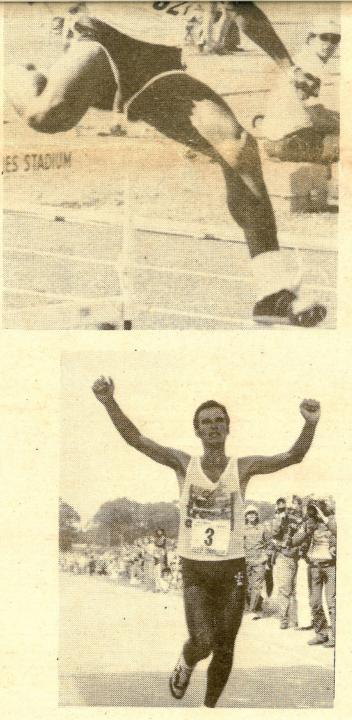




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Cuayornia Track & Running News P.O. Box 6103 Fresno, CA 93703





- \* TAC/USA Track & Field Championships
- \* Steve Scott Breaks Jim Ryun's American Mile Record.
- \* San Francisco Marathon Story & Results
- \* August & September State LDR Schedule
- \* Results, Results, Results.....

# THE MICHELOB LIGHT TRIATHLON

CHALLENGE





**1500 Meter Swim** 

# SEPTEMBER 12, 1981 CASTAIC LAKE

		RDS
COMPETITIVE DIVISIONS	Individual	Rel
A-Junior Men 19 & under	3	1
B-Open Men 20-29	5	3
C-Open Men II 30-34	5	3
D-Sub Master Men 35-39	3	2
E-Master Men 40-49	3	1
F-Senior Men 50 & over	3 .	1
G-Junior Women 19 & under	3	1
H-Open Women 20-29	5	3
I-Open Women II 30-34	5	3
I-Sub Master Women 35-39	2	0

30,000 Meter Ride OVERALL INDIVIDUAL MEN'S & WOMEN'S WINNER WILL RECEIVE AIRFARE TO THE INTERNATIONAL TRIATHLON IN HAWAII IN 1982



10,000 Meter Run

7:00 AM

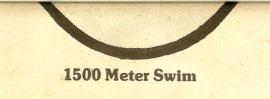
**IRONMAN:** any person who completes all the phases individually.

**RELAY TEAM:** Consists of three members, a swimmer, a biker, and a runner. Members should be of same age division. Any

AWARDS: OVER EIGHTY MERCHANDISE AWARDS

es all **REGISTRATION:** 

ALL MAILED ENTRIES MUST BE POSTMARKED BY SEPTEMBER 3, 1981. REGISTRATION IS AVAILABLE AT TABORI SPORTS (13722 BURBANK BLVD, VAN NUYS CA:



# WILL RECEIVE AIRFARE TO THE INTERNATIONAL TRIATHLON IN HAWAII IN 1982



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J-Sub Master Women 35-39	3	2
K-Master Women 40-49	. 3	1
L-Senior Women 50 & Over	3	1
M-Corporate Cup Award-	any relay	S. S.
combination representing a c		
N-Civil Cup-any team repres		
Police, Fire Depts, or an		
O-Univ/College Cup Award	any team	
representing an educational		

# 7:00 AM

IRONMAN: any person who completes all REGISTRATION: the phases individually.

**RELAY TEAM:** Consists of three members, a swimmer, a biker, and a runner. Members should be of same age division. Any Open (B for men/H for women).

**CUT HERE** 

AWARDS: OVER EIGHTY MERCHANDISE AWARDS

ALL MAILED ENTRIES MUST BE POSTMARKED BY SEPTEMBER 3, 1981. REGISTRATION IS AVAILABLE AT TABORI SPORTS (13722 BURBANK BLVD., VAN NUYS CA: combination of ages will be considered 213-908-0485) and RUNNER'S UP (22932 1/2 LYONS AVE., NEWHALL, CA: 805-254-1833).

NO LATE REGISTRATION

DISCLAIMER: SUNSIDERATION of this acceptance of liability and for other valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I, on behalf of myself, my heirs, INDIVIDUAL ENTRY NAME Assigns, representatives and successors in interest, do hereby waive, release and discharge ATHLETICS UNLIMITED, STATE OF CALIFORNIA, DEPARTMENT OF WATER RESOURCES, L.A. COUNTY PARKS AND RECREATION, L.A. COUNTY SHERIFF, CALIFORNIA HIGHWAY PATROL, HENRY MAYO HOSPITAL AND SAN FERNANDO VALLEY TRACK CLUB hereinafter referred to as "Organizations": and their respective associates, owners, successors, heirs, assigns, agents, directors, officers, partners, employees, representatives, and all other persons action by through or in concert with "Organizations". ADDRESS \_\_\_\_\_ persons acting by through or in concert with "Organizations" from any cause of action, suits, debts, promises, obligations, claims, losses, expenses of any nature whatsoever, including COMPETITIVE DIVISION (A-O) \_\_\_\_\_ T-SHIRT SIZE SML XL attorneys fees, known or unknown, fixed or contingent (all of which are hereinafter referred to as "Claims") which I now have or may herafter have against "Organizations," or any of the above mentioned successors and assigns, by reason of any cause, whatsoever, or any claims arising out of, based upon, relating to the competition in the MICHELOB LIGHT TRIATHLON CHALLENGE scheduled to take place on September 12, 1981 at Castaic, California. I represent and warrant that I am physically fit and sufficiently trained for the empetition in the TEAM RELAY NAMES TRIATHLON CHALLENGE. I hereby assume full responsibility for any injuries, damages or losses that may be incurred as a result of the aforementioned TRIATHLON CHALLENGE. All questions concerning the validity of any of the terms of this waiver or its provisions, shall be governed by and resolved in accordance with the laws of the State of California. Signature COMPETITIVE DIVISION (A-O) TEAM CAPTAIN ADDRESS Date The following must be signed if participant is under 18 years of age: I am the parent or guardian of the above mentioned participant and in said capacity legres to each and every condition set forth above and in addition I do hereby give permission for said participant to take part in the TRIATHLON CHALLENGE. In the vent of accident, injury or illness of the above named participant, consent is hereby given to any x-ray examination, T-SHIRT SIZES SMLXL SMLXL SMLXL anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed AGE ON 9/12/81 advisable by and is to be rendered under the general or special supervision of any physician and surgeon licensed under the provisions of the Medicine Practice Act on the medical staff or MAKE CHECKS PAYABLE TO: AMOUNT TO ENCLOSE employed by Henry Mayo Hospital. INDIVIDUAL \$10.00 ATHLETICS UNLIMITED BIRTHDATE Parent or Guardian's **RELAY TEAM \$25.00** 9514-9 Reseda Blvd. No. 615 Signature (if under 18) Northridge CA 91324 PLEASE SEND A SELF-ADDRESSED STAMPED SEX ENVELOPE ALONG WITH ENTRY FORM.

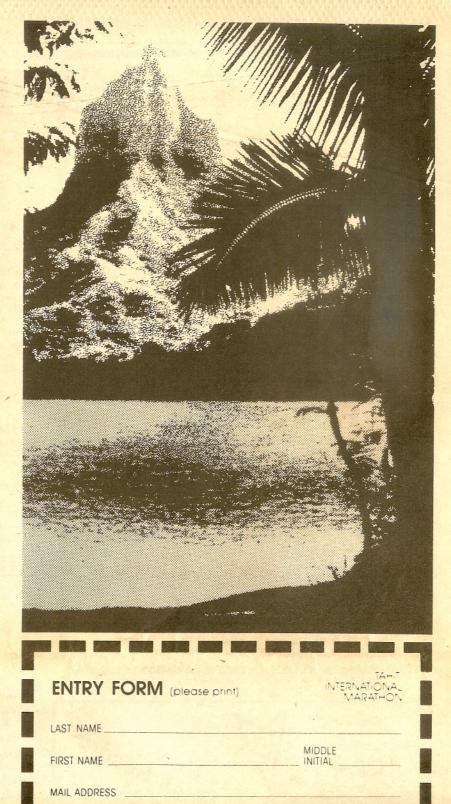
FIRST TRANSPORTER FIRST TRANSPORTER AND A LANDER AND A LA

# THE COURSE

The scenic and challenging point-to-point closed course winds through the Gold Coast of Papeete and finishes up at the Olympic Stadium, as follows: You'll start at the Golf Course at Atimaono with one large hill and a few undulating ones. You'll continue along the New Road toward the harbor. The New Road has never been closed for any event so this will truly be a first. The run along the ocean has some of the most breath-taking vistas you'll ever see. You'll finish your marathon through downtown Papeete, on into the Olympic Stadium and your VICTORY LAP.

# THE AWARDS

Adidas International Friendship trophies will be presented to the top male and female finishers and to the top Master male and female finishers. Each entrant will receive a Tahiti International Marathon commemorative T-shirt. All finishers receive com-



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# THE ENTRY FEE

\$10.00 if received before October 1, 1981. \$15 after October 1, 1981. Make check payable to: Tahiti International Marathon.

# **RACE ADMINISTRATION AND TRAVEL INFORMATION**

Run-Ad International, c/o American Express Travel Service, 237 Post Street, San Francisco, Calif. 94108. For further information call — Marijo Douglass, (415) 981-5533, Ext. 300.



ENTRY FORM (please print)	TAHIT INTERNATIONAL MARATHON
LAST NAME	MIDDLE
FIRST NAME	
CITY	STATE
ZIP PHONE (	)
BIRTH DATET-SH	
BEST MARATHON TIME	PASSPORT NUMBER
CITIZENSHIP	MALE FEMALE

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

SIGNATURE (PARENT'S OR GUARDIAN'S IF UNDER 18)

ENCLOSE CHECK payable to: Tahiti International Marathon. Mail to: Tahiti International Marathon, c/o American Express. 237 Post Street, San Francisco, Ca. 94108. page 4 • California Track & Running News - August 1981

# **California Track & Running News**

EDITOR & PUBLISHER Bill Cockerham

PRODUCTION MANAGER Judy Cockerham ASSISTANT TO EDITOR Marty Higginbotham



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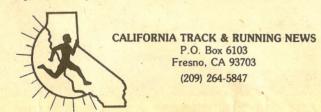
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Who's who? Or, when is a team a team? It is becoming increasingly difficult to tell who runs for who. Take Carl Lewis for example: He is from New Jersey and attends college in Texas (Houston). So, we might expect he'd compete in the TAC National Championship Track & Field Meet for either: Willingboro T.C. (his father is the coach), University of Houston (his college), Houston Athletic Club, Philadelphia Pioneers, or unattached - I could understand any of these choices. But what colors does Lewis wear in the TAC Championships? Santa Monica Track Club blue and gray, of course.

I'm a former Santa Monica Track Club member myself and would be proud to have Carl with this fine Southern California group. But, what's the connection? I'll admit that Santa Monica is a great place for year-round training and Coach Joe Douglas is a great guy. I have the feeling, however, that Lewis (who's from New Jersey and goes to school in Texas) has never even been to Santa Monica.

Lewis isn't an isolated example of long distance club membership, either. Take others like: Brian Oldfield competing for University of Chicago TC, Billy Olson for Pacific Coast Club, Richard Olson for New York Athletic Club, Al Feuerbach for Athletics West, and on and on. Why? Is it the coach of a particular club that draws an athlete to that club, or the proximity to residence or employment or school, or the certain teammates to spur one on in workouts?

It used to be illegal (under AAU rules) to compete for a club that wasn't based in ones hometown or school AAU association. An athlete had to move to the association in which the club was located in order to compete for that club. The Athletics Congress (which replaced the AAU last year) has done away with this rule, however, with their new National Club Policy (see "Keeping Track" column in this issue). Clubs can now legally (if they pay the TAC \$100) have members from anywhere.

This wide-open structure may force our club coaches to be nothing more than recruiters and travel agents. Athletes are going to go with the club that gives them the best deal - financially - even if they never see any teammates except at meets. Taking care of an athletes' financial needs is fine, but there's more to being on a team than that...isn't there? What about coaching, teamness, camaraderie, sharing experiences, helping each other in workouts? Aren't these what makes a team a team?

I'm all for helping the athletes. It's long overdue and the athletes in track and field need it. But if club teams come down to who has the most money or tells the biggest recruiting tale, then, let's do away with team scores and just stick to helping the athletes.



#### Less Talk - More Results

Please skip the lengthy race write-ups and just give us the bare results - we can figure out the rest of it. It would be better to go controversial sometimes, but it was a favorite of everyone I know. Monty Moore Irvine

mailbag

#### Thanks

As a subscriber (and coach at

from their work sheets to the materials sent to you they listed 12.6, but the time was in actuality 12.3 in that race. I enclose a clipping from the San Jose Mercury News showing the proper time. It was a good day and I enjoyed one

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**CALIFORNIA TRACK & RUNNING NEWS** P.O. Box 6103 Fresno, CA 93703 (209) 264-5847

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Less Talk - More Results Please skip the lengthy race write-ups and just give us the bare results - we can figure out the rest of it. It would be better to go

deeper with the space saved. J.M. Murray Sacramento

Why do you only feature the top runners - some of the rest of us (most, that is) middle of the pack finishers like to see our name in print and get recognition, too. We run just as hard.

> **Jim Peters** San Jose

#### Was Wondering Dept.

I was wondering what ever happened to the regular column by Bill Minarik. I know it was pretty

controversial sometimes, but it was a favorite of everyone I know. Monty Moore Irvine

#### Thanks

As a subscriber (and coach at St. Vincent High School) I'd like to thank you for the coverage you gave the NCS small schools this vear.

G.W. Haslam Petaluma

#### **Correction Dept.**

Enjoyed your recent July issue and the great coverage of the Masters activities were excellent, as per usual. Although it is no big deal. I would like to bring to your attention a correction you may wish to have. For the Pacific Association Championships the Los Gatos people goofed on reporting the time for the 60-64 100 meters - in the transcription

from their work sheets to the materials sent to you they listed 12.6, but the time was in actuality 12.3 in that race. I enclose a clipping from the San Jose Mercury News showing the proper time. It was a good day and I enjoyed one of my better outings for '81. I was particularly happy with the 25.3 200 meters. It was nice to be able to bring the world record for 64 years in both the 100 and 200 meters back to the U.S., although Frit Assmy of West Germany is a worthy champion and I admire him much.

Unfortunately, other commitments for the summer of necessity cut short my '81 season so I'm having to miss some of the really good championship meets. Hopefully, next year it won't happen this way.

> Payton Jordan Los Altos

# **ON THE COVER:**

- Edwin Moses (top left) at the TAC/USA Track & Field Championships photo by Don Gosney
- Steve Scott (right) is the new American mile record holder. photo by Bill Leung, Jr.
- Hal Schulz (lower left) winner of the San Francisco Marathon in July photo by Richard Slotkin

photo by Bill Leung, Jr.

Scott of the Sub-4 Track Club ran a mile in 3:49.68 to break Jim Ryun's 14 year old American record of 3:51.1. Scott achieved his new record

OSLO, NORWAY - July 11: Steve

American Record 3:49.68

with a third place finish in the Oslo Games at Norway's Bislett Stadium, Winner was world record holder Steve Ovett in 3:49.29. Second went to Spain's Jose Luis Gonzales in 3:49.67.

The first seven finishers in the race were all under 3:51, including Santa Monica Track Club's Todd Harbour 5th in 3:50.34.

In the race Tom Byers of Athletics West in Oregon took the lead at the 800 mark in 1:55.0. Scott led at 1200 in 2:53.3, then Ovett took off down the stretch.

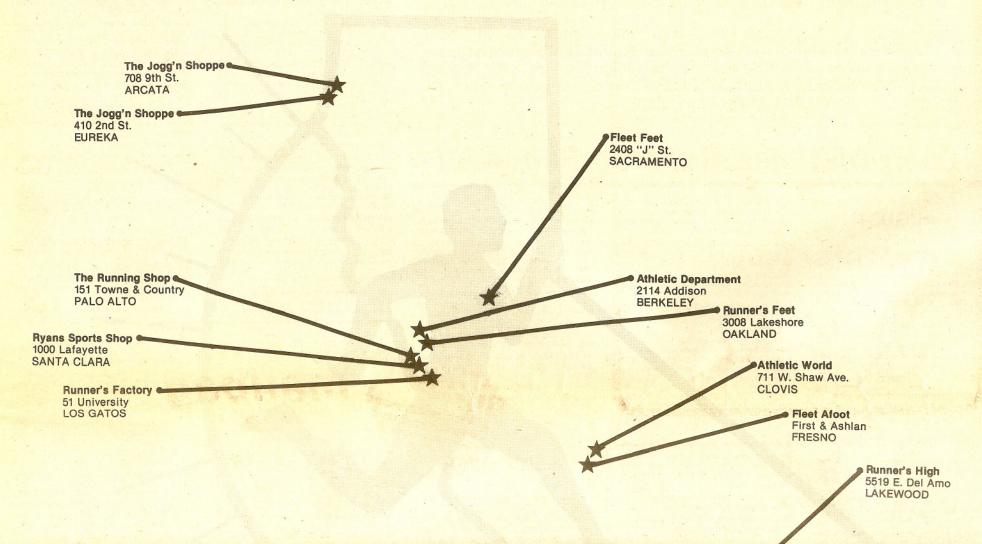
Scott and Harbor now stand 6th and 8th on the All Time Perforformer.

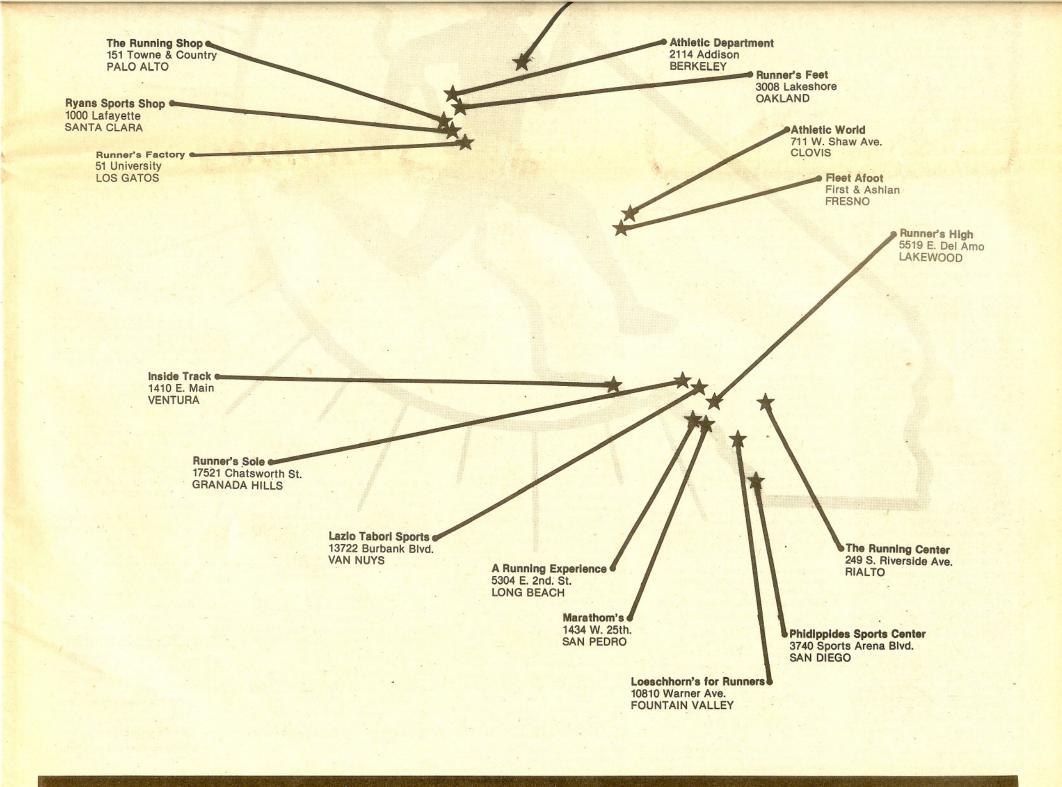


August 1981 - California Track & Running News • page 5

# California's Running Experts

These fine running stores will not only meet all of your equipment and apparel needs, but their staff of experienced runners can provide expert advice and information. You can also buy the latest copy of *California Track & Running News* at these locations.





# SCHEDULE

Please send scheduling information directly to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

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.

# Long Distance Running Schedule

# AUGUST

AUG 8: Signal Hill 10K. 8 am. Bob Randle, 2428 Lewis Ave., Signal Hill 90806. (213) 426-1361.

AUG 8: Sierra Pines 40 Mile Relay. Bass Lake, 8 am. 6 person teams. Fresno Track Club, P.O. Box 6103, Fresno 93703. Jim Hartig (209) 299-3747.

AUG 8: 50 Mile Relay. Piner Elementary School, 7 am. 4x9.7 mile and 1x11.5 mile legs. Tom Crowford (707) 526-0661.

AUG 8: Balboa Park Runs. San Diego, 8 mile and 3 mile. Kathy Askin (714) 274-4144.

AUG 9: Kaiser Lake Run. 5k and 10k. Lake Merritt, Oakland, 8 am. Kaiser Lake Run, YWCA, 1515 Webster, Oakland 94612, or call Runners Feet (415) 465-1070.

AUG 9: North Orange Co. YMCA 10K Run. Fullerton, 7:30 am. Patsy Wendler, No. Orange YMCA, 2000 Youth Way, Fullerton 92635. (714) 879-9622.

AUG 9: St. Joseph's Races. 5K, 10K & 15K. Burbank, 8 am. St. Joseph Medical Center, Buena Vista and Alameda, Burbank 91505. (213) 843-5111 ext. 7430.

AUG 9: John Steinbeck Country Run. 10K, Salinas, 9 am. Lance Almond, 1081 Los Palos Dr., Salinas 93901. (408) 758-2781.

AUG 9: Napa Town and Country Fair Hot Foot Run. 1 mile, 5K, & 10K, Kave Hall, 4516 Drv AUG 16: Merced Watermelon Run. 10K, Merced Courthouse, 7:30 am. Mike Mason, 1239 Kensington, Merced 95340.

AUG 16: Irvine Park 5 & 2 Milers. 8:30 am, Orange. Orange Flyers TC, 2733 Villa Vista Wy, Orange 92667. (714) 774-3959.

AUG 22: Lodi Trlathlon. Lodi Lake, 9 am. Runbike-swim. John Griffin, 4709 Quail Lakes Dr., No. 200, Stockton 95207. (209) 957-5646.

AUG 22: Salmon Creek Beach Run. 5 & 2 miles. Near Bodega Bay. Jim Bowers (707) 542-4568.

AUG 22: Bass Lake Half Marathon. Bass Lake, 8 am. Fresno Track Club, P.O. Box 6103, Fresno 93703. (209) 264-5847. Please see advertisement and entry blank in this issue.

AUG 22: America's Finest City Half-Marathon. San Diego (Point Loma), 7 am. American Lung Association of San Diego and Imperial Counties, 3861 Front St., San Diego 92103. (714) 297-3901.

AUG 23: TAC National Women's Marathon Championship. Ottawa, Canada. Joint USA and Canadian championship. Kathy Switzer or Elizabeth Phillips, Avcn, Inc., 9 West 57th St., New York, NY 10019 (212) 593-4257.

AUG 23: Wildwood Days Race. Six Rivers Running Club, Box 214, Arcata 95521.

AUG 23: Oakland 5, 10 & 15K. Oakland, 9 am. John Notch, 230 Marlow, Oakland 94605.

AUG 23: Jerry's Kids 10K Run. Laguna Hills

AUG 30: Santa Monica Marathon & Half Marathon. Santa Monica Rec. & Parks Dept., 1685 Main St., Room 210, Santa Monica 90401.

AUG 30: South Hell Relay. 5-man, 50-mile. East of Camarillo, 6:30 am. Connie Rodewald, 852 Sharon Drive, Camarillo 93010. (805) 482-5360.

AUG 30: Where The Hell is Truckee? 18 mile, Tahoe City, 8 am. Barb Cohen, Basecamp, PO Box 1864, Tahoe City 95730. (916) 583-5306.

AUG 30: Presidio 10. 10 mile, San Francisco, 9 am. The Guardsmen, 12 Geary St., San Francisco 94108. (415) 781-6785 or 989-6402.

AUG 30: Twilight Run. 10K, Santa Maria, 5 pm. Santa Maria Valley YMCA, Valerie Krone, Orcutt Road Runners, 4277 Brentwood Lane, Santa Maria 93454.

AUG 30L Laguna Lake 4 Mile Relay. Lompoc, 9 am. Lompoc Valley Distance Club, Box 694, Lompoc 93436.

# SEPTEMBER

SEP 5: Carson 10K. Carson, 8 am. Diann Dreaves, Box 6234, Carson 90749. (213) 830-7600, ext. 225.

Bellflower 10K. Thompson Park. Bellflower. 8

SEP 12: Amador Marathon. Volcano, 7 am. Half marathon, too. Entries close Sept. 9. Amador High School Cross Country Team, P.O. Box 219, Sutter Creek 95685. Mary Graham (209) 296-7791.

SEP 12: Michelob Light Triathion Challenge. Castaic Lake, 7 am. 1500 meter swim, 30,000 meter rude, 10,000 meter run. Athletics Unlimited, 9514-9 Reseda Blvd., No. 615, Northridge, CA 91324. (213) 908-0485 or (213) 993-9384. Please see advertisement and entry blank in this issue.

SEP 12: Interval House 10K. Bolsa Chica State Beach, 8 am. Kathy Shaon, Box 891, Tarzana 91356.

SEP 12: Synanon Wheels and Heels Half Marathon. 13.1 mile race & 2 mile prediction. Badger, 7:30 am. Lunch, swim and art show following. Michele Gauthier or Don Ramirez, Synanon Running Club, Box 139, Badger 93603. (209) 337-2885.

SEP 12: Breuners Run. Modesto Junior College, 8 am. Jack Albiani, Dept. of Athletics, Modesto Junior College, College Avenue, Modesto 95350.

SEP 13: NIKE/OTC Marathon. Eugene, Oregon. Box 10412, Eugene, OR 97440. Limited to 1000 runners chosen at random from all entries received between May 11 and June 18.

SEP 13: Santa Monica Mountain 4 Man Relay. Tapia Park, 8 am. Jim Pongeny, 4070 Minerva, Los Angeles 90066.

SEP 13: SPA-TAC 20K Championships. Saugus, 8 am. High Desert Runners, 2603 W. Ave. K-6, Lancaster 93534.

SEP 13: KNBC Peacock TV 10K. Los Angeles Zoo, 8 am. Chuck Amend, Greater Los Angeles Zoo Assn., 5333 Zoo Drive, Los Angeles 90027. (213) 666-5133.

SEP 13: Go the Distance 6.2 Miler. Santa Cruz, 8:30 am. SCCHP, c/o Dana Bushnell, 202 Chestnut, Santa Cruz 95060. (408) 425-4569.

SEP 13: California Road Runners 5 & 10K Road Race. DeAnza College, 9 am. Dennis R. Zamzow, DPM, 2500 Hospital Dr., Bldg. 9, Mountain View 94040. (415) 964-4800.

SEP 13: Buffalo Stampede. 10 miles. Rio Americano High School, Sacramento, 9 am. Elliot Eisenbud, 6401 Coyle Avenue, Carmichael 95608. (916) 482-1586.

SEP 13: Vine Village Country Run. 1 ½ miles & 10K. Napa, 8:30 am. Tim Thulin, 4059 Old Sonoma Rd., Napa 94558. (707) 253-1399 or 253-1317.

SEP 13: Spring Lake Relays. 3x4.3 miles. Santa Rosa, 9 am. Dave Stostedt, P.O. Box 562, Bodega Bay 94923. (707) 875-9925.

SEP 18: Pepsi of Reno-Lake Tahoe 72 Miler. Tahoe City, 6 am. entries close September 18. Charles Mersereau, 8895 B Salmon Falls Dr., Sacramento 95826. (916) 362-9660.

#### SEP 19: Bratien 5 hild Rm. Mooney Crave Park, Visalia, 8 million atty incointottam, 1026 W. Princeton, Visalia 93277.

SEP 20: Run for the Earth 10K. Cal State University, Long Beach, 8 am. Marty Haas, 3657 Hackett, Long Beach 90805.

SEP 20: Walnut Festival 10K. Heather Farms, Walnut Creek, 9 am. Walnut Festival Association, P.O. Box 4459, Walnut Creek 94596. Dave Klain (415) 933-7650

# LOOKING AHEAD

OCT 11: Humboldt Redwoods Marathon. Cameron Park, 9 am. Six Rivers Running Club, P.O. Box 214, Arcata 95521. *Tentative.* 

OCT 11: Gales Creek Valley Marathon. Forest Grove, Oregon. Women's TAC & RRCA Regional Championships. Gale Creek Valley Marathon, P.O. Box 223, Forest Grove, OR 97116.

OCT 18: Monterey County Marathon and Half Marathon. Salinas, 8 am. Monterey County Marathon, P.O. Box 475, Salinas 93902. (408) 424-4343 or 758-1783. Please see advertisement and entry blank in this issue.

OCT 24: UC Santa Cruz Redwood Run. 10K, UCSC East Field House, 9 am. Mark McCarroll, Office of P.E. & Recreation, U.C. Santa Cruz, Santa Cruz 95064. (408) 429-2045.

OCT 24: Nevada Appeal Mini Marathon. Carson City, NV. David Osborn, P.O. Box 2288, Carson City, NV 89701. (702) 882-2111.

OCT 25: YMCA Golden Gate Marathon. Embarcadero YMCA, San Francisco, finish at Larkspur Ferry Terminal, 7 am. Embarcadero YMCA, Room 100, San Francisco 94105. (415) 392-2191.

NOV 1: Orange Grove Marathon. Loma Linda, 7 am. Also 10K and Half Marathon. *Tentative*. Jim Perry, Box 495, Loma Linda 92354. (714) 824-1779.

NOV 8: Tahiti International Marathon. Papeete, Tahiti, 5 am. Bill Cockerham, Box 6103, Fresno 93703. See advertisement and entry blank in this issue.

NOV 14: Central California Marathon. Fresno, 7:30 am. Gordon Keller, 8811 E. Herndon, Clovis 93612. (209) 299-4114.

# **CROSS COUNTRY**

SEP 5: Fresno Watermelon Runs. 2, 4, & 6 miles. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno, CA 93740. (209) 487-1297.

SEP 12: Griffith Park XC Run. 8 am. Fred Honda, 3900 Chevy Chase Dr., L.A. 90039. (213) 246-5613.

SEP 12: Central Cal XC Championships. Woodward Park, Fresno. Fresno Track Club, P.O. Box 6103, Fresno 93703. (209) 264-5847.

SEP 19: Clovis High School Invitational. Woodward Park, Fresno. Preview the Kinney Western Championship course. Steve Ward, Cross Country Coach, Clovis High School, 1055 Fowler Ave., Clovis 93612. (209) 298-3388.

SEP 19: Fresno City College Invitational. Woodward Park, Fresno. Preview the State J.C. Championship course. Bob Fries, Track Coach, Fresno City College, 1101 E. University, Fresno 93741. (209) 442-4600.

SEP 19-20: International Cross Country Clinic. Southern California area. Watch for more details in the next issue or contact: Noel Montrucchio, 9773 Genesee Ave., San Diego 92121, (714) 453-5365.

SEP 26: Riverside Invitational. Cross Country Coach, University of California, Riverside 92521 AUG 8: Signal Hill 10K. 8 am. Bob Randle, 2428 Lewis Ave., Signal Hill 90806. (213) 426-1361.

AUG 8: Sierra Pines 40 Mile Relay. Bass Lake, 8 am. 6 person teams. Fresno Track Club, P.O. Box 6103, Fresno 93703. Jim Hartig (209) 299-3747.

AUG 8: 50 Mile Relay. Piner Elementary School, 7 am. 4x9.7 mile and 1x11.5 mile legs. Tom Crowford (707) 526-0661.

AUG 8: Balboa Park Runs. San Diego, 8 mile and 3 mile. Kathy Askin (714) 274-4144.

AUG 9: Kaiser Lake Run. 5k and 10k. Lake Merritt, Oakland, 8 am. Kaiser Lake Run, YWCA, 1515 Webster, Oakland 94612, or call Runners Feet (415) 455-1070.

AUG 9: North Orange Co. YMCA 10K Run. Fullerton, 7:30 am. Patsy Wendler, No. Orange YMCA, 2000 Youth Way, Fullerton 92635. (714) 879-9622.

AUG 9: St. Joseph's Races. 5K, 10K & 15K. Burbank, 8 am. St. Joseph Medical Center, Buena Vista and Alameda, Burbank 91505. (213) 843-5111 ext. 7430.

AUG 9: John Steinbeck Country Run. 10K, Salinas, 9 am. Lance Almond, 1081 Los Palos Dr., Salinas 93901. (408) 758-2781.

AUG 9: Napa Town and Country Fair Hot Foot Run. 1 mile, 5K, & 10K. Kaye Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0683.

AUG 12: Northridge Twilight 10K. Wednesday evening, 6:30 pm, Cal State Northridge. Tom Babiracki, Runner's Sole, 17521 Chatsworth St., Granada Hills 91344. (213) 368-7889. Please see advertisement in July issue.

AUG 15: Tetrick Trail Run. 8 miles, Griffith Park, Los Angeles, 7:30 am.

AUG 15: Tecate 6.6 Mile Run. San Diego area. Richard Cota (714) 225-8268.

AUG 15: Tehachapi 10K Run. Tehachapi Park, 8:15 am. Mike O'Haver, 3512-C Sampson Ct., Bakersfield 93309. (805) 832-0749 or Shelly Wyss (805) 871-2052.

AUG 16: Optimist 5 & 10K. Griffith Park, 8 am. The Running Center, 249 S. Riverside Ave., Rialto 92376. (714) 874-5480.

AUG 16: Feather River Classic 5 & 10K. Quincy (Plumas County Fairgrounds), 9 am. Central Plumas Recreation District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

AUG 16: Redwood Shores Blathion. Redwood City, 10 am. 4 mile run, 400 meter swim, Mimi Baca, 350 Marine World Parkway, Redwood City 94065. (415) 255-4700.

AUG 16: Bonne Bell 10K. Portland, Oregon, 8 am. Women Only! Bonne Bell 10K, 10240 N.E. Halsey, Portland, OR 97220. (503) 254-8669 or 281-0801.

AUG 16: Vintage Run. 5.6 miles, Gilroy, 9 am. Nancy L. Hay, 1401 Parkinson Ave., Palo Alto 94301: (408) 275-1133.

AUG 16: Old Town Half Marathon. Eureka, 9 am. Jogg'n Shoppe, 410 2nd Street, Eureka 95501. (707) 822-3136.

AUG 16: Park to Park Reiays. Carmichael Park, Sacramento, 8 am. four person x five mile legs. Jo Sumner (916) 481-5869.

AUG 16: Lake Tahoe Series 9 Mile. Tahoe City. Lake Tahoe Series, P.O. Box 97, Carnelian Bay, CA 95711. (916) 583-8475. AUG 16: Irvine Park 5 & 2 Milers. 8:30 am, Orange. Orange Flyers TC, 2733 Villa Vista Wy, Orange 92667. (714) 774-3959.

AUG 22: Lodi Trlathlon. Lodi Lake, 9 am. Runbike-swim. John Griffin, 4709 Quail Lakes Dr., No. 200, Stockton 95207. (209) 957-5646.

AUG 22: Salmon Creek Beach Run. 5 & 2 miles. Near Bodega Bay. Jim Bowers (707) 542-4568.

AUG 22: Bass Lake Half Marathon. Bass Lake, 8 am. Fresno Track Club, P.O. Box 6103, Fresno 93703. (209) 264-5847. Please see advertisement and entry blank in this issue.

AUG 22: America's Finest City Half-Marathon. San Diego (Point Loma), 7 am. American Lung Association of San Diego and Imperial Counties, 3861 Front St., San Diego 92103. (714) 297-3901.

AUG 23: TAC National Women's Marathon Championship. Ottawa, Canada. Joint USA and Canadian championship. Kathy Switzer or Elizabeth Phillips, Avon, Inc., 9 West 57th St., New York, NY 10019 (212) 593-4257.

AUG 23: Wildwood Days Race. Six Rivers Running Club, Box 214, Arcata 95521.

AUG 23: Oakland 5, 10 & 15K. Oakland, 9 am. John Notch, 230 Marlow, Oakland 94605.

AUG 23: Jerry's Kids 10K Run. Laguna Hills Mall. 7 am. RACE, P.O. Box BC, Westminster 92683.

AUG 23: John Muir Marathon. Pinole Valley High School, 7:30 am. Zephyr AC, 2192 Owens Ct., Pinole 94564. (415) 231-5441. First 100 entries only.

AUG 23: Mayor's Cup Marathon. Treasure Island, San Francisco, 7 am. Sherm Welpton, c/o The Guardsmen, 12 Geary St., San Francisco 94108. (415) 781-6758. Tentative - has probably been cancelled.

AUG 23: Yount MIII Ribbon Runs. 2 & 4.2 miles. Yountville Park, 9 am. Reg Harris, 1267 Walnut C66, Napa 94558. (707) 255-8705.

AUG 23: June Lake Loop Relay. June Lodge, 8 am. Newport Beach Runners Assoc., 1162 Dorset Lane, Costa Mesa 92626 or call June Lake Chamber of Commerce 1-800-462-5576.

AUG 23: Dist. 10K XC Outstanding Athletes 10K. Cal State Northridge, 8 am. Jon Sutherland, Box 891, Tarzana 91356. (213) 908-0485. DATE CHANGE TO SEPTEMBER 6. Please see advertisement in this issue.

AUG 27: American Psychological Association 10K. Griffith Park, 9 am. Dr. H. Newton, Box 891, Tarzana 91356. (213) 888-5526.

AUG 29: Signal Hill 13K. Signal Hill, 8 am. Bob Randle, 2428 Lewis Ave., Signal Hill 90806. (213) 426-1361.

AUG 29: Run for Scotch 11. Santa Rosa Fairgrounds, 8:30 am. Pat Kuta, YWCA, 635 Fifth St., Santa Rosa 95401. (707) 546-5771.

AUG 29: Bear Valley Foot Race. 10K, Bear Valley Lodge, Highway 4, 11 am. Merv Smith, 4704 Mosher Drive, Stockton (209) 931-0478.

AUG 29: Dammit Run. 5.8 miles, Los Gatos High School Track, 9 am. Glen Harmatz, Los Gatos Athletic Association, P.O. Box 1328, Los Gatos 95031. (408) 395-4311. Date may change, please verify.

AUG 29: Avila Beach 5K. Avila Beach, 8 am. Greg DeNike, 637 Victoria Way, Arroyo Grande (805) 489-5564. AUG 30: South Hell Relay. 5-man, 50-mile. East of Camarillo, 6:30 am. Connie Rodewald, 852 Sharon Drive, Camarillo 93010. (805) 482-5360.

90401

AUG 30: Where The Hell is Truckee? 18 mile, Tahoe City, 8 am. Barb Cohen, Basecamp, PO Box 1864, Tahoe City 95730. (916) 583-5306.

AUG 30: Presidio 10. 10 mile, San Francisco, 9 am. The Guardsmen, 12 Geary St., San Francisco 94108. (415) 781-6785 or 989-6402.

AUG 30: Twilight Run. 10K, Santa Maria, 5 pm. Santa Maria Valley YMCA, Valerie Krone, Orcutt Road Runners, 4277 Brentwood Lane, Santa Maria 93454.

AUG 30L Laguna Lake 4 Mile Relay. Lompoc, 9 am. Lompoc Valley Distance Club, Box 694, Lompoc 93436.

# SEPTEMBER

SEP 5: Carson 10K. Carson, 8 am. Diann Dreaves, Box 6234, Carson 90749. (213) 830-7600, ext. 225.

Bellflower 10K. Thompson Park, Bellflower, 8 am. Runners High, 5519 E. Del Amo, Lakewood 90713. (213) 920-3580.

SEP 5: OFF Shore 10K. Irvine, 8 am. Mark McKenzie, 1835 Whittier F-11, Costa Mesa 92627. (714) 645-0340.

SEP 6: Outstanding Athleties 10K. Cal State Northridge, 8 am. Also District Championship and Converse Runoff. Jon Sutherland, Box 891, Tarzana 91356. (213) 908-0485. *Please see* advertisement in this issue.

SEP 6: Clayton Admission Day Run. 6.5 miles, Center Street, Clayton, 9 am. Bob Vasquez, 3 Barcelona Way, Clayton 94517. (415) 686-5238.

SEP 6: Rohnert Park Founders Day Lions Run. 5.8 and 13.1 miles. 9 am. James P. Pekkain, 5401 Snyder Ln., Santa Rosa 95401. (707) 584-7357.

SEP 6: Park to Park Run. 7.9 miles. Lompoc, 8 am. Bob Rich, 1105 East Hickory, Lompoc 93436. (805) 736-6787.

SEP 6: Silver State Marathon. Reno, Nevada, 6:30 am. Enter by Aug. 7. Silver State Marathon, Box 750, Reno, NV 89504.

SEP 7: Love Run. 2 mile & 10K. Fresno, 7 am. Dennis Lee, Fresno Community Hospital, P.O. Box 1232, Fresno 93715. (209) 442-6000 ext. 3116; or 298-4240.

SEP 7: Times 9 Labor Day Races. 9.99K. Belmont Water Shed, off Halmark Drive, San Mateo, 9 am. Race day registration only.

SEP 7: Labor Day Runs. 2 & 4 miles. Napa College, 9 am. Reg Harris, 1267 Walnut C66, Napa 94558. (707) 255-8705.

SEP 7: Labor Day 10 Miler. Piner Elementary School, 9 am. Labor Day 10, 2312 Masterson Ct., Santa Rosa 95401. (707) 546-5462.

SEP 12: Sacramento Triathion and Ironperson Race. Folsom Lake, 7 am. Sally Edwards, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223. Entries limited.

SEP 12: Artichoke Festival 10K. Castroville Recreation Center, 8 am. Dave Lewis, 364 Main Street, Salinas 93901. (408) 424-4343. Chestnut, Santa Cruz 95060. (408) 425-4569. SEP 13: California Road Runners 5 & 10K Road Race. DeAnza College, 9 am. Dennis R. Zamzow, DPM, 2500 Hospital Dr., Bidg. 9, Mountain View 94040. (415) 964-4800.

SEP 13: Buffalo Stampede. 10 miles. Rio Americano High School, Sacramento, 9 am. Elliot Eisenbud, 6401 Coyle Avenue, Carmichael 95608. (916) 482-1586.

SEP 13: Vine Village Country Run. 1½ miles & 10K. Napa, 8:30 am. Tim Thulin, 4059 Old Sonoma Rd., Napa 94558. (707) 253-1399 or 253-1317.

SEP 13: Spring Lake Relays. 3x4.3 miles. Santa Rosa, 9 am. Dave Stostedt, P.O. Box 562, Bodega Bay 94923. (707) 875-9925.

SEP 18: Pepsi of Reno-Lake Tahoe 72 Miler. Tahoe City, 6 am. entries close September 18. Charles Mersereau, 8895 B Salmon Falls Dr., Sacramento 95826. (916) 362-9660.

SEP 19: Berley 5 Hild Rom. Mooney Creve Park, Visalia, 800 atty trogintottan, 1026 W. Princeton, Visalia 93277.

SEP 20: Run for the Earth 10K. Cal State University, Long Beach, 8 am. Marty Haas, 3657 Hackett, Long Beach 90805.

SEP 20: Wainut Festival 10K. Heather Farms, Walnut Creek, 9 am. Walnut Festival Association, P.O. Box 4459, Walnut Creek 94596. Dave Klein (415) 933-7650.

SEP 20: Young At Heart 10K Run. Spring Lake, Santa Rosa, 9 am. Dolores Burden, 1165 Montgomery Dr., Santa Rosa 95401. (707) 546-3210, ext. 296.

SEP 20: Run for the Pumpkins, 5 miles & 2 miles. Ralston Park, Atwater, 8 am. Al Shortt, Atwater Chamber of Commerce, 1020 Cedar Ave, Atwater 95301. (209) 358-1604.

SEP 26: Richmond YMCA Pancake Race. 2.7 mile. Nicholl Park, Richmond, 9 am. Ken Stein, 3230 MacDonald Ave., Richmond 94804. (415) 234-1270.

SEP 26: Raisin Day Classic Fun Run. 6 miles. El Monte Park, Dinuba, 7 am. Steven R. Nelson, P.O. Box 944, Dinuba 93618. (209) 591-7556.

SEP 26: L.A. County Fair 10K. 7:30 am. David Condit, 9977 Holly St., Alta Loma 91701. (714) 981-2961.

SEP 26: KFWB South Coast Classic 5 & 10K Runs. Mason Park, Irvine, 8:00 am. RACE, Box BC, Westminister 92683. Betty Jones (714) 997-3000.

SEP 26: Agoura (105 laps) 26.2 Miler. A marathon on the track. John Duhig, 1642 Trafalgar PI., Westlake Village 91361. (805) 497-2011.

SEP 26: Heritage Day Run. 10K & 2 mile. Beard Park, 7:45 am. Don Lundberg, 12607 Lone Oak Rd., Waterford 95386. (209) 874-2229.

SEP 27: Sacramento Marathon & Half Marathon. William Land Park, Sacramento, 7 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7184.

SEP 27: Monterey Bay Ford Hospice Race. 5 & 10K. Custom House Plaza, Monterey, 9 am. Skip Marguard, 312 W. Carmel Valley Rd., Carmel Valley 93924. (408) 659-5426.

SEP 27: Police & Friends 6 Mile Run. Fig Garden Village, Fresno, 8:30 am. Raul Saldana2135 Fresno Street, Suite 243, Fresno 93721. (209) 266-8155.

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SEP 26: Fresno State Invitational. Woodward Park, Fresno. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 487-1297.

SEP 26: Corona Del Mar Invitational. Newport Beach Runners Association, 1162 Dorse Ln., Costa Mesa 92626. (714) 546-3663.

OCT 10: Stanford Invitational. Stanford Golf Course. Brooks Johnson, Stanford University, Dept. of Athletics, Stanford 94305.

OCT 10: Road Runner Invitational. Cal State Bakersfield. Women 5K, Men 10K. Bob Coons, Cross Country Coach, Cal State Bakersfield, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2189.

OCT 17: TFA/USA National Championships. Madison, Wisconsin. Cross Country Coach, University of Wisconsin, 1440 Monroe St., Madison, WI 53706. (608) 262-1866.

OCT 31: CCAA Championships. Crystal Springs, Belmont.

NOV 7: SPA-TAC District Championships. DeBelle Golf Course, Burbank. Preview the TAC National Championship course. Jon Sutherland, Box 891, Tarzana 91356. (213) 908-0485.

NOV 14: NCAA Division II. Boston.

NOV 21: NCAA Women's Division. Tentative.

NOV 23: NCAA Division I. Wichita, Kansas.

NOV 28: TAC National XC Championships. Debelle Golf Course, Burbank. Jon Sutherland, 18308 Rayen St., No. 204, Northridge 91325. (213) 993-9384.

DEC 6: Kinney Prep Western XC Championships. Woodward Park, Fresno. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847. DEC 12: Kinney Prep National XC Champion-

ships. Orlando, Florida. Top 8 from Western

meet will be sent. Bill Cockerham, P.O. Box

Coaches: Please send cross country

6103, Fresno 93703. (209) 264-5847.

schedules, now.

# TUTTLE'S TRACK TOPICS

# **18 Years of Running Pays Off**

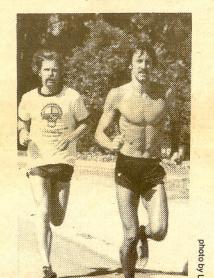
#### By GARY TUTTLE

I've been running for 18 years and have enjoyed a tremendous amount of social, physical and mental benefits from the sport.

For these benefits alone, the 85,000 miles I've run have been worth it, and when you also get to see the world free, then it's definitely worth it.

I've been lucky enough to represent the USA overseas 18 times at track or road races. I've been to such remote spots as Bahrain, mainland China and Chile. I've seen the world because years ago I committed myself to running.

Last week, my years of training paid off one more time when I spent five days in London--and in airports.



possibly never see London again, so the choice was easy.

Over the next 2½ days we saw all the sights: Big Ben, Westminster Abbey, the Tower of London, Buckingham Palace, and even the play "Annie." Perhaps we even overdid the sightseeing. My race was scheduled for 7:30 p.m., and we didn't arrive back at our hotel after a full day of walking until 5:00 p.m.

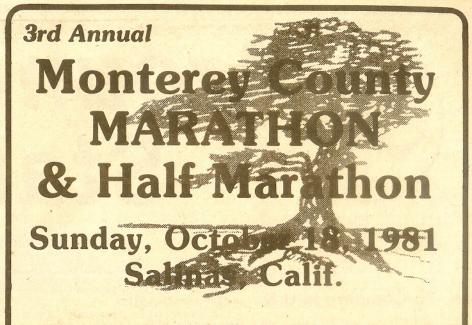
I barely had time to change and walk to the track before it was time to begin a warm-up. As I started my three mile warmup, I began to get nervous. I was nervous because I had to run in front of 18,000 spectators and I didn't want to embarrass myself.

While warming up, I set two modest goals for the night. First of all don't get last (nine runners), and secondly, don't get lapped.

Most coaches tell their athletes to "always go into a race thinking you're going to win." I unfortunately, have always been too realistic, and knew it was unreasonable to expect to win, especially since one of the Ethiopians, Kedir, was a bronze medalist at the Moscow Olympics.

My 10,000 meters was the first event of the evening, and so after the parade of flags, we were off and running. Immediately, one of the Ethiopians went to the front and began to lead us round and round.

The early laps felt easy, so I settled into their pace. By two miles in 9:08 I was running comfortably at the end of the pack, but still right with everyone. At 2½ miles Karl Lismont of Belgium and Barry Brown, the other American, began to fall off the pace, so I went around them and stayed with the pack.



Attention!! PA-TAC 1/2 Marathon Championships

Place: Alisal High School, 777 Williams Rd., Salinas, Calif.

Time: 8:00 a.m., Sunday, October 18, 1981.

Course: Certified; flat, a few rolling hills, very fast.

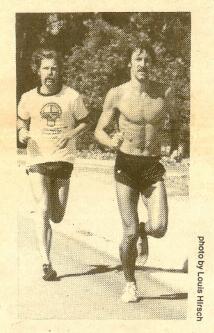
Records: Marathon Men: 2:25:46 Fritz Watson 1979 Marathon Women: 3:09:16 Sally Edwards 1979 <sup>1</sup>/<sub>2</sub> Marathon Men: 1:08:01 Tim Gruber 1980 <sup>1</sup>/<sub>2</sub> Marathon Women: 1:19:24 Maria Trujillo 1980

Awards: Top 3 overall and top 3 in each division. T-shirts to all finishers. Drawings.

Weather: Usually overcast with temperatures between 45-65°

- Aid: Marathon: 7 aid stations at 3-4 mile intervals. <sup>1</sup>/<sub>2</sub> Marathon: 2 aid stations at 3 and 9 miles. Showers available after the race.
- **Entry:** \$8 if mailed before October 11. No pre-entries accepted if postmarked after October 11. Pre-entrants pick up packets on October 17 at the Fleet Feet Store, 364 Main St., Salinas or from 7:00-7:45 a.m. at Alisal High School on race day. Race Day Registration is \$12.00

one more time when I spent five days in London--and in airports.



I was one of 24 American men selected to run against Belgium, Ethiopia and England at the world famous Crystal Palace Stadium. The event was a four-way track meet with two runners from each country in each race, so I was to be in fast company.

Luckily, when The Athletic Congress called to invite me on the team, I was already in good shape, having just run a 29:01 10,000 meters. My task was not to get in shape, but to wait in airports and fly for 12 hours, see all of London in 2½ days, and still be refreshed and rested for my big race.

Our trip (my girlfriend Cheryl Jarvis went too) almost ended before it began, because we were bumped from our flight from L.A. to New York, where we were to assemble with the other team members. We were forced to wait eight hours in Los Angeles before we boarded a non-stop flight to London.

We arrived in Heathrow Airport three hours behind the rest of the team, and unfortunately had no idea where they were staying. Two hours later, after several phone calls, we joined them at the Queen's Hotel.

When Cheryl and I arrived at the hotel we had two choices: we could spend the next 2½ days sitting in the hotel lobby waiting, resting and bored, like all the young eager racers, or we could see London like tourists. I knew that even on my best day, I was going to be chasing the leaders, and I'd tators and I didn't want to embarrass myself.

While warming up, I set two modest goals for the night. First of all don't get last (nine runners), and secondly, don't get lapped.

Most coaches tell their athletes to "always go into a race thinking you're going to win." I unfortunately, have always been too realistic, and knew it was unreasonable to expect to win, especially since one of the Ethiopians, Kedir, was a bronze medalist at the Moscow Olympics.

My 10,000 meters was the first event of the evening, and so after the parade of flags, we were off and running. Immediately, one of the Ethiopians went to the front and began to lead us round and round.

The early laps felt easy, so I settled into their pace. By two miles in 9:08 I was running comfortably at the end of the pack, but still right with everyone. At 2½ miles Karl Lismont of Belgium and Barry Brown, the other American, began to fall off the pace, so I went around them and stayed with the pack.

When I made that move, I suddenly got an adrenalin surge, and felt confident and strong. Unfortunately, less than one lap later, the Ethiopians became tired of dawdling, and exploded a 64-second lap. I had felt quite happy to be running 69-second laps, and was already 14:18 at halfway, so I said "good-bye" to the leaders and settled back to my two original goals.

I spent the next 10 laps running alone, and listening to my lap times creep above 70 seconds.

As we neared the final laps, the Ethiopians were flying. At first I had been viewing them from behind, then from across the track, and now with only two laps to go, I had to look behind me to see them. They were bearing down on me, and getting lapped became a real possibility.

I quickened my pace and slipped by the finish line six seconds ahead of the sprinting Kedir. I covered the last 400 meters in 68 seconds to finish in 29:08 and seventh place, with both my modest goals achieved.

Now that my race was done, I was able to watch Sebastian Coe, Steve Ovett, the Ethiopian distance runners, and the American sprinters completely dominate the rest of the events. Coe ran the fastest 800 in the world (1:44), and Ovett made American Craig Virgin look like a rookie in the 3,000 meters.

Barry Brown (9th/10,000) and I were yearning for home and feeling like rookies ourselves, after being soundly thrashed in our race, until the kids found us. No matter how badly you're beaten, or what place you get, you always feel like a winner wearing a USA top while signing autographs for a mob of worshipping kids. Marathon Women: 3:09:16 Sally Edwards 1979

<sup>1/2</sup> Marathon Men: 1:08:01 Tim Gruber 1980

1/2 Marathon Women: 1:19:24 Maria Trujillo 1980

Awards: Top 3 overall and top 3 in each division. T-shirts to all finishers. Drawings.

Weather: Usually overcast with temperatures between 45-65°

- **Aid:** Marathon: 7 aid stations at 3-4 mile intervals. <sup>1</sup>/<sub>2</sub> Marathon: 2 aid stations at 3 and 9 miles. Showers available after the race.
- Entry: \$8 if mailed before October 11. No pre-entries accepted if postmarked after October 11. Pre-entrants pick up packets on October 17 at the Fleet Feet Store, 364 Main St., Salinas or from 7:00-7:45 a.m. at Alisal High School on race day. Race Day Registration is \$12.00 from 7:00-7:45 a.m.

Information: Call (408) 424-4343 or 758-1783.

ENTRY FORM

# Please mail entries to:

Monterey County Marathon, P.O. Box 475, Salinas, CA 93902 Make checks payable to Fleet Feet Running Club of Monterey County

WAIVER: I, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights I may have against the County of Monterey, the city of Salinas, Fleet Feet store, and any and all sponsors, their agents, representatives, successors, or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Monterey County Marathon or Half Marathon on October 18, 1981.

Signature Parent or guardian must sign if under 18	Date
Name	Age
Address	
City/State/Zip	and the state
□ Male □ Female T-shirt size	
Full Marathon I 1/2 Marathon	
Division:	50-59 60 & Over

page 8 • California Track & Running News - August 1981

# Around the State

# O.K. To Compete in U.S.

California's Ben Plucknett, who broke the world record for the discus throw twice in the last two months has become the first American to be banned indefinitely from competition because of positive drug tests. The International Amateur Athletic Federation, the world governing body of track and field, announced the action from its London headquarters. It said that urine tests at the

photo by Don Gosney



now reverts to 233-5 by Wolfgang Schmidt of East Germany in 1978.

In a more recent development it has been learned that Plucknett may compete in domestic events despite the ban. The news comes from The Athletics Congress headquarters in Indianapolis after a phone conversation between IAAF secretary general John Holt in London and TAC executive director Ollan Cassell. TAC is the US affiliate of the IAAF.

Originally, based on news reports of the disqualification, it was believed that Plucknett had been banned from all competition. After receipt of the official letter from the IAAF notifying TAC of Plucknett's disqualification, Cassell telephoned Holt for clarification of the athlete's status. Cassell learned that Plucknett may still compete in domestic events -- that is, events in which the only other contestants are U.S. athletes and resident foreigners.

Cassell has sent a letter to Plucknett, notifying him of the IAAF actions. In the letter, Cassell told Plucknett: "The Athletics Congress, until a hearing has been conducted, to which you will be invited to attend, will continue to permit your participation in domestic, sanctioned events within, the boundaries of the United States. However, our Southern Pacific Association is being notified of the action taken by the IAAF and has been requested to conduct a hearing into this matter, to determine if you should continue to be eligible for USA domestic competition."

Cassell also informed Plucknett that IAAF Rule 144, paragraph 6, provides for a national governing body to apply for reinstatement for the athlete after 18 monty of merchandise at the race which will include 500 stuff bags, 120 jackets, 48 pairs of shoes and 14 athletic bags. The first male and female finishers overall will receive an eight day Hawaiian vacation. There will also be two drawings for eight day Hawaiian vacations. A special awards ceremony will be held to honor the "Outstanding Athletes" of 1981.

A top quality field will be on hand to compete in what is expected to be a large race. Race site is Cal State University Northridge. The 10 kilometer layout is pretty fast with the course record being 29:14 by Ventura's Gary Tuttle.

So please note this date change of the "Outstanding Athletes 10k" originally scheduled for August 23, now slated for Sunday, **September 6.** It promises to be a super event and one of the best road races of the year.

# La Jolla - UCLA -Germany - Cal Poly SLO

The travels in the life of a spear chucker. America's premier javelin thrower, Karin Smith, has been around. And all of this activity is adding up to making her one of the best in the world.

The story begins in La Jolla, a suburb of San Diego, when her softball coach noticed her fantastic throwing ability. This discovery led the 14 year old to the La Jolla Track Club since the javelin isn't part of the high school program in California. Then the javelin carried her to UCLA where she was twice the national collegiate champion and placed 8th in the '76 Olympic Games during that time.

With two years of college under her belt she went off to discover her roots and further refine her throwing ability. As a native of West Germany, she spent much time here and it was time well spent. She returned home to win the 1980 U.S. Olympic Trials. Following the Trials, however, she broke her leg while playing soccer back in Europe and lost the rest of the '80 season.

Now she's back for awhile. The 26 year old history major just completed her first term at Cal Poly San Luis Obispo. "I needed to train on my own away from a lot of pressure," Smith said. "The atmosphere here at Cal Poly is completely different. The philosophy of coach Lance Harter is to keep the pressure off of us."

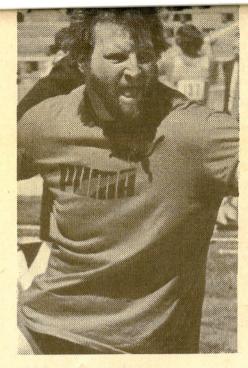
Harter is just as pleased with Karin's attitude. "Karin is not only a super athlete, but she's a super motivator as well," said Harter. "And she is very team oriented. An Olympic athlete might be expected to be somewhat aloof. But Karin just stepped in and became one of the gang."

# **Mr. Long Distance**

If you've run many road races in Southern California then this is a familiar face. The mug belongs to Chuck Lichter, Southern Pacific Association of the Athletics Congress Long Distance Running Committee Chairman.

Lichter, now in his second term as LDR Chairman, is not only the director of several Southern California long distance runs, but also puts out the local calendar of events, works to have all runs sanctioned and certified, and conducts monthly LDR Committee meetings and monthly race director meetings. If that's not enough, then he hosts a weekly running television show, *Omnisport Runners Corner* every Monday night from 8:00-8:30 on Theta - TV Channel 12.

Chuck is responsible for much of the recent organization and stability of the Southern Pacific Association. If you've got something to say about long distance running in Southern California he's the man to see; if it's a gripe he can probably help, if it's a note of appreciation he'll take that, too. At any rate, next time you're at a Southern California run at least say, "Hi, Chuck."



#### **Ben Plucknett**

Pacific Conference Games last Jan. 31 and Feb. 1 in Christchurch, New Zealand, showed that Plucknett had traces of anabolic steroids in his blood.

Plucknett, 27, a 6-7, 300 lb. competitor from San Jose, who competes for the Southern California Striders, threw a world record 233-1 at the California Relays in May and followed that with a 237-4 last month in Stockholm. Both world records were annulled by the IAAF action. The world record

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> > **TARZANA, CA. 91356**

(213) 888-5526 "THE SCHEDULE" IS MAILED FREE TO ALL MEMBERS!

from the IAAF notifying TAC of Plucknett's disqualification, Cassell telephoned Holt for clarification of the athlete's status. Cassell learned that Plucknett may still compete in domestic events -- that is, events in which the only other contestants are U.S. athletes and resident foreigners.

Cassell has sent a letter to Plucknett, notifying him of the IAAF actions. In the letter, Cassell told Plucknett: "The Athletics Congress, until a hearing has been conducted, to which you will be invited to attend, will continue to permit your participation in domestic, sanctioned events within the boundaries of the United States. However, our Southern Pacific Association is being notified of the action taken by the IAAF and has been requested to conduct a hearing into this matter, to determine if you should continue to be eligible for USA domestic competition."

Cassell also informed Plucknett that IAAF Rule 144, paragraph 6, provides for a national governing body to apply for reinstatement for the athlete after 18 months of ineligibility. "There is no guarantee that you will be reinstated," Cassell wrote to Plucknett, "but almost everyone that has applied has been reinstated for all IAAF competitions, including the Olympic Games."

**Important Date Change** 

racing events scheduled for Sunday,

August 23, has been moved to Sunday, September 6. This race is the "Outstanding

Athletes Awards 10 Kilometer," which is part of the Southern California Converse

Series. Converse will supply a huge quanti-

One of Southern California's top road

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Karin Smith

Gosney

photo by Don



Chuck Lichter

## August 1981 - California Track & Running News • page 9

#### photo by Bill Leung, Jr.



High Sierra Track Club's Dave Bronzan has a slim lead over Gary Campbell of the Visalia Runners in the submaster category.

Len Thornton of the High Sierra club has a commanding lead in the 40 and over group. Thornton, who is 50-years-old has turned in superb performances. Frank Padilla of Visalia Runners, Frank Delgado and Fernie Montanez of the Fresno Track are staging a tight battle for second.

In the women's open category the Visalia Runners hold the top three spots with Shirley Rojas, Renee Wyckoff, and Tanis Ryzebol. Women's 30 plus leader is Diane Stauffer.

The remaining races of the rating include the: Bass Lake Half Marathon, Central Cal Cross Country Meet, Merced Bell Race, Woodlake 20K, Central Cal Marathon, Merced Turkey Trot and the Fresno Road Race.

Open Division: .20 Juan Garcia (DF); .26 Jim Hartig (FTC); .44 Ed Taylor (DF); .55 AI Lara (DF); 1.0 Juan Garza (DF); 1.0 Robert Taylor (DF). 30-39: .17 Dave Bronzan (HSTC); .20 Gary Campbell (VR); .30 Curt Elia (FTC); .66 Larry Lung (FTC); .69 Bill Woody (HSTC). 40 & Over: .15 Len Thornton (HSTC); .40 Frank Padilla (VR); .41 Frank Delgado (FTC): .44 Fernie Montanez (FTC); .75 Sid Toabe (FTC). Open Women: .30 Shirley Rojas (VR); .33 Renee Wyckoff (VR); .33 Tanis Ryzebol (VR); .66 Rosemary Alcaraz; .75 Jennifer Baker. Women 30 & Over: .25 Dianne Stauffer; .44 Liz DeMonte (FTC); .56 Jacque Randolph (VR); .77 Dorothy Thomas (HSTC); 1.0 Debbie Aschwanden (VR); 1.0 Cherie Stephenson (VR).

# **Track & Field Director**

"Director of Track" is just a fancy way to say "Head Track Coach," but at Stanford University it is quite appropriate. Stanford is one of few institutional programs combining the men's and women's track team under one umbrella. Brooks Johnson is the boss of both programs, with three assistant track coaches working both programs under him. Johnson sees this as the onlyway-to-fly: "At most schools there is tension between the two programs. They're the same sport, really. At Stanford we work together - there's no duplication of equipment or personnel."

Brooks Johnson, sprint coach of the 1976 U.S. Olympic Team, has just completed his



Johnson replaced the legendary Payton Jordan as Stanford track mentor when Jordan retired two years ago. "What we'd like to do at Stanford is build on the reputation that Payton has already generated for the track program," says Johnson. "I have respected Payton as a coach and teacher for a long time, and it's a rare opportunity to follow such an outstanding person at Stanford."

Johnson admits Stanford has a few more hurdles than most schools when it comes to fielding a competitive team. First there's the large tuition cost (about \$7,000), then there are the extremely tough academic standards for admission, and an admissions application deadline a year in advance (means you recruit high school juniors or JC frosh). But Stanford's excellent location and facilities, outstanding academic and athletic reputation and knowledgeable coaching staff more than make up for these obstacles. But key to Stanford's success will be in Coach Johnson's drive for that success. Instead of crying the blues about the NCAA's 14 scholarship limitation and the other problems facing institutions today he says. "These only make the challenge that much greater, you get out of it what you put into it and we're going to out work the opposition."

When asked why he was watching the California High School State Track Meet instead of being at the NCAA I Championships that same week-end Johnson mildly replied, "This is where the future of Stanford track is."

# **Back on the Track**

History will be made and records will be broken at the 5th Annual Home Savings Pan American Masters Track & Field Championships on August 8 & 9 at the University of Southern California's Cromwell Field. Last year, more than 400 masters athletes (40 years and older) and submasters (30-39 years) combined their athletic prowess towards establishing 92 meet records, 10 world records, and 11 American records.

One man who will be competing in the Championship Meet and hoping to make historical records is 48-year-old Nick Newton, from Inglewood. Newton, a machinist, is the current World record holder for his age group for the 200 meters.

Newton began running 8 years ago when his 13-year-old daughter encouraged him to



Nick Newton

# **Taylor Brothers Duo**

Ed and Robert Taylor of the Daisy Fresh Juice Race Team have been establishing themselves as top quality road racers in the Central Valley lately. Both were members of this year's Central Cal Athletic Congress 10k and 15k championship team. Ed was also a member of the Central Cal TAC ten mile championship team where he ran a personal best 53:27. Ed also timed a 25:46 in helping his team to the championship at the California Classic Five Mile.

The two bothers went one-two in the open division at the Central Cal Athletic Congress One Hour Run Championship. Recently Ed timed 20:19 to finish third place in the Independence Day Four Mile Run.

Both Taylors are especially fond of track where Ed has best times of 1:54.0 for the 880 and a 3:53.8 over 1500 meters. Younger brother Robert has timed a 2:01.0 for 880 yards and 4:28.4 for the mile. They have started to road race the last couple of years but are looking forward to a good 1982 track season.



Jodi Anderson

# L.A. Naturite Records

How's this for a set of women's records:

100m	11.19	Chi Cheng
	10.9h	Chi Cheng
200m	22.4h	Chi Cheng
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100m	11.19	Chi Cheng
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200m	22.4h	Chi Cheng
400m	52.08	Valerie Brisco
800m	2:00.7h	Julie Brown
1500m	4:06.4h	Julie Brown
3000m	8:58.3h	Julie Brown
5000m	15:43.3h	Julie Brown
10,000m	33:41.2h	Sue Kinsey
Marath	2:36:23	
		Julie Brown
100mh	12.8h	Chi Cheng
	12.91	Chi Cheng
400mh	56.40	Sandy Myers
HJ	6-51/4	Pam Spencer
LJ	22-111/2	Jodi Anderson
SP	53-51/2	Jan Svendsen
DT -	189-0	Olga Connolly
JT	219-5	Kate Schmidt
Pent	4704	
1 on	4704	Jane Frederick

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# **CCA-TAC LDR Standings**

Listed below are the current long distance running standings for the Central California Association of The Athletics Congress. As explained in previous issues of *California Track & Running News*, a runners standing is figured by dividing his average place by the number of races he/she has run. The awards are being donated by the Tulare Trophy Shop in Tulare.

