

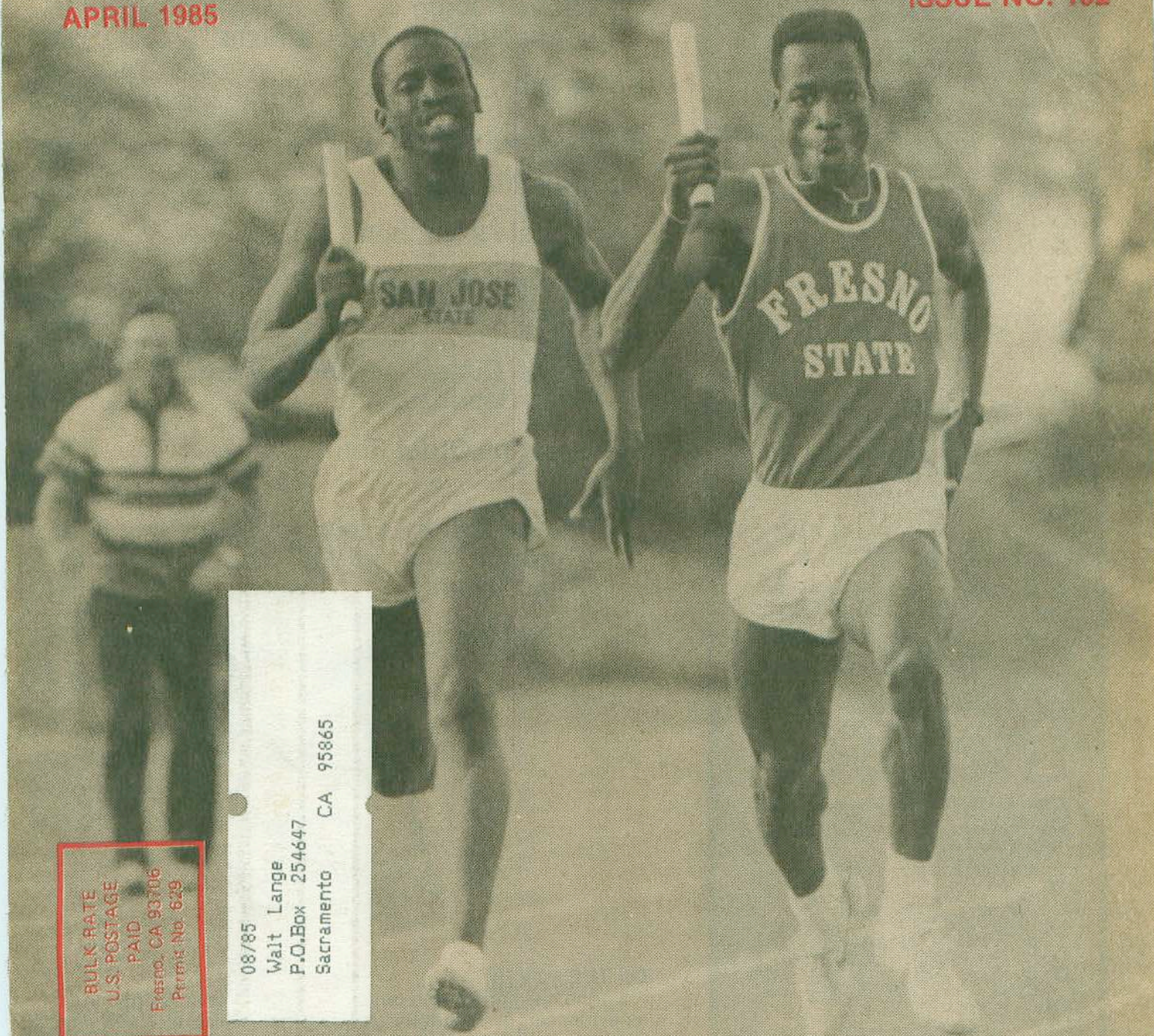
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# CALIFORNIA

## TRACK & RUNNING NEWS

ISSUE NO. 102

APRIL 1985



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## California Track & Running News



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### ON THE COVER:

Spring has sprung and outdoor track season is in full bloom as evidenced by this hotly contested mile relay in the Fresno State - San Jose State dual meet. San Jose's Craig Armstrong is on the left with Fresno's Jack Armour on the right. Fresno won the race in 3:09 and the dual meet 95½ to 66½. See results section.

photo copyright Todd Allred



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# SANTA ANITA *Lite* SPRING CLASSIC

*Sixth Annual  
May 13, 1985*



## 5K AND JIM FIXX MEMORIAL 10K RUNS

**PLACE:** Santa Anita Race Track, 285 W. Huntington Drive, Arcadia, CA.

**ENTRY FEES:** Pre-registration due by May 15, 1985

Pre-registration: \$10 includes high-quality, long-sleeved, hooded T-shirt; \$7.00 run only.

Late registration: \$13.00 w/shirt; \$9.00 run only.

**COURSE:** A TAC-sanctioned, flat and scenic course through beautiful Arcadia, with a slight hill at the end of the 10K loop. The 5K circles around the famous Santa Anita golf course. The 10K loops the golf course and the Santa Anita Race Track.

Highly visible mile markers and split times given. Aid and water stations. Key intersections monitored by Arcadia Police Department.

**STARTING TIMES:** 5K starts at 7:45 a.m.; 10K starts at 8:30 a.m.

**RESULTS:** Race results will be mailed to all finishers.

**AWARDS:** Merchandise prizes will be awarded to the first two finishers in each division. Santa Anita Lite Spring Classic medals will be awarded to the first five

finishers of each division.

**PRE-REGISTRATION:** Complete all parts of application form. Incomplete forms will not be processed. By mail: Santa Anita Lite Spring Classic, P.O. Box 522, Arcadia, CA 91006; or in person: The Trophy Case, 8 N. First Ave., Arcadia, CA before May 15th. Send a legal-size, self-addressed stamped envelope with form and fee.

Runners' packets with race information and race number will be mailed to runners up until May 11, 1985. After May 11, runners' packets may be picked up at The Trophy Case or at the track on race day.

**LATE-REGISTRATION:** Race day between 6:00 a.m. and 7:30 a.m. at Santa Anita Race Track.

**PROCEEDS:** To be used to install and maintain an all-weather track at Arcadia High School.

**FURTHER INFORMATION:** Information packets will be mailed before May 11, 1985. Send a legal-size, self-addressed stamped envelope with entry form and fee.

Telephone: (818) 446-9658 or  
(818) 574-1582.

**DIRECTIONS:** Take the 210 Freeway to Santa Anita Ave., south to Huntington Dr., west to Santa Anita Race Track.

**COURSE:** Flat and scenic through beautiful Arcadia, with a slight hill at the end of the 10K loop. The 5K circles around the famous Santa Anita golf course. The 10K loops the golf course and Santa Anita Race Track.

*The Santa Anita Lite Spring Classic's high-quality T-shirt.*



One Entrant Per Application Form (Xerox Copies Acceptable)

CT&RN

NAME \_\_\_\_\_ Race:  5K  10K

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Age On Race Day \_\_\_\_\_ Sex:  Male  Female T-Shirt Size S M L XL

**DIVISIONS:**  15 & Under  16-20  21-29  30-39  40-49  50-59  60+  
 Racewalker 40 & Under  Racewalker 41 & Over  Open Wheelchair Division

**Entry fee non-refundable and non-transferable.**

**IMPORTANT:** Legal waiver must be completed and signed.

**NOTE:** This entry will **NOT** be accepted without proper signature(s) below.

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in the event. In filling out this form, I acknowledge that I am an amateur in such events. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Participant's signature \_\_\_\_\_

Parent or legal guardian's signature necessary if under 18 years of age.

Date \_\_\_\_\_

**Make check payable to: Santa Anita Lite Spring Classic, P.O. Box 522, Arcadia, CA 91006**

**How did you hear about the race?**  Mail  Flyer at Race  Flyer other  Mag. Ad  Other

# 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.

## APRIL

**APR 6: The 49'er Double Marathon.** 52.4 miles, Pt. Reyes to Golden Gate Bridge (trail run), 7 am(?). *Limited entries.* Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7211. *Listed as The 49'er 47 Miles of Trails in last issue.*

**APR 6: Tropicana/KLAS-TV Las Vegas Easter Run.** 10K, Half-Marathon & 2 Mile Fun Run. Las Vegas, Nevada (Tropicana Hotel), 7:30 am. Thomas Sports Enterprises, 6765 Grandola Dr., Las Vegas, NV 89103. (702) 368-2885.

**APR 6: Annadel Egg Scramble.** 3 & 8K, Santa Rosa (Annadel State Park, Lake Ilisanjo, Chanel Dr.), 9:30 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

**APR 6: The Los Angeles Triathlon Championship Series.** 1K swim, 38K bike, 8K run. San Dimas (Bonelli Park), time TBA. Bill Fulton, 2658 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**APR 6: The Anteater Run.** 5 & 10K, Irvine (Univ. of Calif.), 8 am/5K, 9 am/10K. Anteater Run, c/o Dept. of Phys. Educ., Crawford Hall, UC Irvine, Irvine 92717. (714) 856-5550.

**APR 6: Run for Sobriety 5 & 10K.** Lancaster (City Park, Ave. L & 10th St. West), 9 am. Suzanne St. Clair, Acton Rehab Center, Box 25, Acton 93510. (805) 947-4191.

**APR 6: Maria's Breakfast Run.** 13 miles, Martinez (Alhambra & H St.), 8 am. dann Brown, 1230 Walker Ave., Apt. A, Walnut Creek 94596. (415) 932-3165.

**APR 6: Martin Luther King 10K Run.** Los Angeles, time TBA. Mark Ridley-Thomas, SCLC/LA, 4182 South Western Ave., Los Angeles 90062. (213) 295-8582.

**APR 6: Marina 5-Miler.** Marina (City Park), 10 am. Marina Parks & Recreation Dept., 211 Hillcrest Ave., Marina 93933. (408) 384-3715.

**APR 6: Livermore 8.56 Mile Race.** Livermore (Lawrence Livermore Lab/East Parking Lot), 10 am. Brian Bonner, Tri-Valley R.C., P.O. Box 121, Livermore 94550. (415) 422-7080.

**APR 6: Masters Race.** 10K, Eureka (Redwood Acres), 12 noon. *Start is handicapped by age.* Carol Norris (707) 443-2510.

**APR 6: Victoria Avenue 5/10K.** Riverside (Arlington High School), 8 am. Riverside Parks & Recreation Dept. (714) 787-7407.

**APR 7: Mt. Tamalpais Run.** 7 mile, Mill Valley(?), 7 am. Tamalpa Institute, Attn: Sandra Park, Fort Mason Center, San Francisco 94123. (415) 843-8636.

**APR 7: Streets of Palo Alto 10K.** *Cancelled until 1986.* Bill Fernandez (415) 326-9812.

**APR 7: DSE Coit Tower Run.** 3.0 mile, San Francisco (Dolphin Club), 10 am. Wall Stack, 741 Kansas St., #2, San Francisco 94107.

**APR 7: 7.2 Mile Carrera de Cabras.** Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

**APR 7: Easter Sunrise Celebration Jog.** Fresno (Woodward Park), 5:30 am, 3 mile run, 2 mile jog, 1 mile walk. Harry Harder (209) 638-5007.

**APR 13: Pigeon Pass Marathon.** Loma Linda (Gentry Gym), 7 am. Pat Bieberdorf, 10 Sherri Ln., Redlands 92373. (714) 793-9959.

**APR 13: Jimmy Stewart Relay Marathon.** 5-person teams, Santa Monica, time TBA. Bruce Beck, c/o Carl Terzian Assox., Brentwood Financial Plaza, 11726 San Vicente Blvd., Suite 550, Los Angeles 90049. (213) 557-3087.

**APR 13: VMRC Fun Runs.** ½ mile, 1 mile & 5K, Segastopol (Ragle Ranch Park), 9 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

**APR 13: Run for Relief.** 10K & 2 Mile Fun Run, Fresno (Fresno Pacific College), 6:30 am. Fun for Relief, 1010 "G" St., Reedley 93654. (209) 638-6847.

**APR 13: Women's Woodward Park Run.** 3 mile (also predicted time division), Fresno (Woodward Park, Mtn. View Picnic Area), 8 am. Ron Gates, 3220 E. Huntington Blvd., Fresno 93702. (209) 237-3572.

**APR 13: Sun Run VII.** 5 & 10K & Kids 1 Mile. Fountain Valley (Mile Square Park), 7:30 am/5K, 8 am/10K, 9 am/1 mile. Newport Beach Runners Ass'n, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**APR 13: Conejo Valley Days Rabbit 5 & 10K Runs.** Thousand Oaks (Cal Lutheran College), 9 am. Jim Gilmore, 2909 Raleigh Pl., Thousand Oaks 91360. (805) 492-4592 or 496-2463.

**APR 13: Pride Seven 2K, 5K, 10K & Half Marathon.** Glendora (Foothill Presbyterian Hospital), 8 am. Pride 7, Box 221, Glendora 91740. (818) 331-0169 or 331-0160.

**APR 13: Tierrasante-Kiwanis 10K & 2 Mile.** San Diego (Serra H.S.), 7:30 am. Peter Penczar (619) 279-5237.

**APR 13: Pear Blossom Run.** 20K, Medford, Ore., 8:45 am. Pear Blossom Run, P.O. Box 146, Medford, OR 97501. (503) 772-7086.

**APR 13: The Nimitz Run.** 5 & 10K, Treasure Island (San Francisco Bay), time TBA (8:30 am?). Nimitz Run, c/o Special Services, Naval Support Act., Bldg. 265, Treasure Is., San Francisco 94130. Tim Oliver (415) 765-6361; Kevin Hicks (415) 548-5854.

**APR 13: Overton County Fair 10K.** Overton, Nevada, 8:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**APR 13: Pleasant Valley Run.** 1 & 3 miles, San Miguel (Pleasant Valley School, Estrella Rd. & Ranchita Canyon), 10 am/1 mile, 10:30/3 mile. Pleasant Valley School, c/o Monty Turner, Star Route, Box 4390, San Miguel 93451. (805) 467-3453.

**APR 13: Run for Life 5K.** Pismo Beach (Veteran's Memorial Hall), 8:30 am. American Heart Assoc., 774 Marsh St., San Luis Obispo 93401.

**APR 14: American River 50-Mile.** Sacramento (Sac'to State Univ.), 6 am. *Limited to 500.* Fleet Feet, 107 S. Harding Blvd., Roseville 95678. (916) 783-4558.

**APR 14: National Intercity Run.** 5 miles, Santa Clara (3000 Lakeside Dr.), 8:30 am. Anne Buyting, 3000 Lakeside Dr., Santa Clara 95054. (408) 980-0766.

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## Schedule

**APR 14: "Jog Your Mind" 10K & 2 Mile.** San Francisco (Harina Library, Fillmore & Chestnut), 9 am. Friends of the Library, Civic Center, San Francisco 94102. (415) 558-3770.

**APR 14: Livermore Fitness Day 5/10K Runs.** Livermore (The Barn Pacific), 9:30 am. Bev Hamlin, 3529 Wind Cave, Pleasanton 94556. (415) 846-1455.

**APR 14: MBA Challenge for Charity 10K.** Stanford Univ., 8:30 am. Dan Wimsatt, MBA Challenge for Charity, Stanford GSB, Stanford 94305. (415) 856-2083.

**APR 14: Run for Daylight 10K.** Alamo (Alamo Plaza), 9 am. American Cancer Society, P.O. Box 4295, Walnut Creek 94596. (415) 934-7640.

**APR 14: Misty Redwood Run.** 7.6 miles, Oakland (Redwood Regional Park), 10 am. Duane Sewell, American Lung Ass'n., 295 -27th St., Oakland 94612. (415) 893-5475.

**APR 14: Marin Youth Symphony Orchestra Run.** 8 miles, Tiburon (Blacky's Pasture area), 8:30 am. Ann Batman, 4172 Redwood Hwy., San Rafael 94903. (415) 479-8100.

**APR 14: Bay Pacific 15K.** San Francisco (Golden Gate Park), 9 am. Sports Media, 522 Midvale, Mill Valley 94941. (415) 381-0436.

**APR 14: DSE Ferry Building Run.** 3.83 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**APR 14: Apple Juice Run.** 10K & 2 Mile Fun Run. Sebastopol (Analy H.S. track), 9 am. Sebastopol Area Chamber of Commerce, P.O. Box 178, Sebastopol 95472. Ken Silveira: (707) 823-9735 or 823-4916.

**APR 14: Cuesta Spirit 50K Blathlon.** 10K run, 40K bike, San Luis Obispo (Cuesta College), 8 am. Spirit Cycle Works, Jeff Sloane, 399 Foothill Blvd., San Luis Obispo 93401. (805) 541-5673.

**APR 14: Puma Energizer 5/10K Runs.** Santa Monica (Civic Auditorium), 8 am. Santa Monica Parks & Recreation Dept., 1685 Main St., Room 210, Santa Monica 90401. (818) 393-0463.

**APR 14: "Women on the Run" AAUW 5K (& 1 Mile Kiddie Run) Open to men & women.** Torrance (Wilson Park), 8 am/5K, 9 am/1 mile. Women on the Run, AAUW, 22816 Peperree Pl., Torrance 90501.

**APR 14: 10K for MDA.** Del Mar (track), also 1 mile. 7:45 am/10K, 9:15 am/1 mile. Judy Burgess (619) 584-2484.

**APR 14: Lydia's 5M Shoe-In.** Sunset Park, Las Vegas, Nevada. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**APR 14: Hidden Valley Marathon.** Newbury Park (Adventist Academy), 7:30 am. Tom Neslund, P.O. Box 969, Glendale 92109 or 245-1876.

**APR 14: Wilderness Fun Run 3 & 5K.** Newbury Park (Rancho Sierra Vista), 9 am. Bill Redmond, Nat'l Park Service, 22900

Ventura Blvd., Ste. 140, Woodland Hills 91364. (818) 888-3440.

**APR 14: Run for the Hills 5 & 10K.** Malibu Creek State Park, 8 am/5K, 8:45 am/10K. Run for the Hills, c/o Chris Vicars, P.O. Box 353, Agoura Hills 91301. (818) 706-8612, Merle White.

**APR 14: Bottle Bill Classic 5 & 10K.** Berkeley (West Circle, Unniv. & Oxford), 9 am. CALPIRG, 407 Eshleman Hall, Univ. of California, Berkeley 94720. (415) 642-9429.

**APR 14: California National Guard 5/10K Runs.** Sacramento (Capitol Park near State Capitol), 9 am. Teresa Wilhelm, c/o Calif. Nat'l Guard, P.O. Box 214406, Sacramento 95821. (916) 920-6671, Gary Richards.

**APR 14: Hunt Loop.** 1.6 & 7.2 mile, Arcata (Redwood Park), 1 pm/1.6 mile, 1:45 pm/7.2 mile. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 443-1226, Rich Gilchrist.

**APR 14: Needles 10K & 2 Mile.** Needles, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**APR 14: Cactus Jumpers Jamboree 5-Mile Run.** Cathedral City, 8 am. George Hicks, P.O. Box 328, Cathedral City 92234. (619) 328-8556.

**APR 14: El Camino College 5/10K.** Torrance, 8 am. Dr. James Schwartz, El Camino College, 16007 Crenshaw Blvd., Torrance 90506. (213) 532-3670.

**APR 15: Boston Marathon.** Hopkinton, Mass., noon *Qualifying Times*. Boston AA, 17 Main St., Hopkinton, MA 01748. (617) 435-6905.

**APR 18: Transamerica Pyramid Run Up.** 48 stories, 12:00 pm, San Francisco. Tri Sports, 21 Live Oak, Berkeley 94705.

**APR 20: Lake Istanjo Classic 10 Miler.** Santa Rosa (Howarth Park), 9 am. Lem Cheney (707) 527-0513.

**APR 20: Country Run 5-Mile.** Portola Valley (Town Center), 9 am. West Bay Wellesley Club, 1178 Crespi Dr., Sunnyvale 94086. Joan Cassman (415) 342-0775.

**APR 20: Old Mill Run.** 10K & 2 mile, Sonora (Columbia State Historical Park), 8 am/2 mile, 9 am/10K. Leon Casas, Jr., Tuolumne County Recr. Dept., 43 No. Green St., Sonora 95370. (209) 533-5663.

**APR 20: Laura Stegman Memorial Women's 5K. Women Only.** Lompoc (River Park), 9 am. Bill Graham, 1309 E. Palmetto, Lompoc 93436. (805) 736-4696.

**APR 20: City of Duarte 5/10K Run for Fitness.** Duarte (Royal Oaks Elem. School), 8:30 am. Duarte Parks & Recreation Dept., 1600 Huntington Dr., Duarte 91010. (818) 357-7931.

**APR 20: Run for Sobriety.** 5 & 10K, Tustin (Uit/Colonial School, Bryan & Browning), 8 am/5K, 8:30 am/10K. Rob Jorgensen, Healthcare Medical Center of Tustin, 14662 Newport Ave., Tustin 92680. (714) 838-9600, x5843.

**APR 20: Fontana Days 5K & Half Marathon.** Fontana (Lytle Creek), 8 am/H-M, 8:30 am/5K. Kit Ledbetter, City of Fontana, 8353 Sierra, Fontana 92335. (714) 350-7635.



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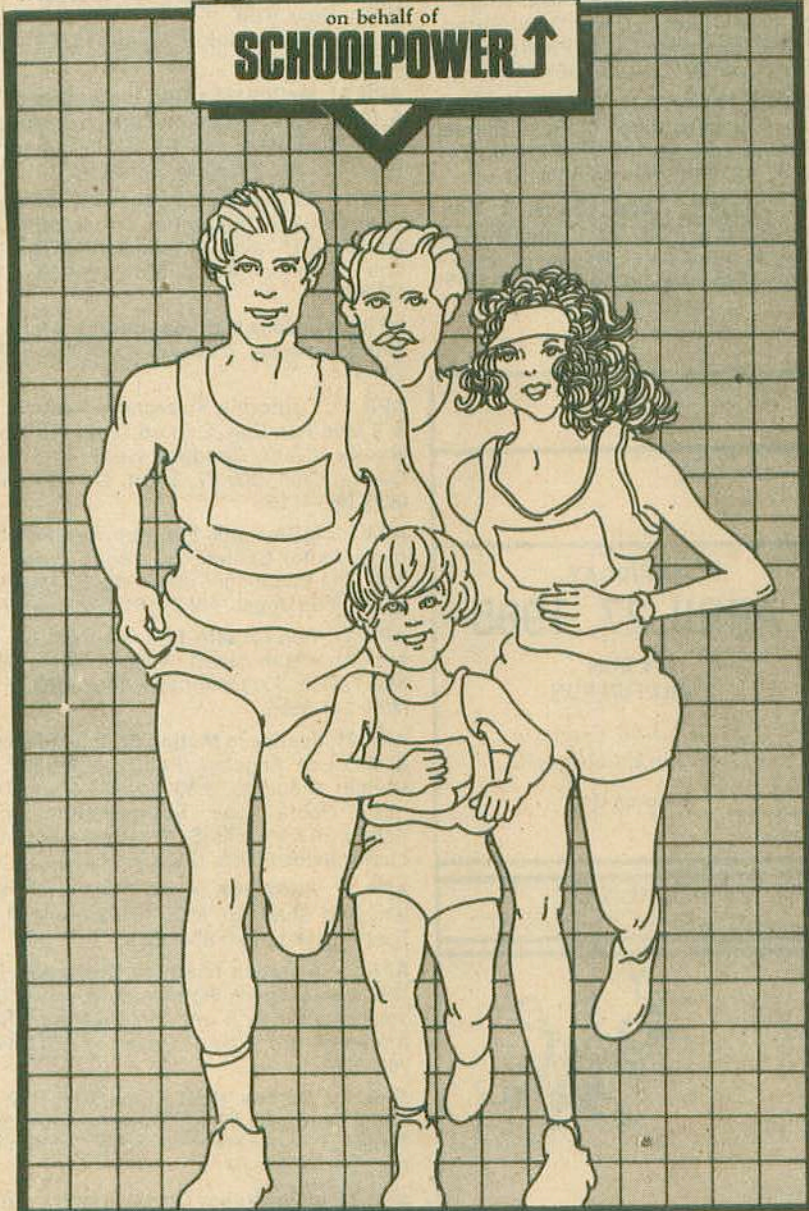
ENTRY FEE:  
Pre-Registration \$4.00  
Raceday \$5.00

For More Information Call (209) 266-9964 or Write:  
Chihuahua Road Run, P.O. Box 11312, Fresno, CA 93772

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Male  0-10  11-14  15-18  19-29  30-34  
 35-39  40-44  45-49  50-59  60-69  70 & Over

Contribution \$  (SCHOOLPOWER, the first non-profit Foundation formed in Orange County to raise funds for public education. Thank you for your tax-deductible contribution.)

Shirt Size (Order shirt in Men's sizes)  
 Small  Medium  Large  Extra Large

In consideration of this entry acceptance, I hereby, my heirs, executors and administrators, waive any and all rights of claims for damages I may have against the Laguna Beach Education Foundation (SCHOOLPOWER), Laguna Beach School District, City of Laguna Beach, County of Orange, State of California, Southern California Buick Dealers and Stein-Brief or any individual associated with the above for any and all injuries sustained by me in this event. I will additionally permit the free use of my name and picture in broadcasts, telecasts, etc. I further attest and verify that I am physically fit and have sufficiently trained for competition and my physical condition has been verified by a licensed medical doctor. PLEASE, NO DOGS IN RACE!

