

APRIL 1987

Napa Valley Marat

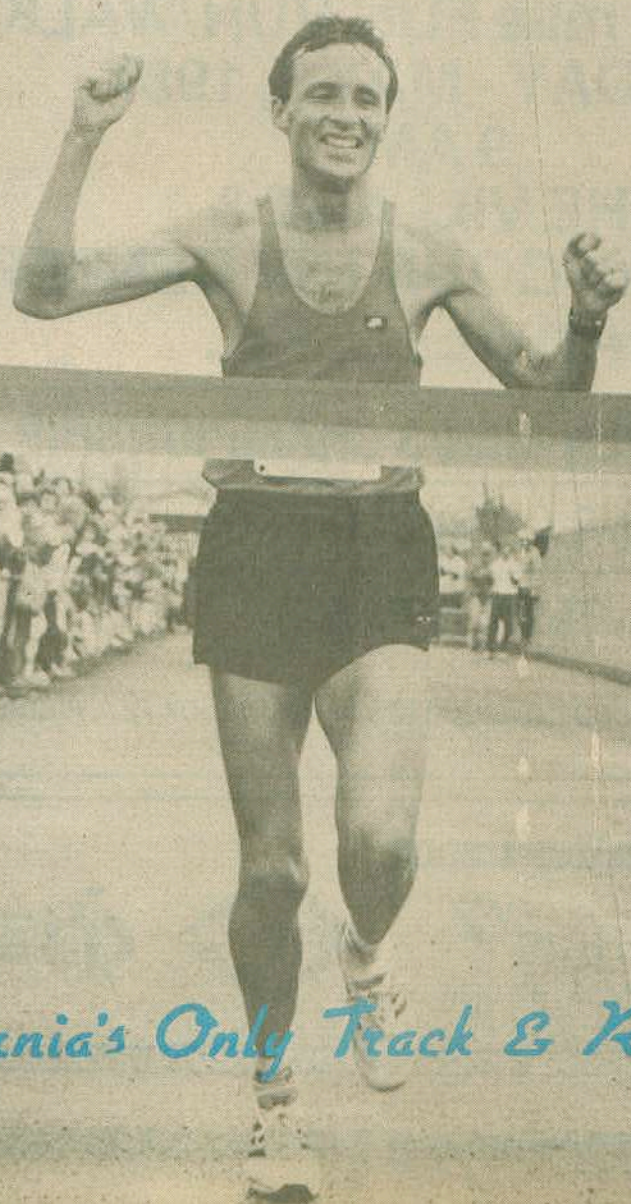
ISSUE NO. 124



CALIFORNIA

Track & Running News

Calistoga Sparkling Mineral Water



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California's Only Track & Running Publication

13th Year

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Devil Mountain Run

**10th ANNUAL 10K and
NEW 2.8 mile FUN RUN/WALK
SUNDAY - MAY 3, 1987**

9 AM

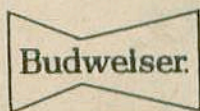
**THE VILLAGE &
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MEMBER OF RUNNING USA

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ON THE COVER: Dick Beardsley, the second fastest marathoner of all time (2:08:53) makes his mark in California, winning the March 8, Napa Valley Marathon in 2:16:20. See page 47 for story and results.

photo by Kenneth Lee

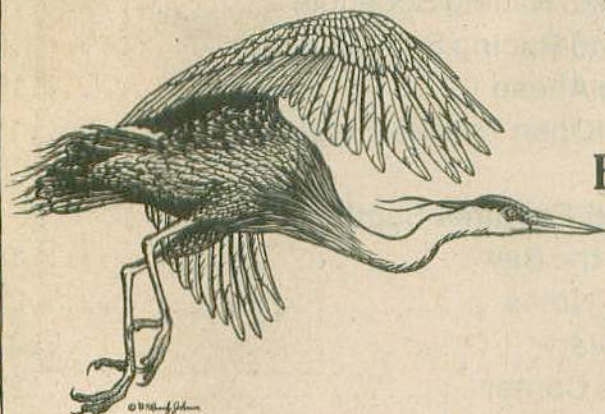
Savings Bank OF MENDOCINO COUNTY

PRESENTS

Member FDIC

Russian River Run

A BENEFIT FOR THE UKIAH COMMUNITY CENTER



MARATHON

8K RUN

LDR Pacific TAC Championship Race
for 1987

HALF-MARATHON

8K WALK

SUNDAY, JUNE 7, 1987

6:00 a.m. Start for Marathon and Half-Marathon

8:00 a.m. Start for 8K Run & Walk

The Russian River Run course meanders through the vineyards and pear orchards along Eastside Road, between Ukiah and Hopland in beautiful Mendocino County. The start/finish line and staging area is located 2 miles southeast of Ukiah at 2600 Eastside Road in Talmage (take Talmage exit off Hiway 101).

Certificates will be given to all finishers and awards to the first, second and third place winners in all divisions. Gift certificates from Etonic shoes go to first place winner in each race. 8K run carries prize money for individuals and clubs; all money winners must be TAC members.

All races are certified and sanctioned. For more information, contact Race Director Steven Prochter at (707) 463-2437 or Race Coordinator Anne Veno at (707) 462-8879.

RUSSIAN RIVER RUN APPLICATION FORM

Return to: P.O. Box 204 • Ukiah, CA 95482

BUD LIGHT

NAME _____ BIRTHDATE _____

ADDRESS _____ MALE _____ FEMALE _____

CITY/STATE/ZIP _____ AREA CODE/PHONE _____

TAC # _____ TEAM/CLUB NAME _____

CHECK RACE ENTERING: FULL MARATHON HALF MARATHON 8K RUN 8K WALK

CHECK FEES (non-refundable):

- \$5 Run or Walk only
- \$12 Run/T-Shirt (Circle Size: S M L XL)
- \$8 Run only (after May 18)
- \$14 Run/T-Shirt (after May 18)
(Circle Size: S M L XL)

- \$5 Adult pre-race dinner ticket
- \$2 Child (12 & under) dinner
- \$10 Camping reservations (3 nights)
- \$8 each additional '87 race T-Shirt

TOTAL ENCLOSED \$ _____

Payable to Russian River Run

In consideration of your accepting my entry, I, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims for damages I may accrue against the Ukiah Community Center, County of Mendocino, their representatives, successors, sponsors, and assigns for any and all injury arising from my participation in the 9th Annual Russian River Run on June 7, 1987. I attest and verify that I am physically fit and have sufficiently trained to safely complete the race I have entered here.

SIGNATURE OF RUNNER OR PARENT/GUARDIAN (IF UNDER 18 YEARS)

DATE

Schedule

By JACK LEYDIG

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

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

Road Racing

April 4 (Saturday):

San Francisco: Message to Garcia 10K & 1 Mile Fun Run, S.F. Presidio, 7:30 am/1 mile, 8 am/10K. Army Days, Attn: John Ramsay, HQ Sixth Army, Presidio of San Francisco 94129. (415) 561-6230.

San Francisco: St. Ignatius Alumni Run, 2.3 & 7.3 mile, St. Ignatius High School, 8 am. Al Clifford, 1965 Market St., San Francisco 94103. (415) 532-1006.

Brisbane: San Bruno Mountain Wildflower Run, 10K (trails), Guadalupe Canyon Pkwy (near Park entrance), 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803-0963. (415) 841-1190.

Morgan Hill: AAUW Wildflower Run, 2K, 5K & 10K (Women Only), Live Oak High School, 1505 E. Main St., 9 am. AAUW Wildflower Run, P.O. Box 451, Morgan Hill 95037. (408) 779-8837, Elena.

San Jose: Spartan Breakaway, 3 & 10K, Hellyer Park (by lake), 9 am/10K, 9:05 am/3K. Human Performance Dept., San Jose State Univ., San Jose 95192. (408) 277-3134.

Sacramento: Dragon Run, 8K, south Sacramento (location TBA), 9 am. Curtis Namba (916) 443-7398.

Eureka: Masters 10K (40 & over only), Redwood Acres, time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521.

Fresno: Run for Relief, 10K race and 2 mile prediction run, Fresno Pacific College (Steinert Field), 6:30 am. Run for Relief, P.O. Box 6103, Fresno 93703. (209) 255-4904.

Downey: Downey Optimist Club 10K Run, Rancho Los Amigos Hospital (Imperial & River School Rd.), 8 am. Downey Optimist Club, P.O. Box 831, Downey 90241. (213) 927-7764.

Fontana: Fontana Days 5K & Half Marathon, City Hall, 8:15 am/Half, 8:40 am/5K. Fontana Parks & Recreation, P.O. Box 518, Fontana 92335. Kit Ledbetter (714) 350-7635.

Coronado: Coronado Bunny Hop 5K, 7th & Orange, 7:30 am. Info: Peggy Price (619) 437-4556.

April 5 (Sunday):

Sausalito: Houlihan's to Houlihan's, 12K, Sausalito to San Francisco, 8 am. Rhody Co. Productions, 805 Lake St., #3, San Francisco 94118. (415) 387-2178.

Modesto: Modesto Marathon & Half Marathon. West Campus Industrial Park, 7:30 am. Joann Amundson, Shadowcase Running Club, P.O. Box 3605, Modesto 95352. (209) 527-6117.

Daly City: DSE Daly City Scenic Run, 6.8 mile, Colma School (East Market), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Pleasant Hill: Pleasant Hill Community Challenge Run, 5 & 10K, College Park H.S. (201 Viking Dr.), 8:30 am. Pleasant Hill Recreation & Park District, 320 Civic Dr., Pleasant Hill 94523. (415) 676-5200.

Palo Alto: Spring Forward Run, 5 & 10K, Gunn High School, time TBA. Tom Osborne (415) 329-2342.

Napa: Run to Literacy, 5K and 1 mile, Napa City/County Library, 9 am. Project Upgrade, 1150 Division St., Napa 94559. (707) 253-4283.

Oakland: Misty Redwood Run, 7.6 mile, Redwood Regional Park (Canyon Meadow), 9 am. American Lung Association, 295 - 27th St., Oakland 94612. (415) 893-5474.

San Mateo: Library Run, 5K, San Mateo Public Library (55 W. Third Ave.), 8 am. Jean Crispieri, 55 W. Third Ave., San Mateo 94402. (415) 377-4685.

San Luis Obispo: Cuesta-Spirit 50K Biathlon, 10K run, 40K bike, Cuesta College, 8 am. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403-8106. (805) 544-2943.

Upland: Community Health Connection 5 & 10K, Upland Memorial Park, 8 am. San Antonio Community Hospital, 999 San Bernardino Rd., Upland 91786. (714) 985-2811, x2162.

South El Monte: 5K San Gabriel River Bike Trail Run, Legg Lake (Whittier Narrows), 5 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Columbus, OH: National TAC Masters 50 Mile Championships, time TBA. John White, 4865 Arthur Pl., Columbus, OH 43220. (614) 424-7011.



Merced: Indian Gulch 5 & 10 Mile, 8 am. David M. Olsen, P.O. Box 3275, Merced 95340. (209) 723-6579, home or (209) 384-6290, work.

El Dorado Hills: Mother Lode Biathlon, 10K Run, 30M Bike, time TBA. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338.

Sebastopol: Apple Juice Run, 10 & 2 mile, Analy High School (track), 9 am. Ken Silvera, P.O. Box 178, Sebastopol 95472. (707) 823-3032.

San Francisco: Welcome Home (a sports event to benefit homeless families... walk, run, skate, bike from neighborhoods all over S.F.), time TBA. Judy Auda, 1787 Sanchez St., San Francisco 94131. (415) 826-0415.

Ojai: Ojai 10K, Sarazotti Park, 8:30 am. Info: (805) 643-1104.

Moorpark: Moorpark 5K Run, Town Center Mall (Los Angeles Ave. & Moorpark Ave.), 8 a.m. Centruy 21/Valenza Realty, 421 Moorpark Ave., Moorpark 93021. (805) 529-0032.

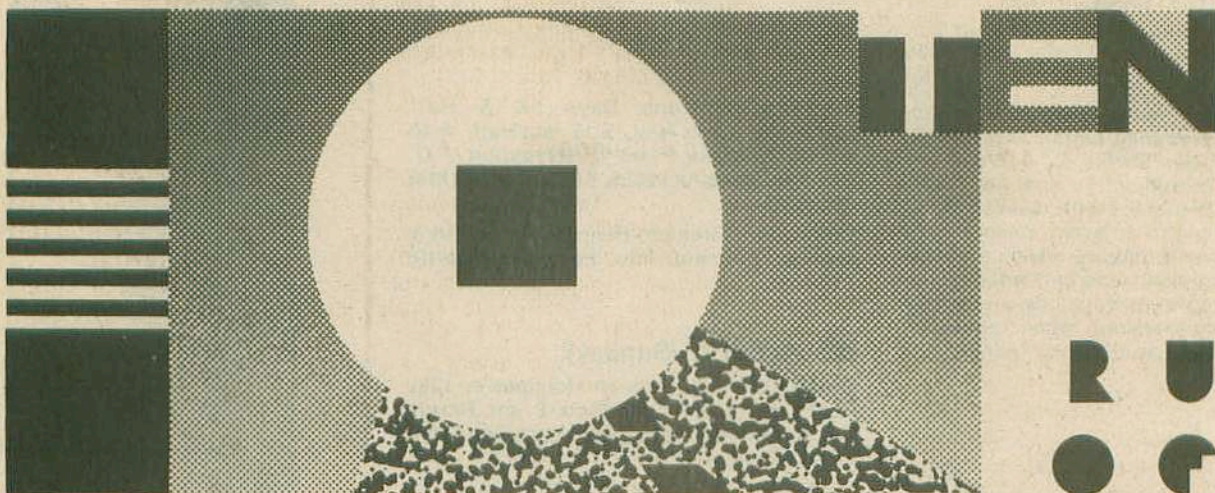
Solvang: The Club 8K (& 5K walk), 2028 Village Ln., 9 am. The Club, Box 1134, Solvang 93463. (805) 688-1292.

Orange: Round Orange 5 & 10K (& 1 mile), Peralta Jr. high School, 7:30 am/5K, 8:30 am/10K, 9:30 am/1 mile. Orangewood Children's Foundation, 3400 Irvine Ave., #108, Newport Beach 92660. (714) 756-8935 or (619) 483-9501.

Victorville: RADD 5/10K, Victor Valley High School, 9:30 am. Victor Valley High School, 16600 Mojave Dr., Victorville 92392. (619) 246-4205.

Lakeside: 4H Fair 10K, Main & Maplevue, 7:30 am. Info: Gloria Chadwick (619) 437-4667.

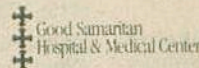
CASCADE



10 YEARS RUNNING

The Cascade Run Off, Portland's 15-kilometer race. A Pacific Northwest tradition for road runners world wide. Be a part of it Sunday, June 28, 9 a.m. and celebrate a decade of going the distance.

Field limited. Selected from entries received by May 15.
 Mail to: Cascade Run Off
 P.O. Box 40228
 Portland, OR 97240
 Deadline: May 15, 5 pm



CT

LAST NAME										FIRST NAME										INITIAL	FOR OFFICIAL USE					
AGE ON RACE DAY										DATE OF BIRTH				SEX		WHEEL-CHAIR		Area Code		DAYTIME PHONE				ESTIMATED FINISH TIME		(Required to complete entry)
Month	Day	Year	Male	Female	Chair	Area	Code	HR	MIN	SEC																
MAILING ADDRESS										CITY										STATE		ZIP				

RELEASE

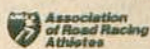
In consideration of your acceptance of this race entry, I, for myself, my heirs, executors, administrators and assigns, forever waive, release and discharge any and all rights, demands, claims for damages and causes of suit or action, known or unknown, that I may have against the Cascade Run Off, the City of Portland and any and all participating race sponsors and supporters and the directors, officers, employees and agents of such parties for any and all injuries in any manner arising or resulting from my participation in said race. I attest and verify that I have full knowledge of the risks involved in this race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of accident, illness or other incapacity regardless of whether I have authorized such expenses and that I am physically fit and sufficiently trained to participate in this race. I grant permission to any and all of the foregoing to free use of my name, voice and/or likeness in any broadcast, telecast, advertising and/or promotion related to this event or future Cascade Run Off races.

Signature _____

Date _____

Signature of parent/guardian if runner is under 18 _____

\$10 entry fee enclosed ENTRY DEADLINE: 5pm Friday May 15 MAIL TO: Cascade Run Off, P.O. Box 40228, Portland, Oregon 97240



□ Schedule

■ April 11 (Saturday):

Medford, Oregon: Pear Blossom Run, 20K & 2 mile fun run, 8 am/2 mile, 8:45 am/20K. Pear Blossom Run, P.O. Box 146, Medford, OR 97501. (503) 772-6293.

San Francisco: DSE Peak Buster Benefit, Lake Merced (single loop), 4.6 mile, Sunset Circle Parking Lot, 5 pm. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Stanford: NBA Challenge for Charly, 10K, Stanford Stadium, 8:30 am. Steve Zuckerman, c/o Stanford GSB, Stanford Univ., Stanford 94305.

San Mateo: April Showers Run, 5K, Coyote Point Park, 9 am. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

San Francisco: Run for Choice, 5K, Golden Gate Park (South Parking Lot, Polo Fields), 10 am. Nat'l Organization for Women, 3543 -18th St., San Francisco 94110. (415) 861-8880.

Martinez: "Packrat Triathlon," 10K run, 32 mile bike, 5.5 mile backpack, Reliez Valley Rd., Alhambra Creek Valley Staging Area (Briones Regional Park), 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Hornitos: Indian Gulch to Hornitos Run, 5 & 10 Mile, 8:30 am (check-in at Hornitos no later than 7:30 am for drive to start), 300 runner limit. Merced T.C., Indian Gulch Run, 685 Columbia Ave., Merced 95340. (209) 383-5539, Charlie Rodgers.

Firebaugh: Firebaugh-Mendota Rotary River Run, 1, 3 & 6 mile, Firebaugh High School (football stadium), 8:30 am. Ronald Sanl, 2107 N. Harrison, Fresno 93704. (209) 233-0009.

South El Monte: 4 Mile San Gabriel River Bike Trail Run, Legg Lake (Whittier Narrows), 5 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Oxnard: Oxnard Spring Triathlon, distance TBA, 8 am. Info: Rob (805) 984-4641.

Seal Beach: Seal Beach 10K, Marina Community Center (211 Marina Dr.), 8 am. A Running Experience, P.O. Box 3209, Long Beach 90803. (213) 439-6875.

Duarte: City of Duarte Bud Light 2K, 5K & 10K Runs for Fitness, Royal Oaks Elem. School, 8 am/2K, 8:30 am 5 & 10K. Duarte Parks & Recr. Dept., 1600 Huntington Dr., Duarte 91010. (818) 357-7931.

Covina: Celebrate the 50's & 60's 5K Run, Covina Park, 8 am. Fran Delach, City of Covina, 125 E. College St., Covina 91723-2199. (818) 331-0111.

San Diego: Fastest Masters 10K, Fiesta Island, 7:30 am. Dale Larrabee (619) 234-3054.

Baja California: San Felipe Triathlon, 1 mile swim, 25 mile bike, 10K run, time TBA. Monday International, P.O. Box 99120, San Diego 92109. (619) 275-1384.

Bakersfield: Mighty Mini Triathlon, 600 yd. swim, 10 mile bike, 5K run, 8:30 am. Cal State Bakersfield. Mighty Mini, CSB Alumni Assocl, 9001 Stockdale Hwy., Bakersfield 93311-1099. (805) 833-2136, Tara.

■ April 12 (Sunday):

Sacramento: American River 50 Mile, Sacramento State, 7 am. Nancy Marsh, Fleet Feet (916) 783-4558.

Novato: Indian Valley Cross Country Run, 5 mile, Indian Valley College, 9 am. Novato Parks & Recr. Dept., 917 Sherman Ave., Novato 94947. (415) 897-4323.

Oakland: Skyline X-Country Boosters 5 & 10K, Lake Merritt (Sailboat House, 568 Bellvue), 9 am. Searcy Barnett, Skyline High X-Country, P.O. Box 6635, Oakland 94603. (415) 568-0522.

Salinas: Run for Breath, 1 mile & 10K, Northridge Mall, 8:45 am/1 mile, 9 am/10K. Lance Almond, P.O. Box 1851, Gonzales 93926. (408) 758-2781.

Livermore: Livermore Fitness Day, 5 & 10K, The Barn (Pacific Ave.), 8:30 am/5K, 8:45 am/10K. LARPD, 71 Trevarno, Livermore 94550. (415) 447-7300.

Hayward: Run for Excellence, 5 & 10K, Southgate Park (Calaroga Ave. near Skokie Ln.), 9 am. Brian Low, Hayward Education Fund, 1290 "B" St., #314, Hayward 94541. (415) 582-0608.

Squaw Valley: Sierra Mountain Race & Relay Triathlon, 10K X-C Ski, 10K Run, 10K Bike, 10 am. Bill Jensen, SMR, P.O. Box 7045, Tahoe City 95730. (916) 583-2264.

Arcata: Hunt Loop, 1.6 & 7.2 mile, Redwood Park, 1 pm/1.6, 1:45 pm/7.2. Six Rivers RC, P.O. Box 214, Arcata 95521.

Bonelli Park: Western States Offroad Biathlon Championships No. 2, 5K run, 20K bike, 5K run. Los Angeles Triathlon Organizing Committee, 2564 E. Garvey Ave., W. Covina 91791. (818) 331-0169.

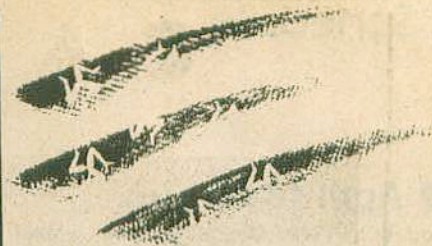
Woodland Hills: Run for The Arts, 5 & 10K, 21555 Oxnard St., 8 am/5K, 8:30 am/10K. Race Central, P.O. Box 828, Rialto 92376.

San Luis Obispo: Fantastic Sam's 5K Run, Meadow Park, 8:30 am. Fantastic Sam's, 1115 Santa Rosa St., San Luis Obispo 93401.

Santa Barbara: McDonald's Santa Barbara Biathlon for Muscular Dystrophy, (short race: 5K run, 10 mile bike, 5K run; long race: 10K run, 20 mile bike, 10K run), 8:30 am. MDA, 800 Garden St., Santa Barbara 93101. (805) 964-0296.

Santa Monica: Santa Monica Pier 5 & 10K, Santa Monica Civic Auditorium, 8 am. Santa Monica Parks & Recr., 1685 Main St., Rm. 210, Santa Monica 90401. (213) 458-8311.

Del Mar: 10K Run for MDA (& 1 mile), Del Mar Track, 7:30 am. Info: Steve Phillips (619) 584-2484.



*Redding East
Rotary Stampede*

6 Mile & 2 Mile Run/Walk

Saturday, May 16, 1987

6 mi. and 2 mi. races begin at 8:30 a.m.
2 mi. walk begins at 8:15 a.m.

Both courses start just west of the center of Redding and follow a path of rolling-to-flat terrain onto the Rodeo Week Parade route. The end of the race will be lined with approximately 30,000 spectators for the parade, which will immediately follow the race. Splits will be called at 1, 3 and 5 miles.

Spaghetti Dinner with guest speaker Harry C. Cordellos will be held on May 15 at 6:30 p.m., \$5 per person, reservations required.

Final results of the race will be mailed to each runner within 10 days after the finish of the race.

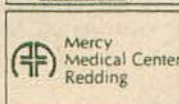
This race will be limited to the first 2000 applicants.

For an Entry Blank, write to:



Rotary Stampede
1524 East St.
Redding, CA 96001

Or call, Tony Johnson (916) 244-4980, evenings: 243-5474.



□ Schedule

■ April 18 (Saturday):

Mountain View: Shoreline Park 5-Miler, Shoreline Park (Stierlin Rd. north off Hwy 101), 9 am. Norman Shaskey, 600 Rainbow Dr., Suite 166, Mountain View 94041. (415) 964-6367.

Pinole: Triple Crown I — Conestoga Wagon 10K (& Pinole Running Fair 1 Mile & 5K), Ellerhorst School (Pinole Valley Rd.), 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190. *Note: top male/female of 3 races wins 3-day/2-night trip to Boston, New York or Honolulu Marathon...lowest combined times from 3 races determines winners.*

Marin Headlands: Golden Gate Headlands Marathon & Half Marathon, Rodeo Valley (trail race within GGNRA), 8 am. G.G.T.R.A., Box 5026, Larkspur Landing 94939. (415) 388-0601.

Treasure Island/S.F.: Nimitz Run, 5 & 10K, Treasure Island (in S.F. Bay between Oakland and San Francisco), 8:30 am. Robert Lawton, Naval Science, #25 Callaghan Hall, Univ. of California, Berkeley 94720. (415) 642-3551.

Columbia: Old Mill Run, 2 mile & 10K, Columbia State Historic Park (Main St.), 8 am/2 mile, 8 am/10K. Leon Casas, Jr., Tuolumne County Recr. Dept., 43 N. Green St., Sonora 95370. (209) 533-5663.

Coarsegold: The Original Foothill Footrace, 2 mile & 10K, Yosemite Lakes Park Clubhouse, 8 am. Stan Cooper, 39980 Lilley Mountain Dr., Coarsegold 93614. (209) 658-7286.

Reedley: Easter Run, 5 & 10K and 1 mile "Bunny Run," Pioneer Park, 8 am/5 & 10K, 9:30 am/1 mile. Reedley Parks & Recreation, 100 N. East Ave., Reedley 93654. (209) 638-6881, x267.

Bear Valley: Bear Valley Nordic Triathlon, 10K X-C Ski, 10K Run, 10K Bike, 10 am. Race Director, P.O. Box 5207, Bear Valley 95223. (209) 753-2834.

Porterville: Springville Sierra 10K Run, Costa Twin Lakes (33221 Globe Dr.), 8 am. Porterville Jaycees, c/o Robert Gillett, 418 W. Putnam Ave., Porterville 93257. (209) 784-4063.

Atascadero: April Showers 5K, time TBA. Atascadero Recreation Dept., P.O. Box 747, Atascadero 93423. (805) 466-8000, x123.

South El Monte: 5K San Gabriel River Bike Trail Run, Legg Lake (Whittier Narrows), 5:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Las Vegas, NV: Tropicana/Las Vegas Easter Run, 2 mile, half marathon & marathon, time TBA. Thomas Sports Ent., 8755 Grandola Dr., Las Vegas, NV 89103. (702) 638-2885.

Sonora: Old Mill Run, 10K & 2 mile, Columbia State Hist. Park (4 miles north of Sonora), 8 am/2 mile, 9 am/10K. Leon Casas, Tuolumne County Recr. Dept., 43 N. Green St., Sonora 95370. (209) 533-5663.

Lodi: YMCA Spring Out II, 5 & 10K, Mickle Grove Park, 9 am. Gary Vangen, 640 N. Center St., Stockton 95202. (209) 466-9603.

Tustin: Run for Sobriety, 5 & 10K, 8:40 am. Pro-Motion Events, P.O. Box 7000-470, Redondo Beach 90277. (213) 374-8990.

Ventura: Penguin 10K & 2 Mile Fun Run, San Buenaventura State Beach Park, 8 am. Steve Cruz, 411 Burnham, Oak View 93023. (805) 649-2606.

San Diego: YMCA/Breakers 10 Mile & 5K, Mission Beach, 7 am. Info: Roger Martin (619) 232-7451.

■ April 19 (Sunday):

San Francisco: DSE Easter Sunday Egg Run, 3 mile, Mt. Davidson (Riordan High School, 175 Phelan Ave.), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

San Francisco: Kimochi Cherry Blossom Run, 5 mile, Golden Gate Park (41st Ave. & South Dr.), 8 am. Kimochi, 1581 Webster St., #10, San Francisco 94115. (415) 931-2294.

Fresno: Easter Celebration Jog, 3 mile run, 2 mile jog, 1 mile walk. Woodward Park, starts at Sunrise. *Free Entry.* Bill Cockerham (209) 255-4904.

Westlake Village: Easter Four Mile Run, Westlake Elem. School, 9 am. *No Pre-Entry.* Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

■ April 20 (Monday):

Hopkinton, Massachusetts: Boston Marathon, 12 noon. *New qualifying times: Men/Women: Open - 3:00/3:30, 40-49 - 3:10/3:40, 50-59 - 3:20/3:50, 60-Plus - 4:00 both sexes. BAA, 17 Main St. Hopkinton, MA 01748. (617) 435-6905.*

■ April 25 (Saturday):

San Francisco: Ruth Anderson 100K, Lake Merced (Sunset Parking Lot), 6 am. *No Raceday Registration.* Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

Sacramento: American River Relays, 3 person teams (5K-5K-10K), time TBA, Ray Tretheway, 520 Garden Hwy, Sacramento 95833. (916) 925-2449.

San Francisco: Stroh's Liberty Run, 2 & 10K, Golden Gate Park (Polo Fields). **CANCELLED.**

Stockton: Asparagus Festival Fun Run, 3 mile, Oak Grove Regional Park, 10 am. *600 limit.* Stockton Asparagus Festival, 4203 Coronado, Suite 1, Stockton 952204. (209) 943-7684.

Eureka: Rhododendron Festival Run, 2 mile & 10K, Eureka Mall, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521.

Morro Bay: Embarcadero 10K, time TBA. Morro Bay Recr. Dept., 595 Harbor St., Morro Bay 93442. (805) 772-1214, x229.

Coarsegold: Rattlesnake Run, 6 mile (hilly dirt roads, tough!), in Sierra foothills, 8 am. *100 limit.* Ron Thiesen, P.O. Box 191, Coarsegold 93614. (209) 868-9368.

South Pasadena: Road Runner Classic, 1K, 5K & 10K, YMCA (Oak & Garfield), 8 am. YMCA, 1605 Garfield Ave., So. Pasadena 91030. (818) 799-9119.

Quartz Hill: Aces "Run for Dough" 5 & 10K, Lane Park, 9 am. Santa Clarita Runners, P.O. Box 481, Newhall 91321. (805) 298-9268.

Laguna Beach: Schoolpower 10K, 7:30 am. Attn: Sandy, Schoolpower, P.O. Box 19, Laguna Beach 92652. (714) 494-6811.

Palos Verdes Peninsula: Palos Verdes Library 10K (& 3K Walk), Courtyard Mall (550 Deep Valley Dr.), 8 am. Marcia Howard, Carriage Realty, 430 Silver Spur, Suite 202, Palos Verdes Peninsula 90274. (213) 377-7225.

Winters: Winters Youth Day Fun Run, 5 & 10K & 1 mile fun run, Winters Community Ctr. (Main & Railroad), 7:45 am/1 mile, 8 am/5 & 10K. Steve Baker, 203 Anderson Ave., Winters 95694. (916) 795-4256.

Martinez: Briones Biathlon, 6.5 mile run & 20 mile bike, Briones Regional Park (Bear Creek Entrance), 8 am. *Tough Hill Event!* Fleet Feet, 1528 Bonanza, Walnut Creek 94596. (415) 943-MILE.

Bryon: Rally-Round-The-Lake 5 & 10K, Discovery Bay Racquet Club, 9:30 am. Phil Paulson, 5514 Marlin Ct., Byron 94514. (415) 634-6654.

Fresno: The Grape Escape, 5 & 10K, 8 am. Vintage Days Office, Cal-State Univ., CU-306 (Mail Stop #36), Fresno 93740. Randy Edwards or Nick Garcia (209) 294-4008.

Berkeley: UC Berkeley Barrows to Bears Lair 5K Run, UC Berkeley Campus, 10 am. Lynn Nakada (415) 643-7001.

Taft: Franklin Field Run, 5 & 10K and 1.5 mile fun run, Hwy. 119 & Cedar St. P.O. Box 1406, Taft 93268. (805) 763-4246, Lisa Brown/days.

Quartz Hill: Aces "Run for Dough" 2 & 5K, Lane Park, 9 am. Fast Lane Finish System, P.O. Box 481, Newhall 91321s.

Manhattan Beach: Manhattan Mile, Live Oak Park, 7:30 am. *Must Pre-Enter by April 1).* Manhattan Mile, P.O. Box 3431, Manhattan Beach 90266.

San Bernardino: Devil's Canyon 5 & 10K, Cal-State Univ., 7:15 am. Marilynn Cobb, c/o Heart Assoc., 1250 E. Cooley Dr., Suite 203, Colton 92324. (714) 824-6016.

Cerritos: Auto Square Triathlon & 5K Run. Cerritos Park East (Olympic Swim Center), 5K run, 15K bike, 400 meter swim. 7:30 am/run, 8 am/triathlon. Cerritos Chamber of Commerce, 19141 Bloomfield Ave., Cerritos 90701. (213) 809-2262.

Schedule

April 26 (Sunday):

Pfeiffer State Park: Big Sur International Marathon, 7 am. William Burleigh, Box 222620, Carmel 93922. (408) 625-6226.

South El Monte: 10K San Gabriel River Bike Trail Run, Legg Lake (Whittier Narrows), 5:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

San Jose: The Tortoise & The Hare 10K Run (& 5K Walk), 2425 Samaritan Dr., 9 am. Good Samaritan League, 2425 Samaritan Dr., San Jose 95124. (408) 629-2695.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (old boathouse), 9 am. Evelyn Blair, LMJS, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Martinez: Triple Crown II — Wildcat Rumble, 13.3 mile, Briones Regional Park (Bear Creek Staging Area), 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190. See April 18 for info. on Triple Crown.

Lafayette: Lafayette Loop, 2 mile & 10K (Corporate Challenge Division), Plaza Center, 9 am. Center for Living Skills, P.O. Box 1145, Lafayette 94549. (415) 284-4871.

Santa Rosa: Run & Bike for Sight, 10K run & 40K bike, San Miguel Elem. School, 7:30 am. Bob Foo, 2655 Cleveland Ave., Santa Rosa 95401. (707) 525-0478.

Fresno: Volunteer Triathlon, 10K run, 20 mile bike, 400 yard swim, Clovis West High School, 7:30 am. Franz Weinschenk, 304 Crocker Bank Bldg., 2135 Fresno St., Fresno 93721. (209) 237-3101.

Lompoc: Laura Stegman Women's 5K, River Park, 9:30 am. Bill Graham, Lompoc Valley DC, P.O. Box 694, Lompoc 93438. (805) 736-4696.

San Francisco: DSE Golden Gate Promenade Run, 7.13 mile (& 0.6 mile kids run), Dolphin Club (502 Jefferson), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Portland, OR: National TAC Sr. Men's 8K Championships (Spring Classic), time TBA. Steve Hamilton, 19685 Sun Circle, West Linn, OR 97068. (503) 220-2575.

Bonelli Park: L.A. Triathlon Series No. 1. 1K swim, 40K bike, 8K run (also tiny tri.) - 300 yd. swim, 7 mile bike, 2 mile run. Los Angeles Triathlon Organizing Committee, 2564 E. Garvey Ave., W. Covina 91791. (818) 331-0169.

Walnut: Mt. SAC Relays In-N-Out 5 & 10K, Mt. San Antonio Junior College, 8 am. Puma-Mt. SAC Relays, Walnut, CA 91789.

Petaluma: Petaluma Scramble, 3 & 8K, Petaluma High School, 9 am. Karen Gonzales, Petaluma Parks & Rec., P.O. Box 61, Petaluma 94952. (707) 778-4380.

Paradise: Ridge Run, 3 & 6 mile, Paradise Lake, 9 am/3 mile, 9:15 am/6 mile. Paradise Running Club, 220 Pearson Rd., Paradise 95969. (916) 872-4111 or 877-2711.

Placerville: Silver Streak Fun Run & Walk (& Children's 1/2-mile), Cosumnes River College (Placerville Center), 8:30 am/1/2-mile, 9 am. Placerville Center, Cosumnes River College, 106 Placerville Dr., Placerville 95667. (916) 622-7572.

Loma Linda: Cancer Buster Run, 5, 10 & 15K, Loma Linda Univ. Medical Center (Gentry Gym), 7 am. American Cancer Society, 2060 Chicago Ave., Ste. A-17, Riverside 92507. Bessie Clark (714) 824-2724.

San Jose: Guadalupe Loop, 1 mile, 5K & 10K. Guadalupe School (Veracruz & Coleman Rd.), 8:30/1 mile, 9 am/5 & 10K. Bruce Tiff, 15967 Dorsey Ln., San Jose 95120. (408) 997-1509.

Redding: Run for Life, 1 mile, 5 & 10K. Civic Auditorium, 8:30 am/1 mile, 9 am/5 & 10K. Dr. Harry Daniell, 5070 Sunnyhill, Redding 96001. (916) 223-0211.

Ridgecrest: Inyo-Kern 10 Mile, Scotty Broyles, 1243 Wayne St., Ridgecrest 93555. (619) 446-2941.

Malibu: "Run For The Hills" 5 & 10K, Malibu Creek State Park, 8 am. Run For The Hills, P.O. Box 353, Agoura Hills 91301. (818) 706-8612.

Los Angeles: UCLA "Run from the Heart" 5 & 10K, 8 am. Steve Barth, James West Center, 405 Hilgard Ave., Los Angeles 90024. (213) 206-0524.

Ventura: Ventura Beach Party 5 & 10K, Surfside Point, time TBA. Info. (805) 634-1104.

Del Mar: LaJolla Half-Marathon, Fairgrounds, 7:30 am. LaJolla Kiwanis Foundation, P.O. Box 1664, La Jolla 92038. (619) 483-7433.


April 30 (Thursday):

South El Monte: Legg Lake 5K (Legg Lake Park, Whittier Narrows), 6 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

May 2 (Saturday):

Ione: Goldweb Gallop, 10K & Half-Marathon & Kid's 1 Mile, Howard Park, 9 am/10K & Half Marathon, 9:30 am/1 mile. Mike Bohl, P.O. Box 606 (Goldweb Publications), Ione 95640. (209) 274-2403.

Sacramento: Maranatha Marathon, Half Marathon and 10K, Goethe Park, 8:15 am/marathon & 1/2, 8:30 am/10K. Arthur Baudendistel, 104 Winchester Ct., Folsom 95630. (916) 351-1190.



Course: 4 Mile—From 1630 Stockton at Union to Jefferson - thru Aquatic Park to Pumphouse then up hill thru Fort Mason to Laguna and Marina Blvd. and return to 1630 Stockton. **8.1 Mile**—From 1630 Stockton at Union to Jefferson - thru Aquatic Park to Pumphouse then up hill through Fort Mason to Laguna and Marina Blvd. West to entrance of the Presidio - continue to vicinity of helipad and return to 1630 Stockton.

Entry: \$5.00 - includes T-shirt.

Registration: Will take place from 7:00 a.m. to 8:00 a.m. the morning of races. **REGISTRATION WILL BE ACCEPTED BY MAIL.** Registration forms may be obtained at SFIAC club-rooms daily from 1:30 to 5:30 p.m. and evenings from 7:30 to 10:00 p.m.

Awards: Team and individual trophies will be awarded. **EVERY RUNNER COMPLETING THE COURSE WILL RECEIVE A MEDAL OF COMPLETION.**

67th ANNUAL STATUTO RACES 1987

Date: Sunday - May 31, 1987

Place: San Francisco Italian Athletic Club, 1630 Stockton Street, San Francisco, CA 94133. (Across from Washington Square Park)

Sanctioned by PAAU
4 & 8.1 Miles
SAN FRANCISCO ITALIAN ATHLETIC CLUB

1630 Stockton Street • San Francisco, CA 94133
Office 781-0165 Club 781-0166 Business 421-6541





TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS



AND OPEN MEN & WOMEN MASTERS MEN & WOMEN MAY 23, 1987

Los Gatos High School & Olympic Training Center

Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, MAY 20, 1987

ELIGIBILITY: All men and women registered in Tac/Pacific Association. 1987 Tac Registration required. Registration available at meet \$10.00.

ENTRIES: Pre-entry required before Wednesday, May 20. Phone entry O.K. tp May 20 — 354-5660.

FEES: \$7 per event, \$15 for relays. \$10 late entry if space available.

NOTE: Hammer will be contested at Olympic Training Center (See Map On Back).

HEATS: Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.

TIMING: Fully automatic timing by Accutrack.

FACILITIES: All weather track surface 1/4 spikes only. Concrete throwing rings, grass javelin runway.

AGE GROUPS: Open 18-29, 30 and above in 5 year age groups. 30-39 competitors may compete in open events if they so desire, but must stay in that division except in relay. Age on May 23, 1987 determines age group.

AWARDS: Tac/Pacific championship medals to first three places in all events.

HOUSING:

Los Gatos Lodge, 354-3300, Los Gatos Garden Inn, 354-5446.
Los Gatos Motor Inn, 356-9191, Village Inn, 354-8210.
Toll House Hotel, 395-7070.

TAC/PACIFIC MASTERS & OPEN TRACK & FIELD CHAMPIONSHIPS

JOY UPSHAW AND WILLIE HARMATZ
Meet Directors
P.O. Box 1328, Los Gatos, California 95031
408/356-5660

Name _____ (Last) _____ (First) _____ (Address) _____ (Number & Street)

Phone _____ (City) _____ (State) _____ (Zip)

Date of Birth _____

Age as of May 23, 1987 _____

Events Entered & Best Recent Time or Mark _____

Club Affiliation _____

Amount Enclosed _____ Your 1987 TAC Number _____

NO REFUNDS FOR DEFAULT

Make checks payable to Los Gatos Athletic Association.

WAIVER:

In consideration of your accepting my entry, I intending to be legally bound; do hereby for myself, my heirs, executors, and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, Explorer Post #812, B13, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the TAC Pacific Masters and Open Track & Field Championships held May 23, 1987 at Los Gatos High School, Los Gatos, California, and Olympic Training Center, Los Gatos, California.