Juan Garcia of the Daisy Fresh Juice Race Team has moved into the number one position after Fresno Track Club's Jim Hartig held the lead for half the year. Garcia's outstanding performances at the Father's Day Run Six Mile (29:04) and the independence Day Four Mile Run (19:14) moved him to the top.

# **Track & Field Director**

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Brooks Johnson, sprint coach of the 1976 U.S. Olympic Team, has just completed his



**Brooks Johnson** 

second season as Director of Track & Field at Stanford. Johnson, 46, is the first black head coach in Stanford athletic history. Prior to Stanford, he was the track and field coach at Santa Fe Community College in Gainesville, Fiorida.

# **Back on the Track**

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One man who will be competing in the Championship Meet and hoping to make historical records is 48-year-old Nick Newton, from Inglewood. Newton, a machinist, is the current World record holder for his age group for the 200 meters.

Newton began running 8 years ago when his 13-year-old daughter encouraged him to take up an activity that would curtail his 2 packs of cigarettes habit. Last year he had 2 cancer operations, and spent most of the running season recuperating. He's a very popular fellow among the Masters, and the 1980 Home Savings Pan American Masters Track & Field Championships was dedicated to him. He watched last year's meet from a wheelchair, and all of his fellow competitors and supporters stopped by to shake his hand and wish him well. This year, Nick Newton is back on the track and competing as well as he always has.

Newton smiles easily and talks about his future competitive goals with enthusiasm, "I can always do better in the 200 meters, and my favorite event - the high jump - I think I should be doing over 6 feet in that."

When asked what keeps him interested in the Masters track & field program, Newton quickly answered, "The people. The people are really nice. Then there's the joy of health, the fun and the competition."

And what about his young daughter who first encouraged him to take up running, is she still in track? "No," Newton replies "I guess you could say she put away her running shoes when I put mine on."

Newton trains with the L.A. Mercurettes and Coach Fred Jones. He does daily warmups that consists of 1 mile runs, sprints, and ½ hour stretching exercises. Then he speaks to the coach about what he should work on for the next 45 minutes. helping his team to the championship at the California Classic Five Mile.

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photo by Marty Higginbotham



Ed Taylor (left) & Robert Taylor

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# 1981 TAC USA/MOBIL OUTDOOR TRACK & FIELD CHAMPIONSHIPS

photo by Bill Leung, Jr.





#### By KEITH CONNING

June 19-21. Hughes Stadium, Sacramento. The most outstanding performer was Carl Lewis(unattached/Houston '83/Willingboro HS, New Jersey 1979). Lewis won the long jump on his first jump, the second longest legal jump in history (28-3½). Lewis jumped 28-7¾ win the trials with a 4.57mps aiding wind, the number two jump in history. "I wanted to get a big jump early and make everybody else catch me," said Lewis. "The world record of Bob Beamon can be broken at sea level. Records are not uppermost in my mind; I just want to win. I don't feel any pressure to break records because I simply do not put any pressure on myself." Larry Wyricks (Athetic Attic TC/Missispip College

#### Karin Smith

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The men's 400 hurdles matched the veteran world record holder Edwin Moses (unattached/Morehouse '77) against his possible successor Andre Phillips (Shaklee TC/JCLA '81/San Jose CC/Silver Creek HS, San Jose). The runners were relatively even through five hurdles. After the mid-way point Moses took Todd Harbour (Santa Monica TC/Baylor '81/Port Isabel HS, Texas '77) ran from

seventh to third in the final 120 meters. Scott's performance was the 6th best all-time in the United States. "I want to thank my lawyers who worked so hard to get me to my meets this summer," said Maree. "I had to show the world that this was a vital opportunity that I so much needed, that this was an opportunity for all those who have been prevented from running for four years. I'm glad my feet were able to do the talking today. With 120 meters to go I saw his (Steve Scott's) shadow. He came up even and then I pulled away. He said that I destroyed his confidence. He needed this race and I needed this race, too. I felt I just had a little more to lose in this even (then be did). This was one of the function

START OF WOMEN'S 100 (left to right): Kim Robinson, Michele Glover, Brenda Morehead, Evelyn Ashford, Florence Griffith, Jodi Anderson, Michelle Matthias, Sharon Ware.

> record, breaking the 2:02.3 of Mary Decker (Orange) set in 1974. Manning's splits were: 26.4, 56.1, 1:25.9.

Sandy Myers (LA Naturite/Northridge State (83) broke Mary Ayer's 400 hurdles meet record with a 56.43. Myers' time is the number three performance all-time U.S. She now owns four of the top five times in U.S. history. "That was the way I used to run," said Myers, commenting about her usual tactics, which she did not employ today. "I wanted to go for a record. I argued. with my coach (Chuck Debus). Because of the weather conditions I decided to go out conservatively."

Cliff Wiley (DC International/Kansas '78/Douglass HS, Baltimore, MD '74) set a new meet record of 44.70 in the 400. Maxie Parks Spencer said, "I wasn't exactly concerned about setting a record today. All I wanted to do was win. So after I won, I relaxed and there went my chance for a record. The heat really took a lot out of us. I started at 5-9 today, so I made a lot of jumps. I guess I'll have to start at higher heights now, like around 6-0"

photo by Don Gosney

In one of the closest finishes of the entire meet, Stephanie Hightower (LA Naturite TC/Ohio State '80) edged Benita Fitzgerald (Knoxville TC/Tennessee '83/Gar-Field HS, Woodbridge, Virginia '79) by .01. Hightower was out first, but Fitzgerald and Jackie Washington (Shaklee TC/Northridge State, UCLA '83/Central HS, Omaha, NB '78) were right behind. By the 5th hurdle, the trio was clearly ahead of the rest. Hightower and Fit-

#### Dave Laut

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In the final of the men's 100, Fred Taylor (Philadelphia Pioneers/Texas Southern 1979/Vera Beach HS, Florida '75) false started. Mel Lattany (Athletic Attic/Georgia '81) got the best start, but Lewis and Stanley Floyd (Houston Athletics/Santa Monica TC/Auburn, Houston '83/Dougherty HS. Albany, Georgia) pulled even at 40 meters. Lewis began to pull away, leaving Lattany, Floyd, and James Sanford (Southern Cal Striders/Southern Cal'81/Pasadena HS '77). "The weather was really good," said Lewis, "I had an excellent start, and I'm very happy with the time. I really wanted to win this race. but now I have to go over and continue in the long jump. The conditions tonight were very good. I'm used to the heat. Now that the 100 is over, I can really concentrate on the remaining portion of the long jump. I think I can jump further than I did on my first effort." As it turned out, Lewis didn't have to jump again.

Lewis became the first 100/LJ victor in the meet since Jesse Owens in 1936. Lewis also matched Owens' double-double in the 100/LJ in the NCAA and AAU/TAC meets. This was Lewis' first-ever win over Stanley Floyd after losing eight straight. Lewis extends his career edge over James Sanford to 4-0.

Willie Banks (Athletics West/UCLA '78/Oceanside HS '74) set a new American record in the triple jump of 57-71/2. He held the previous record of 56-91/2. "This ranks with my best moments ever," said Banks. "Getting accepted into law school, the first American record, and the 1975 USC-UCLA dual meet were also very important. I've wanted 57 feet for a long time. My jump at 56-11 tonight made me somewhat ambivalent. I was happy that that was the American record but on the other hand, I knew I was only one inch short of 57 feet at that time. There is no question that I can break the world record. I just need a little more strength and I will be able to jump 60 feet. I jump more on emotion than anything else. I need competition to spur me on. Mike Marlow (Stars & Stripes TC/Consumnes River JC. California '79) really pushes me, but I

#### Karin Smith

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Sydney Maree (Athletic Attic/Villanova '81/ Vlakfomtein Technical HS, Pretoria, South Africa '77) upset Steve Scott (Sub 4 TC/UC Irvine '78/Upland HS '74) in the 1500 with a new meet record of 3:35.02. Scott set the old meet record of 3:36.40 in 1979. Tom Byers (Athletics West) set the early pace and led thru 800 meters (59.0, 1:59.1), followed by Tom Smith(Athletics West/Colorado/Mission San Jose HS, Fremont)(1:59.1), and Maree (1:59.3). With 500 meters to go, Maree and Scott moved to the fore, with Smith, Chuck Aragon (Notre Dame), and Byers leading the remainder of the pack. At 1200 meters (2:56.2), the pair had five meters on the rest of the field and race was on. Scott moved to lane 2 off the last turn, but could not dent Maree's edge.

Todd Harbour (Santa Monica TC/Baylor '81/Port Isabel HS, Texas '77) ran from seventh to third in the final 120 meters. Scott's performance was the 6th best all-time in the United States. "I want to thank my lawyers who worked so hard to get me to my meets this summer," said Maree. "I had to show the world that this was a vital opportunity that I so much needed, that this was an opportunity for all those who have been prevented from running for four years. I'm glad my feet were able to do the talking today. With 120 meters to go I saw his (Steve Scott's) shadow. He came up even and then I pulled away. He said that I destroyed his confidence. He needed this race and I needed this race, too. I felt I just had a little more to lose in this race (than he did). This was one of my few opportunities to race against the best. This was an opportunity that I so much deserved. He (Scott) told me he thought he had me down the stretch. When I held him off he broke his stride. He said it broke his concentration. He has beaten me the same way in the past. This was my first win over Scott. But I haven't raced Steve many times because of politics." "I ran pretty much the way I wanted," said Scott. "I wanted to be on his shoulder with 100 meters to go and I had nothing left. I had too much confidence in my kick. Until about the last 80 or 90 yards I thought I had the race won. I pulled up on him and he pulled away again. This was very similar to the 1979 race I ran against Don Paige. I'm disappointed because I wanted to win very badly. Maree should definitely go to the World Cup; he deserves it."

Evelyn Ashford (Medalist TC/UCLA 79/Roseville HS) broke Brenda Morehead's meet record in the 200 with the number three performance all-time in the US.-22.30. False starts were called on Valeric Brisco (Shaklee TG/Northridge State '82/Locke HS, Los Angeles '78) and she was disqualified. Ashford, running in lane 7, shot out of the blocks and made up the stagger on the two runners to her outside, by 40 meters. She then shifted into overdrive coming off the curve and destroyed the field. ''I guess I need to gain a little confidence in my start to be able to chase the world record,'' said Ashford.

Madeline Manning (Oral Roberts TC/Tennessee State '73/Hay HS, Cleveland, Ohio '66) broke her own 800 meet record with 1:58.50. She wasted no time and shot out to a 5 meter lead at the break point. Brenda Peterson (LA Mercurettes) tried to go with her and she ended up regretting it! Leann Warren (Oregon '83/Crescent Valley HS, Corvallis, OR '79) emerged from the pack as the bravest pursuer with 300 to go, but Manning held a 15 meter lead, which did not wither as the race went on. Warren made a game try at 700 meters to close in, but did not dent the Manning advantage. Manning's time is the number three performance in American history. Kim Gallagher (Willingboro TC/Upper Dublin HS, Fort Washington, PA '82) set a new high school

START OF WOMEN'S 100 (left to right): Kim Robinson, Michele Glover, Brenda Morehead, Evelyn Ashford, Florence Griffith, Jodi Anderson, Michelle Matthias, Sharon Ware.

> record, breaking the 2:02.3 of Mary Decker (Orange) set in 1974. Manning's splifs were: 26.4, 56.1, 1:25.9.

Sandy Myers (LA Naturite/Northridge State '83) broke Mary Ayer's 400 hurdles meet record with a 56.43. Myers' time is the number three performance all-time U.S. She now owns four of the top five times in U.S. history. "That was the way I used to run," said Myers, commenting about her usual tactics, which she did not employ today. "I wanted to go for a record. I argued with my coach (Chuck Debus). Because of the weather conditions I decided to go out conservatively."

Cliff Wiley (DC International/Kansas '78/Douglass HS, Baltimore, MD '74) set a new meet record of 44.70 in the 400. Maxie Parks (Maccabi) set the old record of 44.82 in 1976. Anthony Ketchum (Philadelphia Pioneers/Needville HS, TX '81) was out best and led for the first 100 meters, but Wiley and Willie Smith (Athletic Attic/Auburn '78/Uniondale HS, NY '74), in lanes 9 and 8, moved out on the back straight. Walter McCoy (Athletic Attic/Florida State '81/Seabreeze HS, Dayton Beach, FL '77) was also running well in lane 3. Wiley ran an amazing turn to forge a 3 meter lead at the 300 mark and he maintained it down the home straight to win convincingly. Smith, who ran evenly the entire way, could not hold off the fast close of Tony Darden (Philadelphia Pioneers/Arizona State, Nevada Reno '82/Norristown, PA '76). Wiley moves to number eight performer in U.S. history. Wiley's personal record entering 1981 was only 46.10. "I was worried a little about being way out on the outside," said Wiley. "But with Willie Smith right behind me, I knew I had to watch out. I tried to turn it on going into second curve, and then pick it up even more down the final straight. I just wanted to do my best and run PRs in the semis and finals. I think I did it. I could have come in here and run conservatively and just gone for the World Cup. But I wanted to prove myself here. I'm fairly happy. This is my number 3 event behind the 200 and 100. I ran here at the Golden West in 1974 and was in the outside lane, too. I won it in 48.0.'

In the women's 4x100 relay the Shaklee Track Club team of Alice Brown (Northridge State '83/Muir HS, Pasadena '79), Florence Griffith (Northridge State, UCLA '82), Valerie Brisco, and Jeanette Bolden (Northridge State, UCLA '82/Centennial HS, Compton '78) set a new meet record of 43.39. The Berkeley East Bay TC team of Tanaya King, Sharon Ware, Robyne Johnson, and Nedrea Rodgers, which finished sixth in 45.52, is the Berkeley High School team that set the national high school record of 45.13 at the State Meet. This performance was the second best high school performance of all-time. This is the equal-sixth performance in U.S. history by Shaklee

Pam Spencer (LA Naturite/Seattle Pacific, Northridge '79/Great Falls, MT '75) set a new meet record in the high jump at 6-4<sup>3</sup>/<sub>4</sub>. Spencer said, "I wasn't exactly concerned about setting a record today. All I wanted to do was win. So after I won, I relaxed and there went my chance for a record. The heat really took a lot out of us. I started at 5-9 today, so I made a lot of jumps. I guess I'll have to start at higher heights now, like around 6-0"

In one of the closest finishes of the entire meet, Stephanie Hightower (LA Naturite TC/Ohio State '80) edged Benita Fitzgerald (Knoxville TC/Tennessee '83/Gar-Field HS, Woodbridge, Virginia '79) by .01. Hightower was out first, but Fitzgerald and Jackie Washington (Shaklee TC/Northridge State, UCLA '83/Central HS, Omaha, NB '78) were right behind. By the 5th hurdle, the trio was clearly ahead of the rest. Hightower and Fitzgerald pulled away from Washington by the 8th hurdle. Fitzgerald put on a late charge, but Hightower held her off to defend her championship. Washington finished a strong third. Hightower's 13.09 is equal-ninth performance all-time U.S. Fitzgerald's 13.10 is a PR, but she remains as fourth performer all-time U.S. Fitzgerald said, "I got out of the blocks poorly, and I never was able to get going technically. Every time I tried to make a surge, I would wobble or get off balance or do something bad. When I got to the tape, I couldn't tell where Stephanie was. She's so short.'

In the women's 100, Evelyn Ashford won by 20. Alice Brown was out like a shot, with Jeanette Bolden even by 10 meters. The two ran together until 30 meters, when Ashford shifted gears and blew by both. Ashford was in control by 35 meters and extended her lead to the tape. Ashford said, "That heat makes the feet so hot that you feel sluggish. I think it was bothering everyone. I like people to think I can't do something, like keep winning, and then prove them wrong. That just makes me want to do it even more. I'm still winning, but in my mind I'm still chasing the world leaders. I'm still not on top of the world."

Karin Smith (Medalist TC/UCLA, Cal Poly SLO '82/La Jolia HS '73) won the javelin with a toss of 208-2. Smith said, "I'm medium pleased. I had a much better throw in me today, but I could not seem to get it out. Even though this is good javelin throwing weather, It was a little too hot for me. I'm very happy to have won this meet, and I am very happy to have made the World Cup team. I cannot rank this with some of my other wins; I'm just glad this meet is over with."

The California High School State champion junior Denean Howard (Shaklee TC/Kennedy HS, Granada Hills '82) won the 400 in 51.79. Howard sald, ''I didn't feel like I was in trouble coming off that last curve, even though Arlise Emerson (UCLA '83/Westminster) was in front. I'm really not even breathing that hard. The outside lane didn't bother me because you have to learn to run in any of the lanes. The main person I was watching for was Arlise coming off the straight. I feit strong

#### August 1981 - California Track & Running News • page 11

down the straight, but I'm not sure if I could have run much faster. I didn't have a whole lot left."

Dave Laut (Athletics West/Moorpark College, San Jose CC, UCLA '79/Santa Clara HS, Oxnard) upset Brian Oldfield in the shot put with a toss of 70-10'4. Laut said, "This is the biggest win I have ever had. I am much stronger now; in fact, stronger than I have ever been in my entire life. This has helped me a good deal. I can throw 70 feet more times this year. I was ready for Brian today. He is a great competitor but he has thrown In an awful lot of meets this year. I think maybe he burned himself out. I really peaked for this meet, and I am very happy that I made the World Cup team."

James Robinson (Inner City TC/Laney CC, CA '76/McClymonds HS, Oakland '72) klcked by Mike Boit (Kenya) in the stretch to win the 800 in 1:45.53. Robinson said, ''I feel as though that was one of my better races. I got a little tight at the finish, and I almost lost it. I am really glad I got this one. Boit is still up on me three to two. I was expecting a better finish, but it wasn't there. Fortunately, It wasn't there for Mike either. I'm just very thankful that I won. The thing that pleases me the most is that I have now won four national championships in a row. That is more important to me than qualifying for the World Cup team."

Jodi Anderson (LA Naturite/Northridge State '80/Washington HS, Los Angeles '75) won the long jump at 22-¼. Anderson said, "Look at that hand shaking, I'm still nervous from that jumping. Kathy is a tough competitor, just like I am. She doesn't let a victory go easily. It was just a matter of getting on the board for that fifth jump. Then I just gave it a good punch. After all, what did I have to lose-just \$2,500 and the World Cup trip. After running the relay, I just moved my step up and went for the best. When I got on the board, I knew I had a good jump. Technically, I think I'm about 95 per cent of where I was last summer at the Trials."

Tyke Peacock (Modesto JC '81/Urbana, Illinois '79) and Milt Goode (Sanfa Fe CC, Alameda JC '81/Momouth Reg, Tinton Falls, NJ '79) went one-two in the high jump. Peacock said, "My last jump was my best. I don't know why that bar fell off. I sure didn't feel it, if I hit it. I'd like to have set a personal best, but all I wanted to do was win. It seems like many of the jumpers have hit a plateau of 7-4 or 7-5. But watch out next year. The same jumpers will probably be around as now, but most of them are talking about training hard for next year."

# Men

100 Meters: 1. Carl Lewis (SMTC) 10.13; 2. Stanley Floyd (HAC) 10.21; 3. Mel Lattany (AA) 10.21; 4. James Sanford (SCS) 10.22; 5. Ron Brown (SSTC) 10.24; 6. Fred Taylor (PPC) 10.31; 7. Mike Miller (KTC) 10.34; 8. Calvin Smith (AITC) 10.36; 9. Steve Riddick (PPC) 10.45; 10. Harvey Glance (AA) 10.45.

200 Meters: 1. Jeff Phillips (PPC) 20.36; 2. Eric Brown (Shak) 20.38; 3. James Sanford (SCS) 20.53; 4. Fred Taylor (PPC) 20.67; 5. Terron Wright (AA) 21.01; 6. Bill Collins (PPC) 21.02; 7. Elliott Quow (NYPC) 21.06; 8. Dwayne Evans (AW) 21.11; 9. William Snoddy (USN) 21.1.

400 Meters: 1. Cliff Wiley (DCI) 44.70; 2.

(AW) 29:30.0; 9. Robbie Perkins (NYAC)
29:30.7; 10. Dan Harvey (SJSt) 29:41.9; 11.
Herb Wills (AA) 29:49.0; 12. Charles Gray (Unat) 29:52.0; 13. George Mason (AIA) 30:27.8;
14. Pat Holleran (OTC) 30:43.7. Dnf- Paul Cummings (PCC); Dan Grimes (Hum St); Gary Hofsteter (AIA); Joaquin Leano (Col); Tom Wysocki (Sub 4).

110 Hurdles: 1. Greg Foster (Shak) 13.39; 2. Larry Cowling (Cal) 13.66; 3. Tonie Campbell (Macc) 13.66; 4. Sam Turner (SSTC) 13.69; 5. Rod Milburn (HAC) 13.71; 6. Charles Foster (PPC) 13.89; 7. Billy Richard (AA) 14.00; 8. Dan Lavitt (PCC) 14.00; 9. Malcolm Dixon (STC) 14.05; 10. Rod Wilson (PPC) 14.31.

400 Hurdles: 1. Edwin Moses (UI) 47.59; 2. Andre Phillips (Shak) 48.10; 3. David Lee (AA) 48.53; 4. David Patrick (KTC) 49.25; 5. James Walker (AA) 49.33; 6. James King (Macc) 49.47; 7. Paul Lankford (PennSt) 49.55; 8. Bart Williams (SSTC) 49.56; 9. Nate Lundy (InTC) 49.58.

5000 Walk: 1. Ray Sharp (AA) 20:47.52; 2. Jim Heiring (AA) 20:49.35; 3. Dan O'Connor (ACA) 21:10.44; 4. Todd Scully (Shore) 21:54.57; 5. Walt Jaquith (WVTC) 22:38.7; 6. Ron Daniel (Shor) 22:39.5; 7. Wayne Glusker (WVTC) 23:05.7; 8. Dan Pierce (SeaTC) 23:31.7.

High Jump: 1. Tyke Peacock (Mod JC) 7-4½; 2. Milton Goode (Ala JC) 7-4½; 3. Nat Page (SCS) 7-4½; 4. James Frazier (SSTC), Jimmy Howard (HAC), Larry Weaver (LSU) & Leo Williams (PPC) 7-3; 8. James Barrineau (AA) 7-3; 9. Dwight Stones (PCC) 7-3; 10. Juan Centelles (Cub) 7-3; 11. Greg Seay (Ok) 7-3; 12. Rory Kotinek (Unat) 7-1½; 13. Ken Glover (AA) 7-1½; 14. Reynaldo Brown (AATC) & Joe Radan (Macc) 7-1½.

Pole Vault: 1. Billy Olsen (PCC) 18-21/; 2. Steve Smith (ACA) 17-101/; 3. Earl Bell (PCC) & Brad Pursley (PCC) 17-61/; 5. Ed Langford (AA) 17-61/; 6. Dave Volz (In TC) & Joe Dial (AA) 17-61/; 8. Larry Jesse (Macc) 17-61/; 9. Tim Bright (ACU) 17-21/; 10. Dale Jenkins (AA) 17-21/4. No height- Felix Bohni (SJSt); Randy Hall (PCC).

Long Jump: 1. Carl Lewis (SMTC) 28-3½; 2. Larry Myricks (AA) 27-8¼; 3. Mike McRae (BAS) 26-4½; 4. Jason Grimes (PPC) 26-2½; 5. Stanley Holmes (AA) 25-11½; 6. Greg Artis (AA) 25-8¾; 7. Junichi Usul (Jap) 25-5½; 8. Norm Alston (CSH) 25-4; 9. Vesco Bradley (AA) 25-4; 10. David Giralt (Cub) 25-1½; 11. Arnie Robinson (Macc) 25-0¾; 12. Lujack Lawrence (NYPC) 25-0½; 13. Bill Rea (UCTC) 24-9¾; 14. Dannie Jackson (A251) 23-11.

Triple Jump: 1. Willie Banks (AW) 57-7½; 2. Mike Marlow (SSTC) 56-4; 3. Robert Cannon (AA) 55-11; 4. Keith Connor (SMU) 55-10; 5. Greg Caldwell (SSTC) 55-3¾; 6. Paul Jordan (SMTC) 55-2½; 7. Doug Garner (Macc) 53-7¾; 8. Henry Ellard (FresSt) 52-5½; 9. Ray Kimble (BAS) 52-2½; 10. Paul Bates (Cal) 48-8w.

Shot Put: 1. Dave Laut (AW) 70-101/2; 2. Mike Carter (SMU) 69-61/4; 3. Brian Oldfield (UCTC) 69-6; 4. Jesse Stuart (HAC) 67-11; 5. Colin Anderson (UCTC) 67-7; 6. Al Feuerbach (AW) 65-4; 7. Jeff Braun (Wi TC) 65-11/2; 8. Ben Plucknett (SCS) 64-71/4; 9. Ian Pyka (NYAC) 63-11; 10. Doug Lane (WVTC) 62-0; 11. Mike Lehmann (AA) 62-0; 12. Joe Zelezniak (NYAC) 60-71/2.

Discus: 1. Ben Plucknett (SCS) 226-5; 2. Luis Delis (Cub) 215-0; 3. Dave Voorhees (OTC) 214-7; 4. John Powell (AA) 212-2; 5. Art Burns (Stars) 208-9; 6. Ken Stadel (AW) 205-11; 7. Al Oerter (NYAC) 205-0; 8. Stan Cain (AA) 201-2; 9. Art Swarts (Shor) 196-5; 10. Jim McGoldrick (Stars) 194-7; 11. Mac Wilkins (AW) 191-3; 12. Scott Lofquist (Ar) 190-4; 13. Marcus Gordien (Inpt) 185-5; 14. Mike Catter (SMU) 183-5; 15. 800 Meters: 1. Madeline Manning (ORTC) 1:58.50; 2. Leann Warren (OR) 2:00.08; 3. Robin Campbell (STC) 2:01.02; 4. Delisa Walton (KTC) 2:01.39; 5. Kim Gallagher (Will TC) 2:01.82; 6. Lee Ballenger (AW) 2:03.21; 7. Chris Mullen (AW) 2:04.3; 8. Joetta Clark (Atoms) 2:05.3; 9. Brenda Peterson (LAM) 2:07.0.

1500 Meters: 1. Jan Merrill (AGAA) 4:14.62; 2. Cindy Bremser (WU) 4:15.34; 3. Maggie Keyes (AW) 4:15.84; 4. Linda Goen (Shak) 4:16.14; 5. Regina Joyce (SW) 4:16.81; 6. Rose Thomson (WU) 4:20.2; 7. Sheila Ralston (Shak) 4:20.9; 8. Sandra Gregg (SW) 4:35.4. DNF: Michelie Bush (Shak).

3000 Meters: 1. Brenda Webb (AW) 9:04.54; 2. Joan Hansen (Az) 9:07.57; 3. Carol Urish (HI) 9:19.50; 4. Margaret Groos (Char) 9:20.28; 5. Jan Merrill (AGAA) 9:21.60; 6. Debbie Eide (OTC) 9:21.90; 7. Ceci Hopp (Gateway TC) 9:25.63; 8. Cindy Bremser (WU) 9:26.30; 9. Mary Shea (NC St) 9:26.92; 10. Betty Springs (NC St) 9:28.92; 11. Michelle Bush (Shak) 9:29.0; 12. Sue Girard (NC St) 9:31.4; 13. Patsy Sharples (d) 9:31.8; 14. Geri Fitch (Can) 9:36.3.

10,000 Meters: 1. Joan Benoit (AW) 33:377.5; 2. Patsy Sfharples (Id) 34:10.2; 3. Julie Shea (AW) 34:30.6; 4. Glenys Quick (TWU) 34:34.8; 5. Kim Schnurpfeil (STC) 34:39.3; 6. Jan Oehm (Jnat) 34:42.9; 7. Melanie Weaver (Mi) 34:58.4; 8. Darien Andreu (FI St) 35:11.7; 9. Aileen O'Connor (VaTC) 35:23.2; 10. Ellen Lyons (STC) 35:38.1; 11. Liz Baker (Vit PI) 35:45.7; 12. Letha Davis (IaUn) 36:35.6.

100 Hurdles: 1. Stephanie Hightower (LAN) 13.09; 2. Benita Fitzgerald (KTC) 13.10; 3. Jackie Washington (Shak) 13.18; 4. Carol Lewis (Will TC) 13.73; 5. Gayle Watkins (DCI) 13.92; 6. Tonja Brown (FI St) 13.94; 7. Pam Page (Unat) 14.02; 8. Linda Bourn (Unat) 14.03; 9. Lexie Miller (Or) 14.03; 10. Maureen McGee (LAM) 14.11.

400 Meter Hurdles: 1. Sandy Myers (LAN) 56.43; 2. Tammy Etlenne (Tx) 57.14; 3. Edna Brown (Temple) 57.82; 4. Lexie Miller (Or) 57.82; 5. Karen Taylor (Shak) 58.98; 6. Rachael Clary (Hous) 59.06; 7. Tonja Brown (FI St) 60.1; 8. Jill Lancaster (Ok) 60.6; 9. Debra Melrose (Atoms) 61.5.

4 x 100 Relay: 1. Shaklee TC (Brown, Griffith, Brisco, Bolden) 43.39; 2. LA Naturite TC (Anderson, Inniss, Rich, Pusey) 44.04; 3. LA Mercurettes (Pendleton, Moch, Peterson, Dawkins) 45.02; 4. DC International 45.06; 5.

photo by Don Gosney





#### James Robinson

Police Athletic League 45.39; 6. Berkeley East Bay TC 45.52. DQ: Southern Cal Cheetahs 45.32; LA Mercurettes "B" 47.88.

4 x 400 Relay: 1. LA Naturite TC (Bryant, Pusey, Rich, Myers) 3:27:90; 2. Shaklee TC (D. Howard, T. Howard, Emerson, S. Howard) 3:29:34; 3. LA Mercurettes (Pullins, Clagon, Cumbess, Peterson) 3:33:43; 4. DC International 3:36:95; 5. Southern Cal Cheetahs 3:29:20. DO: Berkeley East Bay TC 3:42:63.

4 x 800 Relay: 1. Sports West (Sue Gregg, Smith, Joyce, Sandra Gregg) 8:36,94; 2. San Jose Cindergals (Weber, Spies, King, Figliomeni) 8:41.87; 3. LA Naturite TC (Antoniewicz, Gottlieb, McKenna, Jacobs) 8:44.21; 4. Southern Cal Cheetahs 8:52.81.

Sprint Medley Relay: 1. LA Naturite TC (Hay, Innis, Rich, Pusey) 1:37.86; 2. Shalkee TC (T. Howard, Bolden, S. Howard, D. Howard)

photo by Bill Leung, Jr.



1:38.38; 3. Shaklee TC "B" (Brown, Robinson, Fowler, Emerson) 1:38.85; 4. Southern Cal Cheetahs 1:39:53; 5. DC International 1:40.44; 6. LA Mercurettes 1:40.62; 7. LA Mercurettee "B" 1:42.0; 8. Berkeley East Bay TC 1:42.6.

High Jump: 1. Pam Spencer (LAN) 6-4%; 2. Louise Ritter (PCC) 6-3%; 3. Coleen Rienstra (SDSF) 6-3½; 4. Phyllis Blunston (LAM) 6-1%; 5. Hisayo Fukumitsu (Jap) 6-1%; 6. Joni Huntley (PCC) 6-0; 7. Yolanda Gibson (Atoma) 6-0; 8. Patti Stafford (Vit Plus) 5-10%; 9. Sue McNeal (SSTC) 5-9%; 10. Sharon Burrill (C Gold) 5-9%.

Long Jump: 1. Jodi Anderson (LAN) 22-0'4; 2. Kathy McMillan (Shak) 21-7'4; 3. Carol Lewis (Will TC) 21-5'/5 w; 4. Pat Johnson (WU) 21-5; 5. Lorraine Ray (FTC) 21-4; 6. Sandy Myers (LAN) 20-9'4; 7. Gwen Loud (LAN) 20-8'4w; 8. Donna Thomas (N Tx) 20-8'4; 9. Ana Alexander (Cub) 20-7w; 10. Veronica Bell (Cheet) 20-3'4w; 11. Pam Donald (STC) 19-11'4; 12. Jackie Joyner (Shak) 19-7w; 13. Karen Taylor (Shak) 19-4'4w; 14. Esmeralde Garcia (FI St) 19-2'4.

Shot Put: 1. Denise Wood (KTC) 55-5'4; 2. Lorna Griffin (AW) 53-4'4; 3. Sandy Burke (NEn) 52-5'4; 4. Mariette van Heerden (LAM) 51-9'4; 5. Neni Davis (PAL) 51-6'4; 6. Carly Van Pelt (SW) 50-9'4; 7. Ramona Pagel (CSLB) 50-2'4; 8. Susan Thornton (KTC) 49-0'4; 9. Susie Ray (Shak) 47-6; 10. Anne McElroy (CSLB) 47-1; 11. Cheryl Kennedy (Vit Plue) 45-4'4; 12. Sharen Hamilton (LAM) 45-3'4; 13. Julie Jones (FI St) 44-7'5.

Discus: 1. Leslie Deniz (SDSF) 182-9; 2 Denise Wood (KTC) 181-9; 3. Mariette Van Heerden (LAN) 179-9; 4. Lorna Griffin (AW 179-5; 5. Julie Hansen (SW) 174-0; 6. Jar Svendsen (Shak) 169-11; 7. Gali Zaphiropoulos (WC) 169-3; 8. Laura Messne (Tx) 166-2; 9. Julie Cart (SDSF) 165-7; 10. Care Cady (STC) 163-3; 11. Kathy Picknell (OTC 159-1; 12. Leslie Hoerner (AIA) 156-4; 13 Heather Kuusela (WC) 153-8.

Javelin: 1. Karin Smith (MTC) 208-2; 2. Kat Schmidt (PCC) 199-5; 3. Lynda Hughes (Unai 176-0; 4. Mary Osborne (STC) 169-10; 5. Sali Harmon (Or) 164-9; 6. Barbara Moro (Shali 164-8; 7. Jacque Nelson (Shak) 164-0; 8. Cor nie Peterka (Or HS) 162-2; 9. Donna O'Carrol (CNE) 159-8; 10. Jeanne Eggart (SW) 158-1; 11 Dana Olson (Hous) 157-4; 12. Celeste Wilkim son (LAN) 155-4.

photo by Bill Leung, Jr:



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Alameda JC '81/Monmouth Reg, Tinton Falls, NJ '79) went one-two in the high jump. Peacock said, "My last jump was my best. I don't know why that bar fell off. I sure didn't feel it, if I hit it. I'd like to have set a personal best, but all I wanted to do was win. It seems like many of the jumpers have hit a plateau of 7-4 or 7-5. But watch out next year. The same jumpers will probably be around as now, but most of them are talking about training hard for next year."

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400 Meters: 1. Cliff Wiley (DCI) 44.70; 2. Tony Darden (PPC) 45.01; 3. Willie Smith (AA) 45.15; 4. Walter McCoy (AA) 45.46; 5. Anthony Ketchum (PPC) 45.70; 6. Zeke Jefferson (Bay) 45.87; 7. Sunder Nix (InTC) 46.24; 8. Herman Frazier (PPC) 46.1; 9. Anthony Blair (PPC) 46.4.

800 Meters: 1. James Robinson (ICAC) 1:45.53; 2. Mike Bolt (SCS) 1:45.60; 3. Randy Wilson (AW) 1:45.82; 4. David Mack (SMTC) 1:46.03; 5. David Korir (UI) 1:46.25; 6. Mark Enyeart (PCC) 1:46.55; 7. Mike White (Cal) 1:47.19; 8. James Mays (AA) 1:47.28; 9. Brian Theriot (SSTC) 1:47.30.

1500 Meters: 1. Sydney Maree (AA) 3:35.02; 2. Steve Scott (Sub-4) 3:35.51; 3. Todd Harbour (SMTC) 3:36.94; 4. Jim Spivey (InTC) 3:37.24; 5. Craig Masback (NYPC) 3:37.43; 6. Tom Byers (AW) 3:37.69; 7. Richie Harris (AW) 3:37.97; 8. Dan Aldridge (Sub-4) 3:38.70; 9. Chuck Aragon (N Dame) 3:38.92; 10. Ray Wicksell (Reebok) 3:39.02; 11. Tom Smith (AW) 3:39.42; 12. Andy Clifford (AIA) 3:40.5.

Steeplechase: 1. Henry Marsh (AW) 8:30.7; 2. Amos Korir (AA) 8:31.5; 3. Solomon Chebor (FD) 8:31.9; 4. John Gregorek (NYAC) 8:32.5; 5. Ken Martin (AW) 8:34.3; 6. Kelly Jensen (OTC) 8:34.8; 7. Bill SmCullough (SSTC) 8:35.6; 8. Rickey Pittman (KTC) 8:37.0; 9. Harrison Koroso (Macc) 8:42.8; 10. Randy Jackson (AW) 8:47.9; 11. Dan Heikkinen (AW) 8:51.7; 12. Brett Hyde (AF) 8:58.9; 13. Dregg Einspahr (AA) 9:07.8

5000 Meters: 1. Matt Centrowitz (NYAC) 13:28.86; 2. Craig Virgin (FRTC) 13:31.64; 3. Don Clary (AW) 13:33.54; 4. Bill McChesney (SMTC) 13:36.74; 5. Doug Padilla (AW) 13:39.71; 6. Ed Arriola (Unat) 13:40.2; 7. Randy Melancon (AW) 13:41.7; 8. Jim Stintzi (Wi) 13:46.1; 9. Thom Hunt (AW) 13:48.9; 10. Jon Sinclair (Phid) 13:50.2; 11. Kevin McCarey (AW) 13:53.8; 12. Ed Spinney (AW) 13:58.6; 13. Steve Alvarez (SCRR) 14:02.0; 14. Mick Schlachter (VAC) 14:15.0; 15. Art Bolleau (OTC) 14:22.1; 16. Mark Scrutton (Co) 14:25.9; 17. Mike Lohman (OTC) 14:28.8; 18. Domingo Tibaduiza (Sub 4) 14:52.9.

10,000 Meters: 1. Alberto Salazar (AW) 28:39.33; 2. Duncan Macdonald (AW) 28:45.59; 3. Charles Spedding (GB) 28:49.85; 4. Mark Nenow (VAC) 29:04.5; 5. Domingo Tibaduiza (Sub 4) 29:07.1; 6. Jim Stintzi (Unat) 29:16.7; 7. Mike Layman (CNW) 29:21.2; 8. Paul Stemmer

(BAS) 26-4 1/2; 4. Jason Grim Stanley Holmes (AA) 25-111/2; 6. Greg Artis (AA) 25-83/4; 7. Junichi Usui (Jap) 25-51/2; 8. Norm Alston (CSH) 25-4; 9. Vesco Bradley (AA) 25-4; 10. David Giralt (Cub) 25-11/2; 11. Arnie Robinson (Macc) 25-03/4; 12. Lujack Lawrence (NYPC) 25-01/2; 13. Bill Rea (UCTC) 24-93/4; 14. Dannie Jackson (AzSt) 23-11.

Triple Jump: 1. Willie Banks (AW) 57-71/2; 2. Mike Marlow (SSTC) 56-4; 3. Robert Cannon (AA) 55-11: 4. Keith Connor (SMU) 55-10; 5. Greg Caldwell (SSTC) 55-334; 6. Paul Jordan (SMTC) 55-21/4; 7. Doug Garner (Macc) 53-73/4; 8. Henry Ellard (FresSt) 52-51/4; 9. Ray Kimble (BAS) 52-21/2; 10. Paul Bates (Cal) 48-8w.

Shot Put: 1. Dave Laut (AW) 70-101/2; 2. Mike Carter (SMU) 69-6 3/4; 3. Brian Oldfield (UCTC) 69-6: 4. Jesse Stuart (HAC) 67-11; 5. Colin Anderson (UCTC) 67-7; 6. Al Feuerbach (AW) 65-4; 7. Jeff Braun (Wi TC) 65-11/2; 8. Ben Plucknett (SCS) 64-71/4; 9. Ian Pyka (NYAC) 63-11; 10. Doug Lane (WVTC) 62-0; 11. Mike Lehmann (AA) 62-0; 12. Joe Zelezniak (NYAC) 60-71/2

Discus: 1. Ben Plucknett (SCS) 226-5; 2. Luis Delis (Cub) 215-0; 3. Dave Voorhees (OTC) 214-7; 4. John Powell (AA) 212-2; 5. Art Burns (Stars) 208-9; 6. Ken Stadel (AW) 205-11; 7. Al Oerter (NYAC) 205-0; 8. Stan Cain (AA) 201-2; 9. Art Swarts (Shor) 196-5; 10. Jim McGoldrick (Stars) 194-7; 11. Mac Wilkins (AW) 191-3; 12. Scott Lofquist (Ar) 190-4; 13. Marcus Gordien (Unat) 185-5; 14. Mike Carter (SMU) 183-5; 15. Bruce Navarre (NE La) 174-9; 16. Jack Harkness (WC) 167-5; 17. Erik Korshoj (Nb) 164-7. no mark- Greg McSeveney (49er).

Hammer: 1. Richard Olsen (NYAC) 235-10; 2. Dave McKenzie (Unat) 233-2: 3. Matt Mileham (FresSt) 231-1; 4. Andy Bessette (NYAC) 229-4; 5. Peter Farmer (Macc) 227-11; 6. John McArdle (OTC) 219-7; 7. Rick Buss (AA) 215-10; 8. Bill Sutherland (NYAC) 215-9; 9. Boris Djerassi (NYAC) 213-6; 10. Ed Burke (Stars) 212-8; 11. Doug Barnett (Azusa) 207-3; 12. Ed Arcaro (Macc) 195-11; 13. Bill Borden (Grot) 193-0; 14. Doug Silcox (Chico) 191-5.

Javelin: 1. Bruce Kennedy (PCC) 276-8; 2. Rod Ewaliko (AW) 272-4; 3. Duncan Atwood (AW) 267-6; 4. Mike Packer (Macc) 267-6; 5. Bob Roggy (AW) 265-10; 6. Mark Anderson (UCLA) 255-1; 7. Tom Petranoff (SCS) 249-6; 8. Mike Juskus (PPC) 248-11; 9. Mike Barnett (Azusa) 247-2; 10. Scott Sorchik (Bruce) 239-4; 11. Jeff Gorski (WCA) 223-11; 12. Mike Hartle (Clem) 213-11.

# Women

100 Meters: 1. Evelyn Ashford (MTC) 11.07; 2. Jeanette Bolden (Shak) 11.27; 3. Alice Brown (Shak) 11.28; 4. Florence Griffith (Shak) 11.29; 5. Brenda Morehead (PAL) 11.42; 6. Esmeralda Garcia (FISt) 11.58; 7. Jodi Anderson (LAN) 11.65; 8. Jackie Washington (Tx HS) 11.67; 9. Michelle Glover (Will TC) 11.69; 10. Tara Mastin (Hous) 11.93.

200 Meters: 1. Evelyn Ashford (MTC) 22.30; 2. Florence Griffith (Shak) 23.09; 3. Jackie Pusey (LAN) 23.14; 4. Chandra Cheeseborough (TSTC) 23.17; 5. Randy Givens (FISt) 23.84; 6. Michelle Matthias (NM) 24.21; 7. Sheryl Pernell (TSTC) 25.20.

400 Meters: 1. Denean Howard (Shak) 51.79; 2. Rosalyn Bryant (LAN) 52.53; 3. Lorna Forde (Atoms) 52.87; 4. Arlise Emerson (Shak) 53.37; 5. Kella Bolton (STC) 53.56; 6. Lorie McCauley (AOC) 54.09; 7. Paulette Clagon (LAM) 54.17; 8. Pam Moore (WU) 54.18; 9. Roberta Belle (DCI) 55.2.

4 × 100 Relay: 1. Shaklee TC (Brown, Grif fith, Brisco, Bolden) 43.39; 2. LA Naturite TC (Anderson, Inniss, Rich, Pusey) 44.04; 3. LA Mercurettes (Pendleton, Moch, Peterson, Dawkins) 45.02; 4. DC International 45.06; 5.

photo by Don Gosney

toniewicz, Gottlieb, McKenna, Jacobs) 8:44.21; 4. Southern Cal Cheetahs 8:52.81. Sprint Medley Relay: 1. LA Naturite TC (Hay, Innis, Rich, Pusey) 1:37.86; 2. Shalkee TC (T. Howard, Bolden, S. Howard, D. Howard)

photo by Bill Leung, Jr.

164-8; 7. Jacque Nelson (Shak) 164-0; 8. Co nie Peterka (Or HS) 162-2; 9. Donna O'Carrol (CNE) 159-6; 10. Jeanne Eggart (SW) 158-1; 11 Dana Olson (Hous) 157-4; 12. Celeste Wilkin son (LAN) 155-4.

photo by Bill Leung, Jr:



**Greg Foster** 

Sandy Meyers

Willie Banks

# FEPING track

Cliff Abel, Track and Cross Country Coach at Long Beach State for the past three years announced that he will leave Long Beach State to devote more time to his real estate interests and serve part time as a coach for a Southern California track club or college. He is also considering renewing his sales promotion and consulting ties he severed when he took the Long Beach position in 1978. Abel previously coached at Cal State Northridge winning the NCAA II National title in 1975 and was named "Coach of the Year" by his peers.....Also leaving Long Beach State is Abel's assistant Art Venegas, Venegas was the weight coach under Abel at both Northridge and Long Beach. The CSULB record book was rewritten in the weights this year: Mike Smith put the shot 64-10, Greg McSeveney flung the disc 199-1, and sophomore Bill Green hurled the hammer 216. Venegas has been hired as an assistant at UCLA.....Several Californians have been selected to the United States track & field. team to compete in the World University Games in Bucharest, Romania, July 19-29. The team was selected for the U.S. Collegiate Sports Council by The Athletics Congress, America's governing body for track. The team was picked from among the top collegeaffiliated performers at the USA/Mobil Outdoor Track & Field Championships in Sacramento, June 19-21, The World University Games provide international competition for collegians. The last World University Games took place in 1979 in Mexico City. The U.S. roster includes a pair of 1981 record setters, Willie Banks and Pam Spencer. Banks broke the American record in the triple jump at the USA/Mobil Championships with a 57-71/2 effort while Spencer upped the U.S. women's high jump standard to 6-51/4 at the TFA/USA meet in Wichita on May 30. Banks is the defending World University Games triple jump champion. The men's team roster by event: 100: Mel Lattany (Athens, GA), Mike Miller (Flint, MI), Calvin Smith (Bolton, MS). 200: Jeff Phillips (Whitehall, OH), Terron Wright (Memphis, TN). 400: Anthony Ketchum (Needville, TX), Walter McCoy (Daytona Beach, FL), Cliff Wiley (Baltimore, OH). 800: Mike White (Richmond, CA), James Mays (Lubbcck, TX). 1500: Jim Spivey (Wood Dale, IL), Dan Aldridge (San Luis Obispo, CA), Chuck Aragon (Las Cruces, NM), Steeplechase: John Gregorek (Northport, NY), Henry Marsh (Eugene, OR). 5000: Doug Padilla

Campbell (Palo Alto, CA). 1500: Maggie Keyes (San Luis Obispo, CA), Linda Goen (Bakersfield, CA). 3000: Joan Hansen (Eugene, OR), 400m Hurdles: Sandy Myers (Santa Monica, CA), Tammy Etienne (Austin, TX). 100m Hurdles: Stephanie Hightower (Columbus, OH), Benita Fitzgerald (Dale City, VA). High Jump: Pam Spencer (Northridge, CA), Yolanda Gibson (Brooklyn, NY). Long Jump: Jodi Anderson (Los Angeles, CA), Carol Lewis (Willingboro, NJ), Shot Put: Sandy Burke (Brookline, MA), Oneithea Davis (Port Washington, NY). Discus: Leslie Deniz (Gridley, CA), Julie Hansen (Seattle, WA). Javelin: Karin Smith (Venice, CA), Lynda Hughes (Newberg, OR).

Dennis Rinde of Orangevale captured the Manitoba International Marathon on June 14 in Canada. Rinde, who finished seventh in the Boston Marathon this spring, overcame a slow pace and pain from tightening calf muscles in the last six miles to win in 2 hours, 13 minutes and 51 seconds. "It was my fastest winning time yet," said Rinde, who moved ahead of the field of 3,426 runners at the eight-mile mark and never gave back the lead. Wally Saeger of Dayton, Ohio, was second in 2:18:31. Cathy Tanner of Toronto took the women's crown with a 2:52:17 and 79th overall place.....Inquiries to the Athletics Congress national headquarters about some long distance running events which have been advertising the competitions as TAC sanctioned "Pro-Am" have all drawn the same response from TAC executive director Ollan C. Cassell. "There is no such thing," says Cassell, who is also a member of the International Amateur Athletic Federation's council. "Amateurs can not compete with professions under either IAAF or TAC rules without losing their amateur status," adding that under the provisions of the Amateur Sports Act neither TAC. nor any of its Associations, can sanction anything other than a competition whose entrants enjoy amateur status ..... The National Running Data Center recently reported several course certifications for California road racing courses: 10 K: Run of the Press (Los Angeles), UCSD Medical Center (San Diego), Del Mar for MDA (Del Mar), Bonne Bell Women's (San Francisco). 5 Mile: The Lion of Judah (San Francisco). Half Marathon: Avon (Pasadena), Mission Bay (San Diego). Marathon: Jordache (Los Angeles). 7 Mile: Avenue of the Oaks (Fallbrook). 13 Mile: SRI Chinmoy (Davis).

A couple of track and running tours are in the makings for those who like to combine a vacation with their sport. Advance Tours is offering a week in Greece for the Athens Marathon on October 18. The price is \$1495 and information may be obtained by calling Howard Burman at (408) 438-0835. Track & Field News is offering a three week package to the 1982 Commonwealth Games in Australia. Price is \$3850 and information may be obtained from Track & Field News, Box 296, Los Altos, CA 94022. Another tour for marathon runners is to the Tahiti International Marathon on November 8, 1981, Cost for this one week tour from San Francisco or Los Angeles is \$899. For more information and a colorful brochure contact Bill Cockerham, P.O. Box 6103, Fresno, CA 93703 or phone (209) 264-5847 ..... The 1982 TAC/USA Mobil Outdoor Track & Field Championships will be held at the University of Tennessee in Knoxville.

The Athletics Congress has named the staff for the USA World Cup track & field team, and several Californian's are among them. The World Cup will take place September 4-6 in Rome. The head coach will be Jim Tuppeny, the director of track and field for the University of Pennsylvania and the man in charge of the annual Penn Relays. Named to the staff with Tuppeny were Joe Lang, head coach at Georgetown University; Ed Parker, Foster City, California, coach of the Millbrae Lions Track Club; Dick Hill, head coach at San Diego State University; and Ken Foreman, Seattle, Washington, last year's women's coach for the U.S. Olympic team. These four will serve as assistant coaches. Rich Perelman of Los Angeles has been named a press officer for the team. This year's event is the third World Cup. Under the World Cup format, contestants from national, continental and hemispheric teams compete in finals-only events. Nine teams will have entries. The U.S. won the men's title at the last World Cup, held at Montreal in 1979, The first World Cup event took place in Dusseldorf in 1977 ..... You finally get that expensive pair of running shoes broken-in and feelin' good, and the sole wears down. What to do? Get 'em resoled, of course. Ralph and Kathy Bowles of Power-Soler will repair and resole those burned out doggies. Write for a descriptive flyer/price list: Shoe Tinker West, 105 Emerson Ct., Pleasant Hill, CA 94523. (415) 939-9330.

club status. These include:

•limiting national clubs to competition at senior level only.

 Imiting national clubs to 100 members.
 requiring national clubs to pay annual membership fees of \$100 (\$90 to the TAC association in which the club's headquarters are located and \$10 to TAC).

 edisallowing a national club from competing in its association-level championship (although individual athletes from national clubs may compete unattached in association championships).

Here are the new interpretations for national club status, as defined by TAC's Board of Directors:

•An athlete can belong to only one club, whether it is a national club or a local club. •While national clubs cannot compete for

association championship titles, athletes from national clubs may compete for individual titles.

 National clubs have voting privileges in their associations that are identical to any other club's. There is no weighted vote as a result of being a national club.

•National club athletes must meet all requirements for registration, including the waiting period for transferring from one club to another. This waiting period is 90 days.

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How about some decathion trivia: Of the 15 Olympic gold medalists in the decathlon (1912-80), 9 have been Americans (although one, Jim Thorpe, who won in 1912, was later declared a professional and was stripped of his medal). US gold medalists include: Harold Osborn (1912), Jim Bausch (1932), Glenn Morris (1936), Bob Mathias (1948, 1952), Milt Campbell (1956), Rafer Johnson (1960), Bill Toomey (1968) and Bruce Jenner (1976), Since 1920 the world record for the decathlon has been broken 27 times. Americans have broken the global mark on 13 occasions. The most recent was during Jenner's dramatic Olympic win in 1976 (since then the mark has been bettered 2 times, both in 1980, by England's Daley Thompson and West Germany's Guido Kratschmer). US world record holders and their reigns have been Osborn (1924-26), Bausch (1932-33), Morris (1936-50), Mathias (1950-55), Johnson (1955-58, 58-59, 60-63), Russ Hodge (1966-67), Toomey (1969-72) and Jenner (1975-80). 1981 was the 4th time that Santa Barbara has played host to the decathlon USA nationals. Previous events held here were in 1951, 68, and 75, Bob Richards won the event in 51. The 1968 title went to Bill Toomey and in 75 to Bruce Jenner. California cities have hosted the USA Decathion Championship 22 times.

Another good deal in the way of a tour for runners is for the December 13 Honolulu Marathon. The tour price of \$499 includes round trip airfare, 8 days and seven nights accommodations plus many extras. For information write: Runner's Mailing Service, P.O. Box 891, Tarzana, CA 91356....*Put Your Best Feet Forward* is the theme this year for National Jogging Day, a nationwide celebration of running and fitness scheduled for October 10, 1981. Sponsored annually by the National Jogging Association, NJDay is an educational event designed to inform people about the physical and mental benefits of jogging and other types of regular exercise – in a fun

#### June 30-July 1 in Los Angeles.

The junior men's team consists of athletes 19 and under while the junior women are no older than 18.

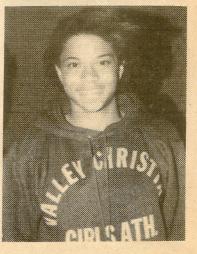
Normally the U.S. junior team competes in a dual meet against their Soviet counterparts in an annual home-and-home series that dates back to 1972. The Soviets cancelled out of last year's meet shortly after the U.S. Olympic boycott became official. Last year's junior team was still able to compete in the first-ever Junior Pan American Championships, a hemispheric event that took place in Sudbury, Canada, last August 29-31.

The Soviets did not seek to renew the series this year, and the next junior Pan Am meet isn't until next year, in Caracas.

TAC officials tried unsuccessfully to arrange for competition for the team.

The junior team's weekend begins with a welcome from Bob Mathias, the two-time Olympic decathion champion, on Friday night. During the weekend the team will attend clinics, watch Olympic films like "Struggle and Triumph" and "Fire and Ice," and do some sightseeing.

California had 15 athletes on the Junior Team: Men: Robert Ingram (San Jose, steeplechase), Albert Lane (Bakersfield, high hurdles), Doug Loisel (Fremont, decathlon), Luis Torres (Pacoima, steeplechase). Women: Deborah Corley (Bakersfield, shot put),



#### Sabrina Williams

Margaret Demorest (Santa Clara, 400m hurdles), Aladrian Hunter (Los Angeles, 100m hurdles), Inger Peterson (Inglewood, 100m), Chris Ramirez (Riverside, 3k walk), Sherifa Sanders (Oakland, Iong jump), Maggie VanZeeland (Lafayette, high jump), Sharon Ware (Oakland, 100m), Tracy Weber (Saratoga, 1500m), Sabrina Williams (Cerritos, long jump), and Laura Mills (Irvine, heptathion).

The U.S. junior team staff includes: Head Coach: Lyle Knudson, Logan, Utah. Assistants: Fred Jones, Los Angeles; Dixon Farmer, Seattle; Bob Larson, Los Angeles. Head Manager: Bernice Green, Denver. Assistant Manager: Bruce Frankie, Phoenix, Ariz.; Joe Newton, Oak Brook, III.; JoAnn Grissom, Indianapolis.

Games in Bucharest, Romania, July 19-29 The team was selected for the U.S. Collegiate Sports Council by The Athletics Congress, America's governing body for track. The team was picked from among the top collegeaffiliated performers at the USA/Mobil Outdoor Track & Field Championships in Sacramento, June 19-21. The World University Games provide international competition for collegians. The last World University Games took place in 1979 in Mexico City. The U.S. roster includes a pair of 1981 record setters. Willie Banks and Pam Spencer. Banks broke the American record in the triple jump at the USA/Mobil Championships with a 57-71/2 effort while Spencer upped the U.S. women's high jump standard to 6-51/4 at the TFA/USA meet in Wichita on May 30. Banks is the defending World University Games triple jump champion. The men's team roster by event: 100: Mel Lattany (Athens, GA), Mike Miller (Flint, MI), Calvin Smith (Bolton, MS). 200: Jeff Phillips (Whitehall, OH), Terron Wright (Memphis, TN). 400: Anthony Ketchum (Needville, TX), Walter McCoy (Daytona Beach, FL), Cliff Wiley (Baltimore, OH). 800: Mike White (Richmond, CA), James Mays (Lubbcck, TX). 1500: Jim Spivey (Wood Dale, IL), Dan Aldridge (San Luis Obispo, CA), Chuck Aragon (Las Cruces, NM). Steeplechase: John Gregorek (Northport, NY), Henry Marsh (Eugene, OR). 5000: Doug Padilla (San Leandro, CA), Jim Stintzi (Franklin, WI). 10,000: Mark Nenow (Lexington, KY), Mike Cotton (Richmond, VA). 110m Hurdles: Larry Cowling (Sacramento, CA), Tonie Campbell (Carson, CA). 400m Hurdles: David Patrick (Centralia, IL), David Lee (University City, MO). 20K Walk: Ray Sharp (Kenosha, WI), Peter Timmons (Sayville, NY). Marathon: to be announced. High Jump: Tyke Peacock (Urbana, IL), Leo Williams (Muncie, IN). Pole Vault: Billy Olsen (Abilene, TX), Brad Pursley (Merkel, TX). Long Jump: Jason Grimes (Knoxville, TN), Stanley Holmes (Ft. Lauderdale, FL), Dannie Jackson (Tempe, AZ). Triple Jump: Willie Banks (Los Angeles, CA), Robert Cannon (Lake Charles, LA). Shot Put: Mike Carter (Dallas, TX), Mike Lehmann (Champaign, IL), Discus: Mike Carter (Dallas, TX), Mike Lofquist (Fayetteville, AR). Hammer: Doug Barnet (West Covina, CA), Rick Buss (Corvallis, OR). Javelin: Mark Anderson (Santa Monica, CA), Mike Juskus (Westville, NJ). Decathlon: Mark Anderson, Dannie Jackson, Women's Roster: 100: Jeanette Bolden (Reseda, CA), Alice Brown (Altadena, CA), Florence Griffith (Reseda, CA). 200: Florence Griffith, Kelia Bolton (San Jose, CA). 400: Rosalyn Bryant (Alhambra, CA), Arlise Emerson (Reseda, CA). 800: Leann Warren (Corvallis, OR), Robin

moved ahead of the field of 3,426 runners at the eight-mile mark and never gave back the lead. Wally Saeger of Dayton, Ohio, was second in 2:18:31. Cathy Tanner of Toronto took the women's crown with a 2:52:17 and 79th overall place.....Inquiries to the Athletics Congress national headquarters about some long distance running events which have been advertising the competitions as TAC sanctioned "Pro-Am" have all drawn the same response from TAC executive director Ollan C. Cassell. "There is no such thing," says Cassell, who is also a member of the International Amateur Athletic Federation's council. "Amateurs can not compete with professions under either IAAF or TAC rules without losing their amateur status," adding that under the provisions of the Amateur Sports Act neither TAC, nor any of its Associations, can sanction anything other than a competition whose entrants enjoy amateur status ..... The National Running Data Center recently reported several course certifications for California road racing courses: 10 K: Run of the Press (Los Angeles), UCSD Medical Center (San Diego), Del Mar for MDA (Del Mar), Bonne Bell Women's (San Francisco). 5 Mile: The Lion of Judah (San Francisco). Half Marathon: Avon (Pasadena), Mission Bay (San Diego). Marathon: Jordache (Los Angeles). 7 Mile: Avenue of the Oaks (Fallbrook). 13 Mile: SRI Chinmoy (Davis).

A very worthwhile book for the track fan is the American Athletics Annual/1981 edited by Rich Perelman. Tons of statistics, 526 pages. Can be ordered for \$12 from TAC/USA Book Order Dept., P.O. Box 120, Indianapolis, IN 46206. Another very interesting book put out by TAC is the Outdoor Championship Media Guide. We don't know if it is for sale, but you can find out at the above address ..... Speaking of statistical books, the 1981 Starting Line Handbook is out. This is the 10th edition of this track and field annual for junior age group athletes with in depth listings of 1980 age marks for all standard events from ages 8 thru 17. Order for \$3.00 plus 50 cents postage from Starting Line, P.O. Box 878, Reseda, CA 91335.....Fresno's Ed Kerber has been invited to serve on the national Officials Certification Committee of TFA/USA to represent the San Joaquin Valley. One of the aims of TFA/USA is the up-grading of track and field officials through certification. TFA has a high school exam and/or collegiate exam to assist local officials' associations in certifying their people. The exams are open book and the process is relativley simple. For those interested, contact Ed Kerber, 4382 N. Bond St., Fresno, CA 93726

staff for the USA World Cup track & fie team, and several Californian's are among them. The World Cup will take place September 4-6 in Rome. The head coach will be Jim Tuppeny, the director of track and field for the University of Pennsylvania and the man in charge of the annual Penn Relays. Named to the staff with Tuppeny were Joe Lang, head coach at Georgetown University; Ed Parker, Foster City, California, coach of the Millbrae Lions Track Club; Dick Hill, head coach at San Diego State University; and Ken Foreman. Seattle, Washington, last year's women's coach for the U.S. Olympic team. These four will serve as assistant coaches. Rich Perelman of Los Angeles has been named a press officer for the team. This year's event is the third World Cup. Under the World Cup format, contestants from national, continental and hemispheric teams compete in finals-only events. Nine teams will have entries. The U.S. won the men's title at the last World Cup, held at Montreal in 1979. The first World Cup event took place in Dusseldorf in 1977 ..... You finally get that expensive pair of running shoes broken-in and feelin' good, and the sole wears down. What to do? Get 'em resoled, of course. Ralph and Kathy Bowles of Power-Soler will repair and resole those burned out doggies. Write for a descriptive flyer/price list: Shoe Tinker West, 105 Emerson Ct., Pleasant Hill, CA 94523. (415) 939-9330.

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#### TAC Defines New 'National Club' Policy

The Athletics Congress has announced detailed policies concerning the status of track teams which have national club status. The national club concept was approved last year by TAC. Under this concept, a club may have as its members athletes who reside outside of the TAC association in which the club is registered.

When track was part of the Amateur Athletic Union, an athlete usually had to belong to a club that was registered in the athlete's AAU association. For example, anyone form a track club based in Northern California would have to be a Northern California resident. Exceptions were student athletes who attended schools outside their home area and members of the armed forces.

Under the national club concept, an athlete is no longer required to reside in the same association in which his club is registered. An athlete could, hypothetically, live in Texas and belong to a club based in California. There are certain stipulations for national

cent was during Jenner's dramatic Olympic win in 1976 (since then the mark has been bettered 2 times, both in 1980, by England's Daley Thompson and West Germany's Guido Kratschmer). US world record holders and their reigns have been Osborn (1924-26), Bausch (1932-33), Morris (1936-50), Mathias (1950-55), Johnson (1955-58, 58-59, 60-63), Russ Hodge (1966-67), Toomey (1969-72) and Jenner (1975-80). 1981 was the 4th time that Santa Barbara has played host to the decathlon USA nationals. Previous events held here were in 1951, 68, and 75. Bob Richards won the event in 51. The 1968 title went to Bill Toomey and in 75 to Bruce Jenner. California cities have hosted the USA Decathlon Championship 22 times.

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A United States junior track and field team of 38 men and 30 women asembled in Colorado Springs July 24-26 for a weekend of clinics while being housed in the U.S. Olympic Committee's training center.

The athletes were among the top finishers in the men's and women's junior national track and field championships, held by The Athletics Congress. The junior men's meet took place in Knoxville, Tenn., June 12-13 while the women's junior nationals was held



#### Sabrina Williams

Margaret Demorest (Santa Clara, 400m hurdles), Aladrian Hunter (Los Angeles, 100m hurdles), Inger Peterson (Inglewood, 100m), Chris Ramirez (Riverside, 3k walk), Sherifa Sanders (Oakland, Iong jump), Maggie VanZeeland (Lafayette, high jump), Sharon Ware (Oakland, 100m), Tracy Weber (Saratoga, 1500m), Sabrina Williams (Cerritos, long jump), and Laura Mills (Irvine, heptathion).

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# Put Your Best Feet Forward!



# ...Go Jogging on National Jogging Day.

Join the festival of fitness and fun! Come out and jog on National Jogging Day.

For information, write or call the National Jogging Association, 2420 K Street, N.W., Washington, D.C. 20037, (202) 965-3430.

National Jogging Day October 10, 1981

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# PREPNOTES

#### by Keith Conning

Send all high school material directly to Keith Conning, California Track & Running News High School Editor, 2235 Browning St., Berkeley, CA 94702.

photo by Don Gosney

#### EDITORIAL .....

## State Meet Qualifying Needs Changing By KEITH CONNING

The method for selecting athletes and teams for the State Meet is unfair.

Every year deserving athletes and teams fail to qualify, while clearly inferior ones get to compete.

The most notable non-qualifier this year was the nation's leading long jumper-Ken Frazier (Mission, San Francisco). Frazier jumped 23-6½ in the Oakland and San Francisco Sections, but only placed second to Darvin Malone (Castlemont, Oakland), who jumped 23-11¾. Only the winner from the combined San Francisco and Oakland Sections qualifies for the State Meet. Malone went on to place fourth in the State Meet.

I would like to propose the following method of qualifying:

- 1) The top 27 performers throughout the State
- would qualify on the basis of time or performance.
- All times must be fully electronic, so that questionable hand-times would not count.

3) There must be a wind gauge used and only legal marks would qualify.

The PAC-10 Conference, NCAA, and TAC meets all use qualifying standards.

This method would insure that all the top athletes in the state would be able to compete.

# Golden West

Jim Metzger (Hoisington, KS) 16-0; 4. Todd Cooper (Excelsior Spgs Mo) 15-6; 5. Darren Pahl (Marion, IL) 15-3; 6. Eric Richaland (Martinsville, NJ) 15-0. Discus: 1. Kevin Hancock (Texas City, TX).

194-3: 2. Greg Porter (Humble, TX) 189-5: 3.

7. Mike Powell (West Covina, CA) 6-8; 8. Jeff Coning (Alamogordo, NM) 6-8; 9. Todd Post (Long Beach, CA) 6-8.

800 Meters: 1. Pete Richardson (Berkeley, CA) 1:50.96; 3. Scott Cox (Long Beach, CA) 1:50.99; 4. Charles DeRouselle (Breaux Bridge, LA) 1:51.80; 5. Dave Rodriguez (Santa Rosa, CA) 1:52.77; 6. Johnnie Langerston (Berkeley, CA) 1:52.86; 7. Erwin Hickman (Los Angeles, CA) 1:53.2; 8. George Bean (Houston, TX) 1:53.9; 9. Eric Behring (LaHabra, CA) 1:54.0; 10. Kelly Whitehurst (Virginia Beach, VA) 1:55.2.

400 Meters: 1. Calvin Kennon (Tacoma, WA) 46.81; 2. Van Pearcy (Andrews, TX) 47.65; 3. Ken Robinson (Berkeley, CA) 47.70; 4. Willy Caldwell (Killeen, TX) 48.07; 5. Emanual Hicks (Mineral Wells, TX) 48.11; 6. Elliott Johnson (Trenton, NJ) 48.5; 7. Ulysee Walker (Berkeley, CA) 49.1; 8. Victor Townsend (Long Beach, CA) 50.0.

Triple Jump: 1. Phillip Anderson (Los Angeles, CA) 50-3; 2. Ken Griffin (Newburgh, NY) 49-51/2; 3. Keith Presberry (Jefferson City, MO) 48-71/4; 4. Curtls Johnson (Stockton, CA) 48-11/2; 5. Ed Tave (Pasadena, CA) 47-10; 6. Dwight Oliver (Nyack, NY) 47-71/2; 7. Ray Jacobs (Waushougal, WA) 46-111/2.

400 Intermediate Hurdies: 1. Ron Seanex (Gilroy, CA) 52.46; 2. Walter Murray (Berkeley, CA) 52.7; 3. Theron Brown (Beaumont, TX)

photo by Don Gosney



53.60; 4. Jerry Malloy (Huntington Station, NY) 53.73; 5. Cris Crisman (Riverside, CA) 53.78; 6. Charles Davis (Ft. Lauderdale, FL) 56.3; 7. James Knowles (Pasadena, CA) 56.9.

