

AUGUST 1986

ISSUE NO. 117

CALIFORNIA

Track & Running News

BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 639

California's Only Track & Running Publication

CALIFORNIA

Track & Running News



Bill Cockerham
Editor & Publisher

Judy Cockerham
Production Manager

Elaine Fraley
Production Assistant

Keith Conning
High School Editor

Richard Slotkin
Long Distance Editor

Jack Leydig
Scheduling Editor

Steve Subotnick
Medical Editor

Roy Stevenson
Technique & Training Editor

Gregor Robin
Special Features Editor

Photographers: Gene Cohn, Burt Davis, Barbara De Groot, Don Gosney, Louis Hirsch, Michael Lambert, Bill Leung, Jr., Jim Reynolds, Richard Slotkin, Maurice Wilson.

Senior Editors: Calvin Brown (Girls and Women Track & Field); Nancy Clark (Athlete's Kitchen); Steve Fagundes (Sac-Joaquin High School); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); Dean Reinke (National Road Scene); Doug Speck (Southern California High School); Steve Ward (Central Section High School); Bob Womack (High School All Time Lists); Ken & Jen Young (LDR Statistics).

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

California Track & Running News is published 11 times per year - one issue per month except December which is combined in a double issue with November. Each issue is mailed about the first of the month.

California Track & Running News has an average circulation of between 6,000 and 10,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

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

SUBSCRIPTION RATES: 1 year (11 issues) \$15; 2 years (22 issues) \$28; 3 years (33 issues) \$39. Add \$6 per year for first class. Foreign rates on request.

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

4957 E. Heaton
Fresno, CA 93727
(209) 255-4904

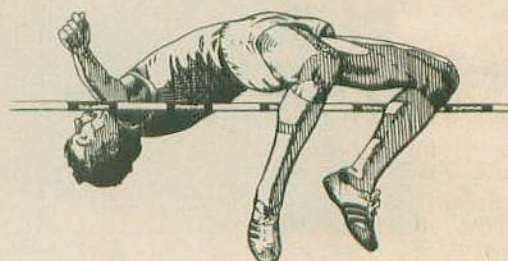
MEMBER OF RUNNING USA

Table of Contents

August 1986

Issue No. 117

Road Racing Schedule.....	3
CTRN Special Feature.....	10
Interview with Ivan Huff	
Reinke on Running.....	15
"Grete"	
Technique & Training.....	16
"Training for Runners"	
The Athlete's Kitchen.....	17
"The Training Diet"	
High School Section.....	18
Prep Notes	
Southern Section Rating	
Prep Results	
College Open T&F Results.....	24
Road Racing Results.....	27
Subscription Order Form.....	30



ON THE COVER: Carol Cady, ex-Stanford performer, has been ruling the American discus scene. She won the TAC National Championships in Eugene with a flip of 205-9 as well as placing third in the shot, tossing 55-4¾. See special TAC Championship feature beginning on page 25.

Fine Flicks by Don Gosney photo

Schedule

By JACK LEYDIG

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

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

Road Racing

■ August 2 (Saturday)

San Francisco: Golden Gate Park X-Country Series & Nike Grand Prix (\$1700 Cash Prizes), 4 mile & 1 mile kids run, Polo Fields, 10 am. Fleet Feet, GGP X-C Series, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

Bodega: Bodega Bay to Breakers 8K, 9 am. Dave Sjostedt, Box 562, Bodega Bay 94923. (707) 875-2188.

Antioch: Tri-For-Fun, 1/2-mile swim, 12 mile bike, 3 mile run. Contra Loma Regional Park, 8 am. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-MILE.

Sausalito: Golden Gate 100K Relays (up to 6-person teams), E. Fort Baker to Pt. Reyes on trails, time TBA. Athlete's Foot, #3 Embarcadero Ctr., San Francisco 94111. (415) 433-7266.

Squaw Valley: Squaw Valley USA Mountain Run, 3.6 mile (2000 ft. climb from 6,200 ft.), 9:45 am. Holly Beatie Farr, Image Promotions Ltd., P.O. Box 2575, Olympic Valley 95730. (916) 587-5571.

Lake Gregory: Lake Gregory 5 & 10K Runs, San Moritz Lodge, 8 am/5K, 8:30 am/10K. Race Central, P.O. Box 828, Rialto 92376.

San Diego: Fly Navy West 10K & 2 Mile, Balboa Park, 7 am. Pam Nolty (619) 437-4667.

Bass Lake: Run Thru the Pines Half Marathon, The Pines Village, 8 a.m. Run Thru the Pines, P.O. Box 6103, Fresno 93703. (209) 255-4904.

Union City: Gladiola Festival 5K Run, Civic Center, 9 am. Holly Community Center, 31600 Alvarado Blvd., Union City 94587. (415) 471-6877.

Pacific Grove: YMCA Women's Walk-Run, 5 & 10K (5K walk), Lover's Point, 9 am. Fabia Massaro, YWCA, 404 Camino el Estero, Monterey 93940. (408) 649-0834.

Mammoth Lakes: Mammoth Triathlon, 1/2 mile swim, 25 mile bike, 10K run. Time TBA. Bill Askin, P.O. Box 2931, Mammoth Lakes 93546. (619) 934-4287.

Bad Water: Death Valley to Mt. Whitney 146-Miler, time TBA (2 days). Tom & Nancy Crawford, 1981 Silverwood Dr., Santa Rosa 95405. (707) 526-0661.

■ August 3 (Sunday)

Pleasanton: Amador Valley Classic 10K, St. Mary's & Main St., 9 am. Mark Van der Berghe, P.O. Box 1510, Pleasanton 94566. (415) 484-0400. **Postponed until 1987.**

Cupertino: Sri Chinmoy 5K Run, Vallico Fashion Park (Stevens Creek & Wolfe Rd.), 8 am. Giribar DeAngelo, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

Fairfax: "15K for MDA" & 5K Run, Center Blvd. in front of Lucky Mkt., 8 am. Marin Prof. Firefighter's Assoc., P.O. Box 15, Fairfax 94930. (415) 459-4058. **Cancelled (postponed until June 1987).**

Ukiah: Dog Daze 10K & 1 mile, Oak Manor School, 8 am. Mike Cannon, c/o North Coast

Striders, P.O. Box 1556, Ukiah 95482. (707) 468-5823.

San Francisco: DSE Roller Coaster Run, and 0.6 mile kid's run, Mountain Lake Park (12th Ave. & Lake St.), 9:30 am/kid's run, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Fresno: Tri for Fun Series #3, 1K swim, 30K bike, 8K run, time TBA. Fleet Feet Triathlete, 3870 N. Cedar, Fresno 93726.

Santa Barbara: Fiesta 15K and 3x5K Relay, Leadbetter Beach, 8:30 am. Fiesta 15K, 1122 N. Milpas St., Santa Barbara 93103. (805) 962-8101.

San Diego: Padres-Lions 10K and 2 mile, JM Stadium, 7 am. Jim Reed (619) 239-7264 or 437-4556.

Torrey Pines State Park: MDA Triathlon, 1K swim, 20K bike, 5K run. Time TBA. Rick Kozlowski, 2251-55 Caminito Pescado, San Diego 92107. (619) 222-7595.

Mt. Charleston, Nevada: Mike's Mountain Challenge 18 Mile. Kyle Canyon Rd., 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

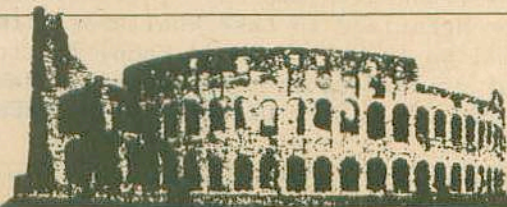


GO WITH TRACK & FIELD NEWS

W • O • R • L • D
TRACK & FIELD
CHAMPIONSHIPS

R O M E, I T A L Y
Aug. 27-Sept. 7, 1987

Sign up now for the track and travel trip of a lifetime! The World Championships (remember Helsinki '83?) is a showcase for *all* the world's best track athletes, and you can be there with the T&FN tour. Your package includes air, hotel, tickets, sightseeing, optional European touring, much more. Signups before Sept. 30 get best stadium seating, preferred hotels. Write for information to Track & Field News, Box 296, Los Altos, CA 94023. Phone 415/948-8188.



☐ Schedule

Livermore: Bay Area's Toughest Triathlon (BATT) — *Cancelled.*

■ August 6 (Wednesday)

Northridge: CSUN Twilight 10K, Lindley & Lassen, 6:30 pm. Gene Blankenship, P.O. Box 481, Newhall 91322. (805) 251-5562 or 254-0484.

San Francisco: Sri Chinmoy Runners are Smilers 2-Miler, Lake Merced (Sunset Parking Lot), 6 pm. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

■ August 7 (Thursday)

Valencia: College of the Canyons 5K X-Country Series, 7 pm. Gene Blankenship, P.O. Box 481, Newhall 91322. (805) 251-5562.

■ August 9 (Saturday)

San Francisco: Ocean Beach 10K, *low tide, all on sand*, Great Hwy. & Balboa St., 8 am. MDP Foundation, c/o Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

Mammoth Lakes: Mammoth Lakes Lions Club/McDonald's 10K, 8 am. Sal Salinas, Mammoth Lakes Lions Club, P.O. Box 17, Mammoth Lakes 93546.

Santa Ana: Orange County World Trade Center 5 & 10K, Hutton Center, 7:30 am/5K, 8 am/10K. Steve Badolato, World Trade Center, 200 E. Sandpointe Ave., Suite 480, Santa Ana 92707. (714) 549-8151.

Irwindale: Los Angeles Sprint Triathlon, bike 9 mile, swim 200 yds., run 3 miles. Santa Fe Dam, 8 am. *Reg. closes July 26.* Robert HOgen, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

San Diego: MADD Fiscal Fitness 10K & 2 Mile. Balboa Park, 7:30 am. Menola Stanittas (714) 272-8316.

Las Vegas, Nevada: LVTC 5K X-Country, Sunset Park, 7 pm. The Running Store, 502 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Crater Lake, Oregon: Crater Lake Marathon, time TBA. 6400 to 7800 feet. Bob Freirich, 5830 Mack Ave., Klamath Falls, OR 97603.

Asbury Park, NJ: TAC National Masters 10K Championships, time TBA. Phil Benson, Box 2287, Ocean Township, NJ 07712. (201) 531-4156.

■ August 10 (Sunday)

San Francisco: DSE Fort Point Run, 4.0 mile, Little Marina Green, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Alameda: Alameda Run for the Parks, 10K & 2 Mile Walk, Southshore Shopping Center, 9 am. Barry Weiss, City Hall, Room 201, Alameda 94501. (415) 522-4100.

San Francisco: Hook & Ladder 10K, Golden Gate Park (Rainbow Falls & Kennedy Dr.), 9 am. Jim Gallagher, 1671 - 16th Ave., San Francisco 94122. (415) 753-0880.

Healdsburg: River to No Return 2-Person Pentathlon. ½ mile river swim, 10 mile canoe, ¼ mile canoe portage, 9 mile run, 22 mile bike. Time TBA. Trowbridge Rec., Inc., 20 Healdsburg Ave., Healdsburg 95448. (707) 433-7247 or (415) 841-1190.

Quincy: Feather River Classic 5K, 10 Mile & 1.2 Mile Fun Run/Walk. Plumas County Fairgrounds, 8:30 am. Roger Steward, Central Plumas Rec. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

Arcata/Eureka Area: *Tentative.* Freshwater Race, 10K & 2 Mile, Freshwater Park, 11 am/2 mile, 11:45 am/10K. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616.

Los Angeles: Samurai 5K Run, First & Central (Japanese Village Plaza), 8 am. Japanese American Optimist Club, 248 E. First St., Los Angeles 90012. Paul Sakamoto: (213) 977-1600, x1956.

Westlake Village: Carrera de Locos Half-Marathon, Westlake Elem. School, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

**Westwinds
Triathlon**



WESTWINDS
SUBDIVISION

MONDAY, SEPTEMBER 1, 1986 - LABOR DAY - 9:00 A. M.
1/2 MILE SWIM - 18 MILE BIKE - 6 MILE RUN

McFARLAND

START/FINISH: Start at Lake Woollomes, Finish at McFarland High School Track on Sherwood & Mast, McFarland (McFarland is 25 miles North of Bakersfield on US 99) Point-to-Point

FEES: \$15 Pre-registration postmarked August 22 or hand delivered August 28, \$45 Teams, \$20 late or race day entry, No race day entry for teams

RACE CONTACTS: Gary Farrell - (805) 792-3187 days, Mike O'Haver (805) 792-3091 days M-Th Write McFarland Rec. & Park Dist., 100 S. 2nd St, McFarland, CA 93250 for Flyers

AWARDS: Custom designed race medallions will be awarded 3 deep in 5 year divisions both male & female except Male 25-29, 30-34, 35-39, & 40-44 will receive 5 deep, 1st place in all divisions receive plaques, 1st place overall male & female receive trophies, Teams 3 deep in Male, Mixed, & Female (Mixed must have at least 1 female), T-Shirts to Finishers

WEATHER CONDITIONS: It is usually hot & sunny in September, with temperatures 90°-100° Be fully heat acclimated and hydrated before the race (water will be provided)

PARKING: At McFarland High School (Sherwood off-ramp on 99, turn West 2 blocks) or at Lake Woollomes (Pond off-ramp on 99, follow signs East & North) Buses will take you and your bike from McFarland to Lake Woollomes either before or after race (Awards & Refreshments will be in McFarland at Noon) Try to provide your own transportation

SPONSORS: Our primary sponsor is Westwinds Housing Development, Proceeds will go to the McFarland Recreation & Park District & the McFarland Citizen's Advisory Committee

□ Schedule

Big Bear Lake: King of the Hill Triathlon, 1K swim, 40K bike, 10K run. Time TBA. Don Frantz, P.O. Box 5327, Big Bear Lake 92315. (818) 357-8290.

San Mateo: Dump to Dump, 10K, Coyote Point Park, 8:30 am. UCPA, 299 California Ave., Suite 208, Palo Alto 94306. (415) 326-4711 or (408) 279-8987.

■ August 12 (Tuesday)

Berkeley: Gay Games Triathlon, 1/2 mile swim, 20 mile bike, 6 mile run. Tilden Park (Lake Anza), 8 am. *Registration closed June 7.* Gay Games, 526 Castro St., San Francisco 94114. (415) 861-8282.

San Diego: 3-Mile Race, south of Hilton, 5:30 pm. No contact listed.

■ August 14 (Thursday)

Valencia: College of the Canyons 5K X-Country Series, 7 pm. Gene Blankenship, P.O. Box 481, Newhall 91322. (805) 251-5562.

■ August 16 (Saturday)

Antioch: Delta Kiwanis Triathlon, 1/2 mile swim, 10 mile bike, 5 mile run. Contra Loma Park Reservoir, 8 am. Rick Buys, 2314 Peach Tree Cir., Antioch 94509. (415) 778-0149.

Folsom: Tri For Fun Triathlon Series. 1K swim, 20K bike, 5K run. Folsom Lake, time TBA. Will Roxburgh, Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Huntington Beach: Distance Derby 1.5, 3 & 10 mile, Huntington Beach Pier, 7:30 am/10 mile, 10:30 am/1.5 & 3 mile. City of Huntington Beach Community Services, P.O. Box 190, Huntington Beach 92648. Bob Werth (714) 536-5486.

Los Angeles: Tetrack Trail Run, 8 mile. Griffith Park (Riverside/Los Feliz entrance), 7:30 am. *No pre-entry.* Joe Klass, 3941 Veselich Ave., Los Angeles 90039.

Las Vegas, Nevada: LVTC 30-Minute Run, Univ. of Nevada (track), 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

So. San Francisco: South San Francisco Kiwanis Run, 10K, Grand & Cypress, 9 am. SSF Kiwanis, c/o SSF Recreation Dept., P.O. Box 292, So. San Francisco 94080. (415) 877-8560.

Pomona: 5/10K Run for Jerry's Kids, Foothill Beverage Co., 7:45 am/5K, 8:15 am/10K. Foothill Beverage Co., Attn: Steven Heath, 2800 S. Reservoir, Pomona 91766. (714) 627-6131.

■ August 17 (Sunday)

San Francisco: "SFO 10's," 10 mile & 10K, San Francisco to Oakland via upper deck of Bay Bridge, 8 am. Athlete's Foot, #3 Embarcadero Ctr., San Francisco 94111. (415) 433-7266.

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

Redwood City: Redwood Shores Biathlon, 4 mile run, 400m swim. Redwood Shores Community, 10 am. Big Bros./Big Sisters, 944 Raiston Ave., Belmont 94002. (415) 592-2354.

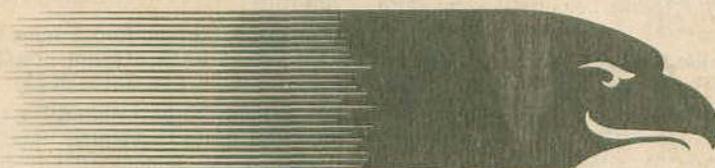
Hayward: The Zucchini Festival 10K, Kennedy Park, 9 am Eden YMCA, 951 Pallsade St., Hayward 94542. (415) 592-2354.

Bodega: Big Event Footrace, 5 & 10K, Firehouse (Hwy 12), 9 am. Marge Windus, Box 249, Bodega 94922. (707) 876-3105.

McKinleyville: Hammond Bridge Half-Marathon, McKinleyville High School, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 826-0616.

Mono Lake: Long Live Mono Lake 10K Run, Mono County Park (5 miles north of Lee Vining, Cemetery Rd. off Hwy 395), 6,500 ft., 9 am. Dennis Hamnitsky, P.O. Box 699, Yosemite 95389. (209) 372-4538 or 372-1488.

San Luis Obispo: Sea to See Triathlon, 1 mile swim, 24 mile bike, 6.4 mile run. Avila Beach, 9 am. Sea to See Triathlon, P.O. Box 12609, San Luis Obispo 93406. (805) 544-8555.



NIKE/OTC 25K RACE

Sunday, September 7, 1986

- 8 a.m. start
- Start and finish at Hayward Field,
- Flat, fast course
- Age-group merchandise awards
- Special awards for single-age group record-setters
- \$7.00 entry fee, includes t-shirt received by August 31
- \$10.00 entry fee Sept. 1 to Sept 6

Sponsored by Nike and the Oregon Track Club

For entry forms, write:
P.O. Box 10412,
Eugene, OR 97440



NIKE/OTC 25K

OFFICIAL ENTRY FORM
WAIVER

Please consider my entry for the NIKE/OTC 25K, September 7, 1986.

In consideration of your accepting this entry, I hereby, my heirs, executors, and administrators waive and release any and all right and claim for damages I may have against Oregon Track Club, NIKE, Inc., or the cities and towns in which the race is contested, their representatives, successors and assigns for any and all injuries suffered by me in said event. I also give free use of my name and/or picture in any broadcast, telecast, or other account of this event. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event and my physical condition has been verified by a licensed medical doctor (except where the latter is in violation of religious principles.)

Signature _____ Date _____

Signature of Parent/Guardian
(if under 18 years)

TYPE OR PRINT CLEARLY

\$5 ENTRY FEE

1										2		3	
LAST NAME										FIRST NAME		MIDDLE INITIAL	
4										5			
STREET										PHONE NUMBER			
6					7		8						
CITY					STATE		ZIP CODE						
9					10		11		12				
COUNTRY (IF NOT USA)					AGE (ON 9/7/1986)		DATE OF BIRTH (MM DD YY)		SEX (M/F)		T-SHIRT SIZE (S/M/L/XL)		
13										14		15	
TRACK CLUB										RUNNER		WHEELCHAIR	
TAC NUMBER (not required)													

Official entry forms limited to one entry per person, must be submitted with Entry Fee to the Nike-OTC 25K, P.O. Box 10412, Eugene, Oregon 97440. All entries will be accepted. A confirmation will be sent to you in August.

□ Schedule

Fullerton: North Orange County YMCA 10K Run, Fullerton High (stadium), 7:30 am. 10K Run, c/o 200 Youth Way, Fullerton 92635. (714) 879-9622.

Big Bear Lake: Big Bear Triathlon Series, ½ mile swim, 15 mile bike, 4 mile run. Time TBA. Go Sports, P.O. Box 765, Big Beach Lake 92315. (714) 866-7322.

San Francisco: Gay Games Marathon, 7:30 a.m. Marathon Registration Committee, 526 Castro St., San Francisco 94114. (415) 861-8282.

Rancho Palos Verdes: Run by the Sea 10K, Marineland, 7:15 am. Leisure Services (213) 377-0360.

Castaic Lake: Castaic Triathlon Series, 1K swim, 40K bike, 10K run. Time TBA. Tom Redfern, 22946 Lyons Ave., Newhall 91321. (805) 254-1833 or (805) 259-7000.

Catalina: The 1987 Ultra Iron Crazyman, 20 mile swim, 550 mile bike, 100 mile run. Time TBA. George Toberman, 22241 Pacific Coast Hwy., Malibu 90265. (213) 456-3457.

Las Vegas, Nevada: Windward Triathlon, 1 mile swim, 50 mile bike, 10 mile run. Time TBA. Harry Jones, 3712 Zenia, Las Vegas, Nevada 89102. (702) 871-0830.

■ August 20 (Wednesday)

San Francisco: Manufacturers Hanover 3.5 Mile, Foot of Market (at Spear), 7 p.m. *Limited to company/corporate teams.* Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

■ August 21 (Thursday)

Valencia: College of the Canyons 5K X-Country Final, 7 pm. Gene Blankenship, P.O. Box 481, Newhall 91322. (805) 251-5562.

■ August 22 (Friday)

Mt. Hood, Oregon: Hood to Coast Relay, 172 miles (11-person teams alternating legs of various distances). Finishes at Main Beach entrance to Cape Kiwanda outside Pacific City, 8 pm to 2 am Saturday in staggered starts of approx. 30 teams every 30 minutes. *Entries close August 9.* ORRC, Hood to Coast Relay, P.O. Box D, Beaverton, OR 97075-3004.

■ August 23 (Saturday)

Rohnert Park: Founders Day Gold Cup Run, 5 mile, Alicia Park, 8 am. Jack Goetzinger, Box 1028, Rohnert Park 94928. (707) 795-3944.

Big Bear Lake: Grizzly 5 & 10K Runs, Meadow Park, 8 am. The Grizzly, P.O. Box 1789, Big Bear Lake 92315. Sally Cornett: (714) 866-3456.

Norwalk: Norwalk 8K Challenge, City Hall (12700 Norwalk), 8 am. Tak Hamabata, City of Norwalk, 12700 Norwalk Blvd., Norwalk 90650. (213) 929-2677, x222.

Signal Hill: Signal Hill Rotary Club 5 & 10K, City Hall, 8 am. Victor Stringer, 1879 Freeman, Signal Hill 90804. (213) 494-3744.

June Lake: June Mountain Triathlon, swim 600 yd., bike 20 mile, run 5 mile. 9 am. *300 entry limit.* John Blair, Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

Las Vegas, Nevada: LVTC 2 & 5 Mile Runs, Union 76 Truck Stop (Blue Diamond & Industrial Rds.), 7 pm. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Lodi: City of Lodi Triathlon, 31.1 mile bike, 5 mile run, 1000 yard swim. Time TBA. Lodi Triathlon, 801 S. Fairmont, #5, Lodi 95240. (209) 334-2020.

Princeton: Jog in the Fog, 4 & 1½ mile, Princeton Harbor (100 yards south of breakwater), 8 am. Coastsiders (415) 726-1076.

Los Gatos: Dammit Run, 5 mile, Los Gatos High School track, 8:30 am. Los Gatos A.A., P.O. Box 1328, Los Gatos 95031.

Bakersfield: Outpost Ride & Tie, run/bike 13 mile, Cal State University, time TBA. Rick Hixson, 2809 Hempstead Ln., Bakersfield 93309. (805) 832-4624.

■ August 24 (Sunday)

San Francisco: DSE Blathlon, 2.5 mile run, ½ mile swim. Dolphin Club (502 Jefferson St.), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

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

San Francisco: Presidio 10-Miler, Presidio of S.F. (Central Grounds), 9 am. The Guardsmen, 220 Sansome St., Suite 590, San Francisco 94104. (415) 781-6785.

Folsom: Camellia Capital Triathlon, 1.25K swim, 30K bike, 8K run. Folsom Lake (Beal's Point), 8 am. Diane Kato, 2409 J St., Sacramento 95816. (916) 687-6737.

Merced: Watermelon Run, 10K & 1.5 mile, Courthouse Park, 7:30 am. Mike Mason, P.O. Box 3275, Merced 95344. (209) 723-8080.

Ventura: Inside Out & Back 10K, 1410 E. Main, 8 am. Gary Tuttle, Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

Oxnard: Age Group One-Mile Runs, Rio Mesa High School (track), 9 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

Fresno: Fresno Biathlon, 5 mile run, 21 mile bike, Woodward Park, 7 am. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

Manitou Springs, CO: Pike's Peak Marathon, 7 a.m. Race Line Systems, P.O. Box 26230, Colorado Springs, CO 80936.

San Diego: America's Finest City Half-Marathon, Cabrillo National Monument, 7 a.m. *No raceday registration.* Neil Finn, AFC Half Marathon, c/o American Lung Ass'n., P.O. Box 3879, San Diego 92103. (619) 297-3901.

San Jose: Suncrest Hill Run, 2K, Piedmont & Berryessa Rds., 9 am. Jeffrey Hack (408) 738-2888.

Tahoe City: Where the Hell is Truckee? 30K. North Tahoe High School, 9 am. Gerald Rockwell, P.O. Box 5905, Tahoe City 95730. (916) 583-4823.

Santa Monica: Santa Monica Sports & Arts Festival Marathon, Half-Marathon & 5K. Santa Monica College, 7 am. Santa Monica Recreation & Parks Dept., 1685 Main St., Room 210, Santa Monica 90401. (213) 458-8311. *Listed on August 31 in error last issue.*

■ August 28 (Thursday)

China Lake: Ridgecrest Rattlesnake 10-Mile Relay. 3-member teams, 3.3 mile/leg. Naval Weapon Center Gym, 5:30 pm. William Broyles, 1243 Wayne St., Ridgecrest 93555. (619) 446-2941.

■ August 30 (Saturday)

South Lake Tahoe: World's Toughest Triathlon, 2.4 mile swim, 115 mile bike, 20 mile run. Time TBA. *Limit 500.* \$100,00 prize money. Dr. Bill McKean, P.O. Box 9045, So. Lake Tahoe 95731. (916) 542-0750.

Santa Rosa: Calendonian Run, 8K or 10K (TBA), Sonoma County Fairgrounds, 8 am. Wine Country Race Service, Box 237, Occidental 95465. (707) 829-2888.

Sausalito: Sausalito Breakers to Bay Run, distance TBA, 8 am. Mary Yearsley, P.O. Box 2894, San Rafael 94912. (415) 897-3904.

Las Vegas, Nevada: LVTC 2 & 5 Mile and Picnic, Tule Springs (Floyd R. Lamb State Park), 7 am. The Running Shop, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Crescent City: Crescent Beach Run, 5 & 10K (1½ mile south of Crescent City), 2 pm. Crescent Beach Run, c/o Jim Costello, 2131 Collins Rd., Crescent City 95531. (707) 464-4673.

North Little Rock, AR: TAC National Masters 5K Road Championships, time TBA. James Hicks, P.O. Box 6162, N. Little Rock, AR 72116.

■ August 31 (Sunday)

Santa Monica: Santa Monica Sports & Arts Festival Marathon, Half Marathon & 5K. *Listed last issue on this date in error... see August 24.*

San Francisco: DSE Kay Atkinson Memorial Run, 4.5 mile, Golden Gate Park (Spreckels Lake), 10 am. *Also a kid's run at 9:30 am. — distance??* Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

San Francisco: San Francisco Dime 10K, Golden Gate Park (No. end of Polo Fields), 9:30 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

San Francisco: Freedom Mile, Golden Gate Park (Rainbow Falls, downhill on Kennedy Dr.), 8:50 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

Mariposa: Amigo de Oro 5 & 10 Mile, Mariposa County Fairgrounds, 7:30 am. Amigo de Oro Race, P.O. Box 155, Mariposa 95338. Robert Evans: (209) 966-2124.

□ Schedule

June Lake: June Lake Loop 18-Mile Relay (June Lake Beach), # of runners & teams?? 8:30 am. Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

Millbrae: Grape Race 5K, Mills High School, 9 am. Chuck Osborn, P.O. Box 23, Millbrae 94030. (415) 692-4490.

Leggett: Paul Bunyan Relays, 45 miles (5/team), Leggett to Ft. Bragg, 7 am. Jerry Drew, 1723 Tanya Ln., #1, Ukiah 95482. (707) 462-7214.

Livermore: Wente Bros. Cellar to Cellar Run, 10K, Champagne Cellars, Wente Bros., 9 am. Wente Bros., 5565 Tesla Rd., Livermore 94550.

Crescent City: Crescent City Relay Triathlon, 900 yard swim, 12 mile bike, 4 mile run. Fred Endert Municipal Pool, 7:30 am. Kathleen Collins (707) 464-9503.

Stanford: National Triathlon for the Physically Challenged, distances TBA (swimming, arm-powered biking & wheelchair road racing), 8 am. Rehabilitation Research & Development Center, 3801 Miranda Ave., Palo Alto 94304. (415) 493-5000, x5465.

■ September 1 (Monday)

Concord: Fallfest 10K, Todos Santos Plaza (Salvio & Grant St.), 8:30 am. Susan Linn, Concord Leisure Services, 2885 Concord Blvd., Concord 94519. (415) 621-3289.

Auburn: "Average Joe" Biathlon, 6.1 mile run, 7.45 mile bike. Bowman Elem. School, 8 am. 200 Limit. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Gualala: Acorn Fall Festival 10K, time TBA. Mickey Chaisin, State Route 2, Gualala 95545. (707) 884-4782.

McFarland: Westwinds Triathlon, 1/2 mile swim, 18 mile bike, 6 mile run. Lake Woollomes, 9 am. McFarland Recreation & Park District, 100 S. Second St., McFarland 93250. (805) 792-3091, days; (805) 832-0749, eves. - Mike O'Haver.

Belmont: Belmont Chamber of Commerce Biathlon, 5K run, 10K ride, 5K run; also trike/n/trot (children under 6 at 10:30 am). Canada Rd. at Hwy. 92, 8 am. Nancy Hegarty, Belmont Chamber of Commerce, Box 645, Belmont 94002. (415) 595-8696.

Mount Baldy: Mt. Baldy 8-Mile Trail Run, Mt. Baldy Village (beyond village at foot of Ski Lift), 9 am. 6,000 to 10,000 ft. climb. Bob Barlet, P.O. Box 681, Mt. Baldy 91759. (714) 982-7379.

Westlake Village: Labor Day 5K Run, Westlake Elem. School, 9 am. No pre-entry. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

Santa Rosa: Labor Day Ten-Miler, Piner Elem. School, 8:30 am. Empire Runners, 4100 Siskiyou Ave., Santa Rosa 95405. (707) 546-7892.

Mt. Shasta: Lake Siskiyou Labor Day Timan Triathlon, 600 yard swim, 10 mile bike, 4.5 mile run. Lake Siskiyou Marina, 9 am. K. Tover, 825 W. Ream, Mt. Shasta 96056. (916) 926-4223.

Ventura: Sweatheart 10K Relay. Females run 5K and hand off to male partners who run 5K. 8:30 am. Must pre-register. (805) 643-1104.

■ September 3 (Wednesday)

San Francisco: Sri Chinmoy Runners are Smilers 2-Miler, Lake Merced (Sunset Parking Lot), 6 pm. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

■ September 4 (Thursday)

Merced: Fall Fun Runs, 1500m, 3K, 5K, Applegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

San Diego: Navy Surface Warefare School 10K, Naval Amphibious Base, 7 am. Ray Hollenbeck, EOL, P.O. Box 1049, Coronado 92118. (619) 437-4556.

■ September 6 (Saturday)

San Francisco: Golden Gate Park X-Country Series & BACAA Grand Prix Event, 4 mile (& 1 mile kids run), Lindley Meadow (near Spreckles Lake), 10 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

Antioch: Tri For Real Triathlon, 1 mile swim, 6 1/2 mile run, 20.6 mile bike, Contra Loma Regional Park, 8 am. Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190.

Oakland: Anti-Klan Run, 5 & 10K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 am. John Brown, Anti-Klan Ctr., Box 443, 220 Ninth St., San Francisco 94103. (415) 431-8339.

Fresno: Millerton Lake Triathlon, 1.5K swim, 40K bike, 10K run. Time TBA. Triathlon, c/o 735 N. Fulton Ave., Fresno 93728. (209) 266-9834.

Palmdale: Palmdale Hospital Run for Shelter, distance TBA, time TBA. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

Seal Beach: Seal Beach Triathlon, 1K swim, 20K bike, 10K run. Seal Beach Pier, 7:30 am. Info: CAP (213) 433-4557.

San Diego: 4 Mile Cross Country, Balboa Park, 8 am. San Diego TC (619) 270-SDTC.

San Diego: PB Toyota Distance Classic, 10K & 1 Mile, Mission Bay Visitor Center, 7:30 am. Lynn Flanagan (619) 483-9501.

■ September 7 (Sunday)

San Francisco: DSE Windmill Run, 6.5 mile, Golden Gate Park (windmill), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Fremont: Sportsmed Run for S.A.V.E., 10K & 1 Mile, 8:30 am/1 mile, 9 am/10K. S.A.V.E., P.O. Box 8283, Fremont 94537. (415) 794-6056.



Instead of spending \$100 on a new pair...



try \$25....
and make the old ones good as new!

Maybe even better. Now that you've invested a lot of miles breaking your shoes in, and they fit and feel right, you can save that investment by having them professionally rebuilt and double their life expectancy. Because we've been specializing in rebuilding running shoes for 10 years, and carry the largest variety of outsoles, midsoles, and insoles available, we can have your shoes on their way back to you within 2 days. What's more, we guarantee you satisfaction or your money back.

Send the coupon today and save \$75.

Okay, I'm putting my money where my foot is. Start on these today!

- Resole (includes soles, insoles, laces, and stitching) \$17.00
- Rebuild (shown above), same as resole, plus new midsole \$25.00
- Molded insoles (similar to Nike, New Balance, Saucony) \$5.00

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Enclose \$2 per pair for shipping.

I enclose check for \$ _____ or bill to my MC VISA

MC/VISA # _____

Signature _____

Expiration Date _____

RUNNER'S WORKSHOP

3100 Rolison Road
Redwood City, California 94063
Phone: (415) 364-0696

□ Schedule

Dublin: Dublin Founders Run, 5 & 10K, Amador Plaza Rd. (Stafford's Restaurant), 9 am. Angie Burns, Soroptimist, P.O. Box 2175, Dublin 94568. (415) 829-1381.

San Francisco: Hoy's Sports 10,000 Meter Classic, Golden Gate Park (Rainbow Falls), 9 am. Geoff Henderson, c/o Hoy's Sports, 1860 Fillmore, San Francisco 94115. (415) 921-3677 or 861-4697.

Palo Alto: Bay to Breakfast Run, 5 & 10K, Palo Alto Baylands (Embarcadero East exit off Hwy 101), 8:30 am. Mid-Peninsula Health Service, 704 Webster St., Palo Alto 94301. (415) 251-1085.

Valencia: Valencia Arts & Sports Festival 8K, Valencia Meadows Park (2561 Fedala Rd.), 8 am. Gene Blankenship, P.O. Box 481, Newhall 91322. (805) 251-5562 or 254-1833.

West Hollywood: West Hollywood 5 & 10K, San Vicente & Melrose (Pacific Design Center), 8:30 am. City of West Hollywood, 8611 Santa Monica Blvd., West Hollywood 90069. (213) 854-7471.

Bishop: Mule Run Ultra 50K, 7 am. *200 limit*, \$35 fee. Bill Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211, eves; (818) 966-3526, days.

Foster City: Bud Light/USTS Triathlon Series — San Francisco 1.5K swim, 40K bike, 10K run, time TBA. *Limit 1300, Aug. 1 Entry Deadline.* USTS, P.O. Box 1438, Davis 95617. (916) 758-9868.

■ September 11 (Thursday)

Merced: Fall Run Runs, 1500m, 3K & 5K, Applegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

■ September 13 (Saturday)

Lake Berryessa: Berryessa Biathlon, 1¼ mile swim, 24 mile bike, Oak Shores Park (Foxtail Flat), 9 am. Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190.

Stockton: Park to Park Race, 5 miles, Louis Park, time TBA. Tarahumara R.C., P.O. Box 8422, Stockton 95208. (209) 931-5866.

Fair Oaks: Tri For Fun Triathlon, 1K swim, 20K bike, 5K run. Time TBA. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Bakersfield: Joel Mena Memorial/Foothill Alumni 5K & 1 Mile. Hart Park, 5 pm. Ted Oliver, 3012 Crest, Bakersfield 93306. (805) 872-3707.

Encino: Cycle World Biathlon Series, 6 mile run, 27 mile bike, time TBA. Jennifer Sande, 16161 Ventura Blvd., C-784, Encino 91436.

La Mesa: Run the Good Earth 10K & 2 Mile, 7:30 am. Bob Yarris (619) 465-0711, x375.

Sacramento: Buffalo Stampede, 10 miles, Rio Americano High School, 8 am. George Parrott, Sacramento State Univ., Psychology Dept., Sacramento 95819. (916) 278-5605.

■ September 14 (Sunday)

San Francisco: DSE Twin Peaks Run, 3.36 miles, Portola & Twin Peaks Blvd., 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Foster City: Sri Chinmoy Seacloud 10K Run, Seacloud Park, 8 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

Castro Valley: Krayons for Kids 10K, (3477 Castro Valley Blvd.), 8 am. Krayons Run for MDA, P.O. Box 20295, Castro Valley 94546. (415) 886-1139.

Albany: The People Chase, 5 & 10K, Golden Gate Fields (racetrack), 9 am. MS Society, 520 Third St., Oakland 94607. (800) FIGHT MS.

Mountain View: Art & Wine Festival 5K, Church & Castro, 9:30 am. Mary McGee, Mtn. View/Los Altos YMCA, 650 Castro St., Mtn. View 94041. (415) 969-4033.

Moraga: Indian Ridge Run, 5 & 10K, St. Mary's College, 9 am. Moraga Jr. Women's Club, 80 Gaywood Pl., Moraga 94556. (415) 376-5199.

Concord: Black Bart Trail Run, 10K & 2 Mile, 8 am. Mt. Diablo Health Care Foundation, 2625 Park Ave., Concord 94520. (415) 676-8595.

Cloverdale: Cloverdale Grape Run, 3 & 10K (*3K walk), Cloverdale Citrus Fairgrounds (32 miles north of Santa Rosa), 8 am. Clint Kemp, 480 Josephine Dr., Cloverdale 95425. (707) 894-4385.

Los Gatos: YSI Vasona Park 10K Wildlife Run, Vasona Park, 8:30 am. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030. (408) 356-4945.

Pleasanton: The Heritage Days 10K & 2 Mile Fun Run, Amador Valley Athletic Club, time TBA. Gretchen Sloan, Amador Valley A.C., 7090 Johnson Dr., Pleasanton 94566. (415) 463-2822.

Santa Rosa: The Annadel Loop 7.2 Miler, Annadel State Park (Channel Dr. & Cobblestone Trail), 8 am. (Handicapped Starting Times). *Raceday registration only.* Mort Gray, P.O. Box 1627, Santa Rosa 95402. (707) 539-7808.

Nevada City: Banner Mountain Stampede, 4 & 12K, Pioneer Park, 9:30 am/12K, 10 am/4K. Nancy Martin, Placer-Nevada County Cowbells, P.O. Box 217, Browns Valley 95918. (916) 639-2501, days; or (916) 639-2204, eves.

Big Bear Lake: Big Bear Triathlon Series & California Short Course Championship, ½ mile swim, 15 mile bike, 4 mile run, time TBA. The Great Outdoors, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

San Diego: KSON Farewell to Summer 10K & 2 Mile, Mission Bay Park, So. of Hilton, 7:30 am. Kathy Loper, EOL, P.O. Box 1049, Coronado 92118. (619) 437-4556.

Philadelphia, PA: TAC National Masters Half-Marathon Championships, time TBA. Steve Anderson, West Moreland Coal Co., 123 S. Broad St., Philadelphia, PA 19107. (215) 252-4500.

San Diego: Bud Light/USTS Triathlon Series — San Diego, 1.5K swim, 40K bike, 10K run. Time TBA. USTS, P.O. Box 1438, Davis 95617. (916) 758-9868.

Thousand Oaks: SCA/TAC District 10K Championships & Masters 10K (separate race), location TBA, 8 am/Champs, 9 am/Masters. Robert & Jan Radnoti, 6173 Fremont Cir., Camarillo 93010. (805) 987-8052.

■ September 18 (Thursday)

Palo Alto: Palo Alto Weekly Moonlight Run, 5 & 10K, Palo Alto Baylands Athletic Center (Embarcadero & Gerg Rd.), time TBA. Anne Cribbs, P.A. Recreation (415) 329-2429.

Merced: Fall Fun Runs, 1500m, 3K & 5K, Applegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

■ September 20 (Saturday)

Benicia: Benicia Roto Run. Benicia Rotary Club, P.O. Box 421, Benicia 94510. (707) 745-2419. *Cancelled.*

Bass Lake: Bass Lake Classic Triathlon, 1K swim, 40K bike, 10K run. Pines Resort Beach (\$15,000 prize money), time TBA. Franz Weinschenk, c/o Volunteer Bureau, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101. *Entry Limits: 500 individuals, 100 relay teams.*

Lomita: Jim Thorpe Memorial 5 & 10K Runs, City Hall (24300 Narbonne), 7 am. Lomita Chamber of Commerce, P.O. Box 425, Lomita 90917. (213) 326-6378.

Santa Barbara: Santa Barbara Bud Light Triathlon, 1.5 mile swim, 30-50 mile bike, 13.1 mile run. Time TBA. Bob Hubbel, Santa Barbara Rec., P.O. Drawer P-P, Santa Barbara 93102. (805) 967-2614 or (805) 962-7762.

San Diego: Balboa 8-Mile & 2 Mile, Balboa Park, 7:30 am. San Diego TC Una Marie Pierce (619) 563-5677.

Jackson, MI: Ultimate Runner IV, 10K, 1 mile, 100 meter, 400 meter, marathon (5 individual races), 8:30 am. \$20,000 prize money. Mike McGlynn, Ultimate Runner IV, Jackson Comm. College, 2111 Emmons Rd., Jackson, MI 49201. (517) 787-0800, x331.

■ September 21 (Sunday)

San Francisco: DSE South Embarcadero Run, 6.25 miles (& 1 mile kid's run, Muni Pier), Dolphin Club (502 Jefferson St.), 10 am. (9:30 am/kid's run). Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Walnut: Walnut Festival Runs, 5 & 10K, Heather Farms Park, 8:30 am. Walnut Festival Assoc., P.O. Box 3408, Walnut Creek 94598. (415) 935-6766.

San Jose: Willow Glen Founder's Day 10K, Willow Glen Elem. School (Lincoln & Minnesota Aves.), 8:30 am. Steve Murphy, P.O. Box 8644, San Jose 95155.

San Jose: Business Journal Home Run, 10K, Spartan Stadium (10th St. & Alma), 10 am. Home Run, c/o Grubb & Ellis, 224 Airport Pkwy., San Jose 95110. (408) 920-2374.

□ Schedule

Oakland: Run for Health & Peace in Central America, 5 & 10K, Lake Merritt (Boathouse), 9 am. Kim Cox, c/o 513 Valencia St., #6, San Francisco 94110. (415) 431-7760.

Castro Valley: Skyline 50K, Lake Chabot (Marina). *New out-and-back course.* 7 am. Zephyr A.C., 100 Iris Ct., Hercules 94547. Fleet Feet (415) 222-0188.

Pacific Grove: Monterey Bay 10K, Lovers Point Park, 9 am. Monterey Bay 10K, P.O. Box 68, Pebble Beach 93953. (408) 649-0082.

Tuolumne County: Don Pedro Triathlon. *Postponed until 1987.* Leon Casas, c/o Tuolumne County Rec. Dept., 43 No. Green St., Sonora 95370. (209) 533-5663.

Squaw Valley: Pacific Crest Trail Ultramarathon, Half-Marathon & Relay, 28.4 miles, 14.2 miles, 10 am. Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190, or David Roth (916) 587-6282.

Willits: Brooktrails Cross Country Run, 12 & 3K, 9 am. Sanford Dorbin, P.O. Box 1106, Willits 95490. (707) 459-5941.

Atwater: Pumpkin Runs, 2 & 5 miles, Ralston Park, 8 am. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

Fresno: Fall Festival Run in the Park, 10K & 2 Mile, Woodward Park, time TBA. Nadine Nishio, 19440 Panoramic Dr., Madera 93638. (209) 661-2074.

Costa Mesa: CHOC/KFWB South Coast Classic 5 & 10K, South Coast Plaza Town Center (Anton & Avenue of the Arts), 7:30 am. CHOC Padrinos, P.O. Box 5700, Orange 92667. Charlene (714) 532-8683.

San Diego: Autumn 10K & 2 Mile, Balboa Park, 7:30 am. Kathy Loper, EOL, P.O. Box 1049, Coronado 92118. (619) 437-4556.

Joliet, IL: TAC National Masters 25K Championships, time TBA. Henrietta Agency, 306 N. Larkin Ave., Joliet, IL 60435. (815) 744-5560.

■ September 25 (Thursday)

Merced: Fall Fun Runs, 1500m, 3K & 5K, Aplegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

■ September 27 (Saturday)

San Bruno: San Bruno Mountain Elfin Run, 6.7 mile, Guadalupe Canyon Pkwy. & Radio Rd., 9 am. Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190.

Livermore: Mulberry County Stride, 1, 2 & 5 miles (walks), Gardella Green (So. Livermore Ave.), 10 am. Pam Smith, 1707 Creek Rd., Livermore 94556. (415) 447-5396.

Sacramento: Run so That Others May See, 5 & 10K, Rio Americano High School, 9 am. Society for the Blind, 77 Scripps Rd., Sacramento 95825.

Lodi: Tokay Triathlon, 1.1 mile run, 2 mile bike, 100 meter swim. Tokay High School (West Century Blvd. & Ham Lane), 9 am. Tokay Triathlon, 1111 W. Century Blvd., Lodi 95240. Ken Israel (209) 478-3090.

Simi Valley: Simi Valley Bank Round Up 5 & 10K, 7:45 am/5K, 8:30 am/10K. Simi Valley Bank, 1475 Los Angeles Ave., Simi Valley 93065. Barbara Williamson (805) 581-2800, x210.

Avalon: Avalon Lions Club 5 & 10K Run for Sight, 11:30 am/5K, 11:45 am/10K. Avalon Lions Club, P.O. Box 305, Avalon 90704. Paul McIlroy (213) 510-0787.

Newhall: Castaic Triathlon Series, 1K swim, 40K bike, 10K run. Castaic Lake, time TBA. Tom Redfern, 22946 Lyons Ave., Newhall 91321. (805) 254-1833.

Elko, NV: Man-Mule Race, 20 miles (Lamoille to Elko), 10 am. Separate categories for runners, horses/mules, bicycles). David Charlebois, 149 Wainut St., Elko, NV 89801. (702) 738-8570.

Wrightwood: Angeles Crest 100 Mile Endurance Run, Wrightwood to Rose Bowl (Pasadena) through Angeles National Forest (18,000 feet of ascent, 23,470 feet of descent), 5 am. Ken Hamada, 370 W. Colorado St., Arcadia 91006. (818) 447-0584.

