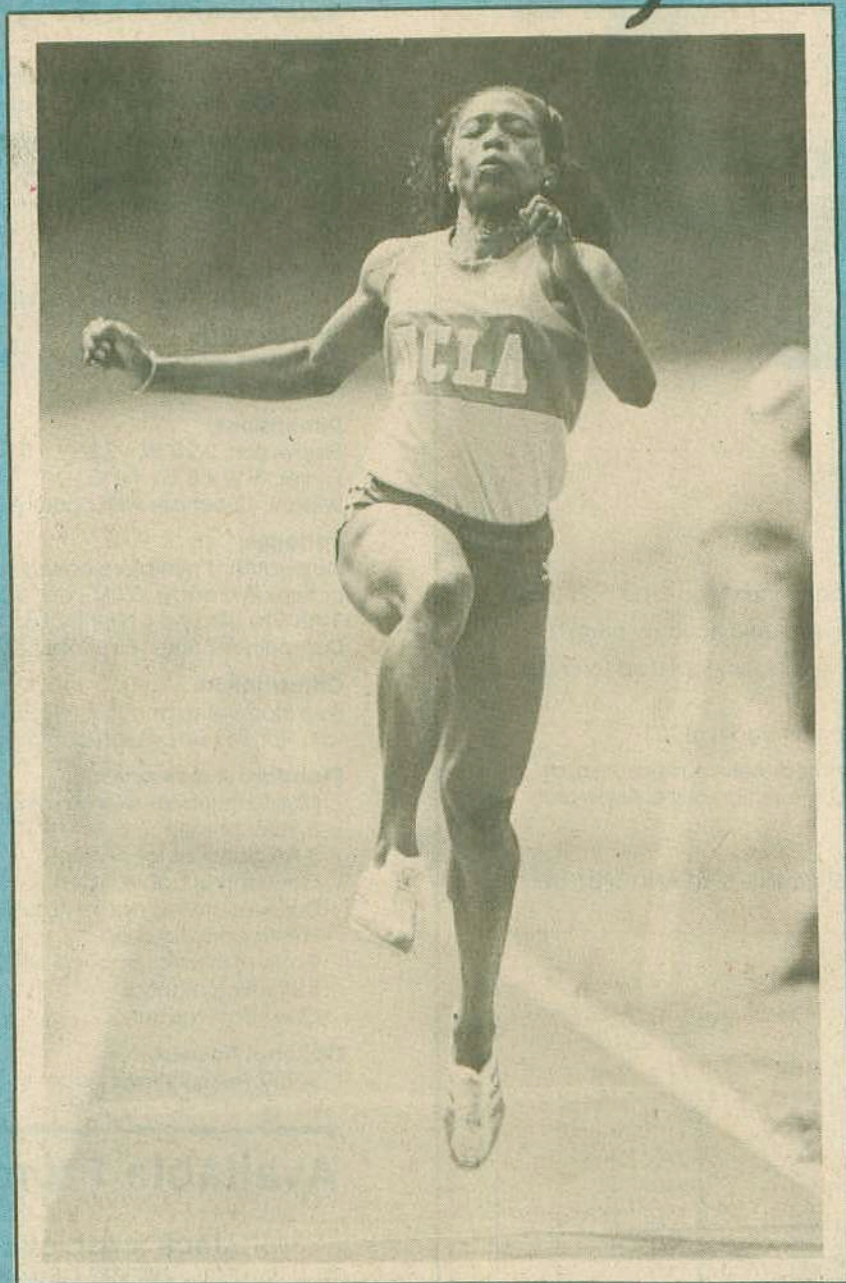


APRIL 1988

ISSUE NO. 135

CALIFORNIA

Track & Running News



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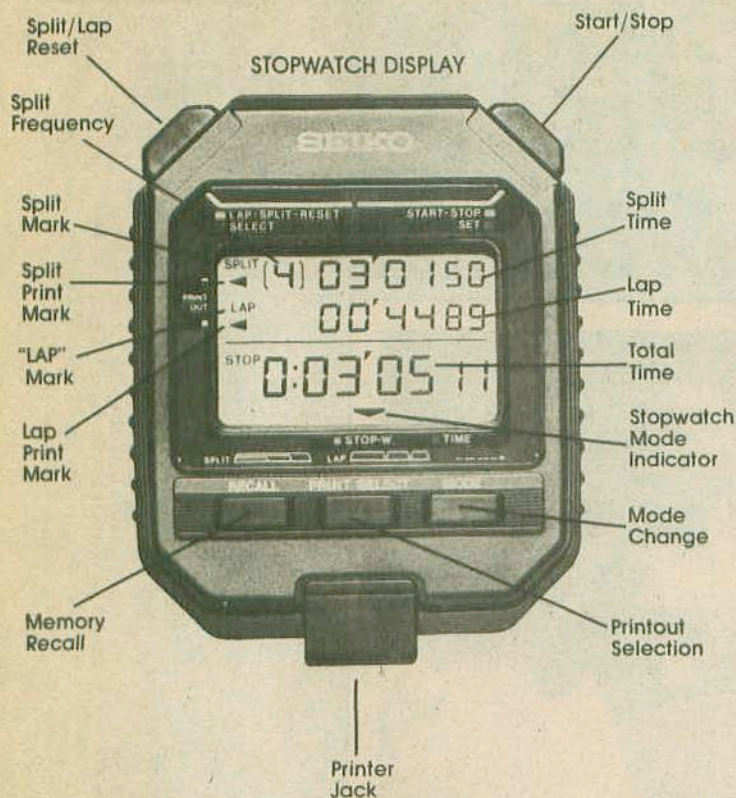
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Digital Quartz Stopwatch With Printer, SP11



System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 80
    
```

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1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
   0:00'45 38
2-0:01'30 48
   0:00'45 10
3-0:02'16 36
   0:00'45 88
4-0:03'01 23
   0:00'44 87
    
```

Applications

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

Specifications

Time Base & Accuracy:

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

Printout:

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

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

Modes:

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

Temperature:

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

Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

Batteries:

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

Construction:

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

Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- 2 rolls of thermal paper (S-950)
- Instruction manual
- One year warranty

Optional Accessories:

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Correspondents: Louis Hirsch, Dennis McClanahan, Otto Pauls, Howard Willman.

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California Track & Running News has an average circulation of 10,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

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photo by Bill Leung, Jr.

ON THE COVER: Gail Devers. UCLA's next great multi-eventer will be leading the Lady Bruins in the 1988 outdoor season.

photo by Bill Leung, Jr.

From the Editor

By BILL COCKERHAM

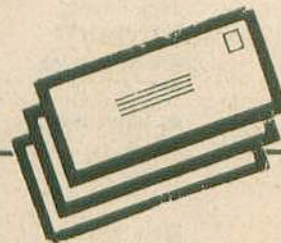
You've probably noticed the late arrival of the last several month's issues of *California Track & Running News*. A situation, unfortunately, not uncommon to long time subscribers. We've gone through a lot of changes in the past fourteen years (actually seventeen if you count *Valley Track & Field*, the forerunner of *CTRN*). The very first issue of *VTF* was a four pager run off on Fresno Pacific College's ditto machine. That was in 1972 with a total of 100 copies. Since that time we have tried to advance with the technology of the modern print world; advancing to electric typewriters, then stand-alone

composers, offset printing, web-printing, phototypesetters, and computerized typesetters. The office has relocated from the Cockerham family room to the basement of the Fresno Pacific College men's dorms (the arrival of two kids will do that - I lost my bathroom darkroom then, too). With each of these changes we've had to re-tool and even re-learn how to put an issue together. The older we get and the more complicated the technology becomes the harder it is to change. However, we feel each change has eventually been for the better of the magazine. We are now putting out 10,000 copies of a 48 pager.

So, what's the situation now? The hottest topic right now in the computer world is "desktop publishing." In a move predicted to save time and money we've sold our Compugraphic Editwriter typesetter and bought a Macintosh computer. The problem? The computer is two month's late in arrival and we've been limping along on the college's computers when available.

Stick with us. We've been cranking out a magazine for seventeen years and will eventually get back on schedule. We will continue to give you the kind of grassroots, hardcore track and running news you can't find anywhere else.

Mailbag



Athlete of Year Gripe

Shame on you and your Athlete of the Year judges. If my husband's case is typical, you did not do your homework (any homework). You chose Andre Tocco as 50-54 Road Racing Athlete of the Year - a deserving award. From reading your magazine I can see that he raced often and well. But Fred Mattos as second choice? My husband and Fred raced head-to-head in five PA-TAC championships. In all five my husband beat Fred handily. My husband won three of these PA-TAC championships (5K, 8K and 10 Mile) and finished second in two (10K, 30K). My husband tied for the lead in the PA-TAC Grand Prix - Fred Mattos was well behind.

Fred Mattos is a good runner and a real gentleman. But your selection of him as #2 California road runner of the year shows a real lack of attention. If you are not going to do it (even close to) right, why do it at all.

Waltraud Finch
Portola Valley

Another

Just looked at the men's age 70-74 road rankings. Paul Reese over Eddie Lewin?! Based on what? Compare their '87 results! Must be the Northern California bias of your "experts" showing through again.

Al Hromjak
Simi Valley

Editors Reply:

As we stated in the introduction to our 1987 Athlete of the Year feature, "With 50 categories of voting, selecting the top athletes in California is no small job. It's impossible for any one person to know everything about all aspects of this game in California. We think our panel had broad enough representation to sort it all out and come up with worthy selections." There will always be differences of opinion and interpretation as to who was really the best for the year in a given category. Overall the selections are well received, however, I'll be the first to admit we have occasionally overlooked some worthy athletes. A few mistakes isn't reason

enough to toss the whole thing, we'll keep trying and hopefully get more accurate each year. We'll make sure Waltraud Finch and Al Hromjak will receive ballots for the masters divisions next year. Anyone else like to be included in on the voting? Let me know.

Just a couple of points of clarification regarding the two letters above. First, we generally don't pick any other than THE Athlete of the Year in each category. No second or third places are acknowledged. We may occasionally mention who received the next highest votes, but typically just list the other major vote getters in random order. Finch agreed with our Athlete of the Year selection, no second place was given. A good suggestion might be to not mention any of the others receiving votes.

Second point of clarification ihas to do with Al Hromjak's comment about a Northern California bias on the Athlete of the Year selections. A quick tally of the 50 athletes selected clearly shows that over 50% of them hail from the southern half of the state.

Bill Cockerham
Editor

Schedule

By JACK LEYDIG

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

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

April 2 (Saturday)

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

Brisbane: San Brucno Mountain Wildflower 5 & 10K, Guadalupe Canyon Pkwy., 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Pt. Reyes National Park: California Forty-Niner Double Marathon (52.4 Mi.) and Marathon; Double--Limantour Beach to GG Bridge, Marathon--Bolin's Fairfax Rd. to GG Bridge, 6 a.m./Double, 9 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Bakersfield Track Club Fun Run, Distance TBA, Hart Park, 8 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

El Cajon: El Cajon 20K, Madison & 4th, 8 a.m. Judi Richardson (619) 444-3785.

Las Vegas: Las Vegas Easter Run, 10K & Half-Marathon and 2 Mi. Fun Run, Tropicana Hotel, 7 a.m./2 Mi., 7:30 a.m./10K, 7:45 a.m. Thomas Sports Enterprises, 2940 S. Tioga Way, Las Vegas, NV 89117. (702) 368-2885.

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

April 3 (Sunday)

Modesto: Modesto Marathon, Date Changed to Apr. 10. See Below.

San Francisco: DSE Easter Sunday Egg Run, 3 Mi., Riordan High School (up Mt. Davidson), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

So. El Monte: San Gabriel 5K River Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Westlake Village: Conejo Four Mile Run, Westlake Elementary School, 9 a.m. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

Fresno: Easter Sunrise Celebration Jog, 1 mile walk, 2 mile jog, 3 mile fun run. No entry fee, no awards. Woodward Park, sunrise. Harry Harder (209) 638-5007.

April 5 (Tuesday)

Oxnard: Evening Fun Run, 3 Mi., 6 p.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

April 6 (Wednesday)

So. El Monte: Legg Lake 5K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 7 (Thursday)

So. El Monte: Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 9 (Saturday)

Fresno: Run for Relief, 10K race and 2 mile prediction. Fresno Pacific College, 6:30 a.m. Steve Penner, 1010 G Street, Reedley 93654. (209) 638-6911.

Stanford: MBA Challenge for Charity, 10K, Stanford Stadium, 8:30 a.m. Challenge 10K, c/o 22 Bishop Lane, Menlo Park 94025. (415) 854-0224.

Morgan Hill: AAUW Wildflower Runs, (2 & 5K for 12 & Under), 10K, Live Oak High School, 9 a.m. AAUW Wildflower Run, P.O. Box 451, Morgan Hill 95037. (408) 779-7561, Kathy.

Martinez: Packrat Triathlon, Fullpack: 10K Run, 20 Mi. Bike, 5.5 Mi. Backpacking, Halfpack: 5K Run, 10 Mi. Bike, 4 Mi. Backpacking (Note: Backpacks are 20-lbs. for men & 15-lbs. for women), Briones Regional Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sacramento: Dragon Run, 8K & 2 Mi. Walk, Caroline Wenzel School (6870 Greenhaven Dr.), 9 a.m. Asian Community Counseling, 5495 Carlson Dr., Sacramento 95819. (916) 452-7836.

Santa Barbara: Santa Barbara 5K & 10 Mi. Road Runs, Cabrillo Arts Pavilion, 8:30 a.m./5K, 8:40 a.m. Irwin Sorkin, 2024 Anacapa St., #2, Santa Barbara 93105. (805) 687-7473.

Pozo: Pine Mountain Endurance Runs, 30 & 50 Mi., American Canyon campgrounds (8 Mi. southeast of Pozo), 7 a.m./50 Mi., 8:30 a.m. Trail Blazer Magazine, 3534-A Empleo St., San Luis Obispo 93401. (805) 544-4913, Susan.

Manhattan Beach: Manhattan Mile, separate races for different age-groups, 8 a.m. Charlie Van Etten, P.O. Box 3431, Manhattan Beach 90266. (213) 545-6437.

So. El Monte: San Gabriel River 10K Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Awareness Runs, 2 Mi. & 10K, South of Hilton, 7:30 a.m. Toni Deal: (619) 272-8316.

Eureka: Masters 10K, Redwood Acres, 12 noon (handicapped start by age). Chuck Ehlers (707) 822-4290.

Pasadena: Red Rose 5 & 10K, Rose Bowl, 8 a.m./5K, 8:45 a.m. Kevin Housman, 2053 Skyview Dr., Altadena 91001. (818) 797-7767.

Santa Barbara: Chardonnay 10 Mi. & 5K, Leadbetter Beach, 8 a.m./10 Mi., 8:15 a.m. Santa Barbara Road Race Festival, P.O. Box 6616, Santa Barbara 93160. (805) 965-6652.

□ Schedule

China Lake: OTHTC 5 & 10K, Naval Weapons Center, Time TBA. Over-the-Hill T.C., c/o Scotty Broyles, 1243 Wayne St., Ridgecrest 93555. (619) 446-2941.

April 10 (Sunday)

Los Angeles: Jimmy Stewart Marathon Relay, 5-person teams, Griffith Park (Riverside/Los Feliz entrance near Merry-Go-Round), 9 a.m. Jimmy Stewart Marathon Relay, c/o St. John's Hospital, 1328 - 22nd St., Santa Monica 90404. (213) 829-8968.

Seattle, WA: Emerald City Marathon, Time TBA. PNB/ECM, 101 Elliott Ave., #430, Seattle, WA 98119.

San Francisco: DSE Lake Merced Runs, 4.6 & 9.2 Mi., Sunset Blvd. Parking Lot, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Pleasant Hill: Pleasant Hill Community Challenge Run, 5 & 10K, College Park High School (201 Viking Dr.), 8:30 a.m. Tom Peters, Pleasant Hill Recr. & Park District, 320 Civic Dr., Pleasant Hill 94523. (415) 676-5200.

Sausalito: Houlihan's to Houlihan's 12K (PA/TAC Championships), 8 a.m. RhodyCo Productions, 805 Lake St., #3, San Francisco 94118, (415) 387-2178.

Modesto: Modesto Marathon & Half-Marathon, 7:30 a.m. (Note date change!). Joann Amundson, P.O. Box 3605, Modesto 95352. (209) 524-6887.

Oakland: Misty Redwoods Run, 7 Mi., Redwood Regional Park (Canyon Pkg. Lot), 9 a.m. American Lung Assoc., 295 27th St., Oakland 94612. (415) 893-5474.

Palo Alto: Oak Creek Spring Forward Run, 5K, 1600 Sand Hill Rd., 5 p.m. Palo Alto Recr., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Sacramento: American River 50, 50 Mi., 6 a.m. Fleet Feet, Nancy March, 107 So. Harding Blvd., Roseville 95678. (916) 783-4558.

Squaw Valley: Sierra Mountain Race, 10K X-C Ski, 10K Run, 30K Bike, Time TBA. Bill Jensen, P.O. Box 7045, Tahoe City 95730. (916) 583-2264.

Bakersfield: Bakersfield T.C. Rio Bravo 10 Mile Cross Country Kern River Golf Course (Rudal Rd.), 8 a.m. Bakersfield TC, P.O. Box 6154, Bakersfield 93386. (805) 399-6829.

San Luis Obispo: Cuesta-Spirit 50K Biathlon, 10K Run, 40K Bike, Cuesta College, 8 a.m. Warren Hansen, Cuesta College Athletics, P.O. Box 8106, San Luis Obispo 93403. (805) 544-2943, x289.

So. El Monte: Legg Lake 5K Morning Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Orange: 'Round Orange 5 & 10K & 1 Mi. Fun Run, Tustin & Katella Ave., 8:30 a.m./5K, 9:30 a.m. Orangewood Children's Foundation, 3400 Irvine Ave., #108, Newport Beach, CA 92660. (714) 756-8935.

Upland: Community Health Connection 5 & 10K Run & 5K Walk, Upland High School, 7:30 a.m. Lynn Casella, Sant Antonio Community Hospital, 999 San Bernardino Rd., Upland 91786. (714) 985-2811, x2168.

San Luis Obispo: Cuesta-Spirit 50K Biathlon, Cuesta College, 8 a.m. Warren Hansen, P.O. Box 8106, San Luis Obispo 93403. (805) 544-2943, ext. 289.

Hornitos: Indian Gulch to Hornitos Run, 8:30 a.m. Indian Gulch Run, 685 Columbia Ave., Merced, CA 95340. (209) 383-5539 (Charlie Rodgers), or (209) 722-2714 (Tom McNamara).

Hayward: Run for Excellence, 5 & 10K, Southgate Park (Calaroga Ave. & Tennyson Rd.), 9 a.m. Hayward Education Fund, 1290 "B" St., Suite 314, Hayward, CA 94541. (415) 582-0608.

Livermore: Livermore Fitness Day 5K Run/Walk & 10K, The Barn (3,000 Pacific Ave.), 8:30 a.m./5K, 8:45 a.m./10K. LARPD, 71 Trevarno Rd., Livermore 94550. (415) 447-7300.

Davis: Davis Enterprise - Blue Devil Classic 5 & 10K (& Kids' 1/2 Mi), Davis High School (14th & Oak), 9 a.m. Don Winters, Davis H.S., 315 W. 14th St., Davis 95616. (916) 756-3131.

Stockton: YMCA Twilight Run, 5 & 10K, Micke Grove Park, 6:30 p.m. YMCA of San Joaquin County, 640 No. Center St., Stockton 95202. (209) 466-9603.

Palmdale Area: Burnt Peak 12-Miler, 8:30 a.m. Bob Kimmerly (805) 270-1378.

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☐ Schedule

San Bernardino: Devil's Canyon 5 & 10K, Cal-State Univ., 7:45 a.m./10K, 8 a.m. Laura Held. (714) 887-7562.

Long Beach: Long Beach Grand Prix 10K, Queen Mary, 8 a.m. Long Beach Grand Prix, 110 W. Ocean Blvd., Suite 22, Long Beach, CA 90802. (213) 436-7727.

Del Mar: 10K for MDA, Del Mar Track, also 1 Mi., 7:30 a.m. Richard Coolidge. (619) 584-2484.

April 12 (Tuesday)

Oxnard: Evening Fun Run, 5 Mi., 6 p.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

April 13 (Wednesday)

So. El Monte: Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 14 (Thursday)

So. El Monte: Legg Lake 8K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 16 (Saturday)

San Mateo: April Showers Fu Run/Stride, 5K & 1 Mi., Coyote Point Park, 9:30 a.m. Lois Loenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

Pinole: Conestoga 5 & 10K Poker Runs, Ellerhorst School, Pinole Valley Rd., 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sausalito: Golden Gate Headlands Marathon & Half-Marathon, Marin Headlands area (just north of GG Bridge), 8 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Cancer Society Run, Distance TBA, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Oxnard: 5K Morning Fun Run, 8 a.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

Fontana: Fontana Days Half-Marathon & 5K Roadraces, Fontana City Hall, 8:15 a.m./H-M, 8:30 a.m. Fontana Races, Kit Ledbetter, P.O. Box 518, Fontana 92334. (714) 350-7635.

Cerritos: Cerritos Auto Square Triathlon & 5K Run, (Triathlon: 5K Run, 15K Bike, 400m Swim, 200m Dash), 7:30 a.m./5K, 8:30 a.m. Cerritos Chamber of Commerce, 19141 Bloomfield, Cerritos 90701. (213) 809-2262.

So. El Monte: San Gabriel River 5K Evening Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Fresno: Easter Seals Five Mile Sprint, Fresno State University, 7:30 a.m. Jack Voice, P.O. Box 12464, Fresno 93778. (209) 485-1521.

Duarte: City of Duarte Bud Light 5 & 10K Run For Fitness, Royal Oaks Elementary School, 8:30 a.m. Duarte Parks & Rec. Dept., 1600 Huntington Dr., Duarte, CA 91010. (818) 357-7931.

Atascadero: Park to Park Half-Marathon and 10K, 8 a.m. Patricia Hocking, Atascadero Recreation Dept., P.O. Box 747, Atascadero 93423. (805) 466-8000, x124.

San Pedro: La Suen Reunion 5-Mile Run, Point Fermin Park, 9 a.m. Pete Mirich, 611 W. Ninth St., San Pedro 90731. (213) 548-0410.

Westlake Village: "Reach Out and Care" 5 & 10K (& 1 Mi.), Hywatt Westlake Plaza Hotel, 7:30 a.m./10K, 8:40 a.m./5K, 9:45 a.m. Steve Polley, 376 Castillian Ave., Thousand Oaks 91360. (805) 499-4434.

San Diego: Vintage 5 & 10K, Rancho California, 8 a.m. Dennis Kasischke. (619) 280-7327.

April 17 (Sunday)

Carmel: Big Sur International Marathon, Pfeiffer Park (Big Sur) to Carmel, 7 a.m. William B. Burleigh, Box 222620, Carmel 93922. (408) 625-6226.

Saugus: Dave Parker 40.5 Mi. Canyon Relay & Ultra Marathon, 6 a.m./Ultras, 7 a.m./Teams. Santa Clarita Park (27285 Seco Canyon Rd), 4 runners per team/8 legs. Limited to the first 100 paid team entries. Fast Lane Finish Systems, P.O. Box 638, Newhall 91322. (805) 944-2511, Sue Simms; (805) 269-5268, Scott Butler.

Brisbane: DSE "Where the Hell is Brisbane?" Run, 5 Mi., Brisbane Yacht Harbor (also 0.6 Mi. Kids' Run), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Francisco: Kimochi Cherry Blossom Run, 5 Mi., Golden Gate Park (41st Ave.; & South Dr.), 9 a.m. Kimochi Sr. Citizen's Center, 1581 Webster St., #10, San Francisco 94115. (415) 931-2294.

San Mateo: Earth Day 10K, 10K Run, 5K Stric or 10 Mi. Bike, Sawyer Camp Trail, Time TBA. RhodyCo Productions, 805 Lake St., #3, San Francisco 94118.

Lafayette: Lafayette Loop 10K & 2 Mi. Run. **CANCELLED due to police costs.**

Novato: Indian Valley Cross Country Run, 5 Mi., San Jose Middle School (Ignacio Blvd.), 9 a.m. Kevin Conklin, City of Novato, 917 Sherman Ave., Novato 94947.

Napa: Run to Literacy, 5K & 1 Mi., Napa City/County Library, 9 a.m. Project Upgrade, c/o 1150 Division St., Napa 94559. (707) 253-4283.

Bakersfield: Challenge Run, Distance TBA, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

So. El Monte: San Gabriel River 5K Morning Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Del Mar: La Jolla Half-Marathon (Del Mar to La Jolla), & 2 Mi., 7:30 a.m. Toni Deal (619) 272-8316.

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

Los Gatos: Run Against Abuse, 5 & 10K, Lake Vasona County Park, 10 a.m. John Hall, c/o ADVOCARE, 2881 Hemlock Ave., #3, San Jose, CA 95128. (408) 370-1683.

San Francisco: Nimitz Run, 5 & 10K, Treasure Island, 8:30 a.m. Greg Stephens, NROTC, 25 Callaghan Hall, Univ. of California, Berkeley 94720. (415) 849-3835.

Arcata: One Hour Run, Humboldt State Track, 1 p.m. Bill Daniel (707) 822-8050.

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

Sebastopol: Apple Juice Run, 10K & 2 Mi., Analy High School, 8 a.m. Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95473. (707) 823-3032.

April 18 (Monday)

Hopkinton, MA: Boston Marathon, Time TBA. Boston Marathon, c/o Boston A.A., 20 Park Plaza, Boston, MA 02116. (617) 338-5709. (Qualifying Times Req'd...set between Jan. 1, 1987 & Mar. 21, 1988).

☐ Schedule

April 19 (Tuesday)

Oxnard: 3 Mi. Evening Fun Run, 6 p.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

April 21 (Thursday)

So. El Monte: Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera, CA 90660. (213) 949-0394.

April 23 (Saturday)

Pacifica: San Pedro Valley Wildflower Run, 10K & 2 Mi., San Pedro Valley Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Fort Bragg: Sunset Run 5 & 10K and 5K Walk, MacKerricher St. Park logging road, 6 p.m. Mendocino Coast Recreation & Park District, 213 E. Laurel St., Fort Bragg 95437. (707) 964-9446.

So. El Monte: Legg Lake 5K Morning Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Thousand Oaks: Conejo Valley Days 2K, 5K & 10K Runs, California Lutheran College, 7:30 a.m. Don Green, 3663 Consuelo Ave., Thousand Oaks 91360. (805) 492-3136 or 493-3412, days.

Berkeley: Barrows to Bear Lair 5K Run, Hearst Gym (North Field), 10 a.m. Tony Sandoval, Women's Intercollegiate Athletics, 177 Hearst Gymnasium, Univ. of California, Berkeley, CA 94720. (415) 643-7002.

Menlo Park: Stride for Students 5K & 10K Run, Bethany Lutheran School, 8:30 a.m. Joyce Tirbak, 1095 Cloud Ave., Menlo Park 94025. (415) 854-5897.

Walnut Creek: Briones Biathlon, 6 Mi. Run, 20 Mi. Bike, Briones Regional Park (Bear Creek Entrance), 8 a.m. Fleet Feet Sports, 1528 Bonanza St., Walnut Creek, CA 94596. (415) 943-6453.

Clovis: Grundfos 5K Classic, Clark Intermediate School (across from Clovis City Hall), 9:15 a.m. Clovis Express, 5456 N. Pleasant, Fresno 93711. (209) 436-8355.

Friant: Rattlesnake Run, 6 Mi., (foothills), 8 a.m. John Hormann, 1112 Bremer, Fresno 93728. (209) 485-2544.

Morro Bay: Morro Bay 10K, 8 a.m. Morro Bay Recreation Dept., 535 Harbor St., Morro Bay 93442. (805) 772-1214, x226.

Solvang: Valley Sports 8K Run & 5K Walk, 2028 Village Lane, 9 a.m. Valley Sports Club, Box 1134, Solvang 93463. (805) 688-1292.

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

April 24 (Sunday)

Stockton: Asparagus Festival Fun Run, 3 Mi., Oak Grove Regional Park, 10 a.m. Stockton Asparagus Festival, 4203 Coronado, Suite 1, Stockton 95204. (209) 943-7684.

Santa Rosa: California 50-Mile Endurance Run, 6 a.m. (fireroads: narrow horse trail w/6500 foot climb). Tom Crawford, 2818 Rollow Rd., Santa Rosa 95404.

Loma Linda: Cancer Buster, 5K, 10K & 15K, 8 a.m. American Cancer Society's Inland Empire Unit, 2060 Chicago Ave., Suite A-17, Riverside 92507. (714) 683-6415 (Bessie Clark).

San Jose: The Tortoise & Hare 10K Run & Fun Walk, Good Samaritan Hospital, 8:30 a.m. Good Samaritan Hospital Liague, 2425 Samaritan Dr., San Jose 95124. (408) 559-2555.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10, & 15K, Lake Merritt Old Boathouse (14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 530-9151.

Santa Rosa: Coddington Lions Biathlon, 10K Run & 40K Bike, San Miguel Elem. School, 7:30 a.m. Bob Foo, 2655 Cleveland Ave., Santa Rosa 95403. (707) 539-1064, evenings.

San Francisco: DSE Diamond Heights Run, 2.99 Mi., McAtteer High School (Portola & O'Shaughnessy), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Magalia: Ridge Run, 3 & 6 Mi., Paradise Lake, 9 a.m./3 Mi., 9:15 a.m. Paradise R.C., P.O. Box 1465, Paradise 95967. (916) 877-2711 or 872-4111.

Fresno: Volunteer Triathlon, 10K Run, 20 Mi. Bike, 400 Yd. Swim, Clovis West High School, Time TBA. Franz Weinschenk, P.O. Box 101, Prather 93651. (209) 299-3195.

Lompoc: Laura Stegman Memorial Women's 5K, Rive4r Park, 9:30 a.m. Bill Graham, 1309 E. Palmetto, Lompoc 93436. (805) 736-4696.

Portland, OR: National TAC 8K Championships (Open Men), Time TBA. Craig Parker, 220 N.W. Second Ave., Portland, OR 97209. (503) 220-2575.

San Diego: Fastest Masters 10K, E. Fiesta Island, 7:30 a.m. Dale Larabee (619) 234-3054.

Swedish Festival DALA HORSE TROT VII

Sponsored by
Kingsburg Junior Women's Club
and Zeltzer Seltzer

WHAT: 10K (6.2 mile) and 2-mile run over semi-flat pavement (few small hills)
WHEN: Saturday, May 21, 1988
Registration: 6:00 a.m.--Run: 7:00 a.m. START
WHERE: Downtown Park, Kingsburg
AID STATION: 3-mile mark. Refreshments following event.
ENTRY FEE: Pre-registration (until May 13): \$8.00
Day of run: \$9.00--Make checks to: K.J.W.C.
T-shirts to first 225 entrants

FOR AN ENTRY BLANK SEND A S.A.S.E. TO:
Dala Horse Trot, P.O. Box 103, Kingsburg, CA 93631

□ Schedule

Three Rivers: Kaweah River Valley Run, 8 Miles, 8 a.m. Bronzan's Sports World, 20 N. Tower Square, Tulare, CA 93274. (209) 688-0567.

Moss Beach: Coastside Preservation & Recreation 8K Run, Moss Beach by El Granada, 8:30 a.m. Joyce Anzelc, P.O. Box 941, Moss Beach, CA 94038.

Vacaville: Run America 5K & 2 Mi., Pena Adobe Park, 9 a.m. Solano Striders, P.O. Box 897, Suisun 94585. (707) 447-7654.

Ventura: California Beach Party 5 & 10K (& 1 Mi.), Surfer's Point (Ventura Beach Promenade), 8 a.m. City of Ventura, Dept. of Parks & Recr., P.O. Box 99, Ventura 93002. (805) 654-7837.

Walnut: Mt. SAC Relays In-N-Out Burger 5 & 10K & Munchkin Mile, Mt. San Antonio College, 8 a.m. Mt. SAC Relays, Walnut, CA 91789. (714) 594-5611.

Laguna Beach: Laguna Beach Schoolpower 10K Run & 2K Walk, Festival of Arts Grounds (Laguna Canyon Rd.), 8 a.m. Schoolpower, P.O. Box 19, Laguna Beach, CA 92652. (714) 497-9247.

April 26 (Tuesday)

Oxnard: 5 Mi. Evening Fun Run, 6 p.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

April 28 (Thursday)

So. El Monte: Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 30 (Saturday)

Redwood City: Edgewood Wildflower Run, 3.5 & 7.5 Mi., Edgewood County Park (Crestview & Edgewood Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Salinas: Wildflower 25K Triathlon, 0.8K Swim, 17.3 Mi. Bike, 6.9K Run, Lake San Antonio, Time TBA. Terry Davis, P.O. Box 367, Salinas 93902. (408) 424-1971.

Oxnard: 5K Morning Fun Run, 8 a.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

So. El Monte: Run With the Nurses 5 & 10K, 8 a.m. Randy Omuhundro, 4444 Long Beach Blvd., Long Beach 90807. (213) 422-9469.

South Pasadena: Road Runner Classic, 1K, 5K & 10K, Oak & Garfield, 7 a.m. South Pasadena/San Marino YMCA, 1605 Garfield Ave., So. Pasadena 91030. (818) 799-9119.

San Diego: Gold Rush 10K & 2 Mi. Fun Run, East Mission Bay (So. of Hilton), 7:30 a.m. In Motion, 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

Encinitas: Family 5K and kid's 1 mile. North Coast Health Center, 8 a.m./5K, 9 a.m./1 mile. In Motion, Inc., 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

San Jose: Band Together Almaden 5 & 10K Run, Parma Park (Camden Ave. off Almaden Expwy.), 9 a.m. Leland High School, c/o Band, 6677 Camden Ave., San Jose, CA 95120. (408) 997-2760. (Ron & Robin).

San Pablo: Stride With Pride: It's For Brookside 12K, Brookside Hospital, 9 a.m. Jean Morris, Brookside Hospital Foundation, 2000 Vale Rd., San Pablo 94806. (415) 235-7000, x2828.

Rohnert Park: Save the Children Relay, 24-Hour Team Relay (Rohnert Park Stadium, 1/4 Mi. dirt track), 9 a.m. World Runners, 2050 W. Steele Lane, #E2, Santa Rosa, CA 95401. (707) 545-5548.

Winters: Winters Youth Day Fun Run 10K & 5K Run/Walk, Kids' Half-Mile, Winters High School (Railroad Ave.), 7:45 a.m./1 Mi., 8 a.m. Steve Baker, 203 Anderson, Winters, CA 95694. (916) 795-4256.

Petaluma: Petaluma Scramble 3K & 8K, Petaluma High School, 9 a.m. Petaluma Parks & Recr. Dept., P.O. Box 61, Petaluma, CA 94953. (707) 778-4380.

Sacramento: Dome to Delta Race, 12K, Capital Mall (at Fourth St.), 9 a.m. Milt Whaley, 3920 W. Land Park Dr., Sacramento, CA 95822. (916) 448-5663.

Eureka: Rhododendron Festival Run, 2 Mi. & 10K, Eureka Mall, Time TBA; Frank Jager (707) 443-2051.

Avenal: Oasis in the Sun Fun Run, 2 & 4 Mi., Avenal High School, 8 a.m. Avenal Chamber of Commerce, P.O. Box 488, Avenal 93204. (209) 386-0690.

Nipomo: N.C.M.C.; Run for Health 5 & 10K, Nipomo Regional Park (Tefft St. & Pomeroy Rd.), 9 a.m. Constance Brooks, 150 Tejas Pl., Nipomo 93444. (805) 929-3647 (Bill Denneen).

Long Beach: Long Beach Plaza 8K Run, (451 Long Beach Blvd.), 8:30 a.m. Long Beach Plaza, 451 Long Beach Blvd., Long Beach 90802. (213) 435-8686.

Palos Verdes: Palos Verdes Library 10K Run & 3K Run/Walk, Courtyard Mall, 8 a.m. Marcia Howard, 430 Silver Spur Dr., Suite 101, Palos Verdes, CA 90274. (213) 377-7225.

May 1 (Sunday)

Weott: Avenue of the Giants Marathon, Dyerville Bridge, 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-5809.

Long Beach: Long Beach Marathon, 7:30 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

Big Basin: Big Basin Redwoods Run, 6.5 Mi and 1.7 Mi. Fun Run/Walk, 9 a.m. Big Basin Redwoods State Park Headquarters. Sempervirens Fund, Drawer BE, Los Altos 94023. (415) 962-0720 Tom Matthews.

San Francisco: DSE South Embarcadero Run, 6.25 Mi., Dolphin Club (Jefferson at Hyde), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Millbrae: John's Run, 5 & 10K and 1 Mi. Fun Run, Mills High School, 9 a.m. John's Run, P.O. Box 578, Millbrae 94030. (415) 994-2665.

Danville: Devil Mountain Run, 10K & 2.8 Mi. Fun Run/Walk (PA/TAC Men's Open 10K Championships), Town & Country Center, 9 a.m. Devil Mountain Run, P.O. Box 727, Alamo 94507. (415) 837-8545.

Salinas: Wildflower 100K Triathlon, 2K Swim, 80K Bike, 18K Run, Lake San Antonio, Time TBA. Terry Davis, P.O. Box 367, Salinas 93902. (408) 424-1971.

Sausalito: Scenic Bay Run, 3.95 Mi., Entrance to tunnel at Fort Cronkhite, 9 a.m. Sausalito Recr. Dept., P.O. Box 127, Sausalito 94966. (415) 332-4520.

Belmont: Bay View Federal Savings Belmont Biathlon, 10K Run, 20K Bike, also 5K Run, 10K Bike and "Trike & Trot", 8 a.m./Long, 11 a.m./Short, noon/Kids. Belmont Chamber of Commerce, P.O. Box 645, Belmont 94002. (415) 595-8696.

Santa Cruz: "Discovering Our Common Ground"/Peace Day 5 & 10K, Delaware & Natural Bridges Dr., 8:30 a.m. Vinnie Apicella, 101 Grand Ave., #4, Capitola 95010. (408) 462-5319 or 427-0834.

☐ Schedule

Angwin: Angwin to Angwish 5 & 10K, Pacific Union College Gym, 9 a.m. Alice Brayshaw, Dept. of HPER, Pacific Union College, Angwin 94508. (707) 965-6344.

Ridgecrest: Inyokern 10 Mile Run, Hwy 395 & So. China Lake Blvd. (7 1/2 Mi. So. of Ridgecrest), 8 a.m. OTHTC 10 Mile, c/o Scott Broyles, 1243 Wayne St., Ridgecrest 93555.

Oxnard: California Strawberry Festival 10K, Channel Island Harbor, 8 a.m. Chris Holmbey, 3836 Pemm Pl., Santa Barbara 93105. (805) 563-1008.

Lone Pine: Wild, Wild West Cross-Country Marathon (& 3 and 5 Mi.), Tuttle Creek Campground, 7 a.m./Marathon & 5 Mi., 7:10 a.m. Lone Pine Chamber of Commerce, P.O. Box 749, Lone Pine 93545. (619) 876-4444. Note: 5 Mi. may be 10 Mi.

Altadena: Old Fashioned Days 5 & 10K Runs & Family FunWalk, Altadena Town & Country Club (2290 Country Club Dr.), 9 a.m. Rancho Pub & Grill, 2485 North Lake Ave., Altadena 91001. (818) 798-7634 (Lynette Larson).

Glendale: Heart & Sole Classic, Distance(s) TBA, Verdugo Park (1621 Canada Blvd.) Employee Relations, Glendale Federal Savings, Hoest Center, 201 W. Lexington, Glendale 91203. (818) 409-5207 (Mark Goldstein).

San Diego: Frank Shorter Invitational, 1, 2 and 5 Mi., Scripps Memorial Hospital, 7 a.m. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

San Diego: Cinco de Mayo Run & Walk, 10K & 2 Mi., Balboa Park, 7:30 a.m. Lyn Lacey (619) 236-0842.

Spokane, WA: Lilac Bloomsday Run, 12K, Time TBA. Lilac Bloomsday Run, Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. (509) 838-1579.

May 3 (Tuesday)

Oxnard: Evening Fun Run, 3 Mi., 6 p.m. Oxnard Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

May 5 (Thursday)

So. El Monte: Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

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May 7 (Saturday)

San Jose: Quicksilver 50K/50M Endurance Runs, Almaden Quicksilver County Park, trail-course with over 7,000 Ft. climb(s), 6 a.m. (200 limit), Bill Maida, 1490 Hicks Ave., San Jose 95125-3821. (408) 293-5738.

Walnut Creek: Mt. Diablo Marathon & 50 Miler, loop trail course with 3800 ft. elevation change, Time TBA. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Corcoran: Coconos, 3 & 10K, 8 a.m. John Maroot Park (corner of Van Dorsten & Hanna). Ron Garcia 5605 Niles Ave., Corcoran 93212. (209) 627-2806.

Fresno: American Heart Association Run For Life, 2 Mi & 10K, 7:00 a.m./2 Mi, 7:30 a.m. Mt. View Shelter, Woodward Park. American Heart Association, 3835 N. West Avenue, Fresno 93705. (209) 224-8215.

San Francisco: Message to Garcia 10K & 1 Mi. Fun Run, Presidio of S.F., 8 a.m./1 Mi, 8:30 a.m. John Costigan, HQ Sixth Army, Attn: AFKC-RM, Presidio of San Francisco 94129. (415) 561-6020.

San Francisco: St. Ignatius Alumni Run, 2 & 4.5 Mi., Lake Merced (Boathouse Restaurant), 9 a.m. Al Clifford, 1965 Market St., San Francisco 94103. (415) 552-1006.

San Francisco: Human Race 8K, Marina Green, 8 a.m. Miriam Gimpel, Volunteer Center of S.F., 1090 Sansome St., San Francisco 94111. (415) 982-8999.

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

Gilroy: Walk-a-thon/Run For Health, 10K, (Cohansey & Noname Uno off 101 Frwy), 8 a.m. Gail Bridwell, So. Valley Hospital Foundation, 650 Fifth St., Gilroy 95020. (408) 842-5621, x452.

San Mateo: Human Race 8K, Central Park, 8:30 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

San Rafael: Human Race 10K Run/Walk, Terra Linda High School (320 Nova Albion), 8:30 a.m. Volunteer Center of Marin, 70 Skyview Terr., San Rafael 94903. (415) 479-5660.

Stockton: Cinco de Mayo Race, 5K & 1 Mi. Fitness Run, The Warehouse (445 W. Weber), 9:30 a.m./5K, 9 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208. (209) 951-8941.

Tracy: Run Against the Wind 10K & 2 Mi., Dr. Powers Park (Tracy Blvd. & Lowell), 7 a.m. Bob Milliorn, 7759 W. Cabe, Tracy 95376. (209) 832-1054.

Sacramento: Maranatha Half-Marathon & 10K, Goethe Park, 8 a.m./Kids' 1/2-Mile, 8:20 a.m./H-M, 8:30 a.m. Christian Runner's Assoc., Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Sacramento: Lloyd Connelly/Friends of the River 5 & 10K, (3636 American River Dr.), Time TBA. Sharon Sims (916) 443-8887.

□ Schedule

Ione: Goldweb Gallop, 10K, Half-Marathon & Kids 1 Mi., 7:45 a.m./1 Mi., 8 a.m./H-M, 8:30 a.m. Mike or Julie Bohl, Goldweb Publications, P.O. Box 606, Ione 95640. (209) 274-2403.

Arcata: Atlanta's Victory Run, 2 & 5 Mi. (Women Only), Arcata Co-op, Time TBA. Karen Kelley-Day (707) 443-2652.

Solvang: Run for Justice, Distance TBA, Christian Anderson Park (Atterdag Rd.), 9:30 a.m. Muriel Sumpter: (805) 736-0965.

Bakersfield: Bakersfield T.C. Fun Run, Distance TBA, Hart Park, 8 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

So. El Monte: Born to Run 1.2 Mi. Cross Country Race, Legg Lake Park, 7:45 a.m. Attn: Jim, 13413 Melody Rd., Chino Hills 91710.

San Luis Obispo: Alcohol Services 5 & 10K Dry Run, Meadow Park, 8 a.m. Jean da Costa, Alcohol Services, 3220 S. Higuera St., #201, San Luis Obispo 93403.

Newport Beach: Ford Aerospace Tune Up Runs, 1K, 5K & 10K, (Ford Rd. & Jamboree), 7:30 a.m. Spring Tune Up Run, Box A, Ford Rd., Newport Beach 92660. (714) 720-7787 (Sam Johnson).

Ventura: Law Day 5K (Victoria & Thille), 9 a.m. Donna de Paola, Ventura Co. Bar Assoc., 4478 Market St., #704, Ventura 93003.

Santa Barbara: Law Day USA 15K Run & 3x5K Relay, Palm Park (Cabrillo Blvd.), 8:30 a.m./15K, 9 a.m./Relay. Santa Barbara Co. Bar Assoc., P.O. Box 6616, Santa Barbara 93160. (805) 962-3443.

Fountain Valley: Run for the Roses 6K and Fun Run, Mile Square Park, 9 a.m. Silky Sullivans, 10201 Slater Ave., Fountain Valley 92708. (714) 963-5967 (Bill Madden).

Torrance: Make a Wish 5 & 10K, (2800 Skypark Dr.), 7:30 a.m. Debra Leathers, Southwestern School of Law, 675 S. Westmoreland Ave., Los Angeles 90005. (213) 738-6814.

Van Nuys: Human Race 2K, 5K & 10K, Woodley Park, 8 a.m. Volunteer Center of SFV, 6931 Van Nuys Blvd., #309, Van Nuys 91405.

Hawthorne: Hawthorne YMCA Mother's Day 3K & 10K, Hawthorne Plaza Mall, 8 a.m. Quin Gustason, Hawthorne YMCA, 12500 S. Ramona, Hawthorne 90250. (213) 679-1146.

Pomona: Human Race 10K Run & Walk, Cal-Poly Univ. (football field), 7 a.m./Run, 8 a.m./Walk. Volunteer Center, 375 S. Main St., #109, Pomona 91766.

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

Lake Hughes: Steamroller 100K Run, Angeles National Forest, 5 a.m. CMFA, 16 Peppertree, Rancho Palos Verdes 90274. (213) 544-1817.

Monrovia: Monrovia Centennial 5 & 10K and 2K Fun Run, YMCA (Mountain & Lemon), 7:30 a.m./2K, 8 a.m. Santa Anita YMCA, 501 S. Mountain, Monrovia 91016. (818) 359-9244.

San Diego: YMCA/Breakers 5K & 10 Mi., Mission Beach, 7 a.m. Roger Martin: (619) 232-7451.

