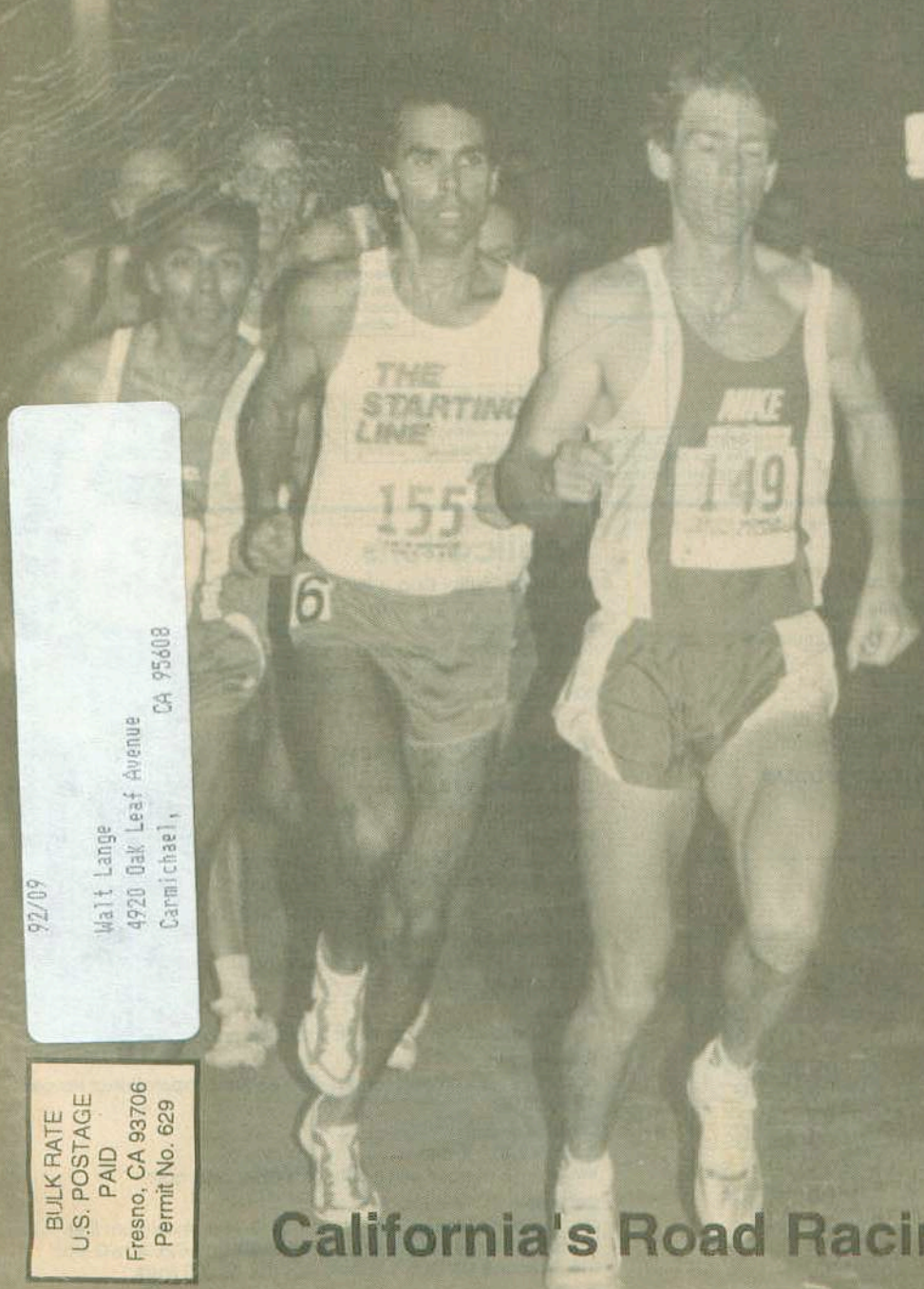


AUGUST 1992 ■ ISSUE NO. 182

CALIFORNIA

Running News



92/09

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- ✓ Schedule
- ✓ Results
- ✓ Features

California's Road Racing Magazine

Eighteenth Year

Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION

Paper advance switch: With each press of the switch, one line is advanced. The paper is advanced continuously by keeping the switch pressed.

Print mode selection switch: Split time and lap time are printed out.
 → Upper position SPLIT
 → Lower position SPLIT
 Split time is printed out. SPLIT

Readout selection button: With each press of the button, the measurement is displayed in 1/100 seconds and one second alternately.

Mode selection button:
 1 Stopwatch mode
 2 Auto start setting mode
 3 Time/calendar mode

Roll paper cover: Set the roll paper inside the cover.

Power switch for printer

Grip switch selector: When the grip switch is used.
 → Upper position
 → Lower position
 When the grip switch is not used.

Lock lever: The lever locks button A.

	Stopwatch mode	Auto start set and Time/Calendar mode
Button A	Start/stop	Digit set
Button B	Split/lap reset	Selection of digits to be advanced

Memory recall button: With each press of the button, the times stored in the memory can be recalled.

External data output jack

Grip Switch Jack: The jack connects the grip switch with the stopwatch.

Auto Start Jack: The jack is used for transferring the auto start time.

SEIKO S129

\$279.00

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

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
2-0:00'23 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

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 134°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 815, Duracell MN1500. Will print approx. 10,000 lines.

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

JACK'S ATHLETIC SUPPLY

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

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FROM THE EDITOR

Olympic Couch Potato

I've never been much of a TV fan. I've always been more of a doer, rather than a watcher. I missed out on the old shows like I Love Lucy, Dick Van Dyke, and Father Knows Best. Don't pick me for your team in Trivial Pursuit. We don't have cable and we don't have a big screen. However, things may be changing around the Cockerham household.

One of my favorite events is the Olympic Games. Aren't they everybody's? It's hard to wait the four years between Olympiads. When they were in Montreal and Los Angeles, it was fairly easy to attend. For the more distant Olympic locations, television has been my source for information and entertainment. It looks like for the 1992 Games, I will be in Olympic Hog Heaven.

We'll not only be able to enjoy 160+ hours of Olympic coverage on NBC, there is also the TripleCast. If you haven't heard, the TripleCast is a pay-per-view cable set-up with 15 days of Olympic coverage on three channels. Each channel is 12 hours live and 12 hours replay on a daily basis. They will be showing nearly every track event live. We're talking heats in the 5,000 and 10,000. Since the entire Cockerham family (Bill, Judy, Allison and Amanda) are Olympic nuts, we decided to forgo a family vacation, coughed the \$125 TripleCast fee and are set to be couch

potatoes for two weeks. Only thing left to do is order the pizza.

Since having cable hooked up in preparation for the Olympic TripleCast, I have been able to enjoy several running events on television, including the recent Pacific Sun race. This kind of coverage is what our sport needs to promote it and get more people involved at all ages. These shows inspired me to get out for a run, or at least to consider it.

Right now I Love Lucy and Father Knows best are on. See you.

ON THE COVER: CHRIS SCHILLE (#149) leads KEN VELASQUEZ (#155) and MILFRED TEWAWINA (#150) in the men's 10K at the Santa Monica Distance Classic. See results on page 17.

Photo by Elaine Rosenfield

SCHEDULE

By Jack Leydig

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

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

August 1 (Saturday):

San Francisco: Giants Run to Homeplate 5K, Candlestick Park, 10:30 a.m. Contact: Promotions Dept./Candlestick Park. (415) 330-2516.

Los Gatos: Summit Festival 10K Run & 2 Mi. Walk, Loma Prieta School (23845 Summit Rd.), 8:45 a.m. Loma Prieta Rec. Dept., 23800 Summit Rd., Los Gatos 95030. (408) 353-2834.

Guerneville: Vineman & Half Vineman Triathlon, (2.4 Mi. Swim, 112 Mi. Bike, Marathon; 1.2 Mi. Swim, 56 Mi. Bike, Half Marathon), Johnson's Beach, 7 a.m./Full, 8:30 a.m./Half. Vineman Triathlon, P.O. Box 6007, Santa RFosa 95406. (707) 528-1630.

Johnsville: Eureka Peak Endurathlon, 10K & 14.8 Mi., Plumas Eureka State Park (new course), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

✓ **Squaw Valley:** The Mountain Run at Squaw Valley USA, 3.6 Mi. (uphill), 9:30 a.m. (fitness walk at 9:15 a.m.). Holly Beatie, Image Promotions, P.O. Box 2575, Olympic Valley 96146. (916) 426-9559.

San Luis Obispo: RRCA Women's Distance Festival & Men's Electric City Challenge Series 5K. Laguna Lake Park. 8:30 a.m. / women. 9:15 a.m. / men. (No pre-entry re-

quired). San Luis DC, PO Box 1134, San Luis Obispo 93406, Tom Dixon (805) 528-4059.

✓ **Bass Lake:** Bass Lake Run Thru the Pines Half-Marathon & 4.5 Mile. Pines Village. 7 a.m. Run Thru the Pines, 4957 E. Heaton, Fresno 93727 (209) 255-4904

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

So. El Monte: Legg Lake 099'ers Run/Walk, 0.8 Mi., 5K, 5.4 Mi. 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

NAS Miramar: Top Gun 10K, 7:30 a.m. Contact: Bob Stopp. (619) 537-4125.

Lake Gregory: Lake Gregory Regional Park 5/10K, San Moritz Lodge, 7 a.m./10K, 8 a.m. San Bernardino Regional Parks Dept., 825 E. Third St., San Bernardino 92415. (714) 387-2594.

San Diego: Women in Motion 5K, Mission Valley Center, 8 a.m. Women In Motion, 7847 Convoy Ct., #105, San Diego 92111. (619) 268-5882.

August 2 (Sunday):

Castro Valley: Skyline 50K, Lake Chabot (Marina), 7 a.m. Golden Bay Runners, Will Uher, 16183 Lyle St., San Leandro 94578. (510) 278-0451.

Tiburon: Tiburon Volunteer Firefighters Triathlon, 800 Yd. Swim, 2 Mi. Bike, 2 Mi. Run, San Francisco Yacht Club, 8 a.m. (300 Limit). Nancy Bellinger, P.O. Box 36, Tiburon 94920.

Sausalito: Escape from Marin Marathon, Half-Marathon & 6 Mile. East Ft. Baker (7 mi. at Rodeo Beach). 8 a.m. / marathon & half. 9 a.m. / 7 mile. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Union City: Gladiola Lookin' Good-Feelin' Good Run, 5K/10K, City Hall, 8 a.m. Steve Piersol, 34009 Alvarado-Niles Blvd., #501, Union City 94587. (510) 471-6877.

Sacramento: Amphibathlon Championships (Swim-Run Biathlon), 400m Swim, 3K Run or 1K Swim, 10K Run, Rancho Seco Park (Clay & lone), 9 a.m./Short Course, 9:30 a.m. Chris Oates, American Amphibathlon Assoc., 656 Commercial St., #6, So. San Francisco 94080. (415) 952-9621.

Clarksburg: Delta Duathlon Sprint Series, 1.8 Mi. Run, 11.5 Mi. Bike, 1.8 Mi. Run, 8:30 a.m. Race Ready Race Management, P.O. Box 1295, West Sacramento 95605. (916) 372-7367.

Sonora: Class 5 Fitness Mother Lode Mile (PA/TAC Open & Masters Championships), Stewart & Lyons Sts., 7:30-9 a.m. (6 Heats). Mike Sullivan, P.O. Box 4680, Sonora 95370. (209) 532-1910.

San Francisco: BAOC Orienteering Meet, Distance TBA, Presidio, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. (Ron Hudson: (415) 872-1858

Pacific Grove: YWCA of the Monterey Peninsula 5K/10K. Lover's Pt. 9 a.m. YWCA of the Monterey Peninsula, 2115 N. Fremont Blvd, #C, Monterey 93940 (408) 649-0834.

So. El Monte: Legg Lake Jack Rabbit Run/Walk, 0.8 Mi., 5K, 5.4 Mi., 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Los Angeles: Samurai 5K Run/Walk, Little Tokyo (First St. near Central Ave.), 8 a.m. Samurai 5K Race, P.O. Box 21077, Long Beach 90801. (213) 722-0235.

Irvine: Coors Light Duathlon Series, 5K Run, 30K Bike, 5K Run, Time TBA. Coors Light Duathlon Series, 3013 N. 82nd St., Scottsdale, AZ 85251, AZ. 85251. (714) 680-5869.

San Francisco: DSE Roller Coaster Run, Kids' Run & 3 Mi., Mountain Lake Park (west end at comfort station, 12th Ave. & Lake), 9 a.m./Kids', 10 a.m. Info: (415) 978-0837.

Blue Lake: Annie & Mary Day Run, 2 Mi. & 10K, 1st & "H" Sts., 8:30 am. Info: Sherman Shapiro. (707) 668-5728. Blue Lake City Hall, PO Box 458, Blue Lake 95525-0458.

SCHEDULE

August 3 (Mon.) - August 9 (Sat.):

Lake Tahoe: Camp Fleet Feet. Family sports vacation. Sugar Pine Point State Park. Info: (916) 972-1119.

August 6 (Thursday):

So. El Monte: Legg Lake Sunset Cougar Run/Walk, 0.8 Mi., 5K, 5.4 Mi., 10 Mi., 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Agoura Hills: Agoura Hills Cross-Country, 2 & 3 Mi., Agoura H.S. (track), 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 591-8786.

August 8 (Saturday):

San Francisco: KRAZI 8 10K. Golden Gate Park (Polo Fields). 8:30 a.m. The Final Result A.A., 460 Wishom, San Mateo 94401 (800) 491-8988.

Sacramento: Tri-For-Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Rancho Seco Park, 8 a.m. Will Roxburgh, Fleet Feet Sports, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Valencia: Ruge's Run III. 5K. Pico Canyon (Lyons Ave. exit from I-5). 7 p.m. Ruge's Run, PO Box 481, Newhall 91322. Greg Blankenship (805) 944-2511.

So. El Monte: San Gabriel River Bunny Rabbit Run/Walk, 1 Mi., 5K, 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Dimas: Bonelli Park Steamboat TRIAL, Bonelli Park, 500 Yd. Swim, 14 Mi. Bike, 2 Mi. Run, Time TBA. Tri-Events, 3222 Virginia Ave., West Covina 91791. (818) 331-0169.

San Diego: MADD 5K. Balboa Park. 7:30 a.m. Info: Toni Dee (619) 272-8316.

Bakersfield: (New Date) Big Brothers' Runs, Distances & Location, Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

August 9 (Sunday):

Ukiah: Dog Daze Run, 5K/10K, Oak Manor Elementary School, 8 a.m. Andy Jensen, North Coast Striders, P.O. Box 1556, Ukiah 95482. (707) 462-7047.

✓ **Alameda:** Alameda Run for the Parks, 10K & 2 Mi., South Shore Shopping Center, 9 a.m. Dale Lillard, Alameda Recr. & Parks Dept., 2263 Santa Clara, Room 201, Alameda 94501. (510) 748-4565.

Healdsburg: River of No Return Pentathlon, 0.5 Mi. Swim, 10 Mi. Canoe, 0.3 Mi. Canoe Portage, 9.3 Mi. Run, 20 Mi. Bike (and 2-person teams), 8 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Truckee: Donner Party Trail Run. 15 Mile. Donner Pass (Old Hwy. 40). 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

So. El Monte: Legg Lake Sunset Fly Fishing Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

June Lake: The Mammoth Times Triathlon. 1K swim / 40K bike / 10K run. June Lake Recreation Area. 9 a.m. Split Second Sports Tim-

ing, PO Box 4051, Mammoth Lake 93546 (619) 935-4833.

San Clemente: San Clemente Fiesta 5000, Downtown, 8 a.m. SCCC, c/o Race Central, P.O. Box 828, Rialto 92377 (714) 492-1131.

San Francisco: DSE Ferry Building Run, 3.83 Mi., Dolphil Club (502 Jefferson), 10 a.m. Info: (415) 978-0837.

Hacienda Heights: Switchback Challenge 5/10K, Orange Grove Jr. H.S., 8 a.m. Motivate Promotions, 15581 Cristalino St., Hacienda Heights 91745.

August 10 (Monday) - 14 (Friday):

Grouse Ridge: (near Nevada City) - High Altitude Running Camp & Clinic, \$45/Person. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

August 11 (Tuesday):

Bakersfield: BTC Darryl Easter Handicap, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

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Free race equipment rentals with shirt purchases.

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Phone (415) 595-2249



SCHEDULE

August 13 (Thursday):

So. El Monte: Legg Lake Sunset Duck Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

August 15 (Saturday):

Mammoth Lakes: Mammoth Mountain Marathon & Half Marathon, Mammoth Mtn. Inn (9200 Ft.), 8 a.m. Tam Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Pleasanton: Tri-For-Fun Series, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 7 a.m. Fleet Feet Sports, 4247 Rosewood 94588. (510) 847-9255.

Inverness: Drakes Bay Marathon, Half Marathon & 5 Mile. Limantour Beach (Pt. Reyes Nat'l Seashore), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Sacramento: Susan B. Anthony "Women's Only" 5K, Glen Hall Park, 8 a.m. Buffalo Chips RC, PO Box 19908, Sacramento 95819 (916) 924-9301.

Clovis: Valley Children's Hospital Triathlon (2 Days), (Jrs: 100 Yd. Swim, 3 Mi. Bike, 1/2 Mi. Run; Srs: 200 Yd. Swim, 6 Mi. Bike, 1 Mi. Run), Clovis West H.S., 8 a.m. Children's Challenge, P.O. Box 25610, Fresno 93729. (209) 434-6248.

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

Signal Hill: Signal Hill Rotary 5K/10K Runs. Hinshaw Park, 8 a.m. Four Seasons Race Series, c/o Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804 (310) 989-1309.

So. El Monte: Legg Lake Jaguar Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Huntington Beach: Distance Derby, 10 Mi., Main & Pacific Coast Hwy., 7 a.m. Info: Bob Werth (714) 536-5486.

August 15 - August 16 (Sat-Sun).

Eureka: Twenty-Four Hour Fun Run, 10 a.m. to 10 a.m. College of the Redwoods Stadium. (707) 442-1436.

August 16 (Sunday):

San Francisco: Presidio 10 Mi. & 3 Mi., Presidio Parade Grounds, 8:30 a.m. The Guardsmen, 115 Sansome St., Suite 310, San Francisco 94110. (415) 781-6785.

San Francisco: Promise 5K Fun Run. Justin Herman Plaza, 8 a.m. California Restaurant Assoc., 3435 Wilshire Blvd., Suite 2606, Los Angeles 90010 (415) 773-9016.

Sacramento: Race For A Gift of Life Biathlon, 1K Swim, 10K Run, Nantome Racquet Club, 8 a.m. Lisa Watson, P.O. Box 280, Pebble Beach 93953. (408) 659-1725.

Boulder Creek: BAOC Big Basin Orienteering Meet, Distance & Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Dan Clarke (408) 729-1960.

Bear Valley: Bear Valley 10K Run, 10 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 96120. (916) 694-2475.

Quincy: Feather River Classic, 5K/10K, Pioneer Park (Fairground Rd.), 8:30 a.m. Roger Holden, Central Plumas Recr. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

Goleta: McConnell's Ice Cream Endurance Events. 5K/10K Runs, Biathlon (10K run, 1 mile swim), Kid's Mile, Mile Swim. Goleta Beach County Park, 8:30 a.m./5K, 9:30 a.m. 10K & Biathlon, 11 a.m./mile, 11:30 a.m./swim. Info: Kevin Young (805) 963-7524.

So. El Monte: Legg Lake Blue Jay Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: America's Finest City Half Marathon, Cabrillo Nat'l. Monument (to Balboa Park), 7 a.m. Neil Finn, American Lung Assoc., P.O. Box 3879, San Diego 92613. (619) 297-3901.

San Francisco: DSE Windmill Run, 6.5 Mi., Kennedy Dr. at Ocean Beach, 10 a.m. Info: (415) 978-0837.

McKinleyville: Hammond Bridge Half Marathon, 2 Mi. & 13.1 Mi., McKinleyville H.S. track, 9 a.m. Info: Buzz Webb (707) 839-3518.

Santa Barbara: McConnell's Ice Cream 5K Run, Goleta Beach County Park, 8:30 a.m. Info: Kevin Young (805) 963-7524.

August 19 (Wednesday):

San Jose: Union Bank Heart of the City 5K Run (corporate team entry available), downtown, 6 p.m. Union Bank Heart of the City

Run, 99 Almaden Blvd., San Jose 95113. (408) 279-7746.

August 20 (Thursday):

So. El Monte: Legg Lake Sunset Turtle Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660.

August 22 (Saturday):

Flint, MI: TAC/USA National Masters 10 Mile Championships. Lois Craig, P.O. Box 981, Flint, MI. 48501. (313) 235-3396.

Maritou Springs, CO.: Pikes Peak Ascent, 13.4 Mi. (8,000 Ft. Elevation Gain), 7 a.m. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO. 80937. (719) 520-0567.

Los Gatos: Dammit Run, 6.4 Mi., Los Gatos H.S., Track, 9 a.m. Athletic Performance, 55 W. Main St., Los Gatos 95030. (408) 354-7365.

Livermore: Del Valle Biathlon, (0.75 Mi. Swim, 5.5 Mi. Run, or 1.5 Mi. Open Water Swim), Del Valley State Recr. Area, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Davis: Great North Triathlon Sprint, 1K Swim, 25K Bike, 5K Run, Stonegate Country Club, 8 a.m. A Change of Pace, 221 G St., Suite 205, Davis 95616. (916) 757-6017.

