706. (818) 338-0580.

**Rancho Bernardo:** Rancho Bernardo Half-Marathon, 7 a.m. Donald Wright: (619) 437-4667.



## THE MOST ABSORBING EXPERIENCE YOUR FEET HAVE EVER ENJOYED

In articles in national publications like RUNNER'S WORLD, RUNNER, and also at clinics and conferences I have advocated the idea that most running injuries come from improper footwear. Having twice been a U.S. Olympic coach and many times U.S. national team coach, I've had the opportunity to discuss running injuries with athletes, coaches, and medical people from all over the world. They too, generally agree that most running injuries originate from problems that begin in the foot. If the foot lacks proper support and/or cushioning, then the impact of the foot strike coupled with the lack of support causes stress that ultimately results in injury. There have been many attempts to address this problem by various methods and shoe designs. However to date, none have proven successful on a comprehensive basis. In fact, in most instances, the "innovations" have caused as much damage as they have cured. Further, shoe companies disturbingly tend to discontinue the one shoe model that may provide some support.

However, thanks to a San Jose podiatrist's ingenious solution, we no longer have to endure the frustration of trying to find a shoe that works, and then worrying about its discontinuation. Silicon changed the data processing industry, and now it is about to change the face of the running and exercise industry. This podiatrist has come up with a patented soft or called ULTRASORB. of silicon that is formed It easily and comfortably has a viscosity that is foot and acts the very offering you the maximum cushioning. The way simple and effective that it is almost unbelievable. At present, Olympians (including one Olympic gold medalist), along with a world record holder, and athletes at Stanford, University of Texas, and the University of California at Berkeley are successfully using the device. Some are running and training pain free for the first time in years.

Are you interested in getting more support for your feet? Are you 100% satisfied with your present orthotic? Do you feel you need more cushioning for your feet? Would you like to reduce the stress on your knees, lower back, and shins? We have what you need. We are so confident of the results that we offer a money back guarantee if you are not satisfied with the comfort and support you get.

Thanks for your consideration of the above.

Brooks Johnson

Director of Track & Field - Stanford University

U. S. Olympic Staff 1976 & 1984



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Shoe Size \_\_\_\_\_

**LET US MAKE YOUR DAY!!**

## □ Schedule

San Diego: Ocean Beach 5 & 10K, 7 a.m. In Motion: (619) 483-9501.

Oceanside: Oceanside JC Harbor Days 10K (& 2 Mile), Oceanside Harbor, 8 a.m. Dean Baldrige, End of the Line, P.O. Box 1049, Coronado 92118. (619) 437-4556, 439-8417.

Weott: Humboldt Redwoods Marathon & Half-Marathon, Humboldt Redwoods State Park, 9 a.m. Six Rivers R.C., Karen Angel/HRM, P.O. Box 214, Arcata 95521. (707) 668-5728.

### October 15 (Thursday)

So. El Monte: Legg Lake 5K Evening Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

### October 17 (Saturday)

San Francisco: Pamakid Lake Merced Race, 8.5 Mi. (& 1 Mi. Kid's Race), Sunset Circle Parking Lot, 9:15 a.m./1 Mi., 10 a.m. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

San Francisco: UCSF Running For Health, 5 & 10K, Golden Gate Park (Speedway Meadow), 9 a.m. Nicole Child, UCSF Med. Ctr., P.O. Box 0210, San Francisco 94143. (415) 476-5611.

Pinole: Bear Valley Biathlons, 5K Run & 10 Mi. Bike or 15K Run & 24 Mi. Bike, Ellerhorst School (Pinole Valley Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Walnut Creek: Care Run IV, 8K & 2 Mi., 8:30 a.m. Rhoda Lattling, 4702 Tahoe Circle, Martinez 94553. (415) 229-1584.

David: Sutter Shuffle 5 & 10K Runs, Sutter Davis Hospital, 9 a.m. Fleet Feet, 132 E Street, Davis 95616. (916) 758-6453.

Reedley: Fiesta Fun Run, 5 & 10K (& 1 Mi. Family Run), 12th & G Sts., 8 a.m./5&10K, 9:15 a.m. Dianne Dixon, Reedley Parks & Recreation, 100 N. East Ave., Reedley 93654. (209) 638-6881, x229.

Atascadero: Galloping Goblins 10K, Time TBA. Atascadero Recreation Dept., P.O. Box 747, Atascadero 93423. (805) 466-8000, x124.

Lompoc: Running and Fitness 10K (& 2 Mi.), Time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

Los Angeles: Run for the Homeless, 5 & 10K, Griffith Park, 8 a.m. (2000 limit). John Dillon, c/o The Chrysalis Center, 302 E. 5th St., Los Angeles 90013. (213) 623-2932.

Rosemead: City of Rosemead, 8838 E. Valley Blvd., Rosemead 91770. (818) 288-6771.

La Mesa: Grossmont Center 10K & 2 Mi., 7:30 a.m. Bob Yarris (619) 465-0711, x375.

Pasadena: Eaton Canyon to Henninger Flats Up & Down Hill Race, 9 miles, Eaton Canyon Nature Center, 8 a.m. Registration closes Oct. 2. E.C.N.C., 1750 N. Alta Dena, Pasadena 91107. (818) 794-1866.

Fullerton: Nite Lite 10K Run. Joe Felz, 303 W. Commonwealth Ave., Fullerton 92632. (714) 738-6589.

### October 18 (Sunday)

Half Moon Bay: Pumpkin Festival Run, 10K & 1.5 Mi., Cunha Jr. H.S. (Kelly & Hwy. 1), 8:30 a.m./1.5 Mi., 9 a.m. Norm Johnson, P.O. Box 1101, Half Moon Bay 94019. (415) 726-3342.

Danville: "Las Trampas Torment" Trail Race, 4 & 9 Mi., Las Trampas Regional Wilderness, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Concord: Spartan Cup 5 & 10K, DeLaSalle High School (Winton & Treat Blvd.), 9 a.m. Tom Barrett, 3685 Bon Homme Way, Concord 94518. (415) 676-7313.

Hayward: Hayward Half-Marathon & 2 Mi. Fun Run, Kennedy Park, 8 a.m. Jim Bruno, c/o Hayward Area Rec. District, 1099 E Street, Hayward 94541. (415) 881-6778.



## ☐ Schedule

**Livermore:** Mulberry Country Stride, 5 & 10K, Wente Brothers Winery (5565 Tesla Rd.), 9 a.m. Patti Abramson, 575 Escondido, Livermore 94550. (415) 455-0913.

**Sunnyvale:** ESL Runaway, 5 & 10K and 1 Mi., Moffett Industrial Park (Geneva & Java Dr.), 8:30 a.m./5K, 9:30 a.m. ESL Fitness Center, P.O. Box 3510, Sunnyvale 94088. (408) 743-4250.

**Modesto:** Modesto Mile, Court House, 9 a.m. (9 separate races). Linda Johnson, P.O. Box 4152, Modesto 95352. (209) 522-7115.

**Oakland:** Alameda County Bar Association Race Judicata, 5 Mi. & 2.7 Mi. Fun Run/Stride, Aquatic Park, 10 a.m. Joe Schieffer, 1999 Harrison St., Suite 1300, Oakland 94618. (415) 834-2200.

**So. Lake Tahoe:** Angora Ridge Run, 10K, Hwy. 89 and Fallen Leaf Lake Rd., 10 a.m. Info: (916) 581-5119.

**Arroyo Grande:** Arroyo Grande Hospital Silver Anniversary Runs, 5 & 10K, 8:30 a.m. Sports Stop, 172 Station Way, Arroyo Grande 93420. (Lynne Toomey: (805) 481-1526.

**Van Nuys:** Pumpkin 5 & 10K Classic and Kiddie K, Woodley Park, 7:45 a.m./Kiddie K, 8 a.m./5K, 8:30 a.m. John Black, VPH Fitness Center, 15107 Vanowen St., P.O. Box 9102, Van Nuys 91409. (818) 782-6600.

**So. El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**La Jolla:** Golden Triangle 10K & 2 Mi., Jewish C.C., 7:30 a.m. Gary Levitt, End of the Line, Box 1049, Coronado 92118. (619) 437-4556.

**San Diego:** Run for the Fund, 5 & 10K, Woodland Park, 7:30 a.m. Info: (619) 744-4776.

### October 22 (Thursday)

**So. El Monte:** Legg Lake 5K Evening Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

### October 24 (Saturday)

**Menlo Park:** Run for the Kids, 10K, Menlo College (1000 El Camino), 8:30 a.m. Gale Holm, 927 Laurel Ave., Menlo Park 94025. (415) 321-2184.

**Santa Barbara:** Sri Chinmoy 3 Mi. Run, Palm Park, 8 a.m. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

**Ventura:** "Twilight's Last Gleaming" 4 Mi. Cross Country, Arroyo Verde Park (Day Rd.), 5 p.m. (No Pre-Entry). Andrew Hecker, Box 7793, Ventura 93006. (805) 983-0044, days, 642-3879, eves.

**Hawthorne:** Hawthorne Rotary 5 & 10K, Robert F. Kennedy Medical Center (4600 W. 116th), 8 a.m. Reese Walton, 4565 W. 130th St., Hawthorne 90250. (213) 679-6361.

**Long Beach:** Long Beach Low Tide Runs, 1.2 & 4 Mi., 4 p.m./1 Mi., 4:30 p.m. Four Seasons Race Series, c/o Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 439-6875.

**Los Angeles:** Foot Locker Partners Race & Open 8K, Playa Del Rey Beach, 8:30 a.m./Partners, 9 a.m./Open. Walt Walston, 2210 Wilshire Blvd., #889, Santa Monica 90403. (213) 396-7727.

**San Diego:** San Dieguito Handicap, 10 Mi., San Dieguito Park, 7:30 a.m. Dennis Kasischke. (619) 280-7327.

**San Diego:** Light the Night Against Crime, 10K & 1 Mi., Seaport Village, 6 p.m. Molly Wilson. (619) 452-1111.

**Castro Valley:** Firetrails Fifty, 50 mile, Lake Chabot Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

## ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event _____	Location of Event _____
Name of Event _____	
Type of Event: _____	long distance run    track meet    cross country    other _____
Starting Time _____	Distance if a running event _____
Other Important Info _____	
Contact Person _____	Phone _____
Address _____	Street    City    State    Zip

**MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070**

### October 25 (Sunday)

**San Francisco:** CCPM Waterfront 10 Miler, Hyde & Jefferson, 8 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 95127. (415) 681-2322.

**Santa Rosa:** Snoopy's Young at Heart Run, 7 & 3.1 Mi. Redwood Empire Arena, 9 a.m. Redwood Empire Ice Arena, 1667 W. Steele Lane, Santa Rosa 95401. (707) 546-7147.

**San Rafael:** Run for Kids, 5 Mi. & 2 Mi. Kid's Run, 9 a.m. Jo Ann Pelissetti, St. Vincent's School For Boys, P.O. Box M, Civic Center, San Rafael 94913. (415) 479-8831.

**Oakland:** Lake Merritt J&S Fourth Sunday Runs, 5, 10, & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

**Orinda:** Miramonte Foot Feat, 10K & 2 Mi., 9 a.m. Denny Weigand, Miramonte Foot Feat, P.O. Box 1756, Orinda 94563. (415) 254-6550.

**San Jose:** Rose Garden Fun Run & Stride, 1.5 & 5 Mi. (& 3 Mi. Stride), Central YMCA, 8:15 a.m./1.5 Mi., 8:30 a.m./3 Mi., 8:45 a.m. Casey McClung, Central YMCA, 1717 The Alameda 95112. (408) 798-1717.

**Santa Clara:** Eat 'n Run II, 5 & 10K, Santa Clara Mission College (Great America Pkwy.), 9 a.m. Hunger Relief Benefit Run, World Runners, P.O. Box 18132, San Jose 95158. (415) 797-1918 or (408) 978-9547.

**So. El Monte:** Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**Los Angeles:** St. Joseph Medical Center 5, 10 & 15K Runs, Griffith Park, 8 a.m. Joanne Sugar, SJMC Foundation, Buena Vista & Alameda, Burbank 91505. (818) 247-3783.

**Los Angeles:** UCLA 5 & 10K Run for World Health, Drake Stadium, 8 a.m. Emmett McEleney, UCLA School of Medicine, Center for Health Sciences, Los Angeles 90024. (213) 206-0524.

**San Diego:** Palomar 10K, Palomar Hospital, 7:30 a.m. Info: (619) 483-9501.

**San Diego:** Swiftest Business 10K, General Dynamics, 8 a.m. (Pre-Entry only). Info: Barbara Mooney (619) 573-9921.

**Burlingame:** Sri Chinmoy 12-Hour Run, Burlingame High School (track), 7 a.m. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 665-2244.



**December 5, 1987**

**Woodward Park, Fresno**



The Silver State Striders & Peppermill Hotel Casino present the

# PEPPERMILL 15 K

PA/TAC 15K CHAMPIONSHIP & 5K FUN RUN

**Sunday, October 11, 1987 — 9:00 a.m.**  
**START/FINISH: FISHERMAN'S PARK, RENO**

BENEFIT: RENO JUNIOR STRIDERS RUNNING CLUB

## INFORMATION

### ● Registration:

Early Registration (Postmarked by October 1) \$7.00  
Late Registration (6—9 p.m. Race Day Eve) \$10.00  
Race Day Entries (Start Line 7:30a.m.) \$12.00

Race Packets — Course map, prize breakdown, map to course, and race acceptance — sent to entrants upon receipt of application and SASE, or pick-up packets October 10, 1987 at Race Headquarters during Late Registration, 6-9 p.m., or on race morning.

### ● Post Race Buffet:

With Registration \$6.00  
At Door \$7.00

Buffet begins at 10:30 a.m. Awards ceremony planned for 12 Noon.

All 15K Prize Winners and Award Winners MUST BE PA/TAC members by race day. Bring PA/TAC card to Post Race Buffet to receive awards. For membership write: P.O. Box 1495, Fair Oaks, CA 95628.

If entering as part of a team indicate on entry.

Send completed registration w/appropriate fees to:

Silver State Striders  
P.O. Box 21171  
Reno, NV 89515

### ● The Course:

Race starts and finishes at Reno's Fisherman's Park, approx. 10 minutes (4 miles) from the Race Headquarters — Peppermill Hotel Casino. The race will start on Galletti Way by the park and turn onto a river path after .2 mile. It is a flat and fast course along the scenic Truckee River.

Aid stations and splits called at Miles 3 & 6. Mineral water and soda available to runners after the race.

### ● Awards:

\$2,000 Cash Awards — for top finishers in Individual & Team Categories, Open & Masters, Men & Women.

TAC medals to top three in each 5 year age division in the 15K.

Ribbons awarded in the 5K.

Special awards to top 15 K finishers in Open Men and Women and Masters Men and Women Categories.

## RACE HEADQUARTERS

**Peppermill**  
**Hotel Casino**

2707 S. Virginia Street, Reno

1-800-648-6992 or 702-826-2121

With gaming, live entertainment, relaxing cocktail lounges and world class dining, the Peppermill Hotel Casino offers something for everyone. Stay in one of 542 beautifully appointed rooms assigned on a first come, first served basis. Rooms are \$36.00/night/double occupancy, plus 7% room tax. Rooms must be reserved by Sept. 17. Mention race for best rates. Call 1-800-648-6992 or 702-826-2121, for room information and reservations.

● "The race was beautiful and very well organized." —Sharlet Gilbert, Richmond, CA

● PA/TAC CERTIFIED & SANCTIONED

# ENTRY FORM



## PEPPERMILL 15 K ENTRY FORM

PA/TAC 15K CHAMPIONSHIP & 5K FUN RUN

Assigned Race Number \_\_\_\_\_

Name \_\_\_\_\_  
Last First

Address \_\_\_\_\_  
Street City State Zip

Day Phone \_\_\_\_\_ Age on race day \_\_\_\_\_ Sex \_\_\_\_\_

Club Affiliation: ☐ Yes ☐ No Club Name: \_\_\_\_\_

Event Entered (check one): ☐ 15 K TAC # \_\_\_\_\_  
☐ 5 K

Racing for club in the following division (5 person teams or more): ☐ OPEN ☐ MASTERS—40 ☐ MASTERS—50

T-Shirts (\$5/shirt) signify size and quantity: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL

Post-Race Buffet (\$6/plate) signify Yes/No and quantity: \_\_\_\_\_ Yes \_\_\_\_\_ No Number: \_\_\_\_\_

Total Registration and Fees enclosed: \_\_\_\_\_

Silver  
State  
Striders

**Peppermill**  
**Hotel Casino**



### WAIVER

In consideration of your accepting my entry into the race named on this form I, the undersigned intending to be legally bound by myself, heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the beneficiaries, organizers, sponsors, advertisers, employees, and local governments or private parties, Silver State Striders, City of Reno, City of Sparks, their representatives, successors, on whose property this race may be run of any and all injuries suffered by me while traveling to and from or practicing in this event. I certify that I am physically fit and have sufficiently trained for this difficult event and have been examined by a licensed medical doctor within six months who will verify my condition. As part of this release and waiver I acknowledge that I have read and understand all of the above.

Signed \_\_\_\_\_

Signed (parent or guardian if under 18) \_\_\_\_\_



## □ Schedule

### October 30 (Friday)

**San Francisco:** Sheraton's Monster Dash, 5K, Time TBA (night race). RhodyCo Productions, 805 Lake St., #3, San Francisco 94118. (415) 668-2243.

**Carson City, NV:** Nevada Day 10K Run, Location & Time TBA. Info: (916) 581-5119.

### October 31 (Saturday)

**Five Brooks:** Golden Gate Nationals 50K & 100K, Pt. Reyes National Seashore, 7 a.m. Tri Sports & The Good Sport: (415) 461-1930.

**Fresno:** Shoes & Spokes Run, 2 & 6 Mi., Roeding Park, 8 a.m. Jim Brooks, 5511 No. 10th St., #105, Fresno 93710. (209) 435-3237.

**Bridgeville:** Bridgeville Relays & Ultra-Marathon, 41 Mi., Time TBA. Sherman Schapiro, Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 668-5728.

**Incline Village, NV:** Trick or Treat 10K & 2 Mi., Time TBA. Info: (816) 581-5119.

**Whittier:** Whittier Village YMCA 5 & 10K, Whittier Hilton Hotel, 8 a.m. Marilyn Grant, E. Whittier YMCA, 15740 Starbuck, Whittier 90603. (213) 943-7241.

**San Diego:** Project Concern Halloween Runs, 10K & 2 Mi., Balboa Park, 8 a.m. Sharon Schramm, End of the Line, Box 1049, Coronado 92118. (619) 437-4556.

**San Diego:** Quarter-Note Classic 10K & 2 Mi., Organ Pavilion, 8 a.m. Info: (619) 483-9501.

### November 1 (Sunday)

**Menlo Park:** Vet-a-Run, 10K, VA Medical Center (795 Willow Rd.), 10 a.m. Alice Naqui, VAMC, 3801 Miranda, Palo Alto 94304. (415) 493-5000, x2262.

**San Francisco:** Golden Gate Pacific Marathon & Half Marathon, Time & Course TBA. For information, including contact, to follow.

**Reno, NV:** Peppermill 10K & Half-Marathon, Time TBA. Paul Reese, P.O. Box 585, Auburn 95603.

**Fresno:** Sky's The Limit Run, 2 Mi & 10K, Woodward Park (Sunset View Shelter), 8 a.m. Marc Barrie, Box 5017, Fresno 93756. (209) 222-7493.

**So. El Monte:** Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**Culver City:** Goblin Gallop 5 & 10K, Fox Hills Mall, 8 a.m. Goblin Gallop, Culver-Palms Family YMCA, 4500 Sepulveda Blvd., Culver City 90230.

### Looking Ahead

(Marathons, Relays, Important Deadlines, Major Events, Etc. (Not necessarily in chronological order))

**Nov. 8 (Sun): San Diego:** The Heart Marathon, San Diego Zoo (Balboa Park), 7 a.m. Kathy Loper, 7801 Mission Center Ct., #200, San Diego 92108. (619) 298-7400.

**Nov. 8 (Sun): Los Gatos:** Summit Marathon, 8 a.m. Runners Factory, 51 University Ave., Los Gatos 95030. (408) 395-4311.

**Nov. 8 (Sun): Seattle, WA:** National Masters 10K Cross Country Championships. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. (206) 433-8868.

**Nov. 14 (Sat): Oklahoma City, OK:** National Masters Half Marathon Championships. Jim Smith, 2408 NW 112th Terr., Oklahoma City, OK 73120. (405) 521-3864.

**Nov. 15 (Sun): Clarksburg:** Clarksburg Foundation 30K Championships & 5K Run, Delta High School, 11 a.m. Skip Seebeck, Clarksburg 20, P.O. Box 20, Clarksburg 95612. (916) 665-1712.

**Nov. 15 (Sun): Cleveland National Forest:** San Juan Trail 50 Mile Run, near San Juan Capistrano, 6 a.m. Barry Hawley, 1619 Calle Las Bolas, San Clemente 92672. (713) 492-8191.

**Nov. 21 (Sat): Oakland:** Sri Chinmoy 24-Hour Run, 8 a.m. Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116. (415) 665-2244.

**Nov. 22 (Sun): Bronx, NY:** National Masters 15K Cross Country Championships. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. (713) 336-3025.

## College/Open Cross Country

**September 5:** FSU Watermelon Runs. Fresno State University.

**September 12:** Fresno City College Invitational. Woodward Park.

**September 19:** Chapman Invitational. Orange.

**September 19:** U.C. Riverside Invitational.

**September 19:** Fresno State University Invitational. Woodward Park, Fresno.

**September 26:** Westmont Invitational. Santa Barbara.

**September 26:** Aztec Invitational. San Diego.

**September 26:** Cal Invitational. U.C. Berkeley.

**October 3:** Stanford Invitational.

**October 3:** Sunbird Invitational. Fresno Pacific College.

**October 3:** Roadrunner Invitational. Cal State Bakersfield.

**October 10:** Northridge Invitational. Cal State Northridge.

**October 10:** Aggie Invitational. U.C. Davis.

**October 17:** Cal Poly SLO Invitational.

**October 17:** Golden State Athletic Conference Championships. Azusa.

**October 24:** Notre Dame Invitational. Belmont.

**October 24:** Cal Poly Pomona Invitational. Bonelli Park, San Dimas.

**October 24:** FSU Multi-Dual. Woodward Park, Fresno.

**October 31:** C.C.A.A. Championships. Cal State Northridge.

**November 2:** Pac-10 Championships. Stanford.

**November 7:** N.A.I.A. District III Championships. Goleta.

**November 7:** N.C.A.A. Division II Western Regional, Seattle, Washington.

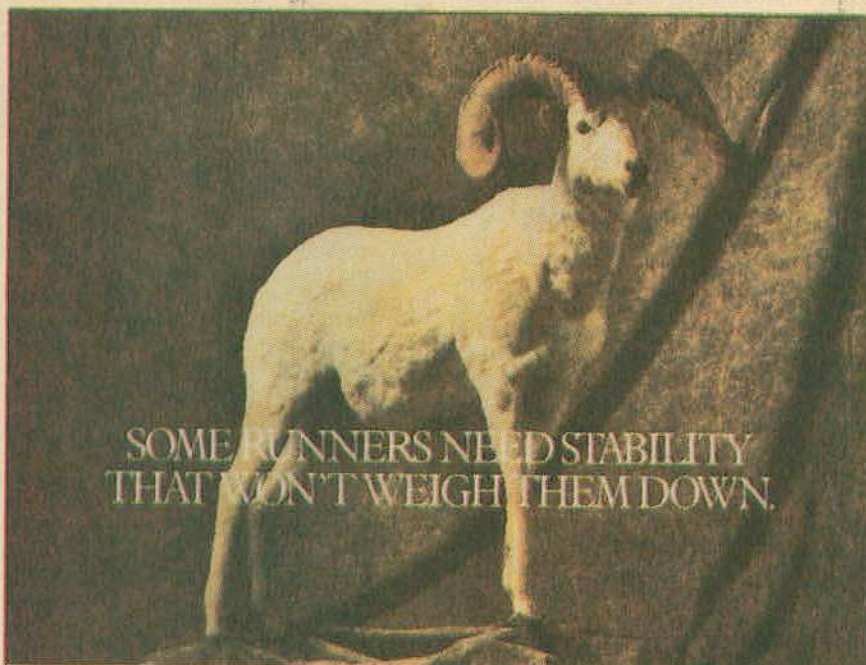
**November 14:** N.C.A.A. Division I Western Regional, Woodward Park, Fresno.

**November 21:** N.A.I.A. National Championships, Kenosha, Wisconsin.

**November 21:** N.C.A.A. Division II National Championships, Evansville, Indiana.

**November 23:** N.C.A.A. Division I National Championships, Charlottesville, Virginia.

**November 28:** T.A.C. Junior and Senior Men and Women Cross Country Championships, Bronx, New York.



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# ■ CTRN Around the Bay

By MARK WINITZ



## The Bay Area Coaching Scene

A couple of weeks ago a new runner to the Bay Area told me that he was having difficulty lining up a coach around here after relocating from the Mid West. Difficulty? In the San Francisco Area? Coming from Iowa? Come on!

I had just watched him run ten 75-second quarters with 220's in between. A little shabby around the edges, but basically sound. He didn't use his arms much and he leaned way forward, but I saw the potential. He could use a coach.

I asked him where he'd inquired for assistance. "A lot of places," he said. "But it's a problem. There's so many coaches around here, and they all seem to be good. I've talked to about half a dozen and went to the workouts of several. Now I have to make a choice."

Ah, choices, choices. Such an enviable position is common to all Bay Area runners. All around the Bay, excellent coaching advice, associated running clubs, and structured workouts and guidance are available—probably right next door, five or ten minutes from your office or school, year round, almost every day of the week. Already, a lot of local runners are benefitting from the services of our local coaches. Why more aren't is beyond me.

Contrary to the belief of some, you don't have to be a hot shot elite competitor to deserve the personal guidance offered by a running coach. In fact, the recreational athlete—from beginner to veteran—often has the best chance of improving under a coach's tutelage. And almost all coaches welcome the opportunity to work with a motivated "general participant" runner who is willing to listen, learn, and run.

A lot of non-runners, and even some runners, ask "What can a running coach do? Who needs somebody to tell me how to put one foot in front of the other?" If that's your philosophy, then a coach probably isn't for you. But make sure that you've looked at the facts before making a decision. Over the years I've known, met, or heard about a fair number of the Bay Area's coaches. Recently I talked to some of them—including my own coach—in order to gather the information for this column. Here's who they are, and what they have to say. I'd like to emphasize that these are only a cross-section of dozens of well-qualified coaches based in the Bay Area who assist runners of all levels in a non-scholastic setting. If I missed a particular

coach this time around, I apologize. This is not a "best" list or even a recommended list. Every runner has individual needs and should select a coach accordingly. I'll go in reverse alphabetical order because "Z's" rarely get a chance to head lists.

**Daryl Zapata** (Mill Valley) has been coaching runners since 1971. Over the years he's held high school and junior college coaching jobs. Now he mainly coaches runners in the Greater San Francisco Track Club, which he and Mike Fanelli started in 1979. The club is open to all runners.

Zapata uses the Arthur Lydiard training system for guiding his runners. That means four progressive running phases, starting with a base mileage phase and building to a racing phase. Runners meet on Sundays at the College of Marin (Kentfield) for a long run in the Mount Tamalpais area. In addition, during the first three training phases, Zapata meets with runners on Wednesday evenings for hillwork, tempo runs, or track sessions. Hillwork takes place at Golden Gate Park; track sessions at San Francisco State.

As with most good coaches, Zapata prefers to guide runners who will consistently follow his training program, meet for workouts regularly, and strive for specific running goals. Of course the overall training program and each workout are adapted to the specific needs and levels of individual runners.

"The biggest problem with most Northern California runners is that they overtrain," says Zapata. "The weather is too good. My function as a coach is to have my runners be consistent, avoid overtraining, and to set objectives and goals that will bring out the best in them at the right time."

Zapata actively coaches about 20 people at any given time. As an excellent masters runner himself, he trains with his athletes, allowing him to spend more time with them on the trails, track, or wherever. Zapata has a 4:17 best mile and was a PATA 10K champion. His best marathon was a 2:24 at Avenue of the Giants in 1977. Contact Daryl Zapata at (415) 383-0624.

**Steve Ottaway** coaches women for the Tamalpa Running Club, but also works with any runner who has the interest and motivation, regardless of affiliation. (Tamalpa is one of the largest local running clubs, and its membership is open to all for a \$10/per dues.)

Englishman Ottaway (who now lives in Mill Valley) meets with his group on Tuesdays at 5:30 p.m. at the Tamalpais

High School track for track workouts, Thursdays at the same time at Blackies Pasture (Tiburon) for hard/easy miles around the Tiburon Peninsula or a hilly Fartlek workout around Belvedere. Long runs start at Bear Valley at Point Reyes on Sundays at 9 a.m. An alternative Saturday morning track workout is available for those who miss Tuesday or Thursday. "And we have a rule—no one on the track the following Tuesday after a Sunday race. That helps avoid injuries," explains Ottaway.

Track intervals are geared toward a runner's goal 10K pace; sometimes a little faster. Again, it's an individualized approach within the context of a group that serves as a motivator. Ottaway, who does his own track sessions on separate days in order to give more direction during coached workouts, also helps runners determine realistic racing goals and overall training schedules.

Other benefits? "All of us can run easy workouts," says Ottaway. "To do a quality workout, however, is hard. There are times when we might not feel like doing it. Knowing that there's somewhere to go where the coach can make specific workout suggestions is very helpful. Then everyone can work at their own level but with the support of the group. We can get something out of it together, and it might even be fun."

Ottaway also sees a lot of improvement in runners who learn how to run at an even pace. A jet start and a death march finish just don't work. That's why his runners concentrate on establishing, learning, and gauging the pace that's right for them. Almost all of Ottaway's runners have run recent PR's (better than the last two years) this year.

Steve describes himself as "a not specifically very talented runner" who trains hard and has a strong mental approach in racing. He says he's never had "blinding" speed, but he'll take his 1:56 800 meters and a 4-flat 1500 any time. Contact Steve Ottaway at (415) 459-4528.

**James Maslach** (Point Reyes Station) is currently involved in coaching women who are members of the Impala Racing Team, but also provides his expertise to non-club runners on an individualized basis. In the scholastic area, he is involved in a company-sponsored scholarship program for college and high school women runners. A runner for 25 years, "Jamie" got his start in coaching as an



## □ Around the Bay

acquaintance of Jim Van Dine (now with Reebok). Right now he's coaching about 25 athletes which range from 44-minute 10Kers to several elites.

"Mine is more of a low-key approach," says Maslach who subscribes to the Lydiard philosophy. "I'm not the old-style, hard-line whip-yourself-into-shape kind of guy. My program takes patience because you must set a strong base to support the intense later training."

After the base periods, the basic components of Maslach's approach include a speed session each week (track, Fartlek, or short hard hills), plus a tempo run (a component which he thinks many runners lack), and a long run. His track workouts are held on Tuesdays at the College of Alameda. (In addition, the Impalas have Thursday and Saturday sessions.)

Maslach believes the main function of a coach is to help runners keep a long-term perspective and gain patience and consistency. "A coach can keep you on track, even if you're a runner who knows what to do." Impatience and lack of confidence are two faults where this coach specifically applies his skills. Again, going out too fast in a race comes up as an example.

"That's simply a way that a lack of confidence manifests itself. Everyone says don't go out any faster than the average pace of your last race, but nobody does it," he points out.

Women runners may join the Impalas for a nominal quarterly fee. An additional \$40 per quarter gives runners the opportunity to work with the club's several coaches, including James Maslach. Maslach can be contacted at (415) 655-1835. For more info on the Impalas in general call (415) 531-5471.

**Gary Goettelman** is a long-time California runner and fine masters competitor. He ran for USC in the mid-60's, and joined the highly influential LA Track Club. There he studied the philosophy of Igloi and was the first runner to be coached by Igloi's disciple, Laszlo Tabori, the great miler of the mid-50's.

Locally, Goettelman's services as a coach evolved along with his ownership of Ryan's Sport Shop in Santa Clara. A core of runners sought his advice at the store, and joined him for workouts. Today, Goettelman coaches three or four groups of runners at various levels. The Ryan's Sport Shop Racing Team is a competitive offshoot of those groups.

Goettelman puts each runner on a

specific training schedule after a thorough analysis of the runners' current abilities and specific goals. Organized track workouts are held at Los Gatos High School on Wednesday evenings. Additional organized runs take place on Monday evenings with the traditional and necessary long run reserved for Sundays.

Although any runner is encouraged to contact Goettelman, a pre-requisite is a sincere desire to improve, regardless of the selected distance or event. "If you come to me and say you want to be a miler, and you're honest about your desire to do that, then you get to be a miler," he says. Commitment to the training program and to the group as a whole are additional important factors.

Goettelman stresses the importance of a trial period where coach and athlete get to know one another. If the synergy is there after that period, the coach feels a long-term outlook is necessary. He doesn't charge for his services, but he likes to see the people that he works with stick around.

Goettelman's special community running projects include guiding a group of virtual non-runners from a local computer

*continued on next page...*

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Wintz is a columnist and feature writer for *California Track and Running News* and has been the Bay Area Editor for *Running Scene Magazine*.

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## □ Around the Bay

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**Dave Eastland** coaches and advises runners and triathletes, most of whom run for his EASTAR Racing Team. He has been a competitive runner and triathlete for 23 years (29-minute 10K, 4:09 mile, 2:26 marathon), and has coached for a dozen. His broad background includes training under Igloi's guidance, studies in biomechanics and physiology, and simply studying and working with athletes of all abilities. He currently is studying for a chiropractic license at Palmer West.

Eastland offers two organized track workouts a week, Tuesday and Thursday evenings at DeAnza Community College in Cupertino. Sunday morning group runs take his athletes onto the trails near Cupertino and Los Altos Hills, with occasional Sunday runs in other interesting spots around the Peninsula. The track workouts consist of intervals or repeats based on a runner's goal race pace. Eastland carefully structures each athlete's workouts individually, based on current training level, training phase, and immediate and long-term goals. Sunday's workout is a sustained run anywhere from medium to medium-hard, of medium or long distance. Again, the specifics vary depending upon the individual.

Overall training plans pointing toward specific races are primary in Eastland's program. Each quarter, or "season", he'll sit down with you and devise a realistic training—day-by-day for the entire quarter. Quarters are designed as easy, medium, or hard. Patient, long-term building and improvement while minimizing injuries is the primary emphasis.

"One of the basic parts of my philosophy is motor learning," stresses Eastland. "You have to approximate the kinds of things that you do in races in an outgoing manner. Pace work is important and my system emphasizes that." Eastland also concentrates a lot on form. Besides giving verbal guidance, he regularly videotapes his runners to provide visual feedback. "One of my duties is to serve as a mirror," he explains.

Off the roads and track Eastland often takes individual athletes into the weight room for a little guided strength training, or into the pool for a bit of water running. Evidently, his method works. Pliers in his group are as common as 10K's on a Sunday. Contact Dave Eastland at (408) 996-2729.

Last, but not least, the **Aggie Running Club** (sponsored by Reebok) offers a lot of opportunity for coached sessions. In fact, of the Ags' approximately 200 club members, there are about 55 coaches. Although the Reebok Aggies have a

reputation as a very competitive top club, membership is open to all runners who want to join.

In the Bay Area, **Peanut Harms** (Los Altos) is the club's mainstay. Although the bulk of 'Nut's coaching time has been recently spent with high school and JC runners, he does advise and give guidance to Aggie club members. Harms leads evening road runs and track workouts at Foothill Community College in Los Altos Hills. Contact Peanut at (415) 949-5432.

**Tom Craig** (Oakland) coaches the Reebok Aggie women from their East Bay base at Merritt College in the Oakland hills. He conducts Wednesday evening workouts there, which typically are attended by about fifteen women. Rather than a pure track workout, Craig prescribes what he calls an "interval circuit" workout on varied terrain. The idea is to run more volume without getting bored. Runners take to the grass, track, and hills, running steadily for one to one and a half hours. Besides the Wednesday session, a Saturday morning workout on East Bay trails is offered.

Varied goals are incorporated into each runner's individualized training program. The Aggie Club goal (of specific races) is considered, as well as the group goal of the women's contingency, plus individual goals. Presently the interest is heavily on cross-country running, so the X-C season is fairly intensive. Abilities range from 34 minutes to 44 minutes in the 10K. However, Craig coaches women in distances from 800 meters on up.

Craig's background as a clinical psychologist gives him some special insights into the mental aspects of running. Thus, he works on mental conditioning techniques such as visualization with his runners. "In running, I've seen a lot of women psychologically damaged from poor coaching." For that reason he believes all running coaches in the U.S. should be required to take a test, perhaps administered by TAC.

If you're interested in the Aggies, Craig invites women to join their group for a 4-week trial period, after which you can make your decision. No one has declined to join yet, he informed me. Contact Tom Craig at (415) 658-4134 (home).

That's my list for starters. It would barely make an impression on the local tracks as far as the total coaching expertise available to Bay Area runners.

## Race Reminder: California Mile

San Francisco's California Street will once again be the site of perhaps the most unique and difficult mile race in the world on Sunday, October 4, 1987. The third annual California Mile will feature several exciting new divisions in addition to races open to runners of all ages and abilities.

Benefitting San Francisco High School sports, the race is unusual because it rises 278 feet from the start to the finish in front of the Mark Hopkins Hotel atop Nob Hill. The California Mile features 19 different divisions ranging from restaurant waiters to the "heavyweights" (runners weighing 200 or more).

"This is the only uphill mile race in the world," says race director Mike Marcus. "The first half-mile isn't so bad because it's flat and the first hill isn't too bad because the grade is slight, but the next three levels are unbelievable."

Last year's field of 13 world-class runners produced only two times under five minutes, both posted by British Olympians: Peter Elliott (4:49.2—the course record) and Steve Ovett (4:53.3). Canadian Lynn Williams, a 1984 Olympic medalist, set the women's course record at 5:38.6.

The event has divisions for all ages—last year's youngest runner was six with the oldest at 71—and features new divisions for mountain bikes and heavyweights. Marcus expects the latter division to include celebrities from professional boxing, football and basketball.

Two special divisions to be run again are the Waiter's Race and the Corporate Relays (each team member runs a quarter-mile leg of the course). Each waiter is sponsored by their restaurant, and 100% of the proceeds from these divisions go to San Francisco High School track and field and cross-country teams.

This year's California Mile will take place in the afternoon, encouraging a large turnout of spectators as well as participants. Entry forms can be obtained by sending a self-addressed stamped envelope to the Winning Team, PO Box 416, Belmont, CA 94002. For further race information call (415) 593-2788.

*Mark Winitz is a competitive runner and running journalist who resides in Los Altos, California. He is Bay Area Editor for California Track & Running News and publishes the RunCal Newsletter on California running. Please direct any correspondence on S.F. Bay Area running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022 or telephone (415) 948-0618.*



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# COACH'S CORNER

## THE SPORT OF CROSS COUNTRY RUNNING

Fred Treseler

### Nature of the sport

Cross country running is perhaps one of the most captivating of all running sports because of the variety and nature of the challenges which confront the competitor. The three challenges which mankind encounters — man verses man, man verses nature, man verses self — combine in a unique fashion in this sport. In the first of these challenges, the athlete is not only racing against all the other runners in the race but simultaneously racing with his team mates. Individually, the athlete must finish in the best possible position. However, the team performance is dependent upon its first five finishers and in some instances its top seven. Coping with the challenges of nature, the athlete contends with the course itself and the distinct challenges the terrain and footing present. Adding to the complexity of this challenge the athlete is confronted with weather changes, which not only have an effect on the athlete but also drastically effect the footing on the course and potentially the outcome of the race as well. Like any athletic competition the cross country runner also faces the eternal challenge of maximizing his potential on any given day.

### Training and Racing Specifics

**Training Environment:** Cross country training should be conducted on terrain and surfaces similar to the major meets. In some parts of our country high school and collegiate cross country runners compete during regular season on macadam and concrete courses. This is not adequate preparation for running hill and dale over grass, dirt, gravel or mud ... all or some of which are found on Championship or major invitational courses. To race well on these surfaces one simply must train on them consistently. Even in an urban environment every possible effort should be made to do hard workouts on the natural surfaces as often as possible.

**Hill Running:** Although people from different parts of our country have varying perceptions of a hill, courses usually incorporate any reasonable changes in topography that are available. Thus, hill training should be a focal point of any cross country training program.

Hill running has three components:

1. Uphill
1. Transition off the top of the hill
3. Downhill

The hills selected for this type of training should never be so steep that one can not walk or run down it comfortably. In uphill running concentrate on good form. This involves shortening the stride length, dropping the hips (almost like sitting in a chair), good knee lift and a corresponding short powerful arm swing.

The key to a good transition off the top of a hill is anticipation. The athletes should know the course. As mentioned previously, cross country racing involves not only racing the other athletes but also racing the course. Many an advantage gained through running well uphill has been lost by athletes not changing their running rhythm as they crest the hill.

Very few world class athletes are as efficient running downhill as they are uphill. One reason is that less time is spent practicing this aspect of hill running. Downhill running should be practiced on a gentle downgrade with soft but good footing. The athlete should run perpendicular to the surface with the hips forward so that the center of gravity is over the lower legs. Following these guidelines the runners stride will lengthen naturally. The common tendency is for the center of gravity to be behind the lower legs due to a short stride length. This causes a breaking action in the heel, ankle, knees and hips. Not only is this jarring terribly inefficient, but it is also unhealthy.

**Intensity:** High school boys and girls and collegiate women compete at a 5K distance, while most collegiate men run 10K in the championships and 12K in the world cross country championships. Masters run-

ners compete at 5K, 10K, & 15K. This constitutes a wide range in distance and the age of the athletes. All cross country running requires strength, but there is a vast difference between the strength required for 5K and 15K. Plodding 70 miles per week does not make a cross country runner either stronger or faster. If competing at the 5K distance a novice high school runner should be running 20 - 30 miles per week. A well conditioned high school junior or senior need only be doing 40 - 50 miles per week. Even though youth is in their favor, 70 - 80 miles of training for the high school cross country runner may cause tendons to lose their elasticity. This effect coupled with training on uneven surfaces may cause a variety of injuries.

Hard workouts should be conducted on cross country type surfaces. Hill training, intervals, tempo runs and fartlek running can all be conducted quite nicely away from the track. Again the specificity of the distance being raced, the age and background of the athlete and the type of course being challenged should be the guide post for the intensity of the training program.

**Variation:** The natural competition for intensity is recovery. Rest is important to any program and can quite often be accomplished through a change in workout environments or a "new" workout. Cross country practices, since everyone is training for the same event, can be "handicapped" quite easily. Handicapping workouts - be it intervals, fartlek sessions or tempo runs - gives the slower or less conditioned runners a chance "to lead". This allows both the slower runner and the well conditioned athlete the opportunity to gauge their own efforts and establish a sense of pace. It also eliminates the "pecking order" which a team usually establishes during training sessions. Coaches can also create "games" or "contests" within a hard workout. Variation through creative approaches can greatly reduce emotional, mental, and as numerous studies have proven, even physical fatigue.



# PA-TAC Notes

By JOHN MANSOOR



## Grand Prix Leaders

Listed below are the current Grand Prix leaders for individuals and teams. For the open men, there have been three events while for the rest of the divisions there have been only two events. There will be a total of ten events for the open division, while there will be nine total for the master's and senior divisions. Keep in mind that the events above 25K in distance will count double points for both individual and team results. A lot of action is yet to come with the remaining Championships listed below. Should be lots of fun and I expect to see you all there! Also, note that the San Francisco Half Marathon has been selected as the Championship for this year for all divisions. One final note, we have not yet had a super senior women (60+) in the competition. Are there any of you out there?

