

APRIL 1993

ISSUE NO. 189

CALIFORNIA

Running News

93/09

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- ✓ "The Loneliness of the Long Distance Runner...Is History"
- ✓ "Eating Sprees, Overeating and Gluttony..."
- ✓ 3-Month Schedule
- ✓ Book Review
- ✓ Results

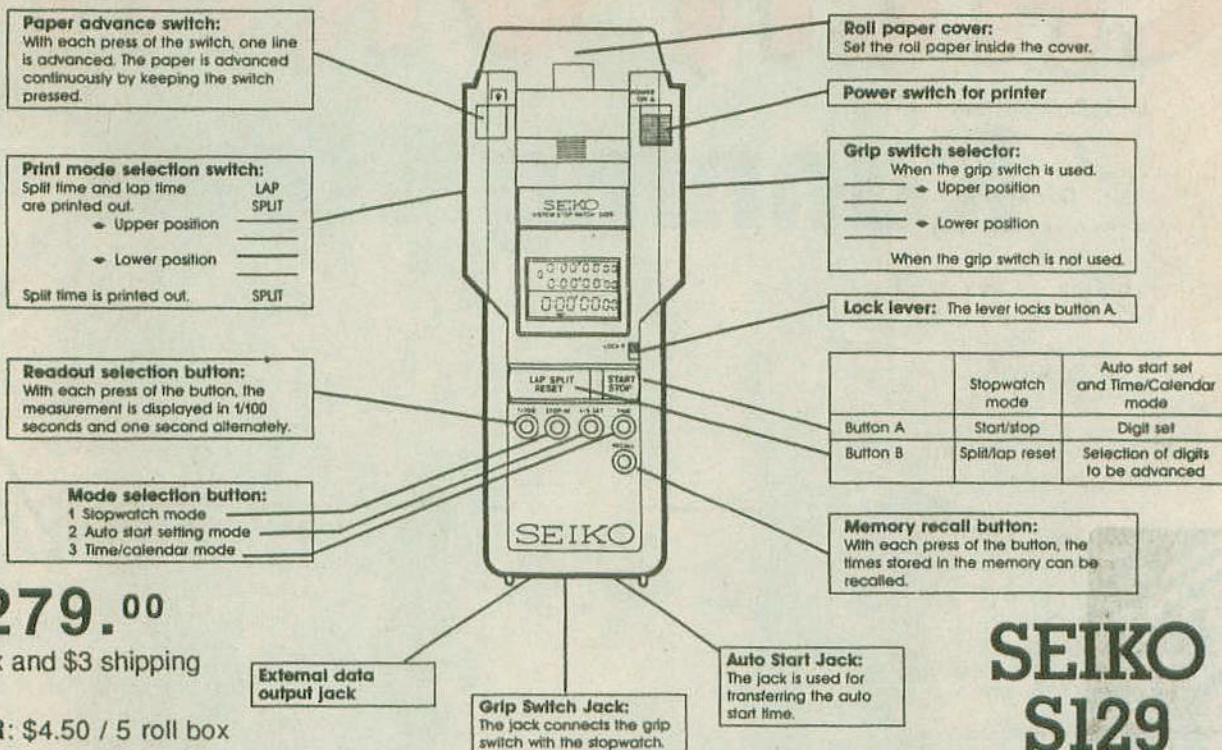
California's Road Racing Magazine

Nineteenth Year

\$2.25

Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION



\$279.00

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

**SEIKO
S129**

System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'23 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
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1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
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Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

Specifications

Time Base and 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, 2 digits show Place or Lap Number.

Modes:

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

Temperature:

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

Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 845, Duracell MN1500. Will print approx. 10,000 lines.

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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TABLE OF CONTENTS

APRIL 1993

ISSUE NO. 189

Schedule.....	4
Subscription Form.....	8
The Athlete's Kitchen.....	18
"Eating Sprees, Overeating and Gluttony: Truth and Consequences" by Nancy Clark, M.S., R.D.	
Book Review.....	19
"Lore of Running" by Barbara T. Erskine	
Results.....	20
"The Loneliness of the Long Distance Runner... is History" by Jeff Galloway.....	27

FROM THE EDITOR

More is Better

Reading Jeff Galloway's feature this month reminded me of my early running experiences in Fresno. I knew, back then, what the loneliness of the long distance runner was; I experienced it every evening on my run.

When I first came to Fresno in 1971, I chose an apartment on Eleventh Street that was just over a mile from Fresno Pacific College. I wouldn't be making a huge salary as a young cross country/track coach, so the close proximity and \$110-a-month rent were very practical. However, the close proximity to school and the cheap rent were not the best assets of the sparsely furnished one bedroom bungalow -- the best part was being just one block from Huntington Boulevard.

What a find Huntington Boulevard was back in 1971! Huntington Boulevard has a 30-foot wide grass strip running down the middle of the entire one mile of its length between First Street and Cedar Avenue. It was always nicely mowed and well lit -- a runner's haven in the middle of a busy city. In 1971 I felt like I owned Huntington Boulevard, as I seemed to be the only one to use it as a running loop. It was just too good to keep for myself, so I would frequently bring the college team over for long intervals or easy runs on the grass. Other than that, it was deserted. Running hadn't caught on yet in Fresno.

After two years living on Eleventh Street

I was forced to move. It seems the landlord didn't appreciate the six cross country team members who took up summer residence with me and my Huntington Boulevard running paradise. It took more effort to get to Huntington from my bigger and more expensive \$350/month place, but it was always worth it. It is still a treat to make the trip to that nostalgic grass strip.

It's not the same any more, though. It's now a running Mecca for hundreds of Fresno's members of the fitness set. Any time of day or night you can find runners and power walkers enjoying the well-mowed and well-lit grass mile. They come in all abilities and all ages and all sizes. It's a boost and a bonus to be able to run with so many others at the same time.

Runners in Fresno can find lots of company. Huntington Boulevard isn't the only running hangout. Woodward Park on the other end of town is even more popular as a local runner's meeting place. Runners don't have to be lonely anymore. When in Fresno, give Huntington a try. And remember to tip your hat as you pass by Eleventh Street.

ON THE COVER: LOS ANGELES MARATHON action. See results beginning on page 24.

Photo courtesy of the LA Marathon

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 2-4

Catalina: Catalina Clean Air Challenge. 50 Mile. (714) 640-0232.

April 3 (Saturday):

San Francisco: Nimitz Run, 5K/10K, Treasure Island Naval Base, 9:30 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

Woodside: Woodside Marathon/Half Marathon/5 Mi., Huddart County Park (off Kings Mtn. Rd), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Sacramento: American River 50 Mile, Time TBA (400 Limit). Delmar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661 (916) 783-4558.

Bishop: Hospice of the Owens Valley Benefit Run, 10K & 5K "Predict Your Time", Brown's Schober Lane Park (near US 395 & Schober Ln.), 9 a.m. Hospice Run, c/o Herm Spencer, Northern Inyo Hospital, 150 Pioneer Ln., Bishop 93514.

San Luis Obispo: Run to Beat Cancer. 5K. Cal Poly (Mott Gym). American Cancer Society, 767-A Foothill Blvd., San Luis Obispo 93405.

Delano: Delano Fools Run, Distance, Location & Time TBA. Info: (805) 725-2209.

Fountain Valley: Mission Run '93. 10K/5K/2 mile fun run. (714) 291-3404.

Seal Beach: Seal Beach 10K, Marina Center (1st & Marina Ave.), 8 a.m. Rick Hardy, P.O. Box 3209, Long Beach 90803. (310) 439-7769.

Fresno: Run for Relief, 10K & 2 Mi, 7:00 a.m. Star and Finish at Fresno Pacific College. Run for Relief, 4957 E. Heaton, Fresno 93727. (209) 638-6911, 638-5007 or 456-0535.

Berkeley: Challenge for Charity 5K/10K, U.C. Berkeley (Campanile clock), 9 a.m. Don Castle, Berkeley MBA, 570 Merritt Ave., Oakland 94610. (510) 834-6630.

Lodi: Bunny Run 2 Mi. & 10K, Micke Grove Zoo, 9 a.m. Jean Odell, 11793 N. Micke Groved Rd., Lodi 95240. (209) 331-7270.

Santa Barbara: Follow Your Heart Fitness Series, 5K & 12K, Palm Park, 10 a.m. Info: SBAA Newsletter, c/o Bill Rupp, 403-C Northgate, Goleta 93117.

Santa Barbara: Chardonnay Runs, 5K & 10 Mi., Ledbetter Beach, 8:30 a.m./5K, 8:45 a.m. Info: (805) 441-0073.

San Juan Capistrano: San Juan Capistrano 5K/10K, Location & Time TBA: Info: (714) 493-5911.

El Cajon: El Cajon 20K, Granite Hills H.S., 7:30 a.m. Judy Richardson: (619) 444-3785.

April 4 (Sunday):

San Francisco: DSE Beach Esplanade Run, 5.6 Mi., Balboa & Great Hwy., 9:30 a.m. Info: (415) 978-0837.

San Jose: Spartan Gold Rush Run, 5 Mi. (& 2 Mi. Walk), Hellyer Park, 9 a.m. Spartan Gold Rush, P.O. Box 720724, San Jose 95172. (408) 288-6951.

Oakland: Misty Redwood 5K/10K, Canyon Meadow Parking Lot, 9 a.m. American Lung Assoc., Sally Swope, 295-27th Ave., Oakland 94612. (510) 893-5474.

Palo Alto: Oak Creek Spring Forward Run, 5K, 1600 Sand Hill Rd., 8:30 a.m. Tom Osborne, City of Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Sacramento: NorCal Duathlon #2, 5K Run, 30K Bike, 5K Run, Discovery Park, 8 a.m. A

Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

Sebastopol: Apple Country Run, 3K & 10K, Twin Hills School (1685 Water Trough Rd.), 9 a.m./10K, 9:05 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

Riverside: Riverside 10-Mile Classic, 5K & Wild Mile, U.C. Riverside, 7:15 a.m. Info: (909) 439-1580.

April 10 (Saturday):

San Francisco: Ocean Beach 5K, Balboa & Great Hwy., 8:30 a.m. Ocean Beach 5K, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

San Francisco: Rabbit Run 5K, Golden Gate Park (Polo Fields), 9 a.m. South Park Race Productions, P.O. Box 77681, San Francisco 94107. (415) 665-3397.

Sausalito: Golden Gate Headlands Marathon, Half-Marathon & 7 Mi., Ft. Cronkhite (Rodeo Beach), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Pinole: Three Valleys Half Marathon & 5K, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Marina: Marina 5-Miler & 1 Mi., 3200 Del Monte, 9 a.m. Don Garl, Marina Recreation Dept., 211 Hillcrest Ave., Marina 93933. (408) 384-4636.

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Irvine: Fleet Feet Irvine Run Your Bunnies Off. 5K. Irvine Marketplace. (714) 854-3338.

Irvine: Orange County Stride. Mason Regional Park. 8 a.m. 8K or 2 mile nature walk. Charlotte Clarke, OCFED, Box 9118, Fountain Valley 92708 (714) 963-1430.

Redding: Mountainside Ride & Tie, 25 Mi. (team of 2 runners & horse), Whiskeytown Recr. Area, 9 a.m. Ride & Tie Assoc., 1965 Indian Valley Rd., Novato 94947. (415) 897-1829.

SCHEDULE

Medford, OR: Pear Blossom Run, 1 Mi., 2 Mi. & 10 Mi., Time TBA (Entries Close 3/15). Pear Blossom Run, P.O. Box 146, Medford, OR 97501. Jerry/Zellah Swartsley (503) 535-1205, eves.

Montecito: Are You Tough Enough 100K (or 5-member teams), Toro Canyon Park to Nojoqui Falls Park (Solvang), 5 a.m. Mike Lanham, Box 1394, Santa Barbara 93116. (805) 563-0641.

April 11 (Easter Sunday):

San Francisco: DSE Easter Sunday Egg Run (Mt. Davidson), 3 Mi. & 0.5 Mi. Kids' Run, Riordan H.S. (175 Phelan), 9 a.m./Kids', 9:30 a.m. Info: (415) 978-0837.

Tiburon: Romancing The Island, 12K & 25K, Angel Island (ferry from Tiburon only), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Fresno: Easter Sunrise Celebration, 3 Mi. Run, 2 Mi. Jog, 1 Mi. Walk, Woodward Park, Lakeview Facility, 6:31 a.m. Harry Harder (209) 638-5007.

April 17 (Saturday):

San Francisco: Ruth Anderson 100K, Lake Merced (Sunset Blvd. Parking Lot), 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (510) 530-6634.

San Mateo: Cancelled: CSM Distance Camival, 800m, 1500m, 5K, 10K, Steeple, Open & JC Divisions, Time TBA. Info: Dave Shrock (415) 574-6448.

San Jose: Almaden Triathlon Challenge, 8 Mi. Run, 23 Mi. Bike, 20 Mi. Horse, Calero Park, Time TBA. Info: Skip Lightfoot (408) 226-0745 or (208) 779-4243.

Antioch: Golden Triangle Triathlon, 1/2 Mi. Swim, 16 Mi. Bike, 4 Mi. Run, Contra Loma Regional Park, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Ft. Bragg: Mendocino Los Coast Trail Marathon, 25K & 10 Mi., USAL Creek Campground at So. end of Sinkyone Wilderness State Park, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Chico: Chico Masters 4 Mile, Bidwell Park, 9 a.m. Chris Langseth, c/o Enloe Hospital/Stress & Health Center, 5th Ave. & Esplanade, Chico 95926. (916) 891-7411.

El Dorado Hills: Mother Lode Biathlon, 6 Mi. Run, 28 Mi. Bike, El Dorado Hills Blvd., 8

a.m. Tom Faulkner, Fleet Feet Sports, 1730 Santa Clara Dr., #D3, Roseville 95661. (916) 783-4558.

Rio Bravo: Rio Bravo 10-Miler, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Temecula: Calloway Vintage Run, 10K/5K. Temecula Wine Country. (800) 800-4038.

Irvine: Fleet Feet Triathlete Irvine Sprint Duathlon Series. 3K/15K/3K. 8 a.m. Santa Margarita High School, 22062 Antonio Pkwy. (909) 466-0952 or (714) 854-FEET.

Lake Powell, Page, AZ.: Lake Powell Marathon & 10K. 6 a.m./Mara., 8:30 a.m./10K, begins in Big Water, Utah and ends in the City of Page. Info: (800) 835-4671.

Santa Barbara: Chardonnay Ten Mile. Santa Barbara A.A., P.O. Box 6616, Santa Barbara 93160.

Burlingame: April Showers 5K, Coyote Point Park, 10 a.m. Lois Koenig, P.O. Box 626, Belmont 94002. (415) 342-9328.

Ft. Ord: Saturday Matinee Sprint Triathlon, 0.5K Swim, 18K Bike, 5K Run, 9 a.m. Vincent Kosorek, Monterey Bay Triathlon Club, 752

Jessie St., Monterey 93940. (408)373-7403.

Modesto: Modesto Courtrooms Run From the IRS, 5K & 10K, Modesto Courtroom Health Club, 8:30 a.m. Jeff Brickley, MCR, 2012 McHenry Ave., Modesto 95350. (209) 577-1060.

Saratoga: Villa Montalvo Run, Distance & Time TBA. Info: Bradford Martin (408) 866-1070.

Fresno: Festival in the Park, 2 to 6 Mi., Woodward Park, Time TBA. Info: American Diabetes Assoc. (no phone # listed).

Bakersfield: BTC Rio Bravo 10-Miler, Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Lake Hughes: Leaona Divide 50-Miler, American Adventure Park, 6 a.m. Info: Glenda Kimmerly (805) 270-1378.

April 18 (Sunday):

San Francisco: DSE U.S.S.S.F. Monument to Baker Beach Run, 6.5 Mi. (parking lot above Clement & WI Camino del Mar, 48th Ave.), 9:30 a.m. Info: (415) 978-0837.

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SCHEDULE

Pescadero: Duarte's Artichoke Half-Marathon (flat) & 10K, 202 Stage Rd., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

San Francisco: San Francisco Women's Classic (Bonne Bell) 5K/10K, Golden Gate Park (Academy of Sciences), 8:30 a.m. Pamakid Runners: (415) 681-2323.

Palo Alto: IAMS Dog's Best Friend Run, 5K, Baylands Athletic Ctr. (Geng & Embarcadero), 9 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Livermore: Livermore Fitness Day 5K/10K, The Barn (3000 Pacific Ave.), 8 a.m. Rich Lang/Sheryl Hardin, L.A.R.P.D., 70 Trevarno Rd., Livermore 94550. (510) 373-5700.

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Byron: Rally Around the Lake 5K, Discovery Bay Swim & Racket Club, 9 a.m. Phil Paulson, 1601 Discovery Bay Blvd., Byron 94514. (510) 634-6654.

Corralitos: Bighead Duathlon, 2 Mi. Run, 12 Mi. Bike, 2 Mi. Run, Bradley Elem. School, 8 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95501. (408) 688-6072.

Napa: Run to Literacy, 5K/10K & 1 Mi. Fun Run, Napa City Library, 9 a.m. Project Upgrade, Napa City Library, 1150 Division St., Napa 94559. (707) 253-4283.

Pollock Pines: Run of the Pines 10K/5K, Sierra Ridge Middle School (2700 Amber Trail), 9 a.m. Bruce Boom, 6126 Dolly Barden St., Pollock Pines 95726. (916) 644-5908.

Modesto: Modesto Marathon & Half-Marathon, Blue Gum & Carpenter Rd., 7:30 a.m. Info: Joann Hull (209) 578-4575.

Irvine: UCI Zot Trot. 5K. University of California Irvine. (714) 861-6062.

Upland: San Antonio Hospital 5K/10K. Memorial Park. (909) 985-2811 ext 3997.

Laguna Beach: Laguna Classic Run. 10K, 5K, 1K. Laguna Beach Sawdust Festival Grounds. (714) 494-3980.

San Diego: Rainforest Run. 5K Run/Walk, 1 mile Walk. Mission Bay Park. (619) 272-8316.

Windsor: Coddington Lions Club Biathlon, 10K Run, 40K Bike, Windsor Middle School (Starr Rd.), 8 a.m. Coddington Lions Club, P.O. Box 6765, Santa Rosa 95406. (707) 576-0700 or 539-9546.

Visalia: End of the Trail 15K, Mooney Grove, 8 a.m. Larry Doss, 2821 W. Sunnyside, Visalia 93277. (209) 732-4333, eves.

Santa Barbara: SBTT Ride & Stride (teams of 2 run & mountain bike 20 Mi.), Time TBA. Info: SB Triathlon Team (805) 563-0641.

Woodland Hills: Crespi Classic Fun Run, 5K/10K, Pierce College (football stadium at Winnetka & Calvert), 8:30 a.m./5K, 9:15 a.m. Info: Paul Muff (818) 881-4578.

April 19 (Monday):

Hopkinton, MA: Boston Marathon, Time TBA. Boston Marathon, P.O. Box 1993, Hopkinton, MA 01748. (508) 435-6905. **Qualifying Times Req'd.**

April 24 (Saturday):

Lake Berryessa: Berryessa Triathlon, 1/2-Mi. Swim, 16 Mi. Bike, 4 Mi. Run, 5 Mi. Bike, Putah Creek Resort, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

San Bruno: (Cancelled): Band On The Run 5K/10K, Capuchino H.S. (1501 Magnolia), 9 a.m. Don Conkling, 416 Acacia, San Bruno 94066. (415) 952-6454/Wk, (415) 952-8127/H.

Sausalito: California 49'R Double Marathon, Marathon & 30K, (Dbl: Limantour Beach; Mara. & 30K: Pantoll Ranger Sta.), 6 a.m./Dbl., 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Milpitas: LSI Logic Classic, 5K/10K, 1501 McCarthy Blvd., 9 a.m. LSI Logic Classic 5K/10K, 1501 McCarthy Blvd., Milpitas 95035. (408) 433-8525.

Sacramento: Not So Taxing 5K & 5 Mi., Glen Hall Park, 8 a.m. Carolyn Burns, 8930 Lismore Dr., Elk Grove 95624. (916) 685-3439 or 451-9217.

Arvin: (Cancelled): Arvin Wildflower Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Taft: Taft Westside Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581. Bakersfield 93386.

Pismo Beach: Pismo Pier 10K Run. 9 a.m. Ernie de la Cruz, Pismo Beach Recreation Dept., Box 3, Pismo Beach 93448.

South Pasadena: YMCA Road Runner Classic. 5K/10K. 7:30 a.m. 1K "Kiddie K" at 8:45 a.m. Through South Pasadena and San Marino. Call YMCA (818) 799-9119.

San Diego: Cuyamaca 50K Trail Run. Cuyamaca State Park east of San Diego. (619) 788-4828.

Anchorage, AK: USATF Nat'l. Masters 5K Championships, Location & Time TBA. Roy Reisinger, 2630 Forest Park Dr., Anchorage, AK 99517. (907) 277-7279.

Cabo San Lucas: Cabo San Lucas International Half Marathon & 5K. Los Cabos Committee, P.O. Box 60371, Bakersfield 93386. (805) 871-4288.

San Leandro: Run Against Drugs, 5K, San Lorenzo Community Park, 9 a.m. Realtors Against Drugs, 15250 Hesperian Blvd., San Leandro 94578. (510) 481-3422.

SCHEDULE

Santa Rosa: California 50 Mi. Endurance Run, Annadel State Park, 6 a.m. Tim & Nancy Crawford, 2828 Rollo Rd., Santa Rosa 95404. (707) 526-0661.