3000 Meter: 1. Tom Ansberry (Tucson, AZ) 8:24.2; 2. Bart Sellers (Largo, FL) 8:27.0; 3. Corey Randall (Springfield, OR) 8:28.4; 4. Jesse Torres (San Jose, CA) 8:28.7; 5. Mike Mc-Collum (Palo Alto, CA) 8:32.1; 6. Roland Reina (Sanf Antonia, TX) 8:34.1; 7. Steve Valen (Orange, CA) 8:37.5; 8. Joe Stintzi (Menomonee Falls, WI) 8:38.6; 9. Mike Carlton (Covina, CA) 8:38.7; 10. Ty Wolf (Oswego, IL) 8:55.0; 11. Aubry Wilson (Berkeley, CA) 9:07.0.

200 Meters: (-2.13mps) 1. Michael Ockerman (Bellevue, NE) 21.87; 2. Calvin Kennon (Tacoma, WA) 21.90; 3. Dave Ashford (West Covina, CA) 22.18; 4. Van Pearcy (Andrewa, TX) 22.25; 5. Arthur Williams (Midland, TX) 22.27; 6. Danny Williams (Independence, KS) 22.28; 7. Harold Todd (Gardena, CA) 22.32; 8. Kevin Shields (San Diego, CA) 22.54; 9. Charles Clewis (Berkeley, CA) 22.60; 10. Randy Benson (Arvada, CO) 22.8.

One Mile Run: 1. Gawain Guy (Pasadena, TX) 4:09.0; 2. Jon Butler (Huntington Beach, CA) 4:09.6; 3. Gary Gonzalez (Clovis, CA) 4:11.7; 4. Hector Cruz (Tucson, AZ) 4:13.4; 5. Cliff Sheehan (Westfileld, NJ) 4:15.5; 6. Jay Marden (Fremont, CA) 4:17.5; 7. Octavio Morales (Camarillo, CA) 4:18.5; 8. Jeff Scott (Sacramento, CA) 4:21.5; 9. Tom Williams (Phoenix, AZ) 4:36.1.

# International Prep Invitational

#### From KEITH CONNING

June 20, North Central College, Naperville, Illinois. International Prep Invitational.

100 Meters: 1. Michael Morris (Ayer, MA) 10.34; 6. James Knowles (Pasadena, CA) 10.89.200 Meters: 1. Wallace Spearmon (Blue Island, IL) 20.89.400 Meters: 1. Calvin Kennon (Tacoma, WA) 46.89. 600 Meters: 1. Calvin Kennon (Facoma, WA) 46.89. 600 Meters: 1. Karren Kern (Chicago, IL) 1:52.13; 5. Louis Calderon (Sanger, CA) 1:54.72. One Mile: 1. Gawain Guy (Pasadena, TX) 4:07.25; 6. Gary Gonzales (Clovis, CA) 4:15.29. Two Mile: 1. David Reid (Ontario, Canada) 8:54.3. 110 Meter High Hurdles: 1. Reyna Thompson (Dallas, TX) 13.6; 4. Ronnie McCoy (Fresno, CA) 14.0; 6. Brian Bradshaw (Lakewood, CA) 14.3. 300 Meter Intermediates: 1. Fred Johnson (Jacksonville, FL) 36.4; 2. Ron Seanez (Gilroy, CA) 36.6; 4. James Knowles (Pasadena, CA) 37.0.

High Jump: 1. Ron Lee (Jeffersonville, IN) 7-2; 5. Anthony Caire (Downey, CA) 6-10. Pole Vault: 1. Darren Pahl (Marion, IL) 16-0. Long Jump: 1. Vance Johnson (Tucson, AZ) 24-4; 2. Ronnie McCoy (Fresno, CA) 24-0'4; 5. Vestee Jackson (Fresno, CA) 22-3'4. **Triple Jump:** 1. Mike Conley (Chicago, IL) 51-8'4; 3. Vestee Jackson (Fresno, CA) 49-4'4; 5. Phillip Anderson (Los Angeles, CA) 48-4'4; 5. Phillip Anderson (Los Angeles, CA) 48-4'4; 5. Phillip Anderter (Lancaster, CA) 61-4. Niscus: 1. Jim Lail (Thornridge, IL) 189-6. Hammer: 1. Mike DiQuattro (Barrington, RI) 196-5. Javelin: 1. Dale Pederson (Newberg, OR) 225-5.

most notable non-qualifier this year was the nation's leading long jumper--Ken Frazier (Mission, San Francisco). Frazier jumped 23-61/2 in the Oakland and San Francisco Sections, but only placed second to Darvin Malone (Castlemont, Oakland), who jumped 23-1134. Only the winner from the combined San Francisco and Oakland Sections qualifies for the State Meet. Malone went on to place fourth in the State Meet.

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# **Golden West** Invitational

#### By KEITH CONNING

June 13. Hughes Stadium, Sacramento.

Pete Richardson(Berkeley) won the Governor's Trophy as the most outstanding performer in the meet for his 800 meter victory in 1:50.12 over Eddie Davis(Compton) and Scott Cox(Long Beach). Richardson led the entire race with splits of 25.8, 55.6, and 1:22.7. Richardson becomes the seventh Californian to win this pretigious award. He joins Dave Porath(Atwater) 1978 discus, Dave Voorhees(Tulelake) 1973 discus, Ken Duncan(McClatchy, Sacramento) 1972 long jump, Tim Danielson(Chula Vista) 1966 miletwo mile, Earl McCullouch(Poly, Long Beach) 1964 hurdles, and Marc Savage(Clairemont) 1963 pole vault.

Ed Tave(Pasadena) won the Maree Rodebaugh Award as the most inspirational performer for his 25-93/4w long jump victory. Tave defeated Vance Johnson(Tucson, AZ) by 1¾ inches. Tave also placed fifth in the triple jump at 47-10.

Other California winners included: Dave Ashford(West Covina) 13.89 110H, Kenny Robinson(Berkeley) 10.82 100 (into a -4.47MPS wind), Anthony Caire(Downey) 7-0 high jump, Phillip Anderson(Los Angeles) 50-3w triple jump, and Ron Seanez(Gilroy) 52.46 400IH.

This year there was a conflict between this meet and the TAC Junior Meet in Knoxville, Tennessee, When Berkeley coach Willie White found out that there was not going to be a National Junior Team selected at Knoxville, there was no longer sufficient incentive to spend the money necessary for that long trip. Thus, Knoxville's loss was Sacramento's dain.

Javelin: 1. Dale Pederson (Newberg, OR) 235-3; 2. Chuck Jaskowak (Mercer, PA) 217-0; 3. Roger Barnhurst (Rainier, OR) 216-11; 4. Dana . Hazen (Topeka, KS) 215-3; 5. Corwyn Aldredge (Natchitoches, LA) 209-6; 6. Matt Phillips (Wilmington, MA) 207-10; 7. Kurt Kafentzis (Richland, WA) 207-4.

Pole Vault: 1. Greg Duplantis (Lafayette, LA) 16-7; 2. Tom Hays (McLouth, KS) 16-3; 3. Jim Metzger (Hoisington, KS) 16-0; 4. Todd Cooper (Excelsior Spgs Mo) 15-6; 5. Darren Pahl (Marion, IL) 15-3; 6. Eric Richaland (Martinsville, NJ) 15-0.

Discus: 1. Kevin Hancock (Texas City, TX) 194-3; 2. Greg Porter (Humble, TX) 189-5; 3. Steve Bates (South Eugene, OR) 188-2; 4. Gerin Veris (Chillicothe, OH) 183-6; 5. Jim Jordan (El Paso, TX) 178-5; 6. Mike Goad (Narengo, IA) 174-4; 7. Jim Piggot (Wappingers Falls, NY) 174-4; 8. Chris Day (Santa Rosa, CA) 168-4

Long Jump: 1. Ed Tave (Pasadena, CA) 25-934; 2. Vance Johnson (Tucson, AZ) 25-8; 3. Paul Jones (Granada Hills, CA) 24-334; 4. Thomas Wilson (Mansfield, TX) 24-21/2; 5. Carl Nelson (Oroville, CA) 23-8; 6. Jimmy Lee (Springfield, MO) 23-01/4; 7. Anthony Carson (Wichita, KS) 22-111/4.

Shot Put: 1. Gerin Veris (Chillicothe, OH) 64-101/4; 2. Joe Phillips (Vancouver, WA) 63-934; 3. Dennis DeSoto (Santa Rosa, CA) 63-71/2; 4. John Frazier (Lancaster, CA) 62-31/2; 5. Junior III (La Puente, CA) 61-914; 6. Jim Jordan (El Paso, TX) 61-21/4; 7. Larry Kolic (Smithville, OH) 60-11/4; 8. Sal DellaCroce (Staten Isl, NY) 59-1.

16 lb. Shot Put (Exhibition only); 1, Joe Phillips (Vancouver, WA) 54-101/2; 2. Dennis DeSoto (Santa Rosa, CA) 52-2; 3. John Frazier (Antelope Valley, CA) 51-1; 4. Larry Kolic (Smithville, CA) 49-111/2; 5. Junior III (La Puente, CA) 49-21/2; 6. Mike Goad (Narengo, IA) 44-10.

110 Meter Hurdles: 1. Dave Ashford (West Covina, CA) 13.89; 2. Charles Davis (Ft. Lauderdale, FL) 14.02; 3. Reyna Thompson (Dallas, TX) 14.10; 4, John Timpson (Hileah, FL) 14.19; 5. Glenn Ammons (Titusville, FL) 14.28; 6. Chris Crisman (Riverside, CA) 14.53; 7. Derek Cole (Chicago Hts., IL) 14.57; 8. Jerry Malloy (Huntington Stn, NY) 14.59; 9. Kelvin Reese (Orlando, FL) 14.65.

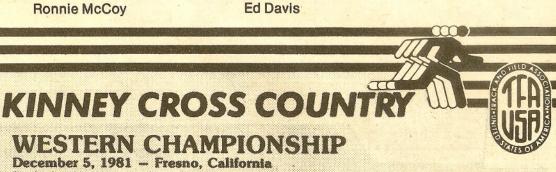
100 Meters: 1. Ken Robinson (Berkeley, CA) 10.82; 2. George Ervin (Oakland, CA) 10.88; 3. Michael Ockerman (Bellevue, NE) 11.02; 4. Walter Murray (Berkeley, CA) 11.05; 5, Harold Todd (Gardena, CA) 11.07; 6. Kevin Shields (San Diego, CA) 11.08; 7. Vance Johnson (Tucson, AZ) 11.12; 8. Danny Williams (Independence, KS) 11.17; 9. Randy Benson (Arvada, CO) 11.31.

High Jump: 1. Anthony Caire (Downey, CA) 7-0; 2. Doug Shouse (Terre Haute, IN) 6-11; 3. Ramiro Molina (Laredo, TX) 6-10; 4. Brian Tietjen (Manly, TX) 6-8; 5. Steve Bates (Eugene, OR) 6-8; 6. John Atkinson (Long Beach, CA 6-8;

**Ed Davis** 

Incls. International Prep Invitational. 100 Meters: 1. Michael Morris (Ayer, MA) 10.34; 6. James Knowles (Pasadena, CA) 10.89. 200 Meters: 1. Wallace Spearmon (Blue Island, IL) 20.89, 400 Meteria: 1, Calvin Kennon (Tacoma, WA) 46.89. 800 Meters: 1. Karren Kern (Chicago, IL) 1:52.13; 5. Louis Calderon (Sanger, CA) 1:54.72. One Mile: 1. Gawain Guy (Pasadena, TX) 4:07.25; 6. Gary Gonzales (Clovis, CA) 4:15.29. Two Mile: 1. David Reid (Ontario, Canada) 8:54.3. 110 Meter High Hurdles: 1. Reyna Thompson (Dallas, TX) 13.6; 4. Ronnie McCoy (Fresno, CA) 14.0; 6. Brian Bradshaw (Lakewood, CA) 14.3. 300 Meter Intermediates: 1. Fred Johnson (Jacksonville, FL) 36.4; 2. Ron Seanez (Gilroy, CA) 36.6; 4. James Knowles (Pasadena, CA) 37.0.

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For high school runners from the following western states: Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.

# NATIONAL CHAMPIONSHIP

#### December 12, 1981 - Orlando, Florida

The top eight from each of four regional championships will compete in the Nationals.

#### FOR MORE INFORMATION AND ENTRY BLANK:

Contact: Bill Cockerham, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Phone: (209) 264-5847.

#### WESTERN COURSE PREVIEW

September 19: Clovis Invitational - Woodward Park, Fresno. Boys will run the Kinney 5,000 meter course; girls will run 3,000 meters over much of the Kinney 5,000 meter course. For Information and Entry Forms: Steve Ward, Cross Country Coach, Clovis High School, 1055 Fowler Ave., Clovis, CA 93612, Phone: (209) 298-3388.

page 14 · California Track & Running News - August 1981

# 1981 California **HIGH SCHOOL BEST MARKS**

# **Compiled** by **KEITH CONNING**

This is the final high school list for 1981. It contains the best marks as of July 11. Listed at the head of each event are the current United States and California records in that order; only one mark means the California record is also the national record.

Times in 100ths are automatic and are placed in a position of correspondingly higher value on the hand-timed list.

Grade level: \*\*\* = frosh; \*\* = soph; \* = junior; all others are believed to be seniors; ? = means we aren't sure of class.

Symbols: † = converted mark; y = yard race; A = mark made at altitude (above 1000 meters); ' = after name indicates foreign athlete attending U.S. high school.

photo by Don Gosney

**Report any improvements made** during summer meets to: Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

Berkeley dominates both lists as would be expected from their State Meet performance. This was the finest combined men's and women's team in high school history. In the combined scoring Berkeley outscored the next two teams (Muir of Pasadena and Dorsey of Los Angeles) combined by over 15 points.

In the men's list only Berkeley and Acalanes of Lafayette had more than one individual listing in an event. Berkeley placed two in the 800 and Acalanes placed two in the shot put.

In the women's list only Berkeley placed three individuals in an event. They did it twice- in the 100LH and the long jump. Five teams placed two individuals in an event. Berkeley and Dorsey of

Los Angeles had two individuals each in the 100 and 200. Kennedy of Granada Hills placed two in the 400. Manual Arts of Los Angeles had two in the 800. Saugus had two shot putters listed.

California has fourteen current national leaders equally divided between the men and women.

The outstanding male athlete of the year is Pete Richardson of Berkeley, who set a new national record in the 800 meters and ran on the national record setting 1600 meter relay team. In addition to winning the State Meet, he also won the 800 at the Golden West Invitational.

The outstanding female athlete of the year is Denean Howard of Kennedy in Granada Hills. She won the State Meet 400, ran anchor on the national record setting 1600 meter relay team, and won the TAC 400.

GIRLS

## **100 Meters**

(11.13, 11.34)

- 11.59 Sharon Ware (Berkeley) \*Inger Peterson (Dorsey, LA)
- 11.62 "Gervaise McGraw (Ganesha, Pom) 11.72
  - \*Denean Howard (Kennedy, GH)
- 11.77
- \*Zelda Johnson (Garey, Pomona) 11 78 tanya Dawkine /



#### Karen Nickerson

2:06.42 \*Rennie Durrand (Laguna Beach)

2:08.6 Tracy Weber (Lynbrook, San Jose) 2:09.36

- Louise Romo (North Torrance) 2:09.4 \*Maria King (Milpitas)
- \*Marilyn Davis (Miramonte, Orinda) 2:09.7
- Michelle Lowe (Manual Arts, LA) 2:09.86
- 2:10.29 \*Carla Johnson (Manual Arts, LA)
- 2:10.51 \*\*Trescia Palmer (Westchester, LA) National Leader:
- 201.82 \*Kim Gallagher (Pennsylvania)

# **1600 Meters**

#### (4:40.7 mile)

4:48.88

4-50 01

- 4:40.21 \*Vickie Cook (Alemany, Mission HI) \*Polly Plumer (University, Irvine) 4:42.43 4:44.76
  - Tracy Weber (Lynbrook, San Jose) "Marilyn Davis (Miramonte, Orinda)
    - 13.71



# John Berry

## 3200 Meters

(10:03.5, 10:09.8 2 mile)

10:12.31 \*Vickie Cook (Alemany, Mission HI) 10:21.19 \*Lori Lopez (Sacred Heart, Montb)

10:26.74 Michelle Mason (Buena, Ventura)

10:31.07 Betsy Chadwick (Mira Mesa, SD)

- 10:35.20 Anna Villanueva (Fountain Valley)
- 10:37.7 Karin Lambden (Castro Valley)
- 10:37.72 \*Denise Ball (Newbury Park)
- 10:41.65 \*Sheli Lachel (Monte Vista, SD)
- 10:43.17 Marcia White (Miramonte, Orinda)
- 10:45.36\*\*\*Teresa Barrios (University, Irvine)
- National Leader 10:12.6† Patty Matava (Washington) 2 mile

# **100 Meter Low Hurdles**

(12.95, 13.4) Sherifa Sanders (Berkeley)



hand-timed list.

Grade level: \*\*\* = frosh; \*\* = soph; \* = junior; all others are believed to be seniors; ? = means we aren't sure of class.

Symbols: † = converted mark; y = yard race; A = mark made at altitude (above 1000 meters); ' = after name indicates foreign athlete attending U.S. high school.

#### photo by Don Gosney



in the shot put.

(left to right): Lori Lopez, Vickie Cook, Michelle Mason

In the men's list only Berkeley 1600 meter relay team. In addition and Acalanes of Lafayette had to winning the State Meet, he also more than one individual listing in won the 800 at the Golden West Inan event. Berkeley placed two in vitational. the 800 and Acalanes placed two The outstanding female athlete

of the year is Denean Howard of In the women's list only Kennedy in Granada Hills. She won the State Meet 400, ran an-Berkeley placed three individuals in an event. They did it twice- in chor on the national record setthe 100LH and the long jump. Five ting 1600 meter relay team, and teams placed two individuals in won the TAC 400. an event. Berkeley and Dorsey of

GIRLS

**100 Meters** 

Karen Nickerson 2:06.42 \*Rennie Durrand (Laguna Beach) 2:08.6 Tracy Weber (Lynbrook, San Jose) Louise Romo (North Torrance) 2:09.36 2:09.4 \*Maria King (Milpitas) 2:09.7 \*Marilyn Davis (Miramonte, Orinda)

2:09.86 Michelle Lowe (Manual Arts, LA)

2:10.29 \*Carla Johnson (Manual Arts, LA)

2:10.51 \*\*Trescia Palmer (Westchester, LA) National Leader:

201.82 \*Kim Gallagher (Pennsylvania)

# 1600 Meters

- 0.7 mile)
- 0.21 \*Vickie Cook (Alemany, Mission HI)
- \*Polly Plumer (University, Irvine) 2.43
- Tracy Weber (Lynbrook, San Jose) 4.76
- \*Marilyn Davis (Miramonte, Orinda) 8.88
- Shelly Hazlett (Saugus)
- Margaret Spotts (Redondo)
- \*Lori Lopez (Sacred Heart, LA)
- Kerry Brogan (Los Altos)
- 18

#### John Berry

# 3200 Meters

- (10:03.5, 10:09.8 2 mile)
- 10:12.31 \*Vickie Cook (Alemany, Mission HI)
- 10:21.19 \*Lori Lopez (Sacred Heart, Montb)
- 10:26.74 Michelle Mason (Buena, Ventura) 10:31.07 Betsy Chadwick (Mira Mesa, SD)
- 10:35.20 Anna Villanueva (Fountain Valley)
- Karin Lambden (Castro Valley) 10:37.7
- 10:37.72 \*Denise Ball (Newbury Park) 10:41.65 \*Sheli Lachel (Monte Vista, SD)
- 10:43.17 Marcia White (Miramonte, Orinda)
- 10:45.36\*\*\*Teresa Barrios (University, Irvine)
- National Leader: 10:12.6† Patty Matava (Washington) 2 mile

# **100 Meter Low Hurdles**

13.7

14.03

14.13

- (12.95, 13.4) 13.71 Sherifa Sanders (Berkeley) 13.80
  - Aladrian Hunter (Dorsey, LA)
- 13.88 Robyne Johnson (Berkeley)
  - Val Flemmings (Northgate, WInCk)
  - Shari Pendleton (Fremont, LA)
  - Laura Mills (University, Irvine)
- \*Zona Chandler (Elsinore) 14.27
- \*\*Ruth Whitehead (Berkeley) 14.43
- 14.44 Tracy Scott (Crawford, San Diego)
- 14.2 Karen Robinson (Branham, SJ)
- National Leader:
- 13.4 Rhonda Blanford (Colorado)

\*Denean Howard (Kennedy, GH) \*Latanya Dawkins (Dorsey, LA) \*\*Diane Pullins (Muir, Pasadena) \*Inger Peterson (Dorsey, LA) \*Gervaise McGraw (Ganesha, Pom) "Zelda Johnson (Garey, Pomona) Sharon Ware (Berkeley) Sabrina Williams (VI Christian, C) \*\*Nedrea Rodgers (Berkeley) \*\*Lisa Winston (Jordan, LB)

#### **400 Meters**

(50.90,	51.09A)
51.65	*Denean Howard (Kennedy, GH)
54.15	*Gervaise McGraw (Ganesha, Po
54.38	Tina Howard (Kennedy, GH)
54.58	** Diane Pullins (Muir, Pasadena)
54.6	Valerie Spence (San Lorenzo)
54.80	*Caria Johnson (Manual Arts, LA
54.83	***Gayle Kellon (Walnut)
55.55	*Jeannie Arnold (Locke, LA)
55.5	**Lana Rice (Berkeley)
EE 7A	Dranda Drawar (Utilladata O Mai

- Brenda Brewer (Hillsdale, S Mat
- National Leader: 51.65 \*Denean Howard (California)

## 800 Meters

(2:01.82, 2:02.3) 2:05.84 \*Jessica Spies (Livermore) 2:06.01 Donna Curtis (Culver City)



Long Beach Poly 1600 Meter Relay (left to right): Atkinson, Howard, Person, Townsend.

(11.13.	11.34)	
11.59	Sharon Ware (Berkeley)	(4:4
11.62	*Inger Peterson (Dorsey, LA)	4:4
11.72	*Gervaise McGraw (Ganesha, Pom)	4:4:
11.77	*Denean Howard (Kennedy, GH)	4:4
11.78	*Zelda Johnson (Garey, Pomona)	4:4
11.80	*Latanya Dawkins (Dorsey, LA)	4:50
11.82	Debra James (Fremont, LA)	4:50
11.6	*Ellen Jones (Mt. Miguel, Sp VI)	4:52
11.89	*Bridgett Blackburn (Cajon, S Bdo)	4:50
11.7	**Nedrea Rodgers (Berkeley)	
Wind-a		4:54
11.50	Sharon Ware (Berkeley)	Nat
	al Leader:	4:41
11.42	Michelle Glover (New Jersey)	

# 24.17 24 19 24.50

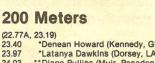
- 23.0
- 24.03 24.04 24.11

  - LaShon Nedd (Texas)

# 24.15

24.33

- National Leader:



0.01 0.19 2.75 3.5 4.27

# \*Maria King (Milpitas)

- \*Laurie Hollingworth (Piner, SR) tional Leader
- \*Vickie Cook (California) mile

## **300 Meter Low Hurdles**

#### (41.91) 41.91 \*\*\* Gayle Kellon (Walnut)

- Audrey Williams (Saugus) 42.25
- 42.37 Sherifa Sanders (Berkeley)
- 43.13 Cynthia Cooper (Locke, LA)
- 43.17 Margaret Demorest (Buchser, S CI) 43.56 Lynn Bevan (Miramonte, Orinda)
- 43.91 Kathy Halpin (Livermore)
- \*\*Sharon Hanson (Buena, Ventura)
- 43.94 \*Karen Bonty (Manual Arts, LA)
- 44.02 Val Flemmings (Northgate, WinCk) National Leader:
- 41.91 \*\*\* Gayle Kellon (California)

# **400 Meter Relay**

- (45.13) 45.13 Berkeley
- 46.14 Dorsey, Los Angeles
- 46.37 Kennedy, Granada Hills
- 46.55 Manual Arts, Los Angeles
- 46.58 Muir, Pasadena 47.15 Garey, Pomona
- 47.18
- De Anza, Richmond 47.28 Ganesha, Pomona
- 47.7 Castlemont, Oakland
- 47.8 Fremont, Los Angeles
- National Leader:
- Berkeley (California) 45.13

## **1600 Meter Relay**

- (3:37.71) 3:37.71 Kennedy, Granada Hills 3:39.07 Manual Arts, Los Angeles 3:41.33 Berkeley 3:47.11 North, Torrance 3:47.66 Westchester, Los Angeles 3:49.27 Crawford, San Diego 3:49.28 Ganesha, Pomona 3:50.81 Morse, San Diego
- 3:52.04 Locke, Los Angeles
- 3:52.33 **Thousand Oaks**
- National Leader Kennedy, Granada Hills (Calif.) 3:37.71

# **High Jump**

- (6-11/2, 6-1) 5-11 \*Katrina Johnson (Manual Arts, LA) Maggie VanZeeland (Acalanes, Lf) 5-101/4 ?Denise Yamada (Dos Pueblos, Git) Laura Campbell (Troy, Fullerton) 5-10
- Alison Walker (Hoover, Glendale) \*Debbie Disbrow (Granada, Lvmr) 5-9
- Karen Lysaght (St. Francis, Sacto)
- 5-8% Karen Kramer (Norte Dame, Rivsd)
- 5-81/4 \*\*Tonya Mendonca (Mt. Whit, Vis) 5-8 seven jumpers tied
- National Leader:
- \*\*Mary Moore (Washington) 6-1

# Long Jump

- (22-3, 20-834)
- 19-111/2 Sabrina Williams (V Christian, C) 19-6 3/4 Sherifa Sanders (Berkeley)
- 19-2 Robyne Johnson (Berkeley)
- Sheila Nicks (Tulare) 18-11 1/2Yvette Bates (Berkeley)
- 18-11 Mona Williams (Central, Fresno) 40 401



## Doug Wicks (left) and Doug Fraley

8:52:11

8:52.80

8:54.79

8:55.73

8:56.11

8:58.49 9:00.23

9:00.42

National Leader:

(12.9y, 13.2y)

13.67

13.85

13.89

13.7

14.01

14.06

14.18

14.24 14.0

13.65

13.4

(35.79)

35.79

36.09

36.25

36.25†

36.39

36.68

36.5‡

36.81

36.84

Wind-aided:

National Leader:

Jesse Torres (Independence, SJ)

Michael Carlton (Northview, Cov)

\*Harold Kuphaldt (Bella Vista, FO)

Steve Valen (El Modena, Orange)

Shawn Gallagher (Corona Del Mar)

David Ashford (West Covina) -

Ronnie McCoy (Edison, Fresno)

Chris Crisman (Poly, Riverside)

?Bryan Bolton (Burbank, Sacto)

Mark Hale (Katella, Anaheim)

Bruce Mitchell (El Camino, Ocsd)

Steve Southward (Fountain Valley)

Brian Bradshaw (Lakewood)

David Ashford (West Covina)

Reyna Thompson (Texas)

**300 Meter Low Hurdles** 

Walter Murray (Berkeley)

Ronnie Seanez (Gilroy)

\*Steve Kerho (Mission Viejo)

David Ashford (West Covina)

Brian Bradshaw (Lakewood)

Ed Riley (Compton)

Wayne Carroll (Muir, Pasadena)

James Knowles (Blair, Pasadena) Chris Crisman (Poly, Riverside)

Bruce Mitchell (El Camino, Ocsd)

\*Robert Budwig (Clovis W)

\*Steve Kerho (Mission Viejo)

Ed Tave (Muir, Pasadena)

Mike McCollum (Palo Alto)

Dave Shea (Castro Valley)

Aubrey Wilson (Berkeley)

8:49.86† Jon Butler (California) - 2 mile

**110 Meter Hurdles** 

BOYS

# **100 Meters**

#### (10.16, 10.30) 10.39 Kenny Robinson (Berkeley) 10.46

- \*Kevin Willhite (Cordova, Rch Cord) 10.57 Ken Smith (Palo Aito)
- 10.4 Kevin Shields (San Diego)
- Kelvin Jackson (Dorsey, LA) 10.67 10.68 Leonard Graham (Centennial, Cpt)
- \*Antonio Manning (Hamilton, LA)
- 10.71 \*Troy Delemar (Pasadena)
- 10.72 Ron Brown (Muir, Pasadena) 10.73 Gerald White (McClymonds, Oak)
- wind-aided:
- 10.24 Kenny Robinson (Berkeley)
- National Leader:
- 10.31 Jerome Harrison (Indiana)

## **200 Meters**

#### (20.22, 20.68)

- 20.81 \*Kevin Willhite (Cordova, Rch Cor) 21.03 Kenny Robinson (Berkeley)
- Gerald White (McClymonds, Oak) 20.9
- 21.23 Harold Todd (Serra, Gardena)
- \*Bernard Mathis (Muir, Pasadena) 21.30
- 21.31 Kelvin Jackson (Dorsey, LA)
- 21.1 Leonard Graham (Centennial, Cpt)
- 21.45 \*\* Antonio Manning (Hamilton, LA)
- \*Troy Delemar (Pasadena) 21.50 21.52 Reggie Grimes (Hill, San Jose)
- wind-aided:
- 20.4 \*Kevin Willhite (Cordova, Rch Cord) National Leader
- Kevin Willhite (California) 20.81

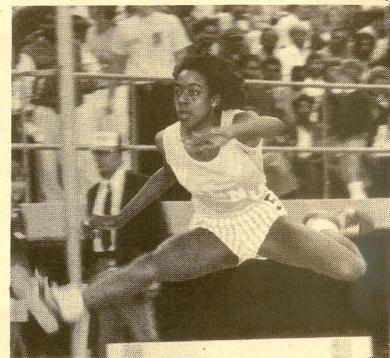
# **400 Meters**

- (45.51) 46.571 Dave Timmons (Oakland)
- 46.8 Kenny Robinson (Berkeley)
- 46.98
- 47.08
- Ron Brown (Muir, Pasadena)
- Leonard Graham (Centennial, Cpt)
- National Leader: 35.79 Walter Murray (California)

#### **400 Meter Relay**

# August 1981 - California Track & Running News • page 15

photo by Don Gosney



## Gayle Kellon

178-7

176-5

204-10

National Leader

Dennis DeSoto (Santa Rosa)

NOGALES

Brent Martin (Madera)

Mike Goad (lowa)

# **Pole Vault**

#### (17-101/2, 17-41/4) 15-6

- \*\* Doug Fraley (Clovis W) 15-51/2
- Doug Wicks (South, Bakfld) Marc Anderson (Buchser, S Clara) 15-4
- 155-3 Paul Peters (Villa Park)
- Rob Avant (Valhalla, El Cajon) 15-0 ?Charles Chapman (Cordova, RC) Mitch Norris (Del Mar, San Jose) Kelly Rodriguez (Sierra, Tollhouse)
- 14-10 \*Jeff Brooks (Lemoore) \*Don Weckler (Westmont, Cpbl) 14-9
- National Leader:
- 17-101/2 Greg Duplantis (Louisiana) Dale Jenkins (Texas)

# Long Jump

#### (26-8, 26-21/4)

23-113/4

23-111/2

23-11

23-81/4

23-71/2

25-934

25.3

Wind-aided:

National Leader:

- 25-3 \*Ken Frazier (Mission, SF)
- 25.1/2 Ed Tave (Muir, Pasadena)
- 24-61/2 Paul Jones (Kennedy, Granada H)
- Ronnie McCoy (Edison, Fresno) 24-5

Ken Smith (Palo Alto)

Ed Tave (Muir, Pasadena)

\*Ken Frazier (California)

24-31/4 Vestee Jackson (McLane, Fresno)

Darvin Malone (Castlemont, Oak)

Carl Nelson (Las Plumas, Oroville)

Curtis Lockett (Lincoln, San Dieg)

\*Anthony McClendon (Univ., SD)

\*Clint Williams (Central, Fresno)

3:52.33	Thousand Oaks
National	Leader:
3:37.71	Kennedy, Granada Hills (Calif.)

# **High Jump**

-	
(6-11/2,	6-1)
5-11	*Katrina Johnson (Manual Arts, LA)
	Maggie VanZeeland (Acalanes, Lf)
5-101/4	?Denise Yamada (Dos Pueblos, Glt)
5-10	Laura Campbell (Troy, Fullerton)
	Alison Walker (Hoover, Glendale)
5-9	*Debbie Disbrow (Granada, Lvmr)
	Karen Lysaght (St. Francis, Sacto)
5-834	Karen Kramer (Norte Dame, Rivsd)
5-81/4	**Tonya Mendonca (Mt. Whit, Vis)
5-8	seven jumpers tied
h1-11	

National Leader: 6-1 \*\*Mary Moore (Washington)

# Long Jump

(22-3, 20-	8¾)
19-111/2	Sabrina Williams (V Christian, C)
19-63/4	Sherifa Sanders (Berkeley)
19-2	Robyne Johnson (Berkeley)
	Sheila Nicks (Tulare)
18-11 1/2Y	vette Bates (Berkeley)
18-11	Mona Williams (Central, Fresno)
18-101/2	Yolanda Fletcher (Crenshaw, LA)
18-10 1/4	Chris Mose (El Cajon)
18-9	Brenda Bertillion (Sunset, Hay)
18-8 3/4	"Vivian Riley (Mt. Pleasant, SJ)
National	Leader:
20-113/4	Carol Lewis (New Jersey)

# Shot Put

(52-41/2)

52-41/2	**Natalie Kaaiawahia (Fullerton)	
47-93/4	Deborah Corley (Garces, Bakrsfid)	
46-1/2	Lorraine Costanzo (Saugus)	
45-71/2	Yolanda Fletcher (Crenshaw, LA)	
44-6	*Wendy Bradshaw (Saugus)	
44-3	?Diana Clements (San Clemente)	
44-1/2	Laura De Snoo (Washington, Frmt)	
43-91/2	Amy Van Galder (Acalanes, Laf)	
43-71/2	*Jacque Norton (Mission Viejo)	
43-5	*Jacque Sheffield (Eisenhower Bit)	

National Leader:

52-41/2 \*\* Natalie Kaaiawahia (California)

# Discus

- (183-11) 167-1
- Laura De Snoo (Washington, Frmt) 162-10 \*\*Natalie Kaaiawahia (Fullerton)
- 157-9 \*Jacque Norton (Mission Viejo)
- 156-7 Karen Nickerson (Cordova, Rch C)
- 155-6 \*Cindi Durchslag (San Carlos)
- 147-7 Sue Compton (Marian, Imp Bch)
- 146-8 Cissy Laughlin (Torrey Pines, DM) 145-6 Lorraine Costanzo (Saugus)
- 144-7 \*Sharon Plerson (Tranquillity)
- 144-5 \*\*Kim Kesler (Vintage, Napa)

#### National Leader: 167-1

Laura De Snoo (California)

- Kenny Robinson (Berkeley) National Leader Jerome Harrison (Indiana)
- 200 Meters

#### (20.22, 20.68)

10.24

10.31

- 20.81 \*Kevin Willhite (Cordova, Rch Cor) 21.03 Kenny Robinson (Berkeley) 20.9 Gerald White (McClymonds, Oak) Harold Todd (Serra, Gardena) 21.23 \*Bernard Mathis (Muir, Pasadena) 21.30 Kelvin Jackson (Dorsey, LA) 21.31 Leonard Graham (Centennial, Cpt) 21.1 \*\*Antonio Manning (Hamilton, LA) 21 45 21.50 \*Troy Delemar (Pasadena) 21.52 Reggie Grimes (Hill, San Jose) wind-aided:
- 20.4 \*Kevin Willhite (Cordova, Rch Cord) National Leader:
- Kevin Willhite (California) 20.81

# **400 Meters**

- (45.51) 46.57†
- Dave Timmons (Oakland) 46.8 Kenny Robinson (Berkeley) 46.98 Ron Brown (Muir, Pasadena)
- 47.08 Leonard Graham (Centennial, Cpt) Erwin Hickman (Fremont, LA) 47.11
- 47.44 Victor Townsend (Poly, LB)
- 47.54 \*Fabian Cooper (Washington, LA)
- 47.4 \*Blair McMurray (Compton) 47.56 Darrell Willis (Norco)
- 47.64 \*Tommy Barber (Bakersfield) National Leader:
- 45.641 Anthony Ketchum (Texas)

# **800 Meters**

#### (1:47.31)

- 1:49.30 Pete Richardson (Berkeley) Scott Cox (Wilson, LB) 1:49.30 1:49.43 Eddie Davis (Compton) 1:50.98 Erwin Hickman (Fremont, LA) 1:51.34 Eric Behring (La Habra) 1:51.46 Louie Calderon (Sanger) 1:51:54 Dave Rodriguez (Montgomery, SR)
- 1:52.86 Johnny Langerston (Berkeley) 1:53.0 Steve Gerhart (Miramonte, Orinda) 1:53.11 Steve Papegaay (Cleveland, Rsda)

Pete Richardson (California)

# **1600 Meters**

(3:55.3, 3:59.4 mile) 4:06.75

National Leader:

1:47.31

- Jon Butler (Edison, Hnt. Bch)
- 4:07.59 Barasa Thomas' (Santa Barbara) 4:10.06 Jeff Scott (El Camino, Carmichael)
- John Seeman (Helix, San Diego) 4:10.09
- 4:10.3† Gary Gonzales (Clovis)
- 4:10.4 Jay Marden (Mission San Jose, Fr)
- 4:10.43 Octavio Morales (Camarillo)
- Jeff Purrington (Willow Glen, SJ) 4:10.72
- 4:12.01 Paul Cox (Los Gatos) Jesse Torres (Independence, SJ) 4:12.41
- National Leader:
- 4:07.25 Gawain Guy (Texas)

# 3200 Meters

- (8:36.3 2 miles)
- Jon Butler (Edison, Hunt, Bch) 8:46.78 Jay Marden (Mission San Jose, Fr) 8:51.64

- 14.01 Chris Crisman (Poly, Riverside) 14.06 ?Bryan Bolton (Burbank, Sacto) 14.18 Brian Bradshaw (Lakewood) 14.24 Mark Hale (Katella, Anaheim) 14.0
  - \*Robert Budwig (Clovis W) Bruce Mitchell (El Camino, Ocsd) Steve Southward (Fountain Valley)
- Wind-aided: 13.65 David Ashford (West Covina) National Leader
- 13.4 Reyna Thompson (Texas)

# 300 Meter Low Hurdles

- (35.79) 35.79 Walter Murray (Berkeley) 36.09 James Knowles (Blair, Pasadena) 36.25
- Chris Crisman (Poly, Riverside) 36.251 Ronnie Seanez (Gilroy)
- 36.39 Bruce Mitchell (El Camino, Ocsd)
- 36.68 \*Steve Kerho (Mission Vieio)
- 36.5‡ David Ashford (West Covina) 36.81 Wayne Carroll (Muir, Pasadena)
- 36.84 Brian Bradshaw (Lakewood)
- Ed Riley (Compton)
- National Leader:
- 35.79 Walter Murray (California)

# **400 Meter Relay**

- (40.0, 40.86) 40.86 Berkeley Dorsey, Los Angeles 40.92 41.26 Muir, Pasadena 41.36 Fremont, Los Angeles 41.45 Pasadena
- 41.58 Oakland 41.60 Crenshaw, Los Angeles Washington, Los Angeles Cordova, Rancho Cordova 41.5
- 41.71 Eisenhower, Rialto National Leader: 40.64 Dunbar, Ft. Worth (Texas)

# **1600 Meter Relay**

(3:08.94) 3:08.94 Berkeley 3:11.10 Poly, Long Beach 3:11.81 Centennial, Compton 3:12.45 Muir, Pasadena 3:12.54 Oakland 3:12.64 Pasadena 3:12.96 Compton 3:14.57 Washington, Los Angeles 3:15.21 Crenshaw, Los Angeles 3:15.92 Locke, Los Angeles National Leader: 3:08.94 Berkeley (California)

# **High Jump**

#### (7-41/4, 7-31/4)

- 7-1 Anthony Caire (Pius X, Downey) \*\*Maurice Crumby (Balboa, SF) 7-0 Mike Powell (Edgewood, W. Cov)
- 6-1114 John Atkinson (Poly, LB) Chris Bonner (Inglewood) 6-11
  - **?Stanley Farrar (Encina, Sacto)**
- Jay Thorson (Laguna Beach) 6-101/4 Everett Woodard (Folsom)
- 66-10 eight jumpers tied
- National Leader:
- 7-31/2 Brian Tietjens (lowa)

15-4 Marc Anderson (Buchser, S Clara) 155-3 Paul Peters (Villa Park) 15-0 Rob Avant (Valhalla, El Cajon) ?Charles Chapman (Cordova, RC) Mitch Norris (Del Mar, San Jose) Kelly Rodriguez (Sierra, Tollhouse) 14-10 \*Jeff Brooks (Lemoore) 14.9 \*Don Weckler (Westmont, Cpbl) National Leader: Greg Duplantis (Louisiana) 17-101/2 Dale Jenkins (Texas)

Doug Wicks (South, Bakfld)

# Long Jump

15-5%

#### (26-8, 26-21/4) 25-3 \*Ken Frazier (Mission, SF) 25-1/2 Ed Tave (Muir, Pasadena) Paul Jones (Kennedy, Granada H) 24-61/2 Ronnie McCoy (Edison, Fresno) 24-5 24-31/4 Vestee Jackson (McLane, Fresno) 23-113/4 Darvin Malone (Castlemont, Oak) 23-111/2 \*Clint Williams (Central, Fresno) 23-11 Ken Smith (Palo Alto) 23-81/4 Carl Nelson (Las Plumas, Oroville) 23-71/2 Curtis Lockett (Lincoln, San Dieg) \*Anthony McClendon (Univ., SD) Wind-aided: 25-934 Ed Tave (Muir, Pasadena)

NOGALES

Junior III

**Team Scoring** 

**Based on Rankings** 

72

56

251/2

231/2

231/2

21

20

881/2

37 1/2

53

48

32

30

21

20

19

18

160 1/2

77

68

61

341/2

321/2

Scored: 10-9-8-7-6-5-4-3-2-1

Cordova, Rancho Cordova

Centennial, Compton

Poly, Long Beach

Del Mar, San Jose

Fremont, Los Angeles

Dorsey, Los Angeles

Edison, Huntington Beach

Mission, San Francisco

Kennedy, Granada Hills

Alemany, Mission Hills

Manual Arts, Los Angeles

Dorsey, Los Angeles

Ganesha, Pomona

Miramonte, Orinda

Muir, Pasadana

COMBINED MEN & WOMEN

Dorsey, Los Angeles

Kennedy, Granada Hills

Cordova, Rancho Cordova

Fremont, Los Angeles

Muir, Pasadena

Muir, Pasadena

Oakland

Berkeley

Saugus

Fullerton

Berkeley

MEN

1. Berkeley

2

3

5

6

8

3

5

9.

2

3.

4

5.

6.

10.

WOMEN

National Leader: \*Ken Frazier (California) 25-3

# **Triple Jump**

#### (53-41/4, 52-101/2)

- 52-43/4 \*Ken Frazier (Mission, SF) 51-71/4 Vestee Jackson (McLane, Fresno) \*Ken Williams (Troy, Fullerton) 50-11/2 Ken Taylor (Yerba Buena, SJ) 50-1/4 49-834 Ed Tave (Muir, Pasadena) 48.11 Curtis Johnson (Stagg, Stockton) 48-91/2 Rob Harrison (Eureka) Phillip Anderson (Fremont, LA) 48-8 48-1/2 Alden Henry (Bakersfield) 47-103/4 Byron Gaiter (Mt. Miguel, Sp VI) National Leader
- 52-43/4 \*Ken Frazier (California)

# Shot Put

#### (81-31/2, 69-33/4)

65-1 3/4	John Frazier (Antelope V, Lostr)
64-91/4	Junior III (Nogales, La Puente)
63-101/2	Dennis DeSoto (Santa Rosa)
61-111/2	Tim Sutro (Del Mar, San Jose)
61-73/4	Paul Rosati (Acalanes, Lafayette)
61-63/4	Michael Alo (Banning, Wilmgtn)
61-6	Randy Ariey (West, Bakersfield)
61-21/2	Brent Bartz (Arcadia)
60-11 3/4	Dave Maggard (Acalanes, Lafay)
60-2 3/4	Brent Martin (Madera)
National	Leader:
66-111/2	Marty Kobza (Nebraska)

\*Antonio Dobbins (Burroughs, Rdg)

John Berry (Northgate, Wint Ck)

?Matt Gallo (C. Catholic, Modesto)

Dan Westerfield (Cap VI, Miss Vio)

Kevin Jeffries (Nwp Hbr, Nwp Bch)

Tim Sutro (Del Mar, San Jose)

\*Dan Katches (Mills, Millbrae)

Chris Day (Montgomery, SR)

#### Discus (213-6, 209-6)

194-7

189-1

189-0

186-8

185-11

181-7

181-6



# TAC Masters Western Regionals

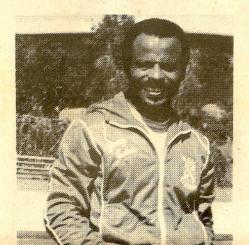
#### June 20-21, Los Gatos High School. Saturday, June 20

5,000 Meter Walk · Women— 35-39: 1. E. Sibley (36) 27:30.5. 45-49: 1. N. Proctor (47) 33:32.3; 2. C. Smith (47) 36:45.4. 70-74: 1. M. Salisbury 39:18.8.

5,000 Meter Walk · Men— 30-34: 1. M. Adriano (33) 25:37.2; 2. E. Chow (31) 27:59.4; 3. B. Richardson (30) 30:15.6. 35-39: 1. D. Gustafson (37) 25:20.3; 2. R. Duran (39) 29:06.3. 40-44: 1. C. Murat (43) 26:22.9. 45-49: 1. B. Ranney (45) 24:31.1. 50-54: 1. J. MacLachlan (50) 28:46.6; 2. J. Friesen (54) 32:20.1. 55-59: 1. H. Siitonen (55) 31:08.0; 2. D. Teppola (59) 33:33.8; 3. B. Edwards (59) 34:52.2. 60-64: 1. O. Sommerauer (63) 31:14.2. 65-69: 1. F. Saylor (67) 34:04.8. 70-74: 1. G. Wallace (71) 31:35.7; 2. C. Unruh (74) 33:55.1. 75-79: 1. R. Boothe (75) 38:41.2. 80 + : 1. P. Spangler 36:47.3. Steeplechase— 40-44: 1. J. Thomas (43) 12:45.3. 45-49: 1.

J. Lewis (46) 11:29.6. 50-54: 1. D. Stevenson (52) 11:07.2; 2. J. Waste (52) 13:34.4. 60-64: 1. A. Waterman (62) 13:11.3. 10,000 Meters Women 35-39: 1. N. Wright (35) 42:12.1. 0. 44:11 Eart (40) 42:42.5 2. D. M. Harshie (42) 42:52.5 2. D. M. Harshie (52) 42:42.5 3. D. M. Hars

40-44: 1. J. Fox (40) 37:47.5; 2. M. Harbin (43) 40:20.5; 3. D. Bromstead (44) 50:10.3. 60-64: 1. J. Caselli (60) 53:55.1.



80 Meter Hurdles · Women— 40-44: 1. C. Sherrard (42) 12.9. 50-54: 1. F. Stevenson (50) 19.2.

80 Meter Hurdles • Men— 70 + : 1. T. Hatlen (70) 16.7. 100 Meter Hurdles • Men— 60-64: 1. B. Gist (61) 16.3; 2. B. Hunt (61) 17.0. 65-69: 1. H. Miller (65) 19.5.

110 Meter Hurdles - Men— 30-34: 1. D. Roberts (31) 15.3; 2. E. Baskaukas (30) 15.7, 35-39: 1. F. Johnston (35) 15.6; 40-44: 1. W. Butler (40) 14.2; 2. D. Dewitt (42) 16.6; 3. J. Thomas (43) 16.7; 4. P. Vincent (42) 17.8. 45-49: 1. H. Smith (45) 17.1; 2. D. Douglass (49) 19.9; 3. R. VanDerBeets (48) 21.2. 50-54: 1. A. Brenda (53) 20.9; 2. D. Stevenson (52) 22.7; 3. J. Waste (52) 27.9, 55-59: 1. J. Johnson (58) 21.6.

110 Elite Hurdies— 40-44: 1. P. Vincent (42) 18.0; 2. T. Jones (42) 21.9. 45-49: 1. M. Sanchez (49) 19.8. 50-54: 1. F. Gallardo (50) 18.4; 2. R. Higginbotham (54) 18.8. 65-69: 1. H. Miller (65) 21.9.

400 Meters · Women— 35-39: 1. J. Duff (35) 1:05.4. 40-44: 1. A. Parish (44) 1:07.1; 2. J. Carter (41) 1:10.1; 3. C. Vöigt (43) 1:27.7. 50-54: 1. S. Kinsey (52) 1:15.2; 2. E. Fuller (51) 1:17.2; 3. S. Dietderich (54) 1:32.9. 55-59: 1. M. Fairbank (59) 1:40.2. 70-74: 1. M. Salisbury (73) 2:45.9.

400 Meters • Men— 30-34: 1. K. Stuart (34) 50.0; 2. G. Johnson (31) 51.7; 3. B. Weller (34) 53.2; 4. J. Banchero (30) 56.6. 35-39: 1. M. Pruitti (35) 49.7; 2. D. Romain (39) 51.1. 40-44: 1. B. Knocke (41) 51.2; 2. G. Cohen (41) 52.0; 3. G. Miller (43) 52.1; 4. R. Toombs (40) 54.3; 5. W. Mitchell (41) 56.8; 6. R. Hoffman (40) 59.3; 45-49: 1. N. Newton (47) 57.8; 2. J. Lingle (49) 58.2; 3. J. Randolph (48) 63.1. 50-54: 1. D. Cheek (51) 55.7; 2. H. Washington (51) 59.2; 3. L. Beadle (54) 59.3; 4. D. Mack (50) 59.3; 5. D. Jackson (54) 59.9; 6. T. Mc-Cambridge (51) 66.2; 55-59: 1. R. Watanabe (55) 62.2; 2. R. Spencer (58) 62.8; 3. C. Tracy (55) 73.3; 60-64: 1. H. Fairbank (62) 62.7; 2. B. Hunt (61) 63.2; 3. G. Poloynis (63) 68.9; 65-69: 1. H. Koppel (68) 64.7; 2. J. Satti (67) 69.1; 3. J. Lopes (65) 70.1, 70-74: 1. K. Carnine (73) 1:18.2; 75-79: 1. S. Lum (76) 1:23.9.

100 Meters • Women — 35-39: 1. J. Duff (35) 13.8. 40-44: 1. C. Sherrard (42) 13.3; 2. A. Parish (44) 13.9; 3. J. Carter (41) 14.5; 4. C. Volgt (43) 17.8. 45-49: 1. C. Miller (46) 13.8; 2. J. Tyksinski (49) 17.4. 50-54: 1. S. Kinsey (52) 15.4; 2. E. Fuller (52) 15.9; 3. F. Stevenson (50) 16.0; 4. S. Dietderich (54) 17.4. 55-59: 1. M. Fairbank (59) 17.5. 60-64: 1. J. Kolda (63) 17.2; 2. M. Hunt (62) 20.7. 70-74: 1. M. Salisbury (73) 33.5.

100 Meters - Men— 30-34: 1. M. Jackson (32) 10.8; 2. R. Davis (31) 11.0; 3. G. Marshall (33) 11.0; 4. G. Johnson (31) 11.2; 5. E. Bonner (30) 11.2; 6. G. Wong (32) 11.9. 35-39 Final: 1. H. Sumner (35) 11.0; 2. P. Dungan (37) 11.1; 3. W. Johnson (36) 11.1: 4. B. Simpson (39) 11.3; 5. S. Robinson (37) 11.3; 6.



72-year-old Anthony Castro, a La Canada resident, is the current American record holder for his age group in the 200 meters.

(41) 11-6; 2. T. Jones (42) 8-6. 45-49: 1. H. Smith (45) 12-0; 2. B. Eller (46) 12-0; 3. D. Douglass (49) 11-6; 4. J. Billmeyer (49) 11-6. 50-54: 1. A. Brenda (53) 11-0; 2. F. Gallardo (50) 10-6. 55-59: 1. J. Johnson (58) 8-6. 60-64: 1. J. Vernon (64) 11-0; 2. O. Gillett (61) 10-0.

5,000 Meters · Women— 40-44: 1. J. Fox (40) 17:44.4. 45-49: 1. V. Bigelow (45) 18:14.0. 60-64: 1. J. Caselli (60) 23:19.2. 70-74: 1. M. Salisbury (73) 47:46.0.

5,000 Meters - Men- 30-34: 1. S. Sidney (32) 15:38.2; 2. W. Dunn (33) 16:16.6. 35-39: 1. H. Franklin (37) 15:40.2; 2. I. Yawnick (39) 17:51.2; 3. J. Hemphill (39) 20:02.8; 4. M. Tripp

gener (36) 4:16.0; 2. P. Day (36) 4:17.0; 3. R. Bergstrom (37) 4:22.0. 40-44; 1. R. Schupbach (40) 4:07.5; 2. G. Cohen (41) 4:19.8; 3. J. Pitman (42) 4:21.9; 4. W. Schafer (42) 4:22.2; 5. J. McFaddeh (40) 4:32.5; 6. W. Wade (40) 4:32.0. 45-49; 1. G. Wood (47) 4:21.6; 2. P. Richardson (46) 4:38.1; 3. S. Geraghty (49) 6:26.0. 50-54; 1. D. Steevenson (52) 4:40.6; 2. P. Devine (52) 4:59.4; 3. G. Wetzork (50) 5:02.3; 4. H. Hill (53) 5:13.4; 5. D. Jackson (54) 5:13.4, 55-59; 1. J. Noble (55) 5:05.4, 60-64; 1. G. Poloynis (63) 5:50.2, 65-69; 1. E. Stotsenberg (67) 5:24.5; 2. R. Mahannah (65) 5:33.5, 70-74; 1. S. Madden (73) 6:166.3, 80-84; 1. PJ. Spangler (82) 7:58.4.

Mile Relay Men— Submasters: 1. S. Cal Striders 3:22.7; 2. West Valley TC 3:34.3. 40-49: 1. NorCal Seniors A 3:51.0; 2. Nor-Cal Seniors B 4:00.1.

Discus - Women— 40-44: 1. U. Schreiber (42) 73-11; 2. A. Smith (44) 60-5. 50-54: 1. S. Kinsey (52) 83-10.

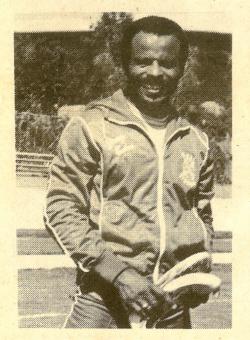
High Jump - Men— 30-34; 1. E. Baskaukas (30) 6-0; 2. J. Eckels (32) 5-10. 40-44; 1. J. Brown (41) 6-2; 2. R. Toombs (40) 5-2; 3. J. Sanchez (41) 4-8; 4. E. Pearson (43) 4-8. 45-49: 1. H. Wyatt (49) 6-2; 2. N. Newton (47) 5-6; 3. D. Douglass (49) 4-8; 4. D. Rose (46) 5-2. 50-54; 1. P. Devine (52) 4-2. 55-59: 1. J. Johnson (58) 4-4; 2. C. Tracy (55) 4-2. 60-64; 1. B. Gist 5-0; 2. O. Gillett (61) 4-10<sup>1</sup>/<sub>3</sub>; 3. J. Vernon (64) 4-3, 65-69; 1. J. McCarthy (67) 4-5; 2. H. Miller (65) 3-11. 70-74; 1. W. Begelow (70) 4-0<sup>1</sup>/<sub>2</sub>; 2. T. Hatlen (70) 4-0<sup>1</sup>/<sub>2</sub>.

**Discus** Men— 30-34: 1. T. Fahey (33) 155-7; 2. G. Kelmenson (31) 111-9; 3. B. Henderson (34) 106-1; 4. G. Power (30) 101-6. 35-39: 1. G. Franklin (37) 94-2; 2. J. Hart (44) 134-9; 2. E. Pearson (43) 94-6. **45-49**: 1. S. Thomson (48) 139-10; 2. H. Smith (45) 114-7; 3. M. Black (45) 112-5; 4. S. Letcher (49) 102-0; 5. D. Douglass (49) 79-1; 6. B. Griff (45) 73-11. 50-54: 1. J. Wojcik (51) 100-1. 55-59: 1. P. Evans (55) 109-8; 2. C. Tracy (55) 78-11; 3. B. Wolf (58) 72-0. **60-64**: 1. R. Stone (61) 138-6; 2. M. Henderson (60) 114-11. **65-69**: 1. J. Thatcher (65) 130-3; 2. R. Carter (67) 115-5.

Javelin Women— 30-34: 1. J. Henderson 63-10. 40-44: 1. F. Conley (40) 70-6; 2. U. Schreiber (42) 60-10. 45-49: 1. C. Miller (46) 95-10. 50-54: 1. S. Kinsey (52) 76-0; 2. S. Dietderich (54) 57-3.

Triple Jump - Men — 30-34: 1. E. Baskaukas (30) 42-5; 2. J. Eckels (32) 39-1½. 35-39: 1. D. Romain (39) 40-9; 2. D. Isaksen (37) 39-9¾; 3. S. Franklin (39) 30-10. 40-44: 1. J. Sanchez (41) 33-5½; 2. E. Pearson (43) 30-4½. 45-48!: 1. T. Randolph (48) 29-8½. 50-54: 1. E. Mahany (50) 32-4½. 55-59: 1. R. Spencer (58) 34-6¼; 2. J. Johnson (58) 34-2¼; 3. C. Tracy (55) 28-8. 60-64: 1. G. Poloynis (63) 21-5. 65-69: 1. H. Miller (65) 26-10.

Javelin - Men — 30-34: 1, W. Wilke (33) 189-10; 2. G. Power (30) 155-1; 3. R. Henderson (34) 136-10. 35-39: 1. F. Johnston (35) 160-0; 2. S. West (37) 157-9; 3. J. Addems (39) 96-1, 40-44: 1. G. Barton (40) 166-8; 2. G. Miller (44) 155-5. P. Conley (46) 190-6; 2. S. Letcher (49) 182-8; 3. D. Rose (46) 150-1; 4. H. Smith (45) 141-10; 5. B. Griff (45) 120-9. 50-54: 1. R. Sutton (50) 169-6; 2. J. Wojcik (51) 116-2. 55-59: 1. W. Chynoweth (57) 149-6; 2. B. Romer (56) 121-9. 2. Travy (57) 727 J. Lewis (46) 11:29.6. 50-54: 1. D. Stevenson (52) 11:07.2; 2. J. Waste (52) 13:34.4. 60-64: 1. A. Waterman (62) 13:11.3. 10,000 Meters - Women - 35-39: 1. N. Wright (35) 42:12.1. 40-44: 1. J. Fox (40) 37:47.5; 2. M. Harbin (43) 40:20.5; 3. D. Bromstead (44) 50:10.3. 60-64: 1. J. Caselli (60) 53:55.1.



40-year-old Los Angeles resident, George Cohen, is the American record holder for his age group in the 800 and 1500.

10,000 - Men - 30-34: 1. S. Sidney (32) 34:35.4. 35-39: 1. P. Day (36) 32:56.7; 2. M. Galio (38) 38:17.7. 40-44: 1. W. Meyer (41) 39:00.3; 2. J. Erbes (43) 40:16.4; 3. R. Cochran (42) 40:48.2. 45-49: 1. J. Lewis (46) 36:59.5; 2. M. Gray (49) 38:37.4; 3. M. Fruehling (46) 40:34.2. 50-54: 1. U. Kaempf (50) 33:05.3; 2. R. Smith (53) 36:20.8; 3. P. Devine (52) 37:42.0. 55-59: 1. B. Wright (58) 40:40.2; 2. B. Robinson (55) 48:01.5. 65-69: 1. J. Goodman (69) 49:03.9.

400 Meter Relay · Women— 1. Corona Del Mar 58.3. 400 Meter Relay · Men— Submasters: 1. West Valley TC 42.9; 2. S. Cal Striders 43.8, 40-49; 1. S. Cal Striders 43.8; 2. Corona Del Mar 44.1; 3. Nor Cal Seniors 46.5; 4. Bay Area Striders 47.8; 5. Orphir Pris TC 50.2. 50-54; 1. Nor Cal Seniors 48.1.

800 Meters · Women- 30-34: 1. P. Olrich (32) 2:20.5. 35-39: 1. J. Duff (35) 2:31.2. 40-45: 1. J. Ullyot (40) 2:38.6. 70-74: 1. M. Salisbury 5:54.1.

800 Meters - Men— 30-34: 1. K. Stuart (34) 1:55.8; 2. R. Corona (31) 1:59.1; 3. M. Mahon (31) 2:07.7; 4. R. Landrum (31) 2:118. 35-39: 1. D. Romain 1:59.5; 2. B. Browne 2:0.0; 3. S. Waggener 2:03.1; 4. R. Bergstrom 2:10.5. 40-44: 1. G. Cohen (41) 1:59.8; 2. J. Kniebel (42) 2:02.1; 3. J. Pitman (42) 2:02.8; 4. B. Mayer (43) 2:03.6; 5. D. Donaldson (40) 2:05.0. 45-49: 1. P. Richardson (45) 2:03.9; 2. J. Carrington (45) 2:07.7; 3. K. Napier (49) 2:14.9; 4. R. Shaw (47) 2:20.9. 50-54: 1. D. Stevenson (52) 2:14.5; 2. L. Beadle (54) 2:21.0; 3. D. Jackson (54) 2:22.9; 4. H. Hill (53) 2:27.5; 5. P. Divine (52) 2:32.0. 60-64: 1. R. Moore (61) 2:34.0; 2. G. Poloynis (63) 2:36.2; 3. A. Waterman (65) 2:40.4. 70-74: 1. S. Madden (73) 3:04.8. 60-84: 1. P. Spangler (83) 3:55.5.

400 Meters - Women — 35-39: 1. J. Duff (35) 1:05.4. 40-44: 1. A. Parish (44) 1:07.1; 2. J. Carter (41) 1:10.1; 3. C. Voigt (43) 1:27.7. 50-54: 1. S. Kinsey (52) 1:15.2; 2. E. Fuller (51) 1:17.2; 3. S. Dietderich (54) 1:32.9. 55-59: 1. M. Fairbank (59) 1:40.2, **70-74**: 1. M. Salisbury (73) 2:45.9.

Ailler (65) 21.9

400 Meters - Men- 30-34: 1. K. Stuart (34) 50.0; 2. G. Johnson (31) 51.7; 3. B. Weller (34) 53.2; 4. J. Banchero (30) 56.6. 35-38: 1. M. Pruitt (35) 49.7; 2. D. Romain (39) 51.1. 40-44: 1. B. Knocke (41) 51.2; 2. G. Cohen (41) 52.0; 3. G. Miller (43) 52.1; 4. R. Toombs (40) 54.3; 5. W. Mitchell (41) 56.8; 6. R. Hoffman (40) 59.3; 45-49: 1. N. Newton (47) 57.8; 2. J. Lingle (49) 58.2; 3. J. Randolph (48) 63.1. 50-54: 1. D. Cheek (51) 55.7; 2. H. Washington (51) 59.2; 3. L. Beadle (54) 59.3; 4. D. Mack (50) 59.3; 5. D. Jackson (54) 59.9; 6. T. Mc-Cambridge (51) 66.2; 55-59: 1. R. Watanabe (55) 62.2; 2. R. Spencer (58) 62.8; 3. C. Tracy (55) 73.3. 60-64: 1. H. Fairbank (62) 62.7; 2. B. Hunt (61) 63.2; 3. G. Poloynis (63) 68.9; 65-69: 1. H. Koppel (68) 64.7; 2. J. Satti (67) 69.1; 3. J. Lopes (65) 70.1. 70-74: 1. K. Carnine (73) 1:18.2; 75-79: 1. S. Lum (76) 1:23.9.

100 Meters • Women — 35-39: 1. J. Duff (35) 13.8. 40-44: 1. C. Sherrard (42) 13.3; 2. A. Parish (44) 13.9; 3. J. Carter (41) 14.5; 4. C. Voigt (43) 17.8. 45-49: 1. C. Miller (46) 13.8; 2. J. Tyksinski (49) 17.4. 50-54: 1. S. Kinsey (52) 15.4; 2. E. Fuller (52) 15.9; 3. F. Stevenson (50) 16.0; 4. S. Dietderich (54) 17.4. 55-59: 1. M. Fairbank (59) 17.5. 60-64: 1. J. Kolda (63) 17.2; 2. M. Hunt (62) 20.7. 70-74: 1. M. Salisbury (73) 33.5.

100 Meters - Men- 30-34: 1. M. Jackson (32) 10.8; 2. R Davis (31) 11.0; 3. G. Marshall (33) 11.0; 4. G. Johnson (31) 11.2: 5. E. Bonner (30) 11.2; 6. G. Wong (32) 11.9. 35-39 Final: 1, H. Sumner (35) 11.0; 2, P. Dungan (37) 11.1; 3, W. Johnson (36) 11.1; 4. B. Simpson (39) 11.3; 5. S. Robinson (37) 11.3; 6. H. Kufeld (37) 11.7. 40-44: 1. W. Butler (40) 11.0; 2. d. Smith (41) 11.2; 3, H. Johnson (40) 11.2; 4. P. Knox 11.5; 5. M. DeStefano (42) 11.6; 6. H. Smith (42) 11.6. 45-49: 1. B. Springbett (48) 11.5; 2. N. Newton (47) 11.7; 3. L. Murad (48) 11.9; 4. M. Sanchez (49) 12.0; 5. J. Powell (49) 12.1; 6. R. Hansen (48) 12.5. 50-54: 1. D. Marlin (50) 12.0; 2. D. Cheek (51) 12.0; 3. H. Washington (51) 12.3; 4. E. Mahany (50) 12.5; 5. R. Zumwalt (54) 12.7; 6. R. Higginbotham (54) 13.6. 55-59: 1. R. Watanabe (55) 12.1; 2. A. Juilland (58) 12.4; 3. B. Cooper (57) 12.6; 4. C. Tracy (55) 14.3. 60-64: 1. P. Jordan (64) 12.1; 2. H. Fairbank (62) 13.2; 3. B. Hunt (61) 14.1; 4. S. Hoover (62) 14.2. 65-69: 1. H. Koppel (68) 13.0; 2. H. Miller (65) 14.4. 70-74: 1. A. Castro (71) 14.1; 2. K. Carnine (73) 15.1. 75-79: 1. L. Jackson (75) 14.6; 2. S. Lum (76) 15.7.

Hammer- 30-34: 1. G. Kelmenson (31) 69-3. 40-44: 1. J. Hart (44) 115-10; 2. E. Pearson (43) 72-1. 45-49: 1. S. Thompson (48) 152-11; 2. D. Douglass (49) 108-10. 50-54: 1. J. Wojcik (51) 79-5. 55-59: 1. P. Evans (55) 92-8; 2. B. Wolf (58) 52-1. 60-64: 1. R. Stone (61) 113-0. 65-69: 1. J. York (67) 85-7. 70-74: 1. jD. Pierotti (70) 103-7; 2. R. Hubbel (70) 102-1; 3. L. Peresenyi (73) 90-0.

Shot Put - Women - 40-44: 1. U. Schreiber (42) 25-11. 45-49: 1. J. Tyksinski (49) 20-4. 50-54: 1. S. Kinsey (52) 30-4. Shot Put - Men - 30-34: 1. B. Henderson (34) 38-1½; 2. G. Kelmenson (31) 36-5. 35-39: 1. F. Johnston (35) 38-5. 40-44: 1. J. Hart (44) 43-0½; 2. J. Kidd (44) 36-2. 45-49: 1. S. Thomson (48) 41-11; 2. H. Smith (45) 41-6; 3. S. Letcher (49) 36-1½; 4. D. Douglass (49) 30-11½; 5. M. Black (45) 33-9½; 50-54: 1. J. Waste (52) 25-10¾, 55-59: 1. P. Evans (55) 36-5½; 2. B. Wolf (58) 27-7½; 3. B. Tospern (58) 25-7. 60-64: 1. R. Stone (61) 43-2½; 2. M. Henderson (60) 39-11¾, 65-68: 1. J. Thatcher (65) 44-6½; 2. J. York (67) 41-2½; 3. R. Carter (67) 39-5. 70-74: 1. D. Pierotti (70) 33-9½; 2. L. Peresenyi (73) 33-1½; 3. R. Hubbell (70) 29-3½.