■ September 28 (Sunday)

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

Antioch: Women's Challenge Triathlon, 1 mile swim, 7 mile run, 22 mile bike. Contra Loma Regional Park, 9 am. *Women Only.* Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190.

Merced: Gateway to Yosemite Triathlon, (6.2 mile run, 22 mile bike, 800 meter swim or 2 mile run, 6 mile bike, 400 meter swim), Yosemite Lake Park, 9 am. Ted Rench, 2875 Green St., Merced 95340. (209) 723-2661.

Ventura: SCA/TAC Half-Marathon District Championships, Mission Park, 8 am. Gary Tuttle, Team Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

Lake Isabella: Dam Tough Run, distance TBA, time TBA. Lake Isabella Chamber of Commerce, P.O. Box 567, Lake Isabella 93240.

Marina del Rey: Marina Breakers 10K Run, 8 am. Fatina Johnston, 4435 Calle Mayor, Torrance 90505. (213) 378-1246 or 375-4480.

San Diego: Leukemia Society 10K & 2 Mile, 7:45 am. Annalee Levy (619) 283-6131.

San Francisco: Bridge to Bridge Run, 8 mile & 5K, 9 am. KNBR, 1700 Montgomery St., San Francisco 94111. (415) 951-7070.

Portland, OR: Portland Marathon & 5 Miler, 8 am/Marathon, 8:30 am/5 mile. Portland Marathon, P.O. Box D, Beaverton, OR 97005. (503) 226-1111.

■ October 2 (Thursday)

Merced: Fall Fun Runs, 1500m, 3 & 5K, Aplegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

Looking Ahead

October 5. Fresno: Pepsi/Fresno Fair Cross-City Race, 10K & 2 Mile. Roeding Park and Ventura & Hazelwood starts, respectively, 7:30 am/2 mile, 7:45 am/10K. Fresno Fair, 1121 Chance Ave., Fresno 93702. (209) 255-3081.

October 5. Minneapolis/St. Paul, MN: Twin Cities Marathon (U.S. Trials for World Championships), time TBA. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. (612) 929-8646. *Listed as October 12 in some sources.*

October 5. Sacramento: Sacramento Marathon, 8 am. Randall Sturgeon, 4020 El Camino Ave., #A-5, Sacramento 95821.

October 5. Burlingame: Sri Chinmoy 12-Hour Run, Burlingame High School (track), Oak Grove & Carolan, 7 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

October 11. San Francisco: Alcatraz Challenge Triathlon, 1.5 mile swim (Alcatraz to shore), 1 mile run, 14 mile bike, 14.5 mile run (Double Dipsea), time TBA. Joe Oakes, QCON, P.O. Drawer K, Los Altos 94022. (415) 941-5530.

October 12. East Meadow, NY: TAC National Masters 20K Championships, Eisenhower Park, time TBA. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. (516) 731-3452.

October 12. Weott: Humboldt Redwoods Marathon & Half Marathon, Dyerville Bridge, 9 am. *No race-day registration.* Ken Angel, c/o SRRC, P.O. Box 214, Arcata 95521. (707) 826-0616.

October 18. Sausalito: Golden Gate 100 (100 mile, 100K, 50 mile, 50K), East Ft. Baker to Pt. Reyes on trails, time TBA. Athlete's Foot, #3 Embarcadero Ctr., San Francisco 94111. (415) 433-7266.

October 19. Cleveland National Forest: Holy Jim 50-Mile Run, 6 am. Dave Niederhaus, 25632 Heatherow Cir., El Toro 92630.

October 19. Ukiah: Penofin 10K (National TAC Open Men's Championship), 8 am/Elite Women, 8:20 am/Elite Men & Open. *35,000 in prize money.* Penofin 10K, P.O. Box 384, Ukiah 95482. (707) 462-7413.

October 25. Castro Valley: Firetrails 50 Mile, Lake Chabot (Marina), 6:30 am. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

October 25. Los Angeles: Foot Locker Partners (National Championships) 8K Run, Griffith Park (Riverside/Los Feliz entrance). *Runners start together and add times.* 8:30 am. Pro Motion Events, 1501 Glenavon Ave., Venice 90291. (213) 396-7727.

October 26. Chicago, IL: America's Marathon/Chicago, time TBA. *Sept. 1 Entry Deadline.* Pete Kozura, America's Marathon/Chicago, 214 Erie St., Chicago, IL 60610. (312) 951-0660.

November 2. New York, NY: New York City Marathon, time TBA. NYCM, Box 1388, GPO, New York, NY 10116. (212) 860-4455.

An Interview With

By GREGOR ROBIN

photo by Jeff Burkholder



IVAN HUFF

Ivan Huff! It sounds like the name of a fearless warrior from the middle ages, but it isn't. It's the name of a fearless runner who's still attacking the tracks and roads of the world today.

During his years at Cal Poly San Luis Obispo, Huff was looked on as the strong man of distance running there. It wasn't only because of his muscular 5-10, 150-pound build. It was also his attitude.

At team workouts, other Cal Poly runners would be at their best if Huff was around. And he was always around. His consistency in training and racing is still baffling. He hasn't had a non-productive year since he first went out for cross country as a freshman at Paso Robles High.

He was always the hardest worker on the squad and it rubbed off on the others. Steeplechasing has become his speciality. He tried it first at Alan Hancock Junior College. He said he lost interest in it when he found his times were getting slower. But, when he attempted it at Cal Poly during his senior year he nearly set a school record and realized that he had talent in the event.

Huff finished his college career in 1981. He tucked away three All-American honors, a second place finish in the 1981 Division 2 national championship steeplechase

(behind teammate Carmelo Rios), was a member of two national championship track teams and one cross country championship team.

Now Huff is a world class steeplechaser. He still lives in San Luis Obispo. He has been married for two years. His wife Carole, once a Cal Poly runner herself, is expecting their first child in November.

Huff, 26, still gets the same glazed look in his eye in the middle of a hard 5,000 or steeplechase. His head is tilted a little forward. He's looking at the ground in front of him. He churns his legs in a powerful rhythm. Only now his competition is Henry Marsh, Peter Koech, Doug Padilla and other notable world class athletes.

Although the steeplechase is an event that has never gotten much recognition from the non-running world, the likes of Huff, Marsh, Brian Diemer, John Gregorek, Farley Gerber and Ken Martin have at least brought respectability to United States steeplechasing.

Marsh's American record 8:09.17 is four seconds off Henry Rono's world record. Huff has broken 8:30 nine times. His best time, 8:21.36 was run on June 21 at the TAC national championships at Eugene, Oregon, where he finished fourth. He ran

his previous best of 8:22.8 in the 1984 Olympic trials final where he finished fifth. He was just one stride behind alternate, Farley Gerber.

In addition, Huff has run 8:27.30, 8:25.2 and 8:32.19 this season. He has run six road 10K's under 30 minutes and two 15K's (44:25 at Gasparilla and 44:42 at Jacksonville River Run) this year. He also ran 13:44.0 at Mt. SAC. And this is just a typical year for the ironman of distance running.

His personal bests of 28:28 and 43:08 on the roads, compliment his track times which include 13:34 for 5000, 28:45 for 10,000 and 8:48 for two miles. He has run 4:07 for the mile and 1:53.2 for 800 meters.

Huff is a member of the Aggie Running Club. Club spokesman Pete Sweeney, a sub-30 minute 10K runner himself, has known Huff for over eight years. He said Huff has an excellent chance at making the 1988 Olympics team in the steeplechase.

"His weakness is that real tough finishing kick that guys like Diemer and Marsh seem to have," said Sweeney. "But, he's awfully hard to break. You know that old saying, 'His strength is his strength.' If he can get enough sponsorship, corporate or from a running company so that he's able to just train with an open mind and not

worry about a lot of that stuff . . . You know the fact that you need the money to live on and also you just don't want to be worried about it. You want to put your mental energy into your running. If he can get through that and just keep training I can see him running 8:17 and maybe better than that and that ought to put him in there."

Huff started his running career at Paso Robles High as a freshman. He was named Athlete of the Year his senior year for his second place finish in the CIF cross country meet and his third place finish in the CIF two-mile. He went on to finish fifth in the junior college state 1500 and 5000 for Alan Hancock.

He is the youngest in a family of four brothers and one sister. All his brothers ran. Eric was the next most talented of the Huffs. Eric was an integral part of the Cal Poly dynasty years of 1978-1980.

Ivan was born in Colorado Springs on July 31, 1959 and moved to Paso Robles when he was two. He got the nickname, "Jivin Ivan" at Paso Robles High because, "I was always kind of a clown screwing around jivin people," he said.

Huff has settled down now. He is hoping to find another sponsor now that Converse has dropped him and many of their other distance runners. He was serious, yet ready to laugh when he was found at his friend Rios' apartment. Huff and Rios are two of the many fine runners who have remained in the San Luis Obispo long after finishing school.

They were preparing to travel to the TAC meet when Ivan was reached for the interview on June 16. Huff admitted he was nervous. He was hoping to qualify for the Goodwill Games by finishing in the top two at TAC. His fourth place finish earned him a spot on the USA vs England team. (Note: The top two spots were taken by Henry Marsh and Jim Cooper.)

Rios, Huff's main training partner and best man at the Huff's wedding said this could be Ivan's year.

Ivan Huff etched his name on that old paved track and that eight mile dirt trail known simply as the Cal Poly loop. The paved track has been replaced by a brand new synthetic model, but the figure of Ivan Huff is still out there several days a week circling around it like a fearless warrior.

CTRN: You first began running at Paso Robles High. It's a pretty small town, Paso Robles. It's real hot there during the summers. What got you started running there?

Huff: My four older brothers were all cross country runners before me. At our high school football was really big, but I was only 5-foot, 86 pounds as a freshman so I wasn't going to be much of a factor on the football field. I followed in all my brothers footsteps and went out for cross country.

CTRN: One of your older brothers, Eric did some pretty good running in high school and college.

Huff: He is two years older than me. He was good in high school. He set the standard. He was the best at his time, second in league and second in CIF. I always tried to do at least what he did or even better. He was somebody to shoot for.

CTRN: Was he always a helping hand? Would you argue much?

Huff: Oh yeah, like brothers would, but we got along pretty good. But, he was always the big brother, always in charge. He's an accountant in Los Angeles. He's running just to stay in shape now. He went to Cal Poly and that's one of the reasons I went to Cal Poly, to run with him again.

CTRN: Through your high school career you took summers off. How long did you keep doing that?

Huff: In junior college I did some (summer) running. Right after track season you think, "OK, I'm going to run every day." Then after a couple of weeks you're down to running once or twice a week, five or six miles. I kind of went that route in the summer. Going into Cal Poly I was probably running four times a week in the summer, go-

follow it. He had the most influence on me as far as my running and training.

CTRN: What was the philosophy?

Huff: Don't put anybody on a pedestal above you. If they are better than you, you have to keep everything in reality. You can't just go into a race saying, "I can't beat this guy, I'm going for second place." You have to find it from within. Dig a little deeper.

CTRN: Do you remember any moments that stand out with him in the coach to athlete relationship?

Huff: One time we were hanging out by the steeplechase water jump pit. That's where all the distance runners would stretch and get ready for the run. He had a pretty tough workout set up and I was thinking, "How do you expect me to do that?" because there were a lot of talented high school state champions at Cal Poly then. Guys like Paul Medvin and Andy DiConti. I was saying, "I don't have as much talent as these guys." And Miller didn't say it directly to me, but I heard him. He said, "You've probably got more talent than you know!" And it made me think that maybe he knew something. It gave me confidence. Somebody had confidence in me. Somebody who I believed in and would try to do anything for said something good about me. That made me feel really good.

CTRN: So that's what it takes with some athletes, having somebody else to spur you on, to perform for.

Huff: Running is like anything in life. Everybody wants to do well. In a job, in anything you do, you want to do well for your friends, your family. It's like peer pressure. Nobody likes to be a failure in anything, especially if you respect somebody a lot. You don't want to let them down at all. I respected Coach Miller a lot when he was my coach and I still do.

CTRN: Were there any turning points in your career?

Huff: When I was in high school I thought I was really good because I came from a small school and I was the stud at that small school. But, now that I look back on it realistically, I wasn't that good of a high school runner. I thought I was because I was league champion and I was the hero around school. It was kind of the same at Hancock junior college. I did a lot better than I did in high school, but I wasn't a really good runner. But I was getting enough awards and recognition to think, "I'm doing alright." And it was the same thing when I got to Cal Poly. I was doing pretty good for the Division 2 level. I wouldn't have been a stud in Division 1 or anything, but I made in Division 2 All-American. So I was just in there at each division that I competed at, from high school to junior college to college. And when I got out of college I said, "Well, let me give it a try. If I keep improving I'll keep running." Then I had a little success. All it takes is a little success and it will keep you going.

CTRN: What was your best race at Cal Poly?

"...not everybody can move from the 1500 up to the steeple and from 5000 down to it."

"His outlook from what I've been seeing, the way he's been improving, is good," said Rios, and 8:28.8 steepler. "He's sitting in a good position. The time Diemer is sitting out (because of an injury) Ivan can be getting stronger. It looks promising for him. He always can put 100 percent into his workout. He can work out as hard as he runs in a race. He has mental toughness as a competitor and as a runner. We've helped each other out because we have each other as training partners."

While Huff sat in Rios' apartment and looked back on his own career and forward to a positive future, the interviewer thought back on Huff's years at Cal Poly.

ing five or six miles. I probably averaged 60 miles a week through my career at Cal Poly.

CTRN: Your Cal Poly experience . . . You were under a pretty demanding guy in Coach Steve Miller who now coaches at Kansas State. He was a perfectionist of a coach. What was your experience with him?

Huff: You either liked him or you didn't like him. That's what I generally got from most people. I really liked him a lot because he wanted you to do your best. And he really motivated you. If you weren't doing as well, he didn't spend much time with you. He was trying to develop the other athletes who were doing well. I really liked his coaching philosophy and still basically

continued on next page . . .

□ Interview

Huff: My senior year I didn't expect to go to nationals. I got mono at the end of April and the nationals were at the end of May. So I was sick three weeks before nationals. I asked Coach Miller if I could go and watch and he said "OK." I started running about a week-and-a-half or two weeks before. I said to him, "Well, let me just try. I've qualified. Let me just do it and see what happens." I ended up being second in the steeple. I didn't expect to even run. I didn't think I could run.

CTRN: The one and only Jim Schankel (eight-time NCAA Division II champion from 1978-80, twice in cross country, three times each in 5000 and 10,000), ruled Cal Poly

"If I go into the race saying, 'Henry Marsh has already won it,' then I've lost the race right there."

your first year there. He has since retired. Did he have any influence on you and were you in awe of him?

Huff: I would have to say no to both questions. I was impressed with his talent but I wasn't in awe of him. He wasn't much of an influence because he wasn't around. He didn't hang around. He did his workouts with Coach Miller separately. He was a much better runner at the time and I couldn't run any of his workouts. He only ran with us at one time and that was when he was in a slump.

CTRN: Your marathon experience. In college you weren't a mega-mileage man. You had been out of college for two-and-a-half years before you ran your 2:14:46 in December, 1983 at Sacramento. What did you do in the time after college until your marathon.

Huff: My mileage gradually started increasing. I started getting into longer runs. Longer runs for me were a little over an hour. It's probably because I started doing more road races, 10K's, 10-milers. I probably was a 30 minute 10K runner at Cal Poly. My first year out in 1982 I ran 29:03 at Stanford. I had run an 8:43 for the steeple my last year at Poly. Then I ran 8:31.9 my first year out of Poly. The year of the marathon I didn't have many good 10K's because I sprained my ankle, but I started running good on the track in the summer. I ran an 8:29.8 steeple. The marathon was a spur of the moment thing. The race was on Sunday and I decided to race it on Wednesday. I hadn't been training for it. The furthest run I had ever run in my life before that was 17 miles.

CTRN: How did it feel?

Huff: It felt pretty easy. I was surprised. I got tired the last few miles, but I didn't hit a wall. It was a lot different that what I expected.

CTRN: What do you think about the theory that everything has to be right with your body to run a good marathon, including things out of your control?

Huff: Do you mean, like bio-rhythms?

CTRN: We don't have to put a name on it.

Huff: Something was going right. I was training hard for the TAC cross country nationals. It was the week after cross country. I was real rested. Everything was going right. I ran a consistent pace.

CTRN: You recovered quickly.

Huff: Yeah. That was on the first of December and on the first of January I ran my 47:52 10-miler PR. I just want to say, my next marathon I went to Chicago and I had trained for it. I thought I was really going for it, doing the mileage in the summer, getting hour-and-a-half, two hour long runs in. I ran it a minute slower and it was painful. So I didn't have any respect for the marathon after the first time and the second time I had a lot of respect for it. I thought I was in better shape for the marathon and it felt worse.

CTRN: The steeplechase. Why have you picked the steeplechase to run? It's not a pure running event. Why not concentrate on the 1500, 5000 or 10,000?

Huff: I've had success at it. Like I said before, you want to do well for your peers, family, coaches, so why not stick with something you're successful at.

CTRN: What are the main hassles with running the steeplechase?

Huff: I've had a couple of sprained ankles. My ankles are pretty sore and the water jump can hurt them quite a bit. I can be limping the next day and have some soreness. During the race you don't feel it too much. You might feel it a little, but you don't think about it. You just run your race. But the next day you feel a lot more aches and pains than you would after a 1500 or 5000.

CTRN: You're having your rhythm broken constantly by other runners and the barriers.

Huff: You hate that part of it, but it happens to everybody. That's what the race is about. That's why a lot of people can't do it. Like, you figure, why doesn't Steve Scott move up to the steeple or some guy in the 5000, Sydney Maree move down to the steeple? Not everybody can run it. A lot of guys think they can and they try and they say, "I'll never do that again."

CTRN: When did you know you were a steeplechaser?

Huff: My second year at Cal Poly. I ran it my first year in Junior College. I ran 9:30. I tried to go to the state meet with it and didn't make it out of the Southern Cal finals. I said I'd never run the event again because I was running it slower. When I was at Poly there was Carmelo Rios and Kevin Jones, two real good steeplechasers. The coach didn't want them running against each other every week in the steeple. I was volunteered since I had run it in junior college. I ran 8:52 at Bakersfield for my first steeple at Cal Poly which was close

to the school record. I decided, "Hey! I like this event."

CTRN: In college, steeplechasers are looked on as guys who can't run the other events.

Huff: It's looked on like that all the way through the Olympics like people are looking for an easy event to get the gold medal in. But I don't look at it that way. Like I said before, not everybody can move from 1500 up to the steeple and from 5000 down to it. I'm sure there are some guys who could do pretty well, but it's a different sort of event.

CTRN: What exercises or workouts do you do differently to prepare for the steeplechase?

Huff: You have to stay flexible. That's real important. A lot of distance runners don't stretch before or after runs. I do a lot of stretching after my runs. You have to keep your hips flexible. We do a lot of trail-legs over hurdles and also practice going over hurdles. Later in the season we do repeats over hurdles and the water jump.

CTRN: Henry Marsh sits back and then takes off in the last part of the race. How do you approach the race? You can really rig-up in a steeplechase.

Huff: When I first started running I was a front runner. I think the main reason for that was I didn't want to be around people. I wanted a clear shot at the hurdles and the water jump. Since I've gotten out of college I've gone more to running in the middle. When I was a front runner everyone would blow by me on the last lap or two laps. I seem to do better by running in the middle of the pack or closer to the front, but not leading it. I try to go with them the last lap or two.

photo by Joe Fabris



□ Interview

CTRN: The last lap must be some major agony and you have to go over barriers. What do you rely upon then?

Huff: That's where strength comes in. Most steeplechasers on the average are a little bigger and stronger than the average distance runners. It's hard to tell with Marsh, because he looks so good on his last laps, but you begin to lose form real bad. It's hard to try to jump the barriers when you are totally rigged. Your muscles don't want to bend at all.

CTRN: What do you think is more important, 10,000 meter strength or 1500 meter speed?

Huff: I would have to say 1500 meter speed. I think some of the 1500 meter runners would have a better chance moving up than the 10,000 guys moving down.

CTRN: How does steeplechasing compare with cross country running? A great steeplechaser of the past, Gaston Rolants was a great cross country runner. Is there a similarity?

Huff: Not here in the United States and there doesn't seem to be much in the world scene either. Some of the Africans are real good cross country runners and steeplechaser, but I think that's where more comes in for the 1500 meter runner. The stronger faster guy seems to have an advantage. Nobody in the United States in the steeplechase excels in cross country.

CTRN: Do you ever see yourself beating Henry Marsh and if not, why not?

Huff: You always hope. If I go into the race saying, "Henry Marsh has already won it," then I've lost the race right there. I must keep everything in perspective. I know he is a much better steeplechaser than I am, but I don't think he is a much better runner than I am. So I'm always hoping and always thinking of different ways. My best bet would be to run away from him. He likes to sit behind a little bit and start picking it up with three laps to go.

CTRN: What's going to be the different on that day if you do it?

Huff: I'm gonna be real up and he's going to be having a ho-hum day. It will have to be a day when I don't rig on that last lap.

CTRN: You were fifth in the 1984 Olympic trials which was great, but it didn't make the team. What about the upcoming one? Are you keying for it? Is this a buildup year?

Huff: It's everybody's dream, I would think. It's probably the biggest motivational factor. There are all kinds of other things during the years, but ultimately that's where you want to go is to the Olympics. I'll build up to it by doing the same things, road races and the steeple in track.

CTRN: You've been extremely consistent. Do you feel you are still improving at a set rate?

Huff: If I kept making the great jumps I've made, I'd be on top of the world right now. I must keep everything in perspective now. I can't make those 10 second jumps anymore. If I did I would be at the top of the world which I don't expect.

CTRN: That sounds a little negative, Ivan.

Huff: No, no. You must keep everything in reality. It's just like a guy who says, "I was a 14:30 5000 meter runner last year and I've run 13:45 this year so if I improve another 45 seconds this year I'll be at 13:00." I mean, you can say that, but you've got to keep everything in perspective. You've got less room for improvement. I'm always hoping every year that I'm going to run a little better. I ran 8:22.8 at the trials, but I felt like I had a better steeple year last year. I ran more consistently. I ran three races in the mid-8:20's. So I didn't get the same time, but I think I could have if I was in the right race.

CTRN: What's the best workout you've ever run?

Huff: I ran a two mile in 9:11, jogged a mile, ran a mile-and-a-half going through the mile in 4:32. Then I jogged three laps. Ran a mile in 4:26. Jogged a half. Ran a half in 2:12. Jogged a lap. Ran a quarter in 65. Jogged a lap and ran a 220 in 29 seconds. That was last year.

CTRN: You are a member of the wild and crazy Aggie Running Club. You were sponsored by Converse for three years. Now you are unattached and looking for sponsorship. First, what does the club mean to you? You're married, a little more sedate than some of the club members. How do you rate to the guys in the club?

Huff: I don't mind them having a wild and crazy time. I think they have a different perspective. They want to continue running, but they are not real concerned about making the Olympic team. They just enjoy running and competing and they want to have a big party afterwards. I'm more concerned with the long term. Trying to make the Olympic team. What's going to happen next year? What's going to happen in four years? But they gave me the opportunity to keep running after I got out of Cal Poly and I appreciate that. And a lot of them are good guys except for this one ugly dude named Pete Sweeney, who just walked in. (Ivan chuckled as Sweeney came in the room.)

CTRN: What about Converse and your relationship with them? They helped you

wasn't my personality. They dropped the Aggies. They've dropped all their contracted runners, everybody. There are only a couple of guys left on contracts and I think they are going to be dropped when their contracts are up.

CTRN: Including Paul Cummings?

Huff: The last I heard, Ted Banks told him, "Hey, you better run well at Boston." Banks was the head honcho of the running shoe promotion. All the guys that he talks to in the different districts were fired too, so I don't know who he talks to now.

CTRN: What was your biggest payday in a race?

Huff: \$3,500 at the Jacksonville River Run 15K in 1985. The (race promoters) had a \$2,000 bonus for first American. I was fourth and the first American.

CTRN: Carmelo Rios, your training partner. What has he done for your running? He ran the steeplechase in the 1984 Olympics for Puerto Rico.

Huff: We've been coaches for each other. We've been coaching ourselves since Miller left. We workout together a lot. If one of us is up or down it keeps the other guy going. You're thinking, "Shoot, if Rios is doing it I can do it."

CTRN: Your diet, are there any foods you avoid?

Huff: No. I don't really worry about it. I'm a meat eater. I love meat. I love junk food, lots of sugar. When I start running bad I start thinking about my diet, but I really don't change it. I just start thinking, "Well maybe all those articles I've read are right." But when I run good I'm eating the same things.

CTRN: What would you say to someone in high school who wants to have a career in college.

Huff: Be consistent. Don't overtrain and don't get discouraged. If you set your goals and you don't reach them maybe it will come next year.

CTRN: What do you consider the trick as far as being consistent? Holding back must be part of the key. How do you check yourself to not start going 100 miles a week

"Our track season is really geared wrong. It's geared on the high school and college schedules when track is really supposed to be going in the summer."

out for three years. Now you are unattached. What would you like to say to other sponsors looking for runners?

Huff: I'm available and I'm not that expensive.

CTRN: Why did you get dropped from Converse?

Huff: Converse is dropping everybody. I think they are getting out of the running promotion business. It's not just me. It

when you're feeling good, but know you shouldn't do it?

Huff: You've just got to ask yourself, "Is this really what I need? Is this going to help me?" I've gotten caught up in it where you keep track of all your mileage in your running log. You think, "Oh, I'm not going to get

continued on next page...

□ Interview

100 miles this week. I've got to run an extra two miles." I've been caught up in that. You've just got to go back and read your running log and say, "Hey, I was running 80 miles a week and doing just as well." You have to keep an eye on it. Don't get caught up in it.

CTRN: Who do you idolize in running?

Huff: I've been really impressed with Carlos Lopes. I like Joaquim Cruz, the way he takes it out. I like front runners. The guys who go for it. Like Alberto Salazar used to do, take it out and run away from the field. I love seeing guys do that instead of sitting back and kicking.

CTRN: Any hopes of signing a contract?

Huff: I'm hoping something will come up. If I run well at TAC things will be looking good.

CTRN: How do you relax?

Huff: I'm a TV fanatic. I like a lot of different shows, Hill Street Blues, The Cosby Show.

CTRN: What do you think about the running circuit? Are all the athletes abiding by the rules, with steroids or other things?

Huff: As far as I know especially with distance runners, I don't think it's that big of a deal. I guess there are some steroids that can help with endurance from what I've

read, but they are testing so much and so often for the top runners that I don't think anybody is pulling the wool over anyone's eyes, especially in distance running.

CTRN: Have you ever used steroids?

Huff: No.

CTRN: Is there a way to attract more attention to track in the United States?

Huff: Track isn't such a big deal in the United States. Our track season is really geared wrong. It's geared on the high school and college schedules when track is really suppose to be going in the summer.

CTRN: Do you think a lot of Europeans would come here and race in the summer if we had a schedule then?

Huff: I think the Europeans would come over here, but I don't think we could get a schedule like that going. Americans are more into baseball and leisure time activities during the summer.

CTRN: What's an average week of training like for you?

Huff: Monday through Saturday I run four to five miles every morning. Sunday is just one longer run, an hour-and-a-half. For a hard workout, Monday afternoon is something longer, like fartlek runs or if I get on the track, repeat miles. Tuesday afternoon is easy. Wednesday something harder, maybe a little shorter than Monday. Thursday easy afternoon run. Then I would either go hard Friday or Saturday, depending on my racing schedule. If I was running a race on Sunday then I would do

something moderately hard on Friday.

CTRN: What was the best race of your life.

Huff: Timewise I would have to say that 43:08 15K at the Gasparilla Run in February 1985. I came through in 28:28, my PR, and was still feeling good. It came down to a kick with six or seven of the best guys around. It was one of those days where everything was right. I felt good the entire way.

CTRN: How long do you want your career to last?

Huff: As long as possible. I'm happy to see people like Carlos Lopes and Cummings, who's 33. I know for sure that I'll keep it going for a few more years. And as long as I keep improving and can make enough money to get by and don't owe anybody anything and I'm happy I'll keep doing it as long as possible.

Ivan Huff won the USA-England Steeplechase in Europe after the TAC Meet, in a time of 8:29.04.

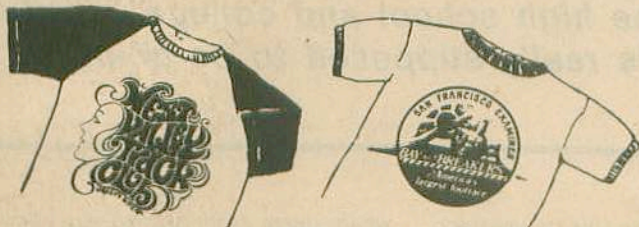
Ivan Huff was born on July 31, 1959. His personal best from the marathon down to his junior college running of the 110-meter high hurdles include:

Marathon 2:14.46, 20K 1:00.34, 10-Mile 47:52, 15K 43:08, 10K 28:28rd, 28:45tk, 5000 13:34, 2-mile 8:48, 3000 steeplechase 8:21.36, mile 4:07, 800 1:53.2, 400 53.0, 400IH 57.6 (JC), 110HH 17.1 (JC).

Jack's Athletic Supply

Screened T-Shirts as Low as \$1.85
(\$1.50 in Kid's Sizes)

Embroidered Patches - Ribbons
CHRONOMIX Timers & Clocks
Race Supply Warehouse (Buy-Rent)



Also—We offer free or discounted race-equipment rentals, advertising, prizes, etc., with large volume purchases... call and see what we can offer!

Jack's Athletic Supply
Box 459, San Carlos, CA 94070
Phone (415) 595-2249



"Dean Reinke on Running is a breezy highly informative newsletter that keeps you absolutely up to the minute on running. Reinke covers the races, the stars, and the trends with detail and depth that is remarkable for such a bulletin. Anyone who wants to keep up with the inside story of running should subscribe."

—George Sheehan, M.D.

"A good, gossipy newsletter about what happens behind the scenes in running. Dean Reinke keeps his eyes open and his nose to the roads."

—Hal Higdon, Senior Writer, The Runner

"I've enjoyed every issue of Dean Reinke on Running and must admit I look forward to seeing what's happening in our sport in the newsletter."

—Bill Rodgers

"For what's happening on America's Road Show, I read Dean Reinke on Running."

—Coach Billy Squires

YES! I want to go behind the scenes with DEAN REINKE ON RUNNING. Please start my one-year (12 issues) subscription immediately.

Name _____ Organization _____
Address _____ City/State/Zip _____
Phone(Office) _____ (Home) _____

TO ORDER, please send this form with \$25 payment to

DEAN REINKE ON RUNNING • 365 Shadow Bay Blvd. N. • Longwood, FL 32779

Dean Reinke on Running

By DEAN REINKE

Grete

Most authors write a book hoping to become famous, but the humble Grete Waitz had to be coaxed to tell us her life story. Her recently released book, *World Class*, written with New York runner Gloria Averbuch, is excellent reading for both the beginning runner and serious follower of the sport.

There are more than enough books on the market informing you how to run and improve your times. Recognizing that, Grete dutifully covers just the basics and spends considerable time taking us inside her experiences spanning 20 years of world class competition. Like a typical Norwegian, she is reserved and serious, but in her book she opens up showing at times a funny and outspoken side seldom seen.

"Grete" is amongst that elite group of runners who are known in running circles by their first names only, joining "Billy", "Frank", and "Joanie" in this category. Hardly needing an introduction, she nonetheless is a 7-time New York City Marathon Champion, 5-time world cross country queen, 1st World Marathon winner and 4-time world marathon record holder as well as a former 3000 meter track world record holder. Although an Olympic Gold Medal has remained elusive for the 4-time Olympian, she has consistently risen to the occasion. The introduction the week of the 1985 New York City Marathon of her "Running with Grete Waitz" videotape had all the ingredients of a classic Big Apple media blitz and all that was needed was a victory by her in the race. And Grete finished the script and came through with her 7th victory and the tape took off.

Just recently, her victory at the London Marathon set the stage for her *World Class* book tour to begin one month later at the San Francisco Bay to Breakers race. But with Joan Benoit Samuelson on the line, few gave Grete much of a chance for another victorious sendoff like New York, but in her usual fashion, she blasted not only the Olympic Marathon champ but the course record as well launching a 14-day nationwide tour to promote the book.

With all of the thrills she has given our sport, Grete Waitz deserves the attention she has received from sponsors. In addition to her tape and book, her book tells us of her relationship with adidas since 1978 and of husband Jack's position as head of promotions for the German company in Norway. She has endorsement agreements with Xerox, XL-1 electrolyte replacement drink and Norwegian Flatbread crackers and Akti-Med Preventive Health Care Clinic

in Oslo. While she and Jack, a former accountant, are financially secure, the former teacher still gives more than her fair share back to the sport and her avid followers at home. She recently was appointed a member of the Norwegian Olympic Committee and founded the Grete Waitz Foundation to support female distance runners and established the "Grete Waitz Run for Women." Patterned after the L'eggs Mini Marathon she has won in New York City, over 5000 women participated last year, a phenomenal number considering the size of her country.

Probably the most humorous story is her retelling of the circumstances surrounding her first marathon at New York in 1978. She writes, "I approached a bearded man standing in a jeep shouting orders from a megaphone. Pulling on his pant leg to get his attention, I asked, 'Mr. Lebow, where do I go?' She obviously found the starting line as she went on to win in a world record setting time of 2:32:30. Afterwards, she told her husband Jack, who had convinced her to come to New York, 'I'll never do that again' as she disgustedly threw down her shoes. And was Fred the last of the big time spenders? 'I got \$20 for cab fare to the airport and our plane tickets. I was the last world record holder not to receive money.'

The book touches on a variety of topics and Grete unquestionably lets her thoughts be known. On Patti Catalano, Allison Roe, Alberto Salazar and Dick Beardsley's marathoning: "They have maxi-burnout and



one year and just kept running in 84 and 85' "for all the world to see."

Although outspoken on a variety of topics, *World Class* shies away from two issues on the minds of runners everywhere - money and drugs. The picture is painted that Grete has done well for herself but let's hear about the transition from that 1978 \$20 cab fare to her earnings for her most recent Big Apple win. She admits that many have speculated about the widespread steroid problem among athletes and distance runners in general, but she is unconvincing and is hard to believe when she states, "I do not know personally of any long distance runner who takes steroids." And I've got some swampland in Florida . . .

But in the long run, *World Class* as a book for runners, whether beginners or fans of the sport is a recommended buy. It won't,

"Pulling on his pant leg to get his attention, I asked, 'Mr. Lebow, where do I go?'"

have never recovered." On the frequent question of children? "I don't feel a motherly instinct at the moment and besides, I don't know if I am able because of my amenorrhea."

On pacing: "Nobody tries to disqualify men for being paced! So why is this such an issue for women? As far as I'm concerned, as long as a woman is moving her own legs, she is doing the work." Grete even touches on her "diarrhea" at New York City Marathon where she ducked between 2 cars

however, challenge the New York's Best Sellers' list nor Jim Fixx's *Complete Book of Running* in attracting legions of new runners to the roads. Its information on getting started can be found in numerous other books and frankly, anyone who starts running is better off just heading out the door. But if you want successful insights to racing and motivation you can apply to your personal program I can think of no one better to learn from than the truly legendary "Grete".

Technique & Training

By ROY STEVENSON

A Year-Round Guide:

Training for Runners

Over 700 runners of all ability levels have gone through Distance Running Workshop courses in the Puget Sound area. The vast majority of them have improved their running performances. Their success has come from, not from learning how to construct their own weekly running schedules, but from recognizing that consistency is the key in training.

Surveys indicate that many, if not most, runners have no structure in their running programs. They run "without consistency and logic," as one student described his efforts.

Real success in running comes from adopting a year round program that fits your needs and sticking with it. The various training cycles in such a program depend on the seasons, time constraints and, most importantly, on what you hope to achieve.

So how do you prepare yourself for your best spring, summer or fall running season ever?

If you haven't been running recently and are over 40, get a physical before starting a running program. If you have been running fairly regularly, taking a "Runner's Testing and Evaluation Program" from a Sports Medicine clinic will let you check your aerobic conditioning. These tests are relatively inexpensive and show your maximum oxygen uptake (VO₂ max.), cardiovascular recovery rates, body fat percentage and basic muscular strength. With this data an exercise physiologist can recommend ways to correct deficiencies in your exercise program. It's also a good idea to repeat these tests every 6-8 months to assess your improvement.

With that clear, let's get started.

First, determine some specific goals you want to achieve by the end of the season. These goals can be times or races that you want to run well in.

Once you have goals established you can plan your training schedules on a monthly, even weekly basis. Begin by dividing your year up into pre-season, pre-competitive, competitive and recovery season phases.

Pre-season training 2-3 months.

The object here is to build your aerobic conditioning as much as possible over several months - hence the importance getting a VO₂ max. reading before the season, so you can gauge your improvement.

Start out slowly, gradually building your running time each week. Notice I say time,

not miles. Try to avoid the "mileage mania" that so many runners develop. Learn to spread your effort evenly on early training runs so that you finish comfortably.

Vary the length (time) of your training runs daily rather than doing the run same run or distance each day. Gradually add 5-10 minutes on to three of your longer runs each week. Keep the shorter runs constant for recovery.

After 4-6 weeks of steadily increasing your running you will get faster as your cardio-respiratory system adjusts and your VO₂ max. increases. Your muscles will also gain strength. You can now increase the pace on two or three of your longer runs during the week. Do this for the last 4-6 weeks of pre-season conditioning.

Pre-Competitive Season 6-8 weeks.

In this phase it is important to simulate the speed at which you are going to race. There are several ways to do this.

Once a week, push yourself on a run approximating your racing distance. Choose a flat, level course which is accurately marked and run hard over it, noting your times for each mile and your final time. If you are training for 10Ks, start out with effort runs over 3 miles or 5K. Increase your trial distances every week or two.

Friday: Eight 45 second uphill sprints.

Saturday: Long run. 1½ to 2½ hours.

Sunday: Long run. 45-75 minutes.

Trackwork 4-6 weeks.

A month or so effort runs and hill sprinting will have you ready to sharpen your running with some track training. This will help put speed in your legs by running at a faster than race pace. Track workouts ready you for competition by improving your coordination at speed and conditioning your body to accumulate less lactic acid at your racing pace.

I recommend no more than two days per week of fast track training. It is easy to get over-ambitious and push yourself into an injury. A conditioning program like the one described above should have you ready for two days a week of track intervals. Devote one day to long intervals (800m, 1200m, 1600m, 2000m) and the other day to short intervals (100m, 200m, 400m). Jog for about the same distance as each speed section. If you run 400m fast, for example, jog for about 400m before your next fast interval. Jog longer if you need more recovery time.

Be wary of interval training: It should not be so exhausting that you can't recover for the next day's run. Start out with a pace slightly below your 10K racing pace and

"... such seasonal cycles gives your training program structure, a logical progression and greater effectiveness."

Another day (or two) each week can be spent running hills to prepare for competition. Choose a mild uphill climb, running up it fast repeatedly. Start at six and build to 12-14 repetitions. Use a good warm-up and warm-down during these sessions.

A training week during this stage might look like this:

Monday: Six 45 second uphill sprints.

Tuesday: Medium distance jog. 45-75 minutes.

Wednesday: Effort run over 3 miles.

Thursday: Long, slow run. 1¼ to 1¾ hours.

when you can consistently perform the workout comfortably move up to the next level by increasing speed or number of repetitions.

A typical training schedule in the trackwork phase might be:

Monday: Trackwork (long intervals).

Tuesday: Medium distance run, slow. 45-75 minutes.

Wednesday: Long run. 1¼ to 1¾ hours.

continued on next page...

The Athlete's Kitchen

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



The Training Diet

If you're the typical sportsactive American, you undoubtedly feed yourself well prior to competition by eating lots of carbohydrate-rich foods. But what about your day-to-day meals? Does your training diet adequately replace the glycogen that your muscles need for repeated exercise bouts?

At the 10th Annual Meeting of The American College of Sports Medicine, exercise physiologist John Ivy, PhD, emphasized the importance of POST-exercise carbohydrates to replace the glycogen that you burned during exercise and to prepare your muscles for the next work-out session. Dr. Ivy reported that muscles are most receptive to carbo-reloading within the first few hours after hard exercise. Although both quickly re-fed and delayed-fed muscles will ultimately restore similar amounts of glycogen, Dr. Ivy's data has strong implications for athletes who exercise hard every day and/or do double work-outs. I frequently counsel tri-athletes, marathoners, swimmers, skaters and gymnasts who train hard in the morning, eat lightly at breakfast and lunch, and then wonder why their muscles are "dead" for the afternoon session. They're depleted.

I also know of too many sports enthusiasts who eat the typical, 45% carbohydrate American diet, which falls, way short of the optimal 60-70% carbohydrates needed for optimal glycogen replacement. They experience chronic muscular fatigue when they try to exercise hard day after day. They think that cheese-filled lasagna, ice cream and cookies are divine sources of carbohydrates. Divine - yes; carbohydrates - no!

To help you make wise menu choices and get a sense for what a 60-70% carbohydrate diet looks like, I've designed a few sample meals. These are appropriate for an active woman who needs about 1800-2100 calories/day. A man, who needs more calories, simply can eat larger portions.

BREAKFAST:

Orange juice, 1 cup
Raisin Bran, 1½ cups
Lowfat milk, 1 cup
Banana, medium

Total: 500 calories, 80% carbohydrates

Corn muffin, large
Vanilla yogurt

Total: 500 calories; 65% carbs.

LUNCH:

Hearty bread, 2 slices
Peanut butter, 2 Tbsp.
Jelly, 2 Tbsp.
Apple, large
Total: 600 calories; 65% carbohydrates

Mushroom pizza, 2 slices
Lemonade, 1 cup
Total: 600 calories; 60% carbs.

DINNER:

Spaghetti, 2 cups
Tomato sauce, ½ cup
Parmesan Cheese, 2 Tbsp.
Green beans, 1 cup
Lowfat milk, 1 cup
Total: 700 calories; 65% carbohydrates

Baked fish, 5 ounces
Potato, large
Broccoli, 3 stalks
Apple juice, 1 cup
Fig Newtons, 4
Total: 700 calories; 65% carbs.

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, provides "Nutrition Check-ups" for active people who wonder about the adequacy of their diets. Her popular book, *The Athlete's Kitchen* (Bantam) is available by asking for it at Dalton Bookstores.

Technique & Training

Continued from previous page:

Thursday: Trackwork (short intervals).
Friday: Rest.
Saturday: Long run. 1½ to 1¾ hours.
Sunday: Long run. 1 to 1½ hours.

Competitive Season 8-12 weeks.

You are now ready for three months of racing. Continuing to train hard now will only increase your risk of injury or chronic fatigue. A training week of one long run, two medium runs, one hard effort day, a rest day and a racing day is enough at this point. You can substitute a time trial or long run in weeks you don't have a race.

A typical schedule would be:
Monday: Medium long run.
Tuesday: Rest.
Wednesday: Fast/hard effort session.
Thursday: Long run.
Friday: Medium long run.
Saturday: Rest or short jog.
Sunday: RACE.

More serious athletes jog a few miles on the morning of their hard track workouts to keep their mileage up.

Generally, I recommend only a three month racing season, followed by a period of slower running for an active rest.

Recovery Phase 2-6 weeks.

Try to maintain some consistency in your

running. You can get by on three or four runs a week. Just don't quit altogether. This is an excellent time to try cross-training. Activities like cycling and swimming give a good aerobic workout. Mixing sports promotes more balanced development than would a running program alone.

Putting it all together.

The easiest way is to determine the season in which you want your best results and work back from there. If you plan on doing road races from June through August, your training program would be similar to this:

Pre-season training:

November-January.

Pre-competitive phase:

March.

Track work:

April, May.

Competition:

June-August.

Active Recovery:

September, October.

Using such seasonal cycles gives your training program structure, a logical progression and greater effectiveness.

Good luck, and see you at the races!

Prep Notes

By KEITH CONNING

□ Cross Country Invitationals

Clovis High School will hold the Clovis Invitational at Woodward Park in Fresno on Saturday, September 27. Contact coach Steve Ward for entry information. The Kinney Western Regional 5000 meter course will be used.

The University of California at Berkeley and Berkeley High School will sponsor the second annual Golden Bear Invitational at Golden Gate Fields in Albany on the second Saturday in October. Contact coach Tony Sandoval, the women's coach at the University, for entry information.

Moreau High School, which placed second at the CIF Northern California championships last year, will host the Mariner Invitational at Garin Park in Hayward on the third Saturday in October. Reed High School of Reno, Nevada, which has an excellent girl's team, will return along with Burbank and Beverly Hills. A unique and interesting aspect of this meet is the spaghetti dinner at Moreau on Friday night. Last year the Reed coach described his program and the Hayward State men's coach Marcel Hetu gave an inspirational speech. The Burbank coach told about the training of Jeff Nelson, the high school two mile record holder. On Saturday between the small and large school divisions there is a coaches race. Many of the top North Coast Section and some of the Central Coast Section teams will compete.

□ Cross Country State Meet

There was a meeting of high school cross country coaches during the State Meet. It was decided to push ahead with a multi-divisional State Cross Country Meet in Fresno starting in 1987.

Contact Steve Spraker of Saugus High School if you are interested in making a State Meet a reality.

There will be a more complete report on the meeting in the next issue, as this issue is packed with track stories and results.

□ Arcadia Invitational

Arcadia High School, home of the mid-April Arcadia Invitational Prep Track & Field competition, is having a nine-lane all-weather facility put in this summer. Using funds donated by the City of Arcadia, and those raised by the very active High School Booster's group, Invitational itself, Santa Anita Lite Spring Classic 5K-10K, and community supporters, the quarter of a million dollar facility will be put in with a surface developed by "In-Track" of Oregon. The Invitational annually features the top preps in the Western U.S., and recently has provided a good preview of the June State Meet for Californians, with inclusion of the top athletes from the length of the state. Fourteen athletes from the 1984 United States Olympic Track & Field team competed at Arcadia as preps, led by gold medalists Janette Bolden, Alice Brown, Ron Brown, Valerie Brisco-Hooks, Sherri, and Denean Howard. Five National Records in the last decade have come from the Arcadia competition. The quality of the meet should improve with the new surface.

Arcadia is a member of the Pacific League, one of the tougher in the nation, with the likes of Muir (Pasadena),

Pasadena, Glendale, Hoover (Glendale), and Crescenta Valley (La Crescenta) meeting week after week. With the annual All-League competition on the new facility look for fine marks from returning stars in that group of schools like Corey Ealy (Muir 10:59-21.13 sorubts), Steve Provenzano (Arcadia 49.10 400m), Marcus Robertson (Muir 49.24-1:56.5-38.8 IH), Richard Erbes (Glendale 4:18.3m-9:05.19m), Jason Gray (Muir 38.6 IH), and supporting relay groups.

The 1987 Arcadia Invitational will be held on Saturday, April 11th. Sanction will be secured for all California Sections, Arizona, Nevada, and Oregon. Any inquiries for the competition, which promises to be better than ever next year, should be directed to: Greg Jones or Doug Speck at Arcadia High School, 180 Campus Drive, Arcadia, California 91006. Phone at Arcadia HS is (618) 446-0131.

□ USA/Mobil Championships

June 18-21. Eugene, Oregon. The following former California high school male athletes finished in the top six places in their event.

