

AUGUST 1994

ISSUE NO. 204

# CALIFORNIA

## Running News



■ GARDENA 5000 ■ NUTRITION NEWS  
■ August, September & October Schedule -- 359 events listed

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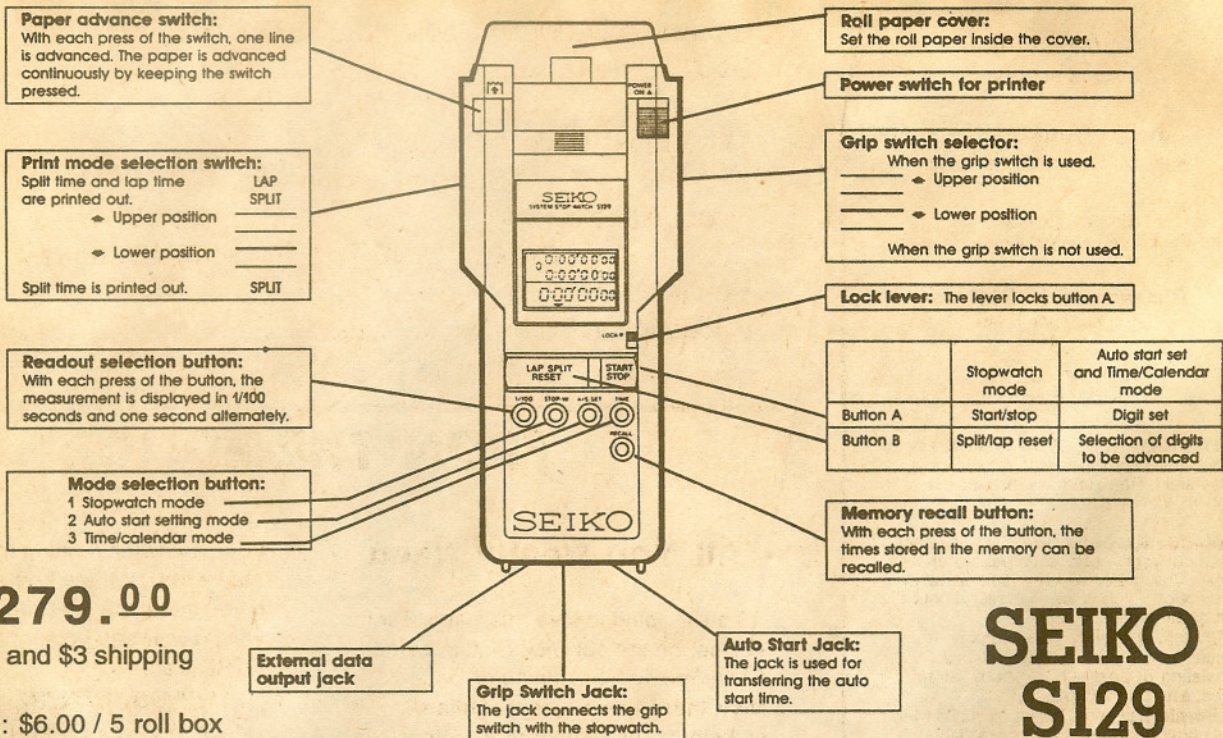
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California's Road Racing Magazine



# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION



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**SEIKO  
S129**

## System Printer

The following data is printed permanently on tape:

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

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

```

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

```

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

## Applications

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

## Specifications

### Time Base and Accuracy:

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

### Printout:

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

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

### LCD Stopwatch Display:

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

### Modes:

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

### Temperature:

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

### Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).  
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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# CALIFORNIA Running News

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## FROM THE EDITOR

### All You Really Need

You're going to love this issue. For instance, check out Dick Slotkin's Road Race Spotlight beginning on page 26.

Now, there was a race that offered something for everyone! A professional race and a people's race all rolled into one big party on the roads.

Look for several other outstanding features this month. There's Nancy Clark's "The Athlete's Kitchen" column picking up on several hot nutrition items in 1994. If you're concerned with injuries, and who isn't, take a look at Barbara Erskine's featured book review of Running Injury Free.

Then, there is the usual load of schedule information -- hundreds of events listed for August, September and October. There should be something here for everybody. Finally, the Results Section -- where you'll find more local running results than anywhere.

So, pick an event near home from the schedule, begin training while applying the information contained in the feature articles, get pumped up and motivated reading the Road Racing Spotlight, and, before long, we'll see your name in the results.

As always, we are open to your ideas and suggestions for improving this,

your statewide running magazine. You may write us at the address adjacent or, if you travel the information super highway, e-mail can be sent to us at: [CTRN@aol.com](mailto:CTRN@aol.com)



*Bill*

**ON THE COVER:** Biding his time at the Gardena 5000/Top Ramen Invitational, MBAREK HUSSEIN (#1) approaches the mile mark with fellow competitors (left to right) DEREK KITE (#15), OSCAR GONZALES (#32), ALFREDO VIGUERAS (#11), JOSE INIGUEZ (#17), BRIAN ABSHIRE (#4) and JOHN HUME (#7). See Richard Slotkin's story beginning on page 26.

*Photo by Richard Lee Slotkin*



# 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 2 (Tuesday)

**Bakersfield:** BTC Handicap 5K #5, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**San Diego:** SDTC 3 Mile Fun Run, Mission Bay (Hospitality Point) 6:15 p.m. Info: Chuck Pennell (619/460-3110).

## August 3 (Wednesday)

**San Jose:** Union Bank Heart of the City 5K, San Fernando St. & Almaden Blvd., 7 p.m. Union Bank Heart of the City Run, 99 Almaden Blvd., San Jose 95113 (408/279-7746).

## August 6 (Saturday)

**Los Gatos:** Summit Challenge 10K, Old Loma Prieta School, 8:45 a.m. Linda Sullivan, Loma Prieta Rec. Dept., O.L.P. School, 23800 Summit Rd., Los Gatos 95030 (408/353-2834).

**Dublin:** Parks Pursuit, 5K Run/Walk, 10K Run, Post Gym (5th St.), 9 a.m. Capt. Wilcher, Camp Parks Military Base, Bldg. 611, Dublin 94583 (510/829-3223).

**Inverness:** Drakes Bay Marathon, Half-Marathon & 6 Mi., Limantour Beach

(Pt. Reyes Nat'l. Seashore), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Sacramento:** Tri For Fun Triathlon #3 (1kS-20kB-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

**Kirkwood:** World's Toughest Triathlon (2mS-200mB-18.6mR) & The Enduro-X Triathlon (1.5kS-40kB-15kR), 9:30 a.m. Info: Charlie Lincoln (916/573-0103).

**Squaw Valley:** The Mountain Run, 3.6 Mi. (uphill), end of valley (ski resort), 9 a.m. Image Promotions, Ltd., P.O. Box 2575, Olympic Valley 96146 (Holly Beattie: 916/426-9559).

**Bass Lake:** Bass Lake Run Thru the Pines, 4.5 & 13.3 Mi., Pines Village, 7 a.m. Run Thru the Pines, 4957 E. Heaton Av., Fresno 93727.

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

**San Luis Obispo:** R.R.C.A. Women's Distance Festival 5K & Men's Electric City Challenge Series 5K, Laguna Lake Park (on Madonna Rd. btwn. Hwy 101 & Los Osos Valley Rd.), 8:30 a.m./Women, 9:15 a.m./Men. San Luis D.C., P.O. Box 1134, San Luis Obispo 93406 (Diane & Tom Dixon: 805/528-4059).

**San Dimas:** Steamboat Tri-Al (500yS-24mB-4kR), Bonelli Park, 8:30 a.m. Tri Events, Inc., 3222 Virginia Av., West Covina 91791 (818/331-0169).

**San Diego:** Top Gun 10K & 2 Mi. Fun Run, Miramar Air Station, 7:30 a.m. Info: Wendy (619/537-4133).

**Las Vegas, NV:** LVTC 5 Mi. X-C & Picnic, Tule Springs (Floyd Lamb State Park), 7 a.m. Tom Hodges, LVTC, P.O.

Box 81045, Spring Valley, NV 89190 (702/252-7249).

## August 7 (Sunday)

**San Francisco:** DSE Ocean Beach Run, 6 Mi., Great Hwy. & Balboa, 9:30 a.m. Info: 415/978-0837.

**Palo Alto:** Run for Your Heart 5K/10K, Baylands Athletic Center, 8:30 a.m. Tom Osborne, Palo Alto Rec., 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**Alameda:** Alameda Run for the Parks, 10K Run & 2 Mi. Walk, So. Shore Shopping Center, 9 a.m. Dale Lillard, Alameda Parks & Rec., 2263 Santa Clara, Rm. 201, Alameda 94501 (510/748-4565).

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

**Aptos:** Sandman Triathlon (0.5mS-15mB-4.2mR), Sea Cliff State Beach, 9 a.m. Sheri Eymann, P.O. Box 324, Aptos 95001 (408/685-2528).

**Pacific Grove:** YWCA 5K/10K, Lover's Point Park, 9 a.m. June Desena, c/o YWCA, 2115-C N. Fremont Blvd., Monterey 93940 (408/649-0834).

**Tracy:** California Dry Bean Festival 5K/1M Fun Run, Tracy H.S., 8:30 a.m. Frank Hagerty, 1731 Parker Polich Ct., Tracy 95376 (209/835-8525).

**Rio Vista:** Brannan Island "Outback" Triathlon (900yS-14mB-3.8mR), No. Calif. Brannan Island State Rec. Area, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).



# SCHEDULE

**Blue Lake:** Annie & Mary Day Run, 10K & 2 Mi., First Av. & "H" St., 8:30 a.m. Annie & Mary Run, c/o Blue Lake City Hall, P.O. Box 458, Blue Lake 95525 (707/668-5728).

**Mammoth Lakes:** Mammoth Lakes Triathlon (1.5mS-40kB-10kR), June Lake, 9 a.m. Mammoth Times Triathlon, P.O. Box 3929, Mammoth Lakes 93546 (619/934-3929).

**Kings Beach:** Lake Tahoe Brockway Challenge, 5K/10K, Kings Beach Elem. School, 8:30 a.m. Buzz Graves, P.O. Box 549, Kings Beach 96143 (702/831-0668).

**Ventura:** Cow Town One Mile Races, downtown, 8:40 a.m. Inside Track, 1410 E. Main St., Ventura 93001 (805/643-1104).

**Dana Point:** Ujena 5,000, Salt Creek Beach, 8 a.m./Men, 9 a.m./Women. Race Pace Promos, P.O. Box 795, Dana Point 92629 (714/661-6547).

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

## August 8 (Monday)

**Grouse Ridge:** High Altitude Running Camp Clinic (thru Aug. 12), near Nevada City, \$50/person. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

## August 10 (Wednesday)

**So. El Monte:** Wednesday Evening 1 Mi., 5K & 10 Mi., Legg Lake, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310/949-0394).

## August 11 (Thursday)

**San Francisco:** Chemical Bank Corporate Challenge 3.5 Mi., Justin Herman

Plaza, 7 p.m. Chemical Bank Corp. Challenge, P.O. Box 2035, Burlingame 94011 (415/342-8907).

**Costa Mesa:** Summer Shadow Run, 3 Mi., Fairview Park, 6:30 p.m. (Raceday Reg. only). Info: Charles Appell (714/540-2368; 432-5112).

## August 12 (Friday)

**Arcata:** Elite Mile, Humboldt State Univ., Time TBA. Cox Cable, 911 W. Wabash, Eureka 95501 (707/822-5269).

## August 13 (Saturday)

**Lafayette:** The Gruel Dual Series Duathlon (3kR-15kB-3kR), Briones Regional Park (Bear Creek Staging Area), 8 a.m. John or Kate, Terrasport, 789 E. Sixth St., Chico 95928 (916/894-6210).

**Vallejo:** Bridging the Gap 5K/10K & Kids' 1 Mi. Fun Run, Mare Island Naval Shipyard, 8 a.m./10K, 9 a.m./5K, 10

a.m./1 Mi. Carol Womack, P.O. Box 14702, Oakland 94614 (707/552-9850).

**Sacramento:** Susan B. Anthony Women's 5K Run/Walk, Glen Hall Park, 8 a.m. Steve Ashe, 9608 Linda Rio Dr., Sacramento 95827 (916/366-6772(H)).

**Washington:** Washington Bridge Run, 5.5 Mi., 8:30 a.m. Ryan Piner, 14581 Highland Dr., Grass Valley 95945 (916/432-9296).

**Kirkwood:** A Run With a View 5K/10K, 10 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Clovis:** Clovis Community Hospital/ARC's Run for Health, 10K & 2 Mi., Woodward Park, 7 a.m./2 Mi., 7:30 a.m./10K. Clovis Community Hospital, 88 No. DeWitt Av., Clovis 93612 (209/299-8200).

**Grover Beach:** Dune Run-Run, 5K & 10K, Grand Av. Beach Access Ramp, 9 a.m. Grover Beach Chamber of Commerce, 177 S. 8th St., Grove Beach 93433 (805/489-9091).

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# SCHEDULE

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

**Baywood:** Bayfest 5K Pirate Run, across from Salty Pelican, 9 a.m. Ron Roundy, 2160-B Pine St., Los Osos 93402 (805/528-0775).

**Irvine:** Spirit of Irvine/Run For Make-A-Wish 5K/10K & Kids' Run, Irvine Medical Ctr. (Alton & Sand Canyon), 7:30 a.m./5K, 8 a.m./10K, 9 a.m./Kids. Spirit of Irvine/Run for Make-A-Wish, P.O. Box 4733, Irvine 92714 (714/660-9182).

**San Diego:** Balboa Park 8 Mile & 3 Mile Fun Run, Pan American Plaza (Balboa Park off Park Blvd.), 7:30 a.m. Balboa Park Runs, P.O. Box 26722, San Diego 92196 (619/578-9456).

**San Diego:** MADD 10K Run/Walk & 2 Mi. Fun Run/Walk, Location TBA, 7:30 a.m. Info: Breaking 40 Race Consultants (619/272-8316).

**Crater Lake, OR:** Crater Lake Rim Runs (6.7Mi., 13.1 Mi., Marathon), Crater Lake Nat'l. Park, 7:30 a.m. Bob Freirich, 5830 Mack Av., Klamath Falls, OR 97603 (503/884-6939).

**Las Vegas, NV:** LVTC 2 & 5 Mi., Silver Bowl (near Russell Rd. & Boulder Hwy), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

## August 14 (Sunday)

**San Francisco:** DSE Twin Peaks Run, 3.36 Mi., Portola Dr. & Twin Peaks Blvd., 9:30 a.m. Info: 415/978-0837.

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

**Larkspur:** Tamalpa Runners Couples Relay, 2 x 2 Mi., Larkspur Landing, 9 a.m. Barry Spitz, 155 Los Angeles Blvd., San Anselmo 94960 (415/454-2769).

**San Jose:** Danskin Women's Triathlon Series (0.75mS-20kB-4kR), Location TBA, 8 a.m. Info: Diane Lydon (415/332-4561).

**Felton:** Race Through the Redwoods, 10K, Hwy. 9 & Graham Hill Rd., 9 a.m. John Musterman, Felton Business Assoc., P.O. Box 6, Felton 95018 (408/457-7646).

**Copperopolis:** Big Valley-Calaveras County Triathlon (800yS-17mB-4mR), Salt Springs Reservoir (8 Mi. north of Copperopolis on Rock Creek Rd.), 8 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

**Pinecrest:** Pinecrest Lake Run, 1K/5M, Pinecrest Lake Beach, 8 a.m./1K, 9 a.m. Laurie Cashman, Box 4362, Pinecrest 95364 (916/965-4362).

**Freshwater:** Freshwater Run, 2M/5K/10K, 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Els Pence: 707/822-3338).

**Eureka:** Cox Cable Run for Good Will (PA/USAT&F Championships), 10K, Old Town Eureka, Time TBA. Cox Cable, 911 W. Wabash, Eureka 95501 (707/822-5269).

**Mammoth Lakes:** Mammoth Mountain Marathon, Mammoth Mtn. Inn, 8 a.m. (9,000 Ft.). Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Truckee:** Donner Party Trail Marathon/10K/25K, Donner Pass (old Hwy. 40), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Ventura:** Mike & Rob's Most Excellent Triathlon (1.2mS-52mB-13.1mR; 0.25mS-9mB-3mR), Ventura State Beach, Time TBA. MESP, Michael Epstein, P.O. Box 9122, Calabasas 91372 (818/880-4915).

**Coronado:** USO Yellow Ribbon 5K/10K, Naval Air Station (North Island Carrier Pier), 8 a.m./5K, 8:30 a.m. USO Yellow Ribbon Run, 433 E. Harbor Dr., San Diego 92101 (619/235-6503).

## August 16 (Tuesday)

**Bakersfield:** BTC Handicap 5K #6, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## August 20 (Saturday)

**Pleasanton:** Pleasanton Tri for Fun Series (400yS-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, P.O. Box 156, Pleasanton 94566 (209/795-7832).

**Los Gatos:** Dammit Run, 6.4 Mi., Las Gatos H.S. track, 8:30 a.m. Bruce Springbett, LGAA, P.O. Box 1334, Los Gatos 95031 (408/354-2365; 395-4311).

**Sonoma County:** The Grape Race, 90 Mi. (5x15 Mi. Bike; 5 x 5 Mi. Run), 8 a.m. Greg Schottenstein, American Lung Assoc., P.O. Box 1482, Santa Rosa 95402 (800/556-6650).

**Davis:** Great North Triathlon-Sprint (1kS-25kB-5kR), Stonegate Country Club, Time TBA. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916/757-6017).

**Lompoc:** Norma Guerra Memorial Triathlon (0.5mS-15mB-4mR), Location & Time TBA. Info: Parks & Rec. Dept. (805/736-6565).

**Arroyo Grande/Pismo Beach:** KOTR Central Coast Youth Triathlon Series (distances vary with age groups thru 14-16), Time TBA. Info: Rec. Dept. (805/773-4658 or 489-1303, x149).

**Ventura:** Cow Town Mile Races (6 age groups), downtown, 8:40 a.m. Inside Track, 1410 E. Main St., Ventura 93001 (805/643-1104).

## IF YOU ARE MOVING...

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

*Thank you!*





First Annual

# JOHN OROGREN MEMORIAL 5K RUN & 5K WALK

A YUBA COLLEGE CROSS COUNTRY/TRACK & FIELD COMMUNITY FUNDRAISING EVENT.

**DATE:** Saturday, September 10, 1994

**PLACE:** River Front Park, Marysville, CA

**TIME:** 9:00 a.m.

**DISTANCE:** 5 Kilometer (3.1 mile) Cross Country Run or Walk.

**ENTRY FEE:** \$8.00 per entrant (Post marked by September 2)  
\$10.00 per entrant (After Sept. 2 & on Race Day)

**T-SHIRTS:** Compliments of our sponsors listed on this flyer will be on sale for a cost of only \$10.00. (Buy early as there is a limited supply).



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**RUNNERS AWARDS:**

Plaques (6) will be awarded to the overall male & female finishers, first Masters Division male & female, and first male & female Yuba College Alumni finishers.

Medals (42) will be awarded to the top three finishers in each of the following divisions:

**RUNNERS DIVISIONS:** Both Male and Female: 14-under, 15-17, 18-29, 30-39, 40-49, 50-59, and 60-Over.

**WALKERS AWARDS:**

Plaques (2) will be awarded to the overall male & female finishers.

Medals (24) will be awarded to the top three finishers in each of the following divisions:

**WALKERS DIVISIONS:** Both Male and Female: 29-under, 30-39, 40-59, and 60-Over.



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**YUBA CROSS COUNTRY FOUNDATION SPONSORS:**

Tax-Deductible Contributions in the following amounts are also being accepted to fund Yuba's Cross Country Program this year:

**"BRONZE MEDAL" Sponsor:** \$50 Contribution

**"SILVER MEDAL" Sponsor:** \$100 Contribution

**"GOLD MEDAL" Sponsor:** \$150 Contribution

**REGISTRATION:**

Mail completed Entry Form and/or Sponsor Contribution Form to Nick Vogt, Cross Country Coach, Yuba College, 2088 North Beale Rd., Marysville, CA 95901. For more information, you may phone (916) 741-6839 or 878-0697. Please make your check payable to: "YUBA COLLEGE FOUNDATION".

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I hereby declare that I am in good condition and am properly trained for the above competition and event. I absolutely relieve the Yuba Community College District, sponsoring organizations, and all race officials, of any responsibility for any injury, loss, or damage, to myself or my property which I may sustain in the course of (or in connection with) the John Orogren Memorial 5K Run/Walk.

(Signature - Parent or Guardian if under 18)

(Date)



# SCHEDULE

**Las Vegas, NV:** LVTC 2M/5K, Bruce Trent Park (Rampart & Vegas Dr.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

## August 21 (Sunday)

**San Francisco:** DSE Presidio Gate Run, 3.3 Mi., Dolphin Club (502 Jefferson), 9:30 a.m. Info: 415/978-0837.

**San Francisco:** Promise 5K, Justin Herman Plaza, 8 a.m. Jim Brimm, P.O. Box 579120, Chicago, IL 60657 (312/878-3838).

**San Francisco:** Krazi Eight 5K/10K, Golden Gate Park (south side Polo Fields), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Palo Alto:** Garden Court Hotel Breakfast Run, 5 Mi., downtown, 8:30 a.m. Info: RhodyCo Productions (415/387-2178).

**Davis:** Great North Triathlon-International (1.2kS-44kB-10kR), Stonegate Country Club, Time TBA. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916/757-6017).

**McKinleyville:** Hammond Bridge Half-Marathon, McKinleyville H.S., 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Buzz Webb: 707/839-3518).

**Santa Barbara:** McConnell's Ice Cream of Santa Barbara Endurance Event, Biathlon (10kR-1mS); 1mS; 5K/10K; Kids' Mile, Goleta Beach County Park, 8:30 a.m./5K, 9:30 a.m./10K & Biathlon, 11 a.m./Mi. Kevin Young, 119 Cooper Rd., Santa Barbara 93109 (805/682-1330).

**Santa Barbara:** Chuck's Beach Run, 6 Mi., Leadbetter Beach, 4 p.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

**Los Angeles:** L.A. Kids Triathlon, 7-14 year olds (distances vary), Dockweiler State Beach, Time TBA. MESP, Michael Epstein, P.O. Box 9122, Calabasas 91372 (818/880-4915).

**San Diego:** America's Finest City Half-Marathon & 5K, Cabrillo Nat'l. Monument to Balboa Park (H-M), Balboa Park (Plaza de Panama) (5K), 7 a.m. American Lung Assoc., P.O. Box 3879, San Diego 92163 (619/297-3901).

## August 26 (Friday)

**Palo Alto:** Florentine Restaurants TGIF Run 5K/10K, Baylands Athletic Center, 6:30 p.m. Tom Osborne, Palo Alto Recr., 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**Sacramento:** River Run 5K, Miller Park, 7 p.m. Race Ready, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

## August 27 (Saturday)

**Santa Cruz:** Wilder West Half-Marathon & 10K, Wilder Ranch State Park (2 Mi. north of Santa Cruz), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Santa Cruz:** Champagne Ride & Tie, 30 Mi. (1 horse, 2 runners alternate running/riding), Gramhill Showgrounds, 7:30 a.m. Info: Steve Shaw (408/685-3436).

**Grass Valley:** Wolf Mountain Trail Challenge, 10K, 1.8 Mi., Kids' 0.5 Mi., Triathlon (1mS-34mB-10mR), Wolf Mountain Christian Camp, 9 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

**Chico:** Chico Triathlon (0.5mS-18mB-6mR), Bidwell Park (One Mile Recr. Area), 9 a.m. Sean/Dave, Fleet Feet, 222 W. Third St., Chico 95928 (916/345-1000).

**Cameron Park:** Pony Express 50K & 50 Mi., 7 a.m. Delmar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661 (916/783-4558).

**Avila Beach:** The Avila 5K, Avila Pier, 8 a.m. Info: Steve Boaz (805/534-9308).

**Santa Barbara:** Santa Barbara County Triathlon (1mS-34mB-10mR; 700yS-6mB-2mR), 7 a.m./Short; 8 a.m./Long. Joe Coite/Greg Martin, Adventures-Outdoor Excursions, P.O. Box 215, Santa Barbara 93102 (805/963-2248).

**Chula Vista:** Bonita Sunrise Classic 5K/10K, Eastlake Area, 7:15 a.m. Info: Layce & Assoc. (619/236-0842).

**Las Vegas, NV:** Forest Challenge, 18M/8M/4M, Mack's Canyon (Lee Canyon to Mack's Canyon intersection), 6:30 a.m./18M, 7:30 a.m./8M, 8 a.m./4M. Trinity United Methodist Church, 6151 W. Charleston Blvd., Las Vegas, NV 89102 (Mike Naylor: 702/383-1276).

## August 28 (Sunday)

**San Francisco:** DSE Memorial Run, 4.5 Mi. & Kids' Run, Kennedy Dr. & 36th Av., 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.

**San Francisco:** Run Down the Deficit 4.5 Mi., Lake Merced (No. Parking Lot), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Oakland:** Time is on Your Side Run, 5K/10K, Old Boathouse (14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

**Pleasanton:** Dog Days Duathlon (3mR-12mB-1.5mR), Hacienda Business Park (Hacienda exit off I-580), 8:30 a.m. Kaleidoscope Activity Center, 7425 Larkdale Av., Dublin 94568 (510/828-8857).

**Santa Cruz:** Wilder Ranch Biathlon (5mR-14mB), Wilder Ranch State Park (2 Mi. north of Santa Cruz), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Santa Cruz:** Run for Mental Wellness, 5K/10K, Silicon Systems (2300 Delaware Av.), 8:30 a.m./5K, 9 a.m. Kerry Heaps, 941 El Dorado Av., Santa Cruz 95062 (408/479-9494).

