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CALIFORNIA

TRACK & RUNNING NEWS

APRIL 1982

ISSUE NO. 66

SAMPLE COPY

PROFILE

James Robinson

PREP REPORT

'82 Track & Field Preview
'82 Indoor Ranking

SCHEDULE



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Track & Running News**



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California Track & Running News is published 12 times per year - one issue per month. Each issue is mailed about the first of the month.

California Track & Running News has a monthly circulation of between 6,000 and 12,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

California Track & Running News is mailed third class bulk rate and is not forwardable. When you move please let us know at least 4 weeks in advance.

SUBSCRIPTION RATES: 1 year (12 issues) \$10; 2 years (24 issues) \$18; 3 years (36 issues) \$25. Add \$6 per year for first class. Foreign rates on request.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special rates for meet/race ads.

**P.O. Box 6103
Fresno, CA 93703
(209) 284-5847**

Table of Contents

April 1982

Issue No. 66

Editorial	2
To Jog or Not to Jog	
Mailbag	4
Profile	
James Robinson	7
Schedule	
Long Distance Running	8
Track & Field	12
Around the State	13
Tuttle's Track Topics	
Runner's Questions	14
Indoor Meets	
Jack-in-the-Box	16
San Francisco Games	18
SoCal Diary	22
Prep Report	
Prep Notes	24
High School Indoor Ranking	27
High School T&F Preview	29
Corporate Track	34
Masters Scene	36
Profile on: Nick Newton	37
LDR Records	37
Medical Notes for Runners	
Bunions	39
Club News	42
Long Distance Log	45
Results	
Track & Field	47
Long Distance	49

SAN FRANCISCO MARATHON

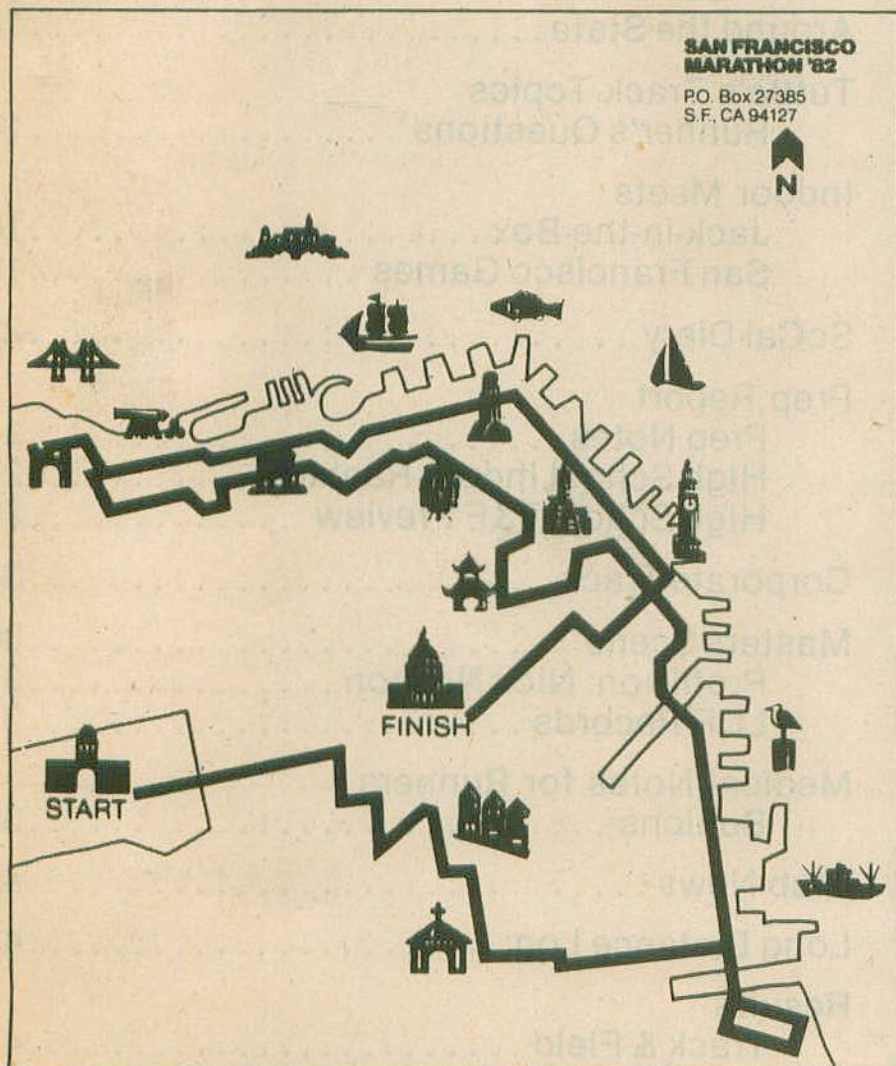
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NEW FAST, CITY-WIDE COURSE

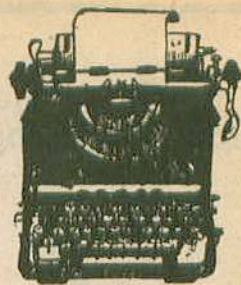
That's right. This year, for the first time, the San Francisco Marathon will run through the streets of America's favorite city. The new course includes San Francisco's most famous landmarks and colorful neighborhoods: Golden Gate Park (start), Chinatown, North Beach, Haight-Ashbury, Golden Gate Bridge-Ft. Point, Fisherman's Wharf, Palace of Fine Arts, the Embarcadero, the Financial District, Market Street and City Hall (finish).

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Editorial

To jog or not to jog. No, I will not jog. Don't make me. I won't! I'll run slow, I'll trot, I'll walk. But, please, I am not jogging. It may be a leisure 8 minute pace, but I am not jogging.

I don't know why I have this problem with the word "jogging." "Jogging" is a perfectly good word. When one encounters a bend in the road, one jogs in that direction; or when stacking sheets of paper one jogs them into alignment. But, jogging in the vocabulary of the runner? That "jogs" me the wrong way.

Maybe I resent being called a jogger now that I've slowed down from my intense racing days and don't want to admit it. I still like to think of myself as a runner, just going at a slower pace. When I hear the neighbor kids say, "Mommy, look at the jogger," I cringe. Please don't call me a jogger!

Why do we even need the word "jogging"? Can't we just be running at a slower pace? I like the categories of running used by my former coach Mihaloy Igloi. He set our workouts in terms of running speeds: easy, fresh, good, hard and all-out. I can handle running "easy" or "fresh," but jogging — never!

I'm not against those who jog - whatever their reason. America is better because of the increased interest in physical fitness. It's the word that bothers me. I can't help it. I grew up with the word "run." "Run" is an important and meaningful word in my vocabulary and there's no room for compromise or dilution.

Just what does "jog" mean? According to Webster's Dictionary: "1: to move up and down or about with a short heavy motion 2b: to go at a slow, leisurely, or monotonous pace."

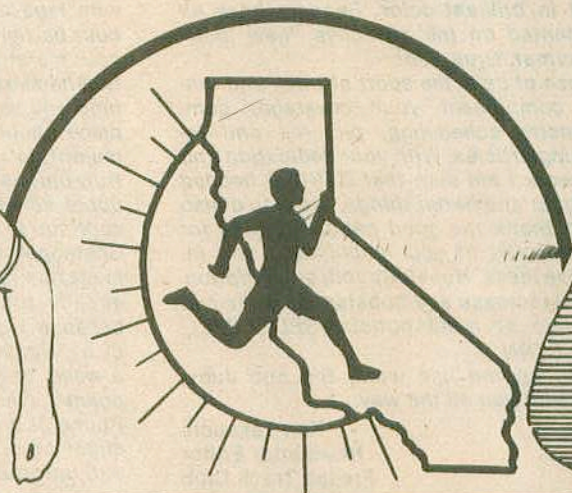
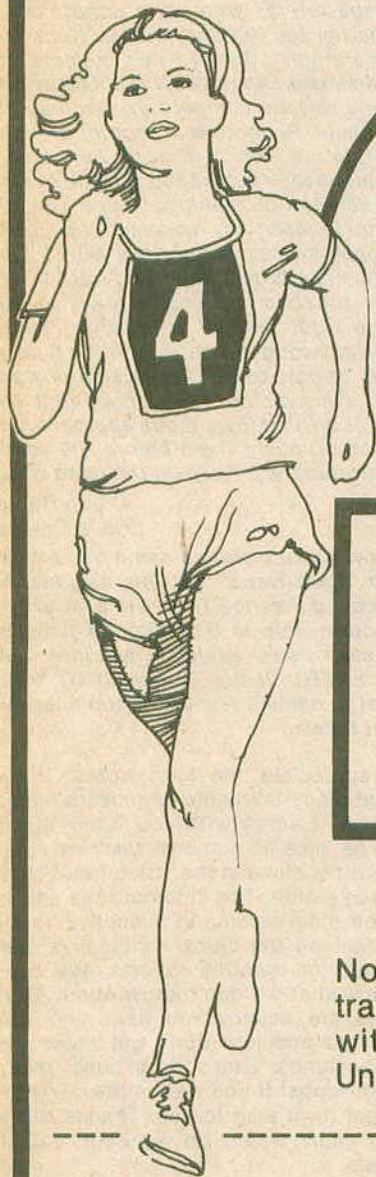
Please, don't call me a jogger.

On The Cover:

JAMES ROBINSON: Number one in the USA and number two in the world for 800 meters in 1981. Five time national champion. Here winning the 1981 TAC 800 Nationals.

photo by Bill Leung, Jr.

CALIFORNIA TRACK & RUNNING NEWS



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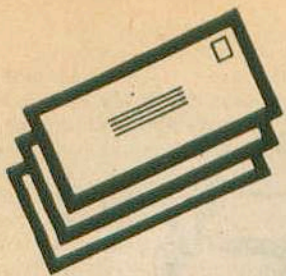
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Mailbag

ATHLETE OF THE YEAR THANKS

Dear Editors:

When I gave birth to my sixth child at age 38, I said, "My cup runneth over." I didn't think life could hold any further challenges or goals to reach—I was wrong!

It was the thrill of a lifetime to find that you voted me—in the category Masters Women 60-64 Track & Field—'81 Athlete of the Year. And, in X-C/Roads a runner-up.

Surely life has given me another cup, and I find it, too, is running over!

My sincere thanks to the people who voted for me, and to you, for the very great honor!

Jaclyn Caselli

I was pleasantly surprised to see that I had won the outstanding field award for my age group. I wish to express my thanks to all those that voted for me.

Shirley Kinsey

Sounds great "Athlete of the Year" in Track and Field for my age group. Thanks a lot for the voter. I'll keep up the work.

Christel Miller

P.S. My "hobby"—Women's Track & Field Coach at Hoover High School in Glendale, CA since 1979.

SUBNOTNICK IS RIGHT ON

Dear Mr. Cockerham:

I found the article in the March issue of California Track & Running News by Steve Subotnick on "Runner's Knees" to be very interesting and informative. As one who was plagued by this problem while playing basketball in college, I can relate to many of the points made in the article and attest to its accuracy. My coaches and physical therapist mistakenly believed the treatment to be spending hours soaking in a whirlpool, and thereby through disuse, actually worsening the problem. Strengthening the quadriceps muscles is the answer, in many cases. I wish an informative article such as this would have been available then.

Furthermore, I would like to compliment you on your new magazine format. It really looks great, and gives the magazine a totally professional appearance.

Kenneth Pauls
Bakersfield, CA

CHEERS

Dear Bill Cockerham:

California Track and Running News much brightened by color. The magazine provides a lot of service.

I do wish there were more of detailed pieces about individuals and clubs.

Don Paul
San Francisco

To the Editor:

Congratulations on your realizing a dream with an excellent March edition of CTRN in brilliant color. Readers have all commented on the attractive "new look" and format. Great job!

Those of us in the sport of track and running compliment your coverage, comprehensive scheduling, pictures and interesting articles. With your dedication and hard work I am sure that CTRN is headed for bigger and better things. We would also like to thank the good people at Nike for their support of your publication and innovative ideas. Hopefully your subscription list will increase and substantial sales can be made at retail outlets. SELL, SELL, SELL, CTRN.

Keep up the fine work, Bill and Judy, we're with you all the way.

Ken Takeuchi
Newsletter Editor
Fresno Track Club

To California Track & Running News:

Thank you for another year of fine coverage in California of Cross Country and Track. It's so nice to have ones who care about track and cross country and put the time into it that you do. There is one part that you have done in the past and I have wondered why it does not seem possible now. That is where the athletes that are seniors decide on their college choice. It's interesting to follow their progress if you know the college they have gone to, instead of just trying to find out as the cross country and track season goes on.

John Magee
Palmdale

This is the first year we have omitted the yearly "Moving On" feature. It takes a massive amount of work to complete this extensive listing each year and we weren't sure of it's value to readers, so wanted to see what kind of a response we got by not doing it one year. If others feel as you do, we'll be back with it next year. —Ed.

Dear Mailbag Editor:

I not only like your 'new look' but my wife (who is a non-runner) also appreciates it. Handling the old newspaper cover was like handling a piece of charcoal and unless you washed your hands every time after handling it, you were likely to leave black fingerprints all over the house (and she would say "I'm supposed to set an example for our kids!") The color cover also gives it an exciting kick. While the support from Nike should be applauded, CT&RN should be careful not to get into the same compromising position regarding articles on shoes, etc., that Nike accused Runner's World and

Brooks of fostering a few years ago. The content of your publication is 1st rate. For the majority of us who are tired of "joggers with typewriters" who write about "the 1 hour barrier for 10K" or "how to run a five hour marathon", Gary Tuttle's insights and first hand experiences with world class running and various competitors (such as his piece about Rodgers last month) give the majority of us who "will never be there" a truly unique look behind the curtain into the upper echelon of running. I hope you will continue to resist any movement towards a Cosmopolitan-People-Runner's World type magazine like others have sold out for. I've already dropped my subscription to RW because I got tired of articles on "sexercises, Hollywood directors who jog 5 miles a week, or how to run in place on a trampoline" every month! I've noticed that The Runner is drifting toward this approach, so I might be dropping them before the year's out, unfortunately. Keep up the good work!

Jon Rutino
Playa Del Rey

P.S. How about covering some other clubs in your "Club News" section, besides the ones around Fresno? There are a lot of fine clubs down here in S. California that I've never seen listed such as: Naturite, AIA, Sub-4, SFVTC, Jamul Toads, SDTC, Wilts AC, just to name a few of the top ones I've seen at races.

We appreciate the kind words. We've received many favorable comments on our 'new look'. I agree with you 100% that it would be nice to include many of the State's other clubs in the "Club News" section each month. The clubs are the part of the sport most lacking in publicity. We are dependent on the clubs sending us their newsletter or monthly reports. We can't publicize what we don't know about. Club coaches are usually volunteer and very overworked and just don't get around to publicity things. That's no excuse, really. Come on clubs! If you want more coverage you'll get it—it's up to you. Thanks to the several clubs which do regularly submit materials. —Ed.

JEERS

California T & R News:

I have two gripes with your athlete of the year selections in XC and road running.

1. How can you consider a person a long distance runner who never runs a marathon?

2. Why do you blatantly ignore the outstanding performances of some masters in ultra distance races of 50 miles and up?

Pete Johnson
Los Angeles

RESPONSE: Yes, a person can be a long distance runner without ever having run a marathon. The marathon is not the ultimate long distance event and is already over-emphasized. I will, however, agree with your second point. We have overlooked the ultra-runners in our Athlete of the Year selections. Perhaps it's time to add this category to the listings. —Ed.

Dear Mailbag:

Well I see that Richard Lee Slotkin is at it again! I think he must be reading too much Runner's World and not enough Track & Field News. His comments in the "Long Distance Log" regarding Mary Decker and his analysis of the womens-world-class-middle-distance-scene, demonstrate a true absence of knowledge in this area. Such comments as: "No one is better, not here, not in Europe, not in Russia...nowhere" not only show Mr. Slotkin's "type now, check the facts later" mentality, but will only help to heap added unnecessary pressure on to Mary Decker by well meaning but pushy, uninformed American fans who pay attention to track and field only in Olympic years. I am VERY MUCH a Mary Decker fan and sincerely want to see her gut it out to the wire with the top Eastern Europeans and Russians, but she still has a ways to go to close the gap. (As she herself has said in interviews this season.) Her PRs of 1:59 and 3:59 will not keep her in a race into the gun lap against the likes of Kazankina (3:52) or Olizaryenko (1:53), not to mention many more! (Although I think she will improve this summer.) The Russians and Eastern Europeans are known for peaking in Olympic years (a la Lasse Viren), and pretty much keep quiet in between Olympics and European Championships, outdoors. Mary's best race potentially will be the 3000m, but she will have to do two things in order to beat the world's best — 1) be able to set or stay with a strong pace (which she can do), and 2) be able to run a sub 58 last 400m off such a pace (which she cannot do at present).

Let's all cheer her on and offer the encouragement she will need for such a task, not pile on unnecessary and unfair pressure such as Mr. Slotkin's "observations" will surely do. Generally, I enjoy Mr. Slotkin's witty and detailed accountings of the S. Cal road racing scene, but he should leave the world class track and field commentary to those more qualified, such as Gary Tuttle. Also, did Richard attend the same Sunkist and LA Times meets that I did? His saying that the mile races were "slow" and lacked "any real sparkle", were somewhat surprising. I thought that the 3:57 miles turned in by Flynn and Assuma in a close finish, along with the very exciting photo finish at the Times meet between Walker and Padilla in 3:56, were as exciting as any indoor mile race, save a hotly contested world record, which I guess is what Richard demands in every race!

Joe Friedrich
Mar Vista

P.S. I love the "new look" and color cover!

Dear Mr. Cockerham:

I was an NCRR subscriber who has been switched to CT&RN. While a long-time loyalist to Jack Leydig's magazine, I'm pleasantly surprised to find another good regional running magazine like yours. And, you've done a good job of taking in the NCRR material.

A criticism...Richard Slotkin's comments on "girls" in SoCal Notes (p. 44) are outrageous. Mary Decker-Tabb, Francie Larrieu, Joan Hanson, et. al., passed the "girl" stage long ago in case he hadn't noticed!! More seriously, I question his "coaching". A thing called oxygen debt is likely to take hold of those women who follow his advice and try to run with Decker-Tabb when they are not prepared to. Then the PRs will get further and further away. Better that they progress at their own pace. I'm convinced most of Decker-Tabb's competitors strive to beat her eventually.

Jon P. Anderson
Eugene, OR

MORE ON ATHLETE OF THE YEAR

To the Editor:

Concerning the voting for Junior College 1981 Track and Field Athlete of the Year, Tyke Peacock is truly deserving of the first place selection and I congratulate him. But how about a little recognition for Bernie Holloway who in 1981 won the State Championship in the 400 intermediate hurdles with an outstanding clocking of 50.28 and ran another outstanding time of 45.7 in anchoring Long Beach City College mile relay to a fourth place finish. Bernie is now attending San Jose State and just recently (March 6), running in a triangular meet against UCLA and Arizona, set a meet record running a fine early season time of 50.7. Before you know it Bernie will be running 49's or possibly 48 before the year's over. Watch out Edwin.

Adam White
Long Beach

P.S. I love your new type of covering for the magazine; good idea.

IN-DEPTH?

Dear California Track & Running News:

Any chance that Cal Track and Running News will be able to provide the IN-DEPTH coverage of local races that NCRR was providing in 1979-1980? This was a nice feature and I was disappointed to see NCRR end especially for this reason. In fact, this feature was why I subscribed in very early 1981 or the end of 1980. (I used to buy it at the local magazine outlet.)

Wishing you the best with the merger.

Harvey Schwartz
Oakland

Yes, there is a good chance that CT&RN will go deeper in result listings. This is our goal and will be accomplished as we can afford it. —Ed.

ERROR CORRECTED

Dear Bill:

I must congratulate you on the expansion and improved appearance of California

Track & Running News. I guess I am one of the few people who can truly appreciate your efforts. You, Judy and Jack are all to be commended, even cherished, for your efforts.

Like Gary Tuttle, I too am a friend of Billy Rodgers. And, while I enjoyed Gary's reminiscences, I must point out one "grievous" error in his article. Billy did not wear a pair of Tiger shoes when he set an American record (2:09:55) winning the BAA Marathon in 1975. Boston Billy wore a pair of NIKE's Boston 73, so named for the company's first major road victory (by Jon Anderson).

Keep up the good work.

Jack Welch
Beaverton, OR

APOLOGY

Dear Editor:

As last years Race Director and Current President of the Bakersfield Track Club, I want to formally apologize and take full responsibility for the mistakes made at this year's Bakersfield Marathon. I'm concerned that the prestige and good reputation that this race had built up over the years will suffer because of the unfortunate and to a large extent uncontrollable circumstances that occurred.

What happened was this. Much of our race help did not show up, some very important race equipment did not show up, or if it did, it did not function properly. The most vital missing items were the traffic cones and barricades that were to be utilized for course direction and traffic control. It was a BTC Race Official that directed the leaders in the marathon to start their 2nd loop 1.6 miles early. The fact that he was a split timer, that was attempting to fill in (on his own) as a course guide is irrelevant. As I said, we had a manpower problem and I can't condemn any worker for taking the initiative to fill in where he thought he was needed. The decision to not disqualify the 11 runners who ran a short course was made because it was the race official's fault not the runners. Instead their times were adjusted by computing their average pace per mile and multiplying this by 1.6 and adding it to their actual times. Race officials at Boston have accepted these adjusted times as qualifying for their Marathon.

Problems in the Half Marathon were brought on by a malfunctioning timer and the deliberate tying of 5 of the top 12 places. While it is great to see runners enjoying their race enough to want to tie with their competitor, it does tend to mess up the assigning of finish places and the presentation of awards.

In defense of myself and most of the race officials who put on the race, we were all very inexperienced in marathon administration. It is a little more difficult than most shorter road races. It was a virtually entirely new slate of club officers that put on the race, and we would like to assure each and every runner that these mistakes will not be repeated in the future.

Mike O'Haver
President
Bakersfield Track Club

MEXICO

JEWELERS

10,000 METER BENEFIT RUN • SUNDAY, MAY 2, 1982 • 9:00 am



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Course Description: Flat & fast, mostly asphalt through city streets.
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DATE: Saturday, May 1, 1982. **TIME:** 1:00 p.m.
PLACE: YMCA, 1408 N Street, Fresno



Divisions and Number of Awards in Each:

Men:		Women:
14 & Under2		14 & Under2
15-195		15-193
20-2910		20-295
30-3910		30-395
40-4910		40-493
50-595		50 & Over2
60 & Over3		Wheelchair1
Wheelchair2		

Also: Many nice merchandise prizes will be awarded by random drawing after the race!!

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Name _____ Age as of May 2, 1982 _____

Address _____
(number & street) (city or town) (state) (zip)

Phone _____ Male Female Division _____

School or Club Team _____

WAIVER: In consideration of my being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors, administrators, waive and release forever any and all rights and claims or damages I may accrue against the Joyeria Mexico Jewelers 10,000 Meter Benefit Run, the City of Fresno, the Downtown Association, the race director, Nike Shoes, and any and all donors and sponsors of this race for any injury suffered by me while traveling to and from, or competing in the Joyeria Mexico Jewelers 10,000 Meter Benefit Run on Sunday, May 2, 1982 in Fresno, California. I attest and verify that I am physically fit and have sufficiently trained for the completion of this 10,000 meter run.

Signed: (parent or guardian if a minor) _____

Mail Entry & Fee to: Big Brothers/Big Sisters, 1048 Fulton Mall, Fresno, CA 93721



Profile On:

JAMES ROBINSON

James Robinson reasserted himself as the top 800 meter runner in the United States in 1981 and attained a number two world ranking - his highest ranking ever. He won his fifth 800 national championship in 1981 and, in doing so, joined five time winners Mel Sheppard ('06, '07, '08, '11, '12) and Mal Whitfield ('49, '50, '51, '53, '54). Robinson is the first American half-miler to win four straight national titles at the 800 meter distance ('76, '78, '79, '80, '81).

During the 1981 outdoor season, Robinson set personal records in the 800 meters with a 1:44.63 clocking at the Jumbo Elliott Memorial (5/30/81), in the 1,000 meters at 2:16.3 in Copenhagen (8/6/81), and in the 1,500 meters with a time of 3:47.2 (3/14/81) at a dual meet in Berkeley.

Last February Robinson established a new eleven lap indoor 800 meter mark at the Wanamaker-Millrose Games in New York's Madison Square Garden when he ran 1:47.51 (2/12/82). He collected another PR in the 1,000 meter run at the Mason-Dixon Games in Louisville with a 2:19.9 time (2/6/82).

Robinson isn't keeping his running secrets to himself. He has recently taken on assistant coaching duties at Los Medanos College in Pittsburg, California. He, of course, is in charge of the middle distance runners. "I'm hoping to eventually go into coaching," recalled Coach Robinson. LMC head man Ed Miller was a former teammate of James at Cal in 1975 and 1976 when Miller was NCAA decathlon champion.

Robinson drives from his Oakland home to Pittsburg for three practices each week, unless a meet forces him to miss a Friday session. Miller, however, says there are times his runners wish Robinson would stay home. He knows from personal experience that a runner has to go through pain to excel.

In 1981 Robinson was ranked No. 2 behind 800 world record holder Sebastian Coe of Great Britain. While Coe was setting his world record of 1:41.73, Robinson lowered his personal best to 1:44.63, closing in on the 1974 U.S. record of 1:43.9 set by Rick Wohlhuter. Of Coe, Robinson says, "I've been running against him one time a year. I hope I can make it two or three times to give me some more chances. I've been concerned only with Coe, been directing all my energy to beating him." Right now he is after that American record, too, "I think I can hit the 1:42 range this year," he states. "I'm sure I can from the way I'm already running this year. Last year at this time I was only running 1:51 indoors. I'm four seconds faster this year."



photo by Don Gosney

Best Marks:

100 Yard Dash	9.7w (1976)
100 Meter Dash	10.9 (1975)
200 Meter Dash	21.9 (1977)
400 Meter Dash	46.3 (1976)
800 Meter Run	1:44.6 (1981)
1000 Meter Run	2:16.2 (1981)
1500 Meter Run	3:47.2 (1981)
Mile Run	4:13.6 (1974)
330 Yard Intermediates	36.2 (1977)
High Jump	6-2 (1974)

Age	Time	Age	Time
17	1:50.8	22	1:45.9
18	1:48.4	23	1:45.5
19	1:45.7	24	1:44.7
20	1:48.4	25	1:45.5
21	1:45.9	26	1:44.6

Career Summary:

1971: McClymonds High School, Oakland. OAL mile champion 4:18.3.

1972: McClymonds High School, OAL 880 champion 1:56.4. 880 state champion 1:51.5.

1973: Laney College. 800 meter champion Golden Gate Conference, NorCal and State. Represented USA on National Junior Team, competed in West Germany, Poland and the USSR.

1974: Set American indoor record at 600 meters in 1:18.7. GGC, NorCal, State 880 champ. National JC record 1:45.7. Placed third in AAU. Represented USA vs USSR. Ranked No. 2 in USA and 9 in world.

1975: UC Berkeley. PAC-8 800 meter champion. NCAA All-American 1600 Meter Relay.

1976: UC Berkeley. PAC-8 800 meter champion. Was knocked off of the track in the 800 meter trials at the NCAA. Made USA Olympic Team in 800 and represented USA vs USSR. Ranked No. 2 in USA and No. 11 in world.

1977: Inner-City Athletic Club. Third in 800 meters at AAU. Represented USA vs. USSR. Ranked 4 in USA.

1978: ICAC. AAU Champion 800. World Cup runner-up 800 meters. Ranked No. 1 in USA and No. 3 in world. Represented USA vs USSR.

1979: ICAC. National AAU 800 champion. Pan Am champion. World Cup runner-up 800 meters. Ranked No. 1 USA and No. 3 in world.

1980: ICAC. TAC 800 champ. Made USA Olympic Team. Ranked No. 2 in USA and No. 5 in world.

1981: ICAC. TAC 800 champ. World Cup runner-up. Ranked No. 1 in the USA and No. 2 in the world.

Time (Place)	Meet Location	Date
1. 1:44.63 (1)	Philadelphia, PA	5-30-81
2. 1:44.80 (1)	Cologne, WG	8-19-79
3. 1:44.95 (1)	Oslo, Norway	7-11-81
4. 1:44.99 (1)	Luxembourg	8-30-81
5. 1:45.10 (4)	Zurich, Switz.	8-15-79
6. 1:45.42 (1)	Stockholm, Swe.	7-8-81
7. 1:45.47 (2)	Cologne, WG	8-10-80
8. 1:45.50 (1)	Los Angeles, CA	6-10-78
9. 1:45.52 (1)	Berkeley, CA	6-7-79
10. 1:45.53 (1)	Sacramento, CA	6-21-81
11. 1:45.55 (1)	Lausanne, Switz	7-18-79
12. 1:45.58 (2)	Eugene, OR	6-23-80
13. 1:45.62 (1)	Koblenze, WG	8-27-80
14. 1:45.70 (3)	Los Angeles, CA	8-22-74
15. 1:45.70 (2)	Eugene, OR	6-21-76
16. 1:45.79 (1)	Brussels, Bel	8-28-81
17. 1:45.80 (1)	Rieti, Italy	7-22-79
18. 1:45.82 (1)	Walnut, CA	6-17-79
19. 1:45.90 (2)	Brussels, Bel	8-22-80
20. 1:45.90 (4)	Kingston, Jam	5-13-77

Schedule

by Jack Leydig
Scheduling Director

Please send scheduling information directly to Scheduling Director, Jack Leydig, P.O. Box 812, San Mateo, CA 94401.

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

APRIL

APR 3: Easter Run. 3 & 8K. Quartz Hill, 8:30 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

APR 3: April Fools Race. 3 & 8K. Fritz Grupe Park, Stockton, 9 am. Don Hoffman, 7025 Shoreham Pl., Stockton 95207. (209) 952-2055, eves.

APR 3: Kiwanis 10K Run. Camarillo, 8 am. Kiwanis of Camarillo, Box 533, Camarillo 93010. George Mustaparta (805) 482-4292. Entry deadline for t-shirt March 20.

APR 3: Magical Musical Marathon & Half Marathon. Folsom, 7 am. Elizabeth Jansen, Fleet Feet, 2408 "J" Street, Sacramento 95816. (916) 442-7223.

APR 3: RESCHEDULED (for Sept. 26th) **Billy Mills Gold Rush Classic.** 2 mile, 5 & 10K, Sacramento.

APR 3: City of Mountain View 5-Mile Parade Run. Castro & Villa, 9 am. Dan Cruz, 3856 Moorpark, No. 2, San Jose 95117.

APR 3: Istanjo X-C Classic. 10 mile. Howarth Park, Santa Rosa (upper parking lot), 9 am. Tom Crawford, 1981 Silverwood Dr., Santa Rosa 95405. (707) 526-0661.

APR 3: Bonne Bell 10K Women's Race. Mission Bay, San Diego, 7:30 am. Lynda Gregg, 1969 Gotham St., Chula Vista 92010. (714) 421-2978. No race day registration.

APR 3: United Way Victory Run. Stockton. Distance unknown. 11 am. Greg Brazille, c/o 506 E. Webster, Stockton 95202. (209) 466-4250.

APR 3: Lompoc Valley D.C. River Relays. (4-person teams), 1.5, 2.5, 4.5 & 6.5 mile legs, Lompoc (?), 9 am. Ray Gil (805) 736-4233.

APR 3: Pleasant Valley Run. 1 & 4 miles. Pleasant Valley School, San Miguel, 10 am. Pleasant Valley School, Star Route, Box 4390, San Miguel 93451. (805) 238-5084.

APR 3: Rancho Cucamonga 10K Stampede Run. Lion's Park, 8 am, Rancho Cucamonga Parks & Rec., P.O. Box 807, Rancho Cucamonga 91730. (Kevin or Jeff) 714-980-3145.

APR 3: Boulder City 2 & 6 Milers. Near Las Vegas, 9 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

APR 4: Almaden Triathlon Challenge. (18 Mile Bike, 6 Mile Run, 18 Mile Horseback), San Jose, time TBA. Info. (408) 265-7535.

APR 4: Marelo Cliff 10K. Marelo High School, Santa Cruz, 9 am. Info: Marelo Key Club, (408) 423-7659.

APR 4: April Fools Day Run. 1 1/2 & 5 miles, Half Moon Bay (Higgins & Purissima), 9 am. Half Moon Bay Coasters, 534 Spindrift Way, Half Moon Bay 94019 (415) 726-4273.

APR 4: California Corporate Track Ass'n Company Relays. (Varying distances), Mira Costa Comm. Coll., Oceanside, 1 pm. Tony Baker, CCTA, Box 1265, Redondo Beach 90278. (213) 371-5379.

APR 4: Celebration of Love 10K Run. Puente Hills Mall, 8 am. Variety Club of So. California, Puente Hills Mall, 449 Puente Hills Mall, City of Industry 91748. (213) 965-5875.

APR 4: Apple Juice Runs. 2.2 mile and 10K. Sebastopol (Analy HS), 9 am. Stan Holley, Sebastopol Chamber of Commerce, Box 178, Sebastopol 95472. (707) 823-3032, 887-7401 eves.

APR 4: Kaweah River Valley Run. 8 miles. Three Rivers (near Visalia), 8:30 am. Dave Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

APR 4: DSE Ocean Beach Low Tide Run. 6 miles. Balboa & Great Hwy., San Francisco, 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

APR 4: DATE CHANGE (listed as Apr. 10 in last issue) - **Clear Lake Marathon & 20K.** Lakeport (Lake County Fairgrounds), 8 am. Lake County Chamber of Commerce, 875 Lakeport Blvd., Lakeport 95443. (707) 263-6131. Entries must be postmarked by March 23

APR 4: One Hour Race & 12 Minute Run. Arcata/Eureka Area, 11 am. Six Rivers RC, Box 214, Arcata 95521. (707) 822-9435.

APR 4: Perrier Cherry Blossom Classic. 10 miles. Washington, DC, 8:30 am. Cherry Blossom, P.O. Box 4711, Arlington, VA 22204. (703) 979-0358. Limited to 4000 plus invitational runners.

APR 4: Run for Daylight. 10K, Alamo (Alamo Plaza, Stone Valley Rd. & Danville Blvd.), 9 am. American Cancer Society, P.O. Box 4295, Walnut Creek 94596. (415) 934-7640.

APR 4: Herc-Dynamite III. 4 miles. Hercules (Refugio Park), 10 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

APR 4: NCSTC Lake Merced Masters 5-Miler. Boathouse, San Francisco, 10 am. Bob O'Connor, 2748 St. James Rd., Belmont 94002. (415) 591-9721.

APR 4: Run for Life 10K. Angell Field, Stanford Univ., 9 am. Caroline Panches, American Heart Ass'n, 3003 Moorpark Ave., San Jose 95128. (408) 247-8555.

APR 4: South Bay 20K (RRCA Western Regional & Calif. State Championship), Los Osos Jr. HS, 8:30 am. Tom Hampson, 347 Garden St., Los Osos 93402. (805) 528-0872.

APR 4: Volunteer Triathlon. Clovis West High School. (20 mile bike, 6 mile run, 365 yard swim), 8 am. Volunteer Bureau, 304 Crocker Bank Bldg., Fresno 93721.

APR 4: Pigeon Pass Marathon. Loma Linda, 7 am. Loma Linda Lopers, P.O. Box 495, Loma Linda 92354. (714) 824-1779.

APR 10: Marina 5-Mile Run. Marina Village Shopping Center, Marina, time TBA. Marina Race, c/o Parks & Rec., 211 Hillcrest Dr., Marina 93933. (408) 384-7348.

APR 10: Annadel Egg Scramble. Lake Istanjo, Annadel State Park, Santa Rosa, 9:30 am. Fred Kenyon, 3634 Coffee Ln., Santa Rosa 95401. (707) 575-7013.

APR 10: Rob Gardner's 3 Mile Easter Bunny Run. Mormon Farms (Flamingo Rd., 1 mile east of Nellis AFB), Nev., 8 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

APR 10: Livermore 8.5 Miles. Lawrence Livermore Nat'l Laboratory, 10 am. Jean Shuler, 922 Mars Ct., Livermore 94550. (415) 443-0698.

APR 10: Wreck Run. 2.6 miles. Los Prados Park, San Mateo, 9 am. George Musante, Parks & Recreation Dept., 330 W. 20th Ave., San Mateo 94403. (415) 574-6730.

APR 10: Pear Blossom Run. 20K. Medford (City Hall), Oregon, 8:45 am. Pear Blossom Run, P.O. Box 146, Medford, OR 97501. Entries close Feb. 28 (or at 1500 runners).

APR 10: 10K for MDA. (& 1 mile fun run). Del Mar, 8 am. End of the Line Race Consultants, 1013 Park Pl., Coronado 92118. (Joan: 714/291-4555).

APR 10: Over 40 Health Race. 10K. Arcata/Eureka area, 12:30 pm. Six Rivers RC, Box 214, Arcata 95521. (707) 822-9435.

APR 10: Lite Riverside 5 & 10K. Riverside, 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

APR 10: The Great Recycling Footrace. 10K, Visalia, Recycling Unlimited, 9 am. Nick Nardone, 2032 W. Houston Ave., Visalia 93291. (209) 733-2496.

APR 11: DSE Kennedy Drive Run. 4 miles. Polo Fields (So. Parking Lot), Golden Gate Park, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

APR 11: Easter Sunrise Celebration Jog. 1 mile walk, 2 mile jog, 3 mile run. Woodward Park, Fresno, start at sunrise. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

APR 11: Easter Bunny Run-a-Long. 1 to 12 miles, Sawyer Camp Trail (Skyline & Crystal Springs Rd.), San Mateo, 9 am. Len Wallach, 1060 Continentals, No. 104, Belmont 94002. (415) 593-2788, eves.

APR 17: Victoria Avenue 5 & 10K Runs. Arlington High School, Riverside, 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

APR 17: Pena Adobe Run. 5 & 10K, Pena Adobe Park, Vacaville, 9 am. Solano Striders, P.O. Box 525, Suisun 94585. (707) 448-0427.

APR 17: San Antonio Ride & Tie. 25 miles, near Paso Robles, time TBA. Jon Root, Creston Star Route, Paso Robles 93446.

APR 17: Realtors Spring Classic. 5 & 10K, Spring Lake, Santa Rosa, 9 am. John Davis, P.O. Box 3758, Santa Rosa 95401. (Janice Adams: 707-542-5185).

APR 17: Sunset Park Run. 5 mile or 15K, Las Vegas, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

APR 17: Run-a-Thon For Special Olympics. 6 miles, West Valley College, Saratoga (track), 9 am. Sylvia Mendez, Title Insurance & Trust, 1901 So. Bascom, No. 105, Campbell 95008. (408) 371-4100. Limited to 500 runners.

APR 17: Resources Run. Approx. 8 Km, Burlingame Dump, 4 pm. Ron Weaver, San Mateo County Parks & Rec. Dept., County Office Bldg., Redwood City 94063. (415) 359-1881.

APR 17: Avenue of Champions 5 & 10K. Los Angeles area (The Forum, 90th Street, Inglewood), 8 am. Inglewood Parks & Recreation, One Manchester Blvd., Inglewood 90301. (213) 649-7370.

APR 17: Visalia Runners Spring 10K Run (& 1 mile prediction run), Mooney Grove Visalia, 8 am. Robert Stephenson, 1527 Vassar Dr., Visalia 93277.

APR 17: Hot Pursuit Footrace. 5K, S.F. Airport (site TBA), 8:30 am. Jim Janakis, Box 8097, San Francisco 94128. (415) 876-2285.

APR 17: YMCA/Orange County Marathon. Featherly Park, Anaheim, 7:30 am. Dave Harding, Orange Coast YMCA, P.O. Box 2567, Newport Beach 92663. (714) 642-9990.

APR 17: Eclipse Sun Run IV 5 & 10K. Mason Park, Irvine, 7:30 am. Newport Beach Runners Ass'n, 1162 Dorset Ln., Costa Mesa 92626.

APR 17: Run for Fitness 5 & 10K. Duarte, 8:30 am. Duarte Parks & Rec. Dept., 164 E. Third St., Duarte 91010. (213) 357-7931, ext. 41.

APR 17: Arthritis 10K & 2 mile fun run. Mission Bay Park, San Diego, 7:30 am. Pam Pejisa, c/o E.O.L., 1013 Park Pl., Coronado 92118. (714) 291-0430.

APR 17: Run for the Son. 1 mile fun run and 10K race. Los Gatos Christian Church, 8:45 am. Dan Minutillo, 375 West Santa Clara St., Suite 104, San Jose 95113. (408) 998-7133.

APR 18: Trash Dash 10K. Fresno State University, 8:30 am. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 294-4097.

APR 18: Invt. Great Red - John 15-Mile Trail Runoff. Deer Hollow Farm, Los Altos, 9 am. (Spectators & crew persons only), Runner's World, 1400 Stierlin Rd., Mountain View 94043. (415) 965-8777, x250 or 280.

APR 18: Mission Booster Run. 7.7 mile, Cuesta College, San Luis Obispo, time TBA. Marge Sullivan, 295 Foothill Blvd., San Luis Obispo 93401. (805) 543-5098.

APR 18: Continental Womens 6-Mile Run. 7:17 Edgewater Dr., Oakland, 9 am. Women Only. Continental Women's Race, 7717 Edgewater Dr., Oakland 94621. (415) 568-0132.

APR 18: Open Space Race. 10K, Natural Bridges State Park, Santa Cruz, 8:45 am. Dr. Rick Jahn, P.O. Box 847, Ben Lomond 95005. (408) 336-2261.

APR 18: Central Park Run. 3.4 mile, Recreation Center, Santa Clara, 9 am. Bea Lichtenstein, 726 Woodhams Rd., Santa Clara 95051. (408) 241-6596.

APR 18: Boothe Park Ribbon Run. 2 & 5.8 miles. Napa Valley State Park, St. Helena-Calistoga, 9:30 am. Therman Gibson, P.O. Box 519, Angwin 94508.

APR 18: La Jolla Cancer Foundation 10K & 2 Mile. Balboa Park, 7:30 am. E.O.L., 1013 Park Place, Coronado 92118. Don Beaumar (714) 755-0229.

APR 18: Sovereign Winery 10K. North of Healdsburg, 9 am. Bob Mosher, 400 Sovereign Rd., Geyserville 95441. (707) 433-8281.

APR 18: Fairfield Osborn Preserve Benell Run. 5 miles. Cotati, 9:30 am. Jeff Dorshkind, P.O. Box 578, Penngrove 94951. (707) 795-5709.

APR 18: American River 50-Miler. Auburn to Sacramento (Auburn Fairgrounds), 7 am. Nancy March, Fleet Feet, 107 S. Harding Blvd., Roseville 95678. (916) 783-4558.

APR 18: Kops & Kids 10K. Heather Farms, Walnut Creek, 9:30 am. Walnut Creek Police Ass'n, Attn: Bill Penquite, P.O. Box 5232, Walnut Creek 94596. (415) 724-7277.

APR 18: California Corporate Track Ass'n Company Relays. (Varying distances), Cal-State Dominguez Hills, Carson, 1 pm. Tony Baker, CCGA, P.O. Box 1265, Redondo Beach 90278. (213) 371-5379.

APR 18: Rotary Run 5/10K. Mt. San Antonio College, Walnut, 8 am. Rotary Run, P.O. Box 93, West Covina 91793.

APR 18: Vineyard Run. 10 & 30K & 30K 3-person relay. Geyser Peak Winery, north of Santa Rosa, 10 am. Home Hospice, P.O. Box 11546, Santa Rosa 95406.

APR 18: Maria's Breakfast Run. 4 miles. Martinez (Martinez Adult School, Alhambra Ave.), 8 am. Dann Brown, Fleet Feet, 1528 Bonanza, Walnut Creek 94596. (415) 943-6453.

APR 18: The Heart/CAAN Marathon & 10K. Mission Park, Ventura, 7:30 am. American Heart Ass'n., 1367 Del Norte Rd., Camarillo 93010.

APR 18: San Bernardino Dump Run. 5 & 10K. San Bernardino (San Timoteo County Landfill), 8 am. Wendy Barton (714) 383-2143.

APR 18: Santa Monica 5 & 10K. Santa Monica College, 8 am. Ed Montan, Santa Monica Parks & Recreation, 1685 Main St., Santa Monica 90401. (213) 393-9975.

APR 18: Avenue of the Giants Relay. Distance (?). Weott, 11 am. Six Rivers Running Club, P.O. Box 214, Arcata 95521. (707) 822-9435.

APR 18: DSE Golden Gate Bridge Vista Run. 5 miles. Legion of Honor (34th & Clement), San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

APR 18: Get High on Running. 5 & 10K, Mann's Chinese Theater (Hollywood Blvd.), 9 am. L.A. Productions, P.O. Box 252, Woodland Hills 91365. (213) 883-4363.

APR 18: Chatsworth 10K. Chatsworth, 8 am. James Pasternak, DDS, P.O. Box 472, Chatsworth 91311. (213) 341-RACE.

APR 18: Bay Pacific 15K. Golden Gate Park, San Francisco, 9 am. Barry Spitz, c/o Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930. (100% fees to GG Park).

APR 18: YMCA 8K. Marin Headlands, time TBA. Ron Markille, Richmond YMCA, 360 -18th Ave., San Francisco 94121 (415) 668-2060.

APR 18: Mountain Madness Run. 4.716 miles (.6 mile for kids), Nevada City, 9 am. Gary M. Loucks, 116 High St., Grass Valley 95945. (916) 273-9268.

APR 18: LaJolla Cancer Foundation 10K & 2 Mile. San Diego, 7:30 am. E.O.L., 1013 Park Place, Coronado 92118. Faith Mahoney (714) 721-0666.

APR 19: Boston Marathon. Hopkinton, Mass., noon. Will Cloney, Box 223, Boston, MA 02199. *Deadline for receiving entries is March 8th. (qualifying standards.)*

APR 24: City of Sunnyvale 10K Baylands Run. Sunnyvale (Caspian & Geneva), 10 am. Mark Grzan, P.O. Box 60607, Sunnyvale 94088. (408) 738-5521.

APR 24: San Mateo County Dental Society "Run Your Plaque Off" 10K & 1 mile fun run. Foster City, 1291 E. Hillsdale, 9 am. Richard Kinsel, Hillsdale Office Center, 1291 E. Hillsdale, Foster City 94404. (415) 537-8262. **CANCELLED.** To be rescheduled for end of May.

APR 24: Run for Riles. 4 miles. Corte Madera Park in Corte Madera, 11 am.

Greg Brockband, 944 Sir Francis Drake, No. 11, Kentfield 94904. (415) 456-3307 evenings.

APR 24: Special Olympics 10K. (& 2 mile fun run), Camp Pendleton, Oceanside, 7:30 am. Renee Townsend, c/o E.O.L., 1013 Park Pl., Coronado 92118. (714) 724-7115.

APR 24: La Mirada 2-Person Relay. 14 miles. La Mirada Regional Park, 9 am. Steve Broten, 13208 E. Hadley, No. 5, Whittier 90601. (213) 693-9307.

APR 24: Mt. SAC Half-Marathon. Mt. San Antonio College, Walnut, 7:30 am. Doug Hamilton, Hamilton Pharmacy, 1763 N. Garey Ave., Pomona 91767. (714) 623-1627.

APR 24: Triathlon Clinic. UC Berkeley, 8 am to noon. Karen Kenney (415) 642-5575.

APR 24: Sunrise Speakers Toastmasters' Dam Run. 1, 3 & 6 miles. Red Bluff, 8:30 am. Ralph Scott, 1450 Robinson Dr., Red Bluff 96080. (916) 527-2858.

APR 24: Resource Rally Run. 5K, Courthouse Square, Hanford, 8 am. Mickey Stoddard, Hanford Rec. Dept., 400 N. Douty, Hanford 93230. (209) 582-2511, x246.

APR 24: Main Street Mile. 1 mile, Salinas, 10 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

APR 24: Environmentalist 8-Mile. Nipomo, time TBA. Bill Denneen, 1040 Cielo Ln., Nipomo 93444. (805) 929-3647.

APR 24: Legg Lake Lark 5 & 10K Runs. Whittier, Narrows Park, time TBA. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

APR 24: Orange County Dental Society 5 & 10K Runs. Fountain Valley (Mile Square Park), 8 am. R.A.C.E., P.O. Box BC, Westminster 92683. (714) 897-2227.

APR 25: Reedley 10 Miler. Time TBA. Dave Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

APR 25: Cherry Blossom Festival 5 Miler. Golden Gate Park, San Francisco, 9 am. Steve Nakajo, 1581 Webster St., No. 10, San Francisco 94115. (415) 931-2294.

APR 25: Sunol Regional Wilderness Run. 10K, Sunol, 9:30 am. Sunol Regional Wilderness, P.O. Box 82, Sunol 94586. (415) 862-2244.

APR 25: DSE Mt. Davidson Run. 3 mile. Riordan HS, San Francisco (175 Phelan nr. CCSF), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

APR 25: Charge of the Lite Brigade. 13.1 miles. Hayward to Foster City (25001 Industrial, Mervyn's) via San Mateo Bridge, 7:30 am. Herb Garcia, San Mateo County Historical Society, College of San Mateo, 1700 W. Hillsdale Blvd., San Mateo 94402. (415) 574-6441.

APR 25: Southern Pacific 50K & 100K Runs. Near Camarillo (Adohr Dairy), 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

APR 25: Marathon Prep 20-Miler. near Camarillo (Ahohr Dairy), 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

APR 25: March of Dimes 5 & 10K. Ontario (Airport), 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

APR 25: Paper Chase Half-Marathon & 10K. Solana Beach (San Dieguito Park), 7:30 am. Gayla Rogers, P.O. Drawer A-F, Solana Beach 92075. (714) 755-1127.

APR 25: San Juan Bautista 5 & 10K. San Juan Bautista, time TBA. Steve Jackson, 15 La Mirada Ct., Salinas 93901. (408) 422-0054.

continued on next page...



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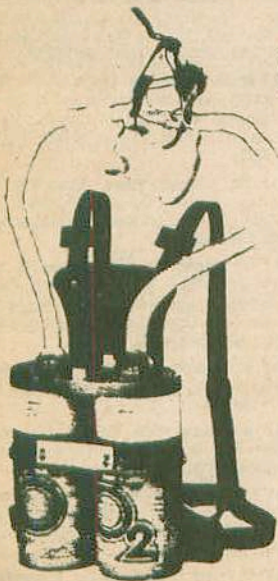
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Bill Dellinger, Track Coach
University of Oregon

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Manual—\$219.00



Oakland
3008 Lakeshore Ave.
(bet. 580 exit & Lake Merritt)
465-1070

Hayward
875 D St.
(across from Hayward Library)
886-2777

Burlingame
1004 Oak Grove
(across from Burlingame H.S. Track)
343-4242

Schedule

APR 25: San Dieguito Half Marathon & 10K. San Dieguito Park, 7:30 am. E.O.L., 1013 Park Place, Coronado 92118. Faith Mahoney (714) 721-0666.

APR 25: 5K Spring Run. El Camino High School, Woodland Hills, 8 am. Don Dunn, 23451 Hamlin, Canoga Park 91307. (213) 346-8160.

APR 25: Lake Merritt Joggers & Striders Runs. 5/10/15K, Old Boathouse, Lake Merritt, Oakland, 9 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

APR 25: Santa Monica 5 & 10K Runs. Santa Monica City College, time TBA. Santa Monica Parks & Rec. Dept. (213) 393-0462.

APR 25: April Amble. 4 mile (predicted time, staggered start). Moraga Common, Moraga, 10 am. Mt. Diablo YMCA, 350 Civic Dr., Pleasant Hill 94523. (415) 687-8900, Chris Lasell.

APR 25: Lafayette Loop. 10K & 2 mile, M.H. Stanley Intermediate School, Lafayette, 8 am. Center for Living Skills, P.O. Box 1145, Lafayette 94549. (415) 284-4871.

APR 25: Lincoln Law School River Race. 3 to 6 mile. Sacramento City College, 10 am. Joanne, Lincoln Law School, 3140 "J" St., Sacramento 95816. (916) 446-1275.

APR 25: Orienteering for Runners. Diamond Park, Oakland, 10 am. Bruce Wolfe, 1042 Underhills Rd., Oakland 94610. (415) 834-3027.

APR 25: Rapp's Triathlon. 3.7 mile run, 7.0 mile bike, 1/4 mile swim. Relay and individual. Sand Hill Rd. & I-280, Palo Alto, 9 am. Karen Chequer, 640 Santa Rita Ave., Palo Alto 94301. (415) 326-2682.

APR 25: Moorpark 5 & 10K Scramble. Moorpark College, 8/9 am. Enter by 4/19. Moorpark High School Athletic Booster Club, 280 Casey Rd., Moorpark 93021. (805) 529-1124, Norm Chung.

APR 25: Athletic Express 25-Mile Relay. Location and time unknown. Info: Athletic Express (714) 683-3770.

APR 25: Truckstop 10K. Las Vegas, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV. (702) 382-3496.

APR 25: Berkeley Bay View Bullrun. 10K, Inspiration Point, Berkeley, 9 am. Doug Schrock, 1040 Solano Ave., Albany 94706. (415) 527-0920.

APR 25: TRW Spring 5K. Space Park, Redondo Beach, 8 am. Dave Lawful, One Space Park, M/S 02/1725, Redondo Beach 90278. (213) 535-0063.

APR 25: Nat'l TAC Masters 50 Mile Championships. Also Open 30K, 50K, 50-mile, 100K. Yakima, WA, starting with 100K at 6 am. Dick Goodman, P.O. Box 75, Selah, WA 98942. (509) 687-7163.

MAY

MAY 1: Run For Life 5 & 20K. Fresno, 7 am. Genny Berry, Program Associate, 3835 North West Ave., Fresno 93705.

MAY 1: Ford Aerospace Spring Tune-Up II. 5 & 10K. Newport Beach, 7:45 am. S.T. Johnson, Ford Aerospace, P.O. Box A, Ford Rd., Newport Beach 92660 (714) 759-6535.

MAY 1: Coronado 10K Run. Coronado Island (off San Diego), 7 am. George Green, c/o E.O.L., 1013 Park Place, Coronado 92118. (714) 437-4556.

MAY 1: RRCA Nat'l 10K Championship. Monticello, Illinois, 10 am. Ron Nolte, Sage City Striders RRC, 904 S. Market, Monticello, IL 61856. (217) 762-9671, Jerry.

MAY 1: Laguna Niguel 10K Run. Laguna Niguel (Aliso Creek & La Paz), 8 am. Julie Sweany, South Coast YMCA, 26076 "C" Getty Dr., Laguna Niguel 92677. (714) 831-9622.

MAY 1: Run for the Special Olympics. 10K. Mt. San Antonio College, Walnut, 8 am. Randy Gordon, 106 W. College, Covina 91723. (213) 339-2777.

MAY 1: Wild Wild West Cross Country Marathon. Lone Pine, 7 am. Robert Frickel, 123 No. Main St., Lone Pine 93545. (714) 876-5671.

MAY 1: May Day 10K & 1 Mile. Palmer Chiropractic College - West, Sunnyvale, 7:45 am. May Day 10K, 1095 Dunford Way, Sunnyvale 94087. (408) 985-0138 evenings.

MAY 1: Maranatha Marathon, 1/2 Marathon & 10K. Goethe Park, Sacramento, 9 am. Maranatha Marathon, 7844 Beaupre Way, Citrus Heights 95610. (916) 878-0697, Nick Vogt.

MAY 1: Corralitos Road Race. 20K, Community Church, Corralitos (nr. Watsonville), 8:15 am. Community Church, 527 Corralitos Rd., Corralitos 95076. (408) 722-5490.

MAY 1: The Bakersfield Mile. Bakersfield, 8 am. (Several events). No location or contact known.

MAY 1: Bed Bug Challenge 10K. Howard Park, Ione, 8 am. Joy Jackman, P.O. Box 362, Jackson 95642. (209) 223-1464.

MAY 1: California Baptist College Mockingbird 10K. Riverside, 8 am. Jon Rainbow, 8432 Magnolia Ave., Riverside 92504. (714) 689-5771.

MAY 1: Sunset Park 5-Mile Staggered Start Handicap. Las Vegas, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

MAY 2: Avenue of the Giants Marathon. Weott (Dyerville Bridge), 9 am. Don Hughes, P.O. Box 214, Arcata 95521. Limit 2,000. Entries closed.

MAY 2: Boardwalk 8K: Redwood City (350 Convention Way), 9 am. Bob Kissick, Boardwalk WV, 350 Convention Way, Redwood City 94063. (415) 364-0100.

MAY 2: Devil Mountain Run. 6.2 miles. Danville (Towne & Country S.C.), 9 am. Devil Mtn. Run, P.O. Box 727, Alamo 94507. (415) 837-0165.

MAY 2: Lilac Bloomsday Run. (ARRA Circuit/Prize Money), 7.8 miles. Spokane, WA, time TBA. Bloomsday RRC, Box 645, Spokane, WA 99210. (509) 838-6264.

MAY 2: The Stockton R.A.C.E. 13.1 miles (and other races), time TBA. C.E.C., 6841 Vicksburg Pl., Stockton 95207. (209) 477-8405.

MAY 2: Jokers Wild Marathon & 5 Miller. Nipomo (Community Bldg.), 8 am. Dave Kroll, 1900 So. Lincoln, No. D-90, Santa Maria 93454. (805) 928-3354.

MAY 2: Woodland Hills Lions 10K. (& 2 mile fun run). Woodland Hills, 8 am. Woodland Hills Lions, P.O. Box 461, Woodland Hills 91364. (213) 702-0852.