Susanville: Main Street Mile, Main & Lassen Sts., 10 a.m. Jim Reichle, 607 Willow St., Susanville 96130. (916) 257-6405.

Ventura: Cowtown Mile, 6 mile downhill mile runs in downtown Ventura. 8:30-11:00 a.m. Inside Track, 1410 E. Main, Ventura 93001 (805) 643-1104.

June Lake: Silver Lake Relay, 20K (4x5k legs). Time TBA. June Lake Chamber of Commerce (619) 648-7584 or 648-7525.

So. El Monte: Legg Lake Woodpecker Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Balboa 8 Mile, Balboa Park, 7:30 a.m. Contact: Chuck Pennell (619) 460-3110.

San Diego: Peninsula YMCA Races, 5K & 10K, Ocean Beach Pier, Time TBA. Contact: Doug Jones (619) 226-8888.

Avila Beach: (tentative date/time) Avila 5K Pier Run, from pier to Port San Luis &



PORTLAND MARATHON

A Family Festival!

**SUNDAY,
SEPT. 27, 1992**

This is our 21st year! We are proud that with age our event has gained credibility and tremendous accolades. However, our goal remains to make everyone who participates feel like a winner.

An Event for Everyone

You do not have to be a marathoner to enjoy the Portland Marathon because there are six other events that take place on marathon morning or during the weekend.

Our Five-Miler is an excellent event for beginning and competitive middle distance runners. The Mayor's Walk is a 10-K fun-filled experience along the last five miles of the marathon course. The Kid's Marafun is a noncompetitive two-mile event for kids 12 and younger and anyone else who wants to join them. The 26.2 mile Marathon Walk allows the walkers to share the thrill, excitement and the same perks as their running counterparts. And our sixth and seventh events are a 24-hour ultra track run and a three mile run and shoot biathlon both of which are held on Saturday.

Our other weekend events include a first-class race directors' conference, a spectacular sports and fitness expo, the best pasta party in the west, and a great post-race/awards party. In short, we offer an event for everyone in the family.

Course and Weather

The marathon course is basically flat with three long, gradual grades. The route wanders through downtown Portland, China Town, Old Town and neighborhoods with tree-lined streets. There are plenty of dramatic views of the Cascade mountain range, our city skyline and river front.

The second half of the course can easily produce a "negative split" for our runners. An average of 33% have set PRs!

The weather is normally in the low 50s. It is the best time of year to be in Portland.

Organization

Our event has gained its reputation for excellence through organization: 3,500 volunteers, 20 enthusiastic aid and medical stations, splits called at 35 points on the course, over 40 entertainment groups, and a finish line where every marathoner's name is announced to the thousands of spectators. All of our event participants share in a great array of food and beverages.



Hotel of the Marathon



THE PORTLAND HILTON

Goodies and Awards

We do not spend our budget on purses for an elite few—we spend it on each entrant. Our Marathon runners and walkers receive high-quality, long-sleeved finisher's shirt, medal, poster, food and drink, long-stemmed roses for our women (who make up 29% of our race), space blankets, and a great goody bag. Our related event participants also receive shirts and an assortment of goodies.

Last year over 1,250 awards were given out. We have five-year age divisions, masters, Clydesdale, state and country competition, as well as team, race walker, wheelchair, and other special handicapped categories.

Portland Marathon Entry *

Please read carefully before completing form. Please print clearly. Please note deadlines for sending applications and late fees. Marathon and Marathon Walk entries (\$35) by mail must be posted on or before midnight, September 8. Late fee entry by mail September 9 through 11 for Marathon (\$50) and Marathon Walk (\$50). No mail entries after midnight Sept. 11! Note: runners and walkers may enter in person for all events at the Portland Hilton at late fee rates on September 25 and 26.

(Please begin your name in the large box) (No refunds, exchanges or transfers)

1. Last Name First Name M.I.

2. Address City

State ZIP Country

3. Date of Birth 4. Age on 9/97/92 5. Sex M F

6. Total years of school 7. Shirt Size S M L XL (100% cotton)

8. Phone (work) (home)

9. Occupation

Office use only

Competitive Race Walk

Wheelchair

(only complete this part if you are running in the marathon)

10. Best Previous Marathon Time: hr. min. sec.

11. Predicted Time: hr. min. sec.

12. Completed Marathons:

13. Completed Portland Marathons:

Entry or Late Fee Amt (\$35/\$50) \$

"Training For" Shirt (\$12/\$15) \$

Souvenir Shirt (\$12/\$15/\$25) \$

Postage & Handling (see chart) \$

Total Enclosed: \$

(US Dollar amounts only: No foreign checks or money orders)

Training For Portland Marathon Shirts (check size)

A. S- M- L- XL- Short Sleeve \$12.00

B. S- M- L- XL- Long Sleeve Crew Neck T-Shirt \$15.00

Portland Marathon Souvenir Shirts (check size)

A. S- M- L- XL- Short Sleeve \$12.00

B. S- M- L- XL- Long Sleeve Crew Neck T-Shirt \$15.00

C. S- M- L- XL- Long Sleeve Hooded

Sweatshirt \$25.00

Shirt Postage & Handling Fee

US/Canada Foreign

under \$10 ... \$2 ... \$4

\$11-\$25 ... \$3 ... \$6

\$26-\$40 ... \$4 ... \$8

Over \$40 ... \$5 ... \$10

Allow 5 - 6 weeks for delivery

Make checks payable to: Portland Marathon; Mail to: P.O.Box 4040, Beaverton, OR 97076

WAIVER OF LIABILITY: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, & administrators, forever waive, release & discharge any & all rights & claims of suit or action, known or unknown, that I have against The Oregon Road Runners Club, The City of Portland, Multnomah County & all other parties entities. The Portland Terminal RR Co. & its various owners, including POC, Union Pacific, Southern Pacific, & Burlington Northern Railroad, all independent contractors, & construction firms working on or near the course, all Portland Marathon Race Committee Persons, Officials, & Volunteers, and all sponsors of the Marathon, & the related Marathon events & their officers, directors, employees, agents & representatives, successors & assigns, for any & all injuries suffered by me in this event. I attest that I am physically fit, am aware of dangers & precautions that must be taken when running in warm or cold conditions, & have sufficiently for the competition of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the run. I further assume & will pay my own medical & emergency expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expenses. Further, I hereby grant full permission to The Oregon Road Runners Club &/or agents hereby authorized by them, to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purposes at any time. I HAVE CAREFULLY READ & UNDERSTAND THIS WAIVER.

Signature Date

Parent (if under 18)

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MARATHON HOTLINE: (503) 226-1111

* IF YOU WOULD LIKE A COPY OF OUR 16 PAGE MARATHON ENTRY BOOKLET OR AN ENTRY FOR THE FIVE-MILER, THE MAYOR'S WALK, THE MARAFUN KID'S RUN, THE 26.2-MILE MARATHON WALK, THE 24 HR. ULTRA RUN, OR THE RUN & SHOOT BIATHLON, PLEASE SEND SASE (55¢) TO THE ABOVE ADDRESS.

SCHEDULE

back, Time TBA. Greg Denike, 102 Canyon Way, Arroyo Grande 93420. (805) 481-8725. No Pre entries!

August 23 (Sunday):

Maritou Springs, CO: Pikes Peak Marathon, 7 a.m. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO. 80937. (719) 520-0567.

Larkspur: Tamalpa Runners Couples Relay, 2x2 Mi., Larkspur Landing (male/female relay teams), 10 a.m. Couples Relay, P.O. Box 3007, San Anselmo 94979. (415) 454-2769.

San Francisco: Escape From Alcatraz Triathlon, 1.5 Mi. Swim, 22 Mi. Bike, 14 Mi. Run, Time TBA (300 limit) Alcatraz, c/o Peter Butler, 660 Market St., #415, San Francisco 94104. (510) 284-8758.

Oakland: Time is on Your Side Run. 5K/10K. Lake Merritt (14th & Lakeside Dr.). Predicted time run. 9 a.m. Info: (510) 601-7887.

Forestville: "Run From the Itch" 10K, Forestville H.S., 8 a.m. Art Ellwanger, Forestville Youth Park, Box 357, Forestville 95436. (707) 887-1391.

Davis: Great North Triathlon - International, 1.2K Swim, 44K Bike, 10K Run, Stonegate Country Club, 8 a.m. A Change of Pace, 221 F Street, Suite 205, Davis 95616. (916) 757-6017.

So. El Monte: San Gabriel River Bunny Hop Run/Walk, 1 Mi., 5K & 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Imperial Beach: I.B. Multi Sport Championships, Distances TBA, Imperial Beach Pier, 7:30 a.m. Contact: KOZ (Ruthann Wood: (619) 441-7844).

San Francisco: McLaren Park Run, 3.5 Mi., parking lot on John F. Shelley Dr., 10 a.m. Info: (415) 978-0837.

San Luis Obispo Area: Seaventure Beach Triathlon, (Short: 1/4 Mi. Swim, 10 Mi. Bike, 3 Mi. Run; Long: 1500m Swim, 40K Bike, 10K Run), 7:30 a.m./short, 9 a.m./long.

Irvine: Northwood Run for Make-A-Wish, 5/10K and 1K Kids' Run, 8 a.m. Northwood Run, South Coast Roadrunners, P.O. Box 4733, Irvine 92716. (714) 476-9474.

Westlake Village: Dick Durand 8K Trail Run, Westlake & Potrero, 8 a.m. Info: (805) 496-0088.

August 27 (Thursday):

So. El Monte: Legg Lake Fishbone Sunset Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

August 28 (Friday):

Palo Alto: Florentine's TGIF 5K/10K Runs, Baylands Athletic Center (Geng & Embarcadero), 6:30 p.m. Palo Alto Recr., Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

August 29 (Saturday):

Lake Tahoe: World's Toughest Triathlon, 2 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run or 1.5K Swim, 40K Bike, 10K Run (Also: Youth Triathlons: 8-10: 100m Swim, 5K Bike, 1K Run; 11-13: 200m Swim, 12K Bike, 3K Run), Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (916) 573-0103.

Grass Valley: Wolf Mountain Trail Challenge, 10K, 1.8 Mi. Fun Run & Half-Mile Kids' Race, Wolf Mountain Christian Camp, 5 p.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Lake Tahoe: BAOC Orienteering Meet (2 days), Location & Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Doug Brown (916) 663-2781.

Mt. Tamalpais: Mt. Tam Five & Dime & Marathon. 8 a.m. Rock Springs/Mt. Theatre parking lot, Mt. Tamalpais State Park. Enviro Sports, PO Box 1040, Stinson Beach 94970.

Santa Barbara: The Santa Barbara County Triathlon, 1 Mi. Swim, 34 Mi. Bike, 10 Mi. Run, Santa Barbara Bath House (off Cabrillo Blvd.), 7 a.m. Jamie Nielsen, P.O. Box 215, Santa Barbara 93102. (805) 687-7401.

Santa Ana: YMCA New Horizons 5K & 12K, Centennial Park, 7:30 a.m. Contact: Larry Herschler (714) 547-4121.

So. El Monte: San Gabriel River Bunny Run/Walk, 1 Mi., 5K & 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Los Osos: Bearfoot Festival 5K Run, South Bay Community Park, Time TBA. Info: Juliet Meece (805) 528-5801 and Lesa Smith (805) 528-0163.

Whittier: Poet Pride Run, 3 Mi., Whittier Col-

lege track, 7:30 a.m. Info: Greg (714) 871-2937.

August 30 (Sunday):

San Francisco: City of San Francisco Marathon, 7 a.m. San Francisco Marathon, P.O. Box 77148, San Francisco 94107. (415) 391-2123.

Reno, NV: Silver State Marathon, Half-Marathon & 10K, Bowers Mansion County Park (between Reno & Carson City, west of US 395), 6 a.m./Mar., 7 a.m./H-M & 10K. Ken Shoop, 420-0 Santa Maria Dr., Reno, NV. 89502. (702) 825-3006.

San Ramon: Dog Daze Duathlon, 3 Mi. Run, 12 Mi. Bike, 1 Mi. Run, Bollinger Canyon Rd., & I-680, 8:30 a.m. Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94588. (510) 847-9255.

Santa Cruz: Mental Wellness Run, 5K/10K, 2300 Delaware Ave., 8 a.m./5K, 8:30 a.m. Kerry Heaps, SART Santa Cruz, 941 El Dorado Ave., Santa Cruz 95062. (408) 479-9494.

Yountville: Exertec Fitness Center Biathlon. 4.5 mile run, 14 mile bike. Yountville Park. 8 a.m. Exertec, 920 Yount St., Suite A, Napa 94559 (707) 226-1842.

Gilroy: Mt. Madonna Challenge, 6K/12K, Hwy. 152 (3 Mi. east of Mt. Madonna summit), 8:15 a.m./6K, 9 a.m. Lynn Lockhart, 7664 Los Padres Ct., Gilroy 95020. (408) 842-4732.

Walnut Grove: Walnut Grove Catfish Jubilee 5-Miler, Paul Barnes Park, 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut 95690. (916) 776-1627.

So. El Monte: San Gabriel River Luck Rabbit Foot Run, 1 Mi., 5K & 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Brisbane: DSE "Where the Hell is Brisbane" Run, 5 Mi., Yacht Harbor, 10 a.m. Info: (415) 978-0837.

September 3 (Thurs.):

Huntington Beach: Sunset in the Park. 2.8 & 4.8 mile X-C runs. Central Park (West). 6 p.m./2.8 mile. 6:30 p.m. (high school race at 5:30 p.m.). The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714)841-5417.

SCHEDULE

September 4 (Friday):

So. El Monte: Legg Lake 0.8 Mile, 5K, 5.4 mile, & 10 Mile. Sunset Lake Run. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

September 5 (Sat.):

Stinson Beach: Bolinas Ridge Wild Boar 18, Marathon & 8 Mile. 9 a.m./marathon & 18 mi. (at Five Brooks Trailhead on Hwy 1 btwn. Stinson Bch & Olema). 10 a.m./ 8 mile (Bolinas/Fairfax Rd. & Ridgecrest Bl. on Mt. Tamalpais) All finish at Stinson Beach. Enviro Sports, PO Box 1040 Stinson Beach 94970.

Ft. Cronkhite: Golden Gate Tunnel Run. 4 mile & 7 mile. Rodeo Lagoon (GGNRA). 9 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

Bakersfield: Hart Park Fun Run. Distance TBA. 7 a.m. Bakersfield TC, Box 6581, Bakersfield 93386.

Wasco: Wasco Rose Runs. Distance, location & time TBA. Bakersfield TC, Box 6581, Bakersfield 93386.

So. El Monte: Legg Lake 099'ers Run. 0.8 mile, 5K, 5.4 mile, & 10 mile. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

San Diego: 4 Mile X-Country. Balboa Park. 7:30 a.m. Info: Mark Leisinger (619) 239-6322.

San Francisco: Golden Gate Park X-C Series, 4 Mi., Lindley Meadow (30th Ave. & JFK Dr.), 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

September 6 (Sun.):

Pt. Reyes: Out Where the Tule Elk Roam. 9 miles. 10 a.m. Enviro Sports, PO Box 1040, Stinson Beach 94970.

Emeryville: Emeryville Double Bay Run. 5 mile. Holiday Inn (Powell St. exit). 9 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

Oakland: Aztec Run for Education. 5K/10K. Lake Merritt (568 Bellevue). 9 a.m. Rosario Flores, Spanish Speaking Citizen's Fndn., 1470 Fuitvale Ave., Oakland 94601 (510) 261-7839.

Manteca: Delicato Charity Grape Stomp Romp 3 Mile. Delicato Vineyards (Hwy 99 & French Camp Rd.). 8:30 a.m. Gamut Promo-

tions, 1132 N. Hunter, Stockton 95202 (209) 466-6653.

So. El Monte: San Gabriel River Frog Legg Runs. 1 mi., 5K/10K. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

San Francisco: DSE Memorial Run, 4.5 Mi. & Kids' Run, Golden Gate Park (JFK Dr. & 36th Ave.), 9 a.m./Kids', 10 a.m. Info: (415) 978-0837.

September 7 (Mon.):

Pinole: Miniman Triathlon. 250 yd swim, 8 mile bike, 2.1 mile run. Pinole City Pool. 9 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

Lodi: Run for the Square 5K/10K. Hutchins Street Square. 8:30 a.m. Field & Fair Day Office, 125 S. Hutchins St., Lodi 95240.

Sacramento: The Sacramento Children's Home "Run for the Children" 5K/10K. Glen Hall Park (Sandburg Dr.). 9 a.m. Lisa Watson, Box 280, Pebble Beach 93953 (408) 659-0639.

Auburn: 49'er Canyon Classic Biathlon. 6.1 mile run, 7.45 mile bike. Bowman Elementary School. 8 a.m. Nick Vogt, Christian RA, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

Auburn: Stagecoach Mountain Run. 10.45 mile. Bowman Elementary School 8 a.m. Nick Vogt, Christian RA, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

Ventura: Sweatheart 10K Relay. Female 5K/Male 5K Relay. Ventura Pier. 8 a.m. Inside Track, 1410 E. Main, Ventura 93001 (805) 643-1104.

So. El Monte: Legg Lake Labor Day Run. 660 yd., 2.3 mile, 8K. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

Mt. Baldy: Run-to-the-Top, Approx. 8 Mi. (4,000 Ft. climb), Mt. Baldy Ski Lift, 9 a.m. Info: (714) 981-9790.

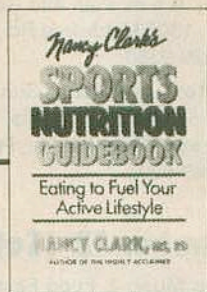
September 8 (Tues.):

VERIFY DATE...San Diego: Rancho Penasquitos 5K. Black Mountain Rd., 7:30 a.m. Info: Kathy Loper (619) 298-7400.

September 11 (Fri.):

Palo Alto: Palo Alto Weekly's Moonlight 5K/10K. Baylands Athletic Center (Geng & Em-

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SCHEDULE

barcadero Rd). 9 p.m. Palo Alto Recr. Dept., Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2380.

So. El Monte: Legg Lake Sunset Face Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

September 12 (Sat.):

Alamo: Alamo Music & Food Festival 10K. Location TBA. 8 a.m. LDR/BASSICS, Inc., 1122 "B" St., Suite 213, Hayward 94541 (415) 537-2009.

Berryessa: Lake Berryessa Biathlon. 1.25 mile swim, 21 mile bike (or 2.5 mile swim, 21 mile bike). Putah Creek Resort. 9 a.m. (Nor-Cal Biathlon Championships). Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

Ukiah: South Ukiah Rotary Triathlon. 0.5 mile swim, 21 mile bike, 5K run. Lake Mendocino. 9 a.m. Great Ukiah Chamber of Commerce, 495 El Perkins, Ukiah 95482 (707) 462-4705.

Stockton: Park to Park Run. 1 mile & 5 mile.



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(404) 875-4268

Louis Park. 8 a.m./1 mile. 8:30 a.m. Tarahumara RC, Box 8422, Stockton 95208. Dave Valentine (209) 952-8941.

Bakersfield: Joel Mena Memorial 5K. Location & time TBA. Bakersfield TC, Box 6581, Bakersfield 93386.

So. El Monte: Legg Lake Shine Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

Buena Park: Cross Country Carnival, 5K, Ralph B. Clark Regional Park, 8 a.m. Info: Greg (714) 8781-2937.

San Pedro: San Pedro & Peninsula YMCA Half-Marathon & 5K. 1/2 Mara & 5K/7:30 a.m. Kiddie K/8 a.m. Walt Walston, Race Director (213) 351-2233.

September 13 (Sun.):

Burney: Burney Classic Marathon, Half-Marathon, 10K & 5K, Burney H.S., Time TBA. Burney Lions Club, P.O. Box 217, Dept. M, Burney 96013. (916) 335-2825.

Danville: Danny Marathon Relay & 50K Endurance Run, San Ramon Valley H.S., 7 a.m./50K, 8 a.m./Relay. LDR/BASSICS, Inc., 1122 "B" St., Suite 123, Hayward 94541. (510) 537-2009.

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

Walnut Creek: Walnut Festival 5K/10K. Heather Farms Park. 8:30 a.m. Walnut Festival Committee, Box 3408, Walnut Creek 94598 (415) 935-6766.

Vacaville: The Mountain Man Triathlon. 600 yd swim, 6 mile mtn. bike, 2 mile run. Lagoon Valley County Park. 10 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

Santa Rosa: Annadel Loop 6.5 Mile Run. Annadel State Park (Channel Dr.). 9 a.m. John royston, 3240 Montgomery Dr., Santa Rosa 95405 (707) 546-1021.

Salinas: El Grito Memorial Run. 4K/10K. Near E. Laurel & Constitution. 9 a.m. Jose Guerrero, Box 513, Salinas 93901 (408) 373-3594.

Sacramento: Buffalo Stampede. 5K & 10 Mile. Rio Americano HS (Watt Ave., off Hwy 50). 8 a.m. Buffalo Chips RC, Box 19908, Sacramento 95819 (916) 454-5133.

Kirkwood: Kirkwood Run for the Fire De-

partment 10K. 10 a.m. Alpine Co. Chamber of Commerce, Box 295, Kirkwood 95646 (209) 258-6000.

Berkeley: BAOC Orienteering Meet. Univ. of California. Distance & time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Mark Peterson (510) 215-7632.

