

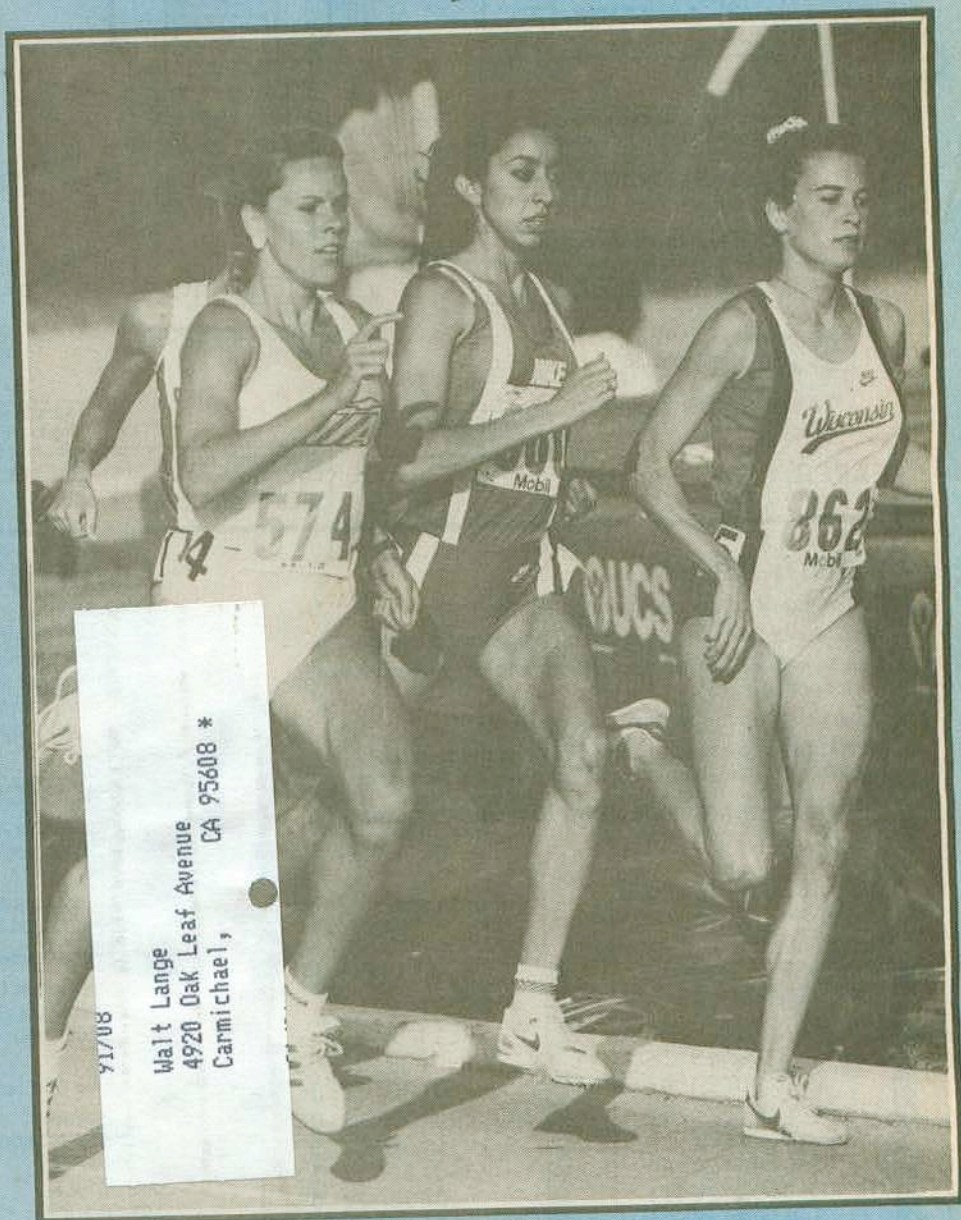
AUGUST 1990

ISSUE NO. 161

# CALIFORNIA

## *Track & Running News*

- ✓ 1990 TAC Championships
- ✓ 1990 High School BEST MARKS
- ✓ SCHEDULE for August, September & October
- ✓ Road Running Round-up
- ✓ The Athlete's Kitchen
- ✓ Prep Notes
- ✓ RESULTS....



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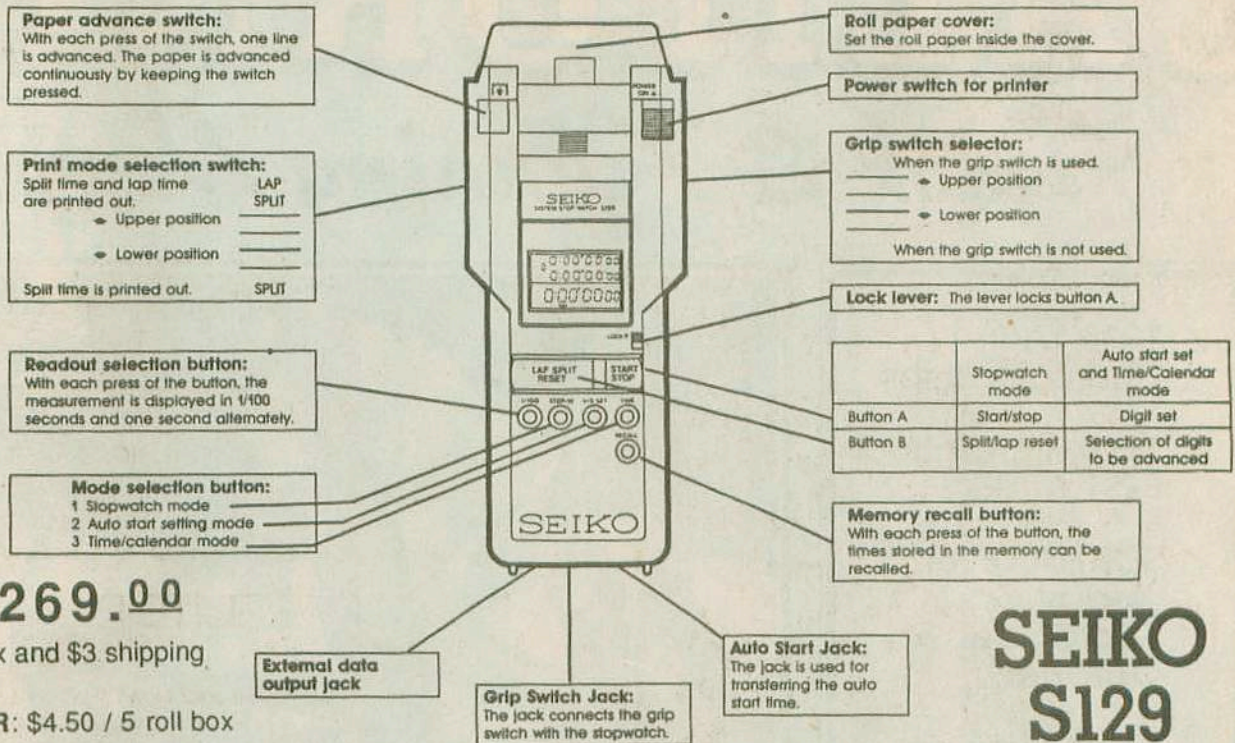
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# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION



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**SEIKO  
S129**

## System Printer

The following data is printed permanently on tape:

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

### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
   0:00'07 06
2-0:00'09 03
   0:00'01 97
3-0:00'11 11
   0:00'02 08
4-0:00'13 15
   0:00'02 04
    
```

## Applications

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

## Specifications

### Time Base and Accuracy:

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

### Printout:

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

### Time Measurement: 1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

### Modes:

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

### Temperature:

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

### Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

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

### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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# CALIFORNIA

Track & Running News



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## FROM THE EDITOR

The results of the Reader Interest Questionnaire are streaming in. "Thank you," to all who have promptly returned one. They reveal some very interesting data and opinions, plus some very good suggestions. We will be doing our final tabulations by the first of September and will be sharing the results with you soon after that. These Reader Interest Questionnaire responses and suggestions will be taken seriously and will lead to appropriate changes in CTRN by the end of the year. If you haven't returned yours, please do so right away. If you didn't get one, call or write.

This issue pretty much wraps up the 1990 track and field season. State-wise, the hosting of both the TAC Senior and TAC Junior Championships let local track and field fans finish with a bang. The Junior meet was right in our backyard at Ratcliffe Stadium in Fresno. The highlight for me was Fresno State freshman James Stallworth in the long jump and 200 (see Doug Speck's meet story and results in this issue). Of course, I'm prejudiced, but I thought the whole thing was a great show from meet production to performances. The crowd was even up from previous junior meets. Meet director Ken Dose and his staff are to be complimented. I hope it's here again soon.

The Los Angeles Times sponsored TAC Senior Championships were moved at the last minute from Mt. SAC to Cerritos. The move may have hurt area pre-meet publicity as the crowd seemed small (compared to the high school state meet there two weeks earlier).

The small crowd didn't put a damper on the athletes' enthusiasm, however, as they provided the fans with plenty of excitement in their quest for Goodwill berths. The highlight for me here was another 200 meter runner. Michael Johnson blasted a 19.90 start-to-finish win over Danny Everett (see Bob Womack's meet story and results in this issue).

Wrapping up the prep track season in this issue is the 1990 California high school best marks list. A pretty good year as far as best marks go, which means a bit up amending on the upcoming all time California prep rankings.

On the road racing side of the sport, this issue has a good slug of results, with Mark Winitz' special features on the famous Dipsea race and the Oakland Double 10K.

Then there is the usual load of upcoming races in the schedule, and for the nutrition conscious, Nancy Clark spills the truth about frozen yogurt.

Now, it's time to gear up for another cross country season. Happy reading, and I'll be looking for you out on the hills.

ON THE COVER: 1500m Semi-finals (Heat 2) at the USA/Mobil Championships in Norwalk. From left: Ceci St. Geme (ex-Stanford), Darcy Arreola (CSUN) and Suzy Favor (U of Wisconsin). Arreola finished first in this heat in 4:16.39. See story and results beginning on page 30.

Photo by Kirby Lee



# 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 9 (Thursday):

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. (No Pre-Entries).

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. (No Pre-Entry). Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

## August 11 (Saturday):

**Mill Valley:** Mt. Tam Five & Dime, 5 & 10K, Mtn. Theatre, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Mountain View:** Castro Street Celebration 5K Run. Eagle Park (Shoreline & Church). Time TBA. El Camino YMCA, Doug Nakashima, 2400 Grant Rd., Mountain View 94040 (415) 969-9622.

**Lodi:** City of Lodi Triathlon, 1,000 Yd. Swim, 5 Mi. Bike, 5K Run, Lodi Lake, 9 a.m. Lodi Triathlon, 801 S. Fairmont Ave., #5, Lodi 95240. (209) 334-2021.

**So. El Monte:** 12K San Gabriel River Antelope Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Dimas:** Steamboat Tri-al, 500 Yd. Swim, 14 Mi. Bike, 2 Mi. Run, Bonelli Park, Time TBA. Tri Events, Inc., 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Las Vegas, NV:** American Podiatry Association 5K, Univ. of Nevada, 7 a.m. Info: The Running Store (702) 878-8414.

**Emigrant Gap:** Eagle Mountain 50K & 10 Mi., 35 Min. East of Auburn, Trail Run, Time TBA. Delmar Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 783-4558.

**Reno, NV:** Championship Dry Run, 5 & 15K, Time TBA. Info: Ski Pisarski (702) 849-0419.

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

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

**Bakersfield:** LAFR #9, 20 Mi., 7 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

## August 12 (Sunday):

**Covelo:** Blackberry Festival Footrace, 5 & 10K, Commercial & Howard Sts., 8:10 a.m. Friends of the Public Library, P.O. Box 620, Covelo 95428. (707) 983-6736.

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

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

**Healdsburg:** River of No Return Pentathlon. 800 Yd. Swim, 10 Mi. Canoe, 1/3 Mi. Portage, 15K Run, 20 Mi. Bike. Vineyard Shopping Center (Mill St.). 8 am. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

**San Jose:** Danskin Women's Triathlon Series, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Time TBA. CAT Sports, Inc., 5966 La Place Ct., Suite 100, Carlsbad 92008. (619) 221-5555.

**Green Valley Lake:** Hot August Days Green Valley Lake Triathlon, 0.25 Mi. Swim, 10.5 Mi. Bike, 3.5 Mi. Run, Time TBA. Jim Allison, 33180 Green Valley Lake Rd., Green Valley Lake 92341. (714) 867-7757.

**So. El Monte:** Legg Lake 5K Fly Fishing

Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Francisco:** DSE Twin Peaks Loop, 3.6 Mi., Portola at Twin Peaks Blvd., 9 a.m. Info: (415) 343-RUNS.

**Kyburz:** El Dorado Gold 50K & 50 Mi., 7 a.m. (Pre-Reg. Only). Info: Charlie Konen (Fleet Feet) (916) 622-9526.

**Irvine:** Village of Northwood 1K, 5K & 10K Runs, Bryan & Yale Ave., 8 a.m. Make a Wish, Northwood Run, 4970 Irvine Blvd., Suite 105, Box 254, Irvine 92720. (714) 642-6601.

**Los Angeles:** Lincoln Heights 5K Library Run, Lincoln Park (Mission & Main), 7:30 a.m. Henry de Guevara, P.O. Box 31531, Los Angeles 90031. (213) 728-0430, eves.

**Oakland:** BAOC Orienteering Meet, Joaquin Miller Park, Time TBA. Bay Area Orienteering Club, 3151 Holyrood Dr., Oakland 94611.

## August 14 (Tuesday):

**San Diego:** Three Mile Race, Hospitality Point, 6:15 p.m. Info: SDTC News, P.O. Box 7853, San Diego 92107.

**Oxnard:** 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 South A St., Oxnard 93030. (805) 647-3611.

**Bakersfield:** BTC Handicap #6, 7 p.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

## August 15 (Wednesday):

**San Francisco:** Manufacturers Hanover Corporate Challenge, 3.5 Mi., Justin Herman Plaza, 7 p.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

## August 16 (Thursday):

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mile Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. (No Pre-Entries).

**Valencia:** College of the Canyons 5K Cross



Country Series, 7 p.m. (No Pre-Entry). Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

Bakersfield: LAFR #10, 17 Mi., 6 p.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

### August 17 (Friday):

Palo Alto: T.G.I.F. Summer Fun Run, 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rd.), 6:30 p.m./5K, 6:45 p.m. Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

### August 18 (Saturday):

Antioch: Golden Triangle Triathlon, 3/4 Mi. Swim, 16 Mi. Bike, 6.4 Mi. Run, Contra Loma Regional Pk., 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.  
Petaluma: Stride For Life, 10K Run & 2 Mi. Run, Walnut Park ("D" St. & Petaluma Blvd. South), 8 a.m. Petaluma Valley Hospital Fdn., 1360 N. McDowell Blvd., Petaluma 94954. (707) 778-7441.

Sacramento: Rainbow Ironkids Triathlon Series for Children (2 days), (7-10: 100m Swim, 5K Bike, 1K Run; 11-14: 200m Swim, 10K Bike, 2K Run), Time TBA. TrakSports Management Group Int'l., P.O. Box 69096, St. Louis 63139. (314) 241-8100.

San Jose: Back to Back 10K. South Bay Chiropractic, 9 am. Beatrice Tapia, 5440 Thornwood Dr., Suite F, San Jose 95123 (408) 578-0548.

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

Las Vegas, NV: LVTC "Callanan's Country" 2 & 5 Mi., Silver Bowl, 7 a.m. Info: (702) 878-8414.

Sacramento: Susan B. Anthony 5K Run/Walk (PA/TAC Championships), **Women Only**, Glen Hall Park, 8 a.m. Joanne Hollister, Buffalo Chips R.C., P.O. Box 19908, Sacramento 95819. (916) 454-6131.

Los Angeles: Tetrack Trail Run, 8 Mi., Griffith Park (Riverside/Los Feliz entrance), 7:30 a.m. (No Pre-Entry). Sport Shoe, 3216 Los Feliz, Los Angeles 90039. (213) 668-0709.

Signal Hill: Signal Hill 5 & 10K Runs, Hinshaw Park (across from 2175 Cherry Ave.), 8 a.m. Signal Hill Rotary, Box 6540, Long Beach 90806. (213) 437-1279.

Ventura: American Style 4K & 8K Cross Country, Arroyo Verde Park, 8:30 a.m./4K, 9 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

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Rancho Palos Verdes: Run by the Sea, 2K & 10K, 6610 Palos Verdes Dr., 8 a.m. Community Forum, Inc., 30940 Hawthorne Blvd., Rancho Palos Verdes 90274. Scott Goodrich: (213) 541-8114.

Los Gatos: Dammit Run, 6.9 Mi., Los Gatos H.S. Track, 8:30 a.m. Runners Factory, 51 University Ave., Los Gatos 95030. (408) 354-7365.

Tehachapi: Tehachapi Runs, Distances TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Grover City: Grover City Beach Party & Dune Run-Run, 5 & 10K, Grover Ave. (Beach Access Ramp), 9 a.m. Grover City Chamber of Commerce, 177 So. 8th St., Grover City 93433. (805) 489-9091.

### August 19 (Sunday):

El Sobrante: The El Sobrante Hot One, 5K, Castro Ranch & Hillside Dr., 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Redwood City: Redwood Shores Biathlon, 4 Mi. Run, 400m Swim, 350 Marine World Pkwy., Time TBA. Big Bros./Big Sisters, 944 Ralston Ave., Belmont 94002. (415) 592-2354.

San Francisco: Presidio 10 Mile, Presidio Parade Grounds, 9 a.m. The Guardsmen, 115 Sansome St., Suite 310, San Francisco 94104. (415) 781-6785.

Pleasanton: Triathlon for Fun, 400 Yd.

Swim, 12 Mi. Bike, 3 Mi. Run), Shadow Cliffs Regional Park, 8 a.m. Fleet Feet, 424 Rosewood, Pleasanton 94588. (415) 847-955.

Hayward: Hayward Zucchini Run, 2 Mi. & 10K. San Lorenzo Community Park, 8:30 am/2 Mi., 9 am. Roxann, c/o Eden YICA, 951 Palisade St., Hayward 94542 (415) 82-9614.

Scotts Valley: Bean Creek 10K, Kids Fun Run, Kings Village Shopping Center (Mt. Hermon Rd.), 8:30 a.m. Scotts Valley Chamber of Commerce, P.O. Box 66928, Scotts Valley 95067. (408) 438-1010.

Bear Valley: Bear Foot Race, 10K, 9:30 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 9620. (916) 694-2475.

Carson City, NV: Celebrate Summer '90, 8K & 2 Mi., Carson City H.S. (Hwy. 50 & Sallman Rd.), 8:30 a.m./2 Mi., 9 a.m. Fleet Feet, 3771 S. Carson St., Carson City, NV. 89701. (702) 883-3361.

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

San Clemente: BudLight U.S. Triathlon Series, 1.5K Swim, 40 Bike, 10K Run, Time TBA. CAT Sports, 566 La Place Ct., Suite 100, Carlsbad 92008 (619) 221-5555.

San Diego: America's Finest City Half Marathon, Pt. Loma, 7 a.m. Info: American Lung Assoc. (619) 297-401.

Daly City: DSE Daly City Scenic Run, 6.8 Mi., Colma School (E. Market & Hillsdale), 10 a.m. Info: (415) 43-RUNS.



# SCHEDULE

**Goleta:** McComell's 5 & 10K, Goleta Beach (bikepath route), Time TBA. Info: Kevin Young, 119 Cooper Rd., Santa Barbara 93109. (805) 963-1524.

**Los Angeles:** Sahurai Nisei Week 5K Run, First & Central (Japanese Village Plaza), 8 a.m. Samurai 5K, 2700 W. 182nd St., Suite 200, Torrance 90504. (213) 450-1212.

**Bakersfield:** LAFR #1, 10 Mi., 7 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

## August 21 (Tuesday):

**Bakersfield:** NBRPD Triathlon (10 Mi. Bike, 5K Run, 400m Swim) & 5K Run, 6 p.m./Tri, 7 p.m. Info: Paul Mackie (805) 392-2000.

**Oxnard:** 5 Mile Evening Fun Run, Oxnard Beach State Park (2101 Mandalay Beach d.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 647-3611.

## August 23 (Thursday):

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: B Duley (818) 992-6219. (No Pre-Entries).

**Bakersfield:** LAFR #12, 7 Mi., 7 p.m. Bakersfield C., P.O. Box 42123, Bakersfield 93384.

## August 25 (Saturday):

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

**So. Lake Tahoe:** World's Toughest Triathlon, 2 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run, Time TBA. Chap Lincoln, P.O. Box 10758, So. Lake Tahoe 9731. (916) 577-5073.

**Las Vegas, NV:** VTC "Coach Plazzo's 2 & 5 Mi." & PicnicTule Springs (Floyd Lamb State Park), 7 a.m. Info: (702) 878-8414.

**Yreka:** Wild Goose Chase, Distance, Location & Time TBA. Gy Hawke, KSYC Radio, 316 Lawrence Ln., Yreka 96097. (916) 842-4158.

**Mount Baldy:** Baldy Peaks 50K Run, Ice House Canyon, 7 a.m. (limited to 93 entrants). John Davis, 194 Radford, Claremont 91711. (714) 626-7965 or (213) 649-1670.

## August 26 (Sunday):

**Oakland:** Time Is On Your Side Run, 5 & 10K Runs & 5K Walk (Time Prediction Runs), 9 a.m. Lake Merritt Joggers & Striders, 3136 California St., Oakland 94602. (415) 530-9151.

**Livermore:** Wente's Cellar to Cellar Run, 10K, 8:30 a.m. RhoDyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**Bodega Bay:** Bodega Bay to Breakers 8K, Bodega Marine Laboratory, 9 a.m. Phil Hertzler, P.O. Box 247, Bodega Bay 94923. (707) 875-2046.

**Davis:** The Great North Triathlon, 1K Swim, 40K Bike, 10K Run, Stonegate Country Club, 8 a.m. A Change of Pace, 1260 Lake Blvd., Suite 248, Davis 95616. (916) 757-2012.

**Washoe Valley, NV:** Silver State Half Marathon & 10K, Bowers Mansion State Park (18 Mi. South of Reno on US-395), 7 a.m. The Arthritis Foundation, 1280 Terminal Way, #41, Reno, NV. 89502. (702) 348-0088.

**Big Bear Lake:** Big Bear Triathlon, 0.5 Mi. Swim, 15.5 Mi. Bike, 4 Mi. Run, Time TBA. Go Sports, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

**So. El Monte:** San Gabriel River Creek Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Manitou Springs, CO:** Pikes Peak Marathon, 7 a.m. Nancy Hobbs, Box 38335, Colorado Springs, CO 80937. (303) 473-2625.

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

**San Francisco:** DSE Women's Festival Legion of Honor Run, 4.3 Mi., North of Clement & 34th Ave., 10 a.m. Info: (415) 343-RUNS.

**Tahoe City:** Lake Tahoe Series, Distance, Location & Time TBA. Denis O'Halloran (916) 581-5119.

**Santa Monica:** Santa Monica 5K, Half Marathon & Marathon, Santa Monica City College, 7 a.m. Dept. of Parks & Recreation, 2600 Ocean Park Blvd., Santa Monica 90405. (213) 458-8311.

**San Jose Area:** BAOO Orienteering Meet, Calero Reservoir (12 Mi. east of San Jose), Time TBA. Bay Area Orienteering Club, 3151 Holyrood Dr. Oakland 94611.

## August 28 (Tuesday):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard Beach State Park (2101 Mandalay Beach

Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 647-3611.

## August 29 (Wednesday):

**San Jose:** Union Bank Heart of the City 5K Run, Union Bank, 6:30 p.m. Union Bank, 99 Almaden Blvd., San Jose 95113. (408) 297-7746.

## August 30 (Thursday):

**Huntington Beach:** Sunset in the Park, 2.8 & 4.8 Mi. X-Country, Central Park West, 6 p.m./2.8 Mi., 6:30 p.m. (High School Age Team Challenge Races: 5:25 p.m./Boys, 5:30 p.m./Girls). Oscar J. Rosales, The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

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

**Agoura:** Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219. (No Pre-Entries).

## September 1 (Saturday):

**Ft. Cronkhite:** Puffin Power, 3.6 & 6.7 Mi., Rodeo Lagoon (Old Park HQ), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sausalito:** Headlands Wolf Ridge Classic Marathon, Half Marathon & 5 Mi., Rodeo Beach, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7005.

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

**Los Angeles:** Sri Chinmoy Peace Mile Race, 4 mile/2 mile walk, 7 a.m. Sri Chinmoy Marathon Team, 1921 S. Sherbourne Dr., Los Angeles 90034 (213) 838-4746.

**Lompoc:** Park to Park 8 Mile Run, Miguelito State Park (4 Mi. north of downtown on "I" St.), 8 a.m. Joe Carey, 901 E. Cherry, Lompoc 93436. (805) 735-4513.

**San Diego:** 4 Mile Cross-Country, Balboa Park, 7 a.m./Women, 7:30 a.m./Men. Info: Keith Jeffers (619) 452-7382.

## September 2 (Sunday):

**San Jose:** Menehune Run, Distance & Time TBA. Info: Jane Alvarado (408) 296-0217.

**Eureka:** Mad River Ultra Run, 50K & 50 Mi., hilly trails, 6 a.m. Info: Daphne Hodgson (707) 444-8437.



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# SCHEDULE

**Crescent City:** Crescent City Triathlon, 1/2 Mi. Swim, 12 Mi. Bike, 4 Mi. Run, Time TBA. Info: Mike Mathews (707) 464-3976.

**Pasadena:** Pasadena NAACP Run for Education, Distance TBA, Rose Bowl, 8 a.m. Michael Harrison, 528 W. Hammond St., Pasadena 91103. (818) 797-0582.

**So. El Monte:** San Gabriel River 3 Mile Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Campbell:** Save the Menhune, 10K Fun Run, 8:30 a.m., AKA Menhune Fun Run, 4164 DeMille Dr., San Jose 95117. (408) 243-7617.

**San Francisco:** DSE Biathlon, 2.5 Mi. Run, 0-5 Mi. Swim, Dolphin Club (502 Jefferson), 10 a.m. Info: (415) 593-2788.

**Mariposa:** Amigo de Oro, 5 & 10 Mi., Mariposa Fairgrounds, 7:30 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

## September 3 (Monday):

**Pinole:** Miniman Triathlon, 250 Yd. Swim, 2.1 Mi. Run, 8 Mi. Bike, Pinole City Pool (Simas Ave.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Lodi:** Run for the Square, 5 & 10K, Hutchins St. Square Field, 8:30 a.m. Field & Fair Day HQ, 125 So., Hutchins St., Suite A, Lodi 95240. (209) 333-7863.

**Auburn:** "Average Joe" Biathlon (6.1 Mi. Runk, 7.45 Mi. Bike) and 10.48 Mi. Run, Bowman Elementary School, 8 a.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Mt. Shasta:** Lake Siskiyou Tinman Triathlon, 740 Yd. Swim, 10 Mi. bike, 4.5 Mi. Run, Lake Siskiyou, 8:30 a.m. Info: Donna Hurlburt (916) 926-3600.

**McFarland:** Finish Line Triathlon. 1K Swim/38K Bike/8K Run. 8 a.m. McFarland High School. McFarland Parks and Recreation Dist., PO Box 337, McFarland 93250-0337, Gary Farrell (805) 792-3187 days or (805) 792-3924 eves. Mike O'Haver (805) 792-3091 days (M-Th) or (805) 832-0749 eves.

**Ventura:** Labor Day 2x5K Couples Relay (male/female couples only), Holiday Inn, 8:30 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

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

**Mount Baldy:** Mt. Baldy Run-to-the-Top, 8 Mi., Mt. Baldy Ski Lifts (6000 ft.), 9 a.m. Mt. Baldy Run-to-the-Top, P.O. Box 681, Mt. Baldy 91759. (714) 981-9790.

## September 4 (Tuesday):

**Oxnard:** 5 Mile Evening Fun Run, Oxnard Beach State Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A Street, Oxnard 93030. (805) 647-3611.

## September 7 (Friday):

**Tahoe City:** Pepsi of Reno - Tahoe 72, Commons Park (No Raceday Reg.), 6 a.m. Toni Belaustegui, 75 Mt. Rose, Reno, NV 89509 (702) 329-6696.

## September 8 (Saturday):

**Lake Berryessa:** Berryessa Biathlon, 1.25 Mi. Swim, 22 Mi. Bike, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Gilroy:** Mt. Madonna Challenge, 6K & 12K, Sprig Lake (Mt. Madonna State Park), 8 a.m./6K, 9 a.m. Lynn Lockhart, 7664 Los Podres Ct., Gilroy 95020. (408) 842-4732.

**Yountsville:** RRCA Women's Distance Festival. 5K. Napa Valley Marathon/Steve Zanetell, 137 Vineyard Circle, Yountsville, CA 94599.

**Truckee:** Kingsbury Summer Biathlon Series (Running & Shooting), Distance TBA, Time TBA. Chuck Lyda, Auburn Ski Club Training Center, P.O. Box 829, Soda Springs 95728. (916) 426-3313.

**Santa Barbara:** Santa Barbara Triathlon, 1 Mi. (ocean) Swim, 32 Mi. Bike, 10 Mi. Run, Time TBA. Info: (805) 683-2011.

**Fresno:** Rainbo Ironkids Triathlon Series for Children, (7-10: 100m Swim, 5K Bike, 1K Run; 11-14: 200m Swim, 10K Bike, 2K Run), Time TBA. TrakSports Management Group International, P.O. Box 69095, St. Louis, MO 63139. (314) 241-8100.

**Ventura:** Gold Coast Triathlon Series, 1/4 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Ventura State Beach, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

**So. El Monte:** Legg Lake 099'ers 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., 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, 8:20 a.m./5K, 9:30 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417 or (213) 634-3027.

**Santa Ana:** YMCA New Horizons 5K & 12K Runs, Centennial Park, 7:30 a.m. YMCA New Horizons, 205 W. Civic Center, Santa Ana

92701. Larry Herschler: (714) 547-4121.

**Long Beach:** Long Beach Low Tide One & Four Mile Runs, Ocean Blvd. & Junipero Ave., 4 p.m./1 Mi., 4:30 p.m. Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804.

**San Diego:** Penasquitos Town Center 5K, near Mt. Carmel H.S., 7:30 a.m. Info: Dennis McClanahan. (619) 437-4556.

**Century City:** Century City 5 & 10K Runs, Century City Shopping Center & Marketplace, 10250 Santa Monica Blvd., 7:30 a.m. Cystic Fibrosis Foundation, 1545 Sawtelle Blvc., #34, Los Angeles 90025. (213) 479-8585, Todd Jones).

**Pittsburg:** New York Landing Seafood Festival 5K & 1 Mile. New York Landing Marina, Black Diamond St. 8:30 am. Pittsburg C of C, 2010 Railroad Ave., Pittsburg 94565 (415) 432-7301.

**Volcano:** The Jug and Rose 7.7 Mile Run, 8 a.m., Jug and Rose, Volcano. Giles Turner (209) 223-0587.

**Galt:** Dry Creek 5 & 10K. Galt Softball Complex, 9 a.m. Tom Buck, 307 "A" St., Galt 95632. (209) 745-4054.

## September 9 (Sunday):

**Albany:** People Chase 5K & 1 Mi. Kids Run, Golden Gate Fields, 9 a.m. Info: (415) 527-6195.

**Stinson Beach:** Mt. Tam Biathlon II, 5K Run, 14 Mi. Bike, 5K Run, Parkside Cafe, Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Danville:** Golden Hills 60K Run & 60K Trail Relay & 10K Trail Run, Monte Vista High School, (3131 Stone Valley Rd.), 6:30 a.m./60K, 8 a.m./Relay. Golden Hills Run & Relay, c/o The Danny Foundation, 3160 Danville Blvd., Suite F, Alamo 94507. (800)/83-DANNY.

**Oakland:** Aztec Run for Education 5 & 10K, Lake Merritt (Boathouse) (568 Bellevue Ave.), 9 a.m. Spanish Speaking Citizen's Fndn., 1900 Fruitvale Ave., Suite 1-B, Oakland 94601. (415) 261-7839.

**Sunnyvale:** Sunnyvale Run, 5 & 10K, Twin Creek Sports Complex (Lawrence Expwy. & Hwy. 237), 9 a.m. Park & Rec. Dept., Box 3707, Sunnyvale 94086. (408) 730-7350.

**Santa Rosa:** Annadel Loop 7 Mile, Annadel State Park (Cobblestone trailhead on Channel Dr.), 8 a.m. (Age-Handicapped). Alec Isa-beau, 2900 St. Paul Dr., #219, Santa Rosa 95405. (707) 525-1808.

**Sacramento:** Sacramento International Triathlon, 1.5K Swim, 40K Bike, 10K Run, Capi-



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tol steps, Time TBA. Steve Cippa, Fleet Feet Sports, 2408 "J" St., Sacramento 95816. (916) 442-3338.

**Kirkwood:** Kirkwood 10K, Hwy 88, 9 a.m. Norbert E. Rupp, P.O. Box 295, Kirkwood 95646. (209) 258-6000.

**La Grange:** Don Pedro Triathlon, 1.5K Swim, 35K Bike, 10K Run, Blue Oaks Recr. Area (Don Pedro Lake), 8 a.m. Don Pedro Recr. Agency, 31 Bonds Falt Rd., P.O. Box 160, La Grange 95329. (209) 852-2396.

**Carson City, NV:** Jim Frank Classic, 2 Mi. & 8K, Carson Station Hotel/Casino (\$4000+ prize money), 9 a.m. Fleet Feet, 3771 So. Carson St., Carson City, NV. 89701. (702) 883-3361.

**So. El Monte:** San Gabriel River 3 Mi. Frog Leg Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Valencia:** Magic Mountain 5 & 10K Runs, 8 a.m. Bob Endress, Box 656, Newhall 91322. (805) 259-9182, (818) 362-8081, (800) 344-8299.

**San Francisco:** DSE Stern Grove Run, 4 Mi., 33rd Ave. & Wawona, 10 a.m. Info: (415) 593-2788.

**Berkeley:** BAOC Orienteering Meet, UC Berkeley Campus, Time TBA. Bay Area Orienteering Club, 3151 Holyrood Dr., Oakland 94611.

## September 11 (Tues.):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard Beach State Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 South A Street, Oxnard 93030. (805) 647-3611.

## September 12 (Wed.):

**Chico:** Humpday 5K - The Sequel, Bidwell Park, 6 p.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 575-2012.

## September 15 (Sat.):

**Stockton:** Park to Park 1 & 5 Mi., Louis Park, 8 a.m./1 Mi., 8:30 a.m./5 Mi. Tarahumara R.C., P.O. Box 8422, Stockton 95208. Dave Valentine: (209) 951-8941.

**Walnut Grove:** Walnut Grove Jubilee 5 Mil-er, Paul Barns Park, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

**San Diego:** Balboa Park 3 & 8 Mi., 7 a.m. Info: Bill Gookin (619) 578-9456.

**Squaw Valley:** Pacific Crest Trail 50K, 50K Relay, 25K & 12K, Squaw Valley Inn, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante

94803. (415) 841-1190.

**Pico Rivera:** Sunset 5 & 10K Runs, Smith Park, 5 p.m./5K, 5:30 p.m./10K. City of Pico Rivera, Sunset 5/10K Runs, P.O. Box 1016, Pico Rivera 90660.

**San Pedro:** Harbor Light Half-Marathon, 7:30 a.m. Harbor Light Half-Marathon, 301 So. Bandino St., San Pedro 90731. (213) 832-4211.

## September 16 (Sunday):

**Los Gatos:** Ron's YSI Wildlife Run, 5 & 10K, Vasona Park, 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030. (408) 356-4945.

**San Jose:** Willow Glen Founders Day 10K, Lincoln & Minnesota (Willow Glen Elem. School), 8 a.m. Steve Murphy, P.O. Box 8644, San Jose 95155. (408) 286-3012.

**Palo Alto:** Run for the animals, 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rd.), 9 a.m./5K, 9:15 a.m. Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Pleasanton:** Pasta Festival "Run for Rigatoni" 10K & 5K Walk, Hacienda Business Park (Rose Pavillion), 8 a.m./5K, 8:30 a.m. Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94588. (415) 847-9255.

**Pacific Grove:** Monterey Bay 10K Run for the Beacon, Lover's Point Park, 9 a.m. Will



## SCHEDULE

**Franke, c/o Beacon House, P.O. Box 301, Pacific Grove 93950. (408) 372-2334.**

**Sacramento:** Buffalo Stampede, 3 & 10 Mi., Rio Americano H.S., 8 a.m. Byron Lee, Buffalo Chips R.C., P.O. Box 19908, Sacramento 95819.

**Reno, NV:** Canyon to Canyon 10 Mi. Run/Walk, Galena Creek Park, Time TBA. Silver State Striders, P.O. Box 21171, Reno, NV 89515. Bruce Susong: (702) 356-1401.

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

**Malibu:** Bikesport Malibu Triathlon, 1/2 Mi. Ocean Swim, 18 Mi. Bike, 5 Mi. Run, Zuma Beach, 8 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91372. (818) 880-4915.

**Huntington Beach:** Huntington Beach Triathlon Championship, 1K Swim, 30K Bike, 8K Run, Time TBA. Pacific Sports Management, P.O. Box 30005, Suite 618, Laguna Niguel 92677. (714) 546-9041.

**San Francisco:** San Francisco 5 & 10K 8:30 a.m./5K, 9 a.m./10K, 306 Santa Ana, San Francisco 94127. (415) 587-3227.

**San Francisco:** DSE McLaren Park Run, 3.5 Mi., parking lot on John F. Shelley Dr., 10 a.m. Info: (415) 593-2788.

**San Francisco:** Rainbeau Women's Classic 8K. Scott Thomason, PO Box 27557, San Francisco 94127 (415) 681-2323.

**Atwater:** Run for the Pumpkins, 2 & 5 Mi., Ralston Park, 8 a.m. Atwater Chamber of Commerce, 1181 T Ghird St., Atwater 95301.

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

### September 18 (Tues.):

**Oxnard:** 5 Mile Evening Run, Oxnard Beach State Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks &

Recr., 325 South A St., Oxnard 93030. (805) 647-3611.

### September 20 (Thurs.):

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

### September 21 (Friday):

**Oakland:** Necklace of Light Night Run, 5 & 10K. Lake Merritt (Old Boathouse: 14th & Lakeshore) 7 pm. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

### September 22 (Sat.):

**Prunedale:** Prunedale Fitness Festival 5 & 10K, Prunedale Fitness Center, 9:30 a.m. Carolyn Heins, 17760 Moro Rd., Salinas 93907. (408) 663-0685.

**Carmichael:** Carmichael Classic 10K (& 5K Walk), Carmichael Elementary School (6141 Sutter Ave.), 8 a.m. Tracy Kerth, Carmichael Recr. & Park District, 5750 Grant Ave., Carmichael 95608. (916) 485-5322.

**Wrightwood:** Angeles Crest 100 Mile Endurance Run, 5 a.m. (\$110 Fee). Ken Hamada, 370 W. Colorado St., Arcadia 91006 (818) 447-0584.

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

**San Jacinto:** Lion's Run. 10K/2K. 8:30/8 am. Ben Stuart, PO Box 883, San Jacinto 92383 (714) 654-7774.

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

**West Covina:** 1. City of West Covina Festival 5 & 10K Runs, 1444 W. Garvey, 7:30 a.m. Scott Smilowitz, City of West Covina, 1444 W. Garvey Ave., Room 208, West Covina 91793. (818) 814-8420.

**Pico Rivera:** Pico Rivera Sunset 5 & 10K, Smith Park (8110 Mines Ave.), 5 p.m./5K, 5:30 p.m. Mike Collier, P.O. Box 1016, Pico Rivera 90660. (213) 949-5648.

**San Diego:** Rancho San Diego 5K, Jamaica & Fury Ln., 7:30 a.m. Info: Kathy Loper (619) 437-4556.

**San Diego:** Bury the Habit 10K, South of Hilton, 7:30 a.m. Info: In Motion (619) 268-5882.

### September 23 (Sunday):

**Guerneville:** The Great Sonoma Duck Race. 8K River Run (part of Duck Race Festi-

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# SCHEDULE

val). Johnson's Beach. 7 a.m. (707) 585-0865.

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

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

**San Anselmo:** Run & Walk for Open Space. 4 mile. Memorial Park. 9 a.m. San Anselmo Open Space Committee (415) 456-9912.

**Davis:** Davis Triathlon, 1K Swim, 34K Bike, 10K Run, Stonegate Country Club, 8 a.m. Brenda Lazzaroni, Davis Aquadarts, 221 Jalisco Place, Davis 95616. (916) 758-3859.

**Northridge:** 5K Walk & Run With a Difference. John Hutchinson / California Council of the Blind, 8915 Reseda Bl, Northridge 91324 (213) 349-2636 or (800) 221-6359.

**Simi Valley:** Simi Valley Days 5 & 10K (& 1 Mi. Fun Run), Madera Rd. & Los Angeles Ave., 8 a.m./5K, 8:30 a.m./10K, 8:35 a.m. Doug Crosse, Rotary Club, P.O. Box 524, Simi Valley 93062. (805) 527-0400.

**Ventura:** Ventura Half Marathon, Mission Park, 8 a.m. Inside Track, 1410 E. Main st., Ventura 93003. (805) 643-1104.

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

**San Diego:** Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, 6:45 a.m. CAT Sports, 5966 La Place Ct., Suite 100, Carlsbad 92008. (619) 221-5555.

**So. San Francisco:** Italian Games 10K, Location TBA, 8:30 a.m. Italian American Games 10K, 337 Grand Ave., So. San Francisco 94080. (415) 871-9278.

**San Francisco:** DSE Diamond Heights Run, 2.99 Mi., McAteer High School (Portola & O'Shaughnessy), 10 a.m. Info: (415) 593-2788.

**Walnut Creek:** BAOC Orienteering Meet, Shell Ridge (4 Mi. east of Walnut Creek), Time TBA. Bay Area Orienteering Club, 3151 Holyrood Dr., Oakland 94611.

**Anaheim:** Freedom Stride, 5 & 10K & PeeW-ee Dash, Time TBA. Info: Elite Racing (714) 548-4897.

## September 25 (Tues.):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard Beach State Park (2101 Mandalay Beach

Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 647-3611.

## September 27 (Thurs.):

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

## September 29 (Sat.):

**Woodside:** Wunderlich Wilderness Wrun, 4 1/4 & 10.2 Mi., Wunderlich Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Knights Ferry:** Knights Ferry Biathlon. 10K Run / 25 Mile Bike. 9 am (300 limit) American Cancer Society/Biathlon, 207 E. Alpine Ave., Stockton 95204, Don Bryan (209) 462-4395.

**Sonoma:** Wine Country 12-Hour Run for Sight. Sonoma High School (all-weather track). 8 pm. Dr. Wayne Cannon, 34 W. Spain St., Sonoma 95476.

**San Jose:** Run Under the Sun, 2 Mi. & 10K, 8 a.m. Jubilee Christian Center, 110 No. Nor-tech Pkwy., San Jose 95134. Mary Alexander (408) 243-2740.

**Grass Valley:** "Bear Fair Races" & Quadrathlon (all events for quadrathlon), 100m, 400m, 1500m (all on track) & 5K Cross Country, Bear River High School, 5 p.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Sacramento:** Kingsbury Summer Biathlon Series (Running & Shooting), Time TBA. Chuck Lyda, Auburn Ski Club Training Center, P.O. Box 829, Soda Springs 95728. (916) 426-3313.

**Reno, NV:** Reno Gazette-Journal Jog, 8K, Reno YMCA, Time TBA. Info: Dee McKim (702) 356-2024.

**Morro Bay:** Morro Bay Triathlon, 1/2 Mi. Swim, 25 Mi. Bike, 10K Run, 8:30 a.m. Recreation & Parks Dept., 1001 Kennedy, Morro Bay 93442. (805) 772-1214 x229.

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

**Watts:** 5K & 10K Run and 3K Celebrity Walk for Health, 103rd & Compton, 8 a.m. Watts Health Foundation, 3405 W. Imperial Hwy., #401, Inglewood 90303. (213) 671-3465, X359 or 360.

**San Mateo:** A Time to Pause & A Chance to Change, 10K & 2 Mi. Walk, Coyote Point Park, 4 p.m. Project Ninety, 720 So. B St., Suite 3, San Mateo 94401. (415) 579-7881.

**Avalon, Catalina:** Avalon Lions Club "Run

For Sight", 5 & 10K and 10.8 Mi., 8:30 a.m. Avalon Lions Club, Run for Sight, P.O. Box 305, Avalon 90704. (213) 510-0787 or (213) 510-1341.

## September 30 (Sunday):

**El Toro:** Run of the Runways, 5K, 10K & Half Marathon. Info: MWR Dept., Run of the Runways, Marine Corps Air Station, MCAS, El Toro. (714) 726-2571.

**Portland, OR:** Portland Marathon & 5 Mi., S.W. Fourth & S.W. Columbia, 8 a.m. Les Smith, P.O. Box 4040, Beaverton, OR 97076. (503) 226-1111.

**San Francisco:** Bridge to Bridge Run, 5K & 8 Mi., Ferry Bldg., 9 a.m. Bridge to Bridge, c/o KNBR-68, 1700 Montgomery St., Suite 400, San Francisco 94111.

**Oakland:** Run/Walk/Stride 5 & 10K, Lake Merritt (568 Bellevue Ave., boathouse), 9 a.m. Oakland Parks & Rec., 1520 Lakeside Dr., Oakland 94612 (415) 273-2290.

**Newark:** Run for Education 5 & 10K, Coyote Hills Regional Park, 9 a.m. Leona Schneck, 36428 Worthing Dr., Newark 94560. (415) 797-0196.

**Santa Clara:** Carousel to Coaster 10K Run/5K Stride, Great America, 9 a.m. Parks & Rec. Dept., 1500 Warburton Ave., Room 103, Santa Clara 95050. (408) 984-3223.

**Santa Cruz:** Santa Cruz Sentinel Triathlon, 1 Mi. Swim, 23 Mi. Bike, 10K Run, 7 a.m. (1,100 Limit, Deadline of 9/24). Alice Helmer, Santa Cruz Sentinel Triathlon, Box 638, Santa Cruz 95061. (408) 423-4242 x301.

**Woodland:** Fall Mall 10 Miler & 5K Fun Run/Walk, County Fair Mall (Hwy. 113 & Gibson Rd.), 8 a.m. Mary Hein, Woodland Parks & Rec., 1017 Main St., Woodland 95695. (916) 661-5880.

**Fresno:** Big Fresno Fair Cross-City Race, 2 Mi. Run/Walk, 10K Run, Time TBA. Fresno Fair Cross-City Race, 1121 Chance Ave., Fresno 93702. (209) 453-3247, days.

**Lake Isabella:** Dam Tough Run, 38.6 Mi. Relay & Ultra-Marathon, 45 Mi. east of Bakersfield on Hwy. 178, 7 a.m. Lake Isabella Chamber of Commerce, P.O. Box 567, Lake Isabella 93240. (619) 379-5236.

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

**San Diego:** RunningWild 10K & 2 Mi., Wild Animal Park, 7:30 a.m. Info: Larry Taylor (619) 437-4556, 437-4667.

**San Francisco:** DSE Walt Stack Birthday Run, 3 Mi. Golden Gate Park (Stow Lake



# BOOKS...

- All About Road Racing -- \$5.00**  
Tom & Janet Heinonen. 1979. 128 pgs. Illustrated.
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Ed. Fern. 72 pgs. Illustrated. Ready August 1990.
- Getting Started in Track & Field -- \$6.50**  
A Coaching Manual. R. S. Parker. 1976. 128 pgs. Illustrated.
- High School Cross Country -- \$5.00**  
Joseph McLaughlin. 1983. 96 pgs. Illustrated.
- How High School Runners Train -- \$5.00**  
ed. by Frank P. Calore. 2nd ed. 1982. 128 pgs. Illustrated.
- Peak When It Counts: Periodization for American Track & Field -- \$12.00**  
William H. Freeman. 1969. 111 pgs. Illustrated.

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Boathouse), 10 a.m. Info: (415) 593-2788.

**Merced:** Gateway to Yosemite Triathlon, Long Course (6.2 Mi. Run, 22 Mi. Bike, 800m Swim), Short Course (2 Mi. Run, 6 Mi. Bike, 400m Swim), Lake Yosemite Park, 8 a.m. Info: (209) 384-6029.

## October 5 (Friday):

**Palo Alto:** Palo Alto Moonlight Run, 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rds.) 9 p.m./5K, 9:15 p.m. Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

## October 6 (Saturday):

**Novato:** Stafford Lake Challenge Trail Race. 5K & 7.5 mile. Stafford Lake County Park. 8 a.m. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

**Atwater:** Castle 10K Run, Castle A.F.B. (Fitness Center), 8 a.m. Marty Bannon, 2726 Peerless, Atwater 95301. (209) 358-6855.

**Rialto:** SPA/TAC 8K Cross-Country Championships & 5K X-C (+ 300 Yd. "To the Peak" Sprint Challenge), Jurupa Hills Regional Park, 8 a.m. Prime Time, 173 Condor Dr., Rialto 92376. (714) 874-2238.

**Corona:** Corona Firefighter's Association 5 & 10K. Corona High School. 5K/7:45 am & 10K/8 am. Corona Firefighter's Run, 540 Magnolia, Corona 91719 (714) 736-2211.

**San Diego:** Moving Comfort 8K (Women Only) and Movin' Shoes 8K (Men Only), South of Hilton, 7 a.m./Men, 7:30 a.m./Women. Info: Men (Paul Gfeer): (619) 755-1639, Women (Cindy Lennon): (619) 294-9273.

**Visalia:** 24-Hour Fun Raiser, 8 a.m., on new Sunkist Stadium track. \$40 pre entry. 24 Hours of continuous activity. Tammy Bohanan, 208 W. Main, Visalia 93277.

**Yosemite:** Cloud's Rest Trail Marathon, Tuolumne Meadows to Curry Village. 9 am. (Pre-Reg Only). Tri-Sports, 21 Live Oak, Berkeley 94705 (415) 540-7005.

**St. George, Utah:** St. George Marathon, Time TBA (Entries close Sept. 27). St. George Marathon, 86 So. Main St., St. George, UT. 84770. (801) 634-5850.

**Burney:** Burney Classic Marathon. 5K & 10K. McArthur-Burney Falls State Park. 9 am. Dave Podbielski, Burney Lions Club, PO Box 217, Dept. M, Burney 96013 (916) 335-2768.

## October 7 (Sunday):

**San Francisco:** DSE Mission Rock Run, 3.5 Mi., Third St. & Mission Rock, 10 a.m. Info: (415) 593-2788.

# SCHEDULE

**San Francisco:** Pepsi California Mile, 8 a.m. Mike Marcus, P.O. Box 2417, Mill Valley 94942. (415) 383-0314.

**San Francisco:** Fleet Week Challenge, 10K. Pier 39 (to Treasure Island across Bay Bridge). 8 am. Public Affairs Office, Naval Base San Francisco, Bldg. 1, Treasure Island, San Francisco 94130-5018, (415) 395-3924 or 3928.

**Morgan Hill:** Columbus Day Biathlon, 5 Mi. Run, 15 Mi. Bike, Live Oak H.S. (1505 E. Main St.) 9 a.m. South Valley Tri-Sports Club, 470 Corte Cabanil, Morgan Hill 05037. (408) 779-2054.

**Santa Rosa:** Harvest Fair 3 & 10K, Fairgrounds, 8 a.m. John Decker, Sonoma County Family YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

**Sacramento:** Sacramento Marathon & Half-Marathon. Time TBA. Ron Sturgeon, 7666 Leisuretown Rd., Vacaville 95688 (707) 448-9635.

**Sparks, NV:** Silver State 5K and PA/TAC 15K Championships, Cottonwood Park, 9 a.m. Bill Meister, 13235 Fellowship Way, Reno, NV. 89511. (702) 852-5037.

**Moorpark:** Moorpark County Days 5 & 10K and 1 Mi., Moorpark H.S., 8 a.m. Moorpark CDR, P.O. Box 1003, Moorpark 93020. (805) 529-0322.