San Diego: BMW La Jolla Marathon Relay, 5x5.2 Mi., UC San Diego, 2 p.m. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

Las Vegas: Bud Light Road Runner Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Jim Reitz, UNLV Athletics, 4505 S. Maryland Pkwy., Las Vegas, NV 89154. (702) 739-3636.

May 8 (Sunday)

Pinole: Pinole Marathon & Half-Marathon, Pinole Valley High School, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Francisco: May Day Run, 5 & 10K, So. Side of Polo Fields (Golden Gate Park), 9 a.m. Carole Dears, American Heart Assoc., 421 Powell St., San Francisco 94102. (415) 433-2273.

San Francisco: Cinco de Mayo Razathon, 3.5 Mi., Rolph Park (Potrero & Army Sts.), 9 a.m. Dave Perlin, c/o MECA, 3007 - 24th St., San Francisco 94110. (415) 826-1401.

San Francisco: DSE Low Tide Run, 6.0 Mi., Ocean Beach at Great Hwy & Balboa, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

So. El Monte: Garritsons' Legg Lake 8K Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

May 10 (Tuesday)

Oxnard: Evening Fun Run, 5 Mi., 6 p.m. Oxnard Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

San Luis Obispo: Night Moves 5K, 6:15 p.m. Rick Van Horn, Recreational Sports Office, University Union 118A, Cal Poly State Univ., San Luis Obispo 93407. (805) 756-1366.

May 12 (Thursday)

So. El Monte: Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

May 14 (Saturday)

Tecate: Tecate-Ensenada Relay, 75 Miles (5-person teams), Town Square, 7 a.m. Info: (619) 275-1384.

Sutter Creek/Jackson: Slice 100K Run, 50K/Day, Time TBA. Paul Reese, 308 Forest Ct., Auburn 95603.

Menlo Park: Celebrate Education Run for Fun, 5 Mi., Hillview School (Elder & Santa Cruz Ave.), 9 a.m. Charlot Singleton, 138 Isabella Ave., Atherton 94025. (415) 328-1942.

San Jose: "Stroller-Thon" 8K (strollers encouraged but not req'd.), 9 a.m. Mothers' Milk Bank, 2260 Clove Dr., San Jose 95128. (408) 998-4550.

Santa Cruz: March of the Monarchs 10K & 15K, Natural Bridges State Beach & Park (trail race w/obstacles), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Corralitos: Sole Savers Run, 10K, Holy Eucharist Church (Corralitos Rd. near Watsonville), 8:30 a.m. Michael Jordan, 14 Eileen St., Watsonville 95076. (408) 724-2962.


Guerneville: Stumptown Daze Run Through The Redwoods 5 & 10K, Armstrong Woods Rd., 9 a.m. Russian River Chamber of Commerce, P.O. Box 331, Guerneville 95446. (707) 869-9000.

Bass Lake: Smokey Bear 10K, 2 Mi. & Kids 1K, Pines Resort, 8 a.m. Wes McNally, USDA Forest Service, 41969 Highway 41, Oakhurst 93644. (209) 683-4665.

Oxnard: 5K Morning Run, 8 a.m. Oxnard Parks & Recreation, 325 So. A Street, Oxnard 93030. (805) 984-4643.

Bakersfield: Bud Light Triathlon, 2K Swim, 40K Bike, 15K X-C Run, Lake Ming off Hiway 178, 8 a.m. North Bakersfield Recreational Park District, 405 Galaxy, Bakersfield 93308. (805) 399-2720.

Newport Beach: Back Bay Community Walk/Jog, Distance TBA, 55-years-and-over only, Newporter Inn (Jamboree Blvd.), 8 a.m. Roseann Bora, 800 Marguerita, Corona del Mar 92625. (714) 644-3244.



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400IH	High Jump
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& San Jose Box Office 246-1160

☐ Schedule

Chula Vista: Scripps Memorial Health Beat 10K, 2 Mi., 8 a.m. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

San Diego: Nordstrom's Stride, 5K, Hospitality Point, Time TBA. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

May 15 (Sunday)

San Francisco: Examiner Bay to Breakers 12K, Howard & Spear Sts., 8 a.m. Terri Robbins, Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7770. (Entry blanks will be in S.F. Examiner).

Berkeley: Tilden Tuff 10 Mile, Inspiration Point, 8:30 a.m. (350 Limit). Lake Merritt J&S, 3136 California, Oakland 94602. (415) 530-9151.

Santa Cruz: Banana Slug Classic, 7 Mi., UC Santa Cruz (East Field House), 10 a.m. Torin Rofstein, 512-B Second St., Santa Cruz 95060. (408) 426-2849.

Sacramento: Old Sac Triathlon, 600 Yd. Swim, 13 Mi. Bike, 3 Mi. Run, South Natomas area, 8 a.m. Bill Kelly, Fleet Feet, 2408 J Street, Sacramento 95816. (916) 442-7223.

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

Arroyo Grande: Team Challenge/Arroyo Grande Triathlon, 1/2 Mi. Swim, 5K Run, 18 Mi. Bike, Mallard Cove area (Lopez Lake), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Arcadia: Santa Anita Lite Spring Classic, 1K, 5K & 10K, Santa Anita Race Track, 7:30 a.m./10K. Irene Mew, The Trophy Case, 16 No. First Ave., Arcadia 91006. (818) 574-1582.

San Diego: Palomar Pentathlon XXII (5 events on track), Balboa Stadium, 9 a.m. Graeme Shirley (619) 455-4440.

May 17 (Tuesday)

Oxnard: 3 Mile Evening Run, 6 p.m. Oxnard Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

May 19 (Thursday)

So. El Monte: Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

May 21 (Saturday)

San Francisco: Golden Gait Walkathon, 6K & 12K, Washington Square (Columbus at Union), 9 a.m. Forrest Gok, Self-Help for the Elderly, 640 Pine St., San Francisco 94108. (415) 982-9171, x48.

Fresno: Exercise for Health Day 1988, 8 a.m. The American Cancer Society, 2940 North Fresno St., Fresno 93703. (209) 225-9202.

Richmond: "High Five" 5K, Pt. Pinole Regional Shoreline, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Palo Alto: Gunn Paly 5 & 10K, 8:30 a.m. Palo Alto Rec. Dept., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2342.

Geyserville: Icebreaker Triathlon (Redwood Coast Triathlon Series), 1/2 Mi. Swim, 5K Run, 14 Mi. Bike, Lake Sonoma Park, 8 a.m. (350 limit). Redwood Coast/USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144.

Ukiah: 24-Hour Relay, Ukiah High School (track), Pre-Reg. Only (until 5/7), noon (\$350/10-person team). Liz Black, Redwood Health Club, 3101 So. State St., Ukiah 95482. (707) 468-0441.

Fresno: Mind Over Matter 2 Mi. & 10K, Cedar Vista Hospital (Cedar & Herndon Aves.), 7:30 a.m. Nancy Lucinian, 7171 No. Cedar, Fresno 93710. (209) 449-8011.

Kingsburg: Dala Horse Trot VII, 10K and 2 Mi., Downtown Park (Lewis & Marion Sts.), 7 a.m. Dala Horse Trot, P.O. Box 103, Kingsburg 93631. (209) 897-5909 or 897-5764 (Cheryl Smith).

Lompoc: Mission Fiesta 10K Run and 5K Run/Walk, La Purisima Mission, 8:30 a.m./Walk, 8:45 a.m./5K, 9:30 a.m. Peggy Good: (805) 733-3644.

Santa Barbara: Delta Ypsilon Delta Delta Delta 5 & 10K, Leadbetter Beach, 9 a.m. Brooks Beard, 6556 El Nido, #15, Goleta 93117. (805) 685-1596.

Canoga Park: Great Rockwell Reservoir 5 & 10K and 1 Mi. Fun Run, Canoga Park (8500 Fallbrook Ave.), 7:30 a.m./10K, 9:15 a.m./5K, 10:30 a.m. Steve Polley, Rockwell Reservoir Run, 8500 Fallbrook Ave., West Hills 91304. (818) 710-2145.

So. El Monte: San Gabriel River 15K SCA/TAC Championships, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Bernardino: Coyote Classic 5 & 10K, CSU San Bernardino, 8 a.m./5K, 8:30 a.m. Brian Sommerfield, Associated Students Office, Cal-State Univ., 5500 University Pkwy., San Bernardino 92407. (714) 887-7494.

Torrance: Armed Forces Day 5 * 10K, Torrance Civic Center, 8 a.m. Allen Shall, Parks & Rec. Dept., 3031 Torrance Blvd., Torrance 90503. (213) 618-2945.

Fillmore: Youth Employment Service 10K & 2.7 Mi., Central & Sespe, 8 a.m. Youth Employment Service, 455 Sespe Ave., Fillmore 93015. (805) 524-2424.

Dana Point: Dana Point Scholarship 5 & 10K & Kids Track Run, Dana Hills High School, 8 a.m. Dana Point Scholarship Run, P.O. Box DF, Dana Point 92629. (714) 661-0317.

San Diego Area: Bradley/Sapporo Run, 4K & 0.8 Mi., Chollas Lake, 9 a.m. Hal Bradley. (619) 281-9632.

San Diego: Valley Center Optimists 10K & 2 Mi., Off Cole Grade Rd., 7 a.m. Garry Farmer (619) 749-3290.

May 22 (Sunday)

San Diego: The San Diego 10K, 10K & 5 Mi. Walk, 7:30 a.m./5 Mi. Walk, 7:45 a.m., Downtown San Diego-Gaslamp. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

San Francisco: DSE Twin Peaks Run, 3.36 Mi., Portola & Twin Peaks Blvd., 9 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Carlos: Hometown Days Foot Race, 5 Mi., Burton Park (Arroyo & Cedar), 9 a.m. Elizabeth Pololard, Davey Properties, 3201 Jefferson Ave., Redwood City 94062. (415) 369-0081.

Palo Alto: IAM's Dogs Best Friend 5K Run, Baylands Athletic Center (Embarcadero & Geng Rds.), 9 a.m. (Only for runners with dogs on leash). Palo Alto Recreation Dept., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2342.

Cupertino: Tandem Computers "Up and Running" Race, 10K, 2 Mi. & Trike & Trot, 19333 Valco Pkwy., 9 a.m. Tandem Computers, 19333 Valco Pkwy., Cupertino 95014. (408) 725-2302.

Schedule

Los Gatos: Los Gatos Scholastic Classic 10K & 2 Mi. Fun Run, Los Gatos High School (track) (off New York Ave.), 9 a.m./10K, 10:30 a.m. Martin Robinson, Los Gatos Elementary Education Fndn., 346 Johnson Ave., Los Gatos 95032. (408) 354-2252.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10, & 15K, Old Boathouse (Lake Merritt), 14th & Lakeside, 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 530-9151.

Pleasanton: Soccer City Run, 5 & 10K, Hacienda Business Park (5341 Owen's Ct.), 10 a.m. Mike Milton, 3586 Whitehall Ct., Pleasanton 94566. (415) 846-5512.

Prunedale: Manzanita Park Cross-Country 5 & 10K and Children's Fun Run, Manzanita Park, 9 a.m. Linda Long, P.O. Box 1051, Castroville 95012. (408) 663-6462.

Angwin: Ultimate Runner Competition, 100m, 400m, Mile, 5K, Pacific Union College track (heats of 5 runners except for 5K), point system determines placing, 8:30 a.m. Patrick Lecourt, St. Helena Hospital, Deer Park, 94508. (707) 963-6357.

Westlake Village: Westlake Florist 5 & 10K Flower Runs, Westlake Elementary School, 8 a.m./10K, 9 a.m. Harry Pantus, 31800 Langspur Ct., Westlake Village 91361. (818) 889-6408.

Newport Beach: Round the Bay in May 5 & 15K, Newport Dunes Aquatic Park, 7:30 a.m. Orange County Mental Health Assoc., 2110 E. First St., Suite 110, Santa Ana 92705. (714) 547-7559.

Los Angeles: Run Like a Bruin 5 & 10K, UCLA, 7:45 a.m. Mike Casillas, Student Alumni Assoc., James West Center, 405 Hilgard Ave., Los Angeles 90024. (213) 206-0524.

Oxnard: 5 Mile Evening Run, 6 p.m. Oxnard Parks & Recr., 325 So. A Street, Oxnard 93030. (805) 984-4643.

May 25 (Wednesday)

San Diego: One-Hour Run, Balboa Stadium (3 heats), 5:30 p.m. Graeme Shirley (619) 455-4440.

May 26 (Thursday)

So. El Monte: Legg Lake 8K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

May 28 (Saturday)

Berkeley: The Strawberry Canyon Run, 5.5 Mi (Uphill), 9 a.m., Edwards Stadium, Berkeley Campus. Marilyn Smith, Lawrence Hall of Science, University of California, Berkeley 94720. (415) 642-5133.

San Bruno: Memorial Cross-Country Run, 4 Mi., City Park (By War Memorial Gym), 8 a.m. Mike Sullivan, c/o Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 964-2172, 872-3805.

San Jose: Big Foot Run to the Lake 8K & 2 Mi., East Ridge Mall (Tully Rd. off US 101), 8:30 a.m. Wes Chan, 2905 Stutz Way, San Jose 95148. (408) 238-6474.

El Sobrante: Wildcat Rmable Half-Marathon, 13.1 Mi., Hillview School (Clark Rd. to Inspiration Point & back), individual or Relay (2-person), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sanger: Memorial Run, 6 Mi. & 3 Mi. (time prediction), Madison School (Cherry and Bethel), 7:30 a.m. Sanger Striders T.C., c/o 10518 E. California Ave., Sanger 93657. (209) 875-4072.

Coalinga: Derby Days Fun Run, 5 & 10K and 1 Mi., Keck Park, 8 a.m./1 Mi., 8:30 a.m. Mike Ross, Coalinga-Huron Recr. & Park District, P.O. Box 386, Coalinga 93210. (209) 935-0727.

CALIFORNIA

Track & Running News

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□ Schedule

Santa Barbara: Sri Chinmoy 3 Mile, Palm Park (across from Red Lion Restaurant), 8 a.m. Aditi Carnahan (805) 685-3325.

Oxnard: 5K Morning Run, 8 a.m. Oxnard Parks & Recr., 325 So. A Street, Oxnard 93030. (805) 984-4643.

So. El Monte: Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Sierra Madre: Mount Wilson 8.6 Mile Trail Run, Baldwin Ave. & Sierra Madre Blvd., 7:30 a.m. (250 limit, no raceday reg., entries close May 13). Donna Harriman, c/o Parks & Recr., 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7135, x227.

San Diego: Bonita 5 & 10K, Rohr Park, 7:30 a.m. Don Garsh (619) 420-3311.

San Deigo: Coronado Memorial Day 10K & 2 Mi., 7th & G Streets, 7:30 a.m. Kathy Loper: (619) 437-4667.

Wheeling, WV: Elby's 20K (Nat'l TAC Sr. Men's Championships), Time TBA. Hugh Stobbs, c/o Elby's, 1233 Main St., Wheeling, WV 26003. (304) 233-5000.

May 29 (Sunday)

San Francisco: DSE Legion of Honor Run, 4.3 Mi., 34th Ave. & Clement, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Foster City: Run Your Plaque Off 10K & 1 Mi. Fun Run, Sea Cloud Park, 8:30 a.m. San Mateo County Dental Society, 1941 O'Farrell St., San Mateo 94403. (415) 345-5714.

Incline Village, NV: I-CAN Run for Drug-Free Youth 10K & 2 Mi., 1/2-Mile, Aspen Grove Comm. Center (960 Lakeshore Blvd.), 10 a.m./1/2 Mi., 10:30 a.m./2 Mi., 11 a.m. S. Baker, Box 5792, Incline Village, NV. 89450. (702) 831-0668.

Montebello: Montebello 5K Run, Grant Rea Park, 8:30 a.m. Bill Kirby, 237 N. Montebello Blvd., Montebello 90640. (213) 949-0394 (Arthur Martinez).

Brentwood: Brentwood 5 & 10K, San Vicente & Barrington, 8 a.m. Brentwood 10K, Box 49913, Los Angeles 90049. (213) 820-7585.

Irvine: Memorial Day 8K, Zee Medical (7 Holland Ave.), 8 a.m. NHSRA, 18102 Irvine Blvd., Suite 205, Tustin 92680. (714) 838-4531.

Lake Shasta: Skyway Redding Triathlon, 2K Swim, 50K Bike, 10K Run, Time TBA. Terry Rust, 811 Northridge Dr., Redding 96001. (916) 243-7736.

May 30 (Monday)

Kentfield: Pacific Sun 10K, College of Marin, 8 a.m. Total Race Systems, 627 Galerita Way, San Rafael 94903.

Palmdale Area: Grass Mountain 6-Miler, Santa Clarita Park, 1000-Ft. elevation gain in 3 Mi. (then back), trail run, 8:30 a.m. Bob Kimmerly: (805) 270-1378.

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

Boulder, CO: Bolder Boulder, 10K (National TAC Sr. Men's Championships), Time TBA. Steve Bosley, Box 9032, Boulder, CO 80301. (303) 444-7223.

May 31 (Tuesday)

Oxnard: 3 Mile Evening Fun Run, 6 p.m. Oxnard Parks & Recr., 325 So. A Street, Oxnard 93030. (805) 984-4643.

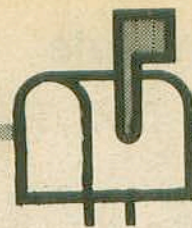
Looking Ahead

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

June 4 (Sat.) New York, N.Y.: L'Eggs Mini-Marathon, 10K, (Women Only), Central Park, Time TBA. New York RRC, 9 East 89th St., Dept. C, New York, NY 10128.

June 5 (Sun.) Foster City: Sri Chinmoy Marathon, Sea Cloud Park, 7 a.m. Giribar DeAngelo, 951 W. Dana St., Mt. View 94041. (415) 964-6372.

June 5 (Sun.) Ukiah: Russian River Run, Marathon, Half-Marathon & 8K (PA/TAC 8K Masters Championships), Time TBA. Russian River Run, 505 S. State St., Ukiah 95482. (707) 462-8879.



Address Change?

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4957 E. Heaton
Fresno, CA 93727

June 11 (Sat.) So. Lake Tahoe: DeCelle Jr. Memorial Tahoe Relays, 72-Mile 7-Person Relay around Lake Tahoe, 8 a.m. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

June 12 (Sun.) Mill Valley: Dipsea Race, 7.1 Mi. Trail Race (to Stinson Beach over Mt. Tamalpais), Time TBA. Note: Apr. 1 was deadline for entry requests. Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

June 19 (Sun.) Lompoc: Valley of the Flowers Marathon and Half-Marathon, Lompoc High School, 7 a.m. Valley of the Flowers Marathon, P.O. Box 694, Lompoc 93438. Lee Heinz: (805) 733-4495, before 9 p.m.

June 25 (Sat.) Squaw Valley: Western States 100 Mile Endurance Run, to Auburn over rugged trails, 5 a.m. (Entries closed Dec. 12, 1987). Helen & Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

June 26 (Sun.) Portland, OR: Cascade Run Off, 15K, Time TBA. Chuck Galford, P.O. Box 40228, Portland, OR 97240. (503) 287-7689.

July 4 (Mon.) Atlanta, GA: Peachtree Road Race, 10K, Time TBA. Atlanta Track Club, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. (404) 231-9064.

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS

FOR
OPEN MEN & WOMEN
MASTERS MEN & WOMEN
SUBMASTERS MEN & WOMEN

JUNE 11, 1988

Los Gatos High School & Olympic Training Center
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, JUNE 8, 1988

- Eligibility:** All men and women registered in Tac/Pacific Association. 1988 Tac Registration required. Registration available at meet \$10.00.
- Entries:** Pre-entry required before Wednesday, June 8. Phone entry O.K. (408) 354-5660.
- Fees:** \$7 per event, \$15 for relays. \$10 late entry if space available.
- Note:** Hammer will be contested at Olympic Training Center
- Heats:** Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.
- Timing:** Fully automatic timing by Accutrack.
- Facilities:** All weather track surface 1/4 spikes only. Concrete throwing rings, grass javalin runway.
- Age Groups:** Open 18-29, 30 and above in 5 year age groups. 30-39 competitors may compete in open events if they so desire, but must stay in that division except in relay. Age on June 11, 1988 determines age group.
- Awards:** Tac/Pacific championship medals to first three places in all events.
- T-Shirts:** For sale at meet.

HOUSING
Los Gatos Lodge, 354-3300, Los Gatos Garden Inn, 354-6446
Los Gatos Motor Inn, 356-8191, Village Inn, 354-8210
Toll House Hotel, 365-7070



TAC/PACIFIC MASTERS & OPEN TRACK & FIELD CHAMPIONSHIPS

Joy Upshaw and Willie Harmatz
Meet Directors
P.O. Box 1326, Los Gatos, California 95031
(408) 354-5660

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

Phone _____ (City) (State) (Zip)

Date of Birth _____

Age as of June 11, 1988 _____

Events Entered & Best Recent Time or Mark _____

Club Affiliation _____

Amount Enclosed _____ Your 1988 TAC Number _____

Make Checks payable to Los Gatos Athletic Association Inc. NO REFUNDS FOR DEFAULT

WAIVER:

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, Explorer Post #812, 813, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the TAC Pacific Masters and Open Track & Field Championships held June 11, 1988 at Los Gatos High School, Los Gatos, California, and Olympic Training Center, Los Gatos, California.

Date: _____ Signature: _____

SCHEDULE

AT LOS GATOS HIGH - HELM FIELD MASTERS TRACK

8:00 5000 race walk
9:00 100 m hurdles 33' men 60-64, 65-69
9:05 100 m hurdles 33' women 30-34, 35-39
9:10 110 m hurdles 30' men 70+, women 40+
9:20 110 m hurdles 42' submasters
9:30 110 m hurdles 30' 40-44, 45-49
9:40 110 m hurdles 36' 50-54, 55-59
10:00 100 m heats where needed all divisions
10:15 100 m finals women first oldest to youngest men
11:00 800 m women first oldest to youngest men
11:45 4 X 100 relay
Noon Lunch Break
12:30 200 m heats where needed all divisions
12:45 200 m finals women first oldest to youngest men
1:30 400 m hurdles men open
1:35 400 m hurdles men submasters, 40-44, 45-49
1:40 300 m hurdles women
1:45 300 m hurdles men 60-64, 65-69
1:55 300 m hurdles men 50-54, 55-59
2:05 1500 m women first oldest to youngest men
2:50 400 m finals women first oldest to youngest men
3:45 5000 m women, men 60+
4:15 5000 m 40-44, 45-49, 50-54, 55-59
4:45 5000 m submasters
5:00 4 X 400 relay

OPEN TRACK EVENTS

5:15 4 X 100 relay men and women
5:30 110 m highs men
5:40 100 m highs women
5:45 100 m heats
6:00 800 m finals men
6:07 800 m finals women
6:15 100 m finals men
6:22 100 m finals women
6:30 400 m hurdles men
6:45 400 m hurdles women
7:00 200 m heats
7:15 1500 m men
7:22 1500 m women
7:30 200 m finals men
7:37 200 m finals women
7:45 3000 m women
8:10 400 m finals men
8:25 400 m finals women
8:45 5000 m men
9:15 4 X 400

AT LOS GATOS HIGH - HELM FIELD MASTERS FIELD

9:00 Shot all masters and submasters women
9:30 Shot men age groups 60-64, 65-69, 70-74, 75-79, 80+
10:30 Shot men 40-44, 45-49, 50-54, 55-59
11:30 Shot men submasters
9:00 Pole vault men 60-64, 65-69, 70-74, 75-79, 80+
10:00 Pole vault men 40-44, 45-49, 50-54, 55-59
11:00 Pole vault men submasters
10:00 Long jump all masters and submasters women
10:30 Long jump men 60-64, 65-69, 70-74, 75-79, 80+
11:30 Long jump men 40-44, 45-49, 50-54, 55-59
12:30 Long jump men submasters
11:00 High jump all masters and submasters women
11:30 High jump men 60-64, 65-69, 70-74, 75-79, 80+
12:30 High jump men 40-44, 45-49, 50-54, 55-59
1:30 High jump men submasters
11:30 Discus all masters and submasters women
12:00 Discus men 60-64, 65-69, 70-74, 75-79, 80+
1:00 Discus men 40-44, 45-49, 50-54, 55-59
2:00 Discus men submasters
1:00 Triple jump all masters and submasters women
1:30 Triple jump men 60-64, 65-69, 70-74, 75-79, 80+
2:00 Triple jump men 40-44, 45-49, 50-54, 55-59
2:30 Triple jump men submasters
12:30 Javelin all masters and submasters women
1:00 Javelin men submasters
2:00 Javelin men 60-64, 65-69, 70-74, 75-79, 80+
2:30 Javelin men 40-44, 45-49, 50-54, 55-59

OPEN FIELD EVENTS

2:00 Pole vault - under 16 feet
4:30 Pole vault - over 16 feet
5:00 Shot put men
6:00 Shot put women
5:00 Long jump men
6:00 Long jump women
5:00 High jump men
6:00 High jump women
5:00 Javelin men
6:00 Javelin women
6:30 Discus men
7:30 Discus women
6:30 Triple jump men
7:30 Triple jump women

AT OLYMPIC THROWING AREA HAMMER

3:30 Hammer - masters
4:30 Hammer - open

☐ Schedule

Track & Field

Apr. 2: Northridge Invitational. Cal State Northridge. Don Strametz (818) 885-3208.

Apr. 9: Fresno Relays. Ratcliffe Stadium. Red Estes (209) 294-4097.

Apr. 9: Arcadia HS Invitational. Doug Speck (818) 963-7709.

Apr. 15-16: Bakersfield College J.C. Relays. Bob Covey (805) 395-4340.

Apr. 16: Ed Adams Invitational. Hartnell College. Gary Shaw (408) 755-6845.

Apr. 16: Stanford Classic. Brooks Johnson (415) 723-2736.

Apr. 22: Pomona Invitational. Pomona-Pitzer College. Tentative.

Apr. 22: Mt. SAC Relays. Community Colleges. Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611.

Apr. 23: Mt. SAC Relays. High School Invitational, University/Open, Distance Carnival. See contact above.

Apr. 24: Mt. SAC Relays. International Day of Champions. See contact above.

Apr. 29: Johnny Mathis Invitational. Women's events. San Francisco State University. Harry Marra (415) 338-2218.

Apr. 30: Johnny Mathis Invitational. Men's events. San Francisco State University. Harry Marra (415) 338-2218.

Apr. 30: Ken Carnine Classic. Cal State Sacramento. Michael Holzgang (916) 482-7881.

Apr. 30: Irvine Invitational. Women. U.C. Irvine. Danny Williams (714) 856-6931.

Apr. 30: Long Beach Invitational.

Apr. 30: Masters Track & Field Meet. University of Redlands, 9:30 am. Dennis Farhar, 904 Everson Ct., Redlands, CA 92374.

May 1: Irvine Invitational. Men. U.C. Irvine. Vince O'Boyle (714) 856-6931.

May 1: Mt. SAC Relays. Masters Division. Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611.

May 4-7: N.C.A.A. Championships. Humboldt State Univ., Arcata.

May 7: S&W Modesto Invitational. Modesto Community College. Tom Moore, P.O. Box 152, Modesto 95353. (209) 537-0411, home.

May 7: Nick Carter Invitational. Men only. U.C. Santa Barbara. Sam Adams (805) 961-2133.

May 7: Oregon Twilight Meet. John Gillespie (503) 686-5438.

May 7-8: C.C.A.A. Championships. Cal State Los Angeles.

May 13-14: P.C.A.A. Championships. Logan, Utah.

May 13-14: N.A.I.A. District 3 Championships. Santa Barbara.

May 14: Oxy Invitational. Occidental College, Eagle Rock. Bill Harvey (213) 259-2608.

May 14: Los Angeles State Invitational. Cal State L.A. John Tansley (213) 224-3692.

May 14: Flagstaff Invitational. Northern Arizona Univ. Wayne Norton (602) 523-6797.

May 18-21: N.C.A.A. Div. II Championships. San Angelo, Texas.

May 20-21: California J.C. State Championships. Bakersfield College. Bob Covey (805) 395-4340.

May 20-21: P.A.C. 10 Championships. Drake Stadium, UCLA.

May 20-21: Point Loma Invitational Decathlon. San Diego. Jim Crakes (619) 222-6474.

May 21-22: Late Afternoon Decathlon. U.C. Santa Barbara. Sam Adams (805) 961-2133.

May 25-28: N.C.A.A. Div. III Championships. Northfield, Minnesota.

May 26-28: N.A.I.A. National Championships. Azusa Pacific University.

May 28: Bruce Jenner Grand Prix. San Jose City College.

May 28-29: Mt. SAC Relays High School Decathlon/Heptathlon. See contact May 1.

May 29: TAC Last Chance Qualifying Meet. Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611.

June 1-4: NCAA Div. I Championships. Eugene, Oregon.

June 5: UCLA/Pepsi Invitational. Al Franken (213) 278-2030.

June 8: Empire Runners Summer Track Series. Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

June 11: Prefontaine Classic. Eugene, Oregon. Tom Jordan (503) 683-5635.

June 11: Golden West Invitational. Sacramento. Ernie Gomez (916) 483-2018.

June 16-18: USA/Mobil Outdoor Championships. Tampa, Florida. Jose Rodriguez (904) 377-0134.

June 23-25: TAC Junior Nationals. Tallahassee, Florida. Jose Rodriguez (904) 377-0134.

June 22: Empire Runners Summer Track Series. Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

June 25: Michelob Invitational. Balboa Stadium, San Diego. Al Franken (213) 278-2030.

July 6: Empire Runners Summer Track Series. Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

July 2-3: Southern California TAC. UCLA, Bob Seaman (213) 835-8177. Tentative.

July 15-23: U.S. Olympic Trials. Indianapolis, Indiana. James Perkins, Jr. (317) 636-1988.

July 20: Empire Runners Summer Track Series. Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

July 28-31: TAC Junior Olympics. Fainesville, Florida. Jose Rodriguez (904) 377-0134.

Aug. 3: Empire Runners Summer Track Series. Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

Aug. 4-7: TAC Masters Championships. Orlando, Florida. Jose Rodriguez (904) 377-0134.

Aug. 13: U.S. National Team Pre-Olympic Meet. Santa Barbara.

Aug. 20: U.S. National Team Pre-Olympic Meet. Irvine.

Aug. 27: U.S. National Team Pre-Olympic Meet. Sacramento.

Sept. 3: U.S. National Team Pre-Olympic Meet. Los Angeles.

Sept. 17-Oct. 2: XXIV Olympic Games. Seoul, Korea. (track dates: Sept. 23-Oct. 2).



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By JOHN MANSOOR

Pacific Association Office Relocated:

The Pacific Association office has moved to 800 Bonita Dr., Folsom, CA 95630. We are still using the P.O. Box 1495 in Fair Oaks, though our new street address will be faster. Our new phone number is (916) 933-4913. Please make a note of this.

Grand Prix Events Finalized

Listed below are the known LDR Championships for 1988 that will comprise the Pacific Grand Prix. Below those events are the two Championships that are still undecided at this time. I will keep you posted as to the status of those Championships. Incidentally, the rules for the Grand Prix will remain the same as in 1987, though you can expect an increase in the total prize fund. Next month I will list the prize fund.

April 10	Houlihan's 12K
All Divisions	
May 1	Devil Mt. 10K
Open Men	
June 5	Russian River 8K
Masters M & W	
June 18	Captain's Cup 5K
All Divisions	
June 26	Oakland Double 10K
All Divisions	
July 30	Gold Rush 50K
All Divisions	
Sept. 4	Hoy's 10K
Open Women	
October 1	Journal Jog 8K
Open Men & Women	
October 9	Silver State 15K
All Divisions	
Nov. 6	Examiner Cross Country
All Divisions	
Nov. 13	Foundation 30K
All Divisions	
Dec. 4	Cal International
All Divisions	
Tentative:	
Sept. 18	Buffalo Stampede 10M
All Divisions	
TBA:	
Masters Men & Women	10K

Olympic Marathon Trials Qualifiers

Listed below are the Pacific Association athletes that have qualified for the marathon trials to date. The men have until April 18th to achieve the 2:20 standard, while women may still qualify at the shorter 10K or half marathon distance. For all of those Pacific athletes that do finally qualify, we wish them the best of luck. Wouldn't it be nice to see a few of them on the Olympic team?

Men:

Jeff Adkins	2:19:57
Rob Anex	2:19:19
Dave Chairez	2:18:58
Mark Conover	2:18:03
Bill Donakowski	2:10:42
Dan Gonzalez	2:13:20
Dan Grimes	2:13:12
Brad Hawthorne	2:14:04
Craig Moore	2:19:41
John Moreno	2:19:48
Don Paul	2:19:27
Dennis Rinde	2:18:44
Miguel Tibaduiza	2:14:52

Women:

Janine Aiello	2:34:33
Michele Aubuchon	2:41:00
Eileen Bickard-Brown	2:48:51
Laurie Binder	2:41:15
Rebecca Chamberlain	2:45:52
Eileen Claugus	2:38:23
Kathy D'Onofrio	2:48:47
Nancy Ditz	2:34:50
Sharlet Gilbert	2:38:24
Patti Gray	2:36:19
Chris Iwahashi	2:46:19
Bev Marx	2:49:36
Francie Negri	2:49:59
Luanne Park	2:49:59
Robyn Root	2:37:57
Peggy Smyth	2:47:04
Sandy Sup	2:48:08
Sarah Tabbutt	2:48:22
Ann Trason	2:43:24
Linda VanHousen	2:46:15
Sue Vinella-Brusher	2:47:01
Barbara Zimmer	2:46:59

photo by Mark Winitz



Sharlet Gilbert

Pacific Travel Fund Expanded

In last month's issue I outlined the Track & Field travel fund available to all Pacific athletes for the Junior, Intermediate and Open (Senior) National meets. This fund has now been expanded to include Master athletes who will be headed for the National Master's meet in Florida, on August 4-7th. For the master athletes, to be eligible for the award you must achieve the sixth place time, distance or height from last year's meet, and you must be the top qualifier in your event from the Pacific Association. Only one award per event will be given, which means you are also competing against athletes from all age divisions. Our Master's Chairman, Dr. Bruce Springbett, will determine the top qualifier for each event. Other rules include being a PA/TAC member by May 1st, and applying to the office by July 21st.

Renew to PA-TAC Today!

The Athlete's Kitchen

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



Nutrition for the New Year

When it comes to making New Year's Nutrition Resolutions, athletes seem to fall into two categories:

1. The care-free eaters who resolutely plan to continue eating pepperoni, butter and chips galore.
2. Those who already have too many resolutions yet vow to further restrict sugar, salt, fat, meat, etc..

The resolution-less eaters I rarely counsel. They deftly avoid nutritionists! The nutrition-conscious folks, however, comprise a large part of my clientele. They come to me frustrated by their struggles to balance their "Newtrition" Resolutions with friends, family and social eating. For example, marathon runner Ann Johnson confessed her so called "nutrition sins" and requested that I "put her on the straight and narrow" regarding salt, fat and cholesterol, so that she could better refine her diet to 1988.

In light of Ann's severe salt restrictions, I asked if she had high blood pressure. She didn't. In fact, she had very low blood pressure, as commonly occurs with people who are physically fit. I also asked about her blood cholesterol level. That, too, was well below the average.

"You're following a very restrictive eating regimen that's normally imposed only upon critically ill heart patients!" I explained to Ann. Although I praised her health-consciousness, I questioned her dietary self-prescriptions and offered the following guidelines. Perhaps this information will help you, too, to establish realistic nutrition goals.

SALT: despite popular belief, sodium (a part of salt) does not cause high blood pressure. Hence, the only folks who need to strictly curb their intake are people who do have high blood pressure. Since Ann's blood pressure was very low (with no family history of hypertension), she had simply inflicted a needless dietary restriction.

For hypertensive patients, the physician often prescribes a 2000 milligram sodium diet. The National

Academy of Sciences suggests 3300 mg as appropriate for a healthy person. I believe that 3300-4000 is well within reason for athletes who lose sodium via sweat. Ann had restricted herself to about 1000 milligrams per day; she cooked without salt, added no table salt and ate only low sodium foods. High salt Chinese food and pizza were taboo!

Of all the nutrition sins, salt is the least likely to "do you in" (if you have normal blood pressure). Hence, if you're choking down unsalted oatmeal (only 60 mg), you might want to loosen-up your sodium rules and allow yourself to enjoy tastier foods. For a perspective of how much salt can be included in a 3000 mg "low" sodium diet, here's the sodium content of some "salty foods": 1 packet salt (1/4 tsp.) - 500 mg; 1/4 cup salted peanuts - 150; 1 oz. cheddar cheese - 220; 1 bowl canned soup - 1200.

FAT: Fat is a major culprit when it comes to heart disease. Hence, a meticulously low fat diet (10% fat) is important for patients with clinical symptoms of heart disease. For health protection, The American Heart Association recommends a diet with fewer than 30% of the calories from fat. I generally encourage athletes to target for a 25% fat diet (to allow for more carbohydrate-calories). Hence, Ann (with no family history of heart disease and low blood cholesterol) had needlessly self-prescribed a severe fat restriction.

Of Ann's 2000 calorie intake, 500 calories can healthfully come from fat (25% x 2000 total calories = 500 fat-calories). That's the equivalent of 55 grams of fat per day. (One gram fat = 9 calories.) Ann was thrilled to learn that there's life beyond rice cakes and plain bagels; that she could eat the equivalent of 14 teaspoons of margerine, 1.5 cups of Haagen Dazs, or 4 tablespoons of salad oil and still be eating a "low fat" diet!

CHOLESTEROL: Ann's self-prescribed diet averaged about 150 milligrams cholesterol per day. That's

half of The American Heart Association's recommendation for 300 mg. cholesterol per day. Although Ann rarely ate eggs (270 mg cholesterol/egg), lean red meat (80 mg/4 oz) or lowfat cheese (80 mg/oz), she could have planned appropriate portions of these foods into her daily diet.

I invited Ann to expand her diet beyond chicken, tuna and tofu to provide more variety of foods and benefit from their nutritional value; for example, include more lean red meats in her diet for iron and zinc - minerals important to her sports performance. She was surprised to learn that 4 ounces of lean beef has a similar cholesterol content to chicken (80 vs 70 mgs.) that fat content is a bigger issue, with lean beef having advantages over tuna with mayo.

For you heart-healthy athletes (with normal blood pressure and low blood cholesterol) who have needlessly self-prescribed strict Nutrition Resolutions, I hope the above information will help you enjoy a more livable diet without feeling like a martyr. Simply keep the following targets in mind, so that when you read the nutrition information on food labels, you can better make appropriate selections and enjoy a balanced, varied diet: **SODIUM:** 3300 mg/day. **DIETARY CHOLESTEROL:** 300 mg/day; 3 eggs/week. **FAT:** 25% of total calories: about 500 fat-calories (55 grams) for women; 700 fat-calories (80 grams) for men.

An excellent Nutrition Resolution is to consult with a Registered Dietitian for a Nutrition Check-Up. This health professional will offer personalized dietary recommendations based on your current health status and family health history. You'll learn that the low fat-salt-cholesterol lifestyle is not an unbearable NO salt-fat-cholesterol regimen.

Nancy Clark, MS, RE, nutritionist at Boston-area's Sports Medicine Brookline, offers nutrition check-ups for athletes who want to protect their health. For her book The Athlete's Kitchen send \$6 to N. Eng. Sports Publ. P.O. Box 252, Boston, MA 02113.

SoCal Diary

By BILL MINARIK

February 22.

Track season officially opened in SoCal over the week-end with a rather abbreviated schedule.. In a triangular meet down at UC Irvine, there was a big surprise as the UCI Anteaters rolled over the USC Trojans and Cal Poly Pomona's men's team 129-52-11. Unless UCI has come up with a real powerhouse this year, the Trojans may be too thin to have any type of dual meet team which may mean this years USC-UCLA meet will be a total blowout. The USC women however appear to be as good as ever as they cruised by UCI and CPP 85-47-37.

Glendale Community College which has put together a remarkable men's dual meet winning streak of 116 in a row, may have a tough time continuing that streak past this season if last Friday's opener is any indication of things to come. The Vaqueros opening at home were hard pressed to beat Moorpark and Cuesta 81-74-26 and had GCC and Moorpark been scored as a dual meet, Coach Manny Trevino's Raiders would have prevailed 79-66. Since Glendale will have to face Moorpark in another tri meet Meet at Moorpark and then face conference power Bakersfield the following week at Bakersfield, the win streak must be considered in serious

jeopardy. In the women's meet, it was Cuesta 63-53-40 over Moorpark and Glendale. Another community college team which appears to be developing into a powerhouse is the Riverside men's team which demonstrated some great frontline strength en route to a 105-52 win over Saddleback. However, the Saddleback women destroyed the Riverside women 107-27.

February 29.

A limited schedule of Track & Field activity was available to SoCal fans this past week-end with the only meet of note being at Cal State L.A. where the UCLA Bruins posted easy tri-meet victories over Cal State L.A. and UC Riverside 123-66-10 and 129-40-9. Additionally, Cal State Northridge was on hand; and while the men were losing to CSLA, the CSUN women were victorious over the CSLA gals. Top efforts of the day included a 46.7 400 by UCLA's Steve Lewis, a 25-2--51-2 jump double by Bruin newcomer MacArthur Anderson, and an impressive series of throws by a quartet of Bruin strongmen. On the distaff side the Bruins Gail Devers, CSLA's Sylvia Mosqueda, and CSN's Darcy Arreola all had impressive winning efforts.

ATTENTION: Southern California Clubs

May 11 ● SCA-TAC Election

7:00 p.m.
Downey TAC Office
12458 Rives, Downey

Election of:

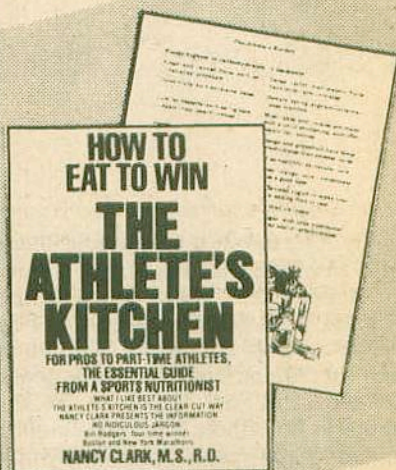
Long Distance Running Chairman
President
Three Vice Presidents
Secretary
Treasurer

All Southern California clubs are welcome and encouraged to get involved. Please re-register and attend this important meeting.

For more information call: (213) 869-4574

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Boston Running News



By Nancy Clark, MS, RD

Sports Nutritionist
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Keeping Pace

by MARK WINITZ



They're Off to the Trials!

Everyone's been talking about them. And a lot of top California runners have been training for them. The Olympic Marathon Trials. Now they're here. First the men, on April 24th at the New Jersey Waterfront Marathon. Then the women, a week later on May 1st at the Pittsburgh Marathon. The top three in each race will make the US Olympic Team, earning the right to compete in their respective men's or women's Olympic marathon in Seoul, South Korea.

As of this writing, 47 California women and about two dozen California men had qualified. That's a hefty number--promising to be tops of any state.

I went directly to some of the top local qualifiers--more than a few of whom are

serious contenders to make the team. I spoke with them to get their pre-trial assessments, concerns, and strategies. I wish I'd had the time to speak with more. Deadlines and simple considerations of space made it impossible for me to talk with many of the runners who, no doubt, would have provided interesting insights.

A number of the men qualifiers, including highly regarded Bill Donakowski (who has the fastest qualifying time going into the trials), have previously competed on the New Jersey course. . . . in fact, Bill (whom I talked to) and John Moreno (to whom I didn't--apologies) have won New Jersey. Not as many local women were familiar with their trials course at Pittsburgh.

Perhaps that's one of the reasons for the interesting pattern that emerged in my discussions: The men seemed more preoccupied with external factors such as course, weather, the other competitors, etc. and the women, in general, were more internally focussed, concentrating on their own personal strategies. Beyond that observation, I'll refrain and leave it to the qualifiers themselves:

Bill Donakowski, El Cerrito, CA; 31 years old, 5'6", 132 pounds; 5 marathons completed, 2:10:41 PR. 10K: 28:13.

"New Jersey is a quite hilly, strength-type course. It will help the true marathoners rather than the guys who are moving up. It's no place for beginners. For that reason I think it's a really good selection course. . . . It's impossible to blitz the first part at New Jersey. Someone may try it for a mile or two and then realize that's foolish. There are definitely no rewards for going out on your own. It's always windy. I think there will still be thirty people in the pack at 10 or 12 miles. The sorting out will be fairly rapid after that. You don't realize how tough the first half is. When you're running a tough course, you're feeling fine at 16 or 17. Then at 19, 20, 21, you can lose it pretty quick. You'll be down to ten (leaders), then three just like that. . . . "I like being the favorite. I think it's a real advantage. You're going to be taken seriously. But I don't place much emphasis on it. . . . "I think my course record (2:11:40 set in '86--ed.) will stand. Given the fact that it's going to be dead slow going out, and given the course and the conditions, I think a 2:12 will be good enough to make the team. . . . "Some guys are going to have six or seven races under their belts going into the trials. Most guys race too much. You can't expect to run well off that. You don't need a lot of races. Just training for the event is a lot within itself

photo by Gene Cohn



Danny Grimes

photo by Ken Lee



Dan Gonzalez

photo by Gene Cohn



Bill Donakowski

□ Keeping Pace

... "My training has been going very well. If it goes half as well as it has the last six weeks, I'll be more than ready. I'm training to win."

Dan Gonzalez, Mountain View, CA; 25 year old, 5'9", 127 pounds; 4 marathons completed, 2:13:19 PR. 10K: 28:37.

"I'm not counting myself out at all. My training has been going real well. But in the marathon it depends on who happens to be 'on' on that particular day. You can have the best training in the world and still not be good on that day... "I think it will take a 2:10 or 2:11 to make the team. It will take a combination of strength and speed. It's going to be the person who's the most rested... "I think initially it's going to go out pretty hard. And if you stick back in this field, I don't think they'll come back to you. You'll have to be in the lead pack, but play it conservatively there. Then it's a matter of holding on... "If it's windy, it will determine how the whole race is run. It's suicide to go out by yourself into the wind. The only thing you can do is expect the worst (weather), then go from there... "The middle of the day start is ridiculous. Obviously, the morning is the calmest time of the day."

Dan Grimes, Cloverdale, CA; 29 years old, 5'6", 128 pounds; 5 marathons completed, 2:13:12 PR. 10K: 28:35.