So. El Monte: Legg Lake Spirit Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

San Diego: Clean Bay 10K. Downtown waterfront. 7:30 a.m. Info: Lynn Lacye (619) 466-3127.

San Francisco: DSE Biathlon, 2.5 Mi. Run, 0.5 Mi Swim, Dolphin Club (502 Jefferson), 10 a.m. Info: (415) 978-0837.

Malibu Area: Bulldog 50K Run, Santa Monica Mtns., Time TBA. Info: Ingrid Shattuck (805) 495-2248.

Apple Valley: Pow Wow 5/10K, Apple Valley Community Ctr. (13467 Navajo Rd.), 8 a.m. Rick Garrison, 13505 Sierra Rd., Victorville 92392. (619) 247-6411.

Los Angeles: Home Run, 5/10K & 1 Mi. Fun Run, Elysian Park (L.A. Police Academy), 8 a.m. Info: (213) 298-8282.

Costa Mesa: South Coast Classic, 5/10K, Anton & Bristol, 7 a.m. CHOC PADRINOS, P.O. Box 5700, Orange 92667. (714) 532-8683.

September 16 (Wed.):

Chico: Date Changed to Sept. 30): Humpday-The Sequel. 5K. Bidwell Park. 6 p.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916) 757-6017.

September 17 (Thurs.):

So. El Monte: Legg Lake Sunset Thursday Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

September 19 (Sat.):

Weott: Trail of the Giants Marathon, 1/2 Marathon & 8 Mile. 8 a.m. Humboldt Redwood State Park. (Williams Grove). Enviro Sports, PO Box 1040, Stinson Beach 94970.

Fremont: WVTC Bayside Technology 8K. Bayside Technology Business Park (off 880/

SCHEDULE

Gateway). 9 a.m. WVTC, c/o Marc Lund, 1265 Montecito Ave., Suite 105, Mountain View 94043 (415) 966-1511.

Chico: Mozart Mile. 7K & 5K Racewalk. 9 a.m. J.D. Zink, 1 Walnut Cir., Chico 95926 (916) 891-8002.

Squaw Valley: Pacific Crest Trail 50K, 25K, 12K and 50K Relay, Olympic Village, 8 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Bakersfield: BTC Hill & Dale 10K. Location & time TBA. Bakersfield TC, Box 6581, Bakersfield 93386.

Pasadena: Egbok 5K Run & Kiddie-K. 9 a.m. Pasadena City Hall. W2 Promotions (310) 828-4123.

So. El Monte: Legg Lake Sunset Roadrunner Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

Playa Del Rey: Run for the Children. 10K Run/5K Walk. Dockweiler Beach on Vista Del Mar. 5K/8 a.m. 10K/8:30 a.m. Info: Idell Jamieson (213) 351-5554.

Diamond Bar: Diamond Bar Ranch Festival Run, 5/10K, Country Hills Towne Center, 8 a.m. Info: YMCA (714) 860-0387.

September 20 (Sun.):

San Francisco: Lifespan 10K. Run across Bay Bridge. Time TBA. No contact yet.

El Sobrante: That Dam 5K/10K. San Pablo Dam Reservoir (picnic area). 10 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

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

Pacific Grove: Monterey Bay 10K. Lover's Pt. Time TBA. Joan Mortenson, c/o The Beacon House, 468 Pine Ave., Pacific Grove 93950 (408) 372-2334.

Atwater: Fall Festival Run. 1.25 & 5 mile. Ralston Park (3rd & Grove). 8 a.m. Atwater Chamber of Commerce, Box 388, Atwater 95301 (209) 358-4251.

Carmichael: Carmichael Classic 5K/10K. Carmichael Elem. School (6141 Sutter Ave.) 8 a.m. Tracy Kerth, 5750 Grant Ave., Carmichael 95608 (916) 485-5322.

Redding: Redding Bud Light Triathlon. 1.2 mile swim, 50 mile bike, 10 mile run. Bridge

Bay Resort. 7 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916) 757-6017.

Sacramento: BAOC Orienteering Meet. Distance TBA. Goethe Park. Time TBA. Bay Area Orienteering Club, 3015 Holyhood Dr., Oakland 94611. Doug Brown (916) 663-2781.

Fresno: Shin Zen Garden Run. 10K. Woodward Park.

So. El Monte: Legg Lake Sunset Indian Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

San Francisco: DSE Stern Grove Run, 4 Mi., 33rd Ave. & Wawona (enter from Sunset Blvd. to 34th Ave. & Crestlake), 10 a.m. Info: (415) 978-0837.

Location (?): Braves Band 2/5K Runs, Morgan Park, 8 a.m./5K, 9 a.m./2K. Info: (818) 338-3544.

September 25 (Fri.):

So. El Monte: Legg Lake Sunset Place Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

September 26 (Sat.):

Muir Beach: Muir Beach Marathon, 1/2 Marathon, & 8 Mile. 9 a.m. Rock Springs/Mt. Theatre parking lot to Muir Beach. Enviro Sports, PO 1040, Stinson Beach 94970.

San Mateo: The Castaway Half-Marathon & 10K. Castaway Restaurant (Coyote Point County Park). 8 a.m. Sky High, Box 20963, El Sobrante 94803 (510) 841-1190.

San Jose: Run Under the Sun. 2 mile & 10K. River Oaks Dr. 8 a.m. Contact: Mary Alexander (408) 243-2740.

Reno, NV: Reno Gazette-Journal Jog. 8K. Reno Family YMCA. 9 a.m. Reno Gazette Journal (Marketing Dep.), 955 Kuenzli, Reno, NV 89502 (702) 788-6233.

Santa Rosa: BAOC Orienteering Meet. Distance TBA. Spring Lake. Time TBA. Bay Area Orienteering Club, 3015 Holyhood Dr., Oakland 94611. Gary Kraght (415) 383-4429.

Grass Valley: Bear River Runner's Classic & Quadrathlon. 5K x-country run, and 100m, 400m, & 1500m (on track). Bear Val-

ley HS. 4:30 p.m. (enter one or more events). Nick Vogt, Christian RA, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

Avalon (Catalina Island): Run for Sight. 5K, 10K & 10.8 Mile. 8:30 a.m./10.8 mile, noon/10K, 12:10 p.m./5K. Avalon Lions Club, Run for sight, Box 305, Avalon 90704 (310) 510-0787.

Orange County: OCMD Athletic Team 60-Mile Relay (10 Runners, 4 Bikers), 7 a.m. Contact: Ron Cooke (714) 953-4440.

So. El Monte: Legg Lake Sunset Apricot Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

San Francisco: Golden Gate Park X-C Series, 4 Mi., Lindley Meadow (30th Ave. & JFK Dr.), 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

September 27 (Sun.):

Redding: Whiskeytown Relays, 4-Person Teams (3.7, 6.3, 4.0 & 5.3 Mi.), Whiskeytown Lake (Brand Creek Marina), 9 a.m. Greg Hahn, 1412 Whitewater Cir., Redding 96003. (916) 241-0975, eves.

✓ **Portland, OR:** Portland Marathon & 5 Mi. Run (+ 2 Mi. Kids' Run), City Hall, Time TBA. Les Smith, ORRC, P.O. Box 4040, Beaverton, OR. 97076. (503) 226-1111.

Santa Clara: Great America Carousel to Coaster 10K Run & 5K Stride. Great America Amusement Park. 8:30 a.m. Santa Clara Parks & Rec., Larry Wolfe, 1500 Warburton Ave., Rm. 103, Santa Clara 95050 (408) 984-3223.

Fremont: Run for Serra Center 10K. Paseo Padre at Stevenson Blvd. Time TBA. Mim Carlson, Serra Center, 650 Washington Blvd., Fremont 94539 (510) 657-2002.

Stinson Beach: Mt. Tam Tri-Bi Athlon. 5K Run, 1K (ocean) Swim, 14 mile bike (or 5 mile run). 9 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190 or (415) 868-1829.

Davis: Davis Triathlon. 1K swim, 40K bike, 10K run. Stonegate Country Club. 8 a.m. Scott Erba, 602 Adams St., #20, Davis 95616 (916) 757-7767.

SCHEDULE

Sacramento: Sacramento Triathlon. (1500 yd swim, 30K bike, 10K run). OR (800 yd swim, 18 mile bike, 5K run). Port of Sac'to (Lake Washington). Time TBA (**No raceday regis.**). Fleet Feet, 2408 "J" St., Sacramento 95816 (916) 442-3338.

Nevada City: Banner Mountain Stampede. 7.73 mile. Pioneer Park. 9 a.m. Gary Loucks, 116 High St., Grass Valley 95945 (916) 273-9268.

Santa Rosa: BAOOC Orienteering Meet (continuation of Sept. 26 meet).

Lake Isabella: Dam Tough Run. Distance & time TBA. Info: (805) 379-5236.

Ventura: Team Inside Track Half Marathon. 8 a.m. Inside Track, 1410 E. Main, Ventura 93001 (805) 643-1104.

So. El Monte: San Gabriel River Indian Summer Run. 1 mile, 5K/10K. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

San Diego: Running Wild 10K. San Diego Wild Animal Park. 7:30 a.m. Info: Kathy Loper (619) 298-7400.

Fresno: Big Fresno Fair Cross-City Race. 10K & 2 Mile. Roeding Park (10K) - 8 a.m. First & Huntington Blvd. (2 mile) - 7:30 a.m. Cross-City Race, 1121 Chance Ave., Fresno 93702 (209) 453-3247.

San Francisco: DSE "Walt Stack Birthday Run", 3 Mi., Golden Gate Park (Stow Lake Boathouse), 10 a.m. Info: (415) 978-0837.

Newport Beach: Race for the Cure, 5K & 1 Mi. Fun Run, Fashion Island, 7:30 a.m. Race for the Cure, Race Central, P.O. Box 828, Rialto 92377. (619) 630-5670.

September 30 (Wed.):

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

October 1 (Thursday):

Wrightwood: Angeles Crest 100 Mile Endurance Run, Angeles National Forest, Time TBA. Contact: Ken Hamada (818) 447-0584.

October 2 (Friday):

So. El Monte: San Gabriel River Sunset Avocado Run, 1 Mi., 5K & 10K, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

October 3 (Saturday):

San Jose: Quicksilver Half Marathon, Castillero Middle School (6384 Leyland Park Dr.), 8 a.m. Al Hill, Quicksilver R.C., 6363 Firefly Dr., San Jose 95120. (408) 268-1683.

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

So. El Monte: San Gabriel River Sunset Health Run, 1 Mi., 5K & 10K, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Dimas: San Dimas 5K & 1 Mi., Civic Center (Walnut & Bonita), 7:30 a.m./5K, 8:30 a.m./1 Mi. Info: Mike Dotson (714) 592-4344.

Newport Harbor: Harbor Heritage Run, Distance TBA, Newport Harbor H.S., Time TBA. Info: Norma Edelhauser (714) 631-3026.

Manhattan Beach: Old Hometown 10K Run, 7:30 a.m. (No Raceday Reg.) Info: (310) 318-3885.

Redondo Beach: Hawaiian Cultural Arts Festival 5K & 1 Mi., Aviation Park, 8 a.m. Info: (310) 514-4623.

October 4 (Sunday):

San Francisco: Bridge to Bridge Run. 5K/12K. Ferry Bldg./Presidio, 9 a.m. Isabelle

Lemon, KNBR Radio, 55 Hawthorne, Suite 1100, San Francisco 94105 (415) 995-6868.

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

San Francisco: Alamo Alumni Run, 5 Mi., Golden Gate Park, 9 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

Palo Alto: Run for Your Heart 5/10K, Baylands Park (of Geng Rd. & Embarcadero), 9 a.m. The Final Results A.A., 460 Wisnom Ave., San Mateo 94401. (800) 491-8988.

Santa Cruz: Santa Cruz Sentinel Triathlon, 1 Mi. Swim, 23 Mi. Bike, 10K Run, 8 a.m. (Pre-reg. only). Alice Helmer, Sentinel Triathlon, P.O. Box 638, Santa Cruz 95061. (408) 423-4242.

So. El Monte: San Gabriel River Sunset Spring Run, 1 Mi., 5K & 10K, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

El Toro (Irvine): Run of the Runways, 5/10K & Half Marathon, Marine Corps Air Station, Time TBA. Run of the Runways, MCAS El Toro, Bldg. 75 (1 BH), Santa Ana 92709. (714) 726-2575.

October 9 (Friday):

So. El Monte: San Gabriel Sunset Run, 1 Mi., 5K & 10K, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

October 10 (Saturday):

Castro Valley: Fire Trails Fifty, 50 Mi., Lake Chabot Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (510) 530-6634.

Reno, NV: Tour of the Golden West Super-Marathon Run (full marathon each day, end-

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SCHEDULE

ing in San Francisco on 10/18), mostly trails. Looking for top runners to be competitive with top Europeans coming for event. Joe Oakes, 518 Outlook Dr., Los Altos 94024. (415) 941-6287.

Huntington Beach: Running is for the Birds, 10K and 5K, Pacific Coast Highway and Warner in Huntington Beach. Amigos de Bolsa Chica, P.O. Box 3748, Huntington Beach 92605. (714) 897-7003.

Berkeley: Strawberry Canyon Run, 5.5 Mi., Edwards Stadium (Oxford & Cross Campus Rd.), to Lawrence Hall of Science, 9 a.m. (800 limit). Lawrence Hall of Science, UC Berkeley, Berkeley 94720. (510) 642-5138.

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

Bakersfield: Great Grape Runs, Distance, Location & Time TBA: (805) 725-2209.

Seal Beach: Seal Beach Autumn Run, 10K, Time TBA. Info: (310) 431-2527.

So. El Monte: San Gabriel River Sunset Stream Run, 1 Mi., 5K & 10K, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: "Juan in a Million" Memorial 5K, Peccole Ranch, 8 a.m. Eileen Brown or Ed Preciado, 700 E. Charleston Blvd., Las Vegas, NV. 89104. (702) 385-1281.

October 11 (Sunday):

San Francisco: DSE Mission Rock Run, 3.5 Mi., 3rd St. & Mission Rock, 10 a.m. Info: (415) 978-0837.

San Francisco: Fleet Week Challenge 10K Bay Bridge Run, Fisherman's Wharf to Treasure Island, 7:45 a.m. (3500 limit). Fleet Week 10K, c/o Race Central, P.O. Box 828, Rialto 92377.

Danville: Primo's to Primo's Run for Education, 5K, 10K & Half Marathon, 7:30 a.m./H-M, 8 a.m. Carolyn Harley, 298 Hartz Ave., Danville 94526. (510) 838-8214.

Fremont: Coyote Hills Race, 7 Mi. & 3.5 Mi., Coyote Hills Regional Park, 10 a.m. David Zehnder, Newark Recr. Dept., 35501 Cedar Blvd., Newark 94560. (510) 745-1124.

Novato: Mt. Burdell Challenge, 5K & 10K, 351 San Andreas Dr., 9 a.m. Edda Stickle, 25 La Costa Ct., Novato 94947. (415) 897-6417.

Morgan Hill: Columbus Day Biathlon, 5 Mi.

Run & 15 Mi. Bike, Live Oak H.S. (1505 Main St.), 9 a.m. South Valley Tri Sprots Club, P.O. Box 1927, Morgan Hill 95037. (408) 778-1782, 778-6246.

Sacramento: Sacramento Zoo Zoom 5/10K (plus Kids' race) (PA/TAC Women's 5K Championships), William Land Park (back to zoo), 8 a.m. Sacramento Zoo, 3930 Westland Park Dr., Sacramento 95822. (916) 264-7444.

San Luis Obispo: Cuesta 50K Biathlon, 10K Run & 40K Bike, Cuesta College, 8 a.m. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403.

So. El Monte: San Gabriel River Sunset October Run, 1 Mi, 5K & 10K, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Coors Light Biathlon, Run/Bike/Run (Distances TBA), Sabre Springs Business Park, 7:30 a.m. Info: Ruthann Wood: (619) 441-7844.

October 16 (Friday):

So. El Monte: San Gabriel River Sunset Haze Run, 1 Mi., 5K & 10K, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

October 17 (Saturday):

Sacramento: Wenmat Classic, 5K & 10K and Kids' Race, Arden Bar (William Pond Park/American River Bike Trail), 8:30 a.m./Kids' 9 a.m. Wenmat, Inc., Michele Canny Giles, 5800 Winding Way, Carmichael 95608. (916) 481-5004.

Bakersfield: Police Memorial Runs, Distance, Location & Time TBA. Info: (805) 326-3885.

So. El Monte: San Gabriel River Sunset Hate Crime Run, 1 Mi., 5K & 10K. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

October 18 (Sunday):

Weott: Humboldt Redwoods Marathon & Half Marathon. Dyerville Bridge, Humboldt Redwoods State Park. 9 a.m. Six Rivers RC, Box 214, Arcata 95521. Karen Angel (707) 442-6463, 2-4 p.m. weekdays only.

San Francisco: DSE Presidio Gate Run 3.3 Mi. & Kids' Run, Little Marina Green, 9 a.m./Kids, 10 a.m. Info: (415) 978-0837.

Stanford: Theta Breakers 5K/10K, Stanford Stadium (Gate 2), 8 a.m. Rachel Toker, P.O. Box 11604, Stanford 94309. (415) 497-4697.

Palo Alto: Red Ribbon Run 8K, Burgess Park (Mielke & Laurel), 9 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Cupertino: Oxford's Eat & Run, 5K & 10K, DeAnza College, Time TBA. Diane Barrera, 1900 McCarthy, Milpitas 95035. (408) 435-1844.

Livermore: Mulberry Grape Escape 10K Run & 5K Walk, Wente Bros. Winery, 8:30 a.m. RhoodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Salinas: Salinas Skyclimb, 7.5 Mi. Toro Regional Park (Quail Meadow picnic area), 9 a.m. (8:30/Walk). Skip Latham, 105 Harvest St., Salinas 93901. (408) 424-6155.

Redwood City: BAOC Orienteering Meet, Distances & Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Ron Hudson: (415) 872-1858.

Ojai: Ojai Valley Run 'n Ride, 5 & 10K Runs, 15, 25 & 50 Mi. Bike Rides, 7 Mi. Mountain Bike Challenge, Lake Casitas, Time TBA. Ojai Valley Run 'n Ride, P.O. Box 284, Ojai 93024. (805) 646-6195.

So. El Monte: San Gabriel River Sunset Orange Run, 1 Mi., 5K & 10K, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Santa Monica: Sha'Area AM / The Santa Monica Synagogue Family Fun Walk. 12 noon. 1448 18th Street. 3 miles. (310) 453-4276 or (310) 828-4123.

Chula Vista: Arturo Barrios Invitational, 5K & 10K, Chula Vista Harbor, 7:30 a.m. Info: (619) 275-5440.

San Diego: Mission Bay Triathlon, Swim/Bike/Run (Distances TBA), Mission Bay, 7:30 a.m. Info: Ruthann Wood (619) 441-7844.

October 23 (Friday):

So. El Monte: San Gabriel River Sunset Cloud Run, 1 Mi., 5K & 10K, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

October 24 (Saturday):

Woodside: Kings Mountain Ascent, 10K & 14.2 Mi., Huddart Park (very hilly), 9 a.m.

SCHEDULE

Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

San Francisco: Golden Gate Park X-C Series, 4 Mi., Lindley Meadow (30th Ave. & JFK Dr.), 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

Martinez: BAOC Briones Orienteering Meet, Distances & Time TBA. Bay Area Orienteering Club, 3015 Holyhood Dr., Oakland 94611 (Mark Petersen (510) 215-7632).

Sacramento: Laguna Challenge Fun Run and Sports Medicine Fair. 5K & 10K. 1/2 mile kid's run. 9 a.m. 8:30/kids. Timberlake Way (off Hwy 99). Laguna Challenge Run, Methodist Hospital, 7500 Timberlake Way, Sacramento 95823 (916) 423-3000.

So. El Monte: San Gabriel River Morning Dip Run, 1 Mi., 5K & 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Alhambra: Moonlight 8K (includes Nat'l. TAC Women's 8K Championships) & Youth 1K Fun Run, 7 p.m./Women, 7:10 p.m./Open. City of Alhambra Moonlight 8K, 111 So. First St., Alhambra 91801. (818) 570-5044.

October 25 (Sunday):

San Francisco: DSE Land's End Run, 5K, Balboa Ave. & Great Hwy., 10 a.m. Info: (415) 978-0837.

San Francisco: Race for the Cure, 5K Run & 1 Mi. Walk, Golden Gate Park (Sharon Meadow - across from McLaren Lodge), 8:30 a.m. Esta Swig, 2300 - 16th St., San Francisco 94103. (415) 332-0881.

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

San Jose: Software Publishing Biathlon, 12 Mi., Bike & 5 Mi. Run, 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Bakersfield: Oktoberfest, Distance, Location & Time TBA. Info: (805) 326-4123.

Ventura: Twilight's Last Gleaming X-C Challenge, 4 Mi., Arroyo Verde Park, 5 p.m. Andrew Hecker, P.O. Box 7793, Ventura 93006. (805) 642-3879.

So. El Monte: San Gabriel River Sunset Sunday Run, 1 Mi., 5K & 10K, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Santa Ana: Monster Mash Dash, 2K & 5K, Main Place, Time TBA. Info: (714) 661-6062.

October 30 (Friday):

So. El Monte: San Gabriel River Sunset Light Run, 1 Mi., 5K & 10K, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

October 31 (Saturday):

Petaluma: Stride for Life 2 Mi. & 10K, Walnut Park, 8 a.m. Robert Brown, Petaluma Valley Hospital Fndn., 191 Lynch Creek Way, Suite 203, Petaluma 94954. (707) 778-7441.