Date: _____ Signature _____

SCHEDULE

- 8:00 5000 race walk
- 10:00 4 X 100 relay women
- 10:10 4 X 100 relay master men
- 10:20 4 X 100 relay open men
- 10:30 100 m hurdles 33" women 30-39 and men 60
- 10:35 100 m hurdles 33" open women
- 10:40 80 m hurdles 30" women 40+ and men 70+
- 10:45 110 m hurdles 42" open men heats (if needed)
- 10:50 110 m hurdles 36" men 50-59
- 10:55 110 m hurdles 39" men 40-49
- 11:00 110 m hurdles 42" men 30-39
- 11:05 110 m hurdles 42" open men finals
- 11:10 100 m heats all divisions where needed
- 11:25 100 m final master women
- 11:30 100 m final open women
- 11:40 100 m final master men—oldest to youngest
- 12:15 100 m final open men
- LUNCH BREAK
- 12:30 800 m master women
- 12:35 800 m open women
- 12:40 800 m men 60+
- 12:45 800 m men 50+
- 12:50 800 m men 40+
- 12:55 800 m men 30+
- 1:00 800 m open men
- 1:10 200 m heats—oldest to youngest where needed
- 1:20 200 m final master women
- 1:30 200 m final open women
- 1:35 200 m final master men—oldest to youngest
- 2:05 200 m final open men
- REST BREAK

- 2:20 400 h open women
- 2:30 400 h 60+
- 2:35 400 h 50+
- 2:40 400 h 40+
- 2:45 400 h 30+
- 2:50 400 h open men
- 3:00 330 hurdles master women, men 60+
- 3:05 1500 m open women
- 3:10 1500 m master women
- 3:20 1500 m master men 60+
- 3:30 1500 m master men 50+
- 3:40 1500 m master men 40+
- 3:50 1500 m submaster men 30-39
- 4:00 1500 m open men
- 4:10 400 m open women*
- 4:15 400 m master women*
- 4:20 400 m master men 60+
- 4:25 400 m men 55-59*
- 4:30 400 m men 50-54*
- 4:35 400 m men 45-49*
- 4:40 400 m men 40-44*
- 4:45 400 m men 35-39*
- 4:50 400 m men 30-34*
- 4:55 400 m open men*
- 5:00 5000 m all women
- 5:30 5000 m men 50+
- 6:00 5000 m men 40+
- 6:20 5000 m men 30+
- 6:40 5000 m open men
- 7:00 4 X 440 yd relays women masters, open men
- 7:15 10,000 m open men, men 30-39

AT LOS GATOS HIGH

- FIELD MASTERS**
- 9:00 AM Shot women 30-34/85+
 - 9:00 Pole vault men 60-64/85+
 - 10:00 Pole vault men 40-44/55-59
 - 10:00 Shot men 60-64/80-84
 - 10:00 Long jump women 30-34/85+
 - 11:00 Shot men 40-44/55-59
 - 11:00 Long jump men 60-64/85+
 - 11:00 High jump women 30-34/85+
 - 12:00 PM Long jump men 40-44/55-59
 - 12:00 High jump men 60-64/85+
 - 12:00 Shot put men 30-34/35-39
 - 12:00 Discus women 30-34/85+
 - 1:00 High jump men 40-44/55-59
 - 1:00 Discus men 60-64/85+
 - 1:00 Pole vault men 30-34/35-39
 - 1:00 Triple jump women 30-34/85+
 - 2:00 Discus men 40-44/55-59
 - 2:00 Triple jump men 60-64/85+
 - 2:00 Javelin women 30-34/85+
 - 3:00 Triple jump men 40-44/55-59
 - 2:30 Javelin men 60-64/85+
 - 3:00 Discus men 30-34/35-39
 - 3:00 Pole vault open men to 16 ft.
 - 4:00 Triple jump men 30-34/35-39
 - 3:00 Discus open men
 - 4:00 Discus open women
 - 5:00 Discus open men
 - 6:00 Pole vault open men
 - 5:00 Shot open women
 - 6:00 Shot open men
 - 4:00 Javelin men 30-34/35-39
 - 3:30 Long jump open women
 - 5:00 Long jump open men
 - 4:30 Triple jump open women
 - 6:30 Triple jump open men
 - 5:00 Javelin open men
 - 7:00 High jump open women — north pit
 - 7:00 High jump open men — south pit

*Timed sections based on submitted marks on entry forms, if needed.

HAMMER SCHEDULE AT OLYMPIC THROWING AREA IN LOS GATOS (See Map)

- 12:30 PM Junior Hammer
- 1:00 All women
- 1:30 Men-open
- 2:30 Men 60-64/85+
- 3:00 Men 40-49/55-59
- 4:00 Men 30-34/35-39

□ Schedule

Gilroy: Walk-a-thon/Run For Health, 10K, So. Valley Intercommunity Hospital to Wheeler Hospital (Cohansey & No Name Uno off US-101), 9 am. Wheeler Hospital Foundation, 651 W. Sixth St., Gilroy 95020. (208) 842-5621, x452.

Hercules: Hercules Dynamite Run, 4 mile, Refugio Park, 10 am. The "Hulk," 100 Iris Ct., Hercules 94547. (415) 799-2502.

Fresno: Run for Life, 10K & 2 Mile, Woodward Park (Mtn. View Shelter), 7 am/2 mile, 7:30 am. Genny Berry, American Heart Assoc., 3835 N. West Ave., Fresno 93705. (209) 224-8215 or (800) 523-2164.

Avenal: Oasis in the Sun Fun Run, 2 & 4 mile, Avenal High School, 8 am. Avenal Chamber of Commerce, P.O. Box 488, Avenal 93204.

Lake Castaic: Grand Prix Series Biathlon, bike 30K, run 5K, Lake Castaic Recr. Area, time TBA. Tom Redfern, 22946 Lyons Ave., Newhall 92321. (805) 254-1833.

Fountain Valley: Run for the Roses 6K, Mile Square Park, 9:30 am. Silky Sullivans, 10201 Slater Ave., Fountain Valley 92708. Mary Parsons (714) 964-3272.

Long Beach: Long Beach Plaza 8K Run, Aquatic Park, 8 am. Ron MarKillie, c/o Los Altos YMCA, 1720 Bellflower Blvd., Long Beach 90815. (213) 596-3394.

South El Monte: Run With The Nurses 5 & 10K, Legg Lake Park, 8 am. Marian Lucas, RN, 1200 N. State St., Box 2071, Los Angeles 90033. (213) 226-4664.

Newport Beach: Ford Aerospace Spring Tune-Up, 1K, 5K & 10K, (Ford & Jamboree), 7:30 am/5K, 8:15 am/10K, 9:15 am/1K. Spring Tune-Up Run, Box A, Ford Rd., Newport Beach 92660. Sam Johnson (714) 720-7787.

Riverside: Diabetes Treatment Center 5 & 10K and 1 Mile, Fairmont Park, 7:45 am/1 mile, 8 am/5 & 10K. Candis Adams, Diabetes Treatment Center, 4445 Magnolia Ave., Riverside 92501. (714) 788-3491.

Monrovia: Monrovia Centennial 5 & 10K and 2K Fun Run, YMCA (Mountain & Lemon), 7:15 am/2K, 8 am/5 & 10K. Monrovia YMCA, 501 S. Mountain, Monrovia 91016. (818) 359-9244.

Canoga Park: Great Rockwell Reservoir 5 & 10K & 1 Mile Fun Run, Chatsworth Reservoir (8500 Fallbrook Ave. start), 7:30 am/10K, 9:15 am/5K, 10:30 am/mile. Steve Polley, Rockwell Reservoir Run, 8500 Fallbrook Ave., Canoga Park 91304. (818) 710-2145.

San Diego: La Jolla Marathon Relay (5x5.2 mile), UCSD, 4 pm. In Motion (619) 483-9501.

Baja, California: Festival de Primavera 5 & 10K and 10 Mile, Rosarito Beach, 8 am/10 mile, 8:15 am/5 & 10K. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (213) 634-3027 or (714) 841-5417.

San Jose Area (?): Good Earth Classic 100K, location & time TBA. Info: (408) 978-8510.

Santa Fe Springs: Firefighters 5K Run. Lake Center Athletic Park, 8 am. Tim Lynch, 11300 Greenstone Ave., Santa Fe Springs 90670. (213) 944-9715.

Petaluma: Petaluma Scramble, 3K & 8K, 9 am. Petaluma Parks and Recr. Dept., P.O. Box 61, Petaluma 94953. (707) 778-4380.

May 3 (Sunday):

Danville: Devil Mountain Run (PA/TAC Sr. Men's Championships), 10K & 2.8 mile fun run, The Village at Town & Country Center, 9 am. Devil Mountain Run, Lynne Harr, P.O. box 727, Alamo 94507. (415) 820-0993.

Weott: Avenue of the Giants Marathon, Dyerville Bridge (2.5 miles north of Weott), 9 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 443-1226.

Long Beach: Long Beach Marathon, Terrace Theatre (300 E. Ocean Blvd.), 7:30 am. Joe Carlson, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

Spokane, WA: Lilac Bloomsday Run, 12K, 9 am. Lilac Bloomsday, P.O. Box 1511, Spokane, WA 99210. (509) 838-1579.

Sausalito: Scenic Bay Run, 3.95 mile, Ft. Cronkhite Tunnel, 9 am. Sausalito Recreation Dept., 420 Litho St., Sausalito 94965. (415) 332-4520.

San Jose: Berryessa Alum Rock Fun Run (B.A.R.F.), 10K, Noble Park, 9 am B.A.R.F., 1275 Piedmont Rd., San Jose 95132. (408) 251-6310 or (415) 493-4478.

San Jose: Run for the Valley, 8K, Valley Medical Center (751 So. Bascom), 7:30 am. Bea Grause/Enid Malkin, c/o R.N.P.A., 2444 Moorpark, #102, San Jose 95128. (408) 292-6061.

Palo Alto: Riconada Triathlon, 3.7 mile run, 7.6 mile bike, 0.75 swim, Sand Hill Rd. & I-280, 8 am. *Pre-Registration Only.* Barbara Greider, 3466 Kenneth Dr., Palo Alto 94303. (415) 326-6630.

San Francisco: DSE Golden Gate Vista Run, 5.04 mile, Legion of Honor (34th Ave. & Clement), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Angwin: Angwin to Angwish 5 & 10K, Pacific Union College (Gym), 9 am/10K, 9:15 am/5K. Alice Brayshaw, Pacific Union College, Angwin 94508. (707) 965-6344 or 965-9169/eves.

Alameda: Beethoven Run, 5K, South Shore Shopping Center (McDonald's), 9 am. Foundation for Educational Excellence, Gateway Center, 2900 Main St., Suite 100, Alameda 94501. (415) 522-2207.

Martinez: Young Life's-Dr. Noid Memorial 10K, Martinez Marina, 9 am. Dave Bekowies, P.O. Box 27456, Concord 94527. (415) 680-7209.

San Jose: Japan Town Banner Run, 10K & 1 mile fun run, Bering St. & Brokaw (P. Burnett Middle School), 8:30 am. Au-Ai-Kai, 565 No. Fifth St., San Jose 95112. (408) 294-2505.

So. San Francisco: Eagle Run II, 5K, Oyster Point Marina, 9 am. Eric Engflish, 2260 Oakmont Dr., San Bruno 94066. (415) 873-1552.

Novato: Fleet Feet Nice-Tri Series #1, 0.5 mile swim, 12 mile bike, 3 mile run, Indian Valley College, 8:30 am. Fleet Feet, 1320 Fourth St., San Rafael 94901. (415) 456-1095.

Sacramento: Friends of the River, 5 & 10K, 3636 American River Dr, 8:30 am. (And half mile kid's run at 8:10 am). Ingrid Wallin (916) 443-8887.

Lone Pine: Wild Wild West Cross-Country Marathon, Tuttle Creek Campground, 6 am. Lone Pine Chamber of Commerce, P.O. Box 749, Lone Pine 93545. (619) 876-4444.

Ventura: Harbortown Fun & Fitness Fair 5K & 1 Mile, Harbortown Hotel (Harbor Blvd.), 8 am/5K, 8:45 am/1 mile. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

San Diego: San Diego Downtown Festival 10K & 2 Mile, San Diego City College, 7:30 am. Kathy Loper (619) 437-4556.

May 9 (Saturday):

Grand Rapids, MI: National TAC Masters 25K Championships, time TBA. Jean Fichtel, Old Kent Bank & Trust Co., #1 Vandenberg Center, Grand Rapids, MI 49503. (616) 774-5261.

San Jose: Quicksilver 50K & 50 Mile, Almaden Quicksilver Park, 6 am. Bill Maida, Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 923-7223.

1987 Central California Long Distance Running Handbook

\$2.50

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Fresno, CA 93727

☐ Schedule

Los Gatos: Run for the Son, 10K & 1 Mile, Los Gatos Christian Church (16845 Hicks Rd.), 8 am/1 mile, 8:30 am/10K. Bill Meinhardt, 120 Carlton Ave., #5, Los Gatos 95030. (408) 358-1158.

Mill Valley: The Human Race-Marin, 10K, Mill Valley Middle School, 8:30 am. Volunteer Center, 70 Skyview Terr., #3, San Rafael 94903. (415) 479-5660.

Santa Rosa: The Human Race-Santa Rosa, 3 & 10K, Herbert Slater Jr. High (3500 Sonoma Ave.), 8 am. Nancy Fedder, 1041 Fourth St., Santa Rosa 95404. (707) 544-9480.

Petaluma: Happy Day Fun Run, 5 & 10K, Presbyterian Church (929 "B" St.), 9 am. Happy Day School, P.O. Box 1038, Petaluma 94952. (707) 762-8671.

Angel Island: The Guardsmen Angel Island Run, 4.8 mile, 12:45 pm. The Guardsmen, 220 Sansome St., #590, San Francisco 94104. (415) 781-6785.

Lafayette: Run the Rim, 5K (around Lafayette Reservoir) or 7 mile (around Reservoir and upper rim, very hilly trail), 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803-0963. (415) 841-1190.

Arcata: Atalanta's Victory Run, 2 & 5 miles (Women Only), Co-op Parking Lot, 10 am. Karen Kelley-Day, Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 443-2652.

Turlock: Turlock Rotary Blathlon, 10K Run, 50K Bike, Turlock High School, 8 am. Darryl Crow, 2100 Geer Rd., Suite H, Turlock 95380. (209) 2667-9224.

Colfax: Colfax Record Run, 5 & 10K, downtown, 9 am. Lisa Demorest, P.O. Box 755, Colfax 95713.

Fresno: Golden Valley Masters 3 & 10 Mile Runs, Clovis West High School, 8 am. Don Trout, 1595 E. Magill, Fresno 93710. (209) 435-9993.

Bass Lake: Smokey Bear 10K & 2 Mile Fun Run, 6:30 am. Craig Pinkerton, U.S. Forest Service, 41969 Hwy. 41, Oakhurst 93644. (209) 683-4665.

Bakersfield: Bakersfield Bud Light Triathlon, 2K swim, 40K bike, 15K run. Lake Ming, time TBA. Kris Moran, 7304 Saddleback Dr., Bakersfield 93309. (805) 831-7733.

Encino: Human Race, 2 & 10K, Woodley Park, 8 am. Volunteer Center, 6931 Van Nuys Blvd., #309, Van Nuys 91405. (818) 908-5066.

San Marino: San Marino Rotary 5 & 10K, 8 am. Jim Thompson, 1480 Avonrea Rd., San Marino 91108. (818) 441-4343.

South El Monte: Garritsons' Smokebuster Legg Lake 5K (Legg Lake Park, Whittier Narrows), 6 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Saugus: LARC 5 & 10K, Los Angeles Retarded Citizens Ranch, 8:30 am. Bud Shearer, 26455 N. Rockwell Canyon Rd., Valencia 91355. (805) 259-7800.

Los Angeles: Five & Dime Classic, 5 & 10K, Griffith Park, 8 am. Info: (818) 502-2375.

Escondido: Heart of Escondido 10K (& 2 mile), 2300 N. Broadway, 8 am. Info: Kathy Loper (619) 437-4556.

Chula Vista: Scripps Memorial Hospital 10K (& 2 mile), 8 am. Info: (619) 483-9501.

Georgetown: Sunkist Gold Rush 100K (2 days/50K). 1st day: Georgetown to Coloma, 2nd day: Lone to Foresthill, 9 am. 50 Runner Limit. Paul Reese, Box 585, Auburn 95603. (916) 823-0276.

May 10 (Sunday):

Pinole: Triple Crown III — Pinole Marathon & Half Marathon, Pinole Valley High School, 8 am. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190. See April 18 for Triple Crown Info. Marathon only qualifies here.

San Francisco: May Day Run, 5 & 10K (& 1K Fun Run for Children), Golden Gate Park (South Side Polo Fields), 9 am. Linda Bine, American Heart Assoc., 421 Powell St., San Francisco 94102. (415) 433-2273.

Millbrae: John's Run, 10K & 1 Mile Fun Run, Mills High School, 8 am. John's Run, P.O. Box 578, Millbrae 94030. (415) 994-2665.

San Francisco: DSE Practice Bay to Breakers, 7.46 mile, Howard & Spear Sts., 8 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Fair Oaks: Fiesta Sun Run, 5 mile, California & Temescal Sts., time TBA. Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Sacramento: Old Sacramento Triathlon, 500 yd. swim, 13 mile bike, 7 mile run. Tiscornia Park (American River), 10 am. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223.

Irvine: Mother's Day NHSRA 5 & 10K, William Mason Park, 8 am/5K, 8:45 am/10K. Bob Sheridan, 18102 Irvine Blvd., Suite 205, Irvine 92680. (714) 838-4351.

Westlake Village: "Carrera de Cabras" 7.2 Mile, Westlake Elem. School, 8 am. No Pre-Entry. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

San Diego: Alpine Mother's Day 10K, Alpine Creek S.C. (Tavern Rd.), 8 am. Dr. Gary Jacobs (619) 445-0204.

May 14 (Thursday):

San Luis Obispo: Night Moves Fun Run, 5K, Cal-Poly campus, 6:15 pm. Kathleen Whalen, c/o Recreational Sports, 118 University Union, Cal Poly State Univ., San Luis Obispo 93407. (805) 546-1366.

May 16 (Saturday):

Albany, NY: National TAC Sr. Women's 10K Championships (Freihofer's Run), 10 am. George Regan, 382 Broadway, Albany, NY 12207. (518) 465-5210.

New Bedford, MA: National TAC Sr. Men's (& Women's ?) Half Marathon Championships, time TBA. Paul Foster, 69 Forest St., New Bedford, MA 02740. (617) 997-8031.

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□ Schedule

Santa Cruz: March of the Monarchs, 10 & 15K, Natural Bridges State Park & Beach (trail run), 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803-0963. (415) 841-1190.

Geyserville: Redwood Coast Triathlon Series I — Icebreaker Triathlon, ½-mile swim, 5K run, 14 mile bike, 8 am. *Entry Deadline May 2 - Limit 350.* Redwood Coast USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144.

Redding: Redding Rotary Stampede, 2 & 6 mile, Shasta High School (track), 8:30 am. Tony Johnson, 1524 East St., Redding 96001. (916) 244-4980.

Kingsburg: Dala Horse Trot VI, 2 mile & 10K, Kingsburg Memorial Park, 7 am. Janice Graves, P.O. Box 103, Kingsburg 93631. (209) 897-3193.

Lompoc: Mission Fiesta 10K, time TBA. Louie Rizzoli, Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

Atascadero: May Flowers 2 & 5K, time TBA. Atascadero Recr. Dept., P.O. Box 747, Atascadero 93423. (805) 466-8000, x123.

South El Monte: San Gabriel River Run, 10K, South of Legg Lake, 6 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Bonelli Park: Los Angeles Triathlon Series #2, 1K swim, 40K bike, 8K run, time TBA. L.A. Triathlon Organizing Comm., 2564 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Fillmore: Youth Employment Service 10K & 2.7 mile, Central & Sespe Sts., 8 am. Y.E.S., 455 Sespe Ave., Fillmore 93015. (805) 524-2424.

Torrance: Armed Forces Day 5 & 10K, Civic Center (3031 Torrance Blvd.), 8 am. Allan Shall, Parks & Recr. Dept., 3031 Torrance Blvd., Torrance 90503. (213) 618-2945.

Culver City: SCA/TAC 10K District Championships (La Ballona Fiesta Days 5/10K Runs), Veterans Memorial Park, 7:45 am/5K, 8:30 am/10K. Fiesta 10K Run, Dept. of Human Services, 4117 Overland Ave., Culver City 90230. (213) 202-5689.

May 17 (Sunday):

San Francisco: Examiner Bay to Breakers, 7.51 mile (12K), Howard & Spear Sts., 8 am. Terri Robbins, EXBB, 110 Fifth St., San Francisco 94103. (415) 777-7770.

Oxnard: California Strawberry Festival 12K Run, 8 am. Rob Fukutomi, c/o Parks & Recreation Dept., 241 W. Second St., Oxnard 93030. (805) 984-4639.

Arcadia: Santa Anita Lite Spring Classic, 5 & 10K and 1K Fun Run/Walk, Santa Anita Race Track, 7:30 am/10K, 8:30 am/5K, 9:30 am/1K. Trophy Case, 8 No. First Ave., Arcadia 91006. (818) 574-1582.

Santa Barbara: Santa Barbara Savings 10K (& 5K Walk), 8 am. Felicia Sutherland, Santa Barbara Savings, 3908 State St., Santa Barbara 93110.

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

Newport Beach: Newport Beach 5K, 1467 Avocado, 7:30 am. Tom Bazacas, Newport Beach A.C., 1367 Avocado, Newport Beach 92660. (714) 644-8910.

May 20 (Wednesday):

Point Loma: Point Loma 10K Handicap, NOSC Bldg. 33, 5:45 pm (SDTC and DRR members only). Chuck Pennell (619) 460-3110.

May 21 (Thursday):

Tulare: Sun Downer 3K Series, Bob Mathias Stadium, 6 pm. Greg Coleman, 830 So. Blackstone St., Tulare 93274. (209) 688-2001, x575.

May 23 (Saturday):

Berkeley: Strawberry Canyon Run, 5.5 mile, Edwards Stadium (Bancroft & Oxnard), 9 am. (1100 Ft. Elev. gain). Lawrence Hall of Science, Sue Pratley, Univ. of California, Berkeley 94720. (415) 642-5133.

Wheeling, WV: National TAC Sr. Men's 20K Championships (Elby's Distance Classic), time TBA. Bill Bryson, c/o Elby's, 1233 Main St., Wheeling, WV 26003. (304) 233-5000.

Sierra Madre: Mt. Wilson Trail Race. 8.6 miles, 7:30 am. *Enter by May 11, 250 limit.* Donna Harriman, Recreation Dept., 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7735.

South El Monte: San Gabriel River Bike Trail 15K, South of Legg Lake, 6 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Encinitas: San Dieguito 8 to 80 10K (& 2 mile), 7:30 am. Kathy Loper (619) 437-4667.

May 24 (Sunday):

San Francisco: DSE Polo Field Run, 6.2 mile (& 7/8 mile kid's run), Golden Gate Park (south side of Polo Fields), 9:30 am/kids, 10 am/6.2 mile. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

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

Foster City: Run Your Plaque Off, 10K & 1 mile, 1295 E. Hillsdale Blvd., 8:30 am(?). San Mateo County Dental Society, 1941 O'Farrell St., San Mateo 94403. (415) 345-5714.

Rohnert Park: Smart as "A" Race, 3 & 10K (tent.), Sonoma State Univ. (tent.), 8 am. Wine Country Race Service, P.O. Box 237, Occidental 95465. Fleet Feet Triathlete (707) 546-3338.

Fremont: Ohlone Wilderness Trail 50K, 7 am. East Bay Ultrarunners (415) 797-8169.

San Luis Obispo: Alcohol Services 5 & 10K, Meadow Park, 8 am/5K, 8:30 am/10K. Jean De Costa, 3220 So. Higuera St., #201, San Luis Obispo 93401. (805) 544-3307.

Brentwood: Brentwood 5 & 10K, San Vicente & Barrington, 8 am/5K, 8:45 am/10K. Brentwood 10K, Box 49913, Los Angeles 90049. (213) 820-7585, days.

Bonita: Bonita 5 & 10K, Rohr Park, 7:30 am. Linda Copp (619) 422-3194.

May 25 (Monday):

Kentfield: Pacific Sun 10K, College of Marin, 8 am. Total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 479-3839.

La Canada: Fiesta Days 5 & 10K and 1 mile, Descanso Gardens, 7:30 am. Andy Clifford, YMCA, 1930 Foothill Blvd., La Canada 91011. (818) 790-0123.

Coronado: Coronado Memorial Day 10K & 2 Mile, 7th. & "G" Sts., 7:30 am. Kathy Loper (619) 437-4667.

May 28 (Thursday):

South El Monte: Legg Lake 8K, Whittier Narrows, 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

May 29 (Friday):

Los Angeles: Aztlan Sunset Indian 5K Cross Country, Elysian Park Dr. & Stadium Way, 6 pm/women, 6:30 pm/men under 30, 7 pm/men 30-and-over. Carlos Alfaro, 529 El Centro, So. Pasadena 91030. Frank Meza (213) 255-1234.

May 30 (Saturday):

San Bruno: Memorial Run, 4 mile, San Bruno City Park, 9 am. Mike Sullivan, 2471 Princeton Dr., San Bruno 94066. (415) 872-2252.

Sonoma: Wine Country Run for Hospice, 4 & 10K, Depot Park (1st St. West), 7:30 am/4K, 8:30 am. Carole Peccorini, Valley of the Moon Hospice, P.O. Box 600, Sonoma 95476. (707) 938-4545, x397.

Fresno: Memorial Run, 2 mile & 9K, Woodward Park, 8 am. Jim Kellas, P.O. Box 843, Fresno 93712. (209) 298-4547.

Ventura: Law Day 5K, Victoria & Thille, 9 am. Donna de Paola, Ventura County Bar Assoc., 4478 Market St., Suite 704, Ventura 93003.

Baja, California: Rosarito Beach TGriathlon, .3 mile swim, 12 mile bike, 3 mile run, 9 am. *1000 limit.* Bicycling West, P.O. Box 15128, San Diego 92115-0128. (619) 583-3001.

□ Schedule

Sanger: Memorial Run, 3 mile (time prediction) and 6 mile, Madison School (Cherry & Bethel), 8 am. Sanger Striders T.C., 10518 E. California Ave., Sanger 93657. Dave Dodson (209) 875-4072.

May 31 (Sunday):

San Francisco: DSE Legion of Honor Run, 4.3 mile, 34th Ave. & Clement, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

San Francisco: Ocean Beach 10K & 1 mile, Great Highway & Balboa, 8 am/1 mile, 8:30 am/10K. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

Redwood City: Boardwalk Baylands 10K, #1 Bair Island Rd., 9 am. Bob Kissick, Boardwalk VW, 350 Convention Way, Redwood City 94063. (415) 364-0100.

San Francisco: Statuto Races, 4.0 & 8.1 miles, 1630 Stockton St., 9 am. Roger Boschetti, S.F.I.A.C., 1630 Stockton St., San Francisco 94133. (415) 781-0165.

Cupertino: Tandem Computers "Up & Running" Race, 10K, 2 mile & trike and trot, 19333 Valco Pkwy., 9 am(?). Beck DeAnda, Tandem Computers, 10300 No. Tantau, Cupertino 95014. (408) 973-7169.

Palo Alto: IAM's Dog's Best Friend 5K, Palo Alto Baylands, 9 am. Anne Cribbs (415) 329-2429.

San Luis Obispo: Descente Star Test 10K, South Bay Community Center (Los Osos Valley Rd. near 9th St.), 8:30 am. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406-1134.

Newport Beach: "Round the Bay in May, 10 Mile & 5K, Newport Dunes Aquatic Park, 7:30 am. Orange County Mental Health Assoc., 2110 E. First St., #101, Santa Ana 92705. (714) 547-7559.

Saugus: Dave Parker 40.5 Mile Canyon Relay & Ultra-Marathon, Santa Clarita Park (relay composed of 4 persons), 6 am/ind., 7 am/relays. Fast Lane Finish Systems, P.O. Box 638, Newhall 91322. Sue Simms: (805) 251-5562.

Quartz Hill: Running Promotions 5 & 10K (& Kiddie K), Lane Park, 7:45 am. Running Promotions Unltd., Box 128, Lancaster 93534. (805) 942-3820.

Redondo Beach: Love Your Heart 10K, 7 am. Barry Pearce, Heart 10K, 1142 Manhattan Ave., Suite CP6, Manhattan Beach 90266. Village Runner: (213) 375-2626.

Moorpark: Moorpark College 5 & 10K Stadium Runs, 7:30 am/5K, 8:15 am/10K. Moorpark College Athletic Dept., 7075 Campus Rd., Moorpark 93021. (805) 529-2321, x220.

Cerritos: SCCAA Runs, 2 mile & 5K, Gahr High School (track), 8 am/5K, (2 mile part of track meet which starts at 9 am). Kevin Browning, 20839 Marshall Way, Saugus 91350. (805) 251-7572, eves.

San Diego: Buick 10K, 5th & "G" Sts., (also 2 mile), 7:45 am. In Motion (619) 483-9501.

Mission Viejo: Orange County Performing Arts Center Triathlon, 1.5K swim, 35K bike, 10K run. Lake Mission Viejo, time TBA. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 433-4557.

Looking Ahead

Marathons, Relays, Important Deadlines, Major Events, Etc.

JUN 7. Talmage: Russian River Marathon, Half-Marathon & 8K (8K is PA/TAC Championships), 2600 East Side Rd., 6 am/Marathon & Half Marathon, 8 am/8K. Anne Veno, Russian River Marathon, P.O. Box 204, Ukiah 95482. (707) 463-1880.

JUN 13. South Lake Tahoe: Robert DeCelle, Jr. Lake Tahoe Memorial Relays, 72-mile, 7-person teams, 7 am. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

JUN 13. Palos Verdes: Palos Verdes Marathon, Indian Peak & Hawthorne, 7 am. George Owens, Box 153, Palos Verdes 90274. (213) 377-3419.

JUN 14. Mill Valley: Dipsea Race, 7.1 mile, time TBA. Dipsea Race, c/o Mill Valley Jaycees, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

JUN 14. TENTATIVE - Lassen Park: Mike High Ultra, 28 & 48 mile, Turner Mountain, time TBA (5200 to 6200 feet altitude). Contact (916) 597-2944.

JUN 20. Duluth, Minn.: National TAC Sr. Women's Marathon Championships (Grandma's Marathon), time TBA. Scott Keenan, P.O. box 6234, Duluth, MN 55806. (218) 727-0947 or 525-6460.

JUN 21. Lompoc: Valley of the Flowers Marathon & Half Marathon, Lompoc High School, 7:30 am/marathon, 8 am/half. Valley of the Flowers Marathon, P.O. Box 694, Lompoc 93438. Lee Heinz (805) 733-4495, before 9 pm.

JUN 27. Squaw Valley: Western States 100 Mile, 5 am. *Entries Closed.* Helen & Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

JUN 28. Olympia, WA: National TAC Masters (Men & Women) 1 mile Road Championships, time TBA. Walt Jorgensen, 823 North St., Tumwater, WA 98501. (206) 786-1649.

JUN 28. Portland, OR: Cascade Run Off, 15K. Cascade Run Off, P.O. Box 40228, Portland, OR 97240. *May 15 entry deadline.*

College/Open Track & Field

APR 3-4: Fresno Bee Games. Ratcliffe Stadium. Bob Fraley (209) 294-4098.

APR 4: Sun Angel Track Classic. Tempe, Arizona.

APR 11: Northridge Invitational. Don Strametz, Cal State Northridge 91330. (818) 885-3608.

APR 11: Ed Adams Invitational. Hartnell Comm. College, Salinas. Gary Shaw, Hartnell CC, 156 Homestead Ave., Salinas 93901. (408) 755-6845.

APR 14-15: Fresno Decathlon/Heptathlon. Fresno State University. Red Estes (209) 294-4097.

APR 17: USC Twilight Meet. University of Southern California. Fred LaPlante, USC, University Park, Los Angeles 90089-0602. (213) 743-2754.

ARE YOU HOSTING A RUN OR MEET?

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

Date of Event _____ Location of Event _____

Name of Event _____

Type of Event: long distance run track meet cross country other _____

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

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

☐ Schedule

APR 18: Bruce Jenner Track Classic. San Jose City College. Bert Bonanno, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 24-26: Mt. SAC Relays. Walnut. Don Ruh, Mt. SAC, 1100 N. Grand, Walnut 91789. (714) 594-5611.

APR 24: Chico Invitational. Chico State. Some invitational events in high school meet.

APR 25: Poly Royal Invitational. Cal Poly SLO.

APR 25: Pomona-Pitzer Invitational. Pomona.

MAY 2: Southern California Women's Invitational. U.C. Irvine. Danny Williams, UC/Irvine, Crawford Hall, Irvine, 92717. (714) 856-6342.

MAY 2: Johnny Mathis Invitational. San Francisco State.

MAY 2: Long Beach Twilight Invitational. Ralph Lindeman (213) 498-4666.

MAY 2: Oregon Invitational. University of Oregon. Includes Decathlon/Heptathlon. Mark Stream, Meet Director, University of Oregon, McArthur Court, Eugene, OR 97403. (503) 686-4481.

MAY 8-9: CCAA Championships. Cal State Northridge.

MAY 8-9: N.A.I.A. District III Championships. Azusa Pacific College.

MAY 8-9: PCAA Championships. U.C. Irvine.

MAY 9: California Relays. Modesto. Tom Moore, P.O. Box 367, Ceres 95307. (209) 537-0411.

MAY 9: Occidental Invitational. Eagle Rock.

MAY 16: Los Angeles Invitational. Cal State Los Angeles.

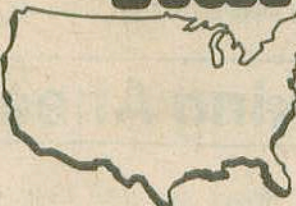
MAY 16: PA/TAC Championships. Los Gatos High School.

MAY 17: Pepsi Invitational. UCLA. Don Franken, 9171 Wilshire Blvd., Suite 410, Beverly Hills 90210. (213) 278-2030.

MAY 17: Cal State Los Angeles. John Tansley, California State, Los Angeles 90032. (213) 224-3692.

MAY 18-23: NCAA II National Championships. Missouri.

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Inside Running	Rocky Mountain Running	Washington Running Report

For More Information:
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(614) 433-0396

MAY 21-23: N.A.I.A. National Championships. Arkansas.

MAY 30: Bruce Jenner Bud Light Classic. San Jose City College.

MAY 31: Mt. SAC Last Chance. Evans Roderick, Mt. SAC, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611, ext. 875.

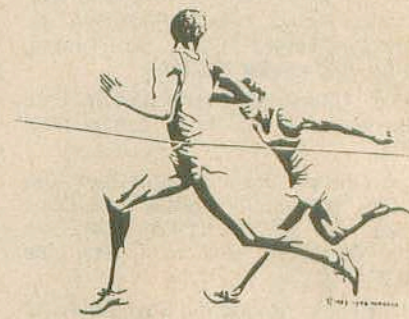
MAY 31: Pacific Coast Invitational. UC Berkeley. Chris Walsh, Athletic Dept., Univ. of California, 177 Hearst Gym, Berkeley 94720. (415) 642-9447.

MAY 31: SCCAA All Comers. Gahr High School, Cerritos, 8 am. Kevin Browning, 6173 Fremont Circle, Camarillo 93010. (805) 251-7572.

JUN 3-6: NCAA Div. I Championships. LSU, Baton Rouge, Louisiana.

JUN 6: Prefontaine Classic. Eugene, Oregon. Tom Jordan, 850 East 43rd Ave., Eugene, OR 97405. (503) 683-5635.

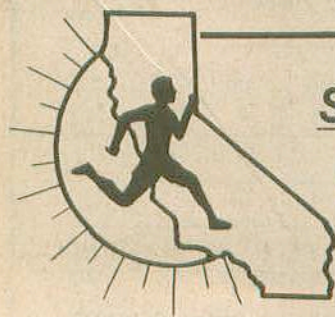
JUN 6-7: Southern California TAC. UCLA Drake Stadium. Bob Seaman, 1217 Lakme Ave., Wilmington 90744. (213) 835-8177.



JUN 19-20: U.S. Junior Championships. Univ. of Arizona, Tucson, AZ. Larry Schloss, P.O. box 30674, Tucson, AZ 85751. (602) 622-3030.

JUN 23-24: TAC Decathlon/Heptathlon National Championships. San Jose.

JUN 25-27: USA/Mobil Outdoor Championships. San Jose. Bert Bonanno, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.



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■ CTRN Around the Bay

By MARK WINITZ



■ Bay Area Marathon Woes

Forgive me. I know that we're well into the outdoor track season. It's warming up to epic proportions around here—culminating in the USA/Mobil Track and Field Championships, June 25-27 at San Jose City College. That meet will serve as the trials for the teams that represent the U.S. in August's Pan American Games in Indianapolis and the very important IAAF World Championships in Rome in August-September.

But there's still plenty of time to speculate about what's going on around the track. Although I enjoy watching the disciplined cadences displayed on repetitious loops around a standard oval (and regularly train on the track), my real love is the unbridled roads. Admittedly, I dislike running before an audience where my every stride, swing of the arm, bob of the head is under scrutiny of a usually knowledgeable crowd. I've always found it hard to relax on the track. There's no place to hide if you're having a bad day.

The roads are a different story. There—particularly in the marathon—you have the choice of displaying your skills at selected intervals if you're on, or unobtrusively fading in the crowd or bowing out altogether if you're off. I'll take the pure physical abuse of an all-out 26.2 miles over the mental gymnastics and physical abuse required for, say, a 5,000 on the track any day. Besides, the scenery is usually better (even through the sometimes jaded vision at 22 miles or so).

And therein lies the rub, or the abrasion. The San Francisco Bay Area, shamefully, no longer has a decent winter or spring marathon for us road nuts. The old Oakland, Paul Masson, West Valley, Mayor's Cup and Pacific Sun marathons all succumbed to either lack of sponsorship, community support, commitment on the part of organizers, and a temporary downswing in marathon participation.

In Winter 1986, the defunct Oakland Marathon attempted to make a comeback, but was down-trodden by a combination of community red tape and an inexperienced group of new organizers. True, the Oakland course wasn't the most inspiring or scenic, but it was fast, came in cool (and sometimes rainy) December conditions, and attracted a good crowd.

February of last year saw a new 26-miler on the scene, the San Jose Marathon, but the first-year race was immediately plagued by poor organization, and even confusion, as the organizers muddled the issue with a simultaneous 10K and half-marathon. After a respite this year, plans are in the works

for a return of that race in February 1988, under new leadership. However, it remains to be seen whether the new group can make improvements while trying to shake an already marred history.

OK, many Bay Area runners can console themselves with the fact that Sacramento's Cal International Marathon (December) continues to display strength, backing, and an overall excellent race of international significance. The Napa (March) and Avenue of the Giants (May) Marathons are veterans that have a lot to offer. And you can't beat them as beautiful courses. Still, they aren't Bay Area marathons—races that we can call our own. Races that you hop out of your own bed in the morning for, without having to drive for 1-2½ hours, or spending the pre-race night in a motel. Ditto for the Davis Marathon (February).

Likewise, the Big Sur Marathon (April 26), in its second year, is a humdinger, in the capable hands of Judge Bill Burleigh. It's spectacular, with the most majestic seascapes in the world along its coastside route. While highly recommended, Big Sur is more akin to a mini-ultra than a flat-out marathon. The route is rugged and hilly. Don't expect a PR there. But you'll find a great race with a lot of extras and attention to the runners. Still, it's not what we call home; I mean, right around the corner.

Let's take another factor that has a bearing upon the immediate Winter/Spring Bay Area marathon drought: the granddaddy Boston Marathon. Those marathoners who are able to make its qualification cutoffs shouldn't miss the opportunity to run from Hopkinton to Boston in April. With easier qualifying standards, more Bay Area runners have an opportunity to tackle Boston's Heartbreak Hill. But, even though the entry fee is a very reasonable \$10, admittedly, making a go of it is expensive for Bay Area runners. Whenever I compete there (which I have in 3 of the last 4 years), I find a dent in my savings account of about \$850 (and my wife pays for her own trip!). For that very reason, I'll probably have to sacrifice this month's Boston trip—even though it hurts to miss it. If only I had a good, well-organized, April marathon *close by* to sooth the pocketbook a bit, I might be able to accept a Boston-less Spring.

Let's face it. The marathon is turning around again. There seems to be a whole new generation of fairly fit crazies who are willing to run, or jog, or stroll 26.2 miles in three, or four, or five hours. Case in point: Last month's second-year City of Los Angeles Marathon drew 15,000 entrants (second in number only to New York), a good portion of whom had neither the training

nor desire to make it to Boston. (To many of them, Heartbreak Hill might as well have been in the Land of Oz.)

According to Fred Lebow, the charismatic race director of the New York Marathon, seven of the top ten marathons in the U.S. grew overall in entrants and finishers from 1985 to 1986. That includes Houston, Twin Cities, Chicago, New York, Marine Corps, Columbus and Honolulu. And L.A. (not included in Fred's statistics) grew 50% in its second year.

The big two that showed a slight decrease in entrants and finishers in 1986—Grandma's and Boston—have taken determined steps this year to remedy that situation. Boston lowered its qualifying standards, as mentioned, and Grandma's won a bid for the '87 Women's National Marathon Championships.

That brings us to the question of July's San Francisco-Audi Marathon—the toast and jam of the Bay Area's marathons. From '85 to '86, that race decreased 1% in entrants, an insignificant amount. Finishers decreased 6%, but last summer's race warmed up in temperature by mid-morning, causing more than normal DNF's. So, among the top ten, San Francisco, essentially, remained unchanged in growth/decline. A field of 6,000 has been the status quo for the race over the last few years, which isn't bad for a summer 26-miler (a season in which many runners concentrate on shorter races). The S.F. race organizers are the first to admit that two remedies could get the field climbing again: more sponsorship (and prize money) and a standard course that doesn't change from year-to-year. Right now, there are no course records due to the frequent changes in course routes.

