

AUGUST 1988

ISSUE NO. 139

# CALIFORNIA

## *Track & Running News*



08/88  
Walt Lange  
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Carmichael CA 95608



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# Cross Country

## At Fresno's Woodward Park

Make plans to be at one of these big cross country meets

**SEPTEMBER 10, 1988 ~ Fresno City College Invitational**

Contact: Bob Fries, Fresno City College  
1101 E. University Ave., Fresno, CA 93741 (209) 442-4600

**SEPTEMBER 17, 1988 ~ Fresno State University Invitational**

Contact: Red Estes, Track Coach, Fresno State University  
Fresno, CA 93740 (209) 294-4097

**SEPTEMBER 24, 1988 ~ Clovis High School Invitational**

Contact: Steve Ward, Clovis High School  
1055 Fowler Ave., Clovis, CA 93612 (209) 299-7211

**OCTOBER 21, 1988 ~ Rough Rider High School Invitational**

Contact: Jim Fletcher, Roosevelt High School  
4250 E. Tulare, Fresno, CA 93702 (209) 435-8780, home

**NOVEMBER 5, 1988 ~ N.A.I.A. District Championships**

Contact: Bill Cockerham, Track Coach, Fresno Pacific College  
1717 S. Chestnut Ave., Fresno, CA 93702 (209) 453-2000

**NOVEMBER 12, 1988 ~ N.C.A.A. Region 8 Championships**

Contact: Red Estes, Track Coach, Fresno State University  
Fresno, CA 93740 (209) 294-4097

**NOVEMBER 19, 1988 ~ California Junior College State Championships**

Contact: Bob Fries, Fresno City College  
1101 E. University Ave., Fresno, CA 93741 (209) 442-4600

**NOVEMBER 26, 1988 ~ California High School State X-C Championships**

Contact: Bill Griffin, Madera High School  
200 S. L Street, Madera, CA 93637 (209) 675-4500

**DECEMBER 3, 1988 ~ Kinney Western High School Championships**

Contact: Bill Cockerham, Regional Coordinator  
4957 E. Heaton Ave., Fresno, CA 93727 (209) 456-0535

**LODGING - The following motels are giving special team rates:**

### Travelers INN

TRAVELERS INN  
2655 East Shaw  
Fresno, CA 93710  
(209) 294-0224  
Contact Person: Cindy Flores

TRAVELERS INN  
6730 N. Blackstone  
Fresno, CA 93710  
(209) 431-3557  
Contact Person: Linda Peterson

### RODEWAY INN

RODEWAY INN  
4061 N. Blackstone  
Fresno, CA 93726  
(209) 222-5641  
Contact Person: Violet Meindersee

### RAMADA INN

RAMADA INN  
324 East Shaw Ave.  
Fresno, CA 93710  
(209) 224-4040  
Contact Person: Jan Coyle

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# CALIFORNIA

*Track & Running News*



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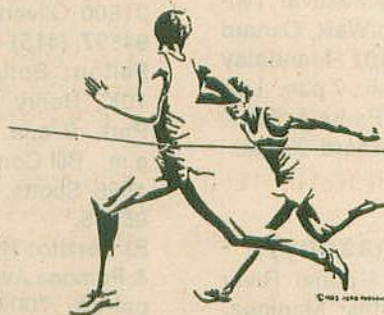
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**ON THE COVER:** Five of California's 1988 Olympians--  
**BRIAN ABSHIRE** (top left) winner of the Steeplechase (photo by Fine Flicks by Don Gosney); **JACKIE JOYNER-KERSEE** (lower left) winner of the heptathlon and long jump (photo by Bill Leung, Jr.); **WILLIE BANKS** (center) winner of the triple jump (photo by Fine Flicks by Don Gosney); **FLORENCE GRIFFITH-JOYNER** (top right) winner of the 100 and 200 (photo by Fine Flicks by Don Gosney); and (lower right) **ANDRE PHILLIPS**, second to **EDWIN MOSES** in the 400m intermediate hurdles (photo by Bill Leung, Jr.).

# 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.

## August 1-5 (Mon.-Fri.)

**Nevada City Area:** California High Altitude Camp & Clinic, Grouse Ridge Wilderness Area, Limited to 45 participants (7800 feet). Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

## August 2 (Tuesday)

**Oxnard:** Oxnard Sports Festival Twilight 5K & 1 Mi. Fun-Run/Walk, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6:30 p.m./1 Mi., 7 p.m. Lorraine Mercado, Oxnard Parks & Recr. Dept., 325 So. A St., Oxnard 93030. (805) 984-4643.

## August 3 (Wednesday)

**South El Monte:** San Gabriel River 12K Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## August 4 (Thursday)

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix Series, 6:30 p.m./2 Mi., 7 p.m. Bill Duley (818) 992-6219.

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

**El Toro:** 3 Mile Cross Country Series, Sycamore Park, 6:30 p.m. Arthur Hernandez, 74362 Twig St., El Toro 92630. (714) 770-0444.

## August 5 (Friday)

**Orange:** Orange County 12 & 24 Hour Relay (or solo), 1-10 person teams, Orange Canyon H.S., 6 p.m. (Date changed from July 1). Don Pycior, 17352 Grovemont, Santa Ana 92705. (714) 538-8338.

## August 6 (Saturday)

**Palo Alto:** National Corporate 5K Team Championship, Stanford Univ., 2-5 Person Teams, Time TBA. BACAA, P.O. Box 898, Menlo Park 94025. (408) 446-9060.

**Union City:** Gladiola Festival 10K, Kennedy Community Center (133 Decoto Rd.), 9 a.m. Holly Community Center, 31600 Oliveto Niles Blvd., Union City 94597. (415) 471-6877.

**Felton:** Borland International Turbo 10K, Henry Cowell Redwoods State Park, 9 a.m. (Limit 1,000 runners), 9 a.m. Bill Convis, Borland International, 4585 Scotts Valley Dr., Scotts Valley 95066.

**El Cerrito:** Hillside Run, 4 Mi., Moeser & Pomona Aves., 10:30 a.m. Renee Kilpatrick, 7007 Moeser Ln., El Cerrito 94530. (415) 525-6748.

**Squaw Valley:** Squaw Valley USA Mountain Run, 3.6 Mi., 9:30 a.m. Holly Beatie Farr, Image Promotions, Ltd., P.O. Box 2575, Olympic Valley 95730. (916) 943-1890.

**Lake Gregory:** Lake Gregory 5 & 10K, San Moritz Lodge, 8 a.m. Race Central, P.O. Box 828, Rialto 92376.

(714) 387-2594.

**South El Monte:** Legg Lake 099'ers 8K Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Escondido:** C & C 5K and Relays, 7:30 a.m./5K, 8:30 a.m./Corporate Relay, 9 a.m./Youth Race. In Motion, 2204 Garnet Ave., #303, San Diego 92109. (619) 483-9501.

**Irwindale:** L.A. Sprint Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Santa Fe Dam Recreation Area, 8 a.m. (900 limit). L.A. Sprint Triathlon, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

**San Diego:** 1. Fittest of the Fit, 0.1K Swim, 5K Run, 0.2K Obstacle Course, Time TBA. Koz Enterprises, P.O. Box 5031, San Diego 92105. (619) 222-7596.

## August 7 (Sunday)

**Palo Alto:** National Corporate 10K Team Championship, Stanford Univ., 2-5 Person Teams, Time TBA. BACAA, P.O. Box 898, Menlo Park 94025. (408) 446-9060.

**Larkspur:** Asher Clinic Couples Relay, 2 x 2 Mi., Larkspur Landing Shopping Center, 10 a.m. Asher Clinic, 1601-A Larkspur Landing Cir., Larkspur 94939. (415) 461-8233.

**San Francisco:** DSE Golden Gate Promenade 7.13 Mi., Dolphin Club (Jefferson and Hyde), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

**Burlingame:** Peninsula Alano Summer Run, 8K & 5K Walk, Coyote Point, 8 a.m. Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

**Hayward:** Zucchini Festival 10K, Cal-State Hayward, 9 a.m. Eden Area YMCA, 951 Palisade St., Hayward 94542. (415) 582-9614.

## Schedule

**San Leandro:** Skyline 50K, Lake Chabot Marina, 7 a.m. Danny Plouvier, Golden Bay Runners, 461 Diehl Ave., San Leandro 94577. (415) 562-4629.

**Pacific Grove:** YWCA Women's Walk-Run, 5 & 10K and 5K Walk, Lover's Point, 9 a.m. Fabia Massaro, YWCA, 404 Camino El Estero, Monterey 93940. (408) 649-0834.

**Tracy:** California Dry Bean Festival 5 & 10K, Time TBA. California Dry Bean Festival, 803 Central Ave., Tracy 95376. (209) 836-5552.

**North Lake Tahoe:** Lake Tahoe Running Series 5 & 10K, Northstar-at-Tahoe, Time TBA. Northstar-at-Tahoe, P.O. Box 129, Truckee 95734. (916) 587-0280.

**Los Angeles:** Samurai Nisei Week 5K Run, Little Tokyo, 8 a.m. Samurai 5K

Run, 120 E. Emerson Ave., Monterey Park 91754. (213) 623-1673, Wayne.

**Burlingame:** Peninsula Alano Summer Run, 8K (& 5K Walk), Coyote Point, 8 a.m. The Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

**Blue Lake:** Annie & Mary Race, 2 Mi. & 10K, Del Arte Bldg., 8:30 a.m./2 Mi., 9 a.m. Peg Dickerson: (707) 688-5161.

**San Diego:** Aerospace 10K & 1 Mi., Blaboa Park, 7 a.m. Pam Nolty: (619) 437-4667.

### August 9 (Tuesday)

**Bakersfield:** BTC Handicap 5K, Alfred Harrel Hwy. (one-half mile east of Hart Park), 7 p.m. Steve Moehlman, Bakersfield T.C., P.O. Box 6154, Bakersfield 93386. (805) 326-3994.

### August 11 (Thursday)

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mile Grand Prix Series, 6:30 p.m./2 Mi., 7 p.m. Bill Duley. (818) 992-6219.

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

**El Toro:** 3 Mile Cross Country Series, Sycamore Park, 6:30 p.m. Arthur Hernandez, 74362 Twig St., El Toro 92630. (714) 770-0444.



## National Masters Championship



# CALIFORNIA INTERNATIONAL MARATHON DECEMBER 4, 1988



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# Schedule

## August 13 (Saturday)

**Ashbury Park, NJ:** National TAC Masters 10K Championships, Time TBA.

Phil Benson, Box 2287, Ocean Township, NJ. 07712. (201) 531-4156.

**Petaluma:** Stride for Life, 3 & 10K, Walnut Park (Petaluma Blvd., South and D St.), 8 a.m. R. Brown, Petaluma Valley Hospital Fndn., P.O. Box 5124, Petaluma 94953. (707) 778-7441.

**Point Reyes:** Pt. Reyes Half-Marathon, Five Brooks (between Olema & Bolinas), 0 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Covelo:** Blackberry Festival Footrace, 5 & 10K, Commercial & Howard Sts., 8 a.m. Covelo Community Library, Sharlene Holbrook, Box 491, Covelo 95428. (707) 983-6831.

**Crater Lake, OR:** Crater Lake Rim Runs, 6.7 & 13 Mi., Time TBA. Bob Freirich, 5830 Mack Ave., Klamath Falls, OR 97603. (503) 884-6939, eves.

**Folsom:** Tri-For-Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Beals Point (Folsom Lake), 8 a.m. (600 Limit). Will Roxburgh, Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

**Ventura:** American Style Cross Country, 4 & 8K Arroyo Verde Park, 8:30 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

**Huntington Beach:** Distance Derby, 1.5, 3 & 10 Mi., Huntington Beach Pier, 7:30 a.m./10 Mi., 10:30 a.m. City of Huntington Beach, Community Services Dept., 2000 Main St., Huntington Beach 92648. (714) 536-5486.

**San Diego:** MADD Run for Fiscal Fitness, 10K & 2 Mi., Balboa Park, 7:30 a.m. Toni Deal (619) 272-8316.

**Bakersfield:** Tatsuno Back to Back Run, 1 Mi., 5 & 10K, 3900 Truxtun Ext., 7 a.m. Tatsuno Chiropractic, c/o Patricia Heredia, 3900 Truxtun Ext., Bakersfield 93309.

**Green Valley Lake:** (San Bernardino Mtns.) Green Valley Lake Sprint Triathlon, Swim 400m, Bike 10.4 Mi., Run

3.2 Mi., Clubhouse, 10 a.m. (Note: Also listed as August 20 in some sources). Contact: (714) 867-7757 or 867-4273.

## August 14 (Sunday)

**Brisbane:** DSE "Where the Hell is Brisbane?" 5 Miler, Yacht Harbor, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

**San Mateo:** San Mateo County Fair Run, 5 & 10K, Bay Meadows Race track, 9 a.m. Tom Mays, The Sandol Co., 2000 Broadway, Redwood City 94061. (415) 369-4358.

**San Francisco:** Hook & Ladder 10K Race, Golden Gate Park (Rainbow Falls & Kennedy Dr.), 9 a.m. Jim Gallagher, 1671 - 16th Ave., San Francisco 94122.

**Sunnyvale:** Sunnyvale Classic 5 & 10K, Twin Creeks Softball Complex, 8 a.m. Dana Haynes, Sunnyvale Rec. & Parks, P.O. Box 3707, Sunnyvale 94087. (408) 730-7339.

**Alameda:** Alameda Run for the Parks 10K (& 2 Mi. Walk), Southshore Shopping Center, 9 a.m. Alameda Rec. & Park Dept., City Hall, Room 201, Alameda 94501. (415) 522-4100, x227.

**Bodega:** Bodega Big Event Footrace, 5 & 10K, 8:30 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 874-2830.

**Healdsburg:** River of No Return Pentathlon, 500 Yd. Swim, 10 Mi. Canoe, 1/4 Mi. Portage, 9 Mi. Run, 20 Mi. Bike, 2-Person Teams, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190, (707) 433-7247.

**Quincy:** Feather River Classic, 5K & 10 Mi., 1.2 Mi. Fun-Run/Walk, Pioneer Community Pool, Fairgrounds Rd., 8:30 a.m. Flora Washburn, Central Plumas Recr. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

**McKinleyville:** Hammond Bridge Half-Marathon, 2 Mi. & 13.1 Mi., McKinleyville High Track, 9 a.m. Buzz Webb: 707/839-3518.

**Mt. Baden Powell:** Mt. Baden Powell Loop Run, South Fork Campground, 25 Mi., 6 a.m. (very difficult 6000 foot climb in first 10 miles to 9400 ft.). Bob Kim-

merly: 805/270-1378, eves.

**San Mateo:** San Mateo County Fair Run, 5 & 10K, Bay Meadows Race Track (parking lot), 9 a.m. Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

**Palos Verdes:** Run by the Sea 10K & Kids 1K, Long Point (formerly Marine-land), 8 a.m./1K, 8:15 a.m. Run by the Sea, 30940 Hawthorne Blvd., Rancho Palos Verdes 90274.

**Brea:** Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, Brea Mall, Time TBA. Contact: (714) 525-8539.

**Zuma Beach:** Bud Light Ocean Festival 5K Beach Run, 8 a.m. (Race/day Reg. only). Contact: (213) 457-2440.

## August 16 (Tuesday)

**San Diego:** 3 Mile Run, Hospitality Point, 6 p.m. Tom Morrow, SDTC 619/563-7597.

## August 17 (Wednesday)

**San Francisco:** Manufacturers Hand-over Corporate Challenge, 3.5 Mi., Time TBA (evening). Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

**Aromas:** Aromas Days 10K, Time TBA. Contact: (408) 476-5334.

## August 18 (Thursday)

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mile Grand Prix Series, 6:30 p.m./2 Mi., 7 p.m. Bill Duley (818) 992-6219.

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

**Valencia:** College of the Canyons 5K Cross Country Series Final, 7 p.m. Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

**El Toro:** 3 Mile Cross Country Series Final, Sycamore Park, 6:30 p.m. Arthur Hernandez, 74362 Twig St., El Toro 92630. (714) 770-0444.

Sunday  
Sept. 4, 1988  
9:00 a.m.



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25-29	50-54
30-34	55-59
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CITY/STATE/ZIP: \_\_\_\_\_

Male  Female Age on 9/4/88 \_\_\_\_\_ 1988 PA•TAC# \_\_\_\_\_

In condition of your accepting my entry, I, the undersigned do hereby for myself and my heirs, executors and administrators, waive and release forever all rights and claims or damages I may accrue against HOY'S SPORTS and any and all other sponsors of the HOY'S SPORTS 10,000 METER CLASSIC race any injury suffered by me while traveling to or from, or while competing in the HOY'S SPORTS 10,000 METER CLASSIC race on Sunday, September 4, 1988. I further certify that I am in good physical condition and have trained for this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

(Parent or Guardian if under 18, required)

# Schedule

## August 19 (Friday)

**Palo Alto:** Thank Goodness It's Friday 5 & 10K, Baylands Athletic Center, 6:30 p.m. Palo Alto Recreation, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

## August 20 (Saturday)

**Susanville:** Susanville Main Street Mile. North end of Main Street. 9:30 a.m. Arnold Rivas (916) 257-5409.

**Manitou Springs, CO:** Pikes Peak Ascent, 13.4 Mi. (7600 foot elev. gain), 7 a.m. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO. 80937.

**Antioch:** Goldman Triathlon, 3/4 Mi. Swim, 16 Mi. Bike, 6 Mi. Run, Contra Loma Regional Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Francisco:** Alcatraz Challenge Triathlon, 1.5 Mi. Swim, 1 Mi. Run, 20 Mi. Bike, 14.8 Mi. Run (Double Dipsea), Alcatraz Island (Rocky Beach), 7:30 a.m.

Sally Bailey, 10 Camelford Ct., Moraga 94556. (415) 376-3468.

**East Sacramento:** Susan B. Anthony Women's 5K Run & 2 Mi. Walk, Glenn Hall Park, 7:45 a.m./Walk, 8 a.m. Barry Turner: 916/920-1095.

**Pomona:** Run for Jerry's Kids, 5 & 10K, Foothill Beverage Co., 8 a.m. Foothill Beverage Co., Attn: Steven Heath, 2800 So. Reservoir Rd., Pomona 91766. (714) 627-6131, or (818) 966-1745.

**Los Angeles:** Tetrick Trail Run, 8 Mi., Griffith Park, Riverside/Los Feliz entrance, 7:30 a.m. (Raceday Entry Only).

John Sporleder, 150 So. Glenoaks Blvd., #9171, Burbank 91510.

**Valencia:** Castaic Triathlon Series, 1K Swim, 30K Bike, 8K Run, Time TBA. Tom Redfern, 23725 Castilla Ct., Valencia 91355. (805) 253-3118.

**June Lake:** June Lake 3 Mile Relay, June Lake Beach (Orange County), 9 a.m. Newport Beach Runner's Assoc. (714) 966-0556.

**San Diego:** USA Summer Classic, 3 &

5K, Balboa Park, 7 a.m. Carmen Jackinsky: (619) 449-9459.

**No. Lake Tahoe:** "Where the Hell is Truckee?" 30K, No. Tahoe High School, 9 a.m. Tahoe Outdoor A.C., Peter Werbel, P.O. Box 3502, Truckee 95734. (916) 583-4116.

## August 21 (Sunday)

**Manitou Springs, CO:** Pikes Peak Marathon, 26.3 Mi., 7 a.m. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937.

**San Francisco:** DSE Windmill Run, 6.5 Mi., Kennedy Dr. & Ocean Beach, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

**San Francisco:** Presidio 10 Mile, Presidio Parade Grounds, 9 a.m. The Guardsmen, 220 Sansome St., #590, San Francisco 94104. (415) 781-6785.

**Redwood City:** Redwood Shores Biathlon, 4 Mi. Run, 400m Swim, 350 Marine World Pkwy., 10 a.m. Wayne Robson, Big Brothers/Big Sisters, 944 Ralston Ave., Belmont 94002. (415) 592-2354.

**Lafayette:** Run the Rim, 7.3 Mi., or Wilderness Run, 4 Mi., Briones Regional Park (Bear Creek Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Arcata Area:** Freshwater Race, 2 Mi. & 10K, 2872 Freshwater Rd., 10 a.m. Ellsworth Pence (707) 445-9442.

**Carson City, NV:** Dirty Dusty Damn Hot 15K Relay, 3-Person loop, El Charro Restaurant, 10 a.m. Butch Cattanach, Fleet Feet, 3771 So. Carson, Carson City, NV 89701. (702) 883-3361.

**Bakersfield:** Ultimate Fun Run, Distance TBA, Bakersfield College, 7 a.m. Bakersfield Track Club, P.O. Box 6154, Bakersfield 93386.

**Goleta:** McConnell's Endurance Events, 5 & 10K, Mile Swim, Biathlon (10K Run, Mile Swim), Kid's Mile, Goleta Beach, 8:30 a.m. Kevin Young, 119 Cooper Rd., Santa Barbara 93109. (805) 963-7524.

**So. El Monte:** Legg Lake 099'ers 5K Run, 8 a.m. Arthur Martinez, 9502 Re-



# San Dimas



5K



10K

# Run

**Saturday, September 24, 1988**

Pre-registration - \$12.00 (Includes quality race shirt. \$8.00 without.)  
Late registration - \$14.00 (Includes quality race shirt. \$10.00 without.)  
Pre-registration deadline - Wednesday, September 21st.

San Dimas Human Services Department (RUN)  
245 E. Bonita Ave. San Dimas, CA. 91773

**(714) 592-4344**





**Mercy  
General  
Hospital**

# Mercy General Hospital BUFFALO STAMPEDE 10-MILER

Sunday - September 18  
8:00 AM



Where: Rio Americano High School  
4540 American River Drive, Sacramento

Fees: Non-refundable  
\$10.00  
\$12.00 after September 10  
Race day registration is available but  
strongly discouraged.

Make Checks Payable to:  
BUFFALO CHIPS RUNNING CLUB  
P.O. Box 19908  
Sacramento, CA 95819-0908

Awards: Top 3 runners in  
each division.



\$1,000+ in prize money donated by NESTLÉ  
Open Men & Women: \$125,\$75,\$50,\$25,\$25  
Masters Men & Women: \$50,\$25  
Men & Women Open Teams (5 runners): \$100  
Men's Masters Team (5 runners): \$100  
Women's Masters Team (3 runners): \$60



Course: Flat, fast, certified 10 miles.

\* Must be currently PA-TAC registered to be eligible  
for individual or team prize money. Teams must be  
PA-TAC club registered.

Check-in: All runners pick up their numbers on race  
day from 6:45 - 7:45 AM at Rio Americano  
High School. Avoid the rush...arrive early.

Information: Call 488-6580



Random drawings for all finishers for trips to Hawaii  
and Lake Tahoe. Courtesy of Patterson Travel. Must be  
present to win.



Running



patterson travel



Last										First										MI			
Name:																							
Address:																							
City:												State:		Zip:									
Phone:												Age on Race Day:											
Running Club:																							

DIVISIONS (select one)

Men		Women
<input type="checkbox"/>	0-18	<input type="checkbox"/>
<input type="checkbox"/>	19-29	<input type="checkbox"/>
<input type="checkbox"/>	30-39	<input type="checkbox"/>
<input type="checkbox"/>	40-49	<input type="checkbox"/>
<input type="checkbox"/>	50-59	<input type="checkbox"/>
<input type="checkbox"/>	60+	<input type="checkbox"/>

In consideration of your accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the persons and organizations affiliated with the T.A.C., the officials, the City of Sacramento, the County of Sacramento, the State of California, the Buffalo Chips Running Club, any and all sponsors of the race, volunteers and committee members while participating in or traveling to the Run. I further attest that I am physically fit and sufficiently trained for this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Heavyweight (over 190 lbs.) PARENT/GUARDIAN IF UNDER 18: \_\_\_\_\_

## Schedule

ichling Lane, Pico Rivera 90660. (213) 949-0394.

**West Hollywood:** West Hollywood/Tom Proctor 5 & 10K, West Hollywood Park (647 N. San Vicente), 8 a.m. City of West Hollywood, 8611 Santa Monica Blvd., West Hollywood 90069 (Curtis Brown: 213/854-7471, days.

**San Diego:** America's Finest City Half-Marathon, Cabrillo National Monument, 7 a.m. American Lung Ass'n., P.O. Box 3879, San Diego 92103. (619) 297-3901.

**Scotts Valley:** Pioneer Day 10K, King's Village (exit Mt. Hermon Rd.), 9 a.m. Second Sole, 218 Mt. Hermon, Scotts Valley 95066. (408) 438-4815.

**Big Bear Lake:** Big Bear Triathlon Series, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. Mark Knowlden/Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

**San Dimas:** Tiny Tri Speed Challenge, 300 Yd. Swim, 7 Mi. Bike, 2 Mi. Run, Bonelli Park, Time TBA. LATOC, 2564

E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Fullerton:** No. Orange County YMCA Fullerton 5 & 10K Runs, Fullerton H.S., 9 a.m. Contact: (714) 879-9622.

**Malibu:** Bud Light Ocean Festival 5K Beach Run, Surf Rider Beach, 8 a.m. (Race day reg. only). Contact: (213) 457-2440.

**Ensenada:** City of Ensenada Triathlon, 1/3 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, 10 a.m. Monday Int'l., P.O. Box 99120, San Diego 92109. (619) 275-1384.

### August 23 (Tuesday)

**Bakersfield:** Bakersfield Track Club Handicap 5K, Alfred Harrell Hwy (1/2 Mile east of Hart Park), 7 p.m. Steve Moehlman (805) 326-3994.

### August 25 (Thursday)

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mile Grand Prix Series, 6:30 p.m./2 Mile, 7 p.m. Bill Duley (818) 992-6219.

### August 26 (Friday)

**Coronado:** SWOS 10K, 8 a.m. (military personnel only). Sean O'Conner (619) 437-4556.

### August 27 (Saturday)

**Bishop:** Mule Run Ultra 50K, 7 a.m. (200 runner limit). Bill Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211, evens.

**Los Gatos:** Dammit Run, 7 Mi. +, Los Gatos High School (track), 8:30 a.m. Los Gatos A.A., P.O. Box 1328, Los Gatos 95031. (408) 354-5660.

**Lodi:** City of Lodi Triathlon, 1000 Yd. Swim, 5 Mi. Bike, 3.1 Mi. Run, Lodi Lake, 9 a.m. Lodi Triathlon, 801 So. Fairmont, Suite 5, Lodi 95240 (Dr. William Henshaw: (209) 334-2021.



## The Amigo Run

Sat., September 24, 1988  
2 mile/10K

FRESNO

Start: 7 a.m. for 2 mile, 7:30 a.m. for 10K.  
Corner of Cedar Avenue & Church Streets  
Course is flat and fast.

Sponsored by BUD LIGHT & CHIHUHUA, INC.

Proceeds benefit NHSF

Call (209) 225-2337

Entry fee = \$8.00 for pre-registered and  
\$10.00 on race day.

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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

# Schedule

**Modesto:** Modesto a la Carte Fun Runs, 2 & 5 Mi., Tuolumne River Regional Park, 7:30 a.m. Coyote Run Sports Shoes, 941 Tenth St., Modesto 95354. (209) 579-SHOE.

**Norwalk:** Norwalk 8K Challenge, Norwalk City Hall (12700 Norwalk Blvd.), 8 a.m. Tak Hamabata, City of Norwalk, 12700 Norwalk Blvd., Norwalk 90650. (213) 929-2677, x220.

**South El Monte:** Legg Lake Road Runners 8K, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**So. Lake Tahoe:** World's Toughest Triathlon, 2 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run, Richardson's Resort, Time TBA. Kristen Lincoln, Box 10758, So. Lake Tahoe 95731. (916) 577-5073.

**Seal Beach:** Seal Beach Triathlon, 1K Swim, 20K Bike, 8K Run, Time TBA. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 433-4557.

**Big Bear Lake:** Captain Ed's Great Race, 5K Run, 30K Bike, 5K Run, The Blue Whale Restaurant, Time TBA. Diane Camp, P.O. Box 4090, Ontario 91761. (714) 983-5871.

## August 28 (Sunday)

**San Francisco:** DSE Polo to Breakers 5.5 Mi. & Kid's 1 Mile, Polo Fields (Golden Gate Park), south side, 9:30 a.m./1 Mi., 10 a.m. Jim Skophammer, 666 Orange Avenue, Daly City 94014. (415) 994-5727.

**San Francisco:** Windmill to Windmill 10K, Kennedy & Great Highway (Golden Gate Park), 10 a.m. Walden House, 205 13th St., San Francisco 94103. (415) 554-1100.

**Oakland:** Run/Walk For Friends, 5 & 10K, Lake Merritt (Sailboat House), 9 a.m. Friends of Oakland Parks & Recr. Dept., 1520 Lakeside Dr., Oakland 94612. (415) 273-3494, 482-4855, eves.

**Redwood City:** Back-on-Track 5 & 10K, 2 Mi. Walk, Woodside High School (Woodside Rd. & Alameda), 8:30 a.m. Terri Teixeira, Sequoia YMCA, 1445 Hud-

son St., Redwood City 94061. (415) 368-4168.

**Bodega Bay:** Bodega Bay to Breakers 8K, Bodega Marine Lab, 9 a.m. Julie Shoffner, P.O. Box 247, Bodega Bay 94923. (707) 875-2211.

**Santa Clara:** AEA Electrun 10K & 1.5 Mi., Mission College, 9 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

**Ione:** Comanche Lake Triathlon, 2K Swim, 50K Bike, 10K Run, Comanche Lake (North Shore), 8 a.m. CCT, 2310 J Street, Sacramento 95823. (916) 442-SWIM.

**Merced:** Merced Red Cross Watermelon Run, Distance TBA, Time TBA, Merced T.C. News, 221 E. 19th, Merced 95340.

**Rio Dell:** Wildwood Days Distance Runs, 2 & 8 Mi., Fireman's Park, 9:30 a.m./2 Mi., 10 a.m. Susan Sohrakoff (707) 725-4018, Wally Close (707) 764-3073.

**Laguna Niguel:** Beach Games/Marina Hills 8K Run, Marina Hills Dr. & Niguel Rd., 8 a.m. Marina Hills 8K, P.O. Box 795, Dana Point 92629. (714) 661-6062.

**San Francisco:** San Francisco Distance Classic, 13.1 Mi., Zoo & Great Highway, 8 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-RACE.