Participant Signature (if under 18 years of age, parent or guardian must sign) \_\_\_\_\_ Date \_\_\_\_\_

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## Schedule

**APR 20: Orange Blossom Festival 10 Mile Ironman Triathlon.** 3 mile run, 6 1/2 mile bike, 250 yard swim. Lindsay (City Park), 6:30 am. Dan Cochran, 21298 Ave. 188, Strathmore 93267. (209) 568-2690.

**APR 20: Candlelighters 10K.** Cashman Field, Las Vegas, Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**APR 20: Legg Lake Lark 5 & 10K.** Whittier (Whittier Narrows Recr. Area), 8 am/5K, 8:15 am/10K. Marilyn Grant, East Whittier YM-CA, 15790 E. Starbuck, Whittier 90603. (213) 943-7241.

**APR 20: Sierra Mountain Race VII.** 10K X-C ski, 10K run, 30K bike. Squaw Valley, 10 am. Bill Jensen, P.O. Box 7045, Tahoe City 95730. (916) 533-2264. *March 30 Deadline.*

**APR 20: Martinez 5K Fun Run.** Martinez (Waterfront Park), 8:30. Martinez Leisure Services, 525 Henrietta, Martinez 94553.

**APR 20: Lynwood City/Chamber 5/10K Run.** Lynwood (Recr. Center), 8:15 am. Lynwood Chamber of Commerce, P.O. Box 763, Lynwood 90262. (213) 537-6484.

**APR 20: Road Runner Classic.** 1K, 5K & 10K, South Pasadena (YMCA at Oak & Garfield), 7:30 am. South Pasadena/San Marino YM-CA, 1605 Garfield Ave., So. Pasadena 91030. (818) 799-9119.

**APR 21: Kimochi Cherry Blossom 5-Miler.** San Francisco (Golden Gate Park to Japan Town), 9 am. Kimochi, Inc., 1581 Webster St., #10, San Francisco 94115. (415) 931-2294.

**APR 21: Carmel by the Sea 10K.** Carmel (Sunset Center, San Carlos & 9th), 9 am. *1,000 entry limit.* Skip Marquard, 312 W. Carmel Valley Rd., Carmel Valley 93924. (408) 659-4268.

**APR 21: Angwin to Angwish 10K.** Angwin (Pacific Union College), 9 am. Daryl Stuart, c/o Physical Education Dept., Pacific Union College, Angwin 94508. (707) 965-6344.

**APR 21: DSE Peak Buster Benefit Run.** 4.6 mile, San Francisco (Lake Merced, Sunset Blvd. Parking Lot), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**APR 21: Lafayette Loop 10K & 2 Mile.** Lafayette (Plaza Center, Mt. Diablo Blvd. & First Sts.), 9 am. Center for Living Skills, P.O. Box 1145, Lafayette 94549. (415) 284-4871.

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 York, PA 17404 (717) 792-3208

**APR 21: Open Space 10K.** Santa Cruz (Antonelli's Pond near Natural Bridges State Park), 9 am. Rick Jahn, P.O. Box 847, Ben Lomond 95005. (408) 336-2261.

**APR 21: Volunteer Triathlon.** 10K run, 20 mile bike, 400 yd. swim. Clovis (Clovis West H.S.), time TBA. Franz Weinschenk, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101.

**APR 21: McDonald's Run for Summer Fun 5 & 10K.** Encino (Woodley Park), 8 am/5K, 8:30 am/10K. Susan Lopaty, 18753 Sherman Way, Reseda 91335. (818) 881-6801.

**APR 21: Simi Valley Freedom 5 & 10K (& 2K).** Simi Valley (Adventist Hospital), 7:30 am/5K, 8:15 am/10K. Loeschhorn's, 1542 Los Angeles Ave., Simi 93065. (805) 583-0933.

**APR 21: LaJolla Half-Marathon & 2 Mile.** Del Mar to LaJolla, 7:30 am. Alan Olson. (619) 274-4144.

**APR 21: California Strawberry Festival 10K & 2 Mile Fun Run.** Oxnard Channel Islands Harbor, 8 am. Candyce Hunt, Strawberry Capital Club, 305 W. Third, Oxnard 93030. (805) 985-4715.

**APR 21: MDA 5-Mile Fun Run.** Red Rock Canyon Visitor Center, Las Vegas, Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**APR 21: Run for Life 10K.** Stanford Univ., 9 am. American Heart Assoc., Attn: Scott MacTavish, 3003 Moorpark, San Jose 95128. (408) 247-8555.

**APR 21: Justice in Motion 5K & 9 Mile Relay & 2K.** Los Angeles (Police Academy, nr. Dodger Stadium), 8:30 am/2K, 9 am/5K & relay. Debra Rose, Southwestern Univ. School of Law, 675 S. Westmoreland Ave., Los Angeles 90005. (213) 738-6814.

**APR 21: HSRA 10K.** Irvine (Marson Park), 8 am. Bob Sheridan, MD, 18102 Irvine Blvd., Tustin 92680. (714) 838-4565.

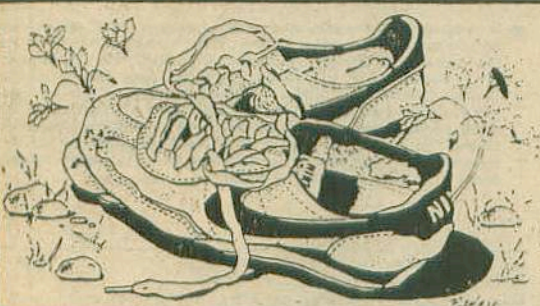
**APR 21: Almaden Triathlon Challenge.** Run 10K, bike 30 miles, horse race 20 miles. San Jose (Almaden), 8 am. Mike Barger, 19450 Almaden Rd., San Jose 95120. (408) 268-7535.

**APR 21: Corona Host Lions 10K Run for Sight.** Corona, 8:30 am. Don Norwood, 3900 Temescal, Space #12, Corona 91719. (714) 734-7207 or 980-0674.

**APR 27: Indian Valley Cross-Country.** 5 mile, Novato (Indian Valley Colleges, Sunset Pkwy. & Ignacio Blvd.), 9 am. Nancy Andrews, 917 Sherman Ave., Novato 94947. (415) 897-4323.

**APR 27: City of Sunnyvale Baylands 10K.** Sunnyvale (Moffett Industrial Park), 9 am. Mark Grzan, P.O. Box 60607, Sunnyvale, 94088. (408) 738-5521.

4th Annual  
**ORIGINAL  
 FOOTHILL FOOTRACE**



SATURDAY  
**APRIL 27, 1985**

10K RUN  
 2 MILE FUN RUN


*In Beautiful Yosemite  
 Lakes Park, Coarsegold*

Elevation 1500'

Breath-taking

SPONSORED BY  
 COOPER'S FOOTHILL NURSERY

DESCRIPTION:	Paved roads, rolling hills, wildflowers, streams lakes, etc. Very scenic.
STARTING TIME:	8:00 a.m. SHARP!
CHECK-IN TIME:	6:30 - 7:30 a.m.
ENTRY FEE:	\$7.50 for pre-registration in both races. \$8.50 for day of race registration in both races.
PRE-ENTRY DEADLINE:	Monday, April 22, 1985.
AWARDS:	Tee-shirts to all finishers in both races. Awards to top 3 finishers in each 10K division. Awards to top 3 finishers in each 2 mile division.
REFRESHMENTS:	Yes! Also a buffet breakfast will be available at the Yosemite Lakes Clubhouse for \$4.25 from 7:00 a.m. to 10:30 a.m.
CHECKS PAYABLE TO:	The Footrace.



STAN COOPER  
 (209) 683-2110 (8:00 a.m. - 5:00 p.m.)  
 44565 Savage Road, Coarsegold, CA 93614



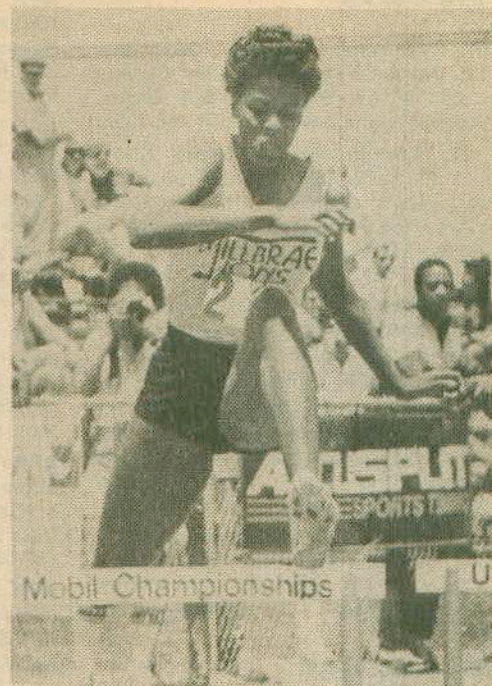


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# California's Top



# High School and College Stars

## April 20, 1985 • San Jose

**For More Information, contact:**  
Bert Bonanno, Meet Director  
Bruce Jenner Classic  
2100 Moorpark  
San Jose, CA 95128  
(408) 288-3730

**For High School Information, contact:**  
Ken Johnson, Meet Director  
Willow Glen High School  
2001 Cottle  
San Jose, CA 95124  
(408) 998-6330

## Schedule

**APR 27: Pena Adobe Run.** 5 & 10K, 1 mile west of Vacaville (Lagoon Valley County Park), 8:45 am/5K, 9 am/10K. Bob Gibbs, P.O. Box 525, Suisun 94585. (707) 448-3353.

**APR 27: Sacramento Triathlon.** Short Course: 1.5K swim, 40K bike, 10K run; Long Course: double distances. Rancho Seco Recr. Area (SE of Sac'to), 7 am/long, 9 am/short. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-2338.

**APR 27: Spring Fitness Classic.** 5 & 10K, Lancaster (Antelope Valley Hospital), 8:30 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

**APR 27: Palos Verdes Library 3/10K Runs.** Palos Verdes Peninsula, 8:30 am. Library Run, c/o Carriage Realty, 4010 Palos Verdes North #101, Rolling Hills Estates 90274. (213) 377-7225.

**APR 27: Silver Bullet Triathlon.** 1/2 mile swim, 15 mile bike, 3 mile run. Paso Robles, time TBA. Jon Root, Creston Star Route, Paso Robles 93446. Tom Jefferies; (805) 238-4665.

**APR 27: Stinky Sneakers 5/10K.** Fountain Valley (Mile Square Park), 8 am/5K, 8:30 am/10K. Faith Tabernacle, 9644 Cedar Ave., Bellflower 90706. (213) 867-9094.

**APR 27: Hearts on the Run 5/10K.** San Bernardino (Cal State Univ.), time TBA. San Bernardino County Heart Ass'n., 575 Birch Ct., San Bernardino 92410. (714) 824-6016.

**APR 27: Briones Biathlon.** 7 mile run, 20 mile bike. Briones Regional Park (Bear Creek Entrance), 8 am. Valerie Doyle, Fleet Feet, 1528 Bonanza, Walnut Creek 94596. (415) 943-MILE.

**APR 27: The Los Angeles Triathlon Championship Series.** 1K swim, 38K bike, 8K run. San Dimas (Bonelli Park), time TBA. Bill Fulton, 2658 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**APR 27: Gilroy Road Race.** 3K & 10K, Gilroy (Gavilan College), 8:30 am/3K, 9 am/10K. Gilroy Road Race, P.O. Box 459, Gilroy 95021. (408) 842-0334, Eleanor Vilarreal.

**APR 27: The Original Foothill Footrace.** 10K run and 2 mile fun run, Yosemite Lakes Park, Coursegold, 8 am. The Original Foothill Footrace, 44565 Savage Rd., Coursegold 93614. (209) 683-2110, days.

**APR 27: Henderson's Green Valley Classic.** 10K, 5K and 1 mile. Green Valley Plaza, Las Vegas, Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**APR 27: Coddington Lions Biathlon.** 10K run, 50K bike. Santa Rosa (San Miguel Elem. School), 8 am. Bob Foo, 2655 Cleveland Ave., Santa Rosa 95401. (707) 539-1064.

**APR 27: Herc-Dynamite Run.** 4 miles, Hercules (Refugio Park), 10 am. Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.

**APR 27: The Steamroller Ultra 100K.** Castaic Angeles National Forest, 5 am. The Steamroller, c/o Hans Albrecht, 25108-B Marguerite Pkwy., #209, Mission Viejo 92692.

**APR 27: South Pasadena-San Marino Rotary Road Classic 5/10K & 1 Mile.** S. Pasadena (YMCA), 8 am. Mike Blackmar, San Marino YMCA, 1605 Garfield Ave., S. Pasadena 91030. (818) 799-9119.

**APR 27: Discovery Bay "Rally-Round-The-Lake" 5/10K.** Discovery Bay (Swim & Racquet Club), 9:30 am. Lions Club, c/o Phil Paulson, 5514 Marlon Ct., Byron 94514. (415) 634-6654.

**APR 27: Rhododendron Festival Run.** 2 mile & 10K, Eureka (The Mall), 9:30 am. Frank Jager (707) 443-2051.

**APR 27: Monrovia Century 5/10K.** YMCA (Mountain & Lemon Ave.), 8 am. Nancy Brown, Monrovia Centennial Comm., c/o Monrovia City Hall, 415 S. Ivy Ave., Monrovia 91016. (818) 357-1161.

**APR 28: SPATAC 50 & 100K Championships & 50 Mile.** Ventura (Adohr Dairy, east of Camarillo), 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**APR 28: DSE Diamond Heights Run.** 2.99 miles, San Francisco (McAteer H.S. at Portola & O'Shaughnessy), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**APR 28: Tandem Computers "Up & Running Race."** Cupertino, 9 am. Rebecca De Anda, 10300 No. Tantau, Cupertino 95014. (408) 973-7169.

**APR 28: The Tortoise & The Hare 10K.** San Jose (The Good Samaritan Hospital), 9 am. The Good Samaritan League, 2425 Samaritan Dr., San Jose 95124. (408) 723-7223.

**APR 28: Cotati Co-Op Run.** 5 & 10K, Cotati (Veterans Bldg.), 9 am. Anu de Monterice, 65 W. Cotati Ave., Cotati 94928. (707) 795-6819.

**APR 28: Couple's Relay (2x5K),** Oakland (Lake Merritt, Old Boathouse). 9 am. Lake Merritt J&S, 745 Arimo Ave., Oakland 94610 (415) 834-3110.

**APR 28: Run for Excellence.** 5K & 10K, Hayward, 9 am. Hayward Education Fund, 2230 Foothill Blvd., Suite 509, Hayward 94541 (Attn: Ann Flinn). (415) 582-0608.

**APR 28: Indian Gulch-Hornitos 5 & 10 Milers.** Hornitos (near Merced), 8 am. Curt Royer, 1175 Persimmon Way, Merced 95340. (209) 722-8979.

**APR 28: Marathon Prep 20-Mile Run.** Ventura (Adohr Dairy), 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**APR 28: Carl's Jr./Puma Energizer Mt. SAC Relays 5/10K.** Walnut (Mt. San Antonio College), 8:30 am. Don Ruh, 1100 No. Grand Ave. (Mt. SAC), Walnut 91789. (714) 594-5611.

**APR 28: School Power/Buick Gold Coast Classic.** 10K, Laguna Beach (Forest Ave.), 8 am. Sandy Thornton, P.O. Box 19, Laguna Beach 92652. (714) 494-6811.

**APR 28: YMCA Triathlon.** Meadows Mall, Las Vegas, Nevada, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**APR 28: Silver Streak 5/10K.** Placerville, 8 am. Diane McKnight or Carol Kime, 106 Placerville Dr., Placerville 95667. (916) 232-7575.

**APR 28: HELP Century City 10K For Youth.** Rancho Park (Cheviot Hills), 8 am. Sam Theus, P.O. Box 1576, Inglewood 90308. (213) 292-5533.

**APR 28: NorCal Triathlon.** 400m swim, 5 mile bike, 2 mile run. Los Altos Hills (Foothill College), 7:30 am. Gail Holmgren, 485 Arbor Rd., Menlo Park 94025.

**APR 28: Los Altos Balsa Woodman Mini-Triathlon.** 200 yard swim, 6 mile bike, 1.5 mile run. Los Altos (High School), time TBA. 200 limit. Mike Lynch, Hillview Community Center, 97 Hillview Ave., Los Altos 94022. (415) 941-4052, Kevin Worley.

**APR 28: Hoy's Sports 5K Classics.** San Francisco (Golden Gate Park, Polo Fields), 10 am. Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-HOYS.

**APR 28: Run for the Health of It 5/10K Runs.** Valencia (Henry Mayo Hospital), 8:30 am. Sharon Tonnesen, HMNMH, 23845 W. McBean Pkwy., Valencia 91355. (805) 253-8052.

## MAY

**MAY 3: Aztlan Sunset Indian 5K Cross Country Run.** Los Angeles (Elysian Park), 6 pm (3 different races...open men/6 pm, men 30+/6:30 pm, women/7 pm). Carlos Alfaro, 529 El Centro, South Pasadena 91030 (818) 799-3552).

**MAY 3: Las Vegas TC 2/5/10 Mile & Picnic.** Tule Springs State Park (Floyd R. Lamb Park), Las Vegas, NV. 6:30 pm. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**MAY 3: Evergreen Kiwanis Bene-Foot Race.** 5K. San Jose (Eastridge Mall Parking Lot), 8:30 am. Race Coordinator, 726 Woodhams Road, Santa Clara 95051 (408) 274-1170.

**MAY 4: Bed Bug Challenge.** 10K. Ione (Howard Park), 8 am. Nancy Legnard, Box 362, Jackson 95642 (209) 296-4218.

**MAY 4: Wildflower Triathlon (100K).** 1.2 mile swim, 49 mile bike, 11 mile run. Lake San Antonio (southern Monterey County), 9 am. Monterey County Parks Dept., Box 367, Salinas 93902 (408) 424-1971.

**MAY 4: Turlock Rotary Biathlon.** 10K Run, 30 mile bike. Turlock (High School), 8 am. Darryl Crow, 2100 Geer Rd., Suite H, Turlock 95380 (209) 667-9224. April 20 deadline.

**MAY 4: The Human Race.** 10K. Napa County (Mondavi Winery), 8 am. (May 1st entry deadline). Nan Grundland, 1700 Second St., Napa 94558 (707) 255-1553.

**MAY 4: Carrera Del-Ano.** 5 & 10K. Delano (Civic Center), 8 am. Jacinto S. Orosco, PO Box 96, Delano 93216 (805) 725-4299.

**MAY 4: Bess James Ramonaland 10K & 2 Mile Fun Run.** Hemet (Hemet Valley Mall), 8 am. Bob Stangel, Mt. San Jacinto College, 1499 N. State St., San Jacinto 92383 (714) 654-8011, x253.

**MAY 4: "Run with the Nurses" 5 & 10K Runs.** Pasadena (Rose Bowl), 8 am. CRRC, Box 891, Tarzana 91356 (818) 888-5526.

## Schedule

**MAY 4: Special Olympics 5 & 10K Runs.** Walnut (Mt. San Antonio College), 8 am. Special Olympics Run, Covina Rotary Club, 101 N. Citrus, Covina 91723 (818) 967-4191.

**MAY 4: Phi Delta Kappa Fun(d) Run.** 3K/5K/10K. Cal Poly Univ., Pomona. 8 am/5 & 10K, 8:30 am/3K. Mary Ullua, 302 E. Carlton St., Ontario 91761.

**MAY 4: Spring Tune Up Runs.** 5 & 10K (& 1K Kids Race). Newport Beach (Ford Aerospace, Ford Rd.). 7:30 am/5K, 8:15 am/10K, 9:30 am/1K. Ford Aerospace, PO Box A, Ford Road, Newport Beach 92660-1400 (714) 720-7787.

**MAY 4: La Ley's Cinco de Mayo 5/10K & 1 Mile Fun Run.** El Monte (Legg Lake). 8 am. Daved G. Leaton, 534 E. Graves St. #D, Monterey Park 91754 (818) 571-7447.

**MAY 4: Coronado 10K.** Coronado (Sunset Park). 7 am. Contact: (619) 437-4667.

**MAY 4: International Spring Festival.** Distance ?. Chula Vista (Rohr Industries), Time TBA. EOL, 1013 Park Pl., Coronado 92118 (619) 437-4667.

**MAY 4: Good Old Country 50K.** Placerville (Herbert Green School). 7 am. Pete Schoener, 4221 N. Canyon Rd, Camino 95709 (916) 644-1002.

**MAY 4: Maranatha Marathon & Half Marathon.** Rancho Cordova (Goethe Park). 7 am. (Also 10K at 7:15 am). Christian Run-

ners Ass'n/YFC, 104 Winchester Ct., Folsom 95630 (916) 878-0697 or 351-1190.

**MAY 5: D.A.M. Run.** 5K. San Francisco (Golden Gate Park). 9 am. Garet Stark, Deaf Services Network, 2891 Bush St., San Francisco 94115 (415) 563-4284.

**MAY 5: DSE Legion of Honor Run.** 4.3 mile. San Francisco (Legion of Honor, 34th & Clement). 10 am. Walt Stack 741 Kansas St., #2, San Francisco 94107.

**MAY 5: Family Fun Run.** 5K. Mountain View (Shoreline). 9 am. Tight Workout, 150 El Camino Real East, Mtn. View 94040 (415) 964-0740.

**MAY 5: Boardwalk 8K.** Redwood City (Boardwalk VW). 9 am. Bob Kissick, Boardwalk VW, 850 Convention Way, Redwood City 94063 (415) 364-0100.

**MAY 5: I.A.M. Challenge.** 6K. Burlingame (1511 Rollins Rd). 9 am. Bob Marshall, 1511 Rollins Rd., Burlingame 94010 (415) 692-7458.

**MAY 5: The Human Race.** 10K. Oakville (Mondavi Vineyards). 8 am. Nan Grundland, 1700 Second St., Napa 94558 (707) 255-1553.

**MAY 5: San Jose Japan Town Banner Run** 10K. San Jose (Brokaw Rd). 8:30 am. Tom Izu, Yu-Kai, 565 N. Fifth St., San Jose 95112 (408) 294-2521.

**MAY 5: YMCA Spring Run.** 10K & 1 Mile Fun Run. San Rafael (YMCA). 8:30 am. Betsy Babson, YMCA, 241 N. San Pedro Rd., San Rafael 94903 (415) 472-1301.

**MAY 5: Wildflower Triathlon (25K).** 1/2 mile swim, 10.8 mile bike, 4.3 mile run. Lake San Antonio (South Shore), Southern Monterey County. 11 am. Monterey County Parks Dept., PO Box 367, Salinas 93902 (408) 424-1971.

**MAY 5: Sri Chinmoy 5-Miler.** Foster City (Vintage Park Dr. & Foster City Blvd.). 8 am. Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116 (408/255-6941, Giribar D'Angelo).

**MAY 5: Cinco de Mayo Race.** 5 Mile & 1 Mile Fun Run. Stockton (445 W. Weber Ave). 8:30 am/1 mile & 9 am/5 mile. Tarahumara RC, PO Box 8422, Stockton 95208.

**MAY 5: Our Lady of Victory Carnival Run.** 1 & 5 Mile Run. Fresno. 8:30 am. Ric Zamarripa, 1626 W. Princeton, Fresno 93705 (209) 227-7483.

**MAY 5: Rolling Titans 5/10K.** (& Kiddie Kilometer). Fullerton (Cal State Univ.). 7:30 am. Martha Flack, CSUF, 800 N. State College, Fullerton 92634 (714) 545-5329.

**MAY 5: Avenue of the Giants Marathon.** Near Weott (Dyerville Bridge), 9 am. 2000 Limit. Six Rivers Running Club, P.O. Box 214, Arcata 95521. (707) 822-0318.

**MAY 5: Heart CAAN Marathon (and 5/10K).** Ventura (Mission Par, 7 am/Marathon, 8 am/5 & 10K. American Heart Ass'n, 1367 Del Norte, Camarillo 93010. (805) 485-4300.



## May 11, 1985

6 Mile — Men's Open, Men 30-39, Men Over 40, Women's Open

3 Mile — Men's Open, High School, Women Under 30, Women 30 & Over.

1 Mile — Children 12 & Under.

**Starting Time 8:30 a.m. • Entries Close at 8:00 a.m.**

The Six and Three Mile races will start concurrently at the Firebaugh High School Football Stadium. The One Mile race will be run in the enclosed stadium track.

Firebaugh High School is located on Highway 33 and Helm Canal Road.

The course consists of a semi-flat, combination asphalt and dirt loop for the Six and Three Mile races. These will originate at or near the stadium, travel along the river course and then conclude on the stadium track.

Entry Fee: \$5.00 (includes commemorative T-shirt).