## Remaining LDR Championships

Sept. 13	Park to Park 10K	Women's Champ
Sept. 20	Monterey 10K	Master's Champ
Sept. 20	Pacific Crest Trail 50K	
Oct. 11	Reno 15K	Combined Champ
Oct. 25	Waterfront 10	Combined Champ
Nov. 8	Examiner Cross Country	Combined Champ
Nov. 15	Clarksburg 30K	Combined Champ
Nov. 22	San Francisco Half	Combined Champ
Dec. 6	Cal International	Combined Champ

Open Men				
Place	Name Club	5K	8K	10K Total
1	Jeff Adkins (Sub 4)	23	23	22 68
2	Domingo Tibaduiza (Peppmill)	24	24	19 67
3	Robert Anex (Flyers)	21	22	20 63
4	Daniel Grimes (Peppermill)	30	30	60
5	Alan Dehlinger (Peppermill)	20	17	18 55
6	David Minter (Peppermill)	13	16	16 45
7	Joaquin Leano (Peppermill)	14	15	15 44
8	Mark Hoefer (FleetFeet)	17	19	7 43
9	Tim Gruber (Unatt)	22	20	42
10	Ray Cook (Peppermill)	19	1	14 34
11	Danny Aldridge (Aggies)	18	12	30
12	Jay Marden (Unatt)			30 30
13	Glyn Reynolds (Aggies)	10	11	6 27
14	Scott Buttinghausen (Aggies)	15		9 24
15	Ivan Huff (Aggies)			24 24
16	Jeff Shaver (Aggies)	18	5	23
17	Mark Conover (Aggies)			23 23
18	Scott Steinmaus (Reebok)	9	13	22
19	Kevin Osterberg (Aggies)	7	14	21
20	John Moreno (Reebok)		21	21
21	Daniel Gonzalez (Aggies)			21 21
22	Jon Klinkman (Flyers)	6	10	3 19
23	Mark Patterson (Reebok)			17 17
24	Carmelo Rios (Aggies)	16		16
25	Jose Alsipuro (Aggies)	5		8 13
26	Robbie Wright (Aggies)	2		11 13
27	Ernie Reith (Aggies)			13 13

Open Women			
Place	Name Club	5K	8K Total
1	Terry Puckett (Flyers)	30	30 60
2	Johanna Reneke (Impala)	23	24 47
3	Heike Skaden (Flyers)	22	22 44
4	Shariet Gilbert (Unatt)	19	23 42
5	Peggy Smyth (Flyers)	21	20 41

5	Julie Thomas (Aggies)	20	21 41
6	Rosy Cardenas (Flyers)	17	18 35
7	Sue Brusher (Reebok)	15	17 32
8	Bev Marx (Flyers)	14	15 29
9	April Powers (Tamalpa)	24	24
10	Susan Putney (Aggies)	10	13 23
11	Joan Colman (WVTC)	7	16 23
12	Chris Iwahashi (Chips)		19 19
13	Sandra Sup (Flyers)	18	18
14	Kathy Crooker (Aggies)	16	16
15	Peggy Lavelle (Impala)	4	12 16
16	Cynthia Bailey (Aggies)	9	6 15
17	Patti Moggi (Unatt)		14 14
18	Laurie Binder (Unatt)	13	13
19	Heather Sullivan (GSFTC)	12	12
20	Pat English (Tamalpa)	11	11
21	Hilary Naylor (Impala)		11 11
22	Eileen Brennan (Impala)		10 10
23	Renee Fontino (Aggies)		9 9
24	Leslie McMullin (Tamalpa)	8	8
25	Debbie Bispo (Impala)		8 8

Master Women			
Place	Name Club	5K	8K Total
1	Joan Colman (WVTC)	20	20 40
2	Margie Timberlake (Flyers)	14	12 26
3	Joan Ulyot (WVTC)	13	13 26
4	Karen Lanterman (WVTC)	12	11 23
5	Laurie Fisher (WVTC)	9	10 19
6	Gail Rodd (WVTC)	8	9 17
7	Hilary Naylor (Impala)		14 14
8	Ruth Anderson (NorCal)	5	8 13
9	Heidi Skaden (Flyers)	11	11
10	Vicki Bigelow (Aggies)	10	10
11	Alice Rose (NorCal)	7	7
12	Mary Fox (Unatt)	6	6
13	Barbara Robben (Unatt)	4	4
14	Karen Gudiksen (NorCal)	3	3
15	Elvyn Blair (NorCal)	2	2

Master Men			
Place	Name Club	5K	8K Total
1	Bill Sevald (Excelsior)	20	20 40
2	Bob Lindsey (Flyers)	11	14 25
3	Gene Dangel (East Bay)	12	13 25
4	Jim Gibbons (Tamalpa)	9	12 21
5	David Taylor (East Bay)	5	11 16
6	Dan Murray (Unatt)	14	14
7	David Rivera (WVJ&S)	13	13
8	Bill Clark (WVTC)	10	10
9	Alan Stanbridge (Excelsior)		10 10
10	Joe Cavanaugh (East Bay)		9 9
11	Dennis Tracy (WVTC)	8	8
12	Frank Krebs (Flyers)		8 8
13	Gary Goettelmann (WVTC)	7	7
14	John Finch (Unatt)		7 7
15	Harvey Franklin (WVTC)	6	6
16	Dennis Reager (Excelsior)		6 6

Senior Women			
Place	Name Club	5K	8K Total
1	Ruth Anderson (NorCal)	4	10 14
2	Vicki Bigelow (Aggies)	10	10
3	Alice Rose (NorCal)	6	6
4	Barbara Robben (Unatt)	2	2
5	Elvyn Blair (NorCal)	1	1

Senior Men			
Place	Name Club	5K	8K Total
1	John Finch (Unatt)	10	10 20
2	Fred Mattos (Flyers)	6	6 12
3	Peter Todd (NorCal)	2	4 5
4	Ross Smith (Silver State)	4	4
5	George Herd (Six Rivers)		2 2

Super Senior Men			
Place	Name Club	5K	8K Total
1	Paul Reese (Gray Hairs)		1 1
2	Bob Malain (NorCal)	1	1



PAUL REESE  
Super Senior Men's Leader

## PA-TAC Grand Prix Teams

Master Men:				
Place Club	Total	5K	8K	10K
1	Pacific Flyers	4	1	3
2	West Vly TC	3	3	
3	West Vly J&S	2	2	
Master Women:				
Place Club	Total	5K	8K	10K
1	West Vly TC	6	3	3
Open Men:				
Place Club	Total	5K	8K	10K
1	Peppermill	8	3	3 2
2	Reebok Ag	7	2	2 3
3	Pacific Flyers	3	1	1 1
Open Women:				
Place Club	Total	5K	8K	10K
1	Pacific Flyers	6	3	3
2	Reebok Ag	3	2	1
3	Impala RT	2		2
Senior Men:				
Place Club	Total	5K	8K	10K
1	Nor Cal Sr	1	1	
2	Lk Merrit J&S	1		1
Senior Women:				
Place Club	Total	5K	8K	10K
1	Nor Cal Seniors	1	1	



# The Athlete's Kitchen

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



## Bulking Up

**"M**y friends call me The Garbage Can" contended scrawny Jim Sutton, a 21 year old collegiate athlete who came to me for nutrition advice. "I want to bulk-up, I eat and eat and eat. But no matter how much I eat, I still don't seem to gain weight. For example, I'll single-handedly devour a whole large pizza - and then a pint of ice cream for dessert. I resent having to spend so much money on food."

Football player Martino Gomez similarly struggles with weight-gain. "My coach told me to bulk-up before the season, so that I wouldn't get steam-rolled. I've tried all sorts of protein powders, tiger's milk, and vitamins. When I'm not training, I'm eating. What a chore..."

When it comes to weight, the majority of athletes contentedly maintain their desired weight, or else struggle to shed a few pounds. Others, however, enviously wish they could bulk-up. For them, eating is a task; food a medicine. They feel self-consciously thin, hate their skinny image and constantly eat with hopes of putting a little meat on their bones. They experience weight frustrations similar to dieters who struggle to be thin. If you're one of these frustrated few, here's some food for thought on bulking up:

★ Theoretically, to gain one pound of body weight per week, you need to consume an additional 400 calories per day above your typical intake. Some people, however, require more than that. In fact, research subjects who were intentionally over-fed, gained only 6 pounds in a

month, whereas they theoretically should have gained eleven. This discrepancy can be partially accounted for by an increased metabolic rate, and small losses in the urine and feces, but researchers are mystified as to the whole picture. What happened to the excess calories that didn't turn into fat?

★ If you are a "hard gainer", take a good look at your family members. If, at your age, they were thin and sylph-like, you probably have inherited this genetic predisposition. You can alter your physique to a certain extent with diet and weight training, but you shouldn't expect miracles. Marathoner Bill Rodgers will never look like body builder Charles Atlas, no matter how much eating and weight lifting he does!

★ Many scrawny athletes believe the best way to bulk up is to eat a high protein diet. False. You don't store excess protein as bulk, but rather as fat. Although you may require a little extra protein for building muscle tissue, the typical American diet (which includes some protein at each meal) easily provides this - especially if you eat big proteins.

Protein powders, "tiger's milk" and amino acid supplements are worthless when it comes to bulking up, and an unnecessary expense. Hard exercise, such as weightlifting, Nautilus, push-ups and other forms of resistance exercise, is necessary, however. Rather than focus on extra protein, you should eat extra carbohydrates to fuel your muscles so that they can sustain these exercise demands.

★ You're most likely to successfully bulk-up if you exercise regularly and consistently eat larger-than-normal meals. I commonly counsel skinny athletes who swear they eat humongous amounts of food. For example, triathlete Henry Robinson expounded that he ate at least twice what his friends ate. However, he ate only two meals per day. Granted, he did eat a lot when he ate, but this merely compensated for the lack of breakfast and snacks.

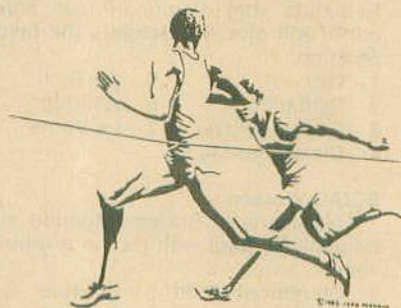
I recommended that Henry consistently eat three meals per day, plus an additional bed-time snack. Within three weeks, he had gained five pounds, much to his delight. "I now look at food as my weight gain medicine. There are times when I'm busy and tempted to skip lunch, but I remind myself that I have to take my medicine: two hefty sandwiches with two glasses of milk."

★ Although instances arise when athletes such as football players and heavy-weight oarsmen need to gain weight for their sport, I generally discourage scrawny jocks from purposeful weight gain. They will undoubtedly do so eventually. All too often, thin folks get fat - and then struggle to maintain their desired physique. For example, former football player and currently obese 30 year old West Thatcher reported with a sigh, "I was skinny until my high school football coach encouraged me to eat lots of buttered bread, french fries, ice cream sundaes. I developed quite a liking for these fattening foods and continue to eat them, even though I've stopped playing. Look at me now - 60 pounds over-weight and I can hardly waddle..."

If you feel impatient to change your slim physique, I encourage you, instead, to capitalize on your lightness, agility and skills. You can excel at your sport without feeling handicapped. If you do need to gain weight, do so wisely, with an eye towards life-long health.

Nancy Clark, MS, RD, nutrition counsellor at Boston-area's Sport Medicine Brookline, is author of *The Athlete's Kitchen* (available by asking at Dalton Bookstores). For suggestions regarding *How to Gain Weight Healthfully*, send a self-addressed stamped envelope to Nancy at Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167.

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# SoCal Diary

By BILL MINARIK

## Cross Country Preview

### PAC-10 Men

Arizona has both the depth and front line talent to repeat here although always dangerous Oregon could pull an upset. Stanford did not reach its potential last year, but could mature this year into a contender.

1 Arizona	6 UCLA
2 Oregon	7 CAL
3 Stanford	8 Arizona State
4 Washington St.	9 USC
5 Washington	10 Oregon State

### PAC-10 Women

Oregon should repeat here with Stanford having a slight edge over UCLA.

1 Oregon	6 Arizona State
2 Stanford	7 CAL
3 UCLA	8 USC
4 Washington St.	9 Washington
5 Arizona	10 Oregon State

### PCAA-Men

After UC Irvine's performance last year, the only question this year is whether the rest of the schools will even show up for this year's meet. If they do, Fresno State should emerge as the best of the rest.

1 UC Irvine	5 C/S Fullerton
2 Fresno State	6 Utah State
3 New Mexico St.	7 C/S Long Beach
4 UCSB	8 San Jose State

### PCAA-Women

Some quality distance runners were unable to make UC Irvine's top 7 last year which is the reason they should be as dominant as their men. Fresno State again should provide their only serious competition.

1 UC Irvine	6 UNLV
2 Fresno State	7 Hawaii
3 San Diego St.	8 C/S Long Beach
4 C/S Fullerton	9 Pacific
5 UCSB	

### CCAA-Men

Cal Poly SLO should continue its dominance here, but will be pushed hard by both C/S Northridge and Cal Poly Pomona.

1 Cal Poly SLO	5 C/S Los Angeles
2 C/S Northridge	6 Chapman
3 CP Pomona	7 C/S Bakersfield
4 UC Riverside	

### Community College-Men

Most top runners from last year have graduated with the result that most teams will be freshman dominated. No team stands out right now, so I'll go with Grossmont just on tradition.

1 Grossmont	4 Mt.SAC
2 Mira Costa	5 El Camino
3 Santa Ana	

photo by Burt Davis



Up in front for Arizona (from left): Aaron Ramirez, Jeff Cannada and Matt Giusto.

### CCAA-Women

While Cal Poly SLO has usually dominated this conference, this could be the year for C/S Northridge to take over. Injuries may decide the outcome here.

1 CPSLO	5 C/S Bakersfield
2 C/S Northridge	6 UC Riverside
3 C/S Los Angeles	7 Chapman
4 CP Pomona	

### SCIAC-Men

Oxy appears to have a slight edge over Redlands and Pomona-Pitzer here as depth will give the Bengals the favorites position.

1 Oxy	5 CalTech
2 Redlands	6 Whittier
3 Pomona-Pitzer	7 La Verne
4 Claremont-Mudd	

### SCIAC-Women

The depth of Claremont-Mudd should be decisive here with Oxy in a rebuilding year.

1 Claremont-Mudd	5 Whittier
2 Oxy	6 CalTech
3 Redlands	7 La Verne
4 Pomona-Pitzer	

### Community College-Women

Mira Costa has developed a consistently strong program which appears to be strong enough for number one. Orange Coast should again be the number one challenger.

1 Mira Costa	4 Mt.SAC
2 Orange Coast	5 Santa Monica
3 El Camino	

### GSAC-Men

Westmont is the defending champion and is losing a couple of big guns, while runner up Pt. Loma retains their front runners and have at least one more to add in '87.

1 Pt. Loma	4 Azusa
2 Westmont	5 Cal Lutheran
3 Fresno Pacific	6 Southern Calif.

### GSAC-Women

Defending champion Fresno Pacific lost number two and number four runners from last year while runner up Westmont returns everyone, plus a good recruiting season.

1 Westmont	4 Azusa
2 Fresno Pacific	5 Cal Lutheran
3 Pt. Loma	6 Southern Calif.



# ■ Dean Reinke on Running

By DEAN REINKE



## Where Are They Now?

**N**early every publication has written lately of the return of Gerry Lindgren who had disappeared from the running scene and with the help of Kenny Moore made a comeback of sorts at the Eugene "Legends Mile" this summer in Oregon. Some stars who have not disappeared but who have been in and out of the running headlines are also special treasures to the sport and still factors on the U.S. running scene:

**Like A Virgin:** 3-time Olympian Craig Virgin has heard more plays on his name than he cares to recall. So when he arrived at the Buffalo Hyatt prior to the Subaru Chase last month and the desk clerk scanned her reservation list and proclaimed, "we have no Virgins here", Craig had to smile. He was just lucky to be in Buffalo at all after having missed a flight the evening before and his second flight having been cancelled. But no one missed Virgin at the finish line of this popular Buffalo 4-miler as he notched a rare victory over the likes of John Tuttle, Greg Beardsley, Mark Finucane and Peter Maher on a warm, muggy evening. Victories have hardly been lacking for the Lebanon, Illinois native in his illustrious career. He is the only American to win the World Cross Country Championships, not once, but twice and once held the U.S. road and track 10,000 and the 5000m records simultaneously. But knee surgery, chronic kidney problems, troubles with a hamstring and a detached retina were part of a continuous string of injuries that have hampered his career. Prior to Buffalo, his last major victory was some 17 months earlier. He's now on an 18-month plan that he hopes will land him in the 1988 Olympics, making him one of only ten Americans to make four Olympic teams. Arizonan George Young is the only distance runner while Henry Marsh is the only current distance runner who can possibly join Virgin as a 4-time winner in 1988. We wish him well!

**100,000 Mile Checkup:** Tom Fleming is a runner who was ahead of his time. The 37-year-old New Jersey native was one of the early high mileage runners in the mid-70's who cranked out 140 mile plus weeks consistently. A two-time winner of the New York City Marathon (1973, 1975), Fleming won the first ever prize money

marathon capturing the Jordache event in Atlantic City in 1979 and its \$25,000 first place check. Banishment by the TAC for running the non-sanctioned race didn't deter the unflappable Fleming who still oversees his own running store in Bloomfield along with his wife Barbara and mother. Tom's dream of a Boston Marathon win to complement his Big Apple victories never materialized but he has eased his mileage back up to his old 140 mile per week level and is hoping for a U.S. Olympic Marathon Trials qualifying time this fall when he returns to New York. By marathon race day, he hopes to have surpassed the 100,000 mile lifetime training mile mark which would put him behind only Great Britain's Ron Hill in lifetime mileage, having detailed his mileage since February 16, 1968. Fleming predicts he will pass the Olympian Hill in 1991. "Forget the Masters division", says the never-say-die Fleming. "I'm ready to run now!"

**Rono Returns Again:** Few athletes have been in the news as frequently as Henry Rono during the last year. Arguably the most gifted distance runner the world has ever seen, his 1978 marks of 7:32.1 for 3000m and 8:05.4 for the 3000m steeplechase are still the fastest ever recorded. His excessive drinking even as he competed for years since running collegiately at Washington State was legendary until his star began to decline. Recent charges brought against him by four New Jersey banks claiming that he had defrauded them were subsequently dismissed, but not until accompanying publicity had done irreparable harm. A year ago he rekindled the old flame and excited the running community with a 28:10 10K in Baltimore and a 2:19 at America's Marathon Chicago. But an ugly incident at the Philadelphia Half Marathon where he punched out a bartender and left before the race, turned off even his closest admirers. Finally on Christmas eve, with no money and an equal number of friends, he arrived at the door of British Marathoner Bernie Ford in Boston. The Kenyan has done remarkably well and despite being overweight, he has reportedly not taken alcohol for a number of months and is still determined to make a comeback. His 39:00 10K at last month's

Lilac 10K in Rochester, New York certainly did not elicit visions of gold but it's a start for one runner the entire running world would love in the worst way to make it.

**Back in the Shadows:** America loves the underdog and no one was more of one than Marianne Dickerson at the 1983 World Championships in Helsinki. The 98-pounder dazzled the world with her stunning runnerup finish to Grete Waitz, passing a Soviet runner in the final 100 yards running a 2:31:09 lifetime best and capturing the Silver Medal for the USA. "People call it a Cinderella story, and it was", spoke the 26-year-old, who now designs computer simulations for the Air Force in Arlington, Virginia. Her brief fling with glory began 9 weeks prior to Helsinki where she qualified for the USA team by finishing second to Julie Brown at the U.S. Trials. Considerable pressure, much self-imposed, coupled with a back injury 6 weeks after Helsinki, kept her from serious training for a year, knocking her out of the 1984 Trials.

She then directed her energies to obtaining her Masters degree in Engineering from the University of Michigan and moved to the Washington, D.C. area two years ago. Despite working 50 hours a week, she clocked 2:41 at Houston Tenneco in 1986, qualifying her for the Trials. She is now dabbling with the Triathlon and swims in the morning at 5 a.m. and logs her training miles after work. In reflection, she says, "sometimes I wonder what would have happened if I ran full time". With the 2:41 marathon, tremendous talent and considerably less pressure on herself, Dickerson just may find out sooner than she thinks.

*Dean Reinke is a running/triathlon columnist and announcer/commentator/consultant to major running and triathlon events across the country. In addition to this syndicated monthly column, he writes two newsletters, "Dean Reinke on Running" and the "Dean Reinke Triathlon Report" and is the President of Dean Reinke & Associates based in Winter Park, Florida.*



# ■ Prep Notes

By KEITH CONNING

**CIF** California  
Interscholastic  
Federation

## □ U.S. Jr. Meet in Cuba

July 4-5. Havana, Cuba--**Ronald McCree** (Madera HS 1986) won the 200 in 21.26.

**Steve Lewis** (American HS, Fremont) placed second in the 400 in 46.61.

**Brent Burns** (Acalanes HS, Lafayette) won the pole vault at 17-0¾.

**Marcus Hooks** (Lakewood HS 1986) triple jumped 53-5 for second.

**Ronda Brooks** (Oakland HS) placed second in the 200 in 24.49.

**Cindy Perez** won the 5K Walk in 26:35.52.

## □ U.S. Jr. Meet in Canada

July 11-12. Richmond, British Columbia--**Ronald McCree** won section 2 of the 100 in 10.60 and placed second in section one of the 200 in 21.09.

**Steve Lewis** placed second in the 400 in 46.94.

**Brent Burns** pole vaulted 15-11 to win.

**Marcus Hooks** won the triple jump at 52-1¼.

**Ronda Brooks** won section two of the 200 in 24.7.

**Sybill Perez** was second in the 3K walk in 14:24.13.

## □ U.S. Jr. Meet in the U.S.

July 18-19. Pullman, WA--**Ronald McCree** placed second in section one of the 100 in 10.63 and second in section one of the 200 in 20.78.

**Steve Lewis** and **William Reed** (Central HS, Philadelphia) are reported to have slept through their events (400 and 4x400)! It reminds this reporter of the 1972 Olympics and Eddie Hart.

**Scott Biberthaler** (Fresno) placed second in the hammer at 175-7.

**Tonia Sedwick** (Jefferson HS, Indiana) who will attend UCLA, long jumped 20-10, which is equal to the 8th best performer all-time in the U.S.

## □ TAC Junior Olympics

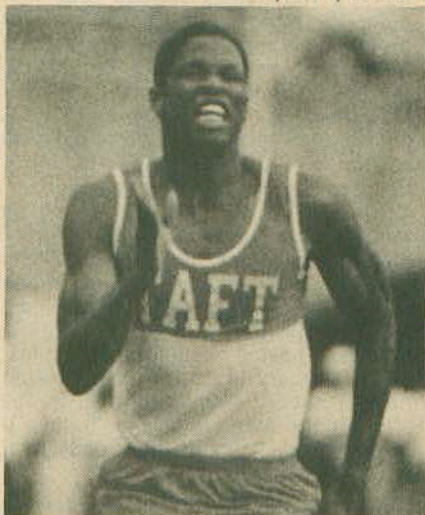
July 21-25. Brigham Young Univ, Provo, UT--In heat three of the young mens (17-18) 100 meters, **Quincy Watts** (Woodland Hills) set a new Youth Athletics National Record and meet record of 10.37. The old national record of 10.41 was set by Tarrell Carpenter (Raleigh, NC) at Raleigh on June 28, 1985. The old meet record of 10.47 was set by Howard Huckaby (Baton Rouge, LA) in 1986.

In the 100 final Watts again broke the Youth Athletics National Record with 10.30. Watts is the ninth best all-time high school performer in the U.S. and 2nd best

in California. Henry Thomas (Hawthorne) set the California record of 10.25 in 1985.

In heat two of the 200 meters, Quincy Watts set a new meet record of 20.81. The old meet record of 20.93 was set by Jerome Harrison (Kentucky) at San Jose City College in 1980.

photo by Burt Davis



QUINCY WATTS

In the 200 meters final Quincy Watts set a new Youth Athletics National Record, California high school record, and meet record of 20.50. The old national record of 20.72 was set by Wallace Spearman (Robbins, IL) at San Jose in 1980. (Spearman placed second behind Carl Lewis at TAC in June). The old California high school record of 20.4 (hand-timed) was set by Henry Thomas (Hawthorne) in 1985. Watts is the sixth fastest high school performer all-time in the U.S.

**Ruben Hendrix** (Bakersfield) won the intermediate mens (15-16) high jump at 6-8¾. Series for Hendrix: 5-2¼ p, 5-4¾ p, 5-6½ p, 5-8¼ p, 5-10¼ p, 6-0 x, 6-2 x, 6-4 ox, 6-8 ox, 6-8¾ oox, 6-10 ooo.

**Andrea Burnside** (Los Angeles) set a new meet record of 27.96 in the youth girls (13-14) 200-meter hurdles. The old record of 29.34 was set by Ladrika Thomas (Baton Rouge, LA) in the trials.

The **Los Angeles Jets** youth girls (13-14) 4x400 relay team set a new Youth Athletics National Record and meet record of 3:55.10. The old national record

of 3:55.49 was set by the L.A. Jets at Provo, Utah on July 14, 1984. The old meet record of 3:58.62 was set by K-Y (Baton Rouge, LA) in the trials.

**Michael Adolphus** (Los Angeles) won the midget boys (11-12) 800 meters in 2:19.08.

**Stacy Sparks** (San Francisco) set a new Youth Athletics National Record and meet record of 12.26 in the midget girls (11-12) 100 meters. The old national record of 12.54 was set by LaNia Brice (San Jose) at Provo, Utah on July 14, 1984. (LaNia Brice, a freshman, placed eighth in 12.36 at the State Meet in June for Lincoln of Stockton.) The old meet record of 12.56 was set by Sparks in the trials.

Sparks was running so fast she would have placed second in the midget boys (11-12) and the youth girls (13-14) 100 meters final!

Sparks also set a Youth Athletics National Record and meet record of 25.44 in the midget girls (11-12) 200 meters. The old national record of 25.53 was set by LaNia Brice (San Jose) at Provo, Utah on July 14, 1984. (Brice placed third in heat 1 of the State Meet in 25.08.) The old meet record of 26.40 was set by Anedra Henley (Nashville, TN) in the trials.

Stacy Sparks is going to make some high school track coach very happy in a few years. That girl is fast!

The **Los Angeles Jets** bantam girls (10 & Under) 4x100 relay team set a new meet record of 55.80. The old meet record of 56.48 was set by K-Y (Baton Rouge, LA) in 1986.

The **Los Angeles Jets** bantam girls (10 & Under) 4x400 relay team set a new meet record of 4:37.07. The old record of 4:45.11 was set by K-Y (Baton Rouge, LA) in 1986.

**Nikki Hubbert** (Bakersfield) set a new meet record of 4-4 in the bantam girls (10 & Under) high jump. The old meet record of 4-0 was set by Leanna Akerman (Butterwillow) in 1986.

## □ State Track Meet Change

The Southern Section of the CIF proposed that eight sections be given one additional entry in the State Track Meet next year.

This action follows the CIF giving the San Francisco and Oakland Sections one qualifier each for the 1988 State Meet. For the last few years San Francisco and Oakland have had to have a combined meet to determine their one qualifier.

Currently there are 27 qualifiers to the State Meet. Under the Southern Section



## □ Prep Notes

proposal, there would be 36 qualifiers: Southern Section 6, North Coast Section 5, Los Angeles 5, Central Coast Section 4, San Joaquin Section 4, San Diego Section 4, Central Section 4, Northern 2, San Francisco 1, Oakland 1.

With 36 entries there would be four heats of nine competitors each.

### □ Keep Cool During the Summer

According to Dr. Stephen Henry of Louisville, KY., plain, cool water is the best replacement fluid. Solutions with added sugar can cause nausea or a sense of fullness that prevents the athlete from consuming an adequate amount of fluids. Sugar also slows the body's ability to empty the stomach.

Your diet should be rich in fresh fruits and vegetables. These help replace lost electrolytes. Salt tablets are not necessary.

### □ Arete West European Journey

Coach William M. ("Bill") Taylor (Drake, San Anselmo) led another group of his track athletes to Europe this summer.

They were the first U.S. juniors to compete in Budapest and Belgrade, Yugoslavia.

Yugoslavia wants to send a ten member team to California next track season.

The athletes exchanged uniforms, discussed the world in teenage language, and went head to head in competitions.

They were treated as friends.

The highest priority on an Arete trip is the historical interpretation, therefore the athletes frequently run with tired legs due to walking and the rapid fire travel pace.

Taylor is recommending similar historical involvement when the East comes to the West.

Taylor is a walk-on coach (non-faculty) and an investment counselor. He also is a former USC half-miler who was a member of two national championship teams.

"I started the club in 1978 and decided to call it Arete since that is the ancient Greek word for excellence," said Taylor. "The youngsters have to average about 1,000 hours a year in track, studies, work and various community service projects to qualify for the Arete West trips to Europe."

### □ No High School Division at CAL Reebok Cross Country Invitational

The high school division of the Cal Reebok Cross Country Invitational scheduled for Saturday, September 26, 1987, has been cancelled this year. City College of San Francisco is conducting a meet on the course in Golden Gate Park in San Francisco that day.

### □ Clovis Cross Country Invitational

The Clovis Invitational will be held at Woodward Park in Fresno on Saturday, September 26. They will use the State Meet course and have three enrollment divisions. Write to Steve Ward, Clovis

High School, 1055 Fowler Avenue, Clovis, CA 93612.

This will be an excellent chance for teams around the state to practice on the State Meet course, as well as being able to compete against some of the best teams in the state.

### □ Fountain Valley/Huntington Beach Central Park Invitational

Fountain Valley High School's invitational is scheduled for Saturday, October 10. There will be 3 divisions and the distance is 3 miles. For more information contact: Matt Simpson or Bill Thompson, Fountain Valley High School, 17816 Bushard, Fountain Valley, CA 92708 (714) 962-3301 ext. 512.

### □ Mariner Invitational

The Mariner Invitational will be held at Garin Park in Hayward on Saturday, October 17. The course for the varsity is 3.1 miles and all other levels will run 2.0 miles. There will also be a coaches race.

There will be a spaghetti feed and cross country clinic on Friday, October 16 from 6:30-8:30 p.m. at Moreau High School in Hayward. Write to Phil Wilder, Moreau High School, 27170 Mission Blvd., Hayward, CA 94544 or call (415) 582-5851.

### □ Two-Mile Postal Meet

The two-mile postal meet will be held at Los Gatos High School on Friday, October 30th.

The first heat will begin at 3:30 p.m. Contact coach William Hotchkiss at Leigh High School in San Jose.

## 1987 C.I.F. Southern Section CROSS COUNTRY PREVIEW

By Doug Speck

As the school year begins once again Cross Country squads take to the parks and hills, California preps finally having a State Meet to look forward to at the end of their interscholastic season in Fresno in late November. The State's most powerful area, the Southern Section again has its quota of fine teams and individuals.

The Women's situation individually and teamwise is quite impressive. An unprecedented four Kinney National Finalists in the sport (the top 32 in the nation) from last December's competition return in this section! Brigid Freyne (Riverside Poly), 6th at the Nationals, improved so much last year to run a super 17:42 at Mt. SAC (the site of Section championship competition) and then 10:34.37 for 3200m in track. Tracey Williams (Mt. View, El Monte) was 9th nationally, has a 17:37 lifetime best at Mt. SAC, and ran 10:35.7 for 2 miles this past track season. Nicole Houle (Hesperia) was 24th in the Kinney Finals, ran 17:45 at SAC, and 10:42.98 for 3200m last spring.

Reyna Cervantes (Montebello) was a participant in the National Finals, the Section 3A Champion at 18:07 at SAC, and ran 10:30.72 for 3200m in Track. Add to this crew Robbyn Bryant (Hesperia), 17:46 at SAC and the nation's #2 miler at 4:48.27c, Karen Hecox (South Hills, Covina) 10:31.95 3200m, Jamie Park (Santa Barbara) 17:55 at SAC and 10:45.7 3200m, Tanya Thayer (Serrano, Phelan) 10:43.54 3200m, Ashley Black (Palos Verdes) 10:44.17 3200m, and many more and you can see how loaded the area is! Teamwise at least the four top teams in the State will be Palos Verdes, Thousand Oaks, Westlake (Westlake Village), and Hesperia! The above foursome are probably among the top dozen teams in the nation! For those of you who doubt-wait until late November in Fresno.

On the Men's side there are some super squads and good individual cast. Arroyo (El Monte) could very possibly end the season being considered California's best ever prep harrier squad. Their attacks on Team Time records along the

photo by Doug Speck



TRACEY WILLIAMS

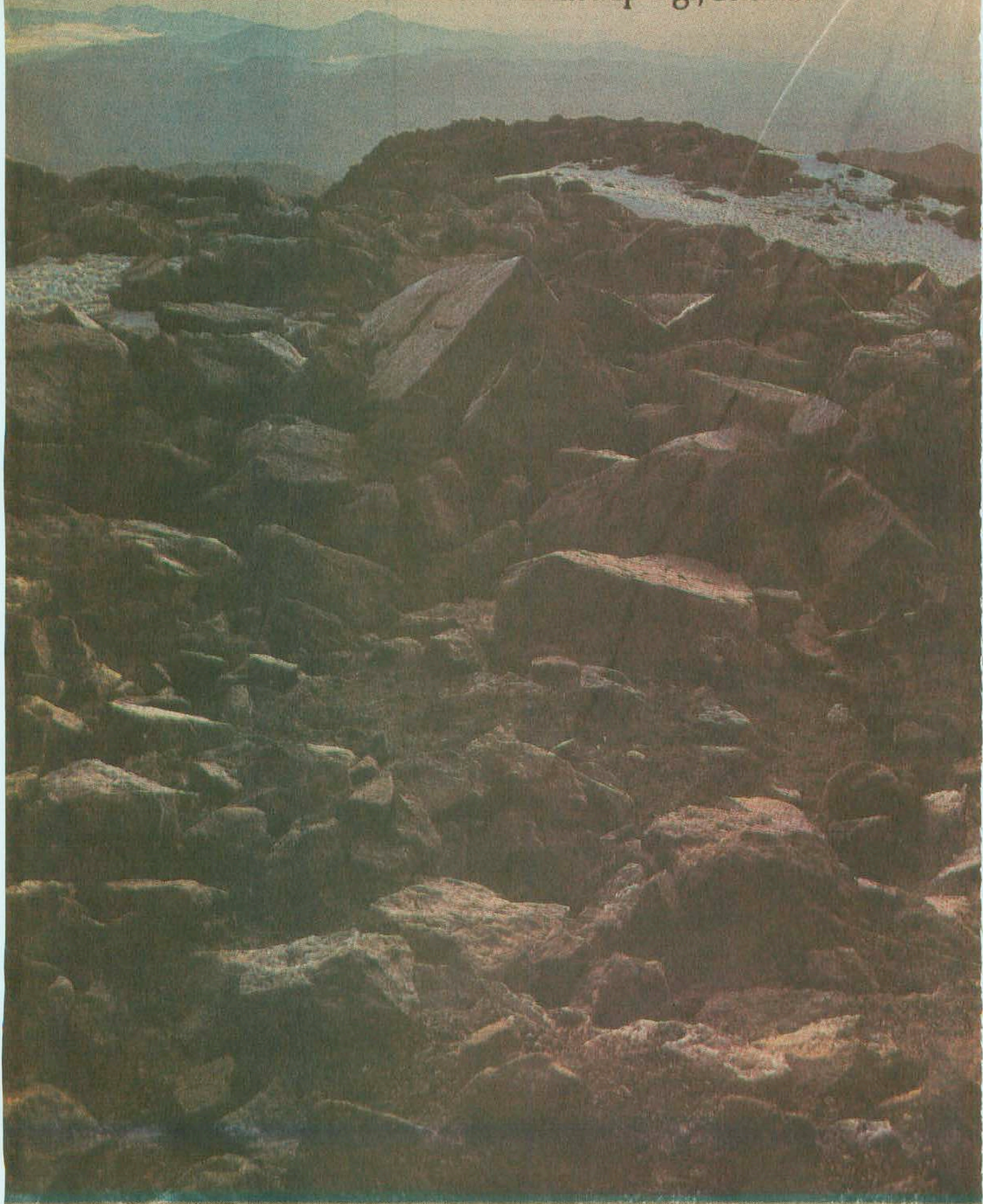
way will show. They raced 79:14 for the #11 team time ever at Mt. SAC last year and their main actors return. Upland, Walnut, Palos Verdes, and Corona del Mar are all very, very solid crews. Individually David Scudamore (Palos Verdes) was 15th in the Kinney Nationals last December, with Bryan Dameworth (Agoura), the first ever frosh to qualify for that affair 19th in the country (and 9:09.78 for 3200m in track). Scott Hempel (Walnut) raced 9:07.04 for 3200m in Track after setting a Mt. SAC soph Course Record of 15:23 in the Fall.

Representation from the Southern Section into the First California State Cross Country Meet will be as follows. The four Southern Section Divisional winners will be guaranteed a spot in the State affair in their State Size Division (III 0-800; II 801-1600; I 1601 & Over). The next spots in the State affair will be determined by team times (top 5 individuals added up) from the Section Finals, with a team scoring lower in the Section Division race earning the spot over a team in the same division with a lower team time but higher point score. Individual representation will be determined in the same manner. Those not on teams earning a spot in the State Meet will be awarded a place in the State affair based upon their Section Finals times. Should there be a tie in individual times in the Section Finals with athletes in different divisions, Section Prelim times would be gone back to to

continued on next page...



Finish line. Pike's Peak Marathon. Manitou Springs, Colorado.







It starts at 6,000 feet above sea level. And ends at 14,000 feet, above the clouds.

Welcome to the Pike's Peak Marathon.

Nobody knows exactly how far it is from beginning to end. But from the Colorado sunshine at Manitou Springs to the sub-zero snowstorms at 16 Golden Stairs, the general consensus is about 14 miles. (Give or take another 14 going down.)

Still, there are two points that everyone agrees upon. It's not a run you try on a whim. Or a surface you take lightly on your feet. Which is why a lot of anxious runners prepare for it by lacing up our GL6100 training shoes.

Their lightweight design won't drag you down on your way up Barr Trail's 23° incline.

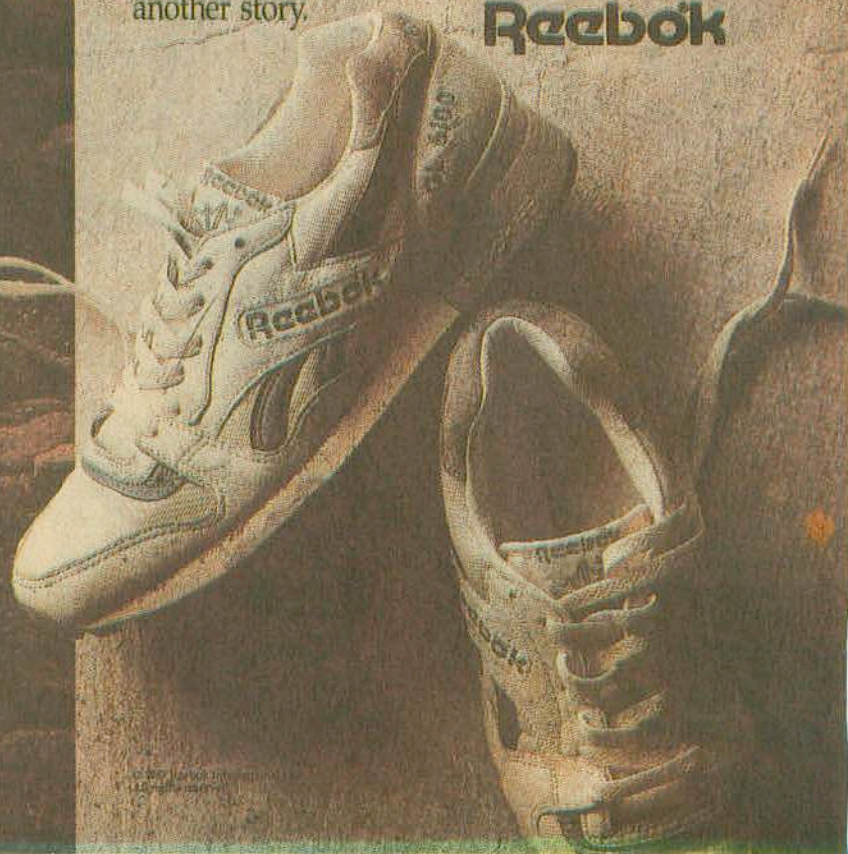
Their Indy 500 outsoles can withstand any type of punishment. Including a plunge down French Creek's jagged embankments.

And their nylon mesh and nappa pigskin uppers allow your feet to breathe comfortably under the scorching sun that gave Dismal Forest its name.

Of course, taking a mountain in two and a half hours might still cause nausea, dizziness, and shortness of breath. In which case, you might want to try a less mountainous terrain. Like mile 21 of the Boston Marathon.

But we're saving Heartbreak Hill for another story.

**Reebok**





## □ Prep Notes

settle the tie. Tentative plans have five spots for teams and five spots for Southern Section individuals in each of the three State Meet divisions.

In the below divisional summaries Cross Country times quoted are from the Mt. SAC course where Sectional competition is held each November, with track times for 800 meters, 880 yards, 1600 meters, one mile, 3200 meters, or two miles noted with a "m" or "y" for the obvious distance. Other Track distance bests are noted with the distance after the time.

### Women's 4A

The pay regulars will go at it again here. After some pretty close analysis there were any one of four squads who could have rightfully laid claim to being the top prep female harrier squad in the nation last fall. North Hunterdon of Andover, New Jersey and Langley High of McLean, Virginia pretty well cleaned out everyone in their area of the country last fall, with last year's 1-2 squads from this division in the Southern Section, Palos Verdes and Thousand Oaks at that same level. It looks like more of the same locally in 1987, as PV and TO are once again loaded. On paper PV has five of seven returning as underclass athletes, but frosh Julie Crooks moved to Oregon and some had a less than stellar track season, so we will see. The Sea Kings do have Ashley Black (10:44, 17m-18:39), Tracy Leichter (11:17, 68m-18:41), Traci Goodrich (18:47), and Dana Sublett (18:47) to build on. PV will hopefully pull off a planned October trip to Van Cortland Park in New York City to race the best in the Eastern U.S. (and show them who is really boss!). TO will be without Christy Farrell up front for the first time in a while, but Jena Haggemiller

(11:07.33n-18:11 6th 4A), Angie Lovell (5:17.85m-18:21 7th 4A), Ameer Edwards (5:10.9m-19:26), and Mandy Kossoris (19:33) are a formidable foursome. Off in the distance is University of Irvine's All-Time Course record of 92:25 at Mt. SAC where the Section Meets are held. We do not know what the team time records are at Woodward Park in Fresno where the State Meet will be held but they had better be ready for a wholesale revision when the top Southern Section Women's groups come peaked and ready to go in late November. Also gracing this division will be the Section's quickest individual returnee, Bridg Froye (say it "fray-nee") of Riverside Poly, 6th in the Kinney National Championships last year in the sport, and a 17:42 (4:55.33m-10:34.37m track bests) runner on the Mt. SAC course to her 2nd place effort to Melissa Sutton last year in this division. Thelma Oaks will be looking over its shoulder in its own Maramonte League, as Westlake (Westlake Village) returns a very solid crew from its 86 3rd place crew. Jennifer Butler (5:13.25m-18:50), Jaime Butler (18:54), Desiree Joubert (2:15.64m-19:00), and Joanne Choud (19:36) were ranked 4th in state last go-round, and they will be every bit as solid this year. Newport Harbor was 6th last fall at this level, and they return everyone for 1987. Kim Robinson (19:09) and Lena Dambour (19:16) will lead what should become an excellent squad. Buena (Ventura), 8th last year, has four back, led by Jenny Frankot (19:51) and Barbara Kozlowski (19:55). Dana Hills, 7th in '86, has Kirsten Quigley (11:16.19m-19:02) leading five back from that group. Wilson (Long Beach) was a surprise 11th last season, with Martina Lauchengco (19:34) leading everyone back, and they should be better in 1987. Colton, another improved program of late, has six of its top seven back, led by Carrie Chavez (5:17.78m-19:41), and should improve on its 12th place from 86. Newbury Park, 4th in 86, has Amy Nesbitt (2:17.55-18:40) and three others returning.

Irvine has four, led by Jenny Frankot (19:51), back from its 10th place finishers.

A number of other squads could develop. Ocean View (Huntington Beach) had Debbie O'Brien (19:56) leading three good runners from their 86.5th place team. Leslie Cashion (11:10-27m-18:50) heads four returnees for Corona del Mar's Varsity, and fine soph Natalie Adams (20:33) leads a potentially good Huntington Beach group. Santa Ana returns a solid five headed by Maria Mendoza (11:38.9m), and will battle Santa Ana Valley, with Marcella Benavides (11:25.42m), and Canyon (Anaheim) in the Century League. Crescenta Valley (La Crescenta), Rio Mesa (Oxnard), Fontana, and Rolling Hills (Rolling Hills Estates) are other squads that could be a factor during the season.

There are some other fine individuals here. Jamie Park (Santa Barbara) was 4th individually 4A in 86 (17:55) and raced 10:45.7m in track. Debbie Brown (Millikan, Long Beach) showed real potential last fall (with a 19:13 Mt. SAC best as a soph.