Long Jump - Women — 40-44: 1. U. Schreiber (43) 11-3; 2. C. Voigt (43) 7-8. 45-49: 1. C. Miller (46) 13-4<sup>3</sup>/<sub>4</sub>.

Long Jump - Men— 30-34: 1. C. Flowers (34) 19-7½; 2. S. Franklin (34) 18-3½; 3. M. McGuire (33) 13-11. 35-39: 1. L. Bond (37) 22-0½; 2. D. Romain (39) 20-1½; 3. M. Ucovich (39) 19-1½; 4. J. Adems (39) 15-3. 40-44: 1. D. Dewitt (42) 18-3; 2. W. Mitchell (41) 16-8¼; 3. E. Pearson (43) 16-4; 4. J. Sanchez (41) 16-2¼. 45-49: 1. M. Andrews (47) 18-6¼; 2. J. Randolph (48) 16-6. 50-54: 1. A. Brenda (53) 17-2¼; 2. F. Gallardo (50) 17-2; 3. E. Mahany (50) 16-5½. 55-59: 1. J. Johnson (58) 17-8; 2. R. Spencer (58) 17-2; 3. C. Tracy (55) 14-5½. 80-64: 1. J. Vernon (64) 16-5½; 2. B. Gist (61) 16-3¼; 3. M. Henderson (60) 13-6¼. 65-69: 1. J. Sanchez (65) 12-9½. 70-75: 1. T. Hatlen (70) 11-4½.

Pole Vault- 30-34: 1. W. Wilks (33) 14-6; 2. S. Schwartz (32) 14-6. 35-39: 1. B. Hotaling (37) 122-6. 40-44: 1. D. Dewitt



72-year-old Anthony Castro, a La Canada resident, is the current American record holder for his age group in the 200 meters.

(41) 11-6; 2. T. Jones (42) 8-6. 45-49: 1. H. Smith (45) 12-0; 2.
B. Eller (46) 12-0; 3. D. Douglass (49) 11-6; 4. J. Billmeyer (49) 11-6. 50-54: 1. A. Brenda (53) 11-0; 2. F. Gallardo (50) 10-6.
55-59: 1. J. Johnson (58) 8-6. 60-64: 1. J. Vernon (64) 11-0; 2.
O. Gillett (61) 10-0.

5,000 Meters · Women— 40-44: 1. J. Fox (40) 17:44.4. 45-49: 1. V. Bigelow (45) 18:14.0. 60-64: 1. J. Caselli (60) 23:19.2. 70-74: 1. M. Salisbury (73) 47:46.0.

5,000 Meters - Men— 30-34: 1. S. Sidney (32) 15:38.2; 2. W. Dunn (33) 16:16.6. 35-39: 1. H. Franklin (37) 15:40.2; 2. I. Yawnick (39) 17:51.2; 3. J. Hemphill (39) 20:02.8; 4. M. Tripp (38) 20:49.2; 5. J. Cramer (39) 22:05.8. 40-49: 1. B. Meinhardt (40) 15:41.6; 2. T. Rostege (40) 16:02.8; 3. R. Weilck (43) 16:31.4; 4. P. Hager (44) 17:12.8; 5. V. Schulte (41) 17:23.6; 6. W. Meyer (41) 18:38.2. 45-49: 1. J. Lewis (46) 16:55.8; 2. E. Riggle (48) 17:25.0. 50-54: 1. P. Devine (52) 17:47.2; 2. K. Gampbell (54) 19:28.9; 3. J. Waste (52) 19:42.2. 55-59: 1. B. Robinson (55) 20:22.8. 65-69: 1. J. Goodman (69) 24:14.6. 70-74: 1. J. McGee (72) 27:44.8. 80-84: 1. P. Spangler (82) 27:45.2.

400 Meter Intermediates • Men— 30-34: 1. D. Roberts (31) 59.0. 40-44: 1. H. Adams (41) 60.0; 2. J. Billmeyer (49) 1:10.9; 3. J. Randolph (48) 1:166.2. 50-54: 1. D. Stevenson (52) 1:12.1; 2. J. Waste (52) 1:32.0. 60-64: 1. B. Hunt (61) 1:10.9; 2. A. Waterman (62) 1:18.1. 65-69: 1. J. Satti (67) 1:22.4; 2. H. Miller (65) 1:34.8.

200 Meters • Women— 35-39: 1. J. Duff (35) 28.7; 2. B. Hart (35) 36.4, 40-44: 1. C. Sherrard (42) 27.9; 2. A. Parish (44) 29.0; 3. J. Carter (41) 30.7. 45-49: 1. C. Miller (46) 29.4; 2. J. Tyksinski (49) 38.3. 50-54: 1. S. Kinsey (52) 32.6; 2. E. Fuller (52) 33.6; 3. F. Stevenson (50) 34.7; 4. S. Dietdrich (54) 37.0. 55-59: 1. M. Fairbank (59) 37.5. 60-64: 1. J. Kolda (63) 37.0. 70-74: 1. M. Salisbury (73) 1:11.4.

200 Meters · Men- 30-34: 1. M. Jackson (32) 22.2; 2. R. Davis (31) 22.2; 3. G. Johnson (31) 22.7; 4. G. Marshall (33) 22.7; 5. E. Bonner (30) 22.9; 6. B. Weller (34) 23.3. 35-39: 1. M. Pruitt (35) 22.1; 2. H. Sumner (35) 22.1; 3. W. Johnson (36) 22.5; 4. P. Dungan (37) 22.7; 5. B. Simpson (39) 23.5; 6. D. Burke (35) 24.0. 40-44: 1. B. Knocke (41) 22.9; 2. H. Smith (42) 23.4; 3. H. Johnson (40) 23.7; 4. M. DeStefano (42) 23.7; 5. R. Toombs (40) 23.9; 6. T. Nakamitsu (42) 24.4. 45-49: 1. N. Newton (47) 23.9; 2. B. Springbett (48) 23.9; 3. J. Lingle (49) 24.7, 50-54; 1, D, Cheek (51) 24.8; 2, E, Mahany (50) 25.4; 3. D. Marlin (50) 25.4; 4. H. Washington (51) 25.6; 5. D. Mack (50) 25.8; 6. R. Zumwalt (54) 25.9. 55-59: 1. R. Watanabe (55) 25.9; 2, B, Cooper (57) 26.2, 60-64: 1. P. Jordan (64) 25.7; 2. H. Fairbank (62) 27.6; 3. B. Hunt (61) 28.5; 4. S. Hoover (62) 29.9. 65-69: 1. H. Koppel (68) 27.4; 2. J. Sat;ti (67) 29.2; 3. H. Miller (65) 32.1.

20 Kilometer Walk - Women- 35-39: 1. E. Sibley (36) 2:22:17.9. 45-49: 1. N. Proctor (47) 2:50:00.

20 Kilometer Walk • Men— 30-34: 1. M. Adriano (33) 1:56:39; 2. W. Penner (34) 2:02:33; 3. E. Chow (31) 2:04:17; 4. B. Richardson (30) 2:05:51. 35-39: 1. W. Jaquith (38) 1:52:32; 2. D. Gustafson (37) 1:52:51. 40-44: 1. C. Marut (43) 1:59:14; 2. G. West (40) 2:05:42. 55-59: 1. H. Siitonen (55) 2:22:18; 2. D. Teppola (59) 2:35:24. G. Wallace (71) 2:31:44.

1500 Meters • Women— 40-44: 1. J. Uliyot (40) 5:16.0; 2. A. Parish (44) 6:42.7. 45-49: 1. V. Bigelow (45) 5:10.0. 70-74: 1. M. Salisbury (73).

1500 Meters - Men- 30-34: 1. C. Downing (32) 4:06.9; 2. R. Corona (31) 4:10.5; D. Moon (33) 4:28.5. 35-39: 1. S. Wag1. J. Jonnaon (98) 4-4; 2; C. Tracy (55) 4-2; 80-64; 1; B. Glist 5-0; 2; O. Gillett (61) 4-10 ¼; 3; J. Vernon (64) 4-3; 65-69; 1; J. McCarthy (67) 4-5; 2; H. Miller (65) 3-11; **70-74;** 1; W. Begelow (70) 4-0½; 2; T. Hatlen (70) 4-0½;

Discus • Men— 30-34: 1. T. Fahey (33) 155-7; 2. G. Kelmenson (31) 111-9; 3. B. Henderson (34) 106-1; 4. G. Power (30) 101-6. 35-39: 1. G. Franklin (37) 94-2; 2. J. Hart (44) 134-9; 2. E. Pearson (43) 94-6. 45-49: 1. S. Thomson (48) 139-10; 2. H. Smith (45) 114-7; 3. M. Black (45) 112-5; 4. S. Letcher (49) 102-0; 5. D. Douglass (49) 79-1; 6. B. Griff (45) 73-11. 50-54: 1. J. Wojcik (51) 100-1. 55-59: 1. P. Evans (55) 109-8; 2. C. Tracy (55) 78-11; 3. B. Wolf (58) 72-0. 60-64: 1. R. Stone (61) 138-6; 2. M. Henderson (60) 114-11. 65-69: 1. J. Thatcher (65) 130-3; 2. R. Carter (67) 115-5.

Javelin Women 30-34: 1. J. Henderson 63-10. 40-44: 1. F. Conley (40) 70-6; 2. U. Schreiber (42) 60-10. 45-49: 1. C. Miller (46) 95-10. 50-54: 1. S. Kinsey (52) 76-0; 2. S. Dietderich (54) 57-3.

Triple Jump - Men — 30-34: 1. E. Baskaukas (30) 42-5; 2. J. Eckels (32) 39-1½. 35-39: 1. D. Romain (39) 40-9; 2. D. Isaksen (37) 39-9¾; 3. S. Franklin (39) 30-10. 40-44: 1. J. Sanchez (41) 33-5½; 2. E. Pearson (43) 30-4½. 45-49: 1. T. Randolph (48) 29-8½. 50-54: 1. E. Mahany (50) 32-4½. 55-59: 1. R. Spencer (58) 34-6¼; 2. J. Johnson (58) 34-2¼; 3. C. Tracy (55) 28-8. 60-64: 1. G. Poloynis (63) 21-5. 65-69: 1. H. Miller (65) 26-10.

Javelin - Men — 30-34: 1. W. Wilke (33) 189-10; 2. G. Power (30) 155-1; 3. R. Henderson (34) 136-10. 35-38: 1. F. Johnston (35) 160-0; 2. S. West (37) 157-9; 3. J. Adems (39) 96-1. 40-44: 1. G. Barton (40) 166-8; 2. G. Miller (44) 155-5. P. Conley (46) 190-6; 2. S. Letcher (49) 182-8; 3. D. Rose (46) 150-1; 4. H. Smith (45) 141-10; 5. B. Griff (45) 120-9. 50-54: 1. R. Sutton (50) 169-6; 2. J. Wojcik (51) 116-2. 55-59: 1. W. Chynoweth (57) 149-6; 2. B. Roemer (56) 121-9; 3. C. Tracy (55) 79-7. 60-64: 1. R. Stone (61) 129-8. 65-69: 1. J. Thatcher (65) 100-7. 70-74: 1. K. Carnine (73) 100-7; 2. R. Hubbell (72) 79-8; 3. L. Williams (72) 73-6; 4. D. Pierotti (70) 66-11. 75-79: 1. R. Boothe (75) 59-5.

Pentathlon · Men— 40-44: 1. Miller 3237; 2. Adams 2860; 3. Jones 955. 45-49: 1. Smith 2382; 2. Bodley 1761. 55-59: 1. Spencer 29:48.

# Why The Decathion?

#### **By DAVE THORESON**

The decathlon, 10 events over two days, is an event that measures all around track and field ability. When one considers the time and effort involved in keeping up with the decathlon, you sometimes ask, "Why?"

My story started in 1952 with the Jim Thorpe and Bob Mathias story. Inspired by their feats and the label "World's Greatest Athlete," I began my track and field career. At first I found I was not much better than most of the boys and girls my age. The jumping events, particularly the high jump, proved to be my best event. I jumped every bush and fence in sight.

Eight years later with average success in the jumping events, I was on my way to my first decathlon, the 1960 Olympic Tryouts in Eugene, Oregon. Qualification was accepted through the mail by write-in performances. My first day score of 2860 was short of the 2900 minimal standard so I was unable to continue the second day.

continued .....

#### August 1981 - California Track & Running News • page 17

# Profile on: Sister Marion

#### **By MARTY HIGGINBOTHAM**

Sister Marion Irvine: Age 51, Height 5-10, Weight 130, Birthdate 10-19-29.

Sister Marion Irvine could certainly be called the "Flying Nun." The fifty-one year young nun belongs to the Sisters of Saint Dominic Congregation of the Most Holy Name. She competes for the Dolphin South End Runners, Nor Cal Seniors and World Runners.

As for her start in running she says, "I needed an outlet for pent up energy and to stay in shape." Sister Marion is coached by Arthur Lydiard - through summer running camps. She says Lydiard has been an inspiration to her and feels his workouts are demanding but effective if one wants to be a winner. Sister Marion can surely be classified as a winner. She has personal best times of 39:05 for 10K, 1:26:56 for the half marathon, and an amazing 3:02:01 marathon run in 1980. She held the American record in the 26.2 miler for the fifty plus division, and presently holds the American mark for the half marathon.

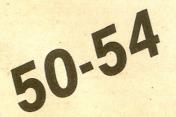
Her favorite event is the 10 kilometer and she likes competing about once a week. She does peak when it comes to running the marathon, and her immediate goal is to break three hours in the 26.2 mile event. Her long range goal is to crack 39 minutes in the 10K.

Sister Marion says she loves to run and plans to keep competing as long as she is competitive and can run a respectable race. Her present work is as an educator. She has a tremendous running philosophy, that she puts like this, "Always strive to do your best; you owe no less than this to yourself and certainly no more than this to anyone else."

Typical Week of Training: Monday- 9 miles, flat course. Tuesday- 16 miles, rolling to flat course. Wednesday- 7 miles, hilly course. Thursday- 4 miles, hilly course in the morning, and 6 miles speed work in the afternoon. Friday- 20 miles, rolling to hilly course. Saturday- 9 miles, flat course. Sunday- Race.

# California Masters Top Marks of the Decade 1970-1979

By PERCY KNOX



40 yard	5.8	Pete Fetter (53, STC)	74	3 mile	15:37.8	Jim O'Neil (50)	76
60 meter	7.5	Wayne Ambrose (51, CDM)	76	5,000 meter	16:11.0	Pete Mundle (51, SMTC)	79
100 yard	10.5	Al Juilland (50)	73	6 mile		Pete Mundle (50, SMTC)	78
100 meter	11.4	Al Juilland (50)	73	10,000 meter		Jim O'Neil (51)	76
200 meters	23.6	Payton Jordan (54)	72	110m HH	17.7	Tom Patsalis (54, CDM)	76
220 yard	23.7	Al Juilland (50)	73	400m IH	64.7	Ed Dowell (52, NCS)	79
300 meter	41.7	Wayne Ambrose (51, CDM)	76	High Jump	5-8	Orv Gillett (52, CDM)	71
400 meter	54.5	Oswald Dawkins (51, STC)	79	Long Jump	20-31/2	Tom Patsalis (54, CDM)	76
800 meter	2:01.0	Bill Fitzgerald (50, STC)	75	Triple Jump	40-9	Tom Patsalis (53, CDM)	75
1500 meter	4:18.5	Bill Fitzgerald (51, STC)	76	Pole Vault	11-6	Orv Gillett (52, CDM)	72
1 mile	4:32.2	Bill Fitzgerald (50, STC)	75	Shot Put	54-61/2	George Ker (51, CDM)	74
3,000 meter	9:30.8	Pete Mundle (50, SMTC)	78	Discus	177-9	Fortune Gordien (50, CDM)	73
1 mile		(aa) amit al	78	Javelin	171-0	Steve Seymore (50)	70
	10.19 41	Pate Mundle (50 SMTC)	70				

The above list was compiled by Percy Knox. California Track & Running News has published other age groups for the decade

# Classifieds

BACK ISSUES AVAILABLE — All issues of California Track & Running News are still available except issue number 36 (June, 1979). \$1.50 per issue. Specify which issue(s) by issue number or date. Please enclose payment with order. Send to: CT&RN, P.O. Box 6103, Fresno, CA 93703.

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BRITISH RUNNING GEAR . Ron Hill Freedom Shorts, Tops, Raingear. New designs, materials for 1981. Send \$1 for catalogue, refunded with first order. World Running Rystems, P.O. Box 311, Hartland, MI 48029.

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RUNNERS NUMBERS . and other race management aids. Write or call for samples and prices: Electric City Printing Co., P.O. Box 630 - Dept CT, Anderson, SC 29622. (803) 224-6331.

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TAC NATIONAL CROSS COUN-TRY CHAMPIONSHIPS — Saturday, November 24, 1981 at DeBelle Golf Course in Burbank, California. 10 age group races (all national championships) in addition to the Men's and Women's National Championships. For information: Jon Sutherland, c/o Laszlo Tabori Sports, 13722 Burbank Blvd., Van Nuys, CA 91401. (213) 908-0485, (213) 993-9384.

TIME STANDARDS FOR COMPET-ITIVE RUNNERS — Convert your time run to performance level. Analyze your performance and inprovement rate. Send \$2.00 to Dr. Track, 5130 Nebraska Ave NW, Washington, DC 20008.

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HAWAII MARATHON — December 9 - 16. Includes round trip air fare and 7 nights lodging plus extras for \$499. Write for brochure to Runner's Mailing, P.O. Box 891, Tarzana, CA 91356. (213) 888-5526.

HIGH SCHOOL CROSS COUNTRY RUNNERS — Kinney Western X-C Championships December 5 in Fresno and National Championships December 12 in Orlando, Florida. Top 8 at Western will be sent to Nationals. For information and entry blank write: Bill Cockerham, P.O. Box 6103, Fresno, CA 93703. (209) 264-5847.

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The above list was compiled by Percy Knox. California Track & Running News has published other age groups for the decade and will continue in future issues. Please send in any additions and/or corrections.

Twelve years later, satisfied with my success and thankful for the many worthwhile experiences the decathlon had given me, I competed in my last open decathlon, the 1972 Olympic Tryouts in Eugene, Oregon.

Now what? Being reasonably physically fit has always been an important part of my life. Realizing that the body adapts to consistent use, I designed a program which trains our complete cardiovascular and muscular system yet requires minimal time and facility. As my strength improved, the urge to compete again was apparent. I designed a competition, "Fitness For Life" (10 events testing complete fitness). Unlike the decathlon it removes all technical aspects so that a physically fit person can immediately perform on his or her competitive level. Some of the participants realized that their physical prowess was on the level or superior to many decathletes competing in the program.

The decathlon requires a tremendous amount of time to develop and maintain the many technical events. The many years I have spent with the decathlon has given me a definite advantage. The improved emphasis in masters track and field and it's coverage in magazines like *California Track & Running News* has given me reason to renew decathlon competition. Having spent two years developing a sound fitness base and six months of event work I entered my first masters decathlon in Glendale in December of 1980. Penciling out 6000 points on paper has got to be the easiest way to score 6000 points. The Glendale decathlon was fun, non-threatening and proved to me that 6000 points was not going to be easy. Six months and four decathlons later I scored 6212 points in the National Decathlon Championships in San Antonio, Texas.

If there is a handicap system that would be accepted in my mind for the decathlon other than age it would be training time **per week.** A person who trains 3 hours a week cannot compete with a person who trains 6 hours unless he has a better technical grasp of the events.

A word of warning to one-time top decathletes planning to compete again. Set your goals low, allow three times as much time for success, over condition fitness, never train when tired, be aware of injury and enjoy what you do.

If you are interested in the Fitness Games, either the Short Decathlon or the Fitness for Life competitions please write or phone for scoring tables: Dave Thoreson, 744 D, Cieneguitas, Santa Barbara, CA 93110. (805) 964-4514. refunded with first order. World Running Rystems, P.O. Box 311, Hartland, MI 48029.

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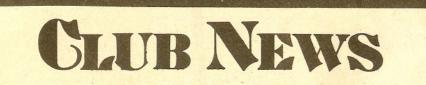
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Mail ad with your payment to: California Track & Running News, P.O. Box 6103, Fresno, CA 93703.



## **By MARTY HIGGINBOTHAM**

Clubs wishing to be in the "Club News" section of *California Track & Running News* should send a copy of their newsletter to: Club News Editor, Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. Also, clubs are encouraged to occasionally send a black and white photograph of a member or members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be very much appreciated.

# Fresno Track Club

#### P.O. Box 6103, Fresno 93703

June, July, and August are busy months for the Fresno Track Club. First the club is the sponsor of the Bunion Derby race series with Larry Lung, the race director, donating his time off from teaching. This is a series of four races excluding a make up run. Times of all the races are converted to points and then total points are used to determine the division placings.

For a change of pace, the club sponsors a 6 person 40 mile relay held at Bass Lake. Last year more than 250 persons competed. The race is held August 8. Two weeks later a half-marathon is held on the same 13.3 mile layout which is once around the lake.

Many awards for age groups, plus nice merchandise awards donated by local Bass Lake merchants including a discounted lunch special for participants and friends highlight this half marathon event.

During the month of July some good running times were recorded. Jim Hartig broke his course record 25:06 with an outstanding 24:17 at the Merced Run for Cancer 5 Miler. 51 year-old Bob Fries has set a course record for 50 + at the 3k and 5k Bunion Derbies; his times were 10:05 and 17:29 respectively. 36 year old Bob Lindsey continues to get PRs - this time at the San Francisco Marathon. Bob was 1:17 at the half but windy conditions slowed most of the field the 2nd half, as he toughed out a 2:42:46.

#### The club will sponsor a cross-count

# Synanon Running Club

#### P.O. Box 139, Badger 93603 (209) 337-2885

The Synanon Running Club is preparing to host the second annual Synanon Wheels and Heels Half Marathon on September 12. Because many Valley runners may be intimidated by this 13.1 mile, high elevation mountain road event, a two mile prediction run has been added. It is hoped that many more participants will join the day long festivities which include the two races, swimming, a barbeque lunch and an art show. A special feature of this half marathon is the participation of elite wheel chair athletes. Last year's wheelchair division winner was Sacramento's Gus Rojas who reached speeds of 30 miles per hour on the seven mile downhill stretch of the race.

On the weekend of July 18, Synanon's runners competed in the Class A Division of the Runner's World Corporate Cup Relays at Stanford Stadium in Palo Alto. In the National Finals, the 22 Synanon runners racked up 55 points in six events to place 4th behind U.S. Army Fort Ord (first), California State Employees (second), and the City of Austin, Texas (third). There were 15 teams participating in the finals. A gold medal went to Synanon's female masters for the 5K. Bronze to the female open for the 5K and a second bronze to the mens open for the 10k road race.

Synanon Running Club has competed

# Northern California Seniors Track Club

109 Golden Hinde Blvd., San Rafael 94903

Northern Cal Seniors made an outstanding showing at the Pacific Association Masters Championships. Club members set twenty new meet records and came up with forty-six first places. Many club members are expected to compete in the Pan American Meet August 8-9 in Los Angeles and the Masters National Championships August 15-16 in Los Gatos. The Nationals will be directed by NorCal Senior sprinter, Bruce Springbett.

Nor Cal Senior members have also been active on the road racing scene. Ron Peck timed 1:17:27 for 22nd place at the Clear Lake 20K. Several members competed in the Third Annual Run for Daylight 10K where Frank Hunt clocked 37:52 to lead club members. Richard Malkin followed in 38:47 and Jim Worley was next at 40:51.

Four members ran the Aptos Marathon in May. Marty Marick was top club finisher in 93rd timing 4:16:13 for first in the women's 40 division. Ruth Anderson was also a divisional champion taking the women's 50 group in 4:37:41. Julia Wiley timed 4:56:48 for third in the women's 40 division and Dick Collins ran 4:36:24 for 116th place. This marathon course is a noted tough course but these four Nor Cal Seniors were preparing for the Western States 100 Mile Endurance Run.

The NorCal TC women masters team of Ruth Anderson, Frances Sackerman, and Ruth Waters won the 40 & Over division in the San Francisco Marathon on Sunday, Juiy 12. Sackerman and Anderson finished one-two in the 50 Plus division (3:36 nd 3:37, unofficially) and Waters was first in 45-49 (3:27).

Five intrepid Club members entered the 1981 Western States 100-Mile, Squaw Valley to Auburn, and four finsihed the course in less than 30 hours: Dick Collins (23:11), Marty Maricle (23:41), Ralph Paffenbarger (23:37), and Julia Wiley (29:42). Ruth Anderson was forced out at 60 miles (Michigan Bluff) by severe nausea. Please see results and notes from Wiley in the "Results" section.

Special appreciation goes to Gail Wetzork and his associate Charley MacMahon for an outstanding job. of directing the Woodminster Run (see results in "Results" section). This race met all the qualifications for a well-organized race - correct times and places, and the results mailed out quickly. The picnic after the race was also a great

# **High Sierra Track Club**

#### 112 Golden Oaks Drive Visalia, CA 93277

Dave Bronzan was the club's top finisher at the Chihuahua Six Mile Road Run in Fresno. He placed fourth overall and won the 30-39 division in a 31:31 time. Teammate Scott Thornton won the two mile race.

Once again, Bronzan was the club's top finisher at the Bartlett Mineral Spring Water Independence Day Four Miler, where he timed 20:28 for fifth overall and second in the 30-39 age group. Next club finisher was Virg Moreno clocking 20:43 to win the 15-19 age group and place seventh overall. Len Thornton continued his record-setting ways by smashing the previous 50-59 division with his winning time of 21:58. Harry Harder repeated as the sixty plus age group winner timing 26:39, a bit off his course record set last year.

# Golden Gate Race Walkers

106 Sanchez St., Apt. 17 San Francisco 94114

Chuck Marut paced Golden Gate Race Walkers at the Western Regional Track and Field Championships June 20-21. Marut timed 26:22.9 to take the 40-44 5 kilometer walk. Beth Sibley won the women's 35-39 title in 27:30.5. Emory Chow timed 27:59.4 to capture second in the 30-34 division. Two other GGRW picked up divisional titles as Otto Sommerauer clocked 31:14.2 for the 60-64 age group title, and Nancy Proctor took the women's 45-49 group in 33:32.3. Don Teppola picked up a second in the 55-59 age group with a 33:33.8 time.

The next day several members came back to compete in the 20 kilometer walk, and once again Marut led the GGRW troops with his 1:59:14.6 which earned him the 40-44 divisional title. Beth Sibley and Nancy Proctor both picked up victories as Sibley took the 35-39 division in 2:22:17.9 and teammate Proctor took the 45-49 group timing 2:50:00. Don Teppola nabbed a second in the 55-59 division in 2:35:24.4.

Coming up for the GGRW will be the National Masters TAC Track and Field Championships August 15-16 in Los Gatos. The GGRW are looking forward to the 5K and points and then total points are used to determine the division placings.

For a change of pace, the club sponsors' a 6 person 40 mile relay held at Bass Lake. Last year more than 250 persons competed. The race is held August 8. Two weeks later a half-marathon is held on the same 13.3 mile layout which is once around the lake.

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The club will sponsor a cross-country meet in September which is basically a preseason tune up for junior college and university athletes.

run has been added. It is hoped that many more participants will join the day long festivities which include the two races, swimming, a barbeque lunch and an art show. A special feature of this half marathon is the participation of elite wheel chair athletes. Last year's wheelchair division winner was Sacramento's Gus Rojas who reached speeds of 30 miles per hour on the seven mile downhill stretch of the race.

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Synanon Running Club has competed successfully for many years in long distance road and cross country events but members are now looking forward to developing in the area of middle distance and track events in the future.

Ruth Anderson, Frances Sackerman, and Ruth Waters won the 40 & Over division in the San Francisco Marathon on Sunday, July 12. Sackerman and Anderson finished one-two in the 50 Plus division (3:36 nd 3:37, unofficially) and Waters was first in 45-49 (3:27).

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The club is pointing for the Nike 1st Annual Relay on August 2 and the Lake Merritt Sumer Relays on August 16.

Congratulations are in store for club member Bob Lee, 64, for a PR of 46:20 in the Moscow Road 10K in Monte Rio, on June 14.

Field Championships June 20-21. Marut timed 26:22.9 to take the 40-44 5 kilometer walk. Beth Sibley won the women's 35-39 title in 27:30.5. Emory Chow timed 27:59.4 to capture second in the 30-34 division. Two other GGRW picked up divisional titles as Otto Sommerauer clocked 31:14.2 for the 60-64 age group title, and Nancy Proctor took the women's 45-49 group in 33:32.3. Don Teppola picked up a second in the 55-59 age group with a 33:33.8 time.

The next day several members came back to compete in the 20 kilometer walk. and once again Marut led the GGRW troops with his 1:59:14.6 which earned him the 40-44 divisional title. Beth Sibley and Nancy Proctor both picked up victories as Sibley took the 35-39 division in 2:22:17.9 and teammate Proctor took the 45-49 group timing 2:50:00. Don Teppola nabbed a second in the 55-59 division in 2:35:24.4.

Coming up for the GGRW will be the National Masters TAC Track and Field Championships August 15-16 in Los Gatos. The GGRW are looking forward to the 5K and 20K race walks.

# **High Desert Runners**

2603 W. Ave. K-6, Lancaster 93534

The High Desert Runners hosted their associations TAC 50K Championships, but the big news is that they captured the open division title. The threesome of Ed Jerome (third overall in 3:41:35), Alan Warren (fifth overall in 3:45:13) and Ken Hamrick (ninth overall in 3:59:22) combined to walk away with top honors. Mary Powers finished tenth overall in 4:15:28 to place second in the over fifty division.

Three club members competed in this year's Avenue of the Giants 26.2 miler. Ed Jerome was top club finisher as he placed 103rd in 2:51:06. Ken Hamrick finished 124th in 2:53:26, and Mary Powers placed 271st in 3:06.

The Heritage Days 10K also doubled as the club's 10K championship and HDRC top finisher was Alan Dehlinger timing 34:26 being the club's 1981 10K Champion.

The HRDC holds Saturday fun runs and meetings the third Saturday of each month at Lane Park. The format is for those who want to run a long one--starting time is 6:00 a.m., while the shorter runs start at 8:00 a.m. The runs are followed by a general meeting at 9:00 a.m.

# **Daisy Fresh Juice Race Team**

#### 1026 W. Princeton, Visalia 93277

Daisy Fresh Juice Race Team is the new name for the former Bartlett Mineral Water Race Team. The club no longer will promote Bartlett Mineral Spring Water, but Daisy Fresh Natural Juices-a healthful runner's drink!

Juan Garcia was the club's top finisher at the Bartlett Mineral Spring Water Independence Day Four Mile Run. Garcia. who finished second last year in 19:34. finished second again this year in 19:14 behind Gary Tuttle's winning time of 18:51. Other club runners included Ed Taylor-third ·20:19 and Sal Lozano-fourth 20:25.

Al Lara competed in the Fresno Bunion Derby 5K and won in 15:11. The next day, July 12, he timed 24:21 in the Merced Cancer Run Five Miler.

John Pitman competed in the TFA Masters Western Regional Championships July 18 at UCLA, where he timed 2:03.5 for third place in the 40-44 age group of the 800 meters.

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1980 Wheels & Heels (Ift to rt): Ken Takeuchi, Jim Brooks, Ron Cerelli



### Santa Clara Valley Golden Girls Track Club

#### 6125 Prospect Rd., San Jose 95129 (408) 253-7761/749-1407

The Santa Clara Valley Golden Girls Track Club, under the direction of coach Nick Massey, just completed a very successful season. On May 24th, the Golden Girls won the overall Pacific Association TAC age-group team championship at the College of San Mateo. From there the GG sent 12 girls to the TAC National Championships.

On July 1st at the TAC Jr. Women's Natinals at UCLA, the pride of the Golden Girls, Margaret Demorest, took 2nd place in the 400 meter hurdles with an outstanding time of 59.30, setting a new Pacific Association TAC Jr. Women's record in the process, and also qualifying for the 1981 US Jr. National Team. This represented Margaret's last competition with the Golden Girls as she goes on to Stanford University this fall. On July 4th and 5th, 7 members of the GGTC took the 10-11 division 6th place team title at the TAC Youth National Championships at UCLA. Among the top performers were Marta Chomperry, 11, winning the 1500 meter walk in 7:41.4; Jaemie Ballesteros, 11, placing 6th in the 200m dash; and the 10-11 Mile Relay Team of Tina Ferguson, Sara Corsiglia, Marta Champeny, and Jaemie Ballesteros placing 5th in 4:23.29. Also competing and placing well were Mina Hutchins, 13, placing 5th in the Youth 100m in 12.6; and Arnetta Griffin, 9, placing 6th in the Bantam 100m in 14.1.

This represents the last season for Nick Massey as head coach of the Golden Girls. Massey, who is actually a Merrill Lynch stockbroker by profession and a track coach on the side, will be going over to help Coach Argabright of the San Jose Cindergals and West Valley College women's team. Massey will be directing and developing a sprint and hurdle program there. If successful, the already powerful Cindergals will be even more so.

### **Bakersfield Track Club**

433 E. Belle Terrace, Bakersfield 93307

Several members of the BTC traveled north to Visalia for the Bartlett Mineral Spring Water Independence Day Four Mile Run. The club's top finisher was John Champman finishing seventh in the 30-39 age group in 22:08. Ed Lujan captured fifth in the 40-49 division in 22:22, while Gil Hinzo nabbed second in the 50-59 age group in 23:44. Brenda Villanueva did an outstanding job of representing the BTC women as she ran 23:55 to be the first woman finisher in course record time.

This month the BTC will host the Tehachapi 10K.

### **Visalia Runners**

#### P.O. Box 3638, Visalia 93278

Several members of the Visalia Runners were divisional winners at the Lemoore Air Show Half Marathon (13.1 miles). Renee Wyckoff was the first women finisher placing sixteenth overall in 1:22:23. Wyckoff led two of her teammates to the finish line as Shirley Rojas was second woman overall in 1:34:46 and Debbie Aschwanden third in 1:38:20. Cherie Stephenson nabbed fifth place in 1:48:00. JoAnn Branco timed 1:41:00 to take the 36-49 age group title (two weeks earlier she was the first women finisher at the Chihuahua Six Mile Road Run in Fresno). Jesse Rodriguez and Roger Sebert made a good showing for the men as Rodriguez clocked 1:16:24 to win the 36-49 division while Sebert followed in third at 1:23:31.

Visalia Runners turned in some im-

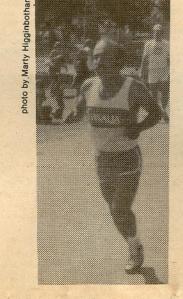
pressive performances at the Bartlett Mineral Spring Water Independence Day Four Mile Run. Frank Padilla captured a fourth in the 40-49 group timing 22:22. Steve Johnson timed 23:18 for ninth in the 30-39 division. Tanis Ryzebol clocked 24:02 for third in the women's 20-29 group. Shirley Rojas timed 24:48 for first in the 15-19 age group. Debbie Aschwanden (26:28), Cherie Stephenson (27:53) and Jacque Randolph (28:09) went two-three-four in the women's 30-39 division. JoAnn Branco was once again a divisional winner timing 27:37 to take the 40-49 title.

Rob Stephenson won the July Fourth Exeter 10K in 36:18.

Several club members ventured to the Bay Area for the San Francisco Marathon. Rob Stephenson was the club's first finisher in a personal best of 2:42:57 for 78th place overall. Dave Calderon timed 2:51:22, Bob Blakeley clocked 3:20:07, Al Branco 3:20:35, JoAnn Branco 3:30:42, J. D. Fischer 3:30:48, and Ed Souza 3:32:25. All recorded personal best times!



August 15, 1981-8:15 A.M.



Jess Rodriguez Visalia Runners

4:23.29. Also competing and placing well were Mina Hutchins, 13, placing 5th in the Youth 100m in 12.6; and Arnetta Griffin, 9, placing 6th in the Bantam 100m in 14.1.

This represents the last season for Nick Massey as head coach of the Golden Girls. Massey, who is actually a Merrill Lynch stockbroker by profession and a track coach on the side, will be going over to help Coach Argabright of the San Jose Cindergals and West Valley College women's team. Massey will be directing and developing a sprint and hurdle program there. If successful, the already powerful Cindergals will be even more so.

Tehachapi

K Run



 \*\*KEEPING PACE WITH YOUR RUNNING NEEDS\*\*

 DANNY RUFFIN<br/>(805) 643-1104

# August 15, 1981-8:15 A.M.

REGISTRATION: 7:15-8:15-A.M. on August 15th only, at Tehachapi Park Mojave/& E\* Streets, Tehachapi, CA, No Pre-registration !!! RACE DIRECTORS: Mike Of Haver 832-0749 or Shelly Wyss 871-2052 COURSE One loop, starting at Tehachapi Park, mostly pavement, no hills FEES: \$6.00-General, \$4.00-Bak, Track Club SPONSOR: Natural Light Beer CONDUCTED BY: The Bakersfield Track Club AGE GROUPS: MALE & FEMALE 12 & Under 19-24 40-49 30-39 13-18 : 50 & Up AWARDS: T-Shirts to the first 200 finishers at least. Trophies or plaques to the first 15 in each are group, male and Temale FINISH - TIME - PLACE: Available from the finish board. Non-BTC runners can obtain final results by signing up ter the race REFRESHMENTS: Water, ERG, & Natural Light Beer will be available at the finish Aine. TEHACHAPI MOUNTAIN FEST AL: This race is part of the Annual Festival, There will be various activities going on all day, bring the whole family and plan to have lots of fun.

# Track & Field Results

### Golden Girls Inv.

May 9 & 10, De Anza College, Cupertino: Golden Giris 1981 Invitational.

WOMEN'S DIVISION: 100: 1. Erin Simms (BEB) 12.5. 200: 1. Vicky Galbert (EOYD) 25.3. 400: 1. Linda Ransom (BEB) 59.2. 800: 1. Tammy Anderson (MARL) 2:22.8. 1500: 1. Helen Floyd (WS) 5:01.9. 3000: 1. Laura Silva (WS) 10:39.7. 3000 Walk: 1. Diane Mendoza (CY) 19:08.4. 100m Hurdles: (30") 1. Cherri Smith (1980) 15.1. 300m Hurdles: 1. Cindy Johnson (NS) 52.3. 440 Reley: 1. East Oakland Youth Dev. 50.1. Mille Relay: 1. East Oakland Youth Dev. 4:12.4. 2 Mile Relay: 1. Golden Girls 10:14.0. LJ: 1. Linda Carroll (GG) 14-11½. HJ: 1. Yvonne Kendell (ML) 5-4. SP: (4k) 1. Alice Luddy (BEB) 33-11½. DT: 1. Stacey Moro (APP) 102-6. JT: 1. Stacey Moro (APP) 100-5.

### San Diego Cougars Invitational

#### May 23, San Diego State University. OPEN DIVISION:

2

100 Meters: 1. Sandy Myers (NTC) 11.91; 2. Jodi Anderson (NTC) 11.94; 3. Yolanda Rich (NTC) 12.00; 4. Gwen Loud (LAM) 12.16.

200 Meters: 1. Yolanda Rich (NTC) 24.04; 2. Sandy Myers (NTC) 24.26; 3. Jodi Anderson (NTC) 24.47; 4. Rosyin Bryant (NTC) 24.76; 5. Elaine McKenna (NTC) 24.80.

400 Meters: 1. Paulette Clagon (LAM) 53.51; 2. Rosyin Bryant (NTC) 54.3; 3. Brenda Peterson (LAM) 54.6; 4. Regina Jacobs (NTC) 55.6. 800 Meters: 1. Roma Antoniewicz (NTC) 215.0; 2. Marlene Harmon (NTC) 2:15.1; 3.

Lynette Morgan (SDS) 2:17.6. 1500 Meters: 1. Lynette Morgar (SDS) 4:48.0;

 Krystine Blosser (SDS) 4:48.1; 3. Jennie Stevens (SDS) 4:51.1; 4. Deb Chattuck 4:54.8.
 3000 Meters: 1. Chris Ramirez (SCR) 10:44.04; 2. Kerri Draper (CA) 11:16.5.

1500 Meter Walk: 1. Aimee Burr (MSA) 7:24.4.

100m Hurdles: 1. Maureen McGee (LAM) 14.10.

800 Medley Relay: 1. LA Mercuretts 1:43.7. Long Jump: 1. Jewi Lovelady (Unat) 19-6; 2. Karen Taylor (STC) 19-5; 3. Gwen Loud (LAM) 19-0'4.

Javelin: 1. Linn Dunton (AIA) 165-11; 2. Debbie Dibb (VP) 154-11; 3. Deena Bernstein (CA) 145-0; 4. Bonnie Dasse (Unat) 133-2.

Shot Put: 1. Cheryl Kennedy (VP) 46-11; 2. Bonnie Dasse (VP) 45-4; 3. Linda Soja (NTC) 39-11/2.

Discus: 1. Cheryl Kennedy (Unat) 134-1; 2.

400 Intermediate Hurdles: 1. Jim Scannella (BAS) 52.24; 2. Peter Grimes (UCB) 52.41; 3. Garrett Shumway (Stan) 52.67.

100 Meters: (wind +0.38mps) 1. Ken Thomas (SJS) 10.50; 2. Norbert Payton (Unat) 10.58; 3. Fred Harvey (SSTC) 10.62.

200 Meters: (wind + 3.73mps) 1. Virgil Torrence (SJS) 20.93w; 2. Jerome Morgan (Army) 20.95w; 3. Lester Washington (Army) 21.13w. 400 Meters: 1. Harry Campbell (SJS) 48.27; 2. Keith Miles (Army) 49.58.

800 Meters: 1. Craig Johnson (Unat) 1:53.3; 2. Daniel Barry (Unat) 1:54.0; 3. Mitch Musgrave (SJS) 1:54.0.

1500 Meters: 1. Mark Schilling (ARC) 3:50.0; 2. John Sup (UC Berkeley) 3:53.0; 3. Pete Sweeney (ARC) 3:53.0.

5000 Meters: 1. Armando Sigueiros (LC) 15:05.8; 2. Peter Sweeney (ARC) 15:14.8; 3. Paul Sechrist (PWTC) 15:23.1.

Steeplechase: 1. Mark LaBonte (UCB) 9:14.5; 2. John Embody (Unat) 9:24.5; 3. Dan Martinelli (GSF) 9:29.4.

10,000 Meters: 1. John Monsoor (CCF) 30:34.6; 2. Roy Hoglund (CW) 30:46.8; 3. Paul Sechrist (PWTC) 30:58.8; 4. Dennis O'Halloran (ARC) 31:06.5.

5000 Meter Walk: 1. Walt Jaquith (WVTC) 23:19.7; 2. Bill Raney 24:57.1; 3. Chuck Marut 26:34.6.

Long Jump: 1. Mike McRae (BAS) 25-0<sup>3</sup>/<sub>4</sub>; 2. Paul Bates (UCB) 24-9; 3. Derek Robinson (UCB) 23-0.

Triple Jump: 1. Randy Scott (SJS) 48-7.

High Jump: 1. Joe Radan (Macc) 7-0; 2. Dan McNamara (FSU) 6-8; 3. Mesha Spivey (Unat) 6-6.

Discus: 1. Art Burns (SJStars) 211-6; 2. James McGoldrick (SJStars) 191-4; 3. Jack Harkness (UCB) 181-4.

Javelin: 1. Robert Marshall (Army) 231-8; 2. Steve Kreider (Army) 221-11; 3. Jim Lothrop (WVTC) 213-9.

Shot Put: 1. Jeff Stover (SCS) 63-11; 2. Al Feuerbach (Unat) 62-71/4; 3. Doug Lane (WVTC) 62-61/4; 4. Mike Weeks (PCC) 62-13/4.

Hammer: 1. David McKenzie (Unat) 218-11; 2. Rick Buss (AA) 215-5; 3. Ed Burke (SJStars) 208-1.

440 Relay: 1. San Jose State 40.55.

### Compton Inv.

#### From HARRIS WILLIAMS

June 7, Compton College. Compton Invitational Track & Field Meet.

MEN: 100: 1. Simmons (USC A) 10.8; 2. Jackson (USC A) 10.8. 200: 1. Byas (Unat) 21.0; 2. Gilkes (USC A) 21.4; 3. Myles (AATC). 400: 1. WOMEN'S DIVISION: Mile: 1. Kim Stewart 5:30. 880: 1. Kelly Cook 2:21; 2. Stacey Burgess 2:23. 2 Mile: 1. Voncille Brown 12:16. High Jump: 1. Cindy Murphy. 100 Yard: 1. Monica Phillips 11.5. 440: 1. Kelley Cook 59.5; 2. Michelle Simon 60.0. Long Jump: 1. Stephanie Jones 16-6%.

MASTERS DIVISION: Mile: 1. Dick Ortiz 5:17. 440: 1. Gary Miller 54.2. Long Jump: 1. Gary Miller 18-6. High Jump: 1. John Dobroth 6-3; 2. Nick Newton 5-8. 100: 1. Nick Newton 10.9. 220: 1. Gary Miller 24.2.

### L.A. All Comers

### Los Angeles City Schools All Comers Track & Field Meets Series. Week 2.

**OPEN DIVISION: 120 HH: 1. Marcus Allen** 14.8. 100 Yards: 1. Sam Turner 9.5; 2. Colin Bradford 9.6; 3. Greg James 9.7; 4. Leonard Graham 9.8; 5. Harold Jones 9.9. 880: 1. Peter Moog 1:58.6. 330 IH: 1. Ramon Binns 39.9. 3 Mile: 1. Cleveland Whalen 14:55; 2. Tyrus Deminter 15:05: 3. Richard Grifinger 15:19. Mile: 1. Henry 4:31, 440: 1. Rhomas Byas 50.3. 220: 1. Leonard Graham 21.7: 2. Harold Todd 21.8: 3. Colin Bradford 21.8. High Jump: 1. Phillip Anderson 6-8; 2. Rich Parks 6-8; 3. John Hines 6-8. Shot Put: 1. T. Lester 55-3 %. Long Jump: 1. Phil Lofton 20-11. Triple Jump: 1. Byron Gray 51-61/2. Pole Vault: 1. Tom Hintnaus 17-0; 2. Bill Thilken 16-6; 3. Gary Hunter 16-6.

NOCIVE DIVISION: 120 HH: 1. Travis Bigelow 14.7; 2. Dimitri Fisher 14.8. 100 Yards: 1. Greg Washington 9.9; 2. Dimitri Fisher 9.9. 880: 1. Hector Romero 2:00.5. 330 IH: 1. James Avery 38.4. Pole Yault: 1. G. Daniels 12-6. Mile: 1. Steve Rivera 4:30. 440: 1. MacArthur Osborne 50.3. 220: 1. Steve Baker 23.5. 2 Mile: 1. Robert Barbasa 9:29; 2. Eric Rogers 9:31; 3. Steve Rivera 9:39. Triple Jump: 1. Maury Brunett 43-8. Long Jump: 1. Dana Hill 21-10. High Jump: 1. Maury Burnett 6-4; 2. Bryan Merganthal 6-4; 3. Rick McFaddin 6-4. Shot Put: 1. D. Pulliam 51-9¼; 2. S. Gipson 51-1; 3. K. Roupe 50-0¼.

WOMEN'S DIVISION: Mile: 1. Laura Lopez 5:35. 100 Yards: 1. Kim Robinson 11.0; 2. Andrea Rolfe 11.2. 220: 1. Andrea Rolfe 25.2. Long Jump: 1. Angle McKnight 15-6. 440: 1. Carla Dorsey 61.8. 880: 1. Stacey Burgess 2:25. 330 IH: 1. Irene Reyes 56.2. 2 Mile: 1. Laura Lopez 12:24.6. High Jump: 1. Linda Soja 5-8; 2. Lori Smith 5-4.

MASTERS DIVISION: Long Jump: 1. Gary Miller 18-71/2. 120 HH: 1. Al Henry 15.9. Mile: 1. Paul Crne 5:34. 100 Yards: 1. Ken Dennis 10.9. 330 IH: 1. Ted Oviatt 48.2. 3 Mile: 1. Dennis Nezin 18:34.

### Naturite Inv.

#### From RICH EDE

#### June 14, Cerritos College, Norwalk. Naturite Invitational Track & Field Meet.

"I've changed her start – even switched feet. Today was just to see if it worked." Those were Pat Connally's remarks after the women's 100 at the Naturite Invitational, June 14 at Cerritos. Note to Pat: It worked! Evelyn Ashford clocked the fastest 100 ever by an American as she rode a 5.17 mps wind to a 10.85 clocking to highlight this tune-up for nationals. Alice Brown was even with the American recordholder through 50 meters but Ashford won going away. Her margin of win was such a surprise over the last 50 meters that the Acutrack operator wasn't even able



800 Meters: 1. Regina Jacobs (Naturite) 2:09.28; 2. Rhonda Patcha (S Cal Cheet) 2:10.67; 3. Roma Antonowiecz (Naturite) 2:11.27; 4. Elaine McKenna (Naturite) 2:12.71; 5. Donna Fromme (Naturite) 2:14.36.

1500 Meters: 1. Michelle Hopper (Medalist) 4:34.84; 2. Regina Jacobs (Naturite) 4:38.49; 3. Sharon Hulse (Coast Ath) 4:39.31.

100 Meter Hurdles: 1. Jackie Washington (Shaklee) 13.64. (wind + 1.47mps).

400 Meter Hurdles: 1. Sandy Myers (Naturite) 56.47; 2. Karen Taylor (Shaklee) 59.04; 3. Sandra Farmer (Shaklee) 59.06; 4. Marlene Harmon (Naturite) 60.56.

Long Jump: 1. Jodi Anderson (Naturite) 21-2<sup>3</sup>/<sub>4</sub>w; 2. Veronica Bell (SCC) 20-5<sup>1</sup>/<sub>2</sub>ok; 3. Karen Taylor (Shaklee) 20-5w.

Shot Put: 1. Mariette Van Heerden (Naturite) 52-1; 2. Ramona Pagel (Unatt) 51-0½; 3. Lorna Griffin (Athletics West) 50-11½.

Discus: 1. Lorna Griffin (AW) 181-3; 2. Mariette Van Heerden (Naturite) 173-7; 3. Julie Cart (Sundevil) 167-1; 4. Jan Svendsen (Warren St.) 164-0.

High Jump: 1. Pam Spencer (Naturite) 6-2; 2. Marlene Harmon (Naturite) 5-10; 3. Kari Gosswiller (Shaklee) 5-8.

Javelin: 1. Celeste Wilkinson (Naturite) 156-3; 2. Debbie Williams (Unatt) 150-6.

### Los Gatos All Comers

#### From HOWARD WILLMAN

June 25, Los Gatos High School, Los Gatos: Los Gatos All Comers Track & Field Meet.

OPEN DIVISION: 100 Yards: Foster (SJ State) 9.6. 220: Greggans (Unat) 22.4. 440: Prince (SJ State) 51.1. 880: Schilling (Aggie RC) 1:52.4. Mile: Ingram (West Valley College) 4:11.9. 2 Mile: Clark (West Valley TC) 9:55.0. 70y HH: Carty (BAS) 8.5. 330 LH: Boeker (DeAnza College) 38.2. Mile Relay: Open team (Saunders, Lemos, Naughten, Pernell) 3:36.7. HJ: Pearson (Unat) 6-0. LJ: Campbell (WVC) 23-7½. TJ: Sterling (Unat) 45-10. SP: Oldfield (UCTC) 69-0. DT: 1. Burns (SJ Stars) 202-10; 2. McGoldrick (SJ Stars) 196-5; 3. Oldfield 178-5.

HIGH SCHOOL BOYS DIVISION: 100 Yards: Reyes (Independence, SJ) 10.3. 220: E. Montgomery (Independence, SJ) 22.0. 440: Wallick (Buchser, Santa Clara) 50.8. 880: Naughten (Fremont, Sunnyvale) 2:05.4. Mile: Soto (Mt. Pleasant, SJ) 4:42.5. 2 Mile: B. Zamczyk (Homestead, Cupertino) 9:48.0. 70y HH: Green (Palo Aito) 8.4 mr. 330 LH: Sumpter (In100 Meters: 1. Sandy Myers (NTC) 11.91; 2. Jodi Anderson (NTC) 11.94; 3. Yolanda Rich (NTC) 12.00; 4. Gwen Loud (LAM) 12.16.

200 Meters: 1. Yolanda Rich (NTC) 24.04; 2. Sandy Myers (NTC) 24.26; 3. Jodi Anderson (NTC) 24.47; 4. Rosyln Bryant (NTC) 24.76; 5. Elaine McKenna (NTC) 24.80.

400 Meters: 1. Paulette Clagon (LAM) 53.51; 2. Rosyin Bryant (NTC) 54.3; 3. Brenda Peterson (LAM) 54.6; 4. Regina Jacobs (NTC) 55.6.

800 Meters: 1. Roma Antoniewicz (NTC) 215.0; 2. Marlene Harmon (NTC) 2:15.1; 3. Lynette Morgan (SDS) 2:17.6.

1500 Meters: 1. Lynette Morgar (SDS) 4:48.0; 2. Krystine Blosser (SDS) 4:48.1; 3. Jennie Stevens (SDS) 4:51.1; 4. Deb Chattuck 4:54.8. 3000 Meters: 1. Chris Ramirez (SCR)

10:44.04; 2. Kerri Draper (CA) 11:16.5.

1500 Meter Walk: 1. Aimee Burr (MSA) 7:24.4. 100m Hurdles: 1. Maureen McGee (LAM)

14.10.

800 Medley Relay: 1. LA Mercuretts 1:43.7. Long Jump: 1. Jewi Lovelady (Unat) 19-6; 2. Karen Taylor (STC) 19-5; 3. Gwen Loud (LAM) 19-034

Javelin: 1. Linn Dunton (AIA) 165-11; 2. Debbie Dibb (VP) 154-11; 3. Deena Bernstein (CA) 145-0; 4. Bonnie Dasse (Unat) 133-2.

Shot Put: 1. Cheryl Kennedy (VP) 46-11; 2. Bonnie Dasse (VP) 45-4; 3. Linda Soja (NTC) 39-1%.

Discus: 1. Cheryl Kennedy (Unat) 134-1: 2. Bonnie Dassie (VP) 131-8.

### **Pacific Association** Championships

#### May 31, San Jose City College. WOMEN:

100 Meter Hurdles: 1. Alice Luddy (BETC) 16.4. 400 Meter Hurdles: 1. Maragaret Demorest (Unat) 64.72. 100 Meters: 1. Debbie Tinker (WS) 13.0w. 200 Meters: 1. Kelia Bolton (STC) 23.54w. 400 Meters: 1. Kelia Bolton (STC) 54.65; 2. Freida Cobb (BETC) 55.95, 800 Meters: 1. Connie Hester (CSUH) 2:13.2. 1500 Meters: 1. Connie Hester (CSUH) 4:34.5; 2. Mary Reiboldt (CSUH) 4:47.8. 10.000 Meters: 1. Marilyn Taylor-Allen (WVTC) 37:14.1; 2. Heike Skaden (CCF) 38:12.0. 5,000 Meter Walk: 1. Kathy Curtis (CSUH) 27:59.6; 2. Chris Sakelarios (Unat) 28:32.8. Long Jump: 1. Karen Elmore (ML) 18-214. High Jump: 1. Yvonne Kendall (ML) 5-7 3/4. Shot Put: (4 kilo) 1. Glenda Ford (CSUH) 42-41/4; 2. Cindi Durchslag (Unat) 42-31/2. Discus: 1. Gale Zaphipropoulis (WC) 163-4; 2. Wendy Robinson (ML) 152-1. Javelin: 1. Lynn Cannon (ML) 141-4; 2. Elaine Sundby (CSUH) 136-3. 440 Relay: 1. US Army 50.60; 2. Woodside Striders 54.74. 880 Medley Relay: 1. US Army 1:57.5; 2. Woodside Striders 2:03.0, 3000 Meters: 1 Nancy Ditz (STC) 9:59.7; 2. Thompson (Reno) 10:03.9. Mile Relay: 1. Woodside Striders 4:42.2. 4×800 Relay: 1. Cal State Hayward 9:44.3. MEN

#### Pole Vault: 1. Bill Thilken (UCLA) 17-21/4; 2. Charles Brown (ACA) 17-01/4; 3. Ross McAlexander (UCB) 17-01/4; 2. Jim Williams (ARC) 16-6: 3. Brett Hyatt (Unatt) 16-0.

110 Meter Hurdles: Sect. 1 (wind +1.70mps) 1. Larry Cowling (UCB) 13.92; 2. Byron Carmichael (UCB) 14.16; 3. Roberto Schneider (Switz) 14.18. Sect. 2 (wind +0.75mps) 1. Malcolm Dixon (STC) 13.99; 2. Will Patterson (SJS) 14.27.

Long Jump: 1. Mike McRae (BAS) 25-03/4; 2. Paul Bates (UCB) 24-9; 3. Derek Robinson (UCB) 23-0.

Triple Jump: 1. Randy Scott (SJS) 48-7. High Jump: 1. Joe Radan (Macc) 7-0; 2. Dan McNamara (FSU) 6-8; 3. Mesha Spivey (Unat)

Discus: 1. Art Burns (SJStars) 211-6; 2. James McGoldrick (SJStars) 191-4; 3. Jack Harkness (UCB) 181-4.

Javelin: 1. Robert Marshall (Army) 231-8; 2. Steve Kreider (Army) 221-11; 3. Jim Lothrop (WVTC) 213-9.

Shot Put: 1. Jeff Stover (SCS) 63-11; 2. Al Feuerbach (Unat) 62-71/4; 3. Doug Lane (WVTC) 62-61/2; 4. Mike Weeks (PCC) 62-1 3/4.

Hammer: 1. David McKenzie (Unat) 218-11; 2. Rick Buss (AA) 215-5; 3. Ed Burke (SJStars) 208-1

440 Relay: 1. San Jose State 40.55.

### **Compton Inv.**

#### From HARRIS WILLIAMS

#### June 7, Compton College. Compton Invitational Track & Field Meet.

MEN: 100: 1. Simmons (USC A) 10.8; 2. Jackson (USC A) 10.8. 200: 1. Byas (Unat) 21.0: 2. Gilkes (USC A) 21.4; 3. Myles (AATC). 400: 1. Myles (AATC) 47.5; 2. Massey (Unat) 47.6. 800: 1. Andrews (AIA) 1:54.3. 1500: 1. Carr (EI Camino TC) 3:59.3, 110 HH: 1, Smith (Unat) 14.7. HJ: 1. Kotinek (Unat) 7-0. PV: 1. Soulk (Macc) 16-0. LJ: 1. Whitley (Unat) 23-1034. TJ: 1. Gray (SBTC) 48-81/2. SP: 1. Lister (Unat) 55-6. DT: 1. Reily (AATC) 184-4. JT: 1. Carpenter (AIA) 234-4; 2. Stuart (Macc) 230-0.

WOMEN: 100: 1, Smith (LAM) 11.9, 200: 1, Sandra Howard (LAN) 23.1; 2. Innis (LAN) 23.8. 400: 1. Clagon (LAM) 54.6: 2. Gardner (LAM) -54.8: 3, Rolfe (LB Comets) 55.3, 800: 1, Peterson (LAM) 2:12.5. 440 Relay: 1. Shaklee TC 44.5. Mile Relay: 1. LA Mercurettes 3:55.2. HJ: 1. Smith (LAM) 5-8; 2. Joyner (Shak). LJ: 1. Loyner (Shak) 18-81/4; Taylor (Shak) 18-71/4. SP: 1. Huth (SBTC) 31-91/2. JT: 1. Moro (Shak) 157-1.

### L.A. All Comers

#### Los Angeles City School Summer All Comers Track & Field Meets Series. Week One.

OPEN DIVISION: 120 HH: 1. Sam Turner 14.4. 100 Yd Dash: 1. Guy Abran 9.7; 2. Sam Turner 9.7; 3. Greg James 9.7. 440: 1. Lance Padolski 51.9. 330 IH: 1. Dave Johnson 41.7. 3 Mile: 1. Cleveland Whalen 15:01. High Jump: 1. 6-6. Mile: 1. Clevewland Whalen 4:26; 2. Peter Moog 4:27. 880: 1. David Pascul 1:59. 220: 1. Thomas Byas 22.1. Shot Put: 1. Tom Lister 55-6. Pole Vault: 1. Gary Hunter 16-6: 2. Al Sauck 16-6. Triple Jump: 1. Phillip Anderson 49-71/4; 2. Greg Timberlake 48-6. Long Jump: 1. Erwin Turner 22-61/2.

NOVICE DIVISION: 120 HH: 1. Edward Riley 14.9; 2. Travis Bigelow 14.9. 880: 1. MacArthur Osborne 1:58; 2. Tony Veney 1:59. 440: 1. Chris Ward 50.6. 330 LH: 1. Kenny Allen 39.9. Mile: 1. Tyrus Deminter 4:34, 100 Yard: 1, Keith Bacon 10.1. 220: 1. Edward Riley 22.5. 2 Mile: 1. Paul Medvin 8:58.5. Shot Put: 1. Paul Brice 47-01/2. Pole Vault: 1. Mike Abbene 13-0. Long Jump: 1. Ron Carter 21-11/2. High Jump: 1. Steven Daniel 6-6. Triple Jump: 1. Clevie Thorns 43-2.

Phillip Anderson 6-8; 2. Rich Parks 6-8; 3. John Hines 6-8. Shot Put: 1. T. Lester 55-3<sup>3</sup>/<sub>4</sub>. Long Jump: 1. Phil Lofton 20-11. Triple Jump: 1. Byron Gray 51-61/2. Pole Vault: 1. Tom Hintnaus 17-0; 2. Bill Thilken 16-6; 3. Gary Hunter 16-6.

NOCIVE DIVISION: 120 HH: 1. Travis Bigelow 14.7; 2. Dimitri Fisher 14.8. 100 Yards: 1. Greg Washington 9.9; 2. Dimitri Fisher 9.9. 880: 1. Hector Romero 2:00.5. 330 IH: 1. James Avery 38.4. Pole Vault: 1, G. Daniels 12-6. Mile: 1. Steve Rivera 4:30, 440: 1. MacArthur Osborne 50.3. 220: 1. Steve Baker 23.5. 2 Mile: 1. Robert Barbasa 9:29: 2. Eric Rogers 9:31: 3. Steve Rivera 9:39. Triple Jump: 1. Maury Brunett 43-8. Long Jump: 1. Dana Hill 21-10. High Jump: 1. Maury Burnett 6-4: 2. Bryan Merganthal 6-4; 3. Rick McFaddin 6-4. Shot Put: 1. D. Pulliam 51-91/4; 2. S. Gipson 51-1; 3. K. Roupe 50-0 3/4.

WOMEN'S DIVISION: Mile: 1. Laura Lopez 5:35. 100 Yards: 1. Kim Robinson 11.0; 2. Andrea Rolfe 11.2. 220: 1. Andrea Rolfe 25.2. Long Jump: 1. Angle McKnight 15-6, 440: 1. Carla Dorsey 61.8. 880: 1. Stacey Burgess 2:25. 330 IH: 1. Irene Reyes 56.2. 2 Mile: 1. Laura Lopez 12:24.6. High Jump: 1. Linda Soja 5-8; 2. Lori Smith 5-4.

MASTERS DIVISION: Long Jump: 1. Gary Miller 18-71/2. 120 HH: 1. Al Henry 15.9. Mile: 1. Paul Crne 5:34. 100 Yards: 1. Ken Dennis 10.9. 330 IH: 1, Ted Oviatt 48.2, 3 Mile: 1, Dennis Nezin 18:34

### **ACA All Comers**

#### June 13, San Diego State University: American Council of Athletics All-Comers Track & Field Meet.

MEN: 400m Hurdles: 1. Clint Bradburn (Unat) 55.0. 440 Relay: 1. Macc TC 41.58. 1500: 1. Steve Holl (ARC) 4:01.97. 110m Hurdles: 1. Ned Armour (Macc) 15.01w. 400: 1. Steve Campbell (AIA) 47.19; 2. Benny Brown (SSTC) 47.29: 3. Eric Lietz (GlenJC) 49.08. 100: 1. Chris Blavlock 10.54: 2. Marty Krulee (SSTC) 10.62; 3. James 10.66. 800: 1. Bob Andrews (AIA) 1:52.08; 2. Samuel Sawney (PLTC) 1:53.12. 5000: 1. Darren George (AIA) 14:59.9. 200: 1. Marty Krulee (SSTC) 20.93; 2. Chris Blaylock (Unat) 20.93; 3. Clint Bradburn (Unat) 21.93. 5000 Walk: 1. Dan O'Conner (ACA) 21:00.2. Long Jump: 1. Ned Armour (Macc) 23-6. High Jump: 1. Stan Vegar (Unat) 6-6. Triple Jump: 1. Gary Cameron (Macc) 46-834. Javelin: 1. Fred Carpenter (AIA) 236-1. Shot Put: 1. Jeff Miller (Unat) 48-0. Discus: 1. Kris Lettow (UCLA) 189-5. Pole Vault: 1. Robert Pullard (Macc) 16-6.

WOMEN: 440 Relay: 1. LA Mercurettes 45.8. 400m Hurdles: 1. Yvette Irons (GlenJC) 64.22. 100m Hurdles: 1. Maureen McGee (LAM) 14.36; 2. Shari Pendleton (LAM) 14.66. 400: 1. Paulette Clagon (LAM) 53.56; 2. DeAnn Gutowski (LAM) 55.28; 3. Brenda Peterson (LAM) 55.76. 100 Meters: 1. Constance Ward (LAM) 11.95; 2. Tanya Dawkins (LAM) 12.04; 3. Bridgitte Moon (LAM) 12.18. 800: 1. Shari Ewing (GlenJC) 2:15.91.5000 Walk: 1. Paula Kash (CW) 26:34. Long Jump: 1. Carrie McLaughlin (Vit Plus) 17-41/4, High Jump: 1, Patti Stafford (Vit Plus) 5-8. Javelin: 1. Linn Dunton (AIA) 162-2. Shot Put: 1. Bonnie Dasse (Unat) 47-21/4. Discus: 1. Bonnie Dasse (Unat) 134-9.



#### Sandy Myers

to pick up the last two finishers in the race. One hundred plus degree heat contributed to massive defections, particularly in the hurdles where half of 110 the field, the entire men's 400 field, and all but one in the 100 field did not show. Sandy Myers made up for the missing hurdlers as she blazed 56.47. MEN:

100 Meters: 1. Cliston Quarrie (Unatt/Pasadena CC) 10.45w; 2. Leon Reed (Maccabi) 10.54w; 3. Guy Abrahams (New Balance TC) 10.54w; 4. Angelo Booker (Phil. Pioneer TC) 10,55w.

200 Meters: 1. James Gilkes (Unatt) 21.15w; 2. James Perry (Maccabi) 21.27w; 3. Guy Abrahams (NBTC) 21.29w; 4. George Cranklehon (Maccabi) 21.86w.

400 Meters: 1. Richard Massey (Unatt) 48.55; 2. Dave Russell (Santa Ana Coll) 49.32; 3. Warren Spikes (AATC) 49.81.

800 Meters: 1. Larry Hand (Santa Ana Coll) 1:53.28; 2. Brian Russell (SMTC) 1:54.84.

1500 Meters: 1. Roger Watkins (SMTC) 3:58.25; 2. John Surge (Camarillo XC) 4:08.10. 110 Meter Hurdles: (wind +1.95mps) 1.

James McCraney (Maccabi) 13.98; 2. Angelo Booker (Phil Pion) 14.21.

High Jump: 1. Doug Nordquist (WSU) 6-1034; 2. Mel Embree (Unatt) 6-634.

Pole Vault: 1. Bob Pullard (Maccabi) 16-6.

WOMEN:

100 Meters: 1. Evelyn Ashford (Medalist) 10.85w; 2. Alice Brown (Shaklee) 11.13w; 3. Jackle Pusey (Naturite) 11.18w; 4. Sandra Howard (Naturite) 11.29w; 5. Jodi Anderson (Naturite) 11.54w.

23.64w; 2. Yolanda Rich (Naturite) 23.70w; 3. Rosalyn Bryant (Naturite) 23.85w.

53.73; 2. Jennie Gorham (Naturite) 54.39; 3. Yolanda Rich (Naturite) 54.64; 4. Tina Howard (Shaklee) 56.76; 5. Debbie McElroy (Medalist) 58.45.

### Los Gatos **All Comers**

#### From HOWARD WILLMAN

June 25, Los Gatos High School, Los Gatos: Los Gatos All Comers Track & Field Meet.

OPEN DIVISION: 100 Yarda: Foster (SJ State) 9.6. 220: Greggans (Unat) 22.4. 440: Prince (SJ State) 51.1. 880: Schilling (Aggie RC) 1:52.4. Mile: Ingram (West Valley College) 4:11.9. 2 Mile: Clark (West Valley TC) 9:55.0. 70y HH: Carty (BAS) 8.5. 330 LH: Boeker (DeAnza College) 38.2. Mile Relay: Open team (Saunders, Lemos, Naughten, Pernell) 3:36.7. HJ: Pearson (Unat) 6-0. LJ: Campbell (WVC) 23-71/2. TJ: Sterling (Unat) 45-10. SP: Oldfield (UCTC) 69-0. DT: 1. Burns (SJ Stars) 202-10; 2. McGoldrick (SJ Stars) 196-5; 3. Oldfield 178-5.