Red Hills: Earth Day Poker Run & Ride, 5 Mi. Run, 5 Mi. Poker Run/Ride, 6 Mi. Equestrian, 6 Mi Bike), Red Hills Recr. Area (Red Hills Rd. off Hwy. 49 & 120 No.), 10 a.m./Run-Equestrian-Bike, 11 a.m./Poker Run. Chuck Knowles, P.O. Box 313, Columbia 95310. (209) 532-2594.

Nevada City: Spring Runs. 5K/10K. Methodist Church. 8:30 a.m. George Hagel, 17647 Shashoni Trail, Nevada City 95959 (916) 265-9764.

Bodega: Bodega Bay Fishermen's Festival Runs, 1M/3M/10K, Bayflat Rd. (Near Westside Park), 9 a.m. Info: Bodega Chamber of Commerce (707) 875-3422.

April 25 (Sunday):

San Francisco: DSE Parnassus Heights Run, 3.24 Mi., Clarendon at 7th Ave. & Laguna Honda Blvd., 9:30 a.m. Info: (415) 978-0837.

Eureka: HCAR Ride, Run, & Roll, Ferndale to Arcata, 51 miles. HCAR-Event Registration, P.O. Box 3154, Eureka 95502. Ross Jantz, Event Coordinator 443-8317.

San Francisco: (Cancelled): Kimochi Cherry Blossom Run, 5 Mi. (& 2 Mi. Walk), 41st Ave. & Martin Luther King Dr. (Golden Gate Park), 8 a.m. Kimochi Administration, 1840 Sutter St., #208, San Francisco 94115. (415) 931-2294.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (14th & Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

Pleasanton: Dog Days Family Run & Ride, various distances, Hacienda Business Park, 9 a.m. Kaleidoscope Activity Center, 7425 Lark Dale Ave., Dublin 94568. (510) 828-8857.

Stanford: Challenge for Charity Race, 5K/10K, Stanford Stadium, 8 a.m. Info: Runner's High (415) 325-9432.

Los Gatos: The Tortoise & The Hare 10K Run/5K Walk, downtown, 8:30 a.m. The Good Samaritan League (408) 559-2555.

Healdsburg: Fitch Mountain Footrace, 3K & 10K, Plaza Park, 8 a.m. Mark Graham, Healdsburg Park & Recr., P.O. Box 578, Healdsburg 95448. (707) 431-3301.

Yountville: Rotary's Napa Valley 5K/10K, Yountville Park, 8:30 a.m. Info: Ed (707) 252-7177.

Shingle Springs: Marshall M*A*S*H 5K/10K Run (& Kids' 1/2 Mi.), Ponderosa H.S., 8:30 a.m./Kids, 9 a.m. Marshall Hospital, Public Relations, Marshall Way, Placerville 95667. (916) 626-2874.

Davis: NorCal Duathlon #3, 5K Run, 30K Bike, 5K Run, Davis Community Parks, 8 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

Carmel: Big Sur International Marathon & 5K, Pfeiffer Big Sur State Park to Carmel (on Hwy 1), 7 a.m. BSIM, Box 222620, Carmel 93922. (408) 625-6226.

Stockton: Stockton Asparagus Festival Fun Run, 3 Mi. X-C Run/Walk, Oak Grove Regional Park, 8:30 a.m. Stockton Asparagus Festival, 1132 No. Hunter St., Stockton 95202. (209) 466-6674.

Hornitos: Indian Gulch to Hornitos 5 & 10 Mi., 7:30 a.m. Info: Jean Schwisow (209) 722-8385.

Lompoc: Laura Stegman Memorial Women's 5K Run, River Park. Bill & Mary Graham, Box 694, Lompoc 93438 (805) 736-4696.

Pierce College: Crespi Classic 5K/10K Runs, football stadium, Time TBA. Info: (818) 881-4578, (818) 345-1672.

La Jolla: La Jolla Half Marathon. La Jolla Shores 5K & WindanSea 5 Mile Stride. 7:30 a.m. (619) 454-1262.

Sparks, NV: Soda Lake Rim Run, Distance, Location & Time TBA. Butch Townsend (702) 626-6458.

Los Osos: Montana de Oro Earth Day Run, 3.8 Mi, along the bluffs of Montana de Oro State Park. Juliet Meece, c/o Los Osos Community Organization, P.O. Box 6397, Los Osos 93412. 528-5801.

Ventura: California Beach Party 5K/10K and 1 Mi. Fun Run, Surfer's Point, 8 a.m./1 Mi., 8:20 a.m./5K, 9 a.m. Info: Fleet Feet Sports (805) 644-9712.

May 1 (Saturday):

San Jose: Mt. Hamilton Marathon, Half-Marathon & 10K, Joseph Grant County Park (Mt. Hamilton Rd.), 9 a.m. Enviro-Sports, Box

1040, Stinson Beach 94970. (415) 868-2611.

San Francisco: May Day Run, 5K/10K, Golden Gate Park (Polo fields), 9 a.m. Doug Cole, American Heart Assoc., 120 Montgomery St., Suite 1650, San Francisco 94104. (415) 433-2273.

San Francisco: Healthy High Five/Razathon 5 Mile, Lake Merced (Sunset Blvd. Parking Lot), 9 a.m. Info: Ernesto Salazar (415) 826-1401.

Palo Alto: May Fete Mile, downtown, 8 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

San Jose: Dash and Crash Ride & Tie, 24 Mi. (team of 2 runners, horse, rider), Quicksilver Park, 9 a.m. Ride & Tie Assoc., 1865 Indian Valley Rd., Novato 94947. (415) 897-1829.

Sacramento: Maranatha Half-Marathon & 10K & Kid's 0.5 & 1 Mile. Goethe Park. 8 a.m./Kids, 8:25 a.m./H-M, 8:35 a.m./10K. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

Lake San Antonio: Wildflower Long Course Triathlon (1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run), Time TBA (1000 Limit). Wildflower Triathlon, Monterey Co. Parks, P.O. Box 5279, Salinas 93915. (408) 755-4899.

Lake San Antonio: Wildflower Sprint Triathlon Challenge (0.25 Mi. Swim, 10 Mi. Mtn. Bike, 2 Mi. Run), Time TBA (500 Limit). Contact: See Long Course, above.

Turlock: Turlock Rotary Club's Biathlon (10K Run, 50K Bike), Turlock H.S., 8 a.m. Dave Van Winkle, P.O. Box 3519. Turlock 95381. (209) 667-5585.

Bakersfield: Hart Park Fun Runs, Distances & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Downey: Unification for Disabled Latin Running, 10K, Location & Time TBA. Info: (213) 388-8352.

Alhambra: Run for an Advantage, 5K/10K, Granada Park, Time TBA. Info: (818) 572-0438.

Corralitos: Sole Savers 10K, 8 a.m. Michael Jordan, Holy Eucharist Church, 567 Corralitos Rd., Watsonville 95076. (408) 724-2962, eves.

May 2 (Sunday):

Weott: Avenue of the Giants Marathon & 10K, Dyerville Bridge, Time TBA. Ken Yonas-

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ko, 281 Hidden Valley Rd., Bayside 95524.
(707) 443-1226.

Brisbane: DSE "Where the Hell is Brisbane"
Run, 5 Mi., Yacht Harbor, 9:30 a.m. Info: 978-
0837.

Sausalito: Sausalito Scenic Bay Run, 3.95
Mi., Ft. Cronkhite Tunnel, 9 a.m. Sausalito
Recr. Dept., 420 Litho St., Sausalito 94965.
(415) 289-4125.

Mill Valley: Run/Walk for the Ridge, 10K,
Marthon & Half Marathon, Mt. Theatre (Rock
Springs, on Mt. Tam), 8 a.m./Mara., 9 a.m./H-
M, 10 a.m./10K. Enviro-Sports, Box 1040,
Stinson Beach 94970. (415) 868-1829.

Los Gatos: Los Gatos Scholastic Classic,
10K & 2 Mi., Los Gatos H.S. track, 8:30 a.m./
10K, 10:30 a.m./2 Mi. L. Palmer, Los Gatos
Elem. Educ. Fndn., 15766 Poppy Ln., Los Ga-
tos 95030. (408) 356-0156.

Saratoga: Run to the Stars, 3K/8K, Christa
McAuliffe Elem. School (Prospect & Titus),
8:30 a.m./3K, 9 a.m. Hank Lawson, 12375
Farr Ranch Rd., Saratoga 95070. (408) 446-
9063.

San Jose: Nihonmachi Fun Run/Walk, 3 Mi.,
4th & Jackson, 9 a.m. Yu-Ai-Kai, 565 No. Fifth
St., San Jose 95112. (408) 294-2505.

Danville: Devil Mountain Run, 5K/10K, Town
& Country Shopping Ctr., 8 a.m. Devil Mtn.
Run, P.O. Box 93, Pleasanton 94566. (510)
462-9309.

Napa: Vichy Spring Run, 2.5 Mi., William Hill
Winery (1761 Atlas Peak Rd.), 8:30 a.m. Matt
(Race Director), 24 Boxelder Ct., Napa 94558.
(707) 252-4456.

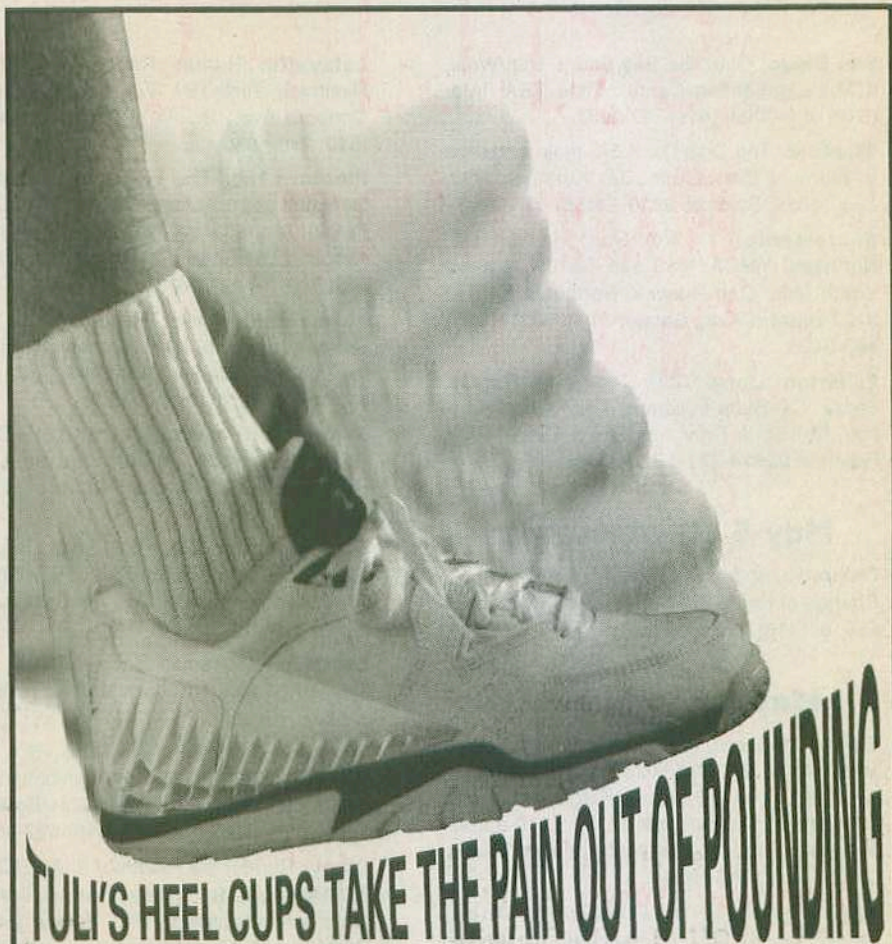
Chico: Chico Duathlon (Short: 1.5mR-15mB-
1.5m R; Long: 4mR-30mB-4mR), Durham
Park, 9 a.m. Exchange Club Center Preven-
tion Child Abuse, 2592 Notre Dame Blvd.,
Suite B, Chico 95928. (916) 895-8920.

Fair Oaks: Fair Oaks Fun Run, 5 Mi., Cali-
fornia & Temescal, 8:30 a.m. Fair Oaks Cham-
ber of Commerce, Attn: Marsha, P.O. Box
352, Fair Oaks 95628. (916) 967-2903.

Stockton: Cinco de Mayo 5K Run & 2 Mi.
Fun Walk, waterfront, Time TBA. Tarahumara
R.C., P.O. Box 8422, Stockton 95208. (Rudy
(209) 948-0938.

Lake San Antonio: Wildflower 25 Mi. Inter-
national Triathlon (0.5mS-20mB-4.5mR), Time
TBA. (100 Limit). Wildflower Triathlon, Monte-
rey Co. Parks, P.O. Box 5279, Salinas 93915.
(408) 755-4899.

Lone Pine: Wild Wild West Marathon, 10K &
3 Mi., Time TBA. Info: (619) 876-4444.



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Irvine: Salsa 5000, Tia Juana's Restau-
rant (Old Town), 8:30 a.m. Info: (714) 661-
6062.

SCHEDULE

San Diego: Over the Bay Bridge Run/Walk, 4 Mi., Convention Center, Time TBA. Info: (619) 929-0909, (619) 437-3037.

Stanford: The Dish Dash 5K, main entrance to Stanford Dish, 9 a.m. Dax Kurbeyor, P.O. Box 14839, Stanford 94309. (415) 497-6212.

Sacramento: "Y Not Run" 5K/10K/1M, Northeast YMCA, 8:30 a.m./5&10K, 9 a.m./Youth Mile. Dan Huncke, Northeast YMCA, 3127 Eastern Ave., Sacramento 95821. (916) 483-6426.

Fullerton: Camp Titan Classic 8K Run/3K Stride, Cal-State Fullerton, 8 a.m. Todd Hanson, Cal-State Univ., University Center 259, Fullerton 92634. (714) 773-3036.

May 5 (Wednesday):

Chico: Humpday 5K, Bidwell Park, 6 p.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

May 8 (Saturday):

Stinson Beach: Bolinas Ridge Wild Boar Marathon, 9 Mi. & 18 Mi., Five Brooks (Mara. & 18 Mi.), Bolinas/Fairfax & Ridgecrest on Mt. Tam (9 Mi.), 9 a.m./Mara. & 18 Mi., 10 a.m./9 Mi. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Angel Island (San Francisco): Angel Island Run, 4.5 Mi., 12:30 p.m. (ferry service available). The Guardsmen, 115 Sansome St., #310, San Francisco 94104. (415) 781-6785.

San Francisco: The Human Race, 10K, Golden Gate Park, Time TBA. Volunteer Center, 1160 Battery St., San Francisco 94111. (415) 982-8999.

Ft. Cronkhite: Bobcat Biathlon (4.5mR-12.8mB), Bldg. 1111 (Rodeo Lagoon off Bunker Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Larkspur: Human Race, 5 Mi., Larkspur Ferry Terminal, Time TBA. Volunteer Center of Marin, 70 Skyview Terr., San Rafael 94903. (415) 479-5660.

Oakland: The Human Race, 5K, Lake Merritt, 8 a.m. VCAC Human Race, 1212 Broadway, #616, Oakland 94612. (510) 893-6239.

Santa Rosa: Human Race, 3K/10K, Howarth & Spring Lake Parks, 8 a.m. Julie Cole, Volunteer Center, 1041 4th St., Santa Rosa 95404. (707) 573-3399.

Lafayette: Human Race, 5K, Lafayette Reservoir, Time TBA. Volunteer Center, 1070 Concord Ave., Suite 100, Concord 94520. (510) 246-1050.

Pleasant Hill: The Heartbeat Challenge, 24 Hours or 26.2 Miles, Diablo Valley College (track), 9 a.m. Mats Wallin, American Heart Assoc., 2151 Salvic St., Suite 267, Concord 94520. (510) 827-1600.

Pleasanton: Human Race, 5K/10K, 4400 Rosewood, 8 a.m. Nikki Hughes-Denton, Valley Volunteer Center, 333 Division St., Pleasanton 94566. (510) 462-3570.

San Mateo: Human Race, 5K/10K, Central Park, 8:30 a.m./5K, 8:45 a.m. Lois Koening, P.O. Box 626, Belmont 94002. (415) 342-9328.

San Jose: Quicksilver 50K/50M Endurance Runs, Almaden Quicksilver Park, 6 a.m. Quicksilver R.C., 6363 Fire Fly Dr., San Jose 95120. (408) 978-5199.

Sacramento: Human Race, 5K/10K, Location TBA, 8 a.m. Info: Jerri McAtee (916) 368-3105.

Sly Park: Sly Park Trail Runs, 5 & 9 Mi. (& 0.5 Mi. Kids' Run), Lake Jenkinson, 8:30 a.m./Kids, 9 a.m. Fleet Feet, 1234 Broadway, Suite E, Placerville 95667. (916) 622-9526.

Gilroy: Run for the Health of It (& BBQ), 10K & 3 Mi., Walk, So. Valley Hospital, 9:30 a.m. Martha Underwood, So. Valley Hospital Fndn., 9400 No Name Uno, Gilroy 95020. (408) 848-8646.

Bakersfield: Bud Light Triathlon, Distance, Location & Time TBA. Info: (805) 392-2000.

Lompoc: LVDC Mission Fiesta 5K/10K Runs, La Purisima Mission, 8:15 a.m./5K, 8:45 a.m. Ray Gil, Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 736-4233.

Wildomar: Murrieta / Wildomar Half-Marathon 5K & 1 Mi., Inland Valley Medical Center, Time TBA. Info: Elite Racing (619) 275-5440, (714) 677-9702.

Huntington Beach: Hillsea 7.57 Mi. Romp, Central Park West, 8 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

San Diego: Breakers 10 Mile Beach Run and 5K, Mission Beach (next to Belmont Park), Time TBA. Info: (619) 232-7451.

Corona: Run for the Crown, 5K/10K and 5K Family Team Run, Corona H.S., 7:45 a.m./5K, 8:15 a.m./10K. Parks & Recr. Dept., 815 W. Sixth St., Corona 91720. (909) 736-2241.

Fairfield: The Human Race, 10K Run & 5K Walk, Laurel Creek Park, 8 a.m. Volunteer Center, 744 Empire, Suite 204, Fairfield 94533. (707) 427-6699.

Davis: Mutt Strut 5K/10K & Pet Health Fair (mutt req'd to run), UC Davis Veterinary Center, 8 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

Fillmore: Fillmore Festival 5K, Location & Time TBA. Info: Ursula Brown (805) 524-0211.

Los Angeles: The Human Race, 5K/10K & Munchkin Run/Walk, Griffith Park (Crystal Springs Dr.), 8:30 a.m. Info: Hank Castillo (213) 484-2849.

May 9 (Sunday):

Los Gatos: Holy City Dash, 10K, near Alma Bridge, 9:15 a.m. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos 95030. (408) 324-7365.

San Francisco: DSE Right to Assemble Run, 7.46 Mi., Howard & Spear Sts., 8 a.m. Info: (415) 978-0837.

San Francisco: Ocean Beach 10K, Balboa & Great Hwy. (beach run), 8 a.m. People Events, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

Inverness: Out Where the Tule Elk Roam, 8 Mi., Tomales Pt. (No. end of Pierce Pt. Rd.), 10 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Concord: Mt. Diablo Relay (4-Person teams) & 5K Run, Lime Ridge Open Space, 8 a.m. Thom Trimble, 870 Belann Ct., Concord 94518. (510) 428-1200.

Watsonville: Mother's Day Run for Shelter, 10K, Callahan Park (Freedom & Sudden Sts.), 8 a.m. Susan Olson, Pajaro Valley Shelter Services, 115 Brennan St., Watsonville 95076. (408) 728-5649.

Fresno: Run for All Walks of Life, 10K, 2 Mi. Run/Walk & 1K Kids' Run, Woodward Park, Mountain View Shelter, 7:30 a.m./Kids' Run, 7:45 a.m./2 Mi., 8 a.m. 10K. Alice Badillo (209) 269-2888.

May 15 (Saturday):

San Francisco: Hoy's Sports 5K Classic, Kezar Stadium, (Day before Bay to Breakers), 8 a.m. Start and finish in Kezar Stadium

SCHEDULE

Olympic style finish on track. Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 252-5370.

San Jose: Southbay Triathlon I (0.75mS-16mB-4mR), Uvas Reservoir, 8 a.m. J&S Productions, 2435 South Dr., Santa Clara 95051. (408) 244-8856.

Aptos: Aptos Marathon, Half-Marathon & 10K, Forest of Nisent Marks State Park at Aptos Village, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Chino: Chino Run or Skate, 5K, Don Lugo H.S., Time TBA. Info: (909) 591-9834.

Camp Pendleton: NIKE/MWR Spring Challenge 10,000, P.O.C. Camp Pendleton Intramural Dept., Time TBA. Info: (619) 725-6806.

Torrance: Armed Forces Day 5K/10K Runs, Maple Av. & Maricopa, 8 a.m. Torrance Rec. Dept., 3031 Torrance Blvd., Torrance 90503. (310) 618-2999.

Campbell: D.A.R.E. Fun Run, 10K Run/5K Walk, 9 a.m. Art Markham, Campbell Police Dept., 70 No. First St., Campbell 95008. (408) 866-2170.

Concord: Mt. Diablo Relay (4-Person teams) & 5K Run, Lime Ridge Open Space, 8 a.m. Thom Trimble, 870 Belann Ct., Concord 94518. (510) 428-1200. **Note: This race was also listed as May 9 elsewhere.**

Santa Rosa: Run for the Roses, 5 Mi., downtown, 8 a.m. Santa Rosa Chamber of Commerce, 637 First St., Santa Rosa 95404. (707) 545-1414.