MAY 2: New Novato Ridge Run. 5.2 miles and 5K. Novato (High School football stadium), 9 am. Vic Perrella, 4 Monroe Ct., Novato 94947. (415) 897-4928.

MAY 2: South Yuba Rotary 5 & 10K. Marysville (High School football stadium), 9 am. Jim Buchan, P.O. Box 1062, Marysville 95901. (916) 674-2991 or 742-7351.

MAY 2: Rotary River Run. 1, 3 & 6 miles. Firebaugh High school football stadium, 8:30 am. Ron Sani, 2107 No. Harrison, Fresno 93704. (209) 233-0009.

MAY 2: Joyeria Mexico 10K Benefit Run. Fresno (1048 Fulton Mall), 9 am. Lupe Sosa, 1048 Fulton Mall (Joyeria Mexico), Fresno 93721. (209) 233-0861.

MAY 2: Hub to Campus 5K. Cotati, 11 am. Bob Lynde, P.E. Dept., Sonoma State Univ. Rohnert Park 94928. (707) 664-2357.

MAY 2: DSE South Embarcadero Run. 6 miles. Dolphin Club, Foot of Hyde, San Francisco, 10 am. Wall Stack, 741 Kansas, No. 2, San Francisco 94107.

MAY 2: California Highway Patrol 5 & 15K Runs. Arlington High School, Riverside, 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

MAY 2: Cinco de Mayo 10K Run. Salinas, 8 am. Cinco de Mayo/Barrio Pride, Inc., 1047 E. Alisal St., Salinas 93905. (408) 758-6707.

MAY 2: How The Point West Was Run. 5/15K & Children's 1/2-mile (8 & under), near Arden Fair Mall, Sacramento, 8:30 am. How The Point West Was Run, P.O. Box 255500, Sacramento 95865. (916) 442-FEET, Fleet Feet.

MAY 2: May Day Fun Runs. 10K & 2 mile, Los Banos Fairgrounds, 7:30 a.m. Rick Dahlgren, Los Banos Recreation Dept., 419 Madison Ave., Los Banos 93635. (209) 326-0325.

MAY 2: R.O.T.C. Gold Bar 10K. Golden Gate Park (Arguello & Kennedy Dr.), San Francisco, 8:30 am. Maj. Readman, Military Science Dept., 2130 Fulton, San Francisco 94118. (415) 666-6405.

MAY 2: Calabasas 10K. Calabasas High School, 8 am. David Hershman, Calabasas High, 22855 West Mulholland Highway, Calabasas 91320.

MAY 2: Leatherneck Marathon. El Tora (Santa Ana), 7 am. Marathon, c/o Training Dept. (IGA), MCAS, El Tora 92709. (714) 559-3121 or 559-3115.

MAY 2: Angel Island Run. 4.8 mile (S.F. Bay), noon. The Guardsmen, 12 Geary St., Room 201, San Francisco 94108. (415) 761-6785.

MAY 2: Country Campus 5 & 10K. Sierra College, Rocklin, 8 am. Nancy March, Fleet Feet, 107 So. Harding Blvd., Roseville 95678. (916) 783-4558.

MAY 2: Poor Man's Bay-to-Breakers Warmup. 1 & 5.7 miles. Foster City (Edgewater Shopping Center), 9 am. Vicki Smith, The Runner, 969-G Edgewater Blvd., Foster City 94404. (415) 572-0222.

MAY 2: Nor-Cal Twilight Meet. Los Gatos High School, (track meet with probably road run and/or distance events), 5 pm. Dan Cruz, 3856 Moorpark, No. 2, San Jose 95117.

MAY 2: Spring Sprint 5-Mile. Union City (New Haven Middle School), 10 am. Janel Yordy, 34009 Alvarado-Niles Rd., Union City 94587. (415) 489-0361.

MAY 2: Human Race. Distance (?), Lake Merritt, Oakland, 8 am. Volunteer Bureau of Alameda County, 1419 Broadway, No. 419, Oakland 94612. (415) 893-6239.

MAY 2: Human Race. Distance (?), Redwood City (Marine World), 8 am. Volunteer Bureau of San Mateo County, 450-B Peninsula, San Mateo 94401. (415) 342-0801.

MAY 2: Human Race. Distance (?), Salinas, 8 am. Volunteer Bureau of Salinas, 34 Central Ave., Salinas 93901. (408) 758-8488.

MAY 2: Human Race. Distance (?), San Francisco (East end of Crissy Field, Presidio), 8 am. Mary Culp, Volunteer Bureau, 33 Gough St., San Francisco 94103. (415) 864-4200.

MAY 2: Human Race. 5 & 10K, Santa Rosa, 9 am. Voluntary Action Center. (707) 544-9480.

MAY 2: Mercy High School Fun Run. Under 5K, Burlingame, 11 am. Kathy Markillie. (415) 583-1451, eves.

MAY 2: Spartan 10K Race. San Jose State Univ., San Jose, 9 am. Mary Valenzuela, c/o Health Services, Room 121, San Jose 95192. (408) 277-3608.

MAY 2: Lions Run for Sight & Hearing. 10K, Huntington Beach (at Pier), 8 am. Robert L. Smith, Lions Club, P.O. Box 407, Huntington Beach 92648. (714) 536-6965.

MAY 2: Around the Bay in May 10 Miller. Location (?), 8 am. John Blair (714) 966-0556. No other information at this time.

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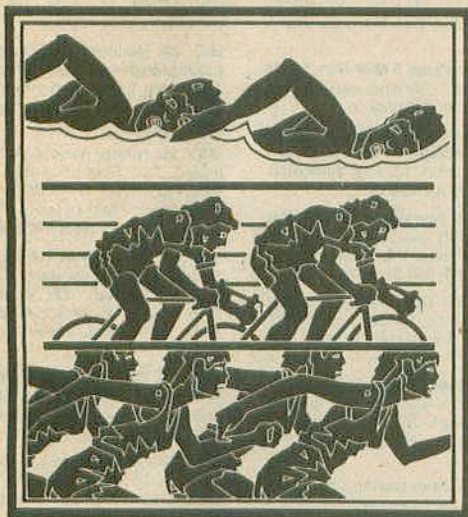
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Phone (415) 341-3119

- MAY 8: Blue Jackets 10K & 2 Mile.** (& 100 Mile Relay?), Mission Bay, San Diego, 7 am. E.O.L. Race Consulting, 1013 Park Pl., Coronado 92118. (714) 225-5195, Jerry Becker.
- MAY 8: The Desert Foxes 10K.** Las Vegas Racquet Club, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.
- MAY 8: Foothill Footrace.** 6 & 2 miles. Yosemite Lakes Park, Coarsegold, 8 am. Stan Cooper, The Original Foothill Footrace, P.O. Box 2178, Coarsegold 93614. (209) 658-7286.
- MAY 8: Run for Life 5K & 20K.** Fresno, 7 am. Genny Berry, Program Associate, 3835 North West Ave., Fresno 93705.
- MAY 8: Bakersfield Triathlon.** 1/2 mile swim, 20 mile bike, 6 mile run. Costerisan Farm, Bakersfield, 8 am. Also relay. Bakersfield Triathlon, 7604 Calle Corta, Bakersfield 93309. (805) 327-1711, x254.
- MAY 9: Burlingame 2.85 Mile Fun Run.** Coyote Point Park (Beach Pkg. Lot), 8:30 am. Brock Riddle, Burlingame Recr. Dept., 850 Burlingame Ave., Burlingame 94019. (415) 344-6386.
- MAY 9: May Day 5 & 10K.** (20K cancelled), San Francisco (Golden Gate Park, So. side of Polo Fields), 10 am. Linda Bine, American Heart Ass'n, 421 Powell St., San Francisco 94102. (415) 433-2273.
- MAY 9: Sri Chinmoy 5K.** Menlo College, Atherton, 8 am. Sri Chinmoy Running Club, 2438 16th Ave., San Francisco 94116. (415) 665-2994, Mike Lindemann.
- MAY 9: St. Mary's College Mother's Day Run for the Gaels 5 & 10K.** Moraga (St. Mary's College), 9 am. Pattie McDermott, S.M.C., P.O. Box 4, Moraga 94575. (415) 376-4411, ext. 392.
- MAY 9: Brown's Valley Ribbon Runs.** 2, 4 & 8 miles, Napa (Brown's Valley School, west of Napa), 9 am. George Grammens, P.O. Box 2121, Napa 94558.
- MAY 9: Times Herald Keelhauler Classic 10K.** Cal Maritime Academy, Vallejo, 9 am. Harry Diavatis, P.O. Box 1392, Vallejo 94590. (707) 644-5601. No raceday registration.
- MAY 9: Mother's Day Relays.** 4x4.2 mile (4 person teams), Univ. of California (East Fieldhouse), Santa Cruz, 9 am. Redwood Coast R.C., P.O. Box 1382, Aptos 95003. (408) 426-8310 or 684-0260, Nanette Huray.
- MAY 9: DSE Bay to Breakers Practice Run.** 7.63 miles, San Francisco (Spear & Howard), 8 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.
- MAY 9: Stanford Challenge.** 6 events (880 run, 5 mile bike, 1/4 mile swim, 5 mile run, rubber raft race, obstacle course), Angel Field, Stanford Univ., 11 am. Jack Martin, 586 Lagunita Dr., Stanford 94305. (415) 321-2320. (Competition may be individual or 2-3 per team).
- MAY 9: Stagecoach Run.** 4 mile, Cold Springs Tavern, Santa Barbara, 8:30 am. Cold Springs Tavern, 5995 Stagecoach Rd., Santa Barbara 93105. (805) 967-0066.
- MAY 9: Mothers Day 4-Miler.** Mooney Grove Park, Visalia, 8 am. Craig Newport, P.O. Box 3638, Visalia 93278. (209) 734-5441. *May 1 Entry Deadline.*
- MAY 9: Chariots of Fire 10K.** (SPA/AAU Jr. Olympic Spring Championship), West Los Angeles (Rancho Park), 9 am. Maccabi Union U.S.A., 2080 Century Park East, No. 401, Century City 90067. (213) 553-9322.
- MAY 9: Glacier Marathon.** Girdwood, Alaska, 7 am. John Trent, 1700 E. Tudor Rd., Anchorage, AK 99507. (907) 297-2975.
- MAY 9: Fox Trot 15K.** Banyon Park, Ventura, 10 am. Dale Miller (805) 522-1125, or 495-7052.
- MAY 10: (Mon.) - Entry Deadline:** for Dipsea (June 6) ... see June 6 in "Looking Ahead."
- MAY 15: Bayonet Seven.** 7 miles, Stillwell Hall, Ft. Ord, 10 am. Sports Director, Morale Support Activity, Ft. Ord 93941. (408) 242-4305.
- MAY 15: Vineyard Run & Picnic.** 5 & 10K. Stony Ridge Winery, Pleasanton, 10:30 am. Resources for Family Development, 1520 Catalina Ct., Livermore 94550. (415) 455-5111. 500 limit.
- MAY 15: Run for the Sun.** 15K & 2 mile, Modesto, 8 am. Frank Bushakra, c/o Shadowcaste R.C., P.O. Box 3805, Modesto 95350. (209) 576-7755.
- MAY 15: Fillmore Festival Run.** 10K & 2.6 mile. Fillmore, 8 am. Youth Employment Service, 455 Sespe Ave., Fillmore 93015. (805) 524-2424.
- MAY 15: Torrance Armed Forces Day 10K Run.** Torrance Civic Center, 8 am. Allen Shall, Torrance Recreation Dept., 3031 Torrance Blvd., Torrance 90503. (310) 328-5310, ext. 321.
- MAY 15: Grunion 10K Run.** San Pedro (Cabrillo Beach), 8 am. Thom Lacie, 1434 W. 25th St., San Pedro 90731. (213) 831-5055.
- MAY 15: Lydia's 5-Mile Shoe-In.** Sunset Park, Las Vegas, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.
- MAY 15: Coalinga Horned Toad Derby.** 10K & 1 mile, Keck Park, Coalinga, 8 am. Bob Semple, 284 Lincoln, Coalinga 93210. (209) 935-2660, eves.
- MAY 15: Stop the Canal 10K.** Crystal Springs Res. - Water Temple (West of Redwood City), 9 am (?).
- MAY 16: Around the Crown 5 & 10K.** Corona, 7:30 am. Bill Smithson, 517, S. Ramona, Suite 204, Corona 91720. (714) 737-3414.
- MAY 16: Bay to Breakers.** 7.63 miles, San Francisco (Howard & Spear), 8 am. Len Wallach, c/o San Francisco Examiner, P.O. Box 3100, San Francisco 94119. (415) 777-7770. *Entries close April 16, at Midnight.*
- MAY 16: Cherry Pie 10K.** 10K & 1.8 mile. Guerneville (Armstrong Grove), 9 am. Bob Breazeale, 2434 Slater St., Santa Rosa 95404. (707) 546-8182.
- MAY 16: National TAC Sr. Men's Marathon.** Syracuse, NY. Christine Hubbard, ADA & EC, 472 South Salina St., Syracuse, NY 13202. (315) 472-9143.
- MAY 16: Mark Twain 10K.** San Andreas (Hwy 49 & Poole Station Rd.), 9 am. John Griffin, 2121 Gateway Cir., Lodi 95240. (209) 957-5646.
- MAY 16: Canoga High Boosters Club 5K Run.** El Camino High, Woodland Hills, time TBA. Info: Donald Dunn (213) 346-8160.
- MAY 16: North Jetty Fun Run.** 0-15 miles, Arcata/Eureka area, 4 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.
- MAY 16: Santa Anita Lite Spring Classic.** 5 & 10K, Arcadia (Santa Anita Race Track), 8/8:30 am. Lite Spring Classic, P.O. Box 522, Arcadia 91006. (213) 446-0131.
- MAY 16: L.A.'s the Place 5 & 10K.** Downtown Los Angeles (Fifth & Flower Sts.), 8 am. GLAVCB/10K Run, 505 S. Flower St., Los Angeles 90071. (213) 888-5526.
- MAY 22: Aptos Creek Marathon.** Nisene Marks State Park, Aptos, 8 am. Marathon, 100 New Brighton Rd., Aptos 95003. (503) 641-6453, Hans Albrecht (Nike).
- MAY 22: Strawberry Canyon Run.** 5.5 miles, Berkeley (Edwards Field, UCB), 9 am. Barbara Ando, Lawrence Hall of Science, Univ. of California, Berkeley 94720. (415) 642-4193. 1200 Limit.
- MAY 22: Run For Your Life.** 1 & 3 miles, East Palo Alto, 11 am (?). Janet Sweikert, R.D., Drew Medical & Dental Center, 2111 University Ave., E. Palo Alto 94303. (415) 328-5060.
- MAY 22: Run For The Roses 10K.** Santa Rosa (Veterans Memorial Bldg. across from County Fairgrounds), 8 am. George Sutherland, 305 Mendocino Ave., Suite 515, Santa Rosa 95404. (707) 545-3534.
- MAY 22: Martinez Historical Run.** 10K & 1 mile fun run, Martinez Jr. High School (Court & Warren Sts.), 9 am. Rhoda Lating, 4702 Tahoe Cir., Martinez 94553. (415) 229-1584.
- MAY 22: Cardiac Pacer 5 Mile Run.** Santa Cruz (UCSC East Fieldhouse), 10 am. Terry Warner (408) 429-4220.
- MAY 22: Natural Light California Classic 5 Mile.** Visalia (Mooney Grove Park), 8 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.
- MAY 22: Run For Apricots.** 5/10/15K, Patterson (Community Stadium), 7 am. Judy Noah, Apricot Fiesta, P.O. Box 442, Patterson 95363. (209) 892-3118.
- MAY 22: Heritage Days 10K.** Lancaster, time TBA. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.
- MAY 22: Lite Beer Second Wind 10K.** Long Beach Plaza, 8:30 am. Phidippides, The Courtyard Mall, 550 Deep Valley Dr., No. 320, Rolling Hills Estates 90274. (213) 541-0305.
- MAY 22: NorCal Orienteering Championships (2 days):** Calero Reservoir (Class B Championship), time TBA. B.A.O.C., Joe Scarborough, 3151 Holyrood Dr., Oakland 94611. (415) 530-3059.
- MAY 23: San Mateo County Dental Society "Run Your Plaque Off" 10K.** (& 1 mile fun run), Foster City (1291 E. Hillsdale), 9 am. Richard Kinsel, 1291 Hillsdale Blvd., Foster City 94404. (415) 573-8262.
- MAY 23: Starving Owl Classic.** 5 mile & 2 mile (Children's race), Foothill College, Los Altos, 9 am. Coach Peanut Harms, Foothill College, 12345 El Monte Rd., Los Altos 94022. (415) 948-8590, ext. 222 or 337.
- MAY 23: Norris Loop Fun Run.** 15 mile, Arcata/Eureka Area, 10 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.
- MAY 23: Big Brothers Big Sisters Benefit 10K & 1 Mile Fun Run.** Mission College, Santa Clara, 8:45 am. Silicon Valley Striders R.C., 5852 Ettersberg Dr., San Jose 95123. (408) 225-8393.
- MAY 23: Carmel Valley Run in the Sun 10K.** Garland Park, Carmel Valley, 10 am. (1.2 mile kids race at 9:30 am). Carmel Valley Volunteer Fire Dept., P.O. Box 965, Carmel Valley 93924. (408) 659-2021.
- MAY 23: Panther Run.** 10K & 2 mile fun run, Contra Costa County Fairgrounds, Antioch (L Street), 9 am. Panther Run, c/o Antioch H.S. Educ. Boosters, 700 W. 18th St., Antioch 94509. (415) 757-3324, eves., Pam Kidder.
- MAY 23: Camino del Diablo 9-Mile X-Country.** Mt. Diablo State Park, 9 am. Al Arnold, c/o Ranger Mary Skinner, Mt. Diablo State Park, P.O. Box 250, Diablo 94528. (415) 837-2525.
- MAY 23: Golden State Women's 5 & 10K.** Sacramento (Miller Park), 9 am. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338, Mary Bogle.
- MAY 23: Women's American Ort 10K & 2 Mile.** Mission Park, San Diego, 7 am. E.O.L., 1013 Park Pl., Coronado 92118 (714) 442-8821, Harriet Brown).
- MAY 23: Up A Creek 10K.** Henderson School (near Graystone Park), 9 am. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 266-6411, Greg.
- MAY 23: Concord/Diablo Rotary BART-to-BART 10K.** Concord BART Station, 8 am. BART-to-BART, P.O. Box 21309, Concord 94521. (415) 943-8251, John Leykam.
- MAY 23: Culver City 10K.** Veterans Memorial Auditorium, 8 am. Conway/Weinstock/Associates, 550 No. Larchmont Blvd., Los Angeles 90004. (213) 469-2772.
- MAY 23: Kaiser Permanente 5 & 10K.** Fontana, 8 am. Dave Reynolds, Respiratory Therapy, 9985 Sierra Ave., Fontana 92335. (714) 829-5189.
- MAY 23: Lake Merritt Joggers & Striders 5/10/15K Runs.** Lake Merritt (Old Boathouse), Oakland, 9 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.
- MAY 29: National TAC Sr. Women's 10K Championships.** New York City, Time TBA. Fred Lebow, International Running Center, 9 E. 89th St., New York, NY 10028. (212) 860-4455.
- MAY 29: Nimitz Runs.** 5 & 10K, Treasure Island, San Francisco Bay, 8:30 am (?). Tim Waterfield or Marc Avila, NROTC, Callaghan Hall, Univ. of California, Berkeley 94720. (415) 642-3551.
- MAY 29: Mt. Wilson Trail Race.** 9 miles, Sierra Madre, 8 am. Jerry Carlton, Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre 91024. (213) 355-7135. *Limit 250 runners; entries postmarked by 5/19.*
- MAY 29: Caliente 2 & 4 Mile.** Caliente, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.
- MAY 29: LDS Beehive 5 & 10K Runs.** Banning, 7:30/8:00. M.J. Ward, 43910 Tracy Circle, Indio 92201. (714) 874-5480.
- MAY 30: National TAC Sr. Men's 50 Mile Championships.** Site TBA, Wyoming, time TBA. Brent Weigner, 819 W. 26th., Cheyenne, WY 82001. (307) 632-2602.
- MAY 30: Ass to Ass Run.** 7.7 & 13.2 mile, Santa Rosa (535 Summerfield Rd. for 13.1 mile, 3300 Petaluma Hill Rd. for 7.7 mile), 9 am. Ass to Ass Run, P.O. Box 4387, Santa Rosa 95402.
- MAY 30: NORML Marl-Thon 10K Run Run.** San Francisco (Polo Fields, So. Parking Lot, Golden Gate Park), 10 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.
- MAY 30: Sunrise Relays.** (3-person teams), Oakland (Merritt College track), 9 am. Karen Eng, 2632-D Etna St., Berkeley 94704. (415) 549-1354, Michael Hofmayer.
- MAY 30: Grass Valley Memorial 10K.** Memorial Park, Grass Valley, 8:30 am. Gary Loucks, 116 High St., Grass Valley 95945. (916) 273-9268.
- MAY 30: Banana Slug Classic (Tentative):** Approx. 7 miles, East Fieldhouse, Univ. of California, Santa Cruz, 10 am. Phil Jones, Fieldhouse, UCSC, Santa Cruz 95064. (408) 429-4524.
- MAY 30: C.C.A.C. One-Hour Run Championships.** College of Sequoias, Visalia, time TBA. Dave Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.
- MAY 30: DSE Practice Dipsea.** 7.1 mile, Mill Valley (Lytton Square) to Stinson Beach, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.
- MAY 30: Brentwood 10K.** Brentwood (Barrington Ave. & San Vicente), 9 am. Valery Johnson, P.O. Box 49913, Los Angeles 90049. (213) 780-7719. *Entries close May 15.*
- MAY 30: Red Cross Mushroom Madri Gras 10K.** Morgan Hill (Live Oak High School), 9 am. Mardi Gras 10K, 875 Claremont Dr., Morgan Hill 95037.
- MAY 30: Descanso 10K & 2 Mile.** Descanso, 8 am. E.O.L., 1013 Park Pl., Coronado 92118. (714) 455-9303, Jack Fitzpatrick.
- MAY 31: Pacific Sun 10K:** Kentfield (College of Marin track), 8 am. Liz Wilhelm, Pacific Sun, P.O. Box 553, Mill Valley 94942. (415) 383-4500. *Marathon cancelled for 1982.*
- MAY 31: Avenue of the Oaks 7-Mile & 2-Mile Fun Run.** Fallbrook (Live Oak Park), 7 am. Bill Sparks, 1448 Knoll Park Rd., Fallbrook 92028.

continued on next page...

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Schedule

MAY 31: The Running Store's 6 Mile Run to the Sun. Eldorado High School, Las Vegas, Nev., 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

LOOKING AHEAD

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

JUN 6: AVON Women's International Marathon & National TAC Sr. Women's Championship. San Francisco, 7 am. Len Wallach, 1060 Continentals Way, No. 104, Belmont 94002. (415) 593-2788, or Ron Markille (415) 668-2060.

JUN 8: Gold Country Marathon. (& half marathon & 10k). Nevada City (Pioneer Park), 7 am. Bud Grattan, 100 S. Auburn St., Grass Valley 95945. (916) 273-4491.

JUN 8: National TAC Masters Marathon. Forest Grove, Oregon, time TBA. Jill Meriman, 1229 NW 23rd St., Portland, OR 97210. (605) 648-4212.

JUN 8: Dipsea 7.1 Mile Race. Mill Valley to Stinson Beach, 9 am. Dipsea, P.O. Box 30, Mill Valley 94941. *May 10 deadline.*

JUN 8: Russian River Marathon. (& half-marathon & 4.9 mile), Ukiah, 8 am. Gail Opperman, Ukiah Community Center, 516 South State St., Ukiah 95482. (707) 462-8879.

JUN 8: Sri Chinmoy Marathon. Recreation Center, Foster City, 7 am. (Pre-Race Clinic held on Sat. Afternoon, June 5). Sri Chinmoy Centre, 2438 16th Ave., San Francisco 94116. (415) 861-4148, days.

JUN 12: Palos Verdes Marathon. Palos Verdes Estates, 7 am. George F. Owens, P.O. Box 153, Palos Verdes Estates, 90274. (Not certified)

JUN 12: DeCelle Memorial Tahoe Relays. So. Lake Tahoe (Hiways 50 & 89), 7 am. (7-person teams). Robert E. DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2265.

JUN 13: Morro Bay to Cayucos. 6 miles, hard pack sand along water's edge. Brian Waterbury, 234 Catalina, San Luis Obispo, 93401.

JUN 18: Entry Deadline for Nike Marathon. Race on September 12. P.O. Box 10412, Eugene, OR 97440. (503) 687-2477.

JUN 20: Valley of the Flowers Marathon (& half marathon). Lompoc Valley Distance Club, P.O. Box 694, Lompoc 93438. (805) 736-6515

JUN 26: Lake Tahoe Marathon. Incline Village, Nevada (Community Center, Lakeshore Blvd.), 7 am. Lake Tahoe TC, Reg Bedell, P.O. Box 5983, Incline Village, NV 89450. (702) 831-1730.

JUN 28: Western States 100 Miller. Squaw Valley to Auburn...entries closed for 1982.

JUN 27: Cascade Run Off. 15K (ARRA Circuit, Prize Money), Portland, OR, 9 am. Chuck Galford, Runoff, 1000 Willamette Ctr., Portland, OR 97204. (503) 223-9016. *June 20 entry deadline.*

JUL 4: Peachtree Road Race. 10K, Atlanta, Georgia, time(?). Royce Hodge, 3224 Peachtree St., N.E., Atlanta, GA 30305. *Limited to 25,000 entrants...early cutoff date.*

JUL 11: San Francisco Marathon. New course this year, 8 am. Scott Thomason, P.O. Box 27385, San Francisco 94127. (415) 681-6616, 9-5 only!

AUG 14: Falmouth Road Race. 7.1 mile, Falmouth, Mass., 10 am. Falmouth Recreation Dept., Main St., Falmouth, MA 02540. (617) 540-4417. *Entries limited to 4,000.*

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

MAY 1: Nick Carter Invitational. University of California at Santa Barbara. Track Coach, UCSB, Santa Barbara 93106. (805) 961-3400.

MAY 2: S. Calif. Cheetah Invitational. Mt. SAC, 9 am. Richard Lewis, 1440 Douglass Dr., Pomona 92717. (714) 622-5470. *Moved from May 1.*

MAY 2: San Jose/Budweiser Invitational. San Jose State University.

MAY 2: USC Women's National Qualifying Marks Invitational. USC, 9 am. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-2682.

MAY 4-5: NorCal J.C. Decathlon and Heptathlon Championships. Cupertino, 11 am.

MAY 7-8: NAIA District III Championships. Westmont College, Santa Barbara.

MAY 8: Southwest Women's Invitational. U.C. Irvine, 9 am. Frank Duarte, 3717 S. Ramona Dr., Santa Ana 92707. (714) 545-7701.

MAY 8: West Coast Relays. Lemoore. Red Estes, Track Coach, Fresno State University, Fresno 93740.

MAY 8: San Francisco State Tune-Up Meet. Coach Harry Marra, Athletic Dept., San Francisco State University, San Francisco 94132. (415) 469-1561.

MAY 14-15: CCAA Championships. Cal Poly Pomona.

MAY 14-15: WCAA Collegiate Conference Championships. USC. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-2682.

MAY 14-15: PCAA Conference Championships. Utah State University, Logan, Utah.

MAY 14-15: Far Western Conference Championships. Humboldt State, Arcata.

MAY 14-15: Pacific Coast Invitational Twilight Meet & Heptathlon. Women. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.

MAY 15: California Relays. Modesto College. Tom Moore, 1720 Richard Way, Ceres 95307. (209) 537-0411.

MAY 15: NorCal J.C. Championships. Modesto, 4 pm.

MAY 15: SoCal JC Championships. Bakersfield.

MAY 15: Oregon Twilight Invitational. University of Oregon.

MAY 15: Golden State Conference Women's Championships. Cal State Hayward.

MAY 16: UCLA-Pepsi Invitational. UCLA. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

MAY 17-18: So. California J.C. Decathlon & Heptathlon Championships. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

MAY 20-22: NAIA National Championships. Charleston, West Virginia.

MAY 20-22: AIAW Div. II Championships. Clarksville, Tennessee.

MAY 20-22: AIAW Div. III Championships. Bloomsburg, Pennsylvania.

MAY 21-22: PAC-10 Championships. Eugene, Oregon.

MAY 22: Two Big Guys Mountain Games. San Jose (DT) & Soquel (SP).

MAY 22: Junior College State Championships. Sacramento, 4 pm.

MAY 22: Siliconex Invitational. Long Beach State. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

TRACK & FIELD

APR 2-3: Marthin Luther King Games Track Meet. Stanford University. Brooks Johnson, Dept. of Athletics, Stanford University, Stanford 94305.

APR 3: Calif. Christian College Conference. Biola College, La Mirada.

APR 3: Mickey's Missiles Invitational. Lincoln High School, San Diego. Mickey Tyler, P.O. Box 14223, San Diego 92114.

APR 3: Taco Bell Invitational. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 3: Sun Angel Classic. Arizona State University. Len Miller, ASU Track, Tempe, AZ 85287. (602) 965-5660.

APR 4: Calif. Corp. Track Assoc. Company Relays. Mira Costa Community College, 1 pm. Tony Baker, Meet Director, CCTA, P.O. Box 1265, Redondo Beach 90278. (213) 371-5379.

APR 6-7: TFA/USA Decathlon. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 8: Diablo Valley J.C. Relays. Concord, 10 am.

APR 9-10: Cal Nike Invitational Track & Field Meet & Heptathlon. Women. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.

APR 10: UC Riverside Invitational. University of California, Riverside.

APR 10: Bruce Jenner Classic. High School & JC, San Jose City College. Bert Bonanno, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 17: Bruce Jenner Classic. College. Open. San Jose City College, Bert Bonanno, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 17: TFA/NIKE Invitational. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

APR 17: Ed Adams J.C. Invitational. Salinas, 10 am.

APR 17: Woody Wilson Relays. UC Davis. Men & Women University competition, except Masters Mile. Jon Vochatzer, P.E. Dept., UCD, Davis 95616. (916) 752-8608.

APR 18: Calif. Corp. Track Assoc. Company Relays. Cal State Dominguez Hills, Carson, 1 pm. Tony Baker, Meet Director, CCTA, P.O. Box 1265, Redondo Beach 90278. (213) 371-5379.

APR 22: Los Rios J.C. Invitational. Sacramento, 2 pm.

APR 22-25: Mt. SAC Relays. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

APR 24: Leigh-West Valley Relays. West Valley College. Bill Hotchkiss, Leigh High School, 5210 Leigh Ave., San Jose 95124. (408) 377-4470.

APR 24: Multi Events Invitational. Claremont High School. Rich Ede, 1424 Lyndon Dr., Claremont 91711. (714) 624-1484.

APR 24: Capital City Invitational. Hughes Stadium, Sacramento, 11 am. Joe Silva, 2339 67th Ave., Sacramento 95822. (916) 391-7357.

continued on next page...

MAY 22: Warmerdam Classic. Fresno State University, Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 294-4097.

MAY 23: SPA Jr./Sr. Women & Sr. Men District Championships. UCLA, 11 am. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 924-0075.

MAY 24: Pacific Association TAC Championships. Moved to Mid-August. TBA.

MAY 24-29: NCAA Div. II Championships. Sacramento.

MAY 24-29: NCAA Div. III Championships. Naperville, IL.

MAY 28-29: TFA/USA Outdoor Championships. Wichita, KS. Herm Wilson, Head Track Coach, Wichita State University, Campus Box 18, Wichita, KS 67208.

MAY 27-29: AIAW Championships. College Station, Texas.

MAY 29: Compton Cup Invitational. Compton High School, Harris Williams, 19003 Cliveden Ave., Carson 90746. (213) 636-8525/631-1973.

MAY 29: San Diego Cougar Invitational. San Diego State University, 9 am. Lenwood Williams, 2426 56th St., San Diego 92105. (714) 263-7834.

MAY 31-JUN 1: State J.C. Decathlon & Heptathlon Championships. Mt. San Antonio College, Track Office, Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789.

JUN 1-5: NCAA Div. I National Championships. Provo, Utah. Clarence Robison, Brigham Young University, Provo, UT 84602.

JUN 5: High School State Meet. Hughes Stadium, Sacramento.

JUN 5-6: SPA Heptathlon/SPA Youth Athletics Jr. Olympics Multi Events Chmps/SPA Olympic Development Meet. Cal State Northridge, Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

JUN 6: Pre Classic. University of Oregon.

JUN 6: Compton Invitational. Compton High School, 9 am. Wally Williams, 400 S. Kemp, Compton 90020. (213) 631-3416.

JUN 12: Golden West Prep Invitational. Hughes Stadium, Sacramento.

JUN 12: Kinney Invitational. Edwards Stadium, Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326.

JUN 13: SPA Olympic Development Meet. UC Irvine, 12 noon. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 924-0075.

JUN 13: Corporate State Championships. California Corporate Track Association, P.O. Box 1265, Redondo Beach 90278. (213) 371-5379.

JUN 14-15: TAC Junior Men Nationals. Bloomington, Indiana. Sam Bell, Track Coach, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 337-8583. (Qualifier for U.S. teams in international competition).

JUN 18-20: TAC National Championships (Senior). Knoxville, Tennessee. Stan Huntsman, Box 47, Univ. of Tennessee, Athletic Dept., Knoxville, TN 37901. (615) 974-1225. (Men and women. Qualifier for U.S. teams in international competition.)

JUN 19-20: Region 13 (Calif./Nev.) TAC Age-Group Championships. Diablo Valley College, Pleasant Hill. DVTC, P.O. Box 23646, Pleasant Hill 94523-0646. (415) 284-2240, Gary Santos.

JUN 26-27: TAC National Women's Heptathlon. USC. Sherry Calvert, USC Athletic Dept., Heritage Hall, University Park, Los Angeles 90007. (213) 743-7693.

JUN 26-27: TAC National Decathlon. Baton Rouge, Louisiana. Sam Seemes, Track Office, LSU Athletic Dept., Louisiana State Univ., Baton Rouge, LA 70893. (504) 388-8628.

JUN 30-JUL 1: TAC Junior Women Nationals. UCLA. Pete Scanlan, 2925 Knoxville, Long Beach 90815. (213) 421-2867.

JUL 2-4: TAC National Girls Age Group Championships. Spokane, WA.

JUL 10-11: USA vs. USSR Jr. Pullman, WA.

JUL 17-18: USA vs. USSR Decathlon & Heptathlon Meet. UC Santa Barbara. Tentative.

JUL 22-23: USA vs. Canada Jr. Colorado Springs, CO

JUL 23-25: TAC National Boys Age Group Championships. Omaha, NB.

JUL 27-28: TAC Junior Olympics Multi-Events Championships. Manhattan, KS.

JUL 30-AUG 1: TAC National Junior Olympics. Lincoln, Nebraska. Frank Seivne, Track Coach, Univ. of Nebraska, 116 S. Memorial Stadium, Lincoln, NE 68588. (402) 472-2991.

JUL 30 - AUG 1: Junior Pan American Games. Barquisimeto, Venezuela.

AUG 6-8: AAU National Junior Olympics. Memphis, TN.

Around the State



New Kinney Meet

Track stars from around the globe, including recent record breakers Mary Decker, Carl Lewis, Billy Olson, Willie Banks, and Evelyn Ashford, will compete in the first annual Kinney Invitational track meet, Saturday afternoon, June 12, at Edwards Stadium on the University of California, Berkeley campus.

Field events begin at 1 p.m., with reserved seats \$10, and unreserved seats \$7.00. Ticket information: (415) 642-5150. Make checks payable to UC Regents, and the mailing address is Athletic Ticket Office, Harmon Gym, U. of Cal., Berkeley, CA 94720.

The Kinney Invitational Meet Chairman is Al Franken, who currently organizes the Sunkist, Jack in the Box, and UCLA/Pepsi Invitionals. All these meets are ranked amongst the finest in the world.

Recent Sullivan award winner Carl Lewis will compete against 1979 World Cup champion Larry Myricks in the long jump. Lewis leaped over 28 feet twice during the 1982 indoor season, and was ranked No. 1 in the world last year in both the 100-meters and the long jump.

The men's mile should be exciting, with an international cast attempting to become the first to break the 3:50 barrier in the United States. American mile star Steve Scott will be challenged by sub 3:50 milers Sydney Maree and 1976 Olympic gold medalist John Walker of New Zealand. Also in the field are rising stars Tom Byers and Todd Harbour. Byers is coming off an excellent indoor season and may become the man to beat outdoors in 1982.

Former Cal standout James Robinson will clash with Don Paige, who recently set

an indoor world record at 1000 yards. Robinson was ranked No. 2 in the world last year in his specialty, 800-meters. Paige, a former Villanova star, was ranked first in the world 800-meters in 1980, but was injured and unable to compete outdoors in 1981.

Other top entrants include: Mike Tully, Earl Bell, Dan Ripley, Francie Larriue, Leann Warren, Henry Rono, Doug Padilla, Bill McChesney, Paul Cummings, Steve Lacy, James Sanford, Houstond McTeart, Mel Lattany, Cliff Wiley, Mike Marlow, Jodi Anderson, Dwight Stones, Debbie Brill.

SPA All Stars

The following is the Men's All Star Track and Field Team of the Southern Pacific Association of the Athletic Congress. The team was chosen from athletes registered in the SPA-TAC or those who are presently living in Southern California.

Event	Athlete (Club)	Mark
100	Carl Lewis (SMTC)	10.00
	James Sanford (SCS)	10.05
200	James Sanford (SCS)	20.20
	La Monte King (SSTC)	20.36
400	Bill Green (JSC)	45.07
	Eddie Carey (AIA)	45.35
800	Brian Theriot (SSTC)	1:45.79
	David Mack (SMTC)	1:46.03
1500	Steve Scott (Sub-4)	3:31.96
	Todd Harbour (SMTC)	3:35.60
5000	Bill McChesney (SMTC)	13:15.77
	Ed Arriola (Unat)	13:39.90
10,000	Bill McChesney (SMTC)	27:47.25
	Steve Ortiz (Unat)	28:37.50
Steeple	Bill McCullough (SSTC)	8:31.81
	Dave Daniels (UCLA)	8:35.50

Mara	Chuck Smead (Adidas)	2:13:47
	Steve Ortiz (Unat)	2:13:21
110 HH	Greg Foster (Shaklee)	13.03
	Sam Turner (SSTC)	13.38
400 IH	Edwin Moses (UI)	47.14
	Andre Phillips (Shaklee)	48.10
HJ	Dwight Stones (PCC)	7-7
	Nat Page (SCS)	7-6
PV	Larry Jessee (Macc)	18-5
	Anthony Curran (SCS)	18-0½
LJ	Carl Lewis (SMTC)	28-3½
	Larry Myricks (AA)	27-8¾
TJ	Willie Banks (AW)	57-7½
	Mike Marlow (SSTC)	56-4
SP	Dave Laut (AW)	70-10½
	Ben Plucknett (SCS)	67-6¾
DT	Ben Plucknett (SCS)	237-4
	Marcus Gordien (SSTC)	201-9
HT	Peter Farmer (Macc)	235-7
	Bill Green	216-8
JT	Bob Roggy	292-1
	Mike Packer (Macc)	267-6
Dec	Mark Anderson (UCLA)	8171
	Grant Niederhaus (SCS)	7632
Sprint & Hurdle Club	Stars & Stripes TC	
Middle Distance Club	Santa Monica TC	
Field Event Club	Southern Cal Striders	
Official Statistician	Stan Eales	
Sprint & Hurdle Coach	Jim Bush	
Distance Coach	Joe Douglas	
Field Event Coach	Sam Adams	

Continued on page 41...

Tuttle's Track Topics

By GARY TUTTLE

Runner's Questions

In this month's column I'm going to answer three frequently asked questions.

The most frequently asked question is asked by the novice and experienced runner equally, especially when an injury is bothering them: "Should I be running on soft surfaces?" Or, "Should I avoid the hard roads?"

Ideally, we should all be running each and every step on dirt. Dirt provides us with both stability and firmness, while still providing some cushioning. Dirt is the natural surface, early man ran days on end with his bare feet on the dirt. If the earth was still covered entirely with dirt, as it was only 100 years ago, undoubtedly we would all be less frequently bothered by injuries.

Unfortunately, "progress" has covered millions of square miles with cement and asphalt. There is so much asphalt, it has become unfeasible to try and run all, or even a large percentage of the miles on the yielding surface of dirt. The only way to run on dirt is to run in an orchard, a park, or along the railroad tracks. Most people don't have instant access to these areas which means they are forced to run near home, on the streets, pounding the asphalt.

Luckily, today's shoes are made to protect us from the shock of the hard surfaces. Ten years ago, many runners' feet were flattened and joints crunched by running a hundred miles a week on the roads in the thin, hard shoes.

About seven years ago, four shoe companies (New Balance, Brooks, Tiger and Nike) began to develop specialty shoes for the runner and walker which were designed to provide maximum cushioning. In seven years' time the shoes have improved to the point that it's safe to run two to 200 miles a week along the roads, but still dirt is best.

As good as dirt is, there are some drawbacks. First of all, along with dirt comes possible unsure footing. Many runners have set themselves back weeks by stepping in a hole, or twisting their ankle on a rock.

A problem actually aggravated by soft surfaces is excessive pronation. I've seen several cases of severe shin splints actually get worse by running on too soft a surface. The more give to the surface, the more the foot is allowed to roll inward, putting added strain on shins and knees.

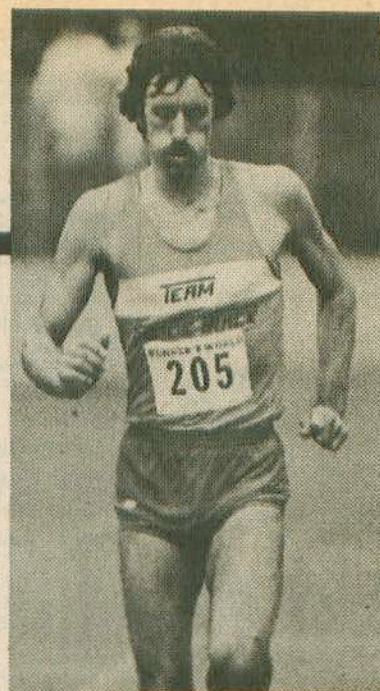
Another problem pertains only to those who race. Racers who train exclusively on dirt have trouble adapting to the hard roads during races. It's been estimated that the legs absorb up to six times a person's body weight with every step on the hard surfaces. Just as the lungs must be trained to withstand the effects of strenuous running, so must the legs.

Ideally, a good mix is 50 percent of dirt and 50 percent on cement. This mix gives you springy legs, good sole wear and conditioned legs.

The second issue I will address is pertinent to the winter season. With the cold weather, arrives the colds, flu and even pneumonia.

During the winter season I'm asked at least twice a week, "Should I run when I'm feeling sick, or have a cold?"

Before I can answer the question, I need to know, "how sick?" Obviously, anyone who is seriously ill has no business doing any exercise of any kind. My general rule for myself is that I never run if I have a temperature. Normally a person with a temperature has no desire to run anyway.



If I have a common cold, I will continue on with my training program. When I have a cold, however, I do make a few changes. I will dress warmer both during and after running. I also increase my dosage of vitamin C, and my daily intake of fluids. The most important change I make is to cut down on both my mileage and the intensity of my training.

Normally, people use common sense and don't force a run when not feeling well. As usual, there are exceptions to the rule.

One of the exceptions is Ron Hill, English marathon Olympian, and one of the world's best marathoners in the late 60's. Ron has been running for over 20 years, and has never missed a single day of running. Ron has the Guinness world record. In order to count as a run, Ron must run at least 15 minutes. Several times, he's literally dragged himself out of bed and onto the road. Ron has carried his dedication to extremes. The quest for another 10 years of non-stop running has overcome common sense.

For the rest of us mortals, common sense prevails.

The third area covered concerns injuries and recovery. Often runners will ask, "All week my (knee...back...shin...etc...) has been hurting. Should I run on it?"

The obvious answer once again is to use common sense and respect pain. Pain in the body is a warning that something is wrong. Don't try to be a hero and run through pain, especially if the pain gets worse as the miles roll by.

Many runners, myself included, have ailments that hurt for the first 10 minutes or so, and then get better as we continue running. If you have an injury, these are the types of injuries to have and are really no problem.

If you have the type of injury which continues to hurt, then you should back off on running. Cut your mileage back to a level which allows you to run pain-free. Unfortunately, you may not be able to run pain-free, and may have to rest.

While you're resting, it's important to try and find out why you're hurting. Was it a traumatic sprain or tear? Do you remember the exact instant? If you can't, then it's probably come along gradually from overuse.

When you develop an overuse injury, look for the cause. Eliminate the cause, you eliminate the injury. Overuse injuries can be caused by such things as cheap or worn shoes, inflexibility, poor form, short leg, flat feet, overtraining, mineral or vitamin deficiency, dehydration, illness, and several other possibilities.

Unfortunately, no matter how hard we try and take care of ourselves, we get sick and injured. Fortunately, being in shape means a healthier body. Those of us who exercise are sick and hurt less often than those who never exercise, but somehow it seems to affect our lives greater when we do get sick.

U.C. Berkeley's Lawrence Hall of Science
Presents

5th Annual Strawberry Canyon Run

Saturday, May 22, 1982

- Run T-shirt for all participants.
- Free admission to Lawrence Hall for runners and guests.
 - Refreshments by Crystal Geyser.
 - Times and places for all finishers.

ROUTE

5.5 tough miles! Starting on campus at Edwards Field (Bancroft Way and Fulton Street), the route crosses campus on paved trails and streets, then winds up through the scenic Berkeley hills on an unpaved fire road, to the Lawrence Hall of Science. Participants should be in good shape, as the route climbs 1100 feet.

REGISTRATION

Limited to 1200. Please use the attached form. Mail entries must be postmarked by May 15. Registrations after this day may be submitted in person at Lawrence Hall of Science. No pre-registrations will be accepted after Wednesday, May 19. Registration on the day of the Run will only be offered if space is available. There is a non-refundable, non-transferable \$6.00 pre-registration fee. Registration on the morning of the Run, if available, will be \$9.00.

DIVISIONS

Runners will be ranked in the following divisions. The first finisher in each division will receive a year's free membership to the Lawrence Hall of Science.

Men's	Women's
15 and under	15 and under
16-29 years	16-29 years
30-36 years	30-36 years
37-46 years	37-46 years
47 and over	47 and over

REFRESHMENTS

Sparkling water provided courtesy of Crystal Geyser Sparkling Mineral Water, bottled at the source and imported from Napa Valley.



REGISTRATION FORM

I hereby apply to run in the 1982 Strawberry Canyon Run. In so doing, I agree to abide by the rules as set forth by the sponsors of the Run. In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, representatives, executors, and administrators waive and release forever any and all rights and claims or damages I may accrue against the Regents of the University of California and all its agents, officers, employees, their successors, representatives, and assigns, from all claims and demands whatsoever for any and all accidents, illnesses, injuries, and other consequences suffered by me while travelling to and from, and while participating in, the 1982 Strawberry Canyon Run from Edwards Field to the Lawrence Hall of Science on May 22, 1982, or resulting directly or indirectly from said activities.

Signature of Applicant _____ Date _____
(or guardian if under 18 years)

PLEASE PRINT

Applicant's Name _____

Age _____ Sex M F

Street Address _____

City _____ State _____ Zip _____

Phone _____

Single Mile Time Under 6 min. 6-8 min. Over 8 min.

Make check or money order payable to:
The Regents of the University of California

Return completed form and payment to:
Strawberry Canyon Run
Lawrence Hall of Science
University of California
Berkeley, CA 94720

For office use only

Date Rec'd _____ Rect. # _____

by _____ Reg. # _____

RACE DAY INFORMATION

- Check-in time is from 8:00-8:45 a.m. The Run begins at 9:00 a.m.
- Runners will be divided into three starting groups based on their ability. These groups will be staggered by two minutes, with the fastest runners leaving the starting line at 9:00 a.m. Figure your estimated mile time, based upon a single mile on a flat track, and check the appropriate box on the registration form.
- Free parking, courtesy of U.C. Berkeley, is available in the lot opposite Edwards Stadium on Bancroft Way.
- Free shuttle buses will return runners to the starting area.



Mary Decker Tabb waves to crowd

By DOUG SPECK

February 19, 1982. San Diego.

On Friday evening, February 19, Al Franken's Track and Field promotion expertise headed south as he presented his sixteenth annual "Jack-in-the-Box" Invitational Indoor Meet at the San Diego Sports Arena. As a Los Angeleno myself, it is a bit of a hassle to get two hours south on a Friday evening, but myself and the other smog city-ers who I see down here every year have never been disappointed. 1982 was no exception. Whether it's the fact that most athletes have a number of indoor competitions under their belt or that mid-February is pretty close to the spring outdoor season (I have a feeling it's a bit of both) athletes generally go crazy here.

Three world bests and a fourth one they are probably still debating about highlighted an evening of exciting competition. Mary Decker continues to run faster, her 4:20.5 in the mile here lowered her own 4:21.47 World Best. Field eventers Billy Olson (pole vault) at 18-9½ and local hero (he prepped in nearby Oceanside) Willie Banks (triple jump) at 57-1¼ also broke World Records. A women's 60 yard dash featured as much immediate controversy as ever surrounded a track event that this writer has seen. Evelyn Ashford raced to a 6.48 World Best in a confusing race where half the field never got out of the blocks. The usually exciting men's mile and two mile were that way again, as Doug Padilla took care of the American Record in the longer race at 8:16.8, and John Walker rocketed away from the field in the mile during the last lap to win in 3:52.8.

16th Annual San Diego Jack-in-the-Box Invitational

It is unfortunate when controversy gains most of the headlines, but the women's 60 had it here. Remember we are now dashing for cash here—no longer running for the tough-to-figure-out under-the-table money. As part of the Jean Nate series of races the winner here received \$3000, second \$1400, and third \$800. While the athletes were taking their marks in a top field that included Evelyn Ashford, Jeanette Bolden and Alice Brown, they were suddenly called to the set position in a shockingly short time. It appeared Alice Brown took a deliberate false start to shut the thing down, but there was no second gunshot fired after the starter's pistol cracked the first time. Ashford, her strange sprint style making it tough to figure if she was even going all out, romped to a three yard win over Diane Williams, with neither Brown nor Bolden getting more than ten yards down the track. UCLA/Wilt's AC sprint coach Bob Kersee was a bit miffed, to put it mildly, and even Wilt Chamberlain himself came out of the stands to join the debate. The possibility of a re-run was considered, then the announcement that Ashford had run 6.48 and broken Bolden's 6.60 World Best fueled the fires more. Mr. Franken, with his "the shoe must go on" attitude, said to let the results stand. It seems that under TAC rules, as unpopular decision as it was, as the situation occurred that was the correct judgment to make.

Mary Decker continues to let no one down, as she chipped away further at her mile time. Going against the clock, as usual, she raced 64.4-2:08.4-3:15.1 quarter splits on the way to a super 4:20.5 (4:03.0 1500m). Back near the end of the pack, prep Polly Plumer (unattached from University

photo by Richard Lee Slotkin



John Walker wins the mile

High School in Irvine) tried to hang on through 68.2-2:17.9-3:31.2 quarter posts before recording an excellent 4:45.9.

Willie Banks has the potential to be America's most popular track and field athlete. Be-bopping to a pocket stereo between jumps the very animated Athletics West star's every movement shows the absolute delight and enjoyment he gets from his triple jump event. Here he spanned 54-10¼ and 55-10 before sailing out to an astounding 57-1¼ World Best.

As the evening wound down Billy Olson had the crowd's attention as he continued to edge the indoor pole vault best towards 19 feet with an 18-9½ clearance. The Texan had a couple of good jumps at 19 feet.

Doug Padilla looked "out of this world" powerful during the two mile. After plenty of company through a 4:10.7 mile, at which time Thom Hunt put in a burst which kept the pace honest through a 5:13.5 fifth quarter post, Padilla said good-by. Building up steadily during the final three-quarters of a mile (covered in 3:03.3) Padilla sailed in an easy winner at 8:16.8 (lowering Steve Prefontaine's 8:20.4 American Record). Padilla's last mile was 4:06.1, his last quarter mile 58.4.

The men's mile was very interesting. Rabbit Eddie Davis moved out through a 56.6 first quarter mile, but let things drag as the big pack came by the 880 together at 1:57.8. Steve Scott, with his new "dictate from the front" strategy, then took over and pressed through a 2:56.1 1320. He stayed in front until one lap to go, where his close company, John Walker, Ray Flynn, and Tom Byers, closed in for the kill. At the start of the last backstretch Walker was the first to charge by, then Byers and Flynn edged past Scott. Walker seemed to be taking out recent frustrations during that last lap as ended up at 3:52.8, with Byers 3:53.6, Flynn 3:54.1, and Scott 3:55.0.

In other women's events UCLA/Wilt's AC LaShon Nedd and Debbie Brill were winners. A Coach Scott Chisam recruit out of Dallas, Nedd looks as if she can do a super job from the sprints up through the quarter. Here she held off her teammate, Arlise Emerson, in impressive style as the duo moved to near the top of the all-time 500 yard list at 1:03.5-1:03.6. The World Best is 1:03.3. Brill continued her high jump string of wins with a 6-2¼ triumph on misses over Colleen Rienstra.

In other field events Dwight Stones and Larry Myricks jumped to wins. Stones was domineering over the field here with a 7-5½ high jump, while Myricks was an easy long jump winner at 26-7¼.

In the 880 Don Paige handled Mark Belger and the field in an instant replay of the LA Times 1000. Following pacer Duane Wycoff through a 54.0 440, Paige sat on Belger until a lap to go before pulling away to a fine

1:48.6 win. Randy Wilson edged past Belger for second in a fine 1:49.0.

Arizona State's Ron Brown handled USC frosh, Darwin Cook, and the field in 50 and 60 yard dashes. A 5.2 took the 50, while only .02 separated Brown and Cook (6.13-6.15) over 60 yards.


Indoor vet Tony Darden (Philadelphia Pioneer) edged Scott Poehling 62.7-62.9 in a 500 meter race.

One note this writer feels compelled to add. I wonder what Willie Banks, Doug Padilla and Tom Byers would be achieving were it not for the support of Nike through Athletics West? The shoe company's support has really raised the stock of American track and field.

Results

Women	
60 Yards:	
1 Ashford(Medalist TC)	6.48
2 Williams(La Naturite)	6.76
3 Akimoto(Japan)	NT
500:	
1 Nedd(UCLA/Wilt's AC)	1:03.5
2 Emerson(UCLA/Wilt's AC)	1:03.6
3 Gardner(LA Mercuertes)	1:04.5
4 Gutowski(UCLA/LA Merc)	dnf
Mile:	
1 Decker(Athletics West)World Best	4:20.5
2 Larrieu(New Balance TC)	4:32.7
3 Hansen(Athletics West)	4:33.9
4 Twomey(Athletics West)	4:34.7
5 Joyce(SD State)	4:38.4
6 Plumer(un/Univ HS, Irvine)	4:45.9
High Jump:	
1 Brill(PacCstClub)	6-2 1/4
2 Reinstra(Wilts AC)	6-2 3/4
3 Huntley(PCC)	6- 3/4
4 Fukumitsu(Japan)	5-10 7/8
5 Stafford(SD State/Vita Plus)	5-8 1/4
Men	
50:	
1 Brown(Ariz State)	5.2
2 Cook(USC)	5.3
3 McTear(Wilts AC)	5.3
4 Brown(UCLA)	5.4
5 Shields(SD State)	5.4
60:	
1 Brown(Ariz State)	6.13
2 Cook(USC)	6.15
3 McTear(Wilts AC)	6.20
4 Okodogbe(Ariz)	6.30
5 Shields(SD State)	6.35
6 Brown(UCLA)	6.42
500 Meters:	
1 Darden(Phila Pioneers)	62.7
2 Poehling(PCC)	62.9
3 Wiley(un)	63.9
4 Henley(Ariz State)	64.0
5 Blaylock(SD State)	65.2
880:	
1 Paige(Ath Attic)	1:48.6
2 Wilson(Ath West)	1:49.0
3 Belger(PCC)	1:49.9
4 Paez(Spain)	1:50.4
5 Theriot(un)	1:51.0
Mile:	
1 Walker(New Zealand)	3:52.8
2 Byers(Athletics West)	3:53.6
3 Flynn(Ireland)	3:54.1
4 Scott(Sub-4)	3:55.0
5 Gonzales(Sp)	3:56.8
6 Nemeth(Austria)	3:57.4
7 Wessinghage(W Germany)	3:59.5
8 Maree(Athletics Attic)	4:00.1
Two Mile:	
1 Padilla(Ath West)American Record (3000 - 7:46.5)	8:16.8
2 Fell(SD State)	8:22.7
3 Cummings(New Bal TC)	8:25.2
4 Royle(Great Britain)	8:25.9
5 Assuma(UCR)	8:28.7
6 Hunt(Athletics West) (Hunt's time off my Chronomix)	8:30.6
High Jump:	
1 Stones(PCC)	7-5 1/2
2 Goode(Coll of Alameda)	7-2
3 Schieffer(SD State)	7-2
4 Caire(USC) tie	6-10
Balkin(UCLA) tie	6-10
Gonzalves tie	6-10


Long Jump:			
1 Myricks(Athletic Attic)	26-7 1/4	4 Kimble(Bay Area Striders)	52-4 1/4
2 Tave(USC)	24-3	5 Mayfield(Ariz State)	51-3 1/4
3 Countryman(SD State)	22-9	6 Gary(SD State)	49-10 1/4
4 Brajevich(SD State)	21-4 1/2	Junior College Mile Relay:	
Pole Vault:			
1 Olson(PCC)World Best	18-9 1/2	1 Palomar	3:24.7
2 Bell(PCC)	18-4 1/2	2 Mesa	3:28.0
3 Hintnaus(SoCalStriders)tie	17-6	3 Grossmont	3:28.1
Kenworthy(USC) tie	17-6	4 Southwestern	3:28.8
Triple Jump:			
1 Banks(Athletics West)World Best	57-1 1/4		
2 Marlow(Stars & Stripes TC)	54-4		
3 Benson(UCLA)	52-11		



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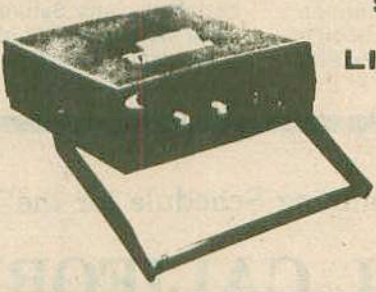
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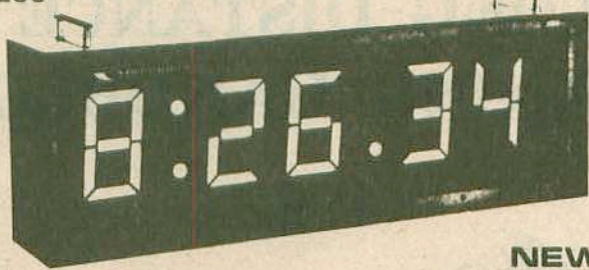
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San Francisco Games

By KEITH CONNING

The 19th annual San Francisco Games Indoor Track and Field Meet attracted 9,627 track fans to the Cow Palace in Daly City to catch the mile.