Gilroy: Halloween III 5K/10K, Christmas Hill Park, 9 a.m./10K, 9:10- a.m./5K. Lynn Lockhart, 7664 Los Padres Ct., Gilroy 95020. (408) 842-4732.

Monterey: Challenge of Champions Sports Festival (2 days), cycling, mountain biking, 5K Run, duathlon, 10K mountain bike hill climb, downhill slalom events, Laguna Seca Raceway, Time TBA. GaleForce, Inc., 1517 Hawes Ct., Redwood City 94061. (415) 367-7797.

Santa Ana: Monster Mash Dash, 2K & 5K, Main Place, Time TBA. Info: (714) 661-6062.

Whittier: Whittier Village run for the YMCA, 5K & 10K, Whittier Hilton Hotel, 8 a.m. Info: Marilyn Grant (310) 943-7241.

So. El Monte: San Gabriel River Halloween Morning Run, 1 Mi., 5K & 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

November 1 (Sunday):

Weott: Humboldt Redwoods Marathon & Half Marathon. Dyerville Bridge, Humboldt Redwoods State Park. 9 a.m. Six Rivers RC, Box 214, Arcata 95521. Karen Angel (707) 442-6463, 2-4 p.m. weekdays only.

San Francisco: DSE Coit Tower Run, 3.0 Mi., Dolphin Club (502 Jefferson), 10 a.m. Info: (415) 978-0837.

San Francisco: San Francisco Waterfront 10 Mi. & 5K, Hyde & Jefferson, 8 a.m. S.F. Waterfront 10 Mile, c/o CCPM, 1210 Scott St., San Francisco 94115. (415) 563-3444, x535.

San Anselmo: Run for the Heaven's, 5K, 6.4 Mi. & Kids' Mile, San Domenico School, Time TBA. San Domenico School, 1500 But-

terfield Rd., San Anselmo 94960. (415) 258-1931.

Larkspur: Larkspur Recreation/Twin Cities Police D.A.R.E., 5 Mi. Run & 4 Mi. Walk, Piper Park (Doherty Dr.), 8:15 a.m./Walk, 8:30 a.m./Run. Larkspur Recreation Dept., 400 Magnolia Ave., Larkspur 94939. (415) 927-5031.

Pleasanton: Red Ribbon Teddy Bear Trot, 1 Mi. & 5K, Hopyard & Las Positas, 8:30 a.m. Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94566. (510) 847-9255.

Sonoma: Sonoma Heart & Sole Classic, 2 Mi. & 10K, Washington & Jackson Sts., 8:30 a.m. AHA, P.O. Box 1064, Twain Hartge 95383. (Sonoma Comm. Hospital) (209) 532-3161 x1016.

So. El Monte: San Gabriel River Sunset Tree Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Looking Ahead

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

Nov. 28 (Sat.). Kenosha, WI: TAC Junior and Senior Women & Men's National Cross Country Meet. UW-Parkside. Dr. Wayne E. Dannehl, US-Parkside Athletics, Box 2000, 900 Wood Rd., Kenosha, WI 53141-2000. (414) 595-2245.

Dec. 6 (Sun.). Folsom: California International Marathon, Folsom Dam to Capitol Bldg., 7 a.m. CIM/TAC, P.O. Box 161149, Sacramento 95816. (916) 983-4622.

Dec. 6 (Sun.). Anaheim: Anaheim Memorial Hospital Int'l. Marathon Relay, Anaheim Stadium, Time TBA. Info: Elite Racing (714) 548-4887.

Dec. 13 (Sun.). Honolulu, HI: Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Waiialae Ave., Rm. 208, Honolulu, HI 96816. (808) 734-7200.

Dec. 20 (Sun.). San Francisco: Christmas Relays, 4x4.464 Mi., Lake Merced (Sunset Blvd. Parking Lot), 9 a.m. Marc Lund, 1433 Norman Dr., Sunnyvale 94087.

THE ATHLETE'S KITCHEN

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



Nutrition Lessons from Elite Women Runners

MOST SPORTSACTIVE PEOPLE are fascinated by the nutrition practices of elite athletes. We worship these role models, fantasizing that if only we could eat the same foods, we'd become elite athletes too. Unfortunately, this is not the case; about 90% of athletic success relates to genetics. Plus -- believe it or not -- many elite athletes eat a suboptimal sports diet. (Just think how much better they could be with good nutrition...!)

Female athletes, in particular, struggle with nutrition concerns. Surveys suggest that 1) about one-third of female athletes struggle with food problems and 2) those women with suboptimal eating practices often stop menstruating regularly and consequently suffer significantly more stress fractures. These well-educated athletes undoubtedly know how to fuel-up with premium nutrition, but they don't. To help uncover some of the stumbling blocks that interfere with eating well, I surveyed the top women runners in the country. The following discussion about some of their nutrition concerns may help you (or your friends) resolve recurrent eating problems:

1. Don't try to weigh a certain number on the scale. Intellectually, you may know that weight varies according to how tall you are and your genetic physique. Yet, the reality may be that you strive to weigh less than some self-selected number on the scale, let's say 120 or 110 or even 100 pounds. Among these elite women who weighed on average 117 pounds, most wanted to weigh 114 pounds and race at 112, regardless if they were 66" or 64"! Unfortunately, there's a high nutritional cost for a 66" woman to weigh 112-114 pounds, given that 130 would be an appropriate (non-runner's) weight for that height. That nutritional cost is a greater tendency towards eating disorders, stress fractures and reduced performances. One can't help but wonder if these athletes would be more at peace with their weight if they had no access to a scale? If you, too, worship the Scale God, you might want to throw away the scale and simply tune in to your energy, strength, stamina -- not an arbitrary number.

2. The nutritional and psychological cost to being too thin is very draining. Athletes who strive for "the perfect weight" often spend more time and energy battling binges than improving performance. A difference of only 2-3 pounds can result in peace with food. These women, when originally surveyed in 1985, were plagued with food obsessions and eating disorders. When re-surveyed five years later, they were more at peace with food. They were all of 3 pounds heavier--but certainly 3 pounds healthier. Many commented they'd let go of trying to achieve inappropriate weight goals, were eating more normally and even enjoying treats with fat and sugar.

3. You can gain weight without getting fat. Everyone thinks that when the scale goes up, so does percent body fat. Not always the case. When an obese person gains three pounds, one of those pounds is muscle. When a very lean athlete gains weight, the weight gain is likely more muscle than fat. Of these very lean women who had reported gaining weight, at least one-quarter perceived the weight gain as primarily muscle. Remember that muscles improve your athletic performance; they are a help, not a hindrance.

4. Regular menstrual periods are a sign of good nutritional status. Athletic amenorrhea is commonly related to nutritional problems such as eating disorders, inadequate calories and too little protein. Athletic amenorrhea often is not related to being too thin, but rather to the cost of being too thin--i.e., suboptimal nutrition and restrictive dieting. One-third of these elite athletes reported improved menstrual patterns in 1990 as compared to the original survey. This is a sign of improved nutrition--and corresponds nicely with their reported three pound gain in health. If you are a woman who has stopped menstruating regularly, note that you don't have to "get fat" in order to menstruate regularly -- but you do have to eat an appropriate amount of protein and calories.

5. Amenorrhea and stress fractures go hand-in-hand. The hormones that contribute to regular menstruation also maintain bone density. Consequently, amenorrheic athletes tend to have weaker bones and more stress fractures. More than half of the amenorrheic runners reported stress fractures between 1985-1990, as compared to only 25% of the women with regular menstrual periods. The runners with stress fractures also reported more eating concerns (anorexia, bulimia, laxative abuse, etc.) than those without fractures. The questions arise: is being "perfectly thin" worth the price of amenorrhea and stress fractures? How can you be a top athlete if you are injured? Wouldn't lean, fit and healthy be a better goal than sleek, slender and syphilike?

6. The lightest athlete is not always the fastest athlete. The lightest runner may simply be struggling with food problems and restrictive diets that prevent her from being the healthiest and best fueled runner. In this survey, the (well-nourished) runners with regular menstrual periods tended to run faster times than the (poorly nourished) amenorrheic women: a 40 second faster 10K and a five minute faster marathon. Although both regularly menstruating and amenorrheic runners weighed 117 lbs, the amenorrheics were one inch taller, hence relatively lighter than the regularly menstruating runners. Again, lean, fit and healthy is a better goal than thin at any price. You are more likely to win with good nutrition than a perfect weight.

Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, develops personal eating programs that help athletes win with good nutrition. Her popular Nancy Clark's Sports Nutrition Guidebook offers additional advice. It is available by asking at your local bookstore or by sending \$16.50 to NESF, P.O. Box 252, Boston 02113.

RESULTS

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

Santa Monica Distance Classic

May 22, 23, Santa Monica College.
Men's Results - Friday's Events

800m: (Heat 1): 1. Ward (Navy) 1:48.74, 2. Howard (Nike West) 1:49.03, 3. Vincent (Unat) 1:49.67, 4. Kelly (Unat) 1:50.44, 5. Choukii (Morocco) 1:50.81. **(Heat 2):** 1. McBride (CS Bakersfield) 1:48.46, 2. Tamblin (Berkeley Int'l) 1:48.74, 3. Kurgat (Kenya) 1:49.21, 4. Kastor (Track West) 1:49.32. **1500m: (Heat 1):** 1. Smith (Nike West) 3:38.76, 2. Mathias (Canada) 3:39.61, 3. Bertoia (Canada) 3:40.03, 4. Radie (Nike Atlantic Cst) 3:41.05, 5. McKeon (Nike Atlantic Cst) 3:41.65, 6. Kendall (NYAC) 3:41.86, 7. Slowikowski (Reebok Illinois) 3:41.97, 8. Belcourt (Unat) 3:42.4, 9. Jackson (Reebok Int'l) 3:44.9. **(Heat 2):** 1. Marsala (NYAC) 3:37.46, 2. Atkinson (Footlocker) 3:37.72, 3. Frerker (Goldwin) 3:37.85, 4. Dailey (NYAC) 3:38.37, 5. Burke (NYAC) 3:38.82, 6. Scott (Asics) 3:39.52, 7. Freer (Fresno St. TC) 3:40.08, 8. Ave (Nike North) 3:40.56, 9. Cushing-Murray (SMTTC) 3:40.7. **5000m:** 1. Martin (Nike) 13:39.06, 2. Porter (Mizuno) 13:43.10, 3. Ansberry (Winds Christian TC) 13:43.24, 4. Stone (Hoy's Sports) 13:45.10, 5. Westphal (Loyola-Chicago) 13:45.52, 6. Junkermann (Gardena Reebok) 13:45.74, 7. Amexcua (Mexico) 13:54.86, 8. Harrison (Athletics Wichita) 13:56.79, 9. Van-nieuwenhure (Athletics Wichita) 14:06.16. **10,000m:** 1. Schille (Nike Boston) 29:07.6, 2. Valesaquez (Unat) 29:19.0, 3. Tawawina (Mizuno) 29:21.1, 4. Caldwell (Strapped Jock Racing) 29:22.2, 5. Nitti (SMTTC) 29:46.13, 6. Reina (Run Texas) 29:49.27, 7. Donohoe (UNC Charlotte) 29:59.39.

Women's Results - Friday's Events
800m: 1. Rainey (Nike Boston) 2:01.82, 2. Brooker (AIA) 2:04.22, 3. Arreola (Nike Cst) 2:04.94, 4. Jenkins (Reebok) 2:05.11, 5. Manfredi (Sacto TC) 2:05.14, 6. Zaleski (Nike Cst) 2:06.02. **1500m:** 1. Jacobs (Unat) 4:08.11, 2. Wysocki (Nike Cst) 4:11.04, 3. St. Geme (Asics) 4:11.72, 4. Marshall (Unat) 4:12.46, 5. Groenendaal (SMTTC) 4:12.82, 6. P. Plumer (Nike Cst) 4:14.56, 7. Franey (Reebok Massachusetts) 4:14.78, 8. Pells (Canada) 4:14.87, 9. DiMuro (Reebok Massachusetts) 4:15.65, 10. Martell (Reebok Aggies) 4:15.9. **3000m:** 1. Painter (Nike Texas) 9:00.13, 2. Ten Bessel (Unat) 9:03.82, 3. Keiler (Impalas) 9:11.18, 4. Betanocourt (Mexico) 9:12.44, 5. Birk (Reebok) 9:16.24, 6. Rabbitt (Nike Cst) 9:22.11, 7. Roybal (Unat) 9:27.07, 8. Kanes (Unat) 9:30.06. **10,000m:** 1. Ettie (Unat) 33:25.85, 2. Han (Unat) 33:32.12, 3. Boyd (Kiwis TC) 33:43.74, 4. Dunsmuir (SMTTC) 33:45.72, 5. Martinez (Mexico) 34:09.15, 6. Booth (Reebok) 34:15.42, 7. Geis (Baylor) 34:17.10, 8. Stiger (Reebok Aggies) 34:23.77, 9. Reneke (Unat) 34:26.10, 10. Scott (Unat) 34:29.60.

Division Results - Men's Saturday's Events
800m: (Heat 1): 1. Kastor (Track West) 1:49.58, 2. Amendt (Fresno St) 1:50.07, 3. Olson (Humboldt St) 1:50.81. **5000m:**

1. Polonski (Texas) 14:19.68, 2. O'Hara (AIA) 14:21.65, 3. Kimple (Reebok Aggies) 14:26.53.

Division Results - Women's Saturday's Events
800m: 1. Marshall (Unat) 2:02.44, 2. Wysocki (Nike Cst) 2:02.83, 3. Groenendaal (SMTTC) 2:02.91, 4. Bayles (Oregon Int'l) 2:04.43. **5000m:** 1. Russell (Mt. West) 15:48.55, 2. Schuumanns (Mt. West) 15:49.86, 3. Ayala-Trancoso (Nike Texas) 15:57.79, 4. Roybal (Nosotros) 16:20.78, 5. Drossin (Arkansas) 16:21.57, 6. Luevano (SMTTC) 16:26.08, 7. Rabbitt (Nike Cst) 16:26.84, 8. Nicholas (Unat) 16:38.31, 9. Byrne (Arkansas) 16:43.76, 10. Goodrich (UCI) 16:48.91.



JANICE ETTLE

Photo by Richard Lee Slotkin

Humpday Run and Roll

May 20, Davis. 5K & 10K.

Division Results - Men's 5K Run
Overall Winners: 1. Jonathan Brooks 15:26, 2. Scott Erba 16:06, 3. Bill Raitter 16:09. **16-19:** 1. Brian Cullison 19:26, 2. Joshua Houck 22:19. **20-29:** 1. Jonathan Brooks 15:26, 2. Scott Erba 16:06, 3. Bill Raitter 16:09. **30-39:** 1. Run Richardson 16:16, 2. Tim Williams 16:18, 3. Brian Os-mann 16:48. **40-49:** 1. Richard Sonne 16:51, 2. Del Barbray 17:32, 3. Jim Harrison 18:32. **50-59:** 1. Robin Ward 20:39, 2. Carl Miguel 23:18, 3. Mayo Jack 23:55. **60-69:** 1. Vic Lyons 26:09.

Division Results - Women's 5K Run

Overall Winners: 1. Jeannie Urness 17:01, 2. Barbara Hood 19:25, 3. Ann Motekaitis 19:35. **16-19:** 1. Anne Goodchild 26:16, 2. Manel Kappagoda 26:59. **20-29:** 1. Janet Millemann 20:07, 2. Sheri Leona 20:30, 3. Cathy Donaldson 21:58. **30-39:** 1. Jeannie Urness 17:01, 2. Barbara Hood 19:25, 3. Ann Motekaitis 19:35. **40-49:** 1. Rosemary Fajen 23:39, 2. Bobbie Sliskevics 24:33, 3. Renee Trumbull 24:54. **50-59:** 1. Sue Bucholz 26:34. **60-69:** 1. Jean Lafever 28:51.

Division Results - Men's 10K Roll
Overall Winners: 1. Seven Carr 17:51, 2. Eddy Matzger 17:52, 3. Anthony Mazzel 17:58. **15 & Under:** 1. Jamie Holderman 19:11, 2. Sean Welch 24:28, 3. Marty Arguello 26:26. **16-19:** 1. Anthony Mazzel 17:58, 2. Mike Riddle 18:26, 3. Jason Stumbo 19:10. **20-29:** 1. Seven Carr 17:51, 2. Eddy Matzger 17:52, 3. Martin Nutter 19:16. **30-39:** 1. Glen Winkel 18:27, 2. Chris Dominguez 18:28, 3. Jay Griffith 19:06. **40-49:** 1. Bryce Robinson 23:57, 2. David Fajen 32:35. **50-59:** 1. Mel Ryan-Roberts 25:29. **60-69:** 1. Vic Lyons 35:20.

Division Results - Women's 10K Roll
Overall Winners: 1. Heather Lacayo 19:07, 2. Becki Moranville 21:19, 3. Tony Stewart 21:40. **15 & Under:** 1. Kelly Lauritzen 22:42, 2. Erin McPeck 22:43, 3. Kathleen Stumbo 26:26. **16-19:** 1. Becki Moranville 21:19, 2. Jacqueline Hurt 28:12. **20-29:** 1. Heather Lacayo 19:07, 2. Tony Farrell 21:31, 3. Carrie Medved 22:51. **30-39:** 1. Betsy Firebaugh 21:59, 2. Lynn Freaney 33:13. **40-49:** 1. Donna Shelton 21:42, 2. Sarah Ryan-Roberts 30:39, 3. Rosemary Fajen 34:24.

Bonita Road Runners Races

May 23, Bonita. 5K & 10K.

Division Results - Men's 5K
12 & Under: 1. Adam Johnston 30:20. **13-17:** 1. Julio Bobrowski 16:09, 2. Daniel O'Connor 16:14, 3. Mark Salisbury 18:08. **18-24:** 1. Hector Hernandez 16:02, 2. Louis Hernandez 17:26, 3. Scott Kirner 17:44. **25-29:** 1. Matt Clayton 14:35, 2. Martin Padget 15:40, 3. Jim Stevens 15:49. **30-34:** 1. Ralph Havens 15:53, 2. Tim Clemente 16:47, 3. Yogi DeLeon 16:50. **35-39:** 1. Eddie Goldberg 15:33, 2. Thornton Fletcher 15:53, 3. Frank Whittemore 16:21. **40-44:** 1. Jonathan Haberkern 16:46, 2. Don Irvine 16:48, 3. Berek Fiszlewicz 17:26. **45-49:** 1. Lee Spadome 17:55, 2. Ed Garrity 18:15, 3. Terry Dockery 18:26. **50-54:** 1. Dan McCaskill 17:20, 2. Ed Donoghue 17:46, 3. Gary Riley 18:13. **55-59:** 1. Ron Morgan 19:04, 2. John Terrell 20:22, 3. Reed Langlois 30:06. **60-69:** 1. Dan Dalton 20:35, 2. Charles Kachadoor 20:52, 3. Harry Cromer

23:12. **70 & Over:** 1. Lou Rocha 27:22, 2. Lowell Tozer 29:09, 3. Paul Bernd 36:29.

Division Results - Women's 5K
12 & Under: 1. Salina Diaz 20:44, 2. Laurie O'Connor 24:41, 3. Melissa Patch 29:12. **13-17:** 1. Sarah Granger 20:33, 2. Liana Wright 23:24, 3. Julia Berggren 34:54. **18-24:** 1. Lan Clayton 17:57, 2. Linn Damon 21:49, 3. Rachel Garcia 23:52. **25-29:** 1. Valerie Hoelsing 18:24, 2. Sheila Kealey 19:12, 3. Tracey Harvey 21:35. **30-34:** 1. Janet Christenson 18:50, 2. Diane Lopez 22:43, 3. Virma Ninde 27:54. **35-39:** 1. Kimberlie Campo 17:27, 2. Andrea Lamb 18:33, 3. Donagh Bruni 18:37. **40-44:** 1. Cindy Cohagen 19:47, 2. Kerry Tabler 20:21, 3. Patti Tuffley 20:40. **45-49:** 1. Judy Bruce 22:53, 2. Nancy Elliott 23:07, 3. Linda Gorman 27:02. **50-54:** 1. Eileen Pue 20:14, 2. Kathy Loper 20:47, 3. Carol Jones 23:53. **55-59:** 1. Tami Graf 22:28, 2. Dorothy Stock 23:27, 3. Martha Walker 24:04.

Division Results - Men's 10K
13-17: 1. Jesus Marquez 43:49. **18-24:** 1. Joe Williams 37:02, 2. Pablo Pena 37:59, 3. Nicholas Robertson 45:21. **25-29:** 1. Bob Santos 33:48, 2. Andy Thacher 35:29, 3. Kyle Billings 36:05. **30-34:** 1. Alan Scharsu 31:37, 2. Thomas Pipkin 35:44, 3. David Hatfield 36:02. **35-39:** 1. Bob Hawker 34:05, 2. Kim Ullie 34:38, 3. Doug Smead 37:20. **40-44:** 1. Bob Baird 33:50, 2. Jan Kafka 36:36, 3. Richard Saltzman 36:52. **45-49:** 1. Gerald Repholz 40:40, 2. Bob Mackel 41:49, 3. John Ellis 42:26. **50-54:** 1. Hans Dieben 38:42, 2. Oscar Lumpkin 39:11, 3. Gerald Smith 43:10. **55-59:** 1. Frank Ferrone 42:57, 2. Bud Davis 44:29, 3. Raymond Parra 45:30. **60-69:** 1. Dick Robinson 42:40, 2. Bill Daniels 57:43. **Clydes:** 1. Paul Beckhart 44:07, 2. Ken Peterson 44:50, 3. Shawn Larkin 45:31.