**Redwood City:** Back-on-Track Runs, 10K, 5K and 2 Mi. Walk, Woodside H.S. (Woodside Rd. Exit east from I-280), 8:30 a.m. Terri Teixeira, Sequoia YMCA, 1445 Hudson St., Redwood City 94061. (415) 368-4168.

**Santa Monica:** Santa Monica Marathon, Half-Marathon & 5K, Santa Monica College (football stadium), 7 a.m. Richard Gill, 2600 Ocean Park Blvd., Santa Monica 90405. (213) 458-8311.

**San Jose:** Bud Light USTS Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. CAT Sports, P.O. Box 1389, Solana Beach 92075. (619) 943-7500.

**Manhattan Beach:** Bud Light Ocean Festival 5K Beach Run, at Pier, 8 a.m. (Race Day Reg. Only). Contact: (213) 457-2440.

## August 31 (Wednesday)

**San Jose:** Union Bank Heart of the City 5K Run, 6:30 p.m. Union Bank, 99 Almaden Blvd., San Jose 95113. (408) 279-7746.

## September 1 (Thursday)

**San Francisco:** Hoy's Sports 10,000 Meter Classic (Women's PA/TAC 10K Championships), Golden Gate Park (Kennedy Dr. & Stow Lake Dr.), 9 a.m. Mike Fanelli, Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-4697.

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

**Huntington Beach:** Sunset in the Park, 2.8 Mi. & 4.8 Mi. cross-country run, Central Park West, 6 p.m./2.8 Mi., 6:30 p.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mile Grand Prix Final, 6:30 p.m./2 Mi., 7 p.m. Bill Duley: (818) 992-6219.

## September 3 (Saturday)

**Sausalito:** Puffin Power I, 4 & 7 Mi., Ft. Cronkhite (GGNRA), Rodeo Lagoon (Marin Headlands) 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Jose:** Menhune 5 & 10K Runs, Santa Clara County Fairgrounds, 9 a.m. Jane Alvarado, P.O. Box 1619, Cupertino 95014. (408) 296-0217.

**Santa Rosa:** Caledonian Run, 3K & 8K, Sonoma County Fairgrounds (Aston Ave.), 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 874-2830.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

**Lompoc:** Park to Park 8 Mile Run, Miguelito Canyon Park (to La Purisima Mission Park), 8 a.m. Don Kundich, 4250 Serius, Lompoc 93436. (805) 733-1650, eves.

## Schedule

**So. El Monte:** Born to Run 2 Miler, Legg Lake Park, 8 a.m. (1 Mi. Fun Run at 7:30 a.m.), Jim Brandados, 13413 Melody Rd., Chino Hills 91710. (No Race-day Entry).

**So. El Monte:** San Gabriel River 5K Run, 9 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**San Diego:** 4 Mile Cross Country Runs, Balboa Park, 7 a.m./Men, 7:05 a.m./Women. Keith Jeffers: (619) 452-SDTC.

### September 4 (Sunday)

**San Francisco:** Hoy's Sports 10,000 Meter Classic (Women's PA/TAC 10K Championships), Golden Gate Park (Kennedy Dr. & Stow Lake Dr.), 9 a.m. Mike Fanelli, Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-4697.

**New York:** National TAC Masters 20K. Jack Dowling, 25-47 Beech St., East Meadow, New York 11556. (516) 731-

3452.

**Livermore:** Wente's Cellar to Cellar Run, 10K, Wente Bros., (Champagne Cellars), 9 a.m. Wente Bros., 5565 Tesla Rd., Livermore 94550.

**Seaside:** Circle Seaside 10K, Seaside High School, 9 a.m. Waddel Sports, 225 Lighthouse, Monterey 93940. (408) 646-1487.

**Mariposa:** Amigo de Oro 5 & 10 Mi., Mariposa Fairgrounds, 7:30 a.m. Amigo de Oro Race, P.O. Box 155, Mariposa 95338.

**Korbell:** (Arcata Area) Mad River Ultra Run, 50 Mi. or less, 6 a.m. Daphne Hodgson (707) 444-8437.

**Crescent City:** Crescent City Triathlon, 0.5 Mi. Swim, 12 Mi. Bike, 4 Mi. Run, Time TBA. Mike Mathews, 1500 Dundas Rd., Crescent City 95531. (707) 464-3976.

**Pyramid Lake, Nv:** Pyramid Lake Triathlon, 1K Seim, 10K Run, 30K Bike, Sutcliffe (Community Center), 9 a.m. Friends of Pyramid Lake, P.O. Box

8947, Reno, NV. 89507. Nancy Vucich: (702) 673-6335.

### September 5 (Monday)

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

**Lodi:** Field & Fair Day 10K Run, Hutchins St. Square, 8 a.m. Shelley Janson, P.O. Box 1252, Lodi 95241. (209) 333-6782.

**Sacramento:** Doug Pope Run for the Children, 5 Mi., Glen Hall Park (River Park), 9 a.m. (free children's half-mile at 8:30 a.m.). Steve Cippa, 50 Fullerton Ct., Sacramento 95825. (916) 446-8288.

**Auburn:** "Average Joe" Biathlon, 6.1 Mi. Run, 7.45 Mi. Bike, Bowman Elementary School, 8 a.m. (200 limit). Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

# CALIFORNIA

## Track & Running News

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## Schedule

**Mt. Shasta:** Lake Siskiyou Tinman Triathlon, 0.42 Mi. Swim, 10 Mi. Bike, 4.5 Mi. Run, Time TBA. Kurt Brown, 1225 W. Scenic Dr., Mt. Shasta 96067. (916) 926-3119.

**McFarland:** Westwinds Triathlon, Distances TBA, Time TBA. Mike O'Haver, c/o City of McFarland, 401 Kern Ave., McFarland 93250. (805) 792-3091.

**Mt. Baldy:** Mt. Baldy 8 Mile Trail Run, 9 a.m. Roger Ruud, 2 Oak Dr., P.O. Box 786, Mt. Baldy 91759. (714) 981-7487.

### September 9 (Friday)

**Tahoe City:** Pepsi of Reno Tahoe 72 Miler, 6 a.m. Toni Belausteguir, 75 Mt. Rose St., Reno, NV. 89509. (702) 747-2708.

### September 10 (Sat)

**Santa Barbara:** The Festival 30K (Nat'l TAC Championships) Leddbetter Beach, Santa Barbara News-Press Runs, 3x10K Relay, 5K. 8 a.m. Santa Barbara City College. Chris Holmberg, 3836 Pemm Pl., Santa Barbara 93105. (805) 563-1008.

**Oakland:** Run Against the Ku Klux Klan 5 & 10K, Lake Merritt (14th & Lakeside), 9 a.m. John Brown, 220 Ninth St., #443, San Francisco 94103. (415) 431-8339.

**Lake Berryessa:** Berryessa Biathlon, 1.25 Mi. Swim, 22 Mi. Bike, Oak Shores Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 941-1190.

**Gilroy:** Mt. Madonna Challenge Runs, 6 & 12K, Spring Lake (Mt. Madonna Park), 8 a.m./6K, 8:45 a.m. Bill Flodberg, 12925 Foothill Avenue, San Martin 95046. (408) 683-2453.

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

**Oakhurst:** Oakhurst 8K and 2 Mi., 49269 Golden Oak Dr., 8 a.m. Sierra Fitness Club, P.O. Box 243, Oakhurst 93644. (209) 683-4211.

**Tahoe City:** North Shore Challenge, 1/2 Mi. Swim, 5 Mi. Run, 20 Mi. Bike,

Commons Beach, 10 a.m. TCPUD Dept. of Parks & Recreation, P.O. Box 33, Tahoe City 95730. (916) 546-7248.

**Carson City, NV:** Jim Frank Invitational 5K, Mills Park, 8 a.m. Butch Cattanch, c/o Fleet Feet, 3771 So. Carson St., Carson City, NV. 89701. (702) 883-3361.

**Lompoc:** Space Country Triathlon, 1/2 Mi. Swim, 14 Mi. Bike, 3 Mi. Run, Lompoc Municipal Pool ("C" St. & Ocean Ave.), 8:30 a.m. (Sept. 2 entry deadline, 125 entry limit). Lompoc Parks & Recreation Dept., 125 W. Walnut Ave., Lompoc 93436. (805) 736-6565.

**Santa Ana:** YMCA New Horizons 5K Run, Centennial Park, 7:30 a.m. YMCA, New Horizons, 205 W. Civic Center, Santa Ana 92701. (714) 547-4121.

**So. El Monte:** Legg Lake 099'ers 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Irvine:** Pridemark Realtors "Say No To Drugs", 5 & 10K and 1 Mi. Fun Run, Sky Park Blvd. South & Main St., 7:30 a.m./10K, 8:15 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417, (213) 634-3027.

**Penasquitos:** Penasquitos Town Center 8K, near Mt. Carmel High School, 7:30 a.m. Kathy Loper: (619) 437-4556.

### September 11 (Sunday)

**Eugene, OR:** National TAC Masters 25K. Marcia McChesney, 4965 W. Hillside Dr., Eugene, OR. 97405. (503) 344-8106.

**Fremont:** Spoons Run & Stride for S.A.V.E., 10K Run, 3K Stride, Paseo Padre Pkwy. & Mowry Ave., 8:30 a.m. S.A.V.E., P.O. Box 8283, Fremont 94537. (415) 794-6056.

**Albany:** People Chase 5 & 10K, Golden Gate Fields race track, 9 a.m. Golden Gate Fields, "People Chase", P.O. Box 6027, Albany 94706. (415) 527-6195.

**Richmond:** Brickyard Landing 2 Mi., 10 & 15K Runs, Pt. Richmond Brickyard Landing, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-

1190.

**Lafayette:** Run for Sight 5 & 10K, Lafayette Reservoir, 8 a.m. ACCOS, 5321 College Ave., Oakland 94618. (415) 655-3797.

**Oakland:** Sport Aid 5K, Lake Merritt (Boathouse), 9 a.m. Pamakid Runners Club, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

**Redwood Shores:** Couch Potato 10K, Hotel Sofitel (Marine World Pkwy. & Twin Dolphin Dr.), 9 a.m. TCI Cable, 894 Industrial Ave., San Carlos 94070. (415) 592-0469.

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

**Mountain View:** Art & Wine Festival 5K, Pioneer Park, 8:30 a.m. Lois Farley, YMCA, 415 E. Middlefield Rd., Mt. View 94043. (414) 969-4033.

**Napa:** Napa Valley Grape Stomper's Run, 10K, Napa Valley Shopping Center (First St. & Hwy. 29), 8 a.m. Dale Parker, 1121 Lincoln Ave., Napa 94558. (707) 255-6525.

**San Francisco:** DSE Kay Atkinson Memorial Run, 4.5 Mi., Golden Gate Park (Kennedy Dr. & 36th Ave.), 10 a.m. (9:30 a.m./1 Mi. Kid's Run). Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

**Sausalito:** The Great Headlands Race, 6.2 Mi., Headlands Center for the Arts (Bunker Rd., Fort Barry), 9 a.m. Headlands Center for the Arts, 944 Fort Barry, Sausalito 94965. (415) 331-2799.

**San Francisco:** Pontiac 5K Jazz Beat/The Corporate Jazz and More, Golden Gate Park, Polo Fields, 9 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

**Drake's Bay:** Drake's Bay 50 Mile, 6 a.m. Contact: Cathy (415) 488-0852.

**Foresthill:** Foresthill 25K, Foresthill Rd. (15 1/2 Mi. East of Foresthill), 1,775 Foot Elev. Drop! (certified), 9 a.m. (50 runner limit!) Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.

**Sacramento:** Sacramento Triathlon, 1 Mi. Swim, 24 Mi. Bike, 10K Run, or 2 Mi. Swim, 50 Mi. Bike, 20K Run, Time TBA.

# Schedule

Sally Edwards, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338.

**Oxnard:** David Odgers 5 & 10K (& 1 Mi. Fun Run), Oxnard High School (937 W. Fifth St.) 8 a.m. American Lung Association, P.O. Box 1627, Ventura 93002. (805) 643-2189.

**Big Bear Lake:** King of the Hill Triathlon, 1K Swim, 40K Bike, 10K Run, Time TBA. Don Frantz, 11617 Low Chaparral Dr., Victorville 92392. (619) 949-1978 or 241-8513.

**Huntington Beach:** Triple Crown Triathlon, 2.5K Swim, 60K Bike, 10K Run, Time TBA. Ida Goodman, DeLaRosa Racing, 1015 W. Mission Ave., Suite 146, Pomona 91766.

## September 17 (Sat)

**Squaw Valley:** Pacific Crest Trail Ultra 50K, 25K, 12K, 2x25K Relay, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Francisco:** Pro Bowl Super Series 5K, Golden Gate Park (South Side Polo Fields), 9 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

**Mt. Tamalpais:** Muir Woods Half-Marathon, Rock Springs Parking Lot (trail run), 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705.

**Folsom:** Pacific Swim & Sport Biathlon, 2K Swim, 10K Run, Beals' Point (Folsom Lake), 8 a.m. CCT, 2310 J Street, Sacramento 95816. (916) 924-8311.

**San Mateo:** Nun Run, 10K, College of San Mateo, Time TBA (probably evening). The Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

**Davis:** The Sutter Shuffle, 5 & 10K, 8 a.m. Steve Plummer, Sutter Davis Hospital, Road 99 at Covell Blvd., Davis 95616. (916) 756-6440.

**Stockton:** Park to Park 5 Mile, Louis Park, 8 a.m. Tarahumara Running Club, P.O. Box 8422, Stockton 95208. (209) 948-0938.

**Bass Lake:** Coors Bass Lake Classic Triathlon, 1500m Swim, 40K Bike, 10K

Run, 9 a.m. Bass Lake Triathlon, P.O. Box 126, Bass Lake 93604. (209) 642-3676.

**Bakersfield:** Phase One/Bakersfield T.C. Run, Distance TBA, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

**Santa Barbara:** Bud Light Triathlon, 1 Mi. Swim, 32 Mi. Bike, 10 Mi. Run, 7 a.m. Second Sole, 3969 State St., Santa Barbara 93105. (805) 967-2614.

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

**San Diego:** Balboa 8 Miler (& 3 Mi.), Balboa Park, 7 a.m. Al Alcocer: (619) 561-7629.

**Alta Loma:** Chaffey College Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Chaffey College, Time TBA. Mike Dickson, 1510 W. Fourth St., Ontario 91762. (714) 986-7696, eves.

## September 18 (Sunday)

**San Francisco:** DSE North Embarcadero Run, 6.25 Mi., 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

**Daly City:** Jazz Stride, 2.5 & 5 Mi., Westlake Shopping Center, 8 a.m. Contact: (415) 755-8528.

**Daly City:** John Madden's Mountain Challenge 5 & 10Mi. Fun Run, Westlake Shopping Center, 6 p.m. Contact: (415) 755-8528.

**Cupertino:** Apple Computer Silicon Rally 5 & 10K & Kid's Run, Time TBA. Apple Computer, 20525 Mariani, MS 26AZ, Cupertino 95014. (408) 973-6802.

**San Jose:** Willow Glen Founders Day 10K, Willow Glen Elementary School (Lincoln & Minnesota Ave.), 8 a.m. Steve Murphy, P.O. Box 8644, San Jose 95155.

**Walnut Creek:** Walnut Festival 5 & 10K (44th Annual), Heather Farms Park, 8:30 a.m. Walnut Festival, P.O. Box 3408, Walnut Creek 94598. (415) 935-6766.

**Oakland:** Aztec Run for Education, 5 & 10K, Lake Merritt (Boathouse), 9 a.m.

Rosario Flores, 1900 Fruitvale Ave., #1B, Oakland 94601. (415) 261-7839.

**Sacramento:** Mercy General Hospital Buffalo Stampede 10 Miler, 4540 American River Dr. (Rio Americana H.S.), 8 a.m. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580.

**Nevada City:** Banner Mountain Stampede, 4K, 12K, Pioneer Park (challenging hill run), 9 a.m./12K, 9:30 a.m. Jeanne Reaume, 1375 Wise Rd., Lincoln 95648. (916) 645-1847.

**Lassen Park:** Lassen Park Ultra 50K, trail run, 7 a.m. Contact: (916) 597-2944.

**Atwater:** Pumpkin Run, 2 & 5 Mi., Ralston Park, 8 a.m. Atwater Chamber of Commerce, 1181 Third St., Atwater 95301. (209) 358-4251.

**Bakersfield:** Ultimate Fun Run, Distance TBA, Bakersfield College, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

**Costa Mesa:** Taco Bell South Coast 5 & 10K Classic, South Coast Plaza Town Center, 7:30 a.m. CHOC Padrinos, P.O. Box 5700, Orange 92667. (714) 532-8683.

**Zuma Beach:** Malibu Triathlon, 1/2 Mi. Swim, 18 Mi. Bike, 5 Mi. Run, Time TBA. Michael Epstein, 26048 Farmfield Rd., Calabasas 91302. (818) 880-4915.

## September 23 (Friday)

**Palo Alto:** Palo Alto Weekly "Moonlight Run", Baylands Athletic Center (Embarcadero & Geng), 9 p.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

## September 24 (Sat)

**Independence:** Trans-Sierra Crossing 23 or 37.5 Mi., Onion Valley Trailhead, 7 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705.

**Fresno:** Clovis Invitational. Woodward Park, State Meet Course, Seeded Races, Custom Medals, Top Competition. Carlo Prandini (209) 299-7211.

**San Francisco:** Puffin Power II, 5 & 10K, Ft. Funston (GGNRA), trails &

# Schedule

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beach courses, (Note: Handicap Runs), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Mendocino:** The Mendocino Classic, 5 & 10K, Big River State Beach, 9 a.m. Mendocino Art Center, P.O. Box 765, Mendocino 95460. (707) 937-5818.

**Fresno:** The Amigo Run, 2 mile and 10K. Corner of Cedar & Church, 7 a.m./7:30 a.m. 10K. (209) 225-2337.

**Santa Barbara:** (Tentative) Sri Chinmoy 5 Mile, Palm Park (Red Lion Restaurant), 8 a.m. Adit Carnahan: (805) 685-3325.

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

**San Dimas:** San Dimas Runs, 5 & 10K (& 1 Mi.), 245 E. Bonita, 7:30 a.m. San Dimas Runs, City Hall, 245 E. Bonita Ave., San Dimas 91773. Ken Duran: (714) 592-4344.

## September 25 (Sunday)

**Portland, OR:** Portland Marathon (& 5 Mi.), 8 a.m. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076.

**San Francisco:** Bridge to Bridge Run, 5K & 8 Mi., Ferry Bldg., 9 a.m. KNBR-68, Bridge to Bridge Run, 1700 Montgomery St., San Francisco 94111. (415) 951-7070.

**San Jose:** Home Run 10K, Spartan Stadium, 8:30 a.m. Denis McNulty, San Jose Shelter Foundation, 607 No. First St., San Jose 95112. (408) 297-1737.

**Santa Clara:** Carousel to Coaster 10K Run & 5K Stride, Great America Amusement Park (Great America Pkwy & US 101), 9 a.m. Larry Wolfe, City Hall, Room 103, Santa Clara 95050. (408) 984-3223.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

**Lafayette:** Lafayesta Stride, 2.2 & 5.2 Mi., Community Center (500 St. Mary's Rd.), 8:30 a.m. Lafayette Com-

munity Center Foundation, 500 St. Mary's Rd., Lafayette 94549. (415) 284-5047.

**Sonoma:** Sonoma Vintage Run, 5 & 10K & 5K Walk, Sebastiani Winery, 8 a.m. Stan Augustine, P.O. Box 608, Glen Ellen 95442. (707) 996-4815.

**Merced:** Gateway to Yosemite Triathlon, 10K Run, 22 Mi. Bike, 800m Swim or 2 Mi. Run, 6 Mi. Bike & 400m Swim, Fish & Game Bldg., Lake Yosemite Park, 8 a.m. Ted Rench, 2875 Green St., Merced 95340. (209) 723-2661.

**Lake Isabella:** "Dam Tough Run", 38.6 Mi. Ultra-Marathon or 4-Person Relay (around the Lake), 7 a.m. Lake Isabella Chamber of Commerce, P.O. Box 567, Lake Isabella 93240. (619) 379-5236.

**Ventura:** SCA/TAC Half-Marathon District Championships, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

**El Segundo:** City of El Segundo 10K, 2250 Park Pl., 8 a.m. Sports Connection, 2250 Park Pl., El Segundo 90245. (213) 643-6878.

**Coronado:** Leukemia Society/Conorado Bridge Road Race, 6.5 Mi. & 3 Mi. Walk/Run, Glorietta Blvd., 7:45 a.m. In Motion, 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

**San Diego:** Bud Light USTS Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. CAT Sports, P.O. Box 1389, Solana Beach 92075. (619) 943-7500.

## September 27 (Tuesday)

**Los Angeles:** Manufacturers Hanover Corporate Challenge, 3.5 Mi., Griffith Park, 5:30 p.m. Manufacturer's Hanover Corporate Challenge, Box 828, Rialto 92376. Valerie Johnson: (408) 458-9984, or (714) 874-5870.

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## MASTERS TRACK & FIELD MEET:

**September 24.** Irvine. 1st Annual Sri Chinmoy Masters T&F Meet (50 and over ONLY). University of California Irvine.

Entry deadline: 9/15/88. Contact: Sri Chinmoy Maarathon Team, 1921 S. Sherbourne Dr., Los Angeles, CA 90034, (213) 838-4746.

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## Looking Ahead Marathons, Relays & Important Deadlines, Major Events, etc.

**Oct. 1 (Sat.): Wrightwood:** Angeles Crest 100 Mile Endurance Run, 5 a.m. Ken Hamada, 370 W. Colorado St., Arcadia 91006. (818) 447-0584.

**Oct. 2 (Sun.): Minneapolis:** Twin Cities Marathon, 8 a.m. Twin Cities Marathon, P.O. Box 24193, Minneapolis, MN 55424. (612) 929-8646.

**Oct. 2 (Sun.): Sacramento:** The Sacramento Marathon & Half-Marathon, William Land Park, 8 a.m. Ron Sturgeon, P.O. Box 995, Dixon 95620. (916) 678-5005.

**Oct. 8 (Sat.): Yosemite:** Yosemite Cloud's Rest Marathon, Tuolumne Meadows, Time TBA. Tri-Sports, 21 Live Oak, Berkeley 94705.

**Oct. 8 (Sat.): Fountain Valley:** SCA/TAC 50 Mile District Championship, Mile Square Regional Park, 6:30 a.m. Lee Preble, West Coast Univ., 550 S. Main St., Orange 92668. (714) 953-2700 or (213) 532-5043, eves.

**Oct. 9 (Sun.): Weott:** Humboldt Redwoods Marathon & Half-Marathon, 9 a.m. Karen Angel, Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 442-6463.

**Oct. 22 (Sat.): Kona, HI:** Bud Light Ironman Triathlon World Championship, 2.4 Mile Swim, 112 Mile Bike, Marathon Run, Time TBA. Debbie Baker, 1100 Ward Ave., #815, Honolulu, HI 96814. (808) 528-2050.

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## Keeping Pace

Mark Winitz will return next month.

# The Athlete's Kitchen

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

## Carbo-hydration

THE LATEST BUZZWORD in sports nutrition is "carbo-hydration"--that is, recovering after hard exercise with carbohydrate-filled fluids that both quench your thirst and refuel your muscles. Speaking in Houston at the Fourth Annual Sports Nutrition Convention of SCAN (Sports and Cardiovascular Nutritionists, a division of the American Dietetic Association), Dr. John Ivy of the University of Texas at Austin, addressed the importance of nutrition for optimal recovery. His research suggests that muscles are most receptive to replacing glycogen within the first two hours post-exercise.

Cyclists who had performed hard, glycogen-depleting exercise for 70 minutes (including six sets of sprints) were given a carbohydrate-rich beverage (EXCEED High Carbohydrate Drink) within 15 minutes after exercise or 2 hours post-exercise. Ivy then studied muscle glycogen replacement and found that the immediately-fed muscles were able to restore the glycogen almost two times faster than if feeding was delayed. Apparently, the enzymes responsible for making glycogen are most active immediately post-exercise. This research suggests that the sooner you eat/drink carbohydrates after a hard workout, the faster your muscles will start the recovery process. (J. Appl. Physiology, April 1988).

Post-exercise recovery fluids/foods are important on a daily basis for runners--particularly marathoners and triathletes who train rigorously for longer than 1.5 hours at a stretch and significantly deplete their muscle glycogen stores. Prompt recovery is especially important for runners doing double workouts or competing in multiple events within one or two days. Unfortunately, many runners have all sorts of excuses for why they eat inadequate carbohy-

drates post-exercise:

**EXCUSE #1:** "I'm not hungry; exercise 'killed' my appetite."

You may not feel hungry immediately post-exercise, but you probably *are* thirsty. Simply quench your thirst with liquid carbohydrates, preferably nutrition juices, but high carb sports drinks or soda will also do the job. Your appetite for solid food will return as your body cools down. Simply eat as soon as tolerable, rather than delay the meal.

**EXCUSE #2:** "I don't want to eat; I'm afraid that a morning meal will create stomach problems in the afternoon training session."

If you eat breakfast within an hour after your morning workout, you'll have four or five hours to digest the food before your afternoon workout. That should be plenty of time to avoid stomach problems. The trick is to eat soon after the morning workout, rather than postpone the meal. Eat simple foods--cereal, toast, fruit, juices. For those with a particularly finicky GI system, glucose polymer carbohydrate drinks such as EXCEED High Carb are generally well-tolerated.

**EXCUSE #3:** "I don't have time; I'm already late for work and can't stop to eat."

I suspect the issue isn't lack of time. It's lack of priority. If you can make time to train, you can also make time to eat an optimal training diet.

**EXCUSE #4:** "I don't like to cook. Instead, I generally pick up a burger on my way home from work. Or, I simply munch on chips or eat a pint of ice cream."

Even non-cooks can make carbohydrate-rich fast food selections (thick

crust pizza, submarine sandwiches without mayonnaise or oil) or munch-out on high-carb pretzels, bagels or whole wheat crackers.

The same way you take special care to feed yourself wisely pre-race, you should feed yourself wisely on a day-to-day basis. A 60-65% high carbohydrate training diet is just as important as the pre-competition meal--if not *more* important! For optimal daily "carbo-hydration" that contributes to greater strength, stamina and endurance, here's the recovery plan:

To replace sweat losses: Drink adequate fluids to quench your thirst--then drink even MORE! You'll know you're adequately hydrated when you have to urinate frequently and the urine is a clear color and of significant amounts.

To replace glycogen losses: Consume two "doses" of carbohydrates--

Dose #1--As soon as tolerable post-exercise, preferably within 15 minutes.

Dose #2--Within 2-4 hours post-exercise.

One "dose" = 0.5 grams carbohydrates (two calories) per pound body weight.

Wt./#	Grams Carbos*	Calories*
100	50	200
150	75	300
200	100	400

\*1 gram carbohydrate = 4 calories

To consume 75 grams (300 calories) of carbs, you can choose: 24 ozs. (3 cups) orange juice; 1 fruit yogurt plus 1 cup orange juice; 2 cups cran-raspberry juice; 2 good-sized bananas; 1.5 cups EXCEED High Carbohydrate Drink; 2 cans soda pop.



## The Athlete's Kitchen

Most athletes already follow this formula. For example, a 150-pound marathoner can easily drink 75 grams carbohydrates--0.5 grams/lb; the equivalent of 300 calories--after running ten miles and expending 1000 calories. That's a mere two glasses of cranberry juice, or a fruit yogurt and a swig of OJ, or two cans of soft drink. I commonly see runners drinking fruit juice post-run (Dose #1) and then devouring a high carbohydrate meal after showering and stretching (Dose #2). Even athletes who are "not hungry" after exercise can carbohydrate by simply drinking juice rather than diet soda or plain water.

Commercially available carbohydrate supplements, such as EXCEED High Carb, can be a convenient source of carbohydrates for:

--travelling athletes, such as elite competitors stuck on airplanes, who may struggle with getting adequate carbohydrates.

--"junk food junkies" who make irresponsible post-exercise food choices, such as high school kids who insist upon eating McGrease.

--runners with limited access to carbohydrate-rich foods.

Nancy Clark, MS, RD nutritionist at Boston-area's SportsMedicine Brookline, encourages athletes to win with good nutrition. For a list of the carbohydrate content of commonly eaten foods, send a self-addressed, stamped envelope to: Recovery Foods, SportsMedicine Brookline, 830 Boylston Street, Brookline, MA 02167. For more information about EXCEED High Carbohydrate Drink, send a self-addressed, stamped envelope to: Running on Carbs, Ross Labs, 625 Cleveland Ave., Columbus, OH 43216.



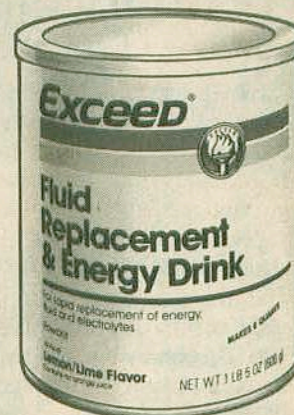
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photo by Bill Leung, Jr.



A jubilant PATTISUE PLUMER shows previews of things to come in her 1984 NCAA 5000 Meter victory.

## An Interview With...

# PattiSue Plumer

BY GREGOR ROBIN

Call her the "Comeback Kid." Call her a lawyer-to-be. Call her the girl with the kick. But first of all, call PattiSue Plumer an Olympian.

Last December, Plumer was down-and-out with bronchial pneumonia which eventually resulted in a collapsed lung. She spent 10 days in the hospital and had to have antibiotics fed to her intravenously. Not a pretty situation.

It would be impressive if the woman had gotten back to nice, easy training by July. But that's not Plumer's style.

On Sunday, July 17, Plumer qualified for the 1988 Olympics by finishing third in the 3000-meter run at the Olympic Trials in Indianapolis.

Plumer qualified in a most inspiring way, also. It was a runner's dream race. Plumer ran all-out over the last three laps against two women who had beaten her all season. Then, she summoned a kick, found enough

energy to shake her opponents and made the Olympic team.

Plumer attributed her illness to "working full-time, school, training, and all the other little things that happen in life. It was a very stressful time. I wasn't unhappy. I was very happy. But I had no time for myself and no time for anything to go wrong."

She had a relapse and wasn't able to start jogging until the 15th of February. But Plumer says she deals with setbacks well, and she proved it.