### Women's 3A

Norco as the Cinderella Women's squad of the Section last Fall with a young squad that improved remarkably during the final month of the season to race away with this Division's title. Persephony Lowery (2:13.69 4th state 800m-18:44 and 5th 3A), Tish Bennett (19:22), and Jennie Higbee (5:15.40m-19:49) lead six returnees off that group. Coach Larry Nugent must take the Cougar group from the favorite's role this time around. Montebello, led by returning individual champion, Reyna Cervantes (10:30.72m-18:07) and improved Terri Sandoval (11:10.49m), will be very tough. Consistently tough Arroyo Grande returns six from its 86 runner-up squad, and a return to form by Sharon Plante and Barbara Barcelona could put them in the title hunt. Saugus was 7th last fall, with six back from that team led by Heather Scobie (18:16-2nd 3A). Hart (Newhall) was 10th last year with all ninth and tenth graders, with Amy Thurston (20:25) heading a tight group. La Habra has everyone back from their 8th place squad, headed by Sila Jones (11:41.38m-19:07 7th 3A). Lompoc, always strong, has Katie Graham (20:06) and Maureen Hammons (20:27) leading six back from their 86 4th placers. Corona, 6th last fall, has Jamie Bernes (20:01) the best of five who return from that team. Wilson (Hacienda Heights) was 11th in 86, with Vanessa Maldonado (5:23.4y-19:35) the team leader of six who are back for that team. Bishop Montgomery (Torrance) improved nicely to a 5th place spot last year here, with Julianne Miller (20:38) heading four who return.

A number of other teams could challenge the above ten teams. Schurr (Montebello) has five back from its 12th place team from last fall, with Lisa Roybal (11:40.3y-19:14) leading. El Rancho (Pico Rivera) was 9th last season, with five back for Coach Mike Goff. Esperanza (Anaheim), with Jennifer Cooke (19:56) on top, had only one senior on a squad that narrowly missed the 86 Section Finals. Upland has divisional 8th place finisher Heather Watson (5:09.6m-19:12) heading a capable group. Canyon (Canyon Country), with a healthy Laurie Spears on top, will be tough. Los Alamitos returns five from its 86 Victory, San Luis Obispo has line soph Nona Harkins (20:05) leading four varsity runners returning, with Alta Loma five back from its 1986 top seven.

Rosa Molina (Los Altos) Hacienda Heights) 10:41.94 (3K), Nicole Jimenez (Burbank) 5:15.23m, and Heidi Hanson (Righetti, Santa Maria) 11:33.05m, all had good spring track seasons.

### Women's 2A

Here we have a division where you can fill out the award paperwork teamwise beforehand and get ready to mail it out. Hesperia, under Coach Joe Gomez, had one of the more amazing peaks ever seen at any level in the Championship finals last year to record easily the best ever 2A team time of 95:00 while winning. Guess what? Everyone is back, and with the level of improvement of the last two years the Scorpions need to back down from no one. They have some real quality on top. Defending division champion (17:45) Nicole Houle was a Kinney National Cross Country Finalist and raced 10:42.98m on the track. Robbyn Bryant (2nd-17:46) was the #2 prep miler in the nation at 4:46.59m. Soph Nicole Robbins was 14th in the Kinney Western Regionals as a frosh last fall, and ran 2:19:02m during the spring. To show Hesperia's strength, if Bryant had not dropped a weight on her foot the week prior to the Kinney Western Regional their team would have put three in the top fifteen places! Other young, potentially very good people back up the first trio for the Scorpions.

Far back a number of squads will battle for the second place trophy here. Mountain View (El Monte) has Kinney National 9th place Tracy Williams (4:53.01m-10:35.7y-18:10) (86), 17:37 PR from 85) leading six back from their 86 runner-up squad. A race between healthy Williams, the Hesperia duo of Houle and Bryant, and the eventually mentioned here Karen Hecox (South Hills, Covina) in the 2A Finals could be something to see. A number of squads can challenge Mt. View for 2nd. Walnut has the tough duo of Sandra Acosta (11:31.34m-18:27 4t 2A) and Jamie Gunn (5:06.22m-19:10) leading what could be a good team. Nordhoff (Ojai), with Tami Dobel (19:11 7th 2A) on top, returns everyone from an 8th place team. Morro Bay has five back from a 3rd place group, with junior Meg George (20:26) and Kim Giimpksi (20:26) team leaders. South Hills (Covina) has great sophomore Karen Hecox (10:31.95m-18:10) and four others back off an 86 9th place team. Calexico has six back from a good 1986 crew, led by junior Kiki Pellegrin (11:40.90m-20:30). Atascadero was 55th last year, and returns four, with potentially very tough Carrie Barber (20:00) and Kim Toney (2:15.20m-20:01) on top. South Pasadena was 11th last year with a group of 9th and 10th graders, and with Jill Turner (20:31) leading, continued improvement could make the Tigers very strong. Chino annually does enough to get to the Section Finals here, finishing 10th in 86, with soph Kim Tiffen (20:20) leading five others from the program's top eight members from last season who return.

Some other teams could come around. La Quinta (Garden Grove) was 7th in 86, with Kathy Cannon (19:19) leading three back from that crew. Woodbridge (Irvine) was 12th last fall, and Cathi Peck (11:22-12m-19:47) heads five back from that team. Arroyo (El Monte) just missed out on a Finals berth in 86, and with everyone back and Diana Perez (20:49) leading for 1987 the Knights will be good. Laguna Hills has Diane Brunstetter (20:28) leading five back from their 86 Varsity. Apple Valley has six Varsity members back, led by Lou Anne Duncan (20:34).

Another group of teams is a bit behind those previously mentioned. Etiwanda has six returning from its 1986 top seven. Agoura has Cheyenne Zontelli (20:47) and Tally Rowland (20:52) back, and if Agoura Hills resident Deena Drossin shows up to run for the Chargers their stock will jump mightily. Drossin beat Southern Section 1A Champion Tanya Thayer (Serrano).

photo by Doug Speck



REYNA CERVANTES

*Fine Flicks by Don Gosney*



BRIGID FREYNE



# Prep Notes

Phelan) by 80 yards in the TAC Junior Olympic National CC Championships last December. Monrovia has done a good job recently, with LaVesta Flucker (20:39) and Heidi Hanke (20:40) leading everyone back from a fine 86 Varsity. Yucaipa returns five Varsity team members, Northview (Covina) has Stacy Sanderson (19:55) and four other Varsity team members back, Rosemead a possibly good crew, and Savanna Erika Lovett (2:12.86m) on top of five from 86's Varsity who are back.

Individuals at this level not mentioned above are Suzanne Castruita (West Covina) (18:54), Andrea Dellamonica (Calabassas) (2:19.11m), and Teresa Chunovich (Brea-Olinda) (11:38.79m).

## Women's 1A

The defending team and individual champions look ready to repeat here. Maranatha (Sierra Madre) has a good foursome back from its 1986 Division I titlests, with Coach Ken Cronquist's ability to bring the crew around gaining the preseason nod over some other good squads. Miriam Cordero (20:54) and Carolee Prescott (21:19) will lead the Minutemen crew. Individually, Tanya Thayer (Serrano, Phelan) raced a fine 18:08 to win the 1A title as a frosh last year. In track she recorded a 10:43.54 and continued form should have her easily take the title in 1987. St. Bernard (Playa del Rey) came around nicely at the end of last season to finish in the runner-up spot teamwise, and Breena Talamantes (20:57) leads that entire squad which returns for 1987. The Vikings will keep Maranatha honest in their efforts. Bishop was 7th in 1986, and Brandy Waters (19:56) leads everyone back from that team. Paraclete (Lancaster) was 5th last fall, and soph Jean Harvey (19:34 3rd 1A) leads everyone who returns for that squad this fall. Sherman Indian (Riverside) was 6th in 86, and Lois James (19:56) leads four back this season. Bell-Jeff (Burbank) has Mindy Smith (21:18) leading four off its 4th place squad from last year. Moorpark was 3rd last go-round, and line trackster April Beaver (5:11.11m-20:22) will head five that are back from that crew. Alemany (Mission Hills) was 8th in 86, and the return of Siobhain O'Reilly would greatly assist the other five from that CIF Finals squad. Pasadena Poly was a 1A finalist group in 86, with Anna Marie Wood (20:44) leading five returning team members for 1987. Rounding out the preseason top ten for this division is Gladstone (Covina), with individual runner-up soph Liza Garcia (19:34) heading five off that team who return.

A foursome are close behind the above squads. 29 Palms, 11th last fall, has Kiela Snider (5:12.97m-19:36) and five others off that team's top eight back this year. 1986 10th place finisher Webb (Claremont) has five back, led by Tara Wright (20:58). Marymount (LA) has six of its top seven back, and Marlborough (LA) numbers two through seven from its 1986 Varsity back. Azusa, with a healthy Roberta Moronez (5:16.51m), could be good, and Notre Dame (Sherman Oaks) has the majority of a respectable 1A squad back.

Laura Pearson (Flintridge Prep, La Canada), 8th individually here last year at 20:18, Kim McElhinney (Linfield Christian, Temecula) 10th at 20:40, and Mary McKiernan (Orange Lutheran) 11th at 20:44, were high placers individually returning for this year. Karen Talamantes (Western Christian, Covina) (5:19.48m) had a good spring Track season.

## Men's 4A

Two schools with the team name "Sea Kings" should battle for the title. Palos Verdes was the Divisional runner-up last Fall (and ranked 6th in State). The LA

County "Sea Kings" return five from that team and will be very, very tough in 1987. Kinney National Finalist David Scudamore (15:40-4th individually) had track wiped out with illness, but should lead a big charge along with Sky Piper (4:21.79m) this fall for PV Coach Joe Kelly's troops. Corona del Mar, the other "Sea King" entry is a frighteningly talented young squad that will challenge for the top. Coach Bill Sumner's crew headlined by junior Eddie Lavelle (9:14.90m-15:41), Jim Robbins (4:18.1m), and junior Greg Shryock (4:21.36m-16:06), and was 4th in the 4A division last year with their total underclass squad. They were winners in the Mt. SAC Invitational 4x1600m relay in Track with junior Paul Scott joining the above trio. Dana Hills and Camarillo are also very strong. DH was 5th last fall, and with five returning from that team, led by Javier Barrera (9:23.23m-16:00) and Mike Tansley (16:10), they will be very tough. Camarillo was the most improved Section squad in the sport from September to November last Fall, and they return everybody from their Cinderella 3rd place team at this level. Super soph Shawn Goetzinger (9:34.6m-15:54) and Erik Counseller (15:55) head what will be the latest monster squad out of the tough Maramonte League. Traditional powers Mission Viejo and Newbury Park will be good. MV was 12th here last fall, but four, led by Greg Lamb (4:22.95-16:07), return to be backed up by the always deep beach school's JV and soph-frosh program. Newbury is led by fine junior Mike Esparza (9:26.6m-15:34), with five others from their 6th place squad returning to keep Camarillo honest at the League level. A group of four should fill out the top ten at this level. Huntington Beach has a good five returning from its 86 11th place squad, led by junior Brad Brann (16:26) and Jamie Schumm (16:34). Antelope Valley has four back from its 86 8th place team, with Jason Cooke (16:08) leading the way. Capistrano Valley is solid through three with Ken Gibson (16:14) and improved trackster, junior Troy Collins (1:56.7), leading. Canyon of Canyon Country has had Coach Ed Chaldez nurturing a talented young group for the last year or two, and 87 should be their bursting forth at the Varsity level. Fine junior Mike Ratary (8:59.36 (3K)-16:06) leads the Cowboys.

A handful of other squads have real potential to develop into top-flight teams this season. Esperanza (Anaheim) returns seven of its top eight runners, with John Corrow (16:10) and Brian Hild (16:29) heading the team. Newport Harbor has Jim Geerlings (4:16.15-15:59) leading a capable group, and Fountain Valley has Dave Knos (16:17) heading four back off 86's Varsity team. Katella (Anaheim) has Alfredo Resendiz (16:15) leading six back from a good 1986 team.

Rio Mesa (Oxnard) can be dangerous with Travis Cooksey (1:52.05-16:37) and Gary Aanerud (1:56.1-16:46) back. Wilson (Long Beach) was a surprising 86 Finalist group, and if Coach Jim Arquilla can do the same job with his 87 returnees they will be a good team. Dos Pueblos (Goleta) had a couple of the Section's better young runners, led by soph Andrew Wignot (16:34), and they could develop. Burroughs (Ridgecrest) is led by much-improved Jack Osborne (4:21.99m-9:20.85m), with West Torrance a good group led by Mike Ward (16:27). Never count Thousand Oaks out. The Lancers return Paul McCarter (16:04) and Tim Farrell (16:26) from last year's Championship team, and always manage to come up with the rest to fill out a very good team. Santa Ana, led by fine junior Roger Nava (16:35), Los Alamitos, Tustin, and Hoover (Glendale) all have good possibilities for the 87 harrier campaign. Roland Reyes (Santa Monica) ran 9:32.04m during track.

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## Men's 3A

Defending Divisional Champion (and the State's #1 ranked CC team at the end of the 1986 Harrier season) Arroyo (El Monte) is very possibly the top team in the State at any level once again. Coach Tim O'Rourke returns four supers-Darrik Powers (9:17.41m-15:34), Jeff Gilkey (8:48.2 (3K)-15:40), Jaime Ortega (9:17.00m-15:46), and Gerardo Puentes (4:19.85-15:53), who will find a fifth scorer, possibly Mike Deitch (16:36) and a 14-7 pole Vault best), and should romp over everyone in sight. A very tough Upland group will keep Arroyo honest. Coach Bob Loney's group was 3rd last year here, with fine junior Peter Burks (8:55.5 (3K)-15:38) and David Hesseltine (8:59.1 (3K)-15:41), leading a very solid five. Loyola (LA) was 5th last fall, with super soph Rene Rigal (9:31.06m-16:06) and Skardon Baker (4:20.0m-16:10) heading five back from that group. La Habra has four back off its 4th place 86 group, with Terrence Mahon (9:10.40m-15:59), who had a fine spring track season, and Moises Garcia (15:43) leading the team. Buena Park, always tough, slipped to 11th last year at this level, but Gabe Sanchez (15:51) and Marty Baratti (16:16) lead the four top scorers on that team who return for 1987. Rosemead finally had Aaron Mascorro graduate, but Ramon Perez (15:45) leads three other from the Panther 86 6th place squad who are back for

Coach Jose Marquez. Rubidoux (Riverside) was 7th last fall, and six from that squad are back this fall, headed by super junior Marco Ocegura (15:48) and Sergio Trujillo (16:16). Rowland (Rowland Heights) was a surprise finalist last year, and with everyone back from that 12th place team, they will be much stronger this year. Hart (Newhall), another traditional Section power, returns three from its 1986 2nd place team that was ranked 7th in State, but Mike Patti (15:55), soph Steve Lepkin (16:24), and David Rizzo (16:25) should lead the building of another strong squad for Coach Gene Blankenship. Alemany (Mission Hills) was 9th last season, with a good five returning from that group for 1987, led by Dave Carmona (16:19) and Peter Delacerda (16:28).

A number of other teams will battle for Section Top Ten rankings and Josh (16:21) and Jeff (16:25) lead the top five scorers who return from a good 86 squad. Barstow had among the Section's top soph-frosh groups last season, and with Aaron Atsye (16:09) continuing to improve, Coach Don Braden could lead his 87 team to some of the school's past glory. Mark Prestwich (16:20) will lead a solid foursome who return for Hemet.

continued on next page...



## Prep Notes

photo by Doug Speck



Arroyo High (El Monte) runners, left to right: Gerardo Puentes, Derrik Powers, Jeff Gilkey

Fine junior Alereco Crisento (15:56) will lead five returning from El Rancho of Pico Rivera's 1986 finalist squad. Warren (Downey) had an outstanding 9th-10th grade group last year, with Dave Zavala (16:32) and Scott Edgeworth (16:50) heading what could be a fine 87 team. Yucaipa returns six of seven from what could be a very fine team, led by fine soph Jason Carney. Montebello returns four from a good team, with Paramount five, led by Geno Medina (16:16). Diamond Bar returns its entire Varsity, led by Ed Silva (16:26). Mountain View (El Monte) will lead with fine Randy Wilson (16:15) and Gerardo Aguilar (16:22), while Downey will return five from its 86 Varsity, led by Shawn Randles (16:41). St. John Bosco (Bellflower) returns a majority of its team, led by fine junior Steve Johnson (16:39). Traditional powers, Mira Costa (Manhattan Beach) and Perris both have the nucleus of what could be built into powerful squads. Burbank has outstanding junior milers Todd Lewis (4:21.5m) and Robert Lopez (4:23.90m) to build an 87 team from.

Mike Glaze (Notre Dame, Sherman Oaks) 4:17.06m, Edgar Montes (Nogales, La Puente) 4:19.33m, Sasha Vujic (Burbank, Burbank) 9:18.63m, and Gus Arce (Corona) 9:29.28m all had very good spring track seasons.

### Men's 2A

It can be a little tough when the team that easily won last year has everyone back. That is the case here in the Men's 2A division, as Walnut was a relatively easy titlist in 86, and should have little trouble repeating if everyone can stay healthy. Team leader Scott Hempel established a new Mt. SAC course soph record of 15:23 in his 2nd individually last year and went on to run 9:07.04m on the track in the spring. Darren Walker

(4:24.4m-15:57), Coby Polite (15:57), and Eric Christopherson (16:10) head a squad that could turn out to be the best in any division this fall. There should be a good battle for second. Lompoc was 3rd in 86, and five from that group are back, led by Mike Warnock (16:05). Agoura could be very good, with soph Kinney National Finalist Bryan Dameworth (9:09.78-15:32 Mt. SAC frosh course record) leading the way. Cabrillo (Lompoc, 8th last season, returns six from the team, with Dan McGahey (16:27), Mark Bocock (16:31), and Guillermo Zubia (4:23.34m) up front. Covina and La Puente will battle Walnut in the tough Valle Vista League. Covina was 10th in 86, with Kevin Berko (16:44), Adam Shanks (4:22.34m-16:49), and Tim Kearns (16:47) back, with La Puente featuring Tim Morse (9:30.63m) and Tony Castellon (9:33.77m-16:18). Elsinore was 11th in 86, with fine junior David Haskell (16:21) leading five who return from that team, Nordhoff (Ojai) narrowly missed the Division Finals last fall, but five return from that team and they should be better this year. Costa Mesa lost its first three from its 4th place squad, but numbers three through eight should make for a good 87 varsity. Ontario has six of its top seven back, led by junior Armando Huizer (16:18), and should be in line for a top ten ranking here.

Arroyo Grande, with soph Greg Hines (16:53) leading four returnees from its 86 9th place squad, Magnolia (Anaheim) 12th in 86, with Vicente Moreira (16:51) leading four from that group, division runner-up Valencina (Placentia), with three led by Igor Daza (16:30), and the Tony Gibney (16:21) led Laguna Hills team (6th in 86), could all develop into good groups.

Coachella Valley, with Jose Reyna (16:33), Redondo Beach, with four of its varsity returning, Laguna Beach, with Ian

Ford (16:38) and David Crain (16:44), and Indio, are other teams with potential. Gary Stolz (Miraleste, Palos Verdes Estates) was 9th last year individually at 16:09 as a sophomore.

### Men's 1A

Taking their seventh Section Divisional title in the last nine years, Sherman Indian (Riverside) continued its amazing string of successes in the sport. 1987 might be a real challenge, as only three from the championship squad return, but those in the past who have doubted the come-through abilities of Sherman have always been wrong, but Coach Ken Taylor will have a special task ahead this year. Azusa, was 7th last year, with Fili Arizmendi (4:15.91m-16:13) and Kyle Bailey (16:47) leading the team's top five that return and have the potential to challenge the Indians. Bishop has everyone back from its 11th place 86 squad, with Andrew Boyd (17:01) the team's top runner. Village Christian (Sun Valley) was 5th last fall, and Andrew Boudreau (16:37) leads six of that school's top eight who return. Sierra Vista (Baldwin Park), 6th last go-round, and has Mario Varela (16:51) leading the entire Varsity that returns. Fillmore, always a division threat, was 4th in 86, and Jerardo Vaca (1:56.55m-4:21.34m-16:37) was tough for the Flashes in Track. Webb (Claremont) shocked with its 2nd place finish here last November, and three return from that

Varsity, led by Ken Zenner (16:43). Cathedral (LA) finally had John Trafecanty graduate, but return a good trio to tackle 1987. Paraclete (Lancaster) has five returning from its 8th place team, with Ted Kerzie (17:24) the team leader, Hesperia Christian has everyone back from a good 86 team, with Will Laird (17:31) and Jeff Smith (17:34) on top.

Other teams with potential to be among the dozen division finalists at this level are numerous. Capistrano Valley Christian has its entire varsity returning, with fine junior Stephen Niednagel (16:49) the team's first runner, 29 Palms was young in 86, and if everyone improves they will be strong behind soph Josh Quackenbush (17:13). Serrano (Phelan) has five back from the 86 Varsity. Whittier Christian a respectable group. Thatcher (Ojai) three back off a Cinderella 9th place squad from 86, and Crossroads (Santa Monica) enough back to build a good team.

Individually the sporting decision of Casey Candaele (Carpinteria) is important to the Division. The precocious frosh, who ran 1:54.45 and 4:01.81 (1500m) this summer, played football last fall, but a good fall Cross Country campaign would assure frightening things come the spring. David Wester (Maranatha) was 10th individually here last fall (16:32), with Brian Ochs (Mission College Prep, San Luis Obispo) 1:56.70m a good performer during track season.

photo by Doug Speck



SCOTT HEMPEL

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DAVID SCUDAMORE



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# Rating California High School Girls Track & Field Programs

By Doug Speck & Mike Kennedy

1 Hawthorne	494	27 Fremont (LA)	153
2 Thousand Oaks	482	28 Torrey Pines(Encin)	152
3 Locke (LA)	422	29 Grossmont(La Mesa)	150
4 Poly (Long Beach)	363	30 Quartz Hill	149
5 Morse	305	31 Santa Rosa	148
6 Pomona	300	32 Vallejo	146
7 Riverside Poly	296	33 Fremont(Sunnyvale)	139
8 St. Francis (Mt. View)	287	33 Vanden (Travis AFB)	139
9 Dorsey (LA)	285	35 Hesperia	137
10 Los Gatos	221	36 Leigh (San Jose)	136
11 Muir (Pasadena)	211	37 Madera	133
12 Oakland	210	38 Presentation(S Jose)	132
13 Johnson (Sacramento)	199	39 Patrick Henry(S Diego)	131
14 Crawford (San Diego)	195	40 Hueneme (Oxnard)	129
15 Rio Mesa (Oxnard)	192	41 Edison (Fresno)	127
16 El Monte	183	42 Ventura	121
17 Vista	182	43 Vacaville	119
18 Upland	180	44 Sequoia (Redwood City)	118
19 Valley (Sacramento)	179	45 Mission Viejo	115
20 Bakersfield	177	46 Clovis	113
21 Morningside(Inglewood)	172	47 Montebello	110
22 Bishop O'Dowd(OkInd)	164	48 Lincoln (San Diego)	109
23 Capistrano Valley(M.V.)	161	49 Pleasant Valley(Chico)	107
24 Acalanes (Lafayette)	157	50 Palos Verdes	106
24 Ocean View (Hunt.Bch)	157	51 Northgate (WalnutCk)	103
26 Piedmont Hills(S Jose)	154	52 Mitty (San Jose)	100
		52 San Lorenzo	100

As indicated in our last issue, we would cover the distaff side of the sport in this episode. Again we took the top 50 marks in the regularly contested prep events, utilizing only Accutrack times through 200 meters, and gave 50 points to the season's best mark, 49 to the second best mark during the track season, all the way down to 1 for the fiftieth best mark during the past season.

The results on top may have been very surprising to many. Earlier this year in an article in this publication it was indicated

that the Hawthorne Cougars had among the better ever prep female dual meet squads anywhere at anytime. The scoring here reflects that definite possibility. The only problem was that not too much of a positive nature happened involving the female half of the program the last half of the spring season. With a crew of very talented and successful sprinters and hurdlers the Cougars marched through an early season headlined by Nation Leading efforts in the 400 and 1600 meter relays. From the midseason point on injury, ineligibility, illness, and other assorted problems combined to dismantle the giant. The season was ended by a very inglorious tie for fifth in the Section 4A championships and a single point in the State Meet. The thing is that there is enough talent returning in the Cougar program for 1989 that a determined effort on everybody's part can rebuild the program as fast as it was dismantled.

An extremely talented Thousand Oaks program was very close to Hawthorne. Coach Art Green and staff had individuals and relays squads score in an amazing sixteen spots (the same number as the scoring leader Hawthorne), and had a well-talented squad that could have given the Cougars a heck of a dual meet. Coach Jim Lee at Locke had his very young LA City champion Locke group score a very high 422 points. Long Beach Poly (363), Morse of San Diego (305), Pomona (300), and a very strong and well-balanced Riverside Poly group (296) all came in ahead of the first scoring group from the Northern half of the State, St. Francis of Mountain View (287).

A special note must be added about the combined strength of the Hawthorne program. Their 970 point total when their winning Men's and Women's totals are combined is kind of frightening. They lose some key people, but the main actors of both squads return for 1988. Coach Kye Courtney and staff's are capable of continuing the dynasty. It will be interesting to see how the Women's group rebounds from its 1987 season ending debacle. Thousand Oaks, which scored 166 with a fine 1987 Men's team is number two when scores are added together, totalling 649. Muir (Pasadena), at 577, and Dorsey (LA) 574 should certainly also be congratulated for the overall strength in their combined Men's and Women's programs.

## Prep Results

### U.S. Cuban Juniors

July 4-5, Cuba.

On July 4th and 5th part of the U.S. Junior squad was allowed into Cuba to take part in the first organized competition involving a U.S. sports team since the takeover by Fidel Castro in the late 1950's. The team was basically one individual per event with two extra athletes allowed for relay duty. The Cubans were predictably tough in the jumps and throws, with the Americans taking honors in almost all the sprint and hurdle events. Shane Collins (Bozeman HS, Montana), Arizona State bound, hefted the 16 pound shot 58-3/4 in his second competition

ever with that size implement. Brent Burns was one of two American jump winners, with Marcus Hooks fighting well against the other six Cubans in the field with a series of jumps all over 51 feet on his way to a personal best 53-5.

#### Men's Results

200m (+1.70 mps): 1. Ron McCree (USA/Long Beach CC) 21.26.

400m: 1. Reed (USA) 45.46, 2. Steve Lewis (USA/American HS/Fremont) 46.61.

400m Relay: 1. USA (A. Carson, J. Drummond, S. Simons, Ron McCree) 39.63.

1600m Relay: 1. USA (Kemp, Steve Lewis, E. Miller, W. Reed) 3:06.78.

Pole Vault: 1. Brent Burns (USA/Acalanes HS) 17-0 3/4.

Triple Jump: 1. Marquetti (Cuba) 54-10, 2. Marcus Hooks (USA/Long Beach CC) 53-5.

#### Women's Results

200m (+1.10 mps): 1. Howard (USA) 24.25, 2. Ronda Brooks (USA/Oakland HS) 24.49.

400m Relay: 1. USA (A. Howard, C. Smith, Ronda Brooks, C. Gaines) 45.26.

5000m Walk: 1. Cindy Perez (USA/Mission San Gabriel HS) 26:35.52.

### British Columbia Canada Juniors

July 11-12, Richmond, BC, Canada.

The U.S. Junior team competed against athletes from Canada, Mexico, Japan, Australia, and China on the second stop of their summer tour. Everyone was able to take part in this meet, with the Californians along again doing a good job.

#### Men's Results

100m (Race B) (+1.3 mps): 1. Ron McCree (USA/Long Beach CC) 10.60.

200m (Race A) (0 wind): 1. Drummond (USA) 21.02, 2. Ron McCree 21.09.

400m (Race A): 1. Reed (USA) 45.85, 2. Steve Lewis (USA/American HS) 46.94.

10,000m: 1. Ayabe (Japan) 29:31.24, 5. David Schumacher (USA/LB St) 32:21.32.

400m Relay: 1. USA (Cason, Drummond, Simmons, Ron McCree) 39.47.

Pole Vault: 1. Brent Burns (USA/Acalanes HS) 15-11.

Triple Jump: 1. Marcus Hooks (USA/Long Beach CC) 52-1 1/4.

Hammer Throw: 1. Carlin (Australia) 180-8, 5. Scott Biberthaler (USA/Fresno CC) 173-4.

#### Women's Results

200m (Race B) (+1.2): 1. Ronda Brooks (USA/Oakland HS) 24.7.

400m Relay: 1. USA "A" (Howard, Smith, Gaines, Ronda Brooks) 45.26.

3000m Walk: 1. Blythe (Australia) 13:48.14, 2. Sybil Perez (USA/San Gabriel Mission HS) 14:24.13.

Shot Put: 1. Vizaniara (Australia) 47-7/4, 4. Dawn Dumble (USA/Bakersfield HS) 43-3/4.

Discus: 1. Millett (USA) 137-8, 5. Dawn Dumble (USA/Bakersfield HS) 131-0.



## Prep Notes

### International Junior Track & Field Meet

July 18-19, Pullman, Washington.

On Saturday, July 18th and Sunday, July 19th the American Junior squad closed out its summer of team competition with a double dual meet scoring affair against Canada and Australia, with athletes also in the meet from Japan, China, Mexico, and Jamaica. It was the end of a long three weeks away from home for the athletes involved, but there were still some very good performances. Unfortunately, it rained throughout the competition on Saturday, with some of the performances under the conditions quite amazing. Sunday was a beautiful day for competition. The women's scoring affair with Canada was very close, even with a couple of events to go, before the U.S. group finished strong to win 90-78. The Canadians have some fine young athletes. Meet headliners, 400 meter runners William Reed and Californian Steve Lewis, unfortunately slept through their Saturday open event, and international rules eliminated their involvement the next day in the 4x400m relay. Brent Burns no-heighted in the pouring rain in the Pole Vault.

John Drummond, from Philadelphia originally and Odessa, JC in Texas, was very impressive with a 10.47 (in a pouring rain)-20.70 sprint double and spots on both relay winners. George Kersh was awesome, moving away from a fine group to an over three and a half second 800m win at 1:47.29 (#2 prep time ever). Jeff Wylie (Pasadena, TX) High Jumped the #10 prep mark ever at 7-3 in his win there. Caryl Smith (Washington HS, Denver), UCLA bound, finished her International summer undefeated with a 11.54 100m win. Kellie Roberts (Central, Seat Pleasant, MD) raced 57.68 to set a stadium record in the 400m Low Hurdles. Tonia Sedwick (Jeffersonville, IN-another future UCLAer) Long Jumped 20-10, and Jodie Bilotta (North Hunterdon, Annandale, NJ) cruised 4:24.11 for 1500m in looking very good for the American squad.

#### Men's Results

100m (+0.52): 1. Drummond (USA) 10.47, 2. Ron McCree (USA/Long Beach CC) 10.63.

200m (+0.87): 1. Drummond (USA) 20.70, 2. Ron McCree (USA/Long Beach CC) 20.78.

500m: 1. Avable (Japan) 14:27.28, 8. David Schumacher (USA/Long Beach St) 15:02.8.

400m Relay: 1. USA (Carson, Drummond, Simmons, Ron McCree) 349.40.

Triple Jump: 1. Marcus Hooks (USA/Long Beach CC) 51-11 3/4.

Scoring: US 124, Canada 78, USA 133, Australia 66.

#### Women's Results

100m (+0.16): 1. Smith (USA) 11.54, 3. Ronda Brooks (USA/Oakland HS) 11.73.

200m (+0.40): 1. Saleem (USA) 24.01w, 4. Ronda Brooks (USA) 24.54.

400m Relay: 1. USA #1 (Howard, Smith, Gaines, Ronda Brooks) 44.56 (Stadium record).

5000m Walk: 1. Blythe (Australia) 22:58.0 SR, 5. Sybil Perez (USA/Mission San Gabriel HS) 26:27.5, 6. Cindy Perez (USA/Mission San Gabriel HS) 26:58.0.

Shot Put: 1. Vizanieri (Australia) 48-0, 5. Dawn Dumble (USA/Bakersfield HS) 41-4 1/2.

Discus: 1. Hill (USA) 158-2, 4. Dawn Dumble (USA) 137-0.

Scoring: USA 90, Canada 78, USA 102, Australia 58.

### 1987 Jr. Olympic Track & Field Championships

July 22-25, Provo, Utah.

The TAC Junior Olympic competition this summer was held at BYU with once again amazing participation. The results must run 100 pages single-spaced! Below are summarized the California Finals placers. There were some fine performances. Two that really stick out are Quincy Watts and Stacy Sparks. Watts is a California household word with his Prep successes for Taft High School of Woodland Hills, with Sparks tearing the sprints apart in the Midget Girls (11-12) division at Provo. Watts blazed 10.30 (100m wind -0.17 meters per second) and 20.50 (200m wind -1.13). These are both lifetime bests, with the 200 a new California prep record (the 100 is #2 behind Henry Thomas's 10.25). The natural question is over altitude, which is a definite help in the sprint events with the rarified air of 4500 feet at Provo. *Track and Field News* in its "Little Gold Book" addresses the subject, stating a 100m runner at Provo would be assisted by .06 at that altitude, putting Quincy at 10.36 (His lowland best). Over 200m the aid of 4500 feet would help one .12, but the -1.13 meter per second wind should hinder a runner .09, so it about even out to where the 200 was probably Watts' best ever sprint effort. Stacy Sparks destroyed the National Records at 100m and 200m in her 12.26 (-0.07 wind)-25.44 (-0.38) wins in the 11-12 year old division. These are amazing times for someone so young. It is interesting that she took down the records set by LaNia Brice of 12.54 and 25.53 set at Provo back in 1984. Brice is now a top Sac-Joquin Section sprinter as a ninth grader at Lincoln High School in Stockton. For comparison, there are only twelve High School female athletes in the state this spring who ran 100m faster than Sparks, who in undoubtedly no more than a seventh grader. Others with especially fine performances were Ruben Hendrix (Ninth grader at South Bakersfield HS), who took the 15-16 High Jump at 6-8 1/4, and 400m runners Kim McAllister (Locke HS, LA, a sophomore) 55.46 and Courtney Clark (Las Lomas HS, Walnut Creek, and 11th grader) 56.15. The latter duo are among what should be a top group of female prep 800m runners next spring.

#### Men's Results

##### Bantam Boys (10 & Under)

100m (-0.01): 4. Lucien Robinson (San Gabriel) 13.77.

200m (-0.45): 5. Lucien Robinson (San Gabriel) 28.19.

400m: 2. Steve Wofford (Bakersfield) 62.88, 6. Jomarr French (LA) 66.92, 9. Jermaine Watkins (Bakersfield) 68.39.

800m: 2. Jomarr French (LA) 2:32.94, 3. Rashad Stroops (LA) 2:32.96, 4. Daniel Lopez (San Dimas) 2:34.96.

1500m: 7. Jon Lobue (LA) 5:19.66.

400m Relay: 1. Bakersfield Track Rabbits 53.80.

4x400m Relay: 2. LA Jets 4:28.58, 3. Bakersfield Track Rabbits 4:42.57.

Long Jump: 2. Lucien Robinson (San Gabriel) 14-7 1/4.

Shot Put: 3. John Martin (Oakhurst) 29-8 3/4.

Triathlon: 3. Jon Roby (Corcoran) 639.

##### Midget Boys (11-12)

200m (-0.38): 6. Byron Casey (Fremont) 26.60.

400m: 4. Ahmad Paxton (LA) 59.59.

800m: 1. Michael Adolphus (LA) 2:19.08.

1500m: 5. Theodore Daudel (La Verne) 5:01.48.

3000m: 4. Theodore Daudel (La Verne) 10:38.32.

80m Hurdles (30"): 4. Byron Casey (Fremont) 13.06, 5. Larry Parker (Bakersfield) 13.20.

4x400m Relay: 2. LA Jets 4:02.66.

Shot Put: 7. Billy Emhoff (Bakersfield) 38-5.

Pentathlon: 6. Joseph Comnesso (Chino) 1975.

##### Youth Boys (13-14)

400m: 9. Kevin Saunders (LA) 53.31.

800m: 3. Sanyika Hale (Compton) 2:07.01, 7. Paul Ward (Lafayette) 2:12.75.

1500m: 2. Paul Ward (Lafayette) 4:26.82,

7. George TeVelde (Escondido) 4:33.17.

100m Hurdles (36") (+0.16): 4. Jaffers Bailey (Woodland Hills) 15.12.

4x400m Relay: 2. LA Jets 3:37.65.

High Jump: 3. David Bass (Chowchilla) 5-9 3/4.

Long Jump: 3. Fred Sims (Carson) 19-4 1/4.

Discus: 3. Noah Jones (San Jose) 146-11, 6. Rob Crawford (Clovis) 139-11.

Intermediate Men (15-16)

100m (-0.01): 3. Barry Smith (SF/Mission HS) 10.85.

200m (-1.13): 3. Barry Smith (S.F./Mission HS) 21.51.

3000m: 2. Juan Romero (Alvin) 9:14.95,

5. Donald Nelson (Pleasanton) 9:27.96.

High Jump: 1. Ruben Hendrix (Bakersfield/South HS) 6-8 1/4.

Pole Vault: 9t. Eric Rameson (Gaviota/Dos Pueblos HS) 12-6.

Triple Jump: 7. Billy Ivey (West Covina/Edgewood HS) 44-7.

Young Men (17-18)

100m (-0.17): 1. Quincy Watts (Woodland Hills/Taft HS) 10.30MR, 5. Dwayne Miller (S.F./Riordan HS) 10.65, 9. Percy Knox (Lancaster/Antelope Valley HS) 10.96.

200m (-1.13): 1. Quincy Watts (Woodland Hills/Taft HS) 20.50MR, 4. Brian Bridgewater (Woodland Hills/Washington LA) 21.18, 5. Dwayne Miller (S.F./Riordan HS) 21.19.

400m IH: 3. Albert pride (Sacto/Grant HS) 53.54.

Long Jump: 8. Diatori Gildersleeve (Sacto/Grant HS) 22-3.

Triple Jump: 7. Diatori Gildersleeve (Sacto/Grant HS) 46-4 1/2, 8. Charles Huff (San Diego/Lajoia HS) 46-4.

Shot Put: 2. Sam Cavallaro (Logan HS, Union City) 58-3, 6. John Wirtz (Bellarmine HS, San Jose) 55-11 1/4.

Discus: 3. John Wirtz (Bellarmine HS, San Jose) 175-5.

Decathlon: 1. Tom Richards (Santa Barbara/San Marcos HS) 6618, 5. Matt Farmer (LaMesa/Monte Vista HS) 6034.

400m Relay: 1. LA Jets 55.80MR, 4. Fast Forward TC 56.38, 5. Bakersfield Track Rabbits 58.38.

4x400m Relay: 1. LA Jets 4:37.07, 3. Fast Forward TC 4:53.42, 4. West Valley Eagles 4:55.00.

High Jump: 1. Nikki Hubbard (Bakersfield) 4-4.

Long Jump: 2. Laren Parker (Bakersfield) 12-8 1/2, 3. Adrian Williams (Fresno) 12-8.

Shot Put: 2. Lisa Brewer (Clovis) 25-4 1/4.

Midget Girls (11-12)

100m (-0.07): 1. Stacy Sparks (S.F.) 12.26MR.

200m (-0.38): 1. Stacy Sparks (S.F.) 25.44MR, 5. Monica Henderson (San Diego) 26.66.

400m: 2. Sanoma Nickson (LA) 60.84, 7. Nicole Bentley (Bakersfield) 63.14, 8. Rena Mitchell (Fresno) 64.36.

800m: 3. Kamara Mayberry (LA) 2:25.84, 7. Latarus Johnson (LA) 2:32.76.

1500m: 2. Latarus Johnson (LA) 5:01.15,

9. Brook Chapman (Lakewood) 5:21.40.

3000m: 8. Monse Hulzar (Lamont) 11:44.17.

4x400m Relay: 1. LA Jets 4:14.59, 2. Fast Forward TC 4:29.66.

High Jump: 1. LaTanya Johnson (San Jose) 4-7 1/4.

Long Jump: 3. Nicole Bentley (Bakersfield) 15-0.

Shot Put: 6. LuzMaria Cabrera (Helm) 32-5 1/4.

Discus: 5. Nicole Park (Bakersfield) 73-4.

Pentathlon: 1. LaTanya Johnson (San Jose) 2853.

Youth Girls (13-14)

200m (-1.22): 1. Andrea Burnside (LA) 27.96MR, 9. Steffi Hanf (Pleasant Hill) 32.55.

400m: 2. Nicole Haynes (Torrance) 58.02, 3. Janette Atkins (LA) 58.70, 7. Danette Garrett (LA) 59.77.

800m: 2. Stefanie Jensen (SoLake Tahoe) 2:18.25, 4. Lori Miller (Bakersfield) 2:22.18.

1500m: 2. Lori Miller (Bakersfield) 4:54.53, 8. Valerie Daudel (LaVerne) 5:14.91, 9. Rebecca Spies (Livermore) 5:15.82.

3000m: 6. Valerie Daudel (LaVerne) 11:28.02.

100m LH (30") (+0.78): 2. Andrea Burnside (LA) 15.61.

400m Relay: 2. LA Jets 48.58.

4x400m Relay: 1. LA Jets 3:55.10, 4. Bakersfield Track Rabbits 4:10.37.

High Jump: 8t. Jennifer Dinaberg (West Hills) 4-9 1/4.

Long Jump: 3. Kam Warner (Bakersfield) 16-2 1/4.

Triple Jump: 2. Kam Warner (Bakersfield) 34-4 1/4, 5. Steffi Hanf (Pleasant Hill) 34-1 1/4.

Shot Put: 4. Misako Hampton (Bakersfield) 39-10 1/2.

Discus: 2. Misako Hampton (Bakersfield) 104-5.

Pentathlon: 1. Jennifer Mair (San Jose) 2572.

Intermediate Women (15-16)

200m (-1.26): 7. Leshette Hollette (Long Beach) 25.69.

400m: 2. Kimberly McAllister (Inglewood/Locke HS) 55.46.

100m Hurdles (30") (+0.24): 9. Leshette Hollette (Long Beach) 16.03.

Triple Jump: 9. Tammy Graham (Mission Viejo) 33-1.

Young Women (17-18)

400m: 3. Courtney Clark (Walnut Creek/Las Lomas HS) 56.15.

800m: 6. Courtney Clark (Walnut Creek/Las Lomas HS) 2:21.29.

3000m: 9. Kika Pellegrini (Calico/Calico HS) 12:03.2.

Discus: 9. Samira Taylor (Sacramento/Grant HS) 122-5.

Javelin: 1. Ashley Selman (Santa Ana/Foothill HS) 142-2.

Heptathlon: 4. Ashley Selman (Foothill HS, Santa Ana) 4177.



##### Bantam Girls (10 & Under)

200m (-.30): 2. Jeanette Martin (Fresno) 28.92, 3. Crystal Gordon (Bakersfield) 29.23, 7. Loya Anderson (LA).

400m: 3. Loyce Pace (LA) 65.32, 6. Kristie Johnston (Fresno) 67.36, 9. Lisa Logan (LA) 69.51.

800m: 8. Kimberly Davis (Sattley) 2:46.28.

1500m: 7. Sheily Rogers (Eureka) 5:50.98.





## 1987 California Girls High School Best Marks List

By Doug Speck



Left to Right: Kira Jorgensen, Mary Mendoza, Kathy Karpel and Melissa Sutton.

The following are believed to be the top marks achieved by California preps during the 1987 Track and Field season. Marks listed up through 200 meters are fully automatic Accutrack clockings, marks followed by a "c" are converted from the equivalent yard or metric distance. \* = junior, \*\* = sophomore, \*\*\* = freshman, ? = grade unknown.

Please send any corrections or additions to: Doug Speck, 563 No. Willowgrove, Glendora, California 91740.