**Gilroy:** Mt. Madonna Challenge, 6K/12K, Mt. Madonna Co. Park (Spring



# NEWPORT SEAFEST 8K

SUNDAY, SEPTEMBER 18, 1994

NEWPORT DUNES RESORT

Men's START 8:00am

Women's START 9:00am

For information call  
(714) 661-6547

**Times**  
ORANGE COUNTY

PRESENTS



NEWPORT

*SeaFest*  
1994

## AHOY RUNNERS!

Drop anchor for the Newport SeaFest 8K along the beautiful Newport Beach Back Bay, then sample the culinary world's best with gourmet fare from over 40 top Southern California restaurants at the Taste of Newport, the annual 3-day event that attracts 50,000 people for great food, live entertainment, and major fun in the sun!

Your entry includes one free entry to the Taste of Newport!

### NEWPORT SEAFEST 8K OFFICIAL ENTRY FORM

Make entry fee payable to Race Pace and mail with completed entry form to SeaFest 8K c/o Race Pace, P.O. Box 795, Dana Point, CA 92629

Age	M	F	Birthdate	Official Use Only
LL	LL	LL	LL-LL-LL	LL LL LL
First Name			Last Name	
LLLLLLLLLLLLLLLL			LLLLLLLLLLLLLLLL	LLLLLLLLLLLL
Address				
LLLLLLLLLLLLLLLL				LLLLLLLLLLLL
City			State	Zip
LLLLLLLLLLLLLLLL			LL	LLLLLL
Phone				
LLL-LLL-LLLL				

**ENTRY FEES:** Includes one entry to the "Taste of Newport" and one t-shirt!  
 Early registration - before 9/10/94 \$17 \$ \_\_\_\_\_  
 Late registration - after 9/10/94 \$20 \$ \_\_\_\_\_  
 Additional T-shirts: \_\_\_S\_\_\_M\_\_\_L\_\_\_XL @ \$10 each \$ \_\_\_\_\_  
**TOTAL ENCLOSED:** \$ \_\_\_\_\_

Make check payable to Race Pace. Event happens rain or shine. Sorry, no refunds. And please - no rollerblades or dogs.

**Waiver: (must be signed)**

In consideration of this entry acceptance, I, my heirs, executors and administrators hereby waive any and all rights or claims for damages I may have against The Newport Harbor Area Chamber of Commerce, the City of Newport Beach, Herb Massinger, Race Pace Promotions, and all their sponsors or any other individual or organization associated with the above, for any and all injuries sustained by me in this event. I will additionally permit the free use of my name and picture in newspaper articles, broadcasts, telecasts, video tapes, etc. I further attest and verify that I am physically fit and have sufficiently trained for the competition and that my condition has been verified by a licensed medical doctor.

Entrants Signature \_\_\_\_\_ Date \_\_\_\_\_  
(parents or guardians signature if entrant is under 18 years of age - this is to certify that my son/daughter has my permission to compete in the Newport SeaFest 8K event, is in good physical condition, and that the event officials have my permission to authorize treatment if necessary.)



# SCHEDULE

Lake), 9 a.m./6K, 9:15 a.m./12K. Lynn Lockhart, So. Valley Symphony, 7664 Los Padres Ct., Gilroy 95020 (408/842-4732).

**Pt. Reyes:** Marin Wilderness Trails 7 Mi., 25K & Marathon, Five Brooks (Hwy 1 between Olema & Stinson Beach), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Yountville:** Exertec Fitness Center Biathlon (4.5mR-14mB), Yountville Park, 8 a.m. Exertec Fitness Center, 920-A Yount St., Napa 94559 (707/226-1842).

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

**Merced:** Run for Justice, Distance, Location & Time TBA. Merced T.C., P.O. Box 3275, Merced 95344.

**Reno/Carson City, NV:** Silver State Marathon, Half-Marathon & 10K, Bowers Mansion County Pk., 6 a.m./Mara., 7 a.m./H-M & 10K. Ken McKim, 1460 Prospect Av., Sparks, NV 89431 (702/849-0419).

**Big Bear Lake:** Big Bear Lake Triathlon Series #3 (0.5mS-15mB-4mR), Meadow Park, 7:30 a.m. SBR Sports, 5405 Alton Pkwy., Suite 445, Irvine 92714 (714/858-7386).

**Orange:** A Snail's Pace 8K, Irvine Regional Park, 8:30 a.m. Snail's Pace Running Shop, 8780 Warner Av., Fountain Valley 92708 (714/842-2337).

**Imperial Beach:** Imperial Beach Multi-Sport Championships (1kS-20kB-5kR; 5kR-20kB-5kR), Location & Time TBA. KOZ Enterprises, P.O. Box 421052, San Diego 92142.

**San Diego:** Clean Bay 2M/10K, Marina Park (end of 8th Av.), 7:30 a.m. Lacye & Assoc., 8237 La Mesa Blvd., La Mesa 91941 (619/236-0842).

**Timberline Lodge, OR:** Hood to Coast Relay, 196 Mi. (12-Person Teams), 2:20 p.m. (wave starts). Hood to Coast Relay, P.O. Box 8895, Portland, OR 97207 (503/292-7702).

## September 1 (Thursday)

**Huntington Beach:** Sunset in the Park 2.8M/4.8M, Central Park West, 6 p.m./2.8M, 6:30 p.m. (5:30 p.m. - H.S. Team Challenge). Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

## September 3 (Saturday)

**Millbrae:** Millbrae Hill Climber 5K/10K, Palm & Richmond, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Roseville:** The Roseville Mile, separate heats, 8 a.m. Roseville Mile, 1306 Daisy Ct., Roseville 95661 (916/783-4558).

**Chico:** Chico Splash & Dash for MS (0.5mS-20kB-5kR or 1kS-40kB-10kR), California Park Pavillion, 8 a.m./Short, 8:30 a.m./Long. MultiSport, 1289 Palmetto Av., Chico 95926 (916/342-6580).

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

**Los Osos:** Pinedorado Days 5K/10K, Coast Joint Union H.S. (Santa Rita Creek Rd.), 8:30 a.m. Jim Hurley, 1751 Fearn, Los Osos 93402 (805/528-6576).

**Santa Maria:** Golden State Air Fair 5K/10K Runs, Santa Maria Hilton, 9 a.m. SMVCA, Attn: Charlene, 2003 Preisker Ln., Santa Maria 93454 (John Carmichael: 805/928-1345, eve).

**San Diego:** Balboa Park 4 Mi. X-C, 6th & Laurel, 7:30 a.m./M40+, 8:15 a.m./Women, 8:45 a.m./Open Men. Info: Mark Leisinger (619/239-3622).

## September 4 (Sunday)

**Brisbane:** DSE Where the Hell is Brisbane Run, 5 Mi., Yacht Harbor, 9:30 a.m. Info: 415/978-0837.

**Angel Island:** Romancing the Island, 12K & 25K, (take 8:30 charter ferry from Tiburon), Ayala Cove (Angel Island State Park), 9 a.m. Enviro-Sports, Box

1040, Stinson Beach 94970 (415/868-1829).

**Pescadero:** Boothill Half Marathon & 10K, Durate's Tavern, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Calero:** South Bay Duathlon I (5kR-30kB-5kR), Calero Park, 8 a.m. Info: J&A Productions (408/866-8848).

**Sacramento:** California State Fair Labor Day Run, 5K, 8 a.m. Joe Neff, Cal-State Sac'to, 6000 "J" St., Sacramento 95819 (916/278-6208).

**Manteca:** Delicato Charity Grape Stomp & Harvest Fair, 3 Mi., Delicato Winery, Time TBA. The GAMUT Promos & Advertising, 1132 No. Hunter St., Stockton 95209 (209/466-6653).

**Mariposa:** Amigo de Oro 5 & 10 Mi., Time TBA. Merced T.C., P.O. Box 3275, Merced 95344.

**Bear Valley:** Bear Valley Triathlon (600yS-12mB-3.1mR), Bear Valley Lake, 10 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

**Pollock Pines:** Run on the Sly, 50K/50M/18M/7M, Sly Park Lake, 7 a.m. Margie Lopez, P.O. Box 245, Placerville 95667 (916/626-8846(H)).

**Mammoth Lakes:** Ski Team Stampede 5K/10K, Ocean Harvest Restaurant, 8:30 a.m. Mammoth Ski Educ. Fndn., P.O. Box 845, Mammoth Lakes 93546 (619/934-4897).

**Santa Barbara:** Pier to Peak Half Marathon, Stearns Wharf to La Cumbre Peak, 7 a.m. (Limited to 74 entries). Info: 800/967-8758.

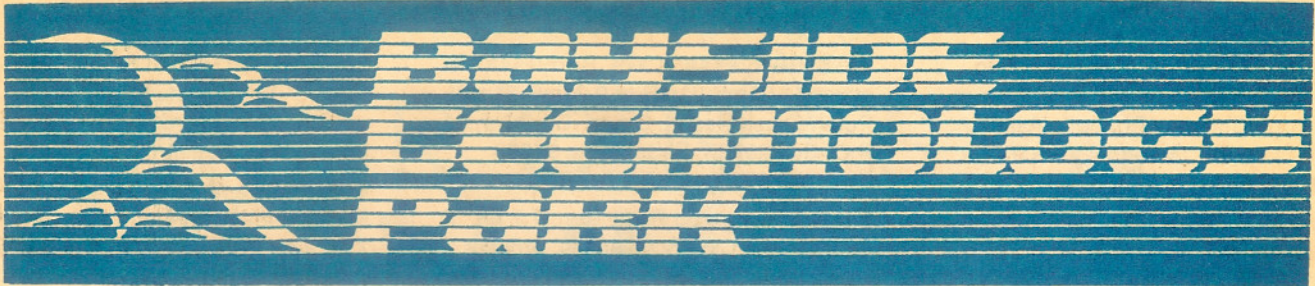
## September 5 (Monday)

**Pinole:** Miniman Triathlon (250yS-8mB-2.1mR), Pinole City Pool, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

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



West Valley Track Club & FUSD Partners in Education  
Present



Third Annual 8K Run and Kids' 1 Mile Race  
*Benefits Fremont Schools*



Sunday, September 11, 1994 - Fremont

7:30 - Registration begins, 8:30 - Kids' 1 Mile, 9:00 - 8K Run

**Course:** flat, lightning fast certified two loop asphalt course. Start and finish near south end of Fremont Blvd. in Bayside Industrial Park, South Fremont. From 880 North: Exit at Gateway; from 880 South: Exit at West Warren. Go west to Fremont Blvd., then left.

**Registration:** Complete and sign entry form below, and enclose a check for \$15 for 8K (\$18 after 9/4/94), \$10 for 1 Mile, payable to 'West Valley Track Club.' Mail to: Marc Lund, 1265 Montecito, Suite 105, Mtn. View, CA 94043. Include SASE or pick-up race numbers at race.

**Divisions:** 8K: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60&over.

1 Mile: 1-5, 6-9, 10-14. Male and female divisions in both races.




**Awards:** 1st-2nd-3rd in all divisions. PA/USATF 8K Championship 40-49 *only* (\$100 1st, \$75 2nd, \$50 3rd, men and women, individuals; \$150 1st, \$100 2nd teams - PA/USATF Resident members only)

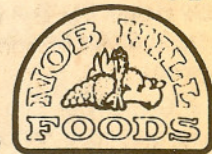
**All Entrants:** shirts, refreshments, and merchandise raffle!

**Race Information Hotline:** (415)966-1511 days, (408)739-6560 evenings



**Lodging:**  47000 Lakeview Blvd, (510)656-1800 1 mile from start.

Runners' spl rate.



Sex:  M  F Date of birth: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Age on race day: \_\_\_\_\_  
 Race registering for:  8K  1 Mile Team: \_\_\_\_\_ for official use only

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ USATF No. \_\_\_\_\_  
 Circle shirt size:  XS  S  M  L  XL Telephone Number: \_\_\_\_\_

**Waiver:** In consideration of you accepting this entry, I intend to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims of damages I may incur against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me (including enroute to and from the event). I attest that I am physically fit, and sufficiently trained for this competition. As per the waiver, I acknowledge that I have read and understand all of the above.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

All entrants must sign waiver (parent or guardian if under 18)



# SCHEDULE

**Auburn:** Stage Coach Mountain Run, 10.45 Mi., Bowman Elem. School, 8 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

**Auburn:** 49'r Canyon Classic Biathlon (6.1mR-7.45mB), Bowman Elem. School, 8 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

**McFarland:** McFarland Labor Day Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Ventura:** Sweatheart 10K Relay (male/female partners, 2x5K), Ventura Pier, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93001 (805/643-1104).

## September 10 (Saturday)

**San Francisco:** USF Invit. X-Country, 5K (Men's & Women's Open & Masters divisions as part of collegiate event), Golden Gate Park (north of Polo Fields, one block south of Fulton), 8 a.m./Women, 8:45 a.m./Men. Hoy's Sports, 1632 Haight St., San Francisco 94117 (415/252-5370; Tim Wason: 415/648-1467, eve).

**San Mateo:** September Son 8K Run, Coyote Point, 8:30 a.m. Vintage A.A., P.O. Box 620732, Woodside 94062 (415/851-2555).

**Redwood Shores:** Fiesta Run for Kids, 5K/10K & Kids' Run, Redwood Shores Pkwy., 8:30 a.m./5K, 9 a.m. Community Educ. Center, P.O. Box 5382, Redwood City 94063 (415/594-0408).

**Concord:** Shout on the Green 5K/10K, Concord Christian Center (near Clayton Rd. & Treat Blvd.), 8 a.m. Mike Parker, Shout Productions, 4255 Clayton Rd., Concord 94521 (510/686-4357).

**Lake Berryessa:** Lake Berryessa Biathlon (1.25mS-21mB or 0.25mS-21mB), Putah Creek Resort, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Volcano:** Jug and Rose Run, 7.7 Mi., 8 a.m. Drama Club Scholarship, Amador High School, 330 Spanish St., Sutter Creek 95685 (209/267-0108).

**Stockton:** Park to Park, 1 & 5 Mi., Lewis Park (I-5 at Monte Diablo exit), 8 a.m./1 Mi., 8:30 a.m. Rudy Rodriguez, P.O. Box 8422, Stockton 95208 (209/948-0938).

**Oroville:** Fleet Feet Chico Triathlon (0.5mS-10mB-3mR); The Thermalito Forebay (2 Mi. north of Oroville), 9 a.m. Fleet Feet, 222 W. Third St., Chico 95928 (916/345-1000).

**Marysville:** John Orognen Memorial 5K Run/Walk, River Front Park, 9 a.m. Nick Vogt, Yuba College, 2088 No. Beale Rd., Marysville 95901 (916/741-6839 or 878-0697).

**Crescent City:** Crescent Beach Run, 5K/10K, 1.5 Mi. south of Crescent City, beach run at low tide, 10 a.m. Crescent Beach Run, 616 Bertsch Av., Crescent City 95531 (707/464-3779).

**Wasco:** Wasco Rose Runs, Location & Distances TBA, 7:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Bakersfield:** Joel Mena Memorial Runs, Location & Distances TBA, 5 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Lompoc:** Park to Park Run, 8 Mi., Time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438 (Kathi Froemming: 805/736-0677).

**Malibu:** Bulldog 50K, Location TBA, 6:30 a.m. Info: 805/495-2248.

**South El Monte:** Saturday Morning 1 Mi., 5K & 10 Mi., Legg Lake, 7:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310/949-0394).

**Long Beach:** Naval Station "Final Stretch" 10K & 2 Mi. (& Kids' 1 Mi.), Naval Station (Terminal Island), 7:30 a.m. Info: Tim McMahon (310/547-6380).

**San Pedro:** YMCA Harbor Light Half Marathon/5K/10K/Corporate Challenge, 7:30 a.m./Half, 8 a.m./5K-10K. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**San Diego Area:** Pacific Crest Trail 50 Mile, Mountain Empire H.S., 6 a.m. Info: John Metz (619/488-4535).

## September 11 (Sunday)

**San Francisco:** Golden Gate 10 Miler & 3 Mile (formerly Presidio 10M), Presidio Parade Grounds, 8:30 a.m. The Guardsmen, 115 Sansome St., Suite 130, San Francisco 94104 (415/781-6785).

**San Francisco:** DSE Distance Classic, 12-Hour Run, Golden Gate Park (upper track at Polo Fields), 7 a.m. Info: 415/978-0837.

**Oakland:** All Seasons 5K Fun Run, Lake Merritt Boathouse (parking lot), 10 a.m. Loretta Chandler, P.O. Box 3062, Berkeley 94703 (510/763-0285).

**Stanford:** Food & Fitness Stride, 5 Mi., south end of Stanford Stadium (Sunken Diamond), 8:30 a.m. Diane Madgic, Stanford Univ. Hospital, 300 Pasteur Dr., Room 1209, Stanford 94305 (415/723-6904).

**Fremont:** Bayside Technology Park 8K/1M, Fremont Blvd., 8:30 a.m./1M, 9 a.m./8K. Marc Lund, 1265 Montecito Av., #105, Mountain View 94043 (415/966-1511, days; 408/739-6560, eve).

**Antioch:** Black Diamond Mountain Bike Triathlon (1kS-20kB-5kR), Contra Loma Regional Park, 8 a.m. TerraSport, 789 E. Sixth St., Chico 95928 (916/894-6210).

**Santa Rosa:** Annadel Loop 6.5 Mi. & 1 Mi. Kids' Run (12 & under) & 3-Person



# The Youth Science Institute's

## ELEVENTH ANNUAL

**McWhorter's**  
A Whole Lot More Than A Stationery Store

**JCPenney**  
CUPERTINO

**24 HOUR NAUTILUS**  
FITNESS CENTERS

**PowerBar**

**Lunardi's**  
MAIUTICA

**AUDIOXPRTISE**  
by NICK MASSEI

**OSI**  
SINCE 1931

**M WARD & ASSOCIATES**

**Lydon's**  
RECREATION FACTORY

**THE GOOD EARTH**  
RESTAURANT AND BAKERY

**Flora's**  
GREAT BEANS,  
GREAT COFFEE!

**Snapple**  
NATURAL BEVERAGES

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CUPERTINO  
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**SUNRIPS**

*Alan Russell*

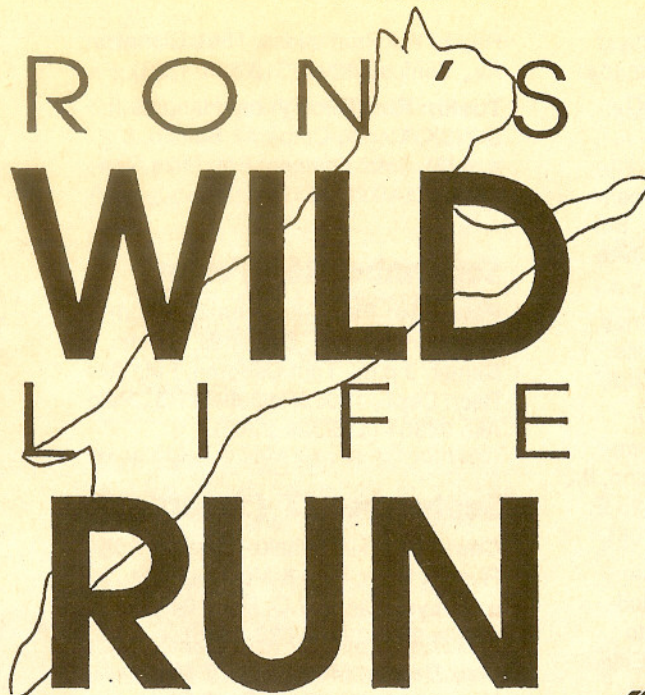
**HOBEE'S**

Beer from  
*Joseph George*  
BREWERY

**CALISTOGA**  
SPARKLING MINERAL WATER

**THE ATHLETIC**  
PERFORMANCE

**TANDEM**



**10K RUN**

T.A.C. certified  
Start time: 8:30 a.m.  
Wheels discouraged

**Sunday, September 18**

Vasona Park, Los Gatos  
\$14 until 9/5; \$17 after 9/5  
Race day registration 7:00 a.m.  
Parking \$3  
Shuttle bus available from free lots  
Information: (408) 356-4945

**5K WALK**

Start time: 8:45 a.m.  
Wheels welcome  
Ribbons for all.

**NEW EVENT**  
**KIDS 2K**

Start time: 8:35 a.m.

Instructions: Fill in completely, sign waiver, send a \$14 check with a self-addressed stamped 4" x 9" envelope. Proceeds go to the Youth Science Institute.

Preregistration deadline: September 5, 1994. Complete form, sign release and enclose a 4" x 9" SASE, with a \$14 check payable to: Youth Science Institute. Send to: WILDLIFE RUN, Youth Science Institute, 296 Garden Hill Drive, Los Gatos, CA 95030. Only one entry per form. Late or incomplete entries must pick up number on race day. T-shirts guaranteed to the first 800 preregistered participants.

Last Name  First Name  12

Address

City  State  Zip  Date of Birth  -  -

Phone  10K  5K  2K  T-shirt size: Child  M  L  XL  Age  Sex

RELEASE: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all claims for losses and damages I may have against the Town of Los Gatos, Youth Science Institute, Vasona County Park, Santa Clara County Parks & Recreation Dept., and the sponsors of this event, and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotape, motion pictures, recording and any other records of this event for any purpose whatsoever.

Signature required on all entries

(Parent / guardian if entrant is under 18)



# SCHEDULE

Relay, Channel Dr., 8 a.m. John Royston, 1808 Wright St., Santa Rosa 95404 (707/584-4443, days; 707/546-1021, eve).

**Sacramento:** Buffalo Stampede 10 Miler, Rio Americano H.S. (4540 American River Dr.), 8 a.m. Lee Rhodes, Buffalo Chips R.C., P.O. Box 660066, Sacramento 95866 (916/482-8528).

**Kirkwood:** Alpine County 10K Series, Kirkwood Main Lodge, 10 a.m. Alpine Chamber of Commerce, P.O. Box 265, Markleeville 96120 (916/694-2475).

**Ukiah:** South Ukiah Rotary Triathlon (0.5mS-21mB-5mR), Lake Mendocino, 8 a.m. So. Ukiah Rotary Triathlon, 495 E. Perkins, Ukiah 95482 (707/462-4705).

**Weott:** Trail of the Giants Marathon, Half-Marathon & 8 Mi., Humboldt Redwood State Park (on trails parallel to Ave. of Giants Marathon), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Yuba City:** California Prune Festival Fun Run/Walk, 5K/10K, Boyd St./Bridge St., 8 a.m. California Prune Festival, P.O. Box 3006, Yuba City 95592 (916/673-3436).

**Burney:** Burney Classic Marathon/Half-Marathon/10K/5K, 8 a.m./Mara., 9:15 a.m./H-M, 9:45 a.m./10K, 10 a.m./5K. Don Jacobs, Burney Lions Club, P.O. Box 217, Dept. M, Burney 96013 (916/335-2825 or 335-3866).

**Reno, NV:** Canyon to Canyon Run, 7 Mi., Location TBA, 9 a.m. Bruce Su-song, P.O. Box 21171, Reno, NV 89515 (702/358-1401).

**Lee Vining:** Tioga Pass Run, 12.4 Mi., 9 a.m. Eileen Burger, P.O. Box 7233, Mammoth Lakes 93546 (619/934-3655).

**Los Osos:** Bear Foot 5K Fun Run, Palisades Rd., 9 a.m. Los Osos Community Organization, P.O. Box 6397, Los Osos 93412 (Lesa Smith: 805/528-7703).

**Torrance Beach:** Beach Cities Team Triathlon (1kS-12kB-5kR), (teams of 3 & individuals), 7:30 a.m. (No Raceday

Reg.). W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Tustin:** Run Through the Hangars II, 5K/10K, Marine Corps Air Station, 8 a.m.(?). Info: Gunnery Sgt. Mike Gonzales (714/726-7531).

## September 16 (Friday)

**Palo Alto:** Palo Alto Weekly Moonlight Run, 5K/10K, Baylands Athletic Center, 9 p.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

## September 17 (Saturday)

**Castroville:** Artichoke Festival 10K Run/5K Walk, Rico & McDougall St., 9 a.m. Lynn Clark, P.O. Box 1041, Castroville 95012 (408/633-2465).

**Muir Beach:** Muir Beach 7 Mi., Half-Marathon & Marathon, Rock Springs/Mtn. Theatre (above Pantoll Ranger Sta. on Mt. Tam), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Davis:** City to City Benefit Fun Run, 5K/10K, Community Park (14th & B St.), 9 a.m. Terry Turner, Friends of Rutilio Grande, 1224 Beech Ln., Davis 95616 (916/756-7681).

**Rocklin:** Sierra Cross-Country, 5K/Women, 4M/Men, Sierra College (5000 Rocklin Rd.), 9 a.m./Women, 9:30 a.m./Men, 10:15 a.m./Masters Men. Ron Richardson, 2551 Crenshaw Way, Sacramento, 95826 (916/368-8815).

**Tahoe/Truckee:** Summer Biathlon (run/shoot), Time TBA. Auburn Ski Club, Box 38, Soda Springs 95728 (Chuck Lyda: 916/426-3313).

**South Lake Tahoe:** Tahoe To-Run-Asaurus 10K/5K, Bijou Park, 9 a.m. Kiwanis Sunrisers, Rexanne Ring, P.O. Box 16635, So. Lake Tahoe 96151 (916/544-6771).

**Grass Valley:** Bloomfield Boogie Pro-Am Ride & Tie, 12M/25M (2 runners, 1 horse, alternating running & riding),

Time TBA. Donna Jones, 10791 E. Empire St., Grass Valley 95945 (916/477-8657).

**Bass Lake:** Bass Lake Triathlon (1.5kS-40kB-10kR), Pines Resort, Time TBA. Kevin Kilgore, 5252 E. Heaton, Fresno 93727 (209/432-0800).

**Squaw Valley:** Pacific Crest Trail 50K/25K/12K/50K-Relay, Olympic Village, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Visalia:** Kids "I Did It" Run, 25y to 1M, Mooney Grove Park, 8th Grade & Under, 8 a.m. Visalia Runners, c/o 3945 W. Hemlock Av., Visalia 93277 (209/734-2011).

**Delano:** Mexican Independence Day Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Paso Robles:** KOTR Central Coast Youth Triathlon Series (age-groups to 14-16; distances vary), Time TBA. Info: Paso Robles Community Services (805/237-3994).