"If you look at the people who have won the New Jersey, it's always the person who has waited the longest to make their move. It might be a real advantage for the guys who have speed--because of the downhill to the finish. Guys who go out hard from the start and don't know this course might find themselves in trouble later in the race... "Last year we went out ridiculously slow, but I don't think it will happen again. There are people who just won't let that happen... "I have a feeling that the course is going to be real warm. It was a lot hotter at the finish last year than you see in the publicity, and this year has a 1 PM start. I think that will be an advantage for guys who are long and thin, and a disadvantage to those who are a little more stocky... "It's been windy in past years, but the wind has been at your back over the last 10 miles. I'd love to see a big guy like Pat Petersen leading the race into the wind, sucking it up... "I have as much chance to make the

team as anyone. My marathon PR is pretty soft. I'm ready to run a PR. I'll have to."

Thom Hunt, Coronado, CA; 30 years old, 5'8", 128 pounds; 4 marathons completed, 2:12:14 PR. 10K: 27:59.

"Nobody really stands out in this group of men, so you can't key off of any particular individual. You definitely have to be careful about everyone in the field because it's so wide open... "I don't know if the hills really make that much of a difference. The hills are in the first half, so they maybe wear you down a little earlier--but the second half is fast.

photo by Ann Giordano



Brad Hawthorne

photo by Ann Giordano



Patti Gray

photo by Gene Cohn



Nancy Ditz

photo by Richard Lee Slotkin



Thom Hunt

The bottom line is that you have to be prepared for 26 miles... "If it's windy or warm, expect a big pack and expect an attrition game until someone makes a big move somewhere in the second half. If the weather is good, there's a good chance that you'll see someone go--like Pfitzinger did in '84. The key is whether one person goes, or three people go. If it's one or two, you're more likely to let them. If three or more go, nobody can afford to get too far behind... "Under ideal conditions, I think it would take 2:10 to make the team. But that will vary a lot depending upon the conditions on the day and the strategy going on... "I definitely expect to be up there. It's very simple. There are three spots. You have to get fit, then go there and apply your training to pull the race off. There's not a whole lot more to say."

Brad Hawthorne, Oakland, CA; marathon PR: 2:12:14 (New Jersey).

After this man won the 1987 Big Sur Marathon, Frank Shorter (who was in

attendance) surmised that Hawthorne could very well be a serious factor at the Trials. Unfortunately, Hawthorne has been plagued by a back problem for the last year. Brad now admits that he is a doubtful starter at the Trials. However, he has competed on the New Jersey course, and he volunteered his speculations.

"Donakowski, Pfitzinger, and Petersen have real good shots. Maybe Janicki. A lot of people say that the race is going to be kind of conservative. But I think that you're going to see several guys go out pretty fast--and guys are going to go with them. I think Pfitzinger is going to take it out--but then again, he might take

the approach that American marathoners haven't been that good in the last few years. Maybe he'll wait and pick them off at the end."

Janine Aiello, San Francisco, CA; 28 years old, 5'4", 112 pounds; 5 marathons completed, 2:34:33 PR. 15K: 51:30.

"I honestly believe it (Pittsburgh) is going to be a wide open race. It can be anyone's day. For that reason, I'm not going to be looking at anyone except myself. I'm going to be as ready as I can be--better than I've ever been... "I'm training to run a particular time, to achieve a specific task. I'm going to go out at a pace that I feel will reach that goal. There is no doubt in my mind that one or more women will go out inside 5:40's. There has been no American woman who has been able to maintain

continued on next page...

□ Keeping Pace

that kind of pace over 26.2 miles in years. So, I'm not going to worry about them . . . "Still, I think for anyone who is seriously intent on making the team, they have to train to break 2:30. Certainly, I'm not training for what I've run before (2:34:33--ed.), even though it's one of the top times going in . . . "I like the idea of once every four years putting all your eggs in one basket. I'm a focussed kind of person that likes to concentrate on one race. You go to the edge as hard as you can in your training. It's kind of cool. I like it. It's my kind of race . . . "Really, it's a game and it's luck. You're lucky if you can train well and peak. Who's to say who's the better marathoner? Someone like Francie Larrieu Smith who has run only one marathon and chooses to avoid beating herself up? Or people like Nancy Ditz and Lisa Weidenbach, who have run marathons consistently well--although maybe not blazing--over the last few

years? The top three runners at Pittsburgh will be fooling themselves if they think that they're the greatest long distance runners in the country just because they made the team. If I make the team, I'll know that I was lucky--because I worked really hard and it happened to be my day."

Nancy Ditz, Woodside, CA; 33 years old; 2:31:36 marathon PR. 10K: 33:05.

"I tend to not look at anyone else. I'm just worried about my own race. I can just run my very best race. It's so hard spending your whole time reacting to other people. You're letting them control your race . . . "There is probably going to be a dozen who blitz the first half. If I'm in 20th place at the half, that's O.K.--as long as I feel I'm running well. There are those who think they have to hang with the leaders. In my mind, the way to make the team is to do what has worked


for me in 14 or 15 marathons. If I'm 1:14 or 1:15 at the half, that's about where I want to be. My strength is closing fast, although I've lost a little of that in the last couple of years. I'm training to return to that kind of form . . . "The course looks perfect for me--a gradual downhill at the end and it rolls a little bit. It's the kind of course that takes a little of the sting out of the speedsters . . . "The thing I hope for is horrible weather. I like it when it's bad. The only thing I don't care for too much is wind. But even in the wind I'm stronger than 90% of the women because I'm bigger than they are . . . "I have no idea what the winning times will be. In 1984, we all said that you're going to have to break 2:30. Nobody broke 2:30. I imagine anyone under 2:31 is probably going to make it. Obviously, for me this may be a perfect opportunity for the sub-2:30 that

Continued on next page . . .

MARK WINITZ'S

RUNCAL

BENING CALIFORNIA NEWSLETTER LOS ALTOS, CALIFORNIA



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

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

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

"I look forward to receiving RunCal. I'll depend on it to keep me up to date on California's running scene when I'm in New Zealand."
—Rod Dixon

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—Coach Peanut Harris, Aggie Running Club

ALL RIGHT! Start my subscription to RunCal Newsletter. I have enclosed \$18 for one year (12 issues), \$22 overseas airmail (U.S. currency). I will receive RunCal monthly, which includes the fastest results of California races possible, interviews with California runners, info on California running clubs, places to run and more.

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□ Keeping Pace

I keep thinking I deserve . . . "I'm happy with our (trials) system the way it is. By running the best race that I possibly can on that day, I can live with myself. I had a bad day at the '84 trials. If someone can have a bad day, it also means someone can have a good day. I'm looking forward to having a really good day. I'm confident. I don't know of anyone who's putting in 100 to 110 miles a week like I am."

Patti Gray, Pleasanton, CA; 25 years old, 5'2", 97 pounds; 6 marathons completed, 2:36:18 PR. 10K: 33:27.

"It's so wide open. I don't think anybody has it in the bag. I'm just training for the last six miles. I figure it's going to come down to who wants it the most when it hurts . . . "I think that if you're going to go out fast you'd better be prepared to keep it up. It's a long race. There will be a whole pack waiting to suck up anyone who goes out too hard. The party will really start at 17 or 18 miles . . . "The hills on the course are an advantage for me. I live in the hills . . . "I think it will take a sub-2:30 effort to make the team. American women haven't done that for awhile, but I think they can. They're just waiting. I'm trying to prepare to run that fast. You really can't say what time you're going to run in a marathon. Whenever you go after a particular time you never quite get it. If you just go out and race it, it comes about . . . "I've been training pretty hard. It's really coming together . . . "You have to believe in yourself. I think I can place anywhere--from making it to 30th--depending on what kind of day I have."

Sylvia Mosqueda, Alhambra, CA; 22 years old, 5'4", 103 pounds; one marathon completed, 2:37:40. 10K: 32:40.

"My coach feels that I'm ready for a really fast one (marathon)--maybe a 2:27 on a fast course. I think I can do that, but I don't like to say things until I really do them . . . "I know I'll have more leg speed than anyone (at the marathon trials). I just need to run smart and hang with the leaders--not lead. Then I'll try to pull away at some point in the last two miles . . . "Right now I really want to stay short to keep my speed. The marathon trials are OK now because they're just out there. If I make the marathon team, fine. If I don't, I don't. There's always the ten (thousand). We're really training

for the trials ten . . . "I'm doing 10,000 type training. We don't even train for the marathon. We're just going in there and do it based on strength and speed. I don't want to pound myself into the ground. I'll do 70 miles a week maximum. Leading up to the marathon trials I'll do eight long runs--most of them 14 1/2 miles with a couple of 18's."

Robyn Root, Davis, CA; 28 years old, 5'3", 110 pounds; 6 marathons completed, 2:37:57 PR. 10K: 33:12.

"I think it's going to take a 2:30 to 2:35 to make the women's team. I'm going to be prepared to do that. I think at least fifteen women have a real good chance of making the team. Kim Rosenquist Jones, Lisa Weidenbach, Nancy Ditz, Maureen Custy, Sylvia Mosqueda if she can control herself, and myself . . .

"Some people look at my shorter distance times and think that I don't have that much speed. But they don't really indicate what I'm capable of. I'm a strength runner. I might not be able to keep up with some like Mosqueda in the first half, but I can catch her in the second."

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

photo by Gene Cohn



Janine Aiello

photo by Bill Leung, Jr.



Robyn Root

Fine Flicks by Don Gosney



Sylvia Mosqueda

By KEITH CONNING

Northern and Central California Results and Stories Wanted.

Coaches, athletes, and fans please send me results of Northern and Central California high school track and field meets. I need to know the meet, site, and date of each competition. Please indicate the wind information.

I would also like to share stories on outstanding athletes with our readers. The coverage of high school athletics is primarily focused on the local level. If an interesting article appears in your local paper, please send me a copy. Be sure to include the name and date of the paper.

Please send contributions to Keith Conning, 2235 Browning Street, Berkeley, CA 94702 or to Keith Conning, Berkeley High School, 2246 Milvia Street, Berkeley, CA 94704.

Attention: North Coast Section Coaches.

The James Logan Top 8 Meet scheduled for Friday, April 29th warrants your support. For several years the Central Coast Section and the Sac-Joaquin Section have held similar meets just prior to the start of league championship competition. Those meets have been highly successful.

Your elite athletes will get a chance to go head-to-head with the best athletes in the North Coast Section. Quite often the athletes will turn in their season best time, because they don't have to go through the tiring heats required in the league, section, and state meets.

Contact Coach Jim Guscette at Logan High School if you are interested.

Tony Miller (Riordan, San Francisco)

Lawrence, Kansas, February 20, 1988--Senior Tony Miller (Riordan, S.F.), the Central Coast Section champion in the 100 and 200 meters, won two junior events in a national AAU indoor meet. Miller captured the 60-yard dash in 6.30 and the 300-yard dash in 31.68, the first time he had ever run the distance in competition.

Oakland Schools Honor Ex-Runner Jim Hines

Oakland, February 25--Former "World's Fastest Human" Jim Hines received a special proclamation last night from Oakland Superintendent Joe Coto, honoring him for being a positive role model and for being the holder of the oldest Olympic record in track and field. It was presented prior to the regularly scheduled school board meeting last night. Hines, a graduate of McClymonds High, won the 1968 Olympic gold medal for 100 meters with a world record time of 9.95.

Becky Spies (Livermore)

San Jose State University Relays, Bud Winter Field, San Jose, February 27--Freshman Becky Spies (Unattached/Livermore HS) placed second in the women's 1,500 meters in 4:43.5. Her splits were: 1:15.2, 2:32.0, (1:16.8), 3:48.8 (1:16.8).

According to *Track & Field News'* Little Gold Book to convert from 1,500 meters to the mile, you should multiply the metric time by 1.08 to get the time for the mile. Thus Spies time of 4:43.5 = 283.5 seconds x 1.08 = 306.18 seconds for the mile or 5:06.2.

Spies placed second in the Sunkist Invitational indoor mile in 5:06.7 on January 22nd. Therefore, today's race represents a slight improvement.

San Francisco Prep Hall of Fame Adds Three Track Athletes.

San Francisco, Tuesday, March 8--A total of 16 new members has been chosen to the San Francisco Prep Hall of Fame.

The 16, all of whom will be honored at the annual dinner on May 24 at the University of San Francisco, were selected Monday after an extensive study of their City high school athletic records.

Herb Blanchard, Poly track; Robert Keropian, Washington track; and Edward Sudden, Lick Wilmerding track were added.

Herb Blanchard (Poly High School)

Led Poly to three straight track titles (1955-57). As a sophomore, he captured the all-City 100 and 220 yard dashes. Repeated in both events the following year. In his senior year, Blanchard's 9.7 time in the El Cerrito Relays 100 was then the second-best time ever for a City prep, behind Ollie Matson's 9.6, which the USF and NFL great ran while at Washington High. Attended San Jose State after Poly. Coached McAteer basketball teams. Now head of McAteer boys' P.E. department.

Robert Keropian (Washington High School)

At 5-5, 120 pounds, starred in lightweight basketball, varsity track and varsity baseball. In track, broke 16-year-old long-jump varsity record with leap of 23-7 1/2. As a senior, Coach Saul Madfes asked Keropian to try varsity baseball. Not only did the diminutive Keropian try it, he took over center field, where he eventually became an all-City player. He was never thrown out stealing in his varsity career. Later attended S.F. State, where he turned out for football. He advanced so rapidly that coach Joe Verducci rated him the best all-around athlete in S.F. State history. Keropian has been principle of El Camino High School in South San Francisco for 25 years.

Eddie Sudden (Lick Wilmerding High School)

A CIF champion in rugby and track, Sudden led his Lick Wilmerding team to the SFAL and state rugby title in 1919, defeating Modesto, 14-0. In track, he remains the only S.F. runner to win two CIF state running events the same year. Sudden won the 130-pound 100-yard dash in 10.0, and in the 220 he set a record of 21.8, eclipsing three-time state champion Charlie Paddock's 22.0. After arriving at Stanford, Sudden was forced to quit school in his sophomore year to help his father in the lumber business. (Source: San Francisco Examiner, March 8, by Al Corona).

Profile on:

Gary Stolz

from Bill Leung

photo by Bill Leung Jr.

Ending the cross country season 9th in the State and 14th at the Kinney Western Regionals, high school junior Gary Stolz has a promising running career ahead of him.

Along with his cross country success, Gary who races for Miraleste High School during the season and Marathom's Racing Team during the off-season, has 32:28 bests in the 10K and 15:34 in the 5K.

His track goals are modest this year, hoping to dip under 4:25 for the mile and to get the the CIF Finals. Long range goals include a running scholarship, breaking 30 minutes for 10K and a sub-four minute mile.

Schools he has shown interest in are Stanford, Brown, UCLA and Michigan ultimately to pursue a degree in law.

Although he's had success as an individual, Gary believes that Cross Country and Track shouldn't be considered an individual sport. He feels the most important thing is the support you can give to your team and friends and in turn that support is given back to you.

An inspiration to Gary has been teammate Martina Lauchengo. He's inspired by her willingness to get up at 6:30 every morning to run and still make it to class at 7:45 each morning. She gives him confidence in himself.

In racing he feels he always goes out too fast. He's now trying to stay at the back of the lead pack, within 5-7 yards of the leader. Depending on the race he'd move up on the leader, take the lead or stay just behind and the instant he detects a weakness he'd just take off.

Gary says: "I don't train for super distance. The longest run I've ever done was 12 miles. Instead, I work my intervals and races extremely hard. During the pre-season, I rest and race less,



but I run more distance (40-45 miles/week). Near the end of the season I run more intervals and more races. Because my high school dual meets don't count competitively I use them as workouts. I tend to peak too fast, so I never try to overdo it in the beginning of the season."

In-Season Training:

Sunday:	Rest. No running.
Monday:	Distance. 8-10 miles LSD.
Tuesday:	Intervals. 5x880 fast, 1/4 miles retro.
Wednesday:	Medium. 2x440 med/fast, 8x440 jog w/110 walk.
Thursday:	Race. 1 mile, 2 mile.
Friday:	Rest. 8x440 jog w/110 walk or 2 mile easy.
Saturday:	Race. 1 mile, 2 mile.

Jr. TAC Championships 1988 Qualifying Standards

June 23-25, Tallahassee,
Florida.

JUNIOR WOMEN

100m	12.24	12.0
100y	11.24	11.0
200m	24.84	24.6
220y	24.94	24.7
400m	55.94	55.8
440y	56.24	56.1
800m	2:13.14	2:13.0
880y	2:14.14	2:14.0
1500m	4:39.24	4:39.0
1600m	4:58.04	4:57.8
1 Mile	4:59.24	4:59.0
3000m	10:10.24	10:10.0
3200m	10:50.24	10:50.0
2 Mile	10:55.24	10:55.0
100m H (33")	14.64	14.4
100m H (30")	14.34	14.1
300m H	44.14	44.0
400m H	63.14	63.0
400m Relay	48.64	48.5
800m Med. Relay	1:50.14	1:50.0
1600m Relay	3:58.24	3:58.0
3200m Relay	9:40.24	9:40.0
3K Walk	16:45.24	16:45.0
5K Walk	29:38.24	29:38.0
High Jump	1.70m	5-7.0
Long Jump	5.70m	18-8.25
Triple Jump	11.50	37-8.75
Shot (4K)	12.50	41-0.25
Discus	41.00	134-6
Javelin	39.00	127-11
Heptathlon		4200

JUNIOR MEN

Event	Mark	
100m	10.64	10.4
100y	9.74	9.5
200m	21.43	21.2
220y	21.53	21.3
400m	47.83	47.7
440y	48.13	48.0
800m	1:52.73	1:52.7
880y	1:53.13	1:53.1
1500m	3:52.80	3:52.8
1600m	4:11.00	4:11.0
1 Mile	4:12.60	4:12.6
3000 SC	9:17.00	9:17.0
2000m SC	6:17.00	6:17.0
5000m	14:45.20	14:45.2
3000m	8:29.50	8:29.5
3200m	9:05.20	9:05.2
2 Mile	9:08.20	9:08.2
3 Mile	14:15.20	14:15.2
10,000m	32:00.00	32:00.0
6 Mile	30:57.00	30:57.0
110m H (42")	14.50	14.3
120y H (39")	14.14	13.9
400m H (36")	54.07	53.9
440y H (36")	54.20	54.0
400m H (30")	53.74	53.6
440y H (30")	53.94	53.8
300m H (36")	37.44	37.3
300m H (30")	36.94	36.8
330y H (36")	37.64	37.5
330y H (30")	37.14	36.9
10K Walk	54:00.00	54:00.0
High Jump	2.11	6-11
Pole Vault	4.75	15-7
Long Jump	7.28m	23-10.5
Triple Jump	14.82m	48-7.75
Shot (16#)	15.71m	51-6.5
Shot (12#)	18.33m	60-1.5
Discus (2K)	47.24m	155-0
Discus (HS)	54.72m	179-6
Hammer (16#)	42.68m	140-0
Hammer (12#)	48.78m	160-0
Javelin (New)	59.44m	195-0
Javelin (Old)	62.64m	205-6
Decathlon 5950 (Int.)	6250	(HS)

Northern & Central California High School Track Schedule

If you would like your meet listed, please send meet information to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

April 2: Oakland Invitational: Edwards Stadium, University of California, Berkeley. Ralph Belany or Paul Cotton, McClymonds High School, 2607 Myrtle Street, Oakland, CA 94607, (415) 893-6569.

April 2: James Logan Relays: Logan High School, Union City.

April 8: Fresno Relays: Ratcliffe Stadium, Fresno. Carlo Prandini, Clovis High School, 1055 Fowler Avenue, Clovis, CA 93612, (209) 299-7211.

April 9: Santa Rosa Relays: Santa Rosa Junior College.

April 9: Sonoma State Invitational: Sonoma State, Rohnert Park.

April 16: Bruce Jenner II: San Jose City College.

April 16: Stapleton Relays: Antioch High School, Willis Ball, (415) 757-7110.

April 22: Deklotz Relays: Las Lomas High School.

April 22: Chico Invitational: California State University, Chico.

April 23: Leigh-West Valley College Relays: West Valley College, Saratoga. Coach Bill Hotchkiss, Leigh High School, 5210 Leigh Avenue, San Jose, CA 95124.

April 23: Granada Games: Granada High School. Jerry Maflin-Ayers, (415) 424-6750 day.

April 23: Foothill Invitational: Foothill High School. Carl Marsh, Foothill High School, 4375 Foothill Road, Pleasanton, CA 94566, (415) 462-1615.

April 29: Top 8 Invitational: Logan High School. (North Coast Section athletes only.) Jim Guscette, Logan High School, 1800 H Street, Union City, CA 94587, (415) 471-2520 ext. 466.

April 29: Charlie Eaton Relays: Acalanes High School, Lafayette.

April 30: Ceres Invitational: Ceres High School. Glenn Driskell, Ceres High School, P.O. Box 307, Ceres, CA 95307, (209) 538-0871.

April 30: Tokay Grape Games: Tokay High School.

May 18: Sac-Joaquin Section Sub Trials.

May 19: North Coast Section 3A Trials.

May 20: Sac-Joaquin Section Sub Finals.

May 20: North Coast Section 2A Trials.

May 20: Oakland Athletic League Trials: Laney College, Oakland.

May 21: North Coast Section 3A/2A Finals.

May 21: Oakland Athletic League Finals: Laney College, Oakland.

May 25: Sac-Joaquin Section Trials.

May 27: Sac-Joaquin Section Finals.

May 27: Central Coast Section. San Jose City College.

May 27-28: North Coast Section Meet of Champions. Edwards Stadium, University of California, Berkeley.

June 3-4: Reebok/California Interscholastic Federation State Meet: Cerritos College, Norwalk.

June 11: Golden West Invitational. Sacramento.

Put: 1. Chris Harper (Wat) 50-10 1/2, 2. K. McMahon (Bell) 45-8 1/2, 3. R. Stafford (OG) 45-6 3/4. Discus: 1. Matt Morley (Gil) 137-3, 2. K. McMahon (Bell) 131-5, 3. Tim Cali (Gil) 127-6.

Girls Results

100m: 1. Kechia Washington (OG) 13.1, 2. Ylianna Perez (OG) 13.3, 3. C. Osborne (Mit) 13.9. **100m Hurdles:** 1. Catherine Simmons (OG) 16.2, 2. Lisa Preston (Car) 16.5, 3. Brandy Falconer (Car) 16.9. **2 Mile Run:** 1. Steela Roma (Wat) 12:26.7, 2. Kim O'Hare (Pion) 12:45.5, 3. Jenny Velasco (OG) 13:32.5. **400m Relay:** 1. Silver Creek 51.0, 2. Mitty 51.1, 3. Oak Grove 52.8. **800 Relay:** 1. Silver Creek 1:51.6, 2. Oak Grove 1:55.5, 3. Presentation 1:56.1. **2 Mile Relay:** 1. Mitty 10:39.9, 2. Willow Glen 12:06.9, 3. Oak Grove 12:36.8. **Distance Medley:** 1. Watsonville 14:06.1, 2. Mitty 14:40.1, 3. Willow Glen 14:52.9. **1 Mile Relay:** 1. Mitty 4:07.7, 2. Silver Creek 4:21.0, 3. Oak Grove 4:27.9. **Long Jump:** 1. Adonica McKoy (Sil) 15-8 1/4, 2. Nicole Bell (OG) 14-3 1/2, 3. Melissa Young (Mit) 14-3. **Triple Jump:** 1. Chelsea Brown (OG) 31-5 1/4, 2. Ladonna Ervin (Sil) 31-2, 3. Dawn Evans (Pion) 30-4. **High Jump:** 1. Maggie Benson (Pres) 5-2, 2. A. Ballesteros (Mit) 5-0, 3. Carrie Foster (WG) 4-10. **Shot Put:** 1. Katie McCandless (Wat) 33-3, 2. Missy Maloata (Pion) 32-9 1/4, 3. Dorothy Glantz (WG) 32-7 1/4. **Discus:** 1. Katie McCandless (Wat) 115-10, 2. Penny Aldren (Wat) 89-9, 3. Helen Korkous (WG) 86-5.

San Jose State Bellarmine H.S. Relays

February 20. Bud Winter Field, San Jose.

Boys Results

100m: 1. Terrance Hill (OG) 10.9, 2. B. Jenkins (Sil) 11.0, 3. A. Crouts (YB) 11.1. **110m HH:** 1. Pete Simmons (OG) 15.4, 2. Jeremy Batrez (Gil) 15.6, 3. Dan Ayers (Gil) 15.6. **2 Mile Run:** 1. Andy Zoldak (Bell) 10:14.5, 2. Shane Curtis (NS) 10:21.2, 3. Robert Bomeli (Wat) 10:25.5. **400m Relay:** 1. Yerba Buena 44.7, 2. Silver Creek 44.9, 3. Gilroy 45.0. **800 Relay:** 1. Silver Creek 1:34.9, 2. Mitty 1:35.1, 3. Gilroy 1:35.3. **2 Mile Relay:** 1. Bellarmine 8:36.1, 2. Mitty 8:47.8, 3. Gilroy 8:52.9. **Distance Medley:** 1. Bellarmine 11:04.3, 2. Gilroy 11:13.7, 3. North Salinas 11:21.4. **1 Mile Relay:** 1. Silver Creek 3:29.3, 2. Bellarmine 3:32.1, 3. Gilroy 3:37.3. **Pole Vault:** 1. Brian Gregg (Wat) 12-6, 2. Gene Bobruff (Sar) 11-9, 3. M. Arelleno (Wat) 11-6. **Long Jump:** 1. Ron Lopez (NS) 21-1 1/4, 2. Joey Bush (WG) 20-8 3/4, 3. J. Powell (Bell) 20-7. **Triple Jump:** 1. H. Morrison (NS) 44-4, 2. J. Powell (Bell) 43-1, 3. J. Bush (WG) 42-6. **High Jump:** 1. Alex Pista (Sar) 6-2, 2. S. Haworth (OG) 5-8, 3. J. Guel (Mit) 5-8. **Shot**



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Northern & Central California Track & Field Preview 1988

By Keith Conning

WOMEN

The top ten performers in each event from September 1986 to February 1988 are listed in order of performance. Symbols: * = junior, ** = sophomore, A = mark made at altitude (above 1,000m), i = indoor, w = wind-aided. The year of birth is indicated for some athletes after their school and city.

100 Meters:

***Angie Davidson (Wasco) 71**

5/15 1) Central Section South Area	11.99
5/21 1) Central Section	11.94w
6/05 6) State Meet Heat 2	12.42

***Chris Williams (Vallejo)**

5/26 Sac-Joaquin Section ht	12.15
-----------------------------	-------

***Abiola Davis (Berkeley)**

4/18 4) Bruce Jenner Classic	12.57w
5/16 1) Golden Bay Athletic League	11.8w
5/29 1) North Coast Section Heat 1	12.25
5/30 1) North Coast Section	12.33
6/05 9) State Meet Heat 1	12.25
6/06 9) State Meet	12.38

***Shamone Chison (Edison, Fresno)**

5/15 1) Central Sec. North Area	12.34
5/21 3) Central Section	12.17w
6/05 6) State Meet Heat 3	12.2

***Annette Coleman (Carlmont, Belmont)**

5/29 2) Central Coast Section	12.23w
6/05 3) State Meet Heat 3	12.1

****LeNa Brice (Lincoln, Stockton)**

4/18 9) Bruce Jenner Classic	12.53w
Los Angeles Times list	12.1
5/29 2) Sac-Joaquin Section	12.17w
6/05 9) State Meet Heat 2	12.39
6/06 8) State Meet	12.36

FaMa Grisby (Edison, Fresno)

4/25 2) Bakersfield Invitational	12.41
5/21 3) Central Section	12.23w
6/05 9) State Meet Heat 1	12.57

Sharon Polley (El Molino, Forestville)

5/23 1) North Coast Section 2A	12.33w
5/30 2) North Coast Section	12.46
6/05 6) State Meet Heat 1	12.42

***Sheri Brown (Chowchilla)**

4/30 1) North Sequoia League	12.1
5/15 3) Central Section Sub	12.43

Cindy Mitchem (McLane, Fresno)

4/03 3) Fresno Relays	12.41w
5/ Fresno Invitational	12.1w
5/15 2) Central Section North Area H 1	12.47

200 Meters:

***Roslyn Mack (St. Francis, Mt. View)**

5/01 2) Los Gatos Invitational	25.07
5/29 2) Central Coast Section	25.24w
7/05 PA-Age Group	24.79

Andreen Alvarenga (Archbishop Mitty, SJ) 70

4/11 Invitational heat	24.32w
5/29 1) Central Coast Section	24.78w
6/05 3) State Meet Heat 2	24.69w
6/06 7) State Meet	24.96

***Angie Davidson (Wasco) 71**

5/21 1) Central Section	25.15
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***Chris Williams (Vallejo)**

4/18 2) Bruce Jenner Classic	24.75w
5/07 3) Sacramento Invitational	25.33
5/29 2) Sac-Joaquin Section	24.90w
6/05 9) State Meet Heat 2	24.89w

****LaNa Brice (Lincoln, Stockton)**

4/18 2) Bruce Jenner Classic Heat 1	25.53
4/18 4) Bruce Jenner Classic	25.42w
6/05 3) State Meet Heat 1	25.08w

Sharon Polley (El Molino, Forestville)

5/19 Santa Rosa Press Democrat list	24.9w
5/30 1) North Coast Section	25.53
6/05 6) State Meet Heat 3	25.09w

***Shamone Chison (Edison, Fresno)**

5/08 1) North Yosemite League	25.54
-------------------------------	-------

***Abiola Davis (Berkeley)**

5/30 2) North Coast Section	25.54
6/05 6) State Meet Heat 3	25.17w

****Sabrina Lee (Washington, Fresno)**

5/21 3) Central Section	25.61
6/05 9) State Meet Heat 2	25.30w

***Nicole DeVoe (Piedmont Hills, San Jose)**

4/18 3) Bruce Jenner Classic	25.21w
5/21 2) Central Coast Section Region 3	25.66
6/05 4) State Meet Heat 1	25.23w

400 Meters:

Andreen Alvarenga (Archbishop Mitty, SJ) 70

5/29 2) Central Coast Section	57.1
6/05 1) State Meet Heat 3	55.39
6/06 3) State Meet	54.75
1/22 3) Sunkist Invitational 500y R2	1:10.11

***Roslyn Mack (St. Francis, Mt. View) 71**

5/29 1) Central Coast Section	56.3
6/05 3) State Meet Heat 1	56.06
6/06 5) State Meet	55.60
1/22 2) Sunkist Invitational 500y R1	1:08.3

***Tarsha Handy (Piedmont Hills) 71**

5/29 3) Central Coast Section	58.2
6/05 6) State Meet Heat 1	57.44
7/05 TAC (15-16)	56.21
1/22 3) Sunkist Invitational 500y R1	1:08.6

Courtney Clark (Las Lomas, Walnut Creek)

4/11 2) Santa Rosa Relays	58.6
7/24 3) TAC JO Young Women 17-18 Heat 1	57.25A
7/25 3) TAC JO Young Women 17-18	56.15A

***Kathi Roldan (Mt. Whitney, Visalia)**

5/21 1) Central Section	56.99
6/05 8) State Meet Heat 1	58.79

****Tanya Dooley (Bret Harle, Angels Camp)**

5/29 1) Sac-Joaquin Section	57.05
6/05 9) State Meet Heat 1	57.33DD

***Karen Tiner (Del Campo, Fair Oaks)**

5/22 1) Sac-Joaquin Section Sub 2	57.13
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Stephani Sampo (Davis)

5/29 2) Sac-Joaquin Section	57.44
6/05 3) State Meet Heat 2	57.0

***Shirley Terrell (Vallejo)**

5/23 2) Sac-Joaquin Section Sub 3	57.16
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***Edwina Ammonds (Roosevelt, Fresno)**

5/21 2) Central Section	57.61
6/05 6) State Meet Heat 3	59.15

Laurie Andeen (Menlo-Atherton, Atherton)

5/29 4) Central Coast Section	5:02.6
6/05 6) State Meet Heat 1	5:04.49

****Becky Spies (Livermore)**

1/22 2) Sunkist Invitational seeded ml.	5:06.7y
2/27 2) San Jose State Relays 1500m	4:43.5

Janet Bowie (Woodside)

1/22 3) Sunkist Invit. seeded ml.	5:00.3y
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***Phong Sites (Fremont, Sunnyvale)**

5/22 2) Central Coast Section Region 2	5:07.7
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Jennifer Ashe (Leland, San Jose)

5/22 3) Central Coast Section Region 2	5:09.0
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Dana Bjornsen (Campolindo, Moraga)

5/30 5) North Coast Section	5:10.10
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Shannon Leider (Clovis)

5/21 1) Central Section	5:10.11
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****Mary Martinez (Foothill, Bakersfield)**

3/28 6) Los Angeles Invitational	5:10.52
5/21 2) Central Section	5:11.50
1/22 Sunkist Invitational seeded ml.	5:30.6y

800 Meters:

Courtney Clark (Las Lomas, Walnut Creek)

5/30 2) North Coast Section	2:15.67
6/05 2) State Meet Heat 2	2:14.10
6/06 8) State Meet	2:14.96
7/23 2) TAC JO Young Women 17-18 Heat 2	2:18.89

7/25 6) TAC JO Young Women 17-18

2:21.29	
1/22 1) Sunkist Invitational 880 Race 1	2:22.3y

Shannon Leider (Clovis)

4/25 3) Mt. SAC Invitational r43	2:14.72
5/21 2) Central Section	2:18.72
6/05 6) State Meet Heat 3	2:18.16

Gabby MacKenzie (Dixon)

4/11 4) Arcadia Invitational	2:15.77
5/29 1) Sac-Joaquin Section	2:18.8
6/5 7) State Meet Heat 1	2:18.22
1/22 5) Sunkist Invit. 880 Race 2	2:25.3y

Janet Bowie (Woodside)

5/29 1) Central Coast Section	2:17.8
6/05 4) State Meet Heat 2	2:16.30

***Whitney Wyatt (Bakersfield)**

5/21 1) Central Section	2:16.35
6/05 4) State Meet Heat 3	2:17.24

Karlynn Neel (Etna)

5/29 1) Northern Section	2:16.4
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***June Unstain (Rio Linda)**

5/22 1) Sac-Joaquin Section Sub 2	2:16.5
5/29 2) Sac-Joaquin Section	2:20.2
6/05 9) State Meet Heat 1	2:17.96

Joann Arnold (Palo Alto)

4/11 7) Arcadia Invitational	2:16.92
5/29 3) Central Coast Section	2:20.1
6/05 6) State Meet Heat 2	2:21.12

****Becky Spies (Livermore)**

1/16 1) Los Gatos All-Comers	2:18.4
1/30 1) Berkeley All-Comers	2:18.5
2/13 1) Los Gatos All-Comers	2:17.0

***Lorie Leverett (Sonoma Valley, Sonoma)**

5/30 3) North Coast Section	2:17.29
6/05 6) State Meet Heat 1	2:18.07

1600 Meters:

****Beth Bartholomew (Fremont, Sunnyvale) 72**

5/30 2) Central Coast Section	4:58.6
6/05 4) State Meet Heat 2	5:04.64
6/6 8) State Meet	5:02.90

Katy McCandless (Castilleja, Palo Alto) 70

5/01 3) Los Gatos Invitational	5:01.0y
5/29 3) Central Coast Section	4:58.1
1/22 1) Sunkist Invitational seeded ml.	5:04.4y

Fine Flicks by Don Gosney



Phung Sites

3200 Meters:

Katy McCandless (Castilleja, Palo Alto) 70

5/29 2) Central Coast Section	10:50.5
6/06 5) State Meet	10:32.77
10/24 1) Two-Mile Postal	10:47.8y

Tammy Foley (Mission San Jose, Fremont)

11/1 2) Two-Mile Postal	10:46.3y
5/30 2) North Coast Section	11:18.20

Prep Notes

*****Becky Spies (Livermore)**
10/24 2) Two-Mile Postal 1056.7y

***Mugsie Kosok (Gunn, Palo Alto)**
5/01 3) Los Gatos Invitational 11:02.1y
Los Angeles Times list 10:58.4
5/29 3) Central Coast Section 11:01.1

Laurie Andeen (Menlo-Atherton, Atherton)
5/07 4) Los Gatos Invitational 11:04.7

Anne Kuphaldt (Bella Vista, Fair Oaks)
5/29 2) Sac-Joaquin Section 11:01.9
6/06 17) State Meet 11:18.8

Janet Bowie (Woodside)
5/01 5) Los Gatos Invitational 11:10.6

Jennifer Ashe (Leland, San Jose)
5/29 4) Sac-Joaquin Section 11:07.0

Lisa Gunther (Campolindo, Moraga)
4/23) Oakland Tribune list 11:07.2

***Phong Sites (Fremont, Sunnyvale)**
5/22 2) Central Coast Section Region 2 11:08.8

Cross Country:

Katy McCandless (Castilleja, Palo Alto)
Residence: Portola Valley
11/21 1) Central Coast Section Div. III 17:12
11/28 1) State Meet Division III 17:51
12/05 7) Kinney Western Regional 17:42
12/12 12) Kinney National 18:00

Jennifer Ashe (Leland, San Jose)
11/13 1) Central Coast Section DI H1 17:42
11/21 1) Central Coast Section Div. I 17:37
11/28 3) State Meet Division I 17:45
12/05 10) Kinney Western Regional 17:56

****Tina Gorbet (Lassen, Susanville)**
11/28 3) State Meet Div. II 18:01
(Equal #2 Northern Calif. soph. class performer at Woodward Park)
12/05 15) Kinney Western Regional 18:22.3

Janet Bowie (Woodside)
Residence: Redwood City
11/12 1) Central Coast Sec. Div. H2 18:17
11/21 2) Central Coast Section Div. II 18:33
11/28 22) State Meet Division II 19:37
12/05 11) Kinney Western Regional 18:04

*****Rebecca Spies (Livermore)**
11/06 1) East Bay Athletic League 20:15
11/21 1) North Coast Section 3A 17:57
11/28 7) State Meet Division I 18:10
(New Northern Calif. freshman class record at Woodward Park; old record 18:12 by Rebecca Chamberlain in 1982)
12/05 28) Kinney Western Regional 18:46

***Phong Sites (Fremont, Sunnyvale)**
11/13 4) Central Coast Section DI H2 18:32
11/21 5) Central Coast Section Div. I 18:30
11/28 14) State Meet Division I 18:30
12/05 36) Kinney Western Regional 19:02

100 Meter Low Hurdles:

***Kim Young (Madera) 71**
5/21 1) Central Section 14.15
6/05 6) State Meet Heat 3 14.71

Michelle DeCoux (Bishop O'Dowd, Oakland)
5/13 1) Eastshore Athletic League 14.0w
5/30 1) North Coast Section 14.33w
6/05 4) State Meet Heat 2 14.45

Ada Alger (Sequoia, Redwood City)
4/18 3) State Meet Heat 2 14.90
5/29 5) Central Coast Section 14.73w

Nikki Hunziker (Antioch)
5/30 4) North Coast Section 14.94w
6/5 7) State Meet Heat 2 15.04

Bridget Taylor (Central, Fresno)
5/15 2) Central Section North Area 15.07

Jackie Poe (Kennedy, Richmond)
5/16 1) Golden Bay Athletic League 14.8w
5/29 4) North Coast Section Heat 1 15.43

***Kathy Roldan (Mt. Whitney, Visalia)**
4/14 2) Lamore Invitational 14.7

***Julita Patil (Ygnacio Valley, Concord)**
5/14 3) Diablo Valley Athletic League 15.0
5/29 4) North Coast Section Heat 2 15.5
5/30 6) North Coast Section 15.3w

Lisa Fisher (Gunn, Palo Alto)
5/29 4) Central Coast Section 14.37w

Stephanie Rhoades (Woodland)
5/29 6) Sac-Joaquin Section 15.07w

300 Meter Hurdles:

Michelle DeCoux (Bishop O'Dowd, Oakland) 69
5/30 1) North Coast Section 43.47
6/05 3) State Meet Heat 1 44.39

***Kim Young (Madera)**
5/07 1) North Yosemite League 44.42
5/21 1) Central Section 44.50
6/05 5) State Meet Heat 2 44.65

***Kathi Roldan (Mt. Whitney, Visalia)**
5/21 3) Central Section 45.83
6/05 5) State Meet Heat 3 44.70

Ada Alger (Sequoia, Redwood City)
5/21 1) Central Coast Section Region 1 45.1

****Tanisha Jackson (Berkeley)**
5/16 1) Golden Bay Athletic League 45.2
5/29 5) North Coast Section Heat 1 47.85

Jackie Poe (Kennedy, Richmond)
5/30 5) North Coast Section 45.46

***Kris Paaso (Los Altos)**
5/22 1) Central Coast Section Region 2 45.2

****Jennifer Sperling (Clovis West, Fresno)**
5/07 2) North Yosemite League 45.77

Lisa Fisher (Gunn, Palo Alto)
5/22 2) Central Coast Section Region 2 45.8

***Olson (McClatchy, Sacramento)**
5/23 4) Sac-Joaquin Section Sub 3 46.28

High Jump:

***Julieann Broughton (Armijo, Fairfield)**
1) Montecito Empire League 5-9 1/2
5/29 2) Sac-Joaquin Section 5.5
6/5 2) State Meet Qualifying 5.8
6/6 10) State Meet 5.2

Celia Willis (Clovis West, Fresno) 69
3/20 1) Fresno Invitational 5.0
5/21 1) Central Section 5.6
6/05 2) State Meet Qualifying 5.8
6/06 9) State Meet 5.6

Mary Prince (Paradise)
High School Track 1988 5.0
5/22 1) Northern Section AAAA 5.8
1) Northern Section 5.6
6/05 2) State Meet Qualifying 5.8
6/06 6) State Meet 5.8

***Natalie Barker (Colfax)**
5/29 1) Sac-Joaquin Section 5.7

Sheree Samms (Independence, San Jose)
5/21 1) Central Coast Section Region 3 5.7
5/29 1) Central Coast Section 5.6

***Kim Cox (Granada, Livermore)**
4/21 Hayward Daily Review list 5.5
5/30 4) North Coast Section 5.2

Missy Hurwitz (Saratoga)
5/16 1) DeAnza Athletic League 5-4 1/2

***Edwina Ammond (Roosevelt, Fresno)**
4/03 3) Fresno Relays 5-4
5/21 2) Central Section 5-4

***Cozette Lawndes (Hoover, Fresno)**
4-8 Tri Way 5-4

****Jackie Hurt (Analy, Sebastopol)**
5/19 Santa Rosa Press Democrat list 5-4
5/30 5) North Coast Section 5.0

***Robin Campana (Mountain View)**
5/22 2) Central Coast Section Region 2 5-4

***Tara Raquinio (King City)**
5/29 3) Central Coast Section 5-4

Long Jump:

Marlo Aubert (Milpitas)
5/15 1) Santa Clara Valley Ath. League 18-8 1/2
5/29 1) Central Coast Section 19-0 3/4w
6/05 State Meet Qualifying 18-9 1/2

Charon Pfeifer (Clayton Valley, Concord)
5/30 2) North Coast Section 17-7 1/4
6/05 State Meet Qualifying 17-4w

***Yolanda Burton (McAfee, S.F.)**
5/30 1) San Francisco/Oakland Section 17-1 1/2
6/05 11) State Meet Trials 18-10 1/2w
list 17-6 3/4

Melyne Bass (Vacaville)
3/28 17-6 1/2

Cecilia Willis (Clovis West, Fresno)
4/03 1) Fresno Relays 17-5

***Kim Owens (Silver Creek, San Jose)**
5/1 4) Top 8 17-4 3/4

Lisa Bryant (Bakersfield)
5/21 2) Central Section 17-4 3/4
6/05 State Meet Qualifying 16-6 3/4

***Alli Torczon (Taft)**
5/21 3) Central Section 17-4 1/2
6/05 State Meet Qualifying 16-9 1/4

Nikki Hunziker (Antioch)
4/11 Logan Invitational 17-4

Heidi Ruiz (Los Gatos)
5/15 2) West Valley Athletic League 17-4

Triple Jump:

***Kim Young (Madera) 71**
5/21 2) Central Section 37-7 1/2
6/05 9) State Meet Qualifying 38-1 1/4
6/06 5) State Meet 38-7

Temka Richardson (Tulare Western, Tulare) 70
4/25 San Invitational 38-5
5/21 1) Central Section 38-1 1/2
6/05 11) State Meet Qualifying 37-7 1/2

***Yolanda Burton (McAfee, S.F.) 71**
5/30 1) San Francisco/Oakland Sections 35-8
6/05 7) State Meet Qualifying 39-3
6/06 9) State Meet 33-9

***Ally Kolb (Monte Vista, Danville)**
5/30 3) North Coast Section 37-10
6/05 17) State Meet Qualifying 36-9

Jennifer Jackson (St. Francis, Mt. View)
5/16 1) League 37-3 1/2
5/29 3) Central Coast Section 37-5 1/2w
6/05 19) State Meet Qualifying 36-1

Bridgette Taylor (Central, Fresno)
5/21 4) Central Section 36-9

Celia Willis (Clovis West, Fresno)
5/02 1) Visalia Invitational 36-7 1/2

Brooke Bartholomew (Fremont, Sunnyvale)
5/16 2) DeAnza Athletic League 36-7

Melyne Bass (Vacaville)
5/27 2) Sac-Joaquin Sec., Qualifying 37-6w
5/29 2) Sac-Joaquin Section 37-0 1/4
6/05 18) State Meet Qualifying 36-7

***Annette Coleman (Carlmont, Belmont)**
5/01 2) Top 8 36-4

Shot Put:

****Dawn Dumble (Bakersfield) 72**
4/04 1) Tulare Invitational 45-4
5/21 1) Central Section 41-5 1/2
6/05 1) State Meet Qualifying 43-3 3/4
6/06 2) State Meet 43-0 1/2

Heidi Ruiz (Los Gatos) 70
4/18 1) San Jose Invitational 43-0 1/4
5/29 1) Central Coast Section 42-9
6/05 5) State Meet Qualifying 42-4 1/2
6/06 3) State Meet 42-4

Nancy Wannamaker (Pleasant Valley, Chico)
4/25 1) Chico 43-0
5/22 1) Northern Section AAAA 36-1
1) Northern Section 39-9
6/05 11) State Meet Qualifying 39-4 1/2

Tracy Lopez (Vacaville)
5/23 1) Sac-Joaquin Section Sub 3 39-0
5/29 2) Sac-Joaquin Section 38-2
6/05 17) State Meet Qualifying 37-1 1/2

***Debbie Leatham (Logan, Union City)**
5/30 1) North Coast Section 37-9 1/2
6/05 18) State Meet Qualifying 36-10 3/4

***Jillie DeJariais (Las Lomas, Walnut Creek)**
5/13 Foothill Athletic League trials 37-2
5/30 3) North Coast Section 35-6 1/4
6/05 21) State Meet Qualifying 36-2 1/2

***Shannon Parker (St. Francis, Mt. View)**
4/18 4) Jenner Classic 37-1

****Tina Cruz (Sonora)**
5/29 3) Sac-Joaquin Section 36-11 1/3
6/05 20) State Meet Qualifying 36-6 3/4

Donna McKinnon (Yreka)
5/29 3) Northern Section 36-9 1/2

Dorya Harjo (Ukiah)
5/18 1) North Bay League 36-8 1/2
5/30 5) North Coast Section 34-7 3/4

Discus:

****Dawn Dumble (Bakersfield) 72**
5/01 1) South Yosemite League 157-7
(National Freshman Class Record: #4 Performer in U.S. in 1987)
5/21 1) Central Section 151-11
6/05 2) State Meet Qualifying 138-11
6/06 1) State Meet 145-9

****Melissa Weis (Bakersfield) 71**
5/21 2) Central Section 143-3
6/05 1) State Meet Qualifying 143-2
6/06 5) State Meet 132-8
6/20 5) J TAC Tuscon, AZ 144-7

***Jenny Peters (Gunn, Palo Alto)**
5/29 2) Central Coast Section 136-3
6/05 9) State Meet Qualifying 129-2
6/06 3) State Meet 139-5

***Debbie Cembellin (Amador Valley, Pleasanton)**
5/22 1) North Coast Section 3A Trials 139-1
5/30 1) North Coast Section 134-1
6/05 8) State Meet Qualifying 129-8
6/06 8) State Meet 119-2

Donna McKinnon (Yreka)
5/22 2) Northern Section AAAA 120-2
5/29 1) Northern Section 135-10
6/05 10) State Meet Qualifying 129-2

Lasonia Cole (Washington, Fresno)
4/29

Sabrina Miles (Vallejo)
5/29 2) Sac-Joaquin Section 129-2
6/05 18) State Meet Qualifying 111-10

Tracy Lopez (Vacaville)
5/23 1) Sac-Joaquin Section Sub 3 128-3

Michelle Cortez (Delano)
5/15 3) Central Section Central Area 128-7

Kristi Hakman (San Mateo)
5/29 4) Central Coast Section 125-10

Dean Reinke on Running

By DEAN REINKE



World's Biggest Fun Run

What recent running event included the following in its publicity campaign?