**San Dimas:** Bonelli International and U.S. Triathlon Relays, 1K Swim, 40K Bike, 8K Run, Bonelli Park, Time TBA. Tri Events, Inc., 2654 E. Garvey Ave., West Covina 91701. (81) 331-0169.

**Coronado:** Leukemia Coronado Bridge Run, 3 Mi. & 10K, 7:45 a.m. Info: In Motion (619) 268-5882.

## October 13 (Saturday):

**Sacramento:** BAOC Orienteering Meet, Goethe Park, Time TBA. Bay Area Orienteering Club, 3151 Holyrood Dr., Oakland 94611.

**Castro Valley:** Fire Trails Fifty, 50 Mi., Lake Chabot Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

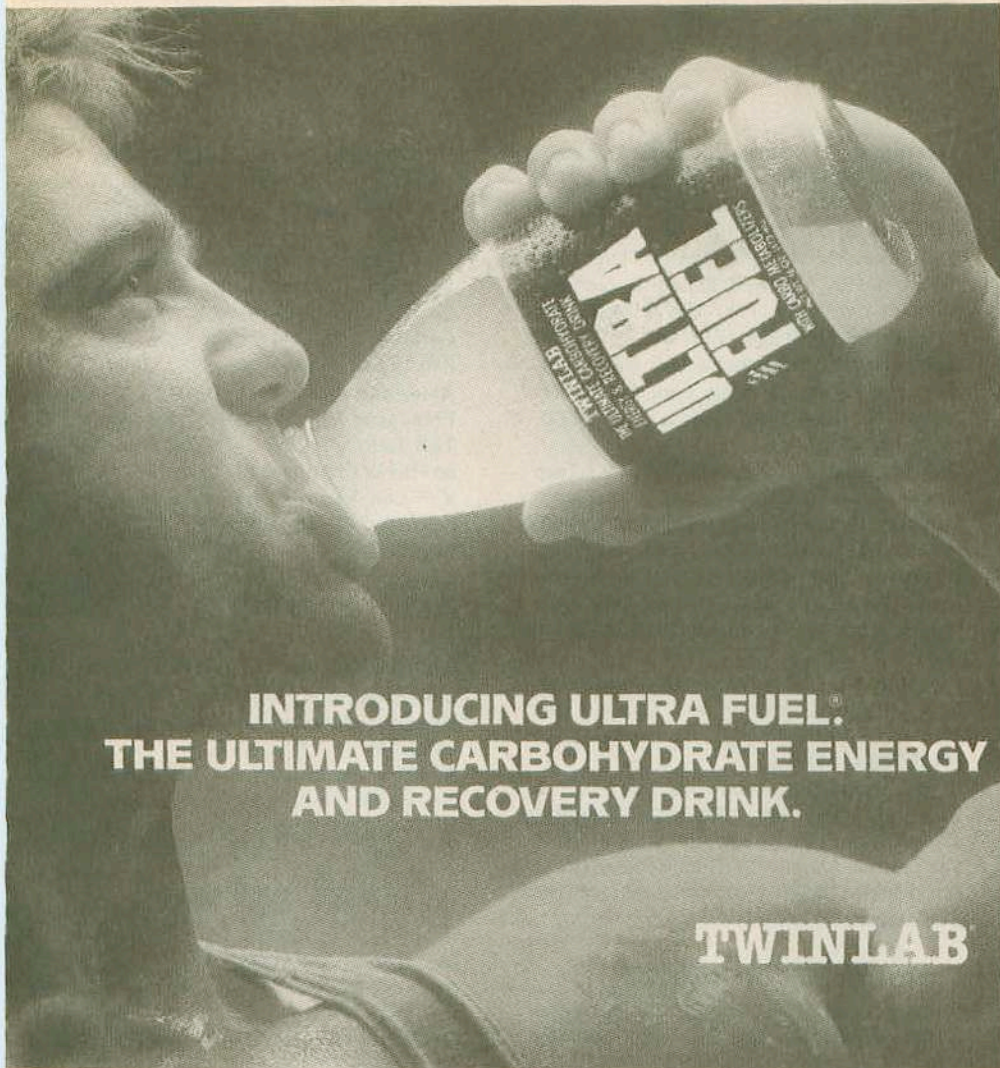
**Berkeley:** Barrow's to Bear's Lair 5K. North Field (near College & Bancroft). 10 am. Info: Paul Frederiksen (415) 457-4142.

**Aptos:** Aptos Creek Marathon. Forest of Nisene Marks State Park. 9 am. Tri-Sports, 21 Live Oak, Berkeley 94705 (415) 540-7005.

## October 14 (Sunday):

**San Francisco:** DSE Golden Gate Promenade, 7.13 Mi., Dolphin Club (502 Jefferson





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<sup>1</sup> Per B., Hostmark, A., Vaage, O., Kardel, K., Maehlum, S. Effect of different post-exercise sugar diets on the rate of muscle glycogen synthesis. Med. Sci. in Sports and Exercise. 1987; 19: 491-496.  
<sup>2</sup> Nilsson, L.H., Hultman, E. Liver and muscle glycogen in man after glucose and fructose infusion. Scand. J. Clin. Lab. Invest. 1974; 33: 5-10.

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St.), 10 a.m. Info: (415) 593-2788.

**San Francisco:** GayRun, GayWalk '90, 5 & 10K Run, 5K Walk, Golden Gate Park (south side of Polo Fields), 9 a.m. GayRun, c/o Frontrunners, 1550 California St., Suite 6L200, San Francisco 94109. (415) 621-2213.

**Half Moon Bay:** Half Moon Bay Pumpkin Festival Run, 1.5 Mi. & 10K, Cunha School (Kelly & Church Sts.), 8 a.m./1.5 Mi., 8:30 a.m. Dave Stamper, HMB Coasters R.C., P.O. Box 1101, Half Moon Bay 94019. (415) 726-6453.

**Danville:** Primo's to Primo's 5K, 10K & Half-Marathon, (Half/Danville); 5 & 10K/San Ramon), 7:30 a.m./5 & 10K, 8 a.m. Jim Hurd, 2491 San Ramon Valley Blvd., Dept. 1-410, San Ramon 94583. (415) 820-7615.

**Berkeley:** Strawberry Canyon Run. 5.5 mile. Edwards Track Stadium to Lawrence Hall of Science (UC Berkeley). 7 a.m. Marilyn Smith, Lawrence Hall of Science, UC Berke-

ley, Berkeley 94720 (415) 642-5133.

**Salinas:** Heart & Sole 5 & 10K, Salinas Airport, Time TBA. Mike Hutchinson, Salinas Valley Memorial Hospital, 450 E. Romie Ln., Salinas 93901. (408) 755-0747.

**San Rafael:** Fourth Street Mile, 842 Fourth St., 10 a.m. Don Swartz, c/o New George's, 842 Fourth St., San Rafael 94901. (415) 258-9833.

**Novato:** Mt. Burdell Challenge, 5 & 10K, 351 San Andreas Dr., 9 a.m. Ray Young, 2050 Shady Ln., Novato 94945. (415) 892-3228.

**Sacramento:** CalFarm Insurance Zoo Zoom 5 & 10K (Masters PA/TAC 10K Championships), William Land Park (Sacto Zoo), Time TBA. Sacramento Zoological Society, 3930 W. Land Park Dr., Sacramento 95822. (916) 449-5888.

**Merced:** Bell Race, 3K & 15K, Applegate Park (26th & "O" St.), 8:30 a.m./15K, 8:40 a.m. Jean Schwisow, 629 El Portal, Merced 95340. (209) 722-8385.

**San Luis Obispo:** Cuesta 50K Biathlon, 10K Run, 40K Bike, Cuesta College, Time TBA. Warren Hansen, P.O. Box 8106, San Luis Obispo 93403. (805) 546-3207.

**Montclair:** Montclair Baldy View, 1K, 5K & 10K, 7:30 a.m. City of Montclair, 5111 Benito St., Montclair 91763. (Brad Bennett: (714) 626-8571, x267.

**Irwindale:** Colors of Autumn 5 & 10K (plus 1 Mi. Fun Run), Santa Fe Dam Recreational Area (Arrow Hwy. & Azusa Canyon Rd.), 7:30 a.m./10K, 7:35 a.m./1 Mi., 8 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**Burlingame:** Sri Chinmoy 12-Hour Race, Burlingame H.S. (dirt track), 7 a.m. Venu Riggio, Sri Chinmoy Marathon Team, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

**October 20 (Saturday):**

**Berkeley:** Golden Bear Challenge 5 & 10K, Edwards Stadium (UC Berkeley, Bancroft &



# SCHEDULE

Oxford), Time TBA. Tom Jacobs, UCB Men's Athletics, #210 Memorial Stadium, Berkeley 94720. (415) 642-2444.

**Pt. Reyes:** Miwoks 50 Mile & Marathon. Pt. Reyes National Seashore. 7 am. Tri-Sports, 21 Live Oak, Berkeley 94705 (415) 540-7005.

**Sacramento:** Wenmat's 5 & 10K Run & Kid's Half-Mile, William Land Park (Arden Bar), 8:30 a.m./1/2 Mi., 9 a.m. Wenmat, Inc., Attn: Michele, 5800 Winding Way, Carmichael 95608. (916) 481-5004.

**Sacramento:** Firehouse to Firehouse Fun Run, 6K, Old Sacramento (1112 Second St), 9 a.m. Linda Bayless, Sacramento Fire Dept., 1231 "I" St., #401, Sacramento 95814. (916) 449-5321.

**Fresno:** Run to Make a Difference, 2 Mi. & 10K, Woodward Park, 7:30 a.m./2 Mi., 7:45 a.m. Margo Sundermeier, 7675 No. First, #222, Fresno 94710. (209) 436-8277, eves.

**San Diego:** San Dieguito Handicap, 10 Mi., 7:30 a.m. San Diego TC News, P.O. Box 7853, Encinitas 92024.

**San Diego:** San Diego Sun Run, 5K, UC San Diego, 7:30 a.m. Info: Toni Deal (619) 272-8316.

**San Diego:** Juvenile Diabetes 10K, L.J. Village Sq., 9 a.m. Info: Jeff Hayes (619) 528-2213.

**Las Vegas, NV:** Nat'l. USTS Bud Light Triathlon Championships, 1.5K Swim, 40K Bike, 10K Run, Time TBA. CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

**San Francisco:** Lake Merced 10K, 10 a.m. Pamakids Mile (free) 9:30 a.m. Pamakid's, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

## October 21 (Sunday):

**San Francisco:** DSE Bay to Breakers Revisited, 7.46 Mi. (Howard & Spear St.), 8 a.m. Info: (415) 593-2788.

**San Francisco:** Greater Mission Pride Run, 5 & 10K, Dolores Park, 10 a.m. Charles E. Smith, 633 Folsom St., Room 590, San Francisco 94107. (415) 542-1992.

**Hayward:** Hayward Half-Marathon & 2 Mi. Fun Run/Walk, Kennedy Park, 8 a.m. Debra Park, c/o H.A.R.D., 1099 E. St., Hayward 94541. (415) 881-6778.

**Newark:** Coyote Hills Race. 3.5 & 7 Mile. Coyote Hills Park. 10 am. Info: Newark Recreation Dept. (415) 745-1124.

**Santa Clara:** Oxford's Eat & Run. 5 & 10K. Mission College. 9 am/5K, 9:20 am. Info: World Runners (408) 996-9961.

**Livermore:** The Mulberry Grape Escape, 5 & 10K, Wente Bros. Vineyards, 9 a.m. Rae Dorrough, 6154 Escondido Cir., Livermore 94550. (415) 387-2178.

**San Jose:** YMCA Rose Garden Run/Stride, 1.5 Mi. & 10K, YMCA, 8:30 a.m. George Bettencourt, c/o YMCA, 1717 The Alameda, San Jose 95126. (408) 298-1717, x40.

**Santa Cruz:** Long Marine Lab Half Marathon, Natural Bridges State Park, 8 a.m. Mike Moser, 100 Shafter Rd., Santa Cruz 95060. (408) 459-4675.

**Salinas:** Salinas Skyclimb, 7.5 Mi., Toro Regional Park (Quail Meadows Picnic Area), 9:30 a.m. (9 a.m./Walkers). Skip Latham, 105 Harvest St., Salinas 93901. (408) 424-6155.

**Aptos:** BAOC Orienteering Meet, Nisene Marks State Park, Time TBA. Bay Area Orienteering Club, 3151 Holyrood Dr., Oakland 94611.

**Clayton:** Mt. Diablo Relay, 48 Mi. (7 Legs, 5-10 Mi. Each), downtown, 7:30 a.m. John Mercurio, 1430 Bel Air Dr., Concord 94521. (415) 676-4151.

**Weott:** Humboldt Redwoods Marathon & Half Marathon (H-M is PA/TAC Championships), Humboldt Redwoods State Park, 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570. (707) 442-6463, 2-4 p.m. weekdays.

## October 27 (Saturday):

**Stinson Beach:** Stinson Beach Marathon & Half-Marathon & 7 Mile. 9 am. Tri-Sports, 21 Live Oak, Berkeley 94705 (415) 540-7005.

**San Jose:** Software Publishing Biathlon, 15 Mi. Bike, 5 Mi. Run, downtown, 8 a.m. Rhody-Co Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**Sacramento:** Laguna Challenge 5 & 10K Run and 5K Stride, plus Kid's Half-Mile, Hwy 99 So. & Timberlake Way, 8:30 a.m./1/2 Mi., 9 a.m. Suzanne Weinberger, Laguna Challenge, c/o Methodist Hospital, 7500 Timberlake Way, Sacramento 95823. (916) 423-6161.

**Gilroy:** Halloween 10K, Christmas Hill Park, 9 a.m. Richard Young, 7671 Carmel, Gilroy 95020. (408) 842-5051.

**Ventura:** Twilight's Last Gleaming Cross Country Challenge, 4 Mi., Arroyo Verde Park, 5 p.m. Andrew Hecker, P.O. Box 7793, Ventura 93006. (805) 983-0044, Days; (805) 642-3879, eves.

**Alhambra:** Alhambra Moonlight 8K & Nat'l. TAC Women's Nationals, 7:10 p.m./Open. City of Alhambra Moonlight 8K, 111 So. First

St., Alhambra 91801. (818) 570-5044.

**San Diego:** Light the Night Against Crime 10K, downtown, 7 p.m. Info: Toni Deal (619) 272-8316.

**San Diego:** Quarter-Note Classic 10K & 2 Mi., Organ Pavilion, 8 a.m. SDTC News, P.O. Box 7853, Encinitas 92024.

**Carlsbad:** Coastal Classic, 5 & 10K, 8 a.m. Info: In Motion (619) 268-5882.

**American River Canyon:** Sierra Nevada Endurance Run, 52.4 Mi. (99% Trail), Time TBA. Delmar Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 676-4910.

✓ **Las Vegas:** Showboat Run for Children. 5K Run/1 Mile Walk. 8 am. HOTEL PACKAGES AVAILABLE. Showboat Run for Children, PO Box 26118, Las Vegas, NV 89126-0118 (702) 383-2326.

## October 28 (Sunday):

**San Francisco:** DSE Fort Point Run, 3.8 Mi., Little Marina Green, 10 a.m. Info: (415) 593-2788.

**San Francisco:** Alcatraz Challenge Triathlon, 1.5 Mi. Swim, 1 Mi. Run, 15 Mi. Bike, 15 Mi. Run (Double Dipsea), 7 a.m. Sally Baily, 10 Camelford Ct., Moraga 94556. (415) 376-3468. \$140 Entry Fee.

**San Francisco:** Alamo Alumni Run, 5 Mi., (focus on college alumni teams, but open to all). Civic Center Plaza. 8 am. Pamakid Runners, PO Box 27577, San Francisco 94127 (415) 681-2323.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K, & 15K, Old Boat-house (14th & Lakeside Dr.), 9 a.m. LMJS, 3136 California St., Oakland 94602. (415) 530-1951.

**Palo Alto:** The Great Race, 10K, Stanford Stadium, 8:30 a.m. Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Larkspur:** Halloween Fun Run, 5 Mi. Run & 4 Mi. Walk, Piper Park (Doherty Dr.), 8:15 a.m./Walk, 8:30 a.m./Run. Larkspur Recr. Dept., P.O. Box 585, Larkspur 94939. (415) 927-5031.

**Modesto:** The Modesto Mile, 10th & "I" Sts., 8 a.m. Coyote Run Sport Shoes, 941 Tenth St., Modesto 95354. (209) 579-7463.

**Auburn:** Bear of a Run, 5 & 10K and 2 Mi. Fun Run, Gold Country Fairgrounds, 9 a.m. Children's Home Society, 9719 Village Country Dr., Suite 201, Sacramento 95827. (916) 366-9057.

**Westlake:** Great Pumpkin 5 & 10K and 1 Mile, Westlake Hyatt Hotel, 8 a.m./5K, 8:50



## SCHEDULE

a.m./10K, 9 a.m./1 Mi. Westlake Village Chamber of Commerce, 31838 Village Center Rd., Westlake Village 91361. (818) 991-3101.

**Newport Beach:** Human Race Triathlon, 1/2 Mi. Swim, 13 Mi. Bike, 5K Run, Time TBA. Pacific Sports Management, P.O. Box 30005, Suite 618, Laguna Niguel 92677. (714) 546-9041.

**San Diego:** Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, Time TBA. Hamilton Events, P.O. Box 236, Lake Oswego, OR 97034. (503) 655-4721.

### October 31 to Nov. 3

(Wed. to Sat.): Catalina Island: The

World Triathlete Relay Championship, 7 Events, Time TBA. Tri Events, Inc., 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

## Looking Ahead

Marathon, Relays & Important Deadlines, Major Events, Etc.

**Nov. 3 (Sat.): Belmont:** PA/TAC 10K X-Country Championships (all divisions) & Open 10K X-C Fun Run (non-championship), Crystal Springs X-C Course (Hallmark Dr. off Rals-

ton Ave.), separate events for Open Men, Open Women, & Masters Championships, noon (1st race). WVTC, c/o Flory Rodd, 1445 Lake St., #203, San Francisco 94118. (415) 387-7172.

**Nov. 4 (Sun.): New York City:** New York City Marathon, 10:45 a.m. Marathon Entries, P.O. Box 1388 GPO, New York, NY 10116. (212) 860-4455. Send as soon as possible (#10 Size) and check for \$3 payable to "NYC Marathon", 23,000 accepted (12K 1st entries, 4K lottery, 7K international).

**Nov. 10 (Sat.): Morro Bay:** Morro Bay Relay, Distance(s) TBA, Morro Bay State Beach, 8:30 a.m. Morro Bay Recr. & Parks Dept., 1001 Kennedy, Morro Bay 93442. (805) 772-1214, x229.

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## SCHEDULE

**Nov. 11 (Sun.): Clarksburg:** Foundation Charity Challenge, PA/TAC 30K Championships, 5K Run/Walk, 1 Mi. Kid's Race, Delta H.S., 11 a.m./30K, 11:15 a.m./5K, 12:05 p.m./1 Mi. Foundation Charity Challenge, P.O. Box 20, Clarksburg 95612. (916) 636-7692, (707) 448-9635.

**Nov. 11 (Sun.): Columbus, OH:** Columbus Marathon (Nat'l. TAC Men's Championships & site of 1992 Men's Olympic Trials), Columbus Marathon, 6290 Busch Blvd., #30, Columbus, OH 43229. (614) 433-0395.

**Nov. 17 (Sat.): Oakland:** Sri Chinmoy 24-Hour Race, one-mile loop on Edgewater Dr., 8 a.m. Venu Riggio, Sri Chinmoy Marathon Team, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

**Nov. 18 (Sun.): Los Gatos:** Summit Marathon & Half-Marathon, Los Gatos H.S. (track) out and back courses, 8 a.m. Runners Factory, 51C University Ave., Los Gatos 95030. (408) 395-4311.

**Nov. 24 (Sat.): Mill Valley:** Quadruple Dipsea, 28.4 Mi., Old Mill Park, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611. (415) 842-6889.

**Dec. 1 (Sat.): Fresno:** Kinney Cross Country Western Regional. 5K. Woodward Park. Kinney X-C, 4957 E. Heaton Ave., Fresno 93727 ((209) 456-0535 (High School athletes ONLY. Qualifier for Kinney National Championships held in San Diego's Balboa Park, December 8.).

**Dec. 2 (Sun.): Folsom:** California International Marathon, finish at Capitol Mall in downtown Sacramento, 7 a.m. SLDR, P.O. Box 161149, Sacramento 95816. (916) 447-2786.

**Dec. 9 (Sun.): Honolulu, HI:** Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Wai'alae Ave., Room 208, Honolulu, HI. 96816. (808) 734-7200.

**Dec. 9 (Sun.): San Diego:** San Diego International Marathon, 8 a.m. Info: (619) 483-9501.

**Dec. 16 (Sun.): San Francisco:** Christmas Relays, 4x4.464 Mi., Lake Merced

(Sunset Blvd. Parking Lot), 9 a.m. (2 starts). WVTC, c/o Marc Lund, 1433 Norman Dr., Sunnyvale 94087. Flory Rodd: (415) 387-7172.

## Track Schedule

**Aug. 11, 12 (Sat. & Sun.): Wailuku, Maui:** 2nd Annual Hawaiian T & F Festival. War Memorial Stadium, Wailuku, Maui. Youth, Open, Novice, sub-masters and masters. L.A. Patriots Int'l. T&F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

## Meetings, Clinics, etc.

**Aug. 5-10: Yosemite:** Yosemite Cross Country Camp. Yosemite Running Camp, 835 Modoc St., Merced 95340. (209) 722-2384.

**Aug. 5-10: Lake Tahoe:** USC, UCLA Runner's Workshop, Summer Running Camps. Mark Celestin, P.O. Box 817, Huntington Beach 92648. (714) 969-8703.

**Aug. 12-17: Yosemite:** Yosemite Cross Country Camp. (See Aug. 5-10).

**Aug. 19-24: No. San Diego:** USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 5-10).

**Aug. 20-24 (Mon.-Fri.): Grouse Ridge:** 20th Annual High Altitude Running Camp & Clinic, near Nevada City, \$30 per Person. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Aug. 28-Sept. 4: Catalina Island:** USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 19-24).

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# The Athlete's Kitchen

By NANCY CLARK, MS, RD.



## Frozen Yogurt

ONCE UPON A TIME, we all screamed for ice cream. Today, many of us prefer frozen yogurt. Although some sportsactive people don't touch the stuff ("I don't like yogurt, so why should I even try frozen yogurt?"; "Give me ice cream or nothing."), others think it's the greatest treat around ("When I want a guilt-free snack, I'll get a frozen yogurt"; "I like yogurt because it's lighter than ice cream.") The frozen yogurt business is growing by leaps and bounds, from a \$200 million business in 1985 to \$1.5 billion in 1989. Frozen yogurt has expanded the frozen dessert business, as indicated by the fact that ice cream consumption has held steady this year. Are these consumers attracted to yogurt because of its healthful image? The questions arise: Is frozen yogurt really a healthful food? Is a cone of frozen yogurt for lunch as nourishing as a cup of non-frozen yogurt? Is frozen yogurt a "free food" for dieters? Let's take a look at the hype and separate some fact from fiction.

**True or False: Frozen yogurt is a good diet food because it has very few calories?**

*False.* A large cone of frozen yogurt — easily 9 to 13 ounces — "costs" 25-30 calories per ounce, totaling 225-325 calories per serving. These calories are mostly from carbohydrates, so they are more likely to fuel your muscles than get stored as body fat, and are preferable to ice cream calories. However, these calories quickly add up. Hence, eating "diet portions" is the key to consuming frozen yogurt. Be cautious of heavy-handed servers who give you 6-8 ounces, when your calorie budget is planned for only four ounces.

The calorie content of frozen yogurt also depends on whether you get: 1) non-fat or low fat varieties, 2) flavors filled with almonds, pralines or fruit, 3) yogurt sundaes smothered with chocolate sauce and nuts, or 4) just plain vanilla. TCBY's lowfat frozen yogurt flavors vary between 200-280 calories per eight ounces. Elan premium yogurt provides 260 calories per 8 ounces for vanilla and 320 for

chocolate almond. That's not "low calorie", in my book.

**True or False: Frozen yogurt is nutritionally similar to non-frozen yogurt?**

*False.* Regarding calcium, most frozen yogurts provide about half what you'd get in a regular yogurt. A medium cone of frozen yogurt has about 20-30% of the RDA for calcium, (i.e., three to five frozen yogurts per day will provide all the calcium you need!) Columbo lowfat frozen yogurt has 20% of the RDA for calcium per 8 ounces. For the same numbers of calories, a cup of regular Dannon lemon yogurt provides twice that calcium (40% of the RDA).

In terms of protein, regular yogurt is also the better choice. It provides about 8-12 grams protein per 8 ounces, as compared to only 2-8 ounces for frozen yogurts. TCBY has less than 2 grams of protein per 8 oz.; Columbo frozen light has 8 grams. In comparison, Dannon non-frozen vanilla has 11 grams protein. The suggested protein intake for sportsactive people is about 50-70 grams per day. That could be at least a half gallon of frozen yogurt!

In terms of carbohydrates, flavored frozen and regular yogurts are carbohydrate-rich. Plain, unsweetened yogurt has about 16 grams of naturally occurring milk sugar. The food processors add about 4-6 teaspoons sugar, so both regular and frozen yogurts end up with about 30-45 grams carbohydrates. A cup of regular Dannon vanilla yogurt has 31 grams of carbohydrates, and TCBY has 48 grams. Since yogurt has very little fat in it, sugar provides the flavor and taste appeal — great for carbohydrate loading and recovering after a hard workout; not so great for the dental bill.

**True or False: Frozen yogurt is better for your health than ice cream?**

*Generally true.* When compared to premium ice creams, frozen yogurt certainly is a bargain. Most varieties of frozen yogurt have

fewer than four grams fat per 8 ounces. TCBY has only two grams fat per 8 oz. — that's 1/18th the amount in a large scoop of Haagen Dazs. Your arteries will definitely know the difference.

However, some brands try to fool us with deceptive advertising. For example, a Yoplait frozen yogurt boldly advertises on the pint container "97% fat free". That's 97% fat free by weight, but by calories, it's only 80% fat free. Elan Premium Yogurt is another sneaky product. One might assume with "yogurt" for a name, the product is low in fat. Elan vanilla has 6 grams fat/cup — you could have Light 'n Lively Ice Milk for the same amount of fat and 60 fewer calories. Elan also advertises "less than 80% the fat in ice cream". When compared to the super premium ice creams, perhaps. But Elan chocolate almond has 14 grams fat per cup — that's no bargain. Forty percent of those calories are from fat. Buyer beware: the name "yogurt" doesn't always mean "low fat".

To help you resolve the fat confusion, here's how frozen desserts compare. Standard ice cream is about 10% butterfat by weight. Premium ice creams (such as Steve's and Haagen Dazs) are about 16% fat. Ice milk is 2-7% fat. Frozen yogurt made from whole milk is 3-4% fat; lowfat milk, 1-2% fat; skim milk, 0% fat. If frozen yogurt is made from skim milk, the label boasts 100% fat free; if from whole milk, 97% fat free. Unfortunately for consumers, frozen yogurt is a relatively new product and the government has yet to define its maximum fat content. That's why you have to be aware of deceptive advertising and carefully select a lowfat product that's healthy for your heart.

*Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, teaches athletes how to select a diet that will help them be successful with food. Her books The Athlete's Kitchen (\$7, '81) and Nancy Clark's Sports Nutrition Guidebook (\$15, '90) are available through New England Sports Publications, P.O. Box 252, Boston, MA 02113.*





# Road Running Round Up

By PHIL STEWART

National Columnist, Running International

WHILE MOST OF THE BIG NAMES involved in TAC's drug testing mess this spring have been sprinters (with the exception of steeplechaser Henry Marsh), the impact is being felt in the distance running community. How? TAC is diverting so much attention to combatting the stories coming out about irregularities in the program that it has little time to give much attention to anything else—including such matters as the Women's Olympic Trials contract, an active search for new Ekiden sponsors, and several eligibility cases which have lingered on for months and months. Whatever comes out of the brouhaha, long distance running officials certainly hope it happens fast so that attention can be given to more constructive activities.

TAC did reach a verdict in the East Valley Marathon case where the three lead women went off course thereby shortening their race to 24.9 miles. Two of the first three women who covered the full distance claimed they should receive the prize money even though they were a considerable distance behind. A TAC panel disagreed and deemed the race "no contest" and withdrew all of the prize money. The panel then allocated the original prize money plus a small additional amount which was to be provided by the race as "damages" to all five runners with the lion's share going to the three women who had been in the lead when they made their fateful turn. The bottom line of the verdict is that a race director has a responsibility to keep runners on-course.

Most race directors work hard to get one T.V. station to broadcast their event, but at the Boston Marathon and Spokane's Lilac Bloomsday Run problems popped up when two stations wanted to show the event. Both races had arrangements with an "official" station when second stations decided they want-

ed to show the race as well. The issue quickly became one of what rights does a race organization have to sell or grant limited access by competitors to an event which is being held on public streets? Event marketers who count on selling this "exclusivity" as a basis of sponsorship are nervous about any restrictions on this right. ABC's Marty Liquori says, "(Limiting exclusivity) is a very dangerous precedent. Any network would be hesitant to pay a high rights fee if someone else is out there." So far no case has proceeded very far in the courts, but everyone is watching.

Cross country has always been a timid cousin of long distance running although countless road runners share rich memories of high school and college meets held under brilliant fall foliage. Unlike road running which doesn't really get going until college eligibility is over, cross country gets about as much play after graduation day as a wedding gown after the nuptials. Nevertheless a small band of cross country loyalists—including Boston natives John McGrath and Dan Dillon—have continually pressed for more TAC support in this area. Pat Porter's record breaking 8th consecutive victory in the TAC cross country meet last fall and Lynn Jennings' dramatic win in the IAAF World Cross Country Meet in March fueled the cross country movement. The latest shot in the arm came from the IAAF when it awarded the 1992 World Cross Country Meet to Boston, only the second time the event has been held in the U.S. Since the IAAF race brings a blend of middle and long distance track runners, cross country specialists such as Porter and Jennings, and roadsters to the same race, it is considered, by many, to be the most competitive race in the world each year. Mark your calendars for March 21, 1992.

The decision at this year's Revco-Cleveland Marathon to throw out the Russian woman who won the race for pacing and unfair assistance violations might have had greater international implications except for the fact that the runner-up was a Russian teammate. Although the U.S. rules on pacing and assistance are more stringent than those the Russians may have encountered in Europe, the woman's receiving some sort of inhaler from a male teammate who had quit the race early on is a violation of both TAC and IAAF rules. She certainly didn't try to be clandestine about her activities as she took the device from the male runner as the T.V. cameras whirred right on her.

Five-hundred clubs, a full treasury, and an emphasis on children's programs are the major goals of Jane Dolley, the Road Runner's Club of America's new President. "(The RRCA) will become a household name" Dolley stated after being elected at the organization's convention in Miami. Outgoing president Henley Gibble now serves as the RRCA's first executive director. For information about club or corporate memberships contact Gibble at 629 S. Washington St., Alexandria, VA 22314. (703) 836-0558.

"I'm still going after that sub 2:20 marathon. If I can get to the bottom of this (back) problem, I can do it," said Joan Samuelson after placing sixth at the Cascade Run Off in 50:13. Any doubters need only to remember back to 1984 when she won the Olympic Trials only 17 days after knee surgery before going on to win the gold medal in Los Angeles. Now a mother of two, Samuelson devotes 3 hours a day to her training sandwiched around her parenting duties.

*continued next page...*



"Motherhood is the other part of my training," she said as she held 4-month old Anders in her arms in Portland, OR.

The grand ball for race directors is coming up this fall. For the eighth year, Road Race Management is hosting its Race Directors' Meeting and Trade Exhibit in Washington, D.C., November 9-11. Fred Lebow will give the keynote speech. Anyone wanting to "sell and hear it all" when it comes to race directing should plan to attend. Contact RRM Race Directors' Meeting, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201. (703) 276-0056.

**Parting Thought:** As I write this column

with my right foot in a cast from a stress fracture sustained while doing mile intervals, I realize first hand that the mind of a 25-year-old inside the body of a 40-year-old is a dangerous combination.

*Phil Stewart is Editor and Publisher of Road Race Management, a monthly newsletter for race directors and individuals involved in race administration or sponsorship. Address inquiries about this column or about Road Race Management, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201.*

## What Do the Following Races Have in Common?

Alaska Women's Run  
All Iowa 8K  
Annapolis 10 Mile  
Asbury Park 10K  
BAA Boston Marathon  
Big Sur Marathon  
Bloomsday  
Boca 10K  
Bolder Boulder 10K  
Broad Street Run  
Buffalo 4-Mile Chase  
Cascade Run Off  
City of Alhambra 8K  
Cotton Row Run  
Crim Road Race  
Dexter-Ann Arbor Run  
Falmouth Road Race  
Fifth Season 8K

Gasparilla Distance Classic  
Great Aloha Run  
Great Cow Harbor 10K  
Greenbrier Run  
Hospital Hill Run  
Ice Breaker Road Race  
Kaiser Roll  
LaCrosse City Classic 10K  
Los Angeles Marathon  
Manchester Road Race  
Myriad Gardens Run  
National Capital Marathon  
New Bedford Half Marathon  
New York City Marathon  
Nike Women's Race  
Nissan Buffalo Marathon  
Old Kent River Bank Run  
Peachtree Road Race

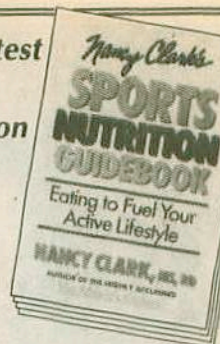
Pleasant Run Run  
Red Lobster 10K Classic  
Reedy River Run  
Ridgewood Run  
Rocket City Marathon  
Seattle Marathon  
Sonesta's Annual 5K  
Steamboat Classic  
Steamboat Marathon  
The Big Two 10K  
The Great Race  
Tom Sullivan 10K  
Tulsa Run  
Twin Cities Marathon  
Utica Boilermaker  
Virginia 10 Miller  
West End Run  
Wharf to Wharf Race

Representatives from all of them--and many others--have attended the Road Race Management Race Directors' Meeting and Trade Exhibit in Washington, DC. Join fellow race directors, race committee members, officials, members of the running media, etc. at the nation's premier long distance running gathering. Plus attendees have a chance to shop at the trade exhibit featuring over 30 vendors of all kinds of supplies and equipment for race directors.

*The 1990 Meeting Dates are November 9-11 in Washington, DC.*

For complete information send an SASE to Road Race Management Race Directors' Meeting and Trade Exhibit, 2101 Wilson Blvd, Suite 437-RI, Arlington, VA 22201. Or call (703) 276-0056.

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Left to right: AMY DAVIDSON, KAREN HECOX, ROSETTA HUNTER, SHELLEY TAYLOR, BECKY SPIES and BETH BARTHOLOMEW.

Fine Flicks by Don Gosney

# 1990 CALIFORNIA High School Best Marks

By Doug Speck, Mike Kennedy, Ray Scofield, and correspondents around the state

## Men

Key: no mark=Senior; \*=Junior; \*\*=Sophomore; ?=Class unknown.

### 100 Meters:

10.53	**Riley Washington (Sowest, Chula V)
10.56	*Napoleon Kaufman (Lompoc)
10.57	Andre Green (Poly, Long Beach)
10.58	Donovan Burks (Washington, L.A.)
10.59	Willie Clark (Wheatland)
10.68	Erik Mitchell (Los Alamitos)
10.68	*Tim Martin (San Clemente)
10.69	*Darnay Scott (Kearney, San Diego)
10.70	Larry Douglas (Edison, Fresno)
10.70	**Scott Hammond (Lincoln, San Diego)
10.70	*Teddy Lawrence (Morse, San Diego)

#### Wind-Aided

10.51	Keith Jones (Edison, Fresno)
10.53	Kerry Lawyer (Santa Barbara)

### 200 Meters:

(Accutrack Timing)

21.15	*Napoleon Kaufman (Lompoc)
21.16	Willie Clark (Wheatland)
21.26	Andre Green (Poly, Long Beach)
21.32	*Ricky Carrigan (Compton)
21.34	Erik Mitchell (Los Alamitos)
21.35	*John Thomas (San Bernardino)
21.39	Donovan Burks (Washington, L.A.)
21.49	*Darnay Scott (Kearney, San Diego)
21.54	Mark Noreiga (Pasadena)
21.57	**Riley Washington (Southwest, Chula V)

#### Wind-Aided

21.13	Erik Mitchell (Los Alamitos)
21.50	Mark Noreiga (Pasadena)

### 400 Meters:

47.39	John Floyd (Locke, L.A.)
47.44	*Jerrald McCladdie (Centen.Compton)
47.51	*Lamont Warren (Dorsay, L.A.)
47.54	Mike Sulcer (Muir, Pasadena)
47.77	Merril Samuels (Cal.Sch. Deaf, Fremont)
47.78	Curtis Scheerer (SilverCk, San Jose)
47.83	Dingane Newson (Albany)
47.89	*Ruben Benitez (Taft, Woodland Hills)
48.0	Willie Clark (Wheatland)
48.19	Marvin Templeton (Crenshaw, L.A.)

### 800 Meters:

1:50.87	Coley Candaele (Carpinteria)
1:51.66	Craig Magness (Santa Teresa, S.J.)
1:51.86	Dan Held (Santa Rosa)
1:51.91	*Louie Quintana (Arroyo Grande)
1:52.21	Jason Jenkins (Eisenhower, Rialto)
1:52.43	Egan Titus (Clovis)
1:53.20	Tyler Robbins (DeLaSalle, Concord)
1:53.52	*Mike Terry (El Modena, Orange)
1:53.54	Gary Martin (Oroville)
1:53.89	**Greg Robeson (Mt. Carmel, San Diego)

### One Mile:

("c"=converted from 1600 meters)

4:07.70c	Coley Candaele (Carpinteria)
4:08.65c	*Louie Quintana (Arroyo Grande)
4:09.32	Bryan Dameworth (Agoura)
4:11.33c	Brian Gastelum (Birmingham, VanNuys)
4:12.27c	Danny Jordan (Venice)
4:13.50c	Damon Chamberlain (CasaRoble, Oranv)
4:14.43c	*Hector Hernandez (MarVista, Imp Bch)
4:14.52c	*Ben Mesfen (Venice)
4:14.54c	Matt Ringer (Homestead, Cupertino)
4:14.79c	Kevin Berkowitz (Hayward)

### Two Mile:

("c"=converted from 3200 meters)

8:56.38c	Bryan Dameworth (Agoura)
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8:59.62c	**Angel Martinez (San Gabriel)
9:02.12c	Eliazar Herrera (Hoover, Glendale)
9:02.20c	*James Menon (San Luis Obispo)
9:04.16c	Abe Valdez (Camarillo)
9:04.28c	Obad Aguirre (San Fernando)



ANDRE GREEN (left) and NAPOLEON KAUFMAN

Fine Flicks by Don Gosney

9:09.25c	Robbie Price (Saddleback, Santa Ana)
9:09.48c	*Dave Hartman (Canyon, Santa Clarita)
9:10.35c	Martin Morales (Wilson, L.A.)
9:10.71c	*Mark Gonzales (La Habra)

continued next page...



# 1990 HIGH SCHOOL BEST MARKS

## 110 Meter High Hurdles:

### (Accutrack Timing)

14.08	Rocky Morris (Hill, San Jose)
14.24	Steve Warren (Clayton Valley, Concord)
14.29	Greg Greene (Garey, Pomona)
14.32	*Irwin Lincoln (DeAnza, Richmond)
14.34	Curtis Hawkins (Banning, Wilmington)
14.38	Chris Jones (Morse, San Diego)
14.43	*Eric Bell (Castle Park, Chula Vista)
14.47	Terrence Campbell (Banning, Wilraing.)
14.49	Andre Devezin (Muir, Pasadena)
14.49	*Isaac Carson (Jefferson, Daly City)

### Wind-Aided

14.17	*Avery Anderson (North, Riverside)
14.44	*Adrian Brown (Huntington Beach)
14.44	Jabari Reynolds (Nogales, La Puente)

## 300 Meter Intermediate Hurdles:

37.46	Rocky Morris (Hill, San Jose)
37.53	Charles Johnson (Cajon, San Bernardino)
37.63	Keadrick Washington, (Rowland, RwhHts)
37.84	**Damond Smith (Hawthorne)
37.87	Jabari Reynolds (Nogales, La Puente)
37.89	Chris Jones (Morse, San Diego)
37.9	Vince Grant (Muir, Pasadena)
38.0	Tim Shields (Santa Cruz)
38.26	*Keith Williams (Escondido)
38.37	Marc Higgins (Fairfield)

## 400 Meter Relay:

41.05	San Bernardino
41.06	Washington, L.A.
41.14	Crenshaw, L.A.
41.16	Muir, Pasadena
41.40	Carson
41.44	Locke, L.A.
41.52	Fairfield
41.69	Lincoln, San Diego
41.71	Dominguez, Compton
41.73	Jefferson, L.A.

## 1600 Meter Relay:

3:14.00	Muir, Pasadena
3:15.12	Centennial, Compton
3:15.13	Dorsey, L.A.
3:15.84	Valley, Sacramento
3:16.34	Locke, L.A.
3:16.74	Washington, L.A.
3:17.04	Vallejo
3:17.07	Mira Mesa, San Diego
3:17.42	Dominguez, Compton
3:17.87	Logan, Union City

## High Jump:

7-0	*Kevin Carlson (Katella, Anaheim)
7-0	*Avery Anderson (North, Riverside)
6-11 1/2	Adolfo Lopez (Gonzales)
6-11	Ruben Hendrix (South, Bakersfield)
6-11	*Tim Rucks (Milpitas)
6-10	Matt Rice (Bellarmine, San Jose)
6-10	Corey Rodgers (Cajon, San Bernardino)
6-9	*Bobby Robinson (Cabrillo, Lompoc)
6-9	Chris Moxley (Mission Viejo)

## Pole Vault:

16-0 1/2	Ed Lasquette (Mt. Pleasant, San Jose)
15-9	*Matt McCauley (Nevada Union, Grs Vly)
15-7 1/2	Shane Wool (Modesto)
15-7	*David Cox (Freno)

15-6	Chris Daily (Ygnacio Valley, Concord)
15-6	Erik Rameson (Dos Pueblos, Goleta)
15-4	Sean Buckley (St. Francis, Mt. View)
15-3	Bill Tanner (Oakmont, Roseville)
15-2	Tyson Jacobsen (Capist Vly, Mission V)
15-2	Jason Hanlon (Upland)
15-2	Wes Stephens (Orange Glen, Escondido)



AVERY ANDERSON

Photo by Bill Cockerham

## Long Jump:

25-5	Jerome Price (UnivCity, San Diego)
25-0 1/4	Jason Duff (Etiwanda)
24-5 1/2	Anthony Smith (San Bernardino)
24-3 1/2	*Tyron Edwards (Nogales, La Puente)
24-3 1/2	*Napoleon Kaufman (Lompoc)
24-2	**Scott Hammond (Lincoln, San Diego)
23-11	*Rogue Balina (Mt. Carmel, San Diego)
23-9 1/2	Ken Stephenson (Gilroy)
23-9	? ? Hill (Taft, Woodland Hills)
23-8 1/2	Steve Moore (Branham, San Jose)

**Wind-Aided**

25-8 1/2	Jerome Price (UnivCity, San Diego)
25-5 1/2	Jason Duff (Etiwanda)
24-5	*Napoleon Kaufman (Lompoc)
24-4 1/2	**Scott Hammond (Lincoln, San Diego)
24-3	*Kyhaunn Woods (Locke, L.A.)

## Triple Jump:

51-7 3/4	Phouphet Singbandith (Magn. Anaheim)
49-3 3/4	*Mike Walker (California, San Ramon)
49-0 1/4	Billy Ivey (Nogales, La Puente)

48-8 1/2	**Offord Rollins (Wasco)
48-6 1/4	Clayton Tharrington (Esper, Anaheim)
48-4 3/4	Jason Duff (Etiwanda)
48-3	Jon Baker (Foothill, Bakersfield)
48-2	Gabe Higa (Quartz Hill)
48-1 1/2	Tony Robinson (San Clemente)
47-9 3/4	Craig Price (Salinas)

**Wind-Aided**

48-3 1/2	Jon Baker (Foothill, Bakersfield)
----------	-----------------------------------

## Shot Put:

76-2	Brent Noon (Fallbrook)
62-9	*Mark Parlin (Esperanza, Anaheim)
60-1 1/2	Rene Bustamonte (Schurr, Montebello)
59-3 3/4	*Patrick Van Scoy (Rio Mesa, Oxnard)
59-2	Kevin McMahon (Bellarmine, San Jose)
58-11 1/2	David Partin (Mayfair, Lakewood)
58-3 1/2	Jon Frank (Bakersfield)
58-3 1/4	Mark Kinney (Esperanza, Anaheim)
57-8	Jim Younger (Milpitas)
57-6	Matt Jordan (Dana Hills)

## Discus:

203-4	Rob Powell (Redwood, Visalia)
200-8	Brent Noon (Fallbrook)
192-1	Andy Marrone (Dana Hills)
189-1	Kevin Duffey (Aragon, San Mateo)
188-8	Matt Karsevar (Clovis)
187-0	Jon Frank (Bakersfield)
185-1	Greg Hodel (Don Lugo, Chino)
182-5	**Jeff Buckley (Bakersfield)
182-3	David Partin (Mayfair, Lakewood)
181-2	Jason Sisneros (Logan, Union City)

# Women

Key: no mark=Senior; \* = Junior; \*\* = Sophomore;  
\*\*\* = Freshman; \*\*\*\* = 8th grader.

## 100 Meters:

11.48	Inger Miller (Muir, Pasadena)
11.62	***Marion Jones (Rio Mesa, Oxnard)
11.90	*Lashia McKinney (MVista, Spr. Vly)
11.96	**Santishia Arnold (Morn., Inglewood)
12.01	**Tanisha Johns (Burbank, Sacramento)
12.03	*Tamika Bradfield (Domin., Compton)
12.05	DeeDee Small (Dorsey, L.A.)
12.06	Latima Jones (St. Anthony, Long Beach)
12.08	*Taminika Terry (Muir, Pasadena)
12.09	**Lesa Parker (Bishop O'Dowd, Oakland)

### Wind-Aided

11.94	Felice Lipscomb (Santa Monica)
11.97	*Phetima Woods (Duarte)

## 200 Meters:

23.57	Inger Miller (Muir, Pasadena)
23.70	***Marion Jones (Rio Mesa, Oxnard)
24.25	**Santishia Arnold (Morn., Inglewood)
24.35	Shanequa Campbell (Alta Loma)
24.43	**Janice Nichols (Bakersfield)
24.43	**Allison Dring (Mt. Carmel, San Diego)
24.46	DeeDee Small (Dorsey, L.A.)
24.45	Latima Jones (St. Anthony, Long Beach)
24.48	*Taminika Terry (Muir, Pasadena)
24.68	**Tanisha Johns (Burbank, Sacramento)



# 1990 HIGH SCHOOL BEST MARKS

## 400 Meters:

53.89	**Janice Nichols (Bakersfield)
54.21	***Marion Jones (Rio Mesa, Oxnard)
54.29	***Allison Dring (Mt. Carmel, San Diego)
54.63	Shanequa Campbell (Alta Loma)
55.19	Latima Jones (St. Anthony, Long Beach)
55.1	Tanya Dooley (Bret Harte, Altaville)
55.26	Shani Freeman (Crawford, San Diego)
55.33	***Leshawn Stringer (Morn., Inglewood)
55.77	Kim Toney (Atascadero)
56.1	*Nichole Teter (WValley, Cottonwood)

## 800 Meters:

2:06.13	Kim Toney (Atascadero)
2:10.1	***Kamara Mayberry (Jr. High, Lkwd)
2:10.27	*Nicole Teter (WValley, Cottonwood)
2:11.50	***Celeste Buchanan (Mitty, San Jose)
2:11.59	LaToya Polk (Hamilton, L.A.)
2:11.60	*Becky Spies (Livermore)
2:11.66	***Shalyn Carr (Jr. High, La Verne)
2:12.79	***Christie Engesser (OcView, H.Bch)
2:12.88	*Sheria Moses (Ramon, Riverside)
2:12.98	**Nikki Shaw (Fillmore)

## One Mile:

4:50.43c	*Becky Spies (Livermore)
4:51.14c	Karen Hecox (South Hills, W. Covina)
4:55.87c	Beth Bartholomew (Fremont, Sunnyvl)
4:56.16c	**Shelley Taylor (Edison, Hunt.Bch)
4:56.44c	*Deena Drossin (Agoura)
4:56.78c	Rosetta Hunter (Locke, L.A.)
5:00.82c	**Nikki Shaw (Fillmore)
5:01.28c	Suzanne Castruita (West Covina)
5:01.57c	*Melissa Freeberg (Calif., San Ramon)
5:02.33c	*Sarah Riley (Campolindo, Moraga)

## Two Mile:

10:33.28c	*Deena Drossin (Agoura)
10:35.3	*Becky Spies (Livermore)
10:45.74c	Karen Hecox (South Hills, WestCovina)
10:46.27c	*Martha Pinto (Katella, Anaheim)
10:52.97c	Tanya Brix (University, Irvine)
10:53.5	Beth Bartholomew (Fremont, Sunnyvl)
10:54.28c	*Jeannie Rothman (Westlake, Wstlk, Vil)
10:55.18c	Lucinda Reyes (Lakewood)
10:55.33c	***Milena Glusac (Fallbrook)
10:55.8c	**Kate Sweeney (Leigh, San Jose)

## 110 Meter High Hurdles:

13.58	Felice Lipscomb (Santa Monica)
13.79	Kwani Stewart (Yuba City)
13.99	*Tanya Smith (Cordova, Rancho Cord)
14.17	**Kam Warner (West, Bakersfield)
14.19	Kim Dill (Poway)
14.26	**Erin Blunt (San Pasqual, Escondido)
14.30	*Keri Sanchez (Santa Teresa, San Jose)
14.31	Jackie Foreman (Locke, L.A.)
14.35	**Tanya Lazar-Lea (McAteer, San Fran)
14.51	Kim Barnes (Fontana)
14.51	***Elinor Tolson (LaQuinta, Westmin.)
Wind-Aided	
14.02	*Keri Sanchez (Santa Teresa, San Jose)
14.17	Kim Dill (Poway)

## 300 Meter Intermediate Hurdles:

41.69	Felice Lipscomb (Santa Monica)
41.76	**Twila Sims (Lompoc)
42.4	*Tanya Smith (Cordova, Rancho Cord)
42.84	Kaci Keffer (Woodbridge, Irvine)

43.10	**Erin Blunt (San Pasqual, Escondido)
43.0	Kwani Stewart (Yub City)
43.44	*Keri Sanchez (Santa Teresa, San Jose)
43.45	Nikki Jackson (Esperanza, Anaheim)
43.94	Shannon Profler (Santana, Santee)
44.15	Tonia Coleman (Branham, San Jose)



INGER MILLER

Fine Flicks by Don Gosney

## 400 Meter Relay:

46.07	Muir, Pasadena
46.49	Bakersfield
46.59	Hawthorne
46.73	Morningside, Inglewood
46.78	St. Bernard, Playa del Rey
47.07	Rio Mesa, Oxnard
47.72	Locke, L.A.
47.73	Poly, Long Beach
47.92	Mt. Carmel, San Diego
48.06	Lincoln, San Diego

## 1600 Meter Relay:

3:44.16	Morningside, Inglewood
3:44.93	Hawthorne
3:46.42	Muir, Pasadena
3:50.44	Bakersfield
3:51.19	Poly, Long Beach
3:51.46	Locke, L.A.