**For more information and an entry blank contact:**

Ron Sani, 2107 N. Harrison, Fresno, CA 93704  
Phone: (209) 233-0009



1st Annual

## Mother's Day Run

• A Run for Charity •

**Sunday, May 12, 1985**  
**5 Mile • 2 Mile**

**PLACE:** On CSUF campus, starting and finishing at O'Neill Park. **AWARDS:** Special awards for the first three mothers plus awards for each five-year age groups MEN and WOMEN, i.e. 5 Mile—10 & under, 14 & under, 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 & over; 2 Mile—12-18, 19-34, 35 & over. **EXTRAS:** 2nd place awards for each age group. Breakfast served following the race (pancakes & eggs). Entry fee includes breakfast. T-shirts will be given to the first 800 entries present at the race. **ENTRY FEE:** \$8.00 — To benefit the students of the School of Agriculture and Home Economics at California State University, Fresno. Any family after three will be admitted free. **STARTING TIME:** 8 a.m. Check in at 7 a.m. **COURSE:** The 2-mile and 5-mile courses wind through the CSUF campus (safe running). They both start and end in the same place.

**BE PART OF THE FIRST MOTHER'S DAY RUN AT CALIFORNIA STATE UNIVERSITY, FRESNO**

**For more information:**

Judith Mastin, Director/Ag One  
School of Agriculture & Home Economics  
California State University, Fresno  
Fresno, CA 93740  
(209) 294-4266

IT'S AN ESTABLISHED FACT  
THE

# BIG 5K—10K ROAD RUNS

HELD IN CONJUNCTION WITH THE WORLD FAMOUS  
**PUMA-MT. SAC RELAYS**

ARE

**FAST BECOMING SOUTHERN CALIFORNIA'S  
MOST POPULAR RACE ANYWHERE! . . .  
AND HERE'S WHY!!**



★ **UNBELIEVABLE AWARDS!**

- 29 Different Age Divisions
- 175 Awards including plaques, medals, watches, and running gear
- 30 Additional prizes selected at random for 5K and 10K finishers finishing 6 to 100 in their Division
- 4 Trips to Hawaii or Mexico City will be given free to four (4) randomly selected runners finishing 1 to 5 in their respective 5K or 10K Divisions
- 4 Trips to Hawaii or Mexico awarded to the overall winner in the Men's and Women's 5K and 10K Divisions.

★ **Everyone receives a special commemorative tee shirt!**

★ **Everyone gets free snacks after the race!**

★ **The course is simple, with only gradual inclines. The course record is held by Olympian Steve Scott**

★ **Everyone running the 5K or 10K or Munchkin Mile will be admitted free to America's No. 1 Track and Field Meet** The value of Sunday's "International Day of Champions" ticket alone is \$10.00, however, your entry fee gets it all!

That's right—run, walk, or jog the 5K or 10K (finishing inside the Mt. SAC Stadium), partake of the goodies, take a shower in the College's locker room if you wish, put on your new tee shirt, and then sit back and enjoy an exciting day of men's and women's track and field. All for \$10.00. You may be one of over 200 of the finishers enjoying it even more when admiring your awards or thinking about that trip you will soon be taking to Mexico City or Hawaii.

It's a run for everyone, for the very best and for those who just want to have fun and stay in shape.

**Walnut is easy to reach: just 20 minutes east of Los Angeles, north of Santa Ana, and west of San Bernardino. Plenty of Free Parking**

## ENTRY FORM

(PLEASE PRINT)

Name: \_\_\_\_\_  
Last First MI

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Division Category Entering: 5K  10K  Munchkin Mile  (\$6.00)

T-Shirt: XL  L  M  S  Kids

Enclosed: \$10.00 Fee (All Inclusive)  
Includes T-Shirt and Admission to "Meet of Champions" (\$6.00 for Munchkins)

Make Checks Payable to: **MT. SAC RELAYS**  
Mail to: **MT. SAC RELAYS**  
Walnut, CA 91789  
**MAIL TODAY!**

MAIL ENTRY DEADLINE: April 22, 1985

### AGE DIVISIONS

Men:	12 & Under	30-34	40-44	55-59
	13-17	35-39	45-49	60+
	18-29		50-54	
Women:	12 & Under	30-34	40-44	55-59
	13-17	35-39	45-49	60+
	18-28		50-54	
Boys-Girls				
Mt. SAC				
Munchkin				
Mile	10 & Under			

Also, please send \_\_\_\_\_ additional PUMA-Mt. SAC Relays tickets at \$10.00 each (Good for all four days—a savings of \$15.00 over meet day prices).  
(Add \$1.00 for meet day registration)

\$ \_\_\_\_\_ TOTAL

### SPECIAL 5K AWARDS

Category	Event
50	Men's Wheelchair
5P	Women's Wheelchair
5Q	Men's Local (Walnut)
5R	Women's Local (Walnut)

### SPECIAL 10K AWARDS

Category	Event
10O	Men's Wheelchair
10P	Women's Wheelchair
10Q	Men's Local (Walnut)
10R	Women's Local (Walnut)
10S	Race Walker

In accordance with Education Code, Section 72640, I hereby hold the State of California, Mt. San Antonio Community College District, PUMA, or any other sponsors, harmless for all accident, injury, illness, death, or damages occurring or by reason of this 5K or 10K event, conducted on April 28, 1985.

SIGNATURE: \_\_\_\_\_

Guardian: \_\_\_\_\_  
(If under 18 years of age)

## Schedule

**MAY 5: National TAC Masters 25K Championships.** Syracuse, New York, time TBA. Nick Wetter, 700 Fourth St., Liverpool, NY 13088.

**MAY 5: National TAC Masters 15K Championships.** Edina, Minn., time TBA. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424.

**MAY 5: Wild Wild West Cross-Country Marathon.** Lone Pine (Tuttle Creek campground), 7 am. Robert Frickel, P.O. Box 352, Lone Pine 93545. (619) 876-5671.

**MAY 5: Devil Mountain Run.** (PA/TAC Open Men's Championships), 10K, Danville (Town & Country Center), 9 am. DMR, P.O. Box 727, Alamo 94507. (415) 934-2028.

**MAY 5: Run Westwood 10K.** Westwood (UCLA, Intramural Field), 8 am. Tom Manix, PO Box 2323, Whittier 90610 (714) 596-8414 or (213) 692-5215.

**MAY 5: City of Las Vegas Run for the Road 10K.** Meadows Mall (Las Vegas, NV), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**MAY 10 (Fri.): SDSU Night Moves Fun Run.** 5K. San Diego (San Diego State Univ. Peterson Gym), 7 pm. Rick Clakey (619) 265-6424.

**MAY 11: Angel Island Run.** 4.8 mile. Angel Island (SF Bay), 12:30 pm. Angel Island Run, The Guardsmen, 220 Sansome St., #590, San Francisco 94104 (415) 781-6785.

**MAY 11: Dixon May Fair Runs.** 5/10K & Half Marathon. Dixon (Northwest Park), 7:45 am/1/2 marathon 8 am/5K 8:15 am. Lou Thelen, 710 Sierra Dr., Dixon 95620 (916) 678-4548.

**MAY 11: Happy Day Fun Run.** 5 & 10K. Petaluma (First Presbyterian Church), 9 am. Happy Day School, 939 'B' St., Petaluma 94952 (707) 762-8671.

**MAY 11: Human Race.** 10K. Mill Valley (Middle School, Camino Alto & Sycamore), 8:30 am. Volunteer Center of Marin, 70 Skyview Terr., San Rafael 94903 (415) 479-5660.

**MAY 11: Human Race.** 10K. San Francisco (Presidio of SF, East end of Crissy Field), 8:30 am. Teddi Silverman, c/o Volunteer Center, 1090 Sansome St., San Francisco 94111 (415) 982-8999.

**MAY 11: Run for the Son.** 10K & 1 mile. Los Gatos (Los Gatos Christian Church, 16845 Hicks Rd), 8 am/1 mile, 8:30 am/10K. Tom Zades, 1230 Ridge Oak Ct., San Jose 95120 (408) 997-2933.

**MAY 11: Human Race.** 10K. Belmont (Marine World, Africa USA), 8:30 am. Callie Elliston, Volunteer Center, 450-B Peninsula Ave., San Mateo 94401 (415) 342-0801.

**MAY 11: Martinez 5K Fun Runs.** Martinez (Waterfront Park), 8:30 am. Martinez Leisure & Community Services, 525 Henrietta St., Martinez 94553.

**MAY 11: Rattlesnake Run.** 10K & 1 Mile. Madera County, 8 am. Ron Thiesen, PO Box 191, Coarsegold 93614 (209) 683-2592.

**MAY 11: 2-Person 8-Mile Relay.** Fresno (Roeding Park), 8 am. Fresno TC, 3804 W. Locust, Fresno 93711 (209) 439-1647.

**May 11: Bakersfield Bud Light Triathlon.** 2K Swim, 40K Bike, 15K Run. Bakersfield (Lake Ming). Time TBA. Kris Moran, 7304 Saddleback Dr., Bakersfield 93309 (805) 832-7474.

**May 11: Law Day 5K.** Ventura (Ventura County Hall of Justice), 9 am. Corpus Juris, Inc., 5720 Ralston St., Ventura 93003 (805) 656-3616, Genie Gable.

**Up the River 'Til You Quiver.** 10 Mile & 5K. Santa Ana (Centennial Park), 7:30 am/10 mi, 7:45 am/5K.

**MAY 11: Human Race 10K.** Pomona (Cal-Poly Univ. football field), 8 am. Linda Stevens, Volunteer Center, 375 S. Main St., Suite 109, Pomona 91766 (714) 623-1284.

**MAY 11: Around the Bay in May 10 Mile, 5K & 1 Mile.** Santa Ana (Centennial Park), 7:30 am. NBRA, 1162 Dorset Ln., Costa Mesa 92626 (714) 966-0556.

**MAY 11: Sunrise 2K, 5K & 10K.** Covina (Baranca & Cienaga), 7:30 am. Sunrise Christian Run, c/o 539 E. Cienga Ave., Covina 91722 (818) 331-0559/days.

**MAY 11: Great Rockwell Reservoir 5 & 10K Runs.** Canoga Park, 8 am. Steve Polley, Rockwell Reservoir Run, 8500 Fallbrook Ave., Canoga Park 91304 (818) 710-5729.

**MAY 11: Hawthorne YMCA Mother's Day 3 & 10K Runs.** Hawthorne, 8 am. Hawthorne Family YMCA, 12500 S. Ramona Ave., Hawthorne 90250 (213) 679-1146.

**MAY 11: Aztlan Health Run III.** 5 & 10K. Monterey Park (East Los Angeles College), 8 am. Aztlan Run, East Los Angeles College, 1301 Brooklyn Ave., Monterey Park 91754 (213) 265-8751.

**MAY 11: La Ballona Fiesta Days 10K.** Culver City (Veterans Memorial Park), 8 am. Fiesta 10K Run, Dept. of Human Services, 4117 Overland Ave., Culver city 90230 (213) 202-5689.

**MAY 11: Seal Beach 10K Run.** Seal Beach, 8 am. Linda Divino, Seal Beach Rec., 211 Eighth St., Seal Beach 90740 (213) 431-2527, x227.

**MAY 11: Holben's Desert Cross-Country Run.** Approx. 7 miles. NLV Miniature Aircraft Complex (near Craig Ranch Golf Course), Las Vegas, NV, 7:45 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**MAY 11: Sunkist Gold Rush 100K.** DATE CHANGED TO MAY 18-19 (see below).

**MAY 11: Rotary River Run.** Firebaugh (High School Football Stadium), 3 & 6 Mile, 8:30 am. Ron Sani, 2107 N. Harrison, Fresno 93704 (209) 233-0009.

**MAY 11: California 50-Mile Endurance Run.** Santa Rosa (Annadel State Park), 6 am. Limited to 200. Tom Crawford, 1981 Silverwood St., Santa Rosa 95405 (707) 526-0661.

**MAY 12: Mother's Day Run to Benefit Ag One.** 2 & 5 miles. Fresno State University (O'Neill Park), 8 am. Judith Mastin, Ag One Executive Director, California State Univ., Fresno 93740.

**MAY 12: May Day Run.** 5 & 10K. San Francisco (Golden Gate Park, So. Parking Lot/Polo Fields), 9 am. Linda Bine, American Heart Ass'n, 421 Powell St., San Francisco 94102 (415) 433-2273.

**MAY 12: Zonta Mother's Day 5-Mile Run.** Berkeley (Aquatic Park), 9 am. Zonta Club, PO Box 5093, Berkeley 94705 (415) 845-6221.

**MAY 12: Keelhauler Classic.** 10K. Vallejo (Calif. Maritime Academy), 9 am. Harry Diavatis, PO Box 1392, Vallejo 94590 (707) 648-4200.

**MAY 12: Paly/Gunn Fun Day 10K & 1 Mile.** Palo Alto (Gunn High School), 8:30 am/10K, 9 am. Howard Peters, 3469 Kenneth Dr., Palo Alto 94303 (415) 494-2521.

**MAY 12: DSE Practice Bay to Breakers.** 7.46 miles. San Francisco (Howard & Spear), 8 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**MAY 12: Run the One.** 10K. Along Hwy. One near Elk, 9 am. Elk Volunteer Fire Dept., PO Box 185, Elk 95432 (707) 877-3444.

**MAY 12: Atalanta's Victory Run.** (Women only). 2.0 & 5.7 Mile. Arcata (Arcata Plaza), 10 am. Atalanta's Victory Run, PO Box 747, Arcata 95521 (707) 822-4244/eves.

**MAY 12: Run for Health.** 5K & 1 mile. Ukiah, 8 am. North Coast Striders, PO Box 1556, Ukiah 95482. Lois Cook: (707) 462-7047.

**MAY 12: 49-er Biathlon.** 6.5 mile run, 27 mile bike. Cool (Firehouse). Time TBA. Dan Olmstead, 1440 Canal St., Auburn 95603 (916) 885-3861/days.

**MAY 12: Hermosa Beach Rotary Mother's Day 10K.** Hermosa Beach, 7:30 am. Jack Wood, 200 Pier Ave., Suite 38, Hermosa Beach 90254 (213) 376-8849.

**MAY 12: Run Down in Anaheim.** 10K & 2 Mile Fun Run. Anaheim (Disneyland Hotel/Cerritos Ave.), 8 am. Calif. Road Runners Club, Box 891, Tarzana 91356 (818) 888-5526.

**MAY 12: F.O.R.R.C./F.I.B. Mother's Day 5 Mile.** Red Rock Canyon (Willow Springs Picnic Area), Las Vegas, NV, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**MAY 12: Pleasant Hill Community Fiesta Run.** 5 & 10K. Pleasant Hill (College Park High School), 9 am. Dave Peters, Pleasant Hill Rec. & Park Dist., 320 Civic Dr., Pleasant Hill 94523 (415) 676-5200.

**MAY 17 (Fri.): Orange County 24-Hour Solo or Team Relay Run.** Orange (Orange Canyon HS, Fred Kelly Stadium), 6 pm. Don Pycior, 17352 Grovemont, Santa Ana 92705 (714) 538-8338.

**MAY 18: Allen Temple Scholarship Benefit Run.** 5 & 10K. Oakland (Lake Merritt Boat-house), 9 am. Ocle Huff, 5 San Pedro Pl., San Ramon 94583 (415) 833-9773.

**MAY 18: Sunkist Gold Rush 100K:** (2 Days, 50K/Day). Nevada City area (2 new courses). 7:30 am. Paul Reese, PO Box 585, Auburn, 95603 (916) 823-0276. (Limited to 50).

**MAY 18: Gold Nugget Days Ridge Run, 3 & 6 Mile.** Magalia (Paradise Lake), 9 am. Walt Newman, Runners' Paradise, 220 Pearson Rd., Paradise 95969 (916) 872-4111.

**MAY 18: Bud Light U.S. Triathlon Series.** 1.5K Swim, 40K Bike, 10K Run. San Francisco. Time TBA. USTS, PO Box 1438 Davis 95617.

## Schedule

**MAY 18: The Los Angeles Triathlon Championship Series.** 1K Swim, 38K Bike, 8K Run. San Dimas (Bonelli Park). Time TBA. Bill Fulton 2658 E. Garvey Ave., West Covina 91791 (818) 331-0169.

**MAY 18: Run for Life.** 2 & 6 Mile. Fresno (Woodward Park/Mtn. View Shelter). 7 am/2 mile, 7:30 am. American Heart Assoc., 3835 N. West Ave., Fresno 93705 (209) 224-8215.

**MAY 18: Torrance Armed Forces Day 5/10K Runs.** Torrance (City Hall). 8 am. Allen Shall, City Hall, 3031 Torrance Blvd., Torrance 90503.

**MAY 18: El Segundo 5K, 19K & 1 Mile Kids Run.** El Segundo. 7:30 am/5K, 8 am/10K, 9 am. El Segundo Chamber of Commerce, 427 Main St., PO Box 545, El Segundo 90245 (213) 320-1220.

**MAY 18: Presbyterian Intercommunity Hospital 5/10K Runs.** Whittier (Presbyterian Hospital). 7 am. Public Relations Dept., Presbyterian Intercommunity Hospital, 12401 E. Washington Blvd., Whittier 90602 (213) 698-0811, x2416.

**MAY 18: Fillmore Festival 10K.** Fillmore. 8 am. Y.E.S., 455 Sespe Ave., Fillmore 93015 (805) 524-2424.

**MAY 18: Desert Foxes 10K.** Tule Springs State Park (Floyd Lamb Park), Las Vegas, NV. 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

**MAY 18: Hind La Fiesta 5K Mile.** \$3000 in drawing prizes plus prize money. San Luis Obispo. 8:30 am. Jan Johnson, Hind Performance Sportswear, PO Box 12609, San Luis Obispo 93406 (805) 544-8555.

**MAY 18: National TAC Women's 10K Championships.** Albany, NY. Time TBA. George Regan, 382 Broadway, Albany, NY 12207 (518) 465-5210.

**MAY 19: Aptos Creek Marathon.** Aptos (Forest of Nisene Mars State Park). 8 am. Hans Albrecht, 25108-B Marguerite Pkwy., Suite 209, Mission Viejo 92692 (714) 859-8644.

**MAY 19: Examiner Bay to Breakers.** 7.5 Mile. San Francisco (Spear & Howards Sts.) 8 am. *May 1 Deadline.* Terri Robbins, EXBB, 110 Fifth St., San Francisco 94103 (415) 777-7770.

**MAY 19: Run for the Goal.** 5 & 10K. Gustine (Schmidt Park). 7:30 am. Butch Bento, 27239 Hwy 140, Gustine 95322 (209) 854-3331.

**MAY 19: Santa Anita Lite Spring Classic.** 5 & 10K. Arcadia (Santa Anita Race Track). 7:45 am/5K, 8:30 am/10K. Santa Anita Lite Spring Classic, PO Box 522, Arcadia 91006 (818) 446-9658.

**MAY 19: Flower Runs.** 5 & 10K. Westlake Village. 8 am/5K, 9 am/10K. Harry Pantelas, 31800 Langspur Ct., Westlake Village 91361 (818) 889-6408, eves.

**MAY 23 (Thur.): Tulare Sundowner 3K.** Tulare (Mathias Stadium), 7:45 pm. Kevin Baker, Tulare Parks & Recreation Dept., 830 S. Blackstone, Tulare 93274 (209) 688-2001, x575.

**MAY 25: Strawberry Canyon Run.** 5½ Mile. Berkeley (Edwards Stadium). 9 am. Lawrence Hall of Science, Univ. of California, Berkeley 94720 (415) 642-5133.

**MAY 25: California Classic.** 8K. Visalia (Mooney Grove Park). 7:30 am. Marty Higginbotham, 1028 W. Princeton, Visalia 93277 (209) 732-8030.

**MAY 25: Castaic Triathlon Series.** 1K Swim, 40K Bike, 10K Run. Castaic (Castaic Lake). Time TBA. Runners Up, 22946 Lyons Ave., Newhall 91321 (805) 254-1833.

**MAY 25: Topanga 10K Run.** Topanga State Park (Triplett Ranch). 8 am. Topanga Ridge Runners, PO Box 590, Topanga 90290 (213) 455-3720, Bob or George.

**MAY 26: DSE Mt. Davidson Run.** 3 Mile. San Francisco (Riordan HS). 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**MAY 26: Grass Valley Memorial Run 10K --CANCELLED** (due to construction on the course). Gary Loucks, 116 High St., Grass Valley 95945 (916) 273-9268.

**MAY 26: I Can Run For Drug-Free Youth.** 2 Mile, 10K & Kid's ½ Mile. Incline Village (960 Lakeshore), NV. 10 am. Sandy Schmidt, PO Box 6736, Incline Village, NV 89450 (702) 831-2545.

**MAY 26: Lake Merritt Joggers & Striders 4th Sunday Runs.** 5, 10 & 15K. Oakland (Lake Merritt, Old Boathouse). 9 am. Lake Merritt J&S, 745 Arimo Ave., Oakland 94610 (415) 834-3110.

**MAY 26: Brentwood 5 & 10K.** Brentwood (San Vicente & Barrington). 8 am. Brentwood 10K Run, Box 49913, Los Angeles 90049 (213) 820-7585, days.

**MAY 26: Love Your Heart 10K Run.** Redondo Beach (south end of Esplanade). 7 am. Barry Pearce, Heart 10K, 1142 Manhattan Ave., Suite CP6, Manhattan Beach 90266.

**MAY 27: Pacific Sun 10K (PA/TAC Masters Championships):** Kentfield (College of Marin). 8 am. Total Race Systems, 627 Galerita Way, San Rafael 94903 (415) 479-3839.

**MAY 27: Ass-to-Ass 10K & Half Marathon.** Santa Rosa (½ marathon), Cotati (10K). 8 am. Pete Shidler, PO Box 4387, Santa Rosa 95402 (707) 795-1000.

**MAY 27: The Running Store's Run to the Sun 6 Mile.** Las Vegas, NV (Eldorado HS). 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

## LOOKING AHEAD

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

**JUN 1: "Spines to Pines" Cross Country Mountain Marathon.** White Water (east of Banning). 9 am. Paul Jacobs, 9758 Pauline Dr., Cypress 90630 (714) 952-8915.

**JUN 2: Chihuahua Road Run.** 2 & 6 Mile. Fresno (Fresno & E Streets). Time TBA. Chihuahua Road Run, PO Box 11312, Fresno 93772 (209) 266-9964.

**JUN 2: Sri Chimney Marathon.** Atherton (Selby Lane School), 7 am. Sri Chimney Marathon Team, 2438 16th Ave., San Francisco 94116. Giribar D'Angelo (408) 255-6941, evenings.

**JUN 2: Gold Country Marathon & Half Marathon & 10K.** Nevada City (Pioneer Park), 7 am/Marathons, 7:30 am/Half, 8 am/10K. Gold Country Lions Marathon, PO Box 236, Grass Valley 95945-0236 (916) 265-3574, John Gordon

**JUN 2: Russian River Run & Marathon.** Includes half-marathon and 4.9 mile. Talmage (2 miles SE of Ukiah), 6 am. Russian River Run, 505 S. State St., Ukiah 95482. (462-8879).

**JUN 2: Dam Tough Run.** 38.6 Mile. (4-Person Relay or Solo). Lake Isabella (45 miles east of Bakersfield). 7 am. Isabella Chamber of Commerce, PO Box 567, Lake Isabella 93240.

**JUN 8: Palos Verdes Marathon.** Palos Verdes (Indian Peak & Hawthorne). 7 am. George Owens, Box 153, Palos Verdes Estates 90274 (213) 377-3419.

**JUN 9: Dipsea Race.** 7.1 Miles. Mill Valley to Stinson Beach. Time TBA. Dipsea Race, Box 30, Mill Valley 94941 (415) 381-DIPC.

**JUN 16: Valley of the Flowers Marathon & Half-Marathon.** Lompoc (Huyck Stadium, Lompoc HS). 7:30 am/marathon, 8 am/½ marathon. Valley of the Flowers Marathon, PO Box 694, Lompoc 93438.

## COLLEGE/OPEN TRACK & FIELD

**APR 1-2: NorCal Multi-Event Championships.** Men and women, Shasta College, Redding, 10 am. *High School.*

**APR 6: St. Francis-Foothill Track & Field Carnival.** Foothill College, Los Altos Hills. High School with select men's and women's open events. Peanut Harms, Foothill College, 12345 El Monte Rd., Los Altos Hills 94022. (415) 948-8590.

**APR 6: Santa Rosa Relays.** Ken Goetzel, Meet Director, 1235 Mendocino Ave., Santa Rosa 95401. (707) 528-5291 or 433-5335.

**APR 6: Sun Angel Classic.** Arizona State University. Roger Kerr, ASU Women's Track, Tempe, AZ 85281. (602) 965-2406.

**APR 6: Fresno Bee Games.** Fresno State University, 8 am. Tom Pagani, FSU Women's Track Coach, Fresno 93740. (209) 294-4098.

**APR 6: UCLA All Comers.** UCLA, 11 am. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

**APR 11-13: Bakersfield Relays.** Junior College.

**APR 13: Riverside Invitational.** UC Riverside

**APR 13: SPA/TAC Women's Olympic Development Meet.** U.C. Irvine, 11 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**APR 13: Ed Adams Invitational.** Hartnell College. Gary Shaw, Track Coach, Hartnell CC, 156 Homestead Ave., Salinas 93901. (408) 758-8211.

**APR 13: California Christian College Conference.** Westmont College, Santa Barbara.

**APR 13: Fullerton Invitational.** Fullerton, 4 pm.

**APR 19: USC Women's Twilight Invitational.** University of Southern California, 5 pm. Fred LaPlante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.