Division Results - Women's 10K
18-24: 1. Missy Messmore 46:07, 2. Candy O'Campo 48:14, 3. Wendy Babione 51:32. **25-29:** 1. Janice Riedel 37:22, 2. Valerie Hoelsing 39:06, 3. Teresa Rincon 56:14. **30-34:** 1. Debbie Chadock 39:38, 2. Nancy Peinado 43:26, 3. Judy Knecht 47:22. **35-39:** 1. Maria Fernandez 42:42, 2. Nancy Hatfield 44:39, 3. Jane Clark 46:10. **40-44:** 1. Sandra Marshall 40:14, 2. Cindy Cohagen 42:35, 3. Beverly Clendenning 42:56. **45-49:** 1. Judy Bruce 50:41. **50-54:** 1. Ursula Rains 46:45. **55-59:** 1. Tami Graf 50:13. **60-69:** 1. Chris Cromer 54:53.

Mushroom Mardi Gras Runs

May 23, Morgan Hill. 10K & 2 Mile.
Division Results - Men's 10K
18 & Under: 1. Phillip Gueva 36:09, 2. Alan Stuker 36:54, 3. Jeremy Kitchen 37:37. **19-**

RESULTS

39: 1. Bret Hyde 30:54, 2. Dan Stefanisko 31:26, 3. Dan Tuson 31:34. **40-59:** 1. Jose Garcia 34:13, 2. Gary Galloway 36:35, 3. Jim House 36:47. **60 & Over:** 1. Dick Yaeger 47:20, 2. Dion Dow 47:36, 3. Bill Dunn 51:09.

Division Results - Women's 10K
18 & Under: 1. Maya Urban 46:42, 19-39: 1. Barbara Snyder 38:19, 2. Karen Ferguson 40:40, 3. Kim Edmunds 41:11. **40-59:** 1. Elisa Kinden 45:11, 2. Karen Yinger 46:55, 3. Linda LaForet 49:18.

Division Results - Boys 2 Mile
12 & Under: 1. Alex Hill 15:24.4, 2. Joshua Christopher 15:43.2, 3. Aguilar Baldomero 16:00.2. **13-18:** 1. Justin Christopher 10:45.4, 2. Esteban Garcia 10:52.4, 3. Brad Ciraulo 11:14.2. **19 & Over:** 1. David Drew 9:53.3, 2. Stephen Bird 10:31.5, 3. Alvaro Munoz 12:03.6.

Division Results - Girls 2 Mile
12 & Under: 1. Tonita Aguilar 18:05.6, 2. Amy Fogerson 20:47.8, 3. Michelle Anglin 23:09.2. **13-18:** 1. Daniela Garcia 13:10.4, 2. Elena Garcia 13:43.9, 3. Christal Meneley 17:32.4. **19 & Over:** 1. Carolyn McLeod 17:04.8, 2. Christine Ash 17:26.2, 3. Sandy Fuller 17:45.4.

Potter Valley Festival Run

May 23. Potter Valley. 5K & 10K.

Overall Results - 10K
 1. Garry Scott (15-29) 30:28, 2. Jerry Drew (35-40) 31:58, 3. Joe Tumbon (15-29) 33:14, 4. Andy Jimenez (15-29) 35:17, 5. Luke Frey (35-40) 36:15.

Overall Results - 5K
 1. Michael Williams (30-45) 15:33, 2. Roberto Oleo (15-29) 17:19, 3. Jim Longwith (46 & Over) 17:30, 4. Mike Long (15-29) 18:13, 5. Andy Jensen (46 & Over) 18:27, 6. Peter Kirsh (14 & Under) 18:50, 7. Dexter Keehn (30-45) 19:15, 8. Liz Black (30-45) 19:27, 9. David Baird (30-45) 19:45, 10. Tony Arreguin (30-45) 19:50.

Overall Results - 2K Walk
 1. Mike Harris (46 & Over) 11:09, 2. Shannon Springer (14 & U) 13:28, 3. Emily Desmond (14 & U) 13:29, 4. Robin Springer (14 & U) 13:30, 5. Alexis Silva-Doyle (14 & U) 13:33.

Gold Medal Triathlon

May 23. Vacaville. (1/2 Mi. Swim, 10-12 Mi Bike, 3.6 Mi. Run)

Overall Results
 1. Dan Ordoins (28) 1:03:26, 2. Chris Ward (33) 1:03:54, 3. Mark Loos (26) 1:05:52, 4. Dough Denny (25) 1:06:32, 5. Steve McCan (26) 1:08:37, 6. Andreas Kalt (23) 1:08:53, 7. William Fried (32) 1:08:53, 8. Peter Sharkey (35) 1:09:22, 9. Scott Shea (21) 1:09:43, 10. Brian Timmerman (21) 1:09:45.

11. Susie Blake (26) 1:09:54, 12. Dennis Good 1:10:15, 13. Dan Stanley (27) 1:11:23, 14. Tarry Longeman (32) 1:11:53, 15. Richard Herms (33) 1:12:22, 16. Jill Wright (31) 1:12:42, 17. Robin Castellino

(26) 1:13:20, 18. Gordon Gould (48) 1:13:31, 19. Cyndi Westerbeck (31) 1:14:00, 20. Tod Meinke (26) 1:14:18.

Fiesta Days Runs

May 25. La Canada. 5K & 10K.

Division Results - Men's 5K
10 & Under: 1. Tim Ramirez 20:26, 2. Ian Ely 21:36, 3. Travis Ostrom 21:56, 11-14: 1. Jackson Getskow 18:01, 2. Gregory Sudbury 18:13, 3. Steven Wade 18:52. **15-19:** 1. Eric Seoane 16:39, 2. Adam Loo 17:34, 3. Terry Ghiselli 17:49. **20-24:** 1. Michael Conover 15:19, 2. Chris Tamay 19:14, 3. Brian Allen 20:48. **25-29:** 1. Arthur Van Veen 15:44, 2. Rich Dissy 15:47, 3. Johnny Camacho 16:00. **30-34:** 1. Rodrigo Casas 16:37, 2. Nick Trozzi 18:50, 3. Pat Dahlson 20:21. **35-39:** 1. Fred Vartanian 17:41, 2. John Fisanotti 19:16, 3. Abel Contreras 19:47. **40-44:** 1. James Sackett 17:02, 2. Luis Corona 18:26, 3. Stan Rosenfield 19:41. **45-49:** 1. Steve Crouch 16:39, 2. Jack Getskow 17:44, 3. Paul Akiyama 19:06. **50-54:** 1. Lee Baca 17:24, 2. Tom Boomer 21:10, 3. Sten Thordarson 22:22. **55-59:** 1. Roger Bartlett 19:24, 2. Ben Bernal 20:35, 3. William O'Donnell 20:43. **60-69:** 1. Robert Culling 19:19, 2. Larry Banuelos 19:47, 3. Bob Vitage 21:33. **70-79:** 1. Bill Dietrich 26:19, 2. Jack Kohli 32:47. **80-89:** 1. Dean Scofield 33:57.

Division Results - Women's 5K
10 & Under: 1. Laurie Ramirez 20:07, 2. Megan McGowan 20:55, 3. Jaime Coates 23:54. **11-14:** 1. Steeanie Woodmansee 19:39, 2. Marie Koscki 20:41, 3. Mary Christopher 22:48. **15-19:** 1. Sarah MacDougall 19:38, 2. Michelle Zaya 21:59, 3. Susannah Bock 25:27. **20-24:** 1. Candy Robledo 21:51, 2. Stephanie Holcomb 25:10, 3. Lisa Sheehy 27:55. **25-29:** 1. Lynn Meyer 19:33, 2. Amanda Nowakowski 20:22, 3. Kathy Najera 22:24. **30-34:** 1. Erin Ellis 21:46, 2. Allison Gorney 23:15, 3. Zdenka Svitek 23:22. **35-39:** 1. Susan Lucibello 22:08, 2. Vicki Chesbro 22:31, 3. Ginger Reynolds 23:11. **40-44:** 1. Claudia Morales 21:14, 2. Ruth Coates 22:32, 3. Beatrice Luna 24:55. **45-49:** 1. Yoko Eichel 20:40, 2. Mary Knudson 24:05, 3. Anna Phipps 24:58. **50-54:** 1. Hannelore Nese 24:50, 2. Carol Forster 26:04, 3. Nancy Green 27:08. **55-59:** 1. Mayreen Boyer 31:49, 2. Mary Plazony 32:42, 3. June MacArthur 33:33. **60-69:** 1. Norma Surmon 28:22, 2. Leonor Flores 30:18, 3. Anna Griffith 36:49. **70-79:** 1. Virginia Merrel 44:42, 2. Celeste Gage 47:43, 3. Mary Hewson 48:15.

Division Results - Men's 10K
10 & Under: 1. Aaron Druckman 46:25, 2. Hudson Gossard 55:55, 11-14: 1. George Lyons 48:06, 2. Chris Wadaams 57:34, 3. Chaz Wadhams 1:01:42. **15-19:** 1. Santos Arevalo 38:47, 2. David Tuckman 41:38, 3. Marshall Bartlett 41:41. **20-24:** 1. Teruo Shimoda 36:20, 2. Tony Chavir 36:54, 3. Ken Klewicki 39:27. **25-29:** 1. George Juarez 32:25, 2. Christopher Russo 32:47, 3. Andy Dunn 33:15. **30-34:** 1. Frank Gonzalez 33:46, 2. David Fisher 35:55, 3. Eddie Lopez

36:15. **35-39:** 1. Castro Emique 34:09, 2. Leroy Sena 37:17, 3. Mike McCauley 37:23. **40-44:** 1. Pete Rodriguez 38:24, 2. Mike Rouhas 39:59, 3. Bill Read 40:38. **45-49:** 1. Don Gillman 36:38, 2. Michael Stark 37:25, 3. Victor Salivar 37:46. **50-54:** 1. Ramon Cuevas 38:01, 2. Mauro Rodriguez 38:31, 3. Cecil Smith 38:51. **55-59:** 1. Ray Prizgintas 41:38, 2. Frank Vasquez 42:27, 3. Jack Brown 44:58. **60-69:** 1. Bob Koch 44:33, 2. Don Valentine 47:28, 3. Richard Horn 48:14. **70-79:** 1. George Feinstein 56:26, 2. Norman Rhinehart 58:58, 3. Charles Burton 1:08:56.

Division Results - Women's 10K
10 & Under: 1. Allison Woodmansee 48:58, 2. Naiomi Chromoy 1:29:36, 15-19: 1. Telma Ghazarian 45:45. **20-24:** 1. Torie Pleasant 38:27, 2. Liliana Mendoza 39:01, 3. Shelly Stover 48:29. **25-29:** 1. Kathy Najera 33:03, 2. Donna Cespon 46:48, 3. Lori Dunn 50:22. **30-34:** 1. Mary Button 37:10, 2. Marie Romero 41:05, 3. Beverly Buss 41:30. **35-39:** 1. Cara Stephens 42:42, 2. Janet Crouch 45:13, 3. Jackie Henneberg 46:50. **40-44:** 1. Sharon McGee 43:43, 2. Linda Bagley 44:02, 3. Pat Disterhoff 49:52. **45-49:** 1. Chris Zygjelbaun 46:35, 2. Julie Lister 46:58, 3. Maria Rodriguez 48:48. **50-54:** 1. Alma Paige 47:44, 2. Sandy Pirkle 52:58, 3. Raquel Magana 53:30. **55-59:** 1. Irene Olberz 44:07.

Grass Valley Memorial Runs/Walk

May 25. Grass Valley. 6K Run & 3K Walk.

Division Results - Men
Overall Winners: 1. Curt Feenstra 28:34, 2. Aaron Bell 29:22, 3. Kitt Flynn 29:32. **13 & Under:** 1. Daniel Getten 45:47. **14-18:** 1. Aaron Bell 29:22, 2. Ryan Piner 32:54, 3. Brian Chiara 36:25. **19-29:** 1. Parker Piner 29:54, 2. Michael Taylor 30:02, 3. Doug Nelson 31:17. **30-39:** 1. Kitt Flynn 29:32, 2. Nelson Cobb 30:05, 3. Brent Cushmanbery 30:22. **40-49:** 1. Harry Ammon 29:42, 2. Brian Peterson 29:58, 3. Phil Storms 30:18. **50-59:** 1. David Ragsdale 33:06, 2. Bruce Piner 34:46, 3. John Ball 36:55. **60-69:** 1. Don Bradford 37:17, 2. Bob Burns 41:11, 3. Jim Sutton 49:23. **70 & Over:** 1. Hugh Mills 53:42.

Division Results - Women
Overall Winners: 1. Vickie Pell 33:49, 2. Tami Papapetru 36:54, 3. Anne Marie Collins 37:39. **13 & Under:** 1. Kristie Williams 40:03. **14-18:** 1. Christina Fahlen 41:02. **19-29:** 1. Raquel Ogle 38:29, 2. Tera Tinsley 38:36, 3. Cyndie Tucker 42:52. **30-39:** 1. Tami Papapetru 36:54, 2. Anne Marie Collins 37:39, 3. Laurie Piner 38:34. **40-49:** 1. Sue Jones 45:41, 2. Nadene Slay 46:14, 3. Patricia Erb 47:53. **50-59:** 1. Lynne Hurrell 42:56, 2. Charlene Chehock 58:42.

Pacific Sun Runs

May 25. Kentfield. 10K & 2.5 Mi.

Division Results - Men's 2.5 Mile
Overall Winners: 1. Doug McConnell

12:33, 2. Martin Smith 12:36, 3. Don Strong 13:21. **5-12:** 1. James Nielsen 14:59, 2. Seth Braselton 15:15, 3. Brian Rogers 15:30. **13-15:** 1. Miguel Almaguer 15:26, 2. Colin Schreck 16:09, 3. Anthony Van Nolte 16:17. **16-18:** 1. John Rosen 13:34, 2. Jesse Hasamati 14:07, 3. Sean Sullivan 14:53. **19-29:** 1. Doug McConnell 12:33, 2. Martin Smith 12:36, 3. Don Strong 13:21. **30-39:** 1. Richard Easton 14:02, 2. Sam Williams 15:16, 3. Paul Iannucci 15:31. **40-49:** 1. Searcy Barnett 14:01, 2. Robert Sakai 14:32, 3. Charles



ALAN DEHLINGER-10K

Photo by Gene Cohn Productions

Lawson 14:49. **50-59:** 1. Steve Aikenhead 15:31, 2. Bob Guenther 15:58, 3. Jack Bray 16:36. **60-69:** 1. Don Newark 22:51, 70 & Over: 1. Arie Elderkamp 21:27, 2. Patrick Vaughan 33:00.

Division Results - Women's 2.5 Mile
Overall Winners: 1. Laura Bruess 14:06, 2. Honor Fetherston 14:30, 3. Christine Hamilton 15:09. **5-12:** 1. Allyson Marquand 18:53, 2. Petra Ward 18:53, 3. Jennie Dito 20:43. **13-15:** 1. Shauna Anderson 19:19, 2. Jamie Jacobsen 20:04, 3. Katie Easley 20:48. **16-18:** 1. Tammy Parnell 28:21, 2. Amy Carter 32:49. **19-29:** 1. Christine Hamilton 15:02, 2. Stephanie Green 15:20, 3. Karen Smidt 15:47. **30-39:** 1. Laura Bruess 14:06, 2. Honor Fetherston 14:30, 3. Karen Locke 16:16. **40-49:** 1. Alurie Arnold 16:09, 2. Deborah Gellermann 18:20, 3. Danielle Cane 19:15. **50-59:** 1. Nadine O'Connor 17:23, 2. Sybil Byrnes 24:49, 3. Mary Lou Hirschfield 25:30. **60-69:** 1. Ruth Levitan 25:57, 2. Frances Bradford 27:14, 3. Suzanne Kimpton 30:16. **70 & Over:** 1. Agnes Minkiewicz 30:15.

Division Results - Men's 10K
Overall Winners: 1. Alan Dehlinger 30:06, 2. Mike Spencer 30:08, 3. Dan Aldridge 30:16. **5-12:** 1. Johnny Pizzo 42:39, 2. Jeff Huber 52:15, 3. Connor McCarthy 59:41. **13-18:** 1. Jonathan Genant 36:06, 2. Chris Sacks 37:43, 3. Lance Scofield 38:41. **19-29:** 1. Mike Spencer 30:08, 2. Mike McManus 30:23, 3. Rob Lee 30:31. **30-34:** 1. Alan Dehlinger 30:06, 2. Jose Aispuro 30:25, 3. Dan Grimes 30:29. **35-39:** 1. Dan Aldridge 30:16, 2. Dennis Kurtis 31:35, 3. Lloyd McDonald 32:26. **40 & Over:** 1. James Mil-

RESULTS

ton 32:02, 2. Denis O'Halloran 32:10, 3. James Tracy 32:24.

Division Results - Women's 10K

Overall Winners: 1. Christine Kennedy 35:03, 2. Jennifer Thatcher 35:07, 3. Jeanne Urness 36:01, 5-12: 1. Rachel Samet 1:10:02, 2. Erica Fries 1:11:40, 3. Elizabeth Samet 1:38:00, 13-18: 1. Monica Rutledge 41:51, 2. Theresa McCarthy 44:22, 3. Michelle Butte 44:36, 19-29: 1. Jennifer Thatcher 35:07, 2. Lisbet Engberg 36:20, 3. Betsy Swan 36:32, 30-34: 1. Jeannie Urness 36:01, 2. Theresa McCourt 37:02, 3. Donna Okino 37:07, 35-39: 1. Christine Kennedy 35:03, 2. Linda Janelli 36:11, 3. Bev Marx 37:26, 40 & Over: 1. Joan Ottaway 36:48, 2. Sharlet Gilbert 37:06, 3. Christine Patterson 38:21.

Miniman Triathlon

May 25, Pinole.

Division Results - Men

14 & Under: 1. Brian Neesham 47:26, 2. David Weitin 48:59, 3. Christopher Bryant 51:43, 15-19: 1. Robert Hoas 44:13, 2. Derrick Olson 47:33, 3. Brent Holloway 47:43, 20-29: 1. Ernesto Paulino 32:17, 2. Dan Ordoin 34:20, 3. John Tyksinski 36:50, 30-39: 1. Chuck Tshil 39:26, 2. Duane Franks 36:50, 3. Derek Kneae 40:43, 40-49: 1. Steve Worthy 40:39, 2. Jack Sorensen 41:31, 3. Dennis Imada 43:11, 50-59: 1. Jack Riley 49:38, 60-69: 1. Arnold DeLaRosa 50:35, 2. Wallace Rapozo 57:43, 3. Vic Lyons 1:07:09.

Division Results - Women

20-29: 1. Evelyn Dombrowski 43:59, 2. Gail Rusin 45:54, 3. Hillary Bryant 47:57, 30-39: 1. Stella Marquez 45:43, 2. Ruby Gama 49:50, 3. Sandra Kramer 51:14, 40-49: 1. Lionel Parisi 54:14, 2. Grace Peters 1:01:44, 3. Carolyn Robinson 1:01:52, 50-59: 1. Mary Waltz 1:04:18, 2. Jeanne Allison 1:15:45, 3. Diane Bromstead 1:16:56.

Aptos Marathon

May 30, Aptos, Mara. Half, 10K.

Overall Results - 10K Run & Stride

1. Nick Nickols (32) 34:27, 2. Mark Castillo (26) 37:46, 3. Brenda Williams (28) 38:34, 4. Gustavo Baez (24) 40:34, 5. Stacy White (31) 40:51, 13. Tony Russo (47) 42:21, 19. Maureen Little (40) 46:19, 22. Jim Keenan (50) 47:19, 36. Kathryn Walters (58) 1:06:05.

Overall Results - Half Marathon

1. Bill John (28) 1:29:56, 2. Ken Cincinelli (26) 1:31:15, 3. David Kaplan (28) 1:40:48, 4. Dennis Hartley (53) 1:40:48, 5. Todd Anderson (33) 1:41:41, 7. Bill Frey (40) 1:44:01, 12. Tunia Trombetta (39) 1:49:04, 15. Ann Brevtspraak (25) 1:51:12, 20. Judy Galloway (39) 1:53:52, 31. Elayne Walther (42) 1:58:57.

Overall Results - Marathon

1. Jessy Carsen (27) 2:45:42, 2. Eric Schuck (29) 2:55:04, 3. Ron Kobrine (55) 3:19:00, 4. Jason Cushner (21) 3:26:34, 5. Joe Peterson (29) 3:26:52, 7. Rachel Athley (28) 3:35:31, 12. Erin Petersen (23) 3:56:52, 16. Linda Whiting (43) 4:19:41.

Cowabunga 5K

May 30, San Anselmo.

Overall Results

1. Brian Osmann 17:09, 2. Bruce Phinney 17:10, 3. Jordan Weill 17:11, 4. Jon Case 17:36, 5. Richard Easton 18:31, 6. Sean Sullivan 18:46, 7. Patricia Daniel 18:50, 8. Mike Hoy 18:55, 9. Marilyn Taylor 18:57, 10. James Batz 19:04, 11. Doug Peterson 19:05, 12. Wolf Hille-sheim 19:19, 13. John Zarembski 19:24, 14. John Galletta 19:29, 15. Robert Lan-way 19:45, 16. Tami Campbell 20:22, 17. John Russell 20:41, 18. Bob Cullinan 20:43, 19. Hazel Wood 20:56, 20. Barry Spitz 21:15.