3:51.7	Mt. Carmel, San Diego
3:52.41	Kennedy, Richmond
3:52.93	Esperanza, Anaheim
3:53.20	Rio Mesa, Oxnard

## High Jump:

5-10	*Melissa McDonald (Mater Dei, San Ana)
5-9 1/2	*Chi Johnson (Menlo-Ath, Atherton)
5-9	Cindy Harmon (Oak Ridge, EldorHills)
5-8	*Tanya Smith (Rancho Cord, Cordova)
5-7 1/4	*Karyn Armstrong (TorPines, Encin)
5-7	Clanssa Moulton (Trona)
5-7	*Trina Bindel (Eureka)
5-7	**Tanya Lazar-Lea (McAteer, San Fran)
5-7	Tiffany Salmon (Live Oak, Morgan Hill)
5-7	*Sarah White (Taft, Woodland Hills)

## Long Jump:

20-7 3/4	*Juliana Yendork (Walnut)
19-8	*Amey Mitchell (RanColate, RohnertPk)
19-0 1/2	**Kam Warner (West, Bakersfield)
18-10 1/2	Stacy Peterson (Dos Pueblos, Goleta)
18-7 3/4	*Ken Sanchez (Santa Teresa, San Jose)
18-7 1/2	Raquell Harris (Edison, Fresno)
18-7	*Sonja Bryant (Banning, Wilmington)
18-6 1/2	*Nitra Young (Tulare)
18-6 1/2	*Angie Scott (Ran Cordova, Cordova)
18-5 1/2	Traena Woodward (Stagg, Stockton)
Wind-Aided	
18-9 1/2	*Keri Sanchez (Santa Teresa, San Jose)
18-9 1/2	*Sonja Bryant (Banning, Wilmington)
18-6 1/2	Ruby Jones (Fontana)

## Triple Jump:

42-5 1/2	*Juliana Yendork (Walnut)
39-1 1/4	Lisa Fager (Mission Viejo)
38-11	Kathy Hannon (Granada, Livermore)
38-6 1/4	Ruby Jones (Fontana)
38-5 1/4	**Kam Warner (West, Bakersfield)
38-4	*Akua Sutherland (Muir, Pasadena)
38-4	*Tamura Hawthorne (Rancho Cordova)
38-3 3/4	Angie Sims (Oceanside)
38-3	*Stephanie Hanf (Oceanside)
38-1 1/2	Adriana Jimenez (Calexico)
Wind-Aided	
40-10	Lisa Fager (Mission Viejo)
39-6	Angie Sims (Oceanside)
38-6 1/4	*Stephanie Hanf (Ygnacio Vly, Concord)
38-5	*Keri Sanchez (Santa Teresa, San Jose)

## Shot Put:

50-11 1/2	Dawn Dumble (Bakersfield)
49-2	Melisa Weis (Bakersfield)
45-5	Danyel Mitchell (Vallejo)
44-11 1/4	Angela Arrington (Palmdale)
44-10 3/4	Happy Timo (29 Palms)
43-5 1/2	*Mika Hilaire (Pittsburg)
43-3	Atelaite Pale (Paramount)
43-0	*Tanisha Huddleston (Merced)
42-4 1/4	*Myra Smith (Workman, City of Indus)
42-1	Kristin Dunn (Mission Viejo)

## Discus:

176-10	Melisa Weis (Bakersfield)
171-2	Dawn Dumble (Bakersfield)
154-5	**Mindy Wirtz (Leland, San Jose)
150-3	*Celeste McVey (Redlands)
148-7	*Jessica Alderman (Mission San Jose, Frem)
145-0	Jodie Warr (Rubidoux, Riverside)
144-0	Angela Arrington (Palmdale)
143-10	Debbie Hargrove (Estancia, Costa Mesa)
143-10	Octavia Dumas (Mt. Pleasant, San Jose)
143-7	Danyel Mitchell (Vallejo)





# Around the State

## ▼ Site Change for U.S. Cross Country Championships

The site of this year's United States Cross Country Championships will be Van Cortlandt Park in the Bronx, not Kenosha, Wisconsin, as previously announced. Kenosha had been awarded the championships by TAC in 1988, but it was moved due to sponsorship problems in Kenosha.

The decision to move the meet was made by TAC's cross country subcommittee. "We urged Kenosha to bid again," said John McGrath of Waltham, Massachusetts, co-chairman of the cross country subcommittee. "They have a fine site and they've done a great job with the annual NAIA cross country championships. We hope to stage the nationals there eventually."

The event will take place on Saturday, November 24. Van Cortlandt last hosted the nationals in 1987. Tracy Sundlun of the Metropolitan Athletics Congress will serve as the meet director. The event will include races for men and women and in junior men's and women's divisions.

Last year's event took place in San Francisco. The winners in the men's and women's divisions qualify for the United States teams at the International Amateur Athletic Federation World Cross Country Championships, which take place March 24, 1991, in Antwerp, Belgium.

## ▼ New Running Shoes Announced

### Mizuno: Burlingame, California . .

Five new models of running shoes will be introduced by Mizuno Sports, Inc. in retail stores in October, 1990.

Mizuno's new top of the line *Controller* is built to slow pronation with a protective midsole construction. "This model," notes Pat Devaney, Mizuno Product Marketing Manager, "will keep your foot in a more natural, neutral plane, helping control pronation and medial movement and reducing the risk of potential injury."

The *Protector* model is constructed for stability and performance. "This shoe has a compression molded EVA midsole construction," continues Devaney. "It provides excellent medial and lateral stability along with a solid fast performance road feel. This is for runners who want stability in a performance road feel shoe."

The *Challenger* model is designed for speed. "Our Challenger has durable light



MIZUNO -- "Challenger"

weight construction with a performance racing last for that fast road feel," says Devaney. "Plus this is a racing flat with enough 'beef' that it can double to help runners with faster training runs."



EASY SPIRIT -- "Fast Track"

The *Controller* and *Protector* come in both men's and women's models and feature Mizuno's exclusive interchangeable "Power Pak" heel system.

### U.S. Shoe Corp.: Cincinnati, Ohio . .

Easy Spirit, which introduced the innovative Easy Spirit Walking Shoe in 1987, (recently rated #1 by a leading consumer magazine), has now entered the running shoe market with two models designed specifically for women: the *Sonic* and the *Fast Track*.

Easy Spirit running shoes are uniquely engineered for the shape and physiology of women's feet. While other running shoes use men's lasts scaled down to fit women's foot sizes, the *Sonic* and *Fast Track* incorporate contoured lasts created exclusively for women whose feet have significant anatomical differences from a man's foot.

The new running shoes come in full and half sizes and four widths to suit all types of feet. They incorporate the latest in technological footwear advances, including a unique patented dual shock absorption system developed with research and materials from NASA, which allows the wearer to feel as if she is running on air.

## ▼ New Multi-Sport Software

Runners, cyclists, triathletes, and others who keep a written log of their athletic activity can now keep their log on an Apple Macintosh computer with the *Athlete's Diary*, a software package by Stevens-Creek Software of Cupertino.

The *Athlete's Diary* is a special-purpose database program which records activity in eight different, user-selectable, sports. A standalone program, it maintains a log consisting of date, sport, time, distance, pace (speed), route, comment, and whether an entry is a race or just training. Pace is automatically calculated from the time and distance, or it can be entered and used to estimate either distance or time. The program allows input in a variety of units (miles, kilometers, etc.), and converts between different units when necessary.

The *Athlete's Diary* is available directly from Stevens Creek Software (408) 725-0424 for a price of \$39.95.

*continued next page...*



## Around the State

### ▼ Two National Records Set

Two national records were broken by Southern California athletes in the Region 15 Qualifying meet for the TAC Junior Olympics National Multi-Event Competition, held in Lincoln, Nebraska in July. Tommy Castello of Santa Barbara set a new pentathlon record of 2535 points in the Midget Boys (ages 10 and 11 years) division, erasing the old mark of 2478.

Shalynn Carr of LaVerne improved on her existing national record of 3065 points in the Youth Girls Division (ages 12 & 13) by scoring 3334 in a pentathlon.

Sixty-five athletes from Southern California and Nevada competed in the multi-events held June 9-10 at Cal State Northridge. The meet was hosted by the West Valley Eagles Track Club of Canoga Park.

### ▼ Olympic Trials Update

The 1992 Olympic Track and Field Trials bids are down to six finalists: Sacramento, California; Durham, North Carolina; Eugene, Oregon; Knoxville, Tennessee; New Orleans, Louisiana; and Seattle, Washington. The event will be awarded at the annual TAC Convention in Seattle, November 27 to December 1, 1990.

### ▼ The Masters Running Guide

What motivates masters athletes? Hal Higdon, Senior Writer for *Runner's World*, claims it is not fitness. "Older athletes compete for reasons that go well beyond fitness," writes Higdon in *The Masters Running Guide*. "We want to run and jump and throw better. We're interested in performance!"

In this, his latest book, Higdon reveals the tips that helped him win three world masters titles. How safe is senior sports? How do you develop base fitness? How to improve? How to compete? How to train smart? How to maintain flexibility? How to avoid injuries? What foods do you eat to stay fit? How to stay young? What are the secrets of the masters who win gold medals at the World Veterans Championships.

Masters Running Guide may be ordered by sending \$10.95 (includes mailing costs) to NMN at P.O. Box 2372, Van Nuys, CA 91404.

### ▼ Sun Sets on Fresno Marathon

After twelve times running, the general feeling of the host Fresno Joggers is that the Annual Fresno Marathon has run its course.

According to club president, Walter Brown, the half marathon portion of the event will continue, with the 1990 version to be held on November 11, at Woodward Park.

"I do not, by any means, feel that the interest in marathoning has declined in this

thon, he or she is much more likely to be attracted to a big, national marathon. It makes a much better item of conversation, they get to run in a race with world class runners, there are a lot more goodies in the goody bag, and it makes a nice mini-vacation."

### ▼ Heads in the Clouds

What's going on in San Luis Obispo? The area, once known as Distance Runners Haven, and more recently Women's Track Center of the state, is quickly becoming the na-



SLO Sky Jumpers, left to right: JASON OLDHAM 17-6, FRANK BURKE 17-7 1/2, KEVIN RANKIN 17-8 1/2, DEAN STARKEY 18-8 1/2, TONY CASTIGOLNI 17-0, TODD ARNETT 17-0, STEVE WILLIAMS 17-1.

country as a whole, nor in our area," stated Brown. "The running boom seems to be as alive as ever, and new runners are just as interested in testing themselves in their first marathon as they ever were. What seems to be the case is that, over the past decade, the big-city, big-money marathons have captured the attention of the media. The New York, Chicago, and Los Angeles marathons weren't around when the small, local marathons were starting up all over the country. Today, when a runner decides to commit to three or four months of hard training to prepare for a mara-

tion's Sky Jumper Training Hub.

The impetus behind all this pole bending activity is former world record holder Jan Johnson. Between working for Hind and surfing for fun, Jan, the vault coach at Cal Poly, develops pole vaulters. The 1972 Olympic bronze medalist lives the pole vault and is quick to pass on his knowledge and enthusiasm for the event. He applies his masters degree in biomechanics to the principles of the vault and loves to see kids improve. If you are a vault coach or athlete you'd do well to learn from the guru of the sport. One of his vault camps would be the best place to start. Call (805) 466-8119. ♦



**Unstable Air Has Been Known  
To Do Some Serious Damage.**





# Introducing Etonic StableAir™

## Finally, One Technology That Combines Cushioning And Stability For The Power To Help Prevent Injury.

A running shoe that can actually help prevent injury.

That's the raw power of this new air technology from Etonic. It's also the reason our StableAir™ Series is taking both runners and the competition



*Basic Etonic StableAir™ technology adapted for overpronation.*

by storm.

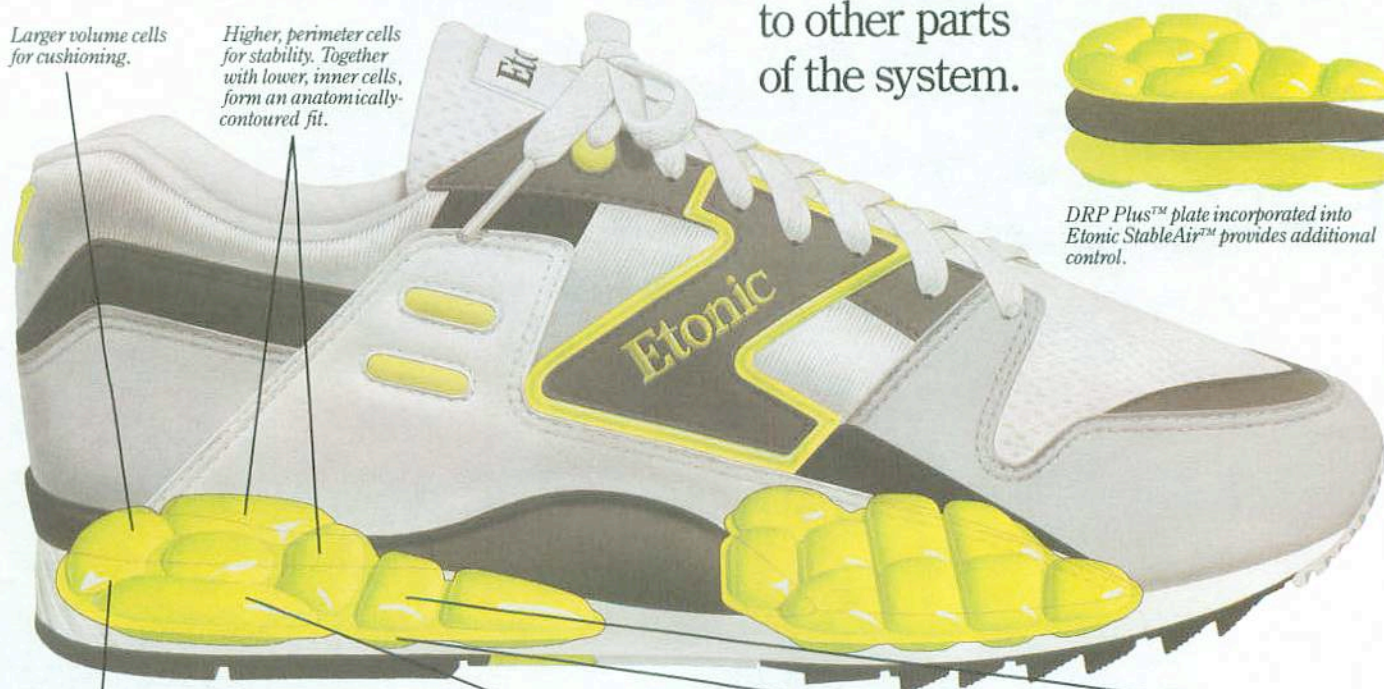
Because in a conventional air system, a type of "waterbed" effect takes place when the foot strikes the ground. The air moves away from the impact area to other parts of the system.



*DRP Plus™ plate incorporated into Etonic StableAir™ provides additional control.*

*Larger volume cells for cushioning.*

*Higher, perimeter cells for stability. Together with lower, inner cells, form an anatomically-contoured fit.*



*Patented multi-cell design combines cushioning and stability in one lightweight device.*

*Ambient air in each cell can't leak.*

*Runners use only the cells they need for more stability.*

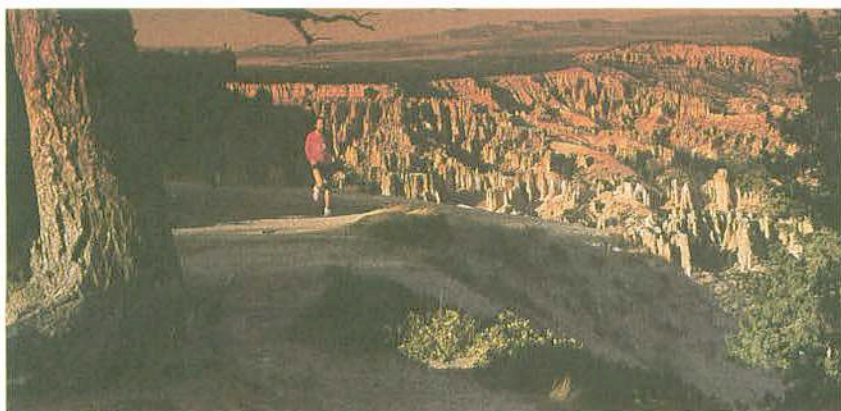
*Memory keeps cell intact even if punctured.*



And although cushioning is provided, this displaced air causes instability throughout the shoe.

Our technology differs in the respect that it is a series of independent cells filled with ambient air. So, when the foot strikes the ground, cushioning is provided at the area of impact; but because the cells react independently from each other, air is not displaced throughout the system. And because air is not displaced, the shoe remains stable.

The end result is a totally integrated cushioning and support system with the power to help prevent injuries.



Just as important, we've adapted the basic StableAir™ technology to the specific needs of individual running styles. So you can be sure it will work for you no matter what kind of runner you happen to be.

And for those who prefer additional control, we have combined Etonic StableAir™ with our exceptionally light DRP Plus™ graphite composite plate.

Etonic StableAir.™ It is the premier air technology on the market today. Because the way it helps prevent injuries can give you a feeling of unlimited power.



*StableAir NR is for runners with few biomechanical problems.*



*StableAir OS is an exceptionally light trainer for oversupinators.*



*StableAir Plus OP gives overpronators maximum control.*



*StableAir Plus NR offers maximum control for neutral-gait runners.*



*StableAir Plus OS gives oversupinators maximum control.*

**Etonic**®  
**Built So You Can Last.**



# Etonic StableAir™ - The One Technology That Combines Cushioning and Stability for the Power to Prevent Injury

Runners will now have the advantage of a new dimension in technology with the creation of Etonic StableAir™ - the running shoe innovation that combines cushioning and stability in one technology for the power to prevent injury.

Introducing Etonic StableAir™. This technology will be highlighted in a new line of nine Etonic running shoes, part of the Etonic Injury Prevention System.

Etonic StableAir™ provides the correct balance of cushioning and motion control runners need to help prevent injuries associated with both shock and instability.

In a conventional air system, a type of "waterbed" effect takes place when the foot strikes the ground. The air moves away from the impact area to other parts of the system. Although cushioning is provided, this displaced air in a conventional air system causes instability throughout the shoe.

Our technology differs in the respect that it is a series of independent cells filled with ambient air. When the foot strikes the ground, cushioning is provided at the area of impact: but, because the cells react independently from each other, air is not displaced throughout the system. Because air is displaced, the shoe remains stable. The end result is a totally-integrated cushioning and support system with the power to help prevent injuries.

Furthermore, each of the nine shoes in the Injury Prevention System features the StableAir™ technology specifically designed for both men and women, that compensates for those runners who are overpronators, oversupinators or have a neutral gait.

For those who prefer an even firmer and more stable ride, Etonic has combined the Etonic StableAir™ technology with the ultra-light DRP Plus™ graphite composite plate made of TL-61 for extra support and stability. This added feature can be found in the "Plus" shoes of the system.

"Each of the shoes in the Etonic Injury Prevention System is designed to automatically tune itself to the wearer and compensate for the way a person is most prone to injury," explained Bob Bogaty, Etonic's director of research and development. "Each shoe provides the specific comfort and control different runners want along with the protection they need. No other technology provides this combination in one shoe."

The Etonic Injury Prevention System consists of the following shoes:

The StableAir™ NR is designed for the individual with a neutral gait and few biomechanical problems. Ideal for heel strikers, it is constructed with a semi-curved anatomical slip last with a rearfoot Etonic StableAir™ unit. The CMEVA/PU midsole provides lightweight cushioning and stability. The StableAir™ NR is an extremely versatile, everyday training shoe available in medium and wide widths.

The StableAir™ OS is a lightweight trainer for everyday mileage or speed workouts. It is an ideal shoe for mid-to-forefoot runners, and for those who prefer lightweight cushioning without compromising superior stability. The shoe features independent Etonic StableAir™ units suspended in a CMEVA midsole: a laterally-extended anti-supination unit in the rearfoot and a separate unit in the forefoot. The StableAir™ OS provides excellent flexibility with a curved anatomical slip last for a glove-like fit.

The StableAir™ Plus OP—the most technically advanced shoe ever produced by Etonic—is designed for overpronators to provide optimal stability with a high degree of cushioning. An anti-pronation Etonic StableAir™ unit with an encapsulated DRP Plus™ graphite composite TL-61® plate in the heel unit offers superior cushioning and stability in one device. The forefoot StableAir™ unit provides excellent cushioning during toe off. Other features of the shoe include a straight slip last and a CMEVA/PU midsole for resilience and cushioning.

The StableAir™ Plus NR is a neutral shoe for the runner with few biomechanical problems. It features a neutral StableAir unit in the rearfoot with an encapsulated neutral DRP Plus™ plate of TL-61® for additional shock dispersion and flexibility. It also features a forefoot StableAir™ unit for extra cushioning during toe off. StableAir™ Plus NR offers a light yet extremely resilient CMEVA/PU midsole. A semi-curved anatomical slip last provides lightweight cushioning. StableAir™ Plus NR is available in medium and wide widths.

The StableAir™ Plus OS, a lightweight training shoe, provides maximum cushioning and stability to the rigid gait or high-arched runner. An anti-supination Etonic StableAir™ unit is located in the heel. Encapsulated within this device is a special anti-supination DRP Plus™ plate which is ideal for the runner who requires optimal shock dispersion with stability. Also, in the forefoot there is a StableAir™ pad. Additional features of the StableAir™ Plus OS include a curved anatomical slip last with a CMEVA/PU midsole, and provides additional flexibility, stability and optimal shock dispersion. Available in a men's model only, the StableAir™ Plus OS is well suited for the high mileage runner who places a premium on lightweight yet supportive shoes.

All of the shoes, with the exception of StableAir™ Plus OS, are available in men's and women's models. Each of the women's models feature a specially-designed women's last. Also, each shoe in the system features EVER-DURE™ high abrasion rubber outsoles for longer wear. Used in the sockliner of each shoe is a new material called Textra, a cross-weaved scrim which is bonded to a highly-resilient Dynasponge foam. This design promotes excellent ventilation and prevents a heat build-up in the shoe.

"Last year, we made quite an impact with the introduction of the Etonic Stability System, a line of running shoes specifically designed to aid in the prevention of injury," said Tom Elwell, general manager of the Etonic Athletic Division. "Due to the magnitude in which runners accepted this introduction, sales of running products increased 117% over 1988. It was phenomenal! With this year's introduction, we feel we'll be offering runners the best of both worlds, a line of running shoes that combines stability and cushioning—a revolutionary approach to injury prevention."

**Etonic**<sup>®</sup>  
**Built So You Can Last.**



## Etonic StableAir™ System

For a Closer Look,  
See These Dealers...

<b>RUNNER'S HIGH</b> Redwood City, CA	<b>LOESCHHORN'S FOR RUNNERS</b> Fountain Valley, CA
<b>MARATHON'S</b> San Pedro, CA	<b>MOVIN SHOES</b> LaMesa, CA
<b>IN STRIDE</b> San Diego, CA	<b>TOP TO TOP</b> Westwood, CA Santa Monica, CA
<b>PURE FITNESS</b> Mountainview, CA	<b>ATHLETIC PERFORMANCE</b> Los Gatos, CA
<b>LASZLO TABORI RUNNING CENTER</b> Van Nuys, CA	<b>THE SPORT SHOE</b> Los Angeles, CA
<b>ROADRUNNER SPORTS</b> San Diego, CA	<b>SPORT SPECTACULAR</b> Los Angeles, CA
<b>RUNNER'S HIGH</b> Long Beach, CA	<b>ACTION-A-FOOT</b> Tarzana, CA Thousand Oaks, CA Inglewood, CA
<b>VALLEY SPORTING GOODS</b> Modesto, CA	<b>ARMADILLO SPORTS</b> Camarillo, CA
<b>CITY OF SHOES</b> Walnut Creek, CA	<b>VILLAGE RUNNER</b> Redondo Beach, CA
<b>PHIDIPIDES</b> Marina Del Rey, CA Encino, CA	<b>FLEET FEET</b> San Francisco, CA Palo Alto, CA Pleasanton, CA Burlingame, CA
<b>PHYSICO FITNESS SUPERSTORES</b> Encino, CA Beverly Center, CA Torrance, CA	<b>GOLDEN BAY SPORTS</b> San Francisco, CA
<b>FOOT TRACK SPORTING GOODS</b> Simi Valley, CA	<b>TRI-PRO TRIATHLON SHOP</b> Fountain Valley, CA
<b>NATIVE SPORT</b> Manhattan Beach, CA	<b>SKI &amp; SPORTS</b> Anaheim, CA
<b>WORLD OF SHOES</b> Dublin, CA	<b>THE RUNNER'S STORE</b> San Diego, CA
<b>PR SPORTS</b> San Francisco, CA	
<b>WALT BUTLER SPORT SHOES</b> Pasadena, CA	

**Etonic**  
Built So You Can Last.

BOOK REVIEW ■ By Robert Womack

## Inside Track My Professional Life in Amateur Track and Field

by Carl Lewis with Jeffrey Marx  
240 pp.; Simon & Schuster; \$19.95.

It's always difficult to tell in "as told to" or "with" celebrity biographies, how much of the book is the celebrity and how much is the ghost.

In this case, given Carl Lewis's concern (not to say obsession) with image, you can feel fairly certain there is nothing in the book which does not reflect his thinking. And there is a lot in this—the newsworthy, the personal, and the historically significant.

The items which will probably get the most news attention concern the negative raps which have been lodged against Lewis:

1. Does he use drugs, i.e., steroids? Absolutely no, says Carl at some length.

2. Is he gay? Again no. Carl traces the rumors to a vindictive ex-girlfriend, adding somewhat gratuitously that she had plenty of reason to know he wasn't. (Is it really any of our business?)

3. Is or was he aloof, arrogant, and self-centered and has he mellowed? Carl says he hasn't changed, only public (=media) perceptions. It might be more accurately stated that he has come to accept dealing with the press as part of the superstar territory and has learned how to use them instead of them using him.

Possibly more intriguing are Lewis's personal dislikes. Cataloging his S-list takes much of the 240 pages. Featured prominently are Ben Johnson ("he cheated"); Florence Griffith-Joyner (Carl implies she used steroids, too); UCLA coach Bob Kersee (Carl stops just short of accusing him of forcing his athletes to use drugs); Larry Myricks ("chokes"); Edwin Moses ("dodged people to preserve his winning streak").

Also, 1988 U.S. Olympic assistance coach Russ Rogers, whom Carl charges doubled (illegally) as an agent, an NCAA rules violation, and played favorites on relay team selection, leading directly to the disqualification of the U.S. 4x1 team at Seoul.

Nike, which Carl sued successfully for breach of contract. A photostat of the contract, which violated almost every rule in the NCAA book (Lewis was still at Houston at the time) and a lot of TAC rules, is reprinted in the book.

The press in general and, in particular, Gary Smith, who wrote a pre-1984 Olympics *Sports Illustrated* profile Carl considers a hit piece and the source of much of his image problems.

Track governing bodies ("backward") and track organizers. Carl thinks American promoters don't know what they're doing; Europeans, he says, treat athletes like cattle.

Carl saves his hardest shots for Ollan Cassell, TAC, and the whole "amateur system." His opinion of all three would have to improve to qualify as "derogatory". He accuses Cassell of a "style of absolute rule" and TAC executives of conducting a personal vendetta against him and the Santa Monica Track Club.

As for the current practice of amateurism, Lewis gleefully quotes the dictionary definition of sham: "(T)rick or fraud... a hypocritical action, deceptive appearance."

(When you consider that he probably makes more from track than my friend Henry Ellard makes playing football for the L.A. Rams and yet Carl Lewis is an "amateur" and Ellard a "professional," the only comparison that comes to mind is Orwellian doublepeak.)

Overall, Carl Lewis comes across as intelligent and articulate, self-centered and occasionally downright petty—and angry (much of the time justifiably so) at what he sees going on in our sport. As a representative of the genus young millionaire sports superstar, he is certainly no worse than, and probably better than, most of us would be under similar circumstances.

If there is lasting significance in this book, it will be as a chronicle of track's transformation into big business, a transformation which has coincided with Carl Lewis's career and for which he is at least partly responsible.

Regrettably, Lewis is short, although not void, of solutions to track's problems. Open (or in his words, professional) track, which he advocates, would at least end the hypocrisy. But to most critical problems of declining participation and fan support, he has no specific answers.

Of course, neither does anybody else. ♦



# PREP NOTES

BY KEITH CONNING

## ▲ West Coast Classic TAC Youth Athletics Region 14 Championships -- Suzy Powell Sets National Record

Diablo Valley College, Pleasant Hill,  
June 22-24.

**Suzy Powell** (Modesto, Thunderbolts), who will be a freshman at Downey High School in the fall, set a new national record of 151-11 in the Youth Girls (13-14 year old) discus. The old record of 141-0 was set in 1971. Powell also holds the 11 and 12 year-old record of 108-7. Her series: 147-6, 151-11, 138-2, 142-9, 105-2, 139-10.

The Youth Girls throw the same discus as the high school, i.e. 1 kilo.

Only three California prep throwers threw farther this season: senior Melisa Weis (Bakersfield) 176-2, senior Dawn Dumble (Bakersfield) 171-2, and sophomore Mindy Wirtz (Leland, San Jose) 154-5. Powell is the tenth best thrower in the country among preps.

**Shalynn Carr** (Orange County Blue Angels) won the Youth Girls 800 in 2:12.9.

The Los Angeles Jets defeated the Southern California Roadrunners in the Youth Girls 4x400 relay -- 3:54.2 to 3:54.6.

**Brad Meyer** (Silver State Striders) won the Young Men's 1500 in 3:57.0.

Marks making California minimum reporting standards:

### Youth Girls:

**200:** 1. Taine Gibson (West Coast Express) 25.52, 2. Ursula Walton (West Coast Express) 25.79, 3. Jamie Brown (WCE) 25.85, 4. Tosha Gilliam (un) 26.14, 5. Tonia Brodey (Billy Hutton) 26.15. **400:** 1. Shalynn Carr (Orange Co Blue Angels) 57.25, 2. Kamara Mayberry (LA Jets) 57.90, 3. Tosha Gilliam (un) 58.33, 4. Angela Harris (Berkeley East Bay) 58.89, 5. Kelli Davis (LA Jets) 59.39, 6. Kristie Johnston (The Rising Stars) 59.48.

**800:** 1. Shalynn Carr (OCBA) 2:12.9, 2. Kamara Mayberry (LA Jets) 2:14.9, 3. Jennifer Gillis (Time Machine) 2:19.5, 4. Kristie Johnston (TRS) 2:19.9, 5. Tammy Hall (Southern Calif Roadrunners) 2:22.0, 6. Kay Nekota (TM) 2:23.0. **3000:** 1. Kay Nekota (TM) 10:29.7, 2. Elizabeth Robles (SCRR) 10:38.2, 3. Rebecca Villegas (SCRR) 10:54.0.

**4x100:** 1. West Coast Express 48.48, 2. Acorn TC 49.30. **4x400:** 1. Los Angeles Jets 3:54.2, 2. Southern Calif Roadrunners 3:54.6, 3. Pasadena Running Roses 4:07.6.

**LJ:** 1. Pamela Simpson (WCE) 18-4, 2. Nakail Sowell (Acorn TC) 17-9, 3. Ursula Walton (WCE) 17-1, 4. Kelly Moten (PRR) 16-9. **SP:** 1. Nicole Brooks (BEB) 42-6, 2. Marisol Flores (Selma Track) 39-7, 3. Christina Burden (3MTC) 39-6, 4. Shondale Moore (BEB) 39-3, 5. Heather Queyrel (Miss. Valley) 37-1.

### Young Men:

**200:** 1. Keith Jones (Fast Forward TC) 22.29, 2. Damen Butler (FFTC) 22.42, 3. Dingane Newson (BEB) 22.44. **400:** 1. Dingane Newson (BEB) 48.35, 2. Alex Bynoe (Woodside Striders) 49.90, 3. Alfred Kirk (Grant TC) 50.33.



MELISA WEIS

**800:** 1. Steve Guerrini (Santa Rosa Express) 1:57.9. **1500:** 1. Brad Meyer (Silver State Striders) 3:57.0, 2. Steve Guerrini (SRE) 3:58.8. **2000 Steeplechase:** 1. Steve Guerrini (SRE) 8:01.9. **110H:** 1. Isaac Carson (San Francisco Senators) 15.20.

**4x100:** 1. Fast Forward TC 42.64, 2. Grant TC 43.55. **4x400:** 1. San Francisco Senators 3:25.2.

**LJ:** 1. Steve Gonsolin (Napa TC) 21-11.

### Young Women:

**100:** 1. Ericka Allensworth (SFS) 12.59, 2. Michele Ferguson (Nor Cal Cheetahs) 12.67. **200:** 1. Michele Ferguson (NCC) 25.74, 2. Chivon Tanner (Track West) 26.02, 3. Andrea Holmes (BEB) 26.29.

**400:** 1. Tiffany Johnson (BEB) 59.07, 2. Lanecia Strom (NCC) 59.21. **4x100:** 1. Nor Cal Cheetahs 48.80, 2. San Francisco Senators 49.15.

**LJ:** 1. Darcy Horn (Diablo Vly TC) 17-8, 2. Jocelyn Tanner (Track West) 17-2. **TJ:** 1. Akua Sutherland (PRR) 38-2, 2. Darcy Horn (DVTC) 37-4. **SP:** 1. Salua Vaifale (Mission Valley) 38-3. **DT:** 1. Salua Vaifale (MV) 114-9.

## ▲ Weis Named Nation's Best Women's Track and Field Athlete

Bakersfield, June 28.

**Melisa Weis**, a discus and shot put competitor from Bakersfield High, today was named the 1990 Gatorade Circle of Champions National High School Women's Track and Field Athlete of the Year. The award designates Weis as the best women's high school track and field athlete in the country based on overall athletic and academic performance throughout her high school career.

This past season, Weis set a national high school record in the discus with a throw of 176-10 on May 17 in Fresno. She also made women's high school track and field history this year by becoming the first three-time consecutive state champion in the discus. In the shot put, Melisa is currently ranked number four nationally. She was the California state shot put champion last year with a distance of 44-1, and placed second in the event with a throw of 47-1 this year. Her personal best in the shot is 49-2. Last year, Melisa became only the second athlete ever to win both the shot and the discus events in the same state meet.

Today's announcement marks the second consecutive year and third time in the five-year history of the Gatorade national award that a California native has received top Gatorade honors in women's track. **Janeene Vickers**, from Pomona High in Pomona, was the 1987 Gatorade National Women's Track Athlete of the Year. Competing for UCLA, Vickers recently won the National Championship in the 400-meter hurdles (54.80). She also won the NCAA 400-meter hurdles (55.40) and finished fourth in the NCAA 110-meter hurdles (13.05w).

Last year's national recipient was **Angela Burnham** from Rio Mesa High in Oxnard. Also competing for UCLA, Burnham was the PAC-10 runnerup in both the 100 and 200 meters.

Melisa was selected to receive the top Gatorade award by the Gatorade National Advisory Board comprised of two national and eight regional prep sportswriters. (Mike Ken-

*continued next page...*



## PREP NOTES

nedy of the *Los Angeles Times* represents the Pacific Region of Alaska, California, Hawaii, Nevada, Oregon, and Washington.) Prior to selection as the national recipient, she was named the Gatorade Circle of Champions California Track and Field Athlete of the Year, and later the Pacific Region Track and Field Athlete of the Year—one of eight regional awards.

"Melisa is truly deserving of this national honor," said Scott Semar, Bakersfield High track and field coach, who has several years of experience coaching at the high school and collegiate levels. "She's an amazing young woman who is never afraid to try new things to improve. In many ways, she's in a class by herself. She's technically sound, and the longer she competes, the stronger she becomes. I look forward to watching her be very competitive for years to come."

One of Weis' most recent accolades came at the Golden West Invitational on June 9. She became the first woman ever to win the GWI "Most Inspirational Athlete" award. She also won the GWI discus championship with a meet record of 173-8.

Weis' athletic success did not come at the expense of her academic performance in the classroom, and she plans to continue her education at UCLA in the fall, where she'll join fellow Gatorade national winners, Janeene Vickers and Angela Burnham.

In addition to Vickers and Burnham, other previous Gatorade Circle of Champions Na-

tional Women's Track and Field awards went to **Chryste Gaines** in 1988 and **Yolanda Johnson** in 1986, the inaugural year of the national award. Gaines from South Oak Cliff High in Dallas, won the the PAC-10 100-meters with a windy 12.05. She did not compete in the NCAA in lieu of a chance to run in Milan, Italy. Johnson, from George Washington High in Denver, recently won the Big-8 110-hurdles in 13.50. She also placed fifth in both NCAA 110-meters hurdles and the 100-meters sprint.

In addition to women's track and field, the Gatorade Circle of Champions award, administered by *Scholastic Coach* magazine, also annually honors outstanding high school athletes in football, soccer, women's and men's basketball, baseball, and men's track and field. In addition to honoring seven national award recipients in these sports, the program recognizes 51 states (includes Washington DC) and eight regional winners in each sport. Nominations can be submitted by coaches, school administrators or fans to any member of the Gatorade National Advisory Board or to *Scholastic Coach* magazine.

The Nevada winner was **Jennifer Owens** of South Lake Tahoe High in South Lake Tahoe, California in the 1600 and 3200 meters. Owens placed fourth in the Kinney Western Regional Cross Country Championships and 12th in the Kinney National last fall.

**Melody Falrchild** of Boulder High, the

Kinney National cross country champion, was the selectee from Colorado and her region for the 3200 meters.

**Zundra Feagin** of Cocoa High, who won the TAC Junior 100 meters in Fresno, was selected from Florida and her region in the 100 and 200.

**Megan Thompson** of Hazelwood High in Florissant, who placed second in the Kinney National, was selected from Missouri and her region in the 1600 and 3200.

**Carole Zajac** of Baldwin High in Pittsburgh, who placed third in the Kinney National, was selected from Pennsylvania and her region in the 1600.

**Stevanie Wadsworth** of L.D. Bell High in Hurst, the GWI and TAC Junior shot put champion, was selected from Texas and her region.

**Sara Schwald** of John R. Rogers High in Spokane, who won the Kinney Western and placed fourth in the Kinney National, was selected from Washington in the 800 and 1600.

**Celeste Susnls** of Kankakee Valley High in Wheatland, who placed fifth in the Kinney National, was selected for Indiana in the 1600 and 3200.

**Meghan McCarthy** of Robinson Secondary High in Fairfax, who placed 21st in the Kinney National, was selected for Virginia in the 1600 and 3200.

## PREP T&F MEETS

From DOUG SPECK

### Great Southwest Classic

May 26, Tempe, AZ.

The Great Southwest Classic, a competition involving athletes from Texas, New Mexico, Arizona, Nevada, Utah, and Colorado, gives a chance for some California preps who have had their season end prior to the state meet one more good opportunity for a Meet. The facility at Arizona State University for the competition is a great one, with the evening weather in the Phoenix area at this time of year perfect for the sport. The Meet weekend, including a luncheon with introduction of participating athletes, is well run and conducive to fine performances. The Pac-10 Championships in Track & Field will be at ASU next Spring.

A number of California attendees met with real success. Christie Engesser competing unattached from Ocean View HS in Huntington Beach, one of the nation's quickest 800 meter runners off a 2:12.79 for 2nd at Arcadia, would meet 2:13 performer Datonia Maryland

from Texas here. The pace in the two lap event was slow for the first 400 meters, covered in 67 seconds, with Engesser racing a very fine homestretch to win 2:17.47-2:17.73 over the Texan. Field eventers from John Maher's Hesperia HS team met with real success. Krystal Kirkland of Hesperia set a Meet Record in winning the Triple Jump at 38-3 1/2, with Justin Dudek the winner in the Hammer at 147-7, and Ben Beal 2nd in the Triple Jump at 46-0 1/4. Dudek also threw 162-1 in the Discus for 6th. Mike Clark (Arroyo Grande) won his Heat in the 300 Meter Intermediates in a fine 38.44, with Scott Tetreault from the same school clearing 15-0 in the Vault.

#### Men's Results

100m: 1. Land (AZ) 10.66. 200m: 1. Thompson (NM) 21.63. 400m: 1. Amos (AZ) 48.42. 800m: 1. Sandoval (NM) 1:55.02. 1500m: 1. Meyer (NV) 3:56.04. 8. Samaniego (McFarland, CA) 4:12.23. 3200m: 1. Salazar (CO) 9:10.48. 7. Page (Redondo Beach) 9:22.79. 110m HH: 1. Patton (AZ) 14.02. 300m IH: 1. Bakich (TX) 38.14. 2. Clark (Arroyo Grande) 38.44.

Landister (Canyon, Canyon Co.) 39.58. HJ: 1. Rathjen (AZ) 6-11. PV: 1. Hysong (AZ) 16-11 3/4. 5. Tetreault (Arroyo Grande) 15-0. LJ: 1. Simpson (AZ) 23-3 3/4. TJ: 1. Hollimon (NV) 46-8 1/4. 2. Beal (Hesperia) 46-1 1/4. SP: 1. Johnson (AZ) 57-1. DT: 1. Paddison (AZ) 183-7. 6. Dudek (Hesperia) 162-1. JT: 1. Mann (UT) 191-0. HT: 1. Dudek (Hesperia) 147-7. Decathlon: 1. Sategna (NM) 7211.

#### Women's Results

100m: 1. Hall (AZ) 12.04. 200m: 1. Hall (AZ) 24.54. 400m: 1. Amstutz (NM) 58.26. 800m: 1. Engesser (Ocean View, Huntington Beach) 2:17.47. 1500m: 1. Swank (TX) 4:36.93. 3200m: 1. Owens (NV) 10:41.36. 100mH: 1. Godreau (AZ) 4:36.93. 300m LH: 1. Bode (AZ) 44.99. HJ: 1. Ragland (AZ) 5-6. LJ: 1. Bailey (AZ) 18-3 1/4. 6. Kirkland (Hesperia) 16-3 1/2. TJ: 1. Kirkland (Hesperia) 38-3 1/2. SP: 1. Chapman (CO) 42-4 1/4. DT: 1. Engstrom (AZ) 136-7. JT: 1. Woolsey (UT) 125-8. Heptathlon: 1. Gozsix (AZ) 4007.

continued next page...



## PREP NOTES

### Golden West Invitational

June 8, Sacramento.

The Golden West Invitational once again brought many of the nation's best preps to California at Sacramento State University on June 8. There were some fine running and field event competitions during the afternoon that involved Golden State preps, with a number of events in which national bragging rights were sorted out.

National weight event leaders Brent Noon (Fallbrook) and Melisa Weis (Bakersfield) were big winners in their events. Noon, who finished the regular season as the #2 prep Shot Putter ever at 76-2, took down the rest of the nation's 1990 best quite easily with a 72-0 winning mark. Jim Flanigan of Wisconsin was 2nd in a fine 66-5 to maybe even keep the San Diego Section star a little bit honest during his series. This day marked the end of a long and glorious season for Noon, who became the first California prep to ever throw 70 feet with the 12 pound implement. Weis, who had established a National Federation Discus Record of 176-10 during the season, was very, very impressive during a windless series, spinning 173-8 that was 28 feet ahead of Danyel Mitchell of Vallejo in 2nd at 143-5.

Notre Dame bound footballer, Willie Clark (Wheatland) marked a 200 meter win over a good national field, racing 21.31 to take 100m winner Elgin Gordon (Roosevelt, Greenbelt, Md) by .01 with a big charge over the final 50 meters. Eliazar Herrera (Hoover, Glendale) finally was able to run a distance race without Bryan Dameworth in the field, a 3000 meter against the best from five states. Obed Aguirre (San Fernando) was also a factor in the race. Herrera led the field through 1600 meters at 4:33.4, with Brandon Rhoads (Utah) closest, with the Utah athlete taking the lead at 6 laps in 6:48.4. Rhoads still held a two meter lead with half a lap to go at 7:55.0, with the UCLA-bound Eliazar finishing very strong down the straight to win by three meters in 8:27.9. Aguirre was 3rd at 8:31.1.

The Meet was book-ended nicely with two very, very special events. Starting the Meet off on the main field was the Men's Triple Jump. This event featured a fine national field. Last year's Junior TAC Champion, Brian Tabor (Georgia) jumped 53-9 1/4 in 1989, with Eric Walder (Alabama) 2nd in that competition for a spot on the U.S. Junior National team. In a fine "back and forth" competition, Tabor led off with 51-6 1/2 (wind +.08 mps), and 52-1 1/2 (+1.18 mps) jumps, with Walder two fouls and a 52-10 (+.57 mps) 3rd effort. Tabor responded with a 52-4 1/4 (+.96 mps) 3rd leap. Walder went 51-8 (+.18 mps), with Tabor 50-7 (+.59), before Walder put things away with a 53-6 1/4 (+2.29 mps) 5th leap and 53-4 (-.52) final effort, while Tabor finished with two fouls.

Finishing off the Meet afternoon at the other end was a very fine Men's Mile. Coley Candaele (Carpinteria), fresh off a nation-leading 4:06.28 from the California State Meet would face Andy Maris (White River, Buckley, WA) the conqueror of Bryan Dameworth at Arcadia over 3200 meters at 8:53.78-8:53.85. Dameworth was here, with Michael Going (Whealeys, Old Westbury, NY) and Martin Keino (Fork Union Military Academy, VA), two of the east's best prep four lappers. Keino is the son of Kip, the many-time World Record Holder and Olympic Champion from the late 1960's and early 1970's. Dameworth was after revenge for his Arcadia loss to Maris, with Candaele running just one event here after a series of doubles and triples and weekend quadruples over the last month. At the gun here, Going showed he really came to run, blazing through the first 400 in 59.9. The pack, led by Dameworth, was back a

ways at 61.8. Going kept it "going" through the 800, at 2:01.2, with Dameworth and Candaele leading the followers at 2:04.0. The New Yorker continued to press through the 1320, passed in 3:04.7, with the pack getting a bit closer at 3:06.0. The group closed in on Mr. Going down the backstretch, with Candaele moving Le-

Powell (Redwood, Visalia) almost took 210 thrower from Wyoming, John Godina, with Godina prevailing 192-11 to 191-6. John will be throwing for Art Venegas of UCLA the next four years.

#### Boys Results

100m: 1. Gordon (Greenbelt Roosevelt, MD) 10.58, 2. Stafford



Left to right: ANDY MARIS, MICHAEL GOING, BRYAN DAMEWORTH and MARTIN KEINO

Fine Flicks by Don Gasney

wide with 270 meters from home, then surprisingly finding nothing there as he pressed on the accelerator, and he faded out of contention. With 200 to go it was Maris, who had laid back on the pole in about fourth place the entire way, who found a lot in reserve and zoomed by everyone, racing away down the homestretch to a seven meter win at 4:08.05. Going held on for second at 4:09.19 with Dameworth racing his finest mile ever at 4:09.32 in 3rd. Keino was 4th in 4:09.47 with Candaele 5th at 4:19.98. It was a classic prep distance race with Maris slated to join Candaele on the distance team at the University of Oregon next Fall.

There were some other interesting events involving Californians. The 100 Meter Women's Hurdles were run at the 33" height used in the rest of the U.S. Indoor star Ayo Atterberry of New York rocketed out over the first two hurdles and never looked back, with Felice Lipscomb (Santa Monica) racing a fine 14.38 in 2nd, with Kwani Stewart (Yuba City) 4th in 14.52. Lipscomb is USC bound, with Stewart going to Nebraska. In a battle of the nation's best in the Men's Discus, Rob

(Brooklyn boys & girls) 10.72, 3. Burton (Iselin Kennedy, NJ) 10.73.

200m: 1. Clark (Wheatland) 21.13, 2. Gordon (Greenbelt Roosevelt, MD) 21.32, 3. Stafford (Brooklyn Boys and Girls) 21.44.

400m: 1. Mills (Hyattsville DeMatha, MD) 46.84, 2. Johnson (Perry, GA) 47.12, 3. Francis (League City Clear Lake, TX) 48.04.

800m: 1. Wilson (Greensboro Day, N.C.) 1:50.61, 2. Perez (Newark West Side, NJ) 1:51.11, 3. Ayres (Trenton Central, NJ) 1:51.45.

Mile: 1. Maris (Buckley White River, WA) 4:08.05, 2. Going (Old Westbury Wheatly, NY) 4:09.19, 3. Dameworth (Agoura) 4:09.32.

3000m: 1. Herrera (Glendale Hoover) 8:27.9, 2. Rhoads (Provo, UT) 8:28.5, 3. Aguirre (San Fernando) 8:31.1.

110m HH: 1. McLamore (Waxahachia, TX) 13.71, 2. Phillips (Crossett, AK) 13.82, 3. Reynolds (Willingboro, NJ) 13.83.

400m IH: 1. Phillips (Crossett, AK) 52.29, 2. Bonds (San Angelo Central, TX) 55.18, 3. Reynolds (La Puente) 55.92.

High Jump: 1. Unton (Donaldsonville, LA) 7-0, 2. Pool (Duncanville, TX) 7-0, 3. (tie) McAfee (Marshall, TX) and Rathjen (Mesa Westwood, AZ) 7-0.

Pole Vault: 1. Lavender (Wichita Falls, TX) 16-9, 2. Hysong (Tolleson, AZ) 16-6, 3. Smith (Owensboro Davies County, KY) 16-0.

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# PREP NOTES

**Long Jump:** 1. Hightower (Paris, TX) 25-4 1/2, 2. Walder (Mobile Murphy, AL) 25-4 1/2, 3. Bailey (Meritt Island, FL) 24-9 3/4w.

**Triple Jump:** 1. Walder (Mobile Murphy, AL) 53-6 1/4w, 2. Tabor (Athens Clarke Central, GA) 52-4 1/4, 3. Johnson (Cathage, MI) 50-9 3/4.

**Shot Put:** 1. Noon (Fallbrook) 72-0, 2. Fianigan (Brussels Southern Door, WI) 66-5.

**Discus:** 1. Godina (Cheyenne Central, WY) 192-11, 2. Powell (Visalia Redwood) 191-6, 3. Paddison (Flagstaff Coconino, AZ) 180-7.



**BRENT NOON**

*Fine Flicks by Dan Gasney*

**Javelin:** 1. Gigras (Middleboro, Mass) 213-10, 2. Corcoran (Danville Morris Catholic, NJ) 212-5, 3. Joseph (St. James, LA) 210-10.

#### Girls Results

**100m:** 1. Williams (Brooklyn Clara Barton) 11.72w, 2. Gray (No. Kansas City) 11.80, 3. Griffin (Benton, AK) 12.11.

**200m:** 1. Williams (Brooklyn Clara Barton) 24.26, 2. Gray (No. Kansas City) 24.57, 3. Young (Sudbury Lincoln-Sadbury, Mass) 24.69.

**400m:** 1. Porter (Cheyenne East, WY) 54.05, 2. Williams (Brooklyn Clara Barton) 55.43, 3. Pitts (Newark Christiana, Del.) 56.49.

**800m:** 1. Neptune (Brooklyn Clara Barton) 2:08.14, 2. Pok (Hamilton) 2:13.9, 3. Stowell (San Diego Mt. Carmel) 2:14.5.

**Mile:** 1. Neptune (Brooklyn Clara Barton) 4:52.28, 2. Van Zant (Boulder Fairview, CO) 5:21.13.

**3000m:** 1. Pena (San Francisco Washington) 10:23.9, 3. Dandel (Milbrae Mills) 10:43.3, 3. Visscher (Elk Grove) 11:02.4.

**100m HH:** 1. Atteberry (ANew Rochelle, NY) 14.21, 2. Lipscomb (Santa Monica) 14.38, 3. Robinson (Missoula Heligate, MT) 14.48.

**400m IH:** 1. Doering (Seaford, NY) 63.08, 2. Mikaelson (Auburn, CA) 63.70, 3. Porro (Norwell, Mass) 64.00.

**High Jump:** 1. Crews (Woodsboro, TX) 5-8, 2. Jones (Marlin, TX) 5-7, 3. Walsh (Crossett, AR) 5-7.

**Long Jump:** 1. Atteberry (New Rochelle, NY) 18-8, 2. Peterson (Dos Pueblos) 18-4 1/4, 3. Sims (Oceanside) 17-6.

**Triple Jump:** 1. Porro (Norwell, MA) 38-6 1/2, 2. Sims (Oceanside) 38-3 1/4, 3. Kirkland (Hesperia) 37-11.

**Shot Put:** 1. Wadsworth (Hurst Bell, TX) 51-3, 2. Weis (Bakersfield) 46-4 3/4, 3. O'Leary (Comanche, Iowa) 45-3.

**Discus:** 1. Weis (Bakersfield) 173-8, 2. Mitchell (Vallejo) 143-5, 3. O'Leary (Comanche, Iowa) 142-11.

## Keebler International Prep Invitational

June 16.