John Walker of New Zealand, the former world record holder at 3:49.4 and 1976 Olympic Champion, won in 3:59.6. Walker said, "This was a very easy race tonight. I must admit, it's the first time I've run here, but the track isn't oval, it's square. So when you come into the final turn, instead of getting the momentum, you can go right off the track if you aren't careful."

Last year, a new "state-of-the-art" Tracks West oval was installed at the Cow Palace. The plywood track is a resonant running surface incorporating McMahon-Green low profile curves, features which allow the track to even out the hard and soft spots inherent in ordinary tracks. All of the world's fastest indoor miles have been run on Tracks West tracks, including Steve Scott's thrilling meet record in 1981, 3:55.3, the first

sub-4 mile turned in at the San Francisco Games. The 150m oval is the latest, most up-to-date advancement in design and manufacture.

Steve Scott (UC Irvine 1978/Sub-4 Track Club), the American record holder at 3:49.68, finished second in 4:00.2. Scott said, "I took it a little easier from September to December this year, and it gave me a good break. And down in New Zealand in January, I was outkicking him (John Walker) in 4 of our 5 races, moving away from him. I just didn't have it here tonight. John moved well, and he deserved to win it."

The splits for the mile were 60.3, 2:07.5, and 3:05.2. Walker ran the last quarter in 54.2.

Doug Padilla, formerly of Marina High School in San Leandro, Chabot College in Hayward, and Brigham Young University, switched plans Saturday and entered the 3,000 meters instead of the mile. He received a standing ovation for his outstanding

performance. He missed the American record of 7:45.2 set by Steve Scott in 1980 by one second. Padilla broke the Cow Palace and San Francisco Games record of 7:57.0 set by Eamonn Coghlan of Ireland in 1979. He spent two years in El Salvador on a mission for the Mormon Church. He took fourth in the 1974 North Coast Section two mile as a high school senior in 9:17.0. He's a late maturer. Padilla said, "They were giving me splits, like 53 and 1:46, and I didn't have any idea what they meant. How big is this track? 150 meters? I never knew where I was, so I had trouble knowing how fast I was going. I did lose concentration during the last 4-5 laps, for some reason."

Padilla set an American record of 13:20.55 in the 5,000 meters in the Millrose Games nine days ago and set an American record of 8:16.8 for two miles at San Diego Friday night.

Robert Nemeth of Austria, a 3:52.42 miler, also was under the old meet record, but he was a full ten seconds behind Padilla.

Evelyn Ashford (UCLA 1979), the number one woman in the world last year, broke her own meet record of 6.26 in the 50 meters by .06. This is the third year in a row that Ashford has won the event. Freshman Sharon Ware of Arizona State, the California state high school champion, finished second in 6.45. Ashford said, "Last year was hard for me, and 1980 was very hard. I need a break to get hungry again. For right now, I'm finished, with a legitimate improvement on my time. I'm wishing now that the season is just starting, since I'm just beginning to run. I only ran this year because I needed the money. I don't know how I stand with the Mobil (Grand Prix) but I know I'll make some money. I ended with a PR this year. I'm not running outdoors. I saw Gary Ginslinger, my high school (Roseville) coach, for the first time in years. I'm very happy. I'll be training, but I need a break to get hungry for 1984."

Earl Bell (Arkansas State 1977), the former world record holder in the pole vault, upset Billy Olson (Abilene Christian 1981), the current world indoor record holder at 18-9 $\frac{1}{4}$, with a new meet record of 18-4 $\frac{1}{2}$. Bell set the old record of 18-0 in 1980. The first 17 foot vault in this meet was by Bob Seagren of Love Boat in 1968. Felix Bohni of Switzerland and San Jose State, the defending champion had to settle for third at 17-0. Olson also exceeded the old meet record with a vault of 18-0 $\frac{1}{2}$.

Willie Banks (UCLA 1978), who was ranked number one in the world in the triple jump, won with a mark of 54-0 $\frac{1}{2}$. Banks said, "I just choked tonight. I wasn't concentrating, and mentally, I just blew it. I'm really depressed talking about it. I had two good, long fouls; then a short jump to qualify (49 feet). On the 4th jump, the crowd was really with me, and if I had straightened it out, it would have been a long one, but I didn't concentrate enough. It was my fault, and I just blew it. Sometimes it's tough jumping two nights back to back. I used to jump once every two weeks, then last year I jumped several meets in a row and got hurt. So I'm going to lie low for awhile, take it easy and just train real hard, not compete too much. I want to get a good long jump at the TAC meet next week; if I don't, I'll be really depressed."

Long Distance Running Schedule for the Valley

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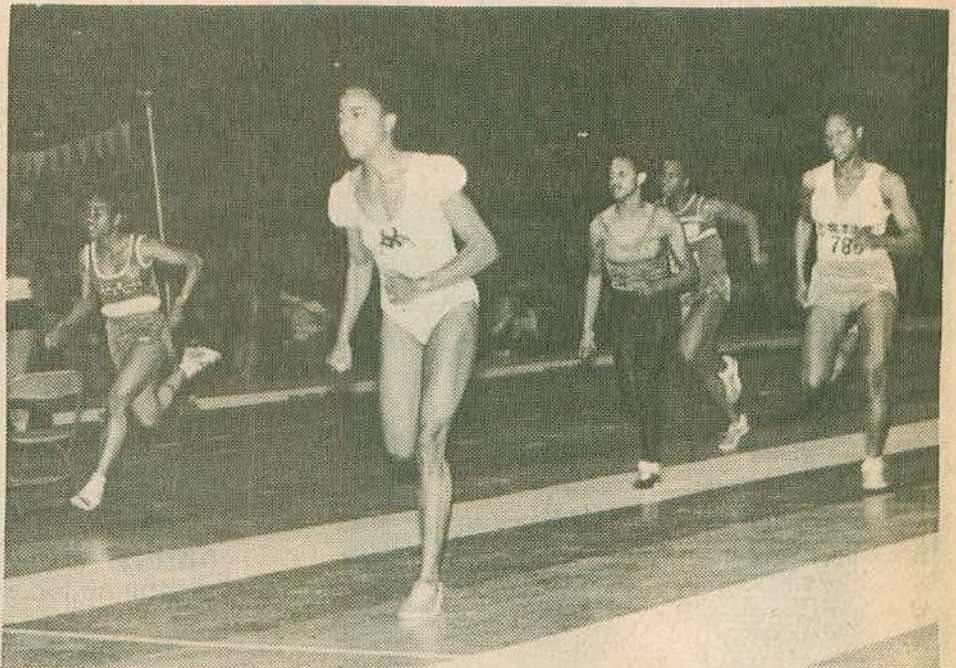


Triple Jump King: Willie Banks

George Ervin of Fresno State edged Greg Turner (Houston 1980) by .01 and freshman Kenny Robinson of Arizona State, the California state high school champion, by .02 in the 50 meters. Mel Lattany, ranked number two in the world sprints, failed to appear. Ervin said, "Those two false starts took a lot out of me; I got down about 10 yards from the finish before I heard the recall. But I got a good start, so I'm happy. I run my first outdoor meet next week down at UCLA and Irvine. I'll run the 100, the deuce (200), 440 relay and mile relay. We'll have an outstanding 440 relay this year."

Scott Poehling (Nebraska 1980/Pacific Coast Club) defeated freshman Pete Richardson of Arizona State, the 1981 California state high school champion, in the 600 meters. Poehling said, "I live in Lincoln, Nebraska. I'm working for my daddy in his architecture firm. I'll run the TAC 600, then run some relays outdoors, 4x800 and a distance medley at Mt. SAC. After the outdoor TAC, I'll go to Europe. I played football at Nebraska for one year, then went all out for track. I had to decide one sport or the other; I can't run the 880 and play football. I wanted to run against the greatest athletes in the world, so I went with track."

Dedy Cooper (San Jose State 1979), the number 3 ranked high hurdler in the world, set a new meet record in narrowly defeating Larry Cowling of California in the 50 meter high hurdles. Cooper said, "I haven't had time to train properly, so I was pretty happy. I have a groin injury, not bad, but I need to be careful for outdoors. I will run the 400



Left to Right: Sharon Ware, Evelyn Ashford, Nedrea Rodgers, Pam Donald, Donna Carley.

hurdles and see what goes best for me. It will make it more exciting for me, because I can run a good 400. I think I can make the people in the intermediates look around. Like Sam Turner, who moved to the other events this year and did really well."

Regina Jacobs, a freshman at Stanford, kicked by Jessica Spies of Livermore High School and the San Jose Cindergals in the 800 meters. Spies time of 2:09.1 was the 9th fastest all-time by a high schooler and the second fastest by a Californian behind Mary Decker. Jacobs said, "I love it at Stanford. I'm really happy with Johnson, I love the team—not just a team in name, but we push each other really well. It was my fastest ever indoor 800—best ever is 2:06.25."

John McArdle (Oregon 1979) threw the 35-pound weight 70-6 $\frac{1}{4}$ at Stanford to defeat 40-year old George Frenn (Abilene Christian, Long Beach State 1964). Veteran Ed Burke (San Jose State 1962), who celebrates his 42nd birthday on March 4th, placed fourth at 65-11 $\frac{3}{4}$.

Kevin Willhite of Cordova High School in Rancho Cordova was upset by Lenny Davis of Pittsburg in the high school 50 meters. Willhite said, "I bumped the guy next to me, then I bumped him again, so I just said, 'I know I can get second', so I just ran in."

Results:

FRIDAY, Feb. 20: Olympic Development Meet (best marks):
College/University/Open Men: 30 Meters: George Ervin (Fresno State) 4.1; Phil Conners (CS Stanislaus) 4.2; Coy Justice (CS Hayward) 4.2; King (Humboldt St.) 4.2; Caine (Fresno St.) 4.2; P. Jones (GSFC) 4.2. **600 Meters:** Steve Gullickson (UNR) 1:24.7; Steve Pradere (UNR) 1:25.5; Ron Davis (UC Davis) 1:25.5; Rickey Pinchback (CS Chico) 1:26.3; M. Silva (CS Chico) 1:26.4. **1500 Meters:** 1. Steve Pradere (UNR) 4:01.8; 2. Chris Hood (CS Chico) 4:04.5; 3. Greg Williams (Humboldt St.) 4:05.7; 4. Greg Fogg (CS Chico) 4:05.7; 5. Sean Palmer (CS Chico) 4:05.8. **40 Meter Hurdles:** 1. Frank Williamson (Fresno St.) 5.4; 2. Ed Alalra-

photo by Don Gosney

qui (UCD) 5.5; 3. Dean Williams (CS Chico) 5.5; 4. J. Jison (CS Hayward) 5.9. **1800 Meter Relay:** 1. Fresno State 4:02.9; 2. Fresno State B 4:04.6; 3. Humboldt State 4:11.6; 4. Fresno Track Club 4:17.2. **High Jump:** 1. Dan McNamara (Fresno St.) 7-0; K. Neal (Fresno St.) 6-6. **Long Jump:** 1. George Gaffney (Unatt) 23-7; 2. Tony Young (CS Hayward)

continued on page 21...



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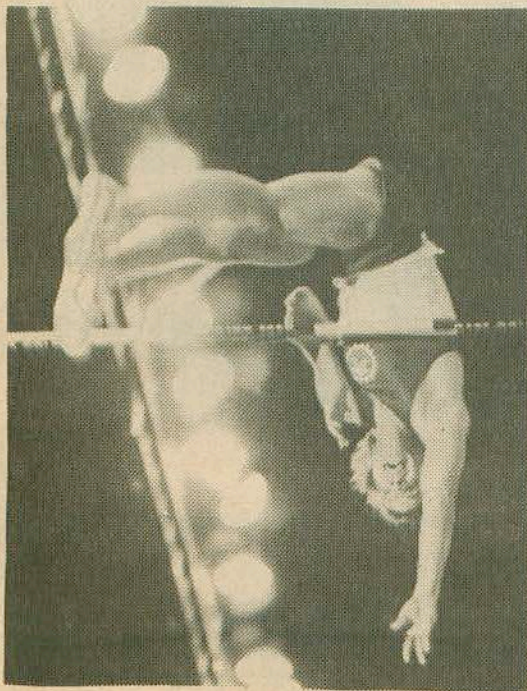


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San Francisco Indoor Games, continued from page 19:

21-9¼; 3. Coy Justice (CS Hayward) 21-9¼. **Pole Vault:** 1. Lane Maestretti (UNR) 16-9; 2. tie, J. Mulligan (Unat) & Babits (San Jose St.) 16-0; 4. Billy Pierce (Fresno State) 15-0. **Shot Put:** 1. Mike Weeks (San Jose Stars) 62-0; 2. Mike Smith (CSU Long Beach) 60-11½; 3. Greg Tatralls (Unat) 59-9¼; 4. Mickey Cutler (UNR) 59-8; 5. Dennis DeSoto (UNR) 58-2½; 6. Harvey Salem (Unat) 53-5; 7. Don Hoff (CS Chico) 52-8; 8. Matt Fuchs (CS Chico) 52-7½.

College/University/Open Women: 50 Meters: 1. Gwen Ward (CS Hayward) 4.6; 2. Tina Woodson (San Francisco St.) 4.8; 3. Carol Atkins (CS Chico) 5.7; 4. Debbie Georgis (CS Stanislaus) 5.8. **600 Meters:** Jessica Spies (SJ Cindergals) 1:34.7; Delphina Banks (CS Hayward) 1:37.7; Sharon Yaninek (SJ Cindergals) 1:41.2; P. Voss (CS Chico) 1:46.1. **1500 Meters:** 1. Nanette Garcia (SJ Cindergals) 4:46.4; 2. Ann Wotherspoon (SJ Cindergals) 4:46.6; 3. Patti Gray (UC Davis) 4:54.2; 4. Therese Fisher (SJ Cindergals) 4:57.6; 5. Laura Sanchez (CS Chico) 5:07.7. **1800 Meter Relay:** 1. San Jose Cindergals 4:46.9; 2. CS Chico 5:06.5; 3.

photo by Don Gosney



Jessica Spies

State) 1:19.5; 3. Lloyd Guss (Cal-Canada) 1:19.6; 4. Rich Nichols (ICAC) 1:20.6; 5. Dedy Cooper (BAS) 1:23.8. **100 Meters:** 1. Don Paige (Athletic Attic) 2:22.5; 2. Mark Belger (PCC) 2:23.0; 3. Mike White (ICAC) 2:26.0; 4. John Edwards (BYU) 2:27.2. **Mile:** 1. John Walker (Sub-4, New Zealand) 3:59.6; 2. Steve Scott (Sub-4) 4:00.2; 3. Ray Flynn (New Balance) 4:00.5; 4. Sydney Maree (Reebok) 4:01.7; 5. Thomas Wessinghage (W. Ger.) 4:02.5. **3000 Meters:** 1. Doug Padilla (AW) 7:46.2; 2. Robert Nemeth (Austria) 7:56.2; 3. Rod Dixon (Saucony-New Zealand) 7:57.5; 4. Duncan McDonald (AW) 8:04.4; 5. Joe Fabris (ARC) 8:08.7; 6. Mike Porter (Unat) 8:11.1; 7. Dan Harvey (SJS) 8:12.6. **50 Meters:** 1. Dedy Cooper (BAS) 6.62; 2. Larry Cowling (Cal) 6.69; 3. Greg Veatch (SCS) 6.79; 4. Ashland Whitfield (Maco) 6.94; 5. Tony Amerson (SF State) 7.96. **Mile Walk:** 1. Dan O'Connor (SSTC) 6:18.4; 2. Joe Berenot (US Army) 6:33.9; 3. Walt Jaquith (WVTC) 6:38.4. **High Jump:** 1. Joe Radan (Sacramento St.) 7-1½; 2. Thurlis Gibbs (Unat) 7-1½; 3. Mike Nelson (Cal) 7-1½; 4. Jim Pringle (Ath. Attic) 7-0. **Pole Vault:** 1. Earl Bell (PCC) 18-4½; 2. Billy Olson (PCC) 18-0½; 3. Felix Bohni (SJS-Switzerland) 17-0; 4. Brad Pursley (Abilene Christian) 17-0; 5. Doug Bockmiller (ARC) 17-0. **Long Jumper:** 1. Greg Turner (Puma) 24-11¼; 2. Tom Campbell (Unat) 23-11¼; 3. Norm Alston (CS Hayward) 23-8¼; 4. Derek Robinson (Cal) 22-5. **Triple Jump:** 1. Willie Banks (AW) 54-0½; 2. Ray Kimble (BAS) 52-6¼; 3. Henry Ellard (Fresno State) 51-10¼; 4. Marcus McGlory (CS Hayward) 49-11¼; 5. Norm Alston (CS Hayward) 49-11¼; 6. Ken Frazier (Mission HS, San Francisco) 49-3. **Shot Put:** 1. Dave Laut (AW) 66-4½; 2. Al Feuerbach (AW) 65-4½; 3. Hank Kraychir (LBCC) 63-3¼; 4. Brian Oldfield (UCTC) 63-2; 5. Bruce Parker (Cal) 59-2. **35 Wt. Throw:** 1. John McArdee (Oregon TC) 70-6¼; 2. George Frenn (AATC) 67-4¼; 3. Jim McGoldrick (SJ Stars) 66-2¼; 4. Ed Burke (Ath. Att) 65-11¼; 5. Matt Mileham (Fresno State) 65-4¼.

Women: 50 Meters: 1. Evelyn Ashford (Medalist) 6.20; 2. Sharon Ware (Arizona State) 6.45; 3. Diane Williams (LA Naturite) 8.46; 4. Donna Carley (Sacramento St.) 6.59; 5. Nedrea Rodgers (Berkeley HS) 6.62. **800 Meters:** 1. Regina Jacobs (Sanford) 2:07.6; 2. Jessica Spies (Livermore HS) 2:09.1; 3. Connie Hester (GSFTC) 2:10.3; 4. Sharon Yaninek (Presentation HS) 2:18.5. **Mile Walk:** 1. Susan Liers-Westfield (Valerian TC) 7:16.5; 2. Sue Brodock (Rialto TC) 7:22.5; 3. Valerie Bain (Sacramento St.) 8:42.3. **High Jump:** 1. Debbie Brill (PCC) 6-0; 2. Joni Huntley (PCC) 6-0; 3. Phyllis Blunston (CS Bakersfield) 5-10.

Men's College/Open: 50 Meter: 1. Neely (Fresno State) 6.05; 2. Jim Williams (Cal) 6.08; 3. Moore (Fresno State) 6.11. **1500:** 1. Steve Pradere (UNR) 3:54.2; 2. Greg Williams (Humboldt St.) 4:04.6; 3. Greg Fogg (Chico St.) 4:16.8.

Women's College/Open: 50 Meter: 1. Qwendolyn Ward (CS Hayward) 6.72; 2. Tina Woodson (SF State) 6.99; 3. C. Atkins (Chico St.) 7.25. **1500:** 1. Pattisue Plumer (Stanford) 4:24.3; 2. Alicia Wiley (Toronto) 4:24.5; 3. Michelle Mason (Stanford) 4:39.2; 4. Nanette Garcia (San Jose Cindergals/Silver Creek HS, frosh) 4:43.1; 5. Patti Gray (UC Davis) 4:54.1; 6. C. Peather (UC Davis) 5:03.4. **1800 Meter Relay:** 1. Stanford TC 4:29.6; 2. Stanford Univ. 4:38.7; 3. San Jose Cindergals 4:43.5.

Men's Junior College: 50 Meter: 1. Ken Smith (Foothill) 6.00; 2. Robin Johnson (Merced) 6.01; 3. Paul Jones (San Francisco) 6.02. **1500 Meters:** 1. Al Smith (Santa Rosa) 4:01.0; 2. Matt Galeazzi (Merced) 4:01.6; 3. Paul Carraza (Butte) 4:03.1; 4. Dan Gonzalez (Foothill) 4:03.2. **1800 Meter Relay:** 1. Los Medanos 3:59.1; 2. Foothill 4:00.5; 3. Merced 4:00.6. **Pole Vault:** 1. Ralph Prelman (Foothill) 16-6; 2. Greg Ellis (San Mateo) 15-6; 3. Joe Sullivan (Chabot) 14-0.

Women's Junior College: 50 Meters: 1. Ronda Robinson (San Mateo) 6.79; 2. Carla Kendrix (Ohlone) 6.85; 3. Cynthia Miller (Contra Costa) 6.87. **1500 Meters:** 1. Diana David (Butte) 4:49.7; 2. Peggy Smythe (Santa Rosa) 4:49.8; 3. Sheila Rovirs (Butte) 5:01.0; 4. Sharon Powers (Santa Rosa) 5:06.2. **1800 Meter Relay:** 1. Santa Rosa 5:04.8; 2. Ohlone 5:12.9; 3. Foothill 5:16.6.



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FEB. 20, Invitational Division:

Men: 50 Meters: 1. George Ervin (Fresno State) 5.85; 2. Greg Turner (Houston AC) 5.86; 3. Ken Robinson (Arizona St.) 5.87; 4. Roy Mosley (San Jose St.) 5.88. **600 Meters:** 1. Scott Poehling (PCC) 1:18.7; 2. Pete Richardson (Arizona

SoCal Diary

By BILL MINARIK

■ February 22.

Cross country season has been long since over, however, you wouldn't know that by the number of comments I've been getting about last season's State Community College X-C Meet. The main subject has been obviously how any team could beat the Grossmont men's team. I think this whole subject can be laid to rest by a mere statistical analysis of the Griffins performance in the first and last meets of the year, both of which were run on the friendly confines of Woodward Park in Fresno. The times listed are for the same seven runners who competed in the state meet.

	1st Meet	Last Meet (State)	Diff.
1st Runner	20:40	19:13	- 1:27
2nd	19:42	19:27	- :15
3rd	19:55	19:39	- :16
4th	19:40	19:58	+ :18
5th	20:18	20:27	+ :09
6th	20:05	20:31	+ :26
7th	20:06	20:46	+ :40

Now had the last four GCC runners run at least the same times in the State that they did in the first meet, a probability most coaches would have conceded before the meet, then the Griffins would have won by 5 instead of losing by 15. I heard rumors of Grossmont runners being sick while out at the SoCal Meet, however, with the depth they have there is no need to run ailing harriers. Thus, it would appear that one of two things happened during the season. Either most of the team did not respond to the training methods being used and/or they peaked in September.

It seemed that everything was going positive in SoCal indoor meets, with World Records falling like flies, until the Jack-in-the-Box meet last weekend. While Evelyn Ashford set an apparent World Record in the 60 meter dash, some of her competitors watched Evelyn's performance from the starting line. It seems that because of an obvious jump by at least one of the entrants in the race who admitted jumping, some of the entrants waited at the line for a recall which never took place. One of those competitors was Jeanette Bolden who had beaten Ashford earlier in the season. Bolden's coaches at UCLA, Bob Kersee and Scott Chisam, as well as her club sponsor, Wilt Chamberlain, made numerous attempts to get a rerun, but were rebuffed in the end by meet director Al Franken. To add fuel to this fire, this race not only counted toward Grand Prix points and money, but the Jean Nate Cosmetic Company offered \$2000 to the winner, which meant someone was in for a big payday. In conclusion, I must go along with the commentator for the USA Cable Network, which televised the meet, when he said, "I can't believe they're going to let this race stand."

Some people who regularly attend the SoCal indoor meets have indicated a noticeable lack of Eastern competitors in this winter's SoCal indoor classics. According to some indoor insiders, this situation was created when meet promoters, anticipating that Grand Prix points and money would be sufficient to draw Eastern talent out West, failed to "sweeten the pot" past expenses for a lot of big name Easterners, contrary to prior year policy. The Easterners reportedly felt there were enough "Grand Prix" meets back East and refused to come Westward for expense money only.

Taking a look at this year's outdoor track scene, there is a situation developing in the prep ranks which is unusual, but definitely not unheard of. This is a situation where an athlete runs faster over a certain distance of cross country than he/she does for the same distance on a running track. The athlete at point is Jeff Holyfield of Crescenta Valley who tore up x-c courses last fall and was expected to dominate the prep two mile scene this spring, but has been an also-ran in indoor action and generally unimpressive in all-comer meets. Jeff had a great junior cross country season, but ended up a 9:40 2-miler in track. Most experts in the area are predicting Jeff won't make it to the State Meet in the two mile even with an injury-free season. It's difficult to understand why a runner would be faster on a trail as opposed to a track except that possibly a cross country course can bring certain runners to a state of euphoria, that a running track cannot. This situation is definitely one worth watching.

This year's community college track season could bring about at least four national records in the men's division alone. Hank Kraychir of Long Beach CC has already gone 63-3 indoors and needs only a 62-11 effort outdoors to make the record book. Pasadena's 1600 relay team, Mt. SAC's 2-mile relay team and Glendale's distance medley team all appear to be capable of record-setting performances. The Bakersfield and Mt. SAC Relays at this time appear to be the logical sites.

An early season mark which has gone relatively unnoticed was a 218 foot hammer throw by CS Long Beach junior Bill Green. With the influx of foreign throwers in the collegiate ranks, the fact that Bill is the top American-born hammer thrower in the NCAA usually gets overlooked. Hopefully this latest throw will silence skeptics who said a 220 foot toss last year by Bill was a lucky throw. Luck has very little, if anything, to do with hammer throwing.

It seems that the USC-UCLA Dual Track Meet which has become a spring classic in SoCal came very close to becoming a memory of the past as USC has been in the process of eliminating its dual meet schedule. In an article in the *Herald-Examiner* Bruin Coach Jim Bush suggested that the Trojans were trying to duck UCLA, while the

Trojan A/D said Jim had a big mouth. The Trojan's position was that they could not field a dual meet team with only 14 scholarships because the tuition at USC was too high to get anybody on a partial or walk-on. In any case, the meet is still on but is now a non-scoring affair with some guest athletes due to compete. I have to take exception to the Trojan claim that they can't run a dual meet program on 14 scholarships. Stanford has run a program on far less than 14. On 14 full rides, you could have 6 sprinter-hurdlers, 3 distance runners, 2 weightmen, 2 jumpers and 1 vaulter which could adequately cover a dual meet. In addition, there are quite a few athletes on football scholarships including some good throwers who could help in track.

Some of you may have heard the raw deal UCLA Coach Jim Bush got on the 1984 Olympic Track Coach selection. The voting conducted by the TAC was set up so that the nominee who received a majority of the votes cast would become the '84 coach. However, when Jim received the majority on the first vote, it was then decided that it would take a majority vote of those present to be elected. Since some present did not vote, Jim did not have a majority, thus another vote was required. After some political maneuvering, Larry Ellis of Princeton received a majority vote of those present and the job. The whole process at this meeting reeked of politics and proceeded to prevent the man, who in my opinion was the best qualified, from receiving a just deserved position.

Another coach who received a raw deal was Bob Thope of Nevada-Reno. It seems that Bob spent the entire spring and summer of last year recruiting a powerhouse track team for UNR, only to find out just before track season that his services were no longer needed by the university. Bob apparently was able to get quite a few of "his" athletes out of their letters of intent and made free agents.

A coach who thinks he is getting a raw deal is UTEP's Ted Banks. Ted, whose foreign legions have dominated track and cross country the past 5 years, has indicated that he is resigning at the end of this season. He says the reason is that the university had told him that his \$250,000 annual budget may be trimmed to as little as \$200,000 because of slumping sales of football tickets. Ted indicated that you can't run an intercollegiate program on less than \$250,000 a year.

Before Ted quits, maybe he should talk to Jim Crumpton, the head track coach at CS Fullerton, a school which undoubtedly has the leanest track budget in the state. Jim has shown what can be done with a small budget when he was the coach at Southern California College in the mid-70's. Operating on only \$3500 from the school, he took a program that was non-existent and built it into an NAIA power (2nd place) in the

space of one year—a feat which may be the greatest success story in the history of team track and field. Jim's prowess in the areas of fund-raising (jog-a-thons) and recruiting (even from prisons) seem to more than make up for whatever lack of budget he has to deal with. If you'd like to read about Jim's success story at SCC, you might try and get a copy of *CTN #2*, which by now is a collector's item.

■ March 1, 1982

SoCal athletes came through with a number of excellent performances at the U.S. Indoor T&F Championships in New York. Individually, Veronica Bell of the Southern California Cheetahs and Cal Poly Pomona broke the U.S. indoor long jump record with a leap of 21-11½. Veronica has come a long way since last year when she could manage only a second in the State CC Championships while competing for Mt. SAC. Team wise, Wilt's (Chamberlain) AC tied for the championship with Tennessee State, while a number of Pacific Coast Club athletes had either winning or outstanding performances.

Closer to home, the UCLA Bruins opened their season with easy wins over UC Irvine and Fresno State with FSU edging UCI in the process. John Brenner's shot put of 62-5 highlighted the Bruins' efforts. Over at USC, the Trojans held one of many of their multi-team meets. The big news there was that strongman Hank Kraychir of LBCC broke the national community college shot put record with a heave of 62-11½. In fact, the performance of Long Beach CC and Pasadena CC athletes was much more impressive than that of the host Trojans.

In other Southland action, powerful San Diego State eased past the CS Long Beach men 102-65. In that one, however, unheralded Steve Rohovit of CSLB upset his better known teammate Bill Green in the hammer with a PR toss of 199-3. In women's action, the Aztecs humiliated former national power CS Northridge 115-7, while the gals from Cal Poly SLO continued to roll with a 92-44-23-12 win over CS Bakersfield, UCI and CP Pomona.

■ March 8, 1982

This year could be the year of the weightmen in SoCal track as throwers are off to the best start in recent memory. Strongman Hank Kraychir of Long Beach CC continued his assault on the community college shot record with a heave of 64-5½ and then unloaded a state leading discus throw of 179-4. At the Long Beach Relays, Cal State Long Beach's hammer-throwing duo of Bill Green and Steve Rohovit upped their PR's with tosses of 220-7 and 206-11 respectively. However, the title of the number one American born collegiate hammer thrower must now go to Doug Barnett who uncorked a 221-9 effort in a dual meet between his Azusa Pacific thinclads and Point Loma. Not to be outdone, Doug's brother Mike sailed the javelin out 265-0. Even with a nifty 10.3-20.8 sprint double by Innocent Egbunike, AP lost the team to depth-laden Point Loma 86-78.

In other weekend action, thanks to Hank Kraychir's double and other fine field event

performances by his teammates, Long Beach City College overcame the sprint strength of Pasadena CC for an 80-64 Metro Conference dual meet win. Highlight for PCC was their 1-2 finish in the 100 by Jerome Harrison 10.2 and Sam Quarrie 10.4 ahead of former State H.S. 100 champ Howard Hawkins 10.4. With the demise of the USC-UCLA meet, the PCC-LBCC dual meet now appears to be the classic dual meet of the SoCal track season.

In another featured community college meet, pre-season favorite Glendale came on strong in the final 6 events to get by top contender Santa Barbara and Oxnard 108-64-20. However, SBCC kept it close most of the meet thanks to some ironman performances like the one they got from distance star Hector Nieves. After winning the steeplechase in a fine time of 9:30, Hector came back 10 minutes later and broke up what would have otherwise been a Glendale sweep of the 1500 with a time of 3:59. This may have been a double unprecedented in collegiate track. When you consider how early in the season this was done, you get the feeling that Hector Nieves will be one athlete to be reckoned with at the State Meet.

Another outstanding field event mark set at the Long Beach Relays was by CSULB and former Ventura CC vaulter Ken Corney who had a PR of 17-6. I was a little disappointed to see both the Long Beach Relays

and Aztec Invitational scheduled on the same day. Both are outstanding meets and I'm sure most athletes would like a shot at each. Hopefully next year's scheduling will allow for that.

Finally, in a featured collegiate dual meet, UCLA topped both Arizona 91-60 and San Jose State 107-47, with SJS dropping AU 89-64 in the process. Top Bruin performances came from two former State CC champs. Steve Nickerson, formerly of American River, set a PR in the hammer with a toss of 194-11, while Jason Bender, formerly of Santa Rosa, did likewise in the javelin at 239-6.

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Prep Notes

By KEITH CONNING

Northern and Central California and San Diego County send all results and stories to Keith Conning, CT&RN High School Editor, 2235 Browning Street, Berkeley, CA 94702.

Southern and Los Angeles Sections send results and stories to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.

Photos should be sent to the main California Track & Running News Office: P.O. Box 6103, Fresno, CA 93703.

□ WHICH HIGH SCHOOL HAS THE BEST FOUR MILERS OF ALL-TIME?

A sports reporter in Redding wrote in his column that Anderson High School of the Northern Section had four milers that could combine to top all comers (one high school). Please let me know if you know of any better.

Jim Price 4:09.2, Mike Moller 4:02.7, Jon Schmidt 4:00.1, and Hailu Ebba 3:57.9. Combined time: 16:09.9.

Mal Van Meer of Chico, who sent me the story, thinks that Schmidt is the only runner that is still active. He's at Illinois and just recently ran a 1:50.96 880 yard run (indoors). Schmidt, a senior, was booted his senior season at AHS for smoking—he's an A student.

□ YREKA DUO SETS NATIONAL MARK

Yreka High School runners Jim Frey and Jeff Franklin set a national record in November in a unique 10-mile two-man relay race at Shasta College.

The pair, trading the baton on each lap of the 400-meter college track, completed the 40-plus circuits of the track in 45 minutes, 4.3 seconds.

The previous record of 45:35.2 was set last year.

Frey was ranked 11th and Franklin 17th in the state during the cross country season.

□ GEORGE YUSTER (BRENTWOOD HIGH SCHOOL, LOS ANGELES)

George Yuster, a young junior who turned sixteen at the end of October (Jimmy Ortiz turned sixteen in November), attends Brentwood High School in West Los Angeles, an academically rigorous college preparatory school. He has been on the school's honor roll since he began attending Brentwood in the ninth grade. His progress athletically is quite impressive.

At the CIF cross country prelims George's strategy was to place in the top three to insure himself a return for the finals. Unfortunately he became ill the day before the finals and for the sake of his team, he ran with a temperature and sore throat placing second, but not with a great time. With his help his team took second place in the 1A division.

George's dedication to year-round training was illustrated most recently when he ran in the Sunkist and LA Times Indoor

track meets, placing first and second respectively.

George set a PR at the Pierce College 10K on February 14th of 31:30, finishing first in the 13-17 division and 7th overall.

I would like to thank Steve Ross for providing our readers with this information about George.

□ JESSICA SPIES (LIVERMORE HIGH SCHOOL)

Polly Plumer and Marilyn Davis can breathe easy, because Jessica Spies told me that she plans to remain in the 800 meter run this season.

At the Sunkist Indoor meet Spies upset Plumer in the mile, as well as winning the 880. Outdoors, however, Spies will concentrate on the 800.

Spies has a tremendous range from 400 to 5,000 with good speed. Last season she placed second in the TAC Junior meet in 2:05.84. She was chosen as a high school All-American by *Track & Field News*. In cross country she placed ninth at the Kinney Western Regional, missing a trip to Florida by just five seconds.

□ WHO IS VERONICA BELL?

Veronica Bell, who never had jumped 20 feet indoors before, set an American indoor mark of 21-11 3/4 in the long jump at the USA-Mobil Indoor Track and Field Championships on February 26th.

High school track fans will remember Bell from the 1977, 1978, and 1979 California High School State Meets. As a sophomore in 1977, Bell placed fourth in the Southern Section and fourteenth in the State for Garey High School in Pomona. Her best leap of 19-2 3/4 in 1977 ranked her as the 16th longest high schooler in the country. As a junior in 1978 she won the Southern Section and finished 11th in the State. She improved her best to 19-4. As a senior in 1979 she took second in the Southern Section and fourth in the State. Her best of 19-7 ranked her 14th in the U.S.

In 1980 as a freshman at Mt. San Antonio College she improved to 20-0 3/4. Last year as a sophomore she improved to 20-6 1/4.

On March 8th *Sports Illustrated* reported that Bell's mark may not be recognized as a new American record because the LUFKIN TAPE may have been misread. Also it was reported that the pit was raked before the leap could be remeasured.

On Saturday, March 13th, I talked with Dick Barbour (Stanford '36), the head long jump official at Cal, about the difficulty of reading the LUFKIN TAPE. It appears quite possible that the officials did make a mistake. The judges measured the jump by Bell at 6.70 meters, or 21-11 3/4. The LUFKIN TAPE is marked off in millimeters rather than in centimeters. The 70 that appears a couple of inches after six meters doesn't denote 6.70 meters, but rather 6.07 meters, or 19-11. The true 6.70 mark comes two feet farther out.

Bell's best previous jump—indoors or outdoors—was a wind-aided 21-2, and her longest previous legal jump was 20-6 1/4, both outdoors last year. Her previous best indoor mark was 19-10 1/4 at Dallas this year.

□ THREE CAL TRACK ATHLETES CATCH ALLEGED RAPIST

Three young men disarmed and captured a man who allegedly tried to rape a South Campus woman early Sunday, February 21st, police said.

Police said the three men—Ross MacAlexander (Monta Vista High School, Cupertino 1978), Lloyd Guss and Michael Nelson—heard a woman screaming in an apartment at Dwight Way near Telegraph Avenue in Berkeley shortly after 2 a.m.

Pole vaulter MacAlexander, hurdler Guss, and high jumper Nelson had all competed in the San Francisco Games indoor track meet on Saturday night.

A man identified as Gary Daily, a 31-year-old ex-convict living in Oakland, used a window to enter the woman's apartment, officers said.

Daily allegedly tried to rape the occupant of the apartment, described as a 30-year-old secretary. She struggled and began screaming, police said, and Daily fled.

Guss, MacAlexander and Nelson gave chase. When they cornered Daily he brandished a knife. The men were able to disarm and subdue him and he was taken into custody.

SoCal Prep Notes:

By DOUG SPECK

The 1982 outdoor season has been off to a pretty leisurely start. The weather has been pretty good in the greater Los Angeles area, and some top marks should come from late March and early April Invitational and Dual Meet action.

□ SHANNON STRYKER

Tustin's Shannon Stryker has probably been the most surprising athlete in the area so far this outdoor season. After tearing up the 10k circuit during the winner the Tustin senior started her outdoor season with a

5:09.9y-10:48.0y distance double, and followed that up with a 5:17.8y-10:50.7y meet. She handled Theresa Barrios over 3000 meters in the Irvine Invitational 10:00.3-10:17.0.

□ **MUIR HIGH, PASADENA**

Coach Walt Opp (Muir, Pasadena) has worked his 1982 magic with converted high jumper Terry Parks. A 6-6 leaper, Parks blazed 48.2 for 440 yards in one of his first tries at the distance. Garey of Pomona transfer, Dana Hill, an All-Sectional Quarterback will assist Muir's sprint corps. The Mustangs blazed 42.2m from lane one in a January all-comers at Mt. SAC.

□ **HAWTHORNE HIGH**

Hawthorne High School is undoubtedly the area's most improved prep track and field program. An influx of Los Angeles Jet sprint talent to go along with what was already a going concern have raised the Cougars to the point where they can reckon with any Southern California High School team—men or women.

□ **TRIVIA TIME**

Trivia Time—Quick now...the name Darel Newman??? The former 9.2 Fresno State sprint star, Darel seems intent on returning the Santa Ana Saints to the heights the program was at under Coach Earl Engman as the new Head Coach. Darel has the Saints team off to a good start, taking the Division II team championship in the Santa Ana Rotary Relays.

□ **Top Southern Section—LA City Marks Outdoors through 3/16/82**

Women	
100 yards — Young(Muir, Pasadena)	10.8
100m — Winston(Jordan, Long Beach)	11.93
200m — Johnson(Garey, Pomona)	24.2
400m — McGraw(Ganesh, Pomona)	55.1
800m — Durrand(Laguna Beach)	2:12.00
1600m — Stryker(Tustin)	5:06.9c
1500m — Stryker(Tustin)	4:45.9
3000m — Stryker(Tustin)	10:00.3
3200m — Stryker(Tustin)	10:45.5c
100LH — Mays(Ventura) & Wade (West)	14.9

300LH — Kellon(Walnut)	44.3
400 R — Jordan, Long Beach	48.3
1600 R — Hawthorne	3:58.0
HJ — Yamada(Dos Pueblos, Goleta)	5-8
LJ — Ready(Poly, Long Beach)	18-8
SP — Sheffield(Eisenhower, Rialto)	41-4
DT — Kriva(Burbank)	136-5
TJ — Davidson(Newbury Park)	36-½w

Men

100y — Mathis(Muir, Pasadena), Carmen (Santa Ana) & Kokkings (Hueneme, Oxnard)	9.8
100m — McVea(Crenshaw, LA)	10.6w
McVea(Crenshaw, LA)	10.8
Walker(Washington, LA)	10.8
200m — G. Brown(Bishop Amat, LaPu)	21.7c

400m — Parks(Muir, Pasadena)	47.9c
800m — Young(St. Josephs, StMaria)	1:56.3
1600m — Stephens(Arcadia)	4:21.8
3200m — Reynolds(Camarillo)	9:15.8c
HH — Kerho(Mission Viejo)	14.2
LH — Anderson(Muir, Pasadena)	38.0c
400 R — Muir, Pasadena	42.2
1600 R — Crenshaw, LA	3:20.3
HJ — Burnett(Washington, LA)	6-10
LJ — Young(Locke, LA)	23-4w
Atkins(Walnut)	22-8½
SP — Kyle(Buena Park)	57-10
DT — Luiten(Monrovia)	180-0
TJ — Williams(Troy, Fullerton)	48-1¼
PV — Coauette (Burbank) & Lomheim (Valencia, Placentia)	14-0

□ **HIGH SCHOOL SCHEDULE**

- April 2 — North Yosemite League Invitational, Fresno State
- April 2-3 — King Games, Stanford
- April 3 — Oakland Athletic League Invitational, Laney College
- April 3 — Vanden Relays, Travis AFB
- April 3 — King City Invitational
- April 10 — Bruce Jenner Classic, San Jose CC
- April 16 — Amador Valley Relays, Pleasanton
- April 17 — Sun Devil, Invitational, San Diego
- April 17 — Gilroy Invitational
- April 17 — Santa Rosa Relays, Santa Rosa JC
- April 22-25 — Mt. SAC Relays, Mt. San Antonio College
- April 24 — Capital City, Hughes Stadium, Sacramento
- April 24 — Chuck Stapleton Relays, Antioch
- April 24 — Kennedy Relays, Contra Costa College, Richmond
- April 24 — Leigh-West Valley Relays, Saratoga
- April 30 — Charlie Eaton Relays, Acalanes HS, Lafayette
- May 1 — CCS Top 8 Invitational, Los Gatos HS
- May 1 — Frank Porto Invitational, Richmond HS
- May 3 — Drake Invitational, College of Marin, 5:30 p.m.
- May 7 — Sequoia Invitational, Redwood City
- May 8 — West Coast Relays, Lemoore
- May 8 — Quicksilver Classic, San Jose CC
- May 8 — Woodland Invitational
- May 8 — Cabrillo Classic, Soquel
- June 4-5 — California State Meet, Hughes Stadium, Sacramento
- June 12 — Golden West, Sacramento

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16th Annual Jack-in-the-Box Invitational High School Events

From DOUG SPECK

February 19, 1982. San Diego Sports Arena.

Boys

Boys 60: 1 Paul Day (Kearny) New Meet Record 6.38, 2 Kevin Willhite (Rancho Cordova) 6.43, 3 Jon Martin (Serra) 6.53.

Boys 500: 1 MacArthur Osborne (Crenshaw) 58.3, 2 Gerald Johnson (Sweetwater) 1:01.3, 3 David Lane (Mt. Carmel) 1:01.6.

Boys 1000 Yard Run: 1 Pat O'Rourke (Bonita Vista) 2:20.8, 2 Jim Hedgepath (Oceanside) 2:22, 3 Randy Johnson (San Marcos) 2:23.8.

Boys Mile Run: 1 Jose Vega (Chula Vista) 4:21.8, 2 Todd Hemingway (Santana) 4:26, 3 Aaron Ruud (Valhalla) 4:30.9.

Boys Two Mile: 1 Keith Morrison (Cactus Hill, Arizona) 9:06.2, 2 Jerry Marsh (La Jolla Country Day) 9:34.4, 3 Joe Manuel (Kearny) 9:42.1.

Pole Vault: 1 Tracy Thorpe (Mt. Miguel) 13-6, 2 Jay Vavra (Valhalla) 13-0, 3 Mike Elliott (Valhalla) 12-6.

Long Jump: 1 Kent Gapen (Coronado, Mesa, Arizona) 23-4 1/4, 2 Curtis Lockett (Lincoln) 22-0 3/4, 3 Ted Williams (Lincoln) 21-10.

photo by Maurice Wilson



Sue Tanner

Girls

60: 1 Ellen Jones (Mt. Miguel) 7:39, 2 Stacy Proctor (Bonita Vista) 7:50, 3 Michelle Wade (Morse) 7:59.

500: 1 Cheryl Taylor (SD Cougars) New Meet Record 1:08.4, 2 Jennifer Cottingham (Morse) 1:13, 3 Kelly Pano (San Pasqual) 1:14.

1000: 1 Denise Dibos (Helix) New Meet Record 2:44.5, 2 Yolanda Devers (Sweet-

water) 2:46.7, 3 Pauline Esquibel (Valhalla) 2:48.1.

Mile: 1 Sue Tanner (Vista) 5:17.5, 2 Tina Allen (Santana) 5:19.3, 3 Sandy Blakeslee (Vista) 5:20.2.

Two Mile: 1 Mara Lzdans (Fallbrook) 11:13.4, 2 Heather Christ (Carlsbad) 11:14, 3 Kim Sterton (Coronado) 11:37.3.

Long Jump: 1 Stacy Proctor (Bonita Vista) 17-9 1/4, 2 Rachel Davis (El Camino) 16-10 1/2, 3 Shawn Lawson (Crawford) 16-9 1/4.

SF Indoor Games

From Keith Conning

February 19 & 20, SF Cow Palace: San Francisco Indoor Games.

FRIDAY, FEB. 19 Olympic Development Meet (Top Marks):

BOYS: 30 Meters: Lenny Davis (Pittsburg) 4.0; Pablo Hendricks (Valley, Sacramento) 4.1; Dana Hill (Muir) 4.1; David Matthews 4.1. **600 Meters:** Kerry Threets (Westmoor, Daly City) 1:26.2; Ed Wade (Pinole Valley, Pinole) 1:26.3; Robert Gobin (South Fork) 1:28.0; Michael Green 1:28.3; Kimmie James (Richmond) 1:28.6. **1500 Meters:** Brian Butterfield (Lassen) 4:08.6; Jim Gaffield (El Cerrito) 4:09.5; Robert Anderson (Santa Teresa, San Jose) 4:09.9. **40 Meter High Hurdles:** Robert Budwig (Clovis West, Clovis) 5.7; Rod Green (Palo Alto) 5.7; Erick Montgomery (Independence, San Jose) 5.8; Rod Green (Valejo) 5.8; Mark Boyd (St. Mary's, Berkeley) 5.8(heat). **1800 Meter Relay:** Oakland 4:08.0; Westmoor (Daly City) 4:14.7; Elk Grove 4:15.5. **3000 Meter Relay:** El Cerrito 7:50.1; Piner (Santa Rosa) 8:03.3. **High Jump:** Maurice Crumby (Balboa, SF) 6-8; John Budge (Piedmont) 6-6. **Pole Vault:** Doug Fraley (Clovis West, Clovis) 15-7; M. Heppner 14-0. **Long Jump:** Ken Frazier (Mission, SF) 23-5. **Shot Put:** Mike Ostrom (Las Lomas, Walnut Creek) 52-7; John Mansfield 52-3 3/4; John Aimonetti (Blackford, San Jose) 51-5 1/4; Carlos Horncliff (St. Mary's, Berkeley) 51-4 1/4.

GIRLS: 30 Meter: Monica Taylor (Grant, Sacramento) 4.4; Zena Hill (De Anza, Richmond) 4.6; Brenda Thompson (Stagg, Stockton) 4.6; Brenda Pannell (Merced) 4.6. **600 Meters:** Jeannie Arnold (Locke, Los Angeles) 1:44.3; Michelle Gallagher (Casa Roble, Orangevale) 1:46.9; Kim Donaldson (Merced) 1:47.8; Donna Martin (Enterprise, Redding) 1:47.8. **1500 Meters:** Carla Halford (Leland, San Jose) 4:54.4; Katy Dykstra (Drake, San Anselmo) 4:59.6; Suzy Martinez 5:07.8; Missy Moore (Piedmont) 5:08.2. **40 Meter Hurdles:** Leslie Kimbrell (Davis, Modesto) 6.8; Kathleen Bortolussi (Blackford, San Jose) 7.0; LaTonya Thomas (De Anza, Richmond) 7.1. **1800 Meter Relay:** Mission (San Francisco) 5:11.0; Los Gatos 5:11.2; Merced 5:11.7. **3000 Meter Relay:** Drake (San Anselmo) 9:30.4; Piedmont 9:34.7; Petaluma 9:54.4. **High Jump:** Rachael Bray (Los Altos) 5-2; Sheri Morford (Foothill, Sacramento) 5-2; Michal Miller (Santa Clara) 5-0. **Long Jump:** Elvia Peterson (Mission, SF) 16-1; Dee Peary 15-6 1/2. **Shot Put:** LaTonia Floyd (Oak Grove, San Jose) 41-3 3/4; Cindy Niko (Unat) 40-1.

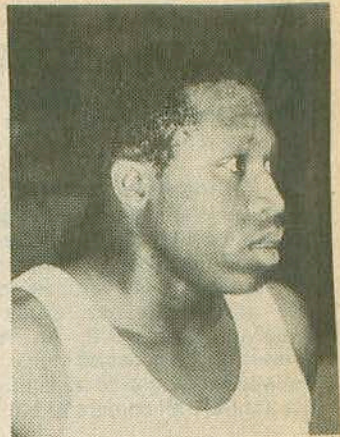
SATURDAY, Feb. 20: Invitational Events, all finals:

BOYS: 50 Meters: 1. Lenny Davis (Pittsburg) 5.97; 2. Kevin Willhite (Cordova, Rancho Cordova) 6.01; 3. Dana Hill (Muir, Pasadena) 6.04; 4. Pablo Hendricks (Valley, Sacramento) 6.12; 5. Bill Barnett (Pittsburg) 6.24; 6. Kevin Pratt (Moreau, Hayward) 6.33. **1500 Meters:** 1. Robert Andersen (Santa Teresa, San Jose) 4:04.7; 2. Brian Butterfield (Lassen, Susanville) 4:05.0; 3. Jim Gaffield (El Cerrito) 4:06.2; 4. Danny Valdez (Merced) 4:08.6; 5. Brian Bergstrom (Los Gatos) 4:11.2; 6. Steve Vargas (Amador Valley, Pleasanton) 4:11.6; 7. John Morse (Las Lomas, Walnut

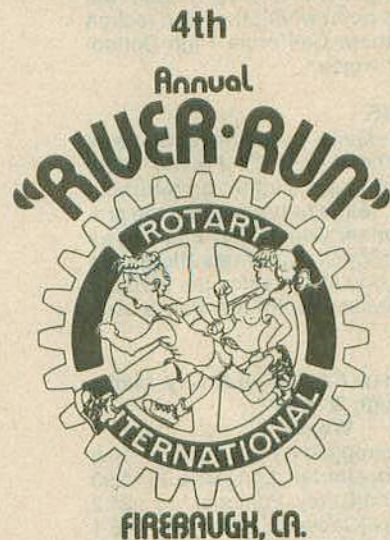
Creek) 4:13.2; 8. Dean Rinde (Casa Roble, Orangevale) 4:18.8. **1800 Meter Relay:** 1. Oakland 4:01.4; 2. Santa Clara 4:10.7; 3. Elk Grove 4:11.1; 4. Ukiah 4:13.1. **Long Jump:** 1. Ken Frazier (Mission, SF) 23-10 1/4; 2. Vern Norwood (Oak Grove, San Jose) 21-10; 3. Mark Montgomery (Independence, San Jose) 21-9 1/4.

Girls: 50 Meters: 1. Monica Taylor (Grant, Sacramento) 6.62; 2. Zena Hill (DeAnza, Richmond) 6.92; 3. Brenda Thompson (Stagg, Stockton) 6.97; 4. Mona Simmons (Modesto) 7.07; 5. Brenda Pannell (Merced) 7.12; 6. Laura Day (Casa Roble, Orangeville) 7.19. **1500 Meters:** 1. Carla Halford (Leland, San Jose) 4:48.5; 2. Katy Dykstra (Drake, San Anselmo) 4:49.5; 3. Jenny Ray (Oakland) 4:50.7; 4. Missy Moore (Piedmont) 5:01.9; 5. Suzy Martinez (San Juan) 5:04.0; 6. Tammy Anderson (Modesto) 5:10.9; 7. Molly Burke (Drake, San Anselmo) 5:19.6; 8. Jenny Brekhus (Marin Catholic, Kentfield) 5:20.0; 9. Heather Ryan (Miramonte, Orinda) 5:20.3. **1800 Meter Relay:** 1. Casa Roble (Orangeville) 4:57.7; 2. Merced 5:03.0.

photo by Don Gosney



Ken Frazier



May 2, 1982

- 6 Mile — Men's Open, 30-39, 40+; Women's Open
- 3 Mile — Men's Open, High School; Women's Under 30, Over 30
- 1 Mile — Children 12 & Under

Starting Time 8:30 a.m. Entries close at 8:00 a.m.