400m:

Danny Everett (Fairfax HS, Los Angeles 1985/UCLA 1989/Santa Monica Track Club), second in the 1985 State Meet in 46.37 and the 1985 Golden West Invitational champion in 46.06, placed fifth in 45.29. He set a personal record of 45.10 in winning the second semi-final. He also placed fifth in the NCAA on June 7th in 45.54.

800m:

Johnny Gray (Crenshaw HS, L.A. 1978/Southwest Los Angeles JC, Santa Monica CC, Arizona St. 1982/Santa Monica TC), seventh in the 1978 State Meet in 1:53.2, won in 1:44.73. Gray is 6-3½ and 165. He won the Pepsi Invitational on May 17th in 1:45.22.

James Robinson (McClymonds HS, Oakland 1972/Laney CC, California 1976/Santa Monica TC), second in the 1972 State Meet in 1:51.5, placed third in 1:46.12. Robinson is 5-10 and 145.

David Mack (Locke HS, L.A. 1979/Oregon 1983/Santa Monica TC), who won the 1978 and 1979 State Meets in 1:51.83 and 1:50.2, placed fourth in 1:46.32. Mack is 5-10 and 148.

1500m:

Steve Scott (Upland HS 1974/UC Irvine 1978/Asic Tiger TC), second in the 1974 State Meet 800 meters in 1:52.4, won in 3:42.41. Scott is 6-1 and 160.

Jeff Atkinson (Mira Costa HS, Manhattan Beach, 1981/Stanford 1986/Puma TC) was fourth in 3:43.61. He placed second in his heat in 3:41.25, a personal record. Atkinson is 6-1 and 155. He was second in the Pac 10 in 3:41.89 and fourth in the NCAA in 3:43.10.

3000m Steeplechase:

Ivan Huff (Paso Robles HS 1977/Cal Poly-SLO 1981/Aggie RC), placed fourth in 8:21.36, a personal record. He is 5-10 and 155.

Brian Abshire (DeAnza HS, Richmond 1982/Ciackamas JC, Auburn 1987/Pollitabs), who placed 16th in the 1981 State Meet 3200 meters in 9:08.6, placed sixth in 8:31.29. He is 5-11 and 128. He led the nation at 8:26.46 with an early season (April 5th) dual meet mark. He placed second in the NCAA at 8:28.88.



Willie Banks



Doug Fraley



John Brenner



Greg Tafalis



Evelyn Ashford



Peggy Pollack



Cathy Sulinski



Jeff Atkinson

5000m:

Doug Padilla (Marina HS, San Leandro 1974/Brigham Young University 1981/Athletics West), who qualified for the 1974 State Meet with a 9:17.0 in the North Coast Section two mile run, won in 13:46.69. He is 5-9 and 130.

Ray Wicknell (West Covina HS 1975/Arizona State 1979/Puma TC), third in the 1974 State Meet mile in 4:08.2, placed fifth in 13:50.15. He is 6-0 and 152.

400m Hurdles:

Danny Harris (Perris HS 1983/Iowa State 1987/Athletics West), who set a national high school record in the 300 meter low hurdles of 35.52 in the 1983 State Meet, won in 48.90. He is 6-0 and 170. He won the NCAA in 48.33.

Kevin Young (Hawthorne 1984/UCLA 1988), second in the 1984 State Meet 300 meter intermediate hurdles in 36.80, placed third in 49.38.

Bernie Holloway (Apple Valley HS 1979/Long Beach CC, San Jose State 1983/Maccabi Union), fourth in the 1979 State Meet 330 yard low hurdles in 37.35, finished fourth in 49.48. He is 5-11 and 160.

High Jump:

Doug Nordquist (Sonora HS, La Habra 1977/Fullerton State 1979, Washington State 1981/Asics Tiger), third in the 1977 State Meet at 6-10, set a TAC meet and personal record of 7-7 1/4. He is 6-4 and 175.

Pole Vault:

Mike Tully (Millikan HS, Long Beach 1974/UCLA/New York Athletic Club), second in the 1974 State Meet at 15-6, equalled the meet record of 19-0 1/4. He is 6-3 and 194.

Doug Fraley (Clovis West 1983/Fresno State 1987), second in the 1982 State Meet at 15-6, placed sixth at 18-0 1/2. He is 6-2 and 175. He set a meet record at Mt. SAC of 18-11 on April 27.

Triple Jump:

Willie Banks (Oceanside HS 1974/Mazda TC), who set State Meet records of 49-1 in 1973 and 50-9 in 1974, placed third at 57-5 1/4. He is 6-3 and 170.

Shot Put:

John Brenner (Fullerton HS 1979/UCLA 1984/Mazda TC), third in the 1979 State Meet at 62-1, won at 69-2 1/2. He is 6-3 1/2 and 295. He won Mt. SAC at 71-5 1/2 on April 27.

Greg Taffralis (Capuchino HS, San Bruno 1976/Skyline JC 1978/Stars & Stripes), sixteenth in the 1976 State Meet at 54-8 1/2, placed second at 68-6 1/2. He is 6-0 and 275. He placed third at Mt. SAC on April 27 at 70-4 1/2, a personal record.

Jim Doehring (San Clemente HS 1980/Saddleback JC 1983, San Jose State 1985/Stars & Stripes), second in the 1980 State Meet at 81-5 1/2, placed third at 68-5. He is 6-0 and 250. He set a personal record of 69-10 1/2 at the Mt. SAC Last Chance meet on June 1.

Discus:

John Powell (Mira Loma HS, Sacto 1985/San Jose State 1989/Mazda TC), won at 216-4. He is 6-2 and 230.

Greg McSeveney (Gahr HS, Cerritos 1977/Long Beach State 1981/New York AC), placed fifth at 207-2. He is 6-3 and 245.

Javelin:

Tom Jadwin (Clovis HS 1976/UCLA 1980/New York AC) placed fifth at 243-6. He is 6-0 and 210.

Hammer:

Bill Green (Fremont HS, Sunnyvale 1978/Northridge State, Long Beach State 1983/Mazda TC), set a new stadium record of 250-0. He is 6-2 and 227. He set a personal record of 253-3 at the Los Angeles Invitational on May 18.

Ken Flax (Redwood HS, Larkspur 1981/Oregon 1986/New York AC), placed fourth at 242-1. He is 5-10 and 225. He won the NCAA at 257-0, a personal record.

Dave McKenzie (Armiijo HS, Fairfield 1967/Sacramento State 1971/Unattached), placed sixth at 228-6. He is 6-2 and 240.

Decathlon:

Steve Odgers (Edison HS, Huntington Beach 1979/UC Irvine 1984/Team Adidas), placed fifth with 7757. He is 6-0 and 175. He set a personal record of 7991 at Mt. SAC on April 26-27.

The following former California high school female athletes finished in the top six places in their event.

100m:

Pam Marshall (Jordan HS, Long Beach 1978/Long Beach CC 1980/Mazda TC), third in the 1978 State Meet 100 yards in 11.00, won in 10.80w. She is 5-8 and 140.

Alice Brown (Muir HS, Pasadena 1979/Northridge State 1982/World Class AC), second in the 1978 State Meet in 10.96y, placed second in 10.48w. She is 5-2 and 120.

Evelyn Ashford (Roseville HS 1975/UCLA 1978/Mazda TC) placed third in 10.85w. She is 5-5 and 115.

Gail Devers (Sweetwater HS, Naional City 1984/UCLA 1988/World Class AC), the 1984 State Meet champion in 11.51, placed fifth in 11.00. She is 5-4 and 109.

200m:

Pam Marshall, second in the 1978 State Meet in 24.05, won in 22.24w.

400m:

Danean Howard (Kennedy HS, Granada Hills 1982/CSLA 1986), who set a national high school record of 52.39 in the 1982 State Meet, placed sixth in 52.79. She is 5-6 and 106. She was sixth in the NCAA in 52.68.

10,000m:

Marty Cooksey (El Modena HS, Orange 1972/Fullerton State 1977/Team Kangaroos), placed third in 32:34.73, a PR. She is 5-5 and 106.

Kathy Pflieffer (McClatchy HS, Sacto 1977/New Mexico 1984/Reebok), placed sixth in 33:20.30. She is 5-4 and 100.

400m Hurdles:

Latayna Sheffield (Plus X HS, Downey 1981/San Diego State 1986/Mazda TC),

placed fourth in 56.62. She is 5-7 and 110. She was third in the NCAA at 55.90.

Gayle Kellon (Wainut HS 1983/UCLA 1987), who set a national high school record of 41.09 in the 300m low hurdles in the 1982 State Meet and won the 1983 State Meet in 41.71, placed sixth in 57.96. She set a personal record of 56.55 at Pepsi on May 17.

High Jump:

Katrena Johnson (Marshall HS, Pasadena 1982/Arizona 1987), who won the State Meet in 1981 and 1982 at 5-11, placed fourth at 6-1 1/2. She is 5-11 and 138. She placed second in the NCAA at 6-2.

Latrese Johnson (Clovis 1985/Fresno State 1989), who set a new State Meet record of 6-2 in 1985, placed fifth at 6-0 1/2. She is 5-10 1/2 and 120.

Long Jump:

Jodi Anderson (Washington, L.A. 1976/Northridge State 1980/Los Angeles TC), who won the 1976 State Meet at 20-1 1/4 w, placed third at 21-10 1/4 w. She is 5-5 and 130.

Sabrina Williams (Valley Christian HS, Cerritos 1981/USC 1985/Coast Athletics), sixth in the 1981 State Meet at 18-3 3/4 w, placed fifth at 21-9 1/4 w. She is 5-6 1/2 and 132.

Triple Jump:

Wendy Brown (Woodside HS 1984/USC 1988/Puma TC), who won the State Meet in 1982, 1983 and 1984 with 39-8 1/4, 40-3, and 42-10 1/4, won at 45-2 1/2 w. She is 5-10 and 155. She placed fourth at the NCAA at 44-0 1/4.

Sheila Hudson (Rio Linda HS 1985/California 1989/South Bay TC), the 1985 State Meet champion at 41-10 w, placed second at 44-0 w. She is 5-0 and 100. She placed fifth at the NCAA at 43-2 1/4.

Yvette Bates (Berkeley HS 1984, USC 1988/Southern Cal Cheetahs), second in the 1984 State Meet at 42-6 1/2, placed

third at 42-11. She is 5-8 1/2 and 127. She placed second at the NCAA at 44-6.

Janet Diggs (Salinas HS 1984/Hartnell CC 1988/Unattached), fourth in the 1984 State Meet at 39-6 1/2, placed fifth at 42-4. She is 5-8 and 128.

Renita Robinson (Manual Arts HS, Los Angeles 1984/EI Camino JC 1988/South Bay TC), fifth in the 1984 State Meet at 39-3, placed sixth at 42-0 w. She is 5-7 and 115.

Shot Put:

Ramona Pagel (Schurr HS, Montebello 1979/Long Beach State, San Diego State 1984/Mazda TC), third in the 1979 State Meet at 46-5 1/4, won at 61-1 1/2. She is 5-11 and 190.

Bonnie Dasse (Costa Mesa HS 1977/Orange Coast CC 1979/San Diego State 1981/Coast Athletics), third in the 1977 State Meet at 42-4, placed second at 59-6 1/4. She is 5-9 and 175.

Peggy Pollock (Cupertino HS 1978/DeAnza CC, Long Beach State 1983/Coast Athletics), placed fourth at 55-0. She is 5-10 and 195.

Discus:

Ramona Pagel, the 1979 Southern Section champion at 138-11, placed second at 192-1.

Bonnie Dasse, fourth in the 1977 State Meet at 130-4, placed sixth at 179-4.

Javelin:

Karin Smith (La Jolla HS 1973/UCLA, Cal Poly SLO 1982/Athletics West), placed fourth at 182-8. She is 5-6 and 121.

Cathy Sulinski (South San Francisco HS 1976/Hayward State, Chico State 1980/Puma TC), placed fifth at 176-11. She is 5-9 and 165.

Heptathlon:

Jane Frederick (Miramonte HS, Orinda 1969/Colorado 1973/Athletics West), won with 6230 points. She is 5-11 1/2 and 160.

Trish King (Unattached), placed sixth with 5442.

8th Western Qualifier

KINNEY

CROSS COUNTRY CHAMPIONSHIPS

Saturday, December 6, 1986
Woodward Park
Fresno, CA

Open to all high school cross country runners from California and eleven other western states. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.

FOR MORE INFORMATION & ENTRY BLANK:
Contact: Bill Cockerham, California Track & Running News
4957 E. Heaton, Fresno, CA 93727 • (209) 255-4904

Rating the Southern Section Prep Track and Field Programs

By Mike Kennedy, Greg Jones and Doug Speck

After the close of the 1986 prep track & field season it was thought that it might be fun to take the top 20 marks in each of the typically contested events in prep track and field from the Southern Section and rank the area squads. Throwing out wind-aided efforts and only going on an athlete's best legal mark, a very simple 20 points were given for the top section mark, 19 for the second best, and so on down to 1 for the section's 20th best mark. While the results were not shocking, it was still interesting to try to judge the upper-end depth of the area's top track and field programs. For those of you in the rest of the State who wonder how your area's top squads would measure up, we will do that for the next issue.

SCORING—SOUTHERN SECTION WOMEN'S TEAMS

1	Hawthorne	228
2	Thousand Oaks	130
3	Poly (Long Beach)	109
4	Compton	105
5	Rio Mesa (Oxnard)	81 5/6
6	Morningside (Inglewood)	80 1/2
7	Newport Harbor	75
8	Pomona	74
9	Hueneme (Oxnard) Quartz Hill	70
11	Mission Viejo	69 1/2
12	Westlake (Westlake Village)	67 1/2
13	Lynwood	67
14	Cajon (San Bernardino)	66
15	Woodbridge (Irvine)	58
16	Ocean View (Huntington Beach)	57
17	South Pasadena	52
18	Wilson (Long Beach)	50
19	Rowland	39
20	Nogales (La Puente)	38

In the women's division it was no surprise as Coach Kye Courtney and staff's Hawthorne Cougars far, far outdistanced the field, totalling 228 points to Thousand Oaks' 130 for second. Scoring all of its points from the 100m-400m, in the relays, and hurdles, Hawthorne continues to show its strength as one of the top high school female sprint programs in the nation. Tami Stiles (11.71-23.61-56.5), Dina Thomas (11.94-25.4-57.9), Deanna Amy (11.9-24.65-55.76), Deaudra Wheeler (12.1-24.9), 45.54 and 3:43.15 relay squads, and hurdlers Tamiko White (14.58-42.95), Sharon Edmunds (14.2-43.9), and Illeena Mazingo (14.7) make up a crew of speedsters that only the Muir of Pasadena team of last year or a couple of Coach Willie White's Berkeley High teams could challenge as best-ever in the Golden State. Hawthorne was without distance stars from 1985—Lisa Oates, who ran 2:14.92 for 800m last year as a frosh before eligibility problems, and Voncial Brown, an 11:33.7 2 miler, who moved to Northern California.

Meanwhile, back in reality-land, Coach Art Green's well-balanced Thousand Oaks High group was second with 130 points. Scoring in the 400, 1600, 3200, 100mLH, 300mLH, triple jump and both relays, the Lancers were very possibly the next best dual meet team in the entire state behind Hawthorne. Moore League (greater Long Beach and Compton areas) rivals Poly of Long Beach (109) and Compton (105) took up the next two spots. Both schools have great traditions in the sport. Surprising and very improved Rio Mesa (Oxnard) was 5th at 81 5/6 points.

SCORING—SOUTHERN SECTION MEN'S TEAMS

1	Saugus	161
2	Hawthorne	139 1/2
3	Muir (Pasadena)	134 5/6
4	Simi Valley	133 1/2
5	Duarte	123 1/2
6	Lynwood	96
7	Loyola (Los Angeles)	86
8	West Covina	81 1/2
9	Santa Ana Valley	77
10	Eisenhower (Rialto)	74
11	Katella (Anaheim)	71 1/2
12	Villa Park	67 1/2
13	Mission Viejo	65 1/2
14	Blair (Pasadena)	58
15	Millikan (Long Beach)	57
16	Estancia (Costa Mesa)	52 1/2
17	Morningside (Inglewood)	51
18	Gahr (Cerritos)	49 1/2
19	Westlake (Westlake Village)	49 1/2
20	Arcadia	48

In the men's division, it was a bit of a surprise, as Saugus High School (161 points), the Section 3A Champions, was victorious over Hawthorne (139 1/2), the 4A area team titlists. Saugus featured the distance running of the Stonerock twins, Kirk (4:13.84c-9:13.73c) and Daren (4:16.26c-9:05.20c), and hurdling of Rodney Bradshaw (14.02-37.30). The Centurions scored in a number of other events—Mike MacLean 800m (1:55.72), Mike Fretz 2 miles (9:30.62), Lamark Allen LJ (23-0 1/4), Judd Goodrich SP (56-2 1/2) and DT (173-1), and Lance Ane DT (156-4). The quality of athlete and preparation at Hawthorne must be mentioned, as the school did graduate an entire national record-setting 1600m relay group and California record-setting 400m relay squad last year and simply filled in with a superb all underclass State champion 4x400m relay group and very competitive 4x100m relay team this season. An argument for Hawthorne could even be made in this scoring system, as Saugus scored big in the discus, an event not held in some leagues at the dual meet level. Muir (Pasadena) had some late season prob-

Prep Results

San Francisco-Oakland Champs.

May 23. McAteer High School.

Boys Results

100m: 1. Stewart, Gallileo, 10.5, 2. Broussard, Oakland, 10.5, 3. Grant, Gallileo, 10.6.

200m: 1. Stewart, Gallileo, 21.5, 2. Broussard, Oakland, 21.7, 3. Stuckey, McAteer, 22.3.

400m: 1. Patterson, Skyline, 50.4, 2. Cross, McAteer, 50.4, 3. Harlsough, McAteer, 51.3.

800: 1. Almirol, McAteer, 1:59.4, 2. Cross, McAteer, 2:01.9, 3. Miller, Gallileo, 2:02.4.

1600m: 1. Piau, Lowell, 4:37.1, 2. Thompson, McClymonds, 4:40.0, 3. Lai, Washington, 4:47.0.

3200m: 1. Fuller, Lowell, 10:02.0, 2. Redfield, Skyline, 10:03.0, 3. Thatcher, Skyline, 10:32.0.

400m Relay: 1. Gallileo, 42.3, 2. McAteer, 42.7, 3. Oakland, 43.2.

1600m Relay: 1. Gallileo 3:21.7, 2. McClymonds, 3:29.2, 3. Skyline, 3:31.8.

110m HH: 1. Bailey, Lincoln, 14.8, 2. Beverly, Oakland, 15.0, 3. Hall, Gallileo, 15.4.

300m IH: 1. Bailey, Lincoln, 39.3, 2. McFarland, McClymonds, 40.7, 3. Calloway, Oakland, 40.8.

HJ: 1. Young, Fremont, 6-4, 2. Clemente, Gallileo, 6-2, 3. Rowe, Gallileo, 6-2.

LJ: 1. Dupree, McAteer, 23-2 1/2, 2. Spires, Gallileo, 22-10 1/2, 3. Clemente, Gallileo, 22-5.

TJ: 1. Thomas, McAteer, 46-9, 2. Spires, Gallileo, 46-6 1/4, 3. Smith, McAteer, 44-5.

SP: 1. Smith, Skyline 56-6 1/2, 2. Luaiemaga, Gallileo, 52-5 1/2, 3. Hudson, Lincoln, 48-4.

Discus: 1. Luaiemaga, Gallileo, 163-5 1/2, 2. Hudson, Lincoln, 131-10, 3. Lo, Washington, 114-11.

PV: 1. Latimore, Gallileo, 12-1, 2. Whaley, Castlemont, 11-6, 3. Goodloe, Castlemont, 11-6.

Team Scores:
1. Gallileo 130, 2. McAteer 103, 3. Oakland 57, 4. Skyline 51, 5. McClymonds 31, 6. Castlemont 23, 7. Lowell 20, 8. Fremont 17, 9. Washington 15, 10. Lincoln 14, 11. Oakland Tech 8.

Girls Results

100m: 1. Stokes, Oakland, 12.2, 2. Roland, Gallileo, 12.3, 3. Polk, Oakland, 12.4.

continued on next page...

Fine Flicks by Don Gosney



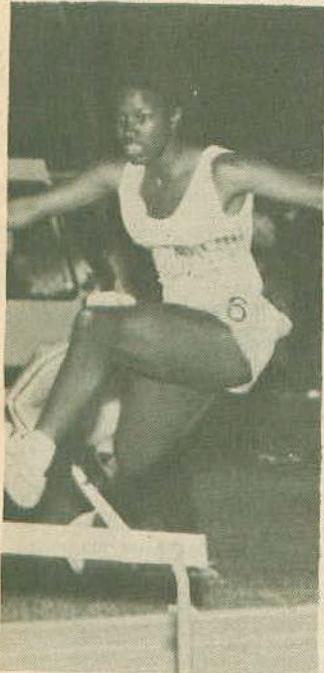
Hawthorne High's girls State Meet championship team.

lems, but the school continued its super tradition in the sport in the 1986 season with its third place total. Simi Valley, a super dual meet squad with range from a sprinter placing in the State Meet, a section cross country champion squad and fine field event group, scored fourth here. Duarte, under young Coach Mike Ramos, scored in every running and hurdle event up through 800m and in both relays on its way to a fine total.

When you combine the men's and women's programs at area schools, it is obvious who is the big winner. Hawthorne again is far, far out in front, continuing its tradition as a "complete" program which strives for excellence in every area of the sport. It is easy to see why the Cougars have a tough time getting a dual meet with people.

Prep Notes

Fine Flicks by Don Gosney



Rhonda Brooks of Oakland High wins 300m hurdles at San Francisco/Oakland section.

Central Coast Section Champs.

May 31. Independence H.S., San Jose. Boys Results

100m: 1. Vargas, Wilcox, 10.61, 2. Miller, Riordan, 10.62, 3. Johnson, Mills, 10.63.

200m: 1. Miller, Riordan, 21.57, 2. Barco, Monterey, 21.85, 3. Taylor, YerbaBuena, 21.86.

400m: 1. Barco, Monterey, 47.47, 2. Taylor, YerbaBuena, 48.42, 3. Huston, Salinas, 48.81.

800m: 1. Fitzgerald, St. Ignatius, 1:54.1, 2. Loftus, St. Ignatius, 1:54.2, 3. Oliver, Santa Teresa, 1:54.5.

1600m: 1. Hill, Hill, 4:16.1, 2. Scattini, Palma, 4:16.3, 3. Heskett, Westmont, 4:16.8.

3200m: 1. Blockhus, Mt. View, 9:03.2, 2. LaForce, Los Gatos, 9:07.2, 3. Calton, Bellarmine, 9:16.0.

110m HH: 1. Kolotouros, Lynbrook, 14.13, 2. Kemp, Independence, 14.44, 3. Gilbert, Overfelt, 14.60.

300m IH: 1. Gaines, Independence, 37.33, 2. Kemp, Independence, 37.95, 3. Worrell, Monta Vista, 38.01.

400m Relay: 1. Independence, 42.58, 2. Bellarmine, 42.60, 3. Menlo-Atherton, 42.96.

1600m Relay: 1. Independence, 3:18.0, 2. St. Ignatius, 3:19.8, 3. Leland, 3:20.8.

HJ: 1. Novitzky, Mills, 6-8, 2. Juico, Piedmont Hills, 6-6, 3. Allen, Riordan, 6-6.

LJ: 1. Rucker, Silver Creek, 23-7, 2. Jackson, Riordan, 23-6, 3. Snyder, Hollister, 23-4 1/2.

TJ: 1. Rucker, Silver Creek, 50-11 1/2, 2. Snyder, Hollister, 48-7 1/2, 3. Jackson, Riordan, 47-2.

SP: 1. Bunnell, Gunn, 63-2 1/2, 2. Anderson, Menlo-Atherton, 57-6 1/2, 3. Comfort, St. Francis, 57-0 1/2.

Discus: 1. McDaniels, Silver Creek, 178-6, 2. Ramirez, Oceana, 170-10, 3. Wirt, Leland, 162-9.

PV: 1. Rankin, Los Gatos, 16-0, 2. Toney, Menlo-Atherton, 15-6, 3. Arnett, Los Altos, 15-0.

Team Scores: 1. Independence 57, 2. Riordan 38, 3. Silver Creek 30, 4. (tie) St. Ignatius and Los Gatos 26, 6. (tie) Bellarmine and Menlo-Atherton 23, 8. Monterey 18, 9. Mills 17, 10. Yerba Buena 16, 11. (tie) Wilcox, Mt. View, Hollister 14, 14. (tie) Leland, Lynbrook, Hill 12, 17. (tie) Overfelt and Gunn 11, 18. Salinas 10, 19. Piedmont Hills 9, 20. Santa Teresa 7, 21. Monta Vista 6, 22. Soquel 5, 23. (tie) South San Francisco and Leigh 4, 25. (tie) Willow Glen, Mt. Pleasant, Santa Cruz, Palo Alto 2, 29. (tie) Branham, Lick and Oak Grove 1.

Girls Results

100m: 1. Caldwell, Redwood Christian, 12.08, 2. Peiers, Woodside, 12.19, 3. Lawson, St. Francis, 12.25.

200m: 1. R. Mack, St. Francis, 25.01, 2. DeVoe, Piedmont Hills, 25.03, 3. Caldwell, Redwood Christian, 25.07.

400m: 1. Alvarenga, Mitty, 55.71, 2. R. Mack, St. Francis, 56.35, 3. J. Mack, St. Francis, 57.56.

800m: 1. Guckenheimer, Westmont, 2:15.1, 2. Hess, Willow Glen, 2:15.5, 3. Arnold, Palo Alto, 2:16.7.

1600m: 1. Chapman, Gunderson, 4:48.7, 2. Clark, Mt. View, 4:52, 3. Mendoza, Presentation, 4:57.

3200m: 1. Chapman, Gunderson, 10:15.2, 2. Chamberlain, Leigh, 10:29.3, 3. Mendoza, Presentation, 10:36.6.

100m LH: 1. Finnerty, Piedmont Hills, 14.14, 2. Kuehnis, Los Gatos, 14.21, 3. Albanese, Branham, 14.44.

300m H: 1. Albanese, Branham, 43.51, 2. Kuehnis, Los Gatos, 44.10, 3. Olson, Palo Alto, 44.21.

400m Relay: 1. St. Francis 48.39, 2. Piedmont Hills 48.99, 3. Los Gatos 49.56.

1600m Relay: 1. St. Francis 3:56.6, 2. Gunderson, 4:01.5, 3. Palo Alto 4:01.5.

HJ: 1. Wade, Los Gatos, 5-2, 2. Bargmeier, Leland, 5-2, 3. Lowery, Fremont, 5-2.

LJ: 1. Lawson, St. Francis, 18-5, 2. Jensen, Los Gatos, 18-1 1/2, 3. Haro, Gilroy, 17-10 1/4.

TJ: 1. Haro, Gilroy, 37-8 1/2, 2. Beach, Gunn, 37-4, 3. Cunningham, Silver Creek, 37-2.

SP: 1. Sexton, Mills, 42-9 1/2, 2. Ruiz, Los Gatos, 40-6 1/2, 3. Afatasi, Jefferson, 38-6 1/2.

Discus: 1. Sexton, Mills, 130-1, 2. Stewart, Santa Teresa, 129, 3. Ruff, Sequoia, 126-7.

Team Scores: 1. St. Francis 71, 2. Los Gatos 53, 3. Piedmont Hills 42, 4. Gunderson 32, 5. Palo Alto 22, 6. Mills 20, 7. Mitty 17, 8. Gilroy 16, 9. Leland 15, 10. Santa Teresa 13, 11. (Tie) Willow Glen, Presentation and Woodside 12, 14. (Tie) Westmont and Leigh 10, 16. Mt. View 9, 17. (Tie) Independence, Jefferson and Fremont 8, 20. Pacific Grove 7, 21. (tie) Redwood Christian, Branham and Sequoia 6, 24. Westmoor 4, 25. Aragon 3, 26. (Tie) Harbor, Alisal and Mt. Pleasant 2, 29. (tie) Burlingame, King City, Borean Christian, Menlo-Atherton and Carlmont 1.

Fine Flicks by Don Gosney



Neil Fitzgerald of St. Ignatius wins CCS 800 meters.

Northern Section C.I.F. Meet

Boys Results

100m: 1. Eddie Stewart, Oro., 11.0, 2. Wilson, Ent., 11.0, 3. Jones, WV, 11.1.

200m: 1. Brian Wilson, Ent., 22.6, 2. Roads, Etna, 22.8, 3. North, Grid, 22.8.

400m: 1. Travis Roads, Etna, 49.7, 2. Hayes, Whe, 49.8, 3. Arabayo, LP, 50.8.

800m: 1. Barry Woods, RB, 1:56.4, 2. Luna, Corn, 1:56.9, 3. Miles, Oro, 1:58.6.

1600m: 1. Kevin Munoz, Las, 4:23.5, 2. Luna, Corn, 4:28, 3. Kingo, Whe, 4:29.3.

3200m: 1. Tom Estes, Las, 9:16.9, 2. Martin, Oro, 9:19.6, 3. Gilnes, RB, 9:56.2.

110m HH: 1. Aaron Blakely, McC, 14.1, 2. Munoz, Quin, 14.2, 3. Denny, Oro, 15.3.

300m IH: 1. Jason Munoz, Quin, 38.9, 2. Farley, Chi, 39.3, 3. Denny, Oro, 39.6.

400m Relay: 1. Quincey 43.5, 2. Enterprise 43.6, 3. Willows 44.2.

1600m Relay: 1. Oroville 3:24.6, 2. P.V. 3:28.0, 3. Yreka 3:28.1.

HJ: 1. Pat Nevens, Ent, 6-6, 2. Clemens, Wil, 6-4, 3. Seals, Oro, 6-2.

LJ: 1. Harley North, Grid, 22-5 1/4, 2. Wing, Grn, 22-5 1/4, 3. Anaya, Grn, 22-5 1/4.

TJ: 1. Roger Murray, Yre, 46-4 1/4, 2. Nevens, Ent, 45-8, 3. Lindsey, Ent, 45-2 1/2.

PV: 1. Eric Piercy, Ent, 13-6, 2. Hepburn, Las, 13-0, 3. Dooley, And, 13-0.

SP: 1. Mike Guest, Sha, 55-2 1/4, 2. Conner, Yre, 52-0 1/4, 3. Yung, Bur, 50-9 1/4.

Discus: 1. Jason Soares, Grid, 163-1, 2. Clement, RB, 152-4, 3. Mair, RB, 147-10.

Girls Results

100m: 1. Rosie Williams, EN, 12.2, 2. Putnam, Ori, 12.5, 3. Wingert, Yre, 13.0.

200m: 1. Rosie Williams, EN, 25.0, 2. Wingert, Yre, 27.0, 3. Marko, LP, 27.5.

400m: 1. Tracy Phillips, Mod, 58.8, 2. McKinney, Ori, 59.6, 3. Harris, RB, 1:00.3.

800m: 1. Stephanie Barrett, PV, 2:19.4, 2. Bingham, Etna, 2:20.2, 3. Neel, Etna, 2:21.4.

1600m: 1. Stephanie Barrett, PV, 5:09.6, 2. Collins, WV, 5:11.9, 3. Slinkard, Mod, 5:35.8.

3200m: 1. Christy Olivera, WV, 11:15.6, 2. Carlson, Chi, 11:58.6, 3. Green, Mod, 12:09.2.

100m LH: 1. Renee Cunningham, CV, 15.2, 2. Fritz, Para, 15.8, 3. Lee, Quin, 16.0.

300m LH: 1. Renee Cunningham, CV, 45.3, 2. Dobbs, PV, 47.2, 3. Pfeiffer, Sut, 48.3.

400m Relay: 1. Oriand 49.2, 2. Enterprise 50.3, 3. PV 50.4.

1600m Relay: 1. Enterprise 4:08.2, 2. Etna 4:10.3, 3. PV 4:12.0.

HJ: 1. Amy Pierce, Las, 5-6, 2. McCurley, Port, 5-5, 3. Prince, Para, 5-5.

LJ: 1. Jen Haws, PV, 18-1 1/2, 2. Olson, Ori, 17-10 1/4, 3. Lawson, CV, 17-10.

TJ: 1. Kami Tarman, Chi, 37-8, 2. Long, RB, 37-0, 3. Kinego, Whe, 36-2.

SP: 1. Nancy Wannamaker, PV, 38-9 1/2, 2. Shepard, Las, 36-10 1/4, 3. Cline, Ano, 34 1/2.

Discus: 1. Lindsey Stephens, Esp, 121-11, 2. Frey, Yre, 114-8, 3. Marlin, Bur, 108-11.

NCS Meet of Champions

May 30-31. Edwards Field, Berkeley. Boys Results

100m: 1. Darron Minor, Berkeley, 11.10, 2. Shawn Hanna, Santa Rosa, 11.21, 3. Jeff Chimentl, Moreau, 11.21.

200m: 1. Mike VonToure, DeLaSalle, 22.50, 2. Darron Minor, Berkeley, 22.62, 3. Tony Brooks, Bishop O'Dowd, 23.20.

400m: 1. Steve Lewis, American, 47.31, 2. Demetrius Carter, American, 48.93, 3. Shawn Hanna, Santa Rosa, 49.23.

800m: 1. Marc Spina, Montgomery, 1:53.85, 2. Anthony John, El Cerrito, 1:53.86, 3. Dan Gabor, Amador Valley, 1:54.17.

1600m: 1. Adam McAboy, Miramonte, 4:13.06, 2. Stuart Wiseman, El Cerrito, 4:15.71, 3. Tom Macken, Santa Rosa, 4:16.03.

3200m: 1. Adam McAboy, Miramonte, 9:08.31, 2. Chris Hoepker, Encinal, 9:11.35, 3. Paul Cummings, Montgomery, 9:23.95.

110m HH: 1. Doug Connor, St. Mary's College, 14.57, 2. Richard Benoy, Ukiah, 14.61, 3. Mike Engelhart, DeLaSalle, 14.61.

continued on next page...

□ Prep Notes

300m IH: 1. Eddie Campbell, Newark Memorial, 39.47, 2. Mark D'ambra, Granada, 39.98, 3. Leif Kemp, Washington, 40.09.

400m Relay: 1. Moreau 42.98, 2. Bishop O'Dowd 43.08, 3. Ygnacio Valley 43.09.

1600m Relay: 1. Berkeley 3:15.50, 2. American 3:19.58, 3. El Cerrito 3:21.68.

HJ: 1. James Robertson, Northgate, 6-8, 2. Pat Kinney, Campolindo, 6-5, 3. Kevin Asch, Clayton Valley, 6-4.

PV: 1. Brent Burns, Acalanes, 16-7 $\frac{1}{4}$, 2. Rett Summerville, San Ramon Valley, 16-0 $\frac{3}{4}$, 3. Jeff Juhala, Antioch, 14-6.

LJ: 1. Rob Moore, Santa Rosa, 22-3, 2. Raymond Hackett, Pittsburg, 21-11 $\frac{1}{2}$, 3. Kevin Alhambra, 21-10 $\frac{1}{4}$.

TJ: 1. Anthony Terrell, Mission San Jose, 47-7 $\frac{1}{2}$, 2. Tim Prince, James Logan, 46-3 $\frac{3}{4}$, 3. Norman Edwards, Calif. School for the Deaf, 45-3 $\frac{1}{4}$.

SP: 1. Dan Squiers, Moreau, 59-6 $\frac{3}{4}$, 2. Rick Cox, San Ramon Valley, 56-3 $\frac{3}{4}$, 3. John Murphy, Antioch, 56-1 $\frac{1}{2}$.

Discus: 1. Mike Coffino, Tamalpais, 182-2, 2. Milton Hartough, Northgate, 162-2, 3. Ken Henderson, Mt. Eden, 161-5.

Fine Flicks by Don Gosney



Molly Burke of Marin Catholic High wins NCS 800 at 2:12.98.

Girls Results

100m: 1. Sharon Polley, El Molino, 12.59, 2. Abiola Davis, Berkeley, 12.72, 3. Angie Evans, Richmond, 12.89.

200m: 1. Tabatha King, American, 25.82, 2. Sharon Polley, El Molino, 25.9, 3. Abiola Davis, Berkeley, 26.56.

400m: 1. Michelle Lowe, American, 57.08, 2. Wendi Simmons, Santa Rosa, 58.23, 3. Courtney Clark, Las Lomas, 58.57.

800m: 1. Molly Burke, Marin Catholic, 2:12.98, 2. Debra Binnall, El Cerrito, 2:15.85, 3. Lisa Grubb, Carondelet, 2:17.49.

1600m: 1. Tammy Foley, Mission San Jose, 5:06.26, 2. Veli Lehman, El Cerrito, 5:07.36, 3. Teresa Poy, El Cerrito, 5:07.74.

3200m: 1. Sydney Thatcher, Encinal, 11:06.2, 2. Jeanise Eisenman, Calistoga, 11:08.4, 3. Jennifer Walsh, Ygnacio Valley, 11:15.4.

100m H: 1. Monica Wilson, Terra Linda, 14.65, 2. Kelly Dias, Clayton Valley, 14.77, 3. Kim Lassair, Northgate, 14.80.

300m LH: 1. Felicia Harris, San Lorenzo, 44.94, 2. Wendi Simmons, Santa Rosa, 45.37, 3. Kim Lassair, Northgate, 46.15.

400m Relay: 1. Pittsburg 49.26, 2. Bishop O'Dowd 49.35, 3. El Cerrito 49.43.

1600m Relay: 1. Bishop O'Dowd 3:58.79, 2. Foothill 4:01.0, 3. El Cerrito 4:01.0.

HJ: 1. Dianne West, James Logan, 5-4, 2. Suzanne DeBrunner, Redwood, 5-2, 3. Cindy Barros, Arroyo, 5-2.

LJ: 1. Wendi Simmons, Santa Rosa, 18-1 $\frac{1}{4}$, 2. Saelda Washington, James Logan, 17-11 $\frac{1}{4}$, 3. Veronique Brohez, James Logan, 17-8 $\frac{1}{2}$.

TJ: 1. Dianne West, James Logan, 39-0 $\frac{1}{2}$, 2. Kim Lassair, Northgate, 38-2 $\frac{3}{4}$, 3. Felicia Harris, San Lorenzo, 37-10 $\frac{1}{4}$.

SP: 1. Rene James, Casa Grande, 40-8 $\frac{3}{4}$, 2. Becky Barragan, Piner, 39-7 $\frac{1}{4}$, 3. Dawn Lundberg, Campolindo, 37-7.

Discus: 1. Margaret Georgen, Antioch, 139-0, 2. Denise Murphy, Foothill, 131-2, 3. Louise Coulter, Redwood, 129-0.

Fine Flicks by Don Gosney



Adam McAboy of Miramonte High 1600 & 3200 NCS double.



Brett Burns of Acalanes High wins NCS at 16-7 $\frac{1}{4}$.

Golden West Invitational

by Doug Speck

June 14, Sacramento.

Each year in mid-June the Active 20-30 Club of Sacramento and the Golden West Track & Field Association put on the Golden West Invitational for the nation's top graduating prep male athletes. The 27th Annual Affair was another interesting showcase of California and the nation's finest. The level of top prep Track and Field talent from across the nation is really quite amazing, and this meet is the best showcase for it all. The ride to Sacramento is always worth it, and it is interesting how an athlete or two with credentials you are inclined to doubt because of the "out of the way" geography of themselves and their school shock you with how they perform here on the Track and in the Field. 1986 was no exception, and it was neat that local stars Curtis Rogers (Johnson, Sacto-Long Jump) and the Mastalir twins (Mark and Eric, Jesuit, Sacto-3000 meters) were important in two of the evening's better events.

The Long Jump kind of "got the evening going" as the outstanding field featured a foursome that battled back and forth with the year's best marks for the entire nation. California State Champion Curtis Rogers has rarely had to take more than a jump or two in big meets, and been relatively untested with a 24-11 best. Edward Manderson, an athlete from the Cayman Islands attending high school in St. Petersburg, Florida, is an amazing young man, who at close to 200 pounds, is the biggest, good prep long jumper seen in a long time with a 25-2 best this year. Kevin Adkins (Garland, TX) was that state's best this spring at 24-10, with Willy Hutchinson (Auburn, Alabama) out at 24-5 for a PR. Manderson took the early lead with a 2nd round 25-0 $\frac{1}{4}$ w effort. Adkins had two long fouls followed by a 24-11 $\frac{1}{4}$. Rogers started the fireworks with a 25-5w third effort to finish out the Trials. Hutchinson sailed out to 24-11 $\frac{1}{4}$ w on his first effort in the Finals. Adkins blasted a 25-8 on his 4th effort, with Manderson also out over 25-0 at 25-1 $\frac{1}{2}$ with wind over the allowable. Adkins jumped even further on his 5th effort, a 25-9w that was the day's farthest. Rogers had a 24-8 $\frac{1}{4}$ non-windy best. Adkins, Rogers, Manderson, and Hutchinson are all very powerful and graceful athletes, and their back and forth competition in this event was certainly one of the more exciting prep contests of the season. Later in the evening it was James Martin (Tuscola, Waynesville, NC) who was the star in the Triple Jump, winning at 52-6 $\frac{1}{4}$ w, with four jumps over 50-7 $\frac{1}{4}$, over the 51-2 $\frac{3}{4}$ of Manderson. Anthony Burnett (Lynwood) was 3rd at 50-2.

Over 3000 meters the Mastalirs (Eric and Mark) were to team up with Mark Dani (Valhalla, El Cajon) and go after the National Record of 8:05.8 set earlier this season by John Trautman of New York. Seven and a half laps at 65 seconds per lap would bring the group in reach of the prep standard. There did not appear to be anyone from the rest of the nation in the field who could stay with the Californians, and that proved so. Mark and Eric shared the first 400m in 66.3, with Eric pressing lap two at 62.3 (2:08.6), and Dani moving by on the inside to lead at 1200m in 3:13.1 (64.5). Eric led through the 1600m at 4:20.5, with Mark and Eric sharing duties through a 5:28.0 five lap mark. With two laps to go at 6:01.8 it was obvious that it would take a tremendous final 800m to get the record, but Eric looked (and obviously felt) very strong, taking off at the six lap mark (2400m) at 6:35.5 to run

the next 200m in 30.5 (7:06.0 with 400m to go). Eric started the final circuit with a strong 29.9 200m (7:35.9 with 200m left), but felt the effect of that 60.4 last 400m as he finished with a 31.7 final 200 for an 8:07.60 time. Eric's final 600m was 1:32.1, with his final 800m 2:05.5. His fastest four laps here added up to an amazing 4:12.3 1600m. The 8:07.60 is the #2 All-Time U.S. Prep mark ever, with Mark finishing strong at 8:10.54 (#6 All-Time). It was an exciting close to a super running career for a special twin brother duo in front of the home town crowd.

The 1600m (it was supposed to be a mile but they started at the common start-finish line on the 400m oval) featured another top group. National Kinney Cross Country Champion Ruben Reina (Jay, San Antonio, TX) looked awesome in San Diego in winning the National Harrier title in December, so his appearance was very much looked forward to here. Richard Hirschman (Torrance), Tony Perez (Manteca), and Scott LaForce (Los Gatos) were the California entrants. A slow 63.7 first 400m eliminated any chance for a really quick time. Charles Kersh (Pearl, Mississippi) and Hirschman pushed the tempo through 800m at 2:07.5. At the 800m mark John Holmes (South, Houston, TX), a 4:07.7 miler decided the running would start, as he led the push that took a pack of four through 1200m at 3:07.8 (60.3 3rd 400m). Reina, Mike O'Connor (Baptist, W. Islip, NY), and John Luff (South, Denver, CO) were the other members the foursome. Tony Perez led the next group about 10 meters back. After pulling even during the final turn, Reina raced away down the homestretch to a 4:06.61 triumph over Holmes' 4:07.12, with O'Connor 4:08.78 and Perez finishing very strong to record a 4:09.83 in 4th. Reina's last 800m was 1:58.9, and he should be a fine addition to the University of Arkansas program he has signed with for his college running career.

In the Pole Vault, Coloradans Pat Manson (Central, Aurora) (17-9 $\frac{1}{4}$) and Steve Wilson (Smokey Hill, Aurora) (17-4) lead the nation, and they were 1-2 here. Manson has a string of 17-0+ clearances that equal any prep in history, and he wowed the crowd here with a third clearance of a measured 17-7 $\frac{1}{4}$ and good efforts at a Meet Record 18-0 $\frac{1}{2}$. Wilson was 2nd at 16-1 $\frac{1}{2}$. Californians Steve Toney (Menlo-Atherton, Atherton), Kevin Rankin (Los Gatos), and Dan Covarubias (Jordan, Long Beach) were 4-5-6 at 15-0.

Jeff Hooper (Del Campo, Fair Oaks) almost pulled off another big win for the locals in the Discus, taking the lead off a 188-7 first toss that no one else could surpass during the first three rounds. Hiawatha Berry (Winder-Barrow, Barrow, GA), a very impressive looking athlete who has been out over 200 feet this year finally spun his fourth toss out to 192-2 to take the lead and victory over Hooper (who put all six of his tosses out over 180 feet). Berry followed up his Discus win with an opening round Shot Put toss of 64-3 $\frac{1}{2}$ that no one could come close to as Texan Duane Duncan (Westlake, Austin, TX) was 2nd at 62-7.

Californians were prominent in the Decathlon, held over Friday and Saturday. Pat Nevens, from Enterprise High in Redding, a State Meet competitor in the High Jump from the Northern Section, showed his versatility with a 6343 point total. The only taint to his performance was another Accutrack malfunction, which resulted in hand times over 100m. Hurdler-High Jumper Tim Baker (Oakdale) was 3rd in a fine 6049, with Mike Carpenter (Simi Valley) 9th at 5232.

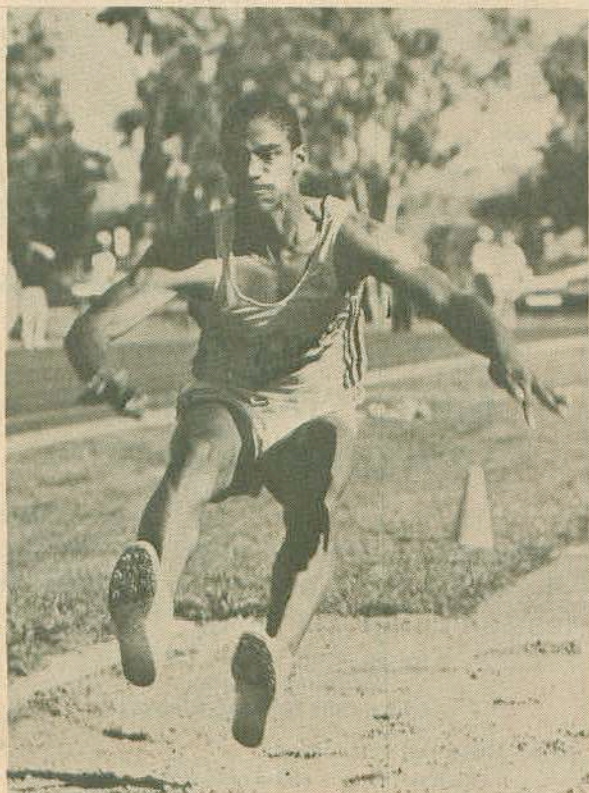
Over 800m California State Champion Vincent Thompson (Locke, LA) and Neil Fitzgerald (St. Ignatius, S.F.) would continue their rivalry, along with other top entrants. The California duo stood 4th (Fitzgerald) and 5th at 400m with the time 55.2 for the leader. Down the back stretch Rich Kolasa (Oak Forest, IL) edged into

Prep Notes

Fine Flicks by Don Gosney



Eric and Mark Mastall of Jesuit High in Sacramento go one-two in Golden West 3000 with 8:07 and 8:10 respectively.