Even if these bugs can be worked out, the fact remains that San Francisco-Audi intends to hold onto its summer status. Certainly there remains room, and an arguable need for, a late Winter or Spring Bay Area Marathon. One that neither conflicts with December's Cal International or July's San Francisco would be ideal.

Granted, organizing (and gaining the support for) such a race would take a concerted, dedicated effort. However, the climate is right for a group or individual with the necessary organizing, negotiating, PR, and management skills to get such a project on

□ Around the Bay

Bay Area ground. Just look what Bill Burke has done in two short years in L.A. for proof that a successful marathon can, indeed, quickly sprout on unused-but-fertile pavement. A primary (and critical) point is that Burke visibly has the entire city and L.A. Mayor Bradley behind the marathon. Yes, S.F. has had its "Mayor's Cup" Marathon in years past, but the fact that it's no longer here illustrates that the chemistry between city government/agencies, race organizers, the general community, and the runners wasn't quite right. Again, the time of year of that race (May) could well have had a bearing on its demise.

Witness, also the proliferation of new major sponsors willing to put their advertising dollars behind marathons. John Hancock, already the prime sponsor for the revived Boston Marathon, has recently announced a sponsorship agreement with yet another marathon—New York. And we're not talking nickels here. True, Hancock does a majority of its business in the Northeast. But there are comparable, untapped potential sponsors who might want to increase their West Coast visibility with their name attached to a Bay Area marathon.

It's interesting that a major metropolitan area and its vast suburbs are willing to explore the possibility of a huge, costly, and unbelievably complex project such as

hosting the 1996 Summer Olympic Games—yet no one has stepped forward to fill a more immediate and simpler athletic need like a cool-season local marathon. If any time is right, it seems now. **POTENTIAL RACE ORGANIZERS:** we can't fill your shoes, but we certainly can give you plenty of them filled with able bodies, black toenails, blisters, plantar fasciitis and all, come marathon day. The possibility of a class act is there. But the Bay Area running community desperately needs a capable organizing group, and a skilled director, to pull it off. Fred Lebow—I know a great little estate down the Peninsula a ways that has great possibilities. Wouldn't trade it for Manhattan Island. Are you interested?

■ Mental Strategies

Soquel, CA's Dr. Jerry Lynch has the perfect credentials for putting together an authoritative book on mental preparation and technique for running. Besides being a nationally-competitive masters runner, Lynch is a sports psychologist who has served as a consultant to the U.S. Olympic Training Center, as well as to numerous Olympic track and field athletes. His new book, entitled *The Total Runner, A Complete Mind-Body Guide to Optimal Performance* is available in paperback from Prentice-Hall, Englewood Cliffs, NJ 07632 or your local bookstore.

Lynch's mental conditioning techniques are coupled with mental tips from well-

known runners such as Herb Lindsey, Alberto Salazar, Tony Sandoval, Bill Rodgers, and Benji Durden.

"These strategies and techniques will improve your performance almost immediately after you start using them," says Lynch. "It makes no difference whether you run competitively or just for fun and exercise."

Honestly, this book is one of the most valuable investments a runner can make. I personally recommend it. After only skimming a few chapters, I applied a few simple mental techniques and substantially improved upon a long-standing 10-mile PR. And it makes interesting and entertaining reading!

■ Potpourri

Woodside's Nancy Ditz claims she'll have no problem putting the Mercedes (which she won for the second year in a row as winner of the L.A. Marathon) to good use. "We have a two-car garage," the perky lady reveals. "Besides, my husband (Bruce Mosbacher) gets the 'old' one." . . . If you finish this month's Boston Marathon (as an official entrant) and want to get some recognition, let me know. I'd like to mention as many local Boston Marathoners as possible here—at least make sure you're in the results that we print.

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, California.

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MARK WINITZ'S RUNCAL

RUNNING CALIFORNIA NEWSLETTER LOS ALTOS, CALIFORNIA



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

"Mark Winitz's RunCal is my kind of publication. It uses my favorite format, the no-nonsense newsletter, to cover running in one of my favorite states. I look forward to each issue."

—Joe Henderson, Acclaimed Running Writer

"I love training in California and the way Mark Winitz covers our sport. Luckily, California—particularly the Bay Area—can benefit from Mark's unusual talent as a writer and devoted runner."

—Nancy Ditz

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PA-TAC Notes



By JOHN MANSOOR

MORE CHAMPIONSHIPS ADDED TO THE 1987 GRAND PRIX

As promised in past issues of *CT&RN*, the LDR committee has added two more Championships to the 1987 Grand Prix at the 5K and 50K distances. Both are listed below. Please note, that the 50K, conducted within the Pacific Crest Trail Run, is for Open Men and Women only, while the 5K is a combined men and women, open and master's Championship. Both of these Championships will be conducted by TEAM CHALLENGE who's "hotline" number is (415) 841-1190. The 5K will be part cross-country while the 50K will be ALL cross-country. Both events will count towards the Grand Prix title. Next month we will announce the events at the 1 mile and Half Marathon distances.

5K Combined Championship — "High Five 5K", Pinole... May 30
 50K Open Men & Women — Pacific Crest Trail 50K... Sept. 20
 TBA — 1 Mile and Half Marathon

TRACK CHAMPIONSHIPS SCHEDULED FOR LOS GATOS

For those of you that compete on the track, the Pacific Association Track Championships for Open and Masters, men and women are scheduled for May 23, 1987. The meet will be held at Los Gatos High School and is sponsored by the Los Gatos Athletic Association. The entry deadline is May 20, 1987 and the meet is open to all TAC registered athletes. A TAC card blank is provided in this issue for registering as a TAC member. The meet will feature all track and field events. (See ad in this issue.) For more information, please contact the LGAA at (408) 356-5660.

TRAVEL AWARDS AVAILABLE TO PA REGISTERED ATHLETES

As in the past years, the Pacific Association has announced that travel awards will be available to all registered Pacific Association athletes for the National Track Championships. The awards will go to the top competitor in each event that qualifies for the meet and also meets the Association standard. The Association standard is based on the sixth place finish for the last three years on an average basis. Due to the fact that the Senior Nationals will be held in San Jose this year, no award will be given in that category. However, awards will be given for the the Junior Nationals scheduled to take place in Tucson, Arizona on June 20 and 21. To qualify, each athlete must first be registered as a TAC member in the Pacific Association. The athlete must meet the standards which will be published next month. The athletes cannot have reached their 20th birthday in the year of the competition if they are a male, or their 19th birthday if they are a female. The athlete must also be at least fourteen years of age. The athlete should then contact the TAC office at (916) 966-6185 to see if he/she is the top PA competitor in that event. In years past, our top junior athletes have represented us well, most recently, Eric and Mark Mastalir, who both qualified for the U.S. Junior Team that will compete in Poland this month. A plus-point should be given to the Pacific Association and the Track and Field committee for this program. Much of the funds come from TAC registrations and we would like to encourage you and your friends to join now. Besides funding the travel program, all PA-TAC members receive *CT&RN* each month free!

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DATE OF BIRTH

AGE

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U.S. CITIZEN Y/YES or N/NO

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SoCal Diary

By BILL MINARIK

February 16

Track season made its debut in SoCal over the week-end with the tri-meet between CPSLO, San Diego State and Oxy. The main attraction in that one was SDS in the men's competition 109-59-21 with CPSLO 2nd; however the SLO women got revenge 97-71-14 with SDS 2nd. SDS strongman Scott Hoth had the days best mark with a 188-2 hammer throw. There were a number of all-comer meets still going; with good early season marks from Bonnie Dasse 60-5, Tambi Wenj 60-3 and Wendy Brown 43-6.

February 23

The L.A. Times Indoor Games lead off this week-end and as usual provided us with a multitude of record setting performances. Greg Foster got things going with a A.R. in the 60m hurdles in 7.48. Eamonn Cogan then proceeded to break Steve Scott's 2000 meter W.R. with a 4:54.07 clocking. The women, not to be outdone, were equally impressive, as Ramona Pagel annihilated Maren Seidler's A.R. in the shot by close to 4 feet at 65-0 $\frac{3}{4}$; while Romania's Vali Ionescu raised the world triple jump standard by over a foot at 45-8 $\frac{1}{2}$. The only sour note of this meet came in the men's shot put which had to be called after the first round of throws when the shots began making dents in the running track.

Elsewhere, the UCLA men breezed to a 118-31-28 victory over Cal State L.A. and San Diego State while the UCLA women were easy 97-39 winners over SDS. Top marks here included Henry Thomas 10.3, Jim Connolly 240-5, and Gail Devers 11.2 and 13.38.

At UC Irvine, the USC men took the measure of UCI and Cal Poly Pomona 100-72-18 while the women from the same schools engaged in a non-scoring affair. The

highlights included a 10.4-21.0 double from Troy's Antonio Manning and a 4:20-9:45 distance double from the Anteaters' Jill Harrington.

At Claremont, the Oxy men rolled to 93-67, 137-27, and 114-40 dual meet victories over Claremont-Mudd, Whittier, and CalTech, while the Oxy gals followed suit by scores of 101-31, 90-40, and 101-1.


March 2

The college scene was relatively quiet the past weekend with the only dual meet action but at C/S Northridge. There, the Cal State L.A. men topped CSN and U/C Riverside by 101-62 and 136-18 counts while CSN topped UCR 134-21. The CSN women were victorious 87-57 and 130-1 over C/S L.A. and UCR while CSLA waxed UCR 101-2. Best performances included a 52-7 $\frac{1}{2}$ TJ by CSLA's Stan Oporski, and distance doubles by CSLA's Sylvia Mosqueda at 2:12 and 4:31 over CSN's Darcy Arreola and Gretchen Lohr also of CSLA at 9:57* and 16:53.

At the NAIA Indoor Championships, Azusa Pacific scoring a bundle of points in the weights, totaled 62- $\frac{1}{2}$ points, good for 2nd in the men's competition behind champion Wayland Baptist.

Most of the rest of the Community College and 4-Year College athletes were down at the Long Beach Relays. Top open performance there belonged to former UCLA strongman, John Frazier, with a 65-9 $\frac{1}{2}$ shot put. In the Community College division, both Taft and Long Beach City showed they were in a class by themselves with outstanding relay and individual event marks.

Finally at the L.A. Marathon, Canadian Art Bolleau and Californian Nancy Ditz emerged from a field of 15,000 to post victories in 2:13.08 and 2:35.24 respectively.



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MEN

100M	Carl Lewis (Santa Monica T.C.)	10.14
200M	Darrell Robinson (Mazda)	20.41
1500M	Matt Biaty (Loeschorn's)	3:42.34
10,000M	Herardo Alcalá (Mexico)	27:54.8
110 Hurdles	Sam Turner (Mazda)	13.53
4 x 800 Relay	Santa Monica Track Club	7:06.5*
Long Jump	Carl Lewis (Santa Monica T.C.)	27'4"
High Jump	Ron Lee (C.S.L.A.)	7'6"
Pole Vault	Doug Fraley (Fresno State)	18'11"
Shot Put	John Brenner (Mazda)	71'5"
Discus Throw	Knute Hjeltnes (Norway)	218'11"
Hammer	Jud Logan (New York A.C.)	265'4**
Javelin	Einar Viñjalmsón (Iceland)	257'10"
Decathlon	Chris Brannam (L.A.T.C.)	8,159 pts.

WOMEN

100	Evelyn Ashford (Mazda)	11.11
200	Pam Marshall (Mazda)	22.28
800	Claudette Groendaal (Ath. West)	2:02.38
1500	Sue Addison (Ath. West)	4:14.32
400 Hurdles	Shariefia Barksdale (Puma)	55.26
4x100 Relay	Atoms Track Club	43.79
Shot Put	Ramona Pagel (Mazda)	60'5 $\frac{1}{2}$ "
Discus Throw	Carol Cady (unattached)	202'9"
Heptathlon	Jackie Joyner (World Class T.C.)	6,910 pts.

NOTE: Wind readings are not considered in the tabulation of marks from any of the major U.S. Track and Field Relay Carnivals compared.
* Indicates American record.

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COACH'S CORNER



STEVE JONES

Many years ago, winning the Olympic Games with relatively little preparation was still possible. Over the past twenty or thirty years, training methods have become much more intensive and a greater amount of time and effort is necessary to compete successfully. Training to run a marathon today, whether it be the first time, or trying to qualify for the Olympic Trials, requires greater time commitments in planning and training.

The majority of the time and effort expended is not the physical workout in the three to six months prior to the race. Although the time spent on physical preparation in that period is extremely important, the preparation in the last four to five weeks is particularly significant. Careful consideration of Regeneration, Peaking and Psychological Preparation can make the difference between a successful or unsuccessful marathon attempt.

Regeneration

Often the high mileage achieved in training by most beginners leads to the state of chronic fatigue. Even when there is no overwork, fatigue may be the result of psychological stresses brought on by fitting the training times between work, social, and domestic responsibilities. When this condition is present, the proper regeneration and recovery processes must be adequately accommodated. Athletes must remember that for training on a continuous basis to be effective and produce positive results, proper orchestration between training and recovery must exist. The following recommendations are offered for consideration, particularly the last four to five weeks of training.

1. After extremely hard workouts, stimulate the appetite with an emphasis on alkaline

THE PRE-MARATHON TIME PERIOD

by Joe I. Vigil

rich foods (milk, vegetables, fruits and complex carbohydrates).

2. Reduce protein consumption.
3. Eliminate coffee, tea, tobacco, and alcohol.
4. Use vitamins, particularly B groups, C and A.
5. Swim or do other forms of hydro-therapy.
6. Have soothing massage.
7. Occasionally change training environment.
8. Get adequate sleep.
9. Avoid unnecessary excitement.

Peaking

It is desirable to have the body in the best athletic shape of the year to run a marathon. This high fitness level, however, is no accident and requires careful planning. The peaking state is when all physical and psychological efficiencies are maximized, the technical and tactical preparations are optimal, and the athlete is in a state of superior competitive and physiological fitness. From the psychological point of view, peaking is perceived as a state of readiness for action. At this point, the athlete has the capacity to handle the high degrees of anxiety that occur during the pre-marathon period.

In preparation for this state, the athlete must carefully plan the last four to five weeks. This period represents one of the most determinant factors in facilitating peaking. Most runners start a decrease in training volume weeks before the marathon. The high mileage, whatever it may be, must be maintained up to two weeks before the marathon date. The week before the marathon one must unload the high volume of mileage and run approximately 60% of what he was doing. During this time, increase slightly the intensity of both continuous and intermittent runs.

The unloading week will be successful with the careful manipulation of volume and intensity just described. This period of time will allow the runner to replace all organismic and cellular energy and regenerate the athlete beyond the normal state. Regeneration and over-compensation will be felt during the unloading week, but will maximize on the week of the race. This, after all, is the goal. However, if the unloading week is incorrectly timed, the over-compensation effect will decrease and the runner will feel a state of training involution. In this condition, the runner will not achieve his desired performance goal.

Psychological Preparation

Athletes use various forms of psychological preparation in getting ready for competition. Although this is an important application of psychology, there are many different forms of psychological preparation. For the marathon runner, there are two distinctly different types of psychological preparation, each equally important.

First of all, there is psychological preparation for an extended period of strenuous training. During this time the athlete must be prepared for months of unusually difficult and often monotonous work. An athlete's inability to handle the strict lifestyle on training regimen may result in failure to realize his full potential, particularly in training for a marathon. The following points are recommended for this psychological preparation.

1. Form motives for training.
2. Develop attitudes about your training for the marathon.
3. Develop positive attitudes about strict lifestyle.
4. Pay attention to stresses involved with your training.

Secondly, an athlete must prepare psychologically for competition. The runner must develop basic values drawn from all his experience, particularly home, church, and school to form direction to achieve his goal. These values include the following:

1. Moral conviction.
2. Tranquility and confidence.
3. Belief in one's self.
4. A fighting spirit.

With careful thought on these psychological points, the athlete must also spend, in the latter training stages, considerable time in preparing for the tactical aspects of the race. Consideration must be given to the topography of the course, the anticipated climatic condition, and the type of competition to be faced. These points also enter into psychological preparation. It, therefore, becomes evident that the time spent the last four to five weeks on psychological preparation can make a difference between success or failure in a race.

Dr. Joe Vigil is the National Club Coach for the Reebok Racing Club, Men's Olympic Coach for Long Distance and a Prominent Physiologist.

Medical Notes for Runners

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

How Can I Run So Slow And Why?

How can I run so slow and why? How come? Why don't I race anymore? Why do I run slow? I run slow to warp time. To prolong the moment. To be in the moment.

I'm not going anywhere, you know. How could I, there being nowhere to go—no place. So I trot onward, switching on to automatic pilot—the body—can handle itself perfectly well without my intervention.

So it runs on as I consciously smell the smells, feel the breeze, and listen to the whispers.

I drift off into other worlds. Relive—re-experience, the past. I consciously enter into the subconscious. I relive past, future, and concurrent incarnations, consciously entering the unconscious.

I change the course of history, giving the collective unconscious the slip.

I dream, then envision, experiencing living new realities. Each moment being lived—creating the next. I have no

preconceived plan of where to run to. I follow my path. Trusting and knowing that I have direction. I consciously direct from the moment—moment by moment—choosing to create the next.

I must admit that this is a rather esoteric and drawn-out explanation for running so slow! The truth of the matter is that it is easier than running fast. I can do it longer. It allows more time to be in my own special world, my own special place. It allows me to meditate on the run. To create my own vision.

But what if I were to race. Races I once did—many, many marathons—over fifty of them, what would I do then. I would again vision. I would run the perfect race before the event. Enter the race already certain of the outcome. Certain of the pace, the feeling, the wonderment, the joy of creating such a marvelous event.

Then I would race—run—at the fine edge, the exciting edge that exists between achievement and failure. The knife's



edge—beyond which one falls into disaster—upon which the race is won. I would marvel, revel, in the recreation of the perfect race. I would relive each moment as though it were the first time, yet with the certainty of the outcome.

I would run the 2:59 marathon as in the past in Boston—I would experience the dream, the vision come true.

That's what I would do; in fact, I may do that just now. Do that as I sit here in my easy chair or perhaps tomorrow as I take a slow yet steady run around the lake.

Listen To The Whispers

I'm running again and have reached that state where I am talking with my higher self or mind or whatever it is I speak to when I am in that special state we runners get to when we are one with all we are.

Higher Self (H.S.) says, "Listen to the whispers."

ME: The whispers, what do you mean, the whispers?

H.S.: The whispers, like other teachers, like Lazarus has suggested, like when you scent something, don't just brush it aside. Listen to it. Think about it. Act upon it.

ME: Act upon it.

H.S.: Yes, act upon it. So, if you feel an uneasiness about something you are about to do, stop and listen. Feel. Check it out. What is the feeling of uneasiness—this feeling—ask yourself. This whisper. Is there more? Are there more whispers? You bet there are. There always are. There are many more. You feel uneasy, because you are entering into a situation of potential friction, conflict, dissidence.

ME: Dissidence, explain that one to me.

H.S.: Well, there is harmony, and there is dissidence. Harmony is alignment with your divinity, your source. You.

Dissidence is malalignment. It causes friction. Some choose to grow through friction. They choose hardship and strug-

gle. They choose disease and illness. They figure that no pain, no gain. Others choose to grow through harmony.

ME: Oh, I see, it is like the runners who ignore soreness and aches and pain, who push themselves too far, who create injuries.

H.S.: Yes.

ME: Are they learning, growing, through and with these injuries?

H.S.: Sometimes—but not always. If they begin to see that disease, injury, illness are all related to treating the body lovelessly, then certainly they will grow.

If they feel self pity, martyrhood, and anger at their body from these injuries, they don't take responsibility for what they have created. They blame someone else. Perhaps they blame their coach, their running shoes, the race course, or their doctor for not getting them well. They, of course, will not grow. They will just recreate this cycle over and over and over again until they see the light.

ME: And what is the light?

H.S.: The light is that they are creating their own reality, and they are creating their injuries. They must take responsibility for what is going on in their lives and must begin to LISTEN TO THEIR BODIES.

ME: If they learn to treat their bodies with respect and love, then they will grow.

If they learn to listen to the whispers, listen to their bodies, and be aware and be conscious, then they will grow.

H.S.: Yes, that is correct.

ME: So one can learn from injury.

H.S.: Yes, one can learn that there is another path. This is the path of freedom, freedom from injury, the path of excellence without pain.

ME: But, surely, if one is to be a great runner, there must be pain. Everyone knows and says this.

H.S.: Everyone is not you. You have a choice. You can buy into the collective unconsciousness (as Carl Jung says) and live the illusion of 'no pain, no gain' or you can give the collective unconscious the slip—act and choose success without pain. Allow yourself your success. Define success for yourself. Don't look for outside validation. Reward and validate yourself. Be responsible. Be able to respond to your own needs.

ME: So, everything is an opportunity to learn. An opportunity to change. An opportunity to create a new future. Every whisper is the same. Whispers generally precede the shouts and screams of injury, illness, heartache, or disease. Listen to the whispers. Listen to the whispers, especially on the run where the message becomes crystal clear.

■ The Athlete's Kitchen

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



Supplements or Common Sense?

Successful Aging

When it comes to living a long and healthy life, we're all looking for a magic key to longevity. Vitamin supplements are popularly considered to be a possibility. Surveys indicate that 40% of "average Americans" take supplements, as do 91% of the nation's top female runners and an estimated 75% of "average runners".

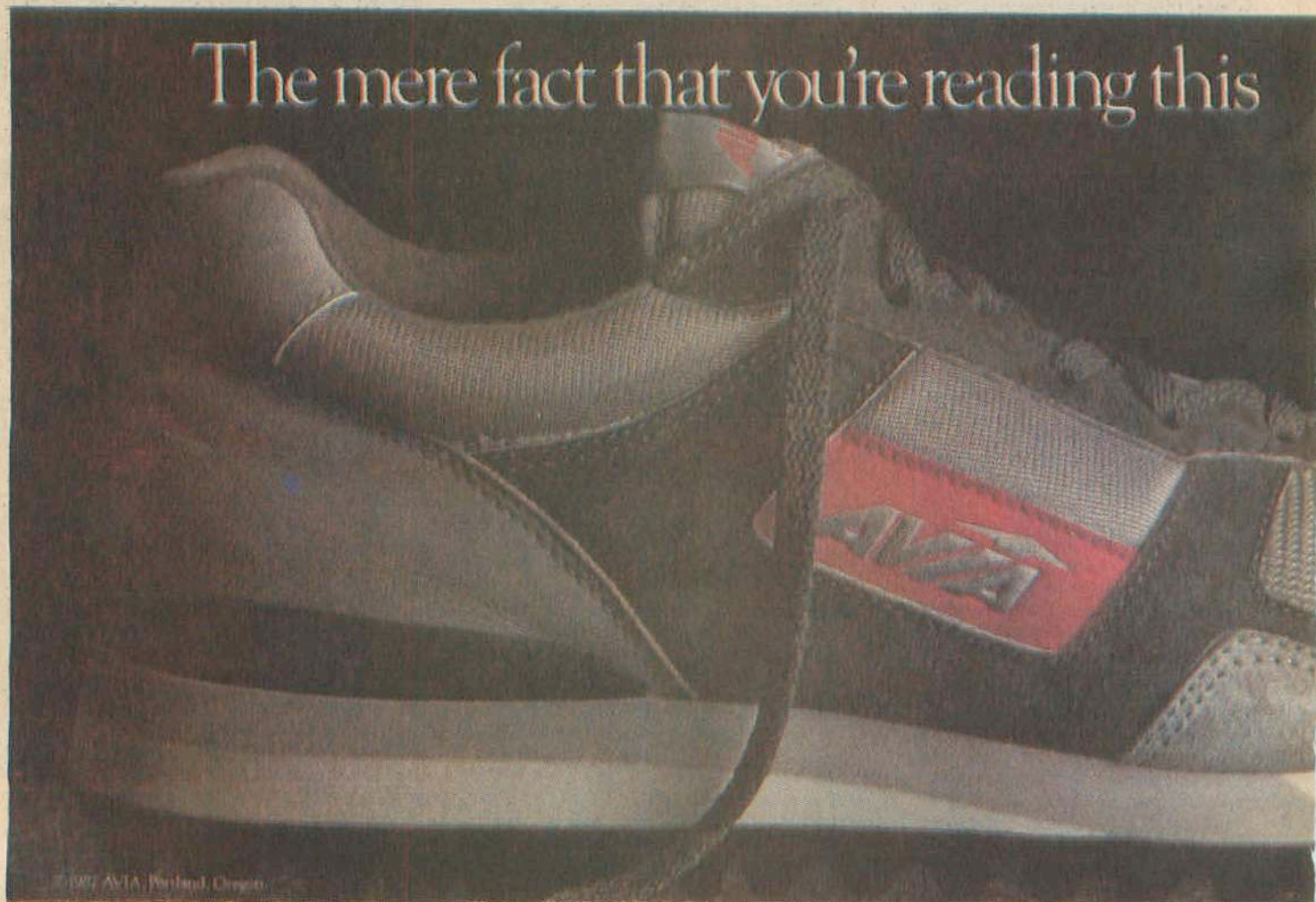
When it comes to appropriate supplement use, I have little concern for those who choose to take a simple multi-vitamin pill with minerals for "nutrition insurance".

It probably won't hurt you -- nor help you, since there are at least fifty nutrients in food that your body needs for optimal health, and a supplement may provide only some of these. I am concerned, however, if you choose to self-prescribe mega-doses in an uneducated manner and have inappropriate reasons for doing so. For example, in one survey of sports-active women, 47% reported taking supplements as a means to compensate for poor dietary practices. Similarly, many athletes claim they're too busy to plan wholesome food choices.

As one marathoner reported "Since I rarely have time for a decent lunch, I compensate by taking a vitamin pill for breakfast."

Other reasons for self-prescribing supplements include chronic stress, fast-foods, crash diets and inadequate sleep. In my opinion, you are naive to think that a pill of any type can magically compensate for erosive lifestyle habits! Accordingly, Senator William Proxmire comments: "Isn't it curious that people show such great concern for grey hairs and wrinkles - which do not shorten their lives in the least - and so

The mere fact that you're reading this



□ Athlete's Kitchen

little concern for health habits which induce premature aging and untimely death?"

Ironically, most vitamin-takers think that nutrient deficiencies are the culprit when it comes to health problems and the diseases of aging such as heart disease, obesity, high blood pressure, diabetes and cancer. In reality, it's more likely to be dietary excesses. Specifically, excesses of fatty foods - the kinds that you're likely to grab when you're eating on the run. Hence, if you're a pill-popper who lives on megadoses of vitamins in addition to chocolate chip cookies, greasy hamburgers, chips and gourmet ice cream, you may be fooling yourself.

Many of the athletes who self-prescribe a wide array of supplements have little knowledge of why they're taking them or how much is appropriate. They simply figure that if a little bit is good, then a lot must be better. They do an excellent job of supporting the vitamin industry and may also be setting themselves up for toxic

reactions. For example, excess niacin acts to dilate blood vessels and can cause flushing and itching. High doses of B vitamins can cause numbness, loss of muscle coordination and paralysis. Too much vitamin C can lead to stomach and intestinal problems, kidney stones and diarrhea.

If you are currently taking supplements in

you're missing. To find a RD, simply look in the Yellow Pages under "Dietitian", call your local sports medicine clinic or nutrition clinic at the hospital. You can also call The American Dietetic Association at 1-800-621-6469 and ask to be referred to a member of SCAN, the Sports and Cardiovascular Nutrition division of the ADA.

When it comes to successful aging,

"... You are naive to think that a pill of any type can magically compensate for erosive lifestyle habits!"

an uneducated manner, I recommend that you get a nutrition check-up from a registered dietitian (RD) to evaluate your diet and learn not only what nutrients you're currently getting (or not getting) through foods, but also learn how to wisely choose the best food-sources of those

cancer is one disease that scares us all. Recent research indicates that 35% of cancers seem to have a strong relation to high fat, low fiber diets. Research is also suggesting that foods rich in vitamins A, C and E may offer protection against some

Continued on page 39...

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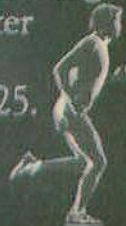


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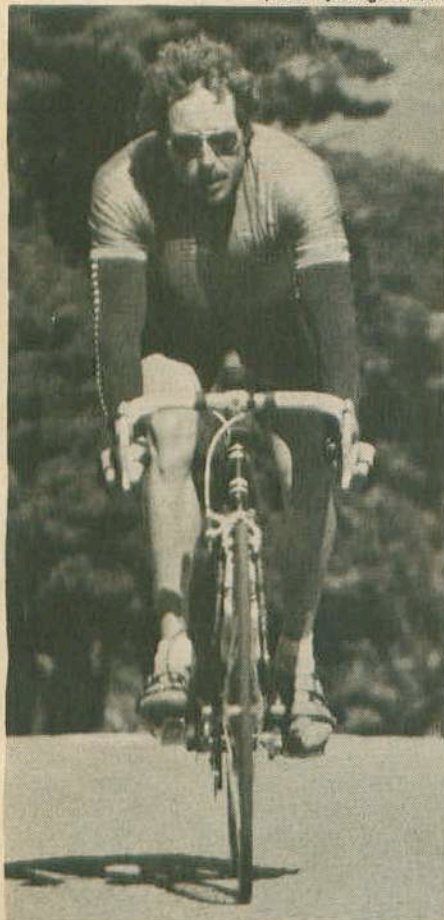


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An Interview With

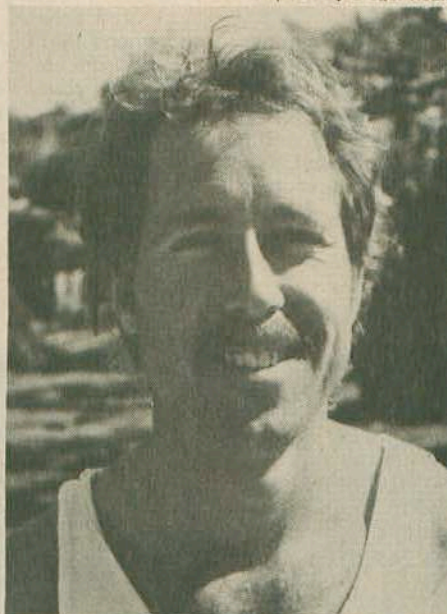
By GREGOR ROBIN

photo by Gregor Robin



Tom Becker

photo by Gregor Robin



Becker went to Rancho Alamitos High in Garden Grove where he ran 4:27 for the mile. While at Fullerton Junior College he finished 20th his freshman year and ninth his sophomore year in the junior college state cross country championships. While at Cal Poly San Luis Obispo, Becker tried out for the cross country teams in 1978 and 1979, but didn't make what turned out to be two Division 2 national champion squads.

Becker earned a bachelor's degree in ornamental horticulture at Cal Poly in 1980 and a masters degree in business there in 1984. He now calls himself a struggling, professional cyclist.

"I have no job," he says. "I'm an unemployed pro athlete."

He also finished third in the first Desert Princess series race in November and took third in the Southern California Biathlon Series race, an 8K run followed by a 10-mile bike ride.

He lives in San Luis Obispo and considers it the best place to train he's ever been. His biking exploits include over 20 victories, ranging in races from 20 to 120 miles.

He said bike racing is much different than running races. One reason is strategy. Riders with less stamina have a chance at winning.

"Running against Ivan Huff, (a world class steeplechaser whom Becker ran with at Cal Poly), I couldn't beat him, but in biking the strategy can make athletes better than you, your equal," said Becker.

He trains with the Cal Poly riders in San Luis Obispo and also with a riding club there called GS San Luis. He belongs to a racing club in Northern California called Club Solo. Becker said his most important cycling victory was in 1982 when he won the Bear Mountain Road Race in Bakersfield. It was a national prestige classic race of 108 miles. He took off from the pack and soloed the last 10 miles of the race with a fierce pack chasing him. "Every time I looked back they were closer, but I held them off to beat them by 20 yards," said Becker. "The thrill is pulling away. It's a gamble when you go off the front and try to solo. Sometimes you make it. Sometimes you don't."

Before you toss this interview down and say, "This new trend of biking has no place in a running magazine," think about this...

Tom Becker, like many other cyclists, biathletes and triathletes, began his endurance career with running. He became successful in running, but injuries forced him to move on to another sport. Unlike those runners who resign themselves to continuous battles with injuries, Becker found what he called a blessing in cycling. He calls it a "gentle" sport, although a crash at 40-miles-per-hour would make some doubt his adjective. But, as for the act of cycling and its stress on the body, the sport is much smoother and "gentler" than running.

Becker began biking in 1980 after successful careers in high school and junior college running. He's flirted with running since his changeover to biking. He ran a 2:29.38 marathon in 1982, mostly off bike training. In the few months before the event

he started running eight miles a day and ran what he called a comfortable 2:29.

Now, another sport has surfaced that is just right for him. Biathloning. It's running and biking in the same event and it's given Becker something to do in his offseason. He has quickly become exceptional at it.

In his third biathlon ever, the Palm Springs Desert Princess series Run-Bike-Run (10K, 62K, 10K) on January 9, Becker finished third and defeated triathlon sensation Scott Molina. In only his fourth race, Becker won the Southern California Biathlon Championship Series Valentine's Day Race on Feb. 14 at Bomeli Regional Park. In it he defeated two top biathletes, Emilio de Soto and Kenny Souza and set a course record of 1:29:02 over the 8K run, 24-mile bike course.

His training now consists of 300-to-400 miles per week of riding and 30-to-40 miles a week of running. Becker isn't much of a swimmer, a fact he discusses in the interview.

CTRN: Tell us about your first biathlon.

Becker: It was in November '86. The Desert Princess Series in Palm Springs. I found out about it two weeks before it was held and had done about 70 miles of running over the 10 weeks before it. I didn't know what to expect from the running because it was 20-kilometers (10K run, 62K bike, 10K run) of running. I knew I was in top cycling shape so my only goal was to have the fastest bike time and just see what I could do on the run. I surprised myself because after the bike I was in first place. Then in the last 10K I only ran 38 minutes but only two guys passed me.

My second was the second Desert Princess race and I went four minutes faster. Most of the improvement came on the second run. Most of the guys who did the first one improved their times about the same. I was third again.

CTRN: In that race you beat Scott Molina. What is it like racing against a guy like Molina, who has so much history in triathloning. What was it like running with him and eventually beating him? Were you surprised?

Becker: I was not really surprised because it was the offseason and he's had a tough (good) year. He's probably not too concerned about his fitness at this time of the year. If it was in the middle of July and I beat him it would be a different story.

CTRN: Still, to be running with a guy who's put in so much time running and biking, it must make you pretty happy.

Becker: Yeah, definitely. But, still, Brad Kearns beat us both by four minutes. So that puts it in another perspective.

CTRN: In the Southern California Biathlon Championships in January you again finished third. In your fourth biathlon on Feb. 14, the Valentine's Day Biathlon, it was an 8K run and 24-mile bike. How did that go?

Becker: I was in about eighth place after the run and passed everyone on the bike and finished first.

CTRN: You started your career as a runner. What was your highlight in high school?

Becker: In the CIF 3-A finals my senior year I ran 9:27 in the two-mile. Eight guys went under nine minutes. I was history. That was the Eric Hulst-Ralph Serna decade. Everyone was running under nine minutes. There were 20 guys in California who had run under nine minutes in 1976.

CTRN: Then you went to Fullerton Community College. What happened there?

Becker: It went really well there. That was when I first started seeing myself being a better-than-average runner. I started working out a lot harder, being more serious in my training. It paid off because I saw a lot of improvement in my two years at junior college. I went from just being an average high school runner to one of the top JC runners in the state.

CTRN: Tell us about your experience against the powerhouse, Grossmont College, your second year at Fullerton.

Becker: We beat Grossmont, which was five or six time state champion, at the Mt. SAC Invitational, where they add up the total time of each team's first five runners. We beat Grossmont

there by 1.1 second. In that race I was third and ran one of the fastest 4-mile times ever run at Mt. SAC, 19:57.

CTRN: I heard some Grossmont guy got you upset.

Becker: Well myself and Greg Dean were running in about the middle of the pack and this guy from Grossmont who was on their "B" team came up behind us on a downhill and shoved us both and we almost fell. That got us upset so we took off after the front runners, passed all of them (chuckle) and finished first and second. That was in San Diego on their home course. That was so funny. We almost beat them. They beat us by one point, 27-28 that day. They walked away with their heads between their legs because they never had a dual meet that close before. It was as if we had beaten them.

CTRN: You went to Cal Poly San Luis Obispo next, but didn't make the cross country team either your junior or senior year. Of course they had some tough company on those teams in Jim Schankel, Mitch Kingery, Dan Aldridge, Manny Bautista, Eric Huff, Terry Gibson, Ivan Huff, Paul Medvin . . . What happened that first year?

Becker: I redshirted and trained with the team and they won Division 2 nationals. The next season I went to Mammoth for the summer and I trained hard. I came back and I ran fairly well during the cross country season but I didn't make the team. They won nationals again.

CTRN: You still had another year.

Becker: At the end of the cross country season I got plantar fasciitis and had to quit running for a year. I started cycling. The more I cycled the more I liked it so I just dropped running all together and started cycling every day. I cycled every day for two or three years until I went to graduate school. I started racing my second year. I raced in '81 and '82 and then I didn't race for two years.

CTRN: How many miles a week have you averaged on the bike in those seven years.

Becker: About 250 miles a week.

CTRN: And no major injuries?

California amateur racer. It was a five-day race with six stages.

CTRN: Do you still feel like you're a runner who's riding a bike?

Becker: Not at all. I'm definitely a bike racer.

CTRN: Do you feel this interview belongs in *California Track and Running News*? Do you think biking is a plus for running?

Becker: I think biathlons are going to get better and better and maybe even more popular than triathlons soon. The race is so much easier to put on without a swimming pool and swimming. And for people who hate swimming (chuckle) it's a lot better.

CTRN: Let's get into that Tom. If you were a good swimmer you could be considered one of the top triathletes in at least the state. What's holding you back on swimming?

Becker: What's holding me back? My mommy (he laughs). My mommy never let me swim. Never let me near a swimming pool. I never learned how to swim. And I just didn't like the water.

CTRN: Do you have any plans of learning how to swim?

Becker: No. Not at all. I have a full bike racing season coming up soon.

CTRN: What's it like hopping off the bike and running?

Becker: It's really not bad because you train for it. You do it in training every day. It feels funny the first half mile or so, but it's the same getting on the bike after a run. It takes a while to get your muscles used to a different exercise. I definitely do better the longer the race.

CTRN: What percentage of the top triathletes were once runners?

Becker: Most of the people who are top triathletes were at one time runners. Like Scott Molina was a runner in high school. Just about every one of them was a runner in high school.

CTRN: Did it surprise you that a sport was put out there in front of you that's just right for you?

Becker: I was surprised I could do that well. I'd heard that guys like Emilio De Soto and Kenny Souza could hop off the bike and run a 31

"I think biathlons are going to get better and better and maybe even more popular than triathlons soon"

Becker: Except for a broken collar bone last year. That happened in a crash at Mammoth in the Mammoth Stage Race. Some guy bit the dust in front of a pack and 35 guys went down. It happened in July and I missed nationals two weeks later which kind of ruined my whole season. I was peaking for that race, but I couldn't go. I kept riding my bike and raced six weeks later in Colorado and did well. Raced the Vulcan Tour in Redding after that. I was the highest

minute 10K. I quit running seriously about six years ago and when I quit I could run about a 31 minute 10K. But I couldn't imagine doing that and riding. Now that I've competed against them and beat them, I see that it's really good to do this type of training. It's good for both cycling and running. I find I can workout harder doing both at the same time than doing just one.

continued on next page...

□ Interview

But, this is my offseason, so when the big races come around in the summer I'm going to be racing bikes only.

CTRN: About Molina. What makes him so tough?

Becker: He's so tough because he's so consistent and he's been doing it now for eight or 10 years. He's put in the miles and the number of hours of work that it takes. He started out as the best and he's been there the whole time. It's hard to beat somebody like that.

CTRN: What keeps the guy going so hard?

Becker: Obviously he's the most successful

the offseason, but never competed because the races were not there.

CTRN: How would you compare yourself biking to the guys from the Tour de France? What's the difference for the novice people who don't understand biking too much?

Becker: It's kind of hard to compare me with the top riders, but there are riders in the Tour de France that I can ride with. But definitely not the top riders. You can't compare them with anybody. It's like comparing the world's best 10,000 meter runners who are running close to 27 minutes with the guys who are running 28 minutes. There is a big difference there, but they're both world class.

CTRN: What kind of training does a guy like Emond do? Are you baffled by it?

Becker: Yeah, I am because when I try to train that hard I just break down. There is no way I could train that hard. You get so tired that you get sick.

CTRN: So injuries aren't as much a factor on a bike?

Becker: No. It's hard to overtrain on a bike as far as hurting your muscles. You just get exhausted before you can push them that hard. It's not like running.

CTRN: What would be the equivalent of a 10-mile run, weight loss wise and workout wise?

Becker: 30 miles. It's about one-to-three.

CTRN: What kind of marathon could you run if you stopped biking and started running full time?

Becker: I don't think I could run a good marathon, because it would take too much training.

CTRN: What do you consider a good marathon?

Becker: 2:13. But I think I would get injured before I ever got in good enough shape to run 2:13. My body, I've learned over the years, is not made for running. I have real rigid feet.

CTRN: So has biking really become a blessing to you?

Becker: Yes it has!