"I felt there was a reason for me to be here," she said from Indianapolis on the Wednesday after the race. "I just really believe the adversity does help you get tough. You either respond well to it or poorly to it. I felt like I'd been through too much. There are times when things start going right. This year was hard. Last year was hard. After a while you say, 'Enough's enough! Let's get on with things!'"

Plumer, 26, graduated from Stanford with a bachelor's degree in earth sciences in 1984. She recently finished her second year of law school at Stanford and lives in Palo Alto.

Plumer ran a courageous race at Indiana University in the sweltering, 95-degree heat to join winner Mary Slaney and runnerup Vicki Huber on the Olympic 3000-meter squad. Plumer battled with Sabrina Dornhoefer down the final straightaway in a fierce sprint. As Plumer got the advantage with 20 meters to go, Dornhoefer leaned forward and fell in an effort to stay with Plumer. Plumer crossed the finish line, then fell to the track herself. Dornhoefer got up and finished fourth.

Plumer was covered in wet towels by medical crew and given an intravenous solution on the spot to get her body temperature back to normal. She was taken to the medical tent before being released.

continued next page...

## Californians to Seoul

Slaney clocked 8:42.53 for the win, Huber 8:46.48. Plumer's 8:49.21 was just three seconds off her personal best of 8:46, certainly a personal-record effort in the heat.

The accomplishment was seen on ABC Television's coverage of the Olympic Trials and Plumer realizes it's a big step forward in her running career. Although she doesn't have a sponsor, she hopes to have one soon.

Plumer had placed second to Slaney in the prelims on the Friday before the final. Slaney clocked 9:04.35, Plumer 9:07.76.

In her buildup to the Trials, Plumer ran six races. She ran 9:15 for 3000 in Texas for first place and 9:01 at the Bruce Jenner Meet on May 28 for seventh. In Canada she ran 4:13 for 1500 and 8:58 for 3000 on consecutive days. Then she raced 800 meters at Los Gatos at an all-comers meet in 2:08. And on June 11 she ran 15:31 for sixth in the 5000 at the Prefontaine Classic in Eugene, Oregon.

**"I just really believe the adversity does help you get tough. You either respond well to it or poorly to it."**

Plumer's coach, Brooks Johnson, is the women's track and cross country coach at Stanford. While on the Cardinal team, Plumer won the 1984 NCAA 5000 meter title, placed second in the NCAA 3000 meters in 1982, 1983 and 1984 and won the NCAA indoor title at 3000 meters in 1983. Stanford placed second in the NCAA cross country championships during Plumer's senior year and she was the second-woman on the team, placing eighth overall.

Stanford has had a women's track and field program since 1980. Plumer is the third Stanford woman to make the Olympic team in track and field. Mary Osborne made the 1980 team in the javelin and Carol Cady was on the 1984 team in the shot put and just qualified again for 1988, this time in the discus (3rd/199-0).

At the 1984 Olympic Trials, Plumer placed sixth in the 3000.

Johnson said Plumer reached her goal in the hot weather in Indianapolis.

"Her goal was to make the team," said

Johnson. "But having that goal, she only had four months of training. I was confident with two laps to go in the race. If they let her stay, I was confident. She had better foot speed. But the real story is she had a collapsed lung and bronchial pneumonia in December and had a relapse. Her training didn't start until the first of March. She had law school and finals. She didn't start intensive training until four to five weeks ago."

Johnson said the race went as planned.

"It's one of the few times your strategy works and it was executed to the letter," he said. "I take pride in the kind of effort she had in the final 100 meters. What she did in the final 100 can't be coached."

**CTRN:** In the prelims you went out with Mary Slaney. Was that the strategy?

**PLUMER:** It was funny. Brooks had wanted me to run like that. I decided if the heat was a factor, I wasn't going to run that strategy. I don't know if it was because I believe him, or I did it without thinking about it, but I went out that way and it felt right. It felt easy. She didn't go out particularly fast, 4:48, I think. I stayed with her, she gapped me a little after the mile mark. Then she slowed down and I caught back up with her and I was running right behind her shoulder. I thought Brooks yelled at me, "Don't go with her." He actually yelled, "Go with her." So I just maintained my pace and she picked it up and won by three seconds at the end. Until the last 200, I was right at her shoulder.

**CTRN:** Did that build your confidence going into the final?

**PLUMER:** It did sort of. You don't want to think too much about the prelims because everyone has their own strategy. I just felt very good and relaxed. What gave me confidence was my mental ability, not as much my physical ability. I wasn't panicked. I didn't make too big a deal out of it. I wasn't overly excited. I just felt very even and steady. I got more confident from watching the other women. I gained a little confidence in the sense that Sabrina, who I thought was going to be my biggest challenge, and as it turns out was, ended up sixth in my heat in 9:14.06. I figured she was just cruising through it. On the other hand, though, I figured she must be a little worried, otherwise she wouldn't worry about where she finished. And when you're running a 3000, when you're in as good a shape as we are, there's really

not a whole lot of difference between a 9:06 and a 9:14, on how much it taxes your body.

**CTRN:** So you were wondering, why wasn't she up there with you?

**PLUMER:** Yeah. I just said, "Well, she must be a little worried." The little things like that, you watch for. Again, you don't want to make too big a deal of them because everyone has their own individual strategy, but that was just something I looked for. Same with Mary Knisely. I said, "Why was she back



Fine Flicks by Don Gooney

so far?"

**CTRN:** So, in other words, before going into the final, you were already thinking about the two women who were going to give you the biggest challenge for third.

**PLUMER:** Yes.

**CTRN:** Did you talk at all with Slaney after the prelims? Do you have a relationship with her?

**PLUMER:** Well, she talks to me more now that I've made the team [chuckle]. She's more friendly now. I've sort of moved up in the status [chuckle]. I've always talked to her a

*continued next page*

little bit. We didn't really talk after (the prelim) too much. I respect Mary very much and we get along fine. She's not the friendliest person you'll ever meet nor is she the most outgoing person you'll ever meet. It's not like we're chit-chatty friends.

**CTRN:** So, you ran the prelim Friday and had the final Sunday. What did you do Saturday?

**PLUMER:** I ran for about 30 minutes. I had pretty much pushed it up to that point. I did a fairly quick workout on Wednesday. I did four 200's. I actually had two personal bests in the 200's Wednesday. I ran 27.7.

**CTRN:** That gave you confidence with your speed?

**PLUMER:** I've been very confident in my ability to do the best I can do. I had some really good workouts the last few weeks. My speed didn't come along real quick, and my endurance had been lacking, but in the last couple of weeks my endurance caught up with my speed, so I was really happy. I've had personal bests from the 100 on up to the 800 this season, actually up to the 1500 in practice.

**CTRN:** What else did you do Saturday?

**PLUMER:** I had a leg massage. I was incredibly nervous Saturday night.

**CTRN:** Did you eat anything?

**PLUMER:** I ate a little bit. I ate pasta, which I normally don't eat. I didn't do it because of the carbos. I did it because it was easy to digest. Just plain with nothing on it. My boyfriend was here and I don't know what I would have done if he wasn't here. I was just a wreck.

**CTRN:** Well, you were sitting there knowing that you were one of the favorites for that third spot and that's going to put a lot of pressure on you.

**PLUMER:** Actually, I think very few people thought I would do it.

**CTRN:** Well, if you had been in your peak form you would be a favorite, and a lot of people didn't know what you had been through over the past months.

**PLUMER:** Yeah.

**CTRN:** The next day, Sunday, your 3000 meter final was at 3:45 p.m. in the heat. The temperature was 95 degrees.

**PLUMER:** I was nervous about the race, but I know I was more nervous about dealing with the pain. I knew even in the best conditions running a 3000 is painful. Running in the Olympic Trials is even more painful. And running at 3:45 in the afternoon when it's

been 100-plus degrees...I was just trying to psych myself up for dealing with that kind of pain. And that was what I was scared of more than anything. Dealing with the pain and not letting it overcome me.

**CTRN:** Do you think you had a handle on the pain?

**PLUMER:** Yeah. It was a very odd race for me. That was my whole focus this past four weeks, trying to get myself in a position where I would be able to deal with the kind of pain that I would have to put myself through in order to make the team.

**CTRN:** Well, in a sense, that's what distance running is all about. It's just dealing with pain. Through the years do you think you've learned more about pain?

**PLUMER:** I think I've gone through cycles, or phases. I think when I was first coming out in college, doing well, I had a better ability to deal with it, because I didn't know what I was dealing with, really. It was this unknown thing. So I pushed myself without knowing what was going to happen. Then, after a while you start to realize what's going to happen if you do certain things and you back off a little bit consciously or subconsciously.

And then, you go through stages of conditioning. What training does for me more than anything, especially after a certain point, is it prepares me for pain. When you get into a certain level of fitness, you can start doing things physically that you couldn't do before. Getting into certain kinds of debt that you couldn't get into before. So you go through different things over the years. At certain times you just can't work hard enough to get into the kind of pain you will experience in a race.

**CTRN:** Especially in a race for an Olympic spot. So, in the final, you line up at the start, and Staney takes off and you go with her. And not tentatively. You gave her some space, but you stuck with her.

**"What gave me confidence was my mental ability, not as much my physical ability. I wasn't panicked."**

**PLUMER:** I knew two things. I'm not in that good a shape right now. What makes

me good is I have very good technique. I knew that I was going to have to rely on my technique more than anything else. Some people came up and said, "That was a stupid race. I'm glad it worked out for you, but that was so stupid." They don't realize that for me,

**"What she did in the final 100 can't be coached."**

**--Brooks Johnson**

I can't be running on people's heels. They can't be on mine. When you have a lot of strength you can get away with that. But my talent comes from the fact that I have very good technique and very good rhythm. If that's screwed up while I'm racing, I'm in trouble. So I had to get out of traffic. And I knew my best way of doing that was to run with Mary. Now Brooks had talked about this race strategy for a long time. We had talked about it for a month and a half. I didn't want to run that way. I didn't want to go out with Mary. I was very worried about going out with Mary. And in that weather I was more worried about it. As it turned out, she didn't go out that fast. She didn't go out any faster than I'd been going out in any race. I think I went through in 4:40 and she went through in 4:38.

To my advantage, they made a mistake. The split clock broke down and we didn't know what we were running. You could kind of get a sense because the clock at the finish line was running. (Note, the finish line clock is 200 meters off on quarter splits because the 3000 starts 200 meters before the finish line.) So, Mary didn't know how fast she was running and she slowed down. That was definitely to my advantage. If she had gone out in 4:35, or 4:34, which obviously she could do, I would have been in trouble. She didn't do that because of the heat and not knowing her splits.

**CTRN:** It's not like you were in no-man's land either. You went out the same way at Bruce Jenner, and it seems you're kind of used to that position. You were out there kind of alone, though.

**PLUMER:** This race was the fuzziest race in my mind that I've ever run. I remember races that I ran four years ago better than I do this one. But, what I remember is, I didn't feel like I was in no-man's land because Mary wasn't that far ahead of me. I still was eyeing her. I felt very comfortable. I hurt already. Af-

*continued next page...*

ter two laps, I was saying "What have I done?" I was saying that, on one hand, but on the other I was saying, "You're fine. You're really OK." At about three and a half laps Vicki Huber came up and went past me and I went with her for a while which was really good for me. Even though I quit fighting her, it pulled me away from the back pack, brought me closer to Mary and made me stay conscious of what was going on. We ran about a lap together. That's when I started to get fuzzy.

**"Pain...that was what I was scared of more than anything. Dealing with the pain and not letting it overcome me."**

**CTRN:** Then Sabrina Dornhoefer and Mary Knisley went by you in the sixth lap.

**PLUMER:** Yeah, but two things worked out. We've been working in practice on the last three and a half laps. So I knew once I got through a mile and I was still OK, that I would be OK. Because I've done some really quick three and a half laps in practice. I felt fine at the mile. I was in debt, but I wasn't dying. I thought I could run a good 800 off how I was feeling. My confidence was going up in the race rather than going down, which is kind of the reverse of what often happens.

Two things happened. When they went by me, I was worried for the first time. But what happened was, when they went by me, instead of continuing to move, they just went around me and sat in front of me. I thought, "Oh no. It's happening again."

**CTRN:** Then they both slowed down on either side of you.

**PLUMER:** I don't think they were very worried about me because they've beaten me every time this season handily. So when they went by me and just sat there, I knew I was OK. That was with 800 to go. I don't remember anything on the next lap. I really don't. I remember just feeling OK. Every other race they just went past me and it was over. Apparently we went back and forth a few times, but I don't remember. I've run against Mary Knisley many times. Most people would be surprised to know we've traded off equally. She runs well here, she's consistent, but putting her in a big meet, something where it real-

ly counts, she doesn't really do that well. So I know how to beat her if I could physically do it. If you stay with her long enough, she breaks. I think that's what happened.

**CTRN:** So you and Sabrina were together with about 300 to go.

**PLUMER:** I don't know what would have happened if Knisley was still in there, because my biggest goal was not to get fourth. I mean, if I went over one thing in my head 100 times, 200 times, it was, "I just don't want to get fourth." There is nothing worse to me than getting fourth at the Olympic Trials.

**CTRN:** So, if Knisley had been there that may have given you the excuse of, "OK, I'm going to be fifth."

**PLUMER:** Yeah, possibly. I don't know what would have happened.

**CTRN:** What about that kick over the last 100 meters? Do you remember it?

**PLUMER:** I remember one point really clearly with 150 to go. I was in lane two and she was inside. She has a strong kick. I've come up to her with 100 to go and she's left me in the dust. So I was worried about that. So when we came around the corner and she didn't pull away from me, I was fine. I was outside so I had to run farther and I knew I wasn't going to get fourth place at that point. And then I heard the crowd go nuts. This is the first race I've run where I didn't hear my coach, didn't hear my boyfriend, didn't hear anyone. Usually I can always hear those two voices. But this time, I heard nothing but this general roar. And I thought, "There's just no way! There is just absolutely no way I'm going to get fourth!" And I was prepared to do anything I could do physically not to let that happen. That just gave me all the adrenalin in the world.

**CTRN:** Then you started hammering down the straight, and she was leaning forward and fell down.

**PLUMER:** I think what happened is I finally got a step on her. I remember moving past her and heard this "Oh no!", that last-ditch effort and that was the last I saw of her. I don't remember crossing the finish line. I know I did, thank God. But I don't remember that actual moment. I just remember being on the ground and being so happy to be done.

**CTRN:** While you were lying there, you knew you had third place?

**PLUMER:** Yeah.

**CTRN:** And they put an IV in you right there.

**PLUMER:** On the spot. I guess my temperature was really high. I guess what

they did was take the pulse, then blood pressure and then put the IV in.

**CTRN:** Were you happy with the way they took care of you after the race?

**PLUMER:** I think the medical staff was excellent as far as the people. I could complain a lot about other things. I'm still appalled that they made us run at that time. I was hoping all the way up until 1 p.m. that they would move the time. I was very nervous the night before about the heat. We haven't had a warm summer and I train at 6 p.m. at night, so I wasn't prepared at all physically for the heat. And I knew Mary Knisley was from Texas and Sabrina was from Oklahoma so I knew they were much better off than I was to deal with the weather.

**CTRN:** OK. You've made the Olympic team. Has you're complete and total goal been answered? What does this mean to you?

**PLUMER:** It means a lot to me. I felt very confident going in. It's funny. I compare this to 1984. I was in much better shape in 1984, yet I just didn't have the confidence and didn't know how to run the kind of race I ran here. I'm not sure where I gained that strength between then and now. I don't know where it came over the last two months. All I know is the last two years have been very difficult years for me. I just felt that I wasn't here for nothing. I just fell into 1984. I was running well and competing hard, but all the things then were just extra bonuses for me. Making the Trials was just a wonderful thing in 1984 and winning the NCAA's was just this great experience for me. They were just great things that happened to me because I ran well.

This time, it was something much different. I made a very cognitive decision to continue to train for 1988 and I had to make some very difficult choices. This year has been a very challenging year. It just wasn't by default that I was here. I felt the sense that it was my time. I can't explain it more than that. An hour and a half before the race I felt I wasn't here by chance, I wasn't here because I was lucky. I was here for a reason. I've already been at the Trials. I've been an alternate (sixth in 3000 in 1984). That wasn't why I was here. I've already done that. I was very determined to make the most of it. I had every excuse not to make the team. Every single one.

**CTRN:** One thing about world class athletes is their will to come back and you showed it in coming back from your illness.

*continued next page*

**PLUMER:** I think for me, again, it would have been so easy to quit. Every day you're out there with one goal in mind (in an Olympic year), which is very different than any other season. My coach had so much optimism. After every race I was so pleased, and he would say it was not good enough. He wouldn't let me rely on it as an excuse to be mediocre.

**CTRN:** What's your plan between now and the Olympics?

**PLUMER:** I was going to go to Europe but I just don't have the base to go there and run five or six races and then go to Korea and run well. I would love to go. It's a great time to go. It's a great time to make money and I'm really tired of being poor, but it's just going to have to wait. I don't want to go there and not run my best. So I'm going to go home, take a couple of weeks off and train. Then I'll head over to Japan in the middle of September. They have a beautiful training camp set up over there for us. Just wonderful. And I love Japan. I've been there several times and I've run well there. So I'm going to go there early and train a few weeks there. I haven't decided when I'm going to Korea, but it's only an hour flight from Japan.

**CTRN:** In June 1986, we did an interview and you talked about troubles for women getting contracts with running companies. Do you think this effort will get you a contract?

**PLUMER:** Well, it will get me a contract, I don't know how good it will be and I don't know what to expect at this point. It's not 1984. 1984 was a great year for money. It was in Los Angeles and everyone was feeling good about track and field. There was competitiveness among the shoe companies. Then the stock market crashed and a few other things like that happened and there just isn't the money now there was in 1984. And I think there is more cynicism about the sport and athletes. I'm sure I will be picked up by somebody. My whole goal is just to not have to work for a while. At this point at least, making the Olympic team is not the financial success it once was. It could be if I run well there. And you never know, things can happen.

**CTRN:** And your goal in the Olympics?

**PLUMER:** Brooks and I talked about it. We could have taken two approaches at this point. He said, you could go to Europe and make a lot of money. My guess is probably around \$1000-plus a race. That's \$10,000 in a month, maybe more, maybe less. It could

go well and work out fine. But chances are, with the training I've had, it wouldn't. A lot of traveling, and I probably wouldn't do anything in Korea. The other approach was to look at how good I've done between Jenner and now. If we can make the improvement we've made between June and July, what can we do between July and September? I really want to make the final. Everyone's going to be there. It's exciting and also scary. The chance of medaling isn't great, but you never know what's going to happen.

I'm certainly not going to give myself any chance if I go to Europe and compete. But I will give myself a chance to run the best I can if I go home, get back into my routine, get four to six weeks of very good training in, get to Japan early, get well rested and just go for it.

*PattiSue Plumer was born on April 27, 1962. She has been running since the fourth grade. Her personal bests from 10,000 meters to 800 meters are: 10,000--32:18, 5000--15:20, 3000--8:46, 2000--5:41, mile--4:29, 1500--4:09, 800--2:08.*

photo by Kathy Hildebrand



**PATTISUE PLUMER** crosses the finish line -- an Olympian

### About the Olympics...

***"It's exciting and scary. The chance of medaling isn't great, but you never know what's going to happen."***



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# Athletes in Action

By GEORGE MASON

ALTHOUGH BY PUBLICATION date, the Olympic Trials will be over and the 1988 U.S. Olympic Track & Field team will have been selected, I thought this would be a good opportunity to recognize and honor the members of Athletes in Action who qualified for and competed in Indianapolis July 15-23:

**MIKE BARNETT**...Javelin Throw...Glendora, CA. Mike has the best U.S. mark for 1988 and has been doing very well. He is undoubtedly our best bet for an Olympic team berth.



Mike Barnett

**MIKE BLACKMORE** ...5000m ...Eugene, OR. Mike is a sub-four minute miler who will try to withstand the heat and humidity of Indianapolis to set a personal best in the 5000 meters

**JANE BROOKER** ... 800m ...Des Moines, IA. Jane is a much improved runner from her college days, and competing well after the birth of her son over a year ago. She recently finished 7th at the TAC Championships in Florida, setting a PR of 2:03.52. Jane is also qualified in the 1500 meters, and may try that event as well.

**THERON BROWN** ... 400m hurdles ... Waco, TX. Theron (rhymes with heron) is a new member of our team with lots of potential. He could probably be an automatic Olympian if he was from any other country. Theron just hopes to break 49 seconds and get into the final, and take it from there.

**TODD COOPER** ... Pole Vault ...Waco, TX. Todd is a consistent vaulter who tied for 2nd at the TAC Championships this year. Since anything can happen in the vault, we're expecting great things from Todd.

**MARK FLOYD** ... 110m hurdles ...Waco, TX. Another tough event to be in right now, Mark is young and improving each year. With the fast track in Indy, he should look for a personal best two or three times.

**BEN LUCERO** ... High Jump ... Phoenix, AZ. The best roll-jumper in the U.S., Ben draws oohs and

aaahs from the fans as they see the technique, which only a few years ago was almost exclusive, but is now unusual to see. Ben has gone 7-5, so the technique obviously works for him.

**RAY MITCHELL** ... Long Jump ... Lawrence, KS/Anchorage, AK. No, Ray is not an eskimo, but he does live in Anchorage in the summertime. As winters in Alaska can be a hinderance to training, Ray studies and trains at Kansas University the rest of the year. A tough event to make the team in, also, but Ray will give it his best.

**DUB MYERS** ... 1500 Meters ... Eugene, OR. Dub switched clubs this year and now runs for Athletes in Action. A standout for Oregon University while in college, Dub will be seeking a spot on the team at the magical middle distance event, the 1500 meters.

**DAN NELSON** .. 3000 Meter Steeplechase ... Eugene, OR. Dan continues a long line of AIA steeplechasers dating back to Bob Price (4th in 1968), Ed Haver (4th in '72) and Don Timm (4th in '76). Dan was 8th at this year's TAC Championship, but we hope he'll improve and not just to 4th!

**CHARLES POWELL** ...110m Hurdles ... Waco, TX. A current student at Baylor University, Charles adds additional depth to our hurdle squad. Multi-talented, Charles also runs the 400 meter hurdles and can long jump very well. A young athlete, as well as a recent Christian convert, we hope this is just the start for Charles.

**BOBBY WILLIAMS** ...Pole Vault ... Waco, TX. Bobby began competing for AIA in 1983, when he went on a summer AIA project as a sub-17 foot vaulter. Now, 5 years later he is vaulting 1 1/2 feet higher and vaulting at the Trials.

Congratulations to all of these athletes, and may you all do your best at the Trials.

You may wonder what is special about our athletes or our team. All Athletes in Action team members have a personal faith in God and in salvation through Jesus Christ alone. There is no doubt that, as you get your spiritual life together, that the physical portions of your life will be more pleasant also.

## David & Goliath

By FRED CARPENTER

Tampa Bay, June 1988. TAC-USA Track & Field Championships.

A turn of events in Tampa this past June was perhaps a major surprise to many people. A scrawny, scrappy team of Christian athletes once again took on the powerhouse teams and came away with some noteworthy victories. With little more than a hope and prayer. Athletes in Action's track club managed to overcome many well-known athletes to finish 6th behind the likes of super-budget teams of Mazda, NYAC, Reebok, Athletics and AAC.

Although they were not great in numbers, what the AIA team began they finished well. Through it all, the heartbeat and concern of the "team" was different than that of other teams. AIA members cheered on their teammates as did athletes from other clubs, but they also let down their guard to encourage competitors from other teams. Down deep these athletes were confident that they could wish other athletes well because they knew that ultimately their God was in control no matter what the results. As one Bible verse says, "The race is not always to the swift...the battle is not always to the strong and victory is not always to the men of ability, but time and chance overtake them all." (Eccl. 9:10 & 11). For AIA athletes, the greatest concern they have is that God gets the glory in all they do.

However, as AIA team members encouraged those from other teams, they discovered they were among many friends. As many as 1/10th of the athletes at any major championship have competed for AIA at any one time. At this meet AIA athletes casually mentioned that a dozen pole vaulters, 4 high jumpers, 4 long jumpers, 4 steeplechasers, several javelin and hammer throwers, and a bunch of sprinters, hurdlers and distance runners had all been a part of the AIA team and ministry at one time. Many former AIA athletes have won national titles, set American and World records and/or made Olympic teams. This year, several '84 and '88 Olympic athletes considered competing for AIA, but were pointed to other clubs who could give them some benefits and subsidies (which most need in order to train). As a result, AIA lost many athletes and, nevertheless, went about it's way with it's small budget to have a good team rather than a great one. When one considers the possibilities of this club it becomes apparent that AIA could easily have produced one of the most powerful teams in the U.S., if not the world.

Although they are not able, at this time, to offer what other clubs offer, they give other things of greater importance. Where other club members come to get stuff for themselves, most AIA members come to give. And, reminiscent of one of John F. Kennedy's speeches where he said, "Ask not what your country can do for you, but ask what you can do for your country," AIA athletes give. As they give, God gives them back something unique. For where they are God is there and the unexpected happens. Little becomes much and David still slays Goliath!

# THE 1988 U.S. TRACK

## MEN

### 100 Meters:

- |                         |       |
|-------------------------|-------|
| 1. Carl Lewis (TX)      | 9.78w |
| 2. Dennis Mitchell (NJ) | 9.86  |
| 3. Calvin Smith (MS)    | 9.87  |



DANNY EVERETT

Photo by Bill Leung, Jr.

### 200 Meters:

- |                     |       |
|---------------------|-------|
| 1. Joe DeLoach (TX) | 19.96 |
| 2. Carl Lewis (TX)  | 20.01 |
| 3. Roy Martin (TX)  | 20.05 |

### 400 Meters:

- |                        |       |
|------------------------|-------|
| 1. Butch Reynolds (OH) | 43.93 |
| 2. DANNY EVERETT (CA)  | 43.98 |
| 3. STEVE LEWIS (CA)    | 44.37 |

### 800 Meters:

- |                      |         |
|----------------------|---------|
| 1. JOHNNY GRAY (CA)  | 1:43.96 |
| 2. Mark Everett (FL) | 1:44.46 |
| 3. Tracy Baskin (NY) | 1:44.91 |

### 1500 Meters:

- |                       |         |
|-----------------------|---------|
| 1. JEFF ATKINSON (CA) | 3:40.94 |
| 2. STEVE SCOTT (CA)   | 3:41.12 |
| 3. Mark Deady (IL)    | 3:41.31 |

### 5000 Meters:

- |                      |          |
|----------------------|----------|
| 1. Doug Padilla (UT) | 13:37.86 |
| 2. Terry Brahm (IN)  | 13:40.86 |
| 3. Sydney Maree (PA) | 13:44.71 |

### 10,000 Meters:

- |                          |          |
|--------------------------|----------|
| 1. Bruce Bickford (MA)   | 29:07.35 |
| 2. Steve Plascencia (MN) | 29:08.58 |
| 3. Pat Porter (CO)       | 29:09.92 |

### 3,000 Steeplechase:

- |                       |         |
|-----------------------|---------|
| 1. BRIAN ABSHIRE (CA) | 8:23.64 |
| 2. Henry Marsh (UT)   | 8:24.21 |
| 3. Brian Diemer (MI)  | 8:24.40 |

### 110 High Hurdles:

- |                        |        |
|------------------------|--------|
| 1. Roger Kingdom (PA)  | 13.21w |
| 2. TONIE CAMPBELL (CA) | 13.25  |
| 3. Arthur Blake (FL)   | 13.28  |

### 400 Intermediate Hurdles:

- |                        |       |
|------------------------|-------|
| 1. EDWIN MOSES (CA)    | 47.37 |
| 2. ANDRE PHILLIPS (CA) | 47.58 |
| 3. KEVIN YOUNG (CA)    | 47.72 |

### 400 Relay:

Lewis, C. Smith, Mitchell, Albert Robinson (IN), MIKE MARSH (CA), DeLoach, Martin.

### 1600 Relay:

B. Reynolds, DANNY EVERETT, STEVE LEWIS, Kevin Robinzine

(TX), Antonio McKay (GA), Andrew Valmon (NJ), Martin, KEVIN YOUNG, ANDRE PHILLIPS.

### 20 Kilometer Walk:

- |                    |         |
|--------------------|---------|
| 1 Gary Morgan (MI) | 1:34:12 |
| 2 Tim Lewis (NY)   | 1:36:31 |
| 3 Jim Heiring (WI) | 1:37:09 |

### 50 Kilometer Walk:

- |                       |         |
|-----------------------|---------|
| 1. Carl Schueler (CO) | 3:57.48 |
| 2. MARCO EVONIUK (CA) | 4:03.33 |
| 3. Andy Kaestner (WI) | 4:05.07 |



Fine Flicks by Don Gooney

TONIE CAMPBELL

### Marathon:

- |                         |         |
|-------------------------|---------|
| 1. MARK CONOVER (CA)    | 2:12:26 |
| 2. Ed Eyestone (UT)     | 2:12:49 |
| 3. Pete Pfitzinger (MA) | 2:13:09 |

### Long Jump:

- |                       |          |
|-----------------------|----------|
| 1. Carl Lewis (TX)    | 28-9     |
| 2. LARRY MYRICKS (CA) | 28-8 1/4 |



# & FIELD OLYMPIC TEAM

3. MIKE POWELL (CA) 27-5 1/4

### High Jump:

1. Jimmy Howard (TX) 7-8
2. Hollis Conway (LA) 7-7 1/4
3. BRIAN STANTON (CA) 7-7 1/4

### Triple Jump:

1. WILLIE BANKS (CA) 59-8 1/4w
2. Charlie Simpkins (SC) 58-10w
3. ROBERT CANNON (CA) 57-10 1/4w

### Discus:

1. MAC WILKINS (CA) 216-6
2. Mike Buncic (NJ) 214-3
3. Randy Heisler (IN) 213-1

### Hammer:

1. KEN FLAX (CA) 253-6
2. Lance Deal (OR) 248-2
3. Jud Logan (OH) 248-0



GREGG TAFRALIS

Five Flicks by Don Gooney

### Shot Put:

1. Randy Barnes (WV) 71-9 1/2
2. GREGG TAFRALIS (CA) 68-6
3. JIM DOEHRING (CA) 67-8 1/4

### Javelin:

1. DAVE STEPHENS (CA) 261-4
2. Brian Crouser (OR) 260-8
3. TOM PETRANOFF (CA) 260-8

### Pole Vault:

1. Kory Tarpenning (OR) 19-3 3/4
2. Earl Bell (AR) 19-0
3. Billy Olson (TX) 18-8

### Decathlon:

1. Gary Kinder (NM) 8293
2. Tim Bright (OR) 8287
3. DAVE JOHNSON (CA) 8245

## WOMEN

### 100 Meters:

1. FLORENCE GRIFFITH-JOYNER (CA) 10.61
2. EVELYN ASHFORD (CA) 10.81
3. Gwen Torrence (GA) 10.91

### 200 Meters:

1. FLORENCE GRIFFITH-JOYNER (CA) 21.85
2. PAM MARSHALL (CA) 21.93
3. Gwen Torrence (GA) 22.02

### 400 Meters:

1. Diane Dixon (NY) 50.38
2. DENEAN HOWARD (CA) 50.40
3. VALERIE BRISCO (CA) 50.53

photo by Richard Lee Slotkin



VALERIE BRISCO

### 800 Meters:

1. KIM GALLAGHER (CA) 1:58.01
2. Delisa Walton-Floyd (TX) 1:59.20
3. Joetta Clark (NJ) 1:59.93

### 1500 Meters:

1. Mary Slaney (OR) 3:58.92
2. REGINA JACOBS (CA) 4:00.46
3. KIM GALLAGHER (CA) 4:05.41

### 3000 Meters:

1. Mary Slaney (OR) 8:42.53
2. Vicki Huber (DE) 8:46.48
3. PATTISUE PLUMER (CA) 8:49.21

continued next page...