The Keebler International Prep Invitational, one of the post-season highlights of the Prep season nationally really took it's title seriously, as the cookie people went all over the world this year to bring in competition. Athletes from Kenya, the Caribbean, England, Canada, and the U.S. battled on a warm afternoon at York H.S. in Elmhurst, Illinois. There were a number of Californians along to give the action an interesting Golden State slant in a number of events. Kim Toney (Atascadero), Felice Lipscomb (Santa Monica), Melisa Weis (Bakersfield), and Jerome Price (University City, San Diego) were fortunate enough to come home winners in one of the key competitions to decide All-American honors for the season past.

Kim Toney, Arizona State bound, showed consummate confidence and racing skill in coming from behind over the final 200 meters in negative splitting a 2:07.76 Meet Record 800 Meter win over Inez Turner (Jamaica), who had been the toast of the Penn Relays in late April with a 2:07.9 two lap and 53.8 400 meter relay split. Toney continues an amazing undefeated senior year, with a hoped for competition at the early August World Junior Championships as a member of the U.S. Junior team a fitting close to a super year. Lipscomb ran her first 33" 100 Meter hurdle effort the previous week in placing at the Golden West, with the USC bound Santa Monican learning fast, here racing away from a group of the nation's best with a very quick 13.92. Showing her mastery of the 300m hurdle event this season, Felice won that race by nearly a second in 42.47. Future UCLA star, Melisa Weis (Bakersfield) continued her fine season of 170'+ efforts in the discus, here throwing 170-8 in hot and humid weather conditions, leaving second place some 12' behind. Dawn Dumble was 2nd in the Shot for Bakersfield behind Stevanie Wadsworth (Texas) 51-1 1/4 at 48-10 1/2, with Weis 3rd there at 48-5 1/2.

Bryan Dameworth (Agoura) hooked up with Andy Maris (White River HS, Buckley, WA) another time. Maris had been the winner the two previous meetings, following Bryan at Arcadia (3200m) and the Golden West (Mile) before kicking to wins in those races. The duo raced along with the pack, with Shawn Mackay (Canada) getting a jump on Andy and Bryan when the kicking came, racing away to a 9:00.76 win over Maris (9:01.62) and Dameworth (9:04.24). Maris will head to Oregon for his college career, while Dameworth has chosen Wisconsin. Jerome Price (University City, San Diego) led Jason Duff (Etiwanda) 24-10 3/4-24-10,

as the Californians went 1-2 over a fine international field in the event.

#### Women's Results

**100m:** 1. Campbell (Jamaica) 11.79, 200m: 1. Smith (Great Britain) 23.47MR. **400m:** 1. Scott (Jamaica) 53.58, 4. Campbell (Alta Loma) 55.36. **800m:** 1. Toney (Atascadero) 2:07.76MR. **Mile:** 1. Stacey (Great Britain) 4:52.61, 5. Bartholomew (Framont, Sunnyvale) 5:04.74. **Two Mile:** 1. Zajac (Pennsylvania) 10:37.68. **100mHH:** 1. Lipscomb (Santa Monica) 13.92, 7. Stewart (Yuba City) 16.78. **300mH:** 1. Lipscomb 42.47, 5. Stewart 44.15. **HJ:** 1. Choppa (Glens Falls, NY) 6-0 3/4. **LJ:** 1. Guthrie (Jamaica) 19-7. **TJ:** 1. Friday (No. Carolina) 40-0 1/2, 8. Fager (Mission Viejo) 37-4. **SP:** 1. Wadsworth (Texas) 51-1 1/4, 2. Dumble (Bakersfield) 48-10 1/2, 3. Weis (Bakersfield) 48-5 1/2. **DT:** 1. Weis 170-8, 3. Dumble 157-0. **JT:** 1. Liverton (Great Britain) 157-11.

#### Men's Results

**100m:** 1. Powell (Jamaica) 10.74, 200m: 1. Nelloms (Ohio) 20.67, 400m: 1. Nelloms 45.36, 800m: 1. Sesay (Great Britain) 1:50.11. **Mile:** 1. Going (New York) 4:12.05, 7. Gastelum (Birmingham, Van Nuys) 4:21.4. **3000m Steeplechase:** 1. Gibbs (New Jersey) 9:14.0. **Two Miles:** 1. McKay (Canada) 9:00.76, 3. Dameworth (Agoura) 9:04.24. **110m HH:** 1. Reynolds (New Jersey) 13.91. **300m IH:** 1. Morgan (Ohio) 36.11. **HJ:** 1. Reilly (Great Britain) 7-4. **PV:** 1. Hesseline (Texas) 16-6, 9. Lasquette (Mt. Pleasant, San Jose) 15-3. **LJ:** 1. Price (University City, San Diego) 24-10 3/4, 2. Duff (Etiwanda) 24-10. **TJ:** 1. Walder (Alabama) 51-8. **Shot Put:** 1. Winkler (Texas) 64-3. **Discus:** 1. Hart (Indiana) 208-7. **Hammer:** 1. McGrath (Ireland) 228-7, 2. McMahon (Bellarmine, San Jose) 206-10, 6. Popejoy (Bellarmine, San Jose) 187-6. **Javelin:** 1. Schaefer (Kansas) 202-6.

✓ Also... see Doug Speck's story on the TAC Junior National Meet elsewhere in this issue

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December 1, 1990  
Woodward Park  
Fresno, CA



# TAC NATIONAL CHAMPIONSHIPS



## USA/Mobil Outdoor Track & Field Championships June 14-16. Norwalk.

By **ROBERT WOMACK**

Some fine performances on the track (and field) were over-shadowed by swirling, money-driven controversies at the 1990 TAC National Championships at Cerritos College, Norwalk.

Question No. 1 stemmed from the sparse crowds and concerned the willingness of the meet sponsor, Los Angeles Times to continue its support of track, considering declining attendance at its showcase indoor meets.

Question No. 2 reflected intricate negotiations among the Santa Monica Track Club, for which read Carl Lewis, The Athletics Congress, the Times, and Ted Turner's Goodwill Games.

In order to induce 100% attendance by top athletes, TAC had announced a requirement that all US athletes compete in the championships to have a shot at Goodwill. Lewis has been feuding with TAC and Parker, who was known to feel he wasn't completely fit; also, he already had a personal invitation from Turner to compete.

And so the guessing game started: Will Lewis show? Will he run a heat and then drop out? (Remember, TAC said "compete," not necessarily win.) Playing cat and

mouse with meet organizers, Lewis entered the 100, 200 and Long Jump, then scratched from all but the 100.

In the event, Lewis was in for the distance. After braking through the last 10 meters of a windy 10.06 heat and getting beat after a stumbling start in the semi, Lewis roared to an impressive 10.05 in the final to win by two full meters. (Hold the obits; the king ain't dead yet.)

As a footnote, the Times' troubles were over but Ted Turner's may be just beginning. At week's end, SMTC manager Joe Douglass announced he was ready to begin "serious negotiations" for the appearance of Santa Monica athletes at Seattle.

In other TAC Highlights:

Love won one and lost another. Husband/wife hurdlers David and Sandra Farmer Patrick fell short in their bid to repeat last year's twin victories when Sandra ran into a PR by UCLA's Janeene Vickers. (David beat ex-Bruin Kevin Young in the intermediates.)

However, boyfriend/girlfriend combination Kenny Harrison and Sheila Hudson won triple jump titles. Harrison nipped defending champ Mike Conley on his last jump while Hudson dominated, for the umpteenth time, the women's event, but was robbed of an AR by a

pesky tail wind.

Shot putter Jim Doehring from San Jose stunned WR holder Randy Barnes with a last throw victory.

Mike Powell took advantage of the absence of Lewis and drug-suspended Larry Myricks to claim his first national long jump title.

Still other California-connected athletes to win were Steve Lewis (men's 400), Doug Padilla (men's 5K), Ken Flax (Hammer), Dave Johnson (Decathlon), Patti Sue Plumer (Women's 5K), Jackie Joyner-Kersey (Women's LJ), and Karin Smith (Women's Javelin).

A near miss for the Golden State followed some questionable tactics by Doug Nordquist. Even with AR hold Hollis Conway through a PR (for him) 7-8 3/4, Nordquist passed (I) 7-9 3/4. After Conway missed three jumps at that height, Nordquist then took three shots at AR 7-10 1/2, one or two of which might have been good for victory at 7-9 3/4, before losing in a jumpoff at 7-8 3/4.

### California Men's Results

100m: 4. Marsh (Ex-UCLA) 10.26, 7. J. Williams (ex-Jefferson HS, LA) 10.48, 8. Thomas (ex-UCLA) 10.51. Semis: 1. Marsh 10.20, 4. Thomas 10.43, 6. Bridgewater (LBCC) 10.44. ■ 4. Williams 10.26. Heats: 1 2. Marsh 10.07w. ■ 4.

continued opposite...



## TAC/USA Junior National Track & Field Championships June 28-July 1. Fresno.

By **DOUG SPECK**

During the last weekend in July the TAC Junior Nationals, the Meet that has become the biggest and most competitive in the nation for teen-age athletes, came into Fresno at Ratcliffe Stadium. The action on the track was about as hot as the local Central Valley weather as nearly 600 athletes from forty-eight different states competed for the right to make the U.S. Junior National (athletes 19 & Under) team that would compete in a series of international meets and later this summer in the Third World Junior Championships in Bulgaria. The blend of a qualifying time or distance standard and opening up the meet to athletes of any grade age 19 or younger gives this meet an exciting flair. Fields are typically made up of 15-25 athletes with an interesting mixture of grade levels and the issue of who is best settled on the track with qualifying heats usually up through the 800 meters.

Californians were very, very prominent in a number of areas. If one would have to come up with an athlete of the meet, one who so dominated the competition at a very high level, it would have to have been James Stallworth, who will resume his competitive career next year at Fresno State. In Saturday evening's Long Jump James would be meeting Dion Bentley (now a frosh ath-

lete at University of Florida). The match-up of the two 26 foot jumpers would be special. Stallworth opened the competition with a monster foul, then followed it up with a 26-9 3/4 (wind 0.0) effort (originally measured at 27-1 3/4). Bentley did get out to 26-0 3/4 (+1.0), but Stallworth added a 26-9 1/4 (+0.2) that put the issue away totally. James was as impressive in the 200 on the track, where he cranked a 20.48w (+3.4 mps) heat, then easily took the Finals by three meters at 20.51w (+5.1). As someone in the stands mentioned, the tall, powerful Stallworth will be a real hit in Europe this summer with the events that he has chosen.

Juiana Yendork (Walnut HS) continued her fine season. She was the Long Jump winner by over a foot at 20-7 3/4 (wind +1.8 mps), with her 43-4 1/4 Triple Jump win the longest Prep leap ever under any conditions, with 2.4 meters per second of wind spoiling the effort for record possibilities. Yendork did have a legal 42-5 1/2 (+1.9), with the Walnut 11th grader difficult to argue with for Prep Athlete of the Year in the sport.

The UCLA weight program had one heck of a meet. Coach Art Venegas had to leave here rubbing his hands in anticipation of the future. Former All-Southern Section prep water polo star, Joe Bailey, has concentrated totally on the weights his first year at Bruinville, with an amazing 58-10 3/4 Shot Put winning effort here with the 16 pound ball. Next year's Discus recruit for

UCLA, John Godina (Central HS, Cheyenne, Wyoming), who has thrown over 210 feet with the prep implement, blasted a 175-9 winning effort with the collegiate weight platter, the #6 high school mark ever with that heavier Disc. Erik Smith, a frosh at UCLA, added a Javelin win on the Men's side at 208-5. Over on the Women's side it was the Bakersfield recruits for UCLAville looking good. Melisa Weis threw 170-9 in the relatively calm winds of Saturday (Godina had the benefit of some pretty good right quartering gales on Sunday), to take the Discus over teammate Dawn Dumble (161-5), with Dumble (47-5 3/4) reversing the order (Weis 46-8) in the Shot as the twosome placed 2-3 behind Texan Stevanie Wadsworth (49-7 1/4). As you can see Coach Venegas has a few to work with in the paragraph described above, with the cupboard not bare at home of upper classmen.

Allison Franke, fine all-arounder from Canyon HS of Anaheim, and now at Southern Methodist University, was the Women's Javelin winner at 155-11, with Celeste McVey (So. Cal Roadrunners, Redlands HS) 4th at a fine 139-10. Kevin McMahon (Explorer Post #813, Bellarmine HS, San Jose) threw the #6 prep effort ever with the 12 pound high school hammer implement in taking an exhibition event at 219-2.

California Women were very prominent in the Heptathlon. Melanie Clark (Valley JC, Van Nuys) moved into the lead with two events to go (javelin and 800 me-

continued opposite...



# TAC NATIONAL CHAMPIONSHIPS

Bridgewater 10.35w; Thigpen (ex-SDS) 10.59w. III 3. Thomas 10.27w. IV: 2. Williams 10.29w.

200m: 2. Everett (ex-UCLA) 20.08, 6. J. Williams 20.52; T. Williams (SDTC) dq. Semis: I 1. Everett 20.38, 3. J. Williams 20.53, 5. Marsh 20.64, 7. Bridgewater 20.99. II 4. T. Williams 20.71. Heats: I 1. Everett 20.70, II 2. Marsh 20.62, 5. Bridgewater 20.90. III 1. T. Williams 20.73, IV 1. J. Williams 20.63, 4. Knox (ex-Antelope Valley HS) 20.92

400m: 1. Lewis (UCLA) 44.75. Heats: I 2. Lewis 45.35, 8. Stevenson (UCLA) 47.71.

800m: 2. Kersh (ex-Taft JC) 1:45.21, 3. Gray (ex-Santa Monica CC) 1:45.32. Semis: I 2. Kersh 1:49.12, II 1. Gray 1:47.21, 5. Armour (ex-Fresno St) 1:48.01, 6. Brown (Palo Alto) 1:48.01. Heats: I 1. Gray 1:48.54, II 1. Brown 1:47.30, 2. Armour 1:47.37, III 2. Kersh 1:50.13.

1500m: 9. Scott (ex-UCI) 3:44.57, 10. Greer (ex-SDS) 3:46.96. Heats: I 4. Scott 3:47.22, 8. Atkinson (ex-Stanford) 3:48.26, II 5. Greer 3:44.90, 11. Crowley (Stanford) 3:55.59.

3000m SC: 3. Abshire (ex-De Anza HS, Richmond) 8:31.19, 6. Huff (ex-Cal Poly SLO) 8:33.15, 12. Stoll (ex-Stanford) 8:52.74. Heats: II 1. Huff 8:42.78, III 1. Abshire 8:34.47, 6. Stoll 8:42.76.

5000m: 1. Padilla (ex-Chabot CC) 13:41.85, 15. Ashford (Long Beach TC) N.T.

10,000m: 13. Marden (ex-Cal) 29:06.7, 22. Gonzales (ex-San Jose State) 29:49.5.

110m HH: 7. Swift (Bay Area Striders) 13.78, 8. Andrade (ex-Johnson HS, Sacramento) 13.79. Semis: I 4. Andrade 13.66, II 4. Swift 13.89, 5. Jett (ex-Cal) 13.92, Campbell (ex-USC) dnc. Heats: II 6. Ashford (ex-Saddleback CC) 14.11, III 1. Campbell 13.41, 4. Swift 13.76, 7. Duffy (ex-Cal) 13.90, IV 2. Jett 13.90, 3. Andrade 13.98, 4. Dixon (ex-Foothill CC) 13.99.

400m IH: 1. Patrick (FloJo) 48.79, 2. Young (ex-UCLA) 49.56, 3. Porter (USC) 49.77, 5. Page (Pomona) 50.02. Semis: I 1. Patrick 49.25, 2. Young 49.26, II 1. Page 49.52, 3. Port-

er 49.78. Heats: I 1. Young 49.94, 2. Patrick 51.07, II 1. Porter 50.92. Page 51.22.

20K Walk: 15. Walker (ex-CSN) 1:33.09.  
HJ: 2. Nordquist (ex-Fullerton CC) 7-8 3/4, 3. Morris (ex-Cal) 7-7 1/4, 10. Stanton (ex-LBCC) 7-2 1/2, 11. Rogers (Cal) 7-2 1/2. Qualifying: Nordquist 7-3 3/4, Morris 7-2 1/2, Stanton 7-2 1/2, Rogers 7-2 1/2, Balkin (ex-UCLA) 7-1 1/2.

PV: 2. Bright (ex-Soquel HS) 18-6 3/4, 3. (tie) Starkey (ex-Logan HS, Union City) 18-0 1/2, 9. (tie) Krupitski (ex-Fresno St) 17-6 1/2, Fraley (ex-Fresno St) n. Qualifying: Bright 18-0 1/2, Fraley 18-0 1/2, Starkey 18-0 1/2, Krupitski 17-6 1/4, Richards (ex-San Marcos HS) 17-6 1/4.

LJ: 1. Powell (ex-UCLA) 27-0 1/2. Qualifying: Powqell 26-10 1/2, Rogers (Cal) 25-3 1/4w, Stallworth (exTulare HS) nm.

TJ: 1. Harrison (Berkeley) 56-3 1/4, 5. Cannon (LA) 54-4 1/2, 6. Parish (ex-Mt. SAC) 53-11, 9. Banks (ex-UCLA) 52-6 3/4, 10. Jackson (Fresno St) 51-11, 12. Williams (ex-Cal) 49-6 1/2. Qualifying: Cannon 54-4, Harrison 54-3 3/4, Jackson 53-9 3/4w, Williams 53-4 1/2, Banks 53-2 1/4, Parish 53-1 1/2, Taylor (ex-UCLA) 51-6 1/2.

SP: 1. Doehring (ex-SJS) 69-6 3/4, 8. Frazier (ex-UCLA) 61-0 1/4, 9. McKee (ex-CSN) 58-11 1/2, 11. Bender (ex-Fresno St) 58-2 1/2.

DT: 2. Buncic (Sacramento) 201-11, 5. Bluteich (UCLA) 190-2, 7. Wilson (ex-UCLA) 184-0.

HT: 1. Flax (ex-Redwood HS, Larkspur) 249-6, 5. Fritchman (ex-CSB) 215-9, 6. Morales (UCI) 214-10, 10. Prokop (ex-Azusa Pacific) 209-6, 11. Knight (UCLA) 208-5, 12. Wilson (ex-UCLA) 201-2. Qualifying: Flax 227-6, Morales 211-2, Knight 209-8, Fritchman 209-0, Wilson 206-7, Prokop 206-4, McKenzie (ex-Sac State) 204-9, Jarros (Fresno St) 199-5, DeSoto (Sacramento) 196-8, Bberthaler (ex-Fresno CC) 196-2, Adelman (UC Davis) 190-8, Sheaffer (UCSB) 174-8.

JT: 2. Stephens (ex-CSN) 253-5, 3. Barnett (ex-Azusa Pacific) 253-2, 11. Connolly (ex-UCLA) 224-6. Qualifying:

Stephens 245-2, Barnett 244-3, Connolly 228-9, Collstz (ex-CSB) 224-10.

Decathlon: 1. Johnson (ex-Azusa Pacific) 8600w, 3. Blockburger (ex-Orange Coast CC) 8301w, 4. Thorson (ex-Stanford) 8246w, 10. Masgay (Santa Barbara) 7785, 15. Brown (ex-UCLA) 7042.

## California Women's Results

100m: 3. Ashford (ex-UCLA) 11.30. Semis: I 1. Sdhgoff 11.38, 7. Brown (ex-CSN) 11.86, II 5. Opara (Citrus CC) 11.47, Iheagwam (ex-Mt. SAC) dnc. Heats: II 1. Ashford 11.15w, 3. Opara 11.28w, 5. Brown 11.53w, III 4. Iheagwam 11.62.

200m: Heats: II 7. Iby (ex-Stanford) 24.47.  
400m: Heats: I 5. Bakers (ex-Azusa Pacific) 52.95.

800m: 8. Taylor (ex-USC) 2:06.39. Semis: I 2. Taylor 2:02.24, II 6. Noll (ex-USC) 2:08.92, 7. Jacobs (ex-Stanford) 2:10.04.

1500m: 2. Plumer (ex-Stanford) 4:13.68, 7. Arreola (ex-CSN) 4:18.63, Slaney (ex-Orange HS) dnc. Heats: I 1. Plumer 4:12.54, 8. Slaney 4:18.90, 11. Martel (ex-UCLA) 4:30.46, II 1. Arreola 4:16.39, 5. Geme (ex-Stanford) 4:18.60, 6. Prieur (ex-Cal Poly SLO) 4:12.67, 9. Rabbit (UC) 4:23.04.

3000m: 5. Kanes (SLO) 9:09.97, Colebrook (ex-Cal Poly SLO) dnf.

5000m: 1. Plumer 15:45.67, 12. Bessel (LBS) 16:32.46.

10,000m: 3. Mosqueda (ex-CSLA) 32:41.02, Barrios-Scott (ex-University HS, Irvine) dnf.

100m H: Heats: III 8. Hainer (ex-Cal Poly SLO) 13.79w, IV 5. Williams (Cal Poly Pomona) 13.97, 6. Frazier (ex-El Camino CC) 14.61.

400m H: 1. Vickers (UCLA) 54.80, 2. Farmer-Patrick (FloJo) 55.18, 5. Sheffield (ex-SDS) 56.36. Semis: I 1. Vickers 56.23, II 1. Farmer-Patrick 56.07, 2. Sheffield 56.37, 7. Wilson (ex-Muir HS, Pasadena) 58.53. Heats: I 1. Farmer-Patrick

*continued next page...*

ters), with 121-1 and 2:24.11 efforts respectively insuring her 5080 point win. Edwina Ammonds (Kings River Community College) raced 2:24.77 in the final 800 meter run to edge into second place at 4958.

Back on the track the action was hot and heavy. Kim Toney (Atascadero HS) continued her mastery of teen age two lappers. In the 800 meter event, Kim took things out a 29.7 (200) and 62.8 (400) before 2:07.5 star Irene Ruopoli (Villanova) edged past on the way to a 1:36.7 600 time. With 150 meters to go Toney put it into passing gear and moved wide on the way to a five meter triumph at 2:10.06. Spectators had their first look at Shalynn Carr (Orange Co. Blue Angels, La Verne), who has raced some very quick 400 and 800 age-group times the last couple of years. Here she looked very poised in racing a 2:11.66 pr to qualify from her heat into the finals. She showed up with an ace bandage around her calf for the Finals, and did not finish. But stay tuned for much calf for the Finals, and did not finish. But stay tuned for much more from this fourteen year old with five more years in this Junior Age program.

Californians did well in the one-lap hurdle events. Versatile Roslyn Mack (Golden Eagles TC) has found her event as a UC Berkeley frosh, racing a poised Finals run that had her race in ahead over the last hurdle of National JUCO champ, Indira Hamilton 59.32-59.41. Rocky Morris (Hill HS, San Jose) had always looked so good in the 300 Hurdles that one had the feeling he could move up to the one lap barriers with a minimum of difficulty. He certainly showed it here, racing a 53.21 in Saturday's Heats and a very strong 52.33 for 3rd in Saturday's Finals, one of the fastest times ever run by a California prep in the event. Former St. Ignatius HS

of San Francisco star Tom McGuirk, now a frosh at Cal Poly SLO, was 6th at 53.06. Doing a good job in the Women's 100 Meter High Hurdles, raced at the 33" height, 3" higher than California preps are used to running at, were Kwani Stewart (Yuba City HS) 14.19 for 5th (after a 14.15 heat), and Kim Dill (Poway HS) 14.62 for 8th (after a 14.54 heat).

Louie Quintana (Arroyo Grande HS) came to do battle with a good 1500 meter group. After good 60.7-2:03.8 and 3:04.5 lap splits, with Louie taking the lead at the 1200 with 300 meters to go it looked as if really good things were going to happen. The traffic became really heavy with a half a lap to go, and with the Arroyo Grande star no longer in the lead he was tripped, lost all momentum, and came in at 7th in 3:54.84. Becky Spies (Livermore HS) was part of a curiously flat Women's 1500 during Sunday's breezy evening, following the 70.0-2:24.7 and 3:37.4 lap splits, then not finding what she hoped for when she dug down during the final 300 meters in finishing 6th at 4:35.60. David Haskell (El Camino College by way of Elsinore HS) showed real promise in the Steeplechase this season, racing 9:10.64 during the regular season and placing 3rd here at 9:32.74.

In the 5000 Meter Walk, twins Jennifer (2nd 25:33.77) and Jeanne (3rd 26:10.52) Formosa, 8th graders from Huntington Beach representing the Blue



**JENNIFER and JEANNE FORMOSA**

*Photo by Bill Cockerham*

Angels TC, shocked a bit with their very high placings.

A number of the other headlining prep and first year collegiate stars were in attendance. Eleventh grader Curtis Johnson (13th Ave TC, Palmetto HS,

*continued next page...*



# TAC NATIONAL CHAMPIONSHIPS

## USA/Mobil Championships, continued

56.76, 3. Sheffield 57.51, 4. Wilson 58.63. III 3. Vickers 57.42.  
10K Walk: 3. Standley (ex-Mt. SAC) 47:08.5, 6. Herazo (Cal Walkers) 48:47.8, 7. Sedlak (ex-UCSB) 49:14.9, 10. Wilkinson (Monterey) 50:16.2.

HJ: 2. Blunston (ex-CSB) 6-4, 3. Borsheim (Westwood) 6-4, 6. Johnson (Azusa Pacific) 6-1 1/2, 7. Broughton (ex-Woodland HS) 6-1 1/2, 9. Fehrman (ex-LBS) 6-0 1/2, 11. King (ex-Mento Atherton HS) 6-0 1/2, Damon (ex-Redlands HS) nh. Qualifying: Blunston 5-10, Borsheim 5-10, Broughton 5-10, Damon 5-10, Fehrman 5-10, Johnson 5-10, King 5-10, Fairfield (ex-UCLA) nh, Mendonca (ex-Fresno St) nh.

LJ: 1. Joyner-Kersee (ex-UCLA) 23-3/4, 4. Opara (Citrus CC) 21-6 3/4, 5. Inniss (ex-CSLA) 21-6, 6. Hudson (Cal) 21-4 3/4, 7. Loud (ex-UCLA) 21-0 1/2w, 8. Brown (ex-USC) 20-9 3/4, 13. Simmons (Cal) 19-3 1/2. Qualifying: Joyner-Kersee 22-9, Hudson 21-5 1/2w, Brown 21-4 1/4w, Opara 21-3 1/2w, Loud 20-11 1/4, Simmons 20-7, Inniss 20-4 1/4, Yendork (Walnut HS) 20-1.

TJ: 1. Hudson 46-2w, 2. Brown 45-0 1/4w, 4. Johnson (ex-Berkeley HS) 43-7, 6. Yendork 41-11 1/4w. Qualifying: Johnson 44-3 1/2w, Hudson 43-11 3/4, Brown 43-3w, Yendork 42-9 1/2w, Williams (ex-USC) 41-5 1/4w, Ames (SDS) 40-11 1/2w, McCall (ex-CS Hayward) 38-10 1/4.

SP: 2. Pagel (ex-SDS) 58-5 1/4, 3. Dasse (ex-SDS) 58-2, 4. Apiafi (Mt. SAC) 53-0 1/4, 5. Dukes (ex-Stanford) 52-10 1/4, 6. Corley (ex-CSB) 51-7, 9. Millett (UCLA) 50-1 3/4, Joyner-Kersee dnc. Qualifying: Pagel 58-10 3/4, Dasse 56-10 3/4, Dukes 53-0 1/4, Millett 50-0 3/4, Corley 49-10 1/2, Apiafi 49-4 1/2, Joyner-Kersee 47-11 3/4.



LACY BARNES

Photo by Bill Cockerham

DT: 2. Barnes (ex-Fresno ST) 187-5, 4. Pagel 180-2, 8. Willett 171-1, 9. Dentinger (ex-Sac St) 164-0. Qualifying: Barnes 191-2, Millett 178-5, Pagel 172-8, Dentinger 171-0, Apiafi 162-6, Dukes 148-3.

Javelin: 1. Smith (ex-Cal Poly SLO) 206-3, 3. Mayhew (ex-Glendale CC) 193-0, 5. Wheeler (Stanford) 173-10, 7. Schimek (Cal Poly Pomona) 167-11.

Heptathlon: 3. Hainer 6030, 8. Larsen (ex-Cal Poly Pomona) 5731, 9. Young (ex-Mt. SAC) 5583w, 14. Baker (Cal) 5302.

## Men's Results

100m: 1. Carl Lewis (SMTC) 10.05, 2. Mark Witherspoon (SMTC) 10.25, 3. Dennis Mitchell (Mazda TC) 10.26.

200m: 1. Michael Johnson (Florida Clippers) 19.90, 2. Danny Everett (SMTC) 20.08, 3. Daron Council (Unat.) 20.39.

400m: 1. Steve Lewis (SMTC) 44.75, 2. Tim Simon (Nike Int'l) 44.89, 3. Clarence Daniel (Florida Clippers) 44.95.

800m: 1. Mark Everett (Nike Int'l) 1:45.01, 2. George Kersh (SMTC) 1:45.21, 3. Johnny Gray (SMTC) 1:45.32.

1500m: 1. Joe Falcon (Asics Tiger TC) 3:37.49, 2. Maurice Smith (Reebok RC) 3:38.56, 3. Steve P. Ave (New Balance TC) 3:39.41.

5000m: 1. Douglas Padilla (Nike West) 13:41.85, 2. Robert Kennedy (Indiana Univ.) 13:42.80, 3. Reuben Reina (Arkansas TC) 3:43.63.

10,000m: 1. Steve Plasencia (Nike West) 28:11.41, 2. Aaron Ramirez (Unat.) 28:11.99, 3. Ed Eyestone (Reebok RC) 28:16.20.

110m HH: 1. Roger Kingdom (Unat.) 13.22, 2. Michael Tony

continued next page...

## TAC/Junior, continued

FL) took down a sterling national 100 Meter sprint field with a super 10.27 (wind +1.6 mps). The Florida eleventh grader tied Henry Thomas's National grade best with the effort here. If you saw the ESPN coverage of April's Arcadia Invitational, Zundra Feagin



JAMES STALLWORTH

Photo by Bill Cockerham

(Track Florida, Cocoa HS) finished the show with an interview in which she indicated that after her third place sprint finishes there she would be ready for big-

ger things on her next trip west. She certainly was here! The eleventh grader blew the doors off the top young group of sprinters gathered nationally thus far this year in the 100 at 11.35 (wind +0.5), the #6 prep clocking ever in the event. Marion Jones (Rio Mesa HS, Oxnard) had suffered a stress fracture in early June and Inger Miller had obvious ankle woes by State Meet time which made their presence here out of the question. Over 200 Meters Feagin showed the same "quick feet" that had her edge away from the pack in the 100, moving away over the final half of the event in taking the 200 Finals at 23.64 (wind +0.9) by three meters.

The sprint gatherings on both the Men's and Women's sides are typical of what makes this meet so interesting. Each event features athletes from all around the country and from a variety of ages and grades. Some have had the benefits of good weather, some bad, with everything mixed together on the track to be sorted out during the heats that lead to always exciting finals. It was a lot of fun! Chris Nelloms (Dunbar HS, Dayton, Ohio), the most explosive prep athlete on the track this spring, came into race the flat 400 here. Cruising a comfortable 46.79 heat, Chris followed that up with an even-paced finals run of 46.18. Nelloms certainly brings to mind the great junior male one-lappers of recent years, such as William Reed, Steve Lewis, and Danny Everett, with the Ohioan appearing as talented as any one of those athletes. Marvin Samuels (Chabot College) was 4th in the 400 at 47.42. Stephen Adderley (Track Florida, Delray Beach HS) was another who came west for the Arcadia Invitational and met defeat (he was third in the 800 to Coley Candaele and eventual State Champion Craig Magness). Stephen really points to the summer junior season each year. Here, he qualified on Saturday with a 1:50.60 heat win,

with Coley also moving on with a 1:51.90 effort. In an exciting Finals run Adderley charged through the 400 interestingly with the Arcadia winner from two years ago, Scott Peters (then of Gainesville HS, now a frosh at the University of Florida), at 52.4. Candaele was still a part of a tight pack at the front end of the race, looking strong. At the 600 at 1:20.6 Peters, Adderley, and Lewis Lacy, another University of Florida star (as Adderley will be next year when he joins the Galors squad) were abreast. As the event reached the final straightaway Adderley edged by, with Peters fading over the final 50. The Delray HS star handled Lacy on the run-in and was thus another winner on his second trip to California in a fine 1:49.99. Candaele finished strongly in 4th at 1:51.56. With Peters, who has run 1:48.42, Lacy at 1:48.50, and Adderley at 1:49.60 (he won the Golden South in late May in that time), plus grad Mark Everett for a workout partner the University of Florida should be able to dig up a fourth body to do some real damage in the 4x800 meter event in the next couple of years. In the Women's 400 Janice Nichols (Bakersfield HS) looked sharp in a Saturday 54.39 heat win, with at least a relay U.S. Junior team position seemingly assured with a good effort in Sunday's Finals, but for some reason the Central Section star did not show to start in the Finals.

## Men's Results

100m (a) (wind +1.6 mps) 1. Johnson (13th Ave TC, FL) 10.27 (equal US Prep Eleventh Grade record), 7. Bennett (Long Beach CC) 10.50. (Semis) (a) III (+0.3) 2. Bennett 10.51.

200m (b) (+5.1) 1. Stallworth (Unat. Tulare) 20.51w, 3. Bennett 21.00. (Semis) (a) I (+3.4) 1. Stallworth 20.48, 6. Marvin Samuels (Chabot College) 21.61w. III (+2.3) 2. Bennett 21.21w, 4. Bivins (Unat. Glendale-UCLA) 21.64w.

400 (b) 1. Nelloms (Unat. Dunbar HS, Dayton, OH) 46.18,

continued next page...



# TAC NATIONAL CHAMPIONSHIPS

Dees (Florida Clippers) 13.40, 3. Cletus Clark (SMTC) 13.48.  
**400m IH:** 1. David Patrick (FloJo Int'l) 48.79, 2. Kevin Young (SMTC) 49.56, 3. George Porter (Bee-Fit TC) 49.77.

**3000m Steeplechase:** 1. Brian Diemer (Nike Int'l) 8:24.79, 2. Mark Croghan (Unat.) 8:25.99, 3. Brian Abshire (Nike Int'l) 8:31.19.

**20K Walk:** 1. Tim Lewis (Reebok TC) 1:27.28, 2. Douglas Fournier (Parkside AC) 1:28.27, 3. Steven Pacinovsky (USAF) 1:29.02.

**High Jump:** 1. Hollis Conway (Nike Int'l) 7-8 3/4, 2. Douglas Nordquist (Asics Tiger TC) 7-8 3/4, 3. John Morris (Unat.) 7-7 1/4.

**Long Jump:** 1. Michael Powell (Footlocker Slamfest) 27-0 1/2, 2. Andre Ester (Mazda TC) 26-7 1/4, 3. Llewellyn Starks (Louisiana State Univ.) 26-6 1/2.

**Triple Jump:** 1. Kenny Harrison (Mizuno TC) 56-3 1/4, 2. Michael Conley (Nike Int'l) 56-2, 3. Charlie Simpkins (Nike Int'l) 54-8.

**Shot Put:** 1. Jim Doehring (Reebok TC) 69-6 3/4, 2. Randy Barnes (Mazda TC) 69-3 1/2, 3. Ronald Backers (New York AC) 66-9 1/4.

**Javelin:** 1. Vince Labosky (Univ. of Kansas) 261-3, 2. David Stephens (NYAC) 253-5, 3. Mike Barnett (NYAC) 253-2.

**Hammer:** 1. Kenneth Flax (NYAC) 249-6, 2. Jud Logan (NYAC) 246-10, 3. Lance Deal (NYAC) 243-8.

**Pole Vault:** 1. Earl Bell (Pacific Coast Club) 18-10, 2. Tim Bright (Mizuno TC) 18-6 3/4, 3. Dean Starkey (NYAC) 18-0 1/2.

**Discus:** 1. Kamy Keshmiri (Reebok RC) 204-5, 2. Mike Buncic (Mazda TC) 201-11, 3. Randy Heisler (Nike/Indiana) 199-2.

**Decathlon:** 1. David Johnson 8600, 2. Dan O'Brian 8483, 3.

Sheldon Blockburger 8301.

**Team Scores:** 1. Santa Monica TC 77, 2. Nike Int'l 71 1/4, 3. Unattached 58, 4. New York Athletic Club 55 1/4, 5. Mazda Track Club 51 1/4, 6. Reebok Racing Club 50 1/4, 7. Florida



GEORGE KERSH

Photo by Bill Cockerham

Clippers 27, 8. Nike West 21, 9. Asics Tiger Track Club 18, 9. Mizuno Track Club 18, 11. Parkside Athletic Club 12, 12. New Balance TC 11, 13. Univ. of Kansas 10, 13. Pacific Coast Club 10, 13. Flo-Jo International 10, 13. Footlocker Slamfest 10, 17. Oregon Int'l TC 8, 17. Indiana University 8, 17. Moscow/USA Track Club 8, 17. Bee-Fit TC 8, 21. Stars & Stripes TC 7, 21. Nike/Indiana 7, 23. Louisiana State Univ. 6, 23. US Air Force 6, 23. Arkansas TC 6, 23. Nike Atlantic Coast 6, 27. Nike/Boston 5, 28. William and Mary College 4, 28. Team Adidas 4, 28. Nike North 4, 28. American Big Guys 4, 32. Georgetown University 2, 32. Team Elite 2, 32. Univ. of Tennessee 2, 32. Indiana State Univ. 2, 32. Four Winds TC 2, 32. Southwest Texas State Univ. 2, 32. Univ. of Cal, Los Angeles 2, 39. Shore Athletic Club 1, 39. Syracuse University 1, 39. K & K TC 1, 39. Nike Houston 1, 39. Univ. of Irvine 1.

## Women's Results

**100m:** 1. Michele Finn (Atoms TC) 11.20, 2. Carlette Guidry (Longhorn TC) 11.25, 3. Evelyn Ashford (Mazda TC) 11.30.

**200m:** 1. Grace Jackson (Unat.) 22.48, 2. Danette Young (Reebok RC) 22.55, 3. Pauline Davis (Nike Int'l) 22.75.

**400m:** 1. Maicel Malone (Nike Coast TC) 51.23, 2. Rochelle Stevens (Nike Int'l) 51.51, 3. Lillie Leatherwood (Reebok RC) 51.60.

**800m:** 1. Meredith Rainey (Atoms TC) 2:00.70, 2. Julie Junkins (Reebok RC) 2:00.91, 3. Joetta Clark (Nike Int'l) 2:01.14.

**1500m:** 1. Suzy Favor (U of Wisconsin) 4:13.47, 2. Pattisue Plumer (Nike Int'l) 4:13.68, 3. Alisha Hill (Unat.) 4:15.44.

**3000m:** 1. Lynn Jennings (Nike Int'l) 8:51.97, 2. Annette Peters (Nike West) 8:54.64, 3. Valerie McGovern (U of Kentucky) 8:57.73.

continued next page...

4. Marvin Samuels (Chabot College) 47.42, 8. Merrill Samuels (Chabot College-Calif. School Deaf Fremont) 49.41. (Semis) (b) I-3. Marvin Samuels 47.65, 8. Newton (Cal State Hayward) 49.55, II-3. Merrill Samuels 48.15 (dq) McCladdie (Compton TC, Centennial HS) 48.59.

**800 (b) 1.** Addereley (Track Florida) 1:49.99, 4. Candaele (Unat., Carpinteria HS) 1:51.56, 5. Johnson (Big Dog RC, Piedmont) 1:51.73. (Semis) (a) II-2. Johnson 1:51.87, 3. Candaele 1:51.90, 5. Smith (Sun Reporter TC, San Francisco) 1:54.63.

**1500m:** 1. Murphy (Boston College) 3:48.44, 7. Quintana (Unat., Nipomo, CA-Arroyo Grande HS) 3:54.84, 12. S. Hempel (CPSLO) 4:07.7.

**3000m Steeplechase:** (b) 1. Moritz (Georgia Tech TC) 9:15.35, 3. Haskell (El Camino College) 9:32.74.

**5000m (b) 1.** Herd (Univ. of Iowa) 14:29.61, 3. Welsh (Univ. of Arkansas/former Jesuit HS) 14:40.90.

**10,000m (b) 1.** Mykytok (U of Florida TC) 30:06.25, 8. Romero (Bakersfield College) 32:32.49, 10. Polivka (Unat., Clovis) 33:46.88.

**110m HH:** (b) (wind +3.5) 1. Terry (Nike Indiana) 13.5wh, 8. Morris (Unat., San Jose-Hill HS) 14.97w.

**400m IH (b) 1.** McLemore (Dallas Athletics Int'l HS) 50.97, 3. Morris 53.33, 6. McGuirk (Cal Poly SLO) 53.06. (Semis) (a) I 3. McGuirk 53.28, II 3. Morris 53.21.

**10,000m Walk (b) 1.** Seaman (North Babylon TC) 49:36.14, 5. Hilsabeck (So Cal Roadrunners) 51:18.70, 6. Tomasulo (So Cal Roadrunners) 53:43.13.

**HJ:** (b) 1. Taylor-Perry (Unat., Montclair, NJ) 7-1 3/4, 7. Wilson (UCLA) 6-9 1/2, 9. (tie) Rucks (Milpitas TC) 6-8, 12. (tie) Thompson (Contra Costa College) 6-8.

**PV:** (b) 1. Deering (Univ. of Miami) 17-0 3/4, 8. Lasquette (San Jose, CA-Mt. Pleasant HS) 15-7, 9. Burnett (Manteca) 15-3 1/4.

**LJ:** (a) 1. Stallworth (Unat. Tulare) 26-9 3/4 (wind 0.0), 7. Anthony (Cerritos College) 23-11 1/2 (0.0), 13. Balina (Mt.

Carmel HS, San Diego) 23-0 3/4 (0.0).

**TJ:** (b) 1. Walker (Alabama HS) 52-10 1/4w (+2.5 mps aiding wind), 10. Brown (Contra Costa College) 49-6 1/4w (+4.4), 11. Scott (Long Beach CC) 49-5w (+3.3), 13. Morrison (Hartnell College) 49-1 3/4w (+2.6), 15. McCoy (Riverside CC) 46-8w (+2.4) Rogers (Mt. SAC) 3 fouls.

**SP:** (b) 1. Bailey (Westwood TC), Long Beach, CA-UCLA) 58-10 3/4, Kirksey (Bakersfield College) 54-7 1/2, 11. Jones (Fresno St. Univ) 49-1, 12. (tie) Wright (Mesa College, San Diego) and Underwood (Fullerton College) 47-6 1/4, 14. Parlin (Esperanza HS, Yorba Linda) 47-3 3/4, 15. Kinney (Esperanza HS, Yorba Linda) 45-4 1/4, 16. Bustamonte (Schurr HS, Montebello) 43-3 1/4.

**DT:** (b) 1. Godina (Cheyenne Hawks, WY) 175-9, 4. Buckley (Bakersfield HS) 156-10, 7. Fowler (Stanford Univ.) 149-10, 8. Powell (Redwood HS, Woodlake) 147-3, 11. Bustamonte 134-1, 12. Karsevar (Clovis HS) 129-5, 13. Duffey (Aragon HS, San Mateo) 123-6.

**Hammer:** (a) 1. Cyr (Georgetown Univ) 185-11, 7. McMahon (Explorer's Post 813, San Jose) 164-7, 11. Willis (Fresno St Univ.) 151-10, 12. Popejoy (Explorer's 813) 151-0, 13. Wilson (Bakersfield College) 147-0, 14. Bustamonte 144-3, 15. Felice (Explorer's 813) 140-3, 16. Conrad (Bakersfield College) 136-8, 17. Jamison (Explorer's 813) 136-5, 19. Whitney (Fresno State Univ) 121-9. (HS Exhibition 12# Hammer) (a) 1. McMahon 219-2, 2. Popejoy 192-5, 3. Felice 174-2, 4. Dose (Bullard HS, Fresno) 139-11, 5. Kim (Explorer's 813) 138-3, 6. Robinson (Unat., San Jose) 106-1.

**Javelin (b) 1.** Smith (UCLA) 208-5, 6. Johnson (Unat., Woodside-Menlo Atherton HS) 188-8.

**Decathlon (6/28-29) 1.** Clements (Track Florida-Flagler Palm Coast HS) 7095.

## Women's Results

**100m (a) (wind +0.5 mps) 1.** Feagin (Track Florida-Cocoa HS) 11.35, 3. Burnham (UCLA) 11.66. (Semis) (a) I-(0.0) 7. Hill

(Fresno St Univ) 12.60, 8. Conwright (So Cal TC) 12.69. II (+0.2) 4. Jackson (Unat. Bakersfield HS) 12.12, 6. Bradfield (So Ca TC) 12.33, 8. Howard (So Cal TC) 12.75. III-(0.0) 4. Bracey (UC Irvine) 12.08, 6. Kimmy (Unat., San Diego-University City HS) 12.19, 7. Johnson (Sacramento TC-Burbank HS) 12.34, 8. Criswell (Unat., Fresno HS) 12.37, 9. Moxley (Super Sonic TC-St. Bernard HS) 12.41. IV-(+1.5) 1. Burnham 11.76, 3. J. Mack (Golden Eagles TC-UC Berk) 12.20, 7. Jackson (Taft College) 12.39.

**200m (b) (+0.9) 1.** Feagin 23.64, 5. Burnham 24.08, 9. L. Jones (So Cal TC) 24.46. (Semis) I-(+2.4) 1. Burnham 24.10w, 3. J. Mack 24.88w, 4. Bradfield 25.33w, 6. Kimmy 25.77w. II-(+9.7) 2. L. Jones 24.11w. IV-(+2.9) 3. Jackson (Unat., Bakersfield HS) 24.54w, 4. Campbell (Unat., Rancho Cucamonga-Alta Loma HS) 24.55w.

**400m (b) 1.** Smith (Georgetown Univ) 53.36. Nichols (Unat. Bakersfield HS) did not start. (Semis) I 4. Dring (Unat., San Diego-Mt. Carmel HS) 55.98, 5. Campbell 56.46. II 5. L. Jones 55.46. III 1. Nichols 54.39, 5. Dooley (Sacramento TC-Bret Harte HS) 56.94.

**800m (b) 1.** Toney (Unat., Atascadero HS) 2:10.06, 5. Polk (Unat. Hamilton HS) 2:12.75, 7. Teter (Sacto TC-West Valley HS) 2:14.49. Carr (Or Co Blue Angels) did not finish. (Semis) (a) I 1. Toney 2:11.78, 2. Polk 2:13.51, 3. Teter 2:13.94, 4. Buchanan (Nor Cal Cheetahs-Mitty HS) 2:14.21. II 4. Carr (Or Co Blue Angels) 2:11.66, 7. Stowell (Unat., Mt. Carmel HS, San Diego) 2:16.74.

**1500m (b) 1.** Lynch (Villanova) 4:30.03, 6. Spies (Unat. Livermore HS) 4:35.60, 14. Freberg (Unat., San Ramon-California HS) 4:45.2, 16. Davison (Sacramento TC-Bret Harte HS) 4:52.3.

**3000m (b) 1.** Slay (Yale Univ) 9:57.23, 8. Spies 10:27.42, 11. Look (Unat., Shasta-Redding HS) 10:47.71, 13. Sweeney (Unat., San Jose-Leigh HS) 10:53.7.

**10,000 (b) 1.** Sloan (Weber State Univ) 37:13.78.

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# TAC NATIONAL CHAMPIONSHIPS

## USA/Mobil Championships, continued

5000m: 1. Pattisue Plumer (Nike Int'l.) 15:45.67, 2. Sabrina Dornhoefer (New Balance TC) 15:46.20, 3. Sam Gdowski (Reebok RC) 15:51.54.

100m H: 1. LaVonna Martin (Reebok RC) 12.90, 2. Candy Young (Atoms TC) 13.16, 3. Lynda Tolbert (Nike Int'l.) 13.18.

400m H: 1. Janeene Vickers (World Class AC) 54.80, 2. Sandra Patrick (Flo-Jo Int'l.) 55.18, 3. Schowonda Williams (Nike Int'l.) 55.61.



JIM DOEHRING

Photo by Bill Cockerham

10,000m: 1. Colette Murphy (Nike/Indiana) 32:20.92, 2. Cathy O'Brien (New Balance TC) 32:25.93, 3. Sylvia Mosqueda (Mazda TC) 32:41.02.

10K Walk: 1. Debbi Lawrence (Parkside AC) 46:14.4, 2. Teresa Vaill (Natural Sports) 46:54.2, 3. Sara Standley (Natural Sport) 47:08.5.

Hammer: 1. Bonnie Edmondson (Unat.) 53.26, 2. Virginia Young (St. John's Univ.) 50.42, 3. Maria Teeman (Univ. of Rhode Island) 50.00.

High Jump: 1. Yolanda Henry (Mazda TC) 6-5, 2. Phyllis Blunston (SoCal Cheetahs) 6-4, 3. Vicki Borsheim (Westwood TC) 6-4.

Long Jump: 1. Jackie Joyner-Kersey (McDonald TC) 23-2 3/4, 2. Sheila Echols (Nike Int'l.) 22-2 1/4, 3. Cindy Greiner (Nike Cst TC) 21-11 3/4.

Shot Put: 1. Connie Price (Nike North) 60-10 3/4, 2. Ramona Pagel (Mazda TC) 58-5 1/4, 3. Bonnie Dasse (Nike Cst TC) 58-2.

Discus: 1. Connie Price (Nike North) 191-6, 2. Lacy Barnes (Nike TC) 187-5, 3. Penny Lou Neer (Nike Cst TC) 186-2.

Javelin: 1. Karin Smith (Nike Cst TC) 206-3, 2. Laverne Eve (Nike South) 193-11, 3. Donna Mayhew (Nike Cst TC) 193-0.

Triple Jump: 1. Sheila Hudson (Unat.) 46-2, 2. Wendy Brown (Unat.) 45-0 1/4, 3. Diana Willis (US Army) 44-4.

Heptathlon: 1. Cindy Greiner (Nike Cst TC) 6262, 2. Gea Johnson (Nike Cst TC) 6135, 3. Sharon Hainer (Nike Cst TC) 6030.

Team Scores: 1. Nike Int'l. 79, 2. Nike Coast TC 72, 3. Unattached 55, 4. Reebok RC 42, 5. Mazda TC 39, 6. Atoms TC 32, 7. Nike North 20, 7. Nike South 20, 9. Natural Sport 18, 10. Southern Cal Cheetahs 17, 11. New Balance TC 16, 12. Parkside AC 10, 12. World Class AC 10, 12. U of Wisconsin 10, 12. Nike/Indiana 10, 12. McDonald's TC 10, 17. Nike TC 9, 17. Flo-Jo Int'l. 9, 19. Nike West 8, 19. Longhorn TC 8, 21. US Army 6, 21. Univ. of Kentucky 6, 21. Westwood TC 6, 24. Purdue University 4, 24. Asics Tiger TC 4, 24. Sallie Mae TC 4, 24. Nike/Boston 4, 24. Nike Texas 4, 24. Teen World TC 4, 30. Oregon Int'l. TC 2, 30. San Diego TC 2, 30. Univ. of Texas-Austin 2, 30. St. Joseph's University 2, 30. Westchester Puma TC 2, 30. Pilo TC 2, 36. California Walkers 1, 36. North Carolina State Univ., 36. Stars & Stripes TC 1, 36. Villanova Uni-

versity 1, 36. Univ. of Illinois 1, 36. Univ. of Oregon 1, 36. Southern Univ. 1, 36. Nike-Running Room 1, 36. Florida AC 1, 36. Azusa Pacific University 1.



PHYLLIS BLUNSTON

Photo by Bill Cockerham

## TAC/Junior, continued

100m HH: (b) (wind +0.5) 1. Taylor (Univ. of Florida) 13.31 (Meet Record), 5. Stewart (Sacramento TC-Yuba City HS) 14.19, 8. Dill (Unat., Poway HS) 14.62. (Semi's) (a) 1 (+1.3) 4. Stewart 14.15, 11-(1.1) 4. Dill 14.54, 8. Patil (Track West) 15.74.