Item: 26 year old Mark Harwell of Texas will dribble a basketball 26 miles for charity.

Item: Bubbles, Michael Jackson's chimp, Laugh-In's Ruth Buzzy, former Michael J. Fox girlfriend Helen Slater (Superwoman) and country artist Dwight Yockum will be "celebrity spectators".

Item: Superman, Big Bird, Rainbow Bright and Robin the Clown look-a-likes will run.

Item: Five churches and one temple will be "official religious institutions".

Item: Participants can play the state lottery free.

- Answer: A) The Disneyland Marathon.
B) The World's Biggest Fun Run.
C) The Los Angeles Marathon.
D) All of the above.

If you answered D, then you win an all-expense paid trip to the Bahamas. If you guessed incorrectly, then you have to dress up like Pee Wee Herman and cheer wildly at the finish line of the Los Angeles Marathon.

Sporting more sponsors than most ultramarathons have participants, the Los Angeles Marathon has rewritten the book on race promotion in America. No matter where you stand on this controversial event, the bottom line is

that this multi-million dollar happening has attracted more sponsors, publicity and attention in its short 3-year history than any event before it.

With a corporate sponsor list that reads like a Fortune 500, race founders Bill Burke, Marie Patrick and company have focused attention on the sport unlike any race has ever done. Mercedes, AT&T, 7-Up and John Hancock headed a list of companies that came on board with the type of big time dollars usually reserved for golf and tennis. With a goodies bag worth \$80, a 4-day expo that was literally wall-to-wall people and more volunteers (4000) than most road races, Los Angeles can certainly stake a claim as one of the World's best.

But critics have pointed to the over \$400,000 prize purse (nearly half in bonus incentives) the race offered but that no significant proposal to compete was made to course record holder Rick Sayre. The event's past experience with top athletes kept many of the top agents away this time around. The field this year centered on some of the great names in the sport the likes of Lasse Viren, Rudolfo Gomez, Martti Vainio, Bill Rodgers and Frank Shorter who joined Dixon (who ran a credible 2:15) in the men's race while Patty Catalano and Gillian Adams-Horovitz in the women's field inspired Trivia experts to run to their files (Patty, formerly Lyons, is still

the third fastest American woman in history while Gillian, a British native, is the stepmother of Adam "Beastie Boy" Horovitz). The race did serve as the Olympic Trials for Mexico and New Zealand with Argentina, Costa Rica, Somalia, Tanzania, Ghana, Jamaica, Swaziland and Lesotho thrown in for good measure.

I personally like to look at the Los Angeles Marathon as an inspiration. Sure, many of the participants were first timers or rookies, new to the sport, attracted by the LA hype. But right or wrong, the sport is better off because more people were running and watching, more sponsors are involved or will be motivated to be involved in the sport and the non-running world has heard about this spectacle called the Los Angeles Marathon. For that Bill Burke, while we encourage to truly get serious about your field, we thank you for your contribution to running and wish you well in 89'.

Dean Reinke is the President of Dean Reinke & Associates, an Event Marketing and Public Relations firm based in Winter Park, Florida. In addition to this syndicated monthly column, he writes a newsletter, "Dean Reinke on Running" and serves as an Announcer/TV Commentator at major running events across the country.



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Racing Report

by MARK WINITZ



The Los Angeles Marathon

Marathon running has never seen quite a phenomenon like the City of Los Angeles Marathon. In the late 1980's, when marathoning has generally leveled out, has disposed of or made inconsequential some long-time events, and has sometimes harshly treated newcomers--Los Angeles has almost inexplicably bucked the trends.

You don't attract 17,000 runners to anything--especially in California--with merely a whistle and a promise. Even in the traditional land of promise. Sure, L.A. is Hollywood glitz and hype, a public relations extravaganza. But in its third year, the West Coast's running Cabaret showed that a marquee event and a competitive race aren't mutually exclusive.

I went to L.A. with an open mind, ice water in the veins, the blinders off, the shades snugly in place. When I emerged, I had to grade L.A. an A-plus on most counts, with just a couple of areas for major improvement.

Admittedly, the race had trouble getting top Americans. A top heavy prize structure and prospects of upcoming Olympic Trials kept the U.S.'s best away. A couple of past men's winners were shunned in favor of several invited notables. Yet Mexico sent many of their best runners, mostly men, who ran L.A. as their Olympic Trials. And run they did. Only a single former South African (competing as a political refugee from that country's IAAF suspended Federation) prevented a Mexican's men's sweep of the top six places--all under 2:14. Mexican women grabbed three of the top ten spots on their side, including top female.

Coming into the race only racing aficionados were watching the team from the south of the border. More eyes and attention were placed on a runner from the Republic of South Africa. Mark Plaatjes, a mixed-race political refugee who has been residing in the U.S. for three months, was running his first race outside of South Africa. Plaatjes was granted entry by virtue of his

photo by Mark Winitz



Mondragon and Plaatjes in closing miles.

abandonment of the country where he had won 25 of 30 marathons, including a 2:08:58 best in the 1985 Port Elizabeth Marathon.

The fact that Plaatjes has resided here uninterrupted and has not returned to South Africa to race, also were factors in his receiving a TAC card. TAC administrator Alvin Chriss closely examined the credentials of several athletes seeking entry into L.A., not wishing to jeopardize the performances of legitimately federated athletes at a race which ten countries had chosen as their Olympic Trials.

In L.A.'s previous two years, Ric Sayre, then Art Boileau, had made the

men's races runaways. This year it was a true race to the finish.

1986 New York Marathon winner Gianni Poli came to L.A. to hopefully demonstrate his Olympic potential, despite his country's wish for a performance closer to home. Poli demonstrated, taking the lead at two miles in front of a tight pack of half a dozen Mexicans and Plaatjes. This is not the Italian's usual mode of attack; he's normally not a front runner early on. Poli hit 6 miles in 29:33; 18 seconds up on his pack of pursuers. But by 10, passed in 49:48, Poli was joined by the pack of other men: Carlos Retiz, Jesus Herrera, Martin Mondragon, Filemon Lopez, Manuel Vera--all Mexicans--and Plaatjes. None of the Mexicans had ever run sub-2:11, yet they completed the moderately hilly first half in sub-1:05.

Mexican national coach, Tadeusz Kepka (a Polish defector) has had many top Mexicans under his wing for several years. Before the race, he'd chosen Herrera (a proven former Olympian and Mexican 10K recordholder) and surprisingly Mondragon (with only a 2:22:40 former best) as the ones to watch. Few outside of Mexico had heard of Mondragon, but they soon would.

Poli was the first to drop off at 19 miles, the victim of a painful hamstring, followed shortly by Lopez, then Vera. At 20 miles, hit in 1:39 plus change, Mondragon began pushing the race, Plaatjes right with him. Herrera and Retiz pursued. Mile 21 passed at a 4:47 clip. Not until the last mile did Mondragon finally break Plaatjes, hitting the tape in a course record 2:10:19.

"I was really happy to stay with him (Mondragon)," said the former South African, "but in the last mile my legs really tired. I think it's a lack of racing more than anything else."

The speedy Herrera caught and passed Plaatjes unawares in the last 100 yards, charging in at 2:10:40--his second place an excellent voucher for making the Mexican Olympic team with Mondragon,

continued on next page . . .

□ L.A. Marathon

photo by Mark Winitz

photo by Mark Winitz

Unless you were Nancy Ditz, covering the women's race for local TV, it was difficult to track the females. Even the ladies themselves had difficulty placing themselves.

Lynn Nelson, running her first serious marathon "just to see what she could do" at the longer distance, was running 2:35 pace, but at halfway only occasionally glimpsed a truck ahead. Who was in the lead? 11-year-old Carrie Garritson entered in her first marathon despite race policy of no competitors under 18. She had negotiated the first half in a breezy 1:16:22. A little faster than her initial 2:57 debut goal, which she still broke, finishing in 2:49:21.

Nelson dropped out near 21 miles with blisters. Blanca Jaime, a Mexican who had been running for only three years (also coached by Kepka), emerged as eventual winner in 2:36:10. Belgium's Magda Illands improved on her 2:40 fifth place last year, grabbing second in 2:36:42.

Both Mexican winners left their Mercedes Benz first place prizes behind, as the taxes on such a luxury item in their native country are prohibitive. However, each packed away the \$25K co-prizes.

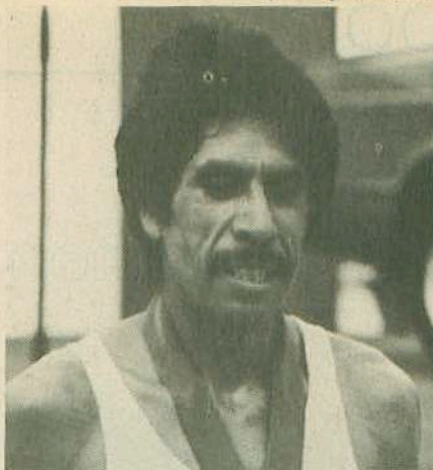
Some other notes and observations:

Although the Bill Rodgers-Frank Shorter masters dual was highly publicized by the race and the press, another American master provided the big news for the day. North Carolina's Bob Schlauf, 40, came to L.A. still hoping for a trials qualifying time. After coming off some excellent races on the winter Florida circuit, Schlauf ran 2:19:27 here, finishing ahead of the aforementioned celebrities and master's AR holder Barry Brown. In doing so, Schlauf became the only male to qualify for the marathon trials after turning 40.

Rodgers ran 2:20:29, but was visibly distressed at coming in second. His \$1,000 runnerup masters prize (plus appearance fee) gave him a fair pay day.

Shorter had a bad day from the onset, quit early on taking a short respite, turned around and jogged a mile back to the start, thought better of it--and to his credit finally finished in 2:44. Brown's 2:32:27 only secured fourth master.

Harolene Walters of Mission Viejo, CA topped the women's masters. Although she'll be running the marathon trials, she's not putting all her eggs in that basket at age 45. "I don't expect to be in the top three at the Trials," she tell



Winner Martin Mondragon



Women's winner Blanca Jaime

City Sports magazine, just in case there's any preconceptions." You should have three or four months between marathons."

Sometime Woodside, CA resident Rod Dixon finished 12th in 2:15:45 in a bid for New Zealand's Olympic team, but most likely will be superceded by countrymen with better times. Dixon had questioned his Federation's emphasis on what he believed was an unrealistically fast qualifying standard at L.A.

Finland's Lasse Viren, 38, finished in 2:27:31 in his first marathon since the 1980 Moscow Olympic Games.

Vermont's Patti Catalano, 34, who once held every American female road record from five miles to the marathon, proved that comebacks are far from easy. She ran around 3 hours here.

An estimated crowd of 1.6 million lined the streets of L.A. Press people were abundant, and pre-race publicity and associated costs were unprecedented.

Yet, post-race reportage outside of L.A. was slim, or non-existent. Your local paper carried the top three placers in a hidden corner of the results page--if you were lucky. Race results were excruciatingly slow in being released. Indeed, the "world came to L.A." per their promotions, but subsequently the race didn't go out to the world.

The race looked like a convention for big marathon race directors--all intent on following, or picking up on L.A. race director Bill Burke's success. Guy Morse (Boston), Fred Lebow (New York), Scott Thomason (San Francisco), Bill Burleigh (Big Sur), Bob Carlson (Long Beach), plus representatives of marathons from Twin Cities to Berlin were just some of the dignitaries in attendance.

With entrants over 17,000 and

finishers over 12,000, Burke is now studying limiting future entrants to 17,500 and foreign entrants to 6,000 (23,000 total). Preference would be given to L.A. alumni.

The weather on race morning was the best in three years: Low 50 degrees to 60 degrees, windless, and overcast the entire race for many finishers. Of course, the Southern Cal sun came out around noon in time for the post-race open air fair and concert.

The overall depth of the elite field (at least on the men's side) was deeper than previous years; however, the invited foreign contingent was the mainstay. The race worked hard on foreign teams in an Olympic year. John Hancock's new multi-year sponsorship was largely responsible for bringing in Rodgers, Shorter and Poli.

What happens next year? With substantial funds for top athletes, L.A. must now reconsider the race at the front.

Although not quite a winner-take-all affair, prize funds are definitely skewed toward the very top. What could the race do if it put more into performance prizes and incentives, and less into appearance fees? Fred Lebow has taken the New York Marathon in that direction with success. Now it's time for L.A.

I mention Culver City, CA's Dave Olds at the bottom of these notes, but it is not because his particular race was insignificant or inconsequential. Dave was first American male at L.A., running 2:19:24, and qualifying for the trials.

Look for results of the Los Angeles Marathon in the May Issue.

Indoor Track & Field

L.A. Times/GTE Indoor Games

by Doug Speck

February 19, Forum, Los Angeles.

The 29th Annual LA Times/GTE Indoor Games, held Friday evening, at the Inglewood Forum, featured as even a group of athletes as have been gathered anywhere under cover this Olympic year. The Russians and Rumanians were along, with their presence adding to the excitement in a number of events. Rodion Gataullin, the latest Soviet Pole Vault development, attempted a new indoor World Record during the evening here, Jackie Joyner-Kersey had a fine series in the Long Jump, and Doina Melinte, the double Olympic Gold medalist winner from the LA Olympics, ran a strong 800 meters. Other headliners were Antonio McKay, racing an 11 lap track 400 meter world best, Jimmy Howard attempting an American record in the High Jump, the Men's Hurdle wars continuing, and the Valerie Brisco-Diane Dixon run over 400 Meters another dandy.

Rodion Gataullin, the World Junior Record Holder in the Vault at 18-6 1/2 (from 1984), put together a total of four vaults (3 at his opening height of 5.70m (18-8 1/4) in leaving the opposition far behind in winning at 19-2 3/4 (Doug Fraley and Earl Bell tied for 2nd at 18-4 1/2). From his winning height the Russian had the bar placed at 19-8 1/4 (6.00 meters), and had respectable attempts. With someone along for competition Rodion can clear 6 meters. Also on the field, Jackie Joyner-Kersey, looking as graceful and powerful as ever, broke her own Meet Record in the Long Jump of 22-5 with 22-7 1/4 and 22-10 1/2 efforts, putting all her four fair jumps at least a foot ahead of second placer Jennifer Innis 21-4.

Mitica Jungistu of Rumania, 6th in last year's World Championships at 1500 meters, blasted a 61.7 final 440 in taking the Women's Mile at 4:35.74 over Angela Chalmers (Canada) 4:36.42, then returned to play rabbit for countrywoman Doina Melinte over 800 meters. Mitica blasted out in 29.0 (200 meters) and 57.0 (400m) splits, leaving a good American group 2.5 seconds behind at the halfway point. From there on in it was Melinte against the clock, showing the strain of her effort the final lap, but still running a Meet Record 2:00.7 in winning by 5.2 seconds. Antonio McKay, running with a real strength and confidence, blasted from the gun in the Men's 400 meters, with even the great Roddie Haley never able to work his way up to McKay's shoulder during Antonio's 46.99 World Record 11 lap to the mile track run. On the field Jimmy Howard set a Meet Record while leaving the field far behind at 7-7 1/4, then looked good in honest attempts at 7-9

1/4, a new American record. Russian star Igor Palkin took one look at the high jump run up configuration here and said "nyet" to competition here.

The latest installment in the Men's Hurdle wars (here over 60 meters) featured Cletus Clark edging Greg Foster in the Heats 7.68-7.69, with Tonie Campbell the winner of Heat 2 at 7.67. In the finals a good run in the middle of the event kept Foster ahead of the field. Racing from Lane one, Foster suffered a pretty good spike wound in the knee (from Campbell) while going over the second hurdle, but Foster kept ahead 7.54 to 7.59 (Clark) and 7.60 (Campbell). The quotes continue to fly between the hurdlers, with Campbell indicating things are once again about to be the breaking point, and Foster wondering what it is

Indoor Sprint find, Brian Cooper (McNeese State, Louisiana) looked very powerful over 60 meters, winning at 6.55 over Chidi Imoh (Nigeria) 6.57, with a strong run from twenty meters on. Cooper later indicated that he stumbled coming out of the blocks and thought there would be a recall. A good starter, he said he was not used to winning from behind. Brian is quite a physical specimen, having taken the National Indoor Long Jump title at 26-11 1/2 last winter, and add to the jumbled up U.S. Olympic sprint picture with his obvious potential. Juliet Cuthbert (LA TC/Jamaica) took the Women's 60m with surprising ease at 7.23. Tall, thin Grace Jackson (Jamaica) defies all the rules of indoor running that say that people of such body makeup will have real

good 6.03 run that had her winning over Lynda Tobert of Arizona State (8.06).

A large Men's 3000 meter field featured Steve Scott stepping up in distance after what he indicated had been a disappointing indoor season thus far. Shuffling John Treacy of Ireland set the pace through five metric 400 meter splits, clocking 4:21.3 at 1600m and 5:24.7 at 2000m. Wes Ashford (BYU TC) took over with five 160 yard circuits to go, with the action heating up here near the end of the moderate pace. It was Scott who blasted the most decisive move with one and a half laps to go, racing into the lead and holding 4-5 meters all the way to the finish in 7:57.78 over Ireland's Frank O'Mara (7:58.39) and Kenyan Julius Kariuki (7:58.86). Kariuki wore a Riverside City College jersey, the place Ted Barks has showed up as Track Coach at this Spring. Kariuki won the World Cup Steeplechase in 1985, and had an 8:17.47 best from 1984 when he was 7th in the Olympic Games--the guy should do some real damage on the local Community College circuit. The LA Times Mile featured a field that ignored the rabbit, Peter Churney, remaining 3.2 seconds behind the opening 60:2.440, then closing to within .4 at the 880 at 2:04.2. Former local Prep star, Jeff Atkinson, who went on to some very good running at Stanford, led through the 1320 at 3:05.8, with this season's indoor star, Marcus O'Sullivan, proving once again best when the real racing started with a couple of laps to go. The Irishman flew by everyone with two circuits to go, with Peter Elliott (Britain-3:33.23 1500m last year) keeping Marcus honest to the finish during a 55.0 final 440 that had O'Sullivan 4:01.33 at the end and Elliott 4:01.42.

Other field event action was led by Keny Harrison (Kansas State) winning the Triple Jump in a fine 55-3 over John Tillman's 54-7 1/2. Wendy Brown improved early in the Women's TJ event to 43-5 3/4 and 43-11 1/4, then survived a last effort 43-7 3/4 by Renita Robinson (Nebraska) for the win. Mike McRae took the Men's Long Jump, at 25-3 1/2. Louise Ritter jumped 6-2 3/4 to easily win the High Jump. The weight people were exiled to West Los Angeles College after the Men Putters last year bounced a few off the sprint straightaway. Ramona Pagel took the Women's Shot at 62-1 1/2 over Peggy Pollock (57-3), with Matt Mileham the 35 pound weight at 72-0.

Ian Morris (Abilene Christian/Trinidad) looked very good in racing away over the final lap in a 1:04.36 500 meter win. The 800 meters featured an interesting young cast, as the Burundi native Dieudonne Kwizera, who just recently finished his senior year of high school in the U.S. midwest, faced Geroge Kersh and a good cast. Kwizera had a 1987 PR of 1:45.06. In the absence of any volunteers Kersh was the pacesetter through 27.7 (200m) 55.8 (400m) 1:24.3 (600m) splits. During a big final 160 yard lap it was John Marshall who first challenged Kersh, but Kwizera who finally edged by right at the tape 1:50.01-1:50.04.

photo by Bill Leung, Jr.



Cambell and Foster go at it again

all about in the quotes attributed to him. The Diane Dixon-Valerie Brisco wars over 400 meters continued here, with Brisco out very quick this time, then holding the New Yorker off on the home turf, as Dixon mounted an unsuccessful challenge off the final turn, finishing a mile bit behind Valerie 53.35 to 53.23.

problems running around the indoor turns in the sprints, here blazing a Meet Record 23.20 for 200 meters in winning by over a second from UCLA frosh Janeene Vickers (24.32). Canadian Julie Rocheleau, a relative unknown winning big during this Winter's Indoor circuit, took down Jackie Joyner-Kersey's Meet Record in the 60 meter hurdles of 8.09 with a

continued on next page . . .

Results

photo by Bill Leung, Jr.



Jeff Atkinson

A new area that the Times Meet must be congratulated on is its attempt to provide competition for the local collegiate and open competitors with a series of Olympic Development events from a qualification Meet outdoors a couple of weekends previous. Relay and open event matchups allow one to see where the better preps have decided to attend college and good previews of interesting matchups during the spring community and four year college season are set up.

Men's Results

60m: 1. Brian Cooper 6.55, 2. Chidi Imoh 6.57, 3. Vladimir Krylov 6.59, 4. Mark McNeill 6.62. **400m:** 1. Antonio McKay 46.99, 2. Roddie Haley 47.83, 3. Willie Caldwell 48.70, 4. Ken Lowery 52.20. **500m:** 1. Ian Morris 1:04.36, 2. Ray Armstead 1:05.28, 3. Elvis Forde 1:06.07. **Mobil 800m:** 1. Dieudonne Kwizera 1:50.01, 2. George Kersh 1:50.04, 3. John Marshall 1:50.24, 4. Ibrahim Okash 1:51.11, 5. Stanley Redwine 1:51.29, 6. Ray Brown N.T. **LA Times Mile:** 1. Marcus O'Sullivan 4:01.33, 2. Peter Elliott 4:01.42, 3. Abdi Bile 4:01.53, 4. Jeff Atkinson 4:03.60, 5. Jim Spivey 4:03.99, 6. Gerry O'Reilly 4:04.12, 7. Tony Young 4:07.2, 8. Peter Churney 4:12.4. **GTE 3000m:** 1. Steve Scott 5:57.78, 2. Frank O'Mara 7:58.39, 3. Julius Kariuki 7:58.86, 4. Mark Junkermann 7:59.88, 5. Doug Padilla 8:01.14. **60m Hurdles:** 1. Greg Foster 7.54, 2. Cletus Clark 7.59, 3. Tonie Campbell 7.60, 4. Igor Kasanov 7.80. **High Jump:** 1. Jimmy Howard 7-7 1/4, 2. James Lott 7-4 1/2, 3. (tie) Doug Nordquist and Brian Stanton 7-4 1/2, 5. Hollis Conway 7-4 1/2. **Pole Vault:** 1. Rodion Gataullin 19-2 3/4, 2. (tie) Doug Fraley and Earl Bell 18-4 1/2, 4. Kory Tarpenning 18-0 1/2, 5. Mike Tully 17-8 1/2. **Long Jump:** 1. Mike McRae 25-3 1/2, 2. Mike Powell 25-0 3/4, 3. Veryl Switzer 24-11 1/4, 4. Kenny Harrison 24-1 3/4, 5. Andre Love 23-8 3/4. **Triple Jump:** 1. Kenny Harrison 55-3, 2. John Tillman 54-7 1/4, 3. Robert Cannon 53-3. **Shot Put:** 1. Ade Olokoju 61-2. **35 lb. Weight:** 1. Matt Mileham 72-0, 2. Connor McCullough 67-9, 3. Scott Biberthaler 62-0 1/2, 4. Steven Prokop 59-11, 5. Tommy Daniels 57-9 1/2, 6. Ade Olokoju 54-2 1/2. **One Mile Walk:** 1. Gary Morgan 5:54.9, 2. Rene Haarpainter 6:06.7, 3. Jim Mann 6:11.7, 4. Larry Walker 6:12.6, 5. Allen James 6:39.9, 6. Ed Bouldin 6:46.6.

Women's Results

60m: 1. Juliet Cuthbert 7.23, 2. Diane Williams 7.33, 3. Jennifer Inniss 7.34, 4. Tina Iheagwan 7.41. **200m:** 1. Grace Jackson 23.20, 2. Janean Vickers 24.32, 3. Natalia Pomoschnnikova 24.38, 4. Darnette Young 25.23. **400m:** 1. Valerie Brisco 53.23, 2. Diane Dixon 53.35, 3. Olga Bryzgina 53.54, 4. Lawanda Cabell 55.26, 5. Airat Bakare 56.97. **800m:** 1. Doina Melinte 2:00.7, 2. Joetta Clark 2:05.9, 3. Diana Richburg 2:06.2, 4. Debbie Grant 2:07.2, 5. Kathy Harris 2:10.3. **Mile:** 1. Mitica Junghiatu 4:35.74, 2. Angela Chalmers 4:36.42, 3. Chris Boxer-Cahill 4:37.19, 4. Sheila Ralston 4:42.76, 5. Jo White 4:43.19. **60m Hurdles:** 1. Julie Rocheleau 8.03, 2. Lynda Tolbert 8.06, 3. Yolanda Johnson 8.27, 4. Gayle Watkins 8.36. **High Jump:** 1. Louise Ritter 6-2 3/4, 2. (tie) Debbie Brill and Jan Wahlschlag 5-10 3/4, 4. Lisa Bernhagen 5-10 3/4, 5. Rita Graves 5-10 3/4, 6. Wendy Brown 5-8 3/4. **Long Jump:** 1. Jackie Joyner-Kersey 22-10

1/2, 2. Jennifer Inniss 21-4, 3. Wendy Brown 20-5 3/4, 4. Sabrina Williams 20-4 1/4, 5. Yvette Bates 20-1. **Triple Jump:** 1. Wendy Brown 43-11 1/4, 2. Renita Robinson 43-7 3/4, 3. Sheila Hudson 42-9 3/4, 4. Yvette Bates 42-1 1/4, 5. Althea Moses 38-9. **Shot Put:** 1. Ramona Pagel 62-1 1/2, 2. Peggy Pollock 57-3, 3. Pam Dukes 56-9, 4. Heide Adams 47-2, 5. Lacy Barnes 40-3 1/2. **One Mile Walk:** 1. Maryanne Torrellas 6:34.2, 2. Lynn Weik 6:40.2, 3. Sara Stanley 6:52.7, 4. Victoria Herazo 7:08.2.

Olympic Development Events Results

Women's 55m Hurdles: 1. Tanya Davis 7.8, 2. Lorna Boothe 7.8, 3. Geri Courtright 7.8, 4. Candy Chen 8.2. **Men's 55m Hurdles:** 1. Jay Thorson 7.2, 2. Terry Johnson 7.2, 3. Derek Pye 7.2, 4. Ke Mbadugha 7.4. **Women's 55m:** 1. Myra Mayberry 6.9, 2. Maddette Smith 7.0, 3. Andralette Gill 7.0, 4. Carrie Franklin 7.1. **Men's 55m:** 1. Patrick Nwankwo 6.2, 2. Oliver Daniels 6.2, 3. Jerry Mosley 6.2, 4. Volker Westhagmann 6.2. **Women's 800m:** 1. Kimberly McAllister 2:17.6, 2. Lisa Cooper 2:17.7, 3. Kathy Kanes 2:17.9, 4. Noreen DeBettencourt 2:20.4. **Men's 4x160y Relay:** 1. Ujima International (Reilly, Branch, Brobby, Jackson) 1:06.66, 2. California Cheeatahs (Holmes, Whitley, Spotsville, Gilkes) 1:06.66, 3. Long Beach CC (Coleman, Dixon, McCree, Johnson) 1:08.29, 4. Long Beach CC "B" (Glass, Brown, Celine, Williams) 1:08.30. **Women's 4x440y Relay:** 1. SoCal Cheeatahs (Iheagwan, Epps, McCraw, Johnson) 3:52.69, 2. El Camino College (White, Hutchinson, Thomas, Ainsworth) 4:03.38. **Men's 4x440y Relay:** 1. Long Beach CC (Cannady, Wilcox,

Borton, Lazine) 3:22.03, 2. Taft College (Davis, Prevost, Goode, Townsend) 3:22.18, 3. Azusa Pacific (Arnold, Verbal, Sandy, Dennis) 3:22.24. **Women's 4x160y Relay:** 1. SoCal Cheeatahs (Bell, Watkins, McCraw, Johnson) 1:12.73, 2. Long Beach CC (Davis, Gasper, John, Carr) 1:18.15, 3. El Camino College "B" (Hutchinson, Allen, Jackson, Spelling) 1:18.38. **Men's 800m:** 1. Daymon Lee 1:55.66, 2. Brian Buttfield 1:55.74, 3. Denny Dillard 1:58.07, 4. James Wheatfall 1:58.87, 5. Alex Espinoza 2:03.1. **Devil Take the Hindmost Mile:** 1. Jim Mattson 4:16.30, 2. Bob Shisler 4:21.70, 3. Darren Near 4:21.70, 4. Reginald Greene 4:27.96, 5. Bill Lind 4:30.75. **Men's 3000m:** 1. John Vance 8:22.68, 2. Benny Cruz 8:24.89, 3. Uriel Rivera 8:32.23, 4. Art Castle 8:32.26, 5. Jim Knox 8:34.61. **Women's 400m:** 1. Korri Zaleski 57.24, 2. Amita Epps 57.4, 3. Felicia Price 59.02, 4. Lisa Taylor 61.7. **Men's 400m:** 1. Paul Dennis 49.86, 2. Kevin Pratt 50.57, 3. Carl Arnold 52.26.

Two Mile Relay: 1. W. ar Puma (Morton, Franshaw, Casey, ar) 7:38.95, 2. Sports Tech 7:41.20, 3. Seton Hall (Barmer, Jones, Licorish, Hayes) 7:41.31, 4. D.C. Capitol TC (Duncan, Bennett, Seescoe, Foss) 7:56.18.

Long Jump: 1. Larry Myricks (Unat.) 27-0 1/2, 2. Yussuf Alli (Unat.) 26-9, 3. Keith Talley (Unat.) 25-4 1/2, 4. Vernon George (Texas So. Univ.) 25-4, 5. Ralph Spry (US Army) 25-3 1/4, 6. Mike McRae (Bay Area Striders) 25-2 3/4.

Triple Jump: 1. Ray Kimble (Unat.) 56-3 1/4, 2. John Tillman (Unat.) 55-7 1/2, 3. Charles Simpkins (Athletics West) 55-7, 4. Carroll Cobb (Lay Witnesses for Christ) 54-4, 5. Norbett Elliott (Mazda TC) 54-3 1/4, 6. Michael Patton (No. Carolina St) 53-7 3/4.

High Jump: 1. Igor Paklin (USSR) 7-6, 2. Jimmy Howard (Mazda TC) and Thomas McCants (Unat.) tie at 7-6, 4. Brian Stanton (S&S TC) and Dennis Lewis (Unat.) tie at 7-4 1/2, 6. Mark Reed (U of Houston) 7-4 1/2.

Pole Vault: 1. Rodion Gataullin (USSR) 18-6, 2. David Kenworthy (S&S TC) 18-6, 3. Scott Davis (NYAC) 18-6, 4. Earl Bell (PCC) 18-6, 5. Doug Fraley (PCC) 18-2, 6. Kory Tarpenning (PCC) 18-2.

Shot Put: 1. Ron Backes (YNAC) 68-3 3/4, 2. Marty Kobza (Unat.) 63-1 1/2, 3. Scott Erickson (U of Chicago TC) 62-3.

35 lb. Weight: 1. Walter Clofani (France) 75-10, 2. Tore Gustafsson (Unat.) 71-7 1/4, 3. Pat Egan (NYAC) 69-7 1/2, 4. Jeff Napolitano (New Athletic Club) 65-6, 5. Gary Halpin (Manhattan College) 64-6 1/2, 6. Conor Whelan (Iona College) 59-5 3/4.

Women's Results

55m: 1. Gwen Torrence (Athletic West) 6.66, 2. Evelyn Ashford (Mazda TC) 6.66, 3. Sheila Echols (Athletics West) 6.74, 4. Michele Finn (Atoms TC) 6.76, 5. Dion Smith (Maryland) 7.00, 6. Rhonda Brady (Chicago St TC) 7.13. **200m:** 1. Grace Jackson (Unat.) 23.07, 2. Natalya Pomoschnnikova (USSR) 23.38, 3. Terri Dendy (George Mason) 23.93, 4. Alice Jackson (Coca-Cola) 24.36. **400m:** 1. Diane Dixon (Unat.) 52.51, 2. Valerie Brisco (ICI World Class) 52.90, 3. Terri Dendy (George Mason) 52.98, 4. Tonya McIntosh (Rice) 54.42.

800m: 1. Mitica Junghiatu (Romania) 2:03.27, 2. Joetta Clark (Athletics West) 2:03.31, 3. Debbie Grant (Team Elite) 2:05.83, 4. Cathy Harris (Unat.) 2:06.02, 5. Rose Monday (Track West) 2:06.50, 6. Cynthia Bayles (New Blance TC) 2:07.25. **3000m:** 1. Sabrina Dornhoefer (Athletics West) 9:03.59, 2. Christine McMiken (Reebok RT) 9:05.81, 3. Nan Davis (Athletic West) 9:13.44, 4. Paula Ivan (Romania) 9:20.42, 5. Pam Klassen (Rice) 9:21.27, 6. Lori Bearson (US Army) 9:24.97.

3000m Walk: 1. Maryanne Torrellas (Reebok) 12:45.38, 2. Teresa Vaill (Unat.) 12:47.32, 3. Lynn Weik (Unat.) 13:24.88, 4. Louise Aubin (Canada) 13:31.25, 5. Sarah Standley (SoCal RoadRunners Club) 14:02.28, 6. Zofia Wolan (Unat.) 14:14.01.

One Mile: 1. Doina Melinte (Romania) 4:36.68, 2. Alisa Harvey (Athletics West) 4:39.61, 3. Sheila Ralston (Track West) 4:42.24, 4. Aida Cossi (Liberty AC) 4:47.66, 5. Paula Brunetto (Litchfield TC) 4:48.52, 6. Alicia Moss (Atoms TC) 4:48.55.

55m Hurdles: 1. Judith Rocheleau (Canada) 7.40, 2. Lynda Tolbert (Arizona St) 7.50, 3. Kim McKenzie (Mazda TC) 7.54, 4. Rosalind

USA/Mobil Track & Field Indoor Championships

February 26. Madison Square Garden, NY.
Men's Results

55m: 1. Emmitt King (Unat.) 6.06, 2. Thomas Jefferson (Unat.) 6.15, 3. Lee McRae (Pittsburg) 6.21, 4. Joe DeLoach (Houston) 6.22, 5. Lee McNeill (E. Carolina) 6.24, 6. Mark McNeil (Unat.) 6.25. **400m:** 1. Antonio McKay (Unat.) 46.55, 2. Willie Smith (Unat.) 47.02, 3. Clarence Daniel (Unat.) 47.80. **500m:** 1. Ken Lowery (Chicago St. TC) 1:02.60, 2. Ray Armstead (Accusplit SC) 1:02.64, 3. Willie Caldwell (US Army) 1:03.13, 4. Oslan Barr (Westchester Puma) 1:03.25. **800m:** 1. Ray Brown (Atlantic CC) 1:47.66, 2. George Kersh (Taft College) 1:48.50, 3. Jack Armour (Westchester Puma) 1:49.59, 4. John Marshall (Team Elite) 1:49.70, 5. Gerald House (Texas So) 1:49.96, 6. Lorenzo Brown (Arkansas) 1:50.34. **One Mile:** 1. Marcus O'Sullivan (NewBalance) 3:59.85, 2. Brian Abshire (Athletics West) 4:00.73, 3. John Quade (Arizona) 4:02.34, 4. Roosevelt Jackson (Reebok RT) 4:02.98, 5. Steve Ave (NewBalance) 4:03.37, 6. Kierman Stack (Unat.) 4:03.84. **3000m:** 1. Jim Spivey (Athletics West) 7:52.91, 2. Mark Junkermann (UCLA) 7:54.00, 3. Jay Woods (Reebok RT) 7:55.81, 4. Jim Norris (NewBalance) 7:56.23, 5. Tom Ansberry (Lay Witnesses for Christ) 7:57.89, 6. Yobes Ondieki (Unat.) 7:57.91. **5000m:** 1. Guillaume LeBlanc (Canada) 18:53.25, 2. Tim Lewis (Reebok RT) 19:51.05, 3. Gary Morgan (NYAC) 20:02.50, 4. Paul Wick (NYAC) 20:11.42, 5. Michael Stauch (Wisconsin) 20:25.05, 6. David McGovern (East Side TC) 20:58.29. **55m Hurdles:** 1. Greg Foster (ICI World Class) 6.93, 2. Tonie Campbell (Unat.) 7.12, 3. Arthur Blake (Florida St) 7.13, 4. Tony Dees (Karamu Flyers) 7.17, 5. Roger Kingdom (Reebok RT) 7.20, 6. Cletus Clark (Santa Monica TC) 7.32. **One Mile Relay:** 1. Atlantic Coast Club (Jenkins, Hines, Elliott, Koeh) 3:16.96, 2. Bronx Express (Bellizeire, Edwards, Williams, Dickinson) 3:17.83, 3. Maryland/Eastern Shore (Carpenter, Ellerbe, Grant, Lindsay) 3:18.47.

Continued on next page...

Results

N.C.A.A. Indoor Champs

At Oklahoma City

Men

55 METERS—1. McRae (Pittsburgh), 6.07; 2. Cooper (McNeese St.), 6.11; 3. Mitchell (Florida), 6.16; 4. DeLoach (Houston), 6.21; 5. Trott (Nebraska), 6.22.
200—1. Mitchell (Florida St.), 20.73; 2. Peebles (North Carolina St.), 20.89; 3. Watkins (LSU), 21.29; 4. Loyd (Louisiana Tech), 21.30; 5. Lewis (W. Michigan), 21.34.

400—1. Campbell (Auburn), 46.40; 2. Simon (Illinois), 46.59; 3. Phillip (Manhattan), 47.21; 4. Hargatt (Colorado), 47.35; 5. Allen (TCU), 47.42.

800—1. Maston (Eastern Illinois), 1:49.27; 2. Jaynes (Idaho St.), 1:49.57; 3. Allen (Indiana), 1:49.58; 4. Fowler (LSU), 1:50.04; 5. Harner (Illinois), 1:50.17.

MILE—1. Falcon (Arkansas), 3:59.78; 2. VanHelden (LSU), 4:00.43; 3. Taylor (Arkansas), 4:00.56; 4. Whitely (Brown), 4:01.87; 5. Conway (Providence), 4:02.16.

3,000—1. Falcon (Arkansas), 7:55.80; 2. Farmer (North Carolina), 7:56.82; 3. Junkermann (UCLA), 7:58.32; 4. Loomis (Brown), 8:01.85; 5. Scherer (Michigan), 8:01.95.

55 HURDLES—1. Purvis (Georgia Tech), 7:13; 2. Blake (Florida St.), 7:14; 3. Williams (LSU), 7:23; 4. Cannon (Pittsburgh), 7:33; 5. Hence (Western Michigan), 7:38.

1,600 RELAY—1. Florida (Mitchell, Johnson, Long, Everett), 3:07.26; 2. Baylor, 3:10.03; 4. Auburn, 3:10.76; 5. Alabama, 3:12.44.

3,200 RELAY—1. Villanova (O'Regan, Hackson, Sullivan, Harris), 7:25.23; 2. Baylor, 7:26.37; 3. Indiana, 7:31.64; 4. Georgetown, 7:32.03; 5. William & Mary, 7:35.48.

HIGH JUMP—1. Conway (SW Louisiana), 7-6½ (meet record, old mark, 7-5¾, J. Lott, Texas, 1987); 2. Kemp (Boise St.), 7-6¼; 3. Brown (NW Louisiana), 7-4¼; 4. Nijo (Washington), 7-4¼; 5. Smith (Illinois St.), 7-4¼.

TRIPLE JUMP—1. Harrison (Kansas St.), 54-11¼; 2. Patton (North Carolina St.), 54-6½; 3. Beasley (Arkansas), 54-1¼; 4. Wendell (Boise St.), 53-10¼; 5. Morris (Nebraska), 52-3¼.

SHOTPUT—1. Wade (Oklahoma), 63-6; 2. Jones (Ohio), 60-10; 3. J. Bender (Fresno St.), 59-11; 4. Brown (Nebraska), 58-6¼; 4. Muse (Boise St.), 58-1¼.

FINAL TEAM LEADERS—1. Arkansas, 34; 2. Illinois, 29; 3. Florida, 26; 4. LSU, 24; 5. Manhattan, 17. Others included: 21. Fresno St., 8; 31. UCLA, 6.

Women

55 METERS—1. Guidry (Texas), 6.72; 2. Davis (Alabama), 6.76; 3. Richardson (Missouri), 6.87; 4. Jones (LSU), 6.90; 5. Mondie (Illinois), 6.93.

200—1. Davis (Alabama), 22.99; 2. Guidry (Texas), 23.25; 3. Onyali (Texas Southern), 23.57; 4. Williams (Seton Hall), 23.60; 5. Jones (LSU), 23.80.

400—1. Dendy (George Mason), 52.67 (meet record, old mark, 42.94, Dendy, preliminaries); 2. Mitchell (Florida), 53.02; 3. Taylor (USC), 53.19; 4. Wilson (Nebraska), 53.25; 5. McIntosh (Rice), 53.29.

800—1. Davidson (Texas), 2:08.19; 2. Halliday (Villanova), 2:08.68; 3. Dimuro (Villanova), 2:09.41; 4. Pollard (North

Carolina), 2:09.86; 4. Smith (Purdue), 2:10.03.

MILE—1. Huber (Villanova), 4:31.48 (meet record, old mark, 4:39.15, Huber, preliminaries); 2. Frahey (Villanova), 4:38.91; 3. Goudreau (Indiana), 4:39.17; 4. Hoover (Kentucky), 4:40.23; 5. Adiru (Alabama), 4:41.06.

3,000—1. Huber (Villanova), 9:06.67; 2. Olsfodt (Alabama), 9:07.02; 3. Goudreau (Indiana), 9:15.53; 4. Leopold (Texas), 9:16.09; 5. Goodman (Oklahoma St.), 9:18.63.

55 HURDLES—1. Martin (Tennessee), 7:56; 2. Tolbert (Arizona St.), 7:57; 3. Nelson (Texas), 7:71; 4. Robinson (Florida), 7:75; 5. Humphries (Eastern Kentucky), 7:79.

3,200 RELAY—1. Villanova (Bennett, Dimuro, Moisen, Halliday), 8:34.06; 2. Wisconsin, 8:38.17; 3. Houston, 8:39.67; 4. LSU, 8:39.99; 5. Texas, 8:42.48.

1,600 RELAY—1. Texas (Roberts, Bolden, Guidry, Flowers), 3:37.19; 2. Nebraska, 3:38.11; 3. Illinois, 3:39.59; 4. Rice, 3:43.06; 5. North Carolina, 3:43.90.

TRIPLE JUMP—1. Bates (USC), 44-9; 2. Brown (USC), 44-2¼; 3. Robinson (Nebraska), 42-9¼; 4. Hyacinth (Alabama), 42-8¼; 5. Compton (Fresno St.), 42.8.

FINAL TEAM LEADERS—1. Texas, 71; 2. Villanova, 52; 3. Alabama, 33; 4. USC, 32; 5. Nebraska, 21. Others included: 8. tie between Arizona St. and Washington, 14; 18. Arizona, 6; 26. Fresno St., 3.

Council (Mazda TC) 7.56, 5. Jackie Joyner-Kersey (ICI World Class) 7.57, 6. Donna Waller (Unat.) 7.65.

One Mile Relay: 1. Rice (Bryant, Lynch, Stewart, McIntosh) 3:46.17, 2. Seton Hall (Marshall, Williams, Hubbard, Blake) 3:52.31, 3. Concorde TC (Smith, Graham, Sinclair, Hudson) 3:52.62.

Long Jump: 1. Sheila Echols (Athletics West) 21-0, 2. Jennifer Inniss (Atoms TC) 20-11 1/4, 3. Terri Turner (Nike TC) 20-9 3/4, 4. Jacinta Bartholomew (Arizona St) 20-7 3/4, 5. Carol Jones (Nike Coast) 20-1 3/4, 6. Cindy Greiner (Athletics West) 19-11 3/4.

High Jump: 1. Louise Ritter (Mazda TC) 6-4, 2. Debbie Brill (PCC) 6-2 3/4, 3. Jan Chesbro-Wohlschlag (Nike Coast) 6-1 1/4, 4. Rita Graves (Mazda TC) 6-1 1/4, 5. Yolanda Henry (Unat.) 6-1 1/4, 6. Felicia Hodges (Temple TC) 6-1 1/4.

Shot Put: 1. Ramona Pagel (Mazda TC) 61-3, 2. Pam Dukes (Nike Coast) 59-3 1/2, 3. Bonnie Dasse (Nike Coast) 59-1 1/4, 4. Peggy Pollock (Nike Coast) 56-5 1/4, 5. Jennifer Ponath (Univ. of WA) 52-7, 6. Dot Jones (Unat.) 49-6 1/4.