Margarita: Run Beneath the Peaks, 5K/10K, just east of Mission Viejo, 8 a.m. Info: SBR Sports (714) 858-7386.

May 16 (Sunday):

San Francisco: Examiner Bay to Breakers 12K, Howard & Spears Sts., 8 a.m. (Elite Field must qualify by 4/15). EXBB, P.O. Box 42000, San Francisco 94142. (415) 777-7773.

Sausalito: Escape from Marin Marathon, Half-Marathon & 7 Mi., Ft. Baker (except Rodeo Beach for 7 Mi.), 8 a.m./Mara. & H-M, 9 a.m./7M. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Berkeley: Tilden Tough Ten, 10 Mi., Tilden Park (Inspiration Point), 9 a.m. Lake Merritt Joggers & Striders, 1330 Bonita, Berkeley 94709. (510) 601-7887.

Sacramento: Old Sacramento Triathlon

(0.3mS-13mB-3mR), Time TBA. Bill Kelly, c/o Fleet Feet Sports, 2408 J Street, Sacramento 95816. (916) 442-3338.

Vista: Strawberry Festival 5K (& Kids' 1 Mi. & 1/2-M), downtown, Time TBA. Info: Kathy Kinane (619) 630-4980.

Newport Beach: "Bach" Bay 8K, Newport Dunes Resort, Time TBA. Info: (714) 776-7490.

Oxnard: California Strawberry Festival 10K & 1 Mi. Fun Run/Walk, Channel Islands Harbor, 8 a.m./10K, 8:05 a.m. Info: Fleet Feet Sports (805) 644-9712.

Irvine: First Fidelity Strawberry Festival & Carl's Jr. Youth Race, 5K Run/Walk, Tia Juana's Restaurant (Old Town), 7:30 a.m. Info: Kathy Kinane (619) 630-4980.

May 19 (Wednesday):

Davis: Humpday Run and Roll, 5K Run & 10K Skate, UC Davis campus, 6 p.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

May 22 (Saturday):

Stinson Beach: Muir Woods Marathon, 25K & 7 Mi., Mt. Tam State Park, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Geyserville: IceBreaker Triathlon Sprint (0.5mS-16.5mB-5kR), Lake Sonoma public boat ramp, 8 a.m. (wave start). Redwood Coast Triathlon Series, P.O./Box 237, Occidental 95465. (707) 829-9493.

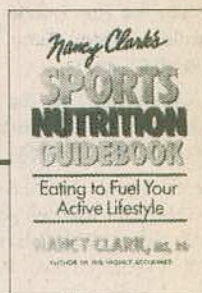
Davis: Davis-Rutillo Grande, El Salvador Sister City Fun Run, 5K/10K, Community Center Park (14th St.), 8:30 a.m. Fleet Feet, Attn: Terry Turner, 553 So. Campus Way, Davis 95616. (916) 756-7681.

North San Juan: Nugget 50 Mile Trail Endurance Run, 5 a.m. (100 Limit). Frank Plavan, 44397 S. El Macero Dr., El Macero 95816. (916) 444-9000, 758-9548.

Antioch: Gold Medal Triathlon (0.5mS-10mB-3.8mR), Lagoon Valley Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Paso Robles: Second Wind Endurance Races: 26.2 Mi. Ride & Tie, Marathon Trail Run & 5 Mi. Trail Run, So. Lake San Antonio, 7:30 a.m./R&T, 8 a.m. Jon Root, 1530 Peachy Cyn. Rd., Paso Robles 93446. (805) 237-1831.

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SCHEDULE

Shafter: Run Shafter Runs, Distances, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Bakersfield: Cancer Society 24-Hour Relay, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Vacaville: Gold Medal Triathlon (0.5mS-12mB-3.8mR), Lagoon Valley Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

May 23 (Sunday):

Daly City: DSE San Bruno Mountain 5K/10K and Half-Marathon, San Bruno Mtn. State Park, top of Guadalupe Cyn. Pkwy., 8:30 a.m./H-M, 9:30 a.m. Info: (415) 978-0837.

San Carlos: San Carlos Rotary Runs, 5K/10K, Burton Park, 9 a.m. Sue Tenerowicz, 1612 Laurel St., San Carlos 94070. (415) 593-8425.

Oakland: Lake Merritt Joggers & Striders 5K/10K/15K Runs, Lake Merritt (14th & Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

Cupertino: Tandem's Up & Running 10K & 2 Mi. (+ Trike & Trot for 3-6 yrs.), 9 a.m. Info: RhodyCo Productions (415) 387-2178.

Union City: Lookin' Good-Feelin' Good Gladiola Run, 5K/10K, William Cann Park, 8:30 a.m. The Final Result Assoc., 460 Wisnom Ave., San Mateo 94401. (800) 491-8988.

Larkspur: Rotary Run for D.A.R.E. 5K & Walk, Larkspur Ferry Terminal Parking Lot, 8:30 a.m. Rotary Club, P.O. Box 5058, Larkspur 94939. (415) 479-0744; 898-7339.

San Jose: All For Kids Day Triathlon (7-10: 50yS-3mB-1kR; 11-14: 100yS-5mB-2KR), Aquatic Center (San Jose State campus), 9 a.m. VMC Fndn., 828 So. Bascom Ave., Suite 170, San Jose 95128. (408) 299-6087.

Hughson: Teresa G. Saenz, P.O. Box 1455, Hughson 95326. (209) 848-8335, 883-2800.

Monterey: The Run in the Sun, 10K Run/5K Walk, Chamisal Club, 9 a.m. (0.5 Mi. Kids' Run at 8:30). Lisa Wilson, P.O. Box 280, Pebble Beach 93953. (408) 659-1725.

Truckee: Donner Lake 5K/10K, east end of Donner Lake, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Lake Tahoe: Heavenly's "Run for the Rim", 5K/10K, Heavenly Ski Resort, 10 a.m. A Change of Pace, 221 "G" St., Suite 205, Davie 95616. (916) 757-6017.

May 26 (Wednesday):

Sparks, NV: Mug Run, Distance, Location & Time TBA. Info: Butch Townsell: (702) 626-6458.

May 29 (Saturday):

San Bruno: San Bruno Memorial Cross-Country Run, 4 Mi., 8:30 a.m. The Runners' Inn, 486 San Mateo Ave., San Bruno 94066. (Don Conklin: (415) 952-8127, 952-6454.

Sausalito: Headlands Wolf Ridge Classic Marathon, Half-Marathon & 5 Mi., Ft. Cronk-hite (Rodeo Beach), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

El Sobrante: Lakeridge Triathlon (500yS-10mB-5kR), 6350 San Pablo Dam Rd., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Bakersfield: Campaign Against Poverty Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Sierra Madre: Mt. Wilson Trail Race, 8.2 Mi. (?), Kersting Court, 7:30 a.m. (May 17 Entry Deadline...250 Limit). Sierra Madre Rec. Dept., Donna Harriman, 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7135.

San Luis Obispo: 24-Hour Relay. Greg

Bettencourt or Mila Vujovich-LaBarre 544-5770.

Potter Valley: Potter Valley Festival 5K/10K Runs & 2K Walk, Potter Valley Comm. Health Center (10175 Main St.), 8 a.m. PVCHC, P.O. Box 238, Potter Valley 95469. (707) 743-1188.

Redding: RSVP Family Fun Day Run-N-Play, 5K/1M, Caldwell Park (48 Quartz Hill Rd.), 7:45 a.m./5K, 8:45 a.m./Kids' Mi. Kim Stempien, RSVP, 1670 Market St., Suite 300, Redding 96001. (916) 244-3434.

Topanga: Topanga 10K Run, Topanga State Park, 8 a.m. Topanga 10K Run, P.O. Box 1336, Topanga 90290. (310) 455-3671.

May 30 (Sunday):

San Francisco: DSE Roller Coaster Run, 3 Mi., Mountain Lake Park (comfort station near west end of Park; 12th Ave. & Lake), 9 a.m. (Kids' Run), 9:30 a.m. Info: (415) 978-0837.

Moffett Field: Run the Runway 5K/10K, 8:30 a.m. The Final Result Athletic Assoc., 460 Wisnom Ave., San Mateo 94401. (800) 491-8988.

Aptos: Hammerhead Triathlon & Lite Sprint Triathlon (1.2mS-50mB-10mR or 0.5mS-12mB-3mR), Rio Del Mar Beach, 7:20 a.m. (Pre-reg. only). Northwind Promotions (408) 688-6072.

Incline Village, NV: I-Can Run, 10K & 2 Mi., Aspen Grove (960 Lakeshore Blvd.), 10 a.m. Daphne High, P.O. Box 5004, Incline Village, NV. 89450. (702) 831-0668.

Merced: Pancake Run, Distance TBA, Lake Yosemite, Time TBA. Info: Dave Zacharias (209) 723-3911, 722-4428.

Arroyo Grande: Strawberry Stampede 10K, Location & Time TBA. Ben Homer, P.O. Box 456, Arroyo Grande 93421. (805) 489-6878, 489-4157.

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SCHEDULE

Pinole: Pinole Spring Festival 4 Mi. & 1K Kids' Run, Fernandez City Park, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

May 31 (Monday):

Kentfield: Pacific Sun 10K & 2.5 Mi. (PA 10K Women's Championships), College of Marin, 8 a.m. (wave starts). TRS, 80 Mitchell Blvd., San Rafael 94903. (415) 472-RACE.

Pacifica: Montara Mountain Marathon/25K/10K, San Pedro Valley Park, 8 a.m./25K & Mara., 9 a.m./10K. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Pinole: Miniman Biathlon (250yS-2.1mR-8mB), Pinole City Pool, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510)841-1190.

Sacramento: Memorial Day 8K/5K Classic, Glen Hall Park, 8 a.m./5K, 8:30 a.m. Brian Abshire, Up & Running Timing, 11114 Oberun River Ct., Rancho Cordova 95670. (916) 635-7948.

Clayton: Clayton Memorial Day Classic Half Marathon, 10K & 5K, Mitchell Canyon Park, 9 a.m. Val & Hank Stratford, P.O. Box 30, Clayton 94517. (510) 672-9200.

Topanga: Topanga 2 Mile Run/Walk, Topanga State Park, 8 a.m. Topanga 2 Mile, P.O. Box 1336, Topanga 90290. (310) 455-3671.

Descanso Gardens: Fiesta Days Run, 5K/10K and 1 Mi. Fun Run, 7:30 a.m./1 Mi., 8 a.m. Info: (818) 790-0123.

June 1 (Tuesday):

Bakersfield: BTC Handicap 5K #1, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

June 5 (Saturday):

Aptos: Forest of Nisene Marks Marathon, Half-Marathon & 5K, 8 a.m. Santa Cruz Host Lions, P.O. Box 477, Santa Cruz 95061. (408) 427-2524.

Salinas: Creekbridge Challenge 10K & 4K Walk-Run, Nantucket & Constitution Blvd., 9 a.m. Creekbridge, Inc., 2093 Landings Dr., Mtn. View 94043. (800) 773-5577.

Sacramento: TRI For Fun Triathlon Series (1kS-20kB-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Fontana: Fontana Days Half-Marathon & 5K, City Hall (8353 Sierra Ave.), 7:45 a.m./H-M, 8 a.m./5K. Fontana Community Services Dept., 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

Rosarito Beach (Baja, CA): Festival de Primavera, 5K/10K, 10 Mi. & 1 Mi., 7:45 a.m./1 Mi., 8 a.m./5K, 8:10 a.m./10K, 8:11 a.m./10M. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

Napa: Napa's Run for Hunger Half-Marathon & 10K, First & Combs, 8 a.m. Mike Tarvid, 1219 Coombs 94559. (707) 256-8033.

June 6 (Sunday):

Ukiah: Russian River Run, Marathon/Half-Marathon/8K, 2600 Eastside Rd. (Talmage - 2 Mi. South of Ukiah), 6 a.m./Mara & H-M, 8 a.m./8K. Russian River Run, P.O. Box 204, Ukiah 95482. (707) 462-1950.

Nevada City: Gold Country Road Races, Marathon, Half-Marathon, 5K, 10K. Pioneer Park, 7:30 a.m. George Hagel, 17647 Shashoni Trail, Nevada City 95959 (916) 265-9764.

Mill Valley: DSE Practice Dipsea, 6.8 Mi., in park 2 blocks from Lytton Square, 8 a.m. Info: (415) 978-0837.

San Francisco: Statuto Race, 8K, S.F. Italian Club, 9 a.m. S.F. Italian Club, 1630 Stockton St., San Francisco 94133. (415) 781-0166.

San Leandro: Shoreline Run, 3K/10K, Fairway & Neptune Drs., 8:45 a.m./3K, 9:05 a.m./10K. Ted Swenson, San Leandro Rec. Dept., 835 E. 14th St., San Leandro 94577. (510) 577-3462.

Lafayette: DARE to 5K/10K & 5K Walk, Lafayette Reservoir Parking Lot, 9 a.m. Jackie Meiers/Eddie Wright, Contra Costa County Sheriff's Dept., 1980 Muire Rd., Martinez 94553. (510) 313-2722.

Palo Alto: Duck to Ducks Run 10K, Baylands Interpretive Ctr., 8:30 a.m. Tom Osborne, City of Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

San Jose: Alum Rock Run 10K, Alum Rock Park, 8:30 a.m. Gary Hafley, San Jose Police Running Team, 460 Park Ave., San Jose 95110. (408) 295-0320.

Guerneville: Vineman International Triathlon (1mS-24mB-6.2mR), Johnson's Beach, 8 a.m. Vineman, P.O. Box 6007, Santa Rosa 95406. (707) 528-1630.

Sonoma: Hit the Road Jack 10K & 2.3 Mi., Sonoma Plaza, 8 a.m. Hit the Road Jack, P.O. Box 1762, Sonoma 95476. (707) 938-8544.

Sacramento: California Senior Games 5K/10K (50 & Over Only), Cordova Park, Time TBA. Cindy Vine, Sacramento Parks & Comm. Services, 6005 Folsom Blvd., Sacramento 95819. (916) 277-6094.

Ventura: Seabreeze 5K & 15K, Ventura State Beach Park (San Pedro & Pierpont Sts.), 8 a.m./15K, 8:05 a.m./5K. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

Westlake Village: Westlake Florist Flower Run, 5K/10K & 1 Mi. Fun Run, Time TBA. Info: Harry Pantelas (818) 889-6408, eves.

Pacific Beach: Sri Chinmoy Swim/Run (0.5mS-5mR), Crystal Pier, Time TBA. Info: (619) 282-4116.

Irvine: Duathlon in Exile Spring Series #3 (5kR-20kB-5kR), Time TBA. Info: (714) 733-2727

West Covina: Great American Downhill, 1 Mi. (0.25 Mi./Kids, 0.5 Mi./Seniors), Time TBA. Info: (818) 331-0169.

June 12 (Saturday):

So. Lake Tahoe: Robert E. DeCelle II Memorial Tahoe Relay, 72 Mi. (7-Person Teams), 7 a.m. Robert E. DeCelle, P.O. Box 1606, Alameda 94501. (510) 523-2264.

Palos Verdes: Palos Verdes Marathon & 5K (& 3-Person Marathon Relay), 7 a.m./Mara. & Relay, 8 a.m./5K. W2 Promotions, 1501 Glenavon Ave., Venice 90291. (310) 828-4123.

San Francisco: Escape from Alcatraz Triathlon (1.5mS-20mB-14mR), 7:30 a.m. Escape From Alcatraz, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

Novato: Stafford Lake Biathlon County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Sloughhouse: Sloughhouse Country Run, 5K/10K & Kids' 1/2-Mi., near Sloughhouse Inn, 12700 Meiss Rd., 8 a.m./Kids', 8:30 a.m. Lou Edgar, P.O. Box 16088, Sacramento 95816. (916) 424-2624.

SCHEDULE

Camarillo: Camarillo 5K/10K, Camarillo H.S., 8 a.m. Info: Cancer Society. (805) 656-3437.

Carpinteria: Carpinteria Triathlon (2mR-8mB-100yS), Carpinteria State Beach, Time TBA. Info: (805) 563-0641.

Long Beach: Southern California Edison Run & Ride for Fun, 5K & 10K Run, 15K & 40K Bike, & Family Run, El Dorado park, 7:30 a.m. Info: Natalie Kohler (909) 394-8573.

Rosarito Beach, Baja, CA: Rosarito Beach Triathlon (0.5mS-12mB-3mR), Time TBA. Info: Too Much Fun Promotions (011-52-661 BAJAE).

June 13 (Sunday):

Mill Valley: Dipsea Race, 7.1 Mi., Mill Valley to Stinson Beach, 9 a.m. (Send SASE for entry. . . all entry forms mailed out on 4/1 only). Dipsea, Box 30, Mill Valley 94942. (415) 381-DIPC.

Lompoc: Valley of the Flowers Marathon & Half-Marathon, Time TBA. Wayne Davis, LVDC, P.O. Box 694, Lompoc 93438. (805) 735-1408.

San Francisco: DSE Windmill Run, 6.5 Mi., Kennedy Dr. at Ocean Beach, 9:30 a.m. Info: (415) 978-0837.

Redwood City: Sequoia Hospitt's "Run by the Bay", 5K/10K & 1 Mi., Port of Redwood City, 8:15 a.m. Fleet Feet Sports, 39012 Fremont Hub, Fremont 94538. (510) 796-6453.

San Jose: Happy Hollow 5K Run/Walk, Happy Hollow Park & Zoo, 9 a.m. Mike, 1300 Senter Rd., San Jose 95112. (408) 295-8383.

Aptos: Aptos Women's 5-Miler, Aptos Village Park (Nisene Marks State Park), 9 a.m. Carol Cuminale, SCTC, P.O. Box 3568, Santa Cruz 95063. (408) 458-9028.

Vacaville: The Mountain Man Triathlon (800yS-9mMt.Bike-2mR), Lagoon Valley County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Modesto: Graffiti USA Run, 8K/1M, downtown (10th & "I" Sts.), 7:45 a.m./1 M, 8:15 a.m. Barbara Miller, 1913-B Edgebrook Dr., Modesto 95354. (209) 575-4040.

Huntington Beach: Huntington Beach Pier Run, 5K/10K, Huntington Beach Pier, 7:30 a.m./5K, 8:390 a.m. Info: (714) 661-6062.

Rosarito Beach, (Baja, CA): Rosarito Beach Duathlon (3mR-20mB-2mR), Time TBA. Info: 011-52-661-BAJAS.

San Diego: "Union-Trib 10", 5K (Blaboa Park), 10K (Horton Plaza), Time TBA. Info: San Diego Council on Literacy (619) 232-9921.

Fresno: Metropolitan Rotary Road Run (formerly Chihuahua Road Run), 10K & 2 Mi. Run/Walk, New City Hall, downtown. 6:15 a.m./2 Mi, 6:30 a.m./10K. Metropolitan Rotary Road Run, 776 E. Shaw, #205, Fresno 93710. (209) 225-6502.

June 15 (Tuesday):

Bakersfield: BTC Handicap 5K #2, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

June 17 (Thursday):

Los Angeles: Union Banks Heart of the City 5K Run, downtown, Time TBA. Info: (213) 236-5710.

June 19 (Saturday):

Tiburon: Tiburon Classic 8M/1M, Blackie's Pasture, 8:30 a.m. Tiburon Classic, 140 Geldert Dr., Tiburon 94920. (415) 435-2848.

San Jose: Fujitsu-KNTV "Run for the Kids" 8K & 2M Walk, No. First & Rio Robles, 8:30 a.m. Info: (408) 922-9000.

Gilroy: Run for the Diamonds, 5K/10K, Christmas Hill Park, 8:30 a.m./10K, 8:45 a.m. J.B. Bettencourt, 980 Hoxett St., Gilroy 95020. (408) 842-7563.

Santa Rosa: Spring Lake International Tin Man Triathlon (1mS-40kB-10kR), Spring Lake Park, 7:30 a.m. Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 465-2650.

Stockton: YMCA Twilight Run, 5K/10K, Micke Grove Park, 6:30 p.m. Stockton Wheel Service, P.O. Box 132, Stockton 95201. (209) 464-7771.

Smith Valley: Coyote Chase, 5K/10K, Smith Valley H.S. (Hwy. 208 & Day Ln.), 8:30 a.m. Beta Sigma Phi, Bev Jones, P.O. Box 183, Wellington, NV 89444. (702) 465-2650.

Bakersfield: BTC Good Ole Runs, Distances & Location TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Templeton: Central Coast Youth Triathlon Series, Distances & Time TBA. Paul Anton, Community Services Dept., 6500 Palma Ave., Atascadero 93422. (805) 461-5002.

Riverside: Riverside Tinman Triathlon (5kR-10mB-0.75mS), 8 a.m. Arlington High School (Lincoln and Jackson Sts.). Info: (909) 782-5407.

June 20 (Sunday):

San Francisco: DSE Fort Point Run, 3.8 Mi., Little Marina Green, 9:30 a.m. Info: (415) 978-0837.

Oakland: Dick Houston Memorial/Woodminster 8.3 Mi. Run, Woodminster Meadow, 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94501. (510) 522-3724(W); (510) 522-4010(H).

Palo Alto: The Recycled Race, 5K/10K, Palo Alto Baylands, 9 a.m. The Final Result A.A., 460 Wisnom Ave., San Mateo 94401. (800) 491-8988.