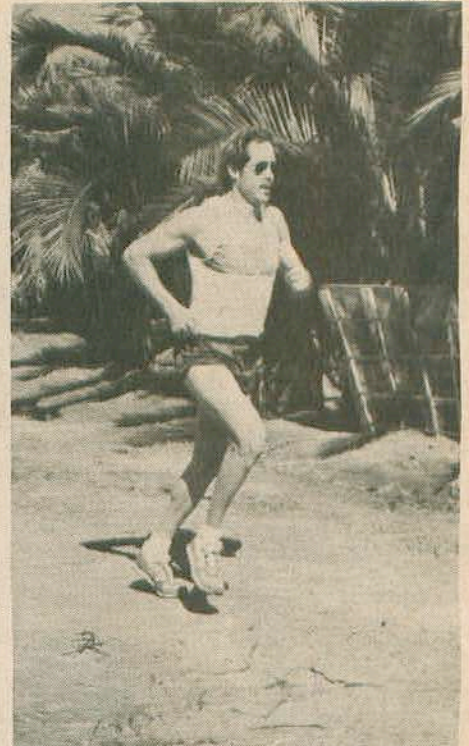


photo by Gregor Robin

Thomas Joseph Becker is 29-years old. He was born on January 19, 1958. His best times on the mile up to the marathon and times on the bike are:

Running: 1-mile, 4:27 (high school); 2-mile, 9:27 (HS); 5,000 meters, 15:09 (junior college); 4-mile, 19:26 (JC cross country); 6-mile, 29:26 (road); 10K, 31:09 (track); 20K, 1:06:00; half marathon, 1:11:00; marathon, 2:29:38 (1982).

Biking: 40K, 57:00; 21-mile time trial, 46:57.

"Virtually anybody can ride a bike. Any size any shape, any weight..."

triathlete in the world. That's enough, I would think - the recognition, the money, the acclaim - to keep anybody going.

CTRN: What runners that you know would make good triathletes?

Becker: It's hard to say. The most important thing I think would be swimming. Virtually anybody can ride a bike. Any size. Any shape. Any weight, can ride a bike and can ride fast if they put in the right training.

CTRN: What are your plans for the future? Are you going to be racing biathlons?

Becker: I'm going to be racing bikes full time later this spring and they really don't have that many biathlons during the summer. This is sort of an offseason activity. I've always run in

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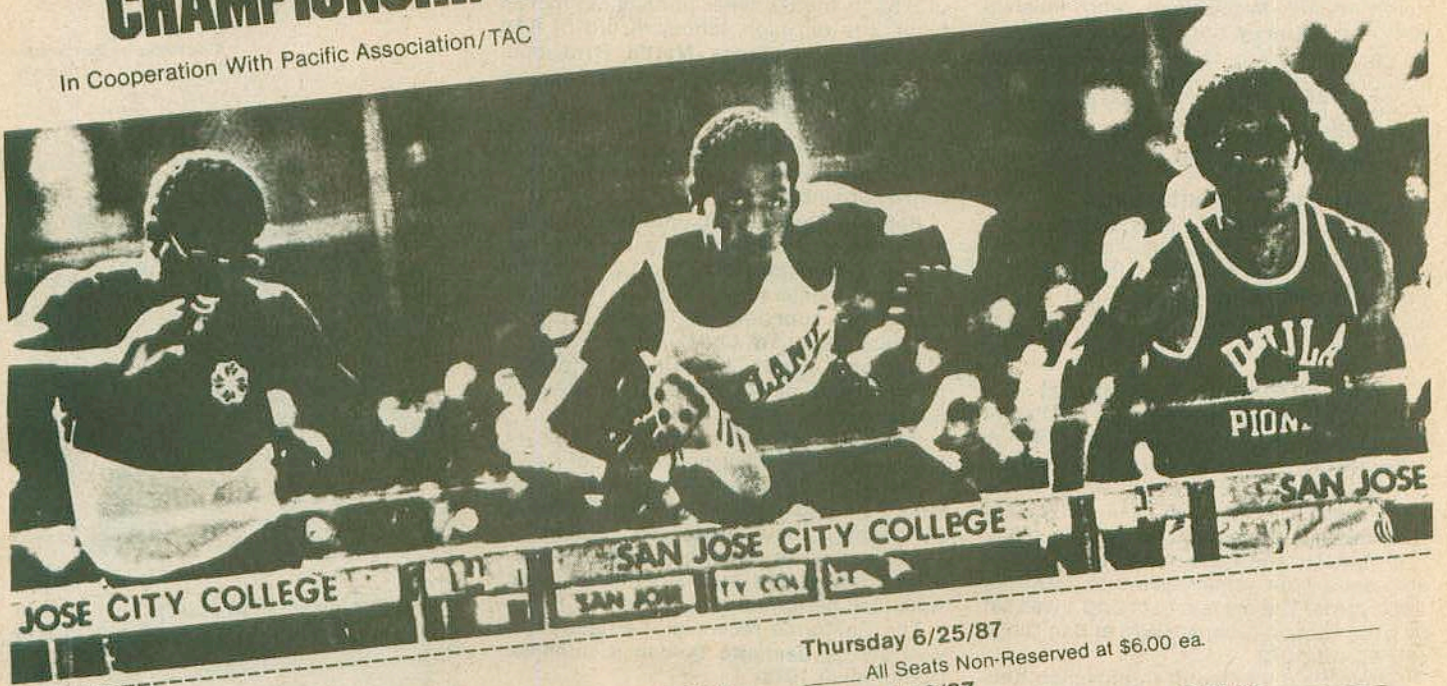
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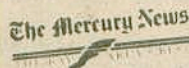
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By KEITH CONNING

INDOOR REPORT

Exceed Invitational

Jan. 3. Fairfax, Virginia--Senior Kellie Roberts (Central, Seat Pleasant, Maryland) set a high school record of 1:12.89 in the 500 meters. The old record of 1:13.15 was set by Maxine Underwood (Brookline, MA) at Hanover, New Hampshire on Jan. 1, 1982.

Underwood set the TAC Girls Intermediate (15-16) 400 meter record of 53.74 at San Jose City College on August 15, 1980 in the TAC Junior Olympics.

LSU/Converse Classic

Jan. 11. Baton Rouge, LA--Senior George Kersh (Pearl, Mississippi), who finished 30th in the Kinney National Cross Country Championships in 15:55, set a new high school record of 1:51.26 in the 880. The old record of 1:52.0 was set by Larry Kelly (Main South, Park Ridge, Illinois) at Berwyn, Illinois on March 13, 1965.

Lady Terrier Invitational

Feb. 1. Boston, Massachusetts--Sophomore Tasha Downing (Tech, Boston, MA) set a high school record of 1:12.05 in the 500 meters. The old record of 1:12.89 was set by Kellie Roberts on Jan. 3rd (see above).

Vitalis/Olympic Invitational

Feb. 14. East Rutherford, NJ--Senior George Kersh (Pearl, Mississippi) set a high school record of 2:23.85 in the 1,000 meters. The old record of 2:24.1 was set by Miles Irish (Burnt Hills-Ballston Lake, BH, NY) at New Haven, Connecticut on Jan. 22, 1983.

In route to the 1,000 meter record Kersh also set a high school record of 2:09.9 for 1,000 yards. The old record of 2:10.1 was set by Greg Gibson (Connell, WA) at San Diego on Feb. 19, 1972.

Senior Paul Vandegrift (Archbishop Kennedy, Gwynedd Valley, Pennsylvania), who placed fourth at the Kinney National Cross Country Championships in 15:09, was second to Kersh in 2:24.42. That makes Vandegrift #4 all-time in the event behind the 2:24.2 of Mike Stahr (Carmel, NY) in 1983.

Senior Caryl Smith (Washington, Denver, CO), the fastest prep 100 meter runner last year at 11.46, set a high school record of 6.88 in heat two of the 55 meters. The old record of 6.94 was held by Patti Dunlap (Camden, NJ), Angela Williams (McAuley, Brooklyn, NY), Stephanie Saleem (Neptune, NJ), and Smith. The mark was reported in *Track Newsletter* (February 19 issue), but it was highlighted as a new record.

Angela Stearns

Feb. 28. Bud Winter Field, San Jose State University--Senior Angela Stearns (Santa Teresa, San Jose) won the women's 1,500 meters in 4:31.3 at the San Jose Relays.

"I felt really relaxed," Stearns said to Colin Seymour of the *Mercury News*. "It's the first time I've had a personal best in a long time."

"I have a lot of speed that hasn't really shown," she said, "but we're working on it this year."

Los Angeles Times/GTE

Feb. 20. Inglewood, CA--Senior Janeen Vickers (Pomona) set a high school record of 8.53 in the 60 meter hurdles (33 inches high). The old high school record of 8.59 was set by LaVonna Martin (Trotwood-Madison, Trotwood, Ohio) on February 3, 1984 in Louisville, Kentucky.

Vickers also placed fourth in the 400 meters Grand Prix race in 54.98, which makes her the 8th fastest high school performer of all time.

Ramona Pagel (Ebert) (Mazda TC) set an American record of 65-0 $\frac{3}{4}$ in the shot put. The old American record of 61-2 $\frac{1}{4}$ was set by Maren Seidler (Stars) in 1978. The indoor record is superior to Pagel's outdoor American record of 62-9 $\frac{1}{4}$ set in 1985.

Ramona Ebert (Schurr, Montebello) placed third in the 1979 State Meet in Sacramento with a toss of 46-5 $\frac{1}{4}$.

Senior Caryl Smith (Washington, Denver, Colorado) set a high school record of 7.42 in heat II of the 60 meters. The old high school record of 7.43 was set by Michele Glover (Willingboro, New Jersey) on February 7, 1981 in Louisville, Kentucky. Smith's performance makes her equal to the 10th best American performer of all time.

The California record of 7.4 hand-timed was set by Jeanette Bolden (Centennial, Compton) in 1978.

Southwest Conference

Feb. 21. Fort Worth, Texas--Nanette Garcia (Houston) placed second in the 1,000 in 2:33.93. Garcia (Silver Creek, San Jose) placed fourth in the 1983 State Meet 1600 in 4:46.74.

Sandy Blakeslee (Texas/Vista, San Diego) placed second in the two mile in 10:10.9. She placed third in the 1983 State Meet 3200 in 10:32.62.

Michelob

Feb. 22. San Diego, CA--Senior Janeen Vickers (Pomona) set a high school record of 8.47 in the 60 meter hurdles (30 inches high).

High School Track 1987 does not show a record in this event.

TAC

Feb. 27. New York City, NY--Senior Janeen Vickers (Pomona) placed fourth in the third heat of the 400 meters in 56.55.

Big 8

Feb. 28. Lincoln, Nebraska--Linetta Wilson (Nebraska) set a collegiate record of 53.02 in the 440. The old collegiate record of 53.12 was set by Lillie Leatherwood (AI) in 1985. El Moutawakel (Morocco/Iowa State), the 1984 Olympic 400 hurdle champion, was second in 54.77.

Wilson (Muir, Pasadena) ran the 400 meters in 53.10 outdoors in 1985. She ranks #22 all-time prep in the nation and #9 all-time prep in California.

Fine Flicks by Don Gosney



Janeene Vickers

OUTDOOR REPORT

Steve Lopez (Hill, San Jose)

March 7. University of California, Berkeley--Senior Steve Lopez (Hill, San Jose) ran the 5,000 meters in 15:10.3. His splits were: 1:12.0, 2:22.9 (1:10.9), 3:35.6 (1:12.7), 4:48.4 (1:12.7), 6:01.0 (1:12.6), 7:14.9 (1:13.9), 8:30.2 (1:15.3), 9:44.2 (1:14.0), 10:58.1 (1:13.9), 12:12.1 (1:14.0), 13:26.1 (1:14.0), 14:02.3 (:36.2), 14:36.9 (:34.6) [1:10.8].

Top Returnees

The athletes are listed with their 1986 best (9/1/85-8/31/86). * = junior, ** = sophomore, *** = freshman, c = converted.

Boys

100 Meters

- 10.56 *Quincy Watts (Taft, Woodland Hills)
- 10.59 Corey Ealy (Muir, Pasadena)
- 10.59 Martin Cannady (Duarte)
- 10.62 *Tony Miller (Riordan, San Francisco)
- 10.5 Mike Carnes (Simi Valley)
- 10.82 Calvin Holmes (Carson)
- 10.6 Patrick Rowe (Lincoln, San Diego)
- 10.86 Eddie Vaughn (Foothill, Sacramento)
- 10.7 Ricky Ervins (Muir, Pasadena)
- 10.7 *Brian Bridgewater (Washington, Los Angeles)
- 10.7 Steve Lewis (Americian, Fremont)

200 Meters

- 20.97 *Quincy Watts (Taft, Woodland Hills)
- 21.19 Corey Ealy (Muir, Pasadena)
- 21.31 Martin Cannady (Duarte)
- 21.57 *Tony Miller (Riordan, San Francisco)
- 21½73 Robert Harris (Simi Valley)
- 21.6c Kirk Ayers (Western, Anaheim)
- 21.85 **Curtis Conway (Hawthorne)
- 21.7 *Travis Hanna (Hawthorne)
- 21.96 Eddie Vaughn (Foothill, Sacramento)
- 22.01 *Mike Orwatt (Paraclete, Lancaster)

400 Meter

- 46.50 Steve Lewis (Americian, Fremont)
- 47.85 *Travis Hanna (Hawthorne)
- 48.27c *Quincy Watts (Taft, Woodland Hills)
- 48.54 Robert Harris (Simi Valley)
- 48.73 Reggie Johnson (Compton)
- 48.6 Bill Thurmond (Saddleback, Santa Ana)
- 48.6 Tim Pipes (Fallbrook)
- 48.6 Robert Myles (No. Monterey Co., Castroville)
- 48.76 *Ron Brown (Johnson, Sacramento)
- 48.82 Oneil Walters (Hamilton, Los Angeles)

800 Meters

- 1:52.63 Dan Gabor (Amador Valley, Pleasanton)
- 1:52.88 Kevin Blazona (Casa Roble, Orangevale)
- 1:53.38 Raul Serratos (Moreno Valley)
- 1:53.96 Art Gonzales (St. Mary's, Stockton)
- 1:53.96 Will Breckenridge (Immanual, Reedley)
- 1:54.39 Craig Olson (El Dorado, Placentia)
- 1:54.5 Adriene Olivier (Santa Teresa, San Jose)
- 1:54.76 Chano Salas (Clovis)
- 1:54.8 Jorge Castro (Ramona)
- 1:55.02 Jeff Rachel (Golden West, Visalia)

1600 Meters

- 4:11.15 Raul Serratos (Moreno Valley)
- 4:12.9 Paul Thomas (Jesuit, Sacramento)
- 4:12.92 Jeff Rachel (Golden West, Visalia)
- 4:13.51 Jorge Castro (Ramona)
- 4:14.6 Kevin Blazona (Casa Roble, Orangevale)
- 4:14.66 Jason Lienau (Clovis)
- 4:15.66 Jonathon Smith (Miramonte, Orinda)
- 4:15.8 Mason Myers (Vacaville)
- 4:16.80 Haissam Sabra (Ocean View, Huntington Bch)
- 4:16.98 *Jim Robbins (Corona Del Mar, Newport Bch)

3200 Meters

- 8:58.92 Marc Davis (San Diego)
- 9:00.10 Aaron Mascorro (Rosemead)
- 9:05.19 Richard Erbes (Glendale)
- 9:05.27 Paul Thomas (Jesuit, Sacramento)
- 9:08.16 Mason Myers (Vacaville)
- 9:11.5 Robbie Lopes (Monte Vista, San Diego)
- 9:11.9 *Scott Cole (Yosemite, Oakhurst)
- 9:17.7 Steve Lopez (Hill, San Jose)
- 9:18.6 Robbie Roberts (Casa Roble, Orangevale)
- 9:21.3 Shawn Noonan (Morseau, Hayward)

110 Meter High Hurdles

- 14.13 Albert Pride (Grant, Sacramento)
- 14.18 Dana Hall (Ganessa, Pomona)
- 14.3 Shelton Boykin (San Fernando)
- 14.57 Doug Connor (St. Mary's, Berkeley)
- 14.60 Craig Gilbert (Overfelt, San Jose)
- 14.62 *John Montgomery (Independence, San Jose)
- 14.5 Ron Cason (Buena, Ventura)
- 14.5 Martin Cannady (Duarte)
- 14.76 Charles Patterson (Lincoln, San Diego)
- 14.84 Brad Jamison (Redlands)

300 Meter Intermediate Hurdles

- 37.82 Darryl Lockett (Dorsey, Los Angeles)
- 37.83 Yki Vallery (Hawthorne)
- 38.01 Albert Pride (Grant, Sacramento)
- 38.06 *John Montgomery (Independence, San Jose)
- 38.31 Dana Hall (Ganessa, Pomona)
- 38.42 Darin Maiden (South Bakersfield)
- 38.54 Brandon Williams (Millikan, Long Beach)
- 38.69 Kevin Jones (Mt. Miguel, San Diego)
- 38.83 Brad Jamison (Redlands)
- 38.6 *Martin Cannady (Duarte)

High Jump

- 7-0 Dave Swanson (Alemany, Mission Hills)
- 6-10 Eric Young (Fremont, Oakland)
- 6-9¼ *Tim Prince (Logan, Union City)
- 6-9½ Jewis Juico (Piedmont Hills, San Jose)
- 6-8¼ Lamont Allen (Riordan, San Francisco)
- 6-8¼ James Robertson (Northgate, Walnut Creek)
- 6-8 Matt Batham (Burbank)
- 6-8 Rick Welch (Westlake, Westlake Village)
- 6-8 Lance Crewse (Hanford)
- 6-8 Victor Elliot (Poly, Long Beach)
- 6-8 *Ricky Pickett (Clovis)
- 6-8 Jason Krumwiede (Saratoga)
- 6-8 Steve Becker (South Bay Ch, San Jose)
- 6-8 Chris Laquay (Vacaville)

Pole Vault

- 17-6 Brent Burns (Acalanes, Lafayette)
- 16-0¾ Rett Summerville (San Ramon, Danville)
- 15-0 Pat Alduenda (Ramona)

- 14-10 Anthony Perryman (Lemoore)
- 14-9¼ Jay Borick (Taft, Woodland Hills)
- 14-8 Steve Slocum (Foothill, Santa Ana)
- 14-6 *Paul Rodriguez (Valley, Sacramento)
- 14-6 Jay Rafail (Vista)
- 14-6 Lane Polete (Woodland)
- 14-6 *Mike Guevera (Clovis West, Fresno)
- 14-6 *Tommy Parker (Notre Dame, Sherman Oaks)

Long Jump

- 24-3½ Percy Knox (Antelope Valley, Lancaster)
- 23-9 Albert Pride (Grant, Sacramento)
- 23-6 Reggie Jackson (Riordan, San Francisco)
- 23-5½ Leonard Hudson (Pomona)
- 23-5 Glen Reyes (Orange Glen, Escondido)
- 23-4¾ *Charles Huff (La Jolla)
- 23-4 Mike Carnes (Simi Valley)
- 23-3 Kirk Ayers (Western, Anaheim)
- 23-2½ *Billy Wright (Edison, Fresno)
- 23-2¼ *Harley North (Gridley)

Triple Jump

- 49-1¼ Joel Smith (Cordova, Rancho Cordova)
- 49-1 Herman McCullough (Edgewood, West Covina)
- 48-10 *Tim Prince (Logan, Union City)
- 48-6 MacArthur Anderson (Bakersfield)
- 48-2½ Anthony Terrell (Mission San Jose, Fremont)
- 47-5½ *Lawrence Miller (Palmdale)
- 47-3 Percy Knox (Antelope Valley, Lancaster)
- 47-2 Reggie Jackson (Riordan, San Francisco)
- 46-7½ Dan Bugay (Artesia)
- 46-6½ Matt Farmer (Monte Vista, San Diego)

Shot Put

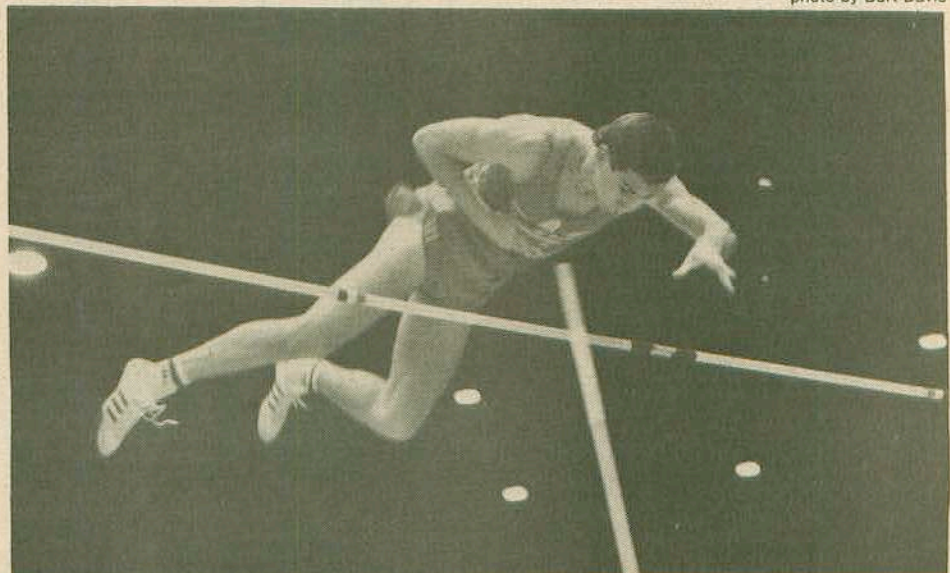
- 61-11 *Kaleaph Carter (Edison, Huntington Beach)
- 56-10½ Allan Smith (Madera)
- 56-7½ Rick Cox (San Ramon, Danville)
- 56-6½ Kevin Smith (Skyline, Oakland)
- 56-2½ David Bultman (Independence, San Jose)
- 54-11 Tom Rowe (Sanger)
- 54-9 *Rick Fuller (Arroyo, El Monte)
- 54-5 Brian McCarty (Rio Mesa, Oxnard)
- 54-2 Cory Thomas (Fremont Christian, Fremont)
- 54-1¼ Robert Bohauna (Roosevelt, Fresno)

Discus

- 179-1 Mike Bain (Corona Del Mar)
- 175-1 *Mike Stubblefield (Independence, San Jose)
- 172-6 *Mike Stubblefield (South, Bakersfield)
- 171-4 Ken Henderson (Mt. Eden, Hayward)
- 163-6 Sal Lualamaga (Galileo, San Francisco)
- 162-9 John Wirt (Leland, San Jose)
- 162-7 Alex Smith (Madera)
- 161-0 *Scott Paulson (Valencia, Placentia)
- 160-2 Wes Borgstedt (Soquel)
- 159-10 *Rick Fuller (Arroyo, El Monte)

continued on next page...

photo by Burt Davis



Brent Burns

GIRLS

100 Meters

- 11.77 **Angela Burnham (Rio Mesa, Oxnard)
- 11.94 Adienna Thomas (Hawthorne)
- 11.94 LaShawn Simmons (El Monte)
- 11.97 *Shadon Jones (Hogan, Vallejo)
- 11.8 **LeAnn Tinkshell (Locke, Los Angeles)
- 11.8 Madette Smith (Quartz Hill)
- 12.07 Stacey Rogers (Johnson, Sacramento)
- 12.09 Yolanda Fitch (Morse, San Diego)
- 12.13 *Simon Cain (Hueneme, Oxnard)
- 11.9 *Deanna Amy (Hawthorne)
- 11.9 Ronda Brooks (Oakland)
- 11.9 Martina Roland (Galileo, San Francisco)

200 Meters

- 23.87 Madette Smith (Quartz Hill)
- 24.08 **Angela Burnham (Rio Mesa, Oxnard)
- 24.54 Stacy Rogers (Johnson, Sacramento)
- 24.58 ***La Nia Brice (? San Jose)
- 24.65 *Deanna Amy (Hawthorne)
- 24.65 Rosie Williams (East Nicolaus, Trowbridge)
- 24.76 *Andreen Alvarenga (Mitty, San Jose)
- 24.6 **Roslyn Mack (St. Francis, Mt. View)
- 24.88 *Shadon Jones (Hogan, Vallejo)
- 24.98 **LeAnn Tinkshell (Lock, Los Angeles)

400 Meters

- 52.25 Janeene Vickers (Pomona)
- 54.43 *Chrystal Irving (Poly, Long Beach)
- 55.01 **Roslyn Mack (St. Francis, Mt. View)
- 55.32 Madette Smith (Quartz Hill)
- 55.71 *Andreen Alvarenga (Mitty, San Jose)
- 55.6 **Kim McAllister (Locke, Los Angeles)
- 55.76 *Deanna Amy (Hawthorne)
- 55.91 **Angela Rolfe (? Los Angeles)
- 56.17 Yolanda Fitch (Morse, San Diego)
- 56.34 Mary Coleman (Irvine)

800 Meters

- 2:09.62 *Desiree Joubert (Westlake, Westlake Village)
- 2:10.97 **Kathy Grayson (Mission Viejo)
- 2:11.01 Kris Kochel (Ventura)
- 2:12.62 **Kim McAllister (Locke, Los Angeles)
- 2:12.66 *Kristina Hand (Fallbrook)
- 2:13.31 *Andrea Dillamonica (Calabasas)
- 2:13.63 Glenda Smith (Upland)
- 2:14.8 Angela Stearns (Santa Teresa, San Jose)
- 2:14.83 Christy Bache (University, San Diego)
- 2:15.04 *Althea Moses (Morningside, Inglewood)

1600 Meters

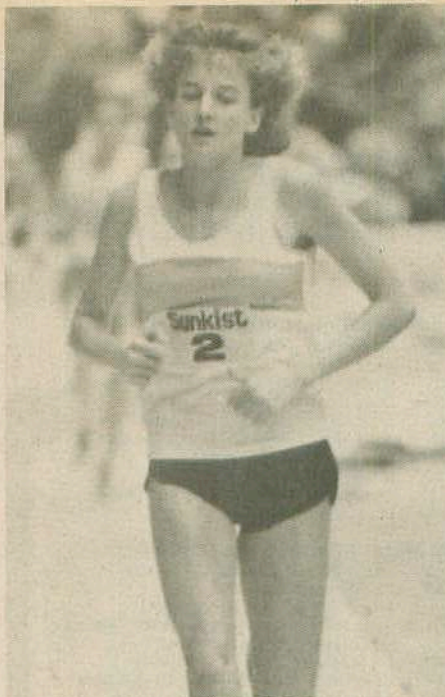
- 4:49.60 *Robbyn Bryant (Hesperia)
- 4:52.59 **Tracey Williams (Mt. View, El Monte)
- 4:54.53 **Heather Scobie (Saugus)
- 4:55.37 *Desiree Joubert (Westlake, Westlake Village)
- 4:57.0 Mary Mendoza (Presentation, San Jose)
- 4:57.37 *Megan Warner (Del Oro, Loomis)
- 4:57.65 Michelle Lewis (Buena, Ventura)
- 4:58.33 Christy Farrell (Thousand Oaks)
- 4:59.51 Melissa Sutton (Newbury Park)
- 5:00.68 **Kira Jorgenson (Vista)

3200 Meters

- 10:24.70 *Tracey Williams (Mt. View, El Monte)
- 10:29.96 Melissa Sutton (Newbury Park)
- 10:35.27 Christy Farrell (Thousand Oaks)
- 10:43.37 Susette Basore (Pasadena)
- 10:44.29 *Heather Scobie (Saugus)
- 10:49.99 *Kira Jorgenson (Vista)
- 10:53.8 *Katy McCandless (Castilleja, Palo Alto)
- 10:54.68 *Megan Warner (Del Oro, Loomis)
- 11:01.10 *Ashley Black (Palos Verdes)
- 11:04.9 *Wanda Bailey (Fairfield)

100 Meter Low Hurdles

- 13.47 Janeene Vickers (Pomona)
- 13.94 La Shawn Simmons (El Monte)
- 14.00 *Effie Deetz (Leigh, San Jose)
- 14.08 La Shawn McBride (Poly, Long Beach)
- 14.14 **Lori Finnerty (Piedmont Hills, San Jose)
- 14.17 *Michelle Outlaw (Lincoln, San Diego)
- 14.19 *Darla Vaughn (Mira Mesa, San Diego)
- 14.20 **La Tanya Davenport (Locke, Los Angeles)
- 14.21 Stacy Kuehnis (Los Gatos)
- 14.34 *Michelle DeCoux (O'Dowd, Oakland)



Tracey Williams

300 Meter Low Hurdles

- 41.32 Janeene Vickers (Pomona)
- 42.58 Ronda Brooks (Oakland)
- 42.74 Lori Smith (Valley, Sacramento)
- 42.86 Gina Albanese (Branham, San Jose)
- 42.99 Laura Ainsworth (Fremont, Los Angeles)
- 43.50 Sharon Manship (Thousand Oaks)
- 43.55 Wendy Simmons (Santa Rosa)
- 43.60 Kristen Edwards (South Pasadena)
- 43.87 Mary Olson (Palo Alto)
- 43.91 *Loni Larson (Fillmore)

High Jump

- 5-10 LaShawn McBride (Poly, Long Beach)
- 5-8 1/2 ***Christy Mills (Campbell Hall, No.Hollywoood)
- 5-8 Jackie Anderson (Mt. Miguel, San Diego)
- 5-8 Angie Evans (Vanden, Travis AFB)
- 5-8 Eugenia Miller (Crenshaw, Los Angeles)
- 5-7 Staci Pollock (Westlake, Westlake Village)
- 5-7 *Celia Willis (Clovis West, Fresno)
- 5-7 Lisa Jackson (Laton)
- 5-7 Maria Runyan (Camarillo)
- 5-7 *Karol Damon (Redlands)

Long Jump

- 20-11 3/4 Madette Smith (Quartz Hill)
- 19-7 Ronda Brooks (Oakland)
- 19-0 3/4 Angie Evans (Vanden, Travis AFB)
- 18-9 1/2 Lezli Jensen (Los Gatos)
- 18-9 Stacey Rogers (Johnson, Sacramento)
- 18-8 1/4 Karen Lawson (St. Francis, Mt. View)
- 18-7 1/4 Kristen Edwards (South Pasadena)
- 18-6 1/4 Wendy Simmons (Santa Rosa)
- 18-5 1/4 Michelle Outlaw (Lincoln, San Diego)
- 18-3 1/4 Chris Ahlstedt (Oakmont, Roseville)

Triple Jump

- 41-0 1/2 Jackie Anderson (Mt. Miguel, San Diego)
- 40-2 Felicia Harris (San Lorenzo)
- 38-5 1/4 *Althia Moses (Morningside, Inglewood)
- 39-5 1/4 *LaFrancia West (Grossmont, La Mesa)
- 38-3 1/2 Kim Lassair (Northgate, Walnut Creek)
- 37-9 1/2 Chance Poole (Henry, San Diego)
- 37-8 1/4 Serina Strange (Indio)
- 37-8 1/2 *Tanya Connor (Barstow)
- 37-8 Kam Tarman (Chico)
- 37-6 *Jennifer Jackson (St. Francis, Mt. View)

Shot Put

- 43-3 *Nancy Wannamaker (Pleasant Valley, Chico)
- 41-10 1/4 Maureen McKinney (Reedley)
- 41-6 1/2 *Heidee Ruiz (Los Gatos)



Angela Burnham

- 41 3/4 Jennifer Welch (Agoura)
- 41-2 *Melanie Jones (Poly, Long Beach)
- 40-1 1/2 Loretta Wilkes (Leuzinger, Lawndale)
- 40-1 Starla Ahu (Vista)
- 39-11 1/2 Robin Longwell (Grossmont, La Mesa)
- 39-5 1/2 Yvonne Hill (Rubidoux, Riverside)
- 39-3 1/4 Terri Mann (Pt. Loma, San Diego)

Discus

- 146-7 Terri Mann (Point Loma, San Diego)
- 130-7 *Laurie Edelbrook (St. Joseph, Santa Maria)
- 130-7 Jennifer Ruff (Sequoia, Redwood City)
- 130-5 Louise Coulter (Redwood, Larkspur)
- 127-10 Pat Simpson (Vacaville)
- 127-7 Linda Strandring (El Capitan, Lakeside)
- 126-6 Maureen McKinney (Reedley)
- 125-6 *Marcy Cochran (Nordhoff, Ojai)
- 124-5 **Bobbie Alberto (Southwest, San Diego)
- 121-10 *Jozette Ramirez (Tranquillity)

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□ Prep Notes

Michelob Indoor

February 22: San Diego:

Prep Portion

A great prep pole vault competition, continued fine distance running by Marc Davis (San Diego), and assorted other solid efforts by preps from around the state highlighted the prep portion of the Michelob Indoor Meet.

Pat Alduenda (Ramona, San Diego Section) looked very good last year before injury, and the fine athlete from the growing Ramona area of San Diego county showed here he plans on a solid senior year. Having company all the way as the bar moved from 14-0, 14-6, 15-0, and 15-6, it was Georglan (a southern transplant from Westlake Village in California) Mike Brooks who joined Pat and Notre Dame (Sherman Oaks) junior Tom Parker over 15-0. At 15-6 both Parker and Alduenda cleared new PRs, with the Ramona star also able to negotiate 16-0 on a very good looking vault. Pat is a very coordinated, powerful athlete who had good attempts at 16-9 and has the ability to keep Brent Burns (Acalanes, Lafayette), the 17-6 Bay area star, honest throughout the spring.

Marc Davis (San Diego) is easily the state's outstanding distance runner, and he continues to dominate fields from the gun. Here, over two miles, he blasted the first 440 at 63.0 and already had a fifteen yard lead over Agoura frosh Bryan Dameworth. By the mile at 4:28.4 the lead was 25 yards with Marc turning it on a bit for the crowd during a 65.9 final 440 on the way to an outstanding 9:01.0 win. Behind Davis Paul Thomas (Jesuit, Sacto) finished very strongly for 2nd at 9:10.1, Aaron Mascorro (Rosemead) was 3rd at 9:11.4, and Mason Myers (Vacaville) 4th at 9:15.8. Dameworth held on well enough to record a 9:22.0, a new National ninth grade best for the distance indoors.

In the women's two mile Tracy Williams (Mt. View, El Monte) took the race out at her usual torrid tempo, covering the first 160 yard lap at 62.2 440 yard pace, and having a seven second lead after the first full 440 at 67.1. With an eleven second lead at the mile at 5:05.5 over Brigid Freyne (Riverside Poly), interestingly the Poly junior proceeded to chip away 2 to 3 seconds per 440 until the margin was about 3 seconds at the 1 and ¾ mile mark (9:22.7-9:25.6). Both Williams and Freyne were very fatigued over the final 440 with Williams able to muster enough energy (as in her Sunkist win over a quickly closing pack) to come in ahead of Freyne 10:45.7-10:49.2. Later in the year hopefully someone can get out with Williams as she could carry a pack to some very quick times.

Janeene Vickers (Pomona) had a good day. Over the 60 meter 30 inch hurdles Vickers raced an excellent 8.47. This is a

fine time, but California's insistence on sticking to the 30 inch barriers make it not comparable for record purposes with the 33 inch hurdles run in the rest of the nation. The 8.59 National Record listed in the program for LaVonna Martin from 1984 was set over the 33 inch hurdles run in the rest of the nation was broken two nights previous by Vickers when she ran 8.53 in an Olympic Development run in the LA Times Meet. Janeene also raced a 1:07.3 500 yard to win by over 5 seconds from the local preps.

In the sprints, top football receiver Patrick Rowe (Lincoln, SD) ran down soph Glen Reyes (Orange Glen) 7.06-7.08 over 60 meters, then returned to anchor the quickest 4x160m relay team of the day for Lincoln at 1:06.7. Reyes came back to take the long jump at 22-6 ½ over Matt Farmer (Monte Vista) 22-1 ½. Laural Isles (El Camino, Oceanside) handled Onnie Ferguson (Crawford, SD) 7.85-7.91 in the women's 60 meters. Always powerful Morse (SD) had the evening's quickest 640 relay at 1:15.6.

4:12 miler Raul Serratos (Moreno Valley) came south to challenge San Diego's best at that distance. Goshu Tadese (Crawford, SD via Africa) took it out past 60.0-2:07.5 440 and 880 posts. By the 1320 Jorge Castro (Ramona) led a pack at 3:15.7, with the very talented Serratos rocketing past during a big final lap sprint and the Riverside County star emerged the winner at 4:20.1 over Jason Martin (Fallbrook) 4:21.1, Castro 4:23.3, and Andy Davis (Patrick Henry) 4:24.0. An exciting men's 880 featured a good San Diego area group. James Fraser (Monte Vista) led Mark Senior (Mt. Miguel transfer from Morse) at 56.4 through 440 yards, but it was Mt. Carmel's Shan Forehand who started an all-out sprint with a lap to go and took the lead. During the last half-circuit Fraser battled back into the lead and edged Senior 1:58.8-1:59.1 with Forehand 1:59.5 in 3rd. In the women's 880 Kim McAllister (Locke, LA) faced a good group. Kim took the pace out at 67.1 through the 440, with Kristi Bache (University) challenging after that point, but the talented Angeleno edged away near the end to win 2:20.5-2:21.6. Earlier in the day McAllister cranked a 58.7 2nd leg for Locke in the Mile Relay to headline their 4:05.7 win.

Hawthorne brought a couple of relay teams south. The men's squad has already raced 3:14.0 outdoors for 1600 meters, and here over a mile soph Curtis Conway charged out in 50.6, Robert Carroll raced 51.9, then Yki Vallery (53.2) and Travis Hanna (53.0) cruised to a comfortable 3:28.7 win. This Hawthorne group will travel and compete unattached against the best in the nation in the

Pathmark National Indoor Meet at Yale University on March 14th. In a women's two mile relay Christina Ross put the Cougars far out in front with a 2:24.1 third leg with Rhonda Kennerson finishing off a 9:58.9 win with a 2:28.6 leg.

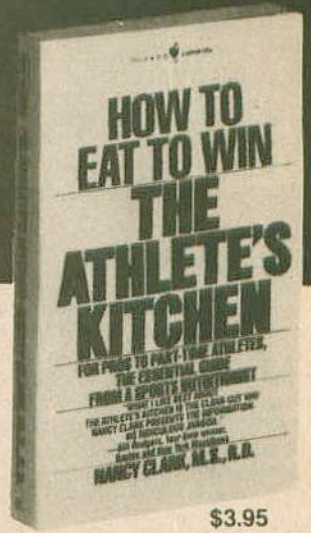
Lezil Jensen (Los Gatos) handled a good local women's triple jump field with a 36-8 ½ win over LaFrenia West (Grossmont, La Mesa) 36-0. Poway had four balanced relay legs on the way to an 8:19.7 men's two mile relay victory. Mike Glaze (Notre Dame, Sherman Oaks) took the men's rated mile at 4:29.9, Michelle Lubinsky (Point Loma) the women's seeded in 5:29.1, with Amy Halseth (El Camino, Oceanside) the rated in 5:34.1.

photo by Richard Lee Slotkin



Brigid Freyne

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Long Distance Log

By RICHARD LEE SLOTKIN



Los Angeles Marathon



March 1. Los Angeles.

Is bigger better? Well, sometimes it is. This was the second running of the Los Angeles Marathon and it certainly was bigger in several ways than last year. There were 14,937 official entries compared to about 10,000 last year. There was more prize money and there were even more spectators, although the police estimate of 1.4 million was undoubtedly grossly overstated. But, the crowd really was more numerous and more enthusiastic than last year. Even the pre-race vendor and sponsor expo seemed well attended.

Unfortunately, this "biggerness" didn't extend to the talent. New York winner Gianni Poli, who stood to earn a big bonus if he won this one, inexplicably scratched. Last year's 2nd place finisher, Gidamus Shahanga, who waited too long to make his move, might have given the race the respectability of a truly competitive course record. Apparently he didn't learn anything from last year because the 1984 Tanzanian Olympian marathoner who has run a 2:10 right

here in Los Angeles—the Los Angeles International Marathon in 1984—missed his flight out of Tanzania and was a no-show.

So, all that prize money, as much as \$406,500, counting the two Mercedes Benzes and other merchandise, didn't do its job: attract a world class field.

Still, there was some talent and even a sprinkling of Olympians. Rod Dixon, a medalist from New Zealand, was back for a second try; Jose Gomez represented Mexico in 1984, and Art Boileau wore Canada's Maple Leaf that same year. In addition, last year's winner, Ric Sayre was back as was the women's winner Nancy Ditz. The women's field was further beefed up by Maria Trujillo of Mexico, but living in Arizona and two cagey Europeans, also back from last year, Belgian Magda Ilands and the perennially tough Christa Vahlen-siek of West Germany. But the one everyone was interested in was last year's mystery woman, Sylvia Mosqueda. Mosqueda led last year's race for 19 miles, but she wasn't entered. She was following that

time-honored, but sometimes aggravating Southern California custom of running part of a marathon as a workout. She walked off the course at 19 miles, having annoyed Ditz no end. This year she was entered. However, running for CSULA against UC Riverside the day before, she raced, and won, both the 800 and 1500 meter events. Running a marathon during track season is not a Phi Beta Kappa move. But, Mosqueda is young and so full of raw talent that you couldn't write her off. That turned out to be good advice.

There was considerable media interest this year including complete live television coverage. This brings the usual flock of camera-hogging no-names to the front as soon as the starting gun is fired. They soon fade.

And they did.

Except for one.

Bonito Cruz has run a 30-flat 10K, so he's not your standard TV grandstander. But Cruz, whom no one seemed to know, despite the fact that he's local—ran for L.A. Valley College plus any number of local road runs—really went for it. By 2 miles he had a 200 yard lead and he was the whole show for the TV and photo trucks. Finally, by 3 miles, everyone knew this couldn't last—this unknown was not going to keep up a 2:09 pace—and the trucks slowed down to let the front of the race proper catch up.

And now we can begin.