**APR 19-20: Lady Bronco Women's Invitational.** Cal Poly-Pomona, 9 am. John Turek, CPP Women's Track, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

**APR 19: SCC League Finals.** Santa Ana Junior College.

**APR 20: Jenner I Invitational.** San Jose City College, 12 noon. Bert Bonano, San Jose CC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

**APR 20: Merced Invitational.** Junior College.

**APR 21: CSLA Women's Elite Invitational.** Cal State University, Los Angeles, 11 am. Gudrun Armanski, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

**APR 25-28: Mt. SAC Relays.** Mt. San Antonio College. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**APR 27: Poly Royale Invitational.** Cal Poly San Luis Obispo, 10 am. Lance Harter, Cal Poly SLO Track, San Luis Obispo 93402. (805) 546-1130.

**APR 27: Coast Conference Finals.** Salinas Junior College.

**MAY 3-4: Oregon Pepsi Relays.** U of O, John Gillespie, McArthur Court, Eugene, OR 97401. (503) 686-5438.

**MAY 3: Johnny Mathis Tune-Up Meet - Women.** Cox Stadium, San Francisco State University, 10 am. Harry Marra, Director Track & Field Program, Athletic Dept., San Francisco State University, San Francisco 94132. (415) 469-1561(w), (415) 345-0799(h).

**MAY 4: Johnny Mathis Tune-Up Meet - Men.** Cox Stadium, San Francisco State University. See above for contact.

**MAY 4: New Balance Women's Invitational.** U.C. Irvine, 11 am. Vince O'Boyle, Crawford Hall, Irvine 92717. (714) 856-6342.

**MAY 4: Long Beach Twilight Invitational.** Ralph Lindeman, Track Coach, Cal State University, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**MAY 4: Nick Carter Invitational.** U.C. Santa Barbara.

**MAY 5: Southern California Cheetah Invitational.** Mt. San Antonio College, 10 am. Richard Lewis, 1440 Douglass Dr., Pomona 91768. (714) 622-2181.

**MAY 9-11: CCAA Championships.** Los Angeles. John Tansley, Track Coach, Calif. State Univ., 5151 University Dr., Los Angeles 90032. (213) 224-3692.

**MAY 10-11: NAIA District III Championships.** Pt. Loma College, San Diego.

**MAY 10-11: NCAC Championships.** Turlock (Cal State Stanislaus).

**MAY 10-11: PCAA Championships.** Irvine. Kevin McNair, Track Coach, UC Irvine, Irvine 92717. (714) 856-6080.

**MAY 10-11: WCAA Championships.** UCLA. Bob Kersee, Track Office, UCLA, Los Angeles 90024. (213) 825-8691.

**MAY 10: NorCal Junior College Championships.** Sacramento. Bob Lanza, Track Coach, Sacramento CC, Sacramento 95822. (916) 449-7305.

**MAY 11: SoCal Junior College Championships.** Bakersfield. Bob Covey, Track Coach, Bakersfield College, Bakersfield 93305. (805) 395-4340.

**MAY 11: Oxy Invitational.** Occidental College. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

**MAY 11: California Relays.** Modesto City College. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.

**MAY 15-18: PAC-10 Championships.** Tucson, Arizona. Dave Murray, Track Coach, Univ. of Arizona, Tucson, AZ 85720. (602) 621-4829.

**MAY 16-18: Nor Pac Championships.** Rob Cassleman, Track Coach, Washington State, Pullman, WA 99164.

**MAY 17-18: California Junior College Championships.** Modesto. Jack Albani, Track Coach, Modesto JC, Modesto 95350. (209) 575-6279.

**MAY 18: UCSB Late Afternoon Heptathlon & Decathlon.** UC Santa Barbara, 12 noon. Sam Adams, UCSB Track, Santa Barbara 93106. (805) 961-2133.

**MAY 18: UCLA Pepsi Invitational.** UCLA, 11 am. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 652-4304.

**MAY 20-25: NCAA II Championships.** Los Angeles. John Tansley, Track Coach, California State, 5151 University Dr., Los Angeles 90032. (213) 224-3692.

**MAY 20-25: NCAA III Championships.** Granville, Ohio. Bob Shannon, Track Coach, Denison University, Granville, OH 43023. (614) 587-6661.

**MAY 23: Tulare All Comers.** Mathias Stadium, 6 pm. Kevin Baker, Parks & Recreation, 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

**MAY 23-25: NAIA National Championships.** Hillsdale, Michigan. John Cervini, Hillsdale College, Hillsdale, MI 49242.

**MAY 24: CSLB Last Chance Meet.** Cal State Long Beach, 4 pm. Ralph Lindeman, Athletic Dept., CSULB, 1250 Bellflower, Long Beach 90840. (213) 498-5792.

**MAY 24: San Diego-Imperial TAC District Championships.** San Diego State, 4 pm. Dixon Farmer, SDSU Track, San Diego 92185. (619) 265-5536.

**MAY 25: Jenner II Invitational Grand Prix.** San Jose City College, 12 noon. Bert Bonano, SJCC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

**MAY 25-26: SPA/TAC Jr/Sr Women's Heptathlon Championships.** UCLA, 9 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

**MAY 26: SPA/TAC Jr/Sr Women & Sr Men's District Championships.** UCLA, 10 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**MAY 28-JUN 1: NCAA Div. I Championships.** University of Texas-Austin. Terry Crawford/Sue Humphrey, 606 Bellmont, UT-Austin, Austin, TX 78712.

**JUN 1: IAAF/High School Heptathlon/Decathlon.** Mt. San Antonio College, 10 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

**JUN 1: Prefontaine Grand Prix.** University of Oregon. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3393.

**JUN 2: All Comers.** Mt. San Antonio College, 5 pm. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

**JUN 6: Tulare All Comers.** Mathias Stadium, 6 pm. Kevin Baker, Parks & Recreation, 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

**JUN 7: The Coliseum Classic.** Los Angeles Memorial Coliseum, 6 pm. H.D. Thoreau, 425 Blumont, Laguna Beach 92651. (714) 494-6816.

**JUN 8: World Class T.C. Invitational.** UCLA, 12 noon. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

**JUN 8-9: Santa Cruz County Track & field Championships.** Cabrillo College. SCTFC, P.O. Box 307, Capitola 95010. (408) 475-5993.

**JUN 9: SPA/TAC Olympic Development Meet.** U.C. Irvine, 3 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

**JUN 14-16: TAC Sr. Men & Women National Championships.** University of Indiana, Indianapolis. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

**JUN 15-16: TAC Sr. Women's Heptathlon & Sr. Men's Decathlon Championships.** University of Indiana. . . see contact above.

**JUN 20: Tulare All Comers.** Mathias Stadium, 6 pm. Kevin Baker, Parks & Recreation, 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

**JUN 21-22: TAC Jr. Men & Women Championships.** Elmhurst, Illinois. Joe Newton, York Community High School, 355 W. St. Charles Rd., Elmhurst, IL 60126. (312) 530-1240.

**JUN 22-23: FootLocker Summer Games/Pacific Conference Games.** U.C. Berkeley. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326.

**JUL 26-28: TAC Junior Olympic Championships.** Seattle, Washington. Dr. Kent Sullivan, 19219 51st Ave., N.E., Seattle, WA 98155. (206) 367-0660.



# SoCal Diary

By BILL MINARIK

## February 19.

The outdoor track season officially opened the past week-end as the Community Colleges and 4-year schools began competition.

In Community College action of note, the Glendale mens team ran their dual-meet winning streak to 95 in a row with 127-16 and 86-57 wins over Chaffey and Riverside Colleges respectively. In a non-scoring meet between Mt. SAC and El Camino, there was a fine 21.0-46.9 sprint double turned in by ECs Howard Hawkins as well as a nifty 3:12 1600m relay time by E.C.

In 4-year competition, powerful San Diego St. opened its season with a convincing 114-49-30 win over Division II and III powers CPSLO and Oxy. Elsewhere, it took a photo-finish win in the 1600 relay to give C.S.L.A. a 79-75-46 win over C/S Bakersfield and Cal Poly Pomona in John Tansley's coaching debut at C.S.L.A.

In a non-scoring meet at USC, Trojan's Darwin Cook and Antonio Manning turned in excellent early season sprint times of 10.37 and 20.92 and then helped the USC 400m relay team to a winning time of 40.09. USC shotputter Diana Clements broke the school record with a heave of 49-5½ in her debut at Troy.

Down at a non-scoring meet at C/S Long Beach, Valerie Brisco-Hooks made her outdoor debut with a 22.6 200m clocking, while up at UCSB, the Azusa-Pacific weight men dominated a non-scoring affair between UCSB, A-P, and San Francisco St.

At the San Diego Indoor Invitational, records being broken was the order of the evening and SoCal prepsters lead the way as Locke's Choo-Choo Knighten equalled her national prep 500 mark with a 1:04.0 clocking. Then those dynamic young ladies from Hawthorne High destroyed the national prep 640 relay mark of 1:13.4 with a 1:11.5 time. While the Hawthorne's boys team may not have set a record with their 3:20.8 clocking (equivalent to a 3:12.8 outdoors) in the 1600m relay, Henry Thomas's 47.8 anchor (equivalent to a 45.8 outdoors) is incredible for a prep at this time of the season. In the open 800, John Gray of the Santa Monica Track Club shattered the world record of 1:47.9 with a 1:46.9 clocking.

## February 25.

The Community Colleges were busy with dual meets, and in one featured double dual, the Riverside men topped Citrus and East L.A. 87-22. In the womens meet, it was East L.A. over both Citrus and Riverside 65-42, and 87-18, with Citrus topping Riverside 73-35.

In 4-year college duals, it was the UCSB men upsetting UC Irvine 88-71, while the

photo copyright Todd Allred



**DOT JONES:** Became Fresno State's first female indoor All-American. Here heaving a 51-3 school outdoor record.

UCI women turned back UCSB and C/S Bakersfield 70-68-29. Elsewhere both the Azusa-Pacific men and women routed Pt. Loma 104-58 and 91-31.

At the Bud Light Invitational at San Diego St., Demetrius Cook of USC won the open 100 in 10:34 while Tom Petranoff flipped the spear 272-7. In the womens competition, in what may have been the biggest breakthrough in the history of U.S. womens shot program, Ramona Pagel and Bonnie Dasse moved into the number 2 and 3 positions on the U.S. All-Time list with throws of 61-5½ and 61-2¼ respectively. Considering

this is a post-Olympic year and the early stage of the season, it appears our weight gals will be heard from in 88 at Seoul.

At the Long Beach Relays, UCLA won the mens 400, mile, 4-mile, distance medley, and shuttle hurdle relays while the Bruins Toni Lutjens threw the discus 175-8.

## March 4.

Dual meets were the order of the day in the 4-year college scene with the main attraction at Westwood where UCLA got by Fresno State and San Diego State in the mens competition 101-70-21, while the FSU women out ran UCI 82-45 with UCLA as a non-scoring participant. The big mark of the day was a 197-9 discus throw by FSUs John Bender. The Bruins Eric Reynolds on the comeback trail was 4th in the 2-mile in a 1-2-3-4 UCLA sweep in a time of 8:55.7.

At a non-scoring meet at UC Irvine, USCs John Wollitarsky threw the hammer a school record 219-2. At a womens meet at USC, the Trojans rolled past C/S Long Beach 109-38 and New Mexico 94-61 with New Mexico beating CSLB 80-50.

## March 11.

In Fridays high school dual meets, weightman Brian Blutreich of Capistrano Valley threw the discus 198-6 which now makes him an odds-on favorite to win a state meet shot-discus double. Elsewhere, Locke's Choo-Choo Knighten had a 11.8-24.7-15.1 triple to lead her team to victory.

Saturday at the Irvine Invitational, Marina's Chip Rish ran a 21.2 200 and anchored his 400 relay team to a 43-0 victory; however Saddleback took the team championship in the boys division 72-55 over Mission Viejo, while Esperanza defeated runner-up Irvine 76-66 in the girls meet.

In dual meets, UCLAs men took a 4-way affair over Azusa Pacific, C/S Bakersfield and C/S Long Beach by a 109-50-24-10 count. Top marks there came from a 10.4-20.9 sprint double from A.P.s Innocent Egbunike and a 195-3 discus throw from Christian Okoye.

Elsewhere UC Irvine slipped past Oxy 82-80 in the mens meet and 85-41 in the womens. Down at San Diego in a womens meet, San Diego St. dropped C/S Northridge 93-58-38 as Laura DeSnoo tossed the discus 183-10.

There hasn't been much in the way of rumors so far in SoCal Track. Some announcements which have caused excitement include Tommie Smith's resignation as track coach at Santa Monica C.C. on the basis that the administration there is racist. Also, Hawthorne prep phenom Henry Thomas, was suspended recently by Coach Kye Courtney because he took off on a



recruiting junket without notifying the coach and missed an Invitational Meet. Henry was reinstated after 10 days. There is still no word on which college Henry is leaning toward.

□ **March 18.**

Invitationals dominated the prep scene over the week-end with the Northridge Relays leading the way. At that one the Hawthorne boys destroyed the national sprint medley mark of 3:23.82 with a automatic timed 3:21.15 as Henry Thomas (46.9) and Sean Kelley (1:50.8) lead the way. Thomas showed he could also do it in the furlong as he anchored his team to a 1:27.5 victory in the 800 relay with a 20.0 clocking. Not to be overshadowed, the Hawthorne girls clocked a 1:37.14 for the 800 relay which is the 3rd fastest clocking of all time.

In the Community College scene, it was virtually all dual meets, with Mt. SAC crushing Fullerton and Compton in mens meets 109-38 and 133-12 as well as the womens meets 98-27 and 119-3. Elsewhere Glendale two-timed Citrus 110-28 and 70-57; Santa Ana turned back the Orange Coast and Saddleback men 81-63 and 79-52, while the Orange Coast gals did likewise to the Santa Ana and Saddleback women, 80-31 and 58-53 at Santa Monica, powerful Long Beach City rolled past tough El Camino and Santa Monica 108-64-7 in a tri-meet.

In 4-year college action, first the big one at UCLA where the Bruins men scored a surprisingly easy 94-60 win over the Texas Longhorns. Leading the way for the UCLANs was quarter miler Duane Biggers who had two 45.9 clockings in winning the open quarter and anchoring the victorious 1600 relay team and hurdler Steve Kerho who won both hurdles in times of 14.05 and 50.99. Texas women however turned things around by a 72-64 count despite a 47-4, 173-4, 147-8 weight triple by the Bruins Toni Lutjens and 3 firsts and a second by UCLA's diminutive Gail Devers.

In a meet dominated by Weightmen Fresno State turned back the men from San Jose State 95½-66½ as Jim Doenring, Paul Bender, and Matt Mileham recorded marks of 66-2¼, 197-3, and 240-7 respectively.

Up North, the men from Cal Berkeley had a big 97-66 win over Arizona, and little Azusa Pacific shocked Stanford 81-74. However Stanford did manage to beat Oxy and C/S Bakersfield 93-67 and 89-71. The big event here was the hammer as 3 competitors were over 215 feet.

In a 5-way meet at Cal Poly Pomona, Northern Arizona was the mens winner 100-90-41-27-5 over Purdue, CPP, C/S Long Beach, and C/S Dominguez Hills, and also won the womens meet 95½-84½-30-26-10 over CPP, C/S Fullerton, C/S Long Beach and C/S Dominguez Hills.

In some womens meets, USC scored 3 dual meet victories over Arizona St. 92-69, BYU 96-78 and Kansas State 98-64. San Diego State beat Fresno State 73-61 as Latanya Sheffield had a 12.00-14.40-60.99 sprint triple and Laura DeSnoo a 49-8, 184-10 weight double at Stanford, it was the Cardinals sweeping Azusa Pacific, C/S Bakersfield, and Oxy 80-45, 82-34, 82-34, and 85-29.

**1984 CHAMPIONS:**

**Simeon Kigen: 2:10:17**

**Katy Schilly: 2:35:55**



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# Medical Notes for Runners

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

## Characteristics of Running Shoes:

# Shock Absorption

The following summarizes a research project, entitled "Shock Absorption Characteristics of Running Shoes" by Cook, et al., The Department of Orthopedic Surgery, Tulane University School of Medicine, New Orleans, Louisiana.

This is a study to evaluate both the initial and long term shock absorbing properties of current running shoes. Although it is generally agreed that shock absorbing properties deteriorate with mileage, no information exists as to the rate of this deterioration. The purpose of the study was to evaluate the deterioration of shock absorbing capabilities of current running shoes as a function of miles run.

Running shoes were obtained directly from the manufacturers or purchased from running shoe stores. Virtually every type of midsole material was tested, including ethylvinylacetate, soft durometer ethylvinylacetate, firmer durometer ethylvinylacetate, air bladders, and polyurethane. Retail price ranged from \$20.00 to over \$100.00. Included in the study were air wedges, fiberglass plates, and moldad and composite midsole materials. Different midsole designs were tested. The shoes were positioned in an anatomical position, and repeated heel strikes were carried out with the number of cycles corresponding to a two mile run. The stride length was assumed to be approximately 1 meter - 39 inches.

The shock absorbance was evaluated at intervals equivalent to 5, 10, 25, 50, 100, 200,

250, and 500 miles. The shoes were allowed to recover overnight and, at times, two days in between tests. Continuous loading was compared with intermittent loading. Clinical correlations with runners going 300 miles in each shoe were likewise utilized.

### Results

1. There appeared to be no correlation between shock absorbing properties, initially and long term, and the price of the shoe. In other words, price is not a determination as to the shock absorbing properties of a shoe initially or after 500 miles.
2. The softer the shoe initially, the more rapid deterioration of the shock absorbing properties.
3. Almost all shoes lost approximately 25% of initial shock absorbing or cushioning ability after the first 50 miles run.
4. Approximately 33% of the initial shock absorbance was lost by the 100 to 150 mile mark.
5. Forty percent of the shock absorbing capacity was lost between 250 and 500 miles.
6. No trends or differences in absorption characteristics were apparent, based upon either the shoe price or manufacturer model.
7. Correlating the clinical runners with the machine showed that the machine caused about 25% greater reduction of



shock absorbing capacity of the midsoles than running on various surfaces. Natural surfaces had less deterioration of the midsole than artificial surfaces.

### Conclusion

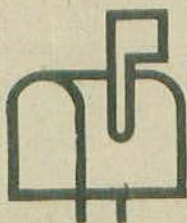
It appears as though ethylvinylacetate and other closed cell materials collapse to various degrees. The collapse is not uniform. This is verified with the scanning electromicroscope. There is a rapid initial decline in the shock absorbing capacities over the first 50 miles. This probably represents a deterioration of the soft support systems or sock liners in the shoes, which occurs over the first 50 miles. Next, there are greater losses in the forefoot than the rearfoot in shock absorbing properties. Shoe manufacturers, in the past, have not paid much attention to the forefoot. Air bladders, fiberglass reinforcements, and viscous polymers appear to make no difference in regard to the long term shock absorbing properties of the midsole. This is contrary to previously reported research or claims by the shoe manufacturers.

**What does this research mean to the runner?**

It means that runners would be wise to have two or three pair of shoes, which they rotate. When these shoes have between 400 and 500 miles on them, they should be discarded in regard to running and used only for gardening or walking around the house. Regular replacement of shoes and rotation of shoes so that you are not running in worn-out midsoles should greatly reduce the injuries and soreness associated with accumulated microtrauma and stress.

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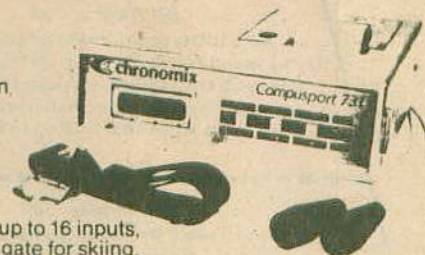
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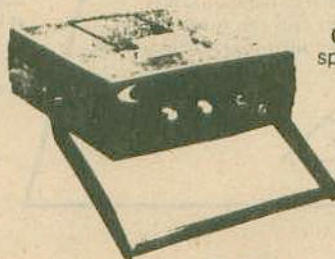


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## TRAINING TIPS FROM

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### Speed: 35%

Continue long runs.  
Cut total mileage 10%.  
Replace hills with speedwork, once a week.  
Gradually build number of reps.  
Rest between long runs, speedwork and races.  
Do maximum eight weeks speedwork.

### Hill Training: 15%

Same as base period except for hill repeats.  
Once a week, run hills (10-15% grade), 150-200 yards.  
Run uphill at 80-85% effort (about 5K race pace).  
Jog easy in between to recover.  
Start with 4 hills, build up to 8-12.

### Base Training: 50%

Daily runs, which are relaxed, easy and comfortable.  
Long runs every other week.  
Pace: Run at comfortable speed: if in doubt, go slower.  
Form work: 4-8 accelerations during daily run, twice a week.  
Races: At most, every other week and alternating with long run.

START

by Jeff Galloway

### HILL TRAINING

Base period training gives you endurance and cardiovascular efficiency. Before jumping into speedwork, however, the body needs a period of transition to build strength. Hills prepare the muscles for faster running without going anaerobic.

Lydiard maintains that hills are the only beneficial type of resistance training for runners, and that hill training will enable you to run better on all types of terrain. I agree. Hills strengthen running muscles while they are running. This gives functional strength as opposed to the specific and limited strength of weight training.

Hills strengthen the main driving muscles—quadriceps, hamstrings and especially calf muscles. As the calf muscles get stronger, you can support your body weight farther forward on your feet and use the mechanical advantage of the ankle. This leads to more efficient running because the ankle is such an efficient mechanical lever.

As the base period develops the internal "plumbing," hill training develops strength for running. The legs get a taste of working hard without going into oxygen debt and without the hard impact/trauma of speedwork.

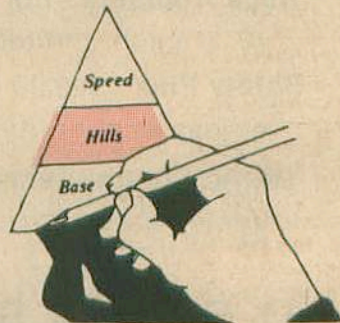
In the hill phase of the pyramid, the only real change from the base period is the hill workout one day a week. All other training remains the same. Most runners do hill work mid-week—on Tuesday or Wednesday.

Find a hill with a moderate grade, about 10-15%. If it's too steep you can't develop a good sustained drive and rhythm. Run at about 85% effort (slightly faster than 10K race pace) and jog slowly down to recover. If you need more rest in between, take it. This is not supposed to be an anaerobic workout. Start with about four hills and increase by one a week until you can run 8-12 hills. Give yourself at least two days rest between hill workouts and races or long runs.

Hill training usually lasts 4-6 weeks. Experienced, competitive runners can run two hill workouts a week, but be careful about this, because it's stressful and makes injury more likely.

### THE TRAINING PYRAMID

The training pyramid is normally a 4-6 month cycle with each stage building to the next. At the peak of the pyramid is the race the runner is aiming for. You can use the principles to achieve your race goal, or as a general guide to a balanced running program. Whether you race or not, these concepts will improve your running, make it more enjoyable and develop your overall cardiovascular capacity and fitness.



# Athlete's Kitchen

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



## Sugar Fix

There's nothing like sugar for quick energy, - or so you may think. The candy and soft drink industries certainly tried to sweeten up the Olympic athletes with M&Ms, Mars Bars and Coke! However, researchers at Montana State University advise against pre-exercise sugar-snacks. Head track coach Kirk Keller and exercise physiologist Robert Schwarzkopf gave five highly trained male college distance runners 400 calories of sugar (the equivalent of 2½ cans of soft drink or a candy bar and one can of soft drink) one hour before an exercise test. The athletes performed intermittent bicycle exercise designed to duplicate the activity of racquetball, tennis and soccer. They pedaled very hard on a stationary bicycle for two minutes, rested for one minute, then repeated the pattern for as long as they could. Each runner performed the test with and without the sugar-snack -and each runner fatigued 25% sooner (on the average) with the sugar. This study agrees with previous research by David Costill (1979) that showed a 19% performance decrease after a 300 calorie pre-exercise sugar-snack.

The moral of the story is that if you're looking for "quick energy", you shouldn't run to the candy machine. Sugary foods eaten 30 to 60 minutes pre-exercise for an energy boost may hinder your performance by creating hypoglycemia (low blood sugar) with the associated feelings of weakness, light-headedness and fatigue.

When you eat a high concentration of sugar, such as soft drinks, candy and, yes, even juices, your blood sugar quickly rises. This triggers your pancreas to release an abnormally large amount of insulin to transport the sugar from the blood into your muscles. Exercise, like insulin, similarly enhances this sugar transport. Hence, when you exercise 30 to 60 minutes later, your blood sugar is likely to drop to an abnormally low level due to the combined effect of the insulin and exercise. This rapid drop can make you feel light-headed.

One solution to the pre-exercise "quick energy" problems is to eat a sufficient amount of food three or four hours beforehand . . . such as breakfast if you train at lunchtime, or a good lunch, if you work-out in the late afternoon. This food will alleviate hunger sensations, yet should be sufficiently digested and cause no gastric problems when you exercise. If you should still feel draggy pre-exercise, then you might want to experiment with eating a small amount of non-sugary food - a few

crackers, a banana or piece of toast - to boost your blood sugar, feed your brain (which feeds only on sugar) and lift your spirits as well as your interest in exercising. Don't eat a large amount, however, because it will take longer to digest, sit uncomfortably in your stomach and even tend to dehydrate you by drawing fluids from your system into your stomach to help with digestion. (You could better use that fluid during exercise to help reduce dehydration.)