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

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

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

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

For more information and an entry blank write:
Ron Sani, 2107 N. Harrison, Fresno, CA 93704, (209) 233-0009

California High School Indoor List 1982

Compiled By KEITH CONNING

MEN

30 Meters:

4.0 Lenny Davis(Pittsburg)
4.1 Pablo Hendricks(Valley, Sac)
4.1 Dana Hill(Muir, Pasadena)
4.1 David Matthews(Mission, SF)
4.1 Angelo McNeil(Galileo, SF)

50 Meters:

AR: 5.8 Bill Green (Cubberley, Palo Alto)
79, 5.8 Ray Threatt (Pittsburg) 79, 5.4 Bill
Gaines (San Jose) 68,
5.97 Lenny Davis(Pittsburg)
6.01 Kevin Willhite(Cordova, RC)
6.04 Dana Hill(Muir, Pasadena)
6.12 Pablo Hendricks(Valley, Sac)
6.24 Bill Barnett(Pittsburg)
6.33 Kevin Pratt(Moreau, Hayw)

60 Yards:

AR: 6.14A LaNorris Marshall (Dysart,
Peoria, AZ) 78,
CR: 6.33 Kerwin Bell (Edison, Huntington
Beach) 80,
6.33 Troy Delemar(Pas)ties CA rec.
6.36 *Antonio Manning(Hamil, LA)
6.38 Paul Day(Kearny, San Diego)
6.39 Kevin Willhite(Cord, RC)
6.41 Bernard Mathis(Muir, Pasa)
6.46 Rex Brown(Ocean View, HB)
6.53 Martin(Serra, San Diego)
6.63 Robert Currie(Serra, Gardena)

500 Yards:

AR: 57.3 Tony Darden (Norrinstown, PA) 76
CR: 57.4 Milton Mitchell (Lincoln, San
Diego) 70
58.3 MacArthur Osborne(Cren, LA)
59.5 Rod Emery(Fountain Vly)
59.8 *Gerald Boles(Gardena)
60.4 *Mark Howard(Poly, LngBch)
61.3 Gerald Johnson(Sweet, NHCty)
61.6 David Lane(Mt. Carmel, SD)
62.4 Jeff Conway(Santa Clara)

600 Meters:

AR: 1:21.5 Alfonso Averhart (Bishop
Loughlin, Brooklyn, NY) 81
1:26.2 Kerry Threatts(Westmr, DlyCty)
1:26.3 Ed Wade(PinoleVly, Pinole)
1:28.0 Robert Gobin(South Fork)
1:28.3 Michael Green
1:28.6 *Kimmie James(Richmond)
1:29.1 Mike Andrews(Monterey)
1:29.4 Les Branson
1:30.0 James Cooper
1:30.0 Drummond
1:30.2 Eric Edmondson(El Cerrito)
1:30.2 Carl Larsen(Napa)
1:30.2 Robert Spodobalse(Moreau)

880 Yards:

AR: 1:52.0 Larry Kelly (Maine South, Park
Ridge, IL) 65
CR: 1:53.0 Jeff West (Crenshaw, LA) 79
1:53.9 MacArthur Osborne(Crens, LA)
1:57.7 *Ruben Esparza(El Mod, Or)
1:58.4 Dan Young(St. Joseph, StMar)
1:58.6 Morton(Westminster)
1:58.8 Steve Jaeger(Camarillo)
1:59.7 Keith Tanin(Crespi, Encino)
2:00.9 Martin(Victor Valley)
2:01.6 Freddie Salas(Pioneer, Whit)
2:01.7 *Rod Seillard(Bellarmine, SJ)
2:02.0 Ron Green(Mt. Pleasant, SJ)

1000 Yards:

AR: 2:10.1 Greg Gibson (Connell, WA) 72
CR: 2:15.1 Casey Cox (Upland) 76
2:20.8 O'Rourke(BonitaVst, CV)
2:22.0 Hedgepath(Oceanside)
2:23.8 Johnson(San Marcos)

1500 Meters:

AR: 3:46.6 Thom Hunt (Henry, San Diego)
76
4:04.7 Robert Anderson(StTher, SJ)
4:05.0 Brian Butterfield(Lassen, Sus)
4:06.2 Jim Gaffield(El Cerrito)
4:08.6 **Danny Valdez(Merced)
4:11.2 Brian Bergstrom(Los Gatos)
4:11.6 Steve Vargas(AmadorVly, PI)
4:13.2 Mark Beebe(Fresno)
4:13.2 John Morse(Las Lomas, WC)
4:16.6 Dean Rinde(Casa Roble, Ornv)
4:17.6 Tracy Walker(AmadorVly, PI)

Mile:

AR: 4:02.7 Thom Hunt (Henry, San Diego)
76
4:19.7 Tom Grewe(Carpinteria)
4:21.8 Jose Vega(Chula Vista)
4:22.1 Ned Mosher(Fountain Vly)
4:22.3 Jeff Williams(Foothill, SA)
4:24.9 Mike Parker(Tustin)
4:25.0 Fredrick Hesselvik(Univ, Irv)
4:25.4 Scott Bishop(SLO)
4:26.0 Todd Hemingway(Santana)
4:27.2 Steven Dietsch(ElCamRe, WH)
4:28.9 Mark Howard(Costa Mesa)

3000 Meters:

AR: 8:06.4 Gerry Lindgren (Rogers,
Spokane, WA) 64
CR: 8:07.6 Jeff Nelson (Burbank) 79
8:34.4 Sean Nugent(Culver City)
8:34.6 Brian Abshire(DeAnza, Rich)
8:35.4 Don Merwin(Hayfork)
8:39.6 Steve Dietsch(ElCamRl, WH)
8:47.4 Jason Flamm(LaSierra, Carm)
8:52.5 Jim Frey(Yreka)

Two Mile:

AR: 8:40.0 Gerry Lindgren (Rogers,
Spokane, WA) 64
CR: 8:42.7 Jeff Nelson (Burbank) 79
9:12.5 Harold Kuphaldt(BellVst, FrOk)
9:14.0 *George Yuster(Brentwd, LA)
9:14.7 Sean Nugent(Culver City)
9:16.6 *Eric Reynolds(Camarillo)
9:20.1 Brian Abshire(DeAnza, Rich)
9:26.9 Tom Grewe(Carpinteria)
9:28.1 Bob Erickson(FountainVly)
9:28.2 Ken Arriola(Gahr, Cerritos)
9:30.7 **Jimmy Ortiz(Barstow)
9:32.2 Jose Luis Garcia(Lincoln, LA)

40 Meter Hurdles:

5.7 Robert Budwig(Clovis West)
5.7 *Rod Green(Palo Alto)
5.8 *Mark Boyd(St. Marys, Berk)
5.8 Rod Greene(Vallejo)
5.8 *Erick Montgomery(Indep, SJ)
6.0 Stepheon Pittman(DeAnz, Rch)
6.1 Linsy Flanagan(DeAnza, Rich)
6.3 Eric Connors
6.3 Jeremy Walker
6.6 Vince Azzara(Ukiah)

60 Yard Hurdles:

AR: 7.10 Rod Wilson (Bartram, Philadel-
phia) 79
CR: 7.22 Henry Andrade (Johnson,
Sacramento) 80
7.57 Ron Brown(Bishop Amat, LP)
7.57 Steve Kerho(MissViejo)
7.60 *Mark Boyd(St. Mary, Berkeley)
7.61 Robert Budwig(Clovis West)
8.18 James Ferreira(North Torrnce)

640 Yard Relay:

1:06.2 Pasadena

640 Yard Relay:

1:06.2 Pasadena
1:06.3 Muir(Pasadena)

photo by Maurice Wilson



Jose Vega

1:06.8 Kearny(San Diego)
1:07.2 Gardena
1:07.6 Washington(LA)
1:07.9 Morse(San Diego)
1:08.3 Sweetwater(Natl City)
1:08.4 San Pasqual(Escondido)
1:09.0 Oceanside
1:09.3 Crenshaw(LA)

8x150 Meters Relay:

2:23.3 Pittsburg
2:25.1 Oakland
2:28.1 Vallejo
2:35.4 El Cerrito

8x160 Yard Relay:

2:16.0 Monrovia
2:17.2 Millikan(Long Beach)
2:17.3 Poly(Long Beach)
2:17.9 Eisenhower(Rialto)
2:18.9 Banning(Wilmington)
2:20.4 Santa Ana
2:22.9 West Torrance
2:23.5 El Modena(Orange)
2:23.5 Manual Arts(LA)
2:23.8 Compton

Progressive Relay:

3:20.3 La Jolla
3:25.3 Hilltop(Chula Vista)
3:30.5 Ramona

Mile Relay:

AR: 3:17.8 Brookton, MA 79
CR: 3:21.10 Pasadena 80
3:28.0 Hawthorne
3:29.3 South Gate
3:29.8 Manual Arts(LA)
3:31.0 Costa Mesa
3:31.4 Perris
3:31.5 Fremont(LA)
3:32.4 Point Loma(San Diego)
3:32.8 Kennedy(Granada Hills)
3:33.1 El Modena
3:33.5 La Canada

continued on next page...

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Prep Notes

4x450 Meter Relay:

4:01.4 Oakland
4:10.7 Santa Clara
4:11.1 Elk Grove
4:13.1 Ukiah
4:14.7 Westmoor(Daly City)
4:15.2 Gilroy
4:21.0 Antioch
4:22.7 Los Gatos
4:24.7 Piner(Santa Rosa)

4x750 Meter Relay:

7:50.1 El Cerrito
8:03.3 Piner(Santa Rosa)
8:22.6 Los Gatos
8:28.4 Pittsburg
8:38.9 Moreau(Hayward)

4x880:

AR: 7:47.3 Catholic (Roselle, New Jersey) 69
CR: 8:00.8 University (Los Angeles) 76
8:10.7 Pasadena
8:12.8 Arcadia
8:19.6 Arroyo(EI Monte)
8:25.0 Walnut
8:27.4 University(Los Angeles)
8:28.8 Newbury Park
8:36.2 Canyon(Canyon Country)
8:40.0 Mission Viejo

High Jump:

AR: 7-5 Gail Olson (Sycamore, IL) 78
CR: 7-0 Dennis Smith (Santa Monica) 77
7-0 *Maurice Crumby(Balboa, SF)
(Ties California Record)
6-6 John Budge(Piedmont)
6-6 Francel Jones(Santa Ana Vly)
6-6 Viktor Nehring(Camarillo)
6-2 Dave Gates(Monta Vista,Cupr)
5-10 Kevin Grant
5-10 Chuck Hodgdon(Gilroy)
5-8 Erik Fleet
5-8 Chris Sterbec(Santa Clara)
5-6 Pat Downs

Pole Vault:

AR: 17-4 1/2 Joe Dial (Marlow, OK) 81
CR: 16-0 1/2 Paul Wilson (Warren, Downey) 65
15-7 *Doug Fraley(Clovis West)
14-6 Jim Barrett(Clovis West)
14-0 Greg Coquette(Burbank)
14-0 M. Heppner
13-6 Thorpe(Mt. Miguel, Spr Vly)
13-0 Vavra(Vahalla, El Cajon)
12-6 Elliott(Vahall, El Caj)
12-6 Mark Hempstead

Long Jump:

AR: 26-2A Jerry Proctor (Muir, Pasadena) 67
22-8 1/2 Ron Young(Locke, LA)
22-3 Tony Atkins(Walnut)
22-3 Curtis Lockett(Lincoln, SD)
21-10 Vern Norwood(Oak Grove, SJ)
21-10 Williams(Lincoln, SD)
21-9 1/2 Mark Montgomery(Indep, SJ)
21-8 Rovard Young(Los Altos)
21-7 1/2 Sean Laughlin(St. Ignat, SF)
21-4 Tom Kuwada(Gilroy)

Triple Jump:

AR: 51-9 1/4 Ken McClendon (Washington, Denver, CO) 74
CR: 50-5 1/2 Freeman Miller (Fremont, Los Angeles) 80
50-0 Ken Frazier(Mission, SF)
49-1 Ken Williams(Troy, Fullerton)
46-1 1/2 Clay Hill(Palm Springs)
45-11 1/4 Brian Coushey(Newbury Park)

Shot Put:

AR: 71-11 Jesse Stuart (Glasgow, KY) 70
CR: 64-11 1/2 Dave Kurrasch (Newport Harbor, Newport Beach) 75
52-7 *Mike Ostrom(LasLomas, WC)
52-3 1/4 John Mansfield
51-5 1/4 John Almonetti(Blackford,SJ)
51-4 1/4 Carlos Horncliff(St.Mary,Berk)

WOMEN

30 Meters:

4.4 *Monica Taylor(Grant, Sacto)
4.6 *Zena Hill(DeAnza, Rich)
4.6 *Brenda Pannell(Merced)
4.6 Brenda Thompson(Stagg,Stck)
4.7 Angie Atwood
4.7 Mona Simmons(Modesto)
4.8 Laura Day(Casa Roble, Orngvl)
4.8 Pam Witt(Placer, Auburn)

50 Meters:

AR: 6.43 *Jeanette Boiden (Centennial, Compton) 77
6.62 *Monica Taylor(Grant, Sacto)
6.92 *Zena Hill(DeAnza, Richmond)
6.97 Brenda Thompson(Stagg,Stck)
7.07 Mona Simmons(Modesto)
7.12 *Brenda Pannell(Merced)
7.19 Laura Day(Casa Roble, Orngvl)

60 Yards:

AR: 6.72 Deandra Carney (Dorsey, LA) 81
CR: 6.88 *Latanya Dawkins (Dorsey, LA) 81
6.97 *Lisa Winston(Jordan, LB)
7.02 Latanya Dawkins(Dorsey, LA)
7.04 Zeida Johnson(Garey, Pom)
7.39 Ellen Jones(Mt. Miguel,SprVly)
7.50 Proctor(Bonita Vista, CV)
7.59 Michelle Wade(Morse, SD)

500 Yards:

AR: 1:04.1 *Denean Howard (Kennedy, Granada Hills) 81
1:06.9 Gervaise McGraw(Ganeshia)
1:08.2 Jeannie Arnold(Locke, LA)
1:08.4 **Andrea Rolfe(Dorsey, LA)
1:08.4 Taylor(Cougars)
1:09.0 Toi Lark(Compton)
1:09.3 Lawanda Cabell(Gardena)
1:09.5 Hebard(St. Joseph, SiMaria)
1:10.9 *Melissa Jordan(Camarillo)
1:11.0 Laura Ichikawa(Katella, Ana)
1:12.2 Tonya Ransom(EI Toro)

600 Meters:

AR: 1:30.1 ***Robin Campbell (Eastern, Washington, DC) 74
1:44.3 Jeannie Arnold(Locke, LA)
1:46.9 *Michelle Gallagher(CasaRob)
1:47.6 Kim Donaldson(Merced)
1:47.8 Donna Martin(Enterprise, Red)
1:48.8 Jocy Pogg(Placer, Auburn)
1:48.9 Mary Beth Henke
1:50.1 Janet Gallagher(TerraLinda)
1:50.4 Yvonne Lemons
1:52.4 Jenny Brekhus(MarinCath,Knt)

880 Yards:

AR: 2:02.4 **Mary Decker (Orange) 74
2:11.7 Jessica Spies(Livermore)
2:18.7 Trescia Palmer(Westch, LA)
2:19.0 *Sharon Yaninek(Present, SJ)
2:19.2 Crystal Young(Nogales, LP)
2:20.6 Linda Morrison(Carson, LA)
2:21.2 *Leslie Pratt(Edison, HuntB)
2:25.4 Vicki Kelly(Costa Mesa)

1000 Yards:

AR: 2:26.7 **Mary Decker (Orange) 74
2:44.5 Denise Dibos(Helix, La Mesa)
2:46.7 Devers(Sweetwater, NatlCty)
2:48.1 Esquibel(Vahalla, El Cajon)

1500 Meters:

AR: 4:18.9 Lynn Jennings (Bromfield, Harvard, MA) 78
CR: 4:26.2 ***Paula Rose (Corona del Mar, Newport Beach) 76
4:26.7 Polly Plumer(University, Irv)
4:48.5 *Carla Halford(Leland, SJ)
4:49.5 Katy Dykstra(Blake, San Anst)
4:50.7 Jenny Ray(Oakland)
5:01.9 Missy Moore(Piedmont)
5:04.0 Suzy Martinez(San Juan,CitHt)
5:10.9 Tammy Anderson(Modesto)
5:11.8 Jenny Brekhus(MarinCath,Knt)
5:12.2 Molly Burke(Blake, San Anst)
5:12.6 Heather Ryan(Piedmont)

Mile:

AR: 4:38.5 *Debbie Heald (Neff, La Mirada) 72
4:45.9 Polly Plumer(University, Irv)
4:53.7 Vickie Cook(Alemany, MissHl)
4:58.2 Jessica Spies(Livermore)
4:59.3 **Teresa Barrios(Univ, Irv)
5:07.3 Katie Dunsmuir(Palisades, PP)
5:07.4 *Tania Fischer(Chamin,CanPk)
5:07.5 Janine Walther(Chatsworth)
5:08.3 **Clare Feit(Mater Dei, StAna)
5:09.2 Gladys Preiur(Le Lycee Fran)
5:09.4 Kathleen Ebner(BishAmat,LP)

3000 Meters:

AR: 9:29.0 **Debbie Quatier (Edmonds, WA) 74
CR: 10:00.6 *Lori Lopez (Sacred Heart, Los Angeles) 81
10:12.9 ***Nanette Garcia(SilvCrk, SJ)
10:21.2 Lori Shanoff(Petaluma)
10:38.3 ***Therese Fisher(Los Gatos)
10:59.0 Lupe Perez(Lincoln, LA)

Two Miles:

AR: 10:10.5 Lynn Jennings (Bromfield, Harvard, MA) 78
CR: 10:34.2 Debbie Heald (Neff, La Mirada) 73
11:13.4 Mara Lazdans(Fallbrook)
11:14.0 Heather Christ(Carlsbad)
11:37.3 Kim Sterton(Coronado)

40 Meter Hurdles:

6.8 Leslie Kimbrell(Davis,Modsto)
7.0 Kathleen Bortolussi(Black, SJ)
7.1 La Tonya Thomas(DeAnz,Rch)

640 Yard Relay:

1:13.8 Dorsey(Los Angeles)
1:14.0 Hawthorne
1:14.3 Muir(Pasadena)
1:14.5 Manual Arts(Los Angeles)
1:15.7 Morse(San Diego)
1:15.8 Ganeshai(Pomona)
1:16.9 West Torrance
1:17.0 Jordan(Los Angeles)
1:18.3 El Camino(Oceanside)
1:18.3 Westchester

Progressive Relay:

4:05.9 Sweetwater
4:06.5 Chula Vista
4:10.6 University(San Diego)

4x440:

AR: 3:50.0 Plainfield (New Jersey) 80
CR: 3:52.35 Poly (Long Beach) 80
3:58.2 Manual Arts(LA)
4:12.2 Fallbrook
4:15.0 Camarillo
4:15.5 Millikan(Long Beach)
4:15.6 Poly(Long Beach)
4:18.3 Thousand Oaks
4:23.7 Upland
4:26.2 Helix(La Mesa)
4:33.1 Kennedy(Granada Hills)
4:33.4 Vahalla(El Cajon)

4x450 Meter Relay:

4:57.7 Casa Roble(Orangevale)
5:03.0 Merced
5:11.0 Mission(San Francisco)
5:11.2 Los Gatos
5:23.8 South Fork
5:29.4 McClatchy(Sacramento)

4x750 Meter Relay:

9:30.4 Drake(San Anselmo)
9:34.7 Piedmont
9:54.4 Petaluma
10:14.2 Merced
11:05.0 Gilroy

4x880:

AR: 9:19.6 Kearny (New Jersey) 80
9:42.4 University(Irvine)
9:53.7 Tustin
9:56.8 Manual Arts(LA)
9:56.9 Glendale
9:58.3 Irvine
10:05.5 Arcadia
10:20.0 Fountain Valley
10:33.8 University(LA)

High Jump:

AR: 6-1 1/4 Paula Girven (Gar-Field, Woodbridge, VA) 75
CR: 5-10A Sue McNeal (Carlsbad) 80
5-2 **Rachel Bray(Los Altos)
5-2 Sheri Morford(Foothill, Sacto)
5-0 *Michal Miller(Santa Clara)
4-10 Molly Hill(Piedmont)
4-6 Diane Robinson

Long Jump:

AR: 21-7 1/4 Carol Lewis (Willingboro, NJ) 81
CR: 19-9 1/2 Jodi Anderson (Washington, LA) 76
17-9 1/2 Proctor(BonitaVista,CV)
16-10 1/2 Davis(EI Camino, Ocean)
16-9 1/4 Shawn Lawson(Crawford, SD)
16-1 Eivia Peterson(Mission, SF)
15-6 1/2 Dee Peary
15-2 Lisa Curry(Mission, SF)
15-1 1/4 Denise Adiego(Petaluma)
15-1 Andora McDonald(Logan,UC)
14-11 1/2 Kelli Abruzzini(Gilroy)

Shot Put:

AR: 49-7 1/4 Lynn Graham (Muir, Pasadena) 85
41-3 1/4 **LaTonia Floyd(OakGrove,SJ)
40-1 Cindy Niko
38-6 1/4 *Anna Shaffer(OakGrove,SJ)

Abbreviations:

AR — American Record
CR — California Record
A — Mark made at altitude (above 1000m)
* — Junior
** — Sophomore
*** — Freshman

NOTE: Athletes in San Francisco Games ran unattached, thus some names have no schools following.

Classifieds

MEDALS — Use medals instead of expensive trophies. Gold, silver, and bronze medals - 3" diameter, complete with attached ribbons. Medal and 3/4" wide ribbon - \$1.89; medal and 1 1/2" wide ribbon - \$1.99; plus postage and insurance. We also custom make patches, send for free price list. Custom Works, Inc., P.O. Box 55371, Valencia, CA 91355. (805) 255-6479.

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'82 Prep Track & Field Preview

By
KEITH CONNING



North Coast Section Men

100 METERS: Lenny Davis (Pittsburg) — 3rd section 11.0 ... 5th State Heat 2:10.73w ... 1981 best 10.7 ... 1st San Francisco Games 50m 5.97. **Stoney McCree** (Berkeley) — 3rd Section 4A 10.6 ... 4th Section 11.0 ... 7th State Heat 1:10.94w ... opened 1982 with a 10.5 personal best. **David Hart** (Pittsburg) — 3rd Section 4A Heat 10.5w. Brother of Olympian Eddie Hart. **A. J. Ross** (San Rafael) — 1st Section 3A 10.7 ... 5th Section 11.1.

200 METERS: Lenny Davis — 1st Gilroy 21.70. **Stoney McCree** — 1st Section 4A Heat 21.9 ... 3rd Section 22.1 ... 4th State Heat 1:22.02w ... opened 1982 with a 21.9 **David Hart** — 2nd Gilroy Heat 2:21.99 ... 4th Section 22.4 ... 6th State Heat 3:22.11. **A. J. Ross** — 1st Section 3A 21.6w ... 6th Section 22.9.

400 METERS: **Michael Walker** (Berkeley) — 4th Section 4A 49.6 ... 8th Section 50.2.

800 METERS: **Kimmie James** (Richmond) — 5th TAC JO 1:55.70 ... 1st San Francisco Games 600m Race 4:1:28.6. **Michael Walker** — 1st v. Kennedy 1:56.4. **Tom Cole** (San Ramon, Danville) — 5th Section Heat 1:57.1 ... 4th Section Cross Country.

1600 METERS: **Brian Abshire** (De Anza, Richmond) — 1981 best 4:20.6. **Tim Berry** (Ygnacio Valley, Concord) — 5th Section 4:25.8 ... 7th State Heat 2:4:15.83. **Jim Gaffield** (El Cerrito) — 3rd San Francisco Games 1500m 4:06.2. **Doran McGee** (Berkeley) — 4th Section Heat 1:4:20.3 ... 7th Section 4:31.8.

3200 METERS: **Brian Abshire** — 3rd Section 9:12.0 ... 16th State 9:08.6 ... 1st Section Cross Country 15:19.1 ... Ranked 15th in State in Cross Country ... 4th Sunkist 9:20.1y ... 2nd San Francisco Games 3000m 8:34.6. **Tim Berry** — 1st Pittsburg Relays 9:12.6 ... 7th Section 9:27.7 ... 2nd Section Cross Country 15:19.3 ... 5th Northern California Cross Country 14:33 ... Ranked 16th in State in Cross Country. **Kyle Kessler** (Castro Valley) — 3rd Section Cross Country 15:20.5. **Sam Skinner** (Redwood) — 9th Section 9:31.0 ... 13th Section Cross Country.

110 HIGH HURDLES: **Mark Boyd** (St. Mary's, Berkeley) — 1st Capital City 14.2 ... 1st Section 14.6 ... 7th State Heat 2:14.73w ... 3rd Sunkist 60yH 7:60 ... 2nd San Francisco Games 40mH 5.8.

300 LOW HURDLES: **Mark Boyd** — 2nd Catholic Athletic League 37.4y. **Stephon Pittman** (De Anza, Richmond) — 5th Section 38.2.

HIGH JUMP: **David Swanson** (Analay, Sebastopol) — 4th Section 6-6 ... Non-qualifier State Trials 6-6 ... 1982 All-Comers 6-8 ... defeated Maurice Crumby. **John Budge** (Piedmont) — 3rd Section 2A 6-7 ... 2nd Section 6-6 ... Non-qualifier State Trials 6-6 ... 2nd San Francisco Games 6-6. **Tom Caple** (Terra Linda, San Rafael) — 5th Section 6-5 ... Has cleared 6-7 in 1982.

POLE VAULT: **Scott Christensen** (Acalanes, Lafayette) — 2nd Section 13-6 ... Non-qualifier State Trials 13-8 ... Has already cleared 14-6 twice in 1982.

LONG JUMP: **Steve Digner** (Las Lomas, Walnut Creek) — 2nd Section 22-8w ... 22nd State Trials 21-4¼. **Rod McCorkel** (Petaluma) — 3rd Section 22-3w ... 21st State Trials 21-8¼ ... Best 1981 22-10w. **Howard Jones** (Pittsburg) — 8th Section 20-3w ... 1981 best 22-0.

TRIPLE JUMP: **Rod McCorkel** — 1st Section 3A 48-7¼w ... 8th Section 43-3¼. **Dwain Johnson** (Terra Linda, San Rafael) — 4th Section 3A 45-11¼. **Vince Logan** (Salesian, Richmond) — 1st Pittsburg Relays 47-1.

SHOT PUT: **Rod Sciento** (Cardinal Newman, Santa Rosa) — 6th Section 51-11¼ ... Best 1981 53-11¼. **Mike Fotrell** (De La Salle, Concord) — 8th Section 50-10¼ ... Best 1981 53-0.

DISCUS THROW: **Mike Ostrum** (Las Lomas, Walnut Creek) — 3rd Section 166-10 ... 1981 best 172-9.

Women

100 METERS: **Nedrea Rodgers** (Berkeley) — 2nd Section 4A 11.7 ... 2nd Section 12.1 ... 3rd State Heat 2:11.86 ... 5th State 12.04 ... 1st TAC JO 11.70w. **Jeanette Brandon** (De Anza, Richmond) — 1st Kennedy Relays 12.22. **Zena Hill** (De Anza, Richmond) — 2nd San Francisco Games 50m 6.92. **NOTE:** **Patrice Carpenter** (De Anza, Richmond), who placed 4th in the State in 1980 as a freshman, has moved to the midwest.

200 METERS: **Nedrea Rodgers** — False started in Section Heat 1 ... 1st TAC JO 23.88 ... Fastest sophomore in the United States last year. **Jeanette Brandon** — 4th Quicksilver Invitational 24.62w ... 2nd Section 25.1 ... 7th State Heat 3:25.33. **Diann Robinson** (Amador Valley, Pleasanton) — 4th Section 25.9 ... 7th State Heat 1:26.16w. **Jill Tenynson** (Petaluma) — 5th Section 26.2.

400 METERS: **Lana Rice** (Berkeley) — 2nd Section 55.5 ... 4th State Heat 1:56.78. **Jessica Spies** (Livermore) — 3rd Section 56.4 ... 3rd National Age Group 56.17. **Nadine Bent** (Logan, Union City) — 6th Section 58.4 ... 7th State Heat 2:00.39 ... Best 1981 57.7.

800 METERS: **Jessica Spies** — 1st Section 2:09.0 ... 3rd State Heat 1:2:13.11 ... 2nd State 2:07.36 ... 2nd TAC JR 2:05.84 ... 1st Sunkist 2:11.7y. **Donlece Johnson** (Berkeley) — 1st Capital City 2:15.0 ... 3rd Section 2:15.2 ... 7th State Heat 2:2:18.25. **Missy Moore** (Piedmont) — 2nd Section 2A 2:15.3 ... 4th Section 2:15.6 ... 7th State Heat 1:2:17.16. **Bridgett Cunningham** (Castro Valley) — 3rd Section 2A 2:16.2 ... 5th Section 2:17.3 ... 8th State Heat 3:2:19.19.

1600 METERS: **Marilyn Davis** (Miramonte, Orinda) — 1st Section 5:00.2 ... 4th State Heat 1:4:56.45 ... 3rd State 4:48.88 ... 1st TAC JR Cross Country 17:05 ... 1st Kinney Western 16:54 ... Ranked 3rd in State ... Davis injured her knee at the end of January. She plans to begin competing in mid-April ... She is going to attend the University of California in Berkeley. **Laurie Hollingworth** (Piner, Santa Rosa) — 3rd Section 5:01.2 ... 3rd State Heat 1:4:56.49 ... 5th State 4:54.27 ... 3rd Section Cross Country 18:02.8. **Katy Dykstra** (Drake, San Anselmo) — 2nd Section 5:01.1 ... 6th State Heat 2:5:02.96. **Lori Shanoff** (Petaluma) — 1st Section Heat 1:5:10.0 ... Best 1981 5:05.6.

3200 METERS: **Lori Shanoff** — 3rd Section 10:47.9 ... 5th Section Cross Country 16:59 ... 1st Northern California Cross Country 16:59 ... Ranked 15th in State ... 2nd San Francisco Games 3000m 10:21.2. **Wendy Sihner** (Miramonte, Orinda) — 7th Section

11:12.2 ... 1st Section Cross Country 17:38.6 ... 2nd Northern California Cross Country 17:12 ... Ranked 9th in State. **Robyn MacSwain** (Terra Linda, San Rafael) — 2nd Section Cross Country 17:53.3 ... 13th Kinney Western 17:42 ... Ranked 13th. **Paige Tully** (Alhambra, Martinez) — 9th Section 11:24.0 ... 8th Section Cross Country 18:34.5 ... 12th Northern California Cross Country 17:45.

100 LOW HURDLES: **Yvette Bates** (Berkeley) — 1st TAC JO 14:10.2. **Ruth Whitehead** (Berkeley) — 3rd Section 14.6 ... 3rd State Heat 3:14.23w ... 7th State 14.43 ... 4th TAC JO 14.37w.

300 LOW HURDLES: **Charlene Schalk** (San Ramon, Danville) — 5th Section 44.8. **Ruth Whitehead** — 1st Quicksilver Invitational 45.17y. **Yvette Bates** — 6th Arcadia 46.02.

HIGH JUMP: **Debbie Disbrow** (Granada, Livermore) — 2nd Section 5-5 ... Non-qualifier State Trials 5-3 ... 1981 best 5-9. **Cheryl Bishop** (Berkeley) — 3rd Section 5-4 ... Non-qualifier State Trials 5-2 ... 1981 Best 5-8. **Allison Crist** (Sunset, Hayward) — 4th Section 5-4 ... Non-qualifier State Trials 5-3.

LONG JUMP: **Yvette Bates** — 3rd King Games 18-11¼ ... 3rd Section 18-6 ... 5th State Trials 17-9¼ ... 5th State 18-4 ... 2nd TAC JO 18-9¼ ... 1982 season opener 18-3¼. **Andora McDonald** (Logan, Union City) — 6th Section 17-7¼w ... 1981 best 17-9¼ ... 5th San Francisco Games 15-1. **Denise Adiego** (Petaluma) — Section finalist. 1981 best 17-1.

TRIPLE JUMP: **Yvette Bates** — 1st TAC JO 38-7¼.

SHOT PUT: **Jennifer Jacobi** (San Ramon, Danville) — 6th Section 36-1¼ ... 1981 best 37-6¼.

DISCUS THROW: **Dana Spahn** (Arroyo, San Lorenzo) — 5th Section 118-0 ... 1981 best 125-1. **Dana Foster** (San Ramon, Danville) — 6th Section 117-0 ... 1981 best 126-5. **Heidi Borgwardt** (Acalanes, Lafayette) — 8th Section 91-11 ... 1981 best 116-0.



San Diego Section Men

100 METERS: **Paul Day** (Kearny, San Diego) — 2nd Section 10.85 ... 6th State Heat 3:10.64 ... 1st Jack-in-the-Box 60y 6.38 ... Defeated Kevin Willhite ... 1st v. San Diego High 3/10/82 10.3 ... Signed a football letter of intent to attend Arizona State. **Joel Davis** (Mt. Miguel, San Diego) — 3rd Section 11.03 ... 8th State Heat 3:10.92w ... 7th State 11.07 ... Does any reader know why Davis was advanced to the final of the State Meet? **Jon Martin** (Serra, San Diego) — 3rd Jack-in-the-Box 60y 6.53.

200 METERS: **Paul Day** — 2nd Section 21.88w ... 3rd State Heat 3:21.43 ... 9th State 22.08 ... 1st v. San Diego High 21.8 3/10/82. **Gerald Johnson** (Sweetwater, National City) — 3rd Section 22.15 ... 5th State Heat 2:22.24. **Joel Davis** — 4th Section 22.20.

400 METERS: **David Lane** (Mt. Carmel, San Diego) — 2nd Section 49.87 ... 7th State Heat 2:49.38 ... 3rd Jack-in-the-Box 500y 1:01.6 ... 5th TAC JO Semifinal 50.2. **Gerald Johnson** (Sweetwater, National City) — 2nd Jack-in-the-Box 400y 1:01.3.

800 METERS: **O'Rourke** (Bonita Vista, Chula Vista) — 1st Jack-in-the-Box 1000y 2:20.8.

1600 METERS: **Jose Vega** (Chula Vista) — 1st Jack-in-the-Box Mile 4:21.8. **Todd Hemingway** (Santana, Santee) — 2nd Jack-in-the-Box Mile 4:26.0. **Aaron Rudd** (Vaihalla, El Cajon) — 3rd Jack-in-the-Box Mile 4:30.9.

3200 METERS: **Jose Vega** — 2nd Section 9:26.75 ... 5th TAC JO 5000m 15:19.73 ... 1st Section 1A Cross Country 15:50 ... 11th Kinney Western 15:06 ... Ranked 6th in Cross Country in State. **Dan Oulette** (Mira Mesa, San Diego) — 3rd Section 3A Cross Country 15:48 ... 12th Kinney Western 15:06 ... Ranked 7th in Cross Country. **Dave Ivy** (Santana, Santee) — 1st Section 3A Cross Country 15:43 ... 14th Kinney Western 15:10 ... Ranked 9th in Cross Country.

110 METER HIGH HURDLES: **Jeff Smith** (Serra, San Diego) — 2nd Section 14.53 ... 5th State Heat 3:14.58 ... 1st dual meet 14.4 3/10/82. **Brown** (Kearny, San Diego) — 1st v. San Diego High 14.5 3/10/82.

300 LOW HURDLES: **Allen Durden** (Helix, San Diego) — 2nd Section 37.89 ... 6th State Heat 1:38.00. **Jeff Smith** — 1st dual meet 38.9 3/10/82.

HIGH JUMP: **Gerald Johnson** — 1st dual meet 6-7 3/10/82. **Jon Martin** — 2nd Section 6-4.

POLE VAULT: **Jay Vavra** (Vaihalla, El Cajon) — 3rd Section 13-9 ... Non-qualifier State Trials 13-8 ... 1981 best 14-6 ... 2nd Jack-in-the-Box 13-0 ... 1st dual meet 14-0 3/9/82. **Thorpe** (Mt. Miguel, Spring Valley) — 1st Jack-in-the-Box 13-6.

LONG JUMP: **Anthony McClendon** (University, San Diego) — 1st Section 23-7¼ ... 12th State Trials 22-6¼w. **Curtis Lockett** (Lincoln, San Diego) — 2nd Section 22-11½ ... 13th State Trials 22-5¼ ... 1981 best 23-7¼w ... 4th Sunkist 22-3 ... 2nd Jack-in-the-Box 22-0¼. **Williams** (Lincoln, San Diego) — 6th Section 21-8¼ ... 3rd Jack-in-the-Box 21-10.

TRIPLE JUMP: **Anthony McClendon** — 3rd Section 46-8¼ ... 21st State Trials 44-11w.

Women

100 METERS: **Ellen Jones** (Mt. Miguel, Spring Valley) — 1st Section 12.07 ... 3rd State Heat 1:11.97w ... 8th State 12.43 ... 1981 best 11.6w? ... 1st Jack-in-the-Box 60y 7.39. **Proctor** (Bonita Vista, Chula Vista) — 2nd Jack-in-the-Box 60y 7.50. **Michelle Wade** (Morse, San Diego) — 4th Section 12.53 ... 3rd Jack-in-the-Box 60y 7.59.

200 METERS: **Ellen Jones** — 1st Section 24.64 ... 3rd State Heat 24.90 ... 9th State 26.02. **Diana Turner** (Fallbrook) — 4th Section 25.11. **Michelle Wade** — 5th Section 25.29.

400 METERS: **Jennifer Cottingham** (Morse, San Diego) — 2nd Section 58.64 ... 7th State Heat 3:58.68 ... 1981 best 57.4 ... 2nd Jack-in-the-Box 500y 1:13.0. **Kelly Panno** (San Pasqual, Escondido) — 3rd Section 59.00 ... 8th State Heat 2:61.43 ... 3rd Jack-in-the-Box 500y 1:14.0.

800 METERS: **Denise Dibos** (Helix, San Diego) — 2nd Section 2:16.7 ... 6th State Heat 1:2:17.14 ... 1st Jack-in-the-Box 1000y 2:44.5. **Heidi Gartner** (Fallbrook) — 3rd Section 2:16.8 ... 6th State Heat 3:2:17.14. **NOTE:** Gartner and Dibos had the identical time to the hundredth of a second and place, even though they ran in separate State Meet Heats!

continued on next page...

Prep Notes

1600 METERS: Tina Allen (Santana, Santee) — 1st Section 5:05.55 ... 6th State Heat 1 5:00.72 ... 2nd Jack-in-the-Box Mile 5:19.3. *Sandy Blakeslee (Vista) — 4th Section 5:13.47 ... 9th State Heat 2 5:08.56 ... 4th Section 3A Cross Country 13:49 ... 3rd Jack-in-the-Box Mile 5:20.2. Tanner (Vista) — 1st Jack-in-the-Box Mile 5:17.5.

3200 METERS: Shell Lachel (Monte Vista, Spring Valley) — 2nd Section 10:58.17 ... 7th State 10:41.65 ... 1st Section 3A Cross Country 13:24 ... 14th Kinney Western 17:42 ... Ranked 14th in Cross Country ... 2nd Grossmont College 10K 35:45. Mara Lazdens (Fallbrook) — 4th Section 11:20.39 ... 2nd Section 3A Cross Country 13:31 ... 17th Kinney Western 17:52 ... Ranked 16th in Cross Country ... 3rd Grossmont College 10K 37:12 ... 1st Jack-in-the-Box 2 Mile 11:13.4. Heather Christ (Carlsbad) — 4th TAC JO 3000m 10:30.34 ... 2nd Jack-in-the-Box 2 Mile 11:14.0.

100 LOW HURDLES: *Liz Pew — 3rd Section 48.29 ... 6th State Heat 3 45.88. Wendy Edelen (Crawford, San Diego) — 1st Section 44.77 ... 6th State Heat 1 44.53.

HIGH JUMP: Gabrielle Le Clair (Monte Vista, Spring Valley) — 1st Section 5-7 ... 6th State Trials 5-6 ... 4th State 5-6. Carrie Thomas (Mission Bay, San Diego) — 2nd Section 5-5 ... 9th State Trials 5-6 ... 7th State 5-6.

LONG JUMP: Shawn Lawson (Crawford, San Diego) — 2nd Section 18-4 ... 9th State Trials 17-7/4 ... 9th State 15-1 1/4 ... 3rd Jack-in-the-Box 16-9/4. Proctor — 4th Section 18-1 1/4 ... 1st Jack-in-the-Box 17-9/4. Davis (El Camino, Oceanside) — 5th Section 17-11 ... 2nd Jack-in-the-Box 16-10/4.

SHOT PUT: *Dorsey Poulin (Vista) — 1st Section 39-8/4 ... 24th State Trials 35-10 1/2. Jane Johnson (Valhalla, El Cajon) — 2nd Section 38-4/4 ... 22nd State Trials 36-7/4.

DISCUS THROW: *Dorsey Poulin — 3rd Section 129-10 ... 18th State Trials 130-6. Leomili (Sweetwater, National City) — 6th Section 122-5 ... 1st dual meet 126-5 3/10/82.



Northern Section Men

400 METERS: Wayne Donchez (Yreka) — 3rd San Francisco Games 600m Race 1 1:31.4.

1600 METERS: Brian Butterfield (Lassen, Susanville) — 1st Section 4:24.75 ... 10th State Heat 2 4:19.28 ... 6th Section Cross Country 15:49 ... 2nd San Francisco Games 1500m 4:05.0.

3200 METERS: Don Merwin (Hayfork) — 1st Section 9:37.3 ... 1st Section Cross Country 15:09.9 ... 3rd Northern California 14:28 ... 2nd AAU JO 15:24.1 ... Ranked 10th in Cross Country ... 3rd San Francisco Games 3000m 8:35.4. *Jim Frey (Yreka) — 2nd Section Cross Country 15:18 ... 4th Northern California 14:31 ... 15th Kinney Western 15:11 ... Ranked 11th ... 6th San Francisco Games 3000m 8:52.5. Jeff Franklin (Yreka) — 4th Section Cross Country 15:36 ... 8th Northern California 14:47 ... 19th Kinney Western 15:19 ... Ranked 17th.

HIGH JUMP: Paul Weber (Shasta, Redding) — 1st Section 6-4.

400 METERS: **Donna Martin (Enterprise, Redding) — 1st Section 59.0 ... 3rd San Francisco Games 600m Race 1 1:47.8.

800 METERS: *Dawn Vance (Modoc, Alturas) — 1st Section 2:19.6 ... 5th State Heat 3 2:16.79.

1600 METERS: *Jennifer Korte (Pleasant Valley, Chico) — 1st Section 5:21.78 ... 10th State Heat 1 5:13.23 ... 4th Section Cross Country 15:49.

3200 METERS: Danae Dunlap (Anderson) — 1st Section Cross Country 15:30.3.

100 LOW HURDLES: Debby Damron (Pierce, Arbuckle) — 1st Section 15.2 ... 9th State Heat 3 15.91w.

300 LOW HURDLES: Jill Silva (Pleasant Valley, Chico) — 1st Section 47.05.

HIGH JUMP: Jill Silva — 1st Section 5-5 ... Non-qualifier State Trials 5-0.

DISCUS THROW: Michelle Schonger (Anderson) — 1st Section 132-6 ... 12th State Trials 137-7.



San Francisco/Oakland Section Men

100 METERS: Wiley Watson (Oakland) — 4th Central Coast Section 10.93 ... Transferred from Stevenson High School of Pebble Beach.

200 METERS: Wiley Watson — 4th Central Coast Section 22.35 ... 1st CCS Region IV 21.7.

400 METERS: Angelo McNeil (Gallileo, San Francisco) — 2nd Section 48.1y. Anne Williams (Oakland) — 3rd Section 48.3y.

800 METERS: Shelby Flowers (Oakland) — 1st Section 1:58.3 ... 9th State Heat 2 1:58.85.

3200 METERS: Charlie Cyper (Skyline, Oakland) — 1st Section Cross Country 14:08 ... 23rd Northern California 15:03. Fady Malik (Lowell, San Francisco) — 1st Section Cross Country 17:52 ... 24th Northern California 15:05. NOTE: Looks like a good battle is shaping up here, as only two seconds separated the two section champs at the Northern California Cross Country Championships.



110 METER HIGH HURDLES: Russell Johnson (Mission, San Francisco) — 1st Section 14.2y ... 8th State Heat 1 16:19w.

300 METER LOW HURDLES: Russell Johnson — 3rd Gilroy Heat 2 38.62y.

HIGH JUMP: *Maurice Crumby (Balboa, San Francisco) — 1st Section 6-8 ... Qualified State Trials 6-9 ... 3rd State 7-0 ... 1st TAC JO 6-8 1/4 ... 1st Sunkist 7-0.

POLE VAULT: James McCianahan (Gallileo, San Francisco) — 1st Section 14-0.

LONG JUMP: Ken Frazier (Mission, San Francisco) — 2nd Section 23-6 1/2 ... 1981 best 25-3 ... 1st Sunkist 23-8 1/4 ... 1st San Francisco Games 23-10 1/4.

TRIPLE JUMP: Ken Frazier — 1st Section 49-5 ... 1st State Trials 52-4 1/4 ... 1st State 50-10 1/4 ... 2nd Sunkist 49-0 1/4 ... 1st Louisiana State 50-0.

DISCUS THROW: James Saldanao (Gallileo, San Francisco) — 1st Section 150-4.

Women

200 METERS: *Delisa Lynch (Oakland Tech) — 1st Oakland Athletic League 24.5 ... 1st Section 24.9 ... 6th State Heat 3 25.30. *Latanya Lathan (Castlemont, Oakland) — 1st v. Fremont 24.6y.

400 METERS: **Donna Graham (Lowell, San Francisco) — 1st Section 59.0y ... 9th State Heat 3 59.87.

800 METERS: Jenny Ray (Oakland) — 1st League 2:18.7y ... 1st Section 2:19.0y ... 9th State Heat 2 2:19.50.

3200 METERS: Marta McLeod (Skyline, Oakland) — 1st Section 12:15.1.

100 METER LOW HURDLES: Natalie Spinks (Skyline, Oakland) — 1st Section 14.7y ... 8th State Heat 1 15.14.

300 METER LOW HURDLES: Angelique Rush (Balboa, San Francisco) — 1st Section 45.2y.

HIGH JUMP: *Amy Brewer (Skyline, Oakland) — 1st Section 5-0 ... Non-qualifier State Trials 5-2.

LONG JUMP: Elvia Peterson (Mission San Francisco) — 1st San Francisco Games 16-1.

SHOT PUT: *Tina Ellis (Fremont, Oakland) — 1st Section 33-7/4 ... 23rd State Trials 36-2/4.

DISCUS THROW: *Yolanda Graves (Lincoln, San Francisco) — 1st Section 96-4.



Sac-Joaquin Section Men

100 METERS: Kevin Willhite (Cordova, Rancho Cordova) — 1st Section 10.46 ... 1st State Heat 3 10.50w ... 2nd State 10.68 ... 3rd Sunkist 60y 6.39 ... 2nd Jack-in-the-Box 60y 6.43 ... 2nd San Francisco Games 6.01 ... Signed with Oregon. Pablo Hendricks (Valley, Sacramento) — He took third place in the 100 (10.61 hand-timed?) and 200 (21.6) in the Missouri State Meet in 1981 ... 4th San Francisco Games 50m 6.12 ... 1st v. Vanden 10.4w? 3/5/82.

200 METERS: Kevin Willhite — 1st Section 21.07 ... 1st State Heat 20.81 ... 1st State 20.81 ... Ranked number 1 in the nation by Track & Field News. Pablo Hendricks — 1st v. Vanden 22.0w?.

400 METERS: Eugene King (Vallejo) — 2nd Section 49.28 ... 6th State Heat 3 50.01 ... 1981 best 48.5.

800 METERS: Patrick McCrustie (Jesuit, Carmichael) — 2nd Section 1:53.8 ... 4th State Heat 2 1:54.61.

1600 METERS: **Danny Valdez (Merced) — 4th San Francisco Games 1500m 4:08.6.

3200 METERS: Harold Kuphaldt (Bella Vista, Fair Oaks) — 1st Section 9:12.2 ... 5th State 8:54.79 ... Only junior to place in State Meet ... 1st Section Cross Country 15:12 ... 3rd Kinney Western 14:45 ... 2nd Kinney National 14:55 ... Ranked 1st in Cross Country in California ... 1st Los Angeles Times Games 9:12.5y ... 2nd Sunkist 9:18.0y. John Hansen (El Dorado, Placerville) — 3rd Section 9:24.1 ... 2nd Section Cross Country 15:17. *Rod Curry (Christian Brothers, Sacramento) — 5th Section Cross Country 15:35 ... 20th Northern California 15:02 ... 20th Kinney Western 15:19 ... Ranked 18th.

110 METER HIGH HURDLES: Rod Greene (Vallejo) — 4th San Francisco Games 40mH 5.8. Hartmen (Vanden, Travis AFB) — 1st v. Valley & Vallejo 14.4w? 3/5/82.

Women

100 METERS: Karen Schaefer (Central Catholic, Modesto) — 1st Section 12.04w ... 6th State Heat 1 12.08 ... 1981 best 11.98w? *Monica Taylor (Grant, Sacramento) — 2nd Section 12.24 ... 6th State Heat 1 12.30w ... 1st San Francisco Games 50m 6.62. Brenda Thompson (Stagg, Stockton) — 3rd Section 12.38 ... 6th State Heat 3 12.26w ... 3rd San Francisco Games 50m 6.97. NOTE: All three girls placed sixth in their State Meet Heats.

200 METERS: Karen Schaefer — 1st Section 24.83 ... 5th State Heat 1 25.02w. *Monica Taylor — 2nd Section 25.14 ... 1st San Francisco Games 50m 6.62.

400 METERS: Kim Donaldson (Merced) — 2nd Section 57.65 ... 5th State Heat 2 58.55 ... 2nd San Francisco Games 600m Race 1 1:47.6. Michelle Gallagher (Casa Roble, Orangevale) — 1st San Francisco Games 600m Race 1 1:46.9.

1600 METERS: **Laurie Bushing (Yuba City) — 2nd Section 5:07.63 ... 9th

Progress Is Made
ONE STEP AT
A TIME



So, if you received two (2) issues last month (i.e., CTRN & NCRR label) — don't despair! We are slowly making progress in sorting thru CTRN & NCRR subscriptions. The finish line is in sight. Your CTRN subscription will be extended by the number of issues you had coming on your NCRR subscription at the time of the merger. The extra one now won't count against you. Thanks for your patience.

State Heat 15:12.27. **Suzy Martinez** — 1st San Francisco Games 1500m Race 1 5:07.8.

3200 METERS: **Joni Mooney** (Vacaville) — 3rd Section 11:01.58 ... 10th State 10:54.56 ... 1st Section Cross Country 18:00 ... 3rd Northern California 17:21 ... 2nd TAC JO 18:05 ... Ranked 18th. **Stacey McAfee** (Del Oro, Loomis) — 2nd Section 11:00.52 ... 5th Section Cross Country 18:42 ... 5th Northern California 17:32 ... 12th TAC JO 18:34.5.

100 METER LOW HURDLES: **Laura Schaefer** (Central Catholic, Modesto) — 2nd Section 14.66 ... 8th State Heat 3 14.99w.

300 METER LOW HURDLES: **Laura Day** (Casa Roble, Orangevale) — 1st Section 44.0 ... 5th State Heat 1 44.22.

HIGH JUMP: **Sheri Moreford** (Foothill, Sacramento) — 2nd Section 5-6 ... Non-qualifier State Trials 5-4 ... 1981 best 5-8 ... 2nd San Francisco Games 5-2.

DISCUS THROW: **Karen Nickerson** (Cordova, Rancho Cordova) — 1st Section 143-10 ... 2nd State Trials 156-7 ... 8th State 134-10.

NOTE: The Sac-Joaquin Section did not provide grades for their competitors in the 1981 State Meet. This omission made this preview very difficult to complete. Coaches, please make sure your section commissioner submits grades his year.



Central Coast Section Men

100 METERS: **Greg Chow** (Prospect, Saratoga) — 2nd Section 10.84 ... 6th State Heat 2 10.78w. **John Anderson** (Willow Glen, San Jose) — 5th Section 11.18 ... 1981 best 10.7. **Tim Peoples** (Silver Creek, San Jose) — 5th Section Heat 1 11.0 ... 3rd Gilroy Heat 2 10.97.

200 METERS: **Joe Price** (Seaside) — 2nd Region IV 22.1 ... 7th Section 22.7. **Greg Chow** — 1st Top 8 21.7 ... False started in Section. **Jim Reyes** (Independence, San Jose) — MHL Trials 22.0.

100 METERS: **Kerry Threats** (Westmoor, Daly City) — 1st Region I 48.2 ... 1st Section 48.39 ... 6th State Heat 2 49.00 ... 1st San Francisco Games 600m Race 2 1:26.2. **Mike Green** (Hillsdale) — 1st Region I 48.9 ... 5th Section 49.14 ... 1st San Francisco Games 600m Race 2 1:28.3. **Dave Wallick** (Buchser, Santa Clara) — 1st Section Frosh/Soph 49.54 ... 1981 best 49.8 ... 2nd San Francisco Games 600m Race 1 1:31.2.

100 METERS: **Ron Green** (Mt. Pleasant, San Jose) — 5th Quicksilver 1:54.9 ... Disqualified Section Frosh/Soph. **Rod Sellard** (Bellarmine, San Jose) — 1st West Catholic League 1:55.36 ... 4th Section 1:55.7. **Gary Lewis** (Gunderson, San Jose) — 5th Section 1:55.7.

1600 METERS: **Brian Bergstrom** (Los Gatos) — 3rd Top 8 4:18.1y ... 5th San Francisco Games 1500m 4:11.2. **Robert Anderson** (Santa Teresa, San Jose) — 6th Region III 4:21.0y ... 1st San Francisco Games 1500m 4:04.7.

3200 METERS: **Gary Lewis** (Gunderson, San Jose) — 2nd Section Cross Country 15:16.63 ... 2nd Northern California 14:23 ... 8th Kinney Western 15:03 ... 10th Kinney National 15:06 ... Ranked 1th in Cross Country ... 1st Postal 2 Mile 22.9. **Grant Foster** (Monta Vista, Cupertino) — 1st Section Cross Country 5:15.02 ... 10th Northern California 4:49 ... 2nd Postal 2 Mile 9:23.2. **Robert Anderson** — 3rd Postal 2 Mile 9:23.4.

10 METER HIGH HURDLES: **Rod Green** (Palo Alto) — 4th Section

14.81 ... 2nd San Francisco Games 40mH 5.7. **Erick Montgomery** (Independence, San Jose) — 6th Section Heat 1 15.0 ... 4th Top 8 14.4w ... 3rd San Francisco Games 40mH 5.8. **Andy Anderson** (King City) — 3rd Region IV 14.5.

300 LOW HURDLES: **Erick Montgomery** — 3rd Section 37.5y ... 4th State Heat 3 37.44. **Dave Chesarek** (Leigh, San Jose) — 4th Section 37.6. **Doug Dunbar** (Mt. Pleasant, San Jose) — 2nd MHL Trials 38.2.

HIGH JUMP: **Allen Christensen** (North Monterey County, Castroville) — 1981 best 6-8. **Dave Gates** (Monta Vista, Cupertino) — 4th Section 6-6 ... 3rd San Francisco Games 6-2. **Brent Anderson** (Mt. Pleasant, San Jose) — 6th Section 6-6.

POLE VAULT: **Don Weckler** (Westmont, Campbell) — 3rd Section 14-8 ... Qualifier State Trials 14-4 ... No height State Finals ... 1st West Valley League 14-9. **Mike Kibort** (Fremont, Sunnyvale) — 2nd Section Frosh/Soph 13-0 ... 1981 best 14-1 1/4. **Andy Sythe** (Los Gatos) — 2nd Leigh-West Valley Relays 14-0.

LONG JUMP: **Tim Peoples** (Silver Creek, San Jose) — 2nd Section 22.7 1/4 ... 22nd State Trials 21-4 1/4 ... Wide receiver/defensive back, 6-1, 195 ... Signed national football letter-of-intent with Washington. **John Anderson** (Willow Glen, San Jose) — 3rd Section 22-5 ... 20th State Trials 21-9. **Allen Picchi** (St. Francis, Mountain View) — 1st Section Frosh/Soph 21-2 1/4 ... 1981 best 22-8 1/4.

TRIPLE JUMP: **Larry Weldon** (Silver Creek, San Jose) — 2nd Section 47-10 ... 10th State Trials 47-4 1/4. **Allen Picchi** — 1st Top 8 Frosh/Soph 46-8 1/4 ... 2nd Section Frosh/Soph 45-4 1/4. **Hilton Hong** (Peterson, Sunnyvale) — 1st Section Frosh/Soph 45-10.

SHOT PUT: **John Almonetti** (Blackford, San Jose) — 3rd Section 55-5 ... 25th State Trials 48-5 1/4 ... 1st Leigh-West Valley Relays 56-6 1/4 ... Defensive tackle, 6-3, 265, All-Central Coast Section ... Signed a national football letter-of-intent with San Jose State ... His brother Steve is a center for Stanford. **Eric Tenynson** (Cupertino) — 1st De Anza League 53-0 ... 14th Section 48-4. **Cornell Brown** (Independence, San Jose) — 1981 best 53-1.

DISCUS THROW: **Dan Katches** (Mills, Millbrae) — 1st Quicksilver Classic 181-7 ... 2nd Section 174-5 1/4 ... 13th State Trials 163-0 ... 7th TAC JO 159-3. **John Almonetti** — 3rd Section 172-11 ... 19th State Trials 150-8. **Jeff Ramirez** (Gunderson, San Jose) — 5th Section 164-5 ... 1981 best 169-8.

Women

100 METERS: **Gurtha Pounds** (Live Oak, Morgan Hill) — 2nd Section 12.0 ... 2nd State Heat 3 11.81 ... 7th State 12.25 ... 1981 best 11.8. **Julie Middleton** (San Mateo) — 1st Section Heat 2 11.8 ... 1st Section 11.9 ... 7th State Heat 2 12.09 ... Position Forward, 5-9, senior, Second Team CCS Basketball. **Vivian Riley** (Mt. Pleasant, San Jose) — 1st Gilroy Heat 3 12.25 ... 4th Section 12.4.

200 METERS: **Gurtha Pounds** — 2nd Section 24.73 ... 2nd State Heat 1 24.21w ... 8th State 24.98. **Liz Chewing** (Saratoga) — 3rd Section 24.73 ... 5th State Heat 3 25.11. **Brenda Brewer** (Hillsdale) — 4th Section 24.74.

400 METERS: **Brenda Brewer** — 1st Section 55.74 ... 6th State Heat 3 58.39. **Sherill Miller** (Fremont, Sunnyvale) — 2nd Section 55.88 ... 2nd State Heat 2 56.97. **Lanette Davis** (Del Mar, San Jose) — 3rd Section 56.8 ... 5th State Heat 1 57.83.

800 METERS: **Marie King** (Milpitas) — 1st Top 8 2:09.4 ... 2nd Section 2:10.6 ... 2nd State Heat 2 2:11.27 ... 7th State 2:11.54. **Sharon Yaninek** (Presentation, San Jose) — 4th Section 2:12.5 ... 4th State Heat 3 2:16.76 ... 3rd Sunklist

2:19.0y. **Kris Wendt** (Leigh, San Jose) — 5th Section 2:14.1.

1600 METERS: **Carla Halford** (Leland, San Jose) — 4th Section 5:05.9y ... 1st San Francisco Games 1500m 4:48.5. **Marie King** — 2nd Top 8 4:55.2y ... 6th Section 5:10.4y. **Nora Williams** (Menlo-Atherton) — 7th Section 5:13.7y.