Fine Flicks by Don Gosney

Curtis Rogers of Hiram Johnson in Sacramento went 25-5w to place second in Golden West long jump.

the lead, with Fitzgerald 2nd as they started the final 200m. Thompson had to come from way back at the 550m mark, and by the head of the homestretch was in position to make a run at the San Francisco star, while Kolasa was racing away to the victory. Kolasa was the winner in a fine 1:50.33 with Fitzgerald able to hold off Thompson 1:50.89-1:51.48 for 2nd and even up their season series at 2-2.

State 400m runner-up Marvin Douglas (Fremont, LA) was part of a very fine field in that event here, and was even with the leaders with 120m to go. At that time Percy Waddle (Columbus, TX) and Gus Envela (McKay, Salem, OR) pulled away to 46.56-46.78 clockings ahead of Marvin's 47.07 in 3rd. Envela is Stanford-bound, appearing to give Coach Brooks Johnson a solid runner at 100m through 400.

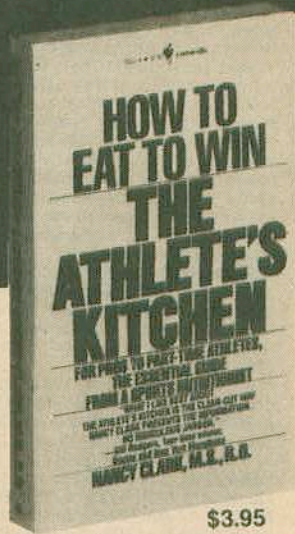
California High Hurdles Champion Terry Johnson (Katella, Anaheim) met the best from the rest of the nation in his event. Off to a good start from his lane one position, Terry battled for the lead over the early flights with George Jones (Tascosa, Amarillo, TX), Jerome Pemberton (Hackensack, NJ), and Bart Bailey (Forst Hill, MD). After the half-way mark Jones and the two easterners began to pull away from Terry, with Jones winning by two meters from Pemberton 13.7-13.8, with Johnson 4th in 14.1. Rodney Bradshaw (Saugus) and Mike Englehart (Concord, Del Le Salle) met another good field in the full lap 400m IH—a group led by 36.57 300m IH performer Mark Phillips (Garfield, Seattle, WA). Phillips showed excellent form, cruising to an excellent 52.24 win over Robert Rucker (Montebello, Denver, CO) 52.79. Englehart charged to an excellent 53.37 in 4th, one of the top California times ever in the event, while Bradshaw was welcomed to the full lap distance with a respectable 55.73 for 6th.

The High Jump has not had a ton of people consistently over 7-feet nationwide. California State Champion Derrick Moore (Millikan, Long Beach) was in the thick of the competition after clearing 6-10 along with 7-footers Steve Henson (McPherson, Kansas) and Sharrick (Lower Burrell, PA). Moore had a very, very narrow miss at 7-0, and finished 3rd on misses as none of the trio could negotiate that 7-0 barrier this evening.

Harlan Davis should be a sprint name to watch in the future, as the East Jeffer-

son HS of Metairie, Louisiana flash dominated the 100m and 200m here. With California State Sprint champ Ron McCree (Madera) along, Davis left McCree and all the field behind in both sprints, winning the 100m by .14 into a 2.4 mps wind at 10.53. Over 200m Davis was more impressive, racing away to a 5 meter victory down the stretch at 20.93 into a strong 2.8 mps wind. McCree was 6th in the 100 at 10.81 and moved up to 4th at 200m in 21.79.

*"...I like the clear-cut way the information is presented. There's no ridiculous jargon thrown in to confuse readers."
—Bill Rodgers*



By Nancy Clark, M.S., R.D.,
Nutritionist, Sports Medicine
Resource, Inc.
Boston, MA

- Practical suggestions on how to improve your daily diet and eating patterns.
- Sports nutrition tips on quick energy foods, thirst quenchers, carbohydrate-loading meals, caffeine... plus more.
- Informative charts, graphs and tables that condense the text.
- Over 200 simple recipes for meals/snacks that not only taste good but also are good for you.

Prices and availability subject to change without notice.
Available at your bookstore or use this handy coupon.



SUBSCRIBE TO CT&RN TODAY!

Bantam Books, Inc., Dept. HN7,
414 East Gull Road, Des Plaines, Ill. 60016.

Please send me the books I have checked above. I am enclosing \$_____ (please add \$1.25 to cover postage and handling).
Send check or money order — no cash or C.O.D.'s please.

Mr/Mrs/Miss _____
Address _____
City _____ State/Zip _____ HN7-10/84
Please allow four to six weeks for delivery.

Results

Outdoor Track & Field

PAC/TAC Masters Champs.

May 17-18. San Jose City College.
Men's Results

100m: (30-34) 1. Gary Schmidt 12.06, 2. Charles Missouri 12.07, 3. Frank Demby 12.23. (35-39) 1. Larry Bettieri 11.75, 2. Earl Bryant 11.93, 3. Raymond Yeck 11.99. (40-44) 1. Win Emert 11.97, 2. Dennis Duffy 11.98, 3. Bill Alston 12.01. (45-49) 1. Martin Adamson 11.69, 2. Gilbert LaTorre 11.91, 3. Ben Anixter 12.02. (50-54) 1. Bruce Springbett 11.9, 2. Phil Presber 12.0, 3. Donald Benton 12.2. (55-59) 1. Avel Washington 12.67, 2. Dick Marlin 12.93, 3. Sheridan Holland 13.25. (60&O) 1. Gene Harte 13.15, 2. Chas Mercurio 14.31, 3. Clarence Killion 14.45. (75-79) 1. Anthony Castro 15.06, 2. H. J. Puglizovich 19.95. (80-84) 1. Van Gelder 21.42.

5000m Racewalk: (30-34) 1. Jim Scileny 34:42. (35-39) 1. Tim Quiltana DQ. (40-44) 1. Mike Marmor 30:54. (45-49) 1. Charles Marut 25:07. (55-59) 1. Karl Krueger 25:58. (75-79) 1. Julio dePetra 30:47. (Open) 1. John Ratto 22:52.

200m: (30-34) 1. Ernest Fuller 24.74, 2. Charles Missouri 24.75, 3. Frank Demby 24.99. (35-39) 1. Steven Hardison 23.02, 2. John Redding 23.89, 3. Raymond Yeck 24.43. (40-44) 1. Dennis Duffy 23.35, 2. Win Emert 23.93, 3. Bill Alston 24.30. (45-49) 1. Martin Adamson 23.88, 2. Mel Brooks 23.73, 3. William Knocke 24.00. (50-54) 1. Bruce Springbett 24.85, 2. Donald Benton 25.30, 3. Richard Hansen 25.90. (55-59) 1. Huel Washington 25.9, 2. Dick Marlin 26.7, 3. Sheridan Holland 27.2. (60 & O) 1. Gene Harte 27.33, 2. Clarence Killion 30.33, 3. Anthony Castro 31.90.

110m H: (30-34) 1. Greg Canfield 15.3, 2. Andrew Hecker 18.98. (35-39) 1. Ed Baskauskas 17.10. (40-44) 1. Ted Caine 18.90, 2. Jack Karbens 24.50. (50-54) 1.



Dennis Duffy wins 400m at PAC/TAC Masters meet.

Steve Richmond 21.08. (55-59) 1. Alan Maxwell 19.78. (60 & O) 1. Jim Johnson 19.99, 2. Walter Dahlin 20.79.

400m: (30-34) 1. Greg Canfield 52.35, 2. P. Armstrong 54.73, 3. Martinez 55.20. (35-39) 1. John Redding 51.7, 2. Russell Rutledge 55.1, 3. Raymond Yeck 56.4. (40-44) 1. Dennis Duffy 51.63. (45-49) 1. Mel Brooks 52.46, 2. Bill McMillan 55.78, 3. Fred Niedermyer 57.42. (50-54) 1. Donald Benton 58.02, 2. Ken Napier 60.41, 3. Enver Mehmedbasich 64.5. (55-59) 1. Huel Washington 61.85, 2. Sheridan Holland 63.6. (60 & Over) 1. Gene Harte 63.66, 2. Bill Vanfleet 64.01.

400m Hurdles: (30-34) 1. John Kirkpatrick 56.80. (Open) 1. Andrew Fields 53.04, 2. Dan Moore 54.69, 3. Tony Melody 54.76. (40-44) 1. Ted Cain 59.83, 2. Phil Agostini 71.21. (45-49) 1. William Knocke 60.00, 2. Legend 77.26. (55-59) 1. Alan Maxwell 77.5.

800m: (30-34) 1. Bruce Hamilton 1:58.9, 2. Jim Bordon 2:01.4, 3. P. Armstrong 2:04.0. (35-39) 1. Joe Montoya 2:04.5, 2. Dan Moon 2:06.3. (40-44) 1. Dave Romain 1:59.7, 2. George Mason 2:00.0, 3. Rich Walters 2:01.2. (45-49) 1. Eric Owens 2:00.9, 2. Jack Hill 2:19.1. (50-54) 1. Pete Richardson 2:16.5, 2. Jerome Lewis 2:24.1, 3. Fred Snyder 2:41.2. (55-59) 1. Gilbert Duran 3:01.0. (60&O) 1. Ray Gil 2:39.7, 2. Jerome Lopes 2:59.2, 3. Ray Mahannah 3:06.8.

4x100m Relay: (30-39) 1. SFTFC "A" 46.68, 2. SFTFC "AA" 50.46. (40-49) 1. West Valley TC 47.35. (50-59) 1. West Valley TC 49.60.

1500m: (30-34) 1. Steve Petto 4:36.9, 2. Jim Scileny 7:30.8. (35-39) 1. Dan Moon 4:26.5. (40-44) 1. Harvey Franklin 4:12.8, 2. David Himmelberger 4:15.9, 3. Bill Clark 4:18.9. (45-49) 1. Sam Vandenburg 4:46.7, 2. John Brazinsky 4:54.6. (50-54) 1. Steve Geraghty 6:24.6. (55-59) 1. Peter Wood 5:11.8, 2. F. O. Singleton 5:52.0, 3. Gilbert Duran 6:02.3. (60 & Over) 1. Joe King 5:03.4, 2. Ray Gil 5:28.2, 3. Troy Grove 5:41.6.

5000m: (30-34) 1. Ray Leslie 18:15.0. (35-39) 1. Ernie Rivas 15:34.5, 2. Tom Bennett 15:47.7, 3. Derek McIver 16:01.8. (40-44) 1. Bill Sevald 15:20.2, 2. Bill Clark 15:52.3, 3. Gary Goettelman 15:59.0. (45-49) 1. Tim Rostege 16:42.6. (50-54) 1.

John Gregson 19:53.8. (55-59) 1. Peter Wood 20:01.1, 2. F.O. Singleton 22:07.5. (60 & Over) 1. Joe King 18:46.6, 2. Ray Gil 19:45.5, 3. Bill Vanfleet 25:44.1.

3000m Steeplechase: (30-34) 1. Bruce Hamilton 10:01.8, 2. Andrew Hecker 11:32.5. (35-39) 1. Joe Rust 11:17.6. (40-44) 1. David Himmelberger 10:53.5.

10K: (30-34) 1. Mike Hotton 34:37.0. (35-39) 1. Clyde Lehman 34:18.7.

Triple Jump: (30-34) 1. Ron Shields 39-2, 2. Gary Schmidt 37-11, 3. Andrew Hecker 35-0 1/4. (40-44) 1. Don Dvorak 37-10 1/2, 2. Jack Karbens 31-2 1/2. (45-49) 1. Legend 33-4 1/4. (50-54) 1. Steve Richmond 29-6 1/4. (60 & Over) 1. Jim Johnson 29-9 1/4, 2. Chas Mercurio 27-8 1/4.

Shot Put: (30-34) 1. Gary Schmidt 12.01m, 2. Jim Scileny 7.92m. (35-39) 1. John Case 11.20m, 2. Gary Kelmanson 11.13m, 3. Michael Holzgang 11.11m. (45-49) 1. James Hart 41-8 1/4, 2. John Ross 40-7. (50-54) 1. John Gaaghegan 38-6, 2. Gary Dawson 36-11 1/2. (55-59) 1. Hal Wallace 39-2 1/2. (60 & Over) 1. Ross Carter 42-8 1/2, 2. Don Cumley 36-1 1/4, 3. Bob Stone 34-9 1/4.

Discus: (30-34) 1. Gary Schmidt 35.62m, 2. Jim Scileny 23.84m. (35-39) 1. Gary Kilmanson 32.80m, 2. John Case 32.16m, 3. Michael Holzgang 27.19m. (40-44) 1. Jack Karbens 30.80m. (45-49) 1. Ron Mickel 47.26m, 2. John Ross 43.60m, 3. James Hart 39.94m. (50-54) 1. Donald Rose 34.60m, 2. Gary Dawson 28.72m. (55-59) 1. Hal Wallace 34.76m. (60 & Over) 1. Ross Carter 129-9, 2. Bob Stone 126-4, 3. Don Cumley 116-11. (75-79) 1. A.J. Puglizovich 71-2 1/4.

Javelin: (30-34) 1. Gary Schmidt 48.58m, 2. Richard Ulrich 33.84m, 3. Jim Scilens 31.18m. (35-39) 1. Michael Holzgang 147-8. (40-44) 1. Richard Stepp 138-0.

High Jump: (30-34) 1. Ron Shields 6-4, 2. Jerry Coleman 6-2, 3. Richard Ulrich 5-0. (40-44) 1. Don Dvorak 5-2. (50-54) 1. Herm Wyatt 6-0, 2. Donald Rose 5-2, 3. Steve Richmond 5-0. (55-59) 1. Hal Wallace 4-6. (60 & Over) 1. Walter Dahlin 4-7, 2. Joe King 4-5, 3. Jim Johnson 4-4.

Long Jump: (30-34) 1. Ron Shields 20-5, 2. Ernest Fuller 19-3 1/4, 3. Gary Schmidt 18-8. (40-44) 1. Don Dvorak 18-10 1/2, 2. Phil Besber 18-2, 3. Legend 17-2. (45-49) 1. Rick Schmidt 19-0. (50-54) 1. Steve Richmond

PRINTED
T-SHIRTS
CHEAP

Factory "Seconds" Minor "Misprints" Production Overruns

Specify size(s) and preferred colors(s)...various running events, etc. If not satisfied, return for refund, less shipping charges.

2 for \$6, 4 for \$10, 10 for \$20
Shipping Included
Add \$1/shirt for long sleeves

Make check payable and send to:

Jack Leydig • P.O. Box 459 • San Carlos, CA 94070
(415) 595-2249

Results

16-5, 2. Phil Presber 18-7. (55-59) 1. Alan Maxwell 15-2. (60 & Over) 1. Jim Johnson 16-1, 2. Carol Johnson 12-5.
Pole Vault: (30-34) 1. Bob Olsen 17-0 1/2, 2. Craig Boyak 16-1 1/2, 3. Steve Taylor 12-6. (35-39) 1. Steve Hardison 16-0, 2. Bill Chew 14-0, 3. Richard Ying 10-6. (40-44) 1. Bruce Hotaling 13-0, 2. Roger Werne 12-6, 3. Richard Stepp 11-6. (55-59) 1. Hal Wallace 10-0 1/2. (60-64) 1. Jim Johnson 8-6. (65-69) 1. Jim Vernon 9-6. (70-74) 1. Carol Johnson 9-6.

Women's Results

100m: (30-34) 1. Margrette Duncan 14.11, 2. Kathryn Jacobson 17.15. (50-59) 1. Marj Moore 17.72. (60-69) 1. Josephine Kolda 17.31.
200m: (30-34) 1. Margrette Duncan 28.2, 2. Pam Wusthof 29.0. (40-44) 1. Janie Duff 29.1. (50-54) 1. Irene Obera 27.9, 2. Marje Moore N.T. (60 & Over) 1. Josephine Kilda 36.6.
400m: (40-44) 1. Pam Wusthof 66.54, 2. Janie Duff 66.9, 3. Nadine O'Connor 67.2. (50-54) 1. Irene Obera 66.06.
800m: (30-34) 1. Nancy Frost 2:37.4, (35-39) 1. Dee Dee Grafius 2:13. (40-44) 1. Janie Duff 2:37.0. (50-54) 1. Barbara Carlson 3:02.4.
1500m: (30-34) 1. Eileen Flaherty 5:38.7. (60 & Over) 1. Kit Pickles 7:08.8.
5000m: (30-34) 1. Patty Selbicky 19:33.3, 2. Chenger Mehmedbasich 21:52.4. (35-39) 1. Dee Dee Grafius 20:58.8.
5000m Racewalk: 1. Kerry Bratton 26:44.68, 2. Karen Stoyanowski 29:26.19, 3. Cindy Parfumi 30:30.25, 4. Diane Mendoza 32:37.10, 5. Rosemary Greene 32:59.7, 6. Margaret Seenerker 35:23.3, 7. Jennifer Cavo-Espinosa 36:04.0, 8. Sheila Mullen 36:21.4, 9. Lorraine Actor 37:33.5.

AAU/Jr. Olympics Association Meet

May 19. Lemoore.

Bantam Girls Results

100m: 1. M. Figgs, Merced, 14.1. **200m:** 1. Figgs, Merced, 29.7. **400m:** 1. Madden, King, 71.3. **800m:** 1. Ruiz, Centerville, 2:51. **1500m:** 1. Ruiz, Centerville, 5:25.6. **400m Relay:** 1. King, Fresno, 61.8. **1600m Relay:** 1. Jefferson, Fresno, 5:12.5. **Shot Put:** 1. Ogle, Laton, 24-9. **Long Jump:** 1. Olson, Westfield, 12-9. **Triple Jump:** 1. Lopez, McCord, 27-2. **High Jump:** 1. Martin, Laton, 4-2. **3000m:** 1. Vann, Merced, N.T. **1500m Walk:** 1. Martin, Tulare, N.T.

Midget Girls Results

100m: 1. Williamson, Merced, 12.4. **200m:** 1. Williamson, Merced, 26.7. **400m:** 1. Santana, Manchester, 66.0. **800m:** 1. Chavez, Jefferson, 2:35.6. **1500m:** 1. Reid, Sierra, 5:23.6. **50m Hurdles:** 1. Staley, PTC, 9.3. **400m Relay:** 1. Carver, Fresno, 56.1. **1600m Relay:** 1. Great Wester, Fresno, 4:38.8. **Shot Put:** 1. Stovall, West Fresno, 34-9. **Discus:** 1. Cross, McArdle, 81-3. **Long Jump:** 1. Santana, Hancheeste, 14-9. **Triple Jump:** 1. Villagomez, McCord, 29-9. **High Jump:** 1. Williamson, Merced, 4-8. **3000m:** 1. Negrete, Stratford, N.T. **1500m Walk:** 1. Martine, Tulare, N.T.

Junior Girls Results

100m: 1. N. Young, Pixley, 12.6. **200m:** 1. Richardson, Clark, 27.2. **400m:** 1. Oliveira, MIQ, 62.7. **800m:** 1. Crowson, Navelencia, 2:30.1. **1500m:** 1. Ruiz, Centerville, 5:19.8. **80m Hurdles:** 1. Brown, PTC, 12.7. **400m Relay:** 1. WFSF, Fresno, 52.0. **1600m Relay:** 1. WFSF, Fresno, 4:27.4. **Shot Put:** 1. Thomas, Carver, 35-10. **Discus:** 1. Carlwright, PTC, 105-11. **Long Jump:** 1. Cooley, Bullard, 15-4. **Triple Jump:** 1. Abbot, Sacred Heart, 32-8. **High Jump:** 1. Abbot, Sacred Heart, 5-0. **3000m:** 1. Hernandez, Fresno, N.T. **1500m Walk:** 1. Wyatt, Kings, N.T.

Bantam Boys Results

100m: 1. Smith, Lane, 13.8. **200m:** 1. Smith, Lane, 29.8. **400m:** 1. Hill, McCord, 62.4. **800m:** 1. Henry, Centerville, 2:37.6. **1500m:** 1. Henry, Centerville, 5:25.6. **400m Relay:** 1. Columbia, Fresno, 59.3. **1600m Relay:** 1. Centerville, Fresno, 4:56. **Shot Put:** 1. Roby, Kings Christian, 27-10. **Long Jump:** 1. Smith, Lane, 15-0 1/2. **Triple Jump:** 1. Roberts, Riverdale, 28-0. **High Jump:** 1. Bowen, Centerville, 4-5. **1500m Walk:** 1. Gray, Tulare, N.T. **3000m:** 1. Lindegran, Fresno, 12.11.

Midget Boys Results

100m: 1. Guzman, Lemoore, 12.4. **200m:** 1. Guzman, Lemoore, 26.0. **400m:** 1. Hill, McCord, 62.4. **800m:** 1. Parrish, Visalia Spr, 2:22.4. **1500m:** 1. S. Ruiz, Centerville, 5:04.5. **50m Hurdles:** 1. Contreras, El Capitan, 8.5. **400m Relay:** 1. Mulcahy, Tulare, 54.2. **1600m Relay:** 1. McCord, Fresno, 4:30. **Shot Put:** 1. Jackson, Auberry, 36-7. **Discus:** 1. Lauritzen, Hough, 84-2. **Long Jump:** 1. Woods, Caruthers, 16-0. **Triple Jump:** 1. Guzman, Lemoore, 35-0. **High Jump:** 1. Indart, Dry Creek, 4-10. **1500m Walk:** 1. Ferguson, Tulare, N.T. **3000m:** 1. Ruiz, Fresno, 10:30.

Junior Boys Results

100m: 1. Baptiste, Kings Canyon, 11.3. **200m:** 1. Baptiste, KC, 24.2. **400m:** 1. Chavez, Yosemite, 56.7. **800m:** 1. Bath, Rosevelli, 2:17.2. **1500m:** 1. Briseno, Westside, 4:43.1. **100m Hurdles:** 1. Boulom, El Capitan, 14.5. **400m Relay:** 1. Kings Canyon, Fresno, 48.6. **1800m Relay:** 1. Fresno, Fresno, 3:59.7. **Shot Put:** 1. Martinez, Westside, 46-7. **Discus:** 1. Bonilla, John Muir, 123-0. **Long Jump:** 1. Lopez, Citrus, 19-4. **Triple Jump:** 1. Lopez, Citrus, 42-0. **High Jump:** 1. King, Kastner, 5-10. **Pole Vault:** 1. Sloan, Sierra, 8-9. **1500m Walk:** 1. Soto, Tulare, N.T. **3000m:** 1. Ozenbough, Merced, 10:25. **3000m Walk:** 1. Abrahamson, Kings, N.T.

SoCal TAC Twilight Distance Classic

May 24. Santa Monica College.

Men's Results

800m: 1. Johnny Gray, SMT, 1:12.81, 2. Earl Jones, SMT, 1:13.80, 3. David Mack, SMT, 1:14.15, 4. Dwayne Biggers, SMT, 1:18.48.
1000m: 1. Terry Goods, SMC, 1:49.44, 2. Roger Moore, Unat., 1:49.74, 3. Regis Humphrey, Neb., 1:49.88, 4. Rob Briglia, CSLA, 1:50.67, 5. Peter Mogg, SBTC, 1:52.96, 6. Michael Marren, SMT, 1:53.51.
1500m: 1. Mike Rogers, KSU, 3:43.72, 2. Jean Verster, Neb., 3:43.76, 3. Mike Parkington, Adidas, 3:45.07, 4. Mark Luevano, SMT, 3:45.29, 5. Kurt Russell, Neb., 3:46.98, 6. Mark Goudell, UCI, 3:47.28, 7. Christian Cushing, UCLA, 3:48.64, 8. Richard Taylor, SMT, 3:48.29, 9. Jim Gaffield, UCLA, 3:48.64, 10. Rich Burns, Unat., 3:48.72, 11. David Fleming, Tiger, 3:49.44, 12. Hector Perez, Ag, 3:49.53, 13. Don Ausherman, CSLA, 3:49.4.
3000m: 1. David Walsh, CH, 8:22.87, 2. Dave Barnett, SMT, 8:25.65, 3. Rubin Haro, SMT, 8:34.74, 4. John Elders, Club X, 8:48.92, 5. Alex Espinoza, ELATC, 8:57.26.
5000m: 1. Tom Smith, Nike, 13:47.87, 2. Todd Harbour, SMT, 13:48.03, 3. Roy Kissin, Puma, 13:55.77, 4. Carmelo Rios, Ag, 13:57.33, 5. Gary Tuttle, Unat., 14:07.46, 6. Gus Mojarro, RE, 14:15.93, 7. Ralph Garibaldi, UCI, 14:19.82, 8. Steve Bishop, Maccabi, 14:19.90, 9. Steve Chipman, Adidas, 14:24.45, 10. Jim Triplett, Unat., 14:39.9.
Women's Results
800m: 1. Deann Gutowski, LAM, 1:31.29, 2. Lisa Taylor, WCAC, 1:40.25, 3. Monica Egubuonn, SMT, 1:40.84.
1000m: 1. Regina Jacobs, LATC, 2:04.59, 2. Nicole Ali, Neb., 2:07.36, 3. Marlene Harmon-Wilcox, Puma, 2:07.40, 4. Rose

Monday, Puma, 2:07.96, 5. Kristen Dowell, UCLA, 2:08.52, 6. Kerri Zaleski, CSLB, 2:08.57, 7. Monica Joyce, LATC, 2:08.75, 8. Joan Russell, CA, 2:09.23.

1500m: 1. Denise Ball, UCLA, 4:22.42, 2. Elise Lyon, USC, 4:22.75, 3. Kathy Kanes, USA West, 4:23.38, 4. Sandra Gregg, CNW, 4:23.44, 5. Shiela Ralston, CW, 4:29.92.

3000m: 1. Annie Kendrick, UCLA, 9:48.55, 2. Elaine Triplett, Unat., 10:15.63, 3. Brigid Freyne, CSAC, 10:20.28, 4. Patty Almedariz, SMT, 10:27.03.

5000m: 1. Mary Tracey, RE, 17:26.01, 2. Debbie Williams, UCLA, 18:27.34.

Invitational Long Jump: 1. Yvette Bates, USC, 20-11 1/4, 2. Wendy Brown, USC, 20-5 1/4.

photo by Richard Lee Slotkin



Mary Tracey wins 5000m at SoCal Distance Classic.

TAC Meet

by Robert Womack

Like most mid-Olympiad national championships, the 1986 TAC meet was notable as a partial changing of the guard—veterans trying to hold back the ebb of the tide, the Olympians of 1988 and beyond making their bow on the national stage.

For old stand-bys like Willie Banks and Evelyn Ashford, it may have been one curtain call too many. Both competed well. But both lost, Banks to some spectacular jumping by Charlie Simpkins (58-9 1/4), Ashford to a surprise finishing burst by Pam Marshall, a one-time Long Beach prep who finally put it all together this year after a long period of obscurity.

Edwin Moses and Mary Decker Slaney weren't even present. Slaney, on maternity leave this year, should be back in 1987. But the smart money at Eugene was betting that the U.S. had seen the last of Moses, who has been beset by a wide variety of problems since his 1984 Olympic triumph, and now runs in Europe exclusively.

Not all the old-timers yielded, gracefully or otherwise. Steve Scott, at 30 the dean of American milers, claimed his sixth 1500 title.

John Powell, an Olympic finalist in 1972 or crying out loud, won the men's discus, also his sixth national championship. And Jane Frederick, who goes back farther than Powell, staged a second-day rally to pull out her ninth multi title.

Somewhere in the middle was Carl Lewis, who had to battle to hold off challengers for his fourth titles in the 100 and long jump. The new wave caught up to him in the 200, where he was only fourth behind Texas A&M freshman Floyd Heard.

And what a collection of new faces we saw at Eugene. Besides Heard, Simpkins, and Marshall, there were distance runners Nan Doak, Mary Knisely, and Gerard Donakowski, all first-time national champs and such impressive non-winners as Lee McRae, Sheila Echols, Dub Myers, Terry Brahm, and Jim Cooper.

Other meet features included a persistent tail wind which invalidated a remarkable set of jump results, including a best-ever triple jump by USC's Wendy Brown, and an excellent sprint double by Pam Marshall; and a surprisingly low attendance—8,488 on the final day and 20,236 overall—which may prove fatal to Eugene's hopes of hosting the 1988 Olympic Trials.

Californians as usual figured heavily in the meet, accounting for 20 championships, 12 in men's competition. That doesn't include such dubious native sons and daughters as Carl and Carol Lewis,

who compete for Santa Monica Track Club while training in Texas.

Results of California Athletes

100m-Semis: II. 7. Marty Krulie (ex-SDSU) 10.40w, 8. Hurvie Milner (SDSU) 10.42w. **Heats:** II. 5. Darwin Cook (ex-USC) 10.43. III. Aaron Thigpen (SDSU) 10.63.

200m-Heats: I. 4. Krulie 20.76. II. 5. Thigpen 21.07. III. 5. Andre Freeman (SDSU) 21.30.

400m-5. Danny Everett (UCLA) 45.29. **Semis:** II. 1. Everett 45.10. **Heats:** I. 2. Everett 45.81, 4. Chip Rish (AZ.St.) 47.01. III. 6. Chris Whitlock (ex-Santa Rosa CC) 46.92. IV. 5. Dwayne Biggers (ex-UCLA) 46.60.

Fine Flicks by Don Gosney



John Powell, TAC discus champion.

800m-1. Johnny Gray (ex-SMCC) 1:44.73, 3. James Robinson (ex-Cal) 1:46.12, 4. David Mack (ex-Locke HS, LA) 1:46.32, 6. Jack Armour (ex-Fresno St.) 1:46.57. **Semis:** I. 3. Mack 1:46.81, 4. Armour 1:46.98. II. 1. Gray 1:47.80, 3. Robinson 1:48.00, 5. Joey Buch (UC) 1:48.25, 7. Lorenzo Brown (Mira Costa CC) 1:48.83. **Heats:** I. 1. Gray 1:48.46, 2. Robinson 1:48.71, 7. Dave Campbell (Foothill CC) 1:51.35. II. 5. Armour 1:48.5, 8. Jeff Roberson (Fresno St.) 1:53.2. III. 1. Mack 1:47.08, 6. Brown 1:47.73, 7. Bunch 1:47.89.
1500m-1. Steve Scott (ex-UCI) 3:42.41, 4. Jeff Atkinson (Stanford) 3:43.61. **Heats:** I. 4. Brian Theriot (ex-UCLA) 3:45.39. III. 1.

continued on next page...

Results

Fine Flicks by Don Gosney



John Brenner, TAC shot champion.

Scott 3:40.88, 2. Atkinson 3:41.25, 9. Mark Fricker (ex-Hemet HS) 3:45.77.
3000m SC-4. Ivan Huff (ex-Cal Poly SLO) 8:21.36, 6. Brian Abshire (ex-DeAnza HS, Richmond) 8:31.29, 9. Dave Daniels (ex-UCLA) 8:35.35, 11. Carmelo Rios (ex-Cal Poly SLO) 8:53.44. **Heats:** I. 4. Daniels 8:34.99, 11. Mark Junkermann (UCLA) 8:49.65. II. 3. Abshire 8:31.32, 4. Huff 8:32.19, 6. Rios 8:36.17.
5000m-1. Doug Padilla (ex-Marina HS, San Leandro) 13:46.69, 5. Ray Wicksell (ex-West Covina HS) 13:50.15, 9. Jay Marden (Cal) 14:00.50, 19. Danny Aldridge (ex-Cal Poly SLO) 14:43.0.
10,000m-10. Dave Barney (NewBal TC) 29:28.79.
110mH-1. Greg Foster (ex-UCLA) 13.26, 5. Malcolm Dixon (ex-Foothill CC) 13.74, Tonie Campbell (ex-USC) and Al Joyner (Los Angeles) dnf. **Semis:** I. 2. Joyner 13.70, 3. Dixon 13.72, 5. Milan Stewart (ex-

USC) 13.79. II. 1. Campbell 13.29w, 2. Foster 13.30w, 8. Albert Lane (ex-Bakersfield CC) 13.86w. **Heats:** I. 1. Foster 13.68, 2. Stewart 13.69, 3. Lane 13.84, 4. Sam Turner (ex-CSLA) 14.05, 5. Henry Andrade (ex-Hiram Johnson HS, Sacto) 14.14. II. 4. Joyner 13.84. III. 2. Campbell 13.81. IV. 1. Dixon 13.66.
400mH-1. Danny Harris (ex-Perris HS) 48.90, 3. Kevin Young (UCLA) 49.38, 4. Bernie Holloway (ex-SJS) 49.48, 5. Nat Page (L.A.) 50.17, 8. Ed Cooper (SDSU) 50.76. **Semis:** I. 1. Harris 48.93, 2. Holloway 49.70, 5. Cooper 50.52. II. 1. Young 49.03, 3. Page 49.98. **Heats:** I. 1. Harris 49.30, 2. Holloway 49.86, 5. Gordon Bugg (MI.SAC) 51.21. III. 1. Young 49.60, 2. Page 49.66, 3. Cooper 50.23.
HJ-1. Doug Norquist (Fullerton) 7-7½, 6T. Jerome Carter (ex-Pasadena CC) 7-4½, 8T. Lee Balkin (ex-UCLA) 7-4½, 10. Ronald Lee (Bakersfield St) 7-2½, 11. Tyke Peacock (ex-Modesto CC) 7-2½, Brian Stanton (ex-Long Beach CC) nh. **Qualifying:** All qualifiers cleared 7-4½, Maurice Crumby (ex-Balboa HS, SF) 7-2½, Milton Goode nh.
PV-1. Mike Tully (ex-UCLA) 19-0¼, 6. Doug Fraley (Fresno St) 18-0, 12T. Jerry Mulligan (ex-USC) 17-8½, Kelly Rodrigues (Fresno St) and Steve Klassen (USC) nh. **Qualifying:** All qualifiers cleared 17-6½, Brandon Richards (UCLA) nh.
LJ-4. Tyrus Jefferson (ex-LBCC) 26-11¼ (26-5¼ ok), 5. Dannie Jackson (L.A.) 26-0. **Qualifying:** 4. Jefferson 26-1¼w, 7. Jackson 25-9¼w.
TJ-3. Willie Banks (ex-UCLA) 57-5¼w, 5. Robert Cannon (L.A.) 56-0½w (54-4 ok), 7. Byron Criddle (ex-Contra Costa CC) 54-6w, 8. Ray Kimble (ex-Hayward HS) 54-0½w (53-11 ok), 11. Ken Frazier (Fresno St) 51-7¼w. (No qualifying).
SP-1. John Brenner (ex-UCLA) 69-2½, 2. Greg Tafrales (ex-Skyline JC) 68-6½, 3. Jim Doehring (ex-SJS) 66-5, 7. Brian Oldfield (SJS) 63-7¼, 9. Brian Faul (ex-Northridge St) 62-3¼. (No qualifying).
DT-1. John Powell (ex-SJS) 216-4, 4. Art Burns (SJS) 209-1, 5. Greg McSeveney (ex-LBSt) 207-2, 8. Jay Kovar (ex-Bakersfield CC) 201-10. **Qualifying:** 2. Burns 209-9, 5. Powell 202-0, 7. Kovar 200-9, 8. McSeveney 197-11, 13. Tafrales 192-8, 15. Michael Gravelle (Skyline JC) 191-2, 17. Judd Binley (ex-UCI) 187-2, 18. Marcus Gordien (ex-UCLA) 183-7, 20. Paul Bender (ex-Fresno St) 177-11, Brenner nm.
HT-1. Bill Green (ex-LBSt) 250-0, 4. Ken Flax (ex-Redwood HS, Larkspur) 242-1, 6. Dave McKenzie (ex-Sacto St) 228-6, 8. Brian Masterson (ex-Stanford) 217-9, Jan DeSoto (ex-Sacto St) 215-6, 10. Mike Maynard (Azusa Pacific) 210-4, 12. Jim Thiss (ex-SDSU) 195-2. **Qualifying:** 1.

Green 239-11, 2. Flax 239-1, 5. McKenzie 226-6, 8. Thiss 220-9, 9. DeSoto 220-6, 10. Maynard 218-10, 11. Masterson 215-11, 13. John Wollitarsky (USC) 211-6, 18. Michael Fritchman (ex-Bakersfield St) 207-8, 21. Ron Wopat (Santa Barbara) 203-8, 22. Dave Wilson (ex-UCLA) 198-4, 24. Ed Arcaro (L.A.) 193-10.
JT-1. Tom Petranoff (ex-Palomar JC) 250-5, 2. Bob Roggy (Santa Barbara) 249-4, 5. Tom Jadwon (ex-UCLA) 243-6, 12. Mike Barnett (Azusa Pacific) 195-10. **Qualifying:** 1. Petranoff 244-10, 4. Roggy 240-11, 7. Jadwin 231-7, 9. Barnett 225-5, 16. Steve Koel (SF St) 219-5, 17. David Stephens (ex-Northridge St) 218-9.
Decathlon-1. Dave Johnson (ex-Azusa Pacific) 8203w (11.23, 23-11½w, 46-2½, 6-9½, 49.53, 14.79, 151-5, 16-1, 206-0, 4:30.06), 4. Tony Allen-Cooksey (San Diego) 7839w, 5. Steve Odgers (ex-UCI) 7757, 7. Edwin Brown (ex-USCB) 7670, 8. Jay Thorson (Stanford) 7573, 10. Jim Connolly (UCLA) 7509, 12. Heinz Hinrich (L.A.) 7577, 13. Sheldon Blockburger (ex-Orange Cst JC) 7472, 14. Jon Hallingstead (US Army, SF) 7245, Bart Goodell (ex-Canyons CC) dnf.
Women
100m-1. Pam Marshall (ex-LBCC) 10.80w, 2. Alice Brown (ex-Northridge St) 10.84w, 3. Evelyn Ashford (ex-UCLA) 10.85w, 4. Diane Williams (ex-CSLA) 10.92w, 5. Gail Devers (UCLA) 11.00w. **Semis:** I. 1. Ashford 10.95w, 2. Devers 10.96w. II. 1. Brown 10.97w, 2. Marshall 11.02w, 3. Williams 11.08w, 5. Jennifer Inniss (ex-CSLA) 11.27w, 8. Pam Qualls (ex-Burbank HS, Sacto) 11.62w. **Heats:** I. 1. Marshall 11.21, 3. Devers 11.31, 6. Qualls 11.58. II. 1. Ashford 11.06w, 4. Inniss 11.43w. III. 1. Brown 11.11, 3. Williams 11.27.
200m-1. Marshall 22.24w, 8. Qualls 24.11w. **Heats:** 1. Marshall 23.03w, 5. Gervaise McGraw (USC) 23.84w. II. 4. Qualls 23.55w, 6. Lydia DeVega (MI.SAC) 24.85w.
400m-6. Denean Howard (CSLA) 52.79. **Heats:** I. 4. Howard 52.13, 6. Renee Ross (SDSU) 54.90. II. 7. Sharon Dabney (ex-CSLA) 54.85.
800m-Heats: I. 6. Deann Gutowski (L.A.) 2:06.16. II. 8. Ross 2:08.52.
1500m-7. Ruth Wysocki (ex-Citrus JC) 4:10.89, 12. Regina Jacobs (ex-Stanford) 4:23.52. **Heats:** I. 4. Jacobs 4:14.36, 6. Gladees Prieur (CPSLO) 4:16.49. II. 1. Wysocki 4:11.64, 10. Jill Harrington (UCI) 4:27.07.
3000m-3. Patti Sue Plumer (ex-Stanford) 8:52.27.
5000m-3. Plumer 15:35.00.
10,000m-3. Marty Cooksey (ex-ElModena HS) 32:34.73, 6. Kathy Pfeiffer (ex-McClatchy HS, Sacto) 33:20.30, 13.

Patti Gray (ex-UCDavis) 34:55.5.
100mH-3T. Pamela Page (L.A.) 12.91w, Gayle Watkins (L.A.) dnf. **Heats:** I. 1. Watkins 13.18w, 6. Natalie Day (Sacto St) 13.36w. II. 1. Page 13.01.
400mH-2. Sandra Farmer (ex-CSLA) 56.25, 4. LaTanya Sheffield (SDSU) 56.62, 6. Gayle Kellon (UCLA) 57.96. **Heats:** I. 2. Kellon 57.86, 4. Janice Farwell (ex-

Fine Flicks by Don Gosney



James Robinson, third in TAC 800.

Track and Field Quarterly Subscription Application

Name: _____ (signature)

Address: _____

Date: _____

New Subscription
 Renewal

Subscription (USA) \$15.00 per year/4 issues
 Subscription (Foreign Including Canada) Surface Mail \$18.00 per year/4 issues (US Funds)
 Subscription (Foreign Including Canada) First-Class Mail \$30.00 per year/4 issues (US Funds)
 Proceedings of the IX International Track & Field Clinic (1984) \$6.00 close out (regular \$12)
 Back Issues Please Circle Issues Ordered: \$4.00 each or 4/\$16.00

Throws 85
Sprints, Hurdles, Relays 84, 85
Distances, Cross-Country 84, 85
Jumps 85

Mail check or money order payable to:
Track & Field Quarterly Review
1705 Evanston
Kalamazoo, Michigan 49008

Results

Millikan HS, L.B.) Rosalyn Bryant (ex-CSLA) dnf. II. 1. Farmer 56:01. III. 2. Sheffield 56.60. 4. Heiga Halldorsdottir (Cal) 1:00.22.

HJ-4. Katrina Johnson (ex-Marshall HS, Pasadena) 6:1½, 5T. Latrese Johnson (ex-Clovis HS) 6:0½, 8. Sue McNeal (ex-CPSLO) 6:0½, 9. Joni Huntley (ex-LBST) 6:0½, 12. Lori Clark (ex-SDSU) 5:10½. **Qualifying:** all qualifiers cleared 6:0, Sue Patterson (Northridge St) 5:10, Tonya Mendonca (Fresno St) 5:10, Phyllis Bluntson (ex-Bakersfield St) nh.

LJ-3. Jodi Anderson (ex-Northridge St) 21-10¼w, 4. Inniss 21-10¼w, 5. Sabrina Williams (ex-USC) 21-9½w (21-9 ok), 7. Veronica Bell (ex-CPP) 20-11¼w, 8. Wendy Brown (USC) 20-10¼w, 9. Yvette Bates (USC) 20-6¼w. (No qualifying).

TJ-1. Brown 45-2½w (35-8½ ok), 2. Sheila Hudson (Cal) 44-0w (43-8¼ ok), 3. Bates (USC) 42-11, 5. Janis Diggs (ex-Hartnell CC) 42-4, 6. Renita Robinson (El Camino CC) 42-0w (41-3¼ ok), 7. Robyne Johnson (ex-Berkeley HS) 41-10½, 10. Tamara Compton (Fresno St) 39-10¼w (39-8¼w ok), 12. Miloe McCall (Hayward St) 39-9¼. (No qualifying).

SP-1. Ramona Pagel (ex-SDSU) 61-1½, 2. Bonnie Dasse (ex-SDSU) 59-6¼, 3. Carol Cady (ex-Stanford) 55-4¼, 4. Peggy Pollock (ex-LBST) 55-0, 5. Pam Dukes (Stanford) 54-11½, 7. Diana Clements (USC) 52-10½, 11. Yvette Brown (ex-Vacaville HS) 47-7. (No qualifying).

DT-1. Cady 205-9, 2. Pagel 192-1, 5. Lorna Griffin (San Diego) 182-1, 6. Dasse 179-4, 8. Lacy Barnes (ex-Fresno St) 176-4, 9. Dukes 170-2, 10. Toni Lutjens (UCLA) 169-6. **Qualifying:** 1. Cady 207-3, 2. Dasse 189-9, 4. Barnes 184-4, 5. Griffin 182-2, 6. Pagel 180-8, 10. Lutjens 172-5, 12. Dukes 169-8, 13. Jacque Norton (LBST) 168-8, 14. Kris Larson (UCLA) 167-5, 21. Karen Nickerson (Stanford) 154-5.

JT-2. Donna Mayhew (ex-Glendale CC) 183-9, 4. Karin Smith (ex-CPSLO) 182-8, 5. Cathy Sullinski (ex-Hayward St) 176-11, 7. Liz Mueller (ex-SDSU) 172-1, 13. Michelle Oliveira (CSLA) 153-3. **Qualifying:** 2. Sullinski 177-2, 3. Mueller 174-10, 4. Smith 174-1, 6. Oliveira 171-7, 10. Mayhew 169-11, 16. Cathy Wilson (ex-Fresno St) 162-7, 21. Deena Bernstein (CPSLO) 152-5.

Sprint Medley Relay--1. So. Calif. Cheetahs (DeVega, Watkins, McGraw, Jannen Vickers) 1:40.1.

4x800 Relay--2. Coast Athletics (incl. Joan Russell, Kerri Zaleski) 8:45.9.

Heptathlon--1. Jane Frederick (ex-Miramonte HS, Orinda) 6230 (47-5, 11½, 48-0¼, 24.94, 19-11¼, 161-6, 2:14.61), 11. Janet Nicolis (CPP) 5253, Debra Larsen (CPP) dnf.

41	George Wright, LosAlamitos	2:46:29
42	Michael Lyle, LaMesa	2:46:39
43	Jan Hoh, Pasadena	2:46:45
44	Bill McDermott, LaHabraHghts	2:47:12
45	Ralph Searcy, Reseda	2:47:28
46	Eldred Himsworth, WalnutCrk	2:47:34
47	Michael Collins, MarVista	2:48:17
48	Robert Mosler, Brea	2:48:28
49	Dave Rice, Los Angeles	2:48:31
50	Dennis Good, Fairfield	2:48:45

Overall Results - Women		
1	Paula Newberry-Fraser	2:48:02
2	Karen Chequer/Pfeiffer	2:48:53
3	Janet Greenleaf, M.V.	2:49:15
4	Barbara Locke, Escondido	2:50:18
5	Julie Moss, Encinitas	2:51:06
6	Mary Bevins, Encinitas	2:52:19
7	Liz Vittia, La Mesa	2:52:50
8	Gina Aubrey, SanClemente	2:55:16
9	Robynn Masters, SaltLkCity	3:01:34
10	Robin Davis, DelMar	3:02:23
11	Kathleen Atkins, Sunnyvale	3:03:52
12	Lisa Verk, SLO	3:05:09
13	Phylliss Quinn, S.F.	3:06:10
14	Debbie Walker, Oakland	3:06:45
15	Jane Grypma, MorganHill	3:07:36
16	Laurie Shanoff, Cotati	3:10:01
17	Rene Thomas, Redding	3:10:08
18	Kari Fike, Hanford	3:11:35
19	Kim Shockley, El Segundo	3:11:44
20	Eliene Farley, LasVegas	3:12:48
21	Sue Stiver, HuntingtonBch	3:15:42
22	Susan Shafer, Tempe,AZ	3:16:40
23	Susanna Sandrock, Rendonodo	3:18:57
24	Eva Vasquez, Tempe,AZ	3:17:38
25	Nancy Kummer-Baird	3:17:48

Human Race 10K

from Barbara Peacock

May 10. Pomona.

Division Results

Best Female: 1. Marilyn Garley 41:48.

Best Male: 1. Larry Strange 36:42. **Best Wheelchair:** 1. Eric Swanson 55:30. **Runner and Stroller:** 1. Dr. Fine 1:10:59.

The Human Race

May 10. Mill Valley. 10K.