400m H (b) 1. R. Mack (Golden Eagles/UC Berkeley) 59.32. (Semi's) (a) 1 6. Pacheco (Quicksilver TC/Glenn HS, Norwalk) 77.71. 2. R. Mack 61.88, 7. Keffler (Unat/Woodbridge HS, Irvine) 66.91.

5000m Walk: (a) 1. Zalewski (Univ. of Wisc/Parkside) 24:51.60MR, 2. Jennifer Formosa (Or Co Blue Angels TC) 25:33.77, 3. Jeanne Formosa (Or Co Blue Angels TC) 26:10.52, 6. Denisha Bendz (Pegasus TC/Costa Mesa HS) 29:09.57.

HJ: (b) 1. Hughes (St. Mary's TC, Md) 5-11 1/4, 7. Svoboda (Cal St Long Beach) 5-5, 8. Clarke (LA Valley College) 5-5.

LJ: (a) 1. Yendork (SoCal Cheetahs/Walnut HS) 20-7 3/4 (+1.8 mps), 9. Peterson (Dos Pueblos HS, Goleta) 18-6 3/4 (+1.2).

TJ (b): 1. Yendork (SoCal Cheetahs) 43-4 1/4w (+2.4) (Longest Triple Jump by American HS under any conditions) (42-5 1/2 wind +1.9 best legal jump), 5. Burnett (Lynwood Lightning, Lynwood HS) 38-9 3/4w (+4.3) (37-11 1/2 best legal), 6. Ammonds (Kings River CC, Reedley) 38-6 3/4w (+2.8) (no non-windy efforts). . 9. Carver (Sun Reporter TC, San



EDWINA AMMONDS

Photo by Bill Cockerham

Francisco) 38-2 1/4w (+3.6) (37-2 1/4 legal best), 10. Sims (Oceanside HS) 37-10 1/2w (+3.1) (37-10 legal best).

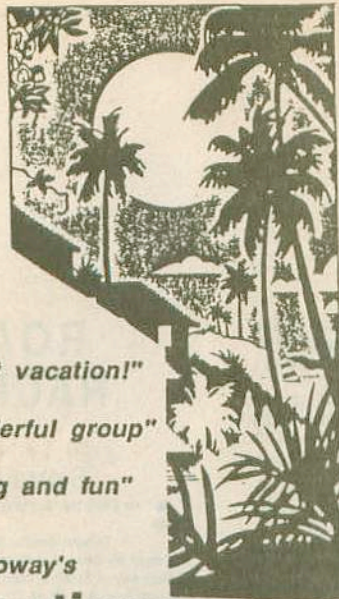
SP (a) 1. Wadsworth (Texas HS) 49-7 1/4, 2. Dumble (Unat. Bakersfield HS) 47-5 3/4, 3. Weis (Unat., Bakersfield HS) 46-8.

DT (a) 1. Weis (Unat., Bakersfield HS) 170-9, 2. Dumble (Unat., Bakersfield HS) 161-5, 4. Franke (SMU/former Canyon HS of Anaheim) 151-11, 7. Peters (Unat/former Gunn HS) 138-11, 10. McVey (SoCal Roadrunners/Redlands HS) 134-8, 13. Phillips (Unat/former Walnut HS) 130-0, 14. Hargrove (Estancia HS, Costa Mesa) 129-7, 16. Malachowski (Unat/former Hesperia HS) 126-0, 17. Warr (Ribidoux HS, Riverside) 117-4, 19. Dumas (Cal Golden Eagles, San Jose) 113-1.

Javelin (b) 1. Franke (SMU/former Canyon HS of Anaheim) 155-10, 4. McVey (SoCal Roadrunners/Redlands HS) 139-10.

Heptathlon: (6/28-29) 1. Clarke (LA Valley College) 5080, 2. Ammonds (Kings River CC) 4958, 9. Haynes (Quicksilver TC/Bishop Montgomery HS) 4449, 12. Tingle (CPSLO) 4209, 13. Burnett (Lynwood Lightning/Lynwood HS) 4110, 14. Smith (Unat/San Marcos HS) 4087.





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# Is It an Injury?

By **JEFF GALLOWAY**

FROM THE BEGINNING of running time, we have struggled with the dilemma: should I run on it if it hurts? The two extremes in treatment are well illustrated by Bill and Irma.

Bill was sort of a macho guy who wouldn't let any ache or pain keep him from running—until it kept him from running. After a hard trail run, Bill realized that his heel hurt, but he convinced himself that he could run through the pain. For the next week the pain increased slightly, but was bearable. While there was some inflammation, Bill was sure that he could beat the problem and proved this in a hard speed workout with his friends. The next day he could hardly walk, and his foot looked like a bowling ball.

Bill had torn his achilles tendon on the trail run and had gradually aggravated it more by running on it. The hard workout did some major damage which took surgery and 6 months to heal.

Irma subscribed to the "don't do it if it hurts" school of training. After 3 months of fitness running, she was losing weight and feeling great but started taking time off each time she felt an ache or pain: a week for a black toe nail, 10 days for a side pain, 6 days for a blister, etc. Irma finally stopped running because "If God had made my body to run, it wouldn't keep hurting".

By taking 1-3 days off at the beginning of an injury, you can avoid taking weeks or months off later—after aggravating it. A day or three without running will not ruin your conditioning.

But how do you know if it's an injury? There are three major signs which tell you right away: 1. Inflammation, 2. Loss of function, and 3. Increase in pain or irritation.

**INFLAMMATION.** Any swelling should be taken seriously. Stop running, ice the area down (preferably with an ice "popsicle" two or three times a day). Elevate the area as much as possible. By wrapping an area before it

starts to swell dramatically, you can speed up the recovery time (Check with your doctor on this, don't wrap too tight, and release to give good blood supply every 10 minutes or so). Ask your doctor about taking anti-inflammatory drugs, including aspirin. These are often very effective, but have side effects.

**LOSS OF FUNCTION.** You're injured if the foot etc. doesn't work correctly. Your body is trying to tell you something, so please listen.

**INCREASE IN PAIN OR IRRITATION.** Sometimes it's hard to tell if an injury is getting worse on a day-to-day basis. Many runners are like Bill and have macho tendencies. They convince themselves that the pain is not getting worse. For those, I have devised an addendum to the rule: don't run on it if it continues to hurt for more than 7 days.

By resting early, and by getting a good diagnosis, you can avoid long periods of layoff and rehabilitation. Get the best advice you can find—starting with the conservative 1-3 days off.

In my 32 years of running I've had hundreds of injuries—and have helped others struggle through thousands more. I have yet to see a degenerative, crippling problem caused by running. Many "type A" runners, however, have been so frustrated by injury layoffs that they have stopped running.

I want to help you keep running, for it makes the world a saner place. If for no other reason, you're too tired to do any harm.

**Note:** Jeff Galloway has written the nation's best-selling running book: Galloway's Book on Running. Through his fitness vacations, corporate seminars and response from readers, he is working on a book about running in the 21st century. For information, write P.O. Box 76843, Atlanta, GA. 30358.



# RESULTS

## TRACK & FIELD

### Los Angeles Invitational CS Los Angeles.

#### Men

100 Meters: 1. Love (CSLA) 10.39, 2. McKinney (Team Patriots) 10.52, 3. Holmes (S&S) 10.55. 200 Meters: 1. Love (CSLA) 21.25, 2. Dexter (Las Vegas Striders) 21.34, 3. McKinney (TP) 21.41. 400 Meters: 1. Berry (US Marines) 48.06. 110m HH: 1. Dixon (South Bay) 13.92, 2. House (S&S) 13.98, 3. Dhorja (US Army) 14.25. 400m IH: 1. Thomas (CS Stanislaus) 53.08. 3000m SC: 1. Perez (CPSLO) 9:17.9. 400m Relay: 1. CS Long Beach 40.80. HJ: 1. Vukovich (Reebok) 7-3. PV: 1. White (S&S) 17-2 1/4. LJ: 1. Gilbert (Canada) 24-3 3/4. TJ: 1. Parrish (Unat.) 54-6, 2. Taylor (Unat.) 52-0 1/2. SP: 1. Bender (Unat.) 62-5 1/4. DT: 1. Van Mehr (Unat.) 182-6. HT: 1. McCullough (Unat.) 223-11, 2. Morales (UC Irvine) 216-6, 3. Wilson (Santa Monica TC) 206-3, 2. Williams (Unat.) 189-5. JT: 1. Wang (Taipei) 225-9, 2. Smerchak (US Army) 223-2, 3. Schmidt (Unat.) 216-10, 2. Lyle (US Marines) 213-1.

#### Women

100m: 1. McRinna (US Marines) 12.04. 200m: 1. Turing (US Army) 23.75, 2. Anthony (CS Bakersfield) 24.49. 400m: 1. Turing (US Army) 55.15. 100m H: 1. Williams (CPP) 13.86, 2. Estwick (Canada) 13.99, 3. Thomas (US Army) 14.22. 400m H: 1. Harrison (Nevada Las Vegas) 60.11. HJ: 1. Buntson (SoCal Cheerleaders) 6-0 3/4, 2. Estwick (Canada) 5-10 3/4. LJ: 1. Nash (CSNorthridge) 19-3 1/2. SP: 1. Corley (Unat.) 52-1 3/4, 2. Culmer (Unat.) 46-6. DT: 1. Paquette (CS Long Beach) 158-1, 2. Phillips (Unat.) 150-11. JT: 1. Schimek (Nike Coast) 175-10, 2. Johnson (Nike Coast) 151-8.

### Santa Monica Invitational

#### Santa Monica College.

#### Men

800m: 1. McBride (CSN) 1:49.09, 2. Kastor (Long Beach TC) 1:49.64, 3. Johns (Adams St.) 1:49.69. 1500m: 1. Beatty (Mountain West) 3:42.21, 2. Arizona (Run Texas) 3:42.78, 2. Taylor (Team Foxcatcher) 3:43.00, 3. Maas (Adams St.) 3:43.26. 5000m: 1. Gundry (Westlake Athletics) 14:07.19, 2. Harrison (Westlake Athletics) 14:07.56, 3. Fields (Unat.) 14:12.26. 10,000m: 1. Navas (Venezuela) 28:56.6, 2. Randy Reina (Team Foxcatcher) 28:56.8, 3. Prather (Unat.) 30:07.3.

#### Women

800m: 1. Wilcox (Unat.) 2:09.70, 2. Lehmkohl (UC Davis) 2:10.35, 3. Brandrup (Track West) 2:11.13. 1500m: 1. Shesky (Unat.) 4:15.94, 2. Carozza (Run Texas) 4:17.83, 3. Forbes (Virginia) 4:18.58. 3000m: 1. McNamara (Unat.) 9:19.86, 2. Prieur (Track West) 9:24.80, 2. Hardman (Greater SFO TC) 9:37.94. 5000m: 1. Bessel (CS Long Beach) 16:20.96, 2. Dabul (UCIrvine) 16:56.36, 3. Crawford (UC Davis) 17:24.99. 10,000m: 1. Sax (Mt. West) 34:33.3, 2. Fernandez (Venezuela) 34:44.4, 3. Bara (Texas San Antonio) 34:52.5.

## Southern California Association TAC Masters Championships

June 16, Occidental College, Los Angeles.

#### Men's Results

100 Meters: (30-34) 1. J. Smith 11.10, 2. James Bonilla 11.39. (35-39) 1. Eugene Driver 11.32, 2. T. Bouquay 12.49. (40-44) 1. Stan Whitley 11.21, 2. Russ Ruffedge 12.55, 3. Glenn Johnson 12.78. (45-49) 1. Frank Little 11.98, 2. Tony Craddock 12.90, 3. Lance Pierce 12.96. (50-54) 1. Ken Dennis 12.12, 2. Gilbert LaTorre 12.16, 3. F. Niedermeyer 12.36. (55-59) 1. B. Springbett 12.64, 2. Dick Glasgow 12.65, 3. Don Benton 12.79. (60-64) 1. Rocky McPherson 12.98, 2. Gene Harle 13.38, 3. Bob Watanabe 13.66. (70-74) 1. Payton Jordan 13.77, 2. C. Kilian 14.65, 3. Al Guidel 15.10. (75-79) 1. Bert Morrow 16.78, 2. Mr. Pao 18.11.

200 Meters: (30-34) 1. J. Smith 22.16, 2. C. Rodriguez 24.01. (35-39) 1. Track Junkie 22.34, 2. James Bonilla 23.12. (40-44) 1. Glenn Johnson 23.97, 2. Herman Castillo 24.42, 3. Russ Ruffedge 24.59. (45-49) 1. Frank Little 25.12, 2. Tony Craddock 26.77, 3. Larry Salinger 26.06. (50-54) 1. Bill Knoke 24.74, 2. Gilbert LaTorre 24.79, 3. F. Niedermeyer 24.94. (55-59) 1. Dick Glasgow 25.96, 2. B. Springbett 26.57, 3. Hugh Cobb 27.82. (60-64) 1. Gene Harle 27.56, 2. Charles Rice 29.75, 3. Orville Bingley 36.08. (70-74) 1. C. Kilian 30.41.

400 Meters: (30-34) 1. J. Smith 51.62, 3. C. Rodriguez 53.59, 3. Neal Bojko 56.98. (35-39) 1. Eugene Driver 53.39, 2. S. Robinson 53.56. (40-44) 1. Stan Whitley 50.19, 2. Herman Castillo 53.65, 3. Conrad Brooks 55.41. (45-49) 1. John Aldridge 53.72, 2. Stan Baker 57.33, 3. Theo Vitz 59.00. (50-54) 1. Mel Sacks 62.13. (60-64) 1. Gene Harle 63.05, 2. Louis Beadle 63.05, 3. Charles Rice 67.09.

800 Meters: (30-34) 1. Neal Bojko 2:07.94, 2. B. Fitzpatrick 2:13.52, 3. Joe Steinman 2:23.25. (35-39) 1. Jon Kirov 2:04.12, 2. S. Robinson 2:05.61, 3. R. Sturgeon 2:08.56. (40-44) 1. Stephan Keyes 2:03.75, 2. Conrad Brooks 2:08.40, 3. C. Sturtevant 2:13.23. (45-49) 1. Alan Olson 2:15.40, 2. Tyrone Nelson 2:19.35. (50-54) 1. J. Carrington 2:25.21. (55-59) 1. Robert Culling 2:31.17, 2. Lloyd McGuire 2:32.47. (60-64) 1. Louis Beadle 2:29.85, 2. Gunnar Lunde 2:31.89, 3. Harold Willis 2:50.09. (65-69) 1. Avery Bryant 3:08.67. (70-74) 1. Pete Ganahl 3:11.5h.

1500 Meters: (30-34) 1. Paul Hough 4:03.78, 2. M. Trivelsky 4:15.51. (35-39) 1. D. Castenholz 4:02.75, 2. David Amster 4:19.68, 3. R. Sturgeon 4:26.33. (40-44) 1. Nolan Smith 4:11.4h, 2. Stephen Keyes 4:12.5h, 3. Graeme Shirley 4:15.9h. (45-49) 1. Tyrone Nelson 4:50.0h. (50-54) 1. Ron Larrieu 4:55.46, 2. Peter Faust 4:57.35. (55-59) 1. Robert Culling 5:04.64. (60-64) 1. Jerry Withers 5:30.64, 2. Harold Willis 5:47.11, 3. Orville Bingley 6:13.55. (65-69) 1. Avery Bryant 7:29.87.

5000 Meters: (30-34) 1. John Scott 15:46.5h. (45-49) 1. Luigi Schiavo 23:03.2h. (60-64) 1. Patrick Devine 18:56.1h, 2. Pete Mundie 23:09.4h, 3. Orville Bingley 23:22.3h.

High Hurdles: (30-34) 1. Roosevelt Wells 16.51, 2. Mike Merigan 16.59. (35-39) 1. D. Robinson 15.76. (45-49) 1. C. McCormick 16.75, 2. Larry Salinger 19.70. (50-54) 1. Al Henry 15.44, 2. John Carr 20.12. (55-59) 1. Bill Adler 18.75. (60-64) 1. Robert Watanabe 18.69. (70-74) 1. Al Guidel 14.18, 2. Bob Hunt 17.11. (75-79) 1. Bert Morrow 17.57, 2. Mr. Pao 18.98.

Intermediate Hurdle: (35-39) 1. D. Robinson 59.32, 2. Andrew Hecker 64.80. (40-44) 1. Tim McMullen

68.02. (50-54) 1. John Carr 80.8h. (55-59) 1. Al Sheehan 73.0h. (60-64) 1. Robert Watanabe 50.96. (300m). (70-74) 1. Pete Ganahl 60.79. (75-79) 1. Bert Morrow 68.30.

Pole Vault: (40-44) 1. Greg Miguel 14-0. (45-49) 1. George Davies 12-0. (50-54) 1. Gary Miller 13-0. (65-69) 1. Dave Brown 8-0, 2. Thomas DeVaughn 7-0. (70-74) 1. Jim Vernon 9-0. (75-79) 1. Carl Johnson 7-6.

Triple Jump: (35-39) 1. Andrew Hecker 10.69. (40-44) 1. Milan Tiff 14.96, 2. Joel Whitfield 11.73. (75-79) 1. John Damski 7.69, 2. Art Vesco 4.30.

Long Jump: (30-34) 1. Mike Merigan 5.03. (40-44) 1. Sam Hill 4.75, 2. Jim Gibson 4.28. (55-59) 1. Al Henry 5.31, 2. Dave Jackson 5.20, 3. Ed Martin 4.62. (70-74) 1. Elmer Siegel 2.95, 2. Harry Yu 2.36. (75-79) 1. Carl Johnson 2.88.

High Jump: (35-39) 1. Jason Meiser 6-8, 2. Mel Embree 6-4. (40-44) 1. Charles Rader 6-4, 2. Sam Hill 4-6. (45-49) 1. Larry Salinger 5-4, 2. George Davies 5-2. (55-59) 1. Dave Douglass 4-6. (65-69) 1. Dave Brown 4-0, 2. Thomas DeVaughn 3-10. (70-74) 1. Jim Vernon 3-10, 2. Elmer Siegel 3-4. (75-79) 1. John Damski 4-0, 2. Carl Johnson 3-6.

Hammer: (40-44) 1. Mike Deller 48.82. (50-54) 1. Allan Brown 34.45, 2. Abe Sheinker 32.88. (55-59) 1. Dave Douglass 32.71. (60-64) 1. Jerry Wojcik 29.89, 2. Emson Grimm 14.28. (70-74) 1. Jim Minah 41.24. (75-79) 1. Art Vesco 25.49.

Javelin: (40-44) 1. Joe Greenberg 60.22, 2. Bill Weinstock 44.82, 3. Ron Rook 42.00. (50-54) 1. Steve Wordell 38.66. (55-59) 1. Ed Martin 39.04, 2. Michael Devlin 34.96. (60-64) 1. Emson Grimm 13.20. (70-74) 1. Jack Ralls 24.56.

Shot: (30-34) 1. Val Olotoa 13.89. (35-39) 1. Bill Pendleton 15.10, 2. Russ Reabold 12.48. (40-44) 1. Frank Rielly 14.78, 2. Mike Nash 14.43, 3. Mike Deller 13.60. (45-49) 1. George Davies 11.92. (50-54) 1. Allan Brown 11.61, 2. Abe Sheinker 8.83. (55-59) 1. Michael Devlin 11.40, 2. Dave Douglass 9.10. (60-64) 1. Hal Wallace 11.45, 2. Jerry Wojcik 7.68. (65-69) 1. Ed Chynoweth 10.93. (70-74) 1. Jim Minah 11.23, 2. Jim Sullenger 10.01. (75-79) 1. Mr. Pao 7.95, 2. Art Vesco 7.51.

Discus: (30-34) 1. Val Olotoa 35.86. (35-39) 1. Russ Reabold 38.47. (40-44) 1. Frank Rielly 49.62, 2. Mike Deller 43.64, 3. Mike Nash 37.54. (45-49) 1. C. McCormick 37.00, 2. Juan Bustamante 24.31, 3. Luigi Schiavo 19.35. (50-54) 1. Allan Brown 42.99, 2. Abe Sheinker 30.70. (55-59) 1. Ed Martin 34.95, 2. Michael Devlin 32.85. (60-64) 1. Hal Wallace 45.50, 2. Jerry Wojcik 32.08, 3. Emson Grimm 14.82. (70-74) 1. Jim Sullenger 34.33. (75-79) 1. Art Vesco 19.39. (80-84) 1. Burt DeGroot 24.57.

#### Women's Results

100 Meters: (40-44) 1. Linda Jackson 15.65. (50-54) 1. Jeanne Carter 14.94. (65-69) 1. Diana Smith 20.70.

200 Meters: (30-34) 1. Juanda Honore 27.24. (40-44) 1. Linda Jackson 32.37. (50-54) 1. Jeanne Carter 30.69.

800 Meters: (35-39) 1. Tina Stephens 2:29.56. (50-54) 1. Patricia Willis 4:09.2h. (55-59) 1. Gretchen Snyder 3:15.0h.

1500 Meters: (40-44) 1. Jori Shirley 5:05.61. High Jump: (60-64) 1. Shirley Kinsey 3-4.

Hammer: (30-34) 1. S. Carpenter 31.84. Javelin: (30-34) 1. S. Carpenter 42.72. (50-54) 1. Patty Devlin 15.94. (55-59) 1. Chris Miller 28.66.

Shot: (35-39) 1. Janet Wilson 10.53. Discus: (35-39) 1. Janet Wilson 41.59.

## ROAD RACING

### Sierra Cup

No Date Available. No Place Available. 10K & 2 Mile.

#### Division Results - Men's 2 Mile

Overall Winner: 1. Bud Arras 12:30. 12 & Under: 1. Marc Miguel 13:33, 2. Nathaniel Glazer 13:52, 3. Austin Bowker 13:52. 13-17: 1. Dave Bowker 13:50. 18-29: 1. Joe Famer 17:57. 30-39: 1. Jeremiah Hume 12:50, 2. Sal Pagano 12:56, 3. Jim Nicolette 12:59. 40-49: 1. Bud Arras 12:30, 2. Glenn Gulbransen 13:22, 3. Bill Crittendon 21:10. 50-59: 1. Gáman Jung 14:43, 2. Jim McDonald 17:50. 60 & Over: 1. George Grammens 18:06.

#### Division Results - Women's 2 Mile

Overall Winner: 1. Jeanne Kral 13:03. 12 & Under: 1. Dante Gasser 16:35. 13-17: 1. Elizabeth O'Brien 13:04, 2. Jennifer Crittendon 21:02, 3. Maile Apau 31:44. 18-29: 1. Caron Choy 13:07, 2. Amy Warren 14:18, 3. Kathryn Gronewald 35:35. 30-39: 1. Nancy Libby 13:38, 2. Pam Finley 17:34, 3. Jennifer Vincent 34:34. 40-49: 1. Jeanne Kral 13:03, 2. Teresa Malta 17:16, 3. Diane Glazer 18:05. 50-59: 1. Patricia Miller 17:09, 2. Patricia Pingle 17:44. 60 & Over: 1. Marion Irvine 15:05, 2. Enid Carter 25:33.

#### Division Results - Men's 10K

Overall Winner: 1. Byron Choiniere 34:58. 13-17: 1. Dustin Gasser 46:55, 2. Michael Apau 54:43. 18-29: 1. Robin Madgwick 36:36, 2. Mike Tarvid 37:02, 3. Gregg Templin 40:48. 30-39: 1. Bryon Choiniere 34:58, 2. Dennis McClellan 38:33, 3. Mark Miller 39:26. 40-49: 1. John Sensesbaugh 38:45, 2. Don Johnston 40:06, 3. Dan Teravest 40:38. 50-59: 1. Robert Honer 43:14, 2. Wylie Walhaal 51:38, 3. Howard Haupt 53:44. 60 & Over: 1. Jim Reardon 46:00, 2. George Rusch 60:19.

#### Division Results - Women's 10K

Overall Winner: 1. Denise Thompson 47:13. 30-39: 1. Denise Thompson 47:13, 2. Stephanie Biagio 52:29, 3. Stephanie Grubbs 52:49. 40-49: 1. Dottie Lee 47:17, 2. Sheri Guinn 49:17, 3. Linda Zimny 49:52. 50-59: 1. Marion Jacob 78:02.

## Indian Gulch Runs

No Date Available. Merced Area. 5 & 10 Mile.

#### Overall Results - 5 Mile

1. Bruno Rinaldi (40-49) 29:33, 2. Philip Murphy (40-49) 29:37, 3. Gerry Holmes (40-49) 30:21, 4. Noah Dye (12 & U) 30:22, 5. Pete Werner (30-39) 30:47, 6. Martin Bannon (30-39) 31:29, 7. Mark Holmes (18-29) 32:05, 8. Jeff Michelson (12 & U) 32:46, 9. Dick Shorman (50-59) 32:52, 10. Vance Rogel (30-39) 33:03.

#### Division Results - Men's 5 Mile

12 & Under: 1. Noah Dye 30:22, 2. Jeff Michelson 32:46, 3. Michael Canner 33:20. 18-29: 1. Mark Holmes 32:05, 2. Rusty Thomson 35:02, 3. Steve Carlson 36:19. 30-39: 1. Pete Werner 30:47, 2. Martin Bannon 31:29, 3. Vance Rogel 33:03. 40-49: 1. Bruno Rinaldi 29:33, 2. Philip Murphy 29:37, 3. Gerry Holmes 30:21. 50-59: 1. Dick Shorman 32:52, 2. Mort Ward 33:57, 3. Robert Smith 34:41. 60 & Over: 1. Don Osborne N.T.

#### Division Results - Women's 5 Mile

13-17: 1. Coral Tabejia 39:25. 18-29: 1. Marcia Ta-



# RESULTS

belija 43:37, 2. Yolanda Gardini 47:10, 3. Rhonda Peterson 54:06, 40-49: 1. Carolyn Ward 43:14, 2. Kris Reiman 44:50, 3. Mary Ann Foster 46:50, 50-59: 1. Deborah Schwartz 46:35, 2. Pat Kaufman 46:43, 3. Marveta Taylor 62:55, 60 & Over: 1. Pat Loring 48:35.

## Overall Results - 10 Mile

1. Matt Crabbe (18-29) 1:01:56, 2. Louie Phillips (40-49) 1:02:21, 3. Curt Royer (30-39) 1:02:34, 4. Terry Nephew (30-39) 1:03:28, 5. Dan Verzier (30-39) 1:05:08, 6. John Evans (40-49) 1:05:11, 7. John Mason (40-49) 1:06:44, 8. Sargon Nona (30-39) 1:07:24, 9. Tom Allord (50-59) 1:07:43, 10. Dick Doman (40-49) 1:07:50.

## Division Results - Men's 10 Mile

29 & Under: 1. Matt Crabbe 1:01:56, 30-39: 1. Curt Royer 1:02:34, 2. Terry Nephew 1:03:28, 3. Dan Verzier 1:05:08, 40-49: 1. Louie Phillips 1:02:21, 2. John Evans 1:05:11, 3. John Mason 1:06:44, 50-59: 1. Tom Allord 1:07:43, 2. Ken Schwisow 1:08:40, 3. Frank Morris 1:22:42, 60 & Over: 1. Ralph Seely 1:24:04, 2. Jack Names 1:26:29, 3. Chuck Freuler 1:29:00.

## Division Results - Women's 10 Mile

29 & Under: 1. Nancy Galarneau 1:16:38, 2. Shauna Arnold 1:29:06, 30-39: 1. Kathy Berry 1:19:12, 2. Michele Livak 1:29:08, 3. Lucy Ang N.T. 40-49: 1. Barbara Duenes 1:19:45, 2. Margaret Gong 1:24:55, 3. Jackie Ryle 1:26:36, 60 & Over: 1. Flo Seely 1:50:00.

## Vital Signs Challenge Run

April 8, Woodward Park, Fresno, 10K & 2 Mile.

### Division Results - Men's 2 Mile

Overall Winners: 1. John Avila 9:59, 18 & Under: 1. Steve Garcia 11:12, 2. Sean Smith 11:16, 3. Jorge Garcia 12:10, 19-24: 1. Vance Talbot 12:53, 2. Brian Gaines 12:54, 3. Noe Flores 14:08, 25-29: 1. David Lennon 10:08, 2. Shawn West 10:25, 3. Erin Woody 10:34, 30-34: 1. John Robinson 10:43, 2. Mark Hull 12:09, 3. Brian Montgomery 12:10, 35-39: 1. Gary Demko 11:43, 2. Tony Quintero 11:55, 3. Paul Conner 13:34, 45-49: 1. Skip Howard 13:49, 2. Doug Cusumano 14:16, 3. Alejandro Correa 14:46, 50-54: 1. Earl Bradford 12:06, 2. David Nowlis 13:41, 3. Dale Sprinkle 13:51, 55-59: 1. Ed Thomason 11:59, 2. Fred Fishhorn 15:20, 3. Darryl Gillis 15:30, 60-64: 1. Jess Rivera 13:14, 2. Fred Stein 17:27, 3. Guy Johnston 18:27.

### Division Results - Women's 2 Mile

Overall Winners: 1. Angie Fernandez 13:11, 18 & Under: 1. Renee Jones 14:31, 2. Shelly Syvester 14:49, 3. Stephanie Walkones 14:52, 19-24: 1. Julie Smith 15:52, 2. Theresa Rendon 19:08, 3. Katie Wintz 19:30, 25-29: 1. Maria Pucay 13:58, 2. Carol Foster 14:44, 3. Alicia Gonzales 15:35, 30-34: 1. Sande Nelson 13:27, 2. Marce Ramirez 14:15, 3. Becky Smith 15:29, 35-39: 1. Nancy Wright 14:06, 2. Sharon Madsen 15:33, 3. Tish Driano 15:46, 40-44: 1. Diane Heimforth 16:50, 2. Pauline Fukagawa 16:51, 3. Maria Elena Garcia 18:41, 40-49: 1. Dianne Bissonnette 18:31, 2. Judy Palmer 18:36, 3. Patricia Caffrey 18:46, 50-54: 1. Glenda Morgan 15:07, 2. Deborah Schwartz 15:59, 3. Gay Taira 16:45, 60-64: 1. Elaine Clark 21:20, 70 & Over: 1. Ruth Robinson N.T.

### Division Results - Men's 10K

Overall Winners: 1. Al Lara 29:58, 18 & Under: 1. Pascal Morales 33:12, 2. Hector Munoz 38:24, 3. Bill Meyer 38:49, 19-24: 1. Art Ramos 35:40, 2. Adrian Reyes 36:11, 3. Bryan Jones 39:23, 25-29: 1. Jay Solaan 33:49, 2. Armltanio Sada 35:40, 3. Troy Arsenau 40:22, 30-34: 1. Tom Cox 39:17, 2. David Flory 39:54, 3. James Shattuck 40:38, 35-39: 1. Al Lomelli 33:40, 2. Mark Cramolini 37:37, 3. Rich Robbins 38:58, 40-44: 1. David Soleno 33:48, 2. Steve Levy 35:39, 3. Gordon Keller 36:22, 45-49: 1. Bill Woody 38:05, 2. Pete Santellano 40:05, 3. Isaac Melo 41:17, 50-54: 1. John Bonner 45:36, 2. Jim Morgan 46:01, 3. Juan Sobanes 47:19, 55-59: 1. Ewood

Brooks 41:57, 2. Chris Denny 49:36, 60-64: 1. David Fung 45:49, 2. Lee Miller 46:37, 3. Jim Barrera 50:57, 70 & Over: 1. Harry Harder 52:05.

### Division Results - Women's 10K

Overall Winners: 1. Susan Lee 41:45, 19-24: 1. Jeanette Fagundes 51:01, 2. Marcia Schreckengost 51:06, 3. Debby Manning 55:44, 25-29: 1. Ann Bidge-mon 44:59, 2. Eileen Graida 46:46, 30-34: 1. Rosa Richards 46:14, 2. Teri Farnesi 48:28, 3. Lois O'Brien 51:07, 35-39: 1. Eugenia Savala 48:40, 2. Marilyn McDaniel 53:42, 3. Christie Ballard 56:31, 40-44: 1. Barbara Duenes 43:43, 2. Margaret Gong 47:33, 3. Janice Harnes 50:53, 45-49: 1. Jackie Ryle 48:32, 2. Mary Ann Barroso 50:48, 3. Helene Miller 52:12, 50-54: 1. Heidi Fialho 55:35, 55-59: 1. Sydney Loo 58:27.

## Legg Lake Runs

### San Gabriel Woodchuck Run

April 28, So. El Monte, 5K.

#### Overall Results

1. Jose Rodriguez (35) 17:20, 2. Trent Martinez (24) 18:23, 3. Leonard Walts (61) 21:35, 4. Arthur Martinez (42) 22:00, 5. Mike Lalum (45) 22:17.

### Legg Lake Wildflower

April 29, So. El Monte, 5K.

#### Overall Results

1. Jose Ortiz Pina (27) 15:44, 2. William Harry (33) 17:35, 3. Carl Allen (35) 18:03, 4. Mark Martinez (24) 18:27, 5. Marco Islas (25) 18:30, 6. Miguel Mendez (45) 19:35, 7. Edward Texeria (25) 19:43, 8. Marcelo Garcia (44) 21:01, 9. Martin Valenzuela (39) 21:01, 10. Darryl Fisher (37) 21:09.

### Legg Lake Evening Run

May 3, So. El Monte, 5K.

#### Overall Results

1. Robert Culling (58) 18:58, 2. Carlos Casillas (34) 20:50, 3. Christopher Brown (14) 20:55, 4. Juan Garcia (40) 21:29, 5. Francisco Cruz (30) 21:30.

### San Gabriel River Run

May 5, So. El Monte, 3 Mile.

#### Overall Results

1. Art Aranda (17) 17:55, 2. Mark Martinez (24) 18:55, 3. Pancho Villar (25) 20:57, 4. Mike Lakum (45) 22:46, 5. Darin Wright (25) 23:24.

### Legg Lake Spiker Run

May 6, So. El Monte, 6K.

#### Overall Results

1. David Casteholz (35) 26:22, 2. Vicente Rivera 27:55, 3. Jay Uretsky (40) 30:17, 4. Michele Eltapene (25) 34:12, 5. Joe Lopez (15) 35:18.

### Legg Lake Evening Run

May 10, So. El Monte, 5K.

#### Overall Results

1. Marco Islas (25) 18:24, 2. Robert Culling (58) 18:53, 3. Arthur Martinez (42) 21:31.

### Legg Lake Pit Bull Run

May 12, So. El Monte, 5K.

#### Overall Results

1. Joe Calhoun (42) 17:21, 2. Jesus Figueroa (38) 17:37, 3. Unidentified 18:17, 4. Christopher Garcia (33) 19:59, 5. Tom Alcott (37) 19:59.

### Legg Lake Mothers Day Run

May 13, So. El Monte, 5K.

#### Overall Results

1. Tiburcio Contreras (34) 18:30, 2. Edward Texeria (25) 19:00, 3. Ray Gardner (47) 19:33, 4. Kent Wedin (36) 19:34, 5. Craig Brumbaugh (24) 19:37.

## Turlock Rotary Biathlon

May 5, Turlock.

### Division Results - Men

19 & Under: 1. Bob Moreno 3:05:22, 20-29: 1. Craig Reynolds 1:47:17, 2. Luke Merrill 1:52:03, 3. Shawn West 1:54:53, 30-39: 1. Jay Farris 1:49:48, 2. Larry Nolan 1:53:20, 3. Steven Tague 1:57:10, 40-49: 1. Eddie Kolofor 2:03:10, 2. Tim Olmstead 2:05:35, 3. John Mason 2:07:20, 50-59: 1. Joe Marino 2:07:37, 2. Richard Rogers 2:11:28, 3. Gordon Smith 2:14:19, 60 & Over: 1. Bill Ferrell 2:27:56.

### Division Results - Women

20-29: 1. Kathleen Sweetman 2:18:29, 2. Colleen Werner 2:21:59, 3. Elizabeth Vitalis 2:22:06, 30-39: 1. Lisa Hunter 2:22:20, 40-49: 1. Connie Smith 2:31:07, 2. Janice Walley 2:32:03, 3. Pat Vorreiter 2:46:19, 50-59: 1. Shirley Weeks 2:41:41.

### Team Results - Men

19 & Under: 1. Pack/Belshana 1:55:56, 2. Siggins/Johnson 2:08:34, 3. Daponte/Duroy 2:11:21, 20-29: 1. Sage/Peters 1:49:30CR, 2. Foley/Foley 1:59:06, 3. Persak/Graben 2:02:36, 30-39: 1. Weller/Maxwell 1:56:33, 2. Weisgerber/Lopez 2:00:26, 3. Flanders/Stanek 2:06:08, 40-49: 1. Domant/Strong 2:00:08, 2. Dahl/Walters 2:13:58, 3. Ahlen/Koch 2:14:59, 50-59: 1. Shorman/Alcama 2:11:55, 2. Rojas/Palmer 2:15:41, 3. Hayward/Bultena 2:37:17, 60 & Over: 1. Rogers/Lunberg 2:29:46.

### Team Results - Women

20-29: 1. Reboer/Salles 2:54:47, 2. Braidenschach/Phillips 2:58:03, 3. Caffee/Clark 3:52:39, 30-39: 1. Estes/Wallace 2:39:54.

### Team Results - Coed

1. Hansen/Baldwin 1:58:15, 2. Ortiz/Sanchez 2:02:43, 3. Greene/Gilmore 2:09:26.

## Lake Los Angeles Beach Party

May 5, Lake Los Angeles, 5K & 10K & 5K Walker.

### Overall Results - 10K

1. George Berg (21) Lancaster 35:32, 2. Mark Gallagher (32) Palmdale 36:28, 3. John Johnston (31) Palmdale 37:30, 4. Jerry Maytum (29) Palmdale 38:08, 5. Clint Davis (29) Palmdale 38:22, 6. Robert Coco (39) Edwards 40:55, 7. Jerry Jones (51) Edwards 41:29, 8. Scott Hale (34) Palmdale 42:18, 9. Ken Hamrick (52) Lancaster 42:44, 10. Steve Williams (35) Palmdale 44:37.

### Overall Results - 5K

1. Peter McConnell (28) Lancaster 16:54, 2. Mark McMurray (15) OH 18:33, 3. Kelly Current (32) Lancaster 19:14, 4. Aldo Arca (30) Lancaster 19:14, 5. Brice Jarvi (15) Acton 19:38, 6. Howard Sundberg (39) Lancaster 19:43, 7. Roy Johnston (12) Palmdale 19:45, 8. Kenny Farkas (16) Lancaster 20:16, 9. Elizabeth Blair (41) Tujunga 21:05, 10. Scott Tucker (26) Lancaster 22:31.

### Overall Results - 5K Walk

1. Mike Schneider (52) Palmdale 42:08, 2. Wanda Watts (32) Lancaster 44:18, 3. Carolyn Nelson (13) Pearbism 45:24, 4. Winitred Massimino (65) Palmdale 47:05, 5. Elizabeth Fuhrath (51) Newhall 47:05.

### Overall Results - Kiddie 1K

1. Eric Sundberg (9) Lancaster 3:54, 2. Phillip Hindson (12) Lancaster 3:58, 3. Ryan Jensen (10) Palmdale 4:08, 4. Andre Ramos (9) Palmdale 4:08, 5. Priscilla Jones (10) Lancaster 4:11.

## Founder's Day Run

May 5, Sanger, 2 Mil. & 6 Mil.

### Overall Results - Men's 6 Mile

1. Isaac Naranjo (19) 34:21, 2. Anthony Sada (27) 34:24, 3. Mike Brooks (38) 35:01, 4. Robert Rodriguez (37) 39:01, 5. Jim Hidebrand (26) 42:25, 6. David Lansberry (33) 42:32, 7. Bill Ramsey (45) 43:27, 8. Terry Lewis (41) 43:46, 9. Bill Fraker (41) 44:14, 10. Mark Johnson (36) 44:40.

### Overall Results - Women's 6 Mile

1. Kelly Merk (28) 55:00, 2. Heidi Fialho (52) 55:04, 3. Christie Ballard (40) 55:11.

### Overall Results - Men's 2 Mile

1. Rito Fuentes (37) 10:59, 2. David Williams (37) 11:13, 3. Luis Naranjo (15) 11:47, 4. Jack Wilkinson (42) 11:57, 5. Paul Marquez (35) 12:08, 6. Jason Glynn (12) 13:39, 7. Chris Hickman (14) 14:08, 8. James Glynn (44) 14:09, 9. Richard Scholl (28) 14:21, 10. Kenneth Straub (11) 14:25.

### Overall Results - Women's 2 Mile

1. Donna Wilkerson (45) 14:28, 2. Vickie Freeman (38) 18:20, 3. Ericka Lewis (11) 19:06, 4. Marni Bloom (11) 20:04, 5. Lisa Glynn (11) 20:05, 6. Jackie Lewis (40) 20:25, 7. Gina Johnson (11) 24:23, 8. Claire Nichols (56) 27:31.

## Freihofer's Run for Women

May 5, Albany, NY, 5K & 10K.

As the gun sent away a field of over 1700 women, it was quickly apparent that those hungering for a runaway, record breaking victory by the World Cross Country champion were to be disappointed.

"I led for the first 400m," commented Jennings. "Immediately there was a pack of four. When I saw that Leann Warren and Patti Sue Plumer were with me, my strategy changed immediately."

Indeed, along with Warren and Plumer, Jennings was closely tailed through the first mile by Sabrina Dornhoeller, Mary Knisely, Kathy Kanes, Jody Dunston and a host of other established and emerging US stars. A split of 5:03 saw the leaders congeal into a distinct pack of four-Jennings, Warren, Plumer and Dornhoeller—but with Jennings uncharacteristically sitting in behind and Warren, equally out of character, assuming control.

"I think people assumed that Lynn would push the pace," proffered the 29 year old Warren, these days a night-time DJ with KINK in Portland, Oregon. "I was saying to myself, 'Why isn't anybody pushing the pace?' I'm always one to sit and kick, but I thought I might as well take it myself. I got the lead but I just didn't push it hard enough."

A two mile split of 10:12 served as ample evidence of the lead pack's indecision, but it also set the stage for a scintillating final mile and the closest finish in this race since Betty Springs and Francie Larrieru-Smith dead-heated over 10K in 1985. Plumer and Dornhoeller were not to feature, though, the former falling victim to an attack of asthma and a severe mid-race nosebleed, and the latter simply falling victim to the rapid-fire increase in pace.

With only Jennings and Warren remaining, the fireworks truly began on the 600m downhill sweep to the finish.

"I knew that Leann would be very tough on that last downhill," smiled Jennings. "She made several increases in speed and then she started to kick with about 400m to go. I just stuck to her like glue. To be honest, it makes it a lot more exciting for everybody when it comes down to a kick like that."

For everybody, that is, with the possible exception of Warren. "I'm not used to being out-kicked," she explained with a wry smile. "But Lynn moved by me so fast, there was just no way that I could respond."

Indeed, Jennings employed her now patented kick to surge past Warren with less than 200m remaining, crossing the finish line in 15:31.00 with over two seconds in hand. Warren crossed at 15:33.74 with Plumer holding on for third in 15:42.80.

"It became tactical today," commented the seemingly omnipotent victor. "We were all back runners out there. I haven't raced for a while so I knew I would just have to do what I had to do. Today that meant sit and kick."

### Overall Results - 5K

1. Lynn Jennings (NH) \$5000 15:31.00, 2. Leann



# RESULTS

Warren (OR) \$3000 15:33.74, 3. Patti Sue Plumer (CA) \$2000 15:42.80, 4. Sabrina Dornhoelter (MN) \$1400 15:44.56, 5. Mary Knisely (TX) \$1000 16:00.07, 6. Kathy Kanes (CA) \$700 16:02.79, 7. Jody Dunston (TX) \$500 16:03.22, 8. Anne Leiko (NJ) \$400 16:05.42, 9. Rosalind Taylor (MD) \$300 16:12.12, 10. Paula Brunetto (CT) \$200 16:23.19.

## Division Results - Masters

40 & Under: 1. Barbara Filutze (PA) \$1000 17:06.91, 2. Gabriele Andersen (ID) \$600 17:18.67, 3. Nancy Grayson (SC) \$300 17:26.07, 45-49: 1. Gabriele Andersen (ID) 17:18.67, 2. Meri Bodelid (NY) 18:21.00, 3. Susan Weisbrod (NY) 18:42.18, 50-54: 1. Zofia Turocz (CT) 20:04, 2. Jean Poodack (CT) 21:46, 3. Helen Partya (MA) 22:48, 55-59: 1. Annie Stockman (NY) 21:22, 2. Margarete Deckert (FL) 21:29, 3. Geri Owens (NY) 21:58, 60 & Over: 1. Nancy Gerstenberger (NY) 21:55, 2. Toshiko D'Elia (NJ) 22:19, 3. Edith Faria (NY) 24:06.

## Overall Results - 10K

1. Lisa Polzinetti (PA) 36:24.34, 2. Jan McKeown (CT) 38:27.08, 3. Nancy Krowelski (CT) 38:31.60, 4. Nancy Egarlon (NY) 38:52.41, 5. Nancy Mears (NY) 38:53.78.

## Division Results - 10K

40-49: 1. Jan McKeown (CT) 38:27.08, 2. Carolyn Riley (NY) 41:51.65, 3. Mary Rosado (NY) 41:53.50, 50-59: 1. Barbara Frasca (CT) 47:44, 2. Ann Drapeau (NY) 48:00, 3. Louise Klaber (CT) 50:36, 60 & Over: 1. Dolores Quinn (NY) 50:55, 2. Regina Tumidajewicz (NY) 54:28, 3. Ellen Miller (MA) 55:55.

## Long Beach Plaza 8K

May 5, Long Beach.

## Division Results - Men

Overall Winners: 1. Jose Ortiz 25:01, 2. Larry Eckles 25:24, 3. Bradley Sigler 25:26, 14 & Under: 1. Laurentino Diaz 29:05, 2. Sam Amaya 32:08, 3. Jake Yang 33:18, 15-18: 1. Jose Villanueva 27:49, 2. Enrique Esparza 29:04, 3. Shintake Nishihara 30:23, 19-24: 1. Bradley Sigler 25:26, 2. Ronald Combs 27:37, 3. Phil Falcois 34:50, 25-29: 1. Jose Ortiz 25:01, 2. Rick Caintalan 26:21, 3. Peter Schust 26:36, 30-34: 1. Larry Eckles 25:24, 2. Phil Smith 26:25, 3. Larry Hall 26:19, 35-39: 1. Porfirio Huerta 26:12, 2. Paul Robinson 27:10, 3. Jim Whitson 28:07, 40-44: 1. Paul Marcel 27:14, 2. Mark Hemphill 29:00, 3. Tom Fischer 30:21, 45-49: 1. Ron Hanson 29:27, 2. Ben Jackson 29:48, 3. Miguel Mendez 30:25, 50-54: 1. Sonny Monioz 29:38, 2. Jim McDiarmid 31:28, 3. Dick Vosburgh 32:07, 55-59: 1. Bob Rice 32:52, 2. Ted Oviatt 34:33, 3. David Carlson 35:06, 60-64: 1. Ruben Zolza 34:34, 2. Bob Koch 35:26, 3. Richard Elizarraras 35:33, 65-69: 1. Avery Bryant 35:12, 2. Ed Homung 39:19, 3. Ralph Liberto 44:49, 70 & Over: 1. Fred Shanley 48:10, 2. Masao Takeshita 48:37, 3. Dean Soffield 55:05.

## Division Results - Women

Overall Winners: 1. Nancy Ditz 27:14, 2. Anita Johnson 30:07, 3. Diane Silva 33:03, 14 & Under: 1. Vanessa Gonzalez 41:48, 2. Michele Gonzales 50:11, 3. Melissa Gehrman 50:43, 15-18: 1. Tanya Triggs 50:30, 2. Angie Nard 52:28, 19-24: 1. Sarah Madden 42:36, 2. Jennifer Pedersen 43:48, 3. Lisa Oshiro 43:59, 25-29: 1. Anita Johnson 30:07, 2. Diane Silva 33:03, 3. Melissa Staley 34:11, 30-34: 1. Michele Sorensen 33:56, 2. Janet Ditz 35:25, 3. Lori Marcel 35:37, 35-39: 1. Nancy Ditz 27:14, 2. Claudia Velletri 33:22, 3. Peggy Sullivan 36:41, 40-44: 1. Cindy Van Stralen 36:34, 2. Barbara Spatz 37:16, 3. Joan Clergy 37:17, 45-49: 1. Linda King 34:17, 2. Lisa Allen 34:27, 3. Roberta Lamping 36:49, 50-54: 1. Jeanne Hoagland 35:19, 2. Shirley Blush 38:12, 3. Chris Matso 39:05, 55-59: 1. Giree Mains 40:06, 2. Audrey Hault 41:47, 3. Rose Youn 46:21, 65-69: 1. Mary Storey 39:58.

## Overall Results - Teams

1. Texaco #1 (Burns, Carlton, Johnson, Penton, Schmand) 5808 points, 2. Texaco #2 (Gance, May, McLaughlin, Unzueta) 6687 points, 3. GTE Ninja Turtles (Crisantes, Flores, Larkin, Oleson,

Spaulding) 7299 points, 4. Dean Witter I (Hicks, Rand, Shadden, Shankin, Van Horn) 7542 points, 5. Dean Witter II (Coulter, Elkins, Polite, Richardson) 8744 points.

## Overall Results - Walkers

Men: 1. Greg Cross 38:36, 2. Mike Dempsey 50:55, 3. Henry Romero 53:44, 4. Michael Higginbotham 55:56, 5. Walder DeRoefine 1:14:32.  
Women: 1. Christine Eppard 53:51, 2. Joanne Morrison 1:08:12, 3. Dorothy Lintner 1:08:17, 4. Pat's Shanks 1:17:50, 5. Jeanette Ferris 1:18:26.

## Maranatha Runs

May 5, Sacramento, Half Marathon & 10K.

### Overall Results - Half Marathon

1. Tom Barrett (27) Auburn 1:12:02, 2. Adam Ferreira (39) No. Highlands 1:16:02, 3. Randy Marx (36) Fair Oaks 1:17:09, 4. Chuck Harris (32) El Dorado Hills 1:18:27, 5. Tim Jordan (50) Elk Grove 1:19:35, 6. Chris Enrique (38) Elk Grove 1:19:55, 7. Jim Howe (44) Cupertino 1:21:27, 8. Jeannie Urness (27) Rancho Cordova 1:23:24, 9. Dave Landry (30) Rancho Cordova 1:25:25, 10. Rich Ortiz (40) Sacramento 1:25:28.

### Overall Results - 10K

1. Patrick Rainey (24) Davis 33:27, 2. Paul Blodgett (26) Roseville 34:48, 3. Ken Rhoades (15) Meadow Vista 34:58, 4. Thom Pearman (28) Citrus Heights 35:40, 5. Kevin Quinn (30) West Sacramento 36:07, 6. Jim Roberts (37) Martinez 36:43, 7. Gary Lokspeich (41) Sacramento 37:19, 8. Kent Draper (42) Sutter 38:43, 9. Trevor Murray (15) Auburn 39:00, 10. Sammy Trujillo (43) Sacramento 39:23.

## Run for the Roses

May 5, Fountain Valley, 6K.

### Division Results - Men

Overall Winner: 1. Tyrus Demint 18:45, 10 & Under: 1. Antonio Lomeli 29:43, 2. Michael Tischler 30:46, 3. Ian Lintner 35:38, 11-13: 1. Tom Coffey 24:31, 2. Josh Ambrose 27:32, 3. Baron Morledge 29:43, 14-17: 1. Steve Rial 24:00, 2. Alex Alaniz 24:36, 3. Mike Englehart 24:40, 18-24: 1. Jeff Gilky 19:31, 2. Enrique Vasquez 20:31, 3. Julia Parra 21:57, 25-29: 1. Tyrus Demint 18:45, 2. Rick Trombley 21:34, 3. Laurindo Mello 24:06, 30-34: 1. Keith Withauer 19:30, 2. Robert Sliak 20:03, 3. Rick Waterman 20:55, 35-39: 1. Rigoberto Reyes 20:30, 2. Steve Kallmyer 21:28, 3. Richard Rodriguez 21:53, 40-44: 1. Ben Wilson 20:45, 2. Dale Fairchild 21:40, 3. Jim Burton 23:05, 45-49: 1. John Gonzalez 23:21, 2. Dave Reynolds 24:48, 3. Pete Garutin 25:57, 50-54: 1. Carlos Valle 22:04, 2. Robert Matthews 25:05, 3. John Harper 25:29, 60 & Over: 1. Marvin Warren 26:02, 2. Ward Speaker 28:32, 3. Beverly McQuarrie 33:17.