The front pack seemed unconcerned as Cruz went through 2 miles in 9:32. There were still a few no-names getting there Andy Warhol mandated 15 minutes-or-so of celebrity status, but the real muscle was already crowding them out. John Esquibel, Jose Gomez, Don Paul, Yasuhiko Mori and a few others were pressing the front of the wave. Just behind them, still in a crowd, were the favorites: Ric Sayre, Art Boileau and Rod Dixon. Actually, no one really gave Dixon much chance because his training hasn't been intense enough to be competitive and he had had to make an emergency trip back to New Zealand because of his father's death. He had left on Monday and returned Friday, barely a day and a half before race time. Still, an out of shape Dixon could run a 2:14 and that could win in a field like this. Boileau, with a 2:11.15 at Boston last year, had the best prospect, but if he didn't have a good day



About 3 miles: #25 Ivo Rodriguez, #55 John Esquibel, Art Boileau drinking, right behind Esquibel, #49 Don Paul, Yasuhiko Mori behind Paul, Rod Dixon behind Mori, Ric Sayre next to (on right) Dixon.

□ Long Distance Log

and Sayre did, then Sayre could wind up with his second Mercedes, courtesy of the Los Angeles Marathon.

A little past 5 miles, with Cruz still cruising along about 200 yards ahead of the trailing river of runners, Esquibel, Gomez and an unknown by the name of Ivo Machado Rodriguez, who came all the way up from Brazil to run his first race away from home, broke away. This was at 26:50. It took them almost nine minutes and the aid of a long upward grade on famed Sunset Boulevard to finally reel Cruz in. About 60 yards back, Boileau was beginning to rev up for his own move. Cruz, meanwhile, still hung in but he knew the party was over and though he fell back grudgingly, eventually he gave it up and found other things to do.

Esquibel set the pace for the next several miles with Rodriguez and Gomez following single file. They went through 10 miles in about 50 minutes in the same order. Boileau was now about 100 yards behind, but Sayre and Dixon were another 150 yards behind him, leading a small group which was all that remained of the original lead pack.

The lead trio was running a ferocious pace. They sped through a 4:53 12th mile. They were still at it going through the most famous intersection in the west, Hollywood and Vine, but if they had taken the time to glance back they would have seen that Boileau was only 40 yards back. On second thought, they might not have seen him. You see, the City of Los Angeles wanted to do this thing right, so unlike so many other road races, they had closed off both sides of every street on the course to all traffic except the runners. Well, at this point, Esquibel, Machado and Gomez were running along the curb on the north side of the street. Boileau was clinging to the curb on the south side, and, not so incidentally, the shady side. So, under the conditions, he was almost invisible. In fact, when he finally moved into the lead at 65:25, a little past the halfway point, the lead trio was really caught off guard. Boileau quickly moved to a ten yard lead, but Rodriguez apparently didn't come this far from home to be slickered, and he took off after Boileau. Crossing over to the south side, he soon pulled even and with Gomez fading and Esquibel fading even faster, we now had a two man race.

This continued until they had passed 15 miles. Then Boileau began to move away. Rodriguez said later that he had begun to feel himself dehydrating a bit earlier and had taken on some orange juice. That made him sick, he said and he not only had to back off, but he even had to stop briefly. So, Boileau now had it all to himself and his lead widened by the minute until by 21 miles his lead was nearly a quarter mile.

However, the marathon is a harsh mistress. She seldom gives without taking. Boileau was beginning to feel the 2:10 pace he had been on. Before he reached the 22nd mile he was grimacing with pain and his

pace had slowed considerably. Gomez had moved into 2nd, but he was a minute and 54 seconds behind. Sayre was 2:20 behind, so things looked pretty good for the Canadian as long as he didn't fall through an open manhole. Literally, there was no danger of that, but figuratively it was about to happen. Boileau was now in exactly the same situation that last year's winner, Sayre, found himself, and in the exact same spot: Dead tired, two miles to go and the one guy he was worried about is coming on hard. And the guy coming on hard? None other than last year's winner himself, Ric Sayre. Sayre didn't think he had much of a chance because he knew about that 2:20 in the hole that he was in. The last Sayre had seen of Boileau was just after he had taken the lead. He wouldn't see him again until just before the finish, when he was in the midst of a heroic surge of his own.



Race president Bill Burke (left) and L.A. Mayor Tom Bradley flank winners Ditz and Boileau.

So, after running most of the race at a 2:10 pace, Boileau, visibly affected by the warming temperature—"I was falling apart"—paid for not listening to his coach, Bill Dellinger, who had admonished him to cool it in the early part of the race. Like Sayre last year, though, he picked a good time to fall apart: close enough to the finish for that two minute lead to be insurmountable. Things became a bit anxious in the form of a 5:30 mile or two, and some ways back Sayre could see the TV truck getting closer, which meant that Boileau was too. But, two minutes is a lot of time when there are only 4 miles to go and you aren't going to make up 30 seconds a mile on a guy like Boileau, even if he is staggering through a 5:30 mile. In the last mile and a half, crowd support began to make up for some of the fatigue and Boileau held on. He didn't break the soft course record of 2:12:59. However, his 2:13:08 was good enough not only for the win but for a very cushy payday. To wit: \$15,000 cash, a \$31,000 Mercedes Benz and about \$1,500 worth of camera equipment. Sayre wound up 30 seconds behind, each one of those seconds costing him exactly \$1293.33. Jose Gomez was knocked out of second at 24 miles by Sayre but held on the rest of the way to keep 3rd.

The women's race was just like the men's only more so. Last year's winner, Nancy Ditz, found herself chasing Sylvia Mos-

queda again this year. The difference was that this year Mosqueda was entered and not planning to do 20 miles for a workout and then drop out. However, like Boileau, she, too, went out fast, opening such a big lead that the TV station covering the race didn't know she was there. They were riding with Ditz thinking they were following the leader. "If she wants to run that hard and she wins, more power to her," Ditz was thinking. But, she "... had a lot of confidence that my pace would get me to the finish line first." She was right. Mosqueda paid the price of her own pace, not to mention the track meet the day before, and was caught at 24 miles. Too weak to try to gut it out with Ditz, Mosqueda labored on and barely held off a fast closing Maria Trujillo. Ditz did set a new course record of 2:35:24, while Mosqueda, fade and all, was quite impressive with a maiden marathon of 2:37:46. Actually it wasn't her first time at the distance; she ran one when she was a high school junior, and took second then also. But now she, too, knows just how harsh a

photo by Mark Winitz

photo by Mark Winitz



Winner Art Boileau.

mistress the marathon can be. She'd like to do it again but, "I think I'll wait until I'm 25 ..."

Trujillo was just 4 seconds behind Mosqueda and then came the two Euroveterans, Vahlensiek and Ilands. Vahlensiek's time of 2:40:11 was 36 seconds ahead of Ilands and according to Ilands, the margin was totally due to the fact that she is raising a child and Vahlensiek has no children. "A child costs you 36 seconds in a marathon," Ilands insists.

It's ok. They're friends.

Former Cal distance runner Michelle Aubuchon was sixth.

For Ditz, the payday was identical to Boileau's, and she now has matching Mercedes Benzes. For Mosqueda, however, the \$8,000 second place prize is something of a tease because accepting it would cost her her NCAA eligibility.

Maybe she can keep the camera equipment which also goes with second place, though. She ought to have something to show for all that pain.

The second Los Angeles Marathon is now history, but the prognosis is for a bright future. If some of the prize money were used for appearance money the quality of the field could be beefed up, giving the race the only ingredient which it is lacking.

continued on next page...

□ Long Distance Log

L.A. Marathon

Overall Results - Men

1	Arthur Boileau(29)Eugene (\$15,000 & Mercedes)	2:13:08
2	Ric Sayre(33)Ashland,\$8000	2:13:38
3	Jose Gomez(28)So.Pasa. \$5000	2:14:31
4	Artemio Navarro(37)Mex.\$4000	2:14:46
5	Ivo Rodriguez(26)Braz.\$3000	2:14:48
6	Domingo Tibaduiza(37)\$2500	2:17:24
7	Joel Hernandez(22)S.D.\$2000	2:18:05
8	Goefrey Hoehc(27)Albuq.\$1500	2:19:17
9	Yasuhiko Mori, Nagoya. \$1000	2:19:34
10	Mark Sheehan(25)Tampa. \$500	2:19:38
11	Victor Garcia(42)Bogota	2:19:44
12	Manuel Canelo(36)Mexico	2:19:44
13	Paolo Silva(32)Anaheim	2:20:09
14	Manuel Garcia(26)Militt	2:22:30
15	DeLaLuz Cayetano(26)CulverC	2:22:40
16	Matt Ebner(26)W.Covina	2:23:04
17	Silvio Minervini(27)CastroV	2:23:56
18	Francisco Piedrasanta(32)L.A.	2:24:16
19	Eckhard Faeske(27)Wurstrow	2:24:33
20	Ron Gee (36) L.A.	2:25:03
21	Jorge Yeber (30) Provincnta	2:26:00
22	Dennis Rinde (28) SunValley	2:26:04
23	Greg Gawlik (34) RanchoPalos	2:26:08
24	Hiroaki Shimomura(32)Aichi	2:26:18
25	John Loeschhorn(42)Irvine	2:26:32
26	Randy Winn(37)Honolulu	2:26:49
27	Eloi Rodriguez(35)Sp	2:26:59
28	Martti Killholma(36)Malibu	2:27:54
29	Patrick Murphy(42)SanDiego	2:28:16
30	Jose Jochola(27)L.A.	2:28:48
31	Tom Leonard (30) N.Y.	2:28:52
32	Chris Schallert(27)CanogaPk	2:29:45
33	Isauro Chavez(28)Nogales	2:30:07
34	Nick Yray (27) MorganHill	2:30:24
35	Robert Abbott (46) Plano,Tx	2:30:25

36	David Smith (30) Irvine	2:31:23
37	Peter Jansson (31) Osthamar	2:32:06
38	Ernesto Riano(29)Lowell,MA	2:32:10
39	John Case (30) Independ.MO	2:32:14
40	Michael Georgi (34) HI	2:33:39
41	Ed Mora (30) Lawndale	2:34:04
42	John Araujo (28) W.Covina	2:34:26
43	Levi Shalom (31) Tel-Mond	2:34:33
44	Donald Ocana (36) Anaheim	2:34:36
45	Jussi Hamalainen(40)Agoura	2:34:40
46	Fred Villegas (28) Merced	2:34:43
47	Roger Nasatka (34) Gardner	2:34:53
48	Eduardo Blacke(29)Montebello	2:34:53
49	Matthew Savage (36) Bay City	2:35:05
50	Jerry Anthony (41) Stockett	2:35:16
51	Reuben McCollin (23) ChristCh	2:35:17
52	Eugene Muslar (27) L.A.	2:35:23
53	Virtue Ishihara (30) L.A.	2:35:24
54	Stephen Gilmore (34) Coronado	2:35:30
55	Tom Kocis (31) Tulsa	2:35:52
56	David Appleton (27) Tarzana	2:35:53
57	Hank Lawson (32) Cupertino	2:35:57
58	Larry Montag (34) Ventura	2:36:20
59	Bob Doherty (27) Londond,NH	2:36:31
60	Roy Cosme (45) Miami	2:36:31
61	Stephen Harris (33) SanPedro	2:36:46
62	Rudy Gonzales(28)Ventura	2:36:56
63	Jens Meinich (27) PlayaDelRey	2:36:57
64	William Hibbard(30)LagunaHill	2:37:01
65	Steve Lewis (22) Livermore	2:37:20
66	Geroge Marquez (25) L.A.	2:37:39
67	Spencer Peterson(26)Flagstaff	2:37:40
68	Raul Gonzales (35) Mexico	2:37:43
69	Dana Gemme (32)Lakewood	2:37:50
70	Ken Hamrick (49) Palmdale	2:37:51
71	Vincent Sheehan (28) NM	2:37:53
72	Shemi Sabag (27) Eugene	2:38:00
73	Ian Hamilton (39) Canada	2:38:11
74	Rudy Farias (24) S.Antonio	2:38:53
75	Guillermo Barron(34)Oakland	2:39:00

76	Barry Giblin (33) Verona,NJ	2:39:06
77	Jeff Gingold (38) Parker,CO	2:39:38
78	Dick VanDyke (60) Malibu	2:39:51
79	Richard Pehrson(39)Agoura	2:39:54
80	Joe Gostin (22) L.A.	2:40:00
81	Rafael Moran (28) L.A.	2:40:04
82	Dennis Bock (39) Costa Mesa	2:40:23
83	David Ortiz (26) SanBern	2:40:36
84	Leslie Christian(41)29Palms	2:41:16
85	Daniel Sebben (36) St.Louis	2:41:17
86	John Merhaut (36) L.A.	2:41:19
87	Robert Penn (30) Whittier	2:41:21
88	Steve Dornish (42) Encinitas	2:41:27
89	Ronald Holland (28) Kalamazoo	2:41:31
90	Alfred Lara (30) Fresno	2:41:32
91	Daniel Wimsatt (27) ManhBch	2:41:33
92	Claus Pustal (33) Berlin	2:41:37
93	Charlie Hoover (38) Sepulveda	2:41:39
94	Jacques Manucci(38)Roqucb	2:41:43
95	Ed Wehan (43) SantaMonica	2:41:49
96	Kie Soohoo (30) Anaheim	2:41:54
97	Lee Lubin (20) CanogaPark	2:41:57
98	Kitai Yoram (46) Ashkelom	2:42:01
99	Bennett Patford (27) SanDiego	2:42:10
100	Ray Harrington, Los Angeles	2:42:15

Overall Results - Women

1	Nancy Ditz (32) Woodside (\$15,000 & Mercedes)	2:35:24
2	Sylvia Mosqueda(20)Alhambra (\$8000, can't accept due to eligibility)	2:37:46
3	Maria Trujillo(27)AZ.\$5000	2:37:50
4	Christa Vahlensieck(37)\$4000	2:40:11
5	Magda Ilands(37)Mech.\$3000	2:40:45
6	Michelle Aubuchon(27) \$2500	2:42:27
7	Margarita Galuez(24)\$2000	2:47:21
8	Barbara Filutze(40)Erie\$1500	2:47:21

9	Debra Sharp(33)Pt.Hu.\$1000	2:48:44
10	Mary Tracey,S.Monica,\$500	2:49:22
11	Claudia Morales (36) L.A.	2:50:00
12	Grace Wilson (29) Atlanta	2:50:32
13	Harolene Walters (44) ElToro	2:51:23
14	Andrea Knapp (21) Fr.	2:51:44
15	Sue Vinella (32) Oakland	2:52:04
16	Kathy Thomas (31) SanPedro	2:52:41
17	Donna Giovacki (28) S.Ana	2:54:22
18	Cecelia Niemczyk (35) Albuq.	2:54:30
19	Kimberlee Campo (31) S.Diego	2:55:01
20	Heidi Bible (20) Londonberry	2:58:33
21	Ingrid Hemenway (31) MenloPk	2:59:28
22	Sharon Maley (27) FosterCity	3:01:30
23	Ruth Vomund (28) Ventura	3:01:51
24	Joyce Klausmeier (30) SimiVly	3:01:56
25	Julia McKinney(30)SanPedro	3:02:31
26	Carolyn Crochet (38) NH	3:02:49
27	Patricia Mutek(35)AgouraHi	3:04:15
28	Georgia Gustafson(40)AK	3:05:01
29	Rosalva Bonilla(24)SantaAna	3:05:37
30	Janice Valle (31) Glendora	3:05:43
31	Cathy Dowling (32) Yucaipa	3:06:04
32	Sarah Rector (27) So.Pasadena	3:06:43
33	Kathy McElroy (27) Ridgecrest	3:07:56
34	Molly Thayer (44) P.Palisades	3:09:18
35	Arlene Uciniski (33) S.Monica	3:10:39

Division Results - Men

40 & Over:		
1	Victor Garcia(42)Bogota	2:19:43
2	John Loeschhorn(42)Irvine	2:26:31
3	Patrick Murphy(42)SanDiego	2:28:15
4	Robert Abbott(46)Plano,Tx	2:30:24
5	Jussi Hamalainen(40)Agoura	2:34:39
6	Jerry Anthony(41)Stockett	2:35:15
7	Roy Cosme(45)Miami	2:36:30
8	Ken Hamrick (49)Palmdale	2:37:50
9	Dick VanDyke(60)Malibu	2:39:50
10	Leslie Christian(41)29Palms	2:41:15
11	Steve Dornish(42)Encinitas	2:41:26
12	Ed Wehan (43) SantaMonica	2:41:48
13	Kitai Yoram(46)Ashkelom	2:42:00
14	Phillip Grant (41) S.Barbara	2:42:25
15	Toby Skinner(42)Beaverton	2:43:37

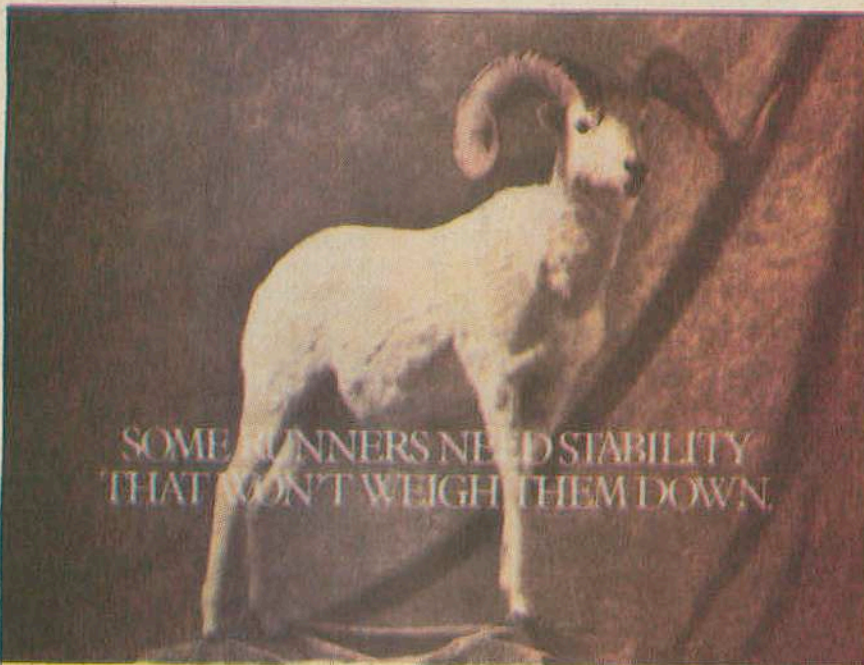
45-49:		
1	Robert Abbott(46)Plano,Tx	2:30:25
2	Roy Cosme (45) Miami	2:36:31
3	Ken Hamrick (49) Palmdale	2:37:51
4	Kitai Yoram (46) Ashkelom	2:42:01
5	James Edmunson(45)Inglewood	2:44:57
6	Ronald Pattinson(49)Pasad.	2:45:36
7	Eckhard Kratzig(47)Osnabruck	2:52:00
8	Al Sproul (48) Londonberry	2:53:31
9	Bart Coventry (46) Bellflower	2:56:03
10	Abe Valdez(45)Camarillo	2:58:12
11	Peter Lawrence(45)WoodlandH	2:58:50
12	R. Maranda (47) Bakersfield	2:58:58
13	Robert Brookes(45)Chatsworth	2:59:33
14	Jim Crawford(46)Whittier	2:59:47
15	Freddie Perez(46)Sylmar	3:00:31
16	Karl Ryden(47)Northridge	3:01:56
17	Frank Russo(48)Pasadena	3:02:29
18	James Edgerly(48)Wrightwood	3:04:06
19	Jason Stephens(45)S.Monica	3:05:03
20	Jerome Andersen(47)Burke	3:05:41

50-54:		
1	Andre Tocco(51)SanPedro	2:44:22
2	Fred Kiddy (53) PalmSprings	2:46:37
3	Bill MacLaren(51)SantaAna	2:48:11
4	Earl Hanson (54) Glendale	2:53:08
5	John Bohnet (52)Calgary,Can.	2:57:50
6	Ted Alarcon(50)Whittier	2:58:10
7	Carlos Valle (51) Downey	2:58:48
8	Eric Piper (52)CoronaDelMar	2:59:07
9	John Corrales(50)SanClemente	3:00:11
10	Raoul DeLaSota(50)L.A.	3:02:05
11	Victor Lopez(53)Sinaloa	3:03:03
12	Don Rosner(53)Phoenix	3:05:39
13	John McIntyre(54)LosAlamitos	3:06:16
14	James Scott (51) WoodlandH	3:06:18
15	Charles Constantin(52)LabG	3:10:14

55-59:		
1	Severino Venzor(55)Mex	2:55:31
2	Patrick Devine(58)SanPedro	2:56:09
3	Geoff Bardsley(58)S.F.	3:05:54
4	Richard Roodberg(58)VanNuys	3:07:12
5	Francis Petracek(59)Agoura	3:07:21
6	Jerry Johncock(59)GrandRapid	3:10:21

Division Results - Women

40-44:		
1	Barbara Filutze(40)Erie	2:47:21
2	Harolene Walters(44)ElToro	2:51:23
3	Georgia Gustafson(40)AK	3:05:01
4	Molly Thayer(44)Pac.Pal.	3:09:18



SOME RUNNERS NEED STABILITY THAT WON'T WEIGH THEM DOWN.

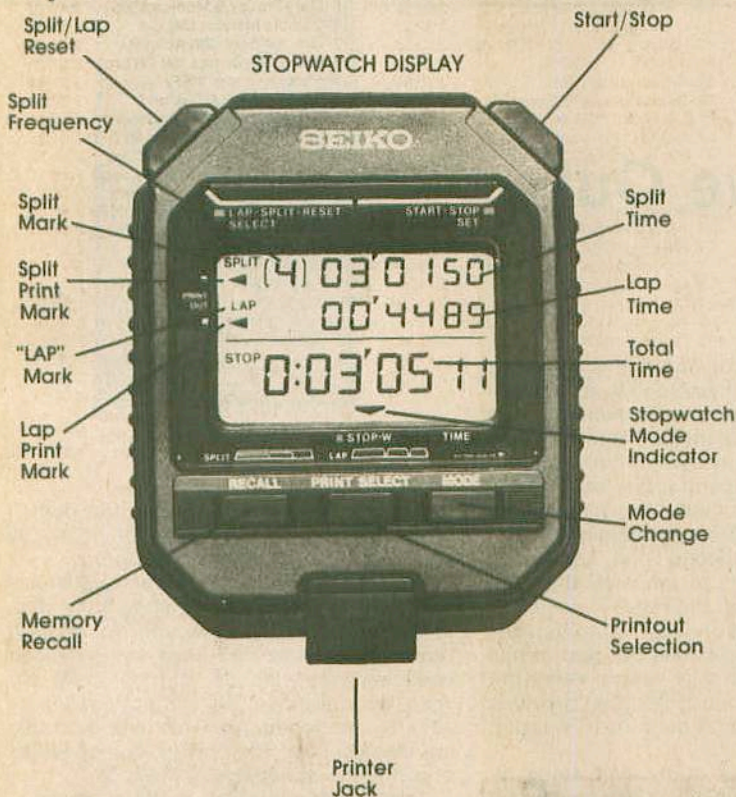
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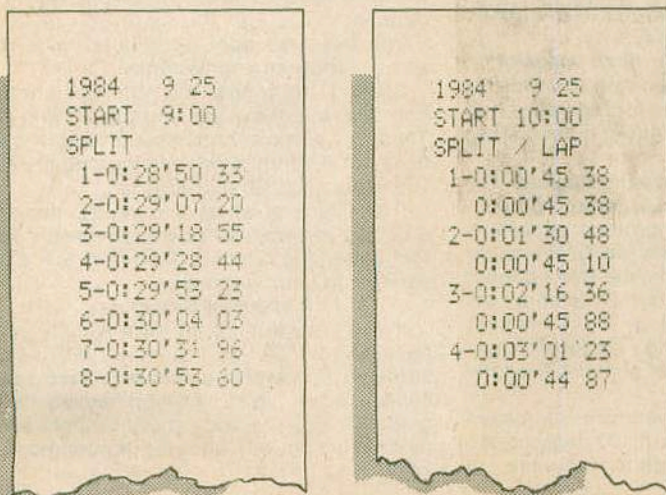


System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP



Applications

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

Specifications

Time Base & Accuracy:

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

Printout:

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

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

Modes:

Split Time and Split/Lap Time; time of day and calendar.

Temperature:

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

Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

Batteries:

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

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- Printer carrying strap
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Technique & Training

By ROY STEVENSON



Warming Up to Move Out

I estimate that over 80 percent of any local road race field either warms up inadequately, or doesn't warm up at all. Why this apathy when it comes to such a crucial part of athletic preparation?

Why We Don't Warm Up

I suspect that there are several reasons why most runners don't warm up. First, a lot of novice runners avoid a warmup because they are afraid that any form of semi-strenuous work before the race will tire them out, and adversely affect their performance.

This can actually happen if you warm up too long. However, too long is anything over half an hour, and I doubt that there are many runners who warm up for that length of time (Although some members of the Reebok team are a bit suspect here - I've seen a few of them warming up 40-50 minutes before their races).

The only other way a warmup could tire you is if you are in poor condition and not prepared for the race itself (in which case you shouldn't be running anyway). As a rule of thumb, you should be able to complete 6 miles comfortably in a training run before competing in a 10K race.

Another possible reason why recreational runners don't bother warming up is because they might feel intimidated by the 5-10, 140 pound greyhounds on the front row, who are doing comprehensive warmups and sprinting every which way before the gun goes off. Let me assure you that whether you're a novice, semi-serious, or recreational runner, you have just as much right - and need - to warm up as the elite runners do. Let me also add that the fast guys and girls won't sneer at you if you do dare to warm up (especially if you're 6-10 and 240 pounds).

A third reason why so many runners don't warm up for training and racing is because they don't know why a warmup is necessary, and therefore don't bother doing one.

Probably the biggest factor behind this dearth of warmer-uppers is simply that most runners don't know how to do a warmup that will have them ready for training or competition.

Why We Should Warm Up

Let's have a look at what the coaches and physiology experts on running have to say about warming up.

David Costill, Ph.D., one of this country's foremost exercise physiologists and researchers on distance running, concludes that benefits of a warmup include 1) an increase in muscle temperature, which brings about an increase in the contractile force of the muscle, 2) a resultant reduction in musculotendinous injuries, 3) warming up brings forward the onset of second wind, and 4) provides an opportunity to rehearse the pace which will be used in the race.

These are reasonable conclusions, although Costill also points out that "while they appear theoretically sound, very little research has been conducted that provides conclusive evidence for benefits of warmup in distance running."

However, he does quote one study by another researcher, in which five percent increase in VO₂ max. was noted, which certainly makes warming up worthwhile. World-famous coach Arthur Lydiard recommends warming up to 1) raise blood circulation and increase heart rate to 130-140 beats/minute, so that you don't have "to go through the gears in your race, and 2) increase body temperature to loosen up the muscles so they can function more efficiently."

Jeff Galloway, U.S. Olympic distance runner and one of the contemporary "gurus" of distance running, recommends a warmup to bring you from a state of inactivity to top capacity. Gary Bjorklund, another U.S. Olympian, believes that warming up facilitates the exchange of oxygen from the blood to the muscles tissues. The warmup also aids nerve transmission.

Jack Daniels, Ph.D., another researcher, points out that warmups may allow time for fat to be released from its storage sites into the blood so that the working muscles can utilize it.

These are all good and valid reasons why you should incorporate a warmup into your pre-training and pre-competition phases.

Personal Experience Tells Me To Warm Up

My own experience tells me that I cannot feel efficient or run smoothly, even at my usual training pace, for at least the first 10-15 minutes of running. There are days when I doubt that I'll ever get with it on my runs.

As the body's temperature increases from 98.6 degrees to about 101 degrees, we experience a 10 percent increase in

metabolic efficiency for every one degree increase. That's an increase of nearly 30 percent in efficiency by warming up.

Now you can see why a warmup will ease you into training or competing at a high percentage of your maximum. Along with this temperature increase, your blood becomes less viscous, carries more oxygen, and all those other important things already mentioned. And this isn't even taking into account the psychological values of warming up, especially pre-race.

Psychological Values of Warming Up

I find that a warmup helps me control those pre-raced jitters, and seems to stabilize the flow of adrenaline, the flight-or-fight hormone, into my bloodstream.

How You Can Warm Up Some Guidelines

So how should you go about doing a warmup? Let's get some guidelines for you to follow.

First, as the temperature increases, you need less warmup. One study found a detrimental effect of warming up in 90 degree heat. Some of the runners had temperatures elevated by up to five degrees. Thus it is advised that you limit your warmup prior to a mid-summer distance race such as the Shore Run if it gets hot.

The converse applies, if it is cold. You should lengthen your warmup.

Second, the longer the race, the shorter and less intense your warmup should be. Thus, for a marathon, you probably only need 10-15 minutes of easy jogging (unless you are a sub-2:40 marathoner).

If the race is short and nasty, like the 800/1500 meters, you obviously need some fast anaerobic running, such as a few wind sprints, in your warmup.

A Warmup Schedule

If you are warming up for a 5K/10K, your pace should be less intense, with some stride-outs resembling your race pace. In all cases, start your warmup slowly and gradually get the body moving. Develop a routine which will become automatic for you.

Technique & Training

Begin by jogging slowly for 5-10 minutes. Then stop and do some stretching exercises for about 5 minutes. Then jog for another 5 minutes, followed by three or four "stride-outs" at race pace over 50-80 yards. Between these stride-outs, you can stretch out any areas which feel tight, such as your hamstrings. This should all be timed to finish about 5 minutes before the race actually starts.

Then jog slowly for the remaining few minutes and get yourself to the start 2-3 minutes before start time. Keep your sweats on as long as possible, and remove them a few minutes before the gun (very important when it's cold).

This whole sequence should take you 30 minutes or less. It's a waste of time and energy warming up any longer than that, except in cases of extreme cold.

It's also unwise to lie around for 5-10 minutes before the race, after a warmup. You will cool down and your heart rate will fall, negating any benefits you gained.

Other Warmup Advice

Warm up before all training runs. If it is a long, slow run, just spend your first 10-12 minutes jogging, and wait until your body tells you to pick it up. If you are doing a high intensity run such as trackwork, time trials, etc., do a similar warmup to your race warmup.

Get to the race early, to allow for such delays as traffic on the way, long lines at the porta-johns, checking in at registration, etc.

During your warmup, avoid negative thoughts about the race. Consider positive

factors and imagine how you will feel in the race as you run well.

Ensure that you have extra clothing to change into during or after warming up. Also have wet-weather gear in case it rains while you are warming up.

The Warmdown

Lastly, let me mention a critical part of your post-race routine, the warmdown. By jogging for 10-15 minutes after a 10K, you can eliminate over 50 percent of the muscle

Athlete's Kitchen

Continued from page 25:

types of cancer when combined with a low-fat, high fiber diet. These nutrients have the ability to deactivate in the body harmful compounds known as free radicals.

If you're concerned about protecting your health and are tempted to buy megadoses of these cancer-fighting vitamins, keep in mind that they are not cure-alls that work alone. Health professionals recommend that you boost your intake by increasing dietary consumption of foods rich in these nutrients, rather than by mega-dosing on pills because of yet unidentified components found in food that may be beneficial and protective.

Hence, I recommend that you purposely focus your diet on anti-cancer foods such as dark green and colorful veggies (broccoli, spinach, carrots, leafy greens), members of the cabbage family (including broccoli, brussels sprouts and cauliflower), wholesome, wholegrain breads, vitamin E rich foods including nuts and peanut butter.

soreness you are likely to feel the following day. Such easy jogging allows your body a chance to gradually slow down all the systems which have been working full bore during the race.

You let your blood pressure and heart rate drop, the lactates and substrates which have built up resynthesize to glycogen, and ventilation returns to normal, and you get a chance to psychologically unwind after the ordeal you've just been through. Follow the jog by some light stretching to further minimize muscle soreness and tightness.

Try the warmup and warmdown - they work!

In addition to looking at diet, you should also pay attention to your whole lifestyle, since food is only one part of health. As Don Ardell, leader of the wellness movement, emphasizes in *High Level Wellness: An Alternative to Drugs, Doctors and Disease*, relaxation and peace of mind are perhaps the most important health-promoting factors that contribute to a long life. Perhaps we should show more concern about stress than supplements?

Nancy Clark, MS, RD, nutrition counselor at Boston-area's Sports Medicine Brookline, is author of *The Athlete's Kitchen* (Simon & Schuster; Bantam Paperback; available by asking at Dalton Bookstores.) For a list of some commonly eaten food rich in vitamins A, C and E, send a self-addressed, stamped envelope to Nancy at Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167.

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Indoor Track

Northern Arizona Miller Lite Skydome Invitational

January 31. Flagstaff, Az.
Men's Results

300m: 1. Gabriel Okon, 33.37, 2. Bernard Chapman, Reno, 33.87, 3. Andrew Drass, NAU, 35.02.

1000m: 1. Chris Currie, NAU, 2:26.22, 2. Ray Griffin, USC, 2:27.27, 3. D. Savage, UNM, 2:30.09.

500m: 1. John Patterson, Texas, 1:00.92, 2. Cedric Matterson, SMU, 1:01.13, 3. Winthrop Gramham, Texas, 1:01.76.

1500m: 1. Chris Caldwell, NAU, 3:51.1, 2. Spencer Pelterson, Unat., 4:01.1, 3. Tim Moore, NAU, 4:02.6.

55m Dash: 1. Jason Leach, Texas, 6.25, 2. Tony Jones, Texas, 6.30, 3. Clyde Duncan, ASU, 6.44.

55m Hurdles: 1. Andrew Parker, ASU, 7.25, 2. Mark Boyd, ASU, 7.45, 3. C. Warner, UNM, 7.71.

4x400m Relay: 1. Texas 3:06.65, 2. SMU 3:07.00, 3. NAU 3:10.00.

4x800 Relay: 1. CSLA 7:46.61, 2. Westmont 7:49.42, 3. UNM 7:55.15.

35 Lb. Wt.: 1. Crawford, UNM, 16.71, 2. Greg Retzer, CSULA, 14.93, 3. Barnhill, UNM, 12.76.

Long Jump: 1. Frans Mass, UTEP, 7.85, 2. Jesus Glivan, USC, 7.71, 3. Glenn Carroll, NAU, 7.42.

Pole Vault: 1. Eric White, USC, 5.26, 2. Jeff Mulligan, ASU, 4.96, 3. Simon Arkell, UNM, 4.66.

Shot Put: 1. Tambi Kenji, USC, 19.05, 2. D. Crawford, UNM, 17.20, 3. Kent Larson, NAU, 16.81.

Triple Jump: 1. Stan Cporiski, CSLA, 16.22, 2. Vernon Somuels, SMU, 16.14, 3. Mark Joseph, NAU, 15.35.

Triple Jump: 1. James Lott, Texas, 7.6, 2. Steve Jones, CSLA, 2.17, 3. Phil Adams, NAU, 2.12.

Women's Results

300m: 1. Michele Waish, Unat., 37.73, 2. Jennifer Stoute, Unat., 38.03, 3. Cynthia Henry, Mazoa TC, 36.32.

1000m: 1. Shannon Clark, USC, 2:51.55, 2. Laura McCracken, NAU, 2:53.74, 3. Nikki Toms, NAU, 2:56.20.

500m: 1. Trena Hull, UNLV, 1:11.51, 2. Tinetie Holmes, ASU, 1:13.00, 3. Sonja Green, UNLV, 1:14.12.

55m Hurdles: 1. Karen Nelson, Texas, 7.73, 2. Tanya Davis, UNLV, 7.79, 3. Carrie Franklin, UNLV, 7.97.

55m Dash: 1. Carrie Franklin, UNLV, 6.92, 2. Lynda Tolbert, ASU, 6.94, 3. Paula Ready, UNLV, 7.04.

4x400m Relay: 1. NAU 3:56.99, 2. ASU 3:58.31, 3. Unattached, 4:15.

Long Jump: 1. Cynthia Henry, Mazoa TC, 6.16, 2. Karen Nelson, Texas, 5.94, 3. Yvette Bates, USC, 5.92.

Shot Put: 1. Dot Lane, Texas, 14.12, 2. Erin Breaugh, Texas, 13.25, 3. Cassandra Dumas, Redlands, 12.63.

High Jump: 1. Paula Feuerbach, NAU, 5-11 $\frac{1}{4}$, 2. Jackie Aezner, ASU, 1.71, 3. Theresa Feuerbach, Unat., 1.71.

Triple Jump: 1. Yvette Bates, USC, 41-9 $\frac{1}{4}$, 2. Gretchen Jiles, Venus TC, 11.65, 3. Kelly Krupp, Texas, 11.40.

Northern Arizona vs Fresno State Indoor Meet

February 7. Flagstaff, Az.

Men's Results

55 Meters: 1. Peter Daniel, NAU, 7.59, **60 Meter Dash:** 1. Rick Jones, FSU, 6.82.

300m: 1. John Moon, NAU, 33.72, **500m:** 1. Jeff Roberson, FSU, 1:01.54, **1000m:** 1. Chris Currie, NAU, 2:26.48.

1500m: 1. Chris Caldwell, NAU, 4:00.35, **3000m:** 1. Chris Caldwell, NAU, 8:43.05, **4x400m Relay:** 1. FSU (Popps, McCoy, Nelson, Roberson), 3:13.90.

35 lb. Wt.: 1. Mike Ostrom, FSU, 57-11 $\frac{1}{2}$, **Long Jump:** 1. Glenn Carroll, NAU, 24-5 $\frac{1}{4}$.

Shot Put: 1. John Bender, FSU, 62-0 $\frac{1}{4}$, **Pole Vault:** 1. Doug Fraley, FSU, 18-1, **High Jump:** 1. Rob. Richardson, FSU, 6-9 $\frac{1}{2}$.

Triple Jump: 1. Clint Williams, FSU, 15.65, **Final Score:** 1. FSU, 74, 2. NAU, 48.

Women's Results

60m: 1. Kim Newton, FSU, 7.62, **60m Hurdles:** 1. Susan Phillips, NAU, 8.85.

300m: 1. Kim Newton, FSU, 39.10, **500m:** 1. Rosey Edeh, FSU, 1:12.45, **1000m:** 1. Nikki Toms, NAU, 2:52.61, **1500m:** 1. Laura McCracken, NAU, 4:37.30.

3000m: 1. Rhonda Starckenberg, NAU, 10:34.52, **4x400m Relay:** 1. FSU A, 3:49.89, **High Jump:** 1. Tonya Mendonca, FSU, 6-0.

Shot Put: 1. China Blockton, FSU, 41-8, **Long Jump:** 1. Tamara Compton, FSU, 19-0 $\frac{1}{2}$.

Triple Jump: 1. Tamara Compton, FSU, 12.42, **Final Score:** 1. FSU, 56, 2. NAU, 47.

L.A. Times/GTE Indoor Games

By Doug Speck

February 20. Los Angeles Forum.

In front of a good crowd of 12,438 and a nationwide ESPN TV audience the Twenty-Eighth Annual Los Angeles Times/General Telephone Indoor Games was a gem of a show. A fine World Best performance by Eamonn Coghlan at 2000 meters. American Record Shot Putting by Ramona Pagel, and the continued fine performances by Greg Foster and Jackie Joyner-Kersey were highlights, but there was a very solid supporting cast in this affair that gave the fans their money's worth in just about every single event.

Coghlan was meeting Steve Scott, John Walker, Doug Padilla, and the crew at an interesting 2000 meter distance. Scott had the old World Indoor Best at 4:58.6, and anyone who has ever participated in Track appreciates the strength and conditioning necessary to

run a 4:00 minute mile, then race a fifth quarter mile at under 60 seconds. In this race pacesetter Kelly Britz (NYAC) 57.1 (440) 1:58.8 (880) was ignored by the pack (2:02.2). During the third 440 segment it was very surprising as Coghlan was the one who charged out into the lead and really forced the pace, covering his next 440 in 59.1 seconds to lead at the 1320 in 3:01.5. With the crowd really behind him Coghlan continued to accelerate (and pull away), leading by twenty yards at the mile (his fourth 440 57.9) at 3:59.4 over Paul Donovan. During a frantic final quarter mile Coghlan continued to move up through the gears, sailing around the turns and down the straight ways with a stride and style perfect for the 160 yard track, closing with a 54.6 final segment (2000 meters is just short of a mile and a quarter, so the distance past a mile was not a full 440) and amazing 4:54.07 World Record. Coghlan's four fastest 440 segments work out to about a 3:52 mile. Obviously, Coghlan's effort here was one of the best ever in an indoor distance race! Back in the pack Doug Padilla tacked a 56.0 finish on a 4:03.7 mile to record the #3 time ever at 4:59.78, while Donovan was 3rd at 5:00.55.

Very early in the evening, at 5:00, before much of the crowd was in the stands, the best ever American Women's Shot Putting took place. For those in attendance during the twenty-two minute competition Ramona Pagel put on quite a show. In a rising crescendo of performance and emotional response, Pagel threw a new American Indoor Record 62-2 $\frac{1}{4}$ (exactly a foot better than Maren Seidler's old 1978 record), then added 63-11 $\frac{1}{2}$, 64-1 $\frac{1}{4}$, and 63-2 $\frac{1}{4}$ tosses before fouling on her fifth toss. Each record put was complete with mini-drama as the former Schurr High School of Montebello and San Diego State star physically and emotionally exalted in the fact that she had moved far beyond what she or any other American had done in the event. Pagel's old American Record outdoors of 62-9 $\frac{1}{4}$ (1985) also fell along the way. In a fitting close to a magic evening Ramona bombed her final put out to 65-0 $\frac{1}{4}$ in lengthening even farther all the records.