### 100 Meters (Fully Automatic Electronic Accutrack)

11.76	Janeene Vickers (Pomona)(1)6/6-Sacto-St.Final
11.83	Maddette Smith(QuartzHill)(1h2)-Artes-SS3APre
11.84	Ronda Brooks(Oakland)(1)5/30-Oak/SF Finals
11.91	LaShawn Simmons(EI Monte)(1h1)6/5-Sacto-St.P
11.93	Stacey Rogers(Johnson,Sacto)(2h1)6/5-Sac-St.P
11.98	**Angie Davidson(Wasco)(1)5/15-Baksf-SoArea
12.00	**Angela Burnham(RioMesa,Oxnard)(1)3/7-Oxlin
12.03	Kim Matthews(Morse,S.D.)(3h1)6/5-Sac-StPre
12.10	**Leann Tinkshell(Locke)(6)6/16-Sac-StFinals
12.16	***Kee-Sha Adams(Hawthorne)(1)Op/4/4-Tx-TxRe
12.17	Karen Lawson(St.Francis,MtV)(1h1)5/1-LGatosI
12.21	Effie Daetz(Leigh,SJ)(2)5/1-LosGatosInv
12.25	**Abiola Davis(Berkeley)(1h1)5/29-NoCstPre
12.26	Adienna Thomas(Hawthorne)(3)4/11-ArcadiaInv
12.29	*Deaudra Wheeler(Hawthorne)(2)3/7-OxnardInv
12.31	Laura Isles(EI Camino,Ocsdey)(1h1)5/23-SD-SecF
12.34	**Shamone Chisom(Edison,HB)(1)5/15-Fres-Ar
12.34	*Onnie Ferguson(Crawford,SD)(3h5)6/5-Sac-StP
12.36	***LeNia Brice(Lincoln,Stktn)(8)6/6-Sac-StF
12.41	*Fatima Grisby(Edison,Fres)(2)4/25-BaksfInv

### 100 Meters (Wind-Aided Accutrack)

11.49	Janeene Vickers(Pomona)5/23-Norw-SS3AFinl
11.53	Maddette Smith(QuartzHill)(1)5/23-Norw-SS4AFI
11.62	LaShawn Simmons(EI Monte)(2)5/23-Nor-SS3AF
11.79	Ronda Brooks(Oakland)(1)4/34/3-FresInv
11.79	Stacey Rogers(Johnson,Sac)(1)5/29-Mod-Sac-JF
11.91	**Charlotte Vines(SanMarcos,SB)(2)5/23-4A F
11.94	**Angie Davidson(Wasco)(1)5/21-Fres-Sec F
11.95	Kim Matthews(Morse,SD)(1h3)5/23-SD-SecSe F
12.02	***Kee-Sha Adams(Hawthorne)(2)4/25-Waln-Mt.Sc
12.04	Messina Li(No.Torrance)(1)5/8-Torr-Lge F

### 200 Meters (Accutrack)

24.09	***Kee-Sha Adams(Hawthorne)(1)3/28-LA Inv
24.12	Maddette Smith(QuartzHill)(1)6/6-Sac-St F
24.17	Janeene Vickers(Pomona)(1)4/25-Mt.Sc Inv

24.28	***Angela Rolfe(Dorsey,LA)(3)6/6-Sac-St F
24.45	Ronda Brooks(Oakland)(1)5/30-Oak/SF Finals
24.47	**Angela Burnham(RioMesa,Oxn)(1)4/11-Arc In
24.49	Rosie Williams(E Nicolaus,Trwbddg)(4)6/6-Sac-F
24.62	Kim Matthews(Morse,SD)(2r50)-Mt.Sc Inv
24.79	*Simone Cain(Hueneme,Oxn)(2)5/29-Nor-StQual
24.79	**Roslyn Mack(St.Franc,MtV)(7)5-Phi,PA-AgGp
24.82	**Debra Hamilton(Locke)(2)5/30-VnNys-Cty F
24.82	Stacey Rogers(Johnson,Sac) list
24.93	*Crystal Irving(Poly,LB)(1h2)5/16-Art-SS4A Pre
24.96	*Andreen Alvarenga(Mitty,SJ)(7)6/6-Sac-St F
25.07	**Roslyn Mack(St.Franc,MtV)(2)5/1-L Gatos Inv
25.09	**Leann Tinkshell(Locke)(4)4/25-Mt.Sc Inv
25.15	**Angela Davidson(Wasco)(1)5/21-Fres-CS Fin
25.20	*Deanna Amy(Hawthorne)(3)5/29-Norwalk-StQual
25.25	Yolanda Fitch(Morse,SD)(1h1)5/23-SD-SecSm F
25.32	Staci Leach(ThousOaks)(3)3/28-LA Inv

### 200 Meters (Wind-Aided Accutrack)

23.95	Ronda Brooks(Oakland)(3h1)6/5-Sac-St Prel
23.96	Rosie Williams(E Nicolaus)(1h1)6/5-Sac-St Pr
24.24	Stacey Rogers(Johnson,Sac)(1)4/18-SanJos Inv
25.19	Darla Vaughn(MiraMesa,SD)(3)5/30-SD Sec Fin
25.30	***Sabrina Lee(Washington,Fre)(5h2)6/5-Sac-SP
25.31	Patricia Brown(Chowch)(5h1)6/5-Sac-St Pre
24.32	*Andreen Alvarenga(Mitty,SJ)(h)4/11-Inv
24.35	*Simone Cain(Hueneme,Oxn)(2h3)6/5-Sac-St P
24.51	Kim Matthews(Morse,SD)(1)5/30-SD-Sec Finals

### 400 Meters (Accutrack and Hand-Timed--Accutrack times placed .14 ahead of hand-times for comparison on this list)

53.55	**Angela Rolfe(Dorsey)(1)6/6-Sac-St Finals
53.96	*Crystal Irving(Poly,LB)(2)6/6-Sacto-St F
54.64	Janeene Vickers(Pomona)(4)2/20-LA-LATimes I
54.75	*Andreen Alvarenga(Mitty,SJ)(3)6/6-Sac-St F
54.90	*Bernitha Whitmire(Compton)(2)5/23-Nor-SS4A
55.09	**Debra Hamilton(Locke)(1)4/11-Arcadia Inv
55.23	*Simone Cain(Hueneme,Oxn)(3)5/23-Nor-SS4A f
55.46 A	***Kim McAllister(Locke)(2)7/25-Provo,UT-JOCh
55.60	**Roslyn Mack(St.Franc,MtV)(5)6/6-Sac-St F
55.95	D'Angela Smith(Valley,Sac)(7)6/6-Sac-St F
56.15 A	*Courtney Clark(LasLomas,WnChk)(3)7/25-Prov
56.1	Rosie Williams(E Nicolaus)(2h2)6/5-Sac-St Pre
56.37	***Staci Moore(Muir,Pas)(4)5/25-Norw-SS4A
56.40	Lezli Jensen(LosGatos)(2)5/1-LosGatos Inv
56.46	Ronda Brooks(Oakland)(1)3/21-LosGatos Inv
56.64	Yolanda Fitch(Morse,SD)(1)5/30-SD-Sec Fin
56.71	Socorro Vasquez(SoGate)(4)5/30-VanNuys-Cy F
56.81	Stacey Rogers(Johnson,Sac)(2)5/8-Sac Inv
56.86	Wendi Simmons(S.Rosa)(1)5/30-Berk-NoCstSec F
56.99	**Kathi Roldan(Mt.Whit,Visa)(1)5/21-Fres-Sec F

### 800 Meters (Accutrack and Hand-Timed--Accutrack times placed .14 ahead of hand-times for comparison on this list)

2:12.38	Kris Kochel(Ventura)(1)3/28-LA. Inv
2:12.36	**Kim McAllister(Locke)(7)5-Phil-AgeGrp
2:12.61	*Kristina Hand(Fallbrook)(1)4/11-Arcad Inv
2:12.70	Kathryn Krieger(SLO) (1)5/29-Nor-St Qual
2:12.86	*Erika Lovett(Savanna,Anaheim)(2)5/29-Nor-StQ
2:13.2	Angela Stearns(SilverCk,SJ)(1)1/31-Berk-AC
2:13.43	Kathy Lee(Acalanes,Lafyt)(1h2)6/5-Sac-St P
2:13.45	*Althia Moses(Morningsde,Ing)(4)7/5-Phil-AgGp
2:13.69	**Persephone Lowery(Norco)(4)6/6-Sac-St F
2:14.10	Glenda Smith(Upland)(3)4/11-Arcadia Inv
2:14.10	*Courtney Clark(LasLomas)(2h2)6/5-Sac-St P
2:14.72	*Shannon Leider(Clovis)(3r4)3/4/25-Mt.Sc Inv
2:14.83	Kathy Karpel(OceanVw,HB)(2)5/23-Nor-SS4A F
2:15.20	**Kim Toney(Atasca)(1)5/23-Nor-SS4A F
2:15.64	*Desiree Joubert(Westlik)(1h1)5/16-Arts-4A P
2:15.77	*Gabby Mackenzie(Dixon)(4)4/11-Arcadia Inv
2:15.7	Mary Mendoza(Presentation)(1)5/1-L Gatos Inv
2:15.95	Shannon Karpel(OceanView)(3)3/28-LA Inv
2:16.07	*Christina Ross(Hawthorne)(3)5/23-Nor-SS4A Fin
2:16.18	*Christy Bache(University,SD)(2)5/30-SD-Sec F

### One Mile Run (Accutrack and Hand-Timed. Accutrack times placed .14 ahead of hand-times for comparison on this list)

4:47.68c	**Kira Jorgensen(Vista)(1)6/6-Sac-St F
4:48.27c	*Robbyn Bryant(Hesperia)(2)6/6-Sac-St F
4:54.9c	Mary Mendoza(Presentation)(1)5/1-L Gatos Inv
4:54.73c	*Tracey Williams(Mt.View,EIM)(2)5/29-SQ
4:55.88c	Kathy Karpel(OceanView,HB)(3)5/29-Nor-St Q
4:56.94	Melissa Sutton(Newbury Pk)(4)5/29-Nor-St Q
4:57.05c	*Brigid Freyne(RiversidePoly)(5)5/29-NorStQ
4:57.15c	**Reyna Cervantes(Montebello)(2)4/11-Arcad In
4:59.31c	Kara Olson(SanPedro)(7)6/6-Sac-St Finals
5:00.20c	Kelli Lewis(DanaHills)(6)5/29-Nor-St Q
5:00.4c	**Beth Bartholomew(Fremont,Snv)(2)5/30-SJS
5:00.68c	Shannon Karpel(OceanView)(7)5/29-St. Qual
5:01.0	*Katy McCandless(Castilleja)(3)5/1-L Gatos In
5:01.7c	Christy Farrell(ThousOaks)(h)5/1-Camar Inv
5:03.4c	*Kristina Hand(Fallbrook)(h)5/13-LgePrelims
5:03.84c	**Ashley Black(PalosVerdes)(7)4/11-Arcadia Inv
5:03.90c	Melanie Hiatt(Davis)(8)4/11-Arcadia Inv
5:03.81	Angela Stearns(SilverCk,SJ)(1)1/16-LA Sunkist
5:04.4c	*Laurie Andeen(MenloAth)(6h1)6/5-Sac-St Pre
5:05.45c	Nicole Nugent(TorreyPines)(1)3/28-LA Inv



# Prep Notes

## Two Mile (Accutrack and Hand-Timed. Accutrack placed .14 ahead of hand-times for comparison on this list)

10:26.68	Mary Mendoza(Presentation,SJ)(1)6/6-Sac St.
10:27.88	**Kira Jorgensen(Vista)(1)4/11-Arcadia Inv.
10:34.41	**Reyna Cervantes(Montebello)(3)6/6-Sac-St.
10:35.64	***Karen Hecox(So.Hills,Cvna)(4)6/6-Sac-St
10:35.71	*Tracey Williams(Mt.View,ElMonte)(1)1/16-LA S
10:36.47	*Katy McCandless(Castilleja)(5)6/6-State
10:37.81	Melissa Sutton(NewburyPark)(2)1/16-LA Sunk
10:38.08	*Brigid Freyne(RiversidePoly)(3)5/29-Nor-StQ
10:40.92	Christy Farrell(ThousOaks)(3)4/11-Arcadia Inv
10:41.7c	Nicole Nugent(TorreyPines)(8)6/6-Sac-St
10:45.74	*Nicole Houle(Heaperia)(7)4/11-Arcadia Inv
10:46.3	*Tammy Foley(MissionSanJose)(2)11/1-LG-Post
10:47.30	***Tanya Thayer(Serrano,Phelan)(8)4/11-ArcInv
10:47.94	**Ashley Black(PalosVerdes)(6)5/29-NorStQ
10:49.4c	*Jamie Park(S.Barb)(9)4/11-Arcadia Inv
10:54.61	Jeanise Eisenman(Callistoga)(1)5/29-Berk-NoCF
10:54.5c	Kara Olson(SanPedro)(9)6/6-Sac-State
11:02.1	**Mugsie Kosek(Gunn,PaloAlto)(3)5/1-LosGatIn
11:04.7	*Laurie Andeen(MenloAth)(4)5/7-LG Inv
11:05.28	Chris Hamilton(So.Torrance)(4)5/23-Nor-SS3A

## 300 Meter Hurdles (Accutrack and Hand-Timed-Accutrack times are listed .24 ahead of hand-times for comparison on this list)

40.26	Jeneene Vickers(Pomona)(1h1)6/5-Sac-St P
41.86	Effie Daetz(Leigh,SJ)(2)6/5-Sac-St F
41.94	Laurie Smith(Valley,Sacto)(3)6/6-Sac-St F
42.69	Staci Leach(ThousOaks)(1)5/23-Nor-SS4A F
42.5	Laura Ainsworth(Fremont)(1)5/7-LA-Lge F
42.88	Sharon Manahip(ThousOaks)(2)5/29-Nor-St Q
42.97c	Gina Albanese(Branham,SJ)(1)5/15-LG LF
43.08	Chrishelle Johnson(Stagg,Stktn)(6)6/6-SacSt F
43.27	Wend Simmons(SantaRosa)(7)6/6-Sac St FI
43.47	*Michelle DeCoux(BishO'Dowd)(1)5/30-Berk NC
43.71	Lori Finnerty(PiedmontHl)(8)6/6-Sac St F
43.7c	LaShawn McBride(Poly,LB)(1)4/24-dual meet
44.03	Doris Williams(RiversPoly)(4)5/29-Nor StQ
44.17	Julie Rosemond(Ventura)(5)5/29-Nor St Q
44.42	**Kim Young(Madera)(1)5/7-Fresno-Lg F
44.42	*Loni Larson(Fillmore)(6)5/29-Nor St Q
44.44	Lisa Vanderburg(Walnut)(1)3/23-Nor SS3A F
44.52	*Leslie Allen(Muir,Padad)(7)5/29-Nor St Q
44.54	*Danielle Reaves(Esperanza,Anah)(2)5/23-Norw
44.56	Felicia Harris(SanLorenzo)(2)5/23-S.R.NC2AF

3:47.58	Hawthorne (1) 4/4-Austin,TX, Texas Relays
3:48.33	Muir, Pasadena (2) 6/6-Sac State Finals
3:48.3	Dorsey, LA (2) 5/30-VanNuys-LA City F
3:51.77	Valley, Sacto (3) 6/6-Sac State Finals
3:53.40	Woodbridge, Irvine (4) 5/29-Nor St Q
3:53.52	Thousand Oaks (5) 5/29-Nor St Qualifying
3:53.80	Corona del Mar (6) 5/29-Nor St Qual
3:53.7	Clovis (7) 6/6-Sacto State Finals
3:54.48	Morse, SanDiego (4r64) 4/25-Mt.Sac Inv
3:55.4	St.Francis,Mt.View (2) 4/18-SanJose Inv
3:56.3	Crawford, SanDiego (5h1)6/5-Sac St Prelims
3:56.5	Kennedy,Richmond (1) 5/30-Berk NoCstSec F
3:56.65	Acalanes,Lafayette(1)5/23-S.RosaNoCst2A F
3:57.04	Bishop O'Dowd,Oakland(2)5/30-BerkNoCstSec
3:57.48	Wilson,LongBeach (2h4)5/16-ArtesiaSoSec4A P
3:58.30	Upland(2)5/23-Norwalk-SoSec 3A Finals
3:58.45	Los Gatos (1) 5/29-SanJose CenCstSec F
3:58.57	Rio Mesa, Oxnard (3h4) 5/16-Artesia Pre
3:58.57	Morningside,Inglewood(2)5/23-Nor-SoSec2A F

## High Jump

5-10 1/4	**Lori Svoboda(ElDorado,Plac)(1)5/29-NorSt Q
5-10	*Karol Damon(Redlands)(1)2/13-RedlandsAllCo
5-10	LaShawn McBride(Poly,LB)(1)3/12-dual meet
5-10	**Lynn Patrick(Serra,SD)(1)6/6-Sac St F
5-9 1/2	*Julieann Broughton(Armijo,FrId)Lge F
5-9	*Celia Willis(ClovisWest,Fsno)(1)3/20-FresnoIn
5-9	***Crissy Mills(CampbellHl,N.Hlyw)(1)6/25-Tor
5-9	Mary Prince (Paradise)
5-8	Stacia Pollock(Westlk,WestlkVil)(1)3/26-dual
5-8	Angle Evans(Vanden,TAFB)3/28 list
5-8	Renee Dabney(Morningside,Inglwd)4/10 dual
5-8	Eugenia Miller(Crenshaw,LA)(q)6/5-SacStPrelim
5-8	Samantha Shaver(LosAltos)(5)6/6-Sac St F

photo by Burt Davis



JANEENE VICKERS

Fine Flicks by Don Gosney



Left to Right: Rosie Williams, Madette Smith and Ronda Brooks.

photo by Burt Davis



KIM McALLISTER

## 100 Meter Low Hurdles (Accutrack)

13.34	Janeene Vickers(Pomona)(1)6/6-Sac-St F
13.68	LaShawn Simmons(ElMonte)(2)6/6-Sac-St F
13.73	Staci Leach(ThousOaks)(2)5/29-Norw-St Q
13.76	Effie Daetz(Leigh,SJ)(3)6/6-Sac-St F
13.77	LaShawn McBride(Poly,LB)(1)5/23-Norw-SS4A F
13.77	Laurie Smith(Valley,Sacto)(2h1)6/5-Sac-St Pre
13.83	Doris Williams(RiversPoly)(4)5/29-Nor-St Q
14.05	Lori Finnerty(PiedmontHills,SJ)(4h1)6/5-Sac-StP
14.15	**Kim Young(Madera)(1)5/21-Fresno-Sec F
14.25	Shiana Mosby(E.BakersId)(2)5/21-FresnoSec F
14.26	*Lisa Hale(RiversPoly)(2)5/7-Sun-Lge F
14.35	*Sharon Edmonds(Hawthorne)(2)3/28-LA Inv
14.37	Laura Ainsworth(Fremont,LA)(3h2)6/5-Sac-St P
14.40	Michelle Outlaw(Lincoln,SD)(1)5/30-SD-Sec F
14.42	Daria Vaughn(MiraMesa,SD)(2)4/18-SD Inv
14.42	April Broussard(Royal,Simj)(4)5/23-Nor-SS4A F
14.45	*Michelle DeCoux(BishO'Dowd)(4h2)6/5-SacSt
14.47	Julie Rosemond(Ventura)(6)5/29-Nor-St Q
14.54	Felicia Harris(SanLorenzo)(5h2)6/5-Sac-St P
14.56	**Latanya Davenport(Locke)(5)4/11-Arcad Inv

## 100 Meter Low Hurdles-Wind-aided: (Accutrack Timing)

13.63	Effie Daetz (Leigh, San Jose)
14.01	Lori Finnerty (Piedmont Hills, San Jose)
14.10	Laura Ainsworth (Fremont, LA)
14.16	Gina Albanese (Branham, San Jose)
14.20	Angie Evans (Vanden, Travis AFB)
14.33	*Michelle DeCoux (Bishop O'Dowd, Oakland)
14.37	*Lisa Fisher (Gunn, Palo Alto)
14.38	Chrishelle Johnson (Stagg, Stockton)

## 400 Meter Relay (Accutrack and Hand-Times. Accutrack times placed .14 ahead of hand-times for comparison on this list)

46.31	Hawthorne (1) 3/29-LA Invitational
46.89	Morse, San Diego (1r57) 4/25-Mt.Sac Inv
46.95	St.Francis, Mt.View (1) 6/6-Sac St Finals
47.25	Dorsey, LA (1) 5/30-Van Nuys-City Finals
47.32	Pomona (1) 5/29-Norwalk State Qual.
47.54	Locke, LA (1h1) 5/22-Van Nuys-LA City Si
47.79	Poly, LongBeach (4) 6/6-Sac St Finals
47.95	Oakland (3h3) 6/5-Sac State Prelims
48.08	Hueneme, Oxnard (5) 6/6-Sac State Finals
48.09	Crawford, San Diego (3h1) 6/5-Sac St Pre
48.13	Edison, Fresno (4h1) 6/5-Sac State Prelim
48.0	Johnson, Sacto (1) 5/1-Sacto Invitational
48.18	Vallejo (1) 5/8-Sacto Invitational
48.36	Cajon,SanBernardino 5/29-Norwalk St Qual
48.46	Patrick Henry, San Diego (3) 4/18-SD Inv
48.56	Rio Mesa, Oxnard (4h3) 6/5-Sac St Prel
48.7	Thousand Oaks (1) 5/8-Camarillo-League F
48.89	University, LA (2) 5/30-VanNuysCity F
48.90	Bishop O'Dowd, Oakland (1) 5/30-Berk NC
48.92	SanFernando (3) 5/30-VanNuys-LA City F
48.97	Ganessa, Pomona 5/29-Norw St Qualifying

## 1600 Meter Relay (Accutrack and Hand-Timed. Accutrack marks placed .14 ahead of hand-times for comparison on this list)

3:46.09	Locke, LA (1) 5/30-VanNuys LA City F
3:46.20	Poly, Long Beach (1) 6/6-Sac State Final

continued on next page...



# Prep Notes

Fine Flicks by Don Gosney

## Long Jump

20-11	Maddette Smith(Quartz Hill)(1)4/23-dual
20-1 1/4	LaShawn Simmons(EI Monte)(c)6/6-Sac St F
19-11 1/4	Serina Strange(Indio)(Q)6/5-Sac St Prelims
19-2	Lezli Jensen(Los Gatos)(1)5/15-LG-Lge Finals
19-1 1/2	Karen Lawson(St. Francis, Mt V)(1)6/6-Sac St F
19-1 1/4	Tonia Knott(Fresno)(Q)6/5-Sac St Prelims
19-1 1/4	Angle Evans(Vanden, TrAFB)(2)6/6-Sac St F
19-1	Laura Stowe(Tory Pns, Enct)(5)7 dual meet
18-10 3/4	Michelle Outlaw(Lincoln, SD)(4)11-Arcad Inv
18-8 1/2	Mario Aubert(Milpitas)(1)5/15-League Finals
18-8	Jackie Anderson(Mt. Miguel, SpVly)(1)4/9-dual
18-8	Gina Geon(EI Monte)(2)5/8-EI Monte-Lge F
18-8	Stacey Rogers(Johnson, Sacto)(5)16-League F
18-8	LaTanya Canada(Castle Pk, ChVis)(Q)5/23-SDSec
18-8	Jennifer Hawes(Plesnt Vly, Chico)(1)5/29-Chi
18-7 3/4	***Tiesha Holmes(LA)(14)6/5-Sac St Prelims
18-4 1/2	Kristen Edwards(So Pasadena)(1)3/28-LA Inv
18-4 1/2	April Broussard(Royal, Simi)(2)5/23-NorSS4AF
18-4	Wendi Simmons(S. Rosa)(2)3/28-Stanford Inv
18-4	LaShawn McBride(Poly, LB)(3)5/23-Nor SS4A F

## Wind-Aided

20-4	LaShawn Simmons(EI Monte)(Q)6/5-Sac St P
19-6 1/2	Stacey Rogers(Johnson, Sacto)(1)6/5-Sac St P
19-4	LaTanya Canada(Castle Pk)(Q)6/5-Sac St P
19-3 3/4	Karen Lawson(St. Francis, Mt. V)(Q)6/5-Sac St P
19-1	*Keshia Joseph(Etiwanda)(1)5/8-Ontario LG F
19-0 3/4	Merlo Aubert(Milpitas)(1)5/29-San Jose Sec F
19-0 1/2	Michelle Outlaw(Lincoln, SD)(Q)6/5-Sac St P
19-0 1/2	April Broussard(Royal, Simi)(Q)6/5-Sac St Pre
18-10 1/2	**Yolanda Burton(McAteer, SF)(1)4/6/5-Sac St P
18-8 1/2	Jennifer Hawes(Pleasant Vly, Chi)(1)3/6/5-St Pr

## Triple Jump

41-8 1/4	Jackie Anderson(Mt. Miguel)(1)5/23-SDLgeP
39-10 3/4	*Althia Moses(Morningsd)(2)6/13-Inv-TAC
39-6 1/4	Kim Lassair(Northgate, WCK)(1)6/6-Sac St F
39-1 1/2	Angela Hill(Lincoln, LA)(Q)6/5-Sac St Prelims
39-0	Sharon Manship(Thous Oaks)(3)6/6-Sac St P
38-7 1/2	**LaFrancia West(Grossmt, LaMa)(Q)6/5-Sac St P
38-7	**Kim Young(Madera)(5)6/6-Sac St F Finals
38-6	*Temecula Richardson(Western, Tu)(4)25-San Inv
38-5 1/2	*Tanya Conner(Barstow)(5)6/6-Sac St Finals
38-5	Karl Tarman(Chico)(Q)6/5-Sac St Prelims
38-4	Wendi Simmons(Santa Rosa)(3)28-Stanford Inv
38-3	***Yolanda Burton(McAteer, SF)(Q)6/5-Sac St Pr
38-2	Cherise Poole(Patrick Henry)(1)4/2-dual
38-0	Felicia Harris(San Lorenzo)(1)5/14-Hay Lge F
37-11	Donela Anderson(Tustin)(1)4/23-dual
37-10 1/2	Serina Strange(Indio)(1)5/29-Nor-SIQ
37-10	**Ally Kolb(Monte Vista, Danv)(3)5/30-Berk NSec
37-7 1/2	*Marj Gillies(Burbank)(1)3/28-Burbank Inv

37-7 1/4	Shiana Mosby(E. Baker Id)(5)25-list
37-5 3/4	Stacie Haro(Gilroy)(2)3/28-Stanford Inv
37-5 1/4	Cristina Gangnuss(Foothill, Pstn)(4)5/30-Berk Se

## Wind-Aided

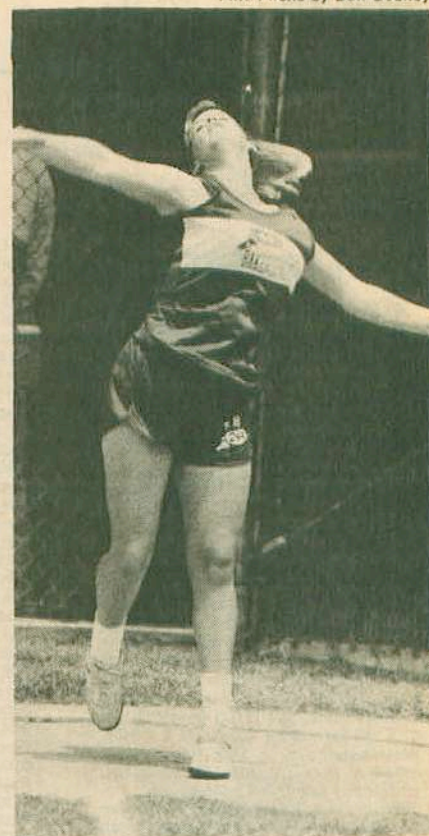
40-6 1/2	Felicia Harris(San Lorenzo)(1)5/22-UnCityNoCst
39-7 1/4	Kim Lassair(Nogate, WCK)(1)4/4-UnCity Inv
38-10	Wendi Simmons(S. Rosa)(1)3/28-Stanford Inv
38-0 3/4	Serina Strange(Indio)(4)4/24-Mt. Sac Invit
37-11 1/4	*Stacy Lyles(Valejo)(1)5/29-Modesto SacJ
37-10 3/4	Cynthia Fullwood(Escinal, Alam)(4)28 list
37-6	*Melynee Bass(Vacaville)(Q)5/27-Modesto SaJq
37-5 3/4	Stacie Haro(Gilroy)(1)5/29-San Jose Sec Finals
37-5 1/4	Gina Prince(Pacific Gry)(3)5/29-San Jose Sec F
37-5 1/4	*Jennifer Jackson(St. Franc, MtV)(3)5/29-SJ Sec F

## Shot Put

45-4	***Dawn Dumble(Bakersfld)(4)4-Tulare Inv
43-9 1/2	*Jennifer Wheelchel(Agoura)(1)6/6-Sac St F
43-0 3/4	*Heidi Ruiz(Los Gatos)(1)4/18-San Jose Inv
43-0	*Nancy Wannamaker(Pleasant Vly, Chi)(1)4/25-Chi
42-9	**Theresa Faafu(Ventura)(Q)6/5-Sac St Prelims
42-5	Yvonne Hill(Riverside Poly)(Q)6/5-Sac St Prelims
42-3	Michelle Campbell(Crawford, SD)(1)4/11-CV Inv
41-7 3/4	Starla Ahu (Vista) (1) 3/26-dual meet
41-1	Maureen McKinney(Reedley)(2)5/21-Fresno Sec
40-10 1/4	*Shannon Burns(Fremont, LA)(1)5/22-VN City Si
40-9 3/4	Aloese Afatas(Jefferson, DlyC)(Q)6/5-Sac St P
40-9 1/4	Vicki Gurney(EI Camino Real)(1)4/24-dual
40-7	*Tracy Wilson(Taft, WdIndH)(1)5/30-VN City F
40-1	Robin Longwell(Grossmont)(5)15-Lakes Lge F
39-11	Sue Schall(Del Mar, SJ)(2)5/21-Los Gat, Reg3
39-9 3/4	***Angela Arrington(Palmdale)(1)5/8-Quartz HI
39-9 1/4	Laura Aranson(W. Bakersfld)(Q)6/5-Sac St P
39-6	*Missy Hake(Wilson, LA)(3)5/30-Van Nuys City F
39-6	*Carolyn Hueth(W. Torrance)(1)Q)6/5-Sac St Pre
39-5 3/4	*Keshia Martin(Univ., LA)(4)5/30-VN City Finals

## Discus

157-7	***Dawn Dumble(Bakersfld)(5)1-Bakersfld Lg Pr
144-7	***Melissa Weis(Bksfld)(5)6/20-Tucson, AZ Jr T
144-2	Terri Mann(PL Loma, SD)(1)4/18-San Diego Inv
142-2	*Micheline Schaeffer(Carpinteria)(1)4/30-dual
141-7	Simara Taylor(Grant, Sacto)(5)1-Sacto Invit
139-1	Sheree Ogden (Antioch)(1)5/23-UnCityNoCst3A
138-8	Robin Longwell(Grossmont)(1)5/30-SD Sec F
138-7	Jennifer Ruff(Sequoia, Red City)(1)4/4-LAH Inv
138-6	**Allison Franke(Canyon, Anah)(Q)6/5-Sac St Pre
138-5	**Jenny Peters(Gunn, Palo Alto)(3)6/6-Sac St F
138-1	**Debbie Cembaliin(Adarador Vly)(Q)5/22-UCNC
137-1	Tammy Bermudes(Fremont, Snyvle)(1)5/29-SJ F
137-0	***Reneeka Williams(Nogales, LaPu)(Q)6/5-Sac
136-8	Laurie Edelbrook(St. Jos, SM)(2)4/11-Carl Inv



MELISSA WEIS

135-10	*Donna McKinnon(Yreka)(1)5/29-ChicoNoCst F
135-2	*Erica Moore(Ramona)(1)5/5-Corona Lge Finals
134-11	Debbie Frey(Yreka)(2)5/29-ChicoNoCst F
134-5	*Lasonia Cole(Washington, Fres)(1)4/29-tri-way
134-1	Pat Simpson(Vacaville)(5)4/11-Arcadia Invite
134-0	*Marcy Cochran(Nordhoff, Ojai)(1)4/2-dual

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## Masters Track & Field

### Northern California Seniors Classic

July 18, Berkeley.

#### Men's Results

**100m: (30-34)** 1. Kenneth Cook 11.6, 2. Ricardo Quilatang 12.0, 3. Gary Schmidt 12.5. **(35-39)** 1. Norbert Payton 11.0, 2. Tom Allen 11.9, 3. Ray Yeck 12.1. **(40-44)** 1. Paul Dungan 11.7, 2. Jim Pasquali 11.8, 3. Juan Bustamante 11.9. **(45-49)** 1. Martyn Adamson 11.5, 2. Bobby Simpson 11.8, 3. Phillip Maresca 12.9. **(50-54)** 1. Ken Dennis 11.2, 2. Bruce Springbett 12.0, 3. Paul Williams 12.3. **(55-59)** 1. John Poppell 12.5, 2. Huel Washington 12.7, 3. Dick Hanson 12.8. **(60-64)** 1. Robert Watanabe 13.0, 2. Bob Higginbotham 13.9. **(65-69)** 1. Jim Johnson 14.3, 2. Sam Hoover 16.2, 3. Jim Stephenson 19.5. **(70-74)** 1. Payton Jordan 13.0w, 2. Harry Koppel 14.9w, 3. John Satti 15.1w.

**200m: (30-34)** 1. Caegle 22.5, 2. Kenneth Cook 23.8, 3. Charles Missouri 24.2. **(35-39)** 1. Tom Allen 23.8, 2. Ray Yeck 24.5, 3. Earl Bryant 24.5. **(40-44)** 1. Paul Dungan 22.6w, 2. Matt Pruitt 23.0w, 3. Russ Rutledge 24.0w. **(45-49)** 1. Martyn Adamson 23.1, 2. Bobby Simpson 24.2, 3. Phillip Maresca 26.0. **(50-54)** 1. Ken Dennis 22.9, 2. Bruce Springbett 24.4, 3. Paul Williams 25.9. **(55-59)** 1. John Poppell 25.4w, 2. Dick Hanson 25.7w, 3. Huel Washington 26.2w. **(65-69)** 1. Charles Mercurio 31.7, 2. Sam Hoover 34.6. **(70-74)** 1. Payton Jordan 27.5w, 2. Harry Koppel 30.3w, 3. John Satti 32.3w.

**400m: (30-34)** 1. Charles Missouri 53.8, 2. Rick Thoman 55.2. **(35-39)** 1. Ray Yeck

54.1, 2. Max Naegle 56.5. **(40-44)** 1. Matt Pruitt 51.7, 2. Russ Rutledge 54.7, 3. Bob Spies 54.7. **(45-49)** 1. Martyn Adamson 52.3, 2. Ted Cain 53.2, 3. Clive Matson 61.6. **(50-54)** 1. Gil LaTorre 57.7, 2. Marvin Smoller 62.0, 3. Onomato Legend 63.7. **(55-59)** 1. Bernard Steven 60.6, 2. Alex Pappas 62.4, 3. E. Mehmedbasich 67.0. **(60-64)** 1. Robert Watanabe 63.2. **(65-69)** 1. Jim Stephenson 1:38.2. **(70-74)** 1. Jerome Lopes 75.1, 2. Bill Fairbank 76.6. **(80-84)** 1. Paul Spangler 1:58.6.

**800m: (30-34)** 1. George Cagle 1:56.8, 2. Daniel Barry 1:58.3, 3. Greg Hodson 2:14.3. **(40-44)** 1. Searcy Barnett 1:59.3, 2. Harvey Franklin 2:00.4, 3. George Mason 2:01.2. **(45-49)** 1. Harold Holder 2:29.6. **(55-59)** 1. Art Hackwitz 2:31.3. **(65-69)** 1. Don Wilgus 2:59.8. **(75-79)** 1. Mel Shline 3:16.8. **(80-84)** 1. Spaul Spangler 4:32.5.

**1500m: (30-34)** 1. Michael German 4:11.5, 2. Philip Behrends 4:14.4, 3. Steven Petto 4:19.7. **(35-39)** 1. C. Chateaubriant 4:26.6, 2. Ernie Rivas 4:29.0. **(40-44)** 1. Bill Sevald 4:14.3, 2. George Mason 4:17.9, 3. John Cobourn 4:28.3. **(60-64)** 1. Joe King 5:04.5. **(65-69)** 1. Donald Cotner 6:03, 2. Don Wilgus 6:12. **(70-74)** 1. Ray Mahannah 6:33.9, 2. Tertius Chandler 7:39.2. **(85-89)** 1. Paul Spangler 9:21.0.

**3000m: (30-34)** 1. Rob Heilerle 9:11.3, 2. Philip Behrends 9:28.6, 3. Greg Hodson 9:42.1. **(35-39)** 1. Steve Ferraz 8:48, 2. Ernie Rivas 9:07.4. **(40-44)** 1. Bill Sevald 8:52, 2. Al Stanbridge 9:30.6, 3. Daryl Zapata 9:38.6. **(65-69)** 1. Don Wilgus 13:38.3, 2. Carl Reiterman 19:23.8. **(70-74)** 1. Ed Preston 13:03.3, 2. Tertius Chandler N.T. **(85-89)** 1. Paul Spangler 18:55.7.

**100m Hurdles: (60-64)** 1. Bob Higginbotham 17.5. **(70-74)** 1. John Satti 18.0.

**110m Hurdles: (55-59)** 1. Alan Maxwell 20.3, 2. Bill Eller 20.0. **(45-49)** 1. Walt Butler 15.3, 2. Ted Cain 16.8.

**400m IH: (30-34)** 1. John Kirkpatrick 60.5. **(45-49)** 1. Harold Holder 73.6. **(50-54)** 1. Bill Eller 73.0. **(55-59)** 1. Will Robinson 69.3, 2. Alan Maxwell 78.5.

**4x100m Relay: (50-59)** 1. West Valley TC 51.0.

**Hammer: (35-39)** 1. Gary Kelmenson 144-10. **(50-54)** 1. Jim Hart 125-3. **(65-69)** 1. Bob Stone 104-5, 2. Rick Hustace 68-9. **(70-74)** 1. Jim York 104-5.

**Shot Put: (30-34)** 1. Richard Gorbet 51-0 1/4, 2. Gary Schmidt 39-7. **(35-39)** 1. Gary Kelmenson 37-5, 2. Michael Holtzgang 35-5 1/4. **(45-49)** 1. Richard Brown 49-7 1/2, 2. Richard Hotchkiss 41-1. **(50-54)** 1. Jim Hart 47-5 1/2, 2. Bob Beedle 35-10 1/4. **(55-59)** 1. Ted Wassam 39-9 1/4. **(65-69)** 1. Quinto Merlo 35-5 1/2, 2. Bob Stone 32-6, 3. Hal Cronkhite 32-2 1/4. **(70-74)** 1. Ross Carter 42-2 1/4, 2. Jim York 33-0 1/4, 3. Lester Liebenberg 32-10 1/2. **(80-84)** 1. Burt DeGroot 27-11, 2. Emery Curtice 24-5 1/2.

**Discus: (30-34)** 1. Richard Gorbet 126-11, 2. Gary Schmidt 121-5. **(35-39)** 1. Michael Holtzgang 94-9. **(45-49)** 1. Richard Hotchkiss 135-2, 2. Richard Rodarte 122-5. **(50-54)** 1. Jim Hart 148-0, 2. Don Rose 114-1, 3. Bob Beedle 102-2. **(55-59)** 1. Ted Wassam 122-6. **(60-64)** 1. Michael Orlich 119-9, 2. Alden Bryant 92-2. **(65-69)** 1. Bob Stone 127-7, 2. Hy Booth 125-2, 3. Quinto Merlo 119. **(70-74)** 1. Ross Carter 126-5, 2. Jim York 101, 3. Lester Liebenberg 94-3. **(80-84)** 1. Burt DeGroot 82-0.

**Javelin: (30-34)** 1. Gary Schmidt 147-3. **(35-39)** 1. Michael Holtzgang 122-10. **(45-49)** 1. Dennis Neufeld 146-10, 2. Richard Stepp 148-5. **(50-54)** 1. Phil Conley

172-8, 2. Don Rose 130-3. **(60-64)** 1. Alden Bryant 106-3. **(65-69)** 1. Bob Stone 104-2, 2. Richard Hustace 98-9, 3. Richard Mack 90-4. **(70-74)** 1. Lester Liebenberg 72-5, 2. Alvin Becker 53-6. **(80-84)** 1. Emery Curtice 90-8.



SHIRLEY DIETERICK

#### Women's Results

**100m: (30-34)** 1. Margrette Duncan 13.8. **(50-54)** 1. Irene Obera 13.4, 2. Marjorie Moore 17.2. **(60-64)** 1. Shirley Dieterick 17.0, 2. Molly Monheit 19.5. **(65-69)** 1. Els Tulzing 17.4.

**200m: (30-34)** 1. Margrette Duncan 28.0w, 2. Cheng-Er Mehmedbasich 31.3w. **(40-44)** 1. Jamie Duff 30.7w. **(45-49)** 1. Nadine O'Connor 28.6w. **(50-54)** 1. Irene Obera 27.7w, 2. Marjorie Moore 36.8w. **(60-64)** 1. Shirley Dieterick 38.3, 2. Molly Monheit 40.6.

**400m: (30-34)** 1. Nancy Frost 66.6, 2. Cheng-Er Mehmedbasich 70.8. **(45-49)** 1. Nadine O'Connor 65.5. **(50-54)** 1. Irene Obera 65.2. **(65-69)** 1. Els Tulzing 86.0.

**800m: (30-34)** 1. Cheng-Er Mehmedbasich 2:51.8. **(45-49)** 1. Marilyn Harbin 2:30.9. **(50-54)** 1. Barbara Robben 3:18.4. **(55-59)** 1. Ruth Anderson 3:07.2. **(65-69)** 1. Jaclyn Caselli 3:25.4.

**1500m: (45-49)** 1. Marilyn Harbin 5:12.6. **(50-54)** 1. Barbara Robben 6:46.0.

**3000m: (30-34)** 1. Bonnie Zapata 11:19.3. **(55-59)** 1. Ruth Anderson 12:53.4. **(65-69)** 1. Jaclyn Caselli 13:33.2.

**4x100m Relay: (40-49)** 1. West Valley TC 55.0.

**Shot Put: (35-39)** 1. Emily Stone 32-11 1/2. **(45-49)** 1. Cherrie Sherrard 33-0 1/2, 2. Alita Rosenfeld 24-1. **(50-54)** 1. Marjorie Larney 33-3 1/4, 2. Barbara Racine 25-2 1/4.

**Discus: (35-39)** 1. Emily Stone 73-9. **(45-49)** 1. Cherrie Sherrard 82-3, 2. Alita Rosenfeld 69-5. **(50-54)** 1. Marjorie Larney 94-8, 2. Barbara Racine 67-9. **(60-64)** 1. Shirley Dieterick 63-2.

**Javelin: (30-34)** 1. Karin Smith 198-5. **(45-49)** 1. Fran Conley 95-11, 2. Alita Rosenfeld 84-4. **(50-54)** 1. Marjorie Larney 67-6, 2. Barbara Racine 37-2. **(60-64)** 1. Shirley Dieterick 65-6.

**Long Jump: (45-49)** 1. Alita Rosenfeld 8-7 1/4.

### Western Region Master's Meet

From Hugh Adams

July 25-26, Warmerdam Field, Fresno.

#### Men's Results

**100m: (30-34)** 1. Randy Williams 10.84, 2. Kenneth Cook 11.75, 3. Frank Denby 12.13. **(35-39)** 1. Eugene Driver 10.80, 2. Norbert Payton 10.99, 3. Earl Bryant 11.93. **(40-44)** 1. Frank Little 11.65, 2. Rufus Morris 11.80, 3. Dennis Duffy 12.06. **(45-49)** 1. Martyn Adamson 11.85, 2. Walt Butler 12.09, 3. Fred Neidermeyer 12.44. **(50-54)** 1. Ken Dennis 11.43, 2. Bruce Springbett 12.25, 3. S.C. Wright 12.90. **(55-59)** 1. John Poppell 12.65, 2. Richard Hansen 12.68, 3. Hull Washington 12.76. **(60-64)** 1. Robert Watanabe 13.04, 2. Gene Harte 13.24, 3. Vernon Regier 13.31. **(65-69)** 1. David Lawyer 13.77, 2. Clarence Killon 14.29, 3. Jim Johnson 14.57. **(70-74)** 1. Payton Jordan 13.25, 2. Earl Edgar 15.31, 3. John Satti 15.61. **(75-79)** 1. Anthony Castro 15.17. **(80-84)** 1. Sing Lum 19.46.

**200m: (30-34)** 1. Ben Brown 22.48, 2. Randy Williams 22.75, 3. Mike Black 23.87. **(35-39)** 1. Eugene Driver 23.43, 2. Ezra Abdullah 23.99, 3. Earl Bryant 24.27.

continued on next page...