Overall Results - Men		
1	Esteban Martinez (31) S.F.	33:20
2	David Lyle (26) S.F.	33:26
3	Bob McLennan (37) Mill Vly	33:38
4	Greg Johnson (23) Corte Madera	33:40
5	Connaitre Chateaubriant (35) M.V.	34:31
6	Steve Hopkins (34) Woodacre	34:43
7	David Nelson (30) Berkeley	35:27
8	Philip Slobody (31) Novato	36:10
9	Dan Granville (23) Greenbrae	36:29
10	Michael Hoy (44) Sausalito	36:31

Overall Results - Women		
1	Dana Hooper (31) Corte Madera	39:49
2	Vicki Chase (37) San Anselmo	41:30
3	Nancy Giblan (27) San Rafael	42:57
4	Mary Ann Hoover (30) M.V.	44:38
5	Janet Mumford (31) San Anselmo	44:43
6	Pamela Hofsass (27) Berkeley	45:16
7	Leslie Acoca (35) Woodacre	45:19
8	Susan Kivland (27) Sacto	45:50
9	Nancy Romanoff (28) Ignacio	47:09
10	Megan Topping (28) S.F.	47:58

Angel Island Run

May 10. San Francisco. 4.5 Mile.

Overall Results		
1	Hal Schulz (15-39)	23:04
2	Michael Penney (15-39)	24:59
3	Raynold Wieand (15-39)	25:32
4	Daryl Zapata (40-49)	25:34
5	Craig Miers (15-39)	26:07
6	Mitchell Powers (15-39)	26:12
7	Robert Flatland (15-39)	26:41
8	Ray Fisher (15-39)	26:42
9	Richard Gentry, Jr (15-39)	26:44
10	Greg Johnson (15-39)	27:09
11	Paul Sparrow (15-39)	27:29
12	Stephen Stolp (15-39)	27:37
13	Barry Blue (15-39)	27:38
14	Joseph Lee (15-39)	27:38
15	Mark Richey (15-39)	27:58
16	Gary Camp (15-39)	27:59
17	John Finch (50 & Over)	28:00
18	William Damon (15-39)	28:01
19	Martin Ramirez (15-39)	28:02
20	Jackson Barker (15-39)	28:03
21	John Timmerman (15-39)	28:05
22	Ann Danford (15-39)	28:17
23	David Dennis (15-39)	28:22
24	Mike Claycomb (40-49)	28:24
25	Laura Sanchez (15-39)	28:27
26	Wyborn Mercer (15-39)	28:34
27	Dave Nugent (15-39)	28:35
28	Mark Miller (15-39)	28:49
29	Tom Walsh (50 & Over)	28:56
30	Mark Farrar (15-39)	29:02
31	Steve Hoffmire (15-39)	29:02
32	David Jargiello (15-39)	29:02
33	Vin-Jon Gorman (15-39)	29:05
34	Phillip Livingston (15-39)	29:12
35	Stan Benkoski (40-49)	29:13
36	Hal Moorehead (15-39)	29:17
37	Ted Bartlett (15-39)	29:21
38	Debbie Bispo (15-39)	29:22
39	Carl Bergemann (15-39)	29:24
40	Preston Sitterly (15-39)	29:29
41	Bo Crane (15-39)	29:36
42	Stan Weltzman (40-49)	29:39
43	William Miller (15-39)	29:48
44	Scott Hunter (40-49)	29:53
45	Keith Jacobson (15-39)	30:05
46	William Ferry (15-39)	30:10
47	John Novick (15-39)	30:11
48	James Mason (50 & Over)	30:12
49	Kenneth Preston (15-39)	30:13
50	Nika Horn (11-14)	30:15
51	Clint Adams (15-39)	30:21
52	Eddie Freyer (15-39)	30:22
53	Colin Chinn (15-39)	30:27
54	Victor Rossi (15-39)	30:28
55	Syd Higaley (15-39)	30:28
56	Paul Levy (15-39)	30:29
57	Gerald McGowan (40-49)	30:30
58	Frank Seiler (15-39)	30:35
59	Thomas Tubb (50 & Over)	30:35
60	Tom Mason (40-49)	30:35
61	Jim McNamara (40-49)	30:36
62	Agent Orange (15-39)	30:40

63	John Peterson (15-39)	30:41
64	Richard Rush (15-39)	30:41
65	Danny Hay (15-39)	30:45
66	Jerry Hoekwater (15-39)	30:46
67	Kurt Mayne (15-39)	30:49
68	Shaun Hattery (15-39)	30:50
69	Chris Wright (15-39)	30:56
70	Lon Stromnes (15-39)	30:57
71	Michael Parrett (15-39)	31:00
72	James Chidgey (11-14)	31:00
73	Steve Maddix (15-39)	31:01
74	Brian Quock (15-39)	31:01
75	Mark Recolin (15-39)	31:03
90	Francie Balestrieri (15-39)	31:20
92	Michele Small (15-39)	31:21
96	Amy Viali (11-14)	31:31
97	Mary Eberhardt (15-39)	31:31
110	Suzanne Kalmar (40-49)	31:54
191	Douglas Friman (10 & Under)	33:42

AVHMC Spring Fitness Classic

May 10. Lancaster. 5K & 10K.

Overall Results - 5K		
1	Shawn Elmore (20)	17:04
2	Clayton Shepard (29)	17:44
3	Gary Dehlinger (19)	17:51
4	Jeffrey Parkhurst (25)	18:21
5	K. J. Hein (15)	18:23
6	Rich Gove (35)	19:23
7	Mike Price (30)	19:33
8	John Berg (15)	19:48
9	Craig Cieslik (13)	20:00
10	Brandon McMahan (23)	20:09
16	Oliver Biederman (54)	20:49
19	Raymond Mergliano (44)	21:21
31	Andrea Almqvist (28F)	24:04
32	Dorice Berry (16F)	24:04
35	Eliz Blair (37F)	24:29
53	Joan Foor (50F)	30:03
59	Carol Bird (41F)	33:09
92	Edna Bushman (65F)	49:12
96	Jerry Schoepner (66)	51:15
Overall Results - 10K		
1	Mark LaPlant (21)	36:29
2	Jim Misener (26)	37:05
3	Bob Millam (40)	38:56
4	Stan Bratt (23)	39:39
5	Frank Sakelarios (16)	39:40
6	Phil Gibson (26)	40:14
7	John Miller (43)	40:31
8	Mark Gallagher (28)	40:41
9	Nick Rlesz (47)	41:25
10	Stan Johnson (30)	42:02
12	Jim Talley (65)	43:22
21	Jayne Wilson (25F)	46:20
25	David Dehlinger (51)	49:34
34	Marian Courtney (33F)	54:30
36	Margaret Chipman (47F)	56:00
39	Cheryl Cieslik (15F)	57:44

Turlock Rotary Biathlon

May 10. Turlock. 10K run, 50K bike.

Division Results - Men		
19 & Under:	1. Jim Nabholz 2:28.15, 2. Keny Turchek 2:30.21, 3. Matthew Hughes 2:32.09, 20-29: 1. Brett Van Natta 1:58.40, 2. Chad Marquardt 1:58.41, 3. John Pierson 2:05.59, 30-39: 1. Robert Stevens 2:03.08, 2. Tim Hayes 2:03.48, 3. Al Lipske 2:04.52, 40-49: 1. Marco Martin 2:05.41, 2. James Hatfield 2:07.38, 3. Geroge Mason 2:08.24, 50-59: 1. Dick Camden 2:17.43, 2. Franklin Roscoe 2:26.01, 3. John Griffin 2:35.03, 60 & Over: 1. Don Lundberg 2:37.51, 2. Vernon McCullough 2:53.10.	
Division Results - Women		
20-29:	1. Laurie Crisp 2:16.37, 2. Tina Carlson 2:29.12, 3. Dayna Eadie 2:30.34, 30-39: 1. Mary Hayes 2:18.36, 2. Vicki Belton 2:42.26, 3. Cheryl Hawkins 2:47.31, 40-49: 1. Barbara Miller 2:35.57, 2. Faye Daly 2:38.44, 3. Beverly Marquardt 2:51.56, 50-59: 1. Betty Selmas 3:05.09.	

Road Racing Results

Bakersfield Bud Light Triathlon

May 10. Bakersfield. 2K Swim, 40K Bike, 15K Run.

Overall Results - Men		
1	Scott Molina, Colo.	2:21:12
2	Scott Tinley, Encinitas	2:21:41
3	John Devere, Bass Lake	2:27:14
4	Steve McMurdo, Harbor City	2:28:23
5	Thomas Gallagher, Long Beach	2:29:09
6	Gordon Duff, Seal Beach	2:30:21
7	Michael Durkin, Malibu	2:30:41
8	Bryan Fahrenbach, Clovis	2:32:08
9	Christopher Geyer, PalmDesert	2:32:40
10	Tony Richardson, LaJolla	2:33:05
11	Kim Bushong, LaMirada	2:33:06
12	Simon Cassidy, Vancouver	2:34:26
13	Grant Boswell, Chico	2:34:49
14	Tony Ogden, Del Mar	2:35:34
15	Andrew McNughton, Northr	2:36:14
16	Duncan Thomas, S.B.	2:37:58
17	Scott Hislop, Bakersf	2:37:58
18	Dick DeBoer, Baksfield	2:38:08
19	Matt O'Day, Buena Park	2:38:16
20	Emilio DeSoto, SanDiego	2:38:31
21	Aian Fritz, SolanaBch	2:38:37
22	Jay Fariori, Fresno	2:39:04
23	Dava Joseph, CostaMesa	2:39:43
24	Brad Kearns, WoodlandHls	2:40:09
25	Jesse Leyva, LongBch	2:40:11
26	Bill Madden, Eugene,OR	2:40:39
27	Wayne Buckingham, SanDiego	2:40:47
28	Curt Haury, Sacto	2:41:13
29	Runar Boman, SLO	2:41:25
30	Bob Belzer, Irvine	2:42:22
31	Craig Neher, SanDiego	2:42:25
32	Jon Black, Fallbrook	2:42:29
33	Jon Knarpp, Tiburon	2:42:42
34	Curtis Suckut, Bakersf	2:44:06
35	Gary Peterson, Encinitas	2:44:08
36	John Kraetsch, Baksfield	2:45:13
37	Jeff Cram, Baksfield	2:45:19
38	Mark Stoner, LagunaNiguel	2:45:25
39	Anthony Mileyski, Whittier	2:45:39
40	Bob Decker, Leucadia	2:45:53

Results

2 Person 8 Mile Relay

May 10. Fresno.

Bob Tapia and Alfred Lara turned back a small fast field in winning the tenth edition of the two person eight mile relay run over Roeding Park's familiar two mile loop under cool breezy conditions. Tapia and Lara were challenged through the first half of the race by Leroy Rivera and Gary Gonzales as the teams passed the four mile mark dead even. Tapia then moved away from Rivera on the third of four legs and handed off to Lara with about a 60 yard lead. Lara then ran a very fine 9:28 anchor two miles to break the course record by just over four seconds. Their 38:18.6 time breaks down to a 9:34.7 average two mile split. For Tapia it was a reclaiming of the record he and Brian Foley lost to Jim Hartig and Bryan Fahrenbach last year.

Forty one year old Bob Lindsey, fresh from a 2:47 marathon in Nebraska where he was the masters winner the week before ran two excellent legs of 10:10 and 10:24 and teamed with Margie Timberlake to record the fastest mixed team time of 45:58. Timberlake cruised the course in 12:33 and 12:51. Megan Duffy and Kerith McCoy were the women's winners in 65:18.

Overall Results

1 Bob Tapia/Alfred Lara	38:18
2 Leroy Rivera/Gary Gonzales	39:02
3 Bryan Foley/Dave Cords	40:56
4 Phillip Buckley/Ken Martinez	41:10
5 G. Castellanos/E. Castellanos	42:22

6 Greg Pope/Jeff Merrow	43:10
7 Craig Elia/Curt Elia	43:59
8 William Williams/Chuck Bell	44:20
9 Dick Cain/Frank Padilla	45:23
10 Bob Lindsey/Margie Timberlake	45:58
11 Carlos Sanchez/Gab Santiago	46:56
12 John Volkman/John Plus	47:40
13 Don Trout/Natham Trout	47:53
14 Obed Fernandez/Tony Perez	48:38
15 Dick Rozier/Bob Maeyama	48:51

Kennedy Classic

May 10. Walnut Creek. 5K & 10K.

Division Results - Men's 5K

17 & Under: 1. Kelly Price 16:33. 18-29: 1. Jim Rentschler 15:00. 30-39: 1. Eddie Lanzarini 15:42. 40-49: 1. Peter Day 18:22. 50-59: 1. Ponch Matamo 20:35. 60-69: 1. Joe King 18:57. 70 & Over: 1. Ray Mahannah 25:00. Walker: 1. Jack Bray, Jr. 27:45.
--

Division Results - Women's 5K

17 & Under: 1. Staci Brunton 20:05. 18-29: 1. Suzanne Blevins 18:35. 30-39: 1. Daneila Leong 18:58. 40-49: 1. Peggy Riley 20:28. 50-59: 1. Vicki Bigelow 19:43. 60-69: 1. Adrian Verduzo 23:58. Walker: 1. Jo Schwan 36:50. Physical Challenge: 1. Juanita McClish 44:51.

Division Results - Men's 10K

17 & Under: 1. Don Strong 34:25. 19-29: 1. Thom Trimble 31:51. 30-39: 1. Dwight Hendrix 33:11. 40-49: 1. John Monteverdi 34:44. 50-59: 1. Tom Lehmkuhl 35:58. 60-69: 1. John Nyser 42:43. 70 & Over: 1. Mel Shine 49:51.
--

Division Results - Women's 10K

18-29: 1. Maria Trujillo 35:25. 30-39: 1. Linda Wimmer 42:18. 40-49: 1. Barbara Shubert 39:19. 50-59: 1. Alice Rose 40:36. 60-69: 1. Kit Pickles 50:18.

Health Beat 10K

May 10. Chula Vista.

Overall Results

1 Steve McCormick (26) S.D.	30:11
2 Marc Davis (16) S.D.	32:09
3 Jeff Rigdon (33) San Diego	32:26
4 Graham Garcia (19) San Diego	32:46
5 Roger Depriest (28) ChulaV	32:51
6 Steve Myaro (40) San Diego	33:22
7 Neal Harris (25) San Diego	33:48
8 Joe Boleva (27) San Diego	34:32
9 Ken Fiint (19) LaMesa	34:54
10 David Hunter (33) San Diego	35:06
11 Mark Henderson (26) ChulaV	35:23
12 Larry Lake (42) San Diego	35:35
13 Dana Morris (42) Chula V	35:43
14 Jim O'Neil (60) La Jolla	35:45
15 Doug Webster (18) San Diego	36:00
16 Cory Humphries (25) San Diego	36:03
17 David Collins (30) La Mesa	36:08
18 Brian Stecher (39) ChulaV	36:13
19 Mary Akins (26) ChulaV	36:15
20 Brett Kohler (17) Chula V	36:18
21 James Johnson (30) San Diego	36:22
22 Dan Larson (25) San Diego	36:27
23 Gary Stang (34) San Diego	36:28
24 Mike Repp (45) Tecate	36:31
25 Robert Barran (41) Bonita	36:38
26 George Yee (31) Encinitas	36:48
27 Joseph Kender (31) San Diego	36:55
28 Michael Tuffley (38) San Diego	37:01
29 Bob Gilbin (40) San Diego	37:02
30 Joseph Lanessa (25) Carlsbad	37:08
31 Edward Pruitt (18) ChulaV	37:09
32 Conrad Will (44) SolinaBch	37:15
33 Kevin Washington (24) San Diego	37:28
34 Alfred Artho, NAB Coronado	37:30
35 John Hayward (22) San Diego	37:31
36 Severiano Aradanas (34) SanD	37:37
37 Berek Fiszlewicz (38) San Diego	37:38
38 Lita Lux (25) San Diego	37:39
39 Gordy Haskett (25) Encinitas	37:39
40 Gregg Greene (26) San Diego	37:43
41 Bob Freeman (23) LaJolla	37:52
42 Joseph Bolen (26) San Diego	37:55
43 Carlos Romero (22) ChulaV	37:59
44 Richard Olson (25) Coronado	38:01
45 Jim Wilson (41) ElCajon	38:04
46 John Yubeta (29) San Diego	38:15
47 Billy Ricketts (14) ChulaV	38:28
48 Richard Heinz (21) ImperialBch	38:31
49 Andrew Ortiz (21) CampPend	38:34
50 Luis Greene (20) San Diego	38:34
51 Peggy-Joy Whan (32) San Diego	38:54
63 Betsy Shillito (27) LaJolla	39:27
70 Xcberto Reyes (52) SanYsidro	39:52
79 Lucia Stone (24) SpringVly	40:22

Human Race

by Pat O'Brien

May 10. Napa.

Division Results - Men

19 & Under: 1. Brian Eggert 34:29. 20-29: 1. Bob Blackman 32:04. 31-34: 1. Patrick Lecourt 34:30. 35-39: 1. Andy Hansen 32:59. 40-44: 1. Stephen Hoots 36:48. 45-49: 1. Al Branco 40:25. 50-59: 1. Jerry McQuiddy 43:11. 60 & Over: 1. James Spaulding 45:36.

Division Results - Women

19 & Under: 1. Doreen Gonzalez 49:16. 20-29: 1. Eileen Smith 39:40. 31-34: 1. Cynny Chase 41:39. 35-39: 1. Julia Smetana 41:15. 40-44: 1. Nouria Harris 44:22. 45-49: 1. Yoka Zwetsloot 43:54. 50-59: 1. Iisa Forrest 47:32.
--

Five and Dime Classic

May 10. Griffith Park, L.A. 5K & 10K.

Overall Results - Men's 10K

1 Mario Gutierrez (22)	32:34
2 Eugene Muslar (27)	33:25
3 Victor Carrillo (22)	33:44

Overall Results - Women's 10K

1 Jennifer Henderson (27)	38:27
2 Rita Gilmore (46)	41:39
3 Julie Rollow (24)	42:22

Overall Results - Men's 5K

1 George Marquez (22)	15:22
2 Bob Daniels (33)	15:28
3 Charles Hubbard (24)	16:00

Overall Results - Women's 5K

1 Marie Rollins (26)	17:06
2 Claudia Morales (35)	18:16
3 Terri Goodreau (36)	18:22

Gepetto's Tiger Twosomes 10K Relay

May 10. Newbury Park. 5K Each Partner.

Division Results

Male-Male:	
1 Terry Howell/Hector Nieves	32:08
2 Terry Howell/Mike Chaveblis	32:12
3 Mike Barton/Jeff Kraft	33:01

Male-Female:	
1 Pauline Brown/Vic O'Bryan	38:14
2 Marie Stevenson/Dem Miller	44:02
3 Margarita Perez/Gene Wilson	45:40

Female-Female:	
1 Judy Kewley/MaryJo DelCampo	40:13
Karen Smith/Laura Marek	47:20
Diane Glassner/Melda Dean	N.T.

Husband-Wife:	
1 Conni & Mike McCarthy	39:46
2 Sean & Lynette Wilkins	44:50
3 Joe & Marilyn Wells	46:52

Colfax Record Run

May 10. Colfax. 10K & 3.5 Mile.

Overall Results - 3.5 Mile

1 Roman DeSoto	17:56
2 Herve Pastre	18:27
3 Nick Vogt	18:48
4 David Welsh	19:11
5 David Lucas	19:16
6 Gene Thibeault	19:16
7 Jeremy Pastre	19:56
8 Robert James	20:24
9 Mark Cardin	20:37
10 Mark Younggren	21:06

Overall Results - 10K

1 Andy Harris	32:56
2 Kevin Cimini	33:47
3 Dan Houchell	35:57
4 Brian Hodge	36:41
5 Pat Whyte	37:01
6 Eric Evers	37:27
7 Mac Murphy	37:41
8 March Reed	38:41
9 Joe Hernandez	39:01
10 Hank Beal	40:21

the

Running

scene

A running magazine featuring:

- INTERVIEWS
- MEDICAL ADVICE
- TRAINING TIPS
- FOOD TIPS
- HUMAN INTEREST
- ...And Much More!

SUBSCRIBE NOW AND SAVE

THE RUNNING SCENE,
4020 EL CAMINO AVE., SACRAMENTO, CA 95821

Please send me:

- 10 issues \$9.99
 20 issues \$16.99

CHECK ONE:

- PAYMENT ENCLOSED
 BILL ME LATER

Mr.
Mrs.
Ms.

(please print full name)

Address

City

State

Zip

Results

10K Run Extravaganza

May 10.

Overall Results

1 Mark Conover	30:10
2 Steve Flynn	31:59
3 Rudy Hernandez	32:30
4 Glen Harvey	32:52
5 Danny Kerecman	33:05
6 Frank Hutchinson	33:52
7 Paul Lee	34:27
8 Elmer McPhail	34:47
9 Phil Beilan	35:08
10 Tom Bolt	36:08
11 Tod Martin	36:12
12 D. Grossini	36:12
13 Kenny Dossi	36:39
14 Paul Serra	36:14
15 Tom Conlon	37:43
16 Mike Garcia	38:21
17 Jim Casper	38:27
18 Bob Gugliemelli	38:18
19 Jani Johnson	38:34
20 Keith Handley	38:20

Division Results - Men

18 & Under: 1. David Noakes Jr. 46:51, 2. Vincent Pon 49:59. **20-29:** 1. Mark Conover 30:10, 2. Glen Harvey 32:52, 3. Danny Kerecman 33:05. **30-39:** 1. Steve Flynn 31:59, 2. Rudy Hernandez 32:30, 3. Frank Hutchinson 33:52. **40-49:** 1. Jim Casper 38:27, 2. Keith Handley 38:20, 3. Jerry Hill 40:16. **50 & Over:** 1. Ray Gil 40:25, 2. Gary Brown 42:22, 3. Richard Miller 42:41.

Division Results - Women

18 & Under: 1. Anna Howard 43:30, 2. Wing Yip 55:02, 3. Michelle Esmond 55:18. **20-29:** 1. Shannon Dial 41:12, 2. Sheri McCarroll 41:21, 3. Julie Thrupp 42:07. **30-39:** 1. Jani Johnson 38:34, 2. Pana Tryde 40:20, 3. Carrie Walters 41:01. **40-49:** 1. Susan Hood 46:10, 2. Trina Nagele 47:13, 3. S. Dressendorfer 48:45. **50 & Over:** 1. Dorothy Thomas 51:16, 2. Jean Spierling 52:49, 3. Sara L. McGehee 56:55.

Mother's Day Race

May 10. Hawthorne. 10K & 3K.

Overall Results - 3K

(No Times Available)

1 Frank Garcia
2 John Adams
3 Eric Gengelbach
4 Eddie Luna
5 Adam Taylor
6 Daryl Johnson
7 Bobby Maes
8 Gerardo Guzman
9 Michael Rick
10 Van Holland
11 Bill Andrews
12 Tony Carrington
13 Adam Samano
14 Dave Quayle
15 Ray Gibson

Overall Results - 10K

1 Steve Ortiz	31:45
2 Tim Brown	32:45
3 Ed Avol	32:56
4 Peter Kang	33:06
5 Phil Smith	33:18
6 Glenn Tanner	33:32
7 Catarino Gonzalez	33:34
8 Javier Lara	33:45
9 Dale Frank	34:04
10 Carey Wilson	34:16
11 Kamel Guerbaoui	34:17
12 Rabah Touat	34:29
13 Eddie Mora	34:33
14 Andre Tocco	34:56
15 Edward Edwards	34:57
16 Salvador Gonzalez	35:00
17 Gary Stolz	35:01
18 Mark Miller	35:16
19 Gregory Edwards	35:18
20 Ray Hughes	35:25
21 Chris Smith	35:28

22 TonyBuriago	35:36
23 Ron Hardesty	35:39
24 David Jaeger	35:53
25 John Thrane	36:03
31 Patrick Devine	36:57
35 Annie Seawright	37:26
39 Sherry Simmons	37:59
42 Briane Townsend	38:09
43 Mary Blish	38:12
51 Mark Harpenau	38:44
61 Juliean Harmatz	39:20
71 Kyong Gaddis	39:56
77 Claudia Velletri	40:26
81 Larry Banuelos	40:46

Walk-A-Thon Run for Health

May 10. Gilroy. 10K.

Division Results - Men

18 & Under: 1. John Campos 36:13, 2. Alex Covarrubias 36:59, 3. Tony Rulz 40:13. **19-29:** 1. Steve Billingsley 33:43, 2. Danny Hogue 33:48, 3. Pete Covarrubias 35:34. **30-39:** 1. Pedro Maldonado 37:15, 2. Daniel Lopez 37:19, 3. Peter Sanchez 38:13. **40-49:** 1. Richard Chiment 39:36, 2. Avello Zuniga 39:49, 3. Peter Hartley 41:37. **50-59:** 1. Richard Young 40:22, 2. Thomas Gutierrez, Sr. 42:47, 3. Frank Ching 48:16. **60 & Over:** 1. W. D. Barber 54:35, 2. Toby Solarzano 54:57.

Division Results - Women

18 & Under: 1. Priscilla Quistien 51:21, 2. Angie Casarez 54:18, 3. Fedalizo Buttons 55:19. **19-29:** 1. Barbara Frank 41:25, 2. Robin Karl 48:03, 3. Linda Mendez 54:50. **30-39:** 1. Sue Goddard 41:28, 2. Jill Vaushan 50:19, 3. Margie Godinez 52:27. **40 & Over:** 1. Joanne Hall 49:23, 2. Candace Smith 52:74, 3. Sandy Mendez 55:06.

Diabetes Dash

May 10. Atascadero. 5K & 1 Mile.

Division Results - Men's 5K

13 & Under: 1. Todd Riffel 21:12.79. **14-19:** 1. David Ames 17:53.49. **20-29:** 1. Michael John 20:00.00. **30-39:** 1. Jon Root 16:12.32. **40-49:** 1. Mike Lang 19:54.10. **50 & Over:** 1. Alden Cochran 23:00.

Division Results - Women's 5K

13 & Under: 1. Nona Harkins 21:15.44. **14-19:** 1. Carrie Barbes 20:01.95. **20-29:** 1. Robyn Root 17:40.26. **30-39:** 1. Paula Powell 23:00. **40-49:** 1. Mary Stallard 25:10.75.

Division Results - Men's 1 Mile

13 & Under: 1. Danny Rohdes 5:17. **20-29:** 1. Dan Rushford 4:50. **30-39:** 1. Allen Hinrichs 6:56. **50 & Over:** 1. Alden Cochran 6:18.

Division Results - Women's 1 Mile

13 & Under: 1. Wendy Miller 7:49. **20-29:** 1. Catherine Hennelly 5:25. **30-39:** 1. Joyce Schaffer 7:50. **40-49:** 1. Sheila Vossler 9:46.54.

Coors Sacto Triathlon

May 10. Sacramento.

Busting loose with all they had, over four hundred triathletes challenged the Rancho Seco course for the fourth year with the ideal conditions leading to new records for top finishers in each division of the Coors Sacramento Triathlon.

The double distance race offered triathletes that prefer the sprint distance to race alongside those who choose the longest of races. The \$3000 cash purse was divided between the twenty triathletes that took the top five places in each of their divisions. In addition, an equal amount of money was raised for

the charity benefit - the Sacramento County Program for the Handicap.

Sharing the new course records for the long course was Sacramentan 30 year old Ardis Bow with a time of 4:50.05 and Cupertino standout Don Seymour 4:12.28. In the sprint race, the pre-race favorite Boulder Colorado's Diane Isreal won with a new best time of 2:19.50 and Pittsburgs twenty-year-old Sean Molina who regularly races a professional won in 2:06.13.

Sharing the new course records were the master's winners in both distances. Short course winner Peter Laskier (2:28.10) and Marin County's Barbara Magid (2:48.36) swept their competitors along with long course masters winner Walter Radloff (4:42.55).

"The reason the course was so fast," say long course winner Ardis Bow, "was due to the aid of a 15 mph tail wind to push us in the bike stage, water cold enough to make you swim the race of your life, and good old Sacramento heat to motivate you to the finish line before you cooked!"

Overall Results - Men's Long Course

1 Don Seymour	4:12.28
2 Nick Kurth	4:17.14
3 Rhys Rowland	4:20.52
4 Norm Gould	4:28.05
5 Dan McEntee	4:29.30

Overall Results - Women's Long Course

1 Ardis Bow	4:50.05
2 Jan Morrow	5:07.43
3 Nancy Stover	5:19.15
4 Joan Lewis	5:40.38
5 Jasmin Riepe	5:45.39

Overall Results - Men's Short Course

1 Sean Molina	2:06.01
2 Roger Wolff	2:06.21
3 Scott Miller	2:08.03
4 Rich Shand	2:08.16
5 Pat Gilbert	2:10.22

Overall Results - Women's Short Course

1 Diane Isreal	2:19.50
2 Tracy Christopherson	2:21.55
3 Luanne Park	2:23.55
4 Terry Schneider	2:26.00
5 Debbie Ingram	2:35.06

Division Results - Men's Short Course

18 & Under: 1. David Liotta 2:17.14, 2. Mike Leece 2:21.38, 3. Brett Greene 2:28.42. **19-24:** 1. Sean Molina 2:06.01, 2. Rod Fick 2:13.52, 3. Jeremy Gilbert 2:14.39. **25-29:** 1. Roger Wolff 2:06.21, 2. Scott Miller 2:08.03, 3. Unidentified 2:08.16. **30-34:** 1. Ed Price 2:16.16, 2. John Griffin 2:18.05, 3. Don Bluhm 2:20.19. **35-39:** 1. Mike Bohr DQ, 2. Dave Smith 2:24.45, 3. Kent Robison 2:25.56. **40-44:** 1. Mike Zlaskas 2:22.35, 2. Peter Laskier 2:28.10, 3. Doug Diemelt 2:35.55. **45-49:** 1. Dennis Joyce 2:37.49, 2. Donald Nebiolini 2:51.22, 3. Jim Rota 2:54.17. **50-54:** 1. Dieter Heycke 2:47.37, 2. Rich Erickson 2:57.22, 3. Gerry Cryderman 3:08.07. **60 & Over:** 1. Verne Scott 3:11.25.

Division Results - Women's Short Course

19-24: 1. Tracy Christopherson 2:21.55, 2. Unidentified 2:25.15, 3. Terry Schneider 2:26.00. **25-29:** 1. Diane Israel 2:19.50, 2. Luanne Park 2:23.07, 3. Nancy Rogers 2:37.15. **30-34:** 1. Debbie Ingram 2:35.06, 2. Claire McCarty 2:35.43, 3. Jean Toth 2:38.58. **35-39:** 1. Suzy Neimeyer 2:45.40, 2. Carolyn Tucker 2:47.48, 3. Janet Beatty 3:01.13. **40-44:** 1. Barbara Magid 2:48.36, 2. Anne Byand 2:57.40, 3. Linda Winter 3:30.00. **45-49:** 1. Mary Coffey 3:15.59. **50-54:** 1. Alice Pfand 3:27.37.

Division Results - Men's Long Course

18 & Under: 1. Bryan Butterbaugh 4:53.02. **19-24:** 1. Nick Kurth 4:17.17, 2. Michael Kuhm 4:44.26, 3. Grant Rider 4:45.40. **25-29:** 1. Donald Seymour 4:12.28, 2. Rhys Rowland 4:20.52, 3. Dan McEntee 4:29.30. **30-34:** 1. Jerry Cvecko 4:33.53, 2. Terry Baier 4:53.16, 3. Howard Klein 5:21.51. **35-39:** 1. Norm Gould 4:28.20, 2. Peter Carlstrom 4:57.55, 3. Gary Fritts 5:01.31. **40-44:** 1. Walter Radloff 4:42.55, 2. Michael Bigelow 5:38.41, 3. John Nisbet 5:44.22. **45-49:** 1. Edwin Nobis 5:11.19, 2. Mike Laramie 5:20.20, 3. Alex Alexander 5:34.33. **50-54:** 1. Alan Schmeiser 5:06.28, 2. Cy Weagle 6:12.20. **55-59:** 1. David Stevenson 5:21.11.

Division Results - Women's Long Course

18 & Under: 1. Jasmin Riepe 5:45.39. **19-24:** 1. Joan Lewis 5:40.38. **25-29:** 1. Jan Morrow 5:07.43, 2. Ellen Karpay 6:12.12. **29-34:** 1. Ardis Bow 4:50.05, 2. Nancy Stover 5:19.15. **35-39:** 1. Joan Bondshu 7:23.54.

Atalanta's Victory Run

May 11. Arcata. 2 Mile & 5.7 Mile.

Division Results - Women

14 & Under: 1. Shanti Revotskie 14:57, 2. Julie Hickey 15:28, 3. Sarah Weatherbee 16:39. **15-19:** 1. Mir Holmes 14:30, 2. Lori Giacomini 14:59, 3. Sara Lawrence 16:54. **20-24:** 1. Rachael Singleton 11:38, 2. Lisa Butchert 16:00, 3. Kay Howden 18:34. **25-29:** 1. Rhonda Argo 11:27, 2. Kathy Waterson 13:23, 3. Mary Bullwinkel 13:38. **30-34:** 1. Cynthia Coleman 13:49, 2. Liz Dorral 15:08, 3. Theresa Smiley 15:20. **35-39:** 1. Bobbie McKay 15:40, 2. Diane Sharples 15:09, 3. Kathy Costa 16:39. **40-44:** 1. Amy Eads 13:46, 2. Terry Hill 15:00, 3. Pam Mendelsohn 16:31. **55 & Over:** 1. Beverly Allen 15:29, 3. Eve Modlin 19:03, 3. Thelma Jackson 22:56. **Racewalkers:** 1. Barbara Edwards 16:40.

Division Results - 5.7 Mile

15-19: 1. Jennifer Rapp 38:19, 2. Michelle Fullerton 41:34. **20-24:** 1. Terri Vroman 40:00, 2. Kathleen Brown 50:07. **25-29:** 1. Sherry Grazda 41:35, 2. Debra Field 41:45, 3. Jennifer Lindquist 41:48. **30-34:** 1. Mignonne Bivin 36:04, 2. Lisa Landis 38:28, 3. Sue Long 39:11. **35-39:** 1. Karen Kelley-Day 38:25, 2. Sherry Skillwoman 38:56, 3. Christine O'Kelly 42:09. **40-44:** 1. Karen Angel 37:09, 2. Louise Shultz 43:06, 3. Lori Goodman 46:00. **45-49:** 1. Patricia Pedrotti 45:05, 2. Kathalene Resendez 53:00. **50-54:** 1. Lynn Lawrence 45:56, 2. Nancy Gardner 47:20, 3. Esther Wadsworth 48:42. **55 & Over:** 1. Virginia Terry 45:43, 2. Betty Hamblin 51:13.

Pinole Marathon

May 11. Pinole.

Overall Results

1 David Roth (30-39) ElCerrito	2:51:00
2 Jack Christian (30-39) OK	2:52:04
3 Jim Moyles (30-39) Redwood City	2:53:04
4 Steve Christian (30-39) San Jose	2:54:14
5 Manuel Ramirez (16-29) Red City	2:58:02
6 Dave Zumwalt (30-39) Antioch	3:00:09
7 Richard Whitewater (40-49) S.F.	3:05:18
8 Larry Butler (40-49) S.F.	3:06:42
9 John Medinger (30-39) MillVly	3:17:36
10 Richard Mayers (40-49) Richmond	3:19:40
16 Fred Dunn (50-59) S.F.	3:40:22
17 Sandra Perez (40-49) Pinole	3:51:10
21 Joan Szarfinski (40-49) S.F.	4:03:52

Garritson's Smokebusters 5K

May 11. Legg Lake.

Overall Results

1 Aaron Mascorro (17) Rosemead	15:28
2 George Marquez (22) L.A.	15:54
3 Rudi Krause (31) Lynwood	16:04
4 Ed Valencia (16) LaPuenta	16:57
5 Ben Amador (17) Pico Rivera	17:00
6 James Garritson (10) Fullerton	17:22
7 Fred Mascorro (45) Rosemead	17:44
8 Alex Nunez (27) El Monte	17:58
9 Carl Allen (31) L.A.	18:01
10 Randall Shelley (42) Cerritos	18:03
11 Tracey Williams (14) El Monte	18:21
19 Carrie Garritson (9) Fullerton	19:01
36 Luisa Villanueva (15) El Monte	21:00

Results

Rancho Bernardo Half Marathon

May 11. Rancho Bernardo. Overall Results

1	Terry Cotton (30) San Diego	1:11:25
2	Steve Hastings (24) San Diego	1:11:56
3	Steve McCormack (26) San Diego	1:12:50
4	Robert Franks (25) San Diego	1:13:00
5	Randy Stoppelmoor (27) San Diego	1:13:16
6	Mac Williamson (21) San Diego	1:16:14
7	Keith Hill (29) Del Mar	1:16:47
8	Randy Vasquez (28) Oceanside	1:16:55
9	Dick Jensen (38) Escondido	1:17:27
10	Ozzie Osgood (39) San Diego	1:18:11
11	Mac Larson (37) San Diego	1:18:52
12	Gordon Lutes (41) San Diego	1:18:56
13	Peter Saccone (42) El Cajon	1:19:12
14	William Johnston (36) San Diego	1:19:26
15	Arthur Quiroz (30) Oceanside	1:20:07
16	Craig Johnson (22) Torrance	1:20:20
17	Bill Griffith (28) Costa Mesa	1:20:22
18	Randy Saletnik (32) San Diego	1:21:09
19	Patrick Leal (35) San Diego	1:21:18
20	Gale Hunt (39) San Diego	1:21:26
21	David Collins (30) La Mesa	1:21:33
22	David Parker (36) San Diego	1:21:48
23	Mark Curran (26) El Cajon	1:22:01
24	Bernard Mougel (33) San Diego	1:22:12
25	Carl Petersen (48) Del Mar	1:22:15
26	Christopher Olsen (22) Poway	1:22:22
27	Sherry Terosa (31) La Mesa	1:22:31
28	Rich Gould (28) San Diego	1:23:14
29	Gary Deliberto (24) Camp Pend	1:23:17
30	Roy Koehn (43) San Diego	1:23:20
31	William Melich (24) San Diego	1:23:22
32	Bo-Goran Lundkvist (42) Corral S	1:23:31
33	Paul Heggie (38) San Diego	1:23:57
34	Robb Latz (33) Mission Vly	1:24:11
35	Larry Lake (42) San Diego	1:24:11
36	Craig Williams (34) Jamul	1:24:13
37	Swantla McKeaver (24) Lajoia	1:24:20
38	Ronald Vanderhye (33) La Jolla	1:24:21
39	Steve Wilcott (24) Oceanside	1:24:28
40	Thomas Shepard (37) Del Mar	1:24:32
41	Brady Clay (31) Escondido	1:24:33
42	Gordy Adsit (32) San Diego	1:24:41
43	Stephen Potter (27) San Diego	1:24:42

44	Marsh Haraden (35) Solana Bch	1:24:31
45	Bob McLaren (40) San Diego	1:24:59
46	Tom Coat (37) San Diego	1:25:06
47	Richard Newton (38) Oliverh	1:25:13
48	Michael Goldstein (25) Orange	1:25:20
49	Bob Baichnex (20) Poway	1:25:20
50	Kevin Pope (28) San Diego	1:25:21
58	Carie Morrison (29) San Die	1:26:06
61	Joni Pendelton (39) San Die	1:26:16
66	Diane Rutan (30) San Diego	1:27:11
71	Lori Dowdy (23) San Diego	1:27:45

Run For The Roses

May 17. Santa Rosa. 10K & 3K.

Division Results - Men's 10K	
13 & Under:	1. Todd Stevens 36:15. 14-18: 1. Kevin Smith 35:08. 19-24: 1. Stacy Van Horn 32:55. 25-29: 1. Dan Aldredge 30:39. 30-34: 1. Andy Cavagnetto 34:08. 35-39: 1. Tadese Gebre-Hawariat 35:42. 40-44: 1. Dan Preston 34:09. 45-49: 1. Darryl Beardall 34:38. 50-59: 1. Mort Gray 35:33. 60 & Over: 1. Earl Turner 46:32. Wheelchair: 1. Dave Groves N.T.

Division Results - Women's 10K	
13 & Under:	1. Karin McCall 40:44. 14-18: 1. Nicole Ballard 44:00. 19-24: 1. Cynthia Fox 41:31. 25-29: 1. Connie Kondo 39:58. 30-34: 1. Beckie Simmie-Kesecker 36:57. 35-39: 1. Judy Wetch 43:10. 40-44: 1. Karen Eberhardt 41:54. 45-49: 1. Caron Schaumberg 42:56. 50-59: 1. Ernestine Ward 55:16. 60 & Over: 1. Helen Kuzeria 56:39.

Division Results - Men's 3K	
13 & Under:	1. James Bastron 12:55. 14-18: 1. Sean O'Leary 10:34. 19-24: 1. Gerry Wood 10:03. 25-29: 1. Greg Fogg 9:54. 30-34: 1. Jeffery Bell 11:55. 35-39: 1. Marshall McDonald 11:09. 40-44: 1. Joe McNeen 12:57. 45-49: 1. Micheal Sullivan 15:19. 50-59: 1. Carl Jackson 12:20. 60 & Over: 1. John Oden 18:15.

Division Results - Women's 3K	
13 & Under:	1. Nika Horn 13:13. 14-18: 1. Michelle Mays 13:30. 19-24: 1. Patti Parks 15:51. 25-29: 1. Debbie Gayaldo 15:05. 30-34: 1. Gloria Canales 12:40. 35-39: 1. Candace Van Meter 15:15. 40-44: 1. Pam Johnson-Lieb 17:32. 45-49: 1. Suzanne Cussins 17:10. 50-59: 1. Doris Morabito 18:46.

La Purisima Mission Fiesta Run

May 17. Lompoc. 10K.

Overall Results		
1	Dennis Grossini (38)	36:49
2	Ken Doss (29)	36:50
3	Ron Misner (28)	37:17
4	Bill Graham (45)	38:50
5	Chantal Plante (20)	39:29
6	Richard Eatman (39)	39:43
7	Tim McWhorter (26)	41:16
8	John Angell (43)	41:57
9	John Zemanovic (15)	42:01
10	Mary Eipert (34)	42:02
16	Stephanie Ambrose (24)	44:09
19	Tammy Misner (24)	44:43
20	Chuck Greenlay (52)	45:12
21	Tracy Gastop (25)	45:38
29	Terri Niebvegge (25)	51:54
35	Lisa Norcutt (50)	56:28
36	Patty Landis (45)	56:29

La Fiesta SLO Mile

May 17. San Luis Obispo.

Overall Results - Women		
1	Candace Brookes (31) Wechr	4:37
2	Maggie Kraft (27)	4:40CR
3	Kathleen Manning (21)	5:01
4	Jani Johnson (30)	5:06
5	Carrie Walters (30)	5:18
6	Shannon Dial (26)	5:20
7	Cathrine Hennelly (26)	5:21
8	Karen Munoz (29)	5:28
9	Joanie Cargw (22)	5:29
10	Dana Tryde (30)	5:30

Overall Results - Men		
1	Hector Perez (25)	4:05CR
2	Carmelo Rios (26)	4:09
3	Mike Lansdon (25)	4:10
4	Chuck Fanter (23)	4:10
5	Darren Near (20)	4:12
6	Jeff Small (28)	4:12
7	Peter Sweeney (30)	4:14
8	Tom McKeon (32)	4:16
9	Peter Brookes (30)	4:22
10	Ron Hoff (19)	4:26
19	Frank Padilla (49)	4:45
45	Graham Partlett (50)	5:28

March of the Monarchs 15K

May 17. Santa Cruz.

Overall Results		
1	Francisco Avila (30-39) S.Cruz	57:37
2	Juan Ruiz (16-29) S.Cruz	57:39
3	Peter Couarrubias (16-29) Gilroy	1:00:33
4	Tom Lehmkuhl (50-59) Lafayette	1:01:01
5	Ron Tanaka (40-49) San Jose	1:01:35
6	Mike Morris (40-49) San Jose	1:02:06
7	David Hope (30-39) Aptos	1:02:28
8	Alex Vago (40-49) San Jose	1:03:44
9	Ed Willard (30-39) S.F.	1:04:35
10	Paul Burkhartsme (16-29) Aptos	1:05:18
27	Nannette O'Connor (30-39) S.Cz	1:12:09
31	Bobbi Spurr (30-39) Aptos	1:16:53
32	Mimi Vishoot (16-29) Los Gatos	1:17:19
58	Diane Bromstead (40-49) S. Jose	1:34:24

Division Results - Men	
15 & Under:	1. Jake Finley. 16-29: 1. Juan Ruiz. 30-39: 1. Francisco Avila. 40-49: 1. Ron Tanaka. 50-59: 1. Tom Lehmkuhl. 60-69: 1. Duane Christiani. 70-79: 1. Les Lienbenberg.

Division Results - Women	
16-29: 1. Mimi Vishoot. 30-39: 1. Nannette O'Connor. 40-49: 1. Diane Bromstead.	

Youth Employment Service 10K

May 17. Fillmore.

Division Results - Men	
15-18:	1. Kevin Ailen 38:46. 2. Robert Weinerth 38:56. 3. Tom Martinez 39:40. 19-29: 1. Francisco Robles 33:26. 2. Mike Bojorguez 35:06. 3. Efrain Robles 35:31. 30-39: 1. Adolfo Huerta 33:57. 2. Larry Montez 34:34. 3. Daniel Rodriguez 36:10. 40-49: 1. Dave Wheeler 37:33. 2. Neil Wilcox 38:25. 3. Bill Ekman 39:55. 50 & Over: 1. Roger Wilman 40:51. 2. Jack Halpon 47:36. 3. William Phillips 47:58.

Division Results - Women	
19-29:	1. Karen Heilich 47:18. 2. Karen Kuss 48:30. 3. Edna Trujillo 51:36. 30-39: 1. Manuda Ryce 47:46. 2. Terri Lee Werbe 51:07. 3. Julia Gundersen 52:29. 40-49: 1. Trina Nagele 49:18. 2. Mimi Richards 54:16.

CALIFORNIA

Track & Running News

Yes, I'd like to subscribe. Please start sending **California Track & Running News** to me at the address indicated below. My check is enclosed.

Name _____

Address _____

City/State/Zip _____

\$15 (1 year/11 issues) \$28 (2 years/22 issues) \$39 (3 years/33 issues)

SEND TO: California Track & Running News
4957 E. Heaton • Fresno, CA 93727



Results

Sunkist Gold Rush 100K

May 17-18. Nevada City.

Martin Jones, 43, of Sonoma, CA, handily won the fifth annual notoriously hilly, 2-day Sunkist Gold Rush 100K race, in 8 hours, 25 minutes. Jones led all the way in both the Saturday 50K leg and the Sunday 50K leg.

Pat Whyte, 37, who recently moved from Michigan to Auburn, CA, was second in 8:39. One of the top performances was by 53-year-old Everett Riggie, of Chico, clocked in 8:46.

Jan Levet, 35, of Camino, was the first female finisher in 10 hour flat. Pam Rowland, 36, of Auburn, was second in 10:32.

The race had its limit of 50 entries. Among these there were 38 finishers, 4 DNFs, and 8 scratches.

Eighteen of the finishers are entered in Western States 100 Mile Endurance Run.

Only two of the finishers, Ralph Paffenbarger and Paul Reese, have finished all five Sunkist Gold Rush 100Ks.