Tahoe City: "Where the Hell is Truckee?" 30K, No. Tahoe H.S., 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Ventura: Ventura Triathlon (0.5mS-18mB-4mR), Time TBA. Info: (818) 880-4915

Newport Beach: Newport 5000 & 2K Run for Kids, Jamboree Rd. & Birch, Time TBA. Info: (714) 854-3266.

June 26 (Saturday):

Squaw Valley to Auburn: Western States 100 Mile Endurance Run, 5 a.m. (entries by lottery. . . entries were closed 11/28/92. . . pre-qualification necessary). Helen & Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

Pacifica: Brooks Creek Half Marathon & 5 Mi., San Pedro Valley County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Stinson Beach: DSE Double Dipsea, 13.7 Mi., 9 a.m. Info: (415) 978-0837.

Benicia: Benicia Historical Run, 5K/10K, Old Train Depot (1st & "A" Sts.), 9 a.m. Mike Biro, 498 Mills Dr., Benicia 94510. (707) 745-5094.

Lompoc: LVDC Flower Festival Parade Route 5K, Time TBA. Wayne Davis, LVDC, P.O. Box 694, Lompoc 93438. (805) 735-1408.

Montebello: NIKE USA 2 Mile Championships, Grant Rea Park (600 N. Rea Dr.), 7:30 a.m. Jim Granados, 1742 Cabrillo St., West Covina 91791.

SCHEDULE

June 27 (Sunday):

San Francisco: Alamo Run, 5 Mi. (individual & team competition), Golden Gate Park, 9 a.m. Info: RhodyCo Productions (415) 387-2178.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (14th St. & Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

San Jose: Bud Light Triathlon Series (1.5kS-40kB-10kR), Location & Time TBA. CAT Sports, 5962 LaPlace Ct., #145, Carlsbad 92008. (900) 370-8747.

Aptos: Son of Snapperhead Duathlon (3.1mR-15mB-3.1mR), Valencia Elem. School, 8:15 a.m. Patrick Gilbert, Northwind Promos., P.O. Box 2451, Aptos 95001 (408) 688-6072.

Sonora: Class 5 Fitness Mother Lode Mile, Stewart/Lyon Sts., 7 a.m. (8 heats) (PA/USATF Grand Prix event). Class 5 Fitness, P.O. Box 4680, Sonora 95370. (209) 532-5556.

Fountain Valley: Summer Stroll for Epilepsy. 5K Run/Walk. Mile Square Park. Epilepsy Foundation of Los Angeles and Orange Counties, 3600 Wilshire Blvd, Suite 920, Los Angeles 90010-2613 (213) 382-7337.

Brentwood: Summer Stroll for Epilepsy. 5K Run/Walk. Veterans Administration grounds. Epilepsy Foundation of Los Angeles and Orange Counties, 3600 Wilshire Blvd, Suite 920, Los Angeles 90010-2613 (213) 382-7337.

Big Bear Lake: High Altitude Excitement Triathlon Series #1 (0.5mS-15mB-4mR), Time TBA. Info: (714) 733-2727.

June 29 (Tuesday):

Bakersfield: BTC Handicap 5K #3, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Looking Ahead

(Marathons, Relays, Important Dates, Major Events, Etc.)

Jul 18 (Sun.): San Francisco: City of San Francisco Marathon, Golden Gate Bridge (mandatory bus shuttle), Time TBA. COSFM, P.O. Box 77148, San Francisco 94107.

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26.2 -- Trail of Truth

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Written by veteran runner-publisher Bruce Morrison, this inspirational book reveals who you are, tells why completing a marathon is vital for your life.

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4957 E. Heaton Avenue
Fresno, CA 93727

GARDENA 5000

9TH ANNUAL



5K ELITE INVITATIONAL

SUNDAY

PRESENTED BY:



JUNE 6TH 1993

LOCATION: Pacific Square on 1630 W. Redondo Beach Blvd.
Near Western Avenue in Gardena, CA

RACE TIMES: RAIN OR SHINE
5K Run 8:00 a.m.
5K Fun Walk 9:00 a.m.
5K Invitational 9:00 a.m.

NEW: 5K Masters Invitational 9:20 a.m.

COURSE: 3.1 Miles, Super-Fast and Flat
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WILL BE GIVEN
TO TOP
MALE AND FEMALE
RUNNERS**
*6 National Age Records
Set Last Year!*

PRIZE MONEY AWARDS

	1st	2nd	3rd	4th	5th	6th	7th to 15th
Male Overall	\$1000	600	500	400	300	200	100 Each
Female Overall	500	400	300	200	150		
Male Masters	500	400	300	200	150		
Female Masters	350	250	150				

"AGE DIVISION" WINNERS

Male Age Group	Male			Female Age Group	Female		
	1st	2nd	3rd		1st	2nd	3rd
40-44	100	75	50	40-44	100	75	50
45-49	100	75	50	45+	100	75	50
50+	100	75	50				

For further information please contact the following coordinators for invitational race forms:

<u>MALE ELITE</u> RON GEE 213-389-7204	<u>FEMALE ELITE</u> ANITA CORREA 310-438-5307	<u>ELITE MASTERS</u> SONNY MONIOZ 310-324-7085	<u>ELITE MASTERS</u> MERLE HEIMBERG 310-474-8654
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9TH ANNUAL

GARDENA

5000

5K RUN & WALK

SUNDAY

PRESENTED BY:



JUNE 6TH 1993

LOCATION: Pacific Square on 1630 W. Redondo Beach Blvd. Near Western Avenue in Gardena, CA

RACE TIMES:
5K Run & Fun Walk 8:00 a.m.
5K Joyce Momita Reebok Invitational for Elite Men & Women 9:00 a.m.
5K Elite Master's Men & Women 9:20 a.m.
Kids 1/2K Fun Run 9:30 a.m.

AWARDS: \$10,000 in Prize Money for Joyce Momita Reebok Invitational Race
Five Deep in Age Groups

REGISTRATION: Make checks payable to the Gardena 5000
\$15.00 - 5K Fun Walk or Run
\$10.00 - Kid's 1/2K Fun Run (ages 4-12)
\$125 Corporate Teams - 3 Person Teams
•Add \$3.00 after June 1st postmark

Mail To: **Gardena 5000**

16820 Western Ave.
Gardena, CA 90247
Register Early! First 2000 Entrants Will Receive
Goody Bag & Race T-Shirt

Package Pick-Up On: Friday 3:00 - 6:30 p.m.
Saturday 11:00 - 5:00 p.m.

At: Hotel Pacific Gardens
1624 W. Redondo Beach Blvd.
Gardena, CA (Entrance on 158th Street)

Late Registration: On race day at start area

Announcing Sponsor: Daily Breeze & Gardena Valley News

Accommodation Sponsor: Hotel Pacific Garden (532-5200) \$48.00 per night Participants Only
For Race Info: Phone (310) 324-7085



Western Waste Industries



CITY OF GARDENA



ENTRY FORM

Last Name, First _____ Sex: F M Age: _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Size: Y S M L X Amount Enclosed: \$ _____

Select One: Run Fun Walk Kid's 1/2K (ages 4-12) Corporate Team

Joyce Momita Reebok Invitational Master's Elite Master's

Age Division: 12& Under 12-14 15-19 20-24 25-29 30-34 35-39

(circle one) Master's 40-44 45-49 50-54 55-59 60-64 65-69

70-74 75-80 80 & Up

LIABILITY WAIVER: In consideration of my acceptance in the Gardena 5K Run or Kid's 1/2K, I do hereby, for myself, my heirs, and executors, waive, release, and forever discharge any and all rights and claims for damages which I may hereafter accrue to me, against Pacific Square Merchants Association, City of Gardena, Gardena Reebok Runners, any and all sponsors of the run, of persons, organizations and legal entities with such run for all injuries sustained out of my association with entry in, or participation in said Gardena 5K or Kid's 1/2K Run. I attest and verify with I am physically fit and have sufficiently trained for the race I am entering and my physical condition has been verified by a licensed medical doctor.

Signature _____ Date _____

Signature _____ Date _____

PARENT OR GUARDIAN SIGNATURE IF UNDER 18 YEARS OF AGE

THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.

Eating Sprees, Overeating and Gluttony: Truth and Consequences

- ▲ "I sure ate like a pig last night at the dinner party. . .the food was delicious!!!"
- ▲ "I always manage to blow my diet on the weekends. Those lonely Saturday nights do me in. . ."
- ▲ "I have no will power when it comes to Christmas cookies and holiday treats. . ."
- ▲ "This past month has been stressful and I've been drowning my sorrows in chocolates. I've gained at least five pounds. . ."

People who go on eating sprees often wonder about the consequences of gluttony. What happens when you "pig out" and eat the whole pizza, the whole half-gallon of ice cream or the lumberjack pile of pancakes? Do all those extra calories instantly convert into fat? Does your metabolism increase to help burn off the abundance of energy? Will the added pounds stick like glue or come off fairly easily?

As you progress from Thanksgiving pies to Christmas cookies, Easter chocolates, Fourth of July picnics, birthdays, weddings and other food-oriented celebrations that constantly confront you with the opportunity to over-indulge, the following information may help you digest the done deed.

1. When I weight myself the day after having overeaten, I commonly gain 4 lbs. . .Is this all fat?

No. When you get on the scale the day after having been gluttonous, you may weigh 2-4 more pounds, but this increase is primarily water-weight gain. The extra carbohydrates (from the pretzels, pizza, cookies or whatever you ate) get stored primarily as glycogen; for each 1 ounce of glycogen, you'll store about 3 ounces of water. This water-weight comes and goes within a day or two. The excess calories from fat (in the chips, ice cream, butter and other fatty foods) get stored as body fat. But, keep in perspective that one pound of fat is the equivalent of 3,500 excess calories. That's a lot of food (about 7 Big Macs or 70 Oreos) above your normal intake. . .not just a mere slice of cheesecake.

2. Do some people gain weight more easily than others?

Yes. Some people swear the scale reads higher if they just smell food. Other people report they maintain a constant weight. But anyone who consistently overeats will indeed gain weight, whereas those who only occasionally splurge may be spared. For the most part, people who overindulge, let's say at a

Friday night party, will feel less hungry on Saturday and simply eat less. Your body has an amazing ability to maintain a normal weight range if you listen to your appetite and adjust your eating accordingly. Lean people tend to have a better ability to listen to their appetites than heavier people who can consistently overeat. For example, the person who gains weight during stressful periods is overeating for comfort, not eating appropriately to abate hunger.

Given the same amount of gluttony, some people do indeed gain weight more easily than others. In a study of 12 sets of identical twins who were overfed 1,000 calories per day, 6 days/week for 14 weeks and allowed to walk only 1/2 hour per day, weight gain varied from 9.5 lbs to 29 lbs; the group average was 18 pounds. Although this reflects a wide range of weight gain in the group as a whole, each pair of twins responded similarly to the overfeeding. Genetic factors seem to control one's tendency to get fat. (N. Eng. J. Med., May 24, 1990)

3. Does my metabolic rate increase after I pig-out so I can burn off the extra calories?

Historically, researchers thought yes, but more current research suggests that gluttony does not boost your metabolism. Nor do you flush excess calories down the toilet. About 60-75% of the extra calories get stored as either body fat or muscle tissue; the remainder of the calories are used to build and maintain these stores. **Note:** When you gain weight, you gain muscle as well as fat. Of the 3 pounds that may have crept on in the past few years, 2 are likely fat and 1 muscle. Very lean people, such as athletes, may gain even more muscle, less fat. For example, I counseled a scrawny runner who, in a year, gained 18 pounds of which about 17 were muscle.

4. Can I quickly lose the weight that I quickly gain?

Yes, if you eat appropriately. Mother Nature will help you maintain a proper weight if you eat when you are hungry and stop when you are full--just like you did as a child. In the Twin Overfeeding Studies, the overfed subjects lost almost all (82%) of the gained weight within four months by eating carefully and exercising.

5. Should I exercise more on Sunday if I've over-indulged on Saturday?

Good idea--extra exercise is a good way to burn off some of those calories *as long as you exercise appropriately and don't pound and punish yourself to the point of injury*. Yet, looking at the whole picture, exercise accounts for only a small proportion of the average person's daily calorie needs. You need to run a mile to burn off two excess Oreos, bike 30 minutes to burn off an extra muffin. Here's how the reference 150 lb. male (20-30 years old) burns the calories required during rest: 24% is burned by muscle, 26% is burned by the liver, 20% by the brain, 11% heart, 10% kidneys, 4% spleen and 5% adipose tissue (body fat) (Am J Clin Nutr Nov '92). Note that couch potatoes expend about 2/3 of their daily calories breathing, pumping blood and existing. The energy requirement to simply live is significant. Hence, even injured athletes need to eat despite their lack of exercise--but they also will gain weight if they fail to compensate for eating beyond hunger.

Nancy Clark, M.S., R.D. is nutrition counsellor at Boston-area's SportsMedicine Brookline. Her popular Sports Nutrition Guidebook is available by sending \$16.50 to NESP, P.O. Box 252, Boston 02113.



BOOK REVIEW

By Barbara T. Erskine, CAVU Company/Books for Runners

LORE OF RUNNING by Tim Noakes, M.D.

One of the best kept secrets of the sports publishing houses last year was the release of a book which could be titled "Everything You've Always Wanted to Know About Running But Didn't Know Anyone to Ask." The third edition of *Lore of Running* provides answers to almost every question joggers, racers or elite competitors might have. Its 804 pages cover 18 chapters in three sections: Physiology, Training, Health and Medical Considerations. Supporting this information are an extensive reference list and complete index.

The author brings to his words personal familiarity with the sport—he has regularly run for 22 years and competed at distances up to 55 miles. More valuable than his athletic experiences, though, are his scientific insights as an exercise physiologist. George Sheehan notes in the Foreward, "On every page we can see the work of the scientist." The result is a thorough volume, which discusses the sport of running from a scientific perspective but emphasizes practical applications for any level athlete.

Of the three parts of the text, the first section relies most heavily on scientific explanations. Explored in great detail are muscle structure and function, oxygen transport (VO₂ Max), energy metabolism and body temperature during exercise. These chapters

could be overwhelming but the author presents the concepts in layperson's words.

Section II first chronicles the theories of training from the 19th century through the research of 1991. Noakes gives value to the 1920's ideas of Arthur Newton, then weaves them into current views on overtraining and performance limits. Next, he delves into the power of the mind. Although other recent books discuss the psychology of training more thoroughly, this is a good introduction. In addition to theory, here also is a primer of all the basics from shoes to breathing, as well as descriptions of the training programs of select elite runners.

Health and Medical Considerations covers a wealth of data usually divided between several specialized texts. The reader obtains substantial information on nutrition, injuries, and other hazards of the sport. The volume concludes with in-depth coverage on the special problems of women and youth.

Lore of Running would be an excellent resource for any runner's library. Well-researched and comfortably written, it admirably achieves what Noakes states as his purpose, "to convey the joy of running, the wonder of science and the marvel of the human body."

(Available at \$22.95, Human Kinetics Publishers)

For information or copy of the FREE catalog, contact Barbara Erskine at Books for Runners, 386 Portlock Road, Dept. CA, Honolulu, HI 96825.



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RESULTS

MEET DIRECTORS . . . Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

Mission Rock Run

January 24, San Francisco, 3.5 Mile.

Overall Results

1. Anthony Beron 19:17, 2. Nike Mastrangelo 19:32, 3. Mike Bolgatz 20:16, 4. Tyler Abbott 20:30, 5. Ron Long 20:36, 6. John Weidinger 21:06, 7. Jose Portillo 21:27, 8. Dan Walsh 21:28, 9. Mark Scheuer 21:54, 10. Jim Cahill 22:00.
11. Keith Johnson 22:02, 12. Tony Varnhagen 22:03, 13. Demian Smiley 22:07, 14. Main Frame Man 22:16, 15. Patrick Lee 22:26.

Limantour Split

January 30, Pt. Reyes, 10 Mi. & 10K.

Overall Results - 10 Mile

1. Alec Isabeau (31) 59:55, 2. Bob Rogers (36) 1:01:31, 3. Mike Lopez (35) 1:02:48, 4. Scott Ames (34) 1:04:11, 5. Guy Palmer (34) 1:04:17, 6. Bradford Bryon (35) 1:04:19, 7. Richard Easton (37) 1:04:24, 8. Geoff Vaughan (28) 1:05:23, 9. John Edgcomb (34) 1:05:54, 10. Nick Ratti (20) 1:06:07.
11. Julios Ratti (42) 1:06:21, 12. Jerry Lyery (53) 1:07:53, 13. Preston Sitterly (45) 1:07:56, 14. Mitch Deshields (27) 1:10:17, 15. Steve Radigan (41) 1:10:27.

Overall Results - 10K

1. Rick Kushman (37) 40:54, 2. Burt Tate (40) 49:22, 3. Bob Ward (53) 51:04, 4. James Gottesman (31) 51:24, 5. Ken Stella (21) 52:00, 6. Margie Baer (29) 52:04, 7. Joann Trejo (29) 54:01, 8. Glickfeld (37) 54:26, 9. Jeff Hoffhine (44) 54:30, 10. Kathy McMillion (28) 54:36.

Legion of Honor Run

January 31, San Francisco, 4.3 Mile.

Overall Results

1. Kieran Sherlock 23:45, 2. Toby Knepter 24:00, 3. Anthony Beron 25:58, 4. Mike Bolgatz 26:17, 5. Antonio Corgas 27:24, 6. Tyler Abbott 27:42, 7. Dennis Lawlor 28:30, 8. John Weidinger 28:31, 9. Len Garritt 28:56, 10. Rick Shea 29:08.
11. Jean Germain 29:41, 12. Ron Dorey 29:59, 13. Keith Johnson 30:01, 14. Patrick Lee 30:47, 15. David Moulton 31:04.

Ojai Heart and Sole Runs

February 6, Ojai, 5K & 10K.

Division Results - Men's 10K

19-29: 1. Jose Iniguez 31:55, 2. Jon Albright 36:35, 3. Mike Nosco 44:07, 30-39: 1. Jack Nosco 37:25, 2. Marty O'Malley 37:54, 3. Amie Moser 39:47, 40-49: 1. Tom Williams 38:05, 2. Rich Holly 38:12, 3. Drake VanCamp 41:45, 50-59: 1. Dave Wheeler 40:48, 2. Bill Swionkowski 41:19, 3. Arthur

Hahmsine 42:26, 60-69: 1. Ray Laub 43:15, 2. Ray Gill 48:09, 3. George Garvey 55:32, 70 & Over: 1. David Killen 46:58.

Division Results - Women's 10K

13-18: 1. Megan Riker 38:44, 2. Tami Dobel 41:53, 3. Therese Watson 48:31, 30-39: 1. Debra Sharp 36:41, 2. Erika Coble 39:56, 3. Gloria Lawson 45:38, 40-49: 1. Joyce Parkel 48:32, 2. Betsy Stroberg 50:11, 3. Virginia Beale 51:54, 50-59: 1. Barbara Camp 50:53.

Division Results - Men's 5K

13 & Under: 1. Pablo Garcia 24:29, 2. Alex Garcia 25:07, 3. Zeph Wadsworth 33:55, 14-18: 1. Nathan Jobe 16:24, 2. Rafael Miguez 17:06, 19-29: 1. Craig Godwin 16:33, 2. Darren Odgers 18:56, 3. Jason Briles 21:13, 30-39: 1. Ron Lathrop 17:24, 2. Tracy Haynes 18:03, 3. Jim Monahan 18:30, 40-49: 1. Tom Williams 18:47, 2. Tim Finley 21:59, 3. Jim Edmunds 22:57, 50-59: 1. Dave Wheeler 18:57, 2. John Johnston 21:52, 3. Buddy Barnett 21:57, 60-69: 1. Bill Hendren 21:28, 2. Dick Weirick 30:22, 3. Donald Cluff 31:03.

Orient Express

February 6, Chinese Camp, 4 Mile.

Division Results - Men's 4 Mile

Overall Winners: 1. John Hancock 21:17, 2. Douglas Avrit 21:25, 3. Jim Hartig 21:31, 13 & Under: 1. Manuel Leija 26:53, 2. Jeremy Lariosa 30:27, 3. Jacob Airoia 39:21, 14-19: 1. Hector Leija 22:04, 2. Michael Orellana 22:34, 3. Paul Woodward 23:22, 20-29: 1. John Hancock 21:17, 2. Jim Elam 22:20, 3. Richard Johnson 23:10, 30-39: 1. Douglas Avrit 21:25, 2. Jim Hartig 21:31, 3. Fred Villegas 21:36, 40-49: 1. Karl Bacon 22:41, 2. Steve Ottaway 22:52, 3. Ron Rlyono 24:04, 50-59: 1. Gerry Holmes 24:20, 2. Ken Schwison 25:35, 3. Dick Shorman 25:57, 60-69: 1. Gino Fredianelli 27:47, 2. Bob Stokes 27:53, 3. Bill Ferrell 29:17, 70 & Over: 1. Harry Harder 36:43, 2. Don Osborne 43:41, 3. Bernard Dathe 1:01:23.

Division Results - Women's 4 Mile

Overall Winners: 1. Carrie Tacheira 24:50, 2. Joan Ottaway 25:05, 3. Amy Grafius 26:22, 13 & Under: 1. Liz Lariosa 34:24, 2. Chole Spaith 43:50, 3. Sonya Neuschmid 46:12, 14-19: 1. Carrie Tacheira 24:50, 2. Amy Grafius 26:22, 3. Sara Moore 29:41, 20-29: 1. Amy Dieste 28:54, 2. Elizabeth Parker 31:44, 3. Jane Wyatt 34:22, 30-39: 1. Laurie Lusk 30:25, 2. Pam Shorman 31:56, 3. Renee Lisowski 33:20, 40-49: 1. Joan Ottaway 25:05, 2. Pam Royer 28:22, 3. Denise Bianchi 28:53, 50-59: 1. Gail Rodd 29:33, 2. Jean Schwisow 30:59, 3. Jeanne Hastings 34:40, 60-69: 1. Jo Sullivan 32:25, 2. Barbara Neyens 38:07, 3. Marcene Parkan 42:35, 70 & Over: 1. May Zoma 1:19:02.