JIM JOHNSON



# Results

(40-44) 1. Stan Whitley 22.51, 2. Matt Pruitt 23.09, 3. Frank Little 23.88. (45-49) 1. Marlyn Adamson 23.73, 2. Bill Knoke 24.17, 3. Fred Neidermeyer 24.85. (50-54) 1. Ken Dennis 23.99, 2. Bruce Springbett 24.95, 3. W.R. Sanford 26.71. (55-59) 1. Richard Hansen 25.72, 2. John Poppell 25.86, 3. Hull Washington 26.57. (60-64) 1. Robert Watanabe 26.43, 2. Gene Harte 26.97, 3. Vernon Regier 27.66. (65-69) 1. David Lawyer 28.55, 2. Clarence Killion 29.70, 3. Charles Mercurio 31.29. (70-74) 1. Payton Jordan 27.51, 2. Earl Edgar 33.66. (75-79) 1. Anthony Castro 31.44, 2. Ken Carnine 34.54. (80-84) 1. Sing Lum 40.72.

**400m:** (30-34) 1. Ben Brown 48.36. (35-39) 1. Steve Hardison 50.18, 2. Eugene Driver 51.29, 3. James Harvey 51.83. (40-44) 1. Stan Whitley 50.17, 2. Matt Pruitt 50.51, 3. Dennis Duffy 52.38. (45-49) 1. Fred Neidermeyer 59.37, 2. Phil Cordero 1:05.14, 3. Fernie Montanez DNF. (50-54) 1. Gil LaTorre 57.70, 2. W.R. Sanford 1:01.34. (55-59) 1. Will Robinson 59.38, 2. Bernard Stevens 1:01.28, 3. Alex Pappas 1:01.78. (60-64) 1. Gene Harte 1:01.64, 2. Robert Watanabe 1:11.27, 3. Walter Atcheson 1:19.27. (65-69) 1. Paul Spangler 2:08.39.

**800m:** (30-34) 1. Ben Brown 1:51.93, 2. Howard Keeley 2:10.46, 3. Randy Bown 2:18.91. (35-39) 1. Wayne Douglas 2:06.27, 2. Max Naegle 2:14.51. (40-44) 1. Harvey Franklin 2:00.05, 2. Searcy Barnett 2:00.99, 3. George Mason 2:01.60. (45-49) 1. George Cohen 2:03.36, 2. Stephen Schumacher 2:18.88. (55-59) 1. Robert Culling 2:24.20, 2. Bob Holmes 2:25.33, 3. Ross Dunton 2:25.59. (60-64) 1. Walter Atcheson 2:54.49. (70-74) 1. Pete Ganahl 2:51.85, 2. Ray Mahannah 3:08.89. (85-89) 1. Paul Spangler 4:34.89.

**1500m:** (30-34) 1. Randy Bown 5:02.6, 2. Jim Scileny 7:37.6. (35-39) 1. Daryl Katcher 4:38.1, 2. Ron Rook 4:45.9. (40-44) 1. Harvey Franklin 4:12.7, 2. Graeme Shirley 4:17.4, 3. Edson Rick 4:31.4. (45-49) 1. Stephen Schumacher 4:51.7. (55-59) 1. Gunnar Linde 4:54.0, 2. J.S. Withers 5:21.3, 3. Allan Bangs 5:59.7. (60-64) 1. Joe King 4:58.3. (65-69) 1. Donald Cotner 5:53.0. (85-89) 1. Paul Spangler 9:27.4.

**5000m:** (30-34) 1. Jim Scileny 31:42.2. (35-39) 1. Craig Elia 18:56.2. (40-44) 1. Michael Figueroa 16:57.1, 2. Rick Edson 17:59.6, 3. Frank Krebs 18:04.0. (50-54) 1. Ted Oviatt 20:14.4. (70-74) 1. Harry Harder 23:40.0, 2. Pete Ganahl 25:10.7.

**10,000m:** (40-44) 1. Mike Figueroa 38:12.4. (50-54) 1. Ted Oviatt 43:27.5. (70-74) 1. Harry Harder 48:40.6.

**100m HH/33":** (60-64) 1. Robert Higginbotham 17.68, 2. Ted Ennsin 18.99.

**110m HH/36":** (50-54) 1. Jerry Stanners 18.61, 2. Hal Smith DNF. (55-59) 1. Dave Jackson 17.17, 2. Dave Douglass 20.20, 3. Alan Maxwell 20.21.

**110m HH/39":** (30-34) 1. Kevin Speaks 16.26. (35-39) 1. Don Roberts 16.87. (45-49) 1. Alvin Henry 16.30, 2. John Dobroth DNF.

**300m IH/30":** (60-64) 1. Robert Watanabe 51.08. (70-74) 1. Pete Ganahl 59.18, 2. John Satti 1:05.89.

**400m IH/33":** (55-59) 1. Will Robinson 1:07.41, 2. Bob Holmes 1:16.22, 3. Alan Maxwell 1:25.92.

**400m IH/36":** (30-34) 1. Kevin Speaks 1:03.02. (35-39) 1. Don Roberts 1:01.59. (45-49) 1. Ted Cain 58.68, 2. Bill Knoke 59.19, 3. Hugh Adams 1:09.33.

**2000m SC:** (60-64) 1. Walter Atcheson 9:52.06.

**3000m SC:** (50-54) 1. Ted Oviatt 12:10.80. (55-59) 1. Robert Culling 12:11.46.

**4x100m Relay:** (30-39) 1. San Francisco (Denby, Bryant, Pasquali, Thoman) 48.34. (40-49) 1. West Valley (Cain, Clercy, Knoke, Duffy) 46.49, 2. So Cal Striders (Morris, Neidermeyer, Bustamante, DeWitt) 47.77, 3. West Valley (Marlin, Sanford, Springbett, LaTorre) 49.76.

**4x400m Relay:** (40-49) 1. West Valley (Cain, Duffy, Barnett, Mason) 4:37.79, 2. So Cal Striders (Dunton, Culling, Withers, Atcherson) 3:51.49.

**5000m RW:** (30-34) 1. Jim Scileny 34:14.8. (50-54) 1. Bob Meador 27:30.5, 2. Jack Bray 25:12.3. (55-59) 1. John MacLachlan 28:48.4. (60-64) 1. Mel Grant-tham 30:36.3. (80-84) 1. Ches Unruh 39:57.6. (85-89) 1. Paul Spangler 38:25.1.

**20,000m RW:** (35-39) 1. Ed Bouldin 1:32:43. (50-54) 1. Bob Meador 1:58:07, 2. Jack Bray DQ. (55-59) 1. John MacLachlan DQ.

**Javelin:** (30-34) 1. Gary Schmidt 142.9, 2. Jim Scileny 117.11. (35-39) 1. Joseph Greenberg 177.5, 2. Frank Reilly 176.0, 3. Michael Holzgang 151.6. (40-44) 1. Joe Wallek 137.11, 2. Richard Rook 135.6. (45-49) 1. Larry Stuart 211.1, 2. Vito Cetta 121.11. (50-54) 1. Phil Conley 171.11, 2. Hal Smith 132.2, 3. Chuck Coultts 107.8. (55-59) 1. Jack Morrill 99.4. (60-64) 1. Del Pickarts 171.6, 2. Ed Chynoweth 145.8. (65-69) 1. Bob Stone 107.4, 2. Dick Mack 91.11. (70-74) 1. Bill Morales 152.1.

**Shot Put:** (30-34) 1. Bill Pendleton 53.9, 2. Richard Gorbet 51.3, 3. Gary Schmidt 40.3. (35-39) 1. Frank Reilly 48.1, 2. Russ Reabold 44.6, 3. Gary Kelmenson 37.9. (40-44) 1. Gerd Kuhnke 39.3, 2. Steve Chaton 37.2, 3. Joe Wallek 33.4. (50-54) 1. Ray Martin 47.6, 2. Hal Smith 47.0, 3. Jerry Stanners 32.1. (55-59) 1. Dave Douglass 34.1. (60-64) 1. Ed Chynoweth 33.9, 2. Jerry Silsdorf 29.1. (70-74) 1. Quinto Merlo 34.3, 2. Bob Stone 33.0, 3. Hal Cronkhite 32.10.



**BILL MORALES**

**12 lb:** (70-74) 1. Ross Carter 36.8. (4F) Ross Carter 41.2, 2. James York 33.10. (80-84) 1. Burt DeGroot 28.0, 2. Homer Van Gelder 18.8.

**Discus:** (30-34) 1. Gary Schmidt 119.4, 2. Jim Scileny 70.0. (35-39) 1. Frank Reilly 170.7, 2. Russ Reabold 133.3, 3. Gary Kelmenson 112.11. (40-44) 1. Greg Kuhnke 116.5. (45-49) 1. Lloyd Higgins 162.11, 2. Richard Rodarte 127.7, 3. Joseph Orsini 91.4. (50-54) 1. Bob Humphreys 161.6, 2. Hal Smith 117.5, 3. Jerry Stanners 97.7. (55-59) 1. Dave Douglass 103.7, 2. Jack Morrill 72.4. (60-64) 1. Del Pickarts 144.5, 2. Ed Chynoweth 105.2, 3. Joe King 96.11. (65-69) 1. Bob Stone 118.5, 2. Quinto Merlo 112.1, 3. Hal Cronkhite 91.0. (70-74) 1. Ross Carter 126.8, 2. Bill Morales 121.1, 3. James York 96.2. (75-79) 1. Ken Carnine 83.2½. (80-84) 1. Burt DeGroot 84.5, 2. Homer Van Gelder 43.0.

**Hammer:** (30-34) 1. Matt Mileham 231.1. (35-39) 1. Gary Kelmenson 141.5. (45-49) 1. Lloyd Higgins 144.3, 2. Joseph Orsini 99.1, 3. Abe Sheinker 97.8. (50-54) 1. Gary Dawson 104.6. (55-59) 1. Dave Douglass 106.3, 2. Jack Morrill 84.10. (65-69) 1. Bob Stone 103.5. (70-74) 1. James York 103.10.

**Pole Vault:** (30-34) 1. Wilson SooHoo 14.6, 2. Doug Bockmiller NH. (35-39) 1. Steve Hardison 15.6, 2. Jim Williams 14.0, 3. Edward Seese 12.6. (40-44) 1. Bruce Hotaling 13.6, 2. Richard Ying 12.0. (45-49) 1. Dee DeWitt 11.0. (50-54) 1. Jerry Stanners 10.6, 2. Hal Smith 8.6. (55-59) 1. Dave Douglass 9.6. (60-64) 1. Ted Ennsin 8.6. (65-69) 1. Jim Johnson 9.0. (75-79) 1. Carol Johnston 8.6.

**High Jump:** (35-39) 1. Charlie Rader 6.6. (40-44) 1. Joe Wallek 4.8. (45-49) 1. John Dobroth 5.10, 2. Dee DeWitt 5.0½, 3. Donald Dvorak 4.10. (50-54) 1. Harvey Schellenberg 5.2, 2. Jerry Stanners 4.10. (55-59) 1. Dave Douglass 4.6. (60-64) 1. Joe King 4.6, 2. Carl Orndoff 4.4, 3. Jerry Silsdorf 3.10. (65-69) 1. Jim Johnson 4.2. (75-79) 1. Carol Johnston 3.8.

**Long Jump:** (30-34) 1. Tony Rotella 19.6½, 2. Gary Schmidt 17.9½. (35-39) 1. John Kuechle 21.4, 2. Roger Trujillo 21.3½. (40-44) 1. Rufus Morris 22.0. (45-49) 1. Al Henry 20.0, 2. Ted Cain 19.2, 3. John Lawson 18.7½. (50-54) 1. Harvey Schellenberg 18.5½, 2. Hal Smith 14.5½. (55-59) 1. Dave Jackson 18.2½. (60-64) 1. Ted Ennsin 15.1½, 2. Jerry Silsdorf 10.0½. (65-69) 1. Jim Johnson 14.11. (70-74) 1. Bill Morales 14.5½. (80-84) 1. Homer Van Gelder 7.11½.

**Triple Jump:** (30-34) 1. Tony Rotella 41.4, 2. Gary Schmidt 30.9½, 3. Jim Scileny 22.3½. (35-39) 1. Roger Trujillo 42.11½, 2. Ron Rook 32.3½. (40-44) 1. Rufus Morris 40.9½. (45-49) 1. Al Henry 39.11½, 2. John Lawson 36.2½, 3. Dee DeWitt 34.10½. (50-54) 1. Gary Dawson 29.2. (55-59) 1. Dave Jackson 40.1½. (60-64) 1. Ted Ennsin 31.4½. (65-69) 1. Jim Johnson 28.11½, 2. Chas Mercurio 26.8½. (80-84) 1. Homer Van Gelder 16.7.

**Women's Results**  
**100m:** (30-34) 1. Margaret Duncan 13.89, 2. Becky Post 14.18, 3. Sabrina Hocker 14.88. (45-49) 1. Nadine O'Connor 14.32. (50-54) 1. Irene Obera 13.37.

**200m:** (30-34) 1. Margaret Duncan 28.30, 2. Tina Stough 28.52, 3. Becky Post 29.52. (45-49) 1. Nadine O'Connor 29.01. (50-54) 1. Irene Obera 27.86.

**400m:** (30-34) 1. Tina Stough 1:04.12, 2. Nancy Frost 1:07.09, 3. Chenge Mehmedbasich 1:10.14. (40-44) 1. Laurie Olson 1:10.10. (45-49) 1. Nadine O'Connor 1:06.08, 2. Lolitia Bache 1:10.29. (50-54) 1. Irene Obera 1:05.13.

**800m:** (30-34) 1. Tina Stough 2:28.40, 2. Nancy Frost 2:34.33, 3. Chenge Mehmedbasich 2:43.62. (35-39) 1. Daiva Jusionis 2:36.30. (40-44) 1. Laurie Olson 2:35.47. (45-49) 1. Lolitia Bache 2:34.61.

**1500m:** (35-39) 1. Daiva Jusionis 5:20.3. (40-44) 1. Heidi Fialho 5:36.7.

**10,000m:** (45-49) 1. Heidi Fialho 51:36.7.

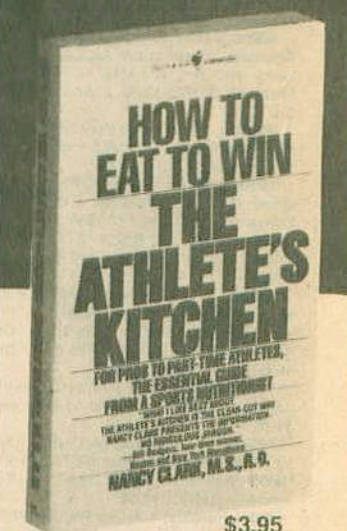
**80m HH/30":** (50-54) 1. Christel Miller 15.39. (55-59) 1. Shirley Kinsey 18.39.

**5000 RW:** (50-54) 1. Jill Latham 31:13.2, 2. Margaret Seewerker 33:18.2. (65-69) 1. Rose Kash 36:23.7.

**Javelin:** (45-49) 1. Fran Conley 101.0. (50-54) 1. Christel Miller 103.6. (55-59) 1. Shirley Kinsey 78.0. (60-65) 1. Shirley Dietrich 62.2.

**Shot Put:** (50-54) 1. Christel Miller 30.3. **Discus:** (50-54) 1. Christel Miller 81.6. (55-59) 1. Shirley Kinsey 73.7. (60-64) 1. Shirley Dietrich 60.5. **High Jump:** (50-54) 1. Christel Miller 4.1. **Long Jump:** (50-54) 1. Irene Obera 13.3. (55-59) 1. Shirley Kinsey 12.0½.

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# Results

## Track & Field

### TAC-NCAA Qualifying Meet

May 31. Mt. SAC.

#### Men's Results

**100m:** 1. Dwayne Evans (AW) 10:31, 2. Darryl Hudson (SDSU) 10:38, 3. Rex Brown (SDTC) 10:39, 4. Hurvie Miller (SDTC) 10:40, 5. Gregg Holmes (S&S TC) 10:44.  
**200m:** 1. Andre Freeman (SDTC) 20:59, 2. Dwayne Evans (AW) 20:1, 3. Larry Myricks (Cheetahs) 20:7.  
**400m:** 1. Dwyne Biggers (SMTC) 46:00, 2. Anthony Washington (UCLA) 46:23, 3. Larry Jackson (UJIMA) 46:38, 4. Kyce Freeman (SDTC) 46:59, 5. Andre Freeman (SDTC) 47:03.  
**800m:** 1. Joey Bunch (Hawaii) 1:48.35, 2. Ken Washington (Mt.SAC) 1:49.02, 3. Rod Green (NoCal TC) 1:49.44.  
**1500m:** 1. Paul Greer (SDTC) 3:44.64, 2. Brian Pettingill (Reebok) 3:45.27, 3. M. Luevano (SMTC) 3:46.60. **300 SC:** 1. Dennis Leck (Reebok) 8:50.4, 2. Tom Grewe (UCLA) 8:55.4, 3. Kris Cary (Weber St.) 8:55.8.  
**5000m:** 1. Jim Ortiz (UCLA) 14:06.2, 2. Mike Scannell (Adidas) 14:06.8, 3. Fredson Mayiek (USC) 14:34.3, 4. Dave Schumacher (SCULB) 14:36.6, 5. Dean Miller (Mt.SAC) 14:40.5.  
**10,000m:** 1. Randy Hoyles (USMC) 31:26, 2. J. Malloy (US Army) 31:36.1.  
**110m H.H.:** 1. James McCraney (Unat.) 13.70, 2. John Lenstrom (SSTC) 13.90, 3. David Ashford (SSTC) 13.90, 4. Terry Johnson (LBCC) 14.04.  
**400m Hurdles:** 1. Andre Phillips (WCTC) 50.19, 2. James Ferreira (SCULB) 50.94, 3. F. McDouglas (US Army) 51.73.  
**High Jump:** 1. Leo Williams (Navy) 7-0 1/4, 2. Ron Lee (RLTC) 7-0 1/4, 3. C. Bonner (US Army) 6-10 1/4.  
**Pole Vault:** 1. Greg Woepspe (LB) 18-0 1/2, 2. Simon Arkell (Australia) 17-6, 3. Eric White (USC) 17-6, 4. Steve Horvath (CPSSLO) 17-6, 5. Brad Nachtigal (Unat.) 17-0, 6. Bill Thielen (Laguna) 17-0.  
**Long Jump:** 1. Curtis Miles (Army) 25-2, 2. Howard Allan (Unat.) 24-9, 3. Anthony Smith (Unat.) 23-10 1/4.  
**Triple Jump:** 1. Taylor (Southbay) 53-0 3/4, 2. Dwayne Washington (UCLA) 52-10 1/4, 3. Mike Pullins (USC) 52-9 1/2, 4. Don Parish (Mt.SAC) 52-4.  
**Hammer:** 1. Bill Green (Mazda) 251-4, 2. Matt Mileham (NYAC) 226-1, 3. Declan Ragarty (Puma TC) 215-6.  
**Discus:** 1. John Brenner (Mazda) 212-2, 2. Gary Williky (Maggabi) 197-0, 3. Art McDermott (NYAC) 196-9, 4. Ron Harrer (So.Hl) 193-0, 5. Pete Thompson (Westwood TC) 180-9.  
**Javelin:** 1. Kevin Goods (All-Amer) 235-10, 2. Al Collatz (Unat.) 230-8, 3. Jason Bender (SSTC) 230-1.  
**Shot Put:** 1. Art McDermott (NYAC) 66-2 1/4, 2. John Frazier (SSTC) 61-0 3/4, 3. Peter Michaels (USC) 57-0.

#### Women's Results

**100m:** 1. Merlene Ottey Page (LATC) 10:87, 2. Juliet Cuthbert (LATC) 11:22, 3. Jeanette Bolden (WCTC) 11:22, 4. LaWanda Laben (CstAth) 11:64 1/2.  
**200m:** 1. Merlene Ottey Page (LATC) 22:22, 2. Juliet Cuthbert (LATC) 22:59, 3. F. Griffith (WCTC) 22:82, 4. Cathy Roberts (CSULB) 23:83.  
**400m:** 1. V. Brisco Hooks (Unat.) 50:56, 2. Latanya Sheffield (SDTC) 52:64, 3. Hem-

mans (SDSU) 54:12, 4. Rosayn Bryant (LATC) 54:40.

**800m:** 1. Ross Monday (Track West) 2:02.46, 2. Kerri Saleski (CSULB) 2:05.34, 3. Cynthia Warner (SMTC) 2:06.95.

**1500m:** 1. Sherla Raiston (Track West) 4:23.9, 2. Andrea Ward (SMTC) 4:24.3, 3. Seth Metcalf (Unat.) 4:29.8.

**3000m:** 1. L. Bearson (Army) 9:26.6, 2. Kathy Kanes (Track West) 9:31.7, 3. Berry Torres (USCB) 10:14.6.

**5000m:** 1. Lorie Moreno (West State) 18:48.6.

**100m Hurdles:** 1. Maureen McGee Hamilton (MEUR) 13.61, 2. Latanya Sheffield (SDTC) 13.71, 3. Gayle Watkins (Cheetahs) 13.82, 4. Sonya Smith (SDSU) 14.03.

**400m Hurdles:** 1. Rosalyn Bryant (LATC) 57.41, 2. Rosie Marks (WCTC) 57.70, 3. Janeene Vickers (Unat.) 58.26.

**High Jump:** 1. Lori Clark (CstAth) 5-10 1/2, 2. Sue P-aterson (CSTATH) 5-10 1/2, 3. Jackie Belzner (Ariz State) 5-10 1/2.

**Long Jump:** 1. Maureen Wiley (CSULB) 20-0 1/4, 2. V. Britton (US Army) 18-6 1/2.

**Triple Jump:** 1. Gaylen Ames (SDSU) 38-7, 2. Kim Taylor (Anaheim) 37-6 1/4.

**Shot Put:** 1. Ramona Pagel (Mazda) 62-9 1/2, 2. Bonnie Dasse (CstAth) 59-7, 3. Julie McAfee (All-Amer) 39-3 1/4.

**Discus:** 1. Ramona Pagel (Mazda) 199-9, 2. Bonnie Dasse (CstAth) 186-4, 3. Francine Kaylor (CstAth) 177-11, 4. Claudia Paris (USC) 165-9.

## U.S. Olympic Festival

By Keith Conning

July 24-26. Duke Univ., Durham, N.C.

### Women's Results Friday, July 24

**Shot Put:** Bonnie Dasse (Costa Mesa), who set the meet record of 59-6 1/4 last year, won at 58-9 1/2. Her series: 56-6, 58-3 1/4, 58-9 1/2, 57-7 1/4, 57-5 1/4, foul.

"It wasn't the best performance that I've had, but I'm pleased with my first place finish," said Dasse.

"My technique is at the point where I feel comfortable with it and that makes me more relaxed when I step into the circle.

"The competition here at the Festival is good quality and I'm glad to be here."

Pam Dukes (Stanford) placed second at 56-6 1/2. Her series: fault, 55-11, 54-6 1/4, 54-9 1/2, 56-6 1/2, fault.

**400m H:** Latanya Sheffield (El Cajon) set a new meet record of 55.63. The old record of 55.69 was set by Lori McCauley (East) in 1983.

Kellie Roberts (District Heights, MD.) led at the first hurdle but Sheffield pulled even at the third hurdle and pulled ahead as they ran the back stretch. Sheffield began to tire as she neared the finish and Sophia Hunter (Windsor, Conn.) closed.

"My strategy was to get out as fast as I could and put myself on a pace that if I faltered I could still maintain my race," said Sheffield. "It was not a very good race, certainly not my best performance."

"I chopped a couple of hurdles, but I was determined to win, so I tried not to let it bother me. If one of these days I can seriously maintain my race, then I will be happy with my performance. It's there in practice, I just need to get it in competition. It's always easier to practice than it is to compete. It's a different mentality."

"Usually when I come off of the ninth hurdle smoothly, my 10th one is a good one. My steps weren't as consistent as usual and I hit the hurdle. I didn't hear anyone coming up behind me, all I heard

was me on the back stretch. I knew nobody was going to pass me off the last turn. I wasn't going to let them."

Janeene Vickers (Pomona), the California State Meet champion, defeated Kellie Roberts (District Heights, MD.). Vickers was fifth in 57.82 just .02 behind her 57.80 in the heats of TAC. Roberts was sixth in 58.31.

Race conditions: 40.32 mps, 82 degrees, 52% humidity.

Fine Flicks by Don Gosney



VALERIE BRISCO

**200m:** Valerie Brisco (LA) set a new meet record of 22.28. The old meet record of 22.57 was set by Brisco in 1985.

The race was Brisco's from the gun, as she made up her only stagger before she exited the curve. She powered down the stretch all alone as Randy Givens (Venice) and Young battled for second.

Givens placed third in 23.13.

"It's nice here, but it is hot," said Brisco. "I'm going to run the 4x400 relay here also."

"I came off the curve in good position, but I arched my back. I was in decent shape before the turn. I'm still rebuilding after San Jose. I didn't go to Europe after the TAC meet. I was looking for something here to help me in the 400-I want that .47 seconds. Forty-eight is the American record. (Note: Brisco set the American 400m record (48.83) in Los Angeles on August 6, 1984.)

"My performance after the curve was mental more than anything else. I went through a little lapse after that. Physically, I'm in good shape-I knew that I wasn't going to be hurting after the race. I had too much of a back kick at the curve, and when my back arched, it caused me to sway."

"I'm ready to go overseas, I'm tired of training. My next race is in London (August 14). I'm ready to get back into running condition."

### Saturday, July 25.

**Heptathlon:** Sheila Tarr (Bakersfield) won with a total of 5855. Her performances: 100mH 14.07, HJ 5-8 1/2, Shot 44-10 1/4, 200m 25.64, LJ 19-3 1/2, Javelin 163-9, 800m 2:28.58.

She had personal records in the javelin and long jump and her final score is also a PR. Her score of 5855 is 10th on the all-time U.S. Heptathlon list. She also tied her PR in the high jump.

Tarr had a 230 point lead over Cathey Tyree (W. Lafayette, Indiana) going into the last event. Tarr defeated Tyree by 157 points.

"I'm happy as hell," said Tarr. "It's my best performance in three years. I had lots of fun here. My performance is a personal record. I've had four or five personal records in this meet. My personal records include javelin, long jump, 200 meters, and tied my personal in high jump. I may have set a personal in the 800 meters also."

On the weather conditions-"I thought it would be worse. I did not think that I could handle the heat and humidity as well as I did."

How she felt after the first day-"I woke up feeling good, a little sleepy but fine. Then I realized I had tight leg muscles. But with this humidity you can loosen up real fast."

How she felt going into the final event-"I felt strong. I get real fired up for every event except for the 800. I did not know that I had the event won before the 800 meters. I concentrate so hard on the 800 meters that my brain is ready to explode. I am thinking through the whole race about relaxing, and an even stride. If I don't concentrate, I'm dead."

On her javelin throw of 163-9-Personal Record-"I had such a bad shot put that for my own self satisfaction I needed to throw the javelin well. I was really pleased with the throw."

**4x100m Relay:** The West team of Alice Brown (LA), Diane Williams (Venice), Florence Griffith (LA), and Pam Marshall (Glenwood) set a new meet record of 42.22. The old meet record of 42.49 was set by the West in 1986. It is the American leading performance this season and the sixth best all-time by an American team.

Sheila Echols (Baton Rouge) got off to a blazing start for the South but the West, with Alice Brown running the first leg, held a slim lead at the first exchange. The West held the lead going into the final exchange, where a bad pass allowed the South the close. Pam Marshall of the West held off Gwen Torrence (Decatur, GA) of the South for the win.

"We have no problems with the team at this time," said Alice Brown. "We need some time to get used to each other's strengths and weaknesses, but that comes with practice. We are starting to work well together and things are coming together."

"Quick exchanges in the zone are key for us and we did that well tonight," said Diane Williams. "Practice makes perfect and we will keep working until we get it perfect. The audience electrifies us and helps us do well. Quick sticks are very important and as we become more familiar with each other, things will click."

"It went well," said Florence Griffith. "We're still testing, since this is the first time we have run this together. We've practiced together only once. You know its right, when you break a world record-you know everything went the way you wanted it to go. I was a little anxious. Timing and the hand-off are keys to this, and we need to work on both."

"We're still feeling each other out," said Pam Marshall. "I couldn't tell how close it was at the end. You really have to worry about your race. I don't like the

continued on next page...



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## Results

humidity at all—it takes a lot out of you. It really changes your warm-up time. This crowd reminds me of the European crowds, with the cheering and the noise. I think it helps you run even better."

**800m:** Gail Conway (Santa Monica) placed second in 2:00.49, a personal record. Her splits: 58.4 and 62.1.

Conway and Joetta Clark (South Orange, NJ) swapped the lead for the first 400 meters, but Debbie Grant (Spring Valley, NY) made it a threesome midway through the backstretch. Clark took the lead going into the last turn and she and Grant dueling the last 100 meters. Conway closed at the tape to make it a photo finish. Grant outleaned the other two for the gold, with Conway taking the silver and Clark the bronze.

**400m:** Valerie Brisco (LA) set a new meet record of 50.00. The old meet record of 51.09 was set by Sherrie Howard (West) in 1979.

Denean Howard (LA) was second in 51.05.

Denise Mitchell (Gainesville, FL) in lane eight had the quickest start, but Brisco's strength enabled her to pass Mitchell down the back stretch. Howard moved up to challenge during the last 80 meters but Brisco pulled away to win her second gold medal of the Festival.

"Like yesterday, I was trying to do something different today," said Brisco. "I wanted to go out with a pace, but then pick up the second half. I did it o.k., but I definitely ran the first half too slow. I think I ran a 23.0 in the first 200. I'm really working for a :47.50 (in the 400m)."

"Lane assignments really don't mean that much to me. Everyone is running a quarter, you just go with what you feel. I was too slow in the first half today. I am capable of running faster, even with better competition."

"I ran a :51.29 at TAC's, and my best prior to today was :50.43. In international meets, there is always someone with me on the back stretch, Denean Howard was

there today, but I wasn't quite sure where she was. You know where they are in some of those international meets, because they are right there with you."

"I'm satisfied, and I'm happy to be under :50.0. With one race a day (at the Festival), I decided to approach it like a workout. Last night's 200 really loosened me up for tonight, because I haven't sprinted all year."

"I don't know why I was too slow on the first half. I know that I had no lift, but I gradually picked it up on the curve."

**10,000m:** Ellen Lyons (Santa Monica) placed third in 34:33.86.

Margaret Groos (Nashville, Tenn.) and Robyn Root (Albuquerque, NM) passed the 5,000 1-2 with Ellen Lyons 10 meters back in third place. Groos and Root picked up the pace about 3/4 of the way home and Lyons and Sandra Blakeslee (Austin, TX) fell back. Groos held the lead for 12 of the last 15 laps with Root on her hip. Root went to the front with 3 laps to go. Root began to sprint at the bell but couldn't shake Groos and lost the lead when Groos shot by her on the final turn and pulled away for the win. Groos ran the final 400 in a 1:09.5.

Weather at race time—85 degrees, 55 percent humidity.

## Sunday, July 26

**Javelin:** Donna Mayhew (LaCrescenta) won with a toss of 191-2. Her series: 171-10, fault, 178-11, fault, 191-2, fault.

"I came to throw my best, and to throw a personal record, which I did," said Mayhew. "Winning is just something extra. I think I approached the Festival in an easy-going manner—to come here to compete, but to have a good time, too. Last year I was too uptight, and that showed in my performance. It was hot out there—it was definitely hard to stay cool today."

"I knew the field was strong here. Cathie Wilson (Bakersfield) and Meg Warren (Pampano Beach, FL) are both potential 200-throwers. I won last year at the TAC nationals, but this was special. The crowd was so appreciative—the way the people would clap for a good throw was something. And it was neat being on the

victory stand. I'll remember that for a long time."

"I still want to qualify for the World Championships—qualifying mark is 205, and I think I can do it. The problem is there are few meets left. I'll compete in California and New Jersey, and give it my best shot. Between meets, all you can do is rest and think about it."

**Long Jump:** Sheila Hudson (Elverta) placed third at 20-11 1/4. Her series: foul, 20-5w, 20-8 1/4, 20-11 1/4, 20-10 1/4, 20-11 1/4w.

**4x400m Relay:** The West team of Ger-vaise McCraw (Pomona) 52.6, Janeene Vickers (Pomona) 52.4, Valerie Brisco (LA) 49.8, and Denean Howard (LA) 50.1 set a new meet record of 3:24.89, which is the 8th best all-time American performance and the best American performance this season. The old meet record of 3:25.25 was set by the South on August 3, 1986.

"Everyone was a bit lost, since we weren't sure what leg each of us were going to run today," said Brisco. "I ran third because that is what I'm most comfortable with. I never run first, and I was tired having run the last two days as well. I didn't want to have to run anyone down tonight."

"I'm not surprised with the record. I knew if everyone ran well that we were capable of this. Everyone was anxious to run. We knew that if we all ran 49 or 50 that we would be fine."

"I'm tired, but sometimes that is more mental than physical. The heat is a factor, but I rested today, and was ready to leave the hotel room and run tonight. I'm happy with the time, and I'm happy with the three golds."

"I felt really strong," said Howard. "I'm used to running anchor and I knew the rest of the team would do a good job."

"I felt excellent, I was really relaxed and confident," said Vickers. "I came off slow but I said to myself, 'Those other girls are going to run you down you better get going.'"

"I just took off, because I knew that once I put these girls in the race they would just go," said McCraw.

## Men's Results

### Friday, July 24.

**400m:** Tranel Hawkins (San Jose) defeated Nat Page (West Covina)—48.89 to 49.25.

Kevin Henderson (Cleveland, OH) went out fast at the gun but Hawkins began to outdistance the field as they exited the first turn. Page began to challenge as they entered the far turn and he and Hawkins battled down the front stretch. The runners matched strides for about 50 meters but Hawkins had more kick and held on for the win.

"I was very shaky at the beginning, I was very nervous in the blocks," said Hawkins.

"I didn't know what to expect from this track."

"It was a real advantage to be in lane eight because these are really tight curves and I'm tall."

"This was the best I've felt all year because I haven't run many races since my injury to my anterior cruciate in my right knee."

**200m:** Tim Williams (San Diego) placed second in 20.40.

The closely-matched field ran stride-for-stride as they came off the curve and into the straightaway. Thomas Jefferson (Redmond, Washington) and Williams, in the outside lanes, began to pull away while Harvey McSwain (Shelby, NC) and Robert Hackett (Milwaukee, Wis.), in the middle of the track, led the second pack. Jefferson inched ahead near the finish and won by a stride.

**10,000m:** Danny Gonzales (Mt. View) placed second in 29:11.46.

Race in review: 3,000-Danny Henderson (Bloomington, IN) leads a string of runners 8:45.6. 7,000-Doug Tolson (South) takes the lead and takes Bob Hodge (Clinton, Mass) 2nd, Jim Hill (Eugene, OR) 3rd and Gonzalez (4th) through in 20:29.9.

continued on next page...

# CALIFORNIA

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## Results

8,000-Gonzalez takes the lead, with Tolson, Hodge and Hill right there 23:28.6. 9,000-Hodge, Hill and Gonzalez came through together 26:25. Finish-Hill blows by Hodge and Gonzalez at the start of the last lap and wins easily. Gonzalez overtook Hodge just before the tap to take the silver medal.

**Splits:** 1,000 (2:54.2-Keith Hanson (Milwaukee, Wis), 2,000 (5:48.9, Hanson & Bevier), 3,000 (8:45.6, Henderson & Charlie Bevier (White Plains, NY), 4,000 (11:41.8, Hodge), 5,000 (14:36.7, Hodge, Henderson & Scuffins), 6,000 (17:33.7, Bevier, Hodge & Hill), 7,000 (20:29.9, Tolson & Hodge), 8,000 (23:28.6 Gonzalez & Tolson).

**35K Walk:** Marco Evoniuk (San Francisco) set a new meet record of 2:50:51.9. The old meet record of 2:55:08.0 was set by Evoniuk last year.

Joe Heiring (Kenosha, Wis) led through 5,000 meters in 25:54 and again at the 10,000 meter mark in 50:15. Randy Mimm (Colorado Springs, CO) and Evoniuk were within striking distance at 50:29, along with Mark Fenton (Arlington, MA) at 50:30. Evoniuk charged to the lead and led at 15K with a time of 1:14:24, with Heiring right there in 1:14:30. Mimm at 1:15:36 and Fenton at 1:15:53 fell off the pace and started to wage a battle of their own. Evoniuk turned in his quickest 5,000 stage of the race with a split-time of 23:39 to blow the race wide open. Heiring was next in 1:38:50, followed by Mimm in 1:40:35. Evoniuk continued to open the gap at 25K coming through in 2:01:38, with Heiring in second at 2:03:12 and Mimm in third at 2:06:13. Evoniuk continued his assault on the record coming through 30K in 2:26:32, followed by Heiring with 2:27:53 and Mimm in 2:32:04. It stayed that way until the end as Evoniuk topped his 1986 record and Heiring also dipped under the old mark.

"I wanted to establish a new record and I did it," said Evoniuk. "The conditions were similar, but not quite as hot as it was in Houston (1986 Olympic Festival). I probably could have gone about five minutes faster today, but you have to remember that it's a race and not a time trial. The big thing is to win the race."

"I'll be going to the World Championships in Rome. That's what this race was for. We'll be going 50K there instead of 35K. This race tests your speed. If I can get in the top eight (at the World Championships), that would be a great way to head into the Olympic year."

On race strategy over the demanding length of the race—"You go into a pre-race plan. In the first couple of hours you try to relax and key off of the other people in the race. In the last hour, you're trying to fight off the fatigue. You struggle through your own mental process the entire race."

On Training for Rome—"Between now and the World Championships, I want to get back to Colorado. (He is a former resident, now lives in S.F.). I need to get some altitude training in, as well as get used to the heat."

**Javelin:** Mike Barnett (Glendora) won with a toss of 260-1. His series: 248-11, foul, 241-11, 260-1, 252-8, 250-3.

Jason Bender (LA) placed second at 250-6 to become the 10th best American thrower. Bender's series: 243-3, 240-8, 250-8, foul, 232-3, 228-6.

**Weather:** temperature-100 degrees, humidity 87%.

"I've had a successful year—I've been right there, but with 2nd's, 3rd's and 4th's," said Barnett. "Now I finally get a taste of victory. I did finish 2nd in 1985, but this is my first gold of the year. It feels good."

"This was my second best throw of the year. I feel like I'm still going uphill with my training. Usually by this time of the year, I'm burned out. My training is more consistent now, and I've moved closer to my coach—I was 80 miles from my coach before, and now I'm right down the hill. That gave me 2-3 hours of practice a day, which has helped."

Fine Flicks by Don Gosney



GREG FOSTER

"I used a different javelin—one that I heard was stiffer. I haven't used it this year, so I decided to give it a shot. I wasn't aware I was near the (Festival) record. I came here shooting for 270. I'm doing a lot of things right, and I still think 270 is feasible for me."

"Europe is not financially feasible for me. If someone wants to take me, that is a different story. But, I have a 10-month old son at home, so that is a factor."

"Weight-lifting has been key for me, too. I stopped lifting in April each year, but I've learned that I am a strength thrower—I need to stay strong. So I am at the track and in the weight room regularly."

**Triple Jump:** Al Joyner (Long Beach) placed second at 56-1. His series: 56-1, 55-2 1/4, 55-1 1/2, pass, 54-0 1/2, 55-2.

Willie Banks (LA) placed third at 55-3. His series: 45-9 1/4, 54-9 1/2, 54-1 1/4, 49-8 1/4, pass, 55-3.

**3,000 Steeplechase:** Ivan Huff (San Luis Obispo) placed third in 8:33.14.

### Sunday, July 26

**High Jump:** Lee Balkin (Glendale) set a new meet record of 7-7 1/4. His progression: 6-11 1/2, pass, 7-0 1/2, 7-1 1/4, pass 7-3 0, 7-4 1/4, 7-5 1/4, 7-6 1/2, 7-7 1/4, 7-9 1/4 XXX.

Doug Nordquist (Lallabra) placed second at 7-6 1/2.

The old meet record of 7-7 1/4 was set by Brian Whitehead (North) in 1985.

**Weather:** temperature 94 degrees, humidity 60%.

"It's fantastic," said Balkin. "I did extremely well. I'm glad to see all my training pay off. I just decided to relax and have fun. That really is the key to good jumping. 7-7 1/4 is a personal best for me."

"I went to UCLA in 1979 where I was a national champion. Then in 1982 I had

bone spurs removed from my ankle and they told me I wouldn't be jumping again, but here I am, jumping better than I ever have. I want to go on to the Pan-Am Games and then to the Olympics. I think that in the last few years, American jumpers haven't had the respect of their European counterparts. I hope to keep jumping well and help put an end to that reputation."

**Shot Put:** Art McDermott (Laguna Beach) placed third at 61-2. He withdrew from the competition because of a knee injury. Dr. Dean Taylor, Kuke Hospital Emergency Room, reported a torn or avulsed patellar tendon of the left knee. McDermott will go to Boston, Mass. for surgery.

"I was happy I won," said Ron Brackes (Minneapolis, Minn). "It's the second year in a row, but I was disheartened when my friend, Art McDermott hurt his knee—that kind of put a damper on things."

**110m Hurdles:** Greg Foster (Long Beach) set a new meet record of 13.19. The old meet record of 13.25 was set by Andre Phillips (West) in 1985. Foster's time equalled the fastest time in the world this year, which was established by Tonie Campbell at Modesto on May 9.

Foster got left at the start, but surged ahead by the third hurdle. Arthur Blake (Tallahassee, FL) in lane three provided the most challenge but Foster was able to hold him off.

"I eased up off the last hurdle, which was stupid," said Foster. "But I got the gold medal, and I'm happy about that."

**Long Jump:** Larry Myricks (Ontario) won with a leap of 27-1 1/4. His series: 26-0 1/4, 26-3 1/2, 27-1 1/4, foul, 26-10, 26-8 1/4.

"I actually feel pretty good since it has been two weeks since I have done anything," said Myricks. "I just got back from competing overseas and I've been relaxing. I'm trying to get back into the groove of everything."

"I wish there was better competition. It was hard to mentally get into it."

"I want to win the Pan-Ams and the World Championships. I normally jump better in August and September. I jumped real well in the five meets overseas. I will probably jump only two more times before the World Championships. I will jump better then."

"I will take October off and then spend the next few months doing weight training and then sprint work."

**Decathlon:** Mike Gonzales (Redondo Beach) won with 7956. His performances: 11.15, 23-0 1/2, 46-0 1/2, 6-9 1/2, 51.00, 15.29, 137-0, 16-8 1/4, 206-8, 4:36.07.

Kris Szabadhegy (San Francisco) placed second with 7821. His performances: 11.05, 24-3 1/2, 44-11 1/2, 6-7, 49.35, 14.87, 140-7, 15-5, 157-5, 4:32.59.

**4x400m Relay:** The West team of Tranel Hawkins (San Jose 45.8, Nat Page (Covina) 45.3, Dwyane Biggers (Santa Monica) 45.0, and Andre Phillips (Los Angeles) 44.9 placed third in 3:00.91.

**Discus:** Laura DeSnoo (San Diego) won with a throw of 188-5. Her series: 180-1, 188-5, 183-1, 181-1, 179-5, 188-1.

"I'm upset I didn't do better," said DeSnoo. "I needed to relax more."

"I'm just thankful to be here. I've been blessed by the Lord, especially coming back from surgery this year."

"I should have accelerated more in the middle of the circle."



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## Results

# Road Racing

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1 David Naranjo (20)	9:15
2 Thornton Scott	9:51
3 Dan Jenna (24)	10:29
4 Marvin Ashcroft (25)	10:39
5 David Kurtze (36)	10:50
6 Robert Garcia (33)	10:51
7 Kevin Baxter (15)	11:02
8 Tony Marino (18)	11:08
9 Ron Gardner (18)	11:09
10 John Minney (37)	11:11
11 Paul Konon (38)	11:14
12 Bladimir Cervantes (13)	11:16
13 Alex Munez (31)	11:16
14 Ken Lehman (37)	11:19
15 Mike Knevelboard (21)	11:23
16 Kevin Elder (23)	11:31
17 Ric Zamarripa (53)	11:34
18 Alex Oroscio (41)	11:36
19 Tiffany Shaw (20)	11:43
20 Omar Cervantes (14)	11:43
21 MaryAnn Barrientos (16)	11:50
22 Gustavo Armenta (43)	11:58
23 Earl Bradford (47)	12:00
24 Patrick Marino (40)	12:02
25 Peter Bernat (27)	12:04

### Overall Results - 10K

1 Alfredo Rosas (27)	29:47
2 Alfred Lara (30)	29:50
3 Jim Hartog (32)	30:24
4 Al Lomeli (35)	32:24
5 Don Vega (19)	33:14
6 Tom Davidson (24)	33:53
7 Curtis Elia	34:36
8 Rafael Peralta (18)	34:40
9 John Brown (21)	34:40
10 Ramon Fernandez (20)	34:58
11 John Aldrich (36)	35:09
12 Tim Corneli (28)	35:44
13 Mark Hahn (22)	35:54
14 T. Layendecker (28)	36:01
15 Terry Nephew (35)	36:18
16 Wayne Baker (36)	36:18
17 Robt. Hernandez (20)	36:29
18 John Volkman (38)	36:40
19 Bill Schwartz (39)	37:08
20 Michael Evangelo (32)	37:11
21 Charlie Breshers (42)	37:14
22 Jerry Kemp (20)	37:16
23 Robert Griffin (31)	37:18
24 Renee Ortiz (25)	37:48
25 Obed Fernandez (39)	37:48
26 U.S. Coughlin, Jr. (27)	37:59
27 Bert Wiigenberg (37)	38:13
28 Mike McIntyre (23)	38:18
29 Fred Alderete (48)	38:20
30 Peter Larson (30)	38:37
31 Robert Powers (27)	38:41
32 Philip Farina (44)	38:41
33 David Horg (40)	38:44
34 Vincent Marguez (29)	38:45
35 John Heath (45)	38:48

## Eagle Run II

May 3, South San Francisco.