Overall Results

1	Martin Jones (43)	8:25
2	Pat Whyte (37)	8:39
3	Doug Schrock (33)	8:46
4	Everett Riggie (53)	8:46
5	David Caleron (26)	9:02
6	Stanley Wegner (47)	9:19
7	Bill Tramontin (36)	9:40
8	Carlos Arellanes (30)	9:46
9	Jan Levet (35)	10:00
10	Jerry Blinn (39)	10:01
19	Pam Rowland (36)	10:32
26	Barbara Haines (32)	11:08
29	Linda Elam (40)	11:39
32	George Billingsley (64)	12:43

Twenty seconds after Springs had earned her national championship, Cooksey cleaned second place in 32:32—a PR by nine seconds.

In a thrilling battle for third position, Mary Knisely edged Pattise Plumer by just two seconds with times of 32:37 and 32:39 respectively. Brenda Webb finished strongly to take fifth position from Lesley Welch with fourteen seconds between them at the line—32:58 to 32:12.

Betty Springs' winning time of 32:12.8, setting a Freihofer course record, is the fourth fastest time ever recorded by an American woman and the ninth fastest women's performance of all time. Springs was awarded \$5,000 in development funds and a 1986 Mercury Sable GS.

In the nation's first all women's wheelchair invitational, Brenda Zajac, a 25 year old athlete from Tampa, FL, finished the 10K distance in 34:20. Stacie Norman (Sprints, TX) was second with a time of 36:42, Evelyn Collins (W. Hempstead, NY) finished third in 39:38.

Overall Winners

1	Betty Springs (24) Raleigh, NC	32:13
2	Marty Cooksey (31) St. Louis, MO	32:32
3	Mary Knisely, Allen, TX	32:37
4	Pattise Plumer (24) L.A.	32:39
5	Brenda Webb (31) Austin, TX	32:58
6	Lesley Welch (23) Newton, MA	33:12
7	Lynn Nelson (24) Phoenix, AZ	33:27
8	Rebecca Kisininkas (24) Wheaton	33:39
9	Leslie Seymour (26) Minn. MN	33:47
10	Maureen Custy (30) Denver, Co	33:50
36	Shirley Matson (1st 45-49) CA	36:41
44	Juana Stavalone (5th 40-44) CA	37:43

Armed Forces Day

May 17. Torrance, 5K & 10K.

Division Results - Men's 5K

10 & Under:	1. Eric Sanchez 21:58, 2. Brett Moulton 23:20, 3. Chris Harris 24:21.
11-12:	1. Chip English 20:43, 2. Jason Wells 22:23, 3. Justin Moulton 23:00.
13-15:	1. Israel Pose 18:44, 2. Chris Longacre 20:13, 3. Jeff Ravine 21:33.
16-18:	1. Reginald Greene 16:05, 2. Greg Flynn 17:22, 3. Darin Watkins 17:27.
19-24:	1. Robert Aube 17:08, 2. Efen Garcia 17:21, 3. Glenn Moore 17:34.
25-29:	1. BERNIES BRIZVIALS 16:42, 2. Carlos Mendoza 16:44, 3. Craig Wessej 18:28.
30-34:	1. Gary

Mittl 16:41, 2. Geoff Guerrero 17:31, 3. Mike Van Houten 19:50. 35-39: 1. Henry Lange Jr. 17:20, 2. Steven Keyes 17:33, 3. Dale Fairchild 17:34. 40-44: 1. Manny Burrola 17:41, 2. Randall Shelley 18:23, 3. Ben Jackson 18:27. 45-49: 1. Ron Hardesty 18:02, 2. Tom Hanson 19:18, 3. William Mardeville 20:44. 50-54: 1. Frank Greene 19:22, 2. Dana Morris 19:47, 3. Lin Bruce 21:04. 55-59: 1. Bob Landry 19:39, 2. Meredith Eick 24:35, 3. Steve McKenzie 25:08. 60-64: 1. Larry Banuelos 19:42, 2. Jack Kettler 21:20, 3. Jack Green 21:22. 65 & Over: 1. David Cohen 22:29, 2. John Hales 23:20, 3. Leo Freccoso 24:02.

Division Results - Women's 5K

10 & Under: 1. Ann Windes 27:09, 2. Vanessa Eisman 27:48, 3. Kathy Wallace 29:48. 11-12: 1. Kathleen Kay 25:23, 2. Christina Deheon 25:25, 3. Lisa Stewart 32:32. 13-15: 1. Geiberta Boyce 22:56, 2. Sandy Miller 25:55, 3. Michele Nichols 26:14. 16-18: 1. Kelly Griebel 21:37, 2. Kim Andrews 28:12, 3. Lina Lee 33:09. 19-24: 1. Lynn Christopher 21:11, 2. April Upp 23:44, 3. Silvia Padillo 23:52. 25-29: 1. Diane Wokasch 22:15, 2. Ana Castillo 23:09, 3. Cheryl Davis 23:10. 30-34: 1. Gloria Soto 22:17, 2. Elizabeth Mandeville 24:38, 3. Maura McEveety 24:43. 35-39: 1. Michele Tiff 18:40, 2. Sally Kurtz 22:14, 3. Laura Howarth 24:26. 40-44: 1. Georgina Nuttall 24:18, 2. Fusaku Thompson 28:37, 3. Joan Melling 31:38. 45-49: 1. Jeanne Lescord 25:53, 2. Janet Beauchamp 27:23, 3. Nancy Mochidome 28:24. 50-54: 1. Finie Mains 25:35, 2. Jeri Phillips 28:28, 3. Millie Nishihira 31:54. 55-59: 1. Jean Windishar 30:35, 2. Doris Ray 32:53, 3. Connie Rubert 35:55.

Division Results - Men's 10K

10 & Under: 1. Scott Anderson 47:13, 2. Sam Harang 51:13, 3. Michael Oliveri 52:21. 11-12: 1. Scott Megan 46:31, 2. Kevin Kennedy 48:12, 3. Benjamin Ortiz 48:48. 13-15: 1. Gary Stoiz 34:53, 2. Brian Tokuda 37:07, 3. Brent Conkling 37:48. 16-18: 1. David Delgado 34:27, 2. John McKivett 34:50, 3. Ryan Murphy 36:30. 19-24: 1. Louis Pinon 31:06, 2. Jeff Olson 31:44, 3. Eric Renfro 32:26. 25-29: 1. Javier Lara 34:26, 2. Jim Miserer 34:41, 3. Anthony Burciago 35:56. 30-34: 1. David Bower 33:47, 2. Eddie Mora 33:47, 3. Ralph Colbert 37:51. 35-39: 1. Mark Hemphill 37:30, 2. J. McCafferty 37:40, 3. Robert Herdia 37:53. 40-44: 1. C. Gonzales 34:26, 2. W. Hoanzl 34:59, 3. D. McCarthy 36:13.

45-49: 1. Girls Ozolins 37:56, 2. Tom Johnson 39:45, 3. Robert Ripley 40:00. 50-54: 1. Tocco Andre 34:46, 2. Vince Gilliland 39:24, 3. Pete Ratz 39:30. 55-59: 1. Pat Devine 37:16, 2. John Feyk 39:32, 3. Bill Stowell 41:56. 60-64: 1. Bob Page 42:35, 2. Avila Salvador 51:11, 3. Chuck Shields 58:38. 65 & Over: 1. Eddie Lewin 42:47, 2. Sam Smyer 46:43, 3. John Schmidt 53:29.

Division Results - Women's 10K

10 & Under: 1. Kelly Ramirez 38:56, 2. Devon Martinez 1:05:18. 11-12: 1. Jessica Reifer 44:23. 13-15: 1. Kathy Schultz 48:48, 2. Kristine Hulce 50:38, 3. Jennifer Grange 1:06:33. 16-18: 1. Connie Carlson 47:53, 2. Terri Campbell 49:08. 19-24: 1. Brianne Townsend 38:29, 2. Suzanne Molik 42:30, 3. Karen Heiner 48:10. 25-29: 1. Connie Garbarini 44:34, 2. Sally Fondaco 44:58, 3. Eileen Flick 45:48. 30-34: 1. Kyong Gaddis 40:38, 2. Jennie Cole 44:18, 3. Joyce Stanley 46:37. 35-39: 1. Sue Reinhardt 43:26, 2. Kuniko Takahashi 43:34, 3. Charlotte Robinette 47:32. 40-44: 1. Nancy Welly 44:54, 2. Corrine Schratz 46:04, 3. Dianne Pales 46:13. 45-49: 1. Elaine Murphy 46:15, 2. Nancy Huff 46:34, 3. Ann Kierman 47:19. 50-54: 1. Sue Hughey 1:02:36, 2. Rosie Hargis 1:03:08, 3. Barbara Larsh 1:07:44. 55-59: 1. Beverly Smith 56:51. 60-64: 1. Vila Hancock 1:00:44, 2. Jacqueline Hopper 1:08:45. 65 & Over: 1. Norma Bernardi 54:17, 2. Lucile Arney 1:08:44, 3. Sarah London 1:10:02.

Military

Army: 1. Mark Lambie, 2. Darrell Moss, 3. William Brabazon. Navy: 1. Richard Lopez, Air Force: 1. Stan Bratt, 2. Gary Schwendy, 3. Phil Rose. Coast Guard: 1. Charles Larsen, 2. John Czamanske, 3. Don Walsh.

TAC/USA National Championships

Freihofer's Run For Women

May 17. Albany, NY.

Freihofer's Run for Women was held in Albany, NY with Betty Springs of Raleigh, NC taking the TAC/USA National Championship in 32:12.8. The 8th annual race included the nation's first all women's wheelchair 10K.

Under overcast skies and humid 80 degree temperatures, a group comprising of Nancy Conz (Southampton, MA), Pattise Plumer (Los Angeles, CA), Mary Cooksey (St. Louis, MO), Margaret Groos-Thomas (Atlanta, GA), Lesley Welch (Newton, MA), Suzanne Girard (Washington, DC), Lynn Nelson (Phoenix, AZ), Mary Knisely (Allen, TX), Betty Springs and Joan Nesbit took the race out passing the first mile in 5:12.

Groos-Thomas was pushing the early pace and by one and one half miles, she and Springs held a marginal lead on Plumer.

Two miles was reached in 10:17 by which time Springs had assured control with an eight yard lead on Thomas. From there on, it was Springs all the way, passing three miles in 15:27 and four miles in 20:39. At this point Knisely, Cooksey and Plumer were contenders for second place, but 50 yards adrift of the leader.

By five miles (25:57), it was clear that Springs would come very close to the course record and Plumer appeared to have fallen off the chase for second place.

Gabrielle Anderson (Sun Valley, ID) was always in charge of the Masters race throughout the whole course and finished in an outstanding 35:31.

ABC's of TRAVEL PRESENTS Marathon Runner's Tour of New Zealand

Tour Highlights: Winstone International Marathon, Auckland, New Zealand. Sightseeing at NZ's most interesting and exciting places including Rotorua Thermal Geyser Wonderland, Maori concert and hangi (feast), sheep show/shearing demonstration, Waimangu Thermal Valley. Northland bus tour, Wellington, Auckland sightseeing, one week sightseeing in South Island, Queenstown, Christchurch, Franz Josef Glacier, Mount Cook, three days on Mana Island Resort in Fiji.

Tour Dates: November 9-30, 1986.

Tour Cost: Two and three week packages available. Prices \$1500 and \$2100 (subject to confirmation).

First week's accommodation in NZ is free. Tour group stays with New Zealand runners in their own homes. Normal price for a tour of this length would be \$3100!!! Exchange rate now U.S. \$100 = N.Z. \$175!!

Runner's spouses, friends and supporters welcome. A good time was had by all on last year's trip!! Tour led by Roy Stevenson, Seattle's resident New Zealand running coach.

Call Sharon Olgar for free detailed itinerary of trip at: ABC's of Travel, Inc., 18521 Des Moines Way South, Seattle, WA 98148. (206) 244-4477 or 1-800-633-0616, ext. 444.

Results

Dala Horse Trot

May 17. Kingsburg, 2 Mile & 10K.

Division Results - Men's 2 Mile
14 & Under: 1. Jason Adams 13:09, 2. Christian Evulich 13:17, 3. Troy Hess 14:35, 15-19: 1. Erik Hess 12:50, 2. Vince Anderson 14:49, 20-24: 1. Jim Peterson 10:02, 2. Steve March 14:49, 3. Jeff Fagundes 16:21, 25-29: 1. Gilbert Guzman 10:15, 2. Ted Beardsley 11:02, 3. Juan Urbina 11:17, 30-34: 1. Bruce Anderson 10:23, 2. Alfred Cordova 10:30, 3. Jim Ostergaard 11:54, 35-39: 1. Bill Tucker 13:05, 2. Gary Hall 14:09, 3. Rodney Holt 14:25, 40-49: 1. David Cords 10:07, 2. Jerry Bauer 11:51, 3. Fred Keenan 12:03, 50-59: 1. Gary Ream 13:59, 2. Monroe Clark 18:53, 60 & Over: 1. Bob Musso 13:13, 2. John Paredes 14:02.

Division Results - Women's 2 Mile
14 & Under: 1. Amy Bartell 15:06, 2. Mindy Hess 16:40, 3. Kristi McKean 20:25, 15-19: 1. Laurie Rucker 13:41, 20-24: 1. Jana Nelson 13:36, 2. Ruth Nelson 15:01, 3. Kristi Foss 15:27, 25-29: 1. Leslie Lindquist 12:51, 2. Margie Hodge 14:49, 3. Robin Knutson 18:39, 30-34: 1. Jan Alcock 13:16, 2. Natalia Babanos 13:48, 3. Nancy Flynn 14:05, 35-39: 1. Carolyn Stoebig 18:05, 2. Pat Buck 20:27, 3. Mary Ann Schmid 20:49, 40-49: 1. Lynn Scheel 14:08, 2. June Hess 14:35, 3. Julie Wilson 15:42, 50-59: 1. Elaine Clark 19:32.

Division Results - Men's 10K
 15-19: 1. Darin Peterson 45:41, 20-24: 1. Lex Swanson 36:33, 2. Doug Davis 52:27, 3. Robert Jackson 52:27, 25-29: 1. Isaias Luna 34:51, 2. Gary Sanders 42:59, 3. John Wenger 44:53, 30-34: 1. Jeff Pierce 37:10, 2. John Taylor 38:34, 3. Bruce Johnson 38:37, 35-39: 1. Craig Elia 35:46, 2. Bill Schwartz 38:43, 3. John Volkman 39:51, 40-49: 1. Tim Carroll 37:20, 2. Mark Haymond 38:08, 3. Henry Ovalle 38:24, 50-59: 1. Frank Willems 46:38, 2. Ray Zalalida 55:11, 60 & Over: 1. Lee Thomas 51:27.

Division Results - Women's 10K
 20-24: 1. Jennifer Snodgrass 50:30, 25-29: 1. Carmen Monsibals 50:35, 2. Tari Pierce 51:57, 3. Karleen Wiens 1:07:05, 30-34: 1. Deanna McDaniel 42:28, 2. Sharon Madsen 46:24, 3. Sandi Barnard 55:12, 35-39: 1. Sylvia Valdez 49:15, 40-49: 1. Diane Vargas 49:52, 2. Mary Wight 52:44, 3. Deborah Swartz 1:03:45, 60 & Over: 1. Virginia Martin 1:06:18.

Knudson Run

May 17. Hanford.

10 KILOMETERS

Men
14 and under
 1. Michael Limas, 48:18
 2. Jonathan Wesh, 50:33
 3. Adam Whaley, 54:23
15-19
 1. Ralph Peralta, 35:10
 2. Walt Cuellar, 37:18
 3. John Franks, 40:22
20-29
 1. Marty Higgenbotham, 31:25
 2. Eddie Fuel, 32:17
 3. Will Seymore, 33:58
30-39
 1. Elmer McPhail, 33:22
 2. Rick Conway, 36:08
 3. Robert Aragon, 37:27
40-49
 1. Paul Jarmillo, 39:05
 2. Richard Rodriguez, 39:44
 3. Raymond Escobar, 41:38

50 and over

1. Milo Lorenz, 55:59
 2. Gary Montgomery, 57:13
Women
15-19
 1. Natalie Mendoza, 45:28
 2. Carol Clark, 46:16
20-29
 1. Tammy Leyendekker, 36:07
 2. Kari Fike, 38:02
 3. Nellie Gonzales, 42:32
30-39
 1. Diane Farley, 40:49
 2. Lynette Stimpson, 45:05
 3. Sharon Mayo, 47:30

40-49
 1. Elma Arias, 51:30
 2. (tie) Terry Anderson, 60:30
 Donna Yeary, 60:30

3 kilometers

Men

Kindergarten-3rd

1. Saul Ramirez, 13:00
 2. William Casou, 13:11
 3. Joey Silva, 13:28

4th-6th

1. Tony Avila, 11:21
 2. Richard Lucero, 11:47
 3. Jose Ferrer, 11:52

14th and under

1. Nai Saephom, 11:17
 2. David Sampson, 12:00
 3. Dennis Mills, 12:56

15-19

1. Tommy Oliveira, 10:52
 2. Thao Chia, 10:58
 3. Xiong Tong, 11:08

20-29

1. Jack Butler, 9:08
 2. Mark Perry, 9:57
 3. Richard Eberle, 9:58

30-39

1. Bob Eberle, 9:31
 2. Bob Wilson, 10:32
 3. Mike Durham, 10:45

40-49

1. Ronal Bobillard, 10:54
 2. Sam Leal, 11:42
 3. Gil Guerra, 13:46

50 and over

1. Richard Stewart, 12:22
 2. Bob Rogers, 13:13
 3. Mel Bone, 14:01

Women

Kindergarten-3rd

1. Christina Alvarado, 12:47
 2. Marcela Mercado, 14:29
 3. Samantha Leal, 16:34

4th-6th

1. Lavale Woods, 14:05
 2. Eva Lucero, 14:12

14 and under

1. Stephanie Stewart, 12:25
 2. Michelle Brown, 13:22
 3. Sara Lewis, 13:58

15-19

1. Hele Clausen, 12:47
 2. Deni Richardson, 13:05
 3. Geraldine Martinez, 14:59

20-29

1. Laurie Devita, 13:15
 2. Linda Wagner, 16:01
 3. Tracey Alcoser, 17:48

30-39

1. Nancy Osborne, 14:20
 2. Jacque Wilson, 14:53
 3. Jennifer Schmitt, 15:52

40-49

1. Joyce Stimson, 16:31
 2. Telie Spurlock, 17:26
 3. Velia Escobar, 19:21

50 and over

1. Margaret Castro, 18:52
 2. Dimna Short, 25:53

Santa Anita Lite Spring Classic

May 18. Santa Anita Race Track.

On a beautiful Sunday morning, 2500 runners gathered in Santa Anita Race Track's Parking Lot for one of the annual highlights of the Spring distance running circuit, the Santa Anita Lite Spring Classic 5 & 10K. In its seven years the run has developed into one of the dozen largest in Southern California with a following that is spreading and continuing to grow. The 1986 affair went as smoothly as any so far and everyone seemed to have a fine run and enjoy the goodies and award ceremony afterward.

Gregg McElwee of Arcadia, a former star on the local high school track and cross country teams, and now a senior at Cal Poly Pomona, was the winner of the 5K in a very quick 15:13. A former Pacific League 3200m champion, Gregg has competed on the very successful distance running squads of Coach Jim Sackett at Cal Poly for the last four years. The 5K course is flat and very quick, with the 7:45 a.m. start assuring weather conditions conducive to some very quick times. Women's overall 5K winner was Patty Molina from La Puente in a very quick 17:40. Patty is another local prep distance star, competing for Coach Dave Shirley at Los Altos HS in Hacienda Heights, and now continuing her running career as a part of the very fine women's program at Cal Poly Pomona. Some very quick older division 5K times stand out in the men's division—17:56 for Wuvenal Herrera of Santa Ana in the 50 and over division, and 18:51 for Larry Banuelos of Pico Rivera in the 60 & Over.

Another local distance star, Brock Reagan, was the winner of the 10K in a fine 32:22. The 10K course features a fairly good hill at the four mile mark. Reagan was a star on Coach Tim O'Rourke's Southern Section Champion Cross Country squad at Arroyo HS in El Monte, and has moved on to be one of California's finer Community College distance runners at Mt. SAC. Heather Dibdin, from Sierra Madre, was the women's overall winner in the 10K at 39:09, with former Temple City HS and Pasadena CC star Toni Deigado 2nd at 39:33. San Marino HS distance coach Phil Ryan continues to roll along, taking the 40-49 division at 35:10. Olympic star Ruth Wysocki's mother, Ethel Kleinsasser, was the women's 50-59 winner at 53:45.

Formed seven years ago to assist the community with recreation facilities, the race committee has dedicated its efforts in the recent past and for the next couple of years to installing an All-Weather running track at Arcadia High. The home of the "Arcadia Invitational," one of the nation's finer prep track and field competitions (with five national records set in the past nine years), the mid-April competition is annually a showcase of the West's top prep athletes. With plans being finalized for installation of the facility this summer the committee would certainly like to thank all the runners who have taken part for the past seven years.

Overall Results - Men's 5K

1. Gregg McElwee (Arcadia) 15:13
 2. Chris Carswell (San Diego) 15:37
 3. Tom Cupp (West Covina) 15:39
 4. Billy Jones (Covina) 15:42
 5. Robert Corlen (So. Pasadena) 15:49

Overall Results - Women's 5K

1. Patty Molina (La Puente) 17:40
 2. Eileen Ebner (West Covina) 17:45
 3. Cherie Boufford (San Gabriel) 18:53
 4. Fran Gilmore (Altadena) 19:23
 5. Coleen Fitzgerald (Temple City) 20:25

Division Results - Men's 5K

15 & Under: 1. Dan Kabala 16:25, 2. Rick Provenzano 16:31, 3. Vince Garclano 16:57, 18-20: 1. Chris Carswell 15:37, 2. Tim Lenderman 15:53, 3. Dave Rohan 16:34, 21-29: 1. Gregg McElwee 15:13, 2.

Tom Cupp 15:39, 3. Billy Jones 15:42, 30-39: 1. Ron Kurrie 15:54, 2. Chuck Foote 15:59, 3. Enrique Serratos 16:02, 40-49: 1. Keith Kirkpatrick 17:16, 2. Tony Lamorte 17:37, 3. Jesse Rodriguez 17:43, 50-59: 1. Wuvenal Herrera 17:56, 2. Robert Pate 19:58, 3. Carl Barnes 20:44, 60-69: 1. Larry Banuelos 18:51, 2. Tad Fujioka 21:22, 3. William Dietrich 21:29, 70 & Over: 1. George Feinstein 25:05, 2. Fred Shakley 28:28, 3. Robert Fox 35:37.

Division Results - Women's 5K

15 & Under: 1. Licha Villanueva 20:39, 2. Theresa Shotwell 21:12, 3. Muriel Cipoo 21:52, 16-20: 1. Patricia Molina 17:40, 2. Eileen Ebner 17:45, 3. Susan Pheasant 21:11, 21-29: 1. Cherie Boufford 18:53, 2. Fran Gilmore 19:23, 3. Coleen Fitzgerald 20:25, 30-39: 1. Jennifer Jones 21:00, 2. Deborah Barton 21:23, 3. Nancy Cross 21:53, 40-49: 1. Donna Ruiz 22:57, 2. Mercedes Paradez 23:57, 3. Lynda Bolton 24:45, 50-59: 1. Marjorie Starsmore 24:15, 2. Margaret Fulmer 25:43, 3. Patricia Wagner 27:32, 60-69: 1. Mary Stoev 22:45, 2. Angie Guayante 28:38, 3. Claudine Mason 31:10, 70 & Over: 1. Lucile Adney 34:51.

Division Results - Men's 10K

15 & Under: 1. Derrick Powers 35:16, 2. Albert Martinez 37:37, 3. Chris Anguiano 38:33, 16-20: 1. Brock Reagan 32:22, 2. Noel Santoyo 33:46, 3. Eddie Hernandez 35:02, 21-29: 1. Raul Diaz 33:11, 2. Cesar Sabogal 33:12, 3. Jon Horowitz 33:12, 30-39: 1. John Merhaut 33:50, 2. John Grula 35:38, 3. Robert Mitchell 35:40, 40-49: 1. Phil Ryan 35:10, 2. Gabriel Bernal 35:13, 3. Alex Meade 36:55, 50-59: 1. Sam Gee 41:23, 2. M. Sedgwick 42:26, 3. Frank Vasquez 42:53, 60-69: 1. Ed Johnstone 45:45, 2. Paul Jernstrom 46:56, 3. Ray Thorne 47:20, 70 & Over: 1. Don Bradley 45:17, 2. Dutch Benedetti 46:44, 3. Henry Baledterds 50:14.

Division Results - Women's 10K

15 & Under: 1. Veronica Chavez 52:07, 2. Holly Aystel 74:38, 3. Paige Krissell 87:12, 16-20: 1. Toni Delgado 39:32, 2. Christina Ahumada 47:57, 3. Susan Serdausich 49:06, 21-29: 1. Heather Dibdin 39:09, 2. Carol Ramos 43:31, 3. Hilda Ochoa 44:19, 30-39: 1. Lianne Harden 42:19, 2. Jeanne Hernandez 42:59, 3. Pam Nagami 45:24, 40-49: 1. Susan Carskadden 40:27, 2. Cay Paicic 43:29, 3. Carmen Connolly 45:09, 50-59: 1. Ethel Kleinsasser 53:45, 2. Dolores Kimbrough 54:40, 3. Georgia Masanovich 55:12, 60-69: 1. Letty Watkins 70:06, 2. Collie Greene 70:40.

Banana Slug Classic

May 18. Santa Cruz. 7 Mile.

Overall Results

1. Gilbert Munoz (26) 39:22
 2. Torin Rotstein (27) 40:09
 3. Ray Wieand (27) 40:55
 4. Scott Donnellan (28) 41:41
 5. Steve Krow-Lucas (32) 41:55
 6. Francisco Avila (30-39) 42:11
 7. Julios Ratti (30-39) 42:23
 8. Brendan Hutchinson (42) 42:44
 9. Juan Ruiz (18-29) 43:39
 10. Sammy Castillo (40) 43:44
 23. Glenn Unsicker (53) 48:03
 26. Diane McKeivey (30-40) 48:11
 33. Cheryl Clanton (30-39) 50:55
 80. Ulysses Ratti (60 & O) 1:01:21

Sundowner 3K

May 22. Tulare.

Overall Results

1. Jack Butler 8:4
 2. Rich Thiel 9:0
 3. David Dias 9:0
 4. Amador Ayon 9:2
 5. Frank Ortega 9:2
 6. Bill Cochran 9:3
 7. John San Amego 9:4
 8. John Putman 9:4
 9. Glen Mathis 9:4
 10. Luis Baodida 9:4

Results

Bay to Breakers

May 18. San Francisco. 12K.

Ed Eyestone from Provo, Utah set the new Examiner Bay to Breakers course record with a time of 34:32.5, beating last year's record by more than 20 seconds. Grete Waltz of Norway set the new women's course record with her first-place finish in 38:46.5, over a minute faster than last year's record. Cool temperatures and the fabled San Francisco fog did nothing to discourage over 102,000 from participating in the 75th anniversary celebration of the world's largest footrace.

First-place winners Eyestone and Waltz received trips for two to Paris on Pam American Airlines, a year's use of brand new BMW 325s and priceless gold and pave-diamond jewelry designed by Sidney Mobell.

Paul Cummings of Orem, Utah finished second in the men's division with a time of 35:32.5; and Mark Curp of Lee's Summit, Missouri came in third with a time of 35:33.9.

In the women's division, 1985 Examiner Bay to Breakers champion Joan Benoit Samuelson of Freeport, Maine finished second with a time of 39:09.8, 45 seconds faster than her winning time in 1985. Lisa Martin from Phoenix, Arizona came in third with a time of 40:13.6.

The Cal Aggies centipede finished first in their division for the nine consecutive year, only 11 seconds behind Waltz with a time of 38:58.

Top 100

1	Ed Eyestone, Provo	34:32
2	Paul Cummings, Orem, UT	35:32
3	Mark Curp, MO	35:33
4	Steve McCormack, San Diego	35:46
5	Andrew Lloyd, Australia	35:50
6	Rod Berry, Berkeley	35:55
7	Geoff Smith, E. Freetown, Mass	36:03
8	Ibrahim Hussein, Albuquerque	36:39
9	David Walters, Orlando, FL	36:42
10	Jeff Adkins, Martinez	36:43
11	Quanton Morley, Australia	36:46
12	Rod Dixon, N.Z.	36:50
13	Kevin Adams, Seattle, WA	36:57
14	Steve Blakemore, Reno, NV	37:30
15	Mark Patterson, S.F.	37:36
16	James Tracey, S.F.	37:38
17	Frank, S.F.	37:52
18	Thomas Laffey, Fairfield	37:55
19	Jim Renischler, Martinez	37:58
20	Aispuro, Aptos	37:59
21	Alan Dehlinger, Reno, NV	38:03
22	Bobby Adams, Moreno Valley	38:12
23	Reynolds, Cupertino	38:15
24	Robert Joy, Auckland, N.Z.	38:21
25	Sal Vasquez, Alameda	38:23
26	Jonathan Stokka, Fairfield	38:27
27	Cobos Armando, S.F.	38:28
28	Cushman, Chico	38:33
29	Unknown	38:34
30	Ronald Richardson, Vallejo	38:35
31	David Eagle, San Jose	38:36
32	Michael Pope	38:37
33	Robert Herndon, Sunnyvale	38:43
34	Magnani Massimo, Ferrara, Italy	38:44
35	Eddie Lanzain, S.F.	38:44
36	Mack Hall, Vallejo	38:45
37	Grete Waltz, Norway	38:46
38	Unknown	38:47
39	Tom Carlton, S.F.	38:48
40	Peanut Harms	38:51
41	Hal Schultz, San Anselmo	38:54
42	Joseph Kames, Eureka	39:05
43	Joan Benoit Samuelson, Maine	39:09
44	Robbie Wright, Stanford	39:10
45	Marshall Varano, San Diego	39:11
46	Frank Shorter, Boulder, CO	39:13
47	Joe Ballard, Antioch	39:21
48	Bailey, Pollock Pines	39:22
49	Lewandowski, S.F.	39:26
50	Charles Thompson, S.F.	39:26
51	Barlow, Walnut Creek	39:29
52	Brock Hinzmann, Palo Alto	39:30

53	Greg Gustafson, Portland, OR	39:31
54	Christopher Vicencio, Davis	39:31
55	McCabe, Rancho Cordova	39:33
56	Jim Moyles, Redwood City	39:34
57	Schmitt, Berkeley	39:42
58	Patrick Quirk, Burlington, NJ	39:48
59	Don Orr, Upland	39:47
60	Steve Hoil	39:51
61	Jim West, Hayward	39:52
62	Luis Sanchez, Santa Monica	39:53
63	Tad Beach, Oakland	39:54
64	Ames, S.F.	39:56
65	Gilbert Dean, Daly City	39:57
66	Naranjo, Watsonville	40:00
67	Michael Sullivan, San Bruno	40:00
68	Bob Blackman, Napa	40:03
69	Daniel Rusk, Chico	40:04
70	Clyde Matsumura, Santa Monica	40:05
71	Thomas Hartge, Portland, OR	40:07
72	Don Hicks, Rancho Cordova	40:09
73	Barry Starkey, Hayward	40:10
74	Steven Lewis, Livermore	40:12
75	Lisa Martin, Phoenix, AZ	40:13
76	Stephan Adams, Oakland	40:13
77	Werner Kalkofer, San Bruno	40:16
78	Brian Morony, Foster City	40:18
79	Alan Menkes, S.F.	40:23
80	Joseph Schieffer, Oakland	40:27
81	Roberto Mendez, S.F.	40:28
82	Andrew Hansen, S.F.	40:29
83	Tom Moriarty, Montrose	40:29
84	Glyn Reynolds	40:32
85	Michael Penney, S.F.	40:33
86	Phil Orr, Upland	40:35
87	Robert Nielsen, Menlo Park	40:38
88	Robert Darling, Jr., S.F.	40:39
89	Walter, Stockton	40:39
90	Michael Gennings, W.Germany	40:40
91	Chris Jagers, Berkeley	40:41
92	Bud Napoli, S.F.	40:41
93	Unknown	40:42
94	Tim Halpine, S.F.	40:43
95	David Lyle, S.F.	40:45
96	Steve Ottaway, San Anselmo	40:46
97	Unknown	40:48
98	John Yeong, S.F.	40:49
99	Mike Kriege, Sunnyvale	40:50
100	Gary Comfort, Pottsville, PA	40:51

Rotary Stampede

May 18. Redding. 6 Mile & 2 Mile.

Overall Results - 6 Mile

1	Gid Rysdam (24) Summit City	31:44
2	David Larabee (19) Burney	31:46
3	John Zinselmeir (38) Mad River	32:35
4	Steve Piles (30) Bella Vista	32:35
5	Mike Mangus (30) Redding	34:51
6	John Murphy (37) Redding	35:14
7	Forrest Stuckey (19) Redding	35:40
8	Dan Walters (37) Redding	35:48
9	Mark Stinson (24) Red Bluff	35:57
10	Horst Thiel (48) Redding	36:16
11	Chris Christensen (37) Fortuna	36:50
12	Michael Roberts (32) Ferndale	37:14
13	Ken Takao (25) Redding	37:27
14	Robert Malain (59) Redding	37:34
15	Larry Warren (45) Redding	37:37
16	Shawn Collins (31) Orland	37:54
17	Ron Prior (43) Redding	37:55
18	Jim Parker (41) Mt. Shasta	38:06
19	Verlin Johnson (40) Redding	38:24
20	Glenn Reed (47) Redding	38:28
21	Paul Flemming (44) Red Bluff	38:34
22	Dick Colohan (41) Redding	38:48
23	Lee Hunt (29) Redding	38:56
24	Guy Malain (33) Redding	39:02
25	Linda Doniak (41) CentralVly	39:11

Division Results - Men's 6 Mile

14 & Under: 1. Dean Addison 47:55. 15-19: 1. David Larabee 31:46. 20-29: 1. Gid Rysdam 31:44. 30-34: 1. Steve Piles 32:35. 35-39: 1. John Zinselmeir 32:35. 40-44: 1. Ron Prior 37:55. 45-49: 1. Horst Thiel 36:16. 50-54: 1. Bob Davies 44:46. 55 & Over: 1. Robert Malain 37:34.

Division Results - Women's 6 Mile

14 & Under: 1. Terri Horton 49:23. 15-19: 1. Robin Hensell 43:29. 20-29: 1. Jennifer Daniell 39:50. 30-34: 1. Nora Smith 40:59. 35-39: 1. Barbara Cosindas 45:12. 40-44: 1. Linda Doniak 39:11. 50-54: 1. Joan Sullens 51:52.

Overall Results - 2 Mile

1. Ernest Freer (20) Redding 9:36

2	Chuck MacDonald (39) Redding	10:13
3	Glenn Waldbridge (37) Old Shasta	10:29
4	Andy Forbes (29) Redding	10:40
5	Jim Mudd (38) Redding	10:42
6	Phillip Millard (15) Weaverville	10:48
7	Doug Carter (15) Palo Cedro	10:50
8	Collin Dazzi (43) Rio Dell	10:51
9	Tony Johnson (41) Redding	11:10
10	Ray Ruiz (40) Weaverville	11:13
11	Kevin Quigley (15) Anderson	11:14
12	Eddie Woods (16) Red Bluff	11:16
13	Ted Hillberg (34) Weaverville	11:17
14	Vance Hemphing (30) Redding	11:18
15	Dave Laffranchini (38) Weaverville	11:35
16	Tom Ruffner (38) Redding	11:36
17	Dan Spless (39) Redding	11:40
18	John DiPerry (40) Redding	11:44
19	Robert Galusha (45) Redding	11:50
20	Leon Andrews (28) Redding	11:52
21	Tom Engstrom (31) Redding	11:55
22	Gail Jones (31) Weaverville	11:55
23	Vincent Zinselmeir (12) Mad River	12:03
24	Clarke Morris (15) Weaverville	12:07
25	Larry Olson (38) Redding	12:10

Division Results - Men's 2 Mile

14 & Under: 1. Vincent Zinselmeir 12:03. 15-19: 1. Phillip Millard 10:48. 20-29: 1. Ernest Freer 9:36. 30-34: 1. Ted Hillberg 11:17. 35-39: 1. Chuck MacDonald 10:13. 40-44: 1. Colin Dazzi 10:51. 45-49: 1. Robert Galusha 11:50. 50-54: 1. Ralph Scott 13:06. 55 & Over: 1. Lawrence Forero 15:34.

Division Results - Women's 2 Mile

14 & Under: 1. Jennifer Stylr 13:19. 15-19: 1. Linda Frank 12:39. 20-29: 1. Eileen McIntyre 12:21. 30-34: 1. Gail Jones 11:55. 35-39: 1. Nancy Ruffner 12:41. 40-44: 1. Esther Meader 15:47. 45-49: 1. Donna Dalton 15:06. 50-54: 1. Pat Hanna 16:26. 55 & Over: 1. Mary Malain 14:42.

Florist Flower Runs

May 18. Westlake Village. 5K & 10K.

Overall Results - 5K

1	Mike Smith (23) Oxnard	15:47
2	Charles Hubbard (24) Burbank	16:07
3	Paul Myers (19) Thous.Oaks	16:14
4	Steve Lyons (32) Pt.Hueneme	16:25
5	John Rogers (16) Thous.Oaks	16:26
6	Phillip DeLaCerde (35) Sylmar	16:31
7	John Achenbach (21) Thous.Oaks	16:39
8	Henry Lange, Jr (37) Bev.Hills	16:45
9	David Sojka (22) SimiVly	16:48
10	Mark Dawson (31) Reseda	16:50
11	Al Davis (35) Pomona	16:53
12	Tim Farrell (15) Thous.Oaks	16:55
13	Nick Trozzi (25) Panorama City	17:00
14	Peter DeLaCerde (14) Sylmar	17:01
15	Joe Jacobsen (42) WestkVlg	17:07
16	Adam Taylor (19) WestkVlg	17:16
17	Jeffrey Dahly (30) WoodlDHI	17:26
18	Roy Burleson (42) Thous.Oaks	17:33
19	John Kearney (24) Reseda	17:34
20	Ed Kitchen (27) Thous.Oaks	17:40
21	Dan Jeanjaquet (16) ThousOk	17:43
22	Jose Sanchez (15) Oxnard	17:51
23	Eric Kobrine (16) WoodlDHI	17:56
24	Ian Jackson (19) Thous.Oaks	18:04
25	John Puerto (46) Agoura	18:06
26	Steve Reyes (14) Oxnard	18:11
27	Gary Lynn (35) Thous.Oaks	18:12
28	Gary Posekian (30) MammothLk	18:16
29	Lott Steffey (41) NewburyPk	18:17
30	Russell Stockard (39) Agoura	18:22
31	Mike Hash (38) Sepulveda	18:25
32	Joyce Klausmeier (29) SimiVly	18:28
33	Chris Harris (15) NewburyPk	18:30
34	Michael Lovell (42) Thous.Oaks	18:34
35	Charles McTaggart (44) WoodlHI	18:34
36	Ron Baumsteiger (44) Moorpark	18:35
37	Tom Fletcher (47) Canoga Pk	18:38
38	Ian Iverson (42) MarinaDelRey	18:40
39	Jerry Withers (56) L.A.	18:41
40	Peter Faust (50) WoodlDHI	18:42
41	Gina Faust (49) WoodlDHI	18:48
42	Judy Kewley (41) SimiVly	19:18
43	Angle Lovell (14) Thous.Oaks	20:11
44	Rita Schnepf (31) Malibu	20:13
45	Margaret Miller (60) Thous.Oaks	21:22
46	Barbara Gormley (16) Thous.Oaks	22:13
47	Bob Albin (61) Chatsworth	23:47
48	Patricia Pruitt (56) Walnut	24:14
49	Lynne Hurrell (51) Thous.Oaks	24:21

Overall Results - 10K

1	Jim Hughes (39) SimiVly	33:35
2	Steve Bitterly (30) CanogaPk	34:02
3	Lee Lubin (19) CanogaPk	34:28
4	Mike Barton (18) NewburyPk	34:40
5	Robert Radnoti (28) Camarillo	35:09
6	Shane Eggers (27) NewburyPk	35:27
7	Carl Fout (25) Valencia	35:50
8	Steve Lyons (32) Pt.Hueneme	36:02
9	Joe Jacobsen (42) WestkVlg	36:46
10	Steve Powell (35) NewburyPk	37:02
11	Phil DeLaCerde (35) Sylmar	37:10
12	Ralph Casillas (34) Oxnard	37:13
13	Joe Calhoun (38) SimiVly	37:25
14	Scott Loftin (29) SimiVly	37:40
15	Mike McElvany (30) NewburyPk	37:43
16	Charlie Hoover (37) Sepulveda	37:44
17	Jeffrey Dahly (30) WoodlDHI	37:54
18	Panome (27)	38:00
19	Bob Milam (40) Agoura	38:00
20	William Schrader (16) ThousO	38:24
21	Silvester Vega (30) Camarillo	38:29
22	Gene Ball (40) Oxnard	38:31
23	Vicente Rivera (26) ElMonte	38:57
24	Dave Haman (25) CanogaPk	39:06
25	Craig Mead (33) Northridge	39:26
26	Rich Hart (33) Northridge	39:36
27	Joyce Klausmeier (29) SimiVly	39:41
28	Gary Lynn (35) Thous.Oaks	39:49
29	Mike Belcher (29) Thous.Oaks	39:57
30	Susan Lunt (27) CanogaPk	40:01
31	David Watts (45) Thous.Oaks	40:05
32	Carol Uphoff (32) HermosaBch	40:53
33	Peter DeLaCerde (14) Sylmar	41:14
34	Gina Faust (49) WoodlandHI	41:31
35	Wayne Fong (51) Chatsworth	42:01
36	Gunnar Brickner (60) MarinaDR	43:21
37	Robert Strobel (55) L.A.	44:07
38	Marie Stevenson (41) ThousO	44:29
39	Stephanie Weich (38) S.Barbara	47:38
40	Josefina Sanchez (12) Oxnard	52:03
41	Bea House (59) Oxnard	67:59

Descente Star Test

May 18. Los Osos. 10K.

Overall Results

1	Steve Flynn (30) ArroyoGr	33:02
2	Danny Kerecman (28) Los Osos	33:18
3	Thierry Ross (31) SLO	34:03
4	Paul Lee (25) Santa Maria	34:06
5	Glenn Harvey (24) Oceano	35:09
6	Barry Lant (25) SLO	36:55
7	Rudy Dressendorfer (43) SLO	36:55
8	Mark Roberts (19) SLO	37:09
9	Richard Phelps (16) Ventura	38:34
10	Catherine Hennelly (26) SLO	39:24
11	Sheri McCarroll (22) Shell Bch	41:04
12	Richard Miller (52) Arroyo Gr	43:49
13	Mary Lopez (39) SLO	45:43
14	Gail Hohenstein (35) Arroyo Gr	46:08
15	Tracy Gaston (25) Lompoc	47:35

2 Person 14 Mile Relay

from Jim Scarborough

May 18. La Mirada Park.

Division Results

37 & Under: 1. Robert Sandberg/Dean King 1:19:26. 38-59: 1. John Holton/Rob Slick 1:12:05. 60-69: 1. Vince Lopez/Vic Bello 1:20:00. 70-79: 1. Michael Lees/Art Martinez 1:25:20. 80-89: 1. Joel Grant/Glenn DeSilva 1:22:37. 90-99: 1. Fred Goldman/Dan Goldman 1:30:30. 110-119: 1. Richard Flores/Stan Neufeld 1:32:02. 120-139: 1. John Cotton/Paul Ritchie 1:38:03. Mother-Son: 1. Morena Fortie/Mickey Fortie 1:41:42. Father-Daughter: 1. Pete Zapalowski/Stephanie Zapalowski 1:33:12. Father-Son: 1. D. Bunn/P. Bunn 1:35:30. Male-Female: 1. Julie Dierin/Tom Doering 1:22:27.

Results

Kaiser Permanente

May 16. Fontana. 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Keith Richards 19:48, 2. Anthony Leger 22:01, 3. Luciano Lopez 22:30. 13-16: 1. Steve Miranda 17:22, 2. David Lemos 17:46, 3. Billy Sandlin 18:28, 17-19: 1. Hector Rodriguez 18:19, 2. Don Redmond 18:19, 3. Mike Franco 20:04. 20-29: 1. Gilbert Mata 16:05, 2. John Butterworth 17:17, 3. Richard Apodaca 18:22. 30-39: 1. Chris Melvin 16:39, 2. Barry Foose 16:41, 3. Mike Devaney 17:27. 40-49: 1. Bobby Roberts 18:05, 2. Tony Spore 18:27, 3. Fred Glover 18:29. 50-59: 1. Bill Crum 18:10, 2. Remy Burkel 21:38, 3. Alan Carlisle 22:21. 60 & Over: 1. Joe Fleischmann 22:41, 2. Bill Hopkins 23:49, 3. Ed Rumble 24:16.

Division Results - Women's 5K

12 & Under: 1. Allison Norell 23:18, 2. Jennifer Casperson 29:39, 3. Millissa Dogero 30:33. 13-16: 1. Moneca Lemos 22:19, 2. Kim Johnson 22:50, 3. Stephanie Richards 24:18, 17-19: 1. Cathy King 20:58, 2. Karen Urban 33:57, 3. Cheryl Beckner 35:27. 20-29: 1. Linda Vidgerar 21:04, 2. Nancy Stevenson 23:35, 3. Pamela Ligouri 24:00. 30-39: 1. Sandy Robbins 19:39, 2. Mary Ann Mera 19:48, 3. Sena Peterson 21:27. 40-49: 1. Margaret Shields 23:39, 2. Claire Reid 25:38, 3. Pamela Lankarani 26:21. 50 & Over: 1. Joan Macey 33:05, 2. Darlene Mitchell 39:06, 3. Gloria Barch 41:52.

Division Results - Men's 10K

12 & Under: 1. Joe Burleson 47:06, 2. Daniel Rowand 52:48. 13-16: 1. Michael Hewitt 38:40, 2. Moses Hernandez 39:22, 3. Eric Hernandez 42:54. 17-19: 1. Humberto Sosa 36:17, 2. Roberto Peredia 41:54, 3. Mike Franco 47:04. 20-29: 1. David Swiderski 34:29, 2. Mike Schutten 34:41, 3. Mark Sharzer 37:41. 30-39: 1. Chris Melvin 35:37, 2. Mike Devaney 36:35, 3. John Mills 37:00. 40-49: 1. Mike Fuller 37:22, 2. James Korb 37:57, 3. Ron Lowy 39:55. 50-59: 1. George Martinez 40:33, 2. Don Moore 42:50, 3. Alan Carlisle 43:32. 60 & Over: 1. Frank Ramos 42:28, 2. Jose Canchola 45:20.

Division Results - Women's 10K

13-16: 1. Trish Parker 47:45, 17-19: 1. Stacy Webb 47:56. 20-29: 1. Doreen Assumma Fay 40:06, 2. Jane Boren 53:20, 3. Colleen Cassidy 55:40. 30-39: 1. Ellen Coleman 41:55, 2. Margaret Montoya 41:59, 3. Lydia Ramos 44:28. 40-49: 1. Betty Spurgeon 54:51, 2. Linda Ewart 56:24, 3. Shirley Tuley 1:00:29. 60 & Over: 1. Sheila Miller 1:00:36.

Run For Health

May 18. Ukiah. 3.34 Mile & 1 Mile.