## Californians to Seoul

### 10,000 Meters:

1. Lynn Nelson (AZ) 31:51.27
2. Francie Larrieu-Smith (TX) 32:03.63
3. Lynn Jennings (NH) 32:07.74

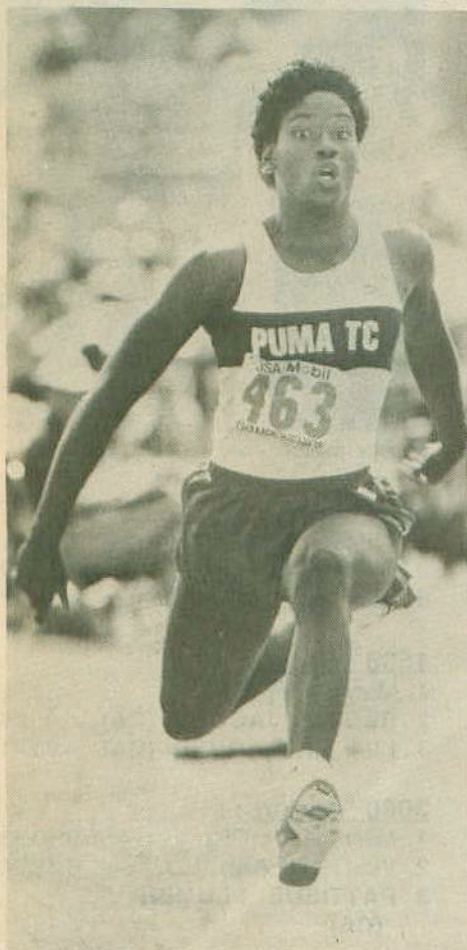
### 100 Hurdles:

1. Jackie Humphrey (NC) 12.88
2. **GAIL DEVERS-ROBERTS (CA)** 12.90
3. LaVonna Martin (OH) 12.93

### 400 Hurdles:

1. Schowonda Williams (LA) 54.93
2. **LESLIE MAXIE (CA)** 55.29
3. **LATANYA SHEFFIELD (CA)** 55.70

Fine Flicks by Don Gooney



WENDY BROWN

### 400 Relay:

**FLORENCE GRIFFITH-JOYNER, EVELYN ASHFORD, Torrence,**

photo by Bill Leung, Jr.



EVELYN ASHFORD

Echols, ALICE BROWN, Young, **DEVERS-ROBERTS.**

### 1600 Relay:

Dixon, **DENEAN HOWARD, VALERIE BRISCO,** Lillie Leatherwood (AL), **SHERRI HOWARD,** Maicel Malone (IN), Jearl Miles (FL), Terri Dendy (DE).

### Marathon:

1. Margaret Groos (FL) 2:29:50
2. **NANCY DITZ (CA)** 2:30:14
3. Cathy Schiro-O'Brien (MA) 2:30:18

### Shot Put:

1. **RAMONA PAGEL (CA)** 63-5
2. **BONNIE DASSE (CA)** 61-9 1/2
3. Connie Price (IL) 59-6 1/4

### Javelin:

1. **DONNA MAYHEW (CA)** 208-10
2. Karin Smith (OR) 185-3
3. Lynda Sutfin (AZ) 184-0

### Long Jump:

1. **JACKIE JOYNER-KERSEE (CA)** 24-5 1/2
2. Sheila Echols (LA) 22-7
3. Carol Lewis (TX) 22-7

### High Jump:

1. Louise Ritter (TX) 6-6 1/4
2. **TRISH KING (CA)** 6-5
3. Coleen Sommer (AZ) 6-5

### Discus:

1. Connie Price (IL) 201-0
2. **RAMONA PAGEL (CA)** 201-0
3. **CAROL CADY (CA)** 199-0

### Heptathlon:

1. **JACKIE JOYNER-KERSEE (CA)** 7215
2. Cindy Greiner (OR) 6226
3. **WENDY BROWN (CA)** 6079



photo by Bill Leung, Jr.

RAMONA PAGEL

# PA-TAC Notes

By JOHN MANSOOR



## OLYMPIC TEAM MEMBERS FROM THE PACIFIC ASSOCIATION

Listed below are those athletes from the Pacific Association who will be part of the U.S. team in the upcoming Games of the XXIV Olympiad in Seoul, Korea. We would like to congratulate all of these athletes, and wish them the best of luck, as well as all those athletes that took part in the U.S. Trials. Although the trials process has often been criticized as a selection method for the team, it does make for a great track meet!

### 400 Meters/Men:

Steve Lewis (Fremont) -- 44.37

### 400 Intermediate Hurdles/Men &

### Women:

Andre Phillips (San Jose) -- 47.58

Leslie Maxie (San Mateo) -- 55.29

### 3000 Meters/Women:

PattiSue Plumer (Palo Alto) -- 8:49.21

### 50K Walk/Men:

Marco Evoniuk (San Francisco) -- 4:03:33

### Marathon/Men & Women:

Mark Conover (San Luis Obispo) -- 2:12:26

Nancy Ditz (Woodside) -- 2:30:14

### Shot Put/Men:

Gregg Tafrales (San Bruno) -- 68-6

### Discus/Men & Women:

Mac Wilkins (Los Gatos) -- 216-6

Carol Cady (Stanford) -- 199-0

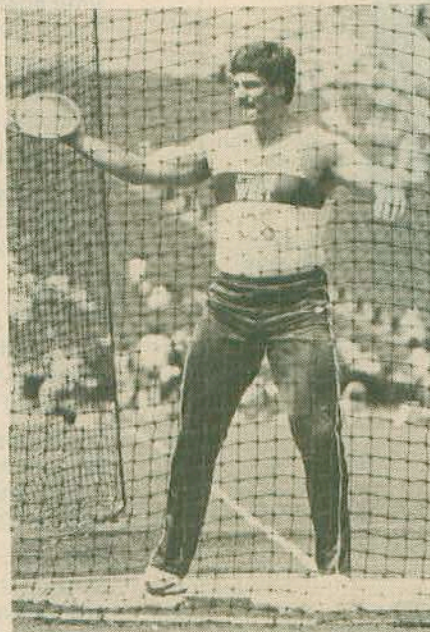
### Hammer/Men:

Ken Flax (Los Gatos) -- 253-6

## SACRAMENTO INTERNATIONAL SUMMER GAMES

Now that you have had your chance to see our U.S. athletes in action, come see them compete against other countries from the Western Hemisphere on August 27 in Sacramento at Hughes Stadium. The meet will feature our U.S. team against Canada, Jamaica, Mexico, Brazil and possibly Cuba, along with other individual athletes. Should be an excit-

Photo by Barbra DeGroot



MAC WILKINS

ing opportunity for track fans here in the Pacific Association. For ticket information, please contact The Sacramento International Track & Field Association at (916) 646-3469, or write SITFA at 2710 Gateway Oaks Dr., Suite 125 South, Sacramento, CA 95833.

## TRACK & FIELD COMMITTEE MEETING SET

In conjunction with the Sacramento Games will be a Pacific Association Track & Field Committee meeting. For those athletes, coaches and promoters of track and field that wish to take an active role in the development of our sport, please contact the Pacific Asso-

ciation office at (916) 933-4913 for more information. The committee is contemplating a Pacific Association Grand Prix for 1989.

## NATIONAL YOUTH CHAMPIONSHIPS

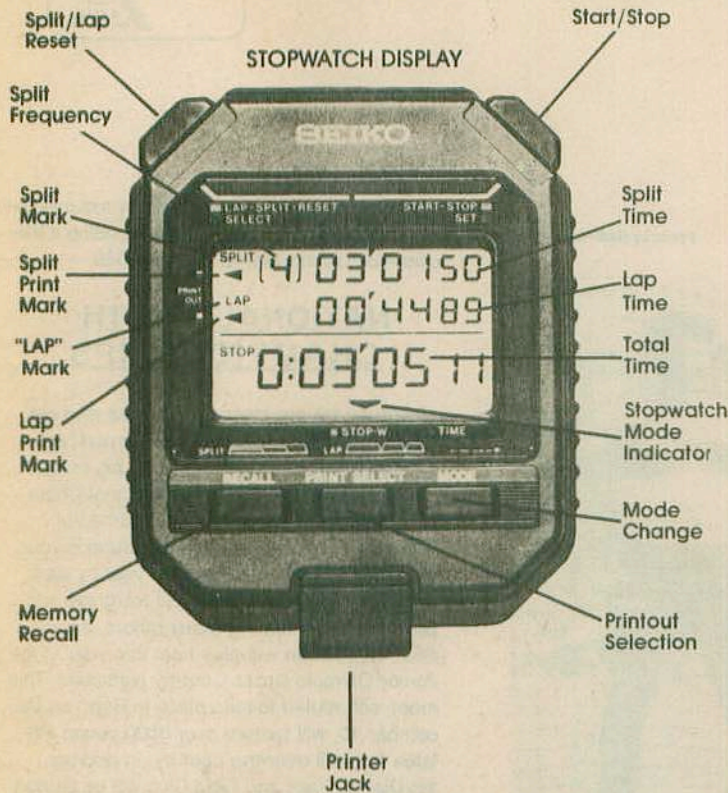
Because we are blessed with folks who are willing to return something to the sport here on the West Coast, look for more big meets, road races and, in particular, National Championships and possibly trials to come our way. An example of this can be found in your Youth committee. Chaired this year by Jack Enad with assistance from Bill Hargrove and Bruce Susong, among many others, the Pacific Association will play host this year to the Junior Olympic Cross Country Nationals. This meet, scheduled to take place in Reno on December 10, will feature over 3000 young athletes from all over the country! In addition, the Diablo Track and Field Club will be bidding at the end of this year for the 1990 Junior Olympic Track & Field Championships to take place in Concord, California. For more information on this year's Cross Country Championship, please contact the Silver State Striders/Bruce Susong at 1050 Blue Spruce, Reno, Nevada 89511.

## LDR GRAND PRIX

The action continues at a fast pace in the LDR Grand Prix. In June we had three Championships contested at the Russian River 8K, Captain's Cup 5K, and the Oakland Double 10K. In July we have the Gold Rush 50K, while the remainder of the schedule is below. Next month I'll update the overall leaders so that you can follow your favorites!

Sept. 4	Hoy's 10K Classic	Open Women
Sept 4	Buffalo Stampede	All Divisions
Oct. 1	Journal Jog 8K	Open Men & Women
Oct. 4	Silver State 15k	All Divisions
Nov. 6	Examiner X-C	All Divisions
Nov. 13	Foundation 30K	All Divisions
Dec. 4	Cal International	All Divisions

# Digital Quartz Stopwatch With Printer, SP11

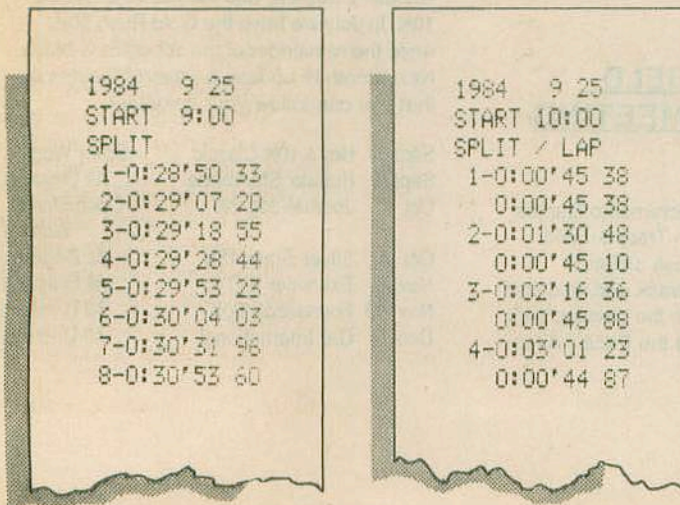


## System Printer

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



## 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,  $\pm 0.5$  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

**\$269**

## Available From:

**Jack's Athletic Supply**  
P.O. Box 459  
San Carlos, CA 94070  
(415) 595-2249

# Prep Notes

By KEITH CONNING

**California Interscholastic Federation**

## Keebler International Invitational

**June 18, York HS, Elmhurst, IL.**--Reggie Williams (River City, West Sacramento), the state meet 3,200 meter champion at 8:59.61 and the Golden West Invitational 3,000 meter champion at 8:16.79, won the two-mile in 9:02.29. It is the third fastest time in the nation this year. The national leader is Ernie Shepard (Wren, Piedmont, SC) at 8:59.23. Shepard placed second in 9:04.34.

Michelle DeCoux (Bishop O'Dowd, Oakland), the state meet 300 meter low hurdles champion at 42.16, won in 42.59.

DeCoux is the national leader at 42.16. DeCoux is the eleventh fastest of all-time in the nation, and ninth all-time in California. Regina Weatherford (Locke, Los Angeles) placed seventh in 45.19.

Reggie Betton (Antelope Valley, Lancaster), the state meet high jump champion at 7-0, tied for third at 6-11. Kevin Clements (El Paso, TX) won at 7-3, the best mark in the nation this year. Clements is tied for tenth all-time in the nation. Eric Hannah (Dunedin, FL), the Golden West Invitational champion at 7-2, placed second at 7-0.

Kaleaph Carter (Edison, Huntington Beach), the state meet shot put champion at 64-0 1/2, placed third at 61-2 1/2. Kevin Coleman (Larkin, IL), the Golden West Invitational champion at 64-9 3/4, placed second at 63-8 1/4.

John Wirtz (Leland, San Jose), the state meet discus champion at 192-10, placed third at 184-9. Wirtz is the na-

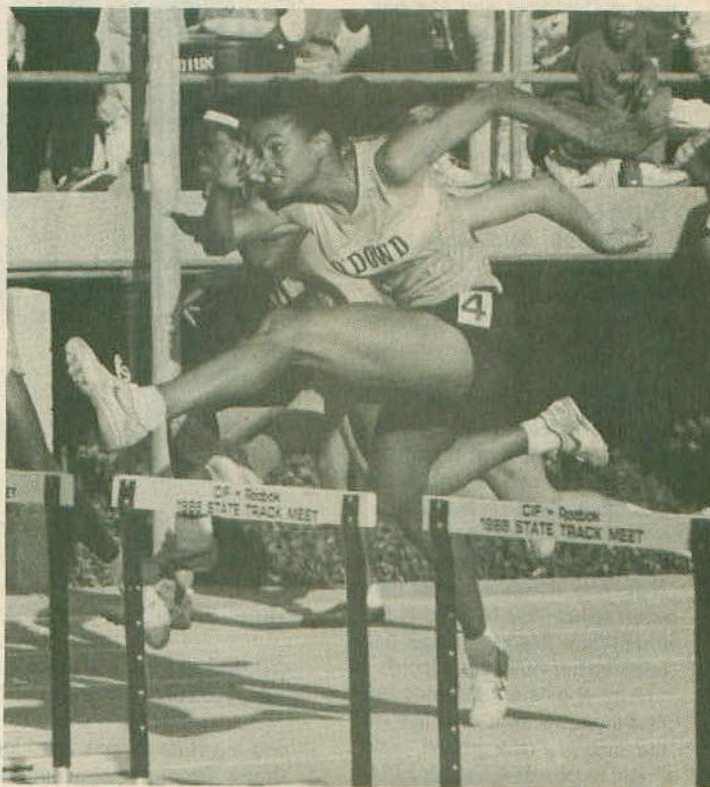
tional leader at 199-10. Wirtz is twenty-ninth on the U.S. all-time list, and eighth on the California all-time list. Kevin Fitzpatrick (Brooksville, FL), the Golden West Invitational champion at 197-3, placed fourth at 183-10.

Demian Luper (Justin-Siena, Napa) placed fourth in the hammer throw (12 lb.) at 192-8. Paul Kortick (Classical, Providence,

9:47.3, placed fourth in the two-mile run in 10:58.86.

Weatherford placed fourth in the 100-meter hurdles in 14.88. Dawn Bowles (Neptune, NJ), the Golden West Invitational champion at 13.2, won in 13.41. Bowles is the national leader at 13.33, which places her third on the all-time list.

Karol Damon (Redlands), fifth



**MICHELLE DECOUX**

(RI) won at 208-2. Kortick is the national leader at 213-9, which makes him the sixth best of all-time.

Katy McCandless (Castilleja, Palo Alto), third in the state meet 3,200 meters at 10:25.14 and the Golden West Invitational 3,000 meter champion at

in the state meet high jump at 5-8 and the Golden West Invitational champion at 5-10, placed fourth at 5-9.

Janet Bowie (Woodside), third in the state meet 1,600 at 4:52.70, placed sixth in the mile at 5:06.49.

Peller Phillips (Garfield, Seattle, WA), the Golden West Invitational long jump champion

at 27-0 1/4w, only placed sixth at 23-11 1/2. Keith Holley (Bayside, Virginia Beach, VA) won at 25-4.

Rick Gledhill (Chippewa Valley, Mount Clemons, MI) defeated Aaron Rogers (Chicago Vocational School, Chicago, IL) by .02 in the 800--1:49.33 to 1:49.35--the two fastest times in the nation this year. Gledhill moves to 30th on the all-time list.

Jodi Bilotta (North Hunterton, Annandale, NJ) won the 800 in 2:09.1, the fastest time in the nation this year.

Walter Mooneyhan (Heber Springs, AR), the Golden West Invitational pole vault champion at 16-0, placed sixth at 16-0.

Tyrone Joyner (Farmersville, NC), the Golden West Invitational triple jump champion at 52-1 1/2w, placed second at 50-3 1/2.

Art Skipper (Sandy, OR), the Golden West Invitational javelin champion at 244-1, won at 233-5. Skipper set a new high school record of 259-10 earlier this season. The old record of 259-9 was set by Russ Francis (Pleasant Hill, OR) in 1971. Yes, that is the same Russ Francis, who plays for the San Francisco 49ers.

Tanya Lidy (Pampa, TX), the Golden West Invitational long jump champion at 19-7, won at 19-7 1/4.

Christy Ward (Grants Pass, OR), the Golden West Invitational shot put champion at 47-11, won at 46-8. Ward is the national leader at 48-7 3/4. Ward is 17th on the all-time list.

Janet Hill (Washington, Shreveport, LA), the Golden West Invitational champion at 169-4, won at 174-0. Hill is the national leader at 179-4, which

*continued next page*

# Prep Notes

is the second longest throw of all-time. Leslie Deniz of Gridley set the national record of 183-11 in 1980.

## Golden West Invitational vs. Keebler International

The Golden West Invitational edged the Keebler International 10 to 9, when comparing winning marks in similar events. The Golden West Invitational boys' marks were superior in nine of 13 similar events. The Keebler girls' marks were superior in five of six similar events and equal in one.

This was the first year for girls at the Golden West Invitational.

Their performances should be more competitive in future years as the word gets out about the new co-ed competition.

Boys	GWI	Keebler
100	10.3	10.64
200	20.9	21.19
400	46.7	46.45
800	1:49.80	1:49.33
Mile	4:08.25	4:09.17
3000	8:16.79	--
2 Mile	--	9:02.29
3000SC	--	9:36.7
110H	13.6	13.90
400H	53.1	--
HJ	7-2	7-3
PV	16-0	16-6
LJ	27-0 1/4	25-4
TJ	52-1 1/2	50-4 1/2
SP	64-9 3/4	64-7 1/4
DT	197-3	192-7
HT	--	208-2
JT	244-1	233-5

Girls	GWI	Keebler
100	12.01	11.59
200	--	23.67
400	--	55.76
800	--	2:09.1
Mile	4:55.56	4:55.36
3000	9:47.3	--
2 Mile	--	10:27.9
100H	13.2	13.41
300H	--	42.59
HJ	5-10	5-10
LJ	19-7	19-7 1/4
SP	47-11	46-8
DT	169-4	174-0

## Melisa Weis breaks U.S. Sophomore Class Discus Record.

June 18. SP-TAC, Occidental College--Melisa Weis (Bakersfield), the state meet discus champion at 159-7, set a new national sophomore class record of 163-0. The old record of 162-10 was set by Natalie Kaaiawahia (Fullerton) in 1981.

Weis moves to the #6 spot all-time in California and she has two more years to go!

Thanks to Semar of Bakersfield for this news.

## Pagel Breaks U.S. Shot Put Record Twice

June 25. Michelob Invitational, San Diego--Ramona (Ebert) Pagel twice bettered her American women's shot put record, on consecutive throws.

Pagel, a 1984 Olympian, had a throw of 66 feet, 1/4-inch on her second throw to better her previous record of 64-2 1/2, set in Columbus, Ohio, on May 8.

The new mark lasted only as long as it took Pagel to get back in the ring, however, as her next effort sailed 66-2 1/2. It was the fourth time this year Pagel has bettered her American record.

"A lot of girls are throwing farther than me, so it's not like I'm breaking any new ground," said Pagel to Dennis Georgatos (Associated Press).

Nafalya Lisovskaya of the Soviet Union owns the world mark of 74-3, which she set last year.

Ramona Ebert graduated from Schurr High School in Montebello in 1979. Ebert placed third at 46-5 1/4 (with the old eight pound shot) in the 1979 state meet in Sacramento. Susie Ray

of Villa Park set a state meet record of 49-6 1/2. Rosario Ramos of Anaheim finished second at 49-4 1/4.

## Oakland 4x100 Relay Returns Intact

Avid reader Donn Kirk of Springfield, Oregon points out that the state meet champion



Fine Photo by Don Cooney

JEFF LAYNES

Oakland 4x100 relay team was composed of all juniors.

First leg-Erickston Grant; second leg-Nate Wright; third leg-Glenn Tipton; Anchor leg-Jeff Laynes.

Kirk hopes they will turn in a TEXAS time next year.

## Moreau Invitational Attracts Large Field

Phil Wilder, the coach at Moreau High School in Hayward, reports that more than 75 schools have signed up to participate in the Moreau Invitation-

al on October 15th.

Over 300 athletes are traveling from around the state to attend the annual spaghetti feed and clinic on Friday night before the Invitational.

Some of the out-of-area schools scheduled to compete are Salesian of Los Angeles, Sanger, Clovis, San Joaquin Memorial, Bella Vista, Del Campo, Jesuit, and Vallejo.

It should be one of the top invitationals in Northern California this fall.

## SPORTS GROUP BOOTS MT. DIABLO Athletes Barred From Post-Season Play

By DARRELL MOODY  
Staff Writer *Contra Costa Times*

Richmond, July 11 -- Mt. Diablo Unified School District high schools have been kicked out of the North Coast Section, ending post-season competition for MDUSD athletes.

The North Coast Section Board of Managers voted 23-3 Monday to expel the six high schools from membership in the section.

The MDUSD schools were expelled for refusing to take part in an NCS realignment process. By doing so, the schools were in direct conflict with articles in the constitution and bylaws of the NCS.

The expulsion means that MDUSD athletes will be ineligible for post-season competition. It also means MDUSD schools cannot play NCS schools during the regular season.

The six MDUSD schools--Concord, College Park (Pleasant Hill), Ygnacio Valley (Concord), Northgate (Walnut Creek), Mt. Diablo (Concord), and Clayton Valley (Concord)--will be recognized as indepen-

# Prep Notes

dent schools, not as a league. They are free, however, to play each other.

## Mt. Diablo Unified School District Athletes in the State Meet:

Eleven individuals and four relay teams from the Mt. Diablo Unified School District qualified for the 1988 state meet by placing in the top four at the North Coast Section Meet of Champions:

**BOYS:** 100--2. Senior Darrel King (Ygnacio Valley) 11.34; 200--1. King 22.13; 1600--1. Senior Steve Zirkelbach (Concord) 4:19.24; 3200--1. Zirkelbach 9:20.00; 3001H--1. Senior John Barry (Ygnacio Valley) 37.33; 400R--1. Ygnacio Valley 42.10; 1600R--2. Ygnacio Valley 3:20.26; PV--2. Sophomore Chris Dailey (Ygnacio Valley) 13-9; LJ--3. Senior David Poppleton (Ygnacio Valley) 21-7 1/4.

**GIRLS:** 1600--2. Senior Melissa Pardini (Northgate) 5:06.50; 300LH--Lori Hokerson (Clayton Valley) 46.32; 400R--4. Northgate 49.93; 1600R--3. Northgate 4:02.53; HJ--1. Senior Brooke Knight (Clayton Valley) 5-4; TJ--1. Freshman Stephanie Hanf (Ygnacio Valley) 36-3.



KALEAPH CARTER

Fine Flicks by Don Gooney

## U.S. HIGH SCHOOL LIST

BY KEITH CONNING

These lists contain the best United States high school marks through June 11. The current National Record (as recognized by *Track & Field News*) is listed at the head of each event.

Symbols: +=converted mark  
Classes: \*\*=sophomore; \*=junior; ?= unknown; all others are seniors.

### Boys

#### 100 Meters (10.13)

10.30 William Jackson (Lake Wales, FL)  
10.38 \*De Angela Newsom (Tyler, TX)  
Raghib Ismail (Myers, Wilkes-Barre, PA)

#### 200 Meters (20.13)

20.53 Brian Bridgewater (Washington, LA)  
20.67 Quincy Watts (Taft, Woodland Hills)  
20.68 \*Mike Bates (Amphitheater, Tucson, AZ)

#### 400 Meters (44.69)

45.80 \*\*Chris Nelloms (Dunbar, Dayton, OH)  
45.94+ \*Marlin Cannon (South Oak Cliff, Dallas, TX)  
46.34+ \*Albert Ransom (Montbello, Denver, CO)

#### 800 Meters (1:46.58)

1:49.80 Richard Kenah (Immaculate Conception, Montclair, NJ)  
1:49.8 Gilbert Contreras (El Paso, TX)  
1:50.1 ?Lewis Lacy (Ellison, Killeen, TX)

#### 1500 Meters (3:39.0)

3:49.7 Bob Kennedy (North, Westerville, OH)  
3:50.1 Ian Aisen (Granada Hills)  
3:50.9 Alex Accetta (Durango, CO)

#### Mile (3:55.3)

4:06.62+ Bob Kennedy (North, Westerville, OH)  
4:08.25 Alan Foster (Aloha, OR)  
4:10.24+ Reggie Williams (River City, W.Sacto)  
Jim Geerlings (Newport Harbor, N.B.)

#### 3,000 Meters (8:05.8)

8:16.79 Reggie Williams (River City, W.Sacto)  
8:22.80 Pat McDonough (Largo, FL)  
8:23.35 Ernie Shepard (Wren, Piedmont, SC)

#### 2 Miles (8:36.3)

8:59.23+ Ernie Shepard (Wren, Piedmont, SC)  
9:01.40+ Cajh Halferty (Blanchet, Seattle, WA)  
9:02.70 Ian Aisen (Granada Hills)

#### 110 Hurdles (13.40)

13.51 Quadry Ismail (Meyers, Wilkes-Barre, PA)  
13.53 Bob Gray (Douglas, Portland, OR)  
13.65 Robert Brooks (Greenwood, SC)

#### 300 Hurdles (35.32)

36.38 ?Glenn Terry (Sycamore, Cincinnati, OH)  
36.43 John Montgomery (Independence, S.J.)  
36.44 Kevin Jones (Mt.Miguel, Spr.Vly)

#### 4 x 100 (40.26)

40.26 Reagan, Austin, TX  
40.34 Carter, Dallas, TX  
40.38 Ellison, Killeen, TX  
40.51 South Oak Cliff, Dallas, TX

#### 4 x 400 (3:07.4)

3:09.8 South Oak Cliff, Dallas, TX  
3:10.46 Hawthorne  
3:12.7 Mount Pleasant, TX

#### High Jump (7-6)

7-2 1/4 \*Darren Plab (Mascoutah, IL)  
7-2 Reggie Betton (Antelope Vly, Lancast)  
Scott Benson (Stevens, Rapid City, SD)  
?Eric Hannah (Dunedin, FL)

#### Pole Vault (18-2)

17-0 3/4 Matt Warwick (Hesperia)  
17-0 Greg Fenza (Ottaway, IL)  
16-9 1/2 \*\*Jayson Lavender (Wichita Falls, TX)  
Tom Parker (Notre Dame, Sher.Oaks)

#### Long Jump (26-8 1/4)

25-9 3/4 Peller Phillips (Garfield, Seattle, WA)  
25-7 1/4 Keith Holley (Bayside, Virginia Beach, VA)  
25-7 \*Dion Bentley (Penn Hills, Pittsburgh, PA)

#### Triple Jump (53-6 1/2)

52-6 1/2 Keith Holley (Bayside, Virginia Beach, VA)  
51-9 1/2 Tyrone Joyner (Farmville, NC)  
51-2 1/2 Tim Prince (Logan, Union City)

#### Shot Put (81-3 1/2)

66-1 3/4 Kevin Coleman (Larkin, Elgin, IL)  
65-3 ?Aaron Gowell (Shelby, MI)  
64-1 1/2 Scott Davis (Glenwood, IA)

#### Discus (225-2)

199-10 John Wirtz (Leland, San Jose)  
198-4 Adam Setliff (Bell, Hurst, TX)  
198-0 Pat Feider (Hazen, Renton, WA)

#### Jacathlon (7:359)

6970 Tom Richards (San Marcos, S.Barb.)  
6392 ?Jason Burleson (Sherman, TX)  
6253 ?Jim Paul (Cascade, MT)

### Girls

#### 100 Meters (11.13)

11.50 Chryste Gaines (So.Oak Cliff, Dallas, TX)  
11.52 \*Angela Burnham (Rio Mesa, Oxnard)  
11.63 Anita Howard (Butler, Augusta, GA)

#### 200 Meters (22.77)

23.13+ Chryste Gaines (So.Oak Cliff, Dallas, TX)  
23.45 \*Angela Burnham (Rio Mesa, Oxnard)  
23.49 Anita Howard (Butler, Augusta, GA)

#### 400 Meters (50.87)

53.25 \*Carmelita Williams (Lincoln, E.St. Louis, IL)  
53.97 \*\*Tanya Dooley (Bretharte, Ang.Cp)  
54.17 \*Angela Rolfe (Dorsey, LA.)