Greg Foster hooked up with international rivals Mark McKoy (Canada) and Stephane Caristan (France) over the 60 meter Hurdles. In a truly amazing race Foster granted the foreign rivals two meters by the second hurdle, then proceeded to unleash a shocking burst of acceleration that had him pull even by the last barrier, then edge by McKoy on the run-in to win 7.48-7.50, with Caristan 3rd at 7.56. Greg's run the last two-thirds of the race against the best the world could offer was unreal. With the 7.36 from Sunkist still clouded by controversy, Greg's time here is #2 All-Time behind McKoy's 7.47 World Best. With a good start Greg would have put the record out of sight this evening.

The Jackie Joyner-Kersey show was in town, and the strong, high-stepping former UCLA Bruin handled a good group over the 60 meter hurdle distance, then handled Rumanian Vali Ionescu (a 23-3 $\frac{1}{2}$ jumper last year) in the Long Jump. Jackie alternated 21-5 $\frac{1}{4}$, 21-8, and 22-0 $\frac{1}{4}$ jumps with fouls, while Ionescu fouled four of her first five jumps prior to getting off her best, a 21-1 $\frac{1}{4}$. Earlier in the evening in the Triple Jump Ionescu improved about a foot per effort on her first three trials to record the #2 mark ever in the event at 45-8 $\frac{1}{2}$ (the Russians are giving



Ramona Pagel

the event a serious try and one of their athletes has jumped 45-10 $\frac{1}{2}$ this winter indoors). Yvette Bates (USC) 43-4 $\frac{1}{4}$ and Sheila Hudson (UC Berkeley) 42-7 $\frac{1}{2}$ also jumped well.

A number of very solid efforts backed up those at the top. Besides the men's 2000 group there was a top Men's Mile field. Jose Abascal (Spain) had the lead after a 3:02.7 1320 when the real running started, and he started a long kick that had his lead stretch to ten yards at one time. During a big last lap sprint Marcus O'Sullivan (Ireland) rocketed close up to and just ahead at the tape in a very exciting 3:56.92-3:56.95 win for the guys in green. In the Men's 800m, Peter Elliott (Great Britain) fourth ranked in the world and 1:44.06 in 1986, but a neophyte on the boards, would meet Johnny Gray (third ranked globally at 1:43.46). Gray took the race out through the 200m (25.6), 400m (52.8), and 600m (1:18.4) marks, with the pack five meters to the rear by the 600. During the final 160 yard lap Johnny tired, but Elliott was the only one to edge really close, with Gray winning 1:47.90-1:48.09.

In the Men's 500 meter Danny Harris (now of Athletics West) blasted through 200m (22.5) and 400m (46.8) posts, then was passed by strong Trinidadian (and former Abilene Christian star) Ian Morris, who pulled away to win in one of the better times in the history of the event, 1:00.90. Jimmy Howard set a Meet Record in the High Jump with a super 7-7 clearance to win over Doug Nordquist (7-5). In the women's High Jump Louise Ritter, Debbie Brill, and Katrina Johnson all cleared 6-3 $\frac{1}{4}$ after most everyone went home in a good competition, with Ritter winning on the countback rule. In the Women's 200m Grace Jackson (Atoms TC, Jamaica) rocketed out and Valerie Brisco, who has not seemed super sharp this undercover season, could not come back enough to catch the flying New Yorker 23.57-23.79. Mark Witherspoon (Santa Monica TC) showed great acceleration during 60 meter heats and finals to handle a good field. Charles

Results

Men

35-POUND WEIGHT THROW (At West LA College)—1 Deal (New York AC), 75.0; 2 Mileham (New York AC), 70.0; 3 Hegarty (Puma TC), 64.0; 4 Retzer (CS Los Angeles), 53.2; (At Azusa Pacific College)—1 Okoye (Azusa Pacific), 66.4; 2 Prokop (Azusa Pacific), 53.5; 3 Mann (Long Beach), 50.5.

MILE WALK—1 Lewis (Reebok), 5:38.2; 2 DiBernardo (unat), 6:16.5; 3 Walker (California Walkers), 6:22.2; 4 Mann (unat), 6:27.9; 5 Cortez (Walkers Club of L.A.), 6:39.0; 6 Ward (Walkers Club of L.A.), 6:43.8; 7 Flores (unat), 6:48.5.

SHOTPUT—1 Trafalis (Stars & Stripes), 65-10 $\frac{1}{4}$; 2 Frazier (Stars & Stripes), 56-6; Note: No marks for Wenj (USC), Doehring (Stars & Stripes TC) and Michaels (USC), event was called after first round of throws.

60-METER HURDLES (Heat One)—1 Foster (World Class TC), 7:58; 2 Campbell (unat), 7:65; 3 Dixon (South Bay TC), 7:78; 4 Alexander (Ujima TC), 8:03; (Heat Two)—1 McKoy (Canada), 7:59; 2 Caristan (France), 7:59; 3 McCraney (Stars & Stripes), 8:00; 4 Day (USIU), 8:40; (Final)—1 Foster, 7:48; (American record, old mark, 7:58, Tonia Campbell, Kappa, 1984); 2 McKoy, 7:50; 3 Caristan, 7:56; 4 Campbell, 7:60.

60 METERS (Heat One)—1 Seck (Senegal), 6:60; 2 Smith (Team Adidas), 6:65; 3 King (New Balance), 6:71; 4 Thigpen (San Diego TC), 6:95; (Heat Two)—1 Witherspoon (Santa Monica TC), 6:69; 2 Gance (Athletics West), 6:73; 3 Krulce (Stars & Stripes), 6:87; 4 Miner (San Diego TC), 6:89; (Final)—1 Witherspoon, 6:60; 2 Seck, 6:62; 3 Smith, 6:65; 4 Gance, 6:73.

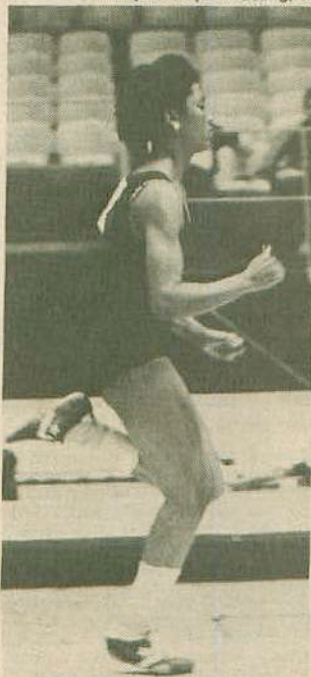
SPECIAL OLYMPICS 60—1 Johnson (Dorothy Brown School), 8:4 (hand timed); 2 Hall (Long Beach Special Olympics), 8:4; 3 Arnold (Orange County Special Olympics), 8:6; Marable (Pasadena Special Olympics) did not finish.

TRIPLE JUMP—1 Conley (Tyson), 55-5 $\frac{1}{4}$; 2 Hanna (Mazda), 55-0 $\frac{1}{4}$; 3 Joyner (World Class), 54-8 $\frac{1}{4}$; 4 Cannon (SoCal Cheetahs), 53-9 $\frac{1}{4}$; 5 Agbetaku (Nigeria), 52-8 $\frac{1}{4}$; 6 Oporiski (CS Los Angeles), 52-6 $\frac{1}{4}$.

400—1 Forde (Atlantic Coast Club), 47:64; 2 Daniel (unat), 47:80; 3 Egbunike (Nigeria), 47:94.

L.A. CITY BOYS 8x160 RELAY—1 Dorsey, 2:16.29; 2 Washington, 2:20.50; 3 Banning, 2:20.92; 4 Fremont, 2:20.97.

photo by Bill Leung, Jr.



Yvette Bates

Seck (Senegal—10.19 in 1986) looked very quick in a 6.60 heat win, with Witherspoon handling Seck, Calvin Smith and Harvey Gance in the Finals with a gear few tall people are able to show indoors over such a short distance in his 6.60-6.62 finals win over Seck. Witherspoon later explained that he has been training with Carl Lewis lately and that it has been an obvious help.

Merlene Ottey-Page (Jamaica) was the winner over Jeanette Bolden 7.15-7.34 and Alice Brown (7.34) in the Women's 60 meters. Diane Dixon (Atoms TC) moved away from the pack after 100 meters of her 400 meter race distance, and cruised in with a comfortable win at 53.19 over Lillie Leatherwood (54.52), with Janeene Vickers (Unattached, Pomona HS) recording the #7 High School time ever indoors at 54.93 for 4th. Rose Monday took the 800 meter field out through a 58.3 400 with the pack some two seconds to the rear. By 600 meters Joetta Clark and Kristy Wade (a 2:00.01 runner from Great Britain) were challenging. Clark covered the final two circuits in strong style to emerge victorious at 2:02.4-2:03.6 over the Brit. In the Women's Mile Canadian Lynn Williams and Romanian Maricica Puica followed Sylvia Mosqueda through 67.4-2:18.6 quarter mile posts, with Williams heading the pack through a 3:29.3 1320. With a bit over a lap to go Puica charged past and raced to a comfortable 4:33.74-4:34.71 win over Williams. Earl Bell tied with Brad Pursley through 18-4 $\frac{1}{2}$, with Dave Kenworthy also successful at that height in finishing 3rd. In a jump-off Bell was successful at the last height tried, 18-8 $\frac{1}{2}$ to emerge the winner. Mike Conley, with three jumps over 55-4 $\frac{1}{4}$ and a best of 55-5 $\frac{1}{4}$, edged Steve Hanna (55-0 $\frac{1}{4}$) and Al Joyner (54-8 $\frac{1}{4}$) in a good Triple Jump competition ignored by most of the fans in the heat of the running action. Larry Myricks was the winner over Hanna in the Long Jump, 26-3 to 25-8, with impressive USC freshman (from Spain) Jesus Olivan 3rd at 25-4. Olivan leaped 26-3 as a 17-year-old in Europe and looks very, very talented. Elvis Forde edged Clarence Daniel 47.64-47.80 over 440 yards. The Men's Shot Put was aborted after the spinners started destroying the sprint straight-away. The old O'Brien style put the landing in a pretty definite area, but the spin-people seem to require a bit wider (but legal) landing area that is tough to set up indoors. The couple of holes were possible to repair, but after seven throws the big guys were told to pack it up with Greg Trafalis the best after the first round at 65-10 $\frac{1}{4}$. The University of Nevada at Las Vegas took the women's 4x440 relay at 3:53.35 over El Camino College (3:59.69). Tim Lewis (Reebok) established a World Indoor best at the Mile at 5:38.2, with Teresa Vail setting an American Record at 6:40.1 in the Women's event. Lance Deal took the 35-pound weight throw held at West Los Angeles College at 75-0.

There were some interesting results in an Olympic Development portion of the meet. Janeene Vickers (unattached from Pomona HS) set a new National Prep Record at the 60 meter High Hurdle distance with her 8.53 for 2nd behind Maureen McGee-Hamilton's 8:50. Frosh prep Kee-Sha Adams (unattached from Leuzinger, Lawndale) won the 400 meters in a fine 57.08. Damon Lee (El Camino JC) pulled his team from way back with a 48.2 anchor, but could not run down Long Beach City College's Terrence Riley on the anchor as LB won 3:22.59-3:22.65. Locke of Los Angeles romped away from the Los Angeles City High School's Women's 8x160 relay, winning by 10 seconds at 2:35.09, with the Dorsey Men's group winning easily on the guy's side at 2:16.29.

500—1 Morris (Karamu Flyers), 1:00.90; 2 Jenkins (Atlantic Coast Club), 1:02.41; Harris (Athletics West), did not finish.

2,000—1 Coghlan (New York AC), 4:54.07 (world indoor record, old mark, 4:58.6, Steve Scott, USA); 2 Padilla (Athletics West), 4:59.78; 3 Donovan (Reebok), 5:00.55; 4 Scott (Tiger TC), 5:03.74; 5 Flynn (Kangaroos), 5:06.44; 6 Walker (New Zealand), 5:07.59; 7 Nyamabui (Tanzania), 5:12.0 (hand timed); Britz (New York AC), did not finish.

POLE VAULT—1 Bell (Pacific Coast Club), 18-8 $\frac{1}{2}$; 2 Pursley (Pacific Coast Club), 18-4 $\frac{1}{2}$; 3 Kenworthy (Stars & Stripes), 18-4 $\frac{1}{2}$; 4 Olson (Pacific Coast Club), 18-0 $\frac{1}{2}$; 5 Tully (New York AC), 17-8 $\frac{1}{2}$; 6 Kozakiewicz (West Germany), 17-4 $\frac{1}{2}$; 7 Swillon (France), 17-4 $\frac{1}{2}$.

MOBIL 800—1 Gray (Santa Monica TC), 1:47.90; 2 Elliott (Britain), 1:48.09; 3 tie between Williams (Ablene Christian) and Brown (Atlantic Coast Club), 1:48.62; 5 Theriot (Team Adidas), 1:51.26; 6 Wuyke (Venezuela), 1:54.47.

LOS ANGELES TIMES MILE—1 O'Sullivan (Ireland), 3:56.92; 2 Abascal (Spain), 3:56.95; 3 Spivey (Athletics West), 3:59.54; 4 Campbell (Canada), 4:00.21; 5 Hillardt (Australia), 4:03.20; O'Mara (Ireland) finished third in 3:57.33 but disqualified for pushing. Churney (Team Adidas) and Fadil (Pacific Coast Club), did not finish.

LONG JUMP—1 Myricks (Mazda), 26-3; 2 Hanna (Mazda), 25-8; 3 Olivan (USC), 25-4; 4 Spry (unat), 25-0 $\frac{1}{4}$; 5 Stewart (SoCal Cheetahs), 24-5 $\frac{1}{4}$.

HIGH JUMP—1 Howard (Mazda), 7-7; 2 Nordquist (Tiger), 7-5; 3 tie between Williams (U.S. Navy) and Ottey (Canada), 7-3; 5 Carter (unat), 7-3; 6 Matei (Romania), 7-1; 7 Page (unat), 7-1.

Women

SHOTPUT—1 Page (Mazda), 65-0 $\frac{1}{4}$ (American indoor and meet record, old American mark, 61-2 $\frac{1}{4}$, Maren Seidler, SJ Stars, 1978, old meet record, 59-10 $\frac{1}{2}$, Page, 1986); 2 Pollock (Coast Athletics), 57-11 $\frac{1}{2}$; 3 Clements (USC), 53-4 $\frac{1}{2}$.

MILE WALK—1 T Vail (unat), 6:40.1 (American indoor record, old mark 6:40.52, Maryanne Torresias, unat, 1987); 2 Weik (unat), 7:00.1; 3 L Vail (unat), 7:11.3; 4 Perez (unat), 7:17.0; 5 Luers (unat), 7:17.3; 6 Stanley (SoCal Roadrunners), 7:41.7.

TRIPLE JUMP—1 Ionescu (Romania), 45-8 $\frac{1}{2}$ (world indoor and meet record, old indoor best, 44-6 $\frac{1}{4}$, Galina Chistyakova, USSR, 1986, old meet mark, 44-0 $\frac{1}{4}$, Chistyakova, 1986); 2 Bates (USC), 43-4 $\frac{1}{4}$; 3 Hudson (California), 42-7 $\frac{1}{2}$; 4 Lovelady (CS Bakersfield), 41-10 $\frac{1}{2}$.

60-METER HURDLES (Heat One)—1 Joyner-Kersey (World Class), 8:17; 2 Davis (Los Angeles TC), 8:31; 3 Watkins (SoCal Cheetahs), 8:42; 4 Davis (Nevada Las Vegas), 8:57; (Heat Two)—1 Blanford (Los Angeles TC), 8:31; 2 Y Johnson (unat), 8:37; 3 Cannon (Coast Athletics), 8:43; 4 Jackson (Nevada Las Vegas), 8:72; (Final)—1 Joyner-Kersey, 8:09; 2 Y Johnson, 8:21; 3 Blanford, 8:20; 4 Davis, 8:36.

60 METERS (Heat One)—1 Brown (unat), 7:39; 2 Johnson (SoCal Cheetahs), 7:53; 3 Franklin (Nevada Las Vegas), 7:56; (Heat Two)—1 Ottey-Page (Jamaica), 7:22; 2 Bolden (World Class), 7:33; 3 Smith (Colorado Flyers), 7:42; 4 Peterson (LA Mercantiles), 7:58; (Final)—1 Ottey-Page, 7:15; 2 Bolden, 7:25; 3 Brown, 7:34; 4 Johnson, 7:48.

continued on next page...

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Results

photo by Bill Leung, Jr.



Steve Scott

400—1. Dixon (Atoms), 53.19; 2. Leatherwood (New Balance), 54.52; 3. Cabell (Coast Athletics), 54.81; 4. Vickers (unat), 54.93.
800—1. Clark (Athletics West), 2:02.4; 2. Wade (Britain), 2:03.6; 3. Walton-Floyd (unat), 2:05.7; 4. Monday (USA West TC), 2:06.7; 5. Colebrook (Cal Poly SLO), 2:06.8; 6. Trena Hull (Nevada Las Vegas), 2:07.3; 7. Gutowski (LA Mercuette), 2:07.7; 8. Beclea (Romania), 2:08.4.

MILE—1. Puica (Romania), 4:33.74; 2. Williams (Canada), 4:34.71; 3. Haworth-Jones (Oregon International), 4:35.65; 4. Mosqueda (CS Los Angeles), 4:42.03; 5. Ralston (USA West), 4:43.73; 6. Bayles (unat), 4:46.07; 7. Kane (USA West), 4:53.75.

200—1. Jackson (Atoms TC), 23.57; 2. Brisco (World Class), 23.79; 3. Walsh (Ireland), 25.41. Turner finished third but disqualified for running out of lane.

LONG JUMP—1. Joyner-Kersey (World Class), 22-0¾; 2. Ionescu (Romania), 21-1¼; 3. Williams (Coast Athletics), 20-3¼; 4. Inness (Atoms), 20-3¼; 5. Brown (USC), 19-11.

MILE RELAY—1. Nevada Las Vegas (Franklin, Davis, Green, Cheeks), 3:53.35; 2. El Camino College, 3:59.69; 3. USC, 4:03.20.

CITY GIRLS HIGH SCHOOL 8x160 RELAY—1. Locke, 2:35.09; 2. Banning, 2:45.59; 3. Wilson, 2:56.35; 4. Crenshaw, 3:03.37.

HIGH JUMP—1. Ritter (Pacific Coast Club), 6-3¼; 2. Brill (Canada), 6-3¼; 3. Johnson (Arizona), 6-3¼; 4. Johnson (unat) 5-11¼.

OLYMPIC DEVELOPEMENT

Men

60 METERS (Heat One)—1. Daniels (Bioia), 8.83; 2. Brobby (Ujima TC), 8.88; 3. Love (Long Beach CC), 8.89 (Heat Two)—1. Holmes (Stars & Stripes), 6.81; 2. McRee (Long Beach CC), 6.91; 3. Urbe (unat), 6.96; 4. Blanton (Mt. San Antonio College), 7.04 (Final)—1. Holmes, 6.74; 2. Daniels, 6.78; 3. McRee, 6.92; 4. Brobby, no time.

60-METER HURDLES—1. Ashford (unat), 8.03; 2. Gilliams (unat), 8.13; 3. Mbadugha (Azusa Pacific), 8.21; 4. Akpon (Azusa Pacific), 8.25.

400—1. Washington (South Bay TC), 49.7; 2. McCullough (CS Long Beach), 49.8; 3. Ferreira (CS Long Beach), 50.1; 4.

Hargrove (Stars & Stripes), 50.1; 5. Stewart (UC Irvine), 50.3.

800—1. Bouquet (Taft College), 1:53.6; 2. Lampps (unat), 1:54.0; 3. Butterfield (unat), 1:55.0; 4. Gentles (Taft College), 1:55.1; 5. Beste (Hawaiian AC), 1:57.3; 6. Espinoza (unat), 1:57.6; 7. Corvase (unat), 1:58.9; 7. Knorz (Westmont), 2:02.0.

3,000—1. Pope (Jamul Toads), 8:25.95; 2. Schumacher (CS Long Beach), 8:30.05; 3. Miller (Mt. San Antonio College), 8:32.53; 4. Reardon (unat), 8:35.98; 5. Prather (unat), 8:36.48; 6. Vance (Mt. San Antonio College), 8:39.50; 7. Near (Azusa Pacific), 8:40.9; 8. Triplett (Reebok), 8:52.5; 9. Deminter (Santa Monica TC), 8:57.3.

4x160 RELAY—1. Stars & Stripes (McCraney, Hargrove, Taylor, Holmes), 1:06.14; 2. Ujima, 1:06.63; CS Long Beach finished second in 1:06.49 but disqualified for pushing.

MILE RELAY—1. Long Beach CC (Wilcox, Lazine, Coleman, Riley), 3:22.59; 2. El Camino College, 3:22.65; 3. Mt. San Antonio College, 3:23.72; 4. Azusa Pacific, 3:24.87.

Women

60 METERS—1. Simmons (USC), 7.66; 2. Wheeler (Hawthorne Rockets), 7.68; 3. Gill (CS Bakersfield), 7.69; 4. Mayberry (USC), 7.74.

60-METER HURDLES—1. McGee-Hamilton (LA Mercuette), 8.50; 2. Vickers (unat), 8.53; 3. Williams (Bakersfield), 8.71; 4. Gaine (unat), 8.76.

400—1. Sha Adams, 1:58.2; 2. King (unat), 58.55; 3. Williams (Mt. San Antonio Coll.), 58.65; 4. Williams (LA Mercuette), 61.95; 5. Williams (unat), 62.31.

800—1. Metcalfe (unat), 2:05.2; 2. Sterling (Claremont-Mt. San Antonio), 2:05.49; 3. Kennerson (Hawthorne), 2:12.40; 4. Ackley (Santa Monica), 2:17.8; 5. Smith (LA Mercuette), 2:18.5; 6. Phillips (USA West), did not finish.

4x160 RELAY—1. Los Angeles Mercuettes (Peterson, Washington, Stiles, Boothe), 1:12.35; 2. UC Irvine, 1:14.59; 3. El Camino College 'A', 1:16.60; 4. El Camino College 'B', 1:18.8.

MILE RELAY—1. CS Bakersfield (Price, Bragg, Porter, Anthony), 3:58.0; 2. El Camino College, 4:02.0; 3. Mt. San Antonio College, 4:06.6.

O'Mara (Ireland). Roian Weedon towed the crew through 59.7-1:59.1 quarter post splits. The action became interesting just at the 1320 mark (3:00.7), where Steve Scott decided he was going to run away with at least one race this undercover season. The local (Fallbrook) resident raced hard the entire final two and three-quarters laps with Abascal in closest pursuit. During a furious last 160 yard lap (covered at 54.4 440 pace by Abascal) the Spaniard edged close to, and by during the final half circuit on the way to a 3:56.1 win over Scott (3:56.7) and O'Mara (3:56.7).

Johnny Gray claims this is one of his favorite tracks, and today in the 1000 yard he used a run "from the front" tactic that had enough of a lead that no one could establish contact and sit on him. Gray cruised in during what he described as an "easy" race at 2:04.8, the #4 time ever run (behind his 2:04.39 world record).

Danny Harris reversed his unsuccessful tactics of two nights previous in the LA Time Meet in a long sprint here, allowing Innocent Egbunike and Mike Franks to lead early in a 500 yard race, then blasting by until one lap to go in racing to a 55.7-56.6 m win over Franks.

Harvey Glance edged fast closing Calvin Smith at 5.81-5.81 for 50 meters, with tall Mark Witherspoon an even faster finisher at the 60 meter distance later to win over Charles Seck (Senegal) 6.61-6.64 and the duo of Smith (6.73) and Glance (6.76). Footballer Ron Brown handled Herschel Walker 5.69-5.81 in a pro football 50 meters. One wonders whether the timing equipment was wrong or whether their guys chasing and running with the oblong ball can duplicate the specific conditioning of a group of America's best sprinters.

In the men's two mile former local star Thom Hunt created a little excitement with a 62.5 4th 440 to continue a quick early pace by Jay Woods (61.8-2:03.7-3:08.1) and bring a good group through the mile at 4:10.6. Hunt could not continue his pacing duties and Doug Padilla obliged with the next three quarters in 65-66 before racing away to an 8:26.8-8:27.7 victory over Austrian Dieter Millonig and Bruce Bickford (8:28.2) with a final 440 in the 58 second range. Back in 5th Mark Junkermann (UCLA) was given 8:31.4. Timed by this writer at 8:06.8 at 3000 meters, the final time would have meant that Mark covered the final 240 yards at 24.6, a bit unlikely, and his time was probably in the 8:34-35 range, still a super time for the improving UCLA star.

A good series of men's jumping events were held. Billy Olson bested a good vault field with an 18-8¼ clearance. Later Billy commented on what he felt was a lack of physical and mental toughness and little details that seemed to distract him during the competition that result in him not clearing higher heights right now. In the high jump relative unknown Thomas McCants edged Greg Jones (Washington State) on misses at 7-6½, with Brian Stanton and Jake Jacoby over 7-5. Jimmy Howard cleared 7-3½ in 5th. Al Joyner (55-6½) was the triple jump winner over Michael Conley (54-4½) on a new Sports Area Runway.

MEN:

50 meters: 1. Glance (AW) 5.81, 2. Smith (adj) 5.82.

Football 50: 1. Brown (Rams) 5.69, 2. Walker (Cowboys) 5.81, 3. Barksdale (Raiders) 5.90, 4. Ware (Chargers) 6.03.

60: 1. Witherspoon (SMT) 6.61, 2. Seck (Sen) 6.64, 3. Smith 6.73, 4. Glance 6.76.

500 yard: 1. Harris (AW) 57.7, 2. Franks (AW) 56.6, 3. Lee (ECCC) 56.7, 4. Egbunike (Pum) 56.9.

1000 yard: 1. Gray 2:04.8, 2. Redwine (AW) 2:05.6, 3. Belger (PCC) 2:07.2, 4. Koncheilah (Maz) 2:24.1.

Mile: 1. Abascal (Spa) 3:56.1, 2. Scott (Tig) 3:56.7, 3. O'Mara (NBal) 3:56.6, 4. Hillardt (Aus) 3:58.6.

Michelob Indoor

By Doug Speck

February 22. San Diego Sports Arena.

A world best equalling performance by Greg Foster and a number of other good events highlighted the 21st Annual Michelob Invitational Indoor Meet at the San Diego Sports Arena on Sunday afternoon.

Racing at the 60 meter hurdle distance Greg Foster faced France's Stephane Caristan and Tonie Campbell. After an annoying three false starts the field finally was out legally with Foster having this day the best exit. It took until the fourth flight, but at that point Greg put on that devastating move of his as of late and he sailed away to a two meter victory (7.47) over Caristan (7.64), Campbell (7.65), and Andrew Parker (Arizona State-7.65).

Greg's 7.47 equals the world record set by Canadian Mark McKay. Stating later that he had a foot that was sore during the night, Foster looked anything like he had problems as he continues to dominate his opposition showing gears no one else has at the moment.

England's Kristy Wade raced a super women's mile. Having left the pack a second and a half to the rear through a 2:14.3 880, Wade pressed on through the final half mile herself, showing a quick rhythm and strength on the way to two more 65.9 quarter miles (3:20.2 1320) and a 4:26.1 finish. This moves the Brit to #2 on the All-Time performer list indoors (and a European record at the distance) with Mary Decker having six clockings on the All-Time performance list between her 4:20.5 world record and Kristy's time here. Cal Poly SLO's British import, Teena Colebrook, was second in a fine 4:33.4, with Sylvia Mosqueda (Cal State LA) 4th at 4:35.3. UCLA frosh Laura Chapel raced her best ever mile, at 4:44.7, for 6th.

Valerie Brisco, probably tired of coming from behind, of getting just nipped, and gearing up for indoor championship competition, led from the gun in a 54.5 440 win over LaWanda Cabell (55.1) and Lillie Leatherwood (55.2). Jackie Joyner-Kersey limited her efforts to the long jump, where she won by over 2 feet at 21-8¼.

The "Michelob" men's mile featured Jose Abascal, Steve Scott, Jim Spivey, Mike Hillardt (Australia) and Frank

2 Mile: 1. Padilla (AW) 8:26.8, 2. Millonig (Aut) 8:27.7, 3. Bickford (NBal) 8:28.2, 4. Navarette (WaSt) 8:29.0, 5. Nyumbui (Nik) 8:31.5, 6. Junkermann (UCLA) 8:34.6.

60 Hurdles: 1. Foster (WC) 7.47, 2. Caristan (Fra) 7.64, 3. Campbell (SSTC) 7.64, 4. Parker (AzSt) 7.65, 5. Kingdom (Reeb) nt.

High Jump: 1. McCants (unat) 7-6½, 2. Jones (WaSt) 7-6½, 3. Stanton (SSTC) 7-5, 4. Jacoby (Reeb) 7-5, 5. Howard (Maz) 7-4¼, 6. Carter (Unat) 7-3¼, 7. Lee (CSB) 7-1¼, 8. Williams (USN) 7-1¼.

Pole Vault: 1. Olson (PCC) 18-8¼, 2. Tully (Maz) 18-4¼, 3. Kenworthy (SSTC) 18-4¼, 4. Bell (PCC) 18-1, 5. Pursley (PCC) 18-1, 6. Fraley (Fres) 17-9.

Triple Jump: 1. Joyner (AW) 55-6½, 2. Conley (Tys) 54-4½, 3. Cannon (Cheet) 52-1¼, 4. Agbebaku (Maz) 51-10.

WOMEN:

440: 1. Brisco (WC) 54.5, 2. Cabell (CA) 55.1, 3. Leatherwood (NBal) 55.2, 4. Bakare (Azusa) 55.7.

Mile: 1. Wade (GB) 4:26.1, 2. Colebrook (SLO) 4:33.4, 3. Jones (OI) 4:34.3, 4. Mosqueda (CSLA) 4:35.3.

High School 60m Hurdles: 1. Vickers (Pomona) 8.47.

NAIA Champs

February 28: Kansas City:

MEN: 440—Morris (Wayland Baptist), 48.42; 600—Nwanguzo (WB), 1:12.64; 880—Christie (Prairie View), 1:51.99; 1,000—Kiboko (WB), 2:10.62; MILE—Williams (Anderson), 4:12.66; 2-MILE—Navas (Western St.), 9:01.16; 3-MILE—Auldemberge (Hillsdale), 13:46.59; MILE RELAY—Wayland Baptist, 3:19.48; DISTANCE MEDLEY RELAY—Southwestern (Kan.), 10:13.93; PV—Brooks (Concordia), 16-0; Lohmeim (Azusa Pacific), 15-8; LJ—Munroe (WB), 25-0¼; FINAL TEAM SCORES—Wayland Baptist 115; Azusa Pacific 62½; Prairie View, 61.

WOMEN: 440—Bullock (Chicago St.), 55.85; 600—Luckett (Prairie View), 1:26.44; 880—Taylor (Prairie View), 2:13.76; 1,000—Taylor (PV), 2:37.45; MILE—Spickler (Kearney St.), 4:57.78; 2-MILE—Van Lear (Hillsdale), 10:46.81; MILE RELAY—Prairie View, 3:51.37; DISTANCE MEDLEY RELAY—Kearney St., 12:26.18; FINAL TEAM SCORES—Prairie View 108; Wayland Baptist 81; Kearney St. 37.

Results

Outdoor Track

Mt. SAC All Comers

February 7:

Men

OPEN: 100—M. Sanford (unat), 10.4w. 110 HH—McCraney (unat), 14.2w. Ashford (unat), 14.2w. Alexander (unat), 14.2w. Hall (unat), 14.3w. 400 RELAY—Cal Lutheran, 4:19. HJ—Stanton (Stars & Stripes), 7-3/4. PV—Pullard (LAPD), 16-0. LJ—Stewart (Cheetahs), 25-5w. TJ—Dupree (Cheetahs), 53-0w.

HIGH SCHOOL: 100—Provinzano (Arcadia), 10.8w. Coleman (Manual Arts), 10.9w. Carroll (Hawthorne), 10.9w. 400—Cannady (Duarte), 49.9; Carroll (Hawthorne), 50.0; Morgan (Locke), 50.8. 800—Houston (Locke), 1:57.7. 1,500—Glaze (SO Notre Dame), 4:07.4. 110 HH—Copeland (Dorsey), 15.1w; Dunbar (Hawthorne soph), 15.1w; Crear (Rowland), 15.1. 400 RELAY—Moringside, 43.6. Diamond Bar, 43.7. PV—Parker (SO Notre Dame), 14-6; McKee (Downey), 13-6; Bettinger (unat), 13-6; Smolrys (unat), 13-6; Warwick (Hesperia), 13-6. LJ—Wheeler (Glendora), 23-9w. SP—Carter (Edison), 58-5/4; Wyatt (unat), 52-5/2. DT—Bain (Corona del Mar), 167-3.

Women

OPEN: 100—Inriss (Atoms), 11.5w. Z. Johnson (Cheetahs), 11.7w. 400—Givens (Puma), 54.1; Turner (LA Mercuriettes), 56.8. 100 HH—McGee Hamilton (LA Mercuriettes), 13.7w. 400 RELAY—LA Mercuriettes, 47.3. HJ—Patterson (Coast Athletics), 5-10. SP—Dasse (Coast Athletics), 59-2.

HIGH SCHOOL: 100—Vickers (Pomona), 11.7w; Thomas (Hawthorne), 12.1w; Leach (Thousand Oaks), 12.2w. 400—Vickers (Pomona), 58.2. 800—Smith (Upland), 2:23.3; Hamilton (Locke), 2:24.0. 1,500—Kernerson (Hawthorne), 5:01.2. 100 LH—Leach (Thousand Oaks), 14.4w; Edmonds (Hawthorne), 14.5w. Davenport (Locke), 14.7w. Green (unat), 15.1w. 400 RELAY—Hawthorne, 47.9; Locke, 49.2. TJ—Giles (Burbank), 36-6w.

Berkeley All-Comers

February 14, Berkeley:

Men's Results

OPEN: 100m: 1. Scott Gonsolin 10.6. 200m: 1. Maurice Compton 22.0. 400m: 1. Rod Green 49.2. 800m: 1. Rod Green 1:55.6. 1500m: 1. Craig Blockhus 3:53.3. 5000m: 1. John Whiteside 15:26.3. 110mHH: 1. John Johnson 14.5. 300mIH: 1. Darius Smith 54.2. TJ: 1. Anthony Trammel 49-8. JT: 1. Doug Porter 54.44m. DT: 1. Rob Shenk 52.70m. PV: 1. Steve Degner 13-0.

High School: 100m: 1. Tony Miller 10.8. 200m: 1. Tony Miller 22.1. 400m: 1. Tom McGuirk 52.9. 800m: 1. Matt Kuchta 2:03.5. 1500m: 1. Steve Zinkebach 4:10.4. 3200m: 1. C. Case 9:53.8. 110mHH: 1. Marcus McFarlen 15.6. SP: 1. Kamy Keshmiri 60-8. DT: 1. Kamy Keshmiri 56.78m. HJ: 1. Tognotti 6-0.

Women's Results

OPEN: 400m: 1. Romy Guyse 57.9. 800m: 1. Molly Burke 2:22.8. 1500m: 1. Laurie Binder 4:42.8. HH: 1. Kelly Dias 18.6. IH: 1. Diedre Fields 71.5. TJ: 1. Sanchez 36-8 1/2. SP: 1. Allison Eades 38-0.

High School:

100m: 1. Ronda Brooks 12.2. 200m: 1. Ronda Brooks 25.0. 400m: 1. Sharon Polley 60.1. 800m: 1. Courtney Clark

2:21.7. 1500m: 1. Jeanise Eisenman 5:04.0. 3200m: 1. Alva Daniel 11:51.7. HH: 1. Caria Nelson 20.4. IH: 1. Tina Sanders 78.5. TJ: 1. Estrera 35-6. SP: 1. Tracy Pitts 23-9.

photo by Keith Conning



Rod Green Anthony John

CS Bakersfield T & F Invitational

February 14, Bakersfield:

Men's Results

10,000m: 1. Mark Castro, UCR, 30:57.2, 2. Craig Goodwin, CPSLO, 30:59.9, 3. Christopher Craig, CPSLO, 31:15.1.

110mHH: 1. James Avery, Unat., and Carter Johnson, Taft, 14.6, 3. Scott Krupinski, FSU and Ron Lee, CSB, 14.7.

3000m Steeplechase: 1. John King, FSU 9:34.3, 2. Dan ?, Unat., 9:59.4, 3. Mike Cotton, CPP, 10:32.3.

4x100m Relay: 1. Taft JC B, 40.9, 2. Taft JC A, 41.1, 3. CPP, 42.7.

400m: 1. Jeff Roberson, Fresno, 47.7, 2. Kevin Purvis, CSB, 48.7, 3. Tommie Barber, Bakersfield, 49.6.

4x200m Relay: 1. Taft B, 1:24.7, 2. FSU, 1:27.1, 3. LA Valley, 1:29.5.

Distance Medley Relay: 1. Taft College 10:02.4, 2. Fresno State A 10:02.6, 3. Cal State Bakersfield 10:14.3.

400m Hurdles: 1. Darren Maiden, Unat., and Sean Johnson, LA Valley, 54.8, 3. James Avery, Roadrunner TC, 56.3.

Shot Put: 1. John Bender, FSU, 60-7 1/2, 2. Curt Thomas, Underdog TC, 57-10, 3. Jay Kovar, Unat., 56-8.

Triple Jump: 1. Alton Henry, Unat., 50-7 1/4, 2. Otis Smith, Taft, 47-1 1/4, 3. Macarthur Anderson, Unat., 45-1 1/4.

Javelin: 1. Alan Collatz, Unat., 224-8, 2. Tom Peterson, Unat., 212-4, 3. Roy Saidmeyer, FSU, 189-6.

1. Jay Kovar, Unat., 189-4, 2. Paul Bender, Unat., 184-10, 3. Lloyd Higgins, Unat., 163-7.

High Jump: 1. Ron Lee, CSB, 7-0, 2. James Wallace, Unat., 6-6, 3. Daren Wallsmith, Saddleback College, 6-6.

Pole Vault: 1. Kelly Rodrigues, FTC, 16-5, 2. Steve Hardeson, Unat., 15-6, 3. Bump Novacek, Unat., 15-6.

Long Jump: 1. B. Coleman, Taft, 25-7 1/2, 2. D. Sanders, BC, 24-1, 3. T. Kurstich, Cal Lutheran, 23-9 1/4.

Hammer: 1. Mike Ostrom, FSU, 199-0, 2. Al O'Neil, Unat., 194-9, 3. Jim ?, Unat., 189-9.

35 Lb. Wt.: 1. Mike Ostrom, FSU 61-3, 2. Name not readable, Unat., 61-1 1/2, 3. John Bender, FSU, 59-11.

Women's Results

10,000m: 1. Rosa Medina, CSB, 39:55.1. 100m Hurdles: 1. Junea White, CSB, 14.3, 2. Shann Kern, CSB, 14.5, 3. Jeri Cartwright, Unat., 15.3.

4x100m Relay: 1. FSU, 46.3, 2. CSB, 47.8, 3. Unattached, 47.8.

3000m: 1. Stacy McAfee, FSU, 17:39.9, 2. Cynthia Jung, FSU, 18:22.2.

Sprint Medley Relay: 1. FSU, 4:12.3, 2. LA Valley, 4:15.5, 3. Roadrunner TC, 4:25.2.

400m: 1. Marcia Breggs, CSB, 59.7, 2. Michele Winder, Unat., 60.9, 3. Sandra Ballinger, Unat., 62.0.

400m Hurdles: 1. Teresa Staurianoudakis, FSU, 1:02.5, 2. Rene Cunningham, FSU, 1:08.9, 3. Chris Standley, FSU, 1:09.6.

4x200m Relay: 1. FSU, 1:41.2, 2. CSB, 1:44.7, 3. LA Valley, 1:45.9.

Distance Medley Relay: 1. FSU, 12:10.4, 2. CSB, 12:43.1.

4x800m Relay: 1. CPP, 9:29.6, 2. FSU, 9:31.7, 3. CSB, 10:02.3.

3000m: 1. Diane Fairman, FSU, 10:25.5, 2. Eileen Dyar, FSU, 10:31.8, 3. Mary Kuphaldt, FSU, 10:41.7.

Long Jump: 1. Jewel Lovelady, RRTC, 19-7 1/4, 2. Shann Kern, Unat., 18-6 1/2, 3. Durelle Schimek, CPP, 15-10 1/4.

Javelin: 1. Cathie Wilson, Unat., 177-10 1/2, 2. Durelle Schimek, CPP, 132-5, 3. Kimber Reed, CPP, 129-6.

Discus: 1. Lacy Barnes, Unat., 177-4, 2. China Blockton, FSU, 148-3 1/4, 3. Janeen Romberger, Unat., 144-9.

High Jump: 1. Latrice Johnson, Unat., 5-10, 2. Tonya Mendonca, FSU, 5-10, 3. Durelle Schimek, CPP, 5-4.

Shot Put: 1. Dot Jones, Unat., 52-2, 2. Brandi Gail, CPP, 47-4, 3. China Blockton, FSU, 42-1.

Triangular Meet

February 14, San Diego State:

MEN 100—Josephson (CPSLO), 10:87. 200—Josephson (CPSLO), 22:14. 400—Robinson (SDS), 48:93. 800—Seriano (SDS), 1:53.88. 1,500—Porter (CPSLO), 3:58.21. 5,000—Griffiths (CPSLO), 14:41.13. 110 HH—Burns (SDS), 14.91. 400 IH—Doud (SDS), 53.72. 3,000 STEEPLCHASE—Oullette (SDS), 9:36.83. 400 RELAY—Cal Poly SLO, 44.76. 1,600 RELAY—San Diego St., 3:21.23. HJ—1. Hodgett (SDS), 6-10 1/4. 2. Pierson (SDS), 6-10 1/4. 3. Cody (SDS), 6-10 1/4. PV—Toney (CPSLO), 16-1. LJ—Van (SDS), 23-5. SP—Fine (SDS), 51-10. DT—Hoth (SDS), 168-2. HT—Hoth (SDS), 188-2. JT—Van Liew (SDS), 180-10. FINAL SCORE—San Diego St. 109, Cal Poly SLO 59, Occidental 21.