San Bruno Memorial Cross Country Run

May 30, San Bruno City Park, 4 Mile.

Division Results - Men

Overall Winner: 1. Andy Bupp (20) Redwood City 21:24, 14 & Under: 1. Beabe Rutledge 24:14, 15-19: 1. David Andeen 24:01, 20-29: 1. Andy Bupp 21:24, 30-39: 1. Terrence Boynton 21:30, Masters: 1. Jean Geran 26:56.

Division Results - Women

Overall Winner: 1. Sharlet Gilbert (41) Richmond 24:58, 14 & Under: 1. Andrea Rutledge 27:45, 15-19: 1. Michelle Butte 29:38, 20-29: 1. Lorena Ferreira 25:56, 30-39: 1. Kim Rupert 25:37, Masters: 1. Sharlet Gilbert.



SHARLET GILBERT

Photo by Malcolm

Coot Scoot

May 30, Gridley, 5K & 10K.

Division Results - Men's 10K

Overall Winners: 1. Shawn Smallwood 34:04, 2. Chris Duclos 37:32, 3. Scott Kostka 38:17, 10-19: 1. Chris Duclos 37:32, 2. Joel Coburn 44:50, 3. Brian Long 49:24, 20-29: 1. Shawn Smallwood 34:04, 2. Scott Kostka 38:17, 3. Glenn Miles

48:26, 30-39: 1. Ron Carroll 39:59, 2. Doug Tupen 41:18, 3. Pawel Woloszyn 41:31, 40-49: 1. Bill Gardner 38:47, 2. Frank Condon 43:15, 3. Bruce Coburn 44:51, 50 & Over: 1. Everett Riggle 39:45, 2. Ken Gaal 40:11, 3. Ben Landeros 47:19.

Division Results - Women's 10K

Overall Winners: 1. Alli Cushman 42:30, 2. Mandy Gardner 45:08, 3. Joan Keeney 45:21, 10-19: 1. Jami Urban 50:37, 20-29: 1. Alli Cushman 42:30, 30-39: 1. Mandy Gardner 45:08, 2. Marty Luger 54:04, 3. Cindy Gobel 54:08, 40-49: 1. Joan Keeney 45:21, 2. Sandy Coffey 45:34, 3. Norma Blatz 1:02:38, 50 & Over: 1. Hannie Voyles 1:11:27.

Division Results - Men's 5K

Overall Winners: 1. Nelsen Cobb 16:24, 2. Kenneth Aebel 17:05, 3. Chuck Hallbauer 17:19, 9 & Under: 1. David Ramos 23:37, 2. Travis LaViolette 36:08, 3. Colin Gardner 54:06, 10-19: 1. Chuck Hallbauer 17:19, 2. Michael Wyrauch 18:21, 3. Joseph Casey 33:54, 20-29: 1. Kenneth Aebel 17:05, 2. Mark Winter 20:19, 3. Joe Desmond 31:28, 30-39: 1. Nelsen Cobb 16:24, 2. Robert Huttress 19:41, 3. Dave Ennes 23:02, 40-49: 1. Jim Souza 17:22, 2. Warren Hallbauer 18:54, 3. Ronald Williamson 19:17, 50 & Over: 1. Mort Ward 19:06, 2. Michael Otten 21:31, 3. James Myers 22:28.

Division Results - Women's 5K

Overall Winners: 1. Amy Hallbauer 18:51, 2. Kristen Williamson 20:00, 3. Sarah Duclos 20:26, 9 & Under: 1. Jennifer Williamson 23:22, 2. Kate Gardner 43:00, 3. Maryanne Vaughn 43:35, 10-19: 1. Amy Hallbauer 18:51, 2. Kristen Williamson 20:00, 3. Sarah Duclos 20:26, 20-29: 1. Fawn Smiley 21:38, 2. Marcia Myers 21:43, 3. Patricia Winter 25:14, 30-39: 1. Liz Kaye 22:33, 2. Debbie Schmidt 24:01, 3. Linda Lauffer 26:29, 40-49: 1. Susan Condon 22:50, 2. Susanne Lind 29:05, 3. Barbara Jacobsen 32:44, 50 & Over: 1. Carolyn Ward 25:01, 2. Carolyn Nagle 33:56, 3. Joan Wilson 37:32.

Ohlone Wilderness Trail Run

May 31, Fremont, 50K.

Fremont ultra-distance runner Dave Scott once again proved that running the Ohlone Wilderness Trail between Fremont and Del Valle in Livermore is one of his best events. Scott, running the 31 mile 8th Annual Trail Run along the hot and hilly East Bay Regional Park District's popular trail took his third first place victory in three years. Dave bested rival ultra-distance runners Brian Purcell of Sebastapol and Rae Clark of Camino with a time of 4:26:59. Women's first place was captured by Melinda Creel of San Anselmo for the second straight year with a time of 5:32:05. San Francisco's Ray Piva, age 65, was 21st overall with a time of 5:50:24. The trail begins at the base of Mission Peak, climbs to the top before dropping down into Sunol Regional Park and continuing over Rose Peak in the Ohlone Wilderness and ending at Del Valle Regional Park. There is over 7500 feet of elevation change.

Out of state runners came from Arizona, Colorado, Maryland, Nevada, Oklahoma, and Wyoming.

Overall Results

Men: 1. Dave Scott (Fremont) 4:26:59, 2. Brian Purcell (Sebastapol) 4:34:51, 3. Rae Clark (Camino) 4:57:48, 4. Charles Crompton (Santa Cruz) 5:04:00, 5. Michael Platzbecker (Fremont) 5:08:38, **Women:** 1. Melinda Creel (San Anselmo) 5:32:05, 2. Rachael Atchley (Reno) 5:46:34, 3. Suzanne Roat (Richmond) 5:50:05, 4. Joanie Mork (Soquel) 6:05:31, 5. Kathy Welch (Soquel) 6:05:31.

Run, Roll & Stroll Inglewood Classic Challenge

May 31, Inglewood, 5K & 8K.

Overall Results - 5K

Men: 1. Kirby Lee 16:20, 2. Julian Cuevas 16:26, 3. Charles Wardell 16:49, **Women:** 1. Jeanne Kawashima 20:20, 2. Peggy Sullivan 21:38, 3. Sheila Matthews 23:10.

Masters Men: 1. Catarino Gonzalez 16:58, 2. Aldo Mora 18:34, 3. Booker Washington 19:36.

Masters Women: 1. Peggy Sullivan 21:38, 2. Kim Sachiko 23:29, 3. Mattie Alexander 24:39.

Overall Results - 8K

Men: 1. Javier Lara 26:49, 2. David Dennis 26:57, 3. Rudy Son 27:16, **Women:** 1. Annie Seawright 31:08, 2. Jennie Cole 32:28, 3. Brenda Lopez 32:56.

Masters Men: 1. Armando Hernandez 28:58, 2. Dan Ashimine 30:22, 3. Glen Nakano 30:44.

Masters Women: 1. Karin Handsaker 35:55, 2. Atsuko Fujimoto 42:00, 3. Annie Burns 45:54.

Men's Wheelchair: 1. James Schoenherr 24:48, 2. Juan Carlos 28:59, 3. Rich Radford 30:26.

Women's Wheelchair: 1. Melody Williamson 43:29.

Lakeridge Triathlon

May 31, El Sobrante.

Division Results - Men

16-29: 1. Michael Morgan (23) 52:08, 2. Martin Olsen (26) 55:13, 3. Eric Gilsenan (27) 59:01, **30-39:** 1. Chuck Ishii (30) 57:01, 2. Tim Hess (30) 57:08, 3. Kirk Johnson 58:30, **40-59:** 1. Jim McMillen (45) 56:18, 2. Barney Colangelo (46) 1:00:24, 3. Dennis Imada (43) 1:04:23.

Division Results - Women

16-29: 1. Sallie Cira (26) 1:11:30, 2. Colette Bowler (25) 1:12:26, 3. Jessica Jones (18) 1:14:52, **30-40:** 1. Stella Marquez (31) 1:09:44, 2. Donna Arnold (31) 1:17:52, 3. Dawn Zoller (31) 1:20:33.

Team Results

1. Stenerdy, Krazavitch & Rickless 55:47, 2. Lee, Buller, & Rickless 58:27, 3. Bavara, Mathews, & Wallace 1:11:30.

RESULTS

Forest of Nisene Marks Marathon

June 6. Aptos. Mara., Half Mara. & 5K. Division Results - Men's Marathon Overall Winners: 1. Lance Davis 2:58:03, 2. Charles Crompton 3:02:05, 3. David Loberge 3:03:50. 19 & Under: 1. Travis Hengen 3:56:21, 2. David Anderson 4:17:24. 20-29: 1. Chris Jasman 3:29:13, 2. Michael Sato 3:35:13, 3. Robert Sato 3:38:38. 30-39: 1. Lance Davis 2:58:03, 2. David Loberge 3:03:50, 3. Timothy Eckles 3:25:45. 40-49: 1. Charles Crompton 3:02:05, 2. Steve Christian 3:04:53, 3. Skip Brown 3:14:51. 50-59: 1. Dennis Hartley 3:31:48, 2. John Peacock 3:35:20, 3. Tom Bryan 3:56:06.

Division Results - Women's Marathon Overall Winners: 1. Debbie Melnikoff 3:27:40, 2. Donna Troyna 3:28:47, 3. Dana Tryde 3:49:41. 20-29: 1. Lisa Black 3:58:20, 2. Lisa Schreiber 4:15:30, 30-39: 1. Debbie Melnikoff 3:27:40, 2. Donna Troyna 3:28:47, 3. Dana Tryde 3:49:41. 40-49: 1. Kristina Pearson 4:50:37, 50-59: 1. Ginger Bryan 3:58:59, 2. Diana Chronert 4:21:48.

Division Results - Men's Half Marathon

Overall Winners: 1. Liam Jones 1:21:34, 2. Jim Mollerus 1:22:02, 3. David Delucchi 1:22:55. 19 & Under: 1. Liam Jones 1:21:34, 2. Michael Beprestis 1:25:28, 3. Alan Stuker 1:36:25. 20-29: 1. Ken Hale 1:23:14, 2. Jonathan Coe-Davis 1:24:06, 3. Ted Barram 1:25:14. 30-39: 1. Jim Mollerus 1:22:02, 2. David Delucchi 1:22:55, 3. Frank Hutchinson 1:24:18. 40-49: 1. Rod Mowbray 1:27:16, 2. Steve Matson 1:27:39, 3. Paul Medeiros 1:30:22. 50-59: 1. James Prosser 1:44:36, 2. Tony Armor 1:51:07, 3. Tom Wichelmann 1:55:15. 60-69: 1. Dick Yaeger 1:57:48, 2. Bill Wallace 1:57:58.

Division Results - Women's Half Marathon

Overall Winners: 1. Kelly Geredes 1:39:01, 2. Debbie Smith 1:42:45, 3. Patti Henry 1:45:58. 19 & Under: 1. Vanessa McLoughlin 2:14:14, 2. Caitlin Scholle 4:35:58. 20-29: 1. Beckie Anderson 1:46:35, 2. Reyna Soto 1:47:35, 3. Mary Coordt 1:48:11. 30-39: 1. Kelly Geredes 1:39:01, 2. Patti Henry 1:45:58, 3. Katie Scott 1:46:31. 40-49: 1. Debbie Smith 1:42:45, 2. Julie Howe 1:48:59, 3. Marcia Martin 1:49:43.

Division Results - Men's 5K

Overall Winners: 1. Jim Scott 16:32, 2. Jorge Solorio 16:57, 3. Scott Welden 17:19. 19 & Under: 1. Luis Chacon 18:57, 2. John Marheineke 20:45, 3. Peter Tower 20:49. 20-29: 1. Jim Scott 16:32, 2. Scott Welden 17:19, 3. Brian Holmes 20:17. 30-39: 1. John Anderson 18:04, 2. Sid Rigor 20:24, 3. Terry Boyd 20:49. 40-49: 1. Jorge Solorio 16:57, 2. Alan Minvielle 19:03, 3. Jeff Armatt 19:05. 50-59: 1. Alex Vago 18:42, 2. Bob Loggins 21:02, 3. Jim Keenan 23:10. 60-69: 1. Wayne Vanderlan 24:56, 2. Winston Moore 33:09. 70 & Over: 1. George

Leavitt 26:40.

Division Results - Women's 5K

Overall Winners: 1. Laura Quirke 19:07, 2. Diane Delucchi 20:31, 3. Liz Leigh-Wood 21:04. 19 & Under: 1. Liz Leigh-Wood 21:04, 2. Isabelle Young 21:57, 3. Natalie Bridgeman 23:15. 20-29: 1. Christina Jones 21:50, 2. Aurora Beaver 23:30, 3. MaryJo Elliott 25:37. 30-39: 1. Laura Quirke 19:07, 2. Diane Delucchi 20:31, 3. Kathy Smith 22:06. 40-49: 1. Jane Rhodes 25:22, 2. Donna Woodruff 25:54, 3. Evelyn Bay 26:18. 50-59: 1. Joan Demers-Pauler 34:17, 2. Susan Green 34:47, 3. Peg Sellick 40:11. 60-69: 1. Jeannea Geaster 29:34, 2. Angie Given 30:52.

The Carson Valley Runs

June 6. Minden, NV. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Brad Meyer 16:58, 2. Ryan Bentley 17:49, 3. John Trent 17:55. 19 & Under: 1. Brad Meyer 16:58, 2. Ryan Bentley 17:49, 3. Tim Logan 18:42. 20-29: 1. John Trent 17:55, 2. Mario Balcom 18:16, 3. Tony Fesolina 20:53. 30-39: 1. Andy Takaha 18:03, 2. Mark Nash 18:03, 3. Larry Stone 18:25. 40-49: 1. Gary Brooks 19:40, 2. Randy Frazier 20:48, 3. Ronald Nageotte 21:29. 50-59: 1. John Barney 21:46, 2. Ted Weber 22:57, 3. Jack Oakes 24:35. 60 & Over: 1. Boyce Jacques 21:40, 2. Jack Frandsen 24:39, 3. Jim Sullivan 26:56.

Division Results - Women's 5K

Overall Winners: 1. Ellen Lucas 20:25, 2. Amy Miller 23:09, 3. Linda Tubb 23:59. 19 & Under: 1. Amy Miller 23:09, 2. Nicole Newby 24:12, 3. Amber Lester 24:16. 20-29: 1. Kathy Comba 25:59, 2. Janay Robinson 27:04, 3. Kathy Weems 28:16. 30-39: 1. Ellen Lucas 20:25, 2. Carol Anne Velar 24:48, 3. Sally Exworthy 26:08. 40-49: 1. Linda Tubb 23:59, 2. Dixie Hartsell 25:37, 3. Dotye Wixom 26:52. 50-59: 1. Jan Scott 28:45, 2. Diane Hall 30:26, 3. Helga Sable 34:50. 60 & Over: 1. Virginia Skiffin 31:18, 2. Evelyn Damer 48:46.

Division Results - Men's 10K

Overall Winners: 1. Tim Minor 33:09, 2. R. Mark Hoefer 33:10, 3. Craig Wanner 34:41. 19 & Under: 1. Chad Donvito 49:36. 20-29: 1. R. Mark Hoefer 33:10, 2. Darrin Rohr 35:30, 3. Carl Buena 36:07. 30-39: 1. Tim Minor 33:09, 2. Craig Wanner 34:41, 3. Robert Pysgl 36:43. 40-49: 1. Skyler Jones 36:31, 2. Perry Hayden 36:48, 3. Gordy McGregor 38:09. 50-59: 1. Kenneth Schwison 39:54, 2. Michael Hawkes 40:14, 3. Dick Warren 44:05. 60 & Over: 1. Cy Ryan 58:20, 2. Vernon Essig 1:07:04, 3. Fred Fallon 1:13:50.

Division Results - Women's 10K

Overall Winners: 1. Gwen Gallanty 40:38, 2. Linda Mantynen 40:40, 3. Janis Carpenter 40:50. 19 & Under: 1. Meghan Buscay 52:06. 20-29: 1. Kelly Carlson 42:57, 2. Kathy Hutcheson 42:59, 3. Raquel Ogle 47:49. 30-39: 1. Gwen Gallanty 40:38, 2. Janis Carpenter 40:50, 3. Cindy Putnam 43:07.

40-49: 1. Linda Mantynen 40:40, 2. Jan Bleiweiss 48:31, 3. Carol Slavik 50:08. 50-59: 1. Jo Sullivan 51:51, 2. Marianne Hawkes 53:36, 3. Nancy Troxa 54:54. 60 & Over: 1. Geri Sullivan 1:07:29, 2. Barbara Durham 1:08:42, 3. Donetta Fallon 1:12:26.

Festival De Primavera Runs

June 6. Rosarito Beach, Baja, Calif. Mexico. 5K, 10K, 10 MI.

Division Results - Men's 10K

14-17: 1. Brian Henricks 48:50, 2. Luis Fernando 57:45. 18-23: 1. Javier Zavala 40:11, 2. Juan Carlos Fuentes 42:37, 3. Arturo Nunez 45:53. 24-29: 1. Gustavo Hernandez 40:41, 2. Gustavo Ornelas 44:47, 3. Rich Abram 45:05. 30-34: 1. Jorge Amaral 45:40, 2. Warren Barnes 46:12, 3. Sean Tautigian 47:36. 35-39: 1. Ken Rogers 39:30, 2. Jaimie Banda 39:49, 3. Melios Palatox 45:33. 40-44: 1. Angelo Gutierrez 42:06, 2. Segio DeLaCruz 46:46, 3. Hector Jalcedo 47:18. 45-49: 1. Tye Hoskins 45:11, 2. Bob Henricks 46:42, 3. Robert Valencia 48:21. 50-54: 1. George Malarkey 47:19, 2. Henry Barnes 47:44, 3. Bill Pawluk 55:53. 55-59: 1. Antonio Vardin 41:02, 2. Anastacio Lopez 44:27, 3. Victor Esquivel 51:57. 60 & Over: 1. Gerald Kelly 51:56, 2. Harvey Levin 58:45, 3. Kenneth Hughey 62:53.

Division Results - Women's 10K

13 & Under: 1. Elissa Aguilar 71:49. 18-23: 1. Jennifer Briggs 40:07, 2. Juana Yanez 46:03, 3. Lynn Murphy 46:21. 24-29: 1. No-maica Reguio 49:18, 2. Rebecca Santana 51:24, 3. Katie Arabelez 53:51. 30-34: 1. Margarita Lozano 45:04, 2. Janet Kettgen 49:48, 3. Margarita Fernandez 48:33. 35-39: 1. Suzanne Britt 46:22, 2. Kathy Hamlin 46:21, 3. Odilia Romero 48:34. 40-44: 1. Lisa Moran 45:51, 2. Judy Anderson 48:45, 3. Tobey MacQuoid 49:58. 45-49: 1. Jody Spreen 53:46, 2. Rosa Marie 54:25, 3. Kathy Pawluk 56:38. 50 & Over: 1. Carol Felker 53:41, 2. Ruth Rich 53:47, 3. Gigi Garon 55:49.

Division Results - Men's 5K

13 & Under: 1. Tyler Beardslee 17:46, 2. Hector Chavez 19:04, 3. Hector Almanza 19:07. 14-17: 1. Matt Romos 17:26, 2. Francisco Martinez 17:28, 3. Francisco Casas 18:10. 18-23: 1. Rodrigo Eichler 15:25, 2. Jesus Alatorre 15:46, 3. Armando Dominguez 16:44. 24-29: 1. Mark LaPlant 15:02, 2. Calvillo Andres 16:58, 3. Senovio Lozano 17:24. 30-34: 1. Jorge Montes 15:00, 2. Marcelo Chavez 16:03, 3. Doug McKee 16:05. 35-39: 1. Francisco Castro 16:18, 2. Randy Thiele 16:51, 3. Armando Bustos 17:19. 40-44: 1. Gildardo Nieto 16:55, 2. Jose Velasquez 19:02, 3. Juan Garcia 19:02. 45-49: 1. Serna Porfino 17:00, 2. Don Gillman 17:14, 3. Juan Sanchez 18:16. 50-54: 1. Robert McAlpine 18:43, 2. Luis DeLaCruz 19:36, 3. Robert Ferrand 22:24. 55-59: 1. Carlos Vega 20:11, 2. Ted Robles 24:00, 3. Wayne Nelson 30:17. 60 & Over: 1. Ted Horner 21:57,

2. Ricardo Martinez 22:44, 3. Jesus Nund 22:47.

Division Results - Women's 5K

13 & Under: 1. Margarita Lozano 23:36, 2. Leslie Sammons 27:44. 14-17: 1. Rocio Nieto 21:25, 2. Carol Burnes 22:09. 18-23: 1. Gloria Arana 19:31, 2. Monica Garcia 25:58, 3. Raquel Reynoso 30:16. 24-29: 1. Marisol Cossio 18:48, 2. Irene Saldana 25:56, 3. Tamera Lings 26:09. 30-34: 1. Mary Yee 24:14, 2. Ingrid Loew 24:23, 3. Suzanne Gibbons 25:24. 35-39: 1. Raquel Flores 20:18, 2. Joell Estes 23:09, 3. Victoria Pajarito 23:17. 40-44: 1. Claudia Morales 21:27, 2. Deborah Burnel 24:22, 3. Irma Lopez 27:09. 45-49: 1. Marit Malarkey 25:50, 2. Nadel Alvarado 28:50, 3. Irene Oake 30:10. 50 & Over: 1. Dolores Vega 25:57, 2. Brenda Bartholomew 27:58, 3. Dora Pampa 28:56.