Overall Results - 3.34 Mile

1	Bill Davis (30) Ukiah	19:46
2	Dexter Keehn (38) PotterV	30:34
3	Rob Anderson (43) Ukiah	21:11
4	Lang Russell (45) Ukiah	21:22
5	Roger Schwartz (32) Nice	21:32
6	James Jacobs (52) S.F.	21:37
7	Jim Pickens (37) Ukiah	21:43
8	Doug Anthes (39) Ukiah	22:09
9	Eric Johnson (39) Willits	22:13
10	Bruce Cottrell (31) Redwood V	22:38
14	Connie Kondo (27) Kelseyville	23:34
21	Cam Downey (34) Lakeport	25:25
25	Bonnie Springer (39) Potter V	26:08
26	Sarah Elizares (36) Kelseyville	26:44
28	Alice Craddick (57) S.F.	27:06
36	Suzanne Walsh (43) Ukiah	29:26
45	Maria Carlsen (64) Sebastopol	32:28

Overall Results - 1 Mile

1	Jerry Drew (27) Ukiah	4:50
2	James Connerton (40) Ukiah	5:16
3	Paul Jepson (43) Ukiah	5:42
4	Tim Ricketts (16) Redwood V	5:53
5	John Case (19) Ukiah	5:55

6	Steve Ahl (42) Ukiah	6:03
7	Dan Chia (14) Ukiah	6:26
8	Keith Hoerman (11) Kelseyville	6:36
9	Keith Lincoln (14) Ukiah	6:45
10	Ed Isnard (52) Ukiah	6:47
11	Kristen Weiden (15) Kelseyville	6:48
12	Dawn Weldon (11) Kelseyville	6:50
14	Lena Case (15) Ukiah	6:57
16	Pamela Shupe (16) Ukiah	7:03
31	Heather Quigley (12) Ukiah	8:43
32	Harvey Clarke (64) Hopland	8:44
37	June Knipping (47) Ukiah	9:29

Western Days 10K

May 24. Valley Center.

Division Results - Men

17 & Under: 1. Gerardo Ruiz 38:39, 2. Rene Zapeda 38:27, 3. Tim Harland 41:54. 18-29: 1. Jon Black 33:09, 2. Jim Sheremeta 34:36, 3. Dion Panzard 37:24. 30-39: 1. D.J. Smalley 34:59, 2. Jon Crossen 35:47, 3. Bill Johnson 38:40. 40-49: 1. Coleman Wilson 38:47, 2. Pete Larson 38:48, 3. Mike Martin 39:17. 50-59: 1. Warren Osborn 39:43, 2. Richard Marrs 43:38, 3. Chris Christlieb 47:43. 60 & Over: 1. Jack Smothers 48:16, 2. Lowell Tozer 48:30, 3. John Donnelly 59:02.

Division Results - Women

17 & Under: 1. Cherie Nydam 51:31, 2. Elizabeth Florelio 54:06, 3. Katie Thornburgh 58:09. 18-29: 1. Pauline Stehly 37:45, 2. Simone Wille 45:28, 3. Cindy Glennie 46:55. 30-39: 1. Jerrilyn Sober 48:52, 2. Theresa Taylor 50:05, 3. Marilyn Kunkel 50:12. 40-49: 1. Diane Dickerson 50:14, 2. Kiane Wilson 54:16, 3. Judy Tiffany 56:03. 50 & Over: 1. Martha Walker 50:33, 2. Virginia Skiffington 58:25.

Memorial Day 5K

May 24. Farmersville.

Division Results - Men

13-17: 1. Peter Perda 16:06, 2. Danny Valdovinos 17:42, 3. Francisco Villaseñor 19:57. 18 & Over: 1. Jack Patino 14:59, 2. Tony Rmalrez 15:09, 3. Charles Breshears 16:22.

Division Results - Women

18 & Over: 1. Loretta Cruz 19:28.

Exercise for Health Day

from Jim Kellas

May 24. Fresno. 9K & 2 Mile.

(No Times Available)

Division Results - Men's 2 Mile

14 & Under: 1. John Demaggio. 19-24: 1. Keith Storton. 25-29: 1. John Devere. 30-35: 1. Bruce Anderson. 36-39: 1. Jeff Chadwick. 40-45: 1. Chuck Diddy. 46-50: 1. Earl Bradford. 51-60: 1. Jack Watts.

Division Results - Women's 2 Mile

14 & Under: 1. Andrea Cordova. 19-24: 1. Tiffany Shaw. 25-29: 1. Julie Brenning. 30-35: 1. Rhonda Waters. 36-39: 1. Louis Graves. 40-45: 1. Lorena Sarz. 46-50: 1. Judy Miller. 51-60: 1. Elaine Clark.

Division Results - Men's 9K

19-24: 1. Tim Davidson. 25-29: 1. Dan Ferguson. 30-35: 1. Hermilio Guerrero. 36-39: 1. Maeyama. 40-45: 1. Gerald Alexander. 46-50: 1. Jerry Carr. 51-60: 1. Clarence Parker. Over 60: 1. Leland Scott.

Division Results - Women's 9K

19-24: 1. Stephanie Sheldon. 25-29: 1. Nellie Gonzales. 30-35: 1. Nancy Flynn. 36-39: 1. Randy Robinson. 40-45: 1. Carolyn Cambell. 46-50: 1. Faye Daily.

Pacific Sun 10K

May 26. Marin.

Masters P/ATAC Championships

There may have been heavy fog conditions in San Francisco, but Marin proved

to have its typical warm Memorial Day weather for the 9th Annual running of the race. The event was sponsored by Ross General Hospital, the Pacific Sun Newspaper, Mountain High Yogurt and Tamalpa Runners. Over \$2,500 of prize money was at stake in the Open and Masters Divisions.

This year brought in new master category runners and competition with newly turned master, Bill Sevald (31:29), winning out over the ever dominant Sal Vasquez to take the 40-49 (31:50) title (next year there will be 5 year age groups). Bill was also first overall in the Cherry Blossom Kimochi 5 Mile Run on April 21. The top women's master was handily won by Juava Stavolone of San Jose in 36:58 with Joan Colman in 39:08 for second. As expected Vickie Bigelow won the 50+ category; she won't be challenged until Sister Marion comes back from her injury. Jaclyn Caselli easily won the 60+ category in 48:16 repeating last year's win for her age group.

John Moreno, well on the comeback trail, was first overall in 30:17 well short of Derek May's 29:23 set in 1985. He was followed by the tandem of Dan Aldridge and Joaquin Leano hitting the track stadium with 330 to go; Dan was able to outkick Leano in spite of racing the previous day for second place in 30:38.

Terry Puckett of Reno beat Leslie McMullin's 1985 time of 35:00 with a 34:38 followed closely by Sharlet Gilbert's 34:57. Heidi Perham managed to outkick Laurie Binder 35:38 to 35:39 for third place. Some 1000 runners finished in the race.

Division Results - Men

14 & Under: 1. Mathew Metzger 37:33, 2. Dino Daniels 42:47, 3. Michael Michaud 43:43. 15-18: 1. Douglas Stavolone 35:48, 2. Dave Liotta 36:43, 3. Willie Guerrero 38:11. 19-29: 1. Dan Aldridge 30:38, 2. Joaquin Leano 30:44, 3. Scott Steinmaos 31:22. 30-39: 1. John Moreno 30:17, 2. Rob Heierle 31:35, 3. Steve Ferraz 32:40. 40-49: 1. Bill Sevald 31:29, 2. Sal Vasquez 31:50, 3. Fritz Watson 32:39. 50-59: 1. Morton Gray 36:01, 2. Roger Daniels 36:11, 3. Carl Ellsworth 36:47. 60 & Over: 1. Joe King 38:13, 2. Karl Bollinger 42:27, 3. Don Wilgos 49:54.

Division Results - Women

14 & Under: 1. Dawna Hippe 64:55. 15-18: 1. Deelynn Beardall 44:16, 2. Nancy Adler 53:52, 3. Meredith Husted 53:52. 19-29: 1. Heidi Perham 35:38, 2. Sarah Tabbutt 36:06, 3. Laura Schmitt 37:56. 30-39: 1. Terry Puckett 34:38, 2. Sharlet Gilbert 34:57, 3. Laurie Binder 35:39. 40-49: 1. Juava Stavolone 36:58, 2. Joan Colman 39:08, 3. Moie Koaaler 39:37. 50-59: 1. Vickie Bigelow 40:08, 2. Kay Willoughby 41:58, 3. Marty Marice 45:49. 60 & Over: 1. Jaclyn Caselli 48:16, 2. Kit Pickles 51:40, 3. Els Tuinzing 54:44.

Bolder Boulder 10K

May 26. Boulder, CO.

Arturo Barrios of Mexico held back early and stormed to the front late, while Portugal's Rosa Mota took the lead early and never looked back, but though their styles contrasted sharply both were easy victors in the eighth annual Bolder Boulder 10K.

Temperatures in the upper 50's with cloudy skies and a breeze made for pleasant conditions as the runners chased over \$60,000 in prize money on the hilly, high altitude course. This was to be a day dominated by foreign runners, as nine of the top ten finishers in the men's race and four of the top ten in the women's race did not hail from the United States.

Barrios and Pacheco remained nine seconds behind the powerful lead group, still led by Koech, through two miles (9:10), and were gaining ever so slightly when, just prior to the three mile mark, Koech surged. Only Ibrahim Hussein stayed with the Kenyan through three

miles (13:57), while the remainder of the early lead pack dropped 15 yards back.

Just past the four mile mark, at the highest point of the course, the duo from Mexico easily ran past a tiring Koech to take over first and second place. Barrios pulled away from Pacheco a mile later, then strode to a course record of 28:46. Barrios was followed 11 seconds later by Pacheco and a third Mexican, Gerardo Alcalá, who passed early leader Koech prior to entering the stadium to make it a 1-2-3 finish for Mexico. The first American was Dave Barney of Phoenix, who placed eighth overall in 29:44.

Mota took control of the women's race early with a 5:10 first mile, which put a 70 yard gap between herself and New Zealand runner Debbie Elsmore, with Maureen Custy, Nancy Rooks, Genoveba Dominguez and Kathy Pfeifer strung out behind. The 1984 Olympic Marathon bronze medalist was never seriously challenged, as she sped to a 33:54 victory, the fastest of her three Boulder wins.

When asked what happened to her pre-race plan of staying in the pack and letting other women lead early, Mota replied, "I forgot."

In the Masters race, Mike Hurd continued his winning ways with a 32:16, picking up \$1,200 for his efforts, while Gabriele Andersen captured the Masters Women's title with a 36:59 clocking.

Overall Results - Men

1	Arturo Barrios, Mex.,	\$5,088	28:46
2	Francisco Pacheco, Mex.,	\$3,329	28:57
3	Gerrardo Alcalá, Mex.,	\$2,442	29:15
4	Peter Koech, Kenya,	\$1,838	29:27
5	Joseph Kipsang, Was. DC,	\$1,791	29:29
15	Steve McCormack, S.D.,	\$798	30:03

Overall Results - Women

1	Rosa Mota, Portugal,	\$7,104	33:54
2	Nancy Rooks, Canada,	\$2,880	34:18
3	Maureen Custy, Denver,	\$2,259	34:48
4	Carol McLatchie, Hou. Tx,	\$2,049	34:52
5	Jennie Peters, B.R., LA,	\$1,735	35:01
8	Robyn Root, SLO,	\$971	35:21
13	Jan Merrill, New London, CT,	\$244	35:58



FOR RUNNERS RACE NUMBERS

\$10.95 per Box
10 gross
1440 pins
10 boxes/\$9.00 each

Also:
RACE SUPPLIES
Traffic Cones
Safety Vests
Banners, etc.

Jack's Athletic Supply
P.O. Box 459
San Carlos, CA 94070
(415) 595-2249

Results

Coronado Memorial Day 10K

May 26. Coronado.

Overall Results - Men

1 Terry Cotton	29:20
2 Rich Brownsberger	29:39
3 Mark Donohue	29:47
4 Don Cornell	30:00
5 Ken Souza	30:19
6 Kevin McCarey	30:11
7 Robert Lusitana	30:43
8 Pinon Luis	30:46
9 Sean Evans	30:59
10 Keith Withauer	31:00

Overall Results - Women

1 Susan Berenda	33:37
2 Liz Baker	34:53
3 Mindy Ireland	35:40
4 Mary Akins	36:10
5 Sherry Simmons	36:17
6 Lita Lux	37:06
7 Oonagh Bruni	37:25
8 A Wassmek	37:26
9 Kim Campo	37:33
10 Harolene Waters	37:35

Division Results - Men

17 & Under: 1. Carter Yarborough 33:34, 2. Michael Contos 33:59, 3. Barry Oliver 34:20. **18-29:** 1. Ron Carnell 30:00, 2. Ken Souza 30:19, 3. Robert Lusitana 30:43, 30-39: 1. Kevin McCarey 30:41, 2. Keith Withauer 31:00, 3. Jeff Rigdon 32:24, 40-49: 1. Wm. Harvey 32:59, 2. Gordon Lutes 34:26, 3. Don Shanahan 35:08, 50-59: 1. Bill Crum 36:50, 2. Jerry Berkouf 37:04, 3. Marshall Haradon 37:53. **60 & Over:** 1. Jim O'Neil 36:03, 2. Frank Campbell 55:59, 3. Bob Hutchins 60:58. **Wheelchair:** 1. Mike Trejillo 27:04, 2. Rubin Varela 31:16, 3. Bill Fricke 34:12.

Division Results - Women

17 & Under: 1. Kelly Howard 44:01, 2. Shirley Olivarez 47:43, 3. Sandra Escobedo 55:53. **18-29:** 1. Mary Akins 36:10, 2. Sherry Simmons 36:19, 3. Lita Lux 37:06. **30-39:** 1. Oonagh Bruni 37:26, 2. Kimberlee Campo 37:33, 3. Karen Yeager 39:51. **40-49:** 1. Harolene Waters 37:35, 2. Sharon Gruiner 40:28, 3. Ursula Rains 41:44. **50-59:** 1. Caroline Murray 43:05, 2. Chris Cromer 53:35, 3. Enid Parr 55:20. **60 & Over:** 1. Mary Storey 46:56, 2. Virginia Hastings 53:12, 3. Julie Part 65:40.

Stroh's Super Run

May 29. Stateline, Nv.

Winning \$500,000 in the Stroh's Super Run II America's Race came as a great relief for Jeffrey Smith of Boulder, CO and his young family.

The 10 kilometer run, with an immediate \$10,000 payoff, was nearly a must win situation for Smith, 24, who has had a difficult time making ends meet. A student at the University of Colorado, he is married and has two children. In fact, his second child was born only two weeks before he came to Lake Tahoe. The semester was running out, and so was his student loan money.

"The first feeling when I crossed the finish line was relief," Smith said. "I knew my chances were good and I needed the check."

The \$500,000 prizes paid to both the men's and women's winners are doled out at the rate of \$10,000 a year for 50 years. The Stroh Brewery Company as sponsors of the run guaranteed this payment. If the winner doesn't live the full 50 years the remaining money goes to his or her heirs.

As for Smith, he was sidelined six years ago with a back injury and began running only a year ago. He has upgraded his training regimen to 70-80 miles a week and trains when he can with Italy's 10,000

meter Olympic gold medalist Alberto Cova.

The women's division winner was Mary Regina Sperry of South Burlington, VT. Sperry's lifestyle revolves around fitness and sports. She manages the Twin Oaks Tennis and Fitness Center in South Burlington and came to the Stroh's Super Run after posting a 2:49.34 as she finished 18th in the Boston Marathon.

"I saw the Stroh's Super Run application in a running store," Sperry said. "My friends encouraged me to enter. My training tapered off after Boston, but I decided to go for it."

In addition to their first installment of \$10,000 check, Smith and Sperry won two original lead crystal trophies valued at \$10,000 each. A third trophy, unique in the sport is planned by executive producer Chuck Foster to be the centerpiece of a proposed running hall of fame. Included in their prizes were two Ford Aerostar vans donated by Federal Express. All of the 99 participants received merchandise awards.

"Both wins were convincing," said John Hellweg, Stroh vice president of marketing services. "Smith's winning mark of 30:52.25 was 20 seconds faster than runner up Pat Davey of Knoxville, TN. Sperry won her title with a time of 35:48.95, outdistancing second place Elizabeth Downing of Portland, Oregon by more than two minutes."

Hellweg added Stroh's was proud to be able to help support this event and was pleased to award Smith and Sperry with the prize money.

Participants of the Stroh's Super Run II are ineligible for future Super Runs under the eligibility rules of the event. Unlike the Olympics, in which athletes can "go for the gold" every four years, the Stroh's Super Run is a once-in-a-lifetime opportunity.

The final Mayor's One Mile Rockport Fitness Walk was participated in by 300 persons, including former gold medalists Bob Mathias and Billy Mills. The series of non-competitive walks, sponsored by the Rockport Company, leading maker of leisure footwear, was designed to encourage walking as an aerobic activity.

Overall Results - Men

1 Jeffrey Smith, Lakewood, CO	30:52
2 Pat Davey, Knoxville, TN	31:13
3 William Adams, Hampton, Virg.	31:20
4 David Allen, GreenBay, WI	31:48
5 Robert Manzanares, Santa Fe, NM	32:01
6 Kris Mueller, Anchorage, AK	32:07
7 John McCracken, Lincoln, NB	32:18
8 Glenn Wimer, Scranton, PA	32:23
9 Gregory Avery, Tulsa, OK	32:33
10 William Knapp, Carson City, NV	32:43

Overall Results - Women

1 Mary Sperry, Burlington, VM	35:48
2 Elizabeth Downing, Port. OR	37:57
3 Dawn Campbell, Quincy, IL	38:15
4 Kathy Matson, Provo, UT	38:17
5 Deborah Maglike, Billings, MT	38:24
6 Patti Ritterling, Lincoln, NB	38:40
7 Debra Sharp, Pt. Hueneme, CA	38:56
8 Catherine Stachecki-Pakla, MI	39:10
9 Shauna Guscott, Tacoma, WA	39:11
10 Joan Westphal, Laconia, NH	39:32

High Desert Hospital Runs

May 31. Lancaster. 5K & 10K.

Overall Results - 5K

1 Casey Jones (27)	16:29
2 Todd Kerzie (17)	16:41
3 Sammie Culver (36)	16:55
4 Stephen Whitmore (30)	17:02
5 Ted Kerzie (15)	17:48
6 George Berg (38)	18:40
7 Bob Leiker (30)	19:18
8 Craig Cieslik (13)	19:53
9 Jack Satterthwaite (56)	19:55
10 Gunnar Brickner (60)	20:25
11 Mel Elliott (55)	21:28
12 Cheryl Cieslik (15)	23:42
24 Elizabeth Blair (37)	24:07

29 Shellie Bradley (30)	24:56
30 Pat Fletcher (39)	25:12
31 Laura Henry (14)	25:36

Overall Results - 10K

1 Max White (35)	34:56
2 Alan Warren (33)	36:25
3 Stan Johnson (30)	39:47
4 John Berg (15)	39:50
5 Cordell Telford (28)	40:02
6 Marc Trinklein (29)	41:18
7 Richard Cooper (42)	41:27
8 Paul Meister (39)	42:20
9 Frank Czajkowski (39)	43:01
10 Bruce Bryan (37)	43:04
11 Ollie Biederman (54)	43:24
12 Jayne Wilson (25)	43:46
14 Jim Talley (65)	45:23
22 Margaret Chipman (47)	52:06
25 Kathy White (30)	53:49

Bob Seagren Run

May 31. West Los Angeles. 5K & 10K.

Division Results - Men

12 & Under: 1. Chip English 19:36, 2. Raul Ramirez 22:13, 3. Samuel Singh 22:33, 13-17: 1. Jason Hollingsworth 18:26, 2. Premnath Maharaj 18:52, 3. Mike Milhalet 19:06. **18-24:** 1. Steve Gilbert 15:40, 2. Shawn Elmore 15:50, 3. Chuck Hubbard 16:10. **25-29:** 1. Eugene Muslar 16:29, 2. David Green 16:37, 3. Joe Terrones 17:01. **30-34:** 1. Gary Nitti 16:04, 2. Bo Gonzalez 16:50, 3. Carl Allen 18:19. **35-39:** 1. Salvador Gonzales 17:21, 2. Jerry Skinner 18:02, 3. Mike Hash 18:39. **40-44:** 1. George Myers 20:53, 2. Richard Wilder 21:05, 3. Ed Tracy 21:16. **45-49:** 1. Brian Fernee 17:23, 2. Nelson Crader 18:04, 3. Peter Johnson 18:37. **50-59:** 1. Paul Saucedo 18:55, 2. Sonny Monioz 19:06, 3. Frank Greene 19:12. **60 & Over:** 1. Larry Banuelos 20:16, 2. Phil Jones 22:04, 3. Joseph Rossi 23:42.

Division Results - Women

12 & Under: 1. Sara Rhodes 28:46, 2. Dena Tornez 31:30, 3. Elaine Hernandez 34:11. **13-17:** 1. Angie Haro 20:11, 2. Keri Kaw 23:53, 3. Tara Scott 27:34. **18-24:** 1. Caroline Haro 21:33, 2. Angie Padilla 22:33, 3. Christy Pakkala 25:13. **25-29:** 1. Lari Bright 17:52, 2. Evelyn Silvey 18:05, 3. Gail Leopold 21:12. **30-34:** 1. Dr. Cecilia Ramos 19:48, 2. Becky Valentine 22:07, 3. Mieke Sugimoto 22:14. **35-39:** 1. Michele Tiff 18:53, 2. Evan Levy 24:59, 3. Elyse Newton 25:30. **40-44:** 1. Neva Lequin 24:03, 2. Sandy Pirkle 26:54, 3. Joyce Ashimine 26:59. **45-49:** 1. Rita Rillmore 20:09, 2. Bettye Hamonds 24:06, 3. Wanda Whitmore 25:53. **50-59:** 1. Patricia Pruitt 23:49, 2. Willa Gupta 30:16, 3. Jean Windishar 30:54. **60 & Over:** 1. Helen Dick 21:53, 2. Raye Johnson 23:50, 3. Marylou Jones 28:31.

Division Results - Men's 10K

12 & Under: 1. Scott Anderson 47:23, 2. Jeremy Cole 50:08, 3. Steve Noe 53:51. **13-17:** 1. Chris Furie 37:51, 2. Paul Soroudi 38:37, 3. Martin Boer 40:59. **18-24:** 1. Peter McConnell 33:34, 2. Joaquin Roja 33:54, 3. Efen Garcia 36:10. **25-29:** 1. Virtue Ishihara 34:56, 2. Victor Canel-Jr 36:32, 3. Art DeLaParra 38:57. **30-34:** 1. Ron Gee 31:45, 2. Eric Parker 35:30, 3. Herbert Fragoza 38:57. **35-39:** 1. Stephen Keyes 35:29, 2. Bill McCarthy 36:18, 3. Steve Mangum 37:51. **40-44:** 1. Robert Davison 35:34, 2. Dan Ashimine 35:48, 3. Ruben Navarro 37:47. **45-49:** 1. Jim Armantrout 38:05, 2. Milt Rubin 41:01, 3. Jerry Van Meter 41:28. **50-59:** 1. John Murphy 41:55, 2. Nash Rivera 42:23, 3. T. Oyhopper 43:34. **60 & Over:** 1. Eddie Lewin 43:20, 2. Harry Grant 54:35, 3. Don Gates 55:04.

Division Results - Women's 10K

12 & Under: 1. Kirsten Bahrens 58:41. **13-17:** 1. Suzie Lipton 56:27. **18-24:** 1. Rebecca Sondhelm 47:42, 2. Gayle Nakasaki 48:33, 3. Edith Mak 49:26. **25-29:** 1. Mary Tracey 36:50, 2. Elaine Flynn 39:05, 3. Marie Earl 39:48. **30-34:** 1. Dya Singh Khalsa 40:38, 2. Ariene Uciniski 43:15, 3. Nancy Cousineau. **35-39:** 1. Sheila Mann 49:13, 2. Chris Desterling 49:34, 3. Beverly Darenbourg 52:43. **40-44:** 1. Judy Carney 44:32, 2. Marie

Stevenson 44:42, 3. Suzie Klein 45:48. **45-49:** 1. Elaine Murphy 46:24, 2. Mildred Prison 57:32. **50-59:** 1. Atsuko Fujimoto 47:38, 2. Sue Hughey 1:02:31, 3. Felicia Hammond 1:08:02. **60 & Over:** 1. Daisy Wong 59:21, 2. Diana Grant 1:05:58, 3. Lucile Adney 1:13:42.

May 31. West Los Angeles. 10K.

Overall Results

1 Paul Manocchio (27)	38:29
2 Augustine Luna (25)	39:09
3 Darrell Ray (39)	47:03
4 Ed Hensley (33)	47:23
5 David Moran (37)	47:56
6 Neil Yarema (52)	50:27
7 Scott Zemer (26)	53:54
8 Jerry Davila (28)	1:32:22

Corporation Results

1 Unocal	3:38:52
2 Writers Guild	3:42:53

Up and Running

May 31. Cupertino. 10K.

More than 2,000 runners were "Up and Running" in any one of three events hosted by Tandem Computers. Staged from their Cupertino headquarters Tandem's "Up and Running" included a 2-Mile Fun Run, the Trike & Trot (for aspiring athletes 6 yrs. old and under) and a very serious 10K race.

Many of the Silicon Valley's swiftest athletes made it to the 8:00 a.m. start. Forty-six runners, including two women runners and two men in wheelchairs, covered the relatively flat 10K course in under 38 minutes. Wheelchair record holder Gary Kerr turned out to be the fastest athlete on the course with his 29:08 finish. He was followed closely by runner Dan Gonzalez with a 29:49 finish. Sharlet Gilbert was not only the fastest woman with her 34:27 she also achieved a new personal 10K record.

Having missed a first place vacation prize by a fraction of a second in a recent San Jose race Dan Gonzalez took a commanding lead in winning the "Up and Running" 10K. He and Sharlet Gilbert both won color TVs. Sharlet had such an "on" day that she was also chosen in the random prize drawing for a color TV; she declined the second one.

Tandem's running guests were all fed a pancake breakfast and were given a stylish running singlet as well as a chance to win vacation prizes and merchandise worth thousands of dollars.

Top Five Men

1 Dan Gonzalez, Mt. View	29:49
2 Dennis Kurtis, San Jose	30:30
3 Joe Rubio, San Jose	30:48
4 Rich McCandless, Los Altos	30:55
5 Casey Reinking, Santa Clara	30:58

Top Five Women

1 Sharlet Gilbert, Richmond	34:27
2 Heidi Perham, S.F.	35:50
3 Audrey Kemp, Cupertino	36:53
4 Emily Schoenwald, Los Gatos	39:27
5 Kathie Rogers, San Jose	38:42

Top Wheelchair

1 Gary Kerr, Clovis	29:08
2 Troy Durham, Hayward	30:02
3 Brian Gulan, San Jose	37:13

Top Masters Men

1 Gary Goettelman (42)	33:17
2 Miguel Soloria (42)	35:55

Top Masters Women

1 Jutta McCormick (45)	42:40
2 Bea Hoyle (41)	42:55
3 Mary Storey (62)	48:58

Memorial Run

May 31. Sanger.

Division Results - Men

15 & Under: 1. Rodney Freeland 44:47, 30-39: 1. Glen Mathis 34:51, 40-49: 1. Phil Farina 38:05, 50-59: 1. Richard Aspen 51:35. **60 & Over:** 1. Harry Harder 45:08.

Division Results - Women

19-29: 1. Toni Nichols 42:39, 30-39: 1. Rosa Medina 37:17, 40-49: 1. Bonnie Pius 52:17, 50-59: 1. Sydney Loo 59:53.

Results

Rosarito Beach Triathlon

May 31. Rosarito Beach, B.C., Mexico.

The 3rd Annual Rosarito Beach Triathlon was held at the City Park in Rosarito Beach, B.C., Mexico. The triathlon consisted of a 1/2-mile ocean swim; a 12-mile bicycle ride and a 3-mile run.

There were 600 participants in the event, with 574 finishers (448 males and 126 females). The top male and female finishers were:

Overall Results - Men

1. Rob Bistadeau (27) San Diego 1:09:15
2. Greg Moore (26) San Diego 1:13:40
3. William Hyland (20) San Diego 1:14:54

40 & Over - Men

1. Bruce Torrence(46)NewprtBch 1:19:06
2. Lawrence Taylor(44)LongBch 1:19:22
3. Robert Meigs(40)RanSantaFe 1:23:18

Overall Results - Women

1. Debbie Starks(20)SanDiego 1:21:28
2. Jodee Janda(26)San Diego 1:22:32
3. Pam Rogers (29) Flagstaff,AZ 1:22:58

40 & Over - Women

1. Patricia Rowland(40)Lakewd 1:49:49
2. Carol Mason(43)Anaheim 2:02:00
3. Mary Hack (47) Torrance 2:02:26

American Cancer Society Biathlon

from Rosalee Schimpl

May 31. Knight's Ferry. 10K run, 50K bike.

Division Results - Men

- 19 & Under: 1. Mike Muller 2:09:56, 2. Eric Eglund 2:17:16, 3. Jeff Hartman 2:28:58.
20-29: 1. Dave Slothower 1:56:28, 2. Chris Zimney 1:58:46, 3. R. A. Whitsel 2:02:23.
30-39: 1. Dean Harper 1:53:36, 2. Michail Litter 1:56:46, 3. Robert Stevens 1:58:01.
40-49: 1. John Hymes 2:06:39, 2. James Hatfield 2:08:13, 3. Clay Taft 2:10:27.
50-59: 1. Steve Norbeck 2:17:51, 2. Chuck Frevier 2:32:20, 3. John Griffen 2:32:29.

Division Results - Women

- 20-29: 1. Ann Mahoney 2:34:41, 2. Julianne Coughlin 2:34:59, 3. Barbara Pelletreau 3:03:30.
30-39: 1. Carolyn Tucker 2:18:29, 2. Nancy Stover 2:23:56, 3. Cheryl Clanton 2:29:59.
40-49: 1. Barbara Miller 2:31:50, 2. Donna Norbeck 2:37:09, 3. Sherron Isted 2:38:00.
50-59: 1. Betty Seimas 2:54:46.

Men's Relays

- 20-29: 1. Bruce Cepa/John Sennett 1:50:23, 2. Delmar Fraylick/Curt Feenstra 1:53:25, 3. Zachary Taylor/Bill Rose 1:54:09.
40-49: 1. Tom Smart/P. Walter 2:11:20, 2. Don Viera/Jerry Ryan 2:33:55.

Women's Relays

- 20-29: 1. Colleen Hozlett/Susan Nesbitt 2:57:49.
30-39: 1. Derrill Dairbenboger/Betty Lous Doerr 2:18:50.
50-59: 1. Peggy Ewing/Helga Oberth 2:31:14.

Co-ed Relays

1. Terri Gavins/Dennis Mooney 2:08:06, 2. Judi Stone/Tom Stone 2:28:03, 3. Janice Beltran/John Wray 2:26:09.

Stadium Runs

May 31. Moorpark College. 5K & 10K.

Division Results - Men's 5K

- 13 & Under: 1. Ivan Hinshaw 18:53, 2. Armando Cota 19:06, 3. Aristeo Bangel 19:30.
14-18: 1. Matthew Thompson 15:18, 2. Peter Oviatt 15:59, 3. Steve Schlender 16:34.
19-29: 1. Paul Myers 15:48, 2. Jeff Kraft 15:49, 3. Hector Nieves 15:53.
30-39: 1. Rick Golding 17:36, 2. Bill Edmonds

- 19:52, 3. John Clarke 20:16.
40-49: 1. Earl Beverly 17:17, 2. Dave Wheeler 17:22, 3. Ted Noller 19:47.
50-59: 1. Ted Oviatt 19:46, 2. Geroge Marrett 19:55, 3. Phil Mareno 20:13.

Division Results - Women's 5K

- 13 & Under: 1. Jill Feuss 24:25, 2. Tina Richford 40:00.
14-18: 1. Kelly Robinson 20:29, 2. Christina LoBue 21:26, 3. Andrea Mock 21:49.
19-29: 1. Teri Brunet 18:55, 2. Natalie Feuss 20:09, 3. Lisa Peters 20:49.
30-39: 1. Linda Jordan-O'Conner 23:02, 2. Nori Parvin 24:01, 3. Marilyn Wells 26:17.
40-49: 1. Ruth Hemming 20:18, 2. Joyce Parker 21:28, 3. Carol Dougherty 23:18.
50-59: 1. Mary Urquidí 27:19, 2. Darlene Pacheco 31:29.
60 & Over: 1. Sue Jacques N.T.

Division Results - Men's 10K

- 14-18: 1. Mike Barton 33:43, 2. Peter Oviatt 35:33, 3. Richard Phelps 36:49.
19-29: 1. Damien Curry 32:44, 2. David Sojka 34:36, 3. Jeff Kraft N.T.
30-39: 1. Ken Gerry 34:14, 2. Ralph Casillas 35:47, 3. Douglas Jesson 38:03.
40-49: 1. Bob Milam 35:57, 2. Don McLean 36:55, 3. Dave Wheeler 37:18.
50-59: 1. George Marrett 42:34, 2. Ted Oviatt 43:51, 3. Don LeGate 43:53.

Division Results - Women's 10K

- 14-18: 1. Kristy Armstrong 38:14, 2. Joy Hines 49:44.
19-29: 1. Teri Brunet 40:44, 2. Mary Oleya 43:50, 3. Kim Wiley 47:34.
30-39: 1. Denise Reed 47:53, 2. Ruth Van De Moortel 52:00, 3. Teri Williams 54:20.
40-49: 1. Christine Daly 45:20, 2. Ruth Hemming 45:30, 3. Joanne Barker 45:54.
50-59: 1. Marilyn Metson 1:02:32.

Love Your Heart

by Richard Lee Slotkin

June 1. Manhattan Beach.

Thank heavens for Andre Tocco! It's not so much that he saved me from having to shell out 60 dollars for a pair of glasses, but that he saved me from being semi-blind for half the morning when I most needed those glasses. What happened was that I dropped them while chasing after the two leaders in the last quarter mile of the race. But, more on that later.

One thing about covering running in Southern California: You just never know who is going to show up. Go to a dinky track meet on a Saturday afternoon at Santa Monica College, for instance, and there's Evelyn Ashford, or Johnny Gray, Earl Jones and David Mack about to blow out the world's record in the 600 meters; or Brian Oldfield. Stroll on by to the track at Culver City High School and there's Jarmila Kratachvilova getting ready for the Sunkist.

And so it goes. Even in Manhattan Beach, I wasn't looking for much of a field in this fairly low key 10K benefit for the Heart Association and even the race director said that no big names had signed up.

So, what happens? Suddenly appearing at the foot of the only hill on this otherwise pancake flat course, about a half mile from the finish, are none other than Ron Cornell and State JC 5 and 10K champ Tracy Garrison. Side by side. Not only a couple of "names", but a downright finish too. And that's not all. Not too far behind, maybe 40 or 50 yards was Luis Pinon, definitely a guy to watch, and 50 or 60 yards behind him was yet another little speedster who's going to be heard from over the next several years, Greg Houlgate.

Unfortunately, this was exactly the one scenario I did not want to happen. You see, this was a point to point course and there was no press vehicle for me to cover the race from. It happens, though, that there is a very steep, and photogenic, hill about a half mile from the finish. And, the course goes past the finish line for about a tenth of a mile and then doubles back to

photo by Richard Lee Slotkin



Tracy Garrison at the tape in Love Your Heart 10K.

photo by Richard Lee Slotkin



Lois Curl, first female at Love Your Heart, at the 6 mile mark.

the finish. That meant that a person could stake out a spot on top of the hill and get some exciting photos and still have a chance to get to the finish line to get shots of a close finish if it came to that.

But, I didn't want to have to do that. I mean, even though I would only have half the distance to cover, I didn't feel like doing it in street shoes and loaded down with equipment. And, I figured that the odds were in favor of the eventual winner having a decisive lead when he rounded the corner and headed up the hill. So, I could get great shots of the winner, some of the other lead runners, the lead women and maybe even some of the masters, if I could recognize them.

So, with all this figured out, I set up. Of course, the fickle finger struck. The two leaders, SIDE BY SIDE. Exactly what I didn't want!

This may have been worth getting up for at 4 in the morning after all, but at this point I wasn't all that enthused.

Well how did they get there? It started, as a 4 man pack early, the *saffre* aforementioned 4, with Garrison holding 4th place, going through the mile in 4:55. With a vintage Cornell setting the pace, that is, going to the front and throwing in occasional surges, it became a two man race by about 3 miles. From there to the foot of the hill on 15th Street, they ran together. Upon cresting, Cornell appeared to surge one more time, taking a step lead. That lasted but a block, where the course turned left. Here, Garrison swung wide, pulled a step or so ahead and then, according to Cornell, cut in front of him, "... so I couldn't throw a surge. (I wasn't going to anyway ... my legs were dead!)"

It was here that my minor disaster struck. After getting my photos, I took off after them, about 20 yards behind. To my surprise, astonishment would be more like it, these two guys didn't gain an inch on me for about 35 yards. I mean, I wasn't going that fast, loaded down as I was, but

could they have been going that slowly? Garrison said later that they did slow quite a bit after they crested, but that much? Anyway, two things happened after that. First, I noticed Cornell and Garrison were beginning to get smaller. Slowly at first and then the shrinking became quite rapid. Also, and this I didn't notice, my glasses slipped out of my pocket, the one I thought I had zipped closed just to avoid this very thing. And, there were 1800 runners rumbling on behind me, just waiting to stomp on them.

Well, from there on to the finish, Garrison put the pedal to the metal and opened up a 19 second lead, finishing in 30:09. Not bad for a course with a very tough finish. Cornell easily held on to second and Pinon and Houlgate were 3rd and 4th. A good showing for the two local shops who sponsored these guys. Village Runner got 1st and 4th and Marathon's took 2nd and 3rd. And I got my finish line shots which turned out to be not so important after all.

In the women's race Marathon's also took 2nd and 3rd, but for a long time it appeared that they'd get 1st and 2nd. Leslie Lewis and Julianne Harmatz seemed to have things going pretty much their way for close to 4 miles. Then, Lois Curl, a one semester trackster from Orange Coast College, took over and had it all to herself from there on. The hill did give her a bit of a start, though. She said, "... I just kind of died when I saw the hill. I thought I was going to park right there!" She didn't, though, and finished in 38:10. Lewis took second by going up the hill a little faster than Harmatz and finished in 38:41, followed by Harmatz 6 seconds later.

The age group feat of the day was turned in by Andre Tocco who finished 13th overall with a time of 34:06. My buddy Andre! Tocco is 50. He won his age group, 50-59, by 3 1/2 minutes. No, it wasn't a soft

continued on next page...

Results

age group. The top 5 were all under 39:00 and the next two were under 39:30.

Now came the problem. I wear contact lenses because I'm nearsighted without them, but, with them my close up vision is poor, and, among other things, I can't see well enough to read things, such as results sheets. So, when I went for my glasses to check out the results, I faced my moment of truth. Retracing my steps from the hilltop yielded nothing and a request over the PA proved equally fruitless. Later, when just about everyone was gone, I wandered over to the Marathon's team which was still hanging around and muttered something about losing my *# © glasses. Tocco asked if they were in a brown case-YES!-and were they teenie teenie glasses-YES! GIVE ME MY GLASSES! Well, he didn't have them, but he did earlier. He had seen them while doing his warm down, picked them up and gave them to someone who was heading toward the finish, who in turn gave them to the race director's wife, who, greatgoddamighty, had them in her pocket. I think there may be possibly 4 people in the county who would have stopped and picked them up and Andre Tocco, whom I have known for a long time, is one of them. Lucky for me that he was entered in the race, although he said that he was sure they couldn't possibly have belonged to a runner. Well, they were still in the case.

As I said, in Southern California, you never know what you're going to find.

Division Results - Men's 10K

12 & Under: 1. Chip English 40:40.
13-14: 1. Chip Cartwright 41:31, 2. Darryl Dalley 43:14, 3. Marcelo Castro Jr. 43:36.
15-19: 1. Greg Houlgate 31:31, 2. David Delgado 33:46, 3. John Fedoroff 35:08.
20-24: 1. Tracy Garrison 30:09, 2. Luis Pinon Jr. 30:48, 3. Todd Chambers 32:35, 4. Carey Wilson 33:25, 5. Jeff Harbell 33:36, 6. Sergio Torres 33:49, 7. Stuart Marble 34:52, 8. Craig Johnson 35:08, 9. Vic Bello 35:12.

25-29: 1. Ron Cornell 30:28, 2. Eric Renfro 32:45, 3. Greg Edwards 35:22.
30-34: 1. Ketting Harold 32:24, 2. Dale Frank 34:32, 3. Glenn Tanner 34:50.
35-39: 1. Mark Hines 33:59, 2. Mark Hemphill 34:37, 3. Jack Cochran 35:01.
40-44: 1. Alan Johnson 35:34, 2. Bill Harns 35:47, 3. Manny Burrola 36:25.
45-49: 1. Ron Hardesty 35:50, 2. Gary Kimbrell 36:47, 3. Girts Ozolins 37:40.
50-59: 1. Tocco Andre 34:06, 2. Juvenal Herrera 37:35, 3. Jerry Shourds 38:05.
60 & Over: 1. Dan Whelan 46:45, 2. Bob Herman 47:08.

Division Results - Women's 10K

12 & Under: 1. Jessica Reifer 45:24.
13-14: 1. Karrie Loo 53:09, 2. Seraphine Gott 58:59.
15-19: 1. Caroline Pfler 43:22, 2. Gloria Palma 49:44, 3. Natalie Alexander 52:36.
20-24: 1. Katharin Gustafson 41:42, 2. Alice Sweeney 45:33, 3. Maria Nilsson 46:33.
25-29: 1. Julieanne Harmatz 38:47, 2. Michele Riss 38:49, 3. Jane Lieberman 42:49.
30-34: 1. Leslie Lewis 38:41, 2. Claudia Ostrum 42:34, 3. Barbara Varon 42:35.
35-39: 1. Lois Curl 38:10, 2. Bruce Landon 43:04, 3. Sue Reinhardt 43:29.
40-44: 1. Cathy Virtue 45:23, 2. Corrine Schratz 45:57, 3. Nancy Welly 46:30.
45-49: 1. Roberta Lamping 46:45, 2. Ida Hendrick 46:52.
50-59: 1. Diane Mina 54:06, 2. Ann Martin 54:40.

Division Results - Men

12 & Under: 1. Chip English 40:40, 2. Scott Anderson 46:07, 3. Joshua Kouzomis 46:25, 4. Brian Steip 46:37, 5. Ricky Delgado 47:19, 13-14: 1. Chip Cartwright 41:31, 2. Darryl Dalley 43:14, 3. Marcelo Castro 43:36, 4. Liam Chaik 45:59, 5. Mat-

thew Timmons 47:33, 15-19: 1. Greg Houlgate 31:31, 2. David Delgado 33:46, 3. John Fedoroff 35:08, 4. Raymond Santisteban 37:18, 5. Brent Conkling 37:19, 20-24: 1. Tracy Garrison 30:09, 2. Luis Pinon 30:48, 3. Todd Chambers 32:35, 4. Carey Wilson 33:25, 5. Jeff Harbell 33:36, 25-29: 1. Ron Cornell 30:28, 2. Eric Renfro 32:45, 3. Greg Edwards 35:22, 4. Victor Laverdiere 35:53, 5. Greg Stanci 36:38, 30-34: 1. Ketting Harold 32:24, 2. Dale Frank 34:32, 3. Glenn Tanner 34:50, 4. Dave Duran 35:15, 5. Mark Miller 35:21, 35-39: 1. Mark Hines 33:59, 2. Mark Hemphill 34:37, 3. Jack Cochran 35:01, 4. Bill Fitzpatrick 36:46, 5. Gat Nahum 37:16, 40-44: 1. Allan Johnson 35:34, 2. Bill Harns 35:47, 3. Manny Burrola 36:25, 4. Ben Jackson 36:41, 5. William Chick 36:50, 45-49: 1. Ron Hardesty 35:50, 2. Gary Kimbrell 36:47, 3. Girts Ozolins 37:40, 4. Edward Gorsuch 39:09, 5. Ejan Orme 39:52, 50-59: 1. Tocco Andre 34:06, 2. Juvenal Herrera 37:35, 3. Jerry Shourds 38:05, 4. Sonny Monioz 38:55, 5. Frank Greene 38:58, 60 & Over: 1. Dan Whelan 46:45, 2. Bob Herman 47:08, 3. Elton Davis 49:20, 4. Paul Goldsmith 51:03, 5. C. Tsu 56:15.

Division Results - Women

12 & Under: 1. Jessica Reifer 45:24, 2. Jodi Dailey 58:19, 3. Kelly Olsen 1:06:18, 13-14: 1. Karie Loo 53:09, 2. Seraphine Gott 58:59, 3. Natalie Alexander 52:36, 4. Kristen Nelson 54:16, 5. Meg Jones 55:46, 20-24: 1. Katharin Gustafson 41:42, 2. Alice Sweeney 45:33, 3. Maria Nilsson 46:33, 4. Linda Marcia 47:09, 5. Araceli Escamilla 48:34, 25-29: 1. Julieanne Harmatz 38:47, 2. Michele Riss 38:49, 3. Jane Lieberman 42:49, 4. Linda Woodruff 43:00, 5. Irma Hurtado 44:34, 30-34: 1. Leslie Lewis 38:41, 2. Claudia Ostrum 42:34, 3. Barbara Varon 42:35, 4. Edys Rodriguez 43:44, 5. Diane Casele 44:10, 35-39: 1. Lois Curl 38:10, 2. Bruce Landon 43:04, 3. Sue Reinhardt 43:29, 4. Cindy Sterling 44:09, 5. Carolyn Slade 45:19, 40-44: 1. Cathy Virtue 45:23, 2. Corrine Schratz 45:57, 3. Nancy Welly 46:30, 4. Donna Hodge 47:10, 5. Georgina Nuttall 47:50, 45-49: 1. Roberta Lamping 46:45, 2. Ida Hendrick 46:52, 3. Marilyn Stephens 47:48, 4. Nancy Huff 48:40, 5. Carol Jones 49:13, 50-59: 1. Diane Minathan 54:06, 2. Ann Martin 54:40, 3. Miriam Garland 56:34, 4. Kathleen Vento 57:26, 5. Betty Keel 58:46, 60 & Over: 1. Moriel Downey 1:16:32.

Shoreline Run

June 1. San Leandro Marina. 10K.