### Division Results - Women

Overall Winner: 1. Toni Delgado 22:00, 10 & Under: 1. Christine Lintner 27:27, 2. Mary Hener 28:24, 3. Rosita Rosas 33:31, 11-13: 1. Jennifer Formosa 24:02, 2. Jeanna Formosa 25:39, 3. Courtney Grace 26:58, 14-17: 1. Katherine Pfizer 25:38, 2. Alicia Boice 26:19, 3. Allyson Easley 39:05, 18-24: 1. Toni Delgado 22:00, 2. Kathleen Hopkins 23:20, 3. Julia Kasler 27:13, 25-29: 1. Denise Bigelow 23:38, 2. Tess Joyce 25:40, 3. Julie Amon 30:52, 30-34: 1. Heather Dibdin 23:22, 2. Andrea Jardinco 31:51, 3. Stacy Nassar 32:35, 35-39: 1. Lori Coker 24:00, 2. Kathryn Hansen 29:58, 3. Deedee VanWey 31:17, 40-44: 1. Barbara Miller 29:09, 2. Linda LaPorte 31:52, 3. Lauren Kelly 32:19, 45-49: 1. Harolene Walters 23:41, 2. Penny Morledge 27:10, 3. Donna Hammer 31:05, 50-54: 1. Laila Waiuliki 31:13, 2. Dee Yox 34:49, 3. Beverly Nicklus 35:19, 60 & Over: 1. Lois Edds 32:09, 2. Sumiya Leonard 33:27, 3. Harriett Mansfield 43:36.

## Tribute Run

May 5, Costa Mesa, 5K.

### Division Results - Men

Overall Winners: 1. David Parsel 15:41, 2. Sal Alcaraz 15:56, 3. Tom Cactra 16:20, 13 & Under: 1. Nicholas Louis 21:42, 2. Christopher Rakunas 47:04, 14-17: 1. Adam Bakunas 47:39, 18-24: 1. Tom Castro 16:20, 2. Kieman Morrow 16:21, 3. Ari Velasco 17:15, 25-29: 1. Sal Alcaraz 15:56, 2. Dave Brunken 17:11, 3. Keith Rejind 17:49, 30-34: 1. Elias Reyes 16:58, 2. Ernesto Camacho 17:08, 3. Dymphio Serina 18:02, 35-39: 1. David Parsel 15:41, 2. Gary Carlin 17:02, 3. Bruce Mnard 17:15, 40-44: 1. John Walters 18:48, 2. Wayne Chartier 22:46, 3. Mark Saunders 23:41, 45-49: 1. George Wright 17:57, 2. Bob Kingery 19:51, 3. Joe Yanez 19:56, 50-59: 1. John Heikes 20:14, 2. John Gilfoi 20:21, 3. Jerry Bordenon 22:26, 60 & Over: 1. Hu Goldstein 21:36, 2. Ron Winter 1:01:06.

### Division Results - Women

Overall Winners: 1. Dawn Braund 19:52, 2. Valerie McCutcheon 20:36, 3. Felicia Cheng 21:52, 13 & Under: 1. Nicole Stainett 41:46, 14-17: 1. Andrea Talbott 22:20, 18-24: 1. Heidi Fitzer 22:33, 2. Michele Parsons 23:29, 3. Diana Gray 23:30, 25-29: 1. Jana Volk 24:12, 2. Barbe Patrick 24:22, 3. Lori Sage 24:38, 30-34: 1. Valerie McCutcheon 20:36, 2. Felicia Cheng 21:52, 3. Signe Smith 22:33, 35-39: 1. Dawn Braund 19:52, 2. Lori Smith 21:54, 3. Carole Hanson 27:16, 40-44: 1. Ginger Fluorchinger 21:54, 2. Jamie Ross 23:49, 3. Erik Gelke 27:54, 45-49: 1. Barbara Wright 22:49, 2. Barbara Thibault 27:33, 3. Mery Jo Noser 31:35, 50-54: 1. Amy Goldstein 25:00, 2. Ann Swanson 29:11, 3. Carroll Hochschild 29:46, 60 & Over: 1. Henry Deinum 32:45, 2. Joan Gunn 41:06.

## Marine Corps Air Ground Combat Center Triathlon

May 5, Twentynine Palms, (5K Run, 30K Bike, 100M Swim).

### Division Results - Relays

Men: 1. Bruce Funk 1:03:25, 2. John Isakson 1:06:50, 3. Frank Anderson 1:14:39.  
Women: 1. Silvia Alvarez 1:28:10, 2. Rita Aspen 1:40:15.  
Mixed: 1. Terry Andrews N.T., 2. Charles Earhart 1:16:22, 3. Katherine Duncan 1:17:01.

### Division Results - Men

15 & Under: 1. David Dewegeli N.T., 2. Shane Whitney 1:09:21, 3. Jody Fletcher 1:13:02, 16-19: 1. Matthew Jones 1:28:18, 2. David Thomas 1:33:21, 20-24: 1. Brian Steele N.T., 2. Scott Bever 1:11:40, 3. Armando Espinoza 1:12:38, 25-29: 1. Rick Cunningham N.T., 2. Donald White 1:06:08, 3. Jim Perez 1:08:15, 30-34: 1. Alan Ross N.T., 2. Duane Franks 1:08:46, 3. Jeff Haymer 1:10:34, 35-39: 1. Bill Sayers N.T., 2. Pavel Lavdakopoulos N.T., 3. William Wyman 1:11:02, 40-44: 1. Mark Adams N.T., 2. William 1:09:35, 3. Ron 1:10:32, 45-49: 1. Josef Luptowicz 1:21:38, 50-54: 1. Don Holmeister 1:28:46, 2. Jack Smith 1:41:48, 3. Bruce Wilingham 1:44:24, 60 & Over: 1. Bill Robson 1:24:42, 2. Ollie Harker 1:36:05, 3. Lester Rooks 1:52:25.

### Division Results - Women

25-29: 1. Dianne Urey 1:36:52, 2. Melody Lanthorn 1:39:03, 3. Lisa Irving 1:40:46, 30-34: 1. Susan Schneider 1:30:56, 2. Denise Funk 1:33:17, 3. Melinda Baker 1:34:04, 35-39: 1. Joy Sayers N.T., 2. Sherrie Semelsberger 1:34:04, 40-44: 1. Tracy Freeman 1:39:10, 2. Barbara Luning 1:45:50, 45-49: 1. Sigrid McAllister 1:19:13.

## Wildflower Triathlon

May 5, Lake San Antonio, Monterey Co.

### Division Results - Men

15-19: 1. Ben Travis 4:35:48, 2. Jason Nanetti 4:58:48, 3. David Bassler 5:03:12, 20-24: 1. Jeff Ja-

cobs 4:30:35, 2. Ryan Adams 4:42:06, 3. En Hian 4:44:27, 25-29: 1. Scott Miller 4:30:55, 2. Thomas Camy 4:33:53, 3. David Turner 4:34:19, 30-34: 1. Jamie Beninger 4:36:30, 2. Karl Rush 4:37:18, 3. Jay Coulter 4:41:03, 35-39: 1. Charles Cox 4:39:51, 2. Don Anderson 4:51:50, 3. Bill Penn 4:58:55, 40-44: 1. Scott Davis 4:40:33, 2. John Murphy 4:55:48, 3. Dennis Good 4:57:47, 45-49: 1. Robert Platt 5:03:16, 2. Jerry Ranges 5:05:15, 3. Larry Warren 5:12:18, 50-54: 1. Hans Dieben 5:04:37, 2. Roland Samuelson 5:36:49, 3. William O'Brien 5:47:59, 55-59: 1. Dick Robinson 5:40:20, 2. Bill Brown 6:13:51, 3. Joseph Russell 6:37:47, 60-64: 1. David Stevenson 5:45:01.

### Division Results - Women

15-19: 1. Syda Kosolsky 6:33:54, 20-24: 1. Sheryl McMillan 5:08:39, 2. Michelle Brazil 5:34:17, 3. Monica Mazzocco 5:51:43, 25-29: 1. Laura Lowe 5:11:54, 2. Gail Faulconer 5:17:45, 3. Lauren Alexander 5:20:04, 30-34: 1. Sue Stiver 6:23:44, 2. Jennifer Davis 6:23:57, 3. Sally Hill 6:50:20, 35-39: 1. Missy LeStrange 5:08:33, 2. Susan Shafer 5:12:49, 3. Susan Condon 5:27:50, 40-44: 1. Terrie Christiansen 5:38:53, 2. Jane Granskog 6:04:32, 3. Katie Ecker 6:04:48, 45-49: 1. Mardi Briggs 6:17:30, 2. Linda Elliott-Wright 6:51:09, 50-54: 1. Kitty Brown 7:07:39, 2. Harriet Anderson 7:17:36.

### Team Results

Open Men: 1. Egger-Bennett 4:17:58, 2. Bernal-Melving-Theobald 4:24:34, 3. Hardcastle-Symons-Blair 4:48:32.

Open Women: 1. Bryant-Goughnour-Dowie 5:01:16, 2. Williams-D'Angelo-Franco 5:46:42, 3. Heaven Help Us 6:21:53.

Mixed: 1. Coffing-Michael-Trettin 4:35:24, 2. Micholson-Chavez-Goss 4:47:29, 3. Cal Poly Triathlon Club 4:50:58.

Youth Men: 1. Weide-Packer-Kelley 5:12:56.  
Master Men: 1. Thornton-Thompson-Garcia 4:56:52.

Master Women: 1. Tri Monkey 6:49:50.  
Master Mixed: 1. Altenburg-Bryant-Holloway 6:40:50.

## NorCal Bi Series II

May 6, Sacramento.

### Division Results - Men

Overall Winners: 1. Matt Gary 1:11:55, 2. Mac Williamson 1:15:15, 3. Anthony Milevsky 1:16:50, 4. Dean Lourens 1:16:03, 5. Ron Harpin 1:16:49, 19 & Under: 1. John Whitney 1:25:39, 2. Anthony Brantley 1:27:31, 3. Eric Viera 1:29:06, 20-24: 1. Marcel Villan 1:16:13, 2. Brett Radami 1:19:57, 3. John Culala 1:23:39, 25-29: 1. John Litschert 1:16:49, 2. Mark Hunt 1:17:08, 3. Winni Spanaus 1:17:45, 30-34: 1. Chris Ward 1:19:56, 2. Jim Lamie 1:20:26, 3. Cliff Coates 1:22:39, 35-39: 1. Paul Goss 1:25:01, 2. Gregory Colt 1:25:55, 3. Rodbo Farley 1:26:16, 40-44: 1. Gary Chamberlain 1:27:37, 2. Frank Alderete 1:38:46, 3. Thomas Miller 1:41:10, 45-49: 1. Tom Davies 1:31:37, 2. Robert Schmitt 1:42:33, 3. Charles Keen 1:47:35, 50-54: 1. Bob Tarozzi 1:34:32, 2. Gary Nolan 1:38:00, 3. Deamond Sharp 1:42:21, 60 & Over: 1. Herschel Roby 2:43:47.

### Division Results - Women

Overall Winners: 1. Joan Alley-Smith 1:23:37, 2. Colleen Gallagher 1:24:07, 3. Gail Laurence 1:25:37, 4. April Powers 1:26:04, 5. Airtop Far 1:33:38, 20-24: 1. Jennifer Clark 1:31:00, 2. Marianne Gibbons 1:49:10, 3. Kelly Coddia 1:54:58, 25-29: 1. Lisa Youmans 1:32:05, 2. Anceylin Avila 1:54:44, 30-34: 1. Lisa Homen 1:37:13, 2. Patricia Balding 1:45:56, 3. Michelle Dodd 1:46:14, 35-39: 1. Alison Goss 1:37:32, 40-44: 1. Natalie Hebron 1:36:54, 2. Lynn Kyme 1:43:50.

## Godzilla Gasp

May 6, 10 Mile.

### Division Results - Men

Overall Winners: 1. Jeff Hartman 58:18, 2. Paul Anderson 1:02:32, 3. George Shoemaker 1:03:08, Jr. High: 1. Jeremy Bennett 1:10:11, 2. Caleb Anderson



# RESULTS

1:16:58. High School: 1. Darin Loucks 1:06:46, 2. Nathan Houx 1:10:42, 3. Greg Wright 1:15:54. Post High School: 1. Jeff Hartman 58:18, 2. George Shoemaker 1:03:08, 3. Mike Leach 1:06:50, 30-39: 1. Paul Anderson 1:02:32, 2. Leon Casas Jr. 1:03:43, 3. Charles Pittel 1:05:21, 40-49: 1. John Evans 1:04:24, 2. Jim Boland 1:10:17, 3. Jim Stanley 1:11:15, 50-59: 1. David Fister 1:10:57, 2. Michael Otten 1:15:29, 3. Dave Kerwin 1:19:32, 60-69: 1. Leon Casas Sr. 1:32:15, 2. Don Osborne 1:55:03.

**Division Results - Women**  
Overall Winners: 1. Patti Scott-Baier 1:07:37, 2. Diane Kato 1:17:00, 3. Corinne Meyers 1:18:14. Jr. High: 1. Lisandra Torres 2:12:00. Post High School: 1. Corinne Meyers 1:18:14, 2. Lynnette Gonzales 1:52:17, 30-39: 1. Patti Scott-Baier 1:07:37, 2. Diane Kato 1:17:00, 3. Jami Harrison 1:23:08, 40-49: 1. Becky Summers 1:22:18, 2. Peggy Schrock 1:26:45, 3. Cheryl Sawyer 1:34:38, 50-59: 1. Virginia Condon 1:44:26, 2. Barbara Neyens 1:50:37.

## 10 Mile InyoKern Road Race

May 6, InyoKern Park.

### Division Results - Men

Overall Winners: 1. Mike Griesmer 58:30, 2. Mike Griesmer 59:50, 3. Joe Oliver 60:00. 14 & Under: 1. Bobby Deem 72:53, 15-18: 1. Eric Martin 67:26, 2. Scott Heath 68:18, 3. Fred Crouse 75:26, 19-29: 1. Chip Keyes 67:49, 2. Mark Lambert 70:43, 3. John Stanger-Smith 73:35, 30-34: 1. Pat LeBrun 64:56, 2. Aaron Arledge 67:52, 3. Matthew Roberts 73:11, 35-39: 1. Tom Miller 68:19, 2. Andrew Mitchell 72:43, 3. Steve Pappas 73:00, 40-44: 1. Mike Mumford 62:41, 2. Dave Boaz 67:44, 3. Tom Sakai 71:55, 45-49: 1. Bob Hudson 65:00, 2. Corly Furnish 65:24, 3. Jay Crawford 74:16, 50-59: 1. Frank Freyre 66:45, 2. Mel Miles 73:47, 3. John Anderson 75:06, 60 & Over: 1. Scotty Broyles 83:53, 2. Bill Norris 85:26, 3. Leo Bargowski 95:12.

### Division Results - Women

Overall Results: 1. Dianne Lucas 69:07, 2. Jerry Mumford 72:47, 3. Stephanie Rosedevich 78:46, 14 & Under: 1. Heather Busby 79:31, 19-29: 1. Michelle Scofield 81:52, 2. Carol Koontz 94:53, 30-34: 1. Jana Kong 78:56, 2. Page Sorbo 103:50, 3. Lois Johnson 112:43, 35-39: 1. Debbie Anderson 80:39, 2. Barbara Banaszynski 87:56, 3. Linda Sorensen 90:02, 40-49: 1. Jo Kajiwara 79:48, 2. Carole Vaughn 92:46, 3. Ruth O'Neil 99:22, 50-59: 1. Gerry Wisdom 124:40, 2. Naomi Mulhern 135:42.

## Law Day

May 6, Ventura, 5K.

### Division Results - Men

18 & Under: 1. Rich Blanks 17:25, 19-39: 1. Marín Navarro 15:30, Over 39: 1. Larry Plunkett 18:38.

### Division Results - Women

18 & Under: 1. Wendy Dowler 24:25, 19-39: 1. Laura Burns 18:13, Over 39: 1. Ingrid Elsal 24:23.

### Division Results - Law

Criminal Law: 1. Howard Asher 19:03, Personal Injury: 1. Dean Hazard 19:57, Worker's Comp: 1. Bob Owens 18:56, Family Law: 1. Pete Dowler 21:10, Women's Lawyer: 1. Karen Kramer 23:31, Business/Real Estate/Patient: 1. Kevin Rose 19:06, Probate/Bankruptcy: 1. Greg Gose 19:47, Governmental/Administrative: 1. Allan Camp 19:42.

### Division Results - 15K Relay

Men: 1. Rick Goldman 19:46, Craig Ploss 20:30, Mike Steinbaum 18:49, Coed: 1. Glenn Deines 19:14, Steve Hollister 23:56, Lori Hollister 21:20, Parent/Child: 1. Chris and Art Jimenez 37:45, Couple: 1. Chris and Greg Hamer 46:32, Attorney/Staff: 1. Joe Henderson and Kimmie Bowler 52:09, Law Office Employee: 1. Dale Martinez 24:13, Walker: 1. Kevin Wohlgenuth 48:55, Government Employee: 1. Edwin Jones 21:51, Legal Secretaries:

1. Linda Bacon 24:59, Law Enforcement: 1. Thomas Kitchens 19:53.

## Marshall Mash Run

May 6, Placerville, 5K & 10K.

### Overall Results - Men's 5K

1. David Amster 16:26, 2. Brandon Rose 17:02, 3. Brad Lael 17:13, 4. Ben Butcher 18:07, 5. Patrick Soricino 18:41, 6. Bruce Maulin 18:56, 7. Clint Herrndon 19:21, 8. Michael Hudgens 19:55, 9. John Heath 20:07, 10. Daniel Rogers 20:23.

11. Matthew Souza 20:24, 12. Raymond Cervantes Jr. 20:26, 13. Ryan Nickel 20:29, 14. Terry Zade 20:36, 15. Reginald Rheume 20:49, 16. Michael McCormick 20:55, 17. Ed Berry 21:55, 18. James Fell 21:57, 19. Michael Linker 21:59, 20. Robert Larsen 22:08.

### Overall Results - Women's 5K

1. Mary Brook 18:48, 2. Patricia Smith 20:44, 3. Anne Diers 21:51, 4. Jane Trippel 22:23, 5. Amber Wright 23:31, 6. Cheryl Warcho 23:35, 7. Ellen Hill 24:24, 8. Janet Harrigan 24:39, 9. Anna Jarman 24:42, 10. Elaine Ferguson 25:09.

11. Arlene Hoagland 25:20, 12. Sandy Hoagland 25:20, 13. Audrey Veils 25:28, 14. Valerie Burge 25:36, 15. Gloria Wilson 26:03, 16. Susan Burke 26:18, 17. Heidi Johnson 26:11, 18. Bev Winnet 26:15, 19. Connie Anglin 26:22, 20. Joann Ernst 26:26.

### Overall Results - Men's 10K

1. Ty Nickel 34:02, 2. Thom Pearman 34:02, 3. Condon Conzelmann 34:11, 4. Tom Rennie, Jr. 36:56, 5. Don Duffy 37:05, 6. Jim McElroy 37:15, 7. Eric Park 37:55, 8. Craig Newport 39:34, 9. Ted McKnight 40:00, 10. Sig Mayors 40:11.

11. Peter Maurer 40:22, 12. John O'Neill 40:31, 13. Edward Rael 40:47, 14. Larry Sumner 41:08, 15. Dan Kostien 42:04, 16. Walter Spiller 42:23, 17. Kevin Carlson 42:45, 18. Randy Jones 43:07, 19. Grant Nelson 43:13, 20. Brett Ferguson 43:38.

### Overall Results - Women's 10K

1. Christine Iwahashi 39:55, 2. Debbi Waldser 40:29, 3. Gwen Gallanty 42:36, 4. Ann Garhardt 42:55, 5. Allison Orofino 44:56, 6. Suzette Moore 45:32, 7. Robin Kaminski 48:17, 8. Linda Okada 48:17, 9. Loretta Cundiff 48:34, 10. Alison Harris 48:38.

11. Lisa Vonderhager 48:50, 12. Karen Shymanski 49:47, 13. Joan Robertson 50:52, 14. Kimberly Kelly-Strong 51:00, 15. Laurel Bartlett 51:06, 16. Janet Nachman 51:50, 17. Denise Paquette 53:18, 18. Heather Hunter 53:23, 19. Bonnie Dwyer 53:47, 20. Yvonne Nickel 54:52.

## Cinco De Mayo Razathon

May 6, San Francisco, 3.8 Mile.

### Division Results - Men

12 & Under: 1. Lorin Sellers 34:27, 2. Lucio Mejia 47:51, 3. Alejandro Belloso 42:17, 13-18: 1. Juan Estrada 22:48, 2. Erick Montalvo 23:17, 3. Dionicio Espinoza 23:54, 19-29: 1. Jose Lizarraga 20:58, 2. Javier Mendizeta 22:06, 3. Luis Montano 22:56, 30-39: 1. Eddie Lanzarim 20:11, 2. Michael Gama 21:14, 3. Rey Toro 21:38, 40-49: 1. Miguel Solorio 23:54, 2. Ed Kinchley 23:55, 3. Dennis Hartzell 24:15, 50-59: 1. Savino Gonzalez 26:54, 2. Lee Jones 28:05, 3. Irwin Herlihy 30:05, 60 & Over: 1. Don Lucero 29:03, 2. Frank Cauthorn 38:53.

### Division Results - Women

12 & Under: 1. Blanca Rivas-Castro 55:14, 2. Sheleen Rabara 57:03, 13-18: 1. Dawn Oron 35:00, 2. Darlene Oron 35:57, 19-29: 1. Karen Weber-Valencia 26:19, 2. Lisa Lizarraga 28:35, 3. Anabel Al-Badani 30:25, 30-39: 1. Dean Clay 23:57, 2. Maria Briones 27:07, 3. Graciela Castellero 28:12, 40-49: 1. Irene Herman 27:46, 2. Marian Lyons 29:33, 3. Estelita Stanton 30:00, 50-59: 1. Chalice Tong 37:21, 2. Josie Carragher 42:22, 3. Sylvia Crawley 42:27, 60 & Over: 1. Gloria Cauthorn 38:52, 2. Annmarie Roache 46:56, 3. Barbara Chang 48:01.

## Sausalito Scenic Bay Run

May 6, Sausalito, 3.95 Mile.

### Overall Results

1. P. Sutherland 19:22, 2. T. Rusboldt 20:27, 3. Cowan 20:60, 4. Rosen 20:77, 5. Swyers 21:33, 6. Freyer 21:45, 7. Galetta 21:71, 8. Johnson 21:76, 9. Quintero 22:31, 10. Zunino 22:39.

### Division Results - Men

15 & Under: 1. Sherrill 30:72, 2. Rapp 32:58, 3. GBoogins 33:29, 16-25: 1. Rosenthal 22:65, 2. Allen 28:48, 3. Stephens 35:25, 26-30: 1. P. Sutherland 19:22, 2. T. Rusboldt 20:27, 3. Cowan 20:60, 40 & Over: 1. Rosen 20:77, 2. Swyers 21:33, 3. Galetta 21:71.

### Division Results - Women

15 & Under: 1. Upton 32:71, 2. Gooigins 32:77, 16-25: 1. Levold 28:42, 2. Lukianoff 28:66, 3. Lawton 31:55, 26-30: 1. Swanson 25:50, 2. Karnowski 26:56, 3. Grinnen 28:57, 40 & Over: 1. Feagles 26:46, 2. Markovich 27:00, 3. Shultz 27:16.

## Murrieta Half Marathon

May 12, San Diego.

### Division Results - Men's Half Marathon

Overall Winner: 1. Faustino Hernandez 1:06:02, 2. Alan Sharu 1:07:27, 3. Alfredo Rosas 1:10:12, 12 & Under: 1. Chris Kobrya 1:48:12, 13-15: 1. Scott McDonald 1:38:33, 16-18: 1. Jason Nanetti 1:21:11, 2. Franklin Estes 1:31:24, 19-24: 1. Sergio Correa 1:19:30, 2. John McCormick 1:38:31, 3. Eric McBride 1:39:14, 25-29: 1. Faustino Hernandez 1:06:02, 2. Alan Sharu 1:07:27, 3. Jose Andres 1:11:30, 30-34: 1. Alfredo Rosas 1:10:12, 2. David Smith 1:15:09, 3. Harry Harris 1:16:11, 35-39: 1. Dave Arsel 1:11:25, 2. Donald Ocana 1:17:29, 3. Nelson Rodriguez 1:18:36, 40-44: 1. Randy Twombly 1:25:23, 2. Ron McCain 1:28:05, 3. Dean King 1:28:12, 45-49: 1. Bob Hill 1:28:39, 2. Rene Frankan 1:29:40, 3. Ron Lowy 1:30:12, 50-59: 1. Tom Morrow 1:28:19, 2. Tom Brown 1:29:04, 3. Roger Barnes 1:32:22, 60-69: 1. Gilbert Cisneros 1:58:36, 2. Charles Somd 2:06:49, 70 & Over: 1. Donald Diworh 1:41:39.

### Division Results - Women's Half Marathon

Overall Winners: 1. Kelly Bell 1:30:55, 2. Cindy Cohagen 1:31:13, 3. Kathleen Rowan 1:34:37, 13-15: 1. Jamie Bascom 2:03:47, 19-24: 1. Trisha Kenney 1:39:53, 2. Brenda Myers 1:41:56, 3. Kelly Holleran 1:48:31, 25-29: 1. Kelly Bell 1:30:55, 2. Vickie McGuire 1:37:54, 3. Renee DeAngelis 1:38:54, 30-34: 1. Kathleen Rowan 1:34:37, 2. Cindy Watson 1:40:32, 3. Elaine Perry 1:46:15, 35-39: 1. Martha Davis 1:43:49, 2. Susan Addington 1:46:13, 3. Jane Janousek-Diaz 1:48:30, 40-44: 1. Cindy Cohagen 1:31:13, 2. Cathy Kroniger 1:42:30, 3. Sherril Rondeau 1:50:14, 45-49: 1. Portia Cornell 1:48:51, 2. Jean Jones 2:08:34, 3. Diane Arasim 2:20:06, 50-59: 1. Dixie Madsen 1:49:57, 2. Patti Kopcho 1:59:26, 3. Virginia Skiffington 2:05:07.

### Division Results - Men's 5K

Overall Winners: 1. Graham Garcia 16:08, 2. Mike Scott 16:22, 3. Enriquez Richard 16:36, 12 & Under: 1. Ryan Gallagher 20:39, 2. Brent Montgomery 21:24, 3. Tony DeLeon 21:46, 13-15: 1. Jesse Kimball 20:10, 2. John-Paul Hannum 20:33, 3. Justin Marujo 20:54, 16-18: 1. Stephen Nudge 17:31, 2. Chad Augur 18:37, 3. Marc Lapadula 21:32, 19-24: 1. Ron Perez 17:00, 2. Albino Rays 19:35, 3. Charles Lesalmand 20:04, 25-29: 1. Gilbert Mata 16:50, 2. Mario Balcom 16:55, 3. Bruce Tracy 17:48, 30-34: 1. Mark Rickard 18:41, 2. Paul Ciano 18:57, 3. Ronald Hernandez Jr. 20:46, 35-39: 1. Kevin Hardy 19:14, 2. Delmar Carey 19:15, 3. Lawrence Erhard 19:38, 40-44: 1. Graham Garcia 16:08, 2. Enriquez Richard 16:36, 3. Jim Pool 17:53, 45-49: 1. Mike Scott 16:22, 2. Ben Holt 17:36, 3. Jim Callaway 18:44, 50-59: 1. Kent Steele 20:28, 2. Bill Ferral 21:52, 3. Martin Hicks 22:10.

### Division Results - Women's 5K

Overall Winners: 1. Susan Armenta 20:52, 2. Elvia

Rivera 22:05, 3. Janet Haake 22:11, 12 & Under: 1. Christina Linter 23:08, 2. Valentin Carrillo 23:23, 3. Rachael Mullan 24:19, 13-15: 1. Hegan Morales 24:40, 2. Ana Gessal 24:50, 3. Johanna Scott 25:10, 16-18: 1. Susan Armenta 20:52, 2. Michelle Deklano-co 24:38, 3. Melissa Hills 30:24, 19-24: 1. Elvia Rivera 22:05, 2. Julia Frohoff 24:25, 3. Rebecca Work 26:27, 25-29: 1. Mary Duffey 23:07, 2. Kim Kobza 23:43, 3. Lucy Moreno 23:48, 30-34: 1. Kelley Her-Roadruck 23:36, 2. Cindea Johnston 23:41, 3. Ramona Kruenen 24:04, 35-39: 1. Janet Haake 22:11, 2. Karen Wilczynski 22:23, 3. Kathy Dunham 25:45, 40-44: 1. Bev Callaway 22:41, 2. Carolyn Graywood 25:41, 3. Lynn Jung 26:00, 45-49: 1. Sharon Greiner 23:38, 2. Laurie Massey 26:52, 3. Donna Kennedy 31:47, 50-59: 1. Wendy Harp 26:40, 2. Lilian Coniveau 28:01, 3. Jean Rath 32:37, 60-69: 1. Grace Craig 28:37.

## Colfax Record Run

May 12, Colfax, 5K & 10K.

### Division Results - Men's 10K

(No times available)

14-18: 1. Ken Rhoades, 2. Danny Shafer, 3. Jason Beckett, 19-29: 1. Scott Arnold, 2. Eric Knight, 3. John Beninga, 40-49: 1. Wally Cable, 2. Chuck Mather, 3. Jim Larimer, 50-59: 1. Russ Melanson, 2. George Cuthbertson, 3. Ron Robinson, 60 & Over: 1. Ross Smith.

### Division Results - Women's 10K

11-13: 1. Christy Mather, 19-29: 1. Elizabeth Olson, 2. Shelle Ann Raussen, 3. Marie Gonzales, 30-39: 1. Mary Havens, 2. Lisa Deaton, 3. Loreita Hall, 40-49: 1. Pam Rowland, 2. Kathy Maynard, 3. Nancy Morgan, 50-59: 1. Jacqueline Kaley, 2. Jean Sullton, 3. Mary Kay Mintline.

### Division Results - Men's 5K

10 & Under: 1. Kevin Thomas, 2. Jeff Scott, 3. Kristan Beckett, 11-13: 1. Nathan Ellis, 2. Jeff Kahler, 3. Jeremy Bueno, 14-18: 1. Aaron Bell, 2. Irwin Murray, 3. Jay Shuttleworth, 19-29: 1. Ken Hampshire, 2. Kevin Sloan, 3. Bill Bean, 30-39: 1. Don Hicks, 2. Larry Thomas, 3. Pete Kahler, 40-49: 1. Ty Nelson, 2. Bruce Colburn, 3. Tom Pettley, 50-59: 1. Aaron "Bud" Knight, 2. Ed Bayne, 3. Bobber Herren, 60 & Over: 1. Don Webb, 2. John Sutter, 3. Hugh Mills.

### Division Results - Women's 5K

10 & Under: 1. Lara Herren, 2. Holly Wollan, 3. Tierra Cantisan, 11-13: 1. Erica Herren, 2. Suzanne Thomas, 3. Rhonda McCoy, 14-18: 1. Allison Nissen, 2. Tiera Lucas, 3. Alycia Cable, 19-29: 1. Yana Zolt, 2. Christal Huber, 3. Anita May DellPino, 30-39: 1. Darlene Jackson, 2. Marilyn Brown-Crisman, 3. Julie Coburn, 40-49: 1. Carol Lorang, 2. Nadine Scag, 3. Karen Goss, 50-59: 1. Shirley Bayne, 2. Marge Privara, 3. Catherine Smith, 60 & Over: 1. Mavis Wright, 2. Diane Chase, 3. Mary Alice Verant.

## La Ballona Fiesta Days Runs

May 12, Culver City, 10K SCATAC District Championships.

### Overall Results - 5K

1. David Olds (28) 14:55, 2. Eugene Musjar (30) 16:05, 3. Takashi Yagisawa (36) 16:37, 4. Rodolfo Arellano (24) 16:40, 5. Roberto Ortega (30) 16:44, 6. Chip Netzel (26) 17:06, 7. Jonathan Nowlander (19) 17:42, 8. Paul Ramirez (19) 17:46, 9. Gary Gross (28) 17:51, 10. Mike Sheehan (27) 17:55, 11. Michael Sovec (31) 18:04, 12. Raul Valdejuoli (34) 18:03, 13. Roberto Burgos (22) 18:20, 14. Patrick Doan (26) 18:11, 15. John Gonzalez (40) 18:12, 16. Daniel Lab (21) 18:20, 17. Richard Beigel (30) 18:32, 18. Lou Briones (42) 18:38, 19. Evelyn Silvey (32 F) 18:45, 20. Philip Gnein (40) 18:50, 21. Glenn Gorelick (45) 19:04, 22. Raymond Serra (40) 19:08, 23. Jeanne Kawashima (33 F) 19:12, 24. Bryan Chaney (28) 19:16, 25. Matt Domek (35) 19:56.



### Overall Results - 10K

1. John Kearney (28) 33:34, 2. Norman Steeg (28) 34:02, 3. Mark Hemphill (41) 36:27, 4. Eugene Mustar (31) 36:51, 5. Michael Jacobs (23) 37:06, 6. Pat Kelley (32) 37:16, 7. Bill Crum (51) 37:23, 8. Brian Stansauk (38) 38:11, 9. Bryan Hill (30) 38:19, 10. John Allen (40) 38:22.

11. Karon Carpani (33F) 38:26, 12. Jonathan Magasin (18) 38:46, 13. Joaquin Granado (50) 38:57, 14. Michael Reznick (17) 39:22, 15. Anthony Gomez (51) 39:38, 16. Rafael Sanguino (23) 40:09, 17. Leon Robinson Jr. (33) 40:34, 18. Kenneth Alexander (32) 40:34, 19. Daniel Elerson (34) 41:26, 20. Frank Ogawa (54) 41:39.

## The Human Race

May 12. Pomona. 5K & 10K.

### Overall Results - 5K

Men: 1. Todd Kerzje 16:49, 2. David Nielsen 18:27, 3. Bernie Brizuela 18:49.

Women: 1. Sharise Rivera 20:37, 2. Mistie Garcia 20:55, 3. Irene Arredondo 22:42.

### Overall Results - 10K

Men: 1. Eron Garcia 34:55, 2. John Merchant 35:05, 3. Pedro Santoni 35:15.  
Women: 1. Karen Kirch 42:58, 2. Nancy Anderson 46:29, 3. Mary Rodriguez 47:52.

## Ridge Run & Walk

May 12. Paradise. 3 MI. & 6 MI.

### Division Results - Men's 6 Mile

Overall Winner: 1. Tom Cushman 32:14. 18 & Under: 1. Allen Robertson 35:42, 2. Robert Pickering 41:31, 19-29: 1. Dan Baker 41:40, 2. Tim Isbill N.T. 30-39: 1. Tom Cushman 32:14, 2. Charles Locke 32:28, 3. Mike Trinca 42:33, 40-49: 1. Doug Woods 36:25, 2. Robert Caldwell 42:47, 3. John Coger 45:04, 50-59: 1. Bob Thomas 41:44, 2. Don Richy 44:24, 3. Wayne Meyer 45:28, 60 & Over: 1. Jerry Meyers 64:32, 2. Grant Eboridge 65:51.

### Division Results - Women's 6 Mile

Overall Winner: 1. Kim Denton 42:02. 18 & Under: 1. Krist Johnson 56:44, 2. Renee Rocheleau 56:44, 3. Shalomina Pina 64:40, 19-29: 1. Kim Denton 42:40, 2. Sandy Hess 46:35, 3. Terry Furlong 47:41, 30-39: 1. Kathryn Brown 44:48, 2. Gibson Trinca 47:41, 3. April Carter 50:18, 40-49: 1. Susan Condon 45:33, 2. Ginny Heiman 48:04, 3. Janice Odona 51:48, 50-59: 1. Dailight Brown 48:39, 2. Betty Hoycke 49:00, 3. Rita Allen 51:59.

### Division Results - Men's 3 Mile

Overall Winner: 1. Terry Ybarra 16:38. 18 & Under: 1. Phil Rocheleau 16:52, 2. Christopher Geova 18:55, 3. Nate Johnson 21:29, 30-39: 1. Terry Ybarra 16:38, 2. Jack Quick 24:20, 3. Tom Kay 25:58, 40-49: 1. Herve Pastre 17:09, 2. Ed Walsh 20:14, 3. Richard Long 24:55, 50-59: 1. Roy Butterfield 18:44, 2. Mike McLaughlin 23:39.

### Division Results - Women's 3 Mile

Overall Winner: 1. Michelle Rocheleau 24:04. 18 & Under: 1. Michelle Rocheleau 24:04, 2. Molly Long 24:04, 3. Sally Long 25:11, 19-29: 1. Tracy Stam 27:38, 30-39: 1. Becky Long 25:34, 2. Teresa McEwen-Miller 26:18, 3. Colleen Coger 28:59, 40-49: 1. Ann Williams 24:57, 2. Char. Butterfield 27:28.

### Overall Results - 3 Mile Walk

1. Mark Warren 32:57, 2. Peggy Prostridge 32:58, 3. Heather Covert 34:31, 4. Peggy Arams 36:46, 5. Joan Hannan 38:50.

## Run and Roll

May 12. Chino. 5K & 10K.

### Overall Results - 5K

1. Ismael Frausto 15:55, 2. Jim Kelley 15:57, 3. Dan Burton 16:48, 4. Rick Garrison 17:21, 5. George Aguilera 17:45, 6. Jerry Chino Hospital 18:04, 7. John Luni 18:05, 8. Gerald Gonzalez 18:09, 9. Ron Pacific 18:15, 10. Juan Garvica 18:35, 11. Carlos Lopez 18:56, 12. Rey Venegas 18:58, 13.

Ronald Crittlandon 19:05, 14. Raymond Graham 19:07, 15. Michael Cashen 19:17, 16. Raul Martin 19:23, 17. Herb Tannert 19:23, 18. Kenneth Wyatt 19:28, 19. Jesse CUSD Don Lugo 19:29, 20. Ray Chino Fire 19:38.

### Overall Results - 10K

Wheelchair: 1. Fred Tomkins 30:51.  
1. Nick Peach 31:04, 2. Ismael Frausto 33:57, 3. Bill Lepore 36:29, 4. Toby Cogswell 36:44, 5. Doug Fair 37:45, 6. Kent Wedin 38:53, 7. Margi Garcia 39:26, 8. Kevin Albrecht 39:38, 9. Kurt Shadler 39:50, 10. Michael Vilagos 40:06.

### Overall Results - 10K Skate

1. Don Ivey 19:40, 2. Tom Bowen 19:41, 3. Jonathan Seutter 19:50, 4. Steve Goldmaker 19:53, 5. Raymond Graham 20:11.

### Overall Results - 5K Skate

1. Keith Faherty 10:40, 2. Dan Cockrell 12:17, 3. Margie Valdez 14:03, 4. Andrew Valdez 14:05, 5. Kenny Semph 14:14.

### 5K Corporate Challenge

1. Jerry Chino Hospital 18:04, 2. Ron Pacific 18:15, 3. Raul Martin 19:23, 4. Jesse CUSD Don Lugo 19:29, 5. Ray Chino Fire 19:38.

## Smokey Bear Runs

May 12. Northfork. 10K & 2 Mile, & 1 Mile.

### Division Results - Men's 10K

Overall Winner: 1. Joe Carnogio 32:23. 14 & Under: 1. Sean Rios 37:18, 2. Orlando Carranza 42:06, 3. Michael Ades 47:10, 15-19: 1. Luis Gomez 36:02, 2. Philip Gonzales 36:35, 3. Jesse Torre 37:13, 20-29: 1. David Lemman 34:48, 2. Gilbert Gonzales 35:40, 3. Mark Peinam 36:37, 30-39: 1. Jim Harig 32:46, 2. Greg Pope 34:01, 3. Al Lomei 35:31, 40-49: 1. David Soleno 35:15, 2. Bob Lindsey 35:25, 3. Steve Levy 37:08, 50-59: 1. Frederick Mattos 39:05, 2. Frank Delgado 39:16, 3. Tom Alford 39:28, 60 & Over: 1. Franz Wainschenk 50:12, 2. Ken Sager 1:00:47, 3. Edgar Carlson 1:01:08.

### Division Results - Women's 10K

Overall Winner: 1. Stacy McAfee 37:11. 14 & Under: 1. Heather Sauressig 59:57, 2. Jennifer Robison 1:00:25, 15-19: 1. Heather Welch 48:26, 20-29: 1. Mary Ann Alvarez 39:01, 2. Melanie Meneses 41:16, 3. Maia Pacay 46:51, 30-39: 1. Kari Fike 38:36, 2. Cheri Fike-Moes 39:41, 3. Kalle Lowe 42:56, 40-49: 1. Margie Lindsey 41:16, 2. Carol Aisdorf 43:42, 3. Karen Lynch 45:26, 60 & Over: 1. Joy Scott 1:11:36.

### Division Results - Men's 2 Mile

Overall Winner: 1. Mike Brooks 10:17. 10 & Under: 1. Michael Beal 13:31, 2. Jonathan Adams 15:29, 3. Michael Capachino 17:40, 11-14: 1. Tony Solorio 11:19, 2. Mark Fragoza 13:45, 3. Peter Bauer 14:41, 15-19: 1. Edward Gann 10:57, 2. Pete Gallegos 10:57, 3. Nathan Freeland 12:46, 20-29: 1. Jesus Finero 10:24, 2. Brian Gains 13:22, 3. Dennis Bridges 13:28, 30-39: 1. Mike Brooks 11:17, 2. Gary Demko 11:48, 3. Mark Plank 11:51, 40-49: 1. Bill Schwartz 12:07, 2. Gustavo Armenta 12:10, 3. Dennis Downing 13:12, 50-59: 1. Earl Bradford 12:35, 2. Ed Thomason 12:44, 3. Jim Thomas 13:57, 60 & Over: 1. Hank Dilleward 15:22, 2. Klaus Penning 15:47, 3. Monroe Clark 21:33.

### Division Results - Women's 2 Mile

Overall Winner: 1. Marci Gastavson 13:37. 10 & Under: 1. Cariso Demko 17:36, 2. Kathryn Robinson 18:42, 3. Natalie Deirania 19:12, 11-14: 1. Terri Judd 14:21, 2. Amber Daniels 14:23, 3. Debby Adams 16:39, 15-19: 1. Thruide Hunt N.T., 2. Tracie Wilburn N.T. 20-29: 1. Shirley Spencer 16:06, 2. Kim Thorsen 16:12, 3. Gayne Sears 16:43, 30-39: 1. Cindy Hutzision 14:51, 2. Eugenia Savala 15:13, 3. Becky Smith 15:39, 40-49: 1. Carolyn Campbell 14:14, 2. Suzanne Lock 15:42, 3. Helene Miller 16:38, 50-59: 1. Glenda Morgan 15:44, 2. Theanne Woodruff 18:50, 3. Virginia Walden N.T. 60 & Over: 1. Elizabeth Strunk 16:51, 2. Elaine Clark 22:06, 3. Myrtle Catania N.T.

### Division Results - Boy's 1K

6 & Under: 1. Richard Arredondo 4:25, 2. Josh Neudorf 4:30, 3. Spencer West 4:34, 7-10: 1. John Hack-

# Oakland Double 10K

## PATAC 20K Championship

By Mark Wintz

### Oakland, June 3.

This year's start/finish was moved to salty Jack London Square, an anchor's throw from the boat docks, seafood restaurants, and boutiques that have grown up here. Jack London, a rugged author and individual that I admired as a kid, used to hang out close by. So did I as a youngster, throwing a fishing line into the Oakland Estuary. I never caught anything, but hooked a lot of nice memories.

Twenty-five years later I was back at J.L. Square to do a little racing. A good spot to get a race going.

One story on London recalls how the sometimes rowdy author, after an evening of hitting the longshoreman's bars in Benecia, dizzily took a wrong turn, collapsed into a nearby dinghy, which was somehow untied. A strong tide nearly swept him out the Golden Gate as he sang obliviously to the thick fog. So much for wrong turns.

This 20K seems to wind all around town, taking in the refurbished downtown, Lake Merritt, etc. A good tour, but a very warm morning that caught the competitors by surprise after a few weeks of unseasonably cool weather.

Reno's Terry Schmidt-Puckett, having planned a low key race with a few more miles tacked on the end to

make it a long run, nevertheless, found herself challenged by Rosa Gutierrez until about six miles.

"That was good. It made me think that maybe I was going to get killed in this race. It was going to be a training run anyway," said Schmidt. "I said, O.K., I'll be nice and concede if I have to, but not without a fight."

Reaching the apex of a long, gradually rising straight near halfway, Terry relaxed, made the 180° turn, and strode out on the parallel downhill return. Double Grand Prix points for Schmidt (awarded for the longer distance), a 1:11:47 repeat win, and a comfortable lead atop the G.P. standings for the Pacific Flyer and defending circuit champion. Gutierrez (1:12:53) held her own for second, followed by Ryan's teammate Eileen Bickard Brown (1:13:53).

Hayward's Rich McCandless broke it open even earlier, making his move at two miles and cruising through six miles in 29:20. "The last two years I've been in kind of a tight finish with Carmelo (Rios). So this race was one of those to break open early and then kind of relax for once."

Nothing like a solo jog through the city on a warm Sunday. Despite being led 20 yards off course at a confusing turn near 12 miles, and doubling back, McCandless





**TERRY SCHMIDT-PUCKETT**

Photo by Gene Cohn Productions



**RICH McCANDLESS**

Photo by Gene Cohn Productions

concluded in a very fast 1:01:28, setting the standard as the new CR. (Alan Dehlinger, who ran a winning 1:00:51 here last year on a different course, was absent.)

The men who followed Rich always back weren't so lucky

to enter the misunderstood corner without company.

"Lourival (Sampaio), Brian (Presson), and myself were pretty close together at that point," recounted Miguel Tibaduiza. Then, turning right, we

went a total of 50 yards off course before being called back. After that, Lourival lost motivation I guess and fell back."

Meanwhile Brad Hawthorne, having caught up by way of the mishap, found himself in the fray for second with less than a half mile left. Presson (2nd, 1:04:08)—a 22-year old who topped his collegiate conference last year in the 10,000 while at UNR—outkicked Hawthorne (3rd, 1:04:11) and Tibaduiza (4th, 1:04:18).

"I couldn't bring myself to go with Presson," admitted Hawthorne, knowing his place was gained in the faux pas. "I don't think I'll accept the prize money (which went three deep in the open). The other guys really earned it."

Many very good performances were scored among masters, especially Charles Thompson (M40, 1:08:46) and Juana Stavolone (F44, 1:19:49) in winning their divisions. Also, keep an eye on Barbara Miller (F50, 1:25:09) who was heading for Grandma's Marathon while sitting atop the G.P. masters standings.

**Overall Results - Men**

1. Rich McCandless (34) 1:01:28, 2. Brian Presson (22) 1:04:08, 3. Brad Hawthorne (34) Oakland 1:04:11, 4. Miguel Tibaduiza (33) 1:04:18, 5. Lourival Sampaio (31) 1:04:26, 6. Jeff Stein (30) San Jose

1:04:27, 7. Mark Hoefer (27) So. Lake Tahoe 1:05:32, 8. Joe Rubio (27) San Luis Obispo 1:05:47, 9. Tim Minor (32) 1:06:22, 10. Dean Rinde (26) Orangevale 1:06:33.

**Overall Results - Women**

1. Terry Schmidt-Puckett (34) Reno, NV. 1:11:47, 2. Rosa Gutierrez (26) San Jose 1:12:53, 3. Eileen Bickard-Brown (32) Santa Cruz 1:13:53, 4. Rosy Tibaduiza-Cardenas (28) Reno, NV. 1:16:03, 5. Barb Meyers-Acosta (32) 1:18:07, 6. Tina McCandless (26) 1:18:37, 7. Anita Johnson (27) 1:19:02, 8. Laura Sanchez (28) Salinas 1:19:33, 9. Christina Iwahashi (34) Sacramento 1:19:38, 10. Betsy Swan (25) Stanford 1:19:42.

**Division Results - Men**

5-11: 1. Stefan Plosa 1:39:11, 12-16: 1. Jeff Hansen 1:41:02, 17-20: 1. Peter Johnson 1:15:11, 2. Randy Stone 1:20:16, 3. Hans Johansen 1:25:45, 21-29: 1. Brian Presson 1:04:08, 2. Mark Hoefer 1:05:32, 3. Joe Rubio 1:05:47, 30-39: 1. Rich McCandless 1:01:28, 2. Brad Hawthorne 1:04:11, 3. Miguel Tibaduiza 1:04:18, 40-49: 1. Charles Thompson 1:08:46, 2. James Press 1:10:42, 3. Bill Knapp 1:10:44, 50-59: 1. Tim Jordan 1:16:35, 2. George Herd 1:17:31, 3. Carl Ellsworth 1:19:18, 60 & Over: 1. Richard Laine 1:29:13, 2. Fred Nielsen 1:32:52, 3. Abe Szoke 1:42:39.

**Division Results - Women**

17-20: 1. Melissa Hurlow 1:34:05, 2. Tonya Peele 1:45:44, 3. Susanne Schuerhofi 1:53:06, 21-29: 1. Rosa Gutierrez 1:12:52, 2. Rosy Tibaduiza-Cardenas 1:16:03, 3. Tina McCandless 1:18:37, 30-39: 1. Terry Schmidt-Puckett 1:11:47, 2. Eileen Bickard-Brown 1:13:53, 3. Barb Meyers-Acosta 1:18:07, 40-49: 1. Juana Stavolone 1:19:49, 2. Kathy Kennedy 1:22:07, 3. Nelly Wright 1:22:56, 50-59: 1. Barbara Miller 1:25:09, 2. Joan Reiss 1:31:06, 3. Margaret Cooke 1:34:11, 60 & over: 1. Ruth Anderson 1:43:21.

ney 3:20, 2. Adam Bonilla 3:38, 3. Steven Hackney 3:46.

**Division Results - Girl's 1K**

5 & Under: 1. Jamie Fearn 4:29, 2. Kristin Juette 5:00, 3. Maria Fierro 5:18, 7-10: 1. Amanda Jones 3:55, 2. Marisa Daniels 4:03, 3. Jeanette Avila 4:09.

**Tri-Valley Human Race**

May 12. Pleasanton, 5K & 10K.

**Overall Results - Men's 5K**

1. Peter Lagoy 14:51, 2. Tracy Walker 15:07, 3.

Bill Seaver 16:37, 4. Jim Reitz 16:43, 5. Kevin Murray 16:57, 6. Michael Garrison 17:01, 7. Mike Gagnon 17:06, 8. David Anaya 17:08, 9. Alvin Pak 17:16, 10. Roger Zoldan 17:30.

**Overall Results - Women's 5K**

1. Hilary Lovell 19:26, 2. Jeanne Krall 20:12, 3. Anita Rawlinson 20:56, 4. Holly Noack 21:21, 5. Beverly Bowers 21:26, 6. Tess Stanley 21:36, 7. Maria Melendez 21:38, 8. Ann Griffith 21:50, 9. Debbie Wojcik 22:15, 10. Sue Goodard 22:20.

**Division Results - Men's 5K**

5-10: 1. Brian Moody 20:30, 2. Casey Bowchers 21:20, 3. Jeremy Czapsinski 21:40, 11-14: 1. Brian Demichael 20:31, 2. Brent Anderson 21:08, 3. Steven Pacheco 22:06, 15-19: 1. Kevin Murray 16:57, 2.

Michael Garrison 17:01, 3. Mike Gagnon 17:06, 20-29: 1. Tracy Walker 15:07, 2. Craig Buttrum 18:37, 3. Adrian Aschwooden 20:28, 30-39: 1. Peter Lagoy 14:51, 2. David Anaya 17:08, 3. Alvin Pak 17:16, 40-49: 1. Bill Seaver 16:37, 2. Jim Reitz 16:43, 3. Roger Zoldan 17:30, 50-59: 1. Tom Bitzer 21:01, 2. Joe Devane 21:15, 3. George Spindler 21:37, 60 & Over: 1. Walter Eneidi 25:32, 2. John Guinee 26:01, 3. Norman Thomas 27:58.