**Bradley:** Bradley Bulldog 5K/10K, Bradley Union Elem. School, 9 a.m. Linda Richards, P.O. Box 22, Bradley 93426 (805/472-2947).

**Pasadena:** 5 Acres Rose Bowl Run, 5K/10K & 1K Kiddie-K, Rose Bowl, 8 a.m./5K, 8:30 a.m./10K. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Orange County:** O.C.M.D. Athletic Team 60 Mile Relay (10 Runners), Anaheim Stadium, 7 a.m. Ron Cooke, 1000 N. Parton St., #E, Anaheim 92701 (714/953-4440).

**Playa del Rey:** You Run for the Children, 5K/10K/Kids' Mile, Dockweiler Beach, 8 a.m./5K, 8:30 a.m./10K, 9:45 a.m./1M. Prime Time, 173 Condor Dr., Rialto 92377 (909/875-8045, 213/351-5554).

**Cuyamaca:** Cuyamaca Half Marathon & 10K, Location TBA, 8 a.m. Info: Butch Paddock (619/765-1939).



# SCHEDULE

**San Diego:** Bonita 10K X-Country, Rohr Park (Sweetwater Rd.), 7:30 a.m. Info: Dave Brandland (619/421-3424).

**San Diego:** Barrio Run 5K, Chicano Park, 8 a.m. Info: Julie Rocha (619/233-8496).

**Las Vegas, NV:** Juan in a Million 5K (& Kids' Races), The Lakes (7 Mi. out of town), 7:15 a.m. Ed Preciado, 700 E. Charleston Blvd., Las Vegas, NV 89104 (702/366-7289).

## September 18 (Sunday)

**San Francisco:** DSE Biathlon (2.5mR-0.5mS) & Kids' Run, Dolphin Club (502 Jefferson), 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.

**Oakland:** Lifespan 10K (run lower deck of Bay Bridge to Embarcadero Ctr., S.F.), Time TBA. Info: 415/905-4259.

**Walnut Creek:** Walnut Festival 5K/10K, Heather Farm Park, 8:30 a.m. Walnut Festival Assoc., P.O. Box 3408, Walnut Creek 94598 (Vance: 510/944-1392; Nancy: 510/947-5348).

**Pleasanton:** Tri-For-Real (700yS-17mB-4mR), Shadow Cliffs Regional Park, 8 a.m. "On Your Mark", Box 156, Pleasanton 94566 (209/795-7832).

**Sunol:** The Sunol County Celebration 5K, Brown Church, 8 a.m. Info: Brent Batley (510/862-0622).

**Inverness:** Out Where the Tule Elk Roam, 8 Mi., McClures Beach (north end of Pierce Pt. Rd.), 10 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Santa Cruz:** Sri Chinmoy Biathlon (1mS-10kR), Cowell's Beach, 7:30 a.m. Nirbachita or Jeevan, 505 Leibrandt, #5, Santa Cruz 95060 (408/429-6735).

**Pacific Grove:** Fresh Express Monterey Bay 10K (& 1 Mi. Kids' Run), Lover's Point Park, 8:15 a.m./1M, 9 a.m./

10K. Beacon House, P.O. Box 301, Pacific Grove 93950 (408/899-1570).

**Oakley:** Love-A-Nut Run, 5K/10K, O'Hara Park, 9 a.m. Oakley Almond Festival, P.O. Box 1340, Oakley 94561 (510/625-1035).

**Los Gatos:** Ron's Wildlife Run, 10K & 1K Kids' Run, Vasona Park (?), 8:30 a.m. Jack Hubby, 11487 Lindy Pl., Cupertino 95014 (408/996-2821).

**Blue Lake:** Blue Lake Run, 2M/10K, Blue Lake Elem. School, 1 p.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Bob Dickerson: 707/668-5161).

**Fresno:** Shin Zen Run, 10K & 2 Mi. (and 1K Kids' Run), Woodward Park (Shin Zen Garden Parking Lot), 7:15 a.m./1K (9 & Under), 7:30 a.m./2M, 8 a.m./10K. Fresno JAFL, 1713 Tulare St., Suite 133, Fresno 93721 (209/445-1095).

**Malibu:** Malibu Triathlon (0.5mS-18mB-5mR), Zuma Beach, Time TBA. MESP, Michael Epstein, P.O. Box 9122, Calabasas 91372 (818/880-4915).

**Newport Beach:** Newport Seafest 8K/4K/1K, Newport Beach Back Bay, 8 a.m./8K, 9:30 a.m./4K, 10 a.m./1K. Race Pace Promotions, P.O. Box 795, Dana Point 92629 (714/661-6547).

**Los Angeles:** Home Run, 5K/10K, Elysian Park (L.A. Police Academy), 8 a.m. Home Run '94, 3750 W. Martin Luther King Jr. Blvd., Los Angeles 90008 (213/298-8282).

**Escondido:** Running Wild 10K, Wild Animal Park, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

## September 21 (Wed.)

**Los Angeles:** Los Angeles Corporate Challenge, 3.5 Mi., Griffith Park, 7 p.m. (No raceday reg.). Race Central, P.O. Box 828, Rialto 92377 (909/874-5480).

## September 22-25

**Los Angeles County:** Angeles Crest 100 Mile Endurance Run, Angeles Nat'l. Forest, Time TBA. Info: Ken Hamada (818/447-0584).

## September 24 (Saturday)

**Mountain View:** MetroSport Triathlon (0.5mS-10mB-3mR), Shoreline Park, 8 a.m. MetroSport, 21267 Stevens Creek Blvd., #311, Cupertino 95014 (408/446-5511).

**Ft. Cronkhite:** Golden Gate Tunnel Run, 4 & 7 Mi., Rodeo Lagoon (GGNRA), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Larkspur:** Historic Downtown Larkspur 5K & 1 Mi. Kids' Run, Magnolia/Ward, 9 a.m. Larkspur Recr. Dept., 400 Magnolia Av., Larkspur 94939 (415/927-5110).

**San Rafael:** Marin YMCA Family Splash 'N' Dash, distances vary (run 0.5 to 2 Mi., swim 1 lap to 275 Yds.), 9 a.m. Shirley Dockstader, Marin YMCA, 1500 Los Gamos Dr., San Rafael 94903 (415/492-9622).

**Cotati:** Summer Biathlon (run/shoot event), Location & Time TBA. Mike Stafford, 1607 Columbard Rd., Petaluma 94954 (707/763-7219).

**Napa:** Napa 50/50, 50M/50K/10M/5M (part of PA/USATF Grand Prix), Atlas Peak/Hillcrest, 6 a.m./50K-50M, 8 a.m./5M-10M. Mike Tarvid, 979 Liberty Dr., Napa 94559 (707/258-2802).

**Davis:** UC Davis Aggie X-Country Invit., 5K/Women, 8K/Men, UC Davis

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# SCHEDULE

(Recreation Hall), 9 a.m./5K, 9:45 a.m./8K (Pre-Reg. by Sep. 16). Sue Williams, P.E. Dept., Univ. of California, Davis 95616 (916/752-1942).

**Sacramento:** Chevy's to Chevy's Run, 12K, Chevy's Restaurant (Howe Av.), Time TBA. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916/757-6017).

**Grass Valley:** Bear River 5K X-Country Classic, Bear River H.S., 8:30 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

**Columbia:** Tortoise & Hare 3K/10K, Fallon House, 8 a.m. Judy Villalobos, P.O. Box 4805, Sonora 95370 (209/532-7166).

**Foresthill:** Down & Up Ruck-A-Chuck 50K, 7 a.m. Nanci or Charlie Gabri, 20043 Hosmer Mine Ct., Foresthill 95631 (916/367-2981).

**Bakersfield:** BTC Hill & Dale 10K, Location TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Morro Bay:** Morro Bay Triathlon (0.5mS-25mB-10kR), Coleman Beach, 8 a.m. Info: 805/772-6278.

**Castaic Lake:** Castiron Duathlon (5kR-30kB-5kR), Time TBA. Tri Events, 3222 Virginia Av., West Covina 91791 (818/331-0169).

**Catalina Island:** Avalon Lions Club "Run for Sight", 5K/10K/10.8M, 7 a.m./10.8M, 11 a.m./10K, 12:10 a.m./5K. Info: 310/510-0787 or 510-1341.

**Encinitas:** Encinitas Days 5K & 1 Mi., Moonlight Beach, 7:30 a.m. Chris Hazelfine, 505 So. Vulcan, Encinitas 92024 (619/633-2756).

**Del Mar:** Del Mar Sunset Beach Run, 5K/8K, Torrey Pines State Beach (beach runs), 5 p.m. Del Mar Sunset Beach Run, P.O. Box 2293, Del Mar 92014 (Joan: 619/481-1607).

**Lake Miramar:** MADD 10K, Scripps Ranch, 7:30 a.m. Info: Breaking 40 Race Consultants (619/272-8316).

**Temecula:** Linfield Lion Classic 5K/10K, The Linfield School, 7:30 a.m. Linfield Lion Classic Runs, The Linfield School, 31950 Pauba Rd., Temecula 92592 (Jerry Smith: 909/676-6045).

**Cuyamaca:** Steve Scott Cross Country Classic, 4 Mi., Cuyamaca J.C., 8 a.m. Info: Ron Tabb (619/670-1980).

## September 25 (Sunday)

**San Francisco:** DSE Walt Stack Birthday Run, 5K, Golden Gate Park (Kennedy & Transverse Dr.), 9:30 a.m. Info: 415/978-0837.

**Pacifica:** Pacific Coast Fog Jog 5 Mile, 9 a.m. Pacifica Parks, Beaches & Recr. Dept., 1810 Francisco Blvd., Pacifica 94044 (415/738-7381)

**Oakland:** Lake Merritt J&S Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

**Santa Clara:** Great America Carousel to Coaster 10K, Great America (Great America Pkwy & Hwy. 101), 8:30 a.m. City of Santa Clara Recr. Dept., 1500 Warburton Av., Santa Clara 95050 (408/984-3223).

**Scotts Valley:** Bean Creek 10K Run, Kings Village Shopping Ctr., 8:30 a.m. Richard/Tina, 4444 Scotts Valley Dr., Scotts Valley 95066 (408/438-1820).

**Sonoma:** Sonoma Vintage Run, 5K/10K, Sebastiani Winery (4th St. East & Spain St.), 8 a.m. Roger Ruegg, 4457 Sandalwood, Napa 94558 (707/258-8311).

**Los Banos:** Tomato Splash Dash 5K/10K, Fairgrounds, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Sparks, NV:** Silver State 15K (PA/USAT&F Championship) Run & 5K Run/Walk, Cottonwood Park, 9 a.m. PA/USAT&F Championships, 13235 Fellowship Way, Reno, NV 89511 (702/688-3926).

**Redding:** Whiskeytown Relays, 19.3 Mi., 9 a.m. Kim Stempien, S.W.E.A.T.,

P.O. Box 990188, Redding 96099 (916/221-4601).

**Fresno:** Cross City Race, 10K & 2 Mi., 7:30 a.m./2M, 8 a.m./10K. Chuck Trogdon, 1121 Chance Av., Fresno 93702 (209/453-3247).

**Los Angeles:** The Cacique Run to Save the Children, 5K/10K & Kiddie-K, Griffith Park, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Newport Beach:** Race for the Cure, 5K & 1 Mi. Fun Run, Newport Center, 8:15 a.m./Women's 5K, 8:27 a.m./adult 1M, 9:30 a.m./Coed 5K, 10:30 a.m./Kids 1M. Info: 714/550-4636 (x7223).

**Fallbrook:** Run Through the Oaks, 5K/10K & Kids' 1 Mi., Live Oak County Park, 8 a.m. Fallbrook Fury Club, Run Thru the Oaks, 7801 Mission Center Ct., Suite 200, San Diego 92108 (Kathy Loper: 619/298-7400).

**San Diego:** Race for the Cure, 5K, Fashion Island, 8 a.m. Info: Kinane Events (619/434-7706).

**San Diego:** Du the Link (10kR-18kB), I-15 & Mercy Rd., 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

## October 1 (Saturday)

**Santa Rosa:** Empire X-Country, Citizen's Fun Run 6K, Women's (Open & Masters) 6K, Men's (Open & Masters) 8K, Spring Lake Park, 8 a.m./Citizen's 6K, 9 a.m./Women, 9:45 a.m./Masters Men, 10:45 a.m./Open Men. Mike Weddington, 751 Beaver St., Santa Rosa 95404 (707/544-2756, eve).

**Rocklin:** American Cancer Society Rocklin Run, 5K/10K (& Kids' 0.5M), Sierra Plaza (Rocklin Rd. & Sierra College Blvd.), 9 a.m. American Cancer Society Rocklin Run, 415 Oak St., Roseville 95678 (916/783-4181).

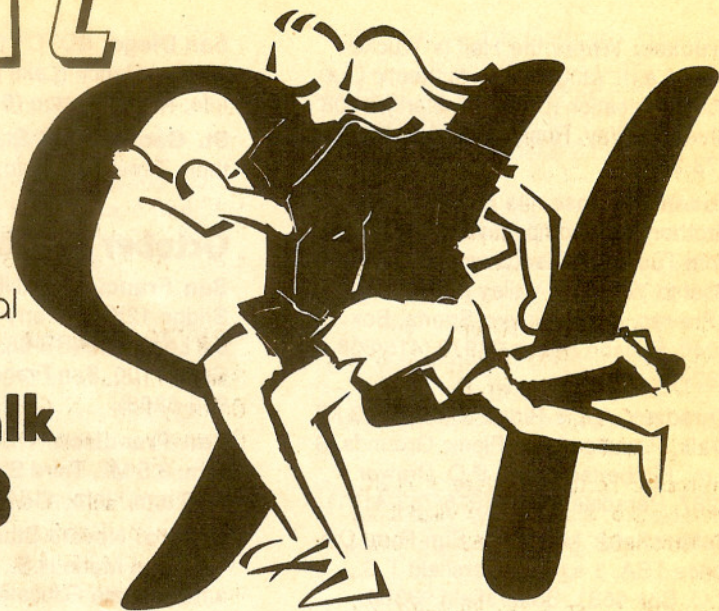
**Murphys:** Gold Rush 4 Mile, Murphy Park, 9 a.m. Gold Rush Run, c/o "On Your Mark", P.O. Box 2061, Arnold 95223 (209/795-7832).



# JOURNAL JOG

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- ▲ **PRIZE MONEY/AWARDS:** A total of \$3,000 in prize money for all winners. Prize money will be awarded to the top five open men and women and the top three masters men and women in the sub-35 race.
- ▲ **CATEGORIES:** Sub-35 minutes, Mother/Daughter, Father/Daughter, Corporate Teams (3 or more), Family (3 or more), Husband/Wife, Pair, Mother/Son, Father/Son, Stroller, Wheelchair.
- ▲ **FREE PASTA FEED:** Friday, October 7 from 6:00 p.m. to 8:30 p.m.

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# SCHEDULE

**Truckee:** Where the Hell is Truckee 30K, 8 a.m. (300 Limit). Authentic Outdoor Recreation (Delmar & Mark), 1308 Sheffield Way, Roseville 95661 (916/773-2791).

**Yosemite:** Yosemite Cloud's Rest Envirothon, non-competitive trail outing from Tuolumne Meadows across Cloud's Rest to Yosemite Valley (Limited Entries - Pre-reg. only). Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Paradise:** Apple Ridge 5 Mi. Run/3 Mi. Walk, Paradise Lake Picnic Grounds, 8 a.m. Kimberlee Silver, P.O. Drawer 2287, Paradise 95967 (916/783-4181).

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

**Los Angeles:** Ketchum-Downtown YMCA Stair Climb to the Top (75 flights), First Interstate World Center, 8 a.m. Info: Paul Scheuer (213/624-2348, x250).

**Newport Beach:** Harbor Heritage Run, 5K & 2K Fun Run, Newport Harbor H.S. (600 Irvine Av.), 8 a.m./2K, 8:30 a.m. Info: 714/760-3339.

**Irvine:** Eagle 5K/10K, Concordia Univ., 7:30 a.m./5K, 8 a.m. Amanda Saltin, Eagle 5K/10K, Concordia Univ., 1530 Concordia West, Irvine 92715 (714/854-8002, x423).

**Manhattan Beach:** Manhattan Beach Old Hometown 10K Run, 3rd & Valley, 7:30 a.m. (No Raceday Reg.). Info: 310/372-3553.

**San Dimas:** San Dimas Run, 5K & 1 Mi. Family Fun Run/Walk, San Dimas Civic Center, 7:30 a.m./5K, 8:30 a.m. Info: Mike Dotson, 245 E. Bonita Av., San Dimas 91773 (909/394-6230).

**Yorba Linda:** Canning Hunger Run, 5K/1K Kids Run, Friends Church (Rose Dr.), 8 a.m. Rocky Whan, 420 W. Lamernt, #E, Brea 92621 (714/990-9551).

**San Diego:** Movin Shoes X-Country, Distance TBA, Kit Carson Park, Time TBA. Info: Greg White (619/466-1656).

**San Diego:** SDTC 10 Miler (Handicap), Scripps Ranch (Lake Miramar), 8 a.m. Info: Kevin Heaton (619/578-7539).

**St. George, UT:** St. George Marathon, Time TBA. Info: 801634-5860.

## October 2 (Sunday)

**San Francisco:** KNBR 68 Bridge to Bridge 12K/5K, Ferry Bldg., 9 a.m. Isabel Lemon, KNBR-68, 55 Hawthorne, Suite 1100, San Francisco 94105 (415/995-6868).

**San Francisco:** DSE Mission Rock Run, 3.5 Mi., Third St. & Mission Rock, 9:30 a.m. Info: 415/978-0837.

**Novato:** Novato Stampede, 1M/5K/10K, San Marin H.S., 8 a.m./1M, 8:30 a.m. Novato Education Fndn., P.O. Box 1472, Novato 94948 (415/897-4254).

**Santa Cruz:** Santa Cruz County Sentinel Triathlon (1mS-23mB-10kR), Main Beach by Boardwalk (east side of Pier), 8 a.m. Santa Cruz Sentinel Triathlon, P.O. Box 638, Santa Cruz 95061 (408/423-4242, x301).

**Sacramento:** Sacramento Marathon & Half-Marathon, William Land Park, 8 a.m. Ronald Sturgeon, P.O. Box 995, Dixon 95620 (916/678-5005).

**Port Hueneme:** Harbor Day 10K. Details TBA.

**San Diego:** Mission Bay Triathlon (0.5kS-15kB-5kR), (Date may change to Oct. 16), Time TBA. KOZ Enterprize, P.O. Box 421052, San Diego 92142 (619/627-9111).

**La Jolla:** The Race of The Champions Half-Marathon II, 7:15 a.m. The Race of The Champions, 8895 Towne Centre Dr., Suite 105, San Diego 92122 (619/930-4040).

**Portland, OR:** Portland Marathon & 5 Mi., City Hall, 7 a.m./Mara., 7:45 a.m./5M. Les Smith, P.O. Box 4040, Beaverton, OR 97076 (503/226-1111).

## October 8 (Saturday)

**Oakland:** Mills Invit. X-Country, 5K/

Women, 8K/Men, Mills College, 9 a.m./5K, 10 a.m./8K. Carla Jackson, Mills College Athletics, 5000 MacArthur Blvd., Oakland 94613 (510/430-3282).

**Aptos:** Aptos Creek Marathon, 25K & 10K, Aptos Village, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Vacaville:** Vaca Valley Hospital Fun Run, 5K/10K, 1000 Nut Tree Rd., Time TBA. Kara Maloney, NorthBay Healthcare Public Relations, 1200 B. Gayle Wilson Blvd., Fairfield 94533 (707/429-6928).

**Nevada City:** Site to Site Run, 8M/5K, 8 a.m. Colleen Sabatino, P.O. Box 1002, Cedar Ridge 95924 (916/273-5148).

**Cool:** Cool Ride & Tie, 11 & 22 Mi. (2 runners, 1 horse alternating running & riding), Time TBA. Bill McKean, 1670 Crockett Rd., Auburn 95603 (916/885-8610).

**Winton:** Almond Harvest Festival Run, 3K/8K, Time TBA. Merced T.C., P.O. Box 3275, Merced 95344.

**Huntington Beach:** Running is for the Birds, 5K/10K, Bolsa Callia Wetlands State Beach, 8:30 a.m. Amigos de Bolsa Chica, P.O. Box 3748, Huntington Beach 92605 (714/897-7003).

**San Diego:** Purple & Gold 5K, East Mission Bay (near Hilton), 7:30 a.m. Info: Paula Davila (619/589-2200).

**San Diego:** Annual 5K Walk & Fun Run, Tom Ham's Lighthouse (Harbor Island), 9 a.m. Info: Ron Hendrix (619/541-1776).

## October 9 (Sunday)

**San Francisco:** California Mile, California St. (uphill), many divisions, 8 a.m. Info: Mike Marcus/RhodyCo Prods (415/387-2178).

**San Francisco:** DSE Stern Grove Run, 4 Mi., 33rd Av. & Wawona (enter at 34th Av. & Sunset Blvd.), 9:30 a.m. Info: 415/978-0837.



# SCHEDULE

**Stanford:** The Great Race 10K, Stanford Stadium, 8:30 a.m. Tom Osborne, Palo Alto Recr., 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**San Ramon:** Primo's to Primo's 5K/10K/Half-Marathon, 7:30 a.m./Half, 8 a.m./5-10K. Primo's Run, P.O. Box 1453, San Ramon 94583.

**Novato:** Mt. Burdell Challenge 5K/10K, Rolling Hills Club (351 San Andreas Dr.), 9 a.m. Edda Stickle, 25 La Costa Ct., Novato 94947 (415/897-6417 or 892-3228).

**Morgan Hill:** Columbus Day Biathlon (5mR-15mB), Live Oak H.S., 9 a.m. South Valley Tri Sports Club, P.O. Box 1927, Morgan Hill 95037 (408/779-1443).

**Rio Vista:** Bass Derby Run, 5K/10K, Downtown Park (4th & Montezuma St.), 8:30 a.m. Jean Lafeuier, 185 Yosemite Dr., Rio Vista 94571 (707/374-2701).

**Sacramento:** Sacramento Zoo Zoom 5K/10K (& Kids' races), William Land Park, Time TBA. Sacramento Zoological Society, 3930 West Land Park Dr., Sacramento 95822 (916/264-5166).

**Soda Springs:** Serene Lake Half-Marathon & 10K, Serene Lake, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**San Luis Obispo:** Cuesta College Biathlon (10kR-40kB), gymnasium, 8 a.m. Cuesta Biathlon, P.O. Box 8106, San Luis Obispo 93403.

**Newport Beach:** FIBAR Human Race Triathlon (0.5mS-14mB-5kR), 7 a.m. Info: 714/731-8433.

**Granada Hills:** Granada Hills Pomegranate Festival & Run 5K/10K, 8:30 a.m./5K, 9:15 a.m. G.H. Pomegranate Festival & Run, 17541 Chatsworth St., Granada Hills 91394.

**West Hollywood:** Tom Proctor 5K/10K Run & Walkathon, West Hollywood

Park (647 N. San Vicente), 8 a.m. Info: Erik Lemons (310/854-7400).

## October 10 (Monday)

**So. El Monte:** Monday Evening Run, 1 Mi., 5K & 10 Mi., Legg Lake, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310/949-0394).

## October 15 (Saturday)

**Alameda:** Three R's Triathlon (5kSkate-17mB-5kR, or run-bike-run), Harbor Bay Ferry (end of Harbor Bay Pkwy.), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Castro Valley:** Firetrails Fifty (50 Mile trail run), 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602 (510/530-6634).

**Carmichael:** Wenmat Classic, 5K/10K (& Kids' 0.5M), William Pond Park (Arden Bar), 8:30 a.m./Kids, 9 a.m. Valerie Yocum, 5800 Winding Way, Carmichael 95608 (916/481-5004).

**Folsom:** Albertson's Fun Run & Fitness Walk, 5K/10K/0.5M, Folsom Rec., 8 a.m. Leann Schummer, 50 Natoma St., Folsom 95630 (916/355-7285).

**Bakersfield:** Police Memorial Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Lake Miramar:** 10 Mile Handicap, 7:30 a.m. Info: Kevin Heaton (619/578-7539).

**San Diego:** UCSD Cross Country, 5K/8K, Balboa Park, 8 a.m. Info: Ted Van Arsdale (619/534-0328).

**Chula Vista:** Arturo Barrios Kids' Run, Various distances, East Lake, Time TBA. Info: Elite Racing (619/450-6510).

**Kailua-Kona, HI:** Gatorade Hawaii Ironman Triathlon (2.4mS-112mB-26.2mR), Time TBA. Sharon Ackles, 75-127 Lunapule Rd., Suite 11, Kailua-Kona, HI 96740 (808/329-0063).

## October 16 (Sunday)

**Daly City:** DSE San Bruno Mountain 5K/10K, Guadalupe Canyon Pkwy., 9:30 a.m. Info: 415/978-0837.

**Half Moon Bay:** Pumpkin Festival Run, 10K/1.5M, Church & Kelly, 8 a.m. Half Moon Bay T.C., P.O. Box 1101, Half Moon Bay 94019 (415/726-9043).

**Palo Alto:** Theta Breakers Stanford Homecoming Run, 5K/10K, Stanford Stadium, 8 a.m. Suzanne Waher, 1731 No. First St., Suite 3, San Jose 95112 (408/436-6459).

**San Jose:** Almaden Classic Run for Youth Counseling, 10K/2M, Leland H.S., 8:30 a.m. Kate Chimenti, 7188 Brooktree Ct., San Jose 95120 (408/268-2904).

**San Anselmo:** Run to the Heavens, 6.4M/2M, San Domenico campus, Time TBA. San Domenico School, 1500 Butterfield Rd., San Anselmo 94960 (415/258-1931).

**Salinas:** Salinas Skyclimb, 5K/7.5M, Quail Meadow picnic area, 9:15 a.m./5K, 9:30 a.m. Skip Lat-ham, 105 Harvest St., Salinas 93901 (408/424-6155).