Overall Results

1	Mike Spencer (21) CastroVly	31:08
2	Sai Vasquez (46) Alameda	31:22
3	Kyle Kessler (22) CastroVly	31:43
4	Jan Baker (26) Berkeley	32:02
5	Ernie Rivas (36) Oakland	32:07
6	Chris Jagers (25) Berkeley	32:33
7	Barry Stanley (27) Hayward	32:39
8	Jim West (26) Hayward	32:43
9	Erich Ackerman (18) CastroVly	32:49
10	Michael Gove (27) Hayward	32:51
11	Ron Bennett (34) Livermore	32:51
12	Bill Dunn (38)	33:03
13	Ken Grace (29) San Leandro	33:05
14	Guillermo Barron (33) Oakland	33:17
15	Rudy ?, (42) Hayward	33:19
16	Harlan Goodquist (27) Oakland	33:21
17	Nathon Smith (30) El Monte	33:31
18	Phil Jensen (21) San Lorenzo	33:31
19	Scott Kennedy (16) San Leandro	33:37
20	Chris Ward (27) San Leandro	33:51
21	Oscar Mendez (24) Hayward	33:53
22	Dennis Urtiaga (37) Union City	33:55
23	Michael Thomas (29) WalnutCk	34:07
24	Michael Plumber (27) Newark	34:08
25	Kenneth Riggsby (22) San Ledro	34:14
26	James Larkin (17) San Leandro	34:17
27	Julio Ratti (35) Oakland	34:20
28	Bruce Wolfe (31) Oakland	34:25
29	Dale Severy (40) CastroVly	34:29
30	Jeff Porto (26) Hayward	34:34
31	Kevin Conley (27) Concord	34:38
32	Bill Bruger (34) Oakland	34:39
33	Stephen Mortel (28) MenloPk	34:40
34	Seancy Barnett (39) Oakland	34:44

35	Bryan Mayberry (22) ElCerrito	34:47
36	Carl Rose (23) Berkeley	34:53
37	Karl Sylvia (36) Burlington	34:59
38	Jim Reitz (42) Livermore	35:02
39	John Keen (25) Berkeley	35:04
40	Mark Ryan (25) Foster City	35:06
41	Dale Hatakeyama (29) SanJose	35:08
42	Mark Molesworth (29) WalnutCk	35:09
43	Mark Reis (27) Newark	35:12
44	Kim Lilot (35) S.F.	35:16
45	Daniel Garcia (30) Manteca	35:17
46	Charles Millane (16) Hayward	35:19
47	Gil Garcia (38) UnionCity	35:21
48	Laya Caylos (22) Oakland	35:22
49	Scott Sutch (14) Lafayette	35:30
50	Noah Rollins (37) Oakland	35:33
51	Jeff Kent (17) Newark	35:37
52	John Kemer (34) Union City	35:41
53	Frank Garcia (31) Tracy	35:41
54	Greg Haro (29) San Leandro	35:49
55	Ron Kiyono (39) Fremont	35:52
56	Michael Arevalo (27) SanJose	35:52
57	Natalie Upegrove (24) StateCol	35:55
58	Jeff Justice (33) SanJose	35:57
59	Jon Tarrehill (26) San Leandro	35:59
60	Gary Valdez (38) San Leandro	36:06
61	Alvin Louie (26) S.F.	36:13
62	Raymond Sisson (29) Hayward	36:14
63	Thomas Ford (33) Pittsburg	36:15
64	Les Ong (36) S.F.	36:16
65	Sue Vinella-Brugher(32)Oakland	36:21
66	Tom T?, (51) Lafayette	36:24
67	Tim Mough (38) San Leandro	36:25
68	Michael Someska (35) SanLe	36:25
69	Arnold Ramos (35) San Leandro	36:26
70	Paul Swenson (31) Oakland	36:32
71	Ron Yawk (43) Oakland	36:35
72	Peter Todd (52) Berkeley	36:36
73	Debbi Waldear (36) Kirkwood	36:36
74	Mark Holt (34) San Leandro	36:36
75	Cris Morley (22) Alameda	36:39
76	Jesse Walkin (16) Berkeley	36:40
77	Ted Quintana (30) ElCerrito	36:42
78	Bruce Lawrence (39) Oakland	36:43
79	Edward Baker (35) Oakland	36:46
80	Robert Crooks (32) S.F.	36:48
81	Dave Barry (40) Santa Clara	36:49
82	Gary Rubbello (34) San Leandro	36:49
83	Marc Frobyma (34) MenloPk	36:50
84	Karl Anderson (25) Albany	36:52
85	Ken Allen (52) CastroVly	36:57
86	Stephen Niles (40) WalnutCk	37:04
87	Siegfried Matteen (49) S.F.	37:04
88	Bryan Holmes (51) Concord	37:05
89	Jose ?, (35) Hayward	37:07
90	Michael Morris (32) San Lorenzo	37:08
91	Stephen Austin (31) Pittsburg	37:12
92	Keith Huffman (18) San Leandro	37:14
93	Brian Hunt (22) Kengington	37:14
94	Robert Davis (22) San Leandro	37:21
95	Darryl Pretto (16) San Leandro	37:32
96	Paul Ward (12) Lafayette	37:33
97	Wes Hurlburt (46) PleasantHI	37:35
98	Sal Aviles (37) S.F.	37:40
99	Jose Couto (27) San Leandro	37:41
100	Fred Montanez (41) Oakland	37:45
101	David Garcia (34) UnionCity	37:46
102	Jay Littlepage (26) CastroVly	37:46
103	Timothy Meier (26) Livermore	37:47
104	Mike Alborz (16) Fremont	37:49
105	Delma Jones (42) Oakland	37:51
106	Eddie Campbell (40) S.Lorenzo	37:51
107	Roger Sharpe (45) Berkeley	37:51
108	Hoyt Walker (34) Livermore	37:52
109	Joe King (68) Alameda	37:54
110	Vince Sciortino (33) Pleasanton	37:56
111	John Fitzgerald (25) Hayward	37:57
112	Everado Alanillo (41) UnionC	37:57
113	Marc Painsin (40) Oakland	37:59
114	Jon Case (25) S.F.	38:03
115	Matthew Boone (15) Alameda	38:12
116	Don Rafferty (24) Berkeley	38:16
117	Larry Hall (36) Manteca	38:23
118	Stan Tapia (26) SanJose	38:25
119	Sai Arliaga (30) SanJose	38:27
120	Jack Holmes (42) Hayward	38:28
121	Jayson Jhigging (16) CastroV	38:29
122	Robert Swai (40) Hayward	38:30
123	Jose Silva (23) UnionCity	38:32
124	Dennis Kurovsky (36) Benecia	38:34
125	Gerald Flynn (37) Oakland	38:36
126	Lee Groyon (49) ElSobrante	38:39
127	John Rogers (43) SanJose	38:41
128	Michael ?, (42) Oakland	38:42
129	Robt Debarros (22) Novato	38:44
130	Carl Anderson (34) Oakland	38:45
131	Don Heinlein (17) Newark	38:47
132	Kenneth Whistler (36) Richmond	38:48

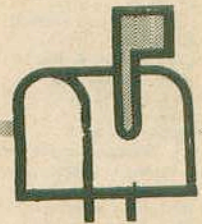
133	John Downing (38) San Leandro	38:49
134	Craig Stagzkow (17) Pleasanton	38:52
135	Cris Casper (26) Mt.View	38:52
136	Greg Wong (30) Hayward	38:53
137	Steve Frederickson(25)UnionC	38:54
138	Consuelo Garcia (27) Tracy	38:56
139	Rich Keene (47) Berkeley	38:57
140	Tony Casillas (40) Oakland	38:58
141	Ivan Mong (38) Alameda	39:02
142	Bill Raulovich (37) SanLorenzo	39:04
143	Antonio Leon (24)	39:04
144	Ed Brolin (24) Oakland	39:05
145	Andrew Bruce (44) Oakland	39:05
146	Mike Turner (30) WalnutCk	39:09
147	Ronald Grabowski (49) Hayward	39:10
148	Benoite Ramirez (35) Hayward	39:11
149	Rod Fiedler (29) S.F.	39:16
150	Vincent Stewart (28) Oakland	39:20

Division Results - Men

13 & Under: 1. Paul Ward 37:33, 2. Daniel Lilot 39:56, 3. Roger Perry 42:10, 14-18: 1. Erich Ackerman 32:49, 2. Scott Kennedy 33:37, 3. James Larkin 34:17, 19-29: 1. Mike Spencer 31:00, 2. Kyle Kessler 31:43, 3. Jan Baker 32:02, 30-39: 1. Ernie Rivas 32:07, 2. Ron Bennett 32:51, 3. Bill Dunn 33:03, 40-49: 1. Sai Vasquez 31:22, 2. Rudy Henderson 33:19, 3. Dale Severy 34:29, 50-59: 1. Tom ? 36:24, 2. Peter Todd 36:36, 3. Ken Allen 36:57, 60 & Over: 1. Joe King 37:54, 2. Steve Moishanis 37:54, 3. Gary Toji 45:33.

Division Results - Women

13 & Under: 1. Marlene Chancillis 44:34, 2. Melissa Freemeng 47:24, 3. Veronica Cruz 49:01, 14-18: 1. Kristina Chen 42:15, 2. Beth Bier 46:54, 3. Beth Schnieder 54:31, 19-29: 1. Natalie Upegrove 35:55, 2. Consuelo Garcia 38:56, 3. Kathryn Crocker 39:48, 30-39: 1. Sue Vinella-Brusher 36:21, 2. Heidi Waldear 36:36, 3. Susan Guario 40:24, 40-49: 1. Margaret Coone 44:54, 2. Carolyn Thompson 45:54, 3. Diane Woolley 47:02, 50-59: 1. Kathryn Haldbrook 44:46, 2. Beth Carlson 47:14, 3. Barbara Almen 48:39, 60 & Over: 1. June Thompson 55:47, 2. Helen Sanders 1:01:15, 3. Vila Abner 1:04:42.



Address Change?

Be sure to notify *California Track & Running News* as soon as possible of a change in address. *CT&RN* is mailed third class bulk rate and the post office **will not forward** the magazine. Send your new address, as well as your old, to:

CT&RN
 4957 E. Heaton
 Fresno, CA 93727

Results

St. John's Napa Old Town Run

June 1. Napa. 5 Miles.

Sunday's bright sun burst through the overcast just as the first runners crossed the finish line in St. John's Napa Old Town Run. The Eighth Annual 5 mile street race through downtown Napa drew a record 140 entrants in seven divisions for men and women runners.

The overall winner was Napa's own Bob Blackman, running a strong 26:09. Although running off his own 1985 record pace, Blackman still repeated as Old Town Run champion for the second year in a row and beat the next finisher, Jerry Glover, Fairfield by 45 seconds. Glover, however, took first in the men's sub-master division with a time of 26:55.

Ilsa Forrest (Napa) broke her own 1985 in the women's veteran division. Running a solid race and looking fresh at the finish, Forrest lowered her record to 35:22 - 2 minutes and 20 seconds under her last year's time.

Dottie Charon (Napa) also set a new time mark for the women's master division. She ran the course in 34:09 - 20 seconds off second place finisher, Yoka Zwetsloot's 1985 record.

Jim Reardon (Napa) established the record for the new race division for men's super veterans (over 60 years old) in a quick 34:24. Hank Fragoza (Vallejo) won the men's veteran division for the third time in a row with a time of 29:53.

Division Results - Men

13 & Under: 1. Michael Lasker 33:32, 2. Joe Carroll 34:57, 3. James 38:30, 14-19: 1. Brian Eggert 28:17, 2. Eric Smith 29:58, 3. Tim Weber 34:16, 20-29: 1. Bob Blackman 26:09, 2. Alan Gerald 27:07, 3. Len Devoto 28:34, 30-39: 1. Jerry Glover 26:55, 2. Greg Dunning 30:01, 3. Robert Feish 30:13, 40-49: 1. Ron Crawford 31:15, 2. Alan Koslowski 31:46, 3. Pete Lent 32:54, 50-59: 1. Hank Fragoza 29:53, 2. Paul Ligda 30:34, 3. Sam Stevenson 33:08, 60 & Over: 1. Jim Reardon 34:24, 2. John Nysler 35:29, 3. Bill Jensen 38:42.

Division Results - Women

13 & Under: 1. Shannon Mahony 44:36, 2. Ann Lu 1:01:00, 3. Mary Hearn 1:06:00, 14-19: 1. Kate Jenckes 40:37, 2. Betty Lu 49:52, 3. Chris Rossi 50:14, 20-29: 1. Lisa Brown 35:04, 2. Dawn Korde 41:39, 3. Pamela Barker 43:04, 30-39: 1. Diane Wimberly 33:34, 2. Jeannie Floyd 41:13, 3. Ginger Gregory 41:22, 40-49: 1. Dottie Charon 34:09, 2. Yolita Zwetsloot 34:29, 3. Nouria Harris 34:23, 50-59: 1. Ilsa Forrest 35:22.

Statuto Race

from George Caselli

June 1. San Francisco. 8 MI. & 4 MI.

Overall Results - 8 Mile

1. Mike Wheeler, Unattached 38:32
2. Al Stanbridge, Excelsior TC 38:58
3. Syl Pascale, Blue Mt. Vista 39:51
4. Pete Nowicki, Unattached 40:06
5. Harry Bashir, Unattached 40:27
6. Darryl Beardall, Tampalpais AC 40:49

Overall Results - 4 Mile

1. Matt Giusto, Reebok RC 19:14
2. Dan Martinelli, SFIAC N.T.
3. Thomas Craig, Converse Aggies 20:39
4. George Green, Excelsior TC 20:39
5. Mike Hotton, Delta Wind Run 21:12
6. Joseph Turrini, SanRafaelRun 21:53

Russian River Run

June 1. Ukiah.

Division Results - Men

Full Marathon - Men

Open: 1. Ernest Alamillo 2:48:11, 2. Rhys Bowen 2:59:57, 3. Jim Mergy 3:15:15, 30-39: 1. Lon Kincannon 2:48:06, 2. John Paul McIntosh-King 2:58:27, 3. Michael Ashenfelter 3:10:57, 40-49: 1. Brendon Hutchinson 2:52:07, 2. Harry Telman 2:59:36, 3. Peter White 3:03:40, 50-59: 1. Richard Laine 3:39:01, 2. Marche Booth 3:39:37, 3. Wendell Moyer 3:57:25, 60 & Over: 1. George Billingsley 3:38:23, 2. Bob Manly 4:58:12.

Half Marathon - Men

Jr.: 1. Juan Zensen 1:55:09, 2. Joshua Welch 2:51:23, **Open:** 1. Dan Aldridge 1:06:42, 2. Miguel Tibadulla 1:06:42, 3. Joe Green 1:06, 30-39: 1. Rick Gentry 1:06:54, 2. Brian Maxwell 1:08:48, 3. Tim Williams 1:10:56, 40-49: 1. Bill Sevald 1:09:33, 2. Fritz Watson 1:13:20, 3. Bob Lindsey 1:13:23, 50-59: 1. Dave Reichel 1:29:41, 2. James Jacobs 1:29:52, 3. Elwood Brooks 1:30:41.

8K - Men

Jr.: 1. Richard Troia 30:23, 2. Tim Ricketts 33:35, 3. Peter Kirsch 34:18, **Open:** 1. Eric Bohn 27:50, 2. David Geoffrion 30:42, 3. Steph Christen 32:27, 30-39: 1. Robert Clay 27:04, 2. Bob McWilliams 28:53, 3. Bill Davis 29:40, 40-49: 1. Brian Bolton 28:01, 2. Andy Jensen 30:55, 3. Rob Anderson 32:10, 50-59: 1. Allan Bellon 31:22, 2. John Murphy 35:09, 3. Robert Belote 37:08, 60 & Over: 1. Vic Crossett 36:10, 2. William Redmond 40:26, 3. Bertrand Vipond 46:40.

Full Marathon - Women

Open: 1. Carrie Spangler 3:10:57, 2. Colleen McCrystal 3:22:19, 3. Annette Shearer 3:22:41, 30-39: 1. Karen Kelley-Day 3:35:59, 40-49: 1. Susan Paris 4:38:52, 50-59: 1. Hisae Reichel 4:00:07, 2. Dorothy Danner 4:58:05.

Half Marathon - Women

Open: 1. Joann Dahlkoetter 1:20:42, 2. Heike Skaden 1:23:04, 3. Debbi Blisop 1:25:52, 30-39: 1. Terry Puckett 1:16:52, 2. Sharlet Gilbert 1:17:00, 3. Peggy Smyth 1:17:03, 40-49: 1. Sandra Coffey 1:27:27, 2. Margie Timberlake 1:28:19, 3. Karen Scannell 1:30:05, 50-59: 1. Sherry Bennion 1:45:33, 2. Nancy Moilitor 1:50:27, 3. RoseMarie Conover 1:58:42, 60 & Over: 1. Mary Ellen Lentz 2:00:20, 2. Kit Pickles 2:02:25, 3. Maria Carlsen 2:22:21.

8K - Women

Jr.: 1. Elaine Braden 42:15, 2. Leslie Bell 44:48, 3. Stacy Tilden 51:01, **Open:** 1. Laurie Brantingham 30:52, 2. Cynthia Fox 33:41, 3. Connie Kondo 34:44, 30-39: 1. Laruen Klein 36:39, 2. Bonnie Springer 38:10, 3. Linda Fedraw 38:17, 40-49: 1. Dandy Fitzwater 34:37, 2. Sondra Landberg 39:19, 3. Nancy Riley 42:20, 50-59: 1. Naomi Kerwin 51:07, 2. Nell Cook 52:01, 3. Ann Royston 1:17:43.

Run for Olompali

June 1. Olompali State Park. Novato.

4 Mile - Male

1. Craig Wilson, Novato 22:57.5

4 Mile - Female

1. Sandra Maurer, Santa Rosa 30:23.4

Mirassou Grape Run

June 7. San Jose. 3.5 Mile.

Division Results - Men

21-29: 1. Paul Gyorey 18:30, 2. John Novitsky 19:14, 3. Rob Ripplinger 19:32, 30-39: 1. Dennis Kurtis 17:20, 2. Rich McCandless 17:52, 3. David Garcia 19:07, 40-49: 1. Gary Goettelmann 19:25, 2. Steve Lorenz 19:27, 3. Dave Himmelberger 19:39, 50-59: 1. Bill Barclay, Sr. 23:23, 2. John Galaski 23:48, 3. George Burtness

24:11, 60 & Over: 1. George Carroll 25:05, 2. John Gilkey 25:24, 3. Terry McGovern 29:23.

Division Results - Women

21-29: 1. Sue Gyorey 21:03, 2. Sharon Sander 21:53, 3. Lynn Sestak 23:21, 30-39: 1. Teresa Rementer 22:17, 2. Camille Breneman 24:06, 3. Lynn Hoffman 24:31, 40-49: 1. Bea Hoyle 22:04, 2. Judi Shade 22:49, 3. Carol Stroud 23:57, 50-59: 1. Elizabeth Ross 26:27, 2. Darlene Dyer 29:13, 3. Annette Tolton 30:31, 60 & Over: 1. Jaclyn Caselli 26:44, 2. Sara Landell 43:52, 3. Vila Bumsted 44:31.

Gold Medal Triathlon

June 7. Fairfield.

3/4 Mile Swim, 9 Mile Run, 32 Mile Bike.

Overall Results - Men

1. Mike Pigg (22) Arcata 2:32:02
2. Don Seymour (27) Pleasant Hill 2:36:25
3. Ken Akel (30) Dixon 2:37:30
4. Nick Kurth (24) Davis 2:38:30
5. Roger Wolfe (29) Aptos 2:42:23
6. Rhys Rowland (25) San Jose 2:42:57
7. Scott Miller (25) Auburn 2:43:19
8. Chuck Neumann (27) Chico 2:43:48
9. Peter Kalmar (29) San Rafael 2:44:28
10. Bob Hammond (25) Sacto 2:45:03

Division Results - Men

16-20: 1. Guy Jannatta 2:48:41, 2. David Liotta 2:49:41, 3. Brad Eagleton 3:08:39, 21-24: 1. Mike Pigg 2:32:02, 2. Nick Kurth 2:38:30, 3. Anthony Mileysky 2:46:39, 25-29: 1. Don Seymour 2:36:25, 2. Roger Wolfe 2:42:23, 3. Rhys Rowland 2:42:57, 30-34: 1. Ken Akel 2:37:30, 2. Michael Lotter 2:46:58, 3. Kevin Keane 2:55:19, 35-39: 1. Curt Haury 2:48:57, 2. Eldred Himsforth 2:49:54, 3. Dennis Good 2:50:16, 40-49: 1. Walter Radloff 2:52:38, 2. Don Lesuer 2:59:26, 3. Tom Davies 3:01:54, 50 & Over: 1. Joe Dana 3:11:35, 2. David Stevenson 3:18:28, 3. Joseph Russell 3:21:15.

Overall Results - Women

1. Karen Chagver-Pfeiff (28) Mt. V 2:52:47
2. Alice Godfred (25) San Jose 2:55:34
3. Barbara Hosking (24) Corte Mad 2:58:40
4. Kathleen Atkins (26) Sunnyvale 3:00:16
5. Sue McMurray (25) Davis 3:00:36
6. Ardis Bow (30) Sacto 3:03:30
7. Debbie Ingram (32) Redwood 3:07:48
8. Mary Hayes (32) Marysville 3:08:51
9. Nancy Stover (33) Berkeley 3:14:50
10. Carolyn Kovacevic (36) San Jose 3:18:23

Division Results - Women

20-24: 1. Barbara Hosking 2:58:40, 2. Renee Dicus 3:22:24, 3. Anne Abraham 3:23:36, 25-29: 1. Karen Chagver-Pfeiff 2:52:47, 2. Alice Godfred 2:55:34, 3. Kathleen Atkins 3:00:16, 30-34: 1. Ardis Bow 3:03:30, 2. Debbie Ingram 3:07:48, 3. Mary Hayes 3:08:51, 35-39: 1. Carolyn Kovacevic 3:18:23, 2. Sally Edwards 3:18:50, 3. Carolyn Tucker N.T., 40-49: 1. Dalerie Doyle 3:25:14, 2. Susan Munn N.T., 3. Carol Mawson N.T.

Alive and Well In L.A.

June 7. Los Angeles. 10K.

Overall Results

1. Chris Nelson (16) 33:08
2. Eugene Musiar (27) 33:17
3. Dean Palmer (17) 33:38
4. Damien Curry (22) 33:42
5. Phil Ryan (42) 33:53
6. Stephen Keyes (36) 34:01
7. Thomas Sneddon (40) 34:09
8. John Brennan (50) 34:15
9. Mark Sisson (32) 34:31
10. Andre Tocco (50) 34:34
11. Mark Hemphill (37) 34:45
12. Robert Davison (41) 34:55
13. John Johnston (27) 35:15
14. Gabriel Bernal (46) 35:24
15. Don McCarthy (42) 35:34
16. Larry Andrews (35) 35:59
17. Phillip Wright (46) 36:02
18. George Kingsley (46) 36:13
19. Andrew Boudreau (15) 36:20
20. Gilbert Varela (37) 36:27
21. Zewedu Takele (25) 37:03
22. Fred Mascorro (45) 37:08
23. Steve Brody (18) 37:21
24. David Colburn (27) 37:25
25. Tom Rauch (33) 37:42

Division Results - Men

14 & Under: 1. Brian Sax 38:56, 2. David Samms 46:42, 3. Harry Terrill 46:44, 15-18: 1. Chris Nelson 33:08, 2. Dean Palmer 33:38, 3. Andrew Boudreau 36:20, 19-29: 1. Eugene Musiar 33:17, 2. Damien Curry 33:42, 3. John Johnston 35:15, 30-34: 1. Mark Sisson 34:31, 2. Tom Rauch 37:42, 3. Arturo Hernandez 39:06, 35-39: 1. Stephen Keyes 34:01, 2. Mark Hemphill 34:45, 3. Larry Andrews 35:59, 40-44: 1. Phil Ryan 33:53, 2. Thomas Sneddon 34:09, 3. Robert Davison 34:55, 45-49: 1. Gabriel Bernal 35:24, 2. Phillip Wright 36:02, 3. George Kingsley 36:13, 50-54: 1. John Brennan 34:15, 2. Andre Tocco 34:34, 3. Jim Parra 39:15, 55-59: 1. Patrick Devine 37:46, 2. Bob Landry 39:13, 3. Remy Burkel 44:36, 60-64: 1. Jack Green 43:26, 2. Maynard Michelson 46:25, 3. Mike Ohashi 48:09, 65-69: 1. Eddie Lewin 43:17, 2. Casey Poole 44:32, 3. Roy George 47:38, 70 & Over: 1. Mac Osborn 44:32, 2. Jacob Bishin 1:20:10.

Division Results - Women

14 & Under: 1. Calley Nelson 40:30, 15-18: 1. Julie Hollahan 44:28, 2. Amy Conaway 52:56, 19-29: 1. Jennifer Henderson 39:07, 2. Maria Hak 41:51, 3. Marianne Karpun 43:49, 30-34: 1. Julie McKinney 40:13, 2. Nancy Lovendosky 43:39, 3. Bonnie Emmett 44:48, 35-39: 1. Elaine Riley 40:37, 2. Nancy Elbaum 44:41, 3. Nancy Gallup 46:51, 40-44: 1. Lillian Mahoney 44:11, 2. Cathy Kasperky 44:43, 3. Suzie Klein 44:58, 45-49: 1. Gina Foust 39:19, 2. Kathy Kusner 45:51, 3. Deanna Grossman 1:00:09, 50-54: 1. Shirley Blush 44:51, 2. Rosilda Cooper 55:55, 55-59: 1. Beverly Smith 54:28, 2. Betty Keel 56:41, 60-64: 1. Helen Dick 45:27, 2. Alice Goldberg 52:13, 65 & Over: 1. Katharine Wetterau 1:02:07, 2. Bess James 1:05:06.

The Human Race

June 7. Susanville.

Men's Winner - 10K

1. Joe Green 34:07

Women's Winner - 10K

1. Caludia Morlong 43:55

Division Results - Men's 5K

11 & Under: 1. Ernie Gorbet 22:20, 12-14: 1. Jason Pastre 20:28, 15-18: 1. Jeremy Pastre 18:21, 19-34: 1. Mark Bates 16:34, 35-45: 1. Herve Pastre 17:55, 46-55: 1. Jim Bevins 18:14, 56 & Over: 1. Leo March 22:36.

Division Results - Women's 5K

11 & Under: 1. DeeDee Gorbet 25:39, 12-14: 1. Tina Gorbet 21:59, 15-19: 1. Darcy Bevins 23:07, 19-34: 1. Diana Waybright 24:36, 35-45: 1. Donna Movelin 25:48, 46-55: 1. Mary Smith 26:33, 56 & Over: 1. Hilda Morlong 30:39.



Results

Armed Forces Icebreaker Triathlon

June 7. Healdsburg.

Overall Results - Men

1 Jerry Cvecko (32)	1:06:22
2 Norman Gould (36) Cupertino	1:08:58
3 Rick Schmitt (28) Alameda	1:09:09
4 Jesse White (19) Novato	1:09:38
5 Gerry Geraghty (29)	1:09:55
6 Walter Radloff (41) San Jose	1:10:11
7 John Houge (24) Novato	1:10:16
8 Thomas Case (21) Petaluma	1:10:17
9 Richard Mello (28) Cotati	1:10:33
10 Todd Willis (21) Rohnert Pk	1:10:42
11 Clint White (26) San Rafael	1:10:46
12 Brad Williamson (28) Dixon	1:11:02
13 Mike Hannis (28) Santa Rosa	1:11:11
14 Ric Johnson (28) Marina	1:11:22
15 Dennis Good (38) Fairfield	1:11:37
16 Forrest Bond (43) Woodland	1:12:08
17 Mark Markel (28) Davis	1:12:23
18 George Bousquet (32) Healds	1:12:42
19 David Low (29) Sacto	1:13:06
20 Rick Blackmon (29) Cloverdale	1:13:27

Overall Results - Women

1 Jane Patocchi (28) Novato	1:13:20
2 Martha Menth (25) Healdsburg	1:15:58
3 Jacqueline Komrij (21) Rohnert Pk	1:17:30
4 Shane Felix (24)	1:21:13
5 Diane Green (28) Olympic Vly	1:21:19
6 Sandy Boyce (25) Santa Rosa	1:22:01
7 Anne Shikuma (25) Santa Cruz	1:22:01
8 Sandra Stark (32) Santa Rosa	1:22:02
9 Kelly Gilliam (16) Sebastopol	1:24:31
10 Carol Daniels (38) Napa	1:24:37
11 Janet Pedroth (31) Fair Oaks	1:24:39
12 Carol Tefft (30) Walnut Creek	1:25:11
13 Kathryn Kettler (43) Sebastopol	1:25:40
14 Maggie Fillmore (36) Oakland	1:25:52
15 Debra Davis (29) Santa Rosa	1:26:42

Division Results - Men

19 & Under: 1. Jesse White 1:09:38, 2. Chris Tresser 1:20:45, 3. Matt Fauss 1:22:00. **20-24:** 1. John Houge 1:10:16, 2. Thomas Case 1:10:17, 3. Todd Willis 1:10:42, 25-29: 1. Rick Schmitt 1:09:09, 2. Gerry Geraghty 1:09:55, 3. Richard Mello 1:10:33. **30-34:** 1. Jerry Cvecko 1:06:22, 2. George Bousquet 1:12:42, 3. John Catts 1:16:25, 35-39: 1. Norman Gould 1:08:58, 2. Dennis Good 1:11:37, 3. Tom Anderson 1:15:02. **40-49:** 1. Walter Radloff 1:10:11, 2. Forrest Bond 1:12:08, 3. Peter Laskier 1:13:27. **50 & Over:** 1. Bob McDonnell 1:22:02, 2. F. Scott Chilcott 1:26:40, 3. Pat Cunneen 1:27:50.

Division Results - Women

19 & Under: 1. Kelly Gilliam 1:24:31, 2. Kerry Beissman 1:30:39, 3. Susan Thompson 1:30:43. **20-24:** 1. Jacqueline Komrij 1:17:30, 2. Shane Felix 1:21:13, 3. Leslie Tarr 1:29:15, 25-29: 1. Jane Patocchi 1:13:20, 2. Martha Menth 1:15:58, 3. Diane Green 1:21:19. **30-34:** 1. Sandra Stark 1:22:02, 2. Janet Pedroth 1:24:39, 3. Carol Tefft 1:25:11. **35-39:** 1. Carol Daniels 1:24:37, 2. Maggie Fillmore 1:25:52, 3. Jolene Patterson 1:28:58. **40-49:** 1. Kathryn Kettler 1:25:40, 2. Mackenzie Roorda 1:29:54, 3. Bev Knobel 1:31:48.

Chihuahua Road Race

June 8. Fresno. 6 Mile & 2 Mile.

Division Results - Men's 6 Mile

13 & Under: 1. Mike Brooks 42:19, 14-18: 1. Rafael Peralta 33:32, 2. Walter Cuella 33:38, 3. Juan Llaneza 36:00. **19-29:** 1. Alfre Lara 29:25, 2. Juan Molina 29:28, 3. Albert Reimer 31:47. **30-34:** 1. Jim Hartig 29:19, 2. Hermilo Guerrero 31:33, 3. Pat Phefan 33:50. **35-39:** 1. John Aldrich 34:03, 2. Steve Kelly 34:29, 3. James Strickland 34:37. **40-49:** 1. Frank Padilla 33:34, 2. Richard Mattos 35:58, 3. Ignacio Oroasco 36:30. **50-59:** 1. Dick Cain 36:18, 2. TRom

Upton 37:52, 3. John Gonzales 40:50. **60-69:** 1. Mel Wright 51:03. **70 & Over:** 1. Luis Rochs 41:19.

Division Results - Women's 6 Mile

18 & Under: 1. Heather Reid 43:14, 2. Kanoi Mulhern 49:02, 3. Ellen Tookoian 51:20. **19-29:** 1. Juli Brening 37:30, 2. Nellie Gonzales 40:40, 3. Bicky Gonzales 41:01. **30-39:** 1. Rosa Medina 36:00, 2. Maurie Potts 39:15, 3. Sandy Jacob 42:20. **40-49:** 1. Heidi Fialho 52:0, 2. Tamine Satsuki 56:25. **60-69:** 1. Virginia Martin 60:0.

Division Results - Men's 2 Mile

13 & Under: 1. Brent Fernandez 11:31, 2. Brian Scitutto 11:46, 3. Jason Halguin 12:14. **14-18:** 1. Nejlle Harding 10:50, 2. Juan Huaracha 11:30, 3. John Mickallan 12:05. **19-29:** 1. Baldemar Betancour 9:41, 2. John Devere 9:56, 3. Daniel Vega 10:05. **30-34:** 1. Domingo Pena 11:15, 2. Alex Nunez 11:31, 3. Ed Rivera 12:00. **35-39:** 1. Don Chapin 10:30, 2. John Minney 11:20, 3. Wayne Cambell 11:22. **40-49:** 1. David Cords 10:50, 2. Rey Pena 11:44, 3. Gustavo Armenta 12:01. **50-59:** 1. Ric Zamarpia 11:28, 2. Grant Sharp 12:12, 3. Bob Perez 13:48. **60-69:** 1. Bob Musso 13:14, 2. Leon Alonzo 14:00.

Division Results - Women's 2 Mile

18 & Under: 1. Sonia Medina 12:42, 2. Monica Hernandez 14:25, 3. Norma Lopez 15:40. **19-29:** 1. Diane Vartanian 12:35, 2. Margie Hodge N.T., 3. Mary Bell Norris N.T. **30-39:** 1. Jan Alcock 12:47, 2. Sylia Valdez N.T., 3. Janie Roe-Rodriguez N.T. **40-49:** 1. Mary Anna Barroso 14:20, 2. Helene Miller 14:37, 3. Lora Saiz N.T. **50-59:** 1. Mae Rogers 14:10, 2. Theanne Woodruff N.T., 3. Mary Jo Fitchorn N.T.

Run for the Hill

June 8. City of Industry. 5K & 10K.

Division Results - Men's 10K

10 & Under: 1. Robert Montanez 49:24. **11-14:** 1. Randy Wolfe 39:52, 2. Jason Hobbs 41:36, 3. Robert Buccola 1:10:48. **15-18:** 1. Albert Martinez 37:34, 2. Marvin Rogers 47:58. **19-24:** 1. Hector Rodriguez 38:23, 2. James Kenny 40:40, 25-29: 1. Chris Crawford 34:21, 2. Paul Sandoval 35:47, 3. Chris Vargas 36:32. **30-34:** 1. Jerry Lawrence 37:44, 2. Danny Martinez 38:05, 3. Mike Mitchell 38:49, 35-39: 1. Vince Lopez 38:15, 2. Jerr Wilson 38:48, 3. Ron Baca 39:42. **40-44:** 1. Joe Jacobsen 35:01, 2. Larry Fabela 35:03, 3. Juan Bastidos 40:19. **45-49:** 1. Eugene Hampton 40:44, 2. Arvin Wenzelberg 46:29, 3. Clifford Golenor 47:08. **50-55:** 1. Carlo Leone 42:09, 2. Antonio Gonzales 42:54, 3. Bill Melvin 48:42. **56-59:** 1. Peter Luna 48:44, 2. Fred Lovell 51:24, 3. Harry Dekeskamp 53:17. **60 & Over:** 1. Ernest Durr 59:29.

Division Results - Women's 10K

11-14: 1. Renee Rogers 51:55, 15-18: 1. Christina Ahumada 45:37, 2. Maria Jacques 54:36. **19-24:** 1. Denise Saverloh 47:34. **25-29:** 1. Nancy Sobieck 46:16, 2. Judy Cortland 50:49, 3. Alice Mendez 51:29. **30-34:** 1. Candie Shimiza 49:52, 2. Deborah Crossley 57:17, 3. Sonja Hildalgo 58:29. **35-39:** 1. Norma Severloh 52:44, 2. Kathryn Tiberti 1:00:59. **45-49:** 1. Elaine Murphy 44:35. **56-59:** 1. Fern Martin 59:52.

Division Results - Men's 5K

10 & Under: 1. Geoff Vincent 24:20, 2. Andrew Rogers 24:59, 3. Scott Oyster 26:05. **11-14:** 1. Craig Ellas 21:44, 2. Joseph Rivas 22:37, 3. Michael Juarez 22:38. **15-18:** 1. Ed Valencia 16:55, 2. Scott Sharpless 17:27, 3. Greg Alanic 18:09. **19-24:** 1. Lucero Rodriguez 17:02, 2. Arthur Villanana 18:29, 3. Jose Perez 19:24. **25-29:** 1. Gilbert Mata 16:09, 2. John Lopez 18:20, 3. Mike Gollirsch 18:44. **30-34:** 1. Rudy Chavez 15:45, 2. Louis Lettino 18:46, 3. John Valdez 20:06. **35-39:** 1. Jim Brown 18:39, 2. Bill Schwartz 19:01, 3. Manny Alvarez 20:02. **40-44:** 1. Frank Flores 19:23, 2. Pete Gomez 20:11, 3. Al Salcido 21:44. **45-49:** 1. Dave Arntson 18:13, 2. Henry Perez 21:13, 3. Paul Norris 23:32. **50-55:** 1. Don Outland 26:05. **56-59:** 1. Leo Prado 19:37, 2. John Darby 33:37. **60-65:** 1. Larry Banuelos 19:29, 2. Jack Green 21:08, 3. Manuel Lara 25:29. **66 & Over:** 1. Leo Fregoso 22:49.

Division Results - Women's 5K

10 & Under: 1. Brenda Savolskis 22:49, 11-14: 1. Cherie Ennis 26:59, 2. Cherie Peterson 28:02, 3. Jennifer Hovelsen 33:35. **15-18:** 1. Kat Prince 19:09, 2. Denise Smith 24:08, 3. Aurea Sanchez 29:32. **19-24:** 1. Irene Zarate 24:20, 2. Jeanine McLeland 27:50, 3. Stacey Boxx 29:49, 25-29: 1. Hortencia Acuna 26:15, 2. Lynne Furuya 26:41, 3. Tammy Butler 33:13. **30-34:** 1. Anita England 24:23, 2. Maria Rodriguez 24:51, 3. Ann Oakleaf 25:32. **35-39:** 1. Georgia Martinez 30:52, 2. Ellen Gordon 31:25, 3. Becky Kosoya 33:25. **40-44:** 1. Pamela Lankarani 26:17, 2. Wendy Wolfe 27:39, 3. Eileen Hovelsen 27:55. **45-49:** 1. Judith Arntson 26:58. **50-55:** 1. Shirley Chadwick 27:58.

Tri for Fun

from Mike Lennemann

June 8. Millerton Lake.

(500m Swim, 20K Bike, 5K Run)

Overall Results

1 Jay Farrior	57:28
2 Grove, Richard, DeLaCruz	58:07
3 Eric Little	60:36
4 Darrel Cox (30-39)	63:19
5 Allen Richberg	64:19
6 Bill berry (30-39)	64:53
7 Mike Lennemann (30-39)	65:16
8 Steve Meunier (30-39)	65:21
9 Steve Peterson	65:56
10 Chris Gothard (30-39)	66:03
11 Doyle-Doyle-Vosburg	66:28
12 Pat Knost	66:29
13 Jeff Chadwick (30-39)	66:35
14 Mark Stephen (30-39)	66:47
15 Julie Matteson (1st F)	66:50
16 Mike Farley	67:09
17 Jim Manfredo (40-49)	68:25
18 Craig Kriegoff	68:54
19 Maria Carter	69:19
20 Damon Leonard	69:53
21 Neal Jones	1:10:32
22 Tod Meinke	1:10:34
23 Kari Fike	1:11:34
24 Dan Little	1:11:35
25 Ryoich Marita (30-39)	1:11:51
26 Justus Wagner	1:12:03
27 Robert Fitzpatrick (30-39)	1:12:13
28 Robert Clark	1:12:20
29 Ramsey Wymore	1:14:02
30 Susan Gro	1:14:12

Aptos Women's 5 Miler

June 8. Aptos.

Sunny skies greeted the 200 finishers of the 5th annual Aptos Women's 5 Miler. The course, which follows the flat-torolling roads and trails of the Forest of Nisene Marks State Park, was shaded by towering redwood trees and provided lovely scenery before the runners headed to the beach following the post race activities. For the first time in the five year history of the 3 all women's event, a Santa Cruz resident, Barb Myers-Acosta won the race in 29:21, breaking the course record previously held jointly by Nancy Ditz and Charlene (Gilroy) O'Brien. Acosta was challenged by 1986 Marine Corps Marathon winner, Natalie Upgrove, visiting the area from State College, PA., but was able to pull away from Upgrove, Jackie Braisted and Eileen Bickard in the last mile.

Top nationally-ranked master's Juana Stavelone finished 6th, establishing a new course record of 31:10. Elizabeth Ross broke her own course record by almost 2 minutes (50:59) and Jaclyn Caselli won the 60 & Over for the 5th straight year!

The runners were rewarded by numerous awards (15 deep in some divisions) and quality merchandise donated by many local merchants.

Overall Results

1 Barb Myers-Acosta, SantaCruz	29:21
2 Natalie Upgrove, StateColleg	29:33

3 Jackie Braisted, S.F.	29:53
4 Eileen Bickard, SantaCruz	30:25
5 Sue Gyorey, Los Gatos	31:09
6 Juana Stavelone, San Jose	31:09
7 Susie Hansen, Campbell	31:35
8 Judi Shade, San Jose	32:06
9 Diane McKelvey, SantaCruz	32:28
10 Debbie Morris, Campbell	33:00

Division Results

13 & Under: 1. Lisa Miller 36:07, 2. Laura Feltman 40:58, 3. Megan Clark 46:25. **14-19:** 1. Maureen Williamson 34:44, 2. Christina Barnikel 41:23, 3. Sharon Denton 1:00:22. **20-29:** 1. Barb Myers-Acosta 29:21, 2. Natalie Upgrove 29:33, 3. Eileen Bickard 30:25. **30-39:** 1. Jackie Braisted 29:53, 2. Diane McKelvey 32:28, 3. Pamela Burkes 33:16. **40-49:** 1. Juana Stavelone 31:10, 2. Judi Shade 32:06, 3. Lois Hamilton 35:45. **50-59:** 1. Elizabeth Ross 37:00, 2. Wha Yong Semer 38:09, 3. Rita Mockus 41:15. **60 & Over:** 1. Jaclyn Caselli 39:37, 2. Mary Ruth Casebeer 57:36.

Sierra Cup 10K

June 8. Napa. 10K & 2 Mile.

Division Results - Men's 10K

13-17: 1. Tim Weber 45:49, 2. Ule Proteau 47:21. **18-29:** 1. Tom Trimble 32:54, 2. David Mack 41:05, 3. Jon West 41:20. **30-39:** 1. Antonio Zarate 36:42, 2. Gary Plenkowski 39:09, 3. Steve Zanetti 39:41. **40-49:** 1. John Monteverdi 36:22, 2. Ed O'Rourke 40:46, 3. Harry Wyeth 41:15. **50-59:** 1. David Larson 45:23, 2. Charles Hoagland 47:55, 3. Ernie Heine 71:38. **60 & Over:** 1. George Grammens 58:12.

Division Results - Women

18-29: 1. Kathy Newman 42:10, 2. Cindy Van Natta 42:19, 3. Kathleen Mulligan 42:37. **30-39:** 1. Ruth Grimes 44:53, 2. Wendy Cole 47:56, 3. Cathy Smith 49:52. **40-49:** 1. Peggi Raley 43:50, 2. Dottie Charon 45:25, 3. Teresa Matta 49:05. **50-59:** 1. Ilse Forrest 47:52.

Division Results - Men's 2 Mile

12 & Under: 1. Sean Arnott 14:46, 2. Max Upgrove 15:17, 3. Matt Brennan 17:06. **13-17:** 1. David Jaffe 16:15, 2. Justin Prichard 16:57. **18-29:** 1. Kent Thompson 10:49, 2. Allan Smith 10:49, 3. David Wilkinson 12:35. **30-39:** 1. Greg Dunning 11:42, 2. Jim Teribili 13:24, 3. Paul Marciniak 13:37. **40-49:** 1. Gerard Perez 16:20, 2. Ken Samsel 19:03, 3. Jerry Thiel 20:04. **50-59:** 1. Robert Belote 13:26, 2. Donald Meehan 14:26, 3. Carter Keane 14:46.

Division Results - Women

12 & Under: 1. Mandy Fry 18:23. **13-17:** 1. Susan Thiel 21:24. **18-29:** 1. Sheila Moore 20:19, 2. Paula Stein 24:32. **30-39:** 1. Kathy Merritt 16:39, 2. Nancy Vernon-Burke 16:49, 3. Colleen Nielsen 16:59. **40-49:** 1. Carole McManus 16:28, 2. Carolyn Walker 17:08, 3. Jeri Perry 19:08. **50-59:** 1. Mimi Grammens 17:50, 2. Rosemarie Curry 23:31, 3. Jan Sockel 27:00.

Conejo Eight Kilometer Run

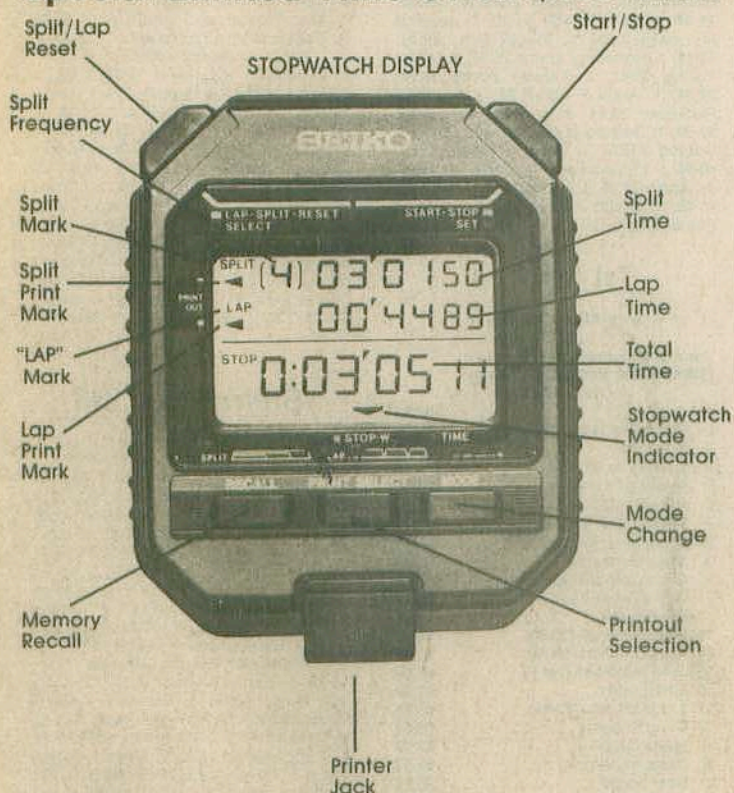
June 8. Westlake Village.

Overall Results

1 Jim Triplett (28) S.B.	25:47
2 Brian Nelson (28) Ventura	27:11
3 Mike Barton (18) Newbury Pk	27:56
4 Stephen Whitmore (30) Lk Eliz.	28:21
5 Henry Lange, Jr. (37) BevHills	28:38
6 Jim Kner (52) Siml Valley	29:12
7 Steven Moore (30) Oxnard	29:30
8 Juan Cueva (37) L.A.	29:38
9 Bob Hendrix (35) CanogaPk	29:46
10 Annie Gladue (23) S.B.	30:16
14 Ron Baumsteiger (44) Moorpark	31:38
17 Gary Farnham (49) NewburyPk	32:05
22 Bob Nemeth (62) WoodlandHills	33:54
24 Mary Jo DeiCampio (37) ThousOk	34:09
26 Rita Schnepp (31) Malibu	34:52
29 Remy Burkel (57) Riverside	36:06
32 Ed Stotsenberg (72) Malibu	37:12
40 Lynne Hurrell (51) ThousOak	41:55

Digital Quartz Stopwatch With Printer, SP11

Special Limited Time Offer: \$150 while supply lasts



System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
    
```

```

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

Applications

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

Specifications

Time Base & Accuracy:

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

Printout:

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

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

Modes:

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

Temperature:

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

Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

Batteries:

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

Construction:

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

Standard Accessories:

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

Optional Accessories:

- S-950 Seiko thermal paper in 5-roll boxes

3 for \$400

Available From:

Jack's Athletic Supply
P.O. Box 459
San Carlos, CA 94070
(415) 595-2249

Also a special \$10.00 discount for mentioning that you saw the ad in CT&RN.