Division Results - Men's 10 Mile

18-23: 1. Jose Acostas 57:53, 2. Calixto Zuniga 59:36, 3. Epifunio Zuniga 66:45. 24-29: 1. Johnny Camacho 57:37, 2. Terrance Jakabowski 61:37, 3. Bill Purcell 64:27. 30-34: 1. Tom Nielson 59:37, 2. Rodrigo Casas 61:46, 3. Dave Nielsen 64:29. 35-39: 1. Armando Frave 63:02, 2. Vesse Madonado 63:18, 3. Edgar Campos 64:59. 40-44: 1. Jamie Williams 60:05, 2. Dario Santin 61:22, 3. Raul Gonzalez 63:04. 45-49: 1. Bob Ramsay 67:19, 2. Pedro Aranega 64:01, 3. Bill Harrington 73:46. 50-54: 1. Edmund Neete 71:07, 2. Isaac Chevas 71:23, 3. Ron Heifner 72:52. 55-59: 1. Guetermo Ruiz 70:27, 2. Frank Vasquez 70:36, 3. Rogelio Lova 71:47. 60 & Over: 1. Bob Calhoun 79:33, 2. Edmund Duffley 80:25.

Division Results - Women's 10 Mile

18-23: 1. Naz Aran 79:06, 2. Kendall Pace 81:44, 3. Aria Estrada 84:07. 24-29: 1. Lilliana Mendoza 65:10, 2. Judith Rodriguez 88:10, 3. Teri Kim 90:41. 30-34: 1. Lynn O'Connor 63:53, 2. Debbie Chaddock 66:53, 3. Ann Mesaros 74:37. 35-39: 1. Jean Besta 79:19, 2. Ellen Driscoll 92:22. 40-44: 1. Yvette Lonnes 93:32, 2. Jane Wasserman 86:52, 3. Diann Swieda 89:03. 45-49: 1. Diane Eastman 73:20, 2. Joanne Neete 75:18, 3. Cheryl Hinchman 83:27. 50 & Over: 1. Sue Hughey 88:18, 2. Anita Calhoun 90:08, 3. Raquel Magana 91:20.

DeAnza Days 5K

June 7. Cupertino, 5K.

Division Results - Men

14 & Under: 1. Daniel Sikiric 17:47, 2. Peter Diep 18:12, 3. Garrett Fogel 18:16. 15-18: 1. David Noland 17:12, 2. Anthony Coando 17:16, 3. Jason Hakes 17:21. 19-29: 1. Steven Lopez 14:59, 2. Alex Miroshnikchenko 15:13, 3. John Fletcher 15:38. 30-39: 1. Greg Kindig 15:57, 2. Brian Sepal 16:26, 3. Carl Nielson 16:42. 40-49: 1. Jose Casillas 16:23, 2. Neil Gebium 17:29, 3. Mike Miniotta 17:30. 50-59: 1. Robert Guenther 19:49, 2. Larry Dorsey 19:54, 3. Julio Rivera 20:58. 60-69: 1. Jim Hoffman 23:52, 2. Manuel Valverde 23:56, 3. Glenn Sievert 25:35. 70 & Over: 1. Albert Jarschke 27:01. Wheelchair: 1. Jerry Deets

RESULTS

11:52, 2. Carlos Chiquillo 13:00, 3. Donald Bearden 15:10.

Division Results - Women

14 & Under: 1. Maria Pleyte 18:32, 2. Amber McCrear 21:13, 3. Angela Zankich 24:55. **15-18:** 1. Nicole Andrews 21:03, 2. Maya Urban 21:25, 3. Rachael Gibson 23:08. **19-29:** 1. Nanette Garcia 16:31, 2. Andrea Byers 17:23, 3. Stacey Moseley 18:04. **30-39:** 1. Shaun Larsen 19:05, 2. Patty Hunter 20:53, 3. Martha Rhine 21:39. **40-49:** 1. Katie Joseph 21:06, 2. Nancy Waker 22:49, 3. Val Viera 23:37. **50-59:** 1. Jutta McCormick 20:19, 2. Mary Smith 26:08, 3. Sally Garcia 26:23. **60-69:** 1. Annie Sievert 30:53, 2. Bette Uchida 49:06, 3. Helen May 1:02:05. **Wheelchair:** 1. Lylah Hill 17:35, 2. Rainey Phoenix 24:03.

Shoreline Runs

June 7, San Leandro, 10K & 3K.

Division Results - Men's 10K

6-13: 1. Richard Mendez 44:39, 2. Ben Stephens 47:49, 3. Tim Curzon 49:03. **14-18:** 1. Michael Caine 40:35, 2. Daniel Maisto 41:50, 3. Jeffrey Trunelle 47:33. **19-29:** 1. Scott Kennedy 31:52, 2. Guillermo Cazares 32:25, 3. John Whitney 33:12. **30-39:** 1. Rich McCandless 30:32, 2. Steven Chavez 33:13, 3. Louis Garcia 33:16. **40-49:** 1. John Taylor 34:48, 2. Dennis Uriaga 35:47, 3. Terry Buller 36:20. **50-59:** 1. Peter White 36:24, 2. William Boeckmann 38:56, 3. Joe Hancock 39:31. **60-69:** 1. Joe King 39:11, 2. Lloyd Anderson 46:57, 3. New Prochnow 48:31. **70 & Over:** 1. Jack Friedlander 53:43, 2. Gordon McHugh 1:00:57, 3. Tony Marshall 1:05:01. **Wheelchair:** 1. David Eisner 35:15.

Division Results - Women's 10K

14-18: 1. Melissa Ratti 51:20. **19-29:** 1. Eileen Conroy 40:18, 2. Tina McCandless 43:54, 3. Lori Andrade 45:08. **30-39:** 1. Sue Vinella-Brusner 39:12, 2. Mary Rees 39:38, 3. Joanna Schmeling 40:36. **40-49:** 1. Shariet Gilbert 37:18, 2. Kathy Woolcock 45:57, 3. Jenny Underwood 49:29. **50-59:** 1. Eric Swegles 49:30, 2. Barbara Robben 50:30, 3. Marilyn Funaro 54:15. **60-69:** 1. Peggy Pridemeyer N.T. **70 & Over:** 1. Peggy Pridemeyer 1:07:01, 2. Elizabeth Keouff 1:48:47.

Division Results - Men's 3K

13 & Under: 1. Covarrubias 10:13, 2. Michael Booth 12:40, 3. Johnathan Ratti 12:47. **14-18:** 1. Todd Tarmblie 9:46, 2. Adam Carson 10:49, 3. Mike Arnold 11:46. **19-29:** 1. John Gazano 8:53, 2. Rick Reitz 8:59, 3. Kenneth Briggsby 11:46. **30-39:** 1. Brian Davis 9:02, 2. Mark Pickles 9:20, 3. Nick Nickols 9:41. **40-49:** 1. Jim Reitz 9:59, 2. Cawson 10:18, 3. David Kayk 10:22. **50-59:** 1. Russell 12:19, 2. Gary Hartstock 12:34, 3. Tom Curtis 13:20. **60-69:** 1. Arnold DeLaRosa 12:08, 2. Joe Tremac 13:23, 3. Ed Watchempino 13:59. **70 & Over:** 1. Don Wilgus 15:14, 2. John Guinee 16:14, 3. Ralph Jago 17:21.

Division Results - Women's 3K

13 & Under: 1. Erin Schweska 14:41, 2. Karry Booth 16:16, 3. Mike Arnold 11:46. **14-18:** 1. Catherine Venables 11:33, 2.

Marisa Daniel 11:48, 3. Laurie Cappuccio 12:24. **19-29:** 1. Karen Mohr 10:51, 2. Regina Glynn 15:12, 3. Jennifer Madards 15:19. **30-39:** 1. Rachel Bates 13:23, 2. Mercedes Sedillo 13:26, 3. Ingrid Carlsen 13:58. **40-49:** 1. Vaeko Childers 14:13, 2. Joann McGoff 14:22, 3. Elaine Gooney 16:02. **50-59:** 1. Sue Johnston 13:00, 2. Jan Holloway 14:06, 3. Ewyn Pirack 15:55. **60-69:** 1. Ruth Luitan 19:04, 2. Joan Mattos 20:38, 3. Allison Carson 20:53. **70 & Over:** 1. Ruth Clark 24:48, 2. Bunny Guntrum 24:57, 3. Mary Flores 27:39.

Statuto Race

June 7, San Francisco, 8K.

Division Results - Men's 8K

Overall Winners: 1. Mike Spencer 24:55, 2. Alan Dehlinger 25:27, 3. Randy Accetta 25:48, 4. David Stancliffe 26:32, 5. Thom Trimble 26:44.

6-18: 1. Sylvester Coons 29:47, 2. Chris Lunny 31:45, 3. Harry Waskiewicz 44:20. **19-29:** 1. Mike Spencer 24:55, 2. Randy Accetta 25:48, 3. Alan Reynolds 27:31, 30-39: 1. Alan Dehlinger 25:27, 2. Thom Trimble 26:44, 3. Antonio Corgas 28:05. **40-49:** 1. David Stancliffe 26:32, 2. John Hirschberger 28:13, 3. John Merhaut 29:11. **50-59:** 1. Darryl Beardall 30:48, 2. Fred Thoele 32:05, 3. Jerry Yaffee 32:38. **60 & Over:** 1. Don Lucero 37:47, 2. Neil Mahoney 38:37, 3. Augustine Perez 39:01.

Division Results - Women's 8K

Overall Winners: 1. Laura Bruess 29:50, 2. Kim Rupert 30:23, 3. Danella Galletta 31:54.

19-29: 1. Eileen White 34:40, 2. Laura Kuo 36:37, 3. Loren Stimmler 39:01. **30-39:** 1. Laura Bruess 29:50, 2. Kim Rupert 30:23, 3. Danella Galletta 31:54. **40-49:** 1. Judith Cheesman 32:45, 2. Florianne Gordon 33:03, 3. Patricia Falsone 33:40. **50-59:** 1. Peggy Kane 37:14, 2. Kilko Baptista 40:09, 3. Rita Kerr 41:22. **60 & Over:** 1. Liese Rapozo 50:33, 2. Annabel Marsh 55:30.

Vineman Triathlon

June 7, Santa Rosa.

Division Results - Men

Overall Winners: 1. Andrew Kelsey 1:49:41, 2. Pete Kain 1:52:35, 3. Scott Miller 1:53:01, 15-19: 1. Randall Stone 1:59:52, 2. Spencer Fines 2:00:29, 3. Matthew Blakely 2:06:35. **20-24:** 1. Michael Morgan 2:05:52, 2. Wilson Park 2:05:30, 3. John Keiner 2:06:23. **25-29:** 1. Tom Carney 1:55:15, 2. Tom McCleary 1:57:06, 3. Larry Norris 1:57:29. **30-34:** 1. Darren Rohr 1:54:53, 2. Michael Lyle 1:55:01, 3. Kevin Traux 1:57:33. **35-39:** 1. David Slothower 2:03:38, 2. Howard Walthier 1:07:04, 3. Jack Schaefer 2:09:47. **40-44:** 1. Edie Collofer 2:04:41, 2. Tim Lavelle 2:06:28, 3. Dennis Good 2:08:05. **45-49:** 1. Forrest Bond 2:05:54, 2. Tom Anderson 2:13:16, 3. John Demers 2:14:23. **50-54:** 1. William Marshall 2:18:00, 2. Jim Piper 2:27:13, 3. Robert Blackburn 2:27:55. **55-59:** 1. Alan Schmeiser 2:18:16, 2. David Stewart 2:20:13, 3. John Finch 2:20:19.

Division Results - Women

Overall Winners: 1. Nancy Vallance 2:02:06, 2. Holly Nybo 2:03:50, 3. Terry Schneider 2:04:24. **15-19:** 1. Megan Farrell 2:29:10, 2. Jacaranda Mawson 2:39:36. **20-24:** 1. Ashley Black 2:18:30, 2. Kristine Scardina 2:22:25, 3. Stacia Utz 2:27:31. **25-29:** 1. Linda Casillas 2:14:31, 2. Jackie Biddle 2:15:18, 3. Stephanie Couch 2:16:01. **30-34:** 1. Susan Burrus 2:14:24, 2. Carol Bitter 2:16:27, 3. Ann Coxieigh 2:16:51. **35-39:** 1. Anaka Ediebrt 2:19:15, 2. Robin Blakeley 2:19:49, 3. Patti Coffee 2:26:32. **40-44:** 1. Nancy Baird 2:16:54, 2. Toni Mounts 2:24:36, 3. Cecelia Peters 2:34:09. **45-49:** 1. Grace Boss 2:29:06, 2. Kathryn Kettler 2:41:33, 3. Judy Gottlieb 2:48:54. **50-54:** 1. Julia Carpenter 2:49:55. **55-59:** 1. Harriet Anderson 2:44:35.

Not So Taxing Runs

June 13, Sacramento, 5 Mile & 5K Walk.

Division Results - Men's 5 Mile

Overall Winners: 1. Bill Elliott 27:24, 2. Curt Feenstra 27:35, 3. Ronald Souza 29:36. **13-19:** 1. David Raske 29:40, 2. Jeremy Barnes 30:22, 3. Tony Hummel 32:24. **20-29:** 1. Kurt Keilman 33:18, 2. Raymond Cervantes 36:24, 3. Jaime Martin 39:21. **30-39:** 1. Bill Elliott 27:24, 2. Curt Feenstra 27:35, 3. Ronald Souza 29:36. **40-49:** 1. Del Barbray 29:51, 2. Doug Essary 32:23, 3. Rick Reyes 33:05. **50-59:** 1. Joseph Staats 30:41, 2. Michael Hawkes 31:51, 3. John Segerdell 37:41. **60 & Over:** 1. Paul Camerer 40:12, 2. Robert Miller 43:02, 3. Tom Allison 51:23.

Division Results - Women's 5 Mile

Overall Winners: 1. Stephanie Green 33:46, 2. Laura Kulsik 34:13, 3. Bernadette Phillips 34:24. **13-19:** 1. Beth Vernon 49:21. **20-29:** 1. Stephanie Green 33:46, 2. Carol Panise 34:42, 3. Martha Jennings 39:10. **30-39:** 1. Laura Kulsik 34:13, 2. Bernadette Phillips 34:24, 3. Beth Kleine 34:35. **40-49:** 1. Brenda Pollard 38:33, 2. Marilyn Smith 41:32, 3. Annie Andrighetto 46:00. **50-59:** 1. Marianne Hawkes 40:14, 2. Joanna Zumalt 46:33.

Division Results - Men's 5K Walk

Overall Winners: 1. Wally Lundeen 35:52, 2. Robert Eisner 36:46, 3. Les Solaro 36:48. **20-29:** 1. Eric Rubb 55:15. **30-39:** 1. John Wheeler 44:59, 2. Robert Cabral 50:36, 3. Robert Moore 51:36. **40-49:** 1. Stu Young 41:49, 2. John Barnes 42:20, 3. Al Cuthbert 48:42. **50-59:** 1. Les Solaro 38:48, 2. Charles Woods 36:59, 3. Richard Nauman 43:55. **60 & Over:** 1. Wally Lundeen 35:52, 2. Robert Eisner 36:46, 3. James Freeby 41:07.

Division Results - Women's 5K Walk

Overall Winners: 1. Joyce Rodrick 35:56, 2. Stephanie Hernandez 38:50, 3. Lucinda Morrical 39:34. **12 & Under:** 1. Sally Wyatt 47:52, 2. Sarah Yosheda 52:11, 3. Ginny Grady 51:17. **20-29:** 1. Joyce Rodrick 35:56, 2. Francine Yee 40:21, 3. Carol Anslor 50:18. **30-39:** 1. Lucinda Morrical 39:34, 2. Diana Yee 44:56, 3. Carrie Hanson 45:30. **40-49:** 1. Stephanie Hernandez

38:50, 2. Bev Silva N.T., 3. Nancy Raimundo N.T. **50-59:** 1. Marge Engstrand N.T., 2. Fran Smith N.T., 3. Norma Martin N.T.

Run the Slough in '92

June 13, Sloughhouse, 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Bob Johnson 16:51, 2. Tim Williams 17:17, 3. Andy Harris 17:21.

12 & Under: 1. Jason Sanguinette 22:85, 2. Tim Neubacher 26:00, 3. Ryan Baker 26:15. **13-19:** 1. James Stormo 18:00, 2. Joe Podall 18:10, 3. Lyle Porter 19:25. **20-29:** 1. Bob Johnson 16:51, 2. Randy Stevens 17:45, 3. Chase Hoffman 18:17. **30-39:** 1. Tim Williams 17:17, 2. Andy Harris 17:21, 3. Chris Broadley 18:17. **40-49:** 1. Rick Melnicoe 18:01, 2. Max Naeegele 18:53, 3. Dick Bennett 20:08. **50-59:** 1. Robin Ward 21:43, 2. Paul Amann 22:01, 3. Michael Otten 22:43. **60 & Over:** 1. Mort Ward 20:31, 2. Walt Betschart 23:12, 3. Jim Sullivan 26:53.

Division Results - Women's 5K

Overall Winners: 1. Patty Smith 20:06, 2. Denise Mortimer 20:47, 3. Susanne Andreotti 22:45.

12 & Under: 1. Suzanne Andreotti 22:45, 2. Jamie Lee 30:59, 3. Jenna Lee 35:39. **13-19:** 1. Michelle Andreotti 24:06, 2. Kelly Harless 27:56, 3. Lisa Fleetwood 30:09. **20-29:** 1. Denise Mortimer 20:47, 2. Linda Kelly 24:33, 3. Julia Arreguin 26:24. **30-39:** 1. Patty Smith 20:06, 2. Jane Trippet 23:26, 3. Linda Kidd 23:29. **40-49:** 1. Anna Jarman 23:41, 2. Rosemary Fajen 24:09, 3. Val Burge 25:53. **50-59:** 1. Lou Walters 23:22, 2. Carolyn Ward 26:48, 3. Fran Mattson 28:18. **60 & Over:** 1. Grace Gammill 30:55, 2. Geri Sullivan 32:29, 3. Ruth Shultz 49:31.

Division Results - Men's 10K

Overall Winners: 1. Gary Johnsrud 34:47, 2. Don Hicks 34:59, 3. Tom Hall 35:17. **12 & Under:** 1. Tommy Perschler 55:28. **13-19:** 1. Ned Persnal 37:00, 2. Richard Mundel 40:04, 3. David Evans 42:35. **20-29:** 1. Rich Poll 36:46, 2. Troy Turner 37:37, 3. Jose Loza 40:54. **30-39:** 1. Gary Johnsrud 34:47, 2. Don Hicks 34:59, 3. Tom Pearson 36:04. **40-49:** 1. Tom Hall 35:17, 2. Phil Coleman 38:00, 3. Stephne Topper 39:58. **50-59:** 1. Web Chadwick 41:05, 2. Carl Dahl 43:17, 3. Fred Herman 45:44. **60 & Over:** 1. Tom Morris 51:05, 2. Vic Lyons 59:26, 3. Bill Leak 1:00:15.

Division Results - Women's 10K

Overall Winners: 1. Jeannie Urness 38:42, 2. Alexis Moore 42:09, 3. Sally Edwards 42:38.

13-19: 1. Christine Adams 48:46, 2. Jennifer Siragusa 52:38, 3. Shawna Poston 1:08:24. **20-29:** 1. Alexis Moore 42:09, 2. Donna Hill 43:33, 3. Allison VanEenenmaam 53:34. **30-39:** 1. Jeannie Urness 38:42, 2. Mary Hess 42:50, 3. Mary Scangarella 43:19. **40-49:** 1. Sally Edward 42:38, 2. Bettie Powers 49:19, 3. Kerry Wright 51:24. **50-59:** 1. Greta Carriager 49:18, 2. Jan Finner 57:55, 3. Greta Marshall 1:13:52.

RESULTS

Pier Runs

June 14. Huntington Beach. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Uriel Rivera 15:16, 2. David Parsel 15:39, 3. Antonio Munoz 15:40. **14 & Under:** 1. Adam Bloomfield 20:44, 2. Jeston Lazenby 21:35, 3. Mat Mock 21:43. **15-19:** 1. Chris Lynch 15:47, 2. Matt Ramos 17:57, 3. Reginald Van Sleet 18:26. **20-24:** 1. Steven LaMon 16:24, 2. Jesus Diaz 16:34, 3. Raul Barrera 16:46. **25-29:** 1. Uriel Rivera 15:16, 2. Charles Wardell 16:22, 3. Robert Moody 16:45. **30-34:** 1. Antonio Munoz 15:40, 2. David Fleming 15:52, 3. Tony Donvalin 16:43. **35-39:** 1. David Parsel 15:39, 2. Enrique Alvarez 15:58, 3. Irv Dawson 17:15. **40-44:** 1. Bob Dillman 17:05, 2. Terry Schmitz 17:58, 3. Walt Hitt 18:21. **45-49:** 1. Tom Burns 16:49, 2. Mike Eck 16:57, 3. Joe Merchant 18:54. **50-54:** 1. Dick Jones 18:22, 2. Art Gittleman 20:53, 3. Ron Weismann 21:23. **55-59:** 1. Juvenal Herrera 18:58, 2. Bill Chavez 21:02, 3. Bill Ayres 21:18. **60-69:** 1. Paul Saucedo 19:26, 2. Mel Elliott 22:28, 3. Hu Goldstein 23:07. **70 & Over:** 1. Vern Coons 54:57.