#### 800 Meters (2:00.07)

2:09.2 Sharon Moore (Boys & Girls, Brooklyn, NY)  
2:09.79+ Shawnda Martin (Seminols, Sanford, FL)  
2:10.06 \*\*Marny Westphal (Brookwood, Thomsvl, GA)

#### 1500 Meters (4:16.6)

4:26.80 \*Nnenna Lynch (Hunter College High, NY, NY)  
4:30.2 Laurie Gomez (Boardman, Youngstown, OH)  
4:30.6 \*Kira Jorgensen (R.BuenaVista, Vista)

#### Mile (4:35.24)

4:50.28+ Laurie Gomez (Boardman, Youngstown, OH)  
4:51.20+ \*Megan Thompson (Hazelwood Central, MO)  
4:51.24 \*Kira Jorgensen (R.BuenaVista, Vista)

#### 3000 Meters (9:08.6)

9:42.0 \*\*Karen Hecox (So. Hills, WestCovina)  
9:42.3 \*Rayna Cervantes (Montebello)  
9:42.5 Jeannie Heltzel (South Salem, Salem, OH)

#### 2 Miles (10:03.5)

10:19.74+ \*\*Karen Hecox (So. Hills, W. Covina)  
10:22.42+ \*Rayna Cervantes (Montebello)

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# Prep Notes

10:28.80+ Katy McCandless (Castilleja, Palo Alto)

### 100m Hurdles (33") (12.95)

13.33 Dawn Bowles (Neptune, NJ)  
13.64 Cinnamon Sheffield (So. Oak Cliff, Dallas, TX)  
13.72 ?Lisa Wells (Manor, Portsmouth, VA)

### 300m Hurdles (40.18)

42.16 Michelle DeCoux (Bishop O'Dowd, Ok)  
42.42 Tyra Carson (Alter, Kettering, OH)  
42.60 ?Lisa Wells (Manor, Portsmouth, VA)

### 400m Hurdles (55.20)

59.03 Tonya Lee (Rancocas Vly, Mt. Holly, NJ)  
60.49 ?Tasha Whitted (Ballou, Washington, DC)

20-2 Tanya Lidy (Pampa, TX)

### Triple Jump (42-10 1/2)

40-11 ?Marchelle Payne (Meadowbrook, Richmond, VA)  
40-10 1/4 Mindy Manuel (Jefferson, Richmond, VA)  
40-10 ?Tessie Palmer (Carlisle, PA)

### Shot Put (53-7 3/4)

48-7 3/4 Christy Ward (No. Valley, Grants Pass, OR)  
48-2 1/2 \*Dawn Dumble (Bakersfield)  
47-5 1/2 Angela Edwards (West Elk, Howard, KS)

### Discus (183-11)

179-4 Janet Hill (Washington, Shreveport, LA)  
160-11 \*\*Melissa Weis (Bakersfield)  
158-5 \*Teresa Sherman (South Point, OH)

## TAC/USA JUNIOR NATIONAL CHAMPIONSHIPS

By DOUG SPECK

Californians were very much in evidence at the TAC Junior National Championships, held at Florida State University in Tallahassee, Florida, June 23-25.

This competition, held to determine the two U.S. representatives per event that would make up the Second World Junior Track Championship team in Sudbury, Canada in late July, featured athletes born 1969 or later, and marked the first year that the women and men shared the same birth year requirements at this level. Previously, the women at the junior level had a birthdate requirement at the older end that was a year younger than the men, basically eliminating the participation of about all first year collegiate females. A good turnout here resulted in a number of exciting events.

California's prep speedsters were a factor in the short events, with Sacramento's Reggie Williams showing nicely against a collegiate 5000m field. A number of the Golden Staters were successful in the field, led by Fresno State's Reggie Jackson's meet record in the triple jump. Matt Farmer (UC Irvine) added a decathlon win to the local accolades.

The fields in this meet are an interesting blend of collegians and preps. With the NCAA Division I qualifying standards very tough these days, this meet has developed into one that many first-year collegiate athletes point to at the end of their season. The typical finals field is about 2/3 collegians and 1/3 prep, placing the top high schoolers in a position that is much more competitive than they are used to. It makes for a fun affair.

State high school women's sprint champion Angela Burnham (Rio Mesa, Oxnard) probably came to Florida with hopes of gaining a relay team spot on the U.S. squad, but went away with an individual sprint berth. Over 100m Angela was 2nd in her heat (11.66) to Georgia prep, Anita Howard (11.60), who has a bizarre arm-flailing style of running. NCAA sprint placer, Esther Jones (LSU), a beautiful young lady who can really run, was the prohibitive sprint favorite, rocketing away early from the field in each of her heat and finals efforts this weekend. In the finals of the 100, Jones put it in overdrive early, powering to a 3 meter victory (in a hand-timed 11.2). Burnham and Howard battled for the coveted second individual spot in the event, with the Californian edging away over the final 20 meters and recording an 11.53

to Howard's 11.56. Over 200m Angela was a heat winner (24.11), then felt a small kink in a muscle and scratched from the final Rosie Williams, one of California's top long sprinters at tiny East Nicolaus High for the last couple of years, put in a fine freshman year at Oregon State, recording 11.79 and 23.9 sprint bests. She concentrated on the 200 here, moving to the finals with a 24.58 in her heat and placing 7th at 24.5 in the championship run. Simone Cain (Hueneme, Oxnard -Win America TA) was another 200 finalist placing 4th at 23.7. Simone put in some heavy relay duty during the weekend, twice anchoring 1600m relay squads (heats and finals) with legs in the mid-53-second range. The Win America group was a close second to Club Florida in the women's 400m relay finals 46.3-46.4, with a San Jose area "Golden Eagles" squad of Tash Handy, Joslyn and Roslyn Mack, and Andreen Alvarado ga the 1600 winners at 3:41.57 with Win America 3rd at 3:42.12. Coach Hilliard Summer and staff of the Win America Track Club and Athletics Club should be congratulated on their efforts to help a number of top Southern California preps and collegians get to this meet. California was better represented than probably any other year due to the new USC men's sprint coach's efforts.

Over on the men's side, Quincy Watts (Taft HS, Woodland Hills) and Brian Bridgewater (Washington HS, LA), both representing Win America TA, were quite prominent in the 100 and 200. Short, piston-like Andre Cason of Texas A&M was super here over 100m, recording a 10.17 heat with then committing a false start in the final before roaring to a 10.08 win there to win by nearly four meters. The next five finishers after Cason were within .16, with unknown Ohio prep Tony Lee 2nd at 10.39, and Quincy Watts closing well at 10.48 in 3rd. Bridgewater was 10.55 in 6th. A strong 200m field featured six preps out of the eight finalists to sort out the 88 All American High School squad. After inside lane draws in the heats, Bridgewater and Watts had better lanes in the finals. Fresh Kevi Braunkill from North Carolina State led the pack off the turn, with prep Chris Barnes (Silsbee, Texas) moving strongest down the straight, moving past to win at 20.73 over the Carolinian's 20.84. Watts again showed power over the final one quarter of the race finishing 3rd, at 21.03, with Bridgewater 4th at 21.06.

State Meet double distance winner Reggie Williams (River City HS, West Sacramento) had basically been unpressed in recent races, but here he was facing a field of collegians with some real experience over the 5000m distance run in this meet. The weather in Florida was very hot, with the temperature gauge on the scoreboard rarely slipping below 90 degrees, with humidity to match. However, on Saturday evening part way through the meet (7 p.m.), the cloud rolled in and the skies opened up. It rained like heck and your typical Californian was ready to pack it up and come back the next day. But the locals said to hold tight, in



Photo by Don Gooney

### CELIA WILLIS

60.56 Shelly Mitchell (Lakewood, NJ)

### 4 x 100 (45.11)

46.24+ Carter, Dallas  
46.23 Hawthorne  
46.76+ South Oak Cliff, Dallas, TX

### 4 x 400 (3:37.69)

3:45.41 Tilden, Brooklyn, NY  
3:45.49 William Penn, Philadelphia, PA  
3:47.14+ Locke, Los Angeles

### High Jump (6-2)

6-0 Celia Willis (Clovis West, Fresno)  
Shelly Choppa (Glens Falls, NY)  
5-11 1/4 Cris Hall (Chanute, KS)

### Long Jump (22-3)

20-4 1/4 Sonya Henry (Freeport, NY)  
20-3 \*Starlie Graves (Brenham, TX)



Photo by Burt Davis

### KAREN HECOX



## Prep Notes

some cover for a time, and sure enough 15 minutes later, the rain stopped. The temperature had dropped 15 degrees, and the remainder of Saturday evening's events, including a number of distance races, were run under ideal conditions. The final regular Saturday event, at 9:25 p.m., was the men's 5000. The six collegians in the 5000m field had all run 14:45 or better for the distance so there was a good group for Reggie to tag along with. That was exactly what the Californian did, as he sat on the leaders through 4:45 and 9:32 1600m and 3200m splits. With one lap to go, at 13:35.4, Reggie was right with Jim Westphal (Loyola TC, Illinois) and

Dan Middleman (Club Florida/Univ. of Florida). The trio traded positions back and forth as they raced through the first 200 of the last lap in 29.5 seconds. Down the final homestretch the threesome could still reach out and touch each other. It was not until the final 20 meters that Reggie edged ahead, narrowly winning at 14:34.62. The final 200 was covered in 29.1 with the final lap at 58.6. To compete in the World Junior Championships, team members must meet a qualifying time for that competition which is frequently tougher than the entry standard for the Junior National Meet. Reggie's time was short of the 14:25.0 needed to move on to Sudbury, but on July 2 Reggie placed a 14:19.9 so we will see how he can do against the world's best of his age.

A number of Californians starred in the field. The men's triple jump was a super event, with a half dozen jumpers with bests of over 52 feet. Fresno State frosh (by way of Riordan High in San Francisco) Reggie Jackson attempted to end the competition early, bounding a big PR 53-4.25 on his first effort. McArthur Anderson (UCLA) was out to 51-1.5 on his first jump, with 5th year prep Keith Holley (International Striders/Virginia) moving ahead of the local with a 51-3.5. Anderson, who had a balance problem that put his upper body out ahead of his center of gravity and forced him to over-rotate during the last two phases of his jumps, managed to edge back into second, with a 51-6.25 on his third effort. Holley is tremendously talented, but he could never quite put it together to catch the Bruin for second. Meanwhile, Jackson kind of sat back and relaxed, with 44-0.5 on his second and a pass on his third jump. Cranking it back up, Reggie improved to 53-10.5 on his next effort and an amazing 54-6 to break the meet record on his fifth try. A fine prep basketballer, Reggie's commitment at the college to track and a good fall under Coach Bob Fraley, obviously paid off. There will be some big competition from the Eastern Europeans and others at the World Championship affair and the results should be interesting.

A big surprise in this meet was the performance in the women's high jump by J.C. Broughton (Woodland HS/Sacramento TC). There were a dozen jumpers with bests of 5-10 or better, so the Sac-Joaquin section star was just one of the pack. After five in

the field had cleared 5-10 (Broughton, Maryland prep Tanya Hughes, Arizonan Dahila Lockhart, Oregon prep Laurel Roberts, and New Jersey prep Shelley Mitchell), J.C. shocked with a first attempt clearance of 5-11.25. Hughes, and defending champion Lockhart, were over on their third attempt. None of that trio was able to clear 6-0.5, with the Californian the winner on the countback. From a non-qualifying 5-4 in the California State Prelims three weeks previously, J.C. had gained some sophistication fast. The World Junior standard is 5-10.75, so the Northern Californian will be in action in Sudbury. The men's high jump was stopped for a time in the rain Saturday evening, with people obviously having a tough time regaining their rhythm when the event started again. Walter Barney, former Livermore prep now in his first year at Cal State Bakersfield, had been over 7-3 this spring and showed amazing pop in warmups here. A dozen 7-footers graced the field here, so it would not be an easy competition. A tribute to Walter's skills here was his ability to return after the half hour rain delay to join Orrin Bartin (Virginia) and Rick Dunwoodie (Ohio State) over 7-0.5, with Coach Charles Craig's athlete 2nd on the countback.

A super pole vault competition had Taft JC's Pat Frederick (by way of Lafayette, Louisiana) top seven athletes over 16-4.75 with a fine 17-4.5 winning vault. Last year's champion, Brent Burns (UC Berkeley) was 7th at 16-4.75.

The weight events were a UCLA show. Redshirt frosh Dave Bultman PR'd in the shot at 57-6 1/4 for 2nd behind amazing Texas A&M frosh Mike Stulce (60-9.5). Fellow frosh athlete Tracie Millett continued Coach Art Venegas's exhibition with seconds to Angie Ryker in the shot put (50-1.25 to 47-10.5) and in the discus to Janet Hill (174-2 to 169-10). In a bit of obvious teamwork, Millett gave up her shot spot on the U.S. team to third placer, UCLA signee Christy Ward (North Valley HS, Grants Pass, Oregon). Stanford's Debbie Malueg was 6th in the discus at 148-6. Kamy Keshmiri, a UCLA first-year student, though no longer a part of the Bruin track program, was 2nd in the men's discus at 169-11 behind LSU's John Nichols and his meet record 190-2. John Wirtz (Leland HS, San Jose/Explorer Post 813), UC Berkeley bound, tossed a fine 165-2 for 6th in the event.

UC Irvine's Matt Farmer, the son of Dixon Farmer former prep national record-holder in the decathlon, showed the blood lines run true in that event. Tom Richards (San Marcos HS, Santa Barbara) and Jeff Lamonica (Cal State LA) were other prominent Californians in the field. Bolstered by a 23-6 long jump and 6-10.25 high jump efforts, Matt set a junior championship first-day record of 3836 points. Richards sat 3rd at 3534 with Lamonica 3416 in 6th. Richards picked up over a hundred points with a 14.95 high run to start day 2, but was only able to clear 14-5.25 in the vault. Farmer continued to purr, finishing with 7015 points, with Richards 4th at 6778 and Lamonica 5th with

6564. Jeannie Jauquet of Stanford finished 5th in the women's heptathlon with 4570 behind Washington prep Kellie Blair (who competed in the high and long jumps at the Arcadia High School Invitational) and her 5192 win. Wendi Simmons, the fine all-arounder from Santa Rosa High School last year has shown up at Graceland College (Bruce Jenner Tech) as a frosh athlete. She dropped out with an injury from the heptathlon here with an injury, but has had a good first season at the collegiate level, 2nd at the NAIA



ANGELA BURNHAM

Photo by Bill Cortes Photography

Championships with 4805 points.

Sybil Perez (un/Los Angeles) made her second U.S. World Junior Championship team with a 2nd in the 5000m walk at 26:27.9.

A trio of Californians just missed the U.S. team with third places in the throws. Camp Pendleton Marine Jason Lile was 3rd in the javelin at 213-10, with Ashley Selman (un/Foothill HS, Santa Ana) improving her personal best in the javelin to 158-9 in finishing in the same position on the women's side. Sam Cavallero (San Jose State/Explorer Post 813) had two ahead of him in the men's hammer at 169-0, with prep Demian Luper showing real potential with the 16-pound implement, at 163-0 in 5th.

Jesse Carr (Skyline College) did a super job over 400m here. Fine prep athletes (both of whom return to the high school ranks in 1989), Marlin Cannon (South Oak Cliff of Dallas/Dallas TC) (45.8 PR) and Chris Nelloms (Northwest TC/Dayton, Ohio) (45.80 as a soph), both blazed out over the first half lap in Saturday's finals, with New York

prep Jerome Williams (Lincoln Yonkers HS) and Carr reeling the youngsters in over the final 100m. Williams just outleaned Carr at the finish 46.28-46.29. Roslyn Mack (St. Francis HS, Mountain View/Golden Eagles TC) (54.73) and Andreen Alvarenga (Mitty HS, San Jose/Golden Eagles TC) (54.93) were finalists in a fine women's 400m event, won by Arizona State's Maicel Malone in a meet record 52.13. Tarsha Handy (Mitty HS, San Jose/Golden Eagles TC), Courtney Clark (Las Lomas HS/Golden Eagles TC), and Kathy Krieger (Reebok Aggies/Cuesta JC) were 5th (2:11.89), 6th (2:12.16), and 7th (2:14.51) respectively in the women's 800. Krieger preceded her 800m effort with a 4:41.26 for 10th in the 1500. Laurie Gomez (un/Boardman HS, Youngstown, Ohio), the double distance winner at Arcadia in April, took the women's 3000m out at 5:02 through 1600m, but was run down near the end by Kentucky collegian Denise Bushallow 9:31.14-9:33.30, with Katy McCandless (Castilleja HS, Palo Alto/Ryan's) 6th at 9:51.34.

Jason Pyrah is America's answer to anybody. This is the athlete, who last year as a prep from Missouri, who would go out at 1:56 for the first 800 of his 1600 or mile efforts. He has been held back by the altitude of BYU this year as a frosh, with a 3:52 1500m best. With the "Mission" maturity that has taken people like Doug Padilla at the Mormon institution to near the top of the world, keep an eye out for Pyrah. Here, he blasted out at 56.5-1:57.6 and 2:58.5 for the first three laps in the finals. At this level he does not have much company at those splits, with a 25-meter lead over Paul Vandergrift (William and Mary AA) at the gun in 2:43.3. A 60.0 final 400 kept Vandergrift at bay 3:43.36-3:45.37. Jason exhibits a smoothness, power, and ability to fight off the physiological effects of a torrid early pace in a manner no one of his age in recent American history has been able to. Fresno State's Jason Lienau PR'd at 7th in the event in 3:50.09. Stanford's Jason Martin was a fine 4th in the steeplechase at 9:18.5, the one event that went on in the torrid downpour.

Men's hurdle finalists were Albert Pride (Sacramento City College), 6th in the highs at 14.59 (after a 14.45 heat) and Mike Cox (Taft JC), 8th in the intermediate finals after a 51.68 heat. Latanya Davenport (Locke HS, LA/Win America TA) (14.65) and Kerri Sanchez (Santa Teresa HS, San Jose/Accusplit Sports Club) (14.70) were the best Californians at the 33" 100m hurdles run here in non-qualifying efforts. Sanchez was 7th in the triple jump at 38-7.5. Kim Young (Madera HS) ran a fine 63.37 in finishing a non-qualifying 3rd in her 400m low hurdles heat.

In the men's long jump, Reggie Jackson (Fresno State) was 4th at 24-9.25, Percy Knox (U of Arizona/Win America TA) 5th at 24-5.75 with Marcus Hickerson (Stanford) 6th at 24-2.25.

continued next page

# Prep Notes

## TACUSA JUNIOR NATIONAL TRACK & FIELD CHAMPIONSHIPS

Florida State University. Thursday, June 23 (a), Friday, June 24 (b), and Saturday, June 25 (c).

### MEN

**100 Meters:** (Semi Final 1 wind +0.10 meters per second-b) 4. Knox (Win America TA) 10.84, (SF-3 +0.05) 2. Bridgewater (Win America) 10.58, 3. Watts (Win America) 10.59, (SF-4 +0.05) 6. Miller (Win America) 11.05, (FINAL -0.0-b) 1. Cason (Texas Aggies) 10.08 (MEET RECORD), 3. Watts 10.48, 6. Bridgewater 10.55.

**200 Meters:** (SF-2 -1.16-c) 3. Watts 21.16, (SF-3 -0.32) 2. Bridgewater 21.11, 6. Webster (Win America) 22.05, (FINAL +0.11-c) 1. Barnes (Silsbee HS, Texas) 20.73, 3. Watts 21.03, 4. Bridgewater 21.06.

**400 Meters:** (SF -3-b) 2. Carr (Skyline College) 47.07, 4. Webster (47.99, (FINALS -c) 1. Williams (Lincoln-Yonkers HS, NY) 46.28, 2. Carr 46.29.

**1500 Meters:** (SF -2-b) 3. Lienau (Fresno State) 3:51.20, 7. Stone (Sonoma State Univ.) 4:05.16, (FINALS -c) 1. Pyrah (BYU Track Club) 3:43.36, 7. Lienau 3:50.09.

**5000 Meters:** (-c) 1. Williams (Sacramento TC) 14:34.62.

**10,000 Meters:** (-b) 1. Levale (Univ. of Florida) 30:46.09, 7. Jeffrey Korn (un) 32:34.9.

**3000m Steeplechase:** (-c) 1. Findlay (Michigan State Univ.) 9:07.1, 4. Marin (Stanford) 9:18.5

**110m High Hurdles:** (SF-1 -0.01-b) 5. Pride (Sacramento City College) 14.45, (FINALS -c) 1. Brown (Wake Forest U) 13.80 (MEET RECORD), 6. Pride 14.59.

**400m Inter. Hurdles:** (SF-1-b) 2. Cox (Taft College) 51.68, (SF-2) 3. Pride 52.55, (FINALS -c) 1. Carter (Auburn TC) 49.90, 8. Cox 54.94.

**High Jump:** -c 1. Barton (Virginia State Univ.) 7-0.5, 2. Barney (Cal State Bakersfield) 7-0.5.

**Pole Vault:** -b 1. Frederick (Taft CC) 17-4.5, 7. Burns (un) 16-4.75, 12. Parker (Advantage Athletics/Notre Dame HS, Sherman Oaks) 15-5, 14. Stratton (Fresno State) 15-5.

**Long Jump:** -b 1. Holly (International Striders) 25-5.25 (-0.01), 4. Jackson (Fresno State) 24-9.25 (wind +0.01 meters per second), 5. Knox (Win America) 24-5.75 (+0.17), 6. Hickerson (Stanford) 24-2.25 (-0.10), 11. Anderson (UCLA) 23-2 (+0.01).

**Triple Jump:** -c 1. Jackson (Fresno State) 54-6 (+0.27) (MEET RECORD), 2. Anderson (UCLA) 51-6.25 (+0.26), 11. Prince (Mission Valley TC/Logan HS, Union City) 47-8.5 (+0.01).

**Shot Put:** -c 1. Stalce (Texas A&M TC) 60-9.5, 2. Bullman (Westwood TC) 57-6.25, 15. Cavallero (Explorer Post 813) 47-10.75.

**Discus:** -b 1. Nichols (LSU) 190-2 (MEET RECORD), 2. Keshmiri (un) 169-11, 6. Wirtz (Explorer Post 813) 165-2, 9. Bullman 154-0.

**Hammer:** -b 1. Dering (Syracuse Univ) 197-5, 3. Cavallero (Explorer Post 813) 169-0, 5. Luper (Explorer Post 813) 163-0, 8. Viera (Modesto TC) 154-2, 9. White (Explorer Post 813) 150-2, 10. Krough (Sacramento TC) 145-6, 12. Rowe (Fresno State) 141-3.

**Javelin:** -c 1. Skipper (Sandy Riverhawks TC) 223-9, 3. Lile (US Marine Corps) 213-10.

**Decathlon:** a-b 1. Farmer (UC Irvine) 11:46 23-6 35-8.5 6-10-25 50:38 (3836) 15:87 116-4 12:55 170-7 4:40.21 (7015), 4. Richards (un) 11:39 22-1 34.675 6-4.5 51.64 (3534) 14.95 112-9 14-5.25 144-5 4:52.26 (6778), 5. Lamonica (un) 11:28 23-0 37-2.25 5-5.75 52.22 (3416) 16.04 120-9 14-9 187-5 5:37.16 (6564).

### WOMEN

**100 Meters:** (SF-1 +0.02-b) 5. Cain (Win America TA) 12.04, (SF-2 +0.12) 2. Burnham (un) 11.66, & J. Mack (Golden Eagles) 12.49, (FINALS) -0.01-b 1. Jones (LSU) 11.2 (hand time), 2. Burnham 11.53.

**200 Meters:** (SF-1 +0.06 -c) 1. Burnham 24.11, (SF-2 +0.01) 2. Williams (Oregon State U) 24.58, (SF-4 -0.11) 2. Cain 24.59, 3. Miller (Win America TA) 24.70, (FINALS) +0.00 -c) 1. Jones 23.2, 4. Cain

24.2, 7. Williams 24.5.

**400 Meters:** (SF-2 -b) 2. R. Mack (Golden Eagles) 54.94, (SF-3) 5. Hamilton (Win America) 56.60, (SF-4) 2. Alvarenga (Golden Eagles) 55.07, 3. McAllister (Win America) 55.83, (FINALS -c) 1. Malone (un) 52.13 (MEET RECORD), 7. R. Mack 54.73, 8. Alvaranga 54.93.

**800 Meters:** (SF-1-b) 3. Handy (Golden Eagles) 2:12.6, 4. Krieger (Reebok Aggies) 2:12.7, 7. Lett (Win America) 2:25.4, (SF-2) 3. Clark (Golden Bear) 2:13.69, (FINALS -c) 1. Jones (U of Tennessee) 2:07.62, 5. Handy 2:11.89, 6. Clark 2:12.16, 7. Krieger 2:14.51.

**1500 Meters:** -c 1. Jones 4:28.16, 9. Krieger 4:41.26.

**3000 Meters:** -c 1. Bushallow (U of Kentucky) 9:31.14, 6. McCandless (Ryan's) 9:51.34, 9. Rockwood (Fresno State) 10:09.94.

**100m HH:** (33") (SF-1 +0.04 -b) 6. Sanchez (Accusplit Sports Club) 14.70, (SF-2 -0.01) 3. Davenport (Win America) 14.65, (SF-3 -0.01) 6. Weatherford (Win America) 15.00, (FINALS -c) 1. Wells (Virginia HS/Striders Int'l) 13.57.

**400m LH:** (SF-1-b) 6. Davenport 67.93, (SF-2) 6. Weatherford 65.97, (SF-3) 3. Young (Madera HS) 63.37, (FINALS -c) 1. Webster (Track Florida) 59.15.

**400m Relay:** (SF-1-b) 2. Golden Eagles (Handy, R. Mack, J. Mack, Alvarenga) 47.33, (SF-2-b) 2. Win America 47.11, (FINALS) 1. Track Florida 46.3, 2. Win America 46.4, 3. Golden Eagles 46.6.

**1600m Relay:** (SF-1-b) 3. Win America-Blue 3:59.92, (SF-2-b) 1. Golden Eagles (Handy, R. Mack, J. Mack, Alvarenga) 3:41.80, 3. Win America-Red 3:43.11, (FINALS-c) 1. Golden Eagles 3:41.57, 3. Win America-Red 3:42.12, 7. Win America-Blue 3:57.56.

**5000m Walk:** -b 1. Collier (U of Wisconsin-Parkside) 25:29.6, 2. Sybil Perez (un) 26:27.9, 6. Frank (Napa Track) 30:45.9.

**High Jump:** -b 1. Broughton (Sacramento TC) 5-11.25, 8. Srubek (Fresno State) 5-6.5, 10. (6e) Mills (un) 5-6.5.

**Long Jump:** -b 1. Roberts (Southwest Texas State) 20-9 (+1.92), 18. Cesh (Fresno State) 18-1w (+2.29).

**Triple Jump:** -c 1. Kirkin (John Marshall TC) 40-8.75 (+0.00), 7. Sanchez (Accusplit Sports) 38-7.5 (-0.01), 12. Young (Madera HS) 37-11.5 (+0.00), 18. Kolb (Monte Vista HS) 35-1.75 (+0.01).

**Shot Put:** -b 1. Ryker (Indiana Univ) 50-1.25, 2. Millett (un) 47-10.75, 9. Malueg (Stanford) 42-3.5.

**Discus:** -c 1. Hill (Washington HS, Shreveport, LA) 174-2, 2. Millett (un) 169-10, 6. Malueg (Stanford) 148-6, 17. McKinnon (Yreka TC) 123-7.

**Heptathlon:** a-b 5. Jauquet (Stanford) 15:60 5-5.75 34-0.25 27-49 17-9.75 103-7.2 39.84 (4588), 9. Kaufman (UC Irvine) 17:05 5-1 32-1.5 27-46 16-9.5 105-7 2:37.84 (4167), 15. Selman (un) 16:15 4-9.5 36-11.5 28.60 14-10 115-7 DNF (3478).

## San Diego County High School Heptathlon/Decathlon

June 11. El Capitan HS, Lakeside.

### Decathlon Results - Juniors/Seniors

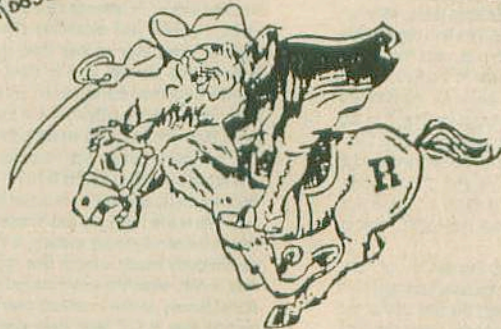
1	Dave Burton (Sr.) Mt. Carmel	6038
2	Tom Brown (Jr.) Castle Park	5747
3	Matt Inskeep (Sr.) Valhalla	5324
4	Francis O'Neill (Jr.) San Pasqual	5281
5	Jon Fune (Sr.) Mt. Carmel	4692
6	Bill Hamilton (Jr.) El Capitan	4448
7	Jeff Fanno (Jr.) Mira Mesa	3869
8	Matt Fisher (Jr.) Mira Mesa	3866
9	Ron Prescott (Jr.) El Capitan	3763
10	Adam Tyndale (Jr.) Mira Mesa	3368
11	Oscar Flores (Jr.) Mira Mesa	3203

### Decathlon Results - Freshman/Sophomores

1	Derrick Roth (So.) Mt. Carmel	4520
2	Benny Lewis (So.) Mira Mesa	4335
3	Charles Starks (So.) El Cajon	4263
4	Phil Hepp (Fr.) El Capitan	4216

State Meet Course!