USA T&F World Cross Country Trials

Feb. 6, Sandy, OR.

Division Results

Citizen's Men 5K:

1. Thomas Shanahan (Bend, OR) 16:04.

Citizen's Women 5K:

1. Tracey Robinson (Timberhill Harriers) 19:22.z

Men's 40-44: 1. Herman Atkins (Snohomish TC, WA) 18:00, 10. Jim Price (Excelsior, CA) 17:27, 45-49: 1. Alan Beck (ORRC Masters, OR) 17:17, 3. Steven Ferraz (Nike, CA) 18:12, 50-54: 1. Roy Reisinger (Snohomish TC, AK) 18:22, 55-59: 1. David Pitkethly (Snohomish TC, WA) 19:16, 70-75: 1. Joseph Mallon (Portland, OR) 27:18.

Women's 40-44: 1. Laura Caldwell (Lake Oswego, OR) 19:19, 45-49: 1. Kate O'Neill (Snohomish TC, WA) 20:40, 50-54: 1. Judy Groombridge (Snohomish TC, WA) 22:05, 55-59: 1. Christine Curtis (Snohomish TC, WA) 22:48.

USA T&F World Cross Country Trials

February 6, Sandy, OR.

Qualifier for 1993 IAAF World Cross Country Championships, March 28, 1993, Amorebieta, Spain.

Junior's: Top 6 USA citizens will represent USA in Spain.

Senior Women: Top 5 plus winner of USA T&F X-C Nationals.

Senior Men: Top 8 plus winner of USA T&F X-C Nationals.

Overall Results - Junior Women

1. Amy Skieresz (Future Track, CA) 14:34, 2. Katy Hollbacher (Univ. of Michigan, MI) 14:40, 3. Tara Carlson (Univ. of Washington, WA) 14:40, 4. Heather Hollis (No Carolina St. NC) 14:41, 5. Heidi Van Borkulo (Univ. of Oregon, OR) 14:44, 6. Colleen Glyde (Penn St. PA) 14:46, 7. Molly Lori (Univ. of Michigan, MI) 14:47, 8. Marie Davis (MAC Portland TC, OR) 14:55, 9. Carne Garrittson (UA-Fullerton, CA) 14:57, 10. Cynthia Moreshead (Wake Forest Univ., NC) 14:58.

11. Kristen Hall (No. Carolina St., NC) 15:00, 12. Veronica Barajas (Univ. of Colorado, CO) 15:25, 13. Laura Hayward (Stanford, CA) 15:26, 14. Patricia Roberts (Univ. of Colorado, CO) 15:44, 15. Amy McNitt (Univ. of Colorado, CO) 15:54, 22. Kristie Camp (UA-Agoura Hills, CA) 16:45.

Overall Results - Junior Men

1. Brook Kintz (Georgetown Univ., DC) 25:45, 2. Robert Reeder (Stanford, CA) 25:48, 3. Theodore Martin (No. Arizona Rez Runner, AZ) 25:53, 4. J.J. Castner (UA-Agoura, CA) 25:59, 5. Theodore Molla

(Univ. of Michigan, MI) 26:02, 6. Jason Dunklee (Dartmouth College, VT) 26:08, 7. Ryan Wilson (UA-Westlake Village, CA) 26:12, 8. Pascal Dobert (Univ. of Wisconsin, WI) 26:16, 9. Timothy Martin (No. Arizona Rez Runner, AZ) 26:16, 10. Stewart Ellington (Univ. of Tennessee, TN) 26:24.

11. Alan Boos (Malone, OH) 26:30, 12. Josh Danielson (Central Oregon CC, OR) 26:30, 13. James Garrittson (UA-Portland, OR) 26:34, 14. Jack Dwyer (Dartmouth College, MA) 26:44, 15. Chris Burnham (Central Oregon CC, OR) 26:47.

Overall Results - Senior Women

1. Annette Peters (Nike, OR) 20:27, 2. Anne Marie Letko (Nike Running Room, NJ) 20:33, 3. Gwynneth Coogan (Adidas USA, CO) 20:35, 4. Elaine Van Blunk (Nike Running Room, NJ) 20:43, 5. Kathleen Franey (Reebok RC, MA) 20:51, 6. Mindy Schmidt (Adidas USA, MI) 21:05, 7. Carmen Troncoso (Nike Texas, TX) 21:13, 8. Nicole Woodward (UA-Eugene, OR) 21:14, 9. Melody O'Reilly (Nike Running Room, PA) 21:15, 10. Laura Cattivera (Boston Athletic Ass'n., MA) 21:21.

11. Christie Constantin (Georgetown Univ., DC) 21:25, 12. Stephanie Wessell (Nike Portland, OR) 21:41, 13. Jennifer Rolfe (Nike Boston, MA) 21:44, 14. Laura Mason (Adidas, PA) 21:47, 15. Eryn Forbes (UA-Portland, OR) 22:01, 23. Chris Boyd (Impalas, CA) 22:48.

Overall Results - Senior Men

1. Todd Williams (UA-Knoxville, TN) 36:45, 2. Matt Giusto (Footlocker TC, CA) 36:55, 3. Mark Coogan (Adidas USA, CO) 37:04, 4. Ed Eyestone (Reebok, UT) 37:05, 5. Terry Croyle (Reebok, WV) 37:14, 6. Peter Sherry (Adidas, DC) 37:16, 7. Bradford Schlapak (New York AC, MA) 37:20, 8. Pat Porter (Mizuno, CO) 37:24, 9. Aaron Ramirez (Mizuno, NM) 37:35, 10. Jonathan Hume (Reebok RC, CO) 37:42.

11. Andrew Ball (Nike Run.Room, NJ) 37:48, 12. Dan Nelson (Nike Run. Room, OR) 37:53, 13. Danny Reese (US West TC, CO) 37:55, 14. Craig Dickson (Reebok RC, CO) 37:56, 15. Tim Gargiulo (Reebok RC, TX) 38:08.

34. Marc Davis (Wake Forest Univ., NC) 39:55, 35. Bryan Dameworth (Univ. of Wisconsin, WI) 40:01, 39. Bret Kimple (Reebok Aggies, CA) 40:44, 42. Parker Kelly (Reebok Aggies, CA) 42:00.

San Dieguito Half Marathon

February 7, San Dieguito.

Division Results - Men

17 & Under: 1. Gerardo Guevara 1:25:42, 2. Gabe Taylor 1:26:12, 3. Robert Connelly 1:26:35, 18-24: 1. Andrew MacMartin 1:09:11, 2. Scott Lardner 1:12:03, 3. Sean

RESULTS

O'Hara 1:12:55. 25-29: 1. Kyle Billings 1:19:08, 2. Terry Spencer 1:21:33, 3. David Sanford 1:22:26. 30-34: 1. Richard Verney 1:09:56, 2. Gregory Griffin 1:15:38, 3. Trini Robles 1:16:15. 35-39: 1. Luc Teyton 1:17:37, 2. Doug Jacobson 1:18:38, 3. David Flynt 1:20:18. 40-44: 1. Wayne Buckingham 1:14:01, 2. Wally Buckingham 1:14:34, 3. Sam Hajj 1:17:30. 45-49: 1. Rick Harmon 1:24:17, 2. Tom Warren 1:24:27, 3. Preston Drake 1:24:40. 50-59: 1. Hans Dieben 1:28:28, 2. Michael Nash 1:30:11, 3. Warren Osborn 1:33:41. 60 & Over: 1. Dick Robinson 1:36:28, 2. Jim McCown 1:37:01, 3. Bill McAuliffe 1:41:57.

Division Results - Women
17 & Under: 1. Darla Smiley 2:10:47, 2. Marci Adishian 2:35:09. 18-24: 1. Sonya Weir 1:33:23, 2. Sally Mellinger 1:38:00, 3. Jennifer Miller 1:41:59. 25-29: 1. Sian Williams 1:24:23, 2. Kara Kelly 1:24:44, 3. Alchera Clemeshaw 1:27:56. 30-34: 1. Elizabeth Baker 1:21:58, 2. Pennie McLaughlin 1:22:11, 3. Julie Moss 1:24:54. 35-39: 1. Luisa Madueno 1:26:28, 2. Trish Walsh-K 1:26:46, 3. Trudy Martineau 1:31:09. 40-44: 1. Mindy Ireland 1:24:38, 2. Susan Elden 1:32:12, 3. Mariat Fernandez 1:36:27. 45-49: 1. Jonie Shirley 1:35:26, 2. Marilyn Carpenter 1:39:25, 3. Julie Freeman 1:40:30. 50-59: 1. Eileen Pua 1:38:59, 2. Ursula Rains 1:41:35, 3. Nancy Thweatt 1:46:35. 60 & Over: 1. Mary Storey 1:58:51, 2. Chris Cromer 2:09:33, 3. Pam Baker 2:15:41.

Chinatown Run

February 7. San Francisco. 8K.
Overall Winners

Men:
Open: 1. Michael Gama 27:53. Masters: 1. John Hirschberger 28:09.

Women:
Open: 1. Carol Stubbs 28:58. Masters: 1. Marian Lyons 35:38.

Davis Stampede

February 7. Davis. 5K & 10K & Half Marathon

Division Results - Men's 5K
Overall Winners: 1. Brian Petersen 15:59, 2. Brian McGuire 16:24, 3. Peter Kirk 16:27. 14 & Under: 1. Matt Stanley 20:30, 2. Darren Davis 20:31, 3. Jeremy Romano 21:32. 15-19: 1. Natty Lopes 17:06, 2. Andrew Pettit 17:44, 3. Mike Farrell 18:10. 20-24: 1. Brian Petersen 15:59, 2. Robert Davis 16:50, 3. Ken Mock 17:53. 25-29: 1. Peter Kirk 16:27, 2. Brad Lael 16:37, 3. Brian Steber 17:48. 30-34: 1. Brian McGuire 16:24, 2. Jim Noonan 17:09, 3. Jon Klinkman 17:10. 35-39: 1. Larry Meredith 16:49, 2. Jesse Torrez 19:25, 3. Steve Burrell 19:31. 40-44: 1. Tim Shannon 16:42, 2. Richard Sonne 18:12, 3. Steven Laviola 19:45. 45-49: 1. Wolf Hillesheim 18:28, 2. Chuck Beddow 18:42, 3. Steve Zehner 20:35. 50-54: 1. Dan Alarid 18:46, 2. Mike Hawkes 18:50, 3. Ricardo Guidolin 21:25. 55-59: 1. Ralph Harms 19:22, 2. Fred Matos 21:05, 3. Gary Hollinger 21:30. 60-64:

1. Carl Jackson 21:24, 2. Bill Won 23:05, 3. Paul Brady 23:14. 65-69: 1. Spido Webb 27:49, 2. Charles Lewis 30:29, 3. Ellis Katz 30:58. 70 & Over: 1. David Cole 24:44, 2. Hans Beetz 33:48.

Division Results - Women's 5K
Overall Winners: 1. Julia Stamps 17:44, 2. Lisa Geoffrion 17:51, 3. Joanne Kelley 18:25. 14 & Under: 1. Julia Stamps 17:44, 2. Daniela Knight 22:11, 3. Treva Hasler 22:58. 30-34: 1. Lisa Geoffrion 17:51, 2. Donna Rodriguez 19:35, 3. Stephanie Greene 22:19. 35-39: 1. Bev Marx 18:43, 2. Jane Garofalo 23:11, 3. Elizabeth Hillesheim 23:42. 40-44: 1. Cathy Rohm 21:44, 2. Deborah Lozano 25:21, 3. Marcia Webber 25:58. 45-49: 1. Nancy Chadwick 22:59, 2. Susan Condon 24:21, 3. Arlene Jamar 25:24. 50-54: 1. Pam Deweed 27:20, 2. Diane Prettyman 27:44, 3. Erika Leger 28:52. 55-59: 1. Ardy Belden 28:33, 2. Norma Martin 31:17, 3. Mae Cryderman 33:09. 60-64: 1. Mary Lawrence 45:27, 2. Barbara Nash 45:28, 3. Lupe Sosa 50:18. 65-69: 1. Heather Mander 53:57. 70 & Over: 1. Dorothea Cole 50:00, 2. Marcelle Greene 52:54, 3. Esther Ann Piner 59:13.

Division Results - Men's 10K
Overall Winners: 1. Shawn Smallwood 32:19, 2. Run Richardson 32:45, 3. Brian Daugherty 32:57. 14 & Under: 1. Daniel Garcia 38:25, 2. Stefan Pioso 39:38, 3. Nick Girimonte 43:26. 15-19: 1. John Whitney 33:08, 2. Jason Perscheid 33:47, 3. Ned Presnall 34:04. 20-24: 1. Scott Schumaker 34:36, 2. Parker Piner 39:57, 3. Dan Ginsburg 43:17. 25-29: 1. Shawn Smallwood 32:19, 2. David Rivera 33:10, 3. James Fiori 33:18. 30-34: 1. Brian Daugherty 32:57, 2. Robert Hepler 33:09, 3. Scott Ames 34:50. 35-39: 1. Run Richardson 32:45, 2. Steven Chavez 33:14, 3. Ron Morian 37:04. 40-44: 1. Jim Roberts 34:05, 2. Dan Donohue 35:58, 3. Mike Larsen 36:00. 45-49: 1. Frank Rebs 35:51, 2. Daryl Zapata 36:47, 3. John Diezls 36:55. 50-54: 1. Anthony Gangl 38:56, 2. Ben McCoy 39:38, 3. Charles Conway 39:57. 55-59: 1. Donelson Moss 43:03, 2. Joe McCladdie 44:44, 3. Bagher Sheikholsiam 51:44. 60-64: 1. Everett Riggle 40:46, 2. Marvin Johnson 43:05. 65-69: 1. Jim Eymann 50:59, 2. Bill Ballantine 53:08. 70 & Over: 1. Paul Camerer 1:00:18.

Division Results - Women's 10K
Overall Winners: 1. Jeannie Urness 35:29, 2. Shirley Matson 37:13, 3. Connie Kondo 37:43. 14 & Under: 1. Heather Kelly 52:38. 15-19: 1. Amy Scherer 41:21, 2. Ann Maurer 44:55. 20-24: 1. Dana Goldfarb 40:51, 2. Tera Tinsley 41:03, 3. Rani Pheneger 43:44. 25-29: 1. Mary Stompe 41:47, 2. Angela Weaver 45:51, 3. Laura Clayton 45:52. 30-34: 1. Jeannie Urness 35:29, 2. Connie Kondo 37:43, 3. Theresa McCourt 37:59. 35-39: 1. Bonnie Zapata 39:05, 2. Mary Hess 42:19, 3. Kathy Siebenmann 42:56. 40-44:

1. Diane Goettlicher 43:53, 2. Lyn Liuzzi 43:54, 3. Jan Bleweiss 46:41. 45-49: 1. Julie Yaffee 43:40, 2. Betty Pfiefer 50:15, 3. Anne Rundstrom 50:36. 50-54: 1. Shirley Matson 37:13, 2. Marianne Hawkes 50:34. 55-59: 1. George Sacco 57:10, 2. Dede Bushnell 1:05:27, 3. Patricia Hallin 1:10:13.

Division Results - Men's Half Marathon
Overall Winners: 1. Edward Parrot 1:11:23, 2. Thomas Cushman 1:11:28, 3. Jonathan Brooks 1:14:57. 14 & Under: 1. Johnny Pizzo 1:42:44. 15-19: 1. Brian Loewen 1:37:44, 2. Jeff Boston 1:58:06, 3. Drew Bartlett 1:59:11. 20-24: 1. Edward Parrot 1:11:23, 2. Kenny Kane 1:19:33, 3. Don Pontes 1:20:47. 25-29: 1. Jonathan Brooks 1:14:57, 2. Vincent Fong 1:18:36, 3. Michael Tyler 1:19:07. 30-34: 1. Marc Parlange 1:18:10, 2. Doug Gray 1:21:02, 3. Michael Taylor 1:21:40. 35-39: 1. Thomas Cushman 1:11:28, 2. Chuck Harris 1:17:40, 3. Bruce Aldrich 1:19:03. 40-44: 1. Chuck McAvoy 1:17:30, 2. Daniel Ortiz 1:18:59, 3. Dennis Meidinger 1:20:13. 45-49: 1. Steve Tredway 1:22:05, 2. John Maffi 1:22:39, 3. Rick Edson 1:27:09. 50-54: 1. David Ragsdale 1:26:49, 2. Charles Woods 1:27:12, 3. Jerry Yaffee 1:29:48. 55-59: 1. Michael McGie 1:26:14, 2. Philip Hager 1:26:36, 3. Larry Dier 1:42:04. 60-64: 1. Hank Fragoza 1:34:02, 2. Thomas Marshall 1:46:40, 3. William Skyles 1:59:54. 65-69: 1. Ken Nash 1:51:29, 2. Frank Rodriguez 2:09:59, 3. Vic Lyons 2:15:41. 70 & Over: 1. George Billingsley 1:59:32.

Division Results - Women's Half Marathon
Overall Winners: 1. Chris Ennedy 1:20:05, 2. Christine Iwahashi 1:24:56, 3. Antoinette Marsh 1:28:49. 20-24: 1. Catherine Millikin 1:37:33, 2. Cami Stephens 1:39:34, 3. Susie Sirak 1:41:49. 25-29: 1. Antoinette Marsh 1:28:49, 2. Carol Parise 1:31:25, 3. Annette Marchese 1:38:55. 30-34: 1. Laura Kulsik 1:32:21, 2. Barbara Heiller 1:35:21, 3. Janet Fawl 1:36:57. 35-39: 1. Chris Ennedy 1:20:05, 2. Christine Iwahashi 1:24:56, 3. Sue Dougherty 1:36:32. 40-44: 1. Anne Velling 1:31:37, 2. Nancy Huber 1:37:58, 3. Dale Cecchetti 1:44:52. 45-49: 1. Cyncl Calvin 1:34:22, 2. Marilyn Arguelles 1:36:11, 3. Pamela Horton 1:37:59. 50-54: 1. Rusty Barnett 1:38:07, 2. Yvonne Doyle 1:43:06, 3. Louise Walters 1:46:22. 55-59: 1. Khartoon Tudhope 1:41:07, 2. Dina Fields 1:55:55, 3. Rita Allen 1:58:24. 60-64: 1. Jean LaFever 2:11:50.

Pacific Terrifica

February 7. San Francisco. 5 Mile. Overall Results

1. Dwight Dovesky 32:34, 2. John Weldinger 32:43, 3. Ron Long 33:04, 4. Rolf Nebelung 33:17, 5. Ian Manger 33:39, 6. Peter McGuinness 33:52, 7. Walt Kohert 33:53, 8. Dan Walsh 33:55, 9. Steve Woods 33:57, 10. Ernie Escovedo 34:00.
11. John Sturm 34:10, 12. Herman Escajadillo 34:25, 13. Larry Wuerstle 34:36, 14. Jean Germain 34:48, 15. Tom Vargas 34:56.

Valentine Run

February 13. Campbell. 10K & 5K Walk. Division Results - Men's 10K

Overall Winners: 1. Brian Williamson 34:26, 2. Jim Gorman 34:39, 3. Neil Hamilton 34:59. 13 & Under: 1. Brian Rodriguez 1:27:26. 14-18: 1. Khakendra Pun 38:04, 2. Jeff Wendling 39:52, 3. Gregory Szczuko 42:01. 19-29: 1. Brian Williamson 34:26, 2. Neil Hamilton 34:59, 3. Daryl Haarberg 37:11. 30-39: 1. Don Jedlovec 38:10, 2. Frank Prabel 36:52, 3. Rick Masters 36:55. 40-49: 1. Jim Gorman 34:39, 2. Greg Burke 37:52, 3. Bill Bengiveno 38:16. 50-59: 1. Rolf Nebelung 38:09, 2. Joseph Walters 41:03, 3. Russ Mandy 42:02. 60 & Over: 1. Lloyd Anderson 48:37, 2. Jim Hoffman 53:31, 3. Steve Goodman 55:41.

Division Results - Women's 10K
Overall Winners: 1. Karen Rowen 38:50, 2. Karen Saxena 39:19, 3. Gail Campbell 42:25. 13 & Under: 1. Faith Silva 1:28:01. 14-19: 1. Caroline Knapp 53:22. 19-29: 1. Rene Yah 43:23, 2. Mauree Williamson 49:01, 3. Tiffany Pereira 50:17. 30-39: 1. Karen Rowen 38:50, 2. Karen Saxena 39:19, 3. Sandy Carpenter 46:21. 40-49: 1. Gail Campbell 42:25, 2. Patty Hunter 46:39, 3. Jan Wilson 50:37. 50-59: 1. Jutta McCormick 45:33, 2. Diane Bromstead 54:22, 3. Pat Voreiter 56:21.

Jedediah Smith Ultra Distance Classic

February 13. Sacramento. 50K/100K/50 Mile.