WOMEN 100—Polk (CPSLO), 12.63. 200—Johnson (CPSLO), 25.52. 400—Colebrook (CPSLO), 57.11. 800—Prius (CPSLO), 2:11.02. 1,500—DeBettencourt (CPSLO), 4:32.99. 3,000—Stehly (CPSLO), 9:59.56. 5,000—Lopez (SDS), 18:07.04. 100 HURDLES—1. Smith (SDS), 14.20. 2. Johnson (CPSLO), 14.49. 400 HURDLES—1. Smith (SDS), 62.09. 2. Chandler (CPSLO), 62.24. 400 RELAY—San Diego St., 47.88. 1,600 RELAY—Cal Poly SLO, 3:53.20. HJ—Wiegmann (CPSLO), 5-8 1/2. LJ—Sharky (CPSLO), 17-4 1/2. TJ—Ames (CPSLO), 39-8 1/4. SP—Paquette (CPSLO), 44-2 1/2. DT—Paquette (CPSLO), 145-11. TJ—Lundberg (CPSLO), 141-8. FINAL SCORE—Cal Poly SLO 97, San Diego St. 71, Occidental 14.

Long Beach All Comers

February 14, Cal State Long Beach:

MEN OPEN: 100—Holmes (Stars & Stripes), 10.4. 200—Holmes (S&S), 21.0. 400 IH—McCullough (CSLB), 52.5. HJ—Williams (U.S. Navy), 6-10. PV—Kachtigal

(unat), 16-6. TJ—Hooks (LBCU), 51-3. HT—Arcaro (All-American), 197-4. HIGH SCHOOL: 100—Conway (Hawthorne), 10.7. Vallery (Haw), 10.8. 200—Conway (Haw), 21.7. Carroll (Haw), 21.8. Provenzano (Arcadia), 21.8. Williams (Milikan), 21.9. Cannada (Duarte), 22.1. Vallery (Haw), 22.1. 400—Hanna (Haw), 47.8. Cannada (Duarte), 49.0. Coleman (Manual Arts), 49.1. Carroll (Haw), 49.5. 110 HH—Vallery (Haw), 14.8. PV—Parker (SO Notre Dame), 15-0. DT—Bain (Corona del Mar), 169-2.

WOMEN OPEN: 100—Peterson (LA Mercuriettes), 11.5. 400—Turner (LAM), 54.8. LJ—Williams (Coast Athletics), 19-8 1/2. DT—Norton (CSLB), 158.5. Loshonkoi (unat), 141-0. JT—Norton (CSLB), 146-0. HIGH SCHOOL: 200—Thomas (Haw), 25.4. 400—Thomas (Haw), 58.7. 1,500—Bryant (Hesperia), 4:47.9. Houle (Hesperia), 5:00. 2. 100 LH—Edmonds (Haw), 14.8. TJ—Giles (Burbank), 36-5.

Santa Monica All Comers

February 14, Santa Monica College:

MEN 880—B. Brown (unat), 1:50.75. 110 HURDLES—McCory (unat), 14.31. HJ—Stanton (Stars & Stripes), 7.4 1/2. TJ—Taylor (South Bay), 50-6 1/2. JT—1. Hall (Santa Monica College), 205-11. 2. Branham (LATC), 199-5.

WOMEN 800—1. Monday (USA West), 2:03.98. 2. Conway (SMTC), 2:07.25. 3. Cabell (Coast Athletics), 2:08.90. 4. Ralston (USA West), 2:10.91. SP—Dasse (CA), 60-5.

Tri-Meet

February 21, UCLA:

Men

100—1. H. Thomas (UCLA), 10.3. 400—A. Washington (UCLA), 47.71. 800—Everett (UCLA), 1:52.04. MILE—1. Young (CSLA), 4:05.88. 2. Ortiz (UCLA), 4:07.53. 2-MILE—Jaspers (UCLA), 9:02.05. 110 HH—1. Kerho (UCLA), 14.0w (12.02 m.p.s.). 2. R. Young (UCLA), 14.1; 3. Lumpkin (SDS), 14.4. 400 IH—1. K. Young (UCLA), 50.49; 2. Lumpkin (CSLA), 52.95; 3. Kerho (UCLA), 52.97.

400 RELAY—1. UCLA (R. Young, Everett, Buder, H. Thomas), 40.20, 2. San Diego St., 41.58. 1,600 RELAY—1. UCLA (Everett, R. Young, Stanich, A. Washington), 3:13.79; 2. San Diego St., 3:18.01.

HJ—1. Jones (CSLA), 7-0 1/2; 2. Hodgett (SDS), 7-0 1/2. PV—Sythe (SDS), 15-6. LJ—1. K. Young (UCLA), 24-1; 2. Van (SDS), 23-1 1/4. TJ—Oporosi (CSLA), 50-8 1/4. SP—1. Banich (UCLA), 61-7 1/2; 2. Blutreich (UCLA), 56-9 1/2; 3. Wilson (UCLA), 56-2 1/4. DT—1. Wilson (UCLA), 182-3; 2. Banich (UCLA), 178-5; 3. Blutreich (UCLA), 177-3. HT—1. Wilson (UCLA), 201-8; 2. Hoth (SDS), 186-10; 3. Ansberry (UCLA), 175-3. JT—1. Connolly (UCLA), 240-5; 2. McMaho (UCLA), 197-7.

FINAL TEAM SCORE—UCLA 118, CS Los Angeles 31 1/2, San Diego St. 28 1/2.

Women

100—Devers (UCLA), 11.2w (2.23 m.p.s.) (hand time). 200—Parros (UCLA), 24.00. 400—Knighten (UCLA), 56.25. 800—Brown (UCLA), 2:11.32. 1,500—Porter (UCLA), 4:46.57. 3,000—1. Porter (UCLA), 9:51.03; 2. Bradley (SDS), 9:54.44; 3. Williams (UCLA), 9:54.0. 100 HURDLES—1. Devers (UCLA), 13.38 (wind 1.15 m.p.s. aiding); 2. Thompson (UCLA), 14.1 (ht); 3. Kellon (UCLA), 14.4 (ht). 400 HURDLES—1. Knighten (UCLA), 1:01.57; 2. Kellon (UCLA), 1:02.08.

400 RELAY—1. UCLA (Church, Knighten, Phillips, Devers), 45.59; 2. San Diego St., 48.02. 1,600 RELAY—1. UCLA (Dowell, Labortaux, Bresnan, Bungo), 4:06.1. HJ—Nowak (SDS), 5-6. LJ—Devers (UCLA), 19-6. TJ—Devers (UCLA), 40-2 1/4; 2. Ames (SDS), 38-1 1/4. SP—Lutjens (UCLA), 46-5 1/2. DT—Lutjens (UCLA), 170-9. JT—Leppaluo (SDS), 121-6.

FINAL TEAM SCORE—UCLA 97, San Diego St. 39.

Results

Four-Way T & F Meet

February 21. Hornet Field, CSU Sacto.

Men's Results

100m: 1. Keith McCoy, FSU, 10.97, 2. Harrison, CSUS, 11.12, 3. G. Moore, Sacto TC, 11.19.

200m: 1. Bryan Harrison, CSUS, and Larry Walker, FSU, 21.94, 3. Keith McCoy, FSU, 22.39.

400m: 1. Larry Walker, FSU, 48.69, 2. Tim Morris, River City TC, 49.39, 3. Wolbart, UCD, 49.77.

800m: 1. Terry Poppo, FSU, 1:57.09, 2. Darrin Slade, CSUS, 1:57.34, 3. Thevi Pather, FSU, 1:57.63.

1500m: 1. Ernie Freer, FSU, 3:57.02, 2. Dave Cattanaach, FSU, 3:57.82, 3. Slade, CSUS, 4:00.61.

3000m Steeplechase: 1. Jim Hardimon, FSU, 9:29.94, 2. Whitehead, CSUS, 9:42.79, 3. Glines, HSU, 9:50.85.

5000m: 1. Stefanisko, Unat., 14:44.1, 2. S. Haase, Tiger, 14:45.4, 3. Scott Steinmou, Sacto TC, 14:47.5.

110m HH: 1. Rob Harrison, River City TC, 14.32, 2. Dave Crume, FSU, 14.92, 3. Prince, HSU, 15.00.

400m IH: 1. Devine, UCD, 54.75, 2. Don Daves, FSU, 55.65, 3. McGregor, UCD, 56.13.

4x100m Relay: 1. FSU (Nelson, McCoy, Walker, Alexander), 41.7, 2. UCD, 42.0, 3. Humboldt State, 44.6.

1600m Relay: 1. FSU (Poppo, Pather, Nelson, Videtto), 3:23.95, 2. UCD, 3:24.09, 3. Humboldt State, 3:33.88.

Javelin: 1. Roy Siedmeyer, FSU, 221-6, 2. Mike Ostrom, FSU, 202-9, 3. Schmidt, UCD, 196-2.

Shot Put: 1. John Bender, FSU, 61-5 1/2, 2. Andy Harris, FSU, 48-4 1/2, 3. Powell, CSUS, 47-4 1/2.

Long Jump: 1. Lawrence Nelson, FSU, 23-1 1/2, 2. Dave Crume, FSU, 22-9 1/2, 3. Patterson, River City TC, 21-9 1/2.

Pole Vault: 1. Dan Larson, FSU, 14-6, 2. Richmond, UCD, 14-0, 3. Lapp, UCD, 14-0.

Hammer: 1. Mike Ostrom, FSU, 199-6, 2. Daron Crass, FSU, 199-0, 3. Powell, CSUS, 161-8.

Discus: 1. John Bender, FSU, 157-9, 2. Jeff Budwig, FSU, 151-9, 3. Daron Crass, FSU, 142-11.

High Jump: 1. Dan Moran, UCD, 6-8, 2. Rob Richardson, FSU, 6-6, 3. Zeigler, UCD, 6-4.

Triple Jump: 1. Dwayne Johnson, CSUS, 46-9 1/2, 2. Walters, UCD, 44-8, 3. Paige, Unat., 46-1 1/2.

Dual Meet Scores:
1. Fresno State 128, CSU Sacramento 23.
Fresno State 117, UC Davis 40
Fresno State 139, Humboldt State 13
UC Davis 112, Humboldt State 34

Berkeley All Comers

February 21. Berkeley, Men's Results

Open:

100m: 1. Darron Minor and Norbert Payton 10.7, 200m: 1. Bernard Chapman 22.0, 400m: 1. M. Knox 49.5, 800m: 1. Rod Green 1:55.0, 1500m: 1. Scott Savage 4:00.4, 2 Mile: 1. Jay Marden 8:45.3, 110mHH: 1. John Johnson 14.1, 300mIH: 1. Raymond Cox 55.4, LJ: 1. Byron Young 22-3 1/2, TJ: 1. Anthony Trammel 49-5 1/2, JT: 1. Steve Rolier 44.20m, SP: 1. Dan Lang 49-9, DT: 1. Rob Shenk 50.56m, HJ: 1. Mosley 6-4.

High School:

100m: 1. Tony Miller 10.8, 200m: 1. M. Osanna 23.8, 400m: 1. Curtis Margain 50.9, 800m: 1. Matt Kuchta 2:03.9, 1500m: 1. Blair Venables 4:17.5, 3200m: 1. Steve Zirkelbach 9:47.2, 110mHH: 1. Marcus McFarlen 15.3, LJ: 1. Tony Gildersleeve 20-6, TJ: 1. Tony Gildersleeve 42-11, SP: 1. Rick Cox 56-4 1/2, DT: 1. Peter Schaffer 45.24m.

Women's Results

Open:

400m: 1. Helga Halldorsdottir 56.7, 800m: 1. Joyce Cheruloyt 2:25.8, 1500m: 1. Heather Sullivan 4:45.7, HH: 1. Helga Halldorsdottir 13.8, IH: 1. Angela Driller 68.8, SP: 1. Allison Eades and Joyce Fremstad 38-11 1/2, JT: 1. Elaine Suudby 46.34m, HJ: 1. Beth Vidakovits 5-6, LJ: 1. Beth Vidakovits 16-5 1/2.

High School:

100m: 1. Temia Holliday 13.1, 400m: 1. Courtney Clark 58.6, 800m: 1. Courtney Clark 2:23.4, 1500m: 1. Stephanie Kasa 5:25.0, HH: 1. Tina Sanders 19.6, SP: 1. Myra Taylor 36-2 1/2, DT: 1. Myra Taylor 30.18m, LJ: 1. Merrie Upshaw 14-7.

Tri-Meet

February 21, UC Irvine:

Men

100—Manning (USC), 10.4, 200—Manning (USC), 21.0, 400—Stewart (UCI), 47.7, 800—Schermehorn (USC), 153.3, MILE—Griffin (USC), 4:09.9, 2-MILE—Graves (UCI), 8:57.7, 110 IH—Reading (USC), 13.9, 400IH—Sordi (UCI), 52.9, 400 RELAY—1. USC (Reading, Manning, Fuller, Olivan), 40.5, 2. UC Irvine, 41.4, HJ—Patchett (USC), 6-8, LJ—1. Floyd (CPPI), 25-7 1/2, 2. Olivan (USC), 25-0 1/2, TJ—Harper (USC), 49-9 1/2, PV—1. Klassen (USC), 17-0, 2. White (USC), 16-6, SP—Michaels (USC), 56-6, DT—Wenj (USC), 178-1, HT—1. Tolpurt (USC), 204-9, 2. Wenj (USC), 182-0, JT—Polk (UCI), 188-2.

FINAL TEAM SCORES—USC 100, UC Irvine 72, Cal Poly Pomona 18.

Women

100—Mayberry (USC), 11.9, 200—Maxie (USC), 24.2, 400—Taylor (USC), 55.7, 800—Lyon (UCI), 2:13.2, 1,500—1. Harrington (UCI), 4:20.9, 2. Clark (USC), 4:26.3, 3,000—Harrington (UCI), 9:45.2, 2. Abraham (UCI), 9:52.8, 100 HURDLES—Bates (USC), 14.3, 400 HURDLES—Hatfield (USC), 1:03.3.

400 RELAY—USC, 47.6, 1,600 RELAY—1. USC, 3:48.7, 2. UC Irvine, 3:56.1, HJ—Brown (USC), 5-7, LJ—Gualdo (USC), 19-2, TJ—1. Bates (USC), 40-8 1/2, 2. Grelson (UCI), 39-1, SP—1. Clements (USC), 51-10, 2. Gail (CPPI), 47-4, 3. Adams (USC), 45-2 1/2, DT—Clements (USC), 151-5, 3. Gail (CPPI), 143-10, JT—1. Clements (USC), 157-1, 2. tie Mundt (UCI) and Schmick (Cal Poly Pomona), 143-4, 4. Hatfield (USC), 140-3.

Women's Results
3000m: 1. Loratta Cruz, COS, 10:16.6, 2. Lois Jemkims, SD Mesa, 10:18.7, 3. Lois Curl, Orange Coast, 10:23.2, 4. Karen Courter, Grossmont, 10:31.8, 5. Tassie Norton, Taft, 10:32.9.

100m Hurdles: 1. Rochelle Frazier, ECC, 15.27, 2. Julie Harrison, Mt. SAC, 15.78, 3. Donna John, LBCC, 16.26, 4. Tracey Taylor, PCC, 16.74, 5. Laura MacFarland, Grossmont, 16.94.

400m Hurdles: 1. Kim McRae, ECC, 64.1, 2. Tamela Virgle, Mt. SAC, 68.0, 3. Laura MacFarland, Grossmont, 68.3, 4. Michelle Stevens, Saddleback, 68.4, 5. Laura McNatt, LA Valley, 70.8.

4x100m Relay: 1. El Camino A, 47.68, 2. Mt. SAC, 48.33, 3. LA Valley, 50.04, 4. El Camino B, 50.31, 5. San Diego Mesa, 50.51.

4x220y Relay: 1. El Camino, 1:44.6, 2. LA Valley, 1:46.0, 3. San Diego Mesa, 1:50.8, 4. Mt. SAC, 1:52.9, 5. Saddleback, 1:55.8.

Mile Relay: 1. El Camino A, 3:50.4, 2. Mt. SAC, 3:55.7, 3. El Camino B, 4:09.8, 4. Orange Coast, 4:16.5, 5. Cerritos, 4:17.7.

4x880y Relay: 1. El Camino, 10:08.8, 2. Cerritos, 10:24.5, 3. Orange Coast, 11:13.0.

Scott Thompson, CAC, 53.6, 4. Darius Smith, Mt. SAC, 53.9, 5. Fred Wright, ECC, 54.0.

4x100m Relay: 1. Central Arizona, 40.44, 2. Taft, 40.55, 3. Long Beach City, 40.76, 4. Rancho Santiago, 41.94, 5. Cerritos, 42.20.

4x220y Relay: 1. Taft, 1:24.0, 2. Central Az, 1:24.5, 3. Long Beach City, 1:24.7, 4. Rancho Santiago, 1:27.2, 5. LA Valley, 1:27.7.

Mile Relay: 1. Long Beach City, 3:11.5, 2. Mt. SAC, 3:12.0, 3. Taft, 3:12.5, 4. Central Az, 3:12.6, 5. El Camino, 3:15.6.

4x880y Relay: 1. Mt. SAC, 7:44.2, 2. Mira Costa, 7:59.3, 3. Fullerton, 7:59.9, 4. Rancho Santiago, 8:00.1, 5. Grossmont, 8:23.6.

4xOne Mile Relay: 1. El Camino, 18:10.4, 2. Mt. SAC, 18:11.5, 3. Grossmont, 18:27.0, 4. Cerritos, 18:29.0.

Sprint Medley: 1. Taft, 3:20.8, 2. Saddleback, 3:28.4, 3. Mt. SAC, 3:34.7, 4. San Diego Mesa, 3:34.8, 5. Long Beach City, 3:35.1.

Distance Medley: 1. El Camino 10:17.1, 2. Rancho Santiago, 10:21.0, 3. Orange Coast, 10:29.7, 4. Saddleback, 10:35.5, 5. Cerritos, 10:36.4.

High Jump: 1. Derrick Moore, LBCC, 6-8, 2. Darren Wallsmith, Sacto., 6-8, 3. Ryan Gillette, RSC, 6-6, 4. Jay Jensen, LBCC, 6-4, 5. Blair Risner, Mira Costa, 6-4.

Pole Vault: 1. A. Milton, LBCC, 15-7, 2. Brian Fisher, RSC, 15-1, 3. Shawn Meyle, LBCC, 15-1, 4. John Berry, CAC, 14-1 1/2, 5. John Good, PCC, 13-7 1/2.

Long Jump: 1. Ken Bush, Cerritos, 24-5 1/2, 2. Juan Tobin, PCC, 23-9 1/2, 3. Nugyen Pendleton, LBCC, 23-2 1/2, 4. Ron Young, SD Mesa, 22-9, 5. Marcus Hooks, LBCC, 22-7.

Triple Jump: 1. O. Smith, Taft, 47-9 1/2, 2. Terrance Williams, PCC, 47-6 1/2, 3. Patrick O'Connor, CAC, 47-5, 4. Trini Woods, LBCC, 46-6 1/2, 5. Tyree Crayon, ECC, 46-5 1/2.

Shot Put: 1. Dave Florence, PCC, 52-6 1/2, 2. Keith Robinson, Mira Costa, 50-4, 3. Jeff Howard, Taft, 49-3 1/2, 4. Denny Mouran, OCC, 48-1 1/2, 5. J. Bivens, LBCC, 46-0 1/2.

Discus: 1. Bill Charette, COS, 150-5, 2. Darrin Buckner, LBCC, 148-2, 3. Lance Ane, LA Valley, 146-2, 4. Jack Payne, CAC, 144-10, 5. Joe Timo, Saddleback, 137-9.

Javelin: 1. Darin Powell, COS, 200-1, 2. Jamie Aiken, OCC, 199-9, 3. Ron Overmeyer, COS, 197-9, 4. David Gronquist, PCC, 191-10, 5. Steve Berggren, LBCC, 181-6.

Hammer: 1. Pat Thiss, SD Mesa, 157-6, 2. Camillus Jackson, CAC, 130-6, 3. Rick Engerbretsen, Gross., 114-1, 4. Bill Cramer, Mt. SAC, 111-4, 5. Sean Helgesen, Mira Costa, 110-1.

Women's Results
3000m: 1. Loratta Cruz, COS, 10:16.6, 2. Lois Jemkims, SD Mesa, 10:18.7, 3. Lois Curl, Orange Coast, 10:23.2, 4. Karen Courter, Grossmont, 10:31.8, 5. Tassie Norton, Taft, 10:32.9.

100m Hurdles: 1. Rochelle Frazier, ECC, 15.27, 2. Julie Harrison, Mt. SAC, 15.78, 3. Donna John, LBCC, 16.26, 4. Tracey Taylor, PCC, 16.74, 5. Laura MacFarland, Grossmont, 16.94.

400m Hurdles: 1. Kim McRae, ECC, 64.1, 2. Tamela Virgle, Mt. SAC, 68.0, 3. Laura MacFarland, Grossmont, 68.3, 4. Michelle Stevens, Saddleback, 68.4, 5. Laura McNatt, LA Valley, 70.8.

4x100m Relay: 1. El Camino A, 47.68, 2. Mt. SAC, 48.33, 3. LA Valley, 50.04, 4. El Camino B, 50.31, 5. San Diego Mesa, 50.51.

4x220y Relay: 1. El Camino, 1:44.6, 2. LA Valley, 1:46.0, 3. San Diego Mesa, 1:50.8, 4. Mt. SAC, 1:52.9, 5. Saddleback, 1:55.8.

Mile Relay: 1. El Camino A, 3:50.4, 2. Mt. SAC, 3:55.7, 3. El Camino B, 4:09.8, 4. Orange Coast, 4:16.5, 5. Cerritos, 4:17.7.

4x880y Relay: 1. El Camino, 10:08.8, 2. Cerritos, 10:24.5, 3. Orange Coast, 11:13.0.

4xOne Mile Relay: 1. Orange Coast, 22:19.4, 2. Mt. SAC, 23:17.3.

Sprint Medley: 1. El Camino, 1:48.9, 2. San Diego Mesa, 1:53.8, 3. LA Valley, 1:54.7, 4. Mt. SAC, 2:00.0, 5. Compton, 2:00.9.

Distance Medley: 1. Orange Coast, 13:18.7, 2. Mt. SAC, 14:13.4, 3. SD Southwestern, 16:04.5.

High Jump: 1. Shawnnel Reddic, SDM, 5-4 1/2, 2. Darlene Norris, COS, 5-2 1/2, 3. Julie Whitebread, Grossmont, 5-2 1/2, 4. Sharon Gilbert, Cerr., 5-2 1/2, 5. Kim McRae, ECC, 5-0 1/2.

Long Jump: 1. Demetrius Newman, ECC, 19-3 1/2, 2. Michelle Strachan, Grossmont, 17-8 1/2, 3. Tanya Loughridge, ECC, 17-2 1/2, 4. Kim McRae, ECC, 16-11, 5. Darcey Richard, SDM, 16-7 1/2.

Triple Jump: 1. Demetrius Newman, ECC, 38-9 1/2, 2. Sonia Munoz, Mt. SAC, 36-6 1/2, 3. Tania Loughridge, ECC, 34-7 1/2, 4. Sean Cruise, ECC, 33-9 1/2, 5. Lisa Sanchez, Cerritos, 33-8 1/2.

Shot Put: 1. Elaine Bergman, SDM, 40-2 1/2, 2. LaTanya Carter, Compton, 39-5, 3. Kauhi Eleanor, SDM, 38-9 1/2, 4. Kelley Lyle, Fullerton, 35-4, 5. Marie Fecske, Riverside, 35-1.

Discus: 1. Kauhi Eleanor, SDM, 129-5, 2. Shelley Hobbs, COS, 124-7, 3. Kelley Lyle, Fullerton, 121-0, 4. Amy Olaque, Cerritos, 111-0, 5. Marie Fecske, Riverside 110-11.

Javelin: 1. Diane Collier, SDM, 129-2, 2. Elaine Bergman, SDM, 127-7, 3. Janet Castater, SDM, 115-7, 4. Kathleen Smith, Gross., 109-6, 5. Tiffany Wallace, ECC, 106-6.



Tri-Meet

February 28, Cal State Northridge:

Men

100—Freeman (CSLA), 10.88, 200—1. Hendrix (CSN), 21.79, 2. Freeman (CSLA), 21.79, 400—Huntington (CSLA), 48.77, 800—Briglia (CSLA), 1:53.59, 1,500—Young (CSLA), 3:51.19, 5,000—Arsenault (CSLA), 14:54.14, 110 IH—Lumpkin (CSLA), 14.72, 400 IH—Lumpkin (CSLA), 53.07, 2. Jeffries (CSN), 53.09, 3,000 STEEPLCHASE—Acosta (CSLA), 9:34.60, 400 RELAY—1. CS Los Angeles, 41:58, 2. CS Northridge, 42:01, MILE RELAY—CS Northridge, 3:16.79, HJ—Eatmon (CSLA), 6-10, PV—Griswald (UCR), 13-6, LJ—1. Oporosi (CSLA), 23-8, TJ—Oporosi (CSLA), 52:7 1/2, 2. Hannan (CSN), 49-3, SP—Ray (CSN), 47-8 1/2, DT—Retzer (CSLA), 156-2, HT—Retzer (CSLA), 176-1, JT—Lange (CSN), 192-2.

FINAL TEAM SCORES—CS Los Angeles 101, CS Northridge 62, CS Northridge 134, UC Riverside 21, CS Los Angeles 136, UC Riverside 18

Women

100—Williams (CSN), 12.47, 200—S. Smith (CSLA), 26.18, 400—Stinson (CSN), 57.99, 800—Mosqueda (CSLA), 2:12.10, 1,500—1. Mosqueda (CSLA), 4:31.04, 2. Arreola (CSN), 4:31.98, 3,000—Lohr (CSLA), 9:57.9, 5,000—Lohr (CSLA), 16:53.7, 100 HURDLES—S. Green (CSLA), 15:08, 400 HURDLES—Turner (CSN), 64.69, 400 RELAY—CS Northridge, 47.78, HJ—Flynn (CSN), 5-6, LJ—Franklin (CSN), 18-3 3/4, TJ—Davidson (CSN), 39-6 1/2, SP—Hagan (CSN), 40-3 1/2, DT—Hom (CSLA), 134-4, JT—Ganey (CSN), 126-10.

FINAL TEAM SCORES—CS Northridge 87, CS Los Angeles 57, CS Northridge 130, UC Riverside 1, CS Los Angeles 101, UC Riverside 2.

Results

San Jose State Relays

February 28. Bud Winter Field, San Jose. Men's Results

100m: 1. Scott Gonsolin, Cal, 10.4, 2. Name Not Available, 10.6, 3. Cornell Archie, FSU, 10.7, 4. Matt Devine, UCD, 10.8, 5. Jon Gary, Cal, 10.8.

1500m: 1. Adam McAbey, Cal, 3:53.2, 2. James Tyner, Cal, 3:55.7, 3. Scott Savage, Cal, 3:56.5, 4. James Green, Hay, 3:57.1, 5. Keith Videtto, FSU, 3:58.5.

5000m: 1. Dan Gonzalez, Aggies TC, 14:13.6, 2. Robert Anex, Unat., 14:22.1, 3. Randy Anderson, UCD, 14:30.4, 4. David Perrish, Aggies TC, 14:31.1, 5. Steve Prader, Aggies TC, 14:34.7.

Steepchase: 1. John King, FSU, 9:17.9, 2. Robert Herndon, RTC, 9:32.2, 3. David Rees, Stan, 9:36.8, 4. Mike Matthews, SJS, 9:42.2, 5. Matt Wilkenson, UCD, 9:42.4.

110m High Hurdles: 1. Pat Duffy, Cal, 14.0, 2. Kevin McPherson, Cal, 14.5, 3. Peter Kolotouros, Stan, 14.8, 4. Jaime Reeves, Hay, 14.9, 5. Dave Crume, FSU, 15.1.

400m Relay: 1. Cal, 41.2, 2. SJS, 41.6, 3. Stanford, 42.1, 4. Sac, 42.5, 5. Hayward, 43.6.

880 Relay: 1. Cal, 1:26.0, 2. FSU, 1:27.0, 3. Sac, 1:30.3, 4. Hayward, 1:31.1, 5. UCD, 1:31.6.

Mile Relay: 1. Cal, 3:11.1, 2. FSU, 3:18.1, 3. SJS, 3:21.9, 4. UCD, 3:23.3, 5. Sac, 3:24.4.

Distance Medley Relay: 1. Cal, 9:58.4, 2. Fresno State, 10:06.3, 3. Stanford, 10:13.2, 4. UCD, 10:16.8.

2 Mile Relay: 1. Fresno State, 7:46.3, 2. Cal, 7:54.8, 3. SJS, 7:55.6, 4. Sac, 8:11.8.

Long Jump: 1. Curtis Rogers, Cal, 25-1/4, 2. Henry Green, Stanford, 24-11/4, 3. Scott Gonsolin, Cal, 24-3, 4. Clint Williams, FSU, 23-11/4, 5. Cornell Archie, FSU, 23-7/4.

Triple Jump: 1. Ken Williams, Cal, 51-8/4, 2. Mike Harris, Cal, 51-6/4, 3. Chris Moore, Cal, 51-0/4, 4. Ray Marchbanks, Son, 47-5/4.

High Jump: 1. Mike Harris, Cal, 7-3/4, 2. Jeff Rogers, Cal, 6-10, 3. Dave Crume, FSU, 6-8, 4. Robert Richardson, FSU, 6-6, 5. Jim Reis, SJS, 6-6.

Pole Vault: 1. Doug Fraley, FSU, 17-6/4, 2. Scott Kruplicki, FSU, 17-0, 3. John Gash, Stanford, 17-0, 4. Anthony Harris, SJS, 15-0, 5. Todd Sprague, FSU, 15-0.

Javelin: 1. Roy Seidmeyer, FSU, 216-4, 2. Dave Pickett, Stanford, 199-6, 3. Mike Ostrom, FSU, 196-1, 4. Mike Schmidt, UCD, 188-1, 5. Neil Leonard, SJS, 162-9.

Shot Put: 1. John Bender, FSU, 61-8/4, 2. Andy Papanthassiou, Stanford, 55-5, 3. Neil Leonard, SJS, 55-2/4, 4. Mark Meyerhoff, SJS, 52-2/4, 5. Andy Harris, FSU, 50-4/4.

Discus: 1. Glen Schneider, Stanford, 182-10, 2. Kari Nisula, Cal, 181-0, 3. Dan Katches, SJS, 175-7, 4. Deron Lord, Stanford, 158-7.

Hammer: 1. Mike Ostrom, FSU, 192-8, 2. Daron Crass, FSU, 182-6, 3. Daron Lord, Stanford, 177-5, 4. Cary Lorge, Hayward, 169-6.

35 Lb. Weight: 1. Fred Schmacher, SJS, 63-6, 2. Mike Ostrom, FSU, 57-2/4, 3. John Bender, FSU, 54-8/4, 4. Daron Crass, FSU, 53-11/4.

Women's Results

100m: 1. April Freew, FSU, 12.1, 2. Tracy Cole, Hayward, 12.3, 3. Natalie Day, Sac, 12.4, 4. Jolie Alexander, Cal, 12.6, 5. Carol Troop, Son, 13.0.

1500m: 1. Jenn Thatcher, UCD, 4:39.2, 2. Deann Thomsson, Cal, 4:41.0, 3. Diane Fairman, FSU, 4:42.4, 4. Eileen Dyer, FSU, 4:46.7, 5. Suzy Lehmkuhl, UCD, 4:47.7.

3000m: 1. Carol Gray, Stan, 9:26.8, 2. Sally Wood, Cal, 9:48.6, 3. Brenda

Steinhof, Stan, 9:56.3, 4. Sally Carlson, UCD, 9:56.8, 5. Janine Ogas, FSU, 10:07.3.

5000m: 1. Kirsten O'Hara, Cal, 16:55.5, 2. Jill Perry, UCD, 18:07.9, 3. Jill Newman, UCD, 18:13.3, 4. Ann Bertucci, UCD, 18:13.3, 5. Kristine Hansen, Cal, 18:17.8.

100m Hurdles: 1. Raven Viltz, Cal, 14.7, 2. Debbie Budwig, FSU, 14.9, 3. Allison Eades, Cal, 15.5, 4. Kelly Dias, Hay, 15.5, 5. Tessa Jackson, Stanford, 15.6.

400m Relay: 1. Fresno State, 46.4, 2. CS Hayward, 48.4, 3. California, 48.9, 4. Sonoma State, 50.0, 5. UC Davis, 51.2.

880 Relay: 1. FSU, 1:40.8, 2. CS Hayward, 1:42.0, 3. Sonoma, 1:49.1, 4. UC Davis, 1:52.9, 5. Sac State, 1:54.5.

Mile Relay: 1. Fresno State, 3:49.7, 2. California, 3:51.6, 3. Cal State Hayward, 3:52.3, 4. Sonoma State, 4:15.0, 5. Sacramento State, 4:32.0.

2 Mile Relay: 1. Cal, 9:16.4, 2. CS Hayward, 9:18.7, 3. FSU, 9:26.3, 4. UCD, 9:29.2, 5. Sonoma, 10:41.8.

Distance Medley: 1. Cal, 12:02.3, 2. FSU, 12:07.8, 3. CS Hayward, 12:24.4, 4. UCD, 12:35.7, 5. Sac State, 13:19.6.

Long Jump: 1. Sheila Hudson, Cal, 19-7/4, 2. Tamara Compton, FSU, 18-5/4, 3. Vanessa Hanlon, Stanford, 18-2/4, 4. Tess Adams, Stanford, 18-1, 5. Cindy Barros, FSU, 16-10/4.

Triple Jump: 1. Tamara Compton, FSU, 40-8/4, 2. Vanessa Henion, Stan., 39-2, 3. Dana Wilson, UCD, 36-5, 4. Tammy Wessendorf, Sonoma, 36-1/4, 5. Sherry Olsen, Sac State, 35-1.

High Jump: 1. Tonya Mendonca, FSU, 6-0, 2. Beth Vidakovits, Cal, 5-8/4, 3. Miloe McCall, Hay, 5-6, 4. Liz Burger, UCD, 5-6, 5. Julie Berry, Stanford, and Jennifer Bateman, Hay, 5-4.

Shot Put: 1. Patty Purpur, Stanford, 51-7/4, 2. China Blockton, FSU, 43-3/4, 3. Kim Kessler, Cal, 40-1/4, 4. Cheryl Villaran, FSU, 38-2, 5. Morgan Warner, Stanford, 36-11/4.

Discus: 1. Kim Kesler, Cal, 168-4, 2. Patty Purpur, Stanford, 163-10, 3. Patty Purpur, Stanford, 163-10, 4. China Blockton, FSU, 158-6, 5. Helena Mosley, FSU, 142-8.

Javelin: 1. Erica Wheeler, Stanford, 167-3, 2. Chris Healy, FSU, 143-6, 3. Allison Eades, Cal, 123-3, 4. Martha Hill, Cal, 110-5, 5. Cindy Barros, FSU, 103-5.

Four Way Track and Field Meet

February 28. Cal State Bakersfield. Men's Results

400m Relay: 1. CSB, 41.9, 2. CPP, 42.6, 3. CPSLO, 46.3.

3000m Steeplechase: 1. M. Gottardi, CPP, 10:15.7.

110m HH: 1. Lee, CSB, 14.1, 2. Johnson, CPSLO, 14.5, 3. Smith, CSB, 15.2.

100m: 1. Briggs, CSB, 10.7, 2. Not Available, CPSLO, 10.7, 3. Not Available, CPP, 10.9.

1500m: 1. Roman, CPP, 3:53.4, 2. Porter, CPSLO, 3:54.0, 3. Clark, CPSLO, 3:57.6.

400m: 1. Smith, CSB, 55.5, 2. Castro, CSB, 57.9, 3. Valentine, CPSLO, 58.9.

800m: 1. ??, CSB, 1:50.7, 2. ??, CPP, 1:53.8, 3. ??, CSB, 1:55.1.

5000m: 1. Twillinger, CPSLO, 15:08.8, 2. Renquist, CPSLO, 15:12.0, 3. CPP, 15:15.0.

Hammer: 1. Billy McDonnell, CSB, 150-10, 2. Adam Pilchman, CSB, 129-1, 3. Paul Hishsmonger, CPSLO, 116-7.

Pole Vault: 1. CPSLO, 14-6, 2. CPSLO, 14-6, 3. CPP, 13-6.

Shot Put: 1. Bill McDonnell, CSB, 46-4/4, 2. Highswanger, CPSLO, 42-1/4, 3. Jeff Caneta, CSB, 42-1.

Long Jump: 1. Floyd, CPP, 22-7, 2. Powell, CSB, 22-4/4, 3. Sides, CPP, 20-11/4.

Discus: 1. Caneta, CSB, 151-10, 2. McDonnell, CSB, 148-7, 3. Hishsmonger, CPSLO, 130-5.

High Jump: 1. Lee, CSB, 7-4, 2. Mudy, CPSLO, 6-6, 3. Konine, CPP, 6-4.

Triple Jump: 1. Robinson, CPP, 47-6/4,

2. Valentine, CPSLO, 41-9, 3. Powell, CSB, 41-0.

Team Scores: 1. CSB 66, 2. CPSLO, 61, 3. CPP, 48, 4. Chapman College 3.

Women's Results

4x100m Relay: 1. CPSLO 47.6, 2. CSB 48.3, 3. Chapman 54.1.

3000m: 1. Katterhagar, CPSLO, 17:29.2, 2. CPP, 17:30, 3. CPSLO, 18:02.

800m: 1. Hagan, CPSLO, 2:12.7, 2. Debenhencourt, CPSLO, 2:13.4, 3. Cooper, CSB, 2:15.6.

100m Hurdles: 1. White, CSB, 13.9, 2. Johnson, CPSLO, 14.9, 3. Kushnes, CPSLO, 14.9.

400m: 1. Polk, CPSLO, 58.8, 2. Porter, CSB, 58.9, 3. CPSLO, 62.2.

200m: 1. White, CSB, 25.1, 2. Henson, CPSLO, 25.5, 3. Porter, CSB, 26.5.

4x400m: 1. CPSLO, 3:57.9, 2. CPSLO B, 4:06.0, 3. CSB, 4:18.2.

3000m: 1. Stahly, CPSLO, 9:46.9, 2. Molina, CPP, 10:17.0, 3. CPSLO, 10:22.3.

Long Jump: 1. Sharkey, CPSLO, 17-2/4, 2. Henson, CPSLO, 17-0, 3. Gilliland, CPP, 15-8/4.

Javelin: 1. Schlimek, CPP, 139-8, 2. Lundberg, CPSLO, 135-9, 3. Norton, CPSLO, 133-3.

High Jump: 1. Schimak, CPP, 5-6, 2. Wiegmann, CPSLO, 5-6, 3. Rhinesmith, CSB, 5-4.

Shot Put: 1. Gail, CPP, 46-10, 2. Paquette, CPSLO, 44-6/4, 3. Hoots, CPSLO, 38-1.

Triple Jump: 1. CPSLO, 37-6/4, 2. CPSLO, 34-2, 3. Chapman College, 33-6.

Discus: 1. Gall, CPP, 46-17m, 2. Paquette, CPSLO, 44-77m, 3. Ethington, CPSLO, 119-2.

Team Scores: 1. Cal Poly SLO 108, 2. Cal Poly Pomona 35, 3. CSB 31, 4. Chapman College 10.

Long Beach Relays

March 1. Long Beach. Men's Results

3000m Steeplechase: 1. Marc Bowman, USN, 9:08.6, 2. Beat Ammann, UCLA, 9:16.5, 3. Paul Burroughs, SDSU, 9:26.7, 4. Troy Curran, Beach TC, 9:36.8, 5. Tom Sera, Taft, 9:41.0.

5000m: 1. Raphael Colmenares, Unat., 14:16.8, 2. Sean Evans, Anteater TC, 14:32.5, 3. Rick Dodson, Anteater TC, 14:36.4, 4. Castle, Unat., 14:40.9, 5. Eric Reynolds, UCLA, 14:41.4.

10,000m: 1. Rick Wilhelm, Unat., 30:57.1, 2. Peter Quint, Oxy, 31:09.5, 3. Rich Martinez, Unat., 31:14.1.

110m High Hurdles: 1. Rick Alexander, Ujima TC, 14.30, 2. Steve Kerho, UCLA, 14.33, 3. David Ashford, SSTC, 14.38, 4. James McCraney, SSTC, 14.56, 5. Michael Hannick, USMC, 14.86.

400m Int. Hurdles: 1. Rhan Sheffield, SDTC, 52.5, 2. John Anderson, USC, 53.9, 3. Greg Doud, SDSU, 54.1, 4. James McCraney, SSTC, 55.8, 5. Frank Burrell, Unat., 56.2.

4x220y Relay: 1. Stars & Stripes TC, 1:24.6, 2. Beach TC, 1:25.9, 3. San Diego TC, 1:26.0, 4. San Diego State, 1:26.8, 5. CSULB, 1:27.0.

Mile Relay: 1. Star & Stripes TC, 3:11.9, 2. UCSB, 3:13.2, 3. San Diego State, 3:16.1, 4. UCI, 3:16.3, 5. Unattached Decathletes, 3:17.6.

4x880y Relay: 1. USC, 7:36.1, 2. Taft College, 7:36.4, 3. San Diego State, 7:45.1, 4. UCI, 7:45.3, 5. CSULB, 7:49.7.