**Division Results - Women's 5K**

5-10: 1. Anna Fortner 29:40, 2. Kelly Chassey 32:16, 3. Jennifer Wischard 35:04, 11-14: 1. Amy Siegel 25:52, 2. Kristy Maldonado 30:17, 3. Mickiyo Makigano 37:24, 15-19: 1. Maria Melendez 21:38, 2. Carolyn Wellman 24:20, 3. Julie Severin 26:05, 20-29: 1.

Hilary Lovell 19:26, 2. Beverly Bowers 21:26, 3. Ann Griffith 21:50, 30-39: 1. Anita Rawlinson 20:56, 2. Holly Noack 21:21, 3. Tess Stanley 21:31, 40-49: 1. Jeanne Krall 20:12, 2. Sue Goodard 22:20, 3. Barbara Zoldan 22:24, 50-59: 1. Gloria DeVall 27:45, 2. Carol Spinler 28:24, 3. Harriet Kelly 32:36.

**Division Results - Men's 10K**

11-14: 1. Alex Ryan 36:30, 2. Dave Braden 41:19, 3. Mike Keegan 43:43, 15-19: 1. Rob Horn 34:45, 2. Peter Carroll 37:26, 3. Rick Boster 38:13, 20-29: 1. Dave Mackey 33:33, 2. Chris Spears 34:14, 3. Jim Kruger 36:48, 30-39: 1. Brian Davis 33:56, 2. Steven Chavez 34:57, 3. Michael Conway 36:40, 40-49: 1. Doug Butt 35:28, 2. Jim Howe 35:50, 3. Gil Garcia 37:30, 50-59: 1. Troy Durham (Wheelchair)



# RESULTS

33:33, 2. Peter Lent 44:25, 3. Arnold Moore 48:27. 60 & Over: 1. Kenneth Morgan 50:43, 2. Fred Shimazaki 58:21.

## Division Results - Women's 10K

11-14: 1. April Alex 56:01, 15-19: 1. Courtney Jones 1:02:09, 2. Melissa Magomo 1:02:11, 20-29: 1. Dena DeAngelo 1:04:04, 2. Lisa Cutler 50:37, 3. Kathleen Conway 56:42, 30-39: 1. Melinda Morse 42:48, 2. Carol Bruton 44:58, 3. Judy Fulton 45:01, 40-49: 1. Jenny Underwood 46:30, 2. Sheila Shukr 53:12, 3. Maria Holm 53:35, 50-59: 1. Karen Gudikason 51:23, 2. Maureen Gerick 55:12, 3. Marcia Lodge 59:46.

## Human Race

May 12, Van Nuys, 5K & 10K

### Division Results - Men's 2K

12 & Under: 1. Martin V 10:26, 2. Junior Arreola 10:27, 3. R. Campos 10:27, 4. Matt Jones 11:02, 5. Juan Acosta 16:30, 6. Bradley Savesky 23:38, 7. Andrew Savesky 23:38, 8. Daniel Tossetti 38:23, 9. A. Caplan 44:35.

### Division Results - Women's 2K

12 & Under: 1. C. Acosta 15:50, 2. A. Arreola 16:32, 3. Giamasca Zeidler 19:52, 4. Rita Adelia 23:06, 5. Danielle Savesky 23:39.

### Division Results - Men's 5K

Overall Winners: 1. Roberto Rodriguez 15:14, 2. Raul Hernandez 16:38, 3. Ramon Morales 17:08, 12 & Under: 1. Juan Valencia 23:30, 2. Matthew Amper 24:56, 3. Graham Cole 29:13, 13-19: 1. Miguel Mercado 17:50, 2. Adam Platts 20:21, 3. Pat McIntyre 20:33, 20-29: 1. Roberto Rodriguez 15:14, 2. Joe Morales 17:42, 3. Nick Trozzi 17:46, 30-39: 1. Raul Hernandez 16:38, 2. Ramon Morales 17:08, 3. Richard Rodriguez 17:12, 40-49: 1. Rich Cooper 17:54, 2. Ron Barbosa 18:34, 3. Vince McGrath 19:53, 50-59: 1. Ted Oviatt 19:07, 2. Ken Hamrick 19:49, 3. Jerry Van Meter 20:08, 60-69: 1. Jerry Withers 20:25, 2. Chas Pickens 34:40, 3. H. Fogelson 47:33, 70 & Over: 1. Eddie Howard 26:29. Wheelchair: 1. Ray Stewart 24:05, 2. Chris Mogensen 24:06, 3. Don Caron 24:21.

### Division Results - Women's 5K

Overall Winners: 1. Mary Button 18:37, 2. B. Chun 21:48, 3. Lara Minnassan 22:37, 12 & Under: 1. Jennifer Halsbroth 30:29, 2. V. Buerro 35:34, 3. Normandie Zeile 38:19, 13-19: 1. Elisa Kalinsky 31:04, 2. Sarah Lee 31:51, 3. K. Gulbranson 32:01, 20-29: 1. B. Chun 21:48, 2. Lara Minnassan 22:37, 3. Julia Wiles 23:39, 30-39: 1. Mary Button 18:37, 2. Dorothy Wright 23:53, 3. Sue Simms 24:48, 40-49: 1. Robin Charin 23:10, 2. Yoko Eichal 24:02, 3. Marcia Savesky 26:02, 50-59: 1. Judy DeMenno 25:31, 2. Bel Crosby 29:05, 3. Adrienne Hastings 29:33, 60-69: 1. Selma Mehlman 32:01, 2. F. Baumgarten 35:25, 3. H. Fogelson 35:57, 70 & Over: 1. E. Zinger 59:49.

### Division Results - Men's 10K

Overall Winners: 1. Craig Mead 33:28, 2. Jose Gonzalez 35:12, 3. Scott Melges 35:29, 12 & Under: 1. A. Castillo 48:54, 2. J. Rucker 1:05:22, 3. J. Vasquez 1:39:22, 13-19: 1. Jose Gonzalez 35:12, 2. Scott Melges 35:29, 3. Victor Lara 36:22, 20-29: 1. Mark Mayers 37:45, 2. Bob Joficoeur 40:54, 3. Rick Ma 41:31, 30-39: 1. Craig Mead 33:28, 2. Robert Goodwin 35:45, 3. Ed Davis 38:07, 40-49: 1. David Saenz 38:27, 2. Jeff Mintz 39:31, 3. Chris Dambacher 40:08, 50-59: 1. Jerry Cherrington 41:31, 2. Bob Messner 42:08, 3. Ian Ande So 42:52, 60-69: 1. Murray Cohen 47:18, 2. Maury Kallisher 47:18, 3. Robert Annoy 48:55, 70 & Over: 1. C. Sneed 1:33:56.

### Division Results - Women's 10K

Overall Winners: 1. Rosa Melendez 43:41, 2. Kathy Wile 44:56, 3. Laura Melendez 45:17, 12 & Under: 1. Veronica Guerrero 1:19:47, 2. C. Smeberg 1:28:33, 3. K. Keleman 1:35:02, 13-19: 1. Rosa Melendez 43:41, 2. Laura Melendez 45:17, 3. K. Fowler 58:32, 20-29: 1. Andrea Behm 45:34, 2. Maribel Perez 45:38, 3. Lisa Davis 49:11, 30-39: 1. Kathy Wile 44:56, 2. Gwen Miller 47:04, 3. Caryl Johnson 52:53, 40-49: 1. Lesley Fuller 45:50, 2. Adell Williams 48:43, 3. Lynn Walton 49:16, 50-59: 1. Carole Davis

47:47, 2. Dorothy Malavoti 51:54, 3. Lois Rometach 52:19, 60-69: 1. Doris Gordon 55:13, 2. Neysa Pickens 57:48, 3. L. Rebeschini 1:07:06, 70 & Over: 1. R. Sneed 1:33:57.

## Wolf Mountain '90

May 12, Grass Valley, 10K

### Overall Results - 1.8 Mile

1. Michael Dehlinger (12) Citrus Heights 18:09, 2. Judy Spencer (28) Reno 20:22, 3. Brenda Schmidt (21) Reno 20:47, 4. Teresa Wheeler (32) Camino 21:54, 5. Patricia Maloy (31) Kelsey 21:56, 6. Melissa Doolin (12) Fair Oaks 24:16, 7. Kathy Gardner (28) Placerville 27:52, 8. Cynthia Aldrich (34) Camino 27:53, 9. Christine Lacort (8) Citrus Heights 28:14, 10. Loren Risinger (17) Citrus Heights 28:40.

### Overall Results - 10K

1. Tom Barrett (27) Auburn 38:47, 2. Deam Rinde (26) Orangevale 40:09, 3. Jim King (33) Grass Valley 42:28, 4. Todd Nunan (35) Grass Valley 43:17, 5. Carl Rose (27) Berkeley 43:47, 6. Trevor Murray (15) Auburn 45:25, 7. Aaron Bell (15) Grass Valley 48:12, 8. Bob Hastings (32) Oroville 48:13, 9. Nick Vogt (39) Meadow Vista 48:30, 10. Patrick Soriano (25) Sacramento 48:54.

## Southern California Bi Championships

May 13, Malibu.

### Overall Results - Men

1. Joel Thompson (30) Encinitas 1:06:30, 2. Mac Williamson (25) Del Mar 1:07:15, 3. Russ Jones (35) Collierieswood 1:07:30, 4. John Groulx (22) Oceanview 1:08:14, 5. Darren Wood (22) Newport Beach 1:08:41, 6. Eric Squires (25) Laguna Niguel 1:09:22, 7. Dan Rock (37) Encinitas 1:10:09, 8. Peter DeLaCorda (18) Sylmar 1:10:28, 9. Marc DeLeon (28) Sherman Oaks 1:10:43, 10. Al Bates (26) Alta Loma 1:11:03.

11. Joe Nordin (24) Camarillo 1:11:05, 12. Christopher Lackmeyer (30) Marina del Rey 1:11:11, 13. Brian Stephens (28) Huntington Beach 1:11:41, 14. Bert Stem (24) Moreno Valley 1:11:46, 15. George Erving (37) Palo Alto 1:11:48, 16. Mark Williamson (24) Buellton 1:12:07, 17. George Platter (29) Leucadia 1:12:09, 18. Terry Sedgewick (26) Hermosa Beach 1:12:19, 19. William Mackenzie Smith (32) Los Angeles 1:12:33, 20. Michael Hansen (25) Torrance 1:12:54.

21. Terry Martin (43) Fontana 1:13:00, 22. Robert Duncanson (34) San Diego 1:13:38, 23. Bob Macy (43) San Diego 1:13:50, 24. Todd Nott (26) San Bernardino 1:14:04, 25. Greg Willis (20) Van Nuys 1:14:09.

### Overall Results - Women

1. Cathy Donovan (33) Santa Monica 1:15:50, 2. Teri McKee (29) Scotts Bluff 1:19:11, 3. Jeannette Gueffroy (24) Santa Ana 1:19:20, 4. Heather Diddin (31) Sierra Madre 1:19:25, 5. Nancy Thomas (30) Del Mar 1:19:41, 6. Nancy Harrison (30) South Pasadena 1:20:39, 7. Miriam Vendelbosch (34) Camarillo 1:21:15, 8. Tammy Burns (26) Tarzana 1:23:06, 9. Marli Rey (40) Borwick 1:25:16, 10. Kelly Kannenberg (28) Santa Barbara 1:24:01.

## Kingsbury San Diego Summer Biathlon

May 13, San Diego.

The largest field to date showed up to contest the third annual Kingsbury San Diego Summer Biathlon. Seventy competitors challenged the hilly course while numerous spectators enjoyed the action. In Summer Biathlon, participants complete a 2K run that begins and finishes at a rifle range where they fire five shots from a prone position. After running another 2K loop back to the range, racers fire another five shots from a standing position. They then finish with a 1K sprint to the finish. Scoring is

based on racer's times, combined with their shooting scores. Every missed target adds 30 seconds to their total time.

The growing national popularity of Summer Biathlon was evidenced by the many out-of-area racers including both the men's and women's winners, Bill Nurge and Diane Nini of Sun Valley, Idaho and master's winner Ken Busboom of Phoenix, AZ. The top three male finishers each only scored one shooting penalty. Nurge's time of 20:49 easily bested Salt Lake City's Kevin McMahan's 22:53 and top local Jeff Green's 23:11.

A new course record was established by Diane Nini as she ran a 25:37 with a perfect shooting score. Runner-up with two shooting penalties was event coordinator and last year's national champion, Holly Beattie Farr with a 27:13 adjusted time. Third went to running stand-out Sarah Fulcher of San Diego with 27:30 (4 penalties).

Age group winners included Darrel Madrigal, 12-19: 34:58 (9); 20-29: Nurge and Michell Glover 32:16 (2); 30-39: Dave Cook 24:19 (5) and Nini; 40-49: Busboom 24:56(4) and Jerilyn Sober 32:19 (4); 50-59: Mike Frane 29:56 (2); 70-79: Rick Erick 37:35 (6).

## Nike Women's Race

May 13, Arlington, VA, 8K.

Judi St. Hilaire set her sights on winning the second running of the Nike Women's Race and did it impressively over one of the finest women's distance fields ever assembled. St. Hilaire, who passed up the Friehofer's Run For Women the week before to be in top form, led from start to finish in halting Lynn Jennings string of victories that dated back to August, 1989. Her winning time of 25:10 was just 3 seconds off Jennings' American Record set at this race the previous year.

St. Hilaire, who won \$5,000 for her victory, called it "a big win. . . This was a priority on my race list." Jennings was philosophical in defeat. "You don't win everytime," she said. "I didn't start this streak thing. I don't think I am unbeatable. You have to give credit to Judi. She executed very well. She opened a gap at about 2 1/2. I tried to close it but couldn't. I just fell real tired."

St. Hilaire led from the start. "I was frustrated with the pace the first mile" (5:04) said St. Hilaire. "I wanted to be sub-5, but we were running into a headwind." Near the third mile mark Jennings, Sabrina Dornhoefler and Leann Warren joined her with Janis Klecker and Monica Joyce about 15 yards back. After running into a headwind for the first half of the race the runners rounded Hains Point for the long straight away towards the finish with the wind at their backs. St. Hilaire quickened the pace and Jennings, who finished fourth, surged several times trying to stay with her.

### Overall Results

1. Judi St. Hilaire 25:10, 2. Sabrina Dornhoefler 25:26, 3. Leann Warren 25:30, 4. Lynn Jennings 25:34, 5. Janis Klecker 25:53, 6. Monica Joyce 26:01, 7. Lisa Weidenbach 26:12, 8. Margaret Groos 26:16, 9. Mary Kissaly 26:25, 10. Trina Leopold-Painter 26:29.

11. Anne Hare 26:36, 12. Carmen Ayala-Troncoso 26:49, 13. Jody Dunston 26:51, 14. Marie Boyd 26:55, 15. Priscilla Welch 26:56, 16. Lisa Vail 26:58, 17. Anne Audain 27:00, 18. Susan Soltes 27:04, 19. Jill Purdie 27:14, 20. Charlotte Thomas 27:15.

### Division Results

Wheelchair: 1. Brenda Smith 33:37, 40-44: 1. Angela Hearn 28:56, 2. Christine Grenning 30:12, 3. Jane Millsbaugh 30:27, 45-49: 1. Priscilla Welch 26:56, 2. Meeri Bodeila 29:51, 3. Susan Weisbrod 30:26, 50-54: 1. Lis Villadsen 31:42, 2. Eris Williams 32:52, 3. Jill Martin 34:27, 55-59: 1. Win-Shi Yu 34:28, 2. Mae Horns 35:42, 3. Joanne Mallet 36:13, 60-64: 1. Margaret Lutz 37:15, 2. Doralie Segal 38:12, 3. Monica Friedman 39:32, 65-69: 1. Helen Simpson 51:17, 2. Vista Downer 55:06, 3. Marjorie Singleton 1:02:35, 70-79: 1. Hedy Marque 40:31, 2. Mary Goode 1:26:07.

## Armed Forces Day Run

May 19, So. El Monte, 5K & 10K

### (No Times Available)

10 & Under: 1. Jeff Lewis, 2. Robert Rick, 11-12: 1. Joe Castro, 2. Jason Funes, 3. Genaro Akaike, 13-15: 1. Samuel Lindsey, 2. John Lee, 3. Dheeraj Singhal, 16-18: 1. Shinsuke Nishihara, 2. Ethan Bradley, 3. Tim Bohan, 19-24: 1. Antonio Holgun, 2. Clarence Akums, 3. Mark Bruno, 25-29: 1. Chris Jagers, 2. Robert Thiede, 3. Ju Hoary Le, 30-34: 1. Bob Wilder, 2. Jeff Press, 3. Vinco Campos, 35-39: 1. Phil Marshall, 2. Geoff Guerrero, 3. Jesus Figueroa, 40-44: 1. Tom Williams, 2. John Hunter, 3. Lou Bionas, 45-49: 1. Ben Jackson, 2. Mike Moore, 3. Larry Bullock, 50-54: 1. Sonny Monioz, 2. Roy Butterfield, 3. James Schneider, 55-59: 1. Mike McGowan, 2. George DeVery, 3. Martin Carranza, 60-64: 1. Jerry Withers, 2. Bill Fitzgerald, 3. Jack Green, 65-69: 1. Avery Bryant, 70 & Over: 1. John Hales, 2. Dean Scofield, 3. Phil Castle.

### Division Results - Women's 5K

10 & Under: 1. Hilary Medina, 2. Angela Smith, 3. Karen Olsen, 11-12: 1. Merrit Quisumbing, 2. Christina Portillo, 3. Nana Katagami, 13-15: 1. Erin Knowles, 2. Shelene Dale, 3. Cassandra Watts, 16-18: 1. Gerbera Royce, 2. Sara Hawthorne, 3. Heather Woodbridge, 19-24: 1. Michelle Bakstene, 2. Kathy Schulz, 3. Mai Michikura, 25-29: 1. Gina Simone, 2. Juan Alvarez, 30-34: 1. Helen Moreno, 2. Kathy White, 3. Rosemary Henderson, 35-39: 1. Peggy Sullivan, 2. Karen Funes, 3. Hideko Katagami, 40-44: 1. Sue Reinhardt, 2. Elizabeth Blair, 3. Lana de Costa, 45-49: 1. Maricela Olsen, 2. Joyce Ashimine, 3. Diane Hartley, 50-54: 1. Lujan, 2. Corrie Estamba, 3. Jan Taylor, 55-59: 1. Jean Windshar, 2. Hais Sueshishi, 3. Gloria Ruiz, 60-64: 1. Loretta Eick, 2. Helen Carter, 65-69: 1. Lisa Narvaez, 2. Julia Thoreson, 3. Margaret Strampler, 70 & Over: 1. Vera Zimmerhahn, 2. Lilian Hajok, 3. Vera Cardenas.

### Division Results - Men's 10K

10 & Under: 1. Scott Marin, 11-12: 1. Sam Harang, 2. Thuc O. Tran, 3. Daniel Cutting, 13-15: 1. Jim Castro, 2. Dennis Yu, 3. Chris David, 16-18: 1. Jeff Larson, 2. Chris Todd, 19-24: 1. Ron Combs, 2. Gabriel Flores, 3. John Moniez, 25-29: 1. Jose Ortiz, 2. Keith Golding, 3. David Kessler, 30-34: 1. Javier Lara, 2. Gary Bornaldt, 3. Dan Takahashi, 35-39: 1. Ken Neal, 2. Philip Peterson, 3. Mark Gross, 40-44: 1. Jack McDowell, 2. Michael Smith, 3. John Walters, 45-49: 1. Dan Ashimine, 2. John Doshinger, 3. Ron Hardey, 50-54: 1. Andre Tocco, 2. Frank Greene, 3. Dave Bockelman, 55-59: 1. John Rudberg, 2. Ignacio Mariscal, 3. Albert Hernandez, 60-64: 1. Yoshitaka Sakazaki, 2. Albert Nobuto, 3. R.C. Goode, 65-69: 1. Tau C Fan, 70 & Over: 1. Eddie Lewin.

### Division Results - Women's 10K

10 & Under: 1. Megan McGowan, 11-12: 1. Miki Katagami, 2. Stephanie Smith, 13-15: 1. Amber Whitwell, 2. Maria Allen, 16-18: 1. Jill Parker, 19-24: 1. Jeannette Gueffroy, 2. Michele Scofield, 3. Jennifer Beltridge, 25-29: 1. Suzy Martinez, 2. Linda Marcia, 3. Debbie Simpson, 30-34: 1. Kathy Yamazawa, 2. Julie Elias, 35-39: 1. Diane Silvas, 2. Kathy Johnson, 3. Barbara Kraus, 40-44: 1. Charlotte Robineta, 2. Jody Karren, 3. Janie Pappas, 45-49: 1. Carol Dougherty, 2. Aileen Blair, 50-54: 1. Brigitte Tocco, 2. Mateo Johnson, 3. Rachel Meyer, 55-59: 1. Virginia Marsh, 60-64: 1. Connie Abay, 2. Myoko O'Hara, 70 & Over: 1. Sarah London.

## Run for the Hungry

May 19, Burbank, 8K.

### Division Results - Men

Overall Winners: 1. Alfredo Vallejo 23:18, 2. Benito Cruz 23:24, 3. Danny Bustos 24:09, 10-12: 1. Marcelo Lopez 37:46, 2. Michael Castaneda 38:55, 3. Robert Connell 1:04:26, 13-15: 1. Margarito Casillas 27:03, 2. Mike Reynolds 32:37, 3. James Urwin 33:04, 16-18: 1. Gilberto Roca 26:40, 2. Angel Casil-



# Dipsea Race

## Thank Heaven for Little Girls...and Big Sal

By Jim Furman with Mark Winitz

June 10. Mill Valley to Stinson Beach.

The 80-year-old Dipsea has in recent years taken on mythic proportions. The popular 7.1 mile race from Mill Valley to Stinson Beach over the steep and narrow trails of Mt. Tamalpais was already turning away over a thousand would-be entrants each year before it received national attention with the 1984 release of the movie *On The Edge*. But now it has become almost a cult affair, with groups of runners chanting pre-race prayers and making sacrifices to supposed Dipsea gods. Crazy Marin County people, you may say. But they come from all over the country.

The gods had some surprises in mind when they planned this year's race. A locally-little-known-eight-year-old girl, Megan McGowan of Torrance, CA, bolted to the lead of her starting group and stayed at the front of the handicapped race. Despite falling three times on the steep, rocky, rooty trails, she maintained huge margins over the closest pursuers at all the key checkpoints. Little Megan's 22 minute headstart, the maximum available, was shared by girls 8 and under, women 56 and over, boys 6 and under, and men 69 and over. Starting nine minutes behind was one of the favor-

ites, Joan Colman, 46, of Sausalito, CA who is among the country's top woman racers in the 45-49 age group. Joan took second in the 1989 Dipsea. And eight minutes behind Colman was four-time Dipsea champion Sal Vasquez, 50, of Suisun, CA — an age-group champion of considerable renown and most often an unstoppable force on the Dipsea course.

Over the notorious 671 steps to the edge of Mill Valley, down the precipitous Suicide Hill to Muir Woods, then back uphill over Dynamite, Hogsback, and Cardiac hills to the race's high point at 1,300', the entire field chased the tiny runner with the blond ponytail. On the treeless expanse of Hogsback Rise, a hot sun beat down through a sky devoid of the prayed-for cooling fog usually common on late spring mornings in coastal areas.

Barely a mile from the finish, on Insult, the race's final uphill, Vasquez spotted Colman ahead. True to his reputation, "If I can see 'em, I can get 'em" Vasquez dashed past her just as the cool blue Pacific came into view. Thinking he was now comfortably in the lead, Sal started to walk a touch—until a spectator informed him that a "little girl" was 2-1/2 minutes ahead. Back in high gear, the Mexican-born, former soccer pro overtook Megan just before

the Dipsea Trail ends at Highway 1—a quarter mile from the finish.

"When I caught and passed her, I felt embarrassed," Sal admitted. "She's so young. But what else are you going to do? Let her win for the first time, or go for my fifth time? I said, 'I think she has more years (ahead) to win on me than I do on her.'"

Sal's winning time of 52:05 (5 minute headstart) was nearly three minutes slower than his best time set in 1984, but enough to bring him an unprecedented fifth Dipsea crown. And that despite a one-minute penalty imposed on Dipsea winners for five years following their win. After breaking the tape, Vasquez turned and waited for Megan to arrive 16 seconds later (her actual time, 1:09:21). When the seasoned veteran scooped up the tiny girl wonder in his arms and both raised their arms in victory, there was hardly a dry eye in the crowd.

Just 54 seconds later, Mike McManus, 24, a scratch (no headstart) runner crossed the line for third, followed by Colman another half minute back. McManus's 47:59 clocking was not only the fastest of the day, but the fastest since Rod Berry's 1983 CR on the current course of 47:33. McManus's time was also the closest a scratch runner has come to

first place since 1966, when Carl Jensen was the last scratch runner to win. McManus's comment "I think I can cut a minute off my time" raises the prospect that the Dipsea may again be won from scratch.

An element of controversy surfaced when it was revealed that young McGowan was paced by an adult male friend. While TAC has specific rules prohibiting pacing in prize money competition on the roads, the trail Dipsea, contested for glory only, has had no need for such rules in the past. Indeed, without a pacer there are many ways a small child in the lead could get lost on the course, which is not well marked because it is mostly "open" (meaning any path you take from start to finish is OK). The Dipsea Committee is soliciting comment as to whether a rule concerning pacing should be instituted for future races.

As for Legendary King Sal, can he conquer the Mountain yet again? "If you're in good health and you train well, with a little handicap you can do it," says the champ. "I proved today that even with a minute handicap penalty (for winning) you can come out a winner. I'll probably try to go for another back-to-back streak next year, even though it will be tough."

That's the attraction of Dipsea. In what other race in the world can a 50-year-old man and 8-year-old girl beat men who have 30-minute 10K speed?

*continued next page...*



## Dipsea, continued

### Overall Results

	Name	Age	City	Hd St.	Time
1	Sal Vasquez	50	Suisun	5	52:05
2	Megan McGowan	8	Torrance	22	1:09:21
3	Mike McMannus	24	Oakland	0	47:59
4	Joan Colman	46	Sausalito	13	1:01:32
5	Roger Daniels	54	Bend, OR	8	56:51
6	Matthew Metzger	17	Belvedere	2	51:11
7	Thomas Borschel	32	Pleasant Hill	1	49:29
8	John Coburn	43	Placerville	3	52:45
9	Debbi Walden	40	Kirkwood	9	59:11
10	George O'Gara	67	Novato	20	1:10:14
11	Tim Beardall	20	Santa Rosa	0	50:33
12	Robert Malain	63	Redding	16	1:07:00
13	Paul Mankin	18	San Rafael	1	52:03
14	Phillip Belan	28	Mill Valley	0	51:05
15	Robert Dickinson	33	Petaluma	1	52:09
16	John Swyers	50	Larkspur	6	57:14
17	Peggy Smyth	38	San Anselmo	8	59:29
18	Darryl Beardall	53	Santa Rosa	8	59:35
19	George Frazier	43	Mill Valley	3	55:04
20	Link Lindquist	62	Larkspur	15	1:07:08
21	Eric Allen	24	Mill Valley	0	52:11
22	Lloyd Kahn	55	Bolinas	9	1:01:18
23	Wally Strauss	63	Kentfield	16	1:08:20
24	Richard Laine	60	San Carlos	13	1:05:20
25	Kay Willoughby	54	Mill Valley	19	1:11:36
26	Bruce Linscott	32	Fairfax	1	53:39
27	Milano Zeman	48	Mill Valley	5	57:45
28	Butch Alexander	36	Sonoma	1	53:45
29	Michael Hoy	48	Sausalito	5	57:49
30	John Hodge	28	Novato	0	52:55
31	Stephen Lyons	49	Quentin Vil.	5	57:59
32	Michael Burton	28		0	53:03
33	Toby Pickett	32	Ukiah	1	54:03
34	Niamh Zwagerman	17	Mill Valley	9	1:02:06
35	Michael Lopez	32	Fairfax	1	54:13

las 28:15, 3. Bob Heath 29:06, 19-24: 1. Benito Cruz 23:24, 2. Rodolfo Arellano 27:55, 3. Jorge Takata 29:12, 25-29: 1. Alfredo Vallejo 23:18, 2. Danny Bustos 24:09, 3. Brock Vaughn 25:01, 30-34: 1. Rodriguez Roberto 25:08, 2. Raul Hernandez 25:26, 3. Tom Moriarty 25:55, 35-39: 1. Jose Gomez 25:58, 2. Bill Entz 26:44, 3. Geman Alonso 27:07, 40-44: 1. Ian Cousins 25:29, 2. Stephen Keyes 26:08, 3. Mark Hemphill 27:57, 45-49: 1. Mike Scott 26:20, 2. Fred Reeves 27:27, 3. Bob Olson 30:33, 50-54: 1. Leon Granados 30:06, 2. Peter Faust 23:26, 3. Pat Connelly 32:14, 55-59: 1. James Murphy 35:41, 2. Douglas Marshall 36:55, 3. Richard Horn 38:08, 60-64: 1. Robert Jones 35:23, 2. Bob Koch 35:36, 3. Orville Bingley 38:31, 65-69: 1. Daniel Lujan 36:49, 2. John Thompson 37:04, 3. John Daly 45:22, 70 & Over: 1. Fraser MacLinn 43:03, 2. Fred Sharley 45:02.

#### Division Results - Women

Overall Winners: 1. Sylvia Mosqueda 25:58, 2. Gretchen Cruz 29:33, 3. Nancy Bowman 29:53, 10-12: 1. Theresa Parkham 42:21, 2. Michelle Carter 42:29, 3. Jenny Jo 1:16:04, 13-15: 1. Talma Ghazarian 37:45, 2. Elena Martinez 38:01, 3. Courtney Ikemori 44:12, 16-18: 1. Desiray Eismann 44:15, 2. Julie Cusumano 44:49, 3. Erika Honkenson 46:14, 19-24: 1. Sylvia Mosqueda 25:58, 2. Torie Pleasant 30:09, 3. Tania Fischer 30:39, 25-29: 1. Nancy Bowman 29:53, 2. Julie Hart 34:46, 3. Jamilett Perez 35:27, 30-34: 1. Gretchen Cruz 29:33, 2. Jaime Lopez 30:26, 3. Kathy Johnson 33:26, 35-39: 1. Sara Danning 32:08, 2. Lynne Plameck 35:03, 3. Ligia Fain 36:14, 40-44: 1. Jane Lauscher 32:10, 2. Jeannie Thompson 36:21, 3. Lesley Fuller 37:08, 45-49: 1.

Ria Rugo 37:32, 2. Fran Smith 41:27, 3. Ruth Hernandez 43:12, 50-54: 1. Gina Faust 31:27, 2. Paula Van Buskirk 34:09, 3. Joan Maxwell 44:05, 55-59: 1. Joan Fogelman 40:31, 2. Betty Crosby 47:53, 3. Deborah Pierce 1:22:00, 60-64: 1. Selma Melman 51:20, 2. Neysa Pickens 58:39, 3. Gerri Dickinson 1:15:58, 65-69: 1. Helen Dick 37:09, 2. Joyce Fuller 50:50, 3. Mayne Ranshaw 1:22:33, 70 & Over: 1. Isabel DeLuca 1:06:43, 2. Lee Sill 1:21:31.

## SCA/TAC District Championship

May 19, Fountain Valley, 50 Mile.

#### Overall Results

1. Pete Kaplan (33) Newbury Park 5:43:22, 2. Lion Caldwell (39) Supai, AZ 6:03:49, 3. Rudy Alvarez (35) Houston, TX 6:11:59, 4. Don McLean (45) Saugus 17:59, 5. Bill McGeary (35) Long Beach 6:21:37, 6. Jim Peilon (39) Malibu 6:31:24, 7. Tom Perry (45) Culver City 6:38:13, 8. Rob McNair (35) Huntington Beach 6:47:34, 9. Craig Johnson (27) Redondo Beach 6:47:37, 10. Barbara Shur (35) 6:52:28.  
11. David Chamberlain (36) Woodland Hills 6:55:08, 12. John Scizberg (42) Hesperia 7:06:27, 13. Ruben Alarcon (45) Ventura 7:10:07, 14. Ron Lowy (46) Temecula 7:12:50, 15. Ryoichi Morita (39) Madera 7:12:54, 16. Bob Ulloa (40) Long Beach 7:18:42, 17. Don Redmond (22) La Mesa 7:20:31, 18. Jeff Thompson (38) Bermuda Dunes 7:20:54, 19. Paul Schmidt (38) San Diego 7:26:58, 20. Fred Nageschmidt (65) Ventura 7:27:10.

#### Team Results

1. Santa Clarita Runners 22:02:14, 2. Culver City Athletic Club 26:00:29.

## California Strawberry Festival Run

May 19, Oxnard, 10K.

#### Division Results - Men

Overall Winners: 1. Fredson Mayiek 30:29, 2. Alfredo Rosas 30:37, 3. Tyrus Deminter 30:39, 14 & Under: 1. Donald Carmona 36:16, 15-18: 1. Stewart Ellington 34:00, 19-24: 1. Fredson Mayiek 30:29, 25-29: 1. Alfredo Rosas 30:37, 30-34: 1. Erin Rankin 32:07, 35-39: 1. Gregg Homer 32:18, 40-44: 1. Gene Ball 36:02, 45-49: 1. Juan Cabeza 35:54, 50-59: 1. Harry Panteias 39:43, 60-69: 1. Pete Petracok 39:55, 70-79: 1. Demetrio Miller 49:38.

#### Division Results - Women

Overall Winners: 1. Andrea Ward 34:36, 2. Laura Burns 36:42, 3. Donna Stocker 36:54, 14 & Under: 1. Kendra Hillsbeck 44:44, 15-18: 1. Tina Schroyer 42:52, 19-24: 1. Trina Diaz 41:29, 25-29: 1. Andrea Ward 34:36, 30-34: 1. Donna Stocker 36:54, 35-39: 1. Debra Sharp 37:06, 40-44: 1. Terri Goodreau 42:46, 45-49: 1. Kathleen Looney 37:52, 50-59: 1. Joan Jeter 45:26, 60-69: 1. Margaret Miller 48:20.

## American Cancer Society Triathlon

May 19, Ontario.

#### Overall Results

1. Josh Webster (R) 38:11, 2. Bruce Funk (R) 39:55, 3. Jim Berkhite (R) 40:41, 4. Al Bates (25-29) 41:19, 5. Fire Flyers, Ontario (R) 41:35, 6. Jason Kim (R) 42:50, 7. Terry Marin (40-44) 43:14, 8. Todd Nott (25-29) 43:26, 9. Jim Perez (R) 43:32, 10. Bill Houck (30-34) 43:46.  
11. Wolfgang Resch (30-34) 44:01, 12. Frank Mattingly (35-39) 44:07, 13. Joe Jacobsen (45-49) 44:16, 14. Dane Wington (25-29) 44:23, 15. Mike Cockrell (40-44) 44:28, 16. Tim Staab (25-29) 44:32, 17. Dave Ruby (30-34) 44:48, 18. Andres Martinez (25-29) 44:50, 19. Thomas Graber (R) 45:01, 20. Scott Kipers (30-34) 45:27.

21. Dan Cockrell (13-17) 45:29, 22. Jeffrey Traiber (18-24) 45:40, 23. George Ramsdell (18-24) 45:41, 24. Harvey Webster (R) 45:55, 25. Sam Logston (35-39) 46:12.

## Icebreaker Triathlon

May 19, Geyersville.

#### Overall Results - Men

1. Nick Kurth (28) Davis 1:07:10, 2. Jon Moens (27) Mt. View 1:07:17, 3. Mark Loos (24) San Francisco 1:09:11, 4. Steven Noll (30) Oakland 1:09:11, 5. Jake Harringer (34) Saratoga 1:09:12, 6. Don Anderson (38) Mt. View 1:09:15, 7. Phil Johnson (28) Santa Rosa 1:09:57, 8. Patrick Bitter (34) Los Gatos 1:10:00, 9. Scott Williams (35) San Francisco 1:10:29, 10. Sherrill Cain (23) Danville 1:11:04.

#### Division Results - Men

10 & Under: 1. Gabe Ortiz 1:18:43, 2. Bradley Cowen 1:20:07, 3. Brian Lavelle 1:27:07, 20-24: 1. Mark Loos 1:09:11, 2. Colin Sherrill 1:11:04, 3. John Meigs 1:12:07, 25-29: 1. Nick Kurth 1:07:10, 2. Jon Moens 1:07:17, 3. Phil Johnson 1:09:57, 30-34: 1. Steven Noll 1:09:11, 2. Jake Harringer 1:09:12, 3. Patrick Bitter 1:10:00, 35-39: 1. Don Anderson 1:09:15, 2. Scott Williams 1:10:29, 3. Eric Childs 1:12:15, 40-44: 1. Peter Carlstrom 1:12:22, 2. Tim Lavelle 1:13:01, 3. Dan McHaffin 1:15:51, 45-49: 1. Jim Orear 1:18:57, 2. John Bernal 1:23:09, 3. Steven Cederberg 1:23:31, 50 & Over: 1. Lewis Cook 1:23:58, 2. Richard Bauhaus 1:30:00, 3. Eugene Valis 1:31:29.

#### Overall Results - Women

1. Jacqueline Komrij (25) Rohnert Park 1:14:00, 2. Lesley Chequer (24) Los Altos 1:15:48, 3. Ann Motekaitis (28) Davis 1:16:10, 4. Cindy Watson (31)

San Diego 1:18:42, 5. Carol Bitter (32) Los Gatos 1:19:01, 6. Kyrsten Burr (22) San Francisco 1:21:27, 7. Lisa Homen (31) San Rafael 1:21:44, 8. Carolyn Kovacevic (39) San Jose 1:21:45, 9. Diana Williams (29) San Francisco 1:22:09, 10. Elizabeth Fetter (31) San Francisco 1:22:12.

#### Division Results - Women

20-24: 1. Lesley Chequer 1:15:48, 2. Kyrsten Burr 1:21:27, 3. Loretta Solle 1:23:54, 25-29: 1. Jacqueline Komrij 1:14:00, 2. Ann Motekaitis 1:16:10, 3. Diana Williams 1:22:09, 30-34: 1. Cindy Watson 1:18:42, 2. Carol Bitter 1:19:01, 3. Lisa Homen 1:21:44, 35-39: 1. Carolyn Kovacevic 1:21:45, 2. Karen McGee 1:22:22, 3. Patty Harris 1:26:37, 40-44: 1. Maggie Fillmore 1:27:25, 2. Karen Kenny 1:37:36, 3. Sue Perry 1:37:58, 45 & Over: 1. Kathryn Kettler 1:28:39, 2. Salie Olsen 1:36:49.

## Lakeridge Athletic Club Triathlon

May 19, El Sobrante, 600y Swim, 5K Run, 10 MI. Bike.

#### Overall Results

1. Chris Ward 52:36, 2. Martin Olson 57:35, 3. Charlie Brockus 58:37, 4. Paul Butler 59:45, 5. Russell Hirsch 1:00:46, 6. Jack Ball 1:00:57, 7. Jeff Gibbons 1:01:25, 8. Walter Schmidt 1:02:19, 9. Bill Shuhan 1:02:55, 10. David Klein 1:03:56.  
11. Gene Wolke 1:05:35, 12. David Swain 1:05:40, 13. Loree Lee 1:06:46, 14. Dan Akol 1:06:52, 15. Gary Marin 1:06:56, 16. Kathy Winkler 1:07:39, 17. Dennis Fogg 1:08:44, 18. Robert Smith 1:09:34, 19. Hugh Husted 1:09:40, 20. Geoffrey Knight 1:10:35.

#### Overall Results - Teams

1. Foley, Foley & Wally 54:36, 2. The Centepedes 57:58, 3. Wolf's Kempo Karate 1:07:59.

## Southern Nevada Roadrunner Classic Triathlon

May 19, Las Vegas, NV.

#### Division Results - Men

Professional: 1. Jeff Devlin 4:11:10, 2. Ray Browning 4:22:43, 3. Jon Black 4:26:09, 14-17: 1. Andrew Stubbs 7:41:42, 18-24: 1. Peter Park 4:31:04, 2. Ryan Adamson 4:39:14, 3. Scott Cole 4:49:16, 25-29: 1. James Brady 4:30:38, 2. Mark Curtis 4:37:39, 3. Steve Ferrario 4:45:40, 30-34: 1. John Holbeck 4:30:25, 2. Michael O'Leary 4:35:02, 3. Mark Roberts 4:48:14, 35-39: 1. Cliff Rigbee 4:40:30, 2. Bob Cuyler 4:46:56, 3. Rob Walters 4:53:40, 40-44: 1. Steve Becker 4:42:48, 2. James Niewacki 4:55:06, 3. Jim Riley 5:04:00, 45-49: 1. Bill Sublette 4:58:20, 2. Mike Burner 5:02:09, 3. Thomas Barthold 5:08:02, 50-54: 1. Hans Dieben 5:01:23, 2. Mark Malone 5:15:49, 3. Clint Brookhardt 5:37:00, 55-59: 1. Dick Robinson 5:42:43, 2. Joseph Russell 6:14:44, 3. Phil Nolen 6:27:56, 60-64: 1. Doug Majala 6:35:55, 65-69: 1. Dick Carlson 6:43:7, 70 & Over: 1. John Manning 8:38:04.

#### Division Results - Women

Professional: 1. Beth Mitchell 4:44:47, 2. Jarine Daley 4:54:49, 3. Wendy Ingerhan 4:55:15, 18-24: 1. Lindsey Hansen-Sturm 5:11:49, 25-29: 1. Lauren Alexander 5:12:13, 2. Sheri Leoma 5:17:37, 3. Gail Faulconer 5:21:23, 30-34: 1. Rachelle Roberts 5:16:17, 2. Wendy Hanisch 5:31:24, 3. Miriam Veldbosch 5:33:44, 35-39: 1. Joan Haber 5:29:29, 2. Nancy Baird 5:53:48, 3. Paul Deane 6:04:33, 40-44: 1. Jane Grandskog 6:02:40, 2. Jeannette Sullivan 6:14:06, 3. Linda Marler 7:16:55, 45-49: 1. Mary Ann Buxton 6:12:45, 2. Barbara Alvarez 6:47:55, 3. Angela Castaneda 6:58:53, 50-54: 1. Joann Pope 7:42:35, 2. Margaret Speer 7:43:32, 3. Nan Wadsworth 8:38:45.

#### Retays

Men: 1. Murphy-Gon-Gard 4:24:06, 2. Alwood-Rink-Mes 4:42:44, 3. Path-Wilbert-Eug 5:06:56.



# RESULTS

Mixed: 1. Fideiman-Smith 5:08:26, 2. Shay-Gary-Burn 5:26:31, 3. Epstein 5:35:19.

## Ohlone Wilderness Trail Run

May 20. Fremont. 50K.

### Overall Results

1. Dave Scott (32) 3:53:58, 2. Mike Platzbecker (26) 4:38:33, 3. Jim Scott (30) 4:42:21, 4. Ralph Pillely (40) 4:47:52, 5. Jeff Cowling (31) 4:48:49, 6. Willie McCarthy (34) 4:57:16, 7. George Staub (34) 5:03:17, 8. Robert Scott (19) 5:10:11, 9. Mark Samuelson (36) 5:13:56, 10. Hollis Lenderking (40) 5:15:40.

## Santa Anita Spring Classic

May 20. Arcadia. 5K & 10K.

### Division Results - Men's 10K

Overall Winner: 1. Richard Shelley 31:23, 2. Mike Gottardi 32:13, 3. Nicolas Hernandez 33:17, 4. & Under: 1. Michael Nelson 36:51, 2. Tom Coffey 40:33, 3. James Uwins 42:41, 15-19: 1. Paul Stammal 34:45, 2. Valentin Pingarron 34:46, 3. Joe Valle 35:19, 20-24: 1. Mike Gottardi 32:13, 2. Brian Alin 39:10, 3. Scott Bur 40:01, 25-29: 1. Richard Shelley 31:23, 2. Robert Bush Jr. 33:25, 3. Cesar Vasquez 33:25, 30-34: 1. Eugene Muslar 33:35, 2. Bernie Brizuela 34:52, 3. Chris Evans 34:54, 35-39: 1. Nicholas Hernandez 33:17, 2. Rigoberto Reyes 33:48, 3. Rich Valdez 33:54, 40-44: 1. Joe Alvarado 33:47, 2. Mickey Depalo 35:08, 3. Ben Wilson 35:23, 45-49: 1. George Andersen 38:04, 2. Wayne Mitchell 38:29, 3. Mauro Rodriguez 39:25, 50-54: 1. Dave Arntson 38:09, 2. Ray Hughes 38:33, 3. Raoul DeLaSola 38:53, 55-59: 1. Antonio Gonzales 38:39, 2. Wally Engram 41:04, 3. William Wall 41:32, 60-64: 1. Jack Home 40:40, 2. Ted Dowling 47:56, 3. Frisco Yamasaki 49:58, 65-69: 1. Ray Thorne 47:50, 2. James Conch 54:11, 70 & Over: 1. Eddie Lewin 46:03, 2. Dutch Benedetti 48:25, 3. Fred Miller 58:49.

### Division Results - Women's 10K

Overall Winners: 1. Kim Eller 40:52, 2. Cla Diagonal 41:01, 3. Jody Robbins 43:01, 14 & Under: 1. Stephanie Norberg 51:01, 15-19: 1. Cla Diagonal 41:01, 2. Leila Durr 45:32, 3. Denise Hanson 47:19, 20-24: 1. Kim Eller 40:52, 2. Laurie Whipple 46:20, 3. Lily Lemos 47:45, 25-29: 1. Wendy Reeder 47:06, 2. Beverly Buss 47:14, 3. Linda Letersky 49:38, 30-34: 1. Suzanne Carter 45:00, 2. Kathy Crompton 45:21, 3. Lisa Hall 46:05, 35-39: 1. Jody Robbins 43:01, 2. Lisa Moran 43:50, 3. Donna Morin 45:31, 40-44: 1. Marquit Azevin 45:29, 2. Barbara Spatz 45:43, 3. Grace Raugel 46:58, 45-49: 1. Carmen Connolly 45:54, 2. Gabrielle Bruveris 47:27, 3. Rila Rugg 47:55, 50-54: 1. Cecily Parks 43:47, 2. Mary Czarapala 47:22, 3. Karen Masters 51:19, 55-59: 1. Betty Crosby 1:02:56, 60-64: 1. Ethel Kleinsasser 54:20, 2. Cathy Bosch 1:01:51, 3. Hanka Boys 1:08:08, 65-69: 1. Mary Storey 50:19, 2. Mildred Swader 1:02:22, 70 & Over: 1. Lois Edds 55:40, 2. Rowen Kissinger 1:16:53.

### Division Results - Men's 5K

Overall Winners: 1. Tony Williams 15:03, 2. Aurelio Trujillo 15:10, 3. Vince Garziano 15:24, 14 & Under: 1. Joey Hernandez 16:24, 2. James Garrison 16:55, 3. Oscar Estrada 17:06, 15-19: 1. Vince Baridano 15:24, 2. Joel Montes De Oca 15:40, 3. James O'Connor 15:47, 20-24: 1. Aurelio Trujillo 15:10, 2. E. Gabriel 15:32, 3. Chris Treghill 16:16, 25-29: 1. Tony Williams 15:03, 2. Arturo Torres 15:52, 3. Steve McMillin 16:38, 30-34: 1. John Blaauw 17:01, 2. Fernando Venegas 17:43, 3. Richard Bates 17:48, 35-39: 1. Richard Rodriguez 16:42, 2. Gary Warr 16:50, 3. Steve Kelmeyer 16:51, 40-44: 1. Roger Weingaertner 17:16, 2. Rex Hall 17:32, 3. Ray Parker 17:33, 45-49: 1. Don Parker 16:59, 2. Donald Gilman 17:14, 3. Gary Riley 18:04, 50-54: 1. Joseph

Umbro 19:16, 2. John Lillic 19:37, 3. Gene Galindo 19:39, 55-59: 1. Robert Culling 18:23, 2. Ted Oviatt 18:58, 3. David Guerrero 20:11, 60-64: 1. Leonard Walls 19:42, 2. James Wilkie 21:16, 3. Gene Doss 21:22, 65-69: 1. Avery Bryant 20:39, 2. Robert Lehmann 25:39, 3. Jim Dacollis 26:49, 70 & Over: 1. Phil Jones 22:00, 2. David Cohe 22:52, 3. Ed Stotsonberg 23:38.

### Division Results - Women's 5K

Overall Winners: 1. Antoinette Delgado 17:09, 2. Carrie Garrison 17:11, 3. Kelly Auerbach 18:19, 14 & Under: 1. Carrie Garrison 17:11, 2. Heather Garrison 18:52, 3. Elizabeth Robles 18:58, 15-19: 1. Kelly Auerbach 18:19, 2. Pam Proffitt 20:26, 3. Christine Vilascas 20:56, 20-24: 1. Antoinette Delgado 17:09, 2. Susan Pheasant 21:50, 3. Jarie Cox 22:05, 25-29: 1. Dawn Staab 20:15, 2. D. Lund 22:16, 3. Jennifer Kirkgaard 22:25, 30-34: 1. Shirley Tomol 19:40, 2. Melissa Hoffman 20:08, 3. Noni Long 20:18, 35-39: 1. Elsa Aguirre 20:50, 2. Denise De Pooter 22:36, 3. Sherrie Semelsberger 23:04, 40-44: 1. Terri Goodreau 20:14, 2. Barbara Reudema 21:50, 3. Martha Cisneros 22:40, 45-49: 1. Chris Trevarthen 22:00, 2. Mickey Cruz 22:49, 3. Sandy Pickle 22:53, 50-54: 1. Rita Gilmore 21:24, 2. Bobbi Gold 23:06, 3. Elaine Murphy 23:17, 55-59: 1. Nelly Williams 26:13, 2. Elaine Herfert 27:34, 3. Patricia Wagner 29:09, 60-64: 1. Dorothy Tracey 28:06, 2. Lillian Esqueda 28:33, 3. Verian Bruce 28:35, 65-69: 1. Lucy Byers 34:32, 2. Peggy Ramsey 46:17, 3. Betty Thomas 46:26, 70 & Over: 1. Dorothy Otensberg 35:03, 2. Lucile Adney 37:49, 3. Helen Hops 45:02.

## TRIB 10K

May 20. San Diego.

### Overall Results

1. Vera Rolando (25) 28:06, 2. Bo Reed (24) 28:10, 3. Gerard Donakowski (30) 28:28, 4. Bill Reidsnyder (28) 28:33, 5. Rafael Zapeda (28) 28:38, 6. Don Janiecki (30) 28:43, 7. Darryl Gonzalez (28) 28:44, 8. Thom Hunt (32) 28:56, 9. Francisco Pacheco (28) 29:15, 10. Alan Scharus (29) 29:16, 11. Marco Ochoa (25) 29:28, 12. Jim Klein (27) 29:31, 13. Danny Bustos (27) 29:40, 14. Antonio Contreras (23) 29:40, 15. Matt Clayton (24) 29:52, 16. Alphonse Swai (26) 30:06, 17. Jeffrey Holyfield (26) 30:14, 18. Dirk Lakeman (31) 30:41, 19. David Krause (26) 30:58, 20. Salvador Rodriguez (29) 31:12, 21. Robert Jones (23) 31:20, 22. Rory Trup (36) 31:23, 23. Denis Kelly (32) 31:33, 24. James Swinson (24) 31:35, 25. Jorge Montes (30) 31:39, 26. Gregory Ross (27) 31:56, 27. Craig Marino (35) 32:04, 28. Tim Harris (35) 32:09, 29. Emeterio Nova (27) 32:14, 30. Shelly Steely (27) 32:17, 31. Elias Del Sol (22) 32:32, 32. Don Baby (30) 32:41, 33. Martin Padset (26) 32:47, 34. Ralph Havens (31) 32:50, 35. Williams Strachan (40) 32:53, 36. Dave Dial (30) 32:59, 37. James Gelsomini (41) 33:08, 38. Barry Marin (37) 33:09, 39. Manuel Estrada (28) 33:10, 40. Jim Reedy (33) 33:11, 41. Bob Betancourt (42) 33:12, 42. Robert Crawford (24) 32:16, 43. Steven Hastings (28) 33:20, 44. Billy Packer (31) 33:25, 45. Francisco Menchaca (40) 33:29, 46. Kevin Zimmer (27) 33:43, 47. Jeanne Lassa Johnson (32) 33:54, 48. Gerardo Nova (32) 34:02, 49. Ismael Lopez (37) 34:02, 50. Martha Tenorio (23) 34:05.