**Weott:** Humboldt Redwoods Marathon & Half-Marathon (PA/USAT&F Championships), Dyerville Bridge (Ave. of the Giants), 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570 (707/443-1220).

**Lake Isabella:** Dam Tough Run, 50K & Relay Race, Time TBA. Dam Tough

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# SCHEDULE

Run, P.O. Box 461, Lake Isabella 93240.

**Hermosa Beach:** Hermosa Beach Triathlon (0.25M/5K-9M/3M), Time TBA. MESP, Michael Epstein, P.O. Box 9122, Calabasas 91372 (818/880-4915).

**Coronado:** Do The Bridge '94, 4 Mi., No. Embarcadero Park South, 8 a.m. Joan, c/o Run USA & Stride America, P.O. Box 2293, Del Mar 92014 (619/481-1607).

**San Diego:** Mission Bay Triathlon, Distances & Time TBA. KOZ Enterprises, P.O. Box 421052, San Diego 92142.

**Chula Vista:** Arturo Barrios Invit., 5K/10K, 7:30 a.m./5K, 8 a.m./10K, 9:45 a.m./10K Invit. Info: Elite Racing (619/450-6510).

## October 22 (Saturday)

**Belmont:** Crystal Springs Challenge X-Country, 2.95M/Women, 4.2M/Men, Hallmark Dr. off Ralston Av., 9:30 a.m./2.95M, 10:30 a.m. Dave Shrock, College of San Mateo Athletics, 1700 W. Hillsdale Blvd., San Mateo 94402 (415/574-6448, 342-9551, eve).

**San Mateo:** The Castaway Half-Marathon & 10K, Coyote Point Country Park (Castaway Restaurant), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Saratoga Gap:** Skyline to the Sea Trail Marathon, 50M & 30K, Hwy. 9 & 35, 7 a.m./50M, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Big Sur:** Big Sur River Run, 10K, 10 a.m. Jaci Pappas, P.O. Box 201, Big Sur 93920 (408/667-2956).

**St. Helena:** Napa Valley Cross-Country 5K/10K, Crane Park, 9:15 a.m. Linda Klein, 1420 Spruce, St. Helena 94574 (707/252-4480).

**Visalia:** Harvest Run, 8K & 1 Mi. predicted time run, Mooney Grove Park, 8 a.m./1M, 8:15 a.m. John Whipple, 3218

Oak View Dr., Visalia 93277 (209/627-5731).

**San Diego:** Crime Stoppers Light the Night Against Crime, 8K/5K, downtown, 7 p.m. Elite Racing, Light the Night Against Crime, 10509 Vista Sorrento Pkwy., Suite 102, San Diego 92121 (619/450-6510).

**Cuyamaca:** Cuyamaca 50K (100 Limit), Cuyamaca City Schools Camp, 7 a.m. Info: Michael Suter (619/444-5023).

**San Diego:** PowerBar Challenge, 5K, Balboa Park (Morley Field), 9 a.m. Info: Manny Bautista (619/627-2739).

## October 23 (Sunday)

**San Francisco:** Alcatraz Challenge Biathlon (1.5mS-Half Marathon), 8 a.m. Joe Oakes, P.O. Box 391041, Mtn. View 94039 (415/903-0341).

**San Francisco:** Race for the Cure 5K & 1 Mi. Walk, Location & Time TBA. Info: Esta Swig (800/698-8699).

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887 or 978-0837 (DSE)).

**Oakland:** Race Judicata, 5K/10K, Lake Merritt (Bellevue Av.), 9 a.m. Joe Devane, Race Judicata, 7080 Donlon Way, Suite 122, P.O. Box 2426, Dublin 94568 (510/538-2411).

**Menlo Park:** Red Ribbon Run, 5 Mi., Burgess Park, 8:30 a.m. Tom Osborne, Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**San Jose:** Software Publishing Corporation Duathlon (12mB-5mR), Time TBA. Info: RhodyCo Prods (415/387-2178).

**Woodland:** Fall Mall Run. Details 3 & 10 Mile. Info: Jim Rademaker (916) 662-0498..

**Nevada City:** Run Through the Colors, 5K/10K, Pioneer Park, 8:30 a.m.

Richard Thomas, Sierra Club, 10066 Rob-King Rd., Nevada City 95959 (916/265-2666).

**Incline Village:** Tahoe Trick or Trot, 8K & 2 Mi., Incline Middle School, 10 a.m. Debbie Devine, P.O. Box 404, Crystal Bay, NV 89402 (702/832-7120).

**Hanford:** Kids "I Did It" Run, 25y thru 1 Mi. (8th Grade & Under), Hidden Valley Park, 3:15 p.m. Visalia Runners, P.O. Box 2575, Visalia 93279 (209/584-5260).

## October 29 (Saturday)

**San Francisco:** Golden Gate Park X-Country Series II, 4 Mi./Women, 6 Mi./Men, Golden Gate Park (30th Av. & JFK Dr.), 9 a.m./Women, 9:45 a.m./Men (Masters run with Open in both races). Hoy's Sports, 1632 Haight St., San Francisco 94117 (415/252-5370, Tim Wason: 415/648-1467, eve).

**Oakland:** Sri Chinmoy 12 & 24 Hour Race, 1-Mile paved loop, 8 a.m. Gola-pendu Ng, 529 Moraga St., San Francisco 94122 (415/665-8626).

**Woodside:** Wunderlich Wilderness Wrun, 4.25 & 10.25 Mi., Wunderlich County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Calistoga:** Napa Wine Country Classic, 5 Mi., Half-Marathon & Marathon, Napa State Park (Hwy 29 between St. Helena & Calistoga), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Sacramento:** Monster Mash Fun Run 5K/10K & Kids' Run, William Land Park, 8:15 a.m./Kids, 8:30 a.m. Bob Canady, 4417 Briarwood Dr., Sacramento 95821 (916/481-9421).

**Folsom Lake:** Sierra Nevada Endurance Run, 52.4 Mi., Time TBA. Delmar Fralick, 1730 Santa Clara Dr., #D3, Roseville 95661 (916/783-4558).

**Fresno:** Shoes & Spokes Run. 2 Mile, 10K & Children's 1K. Roeding Park (Palm Point). 7:30 a.m. CAPH-ILC, 1617



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**Directions:** Take Highway 680 to Concord. Take Treat Blvd. east to Clayton Rd., turn left. Make the first right (look for signs).

**Course:** Flat, fast 5K loop. 10K makes second loop. Well-marked with lots of people. Aid station at halfway mark for 10K.

**Registration:** Pre-register before Sept. 5 for \$15. After and on race day for \$17. All entrants receive tank top, post-race breakfast and entry into the raffle.

**Awards:** There will be prizes for first place in all age divisions and ribbons for first through third. Prizes include dinners for two to local restaurants and much more. There will be a post-race breakfast cooked for all participants. A raffle will be held at the award ceremony.

Pre-registration of \$15 by Sept. 5, 1994- Mail check payable to SHOUT! to 4255 Clayton Rd., Concord, CA 94521, with completed form. For Information, call (510)686-4357

Sex M F      Age \_\_\_\_\_      10K or 5K (circle one)  
Last Name \_\_\_\_\_ First \_\_\_\_\_  
Address \_\_\_\_\_ Phone( ) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Tank Top size M L XL

WAIVER: In consideration of your accepting this entry, I, appearing to be legally bound as hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims or damages against the persons and organizations and with race for all and any injuries that may be suffered by me or anyone to or from this event. I agree that I am physically fit and sufficiently trained for this event, my physical condition verified by a licensed M.D. in the last six months. As part of the waiver I acknowledge that I have read and understood all of the above.

Signature (Parent/guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_



# SCHEDULE

E. Saginaw #109, Fresno 93704 (209) 222-2274.

**Bakersfield(?):** B-ROCK Monster Bash, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Ridgecrest:** Ridgecrest Half-Marathon, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

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

**La Jolla:** San Diego Classic Triathlon (invitation), (1.2mS-56mB-13.1mR), Time TBA. San Diego Classic, 5111 Santa Fe St., Suite F, San Diego 92109 (619/581-2800, x305).

**Temecula:** The Great Temecula Pumpkin Run, 10K/5K/1M, Temecula Community Center, 7 a.m. Temecula Town Assoc., P.O. Box 435, Temecula 92593

## October 30 (Sunday)

**San Francisco:** DSE Golden Gate Bridge Vista Run, 5.04 Mi., Legion of Honor (34th Av. & Clement), 9:30 a.m. Info: 415/978-0837.

**San Francisco:** San Francisco Classic 5K/10K, Golden Gate Park (10th Av.

& JFK Dr.), 8:30 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

**Lafayette:** Lafayette Reservoir Run, 10K/2M, downtown (Mt. Diablo Blvd.), 8 a.m. Lafayette Reservoir Run, Lafayette Circle, Suite 100, Lafayette 94549.

**Pleasanton:** Red Ribbon/Teddy Bear Trot, 5K & Kids' Mile, Hacienda Business Park, 9 a.m. "On Your Mark", P.O. Box 2061, Arnold 95223 (209/795-7832).

**Santa Cruz:** Santa Cruz Distance Classic, 15K/5K, 8:30 a.m./15K, 8:45 a.m. Marty Kruger, P.O. Box 3568, Santa Cruz 95063 (408/429-8025).

**Marina del Rey:** The Marina Breakers Halloween Run, 5K/10K, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Costa Mesa:** Monster Mash Dash, 5K/1K, South Coast Plaza Village, 8 a.m./5K, 9 a.m. Info: Race Pace Promos (714/661-6547).

**Irvine:** Fall Showdown Regional Sprint Duathlon Championship (5kR-20kB-5kR), Amtrak Station, 8:30 a.m. Info: SBR Sports, 5405 Alton Pkwy., Suite 445, Irvine 92714 (714/858-7386).

**Rancho St. Margarita:** Run Beneath the Peaks 8K, 8 a.m. SBR Sports, 5405 Alton Pkwy., Suite 445, Irvine 92714 (714/858-7386).

## LOOKING AHEAD

(Marathons, Ultras, Relays, Important Dates, Major Events, etc.)

### November 5 (Saturday)

**Big Sur:** Big Sur Trail Marathon, Half-Marathon & 10K, Andrew Molera State Park, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1826).

**Freshwater:** Bridgeville Relays, 40 Mi., 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Jim Griggs: 707/445-9377).

### November 6 (Sunday)

**New York, N.Y.:** New York City Marathon (25,000 accepted). Send SASE #10 Envelope and a \$6 check (non-refundable), payable to NYRR. NYRR, Marathon Entries, P.O. Box 1388, New York, NY 10116 (212/860-4455).

### November 12 (Saturday)

**Morgan Hill:** Morgan Hill Marathon & Half Marathon. 8 a.m. California Sports Marketing, PO Box 794, Morgan Hill 95037 (408) 776-3035, FAX (408) 779-5653.

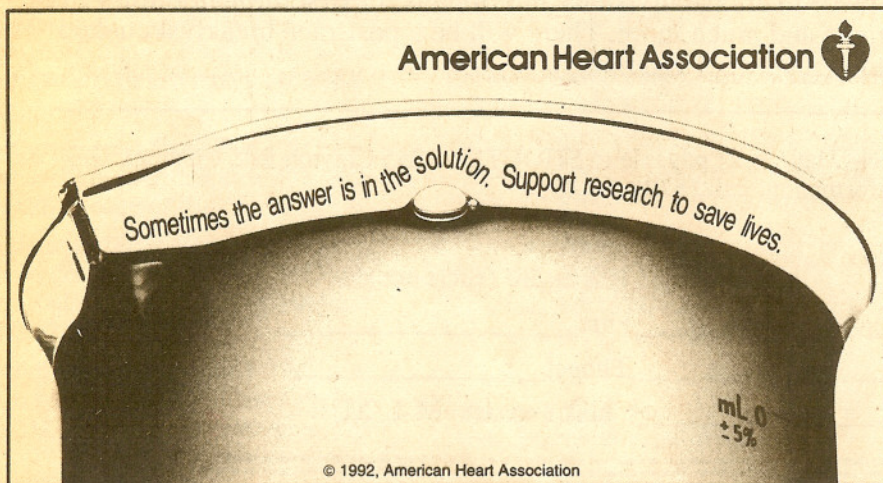
### November 19 (Saturday)

**Santa Rosa:** The Call of the Wild 10K, Half-Marathon & Marathon, Annadel State Park, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (414/868-1829).

### November 26 (Saturday)

**Mill Valley:** Quadruple Dipsea, 28.4 Mi., 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611 (415/894-1336, days).

**Claremont:** Claremont 12 Hour Run, Claremont-McKenna College, 6 a.m. Claremont 12 Hour Run, 1941 Radford, Claremont 91711.





# BOOK REVIEW

By Barbara T. Erskine/Books for Runners

## Running Injury Free

By Joe Ellis, D.P.M.

With Joe Henderson

(Rodale Press, 1994, \$14.95)

Most of us avoid visiting a doctor at all costs. We'll try to run through that nagging pain or sore muscle, ignoring the warning signs flashing from the wear on our shoes or radiating from feet, knees or legs. Joe Ellis's new book will sell you on two ideas. 1) There *are* doctors out there who want you to continue to run, who won't prescribe a month's rest and two aspirin a day. 2) An early visit to a sports practitioner will prolong, not shorten, your running life.

By nature, we don't broadcast our failures. Dr. Joe is no exception. Instead, in case study after study, using patients with real complaints, he shows how thorough examination and proper treatment brought relief and the ability to run without pain. His words are all the more convincing because he is a runner and one with his share of injuries.

The portrait of Beverly is typical. Her regular doctor had diagnosed repeated stress fractures. Each time she would have to stop running for 3 months. Her pain was always in the same place but there was neither a bone callus nor break observable on her x-rays. Through gait and flexibility analysis, Dr. Ellis determined her overpronation to be causing the tendon to pull away from the bone. His cure was flexibility exercises, a motion-control shoe and orthotics. She was free of pain within a month and has had no reoccurrence of "stress fractures." The doctor muses, "Beverly's story illustrates how we must treat the body as a whole, rather than just the specific areas of pain. Without knowing her biomechanics, flexibility and mechanisms of gait, I would have never been able to solve her chronic problem."

Ellis and Henderson transform scientific knowledge into a user's handbook.

They explain the symptoms of all common running injuries, possible treatments and prevention techniques. Their discussion of picking the right shoe is excellent. A 7-step plan for staying healthy includes stretching, common sense and advice.

Complementing the medical information are tips the doctor has garnered from his years of practice. Ever get black toenails? You'll find a unique way to lace your shoes which allows more room in the toe box. Looking for a specific stretch to avoid plantar fasciitis? Turn to that chapter for diagrams of several. Wonder what surface is best to run on? Grass, tracks, trails and roads are rated from 1-10.

75% of men, 80% of women who run regularly will suffer at least one injury severe enough to halt their running. If you race, your chances increase by 10%. More than 50% are injured once every 12 months. Unless you feel you can beat those odds, this book is a valuable addition to your library. By being more knowledgeable and aware, at best you may save yourself from injury and at least can exercise more control over your recovery.

*For information on other books available, contact BOOKS FOR RUNNERS, 413 N. Division St., Traverse City, MI 49684.*

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# THE ATHLETE'S KITCHEN

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

## Sports Nutrition News 1994

Each year, exercise scientists, sports medicine physicians, athletic trainers, sports nutritionists and other health professionals who are members of The American College of Sports Medicine meet to report their latest research findings and share new ideas. This year's meeting at Indianapolis was the biggest yet--over 4,000 members came to learn the news. The following are some of the sports nutrition highlights that might interest you.

▲ **Does ginseng enhance performance?** Unlikely. Eight cyclists took 1) about 55 or 110 milligrams ginseng for seven days, 2) a placebo, or 3) nothing, then exercised to exhaustion. They performed no better with the ginseng, nor did any of the subjects rave about a miraculous boost in energy.

▲ **Chromium picolinate** is the hot topic among body builders these days, but does it really help build muscle mass? No, at least not in exercised rats who ate either a standard diet, or a diet supplemented with low or high doses of chromium. Other human studies suggest the same holds true for athletes.

▲ **L-carnitine** is another popular substance that supposedly facilitates the use of fats for fuel. Theoretically, burning fats should result in less fatigue than when carbohydrates are burned and produce fatigue-inducing lactic acid. Three studies with L-carnitine supplementation showed no significant effect on reducing lactic acid after high intensity sprinting, biking or 5K running, nor any improvements in performance.

▲ **What is the best way to improve performance?** Perhaps, simply to rest. Well-rested Ironman-distance triathletes who tapered for 10-13 days (same intensity of exercise, but less volume) before an all-out 5K run finished 12-16% faster (equivalent to 2-3 minutes faster at a 7 minute-mile pace) than when they raced the 5K without rest.

▲ **Some sports bars** promote the benefits of fat pre-exercise, so that the body burns fat rather than carbs. Is this true? Research on cyclists who completed a 45-minute time-trial suggests those who ate a pre-exercise diet either high in carbs (75% of the calories) or high in fat (65% of the calories) burned the same amount of total calories and the same amount of carbohydrates during the time trial. The addition of fat resulted in no extra "fat burning."

▲ **To listen to some women athletes** talk, you'd think they are "energy efficient" and maintain their weight despite eating next-to-nothing. Do they adapt to a low calorie intake by conserving energy rather than dipping into body fat stores? Eleven lean, active women who ate only about 1,000 calories per day for 4 days and exercised for about one hour per day not only lowered their weight, but also their body temperature--perhaps reflecting an adaptive mechanism to save calories, rather than burn them (from body fat stores) to keep the body warm.

▲ **If you want to lose weight, you might want to start lifting weights.** Research looking at a 12-week weight training program (3 days/

week; 3 sets of 8 reps at 80% one repetition max) showed a 13% increase in calories needed to maintain body weight. The study, done with older subjects (56-80 years old), suggests that resistance training is an effective way to increase energy expenditure and requirements and may be a useful addition to weight control programs in older people--and likely younger people, too.

▲ **How consistent are methods to measure body fat?** Among 37 white female runners, the average body fatness varied considerably: Futrex 5000, 12.5% body fat; underwater weighing, 13.5%; skinfold calipers, 15.5%; and bioelectrical impedance, 19%. This suggests that body composition measurements should be included as *part of a conversation* about determining an appropriate weight, but not taken as gospel.

▲ **How can you tell if you are addicted to exercise?** A study of 211 marathon runners pinpoints these behaviors as red flags: exercising seven days per week; training twice in one day; and continuing to exercise while injured.

▲ **Why do some people gain weight more easily than others?** Perhaps due to biochemical differences. In a weight gain study on twelve pairs of twins who were overfed for 100 days, the twins who gained the most weight had less of certain enzymes involved in energy metabolism. This might have affected their ability to burn the calories.

*continued next page...*



# THE ATHLETE'S KITCHEN

▲ **Body builders often want to drop weight pre-competition.** Can they lose only fat but not muscle if they maintain their exercise program? Doubtful. In a study with 9 strength-trained men who cut 500 calories per day for 26 days and maintained their exercise program, the 8 pound weight loss represented about 60% fat and 40% muscle.

▲ **If fatigue related to only lack of fuel?** That is, if you maintain a normal blood sugar level, can you exercise endlessly? No...but you can exercise for longer. For example, athletes were able to bike 33% longer (211 vs. 159 minutes) when they consumed one liter of sports drink (about 320 calories) per hour of exercise. But the researchers detected biochemical changes within the cells that contributed to fatigue.

▲ **Sports drinks enhance performance with exercise that**

lasts more than 90 minutes. Do they help with shorter events? Likely so. A study with 12 male runners who drank a liter of sports drink (320 calories) before a 15K (9.3 mile) race ran the final mile faster than when they drank just plain water pre-event.

Nancy Clark, MS, RD, nutritionist at Boston-area's Sport-Medicine Brookline, is a member of the American College of Sports Medicine. For a copy of her Sports Nutrition Guidebook send \$18 to Nutrition Services, 830 Boylston St., Brookline, MA 02167.



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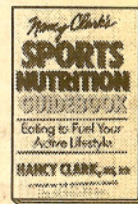
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# ROAD RACE SPOTLIGHT

By Richard Lee Slotkin

## Gardena 5000/Top Ramen Invitational

**June 19. Gardena, CA.**

A record offering, for this race of nearly \$7000 in prize money that went all the way down to 20th place, plus some intense promotion and old-fashioned head hunting, assured a strong field in this up-and-coming annual event in the Los Angeles suburb of Gardena. All this, despite competition from the recently completed nationals and the just siren song of the-TA DA! TA DA DA DA DA! --just getting going European summer circuit.

Mbarak Hussein won here last year, but he didn't think it would be easy to win two years in a row, especially against 94's elite field. Brian Abshire, Keith Brantly, Wes Ashford, John Hume and course record holder Greg Whitely, were just a few of the 43 elites who lined up for this invitational. Entries from Mexico, Brazil, New Zealand, Zimbabwe, Angola, Tanzania, Venezuela, Morocco and, of course, Kenya, gave this event an unusually strong international flavor for so small a field.

It didn't take long, though, before it became apparent that Hussein would be the one to beat for that \$2000 first place prize. Never mind that Abshire was at the point of the wedge that went by the mile mark in 4:24 with Sean Wade, Derek Kite and John Hume right behind him. Hussein was just biding his time, comfortably nestled in the rear of the wedge.

That's right, he was biding his time while Abshire, Kite and Wade jockeyed for the lead and the rest of that very good field began to string out.

Then it was 2 miles in 8:53, a course record pace, and Kite had the lead. Hussein was the one on his shoulder now, followed by Abshire, who was looking back over his shoulder from time to time, and a bit further back, Wade.

Then, the inevitable surge and a 9:35 Hussein moved into the lead with so little effort that he appeared to be merely running a tempo workout. Afterwards, he claimed, "That last one mile I was pushing."

Maybe so, but he sure made it look easy.

Abshire did make a furious effort to reel him back, glancing backwards ever more

frequently now, but the 10 to 15 yards lead that Hussein's initial surge had opened was decisive and Abshire never got any closer. Abshire ran well enough to equal the CR of 13:49 but Hussein had set a new one seven seconds earlier. That can be frustrating to the guy who comes in second, but Abshire wasn't too disappointed. He had run a hard race the day before in San Jose and had been sick for 10 days. So second place and a \$1000 check were considerably better than a sharp stick in the eye.

And he did beat out a lot of very good people.

And what was he looking for all those times he glanced back? Well, after an initial attempt to explain his strategy he admitted it was just a bad habit.

Aw, I knew that. His agent, who was on the photo truck, had already told me.

Getting back to the race, late surges by Wes Ashford and John Hume moved them into 3rd and 4th places, respectively, and Kite and Brantly completed the total of six runners who came in under 14 minutes. It wasn't a good day for the former CR holder, Greg Whitely. Not only was his record shattered, but he

finished 40th out of 42 with a well-at-least-finished time of 15:38.

Ouch!

Never did find out what was wrong. He didn't hang around.

Except for the Carlsbad 5000, this is about as good as it gets for a road 5000, and if Gardena continues to improve, they may be challenging Carlsbad for the best road 5000 in the country.

In the open race, which was run before the invitational, the times were, of course, somewhat slower but the look and feel were similar. Jesus Gutierrez, like Hussein was to do about a half an hour later, bided *his* time and then took the lead at the 2 mile mark. The time was 9:37, a bit slower than the opening 4:44 mile. From there on it was all Gutierrez as he pushed the lead to 40 yards, had a 15-second lead at the final turnaround which left about 200 meters to go and picked up one more second as he cruised to the win in 14:53. Things were closer for the next several spots as Troy Rowtham edged Mike Spencer for second by 2 seconds and Andres Ordenez and Dave Hill took 4th and 5th with identical times of 15:14.

*continued next page...*



# ROAD RACE SPOTLIGHT

The women's race was another matter. It, too, was won rather handily but no one seemed to have noticed. Marilyn Broady was named winner in 17:08, but she wasn't. Seems that a 28-year-old from Albuquerque, New Mexico, by the name of Magdalena Thorsell had gotten there first, somewhere around 17-flat. We don't know exactly because the finish line people missed her, too.

Broady saw her. In fact, she chased Thorsell for most of the race and was even starting to reel her in toward the end of the 2nd mile. But, Broady said, once Thorsell went through the second, and last turnaround and saw where Broady was, she shifted to a higher gear and that was that.

Look, it happens.



**MBARAK HUSSEIN (#1) takes the lead over DEREK KITE (#15) and BRIAN ABSHIRE -- pushing the last mile.**

*Photo by Richard Lee Slotkin*

## Top Ramen Invitational

1. Mbarak Hussein	13:42
2. Brian Abshire	13:49
3. Wes Ashford	13:50
4. John Hume	13:52
5. Derek Kite	13:53
6. Keith Brantly	13:55
7. M. Manzano	14:02
8. Joao Niyamba	14:03
9. Sean Wade	14:03

10. Fredson Miyek	14:10
11. Simon Gutierrez	14:11
12. Danny Reed	14:12
13. Jose Inequez	14:14
14. Oscar Gonzales	14:15
15. Wilhelm Gibaday	14:17
16. Peter De La Cerda	14:19
17. Mario Gutierrez	14:21
18. Sergio Ribero	14:23
19. Marcus Rosendo	14:25
20. Randy Reina	14:28
21. Alfredo Viguera	14:29
22. Israel Pose	14:36
23. Rob Jensen	14:37
24. Kevin Broady	14:37
25. Joao Pacau	14:38
26. Richard Shelly	14:45
27. Alfonso Nunez	14:46
28. Hector Lopez	14:48
29. Angel Roman	14:51
30. Ralph Garibaldi	14:56
31. Rob Nelson	14:57
32. Angel Martinez	15:01
33. Tyrus Deminter	15:02
34. Jesus Mora	15:03
35. Mike Latham	15:06
36. Arturo Rodallegas	15:10
37. Cruz Gallegos	15:11
38. Carlos Schulz	15:14
39. Pedro Gutierrez	15:29
40. Greg Whitely	15:38
41. Peter Hogan	15:39
42. Harold Ketting	15:48.