Roosevelt H.S. Rough Rider Invitational  
C.C.



DATE: October 21, 1988 • TIME: 3:00 p.m.  
LOCATION: Woodward Park - Fresno

### INFORMATION:

Jim Fletcher • CC Coach • Roosevelt High School  
4250 E. Tulare St., Fresno, CA 93702  
School (209) 441-3777 • Home (209) 435-8780

5	Mark Silva (Fr.) San Pasqual	4203	3	Nicole Parker (So.) Granite Hills	3295
6	Jon Helsel (So.) Mira Mesa	4081	4	Liza Tumang (Sr.) El Capitan	3280
7	Ruben Bons (So.) Calvin Christian	4001	5	Allison Eilers (Fr.) San Pasqual	3138
8	Doug Brouwer (So.) Calvin Christian	3876	6	Sandy Wright (So.) Santana	3076
9	Travis Layton (So.) El Capitan	3857	7	Betsy Wilgungung (Jr.) Calvin Christian	3054
10	David Alaniz (So.) San Pasqual	3837	8	Mindy Bailey (Sr.) Mira Mesa	2783
11	Doug Kinzing (Fr.) Mira Mesa	3813	9	Wendy Hill (Fr.) San Pasqual	2070



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## TAC Youth National Championships

By Doug Speck

During the week of June 27th through July 2nd a huge group of athletes competed in the TAC Youth National Championships at Mt. San Antonio College in Walnut. This competition is made up of five divisions, Bantams (born 1978 or later), Midget (born 1976-77), Youth (born 1974-75), Intermediate (1972-73), and Young Men or Women (1970-71). It makes for a fun meet to watch, with finals events often featuring a parade to the starting line and competition in races that range from fourth and fifth graders at the Bantam level all the way through seniors in high school at the Young Men or Women's level. Multiply those five divisions by both sexes and you often had ten straight races of an event that had this chronological sense to it that was quite interesting. The talent in this country never quits and there were some amazing young people in attendance this week. Ron Axtell, M.D., from Mission Viejo, was the Meet Director of an affair that was run in fine style.

A number of Californians were prominent in events, with a couple of future area stars, Shalynn Carr (Midget Women's middle distance runner), Erik Allen (Youth men's sprinter), and California prep veteran, Barry Smith (San Francisco Senators/Mission HS) really standing out.

Carr, running for the International Sports Exchange Track Club, is the daughter of Lanny and Becky Carr of LaVerne, and will be a seventh grader this September. Her father was a 60-8 shot putter at Lynwood High School in 1972 and went on to score over 7600 points in the Decathlon at Cal Poly later that decade. Her mother was a quarter-miler as a young athlete. Shalynn can really fly! During the week she moved through qualifying rounds in the 400m (59.37 and 58.75 heat and semi wins) and 800m (2:21.20 semi win), then let it all out on the last day's Finals in each event. Pressed through 350 meters of the 400 Finals, Carr eased away to win over Cynthia Newsome (Colorado Flyers) 58.02-59.11, but it was in the 800m where she really showed her abilities. Flying away from the pack as they headed down the backstretch for the second lap the 12 year old had absolutely no one close during the final 300 meters on the way to a stunning 2:14.29 performance that had her win by 11 seconds. This destroyed the previous A-Time divisional best in the event, with a young lady who became quite prominent in American middle distance running circles during her career, Robin Campbell, having the previous All-Time best, a 2:16.5 run at the 880 yard distance in 1971. A 3.9 student, Shalynn is 5-2 1/2 and 97 pounds, and undoubtedly has some growing to do, but her performance

here, three years prior to the start of her High School career were very amazing.

Erik Allen (West Coast Express) was a sprinter who was also more impressive as his events became longer. In the Youth Men's division he was the 100m winner at 11.09w (+2.39 meters per second of wind). It was in the 200m Finals at that level that he showed amazing future potential, blasting to a ten meter victory in 22.14w (+5.32). Erik is a very smooth and powerful runner, and a name worth keeping an eye out for as he moves up to the high school ranks next spring.

Barry Smith (San Francisco Senators/Mission High School) stayed kind of in the shadows for the Prep season during his eleventh grade spring past. Before placing 3rd in State at 100m and 5th over 200m he made no real big invitational meet appearances. As last summer, he appears to do his best running when the school doors close for the year. In this competition he dominated the Young Men's sprint events, blasting a 10.49 (+1.91) legal Semi-Final 100m run, and winning the Championship race at 10.55w (+2.23) by four meters. It was a gusty weekend, and Barry had a couple of fine 200m efforts aided by too much wind. His 21.01w Semi victory had +3.94 behind it, with a 20.78w Finals effort that had him win by 10 meters aided by +2.91 meters of wind.

A number of other Californians starred during the week's action. On the Men's side, Sanyika Hale (LA Jets) was a fine Youth division double middle distance winner, racing a 4:22.04 1500m to nip John Lopez (Ventura YMCA Condors) (4:22.06), then returning later on the same day to take the 800m at 2:02.65. Eric Dunn (Clovis Express) took the 3000m at that level in a fine 9:39.26. Simon Jones (West Coast Express) took the Intermediate Men's 200m at 21.91w (+3.35), with Dingame Newsom (Berkeley East Bay TC/Albany HS) 2nd in the 400m at 48.83, and Chad Malesich (Ventura YMCA/Camarillo HS) looking very good in that level's 1500m finals in winning at 4:05.67 by 5 seconds.

Behind Smith's sprint wins at the Young Men's level, Anthony Smith (West Coast Express/Hawthorne HS) raced 10.84 (+1.70) in his 100m Semi, and 21.74w (+2.91) for 2nd in the 200m. The tenth grader should return next year to make up part of a very strong Hawthorne Cougar sprint corp for Coach Kye Courtney. Frank Jones (Fast Forward TC/Hoover, Fresno) ran a 47.49 400m in the Semi's, and followed it with a 47.65 Finals victory. Steve Zirkelbach (Golden Bear TC/Concord HS) was the 1500m winner at this level in 4:04.54, then returned later the same day to place 4th at 800m in 1:56.43. John Prudenti (Napa TC/Justin Siena HS) was the Young Men's High Hurdle winner at 14.51 (+1.62), and raced a fine 54.60 for 2nd in the 400m Intermediate Hurdles. George Garcia (Long Beach Sprinters/St. Anthony HS) won at 6-8 in the High Jump on misses over Mark Wilson (So. California Road Runners/Charter Oak HS), with Chaka Milby (West Valley Eagles/Cleveland

HS) the Shot winner at 54-1 3/4.

On the Women's side Midget sprint winners were Starsha Guy (LA Jets) 12.71w (+2.75) at 100m and Taine Washington (West Coast Express) 25.30w (+3.43) 200m. Another future great distance runner is brewing in the greater Agoura area, as Amy Skieresz (Las Virgenes Comets) was 2nd at 1500m (4:50.39) and 3rd at 3000m (10:29.40) at the Midget level. Carrie Garritson (Southern California Roadrunners) was 2nd at the 3K distance (10:17.11) and 3rd at 1500 in 4:50.94. The distance winner here was amazing Heather Burroughs (Kansas City Clazers) who ran 4:47.77 (1500m) and 10:03.54 (3000). The 3K is the fastest ever run by an athlete in that Midget age division. Suzy Powell (Modesto Thunderbolts) took the Midget Discus at 101-6 1/2.

At the Youth Women's level Tamanika Terry (Pasadena Running Roses/Muir HS) was the winner of the 100 at 12.26 (+0.92) (12.23 legal heat) and 200 at 24.87w (+3.48). Celeste Buchanan (Northern California Cheetahs TC) took the 800m at 2:15.92, and the winning LA Jets team of Capresha Clayter, Latarus Johnson, Sanoa Nickson, and Keisha Morganfield) dipping under 4:00 in the 4x400 relay at 3:59.38. At the Intermediate level Shanee Somerville (un/Palm Springs HS) took the 400m lows at 64.20, and Nicole Smith (West Valley Eagles/Montclair Prep HS) the long jump at 18-10 (+1.12). Amy Paulsen (New Silver Bullets TC/Nofok, Nebraska), whose family moved from Valencia to Nebraska a year ago, took the shot put (43.8.5) and discus (140-6). Amy is among the nation's best prep weight athletes, with her shot best as a high school soph out over 47 feet.

Jakki Henderson (Pasadena Running Roses/Alhambra HS) won the young women's 400 at 55.3. Tarsha Handy (Calif. Golden Eagles/Mitty HS) and her clubmates had done some traveling recently, competing in the Junior National TAC affair in Tallahassee June 24 and 25, and heading back west this week to be the 800m winner here at 2:15.70. Tarsh joined club teammates Joslyn and Roslyn Mack, and Andreen Alvaranga to take the 4x100m (46.71) and 4x400m (3:44.35) relays.

### CALIFORNIA WINNERS

Women's Bantam Division—200m: Bordon (Fast Forward TC) 27.39w (+4.71 wind meters per second), 400m: Pace (LA Jets) 63.91, 800m: McKay (Pasadena Running Roses) 2:36.30, 1500m: Grasha (So Calif Roadrunners) 5:12.14, 4x100m Relay: Pasadena Run Roses (Kapp-Nelson-Johnson-Knowles) 56.60, 4x400 Relay: LA Jets (Skaggs-Myers-Smith-Pace) 4:35.39, LJ: Parker (FastForTC) 13-7w (+4.03). Women's Midget Division—100: Guy (LA Jets) 12.71w (+2.75), 200m: Washington (West Coast Express) 25.30w (+3.43), 400m: Carr (Int'l Sports Exchange) 58.02, 800m: Carr (ISE) 2:14.29 (Meet Record), 1500m Walk: N. Sepulveda (SoCalRR) 7:25.97 (Meet Record), 80m LH: Novak (Time Machine USA) 13.52 (+0.55), 4x100 Relay: West Coast Express "B" (Rich-Williams-Walton-Wilson) 52.92, 4x400m Relay: West Coast Express (Rich-Williams-Castillo-Washington) 4:12.52, Long Jump: Reid (Time Machine USA) 15-10.5w (+7.30), Discus: Powell (Modesto Thunderbolts) 101-6.5. Women's Youth Division—100m: Terry (PasaRun-

Roses) 12.26 (+0.92), 200m: Terry 24.87w (+3.48), 800m: Buchanan (NorCal Cheetahs TC) 2:15.92, 100m LH: Tolson (Time MachUSA) 15.36w (+3.09), 200m LH: Tolson (TMUSA) 29.08 (+1.14), 4x400m Relay: LA Jets (Clayton-Johnson-Nickson-Morganfield) 3:59.38, 4x800m Relay: Time Machine USA (Roundy-Brix-Keller-Schuster) 9:56.15, HJ: Haugland (FastForTC) 5-1: DT: Rouse (Modesto Thunderbolts) 98-3.75.

Women's Intermediate Division: 800m: Anderson (NorCal Int'l TC) 2:19.89, 400m LH: Somerville (un) 64.20, 4x400m Relay: Nor Cal Cheetahs (Strom-Knight-Hill-Jones) 3:58.30, 4x800m Relay: So Cal Road-runners (Griffith-Sepulveda-Gibbs-Moses) 10:25.43, LJ: Smith (West Vly Eagles) 18-10 (+1.12), TJ: Fager (un) 36-11 (-2.40), Jt: McVey (SoCalRR) 127-3.

Young Women's Division—800m Handy (Calif Golden Eagles) 2:15.70, 3000m Walk: Robles (SoCalRR) 15:39.21, 4x100m Relay: Calif. Golden Eagles (Handy-J. Mack-R. Mack-Alvarenga) 46.71, 4x400m Relay: Cal Golden Eagles (Handy-J. Mack-R. Mack-Alvarenga) 3:44.35, HJ: Wilson (SoCal RR) 5-2.25, LJ: Griffin (Rancho TC) 17-1w (+3.12), DT: A. Franke (Anahaim Hills Harriers) 140-10.

Men's Bantam Division—100m: Cary (South Bay Panthers) 13.41 (+1.77), 200m: Gaines (SoBay-Pan) 27.4w (+2.75), 400m: Moore (LA Jets) 62.02, 800m French (LA Jets) 2:22.67, 4x100m Relay: West Valley Eagles (Lochard-Flood-Hayes-Thompson) 55.99, 4x400m Relay: LA Jets (Moore-Montgomery-Paxton-French) 4:21.61 (Meet Record), HJ: Castelo (Sandpipers) 4-4.75, LJ: Milby (WestVly Eagles) 14-2 (-1.29).

Men's Midget Division: 100m: Salinas (Ventura YMCA Condors) 12.46w (+2.92), 200m: Salinas 25.23w (+2.79), 400m: Nhem (West Coast Express) 57.93, 800m: J. Hernandez (Time Machine USA) 2:17.19, 1500m: J. Hernandez (TimeMach) 4:40.48, 3000m: J. Hernandez (TimeMach) 9:59.17, 80m H: Reyes (Chino Puma TC) 12.74 (+0.83), 4x100m Relay: Fast Forward TC (Shervom-Whitfield-Beals-Smith) 52.31, 4x400m Relay: West Coast Express (Nhem-Walker-Castillo-Duffie) 4:08.30, HJ: Nhem (West Coast Exp) 5-5.75, LJ: Smith (FFTC) 17-6.5 (-4.03), SP: Thomas (Sandpipers) 42-4, DT: Warren (Berkeley East Bay TC) 93-1.5.

Men's Youth Division—100m: Allen (West Coast Expr) 11.09w (+2.39), 200m: Allen 22.14w (+5.32), 400m: Lockard (BerkEastBay) 53.59, 800m: Hale (LA Jets) 2:02.65, 1500m: Hale 4:22.04, 3000m: Dunn (Clovis Express) 9:39.26, 3000m Walk: Tomaso (SoCalRR) 15:31.03 (Meet Record), 100m H: Brown (WestCast Exp) 13.66w (+2.22), 200mLH: Brown 26.33 (+1.55), 4x100m Relay: West Coast Express (Nguyen-Allen-Friley-Brown) 45.90, 4x400m Relay: West Coast Exp (Allen-Williams-Sanders-Friley) 3:39.93, 4x800m Relay: West Vly Eagles (McKay-Dawson-Steele-Kretzin) 8:53.10, PV: Aucutt (Ventura YMCA Condors) 9-6.25, DT: Tate (SoCalRR) 144-7.75.

Men's Intermediate Division: 100m: Sanders (SoCalRR) 11.06w (+2.71), 200m: Jones (West Coast Expr) 21.91w (+3.35), 1500m: Malesich (Ventura YMCA) 4:05.67, 4x100m Relay: So Cal RR (Garrett-Alexander-Saunders-Jackson) 43.86, 4x400m Relay: South Bay Panthers (Wheeler-Edwards-Bryson-Garcia) 3:28.32, TJ: Lawyer (Sandpipers) 42-1.25 (-0.30).

Young Men's Division: 100m: Smith (San Francisco Senators) 10.55w (+2.23), 200m: Smith 20.78w (+2.91), 400m: Jones (FFTC) 47.65, 1500m: Zirkelbach (Golden Bear TC) 4:04.54, 2000m Stepler: Stevenson (TimeMach) 6:22.52, 3000m Walk: Frank (Napa TC) 15:52.08, 110mH: Prudenti (Napa TC) 14.51 (+1.62), 4x100m Relay: Fast Forward TC (Jones-Candidate-Haymon-Wright) 41.96, 4x400m Relay: Fast Forward TC (Jones-Candidate-Haymon-Wright) 3:19.11, HJ: Garcia (Long Beach Sprinters) 6-8, TJ: Thomas (San Francisco Senators) 47-9.25w (+3.60), SP: Milby (West Vly Eagles) 54-1.75.



PELLER PHILLIPS

On Saturday, June 11, many of the best athletes from around the nation came together in the 29th Annual Golden West Invitational Track & Field Meet at Sacramento State University. For the first time women prep athletes were included. As usual, there were some stupendous performances as top athletes from around the nation, many held back with little competition or poor weather conditions, exploded on a nice early summer evening. Amazing horizontal jump competitions, which annually highlight this affair, featured the top men's prep long jump under any conditions, a Beamesque 27-0 1/4 by Peller Phillips of Garfield High School in Seattle, Washington, that was aided by a 4.37 meter per second wind (2.00 or less is legal wind). Phillips' wind assisted effort is quite a bit better than any other jump ever by a prep, with a guy named Carl Lewis (Willingboro, New Jersey) having the prep legal best of 26-8 1/4. A number of other exciting events included Californians.

Diatori Gildersleeve (Grant, Sacramento, CA) was a big part of that

# Golden West Invitational

By DOUG SPECK

exciting long jump competition, starting off the early rounds with big foul jumps. The timing of this event during the meet, before the running events are going, and with the combination of good announcing and crowd participation, the athletes typically respond in fine style. Roger Nichols (Brazosport, Texas) cranked 24-1 1/4 (+1.93 mps wind) on his first effort to get the show rolling, with Gildersleeve throwing in one of his monster fouls on the first round. Peller Phillips, who had recorded a 24-6 1/2 in a rainy Washington State Meet, looked to be the best jumper in the field, as he went 24-3 1/4 (+0.99), 25-3 1/4 (+1.90), and then 25-9 3/4 (+1.15) on his first three jumps. A very, very strong-looking athlete with great speed, Peller's upright running style puts him in great position to explode off the board and fly through the air with real power and grace. Mark Phillips, Peller's brother, was the winner here two years ago at 52.24 in the intermediate hurdles. Jerry Harris (Tylertown, Mississippi) had joined the party over 24 feet with a 24-1 1/4 (+0.86) 2nd jump, with Nichols improving to 24-7 1/4 (-0.91) on his third effort. In starting the final three jumps, Nichols was out to 24-9 3/4w (+2.53), with Gildersleeve 24-9 1/2w (+3.72), finally getting a fair jump. Harris went to 24-7w (+3.55), with Peller 25-4 1/4 (+1.43). Gildersleeve celebrated his 5th jump of 25-2 3/4 (+1.61), with Phillips improving to 25-10w (+2.76). People let it all hang out for the final round. Nichols sailed 25-0 3/4w (+2.76), Gildersleeve improved again to 25-3 3/4w (+2.34), and Phillips came up for his last attempt. Basically, he had the competition won, and a relaxed great athlete just let it roll. Pounding down the runway with his tremendous strength, he powered off the board and came down past the Golden West and Na-

tional Record flags and it was obvious the leap was something very, very special. The measurement showed 27-0 1/4 with an aiding wind of 4.37 meters per second. Some amazing performances have come from this meet, with this effort certainly having to join those like Michael Carter's 81 foot shot put in the realm of the outer stratosphere. Needless to say, Phillips was the Male Athlete of the Meet. What a performance!

The men's triplis jump was nearly as exciting, as athletes from all around the nation blazed down the runway in a competition in which 50-foot jumps were cheap. Tyrone Joyner (Farmerville, North Carolina) blasted way past his 49-9 PR during the first three rounds, with 50-11 1/4w (+2.71), 52-1 1/2w (+2.83), and 51-9 1/2 (+0.420) efforts. Charles Huff (La Jolla) improved his PR out to 50-3 1/2 (+1.59) on his second jump, with Diatori Gildersleeve cranking 50-0 1/2 (+1.29) and 50-1 1/2w (+2.51) efforts on his first two leaps. Tyrone Scott (Mesa Verde, Citrus Heights, CA) was out to 51-2 1/2w (+2.12) and 50-6 1/4 (+1.01), with Tim Prince (Logan, Union City, CA) also exploding, 50-4 3/4 (+0.80) and 51-2 1/2 (+1.68) early in the competition. People were hard-pressed to top those efforts on their final three efforts, with Scott adding a 50-8 (+0.60) on his fifth effort. Anyway, Joyner ended up the winner, with Scott edging Prince for 2nd off his better second jump. You do not see many prep triple jump competitions with 15 fifty-foot efforts!

Golden Staters were especially prominent in the men's distance races. Reggie Williams (River City, West Sacramento, CA), fresh from a big double win at 1600 and 3200 meters in the California State Meet, would go in a 3000 here against some very good people. Ernie Shepard (Pied-

mont, South Carolina) had run a 8:56.1 3200 in winning his State Meet. The important fact to be aware of about that effort was that second place was 10:05. Ian Alsen (Granada Hills, CA), fresh from a nation-leading 3:50.1 1500m in the Great Southwest Meet in Phoenix, Arizona, was also along. Shannon Winkelman (Marina, Huntington Beach, CA) and David Scudamore (Palos Verdes, CA) were also part of the small field of six. Williams and Alsen ran side-by-side through a 4:28.4 1600, with everyone but Winkelman still in attendance through a 5:38.8 2000. It was with two laps to go (6:14.1) that Williams moved past Shepard, who was leading at that point, to start the real racing, downshifting for a next 200 at 31.6 that started to spread the field. With a lap and a half to go (6:45.7 at 2400 meters) Reggie ran 33.0 to the bell. It was during the final lap that the Sacramentans showed his superiority over this year's crop of prep distance runners, blasting the first 200m of the final circuit in 28.4 and leaving mortals far behind, then finishing off a 58.1 final 400 with a 29.7 half lap to easily win at 8:16.79. Reggie's final 800m had taken 2:02.6, and it is doubtful that there are too many college freshman athletes who can run much better and keep him off the U.S. National Junior team in two weekends when he will run the 5000 meter distance. Reggie's 8:16.79 is the #8 time ever run by a California prep.

The men's 800 meters featured high placers from the California State Meet, Mark Senior (Mt. Miguel, Spring Valley, CA), Joe Amendt (Lick, San Jose, CA), and Scott Smoot (Vacaville, CA) against national outdoor leader Gilbert Contreras (El Paso, Texas) 1:49.8 and a group of others with bests of under 1:51.5. Contreras, a short, snappy

strider, rocketed to the front around the first turn, with Rich Gledhill (Chippewa Valley, Mt. Clemens, Michigan) moving ahead of the pack after 200m in 24.2 and leading past 400m at 51.9. With the pack still close a really good time was assured as Gledhill continued to force the pace, coming through 600m at 1:19.6 (3rd 200m in 27.7). Rob Carter (Clinton, Illinois), Contreras, and Derrick Miller (Johnson, Sacramento, CA) were still in close contact. As the pack moved wide and started to race down the homestretch, Contreras, Mark Senior, Carter, Joe Amendt and Charles Wilson (Crosby, Texas) were all close. Amazingly, it seemed as though the leader Gledhill leaned at the wrong line 20m out or caught his spikes, but he staggered forward, falling and never crossing the finish line. Meanwhile, Richard Kenah (West Orange, New Jersey) rocketed from way back over the last 50m, moving away on the outside to a 1:49.80 win, with Contreras 2nd (1:49.99), Senior improving his PR by a second to 1:50.25 in 3rd, with Amendt in 5th at 1:50.75. Wilson, unfortunately, also did not finish as he became entangled with the bodies before the finish and fell.

In the men's mile, Jim Geerlings (Newport Harbor) decided to make it an interesting race, as the basketball player who runs himself into shape a little later than year-round track and cross country athletes, took the pace right out. Running like one of those rabbits the top athletes ignore during the open indoor season, Geerlings cruised along some 20m ahead of the pack through 60.7-2:02.3 and 3:05.6 lap splits. In your heart you were pulling for this courageous tactic to succeed, and Geerlings had a little over a two-second lead with a lap remaining. However, there were some really talented runners in the pack to the rear and Jim came back a little bit. Alan Foster (Aloha, Oregon), who had run 1:51.6 and 3:51.31 in his State Meet, led the pursuers the final lap, and with Matt Mitchell (Christian Brothers Academy, Lincoln, New Jersey) in tow, they raced past the Southern Californian during the final half lap to win 4:08.3-4:09.7, with Geerlings 4:10.3. Steve Zirkelbach (Concord, CA) ran a fine race in 6th at 4:14.5.

In field action, Kaleaph Carter (Edison, Huntington Beach, CA) was 2nd in the 12-pound shot event at



Fine Flicks by Don Gooney

IAN ALSEN (left) & REGGIE WILLIAMS

63-3 1/4, with Kevin Coleman (Larkin, Elgin, Illinois), the national outdoor leader at 66-1 3/4, the winner here at 64-9 3/4. With the 16-pounder in a second event, Carter threw a fine 52-5 for 3rd, indicating a future with that implement. It is hoped that Kaleaph can get some time away from the pigskin for UCLA to pick up some of the finer points in Coach Venegas's obviously very top flight weight portion of the Bruin track squad. In a super men's discus competition, kind of lost in the shuffle to spectators, John Wirtz (Leland, San Jose, CA) was 3rd at a fine 195-1 to the 197-3 of Kevin Fitzpatrick (Hernando, Florida) and 196-11 of Adam Setliff (Bell, Texas). Wirtz had an excellent series with every throw over 186-2. Matt Warwick (Hesperia, CA) and Tom Parker (Notre Dame, Sherman Oaks, CA) no-heighted in the pole vault when the event started at 15-0.

In the men's 400 meter intermediate hurdles, Kevin Jones (Mt. Miguel, Spring Valley, CA) finished very strong, despite the move up in the distance from the 300's, winning over a fine group at 53.1, with Marcus McFarland (Castlemont, Oakland, CA) 3rd at 54.0. An exciting men's 100 meters had Pennsylvani-

an Raghieb Ismail (Meyer, Wilkes-Barre, Penn.) out best in Lane 8, with national outdoor leader (10.31), slight William Jackson (Lake Wales, Florida), charging out of the pack over the final 40 meters to catch Raghieb right at the tape to win by a very slight margin, 10.3-10.4 (wind -1.48 mps). California State Champion Darren Stringer (Vacaville, CA) fared nicely, placing 4th in 10.5. Kerry Wooden (Warwick, Newport News, Virginia) was very impressive over 400m using his light and quick stride to move ahead of the pack as the field entered the home stretch, then pulling away to a five meter win at 46.7. Michael Stevenson (Morse, San Diego, CA) was 2nd at 47.3, with Frank Jones (Hoover, Fresno, CA) 4th at 47.8. In the 200 meter big and powerful Terrence Warren (Kennedy, Suffolk, Virginia) tore off the turn with a slight lead, then continued to edge away from the field down the long stretch on the way to a 20.9-21.0 win over Dino Napier (Irvin, El Paso, Texas), the Texas State Champ. The other half of the amazing Pennsylvania twins, Qadry Ismail (Meyers, Wilkes-Barre, PA) was the 110m high hurdles winner by an eyelash at 13.6 over Bob Gray (Douglas, Portland, Oregon). Eric Hannah (Dunedin, Florida) sailed over 7-2 to win the men's high jump. New national record holder in the javelin (at 259-9), Art Skipper (Sandy, Oregon) recorded a fine 244-1 in winning here.

The women's portion of the meet was started this year with eight events. Dawn Bowles (Neptune, New Jersey) blazed a fine 13.2 in winning the women's 100 meter hurdles (33" variety) for the finest performance of the day on that side of the affair. Katy McCandless (Castilleja, Palo Alto, CA) won the meet's Inspirational Athlete Award for her final 200m in holding off Jeannie Heltzel (South Salem, Oregon) in the 3000m, recording a fine 9:47.2. Karol Damon (Redlands, CA) won the high jump with a fine 5-10, then came very, very close to clearing 6-0 in attempts there. Kristi Bache (University, San Diego, CA) won the mile running 4:55.56 in defeating Oregonian Rose Schneider (Ashland, OR) 4:57.16. Donna McKinnon (Yreka, CA) was a fine fourth in the discus at 146-4 behind the winning 169-4 of Janet Hill (Washington, Shreveport, Louisiana). Hill, who has tossed 179-4, the

#2 prep performance ever, started out in California as a 9th grader at Rubidoux High in Riverside, and has given credit in Louisiana newspapers to Coach Dan Luna for starting her in the weight event while out here.

**LAST MINUTE CORRECTION:** Times for the following events have been adjusted to reflect the correct Accutrack timing. The corrected events include: Men--100m (+.18), 200m (+.24), 400m (+.20), Mile (+.19), 110m HH (+.20), 400m IH (+.18); Women--Mile (+.15), 100m H (+.20). Times in the above story may differ.

**RESULTS -- MEN**

- 100 Meters:** 1. William Jackson (Lake Wales, FL) 10.48, 2. Raghieb Ismail (Wilkes-Barre, PA) 10.56, 3. Terrence Warren (JFK, Suffolk, VA) 10.64, 4. Darren Stringer (Vacaville, CA) 10.65.  
**200 Meters:** 1. Terrence Warren 21.09, 2. Dino Napier (Irvin, El Paso, TX) 21.22, 3. William Jackson 21.25, 4. Michael Stevenson (Morse, San Diego, CA) 21.98, 5. Chris Castael (Franklin, CA) 22.90.  
**400 Meters:** 1. Kerry Wooden (Newport News HS, Warwick, VA) 46.81, 2. Michael Stevenson 47.44, 3. Joe Barb (La Marque HS, TX) 47.75, 4. Frank Jones (Hoover, Fresno, CA) 47.97, 5. Chris Pride (Grand, Sacto, CA) 49.69.  
**800 Meters:** 1. Richard Kenah (MontClare, NJ) 1:49.80, 2. Gilbert Contreras (El Paso, TX) 1:49.99, 3. Mark Senior (Mt. Miguel, CA) 1:50.25, 5. Joe Amendt (Lick, San Jose, CA) 1:50.75, 6. Scott Smoot (Vacaville, CA) 1:51.75, 7. Luis Luna (Vacaville, CA) 1:54.42, 8. Derrick Miller (Johnson, Sacto, CA) 1:56.88. **Mile Run:** 1. Alan Foster (Aloha, OR) 4:08.44, 2. Matt Mitchell (Lincoln, NJ) 4:09.80, 3. Jim Geerlings (Newport Harbor, CA) 4:10.43, 6. Steve Zirkelbach (Concord, CA) 4:14.68, 7. Jim Robbins (Corona Del Mar, CA) 4:19.32, 8. Joe Devine (Saugus, CA) 4:22.00. **3000 Meters:** 1. Reggie Williams (River City, CA) 8:16.79, 2. Pat McDonough (Largo, FL) 8:22.80, 3. Ernie Shepard (Piedmont, SC) 8:23.35, 4. David Sudamore (Palos Verdes, CA) 8:24.72, 5. Ian Alsen (Granada Hills, CA) 8:33.6, 6. Shannon Winkelman (Marina, CA) 8:45.17.  
**110 High Hurdles:** 1. Qadry Ismail (Meyers, Wilkes-Barre, PA) 13.71, 2. Bob Gray (Douglas, Portland, OR) 13.73, 3. Robert Brooks (Greenwood, SC) 13.85. **400 Int. Hurdles:** 1. Kevin Jones (Mt. Miguel, CA) 53.28, 2. Jonathan Jackson (Corrigan-Camden, TX) 53.31, 3. Marcus McFarland (Castlemont, Oakland, CA) 54.09. **High Jump:** 1. Eric Hannah (Dunedin, FL) 7-2, 2. Clint Dockery (Reidsville, NC) 6-10, 3. Jimmy Pullins (Tyler, TX) 6-10. **Pole Vault:** 1. Walter Mooneyhan (Heber Springs, AR) 16-0, 2. Greg Fenza (Ottawa, IL) 16-0, 3. Morry Sanders (L. Hamilton, AR) 16-0, Matt Warwick (Hesperia, CA) & Tom Parker (Notre Dame, CA) NH.  
**Long Jump:** 1. Peller Phillips (Garfield, Seattle, WA) 27-1/4, 2. Diatori Gildersleeve (Grant, Sacto, CA) 25-3 3/4, 3. Rogers Nichols (Brazosport, TX) 25-3/4. **Triple Jump:** 1. Tyrone Joyner (Farmville, NC) 52-1 1/2, 2. Tyrone Scott (Mesa Verde, CA) 51-2 1/2, 3. Tim Prince (Logan, CA) 51-2 1/2, 5. Charles Huff (La Jolla, CA) 50-3 1/2, 6. Diatori Gildersleeve 50-1 1/2. **Shot Put:** (12#) 1. Kevin Coleman (Larkin, IL) 64-9 3/4, 2. Kaleaph Carter (Edison, CA) 63-3 1/4, 3. Kenneth Marshall (Franklin,

*continued next page*



# Results

## Track & Field

### Pepsi Invitational Track & Field Meet

June 6, Drake Stadium, UCLA.