Outdoor Track & Field

Northern Arizona vs Fresno State vs Cal State Long Beach

February 6, Flagstaff, AZ

Men's Results

55m: 1. Anthony Barnes (FSU) 6.28, 2. Michael Roberts (CSLB) 6.37, 3. Kevin Evans (CSLB) 6.39.

200m: 1. Anthony Barnes (FSU) 21.22, 2. John Koon (NAU) 21.40, 3. Gary Uribe (CSLB) 21.6.

400m: 1. Dwayne Hall (NAU) 47.60, 2. Benjie Green (FSU) 48.06, 3. Tyrone McCullough (CSLB) 49.62.

800m: 1. Grant Hoffman (NAU) 1:53.20, 2. Will Breckenridge (FSU) 1:53.58, 3. Tevi Pather (FSU) 1:54.14. **3000m**: 1. Bo Reed (NAU) 8:40.32, 2. Tim Moore (NAU) 8:45.18, 3. Milfred Tewawina (NAU) 8:49.23.

Mile: 1. Chris Currie (NAU) 4:20.20, 2. Dave Cattanach (FSU) 4:22.36, 3. Vince Firlotte (NAU) 4:25.27.

55m Hurdles: 1. Brett Rutherford (NAU) 7.59, 2. John Kennedy (NAU) 7.64, 3. Bump Novacek (FSU) 7.89.

4x400m Relay: 1. NAU (J. Koon, A. Reinhardt, P. Daniel, D. Hall) 3:12.28, 2. FSU 3:13.04, 3. CSLB 3:15.58.

4x800m Relay: 1. NAU 8:27.73.

Long Jump: 1. Bill Coleman (FSU) 24-8 1/4, 2. Reggie Jackson (FSU) 23-9 1/4, 3. Mark Joseph (NAU) 23-5 3/4.

Pole Vault: 1. Pat Alduenda (FSU) 16-3 1/4, 2. Bump Novacek (FSU) 16-3 1/4, 3. Todd Sprague (FSU) 15-11 1/4.

High Jump: 1. Bill Hepworth (FSU) 7-1, 2. Phil Adams (NAU) 6-11 1/2, 3. Shawn Wright (NAU) 6-5 1/2.

Triple Jump: 1. Reggie Jackson (FSU) 52-9 1/2, 2. Mark Joseph (NAU) 50-3 1/2, 3. David Puffer (CSLB) 46-2 1/2.

Shot Put: 1. John Bender (FSU) 60-0 1/2, 2. Kent Larsson (NAU) 58-10, 3. Andy Harris (FSU) 51-3 3/4.

35 Pound Weight: 1. Mike Ostrom (FSU) 56-9 1/4, 2. Daron Crass (FSU) 56-8, 3. Andy Harris (FSU) 54-9 1/2.

Women's Results

55m: 1. April Freow (FSU) 7.09, 2. Kristi Jenkins (NAU) 7.14, 3. Tamara Compton (FSU) 7.18.

200m: 1. Cathy Roberts (LBS) 24.58, 2. Kim Matthews (FSU) 24.98, 3. Kristi Jenkins (NAU) 25.13.

400m: 1. Kerri Zaleski (LBS) 54.79, 2. Rose Blake (FSU) 56.24, 3. Michelle Ponsetto (FSU) 57.20.

800m: 1. Nikki Toms (NAU) 2:10.4, 2. Brenda Payton (NAU) 2:16.7, 3. Magda Williams (FSU) 2:16.9.

3000m: 1. Maurie Wood (NAU) 10:26.55, 2. Jamie Bisplinghoff (NAU) 10:31.37, 3. Beth Elickson (NAU) 10:32.0.

Mile: 1. Brenda Payton (NAU) 5:04.24, 2. Maurie Wood (NAU) 5:07.41, 3. Kathy Dalton (NAU) 5:27.35.

55m Hurdles: 1. Amy Ice (LBS) 8.13, 2. Debbie Budwig (FSU) 8.23, 3. Susan Phillips (NAU) 8.31.

4x400m Relay: 1. Fresno State A 3:53.64, 2. Fresno State B 4:02.01.

4x800m Relay: 1. Northern Arizona 10:22.66. **Long Jump**: 1. Tamara Compton (FSU) 19-6 1/2, 2. Cynthia Salarey (FSU) 18-10 1/4, 3. Cathy Roberts (LBS) 18-6 3/4.

High Jump: 1. Tonya Mendonca (FSU) 5-9 1/4, 2. Paula Feuerbach (NAU) 5-9 1/4, 3. Debbie Orr (NAU) 5-7 1/4.

Triple Jump: 1. Tamara Compton (FSU) 41-1 1/4, 2. Debbie Orr (NAU) 37-9, 3. Cynthia Salarey (FSU) 36-11 1/2.

Shot Put: 1. Joyce Fremstead (FSU) 43-10 1/4, 2. Angie Williams (FSU) 42-1 1/4, 3. Vickie Tresk (FSU) 41-8 1/4.

photo by Jim Reynolds



Kerry Zaleski

All-Comers Meet

February 13, Los Gatos High School

Open Results

60m: 1. Vargus 6.25. **100m**: 1. Hawkins 11.23. **200m**: 1. Payton 22.3. **400m**: 1. Myles 48.9. **800m**: 1. Cooper 1:59.1. **Mile**: 1. Ingram 4:22.1. **2 Mile**: 1. Heskett 9:14.0. **70m HH**: 1. Bergbower 8.9. **High Jump**: 1. Bergbower 6-4.

Pole Vault: 1. Collins 15-2 1/2. **Long Jump**: 1. Blaszczyk 22-2. **Triple Jump**: 1. Fox 37-11. **Shot Put**: 1. Faul 64-7.

High School Results

60m: 1. Casimere (Silver Ck) 6.43. **100m**: 1. Hill (Oak Grove) 10.96. **200m**: 1. Sorce (Oak Grove) 23.0. **400m**: 1. Homquist (Oak Grove) 51.9. **800m**: 1. Hamquist (Oak Grove) 2:04.7. **Mile**: 1. Amendt (Lick) 4:29.8. **70m HH**: 1. Ayers (Gilroy) 9.1. **300m LH**: 1. Simmons (Oak Grove) 42.7. **400m Relay**: 1. Oak Grove 45.14. **Mile Relay**: 1. Silver Creek 3:27.3. **High Jump**: 1. Garcia (Leigh) 6-0. **Pole Vault**: 1. Phillips 13-0. **Long Jump**: 1. Hill (Oak Grove) 19-6. **Triple Jump**: 1. Garcia (Leigh) 38-6. **Shot Put**: 1. Wirtz (Leland) 55-11. **Discus**: 1. Wirtz (Leland) 175-7 1/2MR.

Masters Results

60m: 1. Emer 6.75. **100m**: 1. Emer 11.67. **200m**: 1. Emer 23.8. **400m**: 1. Hampton 55.7. **800m**: 1. Hampton 2:04.7. **Mile**: 1. Himmel 5:03.0. **High Jump**: 1. Dvorak 5-0. **Long Jump**: 1. Dvorak 18-5. **Triple Jump**: 1. Richmond 31-1.

Girls Results

60m: 1. Strom 7.17. **100m**: 1. Brice 12.54. **200m**: 1. Handy 25.0. **400m**: 1. Jessica Spies 59.9. **800m**: 1. Becky Spies (Livermore) 2:17.0. **Mile**: 1. Myers-Acosta 4:55.4. **2 Mile**: 1. Myers-Acosta 10:29.0. **70m LH**: 1. Simmons (Oak Grove) 10.4. **300m H**: 1. Simmons (Oak Grove) 49.95. **400m Relay**: 1. Oak Grove 54.20. **Mile Relay**: 1. Dr. King Track Club 4:17.0. **High Jump**: 1. Ballesteros 5-0. **Long Jump**: 1. Baker 15-6. **Triple Jump**: 1. Stedman 30-7 1/4. **Discus**: 1. Carol 113-6.

Results

Arizona All-Comers

February 13, Tucson, AZ

Men's Results

100m: 1. Ray Brown (UA) 10.60, 2. Garfield Campbell (CAC) 10.61, 3. O'Neal (Unat.) 10.65, 4. Shawn Johnson (Unat.) 10.80, 5. Percy Knox (UA) 10.81.
200m: 1. Garfield Campbell 21.61, 2. Ray Brown (UA) 21.61, 3. Percy Knox (UA) 21.66, 4. Ed O'Neal (Unat.) 21.74, 5. Lucius Miller (Unat.) 21.76.
400m: 1. Mark Sellick (Unat.) 48.71, 2. Davey Salas (NMSU) 51.31, 3. Dustin Bagley (GCC) 51.8, 4. Mark Brooks (PC) 51.8, 5. Jon Vaughn (Unat.) 52.56.
800m: 1. Mike Davidson (UA) 1:53.89, 2. Dale Laverty (Unat.) 1:54.93, 3. Richard Perez (NMSU) 1:54.96, 4. Jon Davis (UA) 1:55.49, 5. Todd Ewbanks (NMSU) 1:58.30.
1500m: 1. Richard Perez (NMSU) 3:59.0, 2. Hector Salazar (CAC) 3:59.2, 3. Roderick Clarke (UA) 4:02.5, 4. Robert Daakin (CAC) 4:02.6, 5. Chris Morgan (UA) 4:03.3.
3000m Steeplechase: 1. Doug Chamlee (UTEP) 9:45.6, 2. Luis Salas (Unat.) 9:48.4, 3. David Stein (UA) N.T., 4. Bob Stuckey (Unat.) 10:59.4, 5. Tom Beatty (Unat.) 11:08.3.

3000m: 1. John Quade (UA) 8:33.0, 2. Tim Swinford (UA) 8:56.38, 3. Jeff Currier (UA) 8:58.41, 4. Simon Gutierrez 9:05.5, 5. Eric Meade (UA) 9:13.08.
110m Hurdles: 1. Andrew Parker (Unat.) 14.08, 2. Karl Blade (UA) 14.60, 3. Haugen (Unat.) 14.81, 4. Darius Smith (Unat.) 14.99, 5. Cecil Lynn (NMSU) 15.14.
400m Hurdles: 1. Brian Ballou (UA) 53.72, 2. Darius Smith (Unat.) 53.91, 3. Karl Blade (UA) 54.81, 4. Jim Sarabia (NMSU) 56.87, 5. Eric DeHoyos (UA) 57.17.
4x100m Relay: 1. Unattached (Greg Moore, Willie Jones, Jon Lenstrom, Andrew Parker) 41.79, 2. Glendale CC 42.49, 3. Central Arizona CC 42.80, 4. New Mexico State 43.72, 5. A-Team 44.26.
4x400m Relay: 1. Arizona 3:15.1, 2. T-Birds 3:19.2, 3. New Mexico State 3:19.9, 4. Unattached 3:22.66, 5. Arizona "B" 3:26.86.
Shot Put: 1. Steve Whyte (Unat.) 55-6 1/4, 2. Dwight Johnson (CAC) 16.50m, 3. Chris Treadwell (Unat.) 14.64m, 4. James Steward (PC) 14.17m, 5. Lee (CAC) 14.08m.
Discus: 1. Olav Janssen (Unat.) 184-2, 2. Dwight Johnson (CAC) 51.28m, 3. Tony Dougherty (UA) 45.18m, 4. Marco Montoya (UTEP) 45.06, 5. Lee (CAC) 44.96m.
Javelin: 1. Jim Lohrop (Unat.) 240-11, 2. Marco Montoya (UTEP) 62.50m, 3. Gerard Langlois (Unat.) 61.97m, 4. David DeWeese (Unat.) 58.93m, 5. Steve Jacobs (SSTC) 55.70m.
Hammer: 1. Steve Whyte (Unat.) 206-3, 2. Skip Sisneros (Unat.) 55.68m, 3. Tony

Dougherty (UA) 50.02m, 4. Terry Tsigos (Unat.) 47.40m, 5. John Ryer (Unat.) 45.80m.
Pole Vault: 1. Rodgers (Unat.) 16-2 3/4, 2. Berentis (CAC) 4.80, 3. Derek Huff (UA) 4.80, 4. Brian Garza (UTEP) 4.65, 5. Curt Brown (UA) 4.50.
High Jump: 1. James Frazier (Unat.) 7-0 1/2, 2. B. Jones (PC) 2.10, 3. Maurice Crumby (UA) 2.10, 4. Juan Vasquez (Unat.) 2.05, 5. David Murray (Unat.) 2.05.
Long Jump: 1. Van Aldridge (Unat.) 24-9 1/4, 2. Ron Hayes (SCC) 6.94, 3. Derek Huff (UA) 6.84, 4. Dadrick Walker (PC) 6.81, 5. P. Williams (Unat.) 6.76.
Triple Jump: 1. Mark Triplett (Unat.) 50-1 3/4, 2. Maurice Crumby (UA) 14.91, 3. Brian Johnson (Unat.) 14.78, 4. Joel Whitfield (Unat.) 10.43.

Women's Results

100m: 1. Carole Jones (Unat.) 11.89, 2. Joyce Randolph (UA) 12.13, 3. Tonya Bowie (UTEP) 12.46, 4. Carter (Unat.) 12.71, 5. Yolanda Alle (PC) 12.88.
200m: 1. Joyce Randolph (UA) 25.27, 2. Jessica Johnson (UA) 25.41, 3. Brown (Unat.) 25.87, 4. Lynette Greenough (UA) 27.15, 5. Mary Collins (PC) 27.40.
400m: 1. Jenny Cox (UTEP) 61.1, 2. Cathy Greenlee (NMSU) 62.7, 3. Harper (Unat.) 63.8, 4. Richardson (Unat.) 64.4.
800m: 1. Laura Goodwin (UA) 2:19.7, 2. Laura Lomas (NMSU) 2:36.1, 3. Jill Sienicki (PC) 2:39.1, 4. DeDe Coffield (NMSU) 2:43.6.
1500m: 1. Lupita Urquidez (Unat.) 5:04.7, 2. Holly Brunton (NMSU) 5:07.9, 3. Jane Matthews (PC) 5:08.3, 4. Laura Lomas (NMSU) 5:20.4, 5. Josie Viloa (NMSU) 5:25.2.
3000m: 1. Carla Jackosn (PC) 10:58, 2. Lupita Urquidez (Unat.) 11:08, 3. Martina Mahone (Unat.) 11:39, 4. Jennifer Beatty (PC) 11:39, 5. Josie Viloa (NMSU) 11:42.
100m Hurdles: 1. Jessica Johnson (UA) 14.29, 2. Shannon Ryan (UTEP) 14.42, 3. Monica Ulloa (PC) 15.49, 4. Michelle Carter (GCC) 15.99, 5. Kim Dytko (Unat.) N.T.
400m Hurdles: 1. Shannon Ryan (UTEP) 64.8, 2. Daria Pereboom (Unat.) 65.6.
4x400m Relay: 1. Arizona 4:07.43, 2. Phoenix College 4:18.0, 3. New Mexico State 4:19.78, 4. Unattached 4:28.61.
Shot Put: 1. Rosenna Fanelli (PC) 36-6 1/4, 2. Lisa Antijunti (GCC) 10.53, 3. Esther Salazar (UTEP) 10.51, 4. Siti Mudzakker (UTEP) 9.78, 5. Lynette Greenough (UA) 8.52.
Discus: 1. Lisa Antijunti (GCC) 121-8, 2. Esther Salazar (UTEP) 36.52, 3. Linnea Peterson (PC) 34.18, 4. Siti Mudzakker (UTEP) 29.66, 5. Christina Sheshier (PC) 26.68.
Javelin: 1. Louise Perreault (UA) 160-3, 2. Linnea Peterson (PC) 30.90, 3. Parva Bezrutszyk (MCC) 26.78, 4. Christina Cheshier (PC) 26.24.
High Jump: 1. Dahlia Lockhart (Unat.) 5-6, 2. Lynette Greenough (UA) 1.68, 3. Tristan Maddock (UA) 1.68.
Long Jump: 1. Carole Jones (Unat.) 20-3 1/2, 2. Tonya Taylor (PC) 5.80, 3. Cescelie Hayes (UTEP) 5.43, 4. Yolanda Allen (PC) 5.27, 5. Smith (Unat.) 4.88.
Triple Jump: 1. Adams (GCC) 37-11 1/2, 2. Cescelie Hayes (UTEP) 10.96, 3. Yolanda Alle (PC) 9.85.
High School Boys Results
100m: 1. Stan Berryhill 11.0, 2. Avery Van Story 11.1, 3. Darren Somo 11.1, 4. Derrick Bray 11.3, 5. Kevin Chruscinski 11.6.
200m: 1. Ramon Freeland 22.6, 2. Avery Van Story 22.9, 3. Derrick Ray 22.9, 4. Alex Bryant 23.6, 5. Kevin Chruscinski 23.7.
400m: 1. Ramon Freeland 50.6, 2. Carlos Ortiz 52.0, 3. Bob Bruce 54.0, 4. Rich Davis

56.7, 5. John Hindley 58.6.
800m: 1. Jeff Bovee 2:00.5, 2. Gary Richards 2:00.8, 3. Mike Parker 2:01.4.
1500m: 1. Jeff Bovee 4:09.0, 2. Mike Parker 4:09.9, 3. John Beatty 4:12.9, 4. Derek Leonard 4:35.6, 5. Jason Garcia 4:36.9.
3000m: 1. Bernie Semler 9:04.1, 2. Juan Dillagran 9:55.4, 3. Bruno Clark 10:31.7, 4. Carlos Bermidez 10:49.0, 5. Delton Lowery 10:50.5.
110m Hurdles: 1. Todd Reid 15.1, 2. Chris Anderson 15.5, 3. Jason Phillips 16.9, 4. Jeff Trujillo 18.4.
4x100m Relay: 1. Chargers 43.7, 2. Cobras 44.2, 3. Spartans 45.9, 4. Cardinals 50.3.
Shot Put: 1. Tige Johnston 43-0 1/2, 2. Brad Nozicka 13.06, 3. Ken Simmons 12.13, 4. Nacho Montero 11.30.
Pole Vault: 1. Lane White 15-0, 2. Lance White 4.57, 3. John Martin 3.66.
Discus: 1. Brad Nozicka 120-3, 2. John Crowe 115-3, 3. Ken Simmons 111-10, 4. Danny Roush 101-5, 5. Nacho Montero 100-0.
High Jump: 1. Brian Jameson 6-0, 2. Lorenzo Makel 5-10, 3. Rich Davis 5-6, 4. Raul Salazar 5-0, 5. Derek Jameson 4-0.
Long Jump: 1. Ray Derrick 20-6, 2. Dio Parks 18-5 3/4, 3. Rich Davis 18-0 1/2, 4. Kevin Chruscinski 16-11 3/4, 5. Bob Bruce 16-8.
High School Girls Results
100m: 1. Tracie Colner 12.2, 2. Norma Ramos N.T., 3. Sharon Boneman 14.7.
200m: 1. Norma Ramos 26.3, 2. Amanda Huffine 29.0, 3. Lisa Leon 30.0.
100m Hurdles: 1. Amanda Huffine 16.94.
Shot Put: 1. Melissa Ply 36-9 3/4, 2. Dawn Colebrook 9.06, 3. Alejandra Garcia 7.31, 4. April Settle 4.75.
Discus: 1. Dawn Colebrook 125-3, 2. Melissa Ply 108-1, 3. Alejandra Garcia 82-5, 4. April Settle 39-3.
High Jump: 1. Amanda Huffine 4-7 3/4.
Long Jump: 1. Amanda Huffine 15-0, 2. Susan Jings 4.38.
 02/13

All-Comers Meet

February 13, Berkeley.

Open Men's Results

100m: 1. Chuck Brooks 10.5, **200m:** 1. Bernard Chatman (Nevada-Reno) 21.1, **400m:** 1. Bernard Chatman (Nevada-Reno) 47.7, **800m:** 1. Ken Green 1:57.0, **1500m:** 1. Martyn Batty 4:00.8, **5000m:** 1. Thom Trimble 15:51.0, **110m HH:** 1. Tony Amerson 14.4, **400m Relay:** 1. San Jose State 42.8, **1600m Relay:** 1. Mack 3:18.0, **Long Jump:** 1. Michael McRae (Bay Area Striders) 26-8 1/2, **Triple Jump:** 1. Ken Williams 50-6, **Shot Put:** 1. Doug Mattem 53-6 1/2, **Discus:** 1. Chuck Debus 177-3, **Javelin:** 1. Lee Webb 199-8.

Open Women's Results

200m: 1. Green 26.0, **400m:** 1. Josie Alexander 1:00.2, **800m:** 1. Molly Burke 2:20.8, **1500m:** 1. Susan Locke 5:21.6, **5000m:** 1. Vera Chung 20:08.5, **100m H:** 1. Debbie Meyer 15.9, **Discus:** 1. Kim Brohaugh 160-0.

High School Boys

100m: 1. Nate Wright (Oakland) 10.9, **200m:** (Open): 2. Tony Miller (Riordan) 21.8, **400m:** 1. Jeff Laynes (Oakland) 49.1, **800m:** 1. Dennis Hernandez (Mission San Jose) 1:59.2, **1500m:** (Open): 4. Dennis Hernandez (Mission San Jose) 4:03.3, **1500m:** 1. Steve Zirkelbach (Concord) 4:06.0, **3200m:** 1. Rountree 10:42.6, **110m HH:** 1. John Prudenti

The Legends Return!

The men who made Running have just turned 40. Far from over the hill, the stars of the sport are going head to head once again. Frank Shorter, Bill Rodgers, Jim Ryun, Kip Keino, Tracy Smith, Kenny Moore, Gerry Lindgren, Jeff Galloway and Barry Brown are among the names we grew up with who have all joined the ranks of the Masters.

This time it's the USRA MASTERS CIRCUIT, where these legends and others can run in 12 of America's top races, which will place special emphasis on the Masters Division. Men and women can compete for thousands of dollars and a chance to determine who are the best Masters. A special newsletter, "The Masters Report", edited by running's favorite son, Joe Henderson, will highlight Circuit events and profile the new stars of the roads.

The USRA MASTERS CIRCUIT is a series whose time has come. The Legends are back and it's better than ever!

March 12 - Azalea Trail Run 10K
Mobile, AL (205-433-3145)

May 30 - Cotton Row Run 10K
Huntsville, AL (205-681-5807)

June 4 - Myrtle Beach Classic 10K
Myrtle Beach, SC (919-876-8347)

June 5 - Hospital Hill Run Half Marathon
Kansas City, MO (913-362-7223)

July 10 - Utica Boilermaker 15K
Utica, NY (315-797-1310)

August 6 - TAC Masters T & F
Championship Legends Mile
Orlando, FL (407-628-8850)

August 13 - Asbury Park 10K Classic
Asbury Park, NJ (201-531-4156)

August 27 - Crim Road Race 10 Mile
Flint, MI (313-235-3396)

October 1 - Heartland Hustle 10K
Davenport, IA (319-359-9197)

October 8 - Capital Trail Run 10 Mile
Raleigh, NC (919-876-8347)

October 16 - Stamford Marathon
Stamford, CT (203-325-4658)

January 7, 1989 - Charlotte Observer 10K
Charlotte, NC (704-379-6896)

For more information and a sample copy of "The Masters Report", contact:

USRA MASTERS CIRCUIT

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United States Running Association Masters Circuit



Results

(Justin-Siena) 14.6. **400m H:** 1. Nate Wright (Oakland) 59.0. **400m Relay:** 1. River City 43.5. **1600m Relay:** 1. Oakland 3:35.8. **High Jump:** 1. Kevin Keane (DeLaSalle) 6-4. **Long Jump:** 1. Diatori Gildersleeve (Grant) 23-9 1/4. **Triple Jump:** 1. Diatori Gildersleeve (Grant) 48-8. **Shot Put:** 1. Eric Moore (Skyline) 42-10 1/2. **Javelin:** 1. Jeff Holland 159-0.

High School Girls

400m: 1. Maya Jamison (Berkeley) 1:03.1. **1500m:** 1. Sheila Burke (Marin Catholic) 5:41.2. **100m H:** 1. Ally Kolb (Monte Vista) 15.9. **Shot Put:** 1. Samira Taylor (Grant) 36-1.

Berkeley All-Comers Meet

February 20. Edwards Stadium, Berkeley.

Men's Results

100m: 1. Neal Gadison 10.6. **200m:** 1. Eric Decatur 21.9. **400m:** 1. Adrian Rodgers 49.3. **800m:** 1. Green (CAL) 1:54.6. **1500m:** 1. Joseph Shearer 4:16.1. **110m HH:** 1. Frazier 14.3. **400m IH:** 1. Thom McGuirk 56.8. **Pole Vault:** 1. Boyak (Unat.) 15-0. **Long Jump:** 1. Alonzo Livingston (CAL) 25-0 1/4. **Triple Jump:** 1. Roger Bennett (Unat.) 51-9. **Shot Put:** 1. Roland Anderson (CAL) 53-8 1/2. **Hammer:** 1. Roland Anderson (CAL) 172-0. **Discus:** 1. Rick Cox (Unat.) 160-11. **Javelin:** 1. Mark O'Connor (Nevada-Reno) 209-5.

Women's Results

100m: 1. Jennifer Clayton 12.6. **400m:** 1. Romy Guysse (Hayward St.) 58.4. **1500m:** 1. Laurie Binder 4:49.8. **100m H:** (33") Rhonda Colvin (Hayward St) 15.6. **400m H:** 1. Lisa Litrell 1:07.2. **400m Relay:** 1. California 48.9.

Boys' Results

(All the high school athletes competed unattached. The school they attend is listed for your information)

100m: 1. Marcus McFarland (Castlemont) 11.1. **200m:** 1. Jeff Laynes (Oakland) 21.9. **400m:** 1. Jeff Laynes (Oakland) 49.1. **800m:** 1. Leon Roundtree 2:00.0. **1500m:** 1. Dennis Hernandez (Mission San Jose) 4:10.3. **3200m:** 1. Steve Zirkebach (Concord) 9:36.9. **110m HH:** 1. Marcus McFarland (Castlemont) 15.3. **400m H:** 1. Kurt Siepmann 59.7. **Long Jump:** 1. Darrell Fowler (Concord) 21-5. **Triple Jump:** 1. Kevin Keane (DeLaSalle) 41-11 1/4. **Discus:** 1. Demian Lupert (Justin-Siena) 157-5. **Hammer:** 1. Mike Cavallaro (Logan) 120-8.

Girls' Results

200m: 1. Courtney Clark (Las Lomas) 26.9. **400m:** 1. Maya Jamison (Berkeley) 61.6. **800m:** 1. Courtney Clark (Las Lomas) 2:18.7. **1500m:** 1. Alva Dancel 4:55.9. **100m H:** (30") 1. Bridgett Taylor 16.7. **Discus:** 1. Debbie Leatham (Logan) 102-2.

Miller Lite Invitational

February 20. Flagstaff, AZ.

Men's Results

55m: 1. Mike Haynes (NAU) 6.20. 2. Herb Duncan (NAU) 6.27. 3. Dwayne Evans (AW) 6.30. 4. Curtis Mose (ASU) 6.33. 5. Lucius Miller (Unat.) 6.34. **200m:** 1. Michael Haynes (NAU) 21.09. 2. Mark Senior (Una.) 21.24. 3. Bernard Chatman (Unat.) 21.35. 4. W. Jones (S&S TC) 21.49. 5. Lucius Miller (Unat.) 21.50.

400m: 1. John Koon 47.08. 2. Michael Davidson 47.53. 3. Bernard Chatman (Unat.) 47.83. 4. Demetrius Carter (SJS) 48.71. 5. Jerry Cowson (CSLA) 48.90.

800m: 1. Grant Hoffman (NAU) 1:55.51. 2. Jeff Pierce (UN-Reno) 1:55.74. 3. Shawn Gillis (NAU) 1:55.85. 4. Jack Robb (UN-Reno) 1:56.48. 5. Darren Viner (ASU) 1:56.83.

55m Hurdles: 1. Andrew Parker (Unat.) 7.28. 2. Mark Boyd (ASU) 7.39. 3. Peter Daniel (NAU) 7.43. 4. John Lindstrom (SSTC) 7.53. 5. Brett Rutherford (NAU) 7.54.

3000m: 1. Mark Souza (Unat.) 8:29.58. 2. Milfred Tawawiaa (NAU) 8:33.72. 3. Bo Reed (NAU) 8:43.50. 4. Tim Moore (Unat.) 8:43.96. 5. Darren Stonerock (NAU) 8:51.30. **Mile:** 1. Jeff Smith (ASU) 4:13.89. 2. Chris Currie (NAU) 4:18.83. 3. Shawn Gillis (NAU) 4:25.59. 4. Grant Hoffman (NAU) 4:25.75. 5. Chris Bray (NAU) 4:27.85.

4x400m Relay: 1. Arizona State (Chip Rish, Gordon Bagg, Robert Rucker, Curtis Moss) 3:08.85. 2. Unat./SSTC 3:10.12. 3. Arizona State "B" 3:15.04. 4. Cal State LA 3:15.63. 5. Northern Arizona Univ. 3:18.15.

Long Jump: 1. Percy Knox (AZ) 25-9 1/2. 2. Greg Foster (Stockton TC) 24-10. 3. Scott Steffan (CSLA) 24-0 1/2. 4. Mark Joseph (NAU) 23-9 1/2. 5. Andrew Wood (ASU) 23-9.

Shot Put: 1. Kent Larsson (NAU) 59-10 1/2. 2. Darren Crawford (UNM) 57-0 3/4. 3. Shane Collins (ASU) 54-9. 4. Derek Huff (UA) 49-11 3/4. 5. Jantz Fitzgerald (CSLA) 49-10 1/2.

High Jump: 1. Lee Williams (Unat.) 7-3 1/2. 2. Mark Trujillo (UNR) 7-1 1/2. 3. Dan McNamara (Unat.) 7-1 1/2. 4. Fail Adams (NAU) 6-11 1/2. 5. Victor Dal Frate (UNM) 6-11 1/2.

Triple Jump: 1. Arthur Ogedebe (Unat.) 52-11 3/4. 2. Ed Triplett (Unat.) 50-9. 3. Greg Foster (Stockton TC) 50-6. 4. Mark Joseph (NAU) 50-2 3/4. 5. Greg Freeman (UNR) 49-3.

35-Lb. Weight: 1. Dave Bicktail (ASU) 53-1. 2. Shane Collins (ASU) 42-11 3/4. 3. Mark Gerstner 31-6.

Pole Vault: 1. Steve Horvath (CPSLO) 17-4 1/4. 2. Randy Bryant (UNM) 16-8. 3. Lance White (Unat.) 16-4. 4. Steve Toney (CPSLO) 16-4. 5. Mark Gersten (ASU) 16-4.

Women's Results

55m: 1. Michelle Deite (BYU) 6.99. 2. Madette Smith (Unat.) 7.04. 3. Rochelle Frazier (UA) 87.08. 4. Teri Florence (UNM) 7.11. 5. Carrie Franklin (UNLV) 7.13.

200m: 1. Carrie Franklin (UNLV) 24.72. 2. Cheryl Cheeks (UNLV) 24.73. 3. Madette Smith (Unat.) 24.90. 4. Teri Florence (UNM) 24.91. 5. Holmes (ASU) 25.11.

400m: 1. Tomette Holmes (ASU) 54.82. 2. Trena Marshall (CCNY) 55.39. 3. Maxine Serringer (BYU) 55.76. 4. Cheryl Cheeks (UNLV) 56.69. 5. Catherine McKinney (UNM) 57.47.

800m: 1. Georgia Johnson (BYU) 2:15.96. 2. Gwen Willink (UNM) 2:18.51. 3. Joyce Cheruyot (UNR) 2:18.53. 4. Cindy Herhahn (UNM) 2:19.07. 5. Ida-Lise Leybay (UNM) 2:21.41.

3000m: 1. Tina Ljungberg (UTEP) 9:51.49. 2. Rita Deloye (UTEP) 9:56.48. 3. Maurie Wood (NAU) 10:10.79. 4. Lisbeth Brax (UTEP) 10:19.37. 5. Beth Ellickson (NAU) 10:29.72.

Mile Run: 1. Linda Zeman (Unat.) 5:06.63. 2. Brenda Payton (NAU) 5:07.91. 3. Joyce Cheruyot (UNR) 5:12.58. 4. Patty Young (UNR) 5:13.90. 5. Grace White (NAU) 5:30.55.

55m Hurdles: 1. Rochelle Frazier (UA) 7.83. 2. Susan Christianson (BYU) 7.85. 3. Susan Phillips (NAU) 8.09. 4. Saira Purko (BYU) 8.10. 5. Jessica Johnson (UA) 8.29.

4x400m Relay: 1. Northern Arizona 3:47.63. 2. Nevada-Las Vegas 3:48.10. 3. New Mexico 3:52.30. 4. Arizona 3:55.91. 5. Nevada-Las Vegas B 4:05.16.

Triple Jump: 1. Gretchen Giles (UNLV) 39-1. 2. Debbie Orr (NAU) 38-0. 3. Cecilia Hayes (UTEP) 36-3. 4. Rachel Crank (Ricks) 34-10 1/2. 5. Carol Price (Ricks) 34-10 1/2.

Long Jump: 1. Janet Harvey (Unat.) 19-2. 2. Kelly Delph (BYU) 18-10. 3. Gretchen Giles (UNLV) 18-9 1/4. 4. Jenny Chorlesson (JA) 18-8. 5. Madette Smith (Unat.) 17-10 1/2.

High Jump: 1. Fink (JA) 5-11 1/4. 2. Jackie Belzner (ASU) 5-11 1/4. 3. Debbie Orr (NAU) 5-9 1/4. 4. Sherri Merford (BYU) 5-7 1/4. 5. Greenough (JA) 5-7 1/4.

Shot Put: 1. Brigitta Troive (BYU) 46-9 1/2. 2. Milli Wilkins (Ricks) 41-7 3/4. 3. Donna Mirani (ASU) 41-0 1/2. 4. Elena Salazar (UTEP) 40-3 1/2. 5. Gea Johnson (ASU) 40-3 1/2.

Los Gatos All-Comers Meet

February 27. Los Gatos.

Open Results

50m: 1. Cashner 6.38. **100m:** 1. McFarland 10.71. **200m:** 1. Phillips 20.68. **400m:** Phillips 46.29MR. **800m:** 1. Hingston 1:57.4. **5000m:** 1. Kemist 17:05. **10,000m:** 1. Pepper 32:57. **330m IH:** 1. Melody 39.3. **High Jump:** 1. Bergbower and Brand 6-4. **Pole Vault:** 1. O'Harrow 12-0. **Long Jump:** 1. Brastzyk 22-1. **Triple Jump:** 1. Silcox 44-5 3/4. **Shot Put:** 1. Berry 34-4. **Discus:** 1. Lambert 111-11.

Boys Results

100m: 1. Hartman (Silver Ck) 10.81. **200m:** 1. Siqueiros (Independence) 22.0. **400m:** 1. Amend (lick) 49.8. **800m:** 1. Amend (Lick) 1:57.4. **1500m:** 1. Wagstaff 4:02. **Mile:** 1. Utter (Lynbrook) 4:38. **60mHH:** 1. Carbin (Washington, Fremont) 8.51. **400m Relay:** 1. Independence 42.0. **Mile Relay:** 1. Independence 3:22.1. **High Jump:** 1. Garcia (Leigh) 5-10. **Pole Vault:** 1. Goodloe (Castlemont) 13-0. **Long Jump:** 1. McFarland (Independence) 21-11. **Triple Jump:** 1. McFarland (Independence) 44-8 1/2. **Shot Put:** 1. Wade (Castlemont) 45-2. **Discus:** 1. Grabowski (Branham) 135-4.

Women's Results

5000m: 1. Schultz 17:26.5. **10,000m:** 1. Ditz 33:39MR. **High Jump:** 1. Walsh 5-0. **Shot Put:** 1. Munice 37-5.

Girls Results

50m: 1. Matson (Silver Ck) 7.8. **100m:** 1. Sanchez (Santa Teresa) 12.64. **200m:** 1. Strong (Silver Ck) 25.9. **400m:** 1. Holmes 62.1. **800m:** 1. McCandless (Castilleja) 2:22.1. **1500m:** 1. Hampton 4:06.7. **Mile:** 1. Shaw (Fresno) 5:38.5. **330m H:** 1. Van Nortwick (Willow Glen) 54.6. **400m Relay:** 1. Silver Creek 52.2. **Long Jump:** 1. Sanchez (Santa Teresa) 16-6 1/2.

Masters Results

60m: 1. Emert 7.0. **100m:** 1. Emert 11.87. **200m:** 1. Springbett 24.9. **400m:** 1. Rutledge 57.0. **800m:** 1. Richardson 2:12.9. **Triple Jump:** 1. Wood 34-4 1/4.

Peabody Coal Invitational

February 27. Walkup Skydome, Flagstaff, AZ.

Men's Results

55m: 1. Jason Leach (Texas) 6.22. 2. Dwayne Evans (SSTC) 6.25. 3. Patrick O'Connor (CAC) 6.26.

55m (Consolation): 1. Anthony Barnes (FSU) 6.30. 2. Herb Duncan (NAU) 6.42. 3. Shawn Flood (ASU) 6.55.

200m: 1. Dwayne Evans (SSTC) 20.88. 2. Mark Senior (Unat.) 21.26. 3. Anthony Barnes (SSTC) 21.29.

400m: 1. Howard Davis (CAC) 46.27. 2. Ed Lovelace (ASU) 47.50. 3. Robert Rucker (ASU) 48.46.

800m: 1. Grant Hoffman (NAU) 1:52.0. 2. Shawn Gillis (NAU) 1:54.3. 3. Darren Viner (ASU) 1:55.9.

Mile: 1. Jeff Smith (ASU) 4:08.9. 2. Chris Bray (NAU) 4:29.4. 3. Vince Firlotte (NAU) 4:35.0.

55m Hurdles: 1. Andrew Parker (Unat.) 7.19. 2. Richard Bucknor (CAC) 7.24. 3. Kenny Thompson (Texas A&M) 7.34.

55m Hurdles (Consolation): 1. Matt Zuber (ASU) 7.56. 2. John Kennedy (NAU) 7.63. 3. Brian Thomas (CAC) 7.65.

4x400m Relay: 1. Arizona State 3:09.23. 2. Northern Arizona 3:16.29.

Long Jump: 1. Bill Coleman (FSU) 23-9 1/2. 2. Reggie Jackson (FSU) 23-6 1/4. 3. Andrew Wood (ASU) 22-9 1/4.

Pole Vault: 1. Mark Gersten (ASU) 16-3 1/4. 2. Jeff Mulligan (ASU) 16-3 1/4. 3. Dallas Berentis (CAC) 15-11 3/4.

High Jump: 1. Mark Trujillo (UNR) 7-1 1/2. 2. Phil Adams (NAU) 6-11 1/2. 3. Bill Jones (PC) 6-11 1/2.

Triple Jump: 1. Patrick O'Connor (CAC) 47-4 1/4.

Shot Put: 1. Kent Larsson (NAU) 56-9 1/4. 2. Dwight Johnson (CAC) 55-9 1/4. 3. Shane Collins (ASU) 53-7 1/4.

35 lb. Weight: 1. Dave Bickel (ASU) 52-11. 2. Shawn Collins (Unat.) 44-4.

Women's Results

55m: 1. Mary Bolden (Texas) 6.90. 2. April Freow (FSU) 7.06. 3. Michelle Carter (Glendale) 7.35.

200m: 1. Mary Bolden (Texas) 24.01. 2. Susan Phillips (NAU) 25.17. 3. Sherrill Brown (Glendale) 25.88.

400m: 1. Tonnette Holmes (ASU) 54.75. 2. Sandra Smith (NAU) 58.54. 3. Diane Wiseman (NAU) 59.48.

800m: 1. Nikki Toms (NAU) 2:09.75. 2. Grace White (Unat.) 2:24.96. 3. Kathy Dalton (NAU) 2:25.02.

55m Hurdles: 1. Susan Phillips (NAU) 8.13. 2. Lennon Gardner (ASU) 8.62. 3. Michelle Carter (Glendale) 8.70.

4x400m Relay: 1. NAU (Feuerbach, Smith, Johnson, Mitchell) 3:51.61.

Long Jump: 1. Brenda Johnson (NAU) 17-4. 2. Cinda Mentzer (NAU) 16-10 3/4. 3. Sandra Smith (NAU) 16-1 3/4.

High Jump: 1. Angie Bradburn (Texas) 6-1 1/4. 2. Tanya Mendonca (FSU) 6-0. 3. Jackie Belzner (ASU) 6-0.

Invitational High Jump: 1. Tanya Mendonca (FSU) 6-2. 2. Shelly Ferhman (Unat.) 6-2. 3. Debbie Orr (NAU) 5-9 1/4.

Triple Jump: 1. Debbie Orr (NAU) 39-1 1/4. 2. Jamie Beswick (NAU) 34-2 3/4.

Shot Put: 1. Donna Mirani (ASU) 40-0. 2. Gea Johnson (ASU) 39-11 1/2. 3. Lori Parker (NAU) 37-6 1/2.



Results

photo by Bill Leung, Jr.



Kirsten O'Hara

San Jose State Relays

February 27. San Jose State.

Men's Results

100m: 1. Garrett Moore (Sac St) 10.9, 2. Mike Williams 11.1, 3. Troy Brown (SJS) 11.1.
1500m: 1. Bob Rivera (Aggies TC) 3:51.5, 2. Leonard Sperandio (Unat.) 3:53.2, 3. Darin Slade (Sac St) 3:53.6.
3000m Steeplechase: 1. David Frnk (Aggies TC) 9:23.4, 2. Bill Walsh (Cal) 9:36.6, 3. David Rees (Stanford) 9:40.7.
5000m: 1. Alan Dellinger (Etonic) 14:09.5, 2. Adam McAbey (Golden Bear TC) 14:33.4, 3. Sal Rodriguez (FSU) 14:50.4.
110m High Hurdles: 1. Kevin McPherson (CAL) 14.1, 2. Andre Frazier (Unat.) 14.1, 3. Eugene Swift (Unat.) 14.1.
400m Relay: 1. San Jose State 41.8, 2. Unattached 41.9, 3. Stanford 42.0.
800m Relay: 1. Stanford 1:28.1, 2. Nor Cal Int. TC 1:28.1, 3. Cal 1:28.2.
1 Mile Relay: 1. NorCal Int'l TC 3:13.9, 2. Stanford "A" 3:15.1, 3. Cal 3:17.5.
2 Mile Relay: 1. Stanford 7:32.4, 2. Fresno State 7:44.1, 3. Cal 7:46.1.
Distance Medley: 1. California 10:05.7, 2. San Jose State 10:12.8, 3. Fresno State 10:18.2.
Hammer: 1. Mike Ostrom (FSU) 200-11, 2. Daron Crass (FSU) 192-10, 3. Andy Haris (FSU) 178-7.
35 Lb. Weight: 1. Mike Ostrom (FSU) 61-5 3/4, 2. Neil Leonard (Unat.) 59-3 1/2, 3. Fresno State 58-7 1/4.
Shot Put: 1. Mike Bunsic (Unat.) 62-1 3/4, 2. Brian Oldfield 61-2 3/4, 3. John Bender (FSU) 59-0 1/4.
High Jump: 1. Morris (CAL) 7-0, 2. Kozak (SJS) 6-10, 3. Rogers (CAL) 6-8.
Long Jump: 1. Kevin Smith (Golden Bear TC) 24-1, 2. Alonzo Livingston 23-2 1/2, 3. Tom Weatherspoon (Unat.) 23-0 1/4.

Javelin: 1. Dave Pickett (Stanford) 223-8, 2. Roy Seidmeyer (FSU) 194-7, 3. Tom Silva (Unat.) 190-6.
Triple Jump: 1. Roger Bennett (US Army) 52-8 3/4, 2. Elmo Paige (Golden Bear TC) 48-0, 3. Joe Frank (Golden Bear TC) 47-5 1/2.
Pole Vault: 1. John Gash (Stanford) 16-6, 2. Brian Wicks (SJS) 16-0, 3. Bill Sheppard (Cal) 15-0.
Discus: 1. Karl Nisula (Cal) 185-1, 2. Glen Schneider (Stanford) 178-0, 3. Bob Shenk (Cal) 166-2.

Women's Results

100m: 1. Mina Hutchins (Golden Bear TC) 12.0, 2. Asia Williams (FSU) 12.1, 3. Mathis Day (STC) 12.2.
1500m: 1. Molly Burke (Unat.) 4:41.2, 2. Becky Spies (Unat.) 4:43.5, 3. Renee Fortno (Aggies TC) 4:53.5.
3000m: 1. Kirsten O'Hara (Cal) 9:46.5, 2. Janine Ogas (FSU) 9:58.1, 3. Stacey McAlee (FSU) 10:01.4.
5000m: 1. Carol Gray 16:18.8, 2. Lisa Irvine (Cal) 18:20.9, 3. Jissel Bersten (FSU) 18:27.3.
100m Hurdles: 1. Helga Halldorsdottir (NorCal TC) 13.9, 2. Natalie Day (Sac St) 14.3, 3. Laurie Smith (Cal) 14.4.
400m Relay: 1. FSU 46.8, 2. Cal A 48.0, 3. Cal B 50.1.
Sprint Medley Relay: 1. Fresno State 4:12.1, 2. Cal 4:25.8, 3. Sacramento State 4:33.1.
Distance Medley Relay: 1. Aggies TC 12:09.5, 2. Cal 12:12.0, 3. Fresno State 12:19.4.
880 Relay: 1. Cal 1:42.1, 2. Stanford 1:43.5, 3. FSU 1:44.5.
2 Mile Relay: 1. FSU 9:20.7, 2. Cal A 9:36.9, 3. Aggies Int'l TC 9:47.0.
Mile Relay: 1. Fresno State 3:51.6, 2. Cal A 3:52.9, 3. Stanford 3:55.4.
Shot Put: 1. Patty Purpur (Stanford) 50-3 1/4, 2. Debbie Malveg (Stanford) 31-10 3/4, 3. Joyce Fremstad (FSU) 41-7.
High Jump: 1. Jody Mariscal (FSU) 5-8, 2. Beth Vidakovits (Cal) 5-8, 3. Wendy Allen (Stanford) 5-4.
Long Jump: 1. Mona Simmons (Golden Bear TC) 19-0 1/2, 2. Rosalyn Mitchell (Cal) 18-1 1/4, 3. Stacey Rogers (Cal) 18-0 3/4.
Javelin: 1. Erica Wheeler (Stanford) 175-7, 2. Chris Harris (FSU) 129-0, 3. Cindy Barras (FSU) 112-7.
Triple Jump: 1. Crissy Cerkel (Cal) 37-4 3/4, 2. Dawn Brown (Cal) 36-8 1/4, 3. Tina Gangnuss (FSU) 36-6 1/4.
Discus: 1. Patty Purpur (Stanford) 180-6, 2. China Blockton (FSU) 148-3, 3. Debbie Malveg (Stanford) 147-7.