If you have an incurable "sweet tooth" and simply must have a "sugar fix", I recommend that you do so three to four hours beforehand. This allows time for your system to return to metabolic balance and reduces your chances of experiencing

hypoglycemia shortly after you start to exercise. This sugar will be ready-and-waiting to fuel you. In fact, according to the research, subjects who ate 300 sugar-calories three hours before moderate exercise, burned 80% of the sugar in a four hour session and experienced no hypoglycemia -a marked contrast to when they fasted over-night, then exercised. Pre-exercise food, at the right time, can be to your advantage!

Nancy Clark, MS, RD, nutritionist at Sports Medicine Brookline (the new name for Sports Medicine Resource, Inc.) is author of *The Athlete's Kitchen* (Bantam, '83; at Dalton bookstores.

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- Last year, seventeen of the athletes who competed at Mt. SAC won 32 Olympic medals.
- The event will be held in a stadium conducive to great performances: site of 22 world records, 46 national marks, four national championships, and two Olympic trials.

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# Prep Notes

By KEITH CONNING

photo by Maurice Wilson

✓ **MATT GUISTO**

**Waco, Texas, February 16.** Matt Guisto (Arizona/San Mateo High School), the Kinney National Cross Country Champion in 1984, qualified for the World Cross Country Championships at Lisbon's National Stadium on March 24. Guisto, 18 of Foster City, placed third in 25:11 for 8 kilometers.

Guisto is coached by Dave Murray. He was born in San Francisco. He enjoys skiing, water skiing, music and playing the electric guitar.

Paul Ghidossi (Woodside Striders) placed 34th in 30:12 and Greg Whiteley (unattached, Irvine) placed 39th in 30:57.

Brad Hudson (Team Adidas, South Eugene High School, Eugene, Oregon), third in the Kinney National in 1984, was 24th in 27:43.

The Junior team includes: Joseph Falcon (Arkansas) Belton, Missouri High School. He ran the fastest prep 2 mile for the season (8:56.5). He was first in the Trials at 25:05.

Jeff Cannada (Arizona/Greenway High School, Phoenix, AZ) placed second in 25:07. He has career bests of 29:52 (10,000m) and 4:07 (mile).

Simon Gutierrez (Arizona/Del Norte High School, Albuquerque, New Mexico) placed fourth in 25:14. He has career bests of 29:44 for 10K (road). He is the only returning member of last year's USA Junior World Championship team. He was 16th in last year's World event.

Chuck Trujillo (Colorado/Northglenn High School, Denver) placed fifth in 25:18. He has career bests of 9:31 for 2 mile and 15:22 for 5000m.

Hank Lee (South Alabama/McGill Toolon High School) placed sixth in 26:03.

✓ **DANNY HARRIS**

**Lincoln, Nebraska, February 23.** Danny Harris (Iowa State/Perris High School), the former California State 300 low hurdle champion, won the Big 8 600 championship in 1:09.08.

✓ **KEN HENDERSON**

**Albuquerque, New Mexico, February 23.** Ken Henderson (BYU/Berkeley High School), a member of the State Meet champion 4x100 relay, won the Western Athletic Conference 60 in 6:30 and 440 in 48.5.

✓ **BRENT BURNS**

**All-Comers Meet, Berkeley, Feb. 23.** Sophomore Brent Burns (Acalanes, Lafayette), 15-years-old, pole vaulted 15-7, a California age 15 record.

The age 15 national record of 16-0, by Bill Lange (Bridgewater-Paritam, E. Martinsville, New Jersey) in 1978, as a ninth

grader. As a sophomore Lange vaulted 15-0, as a junior 16-6.

The former age 15 California record of 15-0 was set by Tim Curran (Crespi, Encino) in 1971 as a sophomore. As a senior he vaulted 16-2 $\frac{1}{4}$  in 1973.

The California sophomore class record of 15-9 $\frac{1}{4}$  was set by Anthony Curran (Crespi, Encino) in 1976.

✓ **REBECCA CHAMBERLAIN**

**February 28.** Junior Rebecca Chamberlain (Leigh, San Jose) ran two miles in 10:33.4 in a meet against Saratoga and Lincoln, San Jose. Her splits were 75.5, 2:34, 3:53, 5:13, 6:33, 7:54, 9:15. Her 3K split was 9:55.5. Thanks to Coach Bill Hotchkiss (Leigh) who provided this information.

✓ **MCCOY**

**Madison, Wisconsin, March 2.** McCoy (Iowa) a former California prep from Fresno, placed third in the Big 10 60 hurdles in 7:30.

✓ **NCAA INDOOR CHAMPIONSHIPS**

**Syracuse, NY, March 9.** Yvette Bates (USC/Berkeley High School), second in the State Meet triple jump in 1984, set a new American Record of 42-9 $\frac{1}{2}$ . The former record of 41-5 $\frac{1}{2}$  was set by Robyne Johnson (Texas/Berkeley High School). Bates was second and Johnson was fifth at 41-11.

Henry Andrade (SMU), a former prep from Sacramento, won the 55-meter hurdles in 7:16.

Nicks (UNLV), a former prep from Richmond and the San Joaquin Valley, placed seventh in the long jump at 19-8.

✓ **STEVE GERHART**

**Berkeley, March 9.** Steve Gerhart (UC Davis/Miramonte High School, Orinda) won the 1500 in 3:44.0 in a four way meet at Cal.

Gerhart claims to be the heaviest sub-four minute miler of all-time. The 6-4, 185 pound junior in eligibility weighed 195 when he ran the equivalent to a 3:59.1 mile last year. He was second in the NCAA Division II 1500 meter race last year.

✓ **ROBERT READING**

**St. Mary's High School, Berkeley, March 17.** Robert Reading won the Catholic Athletic League Relays 110 meter high hurdles in 13.9.

✓ **PATHMARK SCHOLASTIC CLASSIC**

**Princeton, NJ, March 17.** Brandon Richards (San Marcos, Santa Barbara) improved his national high school indoor pole vault record from 17-5 to 17-6.



**YVETTE BATES:** New American triple jump record holder.

Richards set the old record at the Vitalis-U.S. Olympic Invitational at East Rutherford, New Jersey on February 9.

Calvin Gaziano (Castro Valley), the Kinney Western Regional Cross Country Champion, won the 3000 in 8:26. He defeated junior John Trautman (Monroe-Woodbury, Central Valley, New York), second at the Kinney National Cross Country Championships, and Brad Hudson (South Eugene, Oregon), third in the Kinney National. The pace was slow at the beginning, but Gaziano ran his last mile in 4:13 and won by nine seconds.

✓ **LATRESE JOHNSON**

Latrese Johnson (Clovis) set a national high school high jump record of 6-2 $\frac{1}{4}$  at the North Yosemite Relays. The jump bettered the record of 6-2 by Kym Carter (East, Wichita, Kan.) set in 1982.

✓ **TODD LICHTI**

**March 19.** Todd Lichti (Mt. Diablo) was named basketball player of the year by the East Bay Prep Writers Association.

Lichti, a 6-foot-4 forward who signed a letter-of-intent with Stanford last November, was a unanimous selection to the 10-player All-East Bay basketball team.

Lichti is a long jumper in track.

✓ **NORTHERN CALIF. PREP SCHEDULE**

- Apr. 4 - Fresno Bee Games, FSU
- Apr. 6 - Foothill Invit., Foothill JC, Oakland Ath. League Relays, Laney JC, Santa Rosa Relays
- Apr. 13 - Arcadia Invitational, Gilroy Invitational
- Apr. 20 - Bruce Jenner Classic I, SJCC, James Logan Invitational
- Apr. 25-28 - Mt. SAC Relays, Walnut
- Apr. 27 - Leigh/West Valley Relays, WVJC
- May 3 - Top 8 Meet CCS, Los Gatos
- May 18-19 - Time Machine USA Invitational, UCI
- May 24 - CCS
- May 24-25 - NCS Meet of Champs., Berk.
- May 31-June 1 - State Meet, Hughes, Sacto
- June 8 - Golden West H.S. Invit., Sacto
- June 15 - Keebler/IPI, Elmhurst, Illinois
- June 15-16 - Region 14 TAC Youth Track Championships, UCI
- June 21-22 - TAC Jr., Elmhurst, Illinois
- July 5-7 - TAC Age-Groups, Hempstead, NY
- July 20-21 - US-Can-Jap Jr., Pullman, Wa
- July 26-27 - US-Can-Jap Jr., Vancouver, Wa
- July 26-28 - TAC Jr. Olympics, Seattle, Wa

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## Track & Field Preview:

# North Coast Section

by Keith Conning

The top four athletes returning from the North Coast Section Meet of Champions are listed in their order of finish. Additional outstanding athletes are listed in the others category.

## BOYS

### 100 Meters

Bobby Pope (St. Mary's, Berkeley). 4) NCS MOC 1983 10.7, 1) 2AS H2 10.83, 1) 2AS 10.8, 2) MOC H1 11.11, 3) MOC 10.97, 5) MC J2 10.89, 10.5w.

Marcos Pica (Mt. Diablo, Concord). 3A 11.1, 4) NCS MOC H1 11.27, 6) MOC 11.29. Jonathan Earl (Casa Grande, Petaluma). 2AN 10.9, 4) MOC H2 11.31, DNF) MOC.

Vernon Clark (Mt. Eden, Hayward). 4) 2AS 11.3, 6) MOC H2 11.42.

Others: John Desilva (Fort Bragg) 1A 10.7, 5) MOC H1 11.53.

### 200 Meters

Marcos Pica (Mt. Diablo, Concord). 3A 22.6, 3) MOC H1 22.5w, 3) MOC 22.58.

Rodd Olson (Las Lomas, Walnut Creek). 2) 2AS 22.8, 4) MOC H2 23.09, 7) MOC 23.2.

Jonathan Earl (Casa Grande, Petaluma). 1) 2AN 22.0, 1) MOC H2 22.37, DQ) MOC.

Vernon Clark (Mt. Eden, Hayward). 3) 2AS 23.0, 6) MOC H2 23.36.

Others: Patrick Gordon (Marin Catholic, Kentfield). 1) All-Comers 2/10/85 22.8.

John Desilva (Fort Bragg) 1A 24.5, 6) MOC H1 23.2w.

### 400 Meters

\*\*Jeff Chimenti (Moreau, Hayward). 1) CAL T 49.0, 1) 2AS 49.5, 3) MOC H1 50.5, 7) MOC 51.3.

Paul Washington (St. Mary's, Berkeley). 2) CAL 49.5, 3) 2AS 49.8, 4) MOC H2 50.35, Scratch) MOC.

\*Alvin Pickett (Encinal, Alameda). 2AS 52.1, 5) TAC-Youth 51.86, 51.7.

Others: Dwayne Morgan (St. Mary's, Berkeley). 1) CAL 48.6, 2) 2AS 49.6, Scratch) MOC H2.

### 800 Meters

Bobby Rivera (Newark/Memorial, Newark). 1) Jenner 1:54.0, 1) 3A 1:58.8, 1) MOC H1 1:56.24, 1) MOC 1:53.38, 2) NC H2 1:54.73, 3) NC 1:53.29, 7) State 1:53.38.

Jerry Kraft (San Marin, Novato). 2) MOC H1 1:56.45, 2) MOC 1:53.4, 1) NC H1 1:54.85, 4) NC 1:53.75, 8) State 1:54.43.

Tommy Jordan (Pittsburg). 2) 3A 1:59.3, 1) MOC H2 1:57.04, 3) MOC 1:54.03, 6) NC H2 1:57.81.

Matt Suess (Piner, Santa Rosa) 6) MOC H2 1:58.19.

Others: \*Marc Spina (Montgomery, Santa Rosa). 1) NBL 1:55.7, 5) 2AN 1:58.8. Notable Sophomores: \*\*Todd Hunter (Berkeley). 1) CA TAC 1:57.8.

\*\*Dan Gabor (Amador Valley, Pleasanton). 1) JO R 14 1:58.22.

### 1600 Meters

Robert Williams (Pittsburg). 3) 3A 4:32.8y, 1) MOC H2 4:24.1, 3) MOC 4:19.48, 5) NC H1 4:32.23.

Tom Evans (Campolindo, Moraga). 4) 2AS 4:31.6, 3) MOC H1 4:25.39, 6) MOC 4:20.18.

\*Adam McAboy (Miramonte, Orinda). 2) Stapleton 4:21.3y, 1) 2AS 4:21.2y, 4) MOC H1 4:27.11, 7) MOC 4:25.7.

\*\*Don Strong (Concord) 4) 3A 4:37.3, 8) MOC H1 4:37.5.

Others: Calvin Gaziano (Castro Valley). Fresno Bee 1983 4:15.26, 1) Kinney 1983 4:16.0y (4:14.4c), 1) Stapleton 4:17.1y (4:15.5c), 2) Jenner 1500 3:57.48.

### 3200 Meters

Dennis Pfeifer (Eureka). 2AN 9:40.0, 5) MOC 9:36.77.

Brian Vaughan (Berkeley). 6) 3A 9:59.9, 6) MOC 9:37.19.

Shawn Nisson (Lower Lake). 1A 10:10.0, 9) MOC 10:04.2.

\*\*Alex DaSilva (El Cerrito). 5) 3A 9:53.2, 10) MOC 10:06.7.

Others: Calvin Gaziano (Castro Valley). 1) MOC 1983 9:15.5, 1) NC 1983 9:00.22, 7) State 1983 9:10.3, 9:00.6y (8:57.5c) #2 in U.S. 1984, 7) MICHELOB 2/15/85 8:55.7y, 1) Pathmark 3/17/85 8:26 (3.000).

John Bass (Castro Valley) 2) Postal 9:24.0y.

\*Adam McAboy (Miramonte, Orinda). 9:29.2.

### 110 High Hurdles

Robert Reading (St. Mary's, Berkeley). 1) Pitt R 14.9, 2) Oak 14.91, 5) Jenner 14.71, 1) CAL 14.4, 1) 2AS H1 14.60, 1) 2AS 14.8, 1) MOC H1 14.69, 2) MOC 14.82, 3) NC H1 14.40w, 6) NC 14.59, 1) CAL R 3/18/85 13.9.

Earl Butler (Salesian, Richmond). 2) 2AS 15.1, 4) MOC H2 15.42, 4) MOC 15.08, 7) NC H2 15.1, 14.8.

Ron Knighten (Terra Linda, San Rafael). 2AN 14.9, 2) MOC H2 15.29, 8) MOC 15.53.

\*Jim Sievert (Santa Rosa). 2AN 15.8, 7) MOC H2 16.75.

### 300 Intermediate Hurdles

Dwayne Morgan (St. Mary's, Berkeley). 1) CAL 38.8, 1) 2AS 39.4, 1) MOC H1 38.83, 1) MOC 38.22, 2) NC H1 38.71, 3) NC 38.42, 7) State 38.49.

Robert Reading (St. Mary's, Berkeley). Oak 39.4, 2) CAL 38.9, 4) 2AS 40.0, 2) MOC H1 39.50, 3) MOC 39.45, Scratch) NC H1.

Anthony Usher (Berkeley). Oak 39.10, 2) 3A 39.1, 3) MOC H2 39.96, 5) MOC 39.65.

Ron Knighten (Terra Linda, San Rafael). 2AN 40.5, 7) MOC H1 41.8.

### High Jump

Jim Reis (Sonoma). 1) 2AN 6-10, 3) MOC 6-4, 5) NC 6-6.

Paul MacFarland (Salesian, Richmond). 3) 2AS 6-6, 3) MOC 6-4, NCT 6-4, 6-8.

\*Kirk Branstetter (San Ramon, Danville). 1) 3A 6-2, 3) MOC 6-4.

Bill Freeborn (Campolindo, Moraga). 4) 2AS 6-5, 4) MOC T 6-4, 7) MOC 6-2.

### Pole Vault

Dean Starkey (Logan, Union City). 2) 3A 13-0, 3) MOC 14-0, 4T) NC 15-2.

\*Jim Sievert (Santa Rosa) 2AN 13-6, 6) MOC 13-0.

\*Jeff Jahaia (Antioch). 5T) 3A 12-0, No height) MOC T.

Mike Francisco (Mission San Jose, Fremont). 5T) 3A 12-0, no height) MOC.

Others: \*\*Brent Burns (Acalanes, Lafayette) 4T) Jenner 14-5<sup>+</sup>, 1) All-Comers 2/23/85 15-7.

### Long Jump

Robert Reading (St. Mary's, Berkeley). Oak 22-7w, 1) 2AS 23-3<sup>+</sup>, 1) MOC 22-9<sup>+</sup>, 1) MOC 22-1<sup>+</sup>, 11) NCT 21-1<sup>+</sup>.

Todd Licht (Mt. Diablo, Concord). 1) 3AT 22-4<sup>+</sup>, 2) 3A 21-9<sup>+</sup>, 2) MOC 22-1<sup>+</sup>, 2) MOC 21-10, 14) NCT 20-8<sup>+</sup>, 2) MOC 1983 22-7, Named East Bay Player of the Year in basketball. Signed with Stanford.

Bill Freeborn (Campolindo, Moraga). 3) 2AS 21-10<sup>+</sup>, 6) MOC 21-6<sup>+</sup>, 3) MOC 21-9, 6) NCT 21-9<sup>+</sup>, 7) NC 22-2.

James Lucas (American, Fremont). 3) 3A 21-6, MOC 20-8<sup>+</sup>.

### Triple Jump

Todd Licht (Mt. Diablo, Concord). 3) 3A 42-1<sup>+</sup>, 2) MOC 45-11, 1) MOC 46-10<sup>+</sup>, 5) NCT 45-2, 7) NC 43-11<sup>+</sup>.

\*Delano Doss (Salesian, Richmond). 1) CAL 46-3, 3) 2AS 45-3<sup>+</sup>, 4) MOC 44-5, 3) MOC 45-1<sup>+</sup>, 6) NCT 45-<sup>+</sup>.

James Lucas (American, Fremont). 2) 3A 43-3<sup>+</sup>, 3) MOC 44-6, 8) MOC 42-11<sup>+</sup>.

Dana Tayco (Tennyson, Hayward). 2AS 42-5<sup>+</sup>, 9) MOC 43-1, 9) MOC 42-11<sup>+</sup>.

Others: Robert Reading (St. Mary's, Berkeley). 2) 2AST 46-4<sup>+</sup>.

### Shot Put

Don Bonvicino (Castro Valley). 2) 2AS 54-<sup>+</sup>, 4) MOC 55-0, 6) MOC 53-8.

Robert Adwere (St. Mary's, Berkeley). 4) 2AS 50-2, 8) MOC 50-7<sup>+</sup>, 8) MOC 50-8.

### Discus Throw

Richard Falconer (Encinal, Alameda). 2) 2AS 145-1, 5) MOC 151-6, 5) MOC 155-5.

\*Mike Coffino (Tamatpais, Mill Valley). 2AN 146-7, MOC 142-11.

## GIRLS

### 100 Meters

Denise Ervin (El Cerrito). 1) RBAL 12.1, 1) 3A H1 11.9, 1) 3A 12.3, 1) MOC H1 12.08, 1) MOC 12.17, 2) NC H1 12.00, 5) NC 12.23.

\*\*Tomicka Johnson (Berkeley). 3) Jenner 12.45, 2) 3A 12.4, 2) MOC H2 12.43, 4) MOC 12.51, 6) NC H2 12.28w.

Phoebe Smith (Novato). 2AN 12.5, 4) MOC H2 12.76, 5) MOC 12.72.

Jackie Schuh (Campolindo, Moraga). 2) 2AS 12.5, 3) MOC H2 12.72, 6) MOC 12.73.

Others: Lanae Barber (O'Dowd, Oakland). 1) 12.0.

### 200 Meters

Denise Ervin (El Cerrito). 2) MOC 1983 H2 24.9, 4) NC 1983 25.25, 1) Jenner 24.0w.

1) 3A 24.4, 1) MOC 24.81, 1) NC H2 24.2, 3) NC 24.61, 7) State 24.76, 8) State 1983 24.84.

Dionne Andrews (Berkeley). 1) 3A H2 25.0, 2) 3A 25.1, 2) MOC H2 25.57, 3) MOC 25.29, 4) NC H1 25.29, 6) NC 25.29.

Lanae Barber (O'Dowd, Oakland). 1) CAL 25.1, 2) 2AS 25.8, 1) MOC H2 25.38, 4) MOC 25.8, 3) NC H2 25.18, 4) NC 24.95, 8) State 25.34.

Phoebe Smith (Novato). 2AN 26.0, 5) MOC 26.01.

Others: Tresa Curry (Pittsburg). 2) 3A H2 25.4.

### 400 Meters

Tresa Curry (Pittsburg). 1) Jenner S2 56.68, 3) 3A 57.6, 1) MOC H2 58.04, 1) MOC 55.86, 1) NC H1 56.91, 1) NC 56.57, 5) State 56.61.

Cindy Kubala (Eureka). 2AN 57.8, 2) MOC H2 58.37, 3) MOC 57.01, 4) NC H2 58.88.

Romy Guysie (Ygnacio Valley, Concord). 5) 3A 1:00.3, 3) MOC H1 59.01, 5) MOC 58.50.

Kim Hines (Presentation, Berkeley). 2) 2AS 1:00.3, 3) MOC H2 59.33, 6) MOC 58.9.

Others: Jodie Wertz (Redwood, Larkspur). 4) Jenner S1 58.57.

### 800 Meters

Tresa Curry (Pittsburg). 3) Jenner 2:14.96, 2) 3A 2:16.7, 1) MOC H2 2:17.55, 1) MOC 2:14.06, 3) NC H1 2:15.96, 2) NC 2:11.88, 7) State 2:14.34.

Jodie Wertz (Redwood, Larkspur). 5) Jenner 2:17.86, 2AN 2:17.0, 2) MOC H2 2:17.81, 2) MOC 2:14.36, 4) NC H1 2:15.98, 5) NC 2:12.9.

Nichole Biggers (Northgate, Walnut Creek). 3) 3A 2:16.9, 3) MOC H2 2:18.54, 3)

continued on next page...

photo by Gene Cohn



KRISTINE BABENCO

# Prep Notes

MOC 2:15.67, 2) NC H2 2:16.45, 7) NC 2:16.24.  
Shelly Fortier (El Cerrito). 5) 3A 2:23.9, 4) MOC H1 2:18.51, 6) MOC 2:19.63.

## 1600 Meters

\*Elena Spight (Miramonte, Orinda). 2) 2AS 5:18.0y, 3) MOC H2 5:13.72, 2) MOC 5:05.07, 4) NC H2 5:04.3, 7) NC 5:06.95.  
\*Sidney Thatcher (Enclinal, Alameda). 3) 2AS 5:22.7y, 1) MOC H2 5:12.05, 4) MOC 5:15.01, 5) NC H1 5:13.96.  
Eugenia Jauregui (Neward/Memorial, Neward). 4) 3A 5:27.8, 4) MOC H1 5:14.61, 5) MOC 5:16.2.  
Jenny Brekhus (Marin Catholic, Kentfield). 2AN 5:15.0, 4) MOC H2 5:14.49, 6) MOC 5:17.30.

## 3200 Meters

Sherri Minkler (Analy, Sebastopol). 2AN 11:09.89.  
Dawn Thomas (Alameda). 1) 2AS 11:40.0, 2) MOC 11:09.9, 10) NC 11:23.0.  
Christine McGee (Marin Catholic, Kentfield). 2AN 11:29.0, 3) MOC 11:10.8, 11) NC 11:28.4.  
Julie Rivers (Livermore). 1) EBAL 11:23.9y, 4) 3A 11:51.7, 4) MOC 11:12.9, 8) NC 11:20.43.

## 100m Low Hurdles

Kristine Babenco (Tamalpais, Mill Valley). 1) Santa Rosa 14.9, 6) Jenner H2

14.84w, 2) 2AN 14.5, 2) MOC H1 14.6, 4) MOC 14.88, 5) NC H1 14.84.  
\*Kelly Dias (Clayton Valley, Concord). 4) 3A 15.5, 4) MOC H1 15.3, 6) MOC 15.34.  
Leslie Fuller (Mt. Eden, Hayward). 1) 2AS H2 14.96, 2) 2AS 15.1, 3) MOC H2 15.1, 7) MOC 15.3.  
Robin Carson (El Cerrito). 3) 3A 15.4, 4) MOC H1 15.3, 8) MOC 17.9.

## 300m Low Hurdles

Kristine Babenco (Tamalpais, Mill Valley). 1) Santa Rosa 45.8, 2AN 45.9, 3) MOC H1 46.22, 3) MOC 45.02, 4) NC H1 45.61, 8) NC 45.4, 1) NCS MOC 1983 46.3.  
Leslie Fuller (Mt. Eden, Hayward). 2) 2AS 46.1, 2) MOC H1, 2) MOC H1 46.22, 5) MOC 45.29.  
\*Angela Driller (Drake, San Anselmo). 1) MOC H2 1983 45.7, 3) MOC 1983 46.8, 6) NC 1983 46.3, 3) 2AN 46.9, 4) MOC H2 47.23, 7) MOC 46.7.  
\*Christina Gangnuss (Foothill, Pleasanton). 2) 3A 47.5, 5) MOC H1 47.86.  
Others: \*Mara Konopasek (El Molino, Forestville). 2) Santa Rosa 46.2.  
Robin Carson (El Cerrito) 45.8.