Division Results - Women's 5K

Overall Winners: 1. Antoinette Delgado 17:41, 2. Denise Hertsch 18:14, 3. Denise Balija 18:37. **14 & Under:** 1. Heather Bleecker 23:41, 2. Sarah Gertler 25:06, 3. Deborah Balija 25:33. **15-19:** 1. Jackie Guesno 20:16, 2. Lana Atchley 21:01, 3. Melissa Jonson 22:16. **20-24:** 1. Kirstie Stramler 19:43, 2. Sandra Lara 21:56, 3. Gina Van Ocker 22:33. **25-29:** 1. Antoinette Delgado 17:41, 2. Denise Hertsch 18:14, 3. Jeannie Delaney 19:07. **30-34:** 1. Denise Balija 18:37, 2. Joanne Warzoha 18:56, 3. Lori O'Neil 21:58. **35-39:** 1. Char-mella Secest 20:12, 2. Lori Smith 21:33, 3. Margie Dana 21:46. **40-44:** 1. Lori Coker 19:01, 2. Kat Steel 21:46, 3. Patricia Young 22:45. **45-49:** 1. Sue Robbins 23:06, 2. Jean Perricelli 23:14, 3. Char Gittleman 24:28. **50-54:** 1. Kathleen Latini 27:11, 2. Doreen Pearce 28:56, 3. Barb Bender 30:16. **55-59:** 1. Ginie Mains 24:05, 2. Amy Goldstein 25:22, 3. Terry Snyder 28:19. **60-69:** 1. Sumi Onodera-Leonardo 27:21, 2. Jane Yirgilio 31:40, 3. Anna Griffith 41:00. **70 & Over:** 1. Delores Rowley 46:04, 2. Marie Creed 55:03, 3. Mildred Smith 55:13.

Division Results - Men's 10K

Overall Winners: 1. Andrew Chan 32:20, 2. Greg Mislick 32:21, 3. Ron Gee 32:29. **14 & Under:** 1. Jimmy Parker 52:15, 2. Dan Lyons 52:26, 3. Josh Gill 58:23. **15-19:** 1. Michael Bredeneq 35:34, 2. Travis Fisher 37:12, 3. Javier Rosete 38:10. **20-24:** 1. Andrew Chan 32:20, 2. Daniel Dozal 37:00, 3. Filo Munoz 37:35. **25-29:** 1. Bobby Adams 33:01, 2. George Juarez 33:14, 3. Kevin Herbert 34:33. **30-34:** 1. Greg Mislick 32:21, 2. Clyde Matsumura 33:51, 3. Tom Cupp 34:22. **35-39:** 1. Enrique Alvarez 33:43, 2. Carlos Morquecho 35:22, 3. Steven Tarango 37:52. **40-44:** 1. Ron Gee 32:29, 2. Mark Hemphill 36:09, 3. Steve Keilmeyer 36:21. **45-49:** 1. Allen Gamber 36:32, 2. Wayne Mitchell 37:02, 3. Neville

Pearson 37:15. **50-54:** 1. Gamma Chavez 38:44, 2. Shel Nankin 39:46, 3. Pete Savitz 42:14. **55-59:** 1. Jim Scott 40:34, 2. Thomas Ivers 42:51, 3. Hank Munoz 43:55. **60-69:** 1. Bob VCitale 45:51, 2. Sal Chaldez 47:39, 3. Chuck Morrow 48:47.

Division Results - Women's 10K

Overall Winners: 1. Anet Cooper 37:23, 2. Frances O'Neill 38:37, 3. Debbie Hanson 39:00. **14 & Under:** 1. Kristin Deatherage 50:40, 2. Julie Christie 57:12, 3. Gina Krueger 1:03:43. **15-19:** 1. Patty Trejo 42:23, 2. Jennifer Mullee 46:32, 3. Heather Keller 48:07. **20-24:** 1. Kellie Taylor 39:10, 2. Bridget Brunnick 39:12, 3. Kassy Biehn 42:03. **25-29:** 1. Denise Hurst 39:31, 2. Valerie Wilson 43:20, 3. Carla Figueroa 43:27. **30-34:** 1. Anet Cooper 37:23, 2. Frances O'Neill 38:37, 3. Debra Deming 41:02. **35-39:** 1. Debbie Hanson 39:00, 2. Sallie Hoge 47:24, 3. Maria Morales 47:48. **40-44:** 1. Marina Jones 40:22, 2. Lori Coker 41:57, 3. Mary Robles 43:01. **45-49:** 1. Isadora Johnson 45:14, 2. Barbara Graham 48:07, 3. Merrie English 48:39. **50-54:** 1. Sally Adam 42:23, 2. Sandy Pirkle 49:07, 3. Sue Cummings 53:05. **55-59:** 1. Irene Oberz 45:24, 2. Mary Dugan 50:39, 3. Kaye Howell 59:36. **60-69:** 1. Pat Doty 52:12, 2. Connie Abang 59:38, 3. Betty Walker 1:03:45.

Union-Trib 10

June 14. San Diego. 5K & 10K.

Overall Results - Men's 5K

1. Eoin Fahy (32) 15:10, 2. James Swinson (26) 15:27, 3. Ken Flint (25) 15:42, 4. Rodrigo Eichler (20) 15:59, 5. Bryan Handerson (33) 16:11, 6. Arthur Cooper (25) 16:16, 7. John Rice (31) 16:23, 8. Peter Chenard (21) 16:37, 9. Crio Melendez (19) 16:38, 10. Steve Orebaugh (30) 16:43. **11.** Josh Johnson (16) 16:51, 12. Bill Sumner (44) 16:56, 13. Yogi DeLeon (33) 17:02, 14. David Torres (19) 17:05, 15. Brian Dickson (17) 17:11.

Overall Results - Women's 5K

1. Stacy Kneeshaw Rucker (30) 18:08, 2. Tracy Gaston (31) 18:53, 3. Marcella Teran (37) 19:04, 4. Sally Smith (26) 19:08, 5. Veronica Alvarez (23) 19:11, 6. Sheri Bail-Garcia (28) 19:15, 7. Alchera Clemeshaw (24) 19:19, 8. Trudy Martineau (36) 19:49, 9. Julie Babb (23) 19:56, 10. Kerry Tabler (42) 20:28. **11.** Kaye Rowan (34) 20:44, 12. Gina Westby (20) 20:55, 13. Kim Espinoza (21) 21:01, 14. Tracy Harvey (28) 21:04, 15. Gail Zucker (41) 21:08.

Overall Results - Men's 10K

1. Paul Pilkington (33) 29:01, 2. Matt Clayton (26) 29:19, 3. Chris Caldwell (27) 29:27, 4. Mark Culp (33) 29:38, 5. Chris Schille (25) 29:44, 6. Guillermo Morales (21) 29:52, 7. Ken Velasquez (29) 30:03, 8. Alan Scharu (31) 30:05, 9. Joe Nitti (26) 30:31, 10. Scott Long (26) 30:36. **11.** Jorge Montes (31) 30:54, 12. James Sheremeta (28) 30:55, 13. Richard Verney (30) 31:02, 14. Cesar Lopez (19) 31:03, 15. Liborio Nunez (20) 31:33.

Overall Results - Women's 10K

1. Lorraine Moller (37) 32:39, 2. Maria Trujillo (32) 33:13, 3. Kathy Bowman (31) 33:31, 4. Michelle Jones (22) 33:57, 5. Teresa Scott 34:11, 6. Laura Stuart (27) 35:28, 7. Kim Tunnell (20) 36:28, 8. Liz Baker (34) 36:40, 9. Jill Newman (24) 36:41, 10. Cathy Donovan (35) 36:41. **11.** Marianne Jensen (29) 37:08, 12. Lan Clayton (24) 37:15, 13. Mary Ryzner (38) 37:29, 14. Trish Walsh (37) 37:35, 15. Valerie Hoelsing 37:43.

4-H Fair Fun Run

June 27. Alameda County. 5K.

Division Results - Men

(No Times Available)

8 & Under: 1. Justin Nakasaki, 2. Brian Crawford, 3. Matthew Ellis. **9-13:** 1. Johnathon Ratti, 2. Collin Beighley, 3. Matthew Patton. **14-19:** 1. Nicholas Ratti, 2. Brian Denbrowicz, 3. John Diazza. **20-29:** 1. Scott Kennedy (1st overall) 15:05, 2. Sandeep Randhawa, 3. Louis Roggenburg. **30-39:** 1. Brian Davis, 2. Steve Strangio, 3. Donald Jedlovec. **40-49:** 1. Julios Ratti, 2. Michael Minietta, 3. Ron Tanaka. **50 & Over:** 1. Richard Rodriguez, 2. Rolf Nebelung, 3. Bill Boeckman. **Walkers:** 1. Robert Gordon, 2. Jerrod Birely, 3. Fenton Kremer.

Division Results - Women

(No Times Available)

8 & Under: 1. Tamara McDowell, 9-13: 1. Elisha Trundell, 2. Amber Spence, 3. Jessica Biermann. **14-19:** 1. Theresa McCarthy, 2. Belinda Williams, 3. Mehisa Ratti. **20-29:** 1. Strangio (1st female) 17:12, 2. Valerie Randhawa, 3. Leslie Grundler. **30-39:** 1. Grace Gordillo-Beatty, 2. Sue Thegton, 3. Anna Allen. **40-49:** 1. Kathy Woolcock, 2. Agnes Bellamy, 3. Margaret Yee. **50 & Over:** 1. Gloria Duvall, 2. Viola Kull, 3. Joan Williams. **Walkers:** 1. Betty Harris, 2. Pat Baker, 3. Mary Patton.

Division Results - 4-H'ers

Men: **8 & Under:** 1. Matt Frost. **9-13:** 1. David Frizzell, 2. Scott Meeks, 3. Brian Scherer. **14-19:** 1. Eric Harrington, 2. Simon Pittfield, 3. Mark Sandner. **40-49:** 1. Skip Harrington. **50 & Over:** 1. Willie Day.

Women: **8 & Under:** 1. Monica Meeks. **9-13:** 1. Cherie Frost, 2. Kelly Frost, 3. Megan Hoxie. **14-19:** 1. Nicole Strandburg, 2. Amber Riley, 3. Christina Hyde. **30-39:** 1. Lisa Marden, 2. Carol Smith.

Western State Endurance Run

June 27. Squaw Valley. 100 Mile.

Overall Results

1. Tim Twietmeyer (33) 16:54:16, 2. Ray Scannell (42) 17:27:54, 3. Ann Trason (31) 18:14:48, 4. David Scott (34) 18:35:47, 5. Brian Purcell (36) 18:45:11, 6. Dan Williams (43) 18:50:23, 7. Bill Finkbeiner (38) 18:51:41, 8. Joe Schlereth (42) 19:09:52, 9. Rae Clark (40) 19:18:23, 10. Dow Mattingly (40) 19:40:57. **11.** Bernd Leupold (50) 20:17:47, 12. Joe

Braninburg (48) 20:45:17, 13. Joseph Marchand (41) 20:58:12, 14. Gregory Atchley (25) 21:01:00, 15. Charles Crompton (44) 21:11:25, 16. Scott Modzelewski (29) 21:25:17, 17. Alfred Bogenhuber (52) 21:26:32, 18. David Innes (44) 21:38:40, 19. Dennis Fugate (40) 21:40:25, 20. Mike Hartley (39) 21:43:49.

21. Gard Leighton (57) 21:50:41, **22.** Laura Vaughn (26) 21:52:19, **23.** Richard Gates (35) 21:56:49, **24.** Thomas Wright (48) 22:06:04, **25.** Ean Jackson (34) 22:09:08.

Gardena 5000

June 28. Gardena. 5K.

Division Results - Men

Overall Winners: 1. Peter DeLaCorda 14:55, 2. Brent Allen 15:22, 3. Carlos Navarro 15:26.

12 & Under: 1. Joseph Hernandez 19:38, 2. Elvis Navarro 20:09, 3. Ruben Vargas 21:22. **13-14:** 1. David Vargas 18:35, 2. Andrew Fitzsimmons 19:49, 3. Jamaal Stevens 20:11. **15-19:** 1. Paul DeLaCorda 15:54, 2. Gilbert Salazar 17:19, 3. Terry Ghiselli 17:29. **20-24:** 1. Hector Cruz 15:46, 2. Sven Haug 15:52, 3. Gil Guzman 15:55. **25-29:** 1. George Juarez 15:45, 2. Scott Shean 15:48, 3. Alfonso Nunez 16:08. **30-34:** 1. Antonio Munoz 15:45, 2. Marty Horan 15:48, 3. Antonio Olvera 15:56. **40-44:** 1. Henry Rono 14:43, 2. Doug Bell 14:44, 3. Ron Gee 16:05. **45-49:** 1. Jussi Hamalainen 16:42, 2. Ron Ogilvie 16:51, 3. Kenneth Dersmet 16:53. **50-54:** 1. Catarino Gonzalez 16:29, 2. Jim Chenoweth 16:59, 3. Cecil Smith 18:21. **55-59:** 1. Carlos Valle 17:37, 2. Andre Tocco 18:34, 3. Aldo Mora 18:41.

Division Results - Women

Overall Winners: 1. Marguerite Buist 16:26, 2. Melissa Johnson 16:56, 3. Anet Cooper 17:13.

12 & Under: 1. January Figueroa 22:43, 2. Mariah Bank 24:44, 3. Rocio Lopez 25:46. **13-14:** 1. Hannah Cooper 23:50, 2. Gretchen Freese 23:56, 3. Alicia Neely 25:14. **15-19:** 1. Linda Gallardo 18:58, 2. Sara Valdez 19:49, 3. Jessica DeLaCorda 20:02. **20-24:** 1. Debbie Bingras 19:08, 2. Rosalinda Garcia 19:11, 3. Naz Arain 21:32. **25-29:** 1. Deneen Braet 19:31, 2. Dawna Brown 20:07, 3. Diane Silva 20:20. **30-34:** 1. Laura Guzman 18:50, 2. Jamilett Odenwald 20:34, 3. Mayra Diaz 20:50. **35-39:** 1. Jennie Cole 19:21, 2. Jeanne Kawashima 19:47, 3. Cara Stearns 20:35. **40-44:** 1. Cherrie Hall 17:46, 2. Lori Coker 18:57, 3. Eva Cervantes 21:03. **45-49:** 1. Joan Colman 18:00, 2. Wendy Watson 20:15, 3. Sue Reinhardt 20:32. **50-54:** 1. Shirley Matson 17:50, 2. Roberta Lamping 22:38, 3. Nancy Green 27:21. **55-59:** 1. Gina Faust 19:38, 2. Shirley Blush 21:09, 3. Atsuko Fujimoto 23:28. **60-64:** 1. Yukie Mochida 23:50, 2. Sumiye Onodera-Leonard 27:40, 3. Helen Dick 23:16.

Even If You Only Have 20 Minutes--Do It!

By Jeff Galloway

New research has shown that even low levels of "household exercise" can produce a modest level of fitness. If sweeping, dusting, or cleaning out the toilet can help--a run or brisk walk can do even more. The key to fitness is regularity. If you can exercise at least every other day, you can maintain or improve fitness, depending upon the intensity of each session: You may often improve with one day off between workouts--two days off will keep you on a maintenance schedule. With more rest days between, you'll struggle to regain fitness each session.

ning every other day, you can afford to run harder on each run, because you have non-pounding days in-between to allow for recovery. I've known hundreds of runners who've only had 30 minutes, 3 days a week to exercise. Many have run marathons by inserting a long run every 14 days. Others have improved 10K and 5K times by intelligently planning their workouts instead of "piling on the miles".

Several runners, like Tony Sandoval, have run impressive performances after cutting mileage 50% or more. While in medical

utes per mile slower than 10K pace). One can still run some fast running on a fun day, but you must have a good time doing it--and look forward to your next session.

If you are building or maintaining fitness, exercise regularity is the key. Those who want to improve times and distances can only do so by increasing intensity--when they cut out workout days. Ultimately, you must have some fun in the program--or you won't stay for the long run. If you don't think you're having fun, just remember. . .you could be cleaning the toilet.

Note: Jeff Galloway works individually with runners of all levels at his summer running vacations, and has written the nation's current best-selling running book: Galloway's Book on Running. For info write: P.O. Box 76843, Atlanta, GA 30358.

If you are building or maintaining fitness, exercise regularity is the key.

If it's enjoyable, you'll want to do it again. Make your sessions come alive with simple motivational items: scenic courses, companions, music devices (Walkman, etc). Food rewards are great if they keep you going--but try to find nutritious snacks. By loading up on fatty foods, after a good workout, you'll be giving your body conflicting signals about fat loss and other long-term health projects.

Competitors may even benefit from more rest days. One runner dropped two of his running days and improved his 10K time from the low 36's to the high 34's. If you are run-

ning every other day, you can afford to run harder on each run he acquired enough fitness to run 2:14 at Boston.

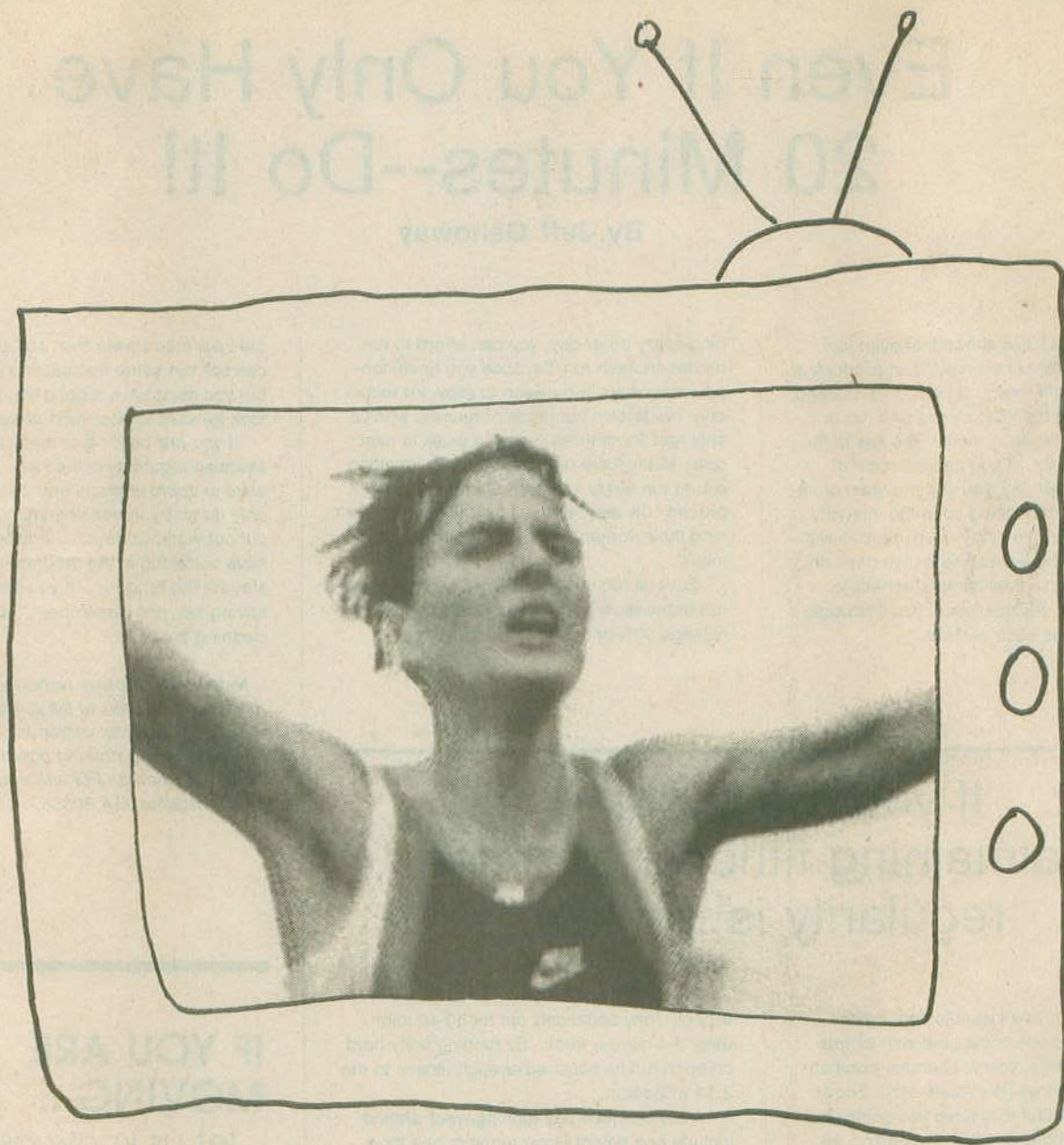
A successful 3 day running week should include one day of faster running, one long day, and one fun day. Fast running should never be all-out--even beginners can benefit from short accelerations which are slightly faster than they are running (Take as much slow jogging as you need to recover between these bursts). The long day is usually on the weekend, and is run very slowly (1.5-2 min-

IF YOU ARE MOVING...

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

Thank you!

NIKE
running



Attention A.B.C.:
Monday Night Running

Think about it.