## Legg Lake Runs

### Legg Lake Evening Run

May 17. So. El Monte. 5K.

### Overall Results

1. Mark Martinez (24) 18:41, 2. Don Peterson (40) 19:09, 3. Dean Longo (30) 19:36, 4. Glenn Gorelick (45) 20:17, 5. Robert Culling (58) 21:05, 6. Arthur Martinez (42) 21:20, 7. Henry Perez (49) 21:33, 8. Francisco Cruz (31) 21:34, 9. Daniel Solorzano (40) 22:09, 10. Rigo Contreras (47) 22:22.

## Legg Lake Western Run

May 20. So. El Monte. 5K.

### Overall Results

1. Kevin Cimini (30) 17:16, 2. Jeff Crosson (29) 17:34, 3. Arthur Martinez (42) 20:55, 4. Wiley Nelson (67) 26:56.

## Legg Lake Evening Run

May 24. So. El Monte. 5K.

### Overall Results

1. Kevin Cimini (30) 17:10, 2. Trent Martinez (24) 17:57, 3. Robert Culling (58) 19:29, 4. Dean Longo (30) 19:38, 5. Glenn Gorelick (45) 19:53.

## Legg Lake Purple Tree Run

May 26. So. El Monte. 5K.

### Overall Results

1. Rick Gaintalan (26) 16:13, 2. John Leach (29) 17:01, 3. David Nielsen (19) 17:09, 4. Jerry Lawrence (38) 18:26, 5. Joe Englebrecht (40) 19:22.

## Desert Princess Spring Duathlon

May 26. Cathedral City.

### Overall Results - Men

1. Mac Williamson (25) Del Mar 1:19:00, 2. Eoin Fahy (30) San Diego 1:19:58, 3. Bert Stam (24) Moreno Valley 1:20:25, 4. Brian Stauffer (33) Holland, MI 1:21:29, 5. Steve Tague (30) Costa Mesa 1:24:13, 6. Terry Martin (43) Fontana 1:24:16, 7. Robert Duncanson (34) San Diego 1:24:24, 8. David Jewell (25) Leucadio 1:24:55, 9. Guy Gary (31) Leucadio 1:26:02, 10. Easter Dave (37) Cardiff 1:26:26, 11. Dennis Kasischke (41) San Diego 1:26:53, 12. Tom Davies (24) Davis 1:27:16, 13. Stephen Camp (28) Cardiff 1:27:25, 14. Whitney Shane (15) Palm Desert 1:27:40, 15. Paul Camp (25) Cardiff 1:27:50, 16. Bill Duval (31) Vista 1:28:06, 17. Edward Kowalski (27) Parma 1:28:18, 18. Joe Jacobsen (46) Westlake Village 1:28:29, 19. Bob Antal (34) La Jolla 1:28:31, 20. Dave Duran (34) Manhattan Beach 1:28:31.

### Overall Results - Women

1. Lynn Poik (29) San Diego 1:34:18, 2. Suzanne Ferguson (40) Tusin 1:34:41, 3. Martha Ruta (28) Calgary, AL 1:37:32, 4. Ann Mesaros (31) Hemet 1:40:48, 5. Laurie Land (35) San Dimas 1:41:17, 6. Trish Walsh-Kimura (35) Cardiff 1:41:58, 7. Allison Goss (36) Foster City 1:43:33, 8. Kelly Kannenburg (28) Santa Barbara 1:44:29, 9. Jennifer Miramontes (26) Davis 1:45:42, 10. Karen Turner (23) San Diego 1:46:22.

## Aptos Marathon

May 26. Aptos. Half Marathon, & 10K.

### Overall Results - Marathon

1. Thomas Barrett (27) 3:01:41, 2. Bruce LaBeffe (34) 3:06:19, 3. Norm Gould (41) 3:11:18, 4. Walter Radloff (45) 3:17:23, 5. Don Rebal (46) 3:25:47, 6. Jim Hurley (33) 3:26:43, 7. Tom Savage (31) 3:34:33, 8. Carl Cull (43) 3:35:09, 9. Craig Lee (28) 3:43:37, 10. Lorraine Geritz (36 F) 3:43:56, 11. John Mark (37) 3:44:00, 12. Roger Sebert (46) 3:46:15, 13. Gene Weddle (46) 3:48:19, 14. Thomas Rolander (42) 3:49:39, 15. Todd Clark (33) 3:51:48.

### Overall Results - Half Marathon

1. Brad Curry (31) 1:25:46, 2. Doug Helzer (34) 1:26:11, 3. Pablo Chagolla (32) 1:26:11, 4. Charles Crompton (42) 1:27:56, 5. Fabio Hernandez (42) 1:29:30, 6. Nik Butterfield (33) 1:29:46, 7. Rod Mowbray (43) 1:30:05, 8. Alan Ott (32) 1:33:04, 9. Meland Zeman (48) 1:33:33, 10. Bob Stinson (35) 1:34:18.

### Overall Results - 10K

1. Stuart Wissman (22) 37:29, 2. John Anderson (29) 39:18, 3. Vasilis Kondylis (39) 39:19, 4. Jeremy Gilbert (28) 41:17, 5. David Bassler (19) 41:32, 6. Adam Dorsey (17) 41:57, 7. Frank Hayden (31)

42:24, 8. J. Gould (17) 42:30, 9. William Jensen (32) 42:54, 10. J. Reilly (29) 42:59.

## Memorial Run

May 26. Sanger. 6 Mile.

### Division Results - Men

16-18: 1. Philip Gonzales 35:54, 19-28: 1. Ramon Lui 33:33, 30-34: 1. Joe Lopez 41:26, 35-39: 1. John Volkman 41:56, 40-44: 1. Wayne Campbell 38:53, 50-59: 1. John Pius 42:21, 70 & Over: 1. Harry Harder 49:58.

### Division Results - Women

19-29: 1. Leifia Estrada 49:10, 40-44: 1. Margaret Gong 43:15, 45-49: 1. Jackie Ryle 46:42, 50-59: 1. Hied Flaho 54:12.

### 3 Mile Prediction

1. Jack Wass 21:06.9 (3.1 second off).

## Topanga 10K

May 26. Topanga.

### Overall Results

1. Peter Oviatt (20) Agoura 37:10, 2. Jeff Press (34) Hawthorne 38:39, 3. John Naranjo (23) Panorama City 38:44, 4. Dan Takahashi (33) Torrance 40:21, 5. Brian Campbell (28) Topanga 40:46, 6. Jack McDowell (42) Redondo Beach 40:46, 7. Stephen Whitmore (35) Lake Elizabeth 40:50, 8. Mike Van Guilder (40) Laguna Niguel 41:07, 9. Michael Charman (17) Agoura Hills 41:12, 10. Tom Duket (47) Topanga 41:52, 11. Charles McKung (49) Reseda 42:08, 12. Roger Weingaertner (42) San Fernando 42:21, 13. Richard Hillestad (48) Topanga 42:34, 14. George Mason (34) Irvine 42:52, 15. Mike Vujovich (36) Calabasas 43:21, 16. Frank Larson (27) Canyon Country 43:37, 17. David Watanabe (35) Venice 43:53, 18. Brian Stansaulk (38) Reseda 43:58, 19. Steve Kobrine (25) Woodland Hills 44:05, 20. Marlin Bleasdale (46) Topanga 44:14.

## Coors Light Biathlon

May 27. Orange County.

### Overall Results - Men

1. Joel Thompson (31) 1:09:39, 2. Brent Steiner (28) 1:11:53, 3. Greg Welch (25) 1:11:54, 4. Gary Matt (28) 1:11:59, 5. Greg Brown (33) 1:12:48, 6. Brad Kearns (25) 1:12:52, 7. Shane Cleveland (25) 1:13:01, 8. Darren Wood (21) 1:13:03, 9. Eric Squires (25) 1:13:22, 10. Scott Naegele (28) 1:13:58.

### Overall Results - Women

1. Liz Downing (31) 1:18:56, 2. Donna Landerville (28) 1:20:27, 3. Melissa Mantak (28) 1:21:06, 4. Kimberly Cohen (29) 1:23:21, 5. Catherine Donovan (33) 1:24:09, 6. Colleen Gallagher (29) 1:24:26, 7. Laura Lowe (28) 1:26:05, 8. Teri McKee (29) 1:26:30, 9. Gina Simon (27) 1:27:13, 10. Kristi Kidwell (29) 1:28:19.

### Division Results - Men

16-18: 1. Jon Seigle 1:23:42, 2. Bradley Peterson 1:27:17, 3. Mark Payares 1:27:17, 20-24: 1. Bert Stem 1:16:31, 2. Michael Hansen 1:18:10, 3. Joel Westwood 1:19:02, 25-29: 1. Jeff Montgomery 1:17:29, 2. Todd Castor 1:17:32, 3. David Polin 1:17:54, 30-34: 1. Nathan Smith 1:17:24, 2. William MacKenzie-Smith 1:18:06, 3. Robert Duncanson 1:18:13, 35-39: 1. Robert Wiegand 1:19:50, 2. Bob Kite 1:20:22, 3. Scott Hurst 1:20:28, 40-44: 1. Bob Macy 1:20:05, 2. Robert Langan 1:23:56, 3. A.J. Deruyter 1:25:42, 45-49: 1. Joe Jacobsen 1:24:37, 2. Randall Shelley 1:27:42, 3. John Ganahl 1:27:47, 50-54: 1. Tom Purkiss 1:28:32, 2. Joseph Molloy 1:30:26, 3. Colin Laing 1:33:18, 55-59: 1. Harry Little 1:34:03, 2. Eric Piper 1:35:34, 3. William Ferrel 1:37:48, 60-64: 1. Wally Evertz 1:30:08, 2. Remy Burkel 1:38:01, 3. Doug Maivala 1:40:33, Eiliter: 1. Joel Thompson 1:09:39, 2. Brent Steiner 1:11:53, 3. Greg Welch 1:11:54.



# RESULTS

## Division Results - Women

18-19: 1. Kristin McGorman 1:40:35, 20-24: 1. Karen Stokes 1:28:22, 2. Jeannette Gueffroy 1:32:42, 3. Brenda Lewis 1:33:27, 25-29: 1. Tracy Snodgrass 1:28:47, 2. Laura Stuart 1:31:31, 3. Sharon Sander 1:32:54, 30-34: 1. Julie Oh 1:35:19, 2. Joan Fowler 1:36:14, 3. Debbie Raygoza 1:37:21, 35-39: 1. Marilyn Ganahl 1:31:14, 2. Anabel Hill 1:35:57, 3. Dawn Braund 1:36:20, 40-44: 1. Suzanne Ferguson 1:29:12, 2. Diane Ito 1:30:16, 3. Maril Ray 1:33:15, 45-49: 1. Corinne Schratz 1:43:27, 2. Loanne Hogan 1:50:01, 3. Diane Wilson 1:56:30, 50-54: 1. Joann Goltra 1:38:10, 2. Diane Whitt 1:48:26, 3. Elizabeth Carr 1:56:35, Elite: 1. Liz Downing 1:18:56.

## Mini Man Triathlon

May 28. Pinal.

### Overall Results

1. Daniel Ordain 35:59, 2. Mark Loos 36:14, 3. Darren Mounis 37:57, 4. John Warrin 39:52, 5. Brett Howard 40:25, 6. Steven Carday 41:37, 7. Van Ross 42:02, 8. George Rehmet 42:09, 9. John Tomassello 42:13, 10. Kathleen Sweetman 43:10.  
11. Cliff Cullings 43:39, 12. Scott Takooka 44:07, 13. David Tarkington 44:10, 14. John Sargent 44:23, 15. Robert Amador 44:25, 16. Scott Weirich 44:32, 17. Walter Schmidt 44:47, 18. Scott Robertson 44:52, 19. Chris Fannin 45:00, 20. Michael Herp 45:20.

## Festival

### De Primavera Runs

June 2. Rosarito Beach, Baja, CA. 5K, 10K & 10 M.

#### Division Results - Men's 10K

13 & Under: 1. Albert Portillo 46:52, 2. Victor Vargas 50:54, 3. Rudy DeLeon 54:41, 14-17: 1. Carlos Valdez 37:18, 2. Arturo Nunez 38:55, 3. Jamie Brooks 40:14, 18-23: 1. Rodolfo Ruiz 32:54, 2. Manuel Torres 34:46, 3. John Grosse 46:33, 24-29: 1. Gustavo Villaseca 40:14, 2. Sean Tarrigan 40:27, 3. Jorge Amoral 41:59, 30-34: 1. Samuel Leggett 40:16, 2. Hector Salcido 42:36, 3. Harry Shiesthemer 46:55, 40-44: 1. Bob Giblin 37:45, 2. Raaf Gonzalez 37:49, 3. Robin Sain 38:13, 45-49: 1. Tom Fint 38:02, 2. Manuel Proffilo 43:15, 3. Tony Davis 43:39, 50-54: 1. James Griffiths 48:37, 2. Bill Pawlik 58:05, 3. George Chirinan 68:47, 55-59: 1. Ignacio Valenzuela 53:01, 60 & Over: 1. Antonio Tejada 44:57, 2. David Plank 48:11, 3. Ferdi Gonzales 52:42.

#### Division Results - Women's 10K

14-17: 1. Cristina DeLeon 58:30, 24-29: 1. Leocia Melgoza 40:58, 2. Elma Hernandez 46:03, 3. Linda Sharpe 53:10, 30-34: 1. Kathy Rindt 41:08, 2. Catherine Molina 45:13, 3. Betty Contreras 49:06, 35-39: 1. Nancy Dyer 46:48, 2. Linda Dimery 52:15, 3. Lynda Crossian 52:48, 40-44: 1. Shannon Post 51:42, 2. Toby McQuoid 53:53, 3. Kathleen Fickel 54:46, 45-49: 1. Barb Bramwell 51:34, 2. Shirley Konya 51:43, 3. Dove Colhary 55:34, 50 & Over: 1. Eloisa Kanter 52:01, 2. Jean McLean 64:25.

#### Division Results - Men's 5K

13 & Under: 1. Horacio Almanza 17:59, 2. Hector Almanza 19:31, 3. Valentin Arvozi 19:37, 14-17: 1. Jose Ramos 17:32, 2. Esteban Valdez 17:34, 3. Roberto Ponce 19:57, 18-23: 1. Jose Lopez 14:57, 2. Rene Gutierrez 16:30, 3. Federico Vera 17:58, 24-29: 1. Mark LaPlant 15:38, 2. Doug McKee 15:50, 3. Marty Callahan 16:28, 30-34: 1. Marcelo Chavez 16:10, 2. Steve Maltairan 17:30, 3. Gary Greenberg 17:45, 35-39: 1. Jack Baldwin 17:04, 2. D.J. Smalley 17:31, 3. Jose Valenzuela 18:00, 40-44: 1. Angelo Gutierrez 16:15, 2. Ossie Osgood 17:15, 3. Adolfo Padua 19:05, 45-49: 1. Dave Brandford 17:37, 2. Juan Navarrete 18:08, 3. Peter Jones 18:12, 50-54: 1. Robert McAlpine 18:48, 2. Carlos Vega 19:21, 3. Ron Heiler 20:37, 55-59: 1. Jesus Nuno 21:51, 2. Mike Vigil 25:03, 3. Daniel Little

26:58, 60 & Over: 1. Ted Horner 22:16, 2. Zacarias Mejia 22:33, 3. Gonzalo Mendez 44:37.

#### Division Results - Women's 5K

13 & Under: 1. Laura Almanza 20:19, 2. Bandi Caro 27:49, 3. Brandi O'Brien 34:16, 14-17: 1. Norma Almanza 22:30, 2. Pilar Wong 25:33, 3. Rikko Genzoe 37:05, 18-23: 1. Ruth Vramontes 19:48, 2. Gloria Arana 20:59, 3. Eileen Allen 34:02, 24-29: 1. Ramona Valenzuela 20:07, 2. Lisa Livingston 22:52, 3. Lupe Zamora 24:05, 30-34: 1. Carol Nielsen 20:30, 2. Azita Milanian 20:43, 3. Bonnie Chun 21:37, 35-39: 1. Victoria Pajarito 22:39, 2. Lin Haas 23:41, 3. Ames Castillo 24:43, 40-44: 1. Eva Cervantes 20:31, 2. Judith Moore 24:48, 3. Irma Lopez 25:46, 45-49: 1. Paula Lopez 28:57, 2. Emelith Moll 30:10, 3. Mary Kuns 30:13, 50 & Over: 1. Sylvia Crise 23:52, 2. Carole Felker 24:55, 3. Dolores Vega 26:28.

#### Division Results - Men's 10 Mile

18-23: 1. Manuel Berrelzoza 58:37, 2. Jose Acosta 58:56, 3. Chris Toda 89:13, 24-29: 1. John Robinson 57:20, 2. Steve Hastings 59:41, 3. Particio Gallegos 64:54, 30-34: 1. Edgar Sarmiento 64:37, 2. Vince Macias 66:43, 3. Kevin McCabe 73:00, 35-39: 1. Mario Molina 72:29, 2. Gerry Hans 73:48, 3. C.D. Marques 74:08, 40-44: 1. Steve Corrish 64:07, 2. Jose Sandoval 69:05, 3. Gilbert Varela 71:07, 45-49: 1. Bob Walther 81:10, 2. Joseph Gebie 83:23, 50-54: 1. Frank Vasquez 74:07, 55-59: 1. Bob Abbott 94:06, 2. Jerry O'Lasner 95:56, 60 & Over: 1. Bob Calhoun 82:14, 2. Mori Kantor 90:17, 3. Rudy DeLeon 95:58.

#### Division Results - Women's 10 Mile

24-29: 1. Joy Johnson 90:17, 2. Sally McEachern 97:16, 30-34: 1. Mary Butler 68:19, 2. Lisa Casbel 77:11, 3. Louise Laef 97:15, 40-44: 1. Hazel Peters N.T., 50 & Over: 1. Anita Calhoun 90:20.

## St. Margaret Mary Parish Runs

June 2. 5K & 10K.

#### Division Results - Men's 5K

Overall Winners: 1. Ismael Frausto 16:12, 2. David Nielsen 16:20, 3. Rob Sick 16:24, 14 & Under: 1. Brian Gurango 19:02, 2. Troy Durbin 19:12, 3. Joseph Rosas 19:51, 15-20: 1. David Nelson 18:20, 2. James O'Connor 18:31, 3. Erik Covarrubias 18:55, 21-24: 1. Mike Brown 17:00, 2. Tim Eveman 17:32, 3. Alex Delgado Jr. 19:10, 25-29: 1. Ismael Frausto 16:12, 2. John Lunt 17:57, 3. Juan Abrego 20:23, 30-34: 1. Rob Sick 16:24, 2. Dave Cook 17:22, 3. Dave Hitzeman 18:17, 35-39: 1. Jesus Figueroa 17:38, 3. Mike Cashen 19:13, 3. Jose Barron 19:58, 40-44: 1. Bill Yanez 18:26, 2. Ron Baca 18:35, 3. Rey Venegas 19:16, 45-49: 1. Mike Fuller 18:16, 2. John Brown 19:02, 3. Dave Labonte 19:17, 50-54: 1. Bill Crum 18:01, 2. Don Van Dyke 18:35, 3. Joaquin Granada 19:28, 55-59: 1. Robert Culling 18:51, 2. Wally Ingram 19:56, 3. M. Mac 22:42, 60 & Over: 1. Charles Hanson 20:01, 2. Jim Maynard 23:51.

#### Division Results - Women's 5K

Overall Winners: 1. Patricia Contreras 18:58, 2. Bridget Freyre 19:00, 3. Sandy Robbins 19:49, 14 & Under: 1. Ana Yala 21:27, 2. Liz Lomeli 21:46, 3. Heather Curtis 22:51, 15-20: 1. Bridget Freyre 19:00, 2. Elvia Rivera 21:57, 3. Jori Young 22:59, 21-24: 1. Denise Hill 29:00, 25-29: 1. Dawn Staab 21:54, 2. Maryann Vanderhulst 23:10, 3. Linda Voshitahery 23:43, 30-34: 1. Patricia Contreras 18:58, 2. Kim Dillipio 21:14, 3. Cindy Day 22:37, 35-39: 1. Sandy Robbins 19:49, 2. Carolyn Flangan 23:27, 2. Denise Deposter 23:32, 40-44: 1. Kathleen Wilson 27:28, 2. Caroline Heino 28:29, 3. Barbara Martin 28:57, 45-49: 1. Nancy Gilmore 26:08, 2. Lavene Kopp 30:10, 50-54: 1. Judy Arntson 27:04, 2. Vikki Richardson 32:09, 3. Ruth Carter 32:55, 60 & Over: 1. Lucy Byers 34:49, 2. Nyla Cook 37:16, 3. Barbara Bambas 39:29.

#### Division Results - Men's 10K

Overall Winners: 1. Matt Hurlmann 35:48, 2. Dan Burton 36:00, 3. Terry Cammack 36:09, 14 & Under: 1. Mohammed Mahdi 49:30, 2. Jason Pitts 52:39, 3. Mike Done 1:05:56, 15-20: 1. Michael Vile-

gas 39:40, 2. Gerald Gonzales 40:56, 3. Dan Comis 43:53, 21-24: 1. Matt Hurlmann 35:48, 2. William Clark 40:56, 3. David Meredith 42:26, 25-29: 1. William Lapora 38:34, 2. Kent Schofield 40:10, 3. Matt Neely 40:35, 30-34: 1. Dan Burton 36:00, 2. Jeff Hanrahan 38:15, 3. Steve Needham 38:26, 35-39: 1. Horst Gerke 38:02, 2. Jerry Lawrence 38:13, 3. Doug Fair 38:25, 40-44: 1. Terry Cammack 36:09, 2. John Allen 37:40, 3. Danny Contreras 38:02, 45-49: 1. Tony Webber 37:17, 2. Charles Morton 39:10, 3. Mike Hoffmann 40:02, 50-54: 1. Dave Arntson 38:05, 2. Bill Crum 38:51, 3. Don Van Dyke 40:11, 55-59: 1. William Wall 41:39, 2. Eugene Black 42:16, 3. Wally Ingram 42:39, 60 & Over: 1. Larry Banuelos 44:53, 2. Rao Paladugu 46:57, 3. James Wilkie 47:05.

#### Division Results - Women's 10K

Overall Winners: 1. Carol Cannon 38:24, 2. Janet Norem 39:37, 3. Marva Stein 39:55, 14 & Under: 1. Ginger Anderson 55:26, 15-20: 1. Kami Howden 40:50, 21-24: 1. Jerry Arnlano 42:45, 25-29: 1. Carol Carrigan 38:24, 2. Bobbi Maguer 44:32, 30-34: 1. Janet Norem 39:37, 2. Marva Stein 39:55, 3. Roberta Trapp 41:19, 35-39: 1. Yolanda Sabedra 50:24, 2. Lisa Nowton 1:06:17, 40-44: 1. Elizabeth Blair 41:21, 2. Grace Rangel 46:32, 3. Sandy Cammack 51:00, 50-54: 1. Bobbi Gold 48:10, 2. Marlene Sereno 1:06:36, 3. Dorothy Strand 1:07:00, 55-59: 1. Shirley Chadwick 55:54.

## Gold Medal Triathlon

Northern California Sprint Championship  
June 2. Vacaville.

#### Overall Results - Men

1. Michael Collins (24) 57:27, 2. Proben Nielsen (27) 57:54, 3. Eric Johnson (32) 57:57, 4. Ty Nickel (20) 59:39, 5. Eric Mason (26) 59:58, 6. Chris Ward (31) 1:01:20, 7. Dean Harper (37) 1:01:34, 8. Bruce Mace (31) 1:02:23, 9. Mark Loos (24) 1:02:51, 10. Michael Kenny (29) 1:03:02.  
11. Colin Sherrill 1:03:52, 12. Bob Bush (31) 1:04:30, 13. Frank Kohnke (34) 1:05:03, 14. Dennis Good (42) 1:05:19, 15. Derick Soovel (23) 1:05:24, 16. Jake Haringer (34) 1:05:58, 17. Mark Hanley (29) 1:06:06, 18. James Budah (33) 1:06:14, 19. Andy Robbs (22) 1:07:10, 20. Walter Radloff (45) 1:07:40.

#### Overall Results - Women

1. Stephanie Danzig (25) 1:07:49, 2. Marcia White (27) 1:08:48, 3. Lesley Chequer (24) 1:09:11, 4. Jennifer Clark (22) 1:12:22, 5. Darry Plymire (32) 1:13:20, 6. Barbara Ferrell (26) 1:14:35, 7. Sharon Goldau (27) 1:15:21, 8. Kemper 1:16:52, 9. BZ Churchman (28) 1:17:23, 10. Valerie Lane (28) 1:18:23.

#### Team Results

1. Mahaffey & Kretzmar & Nelson 1:10:58, 2. Kennedy & Kennedy & Ferguson 1:15:12, 3. Taylor & McCoy & Falsch 1:17:53, 4. Campbell & Campbell 1:22:24.

## Nor Cal BI Series #3

June 3. Folsom.

#### Overall Results - Men

1. Matt Gary (28) 1:12:06, 2. Mac Williamson (25) 1:14:29, 3. Deon Lourens (24) 1:15:36, 4. Larry Nolan (31) 1:17:39, 5. Nathan Smith III, (34) 1:17:55.

#### Division Results - Men

19 & Under: 1. John Whitney 1:23:35, 2. Eric Viera 1:24:36, 3. Kenneth Turcher 1:27:04, 20-24: 1. John Cutala 1:21:13, 2. Andrew Murray 1:22:26, 3. Bruce Smith 1:24:37, 25-29: 1. James Bond 1:18:08, 2. Dominic Panzera 1:19:13, 3. Jim Martin 1:22:47, 30-34: 1. Jim Larnieu 1:18:40, 2. Broc Glover 1:18:50, 3. Dwight Miller 1:20:56, 35-39: 1. Paul Gos 1:22:59, 2. Gregory Coit 1:24:07, 3. Jon Rivas 1:27:21, 40 & Over: 1. Rent Robinson 1:23:15, 2. Doug Woods 1:23:35, 3. Tom Davies 1:26:31.

#### Overall Results - Women

1. Terry Schneider-Egger (26) 1:22:18, 2. Colleen Gallagher (23) 1:22:57, 3. Joan Alley-Smith (29)

1:24:21, 4. Karen Chequer-Pfeiffer (32) 1:25:45, 5. Sandra Langeman (29) 1:30:00.

#### Division Results - Women

20-24: 1. Monica Erdosh 1:29:13, 2. Caron Asimov 1:31:28, 3. Susan Fox 1:32:28, 25-29: 1. Lisa Youmans 1:32:43, 2. Julie Thornton 1:34:40, 3. Bridget Eker 1:36:24, 30-34: 1. Holly Potter 1:28:30, 2. Leslie Boucher 1:42:43, 3. Brenda Lazzaroni 1:45:51, 35-39: 1. Barbara Maher 2:02:49, 40-44: 1. Natalie Hobron 1:35:37, 2. Lynn Kyme 1:42:58, 45 & Over: 1. Margaret Bartolini 2:17:35.

#### Relay Results

Men: 1. Polli Rielyed 1:14:55, 2. Bennett Slade 1:16:50, 3. Lopez Lopez 1:19:15, Women: 1. Salles DeBoer 1:54:07, 2. Schinke Pfeiffer 1:57:28, 3. Magstadt Schmid 2:02:00, Mixed: 1. Hickman Hickman 1:24:29, 2. Gamboa Mandeville 1:38:05.

## Russian River Marathon

June 3. Ukiah.

#### Overall Results - Marathon

1. Dale Richard (29) Santa Rosa 2:40:54, 2. Steve Tredway (42) Manteca 2:46:38, 3. Gil Machado (36) Sacto 2:50:39, 4. Timothy Martin (41) Arcata 2:50:50, 5. Terry Pintane (39) Santa Rosa 2:54:28, 6. Lon Kincannon (39) S.F. 2:55:27, 7. Gregory Brown (30) Miami 2:56:17, 8. Michale Saenz (23) Davis 2:58:17, 9. Bill Wetzig (46) Pleasanton 3:02:55, 10. Jeffrey May (39) Pleasant Hill 3:06:56, 11. Elsworth Pence (52) Eureka 3:06:59, 12. V. Joe Andolina (33) Half Moon Bay 3:07:56, 13. Gary Crandal (28) Santa Cruz 3:10:45, 14. Doug Gilpin (47) Duncanville 3:12:14, 15. Glyn Harding (55) San Jose 3:12:34, 16. Thomas Honrath (41) Santa Rosa 3:12:47, 17. Dan Brummer (35) Weaverville 3:14:59, 18. Francis Ryan (47) Morgan Hill 3:15:28, 19. Helen Hull (32) F Sacto 3:16:19, 20. Ken Brown (39) Carson City 3:17:29.  
26. Mary Ann Molloy (36) F Sacto 3:21:24, 30. Nancy Krivanka (37) F Sacto 3:23:07, 40. Alison Murray (36) F Sacto 3:27:07, 50. Nicole Manfredi (27) F Greenbrae 3:44:06, 60. Lucille Nelson (36) F El Granada 3:54:34.

#### Division Results - Men's Marathon

13-19: 1. Jason Fremam 5:16:57, 20-29: 1. Dale Richard 2:40:54, 2. Michael Saenz 2:58:17, 3. Gary Crandal 3:10:45, 30-39: 1. Gil Machado 2:50:39, 2. Terry Pintane 2:54:28, 3. Lon Kincannon 2:55:27, 40-49: 1. Steve Tredway 2:46:38, 2. Timothy Martin 2:50:50, 3. Bill Wetzig 3:02:55, 50-59: 1. Elsworth Pence 3:06:59, 2. Glyn Harding 3:12:34, 3. Kenneth Jackson 3:18:23, 60-69: 1. Geoff Bardsley 3:51:33, 2. Mike Tsolomis 5:35:03, Wheelchair: 1. Ken Wright 4:30:33.

#### Division Results - Women's Marathon

25-29: 1. Nicole Manfredi 3:44:06, 2. Karen Hanke 4:10:04, 3. Marie Gonzales 4:21:13, 35-39: 1. Mary Ann Molloy 3:21:24, 2. Nancy Krivanka 3:23:07, 3. Suzanne Wilson 3:24:33.

#### Overall Results - Half Marathon

1. Jaime Sandoval (26) Redwood City 1:15:14, 2. Kevin Magee (32) San Bruno 1:15:58, 3. Gabriel Sandoval (42) Redwood City 1:17:10, 4. John Ferraro (32) Richmond 1:17:31, 5. Michael DiSalvo (34) Redwood City 1:18:58, 6. Joe Gallagher (35) Laysville 1:19:36, 7. Roberto Mendez (35) Redwood City 1:20:09, 8. John Parente (35) Santa Rosa 1:20:22, 9. Lura Damiano (32) Fort Bragg 1:21:56, 10. Bob Barber (53) Half Moon Bay 1:22:44.  
11. Bad Jake Bob-Smith (36) Arcata 1:22:57, 12. Ken McAllister (36) Watsonville 1:23:27, 13. Dane Hart (35) Eureka 1:24:21, 14. Craig Kendall (29) Auburn 1:25:25, 15. Jacqueline Mount (25) F Sacto 1:25:56, 16. Josef Desch (28) Livermore 1:26:41, 17. Ken Cidneal (24) San Jose 1:27:12, 18. Alex Derieux (56) San Francisco 1:27:28, 19. Tane Abbott (27) Lakespur 1:28:03, 20. George Mitchell, Jr. (26) San Francisco 1:28:30.  
21. Monty Schacht (38) Fairfield 1:28:57, 22. Bruce Kelsmeier (52) Klamath Falls 1:29:02, 23. Robert Dietrich (36) San Francisco 1:29:36, 24.



# RESULTS

Robert Duchynski (25) San Francisco 1:30:11, 25. Richard Nordyke (33) Ukiah 1:30:17, 26. Laura McGinn (30 F) Napa 1:30:20, 27. David Lowell (20) Moss Beach 1:30:39, 28. Denise Valkema (30 F) San Francisco 1:30:53, 29. Nathan Rudd (31) Corvallis 1:31:28, 30. Nathan Talavera (16) Ukiah 1:33:15.

44. Nouria Harris (45 F) Oakland 1:38:17, 54. Margie Spano (33 F) Pacifica 1:40:22, 58. Bernadette Eichensehr (30 F) Hayward 1:41:44, 61. Margot Antonetty (28 F) San Francisco 1:42:06, 62. Adrianna Orr (29 F) Albany 1:42:06, 67. Cathy Rohm (40 F) Sacto 1:43:49, 68. Adrienne Chun (42 F) So. San Francisco 1:44:15, 72. Ginger Hood-Akers (34 F) Pacifica 1:45:01, 73. Carol Kelly (49 F) Petaluma 1:45:09, 76. Suzan Towlen (40 F) Mt. Shasta 1:45:48.

**Division Results - Men's Half Marathon**  
12 & Under: 1. Richard Todd 2:37:13. 13-19: 1. Nathan Talavera 1:33:15, 2. Felipe Leyton 1:34:52, 3. Roman Rubalcava 2:06:50, 20-29: 1. Jaime Sandoval 1:15:14, 2. Craig Kendall 1:25:25, 3. Josef Desch 1:26:41. 30-39: 1. Kevin Magee 1:15:58, 2. John Ferraro 1:17:31, 3. Michael Di Salvo 1:18:58, 40-49: 1. Gabriel Sandoval 1:17:10, 2. Joe Koozer 1:33:18, 3. Jon Reller 1:36:38, 50-59: 1. Bob Barber 1:22:44, 2. Alex Derieux 1:27:28, 3. Bruce Kieselmeier 1:29:02, 60-69: 1. Alan Ballon 1:34:33, 2. Denis Robson 1:45:12, 3. William Redmond 1:50:06.

**Division Results - Women's Half Marathon**  
20-29: 1. Jacqueline Mount 1:25:56, 2. Helen Wasilik 1:39:06, 3. Margot Antonetty 1:42:06, 30-39: 1. Lura Damiano 1:21:56, 2. Laura McGinn 1:30:20, 3. Denise Valkema 1:30:53, 40-49: 1. Nouria Harris 1:38:14, 2. Cathy Rohm 1:43:49, 3. Adrienne Chun 1:44:15, 50-59: 1. Cels Wildin 1:52:00, 2. Lois Cook 2:10:33, 60-69: 1. Liese Rapozo 2:12:21. Wheelchair: 1. Rozanne McMillan 1:56:26.

**Overall Results - 8K**  
1. David Standiford (39) San Rafael 25:44, 2. Tim Walton (26) Ukiah 26:00, 3. Jim Gibbons (45) Wilts 27:23, 4. Michael Tully (27) Fort Bragg 27:51, 5. Jesse Miklose (16) Fort Bragg 28:34, 6. Jorge Solario (38) Monterey 28:41, 7. Toby Pickett (32) Ukiah 28:48, 8. Howie Hawkes (59) Ukiah 28:58, 9. Eli Gibbons (17) Wilts 29:19, 10. Bob Martz (31) Novato 29:33.

11. Mike Cannon (35) Ukiah 29:34, 12. Jim Wright (17) Laytonville 29:39, 13. Jamie Damiano (37) Fort Bragg 30:02, 14. Lawrence Prudhomme (47) Ukiah 30:11, 15. Bob McWilliams (36) Hopland 30:58, 16. Ray Navarro (51) Oroville 30:59, 17. Glen Steliga (34) Ukiah 31:09, 18. Alex Wells (26) San Francisco 32:08, 19. Robert Whitehead (41) Los 32:26, 20. Michael Zappigno (45) Ukiah 32:27, 28. Michelle Tani (29 F) Santa Rosa 33:25, 33. Mary Kaye Champagne (43 F) Mendocino 34:10, 38. Julia Stamps (11 F) Santa Rosa 34:58, 43. Julie Bailey (33 F) Alderpoint 35:29, 53. Sharon Colman (30 F) 37:00, 58. Janice Koch (40 F) 37:26, 59. Michelle Rivera-Meyer (28 F) Lakeport 37:33, 64. Kathleen Crum (32 F) Diamond Bar 38:14, 68. Kai Gilmore (43 F) Ukiah 39:14, 75. Sue Ocheltree (25 F) San Francisco 39:41.

**Division Results - Men's 8K**  
12 & Under: 1. Riley Gibson 39:25, 2. Matthew Evans 43:55, 3. Chaya Mundelbaum 44:47, 13-19: 1. Jesse Miklose 28:34, 2. Eli Gibbons 29:19, 3. Jim Wright 29:39, 20-29: 1. Tim Walton 26:00, 2. Michael Tully 27:51, 3. Alex Wells 32:08, 30-39: 1. David Standiford 25:44, 2. Jorge Solario 28:41, 3. Toby Pickett 28:48, 40-49: 1. Jim Gibbons 27:23, 2. Lawrence Prudhomme 30:11, 3. Robert Whitehead 32:26, 50-59: 1. Ray Navarro 30:59, 2. Burgess Williams 35:04, 3. Sanford Dorbin 35:47, 60-69: 1. Don Pickett 36:08, 2. Harry Clarke 47:17, 3. John Wellington 53:44.

**Division Results - Women's 8K**  
12 & Under: 1. Julia Stamps 34:58, 2. Sylvia Lopez 41:21, 3. Graciela Lopez 41:59, 13-19: 1. Chris Pintane 41:20, 2. Shannah Hawksworth 42:01, 3. Marc Zappigno 42:46, 20-29: 1. Michelle Tani 33:25, 2. Michelle Rivera-Meyer 37:33, 3. Sue Ocheltree 39:41.

30-39: 1. Julie Bailey 35:29, 2. Sharon Colman 37:00, 3. Kathleen Crum 38:14, 40-49: 1. Mary Kaye Champagne 34:10, 2. Janice Koch 37:26, 3. Kai Gilmore 39:14, 50-59: 1. Hisae Reichel 40:58, 2. Mary Howard 54:35, 3. Edna Cabral 55:39, 60-69: 1. Beatrice Mirkin 57:54, 2. Gladys Cornell 1:10:12.

**Overall Results - Men's 6K Walk**  
1. Vic Crossetti (64) Redwood Valley 48:13, 2. George Chanot (50) Potter Valley 51:07, 3. Jason McCurry (8) Philo 54:07, 4. Garth Miller (31) Ukiah 55:37, 5. Dave Ball (39) Eureka 58:49, 6. Glenn Logan (49) Ukiah 59:52, 7. Lucas McAvoy (11) Ukiah 1:01:14, 8. Michael McCurry (49) Philo 1:02:54, 9. Lovel Nifong (42) Ukiah 1:03:05, 10. James McGrew (45) Ukiah 1:04:14.

**Overall Results - Women's 6K Walk**  
1. Betsy Thomson (32) Ukiah 54:13, 2. Claudia Crossetti (37) Ukiah 54:16, 3. Julie Sooley (37) Ukiah 54:36, 4. Melinda Myers (34) Ukiah 57:26, 5. Jean Davis (48) Ukiah 57:30, 6. Wendy Demeulenaere (38) Ukiah 57:59, 7. Jessica Mora (28) Ukiah 59:22, 8. Jan Steliga (36) Ukiah 1:01:15, 9. Suzanne Kempton (67) Redwood Valley 1:01:16, 10. Gretchen Wehmuller (60) Mt. View 1:02:35.

## Alum Rock 10K Run/Walk

June 3, San Jose.

**Overall Results**  
Men: 1. Bob Rapia 35:51, 2. Lucio Perez 37:18, 3. Scott Bollig 38:02, 4. Armando Perez 38:33, 5. Chuck Hahn 39:56.  
Women: 1. Camille Breneman 46:54, 2. Connie Merks 48:17, 3. Sherry Cook 48:43, 4. Angela Jernan 49:02, 5. Beth Ann McIntosh-King 49:42.

## Westlake Florist Flower Runs

June 3, Westlake Village, 5K & 10K.

**Overall Results - 10K**  
1. Reginald Dechard (23) Panorama City 31:49, 2. Antonio Holguin (24) Paramount 32:38, 3. Dan Streble (26) Oxnard 32:50, 4. Philip Brook (30) Santa Barbara 33:46, 5. Tom Lowry (37) Malibu 33:51, 6. John Anderson (35) Newbury Park 34:05, 7. Greg Bantista (26) Point Mugu 34:08, 8. Larry Montag (37) Ventura 34:31, 9. Guadalupe Lopez (24) Somis 34:34, 10. Byrle Smullen (42) Agoura 34:47.

**Overall Results - 5K**  
1. Robert Jones (23) Santa Barbara 16:23, 2. Dan Streble (26) Oxnard 16:31, 3. Michael Cherman (17) Agoura 16:48, 4. Antonio Holguin (24) Paramount 16:50, 5. Tom Lowry (37) Malibu 16:59, 6. Michael Jacobs (23) Culver City 17:05, 7. Jussi Hamalainen (44) Agoura 17:29, 8. Russell Stockard (43) Agoura 17:32, 9. Arthur Martin (16) No. Hollywood 17:39, 10. Michael Mutek (36) Encino 17:39.

## H.E.A.R.T. Club 5K

June 3, El Segundo.

**Division Results - Men**  
14 & Under: 1. Erick Alfonso 22:46, 2. Lucas Tillery 23:11, 15-19: 1. Sava Rowham 16:10, 2. Shinsuke Nishihara 16:20, 20-24: 1. Mark Junkermann 14:53, 2. Ronald Combs 16:05, 3. Mark Bruno 17:13, 25-29: 1. Sean Seale 15:11, 2. Jeremy Stratton 15:41, 3. Mark Meale 15:46, 30-34: 1. Ramon Estrada 15:46, 2. Phil Smith 15:48, 3. Joel Sanchez 16:11, 35-39: 1. Ed Avol 16:00, 2. Bob Streets 17:01, 3. Mark Gross 17:42, 40-44: 1. Stephan Reyes 15:54, 2. Paul Marcol 16:09, 3. Jack McDowell 16:55, 45-49: 1. Ken Desmet 17:02, 2. Juan Cabezo 17:07, 3. Catarino Gonzalez 17:32, 50-54: 1. Sonny Moniz 17:35, 2. Tom Rodda 21:06, 3. Robert Fowler 22:50, 55-59: 1. Cornelius Lino 19:58, 2. George Devery 21:08, 3. Richard Rogers 22:51, 60-69: 1. Patrick Devine 18:57, 2. Albert Nobuto 20:44, 3. Bob Vitale 20:53, 70 & Over:

1. Sam Simon 26:13.

**Division Results - Women**  
14 & Under: 1. Cyndi Condon 23:05, 2. Stephanie Smith 29:40, 15-19: 1. Devon Warren 21:30, 20-24: 1. Chris Sely 20:40, 2. Mary Louth 26:10, 3. Pam Robinson 26:25, 25-29: 1. Rosie Duenas 17:57, 2. Marie Deary 20:20, 3. Barbara Heatherly 21:09, 30-34: 1. Evelyn Silvey 18:24, 2. Jeanne Kawashima 19:01, 3. Kathy Yamazawa 20:00, 35-39: 1. Marie Heimberg 18:53, 2. Lori Pratt Smith 21:16, 3. Peggy Sullivan 22:12, 40-44: 1. MaryGail Brauner 19:30, 2. Ginger Floerhinger 21:58, 3. Linda Whiting 23:35, 45-49: 1. Teresa Ross 22:22, 2. Corinne Schratz 22:50, 3. Carol Spjund 24:10, 50-54: 1. Shirley Blush 22:36, 2. Evelyn Curtright 30:54, 55-59: 1. Amy Goldstein 24:40, 2. Nelly Williams 27:18, 60-69: 1. Arlene Simon 44:00, 2. Ruth Cleland 46:55, Pede Centiped: 1. Nike Air Express 24:29.

## KNXT

### Channel 49 Run

June 3, Fresno, 1 MI. & 4 MI.

**Division Results - Men's 4 Mile**  
Overall Winners: 1. Al Lara 18:38, 18 & Under: 1. Phillip Gonzales 22:24, 19-24: 1. Ernest Freer 19:07, 25-29: 1. Oscar Correa 20:28, 30-39: 1. Jim Harig 19:46, 40-44: 1. Bob Lindsey 21:43, 45-49: 1. Isaac Melo 25:58, 50-59: 1. Ed Thomason 24:55, 60-69: 1. Bob Frives 26:04, 70 & Over: 1. Harry Harder 31:53. Heavyweight: 1. Davis Terry 26:05.

**Division Results - Women's 4 Mile**  
Overall Winner: 1. Stacey McAlise 22:40, 18 & Under: 1. Jennifer Michaels 28:37, 30-39: 1. Kate Lowe 26:10, 40-49: 1. Barbara Duenas 28:05, 50-59: 1. Deborah Schwartz 34:09.

**Division Results - Men's 1 Mile**  
Overall Winner: 1. Kevin Barra 4:34, 6 & Under: 1. Richie Arredondo 8:03, 7-8: 1. Randy Spain 7:57, 9-10: 1. Brian Roth 6:12, 11-13: 1. Noah Dye 5:17, 19-29: 1. Ron Gardner 5:02, 30-39: 1. John Robinson 4:50, 40-49: 1. Bill McCarthy 5:22, 50-59: 1. Earl Bradford 5:50, 60-69: 1. Kenneth Sager 7:35. Heavyweight: 1. Scott Sager 5:50.

**Division Results - Women's 1 Mile**  
Overall Winner: 1. Angie Fernandez 6:04, 19-29: 1. Maria Lopez 7:30, 30-39: 1. Natalie Bolanos-Galan 6:17, 40-49: 1. Paula Woodward 9:03, 50-59: 1. Rosa Uranga 11:26, 70 & Over: 1. Lucy Faretta 12:00.

## Shoreline Run

June 3, San Leandro, 3K & 10K.

**Division Results - Men's 10K**  
Overall Winners: 1. Mauricio Maia 33:14, 2. Michael Plummer 33:27, 3. Chris Ward 33:55, 13 & Under: 1. Paul Sorensen 48:28, 2. Eric Tunelle 46:59, 3. Keny Easley 47:03, 14-18: 1. Dino Daniels 36:59, 2. Nicholas Rati 37:14, 3. Alfonso Castillo 38:46, 19-29: 1. Mauricio Maia 33:14, 2. Glas Berg 34:38, 3. Vladimir Piza 35:50, 30-39: 1. Michael Plummer 33:27, 2. Chris Ward 33:55, 3. Julios Rati 34:08, 40-49: 1. Don Mardoek 36:00, 2. Jim Feldman 36:49, 3. Miguel Solerio 37:42, 50-59: 1. Wes Hurlbert 39:44, 2. Robert Irwin 40:50, 3. Ron Grabowski 41:53, 60 & Over: 1. John Rouse 41:34, 2. R. Edward Watchem-pino 48:54, 3. Ned Prochnow 48:56. Wheelchair: 1. Troy Durham 31:35, 2. David Elser 36:54.

**Division Results - Women's 10K**  
Overall Winners: 1. Penny Hodges 1:01:18, 14-18: 1. Maria Melendez 43:58, 2. Christina Bevelacqua 1:02:57, 19-29: 1. Valerie Jensen 38:27, 2. Janet Smith 39:07, 3. Heather Oswald 43:01, 30-39: 1. Melissa Merson 40:19, 2. Kathleen Mascia 41:22, 3. MaryAnne Elliott 43:11, 40-49: 1. Maggie Fillmore 44:51, 2. Aislinn Paterson 47:23, 3. Maureen Daniel 49:08, 50-59: 1. Diane Bromstead 49:29, 2. Barbara Robben 50:14, 3. Karen Guichon 52:20, 60 & Over: 1. Helen Sowers 1:13:59, 2. Joan Williams 1:18:59.

**Division Results - Men's 3K**  
13 & Under: 1. Aaron Thurlow 11:43, 2. Greg Kirk 12:53, 3. John Kits 13:01, 14-18: 1. Darrin Locsin

11:23, 2. Christopher Ratti 14:58, 3. Adam Schierling 17:04, 19-29: 1. Scott Kennedy 8:59, 2. Joe Phillips 9:27, 3. Lori Cappuccio 14:58, 30-39: 1. Brian Davis 9:17, 2. David Anaya 9:52, 3. Keene Matbuda 9:55, 40-49: 1. Ron Kyono 10:14, 2. Darryl West 11:45, 3. Christopher Boyd 50:50, 1. Russell Tevsa 11:47, 2. Joe Davane 12:29, 3. Gary Hartsock, 60 & Over: 1. Arnold DeLaRosa 11:52, 2. Joe Trend 12:56, 3. Don Wigus.

**Division Results - Women's 3K**  
13 & Under: 1. Michelle Kyono 11:28, 2. Maureen Kennedy 12:24, 3. Melissa Valadez 13:50, 14-18: 1. Catherine Venables 11:37, 2. Karen Grewal 12:43, 3. Lori Cappuccio 14:58, 19-29: 1. Carrie Frates 11:01, 2. Allison Adams 12:33, 3. Leslie Grundler 12:59, 30-39: 1. Val Bates 12:05, 2. Chung-er Mehdibasic 12:21, 3. Ingrid Carlson 12:35, 40-49: 1. Lynn Schur 12:43, 2. Lorraine Tognoli 14:14, 3. Joann McGoff 50:58, 1. Gwen Pirack 14:55, 2. Linda Dodge 16:10, 3. Barbara Tocchini, 60 & Over: 1. Pressie Fernandez 17:25, 2. Marge Buelha 20:15, 3. Cecelia Carile.

## Italian Athletic Club Stature Race

June 3, San Francisco, 4 & 8 Mile.

**Overall Results - 4 Mile**  
1. Ken Danz 19:52, 2. Dan Marinelli 20:18, 3. John Spriggs 22:19, 4. Mike Holton 22:31, 5. David Garcia 23:21, 6. A. McGuire 25:12, 7. Robert Battuello 26:17, 8. Patsy Whitaker 27:09, 9. Edwin Leung 28:05, 10. Doerle Murray 28:15.

**Overall Results - 8 Mile**  
1. David Liotta 38:59, 2. Laif Boudoud 39:12, 3. Anthony Daquisto 39:23, 4. Javier Mendietta 39:23, 5. Rick Koll 43:31, 6. Timothy Napier 44:32, 7. Brett Ewart 45:09, 8. Jane Brett 46:14, 9. Jack Major 46:44, 10. Stuart Corliss 47:28.

## Danskin Women's Triathlon Series

June 3, Los Angeles.

**Overall Results**  
1. Lisa Laiß (28) Leucadia 1:03:56, 2. Fernanda Keller (26) Del Mar 1:04:00, 3. Shannon Delaney 1:05:57, 4. Cheryl Sung (28) Long Beach 1:07:29, 5. Melissa Patterson (19) 1:07:40, 6. Suzanne Sandrock (26) San Diego 1:10:29, 7. Ann Mesaros (31) Hemet 1:10:56, 8. Becky Keller (28) Yorba Linda 1:11:11, 9. Nancy Baird (39) Irvine 1:11:19, 10. Staurinon (28) Rancho Palos Verdes (28) 1:11:25, 11. Stephanie Munatones (25) Los Angeles 1:11:30, 12. Jill VanBloomerwaanders (28) Ventura 1:12:10, 13. Cathy Caballero (41) Malibu 1:12:19, 14. Denise Hersch (24) San Clemente 1:12:40, 15. Laurie Land (35) San Dimas 1:13:35, 16. Paula Archer (29) Woodland Hills 1:13:57, 17. Sally Edwards (42) Sacramento 1:14:01, 18. Beth Brewer (35) San Diego 1:14:21, 19. Madeline Schneider (24) San Diego 1:14:36, 20. Jill Walker (28) Sylmar 1:14:40.

**Division Results**  
15-19: 1. Melissa Patterson 1:07:40, 20-24: 1. Denise Hersch 1:12:40, 2. Madeline Schneider 1:14:36, 3. Christine DePogter 1:16:45, 25-29: 1. Cheryl Sung 1:07:29, 2. Becky Keller 1:11:11, 3. Staurinon 1:11:25, 30-34: 1. Ann Mesaros 1:10:56, 2. Mary Farrell 1:15:15, 3. Leah Morris 1:15:20, 35-39: 1. Nancy Baird 1:11:19, 2. Laurie Land 1:13:35, 3. Beth Brewer 1:14:21, 40-44: 1. Cathy Caballero 1:12:19, 2. Sally Edwards 1:14:01, 3. Sue Tandy 1:20:12, 45-49: 1. Erika Pearman 1:55:47, 50-54: 1. Helen Godffion 1:53:31. Relays: 1. McLain-Franco-Franco 1:26:24, 2. Surfets 1:29:08, 3. Queen-Wells-Heinich 1:37:20.



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