## Open Men--Overall

1. Jesus Gutierrez (29)	14:53
2. Troy Rowtham (23)	15:09
3. Mike Spencer (32)	15:11
4. Andres Ordenez (20)	15:14
5. Dave Hill (43)	15:14

## Open Men--Divisions

**10&u:** 1. Mark Batres (9) 19:23, 2. Adon Garcia (10) 21:34, 3. Rodrigo Casas (10) 21:54. **11-12:** 1. Aaron Klfater (12) 18:47, 2. Kevin Smith (11) 21:02, 3. Weston Motoyasu (12) 22:42. **13-14:** 1. Devon Murray (14) 17:13, 2. Jason Funes (14) 18:23, 3. Miguel Vasquez, Jr. (14) 18:53. **15-19:** 1. Peter Gilmore (17) 15:50, 2. Paul De La Cerda (19) 15:59, 3. Jorge Parra (19) 16:01. **20-24:** 1. Troy Rowtham (23) 15:09, 2. Andres Ordenez (20) 15:14, 3. Juan Vega (20) 15:30. **25-29:**

1. Jesus Gutierrez (29) 14:53, 2. Juan Nunez (25) 15:18, 3. Julian Cuevas (25) 15:50. **30-34:** 1. Mike Spencer (32) 15:11, 2. Scott Shean (30) 15:20, 3. Carlos Navarro (32) 15:36. **35-39:** 1. Eugene Muslar (35) 15:38, 2.



**JESUS GUTIERREZ**

*Photo by Richard Lee Slotkin*

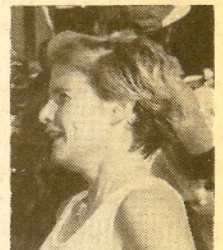
Nicholas Hernandez (39) 15:51, 3. Rigoberto Vega (38) 16:11. **40-44:** 1. Dave Hill (43) 15:14, 2. Jose Gomez (42) 16:01, 3. Barte Topalian (41) 16:07. **45-49:** 1. Vicente Romero (45) 16:44, 2. Don Gillman (49) 16:44, 3. Daniel Kelly (47) 16:48. **50-54:** 1. Mike Scott (51) 16:37, 2. Juan Cabeza (50) 16:39, 3. Catarino Gonzalez (52) 16:55. **55-59:** 1. Carlos Valle (59) 17:01, 2. Mario Ortiz (55) 17:43, 3. Booker Washington (56) 19:17. **60-64:** 1. Antonio Gonzalez (62) 19:01, 2. William O'Donnell (60) 19:43, 3. Robert Lyons (60) 19:50. **65-69:** 1. Patrick Devine (65) 20:27, 2. Milo Sather (67) 22:44, 3. Parker Tshako (67) 22:48. **70-74:** 1. Larry Banuelos (70) 21:04, 2. Manuel Lara (70) 21:37, 3. Frank Endo (71) 27:43. **75-79:** 1. Eddie Lewin (77) 23:53, 2. John Hales (77) 25:37, 3. Frank LaFontaine (75) 29:55. **80&o:** 1. George Feinstein (80) 29:29, 2. Robert Ashimine (81) 35:02, 3. Dean Scofield (82) 47:43.

## Open Women--Overall

1. Magdalena Thorsell (28)	17:02
2. Marilyn Broady (30)	17:08
3. Mary Zerby (23)	17:17
4. Diana Tracy (41)	17:30
5. Liliana Mendonza (26)	17:55

## Open Women--Divisions

**10&u:** 1. Millie Guerbaoui (9) 25:41, 2. Ayn Learn (5) 27:30, 3. Larissa Mintz (7) 31:11. **11-12:** 1. Kimberley Uttersen (12) 21:10, 2. Caroline Kabe (11) 25:18, 3. Cari Tomota (12) 28:18. **13-14:** 1. Melody Imamura (13) 25:48, 2. Marjorie Tsutsui (14) 26:40, 3. Tritia Nakamura (14) 29:52, 15-19: 1. Isela Palomares (19) 23:26, 2. Lauren Adler (19) 24:44, 3. Brooke Horiuchi (18) 28:49. **20-24:** 1. Mary Zerby (23) 17:17, 2. Magdalena Lewy (20) 18:43, 3. Katy Donahue (21) 20:37. **25-29:** 1. Liliana Mendonza (26) 17:55, 2. Sandra Rodriguez (25) 18:35, 3. Rosalinda Garcia (25) 18:44. **30-34:** 1. Marilyn Broady (30) 17:08, 2. Diane Silva (30) 19:12, 3. Victoria Aguilera (30) 19:48. **35-39:** 1. Linda Iacoboni (36) 19:54, 2. Elizabeth Saenz (36) 20:32. **40-44:** 1. Diana Tracy (41) 17:30, 2. Sandy Robbins (42) 18:04, 3. Terri Goodreau (44) 20:29. **45-49:** 1. Sue Reinhardt (47) 21:00, 2. Marie Rodriguez (47) 24:26, 3. Maggie Butterworth (48) 24:36. **50-54:** 1. Kathy Loper (52) 20:18, 2. Karin Handsaker (51) 21:54, 3. Judy Ryan (50) 23:06. **55-59:** 1. Shirley Blush (58) 21:52, 2. Atsuko Fujimoto (59) 25:11, 3. Maxine Brown (59) 31:41. **60-64:** 1. Yukie Mochida (64) 25:36, 2. Miyo Fujimori (61) 25:52, 3. Audrey Hauth (60) 25:53. **65-69:** 1. Helen Dick (69) 24:13, 2. Trudy Wadman (67) 28:16, 3. Bertha Shimazu (66) 39:42. **70-74:** 1. Mae Tengan (71) 32:34, 2. Haru Blanchard (70) 38:06, 3. Amy Coury (71) 39:56. **75-79:** 1. Sarah London (76) 37:56, 2. Shizue Takahashi (75) 48:04, 3. Haruko Hurt (79) 1:02:13.



**MAGDALENA THORSELL**

*Photo by Long Photography, Inc.*



# RESULTS

Please send track & field / cross country results directly to: CTN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

## Mount Diablo Marathon And 1/2 Marathon

March 26, Walnut Creek.

### Overall Results-Marathon

1. Jean-Yves Boulard (31) Berkeley, 3:15:00 2. Bruce Horn (34) Sunnyvale, 3:26:51. 3. Scott Patton (39) Pleasanton, 3:44:00. 4. John Johns (34) Mountain View, 3:46:18. 5. Kevin Hicks (30) Stockton, 3:49:35. 8. Dexter Dobberpuhl (48f) Concord, 4:16:48. 12. Ellen Troth (47f) Castro Valley, 4:27:30. 15. Andrea Ivan (39f) Cupertino, 4:29:50.

### Overall Results-1/2 Marathon

1. Mika Jekabsons (28) Davis, 1:39:30. 2. Eugene Cordero (28) Davis, 1:42:30. 3. Peter Sharkey (37) Danville, 1:29:27. 4. Elizabeth Vitalis (29f) San Francisco, 1:49:27. 5. Peter Franks (47) Sausalito, 1:50:30. 6. Jim Flanigan (44) Davis, 1:51:55. 7. Howard Jones (35) Danville, 1:52:30. 8. Richard Knapp (41) Clayton, 1:54:05. 9. Michael Kjar (40) Orinda, 1:55:55. 10. Ronald Reznik (32) Antioch, 1:58:25.

26. Suzanne Kowalski (33f) Danville, 2:13:52. 30. Marykate Morris (30f) Berkeley, 2:25:18.

## Carlsbad 5000

March 27, Carlsbad.

### Overall Results-Invitational Men

1. Josephat Machukd (Ken) 13:21, \$5K. 2. Jabbour Ibrahim (Mor) 13:24, \$3K. 3. Armando Quintanilla (Mex) 13:25, \$2K. 4. William Mutwol (Ken) 13:31, \$1K. 5. Philimon Hanneck (Zim) 13:32, \$800. 6. Matt Guisto (Ca) 13:34, \$600. 7. Arturo Barrios (Mex/Co) 13:35, \$400. 8. Mbarak Hussein (Ken) 13:36, \$300. 9. Paul Bitok (Ken) 13:41, \$200. 10. Frank O'Mara (Ire) 13:43, \$100.

11. Michael Bartoszak (Pol) 13:40. 12. John Gregorek (Ma) 13:51. 13. Jim Farmer (Or) 13:52. 14. Ron Harris (Va) 13:54. 15. Brian Abshire (Az) 13:55. 16. Mark Nenow (Ca) 13:56. 17. Wander Moura (Brz) 13:57. 18. Reuben Reina (AK) 13:57. 19. Isaac Garcia (Mex) 13:57. 20. Christian Cushing Murray (Ca) 14:05. 24. Wes Ashford (Ca) 14:09. 27. Aaron Ramirez (Nm) 14:14. 31. Steve Scott (Ca) 14:26. **Open Men**: 1. Eric Mastalir, 14:25. 2. Fredson Mayiak, 14:33. 3. Robert Nelson, 14:34.

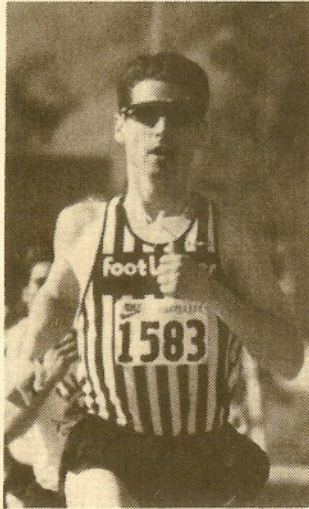
### Division Results-Men

40-44: 1. Dave Hill, 15:02, \$1K. 2. Clay Stenberg, 15:12, \$500. 3. Francis John Gailson, 15:15. 45-49: 1. Ro-

naid Jensen, 16:12. 50-54: 1. Vic Heckler, 16:18. 55-59: 1. Calos Valle, 17:38. 60-64: 1. Jim McDade, 19:02. 65-69: 1. Jim O'Neil, 19:54. 70-74: 1. Jim McCown, 21:26. 75-79: 1. Hal Elick, 26:56. 80-84: 1. Walt Kuetzing, 27:51. 80+: 1. Luiz Illanes, 27:02.

### Overall Results-Invitational Women

1. Colleen De Reuck (RSA) 15:20, \$5K. 2. Annette Peters (OR) 15:30,



MATT GIUSTO

Photo by Elaine Rosenfield

\$3K. 3. Jody Hawkins (TX) 15:45, \$2K. 4. Ann Marie Letko (NJ) 15:47, \$1K. 5. Sammy Gdowski (NE) 15:49, \$800. 6. Ulla Marquette (CAN) 15:53, \$600. 7. Kellie Archuletta (NV) 15:55, \$400. 8. Kathy Franey (MA) 15:37, \$300. 9. Cindy O'Kane (CAN) 16:02, \$200. 10. Maria Louisa Servin (MEX) 16:04, \$100.

11. Nicole Woodward (OR) 16:08. 12. Ely Van Hulst (NETH) 16:00. 13. Patisue Plumer (CA) 16:13. 14. Karen Hecox (USA) 16:13. 15. Deena Drossin (AK) 16:19. 16. Jeanne Johnson (CA) 16:26. 17. Melody O'Reilly (PA) 16:28. 18. Linda Somers (CA) 16:29. 19. Susanah Beck (UAS) 16:35. 20. Lorie Moreno-Roch (CO) 16:36. 21. Michelle Buresh (MT) 16:37. 22. Darcy Arreola (CA) 17:01. **Open Women**: 1. Beth Bartholomew, 16:50. 2. Heather Fuhr, 16:50. 3. Kirsten O'Hara, 17:02.

### Division Results-Women

40-44: 1. Maria Gomes, 17:31, \$1K. 2. Marina Jones 17:54, \$500. 45-49: 1.

Joni Shirley, 19:06. 50-54: 1. Rae Baymiller, 17:58. 55-59: 1. Judy Martin, 23:22. 60-64: Nessie Hollicky, 23:40. 65-69: Mary Storey, 24:42. 70-74: Raye Johnson, 28:11. 75-79: Judy Simon, 30:13. 80-84: Dorothy Silliman, 54:43. **Wheelchair Men**: 1. Jan Matern, 11:01. 2. Eric Neitzel, 11:01. 3. Bob Molinatti, 11:02. 4. Jim Knaub, 11:02. 5. Chad Guzman, 11:03. **Women**: 1. Deanna Sodoma, 12:45. 2. Mary Thompson, 20:01.

## Houlihan's To Houlihan's 12K

March 27, San Francisco.

### Overall Results-12K Men

1. Rey Flores, 37:18. 2. Mike McManus, 37:23. 3. Alan Dehlinger, 37:28. 4. Jose Aispuro, 37:29. 5. Dennis Pfeifer, 37:32. 6. Brian Cann, 37:50. 7. Robert Anix, 37:52. 8. Danny Aldridge, 38:06. 9. Miguel Tibaduiza, 38:09. 10. Charles Alexander, 38:11.

11. Patrick Johnson, 38:14. 12. David Naranjo, 38:15. 13. Alfred Lara, 38:16. 14. Patrick Moreton, 38:23. 15. Joey Gomez, 38:35. 16. Joseph Kames, 38:39. 17. Victor Santamaria, 38:44. 18. Jeff Taylor, 38:50. 19. Jeff Hacker, 38:52. 20. Jeffery Hildebrandt, 38:54.

### Division Results-12K Men

40-44: 1. Gustavo Figueroa, 39:50. 2. Charles Thompson, 40:35. 3. Richard Govi, 41:33. 45-49: 1. Jim Gorman, 42:35. 2. Ewar Gordillo, 42:47. 3. David Furst, 43:51. 50-54: 1. Sal Vasquez, 40:23. 2. Dan Preston, 43:02. 3. Jon MacPherson, 43:28. 55-59: 1. Karl Gripenburg, 46:50. 2. Russ Kiemann, 47:24. 3. Craig Roland, 48:40. 60-64: 1. Everett Riggie, 50:33. 2. Carl Ellsworth, 50:41. 3. Ken Napier, 51:14. 65-69: 1. Ken Nash, 57:23. 2. Donald Pickett, 59:44. 3. Art Santiago, 1:00:39. 70-74: 1. Gary Toji, 1:01:44. 2. George O'Gara, 1:05:13. 3. Jack Friendlander, 1:11:40. 80-84: 1. Albert Jarschke, 1:14:40.

### Overall Results-12K Women

1. Barbara Myers-Acosta, 42:50. 2. Kathy D'Onofrio-Wood, 43:10. 3. Maria Trujillo, 43:50. 4. Jeanne Sapienza, 44:06. 5. Terry Schmidt, 44:06. 6. Rosa Gutierrez, 44:19. 7. Ashley Black, 44:48. 8. Sharlet Gilbert, 45:36. 9. Laura Sanchez, 45:37. 10. Kristin Jacobs, 45:42. 11. Monica Townsend, 45:57. 12. Jennifer Cubillas, 46:14. 13. Julie Rohloff, 46:20. 14. Sandy Patterson, 46:24. 15. Kelly Lawson, 46:32. 16. Betsy Diaz, 46:41. 17. Lisbet Engberg, 46:44. 18. Kristi-

na Mathias, 46:49. 19. Randi Lydum, 46:49. 20. Katie Vanfossen, 47:06.

### Division Results-12K Women

40-44: 1. Gilbert. 2. Melinda Villar, 47:50. 3. Sally Cataldo, 49:12. 45-49: 1. Cynici Calvin, 53:11. 2. Toni Belaus-tegui, 56:22. 3. Marian Lyons, 57:04. 50-54: 1. Joe Feeney, 53:35. 2. Louise Walters, 53:44. 3. Edda Stickle, 55:09. 55-59: 1. Peggy Kang, 1:00:27. 2. Joan Reiss, 1:01:54. 3. Joyce Small, 1:10:20. 60-64: 1. Margarethe Styskel, 1:00:24. 2. Myra Rhodes, 1:03:25. 3. Ruth Anderson, 1:07:15. 65-69: 1. Bernice BruckerVinc, 1:20:19. 70-74: 1. Judy Goldin, 1:23:19.

## Golden Gate Headlands Marathon

### 1/2 Marathon & 7 Mile

April 2, Sausalito.

### Overall Results-Marathon

1. Glenn Sullivan (26) Tiburon, 3:27:30. 2. Mike Sweeney (39) San Rafael, 3:40:05. 3. Dari Shalon (28) Atherton, 3:43:40. 4. Robert Burd (33) Santa Clara, 3:57:00. 5. Andrew Kotulski (54) Danville, 3:57:42. 7. Martha Cederstrom (38f) San Rafael, 4:01:45. 8. Ellen Saltis (28f) Reno, NV., 4:01:45.

### Overall Results-1/2 Marathon

1. Alan Rozendall (23) San Francisco, 1:16:49. 2. Guy Palmer (34) San Rafael, 1:18:10. 3. Eugene Cordero (28) Davis, 1:23:28. 4. Peter Franks (47) Sausalito, 1:24:12. 5. Steve Worthy (47) Walnut Creek, 1:26:30. 6. Ken Cicinelli (28) San Jose, 1:27:04. 7. Parker Piner (25) Grass Valley, 1:27:52. 8. Chad Nusbaum (32) San Francisco, 1:27:58. 9. Paul Odland (25) San Francisco, 1:28:16. 10. Brett Enlow (25) San Francisco, 1:29:22.

11. Mark Latino (39) Mill Valley, 1:29:55. 12. Randolph Koppa (51) Hong Kong, 1:30:27. 13. Dick Gear (52) San Jose, 1:30:35. 14. Soeren Hovmand-Madsen (46) Nakskov, KD, 1:31:08. 15. Greg Engemann (32) Fresno, 1:31:32. 17. Christine Hall (24f) Boise, ID., 1:32:09. 24. Heidi Helvestine (40f) Ross, 1:39:06. 27. Christie Patterson (45f) Belvedere, 1:40:15. 28. Laurie Piner (37f) Grass Valley, 1:40:25.

### Overall Results-7 Mile

1. Andrea Oddone (38) Aberdeen, Scotland, 55:10. 2. Italo Arbulu (30) So. San Francisco, 58:35. 3. David Scott (35) San Francisco, 58:55. 4. Marty Mattox (40f) San Francisco, 1:05:15. 5. Brian Hill (35) FPO, 1:07:12. 6. Jocelyn Schappaugh (25f)



# RESULTS

San Francisco, 1:12:40. 10. Lorraine Donison (31f) Modesto, 1:15:15.

## The American River 50 Miles

April 2. Sacramento to Auburn

### Overall Results

1. Tom Johnson, Loomis, 5:33:21 (course record). 2. Carl Anerson, Kensington, 5:50:50. 3. Harry Johnson, Anchorage, AK., 6:09:48. 4. Brian Purcell, Sebastopol, 6:16:42. 5. Dave Scott, Fremont, 6:21:38. 6. Joe Schlereth, Fresno, 6:21:48. 7. Herb Tanzer, Topanga, 6:23:08. 8. Greg Miller, Sacramento, 6:26:36. 9. Scott St. John, St. George, UT., 6:34:58. 10. Douglas Frost, Fountain Hills, AZ., 6:37:02.

11. Earl Townner, Corona Delmar, 6:39:33. 12. Bruce Linscott, Penn-grove, 6:41:17. 13. Tim Twietmeyer, Auburn, 6:47:29. 14. John Metz, San Diego, 6:48:37. 15. Joe Young, Hunt-ington Beach, 6:49:05. 16. Grissy Dur-yea, Cambell (f) 6:49:55. 17. Dam Rhoads, Pleasanton, 6:49:57. 18. Rae Clark, Camino, 6:51:07. 19. William McGear, Huntington Beach, 6:52:59. 20. Luanne Park, Redding (f) 6:53:54.

21. Rick Spady, Oakland, 6:54:16. 22. Ruy Goldstein, Santa Rosa, 6:55:45. 23. Wayne Miles, Diamond Springs, 6:55:45. 24. Graig Cocchi, Danville, 6:56:16. 25. Greg Nacco, Larkspur, 7:01:13. 26. Suzie Lister, San Ramon, (f) 7:01:42. 27. Philip Sanderson, San Francisco, 7:02:31. 28. Jim Larrieu, Reno, NV., 7:03:32. 29. Stewart Dutfeld, Seattle, WA., 7:04:24. 30. Phil Penna, Santa Rosa, 7:07:40.

31. Albert Portillo, torrance, 7:11:16. 32. Curt Ringstad, Bend, 7:13:09. 33. Rick Simonsen, El Dorado Hills, 7:13:56. 34. Steve Tietz, San Jose, 7:14:17. 35. Mark Samuelson, Cool, 7:14:53. 36. Eric Ianacone, Sacramen-to, 7:15:08. 37. doug Davis, Arcata, 7:15:48. 38. Ed Zerambo, Fountain Hills, AZ., 7:17:04. 39. Brian Roby, Poway, 7:17:06. 40. Alfred Bogenhub-er, San Mateo, 7:20:55.

41. Larry Harlan, Corona Del Mar, 7:22:09. 42. Gridget Brunnick, Tra-buca CYN, (f) 7:23:20. 43. Arne Stemsud, Bend, OR., 7:24:45. 44. Wayne Peterson, Las Vegas, NV., 7:24:46. 45. David Pirogowicz, Santa Clara, 7:24:47. 46. Mike Topper, Men-lo Park, 7:24:50. 47. Ron Howard, Ukaih, 7:25:52. 48. Bill Carlson, Dia-mond Bar, 7:26:43. 49. Mike Hernan-dez, Gold River, 7:29:18. 50. Randy Reese, Wilsonville, OR., 7:30:21.

54. Denise Ellestad, Sunnyvale, (f) 7:34:36. 56. Maryann Murphy, San Ramon, (f) 7:35:37. 68. Lynn O'Malley, Edmonds, WA., (f) 7:46:49. 84. Christine Flaherty, Sacramento, (f) 7:56:54. 87. Jane Baldwin, San Ansel-

mo, (f) 8:04:45. 92. Teri Rose, Paso Robles, (f) 8:07:59.

## Romancing the Island 12K & 25K

April 3. Angel Island

### Overall Results-12K

1. Robert Jungwirth (40) downers Grove, IL., 47:55. 2. Mike Engel (29) Pleasnat Hill, 49:05. 3. Joseph Rodrig-uez (33) San Francisco, 49:15. 4. alan Wall (31) Alameda, 51:12. 5. david Habas (30) san Francisco, 52:05. 6. James Grant (25) Sacramento, 53:55. 7. Michael Moran (29) San Francisco, 54:36. 8. Stephen Khoobyarian (22) Sacramento, 54:37. 9. Steve Heinen (36) San Francisco, 54:38. 10. Jaime Hernandez (30) San Jose, 54:39.

11. Helen Redmond (30f) Cupertino, 54:58. 18. Ainslie Mackovjak (29f) Sacramento, 59:00. 31. Monica Hohl (31f) Santa Rosa, 1:06:20.

### Overall Results-25K

1. Mark Wenrick (38) Cupertino, 1:41:30. 2. Al Bourgeois (39) Liver-more, 1:45:55. 3. Ken Dobberpuhl (46) Concord, 2:01:15. 4. david Hamel (34) Atwater, 2:06:45. 5. Crane Cur-ran (40) Burlingame, 2:07:15. 6. Christy Allen (32f) Mill Valley, 2:16:00. 7. Ann Courtney (34f) Mill Valley, 2:16:05.

## Napa Valley Trail Marathon, 1/2 & 10K

April 9. Calistoga

### Overall Results-Marathon

1. Mike Sweeney (39) San Rafael, 4:04:00. 2. James Hagen (20) Angwin, 3:55:55. 3. Mark Rogers (25) Sacra-mento, 3:55:55. 4. Maureen Bartley (38f) Cool, 4:30:50. 5. Rhonda Pro-vost (45f) Forestville, 4:30:50. 11. Joan Risse (43f) Santa Rosa, 5:06:00. 16. Jane Colman (50f) Oakland, 5:46:32.

### Overall Results-1/2 Marathon

1. Michael Laursen (26) Mare Island, 1:48:10. 2. Tisha Stoll (25f) San Francisco, 1:48:45. 3. Eugene Cordero (28) Davis, 1:40:55. 4. Michael Di Sal-vo (38) San Jose, 1:41:05. 5. Randy McClary (28) San Diego, 1:44:20. 6. Kevin Cronin (42) Angwin, 1:49:39. 7. Ned Reynolds (29) San Francisco, 1:50:30. 8. Mark Sanuelson, (40) cool, 1:51:45. 9. San Adams (37) Vancouv-er, Wa., 1:54:00. 10. Mary Ann Beyster (29f) Menlo Park, 1:54:00. 21. Kei-rene Josten (36f) Hillsboro, Or., 1:58:30.

### Overall Results-10K

1. Jeffrey Clark, (35) St. Helena, 41:18. 2. Kelly Clancy (26f) Calistoga, 50:05. 3. Paul Martinson (33) Mt. View, 36:06. 4. David Faber (23) Tra-vis AFB, 37:05. 5. John Harris (36) Los Gatos, 43:52. 6. Mark Francis (28) Santa Rosa, 43:52. 7. David

Goodwine (31) San Mateo, 43:56. 8. Dave Wilson (43) Mt. View, 43:58. 9. Tom Dolliver (34) Walnut Creek, 45:15. 10. Erica Herman (24f) Los Al-tos, 45:15.

14. Pamela Hansen (29f) Oakland, 51:05. 15. Laura Gottsman (26f) Berkeley, 51:05. 17. Diane Zuleski (35f) Pasadena, 51:28.

## Artichoke Half Marathon and 10K Run & Stride

April 9. Pescadero.

### Overall Results-1/2 Marathon

1. Amol Saxena (31) 1:18:52. 2. Jim Barker (47) 1:23:38. 3. Tim Le (29) 1:02:08. 4. Marty Brounstein (37) 1:24:18. 5. Richard Leutzinger (55) 1:28:32. 6. Greg Anderson, (34) 1:28:33. 7. Lynn Walder (37) 1:29:42. 8. Richard Toledo, (29) 1:33:09. 9. Greg Diven (43) 1:33:56. 10. Hal Feeney, (50) 1:34:21.