## High Jump

Cindy Bradley (Eureka). 2AN 5-3, 2) MOC 5-4, 10) NCT 5-4, 8) NC 5-4.  
\*Diane West (Logan, Union City). 6) 3A 5-0, 5) MOC 5-2.

\*Cindy Barros (Arroyo, San Lorenzo). 2) 2AS 4-10, 9) MOC 5-0.  
Kim Dixon (San Ramon, Danville). 3A 5-0, MOCT 4-10.  
Others: Molley Henderson (Carondelet, Concord). 2AS 4-10, MOCT 4-10, 5-0.  
Claire Denham (Campolindo, Moraga). 5-2 1/4, first team all-East Bay basketball.

## Long Jump

Crissy Cerkel (Redwood, Larkspur). 2) Santa Rosa 18-1 1/2, 2) Jenner 17-8, 2AN 18-1/2, 5) MOCT 17-5, 2) MOC 18-4 1/2, 9) NCT 17-6, 6) NC 17-4 1/4, 2) MOC 1983 18-3 1/4.  
\*Kim Dixon (San Ramon, Danville). 2) 3A 17-10, 6) MOCT 17-2 1/4, 3) MOC 17-7 1/2, no mark) NCT 16-0.  
\*\*Denise Butticci (Northgate, Walnut Creek). 6) 3A 16-2 1/4, 9) MOCT 16-8, 6) MOC 16-9 1/4.  
Others: Robin Carson (El Cerrito). 2) RBAL 17-6.

## Triple Jump

\*Diane West (Logan, Union City). 3) 3A 35-8 1/4, 2) MOCT 36-4 1/4, 3) MOC 35-11, 11) NCT 35-3 1/4.  
Wendy Hudgins (Fort Bragg). 1A 35-4 1/4, 5) MOCT 34-9 1/4, 5) MOC 34-7 1/4.  
\*Christina Gangnuss (Foothill, Pleasanton). 4) 3A 35-4, 6) MOCT 34-4 1/4, 6) MOC 34-3 1/4.

Cindy Kubala (Eureka). 2AN 35-7 1/2, 6) MOCT 34-2 1/4, 9) MOC 32-11 1/4.  
Others: Crissy Cerkel (Redwood, Larkspur). 2) MOC 1983 36-5 1/2 w (35-10 1/2 legal).

## Shot Put

Lisa Webb (Antioch). 3) 3A 36-9, 6) MOCT 36-11 1/2, 6) MOC 37-2 1/2.  
Gina Niko (Mt. Eden, Hayward). 2) 2AST 37-11 1/4, 3) 2AS 36-5 1/4, 4) MOCT 37-7 1/4, 7) MOC 37-1/2.  
Betty Lobsinger (Concord). 2) DVAL 37-6 1/4, 2) 3A 37-2 1/2, 8) MOCT 36-1/2, 8) MOC 36-4 1/4, 1) JO Reg. XIV 41-6 1/4.  
Debra Amos (Logan, Union City). 4) 3A 35-8, MOCT 34-2 1/4.  
Others: Jennifer Watson (Moreau, Hayward). 1) Eaton R 38-0.

## Discus

Gina Niko (Mt. Eden, Hayward). 1) 2AS 1983 150-7, 1) 2AS 128-6, 1) MOCT 128-9, 1) MOC 134-2, 2) NCT 137-3, 3) NC 133-0, 6) State 130-1.  
\*Laura Swanson (College Park, Pleasanton Hill). 4) 3A 102-10 1/2, 7) MOCT 110-3, 5) MOC 115-7.  
Marian Gruenewald (Liberty, Brentwood). 2) 2AS 117-7 1/2, 6) MOCT 110-9, 9) MOC 105-5.  
Bethy Kyle (Eureka). 2AN 113-0, MOCT 103-11.

# Prep Results

## Irvine Invitational

At Irvine High School:

**Boys**  
100—Baker (Saddleback), 10.8.  
200—Rish (Marina), 21.2; Baker (Saddleback), 21.8; Reilly (LB Jordan), 21.9; Brooks (Woodbridge), 22.6. 800—Anderson (Mission Viejo), 1:55.2; Allen (San Marino), 1:56.8; 1,500—Whitley (University), 3:59.1; Hirschman (Torrance), 4:03.8; Allen (San Marino), 4:05.3; Tousaint (Norco), 4:07.8; 3,000—Thompson (San Marino), 8:56.2; Rindrud (Mission Viejo), 9:00.1; Kelly (Dana Hills), 9:00.4; Golden (Woodbridge), 9:04.0.

110 HH—Johnson (Kattalia), 14.5. 300 IH—Pontifet (Esperanza), 37.9; Johnson (Kattalia), 40.5. 400 RELAY—Marina, 43.0; Saddleback, 43.5; Woodbridge, 44.0. 1,600 RELAY—Esperanza, 3:28.8; Mission Viejo, 3:29.2; LB Jordan, 3:29.3; Saddleback, 3:29.8; Irvine, 3:30.9. PV—Houser (Newport Harbor), 13.6; Medlin (Saddleback), 13.0. LJ—Jones (Saddleback), 21.7. TJ—Gatlin (El Toro), 45.2 1/2; Desiano (Mission Viejo), 44.8 1/4. SP—Osborne (Rancho Alamitos), 51.8. DT—Svitlenko (El Toro), 148.9; Osborne (Rancho Alamitos), 146.7.

TEAM SCORES—Saddleback, 72; Mission Viejo, 55; Marina, 39; Dana Hills 36.

## Girls

200—Aubuchon (Esperanza), 25.5. 400—Coleman (Irvine), 59.2; Van Steenburg (San Marino), 59.6; Barkley (Torrance), 60.0. 800—Smith (Woodbridge), 2:18.3; Rabbit (Newport Harbor), 2:20.1; Barkley (Torrance), 2:23.7. 1,500—Hansen (Newport Harbor), 4:48.5; Smith (Woodbridge), 4:50.3; Beaman (San Marino), 4:51.8. Wright (Irvine), 5:01.4; Lasso (Newport Harbor), 5:01.7.

3,000—Beaman (San Marino), 10:23.1; Hansen (Newport Harbor), 10:27.6; Harberth (Esperanza), 10:36.8; Wright (Irvine), 10:40.0; Lasso (Newport Harbor), 10:53.9. 300 LH—Aubuchon (Esperanza), 47.0. 400 RELAY—Esperanza, 50.1; LB Jordan, 50.3; Irvine, 50.5; Torrance, 50.7. 1,600—Esperanza, 4:09.0; Irvine, 4:10.4. TJ—Wright (Esperanza), 35.8; Abate (Mission Viejo), 35.2 1/4; Kirvan (Woodbridge), 34-11. SP—Oden (Irvine), 42-11; Adams (Mission Viejo),

41-0 1/4; Paquette (Rancho Alamitos), 38-9 1/4. DT—Oden (Irvine), 127-4; Paquette (Rancho Alamitos), 127-1; Wilson (Woodbridge), 124-4.  
TEAM SCORES—Esperanza, 76; Irvine, 66; Newport Harbor, 66; Torrance, 53; Woodbridge, 52.

## Simi Valley Inv.

At Simi Valley High School:

**Boys**  
100—Burkley (Oxnard), 10.9; M.J. Nelson (Simi Valley), 10.9. TWO-MILE—Harvath (Thousand Oaks), 9:47.6. PV—Gagnon (Simi Valley), 14-0. LJ—L Nelson (SV), 22-7; Carnes (Simi Valley soph), 22-0. SP—Van Buren (West Torrance), 50-0 1/2.  
RELAYS: 440—Simi Valley, 43.0; Centennial, 43.6. 880—Simi Valley, 1:31.3. MILE—Simi Valley, 3:27.5; Centennial, 3:27.6. DISTANCE MEDLEY—Thousand Oaks, 10:52.7.

## Girls

RELAYS: 440—Thousand Oaks, 50.7. 880—West Torrance, 1:48.3; Thousand Oaks, 1:48.8. MILE RELAY—Thousand Oaks, 4:07.9.

## Northridge Inv.

March 16, Cal State Los Angeles:

**Boys**  
100 METERS—1. Bowyer (Crenshaw), 10.67w (3.5 m.p.s.); 2. Wellman (Westlake), 10.72; 3. Moore (Westchester), 10.94; 4. M. J. Nelson (Simi Valley), 11.02; 5. Larsuel (Pasadena), 11.05. 200—1. Ford (Compton), 21.5 (wind 5 m.p.s. aiding) (hand time); 2. Hart (Locke), 21.6; 3. Coleman (Duarte), 22.1. 400—1. Johnson (Westchester), 48.65; 2. Hill (Santa Monica), 48.80; 3. Hart (Locke), 50.62; 4. Vickers (Pomona), 50.64. 800—1. Epp (La Canada), 1:58.81; 2. Le Cheminant (Crescenta Valley), 1:58.81. 1,500—1. Zimmer (Simi Valley), 3:56.74; 2. Horvath (Thousand Oaks), 4:01.03; 3. Stonerock (Saugus), 4:01.60; 4. Kobor

(GH Kennedy), 4:03.36; 5. Shrum (Diamond Bar), 4:04.04; 6. Anable (Alemany), 4:06.91; 7. Fairman (Thousand Oaks soph), 4:07.49. 3,000—1. Stonerock (Saugus), 8:30.20; 2. Myers (Westlake), 8:58.66; 3. Whitworth (Hawthorne), 9:00.28; 4. Howard (Beverly Hills), 9:03.61.  
110 HH—1. Thomas (Pasadena), 14.25 (wind 0); 2. Hall (Ganessa), 14.52;

photo by Jim Reynolds



JIM ZIMMER, Simi Valley HS

3. Johnson (Washington), 14.75; 4. Jones (Crenshaw), 15.22; 5. Morris (Hawthorne), 15.53. 400 RELAY—1. Muir, 41.72; 2. Crenshaw, 42.05; 3. Pasadena, 42.46; 4. Compton, 42.64; 5. LB Poly, 43.00; 6. Santa Monica, 43.58. 800—1. Hawthorne, 1:27.54 (Thomas, 20.0); 2. Muir, 1:28.72; 3. Pasadena, 1:29.9; 4. LB Poly, 1:30.80. 1,600—1. Hawthorne, 3:15.3; 2. LB Poly, 3:19.0; 3. Santa Monica, 3:27.9. 3,200 RELAY—1. Bakersfield, 7:56.63; 2. Hawthorne, 8:03.86; 3. Dorsey, 8:11.69; 4. Santa Monica, 8:13.79; 5. Dos Pueblos, 8:16.34. 8400 RELAY—1. Dos Pueblos, 18:26.29; 2. San Marino, 18:31.7; 3. Hart, 18:36.8; 4. Simi Valley, 18:38.8.

SPRINT MEDLEY RELAY—1. Hawthorne (H. Thomas, 48.8; Marsh, 21.7; Graham, 21.8; Kelly, 1:50.8), 3:21.15 (national record for automatic timing, old mark, 3:23.82, Hawthorne, 1984; second fastest performance of all-time); 2. Bakersfield, 3:32.33; 3. LB Poly, 3:35.61; 4. Eisenhower, 3:37.55; 5. Beverly Hills, 3:41.04; 6. Crenshaw, 3:41.89. DISTANCE MEDLEY RELAY—1. Hawthorne, 10:33.14; 2. San Marino, 10:38.2; 3. Diamond Bar, 10:39.02; 4. Thousand Oaks, 10:41.6; 5. Simi Valley, 10:43.66. HJ—1. McKendall (Westchester), 6-7; 2. Martin (Arcadia), 6-5; 3. Medford (Hawthorne), 6-4; 4. Robinson (Simi Valley), 6-4; 5. Woodburn (La Canada), 6-4; 6. Miller (Bakersfield), 6-4. PV—1. Pinto (Alemany), 13-6; 2. Parker (La Canada), 13-0; 3. Cavataio (Crescenta Valley), 13-0; 4. Porter (Arcadia), 13-0. LJ—1. M. J. Nelson (Simi Valley), 23-5; 2. Shopp (Hawthorne), 22-11; 3. Brewer (Westchester), 22-3 1/4; 4. Crutchfield (Muir), 22-11 1/4; 5. Harris (Muir), 21-10. TJ—1. Williams (Muir), 47-6; 2. Bates (Pasadena), 46-11; 3. Young (Hawthorne), 46-8; 4. Woods (Hawthorne), 46-4; 5. Girkan (Dorsey), 44-10 1/2. SP—Baker (Dos Pueblos), 53-4 1/4.

FROSH-SOPH: 400 RELAY—1. Muir, 43.19; 2. Hawthorne, 44.26. 800 RELAY—Muir, 1:30.60. HJ—Welch (Westlake), 6-6.

## Girls

100 METERS—1. Knighten (Locke), 11.66 (wind 1.0 m.p.s. aiding); 2. Giddens (Locke), 12.01; 3. Wheeler (Hawthorne), 10.04; 4. Thomas (LB Poly), 12.50; 5. Mitchell (Diamond Bar), 12.52. 200—1. Knighten (Locke), 23.2 (wind 7 m.p.s. aiding) (hand time); 2. Vickers (Pomona soph), 23.8; 3. Giddens (Locke), 24.0. 4. Wheeler (Hawthorne), 24.5. 5. Thomas (LB Poly), 25.9. 400—1. Vickers (Pomona), 55.29; 2. Turner (Beverly Hills), 57.22; 3. A. Leach (Thousand Oaks), 59.13.



800—Sims (Locke), 2:27.99; 1,500—1. Moring (Hart), 4:54.18; 2. Rizzo (Hart), 4:54.18; 3. Fuess (Westlake), 4:59.95; 3,000—1. Rizzo (Hart), 10:37.74; 2. Bashore (Pasadena), 10:38.52; 3. Armstrong (Newbury Park), 10:41.13; 4. Barlog (Alemany), 10:48.89; 5. Ratsy (Santa Monica), 11:03.34; 100 LH—1. Knighten (Locke), 13.90 (wind 0); 2. Vickers (Pomona), 14.06; 3. Edmonds (Hawthorne), 14.47; 4. Viltz (Beverly Hills), 15.17.

400 RELAY—1. Hawthorne, 46.17; 2. Muir, 46.49; 3. Compton, 47.79; 4. Pomona, 49.85; 5. LB Wilson, 50.08; 6. Beverly Hills, 50.47; 7. Dos Pueblos, 50.99; 800 RELAY (combined races)—1. Hawthorne (Grant), 25.3; Wheeler, 23.7; D. Army, 24.9; Stiles, 23.2; 1:37.14 (third fastest performer and performance of all-time); 2. Muir, 1:38.63; 3. Ganessa, 1:43.43; 4. LB Wilson, 1:46.71; 5. Edison, 1:46.73; 6. Dos Pueblos, 1:46.93; 7. Dorsey, 1:48.17; 8. Morningside, 1:48.21; 3,200 RELAY—1. Newbury Park, 9:31.76; 2. Hawthorne, 9:43.15; 3. Buena, 9:43.54; 4. Edison, 9:53.57; 5. Dos Pueblos, 10:00.22; 6.400 RELAY—1. Buena, 21:30.00; 2. Edison, 21:59.48; 3. Dos Pueblos, 22:40.00; 4. San Marino, 22:54.55; 5. Hawthorne, 22:59.86.

SPRINT MEDLEY RELAY (combined races)—1. Compton, 4:05.30; 2. Hawthorne, 4:10.4; 3. Thousand Oaks, 4:14.97; 4. San Marino, 4:19.11; 5. LB Wilson, 4:20.74; 6. Crescenta Valley, 4:21.03; 7. Muir, 4:23.82; DISTANCE MEDLEY RELAY—1. Newbury Park, 12:32.04; 2. Buena, 12:36.68; 3. Edison, 12:40.44; 4. San Marino, 12:52.75; 5. Westlake, 13:02.53; 6. Simi Valley, 13:05.40; HJ—1. McBride (LB Poly soph), 5-9; 2. Pollock (Westlake), 5-7; 3. Maldonado (Hawthorne), 5-6; 4. Wuerfel (Crescenta Valley), 5-4; 5. Jancusky (Beverly Hills), 5-4; 6. Vance (Crenshaw), 5-2; 7. Schurict (Diamond Bar), 5-2; LJ—1. Mitchell (Diamond Bar), 18-0; 2. Wadsworth (Hawthorne), 17-10; TJ—1. Ralph (Redondo), 34-10; 2. Gunn (Crescenta Valley), 34-6½; 3. Lea (Eisenhower), 34-6½; 4. Paulson (Thousand Oaks), 34-4¾; 5. Hansen (Buena), 34-0½; SP—Hall (Muir), 35-5¾.

### Katella Relays

March 16, Anaheim:

BOYS DIV 1: 440—Santa Ana Valley, 42.5; Katella, 43.3; Saddleback, 43.4; Esperanza, 44.1; 880—Santa Ana Valley, 1:30.4; Saddleback, 1:31.7; MILE—Esperanza, 3:24.9; Santa Ana Valley, 3:26.1; Villa Park, 3:27.3; TWO-MILE—Villa Park, 8:01.6; Santa Ana Valley, 8:13.4; SPRINT MEDLEY—Cypress, 3:36.6; Esperanza, 3:37.0; Santa Ana Valley, 3:40.2; DIS-

TANCE MEDLEY—Santa Ana Valley, 11:00.1; PV—Ballard (Cypress), 13-3; LJ—Ballard (Cypress), 21-7; TEAM SCORES—Cypress, 71; Santa Ana Valley, 67; Villa Park, 50; DIV II: 440—Anaheim, 43.4; El Dorado, 44.1; MILE—Anaheim, 3:26.1; El Dorado, 3:31.0; TWO-MILE—Magnolia, 8:18.4; Mater Dei, 8:18.5; SPRINT MEDLEY—Anaheim, 3:29.3; Mater Dei, 3:39.3; TEAM—El Dorado, 71.

GIRLS: DIV I: 440—Esperanza, 50.7; Foothill, 51.0; 880—Esperanza, 1:48.9; Cypress, 1:49.9; MILE—Esperanza, 4:12.4; TWO-MILE—Mission Viejo, 9:59.3; SPRINT MEDLEY—El Dorado, 4:17.8; Foothill, 4:22.5; Ana. Canyon, 4:23.4; DISTANCE MEDLEY—El Dorado, 13:06.1; Ana. Canyon, 13:09.6; Esperanza, 13:15.6; Mission Viejo, 13:19.2; HJ—Carrasco (Anaheim), 5-10; LJ—Bailey (Anaheim), 17-0½; DT—Lind (Tustin), 112-4.

### Beach Cities Inv.

March 16, Newport Harbor:

BOYS: 100—Fish (Marina), 9.8; Brooks (Woodbridge), 10.0; 440—Fish (Marina), 48.5; 880—Cronin (Mission Viejo), 1:58.4; Wood (Corona del Mar), 1:58.4; Coleman (CdM), 1:58.9; MILE—Anderson (Mission Viejo), 4:26.7; Kelly (Dana Hills), 4:27.3; TWO MILE—Lindrud (Mission Viejo), 9:41.5; 120 HH—Caban (La Habra), 15.2; 440 RELAY—Marina, 44.1.

HJ—Wheelwright (Edison), 6-7; PV—Houser (Newport Harbor), 14-0; Jones (Estancia), 13-6; Miller (Estancia), 13-0; TJ—Desiano (Mission Viejo), 44-2½; SP—Felix (Capistrano Valley), 53-5½; Imber (Ocean View), 51-11; Wexler (Estancia), 51-9½; DT—Bain (Corona del Mar), 152-3; Svitenko (El Torol), 147-11; Riederick (Estancia), 146-9.

### San Luis Obispo Invitational

March 16, Arroyo Grande:

BOYS: 220—Santos (Arroyo Grande), 22.7; Griffin (San Luis Obispo), 22.7; PV—Condoniz (AG), 13-0¾.

GIRLS: MILE—Plante (AG freshman), 5:22.1; 330 LH—Moses (AG), 46.3; LJ—Smith (Quartz Hill), 17-5; SP—Villan (AG), 39-6; DT—Wright (Atascadero), 115-7; Villaran (AG), 110-5.

### EL CENTRO INVITATIONAL

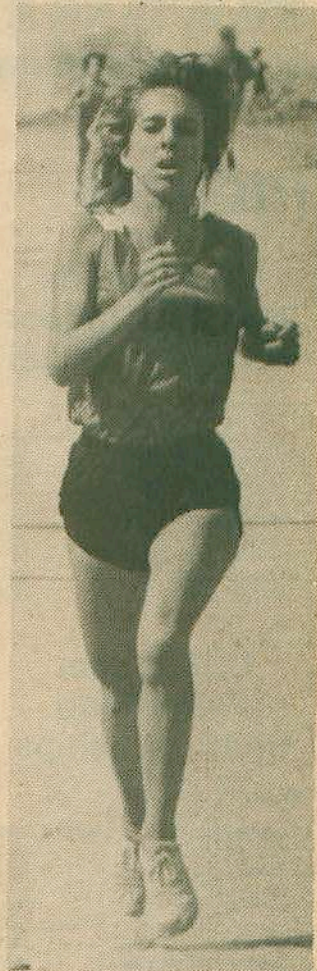
GIRLS: 5P—Sims (Brawley freshman), 36-8½.

photo by Burt Davis



DARIN STONEROCK

photo by Burt Davis



LISA RIZZO

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# Results

## Indoors

### USA-Canada Women's Indoor Pentathlon Dual

February 9, Ontario, Canada.

Top 9 Overall	
1 Myrtle Chester (USA)	4107
2 Donna Smellie (CAN)	3991
3 Debbie Clark (USA)	3922
4 Tonya Alston (USA)	3840
5 Mary Harrington (USA)	3709
6 Janet Nicolls (USA)	3669
7 Juanita Alston (USA)	3644
8 Erika Tye (CAN)	3509
9 Marnie Temple (CAN)	3507

### U.S. Indoor Pentathlon Championships

February 16, Canyon, TX.

Top 10 - Men	
1 Orville Peterson (CampbellTC)	3986
2 Mike Gonzales (SoCal)	3863
3 Jason Court (Houston)	3861
4 Chris Branham (San Diego TC)	3702
5 Brian Wolf (Deca AC)	3600
6 Staffan Blomstrand (Unat/Swed)	3500
7 Keith Stewart (Unat.)	3495
8 Steve Klassen (SoCal)	3490
9 Stuart Burleson (HowardPayne)	3483
10 Jim Robinson (Houston)	3189

Top 10 - Women	
1 Myrtle Chester (KnoxVI TC)	4090
2 Jill Lancaster (Unat.)	3854
3 Linda Spanst (MayInd/Can.)	3785
4 Carla Criste (PennSt.)	3726
5 Heidi Mann (Florida)	3668
6 Sharon Pfister (W.Virg)	3377
7 Julie Bale (S.W.Amer TC)	3321
8 Christina Glenn (CP-Pom)	3259
9 Tanya Scarborough (Idaho St)	3214
10 Caryl Senn (SUNY-Stony)	3090

### USA/Mobil Indoor T&F Championships

February 22, Madison Square Garden, NY.

**Women's Shot Put:** 1. Bonnie Dasse, CstAth., 60-6, 2. Regina Cavanaugh, Rice, 54-11½, 3. Sandra Burke, Unat., 54-10.

**Men's 35 Lb. Weight:** 1. Jud Logan, NYAC, 74-7¼, 2. Matt Milleham, Fresno State TC/GBR, 73-6¾, 3. Walter Ciofani, France, 71-11¼.

**Women's Long Jump:** 1. Carol Lewis, Houston, 21-7½, 2. Vali Ionescu, Romania, 21-4, 3. Dorothy Scott, Atoms TC, 20-10½.

**Men's Shot Put:** 1. Scott Lofquist, Unat., 67-11, 2. Kevin Akins, Ath.West, 67-10¾, 3. Art McDermott, Commonwealth AC, 61-10½.

**Men's Triple Jump:** 1. Mike Conley, Arkansas, 57-1, 2. Joseph Talwo, Accusplit/Kenya, 54-1¼, 3. Robert Cannon, Accusplit, 53-11¼.

**Men's Long Jump:** 1. Mike Conley, Arkansas, 26-11¼, 2. Larry Myricks, Bud Light, 26-7¼, 3. Jason Grimes, Ath.West, 25-9¼.

**Women's One Mile Walk:** 1. Teresa Vaill, Island TC, 6:58.70MR, 2. Maryanne Torrellas, Abraxas TC, 7:03.43, 3. Esther Lopez, SoCalIRR, 7:04.25.

**Women's 60 Yard Hurdles:** 1. Candy Young, Puma TC, 7.57, 2. Sharon Danville, NB TC/GBR, 7.63, 3. Patricia Davis, St. Augustines, 7.65, 5. Gayle Watkins, SoCalCheetahs, 7.78.

**Women's 60-Yard Dash:** 1. Alice Brown, World Class, 6.56, 2. Brenda Clette, Bud Light, 6.80, 3. Jennifer Inniss, Atoms TC/GUY, 6.90.