### Overall Results

1 Ron Callison (21-30) S.F.	18:35
2 Jose Castaneda (21-30) So. S.F.	18:45
3 Rafael Portillo (31-40) So. S.F.	17:38
4 Andy Takaha (31-40) So. Lk. Tah.	18:11
5 Matt McCambridge (16-20) So. S.F.	18:18
6 Kyle Brady (16-20) So. S.F.	18:23
7 John Payne (31-40) Brisbane	18:28
8 Carl DeQuant (31-40) Burlingame	18:48

9 Dale Heer (31-40) Burlingame	18:59
10 Lloyd Goldfarb (21-30) San Mateo	19:14
11 Mike Mahoney (41&O) S.F.	19:33
12 Bruce Ryner (41&O) San Mateo	19:48
13 James Spaulding (31-40) Redwood	20:50
14 Carlos Dalence (21-30) Foster C	20:55
15 Dennis Pufpat (41&O) San Ansel	21:04

## Human Race

May 9, Marin Co., San Rafael, 10K.

### Division Results - Men

14 & Under: 1. Auburn Milton 49:48, 2. Nathan Murray 51:40, 3. Wayne DeFremerly 52:11, 15-19: 1. Wyeth Stiles 39:12, 2. Eric Holter 43:00, 3. Jason Eshleman 46:26, 20-29: 1. Kent Monson 35:38, 2. Rodney Harvey 36:05, 3. Mark Dolan 36:40, 30-39: 1. David Stancil 32:08, 2. George Green 33:33, 3. Robert McLennan 33:41, 40-49: 1. Larry Perkins 35:50, 2. Stephen Lyons 36:20, 3. Martin Hillyer 36:32, 50-59: 1. Philip Hager 37:49, 2. Big Al Kirkman 41:38, 3. Robert DeMattei 42:58, 60 & Over: 1. Don Ross 58:16, 2. Franklin Cohn 1:00:07, 3. Henry Taylor 1:00:16.
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### Division Results - Women

15-19: 1. Heather Weisel 40:42, 2. Marie Miner 45:06, 3. Tanya Eckert 49:48, 20-29: 1. Caron Potts 39:48, 2. Pam Adams 45:07, 3. Nancy Romanoff 48:17, 30-39: 1. Judy Felthauer 38:01, 2. Susie Van Buskirk 39:21, 3. Linda Lee 41:28, 40-49: 1. Laurel Strand 42:02, 2. Ginny Olson 43:30, 3. Jeanne Sherley 48:59, 50-59: 1. Olivia Bosman 48:17, 2. Judie Donovan 49:20, 3. Joanne Kambur 50:20, 60 & Over: 1. An-negret Yonkow 54:58.
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## The Human Race

From Julie Finnegan

May 9, Pomona, 10K.

### Winners:

1. Carlos Victorino (Santa Ana) 32:35
1. Laurie Ludcke, 45:50.

## The Human Race

May 9, Santa Rosa, 10K & 3K.

### Division Results - Men's 10K

10-14: 1. Dale Kallio 51:53, 15-18: 1. Aaron Jessup 40:04, 2. Judah Thomas, 3. Ken Azevedo, 19-24: 1. Eric Bohn 34:51, 2. John Von Seeburg, 3. Neal Peterson, 25-29: 1. Alec Isabeon 35:30, 2. Mark McDonnell, 3. Paul Johnston, 30-34: 1. Daniel McCullough 33:41, 2. John Paul, 3. Greg Mangoni, 35-39: 1. Ron Smith 33:49, 2. Bill Browne, 3. John Zaremski, 40-44: 1. Brendon Hutchinson 36:36, 2. Craig Steele, 3. Walt Bates, 45-49: 1. Bud Over-shiner 40:54, 2. Lloyd Blackwell, 3. Bill Marshall, 50-59: 1. Richard Bauhaus 41:05, 2. Collin Hermans, 3. Ernie Raesfeld, 60-69: 1. Hank Fugua 55:01, 2. Roy Mikelson, 3. Jim King, 70 & Over: 1. Robert Harris, 2. Charles Mayhew.
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### Division Results - Women's 10K

15-18: 1. Shelley Smith 1:03:10, 2. Lisa Bermeo, 3. Virginia Kalvin, 19-24: 1. Heather Buckendahl 47:59, 2. P.E. Scheller, 3. Shelly Bolander, 25-29: 1. Leanne Slaughenkaupt 48:58, 2. L. Balabarian, 3. Barbara Davis, 30-34: 1. Bethann McIntosh-King 41:50, 2. Mary Migano, 3. Joanne Jerome, 35-39: 1. Vicki French 42:58, 2. Jody Jeppson, 3. Laurelee Scholes, 40-44: 1. Karen Eberhardt 42:56, 2. Joyce Bennett, 3. Sandra Karas, 45-49: 1. Linda Ronchelli 49:45, 2. Diane Carlson, 3. Virginia Meadows, 50-59: 1. Judy Dieter 54:28, 2. Alice Waco, 3. Beth Salisbury.
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### Division Results - Men's 3K

9 & Under: 1. Taylor Stephens, 10-14: 1. Todd Stevens, 15-18: 1. Kevin Drisko, 19-24: 1. Dan Navman, 25-29: 1. Ben Rosales, 30-34: 1. Mark Clifton, 35-39: 1. Billy Stephens, 40-44: 1. David Sjostedt, 45-49: 1. Harry Richardson, 50-59: 1. Carl Jackson, 60-69: 1. Ed Nunes.
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### Division Results - Women's 3K

9 & Under: 1. Jodi Horn, 10-14: 1. Nika Horn, 15-18: 1. Alexis Howell, 19-24: 1. Kari Nordby, 25-29: 1. Mary Cilley, 30-34: 1. Gloria Canales, 35-39: 1. Bekie Simmie Kescker, 40-44: 1. Myrtle Edminston, 45-49: 1. Caron Schaumburg, 50-59: 1. Doris Morabito, 60-69: 1. Fran Brocco.
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6 Bob Hendrix (36) CanogaPk	29:57
7 Paul Rekers (32) Calabasas	30:05
8 Skip Witt (49) CanogaPk	30:07
9 Gary Lynn (36) ThousOaks	30:19
10 Mike Lovell (43) ThousOaks	30:20
11 BigFootWells (44) ThousOaks	31:16
12 Mike Froman (45) Agoura	31:20
13 Harry Pantelas (50) WestkVig	31:23
14 Skot Paschal (35) Calabasas	32:05
15 Gary Farnham (50) NewburyPk	32:03

## May Day Run

From Carlotta Campbell

May 10, Golden Gate Park, S.F. 5K & 10K.

### Division Results - Men's 10K

10-13: 1. Joseph Hickman 1:09:09, 14-18: 1. Jason Salber 33:34, 2. Ed Chennault 40:54, 3. Matthew Schaefer 42:37, 19-29: 1. Joseph Malloy 31:11, 2. Chuck Potter 31:14, 3. Steve Noll 33:55, 30-39: 1. Philip Kam 33:00, 2. Steve Ottaway 33:28, 3. Greg Gorham 34:05, 40-49: 1. David Weamer 34:59, 2. Jim Miller 36:11, 3. Malcolm Scotchler 37:43, 50-59: 1. Russell Glavin 40:07, 2. Santiago Ojeda 40:28, 3. Jeff Bardsley 41:28, 60 & Over: 1. Karl Bollinger 42:47, 2. Ned Prochnow 45:37, 3. Ted Flagg 52:25.
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### Division Results - Women's 10K

10-13: 1. Nima Shokat 49:26, 14-18: 1. Amy Lundberg 49:29, 2. Stormy Wilson 59:43, 3. Stephanie Reynolds 1:03:03, 19-29: 1. Elaine Brennan 38:08, 2. Judy Miller 39:54, 3. Terry Hellesto 39:55, 30-39: 1. Kay Bolla 40:45, 2. Randy Isaacs 41:08, 3. Jane Sowersby 41:16, 40-49: 1. Hillary Naylor 38:55, 2. Gail Rodd 42:51, 3. Elaine Ivaidi-Pierce 43:21, 50-59: 1. Alice Rose 42:21, 2. Eileen Klatsky 50:43, 3. Elaine Peersen 54:01, 60 & Over: 1. Nina Gramowich 58:57.
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### Division Results - Men's 5K

10-13: 1. Jason Yip 20:22, 2. Peter Clancy 21:49, 3. Steve Isaac 23:19, 14-18: 1. Matthew Metger 17:45, 2. John Torrey 20:30, 3. Oliver Santos 20:59, 19-29: 1. Brian Appel 15:14, 2. Michael German 15:41, 3. Chris Vigils 16:44, 30-39: 1. Charles Thompson 15:42, 2. Ron Kiyono 17:22, 3. Paul Castillo 17:29, 40-49: 1. David Taylor 16:29, 2. John Galletta 17:15, 3. Charles Venables 17:40, 50-59: 1. Dale Basye 19:46, 2. Ed Money 20:15, 3. Bob Graham 20:57, 60 & Over: 1. Ed Garner 26:27, 2. Edward Fernandez 28:41, 3. Robert Gex 28:42.
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### Division Results - Women's 5K

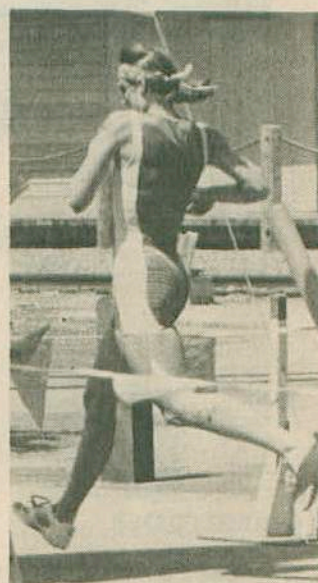
10-13: 1. Catherine Venables 20:35, 2. Susanne Jones 21:16, 3. Dixie Ching 26:18, 14-18: 1. Nancy Bell 20:39, 2. Eva Smallfield 24:04, 3. Angela Gato 25:23, 19-29: 1. Laurie Bearson 16:50, 2. Suzanne Charet 21:39, 3. Kate Homrighausen 22:01, 30-39: 1. Terry Muela 19:43, 2. Lisette Gree 22:05, 3. Ruby Yao 22:26, 40-49: 1. Susi Jestzdt 22:49, 2. Carol Benallie 24:18, 3. Linda Dodge 27:18, 50-59: 1. Sally Wollfer 21:10, 2. Peggy Kang 22:27, 3. Patty Bricknot 26:26, 60 & Over: 1. Peggy Pridmore 30:15, 2. Alice Withers 31:26.
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## Carrera De Cabras

May 10, Westlake Village, 7.2 Mile.

### Overall Results

1 Benito Cruz (22) Agoura	43:04
2 Peter Oviatt (17) Agoura	44:44
3 Mike Barton (19) NewburyPark	45:12
4 Rich Hart (34) Northridge	45:39
5 Colin Davies (34) GranadaHills	47:30
6 Joe Jacobsen (43) WestkVig	48:20
7 Vicente Rivera (27) ElMonte	48:41
8 Jose Gomez (33) LosAngeles	49:04
9 Martin Bleasdale (43) Topanga	49:10
10 Bruce Geddes (42) L.A.	49:19



EVA OBERTH-UELZEN

## Old Sacramento Triathlon

May 10, Sacramento.

(600 Yd. Swim, 12.5 Mi. Bike, 5K Run)

### Division Results - Men

15-29: 1. Roman Desota 1:02:03, 2. Phillip Gable 1:02:04, 3. Brad Williamson 1:02:29, 30-39: 1. Michael Oberth 1:02:38, 2. Jerry Cvecko 1:02:47, 3. David Slothower 1:02:50, 40-49: 1. Doug Dienelt 1:08:20, 2. Kent Robinson 1:08:36, 3. Dennis Joyce 1:15:00, 50 & Over: 1. Jima Blaha 1:11:22, 2. Jack Riley 1:13:47, 3. Jerry Cryderman 1:19:29.
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### Division Results - Women

15-29: 1. Kathy Brooks 1:11:39, 2. Marcia White 1:12:06, 3. Camaron Blake 1:13:51, 30-39: 1. Susan Griffin 1:10:16, 2. Mary Briggs 1:19:20, 3. Lani Anilla 1:22:44, 40-49: 1. Linda Winter 1:31:59, 2. Joanne Blankenship 1:45:42, 3. Janie Gallagher 1:45:45, 50 & Over: 1. Alice Pfand 1:33:40, 2. Dian Naegeli 1:47:58.
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## Conejo 8K Run

May 10, Westlake Village.

### Overall Results

1 Robert Radnoti (29) Camarillo	26:58
2 Allan Baxter (37) ThousOaks	28:49
3 Mike Shriver (27) SimiVly	29:00
4 Mike Hamer (28) ThousOaks	29:15
5 Juan Cueva (38) L.A.	29:37



# Results

## Pinole Marathon & Half Marathon

May 10, Pinole.

### Overall Results - Marathon

1	Craig Moore (33) Placerville	2:34:46
2	Joseph Green (28) Novato	2:42:19
3	David Roth (33) Berkeley	2:52:35
4	Jim Moyles (35) RedwoodCity	2:53:47
5	Marc Frodyma (35) MenloPark	3:05:47
6	Christie Patterson (39) Belvedere	3:07:07
7	Suzette Moore (29) Placerville	3:10:09
8	Katharin Gustafson (22) Berkeley	3:12:34
9	Robert Eichstaedt (40) S.F.	3:15:21
10	Jan Levett (36) Camino	3:19:49

### Division Results - Men's Marathon

16-29:	1. Joseph Green 2:42:19, 2. Fred Brill 3:45:06, 3. Ken Epstein 3:45:06, 30-39: 1. Craig Moore 2:34:46, 2. David Roth 2:52:35, 3. Jim Moyles 2:53:47, 40-49: 1. Robert Eichstaedt 3:15:21, 2. James Milne 3:22:25, 3. John Clark 3:34:50, 50-59: 1. Tony Stratta 5:45:30, 2. Sherman Welpton 5:48:02.
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### Overall Results - Half Marathon

1	Juan Ramirez (22) Oakland	1:11:38
2	Isidro Rocha (27) Oakland	1:16:44
3	Christopher Miller (29) S.Cruz	1:17:04
4	Allan Smith (27) Pinole	1:22:25
5	Robert Tyson (42) Vallejo	1:22:47
6	Arnold Ramos (36) Oakland	1:23:45
7	Joann Dahlkoetter (33) S.F.	1:23:45
8	Alvin Pak (32) San Ramon	1:23:49
9	Greg Pattison (35) Berkeley	1:25:53
10	Tony Chan (27) Oakland	1:25:54

### Division Results - Men's Half Marathon

16-29:	Juan Ramirez 1:11:38, 2. Isidro Rocha 1:16:44, 3. Christopher Miller 1:17:04, 30-39: 1. Arnold Ramos 1:23:45, 2. Alvin Pak 1:23:49, 3. Greg Pattison 1:25:53, 40-49: 1. Robert Tyson 1:22:47, 2. James Hult 1:25:35, 3. Jerry Lyerly 1:26:12, 50-59: 1. James Engle 1:29:25, 2. Bruce Oliver 1:32:58, 3. Don Hildebrand 1:35:55.
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### Division Results - Women's Half Marathon

16-29:	1. Beth Scalettar 1:37:15, 2. Jenni Carter 1:43:19, 3. Carol Caldwell 1:45:18, 30-39: 1. Joann Dahlkoetter 1:23:45, 2. Cynthia Nesvig 1:37:55, 3. Mary Lou Quinto 1:41:59, 40-49: 1. Linda Robrecht 1:53:07, 2. Karen Gudiksen 1:54:35, 3. Sherri Guinn 1:54:59, 50-59: 1. Ruth Anderson 1:41:28, 60-69: 1. Mary Ellen Lentz 2:20:13, 2. Mary Chu 2:36:26.
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## Night Moves 5K Fun Run

May 14, San Luis Obispo.

### Overall Men's Results

1	Doug Twilleager	16:18
2	Roman DeSoto	16:19
3	Tim Campbell	16:22

### Overall Women's Results

1	Katie Dunsmuir	19:37
2	Jennifer Drum	20:35
3	April Wagner	21:32

## Dala Horse Trot

May 16, Kingsburg. 10K & 2 Mile.

### Division Results - Men's 10K

14 & Under:	1. Joe Ruiz 38:12, 2. Chris Crass 54:45, 15-19: 1. Danny Vega 34:05, 2. Isaac Naranjo 38:39, 3. Darin Peterson 41:00, 20-24: 1. John Brown 34:55, 25-29: 1. Lex Swanson 36:54, 2. Robert Powers 41:02, 3. John Wenger 41:22, 30-34: 1. Baldemar Bettencourt 32:25, 2. Marty Higginbotham 33:22, 3. Robert Garcia 37:03, 35-39: 1. Al Lomell 33:39, 2. Terry Nephew 37:29, 3. John Minney 37:42, 40-49: 1. Bob Lindsay 34:10, 2. Bob Blakely 39:20, 3.
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Dave Meyer 39:24, 50-59: 1. Richard Rozier 42:55, 2. John Browning 47:21, 3. Ray Lazalde 54:43, 60 & Over: 1. Erik Stenstedt 47:10, 2. John Paredes 50:13.

### Division Results - Women's 10K

15-19: 1. Angie Wilkinson 52:21, 25-29: 1. Katie Lowe 42:54, 2. Jane Greene 55:00, 30-34: 1. Sharon Madison 44:48, 2. Sandy Ducharme 52:36, 35-39: 1. Cherie Stevenson 45:35, 2. Sandy Aune 50:29, 3. Claudette Moore 50:30, 40-49: 1. Margie Timberlake 40:14, 2. Jackie Ryle 49:04, 3. Debra Schwartz 51:39.

### Division Results - Men's 2 Mile

11 & Under: 1. Duncan Marriott 14:12, 2. Troy Hess 14:13, 3. Adam Jacobson 14:21, 12-14: 1. Ignacio Guillen 11:24, 2. Hugo Menchaca 11:30, 3. Luis Naranjo 12:16, 15-19: 1. Art Contreras 10:52, 2. Dan Olson 13:28, 3. Vince Anderson 14:26, 20-24: 1. Steve March 12:00, 2. Erik Swanson 14:31, 25-29: 1. Reynaldo Garza 11:12, 2. Richard Hernandez 11:46, 3. David Goulet 11:55, 30-34: 1. David Williams 10:46, 2. Steven Foster 11:41, 3. Jose Espinoza 12:43, 35-39: 1. Gary Dhillon 13:33, 2. Bob Graves 14:15, 3. Glen Caracaronella 14:27, 40-49: 1. David Corda 10:04, 2. Richard Mattos 11:44, 3. Juan Sanchez 11:52, 50-59: 1. Grant Sharp 12:54, 2. Len Hansen 12:57, 3. Monroe Clark 19:04, 60 & Over: 1. Bob Musso 10:22, 2. Paul Sander 17:55.

### Division Results - Women's 2 Mile

11 & Under: 1. Heather Lindman 14:22, 2. Yolanda Hall 17:06, 3. G. Boles 17:58, 12-14: 1. Crista Herrera 13:30, 2. Mindy Hess 17:34, 15-19: 1. Lori Rocker 12:31, 2. Shelly McArtor 17:23, 20-24: 1. Gretta Buller 17:58, 2. Ronette Brandt 17:59, 25-29: 1. Karl Lane 15:44, 2. Sharon Higginbotham 15:55, 3. Amy Esterhulzen 17:30, 30-34: 1. Margie Hodge 14:46, 2. Nancy Flynn 15:06, 3. Regina Notelesne 15:31, 35-39: 1. Natalia Bolanos 13:36, 2. Debbie Rosander 14:42, 3. Janice Ford 15:43, 40-49: 1. Mary Ann Borroso 13:59, 2. Helena Miller 14:03, 3. Connie Mollo 15:48, 50-59: 1. Faye DeLong 22:04, 60 & Over: 1. Elaine Clark 21:01.

## Armed Forces Day

May 16, Torrance. 5K & 10K.

### Division Results - Men

10 & Under: 1. Alexander Raima 20:35, 2. Dederer Alex 20:51, 3. Rikus Linschoten 25:54, 11-12: 1. Trent Boggess 19:52, 2. Mike Stoker 22:30, 3. Fredrick Whitley 23:16, 13-15: 1. Terrell Reyes 17:52, 2. Israel Pose 18:13, 3. Alonzo Green 18:58, 16-18: 1. Darin Watkins 18:12, 2. David Deleado 16:31, 3. Blake Boggess 16:35, 19-24: 1. Greg Houlgate 15:53, 2. Glen Light 16:49, 3. Patrick Cameranesi 17:42, 25-29: 1. Gilbert Cortez 15:59, 2. Russel Clark 16:53, 3. Luis Alvarado 17:01, 30-34: 1. Herminio Garcia 16:30, 2. Jon Hiroshima 17:21, 3. Chris Melvin 17:23, 35-39: 1. Geoff Guerrero 17:01, 2. Bruce Hongch 17:45, 3. Camelo Hernandez 17:46, 40-44: 1. Ben Jackson 18:03, 2. Manny Burro 18:04, 3. Mark Vamazaki 18:56, 45-49: 1. Roy Hardesty 18:03, 2. Joe Camarata 19:29, 3. Bill Mandeville 19:41, 50-54: 1. Andre Tocco 17:27, 2. Vince Gilliland 19:24, 3. David Thomas 20:06, 55-59: 1. Ignacio Mariscal 20:29, 2. Bob Vitale 21:19, 3. Erick Meredith 22:43, 60-64: 1. Larry Banuelos 19:57, 2. Milo Sather 20:58, 3. Stanley Kleinman 22:10, 65 & Over: 1. Bob Ferry 32:09, 2. K.E. Spooner 40:05, 3. J. Bishin 43:51.

### Division Results - Women

10 & Under: 1. Karen McAllister 28:30, 2. Jennifer Ventura 29:31, 3. Nicole Ventura 29:30, 11-12: 1. Sara Reyes 19:59, 2. Christina De Leon 23:27, 3. Faye Henry 24:03, 13-15: 1. Lucinda Keyes 18:40, 2. Gerberta Royce 21:42, 3. Shannon Brooks 21:47, 16-18: 1. Kelly Griebel 20:57, 2. Katy Schultz 21:34, 3. Chantal Pousson 22:48, 19-24: 1. Christy Hanlon 22:57, 2. Terri Moseley 25:31, 3. Lori Kuriki 25:41, 25-29:

1. Connie Garbarini 22:28, 2. Cheryl Davis 23:37, 3. Letiria Medina 24:35, 30-34: 1. Mavka McEveety 23:59, 2. Barbara Ledesma 24:53, 3. Lori Johnson 25:21, 35-39: 1. Lana DaCosta 22:44, 2. Shirley Long 26:11, 3. Maria DeLeon 28:01, 40-44: 1. Sue Reinhardt 20:34, 2. Nancy Welly 24:02, 3. Donna Hodge 24:47, 45-49: 1. Janet Beauchamp 26:30, 2. Shirley Dohrman 28:45, 3. S. Lucas 30:16, 50-54: 1. Gena Johnson 31:44, 2. Elizabeth McClellan 35:53, 3. Phyllis Weissman 35:54, 55-59: 1. Jean Windishar 28:44, 2. Carmen Drake 35:26, 60-64: 1. Jane Frankman 34:18, 2. Julia Treoson 43:16, 65 & Over: 1. Lucy Adney 36:08.

### Division Results - Men's 10K

10 & Under: 1. Eric Reyes 48:38, 2. Sam Harang 48:49, 3. Brett Moulton 53:54, 11-12: 1. Michael Oliveri 44:26, 2. Scott Anderson 46:52, 3. Brian Shamabukuro 56:41, 13-15: 1. Kurt Bereskin 37:24, 2. Tino Artyeaga 40:39, 3. Freddy Valladares 41:09, 16-18: 1. Bennie Cravatt 33:22, 2. Tim Brunold 36:55, 3. Eric Thomsen 37:39, 19-24: 1. Jeff Olson 31:51, 2. Martin Mareno 33:53, 3. Todd Lund 34:39, 25-29: 1. Bob Wilder 34:36, 2. Edward Edwards 34:59, 3. Tony Burclago 35:26, 30-34: 1. John Horowitz 33:25, 2. Tim Braun 33:58, 3. Gregg Buchbinger 36:38, 35-39: 1. Jack McDowell 34:00, 2. John Baran 37:22, 3. Joseph Banach 37:56, 40-44: 1. Don McCarthy 34:11, 2. Rene Diaz 36:06, 3. Daw Ashimine 36:32, 45-49: 1. Luis Gorordo 37:16, 2. Kit Ruona 37:30, 3. Oryn Skrien 38:53, 50-54: 1. Jerry Shourds 38:43, 2. Ined Kedd 41:15, 3. Gene Schultz 41:22, 55-59: 1. John Feyk 39:08, 2. John Uharriet 43:26, 3. Don Alexander 44:03, 60-64: 1. Daniel Lujan 46:16, 2. Dan Sayer 47:57, 3. R. Domino 50:15, 65 & Over: 1. John Nino 45:54, 2. Casey Poole 45:58.

### Division Results - Women's 10K

11-12: 1. Jessica Reifer 44:49, 13-15: 1. Jamie Clippard 53:13, 2. Vanessa McDaniel 1:04:24, 16-18: 1. Liz Adrian 48:19, 2. Wendy Ha 48:33, 3. Tayna Schornack, N.T. 19:24: 1. Janet Ishmael 42:00, 2. Joan Roehrig 43:59, 3. Jill Mazuchi 46:41, 25-29: 1. Kathy Klossner 41:58, 2. Marlene Roland 47:07, 3. Pamela Lewis 48:39, 30-34: 1. Sue Tennigkeit 42:53, 2. Jennie Cole 43:33, 3. Altie Ng 50:13, 35-39: 1. Charlotte Robinette 46:19, 2. Maryann Walsh 48:21, 3. Sue Nowaski 54:53, 40-44: 1. Lana Ludwig 42:52, 2. Margaret Hourigan 46:09, 3. Betsy Scars 46:15, 45-49: 1. Kathryn Owen 46:43, 2. Elaine Murphy 47:00, 3. Pat Kinien 56:01, 50-54: 1. Ann Martin 56:42, 2. Barbara Larsh 1:06:22, 3. Virginia Marsh 1:20:36, 55-59: 1. Connie Abang 57:22, 2. Agnes Kamamoto 58:05.

4 Francisco Avila (31) SantaCruz 37:23  
5 Rick Sproule (41) SantaCruz 37:35  
6 William Kunz (36) Watsonvill 37:42  
7 Ray Klacik (31) PaloAlto 39:57  
8 Todd Critchfield (25) SantaCruz 40:03  
9 W.M. Mark (38) S.F. 40:53  
10 Kevin Campbell (27) SantaCruz 41:01

### Division Results - Men's 10K

8-15: 1. Philip Hilman 52:17, 2. Eric Jurasin 54:20, 16-29: 1. Gilbert Munoz 35:05, 2. Barry Farrara 37:12, 3. Todd Critchfield 40:03, 30-39: 1. Dennis Kurovsky 35:36, 2. Francisco Avila 37:23, 3. William Kunz 37:42, 40-49: 1. Rick Sproule 37:35, 2. Mitch Brenneise 46:10, 3. John Bachmann 46:58, 50-59: 1. Leroy Rakestraw 44:08, 2. James Moore 47:51, 3. Jerry Sharp 52:04, 60-69: 1. Ted Horner 50:58, 2. Duane Christiani 51:36, 3. Willem Tuijnzing 54:25.

### Division Results - Women's 10K

8-15: 1. Elizabeth Conkling 1:05:36, 16-29: 1. Domi Aguirre 46:59, 2. Sharon Merrell 49:14, 3. Peggy Ford 50:35, 30-39: 1. Jennifer Teague 47:46, 2. Storm Eddy 48:03, 3. Annina Rae Puccio 54:26, 40-49: 1. Candace Smith 57:27, 2. Renee Faine 1:17:38, 50-59: 1. Millie O'Brien 1:04:59.

### Overall Results - 15K

1	Joe Rust (34) Sunnyvale	54:33
2	Robert VanDera (38) Capitola	54:34
3	Gary Heidinger (34) Cupertino	59:33
4	Bill Jenkins (37) SantaCruz	59:58
5	Benjamin Sawyer (50) StaCruz	1:00:26
6	Eric Hazer (37) Ceres	1:00:27
7	Gordon Smith (50) Seaside	1:00:38
8	Tim Sheeler (32) SanJose	1:01:12
9	Ann Danford (26) LosAltos	1:01:19
10	Jim Donnelly (50) RedwCity	1:01:27

### Division Results - Men's 15K

16-29: 1. Will Thomas 1:03:47, 2. Dave Danford 1:07:54, 3. Emory Sena 1:19:50, 30-39: 1. Joe Rust 54:33, 2. Robert Van Dera 54:34, 3. Gary Heidinger 59:33, 40-49: 1. James Martini 1:00:20, 2. Bill Bahn 1:10:45, 3. Cal Gagliardo 1:17:46, 50-59: 1. Benjamin Sawyer 1:00:26, 2. Gordon Smith 1:00:38, 3. Jim Donnelly 1:01:27, 60-69: 1. Ulysses Ratti 1:20:25, 70-79: 1. Les Liebenberg 1:24:40.

### Division Results - Women's 15K

16-29: 1. Ann Danford 1:01:19, 2. Myrna Hallikson 1:04:53, 3. Tanya Botkin 1:13:08, 30-39: 1. Harriet Guberman 1:14:04, 2. Rhonda Dyer 1:16:24, 3. Catherine Van Eron 1:22:07, 40-49: 1. Camille Creange 1:17:14, 2. Bonnie Littlefield 1:22:35, 3. Barbara Scott 1:31:32, 60-69: 1. Els Ruizing 1:23:40.

## Yucaipa Valley Mini-Triathlon

May 16, Yucaipa Regional Park.

A group of more than 71 athletes gathered at the Yucaipa Regional Park May 16 to compete in the Second Annual Yucaipa Valley Mini Triathlon, sponsored by the Yucaipa Valley Kiwanis Club.

Competitors ran two, two-mile loops inside the park after the 9 a.m. start.

Once they had completed the run, the athletes either tagged the next person on their relay team, or (for those who competed solo) jumped on a bike and began the second leg of the competition.

The 13-mile bike ride took runners from the Regional Park up to Mesa Grande Drive, down Avenue L to Calimesa Boulevard, then up Avenue F and down Seventh Street to the pool.

Cyclists then became swimmers as they cruised the 150-yard course which covered eight laps in the Seventh Street Pool.

Participants received t-shirts and a medal for their accomplishments.

No official time was kept and competitors were not placed. However the first finishers completed the course in approximately one hour.



## March of the Monarchs

May 16, Santa Cruz. 10K & 15K.

### Overall Results - 10K

1	Gilbert Munoz (27) Watsonville	35:05
2	Dennis Kurovsky (37) Benicia	35:36
3	Barry Farrara (24) Aptos	37:12



# Results

## Rotary Stampede

### May 16. Redding. 6 Mile & 2 Mile.

#### Overall Results - 6 Mile

1	Tom Davies (21) Magalia	31:40
2	John Zinselmair (39) Mad River	33:20
3	Three Guys & A Dog, Redding	33:48
4	Forest Stuckey (20) Redding	33:52
5	Dan Brummer (32) Weaverville	35:19
6	Tom Hayes (42) Chico	35:27
7	Gary Towne (19) Redding	35:28
8	Nelson Cobb (29) Redding	35:30
9	John Luaces (19) Palo Cedro	35:33
10	Lannie Binney (19) Redding	36:12
34	Christi Oliveira (16) Cottonwood	40:36

#### Division Results - Men's 6 Miles

10-14:	1. Dean Addison 46:24. 15-19:	1. Gary Towne 35:28. 2. John Luaces 35:33.
3.	Lannie Binney 36:12. 20-29:	1. Tom Davies 31:40. 2. Forest Stuckey 33:52.
3.	Nelson Cobb 35:30. 30-34:	1. Dan Brummer 35:19. 2. Pete Simone 37:43. 3. Greg Davy 37:53. 35-39:
1.	John Zinselmair 33:20. 2. David Moon 37:48. 3. Daniel Russell 39:28. 40-44:	1. Tom Hayes 35:27. 2. Phil Nemir 36:55. 3. Sal Valdivia 36:56. 45-49:
1.	Glenn Reed 38:40. 2. Ron Dunlap 38:44. 3. Joe Gazzigli 39:57. 50-54:	1. Harold Carling 37:07. 2. Lee Bunnell 41:46. 3. Gene Greenwell 42:57. 55 & Over:
1.	Bob Malain 37:53. 2. Mel Sullens 42:42. 3. Herman Romero 50:38.	

#### Division Results - Women's 6 Miles

10-14:	1. Schandia Maxon 55:57. 15-19:	1. Christi Oliveira 40:36. 2. Nikki Oliveira 44:31. 3. Terri Horton 47:42. 20-29:
1.	Jill Bressler 43:28. 2. Tammy Batterhorn 43:36. 3. Heidi Reber 43:40. 30-34:	1. Kathy Crabtree 48:43. 2. Jill McMahon 49:18. 3. Stacey Morris 52:40. 35-39:
1.	Jeanne Mello 44:11. 2. Gals from Paradise 48:49. 3. Debbie Gentry 52:34. 40-44:	1. Lynne Sunderland 44:00. 2. Susan Conpon 46:54. 3. Barbara Crocker 55:42. 45-49:
1.	Jeanie Minuth 48:51. 2. Carolyn Ward 50:49. 3. Mavis Simmons 59:46. 50-54:	1. Joan Sullens 52:47. 2. Ruth Jensen 55:43.

#### Overall Results - 2 Mile

1	Barry Woods (19) Redding	9:43
2	Lee Young (25) Central Valley	9:44
3	Mike Kelly (32) Redding	10:01
4	Mike Roberts (33) Susanvi	10:02
5	Randy Avellar (37) Acampo	10:15
6	Vance Hempling (31) Redding	10:22
7	Brian Frost (28) Redding	10:37
8	Jim Mudd (39) Redding	10:42
9	Doug Carter (16) Palo Cedro	10:42
10	Ted Hillberg (35) Weaverville	10:43
11	Ronald Lloyd (36) Anderson	10:45
12	Andy Forbes (30) Redding	10:46
13	Vince Zinselmair (13) Mad River	10:52
14	Jim Ratliff (37) Trinity Ctr	10:55
15	Ray Ruiz (41) Weaverville	10:58
16	Colin Dazzi (44) Rio Dell	11:03
17	Danny Matthews (14) Palo Cedro	11:19
18	Lee Rawlins (23) Anderson	11:26
19	Bob Galusha (46) Redding	11:27
20	Josh Megill (12) Anderson	11:47

#### Division Results - Men's 2 Mile

9 & Under:	1. Ryan Wade 16:13. 2. Jed Langum 16:20. 3. Ben Megill 20:38. 10-14:	1. Vince Zinselmair 10:52. 2. Danny Matthews 11:19. 3. Josh Megill 11:47. 15-19:
1.	Barry Woods 9:43. 2. Doug Carter 10:42. 3. Patrick Condon 11:56. 20-29:	1. Lee Young 9:44. 2. Brian Frost 10:37. 3. Lee Rawlins 11:26. 30-34:
1.	Mike Kelly 10:01. 2. Mike Robewerts 10:02. 3. Vance Hempling 10:22. 35-39:	1. Randy Avellar 10:15. 2. Jim Mudd 10:42. 3. Ted Hillberg 10:43. 40-44:
1.	Ray Ruiz 10:58. 2. Colin Dazzi 11:03. 3. Dennis Boyle 12:37. 45-49:	1. Bob Galusha 11:27. 2. Mort Ward 12:06. 3. Louis Quiggle 13:47. 50-54:
1.	Bill Bohon 13:25. 2. Joe Sancedo 13:36. 3. Dave Ferguson 15:54. 55 & Over:	1. Jim Sullivan 14:37. 2. Larry Forero 15:27. 3. Melvin Riffel 20:33.

### Division Results - Women's 2 Mile

9 & Under:	1. Tristen Rust 16:52. 2. Heather Johnson 17:33. 3. Allison Johnson 18:16. 10-14:	1. Jennifer Styir 13:34. 2. Lisa Evanhoe 14:02. 3. Catherine Skicki 14:33. 15-19:
1.	Connie Larrance 14:27. 2. Karen Burke 15:49. 3. Leighann Wleeking 15:58. 20-29:	1. Jana Morris 12:53. 2. Denise Rose 14:35. 3. Laura Lee Barbeau 14:47. 30-34:
1.	Gail Jones 12:01. 2. Patti Hepburn 14:26. 3. Dee Shannon 14:48. 35-39:	1. Beth Milsud 12:33. 2. Curilla Salsedo 16:02. 3. Linda Serveau 17:37. 40-44:
1.	Penny Harris 15:50. 2. Yvonne Cunningham 16:21. 3. Diane Galusha 16:25. 45-49:	1. Kathleen Evanhoe 15:57. 2. Rosalind Quiggle 16:32. 3. Arlene Bidwell 17:50. 50-54:
1.	Pat Thorne 15:29. 2. Betty Toms 18:02. 3. Zelda Thompson 21:08. 55 & Over:	1. Mary Malain 15:23. 2. Beverly Forero 15:52. 3. Marcene Parkan 16:16.

## San Gabriel River Bike Trail

### May 16. Pico Rivera. 10K.

#### Division Results - Men

19-24:	1. Martin Rodriguez 39:32. 2. Gilberto Barrero 41:48. 3. Larry Najera 49:59. 30-34:
1.	Keith Berta 34:25. 2. Chris Christensen 40:49. 3. Francisco Rodriguez 41:03. 35-39:
1.	Jerry Lawrence 38:54. 2. Armando Rodriguez 48:10. 40-44:
1.	Jarrett William 38:23. 2. Dwight Smith 45:06. 3. Michael Lalum 45:49. 45-49:
1.	Guillermo Johanson 45:27. 2. Jan Stine 48:10. 50-54:
1.	Cliff Stoiba 41:43. 55-59:
1.	Mort Kanter 48:27. 60-64:
1.	Wiley Nelson 57:11.

#### Division Results - Women

19-24:	1. Sandy Krausert 50:45. 2. Sharon Brimley 1:02:55. 45-49:
1.	Eloisa Casares 52:17.

## Santa Anita Spring Classic

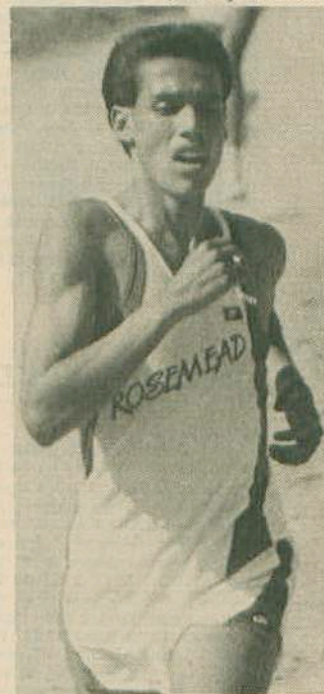
### May 17. Arcadia. 5K & 10K.

On Sunday May 17th, 2500 participants and their families gathered at Santa Anita Race Track for the Eighth Annual "Santa Anita Spring Classic 10K, 5K and 1K Fun Run-Walk." As in the other seven affairs all in attendance had a great time. A schedule change this year had the 10K switched to a 7:30 a.m. start because of possible warm weather. The change worked out great, as the thousand participants in that race were greeted with slightly overcast skies and weather conducive to personal bests on the course that meanders on the streets around Santa Anita Golf Course and a loop through residential Arcadia before finishing at the "Great Race Place." Overall winner for the males in the 10K was Mario Hidalgo from L.A., who separated early from the pack and rolled along at steady 5:15 miles on the way to a 32:29, winning by over a minute. First female finisher was Pennie McLaughlin-Hall, in 26th overall with a fine 37:19 time. The weather remained very cool for the 8:30 5K, with the racers sizzling the streets in this one. Area prep star, Aaron Mascorro of Rosemead High, 2nd in the California State Prep Track Meet at 3200 meters at 9:03 three weeks hence, hooked up with Keith Witthauer of Apple Valley (from the 30-39 age group), and the duo led the thirteen hundred participants in this event through quick times of under 4:35 (mile) and 9:30 (two miles). During the last mile the duo raced step for step, with Witthauer just edging ahead in the last stride or two with both given a super 14:46 time at the finish. Winner of the female portion of the 5K event was Jaynie Studemund of

Pasadena at 18:07. The 1 Kilometer Fun Run-Walk was added this year so that the entire family could take part in the morning's physical activities. The 200 entrants ranged from toddlers to senior citizens. With the course entirely controlled with traffic barriers inside the Santa Anita Race Track parking lot for safety considerations it was a real hit for those participating and the rest of the family who watched. This portion of the event should continue as part of a total affair that has grown into among the dozen biggest in Southern California in its short history.

A dream came true for people in the Arcadia community within the last year, as the financial support of the Santa Anita Spring Classic, Arcadia Invitational Track & Field Meet, High School Boosters, City of Arcadia, Arcadia Recreation Department, and interested community members put together a package that made possible the construction of a Nine-Lane All-Weather Track facility at Arcadia High School. Completed in January, area preps and joggers have made good use of the track since, including a very successful mid-April Arcadia Invitational Track & Field Meet for the best High School athletes from three hundred and fifty schools from around the Western United States.

photo by Burt Davis



AARON MASCORRO

#### Overall Results - Men's 10K

1	Mario Hidalgo (L.A.)	32:29
2	Dale Vinski (L.A.)	33:39
3	Michael Gottardi (Pasadena)	33:48
4	Mike Navock (Long Bch)	34:22
5	Shawn Ostlund (Pasadena)	34:38
6	Robert Bush, Jr. (Arcadia)	34:55
7	Robert Krauth (Placentia)	34:57
8	Emilio Lozano (Pasadena)	35:07
9	Brian Johnson (W.Covina)	35:28
10	Jose Rodriguez (L.A.)	35:29

#### Overall Results - Women's 10K

1	Pennie McLaughlin-Hall (Gind)	37:19
2	Laura Rinde (Sun Valley)	38:30
3	Lillian Soliman (L.A.)	40:53
4	Loanne Harden (W.Covina)	41:20
5	Julie Finnegan (Upland)	42:16
6	Chris Trevarthen (La Mirada)	43:53
7	Diana Henchey (Monrovia)	44:20

8	Patty Moran (Orange)	44:23
9	Diana Hattori (Torrance)	44:32
10	Leonora Long (Arcadia)	44:47

#### Division Results - Men's 10K

15 & Under:	1. Brian Johnson 35:28. 2. Bill Griebel 36:02. 3. Evarado Chavez 38:33. 16-20:
1.	Dale Vinski 33:39. 2. Michael Gottardi 33:48. 3. Shawn Ostlund 34:38. 21-29:
1.	Mario Hidalgo 32:29. 2. Mike Navock 34:22. 3. Robert Bush, Jr. 34:55. 30-39:
1.	Jose Rodriguez 35:29. 2. Gilbert Varela 36:10. 3. John Turner 36:22. 40-49:
1.	Wayne Mitchell 36:49. 2. Alex Meade 36:58. 3. Elliott Andrews 37:30. 50-59:
1.	Jim Brownfield 35:56. 2. Frank Vasquez 41:10. 3. Sam Gee 41:22. 60-69:
1.	Larry Banuelos 41:23. 2. Robert Henigson 42:26. 3. Bryant Thorne 43:58. 70 & Over:
1.	Eddie Lewin 43:08. 2. Dutch Benedetti 46:25. 3. Fraser MacMinn 52:41.