Long Beach Relays

February 28. Long Beach.

University/Open Division - Men

3000m Steeplechase: 1. P. Yost (AIA) 9:29.5, 2. R. Lakeman (CSF) 9:31.1, 3. Tom Wilkinson (LBSU) 9:52.8.
5000m: 1. Ralph Garibaldi (Unat.) 14:17.8, 2. Castle (Unat.) 14:47.5, 3. Cole (AIA) 14:47.7.
110m HH: 1. David Ashford (YMCA) 14.40, 2. Nat Page (Unat.) 14.73, 3. James McCraney (Unat.) 14.84.
400m IH: 1. Andre Hargrove (Unat.) 52.97, 2. Joe Sordi (UCI) 53.70, 3. McHenry (Pom-Pit) 56.05.
4x100m Relay: 1. Showtime TC 41.05, 2. Ujima TC 41.07, 3. Long Beach State 41.13.
4x220 Relay: 1. Showtime TC 1:26.89, 2. San Diego State 1:27.89, 3. UCI 1:28.47.
Mile Relay: 1. Unattached team 3:14.7, 2. San Diego State 3:19.9, 3. UCSB 3:20.8.

4x880 Relay: 1. San Diego State 7:46.0, 2. UCI 7:55.9, 3. LBSU "Brown" 7:57.4.
4x100m Relay: 1. Running Experience TC 17:07.3, 2. UCI 17:07.5, 3. UCI "B" 17:31.7.
Sprint Medley Relay: 1. Long Beach State 3:24.86, 2. Camp Pendleton Marines 2:29.18, 3. Occidental 3:29.67.
Distance Medley Relay: 1. UCI 10:08.5, 2. UCSB 10:09.1, 3. UCI "B" 10:14.4.
High Jump: 1. Alan Hodgert (SDSU) 7-0, 2. David Puffer (LBSU) 6-8, 3. Swanson (CSUN) 6-8.
Pole Vault: 1. Kelly Curry (LBSU) 15-6, 2. Matt Wallace (UCSB) 15-0, 3. Mark Sean (LBSU) 14-6.
Long Jump: 1. Alarcon (SDSU) 23-8 3/4, 2. Stewart (SCC) 23-7 1/4, 3. Matt Farmer (UCI) 22-11.
Triple Jump: 1. Darryl Taylor (SBTC) 52-5 1/4, 2. David Puffer (LBSU) 48-0, 3. LaVelle Davenport (SBTC) 47-1.
Shot Put: 1. David Bultman (Unat.) 54-2, 2. Eric Bergreen (Unat.) 54-1 1/4, 3. Chris Beard (Oxy) 50-1 3/4.
Discus: 1. David Bultman (Unat.) 175-6, 2. Darrin Buckner (Unat.) 161-3, 3. Van Mohr (SDSU) 161-3.
Javelin: 1. Al Collatz (Unat.) 229-9, 2. Douglas Fernandez (Unat.) 215-5, 3. Pilchman (Unat.) 186-1.
Hammer: 1. John Knight (Unat.) 202-2, 2. Chris Beard (Oxy) 180-8, 3. Darrin Roebuck (UCSB) 174-10.

Univ./Open Division - Women

3000m: 1. Beth Metcalf (ARE) 10:02.0, 2. McLaughlin (UCI) 10:03.5, 3. Amy Dabul (UCI) 10:03.5.
100m Hurdles: 1. Effie Daetz (USC) 15.08, 2. Kerry Bell (Nike) 15.78, 3. Gaylen Ames (SDSU) 15.81.
400m Hurdles: 1. Wendy Craig (SDTC) 65.65, 2. Peterson (CMS) 73.51.
4x100m Relay: 1. USC 50.06, 2. Long Beach State 50.14, 3. Claremont/Mudd 51.71.
4x220 Relay: 1. Nike Coast 1:38.89, 2. USC 1:40.98, 3. San Diego State 1:51.24.
Mile Relay: 1. USC 3:52.7, 2. San Diego State 3:59.8, 3. Cal State Fullerton 4:05.3.
4x880 Relay: 1. USC 9:17.3, 2. San Diego State 9:39.3, 3. UCI 9:56.9.
4x100m Relay: 1. UCI 20:29.3, 2. UCI "B" 21:09.4, 3. Claremont/Mudd 21:14.8.
Sprint Medley Relay: 1. Nike Coast 1:46.06, 2. USC 1:46.55, 3. San Diego State 1:49.17.
Distance Medley: 1. 1:11:45.8, 2. USC 1:14:46.3, 3. UCI "B" 12:29.5.
High Jump: 1. Sharon Gilbert (UCI) 5-6, 2. M. Rynyan (SDSU) 5-6, 3. Wuertful (SDSU) 5-4.
Long Jump: 1. Yvette Bates (USC) 19-2 1/4, 2. Angela McKnight (SDSU) 18-8 3/4, 3. Cathy Roberts (LBSU) 18-6 1/2.
Triple Jump: 1. Green (SDSU) 39-0 1/2, 2. Angela McKnight (SDSU) 37-3 3/4, 3. Dennington (CMS) 34-1 1/2.
Shot Put: 1. Elaine Bergman (Unat.) 42-7, 2. Kerry Bell (Nike) 41-7 3/4, 3. Standing (SDSU) 39-8 3/4.
Discus: 1. Claudia Paris (USC) 151-8, 2. Standing (SDSU) 134-10, 3. Peters (Unat.) 128-11.
Javelin: 1. Sheila Beuler (Nike Coast) 142-8, 2. Elaine Bergman (Unat.) 141-9, 3. Wright (LaVerne) 135-3.
Community College Division - Men
3000m Steeplechase: 1. Bill Lind (LBCC) 9:35.0, 2. D. Bowden (LBCC) 9:41.0, 3. Krueger (Port) 9:47.0.
5000m: 1. Viguera (Occ) 15:07.6, 2. Delgado (ECC) 15:36.5, 3. Kepler (SDM) 15:37.2.
110m HH: 1. Terry Johnson (LBCC) 14.1h, 2. Carter Jefferson (Taft) 14.1h, 3. Mark Crear (MSAC) 15.24.

400m IH: 1. Osmond Swanegan (SDM) 52.5, 2. Williams (SDM) 53.1, 3. Cox (Taft) 53.6.
4x100m Relay (Invitational): 1. Taft 40.5, 2. Riverside 40.6, 3. El Camino 40.6.
4x100m Relay (Seeded): 1. San Diego Mesa 41.5, 2. Compton 42.1, 3. Cerritos 42.1.
4x220 Relay: 1. Taft 1:25.8, 2. LBCC 1:25.9, 3. El Camino 1:26.3.
Mile Relay: 1. Taft 3:11.7, 2. El Camino 3:12.0, 3. LBCC 3:12.2.
4x880 Relay: 1. Mira Costa 8:02.9, 2. Orange Coast 8:06.1, 3. Grossmont 8:06.5.
4x100m Relay: 1. Pasadena 3:27.8, 2. Rancho Santiago 3:27.9, 3. LBCC 3:28.1.
Distance Medley Relay: 1. El Camino 10:20.6, 2. Orange Coast 10:26.5, 3. Mira Costa 10:27.4.
High Jump: 1. Derrick Moore (LBCC) 6-10, 2. Cox (MSAC) 6-8, 3. McCurdy (RCC) 6-8.
Pole Vault: 1. Paul Frederick (Taft) 16-4, 2. Murray (RCC) 14-6, 3. Shalvis (MSAC) 14-6.
Long Jump: 1. Juan Tobin (PCC) 24-2 1/2, 2. Chris Wilcox (LBCC) 23-3 1/4, 3. Franklin (SDM) 22-11 3/4.
Triple Jump: 1. Marcus Hooks (LBCC) 53-5 1/2w, 2. Brian Wellman (Taft) 52-11 1/2w, 3. Terrence Williams (PCC) 48-5 1/2.
Shot Put: 1. Alan Hausauer (PCC) 52-1 1/4, 2. Williams (Merced) 49-7 1/2, 3. Jaime Cardriche (Cerr) 49-3 1/2.
Discus: 1. Carlo Bell (Full) 156-1, 2. Bivens (LBCC) 156-1, 3. Navarro (MSAC) 150-6.
Javelin: 1. C. Johnson (Gross) 187-5, 2. H. Samuels (PCC) 173-3, 3. J. Woods (LBCC) 173-3.
Hammer: 1. Dickerson (MSAC) 150-4, 2. Hausauer (PCC) 136-4, 3. Navarro (MSAC) 131-11.

Community College Division - Women

3000m: 1. Davenport (COS) 10:58.6, 2. Lies (Occ) N.T., 3. Kahler (Occ) N.T.
5000m: 1. Janice Sellon (MSAC) 17:26.6, 2. Delleney (SDM) N.T.
100m Hurdles: 1. Donna John (LBCC) 15.20, 2. M. Gasper (LBCC) 16.55, 3. Stevens (Sadd) 16.58.
400m Hurdles: 1. Chen (MSAC) 64.7, 2. Stevens (Sadd) 67.8, 3. MacFarland (Gross) 69.2.
4x100m Relay: 1. El Camino 47.6, 2. Long Beach City 50.2, 3. El Camino "B" 51.8.
4x220 Relay: 1. El Camino 1:44.8, 2. Fullerton 1:56.6, 3. Long Beach City 1:57.5.
Mile Relay: 1. El Camino 3:57.3, 2. Mt. SAC 4:08.2, 3. Long Beach City 4:14.9.
4x880 Relay: 1. El Camino 10:13.4, 2. Mt. SAC 10:31.8, 3. Orange Coast 10:41.0.
4x100m Relay: 1. Mt. SAC 23:56.8.
Sprint Medley: 1. San Diego Mesa 1:50.5, 2. Long Beach City 1:50.5, 3. Fullerton 1:59.7.
Distance Medley: 1. El Camino 12:35.5, 2. Orange Coast 12:59.7, 3. Mt. SAC 13:12.5.
High Jump: 1. S. Roostee (Sadd) 5-2, 2. C. Tyler (LBCC) 5-2, 3. S. King (Occ) 5-0.
Long Jump: 1. Jackie Anderson (SDM) 18-11 1/2, 2. Beth Carr (LBCC) 17-1 1/2, 3. Strachan (SDM) 16-10 1/4.
Triple Jump: 1. Kulow (Sadd) 37-1, 2. Stevens (Sadd) 36-0 3/4, 3. Hutchinson (ECC) 35-2.
Shot Put: 1. Castater (SDM) 41-7, 2. Campbell (SDM) 40-11, 3. Gill (Full) 38-9.
Discus: 1. Wilson (Sadd) 139-11, 2. Gill (Full) 131-4, 3. Castater (SDM) 124-10.
Javelin: 1. D. Jackson (ECC) 126-1, 2. A. Gill (Full) 124-9, 3. S. Hutchinson (ECC) 113-8.

Results

Los Angeles Relays

California vs Sacramento State (non-scoring)

March 5. Edwards Stadium, Berkeley.
College Men's Results

100m: 1. Harrison (SS) 10.7. 200m: 1. Harrison (SS) 21.4. 400m: 1. Ellis (SS) 48.0. 800m: 1. Green (C) 1:52.9. 1500m: 1. Henderson (C) 3:54.4. 5000m: 1. Blockhus (C) 14:22.5. 110m HH: 1. McPherson (C) 14.2. 440m IH: 1. Torrente (C) 52.5. 400m Relay: 1. California (Jett, Rogers, Livingston, Hodges) 41.8. 1600m Relay: 1. Sacramento State 3:15.5. High Jump: 1. Harris (C) 7-3 1/2 (NCAA qualifier). Pole Vault: 1. Burns (C) 16-0. Long Jump: 1. Rogers (C) 24-11 3/4. Triple Jump: 1. Harris (C) 50-4 3/4. Shot Put: 1. Nisula (C) 54-3 1/4. Discus: 1. Nisula (C) 190-4 (NCAA qualifier). Javelin: 1. Gallegos (SS) 183-1.

California vs Fresno State (non-scoring)

100m: 1. not reported. 200m: 1. Matthews (F) 24.4. 400m: 1. Blake (F) 56.2. 800m: 1. Jones (F) 2:14. 1500m: 1. Rockwood (F) 4:39.2. 3000m: 1. Ogas (F) 10:04.1. 5000m: 1. Ogas (F) 17:12.8. 100mH: 1. Smith (C) 14.7. 400mH: 1. Smith (C) 1:02.6. 400m Relay: 1. Fresno State 46.4. 1600m Relay: 1. Fresno State 3:46.8. High Jump: 1. Vidakovits (C) 5-8. Long Jump: 1. Hudson (C) 20-7 3/4 (NCAA qualifier). Triple Jump: 1. Hudson (C) 44-5 (NCAA qualifier). Shot Put: 1. Blockton (F) 44-11 3/4. Discus: 1. Barnes (F) 190-3. Javelin: 1. Harris (F) 133-3.



Lacy Barnes

March 12. Cal State Los Angeles.
Community College Results

Javelin: 1. Steve Shan (SBVCC) 167-3, 2. Nick Best (AVCC) 159-5, 3. Pat McCord (SBVCC) 154-10.
Long Jump: 1. Larry Miller (AVCC) 22-7, 2. Elgin Haynie (LBCC) 21-11 3/4, 3. Derrie Dorsey (LAVCC) 21-3 1/2.
Pole Vault: 1. Scott Linder (SBVCC) 13-0, 2. Erick Stanley (Whittier Col) 12-6, 3. Troy Parr (SBVCC) NH.
High Jump: 1. Jeffrey Wells (LAVCC) 6-9 3/4, 2. (tie) Johnny Gilbertson (Pasadena CC) and Derrick Moore (LBCC) 6-6 1/4.

Men's Results

Hammer: 1. John Knight (Unat.) 208-9, 2. Greg Retzer (CSLA) 199-7, 3. Darren Robuck (UCSB) 187-9.
Javelin: 1. Rick Kaufman (AATC) 211-11, 2. Heinz Heinrichs (Unat.) 192-7, 3. Adam Pichman (Unat.) 190-5.
3000m Steeplechase: 1. Danny Martinez (Reebok TC) 9:08.5, 2. Rob Lakeman (CSFullerton) 9:31.4, 3. Spencer Allen (Pomona-Pitzer) 9:37.2.

4x110m HH Shuttle Relay: 1. Pasadena CC 61.9, 2. U. of Redlands 63.99.
110m HH: 1. D. Ashford (S&S TC) 14.16, 2. Derek Pye (LBCC) 14.36, 3. Apollo (SDS Alumni) 14.50.

Long Jump: 1. Juan Tobin (Pasadena CC) 25-1 3/4, 2. Veryl Switar (SBTC) 24-3, 3. Heinz Heinrichs (Unat.) 23-4.

Shot Put: 1. Mike Bell (AATC) 56-10 3/4, 2. T. Kaufman (Unat.) 56-9 1/4, 3. Gary Kostrubala (Unat.) 55-2 3/4.

1500m: 1. Russ Cole (AIA) 3:50.68, 2. Greg Holgate (UC Irvine) 3:51.29, 3. Steve Johnson (Unat.) 3:51.57.

High Jump: 1. Brian Stanton (Unat.) 7-2 1/4, 2. (tie) Walter Barney (CSBakersfield) and Troy Haines (Unat.) 7-0 1/4.

400m Relay: 1. UC Irvine 41.1, 2. LA Valley CC 42.2, 3. Pomona-Pitzer 43.1.

400m: 1. Darryl Prevost (Taft CC) 47.2, 2. Martin Cannady (LBCC) 47.4, 3. Benjie Green (Unat.) 47.8.

100m: 1. Perry Bacon (Taft CC) 10.61, 2. Jerry Mosley (Unat.) 10.64, 3. Jeff Williams (South Bay TC) 10.68.

400m IH: 1. Dray Hargrove (Unat.) 52.4, 2. Michael Cox (Taft CC) 52.8, 3. Von Joyce (Showtime) 53.7.

200m: 1. Harlan Davis (Taft CC) 20.7, 2. Fred Simmons (UC Irvine) 20.9, 3. Benjie Green (Unat.) 21.1.

5000m: 1. Ray Griffin (USC) 14:28.4, 2. Ricky Martinez (UC Irvine) 14:32.5, 3. Scott LaForce (UCI) 14:38.7.

10,000m: 1. Mike Scott (Calremont) 30:50.6, 2. Randy Hoyles (US Marine) 30:53.6, 3. Pat Melgares (Adams State) 30:58.1.

Distance Medley Relay: 1. CSLA (Briglia, Lumpkin, Gallivan, Arsenault) 10:09.0, 2. Track West A 10:10.0, 3. UC Riverside 10:14.6.

1600m Relay: 1. Long Beach Unattached 3:11.4, 2. Claremont College 3:18.2, 3. UC Irvine A 3:18.3.

4x800m Relay: 1. Athletes in Action 7:40.3, 2. Track West A 7:42.5, 3. UC Irvine A 7:46.3.

Triple Jump: 1. Marcus Hooks (LBCC) 51-9 3/4, 2. Carlos Sidney (Pasadena CC) 47-10 3/4, 3. Willie Hannon (Unat.) 47-10.

Pole Vault: 1. Jay Thorson (Unat.) 16-7, 2. Pat Fredricks (Taft CC) 16-7, 3. Erik Kenyon (UCI) 15-0.

Discus: 1. Gary Kostrubala (Unat.) 166-9, 2. Ziad Khozam (Unat.) 164-1, 3. John Rose (Camp Pendleton) 163-4.

Sprint Medley Relay: 1. Cal State L.A. (Lumpkin, Wells, Gallivan, Briglia) 3:30.99, 2. CS Bakersfield 3:31.36, 3. UC Irvine 3:36.3.

Women's Results

Shot Put: 1. Heidi Adams (USC) 43-8 1/2, 2. Julie McAfee (CSB) 42-3 1/4, 3. Bergnan (Unat.) 41-2 1/4.

Long Jump: 1. Louan Guialdo (USC) 17-6 1/4, 2. Shawn Lawson (Unat.) 17-0 1/4, 3. Cheryl Burditt (Unat.) 16-2 1/2.

High Jump: 1. Jane Buchan (Nike Coast) 6-1 1/4, 2. Lori Clark (Nike Coast) 5-11 1/4, 3. Sue Patterson (Nike Coast) 5-9 1/4.

100m Hurdles: 1. Tonja Brown (Unat.) 14.06, 2. Geri Courtwright (CSB) 14.25, 3. Lajune Gage (UCI) 14.86.

Javelin: 1. Barb Moro (Unat.) 166-3, 2. Chris Johnson (Unat.) 149-5, 3. Bergnan (Unat.) 138-11.

1500m: 1. Brigid Stirling (Claremont College) 4:32.94, 2. Jennifer Thomas (UCI) 4:35.10, 3. Molly Burke (Unat.) 4:35.71.

400m: 1. Denean Howard (Unat.) 52.75, 2. Noelle Chapin (USC) 57.38, 3. Becky Valentine (UCI) 57.40.

400m Relay: 1. Nike Coast (Sabrina Williams, Lawanda Cabell, Myra Mayberry, Fay Page) 46.46, 2. LA Valley CC 49.73, 3. UC Irvine 49.95.

Triple Jump: 1. Erick Whitney (U of Redlands) 34-9 3/4, 2. June Furrow (Cal Lutheran) 33-11 1/2, 3. Gretchen Geiger (Whittier College) 32-5 3/4.

Sprint Medley Relay: 1. UC Irvine 1:47.9, 2. Cal State Fullerton 1:50.1, 3. LA Valley CC 1:53.2.

100m: 1. Andralette Gill (S&S TC) 12.06, 2. Lawanda Cabell (Nike Coast) 12.15, 3. Jewel Lovelady (Unat.) 12.35.

4x800m Relay: 1. UC Irvine A 9:11.9, 2. Track West 9:31.9, 3. Southern California Striders 9:38.9.

400m Hurdles: 1. Tonja Brown (Unat.) 59.2, 2. Lena Wilson (LBCC) 69.7, 3. Kristi Quaker (UCI) 71.8.

Discus: 1. Francine Kaylor (Nike Coast) 174-7, 2. Chris Barboza (CSLA) 148-7, 3. Gina Apelu (CSLA) 126-1.

200m: 1. (tie) Andrea Rolle (CSLA) and Lori Shaw (CS Fullerton) 24.8, 3. Becky Valentine (UCI) 25.5.

3000m: 1. Buffy Rabbitt (UCI) 9:44.6, 2. Brigid Stirling (Claremont) 9:48.6, 3. Judy McLaughlin (UCI) 9:58.7.

10,000m: 1. Chantal Plante (FSU) 39:22.1.

Multi-Team Meet

At UCLA

MEN: 100—Thomas (UCLA), 10.31 (wind 1.5 m.p.s. aiding); Nwankwo (unat), 10.60. 200—Nwankwo (unat), 20.94 (2.2 m.p.s.); Lewis (UCLA), 21.20; Sandy (Azusa Pacific), 21.36. 400—Washington (UCLA), 46.77. 800—K. Young (UCLA), 1:51.42. TWO MILE—Jaspers (UCLA), 8:50.69. 110 HH—R. Young (UCLA), 14.18 (wind 1.1 m.p.s. aiding); Jeffries (CS Northridge), 14.22; Akpovi (AP), 14.34. 400 IH—Jeffries (CSN), 51.98; R. Young (UCLA), 52.30. 400 RELAY—UCLA (Lewis, Washington, Young, Thomas), 40.17; Azusa Pacific, 40.81; CS Northridge, 41.65. 1,600 RELAY—UCLA (Washington, K. Young, Thomas, Everett), 3:11.54; Azusa Pacific, 3:11.91. HJ—Slocum (UCLA), 16-5; O'Connor (UCLA), 16-0; Borick (UCLA), 16-0. TJ—Anderson (UCLA), 50-4. SP—Oluju (AP), 61-3 1/2; Wilson (UCLA), 58-2. DT—Oluju (AP), 196-1; Blutreich (UCLA), 192-2; Thompson (UCLA), 188-2. HT—Wilson (UCLA), 212-9 (UCLA record, old mark, 211-1, J. Brenner, 1984); Prokop (AP), 209-9; Lange (CSN), 183-10. FINAL TEAM SCORE—UCLA 108, Azusa Pacific 47, CS Northridge 27, CS Long Beach 11.

photo by Bill Leung Jr.



Laura Chapel

WOMEN: 100—Smith (UCLA), 11.90. 200—Roberts (CSLB), 24.45. 400—Phillips (UCLA), 55.01. 800—Zaleski (CSLB), 2:12.56. 1,500—Chapel (UCLA), 4:25.46. Brown (UCLA), 4:28.35. 3,000—Williams (UCLA), 9:49.8. 5,000—O'Hara (California), 16:33.9. 100 HURDLES—Devers (UCLA), 13.04 (wind 1.1 aiding); T. Smith (UCLA), 14.28. 400 RELAY—UCLA (Phillips, C. Smith, Parros, Devers), 44.87; CS Northridge, 47.27. 1,600 RELAY—CS Northridge (Murray, Coleman, Smith, Stinson), 3:51.00; CS Long Beach, 3:52.16; Azusa Pacific, 3:53.07. HJ—Vidakovits (Cal), 5-10. LJ—Devers (UCLA), 20-6 1/2; Hudson (Cal), 20-5. TJ—Hudson (Cal), 43-7 1/4 (wind 1.5 m.p.s. aiding); Pile (CSN), 40-0. Corkle (Cal), 39-3. SP—Millet (UCLA), 48-8 1/2; Larson (UCLA), 47-9. DT—Larson (UCLA), 174-9; Millet (UCLA), 156-8. JT—Larson (UCLA), 150-9. FINAL TEAM SCORES—UCLA 115, CS Northridge 50, California 45, CS Long Beach 31, Azusa Pacific 11.

photo by Jim Reynolds



Paul Jaspers

Results

San Jose State vs Cal Poly-SLO

March 12. Bud Winter Field, San Jose.

Men's Results

100m: 1. Jay Taylor (Unat.) 10.5, 2. Darren Coleman (SJS) 10.7, 3. Troy Brown (SJS) 10.8.
200m: 1. Erick Decater (Unat.) 21.3, 2. Jay Taylor (Unat.) 21.3, 3. Darren Coleman (SJS) 21.6.
400m: 1. Demetrius Carter (SJS) 48.9, 2. Richard Batista (SLO) 50.2, 3. Scott Sutter (SLO) 50.5.
800m: 1. Mark Sateur (SLO) 1:55.4, 2. Tom Halaszynsk (SLO) 1:55.6, 3. James Price (SLO) 1:56.5.
1500m: 1. Steve Abernathy (SLO) 4:00.0, 2. Steve Scholz (SJS) 4:00.2, 3. Martin Seeber (SJS) 4:01.8.
Steeplechase: 1. Tim Williams (SJS) 9:36.1, 2. Dan Bakholdin (SLO) 9:39.0.
5000m: 1. Jeff Shaver (Unat.) 15:02.0, 2. Craig Godwin (SLO) 15:05.8, 3. Mike Miner (SLO) 15:13.8.
110m High Hurdles: 1. Kraeg Kowarsch (SLO) 14.8, 2. Chris Cloeman (SLO) 14.9, 3. Hans Kardell (SLO) 15.8.
400m IH: 1. Mike King (SLO) 53.1, 2. Chris Coleman (SLO) 54.5, 3. Kraeg Kowarsch (SLO) 55.2.
400m Relay: 1. SJS (Williams, Jeffrey, Coleman, Brown) 42.5, 2. SJS Unat. (Lewis, Taylor, Liggins, Hawkins) 42.8, 3. SLO (Batist, Horvet, Coverst, Hubert) DNF.
Mile Relay: 1. San Jose State (Coleman, Wicks, Jeffrey, Carter) 3:19.3, 2. Cal Poly-SLO (King, Batista, Hubert, Coleman) 3:20.3.
Hammer: 1. Sam Cavallero (SJS) 161.4, 2. Dave Lambert (SJS) 134.0, 3. Brant Warren (SLO) 82.6.
Shot Put: 1. Sam Cavallero (SJS) 51-10 1/2, 2. E.C. Phillips (SJS) 46-4, 3. Dave Lambert (SJS) 43-2 1/2.
Javelin: 1. Brant Warren (SLO) 205-9, 2. Willie McCloud (SJS) 164-6, 3. Shawn Majeski (SJS) 154-0.

Long Jump: 1. Rudy Huber (SLO) 22-10w, 2. Willie McCloud (SJS) 21-11 1/2, 3. Derek Baer 21-7w.
Discus: 1. Brant Warren (SLO) 142-11, 2. E.C. Phillips (SJS) 141-5, 3. Sam Cavallero (SJS) 139-5.
High Jump: 1. John Kozak (SJS) 6-10, 2. Jim Reis (SJS) 6-6, 3. Rudy Hubert (SLO) 6-1.
Triple Jump: 1. Rudy Huber (SLO) 44-11, 2. Willie McCloud (SJS) 42-2w, 3. Rob DeBorde (SLO) 38-1 1/2.
Pole Vault: 1. Brian Wicks (SJS) 17-1, 2. Steve Horvath (SLO) 16-6, 3. Steve Toney (SLO) 16-0.
Final Score: 1. San Jose State 86, 2. Cal Poly-SLO 76.

Tiger Relays

March 19. Balboa Stadium, San Diego.

4x100m Shuttle Hurdle Relay: 1. Esperanza, Anaheim, 1:07.0.
400m Relay: 1. Morse 50.0, 2. Esperanza 50.0, 3. Serra 50.4.
Sprint Medley Relay: 1. Crawford 1:53.3.
Distance Medley Relay: 1. Coronado 13:20.4.
3200m: 1. Bache (University) 10:53.7, 2. Dugger (Coronado) 11:50.1, 3. Harris (Serra) 12:00.5.
800m Relay: 1. Henry 1:47.3.
2 Mile Relay: 1. Esperanza 10:22.8.
Mile Relay: 1. Esperanza 4:05.0, 2. Morse 4:13.6, 3. Regina Caeil (Compton) 4:15.7.
Long Jump Relay: 1. Henry 48-1. **Individuals:** 1. Epps (Henry) 16-10 1/2, 2. Johnson (Henry) 16-10, 3. Fenner (Carlsbad) 16-4 3/4.
High Jump Relay: 1. Orange Glen 14-6. **Individuals:** 1. Patrick (Serra) 5-7, 2. Kurras (Poway) 5-3, 3. Hughes (Orange Glen) 5-0.
Discus Relay: 1. Orange Glen 297-10. **Individuals:** 1. Hughes (Orange Glen) 114-10, 2. Viavia (Madison) 106-8, 3. Belz (Orange Glen) 97-0.
Shot Put Relay: 1. Orange Glen 95-2. **Individuals:** 1. Viavia (Madison) 36-9, 2. Hughes (Orange Glen) 36-5, 3. Beers (Poway) 36-4.
Triple Jump Relay: 1. Morse 99-0 1/4. **Individuals:** 1. Thompson (Morse) 37-2 1/4, 2. Johnson (Henry) 34-10, 3. Taylor (Serra) 33-10 1/4.

Road Racing

Naval Hospital 10K

January 16. San Diego.

Overall Results

1	Randy Hoyles (26)	31:50
2	Gilberto Alvarez (29)	32:40
3	Cary Gregory (19)	32:46
4	Greg Marino (33)	32:51
5	Barry Manuel (20)	33:07
6	John Tuttle (30)	33:09
7	Paul Cook (35)	33:10
8	Phillip Sanchez (23)	33:18
9	Mike Batis (21)	33:38
10	Pete Chenard (17)	33:50
11	Gary Brimmer (22)	33:59
12	Rob Lopes (19)	34:05
13	Orlando Munoz (25)	34:37
14	Jose Luis Hinojosa (24)	34:38
15	Stephen Gilmore (35)	34:45
16	Bill Aronson (16)	34:50
17	Steve Taylor (25)	34:58
18	Waheed Karim (22)	35:01
19	Gregory Griffin (25)	35:13
20	Richard Numrich (37)	35:48
21	Jerry Hackett (47)	35:50
22	Sterling Foreman (45)	36:16
23	Ray Baldwin (21)	36:16
24	Mike Opel (16)	36:20
25	Bill Johnson (36)	36:22
26	Tyrone Farley (32)	36:31
27	William Santos (17)	36:33
28	Curtis Hinrichs (31)	36:40
29	David Parker (38)	36:52
30	Andrew Thacher (25)	36:54
31	Steve Yunker (36)	36:56
32	John Rolph (33)	37:00
33	James Osborne (18)	37:07
34	Jim Cruickshank (44)	37:09
35	Frank Donovan (21)	37:13
36	Richard Webb (27)	37:25
37	W. Byrne (23)	37:27
38	Michael Wexler (39)	37:33
39	Michael Docherty (20)	37:43
40	Carl Petersen (50)	37:45
41	Jeff McEnroe (26)	37:46
42	Ken Clausen (23)	37:52

43	Steve Winter (23)	38:00
44	P. Crowemeyer (18)	38:01
45	Dayl Wood (23)	38:02
46	Carlos Ramirez (16)	38:04
47	Anthony Sabala (28)	38:05
48	Wash Hill (21)	38:07
49	John Rose (27)	38:08
50	Jerry Albert (50)	38:09

Redding Half-Marathon

January 16. Redding.

Division Results - Men

13-18: 1. Matt Gugin 1:34:35, 2. David Conklin 1:48:53, 19-29: 1. Michael Williams 1:12:56, 2. David Larabee 1:12:16, 3. Jeff Taylor 1:13:04, 30-39: 1. Jim Price 1:11:10, 2. Stuart Shool 1:13:15, 3. Steve Piles 1:13:22.
40-49: 1. Skip Lees 1:20:21, 2. Bill Gardner 1:21:06, 3. Salvador Valdivia 1:24:03, 50-59: 1. Michael McGie 1:20:38, 2. Everett Riggie 1:20:42, 3. Ralph Hurt 1:25:51, **60 & Over:** 1. Robert Malain 1:27:56, 2. Claude Balcourt 1:46:42, 3. Grant Eldridge 1:58:40.

Division Results - Women

13-18: 1. Becky Collins 1:34:10, 2. Terri Horton 1:48:20, 18-29: 1. Lauanne Park 1:19:35, 2. Yoshia Piles 1:21:7, 3. Mary Cilley 1:29:49, 30-39: 1. Robbyn Runyon 1:25:32, 2. Rebecca Franco 1:31:17, 3. Robin Black 1:37:07, 40-49: 1. Jess Stratton 1:33:50, 2. Marge Dunlap 1:34:45, 3. Lucille Khan 1:43:25, 50-59: 1. Betty Best 2:03:22.

Division Results - Men's 10K

12 & Under: 1. David Ball 54:49, 2. Timoteo Acosta 1:04:44, 3. Brian Tinkey 1:06:45, 13-18: 1. Erik Carson 40:56, 2. Mike Beale 41:06, 3. Ernie Marion 46:36, 19-29: 1. Michael Healey 31:51, 2. Jim Larrieu 33:41, 3. Gary Towne 34:28, 30-39: 1. John Price 34:09, 2. Al Masterson 34:45, 3. Dan Brummer 35:58, 40-49: 1. John Zinselmeir 33:40, 2. Jim Middleton 38:47, 3. Bill Carlson 40:18, 50-59: 1. Mort Ward 41:54, 2. Ken Vollenweider 45:14, 3. James Myers 47:29, **60 & Over:** 1. Jim Sullivan 50:05, 2. Donald Davidson 1:15:33, 3. John Lawson 1:40:12, **Wheelchair:** 1. Leland Thomas 1:14:08.

Division Results - Women's 10K

12 & Under: 1. Keegan Roehr 1:12:41, 13-18: 1. Shannon Hanlon 41:40, 2. Nichole Oliveira 43:02, 3. Sheri Nidever 51:24, 19-29: 1. Kathleen Haagenson 45:56, 2. Tonia Ryan 47:43, 3. Dee Nason 48:33, 30-39: 1. Jeanne Landrum 40:07, 2. Nancy Ruffner 41:04, 3. Edith Isidoro Mills 41:56, 40-49: 1. Lynne Sunderland 45:41, 2. Lee Macey 46:17, 3. Lynn Asse 47:48, 50-59: 1. Marcene Parkan 54:59, 2. Ruth Jessen 1:00:18, 3. Megan Hauenstein 1:12:40, **60 & Over:** 1. Helen Kingler 1:24:47, 2. Margaret Truax 1:28:13, 3. Pat Wesmorian 1:41:30.

SRRC Track Ultras

January 16. Arcata.

Overall Results

50K:	
1	Bill Spenceley 4:35:44
50 Mile:	
1	Daphne Hodgson 8:38:15
24 Hour:	
1	Jim Griggs 64 1/4 miles
2	George Crandell 42 1/2 miles

ARE YOU HOSTING A RUN OR MEET?

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

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

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

Results

El Camino Derby Run

January 17. San Mateo, 10K & 1 Mile.
Overall Results - Men's 10K

1	Lucio Perez	32:51
2	Otto Zielke	36:03
3	Dan Belarmino	36:35

Overall Results - Men's 1 Mile

1	Leon Shordon	4:34
2	John Southland	5:46
3	Christopher Code	6:14

Overall Results - Women's 10K

1	Nancy Stover	41:16
2	Thea Roberts	42:08
3	Debbie Kramer	45:04

Overall Results - Women's 1 Mile

1	Carolyn McLeod	7:11
2	Daisy Jimenez Miller	7:52
3	Nancy Campanile	9:00

Division Results - Men's 10K

10 & Under: 1. Paul Hodges 53:20. 11-14: 1. Jeffrey Kulowiak 49:02. 15-18: 1. Russ Crandall 44:43. 19-29: 1. Lucio Perez 32:51. 30-39: 1. Otto Zielke 36:03. 40-49: 1. Walt Kohmert 38:14. 50-59: 1. Al Kirkman 39:16. 60 & Over: 1. Leo Gries 44:19.

Division Results - Women's 10K

10 & Under: 1. Elizabeth Conkling 52:20. 11-14: 1. Thea Roberts 42:08. 15-18: 1. Jill Durchsiag 50:45. 19-29: 1. Heidi Trujillo 48:32. 30-39: 1. Nancy Stover 41:16. 40-49: 1. Janice Rensch 50:46. 50-59: 1. Harriet Anderson 48:20.

1988 SCATAC 30K Championships

January 17. Ventura.
Overall Results

1	Ted Cotti (25) Long Beach	1:46:16
2	Ramiro Valencia (18) Santa Paula	1:51:04
3	Paul Carr (29) Oxnard	1:55:34
4	John Casso (37) Port Hueneme	1:55:50
5	Debra Sharp (33F) Port Hueneme	1:57:45
6	Mike Busch (33) Ventura	1:58:31
7	Bill Fitzpatrick (37) Long Beach	1:58:59
8	David Kettel (29) Hermosa Beach	2:00:48
9	Doug Boring (28) 29 Palms	2:00:53
10	Mike Barton (20) Newbury Park	2:02:06
11	Noel Lanier (36) Torrance	2:03:53
12	Gene Sharp (35) Port Hueneme	2:04:39
13	Bill Scooby (41) Ventura	2:04:39
14	Jeffrey Adams (37) Redondo Beach	2:04:57
15	Jim Monahan (32) Ventura	2:05:34

Boulevard Run

January 17. Woodland Hills. Half Marathon.

The results are rather dramatic when you realize the race was held in a driving rain storm (the worst in L.A. in 5 years). There were 1223 registered runners.

Sylvia Mosqueda broke the women's record running 74:49 which is a 5:42 pace. Marie Rollins was second with a time of 77:03. Sylvia broke Grechen Lohr's record by almost two minutes.

Our first male finisher was Benito Cruz who finished in 65:41, 26 seconds slower than last year's winner Chris Schallert. Benito outdistanced his closet competitor John Araujo by over 3 1/2 minutes.

The men's master record was also broken. Jussi Hamalainen ran an amazing 71:30 to beat Fred Ortega's record by 27 seconds.

First masters female was Judy Kewley with a time of 1:34:15. Meredith Baxter Birney of Family Ties fame was second in her division.

Division Results - Men

19 & Under: 1. Peter Oviatt 1:11:39. 2. Steven Sorokin 1:12:14. 3. Stelen Montag 1:31:27. 20-24: 1. Benito Cruz 1:05:41. 2. Steven Shapiro 1:15:20. 3. Mike Levangie 1:17:28. 25-29: 1. John Araujo 1:09:15. 2. Eugene Muslar 1:09:28. 3. Steve Hastings 1:10:26. 30-34: 1. David Holt 1:11:08. 2. Jose Escudero 1:11:26. 3. Pete Kaplan 1:13:28. 35-39: 1. Greg Gawlik 1:11:55. 2. Ed Chairdez 1:12:01. 3. Sirma Rodriguez 1:13:59. 40-44: 1. Jussi Hamalainen 1:11:30. 2. Chuck Foote 1:13:57. 3. Steve Crouch 1:15:38. 45-49: 1. Rbrtst zTonindon 1:16:05. 2. Philip Wright 1:17:18. 3. Dan Pondella 1:20:04. 50-54: 1. Jim Armartrout 1:21:05. 2. Richard Rodriguez 1:22:47. 3. Harry Pantelas 1:24:30. 55-59: 1. Tom Steele 1:34:16. 2. Howars Sommersa 1:40:48. 3. William Phillips 1:46:27. 60-64: 1. Richard Elizarras 1:38:09. 2. Maynard Mickelson 1:43:19. 3. Fred Goldman 1:43:23. 65 & Over: 1. Robert Van Noy 1:46:59. 2. Maury Kelliher 1:49:49. 3. John McManus 1:55:27.

Division Results - Women

20-24: 1. Sylvia Mosqueda 1:14:49. 2. Carmen Maldonada 1:21:06. 3. Carolyn Richards 1:24:53. 25-29: 1. Marie Rollins 1:17:03. 2. Mary Tracey 1:21:45. 3. Pennie McLaughlin 1:23:03. 30-34: 1. Mary Ryzner 1:23:19. 2. Aine Lynam 1:24:34. 3. Dianna Hall 1:25:16. 35-39: 1. Sue Harmon 1:29:38. 2. Merle Heimberg 1:34:10. 3. Anne Mosher 1:47:03. 40-44: 1. Judy Kewley 1:34:15. 2. Meredith Birney 1:41:49. 3. Leslie Stepan 1:44:28. 45-49: 1. Ceci Parke 1:39:10. 2. Carole Davis 1:46:57. 3. Barbara Bramwell 1:54:10. 50-54: 1. Jane Dods 1:46:59. 2. Pat DeVita 1:55:07.

10th Avenue 10K

January 17. Hanford.
Overall Results

1	Alfred Lara (30-34)	30:12
2	Juan Garza (35-39)	31:46
3	Bryan Fahrenbach (30-34)	32:17
4	Jim Hartig (30-34)	33:09
5	Adrian Huerta (19-29)	33:15
6	Baldemar Betancourt (30-34)	33:29
7	Ricky Medina (19-29)	35:36
8	Terry Nephew (35-39)	36:04
9	Rick Bacca (19-29)	36:45
10	Larry Nava (35-39)	37:11
24	Cerhi Fike-Moes (19-29)	38:24

Division Results - Men

18 & Under: 1. Travis Kenney 37:57. 2. Dennis Fontes 37:59. 3. Mark Castillo 40:02. 19-29: 1. Adrian Huerta 33:15. 2. Ricky Medina 35:36. 3. Rick Baca 36:45. 30-34: 1. Alfred Lara 30:12. 2. Brian Fahrenbach 32:17. 3. Jim Hartig 33:09. 35-39: 1. Juan Garza 31:46. 2. Terry Nephew 36:04. 3. Larry Nava 37:11. 40-44: 1. Dave Meyer 37:53. 2. Bill Schwartz 38:16. 3. Ron Robillard 40:54. 45-49: 1. Bob Blakeley 40:27. 2. Earl Bradford 40:31. 3. Doug Sprinkle 41:42. 50-59: 1. Tom Upton 38:49. 2. Jack Aaron 42:53. 3. Nick Walters 45:49. 60 & Over: 1. Chuck Freuler 46:22. 2. Harry Harder 51:47.

Division Results - Women

18 & Under: 1. Samantha Leal 52:48. 19-29: 1. Cheri Fike-Moes 38:24. 2. Colleen Luiz 48:39. 3. Sylvia Furze 49:13. 30-34: 1. Lori King 50:11. 2. Ellen Rotisten 51:20. 3. Margie Hodge 53:38. 35-39: 1. Nancy Nielson 53:44. 2. Pam Kenney 59:00. 3. Andrea Villanueva 1:01:52. 40-44: 1. Sharon Mayo 43:46. 45-49: 1. Joanne Branco 49:13. 2. Anna Gade 54:18. 3. Deborah Schwartz 54:50. 50-59: 1. Heidi Fialho 51:24. 2. Kathy Walters 58:43. 3. Vicki Schuster 1:01:05.

Legg Lake 8K Rain Storm Run

January 17. So. El Monte.
Division Results - Men

15-18: 1. Feolcan Santiago 30:36. 2. Limon Pail 33:28. 25-29: 1. Jim Granajos 34:40. 2. Edmond Palomino 36:37. 3. Charles Norman 56:53. 30-34: 1. Allen Posey 34:08. 35-39: 1. Roger Guevara 41:22. 40-44: 1. Juan Cabeza 30:37. 2. Jarrett Williams 31:53. 3. Mike Lalum 38:14. 45-49: 1. Ted Heaton 31:05. 55-59: 1. Wally Ingram 31:13. 60-64: 1. Bruce Odou 38:40. 65-69: 1. Wiley Nelson 54:48.

Division Results - Women

55-59: 1. Sumiye Onodera 45:57.

Santa Barbara SRI Chinmoy Marathon

January 17. Santa Barbara.
Overall Results

1	Gregg Horner (S.B. Athletic Ass'n)	2:41:55
2	Christopher Conners (SLO Dist. Cb)	2:53:31
3	Ed Kichen	2:59:22
4	Bill Frick (Team Inside Track)	3:01:37
5	Don Fells (Sri Chinmoy Mara.Team)	3:02:37
6	Don Delaney	3:04:56
7	Kirk Saby	3:08:35
8	Vincent Interrante (High Desert R.)	3:19:32
9	Phillip Cohen (High Desert Runners)	3:36:32
10	Richard Boston	3:39:54
11	Melissa Healy	3:40:07
12	Francisco Ambriz	3:41:16
13	Ryochi Morita	3:44:00
14	Rex Wilson	3:48:03
15	Vladimir Babichev	3:56:54
16	William Hargrove	4:05:13
17	Stephen Lee	4:05:26
18	Paul Steele	4:06:47
19	John Smets (Oregon Road Runners)	4:09:17
20	Leah Sparks (Flanagan Clan X-C)	4:22:10
21	Jason Munro	4:48:28
22	Patsy Simioni (S.B. Athletic Ass'n)	4:58:43

Paramount 10K

January 23. Paramount.
Division Results - Men

Wheelchair: 1. Bob Molinatti 26:21. 2. Jim Knaub 27:11. 3. Ray Stewart 29:55. 4. Don Caron 29:57. 5. Bill Fricke 31:49.

Racewalkers:

19-34: 1. Tim Warriner 1:00:15. 35-39: 1. Richard Nester 54:59. 2. Gary Ihrig 59:42. 3. Terril Edwards 1:26:22. 40-49: 1. Ed Bouldin 47:45. 2. Arthur Goolsbee 56:17. 3. Ronald Brown 1:01:25. 50-59: 1. Richard O'Hara 1:02:02. 60 & Over: 1. Maynard Mickelson 1:04:59. 2. Arnold Unger 1:16:41.

Special World Masters Division:

40-44: 1. Steve Ferraz 31:33. 2. John Loeschhorn 32:46. 3. Ronald Parks 32:51. 45-49: 1. Stephen Lester 31:38. 2. Michael Heffernan 33:36. 3. Tom Burns 34:10. 50-54: 1. William Johnston 33:59. 2. Andre Toco 34:23. 3. Brian Fernee 35:12. 55-59: 1. Patrick Devine 37:43. 2. Paul Saucedo 38:24. 3. Tracy Brown 39:24. 60-64: 1. Orlo Keniston 37:00. 2. Emmett Parker 37:05. 3. Gene Pumphrey 38:41. 70-74: 1. Mac Osborn 43:28. 2. Dutch Benedetti 45:49. 3. Ed Stotsenberg 46:25. 75-79: 1. Bill Brobston 46:36. 2. Mel Shine 50:26. 3. Walt Kuetzing 53:37. 80-84: 1. Chet Crabb 58:25. 2. Willard Benton 1:05:32. 85-89: 1. Paul Spangler 1:05:52. 2. Jacob Bishin 1:23:12.