#### Men's Results

**100m:** 1. Carl Lewis (Santa Monica TC) 10.13, 2. Brian Cooper (Atlantic Coast Club) 10.18, 3. Mark Witherspoon (Santa Monica TC) 10.29  
**400m:** 1. Roddie Haley (Tyson TC) 44.76, 2. Innocent Egbunike (Nigeria) 45.16, 3. Antonio McKay (Unat) 45.44.  
**800m:** 1. Stanley Redwin (Tyson) 1:45.75, 2. George Kersh (Tait College) 1:46.46, 3. Roosevelt Jackson (Reebok) 1:46.84.  
**Mile:** 1. Steve Scott (Tiger TC) 3:53.6, 2. Joaquin Cruz (Brazil) 3:53.6, 3. Chuck Aragon (Athletics West) 3:54.4.  
**3000m Steeplechase:** Julius Kariuki (Riverside College) 8:21.96, 2. Ivan Huff (Reebok) 8:29.18, 3. Gregg Einspahr (New York AC) 8:30.58.  
**110m Hurdles:** 1. Roger Kingdom (Reebok) 13.30, 2. Greg Foster (World Class TC) 13.39, 3. Cletus Clark (Santa Monica TC) 13.59.  
**High Jump:** 1. James Lott (Unat.) 7-7, 2. Lee Balkin (S&S TC) 7-5, 3. Brian Stanton (Unat.) 7-3.  
**Pole Vault:** 1. Mike Tully (Pacific Coast Club) 19-0 3/4, 2. Doug Fraley (Pacific Coast Club) 18-4 1/2, 3. Earl Bell (Pacific Coast Club) 18-0 1/2.  
**Triple Jump:** 1. Willie Banks (Mazda TC) 55-3 1/2, 2. Jose Salazar (Venezuela) 53-8 1/4, 3. Steve Hanna (Mazda TC) 52-5 1/2.  
**Javelin:** 1. Mike Barnett (AIA) 262-0, 2. Tom Jadwin (Asics Tiger) 238-11, 3. Jim Connolly (Unat.) 227-11.

Photo by Richard Lee Slotkin



Steve Scott Edges Joaquin Cruz in Pepsi Mile.

#### Women's Results

**100m:** 1. Sheila Echols (Nike TC) 11.14, 2. Grace Jackson (Jamaica) 11.28, 3. Danette Young (Reebok) 11.29.  
**400m:** 1. Danean Howard (Unat.) 50.42, 2. Valerie Brisco (World Class TC) 50.9, 3. Gwen Torrence (Athletics west) 51.7.  
**800m:** 1. Julie Jenkins (Reebok) 2:00.59, 2. Tina Colebrook (CPSLO) 2:03.49, 3. Claudette Groenendaal (Adidas) 2:03.50.  
**1500m:** 1. Linda Sheskey (Athletics West) 4:07.41, 2. Ruth Wysocki (Brooks) 4:08.59, 3. Kim Gallagher (LA TC) 4:13.63.  
**100m Hurdles:** 1. Rhonda Blanford (Unat.) 13.34, 2. Donna Waller (Goldwin TC) 13.40, 3. Natalie Day (Sacto TC) 13.57.  
**Co-Ed Relay:** 1. Rockwell 3:39.86, 2. Security Pacific National Bank 3:41.48, 3. Hughes 3:41.80.  
**Legends 60:** 1. Stan Whitley 6.0, 2. Alan Cranston 6.2, 3. Mike Fray 6.3.

photo by Bill Cockerham



Darcy Arreola (left) and Ruth Wysocki, early leaders in the 1500 meters at UCLA/Pepsi.

### Tucson Track & Field Classic

June 11, Tucson, Arizona.

#### Men's Results

**100m:** 1. Ron Brown (Sports TC) 10.29, 2. Dwayne Evans (Sports TC) 10.38, 3. Michael Bates (Desert Heat TC) 10.39.  
**200m:** 1. Andre Phillips (World Class TC) 20.51, 2. Dwayne Evans (Sports TC) 20.56, 3. Michael Bates (Desert Heat TC) 20.68.  
**400m:** 1. Andre Phillips (WCAC) 45.10, 2. Ray Armstead (Accusplit TC) 45.64, 3. Gordon Bugg (ASU) 46.76.  
**110m Hurdles:** 1. Andre Phillips (World Class AC) 13.65, 2. Steve Kerho (LATC) 13.91, 3. John Lenstrhm (SSTC) 14.02.  
**400m Hurdles:** 1. Edwin Moses (Team Adidas) 48.38, 2. George Porter (USC) 49.71, 3. Tranel Hawkins (Accusplit TC) 49.79.  
**Shot Put:** 1. Jim Camp (Unat) 63-4 3/4, 2. Jack Trahan (Ari-

zona) 59-2, 3. Kurt Thomas (Unat) 57-11 1/4.  
**Hammer:** 1. Mike Maynard (SSTC) 232-3, 2. Dave Ryer (Unat) 191-11, 3. Dave Bickel (Unat) 161-9.

#### Women's Results

**100m:** 1. Alice Brown (SSTC) 11.39, 2. Jennifer Inniss (Atoms TC) 11.45, 3. Carole Jones (Nike Coast) 11.80.  
**High Jump:** 1. Jan Wohlschlag (Nike Coast) 6-3 1/2, 2. Coleen Sommer (Athletics West) 6-3 1/2, 3. Rita Graves (Mazda TC) 6-2.  
**Long Jump:** 1. Jennifer Inniss (Atoms TC) 21-1 1/2, 2. Carole Jones (Nike Coast) 20-2 1/2, 3. Janet Harvey (Nike Coast) 20-1 3/4.  
**Javelin:** 1. Lynda Hughes-Suffin (Nike Coast) 188-7, 2. Lori Mercer 162-1, 3. Liz Lampros (Colorado) 149-11.  
**Discus:** 1. Becky Levi (Unat) 207-9, 2. Carla Garrett (Unat) 192-7, 3. Laura Lavine (Washington State) 189-8.

## NCAA Division III

By SARAH CONNING

May 25-28, Carleton College, Northfield, Minnesota.

Carleton College was selected to serve as the site of the NCAA Division III Track & Field Championships in 1984—and again in 1988. With only 1800 students, Carleton is recognized nationally as a top-notch undergraduate liberal arts college. Carleton's Laird Stadium played host to athletes from nearly 150 Division III schools from around the country.

In women's competition, Christopher Newport, the defending champions from Newport News, Virginia, outscored the University of Massachusetts at Boston by 30 points—95 to 65. The University of Wisconsin at Oshkosh placed third with 39 points. The top California team was Claremont McKenna/Harvey Mudd/ Scripps College of Claremont which tied for ninth with 22 points. The University of Redlands finished twelfth with 20 points. California State University at Stanislaus tied for eighteenth with 12 points.

Four national championship records fell in the women's competition this year. Genesia Eddins (U Mass, Boston) broke her own 400 meter record of 54.25 set last year, running 53.45. In the 400 hurdles, Carol Ross (Augsburg, Minneapolis) ran to a 3.65 national record, bettering the old record of 1:00.43, set by Andrea Spaulding (Courtland St.) in 1985. The 1600 meter relay team from U Mass/Boston replaced their own record of 3:42.67 set in 1986, winning in 3:40.76. Finally, Melanie Herrera (Augsburg) set a new record in the shot put with a throw of 50-0 1/2. The old record of 49-0 was set by Lauren Andrews (Brandeis) in 1984.

Among California athletes, Cassandra Dumas (Redlands) won the discus with a throw of 45.98 meters. In addition, Nancy Benson (Tufts, Medford, Mass), a graduate of Piedmont High School (Piedmont, CA) set a new Laird Stadium record of 9:41.46 in the 3000 meters. Brigid Stirling (Claremont/Mudd/ Scripps) placed second in 9:46.03, also under the record. Benson went on to place third in the 5000 meters in 17:29.31, and Stirling placed third in the 1500 meters in 4:30.05.

In men's competition, the University of Wisconsin at LaCrosse took top honors with 54 points, ahead of Lincoln, which scored 47 points. In third place was North Central of Illinois, scoring 46 points, just one point short of a tie for second place. California teams in the top twenty-five included Claremont/Mudd/Scripps in twelfth place with 21 points, Occidental College of Los Angeles in a tie for thirteenth overall with 19 points, and UC San Diego tied for twenty-second with 10 points.

Individually, men broke or equalled two NCAA Division III records. Kip Janvrin (Simpson, Iowa) tied the record of 5.02 meters in the pole vault, set in 1983 by Occidental's Doug

continued next page





# RESULTS

**Discus: (Open)** 1. Olu 61.10, 2. Gordien 58.46. (30-34) 1. Hartmann 41.56, 2. Sebert 40.15. (35-39) 1. Mike Daller 46.68, 2. Russ Reabold 41.50, 3. Martinez 39.32. (40-44) 1. Chaton 27.44. (45-49) 1. L. Higgins 48.78, 2. M. Woodward 39.76, 3. Abe Sheinker 27.30. (50-54) 1. B. Humphreys 48.56, 2. Dennis Rietz 41.42, 3. Hal Smith 39.54. (55-59) 1. Van Pelt 42.36, 2. D. Douglass 30.44. (60-64) 1. Del Pickerts 41.34, 2. Gaynor 35.08, 3. Emson Grimm 15.54. (65-69) 1. Dan Aldrich 44.68, 2. Bill Bangert 39.68, 3. Sullenger 30.02. (70-74) 1. Joe Sanz 26.23. (75-79) 1. Art Vesco 21.82.

## Women's Results

**100m: (Open)** 1. G. Jackson 11.15, 2. Inniss 11.29, 3. Bolden 11.35. (30-34) 1. Ros. Bryant 12.34, 2. S. Carpenter 14.39. (35-39) 1. Ronda Massay 15.29, 2. Pam Coxson 15.40. (45-49) 1. Jean Carter 14.38.

**200m: (Open)** 1. C. Williams 24.15. (30-34) 1. Lorena Boothe 24.15, 2. Ros. Bryant 24.73. (35-39) 1. Pam Coxson 31.68. (45-49) 1. Jean Carter 29.96.

**400m: (45-49)** 1. Jean Carter 1:07.7. (70-74) 1. D. Stotsen-berg N.T.

**800m: (Open)** 1. Talbert 2:01.9, 2. Ross 2:05.3, 3. Ball 2:08.8. (35-39) 1. Jo Douglas 4:47.3. (45-49) 1. Betty Simmons 4:50.2.

**1500m: (Open)** 1. Ward 4:27.0. (50-54) 1. Gina Faust 5:16.5. **5000m: (40-44)** 1. Sue Ward 21:30.1, 2. Lorna Paulsen 25:49.7.

**Short Hurdles: (30-34)** 1. Pam Page 13.34.

**Long Hurdles: (Open)** 1. Kellon 56.76.

**5000m Racewalk: (30-34)** 1. Joan Smith 33:42. (35-39) 1. Tina Jillson 33:14. (40-44) 1. D. Cunningham 33:26, 2. Jutti Marsh 34:15, 3. Barb Kolwaski 37:00. (45-49) 1. V. Scales 28:32, 2. Lynne Marsh 30:36. (50-54) 1. Shirley Lang 34:30, 2. V. McCready 39:12. (55-59) 1. Sand. Johnson 34:47. (60-64) 1. Collie Greene 34:40.

**Javelin: (Open)** 1. Coll. Gainey 52.42, 2. D. Bernstein 47.44, 3. Jackie Lily 46.50. (30-34) 1. S. Carpenter 44.24.

**High Jump: (40-44)** 1. Steakelenburg 1.44.

**Long Jump: (Open)** 1. Inniss 6.41.

**Shot Put: (35-39)** 1. Janet Wilson 10.70.

**Discus: (Open)** 1. L. Griffin 60.16, 2. Lawson 52.40, 3. Millett 50.92. (35-39) 1. Janet Wilson 42.10.

**Boulerice 2:05.1. (35-39)** 1. Randy Sturgeon 2:01.3, 2. Daryl Katcher 2:02.3. (40-44) 1. Mike Ackley 2:12.7. (50-54) 1. Pete Richardson 2:09.7. (60-64) 1. Vance Koerner 2:49.9.

**1500m: (Open)** 1. Colan Dupree 4:47.5, 2. Paul Rosenfield 4:50.3. (40-44) 1. George Mason 4:17.3. (45-49) 1. Harvey Franklin 4:21.7. (50-54) 1. Don Martin 4:54.9.

**5000m: (Open)** 1. Reggie Williams 14:19.9, 2. Greg Miller 19:27.0, 3. Jon Root 21:01.8. (50-54) 1. Abe Underwood 18:43.4. (60-64) 1. Rex Dietrich 25:00.8.

**110m Hurdles: (Open)** 1. Tim O'Neal 15.2, 2. George Patterson 15.3, 3. Brian Koncleff 15.4. (30-34) 1. Bill Smith 15.5. (35-39) 1. Ed Baskauskas 16.2, 2. Gary Schmidt 16.8. (40-44) 1. Fred Johnston 15.8.

**400m Hurdles: (Open)** 1. Rich Holmes 59.1, 2. Anthony Davis 62.9.

**4x100m:** 1. S.F. TC (Frank Demby, Earl Bryant, Jim Pasquali, Rich Thoman) 47.7.

**4x200m:** 1. Amber Wright, Randy Sturgeon, Daryl Katcher, Chris Boulerice, 1:43.6, 2. S.F. TC (Wells, Thoman, Bryant, Demby) 1:43.7.

**Javelin: (30-34)** 1. Jeff Scruggs 177-0 1/2, 2. Jim Sciley 121-8. (35-39) 1. Gary Schmidt 151-3, 2. Gary Kelmenson 124-10, 3. David Hanley 123-3. (40-44) 1. Rich Stepp 146-6. (45-49) 1. Dick Hotchkiss 151-10, 2. Dennis Neufeld 141-8, 3. Mike Parker 105-1. (60-64) 1. Bob Roemer 130-6. (65-69) 1. Boyd Porch 125-8.

**Long Jump: (Open)** 1. Bryan Harrison 21-4 1/2, 2. Bob Fournier 20-5 1/2, 3. George Patterson 20-2. (30-34) 1. Jim Sciley 12-1. (35-39) 1. Roger Trujillo 20-4 1/2, 2. Maurice Valentine 18-3 1/2, 3. Gary Schmidt 18-0. (45-49) 1. John Lawson 17-2, 2. Jack Karbens 15-5. (65-69) 1. Jim Johnson 15-6. (60-64) 1. Bob Roemer 14-3 1/2, 2. Jerry Silsdorf 10-0.

**Hammer: (Open)** 1. Mike Ostrom 195-4, 2. Jan Desots 195-4. (35-39) 1. Gary Kelmenson 147-5. (50-54) 1. Jim Hart 127-10. (60-64) 1. Jack Morrill 98-11. (65-69) 1. Bob Stone 103-2.

**Discus: (Open)** 1. Karl VonMohr 165-0. (30-34) 1. Ira Gorbet 128-1 1/2, 2. Jim Sciley 121-5. (35-39) 1. Gary Schmidt 121-3, 2. Gary Kelmenson 108-9, 3. David Hanley 97-11. (45-49) 1.

Dick Hotchkiss 129-6, 2. Mike Parker 99-1. (50-54) 1. Jim Hart 148-2 1/2. (60-64) 1. Jerry Silsdorf 76-9. (65-69) 1. Hy Booth 123-9, 2. Bob Stone 120-4. (70-74) 1. Hal Cronkhite 102-6. (75-79) 1. James York 98-2.

**Triple Jump: (30-34)** 1. Jim Sciley 22-6. (35-39) 1. Roger Trujillo 42-0, 2. Maurice Valentine 34-3 1/3. (45-49) 1. John Lawson 34-4. (65-69) 1. Jim Johnson 29-4 1/2.

**Pole Vault: (Open)** 1. Rett Summerville 14-0. (30-34) 1. Wilson SooHoo 15-0. (35-39) 1. Bert Sarano 12-6. (40-44) 1. Roger Werne 12-0, 2. Rich Stepp 12-0, 3. Rich Ying 10-9. (45-49) 1. Bruce Hotaling 13-0. (65-69) 1. Jim Johnson 9-0.

**High Jump: (35-39)** 1. Roger Trujillo 5-0. (60-64) 1. Jerry Silsdorf 4-0. (65-69) 1. Jim Johnson 4-0.

**Shot Put: (Open)** 1. Karl VonMohr 42-8. (30-34) 1. Ira Gorbet 49-4, 2. Jim Sciley 24-6. (35-39) 1. Gary Schmidt 40-0 1/4. (45-49) 1. Dick Hotchkiss 39-2, 2. Mike Parker 36-7. (50-54) 1. Jim Hart 43-3 1/2. (55-59) 1. John Geoghegan 36-9 1/2. (65-69) 1. Bob Stone 32-4, 2. Hy Booth 29-2. (70-74) 1. Hal Cronkhite 35-6 1/4. (75-79) 1. James York 34-6.

**Weight Pentathlon:** 1. Jim York 3620, 2. Bob Stone 3539, 3. Jim Hart 3514.

## Women's Results

**100m: (30-34)** 1. Becky Post 14.1. (60-64) 1. Shirley Dietrich 17.5.

**200m: (30-34)** 1. Becky Post 29.3, 2. Cheng-Er Mehmedbasich 31.6, 3. Stephanie Flood 37.5. (45-49) 1. Nadine O'Connor 29.3. (50-54) 1. Irene Obera 28.3. (60-64) 1. Shirley Dietrich 37.8.

**400m: (Open)** 1. Amber Wright 63.5. (30-34) 1. Cheng-Er Mehmedbasich 71.3. (45-49) 1. Nadine O'Connor 66.9. (50-54) 1. Irene Obera 66.0.

**1500m: (Open)** 1. Melisa Martel 4:34.5. (40-44) 1. Pat Frei 5:42.0.

**Javelin: (30-34)** 1. KC Frogge 85-0. (60-64) 1. Shirley Dietrich 64-0 1/2.

**Long Jump: (Open)** 1. Brenda Rice 18-7.

**Discus: (Open)** 1. Grace Apiafi 155-6. (30-34) 1. KC Frogge 88-6. (60-64) 1. Shirley Dietrich 63-7.

**Shot Put: (Open)** 1. Grace Apiafi 48-9.

**NOTE:** The story and results of the TAC/USA Junior National Championships is located in the Prep Notes section.

## River City Invitational

July 2. CSU Sacramento.

### Men's Results

**50y: (Open)** 1. Bryan Harrison 5.6, 2. John Ware 5.9, 3. Mark Taylor 5.9. (35-39) 1. Roger Trujillo 5.9, 2. Gary Schmidt 6.0, 3. Maurice Valentine 6.1. (40-44) 1. Thomas Allen 5.9, 2. Fred Johnston 6.2. (45-49) 1. Mike Parker 6.1. (55-59) 1. Dick Marlin 6.3. (60-64) 1. Vern Regier 6.5. (65-69) 1. Jim Johnson 6.9. (70-74) 1. Clarence Killion 6.9.

**50m: (Open Invitational)** 1. Bryan Harrison 10.8, 2. George Paterson 11.4, 3. Bob Fournier 11.7.

**100m: (Open)** 1. Noah Levingston 10.8, 2. Reggie Berry 11.1, 3. M. Wilson 11.5. (30-34) 1. Lee Pope 11.3. (35-39) 1. Adrian Rogers 11.0, 2. Roger Trujillo 11.9, 3. Earl Bryant 12.1. (40-44) 1. Ray Yeck 12.0, 2. Thomas Allen 12.0, 3. Jim Pasquali 13.1. (45-49) 1. Jack Karbens 13.3. (55-59) 1. Dick Marlin 13.1. (60-64) 1. Vern Regier 13.0, 2. Bill Ballantine 15.1. (70-74) 1. Clarence Killion 14.3.

**200m: (Open)** 1. Noah Levingston 23.0. (30-34) 1. Lee Pope 23.4. (35-39) 1. Frank Demby 24.7, 2. Earl Bryant 24.9, 3. Max Naegle 25.3. (40-44) 1. Thomas Allen 24.1, 2. Ray Yeck 24.5. (45-49) 1. Jack Karbens 27.2. 55-59) 1. Enver Mehmedbasich 29.1. (60-64) 1. Vern Regier 28.7, 2. Bill Ballantine 31.5. (70-74) 1. Clarence Killion 30.4.

**400m: (30-34)** 1. Chris Boulerice 54.8. (35-39) 1. Adrian Rogers 48.6, 2. Daryl Katcher 55.3, 3. Randy Sturgeon 56.2. (40-44) 1. Mike Ackley 58.6. (50-54) 1. Enver Mehmedbasich 65.2.

**800m: (Open)** 1. Amber Wright 2:28.1. (30-34) 1. Chris

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# RESULTS

## Road Racing

### Giants Run Candlestick Park, San Francisco.

Overall Results		
1	Kevin Osterberg	14:26
2	Juan Ramirez	14:47
3	Jose Pilar Aispuro	14:49
4	Tim Ketron	15:08
5	Dennis Kurtis	15:08
6	Not Available	15:11
7	Not Available	15:15
8	Tim Williams	15:15
9	Greg Rivera	15:17
10	Not Available	15:20
11	Alberto Gomez	15:22
12	Dale Richard	15:26
13	Robert Johnston	15:27
14	John Hock	15:29
15	Not Available	15:41

### Belmont Biathlon

May 1, Belmont.

Overall Results - Men		
1	Jim Hampton (40-49)	1:11:58
2	Michael McCaffery (30-39)	1:13:19
3	Bruce Mace (20-29)	1:13:36
4	Keith Hansen (20-29)	1:13:52
5	Brett Evert (30-39)	1:13:58
6	David Moon (40-49)	1:14:06
7	Gary Chamberlain (40-49)	1:14:11
8	Jerry Cvecko (30-39)	1:14:15
9	Mark Keyser (14-19)	1:14:28
10	Douglas Smith (20-29)	1:14:49
11	Alphonzo Jackson (40-49)	1:15:23
12	Kevin Loop (30-39)	1:15:37
13	Francois Bourret (30-39)	1:16:28
14	Bud Napoli (20-29)	1:16:46
15	Joe Keenan (20-29)	1:17:06

Overall Results - Women		
1	Sharon Given (30-39)	1:21:54
2	Hilary Naylor (40-49)	1:23:16
3	Sharon Maley (20-29)	1:25:21
4	Sharon Swann (30-39)	1:25:46
5	Debbie Smith (30-39)	1:26:28
6	Julie Thornton (20-29)	1:26:56
7	Elyse Dunnahee (30-39)	1:28:39
8	Staci Cohen (20-29)	1:29:10
9	Janet Carle (30-39)	1:29:53
10	Leslie Stepanek (20-29)	1:29:59

### Long Beach Marathon

May 1, Long Beach, Marathon.

Overall Results - Men		
1	Naek Sagala (30) Indonesia	2:21:37
2	Jeff Dettmer (27) Anaheim	2:22:08
3	Wu Zhihan (29) China	2:22:13
4	Shan Changming (29) China	2:22:36
5	Primo Ramos (26) Philippines	2:25:38
6	Adolfo Lopez (28) Santa Maria	2:26:50
7	Kevin Broady (26) Brea	2:27:08
8	Donald Ciceri (22) Venice	2:28:49
9	Paul James (28) Australia	2:29:22
10	Fernando Vasquez (25) San Pedro	2:30:05

### Overall Results - Women

1	Dianne Rodger (31) New Zealand	2:44:52
2	Aracely Salas (22) Mexico	2:46:56
3	Trudy Fenton (28) Australia	2:48:32
4	Maricarmen Cardenas (29) MexCity	
		2:55:12
5	Judith Hine (39) New Zealand	2:55:47
6	Jacquelyne Rassum (36) Sunnyvale	2:58:13
7	Debora Medina (27) Colombia	3:01:25
8	Alexandra Aguirre (24) South Gate	3:01:33
9	Anita Johnson (25) Long Beach	3:03:37
10	Valerie Morgan (35) Las Vegas	3:04:03

Wheelchair Results		
1	Marty Vogel (23) La Canada	2:04:17
2	Ray Stewart (34) Downey	2:06:12
3	Steve DeJong (25) Artesia	2:11:11
4	Scott Mobley (20) Bakersfield	2:18:04
5	Paul Manocchio (29) Van Nuys	2:27:44
6	Chris Mogensen (34) Simi Valley	2:29:12
7	Dan Larson (27) San Diego	2:29:29
8	Keith Dysert (35) Irvine	2:29:29
9	Ned Tomsheck (32) Tuscon	2:30:01
10	David Moran (39) Simi Valley	2:44:46

### Guardsmen/AT&T Angel Island Run

May 7, San Francisco.

Overall Results - Men		
1	Jon Klinkman (29) Fair Oaks	23:37
2	Michael Burton (26)	25:12
3	Chris Horn (34) San Francisco	25:40
4	Bill Schmidt (29)	25:29
5	Kenneth Giebel (41)	25:56
6	Mitchell Powers (32) San Rafael	26:05
7	Tony Sourmany (26) San Francisco	26:23
8	Todd Wexman (25) San Francisco	26:28
9	James Hampton (41) San Carlos	26:36
10	Chris Jackson (28)	26:49

Overall Results - Women		
1	April Powers (30) Kentfield	26:42
2	Patricia English (35)	27:04
3	Laura Sanchez (26) Salinas	27:53
4	Debbie Bispo (30)	29:35
5	Nika Horn (14) Santa Rosa	30:49
6	Elizabeth Vallance (26) Mill Valley	30:57
7	Anne McCormick (36) San Jose	31:20
8	Bridget Webster (27) Tiburon	31:42
9	Alice Rose (52) Moraga	32:21
10	Beth Farrar (30) Fairfax	32:41

**10 & Under:** 1. Josh Weedham 32:33, 2. Timoteo Acosta 36:52, 3. Lionel Halsey 38:00, 11-14: 1. Dino Daniels 28:29, 2. Michael O'Connor 32:52, 3. Seamus Egan 33:02, 15-39: 1. Jon Klinkman 23:37, 2. Michael Burton 25:12, 3. Chris Horn 25:40.  
**40-49:** 1. Kenneth Giebel 25:56, 2. James Hampton 26:36, 3. Jackson Barker 27:35, 50 & Over: 1. Russ Kiernan 27:41, 2. Frederick Mattos 28:51, 3. John Galaski 31:22.

### Division Results - Women

**10 & Under:** 1. Beth Conkling 37:32, 2. Jodie Horn 43:22, 3. Meghan Winter 43:30, 11-14: 1. Nika Horn 30:49, 2. Diana Wesendurk 41:34, 3. Colleen O'Connor 41:35, 15-39: 1. April Powers 26:42, 2. Patricia English 27:04, 3. Laura Sanchez 27:53, 40-49: 1. Joan Johnston-Smith 33:07, 2. Laurel Strand 33:40, 3. Gayle Murphy 36:00, 50 & Over: 1. Alice Rose 32:21, 2. Kenny Goering 37:10, 3. Sandra Caldwell 39:57.

### Health Beat 10K

May 14, Chula Vista.

Overall Results		
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1	Matt Clayton (22)	30:16
2	Steve McCormack (28)	30:20
3	Doug Vann (26)	30:53
4	Eoin Fahy (28)	32:21
5	Graham Garcia (41)	32:39
6	Dan Larson (27)	32:52
7	Dave Hunter (35)	33:11
8	Ken Stumpf (22)	33:40
9	George Keim (45)	33:52
10	Orlando Munoz (25)	33:57
11	Chandra Ghaudhari (27)	34:19
12	Tom Heimdal (38)	34:37
13	Mark Mintz (33)	34:47
14	Craig Weirnerman (37)	34:52
15	Boris DeSwan (33)	34:57
16	Andrew Thacher (25)	35:21
17	Steven Lake (32)	35:39
18	Don Kersting (31)	35:55
19	Derek Brown (20)	35:57
20	Curtis Hinrichs (31)	36:07
21	Mark Davis (31)	36:12
22	Mac Larson (39)	36:12
23	Jan Kafka (40)	36:17
24	Ruben Sandoval (42)	36:21
25	Ken Olsen (30)	36:29
26	Kelly Jeanpaul (25)	36:37
27	Tom Warren (44)	36:40
28	Dan Ansley (26)	36:52
29	Ivan Wright (23)	37:28
30	Jay Peterson (27)	37:33
31	Veronica James (24)	38:05
32	Jim Schraefel (39)	38:09
33	Sam Mayo (54)	38:22
34	Myles McPartland (47)	38:23
35	James Osborne (18)	38:34
36	Adam Tyndale (16)	38:35
37	Tony Castro (38)	38:38
38	Thomas Cook (36)	38:42
39	William Prather (20)	38:44
40	John Bellora (27)	38:46
41	Bradley Kaplan (36)	38:48
42	Mark Hedderson (28)	38:52
43	Chris Baez (23)	38:53
44	Greg Payne (22)	38:56
45	Dayl Wood (23)	39:02
46	Larry Marshall (37)	39:08
47	Brian Keim (14)	39:21
48	Tom Piszkin (35)	39:25
49	Warren Osborne (54)	39:30
50	Darl Hatfield (41)	39:31

### Santa Anita Spring Classic

May 15, Santa Anita Race Track, 10K, 5K & 1K.