**Men's 60-Yard Hurdles:** 1. Greg Foster, World Class, 6.85MR, 2. Henry Andrade, SMU, 6.99, 3. Roger Kingdom, New Image, 7.06.

**Men's 60-Yard Dash:** 1. Albert Lawrence, Bud Light, 6.16, 2. Emmitt King, New Balance TC, 6.16, 3. Harvey Glance, Unat., 6.19, 4. Darwin Cook, USC, 6.20.

**Women's 440-Yard Run:** 1. Diane Dixon, Atoms TC, 52.20 WrBest, 2. Andrea Thomas, Dolphin Bronx, 53.45 Natl H.S. Recd, 3. Charmaine Crooks, Bud Light/Canada, 53.56.

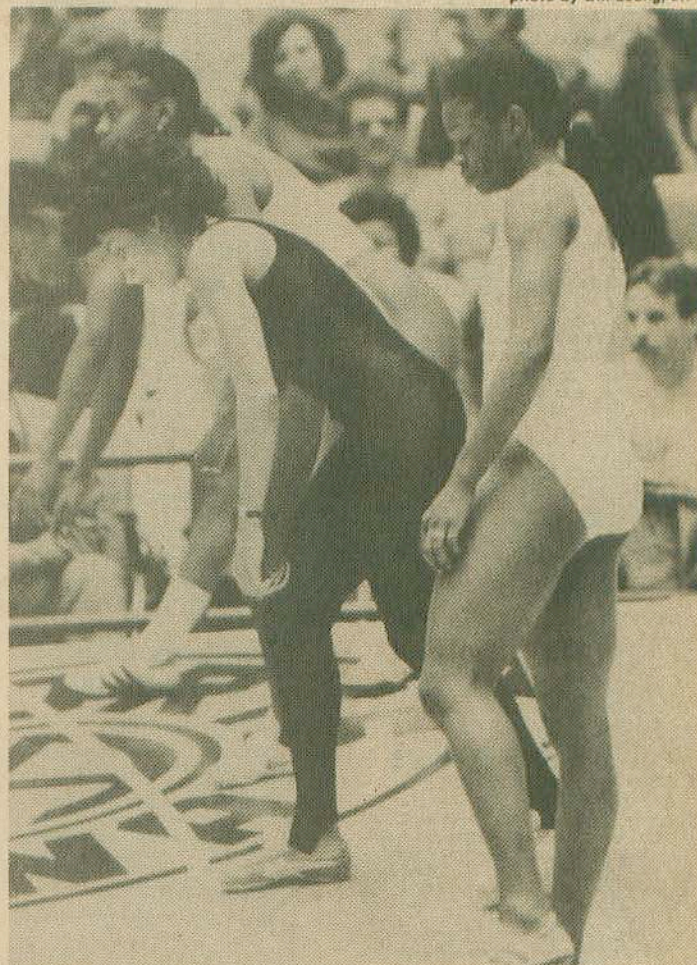
**Men's 600-Yard Run:** 1. Elvis Forde, Atlantic CC, 1:09.05, 2. Anthony Tufariello, AthWest, 1:09.24, 3. Ray Armstead, Accusplit, 1:12.48.

**Women's Two-Mile Run:** 1. Cathy Branta, Wisconsin, 9:40.54, 2. Maricica Puica, Romania, 9:41.60, 3. Lynn Jennings, Nike Boston, 9:48.53.

**Men's 440-Yard Run:** 1. Antonio McKay, Georgia Tech, 47.90, 2. Walter McCoy, Bud Light, 47.98, 3. Kenneth Lowery, Chicago St.TC, 48.30.

**Men's Two-Mile Walk:** 1. James Heiring, Bud Light, 12:07.5 WrBest, 2. Tim Lewis, NYAC, 12:25.5, 3. Gary Morgan, NYAC, 12:39.8.

**Men's 1000-Yard Run:** 1. Edwin Koech, Atlantic CC/Kenya, 2:07.17, 2. Ray Brown, Atlantic CC, 2:07.80, 3. James Igohe, Bud Light/Tanzania 2:08.78.



Florence Griffith (left) lines up with Valerie Brisco-Hooks.

**Women's 220-Yard Dash:** 1. Valerie Brisco-Hooks, World Class, 22.95WrBest, 2. Florence Griffith, World Class, 23.38, 3. Grace Jackson, Atoms TC/Jamaica, 24.00.

**Women's Mobil Mile:** 1. Doina Melinte, Romania, 4:37.00, 2. Fita Lovin, Romania, 4:38.12, 3. Ravilya Agiedinova, USSR, 4:39.56.

**Women's 880-Yard Run:** 1. Cristina Cojocar, Romania, 2:04.15, 2. Irina Podyalovskaya, USSR, 2:04.73, 3. Rose Monday, Puma TC, 2:05.12.

**Men's 1180-Yard Sprint Medley Relay:** 1. Bud Light TA, 2:00.45, 2. Accusplit TC, 2:00.62, 3. Dolphin "A", 2:04.73.

**Women's 640-Yard Relay:** 1. Atoms TC, 1:09.92, 2. Tennessee State, 1:11.05, 3. Dynamite TC, 1:11.91.

**Men's Pole Vault:** 1. Doug Lytle, Bud Light, 18-4¼, 2. Dave Kenworthy, S & S, 18-1, 3. Jeff Buckingham, Bud Light, 17-9.

**Men's Mobil Mile:** 1. Sydney Maree, AthAllc, 3:54.98MR, 2. Jim Spivey, AthWest, 3:57.08, 3. Jim McKeon, Richmond, 3:58.36.

**Women's 880-Yard Medley Relay:** 1. Tennessee State, 1:43.39, 2. Atoms TC, 1:46.46, 3. P.A.L., 1:46.64.

**Women's High Jump:** 1. Coleen Sommer, Ather TC, 6-4¼, 2. Debbie Brill Pacific CC, 6-3½, 3. Joni Huntley, Pacific CC, 6-1¼.

**Men's Two-Mile Relay:** 1. Penn State Univ., 7:25.98, 2. Westchester Puma, 7:26.62, 3. Bud Light, 7:27.28.

**Women's One-Mile Relay:** 1. Atoms TC, 3:42.37, 2. Bud Light TC, 3:43.45, 3. Rice Univ., 3:46.50.

**Men's One-Mile Relay:** 1. Bud Light TA, 3:15.10, 2. St. Augustines, 3:15.45, 3. Iowa, 3:19.52.

**Men's High Jump:** 1. Jim Howard, Pacific CC, 7-8MR, 2. Dennis Lewis, NewBal, 7-6½, 3. Dwight Stones, Tiger Int., 7-4½.

**Team Scores - Men**  
1. Bud Light TA 36, 2. Athletics West 18, 3. Atlantic CC 13, 4. New York AC 13, 5. Arkansas 10, 6. Accusplit 10, 7. New Balance TC 8, 8. Pacific Coast Club 6, 9. Georgia Tech 6.

**Team Scores - Women**  
1. Atoms TC 24, 2. World Class AC 18, 3. Bud Light TA 10, 4. Tennessee St. 9, 5. Puma TC 8, 6. Island TC 6, 7. Wisconsin 6, 8. Atherton 5, 9. Houston 5, 10. CoastAthletics 5.



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## Results

4:29.2. (40-49) 1. Tom Purkiss 4:40.0, 2. Tony LaMorte 4:47.0. (50-59) 1. Fred Lehr 4:46.5, 2. Lane Blank 5:31.0. (60-69) 1. Conrad Shuck 6:51.0. (70-79) 1. Ed Stotsberg 5:51.9, 2. Fraser MacMinn 7:16.4. (80-89) 1. Jacob Bishen 9:58.0.

**50m Hurdles:** (25-29) 1. Neil Matt 8.6, 2. Robert Smith 10.0. (30-39) 1. M. Saafir 8.13, 2. Kevin Speaks 8.89, 3. Ward Kinsman, nt. (40-49) 1. Theo Viltz 8.33, 2. C. McCormick 8.39, 3. Don Smith 8.9. (50-59) 1. Stanners 9.8, 2. W. Robinson 10.13, 3. Bill Adler 10.3. (60-69) 1. Burl Gist 8.8, 2. Robert Hunt 9.2, 3. Bud Noyes 11.3. (70-79) 1. Bert Morrow 11.82, 2. Jack Angelman 13.56, 3. Chia Tsung Pao 14.8.

**400m:** (25-29) 1. Bernard Wooten 55.8. (30-39) 1. Harvey 51.56, 2. Jones 51.79, 3. Black 53.52. (40-49) 1. Duffy 52.61, 2. Robert Janic 57.18, 3. Louis Smith 57.37. (50-59) 1. Tony Nasralla 59.13, 2. Will Robinson 59.93, 3. Kishi 1:04.02. (60-69) 1. Robert Hunt 1:03.91, 2. Max Goldsmith 1:05.27. (70-79) 1. Don Morrow nt.

**100 Meters:** (25-29) 1. Bonilla 11.14, 2. Smith 11.51, 3. Miller 11.74. (30-39) 1. Spikes 11.05, 2. Driver 11.55. (40-49) 1. Butler 11.28, 2. Niedermeyer 11.86, 3. King 11.85. (50-59) 1. Newton 12.23, 2. Nasralla 12.49, 3. Griffin 12.70. (60-69) 1. Miller 11.93, 2. Hunt 13.31, 3. Goldsmith 13.37. (70-79) 1. Castro 14.31, 2. Pao 14.81, 3. Mowrer 18.85.

**800 Meters:** (30-39) 1. A. Shorts 2:06.17, 2. Sumner 2:11.33, 3. Steve Levon 2:17.01. (40-49) 1. Knocke 2:07.08, 2. Miller 2:13.34, 3. Perry 2:14.62. (50-59) 1. F. Lehr 2:20.03, 2. Walls 2:21.00. (70-79) 1. Stotsberg 2:59.99, 2. MacMinn 3:43.46. (80-89) 1. Bishin 3:51.00.

23.74. (50-59) 1. Newton 24.72, 2. Griffin 26.09, 3. Watanabee 26.09. (60-69) 1. Goldsmith 27.91, 2. Mercurio 29.02, 3. Walls 29.89. (70-79) 1. Castro 1:30.41, 2. Morrow 2:32.15.

**3000 Meters:** (25-29) 1. Brian Arppell 9:15.5. (30-39) 1. Book 10:31.15, 2. Lacroix 12:31.75. (40-49) 1. Towers 9:47.06. (70-79) 1. MacMinn nt. (80-89) 1. Jack Bishin nt.

### Women's Results

**High Jump:** (50-59) 1. Christel Miller 4-3AR.

**Shot Put:** (30-39) 1. Janet Flewell 34-1/2. (40-49) 1. Marilyn White 24-6. (50-59) 1. Christel Miller 30-1/2, 2. Magdalene Kuehne 21-2. (70-79) 1. Edith Mendyka 25-3A&WR.

**Discus:** (30-39) 1. Janet Flewell 155-2. (50-59) 1. Shirley Kinsey 82-11, 2. Magdalene Kuehne 43-9 1/2. (70-79) 1. Edith Mendyka 51-4.

**Long Jump:** (30-39) 1. S. Schumacher 11-6 1/2. (50-59) 1. S. Kinsey 11-8, 2. M. Kuehne 11-1/2.

**Javelin:** (25-29) 1. Jane Nash 69-3. (30-39) 1. Sondra Schumacher 70-4. (50-59) 1. Christel Miller 102-6, 2. Magdalene Kuehne 58-8. (70-79) 1. Edith Mendyka 60-0.

**Triple Jump:** (50-59) 1. Magdalene Kuehne 23-8 3/4.

**60m Hurdles:** (50-59) 1. Christel Miller 11.0, 2. Shirley Kinsey 12.64.

**400 Meters:** (30-39) 1. Tina Stogh 64.48. (40-49) 1. Jean Carter 68.20. (70-79) 1. Dorothy Stotsberg 2:01.61.

## USC vs New Mexico vs Long Beach

February 23. Cromwell Field, USC.

### Women's Results

**Discus:** 1. Diana Clements (USC) 146-0, 2. Sue Qualls, (UNM) 130-10, 3. Debbie White (UNM) 118-6.

**High Jump:** 1. Wendy Brown (USC) 5-6, 2. Sharon Hatfield (USC) 5-4, 3. Kim Werner (UNM) 5-4.

**Javelin:** 1. Diana Clements (USC) 135-6, 2. Sharon Hatfield (USC) 131-3, 3. Cheryl Miller (CSLB) 122-2.

**Long Jump:** 1. Sabrina Williams (USC) 20-7, 2. Yvette Bates (USC) 19-4 1/2, 3. Ronda Colbert (CSLB) 17-0 1/2.

**400m Relay:** 1. USC (Williams, Simmons, Cabell, McGraw) 45.4. UNM-DQ.

**1500 Meters:** 1. Donna Curtis (USC) 4:31.9, 2. Kristi Leonard (UNM) 4:33.4, 3. Carole Roybal (UNM) 4:37.2.

**100m Hurdles:** 1. Yvette Bates (USC) 14.8, 2. Tonya Thompson (UNM) 15.0, 3. Lyn Carter (USC) 15.2.

**Shot Put:** 1. Diana Clements (USC) 49-1 1/2, 2. Debbie White (UNM) 39-8 1/2, 3. Sharon Hatfield (USC) 37-10 1/2.

**400 Meters:** 1. Carrie Saito (CSLB) 61.5, 2. Quen Johnson (UNM) 62.1, 3. Yolanda Sommers (UNM) 63.5.

**100 Meters:** 1. Barbara Bell (UNM) 11.9, 2. LaWanda Cabell (USC) 12.5, 3. Sabrina Williams (USC) 12.6.

**800 Meters:** 1. Joan Sterrett (UNM) 2:10.5, 2. Mary Anne Bullard (USC) 2:12.3, 3. Michelle Richardson (UNM) 2:20.6.

**400m Hurdles:** 1. Sharon Hatfield (USC) 65.4, 2. Leslie Saito (CSLB) 68.1, 3. Rochelle Savoy (USC) 69.8.

**Triple Jump:** 1. Yvette Bates (USC) (New field record), 2. Rhondolyn Bradshaw (CSLB) 35-11 1/2, 3. Sabrina Williams (USC) 35-2 1/2.

**200 Meters:** 1. Barbara Bell (UNM) 24.5, 2. Robin Simmons (USC) 25.3, 3. LaWanda Cabell (USC) 25.7.

**3000 Meters:** 1. Kelly Champagne (UNM) 9:57, 2. Cynthia Valdez (UNM) 10:18.9, 3. Linda Mitchell (UNM) 10:40.3.

**1800m Relay:** 1. USC (Curtis, Rollow, Savoy, Bullard) 3:53.7, 2. UNM 4:02.2, 3. CSLB 4:11.7.

**International Scoring:** USC (109) vs. Long Beach (38); USC (94) vs. UNM (61); UNM (80) vs. Long Beach (50).

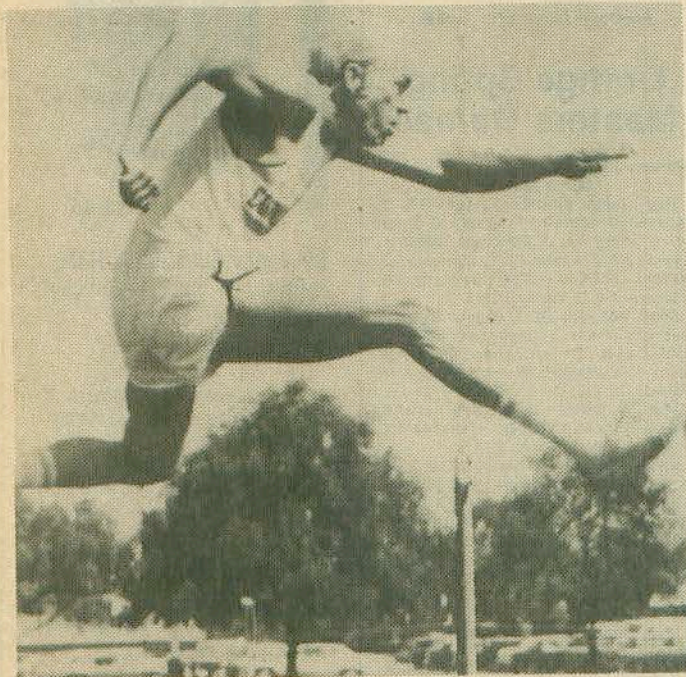
photo by Barbara DeGroot



SHARON HATFIELD

1. Self (SFSU) 41-2 1/2. **Javelin (Men):** 1. Koel (SFSU) 223-11. **Javelin (Women):** 1. Mendonca (Humb) 126-3. **High Jump (Men):** 1. Rebattaro (SFSU) 6-5. **High Jump (Women):** 1. Russi (Humb) 4-10. **Discus (Men):** 1. Tatraus (Unat.) 189-5. **Discus (Women):** 1. Hicks (Humb) 128-0.

photo by Barbara DeGroot



BURL GIST

**300m Hurdles:** (25-29) 1. Matt 41:75. (30-39) 1. Saafir 43:13, 2. Williams 45:89, 3. Speaks 47:07. (40-49) 1. Butler 41:88, 2. Powell 45:72. (50-59) 1. Stanners 51:53. (60-69) 1. Noyes 1:04.43. (70-79) 1. Pao 1:11.20.

**200 Meters:** (25-29) 1. Wooten 25.05, 2. Williams 25.08. (30-39) 1. Driver 22.06, 2. Spikes 22.31, 3. Shorts 22.51. (40-49) 1. Duffy 23.41, 2. Smith 23.48, 3. Niedermeyer

**100 Meters:** (50-59) 1. Christel Miller 14.38, 2. Magdalene Kuehne 16.57. (60-69) 1. Marge Hunt 23.28.

**800 Meters:** (30-39) 1. Tina Stough 2:36.28.

**200 Meters:** (30-39) 1. Tina Stough 28.05. (40-49) 1. Jean Carter 29.90. (50-59) 1. Shirley Kinsey 34.52.

## San Francisco St. vs Humboldt St.

February 23. S.F. (Non-scoring)

**5K (Women):** 1. Schiphurst (Humb)

18:41.5. **1500 Meters (Men):** 1. P. Kirk (SFSU) 4:00.7. **1500 Meters (Women):** 1. Powers (Humb) 4:52.4. **4X100 (Men):** 1. SFSU 43.8. **4X100 (Women):** 1. SFSU 47.8.

**400 Meters (Men):** 1. McDonald (SFSU) 51.3. **400 Meters (Women):** 1. Dukes (SFSU) 58.7. **110m Hurdles (Men):** 1. McDanielis (SFSU) 14.7. **100 Meters (Men):** 1. Martinez (SFSU) 11.6. **100 Meters (Men):** 1. Lin (SFSU) 12.0. **100 Meters (Women):** 1. Sims (SFSU) 13.2. **400m Hurdles (Men):** 1. Farrell (SFSU) 56.2. **800 Meters (Men):** 1. Stone (SFSU) 2:01.6. **800 Meters (Women):** 1. Hardman (SFSU) 2:24.7. **200 Meters (Men):** 1. Thompson (SFSU) 22.7. **200 Meters (Women):** 1. Owens (SFSU) 25.4. **3000 Meters (Women):** 1. Burger (SFSU) 10:08.9. **5000 Meters (Men):** 1. Webb (Humb) 14:43.1. **1 Mile Relay (Men):** 1. SFSU "A" 3:27.7. **1 Mile Relay (Women):** 1. SFSU "A" 4:09.7. **Long Jump (Men):** 1. Levrents (Unat.) 22-11. **Long Jump (Women):** 1. Sims (SFSU) 16-10. **Triple Jump:** 1. Callahan (Humb) 31-3 1/2. **Pole Vault:** 1. Crowley (SFSU) 14-0. **Shot Put (Men):** 1. Tatraus (S&S) 65-3 1/2. **Shot Put (Women):**



DONNA CURTIS



photo by Bill Leung, Jr.



photo by Bill Leung, Jr.

CARL LEWIS

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## Texas-UCLA

### March 16, UCLA: MEN

100—Leach (T), 10.56 (wind 1.5 m.p.s. aiding); 200—Leach (T), 21.10v (2.1 m.p.s.); White (UCLA), 21.22; 400—Biggers (UCLA), 45.93; Patterson (T), 46.59; 800—Prejers (UCLA), 1:48.08; Squella (T), 1:48.45; 1,500—Barret (T), 3:47.17; Junkermann (UCLA), 3:47.54; Parkinson (UCLA), 3:47.74; 5,000—Sang (T), 14:13.81; Marsh (UCLA), 14:15.93; Brownsberger (UCLA), 14:24.76.

110 HH—Kerho (UCLA), 14.05 (wind 1.7 m.p.s. aiding); R. Young (UCLA), 14.32; 400 IH—Kerho (UCLA), 5:00.99; R. Young (UCLA), 5:12.5; 3,000—Sang (T), 8:45.35; Cheligo (T), 8:53.16; J. Ortiz (UCLA), 9:07.30; 400 RELAY—UCLA, 40.64; Texas, 40.88; 1,600 RELAY—UCLA (Prejers), 47.9; A. Washington, 16.6; Reynolds, 49.2; Biggers, 45.9; 3 CS 29, Texas, 3:10.19.

HJ—Haines (UCLA), 7-0; Nehring (UCLA), 6-10; PV—Johnson (UCLA), 16-0; Stull (UCLA), 16-0; LJ—Willis (UCLA), 24-2¼; TJ—D. Washington (UCLA), 51-5¼; Rahm (T), 50-10; Willis (UCLA), 49-10¼; SP—Frazier (UCLA), 62-¾; Banich (UCLA), 60-0; DT—Davanzoli (T), 183-8; Banich (UCLA), 181-10; Wilson (UCLA), 181-9; JT—Wendland (T), 2:28-7; Borghind (T), 246-5.

### WOMEN

#### Texas (72) at UCLA (64)

100—Devers (UCLA), 11.59v; (3.1 m.p.s.) Cuthbert (T), 11.65; Phillips (UCLA), 12.05; 200—Cuthbert (T), 23.35v (2.3 m.p.s. aiding); Devers (UCLA), 23.74; 400—Shurr (T), 52.91; Bailey (UCLA), 52.94; 800—Arnold (T), 2:07.98; 1,500—Arnold (T), 4:23.10; Plumer (UCLA), 4:25.03; 3,000—Schweitzer (T), 9:31.03; Fischer (UCLA), 9:43.95; Cook (UCLA), 9:50.53.

100 HURDLES—Devers (UCLA), 13.3; Nelson (T), 13.6; 400 HURDLES—Kelton (UCLA), 5:56; 400 RELAY—UCLA, 46.3; 1,600 RELAY—UCLA, 3:37.04; Texas, 3:44.20; LJ—Nelson (T), 20.3; TJ—Turner (T), 40-7; Johnson (T), 40-0¼; SP—Luhens (UCLA), 47-4¼; Lars (T), 49-11; Larson (UCLA), 45-11¼; DT—Lutjens (UCLA), 173-4; Larson (UCLA), 160-0; JT—Luhens (UCLA), 147-8; Larson (UCLA), 147-8.

## San Jose-Fresno

### March 16, Fresno: MEN

100—Wheeler (S), 10.43; Jones (FS), 10.49; 200—Robinson (FS), 21.56; 400—Armstrong (SJS), 46.92; Johnson (FS), 47.28; Armour (FS), 47.31; 800—Roberson (FS), 1:50.49; Lewis (FS), 1:50.89; 5,000—Gonzalez (S.J.), 14:15.06; Lehrman (FS), 14:29.24; 3,000 STEEPLECHASE—Brett (FS), 9:02.02; 400 RELAY—San Jose St., 39.83; Fresno St., 40.50; 1,600—Fresno St., 3:09.96; San Jose St., 3:10.60; PV—Fraley (FS), 17-8; LJ—Dounley (FS), 24-4; SP—Doehring (SJS), 66-2¼; DT—P. Bender (FS), 197-3; HT—Mileman (FSTC), 240-7; Bystedt (SJS), 231-10; Littieton (FS), 208-10; Schumacher (S.J.), 208-4.

## San Diego-Fresno

### March 16, Fresno: WOMEN

100—Sheffield (SDS), 12.00; Moon (SDS), 12.00; Boulware (FS), 12.08; 400—Ross (SDS), 53.96; 800—Manning (CS Hayward), 2:11.9; 100 HURDLES—Sheffield (SDS), 14.40; Budwig (FS), 14.49; 400 HURDLES—Sheffield (SDS), 60.99; 400 RELAY—San Diego St., 45.8; Fresno St., 47.2; 1,600 RELAY—Fresno St., 3:52.83; HJ—Mendonca (FS), 5-10; LJ—Feliz (FS), 19-0¼; SP—Jones (FS), 51-3; DeSnoo (SDS), 49-8¼; DT—DeSnoo (SDS), 184-10; Oswalt (CSH), 166-11; Barnes (FS), 163-7; JT—Mueller (SDS), 173-8.

## USC Tri-Dual

### March 16, Arizona: WOMEN

100—Ware (AS), 11.76; 2 McCraw (USC), 11.79; 3 Simmons (USC), 11.96; 200—McCraw (USC), 23.2; 2 King (KS), 23.6; 3 Washington (AS), 23.8; 4 Simmons (USC), 23.8; 400—Maxey (KS), 54.38; 2 Cabell (USC), 55.08; 800—Curtis (USC), 2:07.65; 2 Cook (BYU), 2:08.54; 3 Berger (AS), 2:08.79; 1,500—Holiday (BYU), 4:28.28; 3,000—Anderson (BYU), 9:56.14; 5,000—Bergan (BYU), 16:55.15.