Division Results - Women

Racewalkers:

Open: 1. Julie Robles 1:04:54. 19-34: 1. Sara Standley 49:58. 2. Ester Lopez 51:45. 3.

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Terry Poitevin 1:22:19. 35-39: 1. Tina Jillson 1:05:37. 2. Margaret Nelson 1:11:15. 3. Gloria Gammell 1:32:15. 40-49: 1. Helen Palomo 1:07:55. 2. Betty Yutani 1:09:47. 3. Ellen Levine 1:16:10. 50-59: 1. Hats Sueishi 1:14:04. 2. Shirley Lang 1:16:38. 3. Wynona LaHood 1:36:20. 60 & Over: 1. Collie Greene 1:08:32. 2. Lisa Borel 1:10:45. 3. Bonnie Veening 1:14:05.

Special World Masters Division:

40-44: 1. Gail Scott 37:30. 2. Juana Stavolone 37:51. 45-49: 1. Christine Tattersall 38:03. 2. Harolene Walters 38:04. 50-54: 1. Gina Faust 38:10. 2. Jeanne Hoagland 42:21. 60-64: 1. Helen Dick 44:20. 2. Kit Pickles 51:38. 65-69: 1. Gerry Davidson 51:00. 70-74: 1. Judy Simon 55:48. 80-84: 1. Mary Ames 1:21:16.

Division Results - Open Men

13 & Under: 1. Ricky Delgado 37:55. 2. Jesus Velasquez 42:45. 3. Matthew Holmes 42:46. 14-17: 1. Doan Xuan 35:20. 2. Charles Gallegos 36:11. 3. Julio Perez 36:18. 18-23: 1. Richard Graves 30:21. 2. Jim Garfield 31:00. 3. Anthony Williams 31:46. 24-29: 1. Matt Ebner 29:55. 2. Alan Dehlinger 29:57. 3. Alfredo Rosas 30:32. 30-34: 1. Stan Vernon 30:14. 2. Carey Simons 30:47. 3. Dave Parsel 31:43. 35-39: 1. Ron Gee 31:04. 2. Gary Foltz 32:12. 3. Ed Avol 32:14. 40-44: 1. Steve Crouch 34:20. 2. Bill Wooden 34:35. 3. Jack McDowell 35:01. 45-49: 1. Catarino Gonzalez 34:16. 2. Lee Baca 35:05. 3. Lee Gilbert 35:06. 50-54: 1. Raoul DeLaSota 37:07. 2. Frank Green 38:10. 3. Rex Lundquist 38:55. 55-59: 1. Robert Mathews 42:01. 2. Hugh McHugh 42:07. 3. Ignacio Mariscal 42:58. 60-64: 1. David Hirschson 42:56. 2. Bill Stowell 43:37. 3. Richard Elizarraras 44:03. 65-69: 1. Ed Hornung 47:00. 2. Daniel Lujan 46:31. 3. Reese Walton 50:37. 70-74: 1. John Coles 48:03. 2. Geroge Feinstein 55:47. 3. Fred Shanley 55:47. 75-79: 1. Frank Demers 57:06.

Division Results - Open Women's

13 & Under: 1. Tara Holmes 43:19. 2. Molly Long 45:59. 3. Sally Long 52:46. 14-17: 1. Gabby Aguirre 46:07. 2. Brandi Willfong 53:08. 3. Rachel Borders 58:22. 18-23: 1. Carolyn Richards 37:53. 2. Sarina Yong 38:46. 3. Evelyn Barra 52:15. 24-29: 1. Marie Rollins 34:55. 2. Ruth Vomund 36:21. 3. Alexandra Aguirre 36:42. 30-34: 1. Tammy Sargeant 37:51. 2. Terri Busby 38:10. 3. Claudia Velletri 40:53. 35-39: 1. Sherri Hall 37:41. 2. Claudia Morales 38:07. 3. Lorraine Ordaz 38:58. 40-44: 1. Cheryl Carnall 40:20. 2. Linda King 42:36. 3. Cheryl Allen 43:19. 45-49: 1. Cecily Parke 42:15. 2. Marcia Martyn 43:34. 3. Chris Trevarthen 43:50. 50-54: 1. Atsuko Fujimoto 46:02. 2. Irene Walker 50:38. 3. Ann Martin 54:22. 55-59: 1. Pinkie Fisher 50:53. 2. Sumi Onodera 55:23. 3. Lynn Roberts 59:51. 60-64: 1. Alice Goldberg 52:18.



Results

Brian Sturgeon 10K Run

January 23, Fresno.

Division Results - Men

14 & Under: 1. Jerry Sickler 48:01, 2. Taylor Grace 50:51, 15-18: 1. John Guzman 33:49, 2. Karl Polivka 34:38, 3. Luis Curiel 36:51, 19-29: 1. James Besser 31:18, 2. Gilbert Gonzalez 34:50, 3. Roger Toledo 35:18, 30-39: 1. Al Lomeli 33:18, 2. John Aldrich 34:41, 3. Terry Nephew 34:56, 40-49: 1. Bob Lindsey 32:22, 2. Bill Schwartz 38:05, 3. J.D. Fischer 39:16, 60 & Over: 1. Chuck Freuler 45:03, 2. Harry Harder 48:27, Wheelchair: 1. Jim Brooks 47:24.

Division Results - Women

14 & Under: 1. Sarah Dawson 50:37, 2. Sherrie Reid 1:03:26, 3. Brittany Birchall 1:04:49, 19-29: 1. Kimberly Drake 56:55, 30-39: 1. Jennifer Bran 44:24, 2. Ann Phillips 45:52, 3. Randy Gaffejian 51:02, 40-49: 1. Marge Timberlake 39:52, 2. Sharon Mayo 44:01, 3. Maryann Barroso 48:24, 50-59: 1. Heidi Fialho 51:29.



Danny Gonzalez

Willy's Road Race

January 23, Los Altos, 5 Mile & 1 Mile.

The 9th Annual Willy's Road Race was a tremendous success from all angles! We were blessed with a bright sunny day and a comfortable running temperature of 60 degrees. This helped to bring out our second highest number of finishers—532 in the five

mile race and 271 in the one mile race—for a total of 803 competitors. Only in 1985 (when there were no other races that weekend) did we have a slightly larger field. Not only was the 1988 Willy's field large, it was very fast! In the five mile race 119 competitors averaged six minutes a mile or less, and in the one mile race 24 folks ran under six minutes.

Leading the field in the five mile race were Danny Gonzalez and Robyn Root, out male and female champions. Danny zipped through the one mile mark in 4:40 and after the two mile mark was never seriously challenged for the lead. The only question he had in his mind was if he would get under the 1985 course record of 23:36.4 held by three time Willy's champion, Rich McCandless. Marshall Clark, who was running the race and had been Danny's coach at San Jose State, couldn't stand the anxiety of not knowing. Marshall ran three miles of the race, cut through the Covington tennis courts and made it back to the finish in time to see his protege knock six seconds off the course record. Danny's time of 23:30.6 is an average of 4.42 per mile and he was 30 seconds ahead of the kicking Brad Hawthorne and Charles Alexander. The conversations of the spectators at the finish reflected disbelief: "A guy runs 24 minutes and that is second???"

Winning the one mile race at Willy's is beginning to be a habit with Larry Guinee. The 25 year old Reebok Aggie has run in every Willy's since 1984 and has won every year except 1986. This year Larry ran 4:20.8 and came very close to dipping under his own course record of 4:20.4. He achieved his 1988 time despite arriving five minutes before the start of the race and getting almost no warm up! Also, we have figured out that five 90 degree turns, a narrow bike path, and no splits can theoretically add about 10 seconds to his time. Larry ran the equivalent of a 4:10 mile at a Berkeley All Comers meet the week after Willy's. For the women, the course record was totally demolished. Julie Thomas, age 25 of Reebok Aggies, ran a blistering 5:25.1 to capture first and break the old course record held by Tiki Wilcox of 5:40.6. The one mile race, indeed, has a wonderful and peculiar history! In the same race we have the stroller brigade, walkers, toddlers, novice runners, elite age group runners, families and the four minute milers! Defying all logic, the results say the race is getting both faster and slower every year. Also, it's getting bigger. This has convinced us to add a high school division to next year's race and to seed the fastest runners for safety reasons.

Division Results - Men's 1 Mile

7 & Under: 1. Jonathan Ratti 7:13, 2. Steven Wen 7:51, 3. Brendan Franich 7:56, 8-10: 1. Carlos Avila 6:00, 2. JoJo Aguilar 6:15, 3. Ryan Mindigo 6:18, 11-13: 1. Javier Avila 5:29, 2. Malcolm Davies 5:50, 3. Mark Boulland 5:52, 14 & Over: 1. Larry Guinee 4:20, 2. John Heck 4:31, 3. Dirk Rohloff 4:45.

Division Results - Women's 1 Mile

7 & Under: 1. Jodi Horn 7:25, 2. Meredith Corbin 8:55, 3. Joselyn McFarlane 8:55, 8-10: 1. Elena Garcia 6:47, 2. Ross Aguilar 6:51, 3. Kim Dutra 6:55, 11-13: 1. Erin Ferguson 5:43, 2. Nika Horn 5:46, 3. Courtney Dominguez 5:46, 14 & Over: 1. Julie Thomas 5:25, 2. Margaret Kosek 5:40, 3. Monica Daley 6:25.

Division Results - Men's 5 Mile

18 & Under: 1. David Kipec 26:04, 2. Andy Bupp 27:15, 3. Jonathan Goldstein 27:40, 19-29: 1. Danny Gonzalez 23:30, 2. Charles Alexander 24:08, 3. Mark Patterson 24:13, 30-39: 1. Brad Hawthorne 24:00, 2. Casey Reinking 24:48, 3. Glyn Reynolds 25:33, 40-49: 1. David Rivera 26:10, 2. Dan Murray

26:27, 3. David Furst 26:50, 50-59: 1. Peter Leal 29:22, 2. Philip Hager 29:44, 3. Jerry Lewis 29:52, 60 & Over: 1. Dennis Egleby 33:05, 2. Don Carpenter 33:25, 3. Flory Rodd 35:46.

Division Results - Women's 5 Mile

18 & Under: 1. Wendy Schlageter 37:24, 2. Nika Horn 38:25, 3. Alicia Ferguson 40:57, 19-29: 1. Robyn Root 27:20, 2. Joanne Ernst 28:59, 3. Karen Cheguer-Pfleiffer 29:34, 30-39: 1. Jani Johnson 27:31, 2. Barb Myers-Acosta 27:37, 3. Eileen Bikard 29:01, 40-49: 1. Susan Brown 32:24, 2. Gail Rodd 32:59, 3. Carol Crocker 33:37, 50-59: 1. Vicki Bigelow 33:20, 2. Elizabeth Ross 37:37, 3. Joanne Hall 40:40, 60 & Over: 1. Jaclyn Caselli 38:00.

McClassic 10K

January 23, San Diego.

Overall Results - Men

1	Terry Cotton	\$600
2	Fernando Lopez	\$500
3	Thom Hunt	\$400
4	John Bolger	\$300
5	Matt Clayton	\$200

Overall Results - Women

1	Nancy Ditz	\$600
2	Kathy Pfeifer	\$500
3	Berita Moe	\$400
4	Janica Ertle	\$300
5	Anne Schweitzer	\$200

Master - Men

1	Mike Creery	\$150
2	Athol Barton	\$100
3	Steve Mythro	\$50

50 Year Old:

1	Jim Temples	\$100
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60 Year Old:

1	Jose Palos	\$100
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Master - Women

1	Patti Hurl	\$150
2	Joni Pentleton	\$100
3	Ursula Rains	\$50

50 Year Old:

1	Caroline Murray	\$100
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60 Year Old:

1	Mary Storey	\$100
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Division Results - Men

12 & Under: 1. Randy Scamler 41:03, 2. Brandon Chase 44:45, 3. Tyler Martin 44:46, 13-17: 1. Francis O'Neill 33:33, 2. Mike Hughes 34:03, 3. Thomas Hart 35:48, 18-24: 1. Matt Clayton 29:13, 2. Ahmed Warsama 30:47, 3. Gordon Snaden 32:00, 25-29: 1. Fernando Lopez 28:58, 2. Thom Hunt 28:59, 3. Peter Butler 30:25, 30-34: 1. Terry Cotton 28:47, 2. John Bolger 29:11, 3. John Edquibel 30:05, 35-39: 1. Paul Cook 32:16, 2. John Samore 33:12, 3. Doug Wood 33:26, 40-44: 1. Mike Creery 31:08, 2. Athol Barton 31:56, 3. Steve Mythro 32:36, 45-49: 1. Dan McCaskill 35:05, 2. Hans Dieben 36:28, 3. Howard Moody 36:43, 50-54: 1. Jim Temples 36:1433, 2. Carl Petersen 36:44, 3. Jerry Albert 37:26, 55-59: 1. Marsh Haraden 39:02, 2. Dick Robinson 39:57, 3. John Terrell 40:54, 60-69: 1. Jose Palos 40:37, 2. Jim McCown 41:15, 3. Tom Leedham 42:08, 70 & Over: 1. Wayne Zook 43:10, 2. John Lafferty 45:19, 3. Harvey Lee 47:21.

Division Results - Women

12 & Under: 1. Eleanor Diaz 41:43, 2. Sheri Savel 47:04, 3. Christine Cooper 51:17, 13-17: 1. Myriam Paola Diaz 41:41, 2. Heidi Heitschmidt 42:34, 3. Lorena Santana 46:59, 18-24: 1. Anne Schweitzer 33:56, 2. Sarah Coope 36:59, 3. Susan Ball 37:28, 30-34: 1. Nancy Diz 33:05, 2. Jeanne Lasee-Johnson 34:36, 3. Suzi Morris 34:42, 35-39: 1. Judy

Warick 39:13, 2. Marilee Ramsay 40:56, 3. Barry Dancher 41:15, 40-44: 1. Patti Hurl 38:44, 2. Joni Pentleton 40:14, 3. Elizabeth Curtin 43:53, 45-49: 1. Ursula Rains 41:59, 2. Sandra Brown 45:07, 3. Sonny Woods 46:01, 50-54: 1. Lolita Bache 42:04, 2. Caroline Murray 42:05, 3. Dixie Madsen 45:30, 55-59: 1. Dorothy Stock 45:46, 2. Virginia Skiffington 53:26, 3. Dora Edgerton 1:00:10, 60-69: 1. Mary Storey 49:35, 2. Ruth Kasper 1:02:41, 3. Terri Lisciotti 1:13:09.

The Great Race

January 24, Saratoga, 3.8 Mile.

Division Results - Men

13 & Under: 1. Jeremy Buettner 22:21, 2. Kelly Krpata 23:31, 3. Eric Bekkers 23:42, 14-18: 1. Dan Chamberlain 19:34, 2. Andrew Zoldak 19:50, 3. Louis Ortiz 19:59, 19-29: 1. Robert Herndon 18:03, 2. Glen Madden 18:53, 3. Amelo Ventura 18:55, 30-39: 1. Dennis Kirtis 18:33, 2. Curtis Kardowski 19:13, 3. Hank Lawson 19:23, 40-49: 1. Gary Goettelman 19:26, 2. David Rivera 19:45, 3. Steve Lorenz 20:19, 50 & Over: 1. James Cochran 22:29, 2. John Galaski 23:01, 3. Marcelle Lasalee 23:59.

Division Results - Women

13 & Under: 1. Courtney Dominguez 24:42, 2. Laura Shellora 29:34, 14-18: 1. Kerry Stivalki 24:55, 2. Thia Roberts 24:55, 34. Karen Babensee 25:13, 19-29: 1. Karen Schulli 21:16, 2. Julie Thomas 21:36, 3. Connie Hester 21:54, 30-39: 1. Sue Nehse 23:19, 2. Carlie Harder-Brown 23:27, 3. Linda Strong 23:43, 40-49: 1. Judi Shade 23:35, 2. Gail Goettelman 25:20, 3. Barbara Zoldan 25:50, 50 & Over: 1. Elizabeth Ross 27:18, 2. Barbara Hinshaw 27:32, 3. Diane Brownstad 28:19.

Legg Lake 5K Morning Run

January 24, So. El Monte.

Division Results - Men

6-9: 1. Brian Corriveau 23:06, 10-14: 1. Geoff Bolen 21:59, 2. Richard Corriveau 22:28, 15-18: 1. Tony Winkler 16:44, 2. David Griffin 22:27, 19-24: 1. Eric Winkler 15:38, 2. Allen Spencer 15:57, 3. Rob Corlew 16:04, 25-29: 1. Al Lomelin 19:29, 2. Carlos Alberto 29:22, 30-34: 1. Rob Slick 16:40, 2. Jose Rodriguez 17:06, 3. Curtis Chipman 19:40, 35-39: 1. Nolan Smith 15:55, 2. David Diaz 18:00, 3. Gustavo Bedoy 18:10, 40-44: 1. Jarrett Williams 18:01, 2. Navarro 18:18, 3. Steve Kennerley 19:17, 45-49: 1. Ted Heaton 18:32, 2. Richard Corriveau 19:46, 3. Gerald Tyner 21:55, 50-54: 1. Cliff Stolba 19:59, 2. Ben Campos 30:50, 55-59: 1. Wally Ingram 18:25, 2. Bob Berg 26:29, 60-64: 1. Orlo Kenisto 18:38, 2. Meredith Eick 20:28, 3. Bruce Odou 23:11, 65-69: 1. David Cohen 22:26, 2. Wiley Nelson 27:42, 80 & Over: 1. Jacob Bishin 42:29.

Division Results - Women

15-18: 1. Sunny Winkler 22:23, 2. Kim Rusher 25:11, 25-29: 1. Amanda Melial 25:48, 2. Carmen Sandoval 27:20, 3. Alexis Oliver 31:39, 30-34: 1. Alison Unterreiner 18:02, 2. Mary Mitchell 29:35, 35-39: 1. Dolinda Oliver 31:21, 40-44: 1. Anne Burke 23:58, 2. Joni Triplett 24:49, 3. Naf Guadalupe 25:54, 50-54: 1. Irene Aberg 24:58.

Results

Zoo Run

January 24, San Francisco, 3 Mile & 7 Mile.

Overall Results - Men's 3 Mile

1	Arthur Welch	15:02
2	Brian McGuire	15:36
3	Brett Mack	15:46
4	Dan Butterfield	15:60
5	Charles Buttz	16:00
6	Steven Yamane	16:05
7	David Amster	16:06
8	Searcy Barnett	16:15
9	John VonSeeburg	16:18
10	Mike Hutton	16:24
11	Richard Lucas	16:26
12	Randy Browne	16:34
13	Kevin Berkowitz	16:37
14	Robert Belli	16:51
15	Carlos Lopez	16:52
16	Ben Rosales	16:58
17	Bruce Gilbert	17:02
18	Phil Nemir	17:06
19	Neil DeNatale	17:25
20	Gary John	17:31
21	Not Available	17:32
22	Carlos Quinonez	17:33
23	Brian Jennings	17:33
24	Scott Salas	17:36
25	Keene Matsuda	17:38

Overall Results - Women's 3 Mile

1	Elisabeth Chavez	17:43
2	Patty Jean Cardona	18:04
3	Donna Hinshaw	18:20
4	Not Available	18:21
5	Suzanne Whitish	19:20
6	Alison Freeman	19:41
7	Renee Gregory	19:43
8	Carol Carroll	19:59
9	Sarah Riley	20:06
10	Andrea Owen	20:15
11	Theresa Loney	20:22
12	Lisa Scott	20:27
13	Lisa Fogg	20:33
14	Irene Herman	20:37
15	Sara Gates	20:39
16	Vicki Blankenship	20:52
17	Unregistered Runner	20:55
18	Loree Lee	20:60
19	Brooks Hill	21:01
20	Rella Bojes	21:14
21	Kristen Aston	21:24
22	Kathy Troyan	21:32
23	Lorraine Turcotte	21:38
24	Jessica Buehring	22:02
25	Jim Low	22:04

Overall Results - Men's 7 Mile

1	Bill Donakowski	33:54
2	Chris Schallert	34:40
3	David Ottaway	35:02
4	Jason Flamm	35:42
5	Not Available	37:28
6	Not Available	37:37
7	Dan Martineil	37:54
8	Reynaldo Toro	38:01
9	John Hodge	38:24
10	Rudy Balli	38:32
11	Thomas Eng	38:42
12	Ziv Bar-Shira	38:55
13	Not Available	38:56
14	Not Available	39:00
15	Ian Lamoureux	39:04
16	Carl Andersen	39:94
17	Bruce Phinney	39:05
18	Truman Yee	39:07
19	Glenn MacDougall	39:14
20	Sly Angelopoulos	39:19
21	Tom Bennett	39:24
22	Peter Nowicki	39:29

23	Anthony King	39:29
24	Pat Fox	39:44
25	Chris Horn	39:52

Overall Results - Women's 7 Mile

1	Laura Sanchez	40:42
2	Sharet Gilbert	41:20
3	Meighan McGee	42:37
4	Patty Shackleton	43:12
5	Suzanne Gyorey	43:37
6	Sharon Swann	43:38
7	Jackie Russmer	43:48
8	Unregistered Runner	44:19
9	Tanya Savory	44:22
10	Yumi Takahashi	45:97
11	Darlene Wallach	45:36
12	Trisha McAlmond	46:02
13	Victoria Farrell	46:11
14	Unregistered Runner	46:29
15	Elizabeth Simpson	48:06
16	Catherine Ruckelshaus	48:24
17	Jacqueline Lamoureux	48:25
18	Suzanne Bryan	48:31
19	Nina Katz	48:32
20	Polly Kraemer	48:34
21	Lyn Belingeri	48:44
22	Valerie Guth	49:08
23	Cris Chater	49:13
24	Katie Mulholland	49:34
25	Tina Toona	49:37

Santa Rosa Super Mile

January 31, Santa Rosa.

Division Results - Men

9 & Under: 1. Carlos Avila 6:17, 2. Jessie Barrios 6:56, 3. Randy Fithiar 7:07, 10-14: 1. Steve Guerrini 5:08, 2. Steve 5:16 (ran 2 heats) 5:16, 3. Javier Avila 5:25, 15-18: 1. Mike Stone 4:27, 2. Lance Lennier 4:40, 3. Ben Willis 4:50, 19-24: 1. Pete Carpenter 4:46, 2. E. Studenicka 4:36, 3. Noah Hinkston 4:37, 25-29: 1. Chris Schallert 4:26, 2. Jim Noonan 4:30, 3. Leon Shordon 4:34, 30-34: 1. Dan Aldridge 4:24, 2. Matt Vukicevich 4:44, 3. Stan Hockerson 4:45, 35-39: 1. John Paul McIntosh 4:55, 2. Dave Phillips 4:59, 3. Robert Herold 5:02, 40-44: 1. S. Barnett 4:42, 2. Keith Keiger 4:44, 3. Mike Phillips 4:46, 45-49: 1. Jon MacPherson 4:52, 2. Doug Rustad 5:04, 3. Don Blodgett 5:50, 50-54: 1. Darryl Beardall 4:59, 2. Ron Supple 6:38, 3. Hal Huscher 6:51, 55-59: 1. Tom Steele 5:59, 2. Tom Dubay 6:01, 3. Tom Steele 6:07 (ran 2 heats), **60 & Over:** 1. Dave Burg 7:29, 2. Ralph Peters 9:48, 3. Ed Nunes 10:02, **Wheelchair:** 1. Steve Bray 9:34, 2. Randy Trefthen 15:28.

Division Results - Women

9 & Under: 1. Jodie Horn 7:38, 2. Lovane Buscava 8:19, 3. Jenny Risse 8:23, 10-14: 1. Nika Horn 5:03, 2. Rhonda Mazza 6:06, 3. Kari Horn 6:06, 15-18: 1. Michelle Ferguson 5:28, 2. Julie Beer 6:05, 3. Kristin Crowley 6:31, 19-24: 1. Jolly Ann Earleg 5:11, 2. Ceci St. Geme 5:17, 3. Valerie Jensen 5:22, 25-29: 1. Nora Doyle-Cooney 5:02, 2. Gaila Hinkston 5:39, 3. Terri Riske 5:54, 30-34: 1. Nan Hall 5:18, 2. Cindi VanNatta 5:33, 3. Bethann McIntosh-King 5:51, 35-39: 1. Becky Simmie-Kesecker 5:25, 2. Sally Mertes 5:56, 3. Vicki French 6:14, 40-44: 1. Joyce Bennett 6:44, 2. Sherri Guinn 6:59, 3. Kathy Gilliam 7:03, 45-49: 1. Karen Eberhardt 5:51, 2. Caron Schaumberg 6:21, 3. Jan Stevens 7:57, 50-54: 1. Martha Boika 9:50, 2. Audrey Jerpok 9:50, 3. Eugenia McKenzie 11:06, 55-59: 1. Jackie Leach 8:51, 2. Lorraine Pellegrini 10:50, 3. Barbara Baer 12:50, **60 & Over:** 1. Helen Kuziara 8:50, 2. Irene Hayes 10:02, 3. D. J. Edwards 11:01, **Wheelchair:** 1. Jolene Bianchi 15:30.

Corporate Teams:

1. Sports-a-Foot, 2. Bateman-Elchler, 3. Yeager and Kirk.

7	Jim Flint (27) Hollister	53:30
8	Mike Kriege (28) Sunnyvale	54:07
9	Chris Turney (30) Rancho Cordova	54:16
10	Scott Brock (25) Salinas	54:31

Division Results - Men

12 & Under: 1. Cuco Chavez 66:24, 2. Esteban Garcia 1:24:58, 3. Rick Dykstra 1:37:57, 13-18: 1. Louis Ortiz 56:57, 2. Gerry Carrillo 57:44, 3. Ralphie Chavez 60:53, 19-29: 1. Gilbert Munoz 51:49, 2. Terry Jones 52:11, 3. Duke Batchelor 52:48, 30-39: 1. Greg Mislick 52:39, 2. Hank Lawson 53:30, 3. Chris Turney 54:16, 40-49: 1. Gary Goettelman 55:44, 2. Jim Minami 57:45, 3. Michael Hicks 59:08, 50-59: 1. Glynn Wood 61:45, 2. Philip Hager 62:36, 3. Ric Zamarripa 64:26, 60-69: 1. Odon Carpenter 69:50, 2. John Rouse 71:25, 3. Don Lucero 76:12, **70 & Over:** 1. Edmund Burke 1:29:26.

Division Results - Women

12 & Under: 1. Celeste Buchanan 76:21, 2. Elena Garcia 1:25:09, 13-18: 1. Amy Parravano 1:25:17, 19-29: 1. Laura Sanchez 59:07, 2. Karen Scholtz 60:16, 3. Terry Schneider 64:56, 30-39: 1. Ellen Bickard 59:39, 2. Barbara Freuk 62:34, 3. Susan Nhrse 64:50, 40-49: 1. Nelly Wright 64:24, 2. Gail Bernardi 70:52, 3. Carol Crocker 72:17, 50-59: 1. Barbarta Henslow 1:21:30, 2. Diane Bromstead 1:22:36, 3. Jan Holloway 1:24:41, **60 & Over:** 1. Sylvia Sweet 1:48:52.

Run for Academic Excellence

February 6, Huntington Beach, 5K & 8K.

Overall Results - Men's 5K

1	Steve Johnson	15:11
2	Mike Sabre	15:32
3	Gumby Anderson	15:46

Overall Results - Women's 5K

1	Beth Metcalf	17:10
2	Harolene Walters	18:10
3	Laura Doering	18:29

Division Results - Men's 5K

13 & Under: 1. Aaron Adrian 22:52, 14-18: 1. Kevin Koch 16:32, 19-29: 1. Steve Johnson 15:11, 30-39: 1. Eddie Sanchez 16:32, 40-49: 1. Bill Sumner 15:51, 50-59: 1. Juvenal Herrera 18:11, **60 & Over:** 1. Meredith Eick 19:20.

Division Results - Women's 5K

13 & Under: 1. Vanessa Des Rochers 27:55, 14-18: 1. Laura Doering 18:29, 19-29: 1. Beth Metcalf 17:10, 30-39: 1. Christine Pukkiss 19:46, 40-49: 1. Harolene Walters 18:10, 50-59: 1. Wilma Maddock 20:56, **60 & Over:** 1. Joan Gunn 48:06.

Overall Results - Men's 8K

1	Enrique Alvarez	24:43
2	Mike Mathewson	25:37
3	Gil Guzman	26:09

Overall Results - Women's 8K

1	Julie Matteson	29:29
2	Margaret Neville	33:30
3	Kaaron Petrick	34:15

Division Results - Men's 8K

14-18: 1. Jose Zavala 27:06, 19-24: 1. Jeff Hughes 27:06, 25-29: 1. Mike Mathewson 25:37, 30-34: 1. Enrique Alvarez 24:43, 35-39: 1. John Barnes 31:52, 40-44: 1. Jarrett Williams 28:57, 45-49: 1. Maurie Bousquet 27:17, 50-59: 1. Rex Lundquist 29:54, **60 & Over:** 1. Daniel Lujan 35:34.

Division Results - Women's 8K

14-18: 1. Kathy Baker 40:51, 19-24: 1. Erica Prenzlou 40:53, 25-29: 1. Kaaron Petrick 34:15, 30-34: 1. Julie Matteson 29:29, 35-39: 1. Nancy Brandon 35:20, 40-44: 1. Margaret Neville 33:30, 45-49: 1. Joan Jetter 35:21, 50-59: 1. Mary Dugan 39:19.

Spartan 5 Miler

January 31, Rio Mesa H.S., Oxnard.

Overall Results

1	Rich McCandless (30-39)	24:32
2	Ray Knerr (19-29)	24:51
3	Martin Navarro (19-29)	25:29
4	Jaime Galindo (15-18)	26:11
5	Steve Blum (30-39)	26:24
6	J.R. Perez (19-29)	26:27
7	Greg Bantista (19-29)	27:42
8	Byrie Smallen (40-49)	27:49
9	Al Sanchez (30-39)	28:00
10	Paul Carr (19-29)	28:36
11	George Arellano (30-39)	28:39
12	Joe Calhoun (40-49)	29:02
13	John Mossbacher (40-49)	29:14
14	Jeff Wroust (19-29)	29:24
15	James Monahan (30-39)	29:28
16	Scott Roberts (15-18)	29:33
17	Mark Gruber (15-18)	30:11
18	Michael Shriver (19-29)	30:38
19	Regis Boyle (50 & O)	30:51
20	Brandon Cole (19-29)	30:52
36	Mary Dietz (15-18F)	33:20
39	Tracy Jewrkins (30-39F)	33:24
43	Anna Howald (15-18F)	33:41
44	Lori Montoya (15-18F)	34:02
46	Niki Kennerley (14 & U F)	34:14

Legg Lake 5K Loop

January 31, So. El Monte.

Division Results - Men

6-9: 1. Jason Reukema 30:12, 10-14: 1. Trevor Sapien 26:42, 2. Glen Reukema 30:26, 15-18: 1. Tony Winkler 16:50, 2. Frollan Santiago 18:08, 19-24: 1. Eric Winkler 15:54, 2. Robert Corleu 16:06, 3. Phil Nelson 19:51, 25-29: 1. David Dennis 17:37, 30-34: 1. Richard Heber 18:06, 2. Rick Nelson 19:22, 3. Richard Brown 23:15, 35-39: 1. Michael Greenfield 16:44, 2. Hart Rich 18:11, 3. Mike Connor 20:06, 40-44: 1. Jarrett Williams 18:04, 2. Mike Lalum 20:30, 3. Dwight Smith 20:51, 45-49: 1. Ted Heaton 19:02, 2. Richard Corriveau 20:19, 3. Gerald Tyner 21:53, 50-54: 1. Bob Ahrensso 22:59, 2. Kenneth DeWitt 29:41, 55-59: 1. Walley Ingram 19:10, 60-64: 1. Orlo Keniston 18:12, 65-69: 1. David Cohan 22:41, 2. Wiley Nelson 26:19, 70-79: 1. Dutch Benedetti 22:23, **Racewalkers:** 1. Manny Alvarez 26:43.

Division Results - Women

15-18: 1. Lupe Casillas 20:28, 2. Sunny Winkler 22:59, 19-24: 1. Lupe Rodriguez 19:15, 2. Solorro Vasquez 20:03, 25-29: 1. Mary Button 20:17, 2. Amawla McZeal 25:51, 30-34: 1. Diane Bagwell 24:45, 2. Krystyna Maciejowski 29:15, 35-39: 1. Dorinda Oliver 32:00.

Mission 10

February 6, San Juan Bautista.

Overall Results

1	Gilbert Munoz (28) Watsonville	51:49
2	Terry Jones (22) Ft. Ord	52:11
3	Greg Mislick (30) Carmel	52:39
4	Duke Batchelor (24) Ft. Ord	52:48
5	Ed Bomber (28) San Jose	53:26
6	Hank Lawson (33) Cupertino	53:30

Results

Baron 5K Cross Country Classic

February 6. Thousand Oaks.

Overall Results - Men

- 1 Paul McCarter (13-18) Thousand Oaks 17:19
- 2 Peter Oviatt (13-18) Agoura 17:34
- 3 Erin Rankin (25-29) Oxnard 17:34
- 4 Jim Gensichen (35-39) 17:48
- 5 Michael Williams (13-18) 17:49
- 6 Ken Gerry (35-39) Camarillo 18:17
- 7 James Moore (13-18) Tujunga 18:35
- 8 Edgar Rios ((13-18) 18:37
- 9 David Souka (19-24) Simi Valley 18:59
- 10 Mike Shriver (25-29) Simi Valley 19:36

Overall Results - Women

- 1 Susan Smith (25-29) 23:08
- 2 Andrea Handevict (25-29) Canoga Park
- 3 Gaye Pelletier (19-24) Victorville 25:05
- 4 Robyn Randall (13-18) Simi Valley 25:47
- 5 Susan Ziegler (40-44) Thousand Oaks

Las Vegas Marathon

February 6. Las Vegas.

700 runners from 42 states, the District of Columbia, and 8 foreign countries completed the 22nd annual Las Vegas Marathon on Feb. 6. On a near perfect day with temperatures around 35 degrees at the start and a slight tailwind, 775 marathoners started the event. 700 finished at the Aladdin Hotel/Casino south entrance beginning 2:16:55 after the gun went off. Brad Ingram from Mansfield, Ohio ran a 3 minute PR to place first overall while Marie Rollins of Dublin, Ireland ran a 10 minute PR to finish in 2:37:55. . . . thus qualifying for the Irish Olympic team.

Three U.S. men qualified for the US Olympic trials marathon by breaking the 2:20:00 standard. The big new however is that 12 American women broke 2:50 in this race thus affirming the alleged quickness of the course which has a net elevation drop of 700 feet. A total of 27 women out of 123 ran under 3 hours.

The leading US woman was Ann Trason of Berkeley who ran a PR 2:43:24.

The course, which begins in Jean, Nevada and follows the "Old LA Highway" into Las Vegas climbs 200 feet over the first 9 miles only to drop gradually by 900 feet for the next 16.2.

Overall Results - Women

- 1 Marie Rollins (28) Dublin, Ire. 2:37:55
- 2 Ann Trason (27) Berkeley 2:43:24
- 3 Barbara Clark (34) Wilsonville, OR 2:45:39
- 4 Leslie Howland (31) LaJolla 2:46:12
- 5 Patricia Sher (40) Jacksonville, FL 2:46:44
- 6 Sandy Sup (29) Orangevale, CA 2:48:08
- 7 Christine Gibbons (26) Elmwood Park, NJ 2:48:17
- 8 Julie Foster (25) Ft. Collins, CO 2:48:46
- 9 Jennifer Bates-Lacey (30) Eugene, OR 2:49:01
- 10 Judy Felthauer (40) Colorado Springs, CO 2:49:03
- 11 Christie Spahr (30) San Diego 2:49:15
- 12 Adrian Lilburn (38) Jacksonville, FL 2:49:18
- 13 Angela French (29) Scottsdale, AZ 2:49:46

Overall Results - Men

- 1 Brad Ingram (32) Mansfield, OH 2:16:55
- 2 Matt Ebner (26) West Covina 2:18:47

- 3 Vance Anderson (41) Ogden, UT 2:19:33
- 4 Patrick Ewing (27) Santa Monica 2:19:35
- 5 Craig Moore (34) Placerville 2:20:27
- 6 John Wiley (46) San Gabriel 2:21:25
- 7 Carey Simons (27) Arcadia 2:22:02
- 8 Fernando Vasquez (24) San Pedro 2:22:35
- 9 Steve Finn (32) San Diego 2:22:58
- 10 Steve Grube (26) Highland Lakes, NJ 2:23:09

Division Results - Men

- 19 & Under: 1. John Hiatt 3:03:35 (\$100), 2. Jim Melo 3:33:40, 3. Sam Pearson 3:42:25.
20-24: 1. Fernando Vasquez 2:22:35 (\$300), 2. Tyrus Deminter 2:34:24 (\$200), 3. Oscar Covarrubias 2:43:18 (\$100), 25-29: 1. Matt Ebner 2:18:47 (\$300), 2. Patrick Ewing 2:19:35 (\$200), 3. Steve Grube 2:23:09 (\$100), 30-34: 1. Brad Ingram 2:16:55 (\$1000), 2. Craig Moore 2:20:27 (\$400), 3. Carey Simons 2:22:02 (\$300), 35-39: 1. Ron Gee 2:24:10 (\$400), 2. Oliver Trujillo 2:26:04 (\$300), 3. Greg Gawlik 2:27:08 (\$200), 40-44: 1. David Oropeza 2:31:38 (\$400), 2. Larry Ingram 2:34:51 (\$300), 3. Hayden Smith 2:37:06 (\$200), 45-49: 1. Stephen Lester 2:23:10 (\$750), 2. Jay Minor 2:47:52 (\$400), 3. Charles Ferguson 2:49:02 (\$300), 50-54: 1. Andre Tocco 2:45:29 (\$500), 2. Ted Alarcon 2:51:02 (\$300), 3. Bill Purcell 2:58:28 (\$200), 55-59: 1. Jim Smedema 2:52:55 (\$300), 2. Tracy Brown 3:05:22 (\$200), 3. Dana Sumner 3:08:02 (\$100), 60-64: 1. Emmett Parker 3:12:31 (\$300), 2. Augustus Prince 3:36:08 (\$200), 3. Rolf Duerr 3:48:33 (\$100), 65-69: 1. Jack Pennington 3:31:21 (\$100), 2. Earl Rippee 4:03:04, 3. Mel Salisbury 4:04:14, 70 & Over: 1. Woodrow Sigley 4:50:39 (\$100), Wheelchair: 1. Vance Anderson 2:19:33 (\$100), 2. John Wiley 2:21:25, 3. Scott Hafon 2:51:36.

Division Results - Women

- 19 & Under: 1. Hilary Simmons 2:59:29 (\$100), 20-24: 1. Alejandra Aguirre 2:51:11 (\$100), 2. Alene Nitzky 3:22:46, 3. Jacqueline Gengler 3:28:50, 25-29: 1. Marie Rollins 2:37:55 (\$750), 2. Ann Trason 2:43:24 (\$200), 3. Sandy Sup 2:48:08 (\$100), 30-34: 1. Barbara Clark 2:45:39 (\$200), 2. Leslie Howland 2:46:12 (\$100), 3. Jenny Bates-Lacey 2:49:01, 35-39: 1. Adrian Lilburn 2:49:18 (\$200), 2. Teri Gerber 2:50:20 (\$100), 3. Patty Shackleton 2:52:41, 40-44: 1. Patricia Sher 2:46:44 (\$500), 2. Judy Felthauer 2:49:03 (\$200), 3. Molly Thayer 2:52:39 (\$100), 45-49: 1. Margie Timberlake 3:02:08 (\$100), 2. Jeanette Rusk 3:33:11, 3. Ruth Hemming 3:39:34, 50-54: 1. Sally Liebold 4:05:43 (\$300), 2. Clara Thoms 4:57:00 (\$100), 60-64: 1. Helen Dick 3:31:09 (\$300), 2. Margie Withrow 4:22:18 (\$100), 3. Anne Nauman 4:58:36.

Orient Express

February 6. Sonora. 5K.

Overall Results

- 1 Steve Neubaum 16:16
- 2 Nathan Wulf 17:22
- 3 Mike Boyer 17:25
- 4 Howard Painter 17:47
- 5 Ron Ferrell 17:51
- 6 Tim Jordan 17:52
- 7 Geroge Shoemaker 17:59
- 8 Jake White 18:10
- 9 Jack Lawson 18:23
- 10 Sharlet Gilbert 18:26

Division Results - Men

- 13 & Under: 1. Darren Holman 19:42, 2. Victor Rodrigues 24:24, 3. Zack Taylor 24:28, 14-19: 1. Nathan Wulf 17:22, 2. Mike Boyer 17:25, 3. Danile thiesen 18:59, 20-29: 1. Steve Neubaum 16:16, 2. Geroge Shoemaker 17:59, 3. Scott Rock 18:50, 30-39: 1. Howard Painter 17:47, 2. Jack Lawson 18:23, 3. Chuck

- Carleton 18:41, 40-49: 1. Ron Ferrell 17:51, 2. Tim Jordan 17:57, 3. Jake White 18:10, 50-59: 1. Mort Ward 20:50, 2. Robert Stokes 21:12, 3. Bob Gibson 22:30, 60-69: 1. Bill Ferrell Ferrell 22:06, 2. Vic Lyons 27:26, 3. Bill Lawson 29:05, 70 & Over: 1. Dot W Lundberg 23:09, 2. Harry Harder 25:16, 3. Ernie Klann 29:13.

Division Results - Women

- 13 & Under: 1. Sara Morsa 21:53, 2. Molly Brians 26:05, 3. Amanda Jayne 27:56, 14-19: 1. Kelly Loos 23:03, 2. Neria Davis 24:23, 3. Jennifer Rollins 24:52, 20-29: 1. Emily Buchbinder 22:36, 2. Dara Doyle-Selby N.T., 3. Patty Anderson 25:45, 30-39: 1. Sharlet Gilbert 18:26, 2. Patti Scott-Baier 19:39, 3. Jeanette Emery 20:35, 40-49: 1. Jan Nelson 22:11, 2. Virginia Seibert 24:02, 43:35 Joyce Spoon 25:17, 50-59: 1. Jo Sullivan 23:23, 2. Lola Houston 27:50, 3. Theanne Woodruff 28:14, 60-69: 1. Joy Scott 32:89, 38. Mary Ruth Casebeer 36:04, 3. Ruth Marie McGadden 44:04.

Legg Lake Morning Run

February 7. So. El Monte. 5K.

Division Results - Men

- 10-14: 1. Evan Kimber 23:49, 2. Adam Kimber 29:13, 15-18: 1. Ramon Perez 16:20, 2. Tony Winkler 16:48, 3. Carlos Corrallo 17:54, 19-24: 1. Eric Winkler 15:50, 2. Ricardo Sanchez 18:06, 25-29: 1. Nati Carrasco 18:13, 2. A. Mora 20:05, 3. Marco Mora 20:22, 30-34: 1. Joel Hope 16:20, 35-39: 1. Nolan Smith 15:47, 2. Michael Greenfield 16:30, 3. Gustavo Bedoya 18:10, 40-44: 1. Miguel Mendez 18:47, 2. Mike Lalum 20:56, 45-49: 1. Fred Mascorro 18:27, 2. Gerald Tyner 22:07, 50-54: 1. George Reep 24:02, 2. Maury Weiss 26:17, 3. Ken DeWitt 29:59, 60-64: 1. Bruce Odou 20:51, 2. Louis Beadle 23:24, 65-69: 1. David Cohen 22:24, 2. Wiley Nelson 26:28.

Division Results - Women

- 5-9: 1. Virginia Mora 27:25, 15-18: 1. Rayna Cervantes 19:14, 2. Alina Rico 22:26, 3. Sunny Winkler 23:25, 19-24: 1. Gina Capra 28:43.

Chaffey College Triathlon

February 7. Alta Loma.

Overall Results

- 1 Garrett McCarthy (18-24) 43:58
- 2 Charles Clark (25-29) 44:44
- 3 Terry Martin (40-44) 44:53
- 4 Donald Wade (Relay) 45:26
- 5 Steve Rhode (30-34) 45:28
- 6 Carlos Oliva (13-17) 45:53
- 7 Mike Hargett (18-24) 46:10
- 8 Mitchell Gold (18-24) 46:28
- 9 Bruce Funk (Relay) 46:31
- 10 Wolfgang Resch (25-29) 46:58

Division Results - Men

- 12 & Under: 1. Adam Mendonca 1:03:58, 2. Michael Wrench 1:05:27, 3. Jeremy Nicholls 1:05:54, 13-17: 1. Carlos Oliva 45:53, 2. Ben Travis 47:01, 3. Scott Astorga 50:14, 18-24: 1. Garrett McCarthy 43:58, 2. Mike Hargett 46:10, 2. Mitchell Gold 46:29, 25-29: 1. Charles Clark 44:44, 2. Wolfgang Resch 46:56, 3. Michael Lynch 47:21, 30-34: 1. Steve Rhode 45:28, 2. Daniel Richards 47:02, 3. Rob Hogan 47:05, 35-39: 1. Jim Tobias 48:55, 2. Ben Easley 50:29, 3. Jorge Volcan 50:54, 40-44: 1. Terry Martin 44:53, 2. Randall Shelley 49:48, 3. Paul Grugel 50:36, 45-49: 1. Bryce Larkin 50:10, 2. Arnold Gomez

- 50:55, 3. Larry Taylor 51:44, 50-54: 1. Peter Alexander 59:10, 55-59: 1. Herb Henderson 56:06, 2. Remy Burrel 59:25, 3. Dale Hoffman 1:06:33, 60-64: 1. Lono Tyson 59:30, Relay: 1. Donald Wade 45:26, 2. Bruce funk 46:31, 3. Gordon Medd 48:45, Relay: 1. Paul Duenas 48:59, 2. Fernando Ramirez 49:53, 3. Karlan Bennett 53:57.

Division Results - Women

- 12 & Under: 1. Robyn Baker 1:18:54, 2. Katy Baker 1:23:39, 18-24: 1. Andrea Johnson 58:09, 2. Shelly Bowman 59:03, 3. Lisa Scott 1:06:18, 25-29: 1. Julie Finnegan 53:06, 2. Terri Beaumont 55:11, 3. Jennifer Kraiger 1:03:07, 30-34: 1. Anne McGee 1:05:57, 2. Linda Immordino 1:13:23, 3. Gayle Ortiz 1:15:18, 35-39: 1. Mary Mercer 1:18:40, 40-44: 1. Shirley Grogel 1:01:46, 2. Mary McMaster 1:15:49, 3. Kay Adams 1:17:28, 45-49: 1. Mardi Briggs 58:54, Relay: 1. Kris

McDonald's/Lakewood Half Marathon

February 7. Lakewood.