Overall Results - 50K
1. Dennis Rinde (34) 3:02:31, 2. Sean Crom (36) NV. 3:10:07, 3. George Staub (37) 3:24:44, 4. Ken Cox (36) 3:31:01, 5. Tom Lyons (27) 3:33:20, 6. Rob Hunt (40) 3:33:42, 7. Dave Carlsen (39) NV. 3:34:48, 8. Bruce Linscott (34) 3:36:41, 9. Peter Franks (46) 3:42:45, 10. Michael Palmer (39) 3:48:30.
11. Charles Crompton (45) 3:49:00, 12. Michael Longero (35) NV. 3:50:19, 13. Edward Frisch (53) NV. 3:51:09, 14. Don Hunt (42) 3:52:28, 15. Greg Wheatfill (36) 3:53:56.

Overall Results - 100K
1. Joe Schlereth (42) 7:46:59, 2. Dennis Huffman (43) 8:33:37, 3. Ron Howard (41) 8:47:07, 4. Floyd Whiting (51) NV. 9:34:01, 5. Doug Miller (49) 9:35:44, 6. Jim Magil (46) 9:42:50, 7. Frank Shuman (34) 10:01:27, 8. Jamieson 9VanEaton (46) 10:15:40, 9. Greg Power (41) 10:21:36, 10. Stephen Derenzo (51) 10:24:59.

Overall Results - 50 Mile
1. Joe Schierff (41) 5:38:57, 2. Tim Twietmeyer (34) 5:41:45, 3. Bruce Aldrich (37) 6:24:52, 4. Mike Hernandez (39) 6:43:27, 5. Vincent Bourret (28) 7:04:06, 6. Bob Ulloa (43) 7:06:08, 7. Bill Hambrick (38) 7:20:47, 8. Martin Hillyer (55) 7:23:15, 9. Mike Piccardo (42) 7:23:53, 10. Ron Nageotte (43) 7:26:49.

RESULTS

John Muir Monumental "Breakers to Breakers"

February 13. Muir Beach. 7.2 Mile & 5K. Overall Results - 7.2 Mile

1. Bradford Bryon (35) 50:55, 2. Jeff Cowlings (34) 51:30, 3. Guy Palmer (34) 54:04, 4. Richard Easton (37) 54:05, 5. Geoff Vaughan (28) 54:42, 6. Cris Garvin (30) 55:32, 7. Erik Burke (22) 56:28, 8. John Edgcomb (34) 56:45, 9. Patrick Buzbee (41) 57:48, 10. Nick Ratti (20) 58:31.

11. Brad Bookwalter (27) 59:13, 12. Julios Ratti (42) 59:17, 13. Preston Sitterly (45) 59:35, 14. Rusty Whitman (27) 59:49, 15. S. Stritt 1:00:07.

Overall Results - 5K

1. Thomas Sargent (24) 31:20, 2. Quinn Taylor (25) 32:26, 3. John Dito (26) 32:44, 4. George Urdzik (49) 36:41, 5. Janet Cable (32) 48:36.

Indian Valley Biathlon

February 14, Novato.

Overall Results

1. Denny (26) 54:33, 2. Tom O'Hern (37) 57:08, 3. Spencer Fine (17) 57:39, 4. Kevin Loop (38) 57:48, 5. Mike Lopez (35) 58:26, 6. Denck Scovel (26) 58:43, 7. Don Hicks (33) 58:59, 8. Tim Hess (28) 1:01:12, 9. Joachin Thiessen (32) 1:01:25, 10. Matt Strassberg (33) 1:01:28.

11. Walter Lightner (29) 1:02:41, 12. Rich Juarez (29) 1:03:01, 13. Barry Jones (47) 1:04:07, 14. Thom Pearnan (30) 1:04:09, 15. Gilbert Ponce (33) 1:04:37, 16. Wolf Hillesheim (47) 1:04:58, 17. Tim West (43) 1:05:05, 18. Michael Jones (38) 1:05:19, 19. Stephanie Green (23) 1:06:09, 20. Terry Reitze (28) 1:07:31.

South Embarcadero Run

February 14, San Francisco. 6.25 Mile.

Overall Results

1. Mike Mastrangelo 35:21, 2. Anthony Beron 35:51, 3. Antonio Corgas 35:57, 4. Mikey Bolgatz 36:26, 5. Chet Barney 37:05, 6. No Name 37:16, 7. Kevin Cowan 37:41, 8. Tyler Abbott 38:31, 9. Herman Escajadillo 38:38, 10. John Weidinger 38:40.

11. Ron Long 38:53, 12. Jose Portillo 39:26, 13. Dan Milley 39:49, 14. Theo Jones 40:19, 15. Dick Parker 40:21.

Together With Love

February 14, Pacific Grove. 10K.

Division Results - Men

6-13: 1. Nathan Pitts 41:15, 2. Billy Glass 46:02, 3. Mark Ferlito 55:29, 14-16: 1. Robert Nichols 36:27, 2. Britton Owen 37:21, 3. Greg Kaminskis 41:17, 17-19: 1. Ryan McNeley 34:33, 2. Chao Hawker 35:47, 3. Evan Hughes 35:51, 20-24: 1. Garl Ruddy 35:18, 2. Peter Burval 37:24, 3. Eric Martin 37:57, 25-29: 1. Brian Moody 31:03, 2. Jim Scattini 33:42, 3. Brad Holbrook 34:34, 30-

34: 1. Jose Aispuro 30:59, 2. Brian Dougherty 33:29, 3. Jim Christensen 33:36, 35-39: 1. Jim Poulos 34:40, 2. Scott Peters 35:27, 3. Steve Tietz 38:03, 40-44: 1. Steve Ottaway 36:42, 2. Tom Augustitus 37:09, 3. Dennis Barley 37:33, 45-49: 1. Mike Dove 33:57, 2. Marc Lieberman 36:32, 3. Gene Bath 38:14, 50-54: 1. Gerry Holmes 37:59, 2. Jay Cook 38:19, 3. Lawrence Lyonhardt 39:29, 55-59: 1. Bob Tarozzi 39:54, 2. Dick Shorman 39:59, 3. William Flodberg 42:59, 60-64: 1. Jose Silva 48:52, 2. Erland Reuter 53:22, 3. Robert Chadwick 54:09, 65-69: 1. Woody Lonsford 47:03, 2. Rex Morton 48:57, 3. Bob Mills 49:24, 70 & Over: 1. Albert Jarschke 57:11, 2. Pierre Delfausse 1:02:34, 3. Giulio DePatra 1:15:32. Wheelchair: 1. Jerry Deets 29:55.

Division Results - Women

6-13: 1. Sarah Pitts 43:46, 2. Rachel Pitts 47:09, 3. Desiree Longoria 59:28, 14-16: 1. Maria Pleyette 43:27, 2. Isabelle Young 47:56, 3. Alice Irvine 47:56, 17-19: 1. Cedar Lindsey 50:41, 2. Amanda Lowrey 1:02:11, 3. Suzie Castro 1:05:52, 20-24: 1. Christine Ohanolon 41:35, 2. Laura Vega 44:38, 3. Elizabeth Watkins 47:37, 25-29: 1. Ramona Lopez 38:26, 2. Alejandra Aguirre 40:58, 3. Michelle Perry 42:13, 30-34: 1. Lori Robertson 38:43, 2. K Uemura 41:25, 3. Michele Regalado 43:30, 35-39: 1. Erika Sauer 44:36, 2. Kathy Boettcher 45:46, 3. Sharon Osgood 46:52, 40-44: 1. Kate Wagner 45:01, 2. Kaye Provin 45:13, 3. Susan Love 45:16, 45-49: 1. Joan Ottaway 38:12, 2. Julie Yaffee 45:10, 3. Lynne Kosorek 47:47, 50-54: 1. Sandra Freel 50:28, 2. Cindy Hutcherson 54:21, 3. Bev Parks 54:46, 55-59: 1. Margaretha Maryk 50:06, 2. Marge Nelson 1:06:47, 3. Shirley Thompson 1:07:27, 60-64: 1. Marjorie Scanlon 1:03:37, 2. Phyllis Iacampo 1:17:11, 3. Nancy Rushmer 1:34:52, 65-69: 1. Marietta Larson 1:31:42, 2. Lynn Swerrie 1:33:20, 3. Helga Buss 1:47:19, 70 & Over: 1. Marguerite Faller 1:32:19, 2. Laura Derrinck 1:47:03, 3. Mildred Jeroue 1:47:29. Wheelchair: 1. Emily Ball 56:28.

Relay Results

1. Steve Ottaway/Joan Ottaway 1:14:54, 2. Lorri Robertson/Robbie Robertson 1:20:33, 3. Ryan McNeley/Isabelle Young 1:22:29.

Valentine Day Run & Walk

February 14, Oakland. 5K & 10K.

Almost 3,400 runners and walkers—the largest number of participants of any race in the East Bay—took part in the 18th annual Valentine Day Run & Walk on Sunday, Feb. 14, 1993, according to Bob Schock, co-chair of the event. First place finishers for men and women in the 5K race were Mike Spencer of Castro Valley and Julia Stamps of Santa Rosa. Raimundo Coutinho of San Francisco was the top contender of the 10K category for men, while Terry Handy of San Francisco took that honor for women.

Overall Results - 5K

Men: 1. Mike Spencer (Castro Valley) 14:54, 2. Thom Trimble (Concord) 15:41, 3. (tie) Steve Brown (Piedmont) and Greg Donson (Hayward) 15:42.

Women: 1. Julia Stamps (Santa Rosa) 17:55, 2. Jeane Sapienza (San Francisco) 17:56, 3. Laurie Binder (Oakland) 18:15, 4. Melanie Murray (San Francisco) 18:40.

Overall Results - 10K

Men: 1. Raimundo Coutinho (San Francisco) 32:21, 2. Guillermo Cazares (Alameda) 32:57, 3. Chris Gould (Oakland) 33:30, 4. Alex Ramirez (San Leandro) 34:11.

Women: 1. Terry Handy (San Francisco) 40:35, 2. Pamela Hayes (Mill Valley) 41:52, 3. Jeanie Urness (Mather AFB) 43:29, 4. Mary Emmerich (Lafayette) 43:36.

Full Moon Duathlon Series

February 20, Las Vegas, NV.

Overall Results - Men

1. Bruce Balch (38) Las Vegas 1:25:34, 2. Danny Murphy (27) Las Vegas 1:27:09, 3. John Demarco 1:30:57, 4. Jack Pratenhauer 1:31:35, 5. Rick Gosse 1:32:15, 6. Giampaolo Sesto 1:34:04, 7. Guy Langsdale 1:34:30, 8. Eric Fusch 1:35:11, 9. Wayne Petersen 1:35:24, 10. Tony Gerardi 1:35:42.

Overall Results - Women

1. Becky Benjamin 1:45:51, 2. Mayer Clarisse 2:09:35, 3. Jane Steckbeck 2:18:09, 4. Karen Lewis 2:23:43.

Relay Results

1. Team Sanborn Sourdough 1:28:59, 2. Team K&R 1:30:11, 3. Team Demery/Hirsch 1:37:12, 4. Team Pearce 1:37:37, 5. Team Flamingo 1:45:40.

The Great American Adventure Run

February 20, Central Park West, Huntington Beach.

4.8 Mi & 2.8 Mi.

Division Results - Men's 2.8 Mile

13 & Under: 1. Joseph Hernandez 20:16, 2. Chris Moore 26:34, 3. Jeff Deher 29:22, 14-17: 1. Erich Phinizy 18:23, 2. James Uwins 19:04, 3. Jim Chimwisi 19:53, 18-23: 1. Phil Suttiff 18:01, 2. Damon Ho 18:50, 24-29: 1. Steve Brase 20:48, 2. Dwayne Carpenter 23:24, 3. Dak Fictsam 24:50, 30-34: 1. Toni Konvalin 18:22, 2. Jon Levin 19:41, 3. Jorge Olvera 20:38, 35-39: 1. David Mott 18:46, 2. Peter Pendland 18:49, 3. Rob McNair 19:14, 40-44: 1. Bob Hermes 17:28, 2. Walt Hitt 19:27, 3. Dick Haas 20:35, 45-49: 1. Don Bell 21:20, 2. Bill Trap 21:27, 3. Pete Ganulin 23:28, 50-54: 1. Frank DeLuca 22:23, 2. Bill Winn 24:47, 55-59: 1. Hank Munoz 22:01, 2. Dave Hurlburt 22:15, 3. Jon Visel 22:40.

Division Results - Women's 2.8 Mile

13 & Under: 1. Megan McGowan 21:19, 2. Lyndsey Kuehn 25:44, 3. Patricia Diaz 26:42, 14-17: 1. Tara Alvarez 22:07, 2.

Jade Jamieson 24:45, 3. Gandra Aiba 30:28, 24-29: 1. Laurie White 22:07, 2. Suzanne Kimball 24:35, 3. Michele Sanchez 26:41, 30-34: 1. Diane Stovall 28:16, 2. Michelle Larkin 33:09, 3. Leah Shaw 33:09, 35-39: 1. Lori O'Neill 23:21, 2. Kathy Edgell 23:56, 3. Lexie Bauer 30:25, 40-44: 1. Deborah Jamieson 23:49, 2. Pamela Roberts 28:18, 3. Kim Ong 29:30, 45-49: 1. Sue Reinhardt 22:37, 50-54: 1. Carol Dougherty 26:18, 55-59: 1. Sharon Sims 28:17, 60 & Over: 1. Eleanor Todd 44:16.

Division Results - Men's 4.8 Mile

13 & Under: 1. Matt Schmidt 35:06, 2. Joseph Hernandez 35:26, 3. John Huehn 37:19, 14-17: 1. James Uwin 31:47, 18-23: 1. Steve Moraes 31:55, 2. Damon Ho 32:07, 24-29: 1. Anthony Ryba 30:09, 2. Jesus Chavez 30:42, 3. Kelly O'Shanghnessy 32:51, 30-34: 1. Eddie Edwards 29:04, 2. Kevan Denter 32:21, 3. Tony Konvalin 33:05, 35-39: 1. David Mott 33:12, 2. Angel Lao 34:03, 3. Rob McNair 34:31, 40-44: 1. Bob Hermes 29:17, 2. Raul Medina 33:32, 3. Rudi Schmidt 34:13, 45-49: 1. Don McCarthy 32:14, 2. Bill Trap 36:40, 3. Hugh Brown 40:11, 50-54: 1. Frank DeLuca 38:52, 2. Lee Mooschlekan 44:50, 55-59: 1. Hank Munoz 37:49, 2. Michael McGowan 39:41, 3. Jon Visel 40:37, 60 & Over: 1. Paul Saucedo 35:26.

Division Results - Women's 4.8 Mile

13 & Under: 1. Megan McGowan 37:22, 2. Liset Lopez 44:43, 3. Deana Vera 49:15, 18-23: 1. Ann Blood 46:34, 2. Elizabeth Bui 46:35, 3. Leah Sparks 50:21, 24-29: 1. Barbara Miller 38:34, 2. Jennifer Sullivan 43:07, 3. Kimberly Tarioff 48:30, 35-39: 1. Louise Anderson 44:56, 2. Karen Brownlee 47:21, 3. Deana Judd 49:23, 40-44: 1. Marian Cristobal 45:48, 2. Debra Hinz 46:48, 3. Fari Gummerson 48:06, 45-49: 1. Sue Reinhardt 39:50, 2. Cal Bergman 52:21, 50-54: 1. Carol Dougherty 46:23, 55-59: 1. Sharon Petrozzi 54:30.

City of Los Alamitos Health Run & Walk

February 20, Los Alamitos. 5K & 10K.

Overall Results - 10K

Men:

1. Mark Junkermann 30:06, 2. Farron Fields 30:09, 3. Tyus Deminter 30:27, 4. Ralph Garibaldi 31:18, 5. Jose Ortiz 31:30, 6. Gordon Duff 31:34, 7. Nolan Smith 31:53, 8. Gus Quinonez 32:11, 9. Frank Plasso 32:59, 10. Alfredo Rosas 33:00.

Women:

1. Kathleen Smith 34:52, 2. Jennifer Briggs 36:56, 3. Tammy Babiracki 37:58, 4. Anita Correa 38:11, 5. Karen Stokes 39:01, 6. Merle Heimberg 39:48, 7. Sonya Swan 40:40, 8. Loretta Cruz 40:52, 9. Jennie Cole 41:22, 10. Carey Gazis 41:31.

Overall Results - 5K

Men:

1. Angel Roman 15:16, 2. Rick Waterman 15:53, 3. Art Molina 15:59, 4. Hans Soell 16:04, 5. Mark Valgrother 16:15, 6. Dave McKissick 16:26, 7. Ron Combs 16:47, 8. Thomas Gallagher 17:07, 9. Pablo Pintor

RESULTS

17:33, 10. David Noyes 17:34.

Women:

1. Kimberly Bates 20:34, 2. Saralyn Dixon 26:41, 3. Liz Oculi 21:10, 4. Laurie Silwa 21:18, 5. Edith Salas 21:30, 6. Beth Ryan 21:32, 7. Jennifer Kling 22:22, 8. Cindy VanStralen 22:34, 9. Kathy Hamlin 22:42, 10. Ruth Heller 23:32.

Overall Wheelchair Results

1. Eric Meltzel 22:22, 2. Raymond Stewart 26:43, 3. Paul Manocchio 27:40.

Tennessee Valley Waltz

February 20. Ft. Cronkhite. 9.6 Mi. & 5 Mi.

Overall Results - 9.6 Mile

1. Bradford Bryon (35) 1:04:53, 2. Guy Palmer (34) 1:05:54, 3. Nick Ratti (20) 1:08:49, 4. Julios Ratti (42) 1:09:05, 5. Peter Franks (46) 1:10:52, 6. Mitch Deshields (27) 1:12:40, 7. Glenn Goodman (36) 1:14:21, 8. Jerry Lyerly (53) 1:15:26, 9. Kimo Bailey (36) 1:15:56, 10. Ken Cicinelli (27) 1:16:49.

Overall Results - 5 Mile

1. Bob Ward (53) 53:46, 2. Mark Miller (41) 56:12, 3. Randy Gardenhire (39) 58:56, 4. David Jump (33) 1:00:51, 5. Corina Stetiu (27) 1:00:56.

City of Chino Triathlon

February 20. Chino.

Overall Results

1. Don Orr (30-34) 45:33, 2. Bill Whitman (25-29) 47:01, 3. H. Market Apache 47:09, 4. Guy LaRocque (30-34) 47:14, 5. Aldo Toso (35-39) 48:14, 6. Shane Whitney (15-19) 48:21, 7. Brian Sanchez (15-19) 48:34, 8. Daniel Vinson (15-19) 48:42, 9. Mark McAdams (25-29) 49:37, 10. Rico Martinez (20-24) 49:50.

11. David McGuire (25-29) 50:10, 12. Randolph Scholl (35-39) 50:18, 13. Robert Kaiser (25-29) 50:20, 14. Forrest Walker (30-34) 50:27, 15. John McPhillips (35-39) 50:44, 16. Jose Aponte (40-44) 50:47, 17. Sean Smith (25-29) 50:51, 18. Rob Hogan (35-39) 51:01, 19. Stan Kiefer (35-39) 51:01, 20. Last Minute 51:02.

21. Tony Donagracia (35-39) 51:03, 21. Steward Daye (30-34) 51:03, 22. Transcontinental Connection 51:04, 23. Dave Fleishman (25-29) 51:05, 24. Brad Kaplan (40-44) 51:11, 25. Gary Nicotra (35-39) 51:22, 26. RDJ 51:26, 27. Tom Murphine 51:26, 28. Mike Martinez (20-24) 51:27, 29. Van Mowry (40-44) 51:28, 30. James Summers (30-34) 51:33.

Whale Festival

February 21. Dana Point. 5K.

Overall Results

1. Rob Lakeman (28) 16:01, 2. Rod Hansen (24) 16:07, 3. Enrique Alvarez (39) 16:15, 4. Greg Stromberg (40) 16:20, 5. Bob Langston (42) 16:25, 6. Bruce Guter (39) 17:04, 7. Steve Kollmeyer (42) 17:04, 8. Walter O'Brian (32) 17:05, 9. Tom Wil-

liams (43) 17:05, 10. Fernando Ayala (16) 17:18.

11. Janelle Dovalina (23) 17:33, 12. Clint Allen (17) 17:43, 13. Ken Rogers (40) 17:48, 14. Michael Dahlin (29) 17:59, 15. Tom Wright (25) 18:01, 16. Mark Franz (35) 18:08, 17. Jose Aponte (42) 18:12, 18. Marc Andrews (24) 18:15, 19. Carlos Castaneda (39) 18:29, 20. Regan Spalty (43) 18:29.

21. Jack Garland (42) 18:31, 22. Bob Olson (50) 18:31, 23. Paul Arsenaull (34) 18:35, 24. Marina Jones (41) 18:35, 25. Jim Jennings (43) 18:36.

Indian Springs Triathlon

February 21. Calistoga. (400 Y Swim, 17 Mi. Bike, 5K Run)

Division Results - Men

8-18: 1. Robert Haas 1:18:41, 2. Warren Lanier 1:28:43, 3. Beau Rhodes 1:40:08. 19-29: 1. Garrett Wynne 1:13:27, 2. Tim Hess 1:14:00, 3. George Sobiesk 1:14:19. 30-39: 1. Michael Taylor 1:15:42, 2. Mike Cannon 1:18:55, 3. Bill Wright 1:19:09. 40-49: 1. Gordon Gould 1:17:19, 2. Kees Tuinzing 1:25:32, 3. Richard Helfetz 1:25:57. 50-59: 1. Bruce Piner 1:25:57, 2. Jack Sorensen 1:28:08, 3. Gregory Ryan 1:34:30. 60-69: 1. Vic Crosetti 1:53:46.