12. Mary Feeney (50f) 1:35:47. 14. Sara Ronan (34f) 1:36:52. 16. Cynthia smith (32f) 1:37:12. 17. christine Jones (24f) 1:37:17. 18. Claire D'Alton (29f) 1:38:24.

### Overall Results-10K

1. Patrick Gilbert (35) 39:03. 2. Ken Cicinelli (28) 40:24. 3. Catherine Jag-er (32f) 32:05. 4. Pete Moss (23) 43:33. 5. Oscar Rosales (55) 43:49. 9. Liz ? (26f) 48:16. 11. Karen Graham (34f) 48:38. 14. Maria Kuhn (22f) 54:55.

## Cuesta 50K Biathon

April 10. San Luis Obispo.

### Overall Results

1. Lyon Benson, 1:24:38. 2. Scott Smith, 1:29:34. 3. Michael Smith, 1:30:22. 4. Sims/Bell, 1:32:10. 5. Coe/Stanovec, 1:33:14. 6. Lopex/Herrera, 1:33:28. 7. Peter Park, 1:33:34. 8. Aleshire/Gugliemelli, 1:33:42. 9. Todd Hoefer, 1:34:00. 10. Steve Ferrario, 1:34:01.

11. Burch/Goughnour, 1:34:03. 12. sean Drake, 1:34:38. 13. Edwin Rambus-ki, 1:35:44. 14. Russell Cutting, 1:36:59. 15. Mike Lopez, 1:37:51. 16. Howell/Bostwick, 1:37:58. 17. Rose/Ortiz, 1:38:19. 18. Ron Huckabee, 1:38:25. 19. Jon Martin, 1:38:46. 20. Carter/Chamberlain, 1:39:04.

## Wilder Ranch Biathon

April 10. 5 mile flat run, 10-12 mile Mountain Bike.

### Overall Results

1. Gary Verhula (23) 1:22:36. 2. Mi-chael Martin (24) 1:23:05. 3. Team Dixie 1:24:18. 4. Mark Pretti (33) 1:26:13. 5. Korner & Hebner 1:26:20. 6. Mark Dengler (33) 1:27:20. 7. Mike Scarborough (34) 1:27:22. 8. Force Backhand 1:28:31. 9. Eric Martin (24) 1:29:14. 10. Hector Ruiz (36) 1:29:33.

11. Elliot Freed (27) 1:31:55. 12. Steve Conely (26) 1:33:08. 13. Nancy Vallance (28f) 1:33:09. 14. Bill Paine (26) 1:33:24. 15. Dave Kirkland (30) 1:34:28. 35. Lisa Greene (22f) 1:45:00.

## Jimmy Stewart Relay Marathon

April 10. Los Angeles. Griffith Park.

Over 3,600 runners participated in this year's event.

The top three finishing teams from the open relay marathon division are as follows: first place medals went to the team from Mexico of Olividio Castillo, Rogelio Salinas, Pablo Olmado, Salvado Hora and Ysidrio Salinas with a time of 2:08:52.

The Gardena Auto Repair Reebok Team took the second place medal. The team consisted of Danny Gonzales (Gardena), Mark Ocoa (Anaheim), West Ashford (Fullerton), Kevin Broady (Anaheim) and Fredson Mayick (Gardena) with a time of 2:11:06.

The third place team of Cacique Team No. 1 consisted of Hector Lopez (Los Angeles), Alfonso Nunez (Hunt-ington Park), Jesus Gutierrez (Pasad-ena), George Juarez (Alhambra) and Danny Martiniz (Alhambra). Their time was 2:13:56.

In the celebrity five-mile relay race, first place medals went to soap opera stars Thyme Lewis (Days of Our Lives), Paul Kersey (Days of Our Lives), Peter Bergman (The Young and the Restless), Wallace Kurth (General Hospital) and Brent Jasmr (The Bold and the Beautiful), their finishing time was 28:32.

### Overall Results

1. Team Rodolfo Gomez, 2:08:52. 2. Gardena Auto Repair Reebok, 2:11:06. 3. Cacique 1, 2:13:56. 4. Cacique 6, 2:24:01. 5. L. A. Leggers 50, 2:25:28. 6. Toyota Old Folks, 2:25:32. 7. Wild Mountain Runners Team 1, 2:27:00. 8. Inside Track Team 1, 2:27:04. 9. Bon-lait Runners, 2:30:58. 10. Buffalo Chips, 2:31:38.

11. Byle Heights 1 SRLA, 2:32:27. 12. Pepperdine University, 2:34:14. 13. Toyota Team 2, 2:34:17. 14. Yucaipa High School Dream Team, 2:34:18. 15. Blarney Team 2, 2:35:45. 16. Planet Hoolywood, 2:35:53. 17. San Diego Firemen Local 145, 2:37:21. 18. Ca-cique 5, 2:37:41. 19. Jimmy's Marathon Men Team 1, 2:38:36. 20. Potter's Family 2:39:42.

21. Footstrike Pacers 3, 2:40:14. 22. Birmingham Braves 1, 2:40:23. 23. Gil-ber't's El Indio, 2:41:25. 24. Aztecas, 2:41:50. 25. Cacique 7, 2:42:02.



# RESULTS

## California Forty-Niner Double Marathon

April 16. Sausalito. 50 Mile, Marathon, & 30K

### Overall Results-50 Mile

1. Maureen Bartley (38) Cool, 7:11:15. 2. Chris Battiate (41) Stockton, 7:11:15. 3. Will Aarsheim (25) Sausalito, 7:41:30. 4. Chris Knoch (29) Martinez, 7:48:50. 5. Bob Cowdrey (49) San Mateo, 7:52:40. 8. Martha Cedersstrom (38f) San Rafael, 8:21:00. 11. Janice Ogrady (45f) San Jose, 8:24:55.

### Overall Results-Marathon

1. Jeff Milliman (34) Columbia, 2:44:32. 2. Kevin Pazaski (31) Redmond, 3:04:50. 3. Greg Wheatfill (37) Folsom, 3:08:34. 4. Tom Kaisersatt (54) San Jose, 3:35:20. 5. Kirk Boersere (36) Fremont, 3:40:15. 9. Joan Steidinger (39f) Mill Valley, 3:46:42. 10. Cheryl Knoch (29f) Martinez, 3:55:28. 11. Rebecca Semler (43f) Welches, 3:58:55.

### Overall Results-30K

1. Mark Wenrick (38) Cupertino, 1:53:20. 2. James Umpleby (36) Yosemite, 1:57:30. 3. Ken Cicinelli (28) San Jose, 1:57:33. 4. Kevin O'Donnell (29) San Francisco, 2:06:30. 5. Glenn Sullivan (26) Tiburon, 2:10:24. 8. Tessa Walsh (35f) Stinson Beach, 2:25:37. 12. Sherri Guinn (47f) Santa Rosa, 2:36:40. 16. Julie Ammon (23f) San Diego, 2:44:10.

## Rancho Solano 10K & 5K April 16. Fairfield.

### Overall Results-10K

1. James Martin, 35:55. 2. Gary Stanoff, 36:00. 3. Jamal Nelson, 36:29. 4. Theresa McCourt (f) 37:12. 5. Matt McGraw, 38:14. 7. Kari Soderberg (1st f 20-29) 39:17. 19. John Heath (1st M 50-59) 49:49. 25. Peggy Manis (1st f 50-59) 1:10:25. **Kids 1 Mile:** 1. Joseph Heywood, 6:30. 2. Ian Massey, 7:44. 3. Matthew Shuba, 7:51.

### Overall Results-5K

1. Rick Kushman, 15:55. 2. Tim Williams, 16:13. 3. Matt Pelascini, 17:02. 4. Mike Ammon, 17:08. 5. Roger Tiss, 18:11. 6. Vickie Pell (f40-49) 19:27. 7. John Ketelsen, 19:34. 8. Shuman Mitra, 19:55. 9. Nils Carlson, 20:18. 10. Matt Ferguson, 20:19. 17. Gilman Jung (1st m 60+) 22:28. 18. Evelyn Kwok (1st f 19 & U) 22:40. 27. Linda Heidenreich (1st f 30-39) 24:22. 38. Ray Silva (1st m 50-59) 27:53. 54. Karen Perkins (1st f 50-59) 43:29.

## UCI 5K Zot Trot Run

April 16. Irvine.

### Division Results-5K Men

1-12: 1. Zack Dickson (11) Laguna Beach, 21:35. 2. John Fincher (10) Mission Viejo, 24:14. 3. Jason Borene

(8) Hemet, 26:32. 13-18: 1. Joshua Trask (17) Palm Springs, 17:17. 2. Tim Jalando-On (16) Palm Springs, 17:20. 3. Alexander Pregel (16) Palm Springs, 18:16. 19-24: 1. Vince Sritarelli (22) El Toro, 16:31. 2. Miguel Morales (20) Stanton, 16:52. 3. Mike Hancock (21) Newport Beach, 17:27. 25-29: 1. Marco Ochoa (29) Un. 15:25. 2. Dositelo Bautista (28) Mission Viejo, 16:55. 3. Ken San Juan (29) Cerritos, 18:26.

30-34: 1. Danny Reed (33) Riverside, 14:46. 2. Gus Hermes (31) Aliso Viejo, 15:29. 3. Luis Diaz (32) Compton, 16:31. 35-39: 1. John Kiningh (37) Irvine, 15:22. 2. David Parsel (39) Costa Mesa, 15:42. 3. Robert Kessler (38) Long Beach, 16:57. 40-44: 1. Joe Alverado, (43) Whittier, 17:02. 2. Jim Whitson (40) Long Beach, 17:05. 3. Steve Kellmyer (43) Mission Viejo, 17:30. 45-49: 1. Paul Pratt (47) Irvine, 18:52. 2. Nicholas Prukop (47) Irvine, 19:49. 3. Antonio Gutierrez (48) Santa Ana, 20:28.

50-54: 1. Cecil Smith (52) Los Angeles, 18:38. 2. Gary Riley (52) Rancho Santa Marg. 18:43. 3. Joe Merchant (51) Westminster, 20:25. 55-59: 1. Mike Ishikawa (56) Pve, 20:49. 2. Darryl Redwen (57) Irvine, 22:36. 3. John Thomas (55) Irvine, 23:03. 60-64: 1. Paul Saucedo Jr. (62) Anaheim, 20:13. 2. Jim Scraborough RPV, 24:45. 3. Dave Rich (64) Costa Mesa, 27:05. 65-69: 1. Jack Green (68) Bellflower, 24:33. 2. Tad Fujioka (68) Pasadena, 25:45. 3. Leonard Romero (65) Irvine, 26:03. 70-99: 1. Bob Daniel (74) Palos Verdes, 38:32. 2. Warren Gleason (72) Huntington Beach, 49:17.

### Division Results-5K Women

1-12: 1. Sarah Reed (10) Coto De Caza, 34:51. 2. Stephanie Hanna (11) Trabuco Canyon, 34:52. 3. Alexis Bosley (12) Mission Viejo, 34:55. 13-18: 1. Aree Khodai (16) Irvine, 20:45. 2. Jamie Swarberg (14) Corona Del Mar, 20:50. 3. Michelle Ukleja (13) Long Beach, 26:10. 19-24: 1. Mandi Anvairpour (20) Irvine, 23:49. 2. Rebecca Indian (23) Dana Point, 24:29. 3. Sheila Heacock (24) Yucaipa, 24:34. 25-29: 1. Valerie Vaughan (27) Santa Ana, 17:27. 2. Kathy Smith (28) Newport Beach, 17:35. 3. Amanda Saltin (26) Irvine, 20:39.

30-34: 1. Marilyn Brady (30) Anaheim, 17:50. 2. Suzy Hermes (32) Aliso Viejo, 18:31. 3. Diane Gilles (33) Newport Beach, 21:33. 35-39: 1. Lisa Brier-Capps (37) Irvine, 23:35. 2. Diane Stovall (35) Coronado Del Mar, 24:52. 3. Maria Zermeo (35) Torrance, 25:18. 40-44: 1. Loi Coker (43) Huntington Beach, 19:27. 2. Jodie Kinney (44) Costa Mesa, 23:28. 3. Fay Morisseau (42) Corona Del Mar, 28:09. 45-49: 1. Diane Kimrow (45) Irvine, 21:52. 2. Jean Holden (47) Los Alamitos, 23:36. 3. Rita Olin (46) Irvine, 24:13.

50-54: 1. Nancy Teh Berge (52) Huntington Beach, 23:44. 2. Chris Trevarthen (52) La Mirada, 24:16. 3. Sue Cummings (52) La Palma, 26:20. 55-59: 1. Winnie Rich (57) Costa Mesa, 27:09. 2. Judy Demenno (56) San Juan Capistrano, 28:06. 3. Carole Sody (55) San Marcos, 32:59. 60-64: 1. Ginie Mains (60) Downey, 27:24. 2. Regina Morin (60) San Diego, 49:21. 3. Dorothy Morris (63) Anaheim, 55:28. 65-69: 1. Audrey Wilkins (65) Irvine, 49:29. 2. Alice Tamura (66) Santa Ana, 57:23.

## Pismo Beach 10K Pier Run

April 16. Pismo Beach

### Division Results-10K Men

17 & U: 1. Christopher McPherson, Nipomo, 43:50. 2. Jeremy Melson, Arroyo Grande, 53:52. 3. Richard Kirkwood, Pismo Beach, 1:07:39. 18-29: 1. Joe Bergquist, Atascadero, 36:53. 2. Lyle Murray, Los Osos, 37:27. 3. Mark LaFaille, Lomita, 37:49. 30-39: 1. Martin Lyons, SLO, 32:01. 2. Sean McCormick, Paso Robles, 33:45. 3. Paul Lee, Santa Maria, 33:49. 40-49: 1. Frank Hinchinson, Los Osos, 34:36. 2. Gary Silva, Santa Maria, 35:33. 3. Stephen Wyer, Arroyo Grande, 39:07. 50-59: 1. Larry Jamison, SLO, 38:53. 2. Oscar Rosales, Huntington Beach, 42:09. 3. Larry Jones, SLO, 42:25. 60 & O: 1. Larry LaMay, Lompoc, 44:55. 2. Doug Buckmaster, Cambria, 51:41. 3. Gene Welch, Santa Barbara, 52:42.

### Division Results-10K Women

18-29: 1. Margaret Barbour, Santa Barbara, 39:16. 2. Michele Johnson, Lompoc, 40:19. 3. Pam Boyle, Bakersfield, 44:24. 30-39: 1. Sue Tarter, SLO, 45:07. 2. Julie Hiramatsu, Santa Maria, 48:30. 3. Fran McKerman, Shell Beach, 53:35. 40-49: 1. Tricia Witt, Grover Beach, 50:35. 2. Maureen Coscia, Pismo Beach, 52:23. 3. Stephanie Welch, Santa Barbara, 53:07. 50-59: 1. Karen Barron, Arroyo Grande, 53:44. 2. Lisa Norcutt, Lompoc, 55:52. 3. Mary Stallard, Morro Bay, 56:20. 60 & O: 1. Elizabeth Baker, Morro Bay, 1:09:28.

## Old Mill Run

April 16. Sonora. Columbia State Park. 2 Mile & 6.2 Mile

### Overall Results-2 Mile

1. Fred Villegas, 10:37. 2. Kevin Schmid, 12:55. 3. Jason Perry, 13:43. 4. Tom Atkins, 13:49. 5. Albram Nunn, 13:51. 6. Charles Moss, 14:03. 7. Jennifer Emanuel (f) 14:15. 8. Russ Albert, 15:05. 9. Heather Maffucci (f) 15:21. 10. Ben Schoettgen, 15:25. 11. Chloe Spaiht, 15:26. 12. Thad Waterbury, 15:30. 13. Kevin Lancaster, 15:37. 14. Chrissy Weber (f) 16:09. 15. Audrey Martin (f) 16:16. 16. Eliza-

beth Imlach (f) 16:20. 17. Riat Metz (f) 16:22. 18. Ron Barrios, 16:23. 19. Carleton Penwell, 16:57. 20. Jim Hutson, 17:10.

### Overall Results-6.2 Mile

1. Matt Johanson, 33:13. 2. John Caughey, 33:47. 3. Fred Villegas, 34:05. 4. Anthony Reynoso, 34:53. 5. Gerry Holmes, 38:58. 6. Mathew Camacho, 39:12. 7. Curt Royer, 39:18. 8. Rom Barrett, 39:41. 9. Ken Schwisow, 40:20. 10. Leon Casas Jr. 40:21.

11. Robert Belt, 40:38. 12. Ron Ferrer, 40:39. 13. Tim Hicks, 40:51. 14. Cory Hails, 40:52. 15. Jessie Brown, 41:51. 16. Bill Sullivan, 42:02. 17. Tom Fielding, 42:03. 18. Daj Veizies, 42:26. 19. Steven Espinosa, 42:33. 20. Jon Zunino, 42:46.

### Division Results-6.2 Mile Men

**Open:** 1. Matt Johanson, Sonora, 33:18. 2. John Caughey, Sonora, 33:47. 3. Fred Villegas, Merced, 34:05. **13 & U:** 1. John Paul Balmet, Sonora, 1:02:27. 2. Sean Evans, Altaville, 1:02:37. 14-18: 1. Cory Hails, Sonora, 40:52. 2. Johnny McFarland, San Andreas, 43:00. 3. Mark Maely, Tuolumne, 43:55. 19-29: 1. Matt Johanson, Sonora, 33:18. 2. Matthew Camacho, Soulsbyville, 39:12. 3. Tom Fielding, Tuolumne, 42:03. 30-39: 1. John Caughey, Sonora, 33:47. 2. Fred Villegas, Merced, 34:05. 3. Ron Barrett, Arnold, 39:41. 40-49: 1. Anthony Reynoso, Altaville, 34:53. 2. Curt Royer, Merced, 39:18. 3. Leon Casas Jr., Sonora, 40:21. 50-59: 1. Gerry Holmes, Modesto, 38:58. 2. Ken Schwisow, Merced, 40:20. 3. Tim Hicks, Angels Camp, 40:51. 60-69: 1. Gino Fredianelli, Sonora, 43:41. 2. Bob Stoles, Jamestown, 44:31. 3. Bill Ferrer, 44:31. 70 & O: 1. Eddie Zoma, Sonora, 1:09:34. 2. Payson Taylor, Gustine, 1:11:18. 3. Bernard Dathe, Twine Harte, N/T.

### Division Results-6.2 Mile Women

**Open:** 1. Kathy Ryan, Citrus Heights, 46:02. 2. Gail Rodd, Columbia, 47:09. 3. Pam Royer, Merced, 47:40. **13 & U:** 1. Ahshley Hammerstein, Manteca, 1:14:15. 2. Louise Huntoon, Tuolumne, 1:26:18. 14-18: 1. Soquani Wilde, Sonora, 57:27. 2. Ellen Sullivan, Sonora, 57:28. 19-29: 1. Kathy Ryan, Citrus Heights, 46:02. 2. Tiffany Kirkman, Sonora, 54:10. 3. Jane Wyatt, Sonora, 56:03. 30-39: 1. Carol Madden, Murphys, 48:20. 2. Catherine Baker, Mi-Wuk Village, 49:03. 3. Maria McCormick, Columbia, 50:49. 40-49: 1. Pam Royer, Merced, 47:40. 2. Linda Hohnstone, Groveland, 51:12. 3. Valdene Valenti, Stockton, 53:28. 50-59: 1. Gail Rodd, Columbia, 47:09. 2. Jean Schwisow, Sonora, 51:22. 3. Patricia Amps, Mokelumne Hill, 53:40. 60-69: 1. Margarethe Styskel, Murphey, 50:34. 2. Jo Sullivan, Sonora, 54:07. 3. Maggie Mikael, Sonora, 56:23.



# RESULTS

## Livermore Fitness Day 5K Run

April 17. Livermore.

### Division Results-5K Men

1-12: 1. Kevin Wright (12) Livermore, 21:14. 2. Eric Hanau (12) Pleasanton, 21:27. 3. Ryan Carter (10) San Jose, 21:44. 13-17: 1. Martin Kinsey (15) Livermore, 17:45. 2. Derek Nunes (16) Livermore, 19:39. 3. Robert Marrs (15) Livermore, 20:22. 18-23: 1. John Colarchik (21) Hayward, 17:14. 2. Brandon Saunders (21) Oakland, 21:54. 3. Daniel Throop (18) Livermore, 29:57. 24-29: 1. Mike Tapia (26) Fremont, 15:30. 2. Rick Teitz (24) Livermore, 15:34. 3. Greg Donson (25) Livermore, 15:53. 30-39: 1. Carl Nielson (34) Pleasanton, 17:29. 2. Rene Gutierrez (35) San Ramon, 17:57. 3. Douglas Closson (39) Richmond, 18:45. 40-49: 1. Brian Bonner (46) Livermore, 18:18. 2. Cary Spencer (45) Livermore, 18:45. 3. Mark Watson (40) Oakland, 19:33. 50-59: 1. Jim Reitz (50) Livermore, 17:30. 2. Richard Deyoung (53) Castro Valley, 20:24. 3. Ricardo Guidolin (56) Stockton, 20:50. 60-69: 1. Ed Watchempikno (64) Livermore, 23:52. 2. David Nethaway (64) Danville, 24:06. 3. Larry Throop (61) Livermore, 33:00. 70-99: 1. Lyman Glenn (76) Walnut Creek, 26:00. 2. Dick Petch (70) Oakland, 28:21. 3. Ulysses Ratti (70) Oakland, 29:17.

### Division Results-5K Women

1-12: 1. Emalia Dayrell-Stul (9) Livermore, 29:39. 2. Katrina Anderson (7) Union City, 30:36. 3. Nicole Kisco (11) Livermore, 31:56. 13-17: 1. Kelli Proffitt (17) Fairfield, 24:37. 2. Jenny Lombard (16) Livermore, 25:01. 3. Liz Zeigler (15) Pleasanton, 26:32. 18-23: 1. Rene Proffitt (19) Fremont, 24:35. 2. Julie Martin (19) Pleasanton, 25:03. 3. Sara Lafountain (19) Pleasanton, 26:52. 24-29: 1. Yvette Ortega (28) Livermore, 27:55. 2. Laura Zahn (25) Brentwood, 28:36. 3. Kathleen Turk (27) Livermore, 36:31. 30-39: 1. Elizabeth Edwards (39) Oakland, 19:13. 2. Debbie Santamaria (35) San Ramon, 23:07. 3. Kristin Kinzael (30) Livermore, 24:04. 40-49: 1. Melinda Villar (42) San Ramon, 18:52. 2. Marilyn Petch (40) El Cerrito, 21:57. 3. Leslie Pombo (40) Tracy, 23:16. 50-59: 1. Joni Schuld (52) Livermore, 26:51. 2. Janiet Pence (55) San Ramon, 28:42. 3. Judi Zanier (50) San Ramon, 32:04. 60-69: 1. Barbara Costella (62) Livermore, 39:10. 2. Lorena Schneider (68) Livermore, 45:38. 3. Rita Bast (60) Livermore, 49:36. 70-99: 1. Maryellen Lentz (70) Fremont, 36:52. 2. Rosemary Stroud (70) Livermore, 43:23. 3. Dorothy Sloan (70) Livermore, 52:47.

### Division Results-10K Men

1-12: 1. Jeff Mahr (9) Livermore,

49:59. 13-17: 1. Daniel Garci (13) Manteca, 37:00. 2. Fredey Deguzman (13) Livermore, 46:52. 3. Peter Madred (15) Livermore, 49:03. 18-23: 1. Jim Baldetti (23) San Ramon, 52:15. 24-29: 1. Tim Maclean (25) Livermore, 35:47. 2. Steven Lewis (29) Livermore, 40:56. 3. Timm Hannula (27) San Ramon, 46:35. 30-39: 1. Brian Davis (38) Livermore, 33:08. 2. Michael Plummer (35) Castro Valley, 35:09. 3. Doug Rasmussen (38) Un, 35:27. 40-49: 1. Karl Bacon (44) Stockton, 36:16. 2. John Allanson (46) Pleasanton, 39:44. 3. Hoyt Walker (42) Livermore, 39:48. 50-59: 1. Thomas Dresser (50) Livermore, 46:23. 2. James Norton (54) Livermore, 46:50. 3. Bruce Bybee (50) Danville, 48:22. 60-69: 1. Marion Carter (63) San Jose, 47:36. 2. Bob Anderson (61) Livermore, 49:06. 3. Otto Haubensak (62) Willowick, 50:30.

### Division Results-10K Women

13-17: 1. Alexis Madrid (17) Livermore, 1:01:56. 18-23: 1. Nonnie Hernandez (20) Livermore, 56:11. 2. Lisa Pittlick (20) Livermore, 57:02. 3. Kathy Tranzillo (20) Livermore, 1:08:31. 24-29: 1. Maryann Murphy (29) San Ramon, 41:05. 2. Marianne Simon (28) Walnut Creek, 45:13. 3. Shelly Sprague (25) San Ramon, 49:40. 30-39: 1. Cathy Ahern (34) San Lorenzo, 46:05. 2. Lesa Bradley (34) Livermore, 49:31. 3. Karen Hahr (36) Livermore, 49:55. 40-49: 1. Carol Bruton (41) Livermore, 45:37. 2. Judi Richardson (49) El Cajon, 47:50. 3. Abbie Gregg (40) Livermore, 48:27. 50-59: 1. Karen Schwartz (52) Livermore, 59:45. 2. Anne Murphy (50) Alameda, 1:03:52. 3. Gillian Murdoch (59) Hayward, 1:11:13. 60-69: 1. Clara Azaevdo (67) Modesto, 59:32.

## San Antonio Community Hospital Run

April 17. Upland. 10K & 5K

### Overall Results-10K Men

1. Emigdio Zarazua (27) San Bernardino, 32:19. 2. Bill Medrano (19) Azusa, 34:25. 3. Mateo Villalobos (25) Colton, 35:07.

### Overall Results-10K Women

1. Torie Pleasant (27) Temple City, 41:24. 2. Darleen Fitzgerald (35) Diamond Bar, 41:45. 3. Ruth Coates (46) Wrightwood, 46:35.