3200 METERS: **Linda Van Housen** (Sacred Heart, Menlo Park) — 2nd Section 10:42.2y ... 13th State 10:58.8 ... 12th TAC JO 3000m 10:49.6. **Susan Brodie** (St. Francis, Mt. View) — 3rd Top 8 11:10.4y ... 6th Section 11:23.2y. **Andrea Heimbecker** (Willow Glen, San Jose) — 4th Section 11:20.0y.

100 METER LOW HURDLES: **Roberta Eccles** (Gunderson, San Jose) — 4th Section 14.90. **Linda Luttrell** (Sequoia, Redwood City) — 5th Section 14.9 ... 1981 best 14.8. **Stephanie Sumpter** (Independence, San Jose) — 7th Section 14.9.

300 METER LOW HURDLES: **Roberta Eccles** — 2nd Section 45.00 ... 4th State Heat 3 44.16. **Heidi Waterfield** (Homestead, Cupertino) — 3rd Section 45.32. **Beth Miller** (Carlmont, Belmont) — 4th Section 45.39.

HIGH JUMP: **Yvonne Kendall** (Westmoor, Daly City) — 1st Pacific Association 14-15 5-8. **Kathy Rapanich** (Lynbrook, San Jose) — 1981 best 5-6 1/4 ... Position center, 6-0 senior, First Team CCS Basketball. **Kelley Cummins** (Los Gatos) — 3rd Section 5-2 ... Non-qualifier State Trials 5-3 ... 2nd State TAC 5-4.

LONG JUMP: **Vivian Riley** (Mt. Pleasant, San Jose) — 1st Quicksilver Classic 18-8 1/4 ... 1st Section 17-8 ... 3rd State Trials 18-2 ... 2nd State 18-5 1/4. **Hilary Bray** (Los Altos) — 2nd Section 17-6 ... 17th State Trials 17-1 1/4. **Cathy Dee** (Santa Catalina, Monterey) — 1st Cabrillo 17-4 1/4 ... 3rd Section 17-3 ... 23rd State Trials 15-9 1/4.

SHOT PUT: **Cindi Durchslag** (San Carlos) — 2nd Jenner 43-4 1/4 ... 1st Section 42-2 1/2 (new record) ... 5th State Trials 42-4 1/4 ... 9th State 40-1 1/4. **Jill Crisler** (Gunn, Palo Alto) — 2nd King Games 42-2 1/4 ... 2nd Section 40-9 1/4 ... 12th State Trials 40-5. **La Tonia Floyd** (Oak Grove, San Jose) — 2nd Quicksilver 41-4 ... 4th Section 40-4 1/2 ... 1st San Francisco Games 41-3 1/4.

DISCUS THROW: **Cindi Durchslag** — 1st Section 147-9 ... 3rd State Trials 155-6 ... 3rd State 141-9. **Cora Manasa** (Seaside) — 3rd Section 129-6 ... 21st State Trials 122-3. **Stephanie Townsel** (Silver Creek, San Jose) — 7th Section 121-8 ... 1981 best 132-6.



Central Section Men

100 METERS: **Leevel Tatum** (Edison, Fresno) — 2nd Section 10.93 ... 9th State Heat 3 11.00w.

200 METERS: **Eric Josephson** (Porterville) — 3rd Section 22.83. **Tommy Barber** (Bakersfield) — 1st Section 48.36 ... 2nd State Heat 1 48.37 ... 4th State 47.73 ... 1981 best 47.64.

1600 METERS: **Mark Beebe** (Fresno) — 3rd Section 4:23.62 ... 10th State Heat 1 4:22.55.

3200 METERS: **Todd Hill** (Monache, Porterville) — 2nd Section 9:28.99. **Roy Vinton** (Sanger) — 1st Section Cross Country 14:45.1. **Jim Pettis** (Porterville) — 2nd Section Cross Country 14:46.0. **Dean Walker** (Hoover, Fresno) — 3rd Section 9:29.98.

110 METER HIGH HURDLES: **Robert Budwig** (Clovis West, Clovis) — 2nd Section 14.30 ... 2nd State Heat 3 14.38 ... 6th State 14.42 ... 1981 best 14.0w ... 4th Sunklist 60yH 7.61 ... 1st San Francisco Games 40mH 5.7. **Matt**

Simmons (West, Bakersfield) — 3rd Section 14.46 ... 6th State Heat 2 14.65w.

HIGH JUMP: **Rick Swenson** (Clovis) — 1st Section 6-6 ... Non-qualifier State Trials 6-6 ... 1981 best 6-9 1/4.

POLE VAULT: **Doug Fraley** (Clovis West, Clovis) — 1st Section 15-6 (meet record) ... 3rd State 14-8 ... 1st Sunklist 15-6 ... 1st San Francisco Games 15-7. **Jim Barrett** (Clovis West, Clovis) — 3rd Sunklist 14-6.

TRIPLE JUMP: **Cornell Archie** (Fresno) — 1st Section 47-7 1/4 ... 9th State Trials 47-10w ... 8th State 46-11 1/4 ... 1981 best 48-9 1/2w.

DISCUS THROW: **Oscar Garza** (Kingsburg) — 2nd Section 165-7 ... 10th State Trials 167-7.

Women

100 METERS: **Terrill Phillips** (East, Bakersfield) — 3rd Section 12.48 ... 7th State Heat 3 12.22w.

200 METERS: **Alycia Wright** (Edison, Fresno) — 2nd Section 25.34 ... 1981 best 25.24.

400 METERS: **Bridgett Steens** (Madera) — 1st Section 56.95 ... Disqualified at State. **Deanna White** (Bakersfield) — 2nd Section 57.26 ... 7th State Heat 1 59.32. **Kim Overall** (Clovis West, Clovis) — 3rd Section 57.78 ... 8th State Heat 3 59.86.

800 METERS: **Monica Montanez** (San Joaquin Memorial, Fresno) — 3rd Section 2:15.51 ... 3rd State Heat 3 2:16.71 ... 9th State 2:15.94. **Linda Hooke** (Bullard, Fresno) — 2nd Section 2:15.46 ... 9th State Heat 1 2:18.16.

1600 METERS: **Kathy Isham** (Mt. Whitney, Visalia) — 2nd Section 5:18.16 ... 11th State Heat 1 5:19.04.

3200 METERS: **Cynthia Rogers** (Mt. Whitney, Visalia) — 1st Section 11:32.09. **Pam Ash** (North, Bakersfield) — 2nd Section 11:43.15.

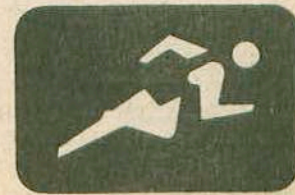
100 METER LOW HURDLES: **Tracy Phillips** (Fresno) — 2nd Section 15.00 ... 7th State Heat 1 14.97 ... 1981 best 14.86. **Christine Karns** (Sierra, Tollhouse) — 3rd Section 15.20 ... 7th State Heat 2 15.19 ... 1981 best 14.57.

300 METER LOW HURDLES: **Tracy Phillips** — 2nd Section 45.9 ... 8th State Heat 3 46.59. **Christine Karns** — 3rd Section 46.0 ... 8th State Heat 2 46.67. **Veronica Nicks** (Tulare) — 1st Section 45.13.

HIGH JUMP: **Cabrini Leathers** (South, Bakersfield) — 1st Section 5-6 ... Non-qualifier State Trials 5-4. **Tonya Mendonca** (Mt. Whitney, Visalia) — 2nd Section 5-6 ... Non-qualifier State Trials 5-4 ... 1981 best 5-8 1/4. **Ethel Weaver** (Tulare) — 3rd Section 5-4 ... Non-qualifier State Trials 5-2.

SHOT PUT: **Sharon Pierson** (Tranquillity) — 2nd Section 40-2 ... 20th State Trials 37-5 1/4 ... 1981 best 41-1. **Lupe Robles** (Woodlake) — 3rd Section 36-3 ... 25th State Trials 35-7 1/2.

DISCUS THROW: **Sharon Pierson** — 2nd Section 135-7 ... 6th State Trials 144-7 ... 9th State 130-7. **Kim Shakir** (Clovis West, Clovis) — 1st Section 136-11 ... 13th State Trials 136-9. **Janet Whitney** (Fresno) — 3rd Section 133-5 ... 11th State Trials 142-3.



star Kevin Holmes (Cleveland, Reseda) was one place behind Chris in the city with the same 6-8 best.

Other Returnees: Vic Nehring (Camarillo) 6-9, Doug Dreibelbus (Foothill, Santa Ana) 6-8, Troy Haines (Millikan, Long Beach) 6-8, Brian Coushey (Newbury Park) 6-7, Todd Broesder (Loara, Anaheim) 6-6½.

LONG JUMP:

The Sierra League duo of Tony Atkins (Walnut) 23-4½ and Floyd Weaver (Edge-wood, West Covina) 23-5¼w return as the Southern Section's top jumpers. Ron Young (Locke, LA) heads the city with a 23-4 mark.

Other Returnees: Brian Coushey (Newbury Park) 22-10½, Everett White (Lynwood) 22-10½w, Walter Steen (Valley, Santa Ana) 22-10, MacArthur Osborne (Crenshaw, LA) 22-7¼, Joe Casey (Poly, Long Beach) 22-6½w.

POLE VAULT:

Greg Coauette (Burbank) 14-3 returns as the only local over 14 feet in an event that is strangely not coming up with nearly the quality of performances that it used to.

Other Returnees: Rick Forsyth (Edison, Huntington Beach) 13-6, Kevin Holt (Tor-rance) 13-6, Mike Ortiz (Walnut) 13-6.

WEIGHTS:

Antonio Dobbins (Burroughs, Ridgecrest) was State Champ in the discus with a 194-7 best, and could be the first Southern California prep over 200' in his senior year. Buena Park's Pat Kyle heads the shot returnees at 58-0.

Other Returnees: Rick Lulten (Monrovia) 174-11, David Dixon (In-glewood) 56-7¼, Scott Parks (Chaffey, Ontario) 165-8-54-9½, Josh Johnson (Fair-fax, LA) 55-6, Janutz Fitzgerald (Bur-roughs, Burbank) 55-4½, Bill Cunn-ingham (Reseda) 54-11½, Pete Corkery (Arroyo, El Monte) 162-5½, Scott Winger-son (Orange) 160-6, Troy Zinn (Arcadia) 159-7.

TRIPLE JUMP:

Ken Williams (Troy, Fullerton) was Southern Section Champ and fifth in State at 50-1½ in 1981. He started out 1982 by taking returning National Leader Ken Frazier in the Sunkist Meet. Clay Hall (Palm Springs) 47-7½ (47-8w) was third in the Southern Section. Brian Coushey (Newbury Park) was out to 47-2½w (46-6).

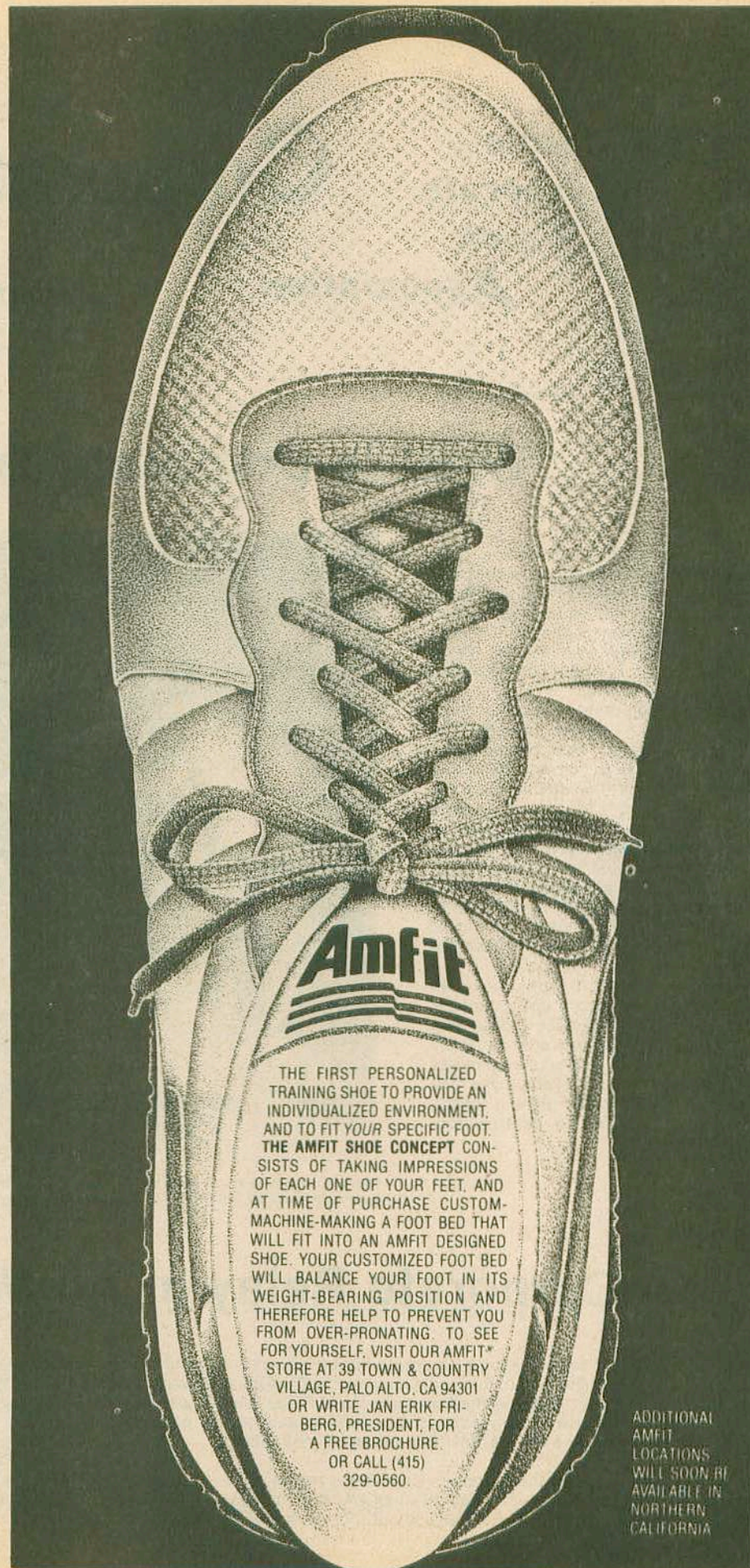
Other Returnees: Kevin Holmes (Cleveland, Reseda) 46-8¾, Joe Birdo (Valley, Santa Ana) 46-8, Tony Atkins (Walnut) 46-7, Roe Holiday (Upland) 46-3¼, Everett White (Lynwood) 46-1w.



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Corporate Track

By TONY BAKER

What is Corporate Track?

This year more than 100 teams comprised of employees from corporations in California will compete in regional track preliminaries and finals in Los Angeles, San Diego and San Francisco. The top finishers from each area will compete for State Championship honors June 13 at El Camino College near Los Angeles.

This series of corporate track meets is offered to company teams through the California Corporate Track Association. The goal of CCTA is to promote track and cross country competition among company teams and to encourage full-time employees to participate in these events. Through the CCTA, employees have the opportunity to participate in sprints, middle distances and relays. Hundreds of men and women in four age categories, regardless of their abilities, will compete with one another in running events ranging from 100 to 5000 meters.

The popularity of corporate track has prompted employees at a growing number of companies to organize track and running clubs. All that is needed to start a company team is as few as six full-time employees with matching uniforms. Any employee may join the team. Working and running for the same company provides an ideal environment for team spirit.



With two laps to go Exxon and TRW are even. Exxon's Robert Radnoti passes to Adrienne Foster and TRW's Dave Rollendelli hands off to Karen Ruse. Right behind is Vivian Nixon of TRW's second team.

A Corporate Relay in All Major Meets

By the end of the 1983 track season a corporate relay event will be included in every major indoor and outdoor track meet in California. Meet directors have recognized that the Corporate Coed Relay is an exciting new event. The crowds have responded enthusiastically and ticket sales increased at the Sunkist Invitational and Times Indoor Games.

Next on the track circuit for the Corporate Coed Relay teams is the prestigious UCLA/Pepsi Invitational May 16 at UCLA. For the past few years this meet has been the number one outdoor attraction in

the United States because each event has been filled with world class athletes. The meet is televised live and is always a sell-out. It will be a tribute to corporate track to have a Corporate Coed Relay as one of its events.

Next year company relay teams will run in the San Francisco Games at the Cow Palace, the Jack-in-the-Box at the San Diego Sports Arena, and the Kinney Games in Berkeley.

Needless to say, corporate track has arrived.

Company Teams Compete Indoors

The indoor track promoters recognized a winner when they added a corporate relay to their regular schedule of events at the Sunkist Invitational and the Times Indoor Games. The new event was unique. It was the first coed relay and the first time major corporations would compete against one another in athletic competition in two major indoor track meets.

At the Sunkist Meet in Los Angeles seven company teams lined up on the multi-colored track for the start of the Corporate Coed Relay. Teams of two women and two men were about to run a total of 12 laps on the 160 yard, banked plywood track. The women would run the first and last legs of the relay and run 2 laps each. The men would run the middle legs of 4 laps each.

At the start the women were out fast and some jostling occurred as they fought for the lead. At the first exchange Moremi Nainga (44.9) of Fluor Corp. led Holly Stewart (46.0) of TRW Defense Systems by 8 yards. TRW's Rob Whitley (1:22.3) quickly caught Fluor's Doug Nathan and led at the second exchange.

The third leg of the relay saw the race quicken. Robert Radnoti (1:21.2) of Exxon and Peter Mogg (1:19.7) of Security Pacific Bank closed the lead of TRW's Dave Rollendelli (1:23.8). At the last exchange it was TRW Space Systems and Exxon even, with TRW Defense Systems, Fluor Corp. and Hughes Aircraft all a few yards back.

The last two laps belonged to TRW. Karen Ruse (43.2) and Vivienne Nixon (44.7) sprinted away from the field to finish one-two in 4:16.3 and 4:18.0.

Result:

1	TRW Space Systems	4:16.3
	(Lewis 47.0, Whitley 1:22.3, Rollendelli 1:23.8, Ruse 43.2)	
2	TRW Defense Systems	4:18.0
3	Fluor Corp.	4:21.6
4	Hughes Aircraft	4:25.0
5	Exxon Co.	4:29.5
6	Security Pacific Bank	4:32.3
7	Los Angeles Times	4:37.4

The crowd really got behind the Corporate Coed Relay at the Times Indoor Games. More than three hundred employees were in the stands to cheer their company team. The best corporate relay teams from the Sunkist Invitational would meet again to race against two strong challengers—Pacific Telephone and General Atomics from San Diego.

TRW evidently combined their best runners from the Sunkist for this showdown of the best corporate teams in Southern California. TRW's outstanding female sprinters showed their heels to the rest of the field as Karen Ruse (43.0) and Vivienne Nixon (43.2) opened wide margins during their relay segments. The aerospace and defense company finished almost half a lap in front in 4:14.2. General Atomics and Pacific Telephone made bids during the middle of the race but never really threatened for the lead.

A poor exchange between Vince Moretti and Rob Whitley of TRW resulted in being disqualified for passing out of the zone. General Atomics was declared the winner in 4:24.9.

Results:

1	General Atomics	4:24.9
	(Valdez 45.3, Betts 1:27.2, Shirley 1:23.0, Hindline 49.4)	
2	Pacific Telephone	4:25.9
3	Security Pacific Bank	4:29.3
4	Hughes Aircraft	4:31.0
5	Los Angeles Times	4:34.0

Note—TRW finished in 4:14.2 but was disqualified for passing out of the exchange zone.

California Track & Running News will be carrying monthly updates on the Corporate Track & Field scene. Features will include schedules, results, photos, news, etc. Keep up with the corporate track action in California by ordering your own subscription to *California Track & Running News* now!

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CALIFORNIA CORPORATE TRACK ASSOCIATION PRELIMS, FINALS, & STATE CHAMPIONSHIPS

MAY 1	Los Angeles Area Prelims Aviation High School, Redondo Beach, 10 a.m.
MAY 2	San Diego/Orange County Prelims Mira Costa College, Oceanside, 1 p.m.
MAY 9	San Francisco Area Prelims San Mateo College, San Mateo, 1 p.m.
MAY 22	Los Angeles Area Finals Aviation High School, Redondo Beach, 1 p.m.
MAY 23	San Diego/Orange County Finals Mira Costa College, Oceanside, 1 p.m.
MAY 30	San Francisco Area Finals San Mateo College, San Mateo, 1 p.m.
JUNE 13	STATE CHAMPIONSHIPS El Camino College, near Los Angeles, 1 p.m.

EVENTS

All events for both men and women

	Open (any age)	30 and over	40 and over	50 and over
100 Meters	•	•		
200 Meters	•	•		
400 Meters	•	•		
800 Meters	•	•	•	
1,500 Meters	•	•	•	•
5,000 Meters	•	•	•	
400M Relay	•	•		
1600M Relay	•	•		

Top nine finishers in 100, 200, 400, and both relays, and top twelve in all other events from Prelims qualify for Finals.

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Masters Scene

The 1982 Masters Track & Field Schedule was included in the March issue. One change to that schedule has been reported: The West Valley Masters Meet has been postponed until July 24. It was originally set for March 27. Everything else as listed in the schedule remains the same. Still no word on Hilliard Sumner/Home Savings Pan American Games. Details are still being worked out for the June 19 & 20 Western Regional TAC Masters Championships to be held in the Los Angeles area. Hal Smith reports an important date for the Mt. SAC Relays. The new format encourages full participation in the men's masters division on the **Sunday afternoon May 2, 1982**. A large slate of events in many divisions is being offered with awards presented to places 1 through 5 in each. For entry blank write: Hal Smith, 18750 Oxnard St., Suite 404, Tarzana 91356. The 1982 TAC National Masters Marathon will be held June 6, in Forest Grove, Oregon. For information write: Jill Merriman, 1229 NW 23rd St., Portland, OR 97120.

NIKE Masters Grand Prix Series: In 1982, Nike Masters Grand Prix regionals will be held in conjunction with already existing (and usually not exclusively Masters) road races. *Individual* runners, both men and women, will be selected from these regional races, *on the basis of age-graded performances*, to compete at the NIKE Masters Grand Prix Championships (site to be determined). Individual runners, *also on an age-graded basis*, will be selected from the results of the championship race to compete at the International Veterans Distance Running (I.G.A.L.) Championships in Japan, September 14-15, 1982. The regionals are scheduled as follows:

•April 11: Honolulu, HI. Norman K. Tamanaha 15K. Edith Leiby, 1777 Ala Moana Bl., No. 1308, Honolulu, HI. Trips: 3 men, 2 women.

•April 25: Brooklyn, NY. TAC National Masters 10K. Masters Sports Association, 77 Prospect Place, Brooklyn, NY 11217. Trips: 4 men, 2 women.

•May 23: Portland, OR. Viking Classic 10K.

PSU Athletic Development Office, P.O. Box 668, Portland, OR 97207. Trips: 4 men, 2 women.

•May 31: Huntsville, AL. Cotton Row Run 10K. Cotton Row Run, P.O. Box 292, Huntsville, AL 35804. Trips: 4 men, 2 women.

•June 13: Michigan City, IN. News-Dispatch 15K. Dunes Running Club, P.O. Box 42, Michigan City, IN 46360. Trips: men 4, women 2.

•July 4: Santa Barbara, CA. Semana Nautica 15K. Semana Nautica, P.O. Box 6616, Santa Barbara, CA 93111. Trips: men 4, women 2.

•May: One or two races in Mid-America.

•June/July: A race in the San Francisco Bay area.

To be eligible for the trips, runners must be Masters in the *international* sense (i.e. men 40-plus, women 35-plus). When inquiring about races, please enclose a self-addressed *stamped* envelope. General information: call (503) 641-6453, NIKE Masters Program, or write Valdemar Schultz, 3900 SW Murray Blvd., Beaverton, OR 97005.

photo by Gene Cohn



5th Annual Golden State Masters Invitational

TRACK & FIELD Championships

May 29, 1982
Porterville College
Porterville, California

For further information write to:
Dr. Allen E. Nelson
Porterville College
900 S. Main Street
Porterville, CA 93257

(Please include self-addressed stamped envelope)

S.F. Indoor Games

February 20, SF Cow Palace: San Francisco Indoor Games.

Men's 50 Meter: 30-39: 1. Norbert Payton 5.97; 2. Tom Allen 6.32; 3. Phil Webb 6.45; 4. Mike Harper 6.51; 5. Dan Burke 6.56; 6. James Johnson 6.61; 7. Bill Alston 6.63. **40-49:** 1. Ken Dennis 6.37; 2. Paul Edens 6.43; 3. Mel Brook 6.48; 4. Bill Knocke 6.50; 5. Bruce Springbett 6.56; 6. Bob Beckstrom 6.59; 7. Dee DeWitt 6.65. **60 & Over:** 1. Payton Jordan (Stanford TC) 6.98; 2. Harry Kopple (Unat) 7.39; 3. John Satti (NorCal Seniors) 7.66; 4. Sam Hoover (Unat) nt.

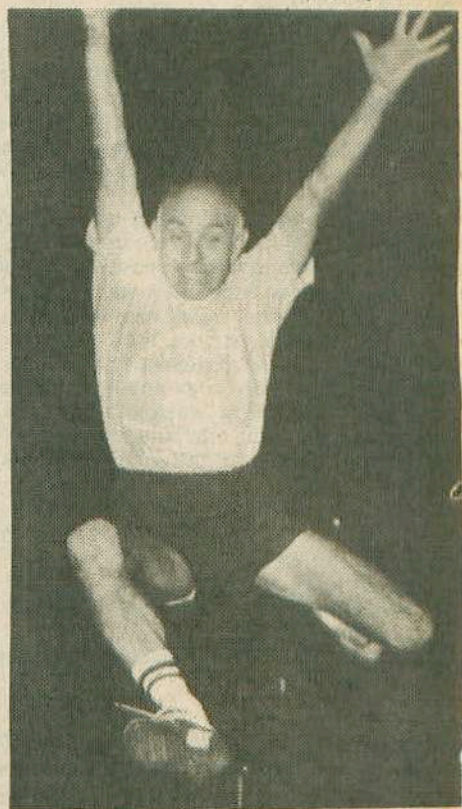
Women's Mile: 1. Barbara Pike 5:19.3; 2. Marilynn Garbin 5:25.8; 3. Vickie Bigelow 5:31.3; 4. Heide Skaden Poyser 5:48.9; 5. Mimi St. Clair 5:41.6; 6. Ruth Anderson 6:11.4.

Orange Masters Meet

March 13, Orange Masters Track & Field Meet.

Pole Vault- 40-49: 1. Gary Bane 12-0; 2. Dee DeWitt 12-0; 3. Ron Fleming 11-6. **50-59:** 1. Frederick Gallardo 10-6; 2. Harold Wallace 10-6; 3. Dave Brown 10-0. **60-69:** 1. Jim Vernon 10-0; 2. Ralph Blesemeyer 9-0; 3. Elmer Siegel 8-0. **70-70:** 1. Bob MacConaghy 8-0; 2. A.E. Vesco 6-0.

continued on page 38...



Ed Mahany of Roseville
Indoor Long Jump - San Francisco

Profile on:

NICK NEWTON

By MARTY HIGGINBOTHAM

Nick Newton of the Southern California Striders has become one of the most admired and popular masters athletes. Newton is known for his 400m and 200m speed, high jumping, and his "out-running" of cancer.

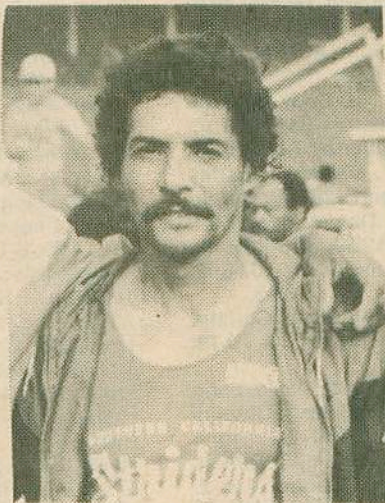
Newton was born November 6, 1933, in Tarboro, North Carolina. He did not participate in track and field until he became a master. He did, however, play high school basketball. Nick became interested in track and field by following his daughter Pamela's development in age group competition. Also during this time, Newton's father was dying and Nick describes himself as being an emotional disaster. He was smoking two packs of cigarettes a day, and drinking ten or more cups of coffee a day. An ulcer became present and he had to make some changes in his lifestyle. At an all-comers meet Bill Adler invited Newton to join the Southern California Striders and masters movement. So, as Nick says, "I stopped smoking and started jogging, then running, finally sprinting and high jumping!"

In 1980 Newton established two world marks in the 400m (51.0) and 200m (22.8) for the 45-49 age group. The next week he went directly to the hospital and had a large cancerous tumor removed. Then, days later, he had another major operation and all his lymph nodes were removed in the immediate area. Nick says his rehabilitation was done with the help of his family and friends in the masters program. Newton went from a wheelchair to spikes in the World Games in six months. The doctors told Nick that his physical condition and mental outlook was great, and he says that really helped his rapid recovery.

Newton describes his development in track and field as a gradual one, as he had no background. In the 40-44 age group Nick became good, but not the best as he puts it. Coach Fred Jones helped him in the 200m and 400m. Jones made him work consistently and gradually increase his quality over the years. When he became age 45 and 46 years old, he became the World Record holder in the 200m and 400m. Now his workouts for the 400m are long and hard, but it took him even years to be able to do these workouts. Generally he will jog two miles then do three laps of quick strides, then thirty minutes of stretching, then more strides. Then he will do breakdowns, hills or intervals. After this it's off to the weight room. As Nick says, it's simply a lot of hard work everyday. Also he was one of the first with the eight vest by "Fluid Movement", which he feels made him stronger and better.

Nick's favorite events are the high jump and 400 meter. He says he was his high jumping technique to Dwight Stones. At first, Nick just copied him and later was able to talk to him and learn much more. He likes to peak for the Nationals and, as far as his competition strategy, he says he just goes out and runs the way he trains. His immediate goals are to get through the year and break 52 seconds in the 400 meter. His long-range goal, he says, is to "stay alive and enjoy each day." Nick participates in track because he loves it and plans to keep competing as long as he is healthy. He has turned in outstanding personal best marks of 5-11½ in the high jump, 100m — 1.20, 200m — 22.80 and 400m — 51.00. He has also contributed much to the sport; he has invented the finest starting block in the world.

Newton is employed by Waste King, a division of Norris Industries, as a lead man. He feels through participation in the masters program he has gained a great deal of satisfaction and recognition. He points out Bill Adler and Coach Fred Jones as individuals who have inspired him. Nick says, "My family, Bill Adler, Coach Jones, masters track and field, and athletes young and old have made life very rewarding for me."



★ Masters U.S. Road Running Records ★

From Bob Martin - National Running Data Center

These are the Official US Road Running Records as recognized by the Road Runners Club of America and The Athletics Congress. Records must be set on certified courses whose start and finish lie within 10% of the race distance and do not drop more than 10 ft/mile in elevation from start to finish. Results must be submitted to the NRDC, along with information substantiating the accuracy of race procedures. In addition to the official records, the NRDC lists point-to-point marks on certified courses that are faster than the official records (signified with an "a"). "p" indicates a pending mark.

MEN 50-54:

8 km	28:42	Joe Burns (51, NJ)	81
10 km	33:17	Hal Higdon (50, IN)	81
15 km	51:22	Hal Higdon (50, IN)	81
10 miles	54:12	Ulrich Kaempf (50, CA)	81
20 km	1:10:15	Al Lawrence (50, TX)	80
Half Marathon	1:15:41	Ross Smith (52, NV)	80
	a 1:13:51	Alex Ratelle (54, MN)	79
25 km	1:29:00	Jim O'Neil (53, CA)	78
30 km	1:51:43	Jim O'Neil (52, CA)	78
	a 1:47:33	Alex Ratelle (53, MN)	78
20 miles	1:57:25	Jim O'Neil (51, CA)	76
Marathon	2:34:51	Ulrich Kaempf (50, CA)	81
	a 2:31:56	Alex Ratelle (53, MN)	78
50 km	3:21:02	Alex Ratelle (52, MN)	77
50 miles	5:34:01	Ted Corbitt (50, NY)	70
100 km	7:52:37	Ted Corbitt (54, NY)	74
100 miles	19:10:19	Herb Fred (50, TX)	80

MEN 55-59:

8 km	29:57	Bob Muller (56, NY)	81
	p 29:33	John Moran (55,)	81
10 km	34:06	Jim O'Neil (55, CA)	80
15 km	52:35	Alex Ratelle (56, MN)	81
10 miles	58:12	Hubert Morgan (58, PA)	80
20 km	1:09:51	Alex Ratelle (56, MN)	80
Half Marathon	1:15:26	Ed Almeida (55, CA)	77
25 km	1:29:43	Alex Ratelle (55, MN)	80
30 km	1:57:49	Bob Bartling (55, SD)	81
20 miles	1:59:40	Jim O'Neil (55, CA)	80
Marathon	2:36:04	Alex Ratelle (55, MN)	79
	a 2:30:41	Alex Ratelle (56, MN)	81
50 km	3:20:49	Ed Almeida (55, CA)	78
50 miles	5:53:07	Alex Ratelle (57, MN)	81
100 km	10:44:29	Sy Mah (55, OH)	81

WOMEN 50-54:

8 km	36:56	Nancy Tighe (50, NY)	81
10 km	38:08	Marion Irvine (51, CA)	81
15 km	1:02:00	Anne Johnson (52, CA)	80
10 miles	1:10:44	Bette Mihalek (51, WI)	80
20 km	1:29:26	Bette Mihalek (51, WI)	80
Half Marathon	1:29:19	Toshiko D'Elia (50, NJ)	80
25 km	1:45:14	Margaret Miller (54, CA)	80
30 km	2:21:56	Toshiko D'Elia (50, NJ)	80
20 miles	2:22:41	Ruth Anderson (50, CA)	79
Marathon	3:02:01	Marion Irvine (50, CA)	80
50 km	5:33:05	Jan Newhart (52, HI)	80
50 miles	10:30:35	Ann Brown (50, NE)	81

WOMEN 55-59:

8 km	41:51	Mary Rodriguez (59, NY)	81
10 km	41:54	Mary Storey (56, CA)	80
15 km	1:06:13	Mary Storey (55, CA)	80
10 miles	1:13:02	Mary Storey (56, CA)	80
20 km	1:47:24	Mary Rodriguez (58, NY)	80
Half Marathon	1:31:39	Mary Storey (56, CA)	80
25 km	1:52:46	Mary Storey (55, CA)	80
30 km	2:18:59	Helen Dick (55, CA)	80
20 mile	3:03:29	Mary Rodriguez (58, NY)	80
Marathon	3:08:48	Helen Dick (56, CA)	80
50 mile	11:11:06	Marion Littleman (56, HI)	80

Next issue look for the US Road Running records for masters 60-64 & 65-69. Last month's issue carried 40-44 & 45-49 records.

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Masters Scene

Orange Results, continued...

Women's Discus- 25-29: 1. June Sharpe-Ferrin 73-3. **30-39:** 1. Rachel Mazza 48-9. **40-49:** 1. Christel Miller 85-1. **50-59:** 1. Shirley Kinsey 84-6; 2. Magdalena Kuehne 46-2. **70-79:** 1. Edith Mendyka 62-3.

Men's Discus- 25-29: 1. Cody Maresh 132-3. **30-39:** 1. Marcel Lacroix 98-0; 2. Tom Ferrin 76-0; 3. Larry McQuerrey 74-0. **40-49:** 1. Dominick Mazza 97-1. **50-59:** 1. Charles Renfro 144-4; 2. Bill Bangert 129-6; 3. Harold Wallace 124-10. **60-69:** 1. Daniel Aldrich, Jr. 155-5; 2. Jack Thatcher 128-0; 3. Bill Burke 112-4. **70-79:** 1. A. Redmond Doms 107-3; 2. Don Pierotti 104-7; 3. A.E. Vesco 85-3.

Women's High Jump- 40-49: 1. Christel Miller 4-2. **50-59:** 1. Shirley Kinsey 3-4. **70-79:** 1. Edith Mendyka 2-10.

Men's High Jump- 25-29: 1. David Long 6-2; 2. Mark Patterson 5-4. **30-39:** 1. Charles Rader 6-6; 2. Walt Brown 5-2. **40-49:** 1. John Dobroth 6-4; 2. Nick Newton 5-8; 3. Dennis DeWitt 5-4. **50-59:** 1. Burt Otzinger 4-8; 2. Frederick Gallardo 4-6; 3. Harold Wallace 4-6. **60-69:** 1. Burl Gist 5-0 (Am. Rec.); 2. Jim Vernon 4-6; 3. Bill Burke 4-2. **70-79:** 1. A.E. Vesco 3-8; 2. A. Redmond Doms 3-3.

Women's Javelin- 40-49: 1. Christel Miller 100-8. **50-59:** 1. Shirley Kinsey 67-8. **70-79:** 1. Edith Mendyka 71-8.

Men's Javelin- 25-29: 1. David Hamel 197-8; 2. Cody Maresh 182-10. **30-39:** 1. Edward Martin 129-3; 2. Marcel Lacroix 119-8. **40-49:** 1. Dee DeWitt 118-8. **50-59:** 1. Ralph Hutson 154-0; 2. Harold Wallace 121-3; 3. Clark Devilbliss 117-4. **60-69:** 1. Bill Morales 168-2 (World Rec.); 2. Daniel Aldrich, Jr. 128-6; 3. Bill Burke 111-6. **70-79:** 1. Bob MacConaghy 100-4; 2. A. Redmond Doms 88-1; 3. Don Pieroth 78-10.

Women's Shot Put- 25-29: 1. June Sharpe Ferrin 23-2. **30-39:** 1. Rachel Mazza 20-1. **40-49:** 1. Christel Miller 25-1. **50-59:** 1. Shirley Kinsey 29-0; 2. Magdalena Kuehne 23-0. **70-79:** 1. Edith Mendyka 27-0.

Men's Shot Put- 30-39: 1. Lynn Meyer 40-1; 2. Larry McQuerrey 33-2; 3. Walt Brown 32-3. **40-49:** 1. Michael Farris 37-9; 2. Dominick Mazza 37-7; 3. John Callahan 30-1. **50-59:** 1. Charles Renfro 45-2; 2. Bill Bangert 42-8; 3. Harold Wallace 39-6. **60-69:** 1. Jack Thatcher 44-4; 2. Daniel Aldrich, Jr. 44-3; 3. Bill Burke 37-7. **70-79:** 1. A. Redmond Doms 36-9½ (World Rec. 75); 2. Don Pierotti 34-3; 3. Bob MacConaghy 33-9.

Women's Long Jump- 30-39: 1. Sally Crawford 12-0. **40-49:** 1. Christel Miller 14-0; 2. Myrna Sorensen 12-9. **50-59:** 1. Magdalena Kuehne 11-5. **70-79:** 1. Edith Mendyka 8-11.

Men's Long Jump- 25-29: 1. Mark Patterson 17-10½. **30-39:** 1. Rufus Morris 21-2¼; 2. Walt Brown 20-1; 3. Lynn Miller 20-0. **40-49:** 1. Dee DeWitt 18-8; 2. Edward Martin 16-3. **50-59:** 1. Shirley Davison 18-1½; 2. Frederick Gallardo 16-11; 3. Burton Otzinger 16-0. **60-69:** 1. Tom Patsalis 18-2½; 2. Jim Vernon 15-4; 3. Burl Gist 15-1½. **70-79:** 1. A.E. Vesco 11-5¼.

Men's 440 Relay- 30-39: 1. Corona Del Mar (Beadle, Roberson, Wong, Evanish) 48.84. **50-59:** 1. Striders 54.83.

Women's Mile- 25-29: 1. Christelle Johnson 6:31.8. **30-39:** 1. Sally Crawford 6:30.7; 2. Christine McLever 6:48.4; 3. Coty

Miller 7:01.0. **40-49:** 1. Mary Cullen 6:10.1; 2. Elaine Havens 6:39.5; 3. Myrna Sorensen 7:48.5. **50-59:** 1. Frances Melton 9:56.8.

Men's Mile- 30-39: 1. Ian Cummings 4:27.9; 2. Bob Hill 4:56.8; 3. Marcel LaCroix 5:04.5. **40-49:** 1. George Cohen 4:46.3; 2. Christopher Bourke 5:01.3; 3. Lee Miller 5:02.3. **50-59:** 1. Jack Noble 5:32.9; 2. Louis Beadle 6:06.3; 3. Bill Hoyt 6:35.3. **60-69:** 1. John Garcia 6:49.8; 2. Don Mowrer 7:55.1.

Women's 60 Yard Hurdles- 40-49: 1. Christel Miller 10.9.

Men's 60 Yard Hurdles- 30-39: 1. Theo Viltz 7.47; 2. John Dobroth(41) 7.65; 3. Rufus Morris 8.45. **40-49:** 1. Dennis DeWitt 8.15; 2. Bill Adler 9.22; 3. Jerry Stanners 9.73. **50-59:** 1. Dave Jackson 7.81; 2. Fredrick Gallardo 8.78; 3. Chuck Hovey 9.88. **60-69:** 1. Tom Patsalis 8.45; 2. Bob Hunt 8.78; 3. Burl Gist 8.83.

Women's 440- 25-29: 1. Christelle Johnson 1:10.06. **30-39:** 1. Dorris Smith 1:10.01; 2. Christine McLever 1:18.70. **40-49:** 1. Jeanne Carter 1:08.52; 2. Mary Cullen 1:14.66; 3. Marcia Martyn 1:17.10. **50-59:** 1. Frances Melton 2:08.0.

Men's 440- 30-39: 1. Walter Fus 56.80; 2. Randy Kirby 58.83; 3. John Ralley 59.68. **40-49:** 1. Nick Newton 56.57; 2. Robert Jones 57.78; 3. Lewis Smith 59.63. **50-59:** 1. Bill Fitzgerald 1:01.60; 2. Frank Kishi 1:03.11; 3. Hayden L. Parks 1:04.51. **60-69:** 1. Bob Hunt 1:04.92; 2. Dave Lewis 1:10.95; 3. Clarence Killion 1:12.66.

Women's 100 Yards- 30-39: 1. Sally Crawford 14.16; 2. Doris Smith 14.20; 3. Christine McLever 14.50. **40-49:** 1. Christel Miller 12.78; 2. Jeanne Carter 13.23; 3. Myrna Sorensen 14.53. **50-59:** 1. Shirley Kinsey 14.30; 2. Magdalena Kuehne 16.38. **60-69:** 1. Marjorie Hunt 19.60. **70-79:** 1. Edith Mendyka 18.63.

Men's 100 Yards- 25-29: 1. Christopher Arnold 10.65; 2. Jeff Burns 12.33. **30-39:** 1. Willie Roberson 10.42; 2. Theo Viltz 10.62; 3. Paul Habener 10.76. **40-49:** 1. Ken Dennis 10.14; 2. Mal Anderson 10.50; 3. William Knocke 10.65. **50-59:** 1. Robert Watanobe 11.52; 2. Ted Vick 11.55; 3. Wayne Ambrose 12.19. **60-69:** 1. Tom Patsalis 11.62; 2. Burl Gist 12.50; 3. Clarence Killion 12.65.

Women's 880- 30-39: 1. Christine McLever 3:12.96; 2. Coty Miller 3:18.30. **40-49:** 1. Marcia Martyn 2:59.93; 2. Linda Vance 3:16.76. **60-69:** 1. Dorothy Statsenberg 4:40.91.

Men's 880- 30-39: 1. Ian Cummings 2:02.52; 2. Wayne Douglas 2:05.34; 3. Marcel LaCroix 2:16.22. **40-49:** 1. Mel Elliott 2:03.23; 2. Jesse Carrington, Jr. 2:16.51; 3. George Cohen 2:34.40. **50-59:** 1. Bill Fitzgerald 2:22.70; 2. Leonard Walts 2:23.23; 3. Jerry Withers 2:25.26. **60-69:** 1. Dave Lewis 2:46.40; 2. John Garcia 3:14.0.

Women's 220- 30-39: 1. Sally Crawford 33.77. **40-49:** 1. Jeanne Carter 31.21; 2. Myrna Sorensen 34.68; 3. Marcia Martyn 36.36. **50-59:** 1. Magdalena Kuehne 41.56. **60-69:** 1. Marjorie Hunt 51.70.

Men's 220- 25-29: 1. Christopher Arnold 25.82; 2. Jeff Burns 28.59. **30-39:** 1. Ron Beadle 23.85; 2. Willie Roberson 24.13; 3. Jack Scalin 25.34. **40-49:** 1. Ken Dennis 24.10; 2. William Knocke 24.24; 3. Robin Winstone 24.88. **50-59:** 1. Dave Jackson 26.24; 2. Ted Vick 26.82; 3. Robert Watanobe 27.37. **60-69:** 1. Tom Patsalis 27.95; 2. Bob Hunt 28.85; 3. Clarence Killion 30.35.

Women's Mile Relay- 25-29: 1. Martyn Carter, Papas, Sorensen 5:24.27.

Men's Mile Relay- 40-49: 1. Striders (Elliott, Anderson, Knocke, Cohen) 3:44.18.

Medical Notes for Runners

By STEVE SUBOTNICK

BUNIONS

Bunion refers to a turnip shaped toe. Bunion means turnip in French. Thus, the "turnip" shaped big toe is the bunion. The bunion is the enlargement of the great toe joint, the joint that connects the big toe (the hallux) to the rest of the foot. This connection is at the junction of the great toe to the first metatarsal, that large, long bone at the inside of the foot along the inner arch. The first metatarsal phalangeal joint may have as much as 450 pounds going through it in a runner. The first metatarsal holds up to half of the body weight during balanced weight bearing. Thus, the first metatarsal phalangeal joint is one of the more important joints in the foot and an extremely important joint for the athlete.

What's significant about a bunion?

1. Is there pain with pressure from the shoe? Is there pain in just some shoes (For instance, dress shoes)? Is there pain with motion or bending? Is there pain with running?
2. Is there progressive arthritis or progressive limitation of motion? Is there painful motion?
3. Does the bunion cosmetically present an eyesore?

What's the significance of a bunion?

1. Is it hereditary? Does it run in the family? Did your mother or father or grandfather have it?
2. Is the bunion present because of other abnormalities?
 - A. Do you have a weak pronated foot?
 - B. Do you have a Morton's foot with a short first metatarsal?
 - C. Do you have a long first metatarsal?
 - D. Do you have a high arch foot with limited motion and a dorsal bunion (bump on the top instead of the side of the big toe joint)?
 - E. Do you have a bunion at the inner aspect of the great toe joint with a low arch and a bent great toe (hallux valgus with bunion)?

What are the classifications of bunions? What do they mean?

1. Hallux valgus with bunion. This means that there is a bending of the great toe at the first metatarsal phalangeal joint or a bending of the great toe within the toe itself with an associated swelling or enlargement of the great toe joint. Thus, there is a malalignment of the first metatarsal phalangeal joint and/or the great toe (the hallux) along with the bunion. The bunion may be present on the inside of the foot (medial), on the top of the foot (dorsal), or at the dorsal medial aspect of the foot. The bunion may be associated with or without a deviated or deformed great toe (with or without hallux valgus).
2. The hallux valgus or deforming of the great toe and/or the bunion may be present with or without painful motion or with or without limited motion. Painful motion at the first metatarsal phalangeal joint is a real problem with hallux valgus or bunion deformity. Limited progressive motion is an even greater problem unless it can be stopped by balancing the foot and reestablishing pain free range of motion.
3. Limited motion is referred to as hallux limitus and, oftentimes, is associated with a dorsal bunion or bump on top of the first metatarsal phalangeal joint.

4. The worst problem is hallux rigidus. This means almost no motion at all at the first metatarsal phalangeal joint. That motion is usually painful and there's usually breakdown of joints behind and in front of first metatarsal phalangeal joints because these joints must take more stress. X-rays usually show arthritis of the first metatarsal phalangeal joint when hallux rigidus is present. X-rays also usually show excessive spurring taking place at this joint.

Tell me more about bunions. What other problems may be associated?

1. There may be an overriding second toe at the hallux valgus or bending of the great toe that proceeds unchecked.
2. The hypermobile first metatarsal with a pronated foot (Morton's foot) is usually associated with a callus under the second metatarsal head. Thus, there is painful thickening of skin on the bottom of the foot under the second metatarsal (that metatarsal right next to the first metatarsal).
3. There is usually bending or hammering of the lesser toes. This means that there is hammertoe deformity because the total forefoot is out of balance and those muscles and tendons which are meant to stabilize the toes become deformers of the great toe and lesser toes when the forefoot is out of balance.
4. There may be a wide splayed foot with a tailor's bunion or bunionette. This means that there is actually a bump over the fifth metatarsal head and a deformity of the fifth metatarsal phalangeal joint similar to the deformity at the first metatarsal phalangeal joint. This person will be painful when wearing shoes with pain over the bunion of the great toe, bunion of the fifth metatarsal, and, usually with a wide splayed foot and hammertoes.
5. There is usually sesamoiditis present with bunions. This means that the two small bones on the bottom of the foot at the junction of the great toe to the first metatarsal are inflamed. These bones are usually out of alignment and, until they are aligned, either with an orthotic or surgically, pain will be present with motion.

What should I do if I have a bunion? What does all this mean?

Answer.

Find out why you have a bunion, what type of bunion you have, and significance of the bunion and/or the hallux valgus. Let me go over some classifications again and try to explain this to you.

1. If you have a bunion or bump and there is no pain with motion and no pain with pressure from the shoes, yet the bump is there and there is some redness present, then this is how we will proceed. We'll find out whether or not the bump becomes larger or smaller or the great toe becomes less balanced or more balanced as we balance the rest of the foot. Usually, an imbalance of the foot itself, such as Morton's foot, will accentuate the bunion and hallux valgus. If there is painless motion and no pain with the bunion itself, yet the bunion is present, then an x-ray will most likely show that there is no arthritis present in the joint. Thus, an x-ray should be taken as a base line check and the foot should be balanced with an orthotic. Periodic checks should be made and this will usually suffice. If there is progressive enlargement of the bump and if the bump becomes painful or there is progressive limitation of motion and/or painful motion, despite the use of an orthotic, then surgical intervention may be necessary.

2. What about a juvenile or teenager with a bunion problem? If there is no pain, then I balance the foot and wait. X-rays are taken for a base line. If there is progressive deformity, despite balancing of the foot with an orthotic, then surgery is indicated.

3. An adult may have a mild, painful bunion accentuated with a pronated foot. Utilizing orthotics to balance the foot may establish pain free range of motion and the bunion, itself, may become asymptomatic. X-rays must be taken to evaluate the status of the joint and to make sure that there is no arthritis. If there is painless range of motion, then periodic rechecks should be made and, as long as no pain returns and the motion does not become limited, this is the treatment of choice.

4. What about the painful bunion? If the bunion, itself, is painful then attempts at conservative treatment are still carried out. The foot is balanced; the shoes are stretched; and some form of anti-inflammatory medication is used. If, despite this treatment, the bunion continues being painful and deformity is present at the great toe, then some form of surgery may be indicated.

...The first metatarsal phalangeal joint is one of the more important joints in the foot and an extremely important joint for the athlete.

5. Pain with motion. If there's pain with motion, as well as pain over the bunion itself, then I become quite concerned. Pain with motion signifies some form of malalignment of the joint and/or arthritis. X-rays are taken and the foot is evaluated. The patient may have various foot types.

A. There may be the hypermobile weak foot with excessive pronation. Sometimes, painful motion can be eliminated and pain free motion established by simply placing the foot in a neutral orthotic.

B. If the patient already has a fairly neutral foot and there is painful motion with a dorsal bunion, we're in trouble. This indicates hallux limitus and the hallux limitus may not respond to any other form of treatment other than surgery. This is especially true if there is a long first metatarsal and/or the first metatarsal is plantar flexed and the patient has had a series of episodes with limited motion and, also, sesamoiditis.

6. Limited motion. Limited progressive motion means hallux limitus. There may be a dorsal bunion or a dorsal medial bunion. The foot must be evaluated biomechanically; x-rays must be taken to rule out arthritis or spurs; and some form of balancing the foot with an orthosis carried out. Anti-inflammatory medications are indicated. If this conservative treatment fails, then surgery is indicated.

7. Painful motion with and without conservative treatment. This type of problem indicates the need for surgical intervention.

What types of surgery are available and what can I expect?

1. The simplest form of treatment is called the simple soft tissue bunion procedure. This is for those patients who have hallux valgus with bunion deformity and have a normal joint. That means that the joint itself is not arthritic and that the joint surfaces are smooth. The bunion is removed and the soft tissue is realigned so that it stabilizes the joint rather than deforming the joint as was present prior to surgery. Some form of an orthosis is used following the surgery to keep the foot balanced and to keep the tendons and muscles as dynamic stabilizers of the great toe. The surgery can usually be done under local anesthesia and can, likewise, be done in an outpatient setting. The patient wears a cast on the forefoot for three weeks and then physical therapy, three times a week, is instituted for three weeks. The patient is started on a walking-jogging program, between four and six weeks post op, and may return to running six to eight weeks following the surgery.

2. If there is bony malpositioning of the first metatarsal phalangeal joint, the first metatarsal, or the great toe, itself then surgery with osteotomies is required. Osteotomy means cutting the bone. Thus, the joints or bone must be realigned in a normal position by taking small wedges of bone and realigning the joint. When the surgical bone wedges are removed, it takes six weeks for the bony union to take place following surgery. Thus, these surgical fractures that are

created to realign the malaligned foot will take six weeks to heal. The patient is in a cast for six weeks and this may be a weight bearing or nonweight bearing cast depending upon the type of surgery performed. I usually fixate my osteotomies with either internal screw fixation or external wire fixation. I feel that it is important to get exact bony realignment with establishment of as perfect as possible of a joint through the use of osteotomies in most athletes when performing bunion surgery.

3. Limited motion and painful motion with a bunion. For hallux limitus, I prefer doing an osteotomy as long as there is not advanced arthritis of the joint itself. This osteotomy is a cut of the first metatarsal bone just behind the first metatarsal phalangeal joint and carried out in such a way as to reposition the joint and to also shorten the first metatarsal a slight amount to open up the joint and allow for a greater range of motion. This means that the bending will take place to a greater degree and without pain. This type of procedure may save the joint and make it unnecessary for an implant or artificial joint to be utilized in the future. The athlete, usually, begins running eight weeks following the surgery and a cast is worn for six weeks. Surgery for this type of problem is usually carried out in a hospital situation and may be done under local, local standby, or general anesthesia.

4. Limited motion with advanced arthritis. With this type of problem, the surgeon must make the decision between doing an osteotomy, doing an osteotomy with an implant, or doing an implant only. The decision is made upon opening the joint and looking at the cartilage in the joint. If the cartilage is just slightly arthritic, then an osteotomy, realigning the joint, is carried out. If there is advanced arthritis, then an implant or artificial joint out of medical grade silastic is utilized. I prefer using total joint implants, in which case the flexible hinged implant with two stems is used. I remove almost no bone from the first metatarsal and remove most of the bone from the great toe itself, so that I retain the strength of the foot and the function and balance of the foot. Pain free range of motion is established and the patient usually begins running following this type of surgery, four to six weeks following the procedure. When implants are used, three separate doses of prophylactic antibiotic intravenously are used in my practice. These procedures are done in a hospital situation.

5. Hallux rigidus. If there is almost no motion at the first metatarsal phalangeal joint, then some form of implantation will be necessary. I prefer using total joint replacement with a double stemmed hinged flexible medical grade silastic implant. I have had good success using these implants for over six to eight years. The longest time period I have for an implant in the foot in the athlete is ten years and this implant is still working well.

General Comments

As you can see, the topic of bunions, hallux valgus, hallux limitus or problems of the great toe itself is very complex. The reason for writing this article is to let you know that there are various classifications and very significant questions that must be answered when you have these problems. A bunion is the tell-tale sign that there is an imbalance in the foot. That imbalance must be taken care of and then we must see if the bunion progresses or remains problematic. If you now have a bunion that hurts and have children who have fee

A bunion is the tell-tale sign that there is an imbalance in the foot.

similar to yours and are beginning to have a bunion, then get them to a podiatrist now. The utilization of an orthotic may make it unnecessary for them to go through what you'll have to go through with your bunion. If your mother and grandmother or father and grandfather had bunions which eventually needed surgery and you have bunions which don't hurt yet, get them checked now. The utilization of an orthotic or some other form of therapy may make it possible for you to escape surgery in your life. This is not a certainty but it is worth a try.

Hallux valgus or bunion deformity can certainly be aggravated by the type of foot you have or the type of shoes you wear. If your foot is out of balance, then the first metatarsal phalangeal joint will become

Medical Notes

ut of balance and the long term results of this may be that of bun-
on, hallux valgus, or hallux limitus. If you persist in placing your foot
a shoe that is far too narrow for your foot or a shoe with pointed
oes and a very high heel, then the great toe is forced into valgus and
e long term effect of this may be hallux valgus with bunion deformi-
/ or, in short, you may get a bunion because of the shoes you wear.
he high arch cavus foot is more prone to dorsal bunion with hallux
mitus. The lower arch pronated foot is more prone to medial bun-
ions with hallux valgus and bunion deformity. Runners with long
rst metatarsals are more prone to getting hallux limitus and hallux
gidus with eventual painful range of motion at the first metatarsal
alangeal joint. This makes running almost impossible.