HIGH SCHOOL BOYS DIVISION: 100 Yards: Reves (Independence, SJ) 10.3, 220: E. Montgomery (Independence, SJ) 22.0. 440: Wallick (Buchser, Santa Clara) 50.8. 880: Naughten (Fremont, Sunnyvale) 2:05.4. Mile: Soto (Mt. Pleasant, SJ) 4:42.5, 2 Mile: B. Zamczyk (Homestead, Cupertino) 9:48.0, 70v HH: Green (Palo Alto) 8.4 mr. 330 LH: Sumpter (Independence, SJ) 38.1 mr. 440 Relay: Independence (SJ) 43.8 mr. HJ: Brundage (Prospect, Saratoga) 6-2. PV: Kibort (Fremont. Sunnyvale) 13-0. LJ: Orteza (Independence, SJ) 20-10. TJ: Northington (Independence, SJ) 41-2. SP: Wien (Leland, SJ) 47-0. DT: Ramirez (Gunderson, SJ) 158-6.

WOMEN'S DIVISION: 100 Yards: Costello (U. Oregon) 11.3. 220: Demorest (Buchser HS. Santa Clara) 25.7. 440: Coleman (Cupertino Yearlings) 60.9. 880: Demorest 2:16.9 mr; 2. Garcia (SJ Cindergals) 2:17.7. Mile: Spies (Livermore) 4:59.2. 60y LH: Johnson (Unat) 9.1. 330 LH: Halford (Leland HS. SJ) 49.3, 440 Relay: Santa Clara Valley Golden Girls 51.8. HJ: W. Craig (DeAnza College) 5-5. LJ: Sera (Los Gatos HS) 17-7. SP: Durchslag (San Carlos HS) 40-11/2. DT: Durchslag 136-0.

MASTERS DIVISION: 100 Yards: Anexter (NCSTC) 10.5 mr. 220: LaTorre (NCSTC) 24.1 mr. 440: Joe (Unat) 58.8. 880: Van Zant (WVTC) 2:13.9. 2 Mile: Van Zant 10:33.0.

### **TAC Women's** Heptathlon

June 26-27, Spokane Community College: TAC Outdoor Heptathion Junior and Senior Women's Championships.

#### SENIOR WOMEN:

~~	itters in our and a second sec	
1	Jane Frederick (Santa Barbara)	6011
2	Jackie Joyner (Los Angeles)	5827
3	Patsy Walker (Houston, TX)	5704
4	Mary Harrington (Pocatello, ID)	5698
5	Theresa Smith (Seattle, WA)	5618
6	Jenny Stary (Dallas, TX)	5583
7	Cindy Greiner (Corvallis, OR)	5534
8	Joan Russell (Los Angeles)	5431
9	Susan Brownell (Charlottesville, VA)	5419
10	Linda Hightower (Los Angeles)	5412
	Event Leaders: 100m Hurdles- Harrin	ngton
	92, Frederick 14.01, Brownell 14.03;	
Pu	t: 49-91/4; Kathy Wilson (Seattle, WA)	43-1,
	alker 40-9. High Jump: Ann Bair (Ch	
tes	sville, VA) 6-11/4, Greiner 5-11, Smith 5	5-93/4.

200 Meters: 1. Sandra Howard (Naturite)

400 Meters: 1. Denean Howard (Shaklee)

200 Meters: Joyner 24.76, Frederick 24.98, Hightower 25.11. Long Jump: Joyner 21-2<sup>3</sup>/4 (wind 2.44), Harrington 20-4, Frederick 19-10<sup>3/4</sup>. Javelin: Stary 141-4, Frederick 136-10, Greiner 127-0. 800 Meters: Smith 2:16.39, Walker 2:17.96, Russell 2:19.13. JUNIOR WOMEN:

5200

5169

4848

4165

- 1 Laura Mills (Los Angeles)
- 2 Heidi Mann (Glens Falls, NY)
- 3 Marlene Michalak (Kirkland, WA)
- 4 Jewel Dorman (Yakima, WA)

Event Leaders: 100m Hurdles: Mills 14.6. Shot Put: Mills 37-3. High Jump: Denise Gaztambide (Salt Lake City, UT) 5-7%. 200 Meters: Mann 25.7. Long Jump: Mills 17-5%. Javelin: Mills 134-3. 800 Meters: Mann 2:24.9.

### TAC Junior Women Championships

#### By HOWARD WILLMAN

June 30-July 1, Drake Stadium, UCLA, Westwood: The Athletics Congress National Junior Women's Championships.

American junior long jump record holder Carol Lewis was the only double-winner in the 10th rendition of this meet, one that saw three meet records, five national high school season bests and only three of seven defending champions repeating.

Lewis, younger sister of national champ Carl Lewis (sea-level world record holder in the long jump), ran her career individual junior titles to five. Her 100 hurdles victory was her second ('80) and her long jump win was her third in that event (78, 79). Counting relays, she now has eight junior titles, with one coming this year in the 800 medley relay.

Her 20-113/4 effort in the long jump was good enough to break her own meet record of 20-41/4 set in 1979. Other meet records came in the 3,000 meters (Gateway TC's Cecl Hopp running 9:21.0) and the shot put (Natalie Kaaiawahia tossing the 4-kilogram ball 52-21/4).

Hopp's effort put the national cross country champion third on the all-time U.S. Junior list and fourth on the all-time national high school list. Vickie Cook(Alemany, Mission Hills), California's two-time state champ at 3,200 meters, was with Hopp until the end and came through with a fine 9:22.3 clocking, good enough for fourth on the Junior list and fifth on the high school list. Kaaiawahia, national high school and junior record holder from Fullerton, obliterated the shot record with a 52-2% effort, less than two inches off her national record. Deborah Corley (Garces, Bakersfield) followed with a PR 47-9%, second best high school mark this season and 13th all-time.

The five national high school season bests were established in the long jump (Lewis), 3,000 (Hopp), 100 (Michele Glover), 1,500 (Kim Gallagher) and 400 hurdles (Tracy Nelson). Unseated defending champs were Berkeley's Sharon Ware in the 100 (third), Glover in the 200 (second), collegian Cathy Rattray in the 400 (third) and Laura Craven in the 3,000 (fourth). Successful defenders were Lewis in the 100 hurdles, Nelson in the 400 hurdles and Sue Lind in the high jump.

Nelson, in winning the 400 hurdles, moved to fourth on both the all-time Junior and high school lists with a time of 58.56. Following in second and third were Margaret Demorest (Buchser, Santa Clara) in 59.30 and Gayle Kellon (Walnut) in 59.44, moving them to 10th and 11th, respectively, on the all-time high school list.

The highly anticipated 1,500 duel between Gallagher, national 800 high school record holder (2:01.82), and two-time California 1,600 champ Polly Plumer (University, Irvine) became a one-woman show with 300 meters to go as Gallagher bolted away from the field and won by more than five seconds in 4:19.77, sixth all-time junior and seventh high school. Plumer PR'd for second in 4:25.06.

Other all-time makers were Glover in the 100 (11.42, fourth on both junior and high school lists) and Cindy Johnson in the discus (165-2, third on the junior list and fourth high school).

Notable efforts by other Californians included: Inger Peterson's (Dorsey, L.A.) second in the 100 (11.62); TAC senior 400 champ Denean Howard's (Kennedy, Granada Hills) winning the 200 (23.42 wind-aided); Jessica Spies' (Livermore) second in the 800 (2:05.84); Sabrina Williams' (Valley Christian, Cerritos) second in the long jump (19-111/2); and Deena Bernstein's (Newbury Park) third in the javelin (153-0).

In the two-mile relay, Coast Athletics triumphed in near-record time over distance powerhouse Liberty AC from Boston and the San Jose Cindergals. Coast's fine team was made up of Rennie Durand, Jackle King, Plumer, and Donna Curtis. (200) and Plumer (1,600) were both state champs this year. Fastest split was turned by the Cindergal's Spies (2:10.2).

The L.A. Mercurettes cleanded up in the sprint relays, taking one first, one second, one third and two fifths.

100: (wind 0.93 mps against) 1. Glover (Willingboro TC) 11.42; 2. Peterson (LA Mercurettes/Dorsey HS, LA) 11.62; 3. Ware (Berkeley-East Bay TC/Berkeley HS) 11.68; 4. Nedd (Metroplex Striders) 11.74; 5. DeVan (Colorado Flyers) 11.80; 6. Dawkins (LA Mercurettes/Dorsey HS, LA) 11.80.

200: wind 3.58 mps with) 1. D. Howard (Shaklee TC/Kennedy HS, Granada Hills) 23.42w; 2. Glover (Willingboro TC) 23.69; 3. Nedd (Metroplex Striders) 23.73; 4. DeVan (Colorado Flyers) 23.83; 5. A. Williams (Club New York/Trinidad) 23.98; 6. Peterson (LA Mercurettes/Dorsey HS, LA) 24.06; 7. Gervaise McGraw (SoCal Cheetahs/Ganesha HS, Pomona) 24.18.

400: 1. Underwood (Cooper Stridettes) 53.70; 2. Dixon (Atoms TC) 54.13; 3. Cathy Rattray (U. Tennessee/Jamaica) 54.70; 4. Eytan Powell (Colorado Flyers) 55.07; 5. Cerina Henry (Club NY) 55.10; others included: T. Howard (Shaklee/Kennedy HS, Granada Hills), Val Spence (BEBTC/San Lorenzo HS), no place or time.

800: 1. Richburg (Gazelle Int'l TC) 2:05.68; 2. Spies (San Jose Cindergals/Livermore HS) 205.84; 3. Arnold (Crescent City TC) 2:06.80; 4. Van Landingham (Crescent City TC) 2:07.42; 5. Zartler (Metroplex Striders) 2:07.49; 7. Davis (Golden Bear TC/Miramonte HS, Orinda) 2:11.58; Regina Jacobs (LA Naturite TC/Argyll Academy) disqualified.

1500: 1. Gallagher (Willingboro TC) 4:19.77; 2. Plumer (Coast Athletics/University HS, Irvine) 4:25.06; 3. Lisa Welch (Liberty AC) 4:27.36; 4. Weber (San Jose Cindergals/Lynbrook HS, San Jose) 4:27.73; 5. Higgins (Team Converse) 4:29.43; 7. Spotts (LA Naturite TC/Redondo Beach HS) 4:32.50; Regina Jacobs (LA Naturite TC/ArgyII Academy) disqualified for two false starts.

3000: 1. Hopp (Gateway TC) 9:21.0 (meet record; previous record 9:28.8, Schaefer, NY HS, 1977); 2. Cook (SoCal Road Runners/Alemany HS, Mission Hills) 9:22.3; 3. Lesley Weich (Liberty AC) 9:27.1; 4. Craven (Unat, Ohio) 9:36.1; 5. Gutierrez (Glendale, Ore., HS) 9:45.0; 6. Lopez (Sub 4 TC/Sacred Heart HS, LA) 9:49.4; 7. Ball (LA Naturite TC/Newbury Park HS) 9:50.5.

100 Hurdies (33"): (wind 2.17 mps against) 1. Lewis (Willingboro TC) 13.89; 2. Hairston (Greensboro Pacesetters) 13.96; 3. Hunter (LA Mercurettes/Dorsey HS, LA) 14.07; 4. Blanford (Colorado Sun TC) 14.24; 5. Bressant (Richmond TC) 14.28; 6. Pendleton (LA Mercurettes/Fremont HS, LA) 14.50.

400 Hurdles: 1. Nelson (Mid-State Union TC) 58.56; 2. Demorest (Santa Clara Valley Golden Girls/Buchser HS, Santa Clara) 59.30; 3. Kellon (SoCal Cheetahs/Walnut HS) 59.44; 4.

### August 1981 - California Track & Running News • page 21

Crowther (Unat, III.) 59.55; 5. Cash (Dynamite TC) 61.37.

3000 Walk: 1. Ramirez (SoCal Road Runners) 15:23.5; 2. Burr (Mesa Sun Angels TC) 15:34.5; 3. Hogan (SoCal Road Runners) 15:48.9; 4. Ki. Welsh (Kettering Striders) 16:34.0; 5. Tanya McIntosh (Mercury Bobcats) 17:10.4; 6. Stone (Coast Athletics) 17:55.0.

400 Relay: 1. LA Mercurettes 'B' 45.1; 2. Willingboro TC 45.6; 3. Berkeley East Bay TC 45.9; 4. SoCal Cheetans 46.8; 5. LA Mercurettes 'A' 47.0; 7. Coast Athletics 47.7; 8. Sub 4 TC 48.1; LA Naturite was ninth in 49.1, but was disqualified.

Mile Relay: 1. Cooper Stridettes 3:42.09; 2. Sub 4 TC 3:42.13; 3. LA Mercurettes 3:51.12; no others.

Two Mile Relay: 1. Coast Athletics (Durand 2:12.5, King 2:15.2, Plumer 2:13.6, Curtis 2:10.6) 8:51.89; 2. Liberty AC 8:54.12; 3. San Jose Cindergals (Yaninek 2:15.9, Stearns 2:14.8, Spies 2:10.2, Weber 2:14.8) 8:55.77; 4. Sub 4 TC 9:08.24; 5. Metroplex Striders 9:18.36; 6. SoCal Cheetahs 9:29.60.

800 Medley Relay: 1. Willingboro TC 1:42.91; 2. LA Mercurettes 'B' 1:43.27; 3. Club NY 1:44.69; 4. Sub 4 TC 1:44.87; 5. LA Mercurettes 'A' 1:46.41; 7. LA Naturite TC 1:49.40.

High Jump: 1. Lind (Nebraska TC) 5-10%; 2. VanZeeland (Golden Bear TC/Acalanes HS, Lafayette) 5-9%; 3. Johnson (Pasadena T&FC/Marshall Fundamental HS, Pasadena 5-8½; 4. Mozingo (Jefferson County TC) 5-8½; 5. Cockerham (Metroplex Striders) 5-8½.

Long Jump: 1. Lewis (Willingboro TC) 20-11<sup>3</sup>/ (meet record, previous record 20.7<sup>1</sup>/<sub>4</sub>), Lewis, 1979) (series 20.5<sup>1</sup>/<sub>4</sub>, 20-10, 20.9<sup>4</sup>/<sub>4</sub>/<sub>4</sub>, 20-11<sup>3</sup>/<sub>4</sub>, p, p); 2. S. Williams (Coast Athletics/Valley Christian HS, Cerritos) 19-11<sup>1</sup>/<sub>4</sub>: 3. Sanders (BEBTC/Berkeley HS) 19-6<sup>3</sup>/<sub>4</sub>; 4. Bressant (Richmond TC) 19-2; 5. R. Johnson (BEBTC/Berkeley HS) 19-2 (Bsressant fourth on better second-best jump: 19-0 to 18-4<sup>1</sup>/<sub>2</sub>); 6. Frye (Coast Athletics/LB Poly HS) 18-11<sup>1</sup>/<sub>4</sub>w (best legal: 18-3<sup>3</sup>/<sub>4</sub>); 12. Grey (Pasadena T&FC/U. New Mexico) 15-10<sup>1</sup>/<sub>4</sub>.

Shot Put (4 KG): 1. Kaaiawahia (LA Naturite TC/Fullerton HS) 52-23/ (meet record; previous record 50-7, Kathy Devine, Emporia State, 1976) (series: 46-103/, 49-73/, 52-23/, 50-23/,51-31/2, 51-11/3/; 2. Corley (Garces HS, Bakersfield) 47-93/; 3. Johnson (Valley of the Sun TC) 46-0; 4. Duke (Shore AC) 45-21/2; 5. Johnson (Unat, Ore.) 44-81/4; 6. Costanzo (Coast Athletics/Saugus HS) 43-73/; 7. Bradshaw (LA Naturite TC/Saugus HS) 43-21/4; 7. Bradshaw (LA Naturite TC/Saugus HS) 43-21/4; 10. Norton (Coast Athletics/Mission Viejo HS) 40-6; 11. Clements (Sub 4 TC/San Clemente HS) 39-1; 12. Taylor (LA Naturite TC/North Torrance HS) 39-1.

Discus: 1. Johnson (Valley of the Sun TC) 165-2 (series: 146-9, 165-2, 160-10, 141-8, 157-10, 162-9; 2. Wallace (DC Striders) 157-5; 3. Kaaiawahia (LA Naturite TC/Fullerton HS) 157-0; 4. Nickerson (Unat/Cordova HS, Rancho Cordova) 150-1; 5. Norton (Coast Athletics/Mission Viejo HS) 143-9; 8. Costanzo (Coast Athletics/Saugus HS) 126-9; 9. Bradshaw (LA Naturite TC/Saugus HS) 121-3.

Javelin: 1. Antanelis (Řandolph, NJ HS) 156-9 (series: f, 156-9, 155-3, 151-10, 154-5, 146-5); 2. Cronin (Falmouth TC) 154-7; 3. Bernstien (Coast Athletics/Newbury Park HS) 153-0; 4. Peterka (Gervaise, Ore. HS) 145-9; 5. Iratcabal (Reno, NV HS) 135-6.

Team Scores: 1. Willingboro TC 67; 2. LA Mercurettes 45; 3. Coast Athletics 37; 4. SoCal Road Runners 24; 5. (tie) Berkeley East Bay TC, Cooper Stridettes and Liberty AC 20. Others included: 8. San Jose Cindergals 18; 9. Sub-4 TC 17; 10 (tied with two other teams) LA Naturite TC 16.

### Los Gatos All Comers

#### From HOWARD WILLMAN

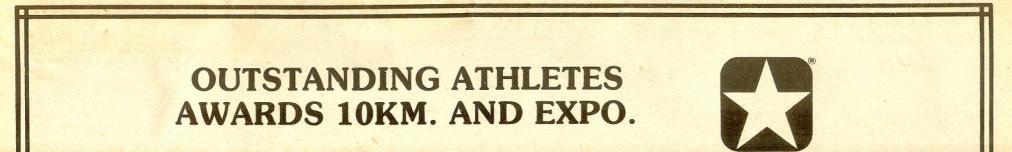
July 2, Los Gatos High School, Los Gatos: Los Gatos All Comers Track & Field Meet.

OPEN DIVISION: 100 Yards: Prince (SJS) 9.6. 220: Rodgers (Stars & Stripes) 20.8 mr. 440: Rodgers 46.5 mr; 2. Prince (SJS) 48.0. 880: Brady (Greater SF TC) 1:53.7. Mile: Churney (Cal) 4:18.6. 2 Mile: Crowley (Unat) 9:06.0. 70y HH: Dixon (Unat) 8.3. 330 LH: Grimes (Unat) 38.3. 440 Relay: Open Team (Bailey, Harth, Prince, Ragster) 44.3. HJ: Wright (Unat) 6-8. PV: McAlexander (Cal) 17-0. LJ: Campbell (WVC) 23-3. TJ: Traum (Aggie RC) 43-4 %. SP: Oldfield (UCTC) 68-5. DT: McGoldrick (SJ Stars) 206-0; 2. Oldfield 196-9.

HIGH SCHOOL BOYS: 100 Yards: Mills (Independence, SJ) 10.0. 220: Reyes (Independence, SJ) 22.6. 440: (Iie) Wallick (Buchser, Santa Clara) and Huckaby (Modesto) 49.8. 880: Huckaby (Modesto) 1:59.1. Mile: Paredes (Bellarmine, SJ) 9:45.0. 70 HH: Duran (Peterson, Sunnyvale) 8.9. 330 LH: Sumpter (Independence, SJ) 38.2. HJ: Brundage (Prospect, Saratoga) 6-6. PV: Schwartz (Unat) 14-6. LJ: Serame (Independence, SJ) 20-3'4. TJ: Ashby (Buchser, Santa Clara) 38-3. SP: McGraw (Los Gatos) 45-10. DT: Ramirez (Gunderson, SJ) 157-0.

WOMEN'S DIVISION: 100 Yards: Pounds (Live Oak, Morgan Hill) 11.3. 220: Pounds 25.7.





20-4% set in 1979. Other meet records came in the 3,000 meters (Gateway TC's Ceci Hopp running 9:21.0) and the shot put (Natalie Kaaiawahia tossing the 4-kilogram ball 52-23/).

Hopp's effort put the national cross country champion third on the all-time U.S. Junior list and fourth on the all-time national high school list. Vickie Cook(Alemany, Mission Hills), California's two-time state champ at 3,200 meters, was with Hopp until the end and came through with a fine 9:22.3 clocking, good enough for fourth on the Junior list and fifth on the high school list. second in the long jump (19-11 ½); and Deena Bernstein's (Newbury Park) third in the Javelin (153-0).

In the two-mile relay, Coast Athletics triumphed in near-record time over distance powerhouse Liberty AC from Boston and the San Jose Cindergals. Coast's fine team was made up of Rennie Durand, Jackie King, Plumer, and Donna Curtis. (Col0) and Plumer (1,600) were both state champs this year. Fastest split was turned by the Cindergal's Spies (2:10.2).

The L.A. Mercurettes cleanded up in the sprint relays, taking one first, one second, one third and two fifths.

Ore., HS) 9:45.0; 6. Lopez (Sub 4 TC/Sacred Heart HS, LA) 9:49.4; 7. Ball (LA Naturite TC/Newbury Park HS) 9:50.5.

100 Hurdies (33"): (wind 2.17 mps against) 1. Lewis (Willingboro TC) 13.89; 2. Hairston (Greensboro Pacesetters) 13.96; 3. Hunter (LA Mercurettes/Dorsey HS, LA) 14.07; 4. Blanford (Colorado Sun TC) 14.24; 5. Bressant (Richmond TC) 14.28; 6. Pendleton (LA Mercurettes/Fremont HS, LA) 14.50.

400 Hurdles: 1. Nelson (Mid-State Union TC) 58.56; 2. Demorest (Santa Clara Valley Golden Girls/Buchser HS, Santa Clara) 59.30; 3. Kellon (SoCal Cheetas/Walnut HS) 59.44; 4. TC/Fullerton HS) 52-24 (meet record; previous record 50-7, Kathy Devine, Emporia State, 1976) (series: 46-10<sup>3</sup>/4, 49-7<sup>3</sup>/4, 52-2<sup>3</sup>/4, 50-2<sup>3</sup>/4,51-3<sup>1</sup>/2, 51-11<sup>1</sup>/4); 2. Corley (Garces HS, Bakersfield) 47-9<sup>3</sup>/3; 3. Johnson (Valley of the Sun TC) 46-0; 4. Duke (Shore AC) 45-2<sup>1</sup>/2; 5. Johnson (Unat, Ore.) 44-8<sup>1</sup>/4; 6. Costanzo (Coast Athletics/Saugus HS) 43-7<sup>3</sup>/4; 7. Bradshaw (LA Naturite TC/Saugus HS) 43-2<sup>1</sup>/4; 10. Norton (Coast Athletics/Mission Viejo HS) 40-6; 11. Clements (Sub 4 TC/San Clemente HS) 39-1; 12. Taylor (LA Naturite TC/North Torrance HS) 39-1.

Discus: 1. Johnson (Valley of the Sun TC) 165-2 (series: 146-9, 165-2, 160-10, 141-8, Bendence, SJ 22.6. 440: (tie) Validk (Buchser, Santa Clara) and Huckaby (Modesto) 49.8. 680: Huckaby (Modesto) 1:59.1. Mile: Paredes (Bellarmine, SJ) 9:45.0. 70y HH: Duran (Peterson, Sunnyvale) 8.9. 330 LH: Sumpter (Independence, SJ) 38.2. HJ: Brundage (Prospect, Saratoga) 6-6. PV: Schwartz (Unat) 14-6. LJ: Serame (Independence, SJ) 20-3'4. TJ: Ashby (Buchser, Santa Clara) 38-3. SP: McGraw (Los Gatos) 45-10. DT: Ramirez (Gunderson, SJ) 157-0.

WOMEN'S DIVISION: 100 Yards: Pounds (Live Oak, Morgan Hill) 11.3. 220: Pounds 25.7.

continued ....

# **OUTSTANDING ATHLETES AWARDS 10KM. AND EXPO.**



CONVERSE 1981 SO. CAL. RUN-OFF

Cal State Northridge Sunday, September 6, 1981 8:00 a.m. Originally scheduled for August 23, 1981

#### AWARDS INCLUDE:

500 CONVERSE STUFF BAGS 48 PAIR CONVERSE SHOES 120 CONVERSE JACKETS 14 CONVERSE ATHLETIC BAGS FINISH CERTIFICATES TO ALL TROPHIES-MEDALS-MERCHANDISE TO FIRST **10** PLACES (Male & Female)

13-Under	40-44
14-18	45-49
19-29 (OPEN)	50-54
30-34	55-59
35-39	60+

ALSO AWARDS TO: MENDED HEART HANDICAPPED 5 MAN TEAM

### SPECIAL CEREMONY TO HONOR "OUTSTANDING ATHELETES OF 1981"

1st PLACE OVERALL (MALE & FEMALE) WILL RECEIVE AN 8 DAY HAWAIIAN VACATION

> PLUS \* 2 DRAWINGS FOR 8 DAY HAWAIIAN VACATIONS FOR ALL PARTICIPANTS

> > WITH T-SHIRT ALL MEMBERS - \$5.00 NON-MEMBERS - \$7.00 RUN ONLY - \$3.00 AFTER AUG. 10 - ADD \$1.50

ALL TAC-MEMBERS AND NON-MEMBERS ARE INVITED TO PARTICIPATE. SEND S.A.S.E. TO: L.D.R.C. - BOX 891, TARZANA, CA 91356

### page 22 • California Track & Running News - August 1981

#### **More Track & Field Results**

440: Schilling (Live Oak, Morgan Hill) 65.7. 880: McCarroll (Branham HS, SJ) 2:34.2. 2 Mile: Buckler (Saratoga HS) 12:59.0. 609 LH: Horn (Soquel HS) 8.3. 440 Relay: Open team (Schilling, Pounds, Rao, Matagulay) 53.1. HJ: (tie) W. Craig (DAC) and S. Craig (Unat) 5-4. LJ: Pounds 17-61/4. SP: Bailey (Willow Glen, SJ) 37-3. DT: Bailey (Willow Glen, SJ) 117-3.

MASTERS DIVISION: 100 Yards: LaTorre (NCSTC) 10.7. 220: Springbett (NCSTC) 23.8 mr. 440: Springbett 54.6 mr. 880: Erbes (Unat) 2:12.7. Mile: Minhart (Unat) 4:36.0 mr. 70y HH: Vincent (Unat) 11.4 mr. LJ: Mitchell (Los Gatos AA) 17.3 mr.

### Girls Age Group Championships

#### By HOWARD WILLMAN

#### July 3-5, Drake Stadium, UCLA, Westwood: The Athletics Congress Girls Youth Athletics Championships.

Regina Jacobs of LA Naturite TC and Argyll Academy (North Hollywood) won the 800 and 1,500-meter races and anchored her teams mile relay to lead LA Naturite to the Young Women's (age 16-17) national championship.

Jacobs, headed for Stanford this fall, took the 1,500 out in a blazing 64.8 first 440 and 216.7 for the first 880 in winning the race in 4:25.0, fourth fastest time by a high schooler this year. She doubled back and won the 800 in 2:08.53, then anchored LA Naturite to victory in the mile relay in 3:49.51.

V:V

Her 1,500 time was one of two national 16-17 records set. The other record was set by the San Jose Cindergals' two mile relay team in 8:56.68, almost 25 seconds better than the previous record. That team was comprised of Jessica Spies, Tracy Weber, Aida Stearns and Maria King. Like the Junior meet four days earlier, Spies recorded the fastest split (2:11.7).

Other California winners in the 16-17 division were Jacque Norton (Mission Viejo) in the discus with a fine PR of 157-9 in defeating junior champ Cindy Johnson; Sabrina Williams (Valley Christian, Cerritos) in the long jump (19-6%); and state high school champ Katrena Johnson (Marshall Fundamental, Pasadena) 5-8%.

In the Intermediate (age 14-15) division, Berkeley's Yvette Bates scored a national record in the triple jump (38-434), an event which may be on the high school level next season. Other California winners were Gayle Kellon (Walnut) in the 400 hurdles (60.33) and Michelle Olivera (Bishop Diego, Santa Barbara) in the iavelin (147-3).

The San Jose Cindergals' Youth (age 12-13) division two-mile relay team set a national record for the third time this year, lowering it this time to 9:29.98. Running on the team were Shannon Clark (2:24.1), Therese Fisher (2:20.6), Nanette Garcia (2:23.5) and Sharlene Rogers (2:21.8).

Gayle Wadsworth (LA Jets) won the 100 (12.3 wind-aided) and the long jump (17-8<sup>3</sup>4), Michelle Taylor (Socal Cheetahs) took the 400 (55.85), Barbara Keehner (San Jose TC) won Joliet HS, III.), 59.20; 2. Da Costa (Sunshine Striders), 59.22; 3. Johnson (Mid-State Union TC), 63.05; 4. Ruth (Fairfield County Striders), 63.33; 5. Helling (Spokane Valley TC), 63.39. 400 BFL AV--1 Williamborg TC, 46.82;

400 RELAY—1. Willingboro TC, 46.82; 2. Coast Athletics, 47.11; 3. Terre Haute, 47.52; 4. Naturite TC, 48.30; 5. San Diego Cougars, 48.52. MILE RELAY—1. Naturite TC, 3:49.51;

400 HURDLES-1. Crowther (West

Terre Haute TC, 3:53.16: 3. Willingboro
 TC, 3:56.96; 4. San Diego Cougars, 3:57.62; 5. Pasadena T&F Club, 3:57.62.
 TWO-MILE RELAY-1. San Jose Cin-

TWO-MILE RELAY--1. San Jose Cindergals, 8:56,68; 2. Jefferson County TC, 9:38.08; 3. Metroplex Striders, 9:38:31; 4. Pasadena T&F Club, 10:12.83; 5. Woodside Striders, 10:21.17.

3,000 WALK-1. Ramirez (SoCal Roadrunners), 15:08.7; 2. Burr (Mesa Sun Angels), 15:11.4; 3. Welsh (Kettering Striders), 16:51.7.

HIGH JUMP-1. Johnson (Pasadena T&F Club), 5-8 ¾; 2. Taylor (Ponca City Striders), 5-7; 3. Poyfair (unat), 5-7; 4. Alessi (Madri Gras Pacers), 5-7; 5. Mozingo (Jefferson County Jets), 5-7; 6. Cocierham (Metroplex Striders), 5-7.

LONG JUMP—1. S. Williams (Coast Athletics Valley Christian HS), 19-6¼; 2. Blanford (Colorado Sun), 18-10½; 3. Bressant (Richmond TC), 18-5¼; 4. Frye (Coast Athletics/LB Poly HS), 18-5½; 5. Carpenter (Jeff. County Jets), 17-9½. TRIPLE JUMP—1. Duncan (Mardi Gras

TC), 34-31/2; 2. Solis (Pasadena T&F Club), 30-10w; no third. SHOTPUT (4 kilo)—1, K. Johnson (As-

Arthor Honey, 2. Mercer (Cheyenne Hawks), 43-5½; 3. Norton (Coast Athletics/Mission Viejo HS), 39-5; 4. Burton (Quest Club), 41-0½; 5. Taylor (Naturite TC/North Torrance HS), 40-10.

DISCUS—1. Norton (Coast Athletics/ Mission Viejo HS), 157-9; 2. C. Johnson (Valley of the Sun), 156-11; 3. Nauman (Terre Haute TC), 151-3; 4. K. Johnson (Astoria HS, Ore.), 135-1; 5. Westcott (South Lincoln TC), 127-0½.

(South Licoin TC), 127-0½. JAVELIN—1. Cornin (Flamouth TC), 153-2½; 2. Bernstein (Coast Athletics/ Newbury Park HS), 144-7; 3. Mills (Coast Athletics/University HS, Irvine), 141-10; 4. Iratcabal (unat), 138-8; 5. Burke (Falmouth TC), 134-8.

TEAM SCORES—Naturite TC, 51; Coast Athletics, 47; Terre Haute TC, 34.

#### INTERMEDIATE

AGE 14-15: 100-1. Davis' (Indianola TC), 11.6 (hand time); 2. Williams (Club New York), 11.6. 200-1. Williams (Club NY), 24.08 (wind .64 m.p.s. against); 2. Davis (Indianaola TC), 24.19. 400-1. Henry (Club NY), 55.51; 2. Andrea Rolfe (Long Beach Comets), 55.92. 800-1. Zartler (Metroplex Striders), 2:08.90; 2 Gottlieb (Naturite TC/Beverly Hills HS), 2:12.15. 1,500-1. Rowan (Garden State), 4:30.7; 2. Nunnally (Nebraska TC), 4:31.5; 3. Erickson (South Lincoln TC) 4:33.2. 3,000-1. Erickson (South Lin-coln TC), 9:32.4; 2. Rowan (Garden State), 9:59.2. 100 HURDLES (30")-1. Cash (Dynamite TC), 14.25; 2. Perry (Terre Haute TC), 14.40; 3. Whitehead (Berkeley East Bay TC/Berkeley HS ) 14.41; 4. Bates (Berkeley East Bay TC, Berkeley HS), 14.42, 400 HURDLES-1 Kellon (SoCal Cheetas/Walnut HS), 60.33; 2. Ryan (Duke City Dashers), 63.63, 3.000 WALK—1, Hogan (SoCal Roadrunners), 15:58.9; McIntosh (Wis. Bobcats), 16:50.1, 400 RELAY—1 Berkeley East Bay TC, 47.61, 2. Duke City Debest 48.62 AME DELAY, 1. Berkel Dashers, 48.62. MILE RELAY-1. Berke ley East Bay TC, 3:57.13; 2. San Diego Cougars, 3:57.31, TWO-MILE RELAY-1. Metroplex Striders, 9:21.8; 2. So Cal Roadrunners, 9:36.97, HJ-1, Harding (SoCal (Roadrunners), 33-0. DT-Body (SoCal Roadrunners), 85-6.

TEAM SCORES—South Central AA (Seattle), 56; SoCal Roadrunners, 42; Cupertino Yearlings, 30.

#### BANTAM

AGE 9-Under: 100-Mitchell (San Diego Cougars), 13.6. 200-Angela Rolfe (Long Beach Comets), 29.12. 400-Angela Rolfe (LB Comets), 65.21. 800-Watkins (Berkeley East Bay TC), 2:30.88 1.500-Williams (SoCal Thunderbirds), 5:02.2. 400 RELAY-LA Jets, 5:6.30. MILE RELAY-LA Jets, 4:37.78. 1:500 WALK-Chavez (SoCal Roadrunners), 8:09.81. HJ-Jackson (LA Jets), 4-8. SP (4 lb)-Jackson (LA Jets), 27-1.

TEAM SCORES-LA Jets, 50; SoCal Thunderbirds, 31; Long Beach Comets, 28

### Los Gatos All Comers Meet

#### From HOWARD WILLMAN

July 9, Los Gatos High School, Los Gatos: Los Gatos All Comers Track & Field Meet.

OPEN DIVISION: 100 Yards: Prince (SJS) 9.8. 220: Greggans (Unat) 22.4. 440: White (Cal) 94.5. 880: White (Cal) 1:53.5. Mile: Sup (Cal) 4:16.1; 2. Fabris (Aggie RC) 4:17.0. 2 Mile: Ingram (WVC) 9:16.0. 70y HH: Ragster (BAS) 8.8. 330 LH: Bush (Unat) 40.1. HJ: (tie) Edwards (Jnat) and Norman (WVC) 6-7. PV: Preiman (SJS) 16-6. LJ: Galvez (Unat) 22-5. TJ: Norman (WVC) 44-6'4. SP: Brady (SJS) 55-10. DT: Von Rushke (Unat) 189-0.

HIGH SCHOOL BOYS DIVISION: 100 Yards: Mills (Independence, SJ) 10.0. 220: Wallick (Buchser, Santa Clara) 22.5. 440: Benson (Branham, SJ) 52.3. 880: Lewis (Gunderson, SJ) 201.2. Mile: Bernal (Westmont, Campbell) 4:22.0. 2 Mile: Paredes (Bellarmine, SJ) 9:39.5. 70y HH: Green (Palo Alto) 8.5. 330 LH: Larson (Westmont, Campbell) 41.4. 440 Relay: Independence (Reyes, Montgomery, Mills, Cerame) 45.4. HJ: (tie) Underwood (Leigh, SJ) and Andrew (Unat) 6-5. LJ: Hong (Peterson, Sunnyvale) 22-6. TJ: Montgomery (Independence, SJ) 41.9¼. SP: Ward (Unat) 47-11½. DT: Stephens (Unat) 144-7.

WOMEN'S DIVISION: 100 Yards: Dobner (Cupertino Yearlings) 12.9. 220: Demorest (Buchser HS, Santa Clara) 25.1 mr; 2. Spies (Livermore HS) 26.0. 440: Griffith (Stanford TC) 54.0 mr. 880: Williams (Menlo-Atherton, Atherton) 2:16.0 mr, Mile: Spies (Livermore HS) 4:58.0. 2 Miles: Muth (Soquel HS) 12:05.0. 60y LH: Lutrell (Sequoia HS, Redwood City) 8.3. 440 Relay: Saratoga HS (Lass, Fults, Chewning, Whalen) 50.1. HJ: W. Craig (DAC) 5-5. SP: Cady (Stanford) 48-3 mr; 2. Townsel (Silver Creek, SJ) 40-4. DT: Cady 169-3mr.

MASTERS DIVISION: 100 Yards: Springbett (NCSTC) 10.5 mr. 440: Springbett 54.9. 880: Green (Unat) 2:12.2. Mile: Laris (Unat) 4:24.5 mr. 2 Mile: Laris (Unat) 9:22.4 mr.

### Region 13 J.O. Decathlon-Heptathlon

#### From BOB FRALEY

Ju	ily 10-11, Fresno State University. F	Region 13
Ju	inior Olympic Decathlon & He	eptathlon
Ci	nampionships.	
(h	igh school implements & hurdles)	
Ju	nior Boys Decathion:	
1	Jeff Peracchi (Fresno)	4198
Int	termediate Boys Decathion:	
1	Scott Peterson (Shafter)	6048
2	Tim McCarthy (Redding)	5879
3	Doug Fraley (Fresno) 15-1 1/4 pv	5763
4	Mike Fottrell (Danville)	5632

photo by Don Gosney



9	Bill Shephard (Clovis)	4821
6	Robert Ambriz (Corcoran)	4504
7	Kevin McDonald (Clovis)	4265
8	Dan Schall (San Jose)	4044
Se	nior Boys Decathion:	4044
1	Tom McGraw (Los Gatos)	6762
-2	Mark Sanders (Ojai)	6696
3	Kelly Rodrigues (North Fork)	6091
4	Gary Basmajian (Fresno)	5697
5	Andy Sythe (Los Gatos)	5668
6	Lance Hairabedian (Fresno)	4880
Se	nior Girls Heptathion:	
1	Tina Glenn (Sanger)	4183
2	Yolanda Bryson (Lemoore)	3880
Int	ermediate Girls:	
1	Sandra Isaak (Reedley)	3775
2	Dina Loya (North Fork)	3733

5 Bill Shephard (Claule)

### Los Gatos All Comers Meet

#### From HOWARD WILLMAN

July 16, Los Gatos High School, Los Gatos: Los Gatos All Comers Track & Field Meet.

OPEN DIVISION: 100 Yards: B. Green (USC) 9.7. 220: Greggans (Unat) 21.9. 440: R. Green (Mt. SAC) 50.6. 880: Green (Pacific West TC) 1:56.1. Mile: Sup (Cal) 4:14.7. 2 Mile: Crowley (Unat) 9:02.4; 2. Fuel (West Valley College) 9:12.0. 70y HH: Dixon (Missouri) 8.6. 330 LH: Seanez (Gilroy HS) 36.8 mr. 440 Relay: Open team (Greggans, Harrison, Harrison, Sanders) 44.9. Mile Relay: Open team (Ingram, Churney, Cruz, Siègle) 3:47.0. HJ: Wright (Speed City) 68. PV: Ellis (Woodside Striders) 15-0. LJ: Galvez (Unat) 22-2. TJ: Galvez (Unat) 43-10. SP: Feuerbach (Athletics West) 63-5; 2. Brady (SJS) 58-9. DT: Brady (SJS) 162-1.

High SCHOOL BOYS DIVISION: 100 Yards: Millsf (Independence, SJ) 9.9. 220: Mills 22.6. 440: Sumpter (Independence, SJ) 51.2. 860: B. Zamczyk (Homestead, Cupertino) 2:02.5. Mille: Cox (Los Gatos) 4:22.7; 2. Bergtrom (Los Gatos) 4:24.0. 2 Mille: Bernal (Westmont, Campbell) 9:28.0. 709 HH: Harrisofn (Eureka) 8.6. 330 LH: Seanez (Gilroy) 36.8 m; 2. r. Green (Palo Alto) 39.1. 440 Relay: Gunderson (SJ) 48.3. HJ: McMorrow (Unat) 5-10. LJ: Orteza (Independence, SJ) 19-11½. TJ: Hong (Peterson, Sunnyvale) 44-2. SP: Usher (Serra, San Mateo) 49-2. DT: Galvez (Unat) 116-4.

WOMEN'S DIVISION: 100 Yards: Horn (Soquel HS) 11.7. 220: Sples (Livermore HS) 25.3. 440: Griffith (Stanford TC/Guyana) 54.2. 880: Weber (Lynbrook HS, SJ) 2:13.6 mr; 2. Williams (Menlo-Atherton HS, Atherton) 2:17.0. Mile: Williams 5:20.5. 600 LH: 1. Horn (Soquel HS) 8.2. 330 LH: Yaninek (Presentation HS, SJ) 50.5. 440 Relay: Open team (Gerald, Marso, Karnofel, Orlove) 53.5. HJ: (tile) W. Craig (De Anza College) and Phifer (SJCC) 5-6. LJ: Orlove (Leigh HS, SJ) 16-0½. SP: Cady (Stanford) 47-6. DT: Cady (Stanford) 147-3.

MASTERS DIVISION: 100 Yards: Hansen (Unat) 11.2. 220: Anexter (NCSTC) 23.9. 440: Mitchell (LGAA) 57.1. 880: Meinhardt (Unat, Los Gatos) 2:09.1 mr. Mille: Laris (Unat) 4:23.7 mr. 2 Mille: Van Zant (Unat) 10:27.0. DT: Marks (Unat) 134-6. previous record. That team was comprised of Jessica Spies, Tracy Weber, Aida Stearns and Maria King. Like the Junior meet four days earlier, Spies recorded the fastest split (2:11.7).

Other California winners in the 16-17 division were Jacque Norton (Mission Viejo) in the discus with a fine PR of 157-9 in defeating junior champ Cindy Johnson; Sabrina Williams (Valley Christian, Cerritos) in the long jump (19-6%); and state high school champ Katrena Johnson (Marshall Fundamental, Pasadena) 5-8%.

In the Intermediate (age 14-15) division, Berkeley's Yvette Bates scored a national record in the triple jump (38-4%), an event which may be on the high school level next season. Other California winners were Gayle Kellon (Walnut) in the 400 hurdles (60.33) and Michelle Olivera (Bishop Diego, Santa Barbara) in the javelin (147-3).

The San Jose Cindergals' Youth (age 12-13) division two-mile relay team set a national record for the third time this year, lowering it this time to 9:29.98. Running on the team were Shannon Clark (2:24.1), Therese Fisher (2:20.6), Nanette Garcia (2:23.5) and Sharlene Rogers (2:21.8).

Gayle Wadsworth (LA Jets) won the 100 (12.3 wind-aided) and the long jump (17.83%), Michelle Taylor (SoCal Cheetahs) took the 400 (55.85), Barbara Keehner (San Jose TC) won the 800 (2:17.77) and Lori Charette (Coast Athletics) took the 3,000 walk (15:46.8) for other California winners.

The LA Jets also cleaned up in both the 400 (48.36) and mile (3:56.47) relays.

Another good performance was turned in by announcer (and *CT&RN* correspondent). Doug Speck, who for three days (and 12 hours each day) pin-pointed top-notch efforts without the use of athletes' numbers, which were not used for this meet.

#### Age 16-17

100—1. Perry (Terre Haute TC), 11.93 (wind 1.46 meters per second aiding); 2. Hudson (Willingboro TC), 11.98; 3. Williams (Atoms TC), 12.05; 4. Polk (unat), 12.05; 5. Underwood (Cooper Striders), 12.07.

200—1. Underwood (Cooper Striders), 24.50 (wind 1.35 m.p.s. against); 2. Dixon (Atoms TC), 24.51; 3. Smalls (Club NY), 24.56; 4. Perry (Terre Haute TC), 24.80; 5. Dynamite TC), 24.87; 400—1. Nedd (Metroplex Striders), 54.06; 2. Dixon (Atoms TC), 54.97; 3.

400—1. Nedd (Metroplex Striders), 54.06; 2. Dixon (Atoms TC), 54.97; 3. Spies (San Jose Cindergals), 56.17; 4. Stephens (Willingboro TC), 56.26; 5. Carpenter (Jefferson County Jets), 56.57. Others included: 6. Arnold (Naturite TC Locke HS), 56.94; 8. Cook (Kennedy HS, Granada Hills), 57.73; 10. Taylor (San Diego Cougars), 58.22.

800—1. Jacobs (Naturite TC/Argyll Academy HS). 2:08.53: 2. Weber (San Jose Cindergels/Lymbrock HS). 2:09.67: 3. Romo (Naturite TC/North Torrance HS). 2:10.44: 4. Dohertry (unat). 2:10.66; 5. Davis (Ogden TC). 2:11.49. 1.500—1. Jacobs (Naturite TC/Argyll

1.500—1. Jacobs (Naturite TC/Argyll Academy HS), 4:25.0; 2. Richburg (Gazzelle Inter.), 4:28.5; 3. Arnold (Crescent City TC), 4:28.8; 4. Higgins (Team Converse), 4:29.8; 5. Davis (unat), 4:30.9.

3,000—1. Shee (unat), 9:52.2; 2. Ball (Naturite TC/Newbury Park HS), 9:52.9; 3. Carson (Carbon TC), 9:55.6; 4. Randich (unat), 9:58-0; 5. Thompson (Reno TC), 10:02.1.

100 HURDLES (30")—1. Blanford (Colorado Sun), 13.57 (wind 1.38 m.p.s. aiding): 2. Bressant (Richmond TC), 13.76; 3. Da Costa (Sunshine Striders), 13.80; 4. Helling (Spokane Valley TC), 14.52; 5. Mercany (Marcury TC) 14.70 TEAM SCORES—Naturite TC, 51; Coast Athletics, 47; Terre Haute TC, 34.

#### INTERMEDIATE

AGE 14-15: 100-1. Davis (Indianola TC), 11.6 (hand time); 2. Williams (Club New York), 11.6. 200-1. Williams (Club NY), 24.08 (wind .64 m.p.s. against); 2 Davis (Indianaola TC), 24.19. 400-1. Henry (Club NY), 55.51; 2. Andrea Rolfe (Long Beach Comets), 55.92. 800-1 Zartler (Metroplex Striders), 2:08,90; 2. Gottlieb (Naturite TC/Beverly Hills HS), 2:12.15. 1,500—1. Rowan (Garden State), 4:30.7; 2. Nunnally (Nebraska TC), 4:31.5; 3. Erickson (South Lincoln TC), 4:33.2; 3,000—1. Erickson (South Lin-coln TC), 9:32.4; 2. Rowan (Garden State), 9:59.2; 100 HURDLES (30")—1. Cash (Dynamite TC), 14.25; 2, Perry (Terre Haute TC), 14.40; 3, Whitehead (Barkeley East Bay TC/Berkeley HS), 14.41; 4, Bates (Berkeley East Bay TC/ Berkeley HS), 14.42, 400 HURDLES—1. Kelion (SoCal Cheetahs/Wainut HS), 02.22, Danse (Checken) 60.33; 2. Ryan (Duke City Dashers), 63.63. 3,000 WALK-1. Hogan (SoCal Roadrunners), 15:58.9; McIntosh (Wis, Bobcats), 16:50.1. 400 RELAY-1 Berkeley East Bay TC, 47.61; 2. Duke City Dashers, 48.62. MILE RELAY-1. Berkeley East Bay TC, 3:57.13; 2. San Diego Cougars, 3:57.31. TWO-MILE RELAY-1. Metruplex Striders, 9:21.8; 2. So Cal Roadrunners, 9:36.97. HJ-1. Harding (Olympic Flames), 5-8%; 2. Fehrman (Metroplex Strikers), 5-7; 3. Tyma (Skyline Striders), 5-7. LJ-1. Harrison (Mercury TC), 18-31/2w; 2. Cash (Dynamite TC), 18-21/2w; 3. Bates (Berkeley East Bay TC/ Berkeley HS), 18-13/4. TJ-1. Bates (BEBTC/Berkeley HS), 38-434; 2. Pournaras (St. Bonaventure), 36-1. SP (4 kilo)-1. Lane (Indianola TC), 40-111/2; 2. Bristol (South Lincoln TC), 39-6. DT-1. Coulter (Metroplex Striders), 118-111/2; 2. Shellabarger (Team Spokane), 113-0. JT--1. Olivera (Santa Barbara Sandpipers), 147-3; 2. Coulter (Metroplex Phoenix), 127-316

TEAM SCORES—Berkeley East "Bay TC, 61; Metroplex Striders, 37; South Lincoln, 36.

#### YOUTH

AGE 12-13: 100—Wadsworth (LA Jets). 12.3w. 200—Curry (Am-Track TC), 25.16. 400—Taylor (SoCal Cheatans), 55.85. 900—Keehner (San Jose TC), 2:17.77; 1.500—Madden (unat), 4:36.9 3,000—Madden (unat), 10:02.8. 80 HURDLES—Kirkham (Kettering Striders), 11.7. 200 HURDLES—Geasin (Deer Park Rec.), 29.0. 400 RELAY—LA Jets, 48:36. MILE RELAY—LA Jets, 3:56.47; 3,000 WALK—Charette (Coast Athletics), 15:46.8. HJ—Dixon (West Valley Eagles), 5-3. LJ—1. Wadsworth (LA Jets), 17-84; 2. Kirkham (Kettering Striders), 17-84; 9 (6 Ib)—Garrett (Albuergue Dust Devils), 47-2. DT—Garrett (Albuquerque DD), 128-2½, JT—Moore (Cheetahs TC, Seattle), 117-5½.

TEAM SCORES—LA Jets, 56; San Jose Cindergals, 44; Kettering Striders, 37

#### MIDGET

AGE 10-11: 200—Jefferson (Mercury TC), 26.59 400—Jefferson (Mercury TC), 59.84, 800—Mazimovich (unat), 2:21.71, 1:500—Harkins (Coast Athletics), 4:48.4, 3,000—Harkins (Coast Athletics), 10:30.0, 50 HURDLES—Cempbell (South Central AA), 8:31, 400 RELAY— South Central AA, 3:07, MILE RELAY— South Central AA, 4:15.95, HJ—Minten (Greathern TC), 4:94, LJ—Lawson (Cupertino Yearling), 16-44, SP (6 Ib)—Body 4:22.0.2 Mile: Paredes (Beilarmine, SJ) 9:39.5. 70y HH: Green (Palo Alto) 8.5. 330 LH: Larson (Westmont, Campbell) 41.4. 440 Relay: Independence (Reyes, Montgomery, Mills, Cerame) 45.4. HJ: (tie) Underwood (Leigh, SJ) and Andrew (Unat) 6-5. LJ: Hong (Peterson, Sunnyvale) 22-6. TJ: Montgomery (Independence, SJ) 41.9¼. SP: Ward (Unat) 47-11½. DT: Stephens (Unat) 144-7.

WOMEN'S DIVISION: 100 Yards: Dobner (Cupertino Yearlings) 12.9. 220: Demorest (Buchser HS, Santa Clara) 25.1 mr; 2. Spies (Livermore HS) 26.0. 440: Griffith (Stanford TC) 54.0 mr. 880: Williams (Menlo-Atherton, Atherton) 2:16.0 mr, Mile: Spies (Livermore HS) 4:58.0. 2 Miles: Muth (Soquel HS) 12:05.0. 60y LH: Lutrell (Sequola HS, Redwood City) 8.3. 440 Relay: Saratoga HS (Lass, Fults, Chewning, Whalen) 50.1. HJ: W. Craig (DAC) 5-5. SP: Cady (Stanford) 48-3 mr; 2. Townsel (Silver Creek, SJ) 40-4. DT: Cady 169-3mr.

MASTERS DIVISION: 100 Yards: Springbett (NCSTC) 10.5 mr. 440: Springbett 54.9. 880: Green (Unat) 2:12.2. Mile: Laris (Unat) 4:24.5 mr. 2 Mile: Laris (Unat) 9:22.4 mr.



Ron Seanez

Zamczyk (Homestead, Cupertino) 2:02.5. Mile: Cox (Los Gatos) 4:22.7; 2. Bergtrom (Los Gatos) 4:24.0. 2 Mile: Bernal (Westmont, Campbell) 9:28.0. 70y HH: Harrisofn (Eureka) 8.6. 330 LH: Seanez (Gilroy) 36.8 mr; 2. r. Green (Palo Alto) 39.1. 440 Relay: Gunderson (SJ) 48.3. HJ; McMorrow (Unat) 5-10. LJ: Orteza (Independence, SJ) 19-11½. TJ: Hong (Peterson, Sunnyvale) 44-2. SP: Usher (Serra, San Mateo) 49-2. DT: Galvez (Unat) 116-4.

WOMEN'S DIVISION: 100 Yards: Horn (Soquel HS) 11.7. 220: Sples (Livermore HS) 25.3. 440: Griffith (Stanford TC/Guyana) 54.2. 880: Weber (Lynbrook HS, SJ) 2:13.6 mr; 2. Williams (Menlo-Atherton HS, Atherton) 2:17.0. Mile: Williams 5:20.5. 60y LH: 1. Horn (Soquel HS) 8.2. 330 LH: Yaninek (Presentation HS, SJ) 50.5. 440 Relay: Open team (Gerald, Marso, Karnofel, Orlove) 53.5. HJ: (tie) W. Craig (De Anza College) and Phifer (SJCC) 5-6. LJ: Orlove (Leigh HS, SJ) 16-0/2. SP: Cady (Stanford) 47-6. DT: Cady (Stanford) 147-3.

MASTERS DIVISION: 100 Yards: Hansen (Unat) 11.2. 220: Anexter (NCSTC) 23.9. 440: Mitchell (LGAA) 57.1. 880: Meinhardt (Unat, Los Gatos) 2:09.1 mr. Mile: Laris (Unat) 4:23.7 mr. 2 Mile: Van Zant (Unat) 10:27.0. DT: Marks (Unat) 134-6.



19:39.4

19:40.4

20:37.4

20:53.3

24:12.0



by RICHARD SLOTKIN LONG DISTANCE EDITOR Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230. Also send a copy of the results to the California Track & Running News office: P.O. Box 6103, Fresno, CA 93703.

### **The Point Fermin Flyers** Paul Anderson Award

**By RICHARD SLOTKIN** 

few years ago, a young man, a young black man, was sitting at a Long Beach bus stop. It was dark and he was on his way to his mother's house, a new address to which she had recently moved. At the same time, another young man, this one a Samoan, was cruising the streets in the same neighborhood. He was looking for a black man ... any black man. As part of the initiation into a local gang, he was required to perform the gruesome rite of passage that would leave young Paul Anderson bleeding to death in a Long Beach street. Shot in the dark by someone he never knew; by someone who never knew him.

Paul Anderson was a graduate of San Pedro High School and Los Angeles Harbor College. He had gone on to Arizona State University where he was a 1:51 half-miler. He also had won the first Point Fermin 10-miler and finished in the top five in the next two. He never heard the gun for the fourth running. A different gun had spoken to him first.

Now, the Point Fermin Flyers are not just another running club. They are grass roots to the hilt, and their turf is the San Pedro area. There wasn't much they could do for Paul, other than mourn him. But, in a way, he was one of their own and they did not plan to let

Dan Harvey	29:13
Mark Conover	29:32
Ted Quintana	29:52
Bill Stolp	29:57
Rick Gentry	30:03
Brad Hawthorne	30:47
Ernie Rivas 1 SubM	30:48
Brian Maxwell	30:53
Roy Hoglund	30:56
Bill Seaver 2 SubM	31:06
Steve Palladino	31:11
Richard Kimball	31:16
Larry Stapleton	31:25
Gerardo Canchola	31:25
Sal Vasquez 1-40	31:26
Dan Anderson	31:36
James Tracy 3 SubM	31:37
Jeff Lee	31:41
Thomas Craig	31:44
Daniel Martinelli	31:47
Jan Sershen 4 SubM	31:57
Rich Hornstra	31:58
John Routh	32:05
David Muela	32:11
Tim Berry	32:11
Ulrich Kaempf 1-50	32:17
Angel Martinez	32:28
Bruce Degen 5 SubM	32:31
John Morse	32:35
Gene 'Speedy' Dangel 6 SubM	32:35
Robert Vizas 7 SubM	32:36
Nick Wintes 8 SubM	32:36
Michael Conroy 9 SubM	32:43
Andy Clifford	32:45
Michael Sapp	32:50
Gary Alderman 10 SubM	32:50
Harvey Franklin 11 SubM	32:54
Haywood Norton 12 SubM	32:56
Tom Mota 2-40	32:57
Christopher Smith	33:00
Glen Krawiek 3-40	34:23
Jim O'Neil 2-50	34:24
0 runners/	
Mary Day Dur	
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/500

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May 3. San Francisco.		. 9
5K:		10
1 J. Miguel Tibaduiza	15:00.4	11
2 Don Paul 1-30	15:12.0	14
3 Tom Barlow	15:42.9	66
4 Jim Mebust	15:47.5	72
5 Wayne Cottreli	15:57.5	11
6 Dan Greco	15:57.9	
7 Ferguson Spencer	16:02.9	Me
8 Tim Rostege 1-40	16:05.9	1
9 Richard Stiller 2-30	16.11.1	23
10 Dwight Miller	16:12.6	3
22 Pamela Cox 1F	17:24.6	4
27 Leslie McMullin 2F	17:53.7	5
34 Lana Hooper 3F	18:35.1	6
37 Karen Lanterman 4F	18:57.6	7
38 Bonnie Dwyer 5F	19:07.1	8
10K:		9
1 Mike Porter	30:51.0	10
2 Bob Noble	34:14.1	17
3 Joe McDuffy 1-30	34:55.1	18
4 Mitch Kristofferson	34:55.8	28
		86
5 Tom Sonponuggon	35:25.8	W
6 Louie Pearlman	35:53.0	1
7 James Batz	35:56.5	23
8 Mike Guerrero	36:09.2	3
9 Lon Rominger	36:26.7	4
10 Harry Mason 2-30	36:26.7	5
11 Michael Contreras	36:52.3	21
10 Longo Torry	261512	

George Juarez 35:13, 2 Mike Cortez 35:45, 3 Javier Figueroa 36:10, 4 Jose Ortega 36:14. 16-20: 1 Jeff Ambos 31:55, 2 David Rosas 33:35, 3 Julian Saavedra 34:21, 4 Roger Caswell 34:45. 21-25: 1 Joseph Avila 32:23, 2 James Grant 34:38, 3 Mark Sells 35:44, 4 Alex Miranda 35:55. 26-35: 1 Rudy Chavez 30:53, 2 Joe Carlson 31:14, 3 James Ursulo 32:25, 4 George Guerrero 32:37. 36-45: 1 Stan Stauble 33:45, 2 Parker Williams 35:54, 3 Alex Meade 36:14, 4 Art Milanez 36:18. 46-55: 1 Walt Windsor 35:29, 2 Richard Flores 35:58, 3 Jim Brownfield 36:48, 4 Sam Gee 37:27. 56& over: 1 K.G. Taki 39:00, 2 Phil Castle 42:05, 3 Leonard Kulbacki 42:38, 4 Ralph Jimenez 45:55, FEMALE--11&under: 1 Amber Chavez. 12-15: 1. Voncille Brown 38:47, 2 Carol Irvina 40:53, 3 April Aaron 44:52, 4 Marguerite Virant 46:48. 16-20: 1 Janet Freriks 41:05, 2 Benita Halliday 44:09. 3 Alice Rodriguez 44:34, 4 Kimberly Katson 47:10. 21-25: 1 Catherine Molina 44:58, 2 Vera Aguirre 49:16, 3 Pat Mahony 54:39, 4 Doris Chung 55:29. 26-35: 1 Judy Gomez 42:55, 2 Carole Bentley 45:11, 3 Sue Alper 45:32, 4 Elsa Aguirre 48:47. 36-45: 1 Joann Shaw 46:22, 2 Nancy Ishino 49:10, 3 Eloise Alaniz 51:57, 4 Ellen Bruneio 52:21. 46-55: 1 Pat Debever 48:09, 2 Erika Fleischer 54:09, 3 Lupe Molina 56:38, 4 Kathleen Vento 1:04:08. 56& over: 1 Ruby Taki 48:38, 2 Daisy Wong 49:51.

### **Athletic Express** Track Club 5 & 10K

#### May 31. Riverside. Men's 10K: 32:20.5 Ron Amundson Tom Hays 1st 16-19 32:51.7 Johnny Donnelly 33:01.3 Dave Hito 1st 30-39 33:57.7 34:24.1 Ron Navarrette 1st 40-49 5 34:36.0 Daniel Contrerras 2nd 30-39 Tad Kleindienst 3rd 30-39 Michael Kelly 34:45.8 **Ronald** Cole 34:49.4 34:51.5 George Smith Mel Santiago 2nd 40-49 35:12.5 35:48.3 Wally Ingram 3rd 40-49 Robert Kroger 1st 60 & over 40:59.4 John Goodyear 2nd 60 & over 41:24.6 16 Ollie Harker 1st 50-59 46:57.6 en's 5K: Greg Szanto 15:07.4 Ray Cook 1st 16-19 15:07.8 Tad Kleindienst 1st 30-39 16:00.3 16:09.9 Dave Cook 16:14.2 Steve Palm **Burton Hume** 16:18.7 Nathan Hayden 1st 15u 16:21.3 16:21.7 Grea Godfrey Dave Murphy 2nd 16-19 16.27.6 Wally Ingram 1st 40-49 16:29.6 17:14.2 Alan Dugard 2nd 40-49 Jason Harris 1st 50-59 17:18.0 Jess Maxcy 3rd 40-49 18:04.4 Hal Albert 1st 60 & over 23:52.1 omen's 5K: 18:08.1 **Kris Powers**

Tammy Barnhart

Rose Dorado

Tami Lawler 1st 15u

Kathy Story 1st 30-39

Shirley Peters 1st 40-49

### **Gold Country** Marathon

May 31. Nevada City.	
10K	
1 Mitch Kingery	32:06
2 Mike Warr	32:33
3 Aky Takaha	33:43
4 Mike Peavy 17u	33:56
5 Leyroy Kerby	34:26
6 Cobb Nelsen	34:36
7 Ron Mellor	35:20
8 Oliver Mills	35:31
9 Steve Daniels	36:18
10 Jim Bevins 1-40	36:27
32 Sheila Riley 1F	42:30
47 Tammie Foster 2F	44:00
52 Lauren Syda 3F	44:32
120 Marilyn Waste 1-50F	52:57
128 Mary Welz 1-40F	54:32
Half Marathon	01.01
1 Chris Turney	1:11:31
2 Steve Dean	1:11:51
3 John Talco	1:15:50
4 Bruce Hodge	1:16:09
5 R. J. Neville	1:17:32
6 Guillermo Sanchez	1:17:46
7 Gordy Vredenburg	1:17:56
8 Glenn Bailey	1:18:49
9 Jesus Sanchez	1:19:12
10 Sharlet Gilbert 1F	1:19:12
21 Ron Ogilvie 1-40	1:28:39
	1:30:55
29 Kristan Martin 2F	1:35:21
47 George Rodriguez 1-50	
62 Ginger Burrola 1-40F	1:40:40 2:09:38
140 Barbara Douglass 1-50F	2:09:38
Marathon	0.40.50
1 David Russell	2:43:56
2 Michael Buzbee	2:44:53
3 Andy Gonzales	2:48:49
4 Ronny Harries	2:51:00
5 Ken Gaal 1-40	2:52:07
6 Michael Owens	2:59:26
7 Gerry Miller	3:00:22
8 Gary DeWolf	3:02:03
9 Scott Davis	3:02:40
10 Bill Gardner	3:07:04
16 Fred Dunn 1-50	3:13:38
24 Valerie Doyle 1F	3:26:27
29 Ruth Anderson 1-50F	3:34:52

### **Run for Fun** 3K & 10K

3K:		
1	Cezar Acosta (18)	9:13
2	Freddy Vasquez (18)	9:47
3	Alex Parawan (18)	10:09
4	Rodney Adair (27)	10:17
5	Jose Orosco (18)	10:25
8	Norman Frederickson (50)	11:21
19	Renee Spencer (27)	12:37
	Dolores Burdick (25)	13:13
10	<·	
1	Ramon Castro (23)	39:23
2	Joe Mercado (24)	39:23
3	Alfred Martinez (34)	39:45
4	Rodney Adair (27)	40:32

#### Paul Anderson Award

#### By RICHARD SLOTKIN

few years ago, a young man, a young black man, was sitting at a Long Beach bus stop. It was dark and he was on his way to his mother's house, a new address to which she had recently moved. At the same time, another young man, this one a Samoan, was cruising the streets in the same neighborhood. He was looking for a black man ... any black man. As part of the initiation into a local gang, he was required to perform the gruesome rite of passage that would leave young Paul Anderson bleeding to death in a Long Beach street. Shot in the dark by someone he never knew; by someone who never knew him.

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Now, the Point Fermin Flyers are not just another running club. They are grass roots to the hilt, and their turf is the San Pedro area. There wasn't much they could do for Paul, other than mourn him, But, in a way, he was one of their own and they did not plan to let things go without some gesture to honor him.

Twice a year, the Flyers put on a ten-miler, once in November and once in May. Every year, at the May running, a \$150 scholarship is awarded to a graduating member of the San Pedro High School's middle distance corps. This scholarship is called the Paul Anderson Award. Simple. Not a king's ransom. But it says something. It says that the Point Fermin Flyers are people who care enough to try to make the world just a little better. Last year the award went to Gary Fredrickson. Gary has moved on to Cal State Dominguez Hills, not really far out of the neighborhood. Naturally, he comes back to run thesemiannualrace. He won this time, May 17, 1981. So, in addition to the scholarship last year, he got the first place medal this year.

There was another medal awarded this time. Paul Anderson's mother is a non-runner. She walked the first 5 mile loop of the two loop course in honor of her son. She plans to continue her participation in the race. Her "special award" really was special.

Thom Lacie owns a running goods shop in San Pedro. Thom Lacie aggravates the Flyers at each running of the 10 miler raffling off all the junk he can't sell. Nobody ever gets anything they can use. So they trade; or give the stuff away; or throw it away.

Thom Lacie is the founder and president of the Flyers, and a tolerably good runner. He is the push behind the Paul Anderson Award.

Thom Lacie is a tolerably good person. The Flyers are tolerably good people. Wouldn't you say?