Division Results - Women

19-29: 1. Jill Newman 1:19:58, 2. Emily Ellison 1:25:10, 3. Joanne Kelley 1:26:03. 30-39: 1. Ann Mesaros 1:26:23, 2. Laurie Piner 1:29:21, 3. Marybeth Temples 1:35:59. 40-49: 1. Linda Gloystein 1:43:52, 2. Danielle Cane 1:47:56, 3. Phyllis Miller 1:51:44. 50-59: 1. Joanne Kambur 2:02:01.

California Vertical

February 25. San Francisco. 35 Flights of Stairs.

Division Results - Men

Overall Winners: 1. Glen Winkel 3:27, 2. Philip Banderson 3:35, 3. Scott Schumaker 3:43. 18-24: 1. Philip Sanderson 3:35, 2. Scott Schumaker 3:43, 3. B. Cromley 4:33. 25-29: 1. Ken Souza 4:00, 2. Lionel Shaw 4:05, 3. Daniel Marks 4:15. 30-34: 1. Glen Winkel 3:27, 2. William Lasher 4:21, 3. Tony Sponzilli 4:26. 35-39: 1. Nathan Smith 4:08, 2. Scott Erickson 4:55, 3. Henry Mazaleski 5:07. 40-44: 1. Jeff May 5:11, 2. Hans Facer 5:24, 3. Kay Brown 5:39. 45-49: 1. M. Levine 3:41, 2. Tomas Pastalka 4:40, 3. Richard Parker 5:33. 50-54: 1. Mike Hoy 5:15, 2. Eldon Ream 7:13, 3. Ed Forhe 8:30. 55-60: 1. Wayne Chung 8:08. 60 & Over: 1. Otto Sommerger 10:03.

Division Results - Women

Overall Winners: 1. Julie Moss 5:08, 2. Elizabeth Collins 5:16, 3. Renne Covi 5:26. 18-24: 1. Renne Covi 5:26, 2. Melissa Ople 6:19, 3. Leslie Myers 6:36. 25-29: 1. Elizabeth Collins 5:16, 2. Mindy Nagel 5:30, 3. Leslie Rivers 6:36. 30-34: 1. Julie Moss 5:08, 2. Lucy McAllister 6:16, 3. Judi Shaffer 6:17. 35-39: 1. Sherry Scott 6:45, 2. Kila Kinlaw 8:37, 3. Eileen McCarthy 8:45. 40-

44: 1. Christie Patterson 5:44, 2. Ruby Gama 5:57, 3. Pat Houden 7:39.

Brick Yard Run

February 27. Martinez. 5.5 Mile.

Division Results - Men

Overall Winners: 1. Thom Trimble 26:33, 2. Kevin Searls 26:48, 3. Dan Marks 27:00. 13 & Under: 1. Brian Whitford 39:12. 14-20: 1. Hyrum Ernstrum 29:44, 2. Suti Pardip 32:54. 21-29: 1. Dan Marks 27:00, 2. Ruben Carillo 27:31, 3. David Liotta 28:41. 30-34: 1. Thom Trimble 26:33, 2. Brian McGuire 27:44, 3. Don Hicks 27:59. 35-39: 1. Kevin Searls 26:48, 2. Steve Chavez 28:05, 3. Keith Duncan 29:30. 40-44: 1. Jim Roberts 27:45, 3. Daniel Ortiz 29:39, 3. G. Garcia 29:53. 45-49: 1. Phil Murphy 30:21, 2. John Cummings 30:29, 3. John Monteverdi 30:36. 50-54: 1. Rolf Nebelung 30:48, 2. Anthony Gang 31:12, 3. Dan Aland 31:24. 55-59: 1. Russ Kiernan 30:52, 2. Peter Todd 34:24, 3. Richard Austin 37:03. 60-69: 1. Bob Malain 34:49, 2. Lloyd Anderson 39:13, 3. David Nethaway 39:49. 70 & Over: 1. Tertius Chandler 47:40.

Division Results - Women

Overall Winners: 1. Sharlet Gilbert 33:27, 2. Suzanne Kowalski 34:12, 3. Katy Samuelson 35:36. 13 & Under: 1. Monique Melara 36:21. 14-20: 1. Melanie Melara 36:10, 2. Molly McNeerney 41:31. 21-29: 1. Valerie Knafelc-Reiner 36:55, 2. Paige Tully 37:59, 3. Suzanne Vomund 42:52. 30-34: 1. Suzanne Kowalski 34:12, 2. Katy Samuelson 35:36, 3. Val Dover 37:44. 35-39: 1. Mary Langlois 37:07, 2. Judy Guinn 40:57, 3. Leslie Cobb 56:35. 40-44: 1. Sharlet Gilbert 33:27, 2. Barbara Ginos 39:19, 3. Phyllis Miller 39:30. 45-49: 1. Linda Wimmer 39:04, 2. Peggy Kwok 40:06, 3. Dexter Dobberpuhl 40:09. 50-54: 1. Valerie Doyle 37:15, 2. Karen Gudiksen 46:26, 3. Jan Knafelc 53:17. 55-59: 1. Barbara Robben 41:27, 2. Harriet Kelly 57:12. 60-69: 1. Ruth Anderson 44:47, 2. Hanna Szoke 46:38, 3. Annabel Marsh 56:27. 70 & Over: 1. Judy Golding 52:00.

The Castaway Runs

February 27. Millbrae. 5K & 10K.

Overall Results - 5K

1. Nick Nickols (33) 16:16, 2. John K. (29) 16:34, 3. Jim Gorman (44) 16:39, 4. Mike Conroy (48) 17:31, 5. Eamon Cooke (50) 18:14, 6. Jim Jenke (38) 18:22, 7. Garrett Fogel (13) 18:26, 8. Francine Nunley (31) 18:28, 9. John Volkert (45) 19:22, 10. Laura Najarian (23) 19:25.

11. Alvaro Munoz (38) 19:31, 12. Mary Bryan (32) 19:41, 13. John Sutter (32) 19:55, 14. Bob Livingstone (41) 20:15, 15. Spencer Robbins (33) 20:38.

Overall Results - 10K

1. Richard Easton (37) 35:01, 2. Gabriel Sandoval (45) 35:29, 3. Neal Amsden (34) 37:08, 4. David Rissmiller (47) 37:27, 5. Bob Barber (55) 37:54, 6. John Weidinger (51) 38:13, 7. John Hyun (31) 38:29, 8. Lynn Macy (38) 38:57, 9. George Musante (38) 39:00, 10. Richard Siciliano (47) 41:44.

The Great Chowder Chase

February 28. Santa Cruz. 4.5 Mile.

Division Results - Men

Overall Winners: 1. Jose Aispuro (31) Watsonville 22:19, 2. Brian Cann (25) San Francisco 23:07, 3. Bob Ebert (38) Santa Cruz 23:21. 6-12: 1. Joseph Heywood 31:45, 2. Jacob Huskey 34:27, 3. Tyson Wiles 34:32. 13-18: 1. Douglas Ellington 24:56, 2. Steve Taylor 25:57, 3. Justin Salinas 27:30. 19-24: 1. Edward Parrot 23:23, 2. Ian Blair 23:28, 3. Martin Smith 23:32. 25-29: 1. Brian Cann 23:07, 2. Brad Holbrook 24:16, 3. Patrick McNenny 24:30. 30-34: 1. Jose Aispuro 22:19, 2. Brian Daugherty 23:30, 3. Gilbert Munoz 24:07. 35-39: 1. Bob Ebert 23:21, 2. Dane Hart 24:51, 3. Michael Mirache 25:49. 40-44: 1. Vasilis Kondylis 25:26, 2. Ken Johnson 26:51, 3. Kenny Warde 27:12. 45-49: 1. Gregory Brock 24:36, 2. David Furst 25:22, 3. Bob Lilly 26:10. 50-54: 1. Jim Weber 29:53, 2. Archie Maclean 30:59, 3. Joseph Edwards 32:32. 55-59: 1. Donelson Moss 31:41, 2. Luis Reyes 34:01, 3. Tom Reynolds 35:06. 60-64: 1. Hi Fujii 34:18, 2. Dick Yeager 34:24, 3. John Locarnini 35:56. 65-69: 1. Joe Hornbrook 33:38, 2. Ken Nash 36:28, 3. Jim Eymann 38:25. 70 & Over: 1. Jack Friedlander 39:52, 2. George Leavitt 43:16, 3. John Guinee 43:53.

Division Results - Women

Overall Winners: 1. Jeannie Urness (30) Mather AFB 26:35, 2. Julie Rohloff (30) Los Gatos 27:52, 3. Jill Strangio (28) Pleasanton 28:27. 6-12: 1. Erin Curtis 44:18, 2. Sara Avila 44:21, 3. Noelle 44:37. 13-18: 1. Michelle Kiyono 30:34, 2. Mei-Long McNamara 32:03, 3. Kimberley Wilkes 32:03. 19-24: 1. Stacey Roberts 28:34, 2. Jennifer Gannon 28:57, 3. Aimee Mangan 29:05. 25-29: 1. Jill Strangio 28:27, 2. Amy Cathcart 29:42, 3. E. Naranjo 30:58. 30-34: 1. Jeannie Urness 26:35, 2. Julie Rohloff 27:52, 3. L. Kulkis 31:29. 35-39: 1. Barbara Myers-Acosta 28:32, Donna Hinshaw 29:48, 3. Nancy Ogle 30:14. 40-44: 1. Ruby Gama 35:06, 2. Maureen Roberts 36:30, 3. Grace Starr 36:50. 45-49: 1. Barbara Gray 34:26, 2. Kathy Frank 35:23, 3. Maureen Fratis 39:10. 50-54: 1. Pat Wightman 38:08, 2. Phyllis Rosenblum 40:32, 3. Jeanette Tomblin 40:41. 55-59: 1. Nancy Troxa 37:31, 2. Diane Heinze 56:46, 3. Connie Carey 1:06:07. 60-64: 1. Emily Maloney 40:50, 2. Jeanne Feaster 49:59, 3. Ruth Levitan 51:01. 65-69: 1. Paulette Parsons 47:54. 70 & Over: 1. Blanch Vensel 56:16.

Wildflower Wilderness Runs

February 28. San Bruno. 5K & 10K.

Overall Results - 5K

1. Nick Nickols (33) 18:10, 2. Alvaro Munoz (38) 20:13, 3. Terry Manchego (48) 20:07, 4. Kevin Young (42) 21:24, 5. Gary Anghinetti (42) 21:52, 6. Richard Torres (26) 24:40, 7. Rick Jacobs (29) 24:41, 8. Patrick Gallagher (41) 24:44, 9. Lori Sulli-

RESULTS

van (41) 28:11, 10. Beth Elliot (30) 30:03.

Overall Results - 10K

1. Tony Fong (33) 43:31, 2. Lucio Perez (31) 45:38, 3. Ken Cicinelli (27) 45:54, 4. James McLaren (31) 46:19, 5. Doug Engler (34) 47:40, 6. Jose Portillo (25) 48:20, 7. Michael Whamond (23) 48:58, 8. Scott Dimetroski (28) 50:34, 9. Pamela Neronha (34) 52:43, 10. Jerry Ratti (41) 53:01.

11. Joe Sullivan (41) 54:25, 12. David Combs (34) 54:49, 13. Jeff Hollobaugh (31) 55:10, 14. Richard Siciliano (47) 57:20, 15. Dennis Barrett (39) 59:55.

Sprint Duathlon Series

March 6, Irvine.

Division Results - Men

12 & Under: 1. Alan Gunnet 1:17:29, 13-17: 1. Robert Karman 47:04, 2. Dustin Raddatz 57:20, 3. Patrick Zahn 1:00:06, 18-24: 1. Alexandre Manzan 43:35, 2. Robb Dorf 44:22, 3. John Ellis 50:02, 25-29: 1. Terry Sedgewick 42:54, 2. Randy Johnson 44:38, 3. Mac Williamson 45:39, 30-34: 1. Roger Drews 46:11, 2. Guy La Rocque 48:38, 3. Steve Burrows 48:52, 35-39: 1. Robert Wiegand 46:16, 2. Tom Waner 48:54, 3. Brent Smith 51:12, 40-44: 1. Brad Kaplan 48:59, 2. John Reese 51:49, 3. Eddie Kolofer 52:07, 45-49: 1. Rick Allan 47:16, 2. Joe Facobsen 47:21, 3. Jim Luft 52:27, 50-54: 1. Gene Mote 50:21, 2. Gary Smith 52:43, 3. Don Cuiton 53:37, 55-59: 1. Jim Andres 53:58, 2. Jerry Bordelon 55:41, 60-64: 1. Remy Burkel 58:33, 2. Mort Kanter 1:14:15.

Division Results - Women

12 & Under: 1. Allison Woodmansee 1:02:31, 13-17: 1. Stefanie Woodmansee 53:49, 2. Jodi Hatak 1:03:51, 3. Salina Diaz 1:10:39, 18-24: 1. Terez Eid 1:13:39, 25-29: 1. Nancy Riedel 46:43, 2. Mary Robinson 56:42, 3. Brittany Busche 1:06:22, 30-34: 1. Sandy Meister 50:18, 2. Cheryl Holden 59:58, 45-49: 1. Susan Baker 1:20:33, 50-54: 1. Maryann Zounes 59:19, 2. Karen Long 1:12:52.

American Medical Student Association Heart Beat Runs

March 6, Davis. 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. James O'Neill 25:31, 2. Christopher Blackerby 28:01, No Name 31:13, 13-19: 1. Mike Schwartz 17:56, 2. John Hudson 20:24, 3. Noah Kamayer 21:39, 20-29: 1. Brad Lael 15:57, 2. Robert Davis 16:04, 3. David Burns 16:24, 30-39: 1. John Ferraro 16:35, 2. Thom Pearman 16:48, 3. Edward Creighton N.T., 40-49: 1. Tim Shannon 16:31, 2. Mike Ammon 17:02, 3. Armand Repulies 17:30, 50-59: 1. Frederick Mattos 19:23, 2. John Brown 21:11, 3. Ricardo Guidolin 21:19, 60-69: 1. Bill Won 22:17, 2. John Maloney N.T., 3. Patrick Putney N.T., 70 & Over: 1. Lawrence Viglienza N.T., Wheelchair: 1. Lewis Blair 23:26.

Division Results - Women's 5K

12 & Under: 1. Amanda Blackerby 25:43, 2. Sarah Jolley 32:30, 13-19: 1. Lisa Ward 24:19, 2. Cori McClaughry 25:40, 3. Jane Lee 26:14, 20-29: 1. Kristen Nelson 20:30, 2. Catherine Millikin 20:54, 3. Toni Sellyei 22:26, 30-39: 1. Alecia Jawor 18:38, 2. Cindy Soon 18:41, 3. Vickie Pell 19:36, 40-49: 1. Marcia Hillary 22:21, 2. Glenola Laird 24:37, 3. Linda Beaudin 25:33, 50-59: 1. Rusty Barnett 21:01, 2. Janet Seiler 27:37, 3. Marilyn Won 28:03, 60-69: 1. Marilyn Maloney N.T., 2. Lupe Sosa N.T., 70 & Over: 1. Marcella Greene N.T.

Division Results - Men's 10K

20-29: 1. Erik Prussel 32:02, 2. Jonathan Brooks 32:38, 3. Christopher Saucedo 34:21, 30-39: 1. Matt Yao 31:43, 2. Gregg Morin 33:06, 3. Don Hicks 33:32, 40-49: 1. Chris Enfante 34:34, 2. Tom Jones 39:14, 3. Bill Welsh 39:36, 50-59: 1. Jerry Lyerly 37:57, 2. Anthony Gangi 38:22, 3. Ben McCoy 41:32, 60-69: 1. Vic Lyons 55:41, 70 & Over: 1. Paul Camerer 1:01:47, Wheelchair: 1. Chuck McAvoy 32:21.

Division Results - Women's 10K

13-19: 1. Aimee Scherer 39:55, 2. Erika Bradford N.T., 20-29: 1. Alejandra Aguirre 39:18, 2. Rani Pheneger 42:33, 3. Anya Ryan 44:07, 30-39: 1. Kathy Ward 38:25, 2. Tammy White 43:59, 3. Jenny McCapes 45:58, 40-49: 1. Terri Busch 48:02, 2. gussie Curan 51:26, 3. Kathleen Dooley 52:27, 50-59: 1. Gudrun Nachschak 54:18, 2. Carol Keasey 59:34.

Los Angeles Marathon

March 7, Los Angeles.

Overall Results - Men

1. Joseildo Rocha (28) Maceio 2:14:29, 2. Jose Santana (28) Brazil 2:15:00, 3. Guimerindo Olmedo (30) Mexico City 2:15:40, 4. Peter Tshikila (30) South Africa 2:17:22, 5. John Treacy (35) Ireland 2:17:28, 6. Brad Hudson (26) Eugene, OR 2:20:00, 7. Rus-tam Shagiev (30) Moscow 2:23:18, 8. Peter Renner (33) New Zealand 2:25:19, 9. Sam Rotich (35) Albuquerque, NM 2:26:37, 10. Joe Gilboy (33) Irvine 2:28:14, 11. Lazaro Vasquez Sosa (28) Guatemala 2:28:40, 12. Stefan Klauusler (30) Switzerland 2:29:15, 13. Joshua Breslow (24) La Jolla 2:30:03, 14. Hector Lopez (25) L.A. 2:30:29, 15. Jalla Martinez (31) Mexico 2:30:44, 16. Hugo Juarez Barrera (33) Guatemala 2:31:56, 17. Randall Little (23) Fontana 2:32:10, 18. Mario Bueno (29) Mexico 2:33:19, 19. Felix Valdez, Mexico 2:34:04, 20. Juan Rocche Perez (30) Guatemala 2:34:25, 21. Antonio Gutierrez (24) Santa Barbara 2:34:32, 22. Kevin Herbert (28) Newport Beach 2:34:52, 23. Victor Gonzalez (25) Mexico 2:35:09, 24. John Cumbo (24) Canton, OH 2:35:46, 25. Dennis Bock (45) Agoura Hills 2:36:32, 26. Sal Rodriguez (32) Mexico 2:36:38, 27. Hugo Vargas (25) Calif. 2:36:48, 28. Jesus Gutierrez (27) Placentia 2:36:53, 29. Redge Heilsitz (34) Germany 2:36:53, 30. Demetrio Culajay Puluc (26) Guatemala 2:37:02,

31. Eduardo Olivas (29) Mexico 2:37:09, 32. Anthony Kelly (38) Hemet 2:37:16, 33. Bobby Richardson (34) Hermosa Beach 2:37:19, 34. Cesare Ballaben (33) Italy 2:37:39, 35. Joel Hope (35) Corona 2:38:42, 36. Jeff Ambos (31) Rialto 2:39:22, 37. Thomas Estrada (25) Whittier 2:39:49, 38. Javier Lara (35) San Pedro 2:39:49, 39. Jaime Ortiz (32) Montclair 2:39:56, 40. Angel Lara (53) Santa Ana 2:42:10.

41. Daniel Arsenault (30) Garden Grove 2:42:25, 42. Rudi Borgs (39) Antioch, TN 2:42:35, 43. Bartev Topalian (34) Hollywood 2:42:38, 44. Baldemar Lopez (21) Ventura 2:43:05, 45. Antonio Games Cornelio (33) Guatemala 2:43:09, 46. Bolivar Vergara (22) Malibu 2:43:34, 47. Samuel Cortez Quiroz (33) El Monte 2:43:45, 48. John Tuttle (36) Running Springs 2:44:03, 49. Salvador Araujo (32) So. El Monte 2:44:04, 50. Dick Hershman (49) Rolling Hills 2:44:17.

51. Jose Gome (33) Guatemala 2:45:13, 52. Trini Robles (30) Placentia 2:45:28, 53. Harry Johnson (37) Anchorage, AK 2:45:42, 54. Ismael Martinez (40) Mexico 2:45:45, 55. Alejandro Garcia (24) Mexico 2:45:53, 56. Julian Barrera (50) El Salvador 2:46:11, 57. Ahureliano Escobedo (33) Lynwood 2:46:19, 58. Eric Krawitt (24) San Francisco 2:46:27, 59. Jose Arriaga (24) Glendale 2:46:38, 60. Tom Bertch (34) Irvine 2:46:50.

61. Ohuck Teixeira (33) Canyon Country 2:47:07, 62. German Paiz Alvarez (35) Guatemala 2:47:14, 63. Ramon Acosta (27) South Gate 2:47:17, 64. Towik Abdul-lahi (25) Los Angeles 2:47:34, 65. Michael Ikeda (31) Pasadena 2:47:34, 66. Johnny Estrada (34) Orange 2:47:44, 67. Kim Marcus (32) Banning 2:47:48, 68. Ezequiel Hernandez (30) Maywood 2:47:49, 69. Ramos Primo (30) Philippines 2:47:59, 70. Marty Horan (33) Hawthorne 2:48:03.

71. Carlos Nava (25) Santa Ana 2:48:11, 72. Enrique Alvarez (39) Dana Point 2:48:25, 73. Jesus Juarez (35) South Pasadena 2:48:44, 74. Isaac Silva (33) Anaheim 2:48:55, 75. Mebratu Gesetse (30) Los Angeles 2:49:14, 76. Candido Sanchez-Aguilera (29) Wilmington 2:49:23, 77. Alfonso Nunez (29) Huntington Park 2:49:44, 78. Jesus Figueroa (42) Moreno Valley 2:49:46, 79. Santos Eudaldo (35) Los Angeles 2:49:51, 80. Manuel Diaz (40) Inglewood 2:49:58.