4xOne Mile Relay: 1. UCI A, 17:18.2, 2. Club X, 17:28.2, 3. Anteater TC, 17:33.9, 4. UCI, 17:33.9, 5. UCI B, 17:39.8.

Sprint Medley: 1. CSULB, 3:25.1, 2. UCLA, 3:25.9, 3. Ujima TC, 3:28.5, 4. All American TC, 3:30.5, 5. UCI, 3:37.1.

Distance Medley: 1. UCI A, 10:00.3, 2. UCSB, 10:08.0, 3. Occidental, 10:12.5, 4. UCI B, 10:13.4, 5. Westwood TC, 10:16.3.

High Jump: 1. Alan Hodgert, SDSU, 7-0/4, 2. D. Dreibelbis, UCSB, 6-9/4, 3. Drew Pierson, SDSU, 6-8, 4. Brian Patchett, USC, 6-8, 5. Viktor Nehring, UCLA, 6-8.

Pole Vault: 1. Brad Nachtigal, Unat., 16-6/4, 2. Anthony Curran, Unat., 16-6/4, 3. Chris Brahm, LATC, 16-0/4, 4. Brandon Richards, UCLA, 16-0/4, 5. Glenn Archer, Beach TC, 16-0/4.

Long Jump: 1. Rodney Van, SDSU, 24-1, 2. Troy Kurtich, CLU, 23-10/4, 3. Dave Ceraglioli, UCLA, 23-4/4, 4. Jim Connolly, UCLA, 23-2, 5. Mitchell Zarders, Unat., 22-9/4.

Triple Jump: 1. Andre Cobb, Unat., 49-8/4, 2. Darryl Taylor, UCLA, 49-8/4, 3. Mark Willis, Unat., 48-11/4, 4. Adrian Justice, UCI, 47-8, 5. Greg Harper, USC, 47-3.

Shot Put: 1. John Frazier, Unat., 65-9/4, 2. Peter Michaels, USC, 58-9/4, 3. Rich McKee, AATC, 58-8/4, 4. David Wilson, UCLA, 56-7/4, 5. Brian Faul, AATC, 55-11.

Discus: 1. Jim Banich, UCLA, 184-4, 2. Peter Thompson, WTC, 184-0, 3. Hank Krachir, Unat., 182-2, 4. Dave Wilson, UCLA, 179-7, 5. Tambi Wenj, USC, 177-6.

Javelin: 1. Seppo Raty, Finland, 234-4, 2. Yki Laine, Finland, 232-10, 3. Al Collatz, Unat., 231-1, 4. Kevin Goode, AATC, 217-10, 5. Dan O'Donnell, Unat., 196-3.

Hammer: 1. Andy Tolpatt, USC, 206-3, 2. Chris Beard, Oxy, 193-8, 3. Scott Hoth, SDSU, 178-8, 4. Tambi Wenj, USC, 176-5, 5. Keith Ansberry, UCLA, 169-3.

Women's Results

3000m: 1. Jennifer Abraham, UCI, 9:45.1, 2. Keeley King, UCI, 9:45.6, 3. Lori Wilson, UCI, 9:51.5, 4. Judy McLaughlin, UCI, 9:53.9, 5. Chris Porter, UCLA, 9:54.0.

10,000m: 1. Mona Lopez, SDSU, 37:15.5, 2. Sarina Wong, CSULB, 39:54.7.

100m Hurdles: 1. Hamilton, LA Merc., 13.9h, 2. Nicole Thompson, UCLA, 13.9h, 3. ChooChoo Knighton, UCLA, 14.4h, 4. Lejeune Gage, UCI, 14.5h, 5. Gayle Kellon, UCLA, 14.5h.

4x100m Relay: 1. UCLA, 45.63, 2. San Diego State, 48.04, 3. UCI, 48.43, 4. CSULB, 48.47, 5. CS Fullerton, 48.95.

4x220y Relay: 1. UCLA, 1:36.4, 2. UCI, 1:41.7, 3. CSULB, 1:42.0, 4. CS Fullerton, 1:44.3, 5. San Diego State, 1:44.4.

Mile Relay: 1. USC, 3:47.8, 2. SDSU, 3:50.0, 3. CSULB, 3:55.4, 4. CS Fullerton, 4:01.5, 5. UCSB, 4:06.7.

4x880y Relay: 1. USC, 8:56.6, 2. SDSU, 9:30.8, 3. UCI, 9:46.9, 4. UCSB, 9:49.7, 5. CSULB, 9:54.0.

4xOne Mile Relay: 1. UCI A, 20:25.6, 2. UCLA, 20:35.1, 3. Occidental, 20:49.9, 4. UCI B, 20:58.4, 5. UCLA B, 21:12.1.

Sprint Medley: 1. San Diego State, 1:45.7, 2. UCI, 1:46.3, 3. CSULB, 1:48.2, 4. Beyond Athletics, 1:51.5.

Distance Medley: 1. UCLA, 11:33.6, 2. Occidental, 11:49.2, 3. UCI, 11:54.8, 4. USC, 12:14.4, 5. UCSB, 12:20.7.

High Jump: 1. Sue Patterson, CA, 5-8, 2. Noreen Flynn, CSUN, 5-6, 3. Stacy Lee, UCSB, 5-4/4, 4. Marian Nowak, SDSU, 5-4/4, 5. Veronica Wuerfel, SD, 5-4/4.

Long Jump: 1. Maureen Wiley, CSULB, 19-2/4, 2. Cathy Roberts, CSULB, 19-2/4, 3. Luann Guialdo, USC, 19-0/4, 4. Julie Goodrich, UO, 19-0/4, 5. Angela McKnight, SDSU, 19-0.

Triple Jump: 1. Gail Devers, UCLA, 39-8, 2. L. Costello, AATC, 37-2/4, 3. Rhondilyn McCioney, CSLB, 36-2/4, 4. Kristi White, UCI, 35-5/4, 5. Kirsten Church, UCLA, 35-5/4.

Shot Put: 1. Toni Lutjens, UCLA, 43-8/4, 2. Laura Standing, SDSU, 41-5/4, 3. Karsti Leppaluoto, SDSU, 41-1, 4. Ronda Loshonkohl, Unat., 38-0/4, 5. Louise Conter, Oxy, 37-3/4.

Discus: 1. Laura DeShoo, Unat., 174-7, 2. Toni Lutjens, UCLA, 168-9, 3. Jacque Norton, CSULB, 165-4, 4. Ronda Loshonkohl, Unat., 146-6, 5. Mickey Bryant, SDSU, 138-1.

Javelin: 1. Tina Lillak, Finland, 200-3, 2. Jacque Norton, CSULB, 146-9, 3. Katie Pinkerton, Oxy, 131-7, 4. Karsti Leppaluoto, SDSU, 117-11, 5. Nancy Tyler, CSLB, 109-10.

Results

Road Racing

Clarksburg/Pepsi PA-TAC 30K Championships

November 16, Clarksburg.

Overall Results - Men

1 Daniel Gonzales, \$180	1:36:07
2 Joseph Green, \$90	1:38:32
3 Dennis Rinde, \$60	1:38:42
4 Alan Dahlinger	1:39:09
5 Rick Gentry	1:39:42
6 Brian Maxwell	1:40:11
7 Thomas Cushman	1:40:31
8 Miguel Tibaduiza	1:41:16
9 Sal Vasquez	1:41:41
10 Dennis O'Halloran	1:41:42

Overall Results - Women

1 Sharlet Gilbert, \$180	1:51:25
2 Terry Schmidt-Puckett, \$90	1:52:51
3 Eileen Claugus, \$60	1:56:30
4 Peggy Smyth	1:59:33
5 Christine Iwahashi	2:01:37
6 Nelly Wright	2:03:03
7 Joan Vilyot	2:04:11
8 Sally Edwards	2:05:11
9 Karen Coe	2:05:11
10 Sue Gyorey	2:05:47

Top Men's Masters

1 Sal Vasquez, \$80	1:41:41
2 Bill Sevald, \$50	1:44:39
3 Jim Gibbons, \$40	1:49:19

Top Women's Masters

1 Nelly Wright, \$80	2:03:03
2 Joan Vilyot, \$50	2:04:11
3 Margie Timberlake, \$40	2:07:26

Top Teams - Men

Open: 1. Rebok Aggies, 2. Pacific Flyers.
40-49 Masters: 1. Pacific Flyers, 2. Buffalo Chips.

Top Teams - Women

Open: 1. Pacific Flyers, 2. Buffalo Chips.
40-49 Masters: 1. West Valley TC, 2. Pacific Flyers.

Division Results - Men

12 & Under: 1. Dino Daniels 2:03:51. 19-29: 1. Dan Gonzales 1:36:07, 2. Joseph Green 1:38:31, 3. Dennis Rinde 1:38:41. 30-39: 1. Rick Gentry 1:39:41, 2. Brian Maxwell 1:40:10, 3. Thomas Cushman 1:40:30. 40-49: 1. Sal Vasquez 1:41:40, 2. Bill Sevald 1:44:38, 3. Jim Gibbons 1:49:18. 50-59: 1. Frederick Mattos 2:00:36, 2. Roger Daniels 2:04:43, 3. Jerry O'Hanlon 2:06:19. 60 & Over: 1. John Norberg 2:21:35, 2. Karl Bollinger 2:23:17, 3. Don Lunberg 2:23:22.

Division Results - Women

13-18: 1. Keri Kernan 2:55:43, 2. Kris Skulis 3:16:48. 19-29: 1. Sue Gyorey 2:05:46, 2. Debbie Bispo 2:09:29, 3. Sandy Supp 2:10:15. 30-39: 1. Sharlet Gilbert 1:51:24, 2. Terry Schmidt-Puckett 1:52:51NR, 3. Eileen Claugus 1:56:31NR. 40-49: 1. Nelly Wright 2:03:02, 2. Joan Vilyot 2:04:10, 3. Margie Timberlake 2:07:25. 50-59: 1. Ruth Anderson 2:27:33, 2. Marty Maricle 2:30:53, 3. Peggy Ewing 3:07:10. 60 & Over: 1. Mary Storey 2:40:39NR, 2. Jaclyn Caselli 2:48:17, 3. Po Adams 3:15:16.

Monterey Peninsula YMCA Super Race X

Division Results - Men's 10K

13 & Under: 1. Marc Boulland 43:08, 2. James Dee 44:51, 3. Gregory Tademy 45:28. 14-18: 1. Earl Devore 37:19, 2. Paul

Lash 38:26, 3. Robert Hoffman 38:53. 19-24: 1. Michael Fox 31:56, 2. Duke Bachelor 32:58, 3. Terry Jones 33:09. 25-29: 1. Gilbert Munoz 32:07, 2. David McDonald 34:00, 3. Barry Klettke 34:25. 30-34: 1. Jim Poulos 34:22, 2. Jeff Soullier 35:48, 3. Jorge Solorio 37:14. 35-39: 1. Lon Kincannen 34:01, 2. Ron Parravano 34:56, 3. Emile Allen 35:07. 40-44: 1. Gary Goettelmann 34:20, 2. Glen Berwick 36:36, 3. Carl Cull 37:56. 45-49: 1. Roland Schut 36:51, 2. John Brazinsky 37:59, 3. John Whisler 42:53. 50-54: 1. Glynn Wood 38:29, 2. Ed Engquist 43:58, 3. Earl Reuter 45:17. 55-59: 1. Edward Kilduff 55:15. 60-69: 1. Bob Wright 49:25, 2. John Guiney 52:56. 70 & Over: 1. Pierre Delfausse 59:12.

Division Results - Women's 10K

13 & Under: 1. Courtney Dominguez 45:28, 2. Nika Horn 47:22, 3. Karli Horn 47:22. 14-18: 1. Kerry Stivaletti 43:09, 2. Kirstin Lyders 43:40, 3. Mary Elizabeth Broom 102:38. 19-24: 1. Barb Gable 51:53, 2. Robin Nixon 52:39, 3. Flo Hoar 53:29. 25-29: 1. Kathy Landers 41:49, 2. Margaret Chung 42:33, 3. Billie Rorer 43:34. 30-34: 1. Patty Selbicky 37:17, 2. Jolie Houston 40:49, 3. Janice Beach 44:47. 35-39: 1. Sally Edwards 38:46, 2. Noelle Waddel 45:29, 3. Pat Oden 45:46. 40-44: 1. Teri Bradley 46:19, 2. Sara Lee McCormick 47:02, 3. Matilde Almendarez 51:02. 45-49: 1. Kelly Swafford 45:52. 60-69: 1. Silvia Sweet 58:59.

Teams: Men: 1. Forerunners 180:16, 2. Pace Setters 182:16. Coed: 1. Odd Harmonies 250:39, 2. Hoover-NIPS 359:28.

Phoenix Marathon

Jan. 10, Phoenix, AZ.

Overall Results - Men

1 Mike Scannel	2:16:39
2 Bill Rodgers	2:17:25
3 Sammy Rolich	2:31:21
4 Ken Stumpf	2:31:29
5 Brian Larson	2:32:12
6 Thomas Teschner	2:34:23
7 Craig Davidson	2:34:52
8 Joel Klinge	2:35:19
9 Richard Ruller	2:38:00
10 Charles Koch	2:38:11

Overall Results - Women

1 Harolene Walters	2:47:33
2 Marie Boyd	2:51:28
3 Joan Fowler	2:51:41
4 Cindy Hixson Robles	3:00:13
5 Laurie Rogers-Reed	3:06:45
6 Karen Kunz	3:09:56
7 Lisa Samuels	3:10:41
8 Eileen Prescott	3:16:50
9 Connie Baca	3:19:59
10 Rachel Tenny	3:20:35

Santa Clarita Runners Women's 8K

January 11, Pico Canyon, Valencia.

Overall Results

1 Mary Ryzner (33)	30:53
2 Joyce Klausmaler (30)	30:55
3 Mary Bullock (29)	32:26
4 Marjorie Gilmore (52)	34:57
5 Lana Henricks (30)	36:00
6 Kathy Baxter (32)	36:13
7 Annabella Hall (35)	36:34
8 Chris Weiner (39)	37:20
9 Diane Abato (32)	38:03
10 Becky Parker (39)	38:10
12 Carole Davis (48)	38:20
46 Helga Carden (61)	43:49

U.S. Men's Marathon Championships

January 18, Houston, Texas.

Overall Results

1 Derrick May, Reno, NV	2:11:51
2 Geir Kvernmo, Norway	2:12:06
3 Sam Ngatia, Kenya	2:12:23
4 Alfredo Shahanga, Kenya	2:12:27
5 Allan Zachariassen, Denmark	2:12:43
6 Brian Sheriff, Zimbabwe	2:13:40
7 Ric Sayre, Ashland, OR	2:13:54
8 Guillermo Yzaris, Mexico	2:14:25
9 Erroll Green, Britain	2:14:32
10 Leodgard Martin, Tanzania	2:14:39
11 Jean-Michel Charbonnel, Fr	2:15:15
12 Steve Benson, Boulder, CO	2:15:54
13 Marti Kihlholm, Finland	2:16:04
14 Richard Umberg, Switzerland	2:16:07
15 Ken Hunter, Eugene, OR	2:16:08
16 Ron Boreham, Britain	2:16:23
17 Paul Pilkington, Sandy, UT	2:16:50
18 Kim Berghall, Finland	2:17:12
19 Larry Barthlow, Boston	2:17:32
20 Ernesto Gutierrez, Mexico	2:17:59
21 Don Paul, S.F.	2:18:27
22 Steven Spence, Centerville, VA	2:18:34
23 Robert Murock, Cambridge, Ma	2:18:40
24 James Munyala, El Paso, TX	2:18:44
25 Fernando Aviles, Edinburg	2:20:36

Willy's Road Race

January 24, Los Altos, 5 Mi. & 1 Mi.

The Willy's Race was listed in *Running Times* as a great small town race! It's a little easier living up to that reputation when people like Rob Anex, Nancy Ditz and Sal Vasquez come to our race. Rob Anex, brother-in-law to a man affectionately known as the "nut man" (Peanut Harms), had his work cut out for him at this year's Willy's. Rich McCandless who holds the course record in 23:36 and is a three time Willy's champ, had moved to Santa Barbara. However, Rob still had a great deal of competition in Jeff Shaver and Dan Stefoenisko who pushed him throughout the race. When Rob wasn't battling for the lead, he was battling the tiring effects of a Cal 10 mile victory in Stockton the week before in 49 minutes and a very stiff head wind on Fremont Road! Nevertheless, Ron prevailed at the finish and won by an easy margin of 23 seconds in 24:01.4. In the women's competition, it was Nancy Ditz from start to finish. With her credentials as winner of the Los Angeles Marathon and 7th place finisher in the Olympic Trials Marathon, the only question most spectators had was not whether she would win but how FAST she could run over the certified five mile course. Nancy ran an incredible 26:47.0 which is an AVERAGE of 5:21 PER mile. She broke Ellen Lyon's 1985 record of 27:29.4 by 42 seconds. While Nancy is a first time winner at the Willy's, this is not the first time she has run the race. In 1982 when Nancy was just getting a start in distance running, she ran 28:45 to finish 2nd to Marilyn Taylor-Allen. Along with Nancy, we can't overlook the time of April Powers. She was only a second off the old course record and after a two year lay-off, is really running well. In 1984, April and Sue Munday Gyorey, provided the closest finish ever in the open women's division. Both battling for 2nd place, they each ran 29:01 with Sue getting April in a photo finish "lean"! Along with Nancy Ditz's new women's course record, we had a new master men's record. Sal Vasquez, age 47, is running faster than many submaster men and is making many younger master men wish he'd hurry up and turn 50 and get the heck out their division! Sal's time of 24:56.8 breaks the old master men's record held

by Gary Goettelmann by about 47 seconds. Sal averaged 4:59 per mile and finished in 13th place.

Overall Results - 5 Mile

1 Robert Anex (27) MenloPark	24:01
2 Jeffrey Shaver (26) Sunnyvale	24:24
3 Dan Stefoenisko (24) San Jose	24:28
4 Chris Hoepker (18) LosAltosHills	24:29
5 William Graham (25) PaloAlto	24:34
6 Robbie Wright (23) Stanford	24:41
7 Glyn Reynolds (31) Cupertino	24:42
8 Mark Patterson (25) PaloAlto	24:44
9 Peanut Harms (35) Los Altos	24:48
10 Casey Reinking (29) SantaClara	24:50
11 John Rentschler (29) SantaClara	24:53
12 Dennis Kurtis (33) San Jose	24:54
13 Sal Vasquez (47) Alameda	24:56
14 Brock Hinzmann (33) PaloAlto	24:57
15 Jose Aispuro (25) PaloAlto	24:59
16 Scott Steinmaus (25) PaloAlto	25:01
17 Robert Herndon (26) SantaClara	25:27
18 Chris Jagers (25) Berkeley	25:36
19 Dale Richard (25) San Jose	25:40
20 Mike McManus (29) Oakland	25:44
21 Richard McCann (28) MenloPark	25:51
22 Daniel Martinelli (30) DalyCity	25:51
23 Rob Nielsen (32) MenloPark	25:55
24 Robert Nickstrom (20) Belmont	25:57
25 Brad Zamczyk (23) LosAltos	25:59
26 John Grabowski (31) LosAltos	26:16
27 Steve Strangio (26) Fremont	26:17
28 Joe Stemitz (35) Saratoga	26:22
29 Bruce Hamilton (30) San Jose	26:25
30 Andy Bullock (18) Menlo Park	26:36
31 Jeffrey Kirk (28) Los Gatos	26:38
32 Julios Ratti (36) LosGatos	26:44
33 David Kopec (17) Los Gatos	26:44
34 Ted Pawlak (30) Los Gatos	26:46
35 Nancy Ditz (32) Woodside	26:47
36 Jeff Stein (26) Sunnyvale	26:48
37 Herbie Pepper (20) Cupertino	26:48
38 William Miles (28) San Jose	26:49
39 Michael Arevalo (27) San Jose	26:59
40 Frank Ruona (41) San Jose	27:08
41 David Garcia (36) San Jose	27:12
42 Don Jedlovec (32) Fremont	27:12
43 Rick Riordan (26) Palo Alto	27:17
44 Wolf Goubau (42) San Jose	27:21
45 Craig Miers (28) Mt. View	27:25
46 Paul French (29) San Jose	27:27
47 April Powers (29) Milivly	27:30
48 Son Tran (16) San Jose	27:39
49 Bill Meinhardt (46) Los Gatos	27:44
50 Jim Minami (42) Hayward	27:44

Division Results - Men's 5 Mile

18 & Under: 1. Chris Hoepker 24:29, 2. Andy Bullock 26:36, 3. David Kipec 26:44. 19-29: 1. Rob Anex 24:01, 2. Jeff Shaver 24:24, 3. Dan Stefoenisko 24:28. 30-39: 1. Glyn Reynolds 24:42, 2. Peanut Harms 24:48, 3. Dennis Kurtis 24:54. 40-49: 1. Sal Vasquez 24:56, 2. Frank Rudna 27:08, 3. Wolf Goubau 27:21. 50-59: 1. Philip Hager 29:38, 2. Ken Morgan 30:06, 3. Bill Mossie 30:12. 60 & Over: 1. Paul Reese 33:44, 2. Mac Osborn 35:09, 3. George Carroll 36:27.

Division Results - Women's 5 Mile

18 & Under: 1. Erin Ferguson 32:19, 2. Celeste Buchanan 34:10, 3. Tiki Wilcox 34:31. 19-29: 1. April Powers 27:30, 2. Ann Danford 28:45, 3. Jackie Russum-Baist 29:02. 30-39: 1. Nancy Ditz 26:47, 2. Judy Leydig 29:33, 3. Sue Vinella-Brusher 29:53. 40-49: 1. Juana Stavalone 30:52, 2. Karen Lanterman 31:19, 3. Laury Fisher 31:54. 50-59: 1. Elizabeth Ross 36:53, 2. Rip Woody 37:20, 3. Amber Henninger 41:18. 60 & Over: 1. Jaclyn Caselli 37:53.

This was definitely the year for course records in the one mile race! Four division records were lowered. Larry Guiney, age 24, made his 4th appearance at the Willy's one mile and broke his own 1985 course record of 4:22.6 by two seconds. This year he ran 4:20.4. It's hard to imagine how his time can get any faster, but we're sure Larry will figure out a way. There are a total of five 90 degree turns, a narrow bike path to traverse and no splits! The female course record was broken, as well. Tiki Wilcox ran 5:40.6 to finish in 16th place. Other super times were posted by Tademey Gregory who ran

continued on next page...

Results

5:38.3 in the boys' 8-10 year old division and Kimik Anderson who ran 5:53.9 in the girls 14 and over division. We might add, that it was tremendous seeing so many St. William students and alumni participate in the race. Willie Clark, who is 14 and an 8th grader at St. William School, ran a very quick 5:12.1 to place 7th overall. Willie has the distinction of having run a seven out of eight Willy's Road Races! We're sure that's some kind of record.

Division Results - Boy's One Mile 7 & Under: 1. Michael Dominguez 7:06, 2. Christopher Ashley 7:21, 3. Colin Mulloy 7:59. **8-10:** 1. Gregory Tademy 5:38, 2. Jory Wilcox 5:42, 3. Mike Grieb 6:04. **11-13:** 1. Randy Stone 5:45, 2. Mark Boulland 5:53, 3. Mark Grieb 6:00. **14 & Over:** 1. Larry Guinee 4:20, 2. Jeff Whitsett 4:47, 3. David Kipec 4:53.

Division Results - Girl's One Mile 7 & Under: 1. Katie Kay 9:02, 2. Zara Casillas 9:06, 3. Megan Sawyer 9:18. **8-10:** 1. Courtney Dominguez 6:14, 2. Veronica Cruz 6:46, 3. Kate Conklin 7:16. **11-13:** 1. Tiki Wilcox 5:40, 2. Tina Aguilar 6:31, 3. Erin Brightwell 6:35. **14 & Over:** 1. Kimik Anderson 5:53, 2. Kishi Anderson 6:18, 3. Amy Clemens 6:19.

Super Bowl Sunday

From Bob Hallman

January 25. Redondo Beach. 10K.
Jonathan Solly, Great Britain's top amateur 10K runner, won the 9th annual Super Bowl Sunday 10K Run with a 28:58 time.

Over 19,000 participants and spectators were on hand to witness the 23 year old Solly win his first U.S. outing.

Susan Berenda of San Clemente, CA, broke the women's division record she set in last year's Super Bowl Sunday Run with a winning time of 32:49.

Carrie Garritson, a petite ten year old from Fullerton drew cheers from the throng as she finished sixth in the women's division with a 36:03 time in the 6.2 mile race.

The Super Bowl Sunday 10K Run is the nation's largest pre-Super Bowl party featuring an eclectic mix of serious amateur competitors and outrageously-costumed fun seekers. Prizes are awarded to the top finishers and to individual and group costume contest winners.

Overall Results - Men

1 Jonathan Solly (23) England	28:58
2 Matt Ebner (25) W.Covina	29:44
3 Alfredo Ross (27) Fresno	29:50
4 Steve Bishop (27) W. Covina	29:56
5 Bill McGrath (29) San Diego	30:07
6 Richard Diaz (25) Redondo Bch	30:08
7 Rusty Knowles (23) Irvine	30:20
8 Brent Griffiths (24) RedondoBch	30:26
9 Chris Schallert (27) CanogaPk	30:27
10 Sean Evans (25) CoronaDelMar	30:28

Overall Results - Women

1 Susan Berenda (25) SanClem	32:49
2 Marty Cooksey (32) Orange	32:53
3 Sylvia Mosqueda (20) Alhambra	33:26
4 Mary Tracey (27) SantaMon	34:55
5 Beth Milewski (28) CanogaPk	35:50
6 Carrie Garritson (10) Fullerton	36:03
7 Annie Seawright (21) HermosaBc	36:29
8 Michele Buchicchio (22) S.Monl	36:38
9 Brianna Townsend (24) Torrance	38:00
10 Jill Hoffman (18) Playa Del Rey	38:10

Division Results - Men
Wheelchair: 1. Richard Radford 42:20, 2. Peter Simon 43:47, 3. Neil Yarema 67:32, 4. James Babbitt 92:28. **Costume:** 1. The Tin Man, 2. The Beast, 3. Pop Man. **13 & Under:** 1. Chip English 39:19, 2. Gerald Nedz 40:16, 14-18: 1. Darin Watkins 32:46, 2. Greg Neitzel 32:47, 3. David Delgado

33:29, 4. Greg Flynn 33:57, 5. Mike Delgado 34:08. **19-29:** 1. Steve Chipman 30:35, 2. Danny Martinez 30:41, 3. Luis Pinon, Jr. 30:59, 4. Fernando Vasquez 31:06, 5. Jeff Olsen 31:12. **30-39:** 1. Ron Gee 30:40, 2. Rich McCandless 31:00, 3. Joe Jenkins 32:00, 4. Ben Wilson 32:17, 5. Keith Wittauer 32:25. **40-49:** 1. Ron Jensen 33:08, 2. Phil Ryan 33:36, 3. Calrino Gonzalez 33:52, 4. Brian Furnee 34:45, 5. Juan Cabeza 35:32. **50-59:** 1. Andre Tocco 34:24, 2. Lester Trillo 37:39, 3. Frank Greene 37:57, 4. Jerry Shourds 38:51, 5. George Davall 38:56. **60 & Over:** 1. Larry Banuelos 39:50, 2. Jim Stoltzfus 41:27.

Division Results - Women
13 & Under: 1. Kelsey Moon 52:19, 2. Jodi Dailey 53:34, 3. Cary Beeson 54:16. **14-18:** 1. Christine Hamilton 38:42, 2. Tracy Leichter 40:36, 3. Kelly Griebel 43:57, 4. Jamie Guinn 45:09, 5. Cindy Scribe 48:22. **19-29:** 1. Anita Johnson 38:29, 2. Kimberly Curry 38:52, 3. Lily Gonzalez 38:58, 4. Mya Ramos 39:11, 5. Ann Morell 39:39. **30-39:** 1. Katie Cunningham 38:39, 2. Terry Goodreau 39:40, 3. Terry Hom 40:21, 4. Aine Lynam 40:27, 5. Laura Hove 42:04. **40-49:** 1. Rita Gilmore 42:37, 2. Judy Carney 42:38, 3. Sue Reinhardt 43:00, 4. Linda King 43:58, 5. Roberta Lamping 44:01. **50-59:** 1. Wilma Maddock 43:59, 2. Jeanne Hoagland 45:01, 3. Shirley Blush 45:05, 4. Atsuko Fujimoto 45:43, 5. Yuke Mochida 52:06.

YMCA Chinese New Year Run

February 1. San Francisco. 8K.

Division Results - Men
16 & Under: 1. Jordan Carroll 27:15, 2. Willie Guerrero 30:13, 3. David Alles 30:43. **17-29:** 1. David Ottaway 24:52, 2. Pat Sullivan 25:59, 3. Colin Cooper 26:49. **30-39:** 1. Ron Gee 24:57, 2. Jeff Drutman 25:51, 3. Mark Proteau 26:53. **40-49:** 1. Bill Sevald 26:14, 2. John Galletta 29:06, 3. Arvid Olson 29:38. **50-59:** 1. John Gregson 32:21, 2. Paul Ligda 32:34, 3. Bill Britter 33:29.

Division Results - Women
16 & Under: 1. Joy Dunn 33:51, 2. Wanda Dukes 35:09, 3. Nancy Bell 36:12. **17-29:** 1. Debbie Bispo 31:57, 2. Patricia Fong 32:11, 3. Kathryn Burrola 35:53. **30-39:** 1. Chris Iwahashi 30:43, 2. Daneile Leong 31:44, 3. Marilyn Acquistapace 33:01. **40-49:** 1. Jane McClure 36:13, 2. Julia Yaffee 37:34, 3. Carol Kelly 37:47.

Legg Lake Loop

February 1. Legg Lake. 2.3 Mile.

Division Results - Men
5 & Under: 1. Vicente Gillette 45:45. **6-9:** 1. Kevin Gemma 21:41, 10-14: 1. Chip English 14:53. **15-18:** 1. Bobby Queen 12:37. **19-24:** 1. Carlos Wall 14:19. **25-29:** 1. Mati Carrasco 12:57. **30-34:** 1. Dana Gemma 16:13. **35-39:** 1. Art DeTomaso 13:24.

Westwood Village 10K

February 1. Westwood Village.

Division Results - Men
14 & Under: 1. Lee Cohen 39:39, 2. Larry Larios 44:35, 3. Noel Torres 47:07. **15-19:** 1. Aaron Mascorro 32:47, 2. Brian Rush 33:08, 3. Efen Garcia 34:56. **20-24:** 1. George Marquez 33:17, 2. Steve Gilbert 34:11, 3. Todd Lund 34:53. **25-29:** 1. Robert Lusitana 32:16, 2. Dennis Rinde 32:53, 3. John Jerliciau 34:17. **30-34:** 1. Ron Tabb 32:24, 2. Peter Jansson 33:31, 3. Pete Kaplan 34:19. **35-39:** 1. Barry Schaeffer

32:58, 2. Gianni Carpani 34:18, 3. Mark Hemphill 35:10. **40-44:** 1. James Edmonson 37:50, 2. Michael Mench 38:04, 3. Joe Jacobsen 38:29. **45-49:** 1. Dan ?, 37:14, 2. Kemp Aaberg 37:58, 3. Peter Johnson 38:55. **50-54:** 1. Andre Tocco 36:19, 2. Richard Rodriguez 37:37, 3. Carlos Valle 38:42. **55-59:** 1. Antonio Gonzalez 41:07, 2. Bob Vitale 45:24, 3. George Ropella 45:39. **60-64:** 1. David Hirschson 42:18, 2. Fred Goldman 45:42, 3. Stanley Neufeld 46:41. **65-69:** 1. Clyde Ailing 49:10, 2. Anthony Valdivia 51:13, 3. Bill Horimoto 52:07. **70 & Over:** 1. Eddie Lewin 44:36, 2. Paul Langer 52:18, 3. Dean Scofield 1:05:03.

Division Results - Women
14 & Under: 1. Janine Miller 44:59, 2. Cristina Pickering 46:10, 3. Nicole Kennerley 46:46. **15-19:** 1. Rayna Cervantes



Los Angeles City Councilman Zev Yaroslavy (on the right) greets Westwood 10K winner, Vince Draddy.

Napa Valley Marathon

From REG HARRIS

March 8. Napa.

Dick Beardsley, the second fastest American marathoner of all time (2:08:53), hadn't been to the starting line for a marathon in almost 4 1/2 years, so when the gun went off for the 9th annual Napa Valley Marathon he decided to see just what, if anything, he had lost because of a serious achilles injury.

Those who saw him clock a course record 2:16:20 in this comeback effort would say he has lost nothing.

Taking the lead at the gun, the Minnesota native leveled the early hills on the Napa course with a string of 5:07 miles. The 30-year-old Beardsley passed the mid-point in 1:07:10 with a 2-minute lead on Dean Rinde (younger brother of 2:12 marathoner Dennis Rinde), looking extremely comfortable and controlled.

He reached 20 miles in 1:43:04 and felt so good he decided to see if the 1982 Dick Beardsley was still there. He was. The 21st mile fell in 4:53. By that time he was more than a mile ahead of Rinde, Craig Moore (best of 2:19:37) of Placerville, and two-time Napa champion David Chairz (best of 2:20:54) of Fair Oaks.

At 22 miles, a calf cramp slowed his pace, but Beardsley finished strongly, recording the course record to the wild cheers of Napers who had virtually made him an adopted son. Besides qualifying for the 1988 Olympic marathon trials at Napa, Dick Beardsley has taken a giant step toward returning to the form which had made him one of the top marathoners in the world.

Following Beardsley in what was the fastest men's race in Napa history, Moore moved from fourth to second in the last few miles to clock 2:21:54. Chairz recorded his fastest performance on the Napa course with a 2:22:24 for third, while the 23-year-old Rinde trimmed his personal best with a 2:24:19 in fourth. Sacramento's Chris Iwahashi won her second consecutive Napa title, running 2:52:10, while Yumi Takahashi of San Francisco had a personal best 2:56:43 in second and Robbyn Runyon of Medford,

41:06, 2. Suzanne Lipton 44:58, 3. Janine Pyle 50:06. **20-24:** 1. Dorren Espinoza 41:58, 2. Mariana Ysrael 42:06, 3. Shelley Dantine 43:36. **25-29:** 1. Magdalena Artega 40:34, 2. Jane Lieberman 44:35, 3. Roxanne James 46:29. **30-34:** 1. Arlene Ucinski 41:33, 2. Felicia Cheng 47:44, 3. Maureen Keckelsen 47:52. **35-39:** 1. Debbie Hobbs 47:48, 2. Ann Peacock 49:50, 3. Dianne Handcox 50:29. **40-44:** 1. Joni Triplett 50:18, 2. Susan Dever 50:33, 3. Theresa Riley 50:53. **45-49:** 1. Carole Davis 49:30, 2. May Fong 50:51, 3. Joan Trebilcock 52:45. **50-54:** 1. Atsuko Fujimoto 49:14, 2. Jane Dods 52:09, 3. Arlene Madden 53:24. **55-59:** 1. Patricia Pruitt 52:39, 2. Claire Auerman, N.T. **60-64:** 1. Carol Pedersen, N.T. **70 & Over:** 1. Bess James, N.T.

Oregon, 3:00:29 in third.

Lost in the excitement surrounding Beardsley's return was a course record 2:19:10 by wheelchair runner Taylor Carey of Sacramento. Battling the rolling hills on a course which does not favor wheelchair athletes, Carey hung with Beardsley much of the race and broke the 1980 course record by over six minutes.

In all, 907 runners finished the Napa event, which is sponsored by the Calistoga Mineral Water Company, up by 350 from last year when flooding cut participation.

OVERALL RESULTS

MEN:

1 Dick Beardsley (Plym, MN)30	2:16:20
2 Craig Moore (Placerville)33	2:21:54
3 David Chairz (FairOaks)27	2:22:24
4 Dean Rinde (Orangevale)23	2:24:19
5 Jon Klinkman (FairOaks)27	2:36:11
6 Brock Hinzmann (PaloAlto)33	2:36:33
7 Peter Winjum (Burling)27	2:38:04
8 Ron Kubokawa (ElCerrito)34	2:38:23
9 Arturo Ramirez (SanLornz)34	2:38:31
10 Steve Lopez (SanJose)42	2:38:52

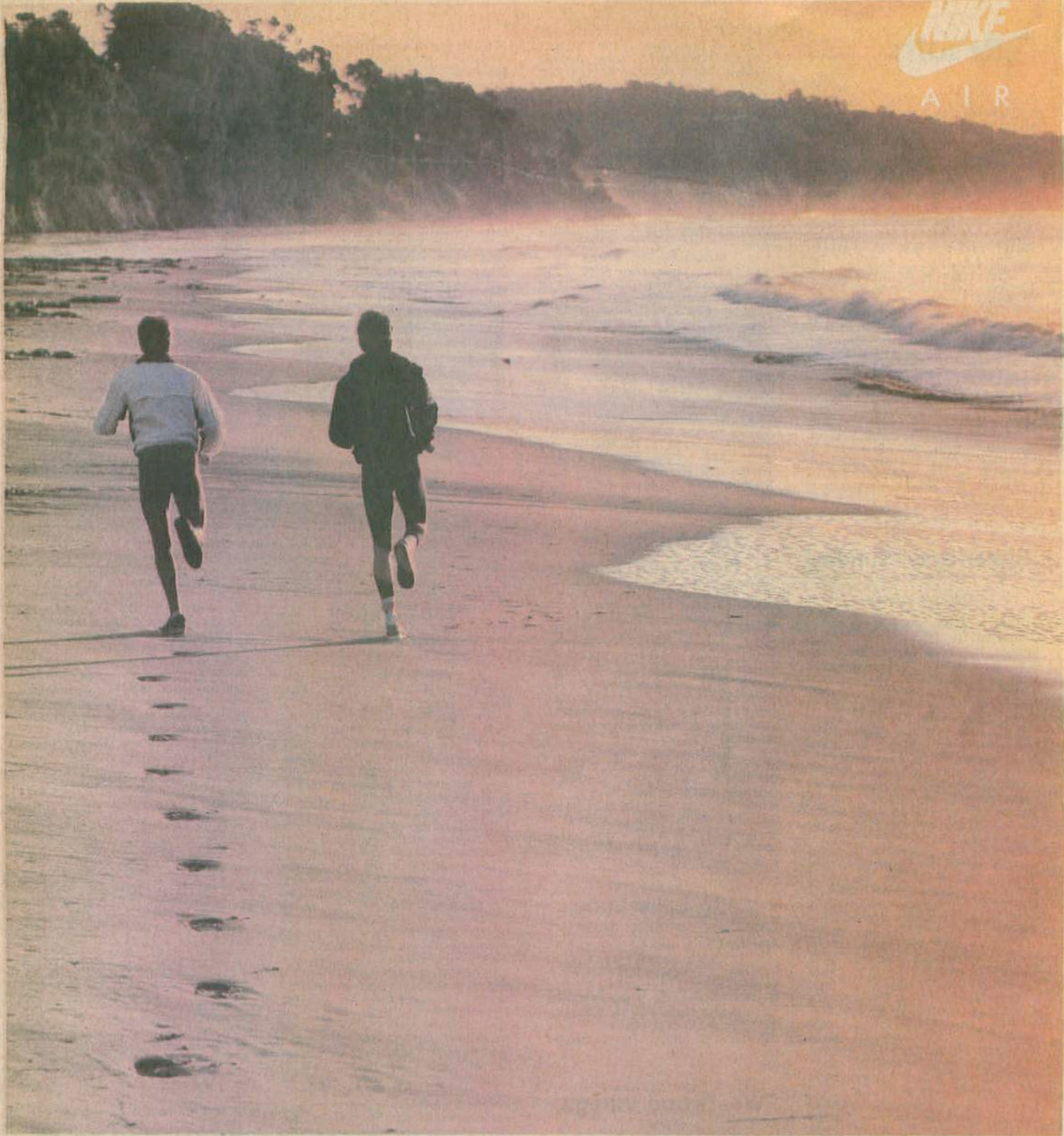
WOMEN:

1 Chris Iwahashi (Sacto)31	2:52:10
2 Yumi Takahashi (SanFran)29	2:56:43
3 Robbyn Runyon (Medford,OR)35	3:00:29
4 Laura McGinn (Napa)27	3:01:44
5 Barbara Reid (Diablo)35	3:05:00
6 Kimberley Nelson (McD,GA)30	3:05:12
7 Patti Henry (PaloAlto)25	3:05:25
8 Suzette Moore (Placerville)29	3:06:05
9 Carrie Morrison (SanDiego)29	3:07:14
10 Donna Troyna (SantaCruz)31	3:08:56

Division Results - Men
19 & Under: 1. Ron Redmond 3:13:31. **20-24:** 1. Dean Rinde 2:24:19. **25-29:** 1. David Chairz 2:22:24. **30-34:** 1. Dick Beardsley 2:16:20. **35-39:** 1. Charlie Hoover 2:40:39. **40-44:** 1. Steve Lorenz 2:38:52. **45-49:** 1. Mark Smith 2:50:30. **50-54:** 1. Gard Leighton 2:54:38. **55-59:** 1. Robert Farrington 2:58:06. **60 & Over:** 1. Keith Anderson 3:25:01.

Division Results - Women
19 & Under: 1. Rory Robertson 5:09:05. **20-24:** 1. Carrie Gargman 3:15:43. **25-29:** 1. Yumi Takahashi 2:56:43. **30-34:** 1. Chris Iwahashi 2:52:10. **35-39:** 1. Robbyn Runyon 3:00:29. **40-44:** 1. Cyncl Calvin 3:18:48. **45-49:** 1. Lee Duley 3:46:14. **50-54:** 1. Caroline Murray 3:13:23. **55-59:** 1. Bernice Carter 4:27:00. **60 & Over:** 1. Mary Storey 3:57:05.

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