100 HURDLES—1. Bates (USC), 14.36; 2. DeVries (BYU), 14.41; 3. Miller (AS), 14.58; 400 HURDLES—Hatfield (USC), 62.57; 2. Miller (AS), 62.68; 3. Bullard (USC), 63.68; 400 RELAY—1. USC, 45.45; 2. Arizona St., 45.49; 3. Kansas St., 46.13; 1,600 RELAY—1. Arizona St., 3:46.80; 2. USC, 3:49.78; HJ—1. Clark (BYU), 5-10; 2. Graves (KS), 5-8; LJ—1. Williams (USC), 19-8¼; 2. Bates (USC), 19-0¼; TJ—Bates (USC), 37-2¼; SP—1. Clements (USC), 52-0¼; 2. Suggs (KS), 51-0¼; DT—Suggs (KS), 156-6; JT—1. Zuniga (BYU), 153-1.

## 5-Way Meet

### March 16, Cal Poly Pomona:

#### MEN

100—Brass (NA), 10.65; 200—Harris (Iowa St./guest), 21.37; 400—Dishman (Purdue), 47.42; 800—Furnival (Purdue), 1:51.45; 1,500—Shuey (P), 3:50.3; 5,000—Shuey (P), 14:28.9; 2. Souza (NA), 14:28.9; 110 HH—Williams (NA), 14.14; Kaily (NA), 14.53; 400 IH—Pomfret (P), 53.03; 3,000 STEEPLECHASE—Souza (NA), 8:54.8; 440 RELAY—1. Northern Arizona, 41:17; 2. Purdue, 42:12; 3. Cal Poly Pomona, 42:14; MILE RELAY—Purdue, 3:16.59; HJ—Read (NA), 6-10; PV—Kloffelter (P), 16-0; LJ—Foster (NA), 24-1¼; TJ—Foster (NA), 48-11; TEAM SCORES—Northern Arizona, 100; Purdue, 90; Cal Poly Pomona, 41; CS Long Beach, 27; CS Dominguez Hills, 5.

#### WOMEN

100—Avery (NA), 12.00; 1,500—McCracken (NA), 4:26.34; Howard (CPP), 4:31.19; 3,000—Howard (CPP), 9:55.8; 400 RELAY—1. Penn. State, 48:21; TEAM SCORES—Northern Arizona, 93¼; Cal Poly Pomona, 84¼; CS Long Beach, 40; CS Dominguez Hills, 5.

## Cal-Arizona

### March 16, Arizona:

#### MEN

110 HH—Robinson (C), 13.95; LJ—Crosby (AZ), 23; Morris (C), 7.2; TJ—Williams (C), 51.6¼; SP—Mauger (C), 61-3; Yachnick (AZ), 62-10¼; DT—Kaufman (AZ), 175-7.

## Tri-Dual

### March 16, Stanford:

#### MEN

100—Egbunike (AP), 10.64; 200—Egbunike (AP), 21.24; 110 HH—Arnold (AP), 14.62; Johnson (AP), 14.66; 400 IH—Arnold (AP), 52.79; Webb (AP), 52.98; 400 RELAY—Azusa Pacific, 41.00; Occidental, 41.91; TJ—Tyler (CSB), 51-4; DT—Okoye (AP), 196-6; HT—Mann (AP), 218-6; Pickering (S), 218-0; Masterson (S), 216-8; Okoye (AP), 202-3; JT—Johnson (AP), 243-0; Oliveron (AP), 240-10¼; Colfatz (CSB), 240-1; FINAL SCORES—Azusa Pacific 81, Stanford 74, Stanford 89, CS Bakersfield 44, Stanford 33, Occidental 67.

#### WOMEN

100—Gill (CSB), 11.90; 1,600—Jacobs (S), 4:23.8; 5,000—Lyons (S), 16:48.3; HJ—Burnhagen (S), 5-10; DT—Nickerson (S), 170-11; TEAM SCORES—Stanford 80, Azusa Pacific 45, Stanford 82, CS Bakersfield 34, Stanford 85, Occidental 29.

## L.A. Relays

### March 17, Cal State L.A.

#### Men's Results

Javelin: 1. Dave Stevens (CstAth) 252-7, 2. Muhammad Rashid (Pakistan) 250-4, 3. Dan Barton (CstAth) 237-8.

Steeplechase: 1. Jody Fischer (Taft) 9:21.2, 3. John King (Taft) 9:34.2, 3. David Maxwell (CalLuth) 9:45.6.

110m HH: 1. James McCraney (Unat) 13.89v, 2. Fred Smith (Unat) 14.19v, 3. Roosevelt Green (Taft) 14.38v.

Hammer: 1. Steve Rohovit (ConvWest) 209-0, 2. Jav Hibert (PP) 197-11, 3. Eddie Arcaro (All-Am TC) 195-2.

photo by Jim Reynolds



UCLA 4x400 Relay Team (left to right): Jack Prejers, Anthony Washington, Anthony Reynolds, Dwyan Biggers.

photo by Jim Reynolds



LORI SHANOFF

photo by Jim Reynolds



GAIL DEVERS

photo by Jim Reynolds



RICH BROWNSBERGER



capital city of Kingston over fuel price increases. However, the only screaming and running in the resort town of Montego Bay was associated with the two races which wound through its narrow streets.

Gary Fanelli, best known for dressing up as a member of the Blues Brothers in the New York City Marathon, set a course record of 2:24:46. Fanelli bested a field which included 1984 Montreal Marathon champion Jim Alexander (second in 2:25:52) and Billy Threadgold, 1984 Paris Marathon champion (third in 2:28:07).

While the Marathon began at sunrise, the 10K had been scheduled for 4:30 p.m. to allow time for residents of Kingston to make the 125 mile-drive to Montego Bay. Although the afternoon had brought 85 degree temperatures and high humidity, a sudden cloud cover at race time kept conditions quite comfortable for the runners.

Great Britain's Geoff Smith held off master's champion Barry Brown to take his second Jamaica 10K in 30:19. California's Brian Chapman, 32, of Novato, ran the course in 53:50 for 213th place out of the field of 300.

Glensy Quick of New Zealand won the women's crown in 35:02. Sister Marion Irvine, 54, of San Francisco, easily out-distanced anyone in her age division and finished sixth women overall in 42:34.

1:00:30CR, 2. Fraser Clyne 1:00:54, 3. Rob Anex 1:02:42. 30-34: 1. Don Paul 1:03:33, 2. Brian Maxwell 1:04:09, 3. Dennis Kurtis 1:04:52. 35-39: 1. Daryl Zapata 1:10:57, 2. David Russell 1:15:31, 3. George Wilson 1:19:03. 40-44: 1. Gary Goetteilmann 1:07:51, 2. Frank Krebs 1:11:36, 3. Dan Alarid 1:14:10. 45-49: 1. Darryl Beardall 1:09:38, 2. Bill C. anese 1:11:40, 3. David Ragsdale 1:16:31. 50-54: 1. Bryan Holmes 1:16:58, 2. Janes Nicholson 1:23:10, 3. Dick Collins 1:31:52. 55-59: 1. Gilbert Duran 1:33:46. 60-64: 1. Jimmy Low 1:24:20, 2. George Billingsley 1:37:32, 3. Grover Daly 1:43:51. 65-69: 1. Paul Reese 1:29:46.

#### Division Results - Women

18 & Under: 1. Kathy McCandless 1:30:49, 2. Laurie Andeen 1:30:50. 20-24: 1. Luanne Park 1:18:03, 2. Laura Rinde 1:18:22, 3. Heike Skaden 1:19:10. 25-29: 1. Stephanie Gokbora 1:17:58, 2. Eileen Bickard 1:19:34, 3. Heidi Schar 1:19:59. 30-34: 1. Nancy Ditz 1:13:01, 2. Sharlet Gilbert 1:15:44, 3. Tina Kingery 1:16:31. 35-39: 1. Laurie Binder 1:13:13, 2. Gail Goetteilmann 1:27:26, 3. Peggy Smith 1:30:37. 40-44: 1. Gigi Luhtala 1:21:43, 2. Karen Lanterman 1:21:47, 3. Betsy Harshbarger 1:24:33. 45-49: 1. Heidi Skaden-Poysner 1:26:54. 50-54: 1. Catherine Grow 1:30:45, 2. Ruth Waters 1:34:27, 3. Marty Maricle 1:34:38. 55-59: 1. Ruth Anderson 1:31:24. 60-64: 1. Marjorie Lawson N.T.

## High Sierra T.C. 5 Mile

from Joe Herzog

January 26. Madera County.

#### Overall Results

1	Juan Molina (1/20-29)	25:25
2	Dave Lehman (2/20-29)	25:40
3	Pat Moss (1/30-34)	25:44
4	Steve Gilbert (3/20-29)	26:24
5	Greg McKinstry (4/20-29)	27:08
6	Sam Barraza (5/20-29)	27:17
7	Baldeman Betancourt (6/20-29)	27:26
8	Eddie Buehner (1/16-19)	27:32
9	Ken Martinez (2/16-19)	28:09
10	Adam Baron (7/20-29)	28:13
11	Marc Condos (8/20-29)	29:10
12	Gordon Keller (1/35-39)	29:15
13	Frank Ortega (1/40-44)	29:28
14	Rito Fuentes Jr. (2/30-34)	29:40
15	David Williams (3/30-34)	29:48
16	David Souza (3/16-19)	30:29
17	Mark Haymond (2/40-44)	31:07
18	Robert Rainwater (2/35-39)	31:09
19	Eric Johnson (4/16-19)	31:29
20	Tim Kahn (1/45-49)	31:45
40	Tone Nichols (1/20-29 F)	36:01
43	Harry Harder (1/60&O)	37:08
46	Rod Freeland (1/15&U)	38:07
56	Dorothy Thomas (1/50&O F)	41:04
58	Jill Vateriote (1/30-49 F)	41:56
69	Kathy Wright (1/19&U F)	54:54

## Converse 20K Championships

February 2. Sacramento.

#### Overall Results

1	Bill Donakowski (28) ConvWest	1:00:30
2	Fraser Clyne (29) Scotland	1:00:54
3	Rob Anex (25) CC Flyers	1:02:42
4	Tim Gruber (24) Ryan's RT	1:03:24
5	Don Paul (34) CC Flyers	1:03:33
6	Brian Maxwell (31) Tamalpa	1:04:09
7	Coty Pinckney (28)	1:04:10
8	David Chairez (25) CC Flyers	1:04:34
9	Dennis Kurtis (31) Ryan's RT	1:04:52
10	Mike Kriege (25) Aggies	1:04:54
35	Nancy Ditz (30F) Ryan's RT	1:13:02
36	Lauren Binder (37F) Adidas	1:13:13
47	Sharlet Gilbert (33F) Zephyr	1:15:44

#### Division Results - Men

18 & Under: 1. Eddie Balme 1:13:26, 2. Neal Brito 1:21:20, 3. Dave Ehrhardt 1:21:20. 20-24: 1. Tim Gruber 1:03:24, 2. Matt Gary 1:05:59, 3. Charles Case Jr., 1:10:16. 25-29: 1. Bill Donakowski

## Long Beach Marathon

by Richard Lee Slotkin

February 3. Long Beach.

Tim Varley had a race plan. He was going to let Ron Cornell take it out fast. He would hang back until Cornell had about a minute lead and then he would begin to work his way up. Cornell is notorious for his fast starts and sometimes not so fast finishes. The question was: Would he live up to his reputation? It was something of a gamble because last year he didn't do things that way and he wound up winning the race and qualifying for the Olympic Trials to boot.

Well, Varley guessed right. Cornell did go out fast. Like, a 4:45 first mile. He then proceeded to build up a lead that reached at least one hundred yards as he went through 2 miles in ten flat and 4 miles in 20:10. Meanwhile, Varley was biding his time. He had Chris Schallert of North Hollywood and a Trials qualifier, also, for company, along with fellow San Diegan Joe League and former winner of this race, Martti Kiihola. If Cornell started to falter, he'd have a lot of company in a hurry.

Cornell went through the 10K in about 31 minutes; nothing spectacular, but he still had the big lead. Then, 7 miles in 35 and some change and 8 miles in 40:40. At this point, he was starting to flatter.

By the 1 hour mark, just under 12 miles, Cornell had been reeled in. Varley and Schallert were in the lead, Kiihola, Cornell and League following.

From here on, the race was Varley's. As League, Kiihola and Cornell slipped further behind each mile, Varley was content to draft on Schallert. "... poor Chris! I really made him work today," Varley admitted later. Schallert had asked, at about 15 miles, "Why don't you lead for a while?"

"No. I'm happy right where I am," replied Varley.

So, that's how it went until the 20 mile mark. Schallert looked as though he were having a tough time of it anyway, ever since he and Varley passed Cornell. By 20 miles, Schallert was beginning to die, as he admitted later. Varley went on and quickly opened up a very big lead and no one got near him until he crossed the finish line in 2:14:54. Schallert struggled to hold on to second but with about a mile to go, Kiihola caught and passed him.

Schallert managed to make his lead over Cornell stick, but he finished in a state of collapse. He was hustled off to the medical station and ultimately given 2 bottles of intravenous solution. Apparently, it was a case of dehydration, but Schallert swore that he hit every water stop except the last one. "I've finished every race I've ever started," Schallert said. "I'll always finish. You can count on it." I guess so. If he could finish this one, he can finish any that he starts.

Anyway, it was a great win for Varley, who equaled the PR he set at Boston ... or so he said. We were unable to verify the exact numbers but we know it was within a minute. Looking as fresh as if he had run a ten mile workout, Varley recounted his strategy to reporters and smiled for photographers. He didn't want to run Cornell's race, he confided.

Everything worked out and he was quite pleased with the whole thing.

Now, Tim Varley is one of the good guys, ordinarily, from the media's point of view. He's friendly, open, honest and gives a good interview. But, Varley is a talker, even during the race. And he manages to leave a sour taste behind him among the runners, sometimes. Schallert related that when Varley saw Cornell beginning to come back, he said, "... that's the way I like to see him coming back. It makes me happy!" Then, when they got really close, he said to Schallert, "Let's go by him right away!" Which they did. But, Schallert felt that it was all part of the Psyche that Varley puts on. "I was

continued on next page...

# PR's

from Richard Lee Slotkins

No doubt about it, this month's PR-of-the-Month has to go to Patrick Devine. Now when a guy is 56, has been running for at least 8 or 9 years, and has been a top age group performer all along, he's just not going to be PRing anymore. But Devine doesn't stop. And now, his latest rabbit out of the hat is a 2:47:23 at the Long Beach Marathon. A 2:47 at the age of 56! I'm almost afraid to think of what he'll do next. One thing is for sure: when (not if) he does, you'll read about it here.

Larry Banuelos (STC) Paramount 10K	37:59.1
Rich Brownsberger (UCLA) Buick 10K, 1st place	28:55
Rich Brownsberger (UCLA) vs. Fresno St, SDSU, 2 mile, 1st	8:45:08
Patrick Devine (Hughes) Long Beach Marathon	2:47:23
Greg Hauser (SMTC) All Comers Meet, Mt. SAC, 800m	2:00.7
Debbie Hughes, Long Beach Marathon	3:52:00
Mark Junkerman (UCLA) Continental Homes 10K (= Jr.A.R.)	29:15
Mark Junkerman (UCLA) vs. Fresno St. & SDSU, Mile	4:05.2
Jerry Marsh (UCLA) vs. Fresno St. & SDSU, 2 mile	8:53.67
Joe Hitti (UCLA) vs. Fresno St & SDSU, 2 mile	9:01.07
Joe Hitti (UCLA) vs. Azusa Pacific, CS Bakersfield, CSULB, 2 mile	8:57.02
Jim Ortiz (UCLA) vs. Fresno St & SDSU, Mile	4:08.5
Louis Pinon (Thom) Long Beach Marathon	2:24:25
Louis Pinon (Thom) Superbowl Sunday 10K	30:55
Lisa Plowman, Long Beach Marathon	*3:48:33
Chris Schallert (Runners Sole) Superbowl Sunday 10K	29:34
Camli Slotkin (Granada Hills HS) vs. Dorsey, 2 mile	*17:09
David Souza (Yosemite HS) Long Beach Marathon	*3:46:21
Harolene Walters, Orange Spring Games 10K	38:01
Wendy Watson, Long Beach Marathon	3:09:20

\* = 1st time at distance

#### SPRINTS

Valerie Brisco-Hooks (World Class) TAC Indoor Champs., 220y (H) 1, W.B.	23.08
Valerie Brisco-Hooks (World Class) TAC Indoor Champs., 220y (F) 1st W.B.	22.95
Alice Brown (World Class) TAC Indoor Champs., 60y, 1st	8.56
Diane Dixon (Atoms) TAC Indoor Champs., 440y(H) 1st W.B.	52.77
Diane Dixon (Atoms) TAC Indoor Champs., 440y(F) 1st W.B.	52.20
Greg Foster (World Class) TAC Indoor Champs., 60y (H) 1st M.R.	6.85

#### FIELD EVENTS

John Frazier (UCLA) vs. Fresno St & SDSU, HT	190-2
John Frazier (UCLA) vs. AZ.Pac, C.S. Bakersf., CSULB, HT	194-4
Mike Johnson (UCLA) vs. Fresno St & SDSU, PV	16-6
Viktor Nehring (UCLA) vs. Fresno St & SDSU, HJ	7-0
Duane Washington (UCLA) vs. Fresno St & SDSU, TJ	52-8 1/2
Kevin Young (UCLA) vs. Fresno St & SDSU, TJ	48-11

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name \_\_\_\_\_

Event \_\_\_\_\_

Mark \_\_\_\_\_ Club/School \_\_\_\_\_

Check if first time







## Best Marks List

As of March 19



Photo by Jim Reynolds

Two of Fresno State's PCAA stars in the UCLA dual (from left): Eric Reynolds (UCLA), Peter Brett (FSU), Mark Junkermann (UCLA), and Gary Gonzales (FSU).

### 100 Meters (NCAA-10.33 FAT, 9.9 MT)

Jeremiah Wheeler, FSU	10.43
Rick Jones, FSU	10.49
Sam Chance, FSU	10.69
Reggie Grimes, SJS	10.69
Sandy Combs, UCSB	10.5mt
Sherman Jones, SJS	10.81
Selwyn Clark, UCI	10.8mt
Wayne Lorch, UCSB	10.7mt

### 200 Meters (20.73 FAT, 20.3 MT)

Sandy Combs, UCSB	21.1mt
Rick Jones, FSU	21.55
Frank Robinson, SJS	21.56
Reggie Grimes, SJS	21.59
Tony Sanders, FSU	21.98
Sherman Jones, SJS	22.10
Mark Malcolm, UCSB	21.8mt
Kyle Jones, FSU	24.18

### 400 Meters (46.20 FAT, 45.7 MT)

Craig Armstrong, SJS	46.92
Jack Armour, FSU	47.31
Robin Johnson, FSU	47.28
Larry Walker, FSU	48.24
Chris Prietto, UCI	48.3mt
Jerome Dawson, SJS	49.34
Mike Norville, UCSB	50.5mt

### 800 Meters (1:48.11 FAT, 1:47.7 MT)

Jeff Roberson, FSU	1:50.49
Gary Lewis, FSU	1:50.69
Jack Armour, FSU	1:51.72
Ed Tucker, SJS	1:53.12
Mark Guest, UCI	1:53.8mt
Derek Turner, UCSB	1:55.2mt
Ronnie Green, SJS	1:55.61
Shawn Gillis, UCI	1:55.3mt

### 1500 Meters (3:42.54 FAT, 3:42.2 MT)

Steve Fairman, FSU	3:54.14
Gary Gonzales, FSU	3:54.32
Rich Masino, SJS *	3:54.77
Greg Rafijah, UCI	3:54.6mt
Derek Turner, UCSB	3:55.6mt
Brendan Hewitt, FSU	3:55.87
Sean Evans, UCI	3:56.9mt
Jerry Martin, SJS	3:57.47

### 3000m Steeplechase (8:45.50 FAT)

Peter Brett, FSU	9:02.02
Rusty Knowles, UCI	9:17.2mt
Robert Sibley, UCI	9:33.0mt
Andy Ream, SJS	9:36.92
Gunnar Birgisson, SJS	9:42.05
Dave Lawler, UCSB	9:42.0mt
Peter Weinerth, UCSB	9:51.8mt
Ken Martinez, FSU	9:54.67

### 5000 Meters (13:57.20 FAT, 13:56.8 MT)

Dan Gonzales, SJS	14:15.06
Dave Lehrman, FSU	14:29.24
Sean Evans, UCI	14:35.8mt
Rick Dodson, UCI	14:37.8mt
J.P. Hall, UCI	14:43.5mt
Steve Fairman, FSU	14:51.21
Sam Pinuelas, UCSB	14:51.3mt
Peter Brett, FSU	14:54.67

### 400 Meter Relay (40.00 FAT, 39.6 MT)

San Jose State	*39.83
UC Irvine	41.6mt
UC Santa Barbara	41.7mt

### 110 High Hurdles (13.88 FAT, 13.5 MT)

Elliot White, UCSB	14.1mt
Robert Thompson, UCSB	14.3mt
Todd Funk, UCI	14.6mt
Todd Andrews, UCI	14.7mt
Ed Richards, SJS	15.38
Dave Crume, FSU	15.2mt
Carl Jackson, SJS	15.71

### 400 Int.Hurdles (50.98 FAT, 50.5 MT)

Roger Paranze, FSU	53.04
Robert Thompson, UCSB	54.2mt
Steve Dealey, UCSB	56.9mt
Matt Dana, FSU	58.00
Mike Payseno, FSU	1:02.05

### 1600 Meter Relay (3:05.90 FAT, 3:05.5 MT)

San Jose State	3:10.60
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### Mile Relay (3:07.00 FAT, 3:06.8 MT)

San Jose State	3:20.6mt
UC Santa Barbara	3:20.6mt

### Triple Jump (52-8)

Cornell Archie, FSU	51-5
Larry Weldon, SJS	48-6
Clint Williams, FSU	48-2 1/4
Sandy Combs, UCSB	47-4 1/4
Todd Funk, UCI	43-7 1/2
Darren Singer, UCSB	43-2 3/4
Jeff Rossman, SJS	43-0
John Wagoner, UCI	42-3 3/4

### Shot Put (61-0)

Jim Doehring, SJS	* +66-2 1/2
Dennis DewSoto, SJS	57-0 1/4
John Bender, FSU	56-9 1/4
Machan Littleton, FSU	53-0 1/4
Paul Bender, FSU	49-3 1/2
Mike Wilmer, UCSB	44-7
Todd Funk, UCI	40-2 1/2
John Zehnder, UCI	35-0 1/4

### Hammer (197-0)

Kjell Bystedt, SJS	*231-10
Fred Schumacher, SJS	*217-8
Machan Littleton, FSU	*208-10
Eric Roth, FSU	176-0
Mike Wilmer, UCSB	175-7
Scott von Ratibor, FSU	144-2
John Caruso, UCI	97-7

### High Jump (7-3 1/2)

Dave Crume, FSU	6-10
Mark Thompson, FSU	6-10
Greg Norman, SJS	6-10
Dave Wicker, UCSB	6-10
Dave Welsh, UCSB	6-10
Doug Dreibeibis, UCSB	6-10

### Long Jump (25-8 1/2)

Chuck Dounley, FSU	24-4
Larry Weldon, SJS	24-0 1/4
Dave Crume, FSU	23-3 1/2
Clint Williams, FSU	23-0 1/4
Todd Funk, UCI	22-3 1/4
Jeff Rossman, SJS	21-9 1/2
Joe Condo, UCI	21-8 1/4
Craig Yager, UCSB	20-8 1/4

### Discus (190-0)

Paul Bender, FSU	* +205-0
Steve Struble, SJS	178-9
Jim Doehring, SJS	167-7
Mike Wilmer, UCSB	167-2
Dennis DeSoto, SJS	164-8
Fred Schumacher, SJS	161-6
Jeff Lutz, FSU	161-2
Todd Funk, UCI	133-1

### Pole Vault (17-4)

Doug Fraley, FSU	*17-8
Mark Heppner, FSU	16-6
Dave Crume, FSU	15-6
Dan Besmer, SJS	15-0
Ben Mahoney, UCSB	14-6
Todd Funk, UCI	14-0

### Javelin (248-6)

Tom McGraw, SJS	219-8
Kevin Mikalido, FSU	204-10
George McGlynn, UCSB	190-9
Evan Bowen, UCSB	189-8
Dave Sweeney, FSU	185-3
John Caruso, UCI	183-5
Todd Funk, UCI	182-1
Dave Crume, FSU	180-0

\* NCAA Qualifier  
+ PCAA Record

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"...it initiates a running pattern in excess of traditional range of motion, and decreases forces resisting running, allowing athletes to run faster than they are capable of running." Kevin White Track Coach, Southeast Missouri State\*

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Coaches have this to say about resistance training:

"Resistance training is an effective method of imposing an artificial load on the running action." Kevin White, Track Coach, Southeast Missouri State\*

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