#### Division Results - Women's 10K

15 & Under:	1. Lillian Soliman 40:53. 2. Veronica Chavez 54:45. 3. Eva DeLaO 62:12. 16-20:
1.	Maria Aparicio 46:39. 2. Christina Ahumada 49:12. 3. Crystal Thomas 52:11. 21-29:
1.	Laura Rinde 38:30. 2. Julie Finnegan 42:16. 3. Diana Henchey 44:20. 30-39:
1.	Loanne Harden 41:20. 2. Diane Hattori 44:32. 3. Leonora Long 44:47. 40-49:
1.	Chris Trevarthen 43:53. 2. Irene Mew 45:22. 3. Christine Weiner 45:49.
50-59:	1. Susan Conner 49:36. 2. Claire Thoms 50:00. 3. Ehel Kleinsasser 52:05.
60-69:	1. Mildred Swiader 62:23. 2. Lucy Byers 70:45. 3. Modena MacFarlane 72:50.
70-79:	1. Judy Simon 55:35. 2. Bess James 64:19.

#### Overall Results - Men's 5K

1	Keith Witthauer (Apple Valley)	14:46
2	Aaron Mascorro (Rosemead)	14:48
3	Adolfo Garcia (Pasadena)	14:56
4	Carey Simons (Arcadia)	15:09
5	Derrick Powers (Temple City)	15:33
6	Alex Miranda (Baldwin Pk)	15:35
7	Enrique Serratos (Baldwin Pk)	15:39
8	Efren Garcia (L.A.)	15:44
9	Robert Mata (L.A.)	15:58
10	Mark Cote (La Crescenta)	16:02

#### Overall Results - Women's 5K

1	Jaynie Studemund (Pasadena)	18:07
2	Susan Pheasant (Azusa)	19:09
3	Kelly Auerbach (Hacienda Hts)	19:43
4	Kathy Hart (Pasadena)	20:22
5	Miriam Rizo (L.A.)	20:35
6	Stephanie Hernandez (El Monte)	20:54
7	Licha Villanueva (El Monte)	21:13
8	Kimberly Corrales (El Monte)	21:14
9	Valerie Choy (Lakewood)	21:23
10	Sandi Cuevas (Burbank)	21:48

#### Division Results - Men's 5K

15 & Under:	1. Jose Alvarenga 16:55. 2. Andres Djoan 17:19. 3. Sal Romero 17:29. 16-21:
1.	Aaron Mascorro 14:48. 2. Derrick Powers 15:33. 3. Efren Garcia 15:44. 21-29:
1.	Adolfo Garcia 14:56. 2. Alex Miranda 15:35. 3. Mark Cote 16:02. 30-39:
1.	Keith Witthauer 14:46. 2. Carey Simons 15:09. 3. Enrique Serratos 15:39. 40-49:
1.	Mike St. Andre 17:06. 2. Chad Ehlers 17:18. 3. Roy Gardner 18:10. 50-59:
1.	Ben Bernal 16:26. 2. Jim Parra 18:38. 3. Aurelio Camacho 19:16. 60-69:
1.	Jack Green 20:45. 2. Charles McCurdy 23:02. 3. Stenton Baruch 23:52. 70 & Over:
1.	George Feinstein 25:44. 2. Fred Shanley 26:54. 3. Dean Scofield 27:23.

#### Division Results - Women's 5K

15 & Under:	1. Kelly Auerbach 19:43. 2. Stephanie Hernandez 20:54. 3. Shelby Elliott 22:09. 16-20:
1.	Miriam Rizo 20:35. 2. Licha Villanueva 21:13. 3. Kimberly Corrales 21:14. 21-29:
1.	Susan Pheasant 19:09. 2. Valerie Choy 21:23. 3. Tamara Hew 21:51. 30-39:
1.	Jaynie Studemund 18:07. 2. Kathy Hart 20:22. 3. Bonnie Chun 21:52. 40-49:
1.	Sharon Taylor 22:39. 2. Anne Burke 24:19. 3. Guadalupe Naf 24:25. 50-59:
1.	Irene Oiberz 22:56. 2. Dorothy Tracey 24:14. 3. Margaret Fulmer 25:59. 60-69:
1.	Neille Escobedo 30:54. 2. Joyce Fuller 32:34. 3. Margaret Taggart 45:22. 70 & Over:
1.	Lucile Adney 34:59. 2. Anne Tottenham 41:32.



# Results

## Arroyo Grande Tri

### May 17. Lake Lopez, Arroyo Grande.

#### Overall Results

1 Kelly Beck (23) SLO	1:17:25
2 Arnold Morrill (24) SLO	1:22:16
3 John Milburn (20) Capitola	1:23:14
4 Rob Baldwin (26) SLO	1:23:25
5 Craig Lowrie (31) SLO	1:24:20
6 Michael Stone (27) Pleasant HI	1:24:22
7 Rodolfo Soriano (20) SLO	1:25:04
8 Eric Deam (27) SLO	1:25:06
9 Michael Hart (30) Pismo Bch	1:25:57
10 Ed Riley (27) SLO	1:26:51

#### Division Results - Men

16-29: 1. Kelly Beck 1:17:25, 2. Arnold Morrill 1:22:16, 3. John Milburn 1:23:14. 30-39: 1. Craig Lowrie 1:24:20, 2. Michael Stone 1:25:04, 3. Tobin Kramasz 1:27:18. 40-49: 1. Peter Hackbert 1:40:15, 2. Ian Gavine 1:41:20, 3. Rick Peairs 1:50:58. 50-59: 1. Ron Skow 1:57:22.

#### Division Results - Women

16-29: 1. Juliana Russell 1:41:38, 2. Monica Mazzocco 1:46:20, 3. Amelia Miller 1:52:35. 30-39: 1. Joanne Schmitz 1:35:41.

## Kaiser Permanente

### May 17. Rialto. 5K & 10K.

#### Division Results - Men's 5K

12 & Under: 1. Jason Hobbs 20:30, 2. Mondo Cuellar 22:06, 3. Jon Bailey 22:11. 13-18: 1. Mark Hair 16:52, 2. Billy Sandlin 17:04, 3. Jason Collins 17:31. 19-19: 1. Ken Webb 16:23, 2. Albert Camacho 17:45, 3. Albert Munoz 20:15. 20-29: 1. Gilbert Mata 15:37, 2. Steve Kovato 15:47, 3. Steve Kovatch 16:45. 30-39: 1. Chris Melvin 16:22, 2. Danny Young 16:59, 3. Victor Lemos 17:37. 40-49: 1. Bob McGeough 17:17, 2. Tom Nelson 17:37, 3. James Cope 17:59. 50-59: 1. Wally Ingram 18:37, 2. Frank Ogawa 18:47, 3. Herb Hoggard 21:04. 60 & Over: 1. John Moen, Sr. 24:17, 2. Tom Grimm 31:23, 3. George Bouch 33:05.

#### Division Results - Women's 5K

12 & Under: 1. Emily Doser 22:47, 2. Monique Smith 32:31, 3. Brenda Price 34:37. 13-18: 1. Anna Solorio 21:06, 2. Monica Lemos 22:33, 3. Gina Guzzetta 24:04. 17-19: 1. Lisa Reed 28:02, 2. Sanna Lili-Janiemi 31:54. 20-29: 1. Patricia Contreras 20:07, 2. Cathy King 20:45, 3. Linda Videgar 21:17. 30-39: 1. Mary Ann Mera 19:22, 2. Karen Callahan 20:38, 3. Susan Hunter 21:36. 40-49: 1. Carol Ellestad 24:36, 2. Joy Bailey 27:11, 3. Carole Hudson 28:01. 50 & Over: 1. Deanna Ashford 28:03, 2. Ann Altmark 28:21, 3. Earlyne Biering 28:24.

#### Division Results - Men's 10K

12 & Under: 1. Omar Naranjo 44:57, 2. Richard Bermudez 48:12, 3. Jerry Moon 48:37. 13-18: 1. Moses Hernandez 36:54, 2. James Causey 41:47. 20-29: 1. Daniel Reed 31:45, 2. Ron Perez 32:50, 3. Mike Brown 32:55. 30-39: 1. Dave Hunter 33:16, 2. John Mills 34:02, 3. Chris Melvin 34:58. 40-49: 1. Bob Gilligan 38:36, 2. Rodgers Cory 38:53, 3. Fred Gover 39:23. 50-59: 1. Carlo Leone 41:12, 2. Leo Prado 41:40, 3. Gordon Barnard 42:16. 60 & Over: 1. Robert Koch 44:50.

#### Division Results - Women's 10K

13-18: 1. Patricia Parker 41:39, 2. S. Christoffersen 51:48, 3. Paula Arnett 51:49. 17-19: 1. Stacy Webb 44:44. 20-29: 1. Sherry Disandro 45:52, 2. Lori Wilder 46:50, 3. Connie Nelson 49:34. 30-39: 1. Patricia Bleberdorf 41:33, 2. Sena Peterson 43:15, 3. Kenzie Williams 45:10. 40-49: 1. Marilyn Hardino 1:14:09. 50 & Over: 1. Dixie Grimes 59:06, 2. Nyla Cook 1:13:58.

## Westlake Florist Flower Runs

### May 17. Westlake Village. 5K & 10K.

#### 5K Winners

#### Men:

Brian Dameworth (16) Calabasas, 15:19. Master: Jussi Hamalainen (41) Finland, 17:08.

#### Women:

Kathleen Ireland (24) Simi Valley, 20:08. Master: Gina Faust (50) Woodland Hills, 21:22.

#### 10K Winners

#### Men:

Robert Radndt (29) 32:35. Master: Jussi Hamalainen (41) Finland, 33:25.

#### Women:

Sylvia Mosqueda (21) Santa Monica, 33:27. Master: Gina Faust (50) Woodland Hills, 40:55.



SANTA BARBARA SAVINGS 10K

## Santa Barbara Savings Centennial Celebration 10K

### May 17. Santa Barbara.

#### Division Results - Men

18 & Under: 1. Jimmy Castro 36:19. 19-29: 1. Ray Webb 30:11, 2. Jose-Luis Medina 30:45, 3. Eric Chapman 31:53. 30-39: 1. Juan Garza 30:47, 2. Tom Quinn 32:23, 3. Raul Sanchez 32:44. 40-49: 1. Ray Maranda 34:38. 50-59: 1. Gil Hinz 37:25. 60-69: 1. Leon Glassburn 41:15.

#### Division Results - Women

19-29: 1. Brenda Villanueva 36:15, 2. Shannon Battles 37:28, 3. Laura Lowe, N.T. 30-39: 1. Anne Hayden 37:26, 2. Lesley King 37:38, 3. Lupe Eberly 38:29. 40-49: 1. Susan Lucas 41:48. 50-59: 1. Emma William 49:36.

## Sri Chinmoy

### May 23. Santa Barbara. 3 Mile.

#### Overall Results

1 Mike Triplett	15:03
2 Michael Smith	15:13
3 August Hermes	15:48
4 Gregg Horner	15:55
5 David Carl	16:08
6 Kemp Aaberg	17:07
7 Bob Huebel	18:03

8 Phil Levasseur	18:24
9 Edmund Wroblewski	18:30
10 Joc Volk	19:13

#### Division Results - Men

Under 50: 1. Mike Triplett 15:03, 2. Michael Smith 15:13, 3. Gus Hermes 15:48. 50 & Over: 1. Don Longanecker 21:18, 2. Paul Gilbert 29:08.

#### Division Results - Women

Under 50: 1. Maureen Galvin 19:22, 2. Tammy Volk 19:26, 3. Ethel Byers 27:01. 50 & Over: 1. Patty Frankus 26:30, 2. Joan June 38:12.

## TAC Sr. Men's 20K

### May 23. Wheeling, WV.

Michael Musyoki of Kenya won the 11th Annual Elby's Distance Race. Musyoki finished with a time of 1:02:17, just three seconds ahead of second place finisher Mark Curp. For his efforts on the 20K course, Musyoki received a check for \$5000.

In the women's division Carla Buerkens of Holland was the winner with a time of 1:12:23. Kellie Cathey was second in 1:12:59 and Maureen Custy was third in 1:14:30.

Musyoki and Curp pulled away from the pack early. High humidity seemed to be a factor in keeping some of the world class runners from challenging the leaders. Near the seven mile mark, Curp developed a stitch in his side and started to fall back. Feeling somewhat better near the nine mile mark, Curp made a valiant attempt to narrow Musyoki's 20 second lead. Curp continued to close the gap but Musyoki had enough left to beat Curp to the tape.

In the Master's Division, Michael Hurd of England was the winner setting a new course record with a time of 1:05:45.

For the third consecutive year the Elby's Distance Race has been the United States Men's 20 Kilometer Championship and this year was a qualifier for the U.S. Men's Olympic Marathon Trials to be held next spring. Only Mark Curp qualified for the trials.

#### Overall Results - Men

1 Michael Musyoki, \$5000	1:02:17
2 Mark Curp, \$2500	1:02:20
3 Zak Barie, \$1250	1:03:16
4 Ron Lanzoni, \$750	1:03:25
5 Miguel Vargas, \$500	1:04:00
6 Rex Wilson	1:04:02
7 Gerard Nijboer	1:04:22
8 Jon Sinclair	1:04:31
9 Paul Cummings	1:04:50
10 Adrian Leek	1:04:59

#### Overall Results - Women

1 Carla Buerkens, \$2500	1:12:23
2 Kellie Cathey, \$1000	1:12:59
3 Maureen Custy, \$750	1:14:31
4 Natalie Updegrove, \$500	1:18:09
5 Gabrielle Anderson, \$250	1:18:15

#### California Finishers

Brad Hawthorne, Oakland 1:05:15  
Thom Hunt, San Diego 1:08:60

## San Gabriel River Bike Trail

### May 23. So. El Monte. 15K.

#### Division Results - Men

15-18: 1. Randall Little 54:05. 19-24: 1. Daniel Orduna 1:04:28. 30-34: 1. Jose Rodriguez 55:03, 2. Albert Verduzco 1:02:14, 3. Francisco Rodriguez 1:03:24. 35-39: 1. Miguel Galan 58:03, 2. Ron Baca 58:39. 40-44: 1. Jarrett Williams 58:30, 2. David Gothard 1:05:02, 3. Dwight Smith 1:10:38. 45-49: 1. Phillip Wright 58:25, 2. Fred Glover 1:04:57, 3. Bob Ahrens 1:11:24. 50-54: 1. Cliff Stolba 1:03:34, 2. Jim Scarborough 1:03:53. 60-64: 1. Wiley Nelson 1:25:27.

#### Division Results - Women

19-24: 1. Sandy Krusert 1:05:55, 2.

Christina Ahumada 1:12:44. 30-34: 1. Doris Chung 1:19:45, 2. Karen Lowman 1:27:44. 40-44: 1. Barbara Reukema 1:12:44, 2. Theresa Riley 1:15:50, 3. Joni Triplett 1:18:36. 45-49: 1. Margaret Shields 1:14:09, 2. Bandito 1:13:17, 3. Bandito 1:31:10.

## Cougar Classic

### May 24. Rohnert Park. 10K & 3K.

#### Overall Results - 10K

1 Erick Studenicka (21) RP	33:19
2 Greg Archuleta (18) RP	34:48
3 Ted Gorn (25) Santa Rosa	35:04
4 Alec Isabeau (25) Santa Rosa	35:47
5 Brendan Hutchinson (43) Santa Rosa	38:42
6 Ray Gin (45) Petaluma	37:19
7 John Zarembski (37) Sonoma	37:30
8 Jackson Barker (39) RP	37:36
9 Bill Browne (37) Santa Rosa	38:16
10 Harald Nordvold (39) Santa Rosa	38:58

#### Division Results - Men's 10K

13-15: 1. Aaron Jessup 40:49, 2. Mike Stillington 53:59. 16-18: 1. Greg Archuleta 34:48. 19-24: 1. Erick Studenicka 33:19, 2. Jeff Koch 51:35, 3. Rick Johnson 1:01:20. 25-29: 1. Ted Gorn 35:04, 2. Alec Isabeau 35:47, 3. Robert Kawahara 39:29. 30-34: 1. John Paul McIntosh 41:49, 2. Richard Holue 42:10, 3. William Padgett 45:21. 35-39: 1. John Azremski 37:30, 2. Jackson Barker 37:36, 3. Bill Browne 38:16. 40-44: 1. Brendan Hutchinson 36:42, 2. Jim Dempsey 39:36, 3. William Flath 42:35. 45-49: 1. Ray Gin 37:19, 2. Bud Overhiner 39:43, 3. Robert Groff 40:25. 50-54: 1. Ed Engquist 44:31, 2. Robert Buckendahl 47:45, 3. Dave Kadleck 48:22. 55-59: 1. Bob Chadwick 42:02, 2. Richard Dickinson 45:11, 3. Gilman Jung 45:52. 60 & Over: 1. Earl Turner 44:47, 2. Herm Jensen 47:29.

#### Division Results - Women's 10K

19-24: 1. Elizabeth Mosler 40:54, 2. Connie Klabunde 50:31, 3. Patty Hogan 57:44. 25-29: 1. Laurinda Fomas 53:48, 2. Susan Quan 57:25. 30-34: 1. Bethann McIntosh-King 41:47, 2. Patricia Hinrichs 45:55, 3. Diane Paleczny 47:41. 35-39: 1. Kathy Schmidt 45:07, 2. Deborah Aquila 1:00:13. 40-44: 1. Dianne Ballestrasse 47:17, 2. Sherri Guinn 50:15, 3. Pamela Borton 55:58. 45-49: 1. Edda Stickle 48:09. 50-54: 1. Janet Buckendahl 41:58, 2. Joan Conner 57:18.

#### Overall Results - 3K

1 Don Nauman (24) Santa Rosa	8:52
2 Larry Meredith (29) Santa Rosa	9:29
3 Ben Rosales (28) Healdsburg	9:47
4 Louis Seidner (25) Santa Rosa	10:00
5 Mark Curran (26) Forestville	10:04
6 Greg Wheatfill (30) Pittsburg	10:04
7 Beckie Kessecker (35) Santa Rosa	10:36
8 Jeffery Bell (33) Santa Rosa	10:50
9 Dale Trowbridge (48) RP	10:55
10 Stuart Watson (28) Santa Rosa	10:57

#### Division Results - Men's 3K

7 & Under: 1. John Stephens 16:16, 2. Craig Wheatfill 19:10. 8-9: 1. Taylor Stephens 13:39, 2. Joseph Janares 13:57, 3. Bobby Myles 16:55. 10-11: 1. Fred Myles 13:01. 12-13: 1. David Trowbridge 13:00. 14-17: 1. Joe Compton 14:43, 2. Robert Phillips 15:46, 3. Jason Brower 17:00. 18-29: 1. Don Nauman 8:52, 2. Larry Meredith 9:29, 3. Ben Rosales 9:47. 30-39: 1. Greg Wheatfill 10:04, 2. Jeffery Bell 10:50, 3. Duke Stephens 11:11. 40 & Over: 1. Dale Trowbridge 10:55, 2. Carl Jackson 11:19, 3. Howard Womack 11:31.

#### Division Results - Women's 3K

8-9: 1. Sarah Heagy 19:34, 2. Courtney Brower 23:53. 10-11: 1. Lisa Joseph 15:30, 2. Alicia Dillard 23:55. 12-13: 1. Melissa MacPherson 14:48, 2. Elizabeth Heagy 15:56, 3. Shawna Ballew 16:50. 14-17: 1. Katie Trowbridge 13:38, 2. Robin James 14:44, 3. Brenda Johnson 21:03. 18-29: 1. Mary Gilley 11:11, 2. Dabi Baker 14:59, 3. Cathy McGaughey 16:06. 30-39: 1. Beckie Simmie-Kessecker 10:36, 2. Jean Downing 14:13, 3. Elaine Vahn 15:54. 40 & Over: 1. Caron Schaumburg 11:50, 2. Patsey Winkler 15:52, 3. Ann Johnson 16:29.



# Results

## Legg Lake Evening Run

photo by Mark Winitz



APRIL POWERS

## Pacific Sun

May 25. Kentfield. 10K.

### Division Results - Men

18 & Under: 1. Eric Walker 33:47, 2. Douglas Stavoione 35:22, 3. Willie Guerrero 36:53. 19-29: 1. Jeffrey Adkins 29:49, 2. Dan Lucas 31:39, 3. Stacy VanHorn 31:54. 30-34: 1. John Moreno 30:00, 2. Danny Aldridge 30:56, 3. Mike Lundblad 32:03. 35-39: 1. David Stancil 32:40, 2. Lon Kin-cannon 33:18, 3. Dennis Kurovsky 34:16. 40-44: 1. Bill Clark 33:21, 2. Robert Clay 33:33, 3. Dennis Tracy 33:51. 45-49: 1. Sal Vasquez 32:06, 2. John MacPherson 34:00, 3. Miland Zeman 35:58. 50-59: 1. Norm Green 32:46, 2. Mike Tymn 33:52, 3. Darryl Boardall 34:45. 60-69: 1. Joe King 37:58, 2. Alan Bellon 39:09, 3. Ray Stewart 39:54. 70 & Over: 1. Paul Reese 42:29, 2. Ed Preston 45:38, 3. Mac Osborn 46:44.

### Division Results - Women

18 & Under: 1. Heather Weisel 41:50, 2. Kari Ragnos 1:04:18. 19-29: 1. April Powers 34:39, 2. Sharon Maley 37:10, 3. Francie Megri 37:45. 30-34: 1. Ingrid Nemenway 36:14, 2. Patricia English 36:57, 3. Alton Murray 40:07. 35-39: 1. Laurie Binder 35:26, 2. Sharlet Gilbert 35:42, 3. Wink Luskin 39:01. 40-44: 1. Joan Colman 37:34, 2. Gail Rodd 41:39, 3. Valerie Coppes 42:49. 45-49: 1. Katie Martin 44:27, 2. Melody Schultz 46:44, 3. Kathy Colletto 47:59. 50-59: 1. Kay Willoughby 42:21, 2. Judy Robinson 47:19, 3. Barbara Robben 49:39. 60-69: 1. Kit Pickles 52:00, 2. Silver Streak 58:15.

**Division Results - Men's Masters Teams**  
1. WVTC, 2:47:48, 2. Tamalpa #1, 2:52:16, 3. Tamalpa #2, 3:01:25, 4. Tamalpa #3, 3:04:27, 5. Tamalpa #4, 3:17:20, 6. Tamalpa #5, 3:29:00.

**Division Results - Women's Master Team**  
1. Tamalpa #1, 3:50:57, 2. Tamalpa #2, 4:29:31.

**Division Results - Men's Senior Team**  
1. Tamalpa #1, 1:51:16, 2. Tamalpa #2, 2:00:29, 3. Tamalpa #3, 2:12:01, 4. Tamalpa #4, 2:24:14, 5. Tamalpa #5, 2:30:36.

**Division Results - Corporate Teams**  
1. MGH #1, 1:53:36, 2. MGH #2, 2:06:31, 3. N.Y.G. #3, 2:16:14, 4. MGH #4, 2:25:13, 5. MGH #5, 2:34:39, 6. MGH #6, 2:47:47.

May 28. So. El Monte. 8K.

### Division Results - Men

15-18: 1. Randall Little 26:57, 2. Daniel Limon 31:17, 3. John Castleberry 35:59. 19-24: 1. Cleopas Esquivel 26:57, 2. Steven Gerencser 28:07, 3. Cuauhtemoc Diaz 33:05. 25-29: 1. Steve Corona 28:17, 2. Bill Saiki 30:19. 30-34: 1. Joe Falcon 27:08, 2. Jose Rodriguez 27:48, 3. Joseph Synch 29:25. 35-39: 1. Miguel Galian 30:26, 2. Mike Jensen 39:42. 40-44: 1. Jarrett Williams 29:36, 2. Barry Hamilton 34:32, 3. Dwight Smith 36:15. 45-49: 1. Roy Genger 29:43, 2. Bill Hines 31:58. 50-54: 1. Cliff Stolba 31:27, 2. Jim Kelly 41:51. 55-59: 1. Robert Culling 33:58. 60-64: 1. Larry Banuelo 34:56, 2. Wiley Nelson 42:33, 3. Harry Jansen 50:18.

### Division Results - Women

25-29: 1. Margaret DeRocha 41:46. 30-34: 1. Cruz Nava 41:17, 2. Peggy Mizumoto 45:24. 35-39: 1. Teresa Verdusco 38:05, 2. Luisa Maldonado 42:59, 3. Gloria Gonzales 45:19. 40-44: 1. Tillie Agnick 42:54. 50-54: 1. Jane Dods 39:54.

## Orange 24 Hour Run

May 29-30. Orange.

### Overall Results

1. Leo Marquez 131 3/4 Miles  
2. Mike McMahan 127 3/4 Miles  
3. Bob King 111 1/4 Miles  
4. Jack Rhode-Moe 110 Miles  
5. Craig Leventhal 105 3/4 Miles  
6. Booth Hartley 101 Miles  
7. Rob McNair 100 1/2 Miles  
8. Steve Papp 100 1/2 Miles  
9. Delmar Fralick 100 Miles

### Overall Teams

1. DECA-Thrashers (Boys HS) 231 Mi.  
2. Tustin (Hussong) (Boys HS) 221 1/4 Mi.  
3. Grey Ghost (Men Open) 202 Mi.  
4. Over the Hill (Men Open) 200 Mi.  
5. Loeschhorn's (Master Coed) 182 3/4 Mi.

### 12 Hour Relay

1. ROSH-Canyon HS (Boys HS) 117 3/4 Mi.  
2. 1st Team Foothill (Co-ed HS) 107 Mi.  
3. 2nd Team Foothill (Co-ed HS) 103 Mi.  
4. Canyon Girls (Girls HS) 88 Mi.  
5. Fruit of the Loom (Girls HS) 86 Mi.

## Ventura Law Day

May 30. Ventura. 5K.

### Division Results

**Criminal Law:** 1. Howard Asher 18:48, 2. Steve Davidson 21:33. **Personal Injury Law:** 1. Jim Royer 19:22, 2. Harry Walsh 23:02. **Workers' Compensation Law:** 1. Gerald McManigal 19:19, 2. Kim Bruno 23:21. **Family Law:** 1. Mike O'Brien 21:11, 2. Pete Dowler 25:21. **Women Lawyers:** 1. Susan Siple 23:26, 2. Wendy Lascher 26:20, 3. Wendy Clark 31:17. **Business/Real Estate/Patent Law:** 1. Kevin Staker 18:27, 2. Joe Strohman 20:28, 3. Gerald Etchingham 21:13, 4. Dave Cunningham 21:58. **Probate/Bankruptcy:** 1. Bruce Johnston 29:29. **Governmental/Administrative Law:** 1. Ariel Calonne 21:42. **General Practitioners:** 1. Sam Asht 18:15, 2. Greg Goss 19:42, 3. Joe O'Neill 20:06, 4. Bruce Young 25:55. **Legal Field Parent and Child:** 1. Bill & Robert Welnerth 17:27-21:58, 2. Buzz & Jeff Nuckols 21:26-25:28, 3. Buzz & Josh Nuckols 21:26-25:28. **Couple:** 1. Richard Selfridge 22:33/Leslie Selfridge 23:36, 2. Joe Cline 31:11/Patricia Adair 31:12. **Law Enforcement:** 1. Carl Johnson 16:52, 2. Steve Glocke 16:56, 3. Steve Moore 18:59, 4. Ernie Orozco 19:20. **Judge:** 1. 1986 Herb

Curtis, 1985 Joe Hadden, 1984 Joe Hadden. **Government Center Employees:** 1. Ed Jones 19:29, 2. Kim Hocking 21:55, 3. Martha Esquivel 24:39, 4. Maureen O'Brien 29:59. **Legal Secretary:** 1. Lisa Peterson 25:20, 2. Adele Beardsley 26:58. **Law Office Employee:** 1. Dianne Bush 21:24, 2. Paul Lagana 21:54, 3. Camie Schaab 24:19, 4. Pam Davis 26:58. **Law Student:** 1. Robin Ventres 26:57. **Walkers (Legal):** 1. Ed Lacher 42:08.

### Division Results - Men

18 & Under: 1. Phil Casanta 17:02, 2. Jarrod Weaton 17:18, 3. Brian Finnerty 17:38, 4. Jason Scott 18:50. 19-39: 1. Jim Triplett 14:54, 2. Mario Bueno 14:59, 3. Mike Triplett 15:31, 4. George Marquez 15:35. 39 & Over: 1. Richard Holly 17:10, 2. Joe Jacobsen 17:50, 3. Ron Cook 19:54, 3. Jack Arron 21:13.

### Division Results - Women

18 & Under: 1. Wendy Dowler 25:21. 19-39: 1. Elaine Triplett 17:19, 2. Mary Ryzner 17:55, 3. Anne Hadden 18:51, 4. Cathy Waltrip 19:38. 39 & Over: 1. Janet Franzese 20:33.

## High Five 5K PATAC

May 30. Richmond.

### Overall Results - Masters Men & Women

1. Bill Sevald (41) S.F. 15:35  
2. D. Murray (42) Modesto 15:41  
3. David Rivera (43) San Jose 15:50  
4. Gene Dangel (40) Walnut Ck 15:56  
5. Bob Lindsey (42) Fresno 16:05  
6. Bill Clark (43) Los Altos 16:12  
7. Jim Gibbons (42) Willits 16:13  
8. Dennis Tracy (40) Union City 16:15  
9. Gary Goettelmann (43) Santa Cl 16:20  
10. Harvey Franklin (43) Oakland 16:21

### Division Results - Men

**Open: 9 & Under:** 1. Llewellyn Dukes 20:10, 2. Gregory Dukes 20:13, 3. Joseph Dukes 22:23. 10-15: 1. Willie Clark 17:25, 2. Bobby Teglia 19:56, 3. Michael Grimes 20:57. 16-29: 1. Dan Grimes 14:16, 2. Jeff Adkins 14:19, 3. Tim Gruber 14:20. 30-39: 1. Domingo Tabadulza 14:18, 2. Danny Aldridge 14:40, 3. Scott Buttinghauser 14:43.

**Masters: 40-49:** 1. Bill Sevald 15:35, 2. D. Murray 15:41, 3. Gene Daniel 15:56. 50-59: 1. John Finch 17:03, 2. Fred Mattos 17:57, 3. Ross Smith 18:02. 60-69: 1. Bob Malain 16:37, 2. Don Wilgus 23:13. 70-79: 1. Paul Reese 20:19, 2. Ray Mahannah 24:48, 3. Lawrence Viglienza 32:00.

### Division Results - Women

**Open: 9 & Under:** 1. Wanda Dukes 20:06, 10-15: 1. Latrice Dukes 20:59, 2. Brittney Dukes 21:13. 16-29: 1. April Powers 16:44, 2. Johann Reneke 17:08, 3. Heike Skaden 17:15. 30-39: 1. Terry Puckett 16:42, 2. Peggy Smyth 17:20, 3. Sharlet Gilbert 17:23.

**Master: 40-49:** 1. Joan Coleman 18:21, 2. Margie Timberlake 18:57, 3. Joan Uliyt 19:03. 50-59: 1. Vicki Bigelow 19:45, 2. Alice Rose 20:14, 3. Sally Wolfer 21:10.

## Rosarito Beach Tri

May 30. Rosarito Beach, B.C., Mex.

(0.3 Mile Swim, 12 Mile Bike, 3 Mile Run)

### Division Results - Men

19 & Under: 1. Andrew Laakman 1:07:30, 2. Michael Angioletti 1:12:04, 3. Scott Astorga 1:13:52. 20-29: 1. Marc Mone 1:02:44, 2. Scott Matthews 1:03:03, 3. Pete Wright 1:03:33. 30-39: 1. Jose Garcia 1:06:34, 2. Jon Chossen 1:06:50, 3. Chuck Zimmerman 1:07:38. 40-49: 1. Neville Clark 1:11:31, 2. Dennis Kasische 1:12:56, 3. William Engez 1:18:37. 50 & Over: 1. Carl Ehret 1:30:12, 2. Roy Watson 1:42:05, 3. Don Weckstein 1:45:38.

### Division Results - Women

19 & Under: 1. Jane Sadler 1:20:10, 2. Kim Gardner 1:30:30, 3. Jennifer McElliot 1:31:42. 20-29: 1. Debbie Starks 1:16:02, 2. Terry Martin 1:16:25, 3. Karen Dragt 1:17:27. 30-39: 1. Tina Griffiths 1:27:29, 2. Christine Brewer 1:34:30, 3. Maria Pfohl 1:35:53. 40 & Over: 1. Mary Bradbury 1:41:45, 2. Carolyn Walsh-Decker 1:42:48, 3. Carolyn Dolen 1:45:39.

## Stumptown Daze

May 30. Guerneville. 10K.

### Overall Results

1. Jim Moonan (26) S. Rosa 34:31  
2. Alan Gerdali (22) 34:36  
3. Joe Woods (34) Sacto 35:48  
4. Doug Waits (23) Santa Rosa 35:49  
5. Rick Niles (40) Santa Rosa 35:53  
6. Keith Maurer (31) Santa Rosa 36:07  
7. Brendan Hutchinson (43) S. Rosa 36:16  
8. Jeff Manrer (25) Ft. Jones 36:34  
9. Virginio Dearalijo (35) S.F. 36:40  
10. Jay Aliff (26) Windsor 37:01  
11. Vince Gonsalves (23) Martinez 37:09  
12. John Secburg (23) S. Rosa 37:21  
13. Steve Lyonn (48) QuantenV 37:39  
14. Ray Cataldo (41) S. Rosa 37:42  
15. Ben Rosales (28) Healdsb 37:51  
16. Richard Ferguson (23) Petaluma 38:01  
17. Robert Parent (30) Guernevy 38:21  
18. Wolfgang Liberbacher (40) NevC 38:46  
19. Todd Grames (26) Sebastopol 38:51  
20. Jim Roberts (34) Martinez 38:57  
21. Ben Willets (15) S. Rosa 39:06  
22. Louis Seidner (25) Santa Rosa 39:23  
23. Odilio Lima (42) S.F. 39:34  
24. Gary Greiner (47) 39:40  
25. Marc Richardson (34) S. Rosa 39:50

## Exercise for Health

May 30. Fresno. 9K & 2 Mile.

### Division Results - Men's 9K

19 & Under: 1. Karl Polivka 31:48. 20-29: 1. Jesus Pintero 30:19. 30-39: 1. Alfred Lara 27:19. 40-49: 1. Bill Woody 33:22. 50-59: 1. Tommy Upton 34:18.

### Division Results - Women's 9K

20-29: 1. Nellie Gonzales 37:19. 30-39: 1. Carlot Otero 37:33. 40-49: 1. Sharon Mayo 39:47.

### Division Results - Men's 2 Mile

19 & Under: 1. Mike Konkile 10:25. 20-29: 1. Andrew Doris 11:41. 30-39: 1. Albert Lomeli 9:29. 40-49: 1. David Cords 9:43. 50-59: 1. Mowroe Clark 18:07. 60 & Over: 1. Robert Musso 12:50.

### Division Results - Women's 2 Mile

19 & Under: 1. Stephanie Wagner 11:15. 20-29: 1. Mary Bell Norris 12:18. 30-39: 1. Natalia Bolanos 13:28. 40-49: 1. Helene Miller 13:51. 50-59: 1. Dorothy Upton 20:32.

## Memorial Run

May 30. Sanger. 6 Mile & 3 Mile.

### Division Results - Men's 6 Mile

16-18: 1. Rafael Peralta 31:43. 19-29: 1. W.J. Coughlin, Jr. 30:33. 30-34: 1. Don Gregory 35:45. 35-39: 1. John Volkman 38:21. 40-44: 1. Phil Farina 39:26. 45-49: 1. John Plus 39:22. 50-59: 1. Ric Zamarripa 37:19. 70 & Over: 1. Harry Harder 45:40.

### Division Results - Women's 6 Mile

15 & Under: 1. Sonia Medina 43:41. 40-44: 1. Charlene Enoch 49:39. 45-49: 1. Heidi Fialho 50:27.

### Overall 3 Mile Prediction

1. Fred Keenom, 21:58 1.9 sec.off  
2. Norm Takauchi, 18:28 6 sec.off  
3. Jim McKittrick, 27:23 6.4 sec.off  
4. Virginia Ponce, 27:41 18.3 sec.off  
5. Jim Hernandez, 24:53 23.8 sec.off



# Results

## Around the Bay In May

### May 31. Newport Beach. 5K & 10K.

Overall Results - 5K	
1. Jamie Oman (19)	15:22
2. Barry Schaeffer (35)	15:30
3. Eoin Fahy (27)	15:32
4. Jose Rodriguez (18)	15:34
5. Greg Shryack (16)	15:41
6. Carlos Nava (19)	15:45
7. Erin Vall (15)	16:17
8. Larry Lake (49)	16:23
9. Jon Elfler (30)	16:31
10. Steve Frisone (15)	16:31
11. Eddie Sanchez (36)	16:35
12. Antonio Saenz Cruz (18)	16:42
13. Tom Casto (17)	16:44
14. Raul Chavez (34)	16:51
15. Scott Green (16)	16:52
16. Walt Hitt (36)	16:54
17. David Morris (35)	16:54
18. Jim Chenoweth (46)	16:55
19. Mark Cruz (24)	17:01
20. Francisco Rubio (32)	17:02
21. Mike St. Andre (40)	17:06
22. Bob Johnson (30)	17:10
23. Mitchell Gold (19)	17:21
24. Ben Jackson (44)	17:31
25. Raymond Tomek (28)	17:34
26. Steve Evans (29)	17:36
27. Sean Brunstetter (16)	17:45
28. Juvenal Herrera (51)	17:53
29. Gama Chavez (48)	17:55
30. Doug Reznick (23)	18:09
31. Michael Makhlavan (20)	18:14
32. Laura Doering (16)	18:16
33. Tobie Brown (18)	18:17
34. Carol Carrigan (26)	18:18
35. John Wright (17)	18:25
36. Peter Reuther (23)	18:34
37. Patrick Buchanan (13)	18:44
38. Michael Lange (22)	18:44
39. Gary Riley (45)	18:45
40. Kevin Mastaw (23)	18:46
41. Mike Schaper (17)	18:47
42. Karla Figueroa (20)	18:47
43. Peter Whittingham (24)	18:49
44. Pete Savitz (48)	18:50
45. Terry McKay (31)	18:52
46. Donald Woods (20)	18:52
47. Brian Kirov (19)	18:53
48. Larry Banuelos (63)	18:55
49. Leon Maldonado (22)	18:55
50. Christopher Fearn (19)	19:00

### Overall Results - 10 Mile

1. John Kanning (30)	50:52
2. Joey Gomez (27)	51:19
3. Duff Gordon (25)	51:19
4. Keith Witthauer (31)	51:51
5. Art Cendejas (28)	51:53
6. Greg Gonzalez (25)	52:36
7. Theriot (30)	53:23
8. Steve Brumwell (29)	53:29
9. David Smith (32)	53:47
10. Alex Miranda (27)	54:49
11. Calderwood Stuart (29)	54:52
12. Steve Moreno (26)	54:58
13. Kevin Ohara (29)	55:09
14. Alfredo Viqueiras (24)	55:31
15. Stuart Jenkins (27)	55:32
16. David Diaz (30)	55:53
17. Brian Nelson (29)	56:08
18. Frank Romero (20)	56:08
19. Frank Duarte (45)	56:25
20. John Adams (29)	56:41
21. David Urbina (30)	56:53
22. Mike Dixon (17)	56:58
23. Richard Kenworthy (40)	57:10
24. Salvador Alcaraz (22)	57:23
25. Richard Medellin (28)	57:38
26. Enrique Alvarez (33)	57:51
27. Ernest Garcia (25)	58:21
28. James Whitton (34)	58:28
29. Steve Adame (27)	58:31
30. Bruce Thomson (27)	58:49
31. Jay Olsen (33)	58:58
32. Earl Towner (37)	58:58
33. Todd Nott (23)	59:13
34. Mike Lozova (36)	59:15
35. Lorenzo Herrera (35)	59:20

36. Larry Fabela (42)	59:37
37. Michael Marck (22)	59:38
38. Richard Miller (37)	59:43
39. Carlos Victorina (29)	59:44
40. Marie Rollins (28)	59:54
41. Bruce Minard (32)	1:00:03
42. Bryan Blxler (18)	1:00:13
43. David Uri (18)	1:00:30
44. James Jacobs (32)	1:00:41
45. Fred Pichay (37)	1:00:48
46. Steven Cassaro (29)	1:00:52
47. J. Sturla (40)	1:00:53
48. Joseph Masiak (28)	1:00:54
49. Kiel Soohoa (30)	1:00:55
50. Bruce Geddes (42)	1:01:19
51. Len Gulda (31)	1:01:21

## Love Your Heart

### May 31. Redondo Beach. 10K.

### Division Results - Men

**12 & Under:** 1. Alexander Raima 45:42, 2. Matt Carrington 48:54, 3. Scott Anderson 49:26, 13-14: 1. Joel Mayorga 35:25, 2. Tino Artyeaga 40:40, 3. Paul Lopez 41:02, 15-18: 1. John McKivett 33:42, 2. Gumbo 34:04, 3. James Mennell 34:59, 20-24: 1. Rick Dodson 31:06, 2. Luis Plon, Jr. 31:25, 3. Jeff Olsen 31:36, 25-29: 1. Scott Steinmaus 31:04, 2. Bob Wilder 34:20, 3. Craig Stertz 34:30, 30-34: 1. Harold Ketting 32:54, 2. Crist Melvin 34:21, 3. Dave Duran 35:15, 35-39: 1. Paul Marcel 33:50, 2. Jack McDowell 34:04, 3. Mark Hamphill 34:39, 40-44: 1. Dan Ashimine 38:02, 2. Wayne Mitchell 38:44, 3. Kenneth Desmet 37:21, 45-49: 1. Ron Hardesty 38:58, 2. Gary Kimbrell 37:23, 3. Jack Larson 38:44, 50-59: 1. Andre Tocco 35:22, 2. Ron Poston 37:42, 3. Jerry Shourds 38:57, **60 & Over:** 1. Ray Falk 44:29, 2. John Nino 46:22.

## Crafton Hill College Runs

### May 31. Yucaipa. 5K & 10K.

### Division Results - Men's 5K

12 & Under: 1. Brian Guzzetta 22:53, 2. Carlos Llamas 24:04, 3. Bryce Trudeau 28:41, 13-16: 1. Jason Carney 16:42, 2. John Carney 19:15, 3. Ryan Wirtz 29:48, 17-19: 1. Gerritt Costelow 24:41, 20-29: 1. Kyle Korch 16:54, 2. Ronald Jones 18:18, 3. John Lemar 18:29, 30-39: 1. Pete Zapalowski 20:44, 2. Michael Ocegura 22:26, 3. Larry Meagor 23:15, 40-49: 1. Bryce Larkin 19:16, 2. Bob Stranger 23:51, 3. Robert Palone 24:26, 50-59: 1. Harold Willie 22:39, 2. Jesse Cota 23:41, 3. Roland Derussy 25:01.

29:12, 2. Laura Bannister 31:47, 3. Priscilla Flores 32:34, 40-49: 1. Donna Derussy 27:52, 2. June Johnson 30:11, 3. Consuelo Lykke 31:56.

### Division Results - Men's 10K

12 & Under: 1. Michael Ross 49:51, 2. Jerry Moen 52:47, 13-16: 1. Steve Burns 45:04, 2. Steve Lehr 45:29, 3. Matthew Wines 47:13, 17-19: 1. Ethan Ownby 47:37, 20-29: 1. David Swiderski 35:38, 2. Mike Marselles 48:32, 3. David Mills 48:38, 30-39: 1. Bob Biler 35:32, 2. Gregorio Ortiz 40:43, 3. Enrique Llamas 42:38, 40-49: 1. Bobby Roberts 41:11, 2. Andy Johnson 42:40, 3. Joe Gutierrez 49:27, 50-59: 1. Gerald Shavlik 54:27, 2. Clarence Carnaban 56:39, 3. Harold Willie 58:39.

### Division Results - Women's 10K

13-16: 1. Jenny Sible 52:03, 17-19: 1. Dionna Nace 58:22, 20-29: 1. Suzanne Frey 1:00:53, 30-39: 1. Katherine Thomerson 55:35, 2. Lydia Ramos 57:46.

## Moorpark College Anniversary Run

### May 31. Moorpark. 5K & 10K.

### Division Results - Men's 5K

**13 & Under:** 1. Scott Scheirmann 18:40, 2. Clark Crookshanks 19:38, 3. Erik Rangno 19:47, **14-18:** 1. Peter Oviatt 18:10, 2. Doug Lynch 17:40, 3. Joe Neff 18:08, **19-29:** 1. Jose Montanez 18:29, 2. Dave Luce 17:01, 3. Nick Trozz 17:32, **30-39:** 1. Dan Davies 16:33, 2. Joe Calhoun 18:41, 3. Paul Wycle 19:21, **40-49:** 1. L. Peter 17:21, 2. L. Lawson 17:50, 3. Lott Steffey 18:13, **50-59:** 1. Harry Pantelaf 18:54, 2. Ted Oviatt 20:25, 3. Thomson 23:10, **60 & Over:** 1. Ed Stotsenberg 22:03, 2. Johnson 24:11, 3. Charlie Ullman 25:39.