### Overall Results-5K Men

1. Brian Paynter (19) Upland, 16:11. 2. Phil Orr (31) Riverside, 16:16. 3. Tom Curry (52) Las Vegas, NV., 16:26.

### Overall Results-5K Women

1. Jodie Eyt (27) Fontana, 19:02. 2. Adrienne Trader (30) Hawthorne, 19:19. 3. Frances Hart (32) Pasadena, 20:25. Wheelchair: 1. David Kiley (40) 38:19.

## Rotary Run to Literacy 5K & 10K

April 17. Yountville.

### Overall Results-10K Men

1. Floyd Turbo, (28) 31:40. 2. Larry Menari (36) 33:53. 3. Mike Tyler (27) 34:01.

### Overall Results-10K Women

1. Valeria Lucia, (29) 39:21. 2. Beckie Simmie-Kesecker, (42) 39:38. 3. Diane Panelli (31) 42:09.

### Overall Results-5K Men

1. Chris Willis (35) 15:38. 2. Thom Trimble (34) 15:52. 3. Tim Tottle (33) 16:15.

### Overall Results-5K Women

1. Sally Cataldo (37) 18:33. 2. Patricia Falsone (46) 21:05. 3. Caron Hicks (32) 21:15.

## Berryessa Quadrathlon

April 23. Lake Berryessa. .5mS-17mB-4mR-5mB.

### Overall Results

1. Duane Franks (35) 1:33:25. 2. Mark Pretti (34) 1:34:38. 3. Craig Pow (28) 1:35:35. 4. Patrick Yates (34) 1:36:23. 5. Eric Knight (20) 1:36:42. 13. Emily Drath (23f) 1:52:44. 25. Beth Davidson (36f) 2:10:36.

## West Coast Triathlon Series #1

0.5m S/12m B/3.1m R

April 23. Antioch.

### Division Results-Men

0-14: 1. Beau Rhodes, Campbell, 1:08:25. 15-19: 1. Scott Smith, Brentwood, 1:10:01. 20-24: 1. Charles Ehm, San Francisco, 1:00:11. 2. Thor Anderson, Sacramento, 1:06:03. 3. Jason Curry, Concord, 1:15:07. 25-29: 1. James Grant, Danville, 59:33. 2. Frank Perontetta, San Francisco, 1:02:33. 3. Doug Mull, Folsom, 1:03:02. 30-34: 1. Sean Ford, Davis, 59:21. 2. David McGuire, Piedmont, 1:01:21. 3. Robert Bustabade, Citrus Heights, 1:04:58. 35-39: 1. Steven Chavez, San Ramon, 1:03:37. 2. Jim Sharpe, Antioch, 1:08:39. 3. Gary Sullivan, San Jose, 1:13:42. 40-44: 1. Edward Baker, Piedmont, 1:06:53. 2. Gary Gorham, Stockton, 1:37:19. 45-49: 1. Bob Van Vliet, Antioch, 1:07:36. 2. Mike Mason, Martinez, 1:28:38. 3. George Lough, Hayward, 1:29:04. 50-54: 1. David Smith, Byron, 1:22:24. 60-64: 1. Jack Riley, Alamo, 1:35:59.

### Division Results-Women

20-24: 1. Christine Horvath, Davis, 1:14:17. 2. Patty Harris, Berkeley, 1:25:24. 3. Amy Meyers, Foster City, 1:26:26. 25-29: 1. Karen Love, San Francisco, 1:08:16. 2. Susan Vaughn, Hayward, 1:11:37. 3. Katie Clifford, Palo Alto, 1:14:12. 30-34: 1. Cindy Sharpe, Antioch, 1:12:42. 2. Aida Tefft, Hayward, 1:22:44. 3. Ellen Ban-

aghan, Lodi, 1:31:45. 35-39: 1. Joanne Bachand, Pittsburg, 1:39:41. 40-44: 1. Lynn Fehr, Soquel, 1:30:21. Relay Division: 1. S. Garrison/P. Manly/C. Squiem, Lodi, 1:12:55. Clydesdale Division: 1. Kim Rhoads, Campbell, 1:15:38. 2. Eric Mein, Lafayette, 1:19:27. 3. Ron Simmons, Fremont, 1:26:15. Mountain Bike Division: 1. Jocelyn Finch, San Francisco, 1:22:30. Overall Male: 1. Sean Ford, Davis, 59:21. 2. James Grant, Danville, 59:33. 3. Charles Ehm, San Francisco, 1:00:11. Overall Female: 1. Karin Love, San Francisco, 1:08:16. 2. Susan Vaughn, Hayward, 1:11:37. 3. Cindy Sharpe, Antioch, 1:12:42.

## La Jolla Half Marathon

April 24. La Jolla.

### Overall Results-1/2 Marathon Men

1. Mark Donahue (35) San Diego, 1:06:39. 2. Jose Rosendo (26) San Diego, 1:08:50. 3. Fredson Mayiek (28) Gardena, 1:08:51. 4. James Sheremeta (30) San Diego, 1:09:23. 5. Guillermo Morales (25) Escondido, 1:11:05. 6. Brian Cully (23) San Diego, 1:11:14. 7. Jim McCarthy (30) San Diego, 1:11:54. 8. Greg Watson (27) Del Mar, 1:12:42. 9. Sergio Ribeiro (24) La Mesa, 1:12:54. 10. John Jakobsen (30) Carlsbad, 1:12:55. 11. Sam Jaji (43) San Diego, 1:13:17. 12. Johann Stromann (31) Emdin, Germany, 1:13:28. 13. Marshall Varano (32) San Diego, 1:13:33. 14. Ian Smith (26) San Diego, 1:14:07. 15. Antonio Gomez (27) Mexico City, Mexico, 1:14:21. 16. Masa Hasegawa (24) San Diego, 1:14:58. 17. Ben Cravatt (24) San Diego, 1:15:10. 18. George Vontsolos (29) San Diego, 1:15:11. 19. Jose Martinez (39) Tijuana, Mexico, 1:15:52. 20. GuillermonMedrano (20) Azusa, 1:15:52. 21. Randall Gregson (31) Oceanside, 1:16:29. 22. Bob Shisler (32) La Verne, 1:16:40. 23. Jose Campos (31) Huntington Park, 1:16:56. 24. Hernandez Paul (28) Mexico City, Mexico, 1:17:15. 25. Pedro Perez-Baltazar (42) Gardena, 1:17:24. 26. James Johnson (44) La Jolla, 1:17:52. 27. Frank Groen (32) Cardiff, 1:18:07. 28. Scott Phillips (23) Playa del Rey, 1:18:24. 29. Markus Lack (29) San Diego, 1:19:01. 30. Glenn Sager (32) San Diego, 1:19:01. 31. Carlos Hernandez (28) San Diego, 1:19:04. 32. Michael Marquis (33) San Clemente, 1:19:11. 33. Steven Fenster (25) San Diego, 1:19:26. 34. Bill Nolan (30) San Diego, 1:19:23. 35. Keith Hill (37) Del Mar, 1:19:58. 36. Steven Stahl (32) San Diego, 1:20:07. 37. Kenneth Roth (37) Del Mar, 1:20:09. 38. Tony Garcia (27) Kansas City, MO, 1:20:25. 39. Coronado Oscar (29) Mexico City, Mexico, 1:20:37. 40. Brian Roby (38) Poway, 1:20:40. 41. James Williams (24) La Jolla, 1:20:41. 42. James Willmore (37) San



# RESULTS

Diego, 1:20:55. 43. Richard Kritzer (30) Encinitas, 1:21:08. 44. Tim Thomas (31) San Diego, 1:21:09. 45. Patrick Caldwell (31) San Clemente, 1:21:18. 46. Adrian Davis (27) Long Beach, 1:21:22. 47. Michael Krywanski (43) Rockford, MI, 1:21:24. 48. William Sieck (31) San Diego, 1:21:51. 49. Jeff Emery (25) La Jolla, 1:22:03. 50. Marvin Barth (23) Tracy, 1:22:10.

## Division Results-1/2 Marathon Men

**18 & U:** 1. Christopher McCann (15) Carlsbad, 1:43:39. 2. Gabriel Borlean (18) Malibu Beach, 1:44:15. 3. Noah Lidman (14) Del Mar, 1:47:29. **19-24:** 1. Brian Culley (23) San Diego, 1:11:14. 2. Sergio Ribeiro (24) La Mesa, 1:12:54. 3. Masa Hasegawa (24) San Diego, 1:14:58. **25-29:** 1. Jose Rosendo (26) San Diego, 1:08:50. 2. Fredson Hayiek (28) Gardena, 1:08:51. 3. Guillermo Morales (25) Escondido, 1:11:05. **30-34:** 1. James Sheremeta (30) San Diego, 1:09:23. 2. Jim McCarthy (30) San Diego, 1:11:54. 3. John Jakobsen (30) Carlsbad, 1:12:55. **35-39:** 1. Mark donahue (35) San Diego, 1:06:39. 2. Jose Martinez (39) Tijuana, Mexico, 1:15:52. 3. Keith Hill (37) Del Mar, 1:19:58. **40-44:** 1. San Hajj (43) San Diego, 1:13:17. 2. Pedro Perez-Baltazar (42) Gardena, 1:17:24. 3. James Johnson (44) La Jolla, 1:17:52. **45-49:** 1. Gordon Lutes (49) San Diego, 1:23:50. 2. Jim Pose (45) Santee, 1:24:04. 3. Dennis Kasischke (48) San Diego, 1:24:59. **50-54:** 1. Ray Johnson (50) San Diego, 1:25:04. 2. Elwood Vetos (51) Sioux Falls, SD, 1:29:21. 3. Stan Kotanan (50) Poway, 1:29:44. **55-59:** 1. John Ghini (59) Topanga, 1:34:18. 2. Roger Montanus (58) San Diego, 1:35:15. 3. Manny Garcia (59) Monterey Park, 1:38:18. **60 & O:** 1. Warren Osborn (60) La Mesa, 1:34:49. 2. Frank Ferrone (61) El Cajon, 1:39:17. 3. Dusty Snyder (60) Los Angeles, 1:45:16.

## Overall Results-1/2 Marathon Women

1. Laura Stuart (29) Del Mar, 1:19:39. 2. Luisa Madueno (37) San Ysidro, 1:22:52. 3. Mary Burns-Prine (36) San Diego, 1:24:08. 4. Kathleen Smith (28) Aliso Viejo, 1:25:16. 5. Valerie Hoelsing (29) Kersey, CO, 1:26:00. 6. Jacqueline Hayes (29) 1:27:29. 7. Vickie Roberts (39) San Diego, 1:30:23. 8. Jennifer Rabinowitch (41) Aliso Viejo, 1:30:31. 9. Micaela Brandt (30) Brawley, 1:30:47. 10. Alison Brown (32) Chapel Hill, NC, 1:31:58. 11. Trudy Martineau (38) San Diego, 1:32:29. 12. Sue McCarthy (38) San Diego, 1:32:29. 13. Debbie Richardson (31) Palos Verdes EsTs, 1:32:36. 14. Leslie Graham (27) Cardiff, 1:32:44. 15. Carol Flanagan (42) Palm Desert, 1:33:51. 16. Leticia Oliva (24) Cardiff, 1:33:56. 17. Ginny Fess (31) San Diego, 1:34:28. 18. Selena Smart (26) San Diego, 1:34:31. 19. Jennifer Aus-

tin (24) Coto De Caza, 1:34:33. 20. Sugar Woodward (31) Laguna Niguel, 1:34:55.

21. Kaye Rowan (36) San Diego, 1:35:16. 22. Laurie Singer (34) Oxnard, 1:35:20. 23. Laura Thompson (25) Reno NV, 1:35:25. 24. Martha Gandy (29) San Diego, 1:35:32. 25. Anne Blaschke (24) San Diego, 1:35:40. 26. Verdi Baldassi (29) La Jolla, 1:35:42. 27. Carey Marchall (30) La Jolla, 1:35:53. 28. Mary Morgan (30) La Jolla, 1:35:49. 29. Rozanne Brambila (33) Santa Ana, 1:36:20. 30. Anne Mitchell (39) Bala-Cynwyd, PA, 1:36:22.

31. Andrea Koenig (24) La Jolla, 1:36:28. 32. Margaret Ferro (24) La Jolla, 1:36:33. 33. Jill Gregson (26) Oceanside, 1:36:39. 34. Kristin Schritter (27) La Jolla, 1:36:52. 35. Tracy Melchior (25) La Jolla, 1:36:55. 36. Kaye Gwyther (27) Coronado, 1:37:00. 37. Carol Beck (36) Cardiff, 1:37:07. 38. Ann McCue (36) La Mesa, 1:37:09. 39. Julianne Millar (22) Torrance, 1:37:12. 40. Pily Krywanski (33) Rockford, MI, 1:37:17.

41. Valerea Koch (42) Tucson, AZ, 1:37:37. 42. Soobhan Snyder (30) Las Vegas, NV, 1:37:39. 43. Helen Kim (25) Milpitas, 1:37:44. 44. Kesa Tsuda (35) Redondo Beach, 1:37:47. 45. Kim O'Donnell-Boyd (29) Encinitas, 1:37:51. 46. Lynn Meyer (30) North Hills, 1:37:52. 47. Connie Epperson (38) Encinitas, 1:37:54. 48. Angela Chavez (29) Costa Mesa, 1:38:10. 49. Chandra Boydston (24) San Diego, 1:38:15. 50. Stephanie Stone (35) San Pedro, 1:38:24.

## Division Results-1/2 Marathon Women

**18 & U:** 1. Mina Shojai (17) San Diego, 1:47:50. 2. Holly Mitchell (17) Solana Beach, 1:52:57. 3. Shannon Mazepink (18) San Diego, 1:59:09. **19-24:** 1. Leticia Oliva (24) Cardiff, 1:33:56. 2. Jennifer Austin (24) Coto De Caza, 1:34:33. 3. Anne Blaschke (24) San Diego, 1:35:40. **25-29:** 1. Laura Stuart (29) Del Mar, 1:19:39. 2. Kathleen Smith (28) Aliso Viejo, 1:25:16. 3. Valerie Hoelsing (29) Kersey, CO, 1:26:00. **30-34:** 1. Micaela Brandt (30) Brawley, 1:30:47. 2. Alison Brown (32) Chapel Hill, NC, 1:31:58. 3. Debbie Richardson (31) Palos Verdes EsTs, 1:32:36. **35-39:** 1. Luisa Madueno (37) San Ysidro, 1:22:52. 2. Mary Burns-Prine (36) San Diego, 1:24:08. 3. Vickie Roberts (39) San Diego, 1:30:23. **40-44:** 1. Jennifer Rabinowitch (41) Aliso Viejo, 1:30:31. 2. Carol Flanagan (42) Palm Desert, 1:33:51. 3. Valerea Koch (42) Tucson AZ, 1:37:37. **45-49:** 1. Linda Bradley (46) San Diego, 1:38:27. 2. Cathy Kaechele (47) La Jolla, 1:43:38. 3. Gloria McCoy (48) La Jolla, 1:43:54. **50-54:** 1. Eileen Pue (54) San Diego, 1:41:52. 2. Carmen Connolly (51) La Crescenta, 1:51:06. 3. Maryann Zounes (51) San

Marcos, 1:57:02. **55-59:** 1. Sally Byram (59) San Diego, 2:00:15. 2. Beitye Hamonds (55) Las Vegas, NV, 2:05:07. 3. Maxine Tomisser (57) San Diego, 2:07:07. **60 & O:** 1. Maean Garty (66) Sa Diego, 2:29:27. 2. Marybelle Russell (71) Las Vegas, NV, 2:29:50. 3. Frances Stinchcomb (64) Lemon Grove, 2:33:16. .

## La Jolla 5K

April 24. La Jolla.

### Overall Results-5K Men

1. Alan Newton (31) San Diego, 15:13. 2. Octavio Escahilla (21) Miraflores, Mexico, 15:21. 3. Luc Teyton (37) San Diego, 16:48. 4. Paul Becerra (32) Escondido, 18:04. 5. Pete Wright (33) Encinitas, 18:25. 6. Cary Clark (32) Littleton, CO, 18:48. 7. David Bottorf (30) San Diego, 18:56. 8. Steven Babayan (19) Los Angeles, 19:03. 9. Conrad Will (52) La Jolla, 19:12. 10. Murray Pearlman (44) Solana Beach, 19:31.

11. Steve Ojeda (28) San Diego, 19:51. 12. Ron Morgan (60) Spring Valley, 20:03. 13. Steve Daniels (38) Fpo Ap, 20:04. 14. Dwight Dyer (24) Los Angeles, 20:23. 15. Mark Solloway (22) San Diego, 20:33. 16. Sean Bredwmore (30) Chula Vista, 20:37. 17. John Taylor (23) San Diego, 20:44. 18. Chad Rosendale (20) Fpo Ap, 20:45. 19. David Teafatiller (36) Santee, 20:47. 20. Charles Wilbur (31) Huntington Beach, 20:48.

21. Fred Traganza (38) San Diego, 20:49. 22. Alex Jaramillo (24) San Diego, 20:50. 23. Chris Phillippe (20) San Diego, 20:50. 24. Paul Farnan (25) San Diego, 20:58. 25. Charles Stute (28) San Diego, 20:59. 26. Chris Saldivar (30) Long Beach, 21:09. 27. Aram Kevorkian (11) La Jolla, 21:36. 28. Mike Martin (28) San Diego, 21:26. 29. Taylor Rogers (11) La Jolla, 21:36. 30. Claudio Rivas (25) National City, 21:43.

31. Steven Nottle (48) San Diego, 21:45. 32. Marco Menzhausen (28) San Diego, 21:51. 33. David Stouffer (22) Cardiff, 21:56. 34. Bruce Edgington (49) San Diego, 21:59. 35. Andrew Decelles (29) National City, 22:01. 36. Lance Clefner (32) San Diego, 22:05. 37. Alfonso Martinez (26) San Diego, 22:05. 38. Richard Bosch (54) Olivenhain, 22:14. 39. Paul Zaretsky (28) Murrieta, 22:17. 40. Danny Grobeck (34) Lafayette, 22:18.

41. Bruce Polk (26) San Diego, 22:19. 42. Larry Stahl (34) San Diego, 22:20. 43. Vaughn Pani (13) Thousand Oaks, 22:27. 44. Chris Norton (26) Bakersfield, 22:32. 45. William Messick (20) Fpo Ap, 22:34. 46. Ken Flagg (36) Solana Beach, 22:36. 47. Will Lofft (47) San Diego, 22:39. 48. Patrick Hurford (13) San Dimas, 22:41. 49. Kelly Cole (33) San Diego, 22:43. 50. Peter Lewl (56) Rancho

Santa Fe, 22:43.

### Division Results-5K Men

**18 & U:** 1. Aram Kevorkian (11) La Jolla, 21:17. 2. Taylor Rogers (11) La Jolla, 21:36. 3. Vaughn Pani (13) Thousand Oaks, 22:27. **19-24:** 1. Octavio Escahilla (21) Miraflores, Mexico, 15:21. 2. Steven Babayan (19) Los Angeles, 19:03. 3. Dwight Dyer (24) Los Angeles, 20:23. **25-29:** 1. Steve Ojeda (28) San Diego, 19:51. 2. Paul Farnan (25) San Diego, 20:58. 3. Charles Stute (28) San Diego, 20:59. **30-34:** 1. Alan Newton (31) San Diego, 15:13. 2. Paul Becerra (32) Escondido, 18:04. 3. Pete Wright (33) Encinitas, 18:25. **35-39:** 1. Luc Teyton (37) San Diego, 16:48. 2. Steve Daniels (38) Fpo ap, 20:04. 3. David Teafatiller (36) Santee, 20:47. **40-44:** 1. Murray Pearlman (44) Slana Beach, 19:31. 2. John Scott (42) Woodland Hills, 22:45. 3. Clifford Keller (42) San Diego, 22:48. **45-49:** 1. Steven Nottle (48) San Diego, 21:45. 2. Bruce Edgington (49) San Diego, 21:59. 3. Will Lofft (47) San Diego, 22:39. **50-54:** 1. Conrad Will (52) La Jolla, 19:12. 2. Richard Bosch (54) Olivenhain, 22:14. 3. George Camp (54) Camarillo, 23:51. **55-59:** 1. Peter Lewl (56) Rancho Santa Fe, 22:43. 2. Sangelo Vetorello (57) Ann Arbor, MI, 23:54. 3. Albert Herre (55) San Pedro, 25:08. **60 & O:** 1. Ron Morgan (60) Spring Valley, 20:03. 2. Jim Boily (61) La Jolla, 23:33. 3. Paul VonWiedenfild (66) San Rafael, 26:17.

### Overall Results-5K Women

1. Donna Nettleship (32) Los Angeles, 19:08. 2. Julie Manson (11) San Diego, 20:03. 3. Beatriz Alonso (27) San Diego, 21:06. 4. Melissa Brown (24) La Jolla, 21:58. 5. Elizabeth Niemeyer (36) Oceanside, 22:13. 6. Courtney Thompson (19) La Jolla, 22:31. 7. Suzie Lofft (45) San Diego, 22:35. 8. Victoria Murphy (15) La Jolla, 22:38. 9. Denise Hartline (26) La Jolla, 22:58. 10. Bettina Wood (20) La Jolla, 23:08.

11. Pam Michna (43) Bellaire, TX, 23:28. 12. Deborah Brower (29) Cardiff, 23:32. 13. Anita Flagg (36) Solana Beach, 23:41. 14. Marjorie Lynn (44) San Diego, 24:07. 15. Kira White-Barr (29) Newport Beach, 24:17. 16. Tracy Moore (23) Carlsbad, 24:18. 17. Chelsea Flaven (12) San Diego, 24:23. 18. Gail Scott (27) San Diego, 24:25. 19. Amelia Tung (22) San diego, 24:33. 20. Mandy Arban (16) San Diego, 24:36.

21. Kimmel Solway (34) San Diego, 24:42. 22. Gayle McMahon (27) El Cajon, 24:52. 23. Stacey Schrobigen (27) San Diego, 24:55. 24. Catherine Rice (9) La Jolla, 25:07. 25. Bebe Luna (42) Los Angeles, 25:11. 26. Pat Serrano (48) Oceanside, 25:13. 27. Debbie Lambert (29) Long Beach, 25:15. 28. Barbara Camp (55) Cama-



# RESULTS

rillo, 25:24. 29. Aj Johnson (26) Los Angeles, 25:27. 30. Linda Shields (30) Leucadia, 25:28.

31. Carrie Wood (32) Littleton, CO, 25:30. 32. Irasema Page (27) San Diego, 25:32. 33. Anna Shephard (18) San Diego, 25:33. 34. Laura Farinella (30) Mission Viejo, 25:35. 35. Terri Daou (33) Agoura Hills, 25:40. 36. Deb Burgess (35) Lakewood, 25:42. 37. Francine Clausen (29) San Diego, 25:45. 38. Deborah Phillips (22) Playa del Rey, 25:46. 39. Kari Madsen (23) Chula Vista, 25:47. 40. Lisa Bronk (21) San Diego, 25:54.

41. Loretta Maciunskas (32) San Diego, 25:54. 42. Belinda Hermosissima (51) Solana Beach, 26:03. 43. deirdre Goebel (24) Long Beach, 26:06. 44. Cindy Reidt (25) Encinitas, 26:08. 45. Monica Kaiser (36) Cardiff, 26:08. 46. Cheryl Riley (36) Oceanside, 26:17. 47. Lorraine Mejia (29) Barstow, 26:30. 48. Linda Schulte (22) San Diego, 26:32. 49. Helen Shou (27) Loma Linda, 26:34. 50. Cindi Davis (33) Las Vegas, NV, 26:34.

## Division Results-5K Women

**18 & U:** 1. Julie Manson (11) San Diego, 20:03. 2. Victoria Murphy (15) La Jolla, 22:38. 3. Chelsea Flaven (12) San Diego, 24:23. **19-24:** 1. Melissa Brown (24) La Jolla, 21:58. 2. Courtney Thompson (19) La Jolla, 22:31. 3. Bettina Wood (20) La Jolla, 23:08. **25-29:** 1. Beatriz Alonso (27) San Diego, 21:06. 2. Denise Hartline (26) La Jolla, 22:58. 3. Deborah Brower (29) Cardiff, 23:32. **30-34:** 2. Donna Nettleship (32) Los Angeles, 19:08. 2. Kimmel Solway (34) San Diego, 24:42. 3. Linda Shields (30) Leucadia, 25:28. **35-39:** 1. Elizabeth Niemyer (36) Oceanside, 22:16. 2. Anita Flagg (36) Solana Beach, 23:41. 3. Deb Burgess (35) Lakewood, 25:42. **40-44:** 1. Pam Michna (43) Bellaire, TX, 23:28. 2. Marjorie Lynn (44) San Diego, 24:07. 3. Bebe Luna (42) Los Angeles, 25:11. **45-49:** 1. Suxie Lofft (45) San Diego, 22:35. 2. Pat Serrano (48) Oceanside, 25:13. 3. Kathy Tucker (46) Leucadia, 27:55. **50-54:** 1. Belinda Hermosissima (51) Solana Beach, 26:03. 2. Lynn VonWiedenfild (50) San Rafael, 30:51. 3. Janet Holden (50) San Diego, 32:24. **55-59:** 1. Barbara Camp (55) Camarillo, 25:24. **60 & O:** 1. Joy Parker (60) Oceanside, 31:17. 2. Connie Luna (63) Los Angeles, 40:08. 3. Mary-Jone Brown (66) San Clemente, 44:54.