Devil Mount	tain	8	Kristan Martin Pearl Anit	
Run			Suzie Ames	
null		11	Penny DeMoss	
		12	Nora Crans	
May 3. Danville.		13	Margaret Fischer	
Women:		14	Mary Eipert	
1 Michele Aubuchon	34:34	15	Stacey Nichol	
2 Suzanne Richter	35:00	16	Quita Lopez	
3 Rainey Stolp	36:52	17	Christina Callas	
4 Sue Johnston	36:59	18	Sue Banfield	
5 Vicki Bigelow 1-40	37:07	19	Barbara Reid	
6 Joan Ullyot 2-40	37:17	20	Janet Kramer	
7 Marilynn Harbin 3-40	38:05	82	Helen Holmaren 1-50	

may Dan H	un	5 Ron Navarrette 1st 40-49
		6 Daniel Contrerras 2nd 30-39
		7 Tad Kleindienst 3rd 30-39
May 3. San Francisco.		8 Michael Kelly
5K:		9 Ronald Cole
	15:00.4	10 George Smith
		11 Mel Santiago 2nd 40-49
2 Don Paul 1-30	15:12.0	14 Wally Ingram 3rd 40-49
3 Tom Barlow	15:42.9	66 Robert Kroger 1st 60 & over
4 Jim Mebust	15:47.5	72 John Goodyear 2nd 60 & over
5 Wayne Cottrell	15:57.5	
6 Dan Greco	15:57.9	116 Ollie Harker 1st 50-59
7 Ferguson Spencer	16:02.9	Men's 5K:
8 Tim Rostege 1-40	16:05.9	1 Greg Szanto
9 Richard Stiller 2-30	16.11.1	2 Ray Cook 1st 16-19
		3 Tad Kleindienst 1st 30-39
10 Dwight Miller	16:12.6	4 Dave Cook
22 Pamela Cox 1F	, 17:24.6	5 Steve Palm
27 Leslie McMullin 2F	17:53.7	6 Burton Hume
34 Lana Hooper 3F	18:35.1	7 Nathan Hayden 1st 15u
37 Karen Lanterman 4F	18:57.6	
38 Bonnie Dwyer 5F	19:07.1	8 Greg Godfrey
10K:		9 Dave Murphy 2nd 16-19
	20-51.0	10 Wally Ingram 1st 40-49
1 Mike Porter	30:51.0	17 Alan Dugard 2nd 40-49
2 Bob Noble	34:14.1	18 Jason Harris 1st 50-59
3 Joe McDuffy 1-30	34:55.1	28 Jess Maxcy 3rd 40-49
4 Mitch Kristofferson	34:55.8	86 Hal Albert 1st 60 & over
5 Tom Sonponuggon	35:25.8	Women's 5K:
6 Louie Pearlman	35:53.0	
7 James Batz	35:56.5	1 Kris Powers
8 Mike Guerrero	36:09.2	2 Tammy Barnhart
		3 Tami Lawler 1st 15u
9 Lon Rominger	36:26.7	4 Kathy Story 1st 30-39
10 Harry Mason 2-30	36:26.7	5 Rose Dorado
11 Michael Contreras	36:52.3	21 Shirley Peters 1st 40-49
12 Lance Terry	36:53.1	Women's 10K:
13 Lawrence DiPietro 1-40	36:59.8	1 Christie Grundy
14 Dan Sandri	37:04.3	
15 Don Huff 2-40	37:06.3	2 Joann Howard 1st 16-19
16 Alvin Low 3-30	37:12.4	3 Carol Lowe
17 Robert Flatland		4 Kelly Dougherty 2nd 16-19
	37:17.5	5 Kathy Henry 1st 15u
18 Joe Montoya	37:40.7	17 Karin Taber 1st 40-49
19 David Williams 4-30	37:42.4	
20 Dana Knutson	37:49.3	
25 Leon Souza 2-40	38:23.5	
30 Raymond Menzie 3-40	38:55.0	
37 Gard Leighton 4-40	39:22.4	
39 Karl Bollinger 5-40	39:30.0	
47 Wanda Bailey 1F	40:15.5	
57 Raona Roksvag-Zanger 2F	40:35.8	
66 Kathy Murphy 3F	41:08.7	
69 Adams Heise 1F 40	41:21.6	Two suchtan things have
80 Bridget Rose 5F	42:01.5	Two exciting things here
85 Kathy Looke 6F	42:24.1	wards in the top ten of the W
95 Mary Roach 7F	43:09.3	Howard, who tied for the wir
113 Jan White 2F 40	44:06.7	cond in the San Francisco
		Send your new P.R.'s (that
126 Nora Smiriga 3F 40	44:57.3	Lane, Culver City, CA 90230
20K:		Land, Ganor Brij, Gribber
1 Dave Hamilton	1:05:36.7	Diora Austrheim Cmith Mas
2 Robert Darling 1-30	1:06:46.9	Bjorg Austrheim-Smith Wes
3 Coty Pinckney	1:07:15.6	Craig Chambers Western S
	1:08:31.8	Mike Craigie (SMTC) Brenty
		Sally Edwards Western Sta
5 Michael Harmatz	1:09:10.3	Pamela Endler (SMTC) Cent
6 Robert Edwards	1:13:01.9	Phil Farina Bakersfield Mar
7 Jim Leney	1:13:33.4	Phil Farina Reedley 10 Mile
8 David Mark Llewellyn	1:13:33.6	
9 Richard Lleywellyn	1:14:33.1	Ruben Haro (SMTC) Mt. SA
10 Gregg Harvey	1:14:36.6	Charlie Hoover Western Sta
15 Sieffield Mattern 1-40	1:16:35.5	Jim Howard Western States
		Jim Knerr Brentwood 10K 3
29 Lourdes Duterte 1F	1:19:28.5	Doug Lattimer Western Sta
30 Florianne Harp 2F	1:19:37.6	Bob Macias (SMTC) Brentw
37 Margo Elson 3F	1:20:47.2	Kathy Martin Western State
49 Fujiko O'Clarit 4F	1:23:20.6	Josephine Babalan Western
62 Carol Granados 5F	1:26:51.4	
69 Marlys Hayden 1F 40	1:28:19.6	Nancy Pearlman Western S
		Jim Pellon Western States
		Hector Perez (SMCC) CPP A
Monterev P	ark	Hector Perez (SMCC) CPP A Gary Ruttenberg Western S

### Monterey Park **Playdays 10K Run**

From MARY PAXSON

#### May 30. Monterey Park.

38:45

38:54

38:56

39:20

39:21

39:36

39:39 39:52

40:14

40:15 40:20

40:32

41:02

47:08

MALE-11&u: 1 James Brown 39:42, 2 Tony Franklin 44:09. 3 Brian Kott 1:00:24. 12-15: 1

Constraints -	34:24.1	7 Gerry Miller
	34:36.0	8 Gary DeWolf
		9 Scott Davis
	34:45.8	10 Bill Gardner
	34:49.4	16 Fred Dunn 1-50
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49:40.6

JA & IUA	
зк: -	
1 Cezar Acosta (18)	9:13
2 Freddy Vasquez (18)	9:47
3 Alex Parawan (18)	10:09
4 Rodney Adair (27)	10:17
5 Jose Orosco (18)	10:25
8 Norman Frederickson (50)	11:21
19 Renee Spencer (27)	12:37
25 Dolores Burdick (25)	13:13
10K:	
1 Ramon Castro (23)	39:23
2 Joe Mercado (24)	39:23
3 Alfred Martinez (34)	39:45
4 Rodney Adair (27)	40:32
5 John Glass (37)	40:49

9 Rudy Escobedo (41)

45 Patricia Dixon (32)

3:02:03

3:02:40

3:07:04

3:13:38

3:26:27

3:34:52

41:05

51:51

#### By RICHARD SLOTKIN

o exciting things here. First, two women, Bjorg Austrheim-Smith and Sally Eds in the top ten of the Western States 100 (see results in this issue) and second, Jim ard, who tied for the win in course record time, went out two weeks later and ran sein the San Francisco Marathon with a 2:19:24. nd your new P.R.'s (that's Personal Record) to Richard Slotkin, 14212 Summertime

Culver City, CA 90230.

Austrheim-Smith Western States 100 18:48, 8th overall, 1st woman. Age 38. Chambers Western States 100 21:14, 16th overall. Craigie (SMTC) Brentwood 10K 32:36.7, 22nd place. Edwards Western States 100 19:04, 10th overall, 2nd woman. a Endler (SMTC) Century City 10K 58:32\* Farina Bakersfield Marathon 3:58:07. Farina Reedley 10 Miler 66:08. n Haro (SMTC) Mt. SAC Relays steeplechase 9:16.2. ie Hoover Western States 100 21:46, 20th overall, loward Western States 100 16:02, 1st place (tie) course record. Knerr Brentwood 10K 33:41.7, Pending US 45-49 age group record. Lattimer Western States 100 16:02, 1st palce (tie) course record. Macias (SMTC) Brentwood 10K 30:18, 3rd place Martin Western States 100 28 hours (approx)\* ohine Babalan Western States 100 23:50. y Pearlman Western States 100 31:15\* Pellon Western States 100 18:24, 5th (this time would have won last year). or Perez (SMCC) CPP All Comers 1500 3:51.3, 1st place, school record. Gary Ruttenberg Western States 100 23:34. Hal Schultz (WVTC) San Francisco Marathon 2:15:17, course record. Jason Stevens Western States 100 23:53.

\* = 1st time at distance.

### Kaiser-Permanente **10K Run**

#### May 31.

Male 12u: Jim Luna(16) 39:56. Male 17-19: Beraquiel Naranjo(19) 36:40. Male 20-29: 1 David Libby(25) 37:00, 2 Jesus Garcia(26) 37:20, 3 Robert Scherer-Hpm(29) 37:37. Male 30-39: 1 Victor Lemos(31) 36:04, 2 Dan Buenate(31) 37:04, 3 Gerry Robb(38) 37:48, Male 40-49: 1 Ray Hughes(42) 32:30, 2 Richard Belliveau(44) 37:05, 3 Dave Arntson(42) 38:37. Male 50-59: Richard Diener(57) 42:52. Male 60 & over: John Montova(69) 48:49.

Female 13-16: Heidi Wuerch(16) 50:36. Male 17-19: Mary Galvin(19) 51:06. Female 20-29: 1 Marie Albert(22) 39:51, 2 Sue Brodock(25) 42:11, 3 Laura Strong(21) 51:11. Female 30-39: Sheila Hasham(38) 44:58. Female 40-49: Mary Galvin(41) 51:17. Female 50-59: Mabel Pitteroff(53) 55:22.

### **Kaiser-Permanente** 5K Run

#### May 31.

Male 12u: 1 Michael Woodsin(12) 18:35, 2 Anthony Daniels(11) 22:25, 3 Eddle Yanami(11) 22:27. Male 13-16: 1 Gilbert Abrego(15) 17:26, 2 Greg Letendre(16) 18:07, 3 Mike Minick(16) 18:49. Male 17-19: Michael Oliver(17) 17:36. Male 20-29: 1 Juvenal Naranjo(23) 16:08, 2 Tony Black(21) 16:20, 3 Eddie Crawford(25) 17:50, 4 Ed Cachica(21) 18:51, Male 30-39: 1 Thomas Nelson(36) 16:34, 2 Mike Lozoya(30) 16:49, 3 Dave Roadruck(35) 17:51, 4 Freddle Comer(33) 18:00, 5 Ron Gagnon(38) 18:34. Male 40-49: 1 Bill Crum(45) 16:37, 2 Jurgen Froehlich(41) 17:31, 3 P. Alexander(47) 18:45. Male 50-59: Mel Elliott(50) 19:50. Male 60 & over: Tony Perona(73) 23:25

Female 12u: Jenell Gomez(11) 18:59, Female 13-16: Teresa Dillon(13) 20:25. Female 17-19: Chris Ramirez(17) 19:10. Female 20-29: 1 Marie Albert(22) 18:19, 2 Rebecca Sweem(24) 23:50, 3 Dyann Day(28) 24:18. Female 30-39: 1 Cindy Calvert(32) 20:03, 2 Sylvia Robles(31) 24:00, 3 Mary Carrillo(35) 26:51. Female 40-49: 1 Barbara Letko(48) 24:47, 2 Natie Sanchez(42) 25:51, 3 Audrey Singer(47) 26:02. Female 50-59: Ann Crawford(50) 25:45.

### **Silicon Valley** Striders 10K

May 31, Mission College, Santa Clara: Silicon Valley Striders/Mission College 1st Annual Big Brothers/Big Sisters Benefit 10K.

1	Steve Brooks	31:36
2	Gerardo Canchola	31:56
3	Tim Chain	32:24
4	Alex Gonzalez	32:28
5	John Clary	32:45
6	Armando Lagunas	32:56
7	Dave Levitsky	33:01
8	Dan Greco	33:02
9	Mike Engleman	33:10
10	William Dunn	33:26
11	Kenneth Drew	34:43
12	Carl Franco	34:46
13	Greg Nelson	34:47
	Dave Lopez	34:54
	Norm Gould	34:57
16	Ron Bovey	35:16

### **Fair Oaks Fiesta Five Mile Race**

#### May 31, Fair Oaks.

Women 12&u: 1 Bethany Hart 72:44, 2 Kris Hill 72:45. Men 12&u: 1 Gerald Garrison 39:43, 2 Lance McDaniel 46:57, 3 A. J. Moore 47:04 Women 13-16: Lynn Besne 42:26. Men 13-16: 1 Ken Kupholdt 32:29, 2 Doug Perry 35:43. Women 17-29: 1 Debbie Bispo 33:05, 2 Leslie Skow 36:30, 3 Linda Perry 42:60, 4 Wendy Barrett 43:52, 5 Katie Dobesh 46:01. Men 17-29: 1 Michael Taylor 26:28, 2 Robert Strazzo 26:30, 3 Joe Kupholdt 27:12, 4 Bill Stainbrook 27:25, 5 Leo Acquisto 27:53

Women 30-39: 1 Raet Bright 34:36, 2 Carol James 39:37, 3 Carolyn Junker 39:53, 4 Betti Dolezal 41:40, 5 Franca McCannally 45:31. Men 30-39: 1 Adam Ferreira 26:05, 2 Frank Krebs 27:32, 3 Karl Yamanchi 28:54, 4 Jim McMillin 29:01, 5 Walt Lange 29:17. Women 40-49: 1 Nancy Molitor 40:41, 2 Pat Mills 44:41, 3 Frances Besne 50:06, 4 Jeanette Barrett 52:46. Men 40-49: 1 Tom Adamson 29:45, 2 Jim Finnegan 30:42, 3 Bob Leever 32:11, 4 Billy Mills 32:27. 50 & over: 1 Muriel Orr 60:13. Men 50 & over: 1 Vance Koerner 33:20, 2 Rich Kupholdt 33:56, 3 Kick Ketelle 34:45.

### Santa Fe 5K

#### From RICHARD ELLIOTT

Santa Fe Springs: Firemen's Association 5K. MEN: 15 & Under: Robert Ramirez 16:14. 16-21: George Luna 15:31. 22-30: Philip Torres 16:23. 31-36: Reynold Sodini 16:31. 37-44: Peter Nichols 15:35. 45 & Over: Jack Resh 17:10.

WOMEN: 15 & Under: Tanya Aquilera 20:40. 16-21: Torie Elliott 18:24, 22-30: Honor Fetherston 22:08. 31-36: Darlene Almanza 23:09. 37-44: Patricia Tucker 24:32. 45 & Over: Joan Boatright 25:38.

### The Beer Run

#### From ROSS ROWLEY

June 2. Stockton.

You don't necessarily need a big time race to attract good runners. This statement was proven in a unique Tuesday evening 3 mile race put on by directors Ross Rowley and Felicia Quilantang, The 7 p.m. race started and finished in front of their home and was won by Ron Nabers, the winner of the first two professional marathons, and by Mike Fanelli, younger brother of the famed Gary Fanelli and a 2:20 marathoner himself. Nabers had cinched the win by some 30 yards, but he slowed to a jog in order to tie with Greater San Francisco teammate Fanelli in a warmweather time of 15:04. Third was a local runner, Matt Bruni in 15:07, followed by Sacramento's Adam Ferreira, an Olympic Trials marthoner who also appeared in the television movie "The Jericho Mile." Also competing was Henry Perez, a former USC 5,000 meter and steeplechase runner who is making a comeback. Man 15:04

Ron Nabers & Mike Fanelli
Matt Bruni
Adam Ferreira
Russ Seyfrled
Honny Doroz

sion record holder Don Ramirez' 43:55. A two mile prediction run attracted 23 additional runners with Leon Moreno and Haime Pimentel tying for first across the finish line in 12:01. The closest prediction was Bobby Tuite's. The Davis youngster was only 13 seconds off his estimated time.

Both races included several members of the D.Q. University American Indian Cross Country Team. They used this race as high elevation training for their upcoming 500 mile relay run from San Diego to D.Q. at Davis in the end of June.

The next event to be staged in the Sierra Foothills by the Synanon Strip will be the second running of the Wheels and Heels Hogback Half Marathon on September 12. This race includes elite wheelchair athletes as well as long distance runners.

37:46

39:38

43:15

43:55

44:15

44:16

44:38

44:57

45:11

46:33

53:51

54:37

54:42

61:45

21:53

22:22

22.22

- Dean Lofgren(Turlock) 2 Ray Gomez(RedwoodHS)
- Paul Ruffin(Synanon)
- Don Ramirez(Synanon) 1-40
- Nick Nardone(RedwoodHS)
- Art Smalley(RedwoodHS)
- Glenn Stoner(Synanon)
- Rudy Soleno(Visalia) 8
- William Mitchell(Fresno)

- - - -- -

31 Dwight Hadley 1M

36 Patricia Rose 1F

37 Wanda Ross 2F

15:07

15:16

15:38

- 10 Howie Tesser(Synanon) 1-30
- 24 Elizabeth Jones(Fresno) 1W
- 27 Pedro Soto(Synanon) 1-50
- 28 Patricia Hearst(Fresno) 2W
- 35 Margo Macartney(Synanon) 3W

### Santa Maria 5K/10K **Scholarship Run**

#### From M. JACQUES

June 6. Santa Maria.				
10K:				
1	Scott Mayfield	29:54		
2	Herman Aranda	31:50		
3	Steve Jones	34:33		
4	Jesse Aguilar	35:12		
5	Al Ramos 1 SubM	35:45		
6	Jerry Mendoza	36:15		
7	Felix Castillo	36:21		
8	Chris Nutting	36:41		
9	Tom Allen 1 SubM	36:58		
10	Albert Flores	37:06		
16	Jim Rowe (Sr)	39:18		
22	Leo Estes 1-M	40:30		
39	Molly Ruedas 1F	45:49		
42	Barbara Costley-Adams 2F	46:31		
45	Janice Taylor 3F	48:01		
5K:				
1	Martin Silva	15:53		
2	Danilo Perez	15:56		
3	Steve Harney 1 SubM	16:12		
4	David Curtsy	16:39		
5	Matt Rodenberger	16:43		
6	Tim Burton	17:11		
18	Joseph Carey 1 Sr	19:54		
-				

Medicine 10K Run From MICHAEL W. HEASLETT

**American Academy** 

of Podiatric Sports

### **Russian River Run**

#### From JOE PELKEY

#### June 7. Uklah.

Cool overcast skies, a large field and a prompt start at 6 a.m., all contributed to a host of new course records at the 3rd Annual Russian River Run. A total 552 runners finished one of 3 races offered including 212 for the full marathon, 245 for the half-marathon and 95 in the 4.9 mile run.

Ted Pawlak, 25, of Los Gatos, set the early pace in the full marathon and never relinguished the lead. He set a new course record covering the distance in 2:29:10. Two minutes behind Pawlak was Bill Fanning of Cloverdale who finished in 2:31:30.9. A much closer battle was going on for third place between last year's overall winner, John Notch of Oakland, and Robert Clay of nearby Lowerlake, Lake County. Clay eventually took third in 2:33:36.5 and Notch finished fourth in 2:34:15.9. Local Mendocino County runners placed well including Andy Jensen(6th, 2:45:12.8), Dexter Keehn(8th, 2:45:49.0), and Paul Jepson(14th, 2:55:05.0)

The women's full marathon mark was shattered with a 3:03:19.9 performance turned in by 35 year old Nelly Wright of Monterey, Second overall was Tammy Sargent of Bellflower(also women's open winner) in 3:15:49.9, with third place overall going to Paula Beard of San Francisco in 3:16:16.9.

The full marathon (certified course) had 25 finishers under 3 hours and a total of 43 women and 169 men completing the distance. Last year's race had 149 finishers in the full marathon.

In the half-marathon, Jim Lovejoy (33) of Garberville was a return winner. He shaved a scant 1.2 seconds off his previous mark to finish in 1:11:56.8. Dan Brown of Martinez hung close to Lovejoy through 10 miles before finishing second in 1:12:39.8 Brown was also the men's open winner. Ken Drew of San Jose took third in 1:15:59.0, and Jeff Maugans of Crescent City was fourth in 1:18:04.2.

The women's half-marathon mark was lowered by nearly 10 minutes as 30 year old Sharlet Gilbert of Berkeley ran a strong 1:18:57.1. She captured both the women's overall crown and first place in the women's 30-39 division. She also finished fifth place overall in the half-marathon. Second overall for women was Carol Granados(25) of San Francisco with a 1:28:29.5 and also winner of women's open. Third place overall for women was Mary McGie of Chico in 1:32:09.6.

There were 100 women and 145 men finishers in the half-marathon. Last year's race had a total of 199 finishers in the halfmarathon

Masters runners ran extremely well this year setting new course records in the following divisions and races: Women's 50 & over(Half)--Helen Holmgren, Menlo Park, 1.51:15.6; Women's 40 & over(Full)--Susan Hamamuiu, Perkeley, 3:31:17.4; Men's 50 & over(Full)--Robert Wright, Monterey, 3:04:37.1; Women's 50 & over(Full)--Shirley Tobin, Sausalito, 4:08:03.1.

Tobin, 57, completed her third marathon and did so against the backdrop of a KPIX film crew doing a feature film on her.

The Russian River Run marathon course is a certified out and back course over slightly rolling terrain and scenic country roads. All 3

	onanot anoortin nonnona)	1.10.07.1
2	Diane Greenhouse(Berkeley)	1:39:20.3
3	Carolyn Dorr(Oakland)	1:39:42.2
Me	on 40-49:	
	Dick Malkin(Berkeley)	1:23:56.6
2	Robert Lichiti(Hayward)	1:28:03.2
3	Robert Vernon(SanFran)	1:28:18.4
No	omen 40-49:	
1	Sandra Vernon(SanFran)	1:40:56.5
2	Mary Bates(FortBragg)	1:47:47.3
fie	n 50 & over:	
	Alan Bellon(Ukiah)	1:24:32.1
No	men 50 & over:	
	Helen Holmgren(MenloPark)	1:51:15.6

1.10.57 1

Women 30.39

Sharlet Gilbert(Richmond)

### **Dump to Dump Run**

June 7. Coyote Point, San Mateo. 4.5 Mile. Open Men: 1 Bob Brennand 22:53.3, 2 Andy McFarland 22:58.4. 3 Thomas Hussey 23:02.4. Open Women: 22 Lynn Hjelte 25:35.3, 51 Denise Bigelow 26:50.6, 74 Janice LeCoco 27:51.2. Master Men: 10 Ulrich Kaempf 24:08.1, 28 Bill Bugler 25:46.1, 31 Myron Neuramont 25:55.8. Master Women: 57 Vicki Bigelow 27:10.4, 88 Marion Irvine 28:31.4, 184 Betsy Fraser Smith 30:44.9. Junior Men: 7 Brad Zamczyk 23:50.6, 11 Spencer Ferguson 24:09.2, 12 Mitch Kristofferson 24:20.0, Junior Women: 245 Serina DeLaCruz 32:09.2, 290 Michele Gross 32:37.3, 368 Shannon DeLaCruz 34:08.6.

1	Bob Brennand	22:53.3
2	Andy McFarland	22:58.4
3	Thomas Hussey	23:02.4
4	Virginia De Araujo	23:26.1
5	Fidel Serrano	23:26.4
6	T. Chain	23:43.4
7	Brad Zamczyk	23:50.6
8	Michael L. Duncan	23:52.9
9	P. LeBart	24:01.8
10	Ulrich Kaempf	24:08.1
11	Spencer Ferguson	 24:09.2
12	Mitch Kristofferson	24:20.0
13	Andre Kavanaugh	24:23.6
14	Paul Ghidossi	24:40.3
15	Arturo Rodrigues	24.44 2

#### Sri Chinmoy Marathon June 7. Davis.

#### James Barker(San Jose) 2:32:22.9 Dwight Hendrix(Lafayette) 2:33:36.2 Unofficial 3 Doug Rennie(FairOaks)1 40 2:36:27.2 David Riddle(Seoul,Korea) 2:37:47.7 2:37:57.8 Michael Cunningham(Sacto) David Wills(CastroVly) 2:39:29.1 Joe Schieffer(Oakland) 2:41:12.6 8 9 Lloyd George(CastroVly) 2:42:02.1 10 Jerry Lynch(SantaCruz) 2:42:48.0 11 Jay Cook(Apo,NY)1-40 2:43:00.9 12 Dennis Doris(SantaRosa) 2:47:48.7 13 John Smallen(Occidental) 2:48:33.8 14 Jeff Pearman(Carmichael) 2:48:42.5 15 Norman Gould(SanJose) 2:50:02.2 16 Rod Christiansen(SanJose) 2:50:02.4 2:50:03.7 17 Bobus Smithton(SanFran) 18 Daniel Hollis(Vallejo) 2:50:25.3 19 Jack Wheeler(SanJose) 2:52:27.7 20 Dennis Inocencio(Angwin) 2:52:52.3 21 Guillermo Barron(Oakland) 2:53:29.4 2:54:26.5 22 Michael Schulz(Reno,NV) 2:54:59.9 23 Robyn Graves(Orangevale) 24 Molly Thayer(MarinaDelRey)1-F 2:55:17.4

2:55:45.5

25 Ernest Takahashi(Sacto)

Albert(22) 18:19, 2 Rebecca Sweem(24) 23:50 3 Dyann Day(28) 24:18. Female 30-39: 1 Cindy Calvert(32) 20:03, 2 Sylvia Robles(31) 24:00, 3 Mary Carrillo(35) 26:51. Female 40-49: 1 Barbara Letko(48) 24:47, 2 Natle Sanchez(42) 25:51, 3 Audrey Singer(47) 26:02. Female 50-59: Ann Crawford(50) 25:45.

mna Hamirez(17) 19:10. Female 20-29: 1 Mart

### Silicon Valley Striders 10K

May 31, Mission College, Santa Clara: Silicon Valley Striders/Mission College 1st Annual Big Brothers/Big Sisters Benefit 10K. 31:36

1	Steve Brooks
2	Gerardo Canchola
3	Tim Chain
4	Alex Gonzalez
5	John Clary
6	Armando Lagunas
7	Dave Levitsky
8	Dan Greco
9	Mike Engleman
	William Dunn
	Kenneth Drew
	Carl Franco
	Greg Nelson
	Dave Lopez
	Norm Gould
	Ron Bovey
	Ron Tanaka
	Robert Edwards
	Walter Radloff
	Tony Nielsen
	Vic Andrews
	Paul Falk
	John Revelli Frank Ruona
28	Everett Riggle 1-40
30	Myron Nevramont 2-40 Sigfried Mattern 3-40
	Gough Reinhardt 1-50
	George Burnell 2-50
	Janice Le Cocq 1-F
	Monya Lane 2-F
	Kathy Whittaker 3-F
	Sue Holguest 4-F
	Betsy Fraser-Smith 1-40 F
	Jane Creech 6-F
	Serina Dela Cruz 7-F

### Fair Oaks Fiesta 5 Mile

#### May 31. Fair Daks; Fair Daks Flests Five Mile Race.

MEN: 12 & Under: 1. Gerald Garrison 39:43: 2. Lance McDanniel 46:57; 3. A.J. Moore 47:04. 13-16: 1. Ken Kupholdt 32:29; 2. Doug Perry 35:43, 17-29; 1. Michael Taylor 26:28; 2. Robert Strazzo 26:30; 3. Joe Kupholdt 27:12; 4. Bill Stainbrook 27:25; 5. Leo Acquisto 27:53. 30-39: 1. Adam Ferreira 26:05; 2. Frank Krebs 27:32; 3. Karl Yamanchi 28:54; 4. Jim McMillin 29:01; 5. Walt Lange 29:17. 40-49: 1. Tom Adamson 29:45; 2. Jim Finnegan 30:42; 3. Bob Leever 32:11; 4. Billy Mills 32:27. 50 & Over: 1. Vance Koerner 33:20: 2. Rich Kupholdt 33:56; 3. Kick Ketelle 34:45,

WOMEN: 12 & Under: 1. Bethany Hart 72:44; 2. Kris Hill 72:45. 13-16: 1. Lynn Besne 42:26. 17-29: 1. Debbie Bispo 33:05; 2. Leslie Skow 36:31; 3. Linda Perry 42:60; 4. Wendy Barrett 43:52; 5. Katie Dobesh 46:01. 30-39: 1. Raet Bright 34:36; 2. Carol James 39:37; 3. Carolyn Junker 29:53; 4. Beti Dolezal 41:40; 5. Franca McAnnally 45:31. 40-49: 1. Nancy Moiitor 40:41: 2. Pat Mills 44:41; 3. Frances Besne 50:06; 4. Jeanette Barrett 52:46. 50 & Over: 1. Muriel Orr 60:13.

### The Beer Run

### From ROSS ROWLEY

June 2. Stockton.

You don't necessarily need a big time race to attract good runners. This statement was proven in a unique Tuesday evening 3 mile race put on by directors Ross Rowley and Felicia Quilantang. The 7 p.m. race started and finished in front of their home and was won by Ron Nabers, the winner of the first two professional marathons, and by Mike Fanelli, vounger brother of the famed Gary Fanelli and a 2:20 marathoner himself. Nabers had cinched the win by some 30 yards, but he slowed to a jog in order to tie with Greater San Francisco teammate Fanelli in a warmweather time of 15:04. Third was a local runner, Matt Bruni in 15:07, followed by Sacramento's Adam Ferreira, an Olympic Trials marthoner who also appeared in the television movie "The Jericho Mile." Also competing was Henry Perez, a former USC 5,000 meter and steeplechase runner who is making a comeback.

#### Men: 1 Ron Nabers & Mike Fanelli 2 Matt Bruni Adam Ferreira

31:56

32:24

32:28

32:45

32:56

33:01

33:02

33:10

33:26

34:43

34-46

34:47

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36:06

36:18

36:30

38:19

38:20

38:32

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43:08

43:56

44:03

45:20

45:31

**Russ Seyfried** Henry Perez Kurt Sterling Mike Rowerdink Jerry Martinez 10 Ricky Buck 11 Joss Walters 12 Dean Arbach Women: Ginger Burrola Sharon Miller 3 Mary Wihlidal Joey Brown 4 5 Kathy Merkel

### Synanon Strip 10K X-C Mountain Run From MICHELLE GAUTHIER

#### June 6. Badger.

Forty three determined runners lined up for this year's edition of the notoriously rugged Synanon 10 Kilometer Cross Country Mountain Run. Despite June 6 temperatures in the high 90's at the 9 a.m. start, all 43 runners conquered the 6.2 miles of steep hills and cow trails to the finish line.

Dean Lofgren of Turlock blazed in at 37:46. finishing first overall. He was only 48 seconds off the course record set by Alfred Lara's 35:58 in 1979. The second runner in was Ray Gomez of Redwood High School's Cross Country Team in Visalia. He broke his own 1979 division record by 10 minutes with a time of 39:38.

A female sub-master from Fresno, Elizabeth Jones, was the first woman in at 53:41. This earned her the Betty Dederich Memorial Trophy, awarded by Synanon to the First Lady of the Mountain Run. She was followed 60 seconds later by Patricia Hearst of Fresno, whose amazing performance smashed the over 50 women's record by 30 minutes

Among the hosting Synanon Runners, the two best performances were Paul Ruffin's third place finish in 43:15 and Masters Divi-

4	Jesse Aguilar	35:12
5	Al Ramos 1 SubM	35:45
6	Jerry Mendoza	36:15
7	Felix Castillo	36:21
8	Chris Nutting	36:41
9	Tom Allen 1 SubM	36:58
10	Albert Flores	37:06
16	Jim Rowe (Sr)	39:18
22	Leo Estes 1-M	40:30
39	Molly Ruedas 1F	45:49
	Barbara Costley-Adams 2F	46:31
	Janice Taylor 3F	48:01
5K		
1	Martin Silva	15:53
2	Danilo Perez	15:56
3	Steve Harney 1 SubM	16:12
4	David Curtsy	16:39
5	Matt Rodenberger	16:43
6	Tim Burton	17:11
18	Joseph Carey 1 Sr	19:54
31	Dwight Hadley 1M	21:53
36	Patricia Rose 1F	22:22
	Wanda Ross 2F	22:22
		sources a file file

15:04

15:07

15:16

15:38

15:46

16:01

16:22

16:29

16:37

16:50

16:56

19:44

19:45

21:37

22:26

22:40

### **American Academy** of Podiatric Sports Medicine 10K Run

From MICHAEL W. HEASLETT

31:49

32:45

33:31

33:50

34:05

34:29

34:39

34:48

35:00

35:16

41:54

43:07

45:16

45:19

46:09

46:34

55:08

59:49

60:11

62:37

64:22

65:46

66:43

69:07

72:22

72:34

81:38

83:05

85:35

77:45

88:18

95:20

#### June 7. Disneyland, Anaheim. Mon:

	Ron Kurrle	
	Ronnie Adams	
	Henry Lange	
	<b>Robert Ramirez</b>	
	Dave Ruble	6
	Mike Eck	·
	Rory White	
	Bill Sumner	
	Robert Parks	
)	Fidel Diaz	
10	men:	
	Tonya Prescott	
	Violet Phillips	
	Nicola Savage	
	Karen DeNovi	
	Mickie Shapiro	
	Felicia Ridley	

### **Pajaro Dunes Beach Run**

#### From MARK STEELMAN

June 7.

Open N

1 Tim

2 Tom

4 Mike

5 Fran

Master

1 Davi

3 Rob

5 Larn

Open V

2 Vale

3 Jear

Boys un

1 Eric

2 Bria

3 Greg

2

4

Carl

Mar

Gail

Mari

10.07 Mile.	
len:	
Gruber	
Adams	
ty Kruger	
e Gruber	
k Ruona	
s Men:	
d Branning(6th)	
Miller(8th)	
Forbes(11th)	
k Steelman(17th)	
y Hicks(18th)	
fomen:	
Goettelman(29th)	
rie Schnurr(32nd)	
ne Dawson(35th)	
ider 18:	
Cremer(25th)	
n Young(37th)	
Blythe(43rd)	

the men's open winner. Ken Drew of San Jos took third in 1:15:59.0, and Jeff Maugans of Crescent City was fourth in 1:18:04.2.

The women's half-marathon mark was lowered by nearly 10 minutes as 30 year old Sharlet Gilbert of Berkeley ran a strong 1:18:57.1. She captured both the women's overall crown and first place in the women's 30-39 division. She also finished fifth place overall in the half-marathon. Second overall for women was Carol Granados(25) of San Francisco with a 1:28:29.5 and also winner of women's open. Third place overall for women was Mary McGie of Chico in 1:32:09.6.

There were 100 women and 145 men finishers in the half-marathon. Last year's race had a total of 199 finishers in the halfmarathon.

Masters runners ran extremely well this year setting new course records in the following divisions and races: Women's 50 & over(Half)--Helen Holmgren, Menio Park, 1-51:15.6; Women's 40 & over(Full)-Susan Hamamuiu, Perkeley, 3:31:17.4; Men's 50 & over(Full)--Robert Wright, Monterey, 3:04:37.1; Women's 50 & over(Full)--Shirley Tobin, Sausalito, 4:08:03.1.

Tobin, 57, completed her third marathon and did so against the backdrop of a KPIX film crew doing a feature film on her.

The Russian River Run marathon course is a certified out and back course over slightly rolling terrain and scenic country roads. All 3 races begin at the same time. The 4.9 mile "fun run" was won by Mark Burnell of Redding 29:12.3 for men, and Carrie Bartolomei, 35:15.2 of Redwood Valley for women. The course record for this race remains at 28:53.6 set by Phillip Schlager in 1980. This year's race saw 95 total finishers in the 4.9 mile run. **Full Marathon Open Men:** 

9	pen men.	
1	Ted Pawlak(Los Gatos)	2:29:10.0
2	Mark Samuelson(Stockton)	2:42:11.5
3	Dave Periman(WalnutCreek)	2:48:09.7
0	pen Women:	
1	Tammy Sargent(Bellflower)	3:15:49.9
2	Paula Beard(SanFrancisco)	3:16:16.9
3	Mary Bogle(Sacramento)	3:21:20.2
M	en 30-39:	
1	Bill Fanning(Cloverdale)	2:31:30.9
2	Robert Clay(LowerLake)	2:33:36.5
3	John Notch(Oakland)	2:34:15.9
N	omen 30-39:	
١	Nelly Wright(Monterey)	3:03:19.9
M	en 40-49:	
1	Don James(Lafayette)	2:56:46.8
2	Michael McGie(Chico)	2:58:31.0
3	Earl Magpoing(LosAngeles)	2:58:57.3
N	omen 40-49:	
1	Susan Hamamoto(Berkeley)	3:31:17.4
M	en 50-59:	
1	Robert Wright(Monterey)	3:04:37.1
N	omen 50 & over:	
ŀ	Shirley Tobin(Sausalito)	4:08:03.1
	Half Marathon	
ta:	inior Men:	
ľ.	Michael Diavatis(Benicia)	1:38:33.4
	nior Women:	1.00.00.4
ĩ	Rima Peckham(Ukiah)	1:48:59.3
0	pen Men:	1.40.00.0
1	Dan Brown(Martinez)	1:12:39.8
2	Tom Beritzhoff(Pledmont)	1:20:53.0
3	Larry Morton(RedwoodVly)	1:21:47.4
	pen Women:	
1	Carol Granados(SanFran)	1:28:29.5
,	Mary McGie(Chico)	1:32:09.6
8	Alice Gandelman(CitrusHts)	1:35:09.6
	an 30-39:	
-	Jim Lovejoy(Garberville)	1:11:56.8
	Kenneth Drew(SanJose)	1:15:59.0
	International Conservations	4.40.04.0

Jeff Maugans(CrescentCity)

1:18:04.

15 Arturo Rodrigues

24:44.2

#### Sri Chinmoy Marathon June 7. Davis

June /. Davis.				
1		2:32:22.9		
2		2:33:36.2		
3	Unofficial			
4		2:36:27.2		
5		2:37:47.7		
6		2:37:57.8		
7	David Wills(CastroVly)	2:39:29.1		
8		2:41:12.6		
9	Lloyd George(CastroVly)	2:42:02.1		
1	0 Jerry Lynch(SantaCruz)	2:42:48.0		
1	1 Jay Cook(Apo,NY)1-40	2:43:00.9		
1		2:47:48.7		
1	3 John Smallen(Occidental)	2:48:33.8		
1	4 Jeff Pearman(Carmichael)	2:48:42.5		
1	5 Norman Gould(SanJose)	2:50:02.2		
1	6 Rod Christiansen(SanJose)	2:50:02.4		
1	7 Bobus Smithton(SanFran)	2:50:03.7		
1	8 Daniel Hollis(Vallejo)	2:50:25.3		
1	9 Jack Wheeler(SanJose)	2:52:27.7		
2	0 Dennis Inocencio(Angwin)	2:52:52.3		
2	1 Guillermo Barron(Oakland)	2:53:29.4		
2	2 Michael Schulz(Reno,NV)	2:54:26.5		
2	3 Robyn Graves(Orangevale)	2:54:59.9		
2	4 Molly Thayer(MarinaDelRey)1-F	2:55:17.4		
2	5 Ernest Takahashi(Sacto)	2:55:45.5		
3	2 Bev Marx(Sacto) 2-F	2:57:34.8		
4	3 Margo Elson(Berkeley) 3-F	3:00:09.1		
8	8 Sandy Fitzwater(Sacto) 4-F	3:20:52.8		
1	59 Ginger Burrola(Manteca) 1-F 40	3:43:34.1		

### St. John's Festival **Old Town Run**

5:49.9	June 7. Napa. 5 Mile.	
6:16.9	Male 13 under:	
1:20.2	1 Dennis O'Connor(Napa)	33:17
	2 Joshua Smith(Napa)	34:02
1:30.9	3 Roman Rodriguez(SanJose	34:41
3:36.5	4 Gideon Smith(Napa)	38:41
1:15.9	5 Daniel Getz(Napa)	40:41
	Female 13 under:	
3:19.9	1 Amy Smith(Napa)	40:10
	2 Michelle Smith(Napa)	40:15
3:46.8	3 Marne Luchsinger(Napa)	47:59
3:31.0	Male Junior:	
3:57.3	1 Steve McLaine(Napa)	28:05
	2 Gary Rayward(Fairfield)	28:40
:17.4	3 Ronald Poggi(Crckett)	29:48
	4 Eric Anderson(St.Helena)	31:18
:37.1	5 Richard Poggi(Crockett)	31:21
	Female Junior:	
3:03.1	1 Melissa Garton(Napa)	40:04
	2 Dawn Rothwell(Yountwell)	45:13
	3 Angela Garton(Napa)	47:19
3:33.4	Male Open:	
	1 Mike Warr(Napa)	25:02
3:59.3	2 Matt McMullen(Aurora,CO)	25:25
	3 Keith Golding(Napa)	26:13
:39.8	4 Allen Smith(Sonoma)	26:35
0:53.0	5 David Muela(Napa)	26:43
:47.4	Female Open:	
	1 Mary Goodson(Berkeley)	33:49
:29.5	2 Eileen Cunningham(SanMateo)	34:20
2:09.6	3 Phoebe Biever(Napa)	35:59
:09.6	4 Ann N. Gray(Oakland)	36:04
	5 Lynn Silva(Martinez)	36:34
:56.8	Male Submaster:	
59.0	1 Steve Frisk(Benicia)	25:51
:04.2	2 Jeff Pecsar(SanFrancisco)	27:45
	3 Larry Pugh(Fairfield)	27:59

4	Dave Cargill(Fairfield)
5	Zack Taylor(SantaRosa)
Fe	male Submaster:
1	Barbara Frisk(Benicia)
2	Jane Viera(Martinez)
3	Kathy Ronnenberg(Yountville)
4	Bernie Harrison(Napa)
5	Pam Greco(Napa)
Ma	le Masters:
1	Lou Daugherty(Napa)
2	
3	
4	
5	Bob Goodrich(Benicia)
	male Masters:
1	Bobbi Bird(Napa)
2	Joyce Loveton(Napa)
3	Iris Cloudt(Napa)
4	Linda Morrison(Suisun)
5	Bonnie Long(Napa)
9	Donne Long(napa)

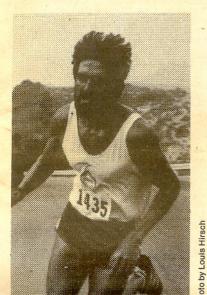
### L.A. Half Marathon and 10K Runs

#### By BRAD MALAMUD & LOUIS HIRSCH

June 7, Griffith Park, Los Angeles: Los Angeles Junior Chamber of Commerce (Neutrogena) Half Marathon and 10K.

Race day was hot, approximately 75-80 degrees and approximately 80% humidity. Over 1400 official runners took part. 613 finished the half marathon including 76 year old Charles Turner who finished in 574 place in a time of 2:10:01. Eddie Lewin at age 64 was the male 60 and over winner in a time of 1:29:15 thereby continuing his unbeaten streak of over 65 consecutive races in his age division.

The 10K had 721 finishers, with Michael Larson winning in a time of 30:17 over 11/2 minutes ahead of the second place finisher. Connie McCarthy ran a 36:35 winning the female division by almost 3 minutes.



marathon and won in a time of 1:32:48. The one thing runners weren't expecting to contend with was traffic. The streets over which the course was laid couldn't be closed on this Sunday and at times the going got very scary and buses running their normal Sunday route made the situation even worse.

#### 10K Race

28:22

29:10

32:40

34:53

39:28

39:35

40:51

28:07

28:09

28:57

29:12

29:44

36:26

42:41

43:45

47:16

50:40

MEN: 19 & Under: 1. Javier Melia (17) 33:58; 2. Zachary Mejia (17) 35:04; 3. George Juarez (15) 35:37. 20-29: 1. Michael Larson (27) 30:17; 2. Alvaro Palacios (22) 32:00; 3. David Stansbury (26) 33:13; 4. Juvenal Maranjo (23) 34:10; 5. Derek Fuzukama (20) 34:39. 30-39: 1. Carlos Godoy (30) 33:49; 2. Roger Bourban (39) 35:09; 3. David Engelberg (32) 36:18; 4. Gary Schnittgrund (33) 36:25; 5. Don Grimes (35) 36:53. 40-49: 1. Ray Hughes (42) 34:13; 2. James Murphy (41) 35:34; 3. Dick Ortiz (45) 36:49: 4. David Chanaiwa (42) 37:50; 5. Don Guthrie (47) 38:31. 50-59: 1. George Ropella (52) 39:12; 2. Ralph Goldwyn (56) 43:20; 3. Morton Witz (52) 43:32; 4. Duke Gallagher (50) 43:52; 5. Fred Olsen (50) 44:38. 60 & Over: 1. Ed Stotsenberg (67) 43:21; 2. Julian Myers (63) 50:57; 3. Clifford House (60) 53:07; 4. John Kerman (61) 53:14; 5. Herb Ford (60) 53:25.

WOMEN: 19 & Under: 1. Aileen Cormack (16) 43:32; 2. Tony Artis (16) 45:55; 3. Meg Werner (16) 46:05. 20-29: 1. Conni McCarthy (26) 36:35; 2. Lisa Buckley (23) 39:34; 3. Stephanie John (27) 40:10; 4. Ilka Gillette (27) 41:20; 5. Maria Martinez (27) 45:53. 30-39: 1. Judy Kewley (36) 39:47; 2. Jeanie Chromoy (33) 44:58; 3. Terri Goodreau (31) 47:16; 4. Earlene Solly (31) 47:16; 5. Carolyn Greywood (34) 48:40, 40-49: 1. Nancy Huff (41) 48:19; 2. Cecily Parke (41) 49:46; 3. Elaine Lewis (42) 50:43; 4. Sarah Jones (41) 51:16; 5. Eloisa Alaniz (42) 51:58, 50-59: 1, Evelyn Dabritz (50) 52:58: 2, Ruth Ward (53) 57:34; 3. Alice Tillman (52) 62:37

#### Half Marathon Race:

MEN: 19 & Under: 1. Steve Siders (18) 1:12:37; 2. Chris Brenneman (18) 1:12:58; 3. Steven Dietch (19) 1:15:01; 4. Brad Kearns (16) 1:20:07; 5. Joseph Volk (19) 1:22:28. 20-29: 1. John Brenneman (25) 1:08:15: 2. David Askren (27) 1:10:56; 3. George Guerro (28) 1:11:28; 4. Jim Scott (27) 1:13:27: 5. James Detweiler (28) 1:13:55. 30-39: 1. Ruben Garcia (30) 1:14:02; 2. Bill Boggs (34) 1:14:08; 3. Ken Kendall (31) 1:14:55: 4. Jesus Ocana (36) 1:15:16; 5. Jim Howell (37) 1:16:35. 40-49: 1. Gabriel Bernal (42) 1:14:29; 2. Jim Knerr (47) 1:15:19; 3. Tom Carroll (42) 1:21:56; 4. James Thomson (40) 1:22:25; 5. Jerry Van Meter (43) 1:22:55. 50-59: 1. Patrick Devine (52) 1:23:48; 2. Aurelio Camacho (50) 1:28:07; 3. John Wefler (54) 1:35:42: 4. Paul Goldman (58) 1:36:25; 5. Robert Van Noy (59) 1:37:08. 60 & Over: 1. Eddie Lewin (64) 1:29:15; 2. James Hauser (60) 1:37:23; 3. George Boyle (62) 1:37:30; 4. Morton Davey (62) 1:38:18; 5. Clyde Alling (64) 1:38:26.

WOMEN: 19 & Under: 1. Kim Stewart (14) 1:37:34; 2. Jean Wilkinson (19) 1:45:08; 3. Lisa Garrison (19) 1:45:40. 20-29: 1. Bonnie Emmett (29) 1:37:17: 2. Gayle Cory (27) 1:37:27: 3. Mary Beth Smith (28) 1:41:16; 4. Nancy Tinker (29) 1:43:36; 5. Kathy Hanks (24) 1:44:26. 30-39: 1.



### Leatherneck Marathon

#### June y, El Toro. GI

	Gilbert Cortez (20)	2:20:20
2	Chris McLauhan (25)	2:28:15
3	John Loeschhorn (37)	2:31:07
4	John Larson (32)	2:34:45
5	Gaston Boford (34)	2:35:18
6	Steve Corona (20)	2:35:22
7	Robert Masterson (27)	2:35:22
8	Jay Olsen (27)	2:36:11
9	Mike Corraiz (32)	2:36:36
10	Paul Petlancn (27)	2:37:35
42	Run Navarrette (42)	2:45:30

### Ponderosa Ridge Run

#### From AUSTIN ANGELL

July 11, South Lake Tahoe: Ponderosa Ridge Run - 9.5 miles.

Clear, warm and windy. Dry and fast course starting at 7100 feet and climbing to 9000 feet and rolling downward to 7800 feet. Steve Brown broke the course record with a 1:02:32 time, breaking the old record of 1:03:26 set in 1977 by John Gailson. Course begins at the Spooner Summit Maintenance Station at the junction of Hwy 50 and Hwy 28 and covers 9.5 miles of demanding terrain. It is a point to point race on the eastern rim of Lake Tahoe in the High Sierras.

1. Steve Brown 1:02:32; 2. Ed Chaidez 1:06:12; 3. Tom Trimble 1:07:10; 4. Dallas Cox 1:09:32; 5. Andy Takaha 1:15:33; 6. Tom Regan 1:17:15; 7. Bob Weber 1:18:40; 8. Gary Ceragioli 1:18:54; 9. Bill Crawford 1:20:38: 10. Steve Madison 1:21:06....19. Debbie Johnson (first female) 1:52:47.

### **Top of the State Races**

July 11, Weed: Top of the State Footraces. 4.7 and 7.0 miles

A field of 152 distance runners turned out for the Sixth Annual Top of the State Footraces and when it was over, Fernie Fernandez of Weed and Jim Price and Al Masterson of Redding stood above all others as they led everyone across the finish line in an event which has become another attraction to Weed Carnivale.

Fernandez and Masterson, Far Western Conference distance runners from Sacramento State and Chico State respectively, tied for first place over the 4.7 mile circuit with clocking of 24:59.1.

24:59

24.59

25:51

26:52

27:11

27:15

28:00

29:25

29:58

33:06

33:25

33:58

40:48

39:51

40:52

41:25

41:45

42:03

42:15

#### 4.7 MILE:

- 1 Fernie Fernandez (Weed)
- Allen Masterson (Redding)
- Ernie Freer (Havford) 1 13-18
- John McLean (Mt. Shasta)
- Mike Garcia (Mt. Shasta) 1 30-34
- Darren Phillips (Redding) 6
- Mac Forbes (Reddding) 1 35-39
- 12 Mike Finnegan (Edgewood) 1 40-44
- 13 Bill Wagner (Etna) 1 50+
- 24 Karen Bushey (Oregon) 1 13-18 F
- 25 Sharon Long (Mt. Shasta) 1 35-39 F
- 28 Suzan Towlen (Mt. Shasta) 1 30-34 F
- 56 Marlyn Hines (Mt. Shasta) 1 45-49 F
- 7.0 MILE:
- Jim Price (Redding) 1 30-34 Don Merwin, Jr. (Hayfork) 1 13-18
- Duane Mallams (Oregon) 1 35-39 Mike Healey (Redding)
- Steve Nygaard (Redding) 1 19-29
  - Bill Parr (Redding) 2 35-39 h Ealle

Bullington 42:53, 3 Ellen Coleman 45:34, 4 Cecil Smith 45:59, 5 Karen Huffman 46:36. Female 30-39: 1 Carolyn Greywood 47:20, 2 Carmen Larsen 47:23, 3 Ann Van Dyke 51:22, 4 Nancy Foster 52:51, 5 Deb Moore 53:29. Female 40-49: 1 Linda Harmon 48:59, 2 Phyllis Stern 51:12, 3 Shirley Peters 53:09, 4 Sandra Krivanek 1:07:45, 5 Sally Johnson 1:08:04. Female 50-59: 1 Barbara Innes 52:13.

### Lake Tahoe Relay

Robert DeCelle II Memorial Relay, 72 miles, once around the lake, 7 person teams

- 11 Aggie Running Club 6:37:32 Lake Merrit Joggers & Striders 7:02:39
- Tamalpa Runners 5
- S.F. Chronicle 6
- Sundance Running Club
- 8 **Cool Breeze**
- Capital City Flyers (1-mixed) 7:20:50 Skaden, Mansoor, Simmonson, Kuphaldt, Roberts, Immpos, Hamer
- 10 Aggie Running Club 2
- 15 Lick Harriers (1-high school) 7:39:39 Flores, Salpivar, Trujillo, Zaragosa, Pangalina, Munoz, Diaz
- 37 S. Lake Tahoe Teachers (1-masters)8:24:24 Branchini, Jones, Dvorah, Lehman,
- GeBott, Crawford, Estabrook 39 Aggie Running Club (1-female) 8:24:35 Houston, Bigelow, Geredes, Smith,
- Dodgson, Jackson, Bigelow 76 teams finished.

### Sweat, Don't Fret

June 13. Mason Park, Orange County. Sponsored by the Orange County Assoc. for Mental Health 5K:

#### Women

14 & under: Amy Cox 20:46, 15-18: Clare Feit 20:47. 19-24: Robin Dubach 18:35. 25-29: Ellen Guken 18:17. 30-34: Lorraine Schulman 24:37. 35-39: Diana Green 22:11. 40-44: Mary Dierker 27:20. 45-49: E. Reitin 25:16. 50-59: Pat Anthony 25:27. 70 & over: Alice Walsh. Men

14 & under: Scott Belopeau 18:14, 15-18: David Patelson 18:16. 19-24: Nick Tyme 18:56. 25-29: Chris Costan 17:05. 30-34: William Sumner 17:10. 35-39: Bob Van Sickle 17:46. 40-44: Otto Reid 17:39. 45-49: Alexander 18:44. 50-59: Wally Evertz 18:08. 60-69: Louis Rocha 20:46. 70 & over: Walter Simonds 30:13. 10K:

#### Women

14 & under: Lisa Costa 48:00, 15-18: Elaine Zeta 45:54. 19-24: Denise Slohl 44:31. 25-29: Tina Costantino 45:34. 30-34: Tanya Prescott 42:52. 35-39: Cargill 49:58. 40-44: Patricia Olbassa 1:06:38. 45-49: Kitty Henderson 54:19. 50-59: Mary Weinstein 1:01:54.

#### Men

14 & under: Ricky Wood 34:14. 15-18: Bryan Mayberry 36:52, 19-24: Andrew Girkin 32:55. 25-29: Tony D. Padca 33:20. 30-34: Dennis Foster 35:07. 35-39: Ron Koehn 36:12. 40-44: Stan Price 37:10, 45-49; E. Black 38:48, 50-59; Richard Hochschild 44:11. 60-69: Donald a good lead and continued to lengthen it to an eventual six minutes with a time of 3:07:53.

One of the brightest things about the race was the traffic control. The California Highway Patrol and the local police (the race runs through several different communities) should all be commended for their excellent work. This despite three runners being hit, on a very tight part of the course, from behind.

The race has come a long way from the race six years ago when there was little to no traffic control. Police were at every major intersection guiding and slowing traffic around the runners. A major problem with the course is that it is run on main streets which cannot be closed during the event.

One continuing flaw with the race is the way the results have been handled. Stevenson had to wait over three hours to receive his award. The awards ceremony was supposed to have started at 12 noon, but didn't start until almost 1:00. One reason the ceremony was delayed so long was the argument between race committee members over who won which awards. Even in this computer age and the use of a computer to get finishing times, the results weren't tabulated any faster than when the popsicle sticks were used. One of the race coordinator's explanation for this was that with a race this size it is always difficult to get results out guickly. The Kiwanis Club of Palos Verdes should finally open their wallets and spend some money and hire someone who knows how to get quick results. If the race officials can't learn in fifteen years how to do this they never will.

Another minor peeve about the race was the awards given to a special group of runners. The cardiac patients were given trophies white the other winners were given medals. I feel that both groups should be given the same awards. It is a great accomplishment for cardiac patients to run a marathon but those other excellent runners should not be given what some might think are inferior awards.

WOMEN: 15 & Under: 1. Kathy Ritcke 3:58:58: 2. Natalie Leese 4:22:11: 3. Ann Blank 4:26:25, 16-27: 1. Anne Keating 3:23:54; 2. Ann Bensh 3:28:20; 3. Susan Katlove 3:28:23. 28-35: 1. Darlene Roberts 3:16:27: 2. Susan Weems 3:17:29; 3. Kathy Martin 3:18:07. 36-44: 1. Susan Kiddy 3:07:53: 2. Sue Hutchinson 3:13:50: 3. Mariana McMullen 3:24:01. 45 & Over: 1. Betty Flood 3:34:16; 2. Shirley Blush 4:03:49: 3. Diane Fritz 4:03:54.

MEN: 14 & Under: 1. Mark Toole 3:28:09; 2. Andy Hutchinson 3:33:14; 3. Brett Harris 3:44:11. 15-18: 1. Tim Reish 2:51:18; 2. Phil Smith 2:58:30: 3. Allan Hamlet 3:01:20. 19-29: 1. Mark Stevenson 2:31:19; 2. Greg Gawlik 2:32:48; 3. Steve Bratt 2:37:35; 4. James Barbarvold 2:48:56; 5. Michael Kelly 2:49:21; 6. John Davillard 2:50:09; 7. John Greenwood 2:51:33; 8. Michael Somers 2:53:12; 9. Dan Stumpus 2:53:31; 10. Scott Filler 2:56:13. 30-39: 1. Allan Johnson 2:44:13; 2. Sergio Rameriz 2:44:40: 3. Jerry Poling 2:45:10. 40-44: 1. Bart Coventry 2:40:16; 2. Joe Gassmann 2:44:36; 3. Joe Bergasser 2:46:49. 45-49: 1. Fredrick Kiddy 2:50:27; 2. Donald Grocev Jr. 3:00:20; 3. Bob Holtel 3:00:26. 50-54: 1. Barrie Hardwick 2:59:08: 2, Joe Olivas 3:00:24: 3, Curtis Brown 3:02:20. 55-59: 1. Keith Albright 3:16:08: 2. Alonzo Monk 3:17:16; 3. Cas Kozak 3:28:27, 60 & Over: 1. William Zappas 3:28:27; 2. Bob Simpson 3:33:28; 3. William Russell 3:44:21.

Oneste Prostly De

- 2:25:28 :28:15 2:31:07 :34:45 :35:18 :35:22 :35:22 36:11 2:36:36 :37:35
- 10 Pa 42 Run Navarrette (42)

3

June 13, South Lake Tahoe: 17th Annual

7:06:33

7:12:35

7:15:52

7:17:39

7:24:20

te around the lake, i person tea	1110.
Harveys Hotel & Casino	6:27:
Pinocci, Gentry, Jennings, Vena	able,
Hernandez, Gailson, Kingery	
Stereoscope B	6:35:



#### Mike Larson **10K Winner**

This race was noteworthy for two reasons, one predictable and one not predictable. The predictable thing was the heat in Southern California in June. The unpredictable thing was the nature of the race. The people in the race had the option of running either the 10k or the half marathon without declaring in advance. This made it very hard for the spectators to tell who was in front in which race. But that didn't seem to bother the runners in the race

In the men's 10k race Mike Larson decided to run the shorter of the two races. His winning time was a respectable 30:17 and over a minute and a half ahead of second place. John Brenneman decided, although we don't know when, to go twice as far and he took the half marathon in 1:08:15 in termperatures that began to rise dangerously towards the end of the race.

In the 10k Roger Bourban, the man who popularized running in a waiters uniform with a platter and a bottle of Perrier water on top decided to do it straight and finished second in the 30-39 age group.

in the women's 10k Conni McCarthy decided that six point two miles was enough. She finished first in a good time of 36:35. Katharine Kehr held on longer for the half

1-20-07: 5 Joseph Volk (19) 1:22:28, 20-29; 1 John Brenneman (25) 1:08:15; 2. David Askren (27) 1:10:56: 3. George Guerro (28) 1:11:28; 4. Jim Scott (27) 1:13:27; 5. James Detweiler (28) 1:13:55, 30-39: 1, Ruben Garcia (30) 1:14:02; 2. Bill Boggs (34) 1:14:08; 3. Ken Kendall (31) 1:14:55; 4. Jesus Ocana (36) 1:15:16; 5. Jim Howell (37) 1:16:35. 40-49: 1. Gabriel Bernal (42) 1:14:29; 2. Jim Knerr (47) 1:15:19; 3. Tom Carroll (42) 1:21:56; 4. James Thomson (40) 1:22:25; 5. Jerry Van Meter (43) 1:22:55. 50-59: 1. Patrick Devine (52) 1:23:48; 2. Aurelio Camacho (50) 1:28:07; 3. John Wefler (54) 1:35:42: 4. Paul Goldman (58) 1:36:25: 5. Robert Van Noy (59) 1:37:08. 60 & Over: 1. Eddie Lewin (64) 1:29:15: 2. James Hauser (60) 1:37:23; 3. George Boyle (62) 1:37:30; 4. Morton Davey (62) 1:38:18; 5. Clyde Alling (64) 1:38:26.

WOMEN: 19 & Under: 1. Kim Stewart (14) 1:37:34: 2. Jean Wilkinson (19) 1:45:08: 3. Lisa Garrison (19) 1:45:40, 20-29: 1, Bonnie Emmett (29) 1:37:17; 2. Gayle Cory (27) 1:37:27; 3. Mary Beth Smith (28) 1:41:16; 4. Nancy Tinker (29) 1:43:36: 5. Kathy Hanks (24) 1:44:26. 30-39: 1.



#### John Brennaman Half Marathon Winner

Katharine Kehr (33) 1:32:48; 2. Beverly Haugh (31) 1:34:36; 3. Marie Stevenson (36) 1:36:33; 4. Frances Williams (33) 1:38:07; 5. Jan Gillham (30) 1:38:30. 40-49: 1. Joyce Monita (44) 1:40:26; 2. Jane Dods (45) 1:44:43: 3. Johnna Cessor (42) 1:47:16; 4, Alice Olson (42) 1:49:50; 5, Jennifer McIntosh (40) 1:52:32. 50-59: 1. Daisy Wong (56) 1:56:45; 2. Lynn Roberts (51) 2:00:42; 3. Joyce Boedecker (50) 2:12:05; 4. Ruth Bioland (52) 2:12:06.

A field of 152 distance runners turned out for the Sixth Annual Top of the State Footraces and when it was over, Fernie Fernandez of Weed and Jim Price and Al Masterson of Redding stood above all others as they led everyone across the finish line in an event which has become another attraction to Weed Carnivale

Fernandez and Masterson, Far Western Conference distance runners from Sacramento State and Chico State respectively, tied for first place over the 4.7 mile circuit with clocking of 24:59.1.

24:59

24:59

25:51

26:52

27:11

27:15

28:00

29:25

29.58

33:06

33.25

33:58

40:48

39:51

40:52

53:18

55:42

61:37

#### 4.7 MILE:

	Fernie Fernandez (Weed)
	Allen Masterson (Redding)
3	Ernie Freer (Hayford) 1 13-18
1	John McLean (Mt. Shasta)
	Milles Casala (Mt Chesta) 1 20 2

- Mike Garcia (Mt. Shasta) 1 30-34 Darren Phillips (Redding)
- Mac Forbes (Reddding) 1 35-39
- 12 Mike Finnegan (Edgewood) 1 40-44 13 Bill Wagner (Etna) 1 50 +
- 24 Karen Bushey (Oregon) 1 13-18 F
- 25 Sharon Long (Mt. Shasta) 1 35-39 F
- 28 Suzan Towlen (Mt. Shasta) 1 30-34 F
- 56 Marlyn Hines (Mt. Shasta) 1 45-49 F

#### 7.0 MILE:

- Jim Price (Redding) 1 30-34
- Don Merwin, Jr. (Hayfork) 1 13-18

- 0

- 39 Linda Jo Doniak (Central Valley) 1 35-39 F
- 42 Catherine Quinn (Chico) 2 19-29 F
- 57 Marge Dunlap (Anderson) 1 40-44 F 69 Velma Nile (Mt. Shasta) 1 50 & Over F

### **Run in the Vinevard**

#### From Michaela Rodeno

July 12, Yountville: Run in the Vineyard 10K. Junior Men (under 21): 1. Keith Golding 35:00: 2. Michael JOnes 35:54; 3. Stacy Van Horn 37:28. Open Men 21-39: 1. Butch Alexander 34:39: 2. Steve Frisk 34:49; 3. Mike Trosset 34:59. Open Women 21-39: 1. Jolie Houston 38:15; 2. Colleen Moran 41:11; 3. Kelley Hyde 42:53. Masters Men 40 Plus: 1. Lou Dogherty 36:13; 2. Bill Buglar 37:24; 3. William James 38:55. Masters Women 40 Plus: 1, Reavis Gibb; 2, Yvonne Burtness; 3. Carol Hirsch.

### **Riverside Bull Run**

#### June 13, Riverside, 10K.

Male 14 under: 1 Jeff Delecionne 48:50, 2 Gary Derouchey 54:44, 3 Dan Derouchey 55:27. Male 15-18: 1 John-Mark Stuade 35:35. 2 Jim Karras 38:03, 3 Gary Koeppen 38:08, 4 Kenny Chavez 42:15, 5 Barry Verespe 42:40. Male 19-29: 1 Danny Reed 31:05, 2 Stephen McGhee 34:03, 3 Ted MacKechnie 36:34, 4 Ronald Cole 36:49, 5 Steve Giudici 37:39. Male 30-39: 1 Dean King 35:19, 2 Jim White 36:18, 3 Gill Cornell 36:37, 4 Ray Varcoe 37:06, 5 William Brown 37:09. Male 40-49: 1 Wally Ingram 35:41, 2 Freddie Chavez 38:22, 3 Don Van Dyke 38:44, 4 Robert Reisig 39:16, 5 Michael Keefe 40:18. Male 50-59: 1 Jason Harris 37:57, 2 Edd Ashley 43:10, 3 John Coles 43:11, 4 Clinton Marr 44:10, 5 Bill Garton 45:14. Male 60 plus: 1 John Goodyear 41:33, 2 Stephen White 46:51. Female 15-18: 1 Charlene Kozoro 56:30. Female 19-29: 1 Carol Lowe 40:11, 2 Susie

sored by the Orange County Assoc. for Mental Health. 5.

#### Women

14 & under: Amy Cox 20:46, 15-18: Clare Feit 20:47, 19-24; Robin Dubach 18:35, 25-29; Ellen Guken 18:17. 30-34: Lorraine Schulman 24:37. 35-39: Diana Green 22:11, 40-44: Mary Dierker 27:20, 45-49; E. Reitin 25:16, 50-59; Pat Anthony 25:27. 70 & over: Alice Walsh. Men

#### 14 & under: Scott Belopeau 18:14. 15-18: David Patelson 18:16. 19-24: Nick Tyme 18:56. 25-29: Chris Costan 17:05. 30-34: William Sumner 17:10, 35-39: Bob Van Sickle 17:46, 40-44: Otto Reid 17:39, 45-49; Alexander 18:44, 50-59; Wally Evertz 18:08. 60-69: Louis Rocha 20:46. 70 & over: Walter Simonds 30:13.

#### 10K: Women 14 & under: Lisa Costa 48:00. 15-18: Elaine Zeta 45:54, 19-24: Denise Slohl 44:31, 25-29: Tina Costantino 45:34. 30-34: Tanva Prescott 42:52, 35-39; Caroll 49:58, 40-44; Patricia Olbassa 1:06:38, 45-49; Kitty Henderson 54:19, 50-59: Mary Weinstein 1:01:54. Men

14 & under: Ricky Wood 34:14. 15-18: Bryan Mayberry 36:52. 19-24: Andrew Girkin 32:55. 25-29: Tony D. Padca 33:20. 30-34: Dennis Foster 35:07. 35-39: Ron Koehn 36:12. 40-44: Stan Price 37:10. 45-49: E. Black 38:48. 50-59: Richard Hochschild 44:11, 60-69: Donald Dilworth 41:55. Wheelchair: Phillip Criswell 43:47.5. 20K:

#### Women

25-29: Sharon Sullivan 1:33:13.1. 30-34: Carol Saragosst 1:45:27.8. 35-39: Stephanie Guida 2:10:07.0. 40-44: Arlene Moore 1:55:45.8. 45-49: Ann Wilson 1:49:28.4. Men

14 & under: Jeff Lotspeich 1:36:30.6. 15-18: Teddy Lin 1:26:31.8. 19-24: Fidel Diaz 1:13:59.4. 25-29: James Ursula 1:08:37.0. 30-34: Ronald Jensen 1:13:12.5. 35-39: Jim Reilly 1:16:11.8. 40-44: Jack Ireton-Hewitt 1:25:05.0. 45-49: Lee Francis 1:23:10.2. 50-59: Richard Elizoiraron 1:24:55.0. 60-69: Steve Chiplis 1:36:55.2.

### **Palos Verdes** Marathon

#### By LOUIS HIRSCH

June 13, Palos Verdes: Palos Verdes Marathon.

As is typical in June the weather in Southern California is very unpredictable. Usually it's not particularly good for running a marathon. This year was no exception.

As the 1500 runners discovered, it was hot and smoggy. This was not the only problem the runners had to contend with. There was the matter of the 26 miles and the big collection of hills that make the Palos Verdes Marathon what it is. The difficulty of this course usually keeps away the name runners and this year's race was no exception.

Mark Stevenson, a seven time P.V. veteran was the first to finish. After so many times over the course it wasn't quite so bad for him. Stevenson ran with a pack for the first five miles then began to accelerate and by the six mile mark found himself alone. From that point on he was running strictly for time. He finished with 2:31:19.