Overall Results - Men's 5K		
1	Danny Stephens (24) Diamond Bar	15:16
2	William Johnson (21) Goleta	15:21
3	Michael Conover (18) La Crescenta	15:38
4	Nolan Smith (38) Pasadena	15:40
5	Steve Moreno (27) Santa Ana	15:44
6	Jesus Naranjo (18) Los Angeles	15:46
7	Bill Sumner (40) Newport Beach	15:55
8	Eugene Vidales (28) Costa Mesa	15:55
9	Noel Santoyo (20) So. El Monte	16:06
10	David Seborer (20) Goleta	16:10

Overall Results - Women's 5K		
1	Patricia Molina (21) Hacienda Hts.	18:01
2	Helen Lopez (28) Santa Ana	18:19
3	Claudia Galvan (16) El Monte	19:04
4	Loi Curl (37) Huntington Beach	19:09
5	Susan Pheasant (22) Azusa	19:12

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# RESULTS

6	Nancy Ragon (16) Alta Loma	19:19
7	Cindy Duarte (25) Monrovia	19:41
8	Gloria Santillan (40) Alhambra	20:05
9	Barbara Kerrkamp (28) Monrovia	20:11
10	Miriam Rizo (18) Los Angeles	20:33

### Division Results - Men's 5K

14 & Under: 1. Geoff Skarr 16:55, 2. Willie Garcia 17:21, 3. Bryon Hake 17:45, 15-19: 1. Michael Conover 15:38, 2. Jesus Naranjo 15:46, 3. George DeLaO 16:41, 20-24: 1. Danny Stephens 15:16, 2. William Johnson 15:21, 3. Noel Santoyo 16:06, 25-29: 1. Steve Moreno 15:44, 2. Eugene Vidales 15:55, 3. Dan Bernal 17:00, 30-34: 1. Mike Starsmere 16:20, 2. Bob Dietrich 16:43, 3. Jose Rodriguez 16:43, 35-39: 1. Nolan Smith 15:40, 2. Richard Johnson 17:45, 3. Jesus Figueroa 17:46, 40-44: 1. Bill Sumner 15:55, 2. Ben Wilson 16:39, 3. Edward Voll 17:12, 45-49: 1. Catarina Gonzalez 16:21, 2. Ray Maranda 17:16, 3. Aba Ramirez 17:54, 50-54: 1. Lee Van Leeuwen 18:37, 2. Booker Washington 19:11, 3. Gary Osborn 20:59, 55-59: 1. Robert Culling 18:09, 2. Paul Saucedo 18:26, 3. Eirian Sanchez 19:41, 60-64: 1. Robert Malain 18:28, 2. Larry Banauelos 19:18, 3. Lloyd Williams 21:59, 65-69: 1. Phil Jones 21:24, 2. Bill Dietrich 22:50, 3. Bill Hopkins 24:41, 70 & Over: 1. George Feinstein 26:37, 2. Fred Shanley 26:52, 3. Dean Scofield 30:03.

### Division Results - Women's 5K

14 & Under: 1. Stephanie Norberg 22:10, 2. Kathryn Tschumper 22:26, 3. Beth Caster 23:20, 15-19: 1. Claudia Galvan 19:04, 2. Nancy Ragon 19:19, 3. Miriam Rizo 20:33, 20-24: 1. Patricia Molina 18:01, 2. Susan Pheasant 19:12, 3. Nella Kovrich 21:24, 25-29: 1. Helen Lopez 18:19, 2. Cindy Duarte 19:41, 3. Barbara Kerrkamp 20:11, 30-34: 1. Leonora Long 21:08, 2. Kathy Hart 21:14, 3. Bonnie Chun 22:20, 35-39: 1. Loi Curl 19:09, 2. Robin Wilcock 22:24, 3. Sharon Cooper 22:43, 40-44: 1. Gloria Santillan 20:05, 2. Barbara Reukama 22:21, 3. Sharon Shorer 23:14, 45-49: 1. Cookie Petrie 22:23, 2. Easy Delaney 23:06, 3. Olivia Corta 24:43, 50-54: 1. Rosie Wich 24:40, 2. Shirley Chadwick 24:41, 3. Muriel Cipov 25:34, 55-59: 1. Dorothy Tracey 25:12, 2. Ann Drury 27:06, 3. Wilma Curtis 29:29, 60-64: Catherine Weissner 30:38, 2. Nellie Escobedo 33:06, 3. Anna Griffith 33:13, 65 & Over: 1. Dorothy Busk N.T.

### Overall Results - Men's 10K

1	Eugene Muslar (25) Los Angeles	32:34
2	Dan Davies (31) Pasadena	32:37
3	George Juarez (21) Alhambra	32:41
4	Mike Gottardi (21) Pasadena	32:52
5	Arthur Van Veen (25) Temple City	33:13
6	Bill Silverman (35) Pasadena	33:48
7	Robert Bush, Jr. (25) Arcadia	34:35
8	John Gula (35) Pasadena	34:40
9	Salvador Cervantes (35) Fontana	34:57
10	Tom Surprenant (34) Minneapolis	35:06

### Overall Results - Women's 10K

1	Sylvia Mosqueda (22) Alhambra	33:29
2	Heather Dibdin (29) Sierra Madre	39:39
3	Ivanka Boras (16) San Gabriel	40:45
4	Julie Finnegan (29) Phillips Ranch	42:07
5	Robin Hale (35) Canoga Park	42:37
6	Cecily Parke (48) Sierra Madre	42:44
7	Patricia Rolon (20) Santa Ana	43:39
8	Beverly Dolva (33) Woodland Hills	43:49
9	Christine Zygjelbaum (41) La Canada	44:00
10	Diane Hattori (31) Torrance	45:06

### Division Results - Men's 10K

14 & Under: 1. Andy Marshall 40:23, 2. Mike La Freais 41:42, 3. Bradley Kline 44:31, 15-19: 1. Jose Alvarenga 35:28, 2. Alex Plancarte 35:59, 3. Bill Griebel 36:07, 20-24: 1. George Juarez 32:41, 2. Mike Gottardi 32:52, 3. Henry Loo 36:25, 25-29: 1. Eugene Muslar 32:34, 2. Arthur Van Veen 33:13, 3. Robert Bush, Jr. 34:35, 30-34: 1. Dan Davies 32:37, 2. Tom Surprenant 35:06, 3. Christian Evans 35:15, 35-39: 1. Bill Silverman 33:48, 2. John Gula 34:40, 3. Salvador Cervantes 34:57, 40-

44: 1. Michael Tomasulo 35:51, 2. Wayne Mitchell 36:48, 3. Alex Meade 37:22, 45-49: 1. Rick Hardy 38:13, 2. Jim Crawford 38:42, 3. Fred Mascorro 38:45, 50-54: 1. Ted Alarcon 37:33, 2. Oscar Rosales 39:49, 3. Frank Vasquez 39:56, 55-59: 1. Cliff Schlueter 43:14, 2. Bob Strobel 45:23, 3. Remy Burkel 45:36, 60-64: 1. Robert Henigson 43:24, 2. Wally Taylor 44:09, 3. Bruce Odou 44:22, 65-69: 1. Ed Hornung 44:42, 2. Stanley Neufeld 47:56, 3. John Guzman 58:19, 70 & Over: 1. Dutch Benedetti 50:41, 2. Fraser MacMinn 53:16, 3. Roy Koenigs 55:52.

### Division Results - Women's 10K

14 & Under: 1. Kimberly Williamson 46:44, 2. Keri Crosby 51:22, 3. Darci Raphael 56:42, 15-19: 1. Ivanka Boras 40:45, 2. Crystal Thoms 52:39, 3. Kate Gillespie 57:06, 20-24: 1. Sylvia Mosqueda 33:29, 2. Patricia Rolon 43:39, 3. Kristi Moore 47:37, 25-29: 1. Heather Dibdin 39:39, 2. Julie Finnegan 42:07, 3. Sandra Dettmann 45:30, 30-34: 1. Beverly Dolva 43:49, 2. Diane Hattori 45:06, 3. Christine Reinarts 45:23, 35-39: 1. Robin Hale 42:37, 2. Eva Beltran 45:30, 3. Sally Gomez 48:36, 40-44: 1. Christine Zygjelbaum 44:00, 2. Patty Whiles 47:21, 3. Theresa Riley 48:10, 45-49: 1. Cecily Parke 42:44, 2. Elaine Murphy 46:58, 3. Irene Mew 47:12, 50-54: 1. Irene Olberz 47:26, 2. Jane Dods 48:29, 3. Corinne Imlay 55:51, 55-59: 1. Patricia Puritt 50:47, 2. Sumiyu Onodera 53:44, 3. Ethel Kleinsasser 53:57, 60-64: 1. Mildred Swiader 63:19, 2. Modena MacFarlane 67:03, 65-69: 1. Lucy Byers 72:59.

## Old Sacramento Triathlon

### May 15, Sacramento.

(600y Swim, 13 MI. Bike, 3.1 MI. Run)

Nike Kurth, a 26 year old retail athletic store manager in Davis overtook Rick Shand in the last half mile of the run segment Sunday to win the men's division of the fifth Old Sacramento Triathlon.

Kurth, 23rd last October in the Ironman Triathlon in Kona-Kailua, Hawaii, negotiated the 600-yard swim, 13-mile bike and 3.1-mile run in 59 minutes, 25 seconds.

Shand of Walnut Creek, who won the event last year, finished second in 59:32, some 20 seconds faster than his winning effort in 1987. Bob Hammond of Carmichael finished third in 1:01:15.

"There's no strategy on a short course like this," said Kurth of his first triathlon victory. "You just go as fast and as hard as you can start to finish."

Terry Schneider, 26, of Los Gatos, competing in back-to-back events, took the lead shortly into the bike segment and cruised to the women's division title in 1:05:21, about 35 seconds slower than last year's winning time.

Schneider, a retail purchasing agent and fitness consultant, was the 10th-place woman last October at the Hawaiian Ironman. She also finished seventh in the women's division Saturday at the Bakersfield Triathlon. Sue Latshaw of Berkeley finished second Sunday in 1:05:56 and Jane Grypme of Morgan Hill placed third in 1:08:55.

"We drove up from Bakersfield this morning to do this just for fun," said Schneider. "I feel real good."

A field of 325 triathletes, approximately 100 more than last year, began the event Sunday Morning under blue skies and warm weather conditions at Tisonia Park.

After completing a downwater swim, entrants rode round-trip from Old Sacramento to North Natomas. The triathletes then completed the day with the run segment to Miller Park and finishing in Old Sacramento.

The event, sponsored by Fleet Feet, Inc., and Sacramento Court Club, was a benefit for YWCA charities.

### Overall Results - Men

1	Nick Kurth (Davis)	59:25
2	Rick Shand (Walnut Creek)	59:32
3	Bob Hammond (Carmichael)	1:01:55

### Division Results - Men

15-19: 1. Ty Nickel 1:05:56, 20-24: 1. Micki Kozushek 1:07:15, 25-29: 1. Rick Shand 59:32, 30-34: 1. David Slothow-

er 1:01:16, 35-39: 1. Kevin Keane 1:06:19, 40-44: 1. Tom De-Crew 1:08:13, 45-49: 1. Jack Sorenson 1:16:46, 50-54: 1. Alan Schmeiser 1:11:36, 55-59: 1. Jack Riley 1:16:54, 60 & Over: 1. Vern Scott 1:30:43.

### Overall Results - Women

1	Terry Schneider (Los Gatos)	1:05:21
2	Sue Latshaw (Berkeley)	1:05:54
3	Jane Grypme (Morgan Hill)	1:08:55

### Division Results - Women

20-24: 1. Debbie Tackes 1:15:03, 25-29: 1. Sue Latshaw 1:05:56, 30-34: 1. Kari Logwood 1:15:13, 35-39: 1. Janet Nachtmann 1:20:59, 40-44: 1. Ann Melli 1:24:49, 45-49: 1. Linda Winter 1:37:32, 50-54: 1. Nancy Molitor 1:29:32.

## Examiner Bay to Breakers

By Mark Winitz

### May 22, San Francisco, 12K.

There is no doubt that Race Director Terri Robbins and the *San Francisco Examiner* have made Bay to Breakers the greatest running event (note italics) in the world. In what race would you see Fred Lebow, George Hirsch (publisher of *Runner's World*), the Official Party Animal, some of the world's finest runners, Dolly Parton look-alikes, and scores of once-a-year "runners" participate in the same run-walk-parade-crawlmosey across town? Where would you see a race where 48% of its participants have jogged 10 or fewer miles per week in preparation? Or where the top 10,000 finishers are published in the paper the next day? And where can you find a race in any metropolitan area with media publicity and exposure such as this one--where most of the local elites either sit out, watch, or sacrifice individual glory for the well-being of their cantipede?

Quite simply, you won't find one, not even in San Francisco. That's because Bay to Breakers isn't as much a "race" as it is a "demonstration" and an event. B to B's race organizers, primarily through the direction of Robbins (and in earlier days Len Wallach, who has now delegated logistical duties to others), have crafted an exhibition of running at the front and a Mardi Gras of both athletic and non-athletic people having a good time further back. And they've done it bigger and better than anyone else. (I won't go into the fine details of how they've done that here.)

I don't mean to imply that the front runners and those further back don't run hard. Many do--as hard as they care to, given the narrow prize structure, appearance money, huge field, and individual inclinations. Some runners compete at 100% regardless of the circumstances.

Still, there are some vocal critics, and a quiet minority, who are disenchanted with Bay to Breakers.

I have sympathy for those who are not willing to replace their nostalgic memories of Bay to Breakers as a true race primarily for locals (before the days of appearance money), and for those who cannot or will not accept Bay to Breakers as an exhibition/event that holds a unique place in our sport. I'd like to see a California man win here again, although none has done so since 1974. I'd love to see some of my contemporaries who were committed to racing Bay to Breakers year after year--runners like four-time winner Laurie Binder--return.

Being close to the sport, I know the fine distinctions and practices that attract certain elite runners to races, some to events, and some to both. I know why some runners are drawn to Bay to Breakers and why others shun it. However, how many non-elite runners know or even concern themselves with those distinctions? And to the non-running viewer who watches, perhaps, one running event or race a year in his living room, the subtleties are non-existent.

An event like Bay to Breakers focuses millions of eyes on road running--even if only for a few hours--and I see the value in

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# RESULTS

that. It also gets nearly 100,000 "runners," thousands of volunteers, and friends and family off their behinds for a while. I like that, too.

Simply said, I know what it would take to make Bay to Breakers a race again. I would be one of the first to march to that call. And I see what makes Bay to Breakers a running event that has the greatest mass appeal in the world. I hope that never changes.

## Race Notes:

• Repeat men's winners Arturo Barrios has now scored victories in 22 of his last 25 competitions. Second man Peter Koech had won another 12K race, Bloomsday, just two weeks before with a time 36 seconds faster than Barrios' 34:58 in San Francisco. Barrios now has a second BMW to match the one he won last year here.

• Women's winner Lisa Martin also now has a second BMW. But she bought her first one last December. Martin surprised herself, and second woman Joan Benoit Samuelson, by passing Samuelson early, going up Hayes Street Hill. Later, Lisa admitted that she "ran scared" the rest of the way. "I was always looking back, thinking she (Samuelson) might come by at any time."

• Joanie was pleased with her performance, the first serious test since 1986. After running Legg's Mini marathon (New York, June 4th), she'll start looking for a track race as a 10,000 meter Olympic qualifier.

• The top California finishers, Jay Marden (5th, 35:53) is coached by his dad, who won this race in 1961 in a time 6 minutes slower than Jay's. Nancy Ditz was top California woman (4th, 41:17), 10 seconds up on second local, April Powers.

• The Reebok Aggies are again in centipede heaven. The Ags put together a 'pede' composed of the club's best men and regained their title over the PowerBars Powerpede (last year's winner). Obviously, this bug competition is becoming serious business. The Ags, Powerpede, and Boho 'pede (third) all finished ahead of sleek Lisa Martin. In fact, the Aggies slithering brood captured 19th place overall in 38:30. Records and 'pedes alike were washed down the drain.

The Reebok Aggie-New York Seltzer female centipede retained their title, squirming to a 48:47 CR. The second place Tamalpa Crystal Geyser women also improved on their time from last year, trailing their rivals by two minutes.

• B to B doesn't place or give recognition to finishers by age group. But they should. With technical capabilities for listing the first 10,000 finishers in the paper the next day, it's now time to investigate how to credit at least the top age-group placers. My results show Sal Vasquez (39:28) finishing 38th overall. The results do not indicate his age: 48 years old.

Overall Results		
1	Arturo Barrios (Boulder, CO)	34:57
2	Peter Koech (Abuquerque, NM)	35:22
3	Steve Harris (London)	36:23
4	Brad Camp (Victoria, Australia)	35:31
5	Jay Marden (Fremont)	35:53
6	Ibrahim Hussein (Albuquerque, NM)	36:01
7	Mark Curp (Lee's Summit, MO)	36:04
8	Rod Dixon (Woodside)	36:12
9	Ivan Huff (San Luis Obispo)	36:15
10	Oscar Gonzalez (Monterey)	36:22
11	Mark Piatjos (Lake Villa, IL)	36:53
12	Edward Cordovan (La Jolla)	37:27
13	Alan Dehlinger (Reno, NV)	37:44
14	Mark Hoefler (So. Lake Tahoe)	37:55
15	Carl Kennerer (Ogdon, UT)	37:58
16	Robert Anex (Menlo Park)	38:00
17	LourivalSanotau (Brazil)	38:14
18	Mike Fanelli (San Francisco)	38:27
19	Cal Aggies Centipede	38:30
20	Bobby Adams (Moreno Valley)	38:38
21	Alejandro Beraza (San Jose)	38:43

22	George Mason (Irvine)	38:44
23	Raymond Couthot (Brazil)	38:46
24	Power Bar Centipede	38:48
25	Randy Accetta (Oakland)	38:53
26	Robert Hamdon (Campbell)	38:54
27	Sanchez Jeff (Leadville, CO)	38:57
28	Thomas Cushman (Chico)	39:00
29	Mike Lundblad (Carmel)	39:05
30	Eddie Lanzarin (San Francisco)	39:07
31	Brian Appel (Garden Grove)	39:09
32	Thomas Carlton (San Francisco)	39:09
33	Boho Centipede	39:10
34	Martin Padgett (La Jolla)	39:14
35	Kevin Holbrook (Vacaville)	39:16
36	Runner 98000	39:16
37	Lisa Martin (Phoenix, AZ)	39:16
38	Sal Vasquez (Alameda)	39:28
39	Arthur Welch (Novato)	39:45
40	Daniel Salazar (Tacoma, WA)	39:46
41	Mark Hammond (Claremont)	39:48
42	Bill Rodgers (Fl. Riley, KS)	39:51
43	John Rice (San Diego)	39:51
44	Steve Holl (Los Altos)	39:53
45	Parker Kelly (Davis)	39:55
46	Charles Thompson (San Francisco)	39:57
47	Esteban Martinez Cortes (San Francisco)	40:01
48	James Scattini (San Jose)	40:03
49	Bruce Clinton (Chicago, IL)	40:04
50	Mike Angiletti (Del Mar)	40:04
51	Arthur Whitney (Palo Alto)	40:07
52	Frank Eblner (Covina)	40:09
53	Richard Greifinger (Los Angeles)	40:10
54	Glenn Ross (Belmont)	40:11
55	Lucio Perez (So. San Francisco)	40:12
56	Joan Benoit-Samuelson (Freeport, Maine)	40:13
57	Kim Winkle (Emmanus, PA)	40:13
58	Stacey Geiken (Los Altos)	40:20
59	William Wagstaffe (Menlo Park)	40:20
60	Brian McGuire (Oakland)	40:21
61	Brian Vaughan (Berkeley)	40:23
62	Jon Root (Davis)	40:24
63	Buch Alexander (Sonoma)	40:28
64	Thomas Hartge (Portland, Or)	40:29
65	Ron Ryel (Logan, UT)	40:33
66	Eduardo Cardenas (Reno, NV)	40:33
67	Daniel Rusk (Merced)	40:37
68	Craig Steinmaus (Davis)	40:37
69	Jeff Clark (Folsom)	40:38
70	Sam Skinner (San Francisco)	40:38
71	James Weeks (Eugene, OR)	40:39
72	Fady Malik (San Francisco)	40:40
73	Robert Darling (San Francisco)	40:40
74	Lorraine Moller (Boulder, CO)	40:41
75	Chris Jagers (Berkeley)	40:41
76	Andy Hansen (San Francisco)	40:42
77	Michael Duncan (San Mateo)	40:45
78	William Newsham (Colchester Vt)	40:52
79	David Hansell (Davis)	40:54
80	Byron Choiniere (Pleasant Hill)	40:56
81	Teresa Omduff (Abingdon, VA)	40:57
82	Steve White (Los Altos)	40:58
83	Vicken Simonian (Los Angeles)	40:59
84	Jerry Wittersuer (Menlo Park)	41:02
85	Clyde Matsumura (Santa Monica)	41:06
86	Runner 51102	41:08
87	Brooke Boyd (Davis)	41:10
88	John Deforest (San Francisco)	41:11
89	Rimmer 26	41:12
90	George Green (Mill Valley)	41:12
91	James Garrison (Fullerton)	41:13

92	Gary Nitti (Santa Monica)	41:14
93	James Warmowski (San Francisco)	41:15
94	James Misener (San Francisco)	41:16
95	Nancy Ditz (Woodside)	41:17
96	Bill Aronson (Poway)	41:17
97	Bud Nepollo (San Francisco)	41:18
98	Oliver Mills (Davis)	41:19
99	James Press (Palo Alto)	41:21
100	Keith Olson (Los Angeles)	41:22

## Mt. Tamalpais Marathon

### May 21. Mt. Tamalpais. Marathon & 10 Mile.

Overall Results - Marathon		
1	Gary Hilliard (33)	3:11:21
2	Mike Hernandez (35)	3:27:26
3	Ed Dux (40)	3:50:50
4	Jim Hull (41)	3:52:56
5	Cynthia Nexvig (34 F)	3:57:09
Overall Results - 10 Mile		
1	Peter Franks (42)	1:03:04
2	Dimitris Sklavopoulos (42)	1:03:04
3	Barry Blue (37)	1:03:11
4	Robert Fiedler (31)	1:06:13
5	Earl Tiltman (32)	1:11:10
6	Ron Kantor (42)	1:11:32
7	Tane Abbott (25)	1:11:57
8	William Henline (43)	1:12:04
9	Brian Moyer (41)	1:12:20
10	Chris Chater (27 F)	1:12:47

## Armed Forces Day Runs

### May 21. Torrance. 10K & 5K.

Division Results - Men's 10K		
10 & Under:	1. Sam Harang 47:16, 2. Aaron Kogan 54:31, 3. Chris Flood 58:07, 11-12: 1. Brian Yano 47:30, 2. Anthony Bridi 52:21, 3. Scott Anderson 57:05, 13-15: 1. Israel Pose 34:40, 2. Christian Morrow 37:54, 3. Sean Yoder 41:51, 16-18: 1. Measa Hasegawa 34:00, 2. Matt Carroll 35:32, 3. Kewji Muminio 38:17, 19-24: 1. Ari Schander 31:51, 2. Todd Lund 36:00, 3. Maurice Manning 40:22, 25-29: 1. Frank Figueroa 33:58, 2. Eddie Edwards 35:24, 3. Neal Beidleman 35:25, 30-34: 1. Jim Masterson 34:50, 35-39: 1. Mark Hemphill 34:45, 2. Gary Mayeda 37:46, 3. Steve Giote 38:49, 40-44: 1. Jack McDowell 35:31, 2. Richard Michaud 39:09, 3. Gastelun Alrauso 39:29, 45-49: 1. Kit Ruona 40:34, 2. Russ Halligan 41:34, 3. Bill Durling 43:54, 50-54: 1. Andre Tocco 36:04, 2. Truman Clark 39:05, 3. Frank Vasquez 40:11, 55-59: 1. R.C. Goode 43:28, 2. Bob Vitale 43:47, 3. C.B. Campbell 45:36, 60-64: 1. John Feyk 42:10, 2. Bill Stowell 44:16, 3. James De Pena 51:02, 65 & Over: 1. John Schmidt 55:35.	

Division Results - Women's 10K		
10 & Under:	1. Jack Flood 1:00:02, 2. Desiree Fulbright 1:07:38, 3. Devon 1:06:12, 11-12: 1. Faye Henry 47:47, 2. Brittany Wambaugh 54:30, 13-15: 1. Vanessa McDaniel 1:06:17, 16-18: 1. Anne Tanaka 1:02:11, 19-24: 1. Lucy Ann Gamboa 55:46, 2. Cindy Marks 56:29, 3. Sylvia Meza 58:06, 25-29: 1. Tracey Snodgrass 40:07, 2. Julie Ogborn 41:08, 3. Kathy Klossner 42:59, 30-34: 1. Sue Ann Buck 42:00, 2. Jennie Cole 43:10, 3. Diane Hattori 47:11, 35-39: 1. Robin Hale 43:21, 2. Mary Ann Rozanski 47:57, 3. Peggy Sullivan 49:57, 40-44: 1. Suzie Klein 42:57, 2. Barbie Spatz 47:03, 3. Abell Williams 47:33, 45-49: 1. Karin Handsaaker 47:06, 2. Carol Dougherty 48:33, 3. Patty Kinion 52:39, 50-54: 1. Atsuko Fujimoto 48:23, 2. Mildred Harrison 1:02:13, 3. Barbara Larst 1:05:48, 55-59: 1. Connie Bang 55:49, 2. Jean Windishar 1:02:36, 3. Virginia Marsh N.T. 65 & Over: 1. Sarah London 1:16:24.	

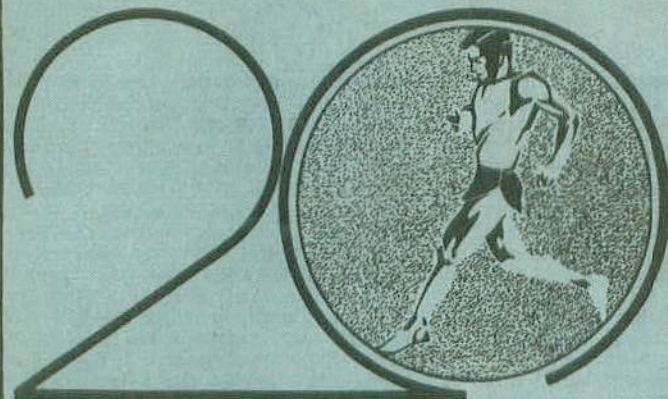
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• THE TWENTIETH ANNUAL •



RENO GAZETTE • JOURNAL JOG

# 1988 PA/TAC Championships for Open Men and Women

Saturday, October 1, 1988  
Reno YMCA/9:00 a.m. start  
8K Run

**Race Course:** Scenic, loop, paved course starting at the Reno YMCA.

**Awards:** Gold, silver and bronze medals awarded in each category.

**Race Records:** Men's/23:12, Alan Dehlinger  
Women's/26:49, Terry Schmidt-Puckett

**The Jog:** This championship run is part of Nevada's oldest and biggest race now in its 20th year. Race participation includes a pre-race pasta feed at the Peppermill Hotel/Casino the evening prior to the event and a Journal Jog T-Shirt. Post race party with free refreshments at the race site while you wait for results.

**Prize Money:** \$2,000.00

**Race City:** RENO, fun and exciting city, 4,500-foot race course elevation good weather for running.

For more information, call Race Director Wayne Whiting at (702) 747-1784.  
For room reservations, call the Peppermill Hotel/Casino at 1-800-648-6992.

**ENTRIES MUST BE POSTMARKED NO LATER THAN SEPTEMBER 24**

PLEASE PRINT CLEARLY

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DAY PHONE \_\_\_\_\_ AGE \_\_\_\_\_ MALE  FEMALE

T-SHIRT SIZE  XL  L  M  S

### WAIVER

In consideration of accepting this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Reno Gazette-Journal, Land-A-Hand, Reno YMCA, City of Reno and any of their officials and representatives for any and all injuries suffered by me in the Gazette-Journal Jog, including liability while traveling to and from Reno and the event. I understand participation in the Gazette-Journal Jog constitutes permission for Reno Newspapers Inc. to use my name and/or photographs in publicity.

### ENTRY FEE

Enclosed is my \$10.00 check payable to Lend-A-Hand which includes registration fee, pre-race pasta feed and Journal Jog T-shirt.

Team and pair entries - each member must submit entry form and \$10.00 fee per person.

Tickets for the pasta feed only will be available for \$7.00 per person at the door, Friday, Sept.30th, Peppermill Hotel and Casino.

Race day registration will be \$15.00 per person and will occur from 7:00 a.m. to 8:30 a.m. NO EXCEPTIONS! (Fee includes Journal Jog T-shirt.)

### Circle one individual or one team category only

Individual Categories	Team Categories
9 & under	Mother/Daughter
10-14	Mother/Son
15-18	Father/Daughter
19-25	Father/Son
26-35	Husband/Wife
36-45	Brother/Sister
46-55	Sweetheart Couple
56-61	Family Team (3 to score)
62-69	Corporate Team (3 to score)
70 & over	Human Chain
Heavyweight Over 200 lbs.	Race Walker
	Best Costume

PA/TAC Team Name (Where applicable)

PA/TAC Team or Individual #

Date \_\_\_\_\_ Signature \_\_\_\_\_

(If under 18 parent or guardian must sign)

Date \_\_\_\_\_ Signature \_\_\_\_\_

Parent or Guardian

## Reno Gazette-Journal • Peppermill

MAIL TO: RENO GAZETTE-JOURNAL JOG P.O. BOX 22000, RENO, NV 89502