With the newer, more precise, surgical instrumentation and
urgical techniques, you can be fairly certain of a good result
urgically when you have hallux valgus with bunion deformity. This
urgery should be performed by a knowledgeable, skilled surgeon
ho has had considerable experience in doing bunion surgery. If you
e going to have an implant, due to an arthritic joint, you can also
st assured that you'll have a relatively good result and that the long
rm results of the implant will, likewise, be good. We now have over
13 patients, in my practice, with implantations of metatarsal
alangeal joints over a period of 6 to 10 years who are still running
all without pain. If you have a bunion but there's no pain with mo-
on or pain on the bunion, itself, then there's a good chance that
dancing your foot with an orthotic will make it unnecessary for you
have to think about surgery or other forms of treatment in the
ture.

Best of luck and best of running!

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Resource Rally Races

On your mark...get
set...RECYCLE! That's the
message for all runners
entered in three April races.
The races are part of the many
activities planned for the Great
California Resource Rally, a
program which reminds all of
us to reduce the amount of gar-
bage we produce, control litter,
and recycle.

The three footraces are:

- April 10: The Great Recycling
Footrace 10K, Visalia, 9 am.
- April 17: Trash Dash 10K,
Fresno, 8:30 am.
- April 24: Resource Rally Run
5K, Hanford, 8 am.

For more detailed informa-
tion on any of the races call
Melinda Marks at (209)
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Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly updates or a copy of their newsletter to: Marty Higginbotham, Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93702. Also, clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

Capitol City Flyers

4840 D Sunset Terrace, Fair Oaks, CA 95628

The Capitol City Flyers are fast becoming a strong California running team. The club was represented at the World Cross Country Trials by two outstanding junior runners—Harold Kuphaldt and Shawn Smallwood.

The club hosted a very successful Capitol City 20K in February; this was also the Pacific Association 20K Championship. The Capitol City team made a very good showing as they finished second. Leading the team was John Mansoor 1:04:02 (16th). The other scoring team members were: Jeff Clark 1:04:29 (20th), Shawn Smallwood 1:04:40 (21st). Smallwood was first in his division; he also established a new national record. Jeff Grubbs was fourth team man in 1:05:58 (24th), while Jerry Drew was fifth man in 1:06:01 (25th). Other members to compete were Dave Chavez 1:06:20 (26th), Casey Culbertson 1:06:45 (30th), Wayne Bratten 1:07:25 (36th), Doug Rennie 1:08:39 (42nd), Bill Tippets 1:09:04 (47th), Rick Edson 1:11:51 (65th). Heike Skaden was the third woman overall in 1:15:11 and Krista Roberts was the seventh place woman overall timing 1:17:11.

The Capitol City Flyers have several new members to the club. They are: Kelly Geredes, Gary Whaler, Jay Reidy, Wayne Bratten, Bill Tippets, Chris and Kim Hamer.

Club members meet on Sundays, Tuesday, and Thursdays for various types of workouts. Regular monthly meetings are held on the third Tuesday of the month.

Raindance

7025 Shoreham Place
Stockton, CA 95207

There is no set answer to the question, "What is Raindance?" We are an idea, a concept in transition, and a dedication to frivolity. Our recent 15k race was won in a blinding rainstorm by Ross Rowley and Mike Rowderdink as few members of the non-Raindance community would brave the hurricane. We are sponsoring the San Joaquin County 8 Kilometer Championship Series (Spring—April 3/Summer—June 22). Our satirical newspaper is becoming extremely popular—\$1.00 for 3 months/20 cents stamp for sample. We are supporting those pesty unofficial runners in two ways: low fees for our low-key races and periodic fund-raisers for the newly created Unofficial Runner Relief Fund, a project designed to give anonymous stipends, as well as psychotherapy, for habitual offenders.

Las Vegas Track Club

4224 Claymont St., No. 3
Las Vegas, NV 89109

The Las Vegas Track Club hosted a very successful 16th Annual Las Vegas Marathon in February. The men's winner was Ricardo Martinez for the second year in a row. His time was 2:27:04. The female winner was Gale Courtney from Nashville, Tennessee timing 3:21:05.

Dick Walsh ran the Mission Bay Marathon and timed 3:23. On January 30 Tony Gerardi and Wayne Peterson competed in the San Diego Police Department sponsored Cop'er Bowl 10K. Gerardi finished sixth in 33:31 and won his age group. Peterson placed second in his division in 35:45.

Dave Zderic competed in the Ironman Triathlon where he finished in fifteen hours.

Larry Moon timed 2:28 at the Tucson Marathon finishing eighth overall and third in the 30-34 age group.

Culver City Athletic Club

3015 Latravesia, Fullerton, CA 92632

In December the Culver City AC masters won the Culver City Marathon. Skip Shaffer led the way with his 2:33:33 placing second overall. At the Lasse Viren 20K Shaffer established a new masters course record in 1:09:40; he was followed by teammate Dave Holland in second.

Frank Duarte won the Westlake Village 20 Miler establishing a new masters record.

Congratulations should go out to Skip Shaffer for his outstanding performance at the Mission Bay Marathon. His 2:27:53 clocking not only set a new masters course record, but was "reported" to be a national 43 year old age record. Two weeks later, Frank Duarte ran the World Masters Marathon in Orange in the identical time finishing second overall. This shows the outstanding team depth the Culver City AC has!

Andre Tocco competed in the Hawaiian Ironman Triathlon in February, finishing first in the 45 plus age group setting a new record by eight minutes. His time of 11 hours 49 minutes placed him 92nd overall out of 585 finishers.

Skip Shaffer continued his winning ways by taking the masters division of the "Up the Estuary in February" half marathon in Newport Beach. Shaffer's time was a fast 1:13:42.

Lompoc Valley Distance Club

P.O. Box 694, Lompoc, CA 93438

At the Santa Barbara Winter Runs Six Mile, top club finisher was Mike Ryan timing 31:57, which earned him first in the 35-39 age group. For the LVDC women Katie Ryan clocked 45:20, Mary Kay Degenhart ran 48:47 and Nancy Perry time 55:56. In the ten mile event, John Holoubek took the 60 plus division in 68:13, and Dick Jenkins timed 78:42.

Again Mike Ryan led club members at the Almond Blossom Run Eight Miler. Ryan won the 30-39 age group in 42:57. Ray G took the 50-59 division in 51:45. Jim Moster timed 52:27, John Holoubek again won the 60 plus age group clocking 54:29. Katie Ryan placed fourth in the 30-39 division in 61:46. In the three mile race, Todd Robinson ran a 16:56 to nab fourth in the 20-29 division.

Robinson competed in the Sri Chinmoy Three Mile where he clocked 16:07 to place second in the 19-29 age group.

Karlie Graham ran a 13:55 to win the 13-17 age group in the two mile event at the Miles for Smiles Family Fun Run. In the 11 event, the LVDC had six divisional winners. Mike Ryan timed 32:50 to capture the 30-34 division, Frank Ramirez ran 34:44 winning the 13-17 division, Steve Hart won the 18-24 age group in 35:20, Bill Graham clocked 38:20 winning the 40-49 age group while Ray Gil took the 50 plus crown in 38:50. For the club women, Katie Ryan was a winner in the 30-39 division in 46:13. Other LVDC members competing were Tom Jermoluk 36:01, Tom Harmon 39:23, Ken Kelley 40:01 and John Holoubek 41:08.

Dolphin South End Runners

2014 33rd Ave., San Francisco, CA 94111

DSE President Walt Stack has been selected by the Road Runners Club of America to receive the Scott Hamilton Award for the "Outstanding Club President." Walt founded the San Francisco Dolphin South End Runners in 1975. He has also been the number one arbitrator to encourage women to run. Congratulations, Walt!

The DSE Runners host many scenic runs in the San Francisco Bay Area during the year. For information and dates of the runs, contact the DSE Runners.

Athletes in Action Track Team

17102 Newhope Street
Fountain Valley, CA 92708

This spring the Athletes in Action Track Team is off to a good start, according to head coach Jeff Goldberg. With strong performances from the 'new recruits', the team is improving in quality and quantity at the same time. Goldberg is impressed with newcomers Terry Drake, 8:58.1 steeplechase, and Tom Rapp, 8:56.1 two mile. Both have run personal bests within the last two weeks.

Others doing well this spring are Carey Tyler, four jumps over 52' in the triple jump; Fred Carpenter, four throws over 235' in the javelin; and Nat Durham, who's cleared 17' in the pole vault in four different meets this spring.

But the team has had its share of problems this spring, mainly in the form of injuries and illnesses. Jeff Goldberg has kept his spirits high however as he "refuses to take it personal." In fact, Goldberg is excited about the upcoming Martin Luther King Games as he feels that all 17 of the athletes that are competing for AIA can finish in the top four of their events. What about nationals? "Glad you asked," said Goldberg. "Though it's hard to predict team scores we could come in anywhere from 7th to 10th." He also expects some strong individual performances as the team readies itself for a summer European Tour.

The team's started off strong and they'll have to keep it going if they hope to fulfill their goals. But Goldberg was quick to point out that, "the team's success is generated from an attitude of serving God in our running." With this attitude the AIA track team will always enjoy success.

NorCal Seniors Track Club

3784 Army St., San Francisco, CA 94110

The NorCal Seniors TC has recently added five new members to the club roster. Most notable of these new members is Pat Nixon (63), who owns the World age group records for the mile, 5K and 10K plus the age 62 American records for 800 and 1500 meters. The World Records are for both road racing and track.

Mark Grubi is acting as club coach for the NorCal Seniors. Grubi is available for help at the University of California track in Berkeley from noon to 2:00 p.m. and 4:30 to 6:00 p.m.

The club will present the 1982 Sacramento Relays April 10 at Cal State University Sacramento.

Josephine Kolda set an American age group record of 33.5 for 200 meters at an all-ages meet on February 6.

The NorCal Seniors team of Ruth Anderson, Kathy Brieger, Joan Schiveley, Ruth Waters and Lillian Woodward won the masters women's division at the Pacific Association TAC Championships on February 6.

Aggie Running Club

The Aggies made an excellent showing at the Pacific Association 20 Kilometer Championships. Leading the Ag troops was Dan Gruber timing 1:02:03 which earned him a fourth place finish. Following Gruber were three more Ags—Denis O'Halloran was fifth (first in submaster age group) in 1:02:16, in sixth (second submaster) timing 1:02:36 was Peanut Harms. In seventh place clocking 1:02:42 was Emil Magallanes just four seconds ahead of fellow Ag Rudy Munoz in eighth place with a 1:02:46. Other Aggies competing were Bob Dies 1:03:16 10th, Rick Langford 1:03:33 12th, Matt Yeo 1:03:44 14th, Harold Clems 1:03:45 15th, Ed Schelegle 1:04:20 19th, and Dirk Rohloff 1:06:58 32nd. This outstanding team depth earned the Ags the team title.

The Aggie women showed their strength also as they took the women's crown. Laurie Binder led the way as she timed 1:13:02 earning her the individual women's title also. Jolie Houston timed 1:15:43 and teammate Denise Bigelow clocked 1:16:53.

photo by Keith Conning



Dan Gruber/Aggie Running Club

San Luis Distance Club

P.O. Box 1134, San Luis Obispo, CA 93406

The results of the 1981 Puma/TFA National Postal Championship results are in and the SLDC produced five national individual winners and one team championship. The five individual winners in the three mile competition were Brian Waterbury first 30-39 division in 16:12; Ed McSorley, first 50-59 age group timing 20:32.9; Bob Sterling took the 60-69 division in 22:40.4; Marilyn Rehorn and Alice Werbel each won their divisions. Rehorn ran 24:49.2 for the women's 40-49 title while Werbel ran to a new meet record of 26:02.2 for the women's 60-69 divisional crown. The men's submaster team also set a new meet record timing 84:48.9 (team of five men running three miles and combining times). Members of this team and their overall placing in the postal competition in their submaster division were as follows: Brian Waterbury (1st 30-39) 16:12.6, Rob Gordon (3rd 30-39) 16:45.6, Chuck Elkins (4th 30-39) 16:49.3, Stan Rosenfield (6th 30-39) 17:08.2 and Keith Kirkpatrick (8th 30-39) 17:53.2. The submaster team of Rosenfield and Waterbury clocked 50:25.7 in the two person ten mile relay (40 laps on track alternating 440's) earning a third place finish.

Mark Breish clocked a 72:52 to capture the City of Atascadero Recreation Dept. Half Marathon. John Root timed 79:50 for fourth place.

Craig Lowrie and Kirk Kirkpatrick went one-two at the "Run for Your Valentine Heart" six mile. Lowrie's winning time was 32:28 while Kirkpatrick clocked 34:01.

High Sierra Track Club

112 Green Oaks, Visalia, CA 93277

Frank Ortega and Ozzie Osgood went second and third in the 35-39 division of the Fast Four Miler held February 28. Ortega clocked a 21:10 while Osgood ran 21:37. Karen Moritz finished second in the women's 18-29 division in 29:29.

At the End of the Trail 15K (Central Cal TAC 15K Championship) March 7, Bob Loux was the club's top finisher grabbing third place in 51:15. Frank Ortega was the next HSTC finisher in sixth place overall and first in the 35-39 age group timing 51:52; Dave Bronzan was right behind in 52:00 (second in the 30-34 division). Ozzie Osgood finished ninth overall and second in the 35-39 division in 53:16. Wayne Van Dellen and Len Thornton were both divisional winners. Van Dellen ran a 54:25 for the 40-49 division crown while Thornton took the 50 plus title in 57:59. Ruby Hernandez clocked 67:49 and Karen Moritz ran 72:48 for the HSTC women's showing.

Dave Bronzan will host two races in April. The first being April 4—The Kaweah River Eight Miler—which is near Three Rivers. This is a very beautiful and scenic run. The second event will be held April 25 in Reedley—The Reedley Ten Miler—which is also a Central Cal TAC Championship. For information on either or both of these races contact Dave Bronzan, 112 Green Oaks, Visalia, CA 93277.

Club News

Madera Roadrunners

2608 Holiday Way, Madera, CA 93637

February 3, the club held its annual organizational meeting. Newly-elected club officers are: President—Mark Wasser, Vice President—Wanda Mortimer, Secretary—Treasurer—Harry Oberhelman.

A group of club members who refer to themselves as the "Marathon Training Group" head to the hills on weekend mornings for some quality miles.

Several club members competed in the "Gold Trail Half Marathon" on February 14. Runners and their times were: Donna Aldrich 1:41, John Aldrich 1:22, Ed Hartin 1:35, Bob Owen 1:29 and Harry Oberhelman.

Fresno Track Club

P.O. Box 6103, Fresno, CA 93703

Veteran ultra-marathoner Bill Doyle will be competing in the April 18 American River 50 Miler. For the tough forty-eight year old competitor it will mark his fourth fifty mile event and comes after competing in the Jedediah Smith 50 in February. Bill is one of the 250 accepted for the grueling Western States 100 to be held June 26 between Squaw Valley and Auburn.

Fresno Track Club members who have received confirmations on their entries for the April 19 Boston Marathon include Bingo Orme, Bill Woody, Al Lomeli, Dick Rozier, Patricia Hurst, Steve Levy, Bob Lindsey, and Ken Takeuchi. Woody, Hurst and Takeuchi will be going back for the first time.

Club members taking part in the Visalia Runners sponsored 15K TAC Championships at Mooney's Grove on March 7 were Al Lomeli 52:35 (8th overall and 3rd in 30-39), Frank Delgado 56:31 (2nd 40-49), Bill Woody 56:44 (4th 35-39), and Gene Lynch 58:47 (3rd 40-49).

Under the watchful eye of his coach John Burnett, fifteen-year old David Naranjo turned in a brilliant 1:15:17 half marathon in Porterville on March 13 to place first in the under 18 class and was second overall to winner Humberto Ramirez. This was a personal record for David. Patricia Hurst put on another of her strong performances to win the women's 50 plus division and second overall with her personal best 1:33:33. Brenda Villanueva was the overall women's winner.

Bingo Orme and Jim Harris will co-direct the Saturday, May 15 Two Person-Eight Mile Relay in Roeding Park in Fresno. This popular race has seen an increasing number of mixed teams participate and this year's event should be another interesting race.

A beautiful way to greet Easter is to participate in the traditional Easter Sunrise Celebration Jog at Woodward Park. This includes a one mile walk, 2 mile jog, or 3 mile run.

Seniors Track Club

1626 Wellington Pl, Westlake Village 91361

From President Pro-Tem HAL WINTON:

The struggle continues: Our STC probably resembles some of our running careers. We start with a great deal of enthusiasm and for a while we ride along on our own increasing strengths and on the support from others. Then we suffer some injuries and the going gets tougher. However, by now we have probably also reaped some noticeable benefits such as better general health and appearance. Then some real setbacks may come along which deter our progress for extended periods of time. We see that in many of our most outstanding athletes.

But the real performers are the one who hang in there through the rough spots, biding their time till healing occurs and conditions improve. But now and then you encounter that rare individual who has the fiber that goes beyond, "NO" — not a fanatic, but someone with a HEART that beats stronger and longer than most. Our club has gone through this sort of process maybe more than once.

The question seems to be, is the STC ready to hang up its spikes in favor of past triumphs...or, is there still a steady pulsebeat that can hang in there to see healing occur and strengths return??? Some believe it's a waste, citing the apathy and reluctance among many members to be involved or contribute. Some are divided in their thinking, not wanting to have their names and reputations attached to what appears a lost cause. A few, perhaps more vocal people, remembering how it was and knowing what it required to make it great, say it's obvious what we need — strong leadership, more visibility, and positive attitudes.

Now that I've got you feeling the pangs of what it is like to have been great, we come to the point that we have had a shocking little miracle occur—namely, that our Board met and decided to continue the STC. Our policies will likely change. This does not admit defeat. It says we know how to adapt to changing times and fortunes. So, WE WILL DO IT.

Like any tough race — we must continue to STRUGGLE when all around us falls apart, or we will never know our own greatness.

Empire Runners

4700 Foulger Dr., Santa Rosa 95405

The big race of the month was the Parkside 10 and 20 Kilo runs held in Santa Rosa on February 28. 39-year-old Dan Preston led all club members in the 10K with his 33:59 third place overall.

Berkeley Runners Club

5623 Oakgrove Ave., Oakland, CA 94618

Three club members completed the Jedediah Smith 50 Mile Race in Sacramento. Roger Sharpe ran a 7:02 and grabbed third place masters finish. Rick Fish timed 8:16 which was 45 minutes under his previous best, and John Buenfil clocked 8:30.

Hilary Naylor ran a fast 38:58 at the Bonne Bell 10K.

Ruth Grimes recently recorded a personal record in the 5k with a 19:52 time.

The Berkeley Runners will sponsor the Second Annual Berkeley Bay View Bull Run to be held on April 25 at Inspiration Point, Tilden Park. The race is a 10k distance. For more information or entry form contact: The Berkeley Runners Club, c/o Hilary Naylor, 5623 Oakgrove Ave., Oakland, CA 94618.

Visalia Runners

Ed Taylor led club members and finishers across the finish line at the Four Miller held February 28. Taylor's winning time was a fast 19:57. Following Taylor were fellow Visalia Runners Robert Taylor in third timing 20:44; Gary Campbell fourth clocking 20:49; and Isais Luna sixth, 21:18. Ed Taylor's time established a new 18 division record while Campbell's 20:49 set a 30-34 division record. Bryan Patterson ran 21:33 and Jesse Rodriguez ran a 21:26 for new 40-49 division record. Renee Wyckoff took the women's title clocking 23:30. Cherie Stephenson took the women's 30 division in 28:39 for a new divisional record.

Once again Ed Taylor led club members at the End of the Trail 15K which he served as the Central Cal TAC 15k Championships. Taylor finished second overall timing 49:42. Robert Taylor and Gary Campbell tied for fourth in 51:36; Campbell however, was first in the 30-34 age group. Renee Wyckoff took the women's title 56:42. Tanis Ryzebol was next in 62:40 while JoAnn Branco was third in 65:57. Brar was the first female in the 30 plus division. Other top Visalia Runners competing included Rob Stephenson 53:30, Crisp Newport 55:46, Terry Heller 59:18, Frank Aschwanden 60:51, Laurie Martin 61:10, Dick Powell 61:26, Tom Upton 61:38, Ed Blakely 62:09, and Frank Padilla 63:05. The club won both the men's and women's titles championships.

Club member Rob Stephenson will host the Spring Run 10K which will serve as the Central Cal TAC 10K Championship. Ma Cherie Stephenson will host the Mother's Day Four Miller. For more information and/or entry form write to 1527 Vassar, Visalia, CA 93277. Or see the ad in the March issue.

Long Distance Log

NorCal Notes

By Jack Leydig

NOTE: Please send newsy information and "tidbits" for the NorCal area (Fresno northward) directly to — Jack Leydig, P.O. Box 612, San Mateo, CA 94401, or phone (415) 341-3119. If you think you have some news that may be of interest to our readers, don't be bashful! Mail it in right away. *Deadline* for receipt of materials is the 10th of each month for the following month's issue. We still aren't getting very much response. Remember, if you want this column to be interesting and representative, we must get some input!

Walt Stack was recently selected by the Road Runners Club of America to receive the Scott Hamilton Award for the "Outstanding Club President". When Walt founded the DSE (Dolphin South End Runners) in 1966, there were only a handful of women running on the roads. He has always been a number one supporter of women's running, and through his local support there has certainly been a healthy increase in participation over the past 15-plus years. The DSE is now the largest running club in Northern California (and possibly the State?). Congratulations on an award well-deserved!!

Scheduling Information: — The **Pacific Sun Marathon** will not be held this year, due primarily to flood damage on the course, and also construction with an unpredictable schedule. Due to lack of time to come up with a new course the marathon will be dropped this year and continued again in 1983. However, the 10k will still be held, and according to director Kees Tuinzing, a good possibility of cash prizes to top men and women (open and masters), although possibly limited to Marin County residents. • This year's **St. Judes Run** (10k), scheduled for June 19 at The Anchorage in San Francisco, will be a regional Qualifier for the nationals in the Nike Masters Grand Prix series. Women 35 and over, and men 40 and over qualify. Winners will be determined by a mathematical formula incorporating how close you finish to the U.S. best for your age. • The 4th **Sri Chinmoy Marathon** will go back to the Peninsula again this year after taking place in Davis last year. The 7 a.m. start will commence at the Foster City Recreation Center (Shell at Hillside). The entry fee includes a banquet after the race and admission to the **SCRC Marathon Running Clinic**, to be held the previous day. The course will feature a very fast, flat, two-loop course, with aid and splits every mile! • The **von International Women's Marathon**, to be held in San Francisco this year will, it appears, be offering cash prizes to the top 15 or so finishers, with the stipulation that the winnings be put into a TAC-trust account so as to preserve amateur status of the winners.

Marathon Training Class—#PE-60 starts Saturday, April 10th at 10:00 a.m. at DeAnza College (Parking Lot E) in Cupertino. You have to register through DeAnza or with the instructor, Dennis Zamzow, 415-964-4800, PM, at the class. You get one unit of credit. It's a half-hour lecture followed by a run with the California Road Runners at 9 a.m. For more information, contact Dennis Zamzow at 415/964-4800.

Tahoe Trails—Phidippides will again be offering a great high altitude training camp this summer at Donner Lake Village near Truckee. Camps will run from June 12 through August 14 and will feature different schedules (varying lengths) with varying guest staff members, including such notables as Arthur Lydiard, Joe Henderson, Joan Ulyot, Harry Hlavac, Frank Shorter, Kenny Moore and Loraine Moller. For further information contact: Tahoe Trails, c/o Donner Lake Village, P.O. Box 2348, Truckee, CA 95734 (916/587-6081).

WANTED—FINANCIAL SPONSOR FOR RICHMOND-SAN RAFAEL BRIDGE RUN—If your organization is willing to put up \$6,000 for sponsorship of the popular Richmond-San Rafael Bridge Run, which drew several thousand runners in its first year, or if you're interested in searching for a sponsor for a "Finders Fee", contact Greg Dabel, c/o M-2 Sponsors, 1276 "A" Street, Hayward 94541 (415/886-3113). The race cannot be held in 1982 without a full sponsorship.



photo by Gene Cohn

Allen Sandretti
Bidwell Classic

U. S. Olympic Marathon Trial—The qualifying time for the 1984 Olympic Marathon Trial shall be the 100th ranking U.S. marathoner (U.S. citizen) performance during 1982 as completed by the National Running Data Center (NRDC). The time is to be made in 1982 on a **TAC certified course and sanctioned race**, or any International Marathon that has been approved by the I.A.A.F. The qualifying performance shall be made during the period of Boston 1983 to Boston 1984 (mid-April), inclusive. In all probability, the date of the Trials will occur during the last 2 weeks of May, 1984. The above information was approved by the National TAC Long Distance Running Trials Committee. We have not yet received information regarding the women's trials, but we assume they will be the same, eg. 100th best time in 1982 will determine the qualifying standard.

New PA/TAC office—Effective immediately, the Pacific Association Office is no longer at Stanford University. John Mansoor, the new LDR Chairman, will be in charge of the new office, and will be available from approximately 10 a.m. to 2 p.m. The address for all correspondence will be: PA/TAC, P.O. Box 1495, Fair Oaks, CA 95628 (916/966-6185). When John is unable to answer his phone, he will have an answering device taking calls.

The **PA-TAC Track & Field Championships** (mens and womens) have been rescheduled for mid-August, not May 26 at Hayward which was reported earlier. Exact date to be announced.

Late Flash!—The San Francisco Marathon will be the PA Marathon Championships this year, and the PA/TAC will be providing money for trips to the top finishers (probably individuals rather than teams for this race)...the amounts, and how deep the awards are to go will be decided at an April 2nd meeting of the LDR Committee. More on this next issue!

SoCal Notes

By Richard Lee Slotkin

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

Here and there...especially there (England). **Frank Assumma** is making us look good in the prediction business. We said this could be a good year for the Southlands newest sub-4:00 miler and it's turn-

Long Distance Log

ing out to be just that. Following his great showings at the Sunkist and TAC indoor meets, Frank got it together overseas in England. That is, he got together another sub-4:00 effort (at least his third this year) and a last lap kick that brought him to the tape while it was still up. In other words, first place.

(Japan) We see that **Judi Vivian** is back in form. She took fourth in a 20k in Nagoya with a time of 70:33. That has to be a PR for Judi, mostly because it's probably the first time she's run that distance. So, unless we hear otherwise, we'll put another entry in the PR column for Judi Vivian.

Can-you-believe-it Dept. What is the L.A. Olympic Committee trying to do? We can't help wondering about the site selection committee, with schools like Santa Monica College, Pepperdine, Loyola-Marymount and mighty UCLA itself all on the relatively smog-free west side of town. Why do they insist upon choosing the training sites in the smoggiest parts of the area? An all-weather track is all that SMC needs to become an ideal training location. UCLA requires even less—a set of lights is all it lacks.

So tell me, why do they use those scarce Olympic facilities improvement dollars at sites such as Cal State Los Angeles and Occidental College? Improvements at these schools can be justified on any socio-economic grounds, Amen! Give it to them. Those areas deserve good training facilities as much as any. But, this is an Olympic countdown period. A once-in-54 years event. Given the air pollution conditions in the Los Angeles area, there's no justification, not political, not sociological, not even economic, for not setting up facilities where the air quality is the highest.

Another thing that is bothersome is the schedule itself. Why do the Olympics have to be held in the hottest time of the year? One reason why World Records are not as common in the Olympics, despite the quality of the competition and the level of intensity, is the heat factor. Why not hold them in cooler weather? In Northern Europe, that could be early September. In Los Angeles it would be late October or early November. There is no reason to be locked into August, probably the hottest, most humid and smoggiest month *everywhere*.

Don't try to cop out by saying that it's the middle of vacation season for most of the world, and that's the only time people could get to the Games. The World Series in baseball comes a month after everyone has spent all their summer vacation money, but every game is a sellout. On January 1st, which is far as you can get from summer vacation, there are a flock of "Bow!" football games, and, even with live TV they are all sellouts.

Attendance, it seems obvious is not a problem.

What is the problem? Probably inertia. The inability of people, even those in power, to attempt changes that might improve a situation, particularly when they aren't personally affected by the existing conditions.

And that brings us around to the real nitty-gritty. Just who is watching out for the athletes? The answer, sadly, is nearly no one. An occasional letter to the editor, some editorials by *Track and Field News*, and a few athletes complaining publicly...and that's it. Most action that is taken is for someone else's benefit—I.O.F. Committee Members, USOC, TAC, sponsors, spectators—but not the athletes. Even when coaches complain, all too often it's over something that will especially benefit them or their athletes but isn't necessarily in the best interest of the athletes in general.

Some things never change, do they?

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P.R.'s

By Richard Slotkin

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

Now that track season is under way, I'd like to hear from you coaches at the universities, colleges, community colleges and high schools. Any distance from 800m on both male and female. Don't let UCLA get all the "P." (Even if it is my alma mater.) If the response from the schools is pretty good, I'll probably start two more P.R. boxes: One for the sprints, and one for the field events.

And, let's not forget the clubs. Not much action out of you this month, so let's get it for next month. Here's one club item we did get: Skip Shaffer and Frank Duarte ran identical times in separate races. The just-turned-40-year-old Duarte took a second overall and Shaffer set a possible national record for 43 year olds. Both are members of the Culver City Athletic Club, which is putting together a masters distance crew that may just be the best in the country. By the way, this was Duarte's *First* marathon. A 2:21 first time isn't bad for anybody, but for a guy who just turned 40... and, from what I hear, doesn't even like to run that far... hoo, boy!

Two other notables who made their marathon maiden voyage were former Olympic rowing medalist Joan Lind, and former N.B.A. championship L.A. Laker coach Pau Westhead. They were both in the World Runners Marathon in Long Beach.

Jeff Ambos (Cal State L.A.) USC Inv. 3000m Steeplechase - 1st	9:24.1
Pearl Anit (Impala Racing Team) California 10 Miler	64:0
Pearl Anit (Impala Racing Team) Pacifica Shamrock 10K - 1st woman	38:5
Kenny Atkins (PFF) Pt. Fermin 10 Miler	74:3



Rich Brown & Chris Brennemann of L.A. Valley College set P.R.'s in Northridge Invitational 10,000 Meters.

Joe Barrow, Jr. (San Pedro HS) Pt. Fermin 10 Miler	56:
Joe Barrow, Sr. (PFF) Pt. Fermin 10 Miler	70:
Shawn Barrow (San Pedro HS) vs. Torrance HS 2 mile	9:
Shawn Barrow (San Pedro HS) Pt. Fermin 10 Miler	56:
Larry Basile (PFF) Tom Sullivan 10K	42:
Lee Berg - Mt. SAC All Comers 3000m - 2nd	9:
Lee Berg - Mt. SAC All Comers 5000m	16:
Rich Binns (PFF) Tom Sullivan 10K	41:
Bob Bowlus (PFF) Los Alamitos Marathon	2:49
Dan Brady (UCLA) Triangular meet 800m	1:52
Chris Brenneman (LAVC) Northridge Relays 10,000m	30
Rich Brown (LAVC) vs. Bakersfield, El Camino 1500m	3:5
Rich Brown (LAVC) Northridge Relays 10,000m	30

continued on page 50

Results

Track & Field

Los Gatos All Comers

From Howard Willman

January 30, Los Gatos High School: Los Gatos All Comers Track & Field Meet.

OPEN DIVISION:
100 Yards: 1. Marty Krulee (Stars & Stripes) 9.7. 220: 1. Krulee 21.8. 440: 1. Mike Greggans (Unatt) 50.5. Mile: 1. Chain (Unatt) 4:31.4. 2 Mile: 1. Tom Hussey (SJ State) 9:17.8. 70 Yard HH: 1. George Carly (Maccabi) 8.5. 440 Relay: 1. Open Team (Krulee, Carly, Caruso, Greggans) 43.5. HJ: 1. Joel Wyrick (Speed City) 6-8. PV: 1. Felix Bohni (SJS-Switzerland) 17-0. 2. Doug Bockmiller (Aggie RC) 16-6. LJ: 1. Jones (Unatt) 21-8. SP: 1. Brian Oldfield (UCTC) 61-9 1/2. 2. Al Feuerbach (AW) 61-6. 3. Ron Semkiw (Unatt) 58-0. DT: 1. Bisnop (SJS) 161-10. 35-WT: 1. Jim McGoldrick (SJ Stars) 69-1. 2. Ed Burke (Weight City) 37-3. 3. John Powell (Ath Att) 54-3.

HIGH SCHOOL BOYS:
100 Yards: 1. Tony Miller (Mt. Pleasant) 10.2. 220: 1. Cooper (Piedmont Hills, SJ) 23.8. 440: 1. Cooper 51.2. 880: 1. Jim LaFuente (Mt. Pleasant, SJ) 2:01.8. Mile: 1. Brian Bergstrom (Los Gatos) 4:30.7. 2 Mile: 1. Thompson (Homestead, Cupertino) 10:25.0. 70 Yard HH: 1. Doug Dunbar (Mt. Pleasant, SJ) 8.8. 440 Relay: 1. Mt. Pleasant (SJ) 44.0. HJ: 1. Bryan Kellen Leland (SJ soph) 6-2. PV: 1. Campbell Leland, SJ 11-6. LJ: 1. Persini (Santa Teresa, SJ) 20-7. SP: 1. Jeff Foster (Saratoga) 45-5 1/2. DT: 1. Dennis Boesinger (Westmont, Campbell) 161-10.

WOMEN'S DIVISION:
100 Yards: 1. Gutha Pounds (Live Oak IS, Morgan Hill) 11.5. 220: 1. McLaughlin (Ynbrook, SJ) 27.6. 440: 1. Jessica Spies (Clindergals/Livermore HS) 58.1. 880: 1. Iobin Campbell (Stanford TC) 2:08.7. Mile: 1. Nanette Garcia (SJ Indergals/Silver Creek HS, SJ, frosh) 15:1. 2 Mile: 1. DeHart (Unatt) 12:38.0. 60 Yard LH: 1. Andrews (Leland HS, SJ) 9.5. 40 Relay: 1. Mt. Pleasant (SJ) 52.5. HJ: 1. Iley (Mt. Pleasant, SJ) 4-10.

MASTERS DIVISION:
100 Yards: 1. LaTorre (NCSTC) 10.7. 20: 1. LaTorre 24.3. 440: 1. Mitchell (Los atos AA) 57.7. Mile: 1. Meyer (Unatt) 10:6. 2 Mile: 1. Meyer 11:20.2. LJ: 1. Mitchell 17-3.

Berkeley All Comers

From Keith Conning

January 30, Edwards Stadium, Berkeley: All Comers Track & Field Meet.

PEN MEN:
50m (combined heats): 1. Ron Kennedy 7.2. 2. Greg Turner 5.8. 3. Mike Farmer 5.8. 100: 1. Adrian Rodgers 21.4. 2. Derek Robinson 21.7. 3. Doug Barber (Merritt JC) 18.8. 400 (combined heats): 1. Adrian Rodgers 46.3. 2. George McKinley 49.2. 3. Greg Thomas 49.9. 800: 1. Andrew Boyd (al) 1:54.7. 2. Andy Howard (Cal) 1:56.4. 3. Ian Smith (Zephyr TC) 1:57.2. 1500: 1. Ian Smith (Zephyr TC) 4:00.1. 2. Andrew Boyd (Cal) 4:03.1. 3. Dan Buntman (Greater SFTC) 4:03.4. 55HH: 1. Ronald Kennedy 7.6. 2. Ashland Whitfield 7.8. 3. Edy Viramontes 7.9. 300MH: 1. Jared Miller 39.8. 2. Kirkpatrick 40.9. 4x100

Relay: 1. Ohlone College 42.5; 2. Maccabi TC 43.3; 3. Los Medanos College 43.5. 4x400 Relay: 1. Adrian Rodgers Team 3:27.6. HJ: 1. Joe Radan 6-10; 2. Chris Dunn 6-10; 3. Kerry Myers (Cal) 6-8. PV: 1. Jerry Mulligan 16-0; 2. Dell Miller (Cal) 15-6. LJ: 1. Norm Alston 23-6; 2. Tony Young (Hayward) 22-3; 3. Tony Trammel (Merritt JC) 22-2 1/2. TJ: 1. Marcus McGlory (CSUH) 47-11 1/2; 2. Fred Cunningham 47-11; 3. Anthony Trammell (Merritt JC) 47-0 1/2. SP: 1. Greg Tatralls (Aggie RC) 55-8 1/2; 2. Jay Kovar (Cal) 50-1; 3. Tony Hill (Cal) 49-11 1/4. DT: 1. Jay Kovar (Cal) 167-8; 2. Greg Tatralls (Aggie RC) 162-4; 3. Tony Hill (Cal) 161-7. JT: 1. Tim Smith (Cal) 181-0.

OPEN WOMEN:

50 Meters: 1. Monica Taylor (80 TC) 6.5; 2. Cynthia Miller 6.7; 3. Dedee Dudley (80 TC) 6.7. 200: 1. Monica Taylor 25.8; 2. Dedee Dudley 26.5; 3. Jacqui Rogers (DeAnza) 26.5. 400: 1. Valerie Duncan 60.0; 2. Barbara Gaenslen (Mills HS) 63.8. 800: 1. Helen Lehman (El Cerrito HS) 2:22.6. 1500: 1. Marilyn Taylor (WVTC) 4:52.7; 2. Bonnie Dwyer (Greater SFTC) 4:59.7; 3. Jenny Ray (Oakland HS) 5:01.4. 3200: 1. Barbara Gaenslen (Mills HS) 11:45.4; 2. Gabrielle Zieschang (Mills HS) 12:01.2. 55H: 1. Kathy Ragust (Cal) 7.8; 2. Christine Vigau 8.2; 3. Ryoko Hattori (SF State) 8.3. HJ: 1. Shelly Craig 5-4; 2. Jennifer Howard (CSUH) 5-2. LJ: 1. Rhonda Lockhart (Skyline HS) 15-8. SP: 1. Sue Springer (Cal) 42-5 1/2; 2. Amy Van Galder (Golden Bear) 39-6. DT: 1. Sue Springer 141-7.

HIGH SCHOOL BOYS:

200 (combined heats): 1. Wiley Watson (Oakland) 22.7; 2. John Farrell 23.0; 3. Anne Williams (Oakland) 23.0. 400: 1. Mike Walker (BEBTC) 52.8. 800: 1. Mike Walker 2:01.6; 2. Kris Montazem (Skyline) 2:01.8; 3. Matt Anderson (Skyline) 2:02.0. 1600: 1. Jim Bloomer (El Cerrito) 4:33.1. 3200: 1. Robert Anderson (Santa Teresa, SJ) 9:45.4; 2. Fady Malik (Lowell, SF) 9:58.2; 3. Martin Higginbotham (BEBTC) 10:05.4. 55HH: 1. Mark Boyd (St. Mary's, Berkeley) 7.9. 300LH: 1. Kirk Waller 41.8. HJ: 1. Dave Swanson (Analy, Sebastopol) 6-8; 2. Maurice Crumby (Balboa, SF) 6-8; 3. Miguel Wingo (Albany) 6-4. PV: 1. Chris Crowley (El Camino) 12-6; 2. Shawn Lewis (Mills) 11-6. LJ: 1. Tony Conyers (Clayton Valley) 21-3. SP: 1. Chris Bechtel (Albany) 46-11 1/2; 2. Gib Yancey (Miramonte) 45-8 1/2. DT: 1. Dan Katches (Mills) 163-10; 2. Ezra Szoke (Mission SJ) 141-11; 3. Kevin Hillesland (Miramonte) 139-8.

CSULA On Track Decathlon

From Ron Morris

January 30-31, Cal State Los Angeles.

College-University Division:
1 Ken Terry (CSU Northridge) 7277
10.7, 695, 1252, 180, 52.2
14.6, 4028, 460, 4222, 4:44.4
2 Doug Porter (Occidental) 6524
3 Ted Campbell (Azusa Pacific) 6440
4 Randy Foss (San Diego State) 5774
5 Joel Krown (CSU Northridge) 5635
Open Division:
1 Mario Bardales (Unattached) 6180
11.9, 582, 1197, 175, 54.0
16.2, 3564, 415, 4288, 4:54.6
2 Jan Bear (Unattached) 6155
3 Armand Boutte (Unattached) 5783
Community College Division:
1 Dion Giuliano (Long Beach) 6159
11.5, 613, 966, 177, 51.3
17.2, 2622, 440, 3968, 4:31.7

2 Jeff Dodd (Santa Barbara) 5879
3 Bob Zebe (Glendale) 5841
4 Mike Venegas (Glendale) 5788
High School Division:
1 Craig English (Gahr HS) 5185
11.6, 582, 759, 192, 53.4
18.0, 2564, 244, 3204, 5:01.6
2 David Dickerson (La Puente HS) 5064
3 David Barlia (Newbury Park HS) 5061
4 Ed Vilas (LB Jordan HS) 4700
5 Harry Johnson (Blair HS) 4469

Berkeley All Comers

From Keith Conning

February 6, Edwards Stadium, Berkeley: All Comers Track & Field Meet.

OPEN MEN:

50 Meters: 1. Greg Turner (College of Alameda) 5.7; 2. Mike Farmer 5.8; 3. Ronald Kennedy 5.9. 200: 1. Mike Farmer 21.9; 2. Doug Barber (Merritt JC) 22.0; 3. Greg Thomas 22.3. 400 (combined heats): 1. Mike White (ICAC) 48.8; 2. John Langerston (Merritt) 49.8. 3. Greg Thomas (Merritt) & Mike Smith (Stanford) 49.9. 800: 1. Allan Smith (Zephyr TC) 1:55.0; 2. Wayne Cottrell (Oakland) 1:59.1; 3. Melvin Polk 1:59.3. 1500: 1. Duncan Macdonald 3:50.9; 2. Benton Hart (California RT) 3:56.4; 3. Allan Smith (Zephyr TC) 3:59.2; 4. Mike White (ICAC) 4:00.5. 5000: 1. Benton Hart (California RT) 14:18.6; 2. Wolfgang Schmulewicz 15:15.4; 3. Marco Ibarra (Greater SFTC) 15:51.4. 55HH: 1. Ronald Kennedy 7.5; 2. Daryl Hill 7.6; 3. John Ayres 7.8. 300H: 1. Sandy LaBeaux (CSUH) 39.2; 2. John Ayres 40.3; 3. Daryl Hill 40.9. 400 Relay: 1. Merritt JC 42.9; 2. Acalanes 44.2; 3. Chabot 44.2. HJ: 1. Mike Nelson (Cal) 6-10; 2. Scott Durham (DC Striders) 6-8; 3. Kerry Myers (Cal) 6-8. PV: 1. Ross McAlexander (Cal) 16-0; 2. Bob Olsen 16-0; 3. Dell Miller (Cal) 16-0. LJ: 1. Tom Campbell 22-11; 2. Byron Criddle 21-9 1/2; 3. Bill Bailey 21-4 1/2. TJ: 1. Byron Criddle 50-3 1/2; 2. Tony Trammel (Merritt JC) 47.5; 3. Chris Woodard 44-2 1/2. SP: 1. Mike Smith 60-5 1/2; 2. Bruce Parker (Cal) 59-4 1/2; 3. Greg Tatralls (Aggie RC) 57-6. DT: 1. Jay Koval (Cal) 174-2; 2. Greg Tatralls (Aggie RC) 170-11; 3. John Garvey (Skyline College) 155-3. JT: 1. Roy Abendroth (Cal) 181-5; 2. Tom Smith 159-11.

OPEN WOMEN:

50 Meters: 1. Owen Ward 6.6; 2. Cynthia Ward 6.8; 3. Tomicka Johnson (BEBTC) 7.0. 200: 1. Nedrea Rodgers (BEBTC) 24.7; 2. Iona Dickson (Ed Cerrito HS) 26.8; 3. Gina Cole 27.0. 400: 1. Gina Cole 60.9; 2. Yolanda Craig 70.0. 800: 1. Jeanette Williams (SF State) 2:28.0; 2. Valerie Lyn Duncan (SF State) 2:28.1; 3. Amy Cathcart (Amador Valley HS) 2:28.5 & Beth McDermott (Areta West/Drake) 2:28.5. 1500: 1. Polly Wright (Greater SFTC) 4:56.7; 2. Jane Sowersby (Greater SFTC) 5:02.8; 3. Vicki Bigelow (Aggie RC) 5:08.9. 55HH: 1. Cindy Banks (Golden Bear TC) 7.6; 2. Yvette Bates (BEBTC) 7.8; 3. Sally Melnbress (Golden Bear TC) 7.9. 1600 Relay: 1. S.F. State 4:28.3. HJ: 1. Maggie Van Zeeland (Cal) 5-6; 2. Karen Robinson (Cal) 5-6; 3. Kathy Barry (Cal) 5-6. LJ: 1. Cindy Banks (Golden Bear TC) 17-8 1/2; 2. Mona Williams (Cal) 17-2; 3. Sherri Ball (Cal) 16-0 1/2. SP: 1. Jeanne Gallegos (Los Medanos) 40-2 1/2; 2. Amy Van Galder (Cal) 40-1; 3. Glenda Ford (CSUH) 37-9 1/2. DT: 1. Glenda Ford (CSUH) 151-2; 2. Carrie Mullins (Skyline College) 115-1; 3. Phyllis Hatch (Cal) 102-11. JT: 1. Jeanne Gallegos (Los Medanos) 113-6.
HIGH SCHOOL BOYS:
50 Meters: 1. Wiley Watson (Oakland) 5.9; 2. Patrick Riley 6.2; 3. Kirk Waller 6.3.

200: 1. Wiley Watson (Oakland) 22.8; 2. Mark Boyd (St. Mary's) 23.2; 3. Curtis Reed (El Cerrito) 23.3. 400: 1. Stephen Pittman (DeAnza) 52.2; 2. Kevan Shokat (Albany) 52.4; 3. Preston Brown (Oakland Tech) 52.8. 800: 1. Shelby Flowers (Oakland) 1:59.9; 2. Sasa Kijin (Castro Valley) 2:06.4; 3. Mike Green 2:06.4. 1600: 1. Jim Gaffield (El Cerrito) 4:28.7; 2. Andrew Ream (El Cerrito) 4:35.7; 3. Greg Char (El Cerrito) 4:45.3. 3200: 1. Jim Gaffield (El Cerrito) 10:03.1; 2. Calvin Gaziano (Castro Valley frosh) 10:06.1; 3. Martin Higginbotham (Berkeley soph) 10:06.4. 55HH: 1. Mark Boyd (St. Mary's) 7.6; 2. Damon Jackson (Oakland) 7.9; 3. Stephen Pittman (DeAnza) 8.0. HJ: 1. Maurice Crumby (Balboa) 6-8; 2. Dave Swanson (Analy) 6-8; 3. Dave Reed (Terra Nova) 6-0. PV: 1. Van Velarde (Terra Nova) 11-0. LJ: 1. Tony Parker (Kennedy-R) 19-1 1/2. SP: 1. Carlos Horncliff (St. Mary's) 49-10; 2. Jeff Steward (Berkeley) 49-9 1/2; 3. Chris Bechtel (Albany) 46-9 1/2. DT: 1. Chris Bechtel (Albany) 134-0; 2. Gib Yancey (Miramonte) 132-10; 3. Kevin Hillesland (Miramonte) 126-3.

MASTERS WOMEN:

200: 1. Josephine Kolda (Northern California Seniors, age 63) 33.5 - New national age 60-64 record, old record 33.6 by Kolda on Oct. 3, 1981.

CS Bakersfield Invitational

From Charlie Craig

February 13, Cal State Bakersfield: CS Bakersfield Invitational.

MEN'S EVENTS:

10,000: John Black (Cal Lutheran) 31:22.3; 2. Rich Chintalan (CSULB) 31:27.56; Alan Dehlinger (Antelope Valley) 32:04.69. 4x110 Shuttle Hurdle: CSB TC (Perkins, Carter, Dickerson, Curry) 58.47; Long Beach CC 60.21; SLO TC 60.80. Javelin: Tom Jadwin (Unatt) 222-2; Peterson (CSU Fresno) 206-2; Barton (CSULB) 205-5. 4x100 Relay: Pasadena CC (Quarrie, Graham, Jackson, Turner) 40.51; SLO TC 41.13; Bakersfield CC 41.13. 4x1600 Relay: SLO TC (Rembao, Sallaz, Strangio, DiConti) 17:06.10; Pt. Loma 17:17.11; Pasadena CC 17:25.53. Sprint Medley: Camp Pendleton (Boone, Hobbs, Carley, Ash) 3:27.30; CSB TC 3:28.90; CSU Fresno 3:30.86; CSULB 3:31.20. Triple Jump: Henry Ellard (CSU Fresno) 50-6 1/2; Willford (CSB TC) 48-1 1/2; Kelly (PCC) 48-0. Shot Put: Crow (CSU Fresno) 52-8 1/2; Arley (Bak. CC) 50-6; Peterson (CSU Fresno) 49-8 1/2. 4x800 Relay: CSB TC (LaFebvre, Dabbs, Hickman, Haney) 7:41.40; CSU Fresno 7:44.32; SLO TC 7:52.69. Distance Medley: Cal Poly Pomona (Cook, Reyes, Biaty, Burrage) 10:00.30; CSU Fresno 10:07.44; Pt. Loma 10:17.67; SLO TC 10:31.84. 4x200 Relay: Pasadena CC (Thompson, Graham, Jackson, Turner) 1:26.17; Bakersfield CC 1:27.19; SLO TC 1:27.97; Cal Lutheran 1:29.92. Hammer: Green (CSULB) 218-4; Mileham (CSU Fresno) 207-10; Robobit (CSULB) 189-2; Fritzmeyer (CSU Fresno) 179-1; Nickerson (Unatt) 177-6; Aielsson (Pt. Loma) 171-7. High Jump: Bonner (Pasadena CC) 6-10; Iliif (CSU Fresno) 6-10. Long Jump: Tucker (SLO TC) 23-7 1/2; Bonner (PCC) 23-6 1/2; Haynes (SLO TC) 23-6 1/2. Pole Vault: Corney (CSULB) 15-6; Wicks (SLO TC) 15-0; Kibort (SLO TC) 15-0; Pierce (CSU Fresno) 15-0. 5,000: Mayfield (CSU Fresno) 14:09.01; Strangio (SLO TC) 14:20.31; Green (SLO TC) 14:51.67. 4x400 Relay: CSU Fresno (Rushing, Brown, Davis, Arnold) 3:13.15; Pasadena CC 3:13.94; Camp

Results

Pendleton 3:14.11; CSB TC 3:14.84. **Discus:** Axelsson (Pt. Loma) 176-4; Garvey (Skyline) 164-0; Bender (CSU Fresno) 163-3.

WOMEN'S EVENTS:

10,000: Marian Mallory (Cal Lutheran) 41:34.20. **100 Hurdles:** Yarborough (SLO TC) 14.35; Carroll (SLO TC) 14.97; Ryman (SLO TC) 15.08. **Long Jump:** Jewel Lovelady (CSB TC) 19-5 1/4; Shella Nicks (CSB TC) 19-5; Harper (Unatt) 18-10 1/4; Wilford (CSB TC) 18-4 1/4. **4x1600 Relay:** SLO TC-A (Kramer, Harper, Jamison, Scherzinger) 20:20.90; SLO TC-B 20:28.31; Occidental 21:37.77. **Javelin:** Beth Rockliffe (Cal Lutheran) 157.0; Wren (CPP) 121-6; Wintermute (CPP) 120-11. **High Jump:** Phyllis Blunston (CSB TC) 5-9; Jenny Linderman (CSB TC) 5-3; Dubols (SLO TC) 5-3. **4x100 Relay:** SLO TC (Decker, Smith, Horn, Rathbun) 46.36; Pasadena CC 50.34; CSU Fresno 51.50. **Discus:** Kahn (SLO TC) 136-4; Corley (CSB TC) 119-10; Hamilton (CSB TC) 117-3. **5000:** McIntyre (Oxy) 18:45.20; Esquivel (SLO TC) 18:54.22; Villanueva (CSB TC) 18:55.17. **Sprint Medley:** CSB TC (Lawson, Wilson, Lucas, Schofield) 4:14.00; SLO TC 4:18.64; Pt. Loma 4:24.06. **4x800 Relay:** SLO TC-A 9:19.17; SLO TC-B 9:27.77; Occidental 9:50.34. **Distance Medley:** SLO TC (Harper, Medina, Gleason, Crowley) 12:19.0; CSU Fresno 12:49.26; Pt. Loma 13:23.87. **4x200 Relay:** SLO TC (Holland, Mallory, Douglas, VanWarmerdam) 1:40.46; CSB TC 1:43.0; Pasadena CC 1:49.08. **Shot Put:** Hamilton (CSB TC) 45-9 1/4; Corley (CSB TC) 45-3 1/4; Henderson (SLO TC) 41-11. **4x400 Relay:** SLO TC-A 3:51.09; SLO TC-B 4:00.60; Cal Poly Pomona 4:01.20.

Northridge Wt. Pentathlon

From Bill Webb

February 14: Cal State Northridge; 4th Annual Weightman's Pentathlon. College-University Open Division:
 1 David Thomson (Stanford) 4451
 2 Doug Barnett (Azusa Pacific) 4108
 3 Kevin Goode (CSU Northridge) 3889
 4 Paul Bishop (Weight City) 3773
 5 Dan Goodman (CSU Northridge) 3750
Junior College Division:
 1 Curt Thomas (Citrus) 3533
High School Division:
 1 Rick Luiten (Monrovia) 3038
 2 Pete Corkery (Arroyo) 2283
Submasters 30-39 Division:
 1 Frank Reilly (All American TC) 3363
 2 Mike Deller (Unat) 3363
Masters 40-49 Division:
 1 Lloyd Higgins (Striders) 3442
 2 Stewart Thomson (Striders) 3255
 3 Jim Hart (W. Valley) 2951
Masters 50-59 Division:
 1 Dave Douglas (SC Striders) 2033
 2 Bill Bangert (Unatt) 1758
Masters 60-69 Division:
 1 Bob Stone (NCSTC) 2184
 2 Jim Minah (Club West) 1778
Masters 70 Plus Division:
 1 Don Pierotti (CDM) WR 1384
BEST MARKS: Shot Put: Doug Barnett 54-5; Ron McKee 53-4 1/4. Hammer: Dave Thomson 201-8; Shaun Pickering 201-8. 35lb Weight: Dave Thomson 64-0 1/4; Doug Barnett 61-0 1/4. Discus: Dave Thomson 177-0; Frank Reilly 167-5. Javelin: Mike Barnett 215-7; Gary Bruner 198-9.

SPA Olympic Development

From Bob Seaman

February 14, UC Santa Barbara: SPA Women's Olympic Development Meet.
80 Yards: 1. Alice Brown (Wilts) 6.86; 2. Inger Peterson (LAM) 7.03; 3. Tanya Dawkins (LAM) 7.12. **200:** 1. Las Shon

Nedd (Wilts) 23.77; 2. Inger Peterson (LAM) 24.87; 3. Janet Thies (Saturn II) 26.5. **400:** 1. Andrea Rolfe (Unatt) 55.82; 2. Paulette Willis (Unatt) 59.61; 3. Carolyn Norman (Wilts) 60.22. **800:** 1. Cynthia Warner (Wilts) 2:13.5; 2. Rennie Durrand (Coast) 2:14.4; 3. Andrea Ward (Wilts) 2:16.6. **1500:** 1. Michele Bush (Wilts) 4:23.5; 2. Linda Goen (Wilts) 4:35.6; 3. Kerrie Zaleski (Coast) 4:52.8. **3000:** 1. Laura McCracken (Coast) 10:52.2; 2. Dyana Crabtree (Coast) 11:13.8; 3. Leslie Pratt (Unatt) 11:31.6. **60 Yard Hurdles:** 1. Gail Watkins (Coast) 7.7; 2. Missy Jerald (Wilts) 8.1; 3. Sharon Hatfield (Coast) 8.5. **1 Mile Walk:** 1. Samantha Rodella (Coast) 9:31.5; 2. Lori Griffen (Coast) 10:20.8. **HJ:** 1. Tonya Alston (Wilts) 5-10; 2. Gari Gossweiler (Wilts) 5-6; 3. Sharon Hatfield (Coast) 5-4. **LJ:** 1. Laura Mills (Coast) 18-5 1/4; 2. Sharon Hatfield (Coast) 17-5 1/4. **SP:** 1. Annie McElroy (CSLB) 49-3; 2. Ramona Pagel (CSLB) 49-0 1/4; 3. Susie Ray (Wilts) 48-7; 4. Peggy Pollock (CSLB) 45-2 1/4; 5. Laura Mills (Coast) 41-6 1/4. **JT:** 1. Deena Bernstein (Coast) 138-4; 2. Diana Carman (Wilts) 133-2; 3. Michelle Olivera (SBS) 128-0. **4x180 Relay:** 1. Wilt's AC 68.3. **1 Mile Relay:** 1. Wilt's AC 3:56.2. **Medley Relay:** 1. Wilt's AC 1:42.1.

Berkeley

From Keith Conning

February 27, Edwards Stadium, Berkeley: All Comers Track & Field Meet.