Sandra Kiddy, the first woman, had very little competition. At the ten mile mark she had

3:58:58; 2. Natalle Leese 4:22:11; 3. Ann Blank 4:26:25. 16-27: 1. Anne Keating 3:23:54; 2. Ann Bensh 3:28:20; 3. Susan Katlove 3:28:23. 28-35: 1. Darlene Roberts 3:16:27; 2. Susan Weems 3:17:29: 3. Kathy Martin 3:18:07. 38-44: 1. Susan Kiddy 3:07:53; 2. Sue Hutchinson 3:13:50: 3. Mariana McMullen 3:24:01. 45 & Over: 1. Betty Flood 3:34:16; 2. Shirley Blush 4:03:49; 3. Diane Fritz 4:03:54.

MEN: 14 & Under: 1. Mark Toole 3:28:09; 2. Andy Hutchinson 3:33:14; 3. Brett Harris 3:44:11. 15-18: 1. Tim Reish 2:51:18; 2. Phil Smith 2:58:30: 3. Allan Hamlet 3:01:20. 19-29: 1. Mark Stevenson 2:31:19; 2. Greg Gawlik 2:32:48: 3. Steve Bratt 2:37:35; 4. James Barbarvold 2:48:56: 5. Michael Kelly 2:49:21: 6. John Davillard 2:50:09; 7. John Greenwood 2:51:33; 8. Michael Somers 2:53:12; 9. Dan Stumpus 2:53:31; 10. Scott Filler 2:56:13. 30-39: 1. Allan Johnson 2:44:13; 2. Sergio Rameriz 2:44:40: 3. Jerry Poling 2:45:10. 40-44: 1. Bart Coventry 2:40:16; 2. Joe Gassmann 2:44:36; 3. Joe Bergasser 2:46:49. 45-49: 1. Fredrick Kiddy 2:50:27; 2. Donald Grocey Jr. 3:00:20; 3. Bob Holtel 3:00:26. 50-54: 1. Barrie Hardwick 2:59:08; 2. Joe Olivas 3:00:24; 3. Curtis Brown 3:02:20, 55-59: 1. Keith Albright 3:16:08; 2. Alonzo Monk 3:17:16; 3. Cas Kozak 3:28:27. 60 & Over: 1. William Zappas 3:28:27; 2. Bob Simpson 3:33:28; 3. William Russell 3:44:21.

### **Coco's Family Run**

June 14, Irvine: Coco's Family Runs, 5 & 10K. 5 Kilometer Run:

MEN: 12 & Under: 1. Greg Henry (11) 18:06. 13-16: 1. Greg Baugh (15) 16:47, 17-19: 1. Steve Patton (17) 18:31, 20-29: 1, Michael Phillips (21) 14:29. 30-39: 1. Calvin Rossi (30) 17:52. 40-49: 1. Gary Smith (41) 17:30. 50-59: 1. Wally Evertz (52) 17:40. 60 & Over: 1. Tim Turner (62) nt.

WOMEN: 12 & Under: 1. Colleen Gargan (11) nt. 13-16: 1. Lili Garay (13) 22:53. 17-19: 1. Sheryl Chambers (19) nt. 20-29: 1. Lisa Gonzales (22) nt, first woman. 30-39: 1. Stephanie Porras (32) 20:50. 40-49: 1. Cherie Lightburne (42) 20:40. 50-59: 1. Pearl Brinskele (51) nt.

#### **10 Kilometer Race:**

MEN: 12 & Under: 1. Gregory Pound (11) 36:45. 13-16: 1. Raul Serratos (15) 34:21; 2. Gary Daily (16) 34:26; 3. Jeff Gregg (15) 35:37. 17-19: 1. Enrique Serratos (18) 33:06; 2. Tino Nunez (18) 33:51; 3. James Watson (18) 40:09. 20-29: 1. Tom Wysocki 30:51; 2. Alan Lind (21) 31:45; 3. Paul Stapleton (25) 33:34; 4. Steve Boatright (20) 34:15; 5. Jim Stephens (28) 34:57. 30-39: 1. Ron Kurrle (33) 32:10; 2. Tony Gerardi (34) 33:42; 3. Terry Schmitz (32) 34:46; 4. Bruno (30) 36:37; 5. Jeff Wilson (32) 36:52. 40-49: 1. Ron Navarette (42) 33:57; 2. Ray Hughes (42) 34:09; 3. Christopher Bourke (45) 36:16. 50-59: 1. Tracy Brown (52) 36:55; 2. Aurelio Camacho (50) 39:00; 3. Jerry Soto (53) 39:13. 60 & Over: 1. Carl Pierson (61) 46:59.

WOMEN: 12 & Under: 1. Eleanor Uribe (12) 42:39, 13-16: 1. Shannon Stryker (16) 40:32; 2. Clare Feit (15) 44:27; 3. April Stevens (15) 48:38. 17-19: 1. Catherine Casserly (18) 42:24; 2. Antoinette Tester (19) 45:45; 3. Karen Thompson (19) 48:21. 20-29: 1. Rebecca Pantuso (25) 42:14; 2. Carolyn Wagstaff (25) 42:48; 3. Patricia Sweetman (28) 44:10: 4. Trina Perkins (22) 44:22; 5. Gail Arsenault (21) 45:20. 30-39: 1. Fran Solomon (38) 38:38 first woman; 2. Tonva Prescott (34) 42:24: 3. Reiko Duba (36) 43:28; 4. Cheryl Butehers (34) 43:57; 5. Sandi Polis (36) 44:49; 6. Jenny Stocker (36) 44:54. 40-49: 1. Reina Hart (49) 40:33; 2. Viola Phillips (41) 42:37; 3. Elaine Havens (45) 45:08. 50-59: 1. Ruby Taki (56) 47:58; 2. Virginia Terry (56) 49:10; 3. Daisy Wong (56) 49:27.





#### Start of the Round The Runway Race

### **Round the Runway**

#### From JIM ADAMS

June 14, Moffett Field. 4th Annual Round The Runway Footraces. 5K & 10K.

The 4th Annual Round the Runway Footrace held at Naval Air Station Moffett, California, was held under ideal running conditions on the flatest and one of the fastest courses in the Bay Area.

The 10K course laid out around the runways of historic Moffett Field and Hangar Number One saw 398 competitors. Ted Quintana, a well-known runner, set a blistering pace to win the Men's Open Division with an excellent time of 30:29.0, while Christine Callas won the Women's Open Division with a time of 41:07.7.

In the 5K race, laid out in and around NASA Ames Research Center, which ajons Moffett Field, Jake White set the pace with a fine time of 15:47.5. The 5K had 233 participants.



Next year's race will be held the first Sunday in June. 5 Kilometer:

1. Jake White 15:47; 2. Tim Rostege 16:01; 3. Sam Castillo 16:09; 4. Robert Edwards 16:22; 5. Joe Mercado 16:28; 6. Jim Gorman 16:31; 7. Ron Bovey 16:52; 10. Tom Legan (1 under 18) 16:59; 11. Frank Velasquez (2 under 18) 17:0112. Juan Armendariz (1 master) 17:03; 42. Debra Feinman (1 woman) 19:28; 61. Vickey Rydell (1 woman under 18) 20:25; 65. Sherry Gaskin (3 woman) 20:35; 85. Sandra Looper (1 woman master) 22:00. 10 Kilometer:

Overall: 1. Ted Quintana 30:29; 2. Sal Berümen 32:37; 3. Dean Lefgren 32:56; 4. Daniel Gonzalez 33:15; 5. John Clary 33:19; 6. Glenn MacDougall 33:46; 7. Ulrich Kaempf (1 master) 33:59; 8. Jay Gehrig (1 military) 34:10; 9. Allen Neel 34:24; 10. Dave Lopez 35:05.

Boys 11 & Under: 1. Kevin Vergho 42:57; 2. Erik Axtell 43:11; 3. Joel Miller.

Boys 12-17: 1. Michael Matthews 36:43; 2. Patrick Ford 38:21; 3. Robi Wickstrom 38:37.

Men's Military: 1. Jay Gehrig 34:10; 2. Scot Miller 38:05; 3. Dan Speed 38:13.

Masters Men: 1. Ulrich Kaempf 33:59; 2. Mike LaPierre 36:02; 3. David Edgan 38:28.

Senior Men: 1. Jan Nijssen 49:47; 2. Dale Yee 49:58; 3. Bob Guest 50:59.

Girls 11 & Under: 1. Joann Arnold 44:39; 2. Jolie Beyrer 52:34; 3. Michele Matthews 55:46. Girls 12-17; 1. Mary Matthews 51:07; 2. Lib-

by Rydell 63:10. Women's Open: 1. Christine Callas 41:07; 2. 37:56, 2 Dennis White 40:08, 3 Manuel Salsberry 43:47, 4 Mel Hutchinson 44:27. Male 40-49: 1 Jurgen Froehlich(Ist male) 35:51, 2 Leonard Shipley 43:02, 3 Joe Sanchez 44:47, 4 Bob Avery 47:27. Male 50-59: 1 Tommy Hodges 42:59, 2 Richard Diener 44:31, 3 Karlis Smittens 54:01.

### **Statuto Races**

June 14, San Francisco: 61st Statuto Race. 4 mile & 8

21:13

21:14

69:49

3

4	MILE RESULTS:
1	Michael Gulli (SFTC)
2	Michael J. Conroy (Excelsior TC)
3	Hashim Bashiruddin (Excelsior TC

17 Susan Lovejoy (DSE) 1-F

	MICHAELD. COMOY (EXCENSION TO)	61.17
	Hashim Bashiruddin (Excelsior TC)	22:00
	Jerry W. Anderson (SFIAC)	27:42
ľ	T.C. Ghigliazza (Unat)	27:53
1	Sally M. Savitz (Pamakids) 1-F	28:09
1	MILE RESULTS:	
	Pete Flores (Aggie RC)	48:52
	Michael Eshia (Pamakids)	49:25
	Pete Nowicki (Pamakids)	49:38
	Frank Smith (Pamakids)	57:46
	Russell Breslauer (DSE)	61:32

### **Moscow Road Run**

From FRED KENYON

### Father's Day 5K

#### By REG HARRIS

#### June 14, St. Helena: Father's Day Five-Kilometer.

"You guys were due," was one of the comments I heard after almost everyone had left Crane Park following the Third Father's Day Five-Kilometer. I guess we were. For four years and almost sixty races, the Silverado Track Club has escaped major problems with races. Our efforts have always been smooth and well organized; however, there had to be a first time, and Father's Day was it. Almost everything that could have gone wrong did, beginning with a mistake on our shirt order that send us six dozen extra-large and continuing through the owner of the property challenging our right to run through his property (we did have permission from his manager, but he didn't know it) and finishing with the mix-up at the finish. Those of you who have been to our other races know this is far from typical, and we'd like to apologize to all the runners for the problems. Thank you for your patience and understanding.

The race itself was pleasing. Even though a strong wind kept runners from really fast times, no less than six race records were set. Perhaps the most remarkable was the new father-son team time for the 51-over division. Scott and Jerry Faulkner of El Cerrito took almost four minutes off the old record with a combined time of 35:53 (17:28 for Scott and 18:25 for Jerry). The 50-under father-son team winners also clobbered the old record a Mike (20:50) and Dennis (21:08) O'Connor of Napa recorded 41:58, 31/<sub>2</sub> minutes under the old record.

Other records were set by Masters runners Walt Vennum (Sebastopol), with 17:48 (old record 18:10), and Hisae Reichel (Oakland), with 25:07 (old record 26:12). Angwin veteran division competitors Keith Anderson and Erma Baker were also record breakers with 20:18 (old 24:02) and 22:53 (old 23:00), respectively.

I think every director, after every race, says, "Never again," and after Father's Day, both Jack Potter and I shared similar feelings. However, if we have the race again next year, we'll make a few changes. First, we'll have a race-day registration set-up to handle a larger group. Second, we may not have t-shirts. (The shirts, as simple as they were, cost us about \$4 each, not counting driving time, lay-out expenses, etc. When we sold them for \$5 on race day, we were just above break even.) There is too much invested in them, and as we have no sponsors, we can't afford the risk. Third, we'll probably have more age divisions. We will, however, have as many awards. We presented over seventy this year, which is far more than most races much larger than ours; But, despite the problems and the delays, we hope the race was satisfying for all.

Allan Smith (Sonoma)	16:03
David Keane (Castro Valley)	16:15
Brian Hoyt (Santa Rosa)	16:31
Arturo Rodriguez (San Jose) 1-30	16:36
Keith Golding (Napa)	17:02
Scott Faulkner (El Cerrito)	17:28
Gary Rayward (Fairfield)	17:33
Jeff Williams (Lodi)	17:36
Walt Vennum (Sebastopol) 1-40	17:48
Charles Kramer (Calistoga) 2-40	18:07
William Volkman (Calistoga)	18:08
Jerry Faulkner (El Cerrito)	18:25

18:28

13 John Volkman (Calistoga) 2-30

### 12th Annual Double Dipsea

June 20. Stinson Beach to Mill Valley and Back. 13.6 Miles.

Winners based on handicap: 1 Tim Johnston(40) 1:52:44, 2 Martin Jones(38) 2:00:58, 3 Michael MacKenzie(37) 2:01:39. Fastest Actual Times: 1 Michael Duncan(31) 1:50:37, 2 Jeff Collins(27) 1:52:51, 3 Dean Harper(28) 2:00:38. Fastest Femals: 1 Florianne Harp(33) 2:07:51, 2 Andrea Eschen(24) 2:14:52, 3 Melinda Creel(24) 2:16:20.

Fastest Femals 30-39: 1 Barbara Magld(37) 2:29:37, 2 Hilary Naylor(34) 2:31:20. Males 40-49: 1 Don Chaffee(42) 1:59:37, 2 Orin Dahl(45) 2:07:26, 3 Frank Smith(42) 2:08:29. Females 40-49: 1 Pat Whittingslow(41) 2:27:51, 2 Claudia Shinefeldt(45) 2:53:25. Males 50-57: 1 Jim Nicholson(50) 2:08:01, 2 Bob Malain(54) 2:13:59, 3 Dennis Egley(57) 2:19:19. Males 58 and older: 1 Willem Tuinzing(60) 3:04:12. Females 50 and older: 1 Ruth Anderson(51) 2:37:10, 2 Els Tuinzing(59) 3:06:17.

### **Century City 10K**

#### By RICHARD SLOTKIN

June 21, Century City. 4th Annual Century 10K Century City is a deceptive 10K. It is one of those courses that looks tougher than it really is; usually, that is. Set in the rolling hills just west of Beverly Hills, the course is almost all up or down, with very little level ground. But, none of the hills are very long and none of the grades are especially steep. And, although it is always warm, the weather is not oppressive.

This time it was a little different. It was hot and humid; more so than is normal for this race. And, everyone felt it. That's not to say there weren't some good performances, but there weren't may PR's, and there were a lot of PW's, or close to it. It was so hot that after the race, not enough people hung around to collect all the prizes which were being ran-



#### Round the Runway

#### From JIM ADAMS

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In the 5K race, laid out in and around NASA Ames Research Center, which ajons Moffett Field, Jake White set the pace with a fine time of 15:47.5. The 5K had 233 participants.



**Christine Callas** 

1. Jake White 15:47; 2. Tim Rostege 16:01; 3. Sam Castillo 16:09: 4. Robert Edwards 16:22: 5. Joe Mercado 16:28; 6. Jim Gorman 16:31; 7. Ron Bovey 16:52; 10. Tom Legan (1 under 18) 16:59; 11. Frank Velasquez (2 under 18) 17:0112. Juan Armendariz (1 master) 17:03; 42. Debra Feinman (1 woman) 19:28; 61. Vickey Rydell (1 woman under 18) 20:25; 65. Sherry Gaskin (3 woman) 20:35; 85. Sandra Looper (1 woman master) 22:00.

10 Kilometer:

5 Kilometer

Overall: 1. Ted Quintana 30:29; 2. Sal Berumen 32:37; 3. Dean Lefgren 32:56; 4. Daniel Gonzalez 33:15; 5. John Clary 33:19; 6. Glenn MacDougall 33:46; 7. Ulrich Kaempf (1 master) 33:59; 8. Jay Gehrig (1 military) 34:10; 9. Allen Neel 34:24; 10. Dave Lopez 35:05

Boys 11 & Under: 1. Kevin Vergho 42:57; 2. Erik Axtell 43:11: 3. Joel Miller.

Boys 12-17: 1. Michael Matthews 36:43; 2. Patrick Ford 38:21: 3. Robi Wickstrom 38:37. Men's Military: 1. Jay Gehrig 34:10; 2. Scot Miller 38:05; 3. Dan Speed 38:13.

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Senior Men: 1. Jan Nijssen 49:47; 2. Dale Yee 49:58; 3. Bob Guest 50:59.

Girls 11 & Under: 1. Joann Arnold 44:39; 2. Jolle Beyrer 52:34; 3. Michele Matthews 55:46. Giris 12-17: 1. Mary Matthews 51:07; 2. Libby Rydell 63:10.

Women's Open: 1. Christine Callas 41:07; 2. Bernadette Mulholland 41:08; 3. Rene Spencer 44:21.

Women's Military: 1. Janet Salter 43:33; 2. Darcy Monroe 50:23.

Women Masters: 1. Marge Gerrity 43:08; 2. Betsy Frazer-Smith 43:29; 3. Retta Albers 46:55

### **Rialto Kiwanis Run**

#### June 14. Rialto. 5K.

Male 13 under: 1 David Harris 21:44, 2 Michael Woodson 22:14, 3 Brett Williams 23:44, 4 Sean Nelson 24:10. Male 14-19: 1 Gilbert Abrego 19:34, 2 Mark Williams 21:40, 3 Danny Butterfield 22:01, 4 Shannon Walker 22:47. Male 20-29: 1 Clayton Patten 19:19, 2 Noe Gonzales 19:28, 3 Cliff Bell 19:33, 4 Jose Trillo 20:07, 5 James Mack 20:53. Male 30-39: 1 Dan Buenafe 19:38, 2 Brice Hammerstein 19:50, 3 Joe Jauregui 20:39, 4 Pat Cashen 21:20, 5 Ron Armstrong 22:10. Male 40-49: 1 Wally Ingram 19:07, 2 Will Ruebsamen 21:49, 3 Lee Crawford 22:48, 4 Charles Creekmore 23:38, Male 50-59: 1 Wallace Taylor 23:54, 2 Harold Willis 24:21, 3 Mac McCombs 24:48. Male 60 plus: 1 Tony Perong 26:12.

Female 13 under: 1 April Quaker 21:48, 2 STephanie Zapalowski 29:04. Female 14-19: 1 Heidi Wuerch 25:03, 2 Gretchen Wuerch 27:30, 3 Julie Thompson 28:33, Female 20-29: 1 Deana Sanders 24:00, 2 Vaneen Parker 24:07, 3 Debi Dominguez 28:50, 4 Chris Morales 29:55. Female 30-39: 1 Carolyn Greywood 25:22, 2 Sylvia Robles 27:06, 3 Mamle Melvin 30:20, 4 Patricia Pearson 30:30. Female 40 plus: 1 Ann Crawford 28:59.

#### 10K

Male 13 under: 1 Rolf Wuerch 46:48, 2 Scott Barnum 1:00:49, 3 Kevin Zervas 1:00:51. Male 14-19: 1 Brad Clark, 2 Scott Adkins 44:31, 3 Michael Nelson 46:40, 4 Jim Valentine 49:48. Male 20-29: 1 Stadtler Klaus 38:55, 2 Walter Zentgraf 43:37, 3 Joe Delgado 44:00, 4 John Ainsworth 44:09. Male 30-39: 1 Bob McGeough

40-49: 1 Jurgen Froehlich(lst male) 35:51, 2 Leonard Shipley 43:02, 3 Joe Sanchez 44:47, 4 Bob Avery 47:27. Male 50-59: 1 Tommy Hodges 42:59, 2 Richard Diener 44:31, 3 Karlis Smittens 54.01

### **Statuto Races**

### June 14, San Francisco: 61st Statuto Race. 4 mile & 8

#### **4 MILE RESULTS:** 1 Michael Gulli (SFTC) Michael J. Conroy (Excelsior TC) Hashim Bashiruddin (Excelsior TC) Jerry W. Anderson (SFIAC) T.C. Ghigliazza (Unat) 5 Sally M. Savitz (Pamakids) 1-F 6 8 MILE RESULTS:

48:52 1 Pete Flores (Aggie RC) Michael Eshia (Pamakids) 49:25 49:38 3 Pete Nowicki (Pamakids) 4 Frank Smith (Pamakids) 57:46 Russell Breslauer (DSE) 61:32 5 17 Susan Lovejoy (DSE) 1-F 69:49

### **Moscow Road Run**

#### From FRED KENYON

#### June 14, Monte Rio. 10,000 meters. MEN:

	Dave Royal (20, Petaluma)	31:35
	Mike Warr (20, Napa)	31:47
	Steve Palladino (24, San Francisco)	32:08
	Chris Christopher (37, Guernewood)	32:49
	Bill Fanning (35, Cloverdale)	32:53
	Rudy Balli (21, Petaluma)	33:09
	Clark Rosen (31, Petaluma)	33:57
	Art Webb (39, Santa Rosa)	33:59
	Wayne S. Tore (30, Santa Rosa)	34:06
0	John Von Seeberg (17, Santa Rosa)	34:08
1	Dennis Doris (35, Santa Rosa)	34:13
2	Stacy VonHorn (17, Santa Rosa)	34:17
3	Dave Sjosteal (34, Bodega Bay)	34:39
4	Marc Zibliht (18, Sebastopol)	34:59
5	unofficial	
6	Geoffrey Ramsey (26, Santa Rosa)	35:08
7	Don Stewart (20, Sebastopol)	35:10
8	Bill Bugler (45, Burlingame)	35:12
9	Dennis Bollman (30, Sonoma)	35:13
0	Craig Roland (46, Santa Rosa)	35:15
q	Beckie Simmie (29 Santa Bosa)	37.39

50 Aaron Hamilton (50, Sebastopol) 37:41 55 Laurie Hollingworth (17, Santa Rosa) 38:24

### Lake Tahoe Series 3 Mile

16:22

16:29

17:14

17:33

17:46

17:57

18:20

18:54

19:14

19:19

21:52

22:13

22:53

#### June 14. Tahoe City. 1 Joe Salazar Steven Wight Dan Vincent Tom Laris Rod Scherba Cameron Moore Andy Kercher **Donald Sutton** Gary Brooks 9 10 Ron Treabess 22 Karin Yates 1F 26 Susan Antipa 2F 30 Sharon LaFerriere 1F 40

-3

I think every director, after every race, says, "Never again," and after Father's Day, both Jack Potter and I shared similar feelings. However, if we have the race again next year, we'll make a few changes. First, we'll have a race-day registration set-up to handle a larger group. Second, we may not have t-shirts. (The shirts, as simple as they were, cost us about \$4 each, not counting driving time, lay-out expenses, etc. When we sold them for \$5 on race day, we were just above break even.) There is too much invested in them, and as we have no sponsors, we can't afford the risk. Third, we'll probably have more age divisions. We will, however, have as many awards. We presented over seventy this year, which is far more than most races much larger than ours: But, despite the problems and the delays, we hope the race was satisfying for all. Allen Creikh /Concern

20:18 (old 24:02) and 22:53 (d

tively

21:13

21:14

22:00

27:42

27:53

28:09

1	Allan Smith (Sonoma)	16:03
2	David Keane (Castro Valley)	16:15
3	Brian Hoyt (Santa Rosa)	16:31
4	Arturo Rodriguez (San Jose) 1-30	16:36
5	Keith Golding (Napa)	17:02
6	Scott Faulkner (El Cerrito)	17:28
7	Gary Rayward (Fairfield)	17:33
8	Jeff Williams (Lodi)	17:36
9	Walt Vennum (Sebastopol) 1-40	17:48
10	Charles Kramer (Calistoga) 2-40	18:07
11	William Volkman (Calistoga)	18:08
12	Jerry Faulkner (El Cerrito)	18:25
13	John Volkman (Calistoga) 2-30	18:28
14	Martin Hillyer (Novato)	18:40
15	Ralph Carter (Napa)	18:42
37	Keith Anderson (Angwin) 1-50	20:18
46	Mary Goodson (Berkeley) 1-F	20:57
57	Tracey VanDeVeire (Benicia) 2-F	21:45
73	Erma Baker (Angwin) 1-50 F	22:53
84	Bernie Harrison (Napa)	1-30 F

### **Woodminster Run**

#### From GAIL WETZORK

June 14, Woodminster: Woodminster 9 Mile Handicap Run.

The time set by Brian Maxwell is a new course record, breaking Bill Seaver's old mark set in 1977. Sharlett Gilbert's time is also a new course record, breaking Bonnie Storm's 1980 mark.

Note: handicap headstart listed after age in parenthesis. Charlet Oilbert (20 0) Dishmand 47:08

1	Sharlet Gilbert (30, 9) Richmond	47:08
2	Lynne Hjelte (21, 9) Berkeley	47:22
3	Brian Maxwell (28, 0) Berkeley	47:35
4	Jeff Rawlings (35, 3) Oakland	47:58
5	Gerald Harnett (23, 0) Berkeley	48:21
6	Sal Vasquez (41, 3) Alameda	49:26
7	Mike Gibson (12, 9) Danville	49:37
8	Florianne Harp (33, 9) Mill Valley	50:12
9	Dan Anderson (29, 0) Castro Valley	50:48
10	Rip Talavera (38, 3)	50:58
11	Greg Duff (12, 9)	51:01
12	Peter O'Reilly (22, 0) Mill Valley	51:09
13	Johnny Talco (34, 0) Trudker	51:10
14	Ruth Anderson (51, 15) Oakland	51:21
15	Bruce Wolfe (26, 0) Oakland	51:23
16	Press Weston (25, 0)	51:26
17		51:30
18	Larry Menard (23, 0) Berkeley	51:33
19	David Lawler (19, 0)	51:59
20	Kathryn Way (21, 9) Alameda	52:10
21	Leo Reihsen (37, 3) Moraga	52:26
22	Marc Otto (12, 9) Lafayette	52:49
23	Dave Hobler (39, 3) Oakland	52:58
24	Orin Dahl (45, 6) Oakland	53:04

25 Jeff Cowling (22, 0) Livermore

53:08

ace. And, everyone felt it. That's not to sa there weren't some good performances, but there weren't may PR's, and there were a lot of PW's, or close to it. It was so hot that after the race, not enough people hung around to collect all the prizes which were being ran-



#### Anne Zampardo

domly awarded by race number. I even managed to get hold of a beautiful glass mug, just like the ones that were being given out to the division winners. Made up for the second slowest 10k time I've ever turned in.

Nobody managed to break 30 minutes, although winner Jon Butler came within five seconds of it. There were eight finishers under 31, though, and another six under 32. Butler, the State High School 2 Mile Champ from Huntington Beach's Edison High School, hung on Chuck Smead's shoulder the whole way, and then outkicked Smead in the last 400 yards for a six second win. Then came Armando Cendejas in 30:16, followed at five to seventeen second intervals by the next dozen finishers. After that, they started coming in even closer until about 2000 souls, all hot and tired, had checked in.

Winner in the women's division was 19 year old Ann Zampardo. She took off like she was chasing a purse snatcher, and small as she is. looked like a little kid in her first race who didn't know what she was doing. "It won't be long til we pass her burned out hulk." I thought. How was I supposed to know that she had broken Kathy Mintie's 17-18 year old age group record in the half-marathon? As a matter of fact, she left a lot of burned out

	3 Lisa Buckley(23)	39:57	4 Alvera Sabin(36)	45:12
48:30	4 Christina Remmling(22)	45:09	5 Terri Goodreau(31)	
	5 Monica Hall(21)	48:10	Female 40-49:	45:35
50.00		40.10		
50:22	Female 25-29:		1 Sandra Mosk(40)	46:11
	1 Jaynie Studenmund(27)	39:07	2 Joyce Momita(40)	46:15
39:29	2 Teresa Hom(28)	39:36	3 Cecily Parke(41)	
				49:11
49:25	3 Julie McKinney(25)	40:43	4 Ilona Fletcher(41)	49:13
	4 Miriam Uhndelbosch(25)	45:33	5 Lisa Newman(42)	49:14
35:43	5 Shannon Krause(29)	45:36	Female 50-59:	43.14
37:30	Female 30-39:			
			1 Helen Dick(56)	47:02
41:00	1 Suzanne Miller(31)	43:33	Female 60 & over:	
	2 Mariellen Pecot(34)	43:39	1 Norma Bernardi(61)	54:01
37:51	3 Denise Pilnak(30)	43:46		54.01
38:51				
30.01				

# FIRE IN THE KITCHEN

hings are getting hot in the U.S. road race scene; and the top American runners are proving they can take the heat. The friction producing the smoke is between the Association of Road Racing Athletes and The Athletics Congress. The ARRA, consisting of top level runners and headed by Olympian Don Kardong, is pulling for open competition between pros and amateurs with pros being openly paid their place winnings. TAC, on the other hand, maintains that amateurs cannot compete against (or with) professionals and that receiving cash can bar an athlete from further amateur races, including the Olympics.

It's a little confusing as to just what is happening, or, rather, is going to happen. It appears that ARRA is going ahead with its proposed pro/amateur race circuit. This will force TAC to either inforce the rules or seek changes in the rules. Our hope is that each organization consider first of all the best interests of America's top road racers.

Here are some of the developments over the past month:

#### **ARRA Announces Circuit**

Portland, OR - Don Kardong, President of the Association of Road Racing Athletes, has announced plans for the ARRA Championship Circuit of open road races. Each event in the six race schedule for 1981 will offer prize money to top finishers and will be open to all runners regardless of their classification as "amateurs" or professionals."

The first event in the 1981 circuit will be the Cascade Run Off, a 15-kilometer (9.3 mile) road race in Portland on June 28. Nike, Inc. has contributed total prize money of \$50,000 for the Portland race, with first place purses of \$10,000 each for the top man and top woman. The Cascade Run Off is ranked as one of the most competitive and best organized road races in the coun-

Kardong said, "After months of negotiation with the existing administrative bodies. it became apparent that we would have to organize our own circuit in order to meet our goals of bringing about open competition, enabling athletes to control their own competitive careers and creating a sound foundation for the future growth of road "amateurs." An athlete may elect to take any prize money he or she may win or to run as an amateur.

In addition to the prize monies awarded at individual races, the ARRA Championship Circuit will offer a grand purse to be distributed to participants on the basis of their overall performances in the series. Competitors will win points in individual races based upon their respective finish places and the point value assigned to each race. ARRA will maintain and publicize the cumulative point standings throughout the year and will name overall champions and distribute the grand purse to top performers pursuant to the final standings.

Competitors in the ARRA Championship Circuit also will qualify for a championship race at the end of the year by scoring a specified number of points during the series. The championship race will offer a total purse of \$200,000 and will take place at a site and date designed to maximize media exposure. Depending upon considerations of race administration and media interest, the men and women's divisions of the ARRA championship race may be conducted separately, rather than under the customary mixed field concept.

All aspects of the ARRA Championship Circuit will include separate scoring and dis nen and WOI

#### RUNNER COMMITMENTS

Only the Association of Road Racing Athletes can guarantee the elite fields and well-known athletes necessary to make a prize money road racing circuit successful and to provide sound promotional consideration for sponsors. ARRA represents virtually all of the leading road racers, including Bill Rodgers, Herb Lindsay, Joan Benoit, Frank Shorter, Greg Meyer, Ellison Goodall, and Tony Sandoval. ARRA has achieved a remarkable degree of unity and support among competitive distance runners, and an overwhelming majority of its membership (86%) will enter into commitments to compete in the ARRA Championship Circuit described above. Preliminary contacts also indicate very strong interest in the ARRA circuit among

#### minimum purse.

Don Kardong stated that the circuit would cater to the needs of every competitor, not just the elite runners. The first event in the ARRA Championship Circuit, the Cascade Run Off, will carry a total prize fund of \$50,000 with first place purses of \$10,000 each for the top man and top woman.

It is anticipated that the 1982 circuit will consist of 15 events with total individual event purses of approximately \$600,000 in addition to an overall circuit purse of approximately \$300,000.

#### **TAC Stand on Cash Prizes** at Cascade Run Off

Indianapolis, IN -- The Athletics Congress, America's governing body for track and field, is asking the Association of Road Racing Athletes (ARRA) to reconsider their plans for Sunday's Cascade Run in Portland, Oregon.

ARRA has publicly stated its intent to have a \$50,000 purse available at the Cascade Run, with a \$10,000 first prize for both men's and women's divisions. Competing for cash prizes is in violation of the rules of both TAC and the International Amateur Athletic Federation, the world governing body for track. The penalty is loss of eligibility for TAC and IAAFsanctioned competition.

After consulting with the IAAF, TAC executive director Ollan Cassell has asked ARRA officials to hold two sections -- one for those who wish to compete for the cash prizes, and one for those who wish to retain their eligibility.

"We have no guarrel with ARRA," said Cassell, "and we're not out to 'get' anyone. Our objective is to make sure that everyone competing in the Cascade Run understands the risks. There are those who have decided to run for the prizes, and it's their own decision and that's fine. We want everyone to understand our position, and our need to abide by the rules as the U.S. member of the IAAF." Cassell also cited TAC's obligation to abide by the Amateur Sports Act, which became a federal law in 1978. "Under the Amateur Sports Act," said Cassell, "we have no jurisdiction over professionals. We are duty-bound, however, to uphold the rules of the IAAF as they pertain to eligibili-

#### Money Awarded at **Cascade Run Off**

Portland, OR - Greg Meyer of Hollison, Massachusetts, and Anne Audain of Auckland, New Zealand were the big winners in Portland's Cascade Run Off today. Meyer took home the \$10,000 first place check for his victory in the 15-kilometer (9.3 mile) race, while Audain won an equal amount for her victory in the women's section of the race. (See results elsewhere in this issue of California Track & Running News.)

The Cascade Run Off was the first event of the 1981 Association of Road Racing Athletes Championship Circuit in which each of the six races will be contested on an "open," or unrestricted, basis. Athletes running may elect to run for prize money or to run strictly as amateurs.

#### **TAC Sets August Hearing** for Cascade Participants

Indianapolis, IN - Eleven of the top finishers from last month's Cascade Run-Off have been asked by The Athletics Congress to attend a hearing in Chicago on August 22.

The athletes, all U.S. citizens who are registered TAC members, are charged with violating the operating rules and by-laws of both TAC and the International Amateur Athletic Federation because of their participation in the Cascade Run-Off, a 15 kilometer road race in Portland, Ore., on June 28.

The meet organizers for the Cascade Run-Off offered cash prizes for the top finishers, with \$10,000 going to the top finishers in the men's and women's divisions. The race was the first of a professional road running circuit arranged by the ARRA

A notice sent by mail from TAC to each of the 11 athletes spelled out the purpose of the hearing. "You registered and competed in the professional prize money road race. on June 28, in Portland, Ore., competed for prize money based upon your athletic performance, and/or participated in an unsanctioned event."

The eleven athletes, listed here alphabetically, are: Patti Catalano (Mass.), Cindy Dalrymple (Hawaii), Benji Durden aba Olidawall lann

Robert Gerlach(51) 5 David Hirschson(54) Male 55-59: 1 Kg Taki(57) 2 Robert Page(59) 3 Paul Jernstrom(59) Male 60-69: 1 Eddie Lewin(64) 2 Demetrio Miller(61)

Tracy Brown(52)

Jerry Withers(51)

Leonard Walts(52)

Male 50-54:

3 Steve Chiplis(62)

	Male 70 & over:
37:33	1 Leonard Dahlsten(70)
39:06	Female 11 & under:
39:39	1 Jana Frost(10)
40:14	Female 12-15:
40:15	1 Katie Dunsmuir(15)
	2 Lisa DiConti(15)
40:09	Female 16-20:
40:54	
42:49	1 Anne Zampardo(19)
	2 Teresa Haro(20)
40:36	3 Marian Mallory(20)
42:06	Female 21-24:
44:25	1 Paula Jackson(23)
	2 Kathy Fulkerson(21)

To get to the finish line, you have to go past it one side of Century City's Avenue of the Stars, continue for about 21/2 blocks, swing sharply around the island divider and head back up a grade to the finish - close to half a mile. As you pass the finish and start the final stretch, you can hear the time being called out over the P.A. system. That's bad enough, as you hear times that you wish were yours. But this time ... this time ... as I went by, totally disgusted with what turned out to be my second worst 10K ever, I could hear the announcer joyfully relating that "...runners are

telling us that they are getting their best times ever on this fine course and this beautiful day!" Bull Puckey! Nobody got a PR unless it was their first 10K. Man, it was hot. humid and hellishly hilly. But, I can't complain. If it had been cooler, more people would have stayed around afterwards for the awards ceremony and I wouldn't have gotten that nice mug.

hulks behind her as she blew off the rest of

the ladies with a 35:43. Grossmont College's

cross country team will continue to be strong

this fall when she joins them. They might even

beat Orange Coast this time. Remember the

name: Ann Zampardo. You will hear more of

her in the days to come. Second was last

year's winner, Teresa Haro in 37:30. Like most

of the rest of us, Teresa felt the heat. It didn't

bother Zampardo that much, she said. What

did bother her at about five miles was her

shoulders. They ached a bit, and that was pro-

bably from an attachment that she has to

wear on her braces at night, and which

causes her to hold her neck in an uncomfortable way. So, small, skinny and braces on her teeth, Ms. Zampardo looks about 12, and runs

Besides Zampardo and Haro, there were six others under 40 minutes, which wasn't bad at all for the conditions, and considering that there were no imported speedsters - just local

fast.

talent

Oldest finisher was Nat Pisciotta. He came in somewhere in the 59th minute, which isn't bad for a guy 77. It wasn't so bad for some guys 27 for that matter.

In the 45-49 division, Andre Tocco, who says heat doesn't bother him, beat pending age group record holder. Jim Knerr by almost a minute. Tocco's time was 33:11, and Knerr was 34 flat. However, on this Father's Day, Knerr and son Ray won the father-son combination. But I don't think either of them PR'd. Or Tocco either.

And if you think this one was bad, wait til July Fourth for the Will Rogers 10K. That was even hotter and hillier. And slower,

#### Male 11&u:

1	Eddie Lavelle(10)	41:48
2	Jeff Reesing(11)	42:40
3	Peter Oviatt(11)	43:12
M	ale 12-15:	
1	Raul Garratos(15)	34:45
2	Phillip Hernandez(15)	35:10
3	Adam Steece(15)	36:59
Ma	ale 16-20:	
1	Jon Butler(18)	30:05
2	Charles Assumma(20)	30:32
3	Jeffrey Shaver(20)	31:20
4	Gilbert Cortez(20)	31:37
5	Syb Leibouitch(20)	31:47
6	Steve Whitcomb(20)	31:56
7	Hector Perez(20)	32:10
8	Ray Cook(18)	32:25
9	Mike Baca(20)	32:43
10	Enrique Serratos(18)	32:45

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Male 16-20:	00.05
	30:05
2 Charles Assumma(20) 3 Jeffrey Shaver(20)	30:32 31:20
4 Gilbert Cortez(20)	31:37
5 Syb Leibouitch(20)	31:47
6 Steve Whitcomb(20)	31:56
7 Hector Perez(20)	32:10
8 Ray Cook(18)	32:25
9 Mike Baca(20)	32:43
10 Enrique Serratos(18)	32:45
Male 21-24:	02.40
1 Armando Cendejas(24)	30:16
2 Michael Lebold(23)	30:22
3 Terry Gibson(22)	30:36
4 Daniel Brady(21)	30:38
5 Joseph Avila(24)	31:09
6 Steven Bratt(24)	32:00
7 Alvaro Palacios(22)	32:16
8 Ray Knerr(21)	32:26
9 Clyde Matsumura(21)	32:30
10 Louis Hurtado(23)	32:39
Male 25-29:	
1 Chuck Smead(29)	30:11
2 Jim Scott(25)	31:54
3 Gary Nitti(27)	32:29
4 Steve Blum(26)	32:39
5 Bill Entz(26)	32:59
6 David Stansbury(26)	33:03
7 Steve McCalley(27)	33:09
8 Michael Norton(29)	33:25
9 Jim Masterson(27)	33:31
10 Eric Parker(28)	33:33
Male 30-34:	
1 Bob Macias(30)	30:54
2 Ron Kurrle(33)	32:22
3 Carlos Godoy(30)	33:19
4 Bill Boggs(34)	33:29
5 Robert Sanchez(31)	33:41
	33:47
6 Mike Hill(30)	
7 Chuck Foote(33)	34:01
7 Chuck Foote(33) 8 Charles Hoover(32)	34:09
7 Chuck Foote(33) 8 Charles Hoover(32) 9 Juan Hernandez(34)	34:09 34:48
7 Chuck Foote(33) 8 Charles Hoover(32) 9 Juan Hernandez(34) 10 Henry Lange(32)	34:09
7 Chuck Foote(33) 8 Charles Hoover(32) 9 Juan Hernandez(34) 10 Henry Lange(32) Male 35-39:	34:09 34:48 35:20
7 Chuck Foote(33) 8 Charles Hoover(32) 9 Juan Hernandez(34) 10 Henry Lange(32) Male 35-39: 1 Bill Scobey(36)	34:09 34:48 35:20 32:28
7 Chuck Foote(33) 8 Charles Hoover(32) 9 Juan Hernandez(34) 10 Henry Lange(32) Male 35-39: 1 Bill Scobey(36) 2 Marshall Matye(37)	34:09 34:48 35:20 32:28 33:24
7 Chuck Foote(33) 8 Charles Hoover(32) 9 Juan Hernandez(34) 10 Henry Lange(32) Male 35-39: 1 Bill Scobey(36) 2 Marshall Matye(37) 3 Jim Minami(37)	34:09 34:48 35:20 32:28 33:24 34:17
<ul> <li>7 Chuck Foote(33)</li> <li>8 Charles Hoover(32)</li> <li>9 Juan Hernandez(34)</li> <li>10 Henry Lange(32)</li> <li>Male 35-39:</li> <li>1 Bill Scobey(36)</li> <li>2 Marshall Matye(37)</li> <li>3 Jim Minami(37)</li> <li>4 Jesus Ocana(36)</li> </ul>	34:09 34:48 35:20 32:28 33:24 34:17 35:02
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<ul> <li>7 Chuck Foote(33)</li> <li>8 Charles Hoover(32)</li> <li>9 Juan Hernandez(34)</li> <li>10 Henry Lange(32)</li> <li>Male 35-39:</li> <li>1 Bill Scobey(36)</li> <li>2 Marshall Matye(37)</li> <li>3 Jim Minami(37)</li> <li>4 Jesus Ocana(36)</li> <li>5 Brian Barkley(38)</li> <li>Male 40-44:</li> <li>1 Gabriel Bernal(42)</li> </ul>	34:09 34:48 35:20 32:28 33:24 34:17 35:02 36:51 34:10
7 Chuck Foote(33) 8 Charles Hoover(32) 9 Juan Hernandez(34) 10 Henry Lange(32) Male 35-39: 1 Bill Scobey(36) 2 Marshall Matye(37) 3 Jim Minami(37) 4 Jesus Ocana(36) 5 Brian Barkley(38) Male 40-44: 1 Gabriel Bernal(42) 2 Charles McClung(40)	34:09 34:48 35:20 32:28 33:24 34:17 35:02 36:51 34:10 35:15
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<ul> <li>7 Chuck Foote(33)</li> <li>8 Charles Hoover(32)</li> <li>9 Juan Hernandez(34)</li> <li>10 Henry Lange(32)</li> <li>Male 35-39:</li> <li>1 Bill Scobey(36)</li> <li>2 Marshall Matye(37)</li> <li>3 Jim Minami(37)</li> <li>4 Jesus Ocana(36)</li> <li>5 Brian Barkley(38)</li> <li>Male 40-44:</li> <li>1 Gabriel Bernal(42)</li> <li>2 Charles McClung(40)</li> <li>3 James Murphy(41)</li> <li>4 Norman Towers(40)</li> <li>5 Robert Montelongo(40)</li> <li>Male 45-49:</li> <li>1 Andre Tocco(45)</li> </ul>	34:09 34:48 35:20 32:28 33:24 34:17 35:02 36:51 35:15 35:34 35:40 36:32 33:11
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organization consider first of all the best interests of America's top road racers. Here are some of the developments over the past month:

#### **ARRA Announces Circuit**

Portland, OR - Don Kardong, President of the Association of Road Racing Athletes, has announced plans for the ARRA Championship Circuit of open road races. Each event in the six race schedule for 1981 will offer prize money to top finishers and will be open to all runners regardless of their classification as "amateurs" or professionals."

The first event in the 1981 circuit will be the Cascade Run Off, a 15-kilometer (9.3 mile) road race in Portland on June 28. Nike, Inc. has contributed total prize money of \$50,000 for the Portland race, with first place purses of \$10,000 each for the top man and top woman. The Cascade Run Off is ranked as one of the most competitive and best organized road races in the country.

Kardong said, "After months of negotiation with the existing administrative bodies, it became apparent that we would have to organize our own circuit in order to meet our goals of bringing about open competition, enabling athletes to control their own competitive careers and creating a sound foundation for the future growth of road racing. The commencement of the ARRA Championship Circuit marks both a great positive step for the sport and an end to the hypocritical system of 'shamateurism' which has prevailed for years. ARRA is very grateful to Nike, without whose support the race circuit concept would not have become a reality."

Kardong stated that the ARRA Championship Circuit would feature many of the country's most respected road races and most of the sport's top stars. He stressed that each race in the circuit would cater to the needs of every competitor, not just the elite runners. ARRA has received strong support for its circuit from leading race directors, sponsors, national running organizations and other key figures in the sport.

#### THE CIRCUIT

The ARRA Championship Circuit will feature the world's top-ranked men and women road runners, large-scale, wellproduced events in desirable market areas, and prize money awarded on an open competition basis. Each annual circuit will generate cumulative standings and overall champions and will culminate in a championship race.

#### FORMAT

The ARRA Championship Circuit will consist of 10 to 14 races, ranging in distance from 10 kilometers (6.2 miles) to the marathon (26 miles, 385 yards). ARRA will arrange its race calendar to create an attractive blend of distances and sites, promote optimum competitive performances, and maximize sponsor exposure and media coverage. Most of the events included in the ARRA Championship Circuit will attract large-scale fields, and all will feature excellent organization and administration.

Each road race on the ARRA Championship Circuit will pay prize money to top performers based upon their places of finish. Each event will be conducted pursuant to a system of open competition, such as prevails in tennis and golf, whereby all athletes may compete regardless of their classification as "professional" or media exposure. Depending upon considerations of race administration and media interest, the men and women's divisions of the ARRA championship race may be conducted separately, rather than under the customary mixed field concent.

All aspects of the ARRA Championship Circuit will include separate scoring and distribution of prize monies for men and women.

# \$ \$ \$

#### RUNNER COMMITMENTS Only the Association of Road Racing

Athletes can guarantee the elite fields and well-known athletes necessary to make a prize money road racing circuit successful and to provide sound promotional consideration for sponsors. ARRA represents virtually all of the leading road racers, including Bill Rodgers, Herb Lindsay, Joan Benoit, Frank Shorter, Greg Meyer, Ellison Goodall, and Tony Sandoval. ARRA has achieved a remarkable degree of unity and support among competitive distance runners, and an overwhelming majority of its membership (86%) will enter into commitments to compete in the ARRA Championship Circuit described above. Preliminary contacts also indicate very strong interest in the ARRA circuit among athletes from Europe, New Zealand, and Australia.

Each event on the ARRA Championship Circuit will feature a strong and deep field and several of the leading road racing stars, thereby ensuring high media interest and exciting competition. ARRA will obtain commitments from participating runners to compete in 4-6 specific races and a minimum of 8-10 races during each circuit (the exact numbers to be determined by the total number of races in the circuit), together with an agreement not to run in conflicting events. ARRA will allocate runner commitments to specific races so as to guarantee well-known athletes at each event.

The tremendous growth of running in the past ten years has set the stage for a bright future of high media visibility, strong spectator interest, and exciting competitive battles, as open competition and prize money racing add an additional dimension to this popular participant sport. The combination of athlete commitments, organization to perience, and overall knowledge of the sport make the Association of Road Racing Athletes the logical organization to usher in this new era of excellence in road racing.

#### **ARRA Circuit Schedule**

Each race on the ARRA circuit will be open to all runners ragardless of their classification as "amateurs" or "professionals" and will offer prize money to top finishers.

The 1981 ARRA Championship Circuit will consist of the following events:

•June 28: Cascade Run Off /Portland, OR (15 kilometers) \$50,000 purse.

•September 13: Nike Marathon/Eugene, OR (26.2 miles) \$100,000 purse.

•September 26: Virginia 10 Miler/Lynchburg, VA (10.0 miles) \$50,000 purse.

•October 4: Boston Run/Boston, MA (8 miles) \$35,000 purse.

 November 15: Lasse Viren Invitational/Malibu, CA (20 kilometers) \$30,000 minimum purse.

•December 31: Orange Bowl Festival Run/Miami, FL (10 kilometers) \$30,000 ARRA has publicly stated its intent to have a \$50,000 purse available at the Cascade Run, with a \$10,000 first prize for both men's and women's divisions. Competing for cash prizes is in violation of the rules of both TAC and the International Amateur Athletic Federation, the world governing body for track. The penalty is loss of eligibility for TAC and IAAFsanctioned competition.

After consulting with the IAAF, TAC executive director Ollan Cassell has asked ARRA officials to hold two sections -- one for those who wish to compete for the cash prizes, and one for those who wish to retain their eligibility.

"We have no guarrel with ARRA," said Cassell, "and we're not out to 'get' anyone. Our objective is to make sure that everyone competing in the Cascade Run understands the risks. There are those who have decided to run for the prizes, and it's their own decision and that's fine. We want everyone to understand our position, and our need to abide by the rules as the U.S. member of the IAAF." Cassell also cited TAC's obligation to abide by the Amateur Sports Act, which became a federal law in 1978. "Under the Amateur Sports Act." said Cassell, "we have no jurisdiction over professionals. We are duty-bound, however, to uphold the rules of the IAAF as they pertain to eligibility.'

In a telex received by TAC from IAAF headquarters in London, IAAF secretary John Holt outlined his organization's position on cash prizes at the Cascade Run:

•"We confirm that Rule 53 (i) concerns competition under IAAF rules and should be read as such.

•"We agree that TAC can only sanction the amateur section of the ARRA race.

 "The organizer must be asked to obtain from athletes, before the race (as they register and collect numbers), a signature' stating which section they are running in.
 "There should be two finish lines and

e"TAC can then claim to have safeguard-

ed as far as possible the eligibility rules. •"If ARRA refuses to cooperate in a clearly defined two-sectioned race, then (we) feel that you have no alternative but to withdraw TAC sanction from the whole race, and declare all ineligible who com-

Pete." Rule 53 of the IAAF states, in part:

e"The following persons are ineligible to take part in competitions under IAAF rules. Any person who: (1) has taken part in any athletic meeting in which any of the competitors were, to his knowledge, ineligible to compete under IAAF rules. (2) takes part in any athletics meeting which is not sanctioned, recognized or certified by the (IAAF) member country in which the event is held.

Thus far ARRA has refused to comply with TAC's request, despite an earlier agreement between Cassell and ARRA officials. The agreement, made during negotiations between TAC and ARRA last fall, was that ARRA would provide for two sections if TAC could secure IAAF sanction for the amateur race. ARRA officials have since decided not to distinguish between those who are competing for cash prizes and those runners who wish to maintain their eligibility.

Unless the situation changes, all participants in Sunday's Cascade Run could be declared ineligible. In the case of foreign runners, TAC is bound by IAAF rules to notify their national governing bodies of their participation.

#### for Cascade Participants

Indianapolis, IN - Eleven of the top finishers from last month's Cascade Run-Off have been asked by The Athletics Congress to attend a hearing in Chicago on August 22.

The athletes, all U.S. citizens who are registered TAC members, are charged with violating the operating rules and by-laws of both TAC and the International Amateur Athletic Federation because of their participation in the Cascade Run-Off, a 15 kilometer road race in Portland, Ore., on June 28.

The meet organizers for the Cascade Run-Off offered cash prizes for the top finishers, with \$10,000 going to the top finishers in the men's and women's divisions. The race was the first of a professional road running circuit arranged by the ARRA:

A notice sent by mail from TAC to each of the 11 athletes spelled out the purpose of the hearing. "You registered and competed in the professional prize money road race, on June 28, in Portland, Ore., competed for prize money based upon your athletic performance, and/or participated in an unsanctioned event."

The eleven athletes, listed here alphabetically, are: Patti Catalano (Mass.), Cindy Dalrymple (Hawaii), Benji Durden (Georgia), John Glidewell (Penn.), Michael Layman (Wash.), Herb Lindsay (Colo.), Greg Meyer (Mass.), Jan Oehm (Calif.), Bill Rodgers (Mass.), Ric Rojas (Colo.), Charley Vigli (MM).

The athletes are asked to respond to the notice by writing Dick Hollander of Richmond, Va., chairman of TAC's National Athletics Board of Review, within 10 days of the date set for the hearing. The hearing will take place August 22 at the Holiday Inn O'Hare/Kennedy in Rosemont, III.

The penalties are also spelled out in the notice: "If you are found guilty of one or more of the offenses charged, the Board of Review has the power to impose discipline, ranging from censure only to suspension for a definite period of time or for life, and/or various periods of probation, with or without suspension, based on certain conditions of conduct. The Board of Review has the authority to determine the eligibility and right to compete of any athlete within the jurisdiction of The Athletics Congress."

At the hearing the athletes will be entitled to representation by counsel or other representative of their choice, and to witnesses to testify on their behalf.

Although 6000 runners entered the Cascade Run-Off, only the 11 named earlier are scheduled for hearing at this time. "We don't have a complete list of the entrants for the Cascade Run-Off," said Cassell. "From the results we've been able to obtrain, these are the only athletes among the top 15 men and top 10 women who are U.S. citizens and TAC members."

#### When is a Pro a Pro?

You may be wondering why or how all of those who competed as pros in the Jordache and other pro races are now still able to continue to run in the amateur races. It is because removing an athlete's amateur status takes a lot of doing. The local association of TAC must bring charges and hold a hearing and then there are two appeal steps. Tom Fleming, best known runner among the pros, has yet to have a hearing. Meanwhile, he remains an amateur.

#### page 28 • California Track & Running News - August 1981

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1:18:00

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### Valley of the Flowers **Half Marathon**

June 21. Lompoc.

David Dickinson(23) Byrle Smallen(33) Steve D. Jones(21) 3 Sal Damico(22) 4 5 Terry Mack(29) 6 Charles Elkins(37) Todd W. Robinson(24) Rick Snekvik(33) 8 Richard Bellieu(44)1-40 9 10 Dan Pondella(40)2-40 11 Kemp Aaberg(41)3-40 12 Aba Ramirez(42)4-40 13 Roger Sebert(37) 14 Ed Bruen(41)5-40 15 Bill King(38) 16 Al Ramos(36) 17 Michael McCreery(40)6-40 18 Brad Smith(15) 19 Paul Hartman(36) 20. Bob Kemp(42)7-40 21 Carlos Rodriguez(36) 22 Diane M. Killeen(24)1W 23 John R. Feeley(31) 24 David R. Benites(37) 25 David Pondella(41)8-40 31 Ray Gil(56)1-50 34 Sandra Marshall(33)1W-30 39 John H. Perkins(53)2-50 71 Shirley Saunders(40)1W-40 87 Edwin B. Bishop(60)1-60

### Valley of the Flowers Marathon

#### June 21. Lompoc. 2:30:56 Tim Loftus(30) Ted Pawlak(25) 2:38:15 2 James R. Detweiler(28) 2:42:19 3 Alan Dehlinger(20) 2:43:17 Richard Weeks(38) 2:45:11 5 2:45:17 6 Rodney Mowbray(34) Boyd Hartley(36) 2:46:11 Bill Wagner(44)1-40 2:51:39 8 9 Bobby Roberts(36) 2:53:09 10 Tom Alnes(29) 2:54:09 2:56:43 11 Jack Williams(45)2-40 12 Edwin Jerome(37) 2:57:09 2:58:16 13 Ken Jurette(42)3-40 14 Fidel Diaz(24) 2:58:32 2:59:11 15 Gene Comroe(38) 2:59:51 16 Jeff Wilson(32) 17 Louis Spencer(42)4-40 3:00:24 18 Jeff Saley(37) 3:00:26 3:00:53 19 Fred Vega(46) 3:02:36 20 Delbert Pearce(47) 21 Bob Carman(50)1-50 3:04:29 34 Anette Connell(35)1W-30 3:09:05 3:10:40 37 John E. Herd(54)2-50 54 Kathleen Nunez(34)1W 18-29 3:16:56 89 Gayle Berge(37)2W-30 3.31.17 146 Rose Marie Casammass(40)1W-40 3:56:20 184 Edward T. Wilson(65)1-60 5:22:05

47 Stuart Chrisman 48 Ray Hernandez, Jr. 49 Patrick Dunning 50 Unknown 51 Brad Clark 52 Unknown 53 Bob Sliger 54 Jimmie Aguilar 55 Bill Yaley 56 Jerry Shaw 57 Unknown 58 Frank Delgado 59 Dick Cain 60 Curt Rover 61 Kim Fertig 62 Frank Ortega 63 Tim Holmes 64 Bruce Johnson 65 Vincent Marguez 66 Michael Evangelho 67 Andres Patlan 68 Revnaldo Garza 69 Frank Padilla 70 Jim Brooks 71 Bob Fries 72 Clemente Flores 73 David Calderon 74 Kenneth Schwisow 75 J. Ostergaard 76 Keith Postler 77 Manuel Aguilar 78 John Aldrich 79 Terry Taylor 80 Robert Taylor 81 Tom Morgan 82 Ken Bunton 83 Renee Wyckoff 1F 84 Steve Johnson 85 Omar Anzaldua 86 Michael Cole 87 Lou Perez 88 Bruce Donley 89 Steven Levy 90 Hector Sepulveda, Jr. 91 Gene Lynch 92 John Sigala 93 Lang Russel 94 Rich Simons 95 Eddie Rivera 96 Craig Newport 97 Timothy Falls 98 Odilon Carrera 99 Tom Parker 100 Mike Anderson 55-59: 1 Sid Toabe 36:17, 2 Franz Weinschenk, 39:28, 3 Payson Taylor 41:17. 60 & over: 1 Harry Harder 40:45, 2 Mike Inverso 46:27, 3 Donald Zarin 46:37. Women 10-14: 1 Rosemary Alcaraz 43:38, 2 Yolanda Martinez 44:38, 3 Denise Ockey 46:41. Women 15-19: 1 Renee Wyckoff 35:12, 2 Shirley Rojas 38:45, 3 Cathi Isham 39:13. Women 20-24: 1 Paula Ramirez 37:02, 2 Diane Barrett 37:54, 3 Emily Whitney 38:00. Women 25-29: 1 Tone Nichols 42:18, 2 Elizabeth Layous, 3 Becky Dieter 43:58. Women 30-34: 1 Carolyn Tiernan 39:35, 2 Diane Stauffer 40:10, 3 Pam Royer 40:13. Women 35-39: 1 Muriel Olsen 42:04, 2 Margie Timberlake 42:07, 3 Donna Nelson 44:15. Women 40-44: 1 Ramona Diaz 44:37, 2 Cec Conway 47:10, 3 Connie Pius 48:28. Women 45-49: 1 Isabel Verduzco 43:09, 2 Mae Roger 48:21, 3 Marvelle Taylor 49:59. Women 50 & over: 1 Liz DeMonte 46:08, 2 Dorothy Thomas 47:04, 3 Marguerite Valentine 48:03. **Run For Vouth** 

#### 33:54 **Bunion Derby 3K** 33:59 34:02 34:03 From LARRY LUNG 34:04 34:07 June 27. Campus of California State Universi-34:13 ty at Fresno. 34:14 M. Taylor 34:17 2 Al Lomeli 34:18 **Eric Little** 3 34:21 J. Snell 34:23 Bob Lindsey 1-30 34:28 D. Williams 6 34:28 Gordon Keller 2-30 34:32 C. Elia 3-30 8 34:35 9 M. Hull 34:36 10 B.B. Johnson 34:39 11 R. Clennan 34:39

12 Bob Galloway 4-30

13 Frank Delgado 1-40

14 Leon Valley

15 Bob Fries 1-50

22 L. Russel 2-40

62 Jim Brooks WC-1

63 Ken Takeuchi 2-50

64 Harry Harder 1-60

74 D. Nelson 1-W

82 W. Morgan 2-W

87 C. Stebles 3-W

88 J. Sharp 4-W

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### **Blood Run II**

#### From B. MILLHOLLEN

June 27. Sacramento.

5K:

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Male 19 & under: 1 Michael Zmuda 18:22, 2 Brian Marler 18:48, 3 Cary Bertoncini 19:09. Female 19 & under: 1 Bobbea Pressly 23:38, 2 Juliann Martin 30:34, 3 Katrina Herr 30:42, Male 20-29: 1 Craig Otterson 16:05, 2 Victor Rivera 16:47, 3 John Pouk 20:36. Female 20-29: 1 Janet Tucker 21:07, 2 Julie Stirman 26:29, 3 Donna Radigonda 27:50. Male 30-39: 1 Bill Tramontin 18:08, 2 Jim Beland 18:44, 3 Mike Neff 19:28. Female 30-39: 1 Linda Belfore 25:48, 2 Nora Sterling 29:28, 3 Eileen Hoffman 31:24. Male 40-49: 1 Chuck Conway 19:00, 2 Gary Hollinger 21:06, 3 Henry Tollette 21:34. Female 40-49: 1 Sue Benthien 35:16. Male 50 & over: 1 William Huffman 22:40, 2 Marvin Miller 29:08. Female 50 & over: 1 Ann Tassell 33:21. 101

Male 19 & under: 1 Kenneth Mattson 32:43, 2 Tom Arnez 36:53, 3 Doug Pajer 53:17. Female 19 & under: 1 Lisa Baccigaluppi 43:13. Male 20-29: 1 Bill Elliott 32:36. 2 Kenneth Danz 34:06, 3 Donnie Cabitac 36:06. Female 20-29: 1 Karen Coe 41:26, 2 Grace Healy 49:54, 3 Leslie Johnson 50:50, Male 30-39: 1 Kirkwood Donavin 38:26, 2 Bill Staack 41:00, 3 Joel Uher 44:05. Female 30-39: 1 Juanita Hufalar 45:03, 2 Linda Parr 47:52, 3 Pat Sepulveda 63:03. Male 40-49: 1 Dudley Smith 40:24, 2 Web Chadwick 40:26, 3 Bryan Donald 42:56.

## Morro Bay to Cavucos

#### From STAN ROSENFIELD

June 27: Morro Bay to Cayucos Fun Run. 6+ miles of sandy beach - low tide. 31:16

1 San Aldridge (24) SLO/Sub 4

7 Rae Clark(29)SanJose	18:44
8 Bjorg Austrheim-Smith(37)1F(Sac)	18:46
9 Odin Christensen(33)SaltLk	19:25
10 Sally Edwards(33)Sacramento	20:07
11 John Kanieski(34)Medina,OH	20:11
12 Bill Davis(35)San Francisco	20:35
13 Bruce Madewell(34)Davis	20:58
14 Richard Belliveau(43)Northridge	21:03
15 Marc Hoschler(30)Freeport	21:12
16 Craig Chambers(31)SantaMonica	21:14
17 T. J. Key(37)San Diego	21:23
18 Eric Thompson(30)Cupertino	21:25
19 Rich Goodhead(44)Tigard,OR	21:25
20 Charles Hoover(31)Sepulveda	21:39
21 Tom Zavortink(41)SanFrancisco	21:45
22 William Clements(22)Seattle,WA	21:48
23 Mike Owen(28)Sacramento	21:56
24 V. I. Wexner(38)Shingletown	22:02
25 Tim Twietmeyer(21)RedwoodCity	22:03
31 Jody Payne(42)3F Crestline	22:26
35 Nicki Lewis(48)4F SantaMonica	22:42
60 Fred Dunn(51)SanFran	23:28
67 Ralph Paffenbarger(58)Berkeley	32:37
100 Paul Reese(64)Sacramento	26:52
251 Starters/146 Finishers	

### Lake Tahoe Marathon

#### From REG BEDELL

#### June 27, Incline Village, Nevada: Lake Tahoe Marathon - "Nation's Highest"

1	John Gailson (27) Stateline, NV	2:43:25
2	Andy Takaha (25) Camino West	2:44:08
3	Jim Bailey (27) Stateline, NV	2:47:57
4	Kenneth Drew (31) San Jose	2:58:15
5	Daniel Hollis (31) Zephyr AC	2:58:28
6	Ronny Harries (31) Sacramento	2:58:56
7	John Montgomery (35) San Diego TC	2:59:18
8	Michael Schulz (32) Reno, NV	3:02:31
9	Bruce Ziegler (30) S. Lake Tahoe	3:04:05
10	Rick Xylvester (39) DSE	3:09:19
21	Debbie Walder (30) Tahoe Paradise 1-F	3:20:45
23	Ron Ogilvie (48) Sparks, NV 1-40	3:22:57

23 Ron Ogilvie (48) Sparks, NV 1-40 46 Marie Cook (37) Butte, MT 2-F

### **NAS Lemoore Half Marathon**

June 28, Lemoore Naval Air Station: NAS Lemore Half Marathon.

no times available except 1:11:00 for overall winner Gilbert Cortez of Alhambra.

Boys 12 & Under: Greg Henry. Girls 12 & Under: Cathy Henry. Boys 13-17: Dave Perez. Men18-35: Gilbert Cortez, Women 18-35: Rene Wycoff, Men 36-49: Jesse Rodriguez, Women 36-49: Linda Branco. Men Over 50: Len Thornton



ed Benji Durden, American recordholder Ric Rolas, Duncan MacDonald, Pete Pfitzinger, Stan Mavis, John Glidewell, Lou Kenny, Bob Hodge, Pablo Vigil, Don Kardong, Steve Floto, Paul Stemmer, and Stan Vernon. The race took on a strong international flavor with top runners from New Zealand, Japan, Colombia, Ireland, England, and Kenya participating.

Audain's victory highlighted an impressive 1-2-3 sweep by New Zealand women as Boston Marathon winner Allison Roe and Lorraine Moller captured the next two places. Audain managed to steal away to an insurmountable lead on the hills while Roe and multiple American recordholder Patti Catalano keyed on each other. Audain's win capped a string of impressive road race performances which Includes victories at the Lilac Bloomsday Run and Garden of the Gods. The Cascade Run Off marked the first American race for Roe since she became the world's second fastest woman marathoner with her 2:26:46 at Boston. Moller's strong performance came only one week after she became the fifth woman to break 21/2 hours for the marathon by running 2:29:35 to win Grandma's Marathon. Catalano and Laurie Binder were the first Americans in the strong women's field.

As the first major open or unrestricted road race, the Cascade Run Off and its support by the ARRA athletes posed the most serious challenge in history to the authority of The Athletics Congress and the International Amateur Athletic Federation and the status quo system of under-the-table payments. Despite announcements by TAC that it would declare all 6,000 participants ineligible, race organizers reported only three major defections from their invited field and only five from the rest of the field.

The Cascade Run Off took place over a scenic, certified 15-kilometer loop course through Portland's City Center and close-in West Hills. Runners enjoyed sunny skies, a cooling breeze, and temperatures in the mid-60's during the race. Total elevation gain over the course is 475 feet.