## Indian Gulch-Hornitos

April 24. Hornitos. 5 Mile & 10 Mile

### Overall Results-5 Mile

1. James Umpleby (30-39) 29:48. 2. Gerry Holmes (50-59) 31:16. 3. Bill Schwartz (40-49) 31:39. 4. Pedro Martinez (18-29) 32:07. 5. Frank Miranda (40-49) 32:35. 6. Jesse Brown

(40-49) 32:46. 7. Randy Smith (30-39) 33:59. 8. Tom Diehl (30-39) 35:02. 9. Mort Ward (60-69) 35:23. 10. J. Patrick Horn (40-49) 35:41. 12. Heidi Ryan (1st 30-39F) 16. Judy Vereschagin (2nd 30-39F) 42:16. 18. Connie Archer (1st 40-49F) 43:51. 21. Jim Sullivan (1st 70+) 44:53. 23. Tara Lucas (1st 13-17F) 46:31. 24. Carolyn Ward (1st 50-59F) 46:33.

### Overall Results-10 Mile

1. Fred Villegas (30-39) 57:10. 2. Curt Royer (40-49) 1:03:34. 3. David Weller (40-49) 1:03:44. 4. John Mason (40-49) 1:07:57. 5. Gary Hayward (30-39) 1:08:02. 6. Dave Simenow (30-39) 1:08:05. 7. Ken Schwisow (50-59) 1:08:27. 8. Norm Takeuchi (30-39) 1:12:00. 9. Brad Eagleton (0-29) 1:12:40. 10. Kevin Olds (30-39) 1:13:32. 15. Pam Royer (1st 40-49F) 1:18:55. 18. Barbara A. Miller (2nd 40-49F) 1:22:03. 22. Shawne Arnold (1st 30-39F) 1:25:41. 26. Deborah Schwartz (1st 50-59F) 1:28:47. 31. Howard Neyens (1st 60-69) 1:36:09

## Earth Day "Run The Bluff" Fun Run

April 24. Montana De Oro State Park. Los Osos. 3.6 Miles.

This yearly 3.6 mile event along the scenic bluffs of Montana de Oro saw Tom McKeown of San Luis Obispo coming through the finish chute in first place with a terrific time of 19:52. and Diane Dixon of Los Osos as our first female finisher with a super time of 25:11. Keeping McKeown and Dixon on their running pace were 71 other serious and recreational runners all who found that this run is probably the most beautiful stretches of our California Coast.

### Overall Results-3.6 Miles

1. Tom McKeown (39) 19:52. 2. Paul Lee (33) 20:15. 3. Frank Hutchinson (41) 20:47. 4. Lyle Murray (22) 21:22. 5. Richard Aleshire (48) 21:40. 6. Gary Raymond (39) 22:13. 7. David Moore (37) 23:11. 8. Vernon Sallaz (35) 23:48. 9. Lyle Smith (36) 24:03. 10. Ray Vick (44) 24:10. 21. Andrea Leuker (32f) 27:17. 25. Ashlie Hasson (12f) 27:47. 26. Barbara Hasson (37f) 27:47. 30. Nancy Myers (29f) 28:42. 31. Mary Jost (38f) 29:01.

### Division Results-3.6 Mile Men

**14 & U:** 1. Chris Donovan 27:16. **15-19:** 1. Brian Merrill 33:26. **20-29:** 1. Lyle Murray 21:22. **30-39:** 1. Tom McKeown 19:52. **40-49:** 1. Frank Hutchinson 20:47. **50-59:** 1. Keith Handley 24:29. **60 & O:** 1. Ted Locker 29:43.

### Division Results-3.6 Mile Women

**14 & U:** 1. Ashlie Hasson 27:47. **15-19:** 1. Melissa Rughtive 33:25. **20-29:** 1. Nancy Myers 28:42. **30-39:** 1. Diane Dixon 25:11. **40-49:** 1. Shel Burrell

31:09. **50-59:** 1. Jeanette Locker 32:07.

## Mt. Hamilton Marathon, 1/2 Marathon & 10K

April 30. San Jose.

### Overall Results-Marathon

1. Tom O'Connell (43) San Jose, 3:59:15. 2. Gerald Belliveau (33) Ft. Ord, 4:05:45. 3. Wolfgang Polak (44) Sunnyvale, 4:18:30. 4. Stan Jensen (41) Moss Beach, 4:30:52. 5. Dennis Egley (70) Sunnyvale, 4:54:55. 6. Ellen Troth (47f) Castro Valley, 5:11:38.

### Overall Results-1/2 Marathon

1. James Umpleby (36) Yosemite, 1:33:55. 2. Michael Schultz (32) Newark, 1:37:53. 3. Mark Mondel (35) Scottsdale, AZ, 1:39:35. 4. Larry Deel (27) Ft. Ord, 1:43:08. 5. Karen Malecki (32f) San Jose, 1:43:10. 6. Mark Ikemoto (36) Milpites, 1:43:12. 7. Steve Hale (26) Ft. Ord, 1:44:10. 8. Reyna Soto (30f) Sunnyvale, 1:50:41. 9. Christina Jones (24f) Ben Lomond, 1:51:22. 10. David Grogan (30) Ft. Ord, 1:54:12. 17. Mary Doyle (51f) Summerland, 1:59:55. 20. Melissa King (23f) Santa Clara, 2:02:52.

### Overall Results-10K

1. David Platt (51) Fremont, 41:10. 2. Stan Gardner (32) Fremont, 41:43. 3. Will Bauman (44) San Jose, 42:26. 4. Jerald Devauhn (47) San Jose, 42:58. 5. Gys Bruins (54) Scotts Valley, 44:55. 10. Barbara Nicholson (f) LOs Gatos, 51:15.

## Nevada City 5K & 10K Spring Run

April 30. Nevada City.

### Overall Results-5K

1. Chuck Hallbauer (14) 17:29. 2. Rick Kushaman (38) 17:35. 3. Michael Schwartz (31) 17:44. 4. Carl Ellsworth (63) 20:11. 5. Robert Seldner (53) 20:25. 6. Malia Dinell (31f) 20:28. 7. Warren Hallbauer (44) 20:33. 8. Mike Stanley (16) 21:00. 9. Mark Bauman (42) 21:01. 10. Seth Kellermann (17) 22:00. 14. Kristie Williams (14f) 22:51. 19. Kristine Kirkland (32f) 24:03. 21. Leslie Bringolf (29f) 24:15. 22. Helen Dinell-Neff (39f) 24:21.

### Overall Results-10K

1. Andy Harris (34) 37:32. 2. Mike Buzbee (42) 39:29. 3. Doug Reed (32) 39:42. 4. Jean-Claude Legras (28) 40:16. 5. Theresa McCourt (35f) 40:46. 6. Sara Freitas (36f) 41:34. 7. Stephen Murschel (13) 41:55. 8. Jerry Lyerly (54) 42:10. 9. Gary Henslee (42) 42:55. 10. Brian Hodges (34) 42:59. 12. Lori Nelson (31f) 44:08. 22. Karen Garcia Graham (34f) 50:29. 23. Heidi Agler-Reinholz (41f) 50:43. 24. Janice Sullivan (32f) 51:32.

## Breakers 10K & 15K

April 30. San Diego.

### Division Results-10K Men

**1-12:** 1. Kevin Schible (10) 42:50. 2. Daniel West (8) 57:33. 3. Alex dimitracopolis (11) 1:03:07. **13-17:** 1. Dade Schible (15) 38:43. 2. Steven Dibene (15) 39:02. 3. Alfonso Rahena (15) 48:16. **18-29:** 1. Steve Ogden (27) 34:27. 2. Chuck Miller (28) 41:54. 3. Benje Garcia (29) 44:15. **30-39:** 1. William Craig (32) 40:42. 2. Roy Kratman (39) 40:28. 3. Gary Brozio (33) 40:31. **40-49:** 1. Paul Bishop (44) 39:57. 2. Ted Sawford (49) 42:36. 3. Jorge Lopez (40) 43:29. **50-59:** 1. Loren McKnight (50) 38:55. 2. Steve Pierce (51) 42:40. 3. Bob Mallon (58) 43:01. **60-69:** 1. Edmund Hill (61) 54:35. 2. James Apprill (61) 1:03:05. **70-99:** 1. Wayne Zook (77) 54:36. 2. Hal Rik Erick (75) 57:03. 3. Steve Edwards (70) 58:37.

### Division Results-10K Women

**1-12:** 1. Brandi Collato (11) 1:03:40. 2. Courtney Collato (9) 1:08:53. **18-29:** 1. Laura Eckharot (28) 46:31. 2. Michawna Escamillo (22) 46:54. 3. Amanda Carroll (20) 47:12. **30-39:** 1. Lauri Rochford (30) 42:12. 2. Elaine Hill (37) 44:28. 3. Rosa Ponce (31) 47:45. **40-49:** 1. Nancy Morris (47) 50:00. 2. Lynn Jilka (41) 50:25. 3. Monika Lucs (48) 52:40. **50-59:** 1. Martha Walker (58) 52:11. 2. Sharon Lietner (55) 54:56. 3. Karen McGlamery (57) 1:03:23. **60-69:** 1. Rosemary Ennis (62) 1:02:59. 2. Shirley Rowe (69) 1:14:55.

### Division Results-15K Men

**18-29:** 1. Sergio Ribeiro (24) 48:41. 2. Mike Hebebrand (28) 56:10. 3. Paul Maiser (23) 56:42. **30-39:** 1. Mark Donahue (35) 46:29. 2. James Shere-meta (30) 49:13. 3. Richard Verney (32) 49:48. **40-49:** 1. San Hajj (43) 51:39. 2. Paul Bates (46) 58:10. 3. Bob Boyce (42) 58:54. **50-59:** 1. Tom Warren (50) 57:30. 2. Jon Shelgren (53) 59:15. 3. Joel Contreras (50) 1:01:55. **60-69:** 1. Ron Morgan (60) 1:04:07. 2. Warren Osborn (60) 1:04:09. 3. Hugh Pendleton (62) 1:09:46. **70-99:** 1. Jim McCown (72) 1:09:59. 2. Darryl Kelley (81) 1:12:59. 3. Willis Rowe (72) 1:25:48.

### Division Results-15K Women

**18-29:** 1. Maria Sacani (28) 1:02:46. 2. Susan Koenig (24) 1:08:03. 3. Lydia Brashear (29) 1:09:13. **30-39:** 1. Jeanne Lasee-Johnson (36) 54:21. 2. Tracey Golba (33) 59:29. 3. Pennie McLaughlin (32) 1:00:08. **40-49:** 1. Melinda Bustos (40) 1:09:56. 2. Julie Pines (45) 1:12:57. 3. Marsha Deere (40) 1:14:57. **50-59:** 1. Ursula Rains (52) 1:13:11. 2. Bunky Stage (52) 1:19:22. 3. Sharon Lowrey (52) 1:22:07. **70-99:** 1. Gerry Davidson (73) 1:28:23. 2. Judy Simon (78) 1:35:46.



# RESULTS

## San Diego International Duathlon

### 5K Run-25 Bike-5K Run May 1, San Diego.

#### Overall Results-Men

1. Greg Watson (27) Del Mar, 1:11:08. 2. Chris Bray (25) Flagstaff, AZ, 1:12:12. 3. Marcus Gladstein (29) La Jolla, 1:14:24. 4. Andrew Tuovinen (31) Vancouver, BC, 1:15:37. 5. Robb Dorf (25) Encinitas, 1:15:42. 6. Russ Jones (39) Laguna Beach, 1:16:55. 7. Dave Riesland (31) Lakewood, 18:07. 8. Rick Bienias (28) San Diego, 1:18:24. 9. Kevin Gillotti (24) Encinitas, 1:19:29. 10. Steven Stahl (32) San Diego, 1:19:56.

#### Division Results-Men

17 & U: 1. Dave Schible (15) La Mesa, 1:33:05. 2. Dustin Arendt (10) San Diego, 2:22:35. 20-24: 1. Kevin Gillotti (24) Encinitas, 1:19:29. 2. Jason Lohman (22) Yuma, AZ, 1:21:45. 3. Shannon Michaels (22) Fountain Valley, 1:32:11. 25-29: 1. Greg Watson (27) Del Mar, 1:11:08. 2. Chris Bray (25) Flagstaff, AZ, 1:12:12. 3. Marcus Gladstein (29) La Jolla, 1:14:24. 30-34: 1. Andrew Tuovinen (31) Vancouver, BC, 1:15:37. 2. Dave Riesland (31) Lakewood, 1:18:07. 3. Steven Stahl (32) San Diego, 1:19:56. 35-39: 1. Russ Jones (39) Laguna Beach, 1:16:55. 2. Gary Ford (37) Encinitas, 1:21:50. 3. Doug Thralls (35) Redlands, 1:24:05. 40-44: 1. Jeffrey Davis (41) Costa Mesa, 1:23:25. 2. Dean Wilson (43) Long Beach, 1:25:24. 3. Noel Lanier (42) Redondo Beach, 1:26:15. 45-49: 1. Dennis Kasischke (48) San Diego, 1:21:10. 2. Bob Macy (47) San Diego, 1:23:46. 3. Richard Nordquest (46) Rancho Santa Fe, 1:24:56. 50-54: 1. Gene Mote (51) Anaheim, 1:25:45. 2. Robert McRae (50) Whittier, 1:25:53. 3. Peter Schultz (50) Trabuco Canyon, 1:31:24. 55-59: 1. Andrew Bailey (55) Laguna Beach, 1:35:32. 2. Edmund Neete (55) San Diego, 1:37:32. 3. Anthony Clews (56) San Diego, 1:38:24. 60 & O: 1. Henderson Cleaves (62) Hemet, 1:50:20. 2. Merrill Brown (62) Garden Grove, 1:51:41. 3. David Farkas (61) Del Mar, 2:19:14. Military: 1. Jeffrey Treiber, Oceanside, 1:22:02. 2. Jim Warmowski, San Diego, 1:22:46. 3. Anthony Guerra, San Diego, 1:23:09. Clydesdale: 1. Bob Zipperer, Spokane, WA., 1:29:54. 2. Andrew Farrell, San Diego, 1:32:29. 3. Gian Whitehurst, Carlsbad, 1:33:34.

#### Overall Results-Women

1. Janet Hatfield (31) Del Mar, 1:22:03. 2. Karen Stokes (27) Aliso Viejo, 1:23:16. 3. Sue Davis (31) Costa Mesa, 1:23:25. 4. Sheila Kealey (29) La Jolla, 1:24:13. 5. Catherine Bland (26) La Mesa, 1:30:36. 6. Brenda Corona (32) Escondido, 1:33:44. 7. Linds Whitehurst (38) Carlsbad, 1:35:23. 8. Lara Salamacha (24) La Jolla, 1:41:28.

9. Roxy Kazemzadeh (21) Poway, 1:42:33. 10. Sandy Wells (32) Colton, 1:43:47.

#### Division Results-Women

17 & U: 1. Evonne Reyes (17) Yuma, AZ, 2:11:19. 20-24: 1. Lara Salamacha (24) La Jolla, 1:41:28. 3. Shellie McCall (24) Long Beach, 1:46:35. 25-29: 1. Karen Stokes (27) Aliso Viejo, 1:23:16. 2. Sheila Kealey (29) La Jolla, 1:24:13. 3. Catherine Bland (26) La Mesa, 1:30:36. 30-34: 1. Janet Hatfield (31) Del Mar, 1:22:03. 2. Sue Davis (31) Costa Mesa, 1:23:25. 3. Brenda Corona (32) Escondido, 1:33:44. 35-39: 1. Linds Whitehurst (38) Carlsbad, 1:35:23. 2. Sandy Wingfield (35) San Diego, 1:48:28. 3. Lisa Stngl (35) Solana Beach, 1:56:36. 45-49: 1. Patsy Ambrosia (45) San Diego, 1:55:17. 2. Kris Kingsbury (45) Manhattan Beach, 1:59:11. 3. Susan Baker (48) Tustin, 2:20:03. 50-54: 1. Marjann Zounes (51) San Marcos, 1:48:17. Clydesdale: 1. Helen Uhrig, Riverside, 2:18:24.

## Wild Wild West Marathon & 10 Mile

### May 1, Lone Pine.

#### Overall Results-Marathon Men

1. Rae Clark (42) Camino, 3:24:24. 2. Mark Marcelli (35) San Diego, 3:27:17. 3. Jerry Stephenson (37) Carlsbad, 3:38:16. 4. John Montgomery (47) Del Mar, 3:39:06. 5. Wayne Peterson (39) Las Vegas, 3:42:04. 6. Clem Clemente (35) San Clemente, 3:43:24. 7. Mark Samuelson (40) Cool, 3:45:52. 8. Bruce Guter (39) Fullerton, 3:51:16. 9. Pete Kirkham (37) San Jacinto, 3:57:31. 10. Denis Trafecanty (51) Northridge, 4:03:28. 11. Tom Meyers (39) Ca., 4:03:29. 12. Edward Frisch (54) Reno, 4:03:33. 13. Chris Batteate (41) Stockton, 4:03:38. 14. Paul Wehan (45) Berkeley, 4:04:48. 15. Raymond Deschenes (43) Los Angeles, 4:05:17. 16. James Furnish (51) Ridgecrest, 4:09:37. 17. Jim Rucker (45) Walnut, 4:10:09. 18. Wayne Hanawalt (32) Line Pine, 4:12:50. 19. Jonathon Said (47) Los Angeles, 4:13:10. 20. Ed Wehan (50) Ventura, 4:13:48.

#### Division Results-Marathon Men

20-29: 1. John Leake (29) San Diego, 4:23:48. 30-39: 1. Mark Marcelli (35) San Diego, 3:27:17. 2. Jerry Stephenson (37) Carlsbad, 3:38:16. 3. Wayne Peterson (39) Las Vegas, 3:42:04. 30-39: 1. Rae Clark (42) Camino, 3:24:24. 2. John Montgomery (47) del Mar, 3:39:06. 3. Mark Samuelson (40) Cool, 3:45:52. 50-59: 1. Denis Trafecanty (51) Northridge, 4:03:28. 2. Edward Frisch (54) Reno, 4:03:33. 3. James Furnish (51) Ridgecrest, 4:09:37. 60 & O: 1. Pierce Cornelius (63) Beed, 4:20:17. 2. Big Al Kirkman (61) Richmond, 4:44:05. 3. Marvin

Powers (65) Lancaster, 4:52:09.

#### Overall Results-Marathon Women

1. Kathy Britcliffe (38) Palmdale, 4:03:28. 2. Lorraine Gersitz (39) Fullerton, 4:03:48. 3. Julia Wells Duff (34) Mammoth Lakes, 4:12:31. 4. Cathy Fitzgerald (41) Reno, 4:12:33. 5. Marygail Brauner (46) Santa Monica, 4:17:30. 6. Linda Lee (38) Santa Cruz, 4:35:20. 7. Joan Mork (40) Auburn, 4:39:46. 8. Kathy Welch (40) Auburn, 4:39:46. 9. Heidi Anderson (36) Lone Pine, 4:49:20. 10. Debbie Brencchley (30) Yucca Valley, 4:55:58.

#### Division Results-Marathon Women

20-29: 1. Heather Crook (27) Riverside, 5:57:24. 2. Kara Satra (29) San Pedro, N/T. 30-39: 1. Kathy Britcliffe (38) Palmdale, 4:03:28. 2. Lorraine Gersitz (39) Fullerton, 4:03:48. 3. Julia Wells Duff (34) Mammoth Lakes, 4:12:31. 40-49: 1. Cathy Fitzgerald (41) Reno, 4:12:33. 2. Marygail Brauner (46) Santa Monica, 4:17:30. 3. Joan Mork (40) Auburn, 4:39:46. 50-59: 1. Marilyn Rehorn (59) Templeton, 5:49:11. 2. Ilsebill Wolfe (51) Upland, 5:58:27. 3. Sharon Kerson (52) Culver City, 6:59:00.

#### Overall Results-10 Mile Men

1. Scott Tosenlieb (41) Bakersfield, 1:10:01. 2. Martin Quintero (36) Las Vegas, 1:11:52. 3. Clement Flores (32) Ontario, 1:14:10. 4. Bill Norman (47) Atascadero, 1:14:30. 5. Scott Turner (28) Santa Monica, 1:15:24. 6. Stephen Whitmore (38) Lake Elizabeth, 1:16:21. 7. Michael Naylor (45) Las Vegas, 1:16:26. 8. David Ivens (39) Las Vegas, 1:17:17. 9. Rich Cooper (50) Lancaster, 1:17:34. 10. Kenneth Price (51) Redondo Beach, 1:19:26. 11. Richard Knapp (42) Clayton, 1:20:10. 12. Larry Emerson (39) Davis, 1:21:48. 13. Mark Harvey (23) Lancaster, 1:22:13. 14. Andy Quintero (38) Henderson, 1:22:48. 15. Robert Frickel (49) Lone Pine, 1:24:41. 16. William Carey (29)

## Fair Oaks Sun Run

### May 1, Fair Oaks.

#### Division Results-Men

5-7: 1. Drew Crordley (6) 8-10: 1. Bretton Fields (9). 11-12: 1. Kristopher Sotelo (12) 13-17: 1. David Cleachea, 27:42. 18-29: 1. Phil Deacon, 28:40. 30-39: 1. Michael Healey, 27:18. 40-49: 1. Mike Ammon, 29:19. 50-59: 1. Frank Krelis, 30:50. 60 & U: 1. Mr. Feria, 37:06. Men's Walk: 1. Va Lee (35 & U) 1. Richard Blanca Sr. (36-55) 1. Rom Tamaru (56 & O).

#### Division Results-Women

1-4: 1. Sarah Lasho (4) 13-17: 1. Katie Kent, 50:22. 18-29: 1. Diane Leonard, 38:48. 30-39: 1. Joan Lewis, 31:57. 40-49: 1. Vickie Pell, 33:43. 50-59: 1. Maureen McColliga, 43:23. 60 & U: 1. Peggy Gwing, 47:22. Women's Walk: 1. Sarah Dunham (35 & U) 1. Terri

Brothers (36-55) 1. Nancy Zulinshi (56 & O).

## Walk For Water 5K

### May 1, Anaheim.

#### Division Results-5K Men

Open Men: 1. Daniel Henderson (51) 19:16. 2. Eddie Aldaco (35) 19:34. 3. Mike Leccage (14) 19:35. 13 & U: 1. Glenn Eastman (10) 24:30. 2. Peter Sithedaikul (11) 25:18. 3. Jason Lin (12) 26:27. 13-17: 1. Mike Leccage (14) 19:35. 2. Jason Dobbins (19) 19:45. 3. Nick Katz (14) 24:37. 18-24: 1. Alex Galindo (22) 26:21. 2. Rand Woolfe (23) 44:03. 25-29: 1. Mike Arling (26) 19:51. 2. Scott Lampman (29) 20:45. 3. Dennis Cafferly (28) 20:51. 30-34: 1. John Van-Seden (34) 21:33. 2. Scott Steingmaber (34) 24:54. 3. Rich Christensen (34) 25:19. 35-39: 1. Eddie Aldaco (35) 19:34. 2. Mark Cole (36) 21:15. 3. Cliff Steele (36) 21:36. 40-44: 1. Terry Loomis (42) 19:54. 2. Edward Frederick (40) 22:14. 3. Eric Joseph (45) 22:54. 50-59: 1. Daniel Henderson (61) 19:16. 2. Bruce Lin (52) 20:54. 3. Jack Hutter (50) 21:12. 60-69: 1. Jack Green (68) 24:28. 2. don Fallis (66) 49:41. 70 & U: 1. William Davenport (72) 61:18.

#### Division Results-5K Women

Open Women: 1. Laura Herrigstad (28) 20:46. 2. Mitzi Galindo (22) 26:04. 3. Marlane Jensen (34) 26:30. 13 & U: 1. Megan Rosenthal (12) 46:42. 2. Lindsey (9) 48:27. 3. Megan Parkes (11) 51:19. 13-17: 1. Janet Eastman (14) 29:45. 2. Tracey Richardson (14) 42:21. 3. Rebecca Smith (14) 43:17. 18-24: 1. Mitzi Galindo (22) 26:04. 2. Nadya Aldaco (24) 28:16. 3. deanna Strachan (24) 28:27. 25-29: 1. Laura Herrigstad (28) 20:46. 2. Jacqueline Romero (25) 28:16. 3. Susan Brestyansky (26) 29:05. 30-34: 1. Marlane Jensen (34) 26:30. 2. Diane Dalton (34) 28:11. 3. Cheryl Bruce (33) 30:20. 35-39: 1. Sherry Harton (38) 37:47. 2. Shelleen Delaney (36) 48:23. 3. Barbara Bower (36) 49:24. 40-44: 1. Pat O'Neil (41) 28:51. 2. Barbara Deck (44) 30:08. 3. Denise Tagtmeyer (44) 30:21. 45-49: 1. Joan Montana (45) 22:19. 2. Jan Deck (46) 38:06. 3. Janet Herden (46) 38:48. 50-59: 1. Fred Deavila (50) 37:50. 2. Barbara Slevin (51) 38:29. 3. Phyllis Cottingham (58) 39:36. 60-69: 1. Inez Fallis (64) 49:40.

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# McFarland Labor Day Run



Labor Day, September 5, 1994

- TIME:** Race Day Registration 7:00 to 7:45 am  
Pre Registration Packets pick-up 7:00-7:45 am  
RACE BEGINS 8:00 AM
- LOCATION:** Registration will be held inside the Recreation Gym lobby, 100 South Second St. Take Sherwood Ave. turn off from Hwy. 99, left at 1st stop sign, proceed into recreation complex parking lot.
- COURSE:** Flat and fast, mostly paved roads, some dirt roads through town and country.
- AWARDS:** Quality trophies three deep in most age divisions. Overall custom designed plaques for top male and female 5 and 10 K champions.
- \$25 cash prize for any runner who breaks a age-division record, plus an additional \$25 for anyone who breaks course record.
- AGE DIV.** 14 & under, 15-18, 19-29, 30-39, 40-49, 50-59, 60
- COST:** All runners 18 & under \$10. All runners 19 & over \$12.00 pre entry with \$15 race day entry fees. Pre-entry forms must be post dated by Aug. 30, or hand delivered by Friday Sept. 2.
- INCLUDES:** Top quality multi-colored race shirts, illustrated result brochure with action photos and results, raffle, plus above mentioned awards and race money.
- CHECKS TO:** McFarland Recreation & Park District  
P.O. Box 337  
McFarland CA 93250
- CONTACT:** Gary Farrell



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