OPEN MEN:
100 Meters (Combined Heats): 1. (tie) Derek Robinson 10.8 & Mark Kent (Inner City AC) 10.8; 3. Paul Jones (CCSF) 10.8. **200:** 1. Mark Kent (Inner City AC) 21.4; 2. Larry Cowling (Cal) 21.6; 3. Adrian Rodgers 21.6. **400:** 1. Adrian Rodgers 47.0; 2. David Timmons (Cal) 47.7; 3. George McKinley 48.6. **800:** 1. Lloyd Guss (Canada) 1:52.8; 2. Ruddy Herman 1:53.2; 3. Andrew Boyd (Cal) 1:53.7. **1500:** 1. James Robinson (Inner City AC) 3:50.8; 2. Mike White (Inner City AC) 3:51.2; 3. Mike O'Reilly (Cal) 3:52.1. **Two Mile:** 1. Andy Clifford 8:51.4; 2. Tom Downs (Cal) 8:51.4; 3. Felix Elieff (Cal) 8:51.4; 4. Dan Buntman (Greater SFTC) 9:08.7. **1100H:** 1. Larry Cowling (Cal) 13.9; 2. Ray Smith 14.5; 3. James Scannella (Cal) 14.9. **400H:** 1. Jim Scannella (Cal) 52.3; 2. Peter Grimes 52.9; 3. Walt Butler 55.1. **1800 Relay:** 1. Inner City AC (Mark Kent 47.9, James Robinson 46.8, Mike White 48.0, Lloyd Johnson 48.5) 3:11.2; 2. Cal (Goodman 50.3, Jim Scannella 48.6, Carl Bonner 48.4, David Timmons 48.9) 3:14.2. **High Jump:** 1. Maurice Crumby (Balboa HS, SF) 7-0; 2. Kerry Myers (Cal) 6-10; 3. Mike Nelson (Cal) 6-8. **Long Jump:** 1. Tom Campbell 23-1 1/4; 2. Anthony Trammell (Merritt JC) 21-7; 3. Bill Durbrow (Cal) 20-2 1/4. **Triple Jump:** 1. Tony Trammel (Merritt JC) 48-6 1/4; 2. Bill Durbrow (Cal) 45-3 1/4. **Shot Put:** 1. Dave Porath 62-6 1/4; 2. Greg Trafallos 61-4; 3. Mike Smith 61-2 1/4; 4. Bruce Parker (Cal) 60-6. **Discus:** 1. Dave Porath 196-6; 2. Tony Hill (Cal) 175-5; 3. Greg Trafallos 174-10. **Javelin:** 1. Jim Lathrop (WC Fitness) 215-0; 2. David Lewis (Cal) 190-7; 3. Roy Abendroth (Cal) 186-7.

OPEN WOMEN:
100 Meters: 1. Nedrea Rodgers (BEBTC) 12.0; 2. Jessica Casimir 12.7; 3. Vivian Riley (Mt. Pleasant) 12.8. **200:** 1. Nedrea Rodgers (BEBTC) 24.5; 2. Lana Rice (BEBTC) 24.7; 3. Jacqui Rogers 26.3. **400:** 1. Valerie Duncan (SF State) 58.4; 2. Debra Carson 60.5; 3. Yvette Bates (BEBTC) 60.8. **800:** 1. Dana Faulkner (Skyline) 2:34.0; 2. Jackie Riley 2:42.3. **1500:** 1. Kim Purcell (Merritt JC) 5:03.8; 2. Kathy Ray (Merritt JC) 5:29.4. **3200:** 1. Barbara Gaenslang (Mills HS) 11:31.2; 3. Gabriele Zieschang (Mills HS) 11:47.0. **1000LH:** 1. Diann Robinson 16.8; 2. Venus Lillybridge (BEBTC) 17.6. **300LH:** 1. Venus Lillybridge (BEBTC) 50.7. **400 Relay:** 1. Millbrae Lions TC 51.6; 2. St. Marys 53.1; 3. Mt. Pleasant 56.1. **Shot Put:** 1. Amy VanGelder (Cal) 42-1 1/4; 2. Jeanne Gallegos (Los Medanos CC)

40-3; 3. Phyllis Hatch (Cal) 34-11. **Javelin:** 1. Corrine Karazides (SF State) 105-10; 2. Jeanne Gallegos (Los Medanos CC) 93-4. **High Jump:** 1. L. Maxie (Mills) 5-0; 2. Yvonne Kendall (Mills) 5-0. **HIGH SCHOOL BOYS:**

100 Meters: 1. Frank Lawson (Castlemont) 11.3; 2. John Hughes (Wilson) 11.4; 3. Modkins 12.0. **200:** 1. Stoney McCree (BEBTC) 22.5; 2. Craig Armstrong (BEBTC) 22.7 & Larry Farriester (Ceres) 22.7. **400:** 1. Eddie Wade (Pinole) 51.1. **800:** 1. Roger Daniels (BEBTC) 1:59.8; 2. Jim Bloomer (El Cerrito) 2:02.7; 3. Andrew Ream (El Cerrito) 2:04.3. **1600:** 1. Fady Malik (Lowell) 4:38.7. **3200:** 1. Fady Malik (Lowell) 10:00.6; 2. Martin Higginbotham (Berkeley) 10:04.2. **1100H:** 1. Michael Gray 18.0. **300LH:** 1. Paul Spagnoli (Mills) 40.5; 2. Eugene Swift (BEBTC) 40.7; 3. Chris Mooring (Mt. Pleasant) 41.4. **400 Relay:** 1. Ceres 44.2. **1600 Relay:** 1. Berkeley (Craig Armstrong 50.8, Eric Crapo 51.7, Stoney McCree 50.8, Michael Walker 51.7) 3:25.3; 2. Oakland Tech 3:39.3; 3. Mills 3:41.3. **Pole Vault:** 1. Shawn Lewis (Mills) 12-0; 2. Brian Taylor (Ceres) 12-0. **Long Jump:** 1. Scott Bullentini (St. Ignatius) 18-9 1/4. **Triple Jump:** 1. Linsy Flanagan (DeAnza) 43-10 1/4. **Shot Put:** 1. Carlos Horncliff (St. Marys) 49-3; 2. Jeff Steward (Berkeley) 48-3. **Discus:** 1. Dan Katches (Mills) 157-8.

Long Bch Relays

March 6, Cal State Long Beach: 42nd Annual Long Beach Relays.

MEN'S EVENTS:
10,000: 1. Dan Caprioglio (Unat) 30:22; 2. Bob Marcias (Unat) 30:40; 3. Brock Vaughn (CPP) 32:26. **Hammer:** 1. Bill Green (CSULB) 220-7; 2. Steve Rohovit (CSULB) 206-11. **3000 Steeplechase:** 1. Paul Croft (Westmont) 9:20; 2. Raul Aquero (Unat) 9:33. **Shuttle Hurdle Relay:** 1. Long Beach CC 60.4; 2. All American TC 60.6; 3. Palomar JC 62.0. **400 Meter Relay:** 1. Long Beach CC 42.0; 2. All American TC 42.4; Saturn TC 42.5. **Long Jump:** 1. Zawinel (AATC) 23-9; 2. McGuire (Unat) 23-7 1/2; 3. Torres (Ven) 23-3 1/2. **Shot Put:** 1. Kraychir (LBCC) 63-0; 2. Smith (Unat) 62-4; 3. Greg Tatarano (Unat) 61-0; 4. Otrando (Taunton TC) 58-0 1/2. **Sprint Medley Relay:** 1. El Camino CC 3:22.3; 2. Palomar JC 3:23.3; 3. Venezuela 3:26.2. **2 Mile Relay:** 1. Cal Poly Pomona 7:52.9; 2. CSU Long Beach 8:00.3. **Javelin:** 1. Ralph Howe (WV City) 226-11; 2. Fernandez (Ven) 223-3. **800 Relay:** 1. Long Beach CC 1:26.9; 2. Long Beach CC "B" 1:28.1; 2. Saturn TC 1:26.6. **Discus:** 1. Overton (Los Altos) 193-7; 2. Mills (Unat) 185-8; 3. Binley (AATC) 181-1; 4. McSeveney (CSULB) 179-9; 5. Tafariado (Unat) 179-4. **4 Mile Relay:** 1. UC San Diego 17:35.9. **1 Mile Relay:** 1. El Camino CC 3:12.8; 2. Palomar JC 3:13.4; 3. Venezuela 3:16.0; 4. Long Beach CC 3:18.2. **Triple Jump:** 1. Thompson (Unat) 48-6 1/4. **Pole Vault:** 1. Hintanus (Unat) 17-6 & Carney (CSULB) 17-6; 3. Lawry (AATC) 17-0. **High Jump:** 1. Mel Baker (CSULB) 7-2 1/2; 2. Valentine (AATC) 7-0 & Gordien (CSULB) 7-0; Francis (Palomar JC), Wicker (LBCC), Franz (AATC), Arrudine (CPP), & Sims (CSULB) all 6-10. **5000 Meter Walk:** 1. Larry Walker (SCS) 21:14.53; 2. Jim Coore (SA) 25:49.54. **WOMEN'S EVENTS:**
High Jump: 1. Nichols (CPP) 5-4. **Long Jump:** Sabrina Brown (SAC) 18-4. **Discus:** 1. Pagel (CSULB) 150-0; 2. Branson (LAN) 148-0. **Javelin:** 1. Poljack (CSULB) 137-0. **440 Relay:** 1. Cerritos JC 49.0. **Sprint Medley Relay:** 1. El Camino 4:14.9; 2. Cal Poly Pomona 4:19.2. **2 Mile Relay:** 1. El Camino 9:37.0; 2. Cerritos 9:49.4. **Shot Put:** 1. Pagel (CSULB) 51-8. **1 Mile Relay:** 1. Cerritos 3:58.1. **5000 Meter Walk:** 1. Eva Linston (Unat) 25:40.60.

Aztec Invitationa

March 6, Choc Sportsman Track, San Diego: Second Solo/Budweiser Aztec Invitational.

INVITATIONAL MEN:
400 Intermediates: 1. James Klu (Macc) 50.98; 2. Rhan Sheffield (Mac) 51.59; 3. John Lehntorn (ASU) 51.98; Grant Niederhaus (Unat) 52.53; 5. Al Jones (400 TC) 53.41; 6. Mike Cox (AS) 53.89. **Distance Medley Relay:** 1. Arizona State (Richardson, Jones, Schwarz, Raby) 9:44.11; 2. USC (Bethany, Wal Handelman, Cox) 9:50.16; 3. San Monica TC (Frichtel, Taliaferro, Ralfer Luevano) 9:53.96; 4. Pima Colley 10:13.81; 5. USIU TC 10:13.99. **4x200 Meter Relay:** 1. Maccabi (Gaskins, Jackson, McDonald, Bensch) 1:22.97; 2. Striders (Harvey, Krule



Jerry Saunders
7-2 1/2 at Aztec Invitations

Gilkes, Niederhaus) 1:23.85; 3. Cal State Los Angeles (Hodge, Hollis, Duc Perry) 1:26.27. **Discus:** 1. Gary Williky (ASU) 194-3; Richard Slaney (SDSU) 190-10; 3. J. Graves (ASU) 167-9. **110 High Hurdles:** 1. Tony Camp (USC Alums) 13.91; 2. John Lehntorn (ASU) 13.93; 3. Phillip Johnson (U) 14.03; 4. Mike Cox (ASU) 14.11. **Long Jump:** 1. Deon Mayfield (A) 24-3 1/4; 2. Ed Tave (CSU) 24-1. **1500 Meters:** 1. Ray Wicksell (Sut) 3:39.58; 2. Brian Russell (Stars & Strip) 3:49.62; 3. David Pascal (Sports Cl) 3:50.89; 4. Greg Ramsey (SDSU) 3:51.7; Bob Leetch (El Camino) 3:53.19; 6. Bahara (SFVTC) 3:53.55. **4x100 Meter Relay:** 1. Arizona St (Robinson, Henley, King, Brown) 39.2; Maccabi TC (Gaskins, Jackson, McDonald, McCoy) 40.22; 3. Striders (Har Gilkes, Fortune, Krulee) 40.59; 4. Diego State (Shields, Blaylock, Tay Brakewoch) 40.82; 5. Cal State Angeles (Holmes, Perry, Clark, Ho) 41.28. **Shot Put:** 1. Gary Williky (ASU) 59-7; Tom Lister (CSULA) 56-4; 3. Rich Slaney (SDSU) 55-10 1/4; 4. John Gra (ASU) 55-10 1/2. **100 Meters (Section 1):** 1. Be Jackson (Unat) 10.45; 2. LaMonte K (ASU) 10.49; 3. Tony Gaston (Macc) 10.52; 4. Marion McCoy (Maccabi) 10

(Section 2): 1. Ron Brown (ASU) 10:2; 2. Darwin Cook (USC) 10:3; 3. Chris Blaylock (SDSU) 10:4; 4. Ken Robinson (ASU) 10:5; 5. James Gilkes (USC Alums) 10:5 & Kevin Shields (SDSU) 10:5.

5000 Meters: 1. Paul Williams (Canada) 13:44.51; 2. Ron Cornell (Sub 4) 14:19.13; 3. Dave Babaracki (Sub 4) 14:28.76; 4. Bill Adams (AIA) 14:29.88; 5. Mike Lebold (Chart House) 14:34.98; 6. Sean Evans (Grossmont) 14:36.94.

Pole Vault: 1. Steve Smith (Unat) 17-3; 2. Bill Halverson (Stars & Stripes) 17-0; 3. Nat Durham (AIA) 17-0; 4. Clark Elliot (SDSU) 16-8; 5. Dave Sanderson (AIA) 16-4.

Javelin: 1. Duncan Atwood (AW) 273-8; 2. Tom Petranoff (Unat) 270-4; 3. Fred Carpenter (AIA) 237-8; 4. Barron Rutherford (USC) 228-2; 5. Mike Packer (Maccabi) 227-1; 6. Mike Scarlett (SDSU) 218-2.

High Jump: 1. Dwight Stones (PCC) 7-4 1/4; 2. Jerry Saunders (Maccabi) 7-2 1/2; 3. Rory Kotinek (Unat) 7-0; 4. Anthony Caire (USC) 7-0; 5. Frank Schieffer (SDSU) 7-0 & Jason Meisler (Unat) 7-0.

Triple Jump: 1. Deon Mayfield (ASU) 52-7; 2. Rayfield Dupree (USC Alumni) 51-3; 3. Cameron Gary (SDSU) 48-11; 4. Darrel Taylor (Stars & Stripes) 48-9.

4x400 Meter Relay: 1. Maccabi TC (Sheffield, King, MacDonald, Niederhaus) 3:10.26; 2. Cal State Los Angeles (Hollis, Ducree, Clark, Holmes) 3:13.09; 3. Pima College 3:15.87; 4. San Diego State 3:16.3.

10,000 Meters: 1. Ron Anderson (Norway) 29:56.89; 2. Tim Varley (USIU) 30:34.72; 3. Gilbert Cortez (CSULA) 30:47.09; 4. Chris Mullaian (CH) 30:59.00; 5. Ben Wilson (Sub 4) 31:16.99; 6. Brad Cox (Unat) 31:33.02.

3000 Meter Steeplechase: 1. Terry Drake (AIA) 8:58.1; 2. Roger Jovang (Norway) 9:01.2; 3. Steve Hall (Aggie RC) 9:03.2; 4. Craig Fuller (Unat) 9:17.3; 5. Wally Buckingham (Jamul) 9:18.0.

INVITATIONAL WOMEN:
4x800 Meter Relay: 1. Cal Poly SLO (Allane, Harper, Ewing, Figliomeni) 9:11.08; 2. USC (Simone, Burgess, Bell, Curtis) 9:44.91; Disqualified: San Diego State 8:48.13 for passing out of zone.

Shot Put: 1. Lorna Griffin (AW) 54-0 1/2; 2. Bonnie Dasse (Vit. Plus) 46-10; 3. Cheryl Kennedy (SDSU) 45-7; 4. Pat Shaw (Coast AC) 41-10 1/2.

Javelin: 1. Karin Smith (CPSLO) 195-11; 2. Danela Barnes (CP TC) 160-6; 3. Sherry Calvert (Coast AC) 159-9; 4. Debbie Dibb (SDSU) 151-10; 5. Michelle Oliveira (SD Sand) 147-0.

Long Jump: 1. Jennifer Innes (Cheetahs) 21-6 1/4; 2. Cathy McMillan (Coast AC) 20-10 1/2; 3. Veronica Bell (Cheetahs) 20-0 1/4 w; 4. Lorraine Ray (Stanford TC) 19-3 w; 5. Sharon Boyar (Coast AC) 19-2 1/4 w.

4x200 Meter Relay: 1. Coast Athletics (Marshall, Watkins, Douglas, Birt) 1:37.61; 2. Cal Poly SLO (Holland, Mallory, Douglas, Van Warmerdam) 1:38.34; 3. L.A. Mercurettes (Evans, Willis, Simmons, Smith) 1:41.26; 4. USC (Fleetwood, Cassidy, Curtis, Williams) 1:41.85.

High Jump: 1. Sue McNeal (CPSLO) 6-0; 2. Patti Stafford (SDSU) 5-10; 3. Kerrie Zwart Bell (USC) 5-8.

100 Meter Hurdles: 1. Laurie Smith (LA Mercurettes) 13.67; 2. Gail Watkins (Coast AC) 13.78; 3. Linda Bourn (SDSU) 14.23; 4. Carrie McLaughlin (SDSU) 14.87.

4x100 Meter Relay: 1. S.C. Cheetahs (Innes, McCraw, Bell, Johnson) 45.22; 2. Coast Athletics (Douglas, McMillan, Birt, Marshall) 45.65; 3. L.A. Mercurettes (Willis, Evans, Simmons, Smith) 47.19; 4. San Diego State (Bourn, Sheffield, Hatley, Charles) 47.27; 5. San Diego Cougars (Jones, Weaver, Robison, Zaphrin) 47.67.

1500 Meters: 1. Monica Joyce (SDSU) 4:20.02; 2. Eileen Cramer (CPSLO) 4:24.83; 3. Michelle Hopper (Medalist) 4:33.15; 4. Sue Belger (PCC) 4:35.88; 5. Laura Miller (adidas) 4:36.83.

Discus: 1. Lorna Griffith (AW) 185-11; 2. Laura DeSnoo (SDSU) 160-4; 3. Leslie Hoerner (AIA) 156-9; 4. Pat Shaw (Coast AC) 145-3; 5. Donna Hollingsworth (USC) 138-2.

100 Meters: 1. Evelyn Ashford (Medalist) 10.97; 2. Jackie Pusey (CSULA) 11.71; 3. Lisa Winston (Unat) 11.93; 4. Tamela Holland (CPSLO) 11.99; 5. Monique Robinson (SD Cougars) 12.02.

4x400 Meter Relay: 1. Stanford TC (Hanus, Bolten, Campbell, Griffith) 3:34.9; 2. San Diego State (Sheffield, Lindemuth, Hatley, Charles) 3:43.7; 3. Cal Poly SLO (Holland, Douglas, Van Warmerdam, Mallory) 3:45.1; 4. USC 4:02.5.

5000 Meters: 1. Irene Crowley (CPSLO) 16:56.24; 2. Debra Chaddock (SDSU) 17:09.79; 3. Carol Gleason (CPSLO) 17:15.59; 4. Liz Baker (SDSU) 17:41.98.

400 Meter Hurdles: 1. Anne Lindemuth (SDSU) 62.29; 2. Cindy Lee (SDSU) 65.49; 3. Lynn Morrison (SDSU) 66.55.

Northridge Relays

From Bill Webb

March 13, CSU Northridge: 9th Annual Northridge Relays.

MEN'S EVENTS:

10,000: 1. Syd Leibovitch (CSUN) 30:01.0; 2. Tony Reyes (CPP) 30:10.5; 3. Matt Blatty (CPP) 30:28.7; 4. Ed Chadez (Unat) 30:39.0; 5. R. Brown (LAVC) 30:45.0; 6. C. Brenneman (LAVC) 30:53.4.
Shuttle Hurdle Relay: 1. Roadrunner TC 57.74; 2. Pasadena CC 58.75; 3. Long Beach CC 60.92. **Shot Put:** 1. B. Otrando



Syd Leibovitch
30:01.0 Northridge 10,000

(Tartan TC) 59-4 1/4; 2. Lister (CSLA) 58-7; 3. McKee (CSUN) 57-0 1/2. **400 Relay:** Pasadena 40.15; CSLA 40.71; Long Beach CC 41.12; Maccabi 41.32; El Camino 41.50. **Javelin:** Tom Petranoff (Unat) 243-9; Fred Carpenter (AIA) 232-2; Paul Kulak (CSUN) 210-7; Richardson 210-0. **2 Mile Run:** Tom Rapp (AIA) 8:56.18; Steve Alvarez (UCR) 8:57.72; Ray Cook (UCR) 8:59.50; Chris Schallert (CSUN) 9:01.88.

High Jump: Jerry Saunders (Macc) 7-2; Bonner (PCC) 7-0; Joe Radan (Macc) 6-10.

Sprint Medley Relay: El Camino 3:23.19; AI American TC 3:29.57; Maccabi 3:31.07; Road Runner TC 3:32.82; Cal Poly Pomona 3:34.29. **Triple Jump:** Tyler (AIA) 52-0 1/4; Salazar (Unat) 50-4 1/4; Roberts (Roadrunner TC) 49-2; Wilford (Roadrunner TC) 48-6 1/2. **Long Jump:** Ed Tave (USC) 23-11; Don Boardingham (CSUN) 23-9 1/4; T. Aqwinil (AATC) 23-7; Bonner (PCC) 23-6 1/4; White (PCC) 23-1. **Intermediate Hurdle Relay:** Long Beach 3:37.90; Maccabi 3:39.34; Glendale 3:43.83. **Distance Medley Relay:** Santa Monica TC 10:11.8; CSULA 10:16.9; CSU Northridge 10:21.3; El Camino 10:22.18; Long Beach CC 10:22.84. **Pole Vault:** Tully (LBC) 17-0; Kavanaugh (USC) 16-9; Sauk (Unat) 16-9; Sney (USC) 16-3; Neilson (Unat) 16-3. **880 Relay:** Pasadena CC 1:24.21; Maccabi 1:24.92; CSULA 1:26.15; Long Beach CC 1:26.34. **2 Mile Relay:** Venezuela Nat'l Team 7:42.13; Roadrunner TC 7:43.81; Pasadena CC 7:50.32; Santa Monica TC 7:51.79; Glendale CC 7:52.20. **Hammer:** P. Galle (Unat) 201-6; Joe Briski (Unat) 172-7; J. Wolitorsky (APC) 169-3. **Discus:** Goodman (CSUN) 173-6; Reilly (AATC) 171-5; Good (CSUN) 161-4. **Mile Relay:** Pasadena CC 3:09.67; Long Beach CC 3:13.09; Palomar JC 3:14.55; Maccabi 3:15.96. **4 Mile Relay:** Glendale CC 17:16.6; Long Beach CC 17:31.6; Oxnard

CC 17:45.9; El Camino 17:55.2.

WOMEN'S EVENTS:

5,000: Ann Gladue (Rainbow R) 17:20.6; Diana Karg (UCSB) 18:09.7; Carol Werner (SBCC) 18:29.9. **4 Mile Relay:** Cal Berkeley 20:28.0; Occidental 20:51.6; CSU Northridge 21:07.8. **400 Relay:** Naturite 45.65; CS Bakersfield 46.77; UN Las Vegas 46.9; Naturite-B 47.64; CSU Northridge 47.87. **880 Medley Relay:** Naturite 1:44.51; Cal Berkeley 1:44.73; Naturite-B 1:46.16; CS Bakersfield 1:48.53. **Discus:** Springer (Golden Bear) 149-7; Norton (Unat) 147-10; Horner 144-10; Hiatt (Mira Costa) 124-8. **High Jump:** 1. M. VanZeeland (Cal) 5-8; K. Raugast (Cal) 5-6; K. Robinson (Cal) 5-6; Linderman (CSB) 5-4. **JC 2 Mile:** L. Miller (Pierce) 11:03.91; Y. Rice (El Camino) 11:05.96; L. Anderson (Glendale) 11:43.66. **Javelin:** Mueller (Palomar) 160-11; Moro (Fullerton) 151-5; Meyer (Unat) 120-7. **880 Relay:** CS Bakersfield 1:40.91; CSU Northridge 1:41.55; Naturite 1:41.94; Cal Berkeley 1:42.74. **Shot Put:** S. Hamilton (CSB) 49-8 1/4; D. Corley (CSB) 47-7; Springer (Golden Bear) 45-6 1/2. **2 Mile Relay:** Cal Berkeley 9:03.04; UCSB 9:36.22; Occidental 9:36.6. **Mile Relay:** Cal Berkeley 3:46.72; Naturite-A 3:47.89; Naturite-B 3:47.90; CSU Northridge 4:00.95. **Long Jump:** Gwen Loud (Unat) 18-8 1/4; VanZeeland (Cal) 18-0; Overfield (Cal) 16-10 1/4.

Long Distance

Burlingame Fun Run

From G. DAVID BROWN

January 10, Burlingame. 2.85 miles.

Top 5 Male Finishers:

1 Joe Green	14:14
2 Raynold Wieland	15:06
3 Ron Gomez	15:09
4 Rich Stiller	15:18
5 Ned Benedict	17:03

Top 5 Female Finishers:

1 Lin Grotz	19:18
2 Toni Harflaub	19:20
3 Brita Friedrich	19:20.1
4 Doerta Murray	19:27
5 Diana Platt	20:35

Snowball Run 10k

January 23, Meyers. 6.2 miles.

1 Rick Gentry	33:36
2 Andy Takaha	35:07
3 Bruce Ziegler	37:18
4 Dave Price	39:25
5 Dennis Lindsay	39:55
6 Don Diamond	41:14
7 Jim Lucia	42:59
8 Frank Perry	44:03
9 David Hall	45:11

Peach Bowl Pacers TC 10K

January 24, Marysville.

1 Christopher Hamer	33:53.2
2 Jeff Grubbs	33:56.5
3 Rogelio Martinez	34:51.3
4 Keith Goiding	34:52.8
5 Tim Wallace (1st 16-17)	35:04.4
6 Rick Browning	35:16.3
7 Tom Davies III	35:30.4
8 Andy Harris	35:57.4
9 Lylo Freeman (1st 30-39)	36:10.8
10 Jeff Cowling	36:25.3
11 Thomas Lucas	36:42.5
12 Casey Culbertson	36:44.8
13 Mike Plummer	36:55.3
14 Kevin Cimini	37:21.7

15 John Trent	37:27.6
16 Gene Thibeault	37:51.0
17 Robert Haugen	38:22.2
18 Raul Arechiga (1st 14-15)	38:31.2
19 Paul Thomas (1st 13u)	38:31.6
20 Everet Riggie (1st Master)	38:35.6
21 Kurt Barton	38:40.5
22 Jose Lepe	38:52.5
23 Glen Read	39:39.4
24 Gerald Maguire	39:55.8
25 George Olive	39:58.4
26 Ron Prior	40:03.8
27 Pete Hanson	40:17.0
28 Inga Thompson (1st F)	40:17.6
29 Bill Gardner	40:32.2
30 John Ball	40:36.7
42 Kathleen Kaiser (1st F30-39)	42:23.1
52 Gus Hannickel (1st 50 plus)	43:49.7
59 Laurie Bushing (1st F 14-15)	44:45.9
60 Thomas Marshall (2-50 plus)	45:00.9
61 Gilbert Duran (3-50 plus)	45:50.5
63 Catherine Quinn (F)	46:10.6
79 Carolyn Wolsey (1st Master W)	48:14.4
91 Michelle Gallagher (1st 16-17F)	50:36.4

Scott Molina Benefit Race

January 24, Pinalo. 15K.

1 Ted Quintana	47:44
2 Mike Warr	49:14
3 Scott Molina	50:24
4 Brian Abshire	50:31
5 Gary Alderman	51:26
6 Kent Thompson	51:52
7 Tony Scardina	52:50
8 Ken Stein	53:00
9 Brian O'Connor	53:17
10 Ross Rowley	53:26
11 Allan Smith	53:49
12 Richard Whitewater	53:50
13 Leroy Kotchevar	54:28
14 Dean Harper	54:46
15 Pat Shaughnessy	55:15
16 Craig Van Otten	55:35
17 Steve Petto	55:46
18 David Klein	55:55
19 James Patrick	56:10
20 Forrest Craig	56:20
27 Sharlet Gilbert 1F	57:22
36 Marilyn Harbin 2F	59:35
76 Elaine Hutsinpiiler 3F	68:24
77 Felicia Quilantang 4F	69:29
86 Barbara Zoldan 5F	71:13

Results

Maxdons Polar Bear 10K

January 30. Quartz Hill.

1 Alan Dehlinger(21)Paimdale	31:41
2 Pat Curran(27)Pasadena	31:56
3 Tim Hampton(26)Van Nuys	32:23
4 Sam Culver(32)Lancaster	34:11
5 Laddie Shaw(32)Ridgecrest	34:30
6 Andy Bermea(18)Lancaster	34:48
7 Chip Morris(20)Leona Valley	35:25
8 Dale Detjen(27)Lancaster	36:21
9 Freddie Perez(41)Sylmar	36:50
10 Jim Schettig(35)Lancaster	37:30
11 Mike Danaher(23)Edwards	37:51
12 Scot Duval(28)Lancaster	38:03
13 Tim Coffman(26)Paimdale	38:16
14 Ron Furstnau(25)Edwards	38:28
15 Ross Stacer(28)Lancaster	38:45
16 Bob Gerlach(52)Newhall	38:52
17 Nobby Orens(44)Encino	39:06
18 Marv Powers(53)Lancaster	39:06
27 Jeanette Wells(44F)QuartzHill	43:29
30 Linda Kimball(23F)Victorville	44:42
35 Silvia Aceves(32F)Lancaster	45:49

10th Annual World Masters Marathon

January 31, Orange.

1 Steve Durand	2:26:56
2 Frank Duarte (40-44)	2:27:53
3 Tom Cheese	2:31:13
4 Don Moses	2:33:55
5 Michael Wittlin	2:34:26
6 Mike Eck	2:34:43
7 Joel Hope	2:35:52
8 Ken Olsen	2:36:14
9 Luis Bernal	2:36:53
10 Ed Wehan	2:37:33
11 Jim Masterson	2:37:48
12 Allan Johnson	2:38:51
13 Tim Wilson	2:40:00
14 Ron Navarette(40-44)	2:40:29
15 Joe Gassman(40-44)	2:40:38
16 Ronald Alper	2:41:54
17 Julian Cevz	2:41:54
18 Arden Fick	2:42:33
19 Michael Makens	2:42:36
20 Henry Nunez	2:42:36
21 Arnie Holaday	2:42:50
22 Bill Pennington	2:43:21
23 Michael Sayward	2:43:49
24 Dennis Parrish(40-44)	2:43:54
25 Richard Leutzinger(40-44)	2:44:00
26 Buzz Bennetts(40-44)	2:45:04
27 Mike Leong	2:45:04
28 Mike Miller	2:45:48
29 Mark Richardson	2:45:54
30 Bruce Wilkoff	2:45:54
31 Jonathan Brewer	2:46:10
32 John Kulisch	2:46:18
33 Jerry Daniels(40-44)	2:46:24
34 Steve Corona	2:46:36
35 William May	2:46:51
36 Jerry Lavery	2:47:01
37 Girls Ozollins(40-44)	2:47:16
38 Ray Schmidt(40-44)	2:47:24
39 Michael Wood	2:47:42
40 Lynn Borland	2:47:48
41 John Bidasio	2:48:21
42 John Gallagher	2:48:42
43 Robert Montanus(45-49)	2:49:02
44 Frank Sumi	2:49:04
45 Steve Evans	2:49:11
46 Robert Beehler(40-44)	2:49:14
47 Greg Reavis	2:49:21
48 John Starr(45-49)	2:49:26
49 William Perry	2:49:53
50 Alan Dugard(45-49)	2:49:54
66 Tish Husak 1F	2:54:05
67 Tracy Brown(50-54)	2:54:10
68 Patrick Devine(50-54)	2:54:16
70 Fred Nagelschmidt(55-59)	2:54:37
90 Wm. Power(55-59)	2:59:34
109 Leslie Schiller 2F	3:04:11
113 Julie McKinney 3F	3:04:55

El Camino Derby Run

January 31. Bay Meadows, San Mateo. 10K.

1 Duncan MacDonald(Menio Park)	29:12
2 Mike Porter(Palo Alto)	30:14
3 Dan Anderson	31:38
4 Mike Warr(Napa)	31:49
5 Wayne Hurst(Los Gatos)	32:27

Women:

1 (27)Vivian Soderholm-Difatte(PA)	35:05
2 (41)Sharlet Gilbert(Richmond)	37:06
3 (63)Sharon Yaninek(SanJose)	39:33
4 (68)Bonnie Storm(Woodside)	39:50
5 (80)Mag Werner	41:24

1 Mile

Men:

1 Wayne Hurst	4:35
2 Kent Thompson	4:36
3 Joe Louis	4:47
4 Sasa Injin	4:51
5 Ron Gomez	4:54

Women:

1 (18) Sharon Yaninek	5:34
2 (30) Mimi Moultrie	6:01
3 (31) Nancy Frost	6:02
4 (36) Toni Hartlaub	6:14
5 (37) Shelly Niebuhr	6:27

Bakersfield Full & Half Marathon

From MIKE O'HAVER

February 6. Bakersfield.

The Bakersfield Marathon winner this year was Dave Frickel with an adjusted time of 2:24:26.4. It was adjusted because Dave, along with 11 other of the leaders, was directed by a race official to start the second of two loops 1.6 miles early. Consequently they ran a short course. The women's winner was Janice Standlee of Montclair in 3:10:58.7. She was also the Boston trip winner which was awarded by random drawing this year, with everyone qualifying at this race eligible. Bob Small of Bakersfield was the men's Boston trip winner. He ran 3:11:32.4 and took third in the 50 and over division. Jon Thalman, age 12, had an outstanding time of 3:22:38.0 in winning the 12 and under division. The masters winner for the men was Frank delgado in 2:37:52.7 and Janice Beltran in 3:55:59.9 for the women.

The adjustments to the times of the 11 runners who ran the short course in the marathon were made by computing their average pace per mile and multiplying them by 1.6 and adding this to their actual times. Whether these times will be accepted as Boston Qualifying or not, is up to the Boston Marathon Officials.

The Half Marathon provided most of the competition and records with 5 ties in the first 12 places. Steve Blum and Chuck Smead tied for first in 1:06:49.4. Bob Loux was second with 1:10:02.0. Jim Hartig and Curtis Elia tied for third in 1:11:58.0. David Perez was 4th in 1:12:20.0. Jim Hiserman and Gary Campbell tied for fifth in 1:13:01.9. The women's winner was Renee Wyckoff in 1:24:32.2. The masters winner for the men was Eino in 1:14:52.7 and his wife Christa Rompanen won the women's masters division with a fine time of 1:25:42.2.

Half Marathon

1 Stephen Blum	1:06:49
1 Chuck Smead (1st 30-39)	1:06:49
2 Bob Loux	1:10:02
3 Jim Hartig	1:11:58
3 Curtis Elia (2nd 30-39)	1:11:58
4 David Perez (1st 13-18)	1:12:20
5 Jim Hiserman (3rd 30-39)	1:13:01
5 Gary Campbell (4th 30-39)	1:13:01
6 Frank Ortega (5th 30-39)	1:13:47
7 Larry Bayless (2nd 13-18)	1:14:08
7 Al Lomell (6th 30-39)	1:14:08
8 Eino (1st 40-49)	1:14:52
9 Steven Ward	1:15:51
10 Cal Rossi	1:15:52
11 Paul Cross	1:18:01
12 Hakan Spik	1:18:12
12 Timo Lehto	1:18:12
13 Isais Luna	1:18:23

P.R.'s continued from page 46...

Leslie Buchan (PFF) Pt. Fermin 10 Miller	82:40
Jon Butler (UCLA) Triangular meet 2 mile - UCLA frosh record	8:44.18
Can Caprioglio (UCLA) vs. CSULB, CPSLO 2 mile	8:55.31
Al Carr - Mission Bay St. Patrick's Day 10K	44:44
Debra Chaddock (SDSU) vs. USC, UNLV 3000m - 1st	9:57.2
Bill Cleves (UCLA) vs. CSULB, CPSLO 1500m	3:55.45
Jack Cochran (PFF) Mission Bay St. Patrick's Day 10K	34:26
Mary Cochran (PFF) Mission Bay St. Patrick's Day 10K	*65:12
Gene Cohn - Mill Valley to Vienna 5 Mile - 9th 40-49	32:20
Irene Crowley (CPSLO) vs. UCLA, UCI 3000m - 1st	9:46
Michael Delgado (S.B. Panthers) Pt. Fermin 10 Miller	70:06
James Derda (PFF) Long Beach World Runners Marathon - 1st 14 & U	3:09:54
James Derda (PFF) Pt. Fermin 10 Miller	65:13
Jeff Dobra (PFF) Pt. Fermin 10 Miller	66:17
Frank Duarte (CCAC) World Masters Marathon - 2nd overall	*2:27:53
Vance Eberly (SDSU) Aztec Invitational 3000m Steeplechase	9:24.0
Matt Ebner (UCLA) Triangular meet 2 mile	8:57.37
Victor Estrada (San Pedro HS) vs. L.A. Jordan 2 mile	10:16
Victor Estrada (San Pedro HS) Pt. Fermin 10 Miller	56:01
Alyssa Freas (PFF) Laguna Beach Naturite 10K	42:20
John French (PFF) Tom Sullivan 10K	38:52
Carol Gleason (CPSLO) Aztec Invitational 5000m - 3rd place	17:15.4
Alex Gonzales (UCLA) Triangular meet 1500m	3:47.87
Alex Gonzales (UCLA) vs. CSULB, CPSLO 1500m	3:45.95
Marc Goulet (Quincy HS) Bidwell Classic Half Marathon	1:29:03
Joe Green (CPSLO) Triangular meet 2 mile	6:58.1
Jeff Highiet (SOSJA) Lodi Grape 10K	36:32
Jeff Highiet (SOSJA) Manteca Pumpkin 2 Mile	10:33
Jeff Highiet (SOSJA) Oakland Half Marathon	*1:22:05
Jeff Highiet (SOSJA) Brewery 5 Miler	29:45
Jeff Highiet (SOSJA) MJC All Comers 5000m	17:59.6
Gonzolo Huggins (Venezuela) Long Beach World Runners Marathon	*2:27:31
Ann Igoe - Mission Bay St. Patrick's Day 10K	39:23
Allan Johnson (PFF) Pt. Fermin 10 Miller	56:22
Lloyd Johnson (ICAC) Berkeley All Comers 1500m	3:48.1
Judy Kewley (STC) Bakersfield Half Marathon	85:00
Judy Kewley (STC) Palm Springs Marathon	2:57:00
Judy Kewley (STC) Laguna Beach 10K	37:11
Steve Kirchhoff (UCI) vs. UCLA, FSU 800m - 2nd	1:50.54
Robert Klein - Long Beach World Runners Marathon	*6:35:41
Thom Lacie (PFF) Pt. Fermin 10 Miller	54:21
Eddie Lavelle (Blue Angels) Tromp for the Tillers 5K - 1st 12 & U.	17:31
Eddie Lavelle (Blue Angels) Mason Park 10K	39:51
Mike Lawrence (UCLA) Triangular meet 1500m	3:47.8
Steven LeBlanc - L.A. Chinatown Firecracker 10K	32:41
Steven LeBlanc - San Fernando Valley Dental Society 10K	32:11
Joan Lind - Long Beach World Runners Marathon	*3:12:24
Rose Maes (PFF) Tom Sullivan 10K	44:44
Paul Maier (PFF) Pt. Fermin 10 Miller	55:2
Kathy Martin (PFF) Pt. Fermin 10 Miller	66:2
Wayne Matsumura (Santa Monica College) vs. LA Southwest 5000m	16:4
Steve McCormack (UCLA) Triangular meet, 2 mile	8:44.3
Joyce Momita - Marina Freeway Tree Run	44:35
Don Noah (PFF) Tom Sullivan 10K	43:1
Art Nuno (PFF) Tom Sullivan 10K	33:2
Mike Orr (PFF) Pt. Fermin 10 Miller	57:2
Mike Pope (UCLA) Triangular meet, 800m	1:53.0
Greg Ramsey (SDSU) Aztec Invitational 1500m	3:51.7
George Reeves (PFF) Los Alamitos Marathon	4:20:01
Ron Richardson (Aggie RC) Bidwell Classic Half Marathon	1:11:4
Martin Rizzo - Bidwell Classic Half Marathon	1:14:4
Matt Roberts (Quincy HS) Bidwell Classic Half Marathon	*1:35:4
Ron Roberts (UCLA) vs. CSULB, CPSLO 1500m	3:48.1
James Robinson (ICAC) Mason-Dixon Indoor Games 1000m	2:19
Todd Robinson (LVDC) Zonta 10K	35:1
Todd Robinson (LVDC) SRI Chinmoy 5 Mile	27:7
Todd Robinson (LVDC) SRI Chinmoy 3 Mile	16:1
Christa Rompanen (STC) Bakersfield Half Marathon	1:25:1
Christa Rompanen (STC) Palm Springs Marathon	3:05:5
Rick Rose (UCLA) Triangular meet, 1500m	3:53.1
Maria Santestesan (San Pedro HS) Pt. Fermin 10 Miller	78:3
Skip Shaffer (CCAC) Mission Bay Marathon	2:27:7
Mike Shriver (PFF) Rancho Los Amigos 5K	16:3
Norm Steeg (LAVC) vs. Bakersfield, El Camino 1500m	4:01
Norm Steeg (LAVC) Northridge Relays, 10,000m	30:7
Lloyd Thompson (SMT) Tom Sullivan 10K	40:7
Els Tulzing - Oakland Marathon	3:46:6
Fernando Vasquez (San Pedro HS) vs. LB Jordan, 2 mile	10:7
Fernando Vasquez (San Pedro HS) Pt. Fermin 10 Miller	56:6
Judith Vivian - 20K run at Nagoya, Japan	70:7
Steve Webb (UCLA) Triangular meet, 2 mile	8:58
Steve Webb (UCLA) vs. CSULB, CPSLO, 2 mile	8:51
Paul Westhead - Long Beach World Runners Marathon	*3:43
Steve Whitcomb (UCLA) vs. CSULB, CPSLO, 800m	1:53
Mike White (ICAC) Berkeley All Comers 1500m	3:5
Frank Wilkinson - Long Beach World Runners Marathon	*6:35
Ingrid Zamfirescu - Pt. Fermin 10 Miller	93

14 Tom Holliday	1:16:24	20 Jim Lambe	1:11
15 Darren Lee Masonheimer	1:16:37	21 Richard Leutzinger (4 40-49)	1:11
16 Merl Davis Glauser (2 40-49)	1:16:45	22 Leonard Jackson	1:11
17 Paul Anderson	1:16:50	23 Edward Lujan Sr. (5 40-49)	1:11
18 Jesse Rodriguez (3 40-49)	1:16:53	24 Pascual Tapia	1:11
19 Ron Rodman	1:16:58	25 Felipe Campiran	1:11

26 John R. Lopez	1:19:20
27 David Salcido	1:19:20
28 Humberto Zambrano	1:19:58
29 Thomas Tyack	1:20:09
30 Felix Pajon	1:20:15
31 Thomas Jermyan	1:20:17
32 Earl Beverly Jr	1:20:22
33 Adam Barron	1:20:27
34 Neil Doherty (6 40-49)	1:20:38

26 John Thaiman (3 40-49)	2:55:20
45 Carlos Gutierrez (2 50 plus)	3:09:41
48 Janice Standlee 1F	3:10:56
49 Bob Small (3 50 plus)	3:11:32
72 Diana Smith 2F	3:27:00
73 Carol Ovalle 3F	3:27:09
79 Gayle Cory 4F	3:30:16
98 Dolores Morazzini (1F 30-39)	3:44:16
111 Sharon McClung (2F 30-39)	3:54:35
112 Pam Overton F	3:55:10
114 Janice Beltran (1F 40-49)	3:55:59

22 Bernell Hudson(FosterCity)	56:33
23 Thierry Ross(Hercules)	56:41
24 Michael McCaffery(Stanford)	56:53
25 Lloyd George(CastroVly)	56:59
26 John Lawson(SanFran)	57:00
27 Jim Gorman(Stanford)	57:27
28 Gerardo Congiolo(Oakland)	57:28
29 Norm Gould(SanJose)	58:00
30 Frank Ruona(SanJose)	58:07
32 Walt Van Zant(Sunnyvale)3M	58:23
35 Myron Neuvamont(Fremont)4M	58:31
43 Norm McAbee(SanFran)5M	59:04.9
62 Sharlet Gilbert(Richmond)1F	60:57
83 Kristan Martin(Oakland)2F	62:19
88 Juana Stavolone(SanJose)3F	62:41
115 Hilary Naylor(Oakland)4F	65:07
121 Karen Lanterman(Hillsb)5F	65:36

YMCA Chinese New Year Run

February 7. San Francisco. 8K.

1 Mitchell Greenbug(30)Concord	26:25.9
2 Jim Moyles(30)RedCity	26:35.7
3 John McCown(30)MillVly	27:35.9
4 Chris Johnson(32)Sausalito	27:36.8
5 Drew Hidas(30)Berkeley	27:51.9
6 Steve Sparks(17)San Rafael	27:56.7
7 Eric Bohn(15)Sebastopol	28:16.1
8 Jeff Collins(28)Vallejo	28:20.0
9 Steve Steven(38)San Ansel	28:24.3
10 Roberts Chan(20)San Fran	28:35.4
11 Reg Kwan(29)San Jose	28:35.7
12 Roy Burt(45)1st Seattle	28:40.8
13 William Lee(17)San Fran	28:54.1
14 Rudy Breland(34)San Fran	28:58.5
15 George Ridout(40)San Rafael	29:10.2
16 Leslie McMullin(31)1F Oakland	29:14.6
17 Lloyd Anderson Jr(17)SanFran	29:24.7
18 Brendan Cottrell(20)San Raf	29:25.6
19 Ray Gin(40)Petaluma	29:31.4
20 Greg Dunning(33)San Fran	29:46.6
21 S. H. Shin(31)San Fran	29:49.5
22 Ernest Chen(25)San Fran	30:00.9
23 Bobby Yee(32)Monterey	30:04.7
24 Russell Givin(40)SanRaf	30:05.6
25 Russell Fish(29)Mtn View	30:05.9
26 Harry Young(26)SanFran	30:10.3
27 Andrew Westborn(25)San Fran	30:12.8
28 Ron Rabmer(44)MillVly	30:13.3
29 Matthew Gong(16)San Fran	30:17.1
30 Hank Shastan(52)1st SanMat	30:18.9
31 Timo Miettinen(17)SanRaf	30:25.9
32 Henry Der(35)SanFran	30:28.4
33 Joe Almirol(41)San Fran	30:42.3
34 Eric Park(36)San Fran	30:49.1
35 Thomas MacBride Jr(32)MillVly	30:51.4
36 Alvin Low(31)SanFran	30:54.0
37 Tom Disanto(16)San Rafael	30:58.1
38 Theodore Wong(33)Oakland	30:58.5
39 Phil Tom(31)San Fran	31:05.7
40 Jack Gioglio(29)Greenbrae	31:06.7
51 Christie Patterson(33)2F MV	31:43.3
62 Barbara Magid(38)3F MV	32:10.1
66 Christine Short(23)4F MV	32:13.7
102 Sandae Boner(29)5F Tiburon	33:50.3
109 Lisa Corbett(26)6F SanFran	34:12.6
119 Magda Mendoza(36)7F SanFr	34:39.1
120 Ed Preston(64)1st SanFran	34:43.8
122 Valerie Neck(12)8F Ft. Mason	34:44.8
129 Karen Bruns(21)9F FostCty	35:02.6
140 Sally Nevarez(23)10F SF	35:27.4
146 Dorte Murray(41)1F-12o/a SF	35:36.6
154 Tom McGee(62)2nd SanFran	36:04.3

Sri Chinmoy 10 Mile Race

February 7. Foster City.

1 Skip Brown(Cupertino)	52:17
2 Robert Clay(Lower Lake)	52:23
3 Bill Clark(38)Los Altos	53:08
4 Gary Goetelmann(38)SC	53:17
5 Peter Day(Berkeley)	53:42
6 Neil Berg(Kensington)	53:55
7 Michael Niemiec(RedCity)	54:23
8 Jack Leydig(SanMateo)38	54:27
9 Dennis Tracy(Hayward)	54:36
10 Roberto Gomez(Campbell)	54:40
11 Steven O'Brien(Burlingame)	54:50
12 K. Stein(Richmond)	54:54
13 Dan Williams(Lafayette)	55:11
14 Ken Drew(San Jose)	55:30
15 Don Ardell(Mill Valley)1M	55:33
16 Walter Radloff(SanJose)	55:52
17 Tim Rostegge(SanJose)2zm	55:52.7
18 Charles Jackson(SanJose)	55:54
19 Steve Selbrade(SanJose)	56:12
20 Ricky Buck(Stockton)	56:22.1
21 James Lawson(SanFran)	56:22.7

Continental-Warriors 4 Mile Classic

February 7. Oakland.

1 Dan Harvey	19:12
2 Ted Quintana	19:45
3 Jim Van Dine	20:11
4 Tom Graig	20:28
5 Tom Trimble	20:37
6 Daniel Brown	20:46
7 Stan Hockerson	20:50
8 Peter Ramos(1st 13-19)	21:05
9 Tom Robinson(1st 30-39)	21:20
10 Kent Thompson	21:26
11 Joss Walter(2nd 13-19)	21:39
12 Fasil Fessaha	21:51
13 Noah Rollins(2nd 30-39)	21:51
14 Michael Eshia	21:59
15 Kevin Gilmore(3rd 13-19)	22:09
16 Angel Martinez	22:21
17 Kevin Garry	22:21
18 Paul Bigelow	22:22
19 Steve Wood	22:23
20 Michael Anduze	22:41
21 Eric Peterson	22:45
22 Jeff Porto	22:49
23 Drew Hides(3rd 30-39)	22:56
24 Jeff Cardwell	23:00
25 Gene Griffith	23:15
26 Michael Pence(1st 40-49)	23:17
27 Searcy Barnett	23:18
28 George Bousquette	23:40
29 Francis Mason	23:46
30 Donald Ray	23:48
31 Hugh Globerson	23:52
32 Tom Everett	23:57
33 Vickie Bigelow(1st 40-49 F)	24:01
34 Jim Smith	24:04
35 Doug Young	24:07
36 Derek Eastwood	24:10
37 Kevin Cubillas	24:14
38 Leslie McMullin(1st 30-39 F)	24:19
39 Mark Watson	24:19
40 Bruce Fireman	24:25

Male — 12u: 1 Bruce Bigelow 27:54, 2 Travis Ranney 35:23, 3 Ricky Hayward 39:15, 13-19: 1 Peter Ramos 21:05, 2 Joss Walter 21:39, 3 Kevin Gilmore 22:09, 40-49: 1 Michael Pence 23:17, 2 Jerry Walter 24:43, 3 Edward Jacobson 25:30, 50-59: 1 Gail Wetzork 25:26, 2 Richard Clark 28:43, 3 James Forsythe 31:14, 60 plus: 1 Ray Mahannah 29:59.

Female — 12u: 1 Kathy Lee 28:38, 2 Liz Barrows 30:43, 13-19: 1 Cynthia Cane 28:07, 2 Paula Reading 28:25, 3 Stephanie Clark 30:38, 20-29: 1 Lolly Hess 26:00, 2 Mary Danphy 27:48, 3 Debra Feinman 27:54, 30-39: 1 Leslie McMullin 24:14, 2 Sally Savitz 28:08, 3 Jean Coleman 31:00, 40-49: 1 Vickie Bigelow 24:01, 50-59: 1 Joan Lopiccolo 34:25.

Hermosa Beach Sand & Strand Runs

February 7. Hermosa Beach. 2.5 mile and 5.0 mile.

2.5 Miles

Boys 12u: Richie Schware, **Girls 12u:** Nicole Pierce, **Boys 13-15:** Greg Houlgate, **Girls 13-15:** Gil Cardinez, **Boys 16-18:** Peter Kang, **Girls 16-18:** Amanda Amber-

son, **Men 19-29:** Richard Diaz, **Women 19-29:** Sherry Simmons, **Men 30-39:** Mik Vanguilder, **Women 30-39:** Corrine Schratz, **Men 40-49:** M. Clearwaters, **Women 40-49:** Sally Jones, **Men 50-59:** Layne Crisp, **Women 50-59:** Ginny Gossard, **Men 60 plus:** Jim Hansen, **Women 60 plus:** Thelma Anderson.

5.0 Miles

Boys 12u: Dan Rhomberg, **Boys 13-15:** Gregg Keyes, **Girls 13-15:** Laura Cattivera, **Boys 16-18:** Jeff Johnson, **Girls 16-18:** Jean Griffiths, **Men 19-29:** Alfredo Rosas, **Women 19-29:** Pat Shiffert, **Men 30-39:** Jim Arquilla, **Women 30-39:** Alison Gilbert, **Men 40-49:** Jerry Lloyd, **Women 40-49:** Dobi McDougall, **Men 50-59:** Richard Scully, **Women 50-59:** Stella Sharp, **Men 60 plus:** Clyde Ailing. No times available.

Valentine Day Run

February 13. Oakland. 5 & 10K.

For the second time in seven years, the Valentine Day Run almost became the 5 and 10 kilometer swim. Ignoring a steady, cold drizzle, 3800 spirited participants splashed their way around Lake Merritt in Oakland. The smoothly run annual event was sponsored by the Alameda County Chapter of the American Heart Association. The new starting location in Lakeside Park offered a carless environment with excellent registration and post-race facilities.



Mike Cassidy Valentine Day Run

photo by Keith Conning

With little competition, Michael Cassidy, age 30, won the 10K run in 30:06. Cassidy is no newcomer to the Valentine Day Run having placed second in 1980 and third in 1979. In addition to being a serious roadracer, Cassidy is a physician in internal medicine at Oak Knoll Medical Center, Oakland. An important part of his motivation to compete, he notes, is the health and fitness benefits that accompany running.

Sal Vasquez, age 42, placed second in the 10K setting a master's course record of 30:51. Mike Warr, age 20, was third (31:04). An outstanding master's performance for the women was the 43:44 turned in by Ruth Anderson, age 52.

continued on next page...

Results

Leroy Kotchevar, age 27, led the 5k run in 15:03. Marilyn Taylor-Allen, age 29, took top honors in the women's 5k (17:09).
The Valentine Day Run is sponsored by the American Heart Association to promote running and regular exercise as health-enhancing activities. The broad spectrum of participants seemed to substantiate this goal. There were 134 finishers in the 50-59 age group and 36 finishers in the 60 plus age group. The run's proceeds support programs of biomedical research and community health education.

Men — 5K

Overall:	
1 Leroy Kotchevar(27)	15:03
2 David Anderson(18)	15:24
3 Thomas Craig(29)	15:33

1-17:

1 Sam Skinner(17)	15:40
2 Calvin Gaziano(14)	16:30
3 Eddie Flores(17)	17:00

30-39:

1 Richard Cunningham(38)	15:50
2 David Hayes(39)	16:09
3 Harvey Franklin(38)	16:11

40-49:

1 Tim Rostege(41)	16:28
2 Sav Harasymiv(40)	17:34
3 Leigh Forsberg(44)	17:49

50-59:

1 E. R. Silver(51)	17:47
2 John Lemke(51)	19:46
3 Charles Frankhauser(50)	22:23

60 plus:

1 Troy G. Grove(62)	20:48
2 Ed Preston(64)	21:29
3 Ray Mahannah(66)	23:15

Women — 5K

Overall:	
1 Marilyn Taylor-Allen(29)	17:09
2 Patricia English(29)	17:16
3 Connie Hester(22)	17:46

1-17:

1 Jennifer Biddulph(16)	20:11
2 Jenny Ray(17)	20:31
3 Mary Roach(17)	20:37

30-39:

1 Barbara Nagid(38)	19:42
2 Janette Letson(39)	22:11
3 Barbara Guillon(37)	23:21

40-49:

1 Barbara Bottomley(41)	23:09
2 Margaret Cooke(43)	23:38
3 Maj-Britt Mobernd-Robinson(43)	23:49

50-59:

1 Janis Villaseñor(53)	25:11
2 Maria Brown(53)	26:29
3 Andela Moles(50)	27:41

60 plus:

1 Jeanne Troth(65)	38:24
2 Faye Potter(65)	39:00
3 Janet Hanlon(64)	41:56

Men — 10K

Overall:	
1 Michael Cassidy(30)	30:06
2 Sal Vasquez(42)	30:51
3 Mike Warr(20)	31:04

1-17:

1 Roberto Gomez(16)	33:41
2 Paul Ghidossil(16)	34:07
3 Tony Scardinal(17)	34:20

18-29:

1 Mike Warr(20)	31:04
2 Ken Mattson(20)	31:34
3 Daniel Anderson(29)	31:45

30-39:

1 Michael Cassaday(30)	30:36
2 Bill Sevald(35)	31:37
3 Daryl Zapata(36)	32:05

40-49:

1 Sal Vasquez(42)	30:51
2 Philip Hager(45)	34:28
3 Bill Jensen(47)	36:00

50-59:

1 Don Pickett(54)	38:12
2 Karl Bollinger(56)	40:38
3 Bruce Oliver(53)	41:38

60 plus:

1 William Main(60)	40:48
2 John Popper(61)	44:48
3 Tom McGehee(62)	46:06

Women — 10K

Overall:	
1 Peggy Smythe(29)	37:30
2 Jane Sowersby(31)	37:35
3 La Vonne Madeiros(33)	38:55

1-17:

1 Cynthia Cane(17)	42:42
2 Irene Bueno(16)	45:50
3 Cynthia Jeong(17)	46:42

18-29:

1 Peggy Smythe(29)	37:30
2 Sue Vinella-Brusher(27)	40:27
3 Oretta Harrell(29)	40:56

30-39:

1 Jane Sowersby(31)	37:35
2 La Vonne Madeiros(33)	38:55
3 Laury Fisher(36)	41:34

40-49:

1 Nora Smiriga(45)	44:05
2 Sally Wolfer(49)	44:23
3 Dorte Murray(41)	45:08

50-59:

1 Ruth Anderson(52)	43:44
2 Carroll O'Conner(51)	48:27
3 Cecilia Payan(52)	50:29

Valentine's Day Sweetheart Run

February 14, Campbell, 10K.