### Division Results - Men's 10K

13 & Under: 1. Lillie Velasquez N.T., 14-18: 1. Tim Farrell 34:09, 2. Petewr Oviatt 35:14, 3. Michael Williamson 35:32, 19-29: 1. Christopher Schallert 31:17, 2. Craig Ingram 33:30, 3. Mike Shriver 36:02, 30-39: 1. Joe Calhoun 35:04, 2. Drake VanCamp 39:14, 3. Silvester Vega 39:45, 40-49: 1. Jussi Hamelainen 33:53, 2. Bob Milan 38:36, 3. Lee Lawson 37:20, 50-59: 1. Harry Pantelaf 39:19, 2. Ted Oviatt 43:11, 3. Dick Lopez 48:03.

### Division Results - Women's 10K

14-18: 1. Jackie Maher 48:41, 19-29: 1. Teri Burnet 43:03, 2. Tracy Jenkins 47:10, 3. Joan Bradley 47:40, 30-39: 1. Connie McCarthy 37:50, 2. Virginia Callegos 43:33, 3. Jan Delaney 47:52, 40-49: 1. Judy Kewley 42:25, 2. Joanne Barker 46:53, 3. Ellen Frost 1:00:04, 60 & Over: 1. Doris Gordon, N.T.

## Descente Star Test

### May 31. Los Osos. 10K.

Overall Results	
1. Matt Armbruster (23) SLO	33:09
2. Paul Lee (26) Nipomo	33:18
3. Craig Gudin (20) SLO	33:47
4. Ross Newby (19) SLO	35:21
5. Mark Pupich (30) Los Osos	36:13
6. Steve Drago (26) Vandenberg	37:00
7. Keith Kirkpatrick (40) Los Osos	37:45
8. Charlie Boatright (36) SLO	37:59
9. Ken Kinsell (33) Bradley	38:28
10. Bruce Cikowski (41) Los Osos	38:31

## Dave Parker Canyon Relay & Ultramarathon

### May 31. Saugus.

Ultra Results	
1. Jim Pellon (36)	4:43:34
2. Ed Yehan (43)	4:48:11
3. Freddie Perez (46)	5:09:10
4. Michael Gregg (29)	5:18:02
5. Jason Stephens (45)	5:20:51
6. Yale Goldberg (39)	5:35:32
7. Matthew Boyd (27)	5:41:03
8. John Scribner (39)	5:44:12
9. Thomas Cory (40)	5:45:59
10. Fred Nagelschmidt (63)	5:58:43

### Relay Results

1. Michelob 3:57:36, 2. Team Homeboys 4:03:31, 3. S & Ps 4:03:57, 4. Team KTRM 4:10:31, 5. St. Eimos 4:18:28.

## Ocean Beach Runs

### May 31. San Francisco. 10K & 1 Mile.

Overall Results - 10K	
1. Alan Reynolds	37:29
2. Devon Flynn	38:09
3. Peter Winjam	38:39
4. Ken Wilson	38:40
5. Thomas	Kay 39:17
6. Dave Ganser	39:19
7. Phil Hood	39:19
8. Carl Orr	39:59
9. Carlos Quinonez	40:24
10. William Damon	40:40

### Division Results - Men's 10K

20 & Under: 1. Thomas Kay 39:17, 2. Masashi Myojo 44:01, 3. Sean Lundstrom 45:04, 21-29: 1. Alan Reynolds 37:29, 2. Devon Flynn 38:09, 3. Peter Winjam 38:39, 30-39: 1. Dave Ganser 39:19, 2. William Damon 40:40, 3. W. M. Mark 40:41, 40-49: 1. Dimitrie Sklavopoulo 41:04, 2. Frank Cavanaugh 42:52, 3. George Baptista 43:58, 50-59: 1. Bob Gehl 44:24, 2. Ted Vincent 48:56, 3. Bob Cantwell 49:04, 60-69: 1. Jim Sanford 53:39, 2. Howard Powers 57:50, 70-79: 1. Lester Liebenberg 54:56, 2. Abe Wesserman 61:22, 3. Ken Murray 64:52.

### Division Results - Women's 10K

20 & Under: 1. Nicole Ocafrain 63:48, 21-29: 1. Susannah Bruder 47:12, 2. Nancy Terranova 48:49, 3. Michelle Karley 49:09, 30-39: 1. Kim Kolier 46:06, 2. Frances Cotter 46:48, 3. Becky Rozewicz 49:07, 40-49: 1. Cynthia Hall 53:52, 2. Marge Rose 55:39, 3. Shirley Shean 56:33, 50-59: 1. Kiiko Baptista 53:32, 2. Bernice Carter 62:47, 3. Jean Ishikawa 63:07.

### Overall Results - 1 Mile

1. Matt Vukicevich	5:09
2. Brian Waddington	5:16
3. Tom Doyle	5:36
4. Michael Silva	6:00
5. Joe Compton	6:10

### Division Results - Men's 1 Mile

20 & Under: 1. Tom Doyle 5:36, 2. Joe Compton 6:10, 3. Troy Bushon 6:16, 21-29: 1. Matt Vukicevich 5:09, 2. Michael Silva 6:00, 3. James Eckerdt 8:49, 30-39: 1. Brian Waddington 5:16, 2. William Hamby 6:17, 3. Mark Beam 6:29, 40-49: 1. James Williams 6:24, 2. Shane Devenshire 6:26, 3. John Bascom 6:52, 50-59: 1. Calvin Moore 6:44, 2. Paul Proom 7:24, 60-69: 1. Herbert Kolier 11:00.

### Division Results - Women's 1 Mile

20 & Under: 1. Karen Wakayama 9:11, 2. Linda Chin 10:39, 3. Regina Cameron 10:45, 21-29: 1. Lisa Yamashiro 8:08, 2. Kathi Day 8:26, 3. Bonnie Melendro 9:08, 30-39: 1. Diana Mentzer 7:50, 2. Marife Guldulao 9:16, 3. Mary Whattford 9:56, 40-49: 1. Irmi Steding 7:37, 2. Elaine Koga 8:50, 3. Elaine Mandas 9:52, 50-59: 1. Jeanne Kayser-Jones 7:39.



## Results

### Iam's Dog's Best Friend Fun Run

#### May 31. Palo Alto Baylands. 5K.

Small Dog Results	
1 Steve Player/Murphy	25:02
2 Tom Graves/Cornelia	25:03
3 Jon VanLo/Luther	25:37
Medium Dog Results	
1 Roy Danchy/Biara	18:02
2 Bo Crane/Minnie	18:31
3 Gary Hoshiyama/Katy	22:13
Large Dog Results	
1 Richard O'Brien/Georgia	16:28
2 George Mason/Quik	17:21
3 Greg Nacco/Garp	17:35

### Statuto Race

#### May 31. San Francisco. 8 Mi. & 4 Mi.

Overall Results - 8 Mile	
1 Darryl Berdall	40:24
2 David Liotta	40:52
3 Anthony King	41:03
4 Bud Napolio	41:42
5 Akin Litwin	41:44
1st Female: Molly Burke	48:34
1st Team: Olympic Club	
Overall Results - 4 Mile	
1 Tony Stefani	21:28
2 Mike Hottot	21:47
3 Jim Schenone	21:56
4 Kevin Cruikshank	22:03
5 Mark Tait	22:32
1st Female:	27:24
1st Team: SFIAC	

### Legg Lake Evening Run 5K

#### June 4. So. El Monte.

Division Results - Men	
6-9: 1. Brian Carriere 23:48. 10-14: 1. Author Perez 30:24. 15-18: 1. William Mitchell 18:37. 2. Antonio Soria 21:05. 19-24: 1. Art Gutierrez 16:30. 2. Cleo Fas Esquivel 16:54. 3. Francisco Ambris 19:19. 25-29: 1. Daniel Gonzales 17:12. 2. Steve Corona 17:13. 30-34: 1. Jose Rodriguez 17:45. 2. James Wilson 19:04. 3. John Big Soldier Sr. 21:33. 35-39: 1. Rob Hudgins 20:30. 2. Jose Verdusco 23:30. 3. Mike Janen 24:13. 40-44: 1. Virgil Redman 19:21. 2. Barry Hamilton 20:40. 3. George Marquez 20:41. 45-49: 1. Bob McGeough 17:10. 2. Alfonso Villanueva 20:14. 50-54: 1. Cliff Stolba 19:13. 2. Stan Romsea 20:17. 3. Bob Campbell 23:33. 55-59: 1. Robert Culling 19:53. 2. Bruce Adou 22:22. 3. Daniel Myna N.T. 60-64: 1. Larry Banuelos 20:24. 2. Willy Nelson 25:17. 3. Harry Jansen 29:20.	
Division Results - Women	
6-9: 1. Veronica Gutierrez 23:42. 19-24: 1. Mistis Garcia 19:36. 2. Gloria Palma 22:07. 25-29: 1. Nancy Deffo 20:21. 2. Marcia Beltrun 21:50. 3. Lucy Guadiana 30:43. 30-34: 1. Doris Chung 26:17. 35-39: 1. Teresa Verdusco 23:52. 40-44: 1. Beatriz Solorio 26:43. 45-49: 1. Eloisa Casares 24:37. 50-54: 1. Ethel Kleinsasser 27:06.	

### SCATAC Champs.

#### June 6-7. UCLA.

Overall Results	
1 Susan Brownell, Outreach	5323
2 Jill Lancaster, Oklahoma TC	5296
3 Fosse W'adman, Kansas Univ.	4913
4 Laura Stewart, Outreach	4466
5 Loni Larson, Fillmore HS	3857

### Festival de Primavera

#### June 6. Rosarito Beach, Baja. 5K & 10K.

Division Results - Men's 5K	
13 & Under: 1. Brian Culbert 18:12. 2. Kris Wooley 24:06. 3. Danny Perez 24:11. 14-17: 1. Brad Brann 16:33. 2. Chris Pohl 16:51. 3. Matt Fulvio 19:02. 18-23: 1. Dan Acosta 15:40. 2. Gumby 15:58. 3. Soltero Demetrio 16:19. 24-29: 1. Rick Williams 17:46. 2. Danny Serrano 20:17. 3. Kurt Rolland 20:52. 30-34: 1. John Tracanna 18:30. 2. Bob Wilson 19:11. 3. Gary Elam 19:49. 35-39: 1. Nieto Kosrdo 16:45. 2. Kenny Ramsdell 18:12. 3. Dave Zamorano 20:32. 40-44: 1. Bob Giblin 17:11. 2. Russ Webster 17:13. 3. John Mossbacher 18:24. 45-49: 1. Joe Kooklin 19:02. 2. Art Gitleman 20:46. 3. Jorge Cuadros 24:27. 50-54: 1. Fred Voss 22:41. 55-59: 1. Ricardo Martinez 23:30. 2. John Ramirez 24:45. 3. L. F. Eljery 28:46. 60 & Over: 1. Ted Horner 21:46. 2. Bob Kennison 30:27.	
Division Results - Women's 5K	
13 & Under: 1. Katy Baker 22:46. 2. Cynthia Gomez 32:31. 3. Kristen Kimese 36:33. 14-17: 1. Frances Cervantes 25:08. 2. Michelle Jarenci 25:09. 3. Kristen Graves 27:30. 18-23: 1. Carmen Maldonado 17:57. 2. Leanne Petersen 23:37. 3. Patty Berg 24:31. 24-29: 1. Katie Flanagan 21:09. 2. Anna Luna 23:36. 3. Kathy Karahalios 23:42. 30-34: 1. Debra Dominski 23:50. 2. Sandra Surdo 25:46. 3. Delia Perez 26:51. 35-39: 1. Beatrice Luna 21:53. 2. Mary Cortez 22:35. 3. Janis Meyer 26:09. 40-44: 1. Rosalina Mireles 24:42. 2. Barbara Krieger 28:13. 3. Sandra Glenn 28:29. 45-49: 1. Kari Nordas 22:20. 2. Alice Olson 24:42. 3. Marilyn Mathews 25:22. 50-54: 1. June MacArthur 31:23. 2. Joyce McHattie, N.T. 55-59: 1. Lucy Foster 33:19. 60 & Over: 1. Maude Burtzloff.	

Division Results - Men's 10K	
13 & Under: 1. Antonio Morales 46:45. 2. Eric Marsh 54:39. 14-17: 1. Jesus Granados 38:45. 2. Alfredo Salazar 42:30. 3. Brian Mullins 47:48. 18-23: 1. Antonio Alvarado 37:49. 2. Jorge Zepeda 41:42. 3. Charles Perkins 42:24. 24-29: 1. Rodger DePriest 33:43. 2. Ramon Olivera 33:44. 3. Juan Salcedo 38:40. 30-34: 1. Timothy O'Regan 35:46. 2. Steve Sexton 36:55. 3. John Lillygren 38:38. 35-39: 1. Steve Levon 37:56. 2. Francisco Salcedo 41:10. 3. Antonio Morales 41:16. 40-44: 1. Ozzie Osgood 36:01. 2. Ronald Hall 36:56. 3. Juan Sanchez 38:44. 45-49: 1. Juan Garcia 41:54. 2. Richard Melendez 43:26. 3. Anastacio Lopez 43:59. 50-54: 1. Alberto Reyes 41:21. 2. Harry Blayen 42:06. 3. Jim Brownlow 48:40. 55-59: 1. Leo Frado 43:06. 2. Gilbert Nielsen 47:04. 3. John Foster 50:17. 60 & Over: 1. Jesus Palos 41:59. 2. Bill Belasquez 1:03:42.	
Division Results - Women's 10K	
13 & Under: 1. Melissa Gomez 1:01:56. 18-23: 1. Susan Quasarano 48:20. 2. Kelly McDermott 54:10. 3. Shawn Beatty 54:55. 24-29: 1. Annie Prendiville 47:57. 2. Wendy Reeder 50:03. 3. Tracy Stange 50:51. 30-34: 1. Jerri Edwards 43:59. 2. Darlene Morrow-Truver 45:41. 3. Lesley Robertshaw 48:32. 35-39: 1. Dona Morin 45:12. 2. Vicki Bugbee-Reed 47:00. 3. Katy Stewart 49:24. 40-44: 1. Sandy Marschman 44:01. 2. Judy Bruce 50:57. 3. Susan McMillan 51:58. 45-49: 1. Kathy Loper 41:29. 2. Eloisa Casares 50:40. 3. Dove Colthary 51:26. 50-54: 1. Rose Kubicki 1:02:59.	

Division Results - Men's 10 Miles	
18-23: 1. Joe Cervantes 56:12. 2. Sergio Pacheco 1:14:09. 24-29: 1. Denis Bauke 53:54. 2. Dave Cook 57:37. 3. Ernest Garcia 58:22. 30-34: 1. Ed Chaldez 54:22. 2. Jim O'Brien 54:51. 3. Reynaldo Garza 1:00:21. 35-39: 1. Ben Willson 53:16. 2. Donald Ocana 53:44. 3. Salvador Cervantes 57:53. 40-44: 1. Jackson Underwood 59:47. 2. Pablo Torres 1:03:39. 3. Jerry Gutierrez 1:05:15. 45-49: 1. Jason Stephens 1:07:23. 2. Gary Stephens 1:17:28. 3. Robert Loyer 1:19:26. 50-54: 1. Frank Vasquez 1:06:54. 2. Gordon Barnard 1:09:45. 3. Don Hartley 1:10:26. 55-59: 1. Richard O'Keefe 1:07:22. 2. Richard Rauhut 1:12:39. 3. Mort Kanter 1:18:09.	

Division Results - Women's 10 Miles	
24-29: 1. Catherine Molina 1:12:36. 2. Teresa Wilson 1:14:24. 3. Carol Mendez 1:16:38. 30-34: 1. Melanie Rich 1:20:38. 2. Donna Caterina 1:26:56. 3. Estelle Charlebois 1:31:39. 35-39: 1. Cathy Myers-Forsyth 1:14:33. 2. Carol Carter 1:20:40. 3. Sandi Puffy 1:33:51. 40-44: 1. Molly Thayer 1:03:42. 2. Terry Whittington 1:18:52. 3. Carol Noonan 1:18:56. 45-49: 1. Kathy Kusner 1:18:31. 50-54: 1. Shirley Blush 1:14:27. 2. Jane Dods 1:25:12.	

1:09:45. 3. Don Hartley 1:10:26. 55-59: 1. Richard O'Keefe 1:07:22. 2. Richard Rauhut 1:12:39. 3. Mort Kanter 1:18:09.

**Division Results - Women's 10 Miles**  
24-29: 1. Catherine Molina 1:12:36. 2. Teresa Wilson 1:14:24. 3. Carol Mendez 1:16:38. 30-34: 1. Melanie Rich 1:20:38. 2. Donna Caterina 1:26:56. 3. Estelle Charlebois 1:31:39. 35-39: 1. Cathy Myers-Forsyth 1:14:33. 2. Carol Carter 1:20:40. 3. Sandi Puffy 1:33:51. 40-44: 1. Molly Thayer 1:03:42. 2. Terry Whittington 1:18:52. 3. Carol Noonan 1:18:56. 45-49: 1. Kathy Kusner 1:18:31. 50-54: 1. Shirley Blush 1:14:27. 2. Jane Dods 1:25:12.

### Be Free

#### June 6. Los Angeles. 5K & 10K.

Division Results - Men's 5K	
14 & Under: 1. Sal Trujillo 18:32. 2. Jay Beard 19:50. 3. Ricky Delgado 20:35. 15-19: 1. Mike Wells 16:47. 2. Billy Spandlin 17:05. 3. Gene Bock 17:28. 20-24: 1. George Marquez 15:55. 2. Johnny Camacho 17:35. 3. Robert Bowman 21:39. 25-29: 1. Miguel Torres 16:53. 2. Dudley Evan 17:18. 3. Nick Trozzi 17:55. 30-34: 1. Marshall Sacks 17:02. 2. James Stepan 17:09. 3. John Osgood 18:17. 35-39: 1. Bob Pertak 17:15. 2. Henry Lange 17:33. 3. Jerry Sommers 18:14. 40-44: 1. Steve Crouch 16:54. 2. Robert Davison 17:24. 3. Sal Torres 19:30. 45-49: 1. Peter Johnson 18:38. 2. Robert Kendrick 20:54. 3. Charles Mayhew 21:01. 50-54: 1. George Marrett 20:06. 2. John Harper 20:26. 3. Ed Pelletier 22:11. 55-59: 1. Paul Saucedo 19:16. 2. Jerry Withers 19:20. 3. Robert Strobel 21:11. 60-64: 1. Stanley Neufeld 22:23. 2. John Thompson 22:41. 3. Don Chang 25:38. 65-69: 1. Phil Jones 21:50. 2. Russ Stumpus 22:03. 3. Mel Schewe 24:23. 70 & Over: 1. Eddie Howard 25:23. 2. Fraser Machminn 26:10. 3. George Feinstein 27:10.	
Division Results - Women's 5K	
14 & Under: 1. Pat O'Reilly 22:21. 2. Shannon Reader 26:01. 3. Monica Ontiveros 31:12. 15-19: 1. Siobhain O'Reilly 21:37. 2. Nicole Donahue 27:13. 3. Maun Mendoza 30:48. 20-24: 1. Andrea Stone 23:17. 2. Silvia Cressman 25:03. 3. Karla Monarrez 26:03. 25-29: 1. Yvonne Weis 24:30. 2. Kelly Kazeil 25:37. 3. Susan Quan 27:13. 30-34: 1. Jeanne Kawashima 19:52. 2. Susan Eberlein 21:47. 3. Tracy Oddson 26:06. 35-39: 1. Jill Banker 24:14. 2. Sandy Martinez 24:48. 3. Deborah Houtsma 25:24. 40-44: 1. Leslie Stepan 22:45. 2. Kathy Bates 24:55. 3. Andrea Donahue 25:58. 45-49: 1. Cookie Petrie 22:48. 2. Hwa Ja Andrade 23:42. 3. Auli Kendrick 28:10. 50-54: 1. Shirley Lawrence 27:08. 2. Norma Martin 34:35. 3. Judy Solgere 37:44. 55-59: 1. Jean Windishar 29:20. 2. Selma Mehman 31:40. 3. Helen Olivas 32:12. 60-64: 1. Daisy Wong 27:44. 2. Koris Gordon 28:14. 3. Francwes Labyorteaux 40:34.	

Division Results - Men's 10K	
15-19: 1. Gene Bock 53:00. 2. David Chase 53:27. 3. Phil Washko 57:41. 20-24: 1. Manuel Tinoco 35:33. 2. David Alvarado 35:39. 3. Martin Sanchez 39:36. 25-29: 1. Mario Hidalgo 32:44. 2. Rafael Moran 34:38. 3. Alex Puchner 38:28. 30-34: 1. Josef Gomez 35:37. 2. Kelly Current 37:33. 3. Florencio Robles 38:26. 35-39: 1. Gilbert Varela 36:17. 2. Rick Delgado 37:08. 3. Roberto Perez 37:45. 40-44: 1. Don Tedrow 39:03. 2. Rich Ruwell 41:16. 3. Sal Torres 41:34. 45-49: 1. Peter Johnson 39:09. 2. Eric Zorawicz 39:33. 3. Tony Martinez 42:02. 50-54: 1. Don Gragg 40:44. 2. George Marrett 43:17. 3. Mas Miyagishima 46:14. 55-59: 1. Norm McAbee 37:22. 2. Robert Perry 44:55. 3. Jaime Crespo 46:48. 60-64: 1. Bry Thorne 44:52. 2. Jose Canchola 45:11. 3. Jim Sands 49:50. 65-69: 1. Casey Poole 46:35. 2. Roy George 48:59. 3. Jack Mehman 51:51.	

Division Results - Women's 10K	
20-24: 1. Melissa Slay 49:46. 2. Arlene Da-Jose 52:16. 3. Debbie Wall 52:57. 25-29: 1. Wendy Walker 43:22. 2. Sharon Molin 48:03. 3. Marion DeMeire 49:40. 30-34: 1. Gina DiSiovanni 48:35. 2. Betsy Jenkins 52:59. 3. Soraya Behnam 54:04. 35-39: 1. Jeanne Ann Gerrard 47:52. 2. Adell Williams 49:04. 3. Pam Werthelmer 57:29. 40-44: 1. Barbara Reukema 48:45. 2. Carol Brahm 49:58. 3. Markann Long 54:25. 45-49: 1. Jeanne Johnson 49:38. 2. Patricia Kennedy 51:17. 3. Maria Fribourg 51:27.	

### China Camp Challenge

#### June 6. San Rafael. 7 Mi. & 4.2 Mi.

Overall Results - 7 Mile	
1 Michael Lopez (29) Fairfax	47:40
2 Fred Frauens (33) SanAnselmo	47:59
3 Larry Perkins (40) Novato	49:29
4 Vince Gonsalves (23) Martinez	50:34
5 Brendan Hutchinson (43) S.Rosa	50:51
6 Peter Franks (41) S.F.	52:30
7 Dimitris Salavopoulos (42) MillVly	53:30
8 Greg Mandanis (28) SanBruno	54:20
9 Steve Emery (33) SanAnselmo	55:09
10 Randy Cribbs (24) Greenbrae	56:38
Overall Results - 4.2 Mile	
1 Bob Cooper (32) S.F.	24:20
2 Edward Russell (28) WalnutCk	25:20
3 Heiko Schultz (14) SanRafael	27:29
4 Larry Sellers (40) SanRafael	29:16
5 Gilbert Khalil (40) Novato	29:22
6 Twyla Willis (34) Greenbrae	29:46
7 Paul Duckor (47) MillVly	30:05
8 Tom Harrington (28) SanRafael	31:03
9 Steven Wilbur (15) SanRafael	32:10
10 William Diaz (40) S.F.	32:38

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CT&RN  
4957 E. Heaton  
Fresno, CA 93727



# Results

## Gold Medal Triathlon

June 6. Vacaville.  
(3/4 Mi. Swim, 5.4 Mi. Run, 8.4 Mi. Bike)

Overall Results		
1 Don Seymour (28)	1:10:14	
2 Eric Mason (23)	1:13:05	
3 Phil Molina (21)	1:13:21	
4 John Griffin (32)	1:13:31	
5 Dennis Good (39)	1:13:35	
6 Chris Ward (28)	1:14:01	
7 George Erving (34)	1:14:15	
8 Norm Gould (37)	1:14:43	
9 Anthony Milevsky (24)	1:15:07	
10 Lucio Perez (25)	1:15:21	
11 Greg Ward (30)	1:15:23	
12 Bill Yates (31)	1:15:52	
13 Carl Galawski (29)	1:16:04	
14 Brad Williamson (29)	1:16:47	
15 Jeremy Gilbert (26)	1:16:51	
16 Daniel Candecaria (19)	1:17:05	
17 Guy VanNatta (21)	1:17:41	
18 Alexander Greer (20)	1:17:42	
19 Stuart Smith (25)	1:18:16	
20 Robert Weatherwax (25)	1:18:26	
21 Walter Radloff (42)	1:19:13	
22 Dave Liotta (17)	1:20:16	
23 Don Rush (20)	1:21:06	
24 Dave Gamm (29)	1:21:18	
25 Judy Sainbera (29)	1:21:19	
26 Forrest Bond (44)	1:21:20	
27 Liz Applegate (30)	1:21:27	
28 Jerry Coor (18)	1:21:45	
29 Scott Strait (31)	1:21:46	
30 Barry Marsh (31)	1:21:54	
31 John Campbell (42)	1:21:55	
32 Craig Reynolds (21)	1:22:03	
33 Brad Eagleton (19)	1:22:09	
34 David Young (38)	1:22:18	
35 Joan Alley (25)	1:22:29	
36 Dave Rouse (22)	1:22:48	
37 Daniel Amolinain (29)	1:23:04	
38 Richard Falat (28)	1:23:22	
39 Ted Sheppard (37)	1:23:21	
40 Einar Nyberg (21)	1:23:22	
41 Greg Mills (26)	1:23:26	
42 Debbie Ingram (33)	1:23:31	
43 Mark Simi (23)	1:24:17	
44 Alan Schmeiser (52)	1:24:22	
45 Bob Holtby (32)	1:24:32	
46 Hans Facer (34)	1:24:33	
47 Bruce Harrell (31)	1:24:45	
48 Raymond Spore (25)	1:24:48	
49 Frieder Schurr (25)	1:24:51	
50 Phillip Sienna (40)	1:25:02	

## Corbett Canyon Grape Race

June 7. San Luis Obispo. 10K.

Overall Results		
1 Kevin Jones (26)	32:07	
2 Steve Flynn (31)	33:10	
3 Rory Cooper	33:23	
4 Frank Hutchison (34)	33:38	
5 Brian Porter (23)	34:24	
6 Richard Renati (20)	34:32	
7 Rich Wilcox (26)	34:38	
8 Craig Lowrie (31)	34:41	
9 Angelo Limon (19)	35:09	
10 Edd Cadena (39)	35:18	
11 Bob Gibson (26)	35:20	
12 Mark Pupich (30)	35:28	
13 Pauline Stehly (21)	35:36	
14 Frank Padilla (50)	35:54	
15 Vernon Salla (22)	36:08	
16 John Moroney (28)	36:18	
17 Steve Ferraro (22)	36:22	
18 Michael Garcia (36)	36:41	
19 Jani Johnson (31)	36:41	
20 Todd Everett (19)	36:48	
21 Robert Wilson (28)	37:07	
22 George Clendinning (31)	37:16	
23 Rick Hallblom (38)	37:21	
24 Keith Kirkpatrick (40)	37:29	

25 Larry Jamison (44)	37:35
26 John Blair (32)	37:42
27 Stephen Wyer (38)	37:52
28 Kirk Spry (34)	37:58
29 Kenneth Sung (23)	38:12
30 Michael Cody (28)	38:13
32 Noreen DeBettencourt (20)	38:36
33 Claire Aagaard (33)	38:38
44 Michaela Martino (23)	40:05
48 Tommy Upton (52)	40:20
74 Dana Tryde (31)	42:20
92 Marian Fiorentino (25)	42:55
95 Kathy Hilderbrand (23)	42:59
96 Tracy Gaston (26)	43:02
128 Jack Kirkpatrick (67)	44:31
191 Peggy Boedecker (40)	47:48
374 Pat Walsh (50)	1:01:48

## Shoreline Run

June 7. San Leandro Marina. 10K & 3K.

Division Results - Men		
<b>13 &amp; Under:</b> 1. Paul Ward 36:02, 2. Dino Daniels 36:12, 3. Jason West 39:31. <b>14-18:</b> 1. Kevin Holbrook 31:41, 2. Scott Kennedy 33:16, 3. Mike Roach 34:13. <b>19-29:</b> 1. John Darrett 30:39, 2. Mike Warr 31:01, 3. Perry Edinger 31:20. <b>30-39:</b> 1. Robert Schua 32:35, 2. Ernie Rivas 32:37, 3. Ken Grace 32:56. <b>40-49:</b> 1. David Furst 32:24, 2. James Cunningham 33:36, 3. Rudy Mondragon 33:47. <b>50-59:</b> 1. Stegfred Mattern 37:33, 2. Philip Hager 37:45, 3. Ron Grabowski 38:37. <b>60 &amp; Over:</b> 1. Joe King 37:40, 2. Don Lucero 41:13, 3. John Rouse 41:34. <b>Wheelchair:</b> 1. Taylor Capey 29:23, 2. Troy Durham 31:03, 3. Robert Witherell 34:40.		
Division Results - Women		
<b>13 &amp; Under:</b> 1. Melissa Freeberg 46:29, 2. Penny Hodges 56:23, 3. Robin Alper 1:15:30. <b>14-18:</b> 1. Valerie Jensen 36:14, 2. Jennifer Cullen 47:27, 3. Kerry Dougherty 49:27. <b>19-29:</b> 1. Connie Hester 37:23, 2. Catherine Porter 37:24, 3. Sharon Sander 38:15. <b>30-39:</b> 1. Ingrid Hinenway 36:28, 2. Kathleen Feltz 42:03, 3. Tina Toona 44:12. <b>40-49:</b> 1. Patty Hung 43:51, 2. Margaret Cooke 45:40, 3. Gloria Ploss 46:03. <b>50-59:</b> 1. Barbara Carlson 47:45, 2. Barbara Robben 47:48, 3. Mary Rodriguez 55:37. <b>60 &amp; Over:</b> 1. June Thompson 56:33, 2. Patricia Reposa 59:53, 3. Peggy Pridmore 1:02:30. <b>Wheelchair:</b> 1. Susan Schapiro 39:04.		

Division Results - Women		
<b>13 &amp; Under:</b> 1. Melissa Freeberg 46:29, 2. Penny Hodges 56:23, 3. Robin Alper 1:15:30. <b>14-18:</b> 1. Valerie Jensen 36:14, 2. Jennifer Cullen 47:27, 3. Kerry Dougherty 49:27. <b>19-29:</b> 1. Connie Hester 37:23, 2. Catherine Porter 37:24, 3. Sharon Sander 38:15. <b>30-39:</b> 1. Ingrid Hinenway 36:28, 2. Kathleen Feltz 42:03, 3. Tina Toona 44:12. <b>40-49:</b> 1. Patty Hung 43:51, 2. Margaret Cooke 45:40, 3. Gloria Ploss 46:03. <b>50-59:</b> 1. Barbara Carlson 47:45, 2. Barbara Robben 47:48, 3. Mary Rodriguez 55:37. <b>60 &amp; Over:</b> 1. June Thompson 56:33, 2. Patricia Reposa 59:53, 3. Peggy Pridmore 1:02:30. <b>Wheelchair:</b> 1. Susan Schapiro 39:04.		

## Napa Old Town Run

June 7. Napa. 5 Mile.

Hank Fragoza of Napa set a Napa Old Town Race record by winning his 4th straight Veteran Division Title with a 5 Mile time of 30:30. Although not matching his own Veteran Division (50-59 years) record time set in 1985 of 28:50, Fragoza still out paced 2nd place finishers, Len Gerald, Pengrove, by 1:30 in averaging just over 6 minutes a mile in the 9th annual Old Town Run.

The overall winner, Daniel Rusk, Chico, running in the Open Division (20-29) raced to victory in a time of 26:07. Rusk beat runnerup Bob Blackman, Napa, by .38 second. Blackman, who won the last 2 years, lost some time in the early miles and could not make it up, collapsing at the finish line with severe cramps. Alan Gerald, Pengrove, followed. Blackman with a time of 26:49 to place third in the Open Division and 3rd overall.

In the Women's category, Lisa Brown, Napa, who won last year's Open Division with a time of 35:04, moved into the Submaster Division (30-39), bettered her own time by over 2 minutes, and took the Blue Ribbon with a 32:43, also the best Women's time of the day.

Dottie Chacon, Napa, took her second straight Master Division title (40-49) with a time of 34:27, 18 second off her 1986 record setting time.

The Old Time Race had an all time high number of runners with 140 5 Milers and

another 75 2 Milers traveling the new Fun Run course through downtown Napa. No new records were set for the first time in Old Town Run history, but finishing times were excellent and many places decided by last leg charges by the finish line.

Diminutive Silvia Chan, Napa, was the collective Race favorite, breezing to a first place win in the Youth (under 13) Division with a time of 39:22. She outdistanced her closest Division competitor by over 11 minutes.

Overall Results		
1 Daniel Rusk, Chico	26:07	
2 Bob Blackman, Napa	26:45	
3 Alan Gerald, Pengrove	26:49	
4 Matt Rea, Citrus Heights	27:21	
5 Antonio Zarate, Napa	27:29	
6 Mike Rowerdink, Stockton	28:09	
7 Robert Feish, Fairfield	28:47	
8 Roger Hann, Napa	28:53	
9 Herman Cerva, Napa	28:53	
10 Verne Browne, Sacto	28:56	

Division Results - Men		
<b>12 &amp; Under:</b> 1. Dustin Gasser 32:40, 2. Mike Lasker 32:54, 3. John Lipanovich 39:59. <b>13-19:</b> 1. Joe Carroll 37:03, 2. Ralph Gonzales 39:15, 3. Greg Prewoznik 41:00. <b>20-29:</b> 1. Daniel Rusk 26:07, 2. Bob Blackman 26:45, 3. Alan Gerald 26:49. <b>30-39:</b> 1. Matt Rea 27:21, 2. Antonio Zarate 27:29, 3. Mike Rowerdink 28:09. <b>40-49:</b> 1. Edward Tampion 30:31, 2. Ron Crawford 32:02, 3. Pete Lent 32:53. <b>50-59:</b> 1. Hank Fragoza 30:30, 2. Len Gerald 32:01, 3. David Larson 33:46. <b>60 &amp; Over:</b> 1. John Nyser 35:12, 2. George Grammens 42:17, 3. Floyd Pressey, N.T.		
Division Results - Women		
<b>12 &amp; Under:</b> 1. Silvia Chan 39:22, 2. Penelope Prossie 50:53. <b>13-19:</b> 1. Maribel Pardeaz 43:40, 2.20:29: 1. Maria Robinson 35:22, 2. Laurie Cutsforth 36:52, 3. Wendy Kuhl 41:31. <b>30-39:</b> 1. Lisa Brown 32:43, 2. Susan Lancaster 33:50, 3. Diana Wimberly 35:05. <b>40-49:</b> 1. Dottie Cheron 34:27, 2. Yoka Zwetsloot 34:55, 3. Pam Greco 36:35. <b>50-59:</b> 1. June Wyoler 48:31.		

## Hit the Road Jack

June 7. Sonoma. 10K & 4K.

Division Results - Men's 10K		
<b>12 &amp; Under:</b> 1. Mike Ackerly 46:50, 2. Javier Fernandez 50:54, 3. Owen Randall 53:01. <b>13-15:</b> 1. Garth Rosengren 45:20, 2. Brett Poteet 45:22, 3. Nathan Murray 46:57. <b>16-18:</b> 1. Benjamin Ayers 51:37, 2. Tom Macken 52:59, 3. John Litzenberg 53:36. <b>19-24:</b> 1. Gregory Johnson 53:09, 2. Jimmy Elan 53:18, 3. William Duren 56:49. <b>25-29:</b> 1. Raul Rodriguez 53:51, 2. Ted Gorn 54:09, 3. Sean Lanham 54:35. <b>30-34:</b> 1. Butch Alexander 53:21, 2. John McIntosh-King 54:46, 3. Daniel Garcia 55:26. <b>35-39:</b> 1. Al Tagliatferri 56:36, 2. Eddie Freyer 56:49, 3. John Zarembski 57:05. <b>40-44:</b> 1. Craig Steele 54:42, 2. Martin Jones 55:38, 3. John Demers 57:21. <b>45-49:</b> 1. Stephen Lyons 56:43, 2. Dick Malkin 57:42, 3. Robert Groff 58:41. <b>50-54:</b> 1. Emil Peroni 45:16, 2. Ernie Von Raesfeld 45:49, 3. Howard Waldrow 46:05. <b>55-59:</b> 1. Leo McMillan 43:26, 2. Irwin Herlihy 45:21, 3. Art Santiago 51:37. <b>60 &amp; Over:</b> 1. Earl Turner 43:40, 2. William McGee 50:47, 3. Daniel Barreto Jr. 52:00. <b>Wheelchair:</b> 1. Denny Brizendine 47:24, 2. Gary Hanson 1:01:06, 3. Jeffrey Stuh 1:24:26. <b>Walkers:</b> 1. Roy Yarbrough 59:01, 2. Martin Zucker 1:11:36, 3. Robert Gaunt 1:20:16.		
Division Results - Women's 10K		
<b>12 &amp; Under:</b> 1. Gina Mazingo 1:03:57. <b>13-15:</b> 1. Sarah Strand 1:06:25, 2.16:18: 1. Kathy Dalton 43:49, 2. Zsolia Kondor 47:01, 3. Beth Hewson 48:55. <b>19-24:</b> 1. Laurie Hollingworth 37:47, 2. Kristine Reimer 44:43, 3. Melody Meints 46:54. <b>25-29:</b> 1. Cynthia Van Natta 37:52, 2. Teri Cunningham 42:23, 3. Robin Stovall 42:53. <b>30-34:</b> 1. Dorothy Foster 39:21, 2. Sally Mertes-Stone 40:48, 3. Bethann McIntosh-King 41:13. <b>35-39:</b> 1. Vicki French 42:32, 2. Kathy Cole 43:20, 3. Rebecca Fines 46:41.		

**40-44:** 1. Elaine Ivaldi-Pierce 44:02, 2. Reta Bantow 45:53, 3. Dianne Ballestrasse 46:51. **45-49:** 1. Sharon Stafano 48:48, 2. Judy Shipman 54:16, 3. Cici Zerbe 54:28. **50-54:** 1. Elaine Frank 48:17, 2. Peggy Houston 49:33, 3. Carol Draper 57:02. **55-59:** 1. Alice Waco 57:27, 2. Mary Jobson 58:26, 3. Rogene Rawlins 1:01:53. **60 & Over:** 1. Joy Scott 1:06:13. **Walkers:** 1. Margaret Weil 1:11:38, 2. Cherin Willett 1:15:20, 3. Debra Kay Binkley 1:17:36.

Division Results - Men's 4K		
<b>12 &amp; Under:</b> 1. Kevin Laceyfield 20:03, 2. Joseph Janakes 20:50, 3. Trung Ngo 21:17. <b>13-15:</b> 1. Charles Buttz 13:51, 2. Sean Fitzpatrick 15:37, 3. Ion Meyn 15:38. <b>16-18:</b> 1. Chris Buttz 18:33, 2. Jake Wheeler 19:45. <b>19-24:</b> 1. Don Nauman 13:14, 2. Brian Raabe 20:37, 3. Robert Balino 21:13. <b>25-29:</b> 1. Ben Rosales 14:09, 2. John Hawley 14:30, 3. Matt Downing 14:38. <b>30-34:</b> 1. Eddie Lanzani 12:36, 2. Butch Alvarez 14:56, 3. Tod Sweeney 17:42. <b>35-39:</b> 1. Dennis Bollman 14:19, 2. Billy Stephens 16:09, 3. Steve Zehner 16:30. <b>40-44:</b> 1. John Galletta 13:48, 2. Ray Cataldo 14:25, 3. Frank Topolewski 15:40. <b>45-49:</b> 1. Robert Ballestrasse 19:14, 2. Jim Bentley 19:52, 3. Gary Arnold 20:55. <b>50-54:</b> 1. Carl Jackson 16:18, 2. Edward Kuehn 21:44, 3. Haddad 22:42. <b>55-59:</b> 1. Jim Hurd 20:37, 2. Edward Freed 22:28, 3. Don Mosier 25:59. <b>60 &amp; Over:</b> 1. Albert Maggini 23:53, 2. Ralph Gooch 27:52, 3. Herb Lowe 27:53. <b>Walker:</b> 1. Jim Scileny 21:04, 2. Jose Martinez 21:04, 3. Trevor Stock 29:08.		
Division Results - Women's 4K		
<b>12 &amp; Under:</b> 1. Kim Cornett 22:24, 2. Jennifer McInnis 23:02, 3. Lisa Harms 25:29. <b>13-15:</b> 1. Julie Beer 17:30, 2. Allison Young 21:48, 3. Rebecca Laceyfield 22:35. <b>16-18:</b> 1. Maureen Ewens 21:24, 2. Jenell Arnold 22:59, 3. Kristin Records 24:02. <b>19-24:</b> 1. Susan Pohl 20:37, 2. Theresa Haffner 20:56, 3. Donna Kiser 21:09. <b>25-29:</b> 1. Mary Cilley 15:57, 2. Cathi Little 19:31, 3. Rain Sieffer 19:48. <b>30-34:</b> 1. Cynthia Sobrero 16:55, 2. Marcia Spaletta 19:53, 3. Judy Frankel 20:50. <b>35-39:</b> 1. Katherine Stevens 20:10, 2. Patricia Young 21:02, 3. Sandi Augustine 22:17. <b>40-44:</b> 1. Pamela Topolewski 19:41, 2. Carolyn Lewis 21:59, 3. Swanie Schmidt 22:22. <b>45-49:</b> 1. Caron Schaumberg 16:49, 2. Millie Merle 18:45, 3. Sonia Seeman 21:52. <b>50-54:</b> 1. Ann Johnson 23:40, 2. Jean Adams 23:57, 3. Doris Morabito 24:04. <b>55-59:</b> 1. Shirley Mehl 21:32, 2. Donna Ferrari 27:47. <b>60 &amp; Over:</b> 1. Luciana Kirkland 28:36, 2. Fran Brocco 31:40. <b>Wheelchair:</b> 1. Diane Johnson 30:42, 2. Jean Potter 49:58. <b>Walker:</b> 1. Kathy Hillback 23:41, 2. Juliana McCormack 23:57, 3. Patrice Carbullido 25:56.		

## Aptos Women's 5 Mile

June 14. Aptos.

Overall Results		
1 Barb Myers-Acosta (SantaCruz)	28:48	
2 Eileen Bickard (SantaCruz)	29:24	
3 Judy Leydig (SanCarlos)	31:02	
4 Diane McKelvy (SantaCruz)	32:05	
5 Barbara Frank (MorganHill)	32:10	
6 Jackie Russum-Braisted (Sunnyvale)	32:17	
7 Karen Lanterman (Hillsbor)	32:20	
8 Anne Hamilton (Millbrae)	32:41	
9 Annette Goody (Capitola)	32:56	
10 Kathy Welch (Soquel)	32:58	
Division Results		
<b>13 &amp; Under:</b> 1. Nicole Silva 38:14, 2. Lisa Miller 39:02. <b>14-19:</b> 1. Kerry Stivalletti 33:49, 2. C. Jones 35:50, 3. Lisa Smith 35:50. <b>20-29:</b> 1. Barb Myers-Acosta 28:48, 2. Eileen Bickard 29:24, 3. Barbara Frank 32:10. <b>30-39:</b> 1. Judy Leydig 31:02, 2. Diane McKelvey 32:05, 3. Jackie Russum-Braisted 32:17. <b>40-49:</b> 1. Karen Lanterman 32:20, 2. Gail Berrard 33:48, 3. Jean Williams 35:16. <b>50-59:</b> 1. Barbara Hinshaw 38:08, 2. Khartoon Tad Hope 39:16, 3. Katherine Beiers 39:39. <b>60 &amp; Over:</b> 1. Silvia Sweet 49:03, 2. Jeanne Leffers 51:33.		





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