#### **Results:**

3:45:51

	Open Men	
1	Greg Meyer(25)Holliston,MA\$	43:18.9
2	Herb Lindsay(26)Boulder,CO\$	43:20.5
3	Domingo Tibaduiza(31)Colombia \$	43:23.6
1	Bill Rodgers(33)Stoneham,MA	43:25.0
5	Jon Sinclair(23)Ft.Collins,CO\$	44:04.8
5	Benji Durden(29)StoneMtn,GA\$	44:09.5
	Pete Pfitzinger(23)Ithaca,NY\$	44:12.6
3	Stan Mavis(26)Boulder,CO	44:14.4
)	John Glidewell(24)Fairborn,OH \$	44:32.2
0	Pablo Vigil(29)Alamosa,CO\$	44:44.0
1	Rex Wilson(21)Hastings,NewZea	44:46.9
2		44:49.5
3	Steve Bolt(26)Pinson,AL\$	44:52.0
4	Michael Layman(27)Billings,MT	44:53.8
5	Ric Rojas(29)Boulder,CO \$	45:17.6
6	Stan Vernon(25)Dallas,TX	45:22
7	Chuck Smead(29)Santa Paula,CA	45:23
8	Dan Cloeter(29)Norfolk,NB	45:24
9	Paul Sumpter(33)Mt.Eden,NewZea	45:25
20	Michael Bonner(20)Auckland,NZ	45:30
1.	Mike Porter(26)Berkeley,CA	45:41
22	Kelly Jensen(26)Eugene,OR	45:44
3	Ted Castaneda(29)ColoSpr,CO	45:48
24	John Moreno(26)SanCarlos,CA	45:46
5	Steve Flanagan(33)Boulder,CO	46:04
26	Laurence Adams(30)England	46:11
7	Tony Ramirez(26)SanCarlos.CA	46:12

Milliame (00) Dectland OP

48-15

100	Marathun			
Ju	ne 21. Lompoc.			
1	Tim Loftus(30)	2:30:56		
2	Ted Pawlak(25)	2:38:15		
3	James R. Detweiler(28)	2:42:19		
4	Alan Dehlinger(20)	2:43:17		
5	Richard Weeks(38)	2:45:11		
6	Rodney Mowbray(34)	2:45:17		
7	Boyd Hartley(36)	2:46:11		
8	Bill Wagner(44)1-40	2:51:39		
9	Bobby Roberts(36)	2:53:09		
10	Tom Alnes(29)	2:54:09		
11	Jack Williams(45)2-40	2:56:43		
12	Edwin Jerome(37)	2:57:09		
13	Ken Jurette(42)3-40	2:58:16		
14	Fidel Diaz(24)	2:58:32		
15	Gene Comroe(38)	2:59:11		
	Jeff Wilson(32)	2:59:51		
17	Louis Spencer(42)4-40	3:00:24		
	Jeff Saley(37)	3:00:26		
19	Fred Vega(46)	3:00:53		
	Delbert Pearce(47)	3:02:36		
	Bob Carman(50)1-50	3:04:29		
	Anette Connell(35)1W-30	3:09:05		
	John E. Herd(54)2-50	3:10:40		
	Kathleen Nunez(34)1W 18-29	3:16:56		
	Gayle Berge(37)2W-30	3:31:17		
146 Rose Marie Casammass(40)1W-40				
184	4 Edward T. Wilson(65)1-60	5:22:05		

### **Father's Day Run**

28:54

29:04

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29.40

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33:53

33:53

33-54

From BOB FRIES

June 21. Fresno. 6 Miles: **Tony Ramirez** Juan Garcia 2 Alfred Lara 3 Jim Hartio 5 Shawn Smallwood Juan Molina 6 Pat Moss Fred Villegas 8 Ed Taylor 9 10 Gary Campbell 11 Richard Torres 12 Scott Thornton 13 Eric Little 14 Curtis Elia 15 Bob Lindsey 16 Michael Taylor 17 Louis Grieco 18 Dan Mitchell 19 Al Lomeli 20 Virgil Moreno 21 Mark Hull 22 Steve Ward 23. Gary Reimer 24 David Williams 25 David Perez 26 Raymond Rubio 27 Don Chapin, Jr. 28 Craig Elia 29 Tim Cornell 30 Gordon Keller **31 Aggie Contreras** 32 Bill Sterling 33 Larry Lung 34 Len Thornton 35 John Blair 36 Leon Valley 37 Mark Freeman 38 Norberto Barraza 39 Jim Lambe 40 Jesse Valdez 41 Bob Galloway 42 Fernie Montanez 43 Robert Stephenson 44 Ian Lange 45 Rito Fuentes 46 Frank Rivas

THE REPORT		Constant of the local division of the local
		30 30
0:56		38
8:15		:42
	96 Craig Newport 35:	43
2:19	97 Timothy Falls 35:	:45
13:17	98 Odilon Carrera 35:	49
5:11	99 Tom Parker 35:	50
15:17		53
6:11		
51:39	55-59: 1 Sid Toabe 36:17, 2 Franz Weinscher	
3:09	39:28, 3 Payson Taylor 41:17. 60 & over	
54:09	Harry Harder 40:45, 2 Mike Inverso 46:27,	, 3
	Donald Zarin 46:37. Women 10-14: 1 Rosema	ary
6:43	Alcaraz 43:38, 2 Yolanda Martinez 44:38,	
57:09	Denise Ockey 46:41. Women 15-19: 1 Ren	
8:16	Wyckoff 35:12, 2 Shirley Rojas 38:45, 3 Ca	
8:32	Isham 39:13. Women 20-24: 1 Paula Ramin	
9:11		
9:51	37:02, 2 Diane Barrett 37:54, 3 Emily Whitn	
0:24	38:00. Women 25:29: 1 Tone Nichols 42:18	
0:26	Elizabeth Layous, 3 Becky Dieter 43:	
0:53	Women 30-34: 1 Carolyn Tiernan 39:35,	2
	Diane Stauffer 40:10, 3 Pam Royer 40:	13.
2:36	Women 35-39: 1 Muriel Olsen 42:04, 2 Marg	aie
4:29	Timberlake 42:07, 3 Donna Nelson 44:	
9:05	Women 40-44: 1 Ramona Diaz 44:37, 2 C	
0:40		
6:56	Conway 47:10, 3 Connie Pius 48:28. Wom	
1:17	45-49: 1 Isabel Verduzco 43:09, 2 Mae Rog	
6:20	48:21, 3 Marvelle Taylor 49:59. Women 50	
	over: 1 Liz DeMonte 46:08, 2 Dorothy Thom	as
2:05	47:04 3 Marguerite Valentine 48:03	

### **Run For Youth**

19:35

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24:49

26:59

27:09

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27:57

29:08

30.17

June 21, Los Osos: Run For Youth 4.0 Mile. Kevin Jones (20, SLO) Greg Parks (22, SLO) 2 3 Eddy Cadena (33, LO) Tom McKeown (27, LO) Rick Baldocchi (21, SLO) 5 Raoul Duke (26, MB) Frank Hutchinson (28, ShI Bch) 8 Paul Lee (28, AG) 9 Terry Barnes (29, HAR) 10 Dave Hughes (26, LO) 11 Peter Roske (19, SLO) 12 Loyd Reeder (30, ATA) 13 Alan Deckel (26, LO) 14 Tim Blair (14, MB) 15 George Carlsson (27, SLO) 16 Stan Rosenfield (33, SLO) 17 Clem Michel (37. LO) 18 Jack Cline (48, GC) 1-40 19 Marci Stevenson (21, SLO) 1-F 20 Carl Urguizu (22, SLO) 22 Terri Stout-Esquivel (22, SLO) 2-F 26 John Freitas (44, MB) 2-40 47 Frank Fiedler (54, Whittier) 1-50 49 Galen Kirn (41, LO) 3-40 56 Marta Ann Johnson (27, SLO) 3-F 59 Rose Lorenzo (28, SLO) 4-F 74 Nancy Fry (25, BW) 5-F 90 Charlene Rogers (40, LO) 1-40 F

### **Parade Route Road Race**

June 27, Lompoc: Parade Route Road Race - 3 miles. 1 Efrain Gonzales (34) 15:46 Nick Bideau (21) 16:07 2 Kerk Brown (14) 16:21 3 Steve Jones (21) 16:23 16:29 5 Mark Newton (31) 17:05 Terry Mack (29) 6 17 Bill Pullen (46) 1-40 19:28 26 Kerri Marshall (22) 1-F 21:22 29 John T. Squires, Sr. (50) 1-50 21:36 21:58 31 Katie Canale (29) 2-F 23:21 38 Buth B. Adams 1-40 F.

1 Janet Tucker 21:07, 2 Julie Stirman 26:29, 3 Donna Radigonda 27:50. Male 30-39: 1 Bill Tramontin 18:08, 2 Jim Beland 18:44, 3 Mike Neff 19:28. Female 30-39: 1 Linda Belfore 25:48, 2 Nora Sterling 29:28, 3 Eileen Hoffman 31:24. Male 40-49: 1 Chuck Conway 19:00, 2 Gary Hollinger 21:06, 3 Henry Tollette 21:34. Female 40-49: 1 Sue Benthien 35:16. Male 50 & over: 1 William Huffman 22:40, 2 Marvin Miller 29:08. Female 50 & over: 1 Ann Tassell 33:21.

Male 19 & under: 1 Kenneth Mattson 32:43, 2 Tom Arnez 36:53, 3 Doug Pajer 53:17, Female 19 & under: 1 Lisa Baccigaluppi 43:13. Male 20-29: 1 Bill Elliott 32:36, 2 Kenneth Danz 34:06. 3 Donnie Cabitac 36:06. Female 20-29: 1 Karen Coe 41:26, 2 Grace Healy 49:54, 3 Leslie Johnson 50:50. Male 30-39: 1 Kirkwood Donavin 38:26, 2 Bill Staack 41:00, 3 Joel Uher 44:05. Female 30-39: 1 Juanita Hufalar 45:03, 2 Linda Parr 47:52, 3 Pat Sepulveda 63:03. Male 40-49: 1 Dudley Smith 40:24, 2 Web Chadwick 40:26, 3 Bryan Donald 42:56.

### Morro Bay to Cavucos

#### From STAN ROSENFIELD

June 27: Morro Bay to Cavucos Fun Run, 6+ miles of sandy beach - low tide.

1	San Aldridge (24) SLO/Sub 4	31:16
2	Terry Gibson (22) Cal Poly	31:23
3	Eddy Cadena (33) Los Osos	32:12
4	Phil Bellan (20) San Luis Obispo	33:28
5	Ed Taylor (24) Visalia	33:32
6	Robert Hollister (22) Santa Barbara/SBAA	33:45
7	Frank Hutchinson (28) Shell Beach/SLDC	34:11
8	Paul Lee (20) Arroyo Grande/SLDC	34:20
9	Keith Willsey (25) Arkansas/HTC	35:25
10	Nick Bideau (21) Santa Maria	35:47
11	Bill Hoanzl (36) Los Alamitos	35:55
12	Jim Hurley (25) Los Osos/Moose AC	36:06
13	Terry Barnes (29) Harmony/SLDC	36:10
14	Charlie Horn (29) Lancaster/RPU	36:20
15	Robert Taylor (20) Visalia/Bartlett	36:22
16	Bryan Patterson (26) Visalia/Bartlett	36:22
17	Frank Freyne (41) Ridgecrest/CCAC 1-40	36:29
	Cavid Calderon (21) Visalia/VR	36:34
19	Cliff Bidleman (24) SLO/Cuesta	36:41
	Peter Roske (19) SLO/Cuesta	36:59
21	Jaime Pimentel (17) Delano HS	37:08
22	Craig Lowrie (24) SLO/SLDC	37:15
23	Gary Peterson (26) Morro Bay/SLDC	37:15
	John Ernatt (17) SLO/SLDC	37:21
	J.P. Chapman (31) Bakersfield/BTC	37:23
27	Dick Cain (48) Fresno/FTC 2-40	37:55
	Marci Stevenson (21) SLO/SLDC 1-F	39:22
37		39:44
	Brenda Villanueva (20) Bakersfield/BTC 2-F	40:09
79		44:11
82	Diane Dixon (26) Los Osos 4-F	44:17
	Jennifer Simmons (31) SLO/SLDC 5-F	44:22
	Tone Nichols (23) Clovis/FTC 6-F	44:26
	5 Liz DeMonte (51) Fresno/FTC 1-50 F	50:48
262	finishers.	

### Western States **Endurance Run 100 Miles**

une	27.	Squ	wat	Vall	ley.	
						dwood

	1	Doug Latimer(40)RedwoodCity	16:02:37
	1	Jim Howard(27)Sacto	16:02:37
1	3	BIII McDermott(29)Whittler	17:39
	4	Bill Weigle(40)Carmel	18:16
	5	Jim Pellon(30)MissHills	18:23
	6	Bruce LaBelle(25)Davis	18:36

23 Ron Oglivie (48) Sparks, NV 1-40 3:22:57 46 Marie Cook (37) Butte, MT 2-F 3:45:51

### **NAS Lemoore Half Marathon**

#### June 28, Lemoore Naval Air Station: NAS Lemore Half Marathon. no times available except 1:11:00 for overall

winner Gilbert Cortez of Alhambra.

Boys 12 & Under: Greg Henry. Girls 12 & Under: Cathy Henry. Boys 13-17: Dave Perez. Men18-35: Gilbert Cortez. Women 18-35: Rene Wycoff. Men 36-49: Jesse Rodriguez. Women 36-49: Linda Branco. Men Over 50: Len Thornton.



### **Cascade Run Off**

#### From CHUCK GALFORD

June 28. Portland, Oregon. 15K:

Greg Meyer and New Zealander Anne Audain scored the biggest victories of their road racing careers by winning the 15-kilometer Cascade Run Off in Portland, Oregon on June 28. Meyer and Audain each took home a first place purse of \$10,000.

The Cascade Run Off kicked off the ARRA Championship Circuit, a series of road races coordinated by the Association of Road Racing Athletes. Each event on the ARRA circuit will be conducted on an open or unrestricted basis whereby any athlete may compete regardless of his or her classification as an "amateur" or "professional". Nike, Inc., the Oregon-based shoe company, put up a total purse of \$50,000 for the event.

Meyer's victory climaxed his stirring duel with two-time defending champion Herb Lindsay, Domingo Tibaduiza of Colombia, and marathon king Bill Rodgers. After dropping Jon Sinclair near the top of the course's long uphill on Terwilliger Parkway, the leaders exchanged numerous surges over the last four miles in an effort to break each other. The hard pace enabled Meyer to cover the mostly gentle downgrade over the last five kilometers in 13:42. Meyer made two decisive moves over the last 0.5 mile to hold off Lindsay's finishing kick for the win.

Meyer's excellent time of 43:18.9 over the challenging loop course places him third on the all-time 15-kilometer road listings and breaks Lindsay's course record by an incredible 30 seconds. Lindsay, Tibaduiza and Rodgers recorded nearly as impressive times of 43:20.5, 43:23.6 and 43:25.0, respectively.

ARRA's challenge to the system of "shamateurism" and The Athletic Congress' hegemony over the sport drew one of the best road rading fields ever without the benefit of any appearance money. Competitors includ-

st Hills, Runners enloyed sunny skies, a cooling breeze, and temperatures in the mid-60's during the race. Total elevation gain over the course is 475 feet.

	suits:	
	Open Men	
1 2	Greg Meyer(25)Holliston,MA\$	43:18.9
3	Herb Lindsay(26)Boulder,CO \$ Domingo Tibaduiza(31)Colombia \$	43:20.5
4	Bill Rodgers(33)Stoneham,MA	43:23.6 43:25.0
5	Jon Sinclair(23)Ft.Collins,CO\$	44:04.8
6	Benji Durden(29)StoneMtn,GA\$	44:09.5
7	Pete Pfitzinger(23)Ithaca,NY\$	44:12.6
8	Stan Mavis(26)Boulder,CO	44:14.4
9	John Glidewell(24)Fairborn,OH \$	44:32.2
10		44:44.0
11		44:46.9
12		44:49.5
13 14		44:52.0 44:53.8
15		44.55.0
16		45:22
17		45:23
18		45:24
19		45:25
20		45:30
21	Mike Porter(26)Berkeley,CA	45:41
22		45:44
23		45:48
24		45:46
25 26		46:04
27		46:11 46:12
28	Tony Ramirez(26)SanCarlos,CA Terry Williams(26)Portland,OR	46:12
29		46:15
30		46:18
31	Dan Harvey(22)SanCarlos,CA	46:22
32		46:26
33		
34	Herm Atkins(33)Everett,WA	46:33
35	Minoru Mitsuhashi(22)Kobe, Japan	46:39
36		46:41
37	Duncan MacDonald(32)MenloPk,CA	
38	David Odom(25)Houston,TX	46:48
39 40	Tom Fleming(29)Bloomfield,NJ Biobard Hollowow(22)Ballingham W	46:53
41	Richard Holloway(33)Bellingham,W Paul Stemmer(27)Eugene,OR	47:04
42	Jim Alexander(30)Tigard,OR	47:09
	Don Paul(30)SanFran,CA	47:12
44	Don Kardong(32)Spokane,WA	
45		47:26
	Steve Carrigg(24)Monmouth,OR	47:26 47:32
46	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR	47:32 47:42
46 47	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR	47:32 47:42 47:46
46 47 48	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR	47:32 47:42 47:46 47:49
46 47 48 49	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan	47:32 47:42 47:46 47:49 47:50
46 47 48 49 50	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH	47:32 47:42 47:46 47:49 47:50 47:51
46 47 48 49	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)KObe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR	47:32 47:42 47:46 47:49 47:50
46 47 48 49 50 50	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR Open Women	47:32 47:42 47:46 47:49 47:50 47:51 47:51
46 47 48 49 50 50	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR Open Women Anne Audain(25)Auckland,NZ \$	47:32 47:42 47:46 47:49 47:50 47:51 47:51 50:32.8
46 47 48 49 50 50	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hildeki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$	47:32 47:42 47:46 47:49 47:50 47:51 47:51 50:32.8 50:57.9
46 47 48 49 50 50 50	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR Open Women Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$	47:32 47:42 47:46 47:49 47:50 47:51 47:51 50:32.8 50:57.9 51:24.9
46 47 48 49 50 50 50 1 2 3	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR Open Women Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Patti Catalano(28)W.Roxbury,MA \$	47:32 47:42 47:46 47:49 47:50 47:51 47:51 50:32.8 50:57.9
46 47 48 49 50 50 1 2 3 4	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hildeki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Patti Catalano(28)W.Roxbury,MA \$ Laurie Binder(33)SanDiego,CA \$	47:32 47:42 47:46 47:49 47:50 47:51 47:51 50:32.8 50:57.9 51:24.9 51:55.5
46 47 48 49 50 50 1 2 3 4 5 6 7	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR Open Women Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Patti Catalano(28)W.Roxbury,MA \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID	47:32 47:42 47:46 47:49 47:50 47:51 47:51 50:32.8 50:57.9 51:24.9 51:55.5 52:03.8 52:23.0 52:23.0 52:254.2
46 47 48 49 50 50 1 2 3 4 5 6 7 8	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Patti Catalano(28)W.Roxbury,MA \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID	47:32 47:42 47:49 47:49 47:50 47:51 47:51 50:32.8 50:57.9 51:24.9 51:25.5 52:03.8 52:23.0 52:23.0 52:25.4 53:52.1
46 47 48 49 50 50 1 2 3 4 5 6 7 8 9	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR Open Women Anne Audain(25)Auckland,NZ \$ Allison Roc(25)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH	47:32 47:42 47:49 47:49 47:50 47:51 47:51 47:51 50:32.8 50:57.9 51:25.9 51:25.9 51:25.9 51:25.9 52:03.8 52:23.0 52:54.2 53:52.1 53:52.1
46 47 48 49 50 50 1 2 3 4 5 6 7 8 9 10	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR Open Women Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Patti Catalano(28)W. Roxbury,MA \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,H1 \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK	47:32 47:42 47:44 47:49 47:50 47:51 47:51 47:51 50:32.8 50:57.9 51:25.5 52:03.8 52:23.0 52:54.2 53:59.1 53:59.1 54:40.4
46 47 48 49 50 50 1 2 3 4 5 6 7 8 9 10 11	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Lorraine Moller(28)Auckland,NZ \$ Patti Catalano(28)W.Roxbury,MA \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK	47:32 47:42 47:46 47:46 47:49 47:50 47:51 47:51 47:51 50:32.8 50:67.9 51:24.9 51:55.5 52:03.8 52:23.0 52:54.2 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:55.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:53.1 54:40.4 54:50.1
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46 47 48 49 50 50 1 2 3 4 5 6 7 8 9 10 11 12 13	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Patti Catalano(28)W. Roxbury,MA \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolul,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OK Tina Moran(21)Corvallis,OR	47:32 47:42 47:46 47:49 47:50 47:51 50:32.8 50:57.9 51:24.9 51:55.5 52:03.8 52:23.0 52:54.2 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:53.51 54:40.4 54:50 55:29 56:25
46 47 48 49 50 50 1 2 3 4 5 6 7 8 9 10 11 12 13 14	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hildeki Yamaoka(25)KObe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Patti Catalano(28)W.Roxbury,MA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OK Tina Moran(21)Corvallis,OR Vanessa Vajados(29)Houston,TX	47:32 47:42 47:46 47:49 47:50 47:51 47:51 50:32.8 50:67.9 51:24.9 51:55.5 52:03.8 52:23.0 52:54.2 53:52.1 53:59.1 54:40.4 54:50 55:29 56:25 56:50
46 47 48 49 50 50 1 2 3 4 5 6 7 8 9 10 11 12 13	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)KObe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OK Tina Moran(21)Corvallis,OR Vanessa Vajados(29)Houston,TX Sherrie Crang(18)Vancouver,WA	47:32 47:42 47:46 47:49 47:50 47:51 50:32.8 50:57.9 51:24.9 51:55.5 52:03.8 52:23.0 52:54.2 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.2 55:22 56:50 57:20
46         47           48         49         50           50         1         2           3         4         5         6           7         8         9         10         11           12         3         4         5         6         7         8         9         10         11         12         13         14         15         16         17	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hildeki Yamaoka(25)KObe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Patti Catalano(28)W.Roxbury,MA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OK Tina Moran(21)Corvallis,OR Vanessa Vajados(29)Houston,TX	47:32 47:42 47:46 47:49 47:50 47:51 47:51 50:32.8 50:67.9 51:24.9 51:55.5 52:03.8 52:23.0 52:54.2 53:52.1 53:59.1 54:40.4 54:50 55:29 56:25 56:50
46         47         48         49         50         50         1         2         3         4         5         6         7         8         9         10         11         12         13         14         15         16         17         18	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)KObe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OK Tina Moran(21)Corvallis,OR Vanessa Vajados(29)Houston,TX Sherrie Crang(18)Vancouver,WA Kathi Sommer(22)Springfield,OR Joanne Dahlkoetter(27)SanFran,CA Kathy Nichols(17)WestLinn,OR	47:32 47:42 47:46 47:49 47:50 47:51 50:32.8 50:57.9 51:24.9 51:55.5 52:03.8 52:23.0 52:54.2 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.5 55:29 55:25 57:28 57:28
46         47         48         49         50         1         2         3         4         5         6         7         8         9         10         11         12         13         4         15         6         7         8         9         10         11         12         13         14         15         16         17         18         19	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roc(25)Auckland,NZ \$ Allison Roc(25)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OK Tina Moran(21)Corvallis,OR Vanessa Vajados(29)Houston,TX Sherrie Crang(18)Vancouver,WA Kathi Sommer(22)Springfield,OR Joanne Dahlkoetter(27)SanFran,CA Kathy Nichols(17)WestLinn,OR Bridget Cooke(20)Yamhill,OR	47:32 47:42 47:46 47:49 47:50 47:51 50:32.8 50:57.9 51:24.9 51:25.5 52:03.8 52:23.0 52:54.2 53:52.1 53:52.1 53:52.1 54:40.4 54:50 55:29 56:55 57:25 57:25 57:28 57:28 57:55
46         47         48         49         50         1         2         3         4         5         6         7         8         9         10         11         12         13         4         15         6         7         8         9         10         11         12         13         14         15         16         17         18         19         20	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hildeki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Patti Catalano(28)W.Roxbury,MA \$ Patti Catalano(28)W.Roxbury,MA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OK Tina Moran(21)Corvallis,OR Vanessa Vajados(29)Houston,TX Sherrie Crang(18)Vancouver,WA Kathi Sommer(22)Springfield,OR Joanne Dahlkoetter(27)SanFran,CA Kathy Nichols(17)WestLinn,OR Bridget Cooke(20)Yamhill,OR Kathleen Keller(25)Bremerton,WA	47:32 47:42 47:46 47:49 47:50 47:51 47:51 50:32.8 50:57.9 51:24.9 51:55.5 52:03.8 52:24.2 53:52.1 53:59.1 54:40.4 54:50 55:29 56:50 57:20 57:20 57:22 57:55 57:39 57:55 57:39 57:55 58:11
46         47         48         49         50         50         1         2         3         4         5         6         7         8         9         10         11         12         13         14         5         16         7         8         9         10         11         12         13         14         5         16         17         18         19         22         21	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)KObe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OK Tina Moran(21)Corvallis,OR Vanessa Vajados(29)Houston,TX Sherrie Crang(18)Vancouver,WA Kathi Sommer(22)Springfield,OR Joanne Dahlkoetter(27)SanFran,CA Kathy Nichols(17)WestLinn,OR Bridget Cooke(20)Yamhill,OR Kathieen Keller(25)Bremerton,WA Cathy Settle(25)Atlanta,GA	47:32 47:42 47:46 47:49 47:50 47:51 50:32.8 50:57.9 51:24.9 51:55.5 52:03.8 52:23.0 52:54.2 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.1 53:52.5 55:29 57:28 57:28 57:28 57:28 57:39 57:55 58:11
46         47           48         49           50         1           2         3           4         5           6         7           8         9           11         12           12         3           4         5           6         7           8         9           11         12           13         14           15         16           7         8           9         10           11         12           13         14           15         16           7         8           9         10           11         12           12         21           22         22	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roc(25)Auckland,NZ \$ Allison Roc(25)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OK Tina Moran(21)Corvallis,OR Vanessa Vajados(29)Houston,TX Sherrie Crang(18)Vancouver,WA Kathi Sommer(22)Springfield,OR Joanne Dahlkoetter(27)SanFran,CA Kathy Nichols(17)WestLinn,OR Bridget Cooke(20)Yamhill,OR Kathelen Keller(25)Bremerton,WA Cathy Settle(25)Atlanta,GA	47:32 47:42 47:46 47:49 47:50 47:51 50:32.8 50:57.9 51:24.9 51:55.5 52:03.8 52:23.0 52:54.2 53:52.1 53:52.1 53:52.1 53:52.1 54:40.4 54:50 55:29 56:50 57:25 56:50 57:25 57:28 57:39 57:55 58:11 58:18 59:01
46         47           48         49           50         1           2         3           4         5           6         7           8         9           112         13           123         4           5         6           7         8           9         10           112         13           14         15           16         17           18         19           22         23	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hildeki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roe(25)Auckland,NZ \$ Patti Catalano(28)W.Roxbury,MA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OH Xanesa Vajados(29)Houston,TX Sherrie Crang(18)Vancouver,WA Kathi Sommer(22)Springfield,OR Joanne Dahlkoetter(27)SanFran,CA Kathy Nichols(17)WestLinn,OR Bridget Cooke(20)Yamhill,OR Kathleen Keller(25)Bremerton,WA Kathleen Keller(25)Bremerton,WA Kathy Ruyk Oswald(27)Gresham,OR Stefani Stoutt(20)LKOswego,OR	47:32 47:42 47:46 47:49 47:50 47:51 47:51 50:32.8 50:67.9 51:24.9 51:55.5 52:03.8 52:23.0 52:54.2 53:59.1 54:40.4 54:50 55:29 56:50 57:20 57:25 56:50 57:20 57:25 57:25 57:25 57:55 58:11 58:18 59:01
46         47           48         49           50         1           2         3           4         5           6         7           8         9           11         12           12         3           4         5           6         7           8         9           11         12           13         14           15         16           7         8           9         10           11         12           13         14           15         16           7         8           9         10           11         12           12         21           22         22	Steve Carrigg(24)Monmouth,OR Bob Ray(29)Woodburn,OR Don Stearns(20)LaGrande,OR Carey Pinkowski(23)Eugene,OR Hideki Yamaoka(25)Kobe,Japan Jeff Foster(24)NorthCanton,OH Pat Holleran(31)Eugene,OR <b>Open Women</b> Anne Audain(25)Auckland,NZ \$ Allison Roc(25)Auckland,NZ \$ Allison Roc(25)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Lorraine Moller(26)Auckland,NZ \$ Laurie Binder(33)SanDiego,CA \$ Janice Oehm(21)WalnutCrk,CA Patsy Sharples(19)Moscow,ID Cindy Dalrymple(39)Honolulu,HI \$ Beth Sheridan(26)Poland,OH Ann Locke(17)Anchorage,AK Karen Bridges(23)Edmond,OK Tina Moran(21)Corvallis,OR Vanessa Vajados(29)Houston,TX Sherrie Crang(18)Vancouver,WA Kathi Sommer(22)Springfield,OR Joanne Dahlkoetter(27)SanFran,CA Kathy Nichols(17)WestLinn,OR Bridget Cooke(20)Yamhill,OR Kathelen Keller(25)Bremerton,WA Cathy Settle(25)Atlanta,GA	47:32 47:42 47:46 47:49 47:50 47:51 50:32.8 50:57.9 51:24.9 51:55.5 52:03.8 52:23.0 52:54.2 53:52.1 53:52.1 53:52.1 53:52.1 54:40.4 54:50 55:29 56:50 57:25 56:50 57:25 57:28 57:39 57:55 58:11 58:18 59:01

#### Money Winners:

Men: 1 Meyer \$10,000, 2 Lindsay \$6,000, 3 Tibaduiza \$4,000, 5 Sinclair \$2,000, 6 Durden \$1,000, 7 Pfitzinger \$800, 9 Glidewell \$600, 10 Vigil \$500, 12 Mendoza \$350, 13 Bolt \$300, 15 Rojas \$200.

Women: 1 Audain \$10,000, 2 Roe \$4,000, 3 Moller \$2,000, 4 Catalano \$1,500, 5 Binder \$1,000, 8 Dalrymple \$300.

### **Fitch Mountain** Footrace--10K

31:41.9

33:56.0

34:08.7

34:28.4

34:58.2

35:10.1

35:32.2

35:59.6

36:09.0

36:20.5

36:22.9

36:27.5

36:28.7

36:32.7

36:36.6

36:49.6

36:52.2

37:17.5

37:18.2

37:21.9

40:11.6

41:31.3

41:51.2

45:42.1

47:13.1

#### June 28. Healdsburg. **Rudy Munoz** Greg Fogg **Jim Gibbons**

Butch Alexander **Terence Pintane** Arthur Webb Clark Rosen 8 Andy Jensen 9 Fred Leoni 10 Bill Bugler 1-40 11 James Thompson 12 Don Stewart 13 Craig Roland 2-40 14 Steve Lyons 15 Dick Ogg 16 Louis Garcia 17 George Harris 18 Bill Jensen 3-40 19 Bob McWilliams 20 James McMillan 32 Hank Fragonza 1-50 42 Margaret Oakes 1 MW

- 44 Tisha Whitney 1 SubMW
- 81 Carla Dal Colletto 1 Open W
- 100 Jennifer Sceales 1 JrW

### **Soledad Mission** 10K

#### June 28. Soledad.

Girls 12 & under: 1 Blanca Rodriguez 43:25.31, 2 Corina Lopez 46:46. 3 Terry Miller 49:23. Men 12 & under: 1 David Balladares 43:56, 2 Ricky Thornton 44:57, 3 Rene Juarez 46:27. Men 50 & over: 1 Ed Dally 38:51, 2 Ed Singleton 39:56, 3 Ed Foley 41:22. Women 13-17: 1 Mona Lopez 41:55, 2 Blanca Ornelas 47:05, 3 Bonnie Borchert 51:39. Men 13-17: 1 Chris Bowe 36:40, 2 Jason Hafemeister 38:28, 3 Tom Wilkinson 39:28. Women 40-49: 1 Diane Bromstead 48:23, 2 Isabel Rivas 53:22, 3 Donna Victorino 53:37. Men 40-49: 1 Robert Wellck 35:22, 2 Glynn Wood 35:22, 3 Richard Leutzinger 36:27. Women 30-39: 1 Mo Jarurdane 41:07, 2 Patricia Dixon 47:17, 3 Bernice Ann Smith 47:55. Men 30-39: 1 Haywood Norton 33:45, 2 Jose Lluis Pantoja 33:50, 3 Louis Davidson 36:21. Women 18-29: 1 Sandy Sanchez 39:33, 2 Kim Krutilla 43:16, 3 Sheila Callan 46:34. Men 18-29: 1 Dan Gruber 31:53, 2 Emil Masallames 33:17, 3 Glenn MacDougall 33:22. Overall Winner Male: Dan Gruber 31:53.49. Overall Winner Female: Sandy Sanchez 39:33.51.

### Milpitas Firecracker 10k

From	SI	EN	IE.	GO	OD	MA

11	Andrez Patlan (FIR)		28:58
12	Beto Barraza (FIR)		29:17
13	Curt Royer (MTC)		29:18
14	Ken Schwisow (MTC)		29:29
15	Bob Galloway (HSU)		29:53
16	Biff Burleigh (MER)		30:12
17	Mike Wetzel (MTC)		30:13
18	Juan Portillo (FIR)		30:15
19	David Terraman (YMR)		30:16
20	Ken Harlan	(ATW)	30:18
18	7 finishers		

Men 12 & Under: 1. Jasonf Vann 41:24; 2. Donald Pittel 45:30; 3. Eric Espinoza 48:26. Women 12 & Under: 1. Lisa Wade 39:41; 2. Krista White 50:58. Men 13-17: 1. Danny Valdez 38:40; 2. Ken Harlan 30:18; 3. David Bradley 30:34. Women 13-17: 1. Diana Banda 35:42; 2. Sherry Breeden 37:53; 3. Noel Foster 39:22. Women 18-29: 1. Patti Dreger 36:44; 2. Jane Johnson-Russell 37:03; 3. Celia Felix 42:05. Women 30-39: 1. Holly Jenkins 34:14; 2. Muriel Olson 35:00; 3. Jean Schwisow 38:43. Men 40-49: 1. Ken Schwisow 29:29; 2. Jerry Carr 33:41: 3. Robert Graham 34:09. Women 40-49: 1. Ginger Burrola 33:31; 2. Silvia Ouellette 40:34; 3. Pat Kaufman 42:09. Men 50-59: 1. Charlie Rogers 31:34; 2. Russ Console 32:53; 3. Fred Fitchhorn 34:23. Men 60 & Over: 1. Rod Simonsen 42:38.

### La Palma **ADP** Running **Celebration - 10K**

#### July 4, La Palma. Men 14 & under:

William Feliciano(Cypress) 36:05.8 39:14.5 David Morrison(ManhatnBch)

39:17.0

39:46.2

40:54.1

32:47.8

32:57.8

34:07.0

34:40.5

34:52.8

30:44.3

32:46.9

32:50.4

33:53.9

34:07.9

31:09.0

31:24.4

33:37.2

34:14.2

34:22.5

34:01.7

35:00.7

- 3 E. Winkler(Fullerton)
- Ramon Lopez(Santa Ana) Jim Larkin(GardenGrove) 5
- Men 15-18:
- Rick Csintalan(Stanton)
- Brad Clary 2
- Greg Rafigan(RedondoBch)
- John Craven 5 Tim Cammack(WestCovina)
- Men 19-24:
- Steve Webb(BuenaPark)
- Charles Smith(LongBch) 2 Brian Clary(Anaheim)
- Mark McKinzie(Cypress)
- Tom Cheese(FountainVly)
- Men 25-29: Duane Waltmire(Fullerton)
- Joe Carlson(LongBch)
- Walt Waltmire(Fulleton)
- Dave White(Orange) Leslie Caldera(Whittier)
- Men 30-34:
- Donald Ocana(Anaheim)
- Sergio Ramirez(LongBeach
- Pat Croner(Tustin)
- Harry Hartley(Chino) Don Gutierrez(RanchCuca)
- Men 35-39:
- Jim Reilly(Irvine)
- **Todd Ferguson** Robert Caplice(SanPedro)
- **Dan Petrick**
- Bill Theriault(HuntBch)
- Men 40-49: Ron Navarrette(Placentia)
- John N. Kosarich(Downey)
- Wendell Smith(Tustin) Walt Windsor

## **ARE YOU HOSTING A RUN OR MEET?**

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

Date of Event	Loc	cation of Event			
Name of Event_		<u></u>	<u></u>		
Type of Event:	long distance run	track meet	cross country	other	
Starting Time	Distanc	e if a running e	vent		
Other Important	Info		<u></u>		
Contact Person				Phone	1
Address	Street	City	Sta	te	Zip
	lifornia Track & F			3103, Fresno	, CA 93703

### Will Rogers 10K

#### By RICHARD SLOTKIN

#### July 4, Pacific Palisades: The 4th Annual Will Rogers 10K Run.

The heat wave in Los Angeles continues. It looked as though it just might break for the Will Rogers 10K, although it never did before and didn't this time, either. This race is always in hot weather, and it has a very tough hill in the middle. There is another one just after you come down from the big one, not as long or steep, but enough to make you wonder why you even bother with these things. After that one, though, it's only about a half mile to the finish, and some of that, Lord have mercy! is actually slightly down. So, everyone comes across the finish line looking like Miruts Yifter, even though a scant 30 seconds earlier they looked more like Broomhilda shaking off a hangover.

Last year, Charlie Gray come out of nowhere to win this event. "Nowhere" turned out to be an Olympic Trials gualifier in the marathon with an outstanding record on the track. This year, Charlie Gray came out of



Park, he didn't have anyone in sight behind him. It was hot, somewhere in the 80's, so Gray looked as though he was feeling it, but he was, nevertheless, running very well. Seems like the frontrunners always do, doesn't it? About a minute behind came Jeff Shaver and just behind Shaver came Santa Monica Track Club teammate Paul Farina, both of whom were also running well.

It was a big change for Farina. Last year he ran the course quite out of shape from having a beer-filled vacation. As he came up the final hill then, he looked almost apologetic, as if to say, "This isn't the real me!" and he struggled to the finish, totally resigned to a rough time. This year, the ex-Uni High star was in shape and, irrepressable as always, he chased after the equally irrepressable, and irreverent Shaver. What a pair they make. We'll have to do a feature on those two one of these mon-

Anyway, I didn't see what went on up and down the hill in the Park, but when Gray showed up, cresting the last hill, on Sunset Blvd., he still looked strong, and unless he got hit by a car or got an offer from Bo Derek, there wasn't anyone going to beat him to the tape. His time was 30:26.4, and for that course, in that heat, that was very, very good. Shaver and Farina continued to run well also and finsihed only two tenths of a second apart. 31:31.6 for Shaver and 31:31.8 for Farina. Fourth place didn't come by for over a minute. After that, however, the parade began as the rest of the over 2000 entrants came home.

It was a good day for the Santa Monica Track Club as they placed two of the top three, four in the top 15, including Richard Greifinger who won the placque that went with being the first Pacific Palisadian. Richard's older brother Dave won the whole

by, especially in that last half mile. I heard more "Thank you's" than you'd hear at a bridal shower, definitely a shower of a different kind

So, if you heat nuts still aren't satisfield, there's the Santa Monica Marathon and Half-Marathon coming up next month. Have a ball, folks

#### Top Overell Einlebere

	o voi an i monoro.	
1	Charlie Gray	30:26
2	Jeff Shaver	31:31
3	Paul Ferina	31:31
4	James Ursulo	32:46
5	Steve Schuman	32:52
6	Brian Schoeffler	32:57
7	Steven Dietch	33:03
8	Burnette Miller	33:32
9	Steve Gilbert	33:32
10	John Dishman	33:48
11	Robert Durkee	33:49
12	Larry Hayden	33:50
13	Michael Meric	33:52
14	Richard Greifinger	33:53
15	Art Ting	33:56

MEN'S DIVISIONS: 12 & UNder: 1. Martin Turner (Redondo Beach) 44:01; 2. Mike Blum (Pacific Palisades) 45:05: 3. Kevin Burns (Santa Monica) 47:26. 13-15: 1. John McHugh (Costa Mesa) 37:54; 2. Blane Holman (Culver City) 38:29: 3. Richard Bernal (Los Angeles) 39:15. 16-18: 1. Steve Schuman (Los Angeles) 32:52: 2. Steven Dietch (Woodland Hills) 33:03: 3. Steve Gilbert (Beverly Hills) 33:32. 19-29: 1. Charlie Gray (Los Angeles) 30:26; 2. Jeff Shaver (Santa Monica) 31:31; 3. Paul Ferina (Los Angeles) 31:44. 30-34: 1. Henry Lange (Beverly Hills) 34:54; 2. Clark Rosen (Petaluma) 35:41; 3. James Thomas (Boulder, Colo.) 35:41. 35-39: 1. Donald Schultz (Salt Lake City, Utah) 34:21; 2. Reynold Sodini (Whittier) 36:36; 3. John Hayes (Santa Monica) 7.94 AD AA. 1 Eine (Manlibut SELEE, O MA

32:34.1 34:10.8 35:51.2 35:52.8 36:11.6 35:25.2 35:32.4 36:05.2 36:07.9 36:49.0

### 10K

#### June 28, Soledad,

Girls 12 & under: 1 Blanca Rodriguez 43:25.31. 2 Corina Lopez 46:46, 3 Terry Miller 49:23. Men 12 & under: 1 David Balladares 43:56, 2 Ricky Thornton 44:57, 3 Rene Juarez 46:27. Men 50 & over: 1 Ed Dally 38:51, 2 Ed Singleton 39:56, 3 Ed Foley 41:22. Women 13-17: 1 Mona Lopez 41:55, 2 Blanca Ornelas 47:05, 3 Bonnie Borchert 51:39. Men 13-17: 1 Chris Bowe 36:40, 2 Jason Hafemeister 38:28, 3 Tom Wilkinson 39:28. Women 40-49: 1 Diane Bromstead 48:23, 2 Isabel Rivas 53:22, 3 Donna Victorino 53:37. Men 40-49: 1 Robert Wellck 35:22, 2 Glynn Wood 35:22, 3 Richard Leutzinger 36:27. Women 30-39: 1 Mo Jarurdane 41:07, 2 Patricia Dixon 47:17, 3 Bernice Ann Smith 47:55. Men 30-39: 1 Haywood Norton 33:45, 2 Jose Lluis Pantoja 33:50, 3 Louis Davidson 36:21. Women 18-29: 1 Sandy Sanchez 39:33, 2 Kim Krutilla 43:16, 3 Sheila Callan 46:34, Men 18-29: 1 Dan Gruber 31:53, 2 Emil Masallames 33:17, 3 Glenn MacDougall 33:22. Overall Winner Male: Dan Gruber 31:53.49. Overall Winner Female: Sandy Sanchez 39:33.51.

### Milpitas Firecracker 10k

#### From STEVE GOODMAN

#### July 4, Milpitas: Firecracker 10,000 Meter Run.

Overall Male: Paul Sechrist (Open 17-29) 30:43. Overall Female: Janice LeCocq (Submaster 30-39) 38:33. Men 16 & Under: Jim LaFuente 34:46, Women 16 & Under: Kelly Bungo 48:58, Women 17-29: Christine Callas 40:29. Men 30-39: William Dunn 33:56. Men 40-49: Tim Rostege 33:06. Women 40-49: Betsy Fraser-Smith 42:46. Men 50 & Over: Ulrich Kamph 33:15. Women 50 & Over: Penny Hall 56:06.

### **Atwater Signal Independence** Run

#### From AL SHORTT

	ily A Atwater Atwater Signal						
July 4, Atwater: Atwater Signal Run for In-							
dependence 2 Mile & 5 Mile.							
Two Mile Race:							
1	Greg McKinstry (MTC)	10:08					
2	Daniel Rusk (MER)	10:56					
3	Dave Donaldson (MTC) 1-40	11:01					
4	Greg Harlan (ATW	11:13					
5	Jerry Kennedy (ATW)	11:22					
6	John Clay (MER)	11:24					
7	Warren Cambell (ATW)	11:42					
8	Frank Russell (MTC) 2-40	11:49					
9	Stan Scheuerman (ATW)	11:49					
10		12:05					
20	Janet Fujimoto (MTC) 1-F	13:16					
22	Patty Martain (MTC) 2-F	13:25					
25	Ray Mahannah (MTC) 1-50	14:00					
26	Sandy Haskins (MER)	14:05					
27	Rhonda Merry (ATW) 4-F	14:11					
29	Debbie Stewart (MTC) 5-F	14:33					
5.	Mile Race:						
1	Fred Villegas (MTC)	26:07					
2	Matt Console (ATW)	27:00					
3	Joe Day (MTC)	27:09					
4	Charles Pittell (OAK)	27:18					
5	James Rodrigues (YRC)	27:23					
6	Craig Elia (FRE)	27:46					
-							

- 6 Craig Elia (FRE)
- Tom Holliday (BAK)
- Danny Valdez (MTC) 8
- Rory White (GVS) 9
- 10 Sargon Nona (TUR)

- Rick Csintalan(Stanton) Brad Clary Greg Rafigan(RedondoBch) 3 John Craven 5 Tim Cammack(WestCovina) Men 19-24: Steve Webb(BuenaPark) Charles Smith(LongBch) 2 Brian Clary(Anaheim) 3
- Mark McKinzie(Cypress) 5 Tom Cheese(FountainVly)
- Duane Waltmire(Fullerton) Joe Carlson(LongBch)
- Dave White(Orange) Leslie Caldera(Whittier)
- Donald Ocana(Anaheim) 1
- Sergio Ramirez(LongBeach
- Don Gutierrez(RanchCuca) 5
- Men 35-39:

1

3

5

2

3

3

28:23

28:40

28:41

28:43

- Jim Reilly(Irvine)
- **Todd Ferguson**
- 5
- Men 40-49:
  - John N. Kosarich(Downey)
  - Walt Windsor
- 5 Men 50-59:
- Charles Turner(Whittier) Ray Hart(VillaPark) Ralph Montoya(Norwalk) **Richard Langelle** Men 60 & over: Phil Castle(Fullerton) Roly Averitt(Lakewood) Roy Mades Jack Davidson(SanGabriel)
- Women 15-18: Trudy Gardner(Anaheim) Cindy Herzog 2 Valerie Lisiewicz(Glendale) Women 19-24: Rhonda Davidson(LaPalma) 2 Barbara Vetter(Walnut) Mary Beth Bule(Tustin) 3 Women 25-29: Julie McKinney(RedondoBch) **Diane Nichol** 2 Rebecca Jo Blair(SantaAna) Women 30-34: Carolyn Slade(FntnVly) Bonnie Jark(LongBch) Virginia Hook(SealBch) 3 Women 35-39: Corrine Schratz(HermBch) Ann Tack(Westminster) Janice Estrick(Fullerton) Women 40-49: Reina Hart(VillaPark) 2 Elaine Harens Pat Gonzalez Peace Officers: George Davis(LAPD) Chuck Foote(LAPD) 2 David Garcia Leaton(LAPD) 2 Wheelchair
- **Buford Harris Ray Stewart**

34:52.8 30:44.3 32:46.9 32:50.4 33:53.9 34:07.9

32.47.8

32:57.8

34:07.0

34:40.5

31:09.0

31:24.4

33:37.2

34.14 2

34:22.5

32:34.1

34:10.8

35:51.2

35:52.8

36:11.6

35:25.2

36:05.2

36:07.9 P

36:49.0

34:01.7

35:00.7

50:31.3

50:55.8

54:10.6

38:01.0

39:49.0

40:07.0

Slotki 35:32.4

à 34:37.3

#### Men 25-29:

- Walt Waltmire(Fulleton)
- Men 30-34:
- Pat Croner(Tustin)
- Harry Hartley(Chino)

- Robert Caplice(SanPedro)
- **Dan Petrick**
- Bill Theriault(HuntBch)
- Ron Navarrette(Placentia)
- Wendell Smith(Tustin)
- Jim Chenoweth
- Tracy Brown(LosAlam)

  - 43:49.0 44:46.7 45:23.3 42:37.4 48:11.7 49:34.3 39:27.6 44:02.4 49:49.0 47:12.0 49:58.7
    - 50:13.0 43:31.8 43:49.7 44:15.8 40:02.2 45:44.7 52:12.2 34:41.8 34:42.2 38:20.3
- Paul Laurence

35:49.6 35:50.0 36:17.4 38:26.0 42:41.0 43:00.1 43:04.5 41:42.9

Will Rogers 10K, although it never did before and didn't this time, either. This race is always in hot weather, and it has a very tough hill in the middle. There is another one just after you come down from the big one, not as long or steep, but enough to make you wonder why you even bother with these things. After that one, though, it's only about a half mile to the finish, and some of that, Lord have mercy! is actually slightly down. So, everyone comes across the finish line looking like Miruts Yifter, even though a scant 30 seconds earlier they looked more like Broomhilda shaking off a hangover.

The heat wave in Los Angeles continues. It

looked as though it just might break for the

Rogers 10K Run.

Last year, Charlie Gray come out of nowhere to win this event. "Nowhere" turned out to be an Olympic Trials qualifier in the marathon with an outstanding record on the track. This year, Charlie Gray came out of



somewhere to win it again, and just as convincingly; maybe even more convincingly. He got out front right after the start; well, it took a few hundred yards, maybe, but once he had taken the lead, it was all over. By the halfway point, before the big hill up to Will Rogers both of whom were also running well.

It was a big change for Farina. Last year he ran the course guite out of shape from having a beer-filled vacation. As he came up the final hill then, he looked almost apologetic, as if to say, "This isn't the real me!" and he struggled to the finish, totally resigned to a rough time. This year, the ex-Uni High star was in shape and, irrepressable as always, he chased after the equally irrepressable, and irreverent Shaver. What a pair they make. We'll have to do a feature on those two one of these months

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It was a good day for the Santa Monica Track Club as they placed two of the top three, four in the top 15, including Richard Greifinger who won the placque that went with being the first Pacific Palisadian. Richard's older brother Dave won the whole thing two years ago, but injury prevented him from competing this year, and a tough case of the flu took him out of being a contender last vear

Santa Monica also scored in the women's divisions as Teresa Haro won for the second year in a row and Pauline Stevens won the 30-34 division. Haro's time was 38:14.1, and after her recent second place in the hot and hilly Century City 10K, she was probably considering moving to Nome, Alaska for some relief. Despite the ordeal, she was an easy winner. Easy in the sense that second place Michele Whitmore was close to two minutes back. Michele actually looked pretty good out there, as she held off local favorite Katie Dunsmuir, after taking the lead somewhere in the park.

Twelve year old Carol Doody went under 40 minutes last year. This time, a year older, stronger and wiser, she managed a 42:31.7. That's progress for you. That's also hot weather for you. Of course, it was hot last year, too, but not guite as bad as this time. Carol won her division, though so she has another nice placque for her trophy warehouse. One thing, though. She still wears her hair in pony tails, at my request, made at this very race last year. I mean, how's a guy to know who they are at that age?

Celebrating his exit from the 30's, Malibu sculptor Eino won the 40-44 division, but just barely. His 35:55.6 edged Merle Glauser by 1.2 seconds. Youth does pay off. Likewise, Eddie lvory was celebrating his recent entry into the glorious 50's by winning that division in 40:31.1, and, again likewise, not by much, as Bob Gerlach finished in 40:35.9. (What's so glorious about the 50's? I am getting close to them. THAT'S what's so glorious about them.)

As usual, Eddie Lewin and Helen Dick were easy winners in their respective age groups. Helen, of all things, actually ran about a half minute faster than she did at Century City, while old buddy Eddie was a few seconds slower.

One godsend for the runners was all the good people of Pacific Palisades who live on the race route and who pulled out their garden hoses and sprayed the runners as they went

To	p Overall Finishers:	
1	Charlie Gray	30:2
2	Jeff Shaver	31:3
3	Paul Ferina	31:3
4	James Ursulo	32:40
5	Steve Schuman	32:5
6	Brian Schoeffler	32:51
7	Steven Dietch	33:0
B	Burnette Miller	33:3
9	Steve Gilbert	33:3
10	John Dishman	33:44
11	Robert Durkee	33:4
12	Larry Hayden	33:50
13	Michael Meric	33:5
14	Richard Greifinger	33:5
15	Art Ting	22.5

MEN'S DIVISIONS: 12 & UNder: 1. Martin Turner (Redondo Beach) 44:01; 2. Mike Blum (Pacific Palisades) 45:05; 3. Kevin Burns (Santa Monica) 47:26. 13-15: 1. John McHugh (Costa Mesa) 37:54; 2. Blane Holman (Culver City) 38:29; 3. Richard Bernal (Los Angeles) 39:15. 16-18: 1. Steve Schuman (Los Angeles) 32:52; 2. Steven Dietch (Woodland Hills) 33:03; 3. Steve Gilbert (Beverly Hills) 33:32. 19-29: 1. Charlie Gray (Los Angeles) 30:26; 2. Jeff Shaver (Santa Monica) 31:31; 3. Paul Ferina (Los Angeles) 31:44. 30-34: 1. Henry Lange (Beverly Hills) 34:54; 2. Clark Rosen (Petaluma) 35:41; 3. James Thomas (Boulder, Colo.) 35:41. 35-39: 1. Donald Schultz (Salt Lake City, Utah) 34:21; 2. Reynold Sodini (Whittier) 36:36; 3. John Hayes (Santa Monica) 37:34. 40-44: 1. Eino (Malibu) 35:55; 2. Merl Glauser (Northridge) 35:56; 3. Bruce Kostin (Pacific Palisades) 37:15, 45-49: 1, John Opdyke (Los Angeles) 38:30; 2. John Ghini (Topanga) 38:48; 3. Don Croley (Hermosa Beach) 39:56. 50-59: 1. Eddie Ivory (Los Angeles) 40:31; 2. Bob Gelach (Newhall) 40:35; 3. Bob McGuire (England) 41:13. 60 & Over: 1. Eddie Lewin (Los Angeles) 40:43; 2. John Baldwin (Palos Verdes) 46:01; 3. Oscar Borgen (La Crescenta) 46:22.

WOMEN'S DIVISIONS: 12 & Under: 1. Carol Doody (Upland) 42:31; 2. Kristen Klein (Pacific Palisades) 52:31; 3. Leslie Morara (Pacific Palisades) 55:28. 13-15: 1. Katie Dunsmuir (Pacific Palisades) 54:09; 2. Jana Hillman (Malibu) 56:04; 3. Kim Stewart (Woodland Hills) 57:39. 16-18: 1. Michele Whitmore (Pacific Palisades) 40:05; 2. Lisa Leffler (Los Angeles) 45:42: 3. Anna Castaneda (Pacific Palisades) 47:33. 19-29: 1. Teresa Haro (Los Angeles) 38:14; 2. Roma Antoniewicz (Santa Monica) 40:58; 3. Chris Troffer (La Crescenta) 40:59. 30-34: 1. Pauline Stevens (Los Angeles) 44:18; 2. Amy Graham (Los Angeles) 45:50; 3. Christy Bobo (Los Angeles) 46:11. 35-39: 1. Judith Burns (Pacific Palisades) 46:18; 2. Penny Perez (Pacific Palisades) 47:15; 3. Judy Culliton (Los Angeles) 48:01. 40-44: 1. Joyce Momita (N. Hollywood) 46:01; 2. Adrienne Fowler (Torrance) 46:31; 3. Rita Gilmore (Pacific Palisades) 47:32. 45-49: 1. Carolyn Leacock (Pacific Palisades) 47:14; 2. Atsoko Fujimoto (Pacific Palisades) 50:30; 3. Mickie Shapiro (Costa Mesa) 51:19. 50-59: 1. Helen Dick (Los Angeles) 44:03; 2. Daisy Wong (Burbank) 51:52; 3. Doris Castaneda (Pacific Palisades) 56:19.



**Charlie Gray** 

#### page 30 • California Track & Running News - August 1981

### Bartlett Mineral Spring Water Independence Day 4 Mile Run

#### By MARTY HIGGINBOTHAM

#### July 4, Visalia: Bartlett Mineral Spring Water Independence Day Four Mile Run.

Califonria's ace distance runner, Gary Tuttle, led over two hundred runners to the finish line at the July 4, Bartlett Mineral Spring Water Independence Day Run Four Miler. Juan Garcia jumped to a quick lead with Tuttle right behind, but soon enough it was Tuttle in front. Garcia clung to Tuttle's heels for the first loop of the flat fast two loop circuit. The two corssed two miles at 9:17 (Tuttle) and 9:18 (Garcia). Tuttle began to put some distance between himself and Garcia as he crossed three miles at 14:05 and finished with a comfortable lead, timing 18:51, smashing the old course record of 19:01 set by Tony Ramirez last year. Garcia came in at 19:14 for second, same position as last year, but 20 seconds faster

Ed Taylor followed in third at 20:19, Sal Lozano fourth in 20:25 three seconds ahead of Dave Bronzan's 20:28. Gerado Canchola finished sixth in 20:35. In a tight finish for seventh Virg Moreno beat out Bob Lindsey by a second 20:43 to 20:44. Mark Hull clocked 20:55 for ninth while Jesse Valdez rounded out the top ten with his time of 21:01.

John Pitman ran 21:51 for the 40-49 title. Len Thornton destroyed the 50-59 age mark of 23:56 with his time of 21:58. Harry Harder was once again the winner of the sixty plus division timing 26:39, a ways off his own course record.



17	Alexander Gallegos
18	Len Thornton
19	Jerry Shaw
20	David Naranjo
OV	ERALL WOMEN:
1	Brenda Villanueva
2	Teri Esquivel
3	Tanis Ryzebol
4	Shirley Rojas
5	Quita Lopez
6	Linda Daniak
7	Jennifer Baker
8	Debbie Aschuander
9	Cathi Isham
10	JoAnn Branco
ME	N'S DIVISIONS: 14 & Under:
Na	ranjo 22:00; 2. Miguel Hurtado
	vin Carrillo 23:27, 15-19: 1. Virc

1. David 22:57; 3. Virg Moreno 20:45; 2. Jesse Valdez 21:01; 3. Joe Jarmillo 21:07. 20-29: 1. Juan Garcia 19:14; 2. Ed Taylor 20:19: 3. Sal Lozano 20:25; 4. Gerardo Canchola 20:35; 5. Mark Hull 20:55. 30-39: 1. Gary Tuttle 18:51; 2. Dave Bronzan 20:28; 3. Bob Lindsey 20:44; 4. Henry Osgood 21:32; 5. Bruce Greenway 21:38. 40-49: 1. John Pitman 21:51: 2. Fernie Montanez 22:06: 3. Frank Delgado 22:14; 4. Frank Padilla 22:22; 5. Ed Lujan 22:22. 50-59: 1. Len Thornton 21:58; 2. Gil Hinzo 23:44; 3. AR Souza 25:31; 4. Walter Atcheson 25:50; 5. Dan Cross 26:10. 60 & Over: 1. Harry Harder 26:39; 2. Woody Cape 29:51; 3.

Ed Cate 30:28. WOMEN'S DIVISIONS: 14 & Under: 1. Jennifer Baker 26:10; 2. Cathy Stebles 29:17; 3. Michelle Baldwin 29:38. 15-19: 1. Shirley Rojas 24:48; 2. Cathi Isham 27:02; 3. Yyonne Montgomery 31:03. 20-29: 1. Brenda Villanueva 23:55; 2. Teri Esquivel 23:59; 3. Tanis Ryzebol 24:02; 4. Quita Lopez 25:33; 5. Babs Hail 27:47. Aschwanden 26:28; 3. Cherie Stephenson 27:53; 4. Jacque Randolph 28:09; 5. Pat Deveau 28:35. 40-49: 1. JoAnn Branco 27:37; 2. Cec Conway 31:13; 3. Marla Decker 31:24; 4. Jo Ann Denny 34:09; 5. Mary Estes 37:50.

30-39: 1. Linda Doniak 26:02; 2. Debbie

### Great Calistoga Footrace

#### From REG HARRIS

#### July 5. Calistoga.

21:54

21:58

21:59

22:00

23:55

23:54

24:02

24:48

25:33

26:02

26:10

26:28

27:02

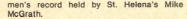
27:33

July in Calistoga. Visions of heat waves rippling off of sticky pavement and air as hot as one of the town's famous mud baths. So it was with some surprise on the morning of July 5th to find heavily overcast skies and rain.

But the 295 runners who finished the 4th edition of the Great Calistoga Footrace appreciated the change and took advantage of the cool weather to set six new division records, one new course record, and provide the fastest mass finish in the race's four-year history.

Lead by Hayward's Ted Quintana, seventy runners, almost 25 per cent of the field, finished in less than 32:30--a 6<sup>1</sup>/<sub>2</sub> minute pace.

Quintana, however, was on his own most of the way. He established a quick lead as the runners left the fairgrounds and headed through downtown Calistoga. As he passed the mile mark in 4:54, he had a 10-second lead, a lead which he stretched to almost a minute by the end of the five miles. His final time of 25:23 not only won the race, but it eclipsed the two-year old course and open



Just seven minutes after Quintana finished the first woman arrived. Carol Granados of San Francisco held a lead of over two minutes over the next woman, and her 32:31 established a new open women's record and was just 11 seconds off of the course record of 32:30, held by Ann Bertucci of Petaluma.

In the youth division, American Canyon's Jenny Potter blitzed the old girl's record of 40:33 with a time of 38:19. Art Heredia of Concord clocked 33:07 to lead the boys, a time less than a minute off the record of 32:16, run by Lewis Stojanovich of San Jose in 1980.

Wayne Bratten of Vacaville clipped 23 seconds off the junior men's record with a time of 26:14, breaking the old record of 26:37 set by Steve Howard of Ukiah in 1979. Junior women's winner was Kelly Barrett of Calistoga with 40:47. Kelly just moved into the older age group from the youth division where she was the record holder.

Submaster winners were Dan Williams of Lafayette, with a time of 26:47, and Carol LaPlant of Berkeley, with 37:54. The records are held by Darren George of Altadena at 25:45 and Linda Brown-Kittell of Calistoga at 34:46.

While the master's division didn't produce any records, time-wise, it did produce, or rather continue two other records. Winners Lillian Woodward of San Rafael and Darryl Beardall of Santa Rosa both won their fourth consecutive Calistoga master's titles, dating back to the inaugural race of 1979.

Ms. Woodward's time of 35:50 was only 35 seconds off her course record of 35:15, set in that first race. Beardall clocked 27:34, just 33 seconds over his 1980 record of 27:01.

The veteran's division saw one of the top records at Calistoga broken. G. C. Reinhardt's 31:00 looked extremely solid, until this year, when Vallejo's Hank Fragoza clipped 24 seconds off it with a 30:36. Lois Harris provided the local fans with the only valley division win with her veteran's record 43:53.

Over one hundred awards were offered at this year's race, more than for any other race its size in the area. Winners received plaques and a t-shirt or totebag, while placers received custom medals. All runners received ribbons and passes to the Napa County Fair.

110	suns.	
1	Ted Quintana(Hayward)	25:23
2	Brian Hoyt(SantaRosa)	26:12
3	Wayne Bratten(Vacaville)	26:14
4	Allan Smith(Sonoma)	26:37
5	Dan Williams(Lafayette)	26:47
6	David Muela(Vallejo)	26:52
7	Bruce Wolfe(Oakland)	26:59
8	David Nieman(Angwin)	27:04
9	Ralph Shinevar(Fairfield)	27:21
10	Bob Adelson(Alamo)	27:25
11	Robert Cazares(Vacaville)	27:24
12	Bob Blackman(Suisun)	27:31
13	Darryl Beardall(SantaRosa)	27:34
14	Keith Golding(Napa)	27:55
15	Brendan Dolan(Napa)	28:21
16	Steve McLaine(Napa)	28:21
17	Hugh McWilliams(SantaRosa)	28:38
18	Rafael Tierrafria(St.Hel)	28:42
19	Stephen Roberts(Berkeley)	28:48
20	William Volkman(Calistoga)	28:49
71	Carol Granados(SanFran) 1F	32:31
108	Eileen Cunningham 2F	34:50
12	Lilian Woodward 3F	35:50
129	Maureen Boynton(Modesto) 4F	36:13
13	Carol LaPlant(Berkeley) 5F	36:54



#### **By LEN WALLACH**

f I was trying to design an ideal place to run, it would have to be a site compact enough to be convenient and yet have the open space so necessary for an adventure experience. This running paradise would also have to have trails and lots of trees and naturally places where I could stop periodically to take or get rid of fluids without worrying about the sanitation of the intake and the legalities of the outflow.

Naturally my athletic utopia would have to be somewhat rolling hills with visages of green pastures along with the trees and I'd throw in some flowers and birds just to make it more colorful and idyllic. Besides all these requirements, the space has to be near or on the ocean and the more breathtaking the breakers and whiter the sand the better I'd like it. If you could also add some picturesque cliffs, a little fog and slight breeze when I hit the 20 mile mark, then my cup would be filled to the brim.

Ob use the distance I'm running in this verdent paradise must

running on dirt trails, the dream land has to offer me wellmaintained wide roads with enough turns to make it interesting but throw in some easy longer stretches just in case I want to push it.

Once a year on my never-never space, there would have to be a marathon put on by people who love running as much as I do and they would have to have an appropriate finish line in a huge stadium in front of lots of spectator seating where I would earn my well-deserved accolades from an adoring crowd.

This marathon would have to be directed by a super expert who rates an 11 on a scale of 1 through 10. This director would also have to have enough sense to remember my name and all the others in the race so when I came by he could give me at least one or two "attaboy Len." It wouldn't be too much to ask of super director to arrange to have a pace clock on display every five miles and split times called out at every mile. Oh yes, I would also like to be able to view the leaders every once in awhile, coming by even though I'm running my usual 4 hour pace and, for sure, as the race gets closer to the finish line, I want someone to ride a bike back to my remote spot and tell me who was the first man and first female and which master is embarrassing me.

I'm sentimental and like to be urged on with maudlin things like loudspeakers playing "Rocky" every few miles and I like having someone I know at the 25 mile mark telling me if I hustle that I can still break the 4 hour mark.

Sponsors of this magic marathon in this magic land have to be good ones who know how to put on big events and don't spare the bucks to do it while not being too apparent about it. It's OK to put their name on my finisher T-shirt, but in small letters please, and on the back. If they got anything to give away then I'll take that too with a tip of my hat and a thanks, but I want my entry fee to go to a cherith or the running club and not into the sponsor's pockets



photo by Marty Higginbotham

#### Frank Padilla

There was a very close race for the women's title as Brenda Villanueva crossed the finish line in 23:55 closely followed by Teri Esquivel 23:59 and Tanis Ryzebol 24:02. Jennifer Baker and Shirley Rojas were both easy winners in their divisions as Baker took the fourteen and under in 26:10 and Rojas took the 15-19 title in 24:48, both new records. Linda Doniak also set a new record as she ran 26:02 in the 30-39 division. Debbie Aschwanden was second in 26:28 also under the old record. JoAnn Branco clocked 27:37 to run away with the 40-49 division title.

In all, three mens and four womens records were broken, as last year, a flat fast course and competitive field made for a quality race. Thanks to Adidas for their support in helping to make this one of the Valley's finest races.

0.	ENALL MEN.	
1	Gary Tuttle	18:51
2	Juan Garcia	19:14
3	Ed Taylor	20:19
4	Sal Lozano	20:25
5	Dave Bronzan	20:28
6	Gerardo Canchola	20:35
7	Virg Moreno	20:43
8	Bob Lindsey	20:44
9	Mark Hull	20:55
10	Jesse Valdez	21:01
11	Joe Jarmillo	21:07
12	Henry Osgood	21:32
13	Bruce Greenway	21:38
14	Larry Lung	21:39
15	John Pitman	21:51
16	Joel Wobrock	21:53



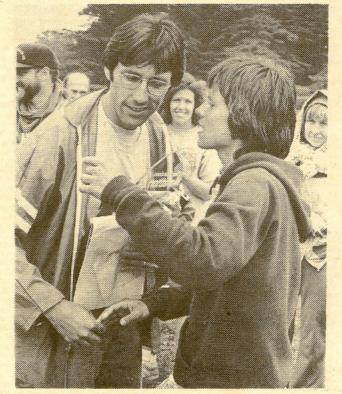
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Oh yes, the distance I'm running in this verdant paradise must be well-marked and, of course, there has to be available parking and a nice place to do intervals if my mood fits. When I'm tired of

photo by Ken Lee



Scott Thomason & Joann Dahlkoetter

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Like most other runners I like yogurt, fruit, and all that other healthy junk to offset the other unhealthy junk I eat most of the time when I'm not running. I like lots of fluids before, during and after the race and I like them in cups and not bottles, so my dreamland race director better do what I tell him or her or I'll complain to my athletic God and he'll fix 'em.

I like hotshot runners too, but I'm more concerned about my own time and that of friends like Jack the Barber, Dick the Laundry Truck Driver, Jack #2, the CPA, Carl the Printer, and Joe the Real Estate Guy. If the results are not posted or I can't figure out the color coding, considering I'm color blind, then super race just isn't going into my Book of Perfection which is filled with such nuggets as the Honolulu and Boston Marathons, along with Peachtree, Jacksonville River Run, Cascade Run Off, Bloomsday, and of course, my beloved prostitute of the roads, the Bay to Breakers.

Last week my dreams came true in the San Francisco Marathon via Golden Gate Park and the sweat of Race Director Scott Thomason and the Pamakids Running Club. Hats off to the benevolent sponsors Paul Masson Vineyards and Volkswagen of America who made it all possible, and thus deserve the support and appreciation of the runners. Sure the winners deserve a mention or two in print, but nothing like the praise earned the hard way by Thomason, Pamakids, Paul Masson, and Volkswagen, and of course, San Francisco and her beauty.

I've never known a conscientious race director yet who wasn't eating his or her heart out after their event with concerns for things that didn't go just quite right. It's a melancholy feeling only solved from the reassurances from the outside that any slip-upsweren't noticed or, if they were, are forgiven.

Scott Thomason probably crawled in the sack race night after 48 hours or so without sleep, bleary-eyed and uncertain, but the crown of success was waiting for him in the morning.

Onward Scott Thomason! Onward Pamakids! Onward VW and Paul Masson!

P.S. Don't change the beautiful course.