Overall Results

- 1 Greg Gonzales (26) 1:07:28
- 2 George Marquez (22) 1:07:48
- 3 Mike Navock (28) 1:11:20
- 4 Jim Arquilla (37) 1:12:04
- 5 Douglas Thomsen (37) 1:12:28
- 6 Bernie Brizuela (31) 1:12:30
- 7 David Diaz (31) 1:12:43
- 8 Phil Torres (31) 1:13:29
- 9 Ben Martinez (36) 1:14:27
- 10 Takashi Yagisauwa (34) 1:14:58
- 11 Mark Hemphill (38) 1:15:57
- 12 Gerardo Araiza (22) 1:16:07
- 13 Byrle Smallen (40) 1:16:09
- 14 Ken Kendall (37) 1:16:10
- 15 David Borba (27) 1:16:14
- 16 Jose Rodriguez (33) 1:16:17
- 17 Pablo Drobny (42) 1:16:18
- 18 Jorge Quintanar (32) 1:16:22
- 19 Joel Sanchez (27) 1:16:41
- 20 Bob Streets (35) 1:16:43

Wheelchair:

- 1 Ray Stewart (34) 59:51
- 2 Don Caron (29) 59:54
- 3 Steve DeJong (25) 1:00:02
- 4 Roury Cooper (20) 1:03:05
- 5 Paul Manocchio (28) 1:11:16
- 6 Russell Monroe (28) 1:11:46
- 7 David Moran (39) 1:12:46
- 8 Robert Van Decar (59) 1:23:39
- 9 Neil Yarema (54) 1:46:30

The Davis Stampede

February 7. Davis. Half Marathon & 10K.

Overall Results - Men's Half Marathon

- 1 Dennis Rinde (29) Sacramento 1:06:21
 - 2 Dean Rinde (24) Orangevale 1:07:09
 - 3 Geroge Hernandez (30) Reno 1:07:41
- Overall Results - Women's Half Marathon
- 1 Linda Somers (26) Davis 1:18:39
 - 2 Sharlet Gilbert (36) Richmond 1:20:21
 - 3 Christine Iwashita (32) Sacramento 1:20:48

Overall Results - Men's 10K

- 1 John Barrett (24) Davis 31:59
- 2 Ben Ayers (18) Sacramento 32:16
- 3 Scott Schneider (19) Davis 33:22

Overall Results - Women's 10K

- 1 Robyn Root (27) Davis 34:25
- 2 Susan Putney (19) Berkeley 38:27
- 3 Sara LeFebvre (30) Davis 39:59

Results

The Runners Den

by Richard Lee Slotkin

February 7, Phoenix, AZ.

It wasn't like the old days when a guy could run a 29:58 and not make the top 50. Or finish in 27:58 and maybe make the top 5. Well, things change and today the name of the running game is money. Without it, you don't get sub-30 10-Kers by the dozens and even though they put on a class event in Phoenix, they don't have as much money to throw around as they once did. And when most of what they do have goes to two masters runners, then you won't see the deep fields of previous year.

Why, you might ask, would a race director put his limited funds into a couple of masters instead of a world class field of young studs? The answer is that the masters we are talking about are Bill Rogers and Frank Shorter and both of them have just passed their 40th birthday, making them masters officially. With Rogers having won 4 Boston Marathons and dominating the marathon in the late 70's and early 80's and Shorter a gold and silver medalist in two Olympic marathons, you've got a pair of guys with plenty of credentials.

And, they are both still in open-class shape! So, the question in the world of running is: How good can a guy be and for how long? Shorter and Rogers are to be the laboratory guinea pigs who will determine the answer.

Even so, they still had a national class event, and though most of the attention was on the Shorter and Rogers Travelling Road Show it was possible to overlook some of the talent that did show up. Bill Donakowski and Dave Gordon in particular. The only problem was that Donakowski and Gordon were only in about 29:30 shape and you don't win the Runners Den 10K in 29 anything, even with a bunch of unknowns in the front. I mean, Bo Reed? Fernando Lopez? And, of course, Sam Montoya. Sam who? Well, these three guys were in the lead by the mile, in 4:36, and stayed there for the rest of the race. "I just went out there and tried to figure out who the hell are these guys," said Donakowski. And by 2 miles, in 9:13, with Lopez holding a short lead on the other two, Donakowski and the others were wondering, "Is this guy for real?" He, and Reed and Montoya, sure were. By the 3rd mile, it was Reed in front followed by Lopez and Montoya. All the rest were out of it, even though some of them were sure this trio would start coming back to them very soon. But Reed, an ASU speedster who took 2nd in the recent Fiesta Bowl 10K, was keeping up the pressure, and Lopez and Montoya were hanging on.

Meanwhile, fresh from a 4:21 mile at the Millrose Games, Shorter was holding a lead on Rogers that ranged from 10 to 30 yards. They had gone through the mile in 4:43 for Shorter and about 4:48 for Rogers. So, you can see that they weren't too far behind the leaders. Though Shorter was setting the pace in this mini-duel, after about 3 miles it was obvious that Rogers had settled in and was waiting for an opportunity to make a move. It came at 4 miles and it coincided with Shorter suddenly developing a stitch that brought him to a halt for about a minute. It was at this moment that Rogers decided to



Who are these guys? #21 is Bo Reed and #27 is Fernando Lopez.

make his move. He blew by Shorter, who was turning the air blue with expletives as he stood on the sidewalk trying to shake the cramp. I'm not sure that Shorter really did that, but at the awards ceremony he said that he did. Anyway, after about a minute or so he did and he took off again. He was all but given in to disgust with the whole thing when it occurred to him that there might be someone else in his age group in the neighborhood. He was quite right. Graeme Shirley of San Diego had passed him. So, while Rogers had pushed on to a 30:09 finish, Shorter was shifting into overdrive and heading for a sub-five minute final mile, overtaking Shirley, whom he didn't know and settling for 2nd place in the group with a 33:07. Shirley, certainly no flake, was 3rd just 20 seconds later.

While this was going on, Bo Reed was running the 10K of his life, breaking loose from Lopez at 5 miles and powering to a 28:56 PR win. The tiring Lopez held off Montoya to keep second. Behind Montoya was Matt Clayton, and just behind Clayton was an 8:21 steeplechaser from England by the name of Eddie Wedderburn.

The first 10 finishers came in under a half hour, including Gordon, who was 7th, and Donakowski in 9th.

In the 60-69 division, there was something of an upset as Orlo Keniston barely nipped San Diego's Jim O'Neil by 2 seconds, 36:57 to 36:59. The same thing happened in the 70 and over group. Tom Miller beat John Overton by 2 seconds. The old guys don't give you nuthin!

Not like it used to be, maybe, but not what you'd call chopped liver.

The week before, an out of shape Monica Joyce ran a 35:13 in Redondo Beach and was only the 5th female. What a difference another week of training made: 34:03 and 1st. She had no company the whole way except for an occasional male. Lori Veal was second almost a minute later and Lynn Nelson was 3rd in a slow-for-her 35:08. Forty-two year old Mary Wood, of Montrose, Colorado, was 6th in 37:26, helping Rogers and Shorter in addition to the growing body of evidence that running life does not end at 40. And if you need even more proof, take a look at what Algene Williams did. She won the 70 & Over division in 52:45. That was good enough to have won the 55-59 and 60-69 divisions too. Never mind that Algene is in her 70s; by anyone's reckoning, that ain't shufflin' baby!

Overall Results - Men	
1	Bo Reed (ASU) 28:56
2	Fernando Lopez 29:06

photo by Richard Lee Slotkin

4	Scott Baumann (22)	36:38
5	Mike Barton (20)	37:28
6	Kelly Currant (30)	37:37
7	Mike McElvaney (32)	37:59
8	David Louks (34)	38:28
9	Gene Ball (42)	38:47
10	Charles Small (27)	38:59
11	David Coy (21)	39:02
12	Clarkson Gerry (37)	39:44
13	Victoria Cook (23)	40:10
14	Jim Monahan (32)	40:32
15	Dave Whaler (51)	40:40

Overall Results - 5K		
1	Scott Fickerson (15)	21:26
2	Rich Hart (35)	21:49
3	Greg Monroe (17)	22:46
4	Reid Rizensberger (40)	22:52
5	Fred Achenbach (50)	23:59
6	Janine Jarris (22)	24:15
7	Larry Ballow (42)	24:38
8	Jim Olson (37)	24:46
9	Tom Steele (55)	25:07
10	Jim Andre's (53)	25:19
11	James Welch (38)	26:24
12	Tim Kubrock (26)	26:36
13	Helen Edwards (25)	27:00
14	Leo Gilroy (27)	27:04
15	Niki Kennerley (13)	27:09

3	Sam Montoya (Reebok)	29:12
4	Matt Clayton (Chart House)	29:14
5	Eddie Wedderburn (GB)	29:17
6	Dave Cuadrado	29:22
7	Dave Gordon (AW)	29:26
8	Mark Smith (Reebok)	29:32
9	Bill Donakowski (Etonic)	29:45
10	Brent Friesth (Asics Tiger)	N.T.
11	Marco Ochoa (Adams St)	30:04
15	Bill Rogers	30:09
49	Frank Shorter	33:07
55	Graeme Shirley	33:27

Overall Results - Women		
1	Monica Joyce	34:03
2	Lori Veal	34:51
3	Lynn Nelson (Reebok)	35:08
4	Connie Prince	35:33
5	Susan Scites	35:37
6	Mary Wood	37:26
7	Hillary Becker	38:23
8	Desiree Rome	39:20
95	Algene Williams	52:45

Division Results - Men	
11 & Under:	1. Tommie Nosie 40:10, 12-15: 1. Marco Zuniga 35:35, 2. Gerald Nez 37:06, 3. Derer Lewis 37:11, 16-19: 1. Greg Pestka 34:15, 2. John Montoya 34:33, 3. David Danders 34:56, 30-34: 1. Bill Donakowski 29:45, 2. Art Menchaca 30:08, 3. Dennis Riley 30:52, 35-39: 1. John Bednarski 31:02, 2. Harrison Koroso 32:10, 3. Fred Pederzell 32:27, 40-49: 1. Bill Rogers 30:09, 2. Frank Shorter 33:07, 3. Graeme Shirley 33:27, 50-59: 1. Jim Peller 36:32, 2. Bob Hyde 39:13, 3. Larry Ruch 39:22, 60-69: 1. Orlo Keniston 36:57, 2. Jim O'Neil 36:59, 3. Warren Utes 39:06, 70 & Over: 1. Tom Miller 49:40, 2. John Overton 49:42.

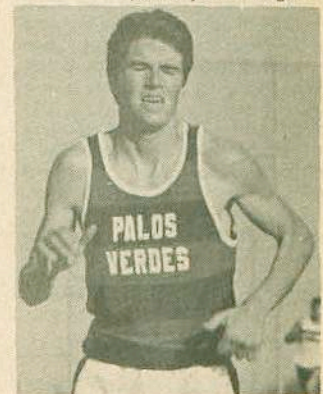
Division Results - Women	
15 & Under:	1. Amanda Fisher 44:11, 16-19: 1. Jane Matthews 41:05, 2. Caria Jackson 41:06, 20-24: 1. Jeannette Muzio 40:39, 2. Sheri Hackman 44:10, 30-34: 1. Connie Prince 35:33, 2. Kay Switzer 40:18, 3. Carol Killstadt 40:35, 35-39: 1. Linda Rohmer 44:27, 2. Mary McKellar 44:59, 40-49: 1. Mary Wood 37:26, 2. Judy Pratt 42:46, 3. Judy Allard 44:05, 50-59: 1. Sue Robles 43:21, 2. Betty Ratley 45:06, 60 & Over: 1. Algene Williams 52:45, 2. Adele Milicevic 55:50.

Outback Challenge

February 7, Newbury Park, 10K & 5K.

Overall Results - 10K		
1	David Scudamore (17)	33:25
2	George Pierce (28)	34:43
3	James Stepan (34)	35:39

photo by Bill Leung, Jr.



Dave Scudamore

Old Fashion Four Mile Run

February 13, Yucaipa Regional Park.

Senior-Masters Division Results	
55-59:	1. Wally Ingram 24:50, 2. Tracy Brown 27:01, 3. Mel Schultz 28:14, 4. Ward Speaker 29:43, 5. Normal Miller 30:06, 6. Bill Holt 31:07, 7. Jack Wallace 31:33, 8. John Cotton 33:43, 9. Harold Kochendeifer 34:03, 10. Ed Duffley 37:06, 60-64: 1. Orlo Keniston 25:12, 2. Bob Koch 28:45, 3. Bob Kay 30:19, 4. Ollie Harker 30:29, 5. Solomon Jamerson 30:37, 6. Harold Willis 31:00, 7. Joe Fleischmann 31:28, 8. Gene Haskell 31:33, 9. Bob Anderson 32:05, 10. Stanley Nuefeld 32:27, 11. Mel Grantham 33:02, 12. Scotty Donald 35:53, 13. Bruce Robinson 45:20, 65-69: 1. Earle Rippee 31:15, 2. Steve Chiplis 31:37, 3. Lloyd Giddings 35:15, 4. Joe Faye 41:06, 70-74: 1. Al Clark 34:19, 2. Fraser McMinn 34:21, 75 & Over: 1. John Zentmyer 35:40, 2. John Montoya 40:18, 3. Tony Peronna 48:44, 4. Walter Kalins 62:24.
Women's Results	
55-59:	1. Ethel Kleinsasser 35:31, 2. Patricia Pruitt 36:45, 65 & Over: 1. Liz Cotton 53:05.

Results

Baskins-Robbins 10K Relay

February 13, Carson City, Nevada.

Northern Nevada weather is notorious for being nasty one minute and then quite nice the next. It was exactly that type of weather for the First Annual Baskin-Robbins 31 Flavors Twosome Trot Relay in Carson City. Strong, gusty winds blew throughout the night before the race and right up until two hours before the starting gun went off. Then they subsided considerably to give the 47 male/female teams a break around the 3.1 mile loop course. Each runner ran an individual leg and "tagged-off" to his teammate.

On the first leg Miguel Tibaduiza and Sean Crom immediately broke from the field and raced each other to the hand-off point finishing within four seconds of each other in times of 15:45 and 15:49 respectively. The team of Renee Rife and Steve Pradere (who is training for the Olympic Trials) used the reverse strategy with Renee taking the first leg. Her finishing time was 21:14.

Pradere made up a considerable amount of time on the field as he turned in the fastest time of 15:19 but was unable to overcome the large lead that Crom's partner Laurie Brantingham had built up as the fastest woman finisher (19:52) giving the team a combined total time of 35:41. The Rife-Pradere team finished in 36:33 followed by the Tibaduiza-Rose Gardella team in 37:46.

Division competition combined the ages of each teammate into ten-year categories. First place teams earned Mud Pies with second place teams garnering pints of ice cream provided by Baskin-Robbins. All finishers received ice cream cones and drinks compliments of the sponsor.

Overall Results

- Sean Crom & Laurie Brantingham 35:41
- Renee Rife & Steve Pradere 36:33
- Miguel Tibaduiza & Rose Gardella 37:46
- Alan Ferrarelli & Patty Howell 38:32
- Debbie Janssen & Alan Dehlinger 38:52
- Edith Isadora Mills & Walt Johnson 39:02
- Marianne Skidmore & Ski Pisarski 40:16
- Deenyse Huber & Kevin Truat 40:39
- Mary & T.J. Lokke 42:33
- John Beck & Veronica Castillo 43:57

Sweetheart Run

February 13, Playa del Rey, 5K & 10K.

Division Results - Men's 5K

- 10 & Under: 1. William Cortes 20:51, 2. Geoffrey Brown 21:58, 3. Samuel Harang 23:05, 11-14: 1. Marcelo Vizuete 17:20, 2. Shawn Pabe 17:29, 3. Mario Gonzalez 18:19, 15-18: 1. Ryan Winn 16:59, 2. Augusto Leal 17:09, 3. Mark Branner 18:31, 19-24: 1. Russell Cole 15:14, 2. Matthew Brayman 16:05, 3. G. Gumby 16:09, 25-29: 1. Clyde Matsumura 15:54, 2. Gordon Medd 17:16, 3. Edward Stanhouse 17:59, 30-34: 1. Alfonso Hernandez 17:33, 2. William Cardone 18:28, 3. Michael Ritchey 18:31, 35-39: 1. Jesse Meilor 18:51, 2. John Downey 19:22, 3. James Brown 20:04, 40-44: 1. Blair Hawkins

- 18:32, 2. Glenn Gorelick 18:34, 3. Tony Torrisi 18:37, 45-49: 1. James Edmonson 16:36, 2. Ray Hughes 17:40, 3. Steve Ryan 19:05, 50-54: 1. Juvenal Herrera 18:25, 2. Luis Varga 18:41, 3. Lee Van Leeuwen 18:45, 55-59: 1. Norman Horns 19:55, 2. Jack Bennett 20:44, 3. John Horns 25:30, 60 & Over: 1. Meredith Eick 19:29, 2. Jack Breen 21:17, 3. John Williams 24:44.

Division Results - Women's 5K

- 10 & Under: 1. Abrianna Lopez 23:26, 2. Lisa Logan 24:46, 3. April Duarte 27:46, 11-14: 1. Valma Velarde 20:34, 2. Joanna Potillo 26:23, 3. Julie Golbert 27:01, 15-18: 1. Socorro Vazquez 19:53, 2. Kelly Mantel 21:45, 3. Jennifer Swanson 25:34, 19-24: 1. Lupe Rodriguez 18:47, 2. Claudia Gardner 21:51, 3. Maria Gonzalez 21:55, 25-29: 1. Sherri Fox 17:56, 2. Barbara Nahik 21:26, 3. Leslie Haymes 21:30, 30-34: 1. Nancy Lovendosky 20:04, 2. Suzy Ritchey 21:16, 3. Diane Scurlock 21:24, 35-39: 1. Laurel Hyde 23:17, 2. Moremi Nzinba 23:52, 3. Nancy Sullivan 24:55, 40-44: 1. Angelita Llerena 21:10, 2. Pamela Donesley 21:51, 3. Rosalia Mireles 23:37, 45-49: 1. Trish Cook 19:40, 2. Barbara Bramwell 24:00, 3. Liv Estrup 24:11, 50-54: 1. Joyce Momita 21:34, 2. Mae Horns 22:26, 3. Liz McChellan 29:11, 55-59: 1. Betty Crosby 28:19, 2. Dora Vallarta 32:37, 3. Verian Bruce 34:19, 60 & Over: 1. Raye Johnson 23:45, 2. Shirley Williams 28:45, 3. Evelyn Johnstone 31:40.

Division Results - Men's 10K

- 10 & Under: 1. T. Anderson 51:24, 2. Dean Alverson 1:02:57, 11-14: 1. Michael Spears 42:50, 2. David Parks 51:42, 15-18: 1. Dror-Ben Ami 34:41, 2. Phillip Demontigny 35:07, 3. Gerardo Flores 35:52, 19-24: 1. Banny Cruz 30:32, 2. Mel Petersen 31:47, 3. Adolfo Garcia 32:11, 25-29: 1. Sam Obwocha 30:15, 2. Greg Gonzalez 30:34, 3. Raymond Ross 32:12, 30-34: 1. Stahn Vernon 30:18, 2. Geroge Mason 31:29, 3. Harold Ketting 32:15, 35-39: 1. Mark Hemphill 34:59, 2. Ashby Adams 36:16, 3. Joseph Banach 36:55, 40-44: 1. Phil Ryan 34:14, 2. Dan Ashimine 36:16, 3. Charles Crompton 36:19, 45-49: 1. Lee Baca 35:58, 2. Jerry Hackett 36:10, 3. Gregory Kelly 37:32, 50-54: 1. Truman Clark 38:50, 2. Claude Bruni 39:33, 3. John Martin 42:35, 55-59: 1. Norm McAbee 36:47, 2. Bob Strobel 45:18, 3. Daniel Mejia 45:44, 60 & Over: 1. Milton Bassett 45:03, 2. Bob Mahstedt 45:46, 3. Tad Jujioka 46:31.

Division Results - Women's 10K

- 10 & Under: 1. Katie Kenderski 1:00:08, 2. Cynthia Condon 1:04:27, 11-14: 1. Kristi Smith 45:12, 2. Michelle Dobbie 46:43, 15-18: 1. Jamie Cippard 45:22, 2. Monica Moore 47:24, 3. Crystal Neuhaus 52:07, 19-24: 1. Nancy Bowman 35:03, 2. Annie Seawright 35:20, 3. Laura McHale 40:48, 25-29: 1. Ellen Lyons 34:50, 2. Gretchen Lohr 35:30, 3. Mary Tracey 35:44, 30-34: 1. Cindy Scott 36:51, 2. Kathy Thomas 38:47, 3. Sherry Simmons 39:40, 35-39: 1. Jacqueline Hansen 36:59, 2. Andrea Lawrence 46:23, 3. Ramona Brigham 47:19, 40-44: 1. Susan Ward 42:26, 2. Cherie Bruenfeld 44:40, 3. Connie Corson 46:09, 45-49: 1. Elaine Murphy 45:38, 2. Karin Handsaker 46:46, 3. Carol Davi 47:41, 50-54: 1. Inger Hanssen 50:53, 2. Susan Conner 51:58, 3. Ann Martin 58:42, 55-59: 1. Anna Hollenberg 53:10, 2. Betty Keel 57:06, 60 & Over: 1. Lucie Adney 1:15:56, 2. Thelma Anderson 1:22:29.

Together With Love

February 14, Pacific Grove, 10K.

Division Results - Men

- 18 & Under: 1. Robert Lomeli 36:22, 2. John Garcia 37:22, 3. Joey Dansey 41:48, 19-24: 1. Jim Slattini 32:04, 2. Gary Balchin 34:56, 3. Paul Varga 38:20, 25-29: 1. Torin Rotstein 33:45, 2. Brian Taylor 34:05, 3. Tom Rich 34:22, 30-34: 1. Greg Mislick 31:58, 2. Byron Choiniere 33:40, 3. Bob Dalton 34:24, 35-39: 1. Miguel Herrera 36:00, 2. Charlie Verutti 36:37, 3. Jorge Solorio 37:23, 40-44: 1. Mike Dove 37:42, 2. Jan Valencia 38:22, 3. Tom Bishop 39:56, 45-49: 1. Richard Leatzinger 38:05, 2. Alex Vago 38:39, 3. Mickey Hearne 40:34, 50-59: 1. Glenn Wood 36:16, 2. Gordon Smith 40:30, 3. Richard Young 41:03, 60 & Over: 1. Joe King 39:46, 2. Kenneth Takeuchi 46:41, 3. Bob Wright 48:58.

Division Results - Women

- 18 & Under: 1. Nicole Dauphine 40:10, 2. Alexis Waddel 54:00, 3. Mary Lukenback 1:04:54, 19-24: 1. Carrie Lukenback 44:15, 2. Leigh Ann Empric 45:59, 3. Susan Meade 47:03, 25-29: 1. Joanne Ernst 36:34, 2. Suzanne Dee 39:32, 3. Cathy Landers 42:37, 30-34: 1. Barbara Frank 37:03, 2. Vinella Brusher 38:22, 3. Julie Sigourney 40:54, 35-39: 1. Katie Scott 40:46, 2. Graciela Barrientos 45:22, 3. Sandy McGinnis 45:44, 40-44: 1. Gail Bernardi 42:48, 2. Kay Pallstrini 49:55, 3. Kathy Sanchez 50:51, 45-49: 1. Judy Brower 54:45, 2. Sandy Benmesdeir 55:33, 3. Louise Anderson 58:45, 50-59: 1. Jan Holloway 50:12, 2. Marjorie Marcis 52:10, 3. Terry Ashley 52:16, 60 & Over: 12. Jeanne Lellers 1:02, 2. Marietta Larson 1:08.

- 9 Steven Watanabe (34) Saugus 1:18:04

- 10 Steve Trujillo (23) Rosemead 1:18:18

Division Results - Men

- 29 & Under: 1. Wild Mt. Runners 3:48:25, 2. George Marquez 1:09:16, 2. Ken Lemus 1:13:18, 3. Adalberto Gonzalez 1:25:51, 2. S.C. Runners: 4:25:11, 1. Aldo Arca 1:23:48, 2. Joe Hampton 1:29:07, 3. John Busby 1:32:16, 30-39: S.C. Runners: 4:01:22, 1. Steven Watanabe 1:18:04, 2. Mike Mitchell 1:21:16, 3. Larry Stevens 1:22:02, 40-49: 1. S.C. Runners: 3:59:54, 1. Mike Mench 1:18:45, 2. Denis Trafecanty 1:19:33, 3. Russ Dragon 1:21:36, 2. S.C. Runners: 4:06:16, 1. Don McLean 1:21:36, 2. Gary Schnittgrund 1:21:46, 3. Royce Smith 1:22:54, 3. S.C. Runners: 4:52:44, 1. Gaylon Rodin 1:37:32, 2. Preben Poulsen 1:37:34, 3. Don Hughes 1:37:38, 50-59: 1. S.C. Runners: 4:24:11, 1. Peter Faust 1:24:58, 2. Mke McSkane 1:29:26, 3. Bill Winstanley 1:29:47.

Division Results - Women

- 30-39: 1. S.C. Runners: 5:20:48, 1. Gina Faust 1:22:35, 2. Denise Watanabe 1:53:34, 3. Donna Canales 2:04:39.

Overall Results - 5K

- Peter Oviatt (18) Agoura 16:09
- Chuck Pontius (24) Valencia 16:11
- Dave Hartman (15) Canyon Co. 16:31
- Jeffrey Locke (27) Northridge 17:00
- John Brady (26) Castaic 17:31
- Juan Cabeza (44) Torrance 17:37
- Jim Monahan (32) Ventura 18:30
- Scott Stringer (14) Somis 18:38
- Eric Zorawowicz (45) Newhall 19:21
- Ron Baumsteiger (46) Moorpark 19:38

Valentine Day Run

February 14, Lake Merritt, Oakland, 5K & 10K.

Overall Results - Men's 5K

- Don Paul (37) S.F. 17:07
- Alan Lind (28) Denver, CO 15:08
- Peter O'Reilly (29) Calif. 15:12

Overall Results - Women's 5K

- Melissa Martel (26) Oakland 16:42
- Laurie Hollingworth (24) Santa Rosa 17:12
- Heidi Mooney (30) Palo Alto 17:39
- Pat English (35) San Anselmo 17:54

Overall Results - Men's 10K

- Carmelo Rios (28) Fremont 30:15
- David Frank (26) Los Altos 30:45
- Kevin Osterberg (27) 30:47

Overall Results - Women's 10K

- Shariet Gibert (36) Richmond 38:02
- Nancy Galan (34) Walnut Creek 38:20
- Sara Lefebvre (34) Davis 40:31

Valentine Runs

February 14, Valencia, 5K & 20K.

Overall Results - 20K

- George Marquez (22) L.A. 1:09:16
- David Holt (31) Sunland 1:09:31
- Jussi Hamalainen (41) Agoura Hills 1:12:13
- Ken Lemus (30) Glendale 1:13:18
- James Edmonson (45) L.A. 1:14:19
- Colin Davies (35) 1:14:24
- Larry Higginbotham (28) LongBch 1:14:53
- Andre Tocco (52) San Pedro 1:15:20



Legg Lake Sweetheart Run

February 14, So. El Monte, 5K.

Division Results - Men

- 6-9: 1. Gary Vega 34:21, 2. Robert Vega 57:44, 15-18: 1. Manuel Alonso 18:30, 2. Marvin Herera 20:03, 3. David Soto 22:16, 19-24: 1. David Nunez 17:13, 2. Francisco Nunez 18:10, 3. Pablo Perez 21:28, 25-29: 1. Efen Garcia 16:42, 2. Vicente Rivera 17:10, 3. Dan Serrano 19:36, 30-34: Jose Rodriguez 16:59, 2. John Chavez 18:47, 3. James Wilson 19:30, 40-44: 1. Miguel Mendez 18:33, 2. Michael Derrochers 19:45, 3. Pete Moerbeek 19:51, 45-49: 1. John Duffy 26:39, 50-54: 1. Carlos Vega 22:18, 2. Bruce Martin 28:48, 55-59: 1. Wally Ingram 19:02, 2. Bruce Odou 20:54, 65-69: 1. David Cohen 22:27, 2. Wiley Nelson 25:02, 70-79: 1. Fraser MacMinn 24:58.

Division Results - Women

- 6-9: 1. Vanessa Desrocher 26:46, 30-34: 1. Doris Chung 25:37, 40-44: 1. Cynthia Desrochers 25:19, 45-49: 1. Marky Molina 26:51, 50-54: 1. Dolores Vega 29:05, Racewalker: 1. Linda Zamalin 58:01.

Results

PCPA Great Performance

Heart Run

February 14, Woodland Hills, 5K & 10K

Division Results - Men's 5K

12 & Under: 1. Jerry Hilsabeck 19:02, 2. Alexander Raima 19:41, 3. William Cortes 21:04, 13-18: 1. Sabino Miranda 15:50, 2. Brin Gastelum 16:35, 3. Tom Bibbs 16:45, 19-24: 1. Rignald Dechard 15:49, 2. Billy Gastelum 17:02, 3. Ignacio Fonseca 17:33, 25-29: 1. Randy Part 17:38, 2. Pat Quaranta 18:23, 3. Hal Litson 18:53, 30-34: 1. Luis Alvarado 16:43, 2. Mark Dawson 16:48, 3. James Stepan 16:58, 35-39: 1. Larry Montag 16:03, 2. Steve Powell 17:29, 3. Barry Witler 17:31, 40-49: 1. Jim Hughes 17:04, 2. Mike Hash 18:45, 3. Charles Crouch 19:01, 50-59: 1. Ken Nelson 20:36, 2. Robert Jones 21:01, 3. Chaz Habb 21:16, 60 & Over: 1. Milo Sather 20:58, 2. Stanley Neufeld 22:21, 3. Ed Stotsenberg 22:33.

Division Results - Women's 5K

12 & Under: 1. Alicia Whelan 21:34, 2. Roseanna Heagerty 22:15, 3. Kendra Hilsabeck 22:37, 13-18: 1. Chen Segal 20:41, 2. Siobhain O'Reilly 23:20, 3. Kerry Connelly 24:28, 19-24: 1. Jennifer Ahlquist 16:42, 2. Darcy Arreola 17:19, 3. Teresa Poy 18:37, 25-29: 1. Gena Elliott 20:50, 2. Lynn Stanley 20:57, 3. Laurie Kulchin 21:01, 30-34: 1. Julie Matteson 18:17, 2. Kathleen Anthony 22:41, 3. Terry Krull 23:18, 35-39: 1. Terri Goodreau 19:43, 2. Liz Greenberger 20:20, 3. Rita Mylenek 23:03, 40-49: 1. Rita Gilmore 21:27, 2. Leslie Stepan 22:08, 3. Barbara Shields 23:22, 50-59: 1. Barbara Welch 25:30, 2. Carol Forster 26:40, 3. Pam Baker 28:29, 60 & Over: 1. Helen Dick 22:06, 2. Doris Gordon 26:51, 3. Marge Lawson 32:23.

Division Results - Men's 10K

12 & Under: 1. James Garrison 34:49, 2. Jarrod Garrison 38:30, 3. Kyle Walker 50:08, 13-18: 1. Michael Preston 36:30, 2. Troy Fortney 37:20, 3. Kris Hilsabeck 39:11, 19-24: 1. Tommy Leon 33:43, 2. James Besser 35:09, 3. Alex Ramirez 37:05, 25-29: 1. Chris Schallert 30:53, 2. John Spilman 32:37, 3. Steve Schuman 33:00, 30-34: 1. Brian Nelson 33:17, 2. Jim Stepan 35:21, 3. Jeff Press 36:26, 35-39: 1. John Casso 34:46, 2. Rick Delgado 34:59, 3. Dennis Huffman 36:56, 40-49: 1. Byrie Smullen 35:10, 2. Jim Hughes 36:05, 3. Wayne Mitchell 36:58, 50-59: 1. Jim Manwaring 40:27, 2. Nobby Orens 41:11, 3. Bob Meissner 41:31, 60 & Over: 1. Larry Banuelos 40:42, 2. Richard Rauhut 44:28, 3. Rudi Ardesch 49:14.

Division Results - Women's 10K

12 & Under: 1. Carrie Garrison 36:13, 2. Heather Garrison 46:29, 3. Samantha Read 53:54, 13-18: 1. Kim Crongeyer 43:09, 2. Jana Frost 47:48, 3. Melissa Gilbert 49:06, 19-24: 1. Maureen Doderlein 40:43, 2. Robyn Lyons 48:21, 3. Pam Grey 50:15, 25-29: 1. Jna Moran 41:35, 2. Michele Chambers 44:38, 3. Pamela Morris 45:06, 30-34: 1. Tami Papapatru 44:47, 2. Therese Marino 44:50, 3. Bequi Parsons 46:53, 35-39: 1. Nancy Greene 43:04, 2. Nancy Carter 7:24, 3. Robin Hale 47:37, 40-49: 1. Ana Schwartz 47:38, 2. Leslie Stepan 48:11, 3. Sharon Diemert 50:33, 50-59: 1. Darlene Peterson 48:31, 2. Cathy Kaeller 53:59, 3. Judith Miller 57:04.

February 20, Santa Maria, 10K

Overall Results

1	Kevin Jones (27)	30:43
2	Adolpho Lopez (27)	30:58
3	Roman DeSota (24)	32:56
4	Patrick Smith (19)	33:32
5	J.L. Trettin (33)	33:39
6	Steve Ferrario (23)	34:28
7	Pauline Stiehy (21)	34:36
8	Gary Silva (38)	34:43
9	Kevin Cooper (28)	35:25
10	John Rupp (41)	36:05
11	Allen Schofield (40)	36:18
12	Matt Holloway (19)	36:50
13	Ron Benavidez (29)	36:56
14	Mary Ryzner (34)	36:59
15	Charlie Sepko (43)	37:09
Wheelchair:		
1	Peter Brooks (33)	29:15
2	Candace Cable-Brooks (33)	32:38
3	Fred Tomkins (31)	33:40
4	Robert Stevens (54)	41:31

Jose Cuervo Mardi Gras Run

February 21, San Diego, 10K

Division Results - Men

8 & Under: 1. Mark Savel 47:38, 2. Derek Boone 51:10, 3. Frederico Lozano 55:25, 9-17: 1. Rick Kajnowski 33:05, 2. Sal Hernandez 35:12, 3. Chris Douville 35:20, 18-29: 1. Mark McMonigal 30:48, 2. Jorge Silva 30:50, 3. Gilberto Alvarez 31:12, 30-39: 1. Greg Marino 32:18, 2. Kim Reedy 32:45, 3. John Nelson 33:58, 40-49: 1. Graehme Shirley 33:28, 2. Steve Dornish 33:35, 3. Keith Jeffers 35:03, 50-59: 1. John Butterfield 38:27, 2. Warren Osborne 38:38, 3. Frank Vasquez 39:53, 60-69: 1. Jim O'Neil 37:35, 2. Jim McCown 39:56, 3. Tom Leedham 42:08, 70 & Over: 1. Wayne Zook 43:16, 2. Don Bradley 51:53, 3. Jerome Wachter 56:30, Wheelchair: 1. Jim Knaub 29:37, 2. Doug Vann 31:40, 3. Dan Larson 31:56, Military: 1. John Nelson 33:58, 2. John Ralph 35:22, 3. Curtis Hamrick 35:54.

Division Results - Women

8 & Under: 1. Kanika Waker 1:04:05, 2. Elyce Miedema 1:04:05, 3. Zaida Zamorano 1:22:20, 9-17: 1. Jana Horst 47:30, 2. Kristie Somy 49:05, 3. Corey May 57:20, 18-29: 1. Laurie Crisp 34:20, 2. Victoria Cook 36:58, 3. Laura Silva 38:00, 30-39: 1. Sue O'Hara 39:12, 2. Marilee Ramsay 40:40, 3. Eileen Mardo 42:00, 40-49: 1. Ursula Rains 41:20, 2. Kathy Loper 44:20, 3. Darlene Burns 45:10, 50-59: 1. Dixie Madsen 45:22, 2. Tami Graf 48:55, 3. Sally Byram 49:00, 60-69: 1. Mary Storey 49:25, 2. Mary Lou Carlson 49:30, 3. Ellen McCoy 49:40, 70 & Over: 1. Judy Simon 56:30, Wheelchair: 1. Mary Thompson 40:04, Military: 1. Patricia Corsello 41:03.

Jacket Fun Run

February 21, Stockton, 2 Mile & 10K

Division Results - Men's 2 Mile

17 & Under: 1. Alfredo Tong 10:33, 2. Phillip Logsdon, 3. Vince Johnson, 18-29: 1. Leon Shordon 9:44, 2. Mike Boyer, 3. Don Looby, 30-39: 1. Greg Hodson 10:30, 2. Mike Hotton, 3. John Kerner, 40-49: 1. John Semler 11:43, 2. Kenneth Valentine, 3. Richard Acosta, 50

& Over: 1. Les Socaro 17:03, 2. Joe Friedrich, 3. Richard Pepping.

Division Results - Women's 2 Mile

17 & Under: 1. Stefanie Aquino 14:16, 2. Sabrina Trone, 3. Sonia Pena, 18-29: 1. Susan Corey 11:30, 2. Julie Leach, 3. Jamie Chabot, 30-39: 1. Connie Cook 16:35, 2. Christina Way, 3. Eileen Farrel, 40-49: 1. Sharon Stafano 16:22, 2. Lesta Chavier, 3. Dorothy Nord.

Division Results - Men's 10K

17 & Under: 1. Allen Moses 35:42, 2. Peter Logsdon, 3. Marty Wedertz, 18-29: 1. Phil Hendley 34:17, 2. Steve Peppard, 3. Brian Erbele, 30-39: 1. Mike Rowerdink 35:17, 2. Lee Pfefferman, 3. Leon Casas Jr, 40-49: 1. Abel Diaz 38:05, 2. Alfred Murrillo, 3. Steve Neumaum, 50 & Over: 1. George Orello 43:22, 2. Neil Lark, 3. John Griffin.

Division Results - Women's 10K

17 & Under: 1. Sara Morse 44:45, 2. Tonya Real, 18-29: 1. Laura McGinn 39:51, 2. Consuelo Garcia, 3. Sue Ann Marquez, 30-39: 1. Sharlet Gilbert 37:43, 2. Diane Wimberly, 3. Lynda Winter, 40-49: 1. Jessie Stratton 42:19, 2. Nouria Harris, 3. Neba Matthiessen, 50 & Over: 1. Dina Fields 51:48, 2. Marlene Kinsler, 3. Jean LaFever.

Legg Lake 5K Morning Run

February 21, So. El Monte.

Division Results - Men

10-14: 1. Richard Corriveau 24:50, 19-24: 1. Josep Vickers 15:32, 2. Robert Coulen 15:48, 3. Mark Young 17:00, 25-29: 1. Alex Miranda 16:02, 30-34: 1. Allen Haig 19:55, 2. Fouts Williams 22:07, 3. Rudy DePooter 22:18, 35-39: 1. Nolan Smith 15:46, 2. Armando Rodriguez 22:20, 40-44: 1. Miguel Mendez 18:34, 2. Steve Kinnerley 19:44, 3. Mike Lalum 20:39, 45-49: 1. Ted Heaton 18:39, 2. Richard Corriveau 20:37, 50-54: 1. Skip Shaffer 21:48, 55-59: 1. Walley Ingram 19:09, 60-64: 1. Bruce Odou 27:18, 65-69: 1. David Cohen 22:36.

Division Results - Women

6-9: 1. Sonja Mendez 38:23, 10-14: 1. Nicole Kennerley 22:00, 2. Monica Mendez 38:02.

Sanger Striders Spring Run

By Dave Dodson

February 27, Madison School, Sanger, 6/3 MI.

Division Results - Men's 6 Mile

19-29: 1. Wm. J. Coughlin 36:00, 30-34: 1. Pat Phillips 37:38, 35-39: 1. Rito Fuentes 34:37, 40-44: 1. Bill Schwartz 38:33, 45-49: 1. J.D. Fischer 39:02, 60-69: 1. Chuck Freuler 44:50, 70 & Over: 1. Harry Harder 46:59.

Division Results - Women's 6 Mile

19-29: 1. Nellie Gonzales 39:22, 30-34: 1. Maurie Potts 39:39, 35-39: 1. Nikki Donaldson 47:17, 40-44: 1. Mary Ann Barroso 46:51, 45-49: 1. Jackie Ryle 48:08, 50-59: 1. Heidi Fialho 51:01.

3 Mile Prediction

1. Robert Garcia 17:29.2 (.8 off), 2. Mark Johnson 22:01.5 (1.5 off), 3. Jeannine Semrau 25:35.9 (2.9 off), 4. Shelley Miles 29:03.0 (3.0 off), 5. Ralph Mendoza 19:35.3 (5.3 off).

Torrey Pines Jack-in-the-Box 5K

February 27, San Diego.

Overall Results

1	Alan Scharu (27)	15:09
2	Denis Kiely (30)	15:23
3	William Ayyad (20)	15:26
4	Jeff Rigdon (34)	15:45
5	Charlie Cvrk (34)	15:57
6	Jeff Woodland (26)	16:01
7	Roger Deprients (30)	16:01
8	Bill Possidento (26)	16:02
9	Marshall Varano (25)	16:12
10	Bioll Doremus (30)	16:16
11	Kevin Childs (29)	16:24
12	James Sheremeta (24)	16:25
13	Ralph Havens (28)	16:27
14	Rich Kritzer (24)	16:36
15	Bill Aronson (16)	16:37
16	Ted Russell (21)	16:43
17	John Nelson (35)	16:44
18	Andrew Fowkes (25)	16:48
19	James Williams (38)	16:50
20	Bo Betancourt (40)	16:51
21	Guy Gary (29)	16:52
22	Michael Bertolino (27)	16:55
23	Phil Torres (31)	16:58
24	Andy Davis (18)	16:59
25	Bill Randall (34)	17:02
26	Dave Hunter (35)	17:03
27	Tony Ogden (25)	17:03
28	Mike Farrell (15)	17:04
29	Marc Harrison (17)	17:06
30	Ozzie Osgood (41)	17:10
31	Thomas Hauser (29)	17:11
32	Nelson Hendricks (26)	17:18
33	Dave Cook (29)	17:20
34	Steve Wheeler (35)	17:22
35	Timothy Pawlak (26)	17:24
36	John Montgomery (41)	17:28
37	Daniel Friesen (25)	17:30
38	Russell Fritz (23)	17:32
39	Brad Young (32)	17:32
40	Lynn Hamm (31)	17:37
41	Jerry Hackett (47)	17:38
42	Pat Schickler (24)	17:42
43	Boris DeSwan (39)	17:42
44	Dick Jensen (40)	17:43
45	Barry Fagan (25)	17:49
46	James Summers (28)	17:51
47	Thomas Moore (17)	17:51
48	Randy Kilpatrick (36)	17:54
49	Jim Pool (38)	17:55
50	Michael Kocin (33)	17:56

Sri Chinmoy 3 Mile Race

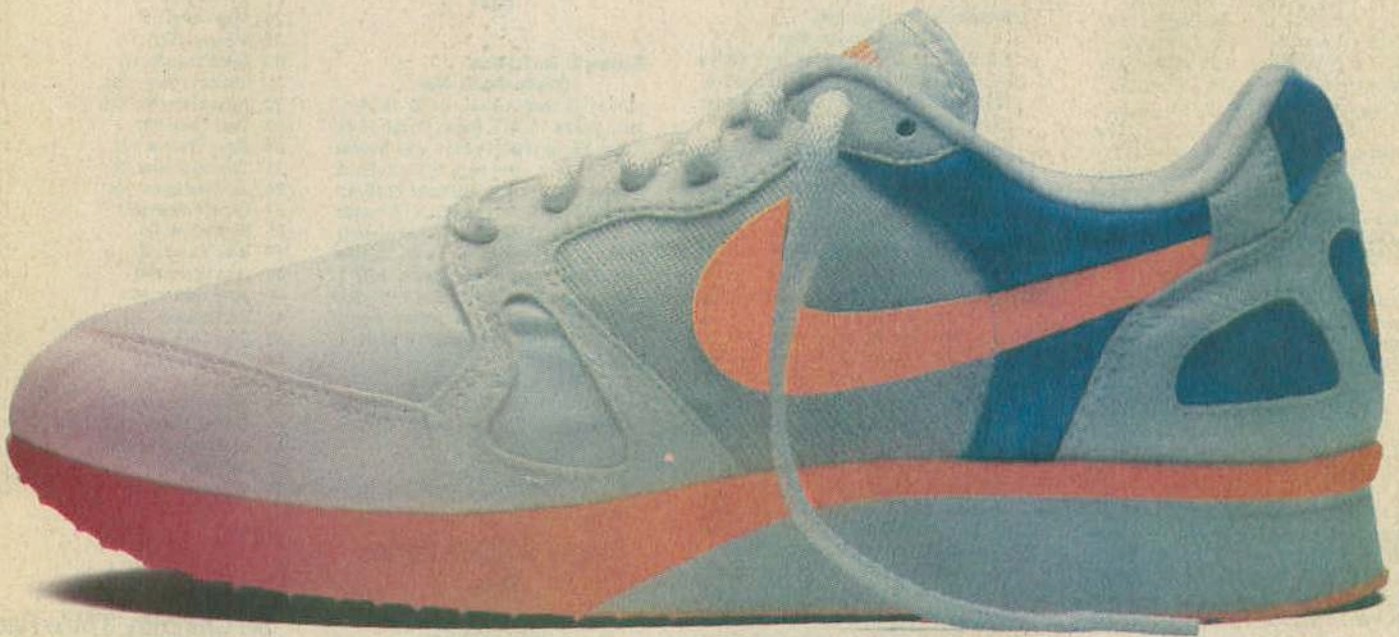
February 27, Santa Barbara.

Overall Results

1	Reyes Lopez	16:34
2	Todd Robinson (LVDC)	17:40
3	Kemp Aberg	17:46
4	John Patterson (SBAA)	19:22
5	Tim Gahen	20:39
6	Don Longanecker	21:02
7	Lloyd Simms	21:38
8	Ron Boorman (SBAA)	22:03
9	John Wallis	22:07
10	Donald Murphy	24:05
11	Popeye Sanders	26:58
12	Grace Schweitzer (SBAA)	35:00



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