1 Bob Ingram	32:35
2 Paul Gyorey	33:39
3 Dan Greco	33:44
4 Terence Boynton	33:46
5 Jim Press (1st 30-39)	33:49
6 Shawn Ayers (1st HS)	34:02
7 William Dunn (2nd 30-39)	34:03
8 Felix Soto	34:29
9 Eron Flory	34:34
10 Ron Lund	34:40
11 Tim Rostege (1st 40-49)	34:49
12 Ken Drew (3rd 30-39)	35:18
13 Jerry Vargas	35:47
14 Bill Snyder	36:12
15 Max Mancini (2nd HS)	36:17
16 Frank Ruona	36:23
17 Mark Weiss (3rd HS)	36:25
18 Marc Lund	36:26
19 Myron Neuraumont (2nd 40-49)	36:31
20 Greg Hales	36:34
21 Sten Mawson (3rd 40-49)	36:38
22 James Erbes	36:39
23 Steve Radigan	36:50
24 John Rinehart	36:57
25 Robert Slater	36:57
26 Mark Hiraakawa	37:14
27 John Bulash	37:14
28 Joe Limon	37:24
29 Fred Oarly	37:25
30 Douglas Stevens	37:27
31 Frank Stempki	37:41
32 John Ellis	37:36
33 Hollis Llogue III	37:41
34 Dan Towner	37:48
35 Bill Comport	37:50
36 Don Brown	37:50
37 Ray Rossini	37:54
38 Mike Licalsi	37:56
39 Sue Gyorey (1F)	38:05
40 Russel Fish	38:05

Open Female: 1 Gillian Whitting 45:59.

High School Female: 1 Shariene Rogers 42:35, 2 Sharon Yaninek 42:37, 3 Susan Slansbury 44:11. **30-39 Female:** 1 Juana Stavolone 38:19, 2 Kristine Morrella 42:33.

40 plus Female: 1 Diane Bromstead 45:52. **Sweetheart:** 1 Paul Gyorey & Sue Munday 71:44, 2 Ken Drew & Cindy Hayes 76:02, 3 Bill Snyder & Liz 78:36, 4 Greg Hales & Carla Halford 80:57, 5 Betsy Frazier-Smith & Tony 84:11.

Toro 5 Mile Trail Runs

February 20, Cal State Dominguez Hills, Carson.

Female	
14u: 1 Wendy Hodge 47:08, 2 Amy Butler 53:28, 3 Stacy Cole 55:23, 15-19: 1 Michelle Evans (1st o/a) 35:40, 2 Christy Hanlon (3rd o/a) 36:59, 3 Maria Jeans 38:05, 4 Melissa Turner 42:28, 20-29: 1 April Winship 37:00, 2 Teri Carico 37:43, 3 Kathleen Stevenson 38:15, 4 Linda Allison 38:33, 5 Sharon Macleod 40:20, 30-39: 1 Jean Jones (2nd o/a) 36:03, 2 Daiva Jusinskas 37:25, 3 Barbara Suto 42:10, 3 La Donna Thorson 44:32, 5 Carol Hearo 46:14, 40 & over: 1 Kathryn Owen 38:35, 2 Marsha Daidola 43:33, 3 Terry Soqui 45:41.	

Male

14u: 1 David Randolph 31:44, 2 Martin Turner 33:29, 3 Bill Turner 38:06, 15-19: 1 George Luna 27:36, 2 Bill Schipper 30:53, 3 David Payan 31:58, 20-24: 1 Bill Saika 27:51, 2 Nick Trazzi 29:55, 3 Chris Smith 30:16, 4 Mike Shriver 30:19, 5 Albert Medrano 30:42, 25-29: 1 David Castenholz (1st o/a) 26:27, 2 Enrique Castro (2nd o/a) 26:36, 3 Peter Jamsson (3rd o/a) 27:08, 4 Morris Rean 28:23, 5 Jim Steffes 28:57, 30-39: 1 Walt Hick 28:15, 2 Jack Cochran 28:30, 3 William Summer 28:37, 40-49: 1 Dale Milligan 31:01, 2 Gary Achwager 31:27, 3 Dave Trowbridge 34:30, 50-59: 1 Walt Windsor 30:03, 2 Dick Durand 32:21, 3 Richard Ehrarras 32:55, 60 plus: 1 John Schmidt NT, 2 Ernest Taub NT.

Long Beach World Runners Marathon

By RICHARD LEE SLOTKIN

February 21, Long Beach.

With a blast from the great air horn of the Queen Mary, 1600 runners moved across the starting line, headed onto the access roads and the World Runners Marathon was underway.

The class of the field was Chuck Smead (PR of 2:13:47), Ric Sayre (PR of 2:14:59) and Martti Killholma (PR - 2:14 plus). Of those three, Killholma has probably been running the best in recent months, and he wasted no time showing it. With Ric Sayre at his side, Killholma moved out front to a 50 yard lead at the mile, with a split of 4:42. By the six mile mark, Killholma had opened up the lead to 150 yards, with Sayre still hanging on, now a step behind.

But from there on, it became a one man race. The man from Finland began to pull away from Sayre. Sayre picked it up and pulled back in behind Killholma, but that was all there was. Killholma kept up the pressure and from there on, his lead continued to widen. Sayre was hoping that unexpected heat...the temperature was in the high 70's, following the more normal cooler weather previous to race day...would slow Killholma later on. That not only didn't happen, but at about 16 miles, Sayre began to tighten up. All he could do from there on was hang in and try to stay as close as he could, just in case Killholma faltered. Despite some severe cramps Killholma kept going, though, and arrived back at the Queen Mary 2 hours 17 minutes and 10 seconds after he had started. Actually, Sayre didn't do that badly. He was only a minute and 13 seconds back, which was pretty fair for a guy who had been tightening up back at the 16 mile point. Both Killholma and Sayre, along with just about everyone else, were less than happy with the heat. Sayre had been preparing for this race in Oregon where the temperature was in the 30's and 40's. Killholma is from Finland and he said that in this weather, even the spectators would have been falling over back there.

Meanwhile Smead had had an even tougher time of it. He had caught the flu earlier in the week and it caught up with him early in the race. By six miles, he was still hanging in fourth place, but it was a losing cause, and he finally gave it up.

Tish Husak is from the neighborhood and she wanted to look good for the home folks. So, she went out and beat all the other ladies, the closest one to her being almost 9 minutes back. Tish was the only one to break 3 hours, and she did it by less than two minutes with a time of 2:58:06. Leslie Schiller was second in 3:06:56, and Kathy Martin from next door San Pedro was third in 3:07:23. Joan Lind, the Olympic rower who chased Husak in the Bonne Belle last winter, tried chasing her again in this her first marathon. Like Killholma, she too had some pretty bad cramps, hers starting at around 14 miles. She hung in, even though she said she

had a tough time breathing, and came home in 3:12:44. Not a bad maiden voyage under the circumstances.

Another first timer was ex-LA Lak head coach Paul Westhead. With all the time he has on his hands, training for a marathon must have seemed like as good a way to use some of it as any, so there it was. The coach went the distance 3:43:46. Now, that's not bad either. Considering the weather, the fact that he is an experienced distance runner, and that anything can happen in a marathon, no matter who you are. Coach should have been quite satisfied.



Martti Killholma
World Runners Marathon

The wheelchair division was just as spectacular too. Jim Knaub showed he's one of the best in the world by being through the course in 2:12:12, despite the heat, and despite the fact that his participation as an organizer of the race severely into his training. Second and third place were over 8 minutes back, the time was still outstanding. The v is time, not times, because they were close that their clock time was the same. 2:20:34. Dean Barrett was awarded, and Bud Harris and his flying gurney third.

The girls didn't do too badly either. Candace Cable was first in 2:38:11, followed by Connie Head in 2:38:11. When you consider the grade going up Queen's Way Bridge, and what grade to wheelchairs, then you know that these are fast times. Lost in all this was yet another local, Jeff Dettmer who was third. Jeff's was 2:20:16, and it was a while before anyone showed up after that. Jeff is underrated around these parts, but he doesn't say much, and he's not very boastful, but he has been running in the low 2:20's for several years now. He has a tendency to go out too fast and then to pay for it later, but as he gets older and stronger, he will probably also learn of patience. When he does, watch out.

Fourth place went to Bill McDermott, another local. McDermott prefers local courses such as the Harbor Mars and the Catalina Marathon. Maybe he doesn't have the raw speed to be competitive on flatter courses. He was effective enough to beat everyone but three of

one, though. His time was 2:28:19.

Next came a Venezuelan by the name of Gonzolo Huggins. He is basically a 1500 man, and like Westhead and Lind, his was his first marathon. He had a little better luck, coming in with a 2:27:31. I don't know what his 1500 times are like, but he might have found a new home here.

In 6th place was ultramarathoner Charlie Hoover. Charlie decided he's like to try a sprint for a change, so he showed up and ran half his usual distance in half his usual time, finishing in 2:28:30. Normally, you might expect to win the 30-34 division with a time like that. At the very least, you'd get second. Unfortunately, Lilholm and McDermott are in that division, so it was third place for Hoover. Can you believe finishing 6th overall and only getting third in your age group when you're not in the open division? It happens. It happened.

Male 14u: 1 James Derda(14) 3:09:56. **Male 5-18:** 1 Carlos Lopez(16) 2:45:02. **Male 9-24:** 1 Jeff Dettmer(21) 2:20:16, 2 Gonzolo Huggins(22) 2:27:31, 3 Danny Mitchell(23) 2:34:25, 4 Tom Burns(24) 2:35:53, Jack Dixon(21) 2:36:49, 6 Cormac Wiberly 2:40:17, 7 Steve Brumwell(23) 2:42:42, 8 Steve Corona(21) 2:47:54, 9 Tom Heese(22) 2:48:06, 10 Fred Gartman(20) 4:29:25.

Male 25-29: 1 Ric Sayre(28) 2:18:23, 2 Gary Iatsuda(25) 2:33:45, 3 Ted Pawlak(25) 2:37:35, 4 Herb Tanzer(29) 2:38:37, 5 Barry Feisch(25) 2:43:52, 6 Barron Guillher(29) 4:49:16. **Male 30-34:** 1 Martti Kiihlooma(31) 1:17:10, 2 Bill McDermott(30) 2:26:19, 3 Charlie Hoover(33) 2:28:30, 4 Benny Marnez(30) 2:29:10, 5 Ron Kurrle(33) 2:32:07, Joe Carlson(30) 2:33:52, 7 Gary Pohill(30) 3:55:06, 8 Joseph Dickmann(32) 2:41:07, 9 an Williams(33) 2:42:51, 10 Bill Melveny(31) 2:47:06.

Male 35-39: 1 Ed Wehan(37) 2:38:38, 2 Pablo Drobny(36) 2:39:43, 3 Morris Scogn(35) 2:39:55, 4 Rick Davis(35) 2:43:36, 5 Donald Jensen(35) 2:45:32, 6 Dan Pres(38) 2:45:36, 7 Kenneth Price(39) 4:19:19, 8 Wayne Coleman(35) 2:48:29, 9 artzell Alpizar(35) 2:48:47, 10 Mike Zimmerman(35) 2:50:15.

Male 40-45: 1 Joe Gassman(41) 2:46:05, 2 ave Landis(40) 2:49:11, 3 Dave Olland(41) 2:49:47, 4 Dinko Vucetic(40) 50:41, 5 Gene Blankenship(40) 2:52:57, 6 rry Lloyd(41) 2:54:08. **Male 45-49:** 1 Arur Milanez(46) 2:51:33, 2 Gordi Fritz(45) 51:42, 3 Bob Lopez(45) 2:54:46, 4 Ted artinez(45) 2:55:36, 5 Roger Murray(45) 57:54.

Male 50-54: 1 Tracy Brown(53) 2:52:57, 2 itrick Devine(53) 2:59:00, 3 Bob Hotel(50) 3:24:42. **Male 55-59:** 1 K. G. Taki(58) 3:37:36. **Male 60-64:** 1 Jim Hausek(61) 3:55:02. **Male 65-69:** 1 Ray Mades(66) 3:58:09. **Male 70 & over:** 1 Jim Bole(74) 3:50:00.

Female 15-18: 1 Caryn Anderson(18) 3:42:20. **Female 19-24:** 1 Leslie Hoech(21) 3:31:12. **Female 25-29:** 1 Leslie Schiller(29) 3:56:56, 2 Joan Lind(29) 3:12:44, 3 Sheryl yder(28) 3:13:52, 4 Carol Johnson(25) 4:14:36, 5 Stephanie John(28) 3:14:36.

Female 30-34: 1 Tish Husak(31) 2:58:06, 2 lthy Martin(32) 3:07:23, 3 Darlene ibrerts(32) 3:18:02. **Female 35-39:** 1 nger Tredway(35) 3:11:05, 2 Wendy erson(38) 3:27:50.

Female 40-44: 1 Maree Field(40) 3:15:54, 2 riana McMullen(44) 3:18:25, 3 Marcia rtyan(43) 3:32:10. **Female 45-49:** 1 Mickie apiro(45) 3:34:10. **Female 50-54:** 1 kkle Fisher(51) 3:49:43. **Female 55-59:** 1 ginia Terry(57) 4:05:08.

6 Jay Romais(38)	16:15
7 Alex Nedleman(20)	16:16
8 Robert Prochnov(26)	16:38
9 Duncan Thomas(33)	16:47
10 John L. Patterson(40)	16:49
11 Larry Pontinen(40)	16:50
12 Kemp Aaberg(42)	17:12
13 Steve Hardacre(27)	17:23
14 Charles Hewitt(35)	17:46
15 Dan Emmett(42)	18:08
16 Aaron Young(33)	18:16
17 Rick Hallblom(33)	18:20
18 Tony Urwick(39)	18:32
19 Paul Maculso(18)	18:46
20 Ron Boorman(48)	18:47

Women 18 & under:

1 Rosalind Emmett	24:35
2 Sheri McCampbell	26:44
3 Shannon Callaban	27:21

Women 19-29:

1 Laura Ringquist	22:34
2 Susan Forkush	24:34
3 Jane Newman	24:49

Women 30-39:

1 Stephanie Welch	19:42
2 Terry Thomas	20:35
3 Margaret Lewis	23:18

Women 40 & over:

1 Trudy Greenside	28:03
2 Verbena Bartek	32:54
3 Elisabeth Humphreys	34:20

5 William Seaver(32)Byron	43:46
6 Doug Butt(37)Fairfield	43:49
7 Mike Deatherage(27)Fairfield	44:08
8 Ted Pawlak(25)WVJS	44:33
9 David Kadish(29)SF	45:05
10 Gary Alderman(38)Diablo RR	45:12
11 Bob Blackman(23)Suisun	45:16
12 Jim Myers(17)Oakley	45:36
13 Sheldon Clark(34)ElCerrito	45:43
14 Jim Dare(35)Vallejo	45:51
15 Brian O'Connor(34)Zephyr	46:33
16 Thomas Eng(30)DSE	46:41
17 Jim Gaffield(17)El Cerrito	47:02
18 Larry Pugh(34)Vacaville	47:12
19 Paul Eveloff(35)SF	47:21
20 Kevin Garry(26)Lafayette	47:30
21 Juilas Ratti(31)Oakland	47:33
22 David Weamer(39)Walnut Creek	47:37
23 Tim Jordan(42)Elk Grove	47:59
24 Greg Stephens(16)WalnutCrk	48:03
25 Hoyt Walker(30)LVTC	48:16
30 Dan Moore(41)Livermore	48:39
31 John R. Myers(41)4th Danville	48:53
34 Frank Knafelc(42)5th Lafayette	49:22
36 Hank Fragoza(51)1st Vallejo	49:25
44 Jerry Faulkner(50)2nd Zephyr	49:53
55 Kristan Martin(23)1F LMJS	50:54
63 Gough Reinhardt(53)3rd NorCal	52:23
80 Paul Reese(64)1st BuffChps	53:41
86 Valerie Knafelc(18)2F Lafayette	54:51
117 Jill Miller(27)3F El Sabrante	56:56
118 Ruth Anderson(52)1F NorCal	56:57
121 Marlin Wallach(37)1F SF	56:59
130 Sandy Vernon(44)1F Impala RT	57:59
137 Shirley DeLeon(28)F LosAltos	58:29
138 Sara Gallagher(24)F Martinez	59:00
139 Lilian Woodward(45)2F NorCal	59:14
145 Carol LaPlant(34)2F Berkeley	59:50
150 Frank Cuzzillo(66)2nd NorCal	60:23

2 Susan Lefever 33:15. 45-49: 1 Tina McGovern 29:38. 50-54: 1 Marie Kelleher 31:11, 2 Betty Hamblin 33:51. 55 plus: 1 Lil Stodder 31:50.

6.0 Mile

14u: 1 Theresa Magladry 49:27, 2 Dawn Chase 49:28. 15-18: 1 Kim Pieratt 41:41. **19-34:** 1 Shane Felix 38:44, 2 Delores Adame 36:50, 3 Jane Wooten 38:09. 35-39: 1 Jill Irvine 40:43, 2 Judy Stringham 43:16, 3 Linda Forbes 44:38. 40-44: 1 Gayle Kerstetter 41:04, 2 Julie Bowman 46:19, 3 Kaylynn Tubbs 48:20. 45-49: 1 Nancy Jordan 46:23, 2 Sharleen Haynes 48:02, 3 Joan Ruprecht 51:23. 50-54: 1 Jean Ross 50:41, 2 Pauline Lindquist 67:06. 55 plus: 1 Mary Leach 58:41, 2 Merna Guthrie 67:07.

Parkside Run

February 26. Santa Rosa. 10 and 20K.

10K

1 Kerry McCusker(24)SanJose	33:26
2 Richard Cunningham(38)SR	33:40
3 Dan Preston(39)Empire Run	33:59
4 Brian Hoyt(20)SRJC	34:32
5 Stacy Vanhorn(18)SantaRosa	34:52
6 Chris Bordes(18)	35:15
7 Dan McCullough(24)Sonoma	35:17
8 Dennis Early(25)Cupertino	35:42
9 Davd Sjostedt(35)BodegaBay	35:43
10 Charles Poteet(24)SanJose	36:09
11 J. R. Stockwell(21)	36:35
12 Barry Perilli(25)	36:38
13 George Merrill(17)SR	36:45
14 Mike McClendon(30)SR	36:49
15 Matt Rypka(16)SR	36:56
16 John Anderson(28)Empire R	36:59
17 Jeff Bowers(16)SR	37:20
18 Don D'Avonzo(30)SR	37:26
19 Dennis Byrne(27)	37:29
20 Kerry Kramer(25)	37:35
21 Jeff Ramsey(27)SR	37:52
22 Don Madronich(37)Sebastopol	37:57
23 Tom Rankin(45)SanJose	37:59
24 Tom Alexander(27)SR	38:17
25 Bart Hansen(16)RohPk	38:20
26 Dale Eckbrecht(24)	38:22
27 Jack McMath(43)SanJose	38:23
28 Alan Smith(25)SanJose	38:30
29 Tom Darling(17)RohnPk	38:49
30 Keith Day(27)SR	39:03
32 Tom Markey(40)SR	39:04
49 Dave Budworth(50)	42:47
52 Vicki French(32)Empire	42:56
53 Kathy Pozzi(25)Empire	42:59
64 Peggy Izzelt(30)Healdsburg	44:56
80 Harlette Carey(33F)	46:15
99 Shirley Howe(41)Empire	48:12
104 Herm Jensen(55)	48:54

20K

1 Jim Noonan(20)Empire	1:06:37
2 Armand Moreno(22)SR	1:06:43
3 Bob Clay(34)Clearlake	1:07:57
4 Wayne Stone(30)SR	1:09:21
5 Tom Diaz(27)Occidental	1:10:53
6 Louis Garcia(25)SR	1:11:00
7 Dick Ogg(28)SR	1:11:18
8 Glenn McCarthy(32)SR	1:11:46
9 Jon MacPherson(40)SR	1:12:03
10 Martin Jones(38)Sonoma	1:13:22
11 Mike McGuire(37)Empire	1:13:57
12 John Kinn(33)Empire	1:14:26
13 Tony Burke(19)SR	1:14:38
14 John Rinehart(29)PaioAlto	1:15:36
15 Mort Gray(50)Empire	1:15:51
16 Dennis Doris(36)Empire	1:17:37
17 Walt Vennum(40)Empire	1:18:16
18 Wayne Henrichs(35)Empire	1:19:19
19 Steve Brashear(28)PaioAlto	1:19:59
20 Tom Ennis(34)SR	1:20:01
21 Malcolm Singer(41)Empire	1:20:37
22 Ralph Harms(48)SR	1:20:57
23 John Whitfield(37)	1:21:14
24 Joe Phaby(34)Empire	1:21:27
25 Brendon Hutchinson(38)	1:21:29
26 Tom Rhymes(33)Mt.View	1:21:33
27 Mark Vollmer(17)SR	1:21:41
28 Craig Steele(36)SR	1:22:02
29 Jerry Bourne(35)Empire	1:22:02
30 Manfred Kuester(37)Empire	1:22:18
42 Janet Buckendahl(47)Empire	1:28:17
46 Kathryn Singer(41)Empire	1:30:03
47 Margaret Oakes(46)Empire	1:30:29
48 Kathleen Rockett(32)Empire	1:31:30
57 Julie Shreck(34)Empire	1:36:27

Martinez to Port Costa Brick Yard

From LUKA SEKULICH

February 27. Martinez. 8.4 Miles.

This was the fourteenth annual Martinez to Port Costa Brick Yard 8.4 mile run sponsored by the NorCal Seniors Track Club. There were 240 official finishers.

The first finisher was Sal Vasquez of Alameda. Sal is 42 and becomes the oldest first place finisher. He had a fine time of 41:50.8 on this hilly road course. Sal now holds the 40 and over record of 41:50.8. Last year he set a record with the time of 43:06. He's going to be tough to beat by 40 and over runners. Sal placed eighth overall last year.

1 Sal Vasquez(42)Alameda	41:50
2 Dan Brown(28)Martinez	42:53
3 Peter Day(37)Berkeley	42:57
4 Dwight Hendrix(27)Lafayette	43:11



photo by Keith Conning

**Kristan Martin
Martinez to Port Costa**

Run Your Plaque Off 10K

February 28. West Valley College, Saratoga.

1 Emil Magallanes	32:02
2 Don Anderson	33:20
3 Nick Yray (1st 30-39)	33:44
4 Richard Stillar (2nd 30-39)	33:52
5 Jake White (1st 40-49)	33:57
6 Paul Gossi	34:05
7 Tim Rostege (2nd 40-49)	34:07
8 David Garcia(3rd 30-39)	34:11
9 Kevin Cullver (1st 15-17)	34:24
10 Ulrich Kaemph (1st 50 plus)	34:27
11 Dan Minntello	NT
12 Jasper Kirkby	NT
13 Tom Legan	NT
14 Ernest Stanton	NT
15 Roberto Gomez	NT
16 Kurt Sterling	NT
17 Greg Hales	NT
18 Larry Eder	NT
19 Ray Russell	NT
20 Jerry Vargas	35:53
21 Ken Drew	35:57
22 James Bordon	36:05
23 Myron Nevrbaum(3rd 40-49)	36:10
24 Doug Latimer	36:22
25 Mark Weiss	36:33
29 Mark Shlota(1st 11-14)	36:51
41 Patricia Irmsher(1F 30-39)	38:24
49 Carol Stroud(2F 30-39)	39:10
82 Donald Stoner(2nd 50 plus)	43:02
86 Debbie Follmar(1F 18-29)	43:25
88 Alice Leon(1F 15-17)	43:34
101 Betsy Fraser-Smith(1F 40-49)	44:28
154 Serina DeLa Cruz(1F 11-14)	48:55
155 Shannon DeLa Cruz(1F 10u)	49:01
208 Vivian Fink(1F 50 plus)	56:09
225 Finishers	
NT due to timer malfunction	

Atalanta's Victory Run

February 28. Arcata. 3.1 miles and 6.0 miles.

3.1 Mile

14u: 1 Maria Bruckner 25:27. 15-18: 1 Sabrina Smith 24:01. 19-34: 1 Muneca Williams 22:02, 2 Julie Oldenburg 23:23, 3 Carolyn Reeves 23:46. 35-39: 1 Terry Hill 28:35, 2 Ruth Fairfield 27:51, 3 Carol Robinson 28:00. 40-44: 1 Rita Sway 30:00,

Results

Dental Society Miles for Smiles

February 28. Cuesta College, San Luis Obispo.

2 Mile

1 Peter Roske(19)SLDC	10:26
2 Eric Dahlpren(21)CalPly	11:12
3 Gary Sage(18)SLOSHS	11:18
4 Bill Carrier(20)SLO	11:54
5 Teri Esquivel(23-1st F)CalPly	12:03
6 Wayne Nielsen(15)Laguna JHS	12:14
7 Peter Lopez(15)SLOSHS	12:39
8 Jay Cano(29)SLDC	13:08
9 Adam Cortese(21)SLO	13:10
10 Celia Lopez(16-F) SLOSHS	13:24
11 Clay Siemson(15)SLOSHS	13:31
12 Dave Havemann(13)LosOsos	13:40
13 Mike Brady(15)SLOSHS	14:14
14 William Dowell(23)CalPoly	14:20
15 Dan Davies(32-1st)Arr Grnd	14:24
16 Rhonda Lambro(22-F)Cal Poly	14:32
17 Mike Jones(8)Los Osos	14:47
18 Dora Drexler(17-F)SLOSHS	14:47
19 Rodney Bughao(22)SLO	14:51
20 Don Siemson(50-1st)SLO	14:55
21 Kristen Fellows(11-F)Arr Grnd	15:01
24 Ginny Wade(29-F)Seal Bch	15:11
25 Dave Rymal(43-1st)Cambria	15:16
26 Sandie Cano(29-F)SLDC	15:19
30 Bob Grosse(46-2nd)SLO	16:16
36 Marilyn Rehorn(46-1st F)SLDC	17:18

10K

1 Dan Aldridge(25)Sub 4	31:03
2 Bob O'Brien(26)SLDC	31:57
3 Rich Brown(17)SLOSHS	34:39
4 Dennis Rinde(23)ZAC	35:49
5 Rob Gordon(35)SLDC	36:00
6 Paul Lee(21)SLDC	37:01
7 Bill Norman(35)SLDC	37:09
8 Keith Kirkpatrick(35)SLDC	37:45
9 Dale Mercier(27)SLO	37:51
10 Steve Dornish(37)SLO	38:02
11 Jim Crosson(19)CalPoly	38:03
12 B. van Wyngaerden(45-1st)SLDC	38:36
13 Joe Benson(35)SLO	38:46
14 Tom Austin(22)Cuesta	38:52
15 Dave Howell(40-2nd)MorroBay	39:21
16 Mike Rehorn(41-3rd)SLDC	39:34
17 Larry Jamison(39)SLO	40:14
18 Norm Pillsbury(36)SLDC	40:31
19 Les Beck(37)SLDC	41:04
20 Lee Broshears(30)SLDC	41:23
21 Doug Binns(22)SLO	41:38
22 Stan Rosenfield(34)SLDC	42:04
23 George Carlsson(28)SLO	42:08
24 Laura McHale(18-F)ZAC	42:09
25 Chuck Fellows(39)SLDC	42:51
26 Gus Melnalksnis(51-1st)PasRbl	43:34
28 Jennifer Simmons(31-F)SLDC	43:45
29 Sarah Quady(21-F)SLDC	43:52
36 Julie Clayton(20-F)Cal Poly	46:30
50 Marilyn Rehorn(46-1st F)Temp	51:19

Los Alamitos Marathon

March 6. Los Alamitos. Marathon and 10k.

Jeff Dettmer, a twenty-one year old from Cypress, California, set a new course record of 2:19:09 in the 7th Annual Los Alamitos Marathon.

Sue Petersen of Laguna Beach was the overall women's winner running the distance in 3:01:29. It was Sue's fifth time winning the Los Alamitos event. A total of 383 entered the event.

In conjunction with the marathon, 667 participated in a 10km run with Steve Brown capturing the male overall first place with a time of 30:44 and Sherrie Roach winning the women's division in 38:21.

Marathon

Top Men: 1 Jeff Dettmer(21)	2:19:09
2 Carey Simons(26)	2:38:32
3 Stephen McGhee(29)	2:39:08
4 Cipriano Placencio(31)	2:41:50
5 B. P. Jilison(29)	2:42:44
6 Fred Kiddy(48)	2:44:06
7 Mark McKinzie(23)	2:44:26
8 Robert Bowlus(43)	2:49:21

9 Charles Valle(24)	2:49:37
10 Carl Bruno(37)	2:52:26
11 Girts Ozolins(44)	2:52:47
12 Bob Hill(37)	2:53:20

Male 18u:

1 Ted Francis(18)	3:19:11
2 Mark Robbins(18)	4:00:34
3 Karl Greene IV (16)	4:03:39

Male 35-39:

1 Carl Bruno(37)	2:52:26
2 Bob Hill(37)	2:53:20
3 Richard Buck(36)	2:53:54
4 Ed Wehan(35)	2:54:24
5 Ray Varcoe(35)	2:55:19
6 Michael Tomasulo(35)	2:56:26

Male 40-49:

1 Fred Kiddy(48)	2:44:06
2 Robert Bowlus(43)	2:49:21
3 Girts Ozolins(44)	2:52:47
4 Gerry Hanlon(40)	2:55:10
5 Richard Belliveau(45)	2:55:16
6 Richard Hilljested(40)	2:58:15

Male 50-59:

1 Tracy Brown(53)	2:55:59
2 Roger Tilford(53)	3:16:10
3 Warren Thomas(51)	3:17:21
4 Keith Albright(57)	3:19:46
5 Robert Hardaway(54)	3:23:09
6 Joe Weissman(52)	3:24:06

Male 60 & over:

1 Phil Castle(64)	3:32:19
2 James Conrad(61)	3:48:44
3 Reese Walton(60)	3:52:22

Top Women:

1 Sue Petersen(37)	3:01:29
2 Sandra Kiddy(45)	3:04:55
3 Sue Harmon(32)	3:07:45
4 Jana Cohen(32)	3:14:31
5 Rhonda Davidson(20)	3:29:10
6 Judy Palmer(36)	3:37:20
7 Gail Gill(28)	3:40:05
8 Geraldine Jung(51)	3:43:44
9 Lorrie Poland(22)	3:46:18
10 Patricia Welhe(33)	3:48:25
11 Jill Angel(25)	3:48:47
12 Margaret Waldron(38)	3:57:27

Female 40-49:

1 Sandra Kiddy(45)	3:04:55
2 Claire Strom(44)	4:00:11
3 Tina Stone(47)	4:26:40

Female 50 & over:

1 Geraldine Jung(51)	3:43:44
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10K

Top Women: 1 Sherrie Roach(21)	38:21
2 Rebecca Fadness(24)	39:08
3 Shieila Hasham(39)	40:05
4 JoAnn Stillwell(22)	41:07
5 Patti Wagner(27)	41:48
6 Corrine Schratz(37)	42:43
7 Gina De Francisco(35)	43:38
8 Ava Schumacher(30)	44:46
9 Sue Martin(30)	44:46
10 Gail Barrett(27)	44:49

Female 18 & under:

1 Judi Faulk(16)	47:02
2 Jennifer Atzen(18)	49:42
3 Rose Ann McIntyre(16)	51:07

Female 35-39:

1 Kathy Kusner(41)	46:14
2 Audrey Hauth(48)	46:19
3 Irene Berregard(43)	47:31

Female 50-59:

1 Evelyn Dabritz(51)	49:39
2 Dorothy Strout(50)	57:55
3 Lillian Richards(56)	1:04:05

Female 60 & over:

1 Lucile Adney(68)	1:07:53
2 Marjorie Chapman(61)	1:18:57

Top Men:

1 Steve Brown(29)	30:44
2 Marshall Matyer(38)	32:16
3 Andy Takahai(25)	32:36
4 Skip Shaffer(44)	33:02
5 Francis Ampudia(19)	33:35
6 Paul Maier(34)	33:37
7 Dan Stumpus(30)	34:26
8 Dan Petrick(37)	34:52
9 Robert Davison(37)	34:53
10 John Mezal(20)	35:05

Male 12u:

1 John Poe(10)	47:47
2 Mark Jasa(11)	47:49
3 Robert Johnson(12)	49:16

Male 13-15:

1 Jay Jensen(15)	42:30
2 Isaac Bnnavidez(15)	42:37
3 Eric Von Eps(13)	42:52

Male 16-18:

1 Don Chang(17)	40:36
2 David Jury(17)	42:30
3 Benny Quintana(17)	42:49

Male 40-49:

1 Skip Shaffer(44)	33:02
2 Merl Glauser(45)	35:09
3 Wally Ingram(49)	35:20
4 Jim Chenoweth(41)	36:24
5 Tom Hanson(43)	36:26

Male 50-59:

1 Walt Windsor(59)	36:21
2 Ray Gibson(50)	36:42
3 Arthur Miller(50)	38:29

Male 60 & over:

1 John Garcia(63)	48:29
2 Fred Bruecker(65)	48:44
3 Jim Hanyen(63)	48:54

6th Annual Bidwell Classic Marathon

March 6. Chico. Full and Half Marathon.

FULL MARATHON

1 Allen Sandretti(Santa Cruz)	2:30:11
2 Nick Yray(San Jose)	2:30:56
3 Kevin Curtin(Chico)	2:34:23
4 Bruce Del Fante(San Mateo)	2:38:11
5 Douglas Latimer(RedwoodCity)	2:39:37
6 William Bowness(Chico)	2:42:01
7 Tim Nikkevich(Eugene)	2:43:07
8 Michael Daigel(Sacto)	2:43:29
9 John Coffey(Portland)	2:43:33
10 Byron Choimiere(Foster City)	2:45:19
11 David Dennis(Modesto)	2:46:19
12 Robin Heikes(Weaverville)	2:46:44

HALF MARATHON

1 Ted Martinez(Fort Ord)	2:49:00
21 Scott Simpkin(Corona del Mar)	2:49:11
22 Skip Seebeck(Clarksburg)	2:49:33
23 Richard Brantigan(Greenview)	2:49:50
24 John Aldrich(Madera)	2:49:54
25 John Martin(Monterey)	2:49:58
26 George Zimmerman(Lafayette)	2:50:33
27 Wade Rutherford(Santa Cruz)	2:52:00
28 Chip Lambert(Oroville)	2:52:00
29 William Gardner(Chico)	2:53:00
30 Michael McGie(Chico)	2:53:00

Male 14-17: 1 Robin Heikes 2:46:44, 2 Ch Lamb 2:52:03. **Female 14-17:** 1 Mangiaracina 4:29:16. **Male 18-29:** 1 Allen Sandretti 2:30:11, 2 Kevin Curtin 2:34:23, Bruce Del Fante 2:38:11, 4 Tim Nikkevich 2:43:07, 5 John Coffey 2:43:33. **Female 18-29:** 1 LaDonna Washington 3:08:24, Diana Williams 3:15:09, 3 Sandra Briscoe 3:15:54, 4 Karen Noland 3:23:09, 5 Marc Gardner 3:31:09.

Male 30-39: 1 Nick Yray 2:30:56, 2 Michael Daigel 2:43:29, 3 David Dennis 2:46:19, Skip Lees 2:46:45, 5 David Samuelson 2:48:15. **Female 30-39:** 1 Kathy Kais 3:01:31, 2 Karen Lanterman 3:14:12, Beth Clark 3:27:44, 4 Carol McVeil 3:32:53, 5 Jean Spirlock 3:35:25.

Male 40-49: 1 Doug Latimer 2:39:37, Mike McGie 2:53:47, 3 Les Fredricks 2:54:48, 4 Warren Beckwith 2:57:09, Brian Kemp 2:59:17. **Female 40-49:** 1 Heidi Skaden-Payse 3:11:49, 2 Janice Beltra 3:47:10, 3 Pauline McLaren 3:56:52, 4 Ri Allen 4:28:09.

Male 50-59: 1 Gus Hannickel 3:01:35, Harrison Smith 3:21:35, 3 Bill Sobie 3:22:51, 4 Stashu Geurtsen 3:25:29, William Casteel 3:26:46. **Female 50-59:** Ruth Anderson 3:23:58, 2 Jessie Smi 4:20:33, 3 Georgia Strausbuag 4:39:12.

photo by Gene Cohn

photo by Gene Cohn



Eileen Claugus Bidwell Classic



Kathleen Kaiser Bidwell Classic

Male 60 & over: 1 Paul Camerer 3:57:11, Angelo Toletti 4:03:08. **Wheelchair:** 1 William Bowness 2:42:31, Rondo Poole 2:46:34, 3 Dino Williams 2:59:42. **Oldest Finisher:** Hugh Bryage 68.

12 Skip Lees(Chico)	2:46:45
13 Brad Tarr(Davis)	2:46:58
14 Michael Molling(Klamath Falls)	2:47:07
15 Thierry Michael Ross(Herculis)	2:47:17
16 David Samuelson(Aptos)	2:48:15
17 Michael Pembroke(Chico)	2:48:22
18 Rondo Poole(Menlo)	2:48:34
19 Cortlan Read(Chico)	2:49:00
19 David Kettel(Davis)	2:49:07

Half Marathon

1	George Hernandez(Reno)	1:08:15
2	Gerald Crane(Lansing)	1:10:17
3	Monty Schafer(Sacramento)	1:10:33
4	Craig MacCleod(Auckland)	1:10:44
5	Tim Price(Redding)	1:10:59
6	Kevin McCusker(San Jose)	1:11:09
7	Don Merwin(Halfway)	1:11:13
8	Lester Mina(Alameda)	1:11:14
9	Moel Lincicome(Sparks)	1:11:14
10	Ron Richardson(Portola)	1:11:41
11	David Goforth(Red Bluff)	1:11:50
12	Craig Van Sichel(Sun Valley)	1:12:09
0	Lewis Bair(Sacramento)	1:12:17
13	Allan Stanbridge(Burlingame)	1:12:40
14	Lynn Mentzer(Reno)	1:13:10
15	Doug Perez(San Francisco)	1:13:57
16	Joc Becerra(Burlingame)	1:13:59
17	James Walker(Chico)	1:14:34
18	Martin Rizzo(Portola)	1:14:43
19	Chuck Harris(Davis)	1:14:52
20	Mark Horsley(Vancouver)	1:15:07
21	Patrick Buzbee(Chico)	1:15:17
22	David Amster(Carson City)	1:15:23
23	Daniel Baker(Redding)	1:15:38
24	Henry Tushar(Santa Barbara)	1:15:39
25	Mike McGuire(Santa Rosa)	1:15:50
26	Tom Davies(Magalda)	1:16:23
27	Eileen Claugus(Sacramento)	1:16:28
28	Don Ardell(Mill Vly)	1:16:28
29	Kevin Sage(Stockton)	1:16:29
30	Jim Bevins(Susanville)	1:16:41

Male 13u: 1 Mathew Roberts 1:35:08, 2 David Ebert 1:41:15, 3 Rodney Callahan 1:41:51, 4 Jamie Payne 1:43:54, 5 Nick Boyd 2:01:49. **Female 13u:** 1 Bobbie Hall 1:51:56, 2 Julie Marinoni 2:02:30. **Male 14-17:** 1 Daniel Baker 1:15:38, 2 Tom Davies 1:16:23, 3 Eric Sutherland 1:18:54, 4 Mike Johnson 1:23:37, 5 Kevin Walker 1:23:09. **Female 14-17:** 1 Heather Hollahan 1:26:43, 2 Sherri Reeves 1:31:55, 3 Karen Buchey 1:32:01, 4 Deonne Self 1:32:25, 5 Dika Underly 1:36:44. **Male 18-29:** 1 George Hernandez 1:08:14, 2 Monty Schafer 1:10:33, 3 Cray McCleod 1:10:44, 4 Kevin McCusker 1:11:09, 5 Don Merwin 1:11:14. **Female 18-29:** 1 Eileen Claugus 1:16:27, 2 Ann Forshee-Crane 1:20:41, 3 Kathy Hodgdon 1:26:24, 4 Laurie Bagley 1:27:45, 5 Karen Brown 1:28:14. **Male 30-39:** 1 Gerald Crane 1:10:17, 2 Jim Price 1:10:54, 3 Noel Lincicome 1:11:14, 4 Allan Stanbridge 1:12:40, 5 Doug Perez 1:13:57. **Female 30-39:** 1 Gay Robison 1:34:23, 2 Margie Timberlake 1:34:44, 3 Sally Edwards 1:36:15, 4 Susan Condon 1:37:14, 5 Jessie Stratton 1:37:34. **Male 40-49:** 1 Don Ardell 1:16:28, 2 Jim Bevins 1:16:41, 3 Ev Riggie 1:16:45, 4 Bruce Johnson 1:21:06, 5 Glenn Reed 1:21:43. **Female 40-49:** 1 Joan Ulliyot 1:28:40, 2 Lillian Woodward 1:36:05, 3 Marce Dunlap 1:38:44, 4 Carolyn Wolsey 1:40:04, 5 Theresa Henneman 1:42:04. **Male 50-59:** 1 Joe King 1:24:34, 2 David Peterson 1:28:04, 3 Pat Cangiano 1:30:57, 4 Harry Daniell 1:32:34, 5 Hal Stainbrook 1:32:43. **Female 50-59:** 1 Liz Ross 1:44:57, 2 Liz DeMonte 1:47:21, 3 Velma Nile 1:55:21, 4 Dorothy Peavy 2:03:07, 5 Conna Honig 2:08:19. **Male 60 & over:** 1 Paul Leese 1:25:45, 2 Dudley Zappettini 1:36:14, 3 John McClellan 1:41:35, 4 Bill Hank 1:44:57, 5 Mac Osborn 1:48:59. **Female 60 & over:** 1 Sara Peregoy 2:11:41. **Wheelchair:** Lewis Bair 1:12:33. **Oldest Finisher:** Mac Osborn, age 68.

Spring Run*From DAVE DODSON***March 6. Sanger.**

Men 15u: 1 Miguel Hurtado 34:10, 2 David Iaranjo 34:58(FTC), 3 Ricky Bernal(SSTC) 5:11. **Men 16-18:** 1 Martin Leal 39:34. **Men 19-29:** 1 Ron Schafer 34:16, 2 Karsten Laur 47:48. **Men 30-39:** 1 David Soleno 3:44, 2 Mark Haymond(Fresno Jog) 6:16, 3 Mike Freeman 39:55, 4 Wayne Akeuchi(Fresno Jog) 39:57. **Men 40-49:** 1 Ick Zamarrapa(HSTC) 35:00, 2 John Tuss(HSTC) 39:40. **Men 50-59:** 1 Jess Ivera 37:27, 2 Chuck Fruehler 42:24, 3 Richard Aspen(SSTC) 50:57. **Women 0-39:** 1 Sharlet Gilbert(Zephyr AC) 36:55, 2 Anna Ponce 42:13. **Women 40-49:** 1 JoAnn Denny(Fresno Jog) 54:01.

CROP Run for World Hunger*From MINDI JACKSON***March 6. Fresno. 6.2 mile.**

1	Tracy Smith (1st 30-39)	31:32
2	Dean Walker (1st 18u)	34:17
3	Mark Hull (1st 19-29)	34:23
4	Charles Pittel	35:06
5	Bruce T. Johnson	35:51
6	George Ortega	36:45
7	John Valett	38:02
8	Chuck Hudlburgh	38:16
9	John Soliz	38:55
10	John Prigge	38:55
11	Jim Harris (1st 40-49)	39:11
12	Tim Kahn (2nd 40-49)	39:14
13	Andy Weis	39:16
14	Sid Cram (3rd 40-49)	39:44
15	Bobby Santoyo	39:49
16	Jack Wilkinson	39:55
17	Warren Jennings	39:59
18	Kip Potter	39:57
19	Will J. Gonzalez	40:11
20	Doug Foster	40:30
21	Casey Crockett	40:32
22	Mike Grady	40:44
23	Gary Buchholz	40:46
24	Pat "Catfish" Phelan	40:47
25	Richard C. Perez	40:51
26	Gary Sells	40:53
27	Jorie Lawrence 1F	40:57
28	John Volkman	41:04
29	Sai Haro	41:08
30	Bill Cockerham	41:33
31	John G. Fast	41:46
32	Steve Hopson-Walker	41:51
33	Dianne Stauffer 2F	42:03
34	Gary Haas	42:12
35	Dan Currier	42:20
36	Bob Levine	42:21
37	Pete Coreno	42:45
38	Christopher L. Crockett	42:49
39	Jerry Carr (1st 40-49)	42:50
40	Grant Sharp (2nd 40-49)	42:56
48	Fred Fitchhorn(1st 50 plus)	43:45
53	Harry Harder(60 plus)	44:13



Animal Protection Institute Harp Seal Jog-a-Thon

March 7. William Land Park, Sacramento. 5K & 10K.

Women 5K

Overall:	
1	Wendy Knox(Loomis) 21:28
2	Monica Montoya(Woodland) 21:53
3	Sue Berryman(Loomis) 21:54
17u: 1 Kathy Smith(Sacramento) 23:30, 2 Elizabeth Kilday(Sacramento) 25:27, 3 Bobbae Pressly(Sacramento) 26:04. 18-29: 1 Mary Grady(Rancho Cordova) 24:01, 2 Hilda Ballbrea(Sacramento) 24:32, 3 Laurel Ginder(Sacramento) 24:50 & Sandy Keh(Sacto) 24:50. 30-39: 1 Janice Tucker(Sacto) 24:01, 2 Betti Dolezal(Sacto) 24:22, 3 Betty Layton(N. Highlands) 24:24. 40-49: 1 Betty Sue Miles(Santa Rosa) 25:17, 2 Mary Brumfield(Elk Grove) 26:49, 3 Alice Pfand(Sacto) 27:20. 50 plus: 1 Ann Tassell(Sacto) 29:12, 2 Doris Jones(Sacto) 32:28, 3 Bernice Craig(San Jose) 44:15.	

Men 5K

Overall:	
1	Gary Green(Sacramento) 15:54
2	Craig Otterson(Sacramento) 16:15
3	Karl Yamauchi(Sacramento) 16:39
17u: 1 Jim A. Reed(Carmichael) 18:05, 2 John Montoya(Woodland) 18:45, 3 Kenneth Valentine(Stockton) 21:20. 18-29: 1	

Jeff Williams(Lincoln) 17:25, 2 Joe Domek(Davis) 17:35, 3 Neal Cotton(Stockton) 17:48. **30-39:** 1 Bosco Bailey(Sacto) 17:17, 2 Bill Phillips(Sacto) 20:48, 3 Stephen Wilkes(Sacto) 21:07. **40-49:** 1 Paul Holmes(Sacto) 18:39, 2 J. M. Heath(Sacto) 20:31, 3 Gene Knoefel(Sacto) 21:14. **50 plus:** 1 Tony Mena (Hercules) 21:08, 2 Emil Bernstein(Sacto) 23:03, 3 Grant Ardel(Fair Oaks) 29:01.

Women 10K

Overall:	
1	Stacy McAfee(Loomis) 41:09
2	Londa Larson(Fremont) 41:47
3	Rae Bright(Sacramento) 43:29
17u: 1 Adrina Ellis(Sacto) 52:08, 2 Jennifer Cooper(Carmichael) 68:07. 18-29: 1 Heidi Ranno(Sacto) 46:20, 2 Gail Dowell(Sacto) 48:59, 3 Susan Fulker(Rancho Cordova) 50:37. 30-39: 1 Rae Bright(Sacto) 43:28, 2 Kathy Douglas(Carmichael) 45:37, 3 Dale Morris(San Francisco) 46:38. 40-49: 1 Julie A. Fong(Sacto) 47:30, 2 Sandra J. Pegram(Folsom) 50:48, 3 Joan Keleher(San Francisco) 55:52.	

Men 10K

Overall:	
1	Doug Rennie(Fair Oaks) 32:45
2	Shawn Youngstedt(Rocklin) 33:08
3	Jeff Hayes(Sacto) 33:39
17u: 1 John Harris(Citrus Hts) 43:01, 2 Robert Girocco(Sacto) 56:55. 18-29: 1 Don Cabitac(Sacto) 33:48, 2 Steve Williams (New Castle) 34:08, 3 Mitchell Ngini Jang(Davis) 36:35. 30-39: 1 Alan J. Koerber (Travis) 34:18, 2 Kurt Barton(Auburn) 37:15, 3 Milt Whaley(Sacto) 38:26. 40-49: 1 Leo Ruiz(San Francisco) 37:30, 2 Barry Bolden(Livermore) 39:41, 3 Robin Marrs (Sacto) 39:58. 50 plus: 1 Howard Linnard (Davis) 54:53, 2 George Ramsay (Sacto) 55:14, 3 Rex Youngman(Citrus Hts) 59:18.	

McLaughlin & Co. Symphony Run

March 7. Denver.**3.1 Mile**

Male:	
1	Bob Manzaneres 15:46
2	Mike Davis 16:06
3	Joe Reinine 16:18
Female:	
1	Patricia Filley 18:36
2	Carol Dunning 18:45
3	Betty Poppers 18:58

7.63 Mile

Male:	
1	Herb Lindsay 36:43
2	Bill Rodgers 36:52
3	Sparky Anderson 36:55
Female:	
1	Bonnie Tamis 44:22
2	Maureen Custy 44:59
3	Judy Ammer 45:55

Porterville St. Patrick's Day Full Marathon

March 13. Porterville.

1	Robert Stevenson	2:43:13.9
2	Alan Taylor	2:58:10.2
3	Leo Marquez	3:07:03.3
4	Bobus Smithton	3:07:29.7
5	Phillip Farina	3:13:54.8

Half Marathon

1	Humberto Ramirez	1:10:32
2	David Naranjo	1:15:17
3	Ozzie Osgood	1:15:34
4	Joel Wobrock	1:16:32
5	Gary Levey	1:21:39
6	Jimmie Aguilar	1:22:41
7	Earl Magpions	1:25:06
8	Donald Scheppmann	1:25:31
9	Charles Anderson	1:26:37
10	Edward Lujan	1:26:38
11	Brenda Villanueva	1:27:05
12	John Montoya(Woodland) 18:45, 3 Kenneth Valentine(Stockton) 21:20. 18-29: 1	

City of Fremont 11th Annual 10,000 Meter Run

March 7. Fremont.

1	Ron Fritze	29:46
2	Daniel Gonzalez	31:13
3	Michael Blabner	31:14
4	Mark Piccillo	32:18
5	Mitchell Greenberg	32:26
6	Tim O'Halloran	32:27
7	Michael Plummer	32:31
8	John Carey	32:32
9	Jake White	32:37
10	Dan Greco	32:38
11	David Garcia	32:42
12	Dennis Tracy	32:57
13	Glen Walder	33:00
14	Michael Leslie	33:04
15	Dan Minutillo	33:20
16	William Dunn	33:24
17	Dennis Uriaga	33:34
18	Tim Davila	33:40
19	Nicholas Winter	33:52
20	Keith Duncan	33:19
22	Victor Andrews	34:26
23	David Barry	34:40
24	Rudy Mondragon	34:48
25	Frank Rvona	34:49
26	Raynoid Wiegand	34:03
27	Douglas Stevens	35:08
28	Ronald Alonzo	35:12
29	Eric Petersen	35:22
30	Michael Gavin	35:31
31	Steven Radigan	35:32
32	Edward Ross	35:34
33	Martin Montlan	35:35
34	Myron Neuraumont	35:36
35	Darill Divis	35:43
36	Edward McShane	36:12
37	Ron Tanaka	36:13
38	John Lilygren	36:25
39	John Jancoski	36:30
40	Bob Cooper	36:36
41	Pat Shaughnessy	36:37
42	Stephen Babcock	36:38
43	John Vegas	36:39
44	Thuy Nguyen	36:51
45	Hart Cary	36:52
46	Jaime Hernandez	37:03
47	James Jacob	37:04
48	Ed Brown	37:05
49	Jerry Faulkner	37:13
50	Denise Bigelow 1F	37:15

St. Parry's Race & Fun Run

March 13. Stockton.**2 Miles**

1	Dean Raymond	10:41
2	Dwight Smith	10:55
3	Jerry Martinez	11:04
4	Max Perez	11:53
5	Mike Rogge	12:11
15	Shelly Smith F	13:57

6.2 Miles

1	Matt Bruni	33:04
2	Anthony Reynoso	33:32
3	Jack Lawson	33:53
4	John Semler	35:24
5	Ross Rowley	35:38
6	Ken Alberg	36:42
7	Jesus Davila	36:52
8	Peter Fadum	37:40
9	Robert Marquez	38:00
10	Robert Malain	38:32
11	Fritz Collier	38:32
12	Pete Schooner	39:06
16	Sharon Jordan 1F	40:40
19	Stacey Allen 2F	41:48

SUNDAY, MAY 30, 1982 9AM



MEMORIAL WEEK END BENEFIT RUN

Ass to Ass Run 13.1 mi (Half Marathon) - 9 a.m.

Half Ass Run 7.7 mi - 9 a.m.

■ **Entry fees for both runs:**

Pre-run registration \$6.00 18 & under
\$8.00 19 & older

Race day registration \$10.00 all ages

Pre-run registration closes Friday, May 14th, 1981

A large entry is anticipated so preregistration is helpful.

Pre-registered runners must be at respective starts at 8:00.

Race day registrants must be at respective starts at 7:00.

■ **Ass to Ass Start:**

Brass Ass Saloon
535 Summerfield Road
Santa Rosa, CA

■ **Half Ass Start:**

3300 Petaluma Hill Road,
Between Santa Rosa
and Cotati

■ **Finish:** Both races end at Brass Ass Saloon, 550 E. Cotati Ave. Cotati, CA

■ **Please carpool to start**
Limited shuttle bus available

■ **All participants will receive**
Ass to Ass Run T-shirts

■ **FOR MORE INFORMATION WRITE:**

Race Director, Ass to Ass Run,
P.O. Box 4387, Santa Rosa, CA 95402

Help Send A Kid To Camp
all proceeds benefit the
Sonoma County Camp Foundation
all donations tax exempt



Tear on the dotted line

LAST NAME FIRST NAME

NAME

ADDRESS

CITY STATE ZIP

PHONE AREA CODE DATE OF BIRTH

T-SHIRT SIZE S M L XL AGE

RACE ASS TO ASS HALF ASS SEX M F DIVISION 18 & Under Open 19-29 Sub Master 30-39 Master 40-49 Senior Persons with Disability

Insert with check or money order in envelope and mail to
Ass to Ass Run
P.O. Box 4387
Santa Rosa, CA 95402

Waiver
In consideration of my entry I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may accrue to me against the sponsors of this run, the Brass Ass Saloon, the Sonoma County Camp Foundation and the Redwood Empire Foundation, Inc. or their respective officers, representatives, successors and assigns for any and all damages which may be sustained and suffered by me while training to and from the event and participating in said event.

SIGNATURE _____ DATE _____

AT THE CENTER OF THE HUB, ON THE GREEN IN COTATI 10-4

& FESTIVAL ASS TO ASS RUN



The world's largest beauty company invites all women to join us in San Francisco for the 5th Annual Avon International Marathon Championship for women.

Sunday
June 6, 1982
for entries
and information

Avon International Running Circuit
9 West 57th Street
New York, NY 10019

name _____

address _____

city _____

state _____

zip _____



TAKE TWO FOR MOTION SICKNESS.

It's not surprising we treat the Equator as serious medicine. It is. And we'll tell you right now—keep it out of the reach of rigid feet. They don't need it. And they're better off without it.

But for runners who suffer from chronic rearfoot motion, this is one over-the-counter shoe that can provide fast, effective relief.

In test after test, the Equator has actually reduced maximum pronation by an average of 22 percent.

However, if you expect this shoe to look like a medical wonder, you're going to be disappointed.

What makes it so innovative is something you can't see.

Placed beneath the Spenco® sockliner is a soft orthotic that coils around the heel to help cushion and control any rocking motion. The Equator is also built to accept the most unusual orthotics. Simply remove ours and slip them into place.

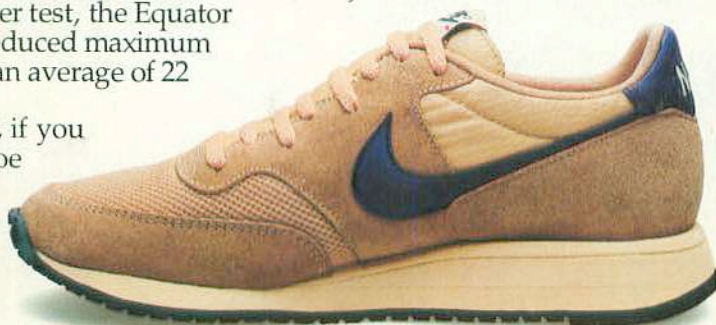
One of the few visual clues as to what this shoe is about is the external arch support that works in conjunction with our Variable

Width Lacing System™ to automatically cinch up the medial side of the foot.

There is also a small ridge surrounding the bottom of the extended heel counter. It's called the Stability Saddle, and acts as a foundation for the heel counter giving added support.

With so much emphasis on stability, it was only natural that we board last the Equator. But we only did it in the rear. Up front, it's slip lasted for maximum flexibility.

Finally, a word of caution. For all its advances, the Equator is not to be taken in lieu of a trip to the doctor. Excessive rearfoot motion can have serious side effects. So, if pains persist, see your orthopedist or podiatrist. Don't put it off. With all that's at stake, this is no time to get queasy.



NIKE
Beaverton, Oregon