81. Andrew MacNaughton (30) Thousand Oaks 2:50:34, 82. Dana Gemme (38) Lakewood 2:50:35, 83. Jose Piedra Santa De Leon (38) Guatemala 2:50:43, 84. Jussi Hamalainen (46) Agoura Hills 2:50:56, 85. Mateo Xo Rax (37) Guatemala 2:51:23, 86. Scott Engel (34) Thousand Oaks 2:51:27, 87. Stephen Harris (39) San Pedro 2:51:32, 88. Benny Medina (52) Santa Rosa 2:51:43, 89. Carlos Perez (28) Los Angeles 2:51:43, 90. Grant Cochran (37) Los Angeles 2:51:48.

91. Michael Blue (32) Manhattan Beach 2:51:55, 92. Cesar Vazquez (29) Hollywood 2:52:00, 93. Norm Weinstein (48) Irvine 2:52:01, 94. Brian Richardson (29) Maple

Grove, MN 2:52:08, 95. Jeff Montgomery (29) Huntington Beach 2:52:12, 96. Garth Parker (41) Canada 2:52:12, 97. Jeff Gantor (23) Manhattan Beach 2:52:16, 98. Enrique Castro Pineda (36) Los Angeles 2:52:20, 99. Rafael Ramos (26) Glendale 2:52:21, 100. Mitchell Mann (33) Garden Grove 2:52:27.

101. Scott Yasgoor (33) Sherman Oaks 2:52:27, 102. Kurt Bommette (32) Valencia 2:52:29, 103. David Louks (39) Newbury Park 2:52:36, 104. Helmut Reitmeir (48) Germany 2:52:42, 105. Nathan Smith (36) Alameda 2:52:51, 106. Ryoichi Tokunaga (36) Mojave 2:52:52, 107. Laddie Shaw (43) Sitka, AK 2:53:00, 108. Rick Ivie (35) Long Beach 2:53:07, 109. Bernd Frick (34) Germany 2:53:17, 110. Kirby Lee (28) Monterey Park 2:53:22.

111. Graham Sly (34) Canada 2:53:26, 112. Donald Kent (25) MacAtawa, MI 2:53:49, 113. Jose Campos (25) El Salvador 2:53:54, 114. Jose Gonzales (28) Placentia 2:53:58, 115. Rigoberto Vega (37) Los Angeles 2:54:00, 116. Manuel Nunes (37) Long Beach 2:54:00, 117. James Langley (35) Newport Beach 2:54:03, 118. Carlos Ruiz (43) Pasadena 2:54:06, 119. Adolfo Nolasco (46) Mexico 2:54:12, 120. Jorge Gutierrez (52) South Gate 2:54:19.

121. Dale Magnin (40) Reno, NV 2:54:26, 122. Larry Dreyer (36) Denver, CO 2:54:43, 123. Takeshi Chida (40) Japan 2:54:45, 124. Mark Murdock (33) Garden City, ID 2:54:55, 125. Anthony Beron (30) San Francisco 2:55:00, 126. Mark Aguilar (38) Los Angeles 2:55:08, 127. Dannel Begay (30) Window Rock, AZ 2:55:10, 128. John Rodgers (29) Santa Barbara 2:55:22, 129. Craig Davidson (39) Phoenix, AZ 2:55:25, 130. Louis Warner (20) Hobbs, NM 2:55:43.

131. Thom Vojacek (32) Venice 2:55:44, 132. Jeff Hines (32) El Cajon 2:55:45, 133. Alfonso Medina (24) Santa Ana 2:55:53, 134. Theron Joe (46) Los Angeles 2:55:57, 135. Gareduno Jesus Estrada (38) Mexico 2:55:59, 136. Fernando Montes (41) Mexico 2:56:03, 137. Anthony Ryba (27) Covina 2:56:06, 138. L. Jimenez (29) Lynwood 1:56:09, 139. Craig Rutledge (32) Pasadena 1:56:16, 140. Guillermo Medrano (18) Azusa 2:56:19.

141. Daniel Arteaga (31) Fontana 2:56:23, 142. Thomas Quaal (30) Corona 2:56:34, 143. Steven Kirsch (26) Santa Monica 2:56:37, 144. Tony Kowalski (31) Citrus Heights 2:56:38, 145. Eric Folkins (25) South Pasadena 2:56:40, 146. Gabriel Vaca (26) San Diego 2:56:41, 147. Gerald Valdez (38) Mare Island 2:56:43, 148. Fred Pichay (42) Laguna Beach 2:56:45, 149. Richard Korf (36) Los Angeles 2:56:52, 150. Peter Gregory (31) Chula Vista 2:57:05.

Overall Results - Women

1. Lyubov Klochko (33) Ukraine 2:39:49, 2. Carole Rouillard (32) Canada 2:41:09, 3. Lutsia Belaeva (35) Russia 2:44:26, 4. Maddie Tormoen, Albuquerque, NM 2:53:13, 5. Judy Mercon (34) Clearwater, FL 2:55:01, 6. Mary Button (33) Los An-

RESULTS

Matthews 34:10, 48. Charles Depner 34:14, 49. Jeff Kirk 34:17, 50. Dirk Rohloff 34:17.

Division Results - Men

15 & Under: 1. Arnold Song 36:20, 2. Tom Becker 37:20, 3. Daniel Garcia 38:16, 16-19: 1. Michael Beprestis 33:32, 2. Eduardo Avila 33:53, 3. Scott McKelvey 34:00, 20-29: 1. Brian Abshire 29:17, 2. Mike Stone 29:50, 3. Sean Wade 30:35, 30-39: 1. Brent Griffiths 30:56, 2. Alan Dehlinger 31:34, 3. Jeff Hacker 31:36, 40-49: 1. Domingo Tibaduiza 30:46, 2. Bill Shawhan 34:29, 3. Bernie Lahde 34:45, 50-59: 1. Tim Rostegge 35:14, 2. Jim Turner 38:00, 3. Jerry LaLonde 38:08, 60 & Over: 1. Hank Fragoza 41:17, 2. George Olivas 42:16, 3. Adrian Rips 42:53.

Overall Results - Women

1. Janet Bowie 34:27, 2. Rae Stiger 35:14, 3. Robyn Berry 35:23, 4. Rosa Gutierrez 36:04, 5. Terry Schmidt 36:16, 6. Cristine Kennedy 36:21, 7. Susie Blake 36:34, 8. Jeanne Sapienza 37:04, 9. Sandy Patterson 37:11, 10. Julie Thomas-Rohloff 37:14, 11. Joan Ottaway 37:21, 12. Valerie Randhawa 37:31, 13. Maura Connolly 37:39, 14. Melissa Martel-Accetta 37:49, 15. Shirley Matson 37:50, 16. Ramona Lopez 38:00, 17. Karen Rowen 38:06, 18. Jennifer Cubillas 38:20, 19. Barbara Acosta 38:32, 20. Laurie Binder 38:35, 21. Patricia Fanelli 38:38, 22. Karen Saxena 38:46, 23. Melanie Hiatt 38:47, 24. Amanda Hess 38:54, 25. Melinda Morss Villar 39:01, 26. Sheri McCarroll 39:02, 27. Christina Hand 39:13, 28. Connie Kondo 39:25, 29. Stacey Moseley 39:32, 30. Melanie Murray 39:35, 31. Susan Carey 39:35, 32. Ingrid Smith 39:40, 33. Gloria Barron 39:54, 34. Mallia Dineel 39:58, 35. Linda Schirmer 40:04, 36. Susan Boon 40:11, 37. Margaret Lang 40:20, 38. Sandy Sanchez 40:26, 39. Sue Francis 40:28, 40. Linda Sieut 40:31, 41. Amy Cathcart 40:34, 42. Katie Wood 40:36, 43. Shannon Sweeney 40:38, 44. Dana Goldfarb 40:39, 45. Kelly Cannell 40:48, 46. Nanette Garcia 40:55, 47. Elizabeth Vitalis 41:02, 48. Debs Holst 41:03, 49. Jill Glisvoid 41:14, 50. Jackie Biddle 41:28.

Division Results - Women

15 & Under: 1. Sarah Pitts 44:06, 2. Erin DeLaCruz 47:55, 3. Krissy Briscoe 48:39, 16-19: 1. Phuong-Mai Bui-Quang 46:09, 2. Nicole Garzon 47:53, 3. Alexia Morici 47:57, 20-29: 1. Janet Bowie 34:27, 2. Rae Stiger 35:14, 3. Robyn Berry 35:23, 30-39: 1. Terry Schmidt 36:16, 2. Cristine Kennedy 36:21, 3. Sandy Patterson 37:11, 40-49: 1. Joan Ottaway 37:21, 2. Laurie Binder 38:35, 3. Patricia Fanelli 38:38, 50-59: 1. Shirley Matson 37:50, 2. Janice Walton 53:09, 3. Luise Muller 53:38, 60 & Over: 1. Joy Johnson 52:25, 2. Jean LaFever 1:01:21, 3. Carmen Hegarty 1:01:35.

Cool Canyon Crawl

March 13. Cool. 50K.

Overall Results

1. Rich Hanna (28) 3:36:06, 2. Dennis Rinde (34) 3:38:24, 3. Tom Johnson (33) 3:39:58, 4. Mark Richtman (37) 3:48:59, 5. Tim Twietmeyer (34) 3:58:15, 6. Ann Trason (32) 3:59:32, 7. Carl Andersen (32) 3:59:32, 8. Brian Purcell (36) 4:01:18, 9. Joe Schlereth (42) 4:06:38, 10. Ray Scanell (43) 4:09:43, 11. Bruce Linscott (34) 4:12:28, 12. Dow Mattingly (41) 4:13:13, 13. Mark Samuelson (39) 4:13:19, 14. George Staub (37) 4:16:36, 15. Charles Crompton (45) 4:23:37, 16. David Hannaford (42) 4:26:29, 17. Doug Schrock (40) 4:28:17, 18. Tom Meyers (37) 4:28:17, 19. Ken Cox (36) 4:28:58, 20. Bruce Aldrich (37) 4:31:20, 21. Dennis Richardson (33) 4:33:33, 22. Peter Franks (46) 4:34:27, 23. Jim Thurman (34) 4:34:29, 24. Mike Hernandez (39) 4:34:52, 25. Dave Carlsen (40) 4:35:05, 26. Gary Ceragioli (39) 4:35:20, 27. Wayne Miles (45) 4:35:48, 28. Dana Gard (48) 4:35:48, 29. Rick Spady (40) 4:38:24, 30. Gard Leighton (58) 4:39:11, 31. Joe Braninnburg (48) 4:41:14, 32. Michael Nowacki (37) 4:42:15, 33. Harold Carling (58) 4:44:08, 34. Phil Penna (44) 4:44:14, 35. Michael Palmer (39) 4:44:22, 36. Michael Wilhelm (41) 4:44:45, 37. Tom Winter (44) 4:45:24, 38. Michael Danese (33) 4:46:47, 39. Alfred Bogenhuber (53) 4:47:26, 40. Bernd Leupold (50) 4:47:44, 47. Tane Abbott (29) 4:52:19, 48. Kathy Wiech (39) 4:53:04, 66. Melinda Creel (35) 5:05:57, 72. Laura Kulsik (32) 5:08:30, 74. Laura Vaughan (27) 5:09:15, 75. Judy Walker (40) 5:09:15.

St. Paddy's Day Dash

March 13. Fresno. 2 Mile & 10K.

Division Results - Men's 10K

Overall Winner: 1. David Narajano 31:54, 10-14: 1. Brandon Skiba 51:48, 15-19: 1. Shawn Young 36:05, 20-24: 1. Michael Sanchez 43:25, 25-29: 1. Joe Carnegie 33:14, 30-34: 1. Jay Farris 32:32, 35-39: 1. Jim Hartig 34:43, 40-44: 1. Don Gregory 35:38, 45-49: 1. Bob Lindsey 35:43, 50-54: 1. Don Trout 39:27, 55-59: 1. Tommy Upton 40:07, 60-64: 1. Ric Zamarripa 42:01, 70 & Over: 1. Harry Harder 57:47. Wheelchair: 1. Dean Vanderpool 43:21.

Division Results - Women's 10K

Overall Winner: 1. Tanis Wilgenburg 39:03, 15-19: 1. LorAnnie Vessels 56:22, 20-29: 1. Daniela Chuhliantseff 39:33, 25-29: 1. Liza York 41:23, 30-34: 1. Melissa Ortiz N.T. 35:39, 1. Dorothy Morse N.T. 40:44, 1. Michelle Lestrage 43:06, 45-49: 1. Suzanne Sobenes 47:34, 50-54: 1. Susan Quinn 51:09, 55-59: 1. Joy Dellanina 55:23, 60-64: 1. Sydney May Loo 1:04:35.

Division Results - Men's 2 Mile

Overall Winner: 1. Jason Lienau 9:47, 10-

14: 1. Dustin Robinson 11:38, 15-19: 1. Raymond Rahn 11:12, 20-29: 1. Scott Curtis 10:45, 30-39: 1. John Robinson 10:54, 40-49: 1. Bruce Anderson N.T. 50-59: 1. Frank Delgado 12:43, 60-64: 1. Len Thornton 13:35, 65-69: 1. Bob Musso 15:25, 70 & Over: 1. Lee Thomas 16:26. Wheelchair: 1. Barry Lang 29:14. Walkabout: 1. Tomas Garcia 22:00. Centipede: 23:11.

Division Results - Women's 2 Mile

Overall Winner: 1. Sarah Dawson 12:35, 10-14: 1. Kristen Kinder 13:29, 15-19: 1. Mandy Evenson 13:33, 20-29: 1. Jessie Flores 12:59, 30-39: 1. Lori Anderson 14:06, 40-49: 1. Sharon Madsen 15:15, 50-59: 1. Fran Sakata 19:11, 60-64: 1. Mary Fung 23:41, 65-69: 1. Dorothy Thomas 18:03. Wheelchair: 1. Patricia Burchfield 30:48. Walkabout: 1. Valerie Keogh 18:54.

Rascal Creek Run III

March 14. Merced. 1 Mile & 10K.

Division Results - Men's 10K

Overall Winners: 1. Brian Abshire (Roseville) 30:28, 2. Joe Carnegie (Fresno) 32:34, 3. Nestor Ayala (Lemoore) 32:45, 29 & Under: 1. Brian Abshire 30:28, 2. Joe Carnegie 32:34, 3. Andy Fecteau 34:58, 30-39: 1. Nestor Ayala 32:45, 2. Fred Villegas 34:27, 3. Rick Bacca 36:16, 40-49: 1. Mike Ammon 35:57, 2. Steve Ottaway 36:42, 3. Javier Moctezuma 38:05, 50-59: 1. Jim Buck 40:58, 2. Ken Schwison 42:49, 3. Butch Hughes 47:25, 60 & Over: 1. Len Thornton 42:59, 2. Howard Neyens 50:53, 3. Don Lundberg 53:24.

Division Results - Women's 10K

Overall Winners: 1. Christine Kennedy (Cupertino) 35:34, 2. Shirley Matson (Moraga) 37:18, 3. Joan Ottaway (Sausalito) 37:56, 29 & Under: 1. Stacey Buehner 38:08, 2. Valerie Randhawa 38:45, 3. Alejandra Aguirre 40:12, 30-39: 1. Christine Kennedy 35:34, 2. Lisa Hunter 42:03, 3. Vickie Pell 42:30, 40-49: 1. Joan Ottaway 37:56, 2. Pam Royer 47:38, 3. Janie Johnson-Russe 49:31, 50-59: 1. Shirley Matson 37:18, 2. Jean Schwison 49:21, 60 & Over: 1. Barbara Neyens 59:46.

Overall Results - Youth 1 Mile

1. Gabriel Romero 5:39, 2. Brian Roth 5:42,

3. Jason McMahon 5:51, 4. Craig Bothun 5:57, 5. Jeremy Lariosa 6:12.

Overall Results - Open 1 Mile

1. Larry Guinee 4:34, 2. Matt Batchelor 4:42, 3. Jeff Hamel 5:00, 4. Rick Baca 5:01, 5. Tom Diehl 5:09.

Carpe Diem Seize the Day

March 21. Glendale. 5K & 10K.

Overall Results - 5K

1. Jesus Juarez (35) So. Pasadena 17:09, 2. Michel Smith (35) 17:11, 3. Jon Hunter (46) Los Angeles 17:44, 4. Billy Keeling (27) Van Nuys 18:22, 5. Tony Cruz (15) 18:27, 6. Aren Bazoukian (17) Glendale 19:28, 7. Larry Barnett (33) 19:58, 8. Robert Masucci (34) Glendale 20:00, 9. Gilberto Jimenez (24) Glendale 20:06, 10. Dale Holland (35) Pacoima 20:09.

11. Robewrt Hunt (40) Los Angeles 20:15, 12. Matt Doyle (26) Burbank 20:34, 13. Isrel Jimenez (18) 20:51, 14. Steve Lozano (44) Los Angeles 20:53, 15. Steven Neill (14) Simi Valley 21:21, 16. William Wildman (36) Van Nuys 21:22, 17. Chris Cuyler (32) Los Angeles 21:23, 18. Melvin Machan (12) 21:30, 19. Catalino Machan (35) 21:30, 20. Moises Carrillo (30) Sylmar 21:31.

Overall Results - 10K

1. Javier Estrada (26) Glendale 35:45, 2. Pat Manyak (26) Pasadena 36:01, 3. Henrik Gabrielyan (27) 36:10, 4. Eddie Lopez (33) Los Angeles 37:14, 5. Team Walt Disney 37:52, 6. Eric Soane (18) 38:00, 7. Salvador Arella (38) Lynwood 38:03, 8. Team Walt Disney 38:26, 9. Kevin Lutz (35) Glendale 39:59, 10. Monika Simonel (24) Tuenbingen 40:11.

11. Tony Smith (35) Los Angeles 40:40, 12. Richard Potter (38) Santa Monica 41:02, 13. Alice Garcia (66) Los Angeles 41:53, 14. Damon Kelliher (30) 42:10, 15. Marie Romero (34) La Canada 42:42, 16. John Caro (31) Temple City 42:52, 17. Joseph Thomas (31) Sun Valley 43:09, 18. Kathleen Pomeroy (30) Los Angeles 43:13, 19. Team Walt Disney 43:38, 20. Team Walt Disney 43:46.



IF YOU ARE MOVING...

...let us know as soon as possible. **CRN** is mailed third class bulk rate and is NOT forwardable.

Thank you!

The Loneliness of the Long Distance Runner. . .Is History

By JEFF GALLOWAY

THE LONG-RESPECTED TRADITION OF running being a solitary activity is being challenged. A new generation of runners across North America has created running groups for social and competitive interests. The new trend is to join together to prepare for challenging goals such as the marathon.

The runners of the 50's and 60's were individualists. Not only was there no prize money or documented health benefits--many runners of that era experienced daily harassment and often bodily harm. The non-runners of that day would either say that runners were committed, or that runners should BE committed.

The average 90's runner is older (35-55) with a busy job and family. Squeezing in a

TEAMWORK. The personal interaction helps to mold the individuals into a team. Such support will help those who are having problems, and give inspiration when it is needed. Once the "team" starts a run, the individuals rarely question whether they'll finish (which is often done on solo runs).

FRIENDSHIPS. You'll share experiences which bring everyone together. Friendships are formed which often last for a lifetime.

If you have a challenging goal, a running group can help you reach it. Make sure that the group is structured so that your ability level is covered. It's OK to run slower than you could run on the long ones--but you'll suffer if you try to run faster.

Speed training groups help many runners do the fast stuff which will improve your

times. Make sure that you are running at the correct speed for your goal, are taking plenty of rest between the hard repetitions, and are not doing too many reps--for your level of conditioning.

For information on local groups, contact the Road Runners Club, or the technical running store in your area. Most of these organizations will have regular mailings and can keep you posted about events and other running opportunities.

In the 90's, it's OK to be a Groupie!



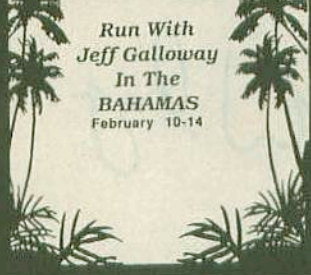


Note: Olympian Jeff Galloway has written the best-selling running book in North America, and sets up endurance training groups across the continent. JFG, P.O. Box 76843, Atlanta GA 30358. (404) 255-1033.

If you have a challenging goal, a running group can help you reach it.

couple of half hour runs during the week is not as difficult as doing the weekend long ones to prepare for marathons or half marathons. Group pressure helps one rise early and get started. The bonding which occurs during the next 6 months makes it fun--and gets you through the tough parts.

FUN! The jokes, gossip and "true confessions" generated in these runs provide motivation, and allow everyone to get to know one another. When it's fun, you'll want to come back again next week.

JEFF GALLOWAY'S FITNESS VACATIONS

SQUAW VALLEY USA  Lake Junaluska	VANCOUVER Canada  SAN FRANCISCO at Fisherman's Wharf	Run With Jeff Galloway In The BAHAMAS February 10-14 
DOOR COUNTY 	Grandma's Marathon Duluth, Minnesota 	

For an autographed copy of "GALLOWAY'S BOOK ON RUNNING" Send \$13.50

For further information: P.O. Box 76843
Atlanta, GA 30358
(404) 255-1033

Phidippides Runners, RRCA



What is it with the Kenyans?
Why are they so good?

Why can't I be Kenyan?